♥☺♥ Civilization of Immortals ♥☺♥

Eternia, Civilization of Happy Immortals of universal gentle tender soft loving kindness

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Refresh book.pdf (use Firefox to read for reasons shown here) to download (read offline for low RF) the latest version. Feel free to email me Alex @ a..mit.edu about Outreach, like songs with peace, Immortality lyrics, a kind, gentle, tender vocal tone that brings World Peace in 3 months & trillion year *lifespans* for all interested; ☺☺☺ may all wish 'Infinite' happy lifespans (chance to become angelic) to all. Students could take Immortality tests/courses to skip grades/subjects.

CHAPTER 1 - INTRODUCTION to Immortality *for* All ☺

1.1. Introduction 1.2. The central quality of reality or 'God' 1.3. Cybersecurity for all

4 billion years ago, we were bacteria, living 1 hour, today we live 1 million hours if aged 114, our size increased from 1.7 µm to 1.7 m, a million fold too☺☺☺. Evolution means that one day, we'll live to 100 million years old being possibly a million times bigger, 1700 km, like a 10000x faster than light shimmering cloud of 'light' made of new (unknown today perhaps) fancy "bosons", genderless spheres or ovoids shapeshifting into any lifeform inside stars, black/white holes, any planets. Imagine 1700 km diameter "spirits", beautiful telepathic radiant teleporting genderless shimmering shapeshifting Immortals moving between universes via black/white holes/portals, live in stars, odd places, to easily shift before universes die. A 140 lb human is 5.9×10^{27} atoms, an Earth size sphere if all atoms are 5.7 mm apart, 2.1×10^{28} electrons & 2.1×10^{28} protons, an Earth size sphere if all electrons 3.7 mm apart, so we may become Earth size clouds of pure intelligence, made of various particles, all of us superimposed on Earth and other areas of space, looking the same, a blob of light with a certain camera, just as today all humans look the same on IR thermal camera, a blob of light. No hate/war/politics/lies/sales/marketing/GDP, no races/ethnicities/genders/genitals, no politicians, no countries, just one Family of Immortals ☺☺☺. To these exalted eternal beings whose "kids" are "created" by all humanity, i.e. all are parents of every kid, made of eternal protons, neutrons, electrons, etc… the conflicts, prejudice, concerns of primitive modern humans are laughable, they see all as tiny lights of the Infinite Light, they see each other as a cell of One Universal Body, as humans will one day evolve to see themselves as, as they become an adult species, ending the infant cry stage of 24-7 tantrums, wars. Ant IQ humans (bacteria vs future humans who live a trillion years) wage illogical war over resources/land that's infinite instead of helping each other ☺☺ be Immortal via science.☺☺ Do the Immortals think that humans (bacteria) with x skin, DNA, eye, hair color are 10^{97} times longer lived, smarter than others? No, we're all bacteria living 10^{900} times less than many Immortals. The neuroscience clueless think a "brain trip" is a literal trip to a new universe. Freedom means freedom to decide if to live to 80 or 80 trillion years. USA is the Land of Freedom, no Israeli Bible, Talmud (kill gentiles over 20$), Arab Quran or foreign scripture of Buddha, Gita, etc will tell us we have to die at 80. Our soul can choose to live as a physical being for a trillion years and no religion will change that.☺☺ USA got addicted to beauty salons, cannibal blood/body imagery, evil rituals of 'ants' who 'know' God, cruel bloodshed (97 pages: 5 scriptures) for a violent fake miracles God: slaves, Christians crucify self to bleed, Bible God/Jesus (who praises Torah many times in all 4 Gospels) advised humans via 1280 Torah (Old Testament) quotes to take slaves, mass rape, exterminate all nonJews (99.8% of humans) if Jews feel like it, beat kids, beat slaves, smash kids, sacrifice humans, see 4 clips on how Jews taught

Christians to drown & torture babies (1st) for 2 millennia (baby died), 3rd clip, 4th clip), Muslims beat self to bleed (Mohamed killed/raped 900+, copied the Bible, called for genocide, wife beating, kid beating, chopping hand/eye/feet, sex slavery), Jews Muslims cut penises to bleed, US natives torture self in rituals to bleed: Iroquoi /Aztec/Navajo/Anasazi/Hawaii/Native/ Pawnee human sacrifice, cannibalism, Hindus pierce self to bleed (Krishna called for genocide without being disturbed so Hindus killed each other for eons in Hindu-Hindu wars like all religions/continents did, not knowing God knows a trillion ways to peace without war, some Hindus eat corpses, damage neck off concrete, sacrificed humans, like Catholics, Druids, Jews did), Jains worship suicide/pull hair, Buddhists starved to death/damaged body). Religions are made up☺, their prayers didn't prevent the infernal shouts pastor, rabbi, imam, Hindu, Buddhist (ethical or spiritual immortalist tone is kind, donation free, religion is aristocrat made fake miracles for profit) or the 270 million Islam dead victims of 1300 years (same as 4 billion dead in 2026, since in 630-1930 world population average was 600 million, so 270 is 45% of world total if all dead today), WW2 (3.5% of world total if all dead today), 120 million 'communism' victims (4.0% of world total average in 1917-89 if all dead today), 98 million Christianity victims (14% of world total average in 380-2026 if all dead today, 20 million dead in Protestant-Catholic Reformation wars in Europe, 70 million dead in other Europe wars: 20 WW1, 40 WW2, 2 Napoleon, 8 380-1900), 35 million dead Buddhism victims (Buddhism dominant in Asia in 900: 6.0% of world total today or average 900-1945: Buddhist Japan killed 20 million Chinese, 8 million other Asians in WW2), 368 million killed by Judaism (Christianity 98, Islam 270 are Judaism rewritten, plus "communism" 120 was Jewish to a great %, so min 368) or 59% of world total, or 5 billion dead in 2026 as % if all dead today, Holocaust of Gentiles by Jews (Bible created Christianity 14% and Islam 45%), all wars (started by aristocrats who invented all religions to loot the masses, 2000% the world population then or today or 20×8.5=170 billion dead, if victims of 100 millennia all dead today). We realize Hindus fighting among themselves per their evil religions, Native Americans, other natives also add up to gigantic numbers, but since those wars are older, it's harder to come up with true estimates for the genocides each tribe or Hindu kingdom perpetrated on the other 50 in true % of world total at any time. ☺☺☺ In human history about 110 billion humans lived and died last 200 millennia, with 90 billion since Jesus time. In Germany, 7 million died in WW2, losing 40 years of lifespan, so 280 million life years lost. In wars, the major injuries of those not dead (losing 2-20 years of max life), damage to infrastructure meant the life years lost for the living affected by poor health and shorter lifespan via poor water, sanitation, education, transport, healthcare (hospitals razed or not maintained due to war production), pollution birth defects, stress meant 5 life years lost on average for that generation, so 300 million extra lifespan years lost, close to 280 from actual deaths. Thus, life loss is equivalent to 1 extra average age dead victim, so the actual toll from war alone will be about 2 times higher for each of the above religions, in real genocidal

criminality, so aristocrats killed via war the equivalent of 340 billion in today's "world average total" numbers. In USA, dead were only 0.41 million × 40 years lost (avg age of death 26, avg lifespan 66) = 164 million lifespan years, but the rest were less affected by war, but still 1.2 years lost by the rest on average meant 1.2 × 140 million = 168 million life years, close to 164 for actual deaths. Again total = twice the deaths. That's over 0.5 billion for Islam and over 0.5 billion for Christianity when you consider the 0.4 billion minimum dead equivalent due to alcohol. This means that the Bible, via creating the 3 Abrahamic Religions, killed the equivalent of 1.2 billion people, which is 2 times the average world population 33-2026 (613 million), or 17 billion people dead if all died today. The fanaticism of the Jewish Bible is still growing wildly even in the USA, as the ongoing Jewish Invasion of USA section explains.☺☺☺ Give this 17 billion number to the religious Jews who claim their "holy" text has "nothing to do with the Holocaust", or better yet, have Jews read the 500+ genocides via war Jews aided, which caused pogroms/Holocaust. Math ($) guru Jews, where is your math? Chart shows Israel, followed by US (run by Jews), have highest growth of multimillionaires last 5 years on Earth, Jewish style equality: Fascism United. ☺☺☺ Compared all these "religions" with the Immortalist Anthem idea of loving the worst human a trillion times more than the most nurturing kind mom loved her suckling baby last decade? It's a big difference that justifies a sane decision to consider credit for an ethical society. Evil ritual or obedience to clergy controlled societies (via Bible-Quoran quotes) are not kindness. Skeptics say "religions didn't cause the wars", but greedy aristocrats. That's false, in ancient times everything revolved around religion, the church was the center of social life, of defense, of politics, so if clergy were not murderous psychos in disguise, they would have taught the duty of the people is to never listen to the greedy aristocrats, but to work for universal peace among all people, 1 language, 11 companies, 3 agencies for all. The clergy were the aristocrats in disguise, working with the nobility and monarchy to stage 90,000 fake miracles and wars of greed. A slight doubt about some nonsensical claim, ritual, belief of Catholics would kill you, but if you opposed killing fellow humans, you were killed too. Use Google or other search engine AI to ask for the cheapest company doing what you need do, since otherwise, you will get the same exact thing done for 2-5 times the price, since there is no law in USA and in capitalist societies except everyone deceives as many naive folks they can find.

Clergy say God said "Don't kill", except when they give you the command to kill 3000 like Moses, meaning they're above God: God is a fiction created to enslave you. You either have killing or nonkilling, you're either with demons or with God. A demonic brainwashing cult of "Cannon Fodder creation" for the Infernal Monarchies of Death became a cleverly packaged set of "nice sounding" ideas to loot entire continents and establish a Terror Based Maximum Imbecilization System of Evil called Spanish Inquisition and other Inquisitions (French, Italian, Portuguese). Religion focused on 20000 quotes instead of one simple one: there are a trillion ways to World

Peace of Heaven on Earth without any violence. When your scripture contains 1450 violent quotes, it's not a recipe for peace, but for 1. genocidal eternal infernal war, 2. mass rape and 3. slave beatings to death, the 3 pillars of the Abrahamic religions that clergy hides from all, especially Catholics where Bibles are not in pews. A society with an ethical "religion" focuses 24-7 on World Peace in 3 months, zero violent crime in 2 years, as outlined in this book. Current religions are scams, since their focus on World Peace is null or pathetic, having been created by military serial killers, despots and spies. No goal is more important than ending violent crime and war NOW. Only animals fight in wars. An ethical president talks about achieving World Peace in 1 year twice daily on TV, in a national TV address called "Preventing the 10 second End of Humanity via 2 capsule scenario". He invites all World Leaders to discuss the Plan for Ending all Hostilities. Panels of officials discuss how we can bring World Peace in 3-12 months in the 3 hours a day dedicated to that, besides the 10 hrs daily on all TV-radio dedicated to zero violent crime that is needed to create Eternal World Peace, as per state of emergency educational drive and post death penalty for any violent crime implementation. A criminal genocidal "scripture" doesn't make a religion, Abrahamic religions are not religions, but cults of "genocide, mass rape, kid beating, slave beating". Gita based Hinduism calls for genocide too. Any sane person, who actually has read these 200 Bible-Quran quotes of these 100 pages, will realize such genocidal hate is not religion or ethics, and deserves zero tax exempt status, as it fuels war/crime. Since Egypt, kings pretended they're God's representative, so the kings' subjects give kings their toil, wealth: religions were made up by aristocrats, kings to increase the looting yield of slavery profiteering. Millions of slaves built useless pyramids, symbols of slavery, for the king to enjoy, ridiculous. Real "religion" does everything to prevent conflict *(since without Immortality for All, without Life all other rights are meaningless, if we're dead)*, it implements the removal of all criminal content from movies, lyrics, literature, scriptures, etc, it bans all violent books, all sex outside procreation content in any media, all violence containing scriptures, etc, it bans all religions based on scriptures with violence, as they were created by psycho lunatics of old with no understanding of neuroscience of crime. Saudi Arabia bans all religions except Islam, why should we not ban all violent scripture religions? Religion today is a tool by the rich to enslave all. The politicians are pathological liars who pretend to believe a religion to get votes. They know religions are all fraudulent remnants of cannibal chimps who figured out a way to enslave others: pretend a connection with the deity people crave for and be their "psychic advisor". ☺☺

Fungus IQ folks spend billions on mascara, eyelash, breast implant, hair dye beauty (self-mutilation industry), $1.4 trillion/yr selfish stuff instead of acting with intelligence, virtue to help all get good health via 11 companies to create a world of Immortals, Eternal Global Peace. You're not the body, don't believe parasite deceitful clergy trying to subjugate nations by destroying self-esteem with the "Jewish Jesus saves all" scam because, for all we know: your

soul, if souls exist, could be Milky Way sized and Jesus' soul the size of a chimp. If we got no soul, we may evolve to create a Milky Way size soul for each to allow more cloud computing, discovery of 'God'. They got no proof of any Jesus, Eucharist, saints' miracles, only fraud, forged 'evidence'.☺ Christianity is a cover for promoting Jewish supremacy, right to exterminate any nation 'God (Jews) gives over to Jews', via the infinitely violent and evil Torah inserted into the Bible, which led to the Quran (Bible rewritten). Thus, Jesus created 80% of Islam, Christianity spread, Mohamed merchant learned the Bible, recycled it as Quran, though slavery existed in the Middle East since 5000 BC. Jewish retards recycled the Slave Codes of 3300 BC Babylon into their Bible that became the Quran. Slavery was everywhere for 10 millennia, 450,000 slaves were brought to USA, 12 million to Brazil and Caribbean, while Muslim Arabs enslaved 17 million in East Africa, the aristocrats enslaved the masses, most citizens were serfs, slaves of the nobility/royals in every society on Earth. Immortalism would end covert modern slavery. Jesus was violent, God isn't. Jesus, like Mohamed, said to cut hands eyes out. Jesus 'materialized' no 2 mg neuro chemicals in heads of evil rulers so no wars since 0 AD, but "materialized out of thin air 5 million mg (5000 loaves) of bread": thus, Jesus' cruel indifference killed 500 million in wars alone, he's no God, just a fraud or fiction. Jesus instigated all to drink alcohol, to drink blood and wine, to eat human flesh and diabetes, schizophrenia causing gluten in bread, alcohol which killed 1 billion people early, caused domestic violence, beatings, car crashes. Jesus was evil. God doesn't care about looks (beautiful is one who adds the most lifespan years to humanity), but about how we helped all know God/Heaven by living to a trillion years so all can go to a heaven via Virtue. Think for yourself, don't trust liars creating religion to expand genocide empires, they invent 5000 miracles, tablets, scrolls, books, artifacts, back date them to invent history. Religions tell us that if we work, do a ritual for 1 second of eternity (80 yrs), we get 10^{900} eons of fun. Is it logical that we can work 1 second, then have fun an infinity of seconds? Who maintains Heaven?

All underlined yellow highlight pink words are hyperlinks to the Internet or to other "Civilization of Immortals" book sections. *Multi color fonts,* like flicker lights*, stimulate optic nerve (and* our awareness of how human vision works via photons and retinal*), brain info* linked to visuals*, raise IQ,* prevent dementia. Before going into the philosophy of gentle tender soft nurturing loving healing kindness for All or Immortality *for* All ☺☺☺, before explaining in detail ways to bring a sense of unity of Immortals, where all humans are one family of beautiful genderless colorful telepathic radiant teleporting shimmering shapeshifting Immortals aged a trillion years☺☺☺ who often think/sing about Gentle Tender Soft Grace for All as they Live in ☺☺☺ ~*~ Eternal World Peace ~*~ ☺☺☺, Peace deified in song, like in the Immortalist Anthem, I wrote 5 less poetic "lower vibe" pages about the urgency of the hour, less uplifting as truth often is ugly on violent planets, so perhaps, you can now play serene instrumental music to raise the vibe: We can calmly, perhaps while breathing gently and compassionately, while listening to really

peaceful music to prevent World War 3, ☺☺*lovingly tenderly gently kindly*☺☺ avoid a 10 second end of all humans in a war with weapons that can kill all humans within 30000 miles in all directions, in all bunkers, where no lead offers protection as the *new rays* penetrate all matter and kill all *except* those in a special capsule made of new inter-dimensional matter particles. Given the wretched nature of most people, who give no thought or take no action to help those bombed to death by their tax dollars, thru even the simplest thing such as listening to peaceful music, such an act (all 8 billion dead except some capsule with 1 million people) would be only fair for a human imagined God, if God didn't have an infinite compassion for our low IQ, which the real God does have, so God didn't do it, but humans may. We live in the most dangerous time in human history, where all humans, due to a physics mistake, can end up being dead in 10 seconds. It's because of this and other reasons, this book was written, to prevent the death of us all via a culture of physical ☺☺☺ Immortality *for* All, ☺☺☺ of nonviolence, instead of religious brainwashing and wars in the name of "religion" or resources. Humans will either reach semi "Immortality" some day, living millennia or die much sooner in a war, as we all hear from stories about AI killing us all, or an old style human-human war with more exotic sci-fi weapons. This book explains trillions of species disappeared in such wars; we have a chance to do so too. The chances of humans disappearing soon are much greater than those of surviving. Thus, immediate unbelievable changes need to occur to prevent the disappearance of humans, via a global state of emergency to reduce war to 0, violent crime a trillion fold in 10 years.

To reach trillion year lifespans or even to be close to God, we're to be *compassionate* towards all beings, and to love the worst beasts in human form a trillion times more than the most loving mom last decade loved her only infant baby, as the Immortalist Anthem explains in its first page. This ethos however doesn't make us lose discernment about which aristocrats in grand mansions rule our infernal planet, which mass murderers never prosecuted have bankrolled endless wars to profit from genocide, and still do. We can ☺☺*lovingly tenderly gently kindly*☺☺ recall that Trump (whom some have accused of being a covert communist) and his Defense Secretary Pete (a covert communist? The media claims (a lie perhaps, as the military may not choose such a guy as secretary) that he allegedly drank too much at times), called for the use of soldiers to torture, mock, humiliate or KILL leftists. Check out one jail. Without the new Immortalist Party, USA may become in 2030 like Nazi Germany, except the Nazis torturing, beating and killing everyone are right-wing Jews (Kaganovich Jew KILLED 5 million Ukrainians by starvation in 1933, with aid from Russians, other Jews), aristocratic Brits, Irish, etc and Bible fanatics. The espionage section details in the Fake elections section how Trump faked his assassination attempts to boost his election ratings, in a style typical of Hitler's false flag methods. Check out Trump's love of wrestling, typical of people who don't value honesty, but force. Recall how Gaza became all ruins, so will everyone, who opposes Jewish Supremacy, the

Religion of Alcoholic Jesus, like in the Jewish USSR, be killed in USA, via slow torture. The unholy BLOODY Bible calls for the Extermination (Deut 7:1-16) of all non-Jews that Jews believe "God gave to them", meaning 8 billion dead in a worst case scenario of Jews thinking God gave the whole world to Jews, which is not hard to imagine given some esoteric texts calling Jews superior, gentiles subhumans. To see all Bible genocide calls, click here. The Bible is, due to Torah, PURE evil, just like the Quran. The fraudulent dishonest pastors, with huge mansions personal airports, fraud based congregations, receive tax exempt status, yet hide 1450 genocidal (they lead to genocide later) Bible quotes or claim the calls to genocides were justified within the context. The quotes were not justified, there are always a trillion ways to peace without any violence, but Jewish "low IQ scribes" (a polite word for genocidal psychopaths, as others would say) who wrote the Bible fantasies didn't know those trillions of ways, as simple as peaceful music only in the media, as they were not connected to God, but to fantasies in their starved malnourished violent exhausted brains, exhausted by the eternal wars in the area. Narrow minded people lack fluid intelligence and the ability to grasp a simple concept: to get from A to B there are a trillion violent ways and a trillion nonviolent ways at least. Jews and then the whole world who followed the violent Bible just chose "Satan", the violent ways, due to inertia, incredibly low IQ and credulity, and due the ☺abysmal IQ☺ of the neighbors fighting forever with all around them due to scarce food perhaps in the desert or whatever. One text totally screwed up humanity for millennia and they shove it on us daily: the Bible.☺☺☺ The Quran is a rewrite of the Bible with some extra worship of the black cube and other filif gnat IQ traditions of some Neolithic tribes, too primitive to realize God is not in a material object, icons, relics, medals. Beatings are deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), not just genocide and mass rape. This is why modern slavery is so common and why slavery happened in the Arab world, Mohamed had slaves. Gullible Muslims don't know God is within, all can connect to God via breathing, they got no need to travel to any location and God is not in Mecca anymore than in any other locations. The Muslims are slaves going to Mecca for Haj, mind controlled slaves of the Saudi Royal Family of businessmen, who know fully the whole Mohamed, Islam thing is a big scam, but it is too profitable of a scam (Haj pilgrimage, with its 100s of stampede deaths, 100s of heat stroke deaths, brings in lots of revenue via hotels, etc) to give up the Islam business and empire of spies coming to Haj pilgrimage to learn how to undermine the country they live in: richest royal families worldwide are Saudi 1.4 trillion, Kuwait 0.36 trillion, Qatar 0.34 trillion.

All this wealth happens while Saudi immigrant slave labor live like tortured (pins in their body) pigs in a den, while building nice tall buildings for Arabs and getting sometimes their arms cut off by Arabs. The Saudi royals, like many royals, steal national wealth, while the poor beg on the streets of Mecca. All this is from the Bible that teaches how to loot everything after a war, take

captives as slaves, and Quran copying that. Check out modern slaves sold on instagram in the Arab world of Islam, Muslim wealthy families do it in London too. How is enslaving non-Jews in Lev 25:44-6 "Word of God"?☺☺☺ Why are West's Christians so ☺low in IQ☺ to believe these fraudster clergy saying "Word of the Lord" after reading the Old Testament? Bible was written by violent thugs and clever spies manipulating masses of enslaved colonies. The Jesus miracles were faked. 90 million Middle East slaves were abused due to the Jewish Bible re-written as Quran. Do blacks, gullible enough to go to these Jewish churches who advocate for slavery, realize they support slavery? In 1970-2025, 50 million Indians/Africans were enslaved to make Arab nations flourish. Isn't it time for US to declare the Bible a manual for slavery, war, rape, destruction of all human ethics, civilization? Check out slaves being sold in Libya for $400, thanks to the Jewish Bible: Lev 25:44-6 tells it all. Gentiles are cattle, Jews are human. Just as in US, the aristocrats living in palaces subjugate the rest using their 4500 banks. In India exploitation of lower castes is a 5000 year old tradition: they lend money and then enslave for decades.

We need to avoid USA become like Saudi secret police tortures dissidents or migrants, see pics. Any Demon-crat/Re-pub-lican (they love alcohol) politician who swears on the Bible or Quran is the ultimate fraud, liar and conman, because these two texts deify, legitimize slavery, beatings of slaves, genocide, mass rape, looting entire nations. These wolves in sheep's clothing, using a Christian cover in order to deceive the masses with soft talk about Jesus' fake miracles and his 'closeness' to God, use many RF, infrasound weapons. Their only ethics is power by all means, even thru the most violent religions they made up thru fraud. Read on to see why USA is like a Nazi camp where any critic of the criminal psychopaths at the top ends up being tortured. The British, Muslims, Portuguese blew to pieces in public people in India or areas they invaded to terrorize all. The British Parliament (approved by the unholy Royal Family) laws of execution and mutilation of centuries was created by the same folks who founded America, Washington and his pals were all British Army generals, soldiers, spies with British Army values. The Jewish gangsters posing as Christians are pushing for the Bible (80% of which is the Jewish Tanakh (24 books, 5 being the Torah), where most bad quotes are) to be forced on all kids, even though the Bible ought to be illegal due to 1400 violent quotes, check out laws passed in forceful imposition of the Israeli Bible in Texas, Oklahoma, Louisiana, Ohio by Jewish spies. Americans, this is USA ☺☺☺, not Israel, what does the Israeli sadomasochistic Bible of endless genocide, SLAVERY, mass rape, burning entire cities, exterminating 195 nations have to do with American culture and civilization? Nothing, they came here, setup banks to enslave us all. We can end all banks, create the one People's Bank, Eterni Bank. This book may be one of the last chances to save America from Total Dictatorship, to save humans from extinction in all out war, save humans from the forces of Eternal War, from those aristocrats who created Hitler and made Mao, Stalin far worse than they were thru endless military support of their enemies by US-UK. The radicalization of

Stalin, Hitler, Mao (who killed 200 million) was due to the eternal genocides of the aristocrats in Russia, UK, USA, France, Germany. Stalin, Mao didn't become monsters in a vacuum or on their own. The West's aristocrats supported Stalin/Mao enemies, used killings, covert genocides to radicalize Stalin, Mao and caused the transformation of evil Stalin/Mao into gigantic monsters: faced with imminent death at the hands of the greedy aristocrats who didn't want a just society to emerge in any nation, an America where max salary is 3-5 times the min, not 50000 times, the Stalin, Mao types became equally violent and killed 110 million. We're never told this in history classes, because it is all controlled by the rich and they don't want any blame for the dead.

In our jail like "free society" perfect slavery exists (slaves think they're free), where all media is controlled by aristocracy, with fake debates between Democrats ("max salary should be 10,000 times the average" (Democrat TV hosts make 30 million a year, doing nothing of consequence to help the homeless) and Republicans ("max salary should be 50,000 times the average"). We live in a prison planet, where the victims of aristocrat crimes are in jail and the genocidal aristocratic perpetrators are free. To prevent USA turning into a Jewish Sharia Taliban style 3rd world police state (we are almost there), where the Bible extreme violence is forced at gunpoint on all US like in the times of the Italy started (after Italy crucified 6000 slaves in 1 day) Inquisition where people were publicly (see how) burned, tortured, we can gently recall we don't need to support these churches, since the Vatican simply renamed the Inquisition Office into the Dicastery (means court of law in Greek). The Vatican supported endless wars to brainwash, reduce the nations' IQ with its cult of Jesus, which is a pure fraud. Today, endless Christian, Hindu, Muslim, Jewish cults use similar coercive tactics. Instead of focusing on single family homes for all Americans, we build endless churches, mosques to be brainwashed by fraudulent bandits living in huge mansions while preaching pure lies. The fact our politicians swear on such texts is unfathomable, as if they're all mind controlled robots with the IQ of a rat. We no longer use chemistry or physics books from the 1st or 7th or 16th century, yet they want to use "ethics manuals" from the 1st (Bible) or 7th (Quran) century or 3rd BC (Mahabharata). Any world citizen can create something far nicer, less violent than Bible, Quran, Mahabharata, millions of peaceful "scripture quality poems or songs or texts" exist, like Tao Te Ching, the Immortalist Anthem, Dhammapada. They talk about the family of "humans, of the body of Christ", but what about making all humanity a true family and ending all wars now? 11 companies instead of 1 billion?

Some aristocrats will kill 7.9 billion people if it helps them to retain power, so we need to unify and create 200 parties in 200 nations to promote ~*~ Eternal World Peace ~*~. ☺☺☺ The so called free press is nothing (military controls it in each nation until we achieve World Peace), but the most grotesque brainwashing and justification of the bold theft of trillions of $ from the masses and state by the millions of aristocratic parasites living in $3-200 million mansions (check out 3500+ huge estates, all built by the Feudal Dictatorship of USA, where Free Press doesn't

exist). Similar mansions of local aristocrats, royals exist in about 100 nations, check Saudis. Nowhere do you see a political party of "max income, assets being 3 times the average, instead of 50000 times?" That Party will win elections if we spread happyimmortals.com to enough online, the Immortalist Party. Today, more than ever, we need Immortality *for* All, no more killings, no more war, let all humans live to a trillion years old, because for that God of Eternity, a *trillion years is a nano nano nano second*. God, hear our prayers, let us live an extra nano nano nano second, after all, you created endless trillions of universes and beings infinitely longer than a trillion years old, have some compassion for us earthlings. We're the Internet generation and can use the Internet to change the existing order, or to be more exact, the parasitic American disorder. The current main parties are both controlled by Jewish, Italian, etc and British gangsters. If democracy is gone 100%, we can't bring World Peace, and remain stuck in the Eternal War. We're fighting for democracy to not disappear 100%, since 99% of it is gone. Military of each nation controls everything and everyone. The real rulers are unelected. The officials mere puppets, all elections faked. Americans are jailed (even the free men) in a police state that brainwashes all they're free (to be a slave dying in forever wars), like in each nation. It's the truth, but it's because of paranoia and collective psychosis, civilization is only possible when all nations merge and violent crime is zero, that's the bottom line. You want freedom? Then stop buying crap, 2 trillion/year, and do something for zero violent crime now, one language, 11 companies for all humans. Stop complaining about gov, because if you were a gov ruler, you would be doing the exact thing they're doing to protect yourself from enemy nations. Everyone lies in the media in all nations. We, the lovers of Peace, need to unite worldwide against all scriptures, governments, royal families, ideologies who condone wars, torture and genocide, and end war, jails and violent crime forever. All nations will help Americans to vote for the Immortalist Party, via social media, email, text, so we can bring Eternal World Peace. No nation wants war, only the rich love war, since slaves fight their wars. Gently stop being a doormat, awaken from the sleep, start organizing for the Immortalist Party. Send the top 3% parasites to fight the wars among themselves until we're free of their reign of terror, and voila, no wars will happen. They won't go, because they're hypocrites. If we don't unite and spend 10 min to spread this book, USA may become like Nazi Germany and be bombed until nothing is left of 80% of cities. Do you want USA to become a nuclear desert with 250 million dead? The enemy inside USA is not leftists, as Trump says, but the Jewish, British, etc fascists who financed Hitler (to create Israel, Hitler made a deal, later broken, to help Jews run to Israel) and started 100+ wars since 1776. The thugs have no respect or love for the human quantum field that is destroyed with each act of torture, war, violence such as blowing by gun. The prioritization by all nations of POWER/LAND expansion, meant the trampling of human quantum field information field, the destruction of endless quanta that led to endless wars. Wars stop when all realize we have infinite resources in space, so eternal war for resources makes no sense. Now is the time

for decency to start in human history, with the help of the youth voting for the Immortalist Party President and Congress candidates. United We Stand, divided we fall. Awaken from the sleep, America. These feudal lords from UK, and other parasites from Jewish areas of various nations, using the cover of "American patriots" created 4500 banks to suck our blood and steal our labor, we only need one Bank, Eterni Bank, they made endless complex systems of stealing trillions from the American people and the state, brainwashing us about economics, Wall Street, finance, stock markets, etc, in order to enslave us all with their corrupt monetary system and fake educational system producing slaves to die in war. You can help, together, we're *Invincible*:

We can ☺☺*lovingly tenderly gently kindly*☺☺ choose to be discreet. You can use a temporary account with an imaginary name to post "Found a nice free book with 5000 nutrition references happyimmortals.com, Chapter 11" on social media or Internet forums, mailing lists, to protect yourself, and inform the masses. In many countries many parties won by the efforts of social media and anonymous Internet posts, or even texting: if each person texts happyimmortals.com to another 10 "Hey, I found an interesting site, what do you think?, talks about nutrition in Chapter 11, have not read the other chapters, lots of USDA links to every food, including 160 vegan foods with higher amino acid score than Burger King hamburger". Thus, *in 2026, the* Immortalist Party *can win the midterm elections*, making Demon-crats/Re-pub-licans minority parties (the fake parties we got are mere tools of aristocracy to enslave the masses, award aristocrats salaries 10-50000 times the average salary), then bring the immortalist US President in 2028, a young maybe 35 year old immortalist, who is a native born citizen. The evil parasitic political class wastes billions on their buildings, bureaucracy, elections, etc while doing nothing. We, the youth of the country, can show that we can overcome these fleas, bed bugs, leeches and bloodsuckers,☺☺☺ without any of their 400 buildings, by simple tweets, texts, phone calls, emails, Internet forum posts, and overthrow a system of 250 years of USA terror and 1000 year of terror in Britain, all based on one thing alone: killing. Our Party is the Party of the Youth, all our candidates age 45 or younger, welcoming all ages as supporters of the young candidates with the most Eterni Tone Voices. Younger brains are larger (most physics epochal discoveries (that redefined everything) came from 18-35 yr old brains, who're fastest at seeing connections for discovery), have more capacity for eterni tones, while older people sound slightly closer to the growling psychopaths who tortured millions, like these five infernal sounding "humans"☺: 1. hollering Jewish rabbi, 2. screaming Buddhist monk, 3. shouting imam, 4. yelling Hindu preacher, 5. howling Christian fraudulent pastor who faked miracles with a radio. The age of these cannibal like yelling baboons ruling the planet ☺☺☺ with their despicable macho psychotic torturing Inquisition like depravity is coming to an end. The rest of the book explains why:

Everything in this Immortality *for* All book is a set of *hypotheses* (even if the wording may seem as if a stated fact), questions and perceptions, which may help bring World Peace within 3

months ideally from the moment enough believe in immortalism, and 500 year lifespans in year 2700. Purple font was chosen as a perfect blend of red and blue, Republican and Democrat, to signify the national unity coming from the Immortalist Party, who makes Re-pub-licans and Demon-crats obsolete after they get 10% of vote only, and vanishes the political class and political parties if the masses support changing the US Constitution, because the political class does little but incite fights and chaos, waste taxpayer dollars, brings redundant inefficiency. The eye chapter 1st paragraph end explains more about the fake nature of news and papers. I think of this ebook *as a high school/college writing project* students could be asked to write (essay on "the transition to *Heaven on Earth* or 140 average lifespan"), so as to stimulate the imagination, to inspire others to create their Immortality ebook, website, movie, song, research project, radio-TV program, online course, high school class, 9,000 year lifespan contest, to better connect with the most positive timelines of the future; since now it's free to download programs for writing such books, it's better if all write their "| | Immortality *for* All | |" book ☺☺☺ (to organize their priorities, knowledge, pass the Immortality test for their grade, 5 pages 1st grade, 100-900 pages 12th grade), adding daily to the book, so they make longevity, Immortality the *central focus* of life, recall easier concepts learned prior, for quicker teaching of their kids. Spruce trees live 9,550+ years, 637 times longer than peach trees (only 15 years), some rats/bees 10 times longer than others, some worms to live 10 times longer, humans can live to 4000 too.

We see today lots of 14-20 year olds doing some amazing app or inventing something or winning medals in science olympiads, but there is no focus on discovering what nutrients or chemical compounds slow the progression of aging speed biomarkers 2-5 times enabling them to live to *160-400* (measure the marker at 3-15 weeks intervals in volunteers to assess speed, create an infrastructure *in every* school or *college* where teens *and any* citizen scientist can apply to run lifespan tripling research instead of 30 hrs/wk with sports, Sudoku, card *games, gambling, chess,* not just Big Pharma). There are many aging speed biomarkers and one nutrient (or undiscovered vitamin) may not always be enough to control enough biomarkers to result in 160-400 year lifespan, but it's a step forward. Great discoveries in science happened when the inventors *were* only 19 (solar power 1839). Youngsters alive today, like some whose work at age 20-29 led to Nobel Prize, with a 9000 year life edu culture, can discover how to live to 400. 20% of Nobelists before 1905, got Nobel for work done before age 30. Instead of chess, bridge, sports, we make 9000 year lifespan sciences contests/projects, change the STEM contests, olympiads to focus on 9000 year life in 90% of the tests/gadgets. Bragg got a Nobel at 25. If kids study physics or biochem 40-70 h/wk from 9 to 28, they win a Nobel at 29 for 40x worm lifespan or superluminal. Today, schools create low IQ folks, due to wasting 30h/wk with sports, humanities, nonsense instead of specializing at 9. Youth can use diet to increase lifespan 40x (like queen bees live 40x longer, like alter light travels 40x or 4 trillion x faster confirmed by superluminal craft), not just

to get science knowledge to create a lethal food/soap additive (texture, flavor, preservative, color) that shortens life, because "it's a higher $ job kids get due to winning a contest".

The smiley faces ☺☺☺ are frequent for these scientific reasons, we become happier when we see smiley faces, we can breathe consciously easier and attain tranquility (see Chapter 10) and have a positive influence on the mass consciousness field, reducing violence and war. The many rainbow colors remind us of heaven, increase fluid intelligence (essential to World Peace & science) due to the way the brain works (50 font or background color changes per page, not 0), make it easier to understand a point ("Godliness brings Immortality", "God is the 1st Immortal" or some nutrition idea) as in colorful chemistry textbooks. It's hoped that the book's *hypotheses* will help the reader to formulate new hypotheses, questions leading to a deeper *Understanding* of how we might achieve 90 million year lifespans in the next million centuries. Billions of Christians say the "Lord's Prayer" like "Our *Father*... Thy *kingdom* come, thy will be done, on earth as it is in heaven." Thy Kingdom (of Immortality *and not eating, but* living on energy, teleporting, shapeshifting maybe once a week or month or year, telekinesis, telepathy) *come on Earth as it is in Heaven* can be thought of as no war, no death (Immortality), no disease, no violence. Similar prayers exist in several religions, for example "Our Father" Avinu Judaism prayer asks for ending disease, war, and famine. All religions talk of a future when there will be Heaven on Earth, Christians believe we will live forever on the New Earth (Immortals), there are Buddhists and Taoists who believe in an era when people will live to age 50,000, some Hindu denominations also believe in physical Immortality on a New Earth (transformed perhaps) some day. Imagine a future century where we would live without any anxiety of dying before the age of 900 or much longer (where absolutely nobody dies before 900, no animal is killed, all being vegan or eteri), it would be such a paradise, since in our world, we can die at any age, even 5 due to flu or an animal attacking us, which leads to incessant anxiety and fear in the background in all our actions. This utopian anxiety free Civilization of Immortals is possible if we desire it, or at least it seems so to me: reality is the result of our dreams, imaginations, wishes, thoughts, plans. Buddha says to "Love all beings as a mom loves *her* infant child", Gospel says 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children" Phil 4:5 "Let your *gentleness* be evident to all". In this future world of Grace, there are only positive emotions, intents like universal loving kindness from all towards all, and a truly healthy heart rate born of compassion and conscious breathing. Immortality *for* All *gives eons to all to* become *gentle tender soft* loving kindness embodiments, so they avoid a hellish afterlife. "Immortality" *for All* is therefore, *theologically speaking*, the epitome *of* compassion. Thus, *the degree of compassion in a* civilization is reflected in the lifespan length of its people.☺☺☺

We know from science that when the sun becomes a red giant, Earth temperatures will reach 1,500°C (they will reach 50°C first and higher leading to evaporation of all oceans), and then the

Earth will dragged into the sun as the sun expands. Earth civilization could continue maybe in this dimension underground if we can shield from the heat, in theory, or in another dimension unaffected by this or more likely in another solar system as human beings we're today, just able to live 20 times longer maybe. We could become energy beings able to live inside the sun even by some semi-ascension process into a body made of particles able to switch between dimensions allowing living in 2 dimensions, with lifespan of millions or billions of years, able to create solar systems, small galaxies, etc; today we're close to being able to take asteroids and create small planets; with fusion mastery creating solar systems may be easier or creating a cooler zone 20 miles underground even if surface is a very hot desert; the surface being 1,500°C without a shield, it provides a lot of electricity that can be used to lift matter 20 miles to create a heat shield acting as a battery station for 5 mile wide motherhip building and recharging; via high tech it may be possible to live inside a sun (create a cool zone) or even create a sun like star around a planet, with high tech saucers to travel the hot ring of solar fusion). Inside stars/hot planets there could be undetectable cool zones inhabited by humans with lives of 900-7,000,000 years who do it to avoid star wars. Future humans may choose to live in white or black holes (gates among *universes*?) or neutron stars, as their energy body can shapeshift into rocks, trees, lifeforms of any planet, temperature, etc or neutron bodies, etc. It seems that the purpose of human existence could be said to include bringing this kingdom of Heaven (Immortality) on Earth (and other planets we move to when Earth is too hot) with World Peace, harmony, gentle tender softness, happiness. Since souls are Immortals, we're technically even now a Civilization of Immortals disguised as mortals; in general, when we use the term Immortals, we refer to physical people (not souls) who don't die or, at least, as in science fiction, live such a long time, maybe 900, that we call them "Immortals". ☺☺☺ In several religions there is a talk of a future era when people live forever; this talk may be a precognition of an era of Ascending Longevity, Immortality (live a million years, translate into another dimension, living 3 trillion years there, then ascending into another universe, living 1 octillion years there, etc), or "Immortality of Spirit extended more into physical longevity"? Immortality is a central topic in all religions.

Nobody knows exactly how to interpret the theology of the New Heaven and New Earth that some believed into, since there are trillions of interpretations to any words in a given text. One interpretation is that the advance in understanding enables transforming the Earth, the building of a new dimensional Earth or the translation into a new dimension, from which a New Heaven (astral planets) is visible. Muslims/Christians, who make up 50% of humans, believe in the second coming of Jesus. Some say this 2nd coming already happened at his "ascension". Others say that the 2nd coming is symbolic, and happens thru the ideas God gives to people via sciences of the material and spiritual world that enable them to build this New Earth where people live to be Immortals, in perfect Peace, before people actually have the capacity to see spirits of the

"dead". Others say Jesus didn't predict anything (we video chat and have Internet in 1995), so it's all false, Jesus won't come back. What about the apocalypse or bad things supposedly meant to happen? Those things have already happened in the 1st century in one interpretation called preterism. In Mt24:34 Jesus says "this generation will certainly not pass away until all these things have happened", which means that his 2nd coming/'end times' refer to the apparitions of his spirit form, and happened already before 80 AD. Matthew talks of Jesus coming from the clouds, which could mean Jesus shared an astral travel/dream visits returning from between clouds. However, we simply don't know, and via time travel one can recreate videos of past events, and atomic structure of past bodies, so "resurrection" ☺☺☺ into a recreated changed perfected body (looking similar, but Immortal) is not impossible scientifically. We have no video to know what Jesus really said and did. The Gospels are too metaphorical. It's very easy to misunderstand what a guy says. When Jesus talks of the dead resurrecting, the scribe could have written that as that was local belief then, even if Jesus didn't say it, since he may not have fully understood Jesus' real beliefs or astral travels. Hear say and translation of oral into writing, can totally change meaning or distort it, because we never know what meaning a sentence has without a deep explanation. Even if some believe in 'a bad event', humans may still live to 4000 years old when that happens. Some New Testament parts were added later by scribes.

No scripture was able to predict we walked on the moon in 1969, saw people far away with video phones and flew 161 times faster than the fastest bird (240 mph) with Voyager 1 (38,610 mph since 1979), 654 times faster with Helios 1974 157,000 mph probe (relative to sun), 897 times faster with 1980 Helios 1 (relative to Earth) 215,193 mph, 1000s of satellites at 17,000 mph, soon 1,800 times faster with the sun probe 430,000 mph, so why believe any prediction? No verifiable prediction was made by the "son of God". Jesus was probably fictional: they made up books/tablets about him, et, like FBI writes fake books evidence today. Modern scholars think the John of the Revelation was a different John than the one in the Gospel of John. We're often asked to believe without questioning stuff written in scriptures full of human errors. What if we start to analyze every scriptural sentence and question the standard interpretations? What is the evidence that an unknown John was right about 'end times'? Zero. This John never predicted anything 2000 years ahead, our moon walk, so why believe his junk? Why would the fears of a cave man become our Physics of Reality Textbook? We study Physics from 21st century books, not 1st. Same with Ethics. Can we create a future of peace without the gloom? Why not? God is Infinite intelligence, so God knows trillions of ways to World Peace without any violence, apocalyptic events, war. Will we discover those ways via Listening 'Prayer' (telepathy, listening to God, like Dirac Nobelist did in his quiet place) instead of linguistic repetition of old texts and mechanical prayers of telling/asking God to do this or that? What if the destination of human evolution is this 100 million year lifespan? Even if Jesus indeed "comes from the sky" as some

naively hypothesize or believe, and "brings World Peace", we might have to first bring a 40 year cessation of hostilities first and a human World Peace before Jesus brings the permanent World Peace of a Civilization of Immortals. So, whatever one believes, World Peace can happen well before "Jesus second coming from the sky, via reincarnation or invisibly" via a mind change via telepathy. Chapter 13 explains trillions of ways World Peace can happen via global cessation of hostilities agreements and removing violence from all media, movies, literature, music.

One of the most evident qualities of God or the Universe, which humans don't have, is this Immortality or Almost Immortality of the Universe, which is 14 billion years. *This* Immortality *quality is so* intrinsic *to* Godliness*, that we could argue that aiming to bring more of this* Quality *into our civilization would automatically* bring *more of the* other *qualities of* God*, such as* gentleness*,* tenderness*,* softness*, peace,* kindness*,* selflessness*,* etc. If we look at the planet, we can easily find in 1 million people some who're very gentle, tender, soft, kind, selfless, etc... but we can't find even one who is physically Immortal or able to at least stop aging for 100 or 400 years. To bring a world of Immortals is a lot harder than to be gentle, peaceful, nice; it requires a knowledge of such depth and a mastery of all the other qualities we associate with spiritual paths of such depth, that it automatically brings a total transformation of the inhabitants into Godliness filled beings. To bring a world of Immortals where nobody dies before 4,000, living anxiety free until 4,000, as far as "death/being harmed" anxiety is concerned, we need the evolution of the entire civilization to a degree of such grace, tenderness, softness, nonviolence, that nobody would ever conceive to harm another, with the worst behavior being perhaps frowning or having the slightest tension or negative emotion building up, before a healer can immediately help the people frowning to return to happy tranquil joy.☺☺☺ In this Immortality world there are no violence/prisons, all bad actions are prevented by centralized education in ethics, in all life extension sciences and areas of knowledge, including hypothesis about other dimensions, emotional regulation via tone, smiling, breathing, etc. We see in our civilization, that as we have increased average lifespan, we also have increased time spent in education, so it's conceivable that when we live to 900, we won't study 12 grades minimum, 12 years, but 120. This gives us an idea of what kind of education one gets after studying for 120 years (imagine how advanced their understanding of optimal sleep is also, sleep being so critical to scientific discovery; Einstein slept 10-11 hours and said he solves physics in his dreams), a 120 year education that is more reflective of the infinite complexity of the universe and reality, as science, psychology, spiritual sciences and seeking, afterlife beliefs, ethics, etc becomes more and more specialized and more and more complex. At 120, the future 900 year old humans (the future us?) know more physics and chemistry than 99% of people today.

1.2. The Central Quality of God is Immortality and the Science Knowledge to Attain It

If we look at spirituality or ethics, any character quality of God or Immortals is easy to master, except Immortality or, more exactly, the in depth Knowledge leading to Immortality. This shows us, arguably, that the most transforming and Godliness filling pursuits of a "spiritual quality" development are the pursuit of Immortality via the Science of Immortality, and the ability to stop all natural disasters and causes of death. What are the attributes of God? Evidently, first one could be said to be the one no man can emulate, Immortality. We can emulate being gentle or we can even be gentle, kind, honest, but we can't be Immortal, or emulate being Immortal as we would if we were to live to 2,000 years like some individual trees or 80,000 like the tree colony in Utah. We can't be Immortal now, at our level of development and understanding. So, if we want to be really really Godly, or close to God, or spiritual, we might have to develop so much more Understanding, Knowledge, Awareness so as to emulate, thru 4,000 year lifespans, a tiny bit of God's Immortality to get a tiny understanding of God's Nature. Then, perhaps, we can better really understand (never fully of course) the concerns and true qualities of God stemming from the hard work of eons to develop such an amazing & beautiful ☺☺☺ wonder as that of a Civilization of Immortals who live centuries or millennia. Since God is a very smart parent knowing that kids learn better by doing, instead of being spoon fed forever, it is very easy to conceptualize how God would want us to take the lead, discover the Knowledge (Knowledge = Immortality, ignorance=death) and extend our lifespan to 900 and attain World Peace ourselves thru our own efforts, instead of God granting us a wish after we say some elaborate prayer of "adding 100 years to our lifespan" or "give us World Peace". It's reasonable to conceive how God would want us to graduate from toddlers to adults some day, as a civilization, who no longer need so much babysitting. One can develop kindness, sweetness, but without Understanding, Knowledge, Immortality like lifespan, it will be perhaps ultra-difficult to really comprehend God, God's tenderness, softness, kindness, grace, gentleness. We find in this motivation for Eternal Learning, Ever Refining Knowledge, Hypothesis Thinking tested for eons until the models better reflect the infinitely complex reality, for the pursuit of discovering Ascending Immortality, translational Immortality into another Universe. This “theological” opening leads us to a new perception in ‘spiritual’ thought, an era when scientific hypothesis testing is embraced, science and spirituality are both aspects of our eternal search for truth, scientists helping us understand God's creation are made saints (see Chapter 14), scientists admit they don't know if there is a soul instead of saying "there is no soul", when the pursuit of physical longevity and "semi-immortality" and later, perhaps via ascension, of true Immortality, are thought of as not only natural and spiritual, but among the central ways to know the nature of God, for we only understand God's mysteries better when we're able to understand how hard it is to build a Civilization of Immortals in this dimension or other dimensions (heaven). ☺☺

Why would Immortality (and Semi-Immortality) *be* among *the* central *ways or* the central way *to*

know the nature of God? Because *the* Immortality NATURE *of* God is the one we can emulate *the* least. In the process of trying to reach million year lifespans, we're bound to realize how much patience, kindness, gentleness, tenderness, grace is required of a civilization to reach million year lifespans, so the drive towards Immortality forces people to really change fundamentally in all other "far easier to emulate" Qualities of God or spiritual qualities a seeker of truth is supposed to develop as part of being on a spiritual path. We could argue that the most obvious or even the Central Nature of the Human Soul is Its Immortal Nature coming from the divine spark that is Immortal. Immortality is what makes the soul different than the body, so we could call Immortality Its Central Nature. It's only natural that to study the soul we study Immortality. The Central Nature of the divine spark in our soul is infinite kindness, Immortality. The Essence of spiritual paths is the attempt to bring *Heaven on Earth*, a more soul/Heaven like world. The soul is Immortal, so we can see how bringing ever Increasing Lifespan, 200, 900, 3,000 year lifespan becomes not a "sci fi dream" for "new age hippies", but the very core (or at least a major part of the core) of our spiritual search *for* closeness to God *thru* understading *God*, and the effort and qualities it takes *to* build Immortality, *the* infinite *effort and infinite qualities it takes to build* Civilizations of Immortals *in this or* Heaven *dimensions*. Heaven = Civilization of Immortals, not an Immortal civilization of mortals. This fundamental core of our spiritual search of meaning and closeness to God can be perceived as such no matter what our religion, spiritual belief may be. Perhaps afterlife deals with 10^{70} spiritual dimensions, making it 10^{99} times more complex than physical reality (1 dimension) sciences. Perhaps no human can be a Nobel Laureate level expert in all sciences of this dimension, or in all afterlife sciences, all "Important Spiritual Qualities to develop (Gentleness, Tenderness, Longevity, semi-Immortality) to become closer to God" sciences. Thus, we're filled with a sense of awe at how much we have yet to develop our *understanding* to begin to comprehend the complexity of afterlife and the Soul's Immortality, how this Immortality expands in physical societies when immortalism dominates; this is explained in the next Chapter.☺☺☺ See the Immortality world vibe, greetings, wishes. ☺

1.3. 35 pages on Online Security in the Age of 24-7 Online Spying by Gangs/Nations:

Always do/purchase stuff online anonymously, never link real name to your physical address:

Given the genocides in 1.1, and how easy is for nation states to hack email, bank accounts, phones, PCs/Macs, record every keystroke PC, see every page you visit, you need to protect self. Weak cybersecurity makes killing/manipulating you into being an unconscious spy for them very easy. In the future, with only 11 companies in the US, we can setup the most advanced system

of changing each persons' online identity for every purchase, with title and email body items purchased hidden like amazon does now for purchases, including new credit card number issued for each purchase of one's life, via privacy.com type of technology, so that no foreign hacker knows who orders what, who lives where, no yellow/white pages anymore allowed, no real estate directories, no way for foreigners to search real estate databases, tax records and establish a map of all USA using these directories. We seal our USA from espionage. Based on hack data, Chinese serial killers can go to a US city page, type a name, see if a guy owns a house there or name of that home owner. This will become illegal, it's helping our enemies. Hackers can intercept emails that use real names, so every citizen can use special aliases generated by the Central Software when sending emails, whose real name is seed only by the Key Holders of YubiKey, with everyone securing their central account for the 11 companies with YubiKey used by the Highest Top Secret Pentagon personnel. The civilians will use strictest security for simplest tasks, in order to defend USA against Hackers who aid with satellite weapon attacks of critics. All fruit fly IQ govs need to be dissolved, only 1 central gov shall exist that protects our privacy. Cybersecurity = each company is a million x more secure, so 11 companies instead of 33 million. To avoid spies reading email, online purchases, SMS, take some steps, besides passkeys, 2 factor authentication (2FA) using offline Google Auth app (2FA safety: auth > email >> SMS):

1.3.1. STOP SPYWARE via Windows quad9 & stronger settings in Chrome, Brave, Tor:

In chrome://settings/security choose Enhanced Protection. Install ublock origin Lite to block youtube ads as one of the only open-source extensions besides Google Voice, as non-US extensions can install malware if not open source. Only use extensions that are official by Big tech (Google, Apple, etc) or have at least 10 million users, have open-source code and are US-Canada based. The rest of extensions with a few users can be used by spies to take over your PC. Malwarebytes extension (California team) blocks malware and compliments uBlock Origin Lite. Chrome's built-in "Enhanced Protection" (when turned on) relies on Google's index of known malicious sites. Malwarebytes maintains its own completely independent, enterprise-grade database focused specifically on rapidly evolving zero-day malware domains, phishing pipes, and ransomware servers. So, even with all Chrome settings to the highest security and blocking, Malwarebytes helps. In Mac/Windows, create a new admin account and then demote present account to standard, so that when KGB, etc malware wants to silently install, it can't, since you are not admin and asks for the new admin password of the account you just created. This way, each time you install anything, you get the password prompt. Windows: Settings, Accounts, Other Users, Add account, click 'I don't have this person's sign-in info', then 'Add a user without Microsoft account'. The logout, and login into the new account you made, with the new password, type "Control panel" in start menu, click on "Change User type" and change this account you made to Admin and the old admin to standard, logout. Extra security: Click

Windows Start, type UAC, click Change User Account Control settings, move slider all the way to the top option: the default setting (second) allows certain built-in Windows programs to make changes without dimming the screen or asking you first. Sophisticated malware can hijack those trusted Windows programs to slip through silently: by pulling the slider to the top, you force Windows to ask Yes/No, giving your uBlock Origin, Malwarebytes time to intercept bad files before they even reach the prompt stage (Yes/No prompt can be bypassed by advanced KGB malware, so browsing using standard user is safest; admin OK for changes to settings once a year). In ChromeOS, you don't need separate accounts, since Chrome forbids malware or any software from interacting with the core OS files, as long as you don't turn on Developer Mode (it's catastrophic to use developer mode as it allows KGB to spy on you 3 billion times easier). Another safe open-source app you may want is uBlock Origin on Firefox/Brave if using that, since uBlock Origin (V2 engine) does all uBlock Origin Lite (V3 engine) does, plus block youtube channels that google pushes even after you clicked "don't recommend this channel" on the right. Lite is a V3 analog of Raymond's uBlock Origin, made by him for Chrome users after Google banned V2. Lite lacks the youtube channel blocking ability. Brave got a custom override into their browser to keep supporting V2: Settings > Extensions > Manifest v2 extensions.

Go to Chrome, Extensions, uBlock Origin Lite, Options, Filter Lists or click here to jump there. Under Privacy, AdGuard/uBO – URL Tracking Protection: Turn on, Block Outsider Intrusion into LAN (spies try to see what printers, connected devices are on a network to try identify your computer by devices and fonts; you don't need this if you use VPN/Tor) Turn on, under Annoyances, Malicious URL Blocklist: Leave it on to block malware, EasyList – Notifications Turn on to block "Site wants to show notifications. Allow/Block?" popups which can be used by spies to install malware if we accidentally press yes. If we click "Allow," we give a site permission to send messages directly to the OS (Windows or Mac), so hours or days later, even if the browser is closed, a notification pops up in the taskbar corner,designed to look like an official Windows Defender, McAfee, or Norton antivirus alert: "Virus Detected! Click here to scan now." which takes us to a fake tech-support site to download a "cleaner" tool (malware or ransomware), or demands we call 888-111-.. where a spy cons us out of $. EasyList/uBO- Cookie/ Overlay Notices: Turn on to hide popups asking you to accept cookies or register for accounts. Other Annoyances: Turn on to delete clutter/dynamic layouts like YouTube's on main websites. If you turn on AI/ Chat/Social Widgets filters, you can't use chat, social media, AI. "Don't allow sites to send notifications (popups)", delete all in "Allowed to send notifications" in chrome://settings/ content/notifications. KGB/PLA hack US trusted sites (on allow list), exploit unpatched flaws in site's content management system (WordPress, etc) or hijack its DNS routing to inject a script that sends a popup "Windows Alert: Virus Found. Click here to.. (be screwed)". Every computer runs a secret OS besides the one you know: meaning all you do is seen by a spy agency.

In all browsers use 3rd party cookie blocked (default on Brave) and at chrome://settings/security turn on Use Secure DNS and Add Custom DNS and paste https://dns.quad9.net/dns-query this is Quad9 (9.9.9.9), the global fight against all spy agencies malware. 9.9.9.9 is way superior to the Cloudfare 1.1.1.3, which is better than 1.1.1.2. (for malware). 1.1.1.3. or https://1.1.1.3/dns-query (or 1.1.1.2. if you don't want to block adult stuff), prevents malware AND adult and violent sites used by spy agencies in the social media profiles of fake or real people who point to a seemingly legit site but reroute to adult sites (allowed by 1.1.1.2. but blocked by 1.1.1.3), in order to use adult sites to install spyware. Quad was US based, but then went Swiss based due to stronger privacy laws. It's a nonprofit financed by IBM, etc. Cloudfare is a for profit company. Chrome and Brave only give you the auto 1.1.1.1. Cloudfare (alternate DNS Google DNS is 8.8.8.8) as one of their default options, but there are others (quad9) far more secure for spy agency attacks. You can also setup the home cable modem/router for quad9, so all connected devices are protected. You can set this 9999 in Windows, so all your Ethernet, Windows (iOS, etc) updates, WiFi (better never use WiFi) blocks malware too: Win (Comm if Apple keyboard) + R to open the Run dialog box, type ncpa.cpl, enter, select Ethernet (never use WiFi, disable it, all can hack WiFi), Properties, TCP/IPv4, Properties, enter in Preferred DNS server 9.9.9.9 & in Alternate DNS 149.112.112.112. Check "Validate settings upon exit", OK. Visit on.quad9.net: it shows a clear "YES" with white leters on pink backgroundd to confirm if you use Quad9, world's strongest malware defender for civilian consumers. Visit Settings/ Network/ Ethernet, ensure 9.9.9.9., 149.112.112.112 say DNS encrypted (not unencrypted) via automatic templates and IPv4 on. Visit Win Settings/ Privacy& Security/Recommendations & Offers, toggle all 6 to OFF, so that no telemetry data is intercepted to identify you. Go to Privacy&Security/ Diagnostics & Feedback, set all Off, feedback to Never, Delete existing data. Visit about:preferences#etp in Firefox, select Strict instead of Standard. All browsers: tighten security. Visit tls-ech.dev to see if it says "You are using ECH. :)". ECH encrypts website names, so spies can't monitor ISP to see what you browse. Encrypted Client Hello (ECH) is a browser and TLS security feature that hides your traffic. It upgrades HTTPS by encrypting the Server Name Indication (SNI) during the initial connection handshake, preventing ISPs or spies monitoring ISP traffic from seeing the sites you view (spies try to see your routines).

Google "how to turn on ECH" for more AI ideas, or use the free gemini.google.com/app and Pro/Extended for any long threads if you want the AI to recall more of what you told him 20 questions prior, such as talking about ECH, privacy settings, home rennovation project, technical complex topics, online cybersecurity against PLA, KGB. However, after a few questions, Pro/Ext moves to Flash/Ext, which is terrible, recalls little, being even less useful than the web version that is more detailed and has all links, youtubes as references. Even google search is better than Flash, since the references allow you to evaluate the logic and credibility of a website, etc. If

using a regular google search prompt and AI overview, you get ultra fast answers that forget everything AI/you just said 2 queries ago with terrible software (PC glitch) fixing advice, being a pure info aggregator not a reasoning model *that* takes *much* longer *to answer a* question. The chrome AI summary is useful for 1-5 question general queries where you want a long summary of why the 2 line advice from gemini.google.com is true for that last query, as it will show you 10 web links, youtubes, etc that detail in 10 times longer summary why that is the right decision. The web search doesn't have memory of prior searches, so you need remind it of your project, not ideal as the only tool for extended PC fix with 20 questions, security upgrades or home DIY renovation. They compliment each other, but for most questions, web is fine. Both are free. Overall, even if it has poor memory, 99% of the time, the web version is much more useful, with the gemini.google.com used as confirmation for deeper questions checked on other AIs too. AI is incredibly stupid, makes illogical summaries that fail to read context and realize what they're saying is wrong, for example, AI reads "new plumbing fixtures" need permit on a city page, but in that context new refers to new, extra not replaced fixtures, since prior lines indicate "new and replacement electrical, etc", meaning replacement plumbing with like fixture needs no permit. Google AI is very low IQ, gives you 180 degree opposite answer depending on how you ask a question. It's a primitive info aggregator that summarizes the rantings of 10 billion sites, but it can save time if you're looking at fast answers and want to check sources, *it's more of an enhanced google search really the AI mode of google search, nothing intelligent about it*. ☺☺

To block spyware in Brave, go to brave://settings/security. If using Windows, use Brave for banking, email, amazon, Walmart *as it is more secure than Chrome, though Brave passkeys are device based not saved into Google Password manager (can use a 3rd party app to store passkeys, passwords)*. If using a Chromebook, Chrome is safer than Brave. If you use Chrome for banking, amazon, etc at home, and Brave for dangerous sites at work (if Tor is not available at work), leave all Brave setttings as they're except for the following changes to increase Brave security 900 fold: brave://settings/content/v8 don't allow JavaScript (dw.com won't display, suspect, most other news sites display on Brave, Tor without Javascript, dw runs BND hacks: any website that says turn on Javascript to display is run by a spy agency that tries to hack your computer, avoid that site, get news from the other 900 sites), in settings/content Don't allow notification, camera, mic, location, delete all 90 passwords in Brave brave://password-manager/passwords in so if malware attacks that browser, it can't steal your passwords (don't import passwords from Chrome), settings/content/siteData Don't allow, settings/shields Trackers and ad blocking set to Aggressive, 'forget me when I close this site' ON, Upgrade connections to HTTPS Strict, Block Scripts (ON, no Java is safe, malware uses Java, etc) – "Store contact information for future broken site reports" OFF, because you don't login into emails in Brave. settings/payments, settings/addresses All OFF, settings/appearance "Show autocomplete

suggestions in address bar" All OFF, settings/autofill "Allow auto-fill in private windows " OFF. Separate surfing PC/browser from the shopping, banking accounts PC/browser, so malware from news sites can't steal passwords/passkeys. Without account logins, there is no identity footprint for tracking scripts, spies to scrape from a browser's local memory.

Even with these Brave settings, the torproject.org browser with security set to Safest is more anonymous, and the ideal choice for foreign news watching, so don't use Brave for dangerous foreign news sites watching on the deadly malware laptop used to open PDFs, jpegs, files from a USB write only clicked drive. On the upper right of Tor window, the broom button allows a restart of browser in 2 seconds to get a new IP and access another site, to prevent correlation of IP across different sites hacked by the same superpower. Anonymity is far more critical than the Brave settings, since to harm you KGB needs to know what your IP address is. If you use VPN, KGB uses sophisticated traffic correlation attacks on VPN servers to unmask you. Once unmasked, they can target your specific IP, so don't use VPN, free or paid, as they can find you. Tor is much better than VPN for browsing. To bypass the Tor block by social media in case you want to watch a random use instagram without logging into a real account, etc, use Tor Bridges (pluggable transports like obfs4, see below) which disguise Tor traffic to bypass network blocks natively. Tor's 3-hop circuit ensures that no single entity, not the entry, middle or exit node, knows both who you are, what you do. This breaks the chain of custody required for spies to target you. Tor advantages versus Brave:

1). Superior Anti-Fingerprinting: Brave tries to randomize your browser fingerprint, but Tor forces everyone to look exactly the same. Tor users all share the same screen resolution, fonts, and browser details, making you blend into a crowd. Tor changes your IP 900,000 times.

2). No Extensions Allowed: Brave supports Chrome extensions, which can weaken security or add tracking. Tor blocks extensions by default, so avoid extensions to match Tor anonymity.

3). Tab Separation & Isolation: Tor Browser isolates cookies and site data to the specific tab you're using. Tracking scripts on 1 website can't see or interact with your activity in another tab.

4). No Cache: Tor default settings never save browsing history, cache, or forms to your disk. Brave requires you to open Private Windows or change settings to wipe history on close.

5). Nonprofit: Brave is built on Chromium (Google open-source base with commercial crypto wallets, ad networks), Tor on Firefox ESR, free of all commercial telemetry, background noise.

Why is Tor much safer and better than VPN for browsing those foreign news sites?

Websites run invisible scripts to collect a massive list of technical details about your hardware, software. When they combine these details, they create a unique "fingerprint" that identifies a PC with 99% accuracy, tracking you across the internet regardless of your VPN IP address. Tor blocks tracking by making every single Tor user look identical. Your monitor has a specific pixel

resolution (e.g., 2560×1440) shown by VPN. Tor forces its window to open at standardized rounded dimensions (like 1000×800): don't ever maximize the window, *don't increase text size in Tor or any browser* or Windows *Settings/ Accesibility/ Text Size* by sliding bar away from 100% (smallest a) as that creates a unique fingerprint. If you need to see better simply go to *Settings/System/Display/Scale* to set it to 125, 150 or 175, as millions of people have it, 150 being the most common; these numbers will make you one of millions with same setting, don't choose 146 or 129. If LibreOffice (open source, doesn't contact MS/Google servers like MSOffice or GoogleDocs) icons increase, go to Tools/Options/LibreOffice/View/Icon Theme/Colibre (SVG) or any SVG to shrink icons for sharp clear image and set all 3 Icon sizes to small to give you more text. It surrounds your webpage with gray borders (letterboxing) to absorb the rest of your screen space. This ensures a tracker only sees standard, generic dimensions. Spies track what fonts you have installed. Because everyone installs different apps, your unique list of fonts acts like a fingerprint. Tor completely blocks websites from reading your local system fonts, forcing them to use a tiny, generic package of open-source fonts built directly into Tor. Unlike VPN, Tor also blocks "Canvas" tracking, which forces your computer's graphics card to draw a hidden image behind the scenes to fingerprint your specific GPU chip's patterns. If you run Windows 11 or Linux, Tor actively lies to the website. It alters your "User-Agent" string to tell sites that you're running a standard, generic version of Firefox on a standard desktop. If a site checks your PC internal clock and sees you're in a specific local time zone + 34.1 miliseconds, it narrows down your physical location/PC. Tor overrides PC clock, forces timezone to standard, generic UTC. Every Tor user on Earth shares the exact same timestamp to the millisecond. If you open any non-Tor browser on a VPN, it hands over monitor resolution, local time to milliseconds, graphics card drawing pattern, complete list of installed Windows fonts to any asking site. The site might see a different VPN IP address, but its tracking database will say: "it's the same hardware fingerprint of yesterday; it just changed its IP." You, a neighbor might buy the same laptop, but you installed MSOffice, Adobe Photoshop, Zoom, he installed AutoCAD, Spotify. Each application installs unique system fonts, language packs. A site can scan your system fonts in milliseconds. The combination of your exact list of fonts narrows you down from millions of identical brand PCs to just a handful. If two laptops have the exact same Intel or Nvidia graphics chip, they don't draw images identically. Websites use a trick called Canvas Fingerprinting where they force your browser to draw an invisible 3D shape and text block in the background. Because of tiny manufacturing variations in the graphics chip, micro-code firmware versions, and *your specific Windows monitor-scaling settings (like 125% zoom vs 100%), the resulting image produces a* unique cryptographic hash specific to your computer*, among millions of identical brand PCs or Macs*. Your exact browser version 142.0.5.1, local clock time to 1 millisecond, preferred language list (en-US, en;q=0.9), identifies you. When a spy agency combines Fonts + Monitor Resolution + Graphics Card Hash + Millisecond System Time, they know you're the only

person on earth with that exact digital signature and a unique VPN IP address each day is useless. If you find text difficult to read, don't change the font, zoom, window size (never maximize) settings inside the Tor. Instead, change the settings in Tails OS or Windows, etc. Look at the top right corner of the Tails OS desktop screen and click the system menu. Open the Settings, Accessibility, turn on Large Text. Don't change any Tor settings except Security move to Safest, otherwise, they'll fingerprint (identify) you.

Attackers frequently distribute fake, modified Tor Browser or any other software (Proton VPN, Brave, Chrome, etc) installers via third-party forums, torrents, or unofficial mirrors that bundle clipboard-stealing malware or keyloggers, so always google search something to download from official site, not from some third party widget on some site.

HOW TO PROTECT IP ADDRESS from Foreign Nation Attack: hide IP address via Tor Bridges

Tor browser is the best (not VPN) to hide your IP when browsing the web, but never maximize the Tor window as it tells hackers your monitor size. For those on kill lists using Tor Bridges is required while browsing on the Tail OS dedicated laptop. Tor Bridges are hidden entry nodes that don't appear in public directories and are unknown to spy agencies, so when you use Tor on a hacked ISP, the KGB can't see that someone is using Tor, and if you check certain sites like social media, etc you don't get blocked, as they don't know you use Tor. Tor & Bridges are not for secure banking, regular email accounts, only for browsing unrelated to your real identity. Bridges disguise your traffic to look like standard web traffic, allowing you to access the Tor network even if your ISP, fake email (never used to purchase anything), or government blocks Tor. The 4 methods to install Tor Bridges: Method 1 is the safest (in case spies hacked or try hack your ISP to find your IP): on your safe banking laptop (Chromebook), go to bridges.tor.../en (then click on the huge long encrypted .onion site (address bar says .onion in purple, which changes, in 2026, y...d.onion..ns/en, E2EE, select pluggable transport obfs4 (obfuscate), for max security, .onion so KGB can't get your bridges via fake KGB exit nodes) click Get Bridges and solve the security CAPTCHA if asked (due to using non .onion site). Tor gives you 2 unique text strings that look like obfs4 192... 7... cert=KeepThis Secret iat-mode=0. Copy that. On your browsing laptop with Tails OS, open Tor, go to Connection Settings, select "Provide Bridges I know", paste your secret strings. Method 2 (2nd safest, not ideal): Request a Bridge If a gov has blocked the standard built-in bridges or you have foreign spies tracking and hacking your ISP (assume they do), request private ones since built-in bridges IP addresses are known to spies. Go to the Bridges section, click Request a Bridge, fill CAPTCHA. Tor will download/install new, private bridge addresses. Method 3 (3rd safest: avoid if possible): Built-in Bridges: Tor Settings, Connection, Bridges or address bar about:preferences#connection, Select a Bridge... obfs4. Method 4 (4th safest: avoid at all costs): Snowflake (Severe Restrictions) If a network uses

advanced Deep Packet Inspection (DPI) to block obfs4: select Snowflake.

Tor Bridges override Quad9 DNS settings to prevent leaks, which is safer for anonymity due to no fingerprint: you avoid creating a unique "Tor + Quad9" combo signature. Total Encryption: All DNS queries are encrypted and routed safely through the 3-hop Tor network, so no one, not even Swiss Quad9, can see what domains you're looking up. When you use Brave's Tor windows, your browser fingerprint stands out because you look like a Brave user trying to use Tor, which narrows your identity down to a tiny fraction of internet users. Tor is far more secure than Brave Tor against foreign spies if watching foreign news sites. If you're on a kill list, use Tor for browsing. Malware and exploit surface area is much smaller for Tor: Brave is built on Chromium, a massive and highly complex codebase designed for a feature-rich web. Tor is built on a stripped-down Firefox version. The Tor set to Safest security in about:preferences#privacy completely disables JavaScript by default, turns off WebGL, and blocks many fonts and images. This kills almost all modern web-based malware and zero-day exploits before they can execute. Brave's Tor windows don't lock down the browser engine to this extreme level. Brave's Tor page has a history of bugs, that leak your IP and can kill you.

If you want to use certain sites with Tor, on the right you get a purple thing saying ".onion available". What does this mean? This is the most secure way to read any website, since it prevents the foreign spy agency setup rogue exit nodes used to inject malware on Tor users. Go to Tor Settings, Search, Under the Default Search Engine, select DuckDuckGoOnion instead of the standard DuckDuckGo to prevent IP discovery by spy controlled exit nodes. Only use Tor for .onion sites for highest security. Proton.me EE2E ultra secure email provides an official onion site on the Tor network, which offers far more privacy and security for a connection. Logging into Proton via a Tor browser suggested .onion site is structurally much more secure (example: protonmailrmez3lotccipshtkleegetolb73fuirgj7r4o4vfu7ozyd.onion) than the regular proton.me Internet address because your connection never leaves the encrypted Tor (The Onion Router) network. Tor Data is wrapped in multiple layers of encryption, much like the layers of an onion, that's why Tor program icon is like a the layers of an onion. Traffic bounces through at least 3 volunteer-operated computers (nodes), known as the entry, middle, and exit nodes; each node only decrypts a single layer to see the next step of the path, meaning no single computer ever knows both where the data came from and where it's going. When you browse a regular site on Tor, your data must pass through an "Exit Node" to reach the open internet. When using a .onion address, the connection stays entirely enclosed within Tor from start to finish.

The .onion is a must and far more secure than the regular website address because it:

1). Eliminates Malicious Exit Nodes: if you go to proton.me via Tor, your traffic travels through three encrypted Tor relays. However, the 3rd relay, or the Exit Node, must decrypt the Tor layers

to send your traffic to the standard internet. If a spy runs that specific Exit Node, they can spy on your traffic or attempt advanced downgrade attacks. If you use a .onion site, your data never reaches an Exit Node since it travels from Tor's internal relays directly into Proton's server. There is no middleman on the regular internet who can intercept it.

2). Does End-to-End Authentication: Standard sites rely on the Certificate Authority (CA) system to prove they're legitimate. If China compromises a CA, it can issue a fake SSL certificate for proton.me, trick a browser, steal a password via a Man-in-the-Middle (MitM) attack. Tor .onion addresses don't strictly rely on third-party CAs to prove their identity. The protonmailrm..onion address is a cryptographic public key. If Tor connects us to the address, it is mathematically impossible for it to be a spoofed or faked website. We're guaranteed to talk directly to Proton.

3). Absolutely Resists Censorship: Governments or local Internet Service Providers (ISPs) can easily block standard domain names (proton.me) or block the known IP addresses of Proton's data centers, but they can't block Proton's onion service, because it is a hidden service. Its actual physical location and IP address are cryptographically masked. A local firewall or restrictive government can't block the site directly because they can't see the destination of your traffic within the Tor network. Because onion addresses are long, impossible to memorize, hackers frequently set up fake onion sites with very similar characters to steal user passwords.

4). Has true double encryption: When logging into the Proton onion site, data is wrapped in multiple, redundant layers of armor: Layer 1: Proton's standard Secure Remote Password (SRP) and PGP encryption handles your local login credentials. Layer 2: An HTTPS SSL certificate explicitly issued for their .onion address protects web traffic. Layer 3: Tor's native multi-layered "onion routing" protocol fully encrypts the entire connection end-to-end. The Guardian has its own .onion site, go to theguardian.com/world and you'll find it on the right. DW.com too, but due to using JavaScript, turning highest security in Tor that blocks Java makes DW invisible. Java is used to hack computers, so DW is probably trying to do just that, forcing users to downgrade security, let their guards down, so malware spyware can be installed.

If you go to rt.com or any website, on the bottom of the Tor window you see different things like connections with .ru sites. The Tor Browser privacy tools (NoScript and HTTPS Everywhere) show you every single domain, tracker, and script a webpage tries to load, so you know. Regular browsers hide this, even if processing these exact same connections silently in the background. When you load a major news site like RT, the page automatically pulls in elements from other sites/servers, including web analytics (like yadro.ru), video players, and advertisement networks. You can see this suspicious RT activity also in a regular browser by pressing F12, then Network at the top in the new window on the right, then Refresh button of the browser (see right window). If you visit foreign news sites from the US, you can use .onion sites if shown (bookmark them), for the highest security and never accept cookies. To reset IP restart Tor. Or

reset the Tor circuit using the icon near the web address. When done browsing foreign sites, close Tor or Brave, whatever you use for that to minimize attacks. Pentagon, CIA don't use commercial VPNs, but custom, secure, NSA managed cryptographic networks, IPsec (Internet Protocol Security) tunneling solutions. SIPRNet (Secret Internet Protocol Router Network) is the Pentagon's internal, protected network used for classified information up to the "Secret" level. JWICS (Joint Worldwide Intelligence Communications System) is another CIA secure network.

1.3.2. Safely viewing Attachments via a 2 computer setup & read-write Taiwan USB

Never download files (or use Discord, Spotify, Steam, or any other Windows background application) on the Tor browsing laptop that lacks any cache, cookie, passkey, password. High security needs 2 computers that never share regular USBs:

The safest OS for the Tor laptop used for browsing, are in order: 1). Tail OS run from Taiwan made USB (see below) $31 Kanguru drive (with physical switch for read only to open laptop 1 pdfs safely), 2). Qubes OS (see below) 3). ChromeOS 4). MacOS 5). Linux 6). Windows.

The safest OS-browser configs for banking/shopping laptop are 1). Chrome for ChromeOS Chromebooks 2). Safari for MacOS, 3). Brave for Linux, 4). Brave for Windows. Windows is catastrophic for either laptop, Windows is the target for over 95% of the world's malware, info-stealers, nation-state hacking toolkits. Linux/Mac are bad. High security means using 2 OpenTitan chip Chromebooks with ChromeOS, highest security means using Tail OS for Tor. Tail OS can be installed on any laptop on a special USB, so you can use any laptop you got, Windows, Mac to install Tails to achieve the highest Tor browsing security. See details below.

To prevent PDFs installing malware by opening in Chrome directly and executing it, go to chrome://settings/content/pdfDocuments and select Download PDFs, not Open. To open PDFs, use Tail OS on a flash drive. When you get a PDF, never open it the so called "secure" Windows Sandbox app that is meant to remove cheap criminal malware when you close the window after viewing a PDF inside of it (drag and drop from Windows to Windows Sandbox) in a "malware resistant environment that wipes all malware after closing that window", because Sandbox is very weak against superpower spy agencies. To open PDFs, PNGs, you need to use a special PC that has no WiFi, Bluetooth, or audio hardware, or any Ethernet connection.

If you download/upload a sensitive document (like a PDF, Word doc, or image) via Tor, spies can track you if you handle the file incorrectly on your local Windows machine. 1. Strip Metadata: files metadata (camera serial #, location data, software licenses, Windows username) can unmask you. Before uploading/sharing a file, use an open-source tool like MAT2 (Metadata Anonymization Toolkit) to strip metadata. 2. "Phone-Home" Malware: Spy PDFs or doc files can execute a hidden script that bypasses your VPN/Tor and "phones home" to an enemy

government server, instantly revealing your real IP address. Never open a downloaded Tor file while your main operating system is connected to the internet. 3. Tails OS: downloading files in Windows, even via Tor, is risky, since Windows itself logs file history, thumbnail caches, registry entries. Instead of Windows, burn Tails OS to a USB thumb drive. Tails is a temporary OS that runs in RAM, writes nothing on hard-drive, routes all system traffic through Tor, has built-in metadata stripping tools, safely deletes every trace of our files the moment we unplug the USB.

Spies often infect PDFs with invoices, manuals, contracts on the servers of a trusted US company. (often leveraging a zero-day exploit in Adobe Reader). The US company (using amazon seller communication for example) emails these infected PDFs directly to customers who get infected with malware or a remote access trojan (RAT). By using the Tails OS offline method below to open any PDFs, jpeg, png, docs received from external companies, you maintain privacy, or, if on a kill list, you avoid being killed. Even if the PDF contains malware, the exploit will fail to compromise your primary OS, and it will have no internet connection to send data to spies. Disconnect Ethernet cable when viewing PDFs from a realtor, company, etc and never use WiFi. Spies always infect millions of weak security small companies, realtors, escrow companies, etc to infect millions of customers and then figure out who is who and what goes on in that nation or kill those on a kill list. Don't ever open a file on your laptop of real identity, use Tail OS plugged into a second laptop that has no trace of your real identity (not even some privacy.com alias), or internet connection (WiFi, Bluetooth cards removed, no ethernet). Installing Tail needs USB 8 GB, go to tails.net (don't download from anywhere else) to download the Tails USB image, then download BalenaEtcher a free, open-source tool balena.io/etcher to safely clone Tails on the USB. Plug in the USB. Open BalenaEtcher. Select the Tails USB image file you downloaded. Select USB. Click Flash. Shut down PC. Unplug the Ethernet Cable (always have WiFi disabled on any PC, router, device). Turn PC back on, press the Boot Menu key (F12, or etc). Select USB from the menu. You can now safely open/read your PDFs using Tails' built-in PDF viewer without any risk of the pdf leaking your IP address to the internet spies in enemy nations. Turn off the "Preview Pane" in Windows Explorer, and switch your folder View settings from "Icons" to "Details" or "List". This stops Windows from reading the internal contents of the files, which can infect your PC even if you don't double click on a pdf or file. Open File Explorer, click (...) on the top menu bar, Options, switch to the View tab, check the box that says: "Always show icons, never thumbnails". Uncheck: "Show preview handlers in preview pane". Click Apply.

Safely Transferring Files to an Air-Gapped (eternally offline cheap) Laptop needs 2 special USBs:

To move files to an offline Tor laptop without letting malware infect a USB's internal firmware or jump back to a main laptop/PC, avoid regular USBs that allow computers to both read and write data to them. Buy 2 USB with a physical, hardware write-protect switch on the outside of the

casing (Kanguru Solutions of US, MA makes 16 GB in Taiwan for 31$, Walmart sells it for 60$, avoid Netac and Ezitsol as they're made in China, Kanguru is TAA Compliant). 1 USB is for Read-Only forever, for the Tails OS, that is always plugged into that Tor laptop. The 2nd such USB is for Transfer and you Plug this USB into your online PC with the switch set to Write/Read. Download PDFs on the Transfer USB. Eject the USB and flip the physical switch to Read-Only mode. Plug the Transfer USB into your offline junk laptop. Because the lock is enforced at the hardware circuit level, the offline junk laptop can't write any data, logs, or malware (that it got from opening PDFs, files) back onto that USB drive to infect the main laptop # 1-5 you use for real identity or fake identity layer # 1, layer # 4 and/or other stuff. Security is multiple air gaps.

Never trust any pdf or png. Never click on Windows files, until you require Windows to show true extensions, since file.png is jew.png.exe, tim.doc or tim.pdf are tim.pdf.exe. Force Windows to show extensions: Open File Explorer. Click on View in the top menu bar. Scroll to the last item called Show. Turn ON both File name extensions & Hidden items (to see malware in flash drives). If a file is secretly an exe posing as a doc (like .doc.exe), you see the .exe at the end & delete it. When you view a bad flash drive with "Hidden items" turned off, it looks empty or having your files. The moment you turn it on, you see a hidden .exe on the drive marked as "Hidden." Hackers create a fake shortcut folder on the drive that looks normal. When you click the normal-looking shortcut to browse a drive, it secretly launches the hidden malware file in the background. Windows creates a folder called System Volume Information on flash drives. Hackers love to hide spy tools inside this folder.

1.3.3. Creating a new set of emails, shopping accounts, etc ideally before location change

Never use Tor to login into any account, except Proton Email .onion site that bypasses gang/spy run exit nodes that intercept passwords. For safe gmail login, use Paid Proton VPN, but Tor login into Proton .onion is far more secure against spies than VPN gmail. Don't use Free Proton VPN or any Free VPN, as free VPN servers are known to foreign spy agencies and monitored, if you use any VPN choose paid, like Proton VPN NATO nations use. Your login tells them exactly which VPN server you're using. If they're monitoring that VPN server's entry points via domestic internet choke points, they can perform a traffic correlation attack to match the time of your login with the data packets entering that VPN server from your new location. Spies can detect the new IP address (new physical location thus) used to log into an old Yahoo or Gmail account 3 years later, even if the account has been completely inactive. Spies don't just hack the account password; they monitor the account infrastructure continuously. If a spy is tracking you, they place a specialized system alert on your yahoo. The millisecond you log into that account after years of silence, the spy instantly receives the incoming IP address used for that login. The main email providers lock accounts using Tor to login, so don't use Tor to login into gmail, yahoo.

Securing your Banking Account via a secure Proton email

1). Create a dedicated, Proton.me account solely for banking: don't use Gmail or Yahoo, as their recovery loops are easier to target. Go to Proton Security Settings and disable all SMS recovery options. Register your YubiKey as the exclusive, non-bypassable 2FA (2 factor auth) method. Save the emergency backup recovery codes on a physical piece of paper stored securely offline. Even with Google Advanced Protection Program that blocks instant recovery via apps, SMS or email, spies can use stolen identity e-docs to gain access to your account in 4 days, by forcing slow account recovery. However, if you're a special person in the Program, they won't just allow anyone to access your account, they'll confirm by talking to CIA, FBI that you lost contact and it's you who does it. If a gmail belongs to a diplomat, spy target, the automated "Forgot Password" or standard identity verification web forms are completely disabled or routed to a dead end. If foreign hackers try to recover that account, the system blocks it automatically. 99% of world email providers have low security, as they don't offer YubiKey as the only recovery method for an account that Proton offers via Yubico. When you set up a YubiKey on Proton, the system forces you to keep an Authenticator App active, which can be a YubiKey 5 Series device with a Yubico Authenticator app. This requires physical contact with the YubiKey to calculate the 6-digit code, effectively making the YubiKey your sole authentication factor, which Apple, Gmail, etc fail to provide. Yahoo forces another email at least for authentication, which is bad. Apple gives you a recovery 28 character code to write on paper, but if someone gets it, you're screwed. Proton is the only email provider that offers PQC encryption in 2026: Crystals-Kyber, Crystals-Dilithium, lattice-based algorithms co-authored with the German Federal Office for Information Security (BSI), so the Chinese quantum computers can't break it even in 20 years from now if they steal data now. US providers (gmail, apple, hotmail) plan to do that in 2029. **2). Configure the Chromebook for Isolation:** don't sign into the Chromebook using your main, everyday Google account. Create a clean, separate user profile specifically for banking. Turn off cloud synchronization for passwords and passkeys within OS settings to force local validation. Banking can be done via Proton VPN, while proton email via .onion Tor login, see below.

3). Strip Bank Recovery Fallbacks: Log into Wells Fargo and update your contact email to your new secure Proton address. Register your passkey via the Security Center. Call Wells Fargo Fraud/Security Support: Request that they place a high-security note on your profile. Explicitly ask them to disable verbal password resets over the phone and block any account recoveries that don't undergo manual identity verification or physical branch validation. This blocks the fallback exploitation channel that hackers rely on to bypass your hardware Yubikeys.

4). Switch to a paid VPN with Secure Core before doing this banking change, to hide your IP (even if they know you're at the old location still) and start creating your new Chromebooks, YubiKeys, Proton email accounts, phones, passwords, well before you move elsewhere. When

you finally move to your new town, you continue using that same VPN structure. To the bank and to spies, your traffic profile remains a secure, anonymous VPN endpoint, completely hiding the physical transition between your old home and your new location, so they don't know you moved by you changing static IP to a new static IP.

5). Deleting your Google, Hotmail, Apple, Yahoo, etc is the single most effective step you can take to stop foreign spy agencies following, harassing or trying to kill you. Because if you make a mistake one day in 3 years and log back in, they can find out your VPN or real IP eventually via that VPN and locate you. You can do this right after escrow closes, when you move out of a place for example, since the old utilities accounts don't need to know your new email, only the bank. For social security, tax purposes, etc, you can create individual accounts that are separate from your banking or everyday purchases accounts for Amazon or Walmart. To access these separate accounts use a completely separate laptop than regular, or boot the PC into an independent environment like a Tails OS USB to guarantee no local registry files or system identifiers match your new identity in the new town that the regular laptop broadcasts. Use paid Proton VPN Plus via Secure Core. If using Windows, Chrome, iOS, Linux, use a fresh, isolated installation of an independent browser (like an official standalone Tor set to "Safest" mode, or a completely fresh profile in Brave with all histories, cookies, and cache completely wiped clean). Login, don't browse, go to the taxes email site, pull the data or verification info you need, log out immediately, destroy the browser session or format the temporary space. Never visit any other web pages during that active connection window as spies will identify you if you do.

To keep your new location invisible when accessing these taxes, SSN, etc email accounts, you must ensure your Proton VPN subscription can't be tracked back to your real identity or bank account. Generate a free Proton Mail account created while using Tor .onion site. don't include your name, location, or phone number. Pay with Cash (The Absolute Best Way): Proton accepts cash by mail. Put the cash along with your printed invoice/account token into an envelope and mail it to Proton's headquarters in Switzerland. No credit card, no bank trail, no identity link. The less secure way is to pay with Monero (XMR): buy Monero on an exchange, move it to a private, non-custodial wallet, and swap it. Monero is a privacy coin that hides the sender, receiver, and transaction amount, making it mathematically untraceable. You can also login in a broswer profile: open Brave browser, click your Profile Icon in the top right corner, click add, name it "SSN" or "taxes", click done, a new Brave window launches, this profile shares 0 history, 0 autofill data, 0 cookies, 0 tracking tokens with your main browser. Go to Brave Settings in this new window, turn Shields to Aggressive, ensure history/cookies are set to Clear upon exit. Close the window. Only open this specific profile when your secure VPN is active and you're ready to check your taxes or social security etc email.

How foreign spies can know the new IP that logged in into an old gmail within milliseconds

5.1). Spies splice directly into undersea fiber-optic internet cables and major global routing hubs. When you log into an old account, your computer sends data packets across the globe. If your VPN traffic passes through a routing hub monitored by spies, automated systems clone that data packet instantly. Spies route global traffic through their own country's servers by exploiting the Internet's routing protocol (Border Gateway Protocol, BJP). Even if they can't read the encrypted data, they instantly see: "An IP address from Town X logged into gmail login servers" 5.2). Every major website uses background tracking scripts, ad exchanges, or content delivery networks (CDNs). Many of these third-party companies operate globally. If a global ad network or tech vendor has offices or servers in the spy nation, that spy gov can legally force them to install an intelligence data mirror. When you log into your gmail, if a 3rd-party script loads in the background, that foreign spy gets a live feed of the metadata (including your new IP) instantly. 5.3). Spies run massive operations to secretly acquire, fund, or hack commercial VPN providers. If a nation has infected a VPN server you choose, they look at the VPN server logs to see your real home IP connecting to the Yahoo login portal in real-time.

For amazon, walmart etc you can create new accounts. Google tracks your location history, search queries, YouTube habits, and app downloads across all devices. If you use a Google account, a new phone will eventually leak your new physical location back to Google's servers through background play services. Big tech (yahoo, gmail, etc) databases are the primary targets for spies. Before you erase these, change the email to your new proton email for any banks, etc things you use: google password manager shows what you use.

To start an ultra secret life, erase the accounts (shopping, email, etc) in the old location they know before you move to a new location, after you have typed the passwords, passkeys etc in a new safe computer not infected by their malware (using paid VPN to hide the current IP and that it's you, using fake alias) for any accounts you may delete later on in the day or week. However, if you already moved to a new location, erase them without revealing new location or phone # during the identity check: 1: Activate your Paid Proton VPN with Secure Core on your laptop. Open a completely fresh, isolated profile in Brave Browser with all tracking history wiped clean. 2: Remove all links connecting that yahoo/gmail account to active offline devices, backup emails, phones. If you delete an account that still lists your active phone # as a recovery option, that phone # remains forever flagged in data broker systems. Login, go to Security or Account Info. Delete your recovery phone & any personal backup emails. Go to Connected Devices, revoke access to any synced device. 3: go to google.com, left choose Data & privacy, scroll to "More options", Delete your Google Account. Re-authenticate your password. If Google forces a MFA check, use a passkey or Google authenticator app method, don't add a phone. Or go to Yahoo Account Termination page. Log in. Click Continue deleting... 4: Format the browser profile you

used, clear your system's temporary file caches, let the VPN tunnel drop.

You can create 3-200 individual Proton free emails for SSN, taxes, shopping under alias 1 for Walmart, banking, everyday, shopping under alias 2 (amazon, etc). You can use Proton Pass Aliases to make detection of real identity impossible. With gmail you need 20 real phone numbers to create 20 accounts, with Proton, you don't need any phone to create 300. If you're on a kill list due to criticizing Islam, Mahabharata, Buddhism, Christianity, Judaism or Taoism, Confucianism, you can't use gmail, yahoo, apple, hotmail, because those require a phone and a phone can be used to trace your location if they ever figure out that email alias/phone is you. During human verification, you can choose to verify Proton using an alternative email address or a captcha instead of an SMS text message, and you never will choose another email. You always do captcha, so nobody knows the Proton accounts are linked. If a spy has your phone from gmail, he finds your live location via cell tower pings (triangulation) or IMSI catchers, completely bypassing any VPN or browser security you have set up, so keep phone always off, unless using it for Organic Maps offline driving. Proton was designed for activists, whistleblowers, etc.
Email 1: Taxes/Social Security: login via Tails OS or Virtual Machine on Proton VPN Secure Core.
Email 2: Banking: login via a Chromebook profile or your offline-first GrapheneOS device.
Email 3: Lifestyle & Shopping (Amazon, Walmart, etc): everyday interactions. Use Proton Pass to generate up to 10 random email aliases per email for Amazon, etc. If spies find a Walmart alias, the link stops there. They can't trace it back to your other 2-50 emails or 500 aliases. Soon, the Immortality *Nurturing* Agency will mandate every purchase receipt goes to an alias valid for 1 hour only, for maximum national security of metadata, so foreign spies can't track US so easily. Proton is outside the EU and the 5, 9 and 14 eyes alliance, so it's less forced by KGB spies within EU to force account disclosure, etc than EU or USA email providers. Keep subject lines empty or random, since the subject is not encrypted: Good: Update, Document, Inquiry, File, Notification, Test Bad: Wells Fargo Password Change, Social Security Info, New Moving Address, Secret Keys. If you need include a reference number for a file, place it inside the first line of the email body. The email body on Proton is completely encrypted end-to-end. Proton login via Tor Bridge (set to Safest) and .onion address is the safest for those hunted by enemy spy agencies. Why? Because your traffic never leaves the encrypted Tor network. There is no exit node that a state actor can monitor, setup or control. Furthermore, because you're using a Tor Bridge, your local network or Internet Service Provider (ISP) can't even tell that you're using Tor. To a spy agency monitoring your ISP, your traffic just looks like unidentifiable web noise. Delete any sensitive email that has your privacy.com alias for amazon shopping or etc or your real name fast, after reading it, so the Proton servers delete it too. That way, no spies can read it later. For yahoo, gmail, etc the gov keeps emails for decades, even if you clicked "delete" or account was wiped out. Don't archive, Click New message to compose an email. At the bottom of the composer

window, click ... or the hourglass/clock icon, Select Set expiration time to 1-28 days. To delete inbox: Go to Settings, All settings, Filters, Add filter, If Received date is > 20 days, Set to Delete permanently. Anything critical can be written on paper to stimulate handwriting brain areas or files saved to a USB, that way if China hacks Proton servers, they will see NOTHING. Don't just move Sent or Inbox items to trash, make sure you Empty the Trash if you use no filters or programmed self-destruct, so KGB can't see anything if they hack servers 2 months later. If you want to save some escrow PDF or something on a USB, start PC into your Tails OS USB or open a secure Virtual Machine. Activate your Paid Proton VPN with Secure Core. Open .onion for proton.me, flip USB switch to Write, save file to USB, run the file thru MAT2 (built-in metadata cleaning tool in Tails OS) to strip out tracking markers, timestamps, system data. Remove USB, flip the switch to Read-Only position. No malware can change your saved PDFs.

Don't click unsubscribe at the end of emails, unless it's a bank/utility/etc you subscribed to:

To unsubscribe from something you subscribed to, don't open the email, just check that email title line in yahoo, gmail with a check mark, right click and select Block Sender so he can't fingerprint your browser or know if you opened the email. Spies can read the logs of a company's unsubscribe servicing company to detect where you moved your location at. Only Proton email allows Tor network via secure .onion site. Use Block sender, don't click unsubscribe request button in the email title line in gmail as that tells them you use that email; best is to never read that email and delete it, since emails got hidden tracking pixels to see if you opened an email, to track when you're awake, when you're at the computer, so they can plan their burglary or killing you better. Spies, gangs use fake "unsubscribe" links to target users to steal our IP address to directly "hack" our PC/phone. A goal of a spy is to confirm that our email address is active/monitored. Clicking the link upgrades our status to a "live target," causing them to flood our inbox with more advanced scams, files. Any time we visit a site, we give the site an IP address, location, PC type. Spies use this to profile our laptop for future target phishing. The unsubscribe link can route us to pages with drive-by downloads which abuse browser vulnerabilities to silently download, install malware without requiring us to click "accept". The low level criminals send emails with unsubscribe links redirect to a fake page that asks you to "log in" or enter a password, to try steal login credentials of the naive folks.☺☺☺

1.3.4. HOW TO CHOOSE A SAFE PASSWORD

Even if you use YubiKey, for stronger than passkeys security, you still need backup passwords. Choose random passwords you type using letters, upper case letters, numbers and symbols, none repeating and at least 25 characters, so they take millions of years even by quantum computers. Quantum computers pose an immediate threat to asymmetric encryption (like RSA or ECC used to secure internet traffic and crypto wallets) because Shor's Algorithm can

effortlessly reverse-engineer the math behind them. However, passwords stored using standard modern hashing functions (like bcrypt, Argon2, or PBKDF2) rely on symmetric structures. Because Grover's algorithm only halves the effective key size of symmetric structures, simply utilizing any truly random password over 25 characters completely neutralizes the threat of quantum brute-forcing. A random (no character repeats) 25 character password takes billion trillion years using today's fastest computers, and millions for a quantum computer. In the event a nation discovers a trick to break them with a new quantum design, you can be sure they won't take seconds, but perhaps centuries at best, especially with 80 character ones I and others use on sites allowing more than 15-30 characters. Never use 2 factor authentication (2FA) with text (phone), as those are easy to hack by spies, plus you give spies your phone # to hack. Use 2FA 6 digit codes from offline authentication apps that work offline (don't login in your google account on Google authenticator or Microsoft authenticator, to prevent cloud connection, since spies can exploit Google software errors and hack your codes, as Google is allowed to sync and connect with the Internet, while Aegis authenticator is not allowed to go online) or physical place where you wrote them down in case of a device malfunction. Use passkeys always, not passwords as it's much safer even if password is 80 digits, but always have the 25-80 character passwords as backups as they can help recover account if passkey is destroyed, i.e. laptop crashes and it's not saved on google server, etc. Use Chromebook with Open Titan security chip (tested daily by many open source, far less vulnerable to superpower enemy hack) that is ready for PQC and is more secure than Titan or Titan2 Chromebooks. Opt for ChromeOS, not Windows or Mac, as Chrome is the most secure of the three. However, Qubes OS in Linux is safer than any other OS, including ChromeOS, though it's becoming less so, with Open Titan. Yet the only user friendly laptops with Qubes use China Clevo motherboards that may install PLA stuff, like Nitro, Nova, Star; German Nitro is the same laptop as Dutch Nova, just Nitro brand on it; Nova uses Polish Goodram memory. As far as firmware defense, Chrome OS with OpenTitan is a PQC Secure Boot that Defends the boot layer against KGB/PLA modification, which is far superior to the Qubes Linux which can be vulnerable to even with the Polish developed Dasharo Coreboot + Heads firmware installed. Heads can't prevent a Chinese KAPOK (that merged with Clevo) factory worker from installing a malicious hardware chip on the board; Heads can only alert you at boot that the motherboard's code was modified after it left the warehouse, during shipping.

1.3.5. Avoid Made in China motherboards computers

OpenTitan and Made outside of China motherboard prevents China motherboards in "Made in EU or Taiwan Chromebooks". The Qubes certified laptops are pure trash, because notherboard is made in China. The Chinese will know everything you do. To source laptops by country of origin of motherboard, use the US Fed gov way: TAA Compliance (Trade Agreements Act of 1979). "Made in Taiwan" motherboard Chromebook made outside of China yields no results because

Amazon doesn't know. Instead, search the cdw.com or connection.com for "TAA Compliant" hardware, which, by law, isn't manufactured/assembled in China, Russia, India, Vietnam, Malaysia. It's built in the USA, Taiwan, South Korea, Japan, EU. To buy peripherals, Chromebook with non-China motherboard or YubiKey, bypass Amazon and purchase directly from Dell/HP or enterprise/federal tech distributors that have TAA country-of-origin filters built into search bars: 1. Visit business/enterprise division of Dell or HP website. Click "Contact Sales" to speak with a direct corporate enterprise account manager. Say "I am procuring this hardware for a high-assurance deployment. Before payment processing, I require the specific warehouse SKU to be flagged as TAA-Compliant, and I need a formal Manufacturer Certificate of Origin (COO) included in the shipment manifest." 2. cdw.com, Type "TAA Compliant Chromebook" directly into the search bar. CDW features a dedicated left-hand filter sidebar panel on its catalog pages labeled "Compliance". Check "TAA Compliant" box. 3. connection.com In sidebar, scroll to "Special Typologies" or "Gov Compliance", select TAA Compliant. For 2 & 3, use direct sales chat to request the Certificate of Origin (COO) paperwork for a warehouse SKU before they ship it to make sure the primary assembly (motherboard) and sub-assembly processes occurred in USA, Taiwan, South Korea, Japan or EU. When Dell/HP make PCs for military, the motherboard comes from outside of China. To ensure no spy intercept of laptop during shipping, verify the box is sealed with the original OEM holographic tape (e.g., Dell or HP factory tape). If it has generic clear packing tape over the seals, the box was opened in transit. Turn the laptop upside down and check the micro-print to say "Made in Taiwan" etc. Once you turn the Chromebook on, the built-in OpenTitan chip executes its cryptographic check. If a spy intercepted the package and flashed a malicious, backdoored spy firmware onto the laptop motherboard, the OpenTitan chip will detect that the cryptographic boot signature is broken and will physically lock the device from starting up entirely. Return it if it's locked. Windows 3K 4090 RTX Nvidia PC uses 1200 W to run a 70B LLM for technical writing, while a refurbished Mac studio has 4 times the VRAM (96 GB) and uses 100 Watts, being 100 times quieter too. For a local 70 B parameter LLM AI capable secure quiet desktop, a Mac Studio is far better than a PC, unless dealing with images/video.

1.3.6. Walmart, Amazon, shopping accounts tips for higher privacy

By having 1 laptop for purchases and email and 1 laptop for random browsing using Tails OS for foreign sites in Tor and maybe highest security Brave for local news etc (that never gets a USB used on any other computer), you totally separate the two much better than Qubes software separation. Set up and register Your FIPS 140-3 YubiKeys (see below) only from your clean OpenTitan Chromebook that you never use to visit anything except Amazon, Walmart, online purchases, and check your email (max security). Use a different browser for shopping and for email, for higher security, as each browser has its own shield, so if one is attacked, info from the other browser is not hacked. Never register or insert this specific key into the separate Windows

or whatever other computer you use for "dangerous" tasks like everyday browsing. When configuring the key for email, ensure you enable the FIDO2 User Verification PIN. This forces the browser to request a physical pin code and a physical finger tap on the gold contacts to authorize a session, completely locking out remote hackers. More on Qubes & laptops is in the next 10 pages. On Open Titan chip Chromebook you create 2 profiles: the default one (banking, email, no login into social media, no browser extensions) where you must first register FIPS 140-3 YubiKey, and a Guest Mode Profile for Shopping, that destroys all session data, malware, etc upon closing that browser, so that a malware attack on a shopping site won't steal banking, email info. In default profile (not Guest), setup passkeys: Amazon (Login & Security) or Walmart (Manage Account, Passkeys). Create a Passkey. Don't save passkey in Google Password Manager but to "USB Security Key". Insert YubiKey, touch the gold contact, create a PIN if you didn't already. Each day, if shopping, press Ctrl + Shift + G to launch the "Guest Profile". To setup a PIN, login in the default profile, click the clock in the bottom-right corner, select the Settings icon. On the left, click Privacy & Security or Accounts, Manage security keys, Insert FIPS 140-3 YubiKey, Create a PIN (8 letters/numbers min), tap the flashing gold contact. Instead of clicking through the system menus every day to open your isolated shopping sandbox (virtual machine sort of), use Ctrl + Shift + G to open a Guest Mode window to shop, then close it to delete all data. Spy agencies frequently use DNS hijacking to eavesdrop on what retail websites a person visits. Bypass this in both ChromeOS Profiles (default and guest) by browser Settings, Privacy and Security, Security, Use secure DNS. Toggle it on and select With Custom DNS (quad9 see above). This encapsulates browsing requests in an encrypted tunnel, preventing local network entities or routers from logging shopping destinations. Force the browser to block retail store trackers and script injections: go to chrome://flags and press Enter. In the search box at the top, type: Strict Site Isolation. If it appears as an adjustable option, ensure it is set to Enabled. (some ChromeOS versions often lock this to "Always On" by default to prevent malicious cross-site scripting).

To secure retail accounts against state-sponsored password cracking or credential theft, read this: neither Amazon nor Walmart allows you to completely delete or turn off your password fields. Instead, you force password bypass by changing your login behavior and enabling strict verification locks: For Amazon: Amazon keeps a password on file as a legacy recovery method, but you can configure it to prioritize YubiKey, to skip the password prompt. Go to Account, Login & security. Ensure YubiKey is in the Passkeys field. To render a password useless to remote hackers, change Amazon account password to a completely random, 90 character string of gibberish (you won't need it), or if you want, a complex password you write on a paper. don't save this password on any computer, not even in a password manager. Because your daily login path in Guest Mode only requires you to click "Sign in with a passkey", you never need the 90 long password that takes 3 billion years to crack. If spies hack your email and try to type a

password into Amazon, they'll need 3 billion years, while you log in seamlessly using YubiKey. For Walmart: Account settings, Personal Info, Password management options, Switch setting from "Password" to "Password-less". When combined with YubiKey, Walmart is entirely locked down to YubiKey. Verifying it: Press Ctrl + Shift + G on OpenTitan Chromebook to open Guest Mode, go to Amazon or Walmart. Enter your email address and click continue. Select "Sign in with a passkey", Type your 8-character hardware PIN, tap your YubiKey's gold contact, and verify you're instantly logged in. By successfully logging into your accounts inside a blank guest window without typing a single password character, you prove that your credential pipeline is entirely reliant on physical hardware and you gave PLA, KGB, etc 3 billion years...

If spies see they can't bypass YubiKey to break into banking or email, they will attempt Account Recovery Exploitation. They do this by trying to compromise the recovery email or phone number attached to your email/banking, triggering an automated fallback reset to bypass your hardware token. To prevent this, do this: remove SMS or phone recovery from banking & email. Spies can effortlessly execute "SIM-swapping" attacks or intercept cellular network routing (via SS7 vulnerabilities) to steal security codes sent over the air. If you use Gmail, enroll it directly into the Google Advanced Protection Program. This strict mode completely blocks immediate account recovery attempts if a key is missing. Under Advanced Protection, if you lose YubiKey, Google ignores all standard automated recovery options. It initiates a mandatory, ironclad 48-hour to 30-day delay period before allowing a reset. This delay gives you a massive window to detect the unauthorized recovery attempt and cancel it before spies bypass you. If your bank requires a backup recovery email, don't use a standard unmonitored account. Use an encrypted alternative like Proton, which must also be explicitly locked down with a secondary YubiKey if not using Tor. Walmart allows your name for reviews/shipping in account settings to be a fictional alias, different from your credit card on file, 'credit card name' itself can be a fake alias via privacy.com linked to your real identity (see # 3). below☺☺☺). This allows you to remove any name-address link, so Walmart, etc delivery people never know your real name, or your real privacy.com alias. We need to hide the real names, privacy.com alias and purchases as thieves and foreign spies always hack networks to steal Amazon ordered items or to poison those who criticize gangs or foreign governments, religions, etc. We need to become more discreet as a society, due to 20 million hacking attacks daily against NATO. Buy stuff from Amazon if nonedible or high temp resistant (some edible items like potassium iodide is stable even at 200°F) and Amazon will say "Delivered or Ordered 1 Nutrition & Wellness Item" in subject line to avoid foreign espionage of metadata. Amazon started to hide the product names from titles, since all emails meta data for any company can be hacked by foreign or internal spies for even private emails like proton.me or gmail, yahoo, hotmail, apple, etc. Amazon no longer shows last name in emails, to protect us from foreign nation mass hacking AI aggregating emails after a

breach to establish identity, habits, purchases, for recruitment, sabotage, poisoning, attack of houses from satellites. Foreign spies can try intercept packages, discover the real identity of an alias account based on email titles intercepted for encrypted emails whose text they can't read.

Running the Brave app on a Chromebook is far less secure than using the native Chrome because Chrome Web Store "apps" are deprecated, unmaintained extensions that run entirely outside of ChromeOS' hardened hardware security framework. Brave is safer than Chrome in Windows for banking/shopping, but far less safe than Chrome in ChromeOS because Brave bypasses ChromeOS' multi-layered defenses, including the Titan C (OpenTitan based) security chip, verified boot, and strict process isolation. Since Guest Mode starts fresh with default settings every single time you open it, you can't permanently save changes to your Chrome browser settings. Click the 3 dots in the top right corner and open Settings, Privacy & security, Third-party cookies. Change to Block all third-party cookies. In Privacy & security, Site settings, JavaScript. Toggle "Don't allow sites to use JavaScript." To safely load a bank or utility payment page, scroll down to "Allowed to use JavaScript", click Add. Type the exact trusted URL (yourbank.com). Java off freezes all unverified code on foreign or compromised retail chains, rendering hidden exploits inert while allowing your specific financial sites to operate normally. If you don't want to change global settings daily, you can strip privileges from individual websites: visit utility or store website. Click the slider/settings icon located directly to the left of the URL in your address bar. Select Site settings. Manually flip JavaScript, Pop-ups, Automatic Downloads to Block.☺☺☺

1.3.7. Avoid yahoo, hotmail, apple, gmail, aol, as they lack end to end encryption (E2EE)

Regular emails use only "while in transit encryption" Transport Layer Security (TSL), i.e. they store emails unencrypted (TSL) on servers. E2EE protects emails better during data breaches and espionage. Of those only Google/Microsoft are strongest at securing servers from foreign powers. 99% of email providers maintain master copies of data, log enormous amounts of account metadata (proton.me never does), and employ 100+K folks, all of which are potential spies (Microsoft got 230,000 employees, Google 190,000, so 80+ possible spies at least). It only takes 1 spy among these 420,000 people to totally screw up everything. Big email providers etc give deep access only to the top 0.001% and even then 2 people must OK any access. If internal, external spies breach gmail, etc, intercept unencrypted metadata (to, from, subject line, date) transit hubs, you can die (if on the kill list of any spy agency), as they use metadata to find info, connections. Proton operates on a 0-knowledge architecture, meaning even if an employee spy infiltrates Proton's server offices, they can't decrypt emails because they lack the master cryptographic keys, while if they breach mainstream emails, they can see the text of emails. The latest quantum computers can't decrypt E2EE Proton messages in 2026, as Proton has PQC, while gmail, yahoo, apple don't have PQC. Having a US based server may be better for some, to

avoid ocean cable snooping by Chinese underwater drones hovering over cables in a new way unknown to NSA (no touching needed). Google's servers continuously log search history, profile associations, diagnostic loops though, and spies can find metadata as it's unencrypted. Proton doesn't log or monitor user activity, so banking transactions, privacy.com alias setup remain completely shielded from centralized automated corporate scans. The privacy.com personal plan is free and allows creation of up to 12 new cards per month, including single-use "burner" cards and merchant-locked cards, total privacy for all Americans. Proton is a privacy fortress, but state actors can gain access via global hack of email/SMS recover codes. To make a 2 proton or 1 proton 1 gmail setup (1 banking, 1 regular) safe, go to proton Account Settings, Recovery. Turn OFF the toggles for *Allow recovery by email* and *phone, then* Lock the Accounts with Your FIPS 140-3 YubiKeys so nobody can read your email. This setting is for using normal browsers, if you want to use Tor for Proton .onion, you need 2FA. Erase any electronic record of the proton 12 word Account Recovery Phrase, at most print it on the back of a paper taped to YubiKey you wear. If a spy enters your house while you're shopping, finds this 12 word piece of paper, encryption is broken. Keep this data on a paper in a safe place where none can find it. Proton code is all open source and there are inspectors who visit the company, etc, theoretically Proton can't spy on people. The US Fed gov doesn't use any foreign server (proton is Swiss). A U.S. servers (Proton equivalent) Email Provider for FIPS 140-3 YubiKey is Aussie Fastmail with Masked Email, a fake email for each website you sign up for, has servers in EU for EU users, US for the rest. Fastmail is a small company, so it's 9000 times less targeted by spy agencies, hackers, gangs. Downside: price, 5$/mo, so they know who you are. China can hack Aussie. Aussie and UK are one, so Brits will read every email. Google, yahoo, etc make $ by logging in endless data for ads to sell, so data is insecure. For NATO servers try Disroot Dutch servers, so AIVD reads each email.☺☺☺

Proton gives 1 primary email address, up to 1 GB of secure cloud storage, but you can setup many accounts, like with yahoo. A free plan contains the exact same, military-grade 0-access E2EE as the most expensive paid plans. Proton owns, operates its own "bare-metal" hardware. Their primary data centers are hosted in heavily guarded, underground military bunkers deep within the Swiss Alps in Zurich area, though, due to "privacy law changes" there are now backup servers in Oslo/Norway, Frankfurt/Germany where Germans may read your Proton email. If a continental quantum weapon takes US mainland out (all dead), proton.me may become NATO's most secure civilian backup, Proton got 21,000 VPN servers in 148 nations. Proton doesn't rely on 3rd-party cloud infrastructure like Amazon Web Services, Microsoft Azure, thus limiting the physical/digital supply-chain attack surface. Email providers, banks are now moving toward post-quantum cryptography (PQC) using lattice-based geometry (NIST ML-KEM, ML-DSA algorithms). Proton moved to PQC encryption on 5-5-2026, while Google has a 2029 deadline to secure Gmail. Because quantum computers can dismantle traditional prime-number

factorization (RSA) using Shor's algorithm, industries started to move to PQC. The RSA Rivest-Shamir-Adleman algorithm generates 2 large prime numbers, p & q. R is Catholic, S is Israeli, A is Jewish. Google AI Gemini promotes Gmail as most secure email, and says "Microsoft can't use YubiKeys", then Bing AI Copilot claims the same about gmail, "Google can't use Yubikeys (see below), passkeys are synced, etc". Apple AI promotes Macs, Leo (Brave) AI promotes google products as Brave is based on Chromium engine as browser. All lie about the others, showing how fraudulent the AIs are, and why we need a national AI, not these scam corporate bandit AIs. When you ask them to rank, gmail, hotmail, yahoo, etc they give theirs as #1. The AI promotes the products the AI maker sells. Pathetic. The public key is n = p*q. A sender can use n to encrypt a message, but only the owner of the private key (p&q) can easily calculate (p-1)(q-1) to decrypt it. Breaking RSA encryption requires finding p & q from the public n. For a 2,048-bit RSA key, this takes supercomputers billions of years. Hackers from KGB, PLA steal data now by ocean drones over ocean cables to decrypt and read later, once their quantum computers will decrypt in months instead of billions of years. Google was founded by 2 Jews, and Google always gives search results that hide the Jewish identity of certain people and makes Jews appear much better than other search engines, which means gmail is read by Mossad as google is full of Jews. For example for Shor new algorithm to break RSA made up by Jews, Google claims he's gentile, his mom is gentile, while Bing says his mother is evidently Jewish. Shor and Bopp are Ashkenazi Jewish names. In such a situation, I can't trust gmail, Google Gemini AI or ChatGPT by Samuel Altman Jew. They're good as free basic searches, etc, but when it comes to nuance they miss a lot of info on purpose to protect Jews and Israel. When you read Wikipedia and it claims X is so and so, doubt it. Those are their public stories, what lies beneath can be sometimes the exact opposite. The total enslavement of Americans by Jews can't be more evident in the % of Jews in strategic areas. US says "RSA is impossible to decrypt" then all adopt it and US knows how to hack all prime numbers, and US promotes RSA to be able to read all email worldwide. Then they come up with Shor to make RSA outdated via quantum computers and a new 'RSA replacement' that they know how to decrypt in days, but takes 5 billion years if you don't know how. If you decide the standards, all low IQ guys believe you and you make the planet's rules, as you read all chats. So, never assume RSA is safe, for even YubiKeys can be pure waste of time to reinforce the brainwashing that RSA is secure in order to get all fools to use it so US can read all emails. US does this stuff all the time in 100s of fields, it's a typical police method to dupe criminals.

In cybersecurity, nobody trusts promises. Experts trust open mathematics and code audits. The US gov and global researchers verify Proton via its Open Source code (no backdoors to keep email data), via audits of the company, via E2EE, starting with your browser before the data goes on the net. Metadata is as valuable as the text, it tells hackers what you bought, when, etc, it's almost like they know what you buy, and can be used to discover real identity, address, so if

Swiss can't defend metadata, you're screwed. The safest 5 main emails may be Hotmail > Google > Apple > AOL > Yahoo. If using gmail, use one email for fake identity (one browser for online alias shopping, so nobody knows what is delivered to your address in real time to try to intercept it) that can change over time so spies can't identify you as that based on metadata hacks and purchase history and one email for real identity (banking, etc) on a secure separate laptop made in USA that never has any flash drive access it, except 1 for backup that is always taped to the laptop cover perhaps to avoid accidentally inserting it into your infected laptop(s), which can never enter any other device or laptop as it could get infected with malware. You want to separate Amazon etc purchases from the everyday easy to hack laptop made in Taiwan, etc... so avoid infecting this secure laptop with your everyday browsing laptop (where you open dangerous pdfs, pngs etc). The secure laptop for email/purchases can be a low power tiny one, just for email. The junk laptop can be for unsecure email (fictional alias to ask questions about products etc), the fake alias accounts to browse Amazon, Walmart, a laptop never used with your secret aliases and real identity, never used for purchases.☺☺☺

1.3.8. When buying ANYTHING online, use US based privacy.com (arguably the safest)

Watch this video about how some people use trusts and LLCs to totally vanish from the records foreign spy agencies can access, when spies may try kill them due to wealth or writing a book. You can try similar services to legally generate an alias and fake card number linked to your real bank, so that no courier knows the name these products go to. The Fake alias has to match your fake Amazon name, so when your Amazon, Walmart, grocery delivery arrives, it has a fake name on it and no spies know your location on Earth. Foreign spies hack USPS, FedEx, UPS, Amazon, Walmart, online platforms, to search for the names they want to kill or recruit to be spies. If you live in City X, for billing you can use a fake name with the commercial address (hotel, restaurant, apartment complex) in some other city (especially if online products that are not shipped) since privacy.com doesn't check if the name and address match like banks do, they know you use aliases to protect self from identity theft by Amazon hackers, so it can be used by activists who expose genocides. For shipping address, use a fake name (same fake name on billing/shipping) and a PO Box, Amazon Locker or, if brave enough, your real address, but make sure that nobody knows your real name in the area, no talk to neighbors. Whatever you do, make it less likely for them to be suspicious about the identity. Use self-pay, not insurance, to avoid revealing your alias or real identity, or change your legal name and use trusts to hide the info in IRS data.

1.3.9. Avoid any phone talking, since spies know it's you using AI; install GrapheneOS

A phone, if used to banking, should be off 99.9% of the time stored in a Faraday cage made of thick aluminum that removes any RF signal, and in airplane mode until you're ready to login into the bank with a hardware key for only 3 minutes. ☺☺☺Spies can detect any version of your

speech, even if you try fake it as a female, eterni or etc, they scan ocean cables: most SMS, VoIP phones, landlines, cellular calls to stores, offices are unencrypted on one end, so they're audible to all US enemies with strong enough AI to scan thru 90000 trillion calls. Even cell to cell calls can be intercepted by China, the only secure calls are via Signal, when encryption is done at all times. WhatsApp collects extensive metadata, including your IP address (which China can hack via meta server hack to see where you're and kill you), phone identifiers, who you text, how often, and at what times. Signal logs only two things: the day you created your account and the last day you connected to the server. WhatsApp is owned by Jewish Meta/Facebook, a company built on data collection and targeted advertising. Signal is run by an independent, user-supported, non-profit organization with no financial incentive to monetize your information. Signal's entire code, for both the app and its servers, is fully open-source, allowing independent security researchers to constantly audit it for vulnerabilities. WhatsApp uses closed-source software, meaning the public can't verify exactly what happens to data inside the app. WhatsApp strongly prompts users to back up chats to Google Drive or iCloud. If these backups are not manually toggled to be end-to-end encrypted in your settings, they can be accessed by Chinese hackers. Signal stores backups only locally on your physical device by default. Security = silence, all done online using aliases or Signal text/voice, or from Tor browser for max IP security (except banking and certain websites that block Tor: all banks block Tor, don't use Tor as you get locked out). Our voice is shaped by the physical geometry of our throat, nasal cavities, jaw, and tongue. This creates unique, unalterable background resonances called formants that we can't change, the AI scans all phone data for specific cadence, accent, rhythm, breathing intervals, specific consonants sounds. The way air passes through vocal cords creates a unique wave pattern or glottal pulse, as unique to us as a fingerprint. We can't alter the micro-vibrations of our larynx muscles through acting. We all have an unalterable linguistic fingerprint: breathing intervals, "94" millisecond delays between words, length we hold specific vowels, co-articulation (unconscious muscle movements when transitioning between consonants)) remain completely hardwired into the brain. A foreign spy AI tracking engine searching phone data will effortlessly match these behavioral vocal patterns to your master identity file.☺☺

Never use a smartphone (always off in a Faraday cage, aluminum foil wrap to prevent remote control while it's off), except 4 minutes a month to access an app that is only for phones, with a bank or whatever, since smartphones can figure out location (via cell tower triangulation, background Wi-Fi scanning, and IP tracking) even when you turn off GPS and connected devices, cars (OnStar, etc, Tesla, etc) share your location with car company or insurance company (if device installed), company servers can be hacked by spies, plus RF fries brains/bodies. Because a traditional offline GPS unit (bought with cash, so no enemy knows it was shipped and can't be intercepted in mail by foreign spies on US soil) only receives one-way satellite signals and lacks

an internet connection (map updates via USB from a clean computer), it can't transmit your data to any third party, so it is the only way to prevent foreign hackers from knowing your location if they figure out your google or phone maps app and account. An example of a decent low-EMF (least brain cancer, least detection by spy listening posts to all satellite communications from Earth to satellite in connected GPS units, least hacking by an ex or ex-employer) standalone car GPS model is the Garmin Drive 52 GPS Navigator. RF mW/m² changes continuously based on distance from the device, the vehicle interior, satellite positioning. To navigate offline, the device only receives signals from overhead USA satellites. It doesn't broadcast or transmit any RF signals to the sky, resulting in 0 mW/m² of cellular/Wi-Fi. Unlike smartphones (worst idea for getting directions, even if you connect once and then go in airplane mode and travel in airplane mode that leaves GPS on, just like connected cars – disconnect your car by calling manufacturer from all internet, GPS, etc as it causes high mW/m² that clouds judgment and is detected by foreign spies Earth to satellite monitoring devices) & unlike connected GPS models, the base Drive 52 model lacks cellular modems and Wi-Fi chips, 100% eliminating constant background RF sweeps. Drive 52 has preloaded US/CAN maps & a 2.4 GHz Bluetooth to receive optional traffic updates via a phone, so turn it off in settings, wireless networks, Bluetooth. Mounting the GPS on the windshield reduces RF to negligible levels. Even if you always disable GPS and phone is off 99.99% of time, all phone maps apps can be hacked, so spies can kill by real time tracking of maps location that one time of the year when you use the phone or car for directions. Avoid the Garmin inReach Series: inReach Mini or GPSMAP 67i are active satellite communicators. They transmit high-power radio signals up to Iridium satellites for two-way texting and SOS tracking. State actors with advanced electronic warfare capabilities can intercept these signals or compel satellite providers to hand over real-time tracking logs. Avoid the Garmin DriveSmart Series & Drive 53: they feature built-in Wi-Fi and Bluetooth to pair with smartphones for live services. If a phone is compromised by spyware, it can bridge onto the GPS via Bluetooth. When not actively navigating, unplug the Garmin 52 and completely shut it down so it doesn't log your position or generate a localized hardware clock signature. If a bad actor gains access to the car, they can read the unit's internal "Recent Destinations" and trip logs. Always clear your travel history in the device's settings menu after every sensitive trip. Only perform USB map updates on a secure computer that you're confident is free of malware. Never use real identity or online purchases aliases for phone Maps or any non-laptop digital device, create separate compartments of your life with restricted access, create endless virtual machines in all areas of your life as if you're running Qubes OS (described below, if they penetrate one cube of your life, they can't enter the other, don't let any one person, place, device have all your info, as that can kill you instantly). If they know those google maps or phone maps accounts are you, you're dead. Thus, it's far far better is to NEVER use a phone for directions. If you buy a renewed Amazon Garmin 52 or ebay, etc…, don't simply turn the device on and start driving to sensitive locations. Instead, do a Hard

Factory Reset: settings, full factory reset to clear any cached location data. Garmin got a built-in feature called "Travel History" or "Where I've Been," which logs location over time to suggest frequent routes. Go into Settings > Device > Travel History, clear it, disable it entirely so it stops writing your data to the internal flash memory. Don't plug Garmin into a PC connected to the internet more than once 2 years to update maps. If you use the Garmin Express software on a web-connected PC, Garmin servers instantly log your device's unique serial number, your home IP address, and diagnostic data saved on the unit. If Garmin 52 is too old for you and the storage is too small, find one that is easier to update and turn off any connectivity there is.

Consider GrapheneOS, widely considered the most secure mobile OS, significantly surpassing Android and even iOS in specific security architectures. Graphene is a hardened version of the Android Open Source Project designed specifically to protect against superpowers. Graphene works only on Google Pixel phones 6+, due to Titan M2 security chip that enables extra features. It uses a hardened custom memory allocator that effectively neutralizes common memory corruption exploits, the primary vector for mobile malware. It enforces stricter application isolation than Android. GrapheneOS sends 0 data (telemetry) to Google, anyone by default. It supports full Verified Boot with custom keys, i.e. the phone verifies its own integrity at startup. If the OS is tampered with, it refuses to boot, protecting against "Evil Maid" attacks. Evil Maid is a hotel maid who alters your phone or laptop while you're away. If you want to use the Pixel 6, 7, 8+ because you need up-to-date maps, uninstall Google Maps (tracks you) entirely and use an offline, open-source navigation app: Organic Maps or OsmAnd from the F-Droid open-source app store. Download the entire map database for your state or country while on a secure Wi-Fi network (ideally via a VPN). Turn on Airplane Mode, disable Wi-Fi, Bluetooth. GrapheneOS + Airplane Mode + Organic Maps matches the security of the Garmin 52. The internal GPS chip will act purely as a passive radio receiver, calculating your position locally on downloaded map files without transmitting a single byte of data. To make your Pixel Graphene phone as secure as the Garmin Drive 52, you must isolate the device from networks before initializing GPS tracking. 1. Remove any physical SIM card from the phone (the SIM card you used to download Graphene via WiFi, update Android to graphene, using some phone you plan to use for maps only, meaning to not connect to the Internet much, some older phone). Ensure no eSIM profiles are active. 2. Turn on Airplane Mode, disable Wi-Fi and Bluetooth. 3. Settings > Location> Use location to ON. This allows the phone's internal hardware chip to act as a passive satellite receiver without transmitting outbound data. To download a Google Maps alternative, before you remove SIM and turn off WiFi open the F-Droid App Repository or the Google Play Store (if using GrapheneOS sandboxed Google Play) and download Organic Maps ideally using a public Wi-Fi or a network not tied to your home address. don't log into any personal accounts on the dedicated "maps phone" while connected. Activate a Verified VPN: Route all traffic through a

paid Proton VPN or etc before launching your app download. Once the download reaches 100%, immediately turn off the Wi-Fi connection, turn Airplane Mode back on, and never reconnect that phone to the internet much (if you can afford a dedicated phone, or use it only once a month for some banking or emergencies). Because most people use phone with Internet often, Garmin 52 (always offline) or a similar Garmin (that can be offline) is their best bet, US verified company. Because your GrapheneOS device is entirely de-Googled, you can't download VPN from the standard Google Play Store. To install Proton VPN cleanly and securely, ppen the native, hardened Vanadium browser on your GrapheneOS phone. Navigate directly to the official download repository ://protonvpn.com. Scroll down to the Android section, tap Download APK (Android Package kit). Don't download from 3rd party mirrors. Tap Install. GrapheneOS will ask if you want to allow Vanadium to install unknown apps. Toggle Allow for this session. Open the Proton VPN app, log into your anonymously purchased Proton account, and immediately configure the Always-On VPN and Block Connections Without VPN hardware kill switches in your system settings. Now you can download Organic Maps.

Google Pixel are the only phones able to replace iOS or Android phone with a GrapheneOS (only unlocked 8a (300$), 9 (900$), 10+ phones can run it best, as they got security updates until 2031, + ARM hardware memory tagging (MTE) to instantly block memory/framebuffer exploits, which are 90% of 0-day spy attacks. Pixel 7 security updates end 2027. Graphene removes tracking at the OS level, is a hardened, open-source OS that strips out Google Play Services. It has advanced sandboxing, memory corruption defenses, a hardened browser engine. It's incapable of "phoning home" to Google because there is no Google software installed on it. Unlike Google or Apple Maps, which constantly stream your location back to servers foreign spies can hack, Organic Maps is an open-source, 100% offline navigation. Download maps for a region over VPN once, turn off cellular data, navigate entirely offline. It logs 0 data, has 0 location, etc trackers. Pixel 9 is more secure because it has 50% more RAM than 8a. Graphene is RAM intensive via background sandboxing, hardened memory allocators, aggressive memory zeroing to prevent hackers from executing code via buffer overflows. Spies use fake cell towers (IMSI Catchers, Stingrays) that the Pixel 9 modem defends better against via cleaner baseband isolation, so spies can't force security downgrades or push wireless firmware exploits. The Pixel 8a uses an older optical fingerprint scanner that takes a standard visual 2D picture of your finger, and any AirBnB who took a pic of that or old phone that was hacked has it. The Pixel 9 has a 3D Ultrasonic Fingerprint Sensor: optical scanners can be spoofed by high-resolution photos or physical molds created by spy forensic teams. Ultrasonic sensors map the 3D finger ridges, valleys using sound waves, making biometric bypass virtually impossible. However, if you keep Pixel 8a in airplane mode always, even while driving, they can't do over-the-air attacks, so you're safe. 8A is fine if you do that, if you almost never use it. No need of extra 600$ for Pixel 9. Just keep phone in Faraday

cage, shut down while not driving. To minimize spying open the Settings in Graphene, go to Location, Location services, turn OFF both Wi-Fi & Bluetooth scanning. Open Settings, Apps, See all apps, tap the... menu icon in the top right corner, select Show system, Bluetooth, Permissions. Revoke all permissions, select Disable. Never use cellular data without VPN if you try to be secure from spies. Your paid Proton allows you to use it on 10 devices at the same time. You use your cellular data plan for internet access, but you immediately wrap that cellular data inside the Proton VPN Plus (Secure Core) tunnel. To ensure a phone never accidentally leaks data over raw cellular towers if the VPN connection drops, go to Settings, Network & internet, VPN, gear icon next to Proton VPN, Toggle ON both "Always-on VPN" and "Block connections without VPN", so that if Proton VPN disconnects for even a millisecond while you're traveling, Graphene freezes the cell plan, entirely stopping unencrypted data from escaping your phone.

1.3.10. Disinfect existing devices and the basics of sandboxing, virtual machines VMs, etc.

Your existing computer is possibly already rich in foreign spyware so you may need reinstall the OS with a clean copy, after saving passwords, disinfected files on a flash drive. After removing these malware, we can have a phone for banks that work only on phones, 1 laptop or desktop for basic browsing and 1 laptop for banking/email, though that means you need avoid using a USB to transfer files/and infect the good banking laptop with real identity. For top secret files, use a tablet/device that never goes online, has no WiFi card, and is never touched by flash drives that touch other computers (has its own flash drive for backup). Separate banking from everyday email. Qubes OS Xen is updated by a team of international programmers working for the Linux Foundation. Xen is a Type-1 ("bare-metal") hypervisor, a software that installs directly on computer hardware instead of running inside an operating system. Qubes OS relies on "security by compartmentalization." Xen is the tool that isolates web browser, work files, banking, into entirely separate, locked-down virtual machines called "qubes." Xen interdicts software access to CPU, RAM, so an attack or virus in one qube (web browser on unsafe sites with malware) can't break out to steal data from another qube (banking), it's an advanced version of Microsoft Sandbox (that erases all memory and passwords used, all session cookies, so hackers can't steal cookies to login). It helps you avoid needing 4 laptops. The primary, official updates to the Xen hypervisor are managed by the Linux Foundation. Because Xen is used in massive cloud servers (and Qubes OS to separate qubes, like 1 banking, 1 email, 1 random browsing, 1 top secret), major automotive tech, and embedded systems, it is funded by a global board of tech giants (including UK ARM Ltd, Citrix/XenServer employing many British developers who write core code for Xen), updated by engineers from AMD, Intel, Amazon Web Services (AWS), Huawei, and Vates who write a vast portion of the updates to support new hardware. Qubes OS is the house, and the Xen Hypervisor is the concrete foundation. If you use Windows, open Windows Sandbox (or equivalent for other OS), which is a security feature in Windows that

makes Internet activities far more secure, saving no settings or bookmark. Sandbox deletes any info from any Sandbox session, so save all files in your normal Windows. The Polish team behind Qubes OS got development grants from the Open Tech Fund, a US gov non-profit and 1000s of people check the open public code for Qubes OS to make sure no spying goes on. In Chrome, sandboxing is mandatory, not optional: every browser tab, extension, app, and system process runs in its own sandbox (restricted environment with minimal privileges). There is no Chrome need to manually launch a "sandbox" session as in Windows; the OS treats all untrusted code as potentially dangerous from the moment it executes. If a specific Chrome window is compromised, the damage is contained within that specific bubble, preventing it from accessing the core system or other data. Sandbox in Windows or Guest Mode in ChromeOS deletes all cookies, etc once you close the window, so nobody can track you, it can be used to deter criminals, but for country spy agency attacks, you need ChromeOS.☺ In Qubes, one mistake, copying a file from unsecure VM to secure VM can ruin the machine. With 2 separate laptops, this can't occur. Price is the same since 2 cheap laptops cost same as one expensive Qubes with Chinese motherboard so China sees everything. Qubes gets a tray notification: security update is available, but Chrome updates itself on its own, heals its own OS via Verified Book (Qubes doesn't). Chrome's self-healing Verified Boot, auto weekly updates, + 2h/wk online, creates a defense often stronger than 24-7 Qubes. To prevent spy laptop intercept, you can use cash to buy a Chromebook in person, in a top secret visit no google maps tracks on phone or car. Never login or visit privacy.com on the unsecure laptop/PC that has an alias. Never use old email/shopping accounts on new PCs, as KGB knows them, can try hack via Google cloud attacks, city utility website attack of the same electric/water bill account we access via a new PC.

Qubes OS is for travelers who can't have 5 laptops without appearing like a spy. Qubes system requirements are "expensive laptop" type. The NSA and US Cyber Command maintain heavily funded internal code-auditing teams, so they verify nobody can spy using Xen. CIA doesn't guess if Xen in Qubes is safe; they download the exact source code, run it through advanced automated vulnerability scanners, and deconstruct its logic byte-by-byte to prove it contains no hidden backdoors or unauthorized transmission pathways. The Xen Hypervisor has 0 network drivers/IP address capabilities/internet protocols built in, so nobody can send data outside the laptop. Xen is the Fabric of the US Corporate Cloud. Xen is used to secure Amazon Web Services that hosts millions of top-secret corporate databases and US government cloud servers on the exact same physical computer hardware. 2 separate OpenTitan Chromebooks that never interact via a common flash drive etc is more secure than 2 Qubes on 1 laptop. The basis of Qubes security is Xen, like for Amazon used by the US Gov. Anything security related is run by the local spy agency in any nation, any strategic business, any big size business is run by the spy agency/military of that nation. Nova partners with Berlin company for support and Nitro

relabels Nova laptops, so AIVD, BND 1976 Maximator alliance is at work. You verify the integrity of the Nova/Nitro physical box using high-resolution photos sent directly to your email shopping alias before you ever break the seal, to make sure no foreign spies changed the NATO laptop. 1-day air shipping drastically lowers the opportunity window for a foreign spy agency to alter your phone or computer. You need 1 day air, since a laptop is 90,000 times more important than fence around a house, as it has your location, activities, routines and spies can use that to kill, harm easily. A house fence does nothing, except stop regular criminals. Your phone, computers router, modem, ethernet cable, connected devices are 90,000 times more critical than a fence. A fence has no meaning, once they know where you are, they can throw a grenade even or machine gun that room, unless you have kevlar built in the walls or even easier, put nerve agent on your face as with with Kim brother when you go out, you touch a grocery store door infected with etc (do online deliveries instead), or they can do a slow assassination in 90,000 other ways, so discrete, when shop offline (more discreet, since at home it attracts attention of FBI), thinking nobody read your emails, texts, plans, when in fact they know every trip outside the house, via hacking google maps, etc. There are 600 OS within Linux. For example, PopOS is highly insecure vs Qubes OS that gets way more coders from major US companies, etc. Once one section (app run as Flakpak) of Pop OS is compromised, it can infect the whole computer. ChromeOS uses a read-only root filesystem: the core operating system can't be modified by malware or accidental user error. In contrast, Pop!_OS and Ubuntu allow users (and malware running with sudo) to modify critical system files. Chrome updates silently in the background, applies them on the next reboot, ensuring the system is always patched against known vulnerabilities. Linux distributions require user intervention or manual configuration for automatic security updates. Chrome has 200K people at Google updating it, vs 2-2000 people for each Linux distribution. Chrome has a reduced attack surface, is a minimal OS designed primarily for the web. It lacks many of the background services, legacy drivers, development tools present in a full desktop Linux version like PopOS, reducing the number of potential entry points for hackers. Every time a Chromebook starts, it cryptographically verifies the OS integrity. If the OS was tampered with, it automatically repairs itself by reverting to a known good state. While Linux supports Secure Boot, it doesn't inherently self-heal a compromised OS installation. Qubes VMs (virtual machines) are vastly stronger than Pop!_OS Flatpaks. Flatpaks share your computer's OS kernel, meaning a complex kernel exploit can break the sandbox. Qubes OS uses the Xen hypervisor to build hardware-isolated virtual walls, which are mathematically and architecturally much harder to escape to steal banking/shopping info from one qube by hacking another qube. Qubes OS offers security by isolation. ChromeOS that offers security by simplicity: it relies on a minimal attack surface, an immutable read-only system, and mandatory process sandboxing. Chrome monolithic Linux kernel (shared by all processes) presents a larger risk than Qubes' microkernel-like isolation if a kernel-level vulnerability is exploited, but if you only use Chrome 1 hour daily, it’s fine. Qubes

OS security depends heavily on the user separating tasks into different qubes. A user error (e.g., copying a virus from a "Untrusted" qube to a "Personal" qube) can bypass Qubes defenses. ChromeOS is "secure by default" with almost no room for user error. ChromeOS often has an edge in physical security: Verified Boot that automatically self-heal the OS if tampered with, and hardware write-protection switches on many Chromebooks. Qubes OS supports Verified Boot (via Heads firmware) but typically requires 3 laptops of 3 spy agencies (Nova54, NitroPad56, Star) and manual configuration to match Chrome's Verified Boot.

1.3.11. Replace passwords and software keys with passkeys from YubiKey

With the exception of people using Tor Bridges to login into .onion Proton email, the safest way is: go to yubico.com (not on Amazon or any other site) and buy a Yubi 5 FIPS 140-3 (most secure, no NFC radio antenna) hardware key, with the key made in USA-Sweden and shipped from US-Sweden, approved by the Pentagon, FIPS (Federal Information Processing Standard, FIPS 140-3 meets the highest authenticator assurance level 3 (AAL3) requirement from NIST SP800-63-4, part of NIST...). The normal software passkeys (which themselves are far more secure than passwords, being far longer, etc) can be hacked. Good hard keys can't, especially not the ones like 140-3 designed for Pentagon. Don't use Google Titan key, as the key, chip are made by a state company Feitian in Beijing, and Google is clueless. Yubico is the hard key leader that partners with IBM for AI, Google makes 2 keys in China and one in cooperation with Yubi. Why you need Yubi 5 FIPS 140-3, not the 5C key: 1. To counter spies intercepting the key in the mail to clone/change it, the FIPS 140-3 key has its NFC physically locked out and disabled during shipping. FIPS 140-3 needs a localized initialization script once it reaches you to activate, ensuring it can't be remotely probed (via radio waves) or modified by postal spies (without opening the package). For non-NFC, Yubico uses physical tamper-evident packaging + firmware-enforced initialization. FIPS 140-3 is shipped set to OFF. To activate, you execute a hardware state change on a clean desktop, replace the default internal admin codes. If a spy gets the key to register credentials onto the key, the key's state configuration changes, failing validation when it reaches you. 2. FIPS 140-3 supports massive public-key algorithm lengths (RSA-3072, RSA-4096, Ed25519), required by Pentagon to block decryption attempts by rivals. 3. FIPS 140-3 firmware enforces stricter PIN rules (8 character min) by default across FIDO2, PIV, OpenPGP. If spies physically steal the key, the key restricts brute-force guessing patterns way better before permanently bricking the internal secure element chip. You can use a data sync extension cord USB A to USB C, buy USB-C version for phones/laptops. Any hardware key is 90,000 times better than passwords/passkeys, even the NitroPad56 included key. Yubi is 99$.

1.3.12. Avoid all in one cable-modem-routers and use Cat 7/8 ethernet cables

Use Shielded Twisted Pair (STP) Ethernet cables (Cat6A STP or Cat7/Cat8) because they

physically prevent data leakage through electromagnetic radiation and block foreign spy eavesdropping using drones, satellites, cars. When data travels down a standard, unshielded plastic network wire (UTP), the electrical signals inside the copper copper lines generate a tiny electromagnetic field that leaks right through the plastic into the air. Spies use advanced, highly sensitive directional antennas or nearby tap devices to pick up these microscopic radio waves out of the air, even through walls, to reconstruct the exact data passing through the cable without ever touching a network: it's called a TEMPEST attack (leaked waves, frequencies (monitor's pixel clock harmonics) can reconstruct exactly what is being displayed, and typed). That's when isolating your room via aluminum taped boards, etc can make it harder to spy. Use high-quality, double-shielded HDMI or DisplayPort cables, to avoid espionage. NATO SDIP-27 = metal-cased displays to prevent EMF leaks. A shielded cable is completely useless if it has standard clear plastic plugs on the ends. The cable must have grounded metal-shielded connectors (the wire end RJ45 plug is encased in shiny metal). The internal foil shield of the cable must be physically soldered or clamped to this metal plug casing to create a continuous ground path. For the grounding drain wire to work, the metal plug of Cat7 must click into a physical metal socket on the ethernet router/modem. The Netgate 1100 and Protectli Vault feature enterprise-grade metal-shielded Ethernet ports built right into their chassis. When your shielded wire clicks into the Protectli or Netgate port, the electrical ground loop is completed. Any leaked data signals are vaporized, any external neighborhood electronic snooping tools find zero signal to read.. Buy a non-China made modem, such as Hitron CODA56 DOCSIS 3.1, with an Ethernet port to feed data directly into your firewall router, with zero Wi-Fi hardware inside it, so it can't emit an internet tracking signal. Only fools use WiFi at home, it kills brains, and any car outside can see all you do online. Choose routers with zero telemetry monitoring, UPnP/automatic port-forwarding 100% disabled out of the box. 8.1. The Netgate 1100 or 2100: Netgate is the official parent company and core engineering team behind pfSense—the world's most trusted open-source☺☺☺ firewall distribution. Has an integrated CryptoAuthentication microchip directly on the circuit board that cryptographically verifies that the internal firmware has not been intercepted, modified, or backdoored during shipping. 8.2. Protectli Vault: Protectli is a US security hardware company that builds "Vault" mini-appliances explicitly designed to run open-source firewall systems. It's one of the only router manufacturers selling devices with Coreboot open-source firmware pre-flashed. By wiping the private US/Taiwan BIOS from the hardware chip and replacing it with open source BIOS, it removes the risk of hidden manufacturer backdoors, giving you a completely transparent boot sequence.

CHAPTER 2 - NOT KNOWING

2.1. The challenge of understanding resurrection & a trillion year Immortal's telepathy, ethics

2.2. Not knowing removes all anxiety; even young 'Immortals' are anxiety free, because nobody dies before age 500; what a paradise world – all have good intent towards all

2.3. Is afterlife infinitely complex, trillions of times more complex than all sciences combined?

2.1. The *challenge* of *understanding* the *telepathy* or *ethics* of 700 or trillion year Immortals

Not knowing has been hypothesized to be the *beginning* of understanding. When we talk of Immortals, we can even think of them as the descendants of the future humans who live to a trillion and who reach out to us by going back in time, to help us evolve to become like them. In a mere *200* years we have increased communication speed *10* billion *times*: from 3 months to send a long distance intercontinental letter to 1 milisecond via email. Imagine a civilization of *Immortals* or *Eternals*, our descendants in the future, where we increase the *compassionate* happy *gentle tender soft nurturing* graceful serene universal loving kindness in our tone of thinking, emoting, speaking *10* billion *times*, it's quite hard to wrap our head around that concept to understand the savage nature of humans today. This is harder to conceive, since over *200* *years* or millennia human technology can change a lot, but the inner nature of humans changed a lot more slowly, as it is the DNA itself, but with today's exponential synergy in learning and etc critical brain, intent, cognition, ethics, telepathy DNA changes via music, culture, etc can speed up 1 billion fold easily. The Immortals are like God, but not as universal as the oldest mightiest Immortal, God. 4 billion years later, we don't know anything about our ancestors, the little microbes or viruses that emerged, none of those virus or bacteria heroes are famous in our world; no shrines to them. Fame is pointless. *It's likely in 4 billion or trillion years, nobody will know about any of the top famous humans in our world or religions; this analogy makes us realize that what we know about the future is little*. Want to be famous due to your "knowledge", tattoo, piercing, makeup, hair dye? Nobody will likely know about you in the far future, even if you become the most famous ever for 1 million years, hey "Your First name, a little bacterium, unified America via one eterni tone or speech tone that calms everyone, then they became new lifeforms, one of 500 on their way to 'future 'humans'". Humans 4-50 trillion years in the future, will study the romantic life and religious beliefs of various bacteria or viruses (us today) from 4 billion years ago or 50 trillion and sing songs of praise "*Jesus, the virus,* bacteria or parasitic protozoa (single cell eukaryote), save us, our viral friend, Thou, Holy One, Who lived 10 billion times shorter and are our Avatar, we're brain dead"? ☺☺☺ What if we placed nonkilling above fame, not knowing above religious dogma? It's commonly agreed that confirmation bias (filters created by our experiences, beliefs, thought processes, etc) leads us to

not hear or see telepathy, perceptions, or even physical events that don't match our preconceived notions about how the universe operates or functions, about how the Soul Immortality possibly expands in Physical Dimension(s) to Bring Civilizations of Immortals, *where people* live to trillions of years, and even resurrection is possible (eons after death not instant resurrection), but perhaps not needed if the same soul (not recreated from ash, but found thru future science without ash even) can come into a much better new Immortal body that lasts 5 billion years. We hear, perceive and see selectively, especially deeper conceptual telepathy but even verbal one too, and that's true for everyone to some tiny degree, since we know little. We all wear our rose-tinted blue-tinted or whatever color tinted glasses thru which we see reality. If we wear those blue light blocking glasses, the blues often appear green, etc. Because of this, misunderstanding between humans becomes easier sometimes and scientific progress slower. That's why we have peer-reviewed studies, hypotheses testing, etc which help us to develop a more refined understanding of what is going on with reality or Civilizations of Immortals in this and other dimensions (heaven too).☺☺☺

It is obviously beyond our ability to fully comprehend the infinite complexity of the thinking of an Immortal with a memory of his last trillion years or his last trillion digit age (our universe age has 11 digits in years); but it is within our capacity to understand that we have a very tiny understanding of reality and that our beliefs form powerful filters and confirmation biases that make much telepathy from such an Immortal invisible and inaudible. Even if we would bypass these filters and hear telepathy in the closest form our limiting language could render, we would be overwhelmed by the sheer infinite complexity of it, beyond the human brain capacity to process and we would understand maybe one trillionth of what the Immortal angel just said. Some people, who may not be as careful, may even then excitedly go to fellow human beings and unintentionally start a religion, scientific theory, ideology, cult or movement about "the new revelation I got which is the ultimate and final one presented in these 100 or 5,000 pages and whoever contradicts this is an anathema". Sensible people would perhaps admit everything understood via unfiltered telepathy is a trillionth of what was said and a hypothesis that would suffice temporarily until we discover a truer hypothesis or hypothetical model. ☺☺☺ But just to imagine what it would take to remove filters, we could hypothesize that we would need to consider all possibilities (which are thousands in any circumstance) for what the Immortal was trying to convey via telepathy and then arrive at the right choice. It would take a long time to arrive at the right choice, among the choices that our human brain can correctly translate into a language as a possibility. Likewise, it is easy to forget how easy it would be for us, if born in a very bad environment where the only examples shown are bad, to become a bad person, and to thus forget the meaning of infinite compassion that scriptures talk about, a God with unconditional love for all. So, when we look at the "bad" people who're the product of a long

history in many nations and many millions of events leading to that "bad guy today" over millennia, we often forget how we would have fared if born in exactly the same circumstances: could we have become a dictator doing some really bad things? Also, compared to a 1 trillion-year-old Immortal, a 90-year-old human is a tenth of a second old baby. What knowledge of the world does a tenth of a second baby have? It's a tiny knowledge, based on 5 sensory inputs. Likewise, the human knowledge of the universe is infinitely small vs the infinite complexity of reality. When we think about this fact, we become more open minded, more prone to bypass the consciousness filters that reinforce confirmation biases clouding our clear view of reality. The Immortals, our descendants from the future perhaps, live a *trillion times* longer because they also have a *trillion times* more *gentle tender soft* healing honest *nurturing* loving kindness. So, how is your level of such qualities today *and* how can we increase this level to theirs? ☺☺☺

A 1 second baby forms his own perception and ideas, which change as he grows until he arrives at adulthood and has a decent understanding. It may be too that when our souls are 1 trillion years old, they will get some understanding, but at age 10-120, or whatever, we have a very infant like understanding of prelife, afterlife and this life. We can't even understand how to live to 900 (in the same way we extended the lifespan of some worms 10 times) or 9,000, let alone what happens in the afterlife of 9 trillion years or prelife of "who knows how many years in another universe" if the soul is not always created at conception. This truth just fills us with a sense of total humility at the human condition, the human language, the human existence and with a deeper appreciation of the logic of being *gentle tender soft*, for we really don't know even what is ideal ethics, we probably only understand trillion year old Immortals' ethics as an infant 1 second old baby understands our ethics. This fact makes us even more unsure about how to proceed and unsure about when to be filled with the most tender soft gentle healing grace and when to be less so. Acknowledging that there is an infinite amount of knowledge we lack, is normally going to infuse our thoughts, feelings, cultures with a deeper *gentle tender soft* humility specific to small kids who simply admit they don't know thru their curiosity, questions. Of course, no *human can understand the reality as a trillion years old* Immortal *would, being beyond our capacity, but we can understand that we don't understand and that perhaps there is no point in* killing a billion *or a few people over an understanding* that is not really that exact, so this would help dampen militant ideological fights or eliminate them. Obviously, when we live to be 5,000 years old, if we do, we can probably eat eterni food or some energy without the need of physical food or some nanoparticle or picoparticle mix of something, so the vegan versus omnivore militant debate would vanish in the brilliance of deeper knowledge. Not many people have the humility to admit that if they were *born in the circumstances of the worst people in history, they might have become very bad too, even if not as bad as those people. People are imitators and if parents are drug dealers or killers, kids are likely to emulate that. This is a simple*

reminder of how powerful the environment is in shaping the planetary reality of peace or war, even what a huge planetary effect have the tone of our voice, the lyrics of our songs, movies, art, the goals and words of our literature and news, etc.

We see other humans as humans, not as Immortals might see the souls inside, most of the time. So we see others thru a 1-90 year old mindset (or maybe 20,000 or million year mindset if we were a spirit in some heaven before being born, but not an old Immortal, just a new baby soul, a new Immortal), not thru the real or imagined or hypothesized mindset of some 9 trillion billion years old Immortal or angel as it were, to use terms some relate to better. *Moreover, if this life is but a "second life like" (virtual reality) test of our behavior in a given set of circumstances, and we have lived before in another world, then everything becomes so much more complex, further diminishing our ability to correctly estimate, perceive or judge other souls inhabiting bodies, even if today the spiritual people always say "God alone can judge, etc". The soul could be totally different and far subtler than the mind, emotions, personality, beliefs this life, with soul choices contributing far less to total human action than genetics and environment* (people or spirits around, gadgets used for mind control of 'dictators, people made into 'bad' people' (so 99% of 'bad' was done by these manipulators perhaps in God's view), culture, telepathy diffusion, etc). ☺☺☺ Even if you were to astral travel daily with your spouse and visit many virtual *universes* and such, you might not know her true soul nature, if her astral double is but 0.1% of her hyperuniverse self, with another 0.1% projected in subuniverse A, 0.1% in subuniverse B (see below for more details), etc. We walk down the street and we see a garbage collector and some dressed up scientist or businessman. The garbage collector may be 1 million years old as soul (very young "Immortal" compared to the trillion quadrillion years old Older Immortals), the scientist only 20,000. *The knowledge of the garbage collector could be so much higher in hyperuniverse than that of the scientist, but the garbage second life role enabled a focus on peculiar inner processes of the human psyche. The soul hyperuniverse personality might also be diametrically opposite to the human personality*. A really bad guy (per the spy agency controlling media and making the 'guy' bad via brain tech, sleep deprivation, torture) here might have a very beautiful soul, if his bad was done by genetics and environment, not soul choices. Are the spies who control the thoughts of some 'bad people' using gadgets evil? Would most people do the same if born in same circumstances? Perhaps we're all learning something and people we think as bad are often just having tougher lessons in tougher environments (in which we would become as bad too). Weirder still, their souls might be more learned, in some area at least. Doing more difficult math (life assignments) problems is not meaning one is bad. Why not? Origen, the early theologian, believed in the spirits' pre-existence. ☺☺☺

The Nicea Council of 325 did away with hypothesis testing and *considering possibilities, and thought of Origen reincarnation ideas as anathema by vote (under pressure from the Italian*

emperor, since fear is much greater with eternal damnation, with no possibility of fixing your mistake, *if you failed to pay church donations used to extort and brainwash into slave mentality all nations)*. The models *we form are simpler and easier to work with, but by the time you finish this chapter, you might think the reality of* prelife and afterlife might be trillions of times more complex than models any human can conceptualize. Since the soul is different than beliefs☺☺, beliefs play probably a less vital role, so spirits might perform miracles (when real, not fake) in all kinds of belief systems to aid the soul's understanding and learning. While the human goes thru rollercoaster emotions, the soul might only record some minor perceptional fluctuations, like when you set up an algorithm. Even if life of spirits would start at or around conception, still we can't know others' real nature as God created them versus as they became as humans in our perception. It's irrelevant to this discussion when spirits are born ultimately or if they exist.

Alright, some will say, this is all fine and fancy, but of what use is this philosophical little chat? The use is that having loose filters of telepathy instead of very strong ones may actually lead to more peace in the world, more science progress and longer lifespan for everyone, as the emotions are a little more even and words a little kinder and less "absolutist". It may even be that hundreds of thousands or even millions of people die prematurely by 10-15 years due to a lack of *gentle tender soft* loving *nurturing* healing positive compassion in their habitual thoughts (shaped mostly by what they hear from music, movies, news, literature), which leads to bad decisions, carelessness or a cascade of biochemical events that bring an earlier death, like with atherosclerosis caused by stress (perhaps negative thoughts induced stress at times) in the NM 2014;20(7):754-8 study. Everyone agrees too much stress sickens people and ages them faster, so a more empathic telepathic world would be gentler and more peaceful, less stressful and more longevity enhancing thru lower cortisol stress hormone secretions. We don't know how an Immortal would suggest we would react when a 1 second old baby (human teenager) throws a light object or toy as a prank at some other 1 second old baby (human teenager), but we can speculate that it would not punish the baby, instead take him gently in his arms and hug him and show the kid the pain the other felt and how it would be sweeter to be kind to the other baby/all beings, not cause pain in him, maybe the Immortal even giving a kiss and etheric hug to the angry baby or playful baby who threw something at the other baby. If the human teenager does something really bad, like hurting another human badly, to humans it seems the end of the world (indeed it is the end of human world for a person killed for example), but to a trillion year old Immortal it's seeing an Immortal soul in a clueless human body doing a mistake, a 1 second old baby doing a mistake in his eternal learning journey, so the Immortal's reaction might be, indeed, vastly different than that of humans who perceive others not as 1 second old innocent clueless babies, but as adults or teens. Since God is eternal love forgiveness compassion mercy and grace, patience and joy, and God sees the unreality of this virtual world we're in, God would

react vastly differently, and so would an angel who is a 9 trillion years old Immortal. The human way of reaction is very rooted in our perception filters, so when something bad is done, we tend to immediately punish, panic and retaliate or discipline and forget altogether how an Immortal or God would react, which perhaps might be infusing the "bad" guy with the most abundant healing, education, loving kindness, sweetness, prayers, therapy needed. ☺☺☺

Since 1 trillion-year-old Immortals or Angels possibly treat ALL human beings like we treat 1-second old babies, with utmost tenderness and patience, it's very difficult for human consciousness to comprehend the level of tender softness and grace of these beings and their telepathy. We see how in Korea, they have so much focus on respect for those older by 1-3 years, showing how the old people totally disrespect the young (or even beat them for not using the correct pronouns and forms for talking to 'older guys'), assuming the biological age is the defining method for determining how much loving kindness one needs to express: but if we all may be much older than the body, then, obviously, one can't know who is older or wiser or both on a soul level, so then it seems more logical to use an eterni tone with all (no need of special pronouns or words), perhaps nicer tone with those who have made an effort to have a nicer emotional, verbal tone *(same exact words intoned more lovingly, with all negative emotion removed)* to amplify the positive vibes for the planet, since technically, we all like 3 minute old babies versus the Immortals, biologically, and even maybe soulwise. Older people need to be gentle and respectful too towards younger (by 2, 10 or 40 years), because the young imitate the tone of the old role models. Discovery and innovation that triples lifespan come from the young who question why the system is so cruel, psychopathic and full of war, and the young will take care of the old, and can bring World Peace in 3 months, provided the old generals don't impose via global terror the old way by force on the young; likewise, the young learns the things the old have discovered and how to discover new ones, so naturally, they need to be loving too, as old people become more like helpless babies *(it was older than us folks who helped us while we were babies, they had compassion for us, we need have compassion, patience with them, they have turned into babies now)* who can't quite understand anymore some things, like babies can't really understand complex math at age 1; their brains have shrunk tremendously *(see pic)*☺☺☺ due to aging and malnourishment via atherosclerosis and have become exceedingly incapable to produce extremely complex cognitive tasks or tones, to comprehend we can send a letter billions of times faster than 200 years ago via email and we can achieve peace in 3 months too, 1 billion times faster; some old people can still retain some cognition skills, but not much beyond the minimal needed to torture and beat the young to death 'for not showing respect and for wanting World Peace in 3 months'. From the vantage point of an Immortal who celebrated his 8 trillionth birthday, the differences between people's ethics, conduct are way smaller, just like for us the differences between the ethics, conduct of 3-second old babies are small and not worth

panicking about: a 30 or 70 year old is still a 2-4 second old baby for an Immortal, not much of a difference, they both deserve the same gentleness.

We see a trillionth of a person compared to what a 100 trillion-year-old Immortal sees. *If a 1-*second old baby spills a cup of juice by accident, we're not going to punish the baby, but fill him/her with love and kisses. Now, what is the right action and behavior of humans, if a Trillion-year-old Immortal would also never punish a human who is a 1 second old baby in his perception, but instead follow the scriptural saying "Love and gently teach all unconditionally as a mother loves her infant child"? ☺☺☺ This is a very philosophical question with an infinity of trillions of possible answers. The nice thing about it, is that it may be true that if our Ethics would always be designed from the point of view of an Immortal, it would probably speed up the advent of a Civilization of Immortals by a possibly very big factor, maybe way above 10-20. From the vantage point of a billion trillion years old Immortal, our lives last 1 nanosecond, or a billionth of a second. This comparison is useful in trying to "wrap our minds" around the concept of the so-called infinity of knowledge of such an Immortal compared to human knowledge. Now, if our lives are a nanosecond and we make some mistake, what kind of Loving Sweet Intelligent Immortal *would punish such short-lived nanosecond beings with billions of trillions of years of burning into hell? If we do a tiny mistake in real life like failing to get 800 at math or physics* SAT *2 college admission test, are we going to be tortured for the rest of our life? Even human beings seem kinder than this version* of a God sending people to hell forever. But some learning may occur (as the peaceful guy explains in Chapter 4.3) that could be interpreted as "a brief visit to hell". But again, we can't understand Infinity or God, *so who knows, right? The afterlife may be octillions of times more complex than the human models which are a reflection of "nanosecond lifespan knowledge".* ☺☺☺

If we try to teach a mouse about differential equations and quantum physics, we won't be able to, even if we try the best telepathy we can. The mice simply won't understand our language, communication, telepathy. Could it be, that in a similar way, if an Immortal living 5,000 years (50 times longer than humans) tries to communicate to human beings the structure of the afterlife or the real physics of the universe, he would not be able to explain that to ANY human being, via any method, because humans can't understand? What does that mean in terms of people saying "I talked to God and he told me x, y, z"? That if people talked to spirits or God they only understood a tiny fraction, infinitely smaller than what a mouse would understand from a Nobel laureate in differential equations related quantum physics. If people would think deeper about what this means about human knowledge about afterlife, ethics, physics, etc, it would make them realize how useless *it is to* lose one's tender gentle soft calm universal loving kindness healing nature, behavior or speech tone *over some theology or interpretation of reality, when we know it's but an ultra-simplified version of a reality infinitely or trillions of times more*

complex. Say you ask a mouse a question from quantum physics. What does the mouse answer? Maybe some gibberish sounds. Say an Immortal asks a human a question about real physics or the afterlife. What does the human answer? Maybe something that is pure nonsense to the 5,000 year old Immortal, *like a mouse sound appears to us.*☺☺☺ *These analogies show how limited and relative our knowledge about the universe might also be. Some people say they know "mice have no souls". OK, we live 50 times longer and we got a soul. Do 50 times longer living* "Immortals" (of future humans) think humans have no souls, just because we live 50 times less? Probably not. What is the evolutionary path for the mouse soul, how do these souls evolve? Do they reincarnate into smarter bigger more complex higher lifeforms or remain mice forever? Albert Einstein and many Greek philosophers said "Question everything"; perhaps this questioning brings about an appreciation about the human incapacity to give a correct answer to many questions, which are more "gray area", like what is the ethics of this or that action, what happens in the afterlife? etc. We're talking about very young Immortals here, or beings, just 5,000 years old, with 4 digits in their age, imagine Immortals whose age has a trillion digits, not 4. How can the human even begin to understand the motives and ethics and management *of the universes by such a trillion digit* aged Immortal being who might oversee a few hundred *universes, like our 11 digit number aged universe, and who is but a clueless baby soul compared to* God or some much older Immortal? Would God or an Immortal supervising this universe punish a mouse with eternal burning in fire, because the mouse did not know the correct answer to a quantum physics question? Probably not. Similarly, if a human being can't know or comprehend the answer to a quantum physics like question about "good or evil" (is this action evil or good?), would God or an Immortal *angel supervising afterlife transitions punish such a soul with eternal burning in fire? How can someone* 10^{99} *times more intelligent expect us to know what is good or evil, when to fully understand that one needs to be* much smarter? This raises a lot of questions about forgiveness mercy compassion gentleness *softness* tenderness and the lack of those in our civilization and in our theologies that condemn to eternal hell souls who did a mistake in a nanosecond of their Immortal life. And it also makes some question everything related to afterlife hypotheses formulated so far, which may be far too simplistic.

When a person understands everything they say, believe, think is a relative approximation of ultra-gross nature and not the truth itself, they're filled with a humble soft gentle tender tone of speech, *as all confidence becomes much weaker, enabling the person to learn more than the people yelling* or uttering in great confidence in a loud voice or at the top of their lungs their hypotheses as if they're the ultimate truth. It's quite interesting to think about spending a billion trillion years with someone (your spouse for example) in different dimensions, getting to know them well. The more we ponder on the "infinite" ignorance of humans, the more filled with wonder we become. At first, people thought there were 5 elements: air, water, earth, wood,

metal. Now we got 120, dozens of metals and on our way to getting thousands, later millions and far later maybe trillions of elements when we discover how complex elements are and how different they are, even when they seem the same. Now, if physical reality is so complex, why would spiritual reality offer only 2 choices, heaven or hell and be so simple? What if there are billions of paths and some may seem like "hell" while others may seem like "heaven" just like the dozens of metals in periodic table seem like old metal element and the nitrogen and oxygen and other gases of the periodic table seem like the old "air"? Now, our life on Earth is a nanosecond compared to our next billion trillion years in Heavens, so naturally, a question would emerge: will 2 happily married people really spend billions of trillions of years together after a nanosecond (100 years) encounter? Theology says yes, but what is the proof? Maybe they met before sometimes and spent eons together? We can question everything. ☺☺☺ Perhaps the two souls become one soul, so they're one forever, perhaps not. Or they were one soul to begin with before they even met, who knows, if pre-existing in other dimensions. Or maybe they were one soul before birth even in the hyper-universe as the globe of light with simultaneous parallel lives analogy of 2 or more people being actually same soul. But if the hyper-universe time is of a different value, with this universe time being like that of a video or second life, where we see a story of someone being a trillion years, but we don't actually take a trillion years to watch the movie. We see their trillion year life in a virtual universe which can still be 5 minutes in the hyper-universe time, and the choices in this virtual universe matter for that universe that is real in terms of educational insight, etc. If that is so, then when 2 people meet for a nanosecond or 90 years, it might be actually 1 hour in some dimension, but those people met before and are real actors in the hyper-universe who might have spent the equivalent of much longer than 90 years (a trillion?) before incarnating in the human virtual world. Everything becomes so warped if you think of time and trillions of years and multidimensional time, that actually a 90 year old human in this reality might be 5 year or 5 trillion year old in another reality, or even all humans might be. This is because there are infinite possibilities, of virtual realities within realities.☺☺☺

Furthermore, some people might feel better by imagining they shift to a universe where time has a different value, so in that universe 5 billion trillion years pass, a truly Immortal life of galaxy building and universe building and recycling, while in this universe just minutes pass. It's the imaginary way of attaining Immortality, but it does help as a thought exercise in appreciating the Immortal nature of the mind, and that of Immortality as a state of perception and mind. The more we think about it, the more we realize that we might already be able to transcend time on some level of our beings, perhaps this comes from the Immortal divine spark in us all. This inherent Immortality of soul has been conveyed to us theologically for eons, but the more one ponders on the virtual reality of this universe, the easier is to see how the expansion of God's

Ascending Immortality can occur rapidly within consciousness and lead to physical Immortality in this dream world or 5,000 years lifespan or longer. The self-reflective nature of Immortal soul perhaps brings the folding of time, and in the dream world the desire for long life shifts the dream world towards that, as we ponder on our essential nature: Immortal SOUL. The possibilities are endless and one of them is that this universe, 13.7 billion years old, is a video reality sort of created 4 weeks ago in hyper universe or when we live 100 years here, it's just 2 minutes there, and the real age of the universe is a perceptional construct, i.e. it appears so to further create the illusion of a super-real world for the purposes of enhancing the learning. Our real selves might have nothing to do with the roles played in this game called our virtual universe. This is a very simple possibility, but the reality could be far more complicated with many levels of reality within reality. But still this doesn't diminish the reality of the universe as a possible soul school and test. It just brings a much more complex series of possibilities for what is going on. Imagine if we would have molecular Immortality classes in all high schools and people would major in mitochondrial Immortality, cytosol Immortality, membrane Immortality, mRNA Immortality, RNA polymerase Immortality, long telomere Immortality, DNA Immortality (preventing DNA damage) thru subatomic repair, etc.☺☺☺

In real life, we make the news headlines when some guy does something bad, but we never broadcast how we're calling millions of viewers to send loving soft gentle tender rays of healing grace to the "bad guy" so everything heals and the bad becomes good, as God's loving grace surrounds him thru our prayers, intentions, positive vibes sent, maybe some healers give him massage, angelic music, a nice greeting card with holograms coming out of it singing joy songs, some vitamins or ω3 if needed (low ω3 leads to violence etc). Perhaps we could hypothesize that a perception that would open the window to the greater truth is that any bad guy is a 1 second old baby compared to an Immortal Angel, a baby who cries for love due to some discomfort (lack of love from fellow humans, this love being like breastmilk is for babies who cry for milk), and we have freedom to either send good healing energies and pray for those bad people or to move into fear and things related, threats, punishment, revenge, etc. If we move into negative emotions, it is harder for a miracle transformation of "1 second old baby crying for the milk of infinite loving compassion" into "1 second old baby smiling peacefully" to occur. Sometimes people are quick to punish and slow to send healing loving graceful energies of forgiving compassionate grace. And step by step, over a period of time, this retaliatory pattern escalates to war and violence of all sorts, even end of a species. ☺☺☺

How many times does a news agency in any nation say pray or surround in healing grace this "bad guy" who did this and that? How many people hear that people pray for them in a prison or have hands-on healing done on them after they commit some silly thing or etc? It doesn't happen, so not exercising empathy, remote healing telepathy, prayers, good vibe transmission

becomes the norm, for both the bad guys and the good guys, making it harder to attain a world of harmony and nonviolence. We become infused with the righteousness (part of it is the historical habit, we copy what others did before) to punish while forgetting the hypothesis that God's nature is infinite tender soft forgiveness and love. So it's very difficult to gauge what loving kindness and compassionate gentle softness and what consequences are optimal in our mortal world if we were to implement some of these ultra-idealistic concepts in our ethics systems. My telepathy filters probably tend to be skewed towards "earthlings favor 'overwhelming force, minimal grace and IQ' and are too quick to punish, scapegoat and bury head in the sand, not deal with the issue", other people may have filters thinking that we're too soft in this world with the bad guys. Of course, nobody knows the truth, that's our human condition. But just thinking for a second about how Immortals perceive souls, makes me re-evaluate much of what I sometimes thought. I could be totally wrong of course. ☺☺☺

The risk in this quick punish and retaliate pattern is that the average baseline becomes void of the *gentle tender softness* we associate with a heavenly civilization of angels or angelic Immortals and peace is harder. Millions or even billions of people could pray for some dictator threatening to kill a lot of people or some guy having hostage one person and having 1 billion people pray for saving one person, and news agencies could broadcast these calls of sending healing energies to him, etc and in a few weeks, the whole planet, nation, town would manage to change his mind, yet we never try things like that. We could coordinate internationally to pray in such situations we develop a global empathy current and see we all deal with same issues. This shows media is sometimes more keen to sensationalism or passive reporting of the most negative stuff (which would be bad for humanity) than to being a tool for bringing very positive empathetic change in the world. This collective empathy (transmission of healing energies by local or international viewers to a person who is unstable and threatening to do bad things) would create a much more empathetic and telepathic civilization of *gentle tender softness*, forgiving *nurturing* healing compassion, etc. It would be a daily practice (since every day there is some guy doing bad stuff in the news) of telepathic remote healing that would enable everyone to become really good at it and to make our world a heavenly place, replacing anger with compassion, revengefulness with forgiveness, despair with hope in the daily emotional life of many people. This is a possibly true hypothesis: we're missing this incredible opportunity of modern communication to bring *Heaven on Earth* so much faster by reporting too much negative stuff, and too little positive stuff and practicing no telepathy remote healing, empathy, prayers, etc, when the evidence shows telepathic remote healing works especially in cases of more trained healers as explained in section 12.2. ☺☺☺

With more empathy healing telepathy remote vibes sent, the senders would be radically transformed (even more so than the receivers of one person's healing, but receivers would be

transformed by millions sending healing of course too) and we would slowly move away from all violence and war and this telepathic empathic prayerful remote healing transmission would be used daily in the most simple incidents, like noticing some guy in check out lane being a little upset.... or a guy taking drugs or alcohol or smoking to ease his anger or frustration at something, etc. This global love-gentleness-tenderness-compassion would make alcohol-smoking-drugs addicts feel good inside and feel it is easier to quit, leading to 3-4 trillion dollars a year spent in health care, better housing and longevity instead of smoking, alcohol, drugs and then 2 trillion spent on longevity instead of war. The world would become a paradise of harmony and peace where everyone finds it impossible to ever be angry at others. If all of the hypotheses above are false, they're at least anger management techniques or positive thinking methods. Whenever someone upsets us, we can smilingly imagine they're a 1 second old baby and we're the tranquil anxiety free trillion years old Immortals loving all and smiling at adorable babies we hold in our laps or we imagine that the Immortal God light is hugging us or some trillion-year-old Immortal angel is holding us in their big hands the size of 30 feet (maybe palms are 5 feet), filling us with joy, love, and peace. ☺☺☺

2.2. Not knowing removes anxiety; in worlds where nobody dies before 900, their first five centuries are truly anxiety free, in a way that we can hardly comprehend.

Anxiety is the enemy of any consistent precision in telepathy, empathy, etc, so writing a little about diminishing anxiety via not knowing is possibly helpful in understanding an anxiety free Civilization of Immortals. Can we think like an Immortal and experience no anxiety over human world events or any human person or situation, approaching them in a tranquil state of mind? We could hypothesize that a quadrillion-year-old Immortal doesn't have any anxiety about any human action because humans don't know the "real world" nor can they damage anything in it. C. elegans, who live 2,000 times shorter than humans, are not really a source of anxiety for human beings, since their knowledge and abilities are so tiny, they can't damage anything really in the "real world" of humans unknown to the worms. Imagine how much less anxious Immortals would be about humans, if Immortals lived 2 billion times longer than humans, not 2,000 times, as an Immortal Civilization in an ascended universe so to speak, thus invisible to beings of this universe. Humans, like worms, can only affect the simulated or perceived universe they think as the "real world". This is one way to explain the scriptural "peace that surpasses all understanding", since God is much older than a quadrillion trillion years old Immortal. In ACIM or A Course In Miracles, they have this phrase reworded as "Nothing Real can be threatened, herein lies the peace of God". Remembering the Immortal Nature of the Soul, as a spark of the Eternal Immortal God, can thus help to diminish anxiety, fear, etc which rob us of the serenity needed to find wonderful solutions to human problems like disease, natural disasters, violence, etc. The more we realize we know nothing indeed, on a deep fundamental level of our being,

not just intellectually, the less anxious we become when a worry about "something" emerges, "something" which is always infinitely more complex, less to be worried about and nuanced than it seems. It's strange to realize that all we know is a very rough approximation of the infinite complexity out there and that much of what we believe in will be proven false in 50,000 years. So paradoxically, the more humble a person is, the more doubtful he's about his beliefs and hypotheses, the less "panicky" he gets about random events. That's why being humble or aware of the fact we know little can be useful in daily life, not just some "virtue" that's nice to have. But it's very difficult to truly recall nothing is what it seems ☺ all the time, so practice alone probably will enable us to think in terms of infinite complexity or more like an Immortal and be less anxious about "trivial" things that seem so "big" to us, but trivial to Immortals.

In our short lives, with so many threats to our survival (like floods, earthquakes, animals chasing us, diseases chasing us, asteroids) anxiety has a role in ensuring survival and rushing out of danger zone. But as we overcome these threats to human survival, high anxiety will be useless for the species and evolution will drop it from our brain wiring, enabling us to perhaps develop our neocortex in a way that eliminates almost 99% of anxiety from the level it is at today, or 99.99% of it when and if we manage to reach 2,000 year or 9,000 year lifespans. Until that future, normally, anxiety will be hard-wired in us but still day dreaming about the future and working to bring it about, a future with no deaths from disease, aging, natural disasters or violence, can help to diminish anxiety and feel more smiley, cheerful, motivated about this amazing 1 million year project of building a better future for future generations who may live to be 90,000 years old in a million years. ☺☺☺ There are many individual trees known to be 2,000-9,500 years old in different areas of the world. Humans don't know if they will live to see next day, due to so many things humans hardly have any say about (hurricanes, etc), but in a physical or "parallel" *universes* civilization where everyone is living tens of millennia or millions of years in heavenly peace, such a worry/anxiety about "making it beyond next day or year or decade" is non-existent. Imagine we're born on a planet where nobody dies before age 500 or 50,000 and there is no violence or harmful intent/activity directed at anyone. Naturally, we're very relaxed, tranquil, able to research the most esoteric and outlandish things in telepathy, physics, other dimensions, ascending thru wormholes, etc and have nothing to worry about almost, nothing to be anxious about and everything to be happy and grateful about. Statistically, it is evident that trillions of such worlds can exist, but they may not all necessarily be in our dimension. Or imagine being a 50-year-old (a baby) in a world where everyone lives to be 4 billion years (no death ever occurs) before ascending to another dimensional universe (heaven in religion terms), there would be no anxiety about anyone ever trying to harm you, mistreat you, lie to you or about sudden death due to some natural disaster, but only peace, ease and bliss; in this hypothetical world, one has a seemingly infinite amount of time to explore this universe

(heaven) and learn a few basic things in preparation for the higher dimension (higher heaven) where lifespan is even longer, perhaps 1 trillion, as in an Ascending Immortality journey thru various dimensional heavens. After all, we're talking in spirituality about an Infinitely Loving God, so why not?☺☺☺ Because the soul possibly expands as it ascends immortally, given the complex structure of the *universes*, one could see how this Eternal Self could even occasionally send an infinitesimal part of self in a virtual universe where life is only 500 years old, if those folks are transitioning to something else in the grand structure. This makes it possible to dilate time a lot, to conceptualize how more traditional concepts such as Eternal Heaven and "reincarnation" are possible to be "true" at the same time.

Perhaps we could think about a mouse or worm who comes into a room that has 10,000 spheres of identical size, texture, weight and color. He looks at the balls or feels them, yet inside them might be styrofoam plus something different in the center, say chocolate, milk, cranberries, pumpkin, sunflower seeds, a tiny spherical computer or processor, some different oxides or chemical compounds, each different. To the mouse or worm, the spheres are identical, but we know each has something different in them, just as atoms of a certain chemical element isotope seem to us the same today but may not be so in the future when we discover new particles that bring 10,000 atom types of each chemical isotope known. If a mouse comes into a room, his understanding of the books, gadgets and everything in there is so limited; to him, they're just "natural" objects. Similarly, if we walk on a barren or habitable planet or inside an atom or proton or electron or lepton or quark, we see SOOO little, we can't even begin to comprehend the sheer *immensity* and *complexity* of those things and what it might have taken to guide the evolution of things to arrive at that configuration from multiple parallel *universes*. A computer took us centuries of science to develop, yet to a mouse, it is a box, like other metal boxes he might have seen that are ultra simple or empty. If we humans look at a human being, we don't see the spark of God, the Immortal Soul, the inside of that person, their soul history, their journeys before this life if any in other worlds or dimensions, their true nature in hyper universe and sub*universes*. But Immortals can see more. Just like mice, we see soooooo little of any human, perhaps a trillionth of what an Immortal sees. We visit a natural environment and we see some "random" things such as 80,000 years old trees in Utah or rocks, but can we know with 100% certainty that they're random or natural and not created by Immortals a million or quadrillion times older than human beings? We can't obviously know, and this makes us filled with a kind of awe or curiosity or desire to discover the truth, as it really is, not as it seems. For example, the earth seems flat, but it is not from a different vantage point, from space, it's a sphere. Similarly, a lot of things seem one way, but they're totally different. We're so much more intelligent than mice, and live only 30-50 times longer (they live 2-3 years), able to move or blow mountains with our inventions, terraform planets soon, etc. Imagine the intelligence and

abilities of humans of the future who live 50 times longer than present humans. Imagine the intelligence and Big Bang creating abilities of beings who're 10 to the power of a trillion years old (their age has a trillion digits, not two like most of us or 11 for our baby universe). I mean we're not even talking about God, just young baby souls, compared to God, souls asked by God to create a little universe, ours, among a few quadrillion *universes*. The mind can't even begin to comprehend their intelligence. Imagine the joy, bliss, peace, ecstasy ☺☺☺ of someone who has lived 3 quadrillion years in a heaven, before ascending into another heaven. We can't even begin to comprehend the joy and freedom from anxiety of the Eternal Heaven. This makes us speculate how hilarious (comical☺, as we laugh when watching comedies) we might come across as to Immortals (or even to people who have been in heaven for only a few centuries or millennia) when we think "we know, we're aware of how the universe operates, so we can lose our tender gentle soft calm universal loving kindness thoughts, intents, behavior or speech tone over things which we can't prove at all". ☺☺☺

Another reason not knowing vanishes all anxiety and anger is this: we human beings can't know the truth about many things with absolute certainty, so often times, the things we think or have an opinion about being "right" or "true" or "ethical" will be proven to be wrong in 3,000 years. God and Immortals don't expect nano baby mortals to know everything, so they probably judge us by our intentions more, not by our thoughts (which can be influenced by spirits or media or others), emotions, actions as much. So, most likely, we're primarily responsible for our intent (how is our intent in reply to circumstances or telepathy diffusion?) response in a given environment, which is probably calculated probably in ways so complicated, we can't even begin to understand, to equalize the environment aspects; this means a good person born in a good environment may perform worse intent wise given the environment, than a bad person born in a bad environment, since the actions of "good and bad" are many times wholly or 99% influenced by environment, and much less by intent level (not thought, action level) response to life circumstances. We're not responsible for the karmic consequences of other people's actions, be them kids, spouses, relatives, coworkers, we're only responsible for our intent, and the intent choices that pertain to our free will. We may be clueless sometimes and not realize the intent is good, but the action is bad and is best avoided, but that is obviously much easier to fix and forgive so to speak and will probably influence much less the grade one gets in earth school, at the classroom level one may be enrolled at as. Thus, there is no point to ever get anxious or angry about anything someone does, because the truth will win in divine time. Moreover, every person has free will and their learning curve and it seems that very few ever change long-term without unwanted side effects because of an angry or anxious response from other people. What happens at times, is that some people are very used to forgetting other people's free will and try to convince them that this or that way is the best, and when it doesn't get easy to

convince others of their "opinion being truth", they get maybe angry or anxious or fearful due to misunderstanding that the self, the soul, is not responsible for other people's souls free will choices. The soul is much subtler than our mental thoughts, which are highly influenced by the society, peers, friends. The way Immortals and God evaluate soul's responses is way more complex than the way humans look at humans. So, say if a close person wants to do something that we believe (rightly or wrongly, in view of future science) to be wrong; it is OK to live and let live because we can't even know if it's good or bad anyway; it makes no sense to get angry or anything negative emotionally as it's often a waste of energy for all involved. We can share our view if asked, but other than that, people are souls in evolution. Life is not about being right all the time, but about learning and respecting others' free will learning process, and doing our best to bring a better world given our limited understanding.

The good will prevail, even if even good people don't understand what good means well at times. Galileo's ideas and books were banned for 200 years by the Catholic Church, but in the end truth won though, Galileo won against millions.☺☺☺ This truth winning happened to many people of many other churches and organized institutions, the reason I brought Galileo up is that most people heard of him, some called him the father of physics. Many times, a person may be right, in one of their opinions, maybe they connected to the future a bit, via ESP; but if no human being listens to it or agrees with it, that is perfectly fine, because, like with Galileo, truth will win, everyone will know that opinion as a fact, if true indeed, if meant to be, and there is nothing to get upset about, as we're not responsible for others' choices. Therefore, there is nothing to ever get anxious or angry about, because all our ideas and good ones especially are astrally recorded, and will be spread via telepathy again by us (or others) from the spirit world, thru other people, as we're their spirit guides, if those ideas are really meant to become popular due to support from spirits (which we can also call Immortals), the spirits will make sure it will be so, as they did with solar power which took 150 years to become popular. The work of the anonymous most evolved spirits is probably subtle and not militantly fanatical, free of anger or anxiety, but more filled with the peace that passes all understanding of an Immortal that knows no anxiety. Thus, in this amazing & beautiful ☺☺☺ realization, and remembrance, we become much better at anger/anxiety management, more peaceful, happy as a person, more smiley☺☺☺: imagine smiling about not knowing, how funny and hilarious life is indeed, we know NOTHING. God's Divine Plan, the Civilization of Immortals, or whatever we believe to be the future that is best to happen, will happen anyhow, regardless of what happens today to any person, country, circumstance or thing, and future humans will get to be telepathic "Immortals" living to 900 or more. Thus, there is no need to be angry, fearful or anxious about anything.

Low anxiety via positive subconscious images is another seemingly true hypothesis that goes like this: when we try to explain something to someone, as a math teacher maybe would explain

it to another math teacher or a student to a student or a teacher to a student, *the capacity of the* taught person to understand *is directly proportional with the subconscious mind love and like of the teacher* (us for example). Even if the person, whom we want to explain some basic math to, likes us consciously, loves us consciously, his or her subconscious mind may do the opposite due to negative misunderstood experiences in the past or ongoing empathic-telepathic patterns, judgments, emotions of the teacher's subconscious mind, that unbeknown to the teacher trigger a negative image in the subconscious mind of the student, unbeknown to the student. This explains why sometimes when a teacher changes a little attitude or bad thinking or emotional habit, that was triggering a negative subconscious radiation from teacher to the student subconscious, without either of them knowing, the student grade improves from maybe D to A, from very bad or failing to the best grade. This is what spouses, coworkers, managers, teachers, politicians, etc everyone often forgets. Of course, when the conscious image of the teacher is bad, the learning becomes even worse than when the subconscious image alone is bad. So, then, we lower our anxiety when we realize that the reason some people don't understand certain things, at times, has nothing to do with them, but with us, the teacher, i.e., we can do something about it, we're not helpless. Other times, it may really be beyond the student's capacity to comprehend this lifetime. So, to reduce anxiety, we can have empathy, compassion, forgiveness for ourselves too, and not get angry at the fact our mistake has led to misunderstanding by the student, and try to behave like an angel, communicate a better conscious and subconscious image to the student, so he becomes a wonderful bringer of Heaven on Earth, unaffected by the bad things that happen in this world, an optimistic student with a love of math or whatever people try to teach. This can be very helpful for parents, spouses, etc to realize. Once the subconscious mind image of a teacher, parent, spouse, friend, etc is bad, it takes a lot of effort to fix it, because unlike the conscious mind which overrides using intellect, the subconscious imaging is more of an emotional average that is far less rational than the neocortex conscious thinking. That's why one is better off when avoiding things that might damage the image, as it takes a long time to fix the subconscious perception sometimes, even though other times, it happens very fast, as explained above. Like maybe the teacher would radiate anger towards student, thinking, "wow, this guy got a fail again, he needed to have done better"; this judgment lacking tenderness universal kindness and grace☺☺☺, this impatient emotional energy goes right into student's soul, brain and subconscious mind and triggers a very negative image creation of the teacher, often without either knowing. But when the teacher relaxes, accepts, is patient, universally loving, kind, sweet, like an angel, like an Immortal, then all of a sudden the negative feedback stops, the image becomes positive and grade becomes perfect. This is why we become less anxious if we try to be angels no matter what other people do; otherwise, students will never learn the most they could and the world will have a hard time to become the intelligent wise serene paradise we want it to become, a place of trust, peace,

long lives, honesty and compassionate universal kindness. A student who likes his teacher *can learn a lot of the unsaid stuff, via telepathy, this was proven in some studies*; it may be true because they entrain and love each other, with a universal loving kind compassionate soft gentle altruistic love. Sometimes even the student may get angry because a parent at home did yell at them or something, and then at school be angry a little bit, and the teacher of math, picks that up due to telepathy diffusion (or empathy as it is often called) and the teacher subconscious mind gets angry because it misinterprets that the student is angry at the teacher not his parents. This anger leads to the formation of a negative image in the mind of the student, blocking the student from getting the best grades. We lower our anxiety when we have benign emotions always, benign behaviors, honest thoughts, words, in life, movies, comedy, jokes, sarcasm to avoid subconscious misinterpretation of human behaviors, which is acting independent of the conscious rational interpretation and has unintended consequences. ☺☺☺

Perhaps we can also lower anxiety via this trillion year old analogy: since every soul has within it a spark of the Immortal Lord of Ascending Immortality or God, we can realize the Immortal nature of our beings and that we're Immortal and that the divine spark in our souls will live for trillions to the power of trillions of eons, a number of years with an infinity of digits. Thus, anything that happens on Earth becomes like an infinitely small trillionth of a trillionth of... a nanosecond in our life, and not something to get too worked up about, or too anxious about, anything that any human does is not their full self, we only see a snapshot in time of that person or soul, not even a trillionth of a trillionth of a trillionth. So, this simple realization can be used to bring the eternal resplendent Brilliant cosmic magnificent marvelous indescribable Infinite JOY, Bliss of the Immortal God into our awareness and help us to overcome any negative fear, anxiety, anger, frustration, depression, etc. Thru this remembrance of "We are Immortal", we can more easily understand, as explained below, how thru the vantage point of the Eternal Heaven self (that which will become of us in Heaven, Eternal Now present future), an inner world in the hyper-universe structure, situated far away, so to speak, as if we would move galaxies away at high speed thru wormholes, not in outer space but inner space, dimensionally. We can also see the time relativity of all subuniverses and the second life projections of the self, as speculated below, the human self as a tiny aspect of self, while the idea of self becomes slightly different, since the self is an Immortal spark of the Creator. Then it becomes easier to build a world of 900 years old humans, or in some far future, maybe 90,000 years old humans. Additionally, for less anxiety and more joy, every single nanosecond, quadrillions of miracles happen at the electron, lepton, quark, boson level, in every single one, so in every human being, 10 to the power of a trillion miracles happen each second, just like in the coolest physics and chemistry miracles we see in high school that blow our minds. ☺☺☺

2.3. AFTERLIFE COULD be 10^{900} times more complex *than* all SCIENCES *COMBINED* since it could

deal with quadrillion infinities of dimensions

String theory says 10^{500} multiverses exist, they could be what some call “dimensions” or heavens. Some atheists/agnostics may not understand that a soul can exist in a pure physics sense, i.e. a being (self-organizing intelligence) that comes to exist and evolves just like a physical lifeform of an alien who then becomes Immortal over eons, randomly, not because of being created “like an AI by God or aliens who made human souls, this universe”. The soul wants World Peace in 3 months to preserve its immortality, or extend its lifespan as it were, so naturally it wants peace since wars lead to research projects under stress when tests can wipe out *entire* civilizations by *mistake* and hinder research into Immortality. *The soul wants peace, since* wars can lead to arms *races that can lead to accidentally* killing *souls* (well, that would be hard, but in the far long run). Thus, the soul will use all its powers to survive, i.e. to maintain *peace*, via peaceful ways. *Perhaps,* it has already happened, on another planet, a guy wrote a book like this one, and then after he died, in his astral body, he researched for 200 years and found how to create a little device☺☺☺ that once beamed into the mind of a living scientist from the most or a more peaceful country on the planet, it *can dematerialize* or *turn into* useless *dust all nukes/weapons within* 3000 *miles of* the *planetary surface*, without that scientist knowing it was done by his wind farm, TV tower, thus helping that planet to move towards 10^{90} year lifespans, helping his fans to bring || Immortality *for* All ||. Chapter 3.2 *covers* some of the techs *he can easily beam or can be used to beam into others' mi*nds to help them bring peace in minutes, as all missiles, satellites, tanks, airplanes, ships, etc stop working for all, except the Immortalists. This allows immortalists to win the war in 2 days using the methods of universal soft healing grace (no injury to anyone), so all surrender peacefully (a few pockets of resistance that the divine bliss doesn't inspire to work for peace, can meet the quantum device applied over a limited area to make changes to all humans in the area to enable surrender, no need to kill all instantly in a 700 mile radius area, even if possible with this tech, without affecting any other tree or plant or device). Thus, *Peace arrives in days and all peace loving* humans live in a world of freedom from war, as all enemies of peace are sent to a healing center (security, military folks who opposed Immortality *for* All, instant World Peace and 0 torture, 0 violent crime in 5 years), in a mega city, sealed from the world, as prisoners of war who're never tortured and allowed to live in peace, separated by gender, their kids separated by gender too, to avoid kids from the 'fallen DNA' (pathologically aggressive, found in all ethnic groups) that has caused enormous suffering and delays to peace for eons. This is the nice thing, with this tech, spirituality, longevity can finally develop, so we understand what afterlife is like better, free from the torture of war, dogmas shoved into our heads at gunpoint by "clergy" who're spies of military empires. Nobody needs to carry weapons or be violent, nor will they be able to, as no jails exist anymore (only healing centers one attends for 1+ weeks), as planet is defended by

quantum weapons of space corps that once locating an alien attacking can wipe out *the rest of the invading force if needed instantly, guns are useless against any space alien coming to Earth anyway, once they locate a human, they can kill us all* instantly. God bless the 50f/50f cosmic realization of the chemical physics wonders of the Eternal Universal Peace. It's the astral call to imagine the happy *gentle tender soft nurturing* grace & universal loving kindness future. *The* physical chemist & chemical physicist cooperate to bring Immortality for All. *Let all nations* sing ""May all live to a trillion"☺☺☺ to happily bring Trillion year life for all.

A 1 second old baby is young, but a 96 year old man is 3 billion seconds old. In the physical world, we have therefore people who're 3 billion times older than others. What about in the "spiritual" world (a realm we don't see, could be actually physical too, a dimension)? Do some people on Earth of the same physical age, say 44, have soul ages that are 3 billion times smaller than others' soul age? The only way to scientifically and honestly prove someone has a soul that is 10 or 10 billion years old is to capture the picture of the soul and video tape the soul for 10 billion years, for a person who died, communicating with that soul too, to make sure it exists for that long. For millennia, manipulating parasitic *dishonest* people made wild claims about souls, and said their unproven claims are true or reality, without really having had any picture or evidence of the soul surviving physical death. These claims enabled them to take over continents and to become ultra rich, avoid work and live off as a parasitic aristocrat who is God's dispenser of eternal life in a heaven dimension. If we want to be an honest society, meaning one where nobody needs to steal or attack others, then obviously, we aim to live to a billion years old to be able to understand this "religion business" and to have time to measure in our lifetime a soul or at least to make only true statements for which we have a proof. We're all the one all that is, so we're Immortal in that sense, we don't need to lie. The natural appearance and evolution of soul, without creation, just like elements led to human beings, means that the soul of any past/present human, appearing randomly in infinity earlier, *can actually be a trillion times older/younger than ours,* just like a physical lifeform can be a trillion times longer lived: this makes it hard to judge anyone by their shell (body) or brain (controlled by others with gadgets): their soul could outlive ours by a trillion fold factor? This opens a pandora box: *is not* every *soul* immortal? I don't know, but if you think about the spirituality chapter tech that brings into the present the exact video of past events, it means that the very essence of a person, the best of them perhaps, if you want to bring the best, lives for a long time after death as a 'soul' sort of, a collection of informational fields, strings, etc, that can be brought to life even a billion years later with enough advanced tech; however, that soul may already be living and being more evolved now, even if disincarnate. The act of living creates these amazing & beautiful ☺☺☺ thought-imprints that have an unknown physics nature, which are coalescing in groups, i.e. the very best of any person merge to create the 'immortal self' of that person that goes on to live

until that 'imprint' may choose to, or may somehow float around and attach to a body, in something reminiscent of reincarnation, but perhaps different. Likewise, the 'worst' of a person can float around too (*some may call that the hedonist earthbound spirit like energetic form that is short-lived, like the physical body is*), but due to its negative, clueless and destructive thought it dies soon after. We emit a lot more particles and energies when we think and live, than we know of or can detect, so these things can create a self-organizing intelligence that survives physical death and will continue to flourish, independent of the 'junk' in our psyche emissions which are discarded upon death or die soon after (the brainwashing by spy agencies, all the negative experiences that are incompatible with the infinite bliss of the super optimistic Immortality centered imprint, etc), the stuff we find irrelevant in the continuation of our journey towards Immortality, Immortality being the longing of all imprints once self-aware upon death; this is how in the age of modern science the existence of souls and their evolution can be easily accepted as possible by people who don't believe at all in God, aliens, or afterlife in a classical sense of 'heaven, hell, simple linear reincarnation of one soul per body etc'.

This is how "angels" and "demons" can be defined too, for atheists, agnostics: imprints from former good angelic or bad mean violent sex addict people: brain prematter information fields, which may hover around locations for centuries, or millennia, or millions of years, unless one discovers the physics to clean the area up. This thought could help the fight between atheists, theists, agnostics to end. For example: when a chemical reaction happens in a flask, we only see the reactants becoming products in this present understanding, meaning we only see changes our science allows us to see. But that change, also can cause other changes, while other things remain the same: the flask, the etc. Likewise, when the chemical reaction of death happens (bacteria grow, due to heart stopping), we only see some changes. But the flask, the quantum information field, may remain for a while. For example: you have computers that produce a sound or some calculations that create a pattern in electronic and photon fields, so when computer dies, those patterns vanish, BUT, the patterns are still there since they influenced something much subtler that has an imprint of the recent photonic fields and anyone advanced can find out what happened in there, even what was spoken verbally, thought or typed on a computer millennia ago. You for example walked and left footprints in a recent concrete, but even if you died, the footprint is there. The real debate here is whether this field of "other particles" has any ability to actually continue to exist and influence human thought, due to inertia of self-organizing systems and particle groups to do the same thing, if it is easy to do it without the body's support. For example, we go swing in a place and then the swing can continue to swing for 40 years if a perfect design, so the same thing can happen with a quantum swing that carries the "tone of your thoughts" to living people after you died physically. When we make a sound, there are higher octaves that we don't hear. The sound influences other

aspects of physical reality our science doesn't know, just like sound reshapes our cells, organs and can make plants produce twice the vitamin A, C, E. Likewise, these self-organizing "other aspects" of dead people can make "sounds" that influence the self-organizing aspects of living people, even after death of the body. This "electron" cloud is a soul. This may be living only 10 days or 10^{988} years, we simply don't know. This gives us peace, and explains why allegedly haunted locations may hold unbalanced quantum fields from former evil residents.

If we could telepathically write down the basic ultra simplified structure of afterlife (including aliens in all dimensions), it may take 1 trillion years of writing 40 words/minute 24-7 to describe the complexity, and because of that, it is easier to comprehend how so-called "opposing concepts" like "Eternal Heaven"☺ and "Reincarnation" can be true at the same time, especially when you read the following lines. If we ponder on what might be the architecture of the universe, that would require a higher level of complexity, let's say in a few centuries, physics and astral travelers agree that we can perceive about 1,000 mega *universes*, folded within the hyperuniverse. The ascensional and descensional harmonics are like when you throw a ball in a labyrinth and it can go via say 1,000 paths, and depending upon which path, it lands as it descends in a dimensional doorway where it decides what part or percentage of itself goes to descend and explore via "reincarnation" that parallel time dimensional system and associated parallel *universes* and sub*universes* (each subuniverse can have 1 billion virtual universes) within that mega universe domain. When each % finishes its journey thru each subuniverse and chooses the ascensional path, and the temporary joining of %s in their return to the original point in the hyperuniverse, we get the new synthesis of knowledge birthing the next mega universe with all its subuniverses and virtual *universes*. However many lavels of hyperuniverse exist, each with a different time value, i.e. 1 billion years in universe x is 2 years in universe z, making things extremely mind-blowingly complex. Time seems to have, in the perception of consciousness, different speeds in different dimensions so to speak, so we can have a lot of looping within all types of *universes*. A very simplistic analogy is this: we're in hyperuniverse and decide to play a video game in "second life" virtual universe # 590 of the subuniverse # 7,888,333 within the megauniverse # 789 of the 574th layer of the hyperuniverse. ☺☺☺ In subuniverse, if a part of our soul watches a movie from "second life" virtual universe # 590 or play a game in "second life", it may take 40 minutes, but in that 40 minutes, we may have seen 40 years of virtual universe # 590. When the % of soul in subuniverse # 7,888,333 lives its life and 40 minutes pass, only 2 seconds may pass in megauniverse 789, etc. These time relationships need not always be so, it can be very different depending on which *universes* we talk about. Because of the sheer amount of *universes* and possible combinations, there are octillions (10^{27}) of such time relationships each very unique.☺☺☺

Going back to the reincarnation *hypothesis*, any reincarnation and many ESP events "memories"

have many alternate explanations: reading a book a long time ago, and forgetting about it and identifying with the character (happened many times), quantum entanglement of memories, random interference from ghosts who knew the person who died, someone living or a spirit sending images of a living family and saying mentally (hypnotic video rich suggestions "my mom was like this, these are not my siblings, my toys are in that cabinet, I used to go to that temple or be of that religion (common in cases of different religions for same soul) and I used to pray that way, etc" or "I traveled to this planet, this realm, I was this and that in that dimension prior to this life, an alien maybe on planet z") it's "the former family of suggestee" (or spirits that dwell inside or beside a person for a brief moment) leading to them recognizing former family members, objects hidden in certain locations, or behave like someone of a different religion, even if it's not a reincarnation in all or any cases. Why would anyone do that? For entertainment or manipulation? The reincarnation books have all kinds of seemingly to explain things, but there are always alternate explanations, even for birth marks that are genuine (not made up): spirits or perhaps astral body energetics causing maybe a little mark matching a little mark on the dead body (some cultures claim that these can carry over as a birth mark and some cases supposedly are genuine). I used to be very naive and believe many reports of reincarnation, but some people may seek to make money selling a book or not understand how their brain exactly came up with that or how easy is to be induced to believe that thoughts, decisions and images in our head come from spirits or us, when it can be even other living people. Because of so many possible explanations for a memory, it's very difficult to say when it's real. Not to mention, reality is SO COMPLEX, not everyone may live more than once on Earth, and if they do it doesn't mean that they would recall it all the time accurately. There may be trillions of similar systems where one can try to learn something similar *(choosing kindness over cruelty, forgiveness over revenge, peace over war, nonviolence over violence, honesty over lies, prayer, scientific discoveries to extend wellbeing and lifespan, compassion for the world suffering instead of erotica and self-gratification, altruism over selfishness, etc)* and graduate to a higher plane no longer needing returning to Earth-like systems. The soul is sometimes possibly projecting only 0.1% of itself in a human and the astral bodies, say 1 trillion, that interact with local dimensions, are not always visible or affected by Earth events or physical events or by beings in the lower subuniverses (mythology calls them fallen angels, bad aliens or inter-dimensional beings, or instigators to eternal human-human war and violence against living beings) which can't see or interact with those lightbodies, hence fear vanishes. ☺☺☺

That's why the soul can be free from the influence of Earth events, to a much greater degree than we imagine, depending on what percentage incarnates, etc. Some people get very excited that their reincarnation is "real" sometimes because the personality of the previous hypothesized person matches the person recalling it or their past live matches current person

memories or some details (accent) match perfectly, or some birth defect carries over or something. But since there are billions of people, if we have a large enough database, we're going to find 2-3 people whose "stories, likes, personalities, interests, facial features, body shape" appear to be the same person, or even more people, and call it "multiple reincarnation at once". Rather than focusing on the past or parallel lives, we can focus on creating a kind gentle loving energy in the present moment, this life. Likewise, memories of heaven or soul travel to the "eternal heaven" we "all go to for a one way trip, with no complexity at all, no subuniverses, no previous spiritual existence, virtual reality systems" or even with "complexity, subuniverses, etc" are subject to manipulation, distortion via confirmation bias, hypnosis, mixing of brain perceptions. UCLA scientists were able to make snails remember something that never happened to them, by using RNA to transfer memory from one snail to another ► eNeuro. So, are "past lives" sometimes things that never happened to people, yet the memories transfer in some weird quantum entanglement way or are implanted by spy agencies using brain gadgets?

We can think about the years it takes to prepare for applying to the best universities to spend 4 years there, so a natural question arises, for preparing for Immortality, or living trillions of years (Immortals *who live* trillions of years *in that local Heaven*, not Immortals who live to 4,000 or 500,000 years in that local heaven) in another dimension, would 80 years of a human life be enough *if it takes 12 years to prepare for being* admitted to a 4 year university, 12 years of learning in primary, middle and high school? Or *would* trillions of years *of preparation in other dimensions be required*, in a journey of Ascending Immortality☺☺☺ to ascend to the dimension where Immortals live trillions of years in that local Heaven, not to the Heaven dimension where Immortals live 10,000 years or a million years before ascending to another one? This is a very simplistic linear time on Earth comparative explanation, not exactly describing the time properties, in relation to the central hyperuniverse, of those Immortals' dimensions or Heavens. One can see that even from this linear dimensional time shifted point of view, it seems illogical that the afterlife is one simple "journey into and of Immortality with newbies accessing the same realms as the old locals of that dimension", in that the evolution of the soul would continue, its testing and its progression thru different subdimensions, where one can be Immortal, but doesn't live forever because one will want to ascend to yet another more amazing Heaven by becoming more Godly. Or, as it were in a time warped explanation, we can see that the afterlife and what happens in the time shifted temporary subuniverse one's soul is located, could be far more complicated than the present popular theories, which are fine, because after all these "afterlife dynamics" details probably don't matter as much as the actual contribution to a world of Immortals one does in a virtual universe. What seems more important is just that it could be almost very hard, if not impossible, to prove one hypothesis over the other, given how little we know. Because of this, one can see how in linear this dimensional time, spread over

many parallel realities that the soul projects into, it can take a billion years to train to live into a hyperuniverse subuniverse for 250 million years, from which one can ascend, after more billions of years of training, into another subuniverse where average lifespan is not 250 million years, but maybe 50 billion years. This billion years can be many things, depending on the structure of local subuniverse and how it furthers soul evolution. One of the things this billion years can be thought of as is that if you add equivalent virtual reality projections timespans, that the soul projects into, say 5,000 soul projections (some may call them "reincarnations", but the word is not accurate), each living 100 years or sometimes 500 or 20,000, they can add to 1 billion years relativistically with respect to Earth time, but in central hyperuniverse time, it's much less, and the time in the mega universe subuniverse is different than central hyperuniverse time.

The impression certain concepts make is that Immortality is something ultra simple, you live 80 years and accept God and that's it. ☺☺☺ But what happens in life when someone wins a lottery of $500 million? They don't maybe appreciate it and they will waste the money fast and maybe lose most of it. If something is not earned, thru thousands or billions of years of learning and efforts in building Civilizations of Immortals in many virtual reality systems, if something is not aimed for, it becomes much harder to appreciate it and if Immortality would happen in a system, it would be squandered so fast by newbies, as newbies have not gained the knowledge to sustain Immortality, in the same way that if one 4 year old is hired as nuclear power plant safety officer, disasters will happen as the 4 year old has no clue what to do. Similarly, in a given dimension of Immortals, to maintain the high Immortality knowledge applications, parameters and values that sustain the dimension, it's requiring some knowledge and training and any newbie would have to go thru a lot of training to be admitted into the full world of those happy ☺☺☺ Immortals, being first more restricted to the newbies area, the "baby souls" who need 3 million years to learn the operating ways of the Immortals of that dimension. If one serial killer is raptured into some Immortal heaven suddenly, he will be unhappy as he wants to kill people, torture them and beat them. In the same way, if one who has always worked for less lofty goals (but was much better than a killer), when he's in a world of Immortals, he will be very very unhappy, so a few buffer dimensions, virtual reality systems projections or purgatorial systems (if we were to use a religious term) would be more appropriate or logical. So one can see how, while many simplistic concepts of afterlife are accurate in a relative way, they're trying to simplify what is most likely something far more complex. ☺☺☺

What would be the purpose of living 1 billion or 1 trillion years in a simulated virtual universe, say as some being made of particles that switch dimensions and can withstand millions of degrees inside a star? Once again, the purpose could be the training for Immortality and taking care of a universe, sustaining Immortality and the Civilization of Immortals. So, when people often talk about ascension into a body that lives forever, maybe, it includes the possibility of the

projected part of soul in the subuniverse ascending into a bidimensional virtual reality universe body (switching between virtual universe A and virtual universe B) for the purposes of learning to sustain Immortality and taking care of a dimension and universe. Given that some Immortals may have an age that is a number with a ***quadrillion digits, instead of 11 digits for our 13.7 billion year old universe***, one can see that the simulation can have quite an educational effect on the subuniverse greater selves and associated hyperuniverse journey, similar to us taking a 1 hour class in some subject or skill. Atheists ask what happens with the soul of the babies born and dying at a few weeks or months old or at birth (stillborn)? What was the purpose of their life? There are many ways to explain this, one being that the soul simply has many more opportunities to learn than one human existence in one virtual universe. As explained above, the Eternal Heaven Immortal heaven self can project 30 parts of itself in 30 virtual *universes*, learning something and the projected soul part on Earth may be visiting and staying in the body less, having a try at witnessing this experience, even if the soul knows the life will be only a few months or years and that only 0.1% of his soul is involved in this simulated reality, it is the evolution of the simulated collective "Increasing Lifespan and Birthing Immortality" reality the soul projection assists, evolution which is creating future opportunities for others to learn (even if one doesn't send another self projection in that virtual universe) as the civilization progresses. How can a stillborn or short life (say someone dies of flu before they're even 30 or 40 years old) life assist? People play fewer sports and invest more in science to understand why various diseases happen, so instead of bullfighting, super fast sports cars contests, gambling or whatever we had more longevity related science and we reduced mortality from many diseases 10-500 times. When someone is stillborn or dies early (before normal old age), their relatives may invest more in science, less in bullfighting, etc and they shift the simulated reality towards Immortality enhancing the evolution and learning of other souls projecting in that virtual universe. To many it might seem utterly nonsensical that God created a soul at conception, as some hypothesize, to have that person carry water or food on their head 3 hours one way daily. Think about how bad the lives of people were before modern conveniences. But if the self is a being who is projected in 20 or 900 realities with different percentages of self and learns from all avatars of "The Immortal hyperuniverse self"☺☺☺ or "Immortality", or AIs, in those simulated realities and contributes to those virtual *universes* evolution, the Logic of God creating souls living these "bad lives" is far easier to accept by atheists, and they can then see that the nonsensical may actually make sense, since the soul may not be even created at conception, but in a different time, in subuniverse and hyperuniverse time, and even earth time, maybe a long time ago. Because today with AI we have a different understanding of consciousness and it's easier to conceptualize things that explain one possible reason why the "nonsense" happens.

People sometimes ask "If God exists, why does this happen, how can this cruel thing happen or

this least intelligent thing happen?". This is one answer, out of 5 billion trillion possible answers. Ultimately, the projected self could have chosen for the subuniverse or hyperuniverse self, to always make the projected self in a virtual reality question everything "locals" (nobody is local, they're all projections, they appear local) of that virtual universe believe, and then they may ask so many questions that it will be harder for them to be very religious and shift more towards spiritual or agnostic, as they doubt everything they believe in almost.☺☺☺ This questioning and considering alternate scenarios would then lead to a new awareness for subuniverse and hyperuniverse self in terms of effects on Immortality enhancing in a virtual universe, and even for other projected self parts who learn from the unique experience of this projected self. And no matter how hard one may try to explain God exists or could exist, some may never be fully convinced in their short life in a virtual universe. Ultimately, since the soul may be wholly different than our beliefs and mind, as explained above, it's probably not the end of the world if one's beliefs may sound a little strange, since that soul projection has possibly chosen to develop new perceptions more often perhaps. We have so many assumptions about so many things, that are so unquestioned, that obviously, we don't have the time to dissect every belief we have. Here is a question someone like that (who questions everything) would ask: what if all humans on Earth are soul projections of the same one oversoul projected in 7,000 planets, learning how to build a universe? We have billions of structures, cell types, molecules, DNA short sequences, etc in the human body avatar, why would the soul not have billions of projections or levels to its tree of life as it ascends thru the subuniverse structures reaching to the hyper-universe? Why would a person believing this (could be possible in the hyper complex structure of the universe) have any harmful intent towards any human being? If God would provide enough proof that God exists to all soul projections, it would reduce the amount of learning possible, so it may actually make sense for God to perfectly hide so to speak from many people. The behavior of people in the absence of God (the First Immortal), afterlife or soul (and the belief in such) is far more revealing to God about the nature of future behavior in other *universes*. As such, God may not want to fully reveal divine Presence to everyone on purpose. What is interesting is that in subuniverse time, the age of the soul of a human projection (0.1% of that soul) could be much longer than the age of the soul of a 1 billion year old star being of this virtual universe projection living inside a star, like a member of a Civilization of Immortals who have ascended into a solar body so to speak, the bidimensional one mentioned above, the shimmering shapeshifting energy body as in Star Trek. Now, if you could expand and shrink virtual universe time, you could in theory be able to go 10 billion light years away way faster than light. The soul who projected into the human could have sent a part of itself to change back quark properties thru a new Civilization of Immortals, as explained below:☺☺☺

What if some souls, (as part of their evolutionary attempt to explore what if?) changed the

quarks to make ascending out of this universe superstructure (several levels of virtual reality) harder and the task at hand might be to find out what they did? Perhaps we find out when we travel to the subuniverse whose quarks can't be changed, to download true info. When I say a virtual universe I mean the physical and certain astral counterparts. Things get a little more complex when we start thinking deeper. The Matrix we live in may be part of something far more entangled and complex. What if our smallest particles, that we haven't even discovered yet, run on a program, a software ('laws of physics') that is being upgraded periodically, without us knowing how, due to the limited understanding of the complex array of dimensional links between this universe and the other virtual *universes* and the hyper-universe? ☺☺☺

Time shifted space shifted projections of self from subuniverse and hyperuniverse

If the stuff above were not complicated enough, we can now imagine another set of complexity added to this. Normally, we think of bacteria as little creatures with a simple structure, very primitive, etc. However, this is probably only true from the human vantage point, because we have only discovered 120 elements and can't see the millions of types of each atom of the future periodic table, due to small undetectable (today) subatomic particles, that render each molecule of water, guanine, adenine, food as slightly unique and different, and potentially able to be distinguished by the bacteria as such, molecules potentially able to store as much information as the biggest supercomputer today, enabling us to live to age 80,000 easily feeding on energy, without needing to eat, probably using subatomic particles tech, unknown today, to keep us young. When we think of bacteria, we don't think of them as having advanced universities, cultures, religions, philosophies, cell phones, etc. However, to our tech, molecules of some type will always appear identical, while to bacteria, they may appear unique and different than other molecules, possibly acting as a "cell phone equivalent". This woudn't be the pheromone chemicals we're familiar with, but a much subtler subatomic based communication. Ants leave traces of some chemicals and then use that to help others find the food source. This subatomic particles communication is something undetectable to our tech, just like a cell phone of ours may appear as some random matter to a being the size of our planet or bigger when they look at us (little bacteria to them) on their microscopes. For example, it could be the case that the planet we're on is the organ of a sentient being or maybe have 10 big beings of some sort living on or in it, and that when we do some damage as with star wars of the future that may blow planets up or even thermonuclear explosions or some sort of harmless to us pollution, we behave like flesh eating bacteria, that destroy these creatures, which then, take precautionary measures, as we do in case of bacterial infections. If God created these beings, we might have to be a little careful if we want to reach ages of 1 billion years, not only because of the risk of self-destruction of our species via war. We're careful when a lion is nearby and avoid making him angry or see us. This doesn't prove that God exists or doesn't exist, it just adds another layer of

complexity to the idea of the oversoul sending projections of itself in different realities. These realities don't necessarily all have to be human, they could be other lifeforms, unknown to us, made of subatomic particles unknown to us, or even things known to us, like bacteria, quasars, stars, etc. As one can see from the relativistic time shifted virtual universe projections, they very much resemble in a way the relativism of time that the life of a bacteria or star have with respect to a human life time span of 80 years.

We think sometimes in very simplistic terms, very "Earth is the center of the universe, humans are the center of the universe" ways, that pertain to our time and size. But in relativistic space and time, one can see that just as Earth was not the center of the Universe, as Galileo and others found out, the human being may not be the center of the Universe. This then leads to a new question: what is the center, what is the formless sea of consciousness of God pervading *universes* like, does it have a center, what is the role of the human stage in the grand scheme of consciousness evolution and God exploring its infinite Eternity? But what if, when we find out our real self, thru science in the far future, this question doesn't make any sense anymore, as we're able to live as an 80,000 or 500 million year old shimmering shapeshifting formless energy ☺☺☺ being human simulataneously in many lifeforms and time shifted *universes* and get a sense of this ultra-complex evolution of the Immortal self, as it tries to understand Immortality and building a new Immortal universe. After all, in the subuniverse, or hyperuniverse, it could be that the beings there are of "human size and appearance in their most shapeshifted into form" so to speak and they have created a range of time shifted and size shifted *universes* and lifeforms, virtual ones, for the educational purposes of learning how to built a new subuniverse or megauniverse. Normally people joke that some people have the same soul, being 5 parallel incarnations of the same souls in 5 people, but imagine if you could be in many lifeforms, some the size of a star, others the size of a bacteria at the same time. We normally think of a "Messiah" as being a human being like, but what if it can also take the form of a tiny bacteria that causes such a revolution in human understanding of lifespan, that it will propel people to reach 50,000 years lifespan and shift to another universe and live there a few trillion years? The oversoul of a bacteria or star could be a "Messiah". What if a "Messiah" can incarnate as a star that explodes that prompts the greatest scientific revolution due to its effects on Earth? See, the more we question things, the more complex everything becomes, and it doesn't mean God doesn't exist, it's just slightly different than maybe what a religion book from 1,000 years ago would say. The fact humans are not the center of universe will propel our faster evolution towards human being 2.0, 5.0, like the cell phone releases, as we evolve to live longer and defy the constraints of our first forms.☺☺☺

Even if someone would be the most atheistic person (some atheists believe in afterlife or even reincarnation) who doesn't believe in afterlife, souls, spirits, and believes we're a bunch of

strings, quarks, neutrons, protons, whatever, ultimately, if you look scientifically at reality in its whole nature, the essence of every human being lives forever still and is still Immortal, due to the very laws of physics, even if that which is Immortal isn't the biological human. Why? All is connected at the most fundamental level and that one "All That Is" set of strings, particles, laws, consciousness, etc connecting everything as one energy lives forever, energy lives forever. In that sense, even atheists would have all the reasons to be ultra joyous and to join the theists in bringing the Kingdom of Immortality on Earth and whatever planets we terraform, the realm of the Immortals. Immortality is the coolest thing there is, the first property of God (or All that Is in its Entirety) so to speak that we can't emulate that comes to mind. What some people don't realize sometimes, even when they're atheist or theist believing in reincarnation, is that the Eternal Heaven of Immortality self can be enjoying itself in Heaven forever, while only a tiny part of itself projects in a second life, time-shifted universe, as in reincarnation. So, we may be Immortal in that sense, since "the greatest part of our being" is actually in Eternal Bliss and only probably partially bilocated so to speak or multilocated if projected from the globe of the soul via multiple "second life" time subuniverses and dimensions. But the projected self can naturally return for brief moments in "time" 24-7 to the Oversoul, of the Eternal Heaven Self, beyond the matrix of our relativistic time and experience the infinite joy of Immortality, which lives in a different time than Earth time. It's kind of weird to think that we can experience the future in the present, but the future has already happened in another time-shifted dimension. Because of the sheer complexity of time shifts among *universes*, hyper *universes* and subuniverses and associated virtual reality *universes*, it can be at times a little hard to conceptualize or understand how this can be, how we can be in the ☺☺Eternal Heaven☺☺ forever already and we're simply extending Immortality and expanding it in this virtual second life universe. We say "Our Father Mother God, who're in Heaven, Thy Immortality Kingdom Come, Thy Immortal Will be Done, ☺ on Earth as it is in Immortality Heaven." ☺☺☺ Heaven is Immortality, so naturally, to bring the Kingdom of God on Earth is to Bring Immortality, the kingdom of Immortals who have defeated death from aging, disease, violence, natural disasters. As we repeat this prayer, we remember the true meaning of Heaven which is Immortality. This will speed up the Advent of "Immortality" in our virtual temporal universe. ☺☺☺

Perhaps, as humans can predict weather 2 minutes ahead of time perfectly, so can Immortals can predict human events to a T, to great detail, 200 years ahead of time and share such future in bits with people if helpful for their life purpose. We can conceptualize human universe as a simulated 2nd life, a movie sort of, where the soul takes on an avatar of soul's Immortality (avatar of soul, soul is Immortality, the avatar is not real, but a simulation of Immortality) role, or in short an AI (avatar of Immortality), like a second life avatar, the human appearance. The Immortals know the movie ending, but the learning of the soul is its reactions to the lessons the

movie presented, i.e. the soul is very different than the thoughts, actions, words we perceive to be "ours" but wholly or mostly determined by the movie itself, the environment and the preset parameters of our genes, which are controlled from subuniverse, megauniverse, hyperuniverse to enact certain response and movie outcomes and elicit a consciousness response for the evolution of souls who interact via avatars in that virtual universe. In that case, the future has already occurred, and Immortals, and possibly our Immortal hyper-universe self even, the eternal self we will become, which is outside of movie time, know the movie ending, know everything about the future. This raises the possibility that of course, the reality is far more complex than this simplistic analogy, so complex, that it is beyond the head of human math and physics to comprehend at this time in history. And so, we remain in this very interesting NOT KNOWING dilemma, about what it is the "soul" and "free will" and etc. We live under the great impression that we do a lot of choices we make, but it's interesting that we don't know how much we, spirits, environment had to do with any choice made and we will never know, how this simulated universe of ours is set up and what is the variability in free will for human souls, if existing and not everyone has the same degree of free will exertion capacity in the context of a fluid movie, with only certain outcomes being set, but not all outcomes, Immortals knowing the fixed outcomes and being open to any outcomes from some other less important to the design movie endings. It's evident that these are simplistic words, analogies to explain something far more complex, but for the purposes of making it short and easily understood, these 2 analogies of fixed and semi-fixed outcomes of a simulated universe movie, as second life within a structure of subuniverses, each within other simulations would suffice.

Reality is probably so complex, even if we wrote 50,000 pages about this simulation, it will be wholly childish and incomplete, almost inaccurate, even if far more accurate than this paragraph random speculation or kindergarten hypothesis so to speak. ☺☺☺ The simulation is obviously designed to be impossible to figure out, so as to enable the student to learn, because if we were to understand it, it would be the equivalent of a student being given the answers and failing to learn to arrive at the answer. Like a math answer is 4, one could cheat and see 4 on teacher paper, or do the calculation, learn to do it and get 4. So, probably, no matter how hard we ever try to figure out, we may never get it really as it is with respect to our own life construct within the grand movie (every soul having a different "math problem" to answer), or maybe only 1 out of millions of people who has already figured answer is 4 and then sees the simulation construct on the condition that it is kept secret from other students in the classroom to avoid interfering with their learning or helping them to figure out (by shortcut, not by actual learning, as the student who sees answer is 4 on teacher paper) their simulation construct by making analogy to someone else's simulation construct, in the sense that the movie is an ultra sophisticated simulation made of many individual simulations that interact, like some holographic wave

guides creating interference patterns. For example, we have the double slit experiment of electrons behaving as particles if we observe them, and as waves, interfering waves, if we don't observe them. If one were to observe the simulation of the interfering individual simulation wave guides, one might collapse the wave function, and then see the answer, without actually learning what is meant to learn. This experiment is an analogy for when people say that we create our own simulation outcomes by collapsing the wave function via observing the future timeline as if it already occurred, as people do when visualizing an event occurring before it occurs and taking steps to activate that timeline. The question of how timelines work and what effect soul has on bending time and what soul is, within the flexibility of global and individual simulations, so as to arrive at one timeline, if that were even possible outside of a human illusion in perception, is a question that has always fascinated people; yet, there will be trillions of answers to such questions. ☺☺☺

This dual particle-wave nature is confusing, but we know human emit photons, via bioluminiscence and other unknown particles and it's possible we looking at it simply causes a jet of unknown particles to come out of the eye and change the outcome: it doesn't necessarily mean "we, souls, create reality" as some claim, it can be a much simpler physics explanation that our stone age science didn't get yet. That's why a lot of this "randomness" stuff may be false. It appears random to us, but it's not. Mice have 8 times lower visual acuity and only see well from 1-2 ft, so imagine, the world in their view is just so much less than for us, we are like mice, clueless of how complex physics and reality is. The complexity of this makes many filled with a very freeing joy, since no evil human will ever figure it out. Not that figuring out this simulation will ever accomplish anything, since it would be all tightly held within other subuniverses with far more complex simulations that are way harder to understand. Yet, the "evil" and "good" are abstract concepts, given that it might be a simulated movie and then the environment can cause, via spirits and people, 99.99% of choices we make. So our goodness and evilness then becomes invisible, as it's that 0.01% part the soul really chose, part which is hard to see, if not VERY HARD or beyond human capacity anyway. The fact such a possibility exists raises a whole pandora box of other questions about ethics. We live under a strong illusion that we make our choices 100%, but often times it is brain gadgets or the strong pre-simulation set genetics (wormhole descent of soul carries information on what simulation genetics to turn on for movie individual simulation parameter setting) and spirit guide assigning via holographic relay from hyperuniverse that prompt us to make certain decisions (not controllable via gadgets), which we confuse with our "soul", when the soul is actually something altogether different and much subtler. This is what we may never know as humans. Because of this, it often becomes hard to judge what a person did: was it preset to occur or was it result of simulation room for flexibility, the non-set part of the simulation or movie if any is non-set and the soul

does more than just watches and learns by watching soul instruments react to life as we watch a movie, in a way of watching that we can't understand the use of and learning of, "watching" being a simple analogy for something far more complex?

Additionally, another layer of complexity is added to this when the soul projects only 0.1% of itself in a physical body so to speak, while having a filter to only experience and learn from 4 weeks out of an 80 year life simulation (maybe the most amazing & beautiful ☺☺☺ spiritual experiences only, or astral travels). Since the life has already played out in the subuniverse, megauniverse or hyperuniverse (the spirit guides have set the experiences, unknown fully to the learning soul), the soul could choose a part of it to have an effect on its consciousness, so even in a very bad life of someone, there could be 4 amazing weeks of really mind blowing discoveries and learning. Because of that, a noble soul can incarnate in a bad life and to an outsider, all they would see is a "bad person", even if the soul inside the "bad person" is actually much nobler overall (based on overall history in all time shifted realities), than a saint on that planet or the outsider judging the mind-body as bad. Because of that, we realize that we don't know. We don't even know how the human body works, so we can't make it live to 500 even. How can we assume we know how the soul works, what is its operating procedure? We have these ultra complex physics, chemistry theories of the universe or our body with trillions of millions of chemical reactions a second, yet we have these ultra simple models of afterlife. Questioning everything then removes all fear, because what we fear the most might not be true at all. This questioning or not knowing also makes World Peace much easier to achieve, since we realize we might all be clueless and fight over nothing important. As each time shifted virtual universe teaches the soul about Immortality, it becomes easier to one day complete the lessons for gaining Immortality in an universe, but obviously it may not require necessarily more than 1 incarnation as an earthling. This wouldn't stop the soul from projecting in virtual realities 0.01% of itself, even after reaching Immortality, to learn new things about Immortality.

There are infinite possibilities. The oversoul or hyperuniverse self, the size of our solar system, could send tiny bits, trillions of them, of itself into virtual reality systems we call galaxies, star systems and *universes*, in tiny miniaturized versions of self, quadrillions times smaller, the size of a human being to speed up learning in a smaller space (all Earth humans could be from same oversoul, same soul family). The interesting thing is that one of the largest stars known to us is VY Canis Majoris with a diameter of 1.2 billion miles. Earth's diameter is just 7,800 miles, while Sun's diameter is only 0.86 million miles. 670 trillion Earths can fit inside Canis Majoris, since volume is proportional to the cube of the radius, $V=(4/3)\pi r^3$. Pluto is 3.7 billion miles from the Sun. In another dimension, a much bigger star, quadrillions of times bigger than Canis can be the place where Immortals the size of our solar system dwell. We often are gripped with fear about what might happen if we're honest about our beliefs or hypotheses. If Galileo and others like

him were afraid to speak to avoid sounding low IQ or crazy, we might be a little more primitive today, using 18th century tech. What would this hyperuniverse self think of the actions of the human self? If “aliens” or hyperuniverse selves the size of a galaxy exist, what would they think of humans or our civilization? We would be smaller compared to them than bacteria are compared to us. How important is food color, flavor, etc versus its triple lifespan giving potential, so we can understand the universe more? What is really important in life? Playing sports? Eating tasty foods? Watching TV? Fighting? Sex? Money? Living to 900? Science?☺☺☺

CHAPTER 3 - 10 FOLD LIFESPAN INCREASE via gene change

3.1. Age-1 gene change extends worm lifespan 10 times, kindness doubles fox lifespan

3.2. Methods for living 5-80 trillion times longer

3.3. Bioelectrical delay of aging

3.4. Organ regeneration already accomplished

3.5. Plants living 80,000+ years

3.6. Future periodic table gives new DNA

3.7. Future elementary particles

3.8. Slow Aging via Restore Point Elementary Particle Chart Activation that Changes DNA daily

3.1. Age-1 GENE CHANGE extends worm LIFESPAN 10 TIMES☺☺☺

The book's 1st science paragraph deals with science papers & free anonymous Tor access to them. For highest security, use Brave browser or even Tor, which has total anonymity via flexible IP, unlike Brave, but zero translation (unless using some extension that diminishes security). Brave blocks all cookies, ads (thus Brave is the fastest browser, way faster than Tor; Brave Tor mode is slower/less secure than Tor) and cookie requests (many sites don't let you use theirs unless you accept all cookies) you get with the main browsers, while you can still translate into English content from 200 languages (right click, select "translate into English"). Block Google Widevine, as you don't need it on Brave to see most stuff and it slows Brave. Tor renews IP each time you want, allowing you to use ChatGPT and many sites (that have 1-5 free articles a month per IP address) forever, since sites limit searches/IP. Please ☺☺*lovingly tenderly gently kindly*☺ realize tesble.com (best), sci-hub.box are US based (sci-hub.ee Estonia, sci-hub.vg British Virgin Islands are NATO, use when US sites get '502 Bad Gateway' error due to overload, WHOIS shows origin) offering free access to 90 million papers (PubMed etc), to all folks whose desire for adoption of the Lofty Immortalist Anthem Ideas was detected as a benign IP address for creating Heaven (Physical Immortality) on Earth, the Heaven of beautiful genderless colorful telepathic radiant teleporting shimmering shapeshifting Immortals aged a trillion years☺☺☺ who often think/sing about Gentle Tender Soft Grace for All as they Live in ☺☺☺ ~*~ Eternal World Peace ~*~ ☺☺☺. phys.org 444 RSS for the 444 articles/week UK bias, sciencealert.com 53/wk, sciencedaily.com 72, medicalxpress.com 380, techxplore.com 101, scitechdaily.com 79, popsci.com 42 (lower IQ than science sites), scientificamerican.com 52, PubMed, neurosci...com 35 are free☺☺☺, available as RSS (feedly.com allows you to see 50-100 science articles news daily from your favorite feeds), they can raise IQ, extend the lifespan of all, unlike celebrity, religion, radio, TV news designed as fake news to lower IQ for eternal slavery via social engineering for programmed fast death, lies, violence (hate the other group and fear/war to enable theft of trillions by the rich and gangsters making millions telling us lies and useless trash on TV, vs Immortality for All), sex outside of procreation, fake elections, and robotic life. TV-

radio is designed to lower IQ, so you can be duped easily and trillions can be stolen. They report hurricanes, never that the criminal gov, where the aristocrats own both candidates in each election (puppets, members of the intelligence community in each nation), allows building code that erases houses in seconds and they got 20000 of these fraudulent govs, that gov wasteds 3 trillion a year via allowing 33 million aristocratic terror companies, while not having 30 billion to make all houses in disaster zone disaster proof, etc. It's exactly like the Protocols of the Zion Elders strategy, maximum destruction of ethics and morals, max fear, chaos, designed to enslave all very well: divide and conquer the working class, the 99%, make all hateful and "gnat IQ" so that the manipulation is total and slaves think they're free. The media's main purpose is not to uplift, enoble, elevate as shown in the immortalist blueprint, but to destroy, mock, terrorize and enslave. All while making trillions off the masses' credulity, just like the Big and small Scam Companies selling junk deadly food or products or the dishonest miracle faking clergy of the "genocide rape beating until death religions".

PubMed is world's largest collection of health related abstracts and PMC is world's largest collection of free papers. However, there is something that shows us when 250 years of Republicanism have done to USA: they made everyone of a stupidity beyond description, since intead of one strong government of 11 companies 3 agencies, we have 20000 governments and 1 million agencies, in every town, village and etc. The Re-pub-licans say "limited government", so they destroy everything in the path of maximum fraud by aristocrats they place in charge of USA. For example, USA is the laughing stock of the world, of an IQ for these "heads of NIH" lower than that of a 13 year old who knows some basic math. In our society, which should prioritize efficient use of data, websites, papers, NIH scientists chose these formats: for PubMed pubmed.ncbi.nlm.nih.gov/24992682/, for PMC pmc.ncbi.nlm.nih.gov/articles/PMC4081000/. If longevity is the most important thing, why can't this database be at i.i (US owns the Internet naming anyway), i for immortality. i.i is a whole lot shorter than pubmed.ncbi.nlm.nih.gov. Then instead of 8 digits, you can have a combo of characters and numbers, because, as 7th graders know, the permutation where order matters and repetition is allowed is n^r, so if you have 10 digits and can write them in any order and repeat any, you get 10^8, or 100,000,000 papers, as we know, because from 00,000,000 to 99,999,999 there are 100,000,000 numbers. Thus, if we had a government if people with any IQ, past 7th grade level of intelligence, which is the Republican Party Level of Bible IQ and Ethics, we would choose the Eterni Alphabet of Phonetic English (33+ characters, not 26) or existing one (26 characters plus 10 digits = 36) to get 3,656,158.4 billion or 36^{10}, instead of 0.1 billion or 10^8. This is 36,561,584 times (37 million) more papers indexed by as address far shorter. 3656 trillion papers not 100 million. Immortalists are only 37 million times smarter than the current Reps and Dems??? Who needs doi.org if we end all nations and have 11 companies on Earth only? Who needs.gov when there are only one set of 11 companies on

Earth?? 1. food.i, 2. move.i, 3. home.i, 4. bank.i, 5. i.i, 6. peace.i, 7. use.i 8. beauty.i 9. toy.i 10. fun.i 11. cloth.i and 3 agencies: ina.i, et.i, edu.i. We would have also solved the issue of doi numbers using 60 characters sometimes. Likewise, why do these "PhDs" need the word "PMC" twice in each address and /articles/, etc, when you could have all of them in one place i.i/a1b25t9z8y system that uses 14 characters (not 33 PubMed, 40 PMC) and merges all papers into one system, not just medicine? If every citizen publishes 1000 papers, we need at least 8 trillion numbers, so 3656 trillion gives us enough space for intellect development of every Citizen Scientist. Before Nov 2020, PMC was www.ncbi.nlm.nih.gov/pmc/articles/PMC3607807/, 45 characters, and PubMed was 37 characters as in www.ncbi.nlm.nih.gov/pubmed/17691592/ which now are both redirected to the new system without www. 45 vs 14 characters means indexing 37 million fewer papers. PMC could only hold 10 million until 2024, when they decided to give it 100 million by adding a digit for numbers above 10 million, so now they got 41 characters. For newbies: each PubMed page has the doi address where the paper may have been made free (Even if PubMed forgot to write Free Article since they didn't check every 3 months with a crawler to see it's free), even if it doesn't say "PMC Free Full Text" on the upper right, for the easy to read PMC format. This PMC is not even needed, since if you got the doi, you get any newer paper at tesble.com, ☺☺☺.

Google search is the best, their AI and answers are truly comprehensive, except for weather, for that Bing is the best (shows when it will rain next 3 hours). ChatGPT.com will enable you to get free much more exact answers to various questions about some topics than Google AI answer that comes up with some questions when you use google search, so get both perspectives as Google is so wrong at times, but Google Ai can often be much better than ChatGPT, way more comprehensive. Google (founded by Jews, like Facebook) search, AI promote Jewish businesses, violating anti discrimination laws. The smarter the working class, the harder for the aristocratic beasts to chain us all. Correlation is not causation, high intake of a chemical is not the cause of a biomarker or lifespan length. If a study is not fake science, a randomized double blind placebo controlled interventional study's conclusions (as long as confounding factors are accounted for) are far more believable than observational studies (from the past) of two parameters (intake of a nutrient based on poor memory recall food intake versus one biomarker or mortality), because an end outcome can be caused by billions of combinations of 50,000 common nutrients that changed value (once at least) taken as 9,000 $_{50000}C_{9000}=50,000!/(41,000!*9,000!) = 8*10^{15342}$.☺☺☺ So, no, it wasn't nutrient X that caused higher HDL, but 9000 nutrients in tandem. To know which of the $8*10^{15342}$ nutrient combos cause it is DIFFICULT, to say the least. 10^{12} is a trillion, 10^{15342} is much higher (it's 8 trillion trillion... (repeated over 1278 times) trillions). Which combo causes the outcome? Go figure and get Nobel Prize. We haven't even taken into account that for each of those 50,000 nutrients that could have changed their value, its values could hover on a

scale of 100% of the typical max value in a meal to say 0.1%, so that alone adds another multiplier of 1000 possible values for each of the 9000 possible nutrients whose value has changed quite a bit, among the 9000 that did indeed change. So we have combinations of 50,000,000 taken as 9000 $_{50000000}C_{9000}$ = 50,000,000!/ (49,991,000!*9,000!) = $4*10^{37608}$. That's why being an ND is way harder than MD, why nutrition (which can grant us 4000 year lifespan) is harder than today's medicine, same symptom can be caused by 10^{37608} nutrient value combos AT LEAST (even more if more than 9000 change value), that's 37608 zeros, not 12 as in a trillion. Our only solace is that only 50 compounds are truly super important for a given biomarker and we can approxiomate it to 10 possible values in most diets☺☺☺ (10%-100%) and say only 15 changes exist in a study, we get $_{500}C_{15}$=500!/(485!*15!)=$19*10^{27}$. Even in the most tightly controlled study with almost µg quantities resolution, unless you're very very precise, at the µg level, you got a 19 quadrillion trillion possible outcomes, showing you why studies contradict a lot. You could also have 45 different numbers, so $_{100}C_{45}$=500!/(455!*45!)=$61*10^{27}$. That's why to trust a given conclusion, they often want 100s of studies with millions of participants, because we can't really know, since intake of the top 50 nutrients changes so much (lycopene in watermelon can change 2-20 fold from one subspecies/lot to the other, you think diet is same, but it changes and the study is so poorly designed). The reality is that you can't have the top 100 be constant and only change 1 parameter or nutrient, unless you measure intake of the 100 and all other 50000 chemicals in that diet by the µg. That's why most conclusions are false. Likewise, a longitudinal study (follow the same exact people over 1+ years, to measure nutrient X☺☺☺) is much more accurate in determining if a nutrient decreases with age, than a cross-sectional study (measure X at the same time, not over a period of time, in 5000 people and see if old folks have lower levels). Truth is far more nuanced, but we're slowly starting to understand basic trends (Ch. 12). Thus, the immortalists will have ETs, NPs, NDs, and lastly, the least important☺☺, MDs. They're for eterni foods science, where we know µg of everything we eat. Most of what we believe in nutrition is actually false, ask the people in the year 5000, they laugh at our 'science'.

Since some criminal governments ban sci-hub, folks use VPN or Tor to access free info that liberates humankind. Knowledge is Eternal Life. Before we go into the one gene change in worms that increased lifespan 10 fold, let's look at far more exciting research closer to human DNA: scientists found the obvious thing humans have noticed for millennia, domesticated animals live twice as long as the wild animals. In a fox experiment, they found that kindness towards foxes and selecting for kinder foxes led to hundreds of genetic changes, double the lifespan and even fur color changes. This means that for humans, the implementation of the immortalism will likely lead to the doubling of the human lifespan via the elimination of infernal violent thug like music vibes that pervade 99% of music worldwide, depraved music which is like the wild foxes versus the eterni music which is like the domesticated foxes smarter than even

dogs at some tasks. In just 60 years, the domesticated foxes became so different, they perceived the wild foxes as a different species they had nothing in common with. Likewise, the humans following the immortalist irreligious happy *gentle tender soft nurturing* graceful serene universal loving kindness of the Immortalist Anthem, will develop thousands of new genes and far higher intelligence than the *naive misinformed brainwashed (by the* evil clever dishonest aristocratic thieves *and genocidal psychopaths financing religious wars for profit) less lucky people* following the cannibal chimp like or violent wild fox like Islam, Judaism and Christianity. It's thus the duty of governments to stop the imports of poisonous or violent "religions" or other deadly products, ideas, music. As we have 50% tariffs on products from thuggish nations using terror or whatever, so can we have 500% tariffs on religions of terror/fraud, tax every donation 500%, or, like Saudi Arabia bans all religions except Islam, simply ban violent scripture based "religions", like the trio from hell. Do you understand why those wishing to subjugate others, to lower their IQ, etc promote Islam and Christianity? *The 2 are ideal* religions via which the predatory vampiric aristocrats drastically lower average IQ for 4 billion humans, enslave the 99% and retard their genetic potential. 9 million papers available via "PMC free" widgets on the top right of pubmed abstracts are free and have links ending in gov/pmc/articles/PMC..##. For papers that are not free on PubMed, or for which the free paper links I provided became outdated, there are legal versions that are free online, foound by googling the "paper title" (google gives the PMC free version when available) or via the Journal widget on the top right of the pubmed abstract webpage. When these give no free papers, you can try the chrome extension unpaywall.org (in extension settings in Chrome, *only allow it to read and change data on CLICK, not on all sites, the default*. 3 options exist: on all sites, on click the green button, on specific sites like pubmed. Only when you click on the green button on PubMed, allow it to read the data. Unpaywall could be spyware, so I don't use it. Check who makes any extension, Grammarly is made by 3 Ukrainians from Kyiv, so it could be linked to KGB, PLA via spies in the network having inserted code or hardware on the servers. I only use 2 extensions, an ad blocking extension and another one. The 140 pages on espionage explain more. Always check, because millions of extensions are used to deliver data to KGB, PLA, other spies. Google "foodname (anything you buy) USDA" to get a table with nutrients. Science reports a 3rd of neuroscience and a 4th of medicine papers may be fake. "Worm *lifespan* was *extended* first by six and now by *10-fold*, and we now know a lot about the underlying mechanism, which involves DAF-16/FOXO's regulation of different types of cell protective and metabolic genes that appear to act cumulatively to affect lifespan... Perhaps best of all, many long-lived mutants are resistant to age-related diseases, including cancer, heart disease and protein-aggregation disease, *suggesting the* possibility of forestalling multiple *diseases all at once by targeting aging itself*." ► PTRSLBBS 2011;366(1561). "Null mutations in the age-1 gene *extend* C. elegans (worm) *lifespan* by ten-*fold*" ► BBA 2009;1790(10):1075-83. "*10*-fold *extension* of both median and maximum adult *lifespan*" ► AC 2008;7(1):13-22.

CR 2013;5(6):1600-10 is the paper on worms living the equivalent of 500 years old humans by some genetic tweak; Medical Daily explains it in simpler terms. They found that when they change the daf-2 gene or rsks1 gene they get about 25% increase in longevity from each, but if they change both genes, synergy happens and they get 500% increase in longevity. A single mTOR gene mutation in mice increased their lifespan by 20%, equivalent to about 16 human years. mTOR is a member of the phosphatidylinositol 3-kinase related kinase family of protein kinases. age-1, that increased lifespan 10 fold in worms, encodes a mammalian equivalent to mTOR like kinases. "DAF-2 gene encodes for the insulin-like growth factor 1 (IGF-1) receptor in the worm Caenorhabditis elegans. DAF-2 is part of the first metabolic pathway discovered to regulate the rate of aging". DAF-16 (also called daf-17) is the sole ortholog of the FOXO family of transcription factors in the nematode Caenorhabditis elegans DAF = DAuer (stage of growth) Formation ► wormbase.org...WBGene...3. Mostly vegan Harvard Professor fasting 16-18 hr/day, avoiding alcohol, may reverse aging with gene programming, watch his 2026 talk. ☺☺☺

3.2. EIGHT METHODS TO EXTEND HUMAN LIFESPAN 50 to 80 trillion TIMES

(incl. Chem. Physics/Physical Chem. reactor for 1 billion times faster 1 step chemical synthesis)

3.2.1. Transforming molecular system of age 20.1 into molecular system of age 20, or doing a daily 10 minute molecular reorganization to return to the chart (simulation below) of the previous day, ending aging forever, giving *trillion* year *lifespans*, creating the invincible replicator and Immortality *for* All giver that ends death and brings instant resurrection (even if some atoms are wiped out in all a nuke war) of anyone killed by any natural disaster or event like supernova explosion. Entire shimmering cities of indescribable beauty, as we will have, can be recreated. *An old Immortal or God could grant all humans Unconditional Immortality to promote their spiritual evolution and see how long it takes for them to stop fighting, given that they can't injure or kill anyone, since all revert to their Immortal self 3 days or minutes later*. Perhaps, this already happened in other dimensions, where killing a soul is impossible, so those in “hell” fight all the time, even if they're Immortal. It's the end of death which enables people to get bored of fights and war, since anyone killed or injured returns back to his healthy Radiant Beautiful state 3 minutes later, entire cities with molecular photo taken being able to be rebrought in exact replica back after any attack. This is the holy grail of physics and chemistry, if you can take subatomic particles and energies and cause a return of entire tissues, organs to a prior state (we take a picture of it with future scanners we need develop first, see next method), without necessarily doing much room temperature element conversion (in the early versions of this tech), but in ways that are pure sci fi now, literally isolating a chemical system and moving around atoms with energies that don’t reach nuclear fission energy to obtain a molecular version of the system that most closely resembles the one from last night, delaying aging by 400

to 400 trillion years depending on how advanced the tech is. It's a physical chemistry approach to aging, like the next one, that has nothing to do with organic, inorganic chemistry, biochemistry or biology, genes, mechanical transport of nanobots via blood vessels, etc.

Biology is a branch of chemistry, a case of chemistry, chemistry a branch of physics, the case of peculiar electrophotonic interactions (or other types for nuclear chemistry) we call chemical reactions. Everyone is so focused on DNA, cells, mechanical ways depending on blood vessels, transport etc that they ignore the Elephant in the Room, ELEMENTARY PARTICLE PHYSICS, the Mother of All these tiny subbranches we call chemistry, biology, engineering fields. We see the trees, but not the forest, PHYSICS. Physical Chemistry, a branch of physics, is the mother of all chemistry and biology and biotech, the giver of the electrophotonic simulation of all chemical processes, the first photo of a human and organ we need to do this. All genome, DNA, etc discoveries would be nothing without physics. It's a science fact this can be done, but we don't know how. All medicine does today is using our knowledge of suborgans (molecular systems, etc) to bring organs to a state more like healthy one; so 22nd century medicine would use our knowledge of subatomic particles and submolecular energies to bring atoms and molecules to a state more like that of a healthy version of the chemical system where they have a different configuration, surrounded by different atoms, molecules, etc. Breaking a chemical bond can provide energy to create another, so say in cytosol we need to break some useless toxic buildup and use those atoms as raw materials to build a new molecule that vanished in the nearby cytosol area or even in mitochondria if not many raw materials available in mitochondria, a protein structure that creates enzymes, etc. Normally, this would be difficult to do today with nanobots, if not impossible, since you need per "organic chemistry" so many intermediates and steps, it's going to take eons to get it done, so you can't do it in 20 minutes (no way to transport and avoid various chemical reactions on the way to the location where you want the new molecule to appear from your raw material) it takes to do a transplant equivalent of isolating that organ temporarily into a field where powerful energy enters in a "nonclassical 'nonphysical' way", not affecting nearby organs, to reorganize the neutron-proton-electron-photon particles to the chart we want via the most efficient step by step process, an iteration of quadrillions of steps, it's more like a "nonclassical odd chemistry due to undiscovered processes". ☺☺☺

Classical transformations or "reorganizations" of electrophotonic and nuclear *systems are not* the only option; exactly as the energy of breaking bonds can be used to create bonds, the energy to catalyze transformation in a specific way exists in dormant form; under new fields and unknown particle jets, etc everyday proton-neutron-electron matter behaves differently due to guided quantum entanglement of various particle systems, in ways never seen before; new ways of efficiently recycling nearby useless molecules that don't match "healthy chart" means they can be used to create nearby useful wanted molecules that are mising in the sick chart with

maximum efficiency, i.e. we use toxic products from 10 nm away to create a molecule 20 nm away, not something from 3 mm away; each carbon in a cell, tissue, organ is different, *so guiding matter and subatomic components to various atoms in other molecules 10 nm away or 50 is possible if* classical behavior is changed to emphasize the behavior that distinguishes the carbons – so when for example a carbon-sulfur bond breaks, where will it move and react, with the nearby elements per classical physics rules or can it avoid nearby "identical" per present periodic table atoms, and reach the target prelabeled or transformed atom? Can a molecule part or atom interact strongly only with atoms that meet waveguide parameters, or, in more advanced forms of the tech (not 1st) can the subatomic component come and go between dimensions to allow carbon from 33 nm away to donate quarks or something to help carbon from another place to become nitrogen by virtue of quantum entanglement, if we properly label and transform via waveguide prior each carbon accordingly in the old template so as to allow easier guiding of the quadrillion iterations to the healthy template? *There are 100s of ways this could be done, this is just one example of how things can behave nonclasically in certain conditions; but to achieve* amazing & beautiful ☺☺☺ *transformations of molecular systems, aided by AI, one doesn't even need to behave too nonclassically; the AI can compute a pathway from old template to new template that doesn't involve too much nonclassical behavior, which may require too much energy for a given application, making it too expensive.* In the 1st most primitive versions of the tech for simple chemical synthesis doing away with multiple steps, particle jets (given to the lab by particle physicists) can make stable only certain molecular arrangements (that lead to the end molecule, as those molecules form, their stability decreases and the next intermediate becomes stable as AI guides the waveguide parameter) by the suspension of normal chemical physics, so once we have some small molecule raw materials, we can prepare anything with enough time in one step reactor, then we revert to normal physics (physical chemistry, it being a subset of physics). This is simpler for chemical physicists, physical chemists to discover. This doesn't need to ever require dangerous expensive energies of fission or fusion. Just because we didn't see it in nature, doesn't mean it doesn't occur: we thought you can only go to America by boat, now we got airplanes, etc; undiscovered or known jets of particles can do things that were never seen before in the lab or nature around our planet. *It may even happen in nature actually, we just didn't notice as we didn't notice natural fission.*

Fission was something that happens in nature rarely in a way that we can see it, but we didn't know about it for eons; if you told someone in* 1870s in 90 years we would have 1961 tsar bomba (57 trillion g TNT) a trillion *times* (or 80 years, 1945 Hiroshima 15 billion g TNT) more powerful *than a grenade (52 g* TNT*) via a simple nonclassical chemical reaction (nuclear), they would think you're a* science fiction writer*; likewise, a lot of things may happen in outer space or our planet, and we didn't know about it for eons, which are nonclassical chemistry or rather, physics, which

would enable us to synthesize chemicals, eterni foods *and repair organs in ways* nobody does today, way easier (1 step, 1 reactor only), *500-5000 times faster*☺☺☺ *(we are not talking about billion or trillion times faster, though that can happen later) than a 50 day 100 step organic synthesis that is extremely expensive, very labor intensive (for stuff microbes can't make).* We will be able to quit eating upon reaching adult size, as all cellular recycling products can be converted into what we need in the new reactor inside our "stomach" so to speak to be distributed as needed, even adapt to producing energy without oxygen (no breathing needed) if we want to live offplanet without terraforming the planet in 4 weeks first with big 3 mile wide motherships rearranging atoms, atmosphere, terrain, atoms, molecules into desired city layout. *A scanner can detect all viruses inside a human body or even 50 square mile area if on a huge mothership, their location and via a signature wave guide alter them slightly to make them inactive, or dead and then recycle them, moving them to phagocytes if inside people or animals. Most organic synthesis chemists and biotech synthesis workers will need new jobs*, a few will still know some things for the sake of history of science (and knowing what happens with molecules in normal Earth EMF field, surrounding particle jets, temp conditions, when mixed together, etc) just as today we still can burn wood to warm ourselves up in a campfire, (nobody will do organic or microbe biotech synthesis, as we don't use coal and wood burning for electricity in 50 years anymore, as renewables replace old tech), as well as many analytical chemists in biotech and chem industries, as high tech scanners replace current methods entirely, no more titration and stuff, just scan and it shows how many octillion atoms of mercury, virus, bacteria, molecule are in a mountain or many trillions in a human. *Good bye to memorization of reagent identification of metals in inorganic chemistry, etc.*

MDs perform "transplants", imagine not having to do that, we simply isolate a section of the body with a waveguide or force field, let the subatomic invisible attobots (10^{-18}m) or whatever, maybe even known "particle jets" do their work and then we get a new version of it, that looks like you had 1 year ago; regrow limbs in 1 day or week; however this is a little far out, as it requires element transmutation, so it may not happen soon. It's the end of surgeries, which will obviously become outdated, as we can perform changes remotely and seeing the inside of any molecular, " Lepton-Quark-Boson etc" more exactly, system☺☺☺. *In the most primitive version of this that doesn't require "room temperature element transmutation* and new types of matter to create new atoms where needed and enormous levels of energy", etc, a molecule is excited, out of 10 million, so one side of it, with a -C=O group becomes the youthful -CHOH version by reacting only with H_2O or some proton donor (that we can live without as long byproduct is not toxic or free radical forming) we design the electronic cloud to have higher affinity with via the new (unknown today) particle injection that goes only to that molecule via the resonance with a nearby jar with that molecule perhaps, to avoid damaging anything with hydrogen nearby in

that cellular environment (the challenge is once the change from MW 900000 to 900002 (2 hydrogens) is made, no other change can occur, so it has to have a specificity that is pure science fiction today); this can also be used to cure arterial plaque by making a few changes to only some molecules found in plaque only, to make it easy for the body to break it and heal it naturally. It can thus be used to cure 100s of diseases where a simple change in one molecule leads to huge improvement, to treat every citizen for 1 minute to reverse aging and prevent 100s of conditions and wear and tear, by having 1 million such devices per billion inhabitants, to have them go there at the City Immortality Park for 1 min every month or quarter at least, so all can live to 200, and ater 9000 as it is perfected for 1000s of conditions and molecular systems; since these devices scan for 500 macromolecules and molecules specific to various conditions that could be easily reverted to the youthful versions, it would be expensive initially and cost a fortune, the whole particle accelerator, jet, device, etc, more than a stadium, yet smaller than a room. It can be used to cause a viral, bacteria enzyme, replication DNA or respiratory cycle chemical, to change one group, CHOH that makes it die, so it's the end of antibiotics, since it can kill with far fewer side effects all bacteria, viruses, etc. It can also be the end of war, because all can create a shield that deactivates and changes the chemical contents of any weapon system, missile, nuke, rendering it useless; so it can also allow one nation to conquer the entire planet without killing anyone, to bring the 11 companies 3 agencies and bring 10000 times more innovation per decade; if it is deployable over large distances, it could clear arterial plaque in 1 billion people, world's first device or 'bomb' that adds lifespans to the bombed country; the flip side of it is that it could also, if it works and can penetrate walls, shielding, etc, be used as a device that only alters a life sustaining enzyme or molecule only, and kills all people on a planet (unless shielded, if a shield can even be created, it may not be possible for centuries) or continent even, without killing anything else, except mammals with a similar enzyme, molecular pathway - a scary outcome, but not out of question if we don't achieve galactic (if we're interstellar then) or World Peace by then: initially battles had 100 dead, then 0.1 billion in WW2, who knows in WW3, an invisible craft made of invisible matter, unknown today, drops a device that uses a propagation via humans as reactor of energy, so anything surrounded by water has the reaction stop (no more people to sustain it). ☺☺☺

The quantum device can kill all termites, ants, rats, pets, microbes, *blood spilling animals* (all carnivores, wolves, wild dogs that eat herbivores daily with utmost cruelty, shedding blood and causing violent or 'demonic' energy to dominate the Earth, wild dogs who often eat people and cause endless human quantum field pollution (side effect may be all domestic dogs may die, but by that time, drones will do a job 10000 times better than the best service or sniffing dog), reptiles who eat humans often or injure them (aligators, etc), chimps eating people (see chimps eat fellow chimps too, being violent carnivores), chimps eating monkeys, pet chimp mauled and

blinded her owner, see the result, monkeys killing 250 puppies and terrorizing Thailand, langur monkeys killing children (100s of cases in India and yet they don't kill the monkeys, they trap them), monkeys snatching and killing humans, sharks who eat people (avoid swimming in oceans or seas, where sharks, alligators may hide, where dock wires can cause electricity in lakes and kill people or shock people so much that they drown (test water by placing hand in it first, before jumping for fun, while others are homeless due to your wasting physical energy to jump, not help them and the criminal government to build the houses or renovate ones in need), use only swimming pools which have 1000 times cleaner/safer water, free from brain/flesh eating bacteria, got only small depths, of clear water, easy to come out of by crawling out of, vs lakes/rivers where drowning (about 2000 deaths in US national parks) is possible: low IQ cops didn't kill shark, it let it go after shark bit 3 people, 4000 folks died in national parks within 17 years, due to drowning, animal attacks, etc, build houses for longevity researchers, don't go to dangerous places where animals can attack), snakes (who kill 1000s every year via venomous bites), see whole woman eaten by 16 ft phyton (Florida ☺abysmal IQ☺ folks have phytons as pets and the 17 ft snakes end up in the wild), rats (decimate all crops, etc), big cats (read the cat section on 440 people killed by one tiger alone) and how pet and zoo tigers kill their owners. People are homeless and others waste lives as zoo keepers *(watch video showing no pet animal is safe), big cat trainers, what can be more selfish and lower in IQ?* Tiger shows without barriers are legal? 7 zoos worldwide max is all we need. Lions kill people even in USA, in Africa it's a weekly event. By the time they discover this amazing tech in a few centuries or more, everyone will be so kind towards people, that they won't have cats or dogs, but help people instead. Drones will help us get rid of wolves, big cats and other pests. However, sadly as it were, any wild small cats may die too in the process of preventing the death of endless people eaten by big cats; this sad death helps a few remote rural people (who may be one in a billion who still has a pet cat) to start loving people instead of cats☺☺☺, to liberate all from jails and love them, etc. All will be aware that one human life is able to live to a trillion years old and is more valuable than 1 trillion house cats people use to fill the emptiness in their life coming from our society of violent music and soulless depraved sports), this will cause a sadness in some people who're full of love for their cat/pet and hate for endless people who could help them 3 trillion times more than their cat: these people don't care about humans being eaten by cats or dogs, only about having an obedient slave to lick them, it's a strange mindset that undermines the human species, why not befriend some lethal viruses and bacteria and have them as your pet if you're so loving? Would you let the deadly bacteria kill you in return for your love for sentient beings? *Billions of people are in need of love and care, and they choose to dedicate eons to cats and dogs? Is that spiritual or selfless? No, it is immoral and unethical, the number one thing is* ETERNAL World Peace in 3 months *without which no civilization or spirituality exist. People of the future will stop killing people, realizing that every time they spend time with dogs and cats*

(unless a cop using dogs to sniff drugs until drones can do it 1 million times better) or for a disability, they're not loving people, which is essential for World Peace in 3 months. *Animal hospitals everywhere, but* endless human hospitals bombed and many Americans never get medical care, endless American, European, etc people killed, mauled by dogs and killed slowly by barking dogs disturbing sleep *(when body aging is reversed daily by repair)*, what is that but genocide of humans by humans out of obsession with dogs and cats? Realizing this, the future people will have 100 million times fewer pets, their number one priority being 0 violent crime and loving people instead. Where is the empathy for humans who need affection, are unjustly used as scapegoats for the criminal system of government? The wise people of the future realize this is mnore like a species war, the domesticated wolves against humans, domesticated tigers against humans, and some people simply betrayed the human species, being more like traitors of the human collective. In studies on dog benefits, they ignore the shorter lives of people around pissed off by dog barking or biting: 200 people in a condo complex are pissed off and have worse sleep due to a dog, and owner may live 4 months longer due to affection, but the other 200 people may live 1 month shorter due to the dog barking on average, meaning the human species is being destroyed by dogs: *we lose way more lifespan years as a collective than we gain: 200 months lost, versus 4 gained,* 196 months lost per loud dog, maybe 1 month lost for the quieter dogs. You don't need to believe in this hypothesis, just only to investigate truthfully the effects. America is the place of free speech, so here we go, one more hypothesis to consider. We need "human lives matter" movements to protect people, families, nations, ruined by cats and dogs, dangerous animals. Eternal World Peace is like the evolution of monkey into humans: a quantum leap allowing chimps to achieve more things allows humans to evolve into kinder humans and achieve Eternal World Peace. Dogs simply love owners since they get better treatment and get the most self-interest benefits out of loving owners versus random objects and strangers. They're logical species who place themselves first and to low IQ naive humans it appears as "unconditional love". Nobody is around, who is he to love? The chair? The single mom ignores her child, and spends 10 hours weekly with her 4 dogs: pure *atrocity*. Aristocrats who were too evil to work and had endless time to have fun while others died at half their age due to exhaustion from 80 hour workweek and malnutrition, kings, queens, had pets and then this aristocratic habit spread to their slaves: the average people, who got the virus of placing pets above people, since aristocrats never cared about people, spending more time with dogs would be so natural and an extension of their complete disregard for the poor masses. To be kind is to not become another small tiny aristocrat, and to have some real empathy for people. USA claims they invade, bomb and kill innocent civilians for humanitarian reasons (resources usually), but if they cared, they would love people more than cats and dogs, and not encourage treating people worse than cats and dogs, like those they use as scapegoats for the failures of the government. For these hideous so called "humanitarian people" using war for global looting,

it is more important to build hospitals for useless cats and dogs, than to stop bombing human hospitals. They don't treat local Americans better than dogs and cats, torturing and beating them in jails (which would not exist if Americans were ethical people) and in their houses using hidden microwaves and other devices, and they want the world to believe they treat foreigners better than dogs and cats. The foreigners haven't even attained the level of dogs, for these people, as evidenced by the treatment of locals. These so called "legitimate government of USA" people get the applause of the brainwashed masses, as they violate all ethics and common sense. This is sold then as democracy and implementation of the international rule of "law", meaning "genocide, global rape/theft". World Peace, the end of torture and killing of humans, is so much more important than having a pet, that evolved people of the future would think of having a pet as bad as an act of violence against people, if World Peace has not yet been true, jails and violent crime, animal slaughter (to feed filif gecko IQ☺☺☺ people who can't create eterni foods) have not been eradicated. This is the way of the sage or kind human, not the way of the 2024 aristocrat. The Brits and others were blowing people by gun, as they do today kill slowly using microwaves, infrasound, ultrasound, etc, but cats and dogs were loved and showcased as the example or "proof" of the infinite kindness of aristocrats and kings: people didn't even get to be treated as a dog, even after working so hard to supply goods and services as a colony of slaves to Brits. Shot in their own country, for not being a slave good enough to be alive: just like today CIA kills people for the simple reason they want all people to be treated kindly, not like the shot Indians. In 2024, most stores and condo/apartment complexes lack recycing bins placed near trash bins, and if they have some recycling, like Publix stores, it's only for soft bags or paper and foam, not metal or hard plastic. Taking care of the air quality, by burning less trash, is not important, but dogs that create so many emissions, create so much waste of resources with their food needs, etc, are important. All recyclables trashed means people will get sick from burning/treating the trash later, nobody cares, they claim to be kind, but even the basics are not done for future people.

***The quantum device can gently wipe* out reptiles, carnivores, big birds that spill blood, even coqui frogs that annoy millions of people worldwide with their loud sounds not letting people sleep (Hawaii state tries to get rid of them). Any animal causing pain in blood animals will be wiped out in days. No need of cats to wipe out mice, since mice can be wiped out. The Earth will be free of violence. *Alligators, after killing so many people, almost went extinct due to people hunting them* and then, blood drinking *legislators, who* love slaughterhouses horrors so much *as to eat their products* (anyone eating meat, which has 0.2-0.9% blood, drinks that 0.5% blood), passed the Endangered Species Act *which enabled a lot of human killing/harassing species to rebound. It was a big mistake,* as many now have alligator farms and other "rat filif IQ" enterprises *wasting land while others lived in cramped noisy environments.* All understand**

trying to protect a parrot, *but not violent reptiles or carnivores* who eat small babies walking by a lake or pond*, which shred other animals or people to pieces shedding blood, harass, stress and bring anxiety to millions of people who look out for alligators in all bodies of water and swiming pools.* All reptile pet stores or growing businesses need be *designated* as *terrorist* organizations who're complicit in the murder of children eaten by reptiles, maimed by snakes, *who prevent us from achieving* World Peace *in 3 months, same for a lot of useless pet stores:* the first priority of immortalists needs to be 0 jails, 0 violent crime, 0 wars, not giving permits for so many pet stores, breeders, farms. This insane mania with reptiles is a bold abuse of humanity by people who fail to realize we have limited national resources to achieve World Peace and 0 violence. It's possible a lot of thefts in pet stores are intentional, so that owners close the pet store and make space for housing. Sniffing or service dogs are OK, the rest are for spoiled aristocrats who're out of touch with the 3 billion victims of violent crimes. Meditate and breathe, be happy, no pets needed, peace is needed now. Manifest it now, don't wait 3 billion years. While some are homeless, billions are wasted in zoos and other places to feed these monsters who spill blood daily and pollute the human quantum field; *let's remove all blood spilling animals off the endangered lists globally and free humanity from animal attacks, encourage their rapid hunting and extinction: one killing prevents thousands of killings by these predators, so we get rid of* bloodshed on Earth*. The murderous alligators prevent all people from swimming in canals and lakes, and eat all fish you* could catch yourself*, depriving millions of people of much needed protein.* If herbivores remove all vegetation, just hunt herbivores for meat instead of cutting all forests for beef, since no oxygen will be left if we remove all forests and ocean plankton, we will all die. Why waste billions of tons of meat by letting it be eaten by reptiles and carnivores? At least, meat eaters ought to support this idea, since humans can kill herbivores painlessly high tech, bring the happy era of Immortality *for* All, Eternal Universal Peace *(0 wars/torture/pain for* Eternity*)*. All ethical legislators need to support the quantum device and the eterni food to stop blood spills. End terrorism of humanity by the carnivore animal species. *The end of terror by animals can start*: wolf, coyote, bear, wild dogs, alligator, snake, big cat, bison wiped out. Bisons attack/kill people, spread brucellosis disease, eat grass that cows can use. Brainless EU reintroduced bisons in Romania. EU ought to build medical facilities, not spread disease in EU. Silly misuse of EU funds to help animals that endanger humans. Same ☺ abysmal IQ☺ like with US reintroduction of alligators in 1970s. It's hybrid war against US, EU by conservationists, animals/pets above people again.

The quantum device can gently wipe out all coyotes (they attack people, terrorize people, eat people and are so similar to big dogs that all big dogs will die too, leading to an amazing rebirth of human love for humans instead of pets, and ETERNAL World Peace, Immortality *for* All ideas turning into reality), pests (all insects, animals would be vegan to avoid human quantum field

disturbing, so no more wildlife management jobs, as all bad animals are wiped out planet wide in 1 week and in some areas even some vegan ones if they attack people, like 6-8' shoulder height moose (taller than horses) who injure more people in North America than wolves and bears combined due to sheer numbers and people feeding them, making moose less afraid of humans). *The quantum device can gently wipe out* all viruses (causing 100s of cancers, 100s of diseases), mites (*demodex mites* and others causing dry eyes, eczema, diseases), fleas, bed bugs, kitchen bugs, mosquitos (like this zapper), spiders, any insect that ever attacks any human, bacteria on Earth (no more pimples, no more arterial plaque from P. acnes bacteria (see pic), no bacteria in our food or guts, since all food is eterni, bacteria free, produced with high tech, *a sterile planet, 0 aging inflammation caused by 100s of bacteria today, 0 infections, etc),* no more *cavities*, eliminate the *need* of any *vaccines*, etc, as we develop *molecular seeking waveforms* (not heat seeking missiles) for specific molecules in viruses, bacteria, animals that we need to change to wipe them out globally, even 200 miles under and above ground; even narcotics rendered useless or any illegal substances, explosives, etc. Missiles of other countries don't have the signature of local objects, a sequence of 10^{27} elements, arrangements, so they can be altered (turned into candy, shipped back to sender country, or made unusable) by the shield upon contact, entrance in the shield is all granted in secret ways. But to get there, we first need photos of molecular systems at different points in time, hence the next method:

3.2.2. Molecular/Atomic/Subatomic Simulation of each Human Being for discovering the mass produced (or printed on molecular printers of the future) nutritional compounds that extend human lifespan many times, by *eliminating the 100,000 confounding factors in present nutrition studies* (not even talking about fluctuating pesticides (organic vs conventional), dirty electricity, microwaves, electric/magnetic field values, sleep quality, stress level in short-term studies that happen during *the worst sleep of some participants in 1-50 years*, that are bigger than thousands of nutritional factors combined – they never mention these two in many papers, just age, sex, LDL). The confounding factors section talks about the efficiency of centralization, being able to do 10 million people studies that are 10000 times more reliable than small studies done today, because they eliminate confounding factors much better. These simulations can lead to discovering the non-chemical (not related to pills or nutrition) ways to induce changes that extend lifespan many times, via biophysics. As chapter 3.5 and chapter 11.1.1 explain, in nature we have naked mole rats that live *10 times longer than normal rats, trees/plants that live 10-637 times longer than others, bees that live 10-50 times longer than others, and other species and we can study these and get some basic insights that might help understand lifespan limits better, as well as what to try in human simulations in terms of food chemicals we can easily mass produce*. These human simulations can lead to discovering the compounds that also slow aging. A 70 kg human being has 7 times 10 to the power of 27 atoms or 7 trillion quadrillion atoms.☺☺☺ The

body has 62% of atoms hydrogen (1 electron), 24% oxygen (8 electrons), 12% carbon (6 electrons), 1% nitrogen (7 electrons), 1% others, so we got even > 10^{28} electrons. The simulation of movement of electrons, atoms and molecules they make up is extremely difficult given our present slow computers, but this may change with advances in particle physics and quantum computers. Rocket science (a billion static parts and a few moving parts) is very easy compared to this simulation of 7 billion billion billion moving parts. But if we simulate it, and all octilion chemical reactions that happen every nanosecond, we can get a more accurate understanding of what happens when we make a DNA/biophysics change or when we eat a certain food or pill.

Simulations enable trying trillions of billions of combos and ratios of 90,000 common phytonutrients, vitamins, minerals, fats, carbs, proteins, fiber, cofactors, enzymes, man made chemicals. We monitor 10,000 aging biomarkers and speed it up to year 200, 300 and see how the body ages until 900 and we know if something will work and then try it in mice, rabbits and perhaps monkeys. We know some foods/pills lower glucose, some markers and we can use that info to verify/optimize the simulation models. Even if simulation is normal speed, in 1 month we know if arterial calcification rate is 5 times slower or if other biomarkers indicate 5 times slower aging. If all monkeys get benefits, then some humans might want to try it and they may be the lucky ones to live to 300 first. A major problem we see today in nutrition and medicine is that there are *100,000+* potential *nutritional confounding* factors ☺☺☺ (genome, microbiome, local cellular organ differences due to dietary habits last 50 years add a few trillion *confounding* factors) in almost every study we can't account for, making many nutrition studies incorrect as they're not personalized to genome and the individual simulation which is far more than genome (it's microbiome too and etc, identical twins can look vastly different after 70 years of very different lives). These *100,000* potential *confounding factors* refer to the different intakes of g, µg of 100,000 chemicals from food (not to mention weight is different), which can cancel the effect of medicines or nutrients (vitamin B_{12} deficiency is in the microgram intake range and has huge effects) or epigenetically induce changes over time that affect the behavior of a specific allele. The different amounts of some chemicals won't influence a certain biomarker much, or only 0.00001%, so it won't be a really big *confounding factor*, but with so many potential factors, each having a small influence, we're definitely having a lot more than a dozen that have some real impact unknown today, making a lot of the ambiguity in nutrition studies understandable. On the other hand, even if a nutrient (unaccounted for potential confounder) influences a biomarker only 0.01%, if you add it up, with 3,000 such chemicals intake differences influencing 0.01% one way, it becomes a 30% influence that can completely confuse someone who tries to understand why one study got 30% higher values. Often, in nutrition, we have 2 camps, one using 500 studies to argue that eating this amount of nutrient X will lower biomarker Y by that much, while the other group use 500 studies to say it will increase biomarker Y by another

amount. How can this be? Easy: thousands of unaccounted for nutrition *confounding factors* due to different food eaten, with both camps being possibly off a bit and truth being more or totally in one camp or in the middle, the *exact (ultra complex)* truth being impossible to find with current technology (for some nutrients truth can be always individualized, i.e. for a million diets, very similar, but slightly different, *we get 1 million variations in how much biomarker Y increases or decreases upon intake of nutrient X in the same exact amount/kg of body weight*).

Correlation is not causation, so many studies have a so called "reverse causation", of absence of causation (something else causes the effect), see example at APJCN 2000;9(Sup):S60-4, a group of people choose a healthy behavior (vegan diet or not smoking), due to being made sick by the opposite behavior (high fat/meat, smoking), so they appear in the study as "non-smokers" or etc, yet the health parameters are worse (doesn't mean quitting smoking worsens health), since becoming unhealthy made them quit. Those who quit for longer periods have improved biomarkers. So, when reading studies we need to see how long someone has adopted a given diet or pill, and account for 100s of study irregularities, differences that obsfucate causation (not all studies record length of a healthy behavior). Even in "identical diets" they use in some studies, not all pears, apples, etc are the same. Polyphenols (8,000 in nature) and nutrients turn gene expression on and off, in various cells as they make it there depending on intake.☺☺☺ Additionally, the bioavailability of each nutrient is influenced by changes in the concentration of 30,000 other nutrients that vary from person to person, the exercise, sleep patterns, stress. Even a cognitive task uses different chemicals than a physical one and introduces a variation. Whether we eat 1 or 10 µg of a vitamin can make a huge difference in some cases in the behavior of newly introduced nutrients that aim to triple lifespan or cure a disease. With big data, we can use artificial intelligence (AI) to discover new vitamins/nutrients to epigenetically induce a 10 fold slowing of aging for a 900 year lifespan, by parents eating new nutrient formulas since 1 year before conception for optimal sperm and egg changes.

ATOM TRACING: label each atom of every Eterni Foods pack via new unknown today particles:

With eterni foods, we know the µg (ideally ng, pg, fg, ag *attogram* (10^{-18}) later on) precision of molecules we eat, which is ultra hard to estimate today by using an average of what is found in a brand of fruits, veggies, as they can vary wildly, etc. Why *attogram*? Well, some chemicals can accumulate in the body, so if we eat 500 kg of something (versus 0.5 mg someone else), the *attogram* becomes nanogram and can wreck the body or an organ or organ part where 98% of that *rare peculiar chemical* accumulates due to a specific enhanced (due to local molecular environment in that organ) *chemical affinity* for a *hormone, receptor, vitamin, cytokine, stem cell cofactor, active (and often present in nanogram amounts also)* in an organ natural renegeration. We know the top sources of that *rare peculiar chemical*, with ultra high

bioavailability (200 times higher than other foods means *attogram* becomes 0.2 microgram, *not 1* nanogram) due to a food matrix, in attogram, and by changing diet we can cure a disease (unknown for 400 years sometimes) *until the future century of atom tracing*: later centuries, we can label every atom (new undiscovered particles and methods unimaginable today) in every food eaten daily, to have 36,525 labels for the 36,525 days of one's 100 year life to understand better where the atoms that caused a disease came from (food package serial # for much better *tracking atomic behavior* to see manufacturing errors or subtle differences leading to future periodic table) for improving the simulation dramatically. Today we get vitamin, mineral studies with opposite conclusions, as food vitamin intake is impossible to correctly calculate or vitamins have cancer causing additives (colors, etc) or eating too much Se shrinks life more than vitamin C extends it. As thousands of studies show, if we're very deficient in something (no zinc, dead at 25), a vitamin pill is life saving. But if one is not so deficient, food sources are often better as they got some extra good compounds too. The AI can also find which compound (undiscovered vitamin) leads to longer life or cure. To eliminate all nutritional *confounding factors* (let alone RF, exercise, etc), we need high precision, as in the design of space rockets. Today's nutrition science is imprecise☺☺☺, just like eons ago we knew the effects of some plants, without understanding it is a compound or several in those plants that benefit or poison us. *Mice die in 2 weeks in the* absence *of air ions, do we account air negative ions in nutritional studies as confounding* factor? The air quality, 15 other factors, the air/food heavy metals, RF, magnetic fields, dirty electricity?

Besides the atomic and molecular simulations, the subatomic simulation of human beings is the depiction of lepton (electron is a lepton), boson (photon is a boson), quark charts of the human being as a result of different physics fields, bombardment with different subatomic particle (maybe not even discovered) jets from a belt worn by the human being simulated, to determine which jet leads to the return of lepton chart to the healthy 20 year old chart, as opposed to the 90 year old aged chart or the cancer chart, or atherosclerosis chart or Alzheimer chart of the brain. We can travel at 161 times the speed of the fastest flying bird (240 mph), via Voyager 1 (38,610 mph), so naturally one day we will learn how to *live 161 times longer too and* develop scanners *to take a picture of all 10 trillion cells with all atoms, and the video of all atoms moving 24-7.* If we simulate a human being and its life, we can then measure the longevity effect of endless molecules, etc which are a mixture of quarks, leptons, bosons. If we subject a human being to an undiscovered particle jet (probably discovered after we have used chemical simulations of humans for a long time), given that each atom of the body emits a unique value of an undiscovered field or property, we're able to selectively choose which atoms to affect by tuning the frequency of this jet or its properties, which molecular (electrophotonic) changes to cause, much like we would if a new molecule would come around and cause some chemical

reactions, some exchanges of electrons and photons. This way, the human can live longer, and live on less and less food, ☺☺☺until we live on energy as Nikola Tesla predicted we will, and the simulation of the human subatomic structure is so advanced, that it enables the alignment of subatomic vectors to coincide with the wormhole direction for inter-dimensional transfer enabling inter-dimensional bidimensional Immortality, with the benefits of being able to do things in the more Immortal Universe faster than here and impossible to do in this dimension like traveling much faster than the speed of light, etc. *The value of* computational chemistry in leading *to computation inter-*dimensional physics and translation *as in* Ascending Immortality, *can't be* underestimated. If we subject the human to a certain jet of electrons or protons or whatever, the effect is so different than what a molecule can achieve, since the molecule goes in certain locations and is a machine that is able to generate electrons and photons in certain conditions in a certain environment, achieving local effects, much like if you had new forms of matter wikiped...Hadron in pill form achieving very unique effects that are so *hard to achieve via normal jets that affect all atoms and molecules at all locations*. The molecule can pass intact thru certain body membranes only if it is of a peculiar type. However, new techs may enable more precise laser/etc treatments only when certain (sub)cellular structures are identified, without affecting the nearby structures, light or waves recreated at an exact distance (sort of like teleportation of photon information in quantum entanglement), meaning, there will be some advantages versus molecular (nutritional or pill) methods of delivering electrophotonic changes at mitochondria level or other cellular parts. Science high school teachers can ask at the end of each classrooom "how can we apply what we learned today to cure all diseases and help us to live to 4000?" Diets are leptons, quarks rearranged. Biophysics can help us live to 9000.

Electrons are the most common and stable leptons. Photons are the most known bosons. The reason subatomic simulations are very important relates to non-chemical information transfer, like in the teleportation of photon information experiments. As explained in more detail in the biophoton section, Alex Gurwitsch found "that when pointing the tip of an onion root (inducer) to another onion root (receiver), separated by quartz glass, the receiver root surprisingly shows an increased rate of mitosis (approx. 20-25%). Since this effect was absent when using ultra-violet (UV)-opaque glass, he concluded that" UV rays were responsible (UV biophotons) ► AJTR 2013;5(6):586-93. In 1970s other researchers "used a specially designed device to perform the (cellular communication without contact, via photons) experiments consisting of two flasks, which were connected by a window of either quartz glass or a UV-opaque glass plate (with a depth of about 0.2-2 mm). An "inducer" cell culture was placed in one flask and a "receiver" culture in the other... using inducer cell cultures consisting of monkey kidney tissue treated with adenoviruses demonstrated that the receiver cell culture also shows morphological signs of infection in 72% of performed trails after 2.3 days of (optical) contact". Naturally, we can ask if

we can use the biophotonic emissions of healthy cells, organs and their information, to heal sick organs. For example, a healthy pancreas has certain bioelectrical, magnetic, photonic emissions, and if we can understand the photonic emissions of these organs, we can transfer this info, without contact, somehow, and cure internal organs (we record the biophotonic emissions of our organs when we're healthy and young) or stop their aging or slow it down 10 times. We save this biophotonic emission data, so that we can wear a belt or clothing that transmits this info to cells and organs repeatedly, to revert these organs to a youthful state or slow down aging 30 times. Everything is information. We have seen how M. Levin grew legs of frogs for the first time in history using bioelectrical fields research, when that doesn't happen in nature. Likewise, thru understanding the biophotonics and bioelectrics, we can regenerate the human organs, and coax aging cells to return to a young state as in the flask experiment. The challenges of many diseases (including aging itself) could be overcome thru biophotons. ☺☺☺

With molecular *nutrition* we can cure many diseases, turn on/off genes; with SUBATOMIC, INFORMATIONAL and WAVE *nutrition* (localized, from a distance, molecule and atom focused) or undiscovered particle jets *(tuned in specific ways resonating with specific molecules, protein and transcription factor conformations, DNA geometries)* we can change genes, cure diseases, without having to eat chemicals. For example, we discovered above that biophotons can transmit information between 2 isolated flasks from one culture to the other without physical contact. This opens the possibility of discovering how big molecules can communicate with each other in ways similar to how cells communicate with each other. Biophotons acting as neural communication signals was demonstrated by in situ biophoton autography ► PPS 2010;9(3):315-22. "In this paper we argue that, in addition to electrical and chemical signals propagating in the neurons of the brain, signal propagation takes place in the form of biophoton production" ► JIN 2011;10(1):65-88. The discovery of molecule to molecule communication via unknown to physics particles (MIT Tech Rev: quantum action occurs at 10,000 times the speed of light ► LiveScience and 14.pdf) would be a great boon to this human simulation research and to enabling this communication for anti-aging purposes in certain cases where it doesn't occur in the body. Which particles might those be? A telepathy exercise I did was guessing how is a new particle discovery (related to longevity) is related to the up quark properties (the mass 2.3 MeV/c^2, electrical charge 2/3, spin 1/2, color charge, antiquark); the spirit telepathy answer was SPIN. Another telepathy exercise said that the particle is related to the up quark. Wikipedia "The up quark or u quark (symbol: u) is the lightest of all quarks, a type of elementary particle, and a major constituent of matter. It, along with the down quark, forms the neutrons (one up quark, two down quarks) and protons (two up quarks, one down quark) of atomic nuclei. It's part of the first generation of matter". A 4 min youtu.be explains more about quarks. Discovery of the quarks is shown in this paper. In 1968 they bombarded the protons and neutrons with electrons

(at the longest linear accelerator in the world, SLAC, Stanford) and noticed in this inelastic (loss of some kinetic energy) scattering 3 points of deflection from the 3 quarks (2 up and one down for proton, and 1 up and 2 down for neutron) much like Rutherford bombarded gold atoms in 1909 and noticed in that elastic scattering (no loss of kinetic energy) a deflection of α particles in some cases corresponding to a tiny nucleus, enabling him to discover the electron and neutron.

The Hayflick limit can be extended possibly a million times for with subatomic technology of reverting cells to a young state (by undoing telomere shortening and errors during replication), by reverting the molecules of cellular components to a "young" state in new ways, via room temperature chemical element conversion, not seen much in stars we had access to so far. Hayflick limit doesn't stop some bees/rats/trees from living 10-50 times longer than others. Royal jelly diet lengthens lifespan 10 times via nutrition alone bypassing the "Hayflick limit argument" of nay sayers who postulate living to 900 is "impossible". Simulations also allow us to discover a new mechanism of telomere repair via new genes, that can extend this limit too. Molecular simulation of humans is a little bit like the human genome project: at first it would be very slow/expensive, but as time goes by and quantum computers get better and cheaper, it will be simpler and pharmaceutical and food companies will be interested in human molecular simulations to discover cure of diseases by new foods or pills. There are millions of natural compounds and we can't eat 500 foods/day, so science comes in with the best ratio of natural or man made compounds in the best tasting cake/cookie that enables us to live to 900. Living to 500 may be the only way we will get to other solar systems, who knows? ☺☺☺ Until computers can run such complex simulations, we could try to build 1 billion models of humans yearly (in 8th, 9th, 10th grade, every teen would build a model in nutritional biochemistry class, class required in all high schools/colleges, as chemistry and physics would start sooner) that simplify the biochemistry and biological regulation of cells so much, that we have far fewer variables than 7 quadrillion trillions (every atom behaves uniquely due to being surrounded by a unique set of quadrillion atoms, the electronic cloud and all electrophotonic effects are different; all 4.3 quadrillion trillion hydrogens would behave differently and it can be modeled well, once a photo of every atom and its surrounding quadrillion atoms has been taken by future physics meter using a subatomic tech perhaps) which affect the most important biomarkers of aging speed (which every teen would select, would be different). Then in the class the high schoolers test their model, by eating some simple food and measuring some biomarker. Then in college, grad school the same thing is done better; we got more people working on it and understanding how it can postpone by 500 years all aging-caused diseases and cure all non-aging diseases too thru slightly changed models, customized for every disease. Eventually one model, that the students or AI builds will match reality, and people will eat that and live to 180 before computers become strong enough to allow 900 year lifespans. High school students can study in physics class what

particular electronic, photonic, un/discovered physics elementary particles and acoustic (subtler sounds) charts of humans mean perfect health and youth and how could we use biophysics to retain or influence them (instead of getting charts of diseased or aged people), via a food, music, light or biophysics charging so that triggers cellular renewal and slows aging 5 times. We already use light (laser medicine) and sound to send instructions to cells (listening to a background audible or inaudible sound that makes us live 20% longer like plants do), organs to renew and perform functions when a blood vessel doesn't provide nutrients, so it constructs a new blood vessel and performs regenerative functions without chemical signaling. This would be like a daily light therapy based on photo of each cell, teleported light (undiscovered particles or at least photon information as done already) at specific depths where needy cells exist, hard to perform now in 50,000 places at once.☺☺☺

3.2.3. Discover which brain cells control aging as in Nature 2017;548:52-7 & neurosci..86.

3.2.4. Regenerative medicine using bioelectrical fields, stem cells like Levin who grew legs of frogs, when it doesn't occur in nature. We ran at 25 mph, now we travel to ISS at 17,000 mph, 2018 sun proble 430,000 mph, we will live 800 times longer too, we always go beyond nature.

3.2.5. Gene edit, like in worms living 10 times longer CRISPR and SENS (molecular repair)

3.2.6. Telomere and new methods that will be discovered when we build a million Immortality Universities. Vimeo..1 is a 3 min video about making cells younger using RNA that encodes telomerase protein. As we age, cells divide, the end of chromosomes, telomeres, getting shorter. Telomerase can lengthen the telomeres. They found a way to make telomeres longer, something that never occurs in humans long-term. Our average telomere length declines from 11 kilobases at birth to less than 4 in old age. When the telomere lengthening happened, cell division was easier many aging markers were reversed ► JACC 2017;70(6):804-5. Telomerase was demonstrated to be capable of extending cell lifespan; it is now recognized as capable of IMMORTALIZING human somatic cells ► Sci 1998;279(5349):349-52.

3.2.7. Compound mix that delays aging for 400 years thru synergy, just like 2 simultaneous gene changes increased lifespan by 500% in worms, only 25% if one gene changed only. The vitamin B_3 section first paragraph discusses anti-aging study in mice after taking a B_3 like compound.

3.2.8. Increasing *stem cells 10 fold* by increasing oxygen (O_2) delivery and then lowering it, simulating lowering O_2 levels (which stimulates stem cell boom), even if cells get more O_2 than usual. This hyperbaric O_2 tech has been used for decades to treat diabetic foot ulcers, cancer radiation tissue damage reversed (angiogenesis, new blood vessels forming in any area). Extra care has to be taken to not damage the lungs and to take antioxidants (food/pills), because O_2 increases free radicals in the body, which can damage other areas in unknown ways; seeing

those who can't speak, move their leg, recover function is amazing ► Dr. Efrati. Energy production produces free radicals, so antioxidants can slow energy production or the natural process of body fighting cancer cells, so it's not always best to take big pills of C, E, etc. Yogis who ate poorly, but practiced pranayama may have lived 25 years longer than average, because they increased *21%* O_2*, then they decreased it (return to normal), producing stem cells*, renewing the body from within, without the damage of 100% hyperbaric O_2. ☺☺☺

3.3. BIOELECTRICAL FIELDS for DELAYING AGING and RENEWING the body

Medium.com has an amazing article about the mind-blowing human regeneration research of Michael Levin, a professor who believes understanding the bioelectric code of cells will enable us to regenerate the heart, brain and other internally old organs damaged by aging (thus live much longer, possibly centuries) and restore lost limbs. This will enable us to develop telepathy science to a much deeper extent too. Already noninvasive electromagnetic stimulation was used for some brain conditions, showing promise in improving cognitive function (possibly telepathy itself) in aging brains. Michael is possibly the first scientist in history to cause an animal to restore a lost limb when the animal can't do so naturally (only salamanders and a few other related species can. As the Popular Science longer article explains, when Michael Levin was 16 (he is 47 now) he read a book about the Body Electric where surgeon Robert Becker hypothesized that if you can alter the electrical charge on a frog, it can probably regrow legs like salamanders can. Decades later Michael proved this was indeed possible. "If so, the secret to regrowing limbs would lie in controlling the flow of charge across cell walls," he says. So Michael tried several hundred chemicals to change the cell voltage via the cellular ion pumps and "within a few months Levin had narrowed in on concanamycin, a drug that disables a pump that propels hydrogen ions across cell walls. Dosed with the drug, tadpoles that should have been able to grow back their tails were no longer able to... In the autumn of 2005, Levin took a tadpole that was too old to regenerate a tail, amputated its tail, and added a cell-wall pump that he hoped would signal to the tadpole that it was still young enough to grow a new tail.... But it worked. The tadpole grew its entire tail back. Levin had triggered regeneration in an animal that should have lost that ability..." Levin then restored lost legs of frogs using the same concanamycin drug to change voltage via ion pumps in the cell, which frogs can't do alone.☺☺

What this means is that Levin might be the first scientist in history to cause limb restoration in a species that is not able to do so naturally. Just as before miracles of seeing (after lifelong blindness in some cases) using your own adult stem cells or walking (after paralysis or hearing restored) using your own adult stem cells were thought of science fiction centuries ago, now they happen. A simple explanation on the proton pump (details at Dev 2007;134(7):1323-35) and Na channel (all details at JN 2010;30(39):13192-200) involved in the frog leg regeneration can be

found in the Slate article "How Bioelectricity Could Let Us Regrow Lost Limbs". A Na channel is a membrane protein moving Na+ across the membrane. A proton pump is a membrane protein moving H+ across the membrane. The specific proton pump involved in this regeneration is a Vacuolar-type H+-ATPase. As the Slate article explains, after decapitation, flatworms can regenerate their heads complete with memories. If worms can do limb restoration, why can't humans? If we can restore limbs, why not renew old ones and restore them to a youthful state?

Levin goes on saying that "If we had control over pattern formation, we could induce the repair of any organ damaged by injury, disease, degeneration, cancer, or even aging... experiments in animals like frogs will allow us and others to finally crack the bioelectric code and understand how cell groups can store a geometric "memory," or template of the organs they're supposed to become." i.e. living 900 years would be possible too or semi-Immortality (vs our lifespan now), not just restoring an organ or a lost limb? Scientists have already increased the lifespan of some worms by 5-10 times via several methods. Laura Deming, an MIT teen who enrolled at MIT at age 14, was able to get some worms to live 6 times longer as explained in this video. "On the wall, Levin has hung two framed copies of Galvani's research drawings, including one of the frogs' legs on Galvani's balcony." The medium.com Levin article explains that the first guy to stimulate an exposed nerve with electricity and document it as such in history was Luigi Galvani (1737-1798), an Italian anatomy professor, who during a storm noticed that when he touched a metal object (electricity in the air) the frog legs twitched which led him to the idea (very new in 1780) that animals have some electricity. Wikipedia explains "Galvani was an Italian physician, physicist, biologist and philosopher, who discovered animal electricity. He's recognized as the pioneer of bioelectromagnetics. In 1780, he discovered that the muscles of dead frogs' legs twitched when struck by an electrical spark." Alex Volta was Galvani's buddy and after Volta, the electric potential unit, Volt, is named.☺☺☺ Alex discovered the battery in his attempt to prove animal electricity was not caused by some animal fluid as Galvani thought initially (people initially thought electricity could be caused by living beings only). Adams, another researcher working with Michael Levin says by watching embryos of frogs form, she realized that "When a cell reaches a certain voltage, she says, the activity of the cell's genes changes, triggering a chain of events that lead to an eye or a nose or a mouth." "Pai prompted the eye to form there, and on other parts of the animal's body, by changing the voltage on nearby cells to one that signifies 'eye'." Other researchers can grow on salamanders legs in different areas too.

Michael Levin says "Cancer may be a disease of geometry" and "Cancer is no more a disease of cells than a traffic jam is a disease of cars. A lifetime of study of the internal-combustion engine would not help anyone understand our traffic problems-- D. W. Smithers". Levin is probably saying here with these 2 quotes in his cancer paper that it's the electrical signals between cells (information transfer getting the geometry changed, more information less entropy, sort of, less

aging, etc) that enable anti-aging and regeneration. Hearts are said to have 5,000 times stronger magnetic fields and 20 times stronger electric fields than brains. Is there some geometric intelligence or information stored there via magnetic fields? Who knows? Just a hypothesis. A great free Levin paper is "Morphogenetic fields in embryogenesis, regeneration, and cancer: Non-local control of complex patterning". This non-local control of complex patterning might relate also to astral photonics control of DNA expression and gene expression thru the soul astral photons relaying to photons and electrons information (remember the photoelectric effect, photons cause electronic changes, molecular changes). This may also explain soul caused miracles, but who knows, these are wild hypotheses to be checked in centuries ahead. For those curious about morphogenetic fields affecting shapes and continuous organ regeneration, see also Michael Levin's paper ► RM 2011;6(6):667-73, paper dedicated to Alexander Gurwitsch (1874-1954) who originated the morphogenetic field theory and discovered the biophoton (biophotons are absent in cancer tumors, see the biophoton section. An interesting thing in this paper is the central role of neurons and the brain in the regeneration of some animals. "Denervated amphibian limbs don't regenerate" ► Q Rev Biol 1952;27(2):169-200. ☺☺☺

3.4. ORGAN Regeneration ALREADY Achieved: Heart, Teeth,

Immunotherapy doubled the lifespan of mice in 2026, though this is not confirmed by others.

1. HEART REGENERATION

1.1. Researchers found how to regenerate muscle cell numbers in the heart by up to 45%, by 'turbo-charging' the neuregulin (a hormone) pathway. According to study lead author, University of New South Wales Associate Professor Richard Harvey, "Unlike blood, hair or skin cells, which can renew themselves throughout life, cell division in the heart virtually comes to a standstill shortly after birth, which means the heart can't fully regenerate if it is damaged later in life.... The dream is that one day we will be able to regenerate heart tissue, much like a salamander can regrow a limb if it is bitten off by a predator."

1.2. Partial heart regeneration was done since 2011 at least using adult stem cells injected via surgery (take healthy heart cells, cultivate them, multiply them and inject them into the damaged heart area and obtain 50% more recovery than surgery without doing this, but it's not mainstream yet) ► youtu.be/vTjc5brpY7A ☺☺☺

1.3. G-CSF protein encourages the production of stem cells that regenerate damaged tissues of the heart following an acute attack (myocardial infarction). This was confirmed by molecular imaging, which captured patients' improved heart health after therapy. If given after a heart attack, granulocyte colony-stimulating factor (G-CSF) mobilizes bone marrow stem cells that turn down the collateral damage of cell death that occurs after infarction sciencedaily..12.htm.

1.4. In 2016 skin cells (human fibroblasts) became heart cells (cardiomyocytes) without stem cells, just by using 9 chemical compounds. The field of regenerative medicine has seen this bypassing of stem cells to achieve the same goals recently. In another study they were able to turn skin cells into brain cells ► CSC 2016;18(5):653-67. Will they be able to use your nails and hair from youth to generate any stem cells you need when old to live to 150? Solar panels and many medical tests and procedures became 500 times cheaper over 5 decades. Nails are non-invasive, they can use them to prevent many diseases, measure biomarkers. *Hair and nail levels of many metals, etc can be correlated to blood and body levels and used to monitor non-invasily much more often many biomarkers to prevent diseases of deficiency. You use nails and hair to monitor many things much more often and to save blood, so blood is used for other tests that can't be done on nails and hair, so you get less blood drawn.* Nails are the only part of the human body we can clip and know what time they were from, save them and analyze their evolution during aging, giving us an amazing insight into aging. We can't take a sample of any organ, skin (that some chew) weekly so easily as with hair/nail, save it at room temperature; analyzing these over 80 years can help us discover how we age like nothing else can, it's the same person and really, no study has ever looked at that in anyone over 70 years.

1.5. In 2026, they reversed the lysosome acidification/wear that ages blood stem cells in mice.

2. TEETH REGENERATION

2.1. Regrow teeth using stem cells ► youtube...4A or using a drug (2025 trials): Popular Mech.

2.2. Extracted teeth can regrow over 10 months by turning off USAG-1, so people with missing teeth, no longer need implants or root canals that cause so many infections and deaths.

2.3. Scientists used laser light to trigger dental stem cells to regenerate teeth. A ubiquitous regulatory cell protein called transforming growth factor β-1 (TGF-β1) played a pivotal role in triggering the dental stem cells to grow into dentin. TGF-β1 exists in latent form until activated by any number of molecules. Here is the chemical domino effect the team confirmed: In a dose-dependent manner, the laser first induced reactive oxygen species (ROS), which are chemically active molecules containing oxygen that play an important role in cellular function. The ROS activated the latent TGF-β1complex which, in turn, differentiated the stem cells into dentin.

2.4. Regrow enamel with electrical device, peptides or proteins. Heal teeth+anesthesia with LED. Prevent enamel loss via human hair keratin toothpaste, etc.

3. CARTILAGE rebuilt by stem cells & enz 15-PGDH inhibitor: Stanford & Sci 2026;391 (6789):1053-62 (cells were healed by the 15-PDGH geroenzyme (gero = rising with age) inhibitor (PDGHi or SW033291 or $C_{21}H_{20}N_2OS_3$) that raises PGE_2 to boost tissue repair to return to a

youthful state, it works in brain tissue, etc for dementia, etc, not just cartilage, PDGHi is a rejuvenating molecule; as we age 15-PDGH rises, making PGE_2 permanently low, leading to cellular damage/aging)

4. THYMUS REBUILT IN MICE

Scientists have succeeded in regenerating the thymus, an organ in the body located next to the heart that produces important immune cells. The team reactivated a natural mechanism that shuts down with age to rejuvenate the thymus in very old mice. After treatment, the regenerated organ had a similar structure to that found in a young mouse. The researchers targeted a protein produced by cells of the thymus, called FOXN1, which helps to control how important genes are switched on. By increasing levels of FOXN1, the team instructed stem cell-like cells to rebuild the organ. "Our results suggest that targeting the same pathway in humans may improve thymus function and therefore boost immunity in elderly patients," Clare Blackburn. "This interesting study suggests that organ regeneration in a mammal can be directed by manipulation of a single protein, which is likely to have broad implications for other areas of regenerative biology," Dr. Rob Buckle ► Dev 2014;141(8):1627.

5. REPROGRAMMING CELLS INTO STEM CELLS

Researchers have reprogrammed☺☺☺ mature blood cells from mice into blood-forming hematopoietic stem cells (HSCs), using a cocktail of eight genetic switches called transcription factors: Hlf, Runx1t1, Pbx1, Lmo2, Zfp37 and Prdm5, Mycn and Meis1. The reprogrammed cells are able to self-renew like HSCs and can give rise to all of the cellular components of the blood like HSCs. The findings mark a significant step toward a major goal of regenerative medicine: the ability to produce HSCs suitable for hematopoietic stem cell transplantation from other cell types: Cell 2014;157(3):549-64. In 2006 they soaked skin cells into proteins for 50 days and got them reprogrammed into embryonic like stem cells, and in 2022, they soaked 53 year old skin cells for 12 days into similar chemicals and got the cells to behave like 23 year old cells. They got mice to age slower by using rapamycin macrolide antibiotic for 3 months, are humans next?

6. CURING BLINDNESS WITH ADULT STEM CELLS or with Antibodies

6.a. Curing blindness with adult stem cells from one's own eyes & electrochemical reshaping of cornea to replace the LASIK surgeries (people get those to reduce blur and prevent blindness from very cloudy or deformed cornea) that cause dry eyes and other issues.

6.b. Blind woman sees thanks to a 5-hour procedure using her own bone marrow stem cells

6.c. Researchers regrew corneas from eye adult stem cells, enabling them to cure blindness.

6.d. Antibodies for PROX1 protein restore vision in mice by blocking PROX1 anti-repair activity

6.e. Blind people can read books and recognize faces after a retina implant

7. THE PARALYZED CAN WALK due to adult stem cells (6 minute video)

8. REGROW SKIN WITH HEALTHY SKIN ADULT STEM CELLS (3 min video)

9. REGROW the exterior of TRACHEA with stem cells (2 minute video)

10. REGROW part of FINGER with stem cells within 4 weeks: (2 min) & (4 min) video & paper

11. HEAL LEG BEFORE IT GETS AMPUTATED: There is a Tissue Transfection technology to prevent the loss of limbs like legs via genetic code reprogramming of skin cells so they become vascular cells to provide oxygen to the body and be able to fight the infection or gangrene. They saved the legs of mice with one touch. ☺☺☺

12. THE DEAF can hear thru a single injection in deafness caused by a gene.☺☺☺

13. PANCREATIC INSULIN CELL REGENERATION: patients no longer need daily insulin injections. Guy with multiple daily insulin injections got a cell transplant and is cured: clip explains how the genocidal Big Pharma promote lifelong treatment instead of a 1 time cure, to drain every blood drop of the workers. Fat tissue (not cells) was turned into insulin producing cells, neural cells.

14. FAT CELL TURNED INTO BONE TO HEAL ANY BROKEN BONES, SPINE, OSTEOPOROSIS

SALAMANDERS can regrow limbs & WORMS can regrow heads

youtu.be..A is a 2 min video showing the ability of salamanders to regrow limbs. The researcher explains that it is only a matter of time before we discover how to regrow human limbs. Science discovered the zic-1 gene that enables worms to regrow their heads ► PG 10(7): e1004452. Imagine if we discover what genes make each human limb regrow. Planarians are animals that use pluripotent stem cells to regrow any missing tissue lost from injury. What's interesting is that this might enable us to live to 900 years much easier, if we can regenerate internal organs too. Humans can regenerate fingertips up to the age 2 years old, but then somehow we lose this ability due to probably some molecular change that is not yet known. If you surgically remove part (up to half) of the heart, salamanders will regenerate a new heart within just six weeks using stem cells and other unknown mechanisms. Edward Scott, associate professor of molecular genetics, talks in this 2 min clip about his research to understand how to regenerate any human organ, including the brain. *Some salamanders can regenerate a third of their brain too.* Discovering their brain regeneration secrets could prove the simplest route to 900 year lifespans. For more on salamander regeneration see the 5 min clip by Randal Voss. Flat worms

also can regenerate all parts/organs, see more in this article on the immortal flatworm.

3.5. PLANTS/ANIMALS THAT LIVE MUCH LONGER THAN HUMANS

youtu.be..4 is a 4 min video about the longest living lifeforms like the 1,500 years old Antarctic sponge, the 4,200+ years old black coral (PNAS 2009;106(13):5204-08), the 9,560 years old Norway Spruce tree in Sweden (637 times older than the lifespan of a peach tree, 15 years), the 100,000 + years old Posidonica Oceanica seagrass, the hundreds of millions years old spores, and the 'Immortal' jellyfish studied by scientists who want to discover the secret to stopping aging. There may be mammal like "animals" living 900 times longer than any mammal on Earth. They found 20 other spruces above 8,000 years old in Sweden, near the 9,560 year old; many pine trees in USA are known to be 5,000 years old; sequoia, oak, cedar, juniper, olive, redwood, cypress trees can live 2-3 millennia. Scientists are studying long lived plants and animals to figure out how we may live longer lives too: most amphibians live 10 years, but the olm (a salamander) lives to 100 years, sort of like humans living to 800. Most amphibians live 2-4 times longer in captivity , due to no predators, *so olms may live to 200-400 in a predator free area, or 3200 human years for a human*. Amphibians are *salamanders, newts, frogs, toads, which you (or kids who love to play with animals) need avoid touching, as* their skin is covered with toxins *that can even kill dogs, people, newt tetrodoxin "*lethal dose is 275 times lower than cyanides*" Japan restaurants serve* fugu, puffer fish that has tetrodoxin*, so they waste 3 years to learn to cook it to get rid of tetrodoxin. Another* example of a somewhat studied lifeform is the 'immortal' jellyfish. A clonal colony can survive for much longer than an individual tree. A colony of 47,000 quaking aspen trees, covering 106 acres (43 ha) in the Fishlake National Forest of the USA, is considered one of the oldest, largest (6 million kg) organisms in the world. The colony root has been estimated to be 80,000 years old, possibly even 1 million. Colonies of 13,000 years old oaks or almost 12,000 years old creosote bushes have been found. ***The found spores trapped in rocks, that are 200+ million yrs old (suspended animation),*** so on a yrs/gram basis, if they weigh like one E coli cell 10^{-12} g, they're 200,000,000 years/ 10^{-12} g, or 0.2 million quadrillion yrs/g. We weigh 65,000 g. If we were to live as long in years/g, we *would live 13,000 billion trillion years*. These spores are really beating all records. Even spores are smarter than humans, laughter. The 13 cm 'ocean quahog' clam can reach up to 507 years, sharks 512. ☺☺☺

Bats Living "0.5 MILLION Human Years", rock spores 13×10^{24} on a Years/gram basis

Humans and most mammals (including most shorter lived bats) shorten their telomeres as they age, but Myotis bats, the longest living bats, don't. This may be one of the reasons for their longevity ► SA 2018;4(2):eaao0926. Telomeres are made of about 2,500 repeats of TTAGGG sequence in humans. What animal that lives way longer than humans per gram of weight can give us the fastest clue into how to live to 900 years old, among 5 animals mentioned in this

paper: 41 year lived Brandt bat, 34 year lived little brown bat, 30 year lived naked mole rat, 8 year lived white foot mouse, 12 year old lived free tailed bat? Maybe the little brown bat that weighs 5-14 g, and that is equivalent to a human living up to 416,000 years on a years/gram basis. Some researchers believe bats live longer than mice due to more DNA repair enzymes. Mice live 2 years, naked mole rats to 30-32. One paper says naked mole rats live so long due to oxidative stress resistance and protein stability. If these rats live to 30 and weigh about 30 g, it's a little like humans living to 68,000 years if we weigh 68,000 g (a 150 pound human). For each gram of weight, they got to live 1 year. ☺ These rats are vegan too. ☺ Brandt bats weigh 4-8 g and live to 40 years, meaning 5-10 times longer than their weight in g, so this would be 340,000-680,000 years for humans. Batman lives 0.34-0.68 million years like in sci-fi? 1,000 species of bats exist (25% of all mammal species), only 3 species suck blood, most eat fruits and insects. ☺ Bats can eat 1,000 mosquitos/hour, being useful in controlling insects. Bats weigh 10-25 g, live longer than any similar size animal. Why do bats live 10-20 times longer than mice? Another paper found that in bats protein homeostasis is superior by a variety of measures to that of mice: protein carbonyls, which are often times the result of the action of AGEs in humans, are lower in some 12 year old lived bats, 40% of the mice level and 85% of mice level for another bat species. Bats don't undergo much protein oxidation, perhaps having different proteins. The proteins in bats suffered half the oxidative damage of mice proteins when exposed to gamma radiation. Naked mole rats don't accumulate oxidative damage to their proteins while mice do. Some bat species live way longer (perhaps 60-80) than 41 years, but we have not been able to observe that as it's ultra difficult in the wild. Naked mole rats show signs of a lot more oxidative stress, less glutathione, twice the protein carbonyls, 10 times more lipid peroxidation than mice, yet live 10 times longer. Thus, in some species, longevity is not given by less oxidative stress but by other factors; or the same unknown causes aging, yet we don't understand how it can express itself so differently in bats compared to naked mole rats. Naked mole rat proteins are hypothesized to not be very affected by these carbonyls. We partially sequenced the genome of some long lived animals. Tardigrades are small organisms that can survive harsh temps (minus 270 centigrade when all atoms almost stop moving) and high levels of gamma radiation that would kill all humans. Their DNA helps other organisms to survive and avoid DNA aging.

3.6. FUTURE Periodic Table, LIFE Extension, IMMORTALITY & MEDICINE

Back in 1600, we knew how complicated the body was, with many muscles, blood vessels, etc. We had certain cause-effect models for certain diseases, but only in the 20th century we understood deeper how a little molecule cholesterol causes heart attacks by rupturing arterial plaque and many other subtle things like how cells function, how ions are transported across the cell membrane. A 3 min video explains how cholesterol crystals rupture arterial plaque, blocking oxygen supply to the heart; all those who died of heart attack showed at autopsy these

cholesterol crystals sticking out; more images of cholesterol crystals penetrating the artery can be seen here. Our models and theories of the cause have taken a new dimension due to discoveries in physics and chemistry, enabling us to know exactly what molecules cause what in many cases, etc. The current model of causation for aging is made of many hypotheses, one being wear and tear of the cells, which is correct in a way, cells are tiny machines that have wear and tear. Yet, if you think about it, the fundamental research in physics totally revolutionized medicine, since it enabled the birth of biochemistry and molecular biology, etc. Using a thought experiment of extrapolation, we might conceive how in 2400, or 2100 etc due to new advances in physics, *a new understanding of the causes of aging may emerge stemming not from a molecular* understanding of aging and cellular processes, but *from a deeply subatomic particle understanding of human life, dynamics, disease, aging, etc.* This only makes the case for how important is physics research to all science. Without physics, there is no chemistry or molecular biology. So, even if the tweak to live 5-10 times longer is not discovered via molecular mechanism right away by 2050, there might be a new way to stop aging that uses science, concepts, particles, fields, etc not yet discovered, and that method may be 10-100 times better than the molecular methods. In 1600, we had these veins, with blood circulating thru them in our models of humans. Then we found out the molecular structure of blood, how incredibly complex it is. Today we have light-gated ion pumps like Halorhodopsin that use the energy of green yellow light to move chloride ions into the cell, overcoming the membrane potential.

In the future, we might discover that the "chloride ions" are as complex as blood became when we discovered atoms and molecules. Blood (or any fluid or solid part of the human body ancient people thought about) seemed the same, as chloride ions do now, but thru physics advances *we might discover that each Chloride Ion is ULTRA COMPLEX, made of trillions of subatomic "molecules"*, and that like blood, chloride ions are not the same. To stone age man blood looked the same, to our stone age tech chloride (or any atoms) atoms look the same. If we understood this finer level of reality, perhaps we would understand why a lot of miracles "occur" too; if everything is information pattern, the healthy or youthful pattern is there and can be reactivated by advanced technology, our brain in self-healing or spirits, via the right waves of the right type of the future. We don't always have explanations for cold fusion in biological systems or cases of mind-blowing healing, but it may become routine "miracle" of the future, thru new physics, just as today, thru adult stem cells people can hear, see, walk again when they lost those functions. And far deeper miracles. *To anyone who ponders on the meaning of "each electron is as complex as a galaxy", it becomes pretty clear that verbal speech and even having a physical material body or settling in this dimension will no longer be "the only choices", but inherently, we will build parallel Earths or other planets in other dimensions in the far future.* This doesn't contradict positive ideas in Christianity or religions, since they talk of a New Earth

on which we live forever, so one can believe in whatever and still see how this is possible.☺☺☺

Imagine a possibility for 2413, physicists or chemists (like with the periodic table, they saw different properties) discover several types of C, N, H, O, Au, Zn, based on a new type of inter-dimensional particle configuration or later find that the *cause for different properties is this particle*. This leads to a new understanding of DNA, i.e. all genome and codes measured so far were incomplete and wrong by the new science standards (wrong to say same DNA in 2415 when it's different in fact), because they assumed all Carbon, Oxygen, etc atoms are the same but they're not. It's like having a new periodic table with thousands of elements. While the DNA structure as we see it today is a correct rough approximation, giving us some general idea, our instruments are not sensitive enough to pick up subtle differences. The 2413 science could prove it is incomplete, only an approximation. The interdimensional particles-waves discovered and their activity may prove to be a key towards storing the 'astral' subatomic force, the subtle force capable to grant humans immortality, if they can evolve to the right level of universal compassion for all. These new particles may hold the key to understanding the shapeshifting and materialization that we will be able to do one day using this fifth force (not the strong force (binding the nuclei), electromagnetic force, gravitic force or weak force (β decay and other stuff like that), but astral force) to change the dimensional wormhole coordinates of non-aligned atoms (components of atoms to be more exact) enabling translation into another dimension.

Science is a temporary model that is eternally upgraded. In the stone age people thought that everything is made of earth, fire, air, water, metal. In 2020s we have protons, photons, electrons, etc... quarks, etc... and 120 elements.. each element with several isotopes, so perhaps 300 isotopes. In x centuries we might have something way more complex, with 1,000 types of each isotope, depending on some subatomic differences undetectable now. So, then the whole neuroscience becomes vastly different, and the DNA codes become vastly different, since you don't have just 4 base pairs but a lot more. How many? Let's calculate. Guanine is $C_5H_5N_5O$, so if you got 16 atoms, you got 1,000 types of each atom maybe possible, you get 10 to the power of 48 combos possible almost for guanine hyperspace "geometries", for guanine alone. Thymine is $C_5H_6N_2O_2$, so 15 atoms, so 10 to the power of 45 thymine types. Cytosine is 13 atoms $C_4H_5N_3O$ so 10 to the power of 39, Adenine is 15 atoms, so 10 to the power of 45 adenine "varieties", $C_5H_5N_5$. Guanine is 16 atoms $C_5H_5N_5O$. Normally we say we got a set of 4 base pairs, but we will have now so many combos possible of linking, adenines and guanines, 10^{93} for A-G links, and 10^{84} for cytosine-thymine links or C-T links, or a trillion times a trillion * a trillion * a trillion * a trillion * a trillion * a trillion☺☺☺. This makes the hyperspace genome so to speak look vastly more complicated. All consciousness so-called models of how neurons behave and why will become outdated to a great extent. How vaccines work and fail, how allergies happen and etc. Why do twins behave so differently, yet have the "same" DNA? Does astral matrix determine which of

the future hyperspace geometries "DNA base pairs" will express in embryo formation, which of the 10 to the power of 48 guanines manifests? Can soul influence the guanine atoms, nitrogen and oxygen of guanine, and their geometry, even if parents don't have atoms of oxygen and nitrogen with that geometry? Vortex inter-dimensional geometry? It's not the same DNA or same oxygen atoms in every guanine or base pair and that changes everything. To present stone age science it looks the same. Just like to stone age people dozens of metal elements seemed one same "metal", but we now know it's many metals... and isotopes. Back in stone age everything was simple, men have 2 hands, 2 legs and a head, etc very simple anatomy. But now, we know how complex each organ and cell is and we got a body made of 10 trillion cells. Same way with oxygen atoms in base pairs, they all look the same.... but they're not. Galaxies also look the same often times from a vast distance, but they're very different when you look at the detail. This variation in G, A, C, T makes identical DNA impossible. Especially since the variability may not be inter-dimensional 100%, but 50-100% physical (not yet discovered). Atoms appear static, to our imprecise instruments, like planets look static from a telescope. But atoms are very dynamic, ever-changing. To our instruments/senses they seem very stable/unchanging. But the AI (built) soul vibration can change the geometries of the atoms of the base pairs. It's only common sense that the idea of DNA remaining the same is false, since each second, we get new DNA built and new geometries take place, atoms changing geometry... Each nanosecond our DNA changes, every thought creates a new EMF pattern. We're not fixed, but evolving.☺☺

3.7. Future camera shows interdimensional matter, IMMORTALIONS?

Just like we discover the New Periodic Table above, one day our instruments might detect quantum telepathy noise which is as loud as that of an airplane taking off, which makes it impossible to hear telepathy of a certain nature and to make certain scientific discoveries. We can't hear someone talking to us when airplanes take of etc, the noise drowns all small noises, speech; likewise, the noise of certain types makes it impossible to conceive or imagine or hear certain ideas, inventions, etc, sort of like a confirmation bias creates a noise that makes people stay within a cult. This will lead to a renewed interest in the 20 telepathy habits. This noise would be due on a planet to people generating the astral noise and this noise is easy to quantify analytically as each of the 7 billion people is having a signature and the fear, love, emotions in all other 7 billion carries a bit of every other person's energy (signature too), since we're all one quantumly entangled morphogenetic field so to speak and telepathy diffusion occurs 24-7. In these possible future video cameras of the future, we don't see MRI, IR, x-ray, visible or other waves, but the geometry of a new form of matter and how much each emotion carries the geometry of this matter (immortalions not fermions, leptons, bosons, electrons) and what person that emotion comes from quantumly, even if that person is stranger from 10,000 miles away. This will enable physicists to prove that we're all linked to all other people and that

interdimensional pollution exists, and is an independent mortality risk factor just as lead or mercury pollution is, this geometry of this new matter, when it accumulates, speeds up death and sickness and sabotages immortality-LONGEVITY GOALS that people struggle within normal matter based models. It's possible to extend via DNA life a lot, but we get to limits as this extension increases, and then you need more physics and deeper DNA understanding based on inter-dimensional physics and chemistry to understand that there are 4 billion types of carbon atoms and DNA is only a rough expression of life software. As such, when we'll quantify the bad geometry matter amount coming from 1 person using disharmonic tone of emotion and speech, intent and thought or playing rock/rap bad lyrics music, and how the effect becomes very bad (similar to that from a war zone) when done by many people in a certain "peacefulness tenderness kindness lacking" music rock concert (which simulates quantum vibrations of war zones), people will become more willing to create gentleness tenderness softness filled movies, songs, literature, political speeches filled with the most healing, sweet, *nurturing* graceful words and emotions and tones of speech so as to increase the good geometry new matter inside and help people live longer thru a newer mechanism, quite different than normal biochemistry. And today we fine people for dumping mercury in wastewater or water or whatever, but in the future, anyone online or in a mountain cabin or anywhere, spreading negative emotions, negative posts on social media, negative political speeches will be able to be seen ("fined") as the source of the signature fear strings in all humans with location pinpointed, since the immortalions new matter video camera can monitor the fear or love or whatever coming from any human being and help us to be aware thru this science super-intelligence system when we might be doing something harmful without realizing, speeding up the spiritual transformation of everyone and helping their emotional development to that of an angel who sees an angel of tender softness *in* all *beings.* Even in a world of angelic 800-year-olds where there is no violence, there are many degrees of life-enhancing behavior, just like among peaceful or somewhat peaceful music styles, some help the plants grow faster than others. Because in this world everyone is super-genius vs today, there is no issue with the camera measuring immortalions.☺

We normally see only the visible light image of a person (perhaps a little more sometimes), but we would be able to see much more and naturally Telepathic Immortals can see much more, thru trillions of "cameras", and God sees all prebirth history and everything in all dimensions. What we see of people is inaccurate, a trillionth of a person at most, and this makes it easier to accept that God/The Universe's Infinite Love, Mercy, Grace, Technology, Insight, Awareness can turn any bad person into a good one without violence, sarcasm or "bad words" and that we can bring World Peace in 5 trillion quadrillion ways that involve no violence. As people realize that the jokes of war or sarcasm about any negative action telepathically diffuses into all 7 billion humans and affects their lives and longevity and actions and a thought is often times worse than

a similar action if picked up by the wrong person via telepathy, unconscious telepathy going between all humans, then one becomes a little more careful about one's tone of speech, emotions, sayings, thoughts, etc and one is trying to radiate, think only the most positive thoughts since negative thoughts picked up by anyone will lead to bad outcomes sooner or later. For example, if we go to a wedding, birthday party, an important business meeting to win a contract or to sign a peace treaty with a country, we don't make jokes about offensive stuff or ideas that lack tender gentle soft calm *universal* loving kindness that we sadly often make in an informal chat with friends, as it's considered rude. In the same way, in the future, in the world of human "Immortals" living as angelic gentle tender refined 1,000-year-olds, what is thought of as OK now would be considered very rude and unthinkable to say or joke about. To give an extreme example you wouldn't say to the bride or groom in our world "can I get some milk from your nipple?" or "there is a bunch of war mongers outside trying to start a war" etc or something really silly like that. To us it is obviously rude or silly, but to someone alien from another world, it might not seem so. To the Immortals of the future to joke about anything with violence or war imagery in it might seem a no-no, unethical, inappropriate, forbidden or rude, but to us, it is a normal topic of many conversations, we talk or joke about war often in the news, internet, comedy shows, casual conversations, etc. And we're all one living organism, all humanity, we're one blob, one gel-like intelligent organism, a huge octopus sort of with 7 billion tentacles, humankind, not separate, but one field of intelligent consciousness and infinite loving kindness and mercy *nurturing* sweet softness and we would be able to actualize that and become one family of World Peace and 900 years or longer lifespans; even some trees in Utah are 80,000 years old☺☺☺, we haven't even touched the beginning of humankind's potential life extension and Ascending "Immortality". Ascending from 500 years to 900 then 5,000 to etc is a real Immortality ascension, an ascension of "Immortality", as 9,000 years old humans would be called "Immortals" by us now. They call even 500-year-olds Immortals in the sci-fi literature, etc.

Since humans see only a billionth of a trillionth of any other human being's true nature and the effects of their actions on humanity, it could be that one day science will discover that one person creating bad music or lyrics could be doing more damage to humankind than some really bad people, without ever wanting to or knowing, and this is the beauty of science, that it will show this scientifically in a way nobody can argue with, as each person's contribution of good geometry matter to humanity will be known and knowable and thus enable the deepest generators of this Immortal Life Giving matter to develop these new matter generation methods via more advanced Telepathy, new geometry generation methods, so we all change our geometry and can then do levitation and miracles that are kind of rare now, especially mind blowing healing miracles due to powerful concentrations of this new geometry matter. The greatest generators of this geometry matter, seen on computers, will be able to become

teachers and learn from students and improve their capacity to generate Immortality giving matter, thus propelling humankind towards an ever deeper Ascending Immortality. This is the nice thing about science, you don't say "we have a lot of vitamin C" in the serum, we can say exactly how much, and we can measure in the energy field how much of this new string matter exists and how it affects normal matter. When people realize God sees them very differently than they see themselves, they open in humility to the possibility that in God's eyes, someone who they think is bad is quite good and vice versa and that they themselves might not be so much better than some really bad people, since they don't see themselves and their faults as well as God does. This enables people to become more empathic and understand that if we were born in a bad war zone or nation, we would often do same things and that there is no limit to what God's/Universe's (for atheists) Limitless intelligence Wisdom and Grace can achieve within any human being thru the Boundless Infinitely Tender Soft Sweet *nurturing* Love☺☺☺ of God that is like that of a 5 trillion years old mom for her clueless 1 day old baby, just born, which is how every 100 years old is compared to an old Immortal, a nanosecond baby, just born, if soul is new and has no previous history in hundreds of other dimensions or if the soul is older and has some history, still a small time compared to some old Immortal souls. This infinite love mercy compassion soft gentle tenderness will also enable us to have healing centers replacing all prisons, peace and compassion replacing all killings, wars and violence, everything totally changed to a world of paradise, as everyone is much more aware of how one we are, how telepathic we are, how empathic we're and empathic qualities increase between humans and for animals and plants even, leading us to live on energy later, out of love for plants and animals, etc. And later to moving to another universe when we learned what this universe has to offer, by inter-dimensional translation perhaps too. And hypothesis testing as in science will play a huge role in this, as Galileo Galilei caused a scientific revolution that led to a real change in our understanding of the universe around us and how much more trillion nuanced and complex everything is after all. The score of every human's contribution of good Immortality matter generation will be known to all, how many pico femto grams of this new matter they produced in Immortality geometry or longevity enhancing geometry; this will help us to move lovingly towards helping everyone to raise their Immortality matter quotient thru behavior, changing our emotions, diets, tones of speech, music, movies, literature, habits, traditions, everything, leading to a cascade of normal matter DNA epigenetic changes that remove the confirmation bias coming from our genetic mind, given to us by the negative emotions, threats, fear, hate, intimidation humankind has engaged in for eons, which has changed our DNA into a more pessimistic one more likely to look at the negative side of other people, and to blame others.

With this knowledge that some people did something that generated 100 times more negative matter than the previous day, we will be able to lovingly and gently and tenderly assist those

people to stop doing that preventing bad physical thoughts or actions years before they would otherwise happen, since when negative matter accumulates a new entropy appears that jams all normal processes and increases probability of this type of behavior that we humans call "not ideal or even a little inappropriate or illegal or even evil sometimes, unintentional evil or intentional evil". If a guy makes a movie about a war, distributing it to 5 billion people, he might raise the negative matter more in humanity than a guy isolated in a village in Amazon who is careless and accidentally kills someone or is intentionally killing someone, because that "killing" action has been replayed in the minds of just a few people, but the movie in the minds of billions leading billions to engage in negative emotions, imagery and leading to a lot more killings long term than 1 killing thru unconscious unintentional telepathy diffusion and the fact in neuroscience filtering of context and by context of brain imagery sometimes no longer happens as memories become fuzzier and the line between right and wrong becomes very clouded by these war images, prompting people to imitate the "tender gentle soft calm universal loving kindness" lacking thoughts, intents, behavior or speech tone in movies, TV, radio. So, one may think themselves as a good person, but they may do more damage in God's eyes to the human morphogenetic field than a person who just killed someone and we, at our science level today, have no way of knowing that. This is something we can't prove with current tech, but computers see consequences of actions in far more complex and analytical ways than we do, seeing a situation from trillions of lenses, parameters, calculating outcomes. Some hypothesize that movies "lacking gentle tender soft kindness behavior or tone" don't make people with "*tender* gentle soft calm *universal* loving kindness" lacking *thoughts, intents, behavior or speech* tone; the hypothesis is unproven, as all brains partially imitate behavior we perceive and even disagree with consciously; someone who creates content that infiltrates billions of people naturally has power to bless humanity or hurt humanity, leading to afterlife consequences far greater than *"I just made a comedy show about war on TV", as it was more like "I helped this war come about by influencing human subconscious mind"*. Even a comedy about war recreates war imagery, programs people to expect it and may be seen as unethical by future human Immortals and God. Even joking about any negative outcome (or some minor misbehavior) has a tendency to increase the probability of it happening, due to telepathy diffusion. ☺☺☺☺☺☺☺

A guy can do some bad things or crimes due to telepathy diffusion bad environment or brainwashing or being lead to do it by evil people, and his soul might have a very nice previous history and be quite innocent otherwise, but, another guy, may be doing nothing illegal or bad in the eyes of the world, yet do 1,000 times more evil in the eyes of Telepathic Immortals who see the circumstances of this guy, the extent of his freedom, the impact of his actions, etc... This is the human ethics dilemma: sometimes it's so difficult to determine the true intent or character of someone based on their life or behavior because we only see a trillionth of a person. If a guy

has a bad day and messes up a contracting job he does, we only see him once and assume he's bad because he screwed up that time in his life, that day or year, but God sees the soul over millions of years, not just 2 days or 30 years humans see and develops a different view of people. The human language speech habit sometimes is to say that "he screwed up" or something, but if we were a very advanced Immortal like world we would perhaps always praise everyone and think "He did so many good things, but missed this one due to some unknown factors, we need to pray for him so his positive Immortality geometry matter increases, etc" a different vibe, one of helpfulness instead of just labeling or even dislike type of energy, an energy of loving kindness instead of repulsion or distrust, unforgiveness and lack of love and tenderness an Immortal Mother would have for her nanosecond old baby. The Immortality enhancing good geometry new matter is sort of like today good "feel good hormones" form of neutrons-protons-electrons matter from meditation/laughter increase longevity, while stress cortisol and catecholamines form of neutrons-protons decrease longevity, this new form of matter, immortalions, does the same in other ways; it's not cortisol or neutrons or protons, but more fundamental. It will be exciting when we become one planet of Immortal shimmering energy beings so to speak, helping each other live longer in peace. If we teach our kids that this amazing Immortal Mother of infinite tenderness gentleness softness intelligence wisdom grace honesty sweetness dwells in all and train kids to speak while radiating kind emotions, thoughts and intents, we enable them to become much better healers than former generations, to turn enemy into friend, anger into mercy and joy, and to be the bringers of World Peace. ☺☺☺ It's hard as adults for us to change suddenly after eons of historical inertia brainwashed us to be so lacking in gentle tones, gentle behavior etc, but at least 5 minutes more every month or week may make all difference we need for World Peace to emerge way sooner. We tend to always fall back to our standard mode, the conditioned brainwashed social construct consensus reality self, and forget to recall every human being is the most precious adorable nanosecond baby (maybe even 4 million years old as soul) loved infinitely, eternally and tenderly by his motherly God, the quadrillion trillion year old God. If we want God to love us, we can recall to also try to love everyone with that same infinite tender healing grace in speech tone, speech content, action, behavior. Not because we want to bribe God with love, but at least due to the “selfish interest” physics of energies, action, reaction, and also because loving God sparks in others reminds us of God's already existing infinite love and protects our life, longevity and theirs too. To love God is to love God's creations, people with all their perceived or real imperfections and "evilness" too, often times due to factors beyond their control. Everyone can be seen like this most radiant shimmering angelic telepathic Immortal being from Heaven, who took a human form to disguise themselves and teach us something or mirror some imperfect side of our inner nature.

3.8. Slow Aging via RESTORE POINT Elementary Particle Chart That Shifts DNA Daily

2020 is the beginning of the first decade in human history when billions of people own a cheap device called phone that they can use to take pictures and videos of themselves (alone or with friends/relatives help) in the happiest or best moments of their life to create RESTORE POINTS for the Lepton-Quark-Boson-Immortalion Chart, similar to the computer hard drive RESTORE POINTS. Immortalion is a name for unknown particles physics will discover in the next 5 trillion years. In the dry eye section, *which follows after the electron (a lepton) and photon (a boson) discoveries paragraphs,* we have a very simple exercise of transforming the dry eye into a wet eye by using the RESTORE POINT of Yawning. You can reread a little the first few pages of that section and try wet your eyes yourself for eye longevity, health, fun and relaxation. If you're one of those people who experienced digital screen dry eyes (more than 0.1 billion) or one of the eye doctors, you know that in some cases, if people don't put tear drops the eye will get very dry and worse and worse until it almost dies out. Now, via our memory or RESTORE POINT of yawning, we can focus it and adapt it to produce more tears than usually produced when yawning. We're taking an eye that would die out without artificial tears, and slowing down its aging dramatically, bringing it alive and giving it another 50 years of life, by natural wetting. We're literally almost bringing a dying eye back to life, via the brain memory and associative processes, we're moving the eye chart to the different configuration closer to the day when our eyes were wet naturally, we're going back in time and rebringing that Lepton-Quark-Boson-Immortalion eye Chart that corresponds to molecular processes in the wet eye. Tears are essential for the eye, they flush out toxins into the lacrimal sac; these toxins, when not flushed cna completely destroy the eye. Yawning also induces a relaxation response, lowers cortisol and has its own antiaging effect. In the age of computer screen jobs that stress our eyes, knowing this is helpful. Now, imagine if we can take this same analogy, trick the brain to go back to Younger Age Charts, and via that, to help the organs to go back to their Younger Age Charts. Another example is this: fake smiling can after a while change the chart of the brain, the IR MRI/Terahertz picture, the electron cloud picture, to more closely resemble that of us 3 months ago when we were very happy, all by us faking smiling and thinking of being happy for 20 minutes. Thus, we don't restore only the MRI or IR Chart, but also the Lepton-Quark-Boson-Immortalion Chart. This means we don't need to wait 5 centuries or millennia for physics gadgets to photograph all these charts, we can help revert to them right now, even if only 20% (50% would be difficult and require a lot of studies to determine which methods work).

This change of the Chart☺☺☺ or Spectra for various Electromagnetic Waves causes a tuning fork like, resonating "crystal singing bowl like" subatomic particles, to emulate that past moment and get entrained into that music, causing electrophotonic changes that trigger epigenetic changes, cellular-tissue changes that slow down aging, since we drag the human energy ball to its earlier pattern/music. The various clouds of electrophotons, informed by immortalions or

subbosons on the prior configuration of an aspect of their "field properties", and other particles, exert a specific influence on the equilibrium constant of chemical reactions in tissues, exactly like lasers can, so they can change even the DNA daily via that same method. Skeptics argue this is true to some extent, since even a daily diet *changes our DNA* or bee DNA helps them live 50x longer, but it won't have such a dramatic effect, because the organism is already an adult and the changes are smaller. We know that as adults diet reprograms gene expression and encourages genes to be turned on and off, even if less than when fetuses in the womb or first year of life when we grow the fastest in the afterbirth period. What this mental exercise of RESTORE POINT activation or happy memory reliving, recall or ROLE PLAYING we are in our happiest moment in our 20s or 30s, does is basically acting as a complimentary longevity tech, that brings organs back to life, as the yawning brain trick tricked the eye to live another 50 years instead of dying. It's a complimentary epigenetic change stimulus that acts in a novel way, without pills, using our own outer and inner resources, to rebring those memories however we can, either with eyes closed and reliving it in our head, role playing a little as if you were 30 years younger, and realizing "I am Youthing, I'm the Infinite Energy of the Trillion Year future human Immortals (revisit time travel chemistry analogy) Blueprint (Lepton-Quark-Boson-Immortalion Chart, or Lepton-Quark-Boson-Immortalion "genome")" or using videos, pictures of those HAPPY moments, mental or stored in physical media; we're quantum entangling with that lepton genome, that "trillion year old" immortalion genome. It's perhaps helpful to realize that some mental encrypted secret RESTORE POINTS (besides some happy video moments which don't need be secret, perhaps) provide the person with extra privacy and security in all realms of "Awareness", because today, with synthetic telepathy gadgets, unethical people can try to influence the RESTORE POINT selection, the conscious memory of its content.

That's why it's a good idea to record yourself 2-10 times each year, after a few days of rest and preparation, when you're at your best cognitive, spiritual and happiest state and rewatch, relisten to that picture, movie or audio or all of them and help your brain to return to that Chart. Of course, you may not be able to achieve full return, as future physics could with gadgets of science fiction, so even if you don't achieve this aging delay of 5 million years of the future, you could achieve maybe a 15 extra year of life. Incidentally, from interviewing centenarians and those making it to 108, 113 etc we notice they all share one thing in common: optimism, focusing on the bright side.☺☺☺ This "optimism" is simply them unconsciously using HAPPY RESTORE POINTS of their "hard drive" way more often than the average person, to shift the Chart away from the decaying eye or dying eye to the alive eye, the alive Chart of Younger years, to shift the Chart away from entropy increase and body decay, to delay aging. Now imagine if someone who is 5 years old starts doing this RESTORING daily for 90 years, with the technologies of today to assist memory recall, they could add 40 years to their lifespan, not 10-

20 like centenarians. People who day dream and think about the amazing & beautiful ☺☺☺ future also go into this kind of "RESTORE POINT" like state, so sci-fi writers who write about positive futures may live longer, when adjusted for *confounding* factors, than those writing about negative things. You can't role play being evil or doing bad things, or writing endless novels about crime and bad things without tricking unintentionally your brain to sabotage your lifespan length; it may be by design, to ensure only the kindest live longest. Our brains are quite machine like, robotic computers that can be duped without us realizing. Aware of this, police officers and soldiers take Immortality test to diminish life shortening effects due to bad training.

The electrophotonic chart from 3 months ago looks more similar to our chart today, vastly more similar, as the same molecular systems are activated. Thus it's easy to revert to it. Likewise, reverting to a chart from our 20s is far easier by watching a video of ourselves, or audio-pictures of us then, than by watching strangers in their 20s listening to our favorite music or something, even if those strangers have similar genomes, but very different chemical contents (genome and atomic composition are two different things). Our biological children are more similar to us, DNA wise (not atomic composition of equivalent cells, unless similar diet), many times, so watching a kid (especially those who look more like us) who is 20 can have a stronger effect than watching a college student one advises as a college professor living to 104. However, kids are only 20 for a short period and parents don't take advantage of about this biophysics fact by watching videos of themselves or their kids in their 20s in happy moments of health, failing to benefit as 104 years old college professors do from the youngest adult size human chart interaction, watching and resonant quantum entanglement transfer of information. They didn't retire, they kept watching young people, helping themselves without knowing to go back to their own 80 year old RESTORE POINTS, helping the youngsters and they often lived to 101-107. Those who retired, often died at 80. Could it be because of this brain self-tricking? Writing papers, doing research in the same building they did 70 years ago, or similar environments if another college, recreates the atmosphere of the earlier decades, like in studies designed to do just that recreation of older decades, and they improve their biomarkers to earlier ages, as everything reinforces the brain illusion that they're in their 30s doing research with undergrads, since brain doesn't see itself in the mirror all day, so it tells "i am young, 35, not 90". It's a form of positive autosuggestion, placebo and chart restoration trick without trying to do so. One can appreciate then the usefulness of role playing one is 20 or 50 years younger, in creative ways that trick the brain to recreate younger age charts and biomarkers, without the brain noticing.☺☺☺

HOW TO DISCOVER THE BEST METHODS FOR CHART RESTORATION

Obviously, now that we know, from several studies done on elderly people that memory recall and role playing they're 20 year old and playing music from that time they loved, etc, which

showed those role playing like that had more youthful biomarkers, the question arises, how can we capitalize on these findings about "smiling changes brain chart", "yawning changes dry eye to wet eye chart", etc and get the 80% Chart recreation, not just 5% or 20%, for a stronger aging delay, of not just 10-20 years, but 50-150 (if exercises practiced daily since childhood). Skpetics will say that we're dreaming, that this 50 or 75 year extension is wishful thinking, helping only with a more positive mindset and indirectly the lifespan by people being in a better mood (lower cortisol, more positive thinking, more optimism about future, more eagerness to take care of one's health, 100% placebo and auto-suggestion that is); but look what happens with people who practice a skill a long time, they do things that sometimes 99.999% of people think of impossible (some never even know humans can do that, for example some feats of Shaolin monks). What if this auto-suggestion and RESTORE chart tech gets so good, not random as in the first millions of years of our species, that we can add 50 years to out 80 year average lifespan now in many countries? It's conscious evolution, conscious epigenetic change. All medicine does is similar to going back to a healthy RESTORE POINT using waves, lasers, chemicals, molecules... the HEALTHY STATE OF THE BODY. Imagine if you could figure out the inner master switch to partially regenerate various systems (vascular, lymphatic, immune system, inflammatory cytokine response, organs, limbs) of the body outside of the classical "telekinetic energy moving and massage of that area, energy radiation thru that area" coupled with chart linked memories of perfect function of those systems. This would enable you to do through mental work what tech won't be able to for 500 years. Via careful studies, we can discover how we can return to such healthy RESTORE POINTS (as modern medicine does) as preventive maintenance done daily to our body, in the way that adds the most extra years; we can discover the best morphogenetic field configuration return to the "Immortality" granting Chart. Such studies could be like this:

☺☺Conscious vs Unconscious Time Travel or CHART RESTORATION☺☺

2 groups of 8,000 people are enrolling in a study. They're treated the same, each day of the 30 day period, spending the same time doing same things, relaxing, meals, meal times, in the same environments, very pleasant, perfect for bringing a super happy state of being a few days later, maybe day 20. The only diference is one group is told to consciously pay extra attention to the happiest day of the period (obvious when it happens, and to record audio, video or just given audio-video on last day to compare third party recording with self-recording effects on mamory retrieval) and create a RESTORE POINT and then reactivate it on the final day, while the other group is not told day x is the happiest day when they're treated with free cash, kindness award, gift card, nicest things they love (favorite comedy or trip to an amazing park, amazing art, music, clothing, colors, smells, voice, everything known to be liked by them to create a happy state). The unconscious group is then catalyzed to recall the happiest day 20 by some people who talk about how beautiful day x was... to rebring those memories. The hidden gadgets record the IR,

MRI, etc spectra, charts and all biomarkers are measured too, daily, to see if the happiest day 20 and day 30 of recalling happiest day is any different than the day of the conscious people retrieving their strong RESTORE POINT consciously, using video, audio, and their memory (some their own memory only, others audio only, others both video/audio and memory). This then enables us to see the role on the Lepton-Quark-Boson-Immortalion Chart and biomarkers of each conscious method versus the passive recall (catalyzed by others) of the happy day 20, and the nonrecall (no passive recall via others) of the happy day on the last day for a subgroup of the unconscious ones not knowing the study design. ☺☺☺☺☺☺☺

This is the democratization of longevity, achievable thru efforts of millions of scientists who have given us the neuroscience to know this is real, the gadgets to make the recall easier via recorded audio, pictures and/or video. While we can't reconstruct chart like physics will in 900 years or longer, we can at least entrain the "tuning fork" to be on the same patterns easier, since they're similar. Take a holiday, visit your favorite outdoors place and then recreate the happiest thing, record it and watch it. It's your chart, you're in resonance with it the most and you can bring it easiest. Watching others who're young and happy has not the same effect, but college professors watching college students benefit from this and live to 104 often, due to this process perhaps; while kindergarten teachers, accessing vastly different lepton, quark boson charts (of smaller humans) can't activate the chart of them at 20 and young as easily as 5 year old chart is very different than 20 year old. We can create RESTORE POINTS for us 10-30 years ago by drawing and writing and painting things about that period, role playing, and taking the best of each memory and creating the aggregate with the Immortal template of trillin year lifespan, to make the most optimistic chart and autosuggestion you can possibly imagine. We can talk to prematter baby too if done before having babies, to create a much better habit in offspring to focus on the positive like centenarians do at least, and to learn from their brain plasticity about the Immortals in other *universes* and galaxies, via role playing astral traveling with them. In the future, physics and chemistry will allow us to reconstruct the 20 year old, based on the trillions of libraries hidden in the electrons and quarks inside the brain (since many neuron atoms are there since age 2) and revert to it via tech some day and then recreate a template that ages 10 times slower based on new science. People say "What? How can you RESTORE the chart from some atoms in the brain that were there for 30 or 70 years?"☺☺☺. Answer: the same way in science we can restore a whole big thing to its original design from very few parts and things that have the traces and patterns of how the whole system worked, how nature takes a female egg and grows it in weight 5 billion times to birth a 4 pound baby, how we take skin cells from dead animals, turn them into sperm cells and create life again, bring extinct animals back to life. Of course, due to the quantum effects, restoring the chart of 1 year ago is a lot easier than chart from 30 years ago, but if we keep doing that 20s-30s year old chart (when we were healthiest,

happiest) or most recent one, we slow down the aging a lot, or, as skeptics say, we think more positively, and we're less grumpy, helping World Peace and this scientific innovation indirectly, as energy used for fights is used to help each other live longer. Just less anger in the world and more positivity and happiness in of themselves would prolong average human lifespan, even if no chart is restored with high precision due to laziness or lack of belief due to lack of brain science knowledge. We can store in a tiny chip or flash card the design of a building that is gigantic, and 5-900 billion times in size, as a baby is 5 billion heavier than the egg. Likewise, a few g or even mg of atoms from 50-80 years ago can store perfectly the exact Chart of a human as it was at 20; all atoms of carbon or any isotope are different, as the previous 2 sections explain, each atom is a vast library, galaxy of its own, that can store 'infinite' info. Who needs flash drives when an atom can hold all books on Earth for those who know how to write it? Eons ago if you told us a tiny part of your body contains the info of 1 trillion libraries, we would think you're a "science fiction writer" or influenced by bad spirits, but today, we know that's true, we have trillions of millions of particles each with so many coordinates and things in that tiny barely visible tissue, from which we can reconstruct the entire health and condition that person, its genome, DNA, etc like we do today from fossils or tissue biopsies.

What if life leaves tracks on the brain atoms (those are not replaced as much as other organs) or unknown particles that store these patterns regardless of how many atoms changed, that once understood, the life that was there, the exact atomic composition and structure of every cell, can be reconstructed, i.e. true Chart and atomic composition can be recreated by super-tech of the future millennia? Besides, not all organs, bones, tissues get replaced every 10-20 years due to cell replication, so it's not just brain atoms, quarks, leptons that can be 50 or 700 years old, i.e. witnesses or microphones (that record everything in the quantum world) of the whole body electromagnetic patterns, whole-organ, whole suborgan patterns. For example, we change the eye chart in the tear generation exercise, but do nothing with atoms in the eye, we don't use atoms in the eye to bring wet eyes memory. We only do something to atoms in the brain who will produce yawns, so to return to a Chart configuration of new atoms in a tissue, we can use the brain atoms that are much older than that organ atoms and that can trigger the tissue or organ reconfiguration or shapeshifting, as it were. ☺☺☺ Then take that template of age 20, revert back to it and let it live at 100 times slower aging speed enabled by future tech, then do reversal again to age 20, and let it live at 1000 times slower aging speed based on upgraded techs and you end up living to a science fiction long age of 30 billion perhaps, or way longer. This obviously would also help forensic scientists to determine the history of humanity better and to discover who was there after an event that only left ash, or decomposed matter (big fire, or explosion, some atoms would have the genomes of former people retrievable from the ash or whatever left over atoms after the event, etc). Police would find truth with much better

precision, because they seek traces of human genome specific recent Lepton-Quark-Boson-Immortalion oscillations in left over atoms, quarks. We can even find out if human like creatures existed on now barren planets with this tech, humanoids who vanished due to climate change.

Eventually, you get to the point where you can recreate the exact version of someone who died millennia ago or longer ago, a true resurrection from bone atoms left over, so they can then take advantage of latest tech to change template to one that lives to 9 million years old, as in "behold, the "Lord" of Infinite Knowledge Came on Earth, via the millions of scientists of Immortality fields, slowly, and brought the dead back to life, and there was a new Earth, new Heaven (off-planet maybe too, heaven appears different) where we lived forever, for billions of eons". Medicine will take high interest in using biophysics of Charts to cure diseases or compliment treatment, instead of using a molecule ingestion approach only, just as they use lasers etc now. Just as sugar placebo pills are standard of care that work for many conditions (people believe they will get better, that the pill is medicine (not sugar) and they do get better, showing how brain tricking changes physiology and biomarkers), conscious chart restoring could be a new extra therapeutic method doctors can employ, just tell patients to "recall happiest moments from year x when condition was not there, especially a day or activity involving the affected organ", if they don't believe in charts and lepton boson spectra. The physician or Immortality class teacher for the continuing education classes, would better be very positive and say "this medicine worked amazingly and cured these people with a worse version of your condition", and "recalling happy moments of your life lowers inflammation and helps your body heal, see these papers" and provide science papers for that for more sciencey types, to further enhance auto-suggestion placebo or chart restoration effects. If that didn't work, then he would later explain all this chart stuff to complement conventional treatment.

Parents can take videos of their baby, when he's small and has the most plastic brain. This enables the baby, when 20, to rewatch it and bring some of that plasticity. It helps the parents to watch someone with a somewhat similar chart with theirs being very plastic and rewatching this video helps them more than watching other youngsters, because this is someone with a chart closest to them than any other youngster. Parents can choose to be conscientious: when the kid is happy or achieving a cool science milestone or discovery, eterni tone, record the video. Then this kid or 20 year old will help you since he will age less, having more energy to help you recall more and delay aging by 10-40 years. Like in the talk with the prematter baby, the chart of the prematter baby is fluid, can be shifted towards the chart of the Immortal humans of the future, to help the baby to live to 500 or have a skill, parents visualize the baby having that skill.

Likewise, I have curly hair and this makes something very long to appear only 3" tall (it is 10), so a few 1 yr old ends of a hair strand is still there usually, allowing me to quantum entangle with

the me 1 yr ago easier and delay aging. Since hair protects head skin from oxidative stress, that taxes body reserves of antioxidants, and since it allows easier entangling with younger age charts, longer (not shorter) hair might help us to live longer by a few days, weeks or maybe even more; usually we have only palms, face and head exposed to sunlight UV, so if we wear very short hair or even shaved, we double the skin area that receives daily heavy duty UV bombardment that depletes body of antioxidants; it also depletes brain of many nutrients, because in colder and warmer days, the brain temperature fluctuates more, since the hair is not there to provide a protective mantle against wild temperature fluctuations; this is why I believe that having some good hair on the head can protect the brain and the brain areas that regulate aging better, as there is less temperature fluctuation; likewise, don't stay in the car without AC or with AC too cold, let brain temperatures remain more even as this puts undue stress on the brain; nobody knows if these temperature fluctuations will shorten lifespan by 3 days or weeks or months or more, but computers (our brains are computers) don't work well regulating aging when they overheat due to not hair (wear a good reflective light color cap to reflect heat away, if you no longer have hair and are older, to protect brain from heavy duty heat); that's why it may not be a good idea to shave head in sunny climates, where UV intensity is very high for many months. Curls evolved to keep our heads cool in the summer, so we can think straight, so going out often in hot sunny weather without a cap (if shaved) is not a smart idea, as it puts undue chemical stress on the body to cool the brain, aging us faster. Ladies with long curly hair, could hold 24-30 months worth of hair, at the end, so those ends are their help to quantumly entangle with the 2 year younger chart an extra 2% easier. By holding the end of the hair in the hand, like in psychometry, one may get more of that younger self chart easier, since it's not mixed with other older self stuff. People will laugh at this, but anyway, our bones, brains and many organs have stuff from age 3-20, not just 2-3 years prior. However, these tissues with younger age quanta are all mixed in with older age stuff, head hair allows entangling with 1-2 years older stuff exclusively. Body hair falls and is replaced frequently, it's not 1-3 years old.

Women have long hair, so that's why they may outlive men too, if the body has developed a *gene to use hair to slow aging*?☺☺☺ Today we have genetic engineering to cure diseases in plants or people, etc and we think that it is always, in 100% of the cases, that the genes we know today are the cause, not the effect of an adaptive change of the body to the environment: 800 years ago people thought we're made of fire, wood, earth, metal and air, the 5 elements, now 120 elements, some day 1 million, so the future periodic table genes are different and they change to increase lifespan in a way we don't understand, i.e it's not that one present gene achieves the longevity effect, but the combination of the future element spin geometry and other properties of 'inter-dimensional particles', or undiscovered physical particles that causes a change, since only some elements have that choice of particle geometry, spin or whatever. What

we see in a present periodic table gene is sometimes an EFFECT of a wider change of 100 genes of the future type, not the gene that causes a trait☺☺☺ (the trait is an effect of the wider trait change), so because of that, when we do a gene change to 'cure a disease', we may do more damage if we change some longevity gene set we don't understand, so just because we don't understand the hair thing, doesn't mean there is nothing to it; a cluster of genes may have less visible genes, that influence the expression of the trait, its epigenetic fluidity or turning on and off under various stimuli, etc, so while we may retain that important gene that is evidently linked to a physical outcome we measure today, not knowing the others leads to changing them and losing the hidden trait (more valuable for the species) that was the main reason for the biological trait that we think is linked to one gene alone, but is linked to 10 or 100 of the future periodic table, which would explain some oddities in genetics too. Men go bald more often and live shorter too. I have thin hair, so for me wearing it 4x longer would help me to achieve the same 'going back to a younger chart' as someone with 4x thicker hair; the thicker the hair, the shorter you can wear it without probably affecting the quantum thing; after showering, mine gets very curly and appears medium, just only 2-3 inches tall, but when I take some hairs, they're 5 to 12 feet long, they curl so much. Today, especially in Korea/Japan, men wear medium hair, 4-10", which may be better than the ultra short 0.5-1" hair many have. *Ultra short (<1.5 cm) hair is making men resonate with boxing or MMA folks, the most violent and brutish people, Nazis mass murderers, jailed people, soldiers, generals who kill and do the most evil things* humans do, so to protect yourself, medium hair is much better, 4-12", since if curly, the 12" will appear just 4 if not thick. Plus you look more laid back, more loving, less aggressive (skin heads are seen as Nazis and soldiers ready to kill) and this influences even your behavior, because each time a person sees you, they will think in their brain 'this is a cool, relaxed, compassionate, hippie guy' and you're influenced by this. Long hair is not needed and only 1 out of 300 men have really long 20 inch hair, but let's face it, women prefer men with medium hair, it makes men appear feminine, gentler and more like the girl's mom, so it's natural to trust and be more honest around such men; it also keeps you warm during the colder half of the year in most areas of the world, without a hat; it also saves you money, since you can use a pair of scissors and trim it, like I do, without ever wasting time at a hair salon, today they got so many kits to trim your hair; by keeping hair always medium, you trim it a little at home 1 minute each month and are all set. Men's hair 3-12" helps men quantum entangle with the females of the planet, being more like them and they're more nurturing, compassionate on average, so men become like a longer lived kinder species, odd how South Koreans live to 83, Japanese to 86 maybe Japan/South Korea wearing 3 times longer hair than most Asians helps them live longer too? We may, like females, develop better empathy and tune better into others' emotions, especially if genes exist that evolved hair as a mechanism to communicate with the rest of the species to increase its chance of survival, hair being an antenna based on physics of future centuries.

Our periodic table is not final, so the geometry of undiscovered particles and their interference wave patterns and music is unknown to us, and some hair could enable us to be 1% more in tune with what others feel, helping them feel better, promoting understanding, World Peace, etc. For this reason, it may be ideal to not dye one's hair unless a model, and use only spray on dyes that affect the photo taking session on a special day (wedding etc) only once a decade, so as to not change the DNA of the hair follicles via highly hair structure shifting hair dyes or even shampoos. We have hydrogen peroxide and PPD in dyes that create a huge increase of scalp free radicals for 5-20 minutes and this can destroy hair follicles, alter hair structure, impair our species wide communication, saturate blood with free radicals, prevent sperm and egg release from achieving perfect health state due to glutathione depletion (see hair section on why hair thins, etc), etc. Dyes also pollute the environment and our longevity depends on our sleep and diet, our reaction to stress and life and not the color of our hair. Our genital hair has virtually no (maybe 1) grey hair for decades while our head has 700+ white or silver or grey hairs, because our head hair gets 100-900 times more UV, jeans and underwear block 99.9% of UV, so the UV destroys the melanocytes that produce melanin, the hair color pigment and that have some immune role too. So when we destroy melanocytes 1. with short hair, 2. without a hat or 99.9% blocking umbrella (Amazon), 3. hair dye free radicals, heavy metals, etc 4. strong shampoos used daily that damage follicles, we're actually making hair whiter, thinner long term and immune system weaker; cosmetic companies never tell us that, just like eye drop companies hide that redness relievers will make eyes redder long-term, completely damage eye due to BAK. So, instead of focusing on hiding grays we can put fewer toxins in the body via creams, shampoo, dyes and stay healthier. When we got gray hair, people speak more kindly to us, with more compassion, respect, softer and it helps us to live longer, because it reminds us to speak in an eterni way.

***When we become a fake, hiding our grays, everyone treats us with less* tenderness *unconsciously* without even realizing (trash tone of bossy "holier due to age than you" man with a teenager, etc) *and this makes us more immature and angrier*. To live longer, we need to have the most eterni tone. White hair also prevents bitches who look at appearance only from trying to approach us 'romantically', since they dislike old people or are too 'tired or unread' to realize or know biological and brain aging is not reflected in % of grays on the head. White hair is fine, our society is obsessed with looking good, while aging rapidly, we better focus on aging less and looking healthy without lethal toxins on our scalp *skin that give us Alzheimer,* birth defects of offspring *if we dye hair around ovulation whether we're female or male*. Can we think about the environmental costs of dyes too and only use them if we're in a job where looking cool without photo editing is a must? That's only 0.1% of people. We spend billions on hair dyes, but only 0.1% of them are somewhat safe for the scalp and brain. Peroxide etc bring vast hair structure change that prevents us correctly quantum entangling with our younger self. So, to live longer,**

we need hair dyes kept to minimum and also, using the 0.1% types that are truly heavy metal, peroxide, etc free and color only the outer area, meaning don't shampoo hair so often either, but better yet only use sprays for special events and embrace reality, let nature remind us we age so we can delay aging and have naturally youthful hair, instead of fake youthful hair.☺☺☺ Dying hairs prevents us from seeing aging, seeing the problem we face, seeing we need to take better care of ourselves, stress less and be kinder to all beings and self. Can we be real and aid our quantum entanglement with the younger self? Also, when people perceive us more like a female, more feminine, due to hair, the mass consciousness, due to collective unconscious beliefs and knowing (men do most violent stuff and wars) that long hair people are kinder (females), they use kinder tone of intent, action and speech and help us improve ours, like they do with females, are more relaxed in our presence, trust us more, we collect more valuable intelligence too. On our planet, shortest hair people are often soldiers and people in jail, those involved in more violence against fellow species members, so the mass consciousness doesn't like or trust that, *people are more fake in presence of shorter hair people as a result*. Hair, when thick (or longer if very thin yet curly), can protect hair follicles/melanocytes from UV damage, boost immunity. If we all wear it longer, not like skin heads, we may become kinder, more compassionate, etc and rely less on dyes that give birth defects and age us thru oxidative stress.

The worth of a person is not how much UV has damaged their melanocytes due to working outside more, or having less UV resistant melanocytes *and having thinner hair, it's how they're inside.* But how we're inside depends on how we sleep and eat, how we stress about longevity, instead of appearance all day, and how we respond to life. Can we think about these things and how our cultures are too focused on appearance and too little on living longer in a healthy state, to 500 years old or 1 million in the far future? The first step begins with accepting oneself as one is, with gray hair, thin hair, etc as it may be and wear a hat when outside and sun is really strong. Can all accept themselves as they're and work to have no more grays/whites naturally, not via hiding the grays? ☺☺☺ That requires knowledge 1 trillion times more profound than to make a hair dye. We need knowledge to age slower, not to fake we aged slower. Many people with all white hair lived 40 years longer than those who dyed hair often, because they focused on sleep, diet, stress, the main drivers of aging. Being honest is better, it helps us confront aging, by seeing it and taking real actions to age slower. *If we bury the head in the sand when danger comes we die, if we hide our grays we die younger, as we're oblivious of the care and kindness we need towards self and others as a society.* Can we be honest and treat the cause, not the symptom of aging, white hair? We want doctors and Pharma, companies to treat cause, not symptoms, and criticize doctors, but what are we doing? Exactly the same. Isn't that a double standard? What about contaminating water supplies with these chemicals, making people produce toxic dyes instead of eterni foods as a job, etc? Isn't that immoral? The super mind of

the species notices vanity and the individuals who care about species's survival and longevity more than appearance, the health of the collective etc, so it will help those folks to live longer, not the ones who dye hair the most, those who're kinder or perceived to be kinder; longer hair helps us be perceived as kinder perhaps due to long help beliefs/knowing of the species genetic mind. The female is carrying the baby, she's connected with the baby better, being kinder and more understanding, so long hair helps us to tune into the prematter baby better, the Avatar of Immortality of all human babies to be born into one, etc and help it triple human lifespan. ☺☺☺

CHAPTER 4 - *Immortality* EDUCATION & ETHICS

4.1. Education: Immortality, Spy/Fake Science Paper Detection 4.2. Immortality Outreach

4.3. VISA for teen geniuses & ideas for Immortality Universities or Departments within colleges

4.4. Make $240 billion in education subsidies conditional on 900 year lifespan & STEM focus

4.5. Free K-12/college/PhD Education for all and 1 million labs in classrooms via Immortality Capitalism using Immortality credit score to compute income, benefits related to longevity

4.6. Increase 30 times alcohol, gambling, weed, cigarette tax to fund Immortality science labs

4.7. Use 95% of athletics money + tax 7 times more all cinemas/hotels (especially those that are very empty or luxury)/restaurants/vape stores/sport events to build longevity research centers and soundproof single rooms on/off-campus for school/undergrad/grad/postdoc students

4.8. Silence Halls for Meditation 4.9. Sports & altruism 4.10. Sleep studies

4.11. Bad effects of alcohol/smoking/coffee/weed 4.12. Heart Rate Monitors

4.1. EDUCATION - THE Center of the Civilization of Immortals

After a 2 page intro below☺☺☺, you'll find the 10 subsections you can also go to now:

4.1.1. Daily focus on living in the Bliss of Eternal Lifespan Tripling, of Immortality, of being free from death, aging, being free to study or specialize in any area of immortality science early on

4.1.2. Immortality Test (or exam) for students (for all other professions, see Chapter 6)

4.1.3. History classes of the future minimize past and focus on the science of the heavenly future

4.1.4. Athletics Departments are dissolved, becoming 5% of the Immortality Departments

4.1.5. Update all science, math, engineering textbooks to magnify lifespan tripling focus

4.1.6. Massive changes within movie, literature, theatre classes for longevity, immortality focus

4.1.7. Dedicated immortalism or living to 400 majors & classes 15 hour/week

4.1.8. More longevity/immortality related city, street, college, etc names to focus our goals

4.1.9. Discernment Education: 140 pages on Spies and Verifying, Doubting Every Claim, TV Story, like a true scientist who seeks unfakable proof of causation (not correlation) or reality

4.1.10. Turn all restaurants into mini immortality schools or universities

INTRODUCTION

Education is the most important endeavor in a Civilization of Immortals. This means using the *scientific method to* verify every *claim in the media, TV or* science *papers*, to see if it's true or false, or even intentionally planted by foreign spies to foment war, damage human quantum

field by torture or attempts to shorten anyone's life, like the 140 page section on espionage (how to detect a spy from anti-Immortality *for* All regimes) explains. The goal is a world of Immortality where all help all to live to a trillion, where we have one nation, one language on Earth, but until the Immortalist Anthem ethics emerges, we need to be careful, since there is no international agreement to ban torture/violence/war, like CO_2 or CFCs, since the planet is ruled by terrorists who give themselves endless decorations for all genocides, torture they do under the guise of war (blood drinkers and mock little girl sacrificers with infernal demonic voices (thru wars, see Wikipedia) wearing military uniforms). Nobody wants war, except the top generals, their "aristocrat puppet governments" who hold the planet hostage. *Civilization begins with World Peace and 0 Violence, real Education begins after World Peace*, so We the People want World Peace in 3 months NOW. The parasitic vampires who rule the nations for millennia using the same old scam, never talk of Eternal World Peace in 3 months, only of conflict to protect "human rights (to be tortured to death or enslaved so they take the land/resources)". Notice how many filif gnat IQ☺☺☺ (hybrid war to drastically lower average IQ, enslave the working class) topics on TV, war among them, and ~*~Eternal Universal Peace~*~ in 3 months never a topic. Watch the ☺abysmal IQ☺ of the music lyrics, never about Peace in 3 months. NATO+Australia is on the verge of becoming a 3rd world country, as # of STEM graduates in BRICS is much higher. Only 30% of graduates are STEM (Sci.Tech.Eng.Math), instead of 90%. Why not be efficient and study MBA or minor in business if you want to learn about management of 500 people in a division of one of the 11 companies? You have 40 product teams competing for the best design within the same company. We need end all city, county, state governments, for max efficiency, as they're replaced by the one gov of 11 companies and 3 agencies. Aristoc-rats need their guns and torture devices to beat the workers to death, wars to keep workers chained in confusion as cannon fodder meat, the religions to keep worker IQ ultra low. Workers wake up and let's end the aristoc-rat made wars.

The 100% of the high school hourly educational load will be for 8 subjects:

► 40% ► Immortalism (10% Immortalist Health: sleep, eyes, intoxicants & Nutrition Ch 11 & 12, 5% Immortalist Happiness via Meditative Breathing Ch 9, 10, 5.3., 5% Immortalist Culture & State of Emergency until all violent crime is 0, Ch 5, 3% Immortalist Ethics, History, Spies Ch 4, 2% Immortalist Speech, Emotion, Thought Ch 8, 1% Immortalist Music Ch 7, 0.3% Veganism, 0.2% Eterni Diet 5% Immortalist Altruism, Logic, Efficiency, Centralization Ch 4.5: 11 companies replace 1 billion of them, Immortality Credit Score, reviews.gov instant fine/bonus), 1% Trillion Year Life Tech, 3% 500 Year Life Tech, 1% Immortalist Psychology, Spirituality, Ch 14, 0.4% Maintain 0 Wars/Violent Crime, Ch 13, 0.1% Parent License Ch 15 & Sex for Pro-creation only

► 17% ► Physics (8% quantum/dimensional/particle physics to create new matter states for

chemical synthesis and intergalactic energy body, & 2% chemical physics for creating 10 billion tons of any molecule within seconds for eterni foods synthesis using particle jets etc)

► 13% ► Chemistry (7% particle jet chemical physics synthesis via new spin matter state, computational chemistry, for making stuff 10 billion times faster than photosynthesis or organic industrial synthesis, as letters now travel 10 billion times faster via email, for the creation of eterni foods to help humans survive an ice age (no agriculture possible) brought by volcanic eruptions, 1% shapeshifting human form into the chemistry, DNA and biology of other planets via the energy body, to create the teleporting telepathic shimmering shapeshifting human Immortals ☺☺ able to morph into any exoplanet lifeform as in the Immortalist Anthem)

► 9% ► Immortality Building (volunteering becomes physical education: build quiet houses, meditation rooms, particle accelerators, chemical reactors to bypass organic synthesis etc)

► 6% ► Biology (1% DNA upgrade to increase lifespan 10 times, 3% eterni foods via biochemical reactors to produce proteins, sugars, fibers of interest way faster than agriculture)

► 5% ► Math (half or 3% is applied math for *particle* physics *and quantum* chemistry☺☺)

► 5% ► IT, AI, software, engineering (3% engineer *particle* accelerators, chemical reactors)

► 5% ► English & 1% *local* language for nonUSA nations that don't have many English native speakers (eliminate all conjugation, simplify their language, make it logical), *adopt* Immortalist English that is simplified, mathematical, *basic grammar/science vocabulary,* evolution towards eterni phonetic English, with all subjects taught in English per One Language for Universal Immortality. Primary/middle school have more language/math, less advanced complex subjects.

All the 8 subjects, except Immortalism and English, have labs *(20 hours weekly, grades 10-12, to focus on innovation and real world experience)* to do engineering and science work based on the theory classes attended via youtube, applied math for math to help physicists and chemists. Say you go to school usually 40 hours a week, well, 20 hours you attend the labs, 20 you study at home the theory by watching lecture sand passing the exam online at education.gov, enter your course number and do the test. Labs are 5 hrs only in grade 1, 7 grade 2-3, 8 grade 4, 10 grade 5-6, 15 grade 7-8, 17 grade 9, 20 grade 10-12, 20 year 1-2 college, 25 year 3-4 college, 30 PhD, 40 Postdoc. Weekends are off to do any extra labs or study you're interested in to major in your area of interest, like how to split electrons. If volcanic eruptions bring global cooling and a nuclear winter like *ice age*, we have a big problem of no food, so it is imperative to be prepared to make physics and chemistry a priority to create eterni foods. To not do this is tantamount to genocide of 8 billion people. The labs in college are done on real projects, such as the National Solar Panel, Humidifier or Quantum Teleportation lab research done for one of the 11

companies. This way, we're not wasting time researching the shape and curliness of fruit fly leg hair, but doing real science to solve real problems and we don't waste anyone's time with college, college becomes like a real world job almost, just a high tech one. For profit colleges have 0 incentives to prepare you for the real world (the 11 companies), by working in the 11 companies research projects in these labs. Today what happens is people study nonsense that is wholly unrelated to their future jobs, so people waste 4 years in college for nothing. With 11 companies anyone can become a job they like and plan for it since age 10, with job security, as all remain employed, moved to another department if conflicts or poor performance happen, if being tired, having a baby and needing an easier job where bad sleep caused mistakes have less destructive impact. We focus on helping all, instead of dishonestly praising a boss out of fear of being fired, even if he's terrible and does make tons of mistakes. No student is forced to memorize anything in USELESS JUNK subjects like geography, etc, since to Live to 4000 you don't need to memorize lakes and countries created by genocidal aristocrats, or the anatomical parts of insects, animals, plants. We get one education for all, so we no longer have kids terrorized by the humanities classes and "physical edu" teachers who destroy brains instead of using them to innovate products that help all live to 4000 since the age of 12 by working with scientists at the 1 million Unis and the 11 companies to create the Universal Pay Immortalist Transition Society to the Post Scarcity World of shapeshifting Immortals ☺☺☺ materializing anything needed, so zero money, as all humans are telepathically connected and their Ethics and Empathy for all other billions are 1 billion times higher than people have for their spouse or kid today. Centralization = Peace, decentralization = war over what system to use, etc. Humans become one, each child has 10 billion parents as the Immortalist Anthem Explains, we are a Family of Immortals☺☺☺, i.e. you know more about every human than a human knows today about their spouse. Art History and humanities majors need be banned. The urgency is eliminating all deaths in male dominated industries that account for 92% of worker fatalities, by proper design of robots to replace these back breaking deadly jobs, via Efficient Merger of all into 11 companies. All majors need be STEM, all else is minors. When you have 11 companies, not 33 million, 1 gov not 20000, you don't need millions of morons in admin positions, just STEM thinkers. There is no art, no culture to study, all art and culture so far has been of murder and stupidity, theft and rape. Culture exists when we have zero violent crime, and to achieve it, we only need STEM: we get chemists, physicists, engineers, material scientists make the lens, etc of 500 trillion cameras, nobody dares do anything, as all is recorded and death penalty for all violent crime. We don't fool around, we don't play games, since all humans can die in 10 seconds if we play games. No point to study religion either, unless minor like in this book: fake miracles and infinite violence. Religion is psychopathy that is diabolical and antithetical to Ethics, Immortalism and Its Anthem. Physical Education classes are optional, and they are done by going to a gym, no shouts. Kids exercise as they clean labs, build amazing gadgets, chemicals, etc to help all Live to a trillion.

Immortalist nations teach Immortality and trillion year lifespans as goal from kindergarten to PhD, and retirement, since as people age they develop health issues and they can sign up for one of the 8,000 free classes they're interested in every month to fulfill Continuing Immortality Education Credits Requirement, to learn things from health experts, doctors that help them prevent health problems before they arise (prevention not cure). We know what health issues people are more likely to experience at any age and some are highlighted by the user, so they go learn about red or dry eyes for example if they get that.☺☺☺ Life is *Knowledge,* Immortality is *Knowledge*, acquired by the selfless dedication of those who pursue Eternal Learning and human progress above material GOALS. Death is due to Ignorance, while Life due to *Knowledge on* how to prevent aging, and death. We were clueless in 1800: death rate from 90 diseases was 500 times higher. Hypothesis Formulation and Testing (see song about it) as we do in science and all pursuits of truth (spiritual or material), is the Light of *Knowledge*, the Light of Life Immortal.

4.1.1. Ensuring students are free to specialize in any area of interest (to encourage ingenuity, exploration, discovery, innovation☺☺☺), and that the infinite bliss of tripling human lifespan forever/Immortality, freedom from "*short lives, aging, death*" are mentioned daily in school

The most cherished state for students is that of freedom from "sorrow, pain, terror, aging, negative emotion, short lives", from being trapped into a prison like educational system that diminishes human inventiveness, happiness, freedom and creativity 300 fold. Due to the difficult environment we emerged (animals eating us, disasters/diseases decimating us, etc), our religions and schools had that abrupt dictatorial cruel urgency energy to them that has carried over millennia into our schools, in some schools a lot more than others. Our schools are thus similar to our organized religions whose tone has, due to historical inertia, veered towards commandments (yelling as in services) from a wrathful disciplinarian (by fear of punishing, not positive motivation) terrorist cruel 100% male God, instead of 10 or trillions of communions (not commandments) or ways of loving communion with the infinitely tender feminine-masculine balanced God, gentle sweet healing eterni songs that inspire people with possible choices and suggestions for a happy life of 900 trillion years or Immortality as children of God. Kids want to be free, from the historical inertia and to bring the world of Immortals. But that is often impossible with the current systems of education that are geared towards 99% repetition of the former century; some say that only 10% is repetition, but the tone is 99.9% the same (tone is arguably reflective of 99% of our morality, ethics, character, mode of behavior, intent, *gentle tender softness*, etc) – so while techs change in schools, the basic inner human remains identical, only the method of cruelty/killing changes, new techs of being mean. "It's easier to denature Plutonium than the evil spirit of man" is supposedly some quote, we see how hard it is to overcome egos and change tones, because tone *is everything we're inside, we're so addicted to it, our neurons so wired and set by parental and teacher tones we imitated and adopted* before

age 4-15, that change is "too gigantic of an undertaking to be bothered with". The current systems often diminish scientific discovery by 300 fold, and with that the advent of the Avatar of Immortality in every kid, who, literally brings the World of Immortals. Imagine an educational system where people are not forced to sit in a crowded room, with low oxygen, high RF that erases memory, positive ions from heating/cooling that increase depression, dirty electricity, to listen to the angry negative emotion filled tone of a teacher whose brain patterns pollute the kids and prevent the developing of the eterni emotional Life of Immortals.

Chapter 7 explains that today, for the first time in history, due to amazing textbooks, videos, etc, schools can create the most eterni videos and use those together with online texts to allow students to learn at home more (school for more lab like stuff), so they imitate the most healthy positive gentle healing nurturing emotions that are filled with the infinite love of Freedom of self and others (so people are *gentle tender soft* healing in behavior, as opposed to OCD controllers) – not with the terror of millions of years "this must be done now this way or world ends", in a soothing oxygenated environment, with negative ions like near a waterfall, with better air quality, decorations, colors, quotes, etc that uplift the student, soothing music that changes millions of years of DNA programming to be a non-thinking robotic unhappy person to the happy creative fluid immortalist of the future, who loves to live to 1 billion, because he is, after all, happy, not made into a life hating depressed individual (who is happy to die at 90, since after all, he's quite unhappy and dislikes the hell of our world) by the emotions of the teachers encoded in their tones of speech, who fail at hiding how they really feel about life and what their day is like. Happiness depends on being well-rested and fed, yet with so many useless things to memorize and so little nutrition data, so many sports to play and attend to look good, where can kids truly relax and be themselves, have an independent thought? How can the future be different if there is no filtering and prerecording of lessons to enable the teacher to speak much less and with eterni tone? Imagine many videos recorded after the deepest happiness states and most Immortality focused meditations – kids imitate tones, emotions and behaviors tones inspire. Then, like in Finland, where kids go to school only 20 hours a week and have 20 only minutes of homework, they're allowed to be happy, like an Infinitely Loving God (not an oppressive terror torturing oppressive entity), who honors the free will of the trillion year old spirit in every kid, they're allowed to freely choose what areas to study in depth, out of the curiosity, likes and affinity for that subject; when home, they choose which "Immortal Compassion for humanity" project to take part (after the daily meditation) at one of the Immortality Building Playgrounds, amazing & beautiful ☺☺☺ colorful Disneyland like places replacing the huge sports fields sitting empty 99% of the time (or endless lecture halls and classroom areas that sit empty a lot if everyone uses online learning, remote learning and then every classroom space becomes an Immortality building lab, where kids learn amazing things

and get more experience than some get in the entire college today of labs and undergrad research), same area of the city used for schools, just less empty grass/concrete/etc and more amazing & beautiful eterni labs, since schools, kindergartens can be smaller and the hands-on Immortality Building Playgrounds☺☺☺ can be closer to Universities or stand alone, perhaps sometimes near an astronomy site, but they can be near school too, but this is for hands on building, not a class focused on memorization, but a lab focused on thinking, inventing, applying in real life the knowledge they got in the 3 hours of instruction (it is optional to attend in person the 3 hours of instruction, since with video connection one can watch it remotely or an equivalent lecture; this enables all to never miss a class due to road closure, snow or flu, as the lectures for any day are listed for download, the textbook sections listed, etc.

As long as people pass the exams and take part in labs, they can avoid all 3 hours of instruction if they dislike tone of teacher or prefer home for other reasons (commute, etc). This is the freedom of choice to specialize since age 10. 3 hours knowledge, 3 hours knowledge applied in labs (groups), 2 hours relaxation, meditation☺☺☺, freedom in applying knowledge alone at home (the inner self, discovering the kingdom within), the rest of the day is sleep (kids sleep more), and other Immortality building projects done relaxed, no pressure, plus the homework (max 1 hour to avoid overload, becoming a walking encyclopedia (computers can store facts, no need to waste neurons with that) with no self-care ability, no good tone, no happiness, no filtering). Kindness for others starts with self, if one is angry one can't help anyone. First, let everyone be gentle with their breathing, breathe consciously, listen to eterni music to epigenetically change DNA of brain (undoing patterns of millions of years), become like an angelic monk, be *gentle tender soft* with themselves, and then it is natural they can help others as they're happy, not pressured/stressed, rested, not tired, relaxed, not overwhelmed with assignments, extracurricular activities and 5 hours of homework daily, memorizing useless stuff that in 2 years is all forgotten. To create new offspring brain patterns "of hypothesis thinking and formulation that increase discovery 100 fold" epigenetically, in the brain growth stage, neuron and speaking patterns formation stage of 1-18, one needs intense inner work, but that is impossible in the current educational systems, which focus more on precision of hitting balls than on precision of loving kindness in speech, emotion, intent and behavior. These labs (not all in ideal amazing looking environments) can also allow kids to be 20 times readier to comprehend the real world, to deal with the world and its problems, develop empathy and creativity, since the world is not like a classroom. Nobody would be required to attend these colorful Disneyland like learning mini-universities or playgrounds, but these would be so fun, everyone would, unless they want to meditate at home or study something in depth that there is no class for. They're designed like playgrounds to dissolve the artificial distinction between science and fun, since all play can be a funny service to humanity via the funny science wonders

that amaze kids so much (think about chemistry or physics experiments that kids like), with less pushing from others and mostly self-driven activity. The extremely interventionist system, of teachers push everyone so hard, controlling and micro managing, the threat (stick, no carrot) based system of "fail grade" punishing, society "shaming people for not getting As in every subject", when grades can be thought of as "reflecting the interest of a kid in the present stone age curriculum in schools, which would be irrelevant in year 9,000, so for a time traveler it would be a waste of time", as if learning all junk in some class will make the world a better place, it could make it worse) etc, the unwanted energy of war and violence of eons, these threats don't just work in the short term as old style teachers believe, they teach kids (the "successful teacher" is the one who was so oppressive and harsh in tone, that kids emulate that and become the next OCD controllers) to become dictators, oppressors and users of threats and war starters in any situation, since kids learn from living example, not words of "be kind and empathetic" spoken in a yelling tone.

Whoever passes the building of something test (requires science knowledge), is given a toy, a toolkit to play with in spare time at home, to create more amazing things that help learn more things, build more Immortality building knowledge. This removes the stick, the stigma, the negative methods of millions of *years, and opens the mind to a possibility of positive methods 100% working just as well to* achieve the same end. Those who didn't manage to build something electronically (cytokine that signals inflammation, or some protein) by design on computer or hardware in a Playground (God=Eternal Lila, like Allyl, Play) or "lab", would be free to try other labs to find one field that they're happiest inventing new ways to live to 9 trillion in; ideally in labs all is real life like and related to longevity directly and indirectly and this is explained well, as well as why this tech is prioritized above other tech endeavors (cost benefit, resources, etc, and that's how they learn basics of resource management and some economics). The Finland video explains that happiness is their focus, as well as being more relaxed (which is important for happiness), not overwhelmed with homework in useless topics. Likewise, people could design school systems where a main focus is happiness that is Immortal, hence Immortality, being happy making inventions, happy learning via play (we learn 10-100 times more when it seems like a funny play and we do it out of our choice and interest, not by coercion) how to live to a billion and alleviate suffering of aging, etc, happy to play with physics, biochemistry, etc and build new sports, worlds, planets, dimensions, lifeforms. Without happiness, people have no motivation to live long, discover how to live to a trillion and enjoy being happy☺☺☺ for a trillion years. When building mice that live 3 times longer as our pets is a play, the kids are looking at it as fun, as a funny yet serious project (which doesn't always succeed of course, science is not like try 2 times and you discover the 2nd time) of compassionate alleviating the suffering of millions who die every year needlessly, when teachers present

science totally differently, with Immortality and happiness applications as explained below, teachers inspire the kids to like science so much, there is no need to FORCE them to learn in detail stuff they're not interested in, as they will learn on their own faster what is needed to make the worm live 5 times longer or the tech be 10 times more effective at doing something we need to build 900 year lifespans. For example, in chemistry, they learn about glucosidase in 4th grade in some hypothetical school, and how beano is a man made product that relieves gas by breaking down some sugars. Student is amazed how knowledge can alleviate the suffering of millions of kids, tortured by parents/teachers without knowledge who feed them stuff that give them unpleasant smells or odorless bloating; then he discovers about the vast chemistry of odors and bacteria and immune system and wants to create eterni foods free of these nasty compounds, so by the age of 18 he makes 200 inventions and publishes 50 papers, not being "jailed"/forced to memorize negative literature and history stuff that is all forgotten (too much to store), endless details of "geography, this and that" (all forgotten by 30) to pass tests and do no invention that genuinely improves the lifespan and wellbeing (thus desire to live to 9 trillion) of others. The schools are often robotizing kids into negative emotions, hate, negative behaviors, not thinking creatively, obeying orders – inventing nothing, discovering nothing, thru polluted tones and vast memorization that is all forgotten and knowledge not applied, just like the pastors who talk of kindness yet have a yelling tone that has no kindness at all (why not prerecord it?), where is the knowledge of scripture applied? All brain resources wasted, nothing invented, another robotic unhappy life – no new knowledge created, huge waste of resources for billions of kids. Is that how we build a world of Immortals? 20 hrs/week playing soccer?

Critics will say this will raise a generation of happiness comfort seeking lazy kids who know nothing and can't deal with the real world; the exact opposite is (or "could be" if skeptical) true, the kids will be far happier, far more active (look at some of the "lifeless" "lazy" (tired actually) kids today sometimes, product of a depressive school system, no motivation to do anything, no joy), seeking less happiness, learning far more and knowing one field (of interest) better than university professors in rare cases, and being able to deal with the real world with an ingenuity and mode of strategic approach SO DIFFERENT, that it is often 1 billion times more effective. Look at Finland. They're the real dealers with the real world, more capable than many 70 year olds, able to use the healing nurturing *gentle tender soft* Grace of ingenuity instead the brute force (negative emotion filled, war like) of "lack of knowledge" or "Neolithic concepts, ideas, mentality or filif snail IQ☺☺☺", since they have been raised in a way like no generation ever did – they deal without the brainwashing of millions of years, with new modes of thinking, able to solve same problems in new ways nobody ever tried before. You can't solve a problem with the same thinking that created the problem. They can even create a lab of dealing with "unexpected or emergency" situations, to develop a new ultra tranquil serene compassionate way of coping

with that that is way different than that of previous generations, to promote Eternal harmony. Counterargument to critics: the present system stuffs the brain with so much info/homework, kids get tired trying to get As in *everything useless under the sky* they will never use in their career to improve lifespan, but all they do is learn others' conclusions, have no *independent* thought to consider alternate conclusions and where the experiment or physics law is wrong, and then you get used to being this robot with no hypothesis thinking and questioning, a mind slave, when so many activities on top of it, you have no time for tone, self-care, meditation☺☺☺, just relaxing and higher cognitive functions, just being a robot. Easier said than done, for creating such a school would take huge efforts at first, since teachers would have to go thru special training to learn how to use videos more, prerecordings, speak 20 times better (but 20x less, as they would be exhausted otherwise in no time), etc. This is hard, since adults have egos, strong feelings about their "tone". They also fear allowing kids too much freedom. But with each new school, it becomes better, easier, less expensive (hard to find a good teacher who also can learn a good tone, pass the tone exam, and implement it while a teacher) and then it becomes the norm eventually, allowing reaching 900 year lifespan 100 times faster.

The standardized tests *would be less important (maybe not even used some day, evaluate the* inventions, Immortality papers and research done; since you can't really invent stuff without *having almost perfect SAT score to begin with) for college admission compared to how* many inventions one made to further Immortality while a high school student (or whatever projects one worked on, music in eternitone, etc). Likewise, middle school inventions would play a role in admission to the most wanted high schools (with more labs, facilities that allow teachers to do amazing research with 10th graders as professors do with undergrads and discover new things, publish papers like college or grad students, since teachers use prerecordings and have way more time to research instead of robotically repeating same thing. Teachers bored of repeating like a robot each class and year, would enjoy learning new things.☺☺☺ AI answers questions and also students cansend questions electronically to the teacher, who answers them. Today, youtube and many textbooks are so good, there is no need of much tutoring. As teachers have more time to think and prepare lab material, since recordings do much of the job, and online grading systems can do all testing, we get into amazing youtube demos of mind blowing experiments (too expensive to make in every high school) and lab projects that hook everyone to STEM from the 1st grade of kindergarten, simpelst thing is chemistry from age 4, since it's ultra cheap to get a chemistry set for kindergarten and see fantastic things. Basic chemistry doesn't require advanced math or physics, so it can be started at age 4, basic concepts, and more real chemistry in 1st grade. We start chemistry at age 4, and build it up to age 18, over 15 years, making everyone an artist of molecules, fields, physics and applied math in service to atomic simulations that give us 900 year lifespans. The more math-physics dependent chemistry we

leave for high school, but the organic, inorganic, biochemistry, Immortality related medical applications and wonderful stuff we do way before then to show the vast applications in longevity, cures, etc early on and make people understand the real world as a shapeshifting world that knowledge shifts to 900 year lifespans; we design new toys with molecular sets and new games about compounds that triple human lifespan. We prepare the kids for bioelectrical fields in biophysics labs and, worm lifespan tripling and organ regeneration (rare, just when animals get hurt, etc and a veterinary hospital can arrange to bring it, to try new treatment) in immortal biology labs, for atomic quantum chemistry simulations in the 12th grade, after some calculus, physics and physical chemistry, since that is very important in curing all disease and aging, besides the chemical engineering and scanner building (chemical physics labs) to take pictures of the 3-20 trillion quadrillion atoms in a human body (depends on age, weight) every day to improve simulations, label atoms, trace them and do real nutrition from the 12th grade. This transforms the boring schools into colorful Disneyland like places☺☺☺ of wonder and scientific adventure, as instead of 3 labs in a high school, chem, bio, physics, there are 30 labs, since online learning removes need for classrooms. Vertical farms, building new labs, eterni food mini-factories, cleaning daily these labs remove need for any athletic fields (dissolve athletics department, create Immortality department instead), as everyone is doing exercise the eterni way of loving kindness in service to humanity solving real problems and becoming far more capable to deal with the world (not the ball), no shoving others as in football, rugby, basketball, or hitting others' legs as in soccer, etc.

Students will enjoy they can skip going to school some days, especially long commuters, and schedule 6 hours of lab research for next day, to be able to skip a 3 hour shift. 7th grade kids who have acne can take part in the eterni cosmetics lab, to design the best treatment and learn the chemistry of the immune system of the body and skin and how it fights acne, how to make soap, shampoo, shave cream, makeup at home or school from basic ingredients, and what each role plays, learning about extra cellular matrix of various tissues, etc. They will be 900 times more motivated to learn biochemistry, since they got the problem and the lab (and associated basic lectures recorded in the most amazing tone after 4 weeks of hourly glimpses of infinite happiness) can cure them maybe, learning 500 times more than parents know or even more in some areas than the dermatologist who can't read every paper the kid reads via searching; a motivated kid has the right to become a specialist in acne chemistry or digestive chemistry to fix his digestive gas or acne problem, and if discovering something amazing, get approval for standardized test in his area of expertise, so he becomes world's most knowledgeable expert at age 30 in a specific area, without having to cram his head with endless subjects. We can't allow depressed teachers, professors to contaminate via negative emotion 100s of kids or college students, lowering their motivation due to brain to brain contagion of low motivation, anger,

unhappiness (or dislike of lecturing like a robot, when he could just play a recording in 30 times better tone, but Provost can't allow it, since they "got to make their own, can't use 1 recording for 800 universities/schools *[let research* define universities not basic non-lab courses, differentiate them, not so much the courses that can overlap 10-90% at times, Chemistry 101 (5 *versions for different STEM intensities, co-created by the best schools), midterms, finals, eterni tone* lectures [students can choose AI voice over they like too, 100 choices] t*aken same day by 4,000 colleges in USA at* education.gov, grade appearing instantly in 2 minutes (all multiple choice), leading to huge cognitive resources saved (most often ironically use same top 8 textbooks anyway, include top 40 textbooks as references for course so people can choose which one they like) and put to greater use of tripling lifespan 90 times faster. Some courses are only at some colleges, maybe shared by 10 or two only, specialized in that thing/research, but many *courses can be shared by 2,000 universities]*, waste educator career in creating similar lectures, reinventing the wheel," when educator could have used that time to make students far more interested in research/discoery, since colleges partnering with high schools allow subcontracting simpler research to those science journal publishing groups of 10th graders and allow teacher-professor interactions for better inventions and faster discovery of 4000 yr techs.

Why not allow colleges who want to share exams, to have same midterm dates and questions, automatic multiple choice computerized tests, online testing for midterms/final exams? Then, the professor focuses mentors the student research projects, leading to higher discovery rate, instead of grading stuff computers can do 100 times faster and better. Negative emotion is as contagious as yawns, people don't realize it, and it shuts down creative thinking brain areas, meaning everyone loses, another day, or maybe 300 out of 365 days, taken off-peak of maximal neuronal connections and discovery by an angry, lethargic depressed lecturer or midly happy one whose tone ☺☺☺though has so much subtly negative emotion encoded, it subtly cues all student brains to shut down their areas too, as his worries, anxiety, stress, fight and flight are subtly encoded and contaminate students with his pessimism, which then shuts down inventiveness; or ultra-passionate teachers can also shut down hypothesis thinking areas, make students rushed, off that fine center of tranquil happiness and quiet confidence that is specific to truly happy and well rested individuals. Universities got the freedom to demolish lecture halls and in their place build 1. soundproof dorms with decent single rooms for all students who remote learn, 2. amazing vertical farms to learn eterni and vegan food production locally, and 3. the most amazing eterni labs, ventilated, negative ion rich, green, that replace 400 year old classrooms sitting empty and outdated by the youtube and textbooks and online learning nobody predicted centuries ago. This is our opportunity to speed up Immortality related discovery 500 fold, and to transform the world 100 times more than the Renaissance and the Enlightenment did. Every college student will be amazed that instead of 10 research groups he

can join, there are 100 now, 40 of them in longevity immortality related areas (can be even high school ones that satisfy the requirement, where they act as teacher-professor liason and mentor for high schoolers) close to his genome weaknesses that need addressing to maximize his chance to live to 900 – this is a clever way to use self-interest to get people 400 times more motivated to learn genetics, biochemistry, biomedical engineering, atomic scanner building, biophysics, computers that can handle molecular simulations, etc. Colleges would allow students to go to nearby colleges too to do research and satisfy graduation requirements. This is a natural evolution the online era allows. The self-driven student, no longer needing policing and confinement in a lecture hall, is enjoying college far more and discovering 50 times more, being a more productive citizen who knows at 22 more than many professors now, since he started chemistry at 4, in kindergarten and he really liked it, so at 22, he knows more than 35 year old professors. His biomarkers also are better than sports players, due to the manganese superoxide dismutase reality. He just helped build these labs, since contractors needed some help, like with Habitat for humanity or lihi, and cleaning labs and maintenance, etc has created new opportunities to exercise a little daily, like many centenarian college professors who live to 105 and never exercise outside their job. Retrofitting many college dorms with soundproof walls, etc allows professor to help students and develop loving kindness☺☺☺, so better student sleep means better research papers for professor and student resume, better biomarkers for professor. Honestly, students would often do more exercise this way, live longer than the usual "athletics requirement" many go around by going to gentle *yoga (*see safe vs dangerous yoga (or regular aerobic exercises some do) moves*, (5% are fractures), see yoga injuries)* class in college.

When we teach STEM to college/high/middle school there is little emphasis on the mind-blowing effects each discovery had on human lifespan, how millions of people got rid of many diseases (vitamin C scurvy) when they discovered vitamins, sanitation, vaccines, etc. This lifespan doubling connection of every discovery would be emphasized 200+ times more often than now and the areas of life sciences with more application to human longevity would be given more time. In every chemistry, biology and related biomedical engineering class there can be a mention of 10-50 seconds about how a chemical/cell/tech mentioned today has been used to synthesize or catalyze the synthesis of a medicine/nutrient (faster/cheaper) that gave some or millions 10-50 extra years of life or cured a debilitating condition. Same thing in other fields, physics/engineering emphasize the applications (instruments built to monitor biomarkers, etc) that can double lifespan or helped advance biophysics of living to 300, math classes can mention that some types of models are used to create better simulations for living to 400. Make it colorful Disneyland like too, with holograms, projections, amazing, to captivate kids. We can make lifespan doubling something everyone thinks about naturally every day, even 7 year olds. We often spend time in biology to study the structure of the posterior of some bug, its wing

structure or something; that is less important than nutrition that can extend lifespan 2-10 times or how 2 gene changes make worms live 5 times longer. We don't study STEM for the sake of STEM but for eliminating human suffering and doubling healthy/total lifespan, curing aging and diseases. ☺☺☺ We need prioritization so we can triple human lifespan thru super high tech methods, including a high tech eterni diet. If people understand better the history of science, they can see how we can, when really dedicated, increase lifespan years adding capacity a million times, just as we did for lifespan shortening. Most kids in school have no idea, as nobody explains to them, that actually if enough people would focus on this thru a new culture and educational system, they themselves might be able to live to 150 or 500 or if ultra lucky, like Immortalli from the movie, to 30 billion years old. How many kids today can say they heard a teacher of STEM explain to them that via science, if lucky, they could live to be 300 or even 50 times longer? ☺ 1 in a million? This lack of vision, this extreme negativity, extreme antilife and antilongevity bias, in our educational system and culture, create a very dreary boring environment where kids get some "ideas to pass an exam to get a paycheck" in a very depressive way, that is wholly removed from the very nature of Life, Immortality, which doesn't have limits, i.e. Immortality is not for some "afterlife only", and "peace is not only for some afterlife", but also for this world, where humans can live to be 500 one day. Kids' motivation to study anything, to discover, to major in STEM is disconnected from their self-interest, health, happiness, they often feel they're fed beliefs to get a paycheck to buy the next junk food, who can't even be an eterni food. Sadly, the religion classes come up with some fantastical stories for which there is no proof and forced beliefs, and if they get disillusioned with the religion they reject even the ethics (explained more in this chapter) associated with it, even the self-interest ethics explained in the peace chapter or altruistic ethics that is independent of a belief in God.

Why can't our education be more honest, lifespan extension affirming and "we don't know" like, and make people ☺ happy about living, extending this life ☺ instead of shortening it by wars to impose fictional beliefs for which there is no real strong evidence? The teacher would ideally explain very well how this or that fact of science personally relates to the student, to his ☺ perfect happiness and health, to his lifespan length, ☺ to his Immortality in this dimension and possibly (or certain if believer) other dimensions. We study to create Eternal beauty and happiness in this and all dimensions, not to be a robot with a paycheck eating junk food to die at 80 instead of living to 900. The mechanical repetition of facts of science any youtube video has (some in way nicer tone that makes student far more interested) is not going to arouse student's motivation and enthusiasm for making everyone live to 500. Teachers can open their minds and realize what humans already did in health sciences, in sending letters a million times faster, and inspire kids to do a million times better in lifespan extension, thus ending up themselves living perhaps a few extra decades or centuries if very lucky. Teachers can magnify a million fold the

joy, bliss, ☺☺ happiness of, Passion for Living to 900 or far longer. Some people won't believe without material evidence in afterlife or God, so we need to be inclusive and create an educational system that is ultra motivational for the strongest atheists too, that develops a strong love and passion for ethics of longevity and physical (and spiritual if believer) Immortality in all, that can appeal to the self-interest of the most selfish atheist or theist in order to motivate all to create World Peace, to motivate their nobest lifespan extension for all behavior to the maximum, as that maximizes *his chance to gain lifespan; most students don't care about living to 80 in a mansion, they would* rather live to 900 in a normal place in happiness *and health;* young atheist people fail to realize they will very soon be old and *their self-interest is not to impress others, have the biggest salary, etc but to live the longest,* that's the only thing they still have past a few decades, *all material things are gone or change, alter, even wealth status can change, the only thing available, in absence of afterlife is being a happy healthy person who is alive enjoying the* beauty *of new discoveries of younger people and self.* When this realization hits home in the most selfish "no afterlife exists" people, they will soon value kindness *and* altruism more as it helps them achieve their selfish desire, to still have something, 100 or 500 years from now, or a billion, if lucky, that is, physical Immortality*, if spiritual* Immortality *is not* possible in their belief system. *He realizes that this living to 9 million years old or even 500 is ONLY possible if we achieve* World Peace *ultra fast and we focus on helping all to live longer.* Anyone with any IQ knows that the more people work on lifespan extension and helping others be happy and healthy, instead of wars, the more likely it is for the tech to be discovered and mass marketed. We can appeal to people's selfishness to bring out the best altrustic side in them. To claim that everyone is 100% altrusitic always is a lie, we have to be a little selfish to take care of ourselves. Some places have religion classes required, but no ethics classes. Religion teaches a lot of things about past events that are reportedly factual and sometimes hard to believe as real, but ethics teaches common sense stuff everyone accepts as real people are nice and help us if we help them usually, while they avoid or fight us if we're mean or try to shorten their lifespan in wars, i.e. if we help each other humans live to 500 perhaps one billion times faster than if we often try to "shorten others' lifespan" via anti peace moves or etc.

Why use religion fiction to try to bring out ethics only, when we can use hypothesis formulation and testing and the reality of life and science to bring it out too, and often times in a much more effective way for skeptics? God may want to keep his/her existence secret or ambiguous, as real character is far more evident in the absence of 100% certain (as opposed to nonexistent or ambiguous) afterlife punishment. We're all already ultra punished with short lives by our historical inertia and habits of anti peaceful behavior, so naturally, even in the absence of afterlife effects, anyone sees the effects of unethical behavior on humanity, a million years of fights and "me first, humanity or others last" and we still live to 100 years maximum. No fear of

"eternal/temporary afterlife hell" can motivate some people, not even "temporary physical life hell" can motivate some people, it's better to motivate ☺☺☺positively ☺☺☺ daily ages 3-18, than to use fear, fiction later. ☺☺☺ *If we were a civilization that promotes Life*, lifespan doubling, curing diseases and aging, eliminating all causes of death, including violence, etc it would make far more sense to have more University Presidents from Life Sciences/Life Sciences Engineering, especially majors like "Biochemistry of human longevity", "Molecular biology of 400 year lifespans", "Biophysics of 800 year future humans", "Physics of new instruments for tripling human lifespan", "Nutrition of 900 year old humans", "Biomedical engineering of 900 year lifespans", "Ethics of a Civilization of Immortals (souls are Immortal) as it pertains to life sciences and other fields", "The Culture of peace and tenderness in a Civilization of Immortals" instead of the situation today where life sciences professors are a minority when it comes to leading universities. This can change if we want RESULTS fast, not in 2,000 years, but within this century; lifespan doubling requires knowledge, resources, focus on the sciences that deliver that. Another useful idea could be bringing the idea of human compassion for suffering into every science class: when teaching about lasers that dissolve clouds, we apply it to ending 20 billion yearly damage from hurricanes (plus enormous human suffering) and how this can occur with enough knowledge and focus. We want kind, empathetic students who immediately use science to help others, not harm them or "make products" customers "want" (want = been brainwashed to want via ads). *Simply having a legal system that emphasizes contributions to human lifespan increase or a Law School President with major in* "Immortality Law" is wholly insufficient for doubling or tripling human lifespan. The driving engine of lifespan tripling are the STEM majors who liberate us from suffering and crippling diseases. Chemistry, medicine, biology depend so much on physicists (who depend on math) and engineers building instruments. Neuroscience combined with cymatics, music effects on human brain and behavior, nutrition, can provide clues into human conflict, how to bring a world of peace for more longevity money.

4.1.2 Immortality Test (to pass/skip grades) & courses to skip classes (more in Chapter 6)

We usually encourage choices that lead to longer healthier lives, but the promotion of such choices can become very concentrated and focused at all levels of the civilization, including education. Freedom & bliss are first & foremost: students would be able to skip rather useless classes (history, etc) they dislike if they choose an advanced life extension or Immortality civilization building course. This gives students way more freedom (yay☺☺) to skip subjects and, if dedicated to study more at home, skip even grades if they can learn so much about Immortality, learning what they really love instead of stuff they find boring or 'infinitely silly'. The education minister introduces the Immortality test required (standardized, *like SAT, GRE) at the end of each grade*/college/PhD year to move to the next grade/year, which enables all to *skip grades,* test their knowledge of Immortality/Longevity Ethics, 'Arts', Sciences ☺☺

(chemistry is an art of designing molecules and things; all STEM disciplines are artistic in their own ways of reaching for the truth and new perceptions. This test reduces the number of final exams, further reducing student stress, so they focus on learning not anxiety. The era of bliss in learning, of happy breathing would begin. The level of knowledge one needs to have to skip a year of college is specific to life extension STEM, molecular genetics, nutrition. Since everyone is a specialist, they can get a passing grade by scoring high in one area: atomic simulations or atom tracing. Immortality test is also the best defense of the civilization in the long run. The disconnection of our emotional brain filtering and 'science' speaking, leads to the development of truly genocidal scientists, people with no qualms about killing 3 billion people, which leads to the end of a species later on. It's easy, a scientist involved with testing new weapons (in the future, when we're multi-stellar the scary weapon tests kill all humans in multiple solar systems, at once, just as today a thermonuke kills all at once in many nearby small towns which was unthinkable 200 years ago) notices that a test would end humanity, but he doesn't share that with the scientific and/or military 'leaders', because of a lack of true eternitone, happiness and non-killing ethics in the leadership (which always has the tone of the civilization itself on average) contaminated him and he decided wiping all is 'better'. Even a test with delayed effect, all dead only years later, could prompt others to do the test too and then all die without knowing why; imagine quantum entanglement system that seeks all humans in a galaxy or area humans live in, it would be devastating in a 'nuke exchange equivalent' of those weapons, the stuff of last resort.

For mortal humans, the value of one life is great, so the attack of the 100,000 shorter lived bacteria one one human can trigger the use of some food or some disinfection cleaning tech that kills 100 billion bacteria; it's a disproportionate attack, 1 billion dead for a little infection (not even lethal) of a human that often only shortens human lifespan by 10 days, yet the bacteria lost equivalent of about 80 million human lifespan years, if 80 is average human lifespan; is it fair? Humans lose days (or 70 years if one human dead as a kid) and bacteria 80 million years? Not fair by any means, but humans do it, even when opening a window and letting UV in, we kill so many bacteria without realizing (primitive men didn't know, so if primitive giants made of unknown matter do something, all humans may die if we all use the same techs or are on one solar system). For mortal aliens or some future humans, the value of one life is great, so the attack and killing of 'wanna be' Immortals (losing 3 trillion lifespan years, since 1000 dead at age 3 billion) could trigger the automatic deployment of the ultimate weapon that annihilates those doing it (a lot more than 1000, if they live only to age 100, but same losing of 3 trillion lifespan years by the group doing it) – finding them fast, even if they used many robots and bioandroids intermediaries to the hide origin of attack. Imagine if we're like bacteria are to us, lack of eternitone makes us less likely to even care about these beings existing. Even visiting a planet with

remotely controlled robots to torture and experiment on an Immortal 'animal', to see what happens, can trigger the blessing of the collective of Immortal 'animals', blessing (all positive intent for their fellow 'animal' not feeling well) which unleashes subatomic events, they're unaware of, which annihilate the whole species doing that 'animal' torture, since those 'animals' were actually the most evolved, unbeknown to them, beings in the universe, who then refined their blessing☺☺☺ and translated into another universe when realizing their blessing killed 4 trillion people of a civilization of death and torture, which was replaced by another civilization which later translated too. A real issue here is that the timescale of response may not be instant in human terms, but 'instant' in their terms, so humans may continue their mistreatment of 'animals', 'giants not aware of us little bacteria' or any human like 'enemy' thinking there is no repercussion, but it may occur in ways and at delayed times least expected, taking all by surprise *(not always intentionally if Immortal 'animals' developing inner ways and techs, not outer and not knowing war or defense, or if unknown matter giants unaware of us)*, removing any chance to detect anything before all humans are dead. In the astral, the 'soul remnant' of generals argue 'I told you to not torture that animal. Now we're all dead. Only pigs are left to incarnate to, on a far away planet. Ready to search for species more responsive to our complex thoughts?' - so they start wrestling for 500 years then they get bored as the astral body is immortal and instantly heals. Since the soul forgets most of its memory, pigs have a hard time to notice astral thoughts of generals, so they give up reincarnating in pigs; generals get frustrated and search for other lifeforms to incarnate into for a million billion years, since their astral flight speed is low; meanwhile, people who were backward technically, but not spiritually, in other universe areas, evolved way past these animal torturers, translated into another universe before the generals could reincarnate even into any intelligent species to help recreate something eterni in tone.

They thought evolution is always in forward, but it can go in reverse too. Thus, the Immortality test prevents the self-annihilation of the civilization by a strong assimilation of any new member into the eterni tone of the civilization, by testing the eterni level of the tone of speech, thinking and emoting yearly, and perhaps, even grading the level of all public classroom talk, via the mic everyone has when speaking, to encourage year long tone improving and much better end tone, not just around final exam; however, if poor year long effort is done, final exam tone can't become overnight good. We don't realize that bad tone in public is long-term having such gigantic effects, *to exceed those of a nuke dropped on civilian targets*☺☺☺, so we invent scapegoats to explain issues. In our lifetime, the net effects we see are often tiny, just some angry folks, but if we wait long-enough and have the right computers to calculate effects, we can see a different picture which would immediately motivate us to improve our tone. So if we're only allowed to incarnate and interact with this universe once, our actual net effect may be 1 trillion worse than we had initially thought in our old age (when people think of that). There can

be competing equal lifespan or comparable lifespan civilizations, which somehow are at war for a long time. So in their journey, they realize that the killing of one individual and its capture can trigger the end of the civilization, due to the quantum signatures that can be used to annihilate the group of 3 billion inhabitants. Thus, in such situations, weapon systems that launch automatic 'nuke strike equivalent' with undreamed of weapons can be deployed, whereas the attack or killing of one citizen triggers all out attack that annihilates the entire group of 5 or 9 trillion people behind it, out of the need to survive the impending risk of your entire civilization being wiped out just minutes or weeks later if the attack has recreated the signature. The two civilizations would do everything possible to stay away to prevent the signatures being determined, which would enable the weapon to instantly kill all 4 trillion people of their civilization on 80 star systems. (equivalent of a tiny device generating UV, killing 80 bacteria civilizations in a huge space). When we understand the complexities of what could happen as tech becomes more complex and trillions times more deadly, the tone takes more priority, because in the end, it's no longer 1700s when using the most powerful weapon just damages a house, it's damaging entire solar systems in the future, so it's a lot more thought going into it before use. So, yes, after spending 8 billion years building a civilization, people won't sit idle and do nothing when even 1 person is dead or tortured, since that can mean the end of it all. Right now, being away from such systems, by eons maybe, nobody almost tries eterni tone all the time (since it uses 20-800 times more brain energy than normal tone, depending on the person), especially because they don't believe in afterlife existing, so why bother? ☺☺☺

Also, this tone can only be learned when younger, so brain is plastic enough to produce high quality filtering, and vocal chords very healthy and responsive, the entire brain ultra healthy, etc. After brain architecture is done, the amount of effort required to redesign the whole brain, years, precludes older adults from even trying to reach the level a younger one can, just like we can't learn a language with native accent at 50 as easily as at 10. Nobody pays people for that effort. Knowing this, the civilization is adamant about this being learned before the age of 18, in incremental steps, deeper each year, as brain expands in complexity, since we're lazy and inertial and nobody will invest 10-80 times the effort at 50 or 60 to learn it, especially since society doesn't reward that, but shuns or mocks it. It's funny how we start talking about Immortality test in the context of the test to see how 'Immortal' the soul is via the sci-fi weapons of the future. The consolation is, after all, that instant resurrection tech may manifest, but not before this 'species ending' tech appears. Another consolation is that with the discovery of thermonukes, human wars of large scale disappeared, so perhaps, with 'quantum' weapons, there will be no war anymore, as country who attacks 1 person, reveals all their citizens signatures which then the enemy weapon can kill. Would this be the end of violence on Earth? Like an odd world where everyone keeps their signatures private to prevent first strike, by true

gentleness and respect for others, with for Immortality, like in a civilized world? 2 countries don't get along, but at least, there is not even 1 more covert or overt killing. They learn to live in their own separate worlds, to co-exist without war, violence or torture, learning that there are a trillion ways to peace without torture, threat or war, by the very reality of life, not by trying to find the nonviolent trillion ways out of kindness, but being really 'forced by life' to walk on that path, to find that way, out of the need to survive. May all be kind and happy. ☺☺☺

This Immortality (Longevity) FOCUSED Educational system would allow 7-year-olds (like Tanish Abraham, born June 10, 2003, who started college at age 7) to enroll at MIT or Harvard if they can pass the annual Immortality final exam for the 12th grade. Tanish enrolled in 2016, as a junior at UC Davis. At 7 he took his first college course at American River College and at 11, he got his 2 year college degree. At 12 he was undergrad researcher in Prof. Tan's lab, learning PCR, Gel Electrophoresis, Bacterial Transformation, Artificial Cell synthesis, and co-authoring papers. He graduated in June 2018 with BS in Biomedical Engineering at age 15. moshekai.com is the site of Moshe Kai who graduated in math at 11 from 2 year East Los Angeles College (enrolled at age 8 there), at 15 from UCLA, at 17 from 2 year Masters in information security Brandeis University, and MBA at 20 from Arizona State University. Taylor_Wilson is another young scientist who build a fusion reactor at age 14 and met the President at 17, see the 2nd picture.☺ When students get a fail grade in art, literature, history (focusing too much on our troubled past of short lives and war and conditioning us to repeat it) or any subject, but they get at any time higher than passing score in the Immortality final year 5 hour exam, they would be able to pass that grade level, since they're propelling humanity forward, away from history and towards the Immortality CIVILIZATION. If one is choosing a major in the 5th grade, the Immortality tests that confer skipping grade or graduation can be different, depending on the major chosen. ☺☺☺ Those passing the Immortality test of the next grade would be free to not attend physical education classes so they organize Immortality Volunteering in their high school to inspire change in their town towards a Civilization of Immortals. *The development of musical and musical speech abilities of people is far more important than physical education,* since the civilization is built by the tone of speech, *not by the strength of one's fist*. Everything is about muscles, instead of the activation of the many brain areas required for eterni tone. The Bible education has given us a chimp gorilla culture. We can ☺☺*lovingly tenderly gently kindly*☺☺ always free our spirits from it and evolve beyond the Bible stage. If people get failing grade for Immortality test, but overall do "well" (to fail the test one would have to be a really bad C student) and would pass in all other disciplines, they would have to repeat the grade, because they did not pay attention to the Immortality applications presented in every subject discipline, which are part of Immortality Test. The test can be designed so that they would need the regular STEM/Ethics knowledge to pass, but without Immortality applications knowledge, they can't

pass. That would be an incentive for the study of chemistry, physics, biology, life extension (10 fold, as scientists did in worms), Immortality civilization ethics and manifestation. We would essentially reward people who're Longevity innovative and who help us double human lifespan, who see art in chemistry, biochemistry, superluminal and teleportation physics, room temperature cold fusion, postponing hundreds of age related diseases by 300 years by postponing aging as we did in worms (see Chapter 3), not in drawing things or throwing balls like we did for thousands of years necessarily.

Drawing and painting, sculptures are good, but we got billions of people who die at 100 when they could live to 400 or 9,000. We could also draw, sculpt, paint chemistry molecules, hadrons and bosons of particle physics that help us cure disease, draw *physics gadgets that destroy tiny tornadoes before they become big and end human lives. That* is very artistic and far more selfless and perhaps 1 million times more beautiful than traditional *art, since it has a direct application of saving human lives lost to disease, aging, tornadoes,* violence due to nutrition. Imagine you land on a planet of sick people infested by some virus that kills them right away after they become adults; this is our reality on Earth, the virus of lack of knowledge is killing us rapidly at 75-100 or 120 if ultra lucky; we would want to eradicate this virus as we eradicated other diseases. Imagine how smart people of the future will be, because if they live to 400, or 5 times longer than the average lifespan of 80 in the developed world, they could spend 60 years, not 12, in minimal education, like getting 10 doctorate degrees in chemistry, biology, physics, math, engineering, afterlife hypotheses, telepathy, ESP, etc, so everyone would be like a walking genius in molecular biology, etc chemistry, etc, and old people after 60 become much more peaceful, gentle, tender, soft, kind, compassionate, peace loving, so as the average age moves to 150 or 200 later, instead of 80 today, we get the average person being such a genius, spiritual, wise and peaceful person, *the world of today would seem like some long gone stone age. Can you imagine what scientific progress exists when Tesla has 3,500 patents not 700 due to living 5 times longer?* When people can know many fields like a PhD, take part in inter-disciplinary research of such amazing & beautiful ☺☺☺ effect, having PhD in molecular biology, genetics, chemistry, biophysics, epidemiology, biochemistry, computational chemistry, nutrition, they will be able to see patterns impossible to see now with our narrow knowledge base, and enable us to discover things we never can individually today. Instead of 5 people with a PhD in a field each, we got one person have 5 PhDs making longevity discovery so much faster, increasing lifespan quicker. Even living to 150 would completely change our world. Perhaps we could say that compared to 50,000 years old humans of the future who can teleport and shapeshift like the octopus can, build solar systems and planets, go between dimensions, we might seem like rats.

When a 15 years old who is a super genius in chemistry, genetics, physics, etc passes the Immortality Test for PhD level, he would have the right to become University Professor at one of

the Immortality Universities or Immortality Departments within existing Universities, this naturally would not occur often, since the knowledge level required to pass that exam would be very high, but this would cut thru bureaucracy to give humanity a better chance at defeating "lack of knowledge" about aging, diseases. The world record for professorship is 18, Alia Sabur a professor 3 days before turning 19, Tian Boedihardjo UCLA Professor in 2017 at 18. Writing one's own "Civilization of Immortals or Immortality *for* All book" (explained on the 1st page), presenting latest version at each grade exam would be required, to encourage kids to centralize Immortality and Its Ethics in their lives, encourage creative thinking, long-term planning, become like Immortals. 8 years contain 2922 days, so a page every 3.25 days is ultra easy, to get the 900 page book required for high school graduation, PhD 4,000, Professor 8,000 (even if copied from one's papers), President *of* University 20,000 *with at least 100,000* STEM *paper references*. This ensures a higher quality standard for colleges, avoiding the "brain overstuffing issue", where Presidents know what Immortality requires and don't force students to learn useless historical inertia stuff as part of "graduation requirements", while ignoring the *essential*, yet missing from most graduation requirements: chemical & acoustic nutrition, eterni food engineering, Immortality, ethics of Immortals, eterni *tone*, lifespan tripling and health classes. This would disqualify many from setting up universities, but quality would be more important in the era of online learning and eterni potential, if we want to not repeat the previous centuries. The Immortality test would include a tone test, and samples of eterni singing and reading to an audience to heal, uplift, transform, inspire, as an Immortal would do in speech. The exception for 900 page high school graduation requirement (100-800 pages, fewer pages the more other works are included with the shorter writing, with more of the book explaining the special works) is for people who compose eterni instrumental music, science recordings, or a vocal song in their voice, which take huge amounts of time, rest, meditation to reach 30-90% eterni or do other special projects that communicate the way of the Immortals in ways different than writing (meditation with brainwaves recorded as a public "brainwave CD" anyone can listen to, for example to see if this can be easier induced in others, sort of like calm music induces a tranquil state, who never reached that state before, with less effort on their part, without 10 years of meditating first, which means 70 years from age 20-90 if we talk about ages 3-13, when brain learns WAY faster and better, etc). This allows us to create *millions* of 10-70% eterni tone "science, ethics, Immortality, every subject" *recordings* urgently needed to replace the 0.02-1% eterni tone of teachers. Then we can create the best AIs to override speech or override whisper of teachers unable to realistically vastly improve tone as it's like learning 2 new languages, 5 if really *eterni*; this won't happen overnight, so AI is the savior who frees the teacher brain resource dedicated to vocal cords, loud volume to engage in *emotional-intent-content* tone *neurogenesis*. It's too exhausting at first for existing teachers to focus on content *and* eterni tone, so by receiving AI assistance, it will be easier and they can use an AI closest to their voice

(custom AI based on each teacher voice, but different), to retrain the brain on how to speak, emote in a more nurturing, healing, gentle way, so over 15 years they use AI less and less.

We can use technology to replace existing voice in science videos with various AI voices that are 20-500 times more *eterni*, AI voices created from analysis of *millions of these recordings* we create. Until all teachers (*nursery, kindergarten, school, college*) recalibrate their voices *(new teachers* won't need it much (except on tired or bad days), as they get trained properly, *may take 15 years for some old teachers to improve it slightly*, due to daily stress, priorities), teachers can think stuff mentally or whisper it, and then a device takes that, transforms it into the most pleasant musical healing voice that the students/teacher hear amplified, enabling them to *relearn how to* speak like an Immortal. *The tone is 1% eterni for the most angelic voice teachers, usually of spiritual topics because they intentionally modulate emotion and tone to convey the loving kindness* of which they speak, who intone way better than most clergy, 0.1-0.2% eterni for most humans today in typical speech, 0.02 for bad tone teachers or bad/tired day of the rest. *When people record spiritual music they can reach 70% on rarer occasions as they focus on coherent tone entirely*. Teachers are simply not used to it, and i*t's a "superhuman task" to think very deeply about what they're teaching, speak loud and also to have the most* healing tone *(emotion, vocal, intent, energetic),* our brains are not evolved to that stage – so we're basically slowly, over 100 years, starting a process of creating a *more connected brain, creating a more immortal superorganism (whole humanity) and individuals, with each generation becoming more eterni; singers can't do the most difficult science stuff* and, at the exact same time, *have that ultra rare (1 in 200,000 songs) 70%* eterni tone *in spiritual music, but that's what we will reach one day; our brains can only focus so much, multitask so much now, just like apes can only comprehend so much math versus humans*. This enables teachers to engage in more intelligent higher brain functions activities instead of repeating like a robot same words in class over and over; it also allows us to record these lessons in the most perfect voices *(combined "brain plasticity* and *control/complexity" of tone are almost highest in ages 18-25 anyway, brain shrinks afterwards and ages, so it's harder each decade to reach same level of eterni tone one could have achieved at 25 for a long period, if he tried; just like one can be super athlete at 25, but not at 65, brain is the same, and vocal cords too)* that calm listeners and fill them with the positive emotions of eternal youth aiding the recurrent return to 15-25 year old charts when one refreshes concepts of high school or college later in life, using voices of 15-25 year olds (ideally more soprano), since this "waiving part of writing length requirement" can be done by college/PhD students too, to get 10-85% reductions of the book length via alternatives to writing. ☺☺☺ When we were 20-30 we heard mostly voices of 20-30 year olds around us, so this tech allows older people to be tricking their brains to think they're younger and delay aging. The book minimum can be set to 700 pages in grade 11 for example, if no other work done and then

all one needs do is to add 200 in the last year (just fix awkward sentences in the first 700 written, updated cumulatively over 11 years). This allows for freedom too, so people are not all focusing on writing so much, if they feel like they would perfect their tones or meditation bliss on demand ability, which are very important for self-regulation of emotions, etc. Others may want to make the permanent (lights turned on via timer for the night part of it) decoration via holograms, out of this world landscaping (100 times more colorful and futuristic than the banal designs in most places today), nanomaterials of a City Immortality Park, so this is the most colorful Disneyland like area of a city of their choice and this special song of colors and geometries, quotes and lights would be equivalent of a eterni *song* or 500 pages of a book (12th grade 900 requirement reduced by 500 pages to 400, depending on project scale and years taken to do it); same for special middle or high school Immortality research projects that take 1-8 years to complete. Our cities are in need of some beauty, Immortality themes and quotes in the most beautiful most colorful Disneyland like area, looking very banal, intellectually unstimulating and why not learn some science, and tech, while doing physical exercise too, instead of moving balls around? This system ensures that we don't just go thru grades with "tests we passed and forgot everything next year" (or next day if cheating), but with works that last and inspire us and our grandkids for generations to come "Look, he decorated this city and it's still here *the most* beautiful in the *county*, *it was your grand grand dad from 120 years ago*", contributing to Heaven on Earth by doing, not just "passing memorization tests under pressure and retaining nothing of what we learned years later, while raising cortisol, speeding up aging," and *never relaxing*☺☺☺ *as* in artistic expression or scientific inventing. This promotes relaxed learning, not under pressure learning, less focus on tests and more on creativity, innovation and discovery. Basic formulas, concepts, exact numbers, etc we get it by accessing computers and AI who can help us, but to create new knowledge, inventions, music, techs of Immortality we need to do it and learn to activate, since age 3 other brain areas different than memorization. The book (and projects used to reduce writing minimum if wanted) allows students to write, detail, expand what they like and retain it better, be happier, magnify the stuff/area they're good at, they're not a machine passing tests only. The book has links to their songs, eterni tone recordings, presentations of projects, for students doing those to reduce writing requirements.☺

The Education Minister or Secretary in this World of Ascending Immortality would also consider implementing the use of Immortality final year exam scores for college admission, as today we use SAT. We evolved to live 2,000 times longer, we were little worms one time, at least according to the evolution theory. Even if that were not true, there is nothing stopping us from evolving to live 2,000 times longer one day, to be 200,000 years old (a grass in the Mediterranean was found to be at least 100,000 years old), but short term, we're talking of 150 or 300. Imagine if millions of people would spend their life researching how to make us live to

800, it will happen so much faster. But we need to create a whole incentive system and civilization pattern to stimulate that innovation and that trajectory. Everything needs a plan, even if it's a 500,000 year plan. *Imagine a soul incarnating on a planet, and realizing the bad aliens have infested everyone with a virus so they live 100 times shorter. And then she has to get the people out of the alien matrix. How is she going to do it? With* science. The "bad aliens" are our inertia to keep things as they are, to not work with enthusiasm, focus and dedication towards 900 year lifespan or "Immortality". ☺☺The Immortals from 'heaven' might hover around kids, and with some novel ideas that correct stuff in textbooks, but there is a real problem when the kid says something is wrong and a 50-year-old teacher says the kid is wrong, when it very well could be the other way around. To prevent this issue, Immortality exam to bypass grades is a good solution. The Immortals around kids, like around Tesla, can't help the kids to focus on their life task if the kids are brainwashed and pressured to take part in "time wasting" activities of the era we're in such as boxing, bullfighting, Sudoku, card games, rugby. This kinetic energy could be used for typing fast a new book on how to fix genes that lead to lethal diseases being transmitted. How can we have fast progress if people are not allowed to study longevity from the age of 7 at MIT? It's not possible. We might as well say that ultimately moving balls as in some sports is not that makes us human, it is living to 900, going to other stars, or living to 9,000. Monkeys can throw balls too, they can even throw rocks at people and kill people, India has 50 million monkeys and they often attack people, leading to injuries or, rarely even deaths. We want education to make us more human, and yet the growth in spending in some colleges is higher in sports than in academics. ☺☺☺

4.1.3 History classes of the future

The history of life-extending and related science is worth studying in depth, but the history of humanity with all negative stuff going on is less important and those negative thought forms would need to be avoided or minimized in history classes because they will prevent people from dreaming the amazing & beautiful ☺☺☺ future of wonderful 900-80,000+ and much later billion year lifespans. We completely limit what we believe is possible if we limit ourselves with the study of the past, especially since we want to create World Peace or 900 year lifespans and the past doesn't have any provable record of us living to 1,000 years old or 70,000 years old. Additionally, history classes are teaching a complete fraud and falsehood in a sense, having people memorize "killing events" of various groups, saying the cause was 'this and that', or 'one guy did a violent thing' and then it all started; when in reality the 'one violent thing that started' was paid off by someone and that payment was due to the bad thought, feeling (thus speech) tone of 500 million people who contributed (some 1000 times more than others) to that bad violent intent payment; our tone modulates our behavior like nothing else we do; this 'scapegoat' history classes strategy removes any personal and civilizational responsibility (we

inherit the tones and will repeat history if we don't change them as a human group), any incentive to learn real self-transformation (just memorize events about 'scapegoats') and solves no problem long-term: addressing only symptoms, so the disease is never cured. It's ironic we want to create *Heaven on Earth*, and we study the past hell on Earth in all schools, but hardly do we mention the *Heaven on Earth*, the amazing world of Immortals awaiting us, how we're going to create it, live in it, design our society. Unintentionally, society induces young people to reimagine the horrific past thru history and we recreate it in their brains, but we don't create balancing positive future images to neutralize the past. The society thus program billions of young people to subconsciously create, expect and manifest a reality that is ultra similar to the past: eternal slaughter and short lives of 80, making longevity progress ultra slow. A few people could live to 115 even millennia ago, we have not really advanced as much as we think we did.

This is why if people are required to attend history classes, they would also be required to study the Immortality-*Longevity-900 year lifespan civilization classes, about the Future World* of Immortals we can create, where people discuss possible ways to achieve Immortality, pathways, get familiar with inter-disciplinary research, models, ethics and ways of sci-fi future and the amazing wonder that we think about 24-7 so that we bring it into reality 900 times faster. We either promote the past (history), death/short lives that is (people dying young due to natural calamities, wars) or we promote the future, long lives that is and eventually "Immortality". *It's not like anyone is intentionally promoting negative thought forms, but the impact is there, even if people don't think about it usually. Alternatively, history Classes can be taught as from the perspective of 8,000 years old future humans, who're teaching present people how to get there, with only 10% of history as the actual human history of the past events,* 90% of history classes being about creating history via our thoughts, feelings, expectations, dreams of world of Immortals *living in peace and harmony, about creating the future as* positive imagination is more important *than knowledge of the negative past. "Imagination is more important than knowledge" Albert Einstein.* ☺☺☺ The existing educational systems of the planet are emphasizing this incessant killing. A very clear example is the indoctrination millions of people have to go thru during "universal draft or military service", which is basically training people to be able to kill others and develop "toughness" and sometimes "cruelty". How come there is no "Universal Immortality or peace service" to *learn how to help humanity one day live 2-10 times longer, to bring back to life (give life, not death) by high tech knowledge (medicine is getting better at this), how to bring Permanent Peace and expand it to more areas*, prevent negative emotion via proper nutrition and 20 telepathy habits, gentle speech tone, peaceful soothing healing music, ecstatic☺☺☺ bliss states contagion to heal people, hands on healing and new sports to develop empathy. Our planet has peacecorps and a few things, but they're not that common and get minimal funds. People during Galileo time, even very learned and highly

cultured professionals within the hierarchy, kings, top leaders didn't question the dogmas of the time, forbid his writings for 200 years because he said the Earth is not the center of the Universe, rotating around the sun instead. Likewise, we could perhaps say that today some people don't question the totally unbalanced focus of our global education/culture on waging war, instead of preventing it, on random stuff (taste texture of food, not whether it triples our lifespan) instead of living to 500, on war instead of peace, etc. I've never heard of a protest or petition in any nation to propose "universal peace service"☺☺☺ or "universal lifespan doubling service" instead of or in addition to (for balance) universal military service. ☺ This shows the totally biased way we educate to repeat the past, in *all nations*. Even when there is voluntary military service, there is no voluntary peace creating service or Immortality building service to balance it out; this absence could end our species when tech becomes way better in 200 years.

What people have a hard time to remember sometimes, is that history classes 4,000 years ago, shared by story telling by older people, were very primitive and about very irrelevant concepts to modern humans, such as how to wrestle with a bear using a stick to protect the village or how one guy fought another with this and that stick and hit him first on the hand, then on another part of the body, making the stick effect more effective, how to build a thing with some materials of stone age (not used today anymore). The people from 3,000 years from now, who live on several planets, will also, as 900 year old humans perhaps, find the stuff we study today in history of science, *technology, humanity, wars, nations as irrelevant to them. In our present history classes people could be asked to write impressions coming from* Immortals or God about how these future 900 years old humans study in their history classes, what they study, given that for the last 2,000 years in their history there was not one act of violence on the planet, not one death due to a hurricane, earthquake, flooding or any cause before age 400, even super hot weather or super cold weather since they had forcefields that create a perfect temperature in the city of 70 or 74 year round. The temperature setting would be dependent on what citizens vote for temperature to be ☺☺☺ and on what is most longevity enhancing, with no stress on the body (by today's ever changing temperatures), possible with global agreement on standard temperature range 70-74 maybe in *all nations*. This realization about irrelevant content would help people to better understand that what is really important in teaching in a history class is the ethical attitude, focus on longevity, hypothesis thinking that led to discoveries and wellbeing of all and dedication to Immortality that extends lifespan (as if Immortality pours from heaven to physicality more), not the peculiarities of the atrocities done which would be minimized. Everyone could focus on what we will do in the future a lot more in history classes. If we require students to take a class on the history of a country in the 20th century, we reinforce the past and have to revamp the course a lot in a few decades or centuries, because that country is less mighty (less important) or because we have to add history of newer centuries which are more

important. But a history course that teaches the values, strategies, life extension science discoveries, ways taught by a civilization to double or triple lifespans (or live to 500) will have many parts remain the same, as people most likely are not going to live to 500 in year 2300 and in any future time people can aim to double or triple lifespan. We teach people in humanities (and sciences sometimes) a lot of temporary stuff that is arguably not really Eternally Useful to our Civilizational Effort to overcome suffering, rapid aging and disease, natural disasters and eternal wars. Why not require science fiction in every history class and sometimes ask "How would a civilization of 300-900 year lifespan proceed in this circumstance or how can we avoid this conflict in the future or how can we study more science history in history as it related to lifespan tripling sciences, World Peace creation? How did knowledge of science history lead to benefits for humanity?" This would make the class also more interesting for geeks. ☺☺☺

Honest Analysis of the Enormous Suffering every war and killing has brought to humans:

Even within the existing classes of history, there is a total lack of emphasis on the enormous suffering, pain and cruelty of our history of endless genocides (most nations history classes hardly mention the top 50 genocides in history and what they meant for the future), wars and violent government changes. If people would be explained and taught how much suffering each minor historical change brought thru even just one person being killed, let alone millions, and how we could create a world in which violence, torture, war doesn't exist among humans (in theory war could break if some aliens attack us), they would do everything to make the international agreement to end all violence, threats, torture, war a reality in all countries by making the World Peace Alliance of Chapter 13 the Planetary Defense Force essentially, uniting all armies into one. History classes today present in a very cold and "normal" way some historical changes, as if nothing extremely cruel happened, without mentioning the huge suffering that implied for thousands or millions of people; this makes the need for an international agreement to present the horrific, unacceptable, atrocious nature of human-human violence, war or even just one killing in history classes even higher, because when people are taught to be empathetic they can they understand what happened and how to avoid it in the future world of Peace and Longevity; we would need then to discuss 10 minutes (after the 10 minutes of empathy and honest self-introspection reality check teaching; seeing the spirituality or ethics that dominates on our planet, i.e. a spirituality/ethics so weak it produces only "eternal killings, eternal warfare and genocide") the future world of peace and happiness, free from pain inflicting, torture, violence and how we can create it in day to day life to balance the honest self-introspection into our species' horrific past (we lived in constant fear of being eaten by lions, etc, so we inherited this extreme paranoia and fear, leading to endless cruelty among humans, not needed today anymore). This balancing of the negative past would be essential. When every class shows the atrocious nature of our eternal killings past, and emphasizes this is because of

many things in historical inertia, even the music, movies, literature, scripture passages, news we see, tones of speech we use, hear, etc..., and the urgent need to stop our devilish nature from dominating our civilization, we can make faster progress towards a Civilization 5000 years old if lucky to attain peace and spend time studying how to help each other live longer, not shorter.

History classes of the future could emphasize more the feeling☺☺☺ component, how the changes impacted people's happiness, how much suffering it brought, how we can create a world of peace and no violence in the future. Each group feels they're the better ones, so they're justified into terrorizing and killing others to defend themselves, so the cycle never ends until the world agrees to ban all human-human wars, killings, torture, violence, etc. Internet allows instant communication, our video phones, *so it is possible for the first time in history for* ☺ peace ☺ *to emerge*. For this agreement to occur, studying it, its implementation and the world it brings in each history class would be of huge help, if not an essential step, given the strong power of historical inertia to hypnotize people into glorifying human-human war, violence, terror, intimidation, etc. No country will ever volunteer to have such a focus, since it puts it at a disadvantage, where the more violent ones will take advantage of its niceness and would not work in bringing peace at all. The only way that seems acceptable to most nations is if *all nations*, starting with the most powerful 50-90 militaries of the world (top 50 countries in military power), then all the other 100+ nations joining The Educational Agreement within 1-2 years, would agree to such an educational emphasis after the World Peace in 2-3 years timeline is approved by the UN members, as well as the implementation plan and schedule.☺☺

4.1.4. Incorporating Athletics within the Life extension or Immortality Departments

Today we spend 50 times more on sports than on the sciences of life extension (like the studies to see what causes aging in worms, primates, humans) and we condition the youth to become this and that sports player, when all that time could be used to cure diseases, triple human lifespan via research in the Immortality or Longevity Departments replacing athletics 100% or at least in funding, with athletics receiving 1 to 4% (maybe 15% for schools with a lot of law enforcement or construction majors that still need perfect athletic body) or so of Immortality *Department funding in every college/school. Athletics could alternatively become a subdivision* within Immortality Department, where physical exercise is geared towards amazingly fun selfless helping of others to live longer happier lives thru activities such as those mentioned in the sports section. The sports are so entrenched in education, but we have no Life extension, Immortality Clubs, Courses, Departments in schools or colleges. Imagine if people would watch a competition to make worms/mice live 5 times longer on TV or some science show in an Immortality Park or Center, instead of sports games. Why not try something different? People are not going to live to 200 by playing any sport, but they can do that thru science. 20% of

centenarians never exercised.

4.1.5. Updating all textbooks to magnify longevity and lifespan tripling focus

All science textbooks, history, literature can be changed so we stop thinking so much about aging and short lives. Every time people read that human lifespan is 80 years old, they program their subconscious minds to believe and expect that, even if their conscious mind is fully aware you can reach 200 with some new discovery. The better textbook sentence could be "Human lifespan today is 80 years in some countries, but in the future, it might be 2,000 years due to advances in science." This "but" qualifier is like a little tiny help for Immortal 900+ years lifespan civilization building, that takes us from programming ourselves to die at 80 to creating the lifespan of 900 years. We introduce positive Immortality expectations and programming and a culture of 500 year lifespan everywhere, instead of the 80 year lifespan focus we have now spread all over unintentionally. The inertia today is just natural inertia, laziness, etc, we just go with the flow. People don't want to expand God's Immortality from universe x to this one, etc... and they want God to do everything after they pray for 20 seconds or minutes. God did not reduce certain infectious diseases mortality 300 times, it was arduous human effort to apply the laws of science, sanitation (it was not 13th century literature or some obscure dialect, art, sculpture or language studies that did it), even if those science laws may have been given via telepathy by spirits or God. There is no greater human suffering than having kids die early, yet this was so common. This example illustrates how Science, Engineering, Ethics of Immortals, Technology of Immortality, can be thought of as the "Wisdom and Knowledge" of wise men in some scriptures. ☺☺☺. God may give us knowledge, that we can understand, but God is not going to do the "apply the knowledge" part for us. What if God wants us to take responsibility and co-create with God more resilient garments (bodies) for our souls that don't wear after 80 years, but wear after 800 years? If so, then perhaps God would want us to be responsible for what happens in our literature, movies, songs, anthems, news, textbooks, science programs, and create the incentives and content that builds LIFE and Immortality and not death and aging, war, disease. Perhaps, some would say, God gave us the freedom to choose, so we might learn to choose Life at all times, to overcome thru concentrated focus the forces of chaos and death, aging, disease, war. We have the freedom to build this Immortal LIFE culture, this culture of living for millennia and exploring moving thru portals to other *universes*, where Immortality ascends from this universe to that one and we achieve an even more amazing expansion of God's Immortality thru cross-universe lives of teleporting back and forth. So, in this amazing freedom of choice, we find the elixir of Immortality. We go from one building to another, the same way a future Immortal goes from one universe to another. A ball is moved by someone and its location changes, a human becomes energy moving from one location/universe, to another location/universe. The difference between inter-dimensional translation and us moving

a ball is the knowledge level.

4.1.6. Writing, movie, theatre and literature classes with lifespan tripling focus

We can create new ultra positive literature, because old texts mold our minds to re-create the old stuff we have been creating for eons: war, disease, short lives, etc. We could give grants to writers (could be STEM majors) who specialize in Immortality novels, literature (sci fi too), movies, songs, lyrics, so that science truths are included to further lifespan tripling knowledge. Positive stuff already exists but is not required reading, while some outdated stuff is. We can create a very realistic literary, movie, music genre that is totally real and not sci-fi, where we sing, write, talk with joy about 900 year lifespan civilization: how it would be, what we will do. Some short stories (written perhaps by teachers who inspire kids from age 3 to think about their lives of 150-900 years old of the future) could become required reading for 1st graders and kindergartens. Novel writers can work with genetic chemists, quantum physicists etc to include real science in the plot and how these couples helped their society to live to 200 or 8,000 via their romance if a romance novel; the same can be done for all other genres. Nothing would be approved unless it is super-positive and talks about Immortality somewhere in their novel, infusing the mind of the reader with positive images of the World Peace future of Immortality or 900-year lifespans. People would not be allowed to promote death, promoting death in any form would be illegal. Somebody reads a bad book or watches a bad movie or song, someone else picks up the thought from the planet's thoughtosphere and starts doing those things as explained in Chapter 5.1 on telepathy diffusion. ☺ What if this can happen in reality, not just fiction via quantum entanglement. So, we benefit if we're more positive in our literature, movies, songs, news, etc, textbooks, etc. Some will say that this is not feasible because the censorship would be too deep. But, perhaps, we could argue that the more people move towards Life, the more they move towards order and lower chaos and lower entropy, i.e. less freedom to engage in deadly things and more freedom to engage in Life Immortal related things. So, there is a shift in the FREEDOM we experience and a decrease in censorship to do Life enhancing things (the limits of our "science and ethics knowledge" censor us from experiencing the wonders of semi-Immortality or living to 900, so this censorship of long lives is far more damaging than the censorship of "negativity, short lives, death and violence" in books), the freedom to do evil diminishes and the freedom to do good expands, like an ascending freedom. More positive thoughts, more and more discipline take us away from death and into the Life Immortal ever expanding, giving us new freedom with new qualities, while taking away the freedom to do bad. To build a fusion power plant, we need so little freedom for reactors to "behave in certain ways" to maintain perfect order, and in the same way, in a Civilization of Immortals, there is so little freedom to do many things we do now, but far more freedom to do things we can never do now. To build LHC Large Hadron Collider, we need a lot of constraints on

every piece of the LHC. So is with Life Immortal and anything really, it takes a lot of focused energy that seems to limit freedom but then expands it in new ways never before available. We can perhaps visit 50 planets as a 900 year old "Immortal"; now we can just visit one. It takes hard work to build something like LHC, and it takes the tedious work of centuries to build a Civilization of Immortals. But once built, it is a wonder to behold, the jewel of all history.

The problem is that if we keep a person surrounded by monkeys or low IQ people, they will become a little bit less intelligent too than they would be if surrounded by geniuses. And if the same person or his twin is raised in an environment with geniuses, he becomes way different. So, if our educational system is focusing so much on death and these people who did bad things in history, but not on the world of Immortals and these super-geniuses we got that extend lives and live long and etc in harmony with no war, etc, people become like these people they hear about all the time, doing same things they see in movies, history books, etc. So, it's an unintentional sabotaging by humanity of its own future that happens very subtly and imperceptibly. We're recreating early death before age 900 and we worship death so much, without even realizing. We can say God's or Soul's Immortality (is Immortality a/the central quality of God?) is expanding in this physical universe (Thy Kingdom come, on Earth as it is in Heaven). All can still believe in their religion, this updating of writing, literature and other textbooks is about LONGEVITY, since Physical Immortality doesn't exist for physical beings, unless we disappear into an Immortal universe becoming energy, which we're eons from achieving. Our universe itself will die after some unknown trillions of years.☺☺ Immortality ideas could also be used in a script for a movie where the hero helps a world to triple lifespan in 500 instead of 7,000 years. Why aim to triple lifespan sooner than later? We might be wiped out by some undiscovered natural event, such as a black hole that sucks stars, a white hole from another universe that pushes matter into this one, a supernova explosion, an asteroid, a super-virus. Long-lived people can travel to far away stars and relocate easily, as their science is better. Their Tesla had 7,000 patents, not 700, living 10 times longer.

4.1.7. Classes/questions on eternal lifespan, Immortality/happiness, new majors

Create in every science and engineering school NEW majors in "*chemical engineering of Immortality*, *biomedical engineering of Immortality*, *molecular biology, genetics, biophysics, chemistry* of lifespan length regulation, living to 90000" so we discover dozens of ways (not just diet) to tweak these molecular programs and live 5-10 times longer, just as some bees change these programs by diet alone and live up to 50 times longer. Encouraging free creative thinking about the world of Immortals could be stimulated even at the end of each class of all subjects (especially chemistry, biology) with a 2-5 minute period where we talk about how what we learned today can be applied to building a civilization of 9,000 years old human Immortals? We

would have a truly powerful Immortality energy going that postpones or sweeps away death like a gentle patient tender soft river of soft water melts away the hard rock over time. Even better could be to study 1-3 hours a week a new subject, Immortality, in all kindergartens, schools, colleges, an inter-disciplinary subject mixing ethics, physics, chemistry, biology, molecular genetics, etc. Even 4 year olds can see a tiny worm and understand that a change has helped it live 10 times longer; they can understand how transparent liquids turn into purple ones, when acid base indicator phenolphthalein is added, since they see the "miracle" of colorless water becoming purple or red water, depending on which acid-base indicator we use. And the amazing wonder of physics, which is what happens in all chemistry, an electronic exchange between molecules, can captivate kids since age 3, leading to a world of sage-like geniuses. ☺☺☺

The epidemic of alcohol abuse, smoking, drugs in high schools, the hazing and drinking parties at college fraternities, etc are partially due to our educational system. A good change could include something related to happiness in the Immortality or Living to 500 classes.☺☺☺ People learn about math, writing, science, but there is no 1 hour class even twice a month, about happiness, conscious breathing, emotional regulation and radiation, ecstatic trance states thru meditation or contemplative prayer (1,000 to a million times more ecstatic than anything else, even orgasm), visualizing the world of 900 year Immortals that you could live in if you discover a way to make you and those around you live to 900 via some amazing biochemistry. These classes could be the most attended as they help people to relax and be happy and develop also a better control over their body. There would be no exams and no pressure to perform in happiness altered states classes that create a powerful protection against alcohol, negative news, drugs, overeating, out of control sexual desire that leads to unwanted pregnancies. Ideally, a Media Protection Department of the Immortality *Nurturing* Agency (INA.gov with "happy *gentle tender soft nurturing graceful* serene universal loving kindness" as motto) bans negative content in books, movies, etc to filter out bad stuff (as explained here), but until then, these classes would be a buffer of inner happiness to counteract negativity and promote positive thinking, emotions, an Immortality-longevity culture, etc. People would get to meditate like at Visitacion middle school where suspensions dropped 4 times, grades went up, etc. It's all related, if people are happier as with earplugs and meditation, they're doing less "anger-based" things. Alcohol abuse is a form of “running away from the world”, that's why people get drunk, or high on drugs. Because in the perception of many "the world is hell", they need alcohol drugs to escape the hell by getting high or drunk, but if we bring heaven in the world thru conscious breathing, altered states, rest, meditation at school, the vision of the heaven of Immortals, etc we transform families, people, everything.... because the kid becomes perceptionally refreshed into positive Immortality thoughts, becomes a Geyser of Hope and Positivism, and the parents notice it and start changing too and they meditate more at home perhaps, or something like relax a little and

think of Immortality, etc. If the world we live in is perceived as HEAVEN and as becoming a Heaven, then the world we live in is no longer that bad, since it's a temporary state that will give birth to this amazing & beautiful ☺☺☺ WORLD OF Immortals, so the planet's imperfections are easier to accept as the infant stages of the true civilization of the future. We can live in the future simulated future world of Immortals so to speak, with everyone shimmering and imagining that helps it manifest faster. Like a tiny seed becomes a huge tree, our tiny miserable lives of mortals today living to 100 will become lives of 1,000 or 9,000 some century. It's this wonderful patient work of art, of building thru knowledge, loving kindness and science this AMAZING WORLD OF Immortals that brings a new joy into the lives of everyone attending the Immortal happiness & Immortality classes, finding hope in the stupendous future ahead. Think about how much happier we're today compared to people before who didn't have air conditioning, smoke free heating, showering, internet, free library access to books, email (ability to send a letter instantly, not wait 3 weeks to arrive), etc. Life was pure hell centuries ago by the levels of comfort today, people working ultra hard in the fields, famines, wars, epidemics, spending 5 hours a day to walk far and pick some water or food. We live in such luxury today, able to run away by car from tornadoes and tsunamis, escape inevitable death, etc. Our lives today, at their best too will be far exceeded by the standards of living of the future, due to the tech progress. ☺☺☺

4.1.8. More .gov, college, city, street, person, company names with Immortality words/GOALS

Seeing almost every college and city street name as positive, as in "Immortal Joy", "Eternal Gentleness", "Perennial beauty" will program the mind to expect Immortality and want Immortality and desire Immortality of Soul to Manifest as Reality in this world, because we actually are already Immortal and these names of "Immortal fragrance" remind us of Heaven, the Infinite Love of God and the Infinite Universe, etc. Parents can also name their babies Eterni, Eternia, Immortali, Eternia, Perennia, etc more often or other similar meaning in various languages, or Infilife, Eterlife, etc. We can also name high schools, middle schools, kindergartens, colleges "Immortality Kindergarten of Gentleness" "Immortality University of Los Angeles" "Perennial Life College of Massachusetts", "Infinite Lifespan High School". Likewise, we can rename businesses more elevating names such as "Immortal Pharma Corporation" instead of "Smith Pharmaceuticals", "Million Year Biosciences" instead of "Johnson Biosciences", "Sweet eterni Donuts to Triple Lifespan Forever thru Hypothesis Formulation and Testing" instead of "Mike's Sweet Donuts"; the GOAL of life is not to stuff oneself with donuts, smoothies or "any food you like" to get a sugar high and then die like a rat at 80, instead of 80 million; no need to go get smoothies from "Jamba Juices" (they can add sugar or toxic artificial sweeteners) we can go to "Lifespan Doubling Ever Evolving Juices" or "Eterni Juices". Panda Express is another weird name, do you want to eat at "Horse express or deer express?", why focus so much on animal

names in KFC, Chicken Maison, etc. We will be eterni and no longer eat animals or plants, these names are so Paleolithic. We eat the protein, not the animal, why not "Eterni Proteins", "Eternal Kindness", "Immortal Way" or "Kind Way" instead of "Subway". Why "Trader Joe's", instead of "Immortalist Joys", "Immortal Gentleness" or "Compassionate Immortals"? Then we got nationalism (that leads to war) and taste-texture-smell focused names like "Chinese Cuisine", "Kentucky Fried Chicken", "Popeyes Louisiana Kitchen", "Mexican Tacos", "Italian Cuisine", "French Bistro", "French fries" (*a name US troops gave to fries, not the French*), "Greek Yogurt", "Thai Food", "Viet Burgers", etc. Who cares that a food came from some tiny region on a tiny planet if you remain a rat living to 80 or 100 if lucky (1 in 5000 people)? Why so much nationalism, why not "Humanitarian Eterni Cuisine", "Infinite Lifespan Tacos", "Universal Eternity Cuisine", "Intergalactic Immortality Cuisine", not from some country on earth that promotes tribalism and fights? Or, if restaurants will still be around in the era of eterni food and immortality schools replacing restaurants, why not call it "Mitochondrial Immortality Cuisine" - where they specialize in burgers that focus on mitochondrial longevity boosting as a way to 700 year lifespans, or "Polyphenol Immortality Burgers" - where the lab near every restaurant researches the combo among some of the 8000 polyphenols that extends lifespan the most and best. Our Paleolithic restaurant (and small business) names all over are so steeped in tradition (McDonalds, Burger King, Wendy's etc), tribalism, nationalism, taste, texture, appearance and living like a rat to 100 max, that no wonder no youth can dream to live to 700 and take active steps to build a brighter world, always postponing a world of peace and longevity for some afterlife future that never comes to the awareness of people in this world. We also need more company logos related to Peace ☮, Immortality ∞ (infinite lifespan). Like a ☮ the circle being dark purple and the 4 lines each being of a different color, to signify diversity: yellow, blue, magenta and lavender, or one of the 100s of rainbow peace signs on google images.

We drive in our grey-beige cities (where almost every building or gate is usually white, beige, brown or grey, as if the other 50 main colors of rainbow don't exist) and we see endless signs for businesses, "tire replacing, transmission, etc", all kinds of negative programming ads, "Call Jacob or Sweet James for Injury lawyer" (instead of lifespan extension lawyer) or some silly ad that programs people to expect negative events, short lives; there is never a name, sign on any street about Tripling Lifespan, "Longevity Lawyer", "Living to 1 billion Lawyer", Living to 700, no sign saying "Living to 900 Motel", "Million Year Lifespans Park or Market", everything programs people to just perpetuate the filif bulldog IQ☺☺☺ short lifespan society we're in; they got endless "Vape/Smoke Shop" and "Liquor" signs, nothing like "Tripling Lifespan Foods or Drinks" or "Immortality *Research* Formulas". We see endless signs for barber shops and beauty salons, nails, "Linda's nails", but we won't live longer if we wax our legs, etc or have a special hair style or nails; well, that barber shop, just made many homeless, as city ran out of space and crowded

others, leading to low academic performance, anger, fights, etc. All because of vanity of others. Why care so much about hair style, when we can just do it all at home using a mirror or a friend or neighbor? Anyone can buy a $ store or Amazon hair color and do it at home, even trim hair at home (I do it), and use that commercial space to build Gasoline to electric conversion shop to help humanity live longer or create an Immortality Research lab☺☺☺ or vertical farm for organic pesticide free produce there or a nice park for people to meditate, lower cortisol, relax and live longer. At least they could have a barber shop where a wig or hair style/dye that helps create negative ions or some RF protection effect that helps you live longer by cleaning air you breathe, etc. Our cities are full of filthy air due to gasoline, "clean" natural gas and "biofuel" cars, yet surprisingly, people flock to cinemas, beauty salons and many places without caring at all about the slow mass murder of millions of people (*5 years off for* 3 billion people is same lifespan years lost *as killing many millions in their 30s*) by transportation smog and about the fact that what they're doing, where they go, won't increase anyone's lifespan and build a real Heaven on Earth as ethics or spirituality aims. People can watch movies with lifespan shortening violence from netflix, youtube at home, so cinema space is used for Immortality Universities, Parks, Indoor mini-parks (which can allow natural light in, thru UV filtering transparent ceiling, windows or walls) with clean air (no cars, just people, amazing gardens unlike any park, best air filtration with CO_2 levels kept < 500 ppm, oxygen high, artificial breeze and tons of Immortalist memes and positive colorful art), serene calming low level background music or silence and no traffic noise, indoor parks that are open 12 hours a day at least, rain or shine, and that also have quiet Meditation Spaces, to bring the angel within instead of bringing the "bad" within as with bullfighting and other odd sports, Lifespan Tripling Research Centers instead.

The sad reality is billions of people have these filthy toxic indoor cinemas, gyms (poor air filtration, many positive ions) but no indoor park to relax, meditate and breathe fresh air and nearest park is ultra noisy, ultra smogy, having to drive 50 miles to find a quiet and clean air park. Even with clean air and quiet parks, sometimes rain or high UV rays or high heat make it unpleasant or unfit for relaxed walk while listening to your favorite music on headphones, meditation, relaxation. At least they could create solar panels structures that provide parking lot shade (though if used on agricultural land, it has to be done for crops that thrive on low sunlight and where problems such as alkaline soil, erosion, floods by muds from erosion, etc are not issues) and 15 ft walls of noise absorbing materials to reduce traffic noise by 70% and smog by 80%, if not fully indoor (which is more expensive). Nearby could be a vertical farm where people can volunteer to grow local organic veggies if they want to exercise for 20 minutes to help others to live longer, or an Eterni Food Lab where they can volunteer to exercise in a healthier environment than a toxic air gym, in a way that benefits others too, not just self. These cars and trucks shorten our lifespan with their deadly smog, fancy nails don't lengthen our lives, we see

our priorities are kind of anti-life and self-appearance focused, while public (not self) places look pretty ugly. It's as if "who cares about the common good, if self looks good?" or "Who cares about the trashy look at my gate, fence, wall or garden on a street, if it takes $10 to paint it a nice lavender color) and remove rust and etc once 5 years by repainting a little rusted areas, if I can spend 100 times more every 5 years on nails/waxing nobody sees except self usually (and 5 other people), compared to tens of thousands of people passing by the busy street in a year? Ideally we would want to move beyond a simple lavender (which would be in of itself amazingly beautiful, given for every billion brown fences there is 1 lavender globally) if we want to make our cities truly beautiful, with some lime green, silver or yellow edge patterns, for contrast, or white-gold or purple letters saying "May all live to a trillion"☺☺☺ or "Immortality *for* All" (one letter per fence, gold letter, purple fence for example for high contrast enabling easy reading from a car passing by or person walking from a distance). Why live so long? It allows everyone to become embodiments of loving kindness. We don't care about the healing of others' psyche, the joy of seeing a nice city, but are very adamant our nails or legs look flawless, when 10,000 times fewer people see them at times; a building with nice murals about Lifespan Tripling, immortalist ideas and amazing & beautiful ☺☺☺ colors can enrich the day of way more people with positive programming and hope; nicer clothing, gardens, gates, walls, cars with more rainbow colors (instead of just green, white, black) and Immortality quotes would be far more effective in brightening others' life and increasing their lifespan and way cheaper than nails etc done so often; these women often are nutritionally deficient in some things, and would live 5-15 years longer if those nails money would have been spent on vitamins, micronutrients only present in a few foods; the same thing with men, they spend their entire life detailing their car, house, etc, and their body and health is neglected; our culture is anti-longevity. I see how boringly one or two color dressed some women are (no rainbow colors, ☺☺☺men far worse), when it takes the same amount of money to buy something much more alive, colorful from Goodwill, etc, yet they spent $15 to make their hair look a little different and nobody from a distance sees hair or nails, but a big "Live to 900 years old" t-shirt with amazing colors is seen by 900 times more people). We can think about others when we want to look good, how will it help others to become more fluid in intelligence (dressing in something different than white, black, "blue jeans" color, grey, brown, red, beige colors) and more positive, longevity focused words?

Some women have these amazing patterns and beautiful colored fabrics, others just some bland white or grey shirt. If you want to say "Smile and Live to 200", do you want to do that with a white on grey background or with a colorful beautiful shirt that all will recall? In chemistry textbooks we have colors to make it a lot cooler to learn and easier to learn (carbon one color, nitrogen another, oxygen another) instead of all being one color. At Walmart, the fabric price is almost the same for the most boring one color beige fabric, and something with amazing

patterns and 7 colors, purple, pink, gold, white, blue, etc. It's not that people don't have money, they don't value fluid intelligence that doesn't always listen to the same music clip and wears one single shade of a color all the time, etc. Walk on any street and you will never find men/women dressed in yellow (say bright yellow t-shirt and light yellow pants), or lavender, magenta, both pants and shirt, etc. In this case, someone wearing those rare shades/colors does a service to humanity, as it opens humanity's brains to the idea, hey the world is not all black and white, lavender exists too, the worlds are not all like on Earth now, some people (maybe us in the future) may live to 9000. Our society and ethics, religions and cultures are not the only ones and the best... etc. Smoking, eating donuts or regular burgers and meals, drinking liquors or even healthy smoothies won't ever grant us triple lifespan, that would require a real research focus planet wide, a change of culture, where the Kingdom of Heaven is brought in this world.

This renaming of schools, streets*, businesses, would inspire video games, movies, songs, to always do the same too,* to imbue every aspect of life with the idea of lifespan tripling, Immortality. We can also change *city names* to "Immortal Gratitude", "Immortal Graceful Softness", "Eternal Serenity", "Perennial Peace", "Timeless Infinity" and $_3C^{50}$ of the qualities (gentleness, kindness, eternal, Immortal, perennial, infinite, infinity) we lack, so 3 qualities out of 50, gives us 19600 city names, 50!/(3!*47!=19600, enough for all USA, to reduce violent crime 10 billion fold, develop memory, character, etc. ***Permutations of 90 taken as 2 gives 90!/88!=8010*** names. This is 8010 villages, towns, more than in most nations. Gentle Softness is village, while Soft Gentleness is another. Some cities, towns, villages can use 2 qualities and even merge them, such as Gentle Compassion or Gencom: instead of Boston (where infernal rituals of Halloween happen in street parades, Russia and some nations chose regional or national bans of this infernal display of death), we have Nurturing Grace or Eternal Learning or Elearning etc. With the combo words (trim quality names) we have 500!/497!=124 million names possible, which enables us to cover 100 solar systems into one English Eternia civilization. We need to standardize the most common 3 or 4 letter word begining of a quality name as the way, so people know that Gencompea refers to Gentle Compassionate Peace, which becomes the Logo the City at the Immortality Park near City Hall. To transform the hyena within into an angelic Immortal, it helps to have people's names reflect the qualities too, so you can have 4 qualities, whole or trimmed, to get 500!/4!=62 billion names. Instead of saying "John, please ☺☺*lovingly tenderly gently kindly*☺☺ give me that paper" we say "***Gentle Angelic Immortal Grace (or Genangel Imgra, though it would be nicer to always say the full words when we want to convey love and reduce negative emotion in the other)***, please ☺☺*lovingly tenderly gently kindly*☺☺ give me that paper", to help tame wild emotion drastically by the time we finish the long name, even if we don't say ☺☺*lovingly tenderly gently kindly*☺☺. This helps us to transform the brute within we inherited from ancestors and historical inertia cultures into the immortalist human.

People can use crowd funding, non-profits, etc to raise funds in their local areas to build Immortality themed kindergartens, daycares, schools, colleges, businesses, non-profits, etc. Why Immortality? *Heaven is* Immortality, so if we bring *Heaven on Earth* we bring Physical "Immortality" *(ever longer lifespans) on earth.* We expand God's Immortality from the spirit world to the physical world. Theologically speaking, this process of *ever-increasing lifespan* thru the discoveries of science can be thought of as a process of transmuting the human world into a divine world, a process of bringing forth the New Earth. If we think about one quality that vastly distinguishes God from 100 year old mortals it's not kindness or tenderness, it is Immortality. We can be kind, but we can't be Immortal. We never achieve Immortality without ascending to another universe (Ascending Immortality), since this universe itself is mortal, but IMMORTALITY is a word for "Ever Increasing Longevity and Divinity" in a way that refers to lifespans so long that we call them Immortals in sci-fi, etc. The fact that we can connect with the future humans who will live to be 10,000 years or a million year old, gives us amazing telepathic abilities to change our world by imagining how they would proceed in certain situations we deal with. A 100 year guy is like a 4 day old for a million year old Immortal. How would he deal with a 3-4 day old? With what kind of loving kindness, courage and grace? Fear would not exist, as a 3 day old is harmless. Our civilization is focused on treating or managing Alzheimer, heart disease, diabetes, etc thru nutrition and other methods. But we could also tackle these issues thru simulation based nutrition and anti-aging approaches of preventing it, such as increasing lifespan 2-10 times, since we have seen in worms how increasing lifespan 5 times can also increase the resistance of the organism to many common diseases. So, one can spend 1 trillion dollars getting 1 billion cars improve mileage from 35 to 40, or spend that trillion converting them to electric cars. Both are attempts to cure the addiction to polluting oil, but one engineering GOAL is different than the other. THE GOAL LIMITS THE ACHIEVEMENT. Our street, college, city names etc reflect the GOALS OF OUR WORLD. The 900 or 100 Year Lifespan Ideals, role models, poems, movies, songs, lyrics, etc of our civilization create the GOALS of our civilization and program people from kindergarten, primary, middle, high school, college. ☺☺☺

The GOALS we unintentionally program ourselves to achieve (how many MIT Harvard courses are about Strategies to Living to 900 or 90,000???) determine where we end up as a civilization. If people set the GOAL the moon, they got there, if they set the GOAL some town, they got there eons ago. If our engineering GOAL is 20 mpg, we get that, if it's 100 mpg we get that. One can focus for ages on an outdated combustion engine gasoline technology to make it better to pollute less, and spend all time and energy with that, while an electric car would eliminate all pollution. The ☺☺☺ ideas of living to 200 or 900 are not that common in our courses, education, movies, lyrics. We will probably not find *one single college/school course* that has as a GOAL to teach about humans living to 300, 700 or 900. *We see the trees, look at the trees a lot for eons,*

but we often don't see the forest. A car is for example not starting due to some ignition issue, and we spend all time on fixing a few things with the tire, and other things but ignition in the car, so then the car doesn't start our journey to Immortality. Because we tackle what is less important, postponing the arrival of 500 year lifespan. We tackle every car component maybe and we will get ignition, but it will take longer. The way we formulate a question determines what answer we might get, the way we formulate our GOALS determine what destination we might get. If our GOAL is to get our kids to become tennis players, bullfighters, soccer players, etc this is the outcome we will get. If our GOAL is to get our kids to live to 300, to discover the secrets of 300 year lifespans and this is the motto of every high school and university and the promotion of ever-increasing lifespan, then, we will get that instead. People living to 200 or 300 or 900 later, instead of 90 year old boxing, rugby or karate players. Basically any time people punch someone as in boxing, they destroy some neurons shortening their lifespan, so it is unacceptable in a Civilization of Immortals. Evolution took some tiny worms and made them into human beings or monkeys that live 2,000 times longer. Why can't evolution also take humans who live 100 to live 2,000 times longer, i.e 0.2 million years? It doesn't mean we will look vastly (if we shapeshift) or any different, since looks are not what's important. ☺☺☺

4.1.9. Discernment education: 140 pages on espionage, World Peace and living to 500

(subchapter covers spies, 100s of fake things, fake protests, fake war, fake miracles, fake celebrities, fake elections, Ctrl+F "fake" to find them, 3 paragraphs later:)

For security reasons, remove all extensions in web browsers unless you absolutely need them (1-2 *may* be OK, a safe ad blocker perhaps) and set options for reading data on sites only to one website maximum or what you click on. Otherwise, foreign spy agencies who hacked or have spies within US extension company can get your data, even if you use American company made extensions, know where you move or change address, what store you go to, what place you went to with google maps, etc and follow you via satellite or local spies. So, always clear all history in chrome, to make it hard for transient attackers to steal data. Leave no traces of yourself online, use anonymous users if posting online. Many people believe that if a "Civilization of Immortals to be" is focusing on the cultivation of *"Infinite Mercy, Infinite Compassion, Infinite Forgiveness, Infinite* Tenderness*, Angelic Soft* Healing Tone of Speech Emotion Intent, Infinite Lifespan, Infinite Gentleness*, Infinite* loving kindness*"* in its Educational System (and Culture) it will become a civilization of naive gullible people, easy to take advantage of by more aggressive or "cruel" (lacking gentleness, tenderness) civilizations. However, one side effect of the cultivation of tenderness gentleness softness is the expansion of neural circuits in areas dealing with fluid intelligence, telepathy, empathy, and with what we could term "access to Infinite Tenderness as Infinite intelligence, Infinite Wisdom, Infinite Knowledge via telepathy

with nobler spirits or self-organizing floating thought constructs of the universe". This means that the Civilization of Immortals citizens can be infinitely compassionate with all beings, according to their level of understanding. For example, in dealing with a loveless less aware human eager to kill people (from a nation that is ok with war, threats, intimidation) it is infinitely compassionate, tender, gentle and soft to not reveal some things to them, things which they'll immediately use to kill others in their quest for world domination (instead of the nobler quest to help humanity end all killings and wars, short lives, diseases, natural disaster deaths, etc). The Civilization of Immortals would not become naive, but on the contrary, develop an even greater level of discernment or awareness of the fact that other civilizations don't teach the same infinite loving kindness towards all beings as the Immortals teach, and that one can't be as open to killing-lovers as with Civilization of Immortals members who know (or desperately want and work towards, if not there yet) no killing, war, prisons, etc.

Over time, thru international agreements, it would be possible to eliminate violence and hateful teachings from all movies, books, classrooms, colleges, etc, as every nation knows what each nation teaches, but realistically, this may not happen overnight, time in which the Civilization of Immortals has to adapt and live in a world where some countries teach "less gentleness, less tenderness, and 'killing is ok'". As the Civilization of Immortals builds its *ethical* foundation, it can't compromise on its *fundamental* principle of NonKilling, to avoid being killed itself by the historical death force. The Civilization of Immortals may develop a deeper insulation, against the death and violence forces thru the Immortality Test and a policy (and culture born out of education) of "self-sufficiency and no trade with killing nations refusing the join the Universal NonKilling and World Peace *Alliance*". In such an environment where to be admitted to the country one has to pass an Immortality test as difficult as learning 2 new languages of 2 different alphabets and grammar, the cohesion within the Civilization of Immortals is great, as assimilation is perfect, due to the fact everyone admitted studied for years to pass the Immortality test in English. To pass the test one has to literally understand things of such depth that one becomes a totally new being of much higher awareness and intelligence, like when getting a PhD in Immortality Sciences. The cultivation of gentleness, intelligence and wisdom, as opposed to sports, war, violence, etc, will ensure the development of great technologies that will enable this civilization to discover God's Infinite Grace towards those who cultivate peace, nonkilling, compassion, tenderness, softness, they might even discover 50 planets and how to levitate, teleport, live 9 centuries and have robots do all manual work (no need of fitness or muscles), while "killing is ok" mortals kill each other over 2 square miles of land. It's interesting how in our world a country is sometimes trying to take land from countries with 2-10 times less land per capita; the values of these mortal cultures are more towards land, than life itself, like people who value their cars more than their health, spending 8 hours daily fixing/cleaning their

car. It's no wonder that the Universe won't help these "land 1st, life 2nd" civilizations. While the "killing is ok" mortals wage incessant wars to get 2 square miles, the Civilization of Immortals is developing new tech, secretly terraforms many planets expanding Peace and Immortality galactically, as it is busy living *spirituality* instead of talking about it. ☺☺☺

While children are taught to love all beings, they're also taught about the fact not *all nations* are taught the same tenderness, softness, compassion, gentle tender healing tone of speech and emotional tone and intent tone, love of life, love of nonkilling, etc and that the ethics of those countries is often very different, so different, that many of those people would do things we consider horrific or unethical without a second thought or any remorse. This means out of compassion for all living human beings, one's compassion for such people has to take on a different expression to try to heal them, yet while understanding that they can't have information that would allow them to create more chaos in the world thru violence. While the Civilization of Immortals classrooms teach "conscious breathing, smiling, being kind, tender, speaking like an angel, radiating noble emotions, to all beings", mortal civilizations don't, as of yet, as we have not convinced them to join the Immortality paradigm, and as such, their ethics is vastly different than ours. The mortals would kill other people easily, to achieve some trivial materialistic GOALS, while killing would never be done by a Civilization of "Immortals", even when it lacks the technology to defend itself without killing, if attacked. Souls are Immortals so a Civilization of Immortals is a Civilization that focuses on the Soul and Its Immortality as it expands this Immortality in the physical domain. It doesn't mean they live forever, it just means they aspire to live longer each generation and remove death in all its forms: wars, killings, disease, rapid aging, hurricanes, tsunamis, etc whose death tolls can all be avoided by advanced technology. When helping someone of lower ethics from a civilization of mortals, the Civilization of Immortals citizens understand that the primary help has to be in understanding the basis of Immortals' Ethics not in revealing anything technological which the unethical may use to spread death, violence and destruction globally. A house built on a weak foundation will give way and crumble fast during earthquake, and civilizations built on weak foundations will disappear without trace during the earthquakes of history. Aware of this, the Civilization of Immortals acts as the Light of Ethics of the world, never stopping in being the living example of tenderness gentleness forgiveness kindness sweetness for others to follow, so that World Peace and the end of all violence can occur one day soon, hopefully this century. While they're mortal to all appearance, they may be Immortal if allowed to reincarnate most often. They may be of many appearances, belief systems, nationalities but they're part of the Hyperspace of Immortals. Many people view isolationism as a weakness, but it can be the greatest strength, as it avoids the mass consciousness and creates something altogether different that nobody else achieves. The audacity to be oneself and to persevere in the building of the Civilization of Immortals can

grant these people undreamed of achievements, that other people, so busy following everyone and everything around, miss easily due to distraction. Isolationism can take many expressions, on many levels, and it may not necessarily mean or appear as "an isolated country", it may appear as the most engaged country, yet be the most isolationist. Engagement and isolationism are not incompatible, since the carrier of the Immortal Ethics in the world is always busy helping those eager to expand the ☺ World Peace ☺ Alliance; it's just that the engagement is more selective and more "isolated" in some ways, so as to protect the foundation of the Civilization and not compromise on that which will ensure disappearing from history as other civilizations did before. The Light of NonKilling is the Light of Immortality and those who uphold it and let it triumph, will be here forever. As such, aware of this truth, the Civilization of Immortals is ever busy engaging, while protecting, insulating its values/many aspects of its civilization from those disloyal to Immortality and NonKilling, so as to weather the storms of history and achieve the victory of Life over death, of Immortality. Aware of how much tenderness gentleness softness a citizen has for other citizens, people are equally aware of how much tenderness and loving care one has to employ in guarding the civilization and its secrets thru discernment, so that the Light of Immortality remains forever alive, until all can be free from violence and killings. ☺

The Immortalists *are not* naive, they know *how* enemy *spies operate*. *The next 136 pages explain espionage: how* 'peace, fake religion, freedom, human rights' lies are used to create looting wars, how partially fake war (Ukraine) is used to create a fake peace, *via 70+* spy fake things:

4.1.9.1. ►►►► fake "job, scientist, business, tourist/student/investor visa" & fake thoughts: The citizens know that usually foreign visitors *(artist, diplomat, clergy, hotel manager, CEO, investor, nonprofit worker, tourist, student, model, singer, musician, sportsman, actor, scientist,* especially those on longer and more frequent visits to a location to load a spy network with cash and get flash drives and info back from *spies) are* spies *for* 1). origin country, 2). host country *(if host nation invited or lured the guy to visit), or* 3). third country, *even if not known to* the tourists, since they're remotely controlled. The Spies (who can even torture locals with hidden gadgets, or be recruited as 3rd nation ethnic (Jew, etc) to pretend to be origin country ethnic (NATO, etc) that runs origin country networking group and feeds info to host nation (USA or etc) on naive NATO, etc visitors of that group or church) can *use a* fake *job or* spy *agency created job/career as a cover (via brain control,* life path creation without person knowing all *their decisions in life were done by others* writing *their* brain), *so they can be* unconscious spies (they don't know others use them to spy on host nation). The immortalist citizens are aware of the many conspiracy theories☺☺☺ (each with some grain or % of truth) about some kind of secret societies (secretive rituals, etc, 100s of such groups exist, not just Illuminati or freemasons with eye symbols) or other group(s) using fake thoughts (lies) implanted into our head (disguised as ours) to have us make, after careful sleep disturbance and distraction (managing people in our

path, calls, emails, internet searches we do, fake internet results/studies), all our choices as they want them to be (major choices) and do their bidding (be their slave in reality). CIA and cops have the lasers to listen to all conversations within a house from a mile away, using the window vibrations. This can be used to detect how good mind control tech is, they implant a sentence and listen to the sentence said. Thus, it is best to have background music, so that *the laser can't read the window vibrations and to block windows* with aluminized foam boards (aluminum taped to foam boards or at least aluminum foil taped) to prevent the use of lasers to listen inside your home. You can also be quiet. For private stuff, talk really within 1 foot, so background music (especially with human voice) can be louder than soft voice and make eavedropping impossible. See a spy give CIA up to 25000 docs, or a spy reveal 900+ KGB spies.

4.1.9.2. ►►►► fake news: just as Science reports a third of science papers are fake in many fields, most news are fake, the real story and cause is different; many incidents staged by various groups or gov agencies. This includes fake arrests, fake deaths, they arrest the opposition leader, former leader, president in 50+ nations, to create illusion of real opponents, they're all the same 'party': the security-military-complex, *all spies lying to Americans.*☺ They can also arrest a fake billionaire, who is a spy (in US, FBI/CIA) role playing to use as pretext to pass a law, create a reform or prevent 'crime, public incitation to violence', help arrested person win elections again. These fake arrests often aim *to keep the masses short lived and enslaved, distracted from* World Peace in 3 months, *disposable cannon fodder for useless wars.* 2300 acre 'estate' draws less opposition than a 2300 acre military base, *so when you see some 10 or 1000 acre 'rich guy estate' you can be sure it's a military thing, spy base, 'rich people' are usually spies or soldiers in most nations or all, 'rich guy' is their 'cover'. Or,* the aristocracy runs the military and spy agencies, either way, you get the idea. The wolf protects the hen, the rich protect th 'nation's poor', the military protects the civilians. *There fake arrests keep masses in a state of fear, anxiety, slavery, eating poisonous restaurant and supermarket foods, while hiding the* huge crimes and genocides *of the security-military complex*. Spy agencies (FBI, CIA, etc) think it helps, since some of the 'arrested' role played and made fake deals with the mafia maybe, so whatever, but in the long run it is delaying World Peace. My opinion is it is far better to have civil debate, be honest, work at all levels for Immortality *for* All, honesty is more valuable with 1 party than 10 parties and endless acting and lies: *be* true to the American people, stop the lies, give single housing to all, *demolish casinos, liquor stores, sports facilities*, vape stores *(kudos to Australia, who* banned recreational vaping, *as it's a route for drugs), etc*, centralize and bring happiness to all, end all jails, (create healing centers instead until all have single housing and 0 violent crime) love all, as the Immortalist Anthem says. Immortality is possible, when we give science education to all, instead of religion brainwashing. Give all free education on neuroscience of happiness, via meditation or happy breathing, peaceful music etc, so people are

not addicted to vape cigs by a government who then bans it to increase suffering without offering a solution for people to find bliss and happiness, as if they just want to increase pain. We're all familiar with some governments whose main goal is slavery of the masses thru pain. The parasites own the "private companies" and can stop a product release before it happens. Maybe they tested the effect of these e-cigs on addiction patterns and now they know it failed.

Fake *news* ☺☺☺don't always *inform, though under the guise of protecting the people, but they poison the minds and goals of the people, enslave the people with minimalistic survival day to day goals against fake 'enemies', distract the people's focus from 'Immortality for All'* interested (all are interested in a happy immortality, not one of terror, all love immortality when they're not terrorized (often without them knowing) by the government or "private" media, music, groups, companies, religions, denominations controlled by same top spies, etc). Speech tone is the basis of all ethical behavior, scientific progress. If people know no bad tone, ideas, they don't know how to do bad things, so the media, literature, movies, music are flooded the people with bad tone, ideas *nonstop to produce crime, which then justifies slavery, oppression. Fake news can also 1. prepare citizens for a real event like the fake one, 2. help all avoid the 'bad thing that 'happened' in a fake story', 3. confuse 'enemies of the state' with a lie or fake event.* ☺ Stop the lies, stop the fear, *stop the* warfare *on the* poor, stop the torture. Just promote noble behavior and qualities thru centralized eternal TV education for all. *To love the poor is to have* the most positive uplifting tones that *induce lifespan enhancing emotions in the brains of the poor, not to terrorize them daily with fake shouting news*. Be kind.

4.1.9.3. ►►►► *fake* spirituality, they build 133 temples due to 10% of income given by gullible folks to church, while others die in overcrowding 30 years early: people can meet virtually or at the city Immortality Center where they measure biomarkers or sing as one; the Book of Mormon has violent, cannibalism quotes; "kingdom of God is within" not in buildings. Yet online church no donations is fine with anyone with IQ, because of this. Besides,☺ souls ☺☺ can meet ☺God☺ directly; all can stop supporting liars, fake miracles, naive or parasitic clergy stealing 2-10% of your income *(some have private jets, own airports near the mansion, worth 1$ billion)* for acting as intermediates God doesn't need and for brainwashing you these quotes are the 'Word of God'; why not build the church online (make home a 'church') & cut smog emissions, give clean air to all? Mormon temples sit empty far more than Catholic ones.

~~* SINGLE FAMILY HOMES for ALL (we don't need 8.5 MILLION USA mansions) *~*~*

Crime is also caused by suffocation in 90 sq ft (instead of 300-350 min/room, 1 person/room) rooms too, that damages brains of kids, while parents (contractors) make huge living rooms and empty buildings for God, parents kill the God in the kids by oxygen deprivation, kids are closest to God, a blank state to create the most perfect Godliest person on Earth, but they destroy kids

to build temples and make houses infernos of demonic music to create infernal fetuses/kids, instead of temples of the Living God, humans, with serene music. What happened to Gospel kingdom of God is within? Jesus didn't say to build temples. Build a 4000 year temple, your body that lasts millennia due to the virtue of the 11 companies. Make Your Body the Living Temple of God. The highest crime exists in multi-family housing, so we need end millions of useless businesses (listed in the next 30 pages) to make quality housing for all a reality. Consciously evil or unaware (of their criminality) criminals support Bible-Quran-Torah-etc fraud, ethical people support 0 violent crime via *single family homes* for all, meaning 1000 times more temples (each house is a temple, online churches free of donations only, personal spirituality, global spiritual renaissance, no organized religion, sing at home, karaoke, God will hear You my friend), just smaller church the size of your home, for 20000 times deeper spirituality. This means criminals build churches, temples, mosques, while *ethical people use that same land and materials to help those whom God wants to help* the most and society neglected the most: to create sealed secure healing cities, villages or centers that replace jails with amazing single family houses, single 1 bedroom beautiful houses for the violent crime offenders who work 35 h/wk until ALL CRIME IS 0 IN THE NATION, since all jails disappear, fines and education replace the jail terms. Violent crime can lead to all humans dead in 10 seconds, so it's a 1 trillion times bigger sin to have jails than not building a stone place to sing to God in a group, for today, we can sing together online and we can also sing individually and God will hear us very well. God wants you to help those most in need, not those who have it the best. Mk 10:25 "*it's easier for a camel to go thru a needle's eye, than for a rich man to enter heaven*". Shelter the homeless, feed the hungry, protect the victims of 1 billion violent crime in USA, many done by illegals. We already got 1 million concert halls, places where people can gather for group singing if they want to record nice choirs singing to the God of Immortality *for* All. Plus some of the new 8.5 million Weekly Biomarker monitoring stations and mini-universities built on Aristocratic Terrorist Estates, all free, can have recording studios for choirs to create beautiful immortalist music of much higher quality than in these traffic noise trashy sound insulation churches today the rich beasts usually place in the filthiest places for the slave workers to go to. When a power plant explodes, you go help the pipe or machine that is BROKEN, *when a society explodes, you go help the most messed up people* with a truly Godly Immortalist Anthem like *universal gentle tender soft healing nurturing* loving kindness. Our society explodes daily with 1 billion unreported violent crimes, the time is now to change. A divine society has no jails, everyone gets the same divine education. All holy experiences of bliss, God, etc in a place of worship can be attained in your single family home, which you can make as holy and 1 million times more powerful in generating divine experiences than a church. Holy bliss is all created by the brain in a powerful placebo via wafers, Eucharist, ritual and brainwashing, and at home you can make it 1 million times more ecstatic and efficient by lying down and doing the meditation. Liars say "we got no

space/material for homeless" or material for "border wall to prevent drug flows or enslavement via illegal immigration" but we got space/$ for *400,000 churches* sitting *empty* 80% of the time. Jesus said "kingdom of God is within", Jesus didn't tell anyone to build churches, churches were built by thieves, the rabbis and frauds (the 12 fraudulent disciples) who claimed to be the only way to God and who faked to be disciples of Jesus, the master fraud. You can generate bliss at any moment in any location because God is everywhere. Jews loved a comfy life, *why work if they can simply preach lies and pretend to be a Jesus disciple in 1 AD,* they could use Christianity to take over the planet and indeed they did. They say 'no *single family homes* for all', while *400,000* churches (materials, space for *4 million single family homes*) promote 1500 "Holy Word of God" quotes of genocide, slavery, mass rape, violence and *30 types of businesses (on the next 30+ pages)* waste even more space, materials, not to mention the 8.5 million mini and big mansions shown 3 pages later. Why so many churches w*hen everyone can be an online pastor,* every *single family home can be a* quiet temple to God, maintained by Immortality Building Inc (company where pastors/believers work part-time to bless all with decent mold/leak/noise/dirt free shelter, to practice, instead of preach spirituality) *in perfect condition for breathing bliss,* so all can love & experience God 24-7, not 1 hour monthly, with personal spirituality, no organized lies. Are *people 3rd graders needing clergy to* repeat like a parrot some quotes *ethics.gov* or any website (Bible gateway, Jesus said God is within, he never said to build churches but to feed and shelter the hungry/homeless), offers all online in a peaceful set of 24 verses, 8 to 33*)*. Oddly, UCLA astrophysics professor became homeless, due to a government of religious fanatics who worship the ultra violent Bible that deifies slavery of all professions, and beatings of slaves.

They tell us that there is no space for *single family homes* for all, but space/materials for *endless useless businesses* to keep aristocrat mansions huge, or 2300 acres palaces, or 2130 acre part-time living estates, (*scroll down 3 pages to see* the 8.5 million mansions *in USA, with exact number in each state*) or mini-aristocrat houses gigantic *and 10% of USA living* in terrible apartments/mobile homes/condos (17% of US lives in condos, apartments), *23% in bad ones*: *34% (3 million) hotel rooms sitting empty* all the time (9 million US total, 132K motels/hotels, 0 Immortality for All City Centers, US=redneck nation*)*, *2,400* gigantic zoos (*animals get houses, people don't,* priorities for USA, monkeys kill people in India, while tigers (10K in USA, 13 lb of meat eaten daily, 700 folks killed a year) eat people, zoo pigs give you flu to kill you, dogs kill 35000 folks, crocodiles 1000, hippos and elephants 500, snakes 100000), *32,000* gyms space for 200000 small homes, *22000* spas (filthy, transmit diseases that kill, let all have a tub at home, be democratic), *13,000 pet shops, 23,000 pet hospitals*, *34 million square feet* of vacant empty unused shopping mall space that could become 100000 tiny studios of 340 sq ft, *6,000 dog parks* ☺☺☺ because 170 million cats and dogs are way more important than 100 million Americans living in bad conditions, *900 dog/cat food factories* for the 80 million USA cats and 90 million

dogs *we really don't need* (except a few service dogs and drug sniffing until 0 violent crime arrives) and who make single family homes so hard, due to nonstop barking requiring huge distance between houses, 900 land owners who own tens of millions of acres they don't use (except for timber company owners, recall the family owning 23% of Nicaragua land, 5 million acres of which was distributed to 100000 people), *4,000* strip clubs (the epitome of ☺abysmal IQ☺, when with meditation you can be so happy at home, and youtube has 1 trillion times more similar content, Iceland banned strip clubs, why can't the rest of the world?), *2,000* Masonic buildings where violent rituals are enacted to destroy the human quantum field which are anti-constitutional, and violence promoting, like the Bible-Torah-Quran themselves, *35,000 acres* for growing useless flowers☺☺☺ (61000 acres in Netherlands, where people are crammed in dense housing), *10 million acres for 7.2 million useless horses* pet and 'riding', *5,200* adult stores (sex shops, etc that destroy the human quantum field), *70,000 strip malls* and *90,000 shopping plazas* (*each with 20-100 stores over 2-5 acres*) with astronomical levels of *redundancy.* Then, we got 100s of cruise ships that take many folks to maintain, etc instead of building houses habitat.org.

We got for *200,000* phone *stores* (the small business parasitic metro T-mobile reseller, the *backbone of* American *0 IQ*, resell, insurance, call it a life, who sells 5 phones/day, wastes his life with this *(act busy baby, 6 hours a day waste time, instead of doing some research, while we also get T-mobile, AT&T, Verizon, Sprint for different companies, when all could be ordered online at Amazon or utility.gov or in one store Eternal Utility Inc store, you don't need stores for phones or activation, there ought to be a simple online page telling you how to put the SIM into the phone and do it).* We can't have youth ("rat filif IQ" or "IQ too low to love all a trillion x more") in phone stores do tasks of 3 year olds, after wasting 4 years in college in drunk parties and humanities classes, wasting their life as "retail people in phone stores selling stuff America is too incompetent/lazy to make anymore", like putting a SIM card in your phone you can do at home after phone arrives from utility.gov with 3000 times less toxic RF radiation too).

We also got 500000 *clothing/shoes stores.* These low IQ small businesses can't produce one quality clothing item as described in the immortalist clothing section, so Eternal Clothing Inc suffices. This way we end the aristocratic vampire class and develop healthcare and high tech building, soundproofing tech for the slave workers who deserve nice places to live in too, not 100 sq ft studios on 45th floor vs 4500 sq ft mansion with 50 acres and 20 rooms. The new *clothing.gov* can have the Eternal Clothing Inc *app that takes pics of your feet, trunk, arms, legs, waist, once,* as you hold a 12 inch ruler nearby and then this profile is eternally stored there, until your feet grow if a kid, and it shows only shoes, clothes that fit that size when you search, since the immortality.gov ID logged in uploads your info, and you can select wide for comfier shoes and it is shipped in 2 days or 1 day, like Amazon does, and you're in no need of shoe stores, as we prioritize research, like making and discovering new materials to insulate houses

cheaply so well, it's as if you're in a condo building with warm units around you warming your walls and being so energy efficient, and shoe tech to extend lifespan by 10 years via new sci-fi shoe tech or new vitamins, nutrients to help us live to 300.

Then we got 200000 *food stores* ☺☺☺. Of special hypocrisy are the ethnic stores selling ethnic food: ☺☺☺ little items and ethnic stores, why not merge 100 of them into one "Hispanic store or Asian store" or order from Amazon.com like food.gov to sell these items, give all decent housing for 0 crime, don't make the city a food market and 900 restaurants. We got "Indian pig heads meat restaurant", "Kebab sheep leg steak store", "Dubai tiger penis steak", "Korean turkey buttocks steak", "McDonald chicken breast store" and other cannibal like imagery very low IQ, no science based eterni food, just cannibal chimp restaurants, food stores by the millions, same old Neolithic food, ethnic restaurants or mainstream ones, just cooked slightly differently, a few different mixes of spices, etc, nothing high tech, no science. The ethnic restaurants take so much space too and these low IQ illegals (Democrats let in by the millions) complain that they don't have good housing at times, but they take all this land for the ethnic store and parking, they don't see the hypocrisy: everywhere you go you see the same stone age food or ethnic restaurants, taking space of eterni food future research centers, due to the incredible indifference of these filif chimp IQ immigrants Democrats bring in who simply spread their 0 IQ culture here instead of becoming the Land of Freedom from Death citizen, excited about the science of eterni food, science of living to a billion years old and the end of religious lies and religious violence. We need to kindly end 100000 small food selling markets that take same food from US/Canada wholesalers and sell it at higher price than Aldi, Walmart – their contribution to USA is buy and sell, inflate prices, inflation, welcome to USA Jewish traders disguised as Muslims. This is not ideal, we need better migrant integration instead of 200 nations within USA. Some want to have 7 to 10 babies and declare the Islamic Caliphate. In immortalism, one Immortality Building Inc permits any business in USA, no more low IQ cities permitting anything. We make sure 80% of nonresidential buildings are for research/production (0 imports) as guided from the efficient Eterni, the new capital of the USA, and the rest of the buildings are efficiently merged for a high innovation civilization of high thinking, low masticating. Until eterni food is mainstream, we use TV to teach people to cook much healthier meals at home (Chapter 11.12.4., pressure cookers). Lentils are sold in 1000s of ethnic stores, like many other items, just so a guy has his own business; this leads to a huge waste of human labor, the disappearing of research. Instead of 4 million stores, let us compassionately healingly nurturingly use the energy to raise houses in flood zones to save lives, houses that previous aristocratic bandits did not raise as redundant (all permits issued by housing.gov, the website for Immortality Building Inc) selfish corrupt city officials let it go thru. Thus, we will be creating better houses that don't get mold when a water leak happens since all water from pipes is

caught, every pipe is surrounded in clear thin pipe see thru plastic vinyl to catch the water, like the drywall or new high tech soundproof materials are laminated with thin plastic too to enable easy washing and no mold, and the inside pipes are at an angle so no water is stagnant, so that all water flows into channels that drain in the sewer. All these simple changes to reduce mold growth and mold remediation 90000 fold, plus other changes to AC systems (more split AC, less central) to prevent sickness, require more people to produce these houses that last 5 times longer as we live 5 times longer eventually.

We got endless retail jobs, *50,000* tax places ☺☺☺ (0 taxes ought to be the rule), *20000 vasectomy clinics* (this refers to offices that do mostly that, even if not separate buildings, no reason to waste money with such nonsense, just abstain from sex, sex outside procreation destroys the human quantum field, useless ☺☺☺ 'male contraception' procedure that 50 million sex maniac brainwashed men had between 1897-2024, to prevent sperm from going out into the ejaculated semen during sex, drains national resources, encourages animalistic sex and destruction of health, destroys the human quantum field, since sex is for procreation only if you want to live to 5 trillion and become precipitating species that materializes offspring without intercourse), *900* roller coasters that lead to 1300 injuries+5 deaths/yr adults and kids, while making kids selfish, unaware of the terrible housing of others, *70,000* bank *branches* (projected to disappear by 2041, redundant branches we don't need in a cashless society with only 1 online Eterni Bank, with no loans, no inflation, only wage deduction of prices if you don't want to pay right away for a house, car, etc though most get a free basic house at age 18), *30,000* liquor stores ☺☺☺ space for 80000 small homes, all kinds of alcohol stores that killed 2 billion people via alcohol last 2 millennia while these selfish alcohol addicts complain about lack of housing, *10,000* vape stores (selling illegal vapes sometimes) space for another 10000 small homes if it were not for the selfish criminals who use weed and other products, *900* huge stadiums (lots of houses/stadium, since some are 150 acres, so we talk *1500 houses/stadium*, free the people, not the chimp inside man), *10 million RVs (trailers)* sitting empty 94% of the time, *1,000* casinos (these are big, materials and space enable us to build at least 10-80 houses each ☺☺☺), *136,000* huge basketball, etc courts (shrink in half and we get space for *1 million 3 bed 3000 ft² houses*) in the *131000* K-12 schools and *5000* colleges, *16 million empty homes* ► Forbes, (China has empty apartments for 1.4 billion people reportedly, they rot, they could have built *single family homes*, but top communist mini-aristocrats didn't care about the workers, villas only for 'communist' top 0.01%, unless it's prep for WW3), 1 million restaurants we don't need so many of if homes are big for all, *500,000* empty commercial office empty buildings each the size of a small house AT LEAST, *15,000 gigantic golf courses* (160 acres per course, so 2.4 million acres, about *26 million homes of 4000 ft² lot*, got plus some alleged 52 acre 'golf player' mansions), *each course able to have 100 single level houses, so that's 1.5 million houses*, 1.1 *million* acres of USA wine

grapes = *11 million lots for nice 4000 ft² homes,* due to the selfish criminals who drink alcohol and others before them who killed 2 billion people via alcohol, California has no homes, but 620000 wine acres, 0.2 million acres for tobacco plants (for the criminals who smoke and produce tobacco and kill 3 million a year) that could allow *2 million 4000 ft² houses* with roads in between to be built (no free meditative music mp3s to be happy and breathe the bliss, just smoking ads to make the rich even richer), 30000 acres Disney World Florida, *space for 200000 nice 5000* ft² *lot 6 bedroom homes and a nice 2000 acre* Immortality Park, *2000 acre Immortality University too*, more acres for other theme parks instead of giving all yards (instead of condos) so they make their garden into the theme of Immortality *for* All they wish, *12000* useless beaches (bathe in clean water, not ocean water that kills, 100s die from flesh eating bacteria, have some brains, build nice houses, your life is more important than being a 0 IQ redneck going to infect your eyes and body with lethal stuff that gives dry eyes or eye/lung issues for life). ☺☺

We also got ☺☺☺►►►►► ~*~ *8,500,000* ~*~ ◄◄◄◄◄☺☺☺ USA *huge or small* aristoc-rat-ic mansions, the largest 1 million residences of these rats will be Immortality Labs, (can be cruel cannibals like aristoc-rats 'eat' the rest, enslaving, working us to death) listed by state in the next 2 pages (many are mini or big *palaces where those guilty of genocide live*, genocide via torture and mind control of public officials who're simply robots (tortured animals) that ensure the imperial lifestyle of these beastly aristocrats (rich people, like *British* George Washington & all other young British spies disguised as "revolutionaries"(in 1776 James Monroe *18*, Aaron Burr *20*, Alexander Hamilton *21*, James Madison *25*, Thomas Jefferson *33*, John Adams *40*, Paul Revere 41, George Washington *44*), created all spy agencies and military, to enslave everyone better under the guise of 1776 "freedom from Brits", the rich enjoy spying on/torturing all Americans as federal agents of the 18 agencies of national intelligence who "role play" being the rich and looting everyone inside and outside USA, as tech allows: peace thus is not relevant, only power, USA is a feudal monarchy (*like all nations* almost are in REALITY, with *1000 kings*, the elites), where the offspring of the elites rule forever and pass the torch, meaning for 20 generations spies and monarchs who rule USA), genocide via blatant theft of elections, where only their puppets rule to protect aristocrat wealth, genocide via theft of trillions from the American people, loss of 3 billion lifespan years for USA, 9 per person, at least, same as killing 60 million 30 year olds who lose 50 years each of a 80 year lifespan, and preventing healthcare and proper nutrition for all, WhERE IS THE COMPASSION? See it next 2 pages, all mansions by state, search your country real estate websites for houses above $1 million to find your local aristocratic terrorists) even 2300 acres palaces (Facebook CEO) or 2130 acre part-time living estates (Oprah uneterni tone TV station, like the tone of most TV programs) that each *wastes* the materials and space of a city Immortality center (biomarker monitoring, medical facilities, middle/high school immortality or longevity tech lab, etc) that together would extend

lifespan of 300 million Americans by 70 years. It's the *aristoc-rats that create* endless businesses that shorten *the lifespan☺☺☺ and IQ of the poor* (alcohol kills 3 million yearly, smoking 6 million), instead of giving single family housing to all Americans – the mansions take about 60 million acres or about *825* million *4 bedroom* 2200 ft^2 homes, 1 car garage, 500 ft^2 yard, 500 ft^2/house for streets-shops (so 3200 sq ft total), to give everyone a chance to buy a house in 2 days with housing.gov and no more aristocratic vampire realtors, or a lot of research centers to help humans live to 500 for the centralization of education via the 1 million immortality labs instead of 8 million mansions, see how the priority in US is MEGALOMANIA not research centers to improve education, health, see how Immortality Party can fine many companies, regain trillions of $ stolen by aristocrats from the US☺☺☺ Government and the people via fake miracles brainwashing and other types of fraud ("they deserve 10-50000 times the wage of the average worker"), and refurbish these 3 million mansions (some got 2-4000 acres) to create 1 million immortality-longevity-health focused labs (state owned) to give free education to all (not brainwashing that these 1400 violent quotes are the Word of God) & 2 million (state owned) preventive healthcare centers, plus 250 million 2500 ft^2 single level houses 4000 ft^2 yard, 6500 ft^2 lot, plus 500 ft^2 for shops/street, see

WHERE THE MILITARY (some make weapons, others are disguised as *businessmen*)-SPY-celebrity-CEO-manager-judge-Lawyer-MD-Banker Aristocracy (who torture the 90%, higher ranks, not the cannon fodder soldiers) LIVES, mansions of 3300-30000 *square feet* and/*or* a *huge lot* (0.5-4000 acres), 2-9 extra rooms/baths, extra footage/acreage people don't use/need when others live 9000/acre, 2/tiny room, many bigger than the White House, gov is a puppet of the *PARASITES*:

Keep in mind, that while the French King Louis (killed by revolutionaries) lived in Versailles in 721200 ft^2, millions of white French lived (like a few thousands still do) as slaves in 50-90 sq ft2 studios (no bath) with no heat/cooling thereby shortening the lifespan of France by 50 million lifespan years = killing 1 million 25 year olds. French billionaire, worth 200 billion, creates evil luxury goods that fools buy, while many are homeless. Like the French King, today, the whole world is brainwashed to worship without question the Masters of the Universe, Kings of Hell:

In decreasing order of # of parasite mansions (total in USA is 8.5 million, where the 8% who vampirize the 92% live, numbers when I did the search): Texas *832,000 mansions* & 5548 for sale, Georgia *608,000* (highest per capita in USA) & 4056 for sale, Florida *548,000* & 3655 for sale, California *535,000* & 3566 for sale, North Carolina *382,000* (3rd highest in USA per capita) & 2549 for sale, Tennessee *346,000* (2nd highest in USA per capita) & 2305 for sale, Colorado *340,000* mansions & 2270 for sale, New York *320,000* & 2140 for sale, the 3 states FL CA (Los Angeles 53 billionaires) NY (NYC 60 billionaires) with most Jews in the top 7 as Jews have highest

% of any ethnic group among top universities in the Judeo-Fascist regime of USA with no free education for all, our Jew run education is Jewish Jesus faker of miracles saves you, eating a bread piece gives you a trillion billion year lifespan and to live long with 'God' in heaven, you need to stab penises of kids like Jews do, Arizona ***284,000*** & 1890 for sale, Virginia ***284,000*** & 1891 for sale, Pennsylvania ***223,000*** & 1485 for sale, Alabama ***195,000*** & 1301 for sale, Washington ***186,000*** mansions & 1242 for sale, Utah ***180,000*** & 1203 for sale (Mormon state, they claim to be kind (cannibalism quotes here), but rip everyone off, drain USA of tax funds, 10% of income going to Mormon church), Michigan ***178,500*** & 1200 for sale, Missouri ***173,000*** & 1151 for sale, South Carolina ***167,000*** & 1112 for sale, Minnesota ***157,000*** & 1050 for sale, Massachusetts ***149,000*** & 992 for sale, Maryland ***147,000*** & 979 for sale, Ohio ***143,000*** & 950 for sale, Illinois ***141,000*** & 939 for sale, Connecticut ***134,100*** & 891 for sale, Oklahoma ***126,000*** & 840 for sale, Idaho ***125,000*** & 833 for sale, Indiana ***123,000*** & 820 for sale, Wisconsin ***120,000*** & 800 for sale, Oregon ***116,000*** & 772 for sale, New Jersey ***115,000*** & 766 for sale, Arkansas ***112,000*** & 747 for sale, Kentucky ***99,000*** & 659 for sale, Montana ***97,000*** & 647 for sale, Louisiana ***92,000*** & 616 for sale, Mississippi ***81,450*** & 543 for sale, Nevada ***79000*** & 524 for sale, New Mexico ***75,000*** & 500 for sale, Kansas ***53,000*** & 353 for sale, Iowa ***48,000*** & 320 for sale, New Hampshire ***46000*** & 308 for sale, Vermont ***44,000*** & 295 for sale, Maine ***40,000*** & 270 for sale, Wyoming ***39,000*** & 263 for sale, Nebraska ***35,500*** & 237 for sale, West Virginia ***30,450*** & 203 for sale, Hawaii ***28,500*** & 190 for sale, South Dakota ***28,000*** & 187 for sale, Rhode Island ***21,000*** & 141 for sale, Delaware ***20,900*** & 139 for sale, Alaska ***20,000*** & 134 for sale, North Dakota ***18,000*** & 121 for sale, Washington DC ***1,700*** & 11 for sale (mostly slaves live in DC, the gov is run by aristocrats, the ***real government is outside of DC, in aristocratic mansions, the*** media = ***fraud***). As these bastards do to Americans, so USA does to 200 nations: everyone is a slave... The aristocrats don't care about Americans, why would they care about foreigners? Look at what US does to Puerto Rico, taking over the nice weather areas, making the locals homeless or shipping them to the mainland by raising house prices, like in Hawaii, aristocrats have a house in Florida, a second in Hawaii, while locals are homeless or shipped to cold states with harsh weather. Democracy in action in full display in Hawaii, join USA now folks: Jewish Larry Ellison 85000 acres, Jewish Mark Zuckerberg 2300 acres estate in Hawaii (besides the many mansions in Palo Alto, Washington DC, Lake Tahoe, etc), Oprah 2130 acres. Here is a map of all (possibly a few only, the ones who don't hide they're Jews) 2025 Jewish Billionaires: USA 163 Jewish Billionaires con all, suck the blood of gentiles, create war via Wall St and 4500 banks, brainwash all with the Jesus scam religion to loot gentiles, brainwash all USA to circumcise and worship Mass Rape-Genocide-Cannibal Cult as Word of God, Israel 39, Russia 21, Canada-Brazil-UK 9 each, France 7, Australia 6, Ukraine 3, Spain-Swiss-Monaco 2 each, Cyprus-Colombia-Eswatini 1. ***Not to mention drug cartel Jewish kings***. Five of the top 10 world billionaires are Jewish. Hollywood Jewish actors and movie directors push lies (war with Iran since 2013, "iran has nukes

in 6 months in 2013") that benefit Israel, not USA. See list of Hollywood Jews. Check out the Jewish founders of Hollywood, the books and info. Wikipedia details the Jews founders of Hollywood studios, the 80% Jewish comedians, etc, read the filthy trash Jews produced for gentiles for decades to destroy USA in the typical Zion Elders style. Mansions often house the mafioso of many cartels and gangs, some being worth 1-47 billion. This is possible due to USA being run by Freemason mafia families who're opposed to the ethical 11 companies system that prevents more than 1 bank, prevents cash (that mafioso use), prevents illegals (only legals can buy anything with the one credit card/ATM card). The Slave owner Brit George Washington has turned USA into a Mafia Run state, where Aristocrats are the mafia Bosses who con everyone and steal trillions from the state and masses. All elections are fake and the 2 party system simply maintains the Mafia, like the royal family-aristocrat mafias of other nations, or the Putin KGB Mafia. We need democracy, not phony mafias disguised as CEOs. See depraved rich preferences. News.google.com, created by Jews Brin & Page, on 8-6-2025 had 10 items about Israel out of 28 (1 of 10 is Iran due to Israel fears) in the world tab. With 8200 million people on Earth, the events in a 10 million Israel, get 35.7% of news, for 0.12% of world population, like 300 times more coverage for Jews than gentiles. Read the quotes to see why US media is Jew controlled. Check out how Bill Gates (son of a rich guy who bought MS-DOS from a guy Tim) became a billionaire by selling someone else's operating system, how he treated the actual pre-MS-DOS inventor (killed at age 52?), to realize that no billionaire deserves their pay: the products and profits are only made by the actions, toil of millions of people who ship things, make raw materials, design parts of a product, extract raw materials, build roads/houses that transport products, people to work, etc.

Jewish Gift to Hawaii: locals made homeless or forced to move to horrible weather states, like in a concentration camp. Win-win: Hawaiians win hell, Jews the nice Beaches. America first, all nations bombed into the stone age, killed via torture or enslaved. Don't be deceived, when 1776 came, the Brits simply conned everyone that freedom would come: it didn't, slavery of all to the USA Brits continued, while slavery to UK Brits became covert. See the *full genocidal ethnic cleaning in full display in* Hawaii, only 10% of locals are natives now. Hawaii has the nicest climate in the world almost, and the locals are simply wiped out there. So, what kind of democracy is this? Brits/Jews steal the nicest beaches and the rest are sent to Siberia? Is this the future of 5 eyes? 0 democracy, but Feudal Fascist dictatorship of Jews + Brits. British 'kindness' is seen in Australia too, where on some islands locals are not allowed to own homes. Every non-Brit is treated like a dog, like Jews often treat gentiles too. Why don't British royals Prince Harry and Megan live in a 10 story condo like the blacks in Washington DC that has 400 times more homicides/capita than Singapore? Check out the 1815 Corn Laws that starved the Brits and Irish, approved by the infamous Royal Family… Check out how these same vampires looting Brits

would ship 170K people to Australia for things like stealing bread made super expensive by the aristocrats, etc… Check the lives of UK families living 7 in a 150 sq ft room, working 84 hours a week, paycheck to paycheck, while Royals had 20 palaces and aristocrats one each. Why live in a palace in Santa Barbara? Isn't kindness sharing the joy of creating a nicer capital? Our capital needs real help, it looks really bad compared to where Genocidal Brit Aristocrats live. You know, Anglican church says we're all kids of God, not only Brits. Anyone who opposes The Immortalist Party idea of single family homes for all interested in one, is a genocidal selfish beast. Tall condos cause all major cities to sink, we need to stop building higher than 3 floors for anything. Australia needed some poppy seeds for heroin perhaps, so now they cultivate poppy for Ozempic, advertised by Oprah, to screw the working class, via side effects: lean mass loss, kidney cancer (JAMA 2024), hair loss and brain damage, pancreatitis and blindness, even EU says it causes NAION (2nd most common optic nerve blindness form after glaucoma) blindness, hair loss. Denmark Novo Nordisk (market cap 250 billion) was EU's most valuable company, since instead of prevention, EU, like USA, focuses on pills that shorten lifespan via side effects. Ozempic can be replaced with a vegan diet, as this GLP-1 video explains. Free all nations from these Big Pharma genocidal CEOs who live in palaces while prevention education gets no funds, and CEOs steal all national wealth so uneducated masses buy their lethal products. An Excel or fee LibreOffice file with a calories count table would remove any need for weight loss drugs, but we have a society of enslaved workers whose IQ is destroyed via brainwashing and dishonest ads by parasitic predator aristocrats. Weight loss drugs fail after being discontinued, people regain the weight, and they're too expensive. You see, the aristocrats won't address real causes of obesity, immense stress for workers due to parasitic aristocrats firing people all the time, instead of everyone having a job at the 11 companies, workers who have no time to count calories eaten at every meal, to sleep enough, etc, criminal companies selling high AGE foods, high fat foods, criminal stress levels for workers who need work 2-3 jobs, be unemployed, and replicate duplicate for the aristocrats the same stuff others already discovered in other companies, horrible work schedules that prevent good sleep, essential for weight loss & noisy cities. Nations worldwide, who have nice beaches and areas, weather forests, mountains, beware, Jews and Brits from the 5 eyes are out to buy stuff there, renovate it and sell it at 10 times higher price to price out locals and do genocide of the 21st century via homelessness and forced relocation. Russians did the same, they killed 1.5 million Circassians and got some nice areas. Right after I wrote about the 5 eyes, the beasts tortured my left eye area for a while, in the style of 120 pages of torture. ☺☺☺

The odd thing is in the UK, a lady was allegedly (she may have gotten out the secret door, if MI6 agent) given a 2.5 year sentence for calling for setting migrant full hotels on fire, and inciting racial hate against Pakistani rape gangs who molest British girls (1 million?), per Mohamed call

to rape all gentiles in happy speed. However, the biggest inciters to racial hate are the British Royal Family and its puppet government and Parliament, whose King is the Head of the Ultra Racist Anglican Church. The Christian Church, via the Word of God, calls for the extermination of even 8 billion gentiles if Jews feel like it, for enslavement of non-Jews, for beating of kids with rods, for mass rape of gentiles, for arson of gentile cities, etc. Quran is simply the Bible rewritten. Blame every Christian church publishing the Bible, who appeared 7 centuries before the Quran. Here we have a state, fake country, where royals and aristocratic families own 70% of land since 1066, who lie to the UK that the miracles of Jesus are real, who love the shouts of the soldiers doing change of guards, who sponsor heavy metal music and other violent filth music overseas, etc, who engage in covert genocide of 99% of UK residents via poor crowded housing, who fake their baptism ritual to pose as Christians and deceive the world they believe in Jesus in order to keep others ignorant, naive. Isn't that a little strange? We need to kindly ask the Royals, all nations admit the Christian Church is a scam based on fake miracles and endless violence in the Bible.

625 billionaires are planning to build bunkers, some 300 million in cost, to live in luxury, after 5 billion are dead in a war the billionaires started to destroy the rise of global awareness of the real enemy of the planet: ***the billionaires and multi-millionares***. Billionaires make huge profits while destroying millions of lives. All Big Food literally kill millions of people, but they make insane profits and get huge CEO salaries, like utilities who spread dirty electricity. They steal public funds, water, electricity, to make profits. They could be tried like the Nazis at Nuremberg, these Jewish (Facebook CEO Zuckerberg 2300 acres 0.3 billion $ palace in Hawaii, 750 acre estate in Costa Rica, 11 homes (0.11 billion in 2025) in Palo Alto, 1 mansion in DC, etc, estimated 0.7 billion in homes, boycott Facebook?) and other nonJewish billionaires. No worries, judges are Jewish too quite often. Please ☺☺***lovingly tenderly gently kindly***☺☺ check out 300 Hollywood Jews celebrities that have flooded (like nonJewish Hollywood too) the world with uneterni tones, scenes of eternal violence, rape, genocide in holy accordance with the infernal Word of 'god' Lucifer, the Bible. Check out the kindness of one Jewish celebrity suing for someone taking a picture of an area near her house. Perhaps, now it is clear what kind of vibe her music has? Check out some of the Jewish parasites responsible for endless wars worldwide: they made billions by using the criminal banking and financial system to suck the blood out of the masses. 60% of Clinton election campaign money came from Jews and Jews got 40% of cabinet positions, meaning 6 out of 15 were official Jews, with others being cryptoJews, so some say 80% Jewish, hence people say the 2% of population Jews got 10-90% of leaders in many fields. Fact or fiction? Trump & Clinton daughters married Jewish men, what if some Presidents were/are cryptoJews? How can it be possible for the White House to need 564 staff, 106 of which make more than 150K and yet the country is in such a mess? Doesn't it seem to you like we have a government

run by lawyers, frauds and "wanna be technical" people who do little to bring real change? In 250 years of genocides, we never had a scientist President, only Hoover as a mining engineer, but never life sciences, only death and Jewish mercantilism fans to fuel the Feudal Police State. The only bachelor of science was in naval warfare, for Jimmy Carer, the rest were puppets of the military aristocratic terror industrial complex. The Biden admin had the second highest amount of Jews in the cabinet after Clinton, possibly thanks to the Jewish husband of the Vice President. We need the Immortalist Party, all staff will have a science degree, is a scientist or engineer. After 250 years of aristocratic filif frog IQ☺☺☺, we can change course 180 degrees and declare independence from the Word of Anti-Science & ☺abysmal IQ☺. See aristocrat yachts.

Higher Densities of *parasite* Aristocrats in the USA are in many counties, including these 5: Los Angeles County, where Music-Movie unHollywood Violence/Eternal infernal War Spreaders Live, alone has ►►► *112,000* (21% of California mansions) & 744 on sale, Miami Dade County FL, Palm Beach County FL, Broward County FL a tri-county area called greater Miami metro area with 6 million people and about *130000* mansions, San Diego County CA has ►►► *60000* & 390 for sale, see the 15$ million homes in Rancho Santa Fe for the Big Pharma poisoning us (no safety research center for medicines, but 38000 dead via Vioxx drug and all NATIONAL wealth stolen for their mansions), etc, the list of PARASITE *rich* Counties is HUGE... Big Pharma, with endless PALACES In California, Florida, got 75% of Pharma world profits, gotten via 4% of world population to finance PALACES in Mexican Cartel Style Trillion $ Thefts from the American people. These 5 counties are some of the biggest due to nice So California and South Florida weather for the Lovers of Eternal Genocide who terrorize us and the entire planet with their demonic ultra violent movies and infernal music, look at our national resources being fully wasted by these Rancho Santa Fe (and many other aristocrat cities) ☺abysmal IQ☺ primates or Santa Barbara ones, while research is not happening at all, ►►►►►►►► 35K single person homes of 120 sq ft are available and show we have resources to house all homeless in 10 days. What is lacking is basic humanity: look at these Hidden Hills estates that could have used these materials to house 1 million research centers to help all live to 200 in eternal universal (intergalactic) World Peace ►►►►► BANDITS RULE USA. Greedy monsters. They will kill 5 billion to maintain their power and position, ***so beware of these scumbags whose religion is mass theft from the 95%***. In 250 years, the US founding aristocrats (British General Washington and others) always chose killing and genocide to expand the Empire, and not once has one President of USA lobbied daily for nonkilling and the end of torture, violence and war via presidential speeches and the White House spokespersons: they were just as part of the establishment of infernal eternal war, as all other nations of failed filif caterpillar IQ☺☺☺ (catering (eating) wood pillars, cellulose in leaves/wood). Their speeches were often written by bloodthirsty puppets of aristocracy, repeating dogmas they were indoctrinated with in

aristocratic military colleges of genocides eternal, in colleges too low IQ, violent, thuggish to have any kindness, gentleness and eterni vibe like a truly ethical military. Our Presidents didn't have any freedom, like most kings/presidents didn't have much either, being mere puppets of the military aristocracy and spies controlling them from behind, who taught them how to suppress in every speech the *universal gentle tender soft healing nurturing* loving kindness, that also is absent in all USA music, how to be OK to kill without any mercy, like the Brits blowing by gun or the execution of slaves for trivial reasons, such as being exhausted and unable to find a job that the serial killing nobility could not provide as with the universal 11 company system. The US Presidents always used 200 to 450000 useful slave cannon fodder soldiers (the 95%), as a sacrifice to Satan their God, a human sacrifice (evil US Leaders simulate in California yearly), as every war is, to wage wars that would have been prevented (such as WW2) if they lobbied for World Peace in 3 months for 170 years prior, practiced infinite kindness and eterni vibe in international affairs, and if they talked about the need to introduce World Peace in 3 months in any new song approved, or poem published, and the qualities of *universal gentle tender soft healing nurturing* loving kindness that humans lack, plus the idea that ~*~Eternal Universal Peace~*~ is possible within 3 months of agreement daily, on the media they use to brainwash us. Go to realtor.com select > 2750 sq ft, > 0.25 acre, 3 bedroom and you get: Hidden Hills (22 houses), Rancho Santa Fe (87 houses), see the *immaculate roads, with 0 potholes*. I lived 24 years in California, drove thru Compton many times and thru aristocrat cities too. Even bigger cities with some regular people, often have 0 potholes. Then drive thru poorest areas, like Compton to see 100,000 potholes, concentrated in certain less "affluent areas". This is due to the decentralization of city management. Cities and counties have no meaning, the buildings and streets will all fixed, maintained, built by Immortality Building Inc in the civilizations of immortalists, to ensure the fair and equal treatment of all neighborhoods, not by 20000 different building or street agencies that waste endless resources duplicating, making websites, logging request for pothole fixing and having it on file for 4 years. With reviews.gov anyone can make review of a street, choose to upload pics of potholes which will be fixed within 2 weeks by federal law. Today, often times, nobody does anything, since cities take 30 years to fix a pothole.

Freedom doesn't exist, the military controls everything, Presidents are mere toilet paper, whose thoughts and speeches are forced on them with infinite violence if needed. But see, in wars only slaves die, the 95%, so war is not an issue for these cannibals, in their mind war can be waged to destroy the workers or steal other nations' resources. The issue here is a military and spy/police global culture of rampant psychopathy, torture and violence that goes for millennia, stemming from the infinite arrogance of these genocidal murdering aristocrats, who're as used to torture (slow murder) and killing, as decent people are to breathing. *They clothe themselves in endless decorations, but they're the* eternal *unelected rulers of* every nation: the military and their

aristocratic pals: the royal families, etc, the *entire apparatus of torture, terror and repression to keep wages 50000 times* higher *for aristocracy and royals*. What about real fairness of more equal pay, max salary 3-4 times the minimum? Simplicity for lower stress and maximum peace & compassion? Theft, crime will never disappear when income inequality is high, so all these police etc agencies, spy etc are to protect aristocrats and not to protect the people, they can't bring down crime to 0 until pay is 20000 times more equal. Until then, spy agencies merely *protect criminal "laws, justice system, stock market, everything"* based on the evil pay system. Elections are fake always, a mere show to brainwash all to become serial killers members of the military hordes used to loot various nations or destroy worker movements in those nations. Thus, any real ethical kind gentle immortalist government, needs no political parties, they're concerned with substance of Tao (eternal World Peace☺☺☺, *universal gentle tender soft healing nurturing* loving kindness and 25000 times more equal pay), not the flowery trappings of rituals. Humans of integrity maintain their vibe and keep it simple, so all can understand it and all energy goes towards the most important task in life: maintenance of Eternal Universal Peace without which no immortality exists, nor happiness. *It's high time for all humans to stop being brutes*. Men of mass murder keep it ultra complex, with 4500 banks in USA alone, endless financial products, prompts when checking out at stores to donate 1$ to some cause or nonprofit that would not be needed in an ethical society of Immortality Building Inc (maintains and builds all housing, so all have great shelter, all are owners, 100%, not like today 65%), Eterni Food Inc that feeds/houses well everybody and has universal health insurance. *In our aristocrat run society*, we get endless flyers, coupons and stuff, to use slave labor to cut trees to get discounts (money, money, money we hear all day, 90 times, but Eternal Universal Peace, a world with no violence or torture, phrases like *gentle tender soft healing nurturing* loving kindness we never hear on TV-radio: the money ads dehumanize us and make us easy to manipulate mind controlled slaves of aristocracy who is like the *devil tempting us to think of money 100 times daily, of* World Peace *once a year,* the infernal media does the bidding of the Zion Elders and reinforces that demonic 2% discount *frenzy thru endless ads for stuff nobody needs almost, among listeners*). We also get needless (if 11 companies exist) nonprofits to feed the ones who were left without food by the criminal system that prioritizes endless useless businesses mentioned above (*thru which aristocrats get rich by destroying the masses*), and we need endless cult nonprofits and violent cult churches to feed the ones the criminal government can't feed obviously, because they don't have the 11 company like system of 0 unemployment, a sufficient allowance for foods (foods bar codes don't affect nonfood balance) on each person's credit card, for shelter, for healthcare, for clothing, for personal care products, 5 protected categories. Look at homeless in Florida or Las Vegas, Texas, Arizona and Los Angeles, Oakland and Philly. A tragedy due to inefficient state governments. *Las Vegas is a* criminal *city of genocide thru gambling that needs to be taken over by the* chemical industry. Look at how depraved people are: doing endless businesses, and not caring about

shelter and basic food, job for these people. It's a world of utmost cruelty and selfishness, where even pastors loot everyone via fake miracles. Local governments failed, let's dissolve them, take over all housing.

ONLY 1 credit CARD can exist, with only 1 Bank, no credit exists for small items, all is subtracted at 0% interest from your existing paycheck, as we prioritize longevity, health, food, shelter, ethics, nonviolence not *useless* *FINANCE* *MAJORS* invented by perverted aristocrats, with nothing else better to do: all *economics* *majors* replaced with *management of* immortalist *resources* *majors*, via centralist price setting based on trillion year lifespan goals. This food balance is unaffected by any other purchases to enable all to have the money to buy the food, and not be left without money for food due to some mistake. Since there are no mortgages (all basic houses are free, any other is money subtracted from your monthly paycheck), everyone getting free basic housing, the obsession with money is lower. Today, they make it complex, you need to turn on that super deadly phone, if poor, use apps to get some discounts in a store, cards, and endless products, the basic *simplicity of the people of integrity is totally gone. In order to* maintain the eterni vibe, *of gentle tender soft* healing *nurturing* loving kindness, *one needs to rest,* meditate, relax and be simple and make the system ultra resilient, ultra simple, ultra prioritized on what matters the most: food, shelter, good deep sleep and happiness, and ethical music. With 11 companies, redundancy is gone and work week can be 33 not 55 as today for many, and allow all to be kind, to rest, to create eterni vibes, to have a spiritual life, a moment of rest, not some work 4 hours and wasting time, while others collapse after 90 hour weeks. *In our world, we get* ☺☺abysmal IQ☺☺ *music,* violent tone music in every store, *0% gentle tender soft* healing *nurturing* loving kindness, everyone is turned into a serial killer slowly by the evil powers that be, the military serial killers, all are brainwashed with 2% off and other things… Just buy what you need and make money not a reason to buy it. Aristocrats corrupt every human alive to be addicted to money, choose what you buy based on what your health needs, not what is on sale. The most basic needs are food and shelter and 70% live in moldy, filthy, toxic air houses, with stinky infested carpets etc, since the 1% pigs don't care, we're mere toilet paper they wipe the anus with. The most basic ethics of government, decency, caring and compassion has been replaced by an overly *complex system of aristocratic theft of trillions* from the state and the workers, via complex schemes and systems of redundant descent into ☺0 IQ☺, making it easy for any violent country to conquer *USA, the land of* aristocrat *violence*. ☺☺

Radiant shimmering shapeshifting (even daily into any racial appearance you want) Immortal, *do you want to be* remembered *as a beast,* who supported killing and bloodshed and the current depraved society of complex hooliganism, theft and banditry? Or as a kind being who supported a simple, ethical system to make sure everyone has shelter, food and basic healthcare needs met, so we have *gentle tender soft healing nurturing* loving kindness, a sense of national and

international family and 0 crime exists, since after all, those 'evil' aristocrats are gone and all make max 3 times the min, eventually all paid the same with the highest immortality credit score ones having managerial (power to shape policies) positions to advance the civilization, meaning stocks, financial products and the products of THIEVERY, BANDITRY, TRILLION DOLLAR THEFT are all gone… Jewish mercantilism, Jewish banks to extort gentiles, Jewish thievery deified as Scripture etc all gone, intermediate salesmen gone, reselling gone, Mohamed style aristocrat merchants looting caravans (like Saudis today destroyed huge swaths of Syria) and Mohamed launching 90 military thug expeditions to inflict endless suffering gone (some estimates 90 million Hindus killed and 270 million nonMuslims), Italian mafia banks of millennia gone, and high tech is in, 1000 times more innovation, so that one day, we all live as sages, in peace, 0 crime/violence, like trillion years old teleporting telepathic shimmering genderless shapeshifting Immortals ☺☺☺. World's richest $1.2 trillion (2024) Al Saud family, the heirs of Mecca where Mohamed fake religion (Quran is Bible rewritten) was born, enslaves endless people today like Mohamed supported slavery, taxing 1 billion nonMuslims the slave tax. Initially humans will live 200, then 4000, etc. meaning, after the immortalism high ethics minimal finance society 0 torture 0 police violence society is born, all taxes are 0 and everyone's income is our wages…, our income is our great gentle compassion for all beings, in world's simplest, most spiritual, yet most fair and honest society, who gave up violent psychopathy. Because we prioritize LIFE, not *theft*, BEING HAPPY, not *material* things, HEALTH, not *winning* useless titles or *money*. It gets down to this, do you want all humans gone in 10 seconds by the blast, or to be alive? Do you want to become cosmic dust, or to evolve past cannibal chimp stage? What do we want as a society of bipedal chimps thinking ourselves so infinitely smart, yet infinitely greedy/low in IQ? There is no culture nor civilization if terror, torture and war, violence exist, and yet these are the tenets of Judaism, Torah, Bible, Islam, Quran, Bible, Gita, Mahabharata. Can we think for ourselves and stop being fooled by aristocrats using religion to slaughter us forever, Muslim against Hindu, Muslim against Christian, etc? Who needs these fake religions? For endless millennia these thuggish aristocrat beasts from hell have deceived us with their systems of wars, banking and grotesque violent religion, in order to subjugate us and kill us when enslavement, infidel tax, etc was not possible. It's our choice to unify humans are one country, language, currency, system, of such deep kindness and ethics that no crime ever crosses anyone's mind. ~*~Eternal Universal Peace~*~ is a big task and only a one minded focus will achieve ultra fast this very basic, most fundamental condition for the start of human civilization, as what we have today is a hell of cannibal chimps. We can choose today: nonkilling and *simplicity*, so all energy goes towards creating *gentle tender soft healing nurturing* loving kindness, the vibe of the Immortalist Anthem that prevents all crime, or keeping the ultra complex thievery today, its eternal hell, anxiety, war. The military beasts don't ever talk about *Eternal* World Peace as that ends their job, the world Presidents don't ever talk about that daily

as they're robots of the military using synthetic telepathy to wage war forever, they only talk about winning a war that is in the news… so you see, the *whole planet is jailed by them in the inferno of their depraved souls*. It's up to us to liberate ourselves from these demonic fiends and bring ~*~Eternal Universal Peace~*~. Try to create a beautiful song of World Peace in 3 months for all, use this draft recording to start. The infernal beasts will calm down if enough sage energy calms their restless souls. Take over every church, gym, store, music venue, make all play, love eterni music to bring ~*~Eternal Universal Peace~*~. Replace the infernal restless songs with eterni and peace will come without war. Replace the infernal lies about mass murdering psychos Mohamed/Moses, the whitewashing of the violent demonic Quran or the whitewashing of the demonic Bible quotes or miracle fakers and liars like Jesus, with the songs about eternal World Peace in 3 months, *single family homes* for all, universal healthcare for all, decent healthy food for all, physical Immortality *for* All (in the far future, when lifespan becomes 900000), the *human decency of 0 wars, 0 torture, 0 violence in 2 years*, the beginning of civilization free from violent psychopathic religions. It's comical, *the media tell us a dictator has 2 huge mansions,* but the military owned media never talk about the *2 million huge mansions* of USA or other 100 nations aristocrat *dictators* who stole national wealth like the *dictators* CNN tells 3 billion fools need to fight to eliminate in order to steal 3 trillion of resources by the same *dictatorial* aristocrats of the USA or other 50 nations invading a weaker nation. See the Hypocrisy? When did the $15 million/year militarist aristocratic media ever talk *about the theft of national funds*, by the unelected *dictators* of USA who ran the scam for 250 years? We didn't forget the 100s of times Muslims looted, raped, burned, invaded 100 nations, we can't assume that because a country is non Muslim, they can't do the same in new ways.

The ever deceiving thieves of the ruling class, the elites of global terror, justify killing, torture and violence in ever more clever ways, ignoring completely that World Peace in 3 months that is Eternal would have been possible even 3 millennia ago if aristocrats gave up greed, pay was very equal, and we had a more fair system like the 11 companies one. If a little compassion exists, war doesn't exist, but when people are beasts, war is natural and even "holy" and "patriotic". Animals kill, humans don't. For the aristocratic brutes enslaving and working to death millions, awarding themselves 50000 times the pay of the average person, and 1000000 the pay of the minimum wage, war is a mere extension of their infernal brutality. So aristocrats brainwash all to become the hyenas and despicable monsters they're and arouse the masses of slaves with empty nonsense about Bible, Quran, Gita and patriotism to loot everyone (go to frontlines to become disabled, dead and make the rich richer) and keep their demonic reign eternal. The entire human species may disappear due to the US aristocracy, whose real religion is not the Jesus cult of "slave yourself to death to make us rich like Jesus died" that they generously brainwash (fake miracles) us with to increase the enslavement yield, but eternal beatings of the

slaves that the aristocratic manual for global terrorism, otherwise known as the evil Bible, calls for, slaves whom they're "entitled" (Lev 25:44-6) to have via the "divine" right of depraved kings/aristocrats to torture, terrorize and start war to mutilate us for centuries. The real religion of these Machiavellian demons incarnate is wars to destroy the 95% in all nations subjugated by equally depraved foreign aristocrats they secretly team up with to start fake wars, while they invoke Jesus/Quran/etc and patriotism to lure the workers into suicidal wars. Endless crises are needed by the rich, to make the 95% malnourished, tired, sleep deprived, foreclosed, homeless, so via their 25000 banks, they can steal everything from the state and the 95% and continue their grotesque reign of terror whereby they create the evil music to incite the workers to crime as an excuse for their jails. These 'evil' bloodlines who have sucked entire continents dry for millennia have brainwashed the 95% so much via the fake news media, that people don't even realize, with 11 or even 30 companies, we would not have any inflation or economic crisis, via centralist immortalism. The stress on the workers would be 10 times lower (they wage eternal war on us to tire us and enslave us) and then they would live longer, think straight, so they can end wars in 3 months and violent crime in 3 years. The rich need chaos/war to LOOT us, to create endless jails who're populated by the victims of the aristocratic crimes, jails who're not even needed in any decent society, unlike ours where thieves of trillions or billions of dollars are free while those who steal 30$ are jailed. The people believe that ISIS, Nazis, Al Qaeda, etc appeared on their own with no outside help, but they appeared with foreign help (see video), as various ruthless cruel monsters wanted big bloodbaths for their imperial expansions.

The parasitic rich disguised as spy/military agencies, etc steal much from the average American instead of *research into* decent housing materials to prevent any house being destroyed by flood, hurricane, tornado *(if only the houses would be built right, raised 5-8 ft to prevent flash flood entering houses and strong enough to withstand 140 mph winds and with 4 pillars deep into the ground, as one piece of a high tech material, no house would ever float and crash like these Neolithic houses built for slaves; the imperial vampires have a lot of stone and they build in areas with 100 times fewer floods),* earthquake, etc, *research into* healthy food, medical care for ALL, not just the rich, etc), look at these ever deceiving liars, torturers, vultures and cannibals claiming to be a legitimate government when they're simply faking elections, deceiving the American people and acting as chief torturing agents for the Rich, *defending these rich criminals* (see what massive theft and unjust laws, that pay a thug 50000 times for the same amount of effort and intelligence, that favor massive theft lead to: flagrant 50000 fold higher waste of national resources: Beverly Hills and Greater LA Estates) *and* genocidal thieves (see 15 million houses) *who* steal all USA resources from 1 million unbuilt research *centers that by now would have helped* all to live to 200 in a World of ~*~Eternal Universal Peace~*~, to build their grotesque ugly properties from hell (check $100 million house, hey, don't you think we need

more of these 6 million houses to destroy USA completely, keep us ultra primitive, everyone acting busy, stealing, cheating the government of liars and frauds, and increase our chance of being wiped out by China in 1 minute?), is it not time to vote for the Immortalist Party to get rid of the corrupt Republicans and Democrats bought by these blood sucking aristocrats?, don't you have 5 minutes to spread the word, help Demon-crats and Re-pub-licans quit their rotting parties *and join the* Immortalist Party, so *we can take our* country *and planet back from these blood drinking cannibals* whose religion is BLOOD DRINKING and stopping all progress for their selfish entertainment, progress towards the end of eating animals and plants, so all have decent houses and medical care and live to 200, maybe 500 some future century?

Space for housing exists, we got *5800 cinemas* (each is 12 acres, so we talk about 70000 acres to create about *2 million* 1 *bedroom* 400 ft^2 *homes*, each with 700 ft^2 yard) made obsolete by Netflix online movies (aristocrats want slaves to go watch their sick movies, while living like rats in moldy shaking condos and apartments) – 2 MILLION people liberated, science and engineering majors FIRST, let them watch at home something spiritual with no killing). We got *20000 cemeteries each big enough to build 100 homes (so 2 million small 3 bed 1500 ft^2, 1500 ft^2 yard, homes at least roads included).* The irony is that in Singapore, Hong Kong, etc, they have a cemetery with 50 floors to save city space, one floor has 10 coffins in a small space, while in America, in Jewish controlled DC, blacks and whites live in 4-20 floors caged cells (condos), while the Jewish cemetery takes up a lot of land instead of 100 times less. Nothing can be more hypocritical about the Jewish love of Americans, to cram Washington DC, America's highest violent crime state, even further, into ever taller buildings, while the land is taken for Hebrew "cemeteries" (1380 & 1400 Alabama St SE, 3237 Congress Pl SE, 3233 15th Pl SE, etc). Why not simply compost people as legal in 17 states (animals mixed with wood chips turn into soil in 2 months), honor a tree grown out of the specially composted human by a company composting 4 times less, occupying no space; only works for healthier people without serious infections; they also have the chemical dissolution (aquamation) into powder methods to sterilize better, etc, no toxic fumes as with cremation; can basically be used as fertilizer after total sterilization by the food company or recycled into atoms to create objects by future atomic machines). Keep the coffins in Alaska or Israel or 90 levels under or above and have a camera to worship your ancestor daily from your home by WiFi to feel united with the Bones of Matter, for God matters not, but Bone Ancestor Worship Does, in the religion of $CaCO_3$ worship of calcite and $MgCO_3$. Why not prioritize the living? If God resurrects people God will resurrect them into a Body totally different that can live to a trillion and God doesn't need these bones and atoms. Resurrection myths came from the fact that people died, once people live to a trillion, there is no need of resurrection religions, as everyone lives forever, they worship life not Bones or Death. If these people were so chosen, so compassionate, so intelligent, they would not waste

valuable city real estate that could be used to reduce violent crime 1 trillion fold. One of the most Resplendent Magnificent examples of human silly *hypocrisy is the 1.2 million beauty, hair styling, leg shaving, and spa salons* that could enable 1.2 *million* 2 bedroom homes with small yards, *1.2 million extra SLAVES FREED from the Age of Aristocratic Terror.* The Eternal Beauty Inc section explains in *7 pages* how destructive and hypocritical nail stores, *laser leg shaving, mascara, makeup, liners, eyelash* products are: the chemicals destroy eyes, body. Kindly watch how upset the female owner of a useless salon is when a homeless female lives near her business; *isn't it odd how our* criminal *governments* allow salons, all the business here and useless churches, mosques, synagogues, temples to exist *before we reach* 100*% home ownership, before* everyone *has a house, even if only* 250-900 sq ft *tiny home? Should we not* give everyone a mini-temple, their own house to worship God as they see fit, without brainwashing, fake miracles, fraud? An ethical government, absent on Earth today (since no nation has 100% home ownership), would immediately close the salon and turn it into houses for the homeless, with salon staff employed by the Immortality Building Inc). Anyone can do their hair at home with a mirror, trim it simply, youtube tutorials show how or use your brain. Are you ethical or simply pretending to be? Think about it. 0 violent crime depends on you.

We got the *Holocaust of fetuses* (caffeine causes millions of miscarriages and infertility cases) each year via the *38000 coffee shops* (space for 2 houses with nice backyard, since many suburban stand alone Starbucks use 1 acre, so 76000 homes: coffee is very destructive, as explained in the 13 page caffeine section, these "demonic" coffee shops destroy the visitors thru their devilish music, noise, vibes. Only the most selfish depraved people STEAL national resources, building materials to create a coffee place for him to meet 2-3 people at a table, when he can do that at home, in the gigantic living room designed by the rat filif IQ city planners who make rooms 6 times smaller than the living room; where is the compassion for the Ukraine and Syria flattened cities, could you ☺☺*lovingly tenderly gently kindly*☺☺ please drink your coffee at home? Better yet, kindly buy blueberries or grow them in your backyard if nice climate, as it's much safer, healthier for you and humanity). Then we got *20 million huge yards* (truly gigantic, 8000 ft^2 at least, some 3-20 acres, so space for another *20 million 5 bedroom houses)* empty yards with nothing in them except grass *or 3 decorative trees or bushes, when all that space could be used to grow walnut or plum trees*: walnuts have all essential fats we need, plums polyphenols, much fresher than walnuts at the store that oxidize for months in a bag or jar due to light and heat. The movie industry is complicit in this genocide of 20 million unborn fetuses, killed by coffee, as their main task is to depopulate, via movies glorifying coffee shops.

We also got *20000 IUD (intrauterine device) insertion doctor offices and clinics* (IUD causes infections and possible migration, perforation (look at the string and hole under google images tab, those strings and string attachment to the hole areas, the grooves in the plastic, etc will

form biofilm and cause an insane level of body resources wasted to fight of chronic low level response to allergens and bacteria buildup, even if not full blown perforation during physical activities or pus infection or damaging uterus (womb) and future babies one might want to have; MDs lie that infection 'doesn't exist' if pus doesn't come out and you don't feel sick; they lie to women that if an infection is not *1 million times worse than normal (pus)*, you don't have to worry about it; infection exists *regardless*. There is another device, for selfish women and selfish partners who think sex outside procreation is fine when war, homlessness, violence rule supreme. In this new method, a device gets inserted into the arm, a sort of IUD analog, and one lady became paralyzed in her arm after the procedure. Inserting IUD in women is almost a *hybrid war of national extermination, lowering IQ*, a violent crime of womb damage and future baby damage, committed by misinformed women against themselves and future babies and by brainwashed doctors (same MDs told us in 1950s that smoking is good for you and does no harm); infection is the reason people don't get punctal plugs in eyes, the inside of that plug hole and its outside get all biofilm and cause low level or visible infections in 90% of cases), into the bladder and other areas, causing life threatening emergencies; *you have to be the lowest IQ person to use IUD*, since that uterus environment can't clean the areas of string and plastic that cause oxidative stress and damage to the epithelium). We got *1000s of acres* for horse racing violent useless sport. USA got 678 acres in Ocala alone, luxury hotels for ☺abysmal IQ☺ people without any empathy watching violent thugs who abuse horses and sing/shout/holler like in rhythm with the ever so violent military songs (watch the macho tone that stirs people to be cruel, to kill, to sin, to remove all trace of *universal gentle tender soft healing nurturing* loving kindness, perfect example of complete brainwashing of Americans into accepting the violent historical inertia, the terror regime of 250 years, copying every other violent military, while claimming it's different than a Nazi terror state) like 'evil one of US military about wrath, violent crushing'). All humans may disappear in 10 seconds and they build more strip clubs, casinos, horse racing centers. Compare such evil songs with decent 100+ clips on youtube to understand why the world is in a state of 1 trillion violent crimes a year, mostly unreported. A civilized military is wholly different, nontorture, nonkilling based, bans such violent songs and tones, all too typical of dozens of anthems, 70% of music, 100% world military songs of our hell world.☺☺

When we say *single family homes* for all, we also mean dome shaped to resist hurricanes and tornadoes if there is 'not' enough concrete to make them resistant by sheer weight, to withstand by shape alone (wind goes around the sphere, flat wall is pushed, sphere is avoided), storms 100 times better, foundation (via rock fill etc) raised above the street by 8 feet to prevent flooding in flood zones, or domes or box houses made of concrete to resist winds and not become a flat pile of ruble after a storm, with hurricane metal window shutters and strong Cat 5 hurricane resistant windows. Today, *palace dwelling* aristocrats make millions building flimsy

houses *that become a pile of rubbish with a tornado or hurricane*, causing workers to be homeless for a year and shortening their lifespan and it all could have been prevented by Immortality Building Inc requiring any structure in certain areas to resist 190 mph tornado or hurricane, or 150 mph in milder storm areas. The *blood sucking vampires* build homes without raising the foundation, exposing workers to *repairs every 3 years* after each flood, that each cost 20K: this in turn makes aristocrats more money, yet introduces needless stress and sleepless nights, aging in the workers' lives. This is no accident, but *intentional*. These same aristocrats make millions selling nicotine, vape products, alcohol via a TV brainwashing campaign aimed at destroying the lungs and brain of every worker alive. The real criminals are not in jail. They run a wasteful *decentralized* ponzi *scheme* to milk every worker well. With centralization, the same standard applies to all states, and in zones of high hurricanes or tornadoes, we have 100 times better building procedures than today. No need of county policies. Centralization *eliminates the* middle *man, the* parasitic *aristocrat, who sets up his* con *company to* make profits for himself, while shortening the lifespan of the nation more often than not, simply because he doesn't have the capital to hire a lot of researchers, being mostly admin. Walmart, a big company, offers the lowest prices on many grocery items vs most stores. They take advantage of the vast volume and efficiency. Why can't all people get a free single family house built by world's most high tech house building company, Immortality Building Inc? For all that effort to build Paradise on Earth, listen to peaceful immortalist mp3s etc a few pieces of metal/concrete are not worth it? The USSR, destroyed by sabotage of the spy mobs controlled by aristocrats and by the historical inertia of too much torture and cruelty used, too little centralization, *gave free housing to all.*

We also got millions of substandard mobile homes, wood frame homes that need to be demolished or refurbished, where inside it's much noisier than in a nearby normal home, due to thin paper walls, windows, whose space we can use to build real homes, and whose price needs to reflect noise level too, more noise cheaper price. Instead, the aristocrats buy sports teams and brainwash billions of workers to play selfish sports that make everyone so selfish, the total enslavement of the workers is 1 million times easier by setting one group against the other. Why not help your fellow workers rebuild their trash homes, like Habitat for Humanity? We got 8 billion people living in substandard homes in need of major upgrades or minor ones (good MERV 13 or FPR 12 (removes viruses, virus precursors, tiniest allergens, VOCs, the moldy vegetation smell in humid climates of Florida, and coastal Texas, Alabama, Mississippi, Louisiana etc, that you only notice outside when you have a good filter or fly from out of state) (Home Depot FPR 4, 6, 8 are not good enough) central air intake filters for example), retrofit to maximize lifespan and it could be done if we wasted no time with our silly sports. In many parks we get 35 dB noise at the back of the mobile park and 60 near the street(s), so there needs to be a big difference in the price to reflect health hazard, so people have money to create good soundproofing, triple

pane windows and air filtration, more vitamins, etc that others don't have money for, to provide all with decent equal opportunity to live to 500. Right now, pricing is filif and comical☺ at best, unscientific, there is almost no science to it.

Mobile homes allow the ***extermination*** of workers by aristocrats who ***charge huge land lease fees***: this needs to stop by one federal law that allows home buyer to buy the land too, not just the home, and turn all mobile homes into HOAs instead. ***Why is the worker dying early and having no property rights to the land***, while the aristocrat gets land appreciation and workers just lives paycheck to paycheck to pay the rent, while getting no equity building? It's discrimination: ***some cities have mobile home space rents that are 7 times bigger than a space rent 2 miles away***, 300 vs 2000 in 2023. Drive a little south, and land lease goes to 4000. No federal standard for noise levels at 9, 10, 11 pm exists, so the slaves get to live in areas where businesses make 24-7 noise sometimes. The decentralized scam websites of private companies have no features where you can search by home type from low to high for the entire nation, all you can do is by state on zillow, or redfin (replace your state in the address) and then no way to search or sort by land lease fee in any city or county. Or on the rental sites, so few search options, like "available within 24 hours or 4 days or 15 days, etc". Every site is so simple, featureless like the CNN design, etc. Everything is so primitive, only a few sort by options. To even see the lease, you need to go to redfin.com, the site with the most info, more search filters possible, click "property details" tab and read it there or Ctrl+F "lease" to go directly on every page. Check 'exclude 55+ parks' if younger. If you selected a city, county or state, click "remove outline" on the lower right corner on the map to get more houses nearby. Because you need to setup email notifications for multiple cities, areas, counties, it is much easier to simply set you 9 search criteria and then look at all homes, mobile or not, HOA or not, click 'hide' on ones you don't want and that way, the whole tri state or 10 county area you look into will appear empty each new day, except for your favorite 4 homes and new homes. This makes you avoid looking again at the same homes and wasting time since many don't have hat you look for and you spent 3 minutes figuring that one out by checking all maps, crime rates, etc, flood levels, etc. Mobile home rents can increase 3 times over 20 years, while taxes on a mobile home without land lease remain flat, so it's a total fraud, since if you sell a home they charge 10% extra tax, which is sort of a real estate tax for 10 years. At least you can move map to go to the area of interest. If you check "exclude land leases" on redfin, you may get 1 in 5000 mobile homes that has no mobile home park and is thus cheaper in the long run. The aristocratic dictatorship of the 5% (especially top 0.5%) over the 95% is deep and shameless. 10K mobile home 1000 sq ft or 2008 built 12k newer home and 710K mobile home 1400 sq ft (was 92K 9 years before in 2014, if you visit redfin sale & tax history tab, in a typical pattern of mobile homes often increasing 10 times in price versus 2 times the regular ones. This shows the huge profit made by these conmen

who build/sell houses to get rich, as weak regulation exists on home sales vs housing.gov).

Check out this 1.4 million mobile home, to realize how little actual expense exists (100s of similar size homes are 15-30K), to build it. There is even a 2.6 million one. Notice the ***260 times more expensive price***. So how is that for maximizing lifespan for all? ☺☺☺ Bad, because nothing is designed in USA for that, it's just for the aristocrats. As a result, they got 50,000 companies producing low tech junk, even for aristocrats too. With one company Immortality Building Inc mass producing 1000 models, you get 50 times more research (and 50 times more lifespan years added to the nation), as no admin and HR and endless jobs and design focus (just LIFESPAN) so everyone lives in much better conditions. This brings more innovation as people get decent sleep and can think clearly, benefiting even those aristocratic conmen flipping houses and increasing price 10 times in a few years for many mobile homes. In immortality capitalism, ***house flipping is not possible***, nobody can have 2 homes until all own one. Who cares? Vote Democrat, the semi-Republican party. These flips are not by accident, cops/spies posing as realtors do them too, to cause population shifts via price of real estate adjustments, etc. In many nations, like Australia, they're designed to increase house prices, to that immigrant workers live crowded and waste their life, as those nations are drained of young smart people, in a war of sucking the life out of those nations sending immigrants to Australia. Nothing is by accident, the British aristocrats know the game, having perfected slavery for 900 years. Sadly, in most nations today, immigrants are 2nd class citizens, usually, mere slaves, so we can't blame Brits only for being that way, this is a genetic thing, due to the low IQ of the human primate. This gorilla nature causes the ideas of the leftists to become mere theories and slogans of empty socialism and communism or social democracy, that are never practiced 100%, as we have seen with USSR enslaving Warsaw nations or China, Korea, etc or with US enslaving its 'allies'. This racism or ethnic superiority complex (for those within a race) comes from a primate fear of the 'other' who may be a spy and it's somewhat natural to some degree, as a self-defense of a civilization against possible anti-immortalism agents of evil and death, but what we see today at times is a total meanness and lack of '***gentle tender soft*** healing grace'. Why do people have to sleep poorly, 2 in a room when there is a huge space for creating doors and smaller rooms or useless businesses remodeled into tiny studios, etc for temp workers, etc? So that Australia and other nations productivity is low (bad sleep = 50% lower productivity at least, no quiet cities needed, just UK style rock music), per British logic of course of digging one's own grave. Instead of making solar panels and cars, Australia imports most of its solar panels/cars, so that 0 IQ aristocrats can play games and flip houses. Main jobs in Australia are finance, sales and real estate, mining, with too few domes being built in hurricane prone areas, gov could take domeshells.com.au that makes domes and make it bigger to produce 20000 domes a year. A 7m (23ft) dome cabin is 90K including plumbing and electrical (about 60K USD), a 3m relocatable dome is 24K (16K USD), a 215 ft^2 (20

m^2) studio dome 50K. They got too few metallic, plastic or wood hurricane shutters, impact windows. Even 50 year old lifespan pygmies seem sometimes to have higher IQ and kindness than Australia's government, ever so busy with false flag attacks and mind control (instigation with hidden gadgets or via saturation of media, literature, movies with crime scenes and improper tone of speech void of gentle tender soft emotion for listeners) of citizens to do crimes to justify various policies, endless jails, etc, the whole system of USA (they copy it, minus guns, they got fewer, so to keep the population under *aristocratic* terror, ASIO (Australia FBI) stage knife attacks, pay or write the brains of youth to do burglaries and then post videos on TV about it, etc). Nobody does crime if crime is never depicted anywhere. The youth imitate the movies cops do to create crime. They show on TV in every nation almost, how masked youth attack various religious or ethnic groups or burglarize their property, to incite inter-ethnic and inter-religious hate, as if Australia Federal police is implementing the ancient 'divide and conquer', "terrorize and subjugate" Zion Elder Protocols used by all empires, in line with American Nazis and Jewry in police, spy agency and military. On paper, they "protect the public", but in reality, they're inciting *viewers* to crime. On ASIS (Aussie CIA) website, they say they don't do torture, but who knows? ***What is the TV stuff but torture and mere destruction of the human quantum field via vast pollution of every brain and mind?*** People work hard and come home to watch the news or turn on the radio, and all they get is more violence, meanness, wars and bad tone music. This would bring 0 motivation for the workers to do a good job next day, as they view the government as inept, incompetent and fraudulent filif comical☺ sponsor of daily national TV terror? Where is the solution? Lifetime labor for any violent crime in a healing city separated from the rest? This is the government that is supposed to protect the nation's psyche, to uplift, inspire, motivate people to lofty goals by showing violent crime daily on TV? Is this the government we want? If CIA is the ASIS partner and they're the 5 eyes network (CIA), how sure are we they don't do it like CIA? So, again, are ASIS and ASIO honest with the Australian residents and citizens? Everyone knows CIA, MI6 created many terror groups to stage attacks to justify military actions, so who knows?

How come we don't get 1 million people in every nation march with gigantic "*Eternal* World Peace *in 3 months*" and "Immortality *for* All", "0 Violent crime in 10 years" big signs, on streets to shut down all banks (except 1 national bank that guarantees all deposits, that can't crash so that no aristocrats can steal workers' money), sports facilities and gyms, strip clubs, circuses, zoos (except 1 national zoo), nail salons, gambling, casinos, vape and alcohol stores and convert them into decent housing for the overcrowded? Workers of the world unite, it's perhaps time to demand the *end of aristocratic alcohol and tobacco lobby* used to kill 9 million workers yearly. This is a holocaust by the aristocratic class against the worker class, awaken from the sleep. British aristocrat has 10000 acres estate. In many places 10000 people live on one acre in a tall

building killing 100 during earthquake. Please boycott all alcohol and smoking products, show true compassion for fellow workers, like a kindhearted gentle soft tender soul ☺☺☺. Thugs go to gyms to build muscles, want 0 violent crime? Have no gyms☺☺☺. Love those bulldozers, let's use them for all old barely inhabitable homes and businesses, needless restaurants, hotels, gyms that can't be remodeled etc. Vote the Immortalist Party now. Build virtue at home, build housing, build Immortality *for* All. Let us demand faster demolition for true compassion. If people never know what robbery, burglary, assault is (no movies, TV, radio, etc books, depicting it), it won't happen. It's THAT simple. Don't expose kids to any crime scene of any sort. Everyone does eterni breathing, gets same centralized gentle tone education and all are surrounding all in kindness. Lovers of alcohol (or drunkards to use a metaphor) control Australia and many nations and they use alcohol sales to get minorities or groups into fights and violent crime (killing each other), just as American Jews and Nazis use gun ownership to get certain whites to commit suicide (10000 a year, mostly whites) and blacks to kill each other (20000 deaths, mostly black) in gang wars (gangs created by local spy agencies, cops). Why allow bars when people are overcrowded? Bars ought to be remodeled into *housing* and banned globally, same for pubs the alcoholic Brits so eagerly visit to shrink (ω3 reduced by alcohol) what's left of their shrinking brains, due to high RF stress. They got endless bars in Darwin, Australia, 15 liters alcohol/year, and it's the punching capital of the world. The aristocrats sell alcohol so the poor victims who drink it are jailed for punching each other and then we waste more resources to keep those in jail (private prisons aristocrats own) instead of having them do community service and evolve in a healing center, while their houses are renovated and all casinos, financial centers, pubs, vape shops, etc are demolished and turned into housing. If we got 1 bank, why have 1 million financial centers? British logic again, a la British USA and blowing by gun. *Who cares about housing*, all they do is false flag attacks and fueling violent crime everywhere thru Hollywood music, movies, literature, inflammatory tone TV anchors, shouting pastors, etc. Any ethical government would ban guns, violent content and tone and also ban smoking, vaping and alcohol. Our # 1 priority is good sleep, to prevent anger that leads to war, and the 10 second end of humanity. We need priorities to avoid extinction. Perhaps, we can gently agree globally that no business ought to be open after 9 pm, to encourage regular healthy sleep. In Australia, youtubers claim most shops close at 6 pm, to protect workers rights and allow all to get a good sleep. No room sharing ought to be permitted, so that all can have a better sleep, plus earplugs for free in noisy areas with airplanes, traffic. Sleep is body repair. Our tone is bad when tired.

A mobile home of the immortalist capitalism system of "homes for all first so all sleep well and get less angry and less prone to start the 10 second end of humanity" only qualifies as single family home if 1. it has a decent backyard and withstands hurricanes/tornadoes if in such a zone 2. owner owns the land, 3. the noise level is similar to nearby real homes, with window open or

closed, 4. insulation is comparable, so he doesn't need run AC or heaters all the time to get sick from dry eyes, allergies from AC vent pathogens, 5. got 1 combo washer and dryer, to prevent disease transmission. In immortalism, the Immortality Credit Score (not money) influences what you can get more, since all incomes, salaries and house prices are more uniform, not 200 fold bigger. This creates a society of smart long lived people, not greedy gangsters. Check out the Polish "standards for condos and apartments". 2 sets of Poles exist: aristocrats and slaves, slaves live in condos. Romania got 94% of houses privately owned in 2024. They need to start building concrete domes worldwide, get people out of old condos that could fall during a big earthquake.

We got *21 million apartments, condos that we can demolish over 70 years of transformation, so none dies from earthquake*, endless private and public prisons to make money for companies (have people live at home, learn online, take courses, change vibe), endless corn and soy fields to feed cattle, pigs, chicken (overseas or in USA) instead of high tech vegan or lab eterni food that uses 100x < land and water. By now, *if you do the math, you will see space, materials wasted for roads + 75 million houses* so all can live in a truly decent place and lower crime, focus on helping all live to 500, instead of maintenance, since ONE COMPANY does it all. Then we hear that "there is no space or materials" and we can't bring resources for 700 year lifespans. Make America high tech first time ever, let the greed vanish and science flourish. *The list above lacks a lot of businesses*, such as 18000 laundromats in USA, not needed once everyone has their own house with a laundry machine. These laundromats don't even have their dryer doors cleaned, I saw some that are quite dirty, again a total failure of not having Immortality Building Inc to maintain and inspect. Again, vampire aristocrats making money off a criminal system of slavery and subjugation. That's another 25000 small houses. The list OF USELESS BUSINESSES is huge, SLEEP is most important thing for longevity, how can people sleep in loud crime ridden places that know no QUIET CITIES LAWS? It's time to respect all Americans. Then people want to invent, discover, help all, give their all. Until then, it's pure chaos, check the borders alone. The so called "well off" Americans are too brainwashed to realize how much more tech would exist if we had real centralization for the first time in history in any nation, since youtube allows it. The clueless rural folks believe in fairy tales about Jesus brought by deceptive *missionaries* (on a special mission of mass rape, genocides, stealing as 100s of quotes explain in the "*Word* of wild dog", or God inverted) brought. The list is not complete, we got *62000 jew*elry stores (owned by *Jews* quite often, possibly to have mics or gadgets hidden in jewelry) in USA alone in 2023 which are pure evil, like all *breast implant clinics too*, as explained in Eternal Beauty Inc. We the People, want to free America from cartels, vampires and fraud. Online churches, jog, gentle exercise at home: give us a gentle music, i.e. 0 crime. When all get decent nutrition, not junk food, decent sleep, not prison cells, we can build World Peace. God is within, every single family house can be a church, need no wafers to deceive. We got clean energy, EVs, time to demolish

tall structures, give all the right to not die in earthquakes, for Immortality *for* All is our ethos.

We also got 1 million acres for alfalfa or 10 million 4000 ft^2 houses (stuff cows eat, 250000 acres used for exports to China 33%, Japan 30%, Saudis 0.25%, etc) because people don't go vegan or invest in science (they invest in heavy metal music) to make artificial proteins far superior to beef. Everyone tries to be a realtor and speculator, so water that is 1000$ in Los Angeles is sold at 70$ for alfalfa. When we *have no brains, we have cows, not people, cow sheds/alfalfa,* not "cities or water lentils (duckweed) (ω3:6 ratio 2:1), seaweed, veggies, fruits, protein from water and air etc in backyards" in decorated beautiful greenhouses perhaps for better health than beef. Gardens give us produce from greenhouses after ~~*supervolcano*~~ eruption or Mach 83☺☺ ~~*asteroid*~~ *which brings* ~~*no sun for 2 years*~~, ~~*temps drop 45F everywhere (most of the world is unlivable. We have to*~~ use wood to grow mushrooms to survive; plant walnuts in backyards, big backyards (6000lb), not on fields, have wood nearby, so you survive EMP ~~*nuke attacks that shut down all transport,*~~ ~~Internet, TV-radio, ports for~~ ~~*months. A garden*~~ helps people lose fat, instead of bringing spies, gangsters to cultivate alfalfa or building gyms. Americans have been conned to eat deadly beef burgers, we subsidize Big Deadly Meat and exports due to water pricing fraud: huge 30000 sq ft mansions on 3 or 30 acres for these CEOs (family of 4) and top people keeping us in the stone age and 100 ft^2 rooms in a noisy apartment complex for scientists who take humanity forward, while the aristocrats love the 2300 acres palaces, or 2130 acre part-time living estates. The big CEOs, loud shouting singers that make everyone play loud music in cities to blast the hell rhythms, instead of listening to peaceful mp3, allowing all to sleep, meditate, are busy torturing the slaves and imposing their 'no afterlife, no Immortality *for* All even in this world, my profits and empire is all, everyone for themselves, 100% egoism' capitalist (instead of eterni capitalist) mentality. We got some odd festivals wasting wood: Burning Man is a festival few heard of, where 'satanists' gather to burn on the 7th day a 40 feet man and 8th day a huge wood temple, to simulate human sacrifice as at the Bohemian Grove, where (vice)presidents, etc come to "worship Satan" and simulate human sacrifice to ?catch satanists?, as this guy talks about the financial men sacrificing babies. The brutality of the aristocrats would sacrifice babies, no doubt, for they sacrifice millions of adults thru their wars and policies, babies by destroying working class families, and babies thru coffee shops causing miscarriage, etc. You see then why they got these silly fake story youtubes about rich people (Oprah, Diddy) eating human flesh, which are most likely not literal, but refer to the aristocratic class "eating" the working class: to make this illusion more real, Diddy got some fake emails about 'human sacrifice'. Don't go there, use wood to build a house and develop virtue. They also got loud music, drugs, orgies and incredibly wasteful procedures, long drives that spew people killing toxic pollutants. It ought to be banned. The US military maybe created rain on day one of 2023 Burning Man, so in 2023 it sort of died out. Selfish people drive their RVs there, while others are homeless and need at

least an RV. What spirituality is that? Imagine all that energy of 80000 0 IQ people, could be used to build 1000 Habitat for humanity houses in 9 days, but the ethics is not there yet. ☺☺☺

We also got *endless 10-300 ft Jesus-Quan Yin statues* (the thin-tall, *not sitting Buddha that fall less*: make small empty plastic statues that can't KILL people during disasters) and 80+ ft minarets (or church thin tops) that can easily kill (due to 200-870ft height) people during earthquakes, that waste materials which would provide *single family homes* (*so quiet, nice, nobody needs temples, the house is a temple*) for many (we got computers, churches can be online, margin *of all computer screens can* have "gentleness" "immortality", altruism" as 'statues of ethics', various qualities changing, with links to ethics.gov to explain what that quality is, depending on website). *1 life, 1 person getting decent sleep that extends human life, is MORE* important than 9000 wood-bronze statues, church spires, towers, minarets of stone. Value *life* not rock formations, have *some* brains, value every human as if he can live to a trillion years old, temples live to a few millennia at the most, UV, wind erode them, etc, but humans can live to a trillion. Why do we worship idols, instead of life? Immortalists prioritize *LIFE*, not height. The Immortalists are the softest gentlest folks, so they don't make sharp edges of buildings (everything more round and 100 times less likely to injure people during massive earthquakes). Likewise, chair legs for immortalists are always round, never square, since if you ever bump toes on a chair leg and it's round, the injury will be far smaller than if you hit one of the 90 degree corners. It costs only 20 cents extra to place a soft cushion of foam around the leg on the bottom 3 inches, where people bump feet on, so it can become federal law. Every injury shortens lifespan, so immortalists do everything to prevent them or diminish their severity by 95%. If a building part falls (metallic or stone) and is rounded, convex, etc it's less likely to break or break in 100 pieces that injure or to create a heavy injury it if lands on someone's body.

An immortalist building looks vastly different than the sharp edge churches or buildings. It's a science fact that domes are 500 times more resistant to tornadoes, earthquakes, etc than normal buildings. So obviously, immortalists would choose multidome buildings not these ultra dangerous structures of 99.999% of worship temples, mosques, churches worldwide. For immortalists, 1 life is more valuable than 1 million churches. A 4 bedroom house can have 5-7 domes joined like this one, like a flower with 6 petals, the living room central dome and the other 4-6 domes as petals of the flower center main dome that has a living room with a cooling hole at the top *(this idea is millennia old, used by* Romans (8 m diameter hole)*, Chinese and others)* to allow hot air to rise (it is weighing less, so it rises) thru the window opening and hurricane shutter opening when it is not raining, so hot air can go up and ventilate each room (thus dome) naturally, by creating windows in the direction of the wind in every dome, so one side wind enters, another it leaves and it cools the dome naturally, without the noise of central AC and spreading of germs and reinfection of everyone's lungs with viruses and cold bacteria

from the other 20 years, as they become dormant. The window can close automatically during rain and hurricane shutters too, for all windows and dome top holes. Buddha statues ought to be made of a one piece metal hollow inside to reduce risk of cracks, fall of stone pieces and to prevent extra injuries if it falls from the top of the temple (unlikely, unless temple collapses or statue is ultra slim and tall like 500+ are). Immortality Building Inc can ☺☺*tenderly gently kindly* ☺☺ mass produce 100 million of them and the assembly is on site with pre-fabricated plumbing, electrical, solar dome exterior, low dirty electricity inverter, battery storage, etc. The cost will bankrupt all small aristocratic contractors who squeeze the blood out of the workers. On top of that, due to having 40000 PhDs and material scientists, engineers, etc, vs 0 for small builders, the dome will be 5 centuries ahead of the trash those guys build. Establish national code, in any county or city where winds exceed 80 mph (tornado, category 1 hurricane can uproot trees, ruin houses, and have them fall on a 'paper' house for 'slaves', killing those inside or damaging the uninsured house (too expensive to insure due to companies leaving Florida, etc), domes are required to prevent house rebuilding by slave labor. Let's do it right once, let it last 2 millennia, so we spend time buildingthe science of longevity, instead of trash houses twice a century.

Likewise, today's chairs are designed with 5 roller wheels that are cylinders, instead of spheres, so if you bump your toes off it on the sharp side, it will cause more damage than if the roller were a sphere. To prevent that, you can simply use bubble wrap (from Amazon packing or $ store) to wrap the first 5 inches of the chair legs, to prevent any bumps, until the federal guidelines are updated to include some soft wrap around there. Everything needs to be designed to minimize injuries. Until that age of immortalism, when blood drinking parasitic aristocrats who torture others daily exist no more, it is a good idea to wear slippers (especially if they torture you and make you tired) and ultra thick socks, since these psychopathic spies often spend hours daily following by video someone and giving suggestions until they bump into something. Today's monsters use religion to enslave the planet into a vibe that never cares about 0 torture, 0 violence in 3 years, World Peace in 3 months, while their actions make a mockery of God, by torturing the divine spark, the God spark in other people. It's all about "give me donations for fake promises of eternal life in a heaven unproven". At least immortalists are honest, we say, "give immortalism to all people, and they live longer with equal access to shelter and other basic needs. These are provable tangible measurable outcomes that prevent fraud unlike 'an eternal heaven with Jesus the conman' etc". It's comical☺☺ (like watching hypocrites) to watch these conmen (or military uniform people) sing songs about Love, Compassion, Tenderness, etc, God and the country, or fatherland, and in their day job (they are spies, cops) they torture millions using the military college and police agencies national training methods. *They want others to be honest, but they're the most dishonest people, with 0 coherence in actions and words. How can anyone believe them they want* World Peace? They know the

torture going on, the evil quotes, yet continue the scam, never telling the church goers to build the world of 0 war, 0 torture, because all "religion" enterprises worldwide are controlled by the militaries: all 'nonsense' allowed, except talk of 0 torture and World Peace in 3 months that puts militaries out of a job. With 0 crime, why do we need spy agencies, cops for? These agencies are like Big Oil trying to support electric cars, not going to happen. Their livelihood depends on CRIME & WAR. They're the biggest bandits, since they, the unelected aristocracy of the military-security-industrial complex, rule everything and are responsible for much of the banditry going on, as a result of their policies… even if all crate the outcome, thru their torture to death policies, they remove all free will of anyone to co-create stuff, so they're mainly the culprits, paradoxical as it seems. But people don't realize it. The clergy continue to disarm the masses, make them gullible and easy to loot with the fantasy of Jesus or whatever, while ignoring the genocides going in our midst. ***No freedom exist, everyone is afraid to speak, or else spies-cops tortures them to death***. They have no mercy, have become pure animal hyenas with not even iota of ***universal gentle tender soft healing nurturing loving kindness*** for all beings, let alone anything God like. But hey, they're "pastors", "clergy" or "great God men and leaders" calling for the great slaughter and genocide of others who're "less ideal hyenas than them". It's as if they're possessed by the King of Lies, mythical Satan, another made up concept to increase looting efficiency. They use temples, churches, mosques or atheist 'human rights' think tanks, atheist organizations to fool others they believe in God or ethics, when they don't, since anyone who has the least ethics or respect for others or God doesn't torture, injure or bomb anyone, as everyone is a part of God. You can sense their so called fake miracles religion thru their songs of 2 millennia and the vibes the lyrics create vs more decent lyrics (verses 8-40). Slippers around the house that are solid and would take the brunt of any bump are ideal (removes the need for carpets/rugs, get high grip inside only slippers, keep house very clean), and washing/soaking for the first hour after a bump in very warm water any area that you bumped to relax/dilate the blood vessels (that got squeezed by the bump) and prevent toe from becoming red.

NASA states nobody can down a typical Mach 56 (12 miles a second) asteroid, even hours before impact, so if a big one comes, we're not prepared with big cities. For Mach 70+ it's even harder. Hypersonic missiles are just Mach 10 max usually. ~~***No sun for 7 years if it hits a supervolcano or nearby area causing eruption too.***~~ So how will 8 billion make it if not prepared, having food a few meters away, *using peels of veggies as fertilizer to grow stuff using artificial light from wind-wave-nuclear-geothermal-etc*, or even fish, etc? Some people hope a few nuke blasts near an asteroid could change its path *if* we can do that correctly, the first time we try it on a 400 meter diameter rock, but that's being unrealistic. We're not prepared and ICBMs are equally hard to deflect or alter their path. Single family homes allow all to grow basic foods and be 900000 times more resilient, more capable of surviving, since during EMP attack, no trucks or cars may work to

transport food. Thus, having produce in your own garden and some grains, legumes in storage, besides water catchment, solar panels and ability to be off-grid with battery storage, means one can withstand attacks and enemy is not encouraged to attack due to people being spread out and unable to be killed by 200 strikes on 200 largest cities where 90% of people live. Ethics starts with self-sufficiency. If USA depends on any imports, it's not independent and free. The youth is being programmed to be violent by the violent music in gyms, which create a narcissistic ego maniac society obsessed with appearance and muscle tone. Why not grow your own tiny garden on a quarter acre every American gets from now on for any new home *(all condos, apartments are made illegal, meaning all new homes are houses that come with a preinstalled garden to grow one's favorite veggies and fruits that one selects to be installed prior to home purchase for WW3 preparedness, asteroid hit or cosmic natural EMP preparedness)* and provide single family homes to all, stop wasting energy doing so much lawn maintanance *(huge food imports that increase national debt, as water is wasted on grass, instead of food)*. One central building code and policy ends endless duplication and brings WW3 resilience to 1000 higher level. ☺☺

This enables all to have some compassion for the slaves who now get 9 hours of burning sun **exposure that destroys their skin and eyes, and also inhale a huge amount of pesticides and crap. This kindness creates more unity. As people exercise they lose weight, they eat fewer fatty foods (that foster weight gain) and more produce from their garden, and need fewer immigrants. Gyms are replaced by gardens where people can volunteer to grow kale or whatever they want to grow and then get for free in exchange for hours of work there. Imagine, get fresh organic produce, not 5 day old from California, after you exercise: no such deal is offered in the filthy toxic air gyms. With electric cars and trucks, air will be clean and we can have better air quality outside and in the greenhouses in the cold climates that have gardens to prepare for the catastrophic gamma ray natural EMP. The gyms are full of mold, the shower facilities and lockers are super filthy for all gym companies. Most never use the shower, but the mold spreads to lockers and the interior. What kind of Christian ethics is that? YMCA is a joke, the only ethical physical activity is service to immortality for all, meaning helping others directly to live a longer life, not by 3 years from muscle tone after age 50 when you need exercise more to prevent muscle loss, but by 30000 years via immortality for all labs we build in every home eventually to replace the kitchen. So many gyms, so few decent houses. The youth needs a new ethos, education to help them listen only to ethical orders, to defend the eterni ethics society of trillions of ways to peace without torture, violence, war, killing. The goal is to no longer need any imports, to create the most eterni society where we don't care about how others live outside of US that much, fixing our own mess first by bringing violent crime down a trillion fold.**

Mushrooms grow in darkness, so dead trees help during a NUCLEAR WINTER. Plant walnut (essential fats, plus wood) trees in your backyard to make it. We *spend trillions with all these*

useless businesses, while we have 0 Preventive medicine Immortality City Parks with biomarker free screening, to save 3 trillion in healthcare and help all live to 500. We could ☺☺*lovingly tenderly gently kindly*☺☺ have 1 million immortality labs via centralized education (so fewer dorms on campus), and these labs have the 1 million biomarker centers too in some area, where 350 people or so come and monitor stuff to build the most high tech preventive system worldwide. Who cares about fellow Americans, living in jail like wobbly noisy condos, when they can drink useless wine? *So, we got space and materials and utilities and stuff for* another *250* million *single family homes to free all condo dwellers from their life and have a temple of God in their home* and need less of these businesses that enrich the guys who live in huge estates, and motivate the average Joe to innovate and discover how to triple lifespan 100 times faster, reduce crime 1000000 fold, allow natural population growth for 800 years (growth rates are slowing) and also more longevity businesses *instead* of filif toad IQ☺☺☺ *businesses*. How about Making America Honest Again? MAHA means Great. How about the Immortalist Party, instead of these Dems and Reps that talk of change but bring more of the same for 250 years? What kind of American dream or *fake* priorities are that? For the rich: Brits *enslaved all, US* founders *enslaved the blacks?* The rich *enslave all today? Let cities and states ban all casinos, strip clubs, sex shops, vape shops, liquor, stadiums, empty churches, all churches* if need be go online, *cemeteries, wineries,* beauty *salons, empty houses, empty commercial, etc.* Replace this with houses for all, so crime goes to 0 and also nice Immortality Centers, demolish sports courts or shrink them 50%, build Immortality and Meditation centers, to raise kids IQ – ball moving increases life 10 years max, science 10 trillion at least. Have some IQ. Let every family turn their single family house into a temple to God and we have real spirit, no more conmen or fake *teachings*. Let the centralization of immortality capitalism government sponsor a nonprofit that 3D prints 50 million small homes on smaller lots (2000 ft^2 max in addition to the house), (1 bedroom 400 ft^2, 2 bed 700, 3 bed 1000, 4 bed 1300, 5 bed 1600, 6 bed 2000 ft^2), 200 models to choose from, to house all apartment dwellers in new areas, to decongest, making bigger smaller towns and villages and allowing the great migration to start, to reduce traffic accidents from 40,000 a year to only 100. Domes of concrete are great, they withstand earthquakes, nuclear blasts, tornadoes, etc, so they can be made of thermonuke blast resistant new materials too. I and millions of people would love to move out of this congested Los Angeles and other metro areas, even people who live in houses and not condos or apartments. It's also lowering crime and leading to higher safety in case of nuclear attacks, as we're spread out: the enemy would need to deploy 100 million small nukes and nuke the entire land, which would make it hard to use the land, so this *disincentivizes the enemy* from even wanting to attack us *more than nuclear weapons deter the enemy*; if we're all in tall buildings, conquering America becomes 90000 times easier by enemies and the workers end up being winners, they live longer too, happier. Nukues prevented big conflicts for 80 years, and so can the immortalist housing policy: countries tend to

invade sparsely populated areas *left to rot while everyone lives in tall jail houses called skyscrapers*. Half Americans live in a few cities and that is ultra dangerous, we can all die in 4 minutes. Europe faces the same dangers: most live in a few cities that can be nuked, so EU needs to unify, make 200 models of houses of much higher tech than now via implementing the 11 companies model and producing 300 million new houses in 10 years (3D print some parts for faster outcome), demolishing all apartments, condos, to spread and defend the land. With a unified EU immortalism immigration policy, EU has a chance to survive and promote the positive happy gentle soft healing nurturing Immortalist Anthem instead of the Bible-Quran-Torah terror.

Europeans need to see the democracy in action in South Africa, the homeless whites living in tents while other whites live in mansions and how *Sweden has transformed as a result of non-immortalist immigration policies* created by Jews *(Bible Lev 25:44-6 command to enslave workers, to* beat workers (slaves Exodus 21:20-1*) and* exterminate all nations Deut 7:1-16 'Jews want wiped out' using Zion Protocols methods and others) pretending to be Swedes: video 1, video 2 (gun violence), video 3 (gang wars, explosions, etc), video 4. The governments of Europe today (often run by monarchies who praise the Bible 1400 quotes of horror and terror) allow all to come in without any real education, tests, immortality for all tests, etc, same as in most countries. This anti-Eternal Universal Peace choice invites crime surges (no education is given into the way of the Immortalist Anthem, free of torture, beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), physical violence, terror, inflicting pain on others) and allows "Zionist" parties to start delivering weapons to gentiles to kill each other for "Zionist" global domination as they incited Europeans to fight in WW1 to destroy the Turkish Empire and its occupation of Israel to start migration of Jews there, in WW2 to create Israel shortly after, in WW3 if people don't wake up, to make Israel 20 times bigger, etc. People will say it is offensive to call the Bible promoting parties, monarchies, etc 'Zionist', etc, but people who promote the violent Bible as Word of God are by definition Zionist, pro-Bible as it is, the Catholics even who always praise the 'God of Israel' – all those pastors praising Israel and the infallibility of the Bible ideas. Kindly note the difference between Bible and Immortalist Anthem (verses 8-40 especially clarify this) where not only immortalists are against torture and pain, but against even diminishing the happiness of anyone on Earth. To prevent the Zionist sponsored and Christianity/Islam promoted *beatings and torture of workers* (glorified in *Ex 21:20-1* by all churches and synagogues who brainwash our kids that those violent 1400 quotes are the Word of God and ethics, in Quran (beating wives who're workers too, Quran 4:34) by all mosques), to prevent the *enslavement of workers* (Lev 25:44-6), the *beatings of worker's kids* (beat kids quotes (Bible/Torah), or beat kids quotes (Quran)) we need to end the religious aristocracy with airplanes and airports, huge mansions gotten thru fraud and the aristocracy who uses religion to bring global terror in any form, covert or overt, thru

companies or national policies of puppet governments, etc, as the Catholic Church brought to many lands via the Inquisition. Check out the mansions of the so called Christians.

Demolish all condos and allow people to spread out. If asteroid hits a 20 million people metropolitan area, what will they do? Spread out so fewer die and more live to 2000. When you have your own house, you're 10 times happier, you don't get mad when 50 neighbors above or around you have water leaks, parties and all kinds of pipe noise issues or etc and that lower anger also prevents wars. By not having all people into one place that attracts first nuclear strike, not having so much anger that leads to wars indirectly (anger triggers all wars), by not having vastly empty areas that attract conventional invasions, we bring ~*~Eternal Universal Peace~*~ much faster and, more importantly, maintain it a trillion years. By not allowing aristocrats to own more than 1 home until all own 1 house, we prevent wars done by aristocrats to destroy the worker class in the nations they incite to fight or live in 3-50 floor ghettos. The universal rights of humans include living to a trillion years old, in peace and love with everyone, as Immortalist Anthem explains. We want to end the genocide of workers who fall to their death during earthquakes, video 2, video 3. Floods from tsunamis also can kill poor people, so we need to raise houses, in all flood prone areas, not just in 6' (6ft, 2m) above sea level average ground elevation South Florida where they use gravel to raise houses by 5' sometimes, using rocks/dirt or stilts/pillars, 2-18' above ground (use it as a storage unit or garage, see amazing images 14-20' pillars here), to prevent death, and if few resources exist, limit to 3 floors, instead of 20 to prevent massive deaths due to landslides, or earthquake. South Florida is basically a flood plain, so those guys deal with yearly floods. Many deaths happen in ***mountain areas because people don't realize once 100 years a big flood comes (no records exist)***. We need to stop our depraved sports and do some exercise to raise houses: use rock to raise foundation 4-6 ft to be safe from flash floods due to rivers nearby, mini floods cause landslides, so we need much safer codes for where it is safe to build a house, how to reinforce hill to prevent landslide. Ever year thousands die due to floods due to obviously ultra risky houses on easy to slide land areas. This is due to filif snail IQ☺☺☺ policies. By 2100, a big tsunami may kill many due to a huge quake, if we don't prepare. Tall buildings can help during big floods perhaps, but only if the flood doesn't take down the whole structure. If you go in any flood prone area, use pillars at least, 20 or more to raise it 6-8 ft, since repairs and removing mold is very expensive and a waste of time, takes weeks to recover all lost property, work if you make it without injury.

People got free time at work and can volunteer for Immortality Building Inc, the new Habitat for Humanity like company and nonprofit of the US government who helps all build their own house and others, to demolish condos once all move to houses, etc. You will be surprised how efficient people become, finishing stuff in half the time, just to have 20 hours to build houses for all, since credits allow them to move out of their existing dilapidated house into a new one, so the old can

be demolished. The more volunteering, the more credits for a house built, all stop acting busy and doing real change. All complain about 'no construction workers', let's see when we allow people to use the resources available, all will work so hard to get out of their "jail like" housing. *You will instantly have the equivalent of 20 million workers, working with so much energy, to build all houses and needed pipes, infrastructure, water treatment plant, etc even some of their free time, instead of watching TV and complaining about issues nobody fixes*. Stop aristocrats from "jailing workers" on job site if all was done and free time is left. If they volunteer for Immortality Building Inc, they still get paid by the company until fired and government hires the new enthusiastic worker as house builder to improve the nation. Fear not, nobody has to fear they would be fired, because the government can hire anyone fired because of volunteering. Gently vote for the Immortalist Party now to create the Eternia Volunteer Network and bring real change. We will rebuild America one street at a time, create new cities too. Let us just have more humanity and *gentle tender soft nurturing* graceful *universal* loving kindness.☺☺ The workers are the unstoppable cosmic force of change who brings Immortality *for* All. Actually, we can prove that we via Immortality Building Inc can make more houses than all the private companies combined (1.4 million in 2023), as greed is not the motivation, but Immortality *for* All. The Cosmic Limitless☺☺ Energy of the Universe, unleashes its infinite might and brings true realization. Habitat.org builds or repairs 600 homes in California, Immortality Building Inc would build, renovate 7 million a year in USA in a sea change from "all for me" mentality now. Over time, it will surpass in quality and speed all other private companies and bankrupt them all.☺☺

This immortalism wave of FREE THE SLAVES NOW allows us to demolish condos, to make space for a few houses in those places in the city where people remain and *we raze useless enterprises of depravity,* ☺abysmal IQ☺ *and vanity*. Living to 200 means all have high standard of living, higher than the rich in all other nations; *lifespan matters, not $*. World Peace in 3 months, 0 violent crime, living to 400 is more important than a hair salon every 300 people, come on, one can trim hair at home. We can rebuild USA into the Image of Immortality *for* All, Freedom to Live to a Trillion for All. So, all other parties are a joke, versus Immortality or Eternity Party, because without life, nothing exists, who cares about fake democracy and all these fake parties in the multi party countries where all are controlled by the spy agencies? Money has no value if all we can buy is fake news and toxic food, products due to decentralization. Democracy is 0 torture, universal healthcare and the infinite extension of our happy healthy lifespan: not 98 lifespan for rich, 71 for poor, but 200 for all, as all help all, and the poor are not tortured.☺ US lifespan is lower than all developed nations, since we're slaves of the rich living longer. After *helping kill millions*, with the help of 300,000 *USA-USSR-China, etc officials, soldiers, civilians making munitions (US for South Vietnam, USSR-China for North Vietnam)*, they happily live to 100 (all torture on gentiles and/or poor, so they die at 50, the war supporters at 100) and make 0 effort

(Russia-China never talked about Peace in 3 months, blaming USA for 'imperialism' always, how about everyone stops the blame game and bring World Peace?) to bring ETERNAL World Peace in 3 months: note the fake articles claiming Kissinger secretary of state can dupe the military, etc to provide a scapegoat for the military industrial complex's actions. The military remotely controls the government in every nation, who're trained by spy agency/military. Disregard the article lies about military being duped, the military dupes all. Kaganovich helped kill 5 million Ukrainians and lived to 97, died in 1991, "long live USSR?". Kissinger helped kill many Vietnamese. The 'Satanists' running the USA and other nations are trained to not care about burning "care" in this human sacrifice ritual, so they're prepared to become genocidal murderers creating wars of human sacrifice, each war is a song to Lucifer, their God, so they keep creating new wars. We're not allowed by the 'Satanists' to dream of Eternal Universal Peace in 3 months. Unfortunately, they're not just of one nation, they're in *all nations*, all war mongers, violence supporters who sometimes role play that they're "fighting satanism", that they love Jesus, Buddha, Krishna, Allah, etc. Check out the human sacrifice related Bible quotes.

4.1.9.4. ►►►► fake sports: Sports that don't extend lifespan, but actually shrink it in the long run versus real sports. They keep palatial aristocrats rich and in power, slaves ever lower in IQ and short lived. To further destroy America, the *fake* spirituality *leaders* of USA encouraged everyone to practice brutal sports, instead of service to World Peace in 3 months, like making World Peace in 3 months kits that we ship to 150 nations by huge aircraft or drop them, so all 2 billion people without access to mostly *"be an* ☺abysmal IQ☺ slave *of aristocrats" content* of the Internet, can listen to peaceful music and create a wave of loving kindness that brings Peace and undoes the bad vibe created. Let's drop 4 million mp3 players from a C5 aircraft (25g each, 5 g parachute, 30000/ton, 135 ton, so 4 million/aircraft) to thousands of villages and towns, to start a New World of Peace. World Peace in 3 months songs, no religion brainwashing. Let's end the War Department and create Eternium. *When others were homeless, bombed and maimed, we played these sports and cared not, how "Christian",* we played infernal mp3 songs of aggression, sometimes even in aerobic exercise class playing restless music that brings war. Instead of peaceful stuff, the poor restless nations get more violent music concerts, USA's Christian ethos in action. Why not build a house, a nice well, a pipe to bring water to dry areas from sea and ocean? *Were we not supposed to give water to the thirsty, house to homeless, etc?* If we want to worship God, Eternal Life, or want to be healthy and live to a trillion, we need to use our brains, not just muscles (as when *we stretch, do gentle aerobic exercise that require no gyms, sports facilities that could house others, gentle yoga* (be careful with yoga injuries)*, tai chi, qi gong, pushups, jogging, walking,* house building, *immortality lab* maintenance, chores).

Brain use to generate the most eterni emotions, while we play eterni music, during gentle exercise is the worship of God, of the Eternal Universal Peace in 3 months, while rushed

movements are the worship of violence, war, and the vibe of "Satan". In the context of the pathological violence on Earth, any restless sport (98% of them) is a song to "Satan", a support of murder, a low vibe engine, a sin. The only ethical sport is that which directly supports World Peace in 3 months since all humans may disappear in 10 seconds. Please stop sinning, end sports news now. Let us *gently* be a little honest: when our *gentle brains* are used to the *gentlest* eterni forms of exercise, to imbueing everything with *gentle tender soft nurturing* graceful *universal* loving kindness, *they form an impenetrable barrier* against shouting, bad music, killing & violent crime that thus disappear. Therefore, *those* who worship tranquility, working diligently for Eternal Universal Peace in 3 months, become angels worthy of the happiest Immortality and trillion year lifespan technologies. It's around them that the Immortals or "Angels" will hover, and gather. The rest, as Tao Te Ching explains in Chapter 67, will perish at 100 or 200, as Heaven arms with compassion those it would not see destroyed. This refers to interstellar civilizations too, not just individuals. ☺☺☺ Will we disappear like a trillion alien groups? If we look at our sports, it seems 100% likely. Wake up USA, before Heaven intervenes.

Given the context of eternal war on Earth, volleyball, football, basketball, rugby, soccer, hockey, ice skating, pickleball, baseball, cricket, tennis, boxing, martial arts etc are ways to worship death at 85, or War, Genocide, Demons, Baal, Satan in every school. Institutionalized violent 'Satanism', under the guise of secularism. Let's not be naive, the '0 IQ' 'satanism', genocide in disguise, blatant violation of all human rights can disguise as religion ritual too: watch, not just sports of a 'very evil' nature, like bloody slapping, boxing, UFC, martial arts, infernal music. What has ethics, increasing the lifespan of all by 200 years, etc, or religion to do with pain and suffering of babies during full immersion baptism or simulating cannibalism, eating blood of Jesus and his body every day at Mass? Pickleball alone can lead to a billion dollars in injuries, while not really doing anything for others: a gentle exercise is far lower risk, no healthcare costs, and doing something useful. The most *basic human* right *is that of life, the most basic ethics is to defend that right first,* ☺☺☺ i.e. World Peace in 3 months, not muscle building and moving balls. The most violent thuggish "sports" vibration has taken hold of the the *entire* planet. Nobody notices it anymore, the worldwide militaries have desensitized everyone in US, etc. Killing in video games is among the most popular hobbies, *we're going downhill faster than ever.* A change of priorities is needed in every nation, if humans are to survive. Every school with huge sports facilities (most of them) has become "Satan's temple": the hoop and ball kids worship, not the use of energy to bring Peace in 3 months, what a spirituality, empty, selfish, restless, depraved. Instead of dropping 22$ mp3 players with preloaded peaceful music, to help nations heal and love the USA, the 0 IQ "demon possessed (watch human sacrifice simulation officials attend)" (sorry, I don't believe in demons, trying to use religious terms to relate to believers) generals have dropped endless bombs. What sports did we practice under the *Holy* Guidance *of*

'Freemason' (mason=builder) Presidents of 250 years, Freemasons, to construct the buildings (overseas, or in USA build some things needed for those places) for 3000 relaxation, meditation centers of Eternal Universal Peace in 3 months in 90 nations before any war broke out, where people listen to peaceful music, relax and discover the science of nutrition, etc, instead of being given fake Mormon temples, etc to lower IQ and create more conflict? Why not send mp3s about || Immortality *for* All ||, I wrote on a forum in 2003 about sending mp3s or CDs to Iraqis to help them enjoy a peaceful vibe, promoting this peaceful music before any anger or war desire arrives. The world militaries remotely control governments to instigate wars, torture, make rape videos: has any USA President played peaceful meditative truly serene music, peaceful lyrics and/or sung with the Youth World Peace in 3 months every time a foreign visitor arrived? Why not? They talk a lot of nonsense, but 0 eterni tone and song on World Peace in 3 months and Physical Immortality for All. *No, it's all about more weapon* shipments, macho made up religion marches, *un*eterni *average tone. "Pure Satan or war worship" the Christian* may say.

The evil US gov (generals rule each nation using the aristocracy of spies and "intelligence" community) has never promoted peaceful music, a gentle World Peace in 3 months and immortality for all language, only wars to bring peace in some 3 billion years, trade to get whatever they want: cheap goods and 3 million spy stations via 1. nonprofits, 2. fake churches (Protestant origninating in USA, like the fake Adventists, Mormon churches (miracles of Ellen White and Joseph Smith were faked) that copy the Italian Mafia (Vatican who helped kill 20 million in Catholic-Protestant wars alone) model of brainwashing that the 1450 violent quotes are "word of God", to keep nations extremely low in IQ, naive and easy to plunder, like other nations use other religions or Protestant denominations for the same goals), 3. businesses? Has any *'Satanist' (death worship)* US President ever talked about *physical Eternal Life for all*? Only about eternal 'nonphysical life after you're dead from slavery'. Yeah, sure, as if anyone can prove that eating wafers will get you there. Who needs lies? Why not play World Peace Songs with lots of young people, live, at every Eternium military briefing? Most US music exported via concerts is ultra restless and violent, it perpetuates war. Do they all worship Satan, all freemasons with killing imagery rituals, like freemason George Washington? Freemasons swear to kill in gruesome ways if anyone divulges their 'secrets'. Endless bloody revolutions for centuries? Is this their craft, the Freemason craft, blood spilling...? Turks killing goats in freemason lodge? What else they kill? Millions of innocent civilians under the pretext of "liberation from isms"?☺☺☺ Always creating a new 'ism" to create 200 wars over it, never an "ism" of the Eternal Universal Peace in 3 months. See the deception of millennia? All bloodthirsty empires craving for cash. It's time for a quiet peaceful transformation and evolution to undo the millions of years vibe of killings and wars. Does anyone see how they use religion wars and *isms* wars to enrich their pockets thru deception? Why not listen to peaceful mp3s?

4.1.9.5. ►►►► Fake deaths is another trick, to hide life expectancy: no stress, as they lie, fool everyone. All stress for the poor, which means 20% lower lifespan of course, due to poor sleep and food. A lot of these lifespan charts are fake, to hide COVID19 origins, attract or repel immigrants, make themselves appear worse or better. *Then we got fake news of fake casts (roommates or anyone will wear a cast or limp their leg around you, fake it, to deceive you), fake leg limp, fake disease*, to deceive, manipulate, make people become curious when someone with a leg issue *(spy or soldier disguised as 'model', 'youtuber', 'travel enthusiast' (delivering $ or collecting spy info) or 'actor', 'singer' delivering cash to spy network)* is forcing themselves in social media into your timeline or profile comments via an intermediate fake celebrity. CIA can give any spy 30 million followers, all bots mostly. Watch out, *they're trying to enslave you*, don't fall prey so easily, to their tricks. By their fruits (bad music or depraved posts) hyena energy, you shall know them. You only need to listen to 99% of world music to know what goes on, how different from civilization it is. Only 'depraved' spies role play negatively to destroy the human quantum field and lead others into bad vibes: *we ☺☺lovingly tenderly gently kindly☺☺* understand *they're mind slaves, robotic slaves with 0 free will*, who're tortured to death if they insist there are 1 trillion ways to Peace or diminishing crime without negative role playing or war. USA *is* ruled by unelected *generals who control every branch of government 100% thru the 17+ federal torture agencies*. Same happens in 100+ countries: leaders are puppets for deceiving the public: # 20, fake elections explains it all. 100000 spies, cops, undercover agents fake their deaths each year to get a new identity and job. On 12-17-2024 Ukraine reportedly killed the chief of Russia's nuclear defense forces, who was a "slave living in a tiny apartment", while Putin/his family live like Emperors in the Kremlin, etc. Are we that abysmal in IQ ☺☺☺ to believe the most important military person lives in a non-gated community where anyone can kill him? These are fake news about the fake war. All evidence suggests the general killing is fake, and he was not even near that site but they made some fake videos to confuse the enemy.

4.1.9.6. ►►►► fake traffic accidents*: they transport dented cars and make a report that a collision occurred when none did, they took some junk yard cars, or had 2 cops drive 2 damaged cars and bump into each other gently or strongly. Another trick is* fake mass shootings, some people say most of them are fake if not all, just Hollywood special effects, cops doing it to fake their deaths and get new fake FBI/CIA identities (*cops "die", i.e. get a new job under a new cover, with a different agency, dye is like new paint, on a car makes car hard to recognize, people with new clothes, hair style, town, story, fake job, etc are hard to recognize).* Serbia in 2023 had 10 times more guns per capita registered than its neighbor Romania, so the police staged 2 fake mass shootings to cause the reduction of firearms by 10 fold. They could have convinced people to donate guns without the mass shootings and fear, just by explaining the immortalism values of gentle tender grace for all. See fake miracles videos to understand how

easy is to fake all we see on TV and to distract a billion people from their 'enslaved status' with fake events (it's like stage magic, you misdirect attention, so people don't see and question what is going on), though some could be real, in some countries, using brain destroyed folks). Some say they do it to get population deal with some crisis now and then, to be more prepared, battle ready, see Machiavelli ideas of 'mentally and physically prepared citizens' to defend the nation.

4.1.9.7. ►►►► fake *statistics*: manipulate data on what is reported and provide totally misleading graphs to make people believe a lie, in any field, including science papers. Fake crime reports create fake 'bad people, dangers' ('bad' that the police create via gadgets, sleep deprivation and torture) to be feared, in order to justify the repression of the people by whoever controls the police and spy agencies of a country. Fake angry/negative radio-TV tone and *content floods the people with ideas on how to misbehave, they know* uneterni tone will diminish or shut down critical thinking and higher hypothesis thinking patterns in order to slow scientific or truth finding progress*; this* demoralizes and completely destroys a society so a minority (those who control the top positions in military, spy agencies) takes control, in order to make people angry, rebellious, incite a crime spike, one race against another, to justify increased oppression of the 2 races, in order to spread chaos and justify military or other intervention and slavery, increase terror/fear, keep many jailed/sleep deprived for decades, malnourished, etc.

4.1.9.8. ►►►► fake appearance: *spy agencies or spy agencies like, not all members need to look the same, they can look like locals of all countries, thru* intermarriage of parents so offspring looks like locals, wigs *(*or new hair color (fake blondes vs real, *real blondes have slightly darker roots and hair in winter when less UV exists, fake blondes have very dark roots always, blondes wear sunglasses more often due to having less eye melanin that protects against UV, in order to prevent macular degeneration*) new curl or style, density, length*)*, plastic surgery (pictures show how a Chinese can look Caucasian with blue eyes, 100% unrecognizable, talking about getting a new identity... for spies; recall, next time you see a "Mexican, Black or European with brown, green *or even* blue *eyes", she may be a Chinese*: thus via Eterni Bank, USA's only Bank, the only way to purchase items is via this Bankcard, that you only get if you're legal and get all DNA tests passed to make sure your appearance matches your DNA; can't buy anything in USA without a DNA test to find all spies on US soil; all 35 million illegals will need to go elsewhere as none can buy food) or other skin whitening (lead rich Chinese products for their Phillipino "friends"), *yellowing*, darkening *tech (*new racial appearance, even eating carrots, greens, etc with high carotenoids makes skin orange-yellow, darker for some*)*, makeup *application (lady totally changes her appearance with a wig, makeup to look like Einstein, Lennon, Deep)*, contacts *(*or *new* eye *color* (many less known natural colors exist: lavender, pink, yellow, etc) surgery to *make it blue*: stromamedical.com or kerato.com (see 2 min video, 30 minutes, 12K, not FDA approved, but helps spies, yet can leave people blind if doctor errs or complications occur) or

other methods *spies* use*) or "1 mile (not 900) away" remote control* via gadgets disguised as everyday objects, dental crowns, implants*, etc that make spy behave differently on their own, change thought, accent etc to sound more local)*. Jews or any spies can fake their accent to sound like a Brit, Italian, Russian and pretend to be so, or an Italian Jew can pretend to be Italian. Spies also can pose as dogs, to evade border checks and prevent extermination during tense times when cops look for people to kill. *These spies can even* create(s) *fake riots* (all/most *are paid cops; why do French protest retiring at 64, when most retire at 64 and to live to 500 we retire at 450*; or fake agitators start protest to incite Arabs or Jews to protest and get arrested like this Jewish professor arrested during anti-genocide protests against Israel as she tried to protect students), *fake violence incidents videos* (undercover cop or informant teens, adults stage it, cop plays video in reverse, edits it, so punches appears real, but is fake, read # 10. where *fake war video* is explained) or fake conflicts, fake crime statistics to deter people from moving into an area or to provide cover for cops doing spy work instead of policing the "huge crime that is reported 10 times bigger than it is"; hire 15 cops to stage various scenes after hours and what took 9 hours to shoot is presented as one 2 minute video, just like in the fake miracles section of Chris Angel etc. *Note how blurry a video is*. ☺☺☺☺☺☺☺

4.1.9.9. ►►►► fake protests: all protests are organized by governments, local or foreign, local only in the US or powerful nations, meaning, unlike China where workers have real protests about unpaid wages due to Chinese fake communism where 0.01% own 58% of wealth, in the US all protests are very well staged. Protests have been used for millennia by the clever kings and governments as controlled opposition: the aristocratic gangsters, like George Washington and his freemasons etc, control the masses, the 2 political parties or 10 in other nations, incite the masses to protest about nonsense, like abortion or whatever LGBTQ rights, which are irrelevant in a society that has sex for procreation only and focuses on trillion year lifespan for all. Likewise, these same looters and bandits mind control the naive masses to protest about "equal pay", say women vs men, while they never protest about universal pay: 1 pay for all people, since compared to Immortals, God being one of them, who live to the age of 10^{100} repeated 100x, every human is roughly equally stupid/evil relatively speaking (since all are infinite trillions of times more stupid), so all deserve the same material resources for survival: shelter, transport, food, healthcare. However, because people are naturally conditioned over eons to focus on reward and work harder or more seriously☺☺☺, passionately on something if rewarded, we can create a reward that is different than money: access to longevity products, supplements, eterni foods and also managerial roles, based on the Immortality Credit Score. What is there to protest about when our whole civilization shuns upon shouts that are part of every protest, when all have equal pay, equal job stress as the 11 companies section and equality section explain???? No crime exists, since there is nothing to be angry about, every person's income has separate

parts to ensure they cannot buy alcohol and run out of money for rent, food, clothing, personal care, healthcare, etc, these are minimums for each category that cannot be used for any other purchase, to prevent the main cause of theft: lack of money and income inequality (envy). Death penalty for the slightest violent act means zero violent crime in no time. No more protests about "violent crime", since none exists. Any theft is met with 9000 times the amount stolen fine, paid by weekend work for the rest of one's life. Nothing is thus stolen, how can you steal when all make the same money and work 40 hours/week in the 11 companies via the most efficient system that removes the need for working 45-70 hr/wk? Let everyone work to keep their health perfect, 20 hours a week, that's 60 hours of work to create a healthy society, not one of obese sick people. The immortalist society is the most just society, and the kindest by a trillion fold at least as the Anthem shows, society that has ever existed on this planet of cannibals. Money can be used to do a lot of evil, but supplements can only be used to improve your own health and a management position (if so trusted), can only be used for good, as every manager is monitored by 100 others. Men are 70% of workplace deaths due to taking the most deadly jobs, should they be paid more? If we want equality, we need all 28 forms of equality, not just pay: we can't have men die as steel workers and ladies bullshit us on TV making 10 million for telling us lies.

That is the subjugation of men by retarded bitches from hell,☺☺☺ who have the audacity to destroy the offspring with lethal makeup that alters the eggs and reproductive organs and take chemists and waste their life to make colorful makeup, mascara, fake eyelashes etc for these "gnat IQ" folks on TV and all young women, instead of for giving all people lifespan of 4000 years old. The male bitches from hell also destroy offspring via alcohol, caffeine, weed, smoking that destroy the offspring via the sperm damage, which can be as bad as women doing it during pregnancy. Alcohol drives violent crime and yet these pigs never protest about their genocide of the future generation by their alcoholism. Hypocrisy, all these drunkard politicians belong to lifetime labor camps, they have sabotaged the prohibition with Jewish help. Never did these drunkard serial killer Jews and Brits from CIA, FBI stage protests (they initiate 100% of US protests by remote control) to end alcohol or nicotine use, caffeine use (by males, females) during conception attempt year, by females during pregnancy, lactation, to bring violent crime down 1 trillion fold, World Peace in 3 months, zero violent crime in 1-5 years. The CIA, FBI gluttons never staged protests of the masses against restaurants, because they are pigs. Any person who has the least character would not allow one single restaurant to exist in USA until there is zero homeless and zero violent crime, but when animals rule, banditry is all pervasive. The souless beast is only concerned with taste and hedonism, so our FBI-CIA made videos, movies are full to the brim with sex outside of procreation and violence. That's why we need a real reform, we dissolve FBI, CIA, all cop departments☺☺☺ and create one Unified Immortality Nurturing Agency, the Universal police. Did these cretins ever protest that Border and Postal

Agencies lack 5 million dogs (Americans got 90 million, wouldn't donate 5) to sniff every letter and package in US 3 times to make sure no drug ever enters? No, because the rich Finance the Drug Trade! They stage all protests folks, wake up! That's why no protest ever attacked a Multimillionaire or Billionaire Mansion, only workers! The 'makeup fanatics' bitches are like the "tomato IQ" guys who subjugate women to waste life with ticket sales at retarded sports events, car racing, rodeos, and other male hobbies that don't do anything useful, since kids don't exercise, they just watch bipedal chimps run after a ball. Instead of those women working on the chemistry of eterni foods, they waste time in retail to please the aristocratic minded sewer devilish men who subjugate women. Pig headed ladies also subjugate endless women who have to sell makeup and toxic beauty products, like crocodiles from 80,000 BC ☺☺☺, instead of doing things 900x more intelligent. Beauty is living to 5000, not piercing your skin and painting oneself with toxins. Men and women subjugate each other, due to their infinite cretinism, and live to 80 as a result. These same jungle chimps now program all men, women to wear 40 ankles, 30 rings, on nose, eyebrows, bellies, vaginas, penises, etc, 400 tattoos, etc to prove how infernally ugly they are, wasting metal that could have been used to triple human lifespan, wasting medical resources to deal with 700 infections from piercings only chimps need.

Capitalism is the epitome of imbecility, because everything is drowning in bureaucracy, due to 33 million companies, 20000 governments, endless admin, no research on how to make all live to 4000. Everyone is wasting their life, like the dumbest morons in a lake of hippos of Escobar drug lord. Acting busy, like chained dogs waving their tail to get their next paycheck. Pathetic. Look busy☺☺☺☺☺☺☺. Follow the pastors, they are all informants of the Spy Agencies, FBI, who keep tabs on the workers, that's why out of millions of pastors not a single one has taught the basic ethics of this book. All clergy are charlatans, to put it simply, puppets of the aristocrats duping us all. Same for shamans. No real pastors exist in US, we're a morally 100% bankrupt nation, spiritually too. We don't need pastors, God can talk to everyone, without any clergy needed. God is within? The rich have corrupted everyone, so the oppressed have started to oppress the oppressed too. The most ridiculous thing is our so called "Universities" have "Divinity Schools" that teach the ultimate bullshit, faked miracles and a super watered down ethics that has zero impact on society and the violent crime rate. You can't have zero violent crime if you spend 1.4 trillion on pure garbage, 1.4 trillion on restaurants, 1.4 trillion on healthcare corruption, 300 billion on useless remodels, etc and you just spend 1 billion on real stuff that can end violent crime. It cannot happen. These criminals take 10-15 times more than the min federal wage to teach a fraudulent ethics and religion, all invented by aristocrats, while teaching us parables about visiting a restaurant and being kind in a chat. The clergy ought to steal no money from the poor, by having more pay than min federal wage, but they have no humility, only desire to con☺☺☺ and steal, to utter falsehoods. They who claim to be reps of

Infinite Ethics engage in outright theft, scoff those who call for Universal Pay, in Light of the Infinite evil and stupidity of all vs the Infinite Lifespan God. Never do these "clergy" clowns mention that restaurants have no place in a society with violent crime, whose first and foremost duty is to eliminate that crime before any permit is given to a restaurant for GLUTTONS, let alone casinos, strip clubs, liquor stores, pubs, pet stores/hospitals/ parks, bars, lotteries, beauty salons, sports venues. The first human right is that of being alive and not attacked by anyone, as that can risk your life. All other bullshit, rights to violent religion, sex shops, concerts, anything is 1 trillion times less important and that has to be stipulated in the World Constitution based on the Immortalist Anthem, for the happy arrival of Eternal Universal Peace and Immortality *for* All. ☺☺☺. Our priorities are in disarray, chaotic, nonsensical, illogical, pathetic, anti-life and only designed at gun point by the aristocrats, so they can sell us trillions of crap a year, while not even 1$ the beasts make brings any lower violent crime. We are programmed robots, let to slaughter, by the rich, who could care less about zero violent crime, as they live in ultra gated palaces with 800 cameras and public areas lack even 1 camera. Every business type should have a priority score based on its contribution to Immortality *for* All. One national unified policy via the end of 20,000 different policies and governments. ☺☺☺

☺ These animals wearing robes to deceive us all forget their obesity and gluttony is the main reason for the crime waves: the clergy corrupt the whole nation. Gluttony makes clergy selfish, so they don't care about others who're homeless, beaten, so in their sermons ending homelessness, violent crime, drug use via Catholic mafia invasion over the border, is not a topic of concern. They love to be agents of the cartels killing millions with drugs. Are they "demon" possessed? Any gangster is a pastor these days. Many get rich quick. ☺☺ A spiritual or ethical person places the Life, the most basic human right, to Life itself, to not being attacked, above the desire for tasty food for Harvard Divinity School morons who need deadly food, who lead the congregation to blood eating worship and burned meat toxic overload, due to laziness (hard to press a button to cook with a pressure cooker) and ignorance of 4th grader chemistry. These blood drinking "clergy" of rat IQ scoff at science, EVs often, at the science that would enable their terrorist rotten souls to become humane, to stop calling genocide, mass rape, human sacrifice, arson, kid beating with rods, kid eating, slave beating to death the Word of God as genocidal rapist psychos alone would, to stop eating blood and eat eterni foods of the 1st of the 11 The National Unified companies, Eterni Food Inc. The clergy encourage war, claim genocidal Bible quotes are 'Word of God', when the real God knows trillions of ways to peace without violence. These frauds encourage protests too (which are expressions of savagery that don't exist in civil societies, let alone spiritual ones), but do nothing of substance to bring zero violent crime. When was the last time clergy☺☺☺ told people "stop smoking, drinking, coffee, restaurants, chimp sports, movies and instead help end violent crime in 2 years by real sports?"

They don't, they are just losers, informants and spoiled brats, too "hypocritical" to be honest: violent crime is created by many things, including the scriptures they brainwash us with ☺☺☺. 400,000 churches sitting empty most of the time, while 750,000 are homeless. Waste of cement. Only criminals agree to physical churches when so many are homeless. Online church is enough. Don't worry, God hears our prayers from any location, God, Immortals need no rituals or fees. ☺☺☺

The rich don't want that just society of real peace, zero violence, violence is the only way the rich can force all to live as slaves while they steal it all. The rich only want power for the 1% and slavery for the 99%, the rich, thru the gov they control 100%, will stage endless protests about LGBT, this or that, irrelevant reforms that touch only 0.001% of their profits, if even that.☺ The proof is obvious to any 3 year old, but the adults stopped thinking, they just tattoo, pierce ☺☺☺ themselves, dye their hair, wear eyelashes, 14 necklaces, 5 bracelets to show just how incredibly stupid they are. Of what use is jewelry: Japan wears least of these and live 20 years longer than Indians who wear the most jewelry. Most people are stuck in the Neolithic stage of thinking. No protesters ever attack the mansions of the aristocrats, they attack fellow workers instead, they never demand universal pay, etc. You know, nobody works 50-50000 times more than others to justify their salaries. Min fed wage is 15K a year, so why do TV bullshitters make 1000 times more, 15 million a year, while others make 30 million or 40, with radio show morons making even 90 million, 6000 times that, for basically destroying USA and keeping it as a concentration camp run by the Bastards making Billions as TV-Radio Bullshitters and their gang. Do you think those Bandits will ever Protest on TV about them making 2000 times more than people risking their life to make steel daily? No, they are all frauds who belong to California Farms to pick up produce for the rest of their life. All topics of protests are irrelevant in the big picture, since with an ethical government those would be non-issues. Protests are a form of humiliation of the 99% subjugated by the 1%, i.e. the 1% ignores the 99% so completely, there is no reviews.gov to voice the 99%'s opinions in a civilized way, so then the 99% are mind controlled to march and shout like Hitler in protests, led by gov instigators (cops, FBI, CIA, etc, or even the 1%) to violence, so the 1% can arrest more of the 99%, while creating the illusion of freedom to protest about irrelevant junk that won't change anything, since all elections are faked via mind control, actual faking (if brainwashing by TV ads fails), social engineering. The diabolical gangsters who run USA shout like Hitler at rallies or protests, inciting the whole world to imitate their grotesque culture of infernal violence, of protests thru which they overthrow violently endless governments. It would be easier to bring Peace by creating a zero violence society right here in USA via universal pay, real education, ethics videos in eterni tones daily until age 25, and 11 companies for all, that others would imitate and thus remove any need for CIA protests, deaths in other nations due to endless revolutions, insurrections the gangster aristocrats sponsor

worldwide in order to subjugate the 99% and turn them into cattle. We never had eterni tone by government in USA, the tone of kindness, let alone eterni content of speech or eterni action, as explained in the tone of politicians section, the people are led to slaughter by liars who repeat the same mistakes of all former empires.☺☺☺ The more savage a society is, the more protests occur, when kindness exists there are zero protests, as protesting is a savage criminal action☺☺☺: inciting all to shout like Hitler, to use tones of violence, negative emotions, to stop traffic, etc, and this is very disruptive, but the evil 1% encourage this inferno as it keeps the workers fighting workers instead of their common enemy, the 1% who fakes it all.

Protests can appear to be made by people of a certain fake appearance too, to make it falsely appear they're protesting, when they're not. Protests can also be 100% fake, made by cops against cops doing *fake riots*. Talking of fake anti-Putin staged protests, organized by the communists to increase communist ideology fan base (by the communist Putin pretending to be a Christian), some think Alex Navalny is Putin's best friend, a KGB agent, role playing he criticizes a fake mansion KGB built for 'Putin' (Russian military) on the Black Sea. Military bases use 'huge rich estates' as cover above ground, they make pics of him looking tired, though not clear how much he's tortured, as he doesn't expose what goes on really globally and in Russia, only saying cliches like "one government is corrupt", when the real issues are never talked about: corruption is in all governments, huge violence in scriptures supported by all governments who allow "freedom of violent cults" naming themselves 'religion', torture used by all governments, so it's clear he's mind controlled by one or more spy agencies to just say a lot of cliches and create illusion of 'freedom to protest in Russia' – where all protests are organized by the government, as in most nations: it is the controlled opposition principle mentioned before in the spy section and fake elections. If Russia has one Putin 180 acres mansion (and more for some billionaires who may not even be Russian) that the 'Putin critic' talks about, in USA, the aristocracy has 1000s of such GIGANTIC 50+ ACRE mansions, and nobody protests 2300 acres palace of Mark Zuckerberg, or 2130 acre part-time Oprah living estate) or even knows much about them. If anyone mentions it, they're tortured, as slaves are to die at 70 working 90 hours/wk. So, let's get real, do you really think 'Putin put in power his friends', like Navalny claims? Or was that how KGB staged everything, with all those 'billionaires to become' being all part of one KGB team, to make it seem as 'Putin is promoting his friends and they seek money alone'? Do you think Chinese billionaires are anything but PLA spies? What if all US billionaires are spies too? You can't become rich without approval from the spy agencies who need to concoct your biography and your rise to "world celebrity" status: true in every country: how you started the trillion dollar company in your garage with 'God's help only'.☺☺☺ Is USA free or less free than Russia? Don't you see it's all a scam? The wolves protect the hen. Nobody ever protests about the 8 million mini-mansions..., while others live like pigs, 30000 in 1 acre. CNN is 'criticizing

Putin', what a joke, it's clearly fake, and a way to make the slaves in USA feel good they're not tortured as much as those tortured daily in some houses or prisons using various methods. CNN never mentions what happens to 2 million US citizens in jail, who act as scapegoats so that 15 million aristocratic Americans live in imperial wealth, see the materials for single family homes for all, the easy way to end all jails. To achieve peace, we can't have any jails, violent music/literature. The aristocracy (spies) uses true/fake foreign events, e.g. Navalny, to distract attention of the slaves, from what happens in their own country on a vaster scale, so slavery remains true. It's a trick they use in every nation. Make a country that may have even less torture/capita than yours appear so evil, to hide the atrocities the local government does against its own citizens, by denial and distraction. The citizens then run to the CIA wolves, who "protect" them against that 'dangerous foreign country'. ☺☺☺☺☺☺☺

4.1.9.10. ►►►► fake *satellite* photos: and news about troop movements, incidents to create fake narrative about 'country ready to invade x' etc, fake *criticism* of countries (to justify invasion to loot resources or while secretly agreeing before event with the criticized event if a secret ally role playing 'enemy', or after remotely controlling (or cultivating via spies, manipulating since childhood, etc) 'the dictator' leaders decades, centuries or days ago to *create the 'bad regime/religion' or to do what* was just being criticized, as a pretext for war or antagonism to control the planet. Yalta US-Russia met and divided world in 2 camps secretly; so regional or superpower A can criticize B superpower for bullying others, while in fact encouraging B to bully (via mind control) to increase arm sales to B's enemies who're to be protected from the evil 'bully' B – allowing A to dominate both B and B's enemies via 'divide and conquer'), fake movies (videos presented as real), news to increase population 'war preparedness and discernment' out of genuine belief it helps to have more cannon fodder to defend top spies (the hidden leaders who control all government, courts, senators, media, companies, etc, some who sincerely may believe they're the 'best' country), even if it may not help humanity much (not all fake news are to 'enslave', some are to 'empower citizens into being better soldiers' to defend the spies at all costs even if humanity goes extinct, humanity as a whole is not always the main or a concern), fake border changes (area between country A and B moves back and forth, due to fake wars created by hidden minority Z controlling both nations, enabling minority Z (posing as B via fake *appearance*) to repress (directly or by remote control of B citizens) country A majority or gigantic minority in that area with each change of border, by instigating A against B, controlling spy service and making B believe A tortures them and viceversa: Z pretends to be A when A gets that area, to exterminate B, the intelligentsia, to enslave both by maximizing A-B animosity; can also be fake repression if the 2 nations pretend to be enemies and Z scenario is not there), ☺☺☺

4.1.9.11. ►►►► fake *wars*: see also all other fake things to understand this section ► Ukraine

never targets the main 5 Russian satellite launchpads, showing it's a staged fake war, since satellites are the basis of all warfare (Starlink), in 4 years only 2 weak attacks, one on 8-15-2026, the 18,000 employee Progress manufacturer of Soyuz-2 carrier rockets and space satellites (new launch 9-17-2026, no Plesetsk launch site destruction by Ukraine showing war is fake, see Ukrainian article, right click to Translate into English, think about why they fake casualties), who made moon landing rockets and 3000+ rockets so far, used to launch the Soyuz-2.1b rockets, the basis of all military launches in Russia, part of the Rassvet, Starlink competitor. Russia plans to launch 900 Rassvet satellites to see Europe so it can invade, so it's odd Russia can launch Starlink rival Rassvet without Ukraine wiping off the map the Progress and 1440 (they launched 40 Rassvet satellites already, planning 292 by 2027, 610 by 2028, 900 by 2035) plants. Rassvet would prolong the war by centuries. The war is fake, it's made to appear (but may not be, just ruse by British, Jewish aristocrats, like communism was, to dupe certain nonBrits or gentiles) as if the proletariat ending the demonic rule of the aristocracy in both Russia and NATO/worldwide using the cover of "right-wing" parties etc to hide they are all leftists, obvious from the way EU nations slowly dissolve via the euro to create the Eternal Universal State of the Immortalist Anthem and the 11 companies, the 1917 events all over again, via bombing Ukraine aristocratic terror groups otherwise known as "warehouses of Death, Short Life causing JUNK" (most worldwide companies are aristocrats forcing the workers at gunpoint via radio-TV brainwashing to make/sell $ trillions of useless junk, while the workers' healthcare, housing, food, transport are terrible), Wildberries demonic warehouses (1 trillion times lower violent crime is not important to palace dwelling aristocrats who experience 0 violent crime, but useless junk to poison workers bodies and minds is: WB is Russia's amazon where the small aristocrats, like US amazon leeches, buy stuff from enslaved workers to sell to enslaved workers, and live like aristocratic blood sucking parasites like the eternal Jew, no compensation for inventory lost for these vampiric animals was reported by Wildberries (the Burial of Will based feudalism, fascism, the Birth of Intellect, Kindness for All based Immortalism), 1.3 million sq ft of 1.6 million were wiped out by 8-28-2026, they started on 7-18-2026 when Amazon reinstated my access to 1 star reviews, Mein Kampf publishing date, 7-18-1925, 101 years later, the End of Talmud-Torah capitalist scam to enslave all gentiles via fake "religion" and fraudulent mercantilism: buy gentile made junk to sell it to gentiles at 2-5x the price, don't work, be a parasite, a banker, lawyer, judge, CEO, MD, to get 8-1000 times the min federal wage for destroying society and keeping us savage forever), Ozon (30% of Russia's online commerce, Wildberries was about 45% before Mein Kampf day) and all small businesses, to create 11 companies type of system in Russia and all nations. NATO may have convinced Russia to secretly agree to stage this fake war to liberate all humanity, with help from China, other awakened nations who play stupid and "capitalist", but aid the Ukraine-NATO 'war' & its long-term 1 pay etc goal to get 0 crime, 4000 yr life.☺☺☺

Millions *of fake videos, like fake killings, like spies*, fake celebrities stage their "death" getting a new identity, secret contact with family, etc) finance both sides so that aristocrats (can be an *ethnic minority* even who make 80% of aristocrat class, *Jews, Brits,* etc) in both countries can totally destroy the *worker* class in both nations by having them fight each other in a staged war, using patriotism as the fuel to enslave and destroy workers (*cannon* fodder soldiers). It can work in reverse too, after millennia of subjugation, the *workers become generals* and stage a war to *demolish hotels, lifespan shortening businesses that enslave and lower IQ of workers*, restaurants, terrible housing aristocrats gave the workers, etc with empty buildings being demolished *(they report huge casualties, when none happen)* to make space for future better quality or even single family houses for all... and eventually, immortality capitalism like systems that are more efficient and beneficial for the nation and workers in the long-term due to 5-15 times more innovation. For Ukraine war latest news, tactics of fake war, latest videos of the war (20 times more pics and videos than all major news agencies), go to kyivpost.com. The Ukraine war is the collective planetary awakening of the worker class towards the imminent unification of all humans, to prevent the 10 second end of all humans via the 2 capsule scenario. Check out the fake ten fold increase in drone production by Russia, as Cold War turns into Warm War of Aristocratic Jails Demolition, the holy war against aristocratic parasites who "jail workers" in stinky tiny studios, apartments, while they live in huge estates behold the 2300 acres palaces or 2130 acre part-time living estates while workers live 9000 workers in one acre. Ukraine and Russia, NATO and Russia may have indeed joined the war against Aristocracy, *by playing enemies,* as "jails" are bombed, since they're old terrible buildings in need of demolition anyway. The TV drama makes the war ultra real, but it is all the start of the global revolution for Eternal World Peace. Or generals belong to a minority Z who uses majority as cannon fodder against some foreign enemy of minority present in both nations, or provoke country to be looted or enslaved into war that they know they can win, or give weapons via 'fake friends', know how every step of the war between 2 groups/nations proceeds ahead of time, end result too (real & 'fake news' result), so you come in as savior to one side you plan to annex and/or deploy 'peacekeeping' (often conflict stirring) troops to deepen control, etc. They can do it under the excuse of self-defense "due to" "*1. information* (fake) that the puppeteered countries would endanger the security of human remote control tech possessing superpower due to falling under the influence of a big superpower enemy, *2. resource* needed immediately (not really, there is alternate tech) for human species survival, 'faster progress' *3. prevent* any death of any of their citizens even it if means 'killing many of others' (citizens are worth 1,000 times more than 'enemy humans' due to 'etc, respect for life of even 1 citizen, advancing human tech more') by preventing foreign attack before it ever can occur *4. unify by force (*not by loving kindness understanding, by one language all freely agree on/create out of compassion*)* 70 tiny countries under one language *(*see one language advantages*) and* big nation for faster science progress, or

planetary security *5. fool* an alien group if it ever comes or 'superpower 3' (100% fake war, all sides fake all injuries, casualties, except damage of empty buildings, emptied secretly, since they were old and worthy of demolition anyway)"*; all 5 are fake reasons, since there are* 1 trillion ways to achieve 0 violence and 100 times faster science progress due to citizens knowing that wars, riots can be faked, simulated, thus the governments no longer fake the riots (cops are protesters) and wars*;* while short-term it seems ethical or good to some, long-term this fakery damages progress and can end the human species*)*, recall CNN James Cleverly cryptic Ctrl+F "Clever": "...expect a film-like counteroffensive... *This* is the *real* world. *This is* not *a Hollywood movie*," meaning IT'S A FAKE WAR, a Hollywood movie*???*☺☺☺

4.1.9.12. ►►►► fake *scenes* of war on 50,000 TV stations, fake war 100s of scenarios: 0 dead (even if media may say 3 or 700 or 20000 dead, with CNN and everyone sh*owing some blury videos of allegedly dead (breathing) Israelis, some staged clip of Arabs 'taking hostage a Jew' (*filmed before the event maybe*?),* to justify retaliatory genocidal attacks where 100 times the killings occur. Many videos of blown airplanes can be made with AI from 9000 other explosions. E.g. Hamas often kills 3 Israelis, then Israel kills 900 Arabs. It happened many times. Watch the absolutely phony, ultra easy to fake videos, most likely created by Mossad, IDF about the "genuine videos and "genuine documents" they found on the "Hamas soldiers", a phony 5 minutes that shows only easy to take videos, with red paint to simulate blood, etc. New York Times lies minimizing Hitler, Stalin and now Putin atrocities. CNN Matthew Chance has a perfect talent at using words such as "disturbing" to make it appear as if he believes the lies. See the absolute lie by Jewish CNN about a rocket that "was fired from Gaza and turned back" being used as filif comical☺ "evidence" that Mossad, IDF was not behind the attack or behind turning the rocket back to hit the hospital. IDF could have easily fired it from Gaza in a false flag on Oct 17 to blame the Hamas or Palestinian Jihad or turn around a Hamas rocket using some special tech. EU leader says Hamas was financed by Israel. The videos of the hospital blasts from Ukraine, Gaza, etc can all be fakes at times, using various wound faking techniques so common in the movie fake eye industry or even burn wounds, that would elicit an emotional response from people believing it's a real thing, they simply blow up an empty hospital and then show up lots of people moving about, with one eye closed for example or whatever pictures turned into a movie, to make it *ultra hard to discern which bombings are real and which are fake*. The whole war can be faked, to fool the Chinese or deter Taiwan invasion by messing up the oil supply plans. Any or all of the possible scenarios can happen, it's so complex in real life. World media claims '40 babies killed' on Oct 7 (CNN writes articles, and not even one image of a dead baby or 'decapitated person' is shown, only stories (using a totally faked tone of speech, easy to detect by scientific analysis, he's trying to fake his 'disbelief', typical of 100s of news reporters, who're nothing but disinformation agents usually) about the alleged dead people (some odd pic of

'burned bodies' is shown, but anyone undergoing cremation, for monkeys or puppies or children who died early naturally due to childhood cancer etc could be used to create even a real pic and then claim it was Hamas. Oddly, 9 months after Oct 7th, half of Gaza is entirely demolished, with Israel obviously bent on kicking Arabs out of Gaza. Organ harvesting by Jews may be real. Any pic of any dead can be from other conflicts, events, which we've seen widely in Ukraine, always blurry or covered in tarp so nobody can see they breathe, with no images or evidence, we're meant to believe without question: they show images of a wound, but how can we know that shoulder is from conflict or from the lady seemingly recovering in a bed (why not show the real video of that bed lady with that wound as she's moving and etc, instead of a picture?) reporting on the 'evil Hamas doing rape' when the US military rapes millions each month directly via electronic emission causing or indirectly via the very allowing of such infernal depravity as explained in the sex outside procreation destroying the national security of the USA? ☺☺☺

Who created Shiite 1979 Islamic Iran that helps Hamas? British, French, USSR and US empires or Jews within them? Israel helped create Hamas to divide and conquer Palestinians, by Islamist Hamas sabotaging the secular PLO of Arafat. ***Or is it only Arabs do bad things it's evil, when British, US gangsters do it or Jews it's OK?*** Jews want a stronger military action, so they had to report fake casualties a little higher this time than in 50 years. Nazis create false flag of "Poles" kiling 1 German, then Nazis kill 3 million Poles, 3 million Polish Jews. Country attacks itself thru orders of ***minority controlling military of self or other nations***, ***stages anti-aircraft fire, etc, dramatic scenes for CNN,*** ***etc and blames it on 'enemy' nation that is in reality not at war with the top generals who know the army is made of 99% slaves who fight against their own nation's interests.*** For example Hamas, Hezbollah, China, ISIS, Al Qaeda are Mossad, CIA controlled, *even* if Hamas doesn't know Jews run the Hamas; to justify military bases everywhere oil, etc exists, CIA needs fake/real terror (groups it funds) attacks, using brain gadgets they incite people to do real attacks so USA comes as savior and security guarantor, selling weapons to mind control every foreign military. When a country stops buying weapons or etc, CIA installs a new government, via some revolution. Weapon purchases are basically "free will choices" on paper, in reality it's pure coercion using gadgets. Gently recall the strategy of Mossad and all empires, promoting fake rat IQ religion or ideology to keep Iran, EU, Arabs, gentiles, enslaved nations as 'low IQ' as possible, take the cover of anti-religion lustful thug music atheists (to create chaos by removing basic morality, kindness, gentleness) or liberal spiritualists (or even Nazis, far right parties engaging in violent behavior to incite gentiles to conflict), nationalists promoting Islam, Christianity fake miracles, see why both religions are 99% Judaism here. Oddly, Jews say they got to kick Palestinians out, what would happen if USA, EU or others decide the original inhabitants were not Jewish and they want Jews out of their own nations, especially Mormon fake church out, a get rich scheme for the founders who build new hotels to make more

homeless, *they charge 10% of income for any member and tell them about events that never happened*, all made up fraud, like Ellen White Adventist fake miracles, another way for bad type of Italians, Jews to promote Jewish Sabbath etc, as with denominations where the wolves prey on the gullible sheep (pastors can be like hippies who pretend to be loving, yet use torture device to disable others, destroy their toes, knees, back, joints, eyes, kill people), telling them stories of fake miracles to get donations and mind control gentiles. It's like Mafia extortion networks of the Vatican, who uses a soft image while planning wars for 2 millennia) promoters who claim "*Jews were the original inhabitants of USA*" and that their fake tablet proves it, a tablet that doesn't exist. The territorial claim of 30 times Greater future Israel to USA, in order to annex USA later, can stem from the myth being made true by the Mormon Church whose cannibalistic quotes all can read here. For 2 millennia the entire planet has been forced, at gunpoint, via fake miracles, to believe in a fake Jewish (or Italian, if they made it up) story of Jesus. First, they come in 'peace', as Deut 20:10-17 & etc explain, to teach gullible people the fake miracles. Amazed by the events and the well staged testimonies, locals are fooled, convert, allow greater power of clergy over society, until Catholics become the largest landowner in Europe, control every monarchy. Then, if anyone tries to think and question, 20 million dead during Reformation for trying to get away from the cult. *The national resources, property, etc everything is theirs, the extortion network has been setup, a state within a state.* What if the entire planet wants to liberate its brain from such violent brainwashing? And use resources to improve people's health and living conditions, instead of building palaces for pastors and lowering the IQ of nations so that the vampiric predators can suck dry the blood out of all, turning nations into slave colonies where "pastors" use torture devices to torture, mind control the local sheep? The ultra corrupt US government gives taxpayer money to these *extortion networks ('churches' etc)* that defraud people via fake miracles claims, violence, promises of invisible immortality in heaven. The entire USA is controlled by these scammers who brainwash millions with their fraudulent claims of miracles, 'heavenly immortality if you donate'. Fake *scenes*, fake *casualties* are used as cover for 7 types of fake wars:

11.1. fake war to *take over a rich country* (rich in *fresh water, oil, gas* (31 min video explains water, oil, gas, security possible reasons for Russia invading Ukraine, besides restoring 1900 Russian Empire borders), *access to foggy climates to use fog for irrigation, access to non-hurricane, non-tornado sea or ocean for desalinization*) and arable land like Ukraine has a lot of/total area, "10-12 trillion worth of mineral deposits" (Sen. Graham video confirms it, see how Putin took over a lithium mine, how Russia exterminates/deports to steal trillions in minerals), up to 26 trillion worth of mining resources (Russia invaded only the parts of Ukraine where the 20 trillion is located), Ukraine also got more fresh/salty water plus fertile land % than most nations *(like in Iraq, pretend it's to save a group from etc, but it's about land and resources)*. 2.2

million acres of land was leased by foreigners in Ukraine (US too), for food. Wars over land for food, wars over food prices, water, sea access may be part of the reasons. Russia is known for its infinite hypocrisy: they call the French colonizing power, but behind the scenes they steal African gold and fuel the destruction of the human quantum field thru war to amass "paper money". The 2025 Russian leaders, filled to the brim of human blood, like many leaders of the 950 years of endless genocides to steal land and resources, banning 200 languages in stolen lands while crying now that the Genocide imposed Russian language is not favored anymore, would not live their fake Christianity, but murder to steal, for in the far future gold would be useless, as would any matter on Earth for the Immortal humans who live on new types of matter. 13.19. explains clearly, there are 5 planets for every human alive, killing is not needed, except for subhuman frog IQ chimps. Instead of taking humanity forward towards 0 violence and 0 war, they fuel war to get rich, like gangsters. CIA created Osama bin Laden and instigated 911 to have an excuse to invade Afghanistan. CIA trained *Osama to attack USSR via the Taliban USA created and still controls today.* USA fakes it loses wars, then installs a *puppet government that does what* USA wants*, USA won in* Afghanistan*. Then USA criticizes the 'Taliban' to appear they're fighting it, it's the ancient strategy of deception, so much* for defending 'women rights in Afghanistan', they learned it from the MI6 and the Brits. *All news are fake, wake up*. Why don't women get education in the Afghan world? So that CIA can recruit them, of course, while they sit at home. Online women can get 100 times better education than via the Afghan school system. In 2023 the CIA made Taliban eradicated 95% of opium, but opium farming moved to Burma. The fake media says "they're bombing refineries" (no evidence shown, all could be staged fires) to "choke Putin sources of $$$", but in a real war Putin (any nation) simply can print $, he doesn't need oil sales. The NATO-Russia war seems fake, a plot to increase the power of US & Russia aristocrats by destroying rivals, like US destroyed France, UK, Germany in WW2 to superpower with Russia. See issues with the US "culture" in Chapter 5. See Russian depots images of before and after, via satellite, after Ukraine hits, 35 warehouses gone, see 23 sec video, small earthquake occurred, and maybe Russia tested a small nuke disguised as munition fire, if the Ukraine war is fake and a cover for testing hundreds of new weapon systems.

11.2. fake war to do major military training exercises and/or take over Europe using spies among refugees, who're loaded with exotic torture and mind control weapons (that CIA, PLA, RAW use too) detailed here, they use the cover of "victims" of Russia, but actually are Russian agents torturing local nation they invade. Beware of the sweet talking "Russia militaristic society" criticizing youtubers, see beyond the fake facade, they may be just mind controlled 'cannon fodder', used to carry everyday objects that are hidden weapons activated by satellite at various times, without even knowing. Watch for torture signs around Russia or Ukraine refugees *(Russians use Ukrainian as cover, as they can often look the same, see tourist data,* KGB agents

posing as tourists? *Are most tourists spies from all nations? Can people be honest and achieve World Peace in 3 months* and stop playing mental games*),* as well as immigrants from any foreign country who could be (conscious or unaware) KGB, PLA, RAW agents even if not ethnics of Russia, China, India, but Mexicans or Mossad Jews posing as South Americans or Mexicans, Europeans, etc: high heart pulse, toes, feet, eyes sensations, twitches, false sounds, etc (easily detected if you wear earplugs and listen to your normal heart beat, etc). You see reports of buildings blowing up, due to drones, etc, but what if Russians tell Ukraine where they will hit and then they evacuate and make up casualties? Any war can be faked to deceive third parties, see this video on the centuries long China-Russia rivalry. Odd how CNN says 5 million Russians from Ukraine moved to Russia, just when Russia needs more people to defend the Far East. Demolish parts of buildings to have a pretext to do major reconstruction used as cover for the discreet installation of 7 trillion cameras, mics, mind control gadgets. For example, USA can mind control China with Japan's help to claim the entire South China sea, to claim to arrest anyone there, to build bases, to justify Japan, Phillipines, Vietnam, Malay, US military build up in the region, to enhance US domination by setting Chinese against all the other Asians in useless wars that destroy the human quantum field and the US itself later. China can also on its own make South China bases and Taiwan invasion rehearsals (like Russia can make fake war in Ukraine to distract US from 200 Alaska tunnels), to distract USA☺☺☺ from other things China is doing that are far more destructive to US security, yet far more covert: underground tunnels to Alaska, or infiltrating the Mexico border via spies, new space satellites, drones the size of a bee.

11.3. fake proxy war (between other countries, for reasons different than public, such as *looting resources, land, water*) US/Russia or any 2 superpowers deciding to wipe out many buildings and companies in a third country (Ukraine) by proxy war to eliminate competitor industry and reshape world geopolitics, degrade any rising superpower that challenges the US-Russia dominance *(like 2 World Wars made US and Russia the only superpowers, wars in Europe made US in 1990 the only superpower;* wars are often created by foreign powers, such as US, infiltrating puppet governments and enabling destruction of US *competitors (British, French, German, Russian empires in Russian invasion by 'Italian per fake wikipedia, probably a spy' Napoleon selling Louisiana French area to double US size in 1803, WW1 and 2, Ukraine today)* and/or buying of Ukraine, victim countries assets by various banks, US state owned companies (disguised as private) for cheaper prices in a form of global looting, quantum field degradation and border changes preying on the weak and easy to brainwash *(Germany lost 34% of territory after 2 world wars they were puppetered to start to 'expand')* into wars of 'expansion and building of a new empire' via hell tones of Hitler showman types*; in WW* 1 US got no land attack on itself *(US joined after most destruction was done in 1917 and 1941 only when it was certain Germany would lose and did nothing to prevent the Holocaust (some may have cheered, if*

antisemitic), as it was no $ to gain, they portray any looting and competitor destruction war as a humanitarian action, just like most nations do in our hypocritical world of lies) and in WW2 only a minor attack on some Hawaii base - yet each war destroyed all US competitors and made US a huge power vs before, note the US, British hidden support of the German war industry (profit? or meticulous planning?) during Hitler's 1933-39 military buildup, plus USSR help for German air pilot training in breach of global 1919 treaty that gave Germany no right to airforce and army of 100K max (bad karma, the Germans then killed millions of USSR folks, Ctrl+F "Hitler" to read on it in this book), enabling USSR to take huge chunks of Romania, Poland *(taken before German invasion of USSR and then taking other areas of Poland once Poland was restored, as USSR was always looking for more land, since Stalin in the office makes easy plans, not realizing or caring that a war can cause millions of dead, since he did many purges of millions already, what is there to risk, when you don't fight?)*, the entire Baltics, Germany after WW2 since Stalin didn't care much about a few million dead if he could expand USSR, nor did US *(if generals have no risk to their life, they can plan a fake war with less stress, as no international law forbids degrading human quantum field by war, killing, violence, coups; history is written by winners, not by facts, on savage planets of violence like ours)* office war planners care much about a few US casualties, few vs what Europeans had to deal with (3.8 million Germans mostly invaded USSR in world's largest invasion, so spread out, they could not even take out Moscow where Stalin was (sending there only a fraction of troops), sabotage by spies in Nazi command structure so as to weaken USSR and Germany as much as possible); US now ships LNG to EU instead of Russia and sells so many weapons, they benefit hugely from the Ukraine conflict, recall US was made by a spy general so US was a military expert from the get go, with ample Italian Vatican support ☺☺☺.

11.4. fake war to cause population shifts *within the 2 nations or globally for more spies planting* (Russians pretend to be Jews immigrating to Israel, for example, then become spies with new national identities deployed elsewhere, as Mossad trains them, etc. Or simply Jews get Mossad trained in Israel then hop to other places as immigrants). According to the fake news, never to be trusted, half the Jews (maybe 10%?) in Ukraine fled by Sep 2023. In 2025, Jews worldwide are called to move to Israel, as Jews expand into Gaza and West Bank daily making space for new Jews. Did Moscow & NATO Jews create a war for Jews to have a cover story when they go to 50 nations as Ukraine/Russian refugees? You never know what happened. The news show 2% of the truth. Oddly, they claim Jews fought on Ukraine side and also on Russia side, so what is going on? Another ploy to get rid of Jews? As Russia + Ukraine fake their war ever longer thru Hollywood style movie effects and explosions of fuel, drones, etc, it's possible, per the Institute of Jewish Policy, that 98% of Jews relocate to other nations if not dead during forced conscription (read last 2 paragraphs here) and then fight where Russians are told a Jewish regiment is so they can bomb while Ukraine pretends to misfire air defense, to kill Jews. 100s of

things can happen, Russia pretends to fight Nazis maybe to get Jews to join the "anti-Nazi" fight where only Jews, and other 'cannon fodder' Russia doesn't need, die. They make it sound like millions die, but who knows? All news are fake. The Jews leaving Ukraine-Russia for Israel, etc or battlefield to die will sadly make many in Russia + Ukraine ecstatic, due to quotes of killing (anti-immortality for all). Is that why the war happened? Russia and Ukraine wanting to be Jew free? There is ever scarier news of depleted uranium (not sure if they use it, or say it to scare Jews, gangs or whoever they want out of Ukraine conflict zone areas), asbestos, etc. Note how Russia (or its Jewish Russian leaders) is happily allowing Ukraine to strike Moscow and etc with drones to create fear in Russian Jews who happily seek to escape to Israel to avoid the military draft (and build the Greater Israel as Israeli soldiers wear on their uniforms... except no evidence exists of such past kingdom), while Russians are breathing with relief as more Jews leave and some Russian spies too disguised as Jews. Or did the UK Brits & Jews (master of USA, even after the fake American 1776 revolution, let gentiles fight for easy British or Jewish domination?) start this to wipe out EU, euro competition and Russia off the map and dominate them all as 3rd world colonies, using USA to add fuel to the flames? 100s of possibilities exist, even like Gentile Aristocrats (who never fight in wars, they get exemptions or get a fake rapid rise thru military ranks to become general) and/or Jewish bankers wanted to finance a new war using gentile workers cannon fodder? Are "North Koreans" joining the war in Ukraine Chinese Muslims looking to make money and shipped there by China who wants to weaken Islam? Are they dissidents Korea wants to get rid of by forced conscription? Are all Muslim hating nations sending their Muslims there covertly on both sides to die in a fake war of "killing infidels"?

The 'allegedly Jewish' Kaganovich lived to 97 in USSR until 1991, after helping kill 5-9 million Ukrainians (20+%), 23% of Volga Russians, 30% of Kazakhs during the Famines and Jews are not gone, they & their ideas are still in power in 150 nations, USSR (Jewistan) never vanished: look at Russia, EU, Brazil, Mexico, 2 billion Christian slaves, USA: they're Jewish colonies, all worship the 1500 Jewish quotes condoning genocide, violence, are are lied to and brainwashed to believe fake miracles of Jewish Jesus, fake miracles of Eucharist, of incorruptible saints (happens often in certain conditions to ANYONE), of Italian etc saints, of pastors preaching BS/lies from grandiose temples/churches, politicians faking their "religious beliefs" while 50 million Americans and 500 million others live in terrible conditions instead of single family houses (let every house be a temple of God, every person a pastor) for all. God lives to a trillion to the power of a trillion repeated a trillion times, so for God giving everyone a trillion years is like a smile, but these pastors, conmen and liars don't want us to even live to 5000, let alone a trillion. Any prayer about living to a trillion? NONE. All are to be slaves of Mohamed (and rituals other invented) and Jesus, Quran and Bible, some cave age texts that reveal Christianity & Islam are 95% Judaism. If Jesus, Moses, Mohamed were prophets (you will surely discover they were not,

if you read these 70 pages), then all workers and peasants of the world are prophets too, the prophets of Immortality *for* All, Eternal Universal Peace *(0 wars for* Eternity*),* of global liberation from lies and short lives of 80 years, towards the freedom of trillion year lifespans, and far more importantly, prophets of *gentle tender soft nurturing* graceful *universal* loving kindness (verses 8-40, world's shortest "scripture"), which is not the energy of those scriptures. Aristocrats enslave the masses by creating ever new wars (Christian-Muslim duped by Jews with 2 fake religions), riots (the spy agencies serving the aristocracy incite people to riot, so they can arrest them) and chaos, that's why we have eternal wars and why immortality capitalism will end the reign of aristocratic terror and war. ***Chaos, financial or war related, allows looting of the masses, governments on a cosmic scale by the*** ever glorious BANKs, which may one day be dissolved into one bank of the PEOPLE, not aristocrats. In 2022-2023, cities that used to have 5-40% Jews sometimes got hit by Russia, reminding us of the history of the Greek-Jew, Russian-Jew, Ukrainian-Jew fights in Odesa, the British Jew-Greek fights. Is the war a cover for attacking the mafia groups businesses/houses, the housing of Ukraine spies? For 100 years Jews were the largest ethnic group in Odesa. In 1500s Jews arrived as traders (as always the business guys, or tax collectors for Polish nobility, hence the tensions with Ukraine), *translators* with more moving in 1775 from Russia after Russia annexed Zaporizhia. USA pulled out of Kabul. There was a 'big fight' June 2022-3 in Bakhmut (Ukraine) (some Jews lived there), both sound like Baku, Azeri capital (huge minority in Iran that fuels protests) that setup a new electricity route signed in Bucharest by EU Commission Chief and leaders of Georgia, Romania, Azerbaijan, Hungary (the so caled atrocities in Bucha) - reminds us of Mecca Kaba, Cuba, cube.

Ukraine is allegedly trying to get all the Romanian, Slovak, Hungarian, etc minorities to enroll in fighting Russians, so they get exterminated. Germany is trying to get illegal Muslim migrants who committed crimes in Germany to fight in Ukraine, forcing them to go to the frontlines or face deportation. So, there you go, another reason for a staged war of bombing empty buildings. Russia is arresting illegal migrants and sending them to the frontlines. A population shift that could be one of the 30 reasons for war is not only wanting Jews moved to Israel, but wanting to diminish legal and illegal immigration to Russia/EU. After all, nobody wants to immigrate into a war zone and if French and German armies fake a war with Russia and all NATO does, bombing empty buildings, reporting fake deaths, everyone gets scared and they don't want to immigrate there, and the existing immigrants move back to their own countries. Thus Russia made 40 threats already about nuclear war with NATO, and UK told citizens WW3 in 5 years possible, while several nations in EU introduced conscription again after 30 years. This high level of concerted fakery is sure to scare all would be immigrants. This fake war enables French and German battalions to use immigrants (5 million Arabs, 5 million Turks) as cannon fodder on the most danagerous frontlines, suffering all casualties via immigrants from Africa and Asia. Russia

got 15 million Muslims, Germany/France another 10 million, so they can fight each other on the frontlines in Ukraine for 50 years of war. Deaths from Moscow region (13 million people) were 13 times smaller than those from Mongol Buratya republic (1 milion people), even though Moscow has 13 times more people. So, the death rate of Buratyans vs Russians is 170 times higher, showing how the war is fake, a convenient way to kill off minorities, see another video of minorities Russia exterminates via this fake war. Mongols killed Russians, Chinese, Ukrainians or 10% of humanity (about 800 million equivalent today) before, so it's revenge perhaps or preemptive action. Those who love fighting can fight. After all, this ensures the higher security of France, Germany and Russia, who want all those zealous for war to fight each other, but not the French, Germans or Russians. France already said in 2024 they will send troops to Ukraine and Russia recruits a lot of minorities (allegedly even Africans) to fight the eternal Ukraine war: already Tatar Muslims joined the fight against Russia, central Asian Muslims joined the fight against Ukraine, dying like fools thinking they fight the "depraved West" or "oppressive Russia", while actually fighting other fooled Muslims themselves? Mohamed has fooled all to die for a fake text, the plagiarized modified Bible called the Quran. Thus, once the word spreads out, every African and Asian decides staying home is better than losing limbs or dying at 25 for a fake war nobody really benefits from except weapon selling companies. In the army, people are chained dogs who go where the boss sends them to: certain death or not. A battalion can have 100 people, and the minorities can simply be sent for the most deadly roles. Wars are caused by one or more problems countries face and this could be one of 15 reasons. *Since 1900,* palace *dwelling* aristocrats *wanted to slow population growth, so war and fake pandemics were ways they invented to slow these fast* population *growths.* As owners of governments and armies, bankers thought, killing 80 million in WW2 and 100 million in other genocides was a good idea, so today, we experience the gift of the Bankers to the World. They want more fake or real wars to scare people from having kids and to slow population growth. As you read this chapter, you can see how nations can go to fake war for 10 reasons not just one.

***Other examples of population shifts can be caused by 'bad type of' Jews or other minorities covertly ruling certain countries, in order to achieve certain goals*: bring in a lot of Muslims in Christians nations (already done in Germany and France) to start fights among the 2 religions and dominate both. Bring certain immigrant groups in Sweden and Nordic countries to destroy existing religions as the protocols of the Zion Elders explain and start daily violent scenes on TV, between 2 religions or denominations, so all are eager to accept the Zion Elder as the ruler of the entire planet. By instigating inter-religious, inter-racial, inter-ethnic violence, the new national or world order can be brought about. You see these hypocritical royal families and governments of Europe, taking part in nonsensical rituals to keep Europeans as abysmal in IQ as a rock,☺☺☺ pretending to be European or patriotic, but actually promoting a foreign text, the**

Bible, from Israel, full of 1400 violentquotes and calls to genocide. Japan got a lot of homeless, and the royal family of Japan seems to care little. Are all EU and Russia governments Jewish, Machiavellian politicians or just role playing to have Israel visits of pilgrimage as a reason for their military base in Israel? Check out 15 year prison sentence in Thailand for insulting the royal family. In the British empire it may be 15 years of torture, for exposing royal family secretly or indirectly condoned genocides via lack of policies to stop killings and torture for 1000 years. Check out some less known UK facts (policies UK uses today too for managing former and new colonies covertly), while recalling some policies were started with the suggestion of an overt or covert Jew, or with his assistance, as with Kaganovich, in the Soviet Empire, who co-killed 5 million Ukrainians. Do you notice how none of these governments talk about end of torture when they torture millions of people? They're the ultimate hypocrites. How can Britain kill people in their own country? How can it torture them? Then talk about defending democracy and fighting dictators? *The number one duty of all governments is to end all wars (which are mass killings), then all killings (individual), then all torture/violent crime.* The Europeans are too ☺abysmal in IQ☺ to realize that and like in World War 2 created to make Israel great again, they get slaughtered in this new war over Ukraine that the same bankers are planning out perhaps, so now the great slaughter of more workers will ensue and Muslims too. Some Jews love to pretend to be Christian and Muslim, to keep gentiles as low IQ as possible, enslaved in the most nonsensical religions, while the 'bad type of' Jews control all spy, military and strategic fields. Quran is the Bible rewritten with a few Jewish ideas added and some local Arab tribe ones, a foreign text that doesn't belong to any Muslim nation. But the clever bad type of Jews/others promote it openly when using Jews/others (Brits, etc) who pretend to be Muslim Arabs or Asians, while in public they denounce Islam if they're publicly overtly Jews or other ethnicities. Spies use religion to keep nations primitive. This double game ends up in the global enslavement of 4.3 billion people who're fooled to follow, deify, worship an Israeli fake violent text as the Word of God (recall that spies from Greece, Italy, Roman empire, etc, could have also written those stories to make Jews look bad) and a rewriting of that, the Quran. What if the world decided they had enough of the scam about fake miracles, and they decide a simpler shorter scripture or ethical guideline, more like Immortalist Anthem, is enough for all to live to 1 trillion years old? Why have so many Jewish banks, do we really need 30000 banks today, and 200 currencies, or just one? These blood sucker parasites just lend us money and keep us in the stone age, as all jobs are bank teller. We have that many banks for the benefit of the aristocrat oppressors who drain our life force and destroy our planet. These hyenas also torture to death anyone who tries to create a more humane system of government in any nation. Why do you think they torture me? Because I expose the criminal American government *genocides* against its citizens and foreign citizens. Stalin took part in a bank robbery to gain funds for the 1917 overthrow of the aristocratic terror reign, but we don't need to do that, we can simply vote for

the Immortalist Party to create 1 bank in all USA, one in EU, one in China, one in Africa, one in South America, later one for all Americas and finally, one for the entire planet some day, to free all workers from the bloodsuckers whose main jobs is speculation, creating inflation, attacks on currencies, economic crises, coups, creating thousands of fake political parties (that do Parliament fist fights, runs, head falls and thus promote societal division and increase violent crime via their violent vibes) doing nothing except more of the same aristocratic terror of 25 millennia, fraud, stock market trading, money lending, etc. Let's read the Credit Score and recall with one world government we can set all prices to be the same and Eternal, changed only when we discover some products contribute to lifespan more, so their price goes up if in short supply. Why do we need prices to change 1 billion times a year in 200 nations? It's insanity. Let's keep them more constant and eliminate aristocratic predatory economics. All have a job, we have 11 companies on our entire planet. After the Feb 24 2022 Ukraine invasion, which is the war against some aristocrats too, Russia started to nationalize many companies started by mafioso from the aristocratic clans. The war targeted certain aristocratic businesses too, causing more centralization as it happens during wars. Why not simply question everything, read the 70 pages of quotes and ask: was Mohamed an aristocrat and Jewish like Jesus? Why do we need 7000 languages if we're all workers trying to live better lives? Let's choose or create one and bring it about, in 5 steps. We, the workers of the world, can quickly end the games of all aristocratic clans and free ourselves from their scams. Being anti-Bible (anti-Torah), anti-Quran, anti-violent texts of any source and type, doesn't mean being antisemitic: its just being against billions of books today who encourage violence, even Mahabharata and Book of Mormon, etc. It's about time 8 billion people protest the publishing of violent text of any type and have no fear to criticize the monster quotes in the unholy Bible and unholy Quran, unholy Torah.

11.5. fake war to 1. make *prices of X, Y, Z to go up to make $ thru speculation,* or 2. enable Russia and/or NATO ruling military 'crime' *(war is violent crime on a gigantic scale, each bullet or shell used is 1 violent crime; they never talk of* World Peace in 3 months*)* families to co-destroy all or part of Ukraine mafia that they don't like/control: Odesa gangs, ojp, mogi, initiative, the highest crime on map happens in Russian occupied areas where war occurs, coincidence? or 3. undermine 1 or more countries or 4. get *more 'bad' countries to* covertly support the fake war to get weaker or 5. to *exterminate* one's own *minority* (or violent prisoners sent to die in Ukraine: CNBC & UA) *soldiers*: see video on mercenaries, regular minority soldiers, or naturalized Russian citizens from Central Asia, etc *or volunteers not knowing it's fake,* or even regular army units made of dissidents countries want to kill after giving big cash. If you research, you see NATO is a callous cruelty obsessed 'gangster' ruled alliance who tortures millions, has no ethics, just like others, see the horrific sports legal in NATO nations. They only care about tanks, not about bad housing (Slovakia, US, France), evil sports in EU, US (slap & UFC). If US changes,

NATO may eliminate US flesh eating drugs, (if CIA changes) bad music, cruel sports.

11.6. fake war to do more shifts of people within the country (news of 2 million Ukrainians moved to Russia Far East) or wider area to change ethnic balance like USSR did. Below you will see 100s of ways to fake videos. Yearly, 80,000 people get amputated in USA due to car crashes. Likewise, in Ukraine, car crashes happen too, so they do have 12000 there too. They can take people from car crash peacetime events showing them as victims of explosions in a staged war. Fake or real? However, the mines in the fields are reported to cause injuries, as in other conflict zones. Is this video true or fake, did they stage the wound etc with paints and creative methods? People wonder why so little stuff showing live people being killed is shown, everything is blurry.

11.7. fake war to get refugees that are cheap labor (Ukrainians) or spies for guest (origin, Ukraine) country *(pretending to be Jews or another group sometimes so they immigrate to certain nations as spies)* or 'folks that could become spies for host country (Germany, France, Romania, Poland, etc) (when they return to origin (Ukraine, etc) country under same or new fake identity (different location, new age and appearance (wig or much shorter/longer hair, fake boobs, or even country) after training as German spy in Ukraine) or 3rd country later' (same few videos recycled, same fake info, in an average or angry tone, to contaminate the public with negative emotion for better "mind control, enslavement", demonizing others instead of focusing on our common humanity and peaceful methods to bring peace, focus to keep 900 languages, religions fighting each other☺☺☺, and repeat same news on 1000s of stations, translate them, waste life translating, when we could have one language and World Peace and work on tech of longevity instead of robotically repeat same fake news, why not have amazing AI read news in 1000 times better tone or have 50 TV stations only with true news and 1000 times better tone)

4.1.9.13. ►►►► fake *videos* (AI can generate them)/pics of missile or explosion but never real people dying in real battles filmed by video like cops have video of interaction (video camera worn by some soldiers or why not install 90,000 (or at least 700) CCTV cameras nearby on major roads into major cities that any tank would use, let the whole world see Live Feed in real time, how the invading (can be the country that is 'invaded using tanks to claim an invasion takes place when none takes place even.') evil army is coming to kill' into a city that is so 'savagely attacked by the fictitious "enemy"' to show the world how the 'evil guys who attack city are doing the evil things' instead of fake pic and videos of empty tanks; plus show the attack on moving tank with real people in it, not manequins in a remotely controlled tank). *THE GENERAL RULE IS SIMPLE: unless confirmed by 50 sources* (satellite data, people on the ground, videos on the ground, drones on the ground, *spy camera hacked on the ground, hacked chat online, hacked radio military transmissions, etc), any video online* of alleged recent wars or even historical war or any videos from 1800s or 1900s (created now to *appear old) is best considered*

100% fake or if real (the narrative of what it represents can be 50-100% fake, as no evidence exists from the video of all the claims made), typical of CNN Ukraine videos), using reverse play, empty tanks, pic in fast motion, etc, since we live in a world of maximum lies, deception. Even CNN stuff like *'teens attacked a lady'* can be 100% fake, reverse play, seems 2 min, but it took 2 hours to shoot and make pics, merge it etc. *Don't trust anything on youtube just because it seems real, youtube is full of lies.* Storage tank fires happen at refineries sometimes, refinery fires 100 times a year in USA, so what if some fires in Russia, etc are just normal and they make a fake news that a drone caused it, or a fire that is easily controlled and extinguised later, after the big video is made to create false flag, fake war narratives, disinfo? They often report only fake claims "a damaged empty vehicle, tank, aircraft was result of a real fight", not a staged war where they know what, when, where will hit and empty the area, vehicle, tank on highway, empty the *house*, power station (hence they never show much, so CNN says 'we actually can't take you to the scene of these attacks' on power stations since it 'requires special access', notice how he's faking his tone to make it sound like it's a huge emergency etc, and speaks fast in a fake way making fake rapid gestures, or show 2-10 houses only and then say 700,000 are the same without any evidence) *condo* complex or even entire street or city area for huge fakery, (or fake *reports of* huge *craft etc shot down, without even a picture of the craft and dead bodies, no pic of the 100s dead, etc, recall always that fake video is 900 times harder than fake pics,* videos of dying and blown to pieces tanks, people*, etc, with correct time and location are* 70,000 times harder☺☺☺ *to fake than an empty tank they blow up and take a pic or video of afterwards. We're not talking about* fake 1-5 year old videos (see examples) from other countries or cities *that are sometimes* shared on CNN (as PBS explains), youtube, facebook, major networks. Some can be 7 years old even, or explosions that are not even from a war. They show it as a video from a current war zone, even Army videos can be faked with many pics in fast sequence, being from another war (if you pull fist away fast from face, and face too with the fist and someone plays it reverse, it looks to the untrained fool that the video shows someone being punched and the first causing the face to move as a 'result of the 'impact' that never happened') CIA is so good at taking other pics, making pics, using AI, etc, that they can create a video or photos of a person doing anything, even any sexual position with any person on the planet, and the average person is so credulous, they believe all the Congress and media liars who claim a pic is real, when they play their "enemies games" in politics to deceive the Americans, the planet, instead of solving the urgent needs of mankind: decent sleep, quiet cities and peaceful music. The fake news agencies reported on Dec 29th 2023, that Russia launched 158 missiles on Ukraine targets (biggest attack) and 40 people died, and the next day, the Russian fake news claimed 21 people died in the revenge shelling of Belgorod by Ukraine. However, when you search online for the "evidence" of the "huge strikes", you find nothing, just stuff that anyone can easily stage, people paid to lie on ground face down, glass or gas station or oil tanker set on fire to show a fireball

too for the mass media, or use a year old video perhaps. Soon, every grandma will believe WW3 is next day. A lot of wars are partially fake with each side exaggerating damage? Even war preparation can be a fake staging for a war where only some battles are real.

Say media shows a video of a missile coming towards a hospital or condo complex, but they don't show the actual hit since that would reveal it was explosives that caused the damage. Instead, they show a fictional missile that appears via video editing, as the hit building is behind a building in a video, in order to hide the fact the explosion is using dynamite, that explodes the building section they emptied before on July 8th 2024. Ukraine says it's direct hit by KH-101, Russia says it's antimissile interceptor missile AIM-120 or MIM104 hitting by accident 20% of a 2 story building where dialysis is done for kids. Odd how someone "just happens" to take a video from the wrong angle only. These explosions and attacks happen before each NATO gathering, to justify more escalation? Could be false flag too. Ukraine can attack with prepositioned explosives its own empty building and then blame it on Russia, run the most amazing staged videos with fake wounds and fake panic... to justify 10 million Ukraine-Russia spies going to 150 nations in the eternal conflict (to escape draft or etc) and to justify rebuilding much needed infrastructure, using Western money, like dilapidated hospitals and other facilities needing to be refurbished anyway. This was the Sept 11 2001 attack too, CIA put endless explosives and then it brought buildings down instantly, while a normal airplane hit may not do it on Twin Centers and nearby CIA Building 7. It's a way to make enemy attack appear bigger. The US taxpayers happily pay for endless wars and repair of hospitals, etc, but they have no idea what goes on. ***News are 90% fake, usually, so relax.*** You can't know from easy to fake videos which attacks were missiles hitting, which were explosions of empty buildings and which were missiles from Ukraine itself, with Jewish, Russian spies within military terrorizing local Ukrainians. Either way, you need 9000 satellites to see what happens. It's a huge number of possibilities and the fake news media is only presenting one scenario for the masses who're expected to believe it.

Thousands of terror attacks are actually fake, staged and nobody dies, it's a way for governments to pass tougher laws and gain popular support for tougher measures. One such example is the ISIS attack on 1-1-2025 and the Cybertruck explosion, both done by US military soldiers stationed at Fort Liberty, see how in these videos they never show the actual people being killed, only some other irrelevant phony video from before or after the actual impact or killing (truck explodes but person being killed is not shown). While videos can be fake, they can be real explosion videos, but presented as a real, not staged, war: note in this video how the bridge sustained only minimal damage 7-17-23, opened hours later on 7-18-23 (one way, Russia to Ukraine, so KGB can send weapons), as if KGB blew metal connectors to cause minimal damage: a real war attack would do 9000 times more damage with 100 HIMARS that would obliterate to pieces *4 miles of the 12 of the bridge, so repair would close it 35 months*. ***All these***

bridge attacks are paltry and minimal compared to HIMARS power. Professor explained 10 reasons why Ukraine didn't fully destroy the bridge yet, though the real reason may be that Zelensky is a comedian and the war a comedy: see how 'Ukraine attacked same skyscraper in Moscow twice in 2 days', could it be KGB false flag? Instead, bridge damage was a little snap that is so easy to fix, making war suspect. This then gave Russia an excuse to stop the grain deal hours later, grain deal which Russia claims is used by Ukraine to restock with military cargo, underwater drones via grain ships to attack its Kerch bridge to Crimea: the bridge is used for military cargo. Effective 7-21-2023, both Russia and Ukraine warned they would attack any civilian ship going to the coasts of Ukraine/Russia due to being suspected of carrying weapons, so grain exports may decrease by 2% globally in the short term, wheat price rose from 648 on 7-17 to 749 on 7-20, dropped, rose to 760 on 7-24 after the closest attack (15 drones) to NATO borders (200 meters) ever by Russia: the Reni attack. (2 min video, Reni is 50% Romanian demographically, having been part of Romania for centuries). Oddly, Aug 3, price dived to 628, lower than before July 17, even if they attacked again grain silos 200 m from NATO border. The July 17 Crimea bridge attack seems like a staged "attack", more drama created to make it ever more real, with the new fake blockade. Blockade was fake, since later, grain ships went to some Ukraine coast ports 200m from NATO border, with 4 NATO aircraft protecting the 3 ships (more ships each day). CNN spent 4 minutes to show a fake blurry video that hides the alleged Aug 4 2023 impact of a drone on a ship and shows no actual damage to any ship: this is typical of 100s of reports about Ukraine where they show "drone coming" (pre or after 'explosion image or fake footage') but not the impact (always blurry) or any evidence the alleged ship was damaged or *damaged a lot in a real* (not false flag, ***controlled explosion with everything designed to appear a big flash (or fake video), but do minimal/0 damage***) ***event;*** the CNN reporter tone suggests he knows it's all made up, so he artificially makes it sound so 'dramatic', like a perfect actor. Some videos seem genuine, but was a missile (video) hitting an emptied building? Any fake pictures?

It also seems like Putin is simply too happy in public and events for this to be a real war. The war could be real though, if NATO makes attacks minimal to avoid nuclear war. NATO may aim for a slow change in Russian internal forces that leads to withdrawal. However, it may also be a fake war with Russia to get others into the fight, who may be fooled it's "real". A classic trap to get 22 nations (not NATO or Russia, but others) lose 3 decades of development by fighting countries never wanting a fight. See how comical☺ it is: the alleged 'real' attack on some bridge with "12 missiles" only makes a tiny hole in the center, so that traffic both ways is undisturbed. Image not shown on US networks. US folks think USA really gave them 50$ billion worth of stuff and they fired it all, is it a joke to make it seem a real war? They come up with "10 million shells were used" or wild numbers. Proof? CNN shows a video of a Ukraine guy or stuffed (with foam or paper) uniform that allegedly decomposed and smells so bad, so a 10 min video shows 5 second

of what could be fake: video is about dead bodies in title, but only 1% of it shows bodies, and some feet too. Mostly words we're to believe + 0 unfakable evidence, typical news today, 90% fake: empty plane crashing? ☺☺☺ Rarely, TV shows missiles hitting a target, but never the attack/'damaged ship/target' up close, it's always from 1-2 km away a camera "just" *happened to see the 'oil explode'* (Russia has oil), which makes it look like some are weapon tests or fake oil (*or old tanks, ships that need to be decommissioned anyway*) drum explosions. When they show anything up close, we're lied to that the target "*was the newest ship or had "3 billion worth of weapons or some other fantastical claim"* we're to swallow. This is how *disinformation* works to deceive enemies and fake wars. *Why fake the war?* 100s of reasons for a fake war. Skeptics say it's all real and it's hard to have cameras near military installations, but drones have cameras and can record the video and transmit the info right before impact (to avoid radio signal interception by Russians) to show us the 'real war'. Critics argue that Ukraine doesn't want Russians to know the Ukraine drone video transmission can't be detected, nor the drones accompanying the hitting drone that takes footage of the damage past the explosion. Either way, fake or real, it's a total waste of time. We want longevity.

4.1.9.14. ►►►► fake *video of* enemy *attacks*, see Ukrainians allegedly killed/injured in a S-300 "missile attack" Zelensky shared on twitter, and shown by TV stations as a savage attack on a market (possibly explosives inside those empty buildings). The dramatic bleeding wounds video could have used Hollywood glue on hand/leg huge hand/leg/torso *prosthetic* with a small pump hidden to make fake blood come out: see how easy is to make fake bleeding wounds, to lower the guard of host nations who welcome with open arms Ukrainians, Russians as refugees (when they're mere spies). What do You think, *is the war* partially *fake, why do they* fake *casualties then*? Read more to understand… why there is never a really big explosion in Ukraine war so far like the Tianjin one in China. They can even use AI to make a real-life like video of a foreign leader saying something they never said (or remote control them to say bad things) and allow only fake AI videos they upload to foreign media sites (fake copies of the sites), etc to be displayed, thus creating pretexts for wars. A *group of many nations can be deceived to go to war for something that never happened)* or fake wars can use mercenaries or 'international volunteers' to 'get rid of them' (*so don't sign up to fight in any conflict as a volunteer*, since they may just want to kill any volunteer for their false flags and other dirty stuff, cannon fodder for a cause wholly different than stated, and violence never accomplished anything in the long term). They can also remotely control planes to fall into an area, after pilots ejected to pretend it was an accident of training or enemy downing a plane, or make fake pics, videos of the explosion, ejection using other videos merged, etc, AI, while explosion is not from an aircraft. DW has more on fake stuff, though looking at made up or staged photos, videos, etc a novice can't tell how it's done, since it requires very advanced video and picture analysis tools that only superpowers

have sometimes, can you tell if red is blood or a colorful solution that mimics blood perfectly appearance wise? Not to mention, you need 3000 satellites to see where a missile came from, or if it was an explosion done by explosives etc, to see which side fired it and if they knew or tried to intercept it, signaling they didn't make a deal to let it go on an empty building. So, while not all is true, not everything can be fake, since we see demolished buildings. Oddly, Russia is building new condos in Mariopol, as if the whole war was a demolish and build project presented as a war (fake war), for buildings that were simply not safe to live in anymore. The most curious thing is not how/if they fake it for any given news, since that we can never know, but how all these "dedicated to truth" TV-radio stations never talk about World Peace in 3 months, 0 Violent Crime in 3 years, getting all to wish & act for making true this: "May all live to a trillion years in ~*~Eternal Universal Peace & Bliss~*~☺☺☺". Just saying the obvious thing that all sides fake stuff, which begs the question: what is the agenda, Immortality for All or else, dedicated to the truth of long life for all or just subjugating the enslaved workers?

If you gently listen to the tone on Russian TV *(part of video at the bottom of this page, other nuke war threat videos on youtube, demonizing UK, bombing USA/UK)* etc and other TV stations, how far it is from eterni, that is the telling sign that this is historical inertia repeating itself, the same old stuff of all wars before: the global institutionalized extermination of the qualities,☺☺☺ tones needed for peace: *gentle tender soft nurturing* graceful *universal* loving kindness. That's why, until World Peace exists and 0 violent crime too, I *don't* trust *anything* said *on TV*-radio, *the* tone *is so* bad *(all politicians too) and far* from eterni in all *news*, it's obviously not 100% truth: this is because the entire planet is under the terror reign of the military-industrial complex: they force every politician, celebrity, public speaker, thru their control of all culture, music, and training of politicians, etc to speak in the historical inertia military way, some 100%, others 10%, without peaceful instrumental music in the background to elevate tone, without World Peace in 3 months posters and goals, without words like *gentle tender soft nurturing* grace every few sentences as our planet needs: it is a reign of sheer terror, but most people don't know who rules the planet, it's this type of historical inertia tone (10 seconds of the general speaking) we hear often in military commands. Notice how he tries to speak ultra fast and threatening, as if role playing, to intimidate and scare. Love of truth means no torture, no torture means a chance to develop eterni tone and not be coerced to say lies for a paycheck or being used as a tortured slave to say fake stuff (without knowing it's fake). Likewise, many don't trust anything from celebrities either, since it lacks the tone of 100% truth, that requires an entire civilization of decent music, ethics, which doesn't exist on Earth, but that may change at we make World Peace in 3 months the goal and everyone tries to speak with eterni tone. ☺☺☺

4.1.9.15. ►►►► fake *attacks* (false flag): to get to the next fake thing, skip next 10 pages that deal with Ukraine war. False flag can aim to get neutral countries to join one side or get more

recruits☺☺☺ to fight as cannon fodder or to increase their own nation recruitment rate if they genuinely believe in the war instead of "depopulation and destroying the country the generals claim to work for (so soldiers believe and fight heroically to destroy thus 1-2 warring countries on the list of countries *'to be enslaved by 3rd country the generals actually work for (consciously, or, unconsciously if remotely controlled), a 3rd country sometimes officially not even part of the conflict, to best hide their crimes against humanity' ". Tanks can be* produced for this Hollywood style video at 4% of real tank cost, i.e. just the outside chasis with some cheap chairs, etc, etc – or old tanks, transport tank from junk yard, paint it to make it look newer since after burning you can't tell well how new it was; *this is what cops do all the time, they drive as undercover cops in already dented cars and bump* into each other or someone they want to 'inspire to drive nicer or torture' and create a fake accident; fake accidents can inspire people to drive safely, as people see it in the news or street and prevent accidents, so fake wars *(in the opinion of those creating them) also achieve,* reportedly*, sort of a similar effect; many unfortunately think* it is better to have fake *bad events where no killings or anything bad happens, just cops role playing being bad guys or protesters (how many in the news? Almost 100% for anything with fake deaths etc?)* than real bad events*), etc*. Fake war (inflate refuge number 2-10 fold, 0 dead or injured, just fake videos) between A and B, could be so that supporters of B gain more members in their alliance, to thus deter A1 from invading B1 (a friend of B's supporters), because A1 is ally of A (A pretends to be A1 ally) who is busy invading/ fighting B; since A is busy, A won't be able to help A1 if invasion of B1 gets out of luck and A1 needs help from A. If the outcome of fake war is that A fails to annex B, it will dissuade A1 from invading B1, due to strong B allies.☺☺☺ Fake war thus can be used to delay/prevent war, but it's bad versus the ideal ways, since it pollutes collective mind with negative emotion and ideas that later create some war, so it can be in the end as bad as real war in the long term thru side effects, like 'bad' role playing is. Hence, believe *nothing* until confirmed by *50* sources, because AI software can take any building and street video and show damaged versions of it, damaged military vehicles, etc and present it as real on TV too. They make some news about 1200 towns have no electricity Oct 18 2022, due to bombing, but what is the evidence of that? The guys at all new agencies globally show the same one missile hitting something and nothing else, some are relaxed and casual as if nothing happened, others role play they're so stressed and it's so real. Ukraine can simply turn off electricity a few hours to make satellite pics show dark, even if no damage to the plant and then say they worked 24 hours to restore it, in order to increase recruits for war and/or fake the damage extent. Nothing is 100% what it seems. They say "the town is totally destroyed on day 10 of invasion", yet show only 4 damaged buildings, people moving around collapsed bridge – assuming we trust the story, see BBC on fake news. Even without AI, one can take many pics, and overlay images (add some smoke to some satellite pics and say it's real, even if nothing happened) and edit them, and create fake video of a strike on a building that never took place,

even smoke (different pic, is it from tires or a strike?) coming out of a moving tank, static building – like creating movies. The Western media said in Feb 2022 Putin uses a long table with all, but with Brazil/Israel Presidents he did not, days after he used long table with German, French, etc Presidents, see this video – so the media makes stuff up always as we all know.☺☺☺

Feb 24th, Ukraine invasion day, is Estonia's independence day, one day after Soviet Army day (renamed Fatherland Defence day, Feb 23rd), 2-23 is Feb 23, 322, as in Skull and Bones secret society of Bavarian Illuminati, that Presidents, of both parties and candidates are members of sometimes, you know, 322, March 22nd, New Iranian Year, Stamp Act 3-22-1765, the start of the American Revolution due to British tax law, etc – skull is stuff of many militaries, due to their dedication to killing. In 2000 Putin was even talking about joining NATO and EU, is he a CIA-KGB double agent? On Normandy invasion day, June 6th 2023, a big dam in Ukraine was detonated between 2 and 3 am, and we already know that in USA many hydro plants are demolished, since solar, wind, etc are better and don't create issues that dams create (USA removed 900 dams in 1990-2015). So, while it may seem like a bad thing, it may be a good thing (fish habitat, improve water quality, etc) done to also make the war seem real, raise food prices perhaps, make all want World Peace in 3 months, since EU-NATO-Russia can fix damaged houses. *Is the war fake?* It could be partially fake (but that's true for any war, what goes on is always very different than the news), even the so called 'massive aid and broken equipment'. *Watch carefully how relaxed and happy Putin and Zelensky are 1-1.5 years after the war, as if it's all a staged operation, all acting.* Don't stress and focus on peace in 3 months, the cost may be far less? I've lived in California many years and 2023 has been SO cold, is climate change real everywhere? They say it's due to atmospheric rivers, etc, some areas can get cooler. In times of war, all sides try to inflate and deflate numbers and create false flags and make the other look bad. While a war is real in a sense, it can also be very fake in another sense, the reasons, some of the events, etc. See Ukraine war video, Marinka city gone, Mariupol damage, useless war and relocation of civilians. These 3 videos are extremely telling: this same Mariupol coast area is the only picture and video appearing in 100s of news articles, bigger videos showing many high rise buildings as of April 2022. The rest of damage is just 1-5+ small houses (*except one Mariupol area with 30 houses near each other destroyed, maybe Russians knew who lived there and they were on the 'blacklist' to be eliminated*), single buildings and tanks, but we have no way to verify claims in videos by people without actual footage of what happened – were houses, tanks empty? The so called "80% houses destroyed in this and that city" are never shown, they only show a few houses which seem like 1-10% max (Maxar only shows satellite pics of a few buildings destroyed, not the whole town), it's nothing like Dresden, Hamburg in WW2. Videos faked?☺☺☺ Like with fake miracles, people can be paid to say stuff by either side. 2 countries (or alliances, NATO and CIS) can agree to fake a war, if the damage of buildings is far less than $

they get via the result: increased security, unlimited advertising about Ukraine/Russia, more money from oil (troops near Ukraine for 1 month in April 2021, then again nonstop since Nov 2021, so prices went up from there for many commodities related to war: food, metals, energy), more expensive electric car metals (see year on year, yoy metals, oil, gas commodity charts) so Russia can delay EV transition (Lithium up 3.7 times, nickel 2 times – Russia major suplier) and sell more oil, wheat, or have 400,000 *spies settling in other countries under the guise of refugees?* KGB wouldn't need conscious spies, they could remotely control Ukrainians to do what KGB needs. They got some easy to fake videos about Ukraine 'war' amputees, which could have been injured in normal car accidents or construction, *paid to lie to make the war seem real*.

Russians who fled Russia after the Sept 21 2022 1st post WWII reservist mobilization may not all be dissidents or refugees, but also spies fearing getting caught or spies for Russia or minorities fleeing forced military service as a method of extermination, etc; is the mobilization a trick to get dissidents and minorities out, plus more Russian spies? It's odd how this happened on World Peace day, 2 days after the funeral of the allegedly dead UK Queen (she 'died' 2 days after swearing in the new prime minister, TRUSS who claimed to be for monarchy abolition, some fake pic showing weakness provided 'evidence' she was 'ill or ready to die' at 96, like her 3rd cousin Mike, who 'died' at 96, the last alive world leader who was king during WWII); equally suspect is Romania (NATO nation with the largest NATO border with Ukraine) got a reportedly German (Russians are afraid of Germans, since WWII) President on Dec 21 2014, who is still president until Dec 2024, after Ukraine 2014 invasion and in Oct 2021, Romania got the first general (military guy) as prime minister since WWII, as if NATO knew the exact day of Putin's 'staged?' invasion and prepared for it since 2014, did NATO mind control Russia to invade? On 12-31-2022, Pope Benedict died or staged it, 100 years after the 12-30 founding of the USSR. Did NATO and Russia decide to split Ukraine, since Eastern Ukraine was always part of Russia before Lenin communists gave it to Ukraine in 1917? 0.5 million Russians left Russia by Oct 1st 2022, to avoid the draft, etc. Lots of spies? Lavrov said annexed areas will come under nuclear protection. *Can a country or group of nations stage a fake nuclear attack, control all media and claim an attack happened, when none did, and remotely control visitors with radiation meters to show high readings when no radiation exists? Can they even make fake videos of foreign leaders saying stuff they never said? Yes, if they control all media.* What is going on? Isn't it suspect Kiev was not taken (they could have flown 3000 aircraft daily and launch a million missiles) and Kharkiv province was overtaken by Ukraine in 10 days in September, with Putin inaugurating Europe's tallest ferris wheel at Prospekt Mira, 119, Moscow, 129223 (hidden observation post and radar in case of war?) just before 9-11-2022 as Russians retreated above ground forces from Kharkiv? Did Russians build 9000 tunnels under Ukraine (can do it slowly with no noise, so no war needed, to extend them under EU, then, reach Berlin in 15 min with vacuum train 4000

mph) by September 2022, so then they retreated after installing 10 trillion listening devices and cameras, plus mind control devices in left over weapons? Or will Russia collapse in 5 years, as Ukraine defense minister predicted in July 2022? Pro-peace Russians attacked Russia in 2023 with the Russian flag where the red is replaced by white, since red is linked to violence, blood, communism. Does the formal end of an 'empire' lead to the real end of it always, if they remotely covertly control the former colonies? Can people underestimate the enemy? Are the dead those conscripts or soldiers Kremlin wanted killed anyway? How many died and how many are fake deaths? What happens underground in a war, where people can't see from satellite?

Do we really☺☺☺ know *who controls and fakes being really low tech, being on the losing side in a cold or hot war?* Can sometimes a country that lost revert the outcome or actually win by remotely controlling the other to believe they won, using underground tunnels built during the fake war, which enable mind control? During 24-7 explosions of conventional war, seismic waves are harder to detect from ultra fast tunnel building or small nuke tests. I'm not saying this is what happens here or that a third country controls both Russia and Ukraine, only that it can happen in other wars, never believe anything without proof, only superpower generals or obe can verify if a war, like Ukraine, is fake 10-100%, as they got 900+ satellites, etc. ☺☺☺ Equally suspect is the fact the dead are only showed briefly with blur, so you can't tell if they fail to hold their breath. Anyone can hold breath 10 seconds while they take a pic without blur and pretend to be dead. They cover them in plastic or tarp in 'real?' train station attacks (false flags?) that show no evidence besides a smoke and some people running as in a 'staged?' blurred video on CNN. It could be planned (per CBS, Ukraine+Russia planning it, so nobody dies), real or unprecise bomb attack too, responding to nearby artillery, though it has the signature of false flag or else. In 2001 NY 911 planes were remotely controlled to hit exactly, etc and explosives to go off on impact, etc, so in 2022, we have remotely controlled helicopters, tanks, etc that can appear blowing up with people inside and also, record video of soldiers coming out of tank first, then create a video of smoke and even hit it with none inside and play old video of them coming out and superimpose it on smoke and you get amazing effects of 'real hit'. Plus video editing (DW hints subtly that a lot of stuff is fake, as they cover Russian propaganda that may have truth to it) using pics of mangled bodies from other wars, etc, deception has no end. Maxar tech purports to show real, not edited or faked satellite pics, but all countries are military dictatorships, i.e. nothing can be done, felt, thought, imagined without known or unknown remote control or approval of the military. They bomb 4 empty hospitals/stores (just outer rooms sometimes, after removing equipment to other areas) and then they say 300 were bombed, without any evidence. Don't just believe what they say, since Ukraine troops would not put artillery, military trucks in all hospitals, grocery stores (Retroville, etc), they need hospitals, so they can't do 500 false flags. In every war, deceit is rampant by both sides, to make public enlist in military due to

rage. If the war is even real, it may be fake like all elections are.☺☺☺ The Finnish-Soviet war was on an 830 mile border, in super cold weather, no satellite to verify anything, was it real? Eerily similar to Ukraine war, with Russians failing. You would need 20,000 spies to watch every forest to see if deaths took place and how many, etc; the more remote and cold the weather it is, the harder it is to verify a war is real, since you need suplies for people who're spies in 1940, and spies can't be seen by either of the armies faking it (no satellites in 1940, etc). Finland lost 9% of their land in exchange (very subtle) for some Fins settling in nearby Karelia, etc, Russia? The general in Finland, Mannerheim, was the same from Tsar times, so Stalin (reportedly Georgian and anti-Tsar on paper) wanted him out. In WWII, US sent 1000 aircraft at once for raids over some cities, so here we go, 80 years later, and Russia by day 64 launched only 1900 missiles per CNN, when that could be launched by airplanes on day one alone to finish off Ukraine military in 7 days with an all out air, sea and land missile barrage the world has never seen, not even in the 1991 Gulf War. Russia got 4000 airplanes, yet it didn't, even though Russia knows Ukraine military facilities better than anyone. ☺☺☺ They said they want to demilitarize Ukraine. A joke? See deception in wars, fake inflatable tanks, fake artillery, etc. Add to that claims of Chechens and Mongolians in the Russian army shooting each other. Ukraine recruits Muslims to fight. Russia recruits people from all over looking to fight. Either way, the idea is that wars can have various degrees of fakery in them, but they're all tragic even if all deaths would be fake, since they cause untold property damage and stress in those thinking it's real.

It may be news to some that the Soviet labor camps were not fake, and they led to millions of dead, just like the Holocaust that everyone hears about; some links for the curious: genocide of Baltics and Europeans, Poles, 5 million Ukrainians, many others. Is Ukraine war fake as many suggest? CNN claims Russians are doing in 2022 the same things Stalin did in his reign, deporting Ukrainians to the far East of Russia, including Sakhalin island (oil exporting island needs workers?). Is the CNN report of grain theft in Ukraine real, a repeat of genocide by starvation in 1932 of 5 million? Or this report of Stalin gulag island? What do you think? CNN says 300 bridges were war damaged in Ukraine as of May 8, and 50 are under reconstruction; were they overdue for refurbish and they decided to blow them up to renovate them? Like a secret deal, Ukraine-Russia to blow up empty (of people, valuable stuff) bridges, hospitals, schools, which need renovation after 70 years of neglect, and then they renovate them and make a big fake war news drama to increase wheat prices needed for renovation money.☺☺☺ All gas flows they allegedly stop are impossible to verify, they can be fake, same for gas leaks, etc, all can be staged. It can be a way to get more people save the planet from global warming via electric cars, which are cheaper to drive than gas ones, so they manufacture various crises to cause inflation that causes people to buy what saves money. On 9-30-2022, three times 9, inverted 6, 666, the alleged 'Satan' number, Putin annexed 18% of Ukraine (10-12-2022, UN resolution condemned

this annexation; 143 for, 5 against, 35 abstained, 10 did not vote), claimed to defend 'religion' *(which gave us endless horrific genocide quotes and genocides from some 'religions' he's so actively promoting as "great savior" of human quantum entanglement field, to be popular among the ignorant non-Russian slaves in Russia, see video on Gulag & 'religious' Tsars),* when they blew up endless churches in USSR times, closing 95% of churches, he called the West "Satanist" in a comical address accusing UK, USA of doing the same things Russia itself did (Russians still torture people in jails, see another one, girls beaten in 2022 by policeman for just saying 'no to war'), against 50 ethnicities, in a seemingly staged speech, planned years before.

While pretending to be a "Christian and abiding by non-killing commandment 5", Putin is in some videos inciting people to killing (to make war seem real? Can anyone trust Putin jokes?), never talks of a world of nonkilling, when he knows there are trillions of ways to peace without violence: 1. encouraging Russians to kill innocent civilians (in any war that happens) after Ukraine invasion by shooting at a training place to encourage more to enlist, tempting people to do evil, causing endless nations to stockpile weapons and prepare for war, raising global anxiety and canceling beautiful dreams of millions, is that "Satanist" or Christian?) 2. testing a weapon and loving weapons of killing, not being repulsed by them, just like unethical US legislators glorify killing and weapons on social media, committing an act of global quantum field degradation and hidden atrocity, all too common in too many nations, with police and spy agencies creating fake mass shootings, violence, etc. Why isn't Putin talking of non-lethal non-injuring nonviolent methods of solving disputes or of 'conflict' if Peace is not yet possible. Why not create a World of Peace in 3 months and 0 violence in 10 years, 0 jails in 30 years? Why not make music about it, concerts, demonstrations, dances, National Holidays to amplify that instead of mass murder vibe of war? The official story is that Putin's father lost his foot and ankle during WW2 during the Nazi (who controlled them?) genocide of Petersburg (0.6 million civilians killed by starvation, if USSR figures are not fake) and his mom barely survived due to bigger ration from a wounded husband soldier, so ☺☺☺why not end all wars☺☺☺, (not just those that destroy Russia) including the wars that used Russian bombs to flatten entire Syria cities too, and flatten houses and neighborhoods in Ukraine now? Putin forgot to mention USSR (where Jews had a lot of power at first) approved training Germans to fly airplanes and to thus kill millions of Russians, due to a Russian tradition of genocides (Holodomor, reportedly 5 million Ukrainians by starvation) and invasions of neighbors – greedy USSR split Poland into 2 with Germany and used violence and murder to take over Poland destroying the human quantum field, well before Germany attacked Russia; USSR gave ultimatum to Romania and others to take more land (Romania gave it away, to avoid war with USSR), as they did for 900 years, so these actions need to stop if we want Peace in 3 months; we need to forgive, forget and focus on Peace in 3 months globally, end all revenge desires; this German invasion of USSR was due

possibly to a secret USSR plan to provoke or incite, encourage (thru spies disguised as Nazis) Germany to attack (like US provoked Japan in the (see video on all war 'provocations' that didn't stop Japan from becoming 10 times bigger and spreading so thin its military) hypothesis of "*Pearl Harbor attack plan was known to US, like with 100s of incidents, dead were possibly far less: see 911 staged attack when the US military remote controlled planes, demolished building 7 that was not hit, etc?")*, so that USSR can use Germans to kill 2 million USSR Jews, many Russians, and then USSR take land post WW2 from Romania, Finland, Poland, Germany, Baltics.

This was a typical technique used by big Powers, provoke a weaker nation (Germany was ultra weak after WW1 defeat) via a puppet Nazi regime to attack, so USSR can fight a defensive war *(they are confident to win due to secret deals with USA, Britain,* France (check out their Algeria actions) *behind closed doors and USA having nukes before 1939? Did you read the stuff 8 pages prior on US-Russia global games?)* and take a lot of land in a 'justified way'. Why be told only one side of the story? Let's hear both? Add to the ever more complex scenario, the Jews, Italians, etc in the Catholic, Anglican, Protestant, Orthodox Churches, Islamic mosques, armies of USA, USSR, Nazis *(half Jews, quarter Jews were allowed to join the German army, so they could have let some Jews escape, especially those who loved Nazism (minus antisemitism) to create a Nazi Israel, unknown number, does anyone know the real Holocaust number?)*, France, UK, etc all plotting perhaps to create Israel, etc and change official stories here and there to hide when the genocide included Gentiles and Jews co-perpetrated it, as explained in the Jewish Pale area of USSR Kaganovich story of the language section. As you can imagine, everything becomes very complex, because each nation acts in its own interest while it can, though individuals can act in the species interest more, when they have any brains left. It's no longer 1938, we have a lot more weapons now. Putin invaded and caused a big shift into the quantum field, even if the war is sort of faked, that will in the end lead to Russia's weakening, though that may take many decades: pure terrorism of the entire planet thru the invasion and associated real or fake war footage will have "*gentle tender soft healing*" physics laws consequences due to the destruction of the human species quantum field, by amplifying negative emotions, thoughts, etc, just like Syria, Iraq war, etc; thus, *the whole humanity will eventually unite against* ALL WHO OPPOSE Permanent World Peace IN 3 MONTHS *or* sooner, on a hypermind nonphysical astral and even genetic level, since our species senses that war is no longer acceptable, the daily terrorism of the public via war images by any generals or imagined or real war starters like some fiction Zion Elders is no longer acceptable, nor is any reason for any war acceptable, nor is any violence and torture acceptable, nor is the global brainwashing of the masses that violent quotes are the word of God, given the risks for ending the species, the entire humanity will unite against any country starting wars directly or indirectly via proxy. Where there is a will, there is a way, so if we want peace we can find a way, even some UN planetary army to defend the human quantum

field from torture, violence and war and gradually replace all armies.☺☺☺

Humanity has been deceived by the same liars forever, always saying this 'war is just', when war did nothing but enslave the entire human species in an eternal hell of violence, the same parasitic vampires have fooled humanity forever, the parasites come from all major ethnic groups, from all religions, from all walks of life, and become generals who then torture the entire human race. The day when the entire humanity can end the global oppression, of the human species by a few generals, is here; it is a simple endeavor of planetary healing: 8 billion meditators against about 800 fearful folks; 8 billion souls for peace against 800 lost souls and their 80,000 "not so gentle soft healing kind" subordinates who torture millions per 'training instructions and protocols'; let's pacify, *using the* radiant Light of God, *or the* Radiant *energy of* peaceful vibes *if you're atheist,* the lost souls and free all cities from torture, violence, jails and wars within 20 years☺☺☺, from wars within 3 months; humanity can unite and say ENOUGH IS ENOUGH, direct the former passion in all past wars towards meditation for Peace in 3 months; let us breathe in the Light of Eternal Universal Peace on all planets, and breathe it out to all humans in the universe..., especially on Earth, and bring it on; why can't the youth and everyone globally become as excited about Peace as the most excited people on Earth are today about their stuff? We're stronger than a few generals, we're 8 billion, we can end ALL WARS FOREVER in 3 weeks if we unite in peaceful meditations, peaceful songs and use the energy in sports for peace too. We certainly can bring peace, permanent World Peace, Russia-Ukraine war can end in weeks, the genius of the human quantum field will find a peaceful solution. Humanity is under attack by a parasitic 'alien force' who deceives humanity forever that this is 'the last war' or a 'just war'; thus, we humans have the right to self-defense against vampires, 'satanists', and our souls are mightier than all things man created, including the phony fake violence based ideologies or fake religions based on fake miracles to conquer continents and other religions of violence. Why do they need more land for? There are millions of empty planets waiting to be colonized, why destroy humans over a few miles? Our souls can bring peace peacefully just by meditation and breathing alone, pure thought energy, visualizing everyone like a shimmering Immortal of peace who wants peace and manifesting this vision, we don't need simulated cannibalism rituals, Jesus from Heaven or anything to manifest peace and free our planet from violence, we're the masters of our destiny. What is this 'alien force'? It may just be 100% our collective historical inertial propensity to repeat the past and not be interested in evolving towards peace. This plain selfish attitude of "torturing and scapegoating" generously helped by ideas like "sports and violent or restless uneterni music are more important than cities of millions of people being leveled" manifests itself as 'vampire generals' who keep humanity in a state of mad war reflective of their paranoia that was created by our collective lack of focused thought on peace, as the global military dictators don't allow any thought of permanent peace in

3 months, so far, on TV-radio: they're the most paranoid people around, who hold humanity hostage. These generals are symbols of our collective lack of compassion for those in war zones or those tortured by violent crime or even in jails (or houses turned into concentration camps or torture cells via hidden gadgets, or chemical torture in "mental health clinics" like Kazakh ones).

In other words, we humanity create the bad generals, thru our collective selfish choices, the entire humanity creates the bad guys who give us all hell of eternal war. Please don't love sports more than peace, because this allows eternal war to happen. Yet, it seems sensible to ☺☺ *lovingly tenderly gently kindly*☺☺ not underestimate your inner soul ability to bring World Peace in 3 months and liberate humanity from the oppressive gangsters. As each person becomes kinder, the gang loses its power over us. We need to tell all people to *refuse to fight, in all volunteer or mandatory armies, in all nations, to not obey their diabolical commands to kill, torture, harass other people in the name* of "country, resource looting, Nazi or communist ideology, or religions of plundering and burning cities", and instead choose to protect and love the human quantum field, not to destroy it; we can't allow 800 generals to destroy the entire humanity, we defend our planet, against any alien force trying to destroy all humans via 800 clueless souls and their 90,000 puppet subordinates. Without war, we have 100 times more resources to go after violent crimes and the smaller gangs and causes of violent crime and jails. It so often happens that only 1 out of 8 billion can do something unique well, so it *may just be you who does* World Peace *bringing in 3 months* on any planet well. We, the people of the world, fed up with the Satanist Bible quotes and daily human sacrifice by US & other satanists in wars, fed up with the daily glorification of genocide via fake scriptures full of violent quotes, fed up with daily simulation of cannibalistic "eating blood and body of other humans", We the People, can demand real change towards Peace not cannibalism via wars, not change via violent protests or revolutions created by these vampires to create more bloodshed without any real change, but via peaceful changes and even silent meditations, in the privacy of our soul (so as to not invite retaliation from the vampire torturers of all humans). Does anyone really know all the shenanigans going on and why USA supported German war industry so much in the 1930s?

We can't end only some wars, but ALL WARS, AND NOT IN 3 BILLION YEARS, but IN 3 weeks or MONTHS INSTEAD. Putin bragged Russia is the inheritor and continuation of the Mongol empire (and their cruelty), how can that be something to be proud of? In 1200s, the Mongols wiped out entire cities and nations, killing millions, including in Ukraine. It took Ukraine centuries to rebuild, today the same is happening slowly. While UK, France attacked China etc, China also killed millions in the cultural revolution and during the Korea war of 1950-53, a real genocide. China enslaved the Vietnamese and Koreans too during some older wars, though the Chinese tribute (gifts back to Vietnam and Korea) were bigger than what they received, so it was more like formality and not real slavery; we can't just pretend only 1 nation does evil, see Chinese

torture and Tibet alleged torture centers (demolition of newly built tall statues used to spy on the Chinese movements like Muslims used minarets to do the same in Xinjiang, and of 'religious' buildings used to grow resistance) and Sichuan alleged events, (they could explain to people why a certain religion is full of fantasy or lies, but not torture the low IQ believers who don't realize most people are online today and can see the qualities via the margins of the screen, new music, etc, without need to waste materials to build churches, 200 ft Buddha or Jesus statues, 70 ft minarets, while others are homeless), Arab/Berber/Jewish Greek pirates. China was far nicer than the Mongols. Let us liberate all humans from torture, cruelty, war and jails and bring ~*~ Eternal Universal Peace ~*~. Putin scoffed at the idea of 3 parents, which improves offspring when mom mitochondria have issues; as tech advances and we become Immortal, we shapeshift and can materialize offspring by precipitating rays, so a child can have 300 parents who're energy-physical hybrid beings; while it's true that gender change and all this role play about gender (all transgender people are fakes for the most part, look at the breasts of this guy pretending to be a woman, to make a point about the transgender people, nobody can verify their surgery, genitals and fake boobs) is, in the opinion of many, unethical (always, see why and especially) when we don't have even World Peace, end of hunger, end of violence, prisons, etc and people need real healthcare, not draining doctor resources with gender changes which ought to be illegal until all live to 120 on average due to shortage of doctors and facilities. Putin ignores that most of the transgender people are probably faking their desire to change gender to get attention or create spy covers maybe. While we're short-lived and so backward, gender change and role play is useless, unless one if born with both genders to some degree and it's science proven doing some surgery increases lifespan due to less hormone imbalance; otherwise, it's pure insanity and a waste of medical resources, given how many people die of countless diseases so much cheaper and easier to treat than gender change, a lack of compassion for others suffering from real disease, being male or female is not a disease.☺☺☺ Putin is role playing as the big US-West enemy, to get more support from the others, while ignoring in his 9-30 speech the bad things others did like China, Japan, Germany.

Putin allows ic3peak band to promote 'satanic' imagery, see Russian 'spiritual music' for all: 1, 2, 3, etc. This KGB created band makes the most disgusting videos, all filled with weapons and blood, pure 'satanism'. Satan doesn't even exist in science (it may exist as bad aliens though, who keep humanity in eternal war), it's a word they use to scare people into following their rituals or "kill all infidels" 'religions' they made up to conquer new lands? Russia terrorized the entire planet since Feb 2022 to annex some land, while filling the global news with the most evil energies in 80 years of nuclear holocaust and humanity's end. Check out the torture of Ukrainians. Not all the 1 million Russians who "ran away from Russia" are refugees. Many (a HUGE %) ARE *KGB agents* using hidden torture devices, given to them by agents on the ground in

the host country *(Mossad, KGB, etc, if they're Russia looking Jews or brainwashed minorities, some may be even East Asian looking too or Viet, Chinese, Siberians who pose as Koreans, Japanese but are PLA agents)* or by Moscow KGB in their suitcases: their goal is to make Russia and Israel great again via Syria & Ukraine ruins, take over Syria to make Israel 70 times bigger, so the "Holy Word" is spread everywhere. They can even be spies of 100 other nations using same subhuman KGB tactics. *Some of these South-Central America, Russia, Asia, Africa, Europe, etc 'immigrants' are brutal hardened serial killers that make Hitler look like an Angel*. They infiltrate USA as "gay refugees" etc and other types, destroy Hollywood, advocate for no border wall, so they can bring in another 1 million serial killers (via illegals) who eliminate Peace Lovers in a KGB/Mossad style via slow murder and torture millions of Americans who want a Country of Immortality for All, not just Jews or Russians or 'Country X they spy for' pretending to be Hispanic, British, American ancestry local or immigrant. They're *not* gays, they just touch, hug or pat and kiss in public to deceive *naive* Americans; 'being gay' is their spy cover. Just like USA creates terror groups like Taliban, Al Qaeda, ISIS, etc to justify military intervention due to "terror events CIA pays to create", Russia and other powers create "bad music, gay movements, fake mass shootings, bad movies" to justify depicting the West or a target group or nation as "decadent, Nazi, gay obsessed, lust focused, violent, etc" so Russia, etc got a pretext to mobilize Russians, etc to fight the "bad guys they created by remote control or by using Russian spies pretending to be Westerners". It's false flagging "cultural movements", not a one time event, but a series of events, 1000s over 10 years, a form of conquest or subjugation of an 'inferior group' via "invented pretext and culture they didn't even originate." For example, USA may create gangs in Mexico, and use that as a pretext to invade Mexico because "the gangs kill our people". They can create 1000 fake videos of drugs killing people, etc. Naive people, who believe everything as true, will believe it. WW 1 & 2 were also created by big powers using many false flags and fueling the rise of Nazism, to have then a pretext to fight Germany and shrink its land by 33%. They create Nazism using foreign spies and have those guys behave like insane people shouting all day, then they rally the entire world against them to totally wipe them out. Same strategy Russia used, they trained Germans to fly airplanes and rebuild their Air Force, read the World Peace Chapter too to understand the tricks. In 2023 it is as if the same trick is used on USA, who is in many ways like Nazi Germany: everyone shouts and speaks on TV with a tone so removed from *gentle tender soft nurturing graceful* serene universal loving kindness, that it doesn't make US any different than the other nations, who repeat ad nauseam the same patterns of last million years. Take a look at music lyrics, the vibe, where is the compassion for the animals tortured to death? They want God to have compassion for them, what about using science to stop the bloodshed? *Never is such a song popular, since almost all singers are mind slaves of the Military Bloodshed* Lovers, without them realizing it. *The more artillery like a song sounds*, the more popular it becomes, *as it gets people ready for the next war of bloodshed.*

Some of these "gays" are simply minorities who use that as a pretext to escape the military draft perhaps, while pretending to be Russian to do their CIA assigned job, now that they're in USA. Some may be even local or non-Russians claiming to be Russians to appear as KGB spies, *but being CIA ones doing counterintelligence* to catch other spies: notice the name Maxim, maxillary, for teeth torture. Behind their *sweet facade is often a cruel animal who* has not achieved even the stage of 500 mammal species *who don't kill and torture their own*. Don't be naive, many countries use refugees to try to destroy the "host country". Look at Russian history, Muscovites have thru terror, torture and genocide expanded their country 20 times, that historical inertia is not all vanished, so we need to be careful. If you know neuroscience, you will understand these torture reports are not made up, as the 3 tones indicate *character and USSR (Russia today)* military culture of anti-immortalism: 1. hymn, 2. defense minister, 3. Putin (the Putin you rarely see, but fully understand from these leveled Ukraine (like Syria before) towns). A person who doesn't allow torture, *who is ultra kind doesn't speak or sing like these 3, not in public at least as that contaminates the whole planet. Sadly, we often see these tones in most militaries during training and sometimes on TV police reports when it's not angry of course, just quite aggressive and random, unworthy of TV, unfiltered, not infused with kindness, gentleness, nurturing grace as anyone talking on TV ought to be in a world of civil humans aiming for ~*~ Eternal Universal Peace ~*~* in 3 months. ☺☺. *These tones collapse the vibe of universal kindness and makes peace harder to achieve.* Let us pray, wish and hope that everyone calms down and embraces immortalism virtue in military and police, ends torture. Annexing could have been achieved in 2020s by kindness and dialog,☺☺☺ without any violence, using positive methods, like, hey, if you give us a little land we give you '20 trillion dollars, all Ukrainians can go to Russia without visa for 50 years, gain permanent residence and immortality techs when discovered for free'.

Countries need be radically *honest and end all torture, then wars will cease.* All nations, not just one. Torture is doing as much damage as killing people sometimes, since 10 tortured a lot can shrink lifespan by 4 years each, as if they killed 1 taking 40 years off his life. Thus, before talking about PEACE, all countries need to stop torture, violence. This book provides 1 of 1 billion ways to achieve that by banning all violent content in all movies and music globally via international agreement, like carbon emissions, violence emissions. *No music ought to be allowed*, unless it is eterni in rhythm, melody & lyrics, World Peace in 3 months focused so we become human the 1st time in history. The planetary quantum field notices how in his speeches, Putin never talks about World Peace in 3 months and how to get there, only about stuff that helps fuel more wars so Russia gets bigger; the suffering of humanity in wars is not important, only fanning the flames of conflict when it serves expansionist goals; we, humanity, notice the lack of talking about World Peace in 3 months all day and the lack of talking on how to end Russia or anyone being exporter of weapons that damage all, Russia being 2nd *biggest exporter of death causing weapons*, true

'satanism'; a civilized nation exports only life.☺☺☺ The human species collective intelligence has a way of balancing things out over the centuries; perhaps, it is better to run away if in Russia, as things may only get worse. Russia could withdraw or support and talk all day about World Peace in 3 months, but they seemingly want eternal war, so the West needs to talk about peace, and create a global alliance for ending all wars in 3 months, all torture, all interhuman conflict. Even if Putin, Zelensky, EU made a secret deal with US to split Ukraine for a while to test new weapons etc, secretly before the semi-fake war broke the public won't know about it, as with Yalta that divided Europe in 2 camps, until 50 years later, the public gets only terror in the news and refugees, inflation, total lowering of threshold to violence, complete collapse of moral standards ('if they can do that, then we will do this'), total removal of incentives to do scientific innovation knowing military will use it to torture/bomb first and humanity will get it 3 centuries later so enemies can't get it covertly. At least, they got more earthlings wanting World Peace in 3 months. Ukraine decided to apply for NATO on the same day of the fake Putin speech, after EU's largest land grab since WWII, which may be good, we need 1 alliance to bring World Peace in 3 months, will NATO be it (Nurturing Alliance of Eternal Universal Tranquility & Oneness) or rename itself Immortality *for* All, World Peace or Immortals Alliance? Or is that naive?☺☺

4.1.9.16. ►►►► fake 'volunteer' army: all are brainwashed via gadgets to ask to enlist to make it appear they made the choice, or tortured or sleep deprived if lies, brainwash fail to convince folks to enlist ***until the recruiter gets bored and leaves folks alone after trying for years or decades***, since after poor sleep folks are more suggestible and easier to ***brainwash*** that 'war is needed' and they 'know' your tone can't do more good for human species long-term than 2 million soldiers and 300 generals (who all ignore their tone) combined), fake dive of currencies (gov gives some extra cash to people or lowers prices, to minimize effects, or prints reserve currency, etc), fake sanctions anyone can bypass in many ways (just be self-sufficient or do undetectable trade, though Russia's trade is detectable and back to normal, only 8% of EU firms left Russia after 17 months of fake war), fake moves of stock market (all controlled by spy agency, read the 1st paragraph of the credit score section), fake articles (disinfo) like saying it takes 3 years to produce a missile or gadget, when they can do it in 8 hours in a factory that is 50 years ahead of the other countries ***(sort of like 'we discovered this weapon in 2010', but really, it was 1960),*** fake ***military*** service ('aristocrats' *[the group who knows how the whole scam works] can't die, get injured, they only plan wars from the comfort of their plush offices, while lower 'aristocrats' go on the least dangerous missions where a bruise is all they can get*),

4.1.9.17. ►►►► fake *life* history: similar to fake ***biography*** in books, fake wikipedia bio of many civilians *(or world leaders, whose early life is so secret, only part of the public story is true:* biography seems fake*, oddly, the father of many leaders were shoe makers, the leg shape of Italy: aristocrats or spies can make a* fake *bio to pretend they were some poor peasant, or rich*

aristocrat), and background presented to the fake media to elicit☺☺☺ more army 'volunteers' cannon fodder or 'to be exterminated/medically experimented with' via 'war casualty' for the dangerous missions. Spy agencies, militaries worldwide can even use posts (videos, pics) by so called "social media celebrities" (nobody has ever heard of) who're paid soldiers in disguise. If you watch the lyrics, tone, etc, you will realize how many are conscious willing spy agency/military torturers (meaning not remotely controlled without their knowledge), due to the lack of eterni tone in their public speech which requires total independence from the cabal of global terror), who support war, torture and stuff most would least suspect: not just wanna be celebrities, but even some that everyone knows about. Many celebrities are openly promoting military images in music videos, being pro-killing pro-war 100% openly, but because of the ubiquitous violence on our planet, that thing is not even noticed as odd. Militaries makes instant celebrities out of nobody by using fake bots on their accounts to inflate the social media numbers 5000 fold. These soulless ghost mind slave with zero free will are *brainwashed by the spy agencies/militaries, artificial war loving personality, like that* programmed killer Manchurian Candidate guy story*, robotic people (see* CIA brainwashing disinfo *movie, that probably hides their true* present *methods more enhanced by high tech, wireless tech). N*obody has heard of these celebrities, who just came out of a military conflict or spy agency/cop job and now got a new cover as 'celebrity', post pics or videos (with threatening yelling tone, or sarcastic sadist one sometimes to let you know beyond any doubt they know what happened to your toes, eyes, heart, feet) related to their legs, hands, heart, eyes, etc, whatever areas of someone's body that the spy agency, military tortures in 1000s of people whom they directed that week to stumble upon that social media profile. ***All celebrities are***:

4.1.9.18. ►►►► fake celebrities (spies, soldiers using 'model, singer, actor, sports' as cover): they do something different than what they say (when you read Wikipedia biography of a celebrity, 80% is pretty fake, i.e. *what they did and the purpose of it* is 100% different: say they 'spent 4 years studying literature, history, drama, theater or music', it was more like CIA stuff or *some other skill of acting as someone else*). All youtubers with lots of followers or anyone in any nation on any internet site are all *spy agency, military, cops* by the way, you can't be a celebrity without being that. Everything is staged in all nations. Rarely, they can be some fool spies are handling to dupe millions of low IQ fools. People see someone as a model, actress or whatever, but they never have eterni tone and World Peace in 3 months vibe, only spy-military vibe. *What if all models are spies? All actors? All sports celebrities?* Anyone who travels *outside USA* as a celebrity? *They are, why do you think they travel for? That's their spy cover. Have you ever thought of it?* Now you know it. Welcome to the world of reality.☺☺☺ Maybe that explains why we got so much violence in movies, don't you think? Look what a depraved music in USA. Only a military mind can create *Hollywood content (see 1st 7 movies), since Hollywood is 100% a*

subsidiary of the Jewish controlled US military. They go to other countries to convert them to our depraved violent culture, so they use the cover of actor, singer or model. Why don't they live in such San Francisco bunk beds? The tech worker slaves live in them, with no oxygenation, extremely poor air quality, while endless buildings sit empty due to stone age rules that don't allow conversion to residential of the half downtown stores closed 2019-2023. Wait, crime is driven by the mansion dwelling singers, movie producers, actors too. See the mansions. *It's 1700s all over again, except slaves now are of all races.* Wait, *does this seem like all out war against the worker class*? Jails too. Hey, what about centralization and efficiency, so all workers get a decent condo at least in the short-term and all get houses in the long term (taking down tall buildings will take time)? They try to catch drug lords etc, so they make bad lyrics music, but that is only one way to end drug gangs… or other crimes, so the side effects are often worse than the benefits: *for each bad guy they catch, they create 3 or even 50 bad guys*, the spy agency simply exterminates, under the cover of "catching bad folks". Celebrities can be poor folks given a fake personality of a "rich actor, model, singer, etc or businessman" who is going to other countries to promote our filif fruit fly IQ☺☺☺ culture. Well, they got some freedom to buy some stuff others may not have on 10-900 times lower income, but since every choice is remotely controllable, their freedom is fictional. This spy agency violence can ☺☺*lovingly tenderly gently kindly*☺☺ end fast, once the people of the world vote for immortalism, so instead of using *"violent thuggish content"* promoters to exchange info among spy agencies, we exchange longevity info with all via Immortality *for* All scientists and *gentle tender soft nurturing graceful* serene universal *loving kind* honest eterni music singers and use those people as "spy info exchangers". Why pollute the internet with music that perpetuates war? And movies? Eternal Altruism Inc can end the 'aristocracy' of actors, singers, sportsmen, models who terrorize the human quantum field… without even realizing, since War Dept will be replaced by Eternium. The real 'aristocrats' in every nation are the spy agency and military who use these "positions" of "celebrities", CEOs of 3 million bigger businesses, etc to do their aristocratic work: at gunpoint their way is imposed on all, so it's not "they are 100% fake aristocrats", they're to some extent, partaking of the crazy system, supporting it too sometimes.

Tons of models *(d moles, the spies)* would appear regular (not gorgeous) without the makeup, skilled photoshop photographers, stylish clothing, if they just walked around town. The more important thing though is not that *they're not more beautiful than average sometimes*, but that they're often, due to brainwashing since birth, pure evil, the *ultimate psychos, terrorists, gunmen/women,* Nazi officers like daily beaters (using microwaves, lasers, tasers) and torturers, and *serial killers*, like the very top of each military itself who set the tone for everything. *People forget some of the deadliest spies, who contributed to thousands of deaths, were sweet talking ladies, who seemed "nice and hot" due to hiding their nature perfectly. A model, actor or singer*

(or a 100 other professions) can seem a nice lady/guy to the naive not knowing what to look for (tone of speech in public interactions, movies, SONGS, it reveals EVERYTHING), but a devilish torturer and serial killer can hide behind the sometimes "hot look", a "gentle pastor", etc. These people spend decades to perfect their ability to present the opposite of what they are, to not arouse any suspicion. They can be aristocrats and fully conscious beastly hyenas fully aware of the torture they do. Not torture thru music only, but a LOT more than that. *Like Osama Bin Laden, just hiding it, so well,* like Jesus, the blood drinker, miracle faker, and the Zion Elders. Satan presents itself as an angel of light, beautiful, attractive, but behind, he or she's loaded with guns, tortures, is like a crocodile versus a future 800 year old human (verses 8-40 of Immortalist Anthem) and uses the most violent music, movies, tone in movies to destroy the entire planet, either by co-creating it or promoting it on social media; he has no concept of eterni ethics. Other fakes include fake *CEOs*: they're spies/cops part or full time, for all big companies and even for 50-500 employees companies in more sensitive fields, which are really most these days (janitors can be remotely controlled, as their business is pretty simple, though janitors, cleaners, can be spies who place listening devices), fake *priests* (informants, spies). Vatican hires foreigners as priests, cardinals, bishops, they're all spies. Every *church, mosque, temple anywhere* is a *spy base* for the *country* of origin or even another country that setup the denomination in the "origin" country thru their spies. We live in a society of such dishonesty and deception, that World Peace is difficult, as no country trusts other countries and 'everything' is pure lies, Jesus too. Once the whole scam is exposed, people will want to achieve World Peace in 3 months more. Now, imagine, if locals are so evil and such liars, what can be those seeking asylum, illegal entry or "scientist" on J-1 visa, priest, etc: not all are what they claim to be, so *they too can be loaded with exotic weapons and be serial killers*. So, not all rich people are "rich", some are gov spies who use their 250 lineage of 9 generations of spies (from Britain, who joined USA, etc) to play the rich game, since it's more fun or better for some special mission of catching foreign spies. However, not every "fake rich" is poor, some are descendants of the British aristocracy and others (George Washington friends, imperial supporters from various empires etc) who simply created the army and all spy agencies to perpetuate their control, i.e. *they fake they're "*poor faking being rich*"*, if you can believe that. Housing will make it clear to you: not all rich people are fake, some are rich and want to maintain aristocracy, due to not caring about longevity or 500 year lifespans, since it "takes too long" in their 0 IQ brains for us to reach it "anyway", so why bother trying *(if it may only happen after he dies in all likelihood per his models of human evolution, no soul exists)*, just buy big houses and big cars and die at 90. People want fairness, immortality capitalism, so it will definitely come one day. It's a little complex, not so black and white, but a billion shades of grey too. The real aristocrats need the 'fake aristocrats' used to destroy various groups or all groups of workers. "Smart" system, check out the "music" they give the workers to completely destroy them. The celebrities are effectively

tools of the US government (like they're in other nations), who're to a great degree fully conscious CIA agents, etc willing to be complicit in the genocides of global torture by the US government, complicit in the half a trillion violent assaults US government does on millions of people each year, sometimes 15348 a year against one person using various devices. Their music reveals this fact to anyone who still has a functioning brain after RF blasts by US terrorists. Listening to their depraved music/movies is an act of genocide in of itself, as is supporting them. This only confirms what tens of thousands of pastors say to church goers every year: "*avoid celebrities and their music, etc, because they're evil or their music infernal*", etc. The pastors know celebrities are making that music up to be silly on purpose, to catch bad guys too, besides social engineering wanted by whatever spy or cop agency. In China, online grandmas put a beauty filter to look 35 years younger and wholly different, to sell stuff. Daniel Tammet claims to have good memory, though possibly 100% youtube publicized savants are fake spies using that 'savant' as a cover to pretend they're only into numbers of whatever they're good at, like some claim many had skills develop after a brain hit (new connections after brain trauma).

4.1.9.19. ►►►► fake *religions*: *to take over political, financial* power over time, as politics and religion were highly fused in ancient times; *to enslave, vampirize an area or country* (or use for many purposes beyond prositution, human trafficking, Mengele experiments, organ harvesting without people even knowing it happened during a fake 'medical procedure' *(we don't know what stories of torture or harvesting are true though on wikipedia, just giving an example, since Chinese say they always ask for 'written consent', yet getting someone tired, injected with some drug to sleep and feel nothing, using gadgets to mimic inner voice to implant a thought (or dream) as one's own and forced confession (torture until you lie you did something you never did, so they produce a fake tape) type sleep deprivation work well to create consents). This slavery is made easier* by fake religions teaching "accept suffering and abuse like Jesus or etc, don't fight back, *don't use any means to defend your life, longevity,* etc, be a cattle (guinea pig?) or slave", don't use even nonviolent defense that requires way higher IQ than typical soldiers, very high level of education, not brainwashing we see in many anti-tech (no electricity, phones, cars, etc) "chariots that damage the brain like concusions do due to poor suspension vs cars" *anti-* science *religious denominations*, though some cults may be fake with all/many faking it to use that 'identity, low IQ, way of life, beliefs' as spy cover); they can use 100s of denomination or pop culture fake *'teachings'*, fake *'truths'* to enslave, such as "do not lend with interest, so others can have no competition when creating banks and lending with interest, making huge profits with little work, so they have time to start wars" etc and other predatory parasitic tricks; any/all clergy of an organization or denomination can be spies who pretend God chose them as intermediates to God's Grace and truth, the ONLY truth or best, *no thinking allowed, just BELIEF without any evidence confirmed by 50 sources for maximum accuracy;* confession to gather info

and use it against locals, etc) based on *faked miracles, spiritual apparitions* (that didn't occur, all lies by paid 'witnesses', Mary, Buddha, Krishna, Jesus, angels, to loot/enslave people or 'apparitions' happening due to folks being a naive robot believing holograms/sounds made with lasers, hidden tech are spirits, ☺☺☺or 'apparitions' made up to pretend one is gullible or a believer in a religion common somewhere, to blend in, avoid being killed or discriminated against, or reduce violence by creating fake myths violent gullible people believe in, or provide cover for espionage as done for millennia thru 'religious entities', 'temples' etc) *and/or events, tons of fear-guilt* (original and/or other sins, fixed only by one organization, denomination, guru or messiah) for maximum manipulation, sleep disturbing (see #6 method),

4.1.9.20. ►►►► fake *inferiority complex*: pretending they can do what lay people can't to make you feel inferior and to manipulate you since you trust people who 'do such amazing things and listen to them', such as astral travel, talking to spirits, read minds (they got info from elsewhere or implanted the thought themselves via gadgets, silent sound etc), visiting Heaven)

4.1.9.21. ►►►► fake *health* issue: back pain they create, then they have you go to some fake healer and it disappears, since they stopped causing it with a gadget, not because of the fake healer): just another way to mind control; they can cause also real health issues, by their weapons and suggestions of drops, etc like (dry/red eyes, etc),

4.1.9.22. ►►►► fake *medical device* or company: *or with some real healing function too (using synthetic "telepathy" without engineers knowing where ideas came from and the dual use hackability of the devices)* with dual/extra purposes than stated, *turned on remotely to "kill/damage" people*, changing *medical scan pics/results of medical/etc devices*, the operation of devices so it harms not heals, parameter changes to make device useless or map, damage eyes, brain for better mind control, using "healing an issue *they created via secret means*" as a cover for more damage/mind control (posing as saviors, helpers to win trust/manipulate), shipping look alikes or replacing them at USPS/UPS by spies to give fake medical data, twitching of an body area at night to disturb sleep, overflowing mind with ideas for irregular sleep hours for mind control, or slight pain or dryness of any area, eyes, anus, dream harassment using gadgets), or sending people to pretend they're healers to relieve the discomfort (the gadget is turned off, after a few years/days of turning it on now and then, so sensation disappears to fake/*simulate* a healing miracle☺☺☺ *of a "natural" (not man made) issue*), swapping babies at birth so real parent is hidden (women under anesthesia often times, they can't see),

4.1.9.23. ►►►► fake *rituals* (wafer, baptism, etc) for "lowest IQ, science ignorance, fastest manipulation thru simple beliefs (when reality is so complex)", religious mandatory beliefs repeated at each service "we believe in..." (*no thinking, no debate, meditation or questions allowed during service in some denominations, everything is pre-written and some of it cult-like*)

that stifle "critical thinking, questioning everything, scientific progress, believing nothing without evidence, and independent thinking" that have to be repeated (brainwashing) in order to create easier mass manipulation, fake denominations, fake books (written by spies/soldiers) about spiritual topics etc, fake *organizations* (some spiritual nonsense, where they stage events, have people fake their 'leg issue', see details on confirming torture), fake *churches*, all created by spies to further economic/political goals, casinos and strip clubs instead of Immortality Science Parks, gambling, fake lotteries (top ten jackpots were won by people from blue or purple states, except TN, the only time a republican state won and even then it was a third of the jackpot), violent anthems and glorification of killing for easy use of buffer or puppet country as cannon fodder, weird education policies that weaken the civilization, liquor or vape stores to undermine brain function and strong tech building, movie theatres to see violent movies full of negative emotions, comedies to keep people distracted with lies, music lyrics/styles/tones without any aim (that stagnate society or weaken its morality, higher hypothesis thinking and eterni tone capacity), cultural trends that weaken the civilization.

4.1.9.24. ►►►► fake TV debates: As a sarcastic uneterni tone TV host said "most TV talk is 'stupid' & irrelevant, paving the way for a one party state", which could happily be Immortality or Eternity Party, since elections are fake anyway. Or 2 longevity parties, Democrats and Reps renamed or pro-longevity for more IQ if people see a debate, though debate can be within the same party over what policy to implement to help all live to 9000, instead of only some CEOs or etc. The issues are not even the TV host mentioned, it's mainly the lack of World Peace in 3 months focus, and from that all else comes, since without ending war, torture, violence, no real progress is made and all talk of human rights and democracy is a mere scam and fraud. The issue is the TV host is part of the global terror system, whether he realizes or not. The main issue is that 0.1% of TV & music tones globally are eterni, meaning happy *gentle tender soft nurturing* graceful serene universal *loving kind* honest (with a real conscious effort to filter all aggression out, leaving only the gentlest healing tone, as confirmed by MRI of emotional brain centers) less sarcastic and that reflects our ethics and degree of aggression and propensity to dishonesty, war and torture. This real issue is never talked about, since the TV guys who say "TV programs don't talk about important stuff" don't use very gentle tones either. All TV show hosts (the fake lefties or right wing making millions while others get by on 20k a year, pure parasites), presenters, singers, etc globally, journalists, etc are spies of the country, and they stage these debates, shows to inform the public and sometimes polarize people so they feel they made this or that choice and voted. It's all one entertainment show sort of, of kids pretending they want to bring Immortality *for* All, Longevity for all, but behind the scenes planning the next big war. Americans, wake up, all the left and right pundits, Talk show hosts, etc are all spies, soldiers who're just role playing, the so called belief in elections is just a way to console the public. We

got 0 World Peace in 3 months talk on TV, none, but endless RITUALS FOR ALL. They don't debate about how to bring 0 torture, 0 violence, 0 jails (healing centers instead) in 10 years, they don't stop all *mental games, role playing* and get to the real task of decent healthcare for all, meaning decent housing, food, sleep, preventive medicine, biomarker gadgets.

4.1.9.25. ►►►► fake elections: the 25th tool used by the ancient spies are fake elections, since the times of Greeks. They know who wins, since generals, intelligence agencies decide that months or years before. The solution to the fake elections, is explained in the last 3 pages of this section: ELECT POLICIES, not liars, i.e. People Can Elect what Policies to Help Bring Immortlity for All are to be Implemented by WHOEVER PASSES THE KNOWLEDGE TEST for that Position, the masses of low-average IQ can't choose the PEOPLE. You can't have "IQ 70 decide who is 'IQ 180 vs 150' for a job", it cannot be done. A test of job knowledge does. IMMORTALITY IS KNOWLEDGE, for example: will we choose tho focus next 2 years on Replacing all Carpets with LVP to improve indoor air quality, Mitochondrial Immortality and Sirtuin 6 gene editing to improve everyone's lifespan, or on the inhibition of mTORC1 binding to delay aging, do we focus on boron beam jets to achieve molecular changes without nanobots or on nanobots – that's the stuff on TV, not these munching gorillas full of makeup, of rodent IQ making millions a yr by keeping everyone stupid like a snail☺☺☺☺☺☺☺. The election is all the SCIENTIFIC DISCUSSION OF SAID TECHNOLOGIES and their impact on lifespan, nobody can be a News Presenter unless they are a STEM College Professor or a STEM Inventor, Engineer, Scientist with a lot of inventions or papers: we reduce TV-radio programs 50 fold at least to cut thru the rat IQ stuff, redundant garbage that makes everyone stupid like cabbage itself☺☺☺☺☺☺☺. We end the hooligan control of all media. We bring media to the Immortalist Standards. No more demonic violent music, movies and crap. Death penalty for any violent crime. Any educational test and any job test is multiple choice like SAT 2 (even audio if measuring communication skills, what is appropriate response or tone), with no possibility of "subjective interpretation, racism, sexism or any bullshit", no screen sharing allowed on the days of the national exams (1st Monday of every 3 weeks), one's IP has to show and a software prevents any sharing, so no subject expert can allow his best pal to copy answers and get fake grades – exams may occur within the school with no devices allowed, so one can't use AI on phones or tablets to get answers, though the gov can use the universal online system to block all internet access (except the exam site) to all devices within 30 ft so no AI cheating is possible. Every student, candidate searched to be free of e-devices. Immortalism means we have one government not 20000, 11 companies not 33 million, one salary for all Americans from janitor to CEO and President *(out of which a given amount can only be used for food, shelter, healthcare, etc separate so none can buy wine, makeup, etc and have no $ left for basic needs as then they engage in theft)* and positions are given to those who have the highest score at the position exam, and if equal score, the guy with

higher Immortality Credit Score, no election of corrupt "turkey IQ" folks, only filtering out Morons by TESTS. No more "tomato IQ" folks admitted because of extracurricular activities or "prior experience". No more teachers grading anything, everything computerized 100.00% objective, even in language classes, the AI evaluates grammar, etc. That way nobody gives grades to favor one's gender, political belief, looks or whatever. Everything tested, the so called "amazing past experience" on a resume too. No more human bias possible. 99.9% gov officials today would fail the 20 hour test, 4 tests of 5 hours, exhausting ones, because almost none of them know STEM, only bullshit "political science, civil admin and pathetic useless deception, talking BS skills" instead of STEM skills for building the anthem Civilization of Immortals. We poison all kids with majors in stupid subjects like "political science", "economics" "civil admin", "art history", "cultural history of X" (no culture exists, when violent crime exists, studying those savages is a waste of time), etc. Below, logical☺☺☺ gentle kind arguments in favor of ending political parties are presented. No more parties, everyone proposes Policies to focus on to Add the Maximum Billions of Lifespan Years to the 0.4 billion Americans in the next 4 years, all proposals must show the math and lifespan years calculations by each policy. Electing People is STUPID, it creates Personality Cults, makes all everyone focus on appearance and the most stupid things about a candidate. How can people behave like 3 year olds to focus on such irrelevant details without actually having a real test to measure the alleged skills? The Rich control both candidates and the election system is designed to keep the masses as stupid as possible focused on trivial stuff so the rich steal trillions.

Check out a video about Joe Biden June 2024 visit to Italy, and interacting with Italy's prime minister. Biden is a symbol of America's covert rulers, who want America to appear weak (watch Biden ultra slow walk) and to enlighten the Americans that presidents choose nothing, they're mere puppets, watch Biden freeze among dancers, during debate, with NYT calling for Biden to quit, and House Speaker invoking the 25th amendment to call for his removal as President due to inability to perform, with 60% of voters calling for the 81 year old Biden to be replaced with a new candidate, Hollywood donors calling for him to step down. Then he said he was a black woman and elected statewide as a kid. Finally, another comic one just before the hilarious ignoring of reporters. He says he has been in battles all over the world. Biden calls Zelensky "President Putin" and then Harris Trump, and correctly stated that he needs more sleep and ending appointments at 8 pm, maybe try going to bed at 9 pm like George Bush. The epidemic of chronic diseases that shortens lifespan 5-10 years is often due to poor irregular sleep alone, it's known Alzheimer is 30 times more likely if you sleep little and irregular hours. Learn something from these videos, go to bed at 10 and sleep in darkness, wake up daily at 8 or so. Focus on doing quality things, not quantity of trashy things. Better sleep more and do in 1 hour more and higher quality cognitive work than 3 hours of zombie state slow work. Us military younger much

faster people rule nuclear and other responses, Biden is ceremonial, like kings are. Slow old people as leaders is a classic ploy to dupe America's enemies, but choosing someone who is older and much slower (watch 1 min), who evoke compassion, laughter and less anger during meetings with officials. Check out another slow Biden one. Who is the real Commander in Chief? KGB? Don't Americans realize USA is on the verge of collapse or dramatic change? How can we have Presidents like Biden who even in 2020 was half dead? We need younger more alive energetic, non-tortured, well slept, rejuvenated presidents who inspire the nation, not zombies. It's a sign USA is run by sadistic men who want to destroy mentally every American by entraining them with the brainwaves of death and senility. There must be a 50 year max age for any candidate, since people are cooked by age 60. You want a President who can articulate some eterni tone and be rather quick, youthful and alive. First of all, most voters are not 78-81 like Trump and Biden, candidates ought to have, on average, the same age as the average age of the voter, so in their 30s or 40s usually, sometimes in their 20s, but less than 50. Even worldwide, the average world leader is 62, which is a lot younger than 79.5 for the 78-81 2024 duo. Many professions require people to retire at 65, like airline pilots where you need to be ultra fast and agile mentally, very healthy neurally, so how much healthier and agile and functional ought the brain of a nation pilot who flies the nation in the space of the galaxy and history? A lot more than 65 year olds. Democracy means to REPRESENT THE VOTER, HIS AVERAGE AGE, not Old Aristocrats killing millions. That's why we have an 8 year term limit, so we give a chance to younger people. The US constitution is outdated, it needs to state a President needs to be minimum 25 and maximum 45 at the first or second inauguration. Same for Vice President and House-Senate Speakers, governors, senators, representatives. These are important jobs, even if largely ceremonial (100 advisors and spies decide what will be done and the official is the public interface who speaks). Advisors, covert or overt, public or unknown, can be older. But those who speak to the public, TV-radio ought to have the most eterni youthful tones, appearance has to be healthy (not overweight), alive, to rejuvenate a nation. How about old people becoming humbler, helping create an immortalist nation of Immortals (in the long run, in the short run living to 125), to lead from behind like a true Tao Te Ching sage? *Tenderly gently kindly*☺☺ please stop being power addicts, let the young lead us into an age of gentle *nurturing* kindness away from this banditry on TV.☺☺☺

YOUNG PEOPLE SOUND MORE eterni TO OUR EARS, when they try to, due to better control over the vocal chords and the brain, which is bigger (brains start to shrink at age 25 or so). Immortalists deify Eternal Youth attained by slowing aging 1 trillion fold. THE EAR INCIDENT: some people claimed that 1 day before France's July 14th 1789 French Revolution national holiday, July 13th 2024, Trump made a deal for Secret Service Agents, who cover Trump behind the podium after the fake shooting, to hide a little pouch with red paint and put some on his ear

or have a dart of paint be shot to his ear by someone in the back (all videos hide that vantage point, to hide how the paint gets there), so when the gunshot noise is heard, he's placing his hand over the ear, takes cover and secret service folks pour paint on his ear (that's why all 7 agents cover him so well 'against bullets that they knew never would come, since the Secret Service saw the 'shooter' on the roof 20 minutes before the 'shooter' allegedly fired at Trump's podium' 8 times and then was shot dead 26 seconds after', so nobody sees how Trump or agents put fake blood on the ear), and they claim the bullet barely touched his ear. The next few pages have many videos explaining why this, like all elections, was a fake event, since various cops saw the shooter as a suspicious person 50 minutes before "Trump's ear was 'hit'": how come the Secret Service only "shot dead" the "shooter" only seconds after the 'fake shooting of Trump', and not 10-20 minutes before if they saw him on that roof 20 minutes prior, not sending anyone to remove him? Only ☺abysmal IQ☺ people shoot leaders, officials, etc, because the country is run by the military (who never take part in rallies and are not the official 'military leaders') covertly, thru many layers of people, the civilians and public spy agency/military officials are mere robotic puppets who make no decision and whose words and ideas are written into their brains via synthetic telepathy. France has the biggest nuclear arsenal in the EU, the biggest nuclear power plant network of any EU nation, so it is not a coincidence that the French national holiday was chosen for the "shooting" of Trump, since France invaded Moscow in 1812 and NATO (TONA, TONE, HEAR, EAR) could go to war with Russia over Ukraine, as Russia is claiming they're recruiting 1000 soldiers daily in 2024, this staged attack is Trump's way to tell Americans that indeed, aristocrats will stage a Russia-NATO war to kill millions of workers and we need be ready to 'Fight, Fight, Fight' as he chanted after the fake shooting. WW3 would only happen if aristocrats can dupe the masses into fighting, so the rich maintain the terror of 25 millennia. Trump wants the workers to Fight so the Rich make interest on weapon loans and subjugation of workers who produce weapons, fix infrastructure and worker bodies that wars destroy. Do we need to Fight wars? CNN shows the 'shooting' events we saw in videos happened around 18:12 or 6:12 pm, like June 6 Russia national holiday, like 1812 invasion of Moscow. This fake shooting may be staged to deceivingly appear as a veiled threat to Putin (*if Trump is a Russian spy pretending to be anti-Putin*), since 2 days later he announced his running mate, Vice President to be JD Vance, like Jedi (Star Wars) Vance, a former Marine who, as google search shows on the right, on Wikipedia snapshot, received the Audie Award for Nonfiction, again Audible, Tone, Ear, etc, in a veiled threat to China's support of Putin, since Au (symbol for Gold or Yellow Chinese) Die is like Australia and Die over South China Sea Navy battles. Trump could also be a Nazi, Brit, Russian or Jewish spy, who put on a fake cover of 'billionaire' and 'local aristocrat', to end aristocracy or to turn USA into a Russian Empire colony or British colony in the hands of foreign aristocrats. 2 months later, Ryan Routh of Hawaii didn't shoot Trump, but was caught with some rifle near Trump West Palm Beach estate, and this 'wanna be shooter' (FBI cop role playing) is

into housing for all Hawaiians, volunteered for Ukraine, in another fake "incident" FBI created to wake Americans to the reality of the fake Ukraine war where condos are demolished to make space for single family homes for all: note how in this fake war, no evidence is shown of actual dead people after a strike of tobacco/alcohol factory, depraved stinky hotel, and stinky dilapidated apartment complex that needs to be razed and people housed in single family homes instead using the space taken from useless businesses. Trump is choosing to kill Americans with smog from USPS gas cars by talking of blocking 100% EVs for USPS in 2030, since he's a Russian oil sales spy, who caters to Big Oil Mafia in Russia, USA, etc.

From the videos it is clear that the red 'blood' appears only after Trump is standing up again: the agents jump near where Trump is taking cover and obviously spread red paint on Trump ear and face to make it appear like a shooting (gel pack as 100s of people said online), the podium hides the moves of the agents and their sleight of hand so familiar to Jesus the Jewish con. Trump promotes violent crime via alcohol, by hiding alcohol report. Republicans are pure evil, like the Democrats. Oddly, "Joe Biden, You're fired" poster is right next to Trump in the video: watch. Everything is staged so well, to make people support Russian KGB asset Trump superman nature, like Jewish Nazis did with Hitler. Trump may be a Jewish Nazi, "exterminate all gentiles who refuse to be slaves" type of Jew, since he accepted the nomination in his lies full shouting speech at the Republican National Convention on July 18 2024, July 18 is when Hitler published Mein Kampf in 1925. His tax bill adds 6 trillion to national debt over 10 years, while this benefits only the parasitic 50% who spend 1.4 trillion a year already in demonic activities, the entitled "mostly selfish pigs" who make more than 35K in income, with the poor getting 0.8% of income boost, vs 4.4. for those making 440-1000K, and the poor 50% also losing much of food and healthcare benefits ending with paying more than before the bill: it is a genocidal bill of exterminating the poorest 50% in typical criminal Republican style. Oddly, some speculate our Jewish Secretary of State Blinken was replaced by Marco Rubio, who is allegedly Jewish per one comment with 32 likes (the most): Jews having fun slaughtering gentiles via wars on every continent, like Jewish Kissinger in Southeast Asia and 120 million via communism. Jews in Russia want Russians to die in a useless war, Putin gov is Jew controlled, too much of what Russia's strategy is from the evil Old Testament. Russians are too naive to realize the war only helps the Jews, who control Zelensky the Jew too. Russians need to unite and demand Peace now. The govs we have in most nations are not serious about ending violence and war now at all costs, they're just aristocratic terrorists who sit in offices and don't go on frontlines to die in useless wars of greed. US would not spend 1.4 trillion/year in nonsense, if it had any ethics and wanted to bring 0 violent crime and World Peace in 5 years and made that the goal via 22 hours a day on all radio-TV dedicated to that. We don't have and never had a real President, of real substance (only puppets of rich aristocrats), since from the get go, George Washington, British General,

was all about war, espionage, so it went that way. A real President challenges world citizens to spend 25 hrs/week to Bring World Peace in 3 years and 0 violent crime in 5-10 years, encourages all world citizens to give up their infernal lifestyles of selfish 0 IQ, so as to bring a civil world where no human dies due to violence before their natural years, and later the ultra kind Spiritual World of Immortality for All. ☺☺☺ The Cuban 'Jew' Marco Rubio interned for a Jewish Congress lady. Trump's son in law, Jared is a Jew involved in Judaism at Harvard, while Trump's daughter converted to Judaism prior to her marriage to a Jew. CNN analysts found at least 22 big lies in his acceptance speech. Trump's health secretary wants seniors to eat deadly foods, with high salt, sugar and fat levels, that cause strokes and heart attacks: Republican love.

Trump claimed his hand was full of blood from the ear, but pics show no blood at all, indicating the fake blood was placed while he lowered himself under the secret service agents to make himself look protected by God. 13 days later, Trump ear looked as if no bullet hit it, so most people online believe everything was a scam to boost his approval rating. Any little red or anything above ear, can be easily made with help from FBI and special injury mimicking red paste or tricks Hollywood uses in movies. Those believing it was real never watched the 10000 youtubes about how Hollywood fakes injuries in movies. Jew Lie 666, July 18. 6+6+6=18. Jewish flag is 6 pointed star, 2 triangles, 666, the mythical mark of Satan. The wealthy irreligious Zionist US-British-German Jews who puppeteered Hitler since birth, wrote Mein Kampf using him and his 2 helpers and financed WW1 (Ottoman Empire ended, to make preIsrael free) & 2, even Nazism to create Israel. Got it? The 'bad type of' Jews wanted as many 'low IQ' Germans dead (8 million died) while Germans kill as many Russians in WWII (27 million) as possible. Banks start gentile-gentile wars, to dominate both parties well and bring eternal mayhem. That's why the first move of immortalists will be ending all banks. With 20000 Jewish, etc US banks in 1930s, it was easy to con the cannon fodder 460000 American soldiers, so 80 million died in WW2 to create Israel in 1948. The rich banker Jews didn't care if 6 million religious poor Jews died, just as the aristocratic Russians killed millions of serfs they worked to death in the 1700s. Some may have escaped to Israel aided by Jewish Nazis who pretended to be German, where is the evidence 6 million died anyway? What if it was only 0.3 million? Some Jews, who love green, are arguably the greatest Nazis, the superior ones, entitled to wiping out all non-Jews: Deu 20:10-17: all non-Jews can be exterminated per the unholy evil Bible. Read the values of the 'bad less educated type of Jew' here. Protect your nation from these 'bad types of any ethnic group'.☺☺ I love all humans, even Jews, all nations can be brainwashed to be violent via violent scriptures or informed, educated, healed, uplifted via the Immortalist Anthem. Oddly, at the last minutes of the Republican convention, instead of poor folks coming on stage, a Trump clan of aristocrats, his family, came to con us. Why can't poor people get a nice house☺☺☺ built by volunteers of Immortality Building Inc or Habitat.org, come on stage, show house video, explain how sports

are evil not good as Trump says? Because Re-pub-licans don't care, except to cremate us in human sacrifice rituals called wars as Bibles say, *they tell us that they're* Americans, *but many are Jews.* If elected, Trump said "no need to vote anymore in 4 years", as he will change USA, to vote every 5 years? Or become a system with no parties since they're all fake? Why do we have parties? We don't need parties: we elect policies that help all live to a billion years old.

The internet is full of thousands of posts saying this was a fake "assassination attempt" where he victoriously says (watch the 2 min of the 'shooting') "Fight, Fight, Fight", to make Americans support his policies if elected in the fake election. Watch 2 min of Trump gaffes. Everyone told cops about a gunman on the roof, yet they ignored them, knowing it's fake and nobody will die, only noise will happen. Watch his ear after the shooting. Watch it again, and see no damage and FBI chief tried to tell Americans the shooting was fake, albeit in a very subtle way. They had 50 minutes to catch the shooter and they didn't. Why? And how could he hide his rifle in the backpack for 50 minutes? Now, keep in mind no video exists of the nonbreathing (after he was 'killed') alleged dead shooter or the dead nonbreathing (after death) rally guy who was "miraculously" between the shooter and Trump and "helped Trump escape death". Why? Because the shooter was an artifice, he didn't die, nor did anyone. It was a mere fraud the CIA did on the American psyche. Some disinfo agent is shown saying "I saw the guy dying between Trump and the bullets", but no video is ever given. Are you so naive to trust spies? You can see the secret service on the (much closer to Trump) other roof, allegedly "shooting the shooter later (though no such sounds are heard 15-26 seconds after first shot as secret Service testified in Congress)", though it's not clear if Trump was told to cover his ear when he hears the gunshot to make all believe the shooter really hit him; however, his ear appears to have been pierced (take a look at the real or CIA doctored picture, we will see how it is after blood is cleaned and he speaks in public, they will say they used "tissue engineering to heal his ear and make it look normal again as if no bullet touched it". If Trump would have ever showed with a hole (he did not, as we see July 26 pic, 13 days later, there is no injury at all) where the bullet pierced as his tweet claimed, or etc, it's very possible the FBI could have made a hole (like guys with a huge ear hole in ear lobe and a ring) before the shooting, then covered the hole (upper side of ear) with a skin looking material that was removed once he lowered down on the podium, then FBI could have sprayed the surgery hole in red paint, to make people believe in him, "the hero whom 'God' saved". FBI let the "shooter" come 130 meters from Trump, which was intentional, as protocol requires the Secret Service to secure all buildings within 1000 meters. His rifle was not going to even work, if this guy was really intended to shoot, not just pretend so. He could not have climbed the building without FBI knowing, dozens of people saw him 3-4 minutes before the shooting (watch the video down this page of people seeing him crawl, *how come the Secret Service didn't see him* and secure that building a mere 120 meters from Trump? They saw him

but wanted the 'fake shooting' to take place to *terrorize* and *deceive* Americans and make Trump appear as a victim to increase his hero image? Or simply to show how fakery works? How Ukraine war is fake? The 'shooter' was let in there to make it appear real, he didn't shoot, those are fake sounds made by others to make it appear so, the 'shooter' is alive and making jokes again. He got a new identity as FBI agents get 30 identities for 30 missions, see 'shooter' 1 hour before the shooting doing things that would attract anyone's attention, especially with his collapsible rifle in the backpack. Reports indicate a cop saw the shooter 106 minutes before the shooting and reported the sighting. Odd how they took no action. Even 3 min before shooting, the guy is seen on the roof walking and etc. The fact this was a fake shooting is obvious in the way Trump appeared after the shooting in public, with a big white thing covering his ear, to hide the fact his ear is perfectly normal and the pictures with blood (that showed some damage) distributed online were CIA modified pictures. It's obviously a fake shooting, fake election, just gun noise, CIA sleight of hand, pre-rally hole FBI made in his ear, if any hole ever will show up (they will say they grafted some skin from a skin growing lab using his stem cells and fixed it). Watch this 11 second video to see how Trump says "if you wanna see something...take a look" (and right above him in the video, the cops look at the shooter and shoot him).

In some less circulated CNN videos, we see Trump saying before the shots "and look what happened to our country, probably 20 million people, and you know that's a little bit..." and you can see the huge billboard "Illegal immigration into the US" and also the staging of the "injured/dead and use of red paint to make blood appear, all like in a movie set" the huge spike of illegals under Biden, when *Jews, KGB Russians, Arabs, Muslims, Ukrainians, Indians (claiming to be Latinos)* etc came, at the rally on CNN (20 million *illegals entered under Biden*, Jews, Russians, Iranians, Chinese, etc all America's archenemies trained to kill, terrorize, take over, not the Latinos). This shows how perfectly the KGB, CIA, etc control the President and what goes on around him, his every word is typed on a computer by an FBI agent: the president is simply a VOCALIZER. Trump won't deport anyone, he said before being elected that he will end war in Afghanistan, deport all illegals, build border wall all the way and he did not. All deported people come back 5 times, no matter whom you vote. Republican and Democrats are the same people, who Cremate Care Each Year, no change no matter whom you vote, they con everyone, except the *palatial* aristocrats of course. So, the only chance for real change is the Immortalist Party. The Care girl they burn is the worker class, we're the human sacrifice victims of the aristocrats. A guy claims he saw the shooter, alerted police (for 3 minutes per some sites), but cops did nothing, as reported by BBC, etc, fueling theories that cops knew it is all fake (or wanted Trump dead because he criticized FBI, CIA, etc) and let the 'shooter' (an FBI cop who was trained to act like a real shooter) make gun noise by shooting in the air, hurting none? This was staged on purpose to appear with red paint ear or to injure the ear, because it relates to the TONE of

speech, which create Eternal War or Universal Peace. The Secretary of State, Antony Blinken, Aussie PM Anthony Albanese, relate to TONE, NATO, tony, and looking, seeing, blinking, a 'Jew' who studied in France too, where National Rally 'fake Nazi' party won the first round. Rallies (like rock, rap, metal concerts) are the most dangerous events that not only endanger presidents, but ignite thermonuclear weapons in the quantum space of human psyche by the detonation of infernal yelling tones that are the basis for future thermonuclear wars. A real president needs no rallies, which are a grave sin when 600000 Americans are homeless and could be helped by taking all rally goers to Immortality Building Inc volunteering activities of the Immortalist Youth. Not by accident, the Russian ambassador to USA is named Anatoly Antonov, both words contain TONA, NATO, like in TONE. Rally microphones are low quality, poor in amplifying, so speakers yell and reduce eterni quality. Hence immortalists are against rallies. We got youtube, politicians can record something in an indoor setting, free from guns or noise.

Trump was supposed to attend a UFC event on 7-14-2024, according to NBC news and others, but did not manage to, since God didn't approve of UFC perhaps. The President of UFC, 'skinhead Nazi like haircut' Mr. White, who slapped his violent 'thug' wife in public twice in response to her first slap, promoted a slapping competition where the ears of people are completely destroyed (see picture and video of the ultra swollen face of Las Vegas sports approved (by his presence) by Republican Governor Arnold S who relishes seeing America being totally destroyed, like a true Austrian Nazi). Trump and Mr. White are seen walking together, as Trump lends support to the cannibal UFC sports. Not by accident, on July 13 2024, the Royal Blood UK rock band concert was stopped by a weather engineering event done by NATO or someone, since God didn't approve of Rock perhaps, nor of other cannibal violent music styles. Boxing, slapping, etc are 'flea IQ evil' sports where the human quantum field destroyed, and all decent people ought to shun such displays of chimp cannibalism (boxing is pure cannibalism of the ability to produce the most eterni tones). Sadly, French President boxing images and Putin boxing and martial arts videos sink France and Russia into the abyss ever deeper, in an act of blatant brainwashing of peaceful peoples to adore truly mean sports, which Immortalist Anthem finds grotesque, inhuman, evil and horrific. Trump promoted sports via tweets for 4 years, while 50 million live in terrible housing, that could be renovated with the energy wasted in those useless selfish depraved sports. Trump haters say Trump got what he promoted, violent sports, violent gun/rifle ownership for all, but it was staged, his ear damage was done under anesthesia before the shooting, nobody died. Sadly, more ammunition vending machines are popping up in grocery stores, in a sign that civil war may happen one day between Demon-crats and Re-pub-licans or WW3 may be around the corner, so USA is stocking all cities with ammunition for guerrilla warfare in case China or etc invades. It may be time for peace loving Demon-crats to move to Australia, where nobody is allowed to carry guns and gun homicides are 40 times lower.

44 nations have a gun homicide rate 50 times lower than USA. *The news are mostly fake, trying to help people discern fake news from real news, to evolve their intelligence,* critical thinking skills, ability to discern truth in a pile of rubbish and lies: example: *USA had "600 mass shootings" in 2023, do you really believe all are real? What if 50-90% are fake?* Trump forgot 600K are homeless, yet he promoted sportsmen, not Habitat for Humanity Democrat Jimmy Carter promoted. The UFC promoted slapping sport that immortalists would ban instantly once elected, is the epitome of everything that is wrong with USA: 400000 pastors telling us lies that the word of God is slave beating (Exodus 21:20-1), kid beating (many beating calls), slave taking (Lev 25:44-6) quotes, plus 1450 quotes that encourage genocide, cruelty, mass rape, theft.

The Trump folks will build 10 new towers in India, to make more cash via more subjugation of the poor, many media articles talk about the 6 towers and then expand to 10. Trump coin went down in value 90%, but Trump made 3 billion from that, with Trump admin not going after those who donate to his fund. While Americans get fake shootings to boost votes and appear a hero, he builds more hotels that Indians don't need. The shooter (an FBI cop who faked his 'death'?) was given by FBI a fake name Thomas Matthew (big Jewish nose) Crooks, because Jesus had 12 disciples, 2 being Matthew (a Jewish tax collector) and Thomas (a Jew who doubted Jesus 'resurrection')). His classmates described him as a loner who liked to wear hunting outfits. Media articles said he was 130 yards from Trump, then it became 150 yards, in new article, then 150 meters or 164 yards, so ignore these differences. Since FBI views the 12 disciples as CROOKS, who staged all miracles with Jesus help, the shooting is so well designed as a sleight of hand, to remind people of critical thinking. Oddly, when I was in Los Angeles, 2 of the longest residing people involved in torturing me were named Matthew and Thomas, indicating FBI-CIA use these fake names for Jewish or gentile serial killers and torturers they hire. Note how weird this guy looks in a picture, as if he's a little out there? Crooks speech can be seen and heard. During the shooting, he was wearing a grey T-shirt, as you can see from the videos on CNN, etc, with a German Nazi like eagle symbol of the Luftwaffe. *Luftwaffe is a 1935, like F35 aircraft,* founded Air Force, of Nazi Germany, that had 3.4 million pilots and staff over 11 years. Crooks is like Roosk, Russky, Russia, Russian Jewish communists the Nazis fought. He used a collapsible stock, so the rifle would not be seen when placed in his backpack. This is most likely a way to stage a *fake intimidation of Putin (a threat Putin is a target of CIA operatives)* with 1812 invasion of Moscow by France, by saying France, Germany, USA all united against Russia: fake shooting at 18:12, which is 6:12 pm, with June 12 being Russia's national holiday. All so people think NATO-Russia war is real, but the espionage 100+ pages section explains it's more complex than that, read the fake Ukraine-Russia war section of 30 pages. Elon Musk claims Trump was named in Epstein files (as visitor to the alleged "pedophile ring" island? Is that "pedo" true or is that island pedo story a cover for other aristocratic plots far darker than that: enslavement of the working

class?). Trump didn't fake this to 'win elections' as some wrote online, since elections are all staged and military always rules in each nation, regardless of who is at the 'civilian' helm in their one party or multi-party system. They faked it in order to terrorize the American people or to make people aware of TONE of speech maybe (that needs be kinder to reach World Peace) that our EARS hear (in a rather brutal terror filled sick way that no decent person would use), and even possibly to fake that he tries to "*intimidate and give a veiled threat to Putin*" to hide that he's a Russian or even German spy. 'Matthew', the shooter, is alive, as many said on the Internet already, like with other "shootings", they never showed a live video of his dead *unbreathing for 10 minutes* body, like in other fake shootings where at least they show someone holding their breath for 3 seconds to appear dead, if anything shown at all, and nobody died, the 'dead' all got a new FBI job and new identity as with 100s of fake shootings and fake deaths of 'actors' and etc. People are not demanding any proof because the aristocratic criminals running our educational system raise low IQ folks with no critical thinking skills: where is the evidence for any claim? People are so credulous and naive, they believe the media 100%. Demand real proof, real video of Matthew corpse, etc, don't be fooled by Machiavellian bloodsuckers. Matthew was even able to fly drones above the venue multiple times and a video of him on the roof gets blurry after a while to hide that he was not shot, that he didn't die 26 seconds later as claimed, that he was still breathing. It's a pure scam of a shooting, like all thousands of lies Trump says. Americans get lies and millions tortured by the same Trump liar and his team. Most Earth sports are a glorification of the destruction of the workers' brains, intelligence, empathy and of the workers'' rights to a decent single family house for all that would be built out of sports facilities, the workers rights to freedom from jails and violent crime. Slapping, boxing, UFC, martial arts are pure violent crime competitions that Trump supports. Anyone is better than Trump, especially immortalists. UFC is a martial arts 'violent crime against the workers' competition that has no place in a nation of kind mortals or "wanna be 500 year old Immortals". We need to ban all martial arts, if we want a kind nurturing world of Immortalist Anthem.

The most important thing in a civilization is arguably its eterni tone of speech, the sound we create that others hear with the ear, which, can be far more eterni when we have a younger president or 20-30 years old speakers for the main politicians and president, the *gentle tender soft* kind nurturing emotion felt for all in the audience which relates to the intent for ALL (to live to a billion and NOT to be killing some), and not easily conveyed thru one sentence alone. This tone is present in its free for all education, the basis for all ethics and development. So, naturally, we ought to regulate the biggest university and classroom there is, national TV-radio, in order to create the Immortality *for* All civilization all nations look up to. Rallies are outdated, we got youtube, why waste so much effort with traffic jams and such, when all that wasted fuel could have transported materials to renovate houses, build better housing, demolish NRA

(national rifle association), strip clubs, liquor stores, vape stores, gun stores, to build more housing and *even medical facilities for 100000 yearly victims of Rifles, Guns Trump promotes,* etc. The incredibly low filif snail IQ☺☺☺ of Trump is so obvious, when you look at where he holds his rallies, and see how many drones can be hidden in nearby trees, passing cars or areas to fly towards those buildings, hide somewhere and then shoot, to kill anyone even 4 months later, not to mention the area is not cordoned off to prevent anyone with a gun from entering, etc. The secret service protocol is catastrophic, as media reported, like the border of USA, they got rallies that are not gated by electrical fence, 100% opaque 8 ft of fence and metal detector scanning of anyone entering the gated area and all nearby trees, tall buildings secured, sealed, inspected, etc. Trump says something about Any President ought to be in an area that in indoors and inspects with metal detector anyone entering and anyone near the gated building. Thanks to Republican policies, 32000 Americans die yearly in gun shootings or suicides, ***which means about 3 million dead since USA was founded***. This holocaust of the American people is never mentioned by Re-pub-licans. First of all, we got thermonukes which are powerful and guns are useless in today's era. Besides, police stations or army units can distribute 300 million guns during WW3 in case of a need to mount an attack on invading armies via guerrilla warfare and teach all how to shoot fast. To kill another 3 million Americans because "we may need guns" some day, is simply insane. Don't vote Republican, vote the Immortalist Party. We want to inspire the youth, the future of our nation, not move every citizen into depression and hopelessness about the future of this country when they hear Trump yell or lie or Biden yell and make gaffes in so many speeches. Demon-crats need a new candidate in 2024, not Biden. That is why monarchy (UK and Australia have many pro-republic groups wanting to end monarchy), Vatican (75+ people whose brain is at 20% ability of a 20 year old) and democracy are incompatible, as is allowing old priests, clergy on TV regularly to destroy the human quantum field, brainwaves of the rest with their tone and 1st century lies of fake miracles. Humans are animals who unconsciously, without intent or awareness, imitate the brainwaves and tones, ethics, emotions, intents (evil, unhealthy, destructive or healing, wonderful, amazing) of those we see, hear, their body language, quantum signature, biological entropy, aliveness and health. How do we look different than the Mexican violent cartels, if we yell in political discourse?

Trump's Vice President Candidate is a little like Trump in speech tone, with Trump's evil promotion of violent sports, UFC, since Vance promotes staying in marriages that involve violence and a lot of violent behaviors that make Trump look, relatively speaking, like a "saint". Vance real name is James Donald Bowman and many say Bowman, the anglicized form of the typical Jewish Baumann/Bauman, a typical Ashkenazi Jewish last name, is actually changed because, per some theories, "he wants to hide he's a Jew". Jews are married to almost every important US official it seems. Why prevent violence via universally free education with decent

content and 900 nice scripture alternatives, when you can promote *Bible family violence (*read the quotes below when UFC & Trump are mentioned) simply because it's a Jewish Bible? For JD Vance, violence is not to disappear, those being violent not to get lifetime labor or death penalty, (instant divorce due to the danger to society, kids, spouse, there will always be immortalist online kind recordings to replace a violent parent). Violence is, per the 'holy' Republican Party VP candidate, "something to be celebrated, encouraged" like in Jewish Nazism ("Jews are the *superior* race, so genocides against *all the rest* are God's Will: Deut 20:10-17"), in line with the evil Bible 1450 quotes of mass rape, cruelty, mass theft, genocides of any nation one wants, violent quotes they brainwash Americans are the 'Word of God'. As long as gentiles are the victims and Jews posing as 'Whites, Arabs, Hispanics' the perpetrators, "violence is Sacred"? How can any moral government, king or queen allow a murder rape cult that says in the holy Jewish scripture called Torah (part of the unholy Bible) "You can kill all nations you want ("God gives to you"), because you're the chosen one, so go ahead kill, mass rape and loot all nations you want, God is with you" to get the status of religion and oddly, pastors to claim such quotes are God's Word? The people's abysmal IQ, credulity, naivety can't be greater, they have been duped by Jews and Italians for 2 millennia. So, if the Chinese think God gave them all nations, as anyone could according to the Bible if they take the word literally as meant for them (not just Jews) or any convert to the evil religion, they can be true Christians and wipe out all nations with a quantum weapon, except a few people in a capsule? Well, America taught them how to wipe out America, due to the filif donkey IQ☺☺☺ of our leaders, so nobody ought to be surprised if everyone in US dies one day due to a weapon that kills all folks, animals, modifies all matter. The sooner we get the chains of slavery (Lev 25:44-6, Exodus 21:20-1) to the Jewish Bible off our necks, the faster the World can reach Eternal World Peace.

When people read the Bible quotes pastors hide from people, they realize that it would be a lot more productive to make every house a peaceful abode of kindness, than to build millions of brainwashing centers. Is that what America fights for, the "religion" they defend?, the religion of "*You can exterminate all nations, God is with you*"? Is that how we practice ethics, build 400000 churches in America to preach "You can kill all nations, mass rape, mass loot them, you're the chosen disciples"? Is America a concentration camp where Jews destroy everyone's intellect and turn them into serial killers and rapists using filif worm IQ pastors who repeat like parrots stuff the seminary told them? Is that what people died for in the American revolution? How come we didn't write on ethics.gov 340 million American kind positive scriptures (anyone can create something better than the Bible), more like Immortalist Anthem, and all are shoved the Bible at gunpoint in Sunday school, being lied to and not being shown the 1400 bad quotes? Has freedom completely died in America? Are we USSR? Is any American still having any functional neurons to believe in Jesus now? Are we mere puppets of Israel? We sense a very 'universally

kind' vibe that is nothing too surprising, given the mock or real human sacrifice at mostly Republican attended "burning sacrifice of Care" that happens every year in Northern California, since after all America is SECOND to human sacrifice Bible quotes and simulation, Democrat habitat.org house building like peaceful Jimmy Carter is too kind and unsatanic to be worthy of Republican satanists. Bohemian Club is mostly Re-pub-licans who support war, which is human sacrifice. 2700 rich men gather in July each year, even Al Gore is said to have gone there, lots of Lamborghini and black SUVs (see the Al Gore SUVs 30 seconds later). Why did the government harass Alex Jones, of infowars.com for posting videos about the Bohemian Grove Jewish Molek (Baal, Satan deity) Republican cult of Genocide, Murder Simulation? Some Republicans and Democrats want homeless ladies and kids probably in order to have a rich supply of human sacrifice victims (like this guy kills homeless ladies in hotels), now you know why they want minimum pay 50000 times lower than max pay and 15 million empty housing units for 0.6 million homeless in USA: helpless people ask for help and they can kill them to steal organs or do rituals. This is why we can't allow these people to win elections and why we need the Immortalist Party. Republicans give guns to everyone, so they shoot everyone and gun homicide rate is 200 times higher than other nations. The evil ones even used the criminal court system to have Alex Jones pay 1 billion simply for expressing his opinions about the fake shootings Satanists create to terrorize the populace and keep everyone in a state of fear and ☺abysmal IQ ☺: why give guns to everyone then? CNN *(Sin) and* Foxnews *(Falsenews) and everyone else, never cover the demonic activities of Republican frauds who claim to be Christian*. CNN, Foxnews = Satanists? Everything they do is hypnotize the American people into a trance state where violence imagery and tone rule, not a kind tone? Why are all they swearing on a Bible that deifies human sacrifice and genocide? 100000 churches simulate cannibalism in every Eucharist ritual 365 days a year and nobody complains about that 10 minute ritual, yet 0 violent crime, Eternal World Peace in 3 months don't get even 1 second in any church. Jewish Jesus is so "good". Child burning, Jesus eating are like rituals of Canaan Jews who were burning babies alive, we see it in endless wars. How come the Demon-crats never talk of Eternal World Peace in 3 months either? Are they Canaan Jews too? The Jewish Rothschild Banking family is allegedly the one who created Israel. If gentiles die in wars, that's fine? Why is the state even giving status of religion to a cult of cannibalism simulation and fraud based miracles for which 0 unfakable scientific evidence exists? The Machiavellian rich always used religion to fool the enslaved masses, to suck the last blood drop out of them, using the divide and conquer via 2 political blocs of the working class, to control them both, from behind, with the deep state run by the mafia of rich gangsters. The violent psychopathic rich who own US have no mercy, they torture the poor by the tens of millions. These cannibals don't understand equal rights, universal kindness, only elitism. They only create a 2 track USA: slaves and the rich using phony arguments like "freedom of religion". The parasites, traitors, spies, who want to keep USA backwards,

always want “power given to the states”, so we have 50000 education systems, huge inefficiency and eternal fights, getting nothing done except fake shootings and the like: meaning lies and junk for the enslaved masses and ARISTOCRAT education for the vampires. All talk of democracy is pure fraud without equal education access, to the same course content. In some nations centralization of education is far stronger than the US. Honest people know a religion is fraud, when no evidence exists. With chemistry you know it works, you mix HCl and NaOH and it always gives the same result: NaCl and H_2O. Fraud never gives same result, not even once, let alone trillions of times: we got 200 million denominations, sort of like hey, HCl plus NaOH give 200 million combos of products depending on your whim. Let’s focus on ethics not donations.

Blatant lies to the American public and staging fake shootings (not just against Trump, but other shootings too) to terrorize the populace (gentiles) and make people love Trump are encouraged, like foreign manipulators did with Hitler during Nazism in order to destroy Germany and turn all into cannon fodder puppets ready to attack many nations and mainly USSR, the enemy of the aristocrats, royals worried that their reign of 25 millennia of terror would come to an end if workers ended aristocracy. The court proceedings against Trump are staged, to build his image as the superman who defies all obstacles, to gain people’s unflinching trust as Trump fully destroys USA like Hitler destroyed Germany, Trump is not worried about the court proceedings at all, he knows he will never be affected or arrested, they're a total farce, where actually nothing is happening except creating the illusion of some fairness, so the enslaved masses believe it’s all good and fair. People finally realize the courts and all simply are a distraction and scam to make people believe fairness exists, when it doesn’t until these things come true. At the Republican convention 2 days later, Trump was as happy as ever, showing the shooting had no impact on him, since it was all a scam anyway, a fraud he happily forced on Americans, to *traumatize them, raise their anxiety, make them not trust the Secret Service, the government, only the Fuhrer, Hitler (who wanted every soldier to swear allegiance to him) like Trump,* manipulate public opinion in his favor thru pure fraud, just like the Nazis. He's destroying USA, though he may believe he's protecting it. That’s why many want to move to New Zealand, a safer country where no cops wear guns, one of the only 6 nations in the world with more than 5 million people, where cops never shoot people. Others want to move to Australia, where gun deaths are 40 times lower, and only 6% of households have guns, vs 42% in USA. Everything Trump did in 4 years was to help America’s enemies, it didn’t help USA, his promotion of small business and sports lower American IQ, competitiveness, lowered research jobs potential 20 fold in many strategic areas and kept us like violent savages. He's a traitor of the USA who panders only to the rich, the 4500 banks and their interests, a master deceiver, just like Biden, who does nothing to change anything in USA in a real way, to bring true democracy. Why do we need the stock market for? For the rich to loot everyone? Why do we need realtor middle men? For the

Jew and aristocrat to make profits of every house sale, why not have housing.gov to buy sell houses in 2 days? The Republican and Democrat Parties are mere tools of the rich and their 25 millennia long terror. US needs to be self-sufficient, bring all jobs back home, no more profits for aristocrats using cheap foreign labor, bring all manufacturing home to make safe products not stuff full of weapons, bioweapons, poisons and spyware, the rich only perpetuate American dependency on other nations, thru their infinite greed. We need to produce all that we need inside USA and stop imports from any nation that allows slapping, spanking (causes aggression & anti-social behavior), shoving, punching, boxing or has any violent crime. Only then 250 years of genocides done by the rich gangsters who manipulated us will end and we will be the living example of gentleness that Immortalist Anthem uses to bring Eternal Universal Peace. Need a vacation? We discover 500 planets to go to, let the chimps do wars if that's their free will, why waste time managing others while our nation is sick. We don't need anyone's land, resources, religions, keep the Bible in Israel, *EU, America, Asia don't need it*.

We BECOME WHAT We FOCUS UPON.☺☺☺ If we as a society focus on saving 5% on grocery items, that's what we achieve and we surely see that in TV content, everything is about saving 5$. If we focus on living to 5 thousand, then it's a different content than today's GARBAGE. How do you become when you listen to Scandinavian heavy metal music (originated in the US-UK in the 1960s, in order to undermine other nations?), where that style of music is 10 times more popular? Very agitated, lacking tranquility, violent, like Nazis they helped finance (Nazis said 'blonde hair, blue eye 'is superior, because that's what those heavy metal guys looked like) in Germany, with the help of other machos on US, UK, France, or Jews who wanted Israel created as a result of Nazi policies etc. All nations need to gently wake up, it is British blowing by gun culture and wipe out by genocide that brought Heavy Metal to you.☺☺☺ If TV shows us half dead people all the time, whose violent tone is horrific versus the most eternitone, as they have done since 1960, our nation dies slowly, do YOU UNDERSTAND THAT? 1960 was when 45 million Americans got a TV, and when America started to decline as BIG ARISTOCRATIC PIG parasites used TV to drastically lower the average IQ of everyone and the obesity rate started to rise, becoming 4 times bigger today. Do you agree we need to regulate TV and keep ages under 50 mostly and tones of the most youthful quality and gentlest kindest tone and intelligence to educate and prevent violent crime before negative violent emotion is imitated by viewers? We need to reverse aging, to slow aging, to keep everyone speak and act like the healthiest 25 year old, so how do you do that with average TV age 60, or even 70 for some programs? If we kindly *want to live long, we do a favor and service to the older by helping the old to entrain with that YOUNGER energy, but* also a *gentle tender soft* nurturing Younger energy, *not aggressive. This in turn helps* Violent Old Brains of the Era of Insanity *to become more alert, live longer, and give the young more optimism about making it intact to the age of 500.* Are we retarded as a nation

or what is going on? We misuse the technology of mass media, to bring war and violence, thuggery and theft. Studies show if you see old people all the time, you become like them, slow, and sick, as your quantum energy becomes like their biological chaos and entropy of death. It's a hybrid warfare against the American people by the *same aristocratic old 'bastards' who have sucked this nation dry since day one*. To keep slaves sedated, ☺low IQ☺ and violent, thus easy to instigate against one another, (divide and conquer with fake political parties, instead of one nation of Immortality *for* All) they give us this complete TRASH as TV-radio content, so their reign of terror continues unabated. Granted, some people at 70 have the biological age of some at 30, due to them being aristocrats who kill and torture millions of 30 year olds, but we kindly can bring a world where old men military terrorists don't run covertly all our media, elections, TV-radio. It's not just the chronological age under 50 that matters for Presidents and top 100 officials, but the biological age, kindness of their vocal tone, etc.

The leader of an immortalist nation has to be young or under 50, angelic, gentle, tender, with a very big and thus young brain (brain shrinks after age 30 a lot, especially on a junk diet) and the most eterni tone you can find (top 0.01% of tones and immortality credit scores). America's total moral collapse (i.e total control by the military gangsters programming all to be violent) is evident in the fact nobody even said anything about Trump and Biden being candidates, given their 100% noneterni tone of speech and pathological violence of their tone in endless rallies, yellings. In an immortalist society, *Biden and Trump would owe the government already 500 trillion dollars in fines each for their yelling in public*, which incites people to violent crime and war. The bad apples within spy agencies chose Biden as President and exhausted him until he fell and others laughed it off, making USA look like a bunch of idiots for choosing a half dead guy to be President, setting impossible schedules, so he's tired all the time, easy to dupe, etc. This is what spies worldwide does to targets in order to take over other governments. Spies/generals don't play lottery with the policies and who will be diplomat etc, they need to know ahead of time what will happen and can't allow foreign countries to try to interfere with the 'real' elections (it doesn't matter if you have free or fake elections, if military or spies train or control remotely with brain gadgets both parties candidates anyway, people can choose anyone, if military or freemasons control both parties, it makes no difference whom people choose, but fake news always will say 'foreign elections interference', 'voting rights protests' to make masses believe they choose the candidates. The masses spend 2 trillion/year on crap, not caring at all about zero violent crime and ending jails, they're busy with low IQ hobbies,☺☺☺ so it's understandable why they fake elections, the people are not serious about ending listening to infernal violent music and aristocratic parasitic behavior (which manifest itself in all social classes), and would rebel if you took away their demonic music. Unless people become honest, realize religions are fake, most music violent and nations useless, no honest elections will exist.

Many complain about governments, but they're just as evil when you realize what crap they do.

The military chooses the candidates today. It always did. Once you realize that we could have candidates from one Immortalist Party only, with different platforms on how to give everyone a healthy 200 to 90000 year lifespan, etc, there is no need of 2-20 political parties (who fight so much, watch 1 min, and divide society, increase violent crime by subtle instigation), since the main thing is efficiency to do more research, so all get better housing, healthcare via innovation. *Who needs political parties? In USA, it may be the Russia, UK* spies who put on a phony appearance of 'patriots' and act busy 'serving Americans' by changing the maps of their districts, since after all, instead of border scanners, real border wall, to detect weapons, drugs, etc shipped, we waste all time with 20 million books on "how to flip homes (illegal in any advanced civilization) or rip others off or trade stocks or become millionaire in 2 months or years", 2000 TV-radio shows on the same, 4000 useless reality TV shows to keep people distracted from the genocide going on against them, daily news on efforts to '*redraw political districts to win fake elections, voter registration scandals to fool people elections are real*', 'undo the laws passed by previous administrations 10 times in 30 years', etc. Why waste so much time with political parties, just help all have decent homes, food and basic needs met. Parties were invented by aristocrats posing as peasants, workers, etc to fool peasants, workers that now they got a voice and power via the '*Peasants Party*' or '*Workers Party*'☺☺☺, parties that actually phony aristocrats controlled from the start, *just like* Re-pub-licans *and* Demon-crats *have always been aristocrat controlled*. We don't let a janitor, artist or painter decide how to proceed when an issue exists at a nuclear power plant, we ask a PhD who worked on that plant for 20+ years. So, we don't just go in the market and ask *janitors*, "Do we need to switch on button 402 or button 503 to get the main control panel of the power station working?" Please, ALL janitors, people without any physics knowledge, all vote won which button to press to avoid explosion, and get back to me, we decide what is best based on your IGNORANT OPINION and the whole plant explodes, killing 20 million if a fusion power plant in a big metro area. Likewise, the average Joe can't understand how complex the decision making is, given 50000 threats and groups, gangs, 40 million dormant spies, etc that operate in 200 nations and what is best. It's just not possible, if cops tell criminals all their methods and info, the criminals would never be caught, if politicians told everyone how it works and what their next decision will be, next candidate, the enemies will have info to destroy us, block our moves, our intent or hidden long-term plan. The government can take into account what people want for big issues, via online surveys, reviews.gov and other methods, and allow for policies that make it true, but they can't really explain why and how in detail, as enemies of World Peace would get that info to create war. If we're immortalists, all politicians will simply talk and present ways to give trillion year lifespans to all, and 150 in the short run. We don't need a politicians class or profession really, just basic

courses in helping all live to 50000 years old in a nation, taken by science and engineering majors. We have enormous resources wasted with political science departments worldwide, when the immortalism science is nowhere to be found, how do you bring all citizens to immortal lifespans? Why do universities have these useless political science departments? *Don't you realize how* ☺abysmal in IQ☺ *we're as a nation?* We can't even create a scanner on mass scale to scan every container or package entering USA for drugs, weapons, etc. We need Immortality *for* All departments where physicists and chemists develop quantum viral weapons to kill all viruses and bacteria within a radius of 500 miles, even underground 500 miles, to prevent 1 billion yearly flu infections, and another billion of many other far worse diseases.

Check out the fake Singapore democracy, which is how elections work in many countries with a similar 1 party takes all system. Today, *198 world governments at least are 100% controlled by the militaries, elections are fake*. The physics is simple, see chapter 13 too: the human superorganism has learned to detect evil and will help the peaceful☺☺☺ guys bring freedom back, via replacing military with Eternium. *911 was* 80% inside *job,* false flag sort of, if they remotely control the whole thing to make it appear Saudis chose it, FBI facilitated flight training in Florida, etc, like they trained Taliban and Muslims against USSR in 1980s, Israel removed embassy 2 weeks before 9-11-2001 hit, *owner* got *insurance* before, 100s of websites explain the controlled demolition, remote control of airplanes to make sure 'hijackers don't make mistakes', etc, everyone connected knew, generals allowed it, they don't care about US citizens dying, more about human sacrifices via eternal war. The New American century ideas (supported by a doctrine of a military guy Deputy Defense Secretary) explained the need for an event... in Central Asia, then 9-11-2001 WTC came. See more at the PNAC. Cruel generals run the entire USA, the Congress, Courts, elections, every person you see in the media, by remote control of those people, who're often also trained to be spies since childhood. They think the masses can't know classified info and vote with complete knowledge, since if they had all classified info the enemies will also see it, so all elections are 'fake' (Dems and Re-pub-licans role play they're enemies, they both work for the USA), but democracy can still exist in 1-80% form with partially or fully fake elections, since those who do it can work for the people (*if true patriots, not cruel generals making eternal wars*, 80% if *the smartest and kindest use the best resources to help all, instead of the most illiterate, selfish and clueless deciding too much for the country and taking the country in the wrong direction, when any field requires PhD level knowledge and is so complex the average person with only high school could never have time to understand*).

All world governments *fake their* elections *to protect* national *secrets; since many times they only need bump one guy 1% to win a seat for a position, they need minimal changes in local elections*. They leave nothing to chance in their perfect acting, *every seemingly disorganized* event in the news, every riot, *fake* disaster of any sort, is as planned as every step in making a

Tesla car: train crash, violence, 'fire due to dry vegetation and strong wind' – when it was arson preplanned (no dead people, # dead fake, people got new identities and new job, faked their death, no sirens went off (they got them tested monthly on every island) fire started at 6:37 reportedly, 6:30 is like 666, on August 8th 2023, 8-8 the Nazi symbol, Josh Green, 'Jewish' governor) to rebuild more fire proof buildings to increase WW3 preparedness in case of China attack with incendiary cluster bombs or future wildfires or simply renovate old buildings or allow rich to buy more land, how easy is to create strong winds using weather engineering? Or light a fire, knowing wind will be strong as they told Maui people Aug 7 etc. Media is making any storm the storm of 2000 years, any drought/fire the same, they can inflate casualties 100 fold, make climate change the reality, to hide weather engineering and weather wars. *True spy* engineering, so more like rocket science, hence the thing is not left to "average Joes" to decide, like in the 1984 novel. COVID19 planned too. *Everything is* different *than the news present it as; this is because the competition between spy agencies over millennia got so high, everything has to be done with* such a scientific rigor and precision, *no mistake can be made, like in building a spacecraft*. With brain writing gadgets, every voter can even be suggested to vote one way and thus an election can be 'real' and results reflect actual vote, but votes are not free, since their brains were influenced in covert ways: simpler yet, they just fake the results. George Washington was a spy, he created USA; so were all the other presidents; they talk in secret codes, metaphors and subtle ways. *Presidents* (& officials, anyone important to national security, etc) *worldwide are spies*, know who wins before elections start, the acceptance speech is pre made, that's why they're so relaxed and confident. So no, they're not businessmen or etc, they're all like Putin: spies, *agents of the local spy agency*. As long as a government really listens to the people and works to give trillion year lifespan to all, secrecy is fine with many, I too believed elections are real at times, but now it's clear they're fake. This is why it's a little odd that they criticize a nation for "less free elections", because they could criticize themselves for not having World Peace in 3 months as the main goal of all political talk. Big empires can loot a lot more when there is eternal war and chaos, riots, so we see that daily? *The whole system runs on terror,* as the torture section explains how they turn people into obedient slave robots who then become their politicians and officials to puppet. People think it's easy to replace the system overnight with a better☺☺☺ one, which is truly possible if people hold a positive attitude, focus on the 11 companies and 3 agencies and the implementation of state/city gov dissolution, etc.

It's a *complex situation:* ☺☺☺*only* peaceful *changes*☺☺ *will lead to a* peaceful *better outcome*. The advent of World Peace in 3 months, and 0 (from 10 billion incidents a year) violent crime in 7 to 30 years, may be humanity's last chance to not go extinct in 10 seconds soon. Because of this, all things that were secret for millennia now are coming into the Light of Truth, before we all disappear. *This is the moment when each soul makes a choice: peace* or war, *kindness* or

torture, WP3 or WW3, World Peace in 3 months or WW3. It sounds low IQ perhaps, but the idea is without WP3 we may get into WW3 soon. Without permanent WP3 we will have WW3, so the only way to avert it is working on WP3 and eventually it manifests. *The top hidden generals (modern day aristocracy) don't care, as only slaves fight their wars of greed.* Without understanding the issue, no solution can exist. Having 1 party of Immortality *for* All or 10 parties makes no difference, since the same spies role playing as politicians of 1 or 10 parties decide the policies behind the scenes, so foreign spies can't know what will be chosen. The main thing is to reach WP3 and maintain it 4 trillion years. The rich don't care, except to enrich their pockets while 80 million die, like in WW2. *They financed all sides of* the conflict... And yes, Stalin was not so poor, he had all kinds of luxuries and was very out of touch, so he expanded the lands, deported tons of Poles, tortured so many and all kinds of stuff: aristocrats can disguise as communists or workers' rights defenders. A true communist never tortures a worker/person of any nation, much less deport millions to expand a nation at the expense of another that didn't attack. Kazakhstan was 80% Kazakh, the it became 30% Kazakh, 50% Russian in 1950s thru deportations, genocide. The 20 million people killed for not being 'communist enough' was simply ethnic cleaning via mass movements to ensure Russian majority in many areas: Nazism in disguise. Communism *was more of a scam, more of a cover for Russia's expansion*. Romania made Malaxa *C1* (like *CIA*) its first car in 1945 and then the USSR stole the factory and moved it to USSR, so, without the knowledge, Romania fell behind, making its 2nd car on 8-20-1968. Brezhnev really liked the *C1* and wanted it in Russia. Russia did similar stuff in other East nations. The USSR took over many factories creating joint Russian-Romanian ones until late 1950s when Romania kicked the Russians out and Soviet troops were kicked out in 1958 too.

The actual choice and/or the reason behind a decision politicians make, is always not apparent, it's camouflaged in phony terms of various laws, rules and vague statements, for the enemy to have no clue; the *law implementation can be 0% or 50% too*, depending on various factors, so it's far more complex, people think a law guarantees something, it doesn't. While individual nations can choose some privacy, we need to all work for *WP3*. It makes more sense to have one law everywhere, instead of so many thousands for every little county and city on issues that are not related to local weather, building requirements: centralization saves time and gives more choice (live to 200, etc) paradoxically. What about a new culture of eternal life for all, new sports and a new food culture based on science, not taste and appearance? People without a science degree, who have not read 400 papers on PubMed about 1 single nutrient alone, don't quite realize how complex reality is in politics too, they think it's much simpler than the ultra complex biochemistry. It's not. We're like a superorganism. One little change in diet causes trillions of changes in the body, so it is with the system, you can't suddenly change everything, this spy stuff is older than the Roman empire from millennia ago. The clever religion inventors

have been at it for longer than Christianity. People can decide in Immortality Eternity, etc City Centers perhaps how to increase lifespan best, and make public only what can't be used by enemies to destroy US, if World Peace is not there yet. So, may all understand open government is impossible when there has not been World Peace and 0 violent crime (instead of 10 billion incidents a year globally) for a few years. Thus, for true democracy to arise, we need World Peace and 0 violence first, are people willing to work for that, to listen to peaceful music with World Peace in 3 months lyrics always until we reach it in a few months or years? and lyrics that define 0 violent crime, etc kindness for all? It's easy to think that a solution exists and in 2 days it can manifest a 10 billion fold reduction in violent crime, but in real life you see it requires a huge effort by all☺☺☺ human beings alive. Scapegoats changing only won't solve anything. Things are so complex, that this book (for 4th graders) only touches on 0.001% of the issues.

This 'divide and conquer' concept is millennia old, to create 2 opposing sides (Demon-crats and Re-pub-licans) and control both, even the clueless remotely controlled Hitler explained (Ctrl+F 'Hitler' to find it in this book) in Mein Kampf that Jews controlled all media in pre-Hitler Germany, both the soft uplifting talking 'Democrat like' 'Jew' (or any minority controlling a nation) at the head of one party and the vulgar antisemitic newspapers and more antisemitic talking 'Republican like' Jew at the head of the opposite party; sort of like Jews or the same guys can control both communist, Islamic, Christian, capitalist regimes while role playing being enemies. Nations noticed this and took over their elections processes to prevent enslavement; when a nation influences another, they control the spy agency, not hack their voting machines. In many states and cities, the same party wins, so FBI has no need to fake anything, any brain suggesting at home via computers or at voting booths; so one party or 10 party systems are very much *alike*, with *arguably* more open debate, public engagement and critical thinking with a multiparty system, *alike* since they 1 or multiparty are *military dictatorships* sort of, i.e. survival is # 1 priority, so military controls all public beliefs (they brainwash all that World Peace in 3 months is impossible), personas remotely and government, courts, etc in all countries (so the freedom in a country depends on military ethics overall), *so it's better to not waste time* fretting *about who* wins, *they* already decided many years before; it's better *to work for* trillion *year* lifespans ☺☺☺instead, but feel free to vote and debate if you disbelieve me. *People are shocked to discover this, but the masses are equally dishonest: they're not serious about* World Peace in 3 months via serene music... They claim to love all humanity, but they're violent or support genocide of innocent people, which war is. This shows that it's better to have a more honest political system with immortality parties, so we all talk about Immortality *for* All, instead of nonsense. Politics debate can raise IQ even with faked elections, as long as no shouting, though real change doesn't come from multi-party system, but from true science, education, *gentle tender soft healing nurturing* universal altruistic loving kindness. If we have only one

Party, the Immortalist Party for example, representatives skill get voted based on issues they represent, on policies they plan to implement for achieving trillion year lifespans for all, or, in more realistic terms, decent healthcare, food, shelter, air/water/transport quality for all. If all citizens submit ideas to the local rep of the Parties or Party, these are discussed on reviews.gov and on TV, being evaluated and those with good ideas can be invited to become reps. Some don't realize it's not the number of Parties, but whether real democracy/altruism exist. ☺☺☺

Therefore, in order to create more fair elections, more informed electorate about the POLICIES chosen (candidates today change what policies they will implement every 3 weeks, so elections are meaningless, since you never know what they will do, WE ELECT LIARS TODAY), in order to prevent enormous national resources spent with election brainwashing, hate and attacks, national division, the immortalists propose electing POLICIES or Plans of maximum healthy lifespan increase for ALL, not *electing* political *parties* (political parties are not even needed, they're a total waste of time to create national division) *or* individual *candidates*. The people will choose the best people for that national change of direction, advertize for jobs to implement that policy, choose the people most qualified for that job, etc. Immortalists propose choosing centralization for maximum efficiency: all state and local governments will disappear to do away with limitless kingdoms, aristocratic mini classes, clans and mafias. Why have 33 million companies regulated by 20000 city governments in 20000 different ways? This wastes trillions of dollars and 50 million jobs in redundant professions and jobs that could be used to bring instant World Peace and global 0 violent crime in 20 years. Can we have 11 companies that are government agencies too sort of and remove the bureaucracy of 20000 governments and 33 million companies? This way we get things done, innovation rise 200 fold, so all can live to 500 in happiness and bliss. Every local office will be federal and a perfect replica of every other federal office, same exact training, since Immortality *for* All Centers in every city, one of the 11 companies, etc will give locals all that is needed and housing.gov etc issue all permits, etc, electronic car titles/registrations (no more physical ones), firefighters are all one department, federal with one training, as well as all cops one national police department. It will be easy, all local offices get relabeled offices of the federal government and the procedures change as one national training and SOP (standard operating procedure) exists for everything released locally, if needed. Too much attention seeking and banditry, ego adulation and guru worship with all these governors, officials and etc appearing in the news and making a big show of it. This is unethical. It's also not secure. The top federal officials in the 'state or town office' of the remapped USA (8 states not 50, see details here) are top secret and nobody needs to know who they are. It's how it is today too, the public personas are mere puppets of the real rulers anyway. The real rulers in any nation are spies, soldiers, etc, the intelligence complex. This way, we protect our village, town, state, federal officials from foreign attacks. Let all do their job

quietly, efficiently and ONE Immortality *for* All LAW FOR THE ENTIRE NATION, with people going to the local or regional federal office to take care of things. There can't be 50 different versions of a law for 50 states. We have no time for that, humanity may disappear soon, now is the moment of Eternal Universal Peace, not phony arguments over trivial differences. We need have elections of what policies to have implemented to increase people's lifespan the most, not elections of individual candidates. The people who will implement those policies don't change every 2 years as in this filif hen IQ☺☺☺ system of eternal political campaigns that accomplish nothing except waste time. The purpose is to bring ~*~Eternal Universal Peace~*~ and 1 trillion times lower real (not reported, reported crimes are 100 times lower at least) violent crime *(*main criminals are local and foreign spies, police and military, as explained here*, they cause the crime thru the criminal aristocratic terror system, education that is not universal, free, proper tone, proper content, bad media, inciting people to violence, etc)*, and help all triple lifespan, not to WIN ELECTIONS. It's the policies, not the messenger that matters. As long as the 4500 criminal banks exist, instead of only one, the People's Bank, Immortality *for* All Bank, stock market, casinos, vape stores, alcohol sales, fake elections have no meaning. We want REAL CHANGE. ☺☺

Think about it, if you can see where the brain or *heart* of a person/nation is and you aim for it, you can kill that person or nation in one shot. That's why people use dark tint car windows sometimes, so nobody can see where the target is. If you don't and you only shoot a toe, then, that person survives. Likewise, if a nation displays its heart and brain and tells everyone who the important people are, they will attract the most incredible weapon systems that don't even need to exist in our country, to attack the "brain" or "heart" of the nation and destroy it. Therefore, secrecy is needed. We aren't that ☺abysmal in IQ☺ to tell serial killers in other nations how immortalists make their decisions and who our top leaders are, as they would target those to destroy our nation from 4000 miles away via *weapons people don't even know exist*. A few diplomatic people and top officials can exist, for the sake of interacting with other nations, but those are mere interface and not the real leaders. Just choose the policy that increases the healthy lifespan years of the entire nation by the largest amount: 2 year for 350 million, not 10 years for 1 million aristocrats, since that's 700 million lifespan years, not 10 million. Why? Because when 350 million achieve 1 year longer, they will create more inventions that will soon give all 350 million, including the 1 million aristocrats, lifespan of 50 years longer, not just 10. It's the power of the nation to innovate. The Immortality Credit Score (*whoever scores highest contributes the most to human lifespan increase of the entire nation and human species and is thus worthiest of elected office, not who gets most money from gangster aristocrats to brainwash the slaves with fake TV ads*) determines who is invited among 350 million to become director of a certain office or whatever: elections choose policies, not people who will implement those policies. The part of policies that are safe to share with foreign

nations who may not be immortalist yet. Then, they will take a small exam and out of 500 invited, one is selected to be top person and then others for other functions. We already discussed how all elections are fake in all nations and how people are being lied to that they choose candidates. People choose nothing, all candidates are being prepared for decades with or without their knowing by the local spy agency via training to be a spy and become an official later, using the cover of "a politician, engineer, doctor, economist, chemist, etc". The ideal of 'free elections' and all these things is not possible in a world of eternal sabotage and eternal war, any information about leaders and such is used by the enemy to destroy the nation, to corrupt the top officials, to target the top officials with quantum, microwave, infrasound, ultrasound, psychotronic weapons, ESP weapons, etc. Most people don't understand the world is in a state of perpetual war, sabotage, and violence, behind the scenes, while seemingly peaceful, except 5 areas of "active war". No, war is everywhere. And it will be until ~*~Eternal Universal Peace~*~ becomes reality and violent crime goes down 1 billion fold. Thus, for the sake of national security, we can't waste time to have 2 sets of leaders: the front people who choose nothing and lie to the people that they're in charge and the real leaders behind the scenes who're today 100% hidden from public view. Are people so filif bulldog IQ☺☺☺ to believe that the front people are the real leaders, or that the presidents or governors choose anything? They're mere puppets and front men, like a front company for CIA stuff. They choose nothing, they're *an interface between the hidden government within the spy agencies and the people, mere* PR (public relations) people for public view and confusing foreign enemy spy agencies. We're focused too much on talk and nothing gets done. It's like that in *all nations*.

We can ☺☺*lovingly tenderly gently kindly*☺☺ argue that there is often a little too much crap on radio and TV in shouting tones. It is, perhaps, time to become one family, one country with infinite efficiency and 0 waste, so we can discover how to prevent the 10 second end of humanity fast. All education centralized and free from kindergarten to PhD, with 100 times more critical thinking, research. It's not wise for states, cities, agencies, etc to display pictures of who certain employees and officials are. Due to the enemy being able to destroy our country's brain and heart. People are naive. For these reasons, when the Immortalist Party selects candidates who know the native language and English, to promote science of longevity awareness, since most longevity papers are in English, to uplift the English speaking population (1.5 billion) out of the 'satanic violence' trance militaries have gotten them into, the speakers who're used for TV programs may remain top secret and an AI may be shown, not the real person, to prevent quantum attacks on those people who try to destroy the nation by the vocal sound, as the CIA criminals who attack the throat of others, their brain, heart, etc. Did you know the British parliament House of Lords is not elected? Check out one aristocrat family today. Is Britain a democracy? See the results, train travel for example. In 2019, for the same money, in UK you got

a free ticket on one route, in Germany free ticket on all routes for a year. Trains are used by the poorer people, so it's neglected. Do you wonder why the US, a UK colony, has such good train travel too? Maybe our elections are fake too, like the House of Lords, in a covert way that is. For 100 years America's second most spoken foreign language was German (due to Germans immigrating), but after the 2 world wars by Jewish Bankers and others for creating Israel, German was banned from US schools, while 80% of American penises were trimmed per Jewish rituals of circumcision, things that happen at rates of 0.1-0.3%☺☺☺ in many EU nations.

For 100+ years, Germans were the most common or 2nd most common ancestry, explaining some of the differences from Britain and the vast support among some companies for doing business with Germany and supporting the Nazis from behind the scenes, which was fine for US Brits, as it provided the environment for ending Germany's power in Europe for a while. Like it or not, much of the shouting of Hitler-like tone is present in many churches today, due to the lack of emphasis on *gentle tender soft* loving kindness and *nurturing healing* graceful *compassion in the German and British cultures (50% of ancestry of USA people) of 20th century and before, thanks in part to the national* takeover of these cultures by the Jewish Bible with its violence. The reason USA is such a Nazi state (fascist, Demon-crats being just as right wing as Re-pub-licans, just covertly, while publicly they claim to be left wing) is in part due to the 25% of Americans having German ancestry and working as one to keep it that way, with ample support from fellow Nazi Brits and Nazi Jews (Jewish race supremacists). It's the Anglo-Saxon alliance for world domination. It's that typical disdain of brainwashed Nazi German officers torturing non-Germans or non-Nazi Germans to death in camps for not saying Hello or saluting the "superior race German Nazi officers" who were well fed and laughing while killing millions. The Nazis were damaging babies with a dagger in gnat IQ rituals. Apparently, Russians were also taking part in torture of Germans, after they won. I'm not advocating for German language (illogical to conjugate so much, English is much simpler grammar, so it won). I'm all for English or one world co-created or co-adopted language. I'm gently presenting some reasons for WW1 and 2, some of the dynamics of Israel creation (Jews infiltrate gentile governments to promote their interests just like other nations, this is a fact true for *all nations* and Jews too, not an antisemitic sentence), by ending Turkish empire in WW1 and then the Holocaust leading to all moving to Israel, Israel spies taking over USA mega churches, health policies and promoting national circumcision and Jewish Jesus as savior. The UK (and EU/Russia governments which all seem Mossad puppets) infiltration by Jews is very deep too, hence UK is an ardent supporter of the fake unholy Bible spreading. To gently prevent the 10 second end of humanity, we can argue perhaps, in a very tender way, that we urgently need to end torture, cruelty, as in "circumcision, wars, and having 7000 languages", so we all hope humanity will take the best out of every system and bring Immortality *for* All. The language we speak is irrelevant, it's all whether we live

in Eternal Universal Peace to the age of 1 billion each. To keep the gentile a silly subservient rat filif IQ☺☺ animal, the bad type of Jew will put on a mask of being Christian pastor and patriotic American and bring slowly his 'religion' at the forefront, turn all music into the like of these quotes too and the tone of all music too. He will slowly infiltrate the military too and turn it into a Jewish violent quotes via lyrics spreader. The 'Battle Hymn of the Republic' is the evil, anger magnifying, merciless crushing cruelty deifying, diametrical opposite of civilized songs like "We ☺☺*lovingly tenderly gently kindly*☺ work to bring Eternal Universal Peace, and Immortality *for* All with a grace and healing softness, compassion for all humans a trillion times greater than that of the most loving mom for her only infant baby" and other Immortalist Anthem ideas and lyrics free from any violent word or negative emotion. The pride and aggressive tone of military music and civilian music of US brainwashed military ensures USA's rapid downfall, as "it needs to fall, for Greater Israel to become # 1 as Israeli soldiers wear on their uniforms. (David's empire did not exist) The military, spy agencies in 100 nations have become more of a fanatical Jewish violence spreader, than a supporter of Peace and is a far cry from the ideal military that doesn't exist anywhere on Earth. It's perhaps time to replace them with Eternium and the Immortality *Nurturing* Agency. "0 IQ gentiles, kill each other, 100 million dead in 2 world wars, to create Israel, Jewish banks will finance the wars". Why do we need 4500 banks in USA? More wars to make Great Israel? Germans were too low IQ to realize the government was to a great extent, Jewish/British controlled. The Christian church is promoting Judaism in disguise? Are Christian Churches merely outposts of Mossad *in disguise* promoting Jewish supremacy? Why is our military promoting Christianity, the violent Bible thru such violent songs? Why was the first Pope Jewish and were the others secret Jews too more often than not? People of the world, too naive and busy to question the wafer ritual, do it with zealous joy. Why? Given the Nazi officers entrance into the US military after WW2, when Nazis were recruited to develop weapons, makes us wonder if some of Nazi vibe mixed in with Jewish Nazism ideas (Jews are superior) and the Bible violent quotes, to give us the "eternal war" vibe today that is so antithetical to immortalism and Eternal Universal Peace. To create a lasting peace, we need to learn from the mistakes of the past and realize there are better trillions of ways, that involve no war, violence.

4.1.9.26. ►►►► fake *ideologies*: communism (a little about it here), nazism etc) to create proxies or fake governments to invade, loot or take over all state or private companies, controlled fake *opposition* (fake parties playing enemies, control all, or fake dissidents criticizing the one party system, etc) and fake animosity, social engineering programs, fake *mafia*, terror groups or gangs, fake *corporations*, bought academia, weak food industries, weaponizing everything for their antilongevity anti Immortality purposes. Even gay and abortion rights can be distorted and used to depopulate a group (fewer kids over time) or nation and take over a country; frequent abortion can cause health weakness, cancer; excessive sex can cause health

problems too and also steer society towards romance (everyone seeks a one night stand or new affairs) instead of the eterni music vibes of *universal* loving kindness and advanced science of living to 150 or 900 later and defending oneself against evil influences (music, media, TV, etc, "Sex and the City" ☺☺☺) seeking Civilization of Immortals destruction or weakening; all useful to death worshipping country; any religion, idea, science study etc can be faked or weaponized to undermine a group within a Civilization of Immortals or the entire civilization.

4.1.9.27. ►►►► fake *versions* of historical "events" thru history book writing, inflate or deflate 2 to 900,000+ times the casualties in selective conflict zones of a wider regional or world war (pick and choose what fits their interest, that way they can play victim to be treated ultra nice wherever they go, nobody could verify, no satellites until recently, even today, they can *bomb empty buildings to deceive satellites* and fake war among 2 countries to deceive a 3rd country, so the two can take over 3rd country via a proxy, new ideology, "militia" or "popular revolt"; in old times you needed 1-5 months to go verify by foot or horse in every village damaged of the area if a battle took place as described in a report (to give time for a country to undermine another by fake reports); hence today war is sneakier and more covert (hard to verify) with COVID19 (or any "unknown time: past, present, future" lab created hybrid (partially fake depends on location) swine, bird flu, HIV, Spanish Flu like epidemics as *cover for mass preparedness in case of a really scary epidemic (Dr. Greger made videos about such scenarios) or a biological world war, immunization against potential bioweapons of world war 3 said country may defend against (if another country started it) or may use against others not immunized to lower IQ, brain damage, weaken health, or exterminate*) from labs (hence US says China released it, and viceversa, who used telepathy gadgets on who), because what happens can't be verified by satellite, which deaths are fake, who released the virus to weaken their enemies or do selective extermination of anybody unwanted, do selective chemical, EMF (like weapons can cause leg twitches, heart rate rise, same can be done with interfering with breathing, body temp or coughing to simulate any symptom of any disease, to manipulate people) or bioweapon or infertility☺☺☺ vaccine testing (no worries about permanent damage in 1-2 billion people, 10 year shorter lifespan or lower IQ for control, etc) on "disposable citizens of various countries" while telling them lies that they got COVID19, or other diseases they planted in products (refining the lethality of various weapons by testing them, creating 300 versions of COVID19 *for various uses, RNA viruses mutate,* so there are 1000s of COVID19 versions), medicines, foods, eyedrops, COVID19 swabs/tests, vitamins shipped via mail, products, foods they placed on shelf after they brain controlled you to go to that store offline or online and pick up that product etc.

4.1.9.28. ►►►► fake *vaccine* development dates: i.e. plan a pandemic 15 years early (*a group of countries, maybe also to lower emissions or slow population growth, among other goals mentioned here*), then claim vaccines were developed in months, fake export of vaccine, yet it is

not be the same or as effective against a bioweapon or lab made fake pandemic, fake=unnatural or lab made, etc or fake import of vaccines and say you administer it to your people, but make a look alike and place your own vaccine in it to deceive the exporting nation; fake studies about side effects, to simulate a really spontaneous (when some don't always work, so then few use those) development of vaccines and hide it was planned for decades. If you got a belly or want to not crush internal organs when sitting, try wear an elastic belt, 24-7, like me, so you can breathe easily and not think that you got COVID19. A nation can easily assign deaths from other causes to the virus, just as they plan Covid19 for years as they did. None knows which old times (or virus or sonar-microwave today) battles or labor camps had real or fake casualties.

4.1.9.29. ►►►► fake *history* of religions, wars and countries: (to go to 25. fake miracles, click here, since next 5 pages deal with some general ideas about religious brainwashing) They make fake videos: tons of photoshopped pics put together at high speed, fake *sound* added using AI to reconstruct some old accent voice, to create a fake video of some old or newer battle.. Some of the methods are described in the section on nonkilling. With photoshop for fake *photos*, see example, fake *papyrus* paper, fake stone inscriptions made after the fact, fake carbon dating, fake deaths, birthdates, so people worship a "killed" (still alive) person more, fake witnesses telling lies, fake old books creation, forged books, fake "physical evidence", historical naratives created about non-existent fake history events, video editing, control of media for eons, unethical people/spies can, today, as in ancient times, create any fantasy they want and call it fact or "science fact", even have people worship fictious beings they create. Religions are almost never (except a few subdenominations, CTA, MTA, Ter, Turing, CPL, unknown to 99.99% of people, appearing recently only due to science discoveries) about empowering or freeing people with a happy life of a trillion years old in this world (a trillion years is not Immortality anyway), but always about soul Immortality only. It's also not much about freedom in general, not just freedom to live to 2,000 or later, a trillion: you have to do endless rituals, obey ☺☺☺ the guru or clergy at all costs no matter how wrong he is, etc, except for a few religions. The benefits of the religions that came to be are explained in the next few pages too *(*since not all people involved had ulterior mass control motives or aware of how much good their little trick would lead to), but here are the downsides: it is not about housing the homeless by ending the huge list of useless stores, etc things here that use materials. It's often about begging, renouncing all wealth, all thinking, obeying the clergy, giving all cash to the religion founders or institution, afterlife payments (to avoid purgatory), guilt, antiscience, everything to mind control and keep people clueless, short-lived, "enslaved in low IQ" and the homeless as homeless as before too overall. Critics say religious charities help the poor, sick, things that any humanitarian group can do too, they say Neolithic people could have never imagined we could live to 9 million, which is true. So why don't religions change themselves today to free the people?

Our species created religions in its quest for hapiness and understanding, so as we evolve, they will morph into more freeing expressions of deeper knowledge. We have given up massive coal plants, centralized power generation, and allowed distributed off-grid/on-grid solar to slowly emerge, why not move to the open source era of democratizing religion too, not just energy? With youtube, a phone to record a song or online venues, people can create, individually, content far superior in tone (and sometimes even content) to many clergy if *serious about it, since clergy is so busy and part of the historical inertia, they have no idea* what tone they use during sermons. Is it that gentle tender serenity bringing soft nurturing and healing? Clergy often repeat the ☺☺☺ same "15 min Eucharist" 365 days a year, not knowing with a prerecording, they would make something 300 times higher quality in tone and play it for 30 years or find a version on youtube with 100 times better tone on the day's topic. A light went on in the soul or mind of humanity with the printing press, which democratized knowledge and education somewhat, and then 5 centuries later, Internet appeared, allowing everyone to have a printing press of their own ideas, write a book and publish it online, etc, youtube appeared, allowing the billion fold increase in innovation and free thought, making helpful videos for others who google a "how to do this" topic on youtube, etc, and the most healing tones to reach the most eterni starved ears *that have not heard it for millennia, as TV-radio has almost none of it usually (*in many areas, TV-radio has not even 0.01% of an eterni tone song like Enya's gentlest songs) and it's only present in very few places of worship; this could spark something greater than the renaissance and industrial revolution, a silent discreet transformation that brings technologies we only dream of. Who controls religious institutions, the "free" media and who engineers our cultures? What is their motive, intent? What about addressing the real causes of the conditions (culture? of death, *anti-*Immortality*?)* their charities focus on (often insincerely, as a cover or to do what everyone does)? There are many selfless, sincere low level people who don't know the big picture of social engineering via religion, etc; but religions also maintain ignorance and war by the very theologies that antagonize groups of people; war shortens lifespan, ignorance shortens "lifespan and ability to understand God". Lies repeated 100s of times become "facts", as with fake news today. Can we think before accepting as true rituals and miracle stories so common in all major religions? Was it all spirituality or some dirty politics, psychological warfare and spies mixed in with it? Why did some teach so much about poverty (Christianity) and begging (Buddha was a rich son of a king, one way to maintain and expand wealth is to teach poverty and begging, and expand a religion over many countries)? "Why was Islam so focused on taking others' property (theft) in pillaging via wars, tax on infidels, etc?" is a question found in many religion critical analysis texts. Christianity, oddly focuses on this Jesus who died and was tortured, so if people love Jesus, they're conditioned to emulate Jesus, welcome death and torture, as if some military strategist needing useful 'low IQ folk' "cannon fodder", wanted to create more "kamikaze" soldiers, since the guy creating it wasn't really into World Peace

without war, violence, threat, torture, intimidation and nice speech.

Jesus or the gospel editor says "*I have not come to bring peace on earth, but* a sword" (Matthew 10:34-8). How peaceful is that or his attacks on many people in New Testament, when Infinite Love☺☺☺ would display the most evolved *gentle tender soft loving kindness* and *nurturing healing* graceful *compassion* for nanobaby souls? I read many book excerpts and articles where scholars are asking many questions, such as: was any religion founded by rich people who paid some to create fictions, to maintain their control or expand their empires of wealth? Conspiracy theories abound about motives of many religions and denominations that are odd, the founders or editers of the religion scriptures or spiritual philosophies seem often more concerned with people giving money to the organized religious entity, gurus and others (than with the people living to 500 in peace and harmony) in exchange for "eternal paradise" for which proof is weak. Why bring paradise on Earth, expand health and lifespan for all, when you can just beg and/or give money to the group? Like those "end of the world" cults where guru says "sell everything and give all cash to guru", because in 5 years the world ends. "End times are near, baby, so better give all cash to us; sacrifice all your wealth and time for us, like Jesus did (did he?) sacrifice himself, for we'll sure save you from a long life, and shorten your lifespan so you go to eternal lifespan faster; we won't do research to figure out how both of us live much longer without your monetary and time sacrifice, but you first give all to the guru/temple and nothing to science of long and happy life, so we both remain clueless; why would clergy sacrifice their time, change the service structure and sacrifice attachments to tradition in service to truth finding and science of this universe and others, make use of empty space better (use church space for huge lifespan tripling science lectures too, etc), give kids a science education so they can triple lifespan to find out God's mysteries 3 times better, when they can ask parishioners to sacrifice their money and time to the organized group?". "We'll even build gigantic buildings that sit empty much of the time, while many are homeless and live 10-30 years shorter as a result. We'll also build casinos and organize field trips of kids to casinos, as part of church activities, since casinos triple human lifespan thru gambling, for those who didn't know it."

They create a religion about fighting some "bad guys", and they can control both the good and bad guys, like with the political parties the same guys control in order to create maximum division among the enslaved worker class. No critical thinking allowed, accept the dogmas of the organized entity or gurus, they know best. No wonder that many, like Martin Luther etc, started their own denominations, as they got a little frustrated with the monetary and other aspects of it, that were controversial at the time (money shortens purgatory); while Luther had valid points, I disagree that we're 'saved by grace, not works', since this idea is antithetical to learning and motivation to evolve. We only learn well by doing, by works, not by imagining we're doing it. We can imagine we can run a nuclear power plant all we want, but when put in a situation to

run it, without training first by "doing, by works", we would be a "disaster" who blows the plant up or planet up if a huge fusion reactor. Incidentally, Protestantism, while leading to many progressive denominations (anti-"war, ritual, Eucharist, baptism" Quakers, spiritualists, *vegan* Adventists) and changes that raise IQ, fluid intelligence,☺☺☺ literacy (Bible translated in local languages, etc) and some freedom of thought, also led to "reportedly" (true or fake?) 20 million dead in Catholic-Protestant wars. Is it because "God's grace" and "IQ by standard definition" are not enough? Do we need to practice and train on how to do a real reformation (some ideas here), without any violence and then do it, when one has achieved that Godly skill, depending on an IQ way higher than available in 1500s? Has anyone learned how to be a world chess champion or athlete or etc by imagining it and believing they can do it, that *God's Grace alone is sufficient*? No.☺☺☺ It was all depending on their effort mainly, with God's Grace maybe giving them ideas on how to direct efforts better. In my worldview, Catholics, Orthodox and 99.9% Protestants (except some spiritualists) are almost identical, they all ignore eterni tone, especially mainstream Protestants who yell a lot more as pastors, they all focus on Grace, not works (especially Protestants), on unproven belief or ritual (especially Catholics/Orthodox), not hypothesizing, questioning, discovering. But these problems are present (more or less) in all the other religions too (which may have other issues), this was just comparing the Christian groups. As free thinkers, we're always free to ask, question, ponder and formulate our own opinions. It doesn't mean some military guy didn't have good noble intentions of harmony, social order, kindness, if they were involved initially or later in the religion creation, recreation, change; it just helps to realize that the stories told may not be factual and the cocreators' agendas were not always nice for all involved.

When we read texts written by believers of various religions and philosophies, their critical analysis of the other belief systems, we see religions more objectively, with nuances we never noticed before. There are a few good and mostly bad *things in the historical process* that came out of many religions, including the religions mentioned above, some very nice gentle music in more eterni tones (Gregorian chants, etc), etc that inspire us to imagine trillions of ways to peace without war, lies, torture, intimidation, etc, but with healing grace and without causing pain to anyone. We can't use some imperfections to dismiss everything as "not useful": for example out of Protestantism came the freedom from having to pray to endless saints and do endless rituals (no water baptism, communion in Quakers, just personal relationship with God), out of the *Buddhism* and *non-guru zealous* Hindu philosophies (many pre-Buddhist sects who were into breathing) came a *renewed focus* on freedom *from guru*☺☺☺ *worship*, freedom from desire, focus on being happy regardless of having a teddy bear, pet or "spouse" to massage and love, being happy in the Infinite Eternal Massage of the Infinite Spirit we experience 24-7 when breathing. This certainly was not about enslaving anyone, but freeing people from many forms

of hidden oppression, or even, in modern times, from the drudgery of being enslaved by endless for profit businesses who brainwash us that bliss is only possible if we buy their products or if we do this and that activity or have this or that many pets, toys, girlfriends, and sexual activities, when nothing could be further from the truth: we don't need objects, kissing, hugging, sports to be happy, nor tasty foods – we only need recall universal loving kindness breathing (the giant universe size teddy bear who hugs us 24-7, the Living Pranic Oxygen Field of "God") and the infinite benefits of gentle music and right speech (back then it was about content of speech only, i.e. kind speech), i.e. eterni tone (vocal, inner, intent, emotion and content) speech in the modern era of neuroscience when we know how key the tone is to everything we do; one could say in the most loving tone "religion x or denomination y was created by spy agency z to weaken or enslave a few countries and keep those people backwards, perhaps due to their fears, fears which in the light of universal compassion are understandable and no reason to get angry; as a result, spy agency w changed the religion x or denomination y to provide more freedom and progress; *we can however, hope and work for a* peaceful *win-win where religions or spiritual philosophies about physical and spiritual* Immortality free all countries and enable average human lifespan to rise to 500 and later a million, eventually a trillion." The tone can make a difference between night and day, even though content is very similar. Atheists often say "Where is the real hardcore proof Jesus, Buddha, etc existed at all or as depicted, outside of edited/made up texts?", so we then become more expansive in our perception of complexities of human beliefs and religion creation adventures. But then, the only easy to verify teaching in these spiritual or religious movements is the more universal stuff like kindness *gentle tender softness*, which is pure physics, action force equals reaction force, as in classical mechanics, Newton's third law or common sense stuff like kind tone of speech, doing what is best for our collective longevity, so all live to 500 without war, lies, torture, violence, etc.

Our Father who*'re* in Heaven, give us our daily *bread*, ☺☺☺ with gluten, phytic acid in unsoaked grains used to make bread for endless illness, and dry heat AGEs to bring disease and less optimal brain function (which often leads to wars)? Why not give us our daily eterni food to make us smarter, healthier and longer lived, more able to bring peace without war (no Armagedon, thanks) and heavenly earth faster? Table 1 shows some breads and bakeries have 50 times more AGEs than other breads, or cereal products, so one can be mindful not to eat "brain damaging" stuff, as then "war" becomes the only way to peace in all *universes* at all times, even when evidence points to the contrary. Perhaps religions will update the prayers to say some of the: "Our Source (no gender) of Immortality *for* All, who is in Heaven, give us our daily eterni food, so no animals with Immortality knowledge are killed, *so no mice, squirrels are killed by growing wheat for* the Jesus bread whose gluten gives many amputations, diabetes, blindness, smaller brain due to high sugar, and heart failure, Jesus/Yahweh bread giving death

and illness via phytates, give us eterni food free from suffering of any animal or plant, so all have healthy WHR to make it to 150 and discover the knowledge of living to 4000, then a *tri*llion years old (to praise the *Tri*nity), to grant the freedom to *choose* living to a trillion to all humans interested, to have time to better develop honesty (no faked miracles), true virtues and qualities of a would be Immortal, worthy of being in your presence of *infinite nurturing* healing *gentle tender soft* loving kindness, learning by doing, (like MIT motto "learn by doing",) eternally (a *tri*llion years sounds pretty eternal) learning by building a Civilization of Immortals in ever more dimensions. For your *Glory* is Infinite, you Live for *Tri*llions of *Octillions* of ages, and a *tri*llion years is just a nanonanosecond, giving us a *tri*llion years lifespan is so easy for You, so Lord, have mercy on us, help us think, formulate hypotheses and live in permanent world and intergalactic peace (with no war and end times gloomy prophecies, for we want to live in peace,) in many galaxies (*not be enslaved on this tiny planet in 80 year lifespan lives*), praising you forever, from a *tri*llion planets with billions of people each, not just one (space travel needs long lifespan)." It's odd how selfish people have become today, with nobody caring when people become obese, it ought to be a stop of all church activities, club activities and the entire community ought to help that guy return to normal BMI of 22 instead of 30. He could get 1 month off to learn better sleep (one main reason for weight gain), lower fat nutrition, etc at a clinic to get rid of weight when he's even BMI 25, which today, sadly, is thought of as "healthy". Nobody cares about health, only about shouting like mental institution escapees at churches, while the sick and fat sit 3 feet away, silently crying for help from the cruel pompous☺ soulless "disciples of Jesus". In every Mass they pray for Pope, Bishops, Pastors, so they could say "when billions of people use service time to learn about longevity sciences, Pope/pastors will live longer and healthier than ever before, so our prayers come true by action, not verbal invocation only, as we got millions of times more quality nutrition studies, citizen science projects that help us discover what works. When trillions of planets have longevity scientists, Pope can live even longer". This transforms all religions into a Universal Immortalist Church of Ever Questioning Hypothesis Formulating and Testing Collective of Free Thinkers, Altruists and Scientist Heroes. Jesus allegedly said "What I have done you will also do and much more", so then, the ones after him would be greater saints than him, doing more, so the church is not his but God's. Jesus' life is all stories, no real proof. ☺

4.1.9.30. ►►►► fake *miracles*: a long discussion of 30 pages to help believers understand how *bandit* "clergy" get filthy rich (turning USA into an Italian slave colony, see 500 Italian genocides here) via fake religion *and* theft *of* taxpayer *funds*, how the 1450 Bible violent genocide quotes are sold as 'Word of God', how sadistic (who kill 6000 slaves in one day) Italian emperors covertly created sadism and fake miracles filled (God tortures his "only" special son to save the rest of his 'lower level' kids) Christianity (with help from Jews who took over the Empire covertly for a while?) in order to take over continents using spy bases called "churches" or mosques,

synagogues, temples for other religions used for similar aims (Vatican (Jews?) ran spies since the Roman era). *For Islam fraudulent "religion", ☺☺lovingly tenderly gently kindly☺☺ visit* the Quran "miracles" section *&* Bible-Torah genocidal quotes section. Priests are often Mossad killers (see video), avoid them, don't even talk to priests or confess, don't receive Holy water, Eucharist or oil blessing as these can kill people via transdermal absorption (that's how spies kill people slowly so it appears natural, they irradiate the heart of the victim confessing, victim visits a doctor and then thinks he might be dying, then Mossad priest poisons him to die within 3 days via some ritual). God knows your sins, *Catholics invented confession to spy on all nations.* The validity of Tibetan miracles is clear in this debate style. Researcher explains via video how Jesus & other military spies (who pretend to be clergy) and today's gurus faked materializations of: amrit, bread, wine, ash, egg (skeptics can do it too, see all Sai tricks in one 9 min clip), jewelry. To fully *understand Jesus tricks* please watch these videos: 1). Jesus walks on water video here 2). Jesus levitates himself 3-8 inches by misdirection or Jesus levitates small objects by strings or this Chris Angel fake levitation 3). Chris Angel illusionist video "cuts people in two and rejoins them thru God powers lol", clip takes 10 hours, but is shown as taking 50 seconds, that's how youtube frauds make "miracles" seem real 4). Jesus multiplies, teleports, materializes small objects 5). Jesus mutiplies fish and bread 6). Jesus teleports himself 7). Jesus teleports objects. 3 youtube channels with Jesus "miracles" explained in detail are Magic (729 videos), ire (60+ videos), facto (80 videos, see Hollywood effects too). For tricks that are not explained, see Chris. You can replace Jesus with any other saint who used tricks and not hear say made up stories. Search youtube for David Blaine and other magicians to see how Jesus could have done it, beside paid scammers who spread lies about witnessing what never happened. *Jesus went to* India and learned all their tricks there, those guys did those for 100s of years before Jesus. Jewelry faking is common among 'Protestant' 'pastors' today who buy cheap $1 'diamonds' and stones and claim to be really precipitated by angels☺. Other "pastors" build huge PALACES (see video) using church donations and then get arrested in a multi-state $50 million human traffic FBI case, have tax breaks no American gets even after making 800K/yr, multiple private jets, 10 million mansion for Benny Hinn ministries pastor of fraud and prosperity gospel (the more money you give him, the more you will make in 5 trillion years, yeah, yeah, see Senate investigation), thefts of 570K by church secretaries in Florida, multimillion mansion and private jet like anti-Christian bias Trump pastor who works to defend the looting of Americans by Trump appointed Christian pastors telling church goers that their dream will die if they don't give her 100000$ in a typical gangster like extortion, government so efficient by Trump that he has money for anti-Christian bias office led by a thief (Jewish? Nazi?) who extorts naive Americans, see Trump dancing with her and her claiming where she walks God does in a tone that is as far removed from God and eterni tone as many similar "clergy" (*demon tones*: pastor, rabbi, Buddhist monk, imam, Hindu preacher) and closer to Hitler than God, watch how these fake

clergy waste time and money on makeup and long eyelashes (known to cause dry eyes), like many White House press secretaries whose appearance is more important than the eterni tone, *$10 million* mansions *and* their own airports, are worth now $1 billion and are followed by 10 luxury cars when driving, get 250K/yr USA housing allowance etc, using donations to get rich. In USA, lots of pastors commit fraud using churches, like the Texas one who took a pic with Joel Osteen millionaire pastor of abundance and stole tens of millions of dollars. See BBC video too on staged *materializations* – some of the personal life BBC claims about these modern day fakers may be fake, to provide cover for spy activities, but the faking of miracles is real. All they need is people paid to claim a miracle happened, see cultnews.com. Vatican liars are only interested in subjugating the planet, just as the Italian Empire killing everyone left and right to expand the empire by genocide, in Phillipines the evil Catholic church doesn't excommunicate anyone who practices or supports the practice of crucifiction, since that makes people as ☺abysmal IQ☺ as possible and enhances the looting and subjugation of the Filipinos by the Italian Vatican mafia. God could easily grant 150 or 200 year lifespan☺☺☺ or 0 aging for 20 years to people who visit fake Marian apparition, Eucharist miracle *(Vatican spies (recruited from its 1 billion brainwashed 'believers') are engaged in a continuous support of the eternal fraud to maintain alleged miracles of hosts etc: they lie that the hosts are same as many centuries ago (they replace them)),* Buddhist miracle (*such as* Buddha starving to death almost, damaging his brain*, and* monks starving to death for 800 years to reach 'enlightenment'*), showing religion was possibly created by spies (Buddha, son of a King, pretended to starve to conquer nearby kingdoms by religion) who wanted mass starvation for mind control and easy conquering of newly Buddhist lands*) etc shrines and fake Protestant yelling pastors like Peter Popoff & many others with a "loving tone of speech", but God never does anything unfakable, only easy tricks, easy to fake *miracles*, like the 9000+ fake clairvoyants using hidden mics from CIA, FBI (who support these fake pastors who show how all Christianity was faked, in order to make the public less *gulible,* more aware of foreign methods of deception) and other stuff to pretend they're clairvoyant, some appear on many popular shows that some believe are real. If you want to lower your IQ, then definitely read the Bible, Quran all day and memorize it, it's the surest way to lose several points. Jews know memorizing the Quran makes people the lowest IQ on Earth, so they pose as imams and tell Muslims to memorize it. They know how to loot. The rapture belief of Evangelicals is proofless and made up in the 1830s by a British fruit fly IQ guy. The Plymouth Brethren from Ireland spread this garbage and since then people sold houses, quit jobs each time a fraud claimed rapture could come in 5 to 140 days, most recently 9-23-2025. ☺☺☺ Kindly stop donating to criminal pastors who hit their wives and rape 100 church goers. Christianity was made up by Paul apparently, a clever Jew who tried to take over the planet with a "gentile friendly" religion using the cover of "a new religion doing away with Judaism" but keeping the old scripture as part of Bible (the violent garbage of Tanakh or Old Testament that

contradicts the New Testament) and the quotes that affirm Jesus didn't come to nullify the Old Religion or Jewish laws. Every miracle staged, made up to spread Judaism under the cover of a new "religion". You got it? One big scam.☺☺☺ Churches, mosques, synagogues, Gita based Temples, Sikh/Buddha Temples, Confucius/Taoist Temples/Institutes, etc need to register as foreign agents of Israel, Saudi Arabia, China, Italy, Germany (Lutheran), India, UK, etc the originators of major denominations who simply promote the Jewish agenda that created the 3 Abrahamic religions or other sick agendas. An entity with calls for genocide, mass rape, looting, arson in its 'scripture' is NOT a Religion☺☺☺☺, but a Military Unjust War Base on US soil, approved by a Traitor Gov who peddles to Foreign Despots who aim to keep Americans stupid, clueless about who and why they invented these "religions". Even Analects and Tao Te Ching are evil. Take US back from the "clergy of God" who say calls for "genocide, kid beating, slave beating, mass rape, human sacrifice, arson" is the Word of God. These are frauds, not men of God. We don't need cannibal ethics in US, we can create centralized education with 1 ethics video, quiz from age 0 to 18, that build ethics knowledge a million times deeper than religion junk scriptures of millennia ago when people's understanding of infinity was null. ☺☺☺

Youtube has 100s of channels, like @PJBibleTV & @Sarcastic which explain how religions (Islam, Christianity, etc) are created by empires or aristocratic clans, tribes, etc for political purposes (even Moses was fake as this video explains even better). I'm not alone, there are 100s of skeptics on youtube who make videos about avoiding debt by no longer buying $1.4 trillion worth of lethal useless products that genocidal aristocrats sell to extort us and get everyone in debt via the banking and debt system they created to con all USA, about being a minimalist and saving your money from these clergy 'parasitic aristocrats in disguise' predators, such as this video about a starving lady who gives 10% to church. Facebook has many buy nothing groups and youtube has thousands of users who teach minimalism and buying only stuff you absolutely need, food, cheap/used clothes, cheap shoes, etc to avoid debt that aristocrats use to destroy you/USA. Avoid any religion related expenses, this is a given for this movement to take USA back from the gangsters, the aristocracy that enslaves the 90% with trash products to keep all filif IQ. See why the Jesus cult and miracles may be fictional, a tool for people to get young boys for sex and blood, with many saying evidence of Jesus is nonexistent, except for made up 'proofs' and artifacts. Careful analysis of the Bible, when people married young, and apostoles were not married, indicates Jesus 12 disciples (well, the Bible can't even get right their names, Gospels don't agree) may have been 15 years old or even 13 (Matthew 19:14), and chosen for a fresh supply of blood and sexual favors, like we see priests having sex with young boys, since after the cannibal simulation of "drink my blood and eat my flesh" Jesus was arrested and someone escaped and ran naked, since in those times people wore a one piece quite often, and the guy running may have been a boy caught (Mark 14:51-2) in the act of sex or blood letting as

instructed by Jesus the 33 year old vampire guy telling 13 year olds how to do rituals simulating cannibalism. Another Jew, Baruch Spinoza, a Jesus apologetic, invented a different story based on another set of "forged documents": "Jesus had 6 brothers, one of them being Thomas, his twin and Thomas was crucified, while Jesus was the naked young guy running away and Jesus continued the scam Christianity". Spinoza, being a crafty myth creator himself, made up the lie that Jesus went to Tibet and studied 18 years how to do miracles, when in fact all miracles were staged: Spinoza's proof were fictional forged documents he "found", that nobody else can see. Every year a new Jew discovers more forged tablets, docs, Gospels to prove the Superiority of Jews and how God incarnated as a Jew. There are at least 100 Jews and 900 Catholics, etc who always find more stuff, more archeological stuff to prop up the crumbling religion with new lies. This is not surprising, since Jewish elites may have wanted to emulate Solomon (Kings 11:4-5: Solomon worships Molek god Jews sacrificed babies to, had slaves (1 Kings 9:21-2) & 1000 'wives' (Kings 11:3) and wanted 50 young boys and girls for their personal harem, as the Jewish Quran (who deifies child sex slaves) could have granted faithful Jews posing as Muslims, who're to emulate the "most perfect man in history Mohamed" who took endless child girl slaves and who killed people and then raped next day their wives. The Jesus events were staged (paid witnesses, sleight of hand, etc) or made up (write story about nonevents), about ***300 years before*** *Constantine (the Roman emperor controlled by Jewish finance, like Biden US Emperor in 2024 USA) officially converting the empire to Christianity to* hide the ***imperial*** (and possible Jewish control of the Roman empire and their historical revisionism) ***involvement*** in the creation of the fake religion (to ***hide it***, they also staged fake killings of Christians by the empire, who later became 'saints', by pretending to be against Christianity), by those looking to centralize power and, possibly (but less likely), give vampiric elites a fresh supply of young blood to drink or little boys/girls for sexual fantasies. *The Italian Vatican Jews made up the confession of sins requirement to spy on gentiles, use info they get to blackmail people, the kid molestation was a way to mind control locals whose sexual acts would be used to blackmail locals* (if you don't obey, the priest will tell the public the gentile sucked his penis) *as they became adults, if they didn't let Jews take over their country.* ☺☺☺ The Gospel is a made up text, using old cliches, for example the "***it's easier for a*** camel ***to go thru a*** needle's ***eye, than for a*** rich ***man to*** enter ***heaven***" Mk 10:25 is a proverb (elephant instead of camel) that existed in Persia for 900 years before Jesus, the 400 BC Babylonian Talmud has the idiom too, except it's an elephant, since Babylon was in Iraq, under the sphere of influence of Iran. Jesus used a Persian idiom (for an impossibility), he was too low in IQ to come up with original stuff, he copied Persian/Talmud (Ctrl+F elephant). The Gospel is rubbish with fictional stories for people of 3rd grader IQ, his goal is to guilt trip the rich, and tell them they go to hell unless they give all money to Jesus and his gang of ***Jewish thieves posing as Popes, clergy*** who try take over the nations in exchange for "spiritual insights". Clever. Every Gospel quote has a ***hidden*** motive not apparent initially to the

gullible faithful *gentile*: the goal is not liberation at all, but total enslavement of all nations on Earth with a filif rat IQ cult. Some claim Catholics are the good guys, Italians are nice, but in the EU, 24 nations banned parental violence against their kids (slaps, spanks, etc), with the last 3 legalizing beatings in 2026 being Catholic: Italy 59 million people (genocidal conqueror of 50 nations), Slovakia 5 million, Belgium 12 million. The first nations to ban slaps in Europe/World were Protestant, Orthodox, not Catholic. Sweden 1979, Germany 2000, Romania/Ukraine 2004, Brazil/Argentina/Bolivia 2014, France 2019, Japan 2020. Catholics, in the Italian tradition of genocide by torture via Inquisition, were the last ones to do it in the EU. US, Australia, Canada, England didn't, as they're like India, China, Russia and most Muslim nations (except 4 former communist Muslim nations, Kosovo, Albania, Turkmenistan, Tajikistan who realized Islam is BS and Tunisia, the most secular Muslim nation): "beat the crap out of everyone who disagrees with you, the only way is violence", which is illogical, because even the mortal aliens know a trillion ways to an outcome free from violence, not just God. The US lives in the Jungle Parallel World of "We need 280 times more guns per capita than Singapore to have 280 times more gun homicides". Millions were killed by guns, but "Bible & miracle believing" Republicans won't budge, as their demonic God mandates smashing kids against rocks and using rods to beat the crap out of kids. This, they say, is the God we must worship folks, "vote Republican please".☺☺

The 10% Jews in Rome may have infiltrated the Roman empire to spread Torah (Old Testament) *globally via the Bible, via making Jesus cult the religion in 325*, so that people are conditioned to view Jews as Gods, since God's only special son came as a Jew. This makes enslaving everyone so much easier, as the brain is used to having a Jewish boss, Jesus. Now all they need is to have main celebrities in every field be Jews and everyone will take their word as if coming from God, "obey the Jewish master" becomes the mantra of every culture. He's your parasite realtor, parasite banker, parasite CEO, parasite priest, bishop, parasite Pope, parasite Jesus son of God, everything. Crypto Jews may have been even Roman Emperors and many "Italian" Popes (hence Kabbalah special green color is in the Italian flag and US dollars), just as USA is run by Jews today, with 80% of males being circumcised via parent brainwashing against their will and Jews, 2% of population, being 9-85% of aristocrats in many fields. USA Jews/capita are 9 times the EU, so circumcision in many EU nations is only 0.1-0.3%, Muslims only. The fanatical more dishonest type of right wing ultra Orthodox Jew, will pretend he's an atheist science geek Democrat or Christian Republican, use a fake pretense of pro-science, publish fake science papers, and then change the law to have circumcision covered and recommended, takes over health policy to impose his Penis Stabbing (circumcision) on all Americans, even if evidence exists that it does more harm than good. While claiming to be European and hiding his Jewishness, he's a Jew in religion. Muslims often use similar techniques to promote the violent ritual of circumcision. Just like the ultimate lovey-dovey hippies or pastors during daytime, can be in secret hard core serial

killers who eliminate people at night or torture people, causing endless injuries. In 1780s Jews wanted to ban English and impose Hebrew as the only language. The same way, crafty rabbi Jesus can use fellow Jews to stage all healings and miracles, to invent Christianity to brainwash gentiles to publish the Torah (80% of the Bible), which is not their scripture (Gospel) and spread it worldwide. A lie about alleged miracles repeated in 2000000 fake books and inscriptions can become 'accepted fact', a genocide calls scam can become a religion, more on that in the 82+ pages quotes section. In Canada, people had *enough* "genocide cells" (terror cells spreading violence under the guise of religion), so they burned 33 churches in 2 years. Did the Red Sea part? Not really, it was natural. ☺Near 0 IQ☺ folks think it was real. Real when no Egyptian inscriptions talk of it? Like the Shroud of Turin fake? Talmud talks of sex with 3 year olds and Tiberius was a pedophile Roman Emperor who died or was killed around 27 AD, was Tiberius Jewish or controlled by Jews who wanted Rome to fall by having this guy distracted with boys?

The Hindu, Taoist, Buddhist scriptures had cases of miracles (for example: physical flying) that the Conmen of the Universe, the Italian Jewish Evil Roman Empire Jesus cult Inventors, didn't read when they invented the Jesus Cult, so the "God Jesus did not visibly physically fly" in the Bible, only levitated 1 foot above the water once. Jesus did no miracles, everything was made up by soldiers of the Imperial Expansion Department via 'Religion'. Over time, as they could not Deceive Every Nation too Fast, as their Only Goal was the Violent Subjugation of All via all Deception Possible and War as shown in the Roman Empire History, they decided to create Endless New Saints and Miracles, each Wilder than the Next, to make It Seem like theirs is the True and Mightiest GOD of them all. This would enable locals to convert and then the Mafia to use Clergy (Spies) to take political power gradually, enslave the locals. When trading and using missionaries to enslave all nations, 'Clergy' read about these New Miracles, such as Physical Flying, so then, they decided to create out of thin Air New Saints who Fly a LOT… in the 17th century, to make the other religions seem inferior, as they only had a few cases of flight per person. So, Cupertino was invented, world's first saint or sage who flew physically dozens of times at least, to fool all Asia, etc. Gently understand this was a Competition for Who Can Be More Deceiving, we don't have Clergy, but Hybrid Warfare of Extermination via Deceptive 'Religion', Clergy is a cover for soldiers of the Italy-Israel-etc Empire. So, when you hear a guy claim he's Gentile and promotes the Bible, ask yourself: WHY would a Gentile promote a Bible that is 80% the Jewish Torah which calls for extermination of any gentile Jews want exterminated? Think again, is he a CRYPTO-JEW or simply lower IQ than he realizes? Asia had physical flying miracles by the dozens for 2 millennia before the Catholics finally decided to have them in the 1600s. So why did GOD suddenly STOP Jesus the Biggest GOD of All, or Christians "saints" from FLYING for 1600 years while in Asia they flew? Because *NONE WERE REAL, but* hear say, manipulation, made up stories. Gently *Think, Question*. Mohamed, etc didn't read

these Asia scriptures, so they didn't have physical, only spiritual flying in the Quran made up. You really need to read the other religious texts to broaden your horizons and understand their history and miracles, to better understand the Evil of the Italian Empire, so evident in the Mussolini tone and 1940s genocide actions, the 8 century long Inquisition, etc, Italian music. These are greedy bastards, out to kill to steal, nothing more, wake up from the brainwashing. ☺

The reason the Italian emperors created Christianity, is to better enslave the working class sheep, as Machiavelli explains the way monarchies operate: the kings act as if they're good, but behind the scenes are pure evil. These videos explain clearly, the ruler, king or deep state of aristocratic families, incites one group against the other, so it creates artificial divisions: black/white, LGBT/ straight, left/right political bloc, and 50+ other divisions, all to dupe the workers who need zero parasitic politicians who can't even make sure everyone has shelter in USA. They're masters at creating fake protests about divisive issues to distract WORKERS from the aristocrats' grand THEFT of Trillions: gay rights, abortion *(total nonsense, since* meditation makes you 1 million times happier than sex*, so then you have sex for pro-creation only),* while there is never any protest about aristocrats who live in palaces, earn 50000 times more than minimum wage. They create division, fake division, between nonsense: republicans max wage 50000x the min wage, Dems max wage 5000x, so debate is between super evil and evil, while not presenting the FREEDOM OPTION: max wage 3x the min wage and eventually equal with only difference being products one can buy and management positions one can apply for. Same with fake debate about abortion or gay rights: sex 365 times a day with no condom and aborting or sex 365 times a year without condom and not aborting, while not presenting the third option: no sex outside pro-creation. Another example: fake Catholic faith vs fake Protestant faith, with no 3rd option: realizing Jesus cult is a scam. The demonic ruthless infinitely bestial greedy rich (Jew or gentile) simply fuel both sides of the Conflict: to imprison them into believing Jesus is real, while they don't believe in him at all, but claim to believe to deceive the enslaved. The wars fueled by Parasitic Jews, Italians, for example Catholic vs Protestant wars, led to 20 million workers dead and they made BIG MONEY. They still do. Genocide is their SPORT, Daily HOBBY & RELIGION. Masters of infernal deception, parasitic vampires, like the super evil Italian emperors of eternal genocide, they dupe most people with fake religions. You see them and their faces daily in many countries, even 'democratic'. They're Professional Liars, Frauds & Conmen. The rich manipulate the 95% to create fake nonsense debates/conflicts between 2 choices: pure evil or 100% slavery vs evil or 90-99% slavery, while the 100% freedom is not an option. It's a strategy, demonic indeed, to create consent to be a slave who thinks oneself being a free (ignore the idea of using violence in this 1 min sarcastic video) citizen who "chooses a political party" or lifestyle in the so called "free" (fake) elections. Free humans know to achieve any outcome exist 1 trillion nonviolent honest (no fake miracles of Italian or Jewish parasites) even happy ways for

all humanity, meaning no pain for anyone, it's just most people are too lazy, tired, angry, cruel or selfish to make the huge self-sacrifice and effort to kindly discover them, so they resort to fake religions and lies, war. The King/royal family (and other leaders, religious or military, political) are the ultimate parasites, who role plays being gentle selfless kind as much as possible, while using political parties to divide society and all its groups. They talk of peace, nonviolence and human rights, but behind the scenes they engage in planning and inciting wars, torture on a planetary scale, etc. What concerns the Machiavellian rulers, kings, deep state is power over a nation, not what is right for the human quantum field☺☺☺: the end of cruelty, exploitation, subjugation, violence, war, killings, torture. When was the last time a King/leader said, "I want ALL citizens to have the same TRILLION YEAR lifespan Immortals, for them to live in the same square footage house & salary like me"? Never, a real king never existed, due to our bad scriptures that don't even define it: the real ruler loves the worst citizen a trillion times more than the most loving mom loved her suckling baby. Ethics begins when all salaries are the same… yet this is not evident for the brainwashed. Let the ones who have highest score access better health products and management roles. Thus, all pay 0 taxes, freedom, the 3rd option, not the scam of debate of "rich pay 10% tax vs 20% tax". Ethics is to feel & act as if all citizens are your beloved suckling babies, a Family of shapeshifting shimmering Immortals for whom you deeply care & strive to help evolve to Eternal Immortality.

The difference between Immortalism and Christianity is like the difference between day & night, between the infinite energy (Eternal Life) of the furthest above purple light (purple is the highest energy visible light, purple chakra, crown connects to God, so the Immortalist Flag is light purple, or lavender, the highest energy color you see before it becomes invisible UV, so this book font is purple mostly too) & the 0 energy (death) of the furthest below red light (red is the lowest energy visible light, a symbol of death, 'demons' are red, sexual chakra is animalism, aggression, anger, etc): immortalism gives all the right to Eternal Life in this world, while Christianity talks about afterlife immortality only, which allows the emperor or king to deceive everyone, shorten everyone's lifespan thru fake companies aristocrats control, and steal everything as aristocrats controlled by the royal families do. Likewise, immortalism is different than demonic Jewish communism (flag of USSR, China, where death reigned, as all had 1 or 0 kids after a while), which deifies violence like the infernal violent Torah (Old Testament of Mass Rape, Genocide). The super evil Machiavelli said it's OK to be cruel, to divide, to designate others to do the cruel acts, as long as the king scheming it all appears good. This is purely diabolical. The very essence of Immortalism is the end of cruelty, of violent crime/dishonesty that Machiavelli legitimizes. Machiavelli was not writing a new book, but the oral and written tradition of the Torah, of Italian Jewish emperors, so evidently seen in the Old Testament, where in one page it says don't kill or want someone's life, then in 50 pages it says to kill entire nations or any nation God gives

to Jews. We see the Bible destroyed the minds of Europe and the West completely, by not removing this 'oral' tradition predating the cannibalistic Torah, the genocidal cannibal chimp tradition. The nation or alliance using Machiavelli cruel methods and torture, will be destroyed by the human quantum field in an act of self-defense, since bad nations can kill the whole human quantum field. 10 billion people and the quantum field is way smarter than a Machiavelli/emperor psychopath. The evil religion empires fall in 1-25 centuries, so rulers don't care, they want to keep power for 50 years using evil methods, such as taking over the world with forged miracles as the Christian church did. The Machiavellian Emperor☺☺☺ said "look at existing (stories people made up to explain reality) religions (everything in Christianity is copied, not new, stolen from pre existing religions) and create a cult, a religion to replace all 300 cults today, one that would centralize power, facilitate easy cannon fodder, infinite resistance to pain in sacrifice to the imperial army and our expansion" so the torture based Jesus cult was made, the mythical Jesus hero is being tortured a lot, so these working class filif nematode worm IQ☺☺☺ slaves sacrifice themselves, live shorter, so the rich have parties, live long ordering endless wars of plunder. Lies, cruelty, fake miracles lead to wars that can end species in seconds, so the human information field will destroy all dishonest, violent, torturing, thieving governments or *even nations that have become so due to brainwashing*. This effortless complete destruction happens always, without us doing anything cruel, violent or war like. Relax a little. Try to be good: help the kindest first and the most, so they rule each nation. Because with free centralized education, all egoism will disappear, all shouts/wars vanish. We're one family of genderless shimmering shapeshifting Immortals who're discovering the angel within. Cruelty, deception are learned, and so can honest gentle tender soft healing nurturing graceful loving kindness be learned, lived by all via one education.gov system free of Italian and Jewish mafia schools. To this end, we sign the honest Declaration of Independence of US from Italy/Jews. After 2 millennia of evil Christianity, Vatican fakery, all Italy, the most Catholic nation, did was massacre Ethiopians in 1930s. So much proof for the "miracles" (genocides) of "god" (Mussolini, 'Christian emperors' + killer popes). The 3rd page of the quotes lists genocides Jesus did thru Christians.

Mohamed and Jesus did no miracles, it was all made up for imperial theft needs. Replacing 800 Roman Gods with one and then saying Emperor is the representative of that God on Earth, gives emperors a greater ability to centralize power in the empire. Roman Emperors saw the divinely appointed concept in other civilizations where kings were divine beings, so he agreed to make up his own cult to boost his hypnotic control over the masses of uneducated folks who would fall for Jesus. This is why British king is the also head of the made up Anglican Church, *he's God's rep for the British masses, 99% of whom live on 30% of the UK land, as chained slaves of the Royal Family.* 70% of land is owned by the 1% Royal family friends, *the aristocratic spy-military machine. They're not pious people, but simply pragmatic ruthless Roman emperor rulers who*

think of the best way to grow, maintain power and increase the imperial domain, like the British empire did too. The poor masses were incredibly naive and didn't realize what pathological liars the clergy were. The Vatican is simply the military espionage arm *of the Italian state:* generate miracles to win. Horoscopes and psychics are also fake and used by people who're naive and unaware that the Vatican espionage unit and many spy agencies invent endless miracles and that genuine mind reading and ESP are 1 billion times less common and less precise. The mind reading was reading what the spy agency told the priest or what was implanted into their mind by a computer. *So, folks, please don't waste money with* psychics, they're all spies, undercover cops *or frauds.* Horoscope services ought to be banned, as well as psychics, in order to enable all to get good sleep, single family housing and be a free citizen able to decide one's fate and develop one's ESP alone, without being milked of money by parasitic vampiric charlatans who prey on naive folks. We got a whole industry of criminal aristocratic leeches who make a living by spreading pure lies, this is truly a sad reality, none of these criminals promote the end of war in 3 months, they only tell people what they want to hear in order to donate the most money to the con artist psychic. These psychics lower people's IQ, brainwashing the victim that they're in contact with their deceased relatives, or some specific deity or angel, who came to tell them 'I love you'. The 0 IQ spirits could not tell the victim anything that could not be learned from a spy agency the psychic is working for, something intimate only they knew, that no camera could see. *This lack of genuine info is a further proof the* psychic is a fraud who *channels a police coworker.* Too much fraud means Immortalists create happy.gov for anyone lonely to call and get help, even meeting at a happiness center within the nearest City Immortality Center to learn to be happy via meditation, good sleep. Via weekly stress biomarker monitoring they'll know when people are suicidal years or months before it may happen, so we go from 0.7 million suicides a year on Earth to 0 as immortalism gentle tender honest genuine kindness spreads globally.

Can we ☺☺*lovingly tenderly gently kindly*☺☺ honestly really think, God, in Her/His Wisdom, would actually create so many 'real' miracles, but not materialize 2 mg of neurochemicals to stop Popes, kings, clergy, bankers from making wars that kill millions (Catholic Italian Napoleon invaded Russia killing by that 1 million total)? God (Jesus etc) allegedly performed endless miracles we're told are facts, such as Eucharistic, healing, etc, but never made World Peace in 3 months part of the liturgy of any religion. The alleged *God* flowing so *'perfectly thru the 'only' representatives of* God on Earth blessing us with wafers', never put these 3 into liturgy: 1. the end of cruelty, war, violence in 1 or 20 years *(endless during medieval times and even today via violence due to media, music, movies, literature; Jesus himself was violent in the temple, throwing the tables of traders, setting up a bad example and creating a more violent scripture than Tao Te Ching, Dhammapada, etc)*, 2. the removal of all violence from scriptures☺☺, 3. the elimination of Inquisition torture before it even started. May we gently ask: what spirituality is

this when we have killing, violence, torture on Earth still? Or when fake pastors use cults to starve people and harvest their organs? How come this predator Jesus could not use his materialization powers to make all angry people become peaceful within 500 miles of his residence, slow aging and live to 3000 years old, the only person doing so and cause 0 violent crime within 500 miles of his Jerusalem residence? Don't you see the Jewish liars scamming you?

Honestly, how much of a chemistry *book* (theories about matter) from Jesus time is true today? Maybe 0.001%, since they didn't know the elements for almost 2 millennia. Honestly, how much of a God/ethics *book* (theories about God) from Jesus time is true today? Maybe 0.001%. The color of rusted iron would be the same red then and now, so 0.001% in a text on matter may remain valid. Can we please use our critical thinking and realize beliefs we got brainwashed with by the filif tapeworm IQ☺☺☺ pastor could be completely false? Why is Europe, North/South America a colony of Israeli cave men religion? Are we that abysmal in IQ to not create our own interpretation of God or 9 page "scripture" poem draft (see my version) in 350 million versions in USA alone? We got a God given free will to happily grow beyond Israel and Italian made up staged miracles, for we're made of star dust, coming from the stars, not from Israel, and aliens don't need our filif illogical comical☺ Old Testament to be saved from stuff, but it is us who most likely need to become Holy like many aliens have probably become trillions of years ago… of course, as statistics teaches. If one event happened in an infinity of events, an infinite variation of that event happened too, and one of them is people like us who live now to a trillion years old. Clergy preach useless stuff, being mind controlled (with their knowledge usually) by the military/spy agencies, when the important stuff, the end of violence/war, is not preached. True to the Bible ethics and quotes of eternal violence, World Peace in 3 months is forbidden as topic in all churches and American spirituality is practically a farce, a nonexistent paper house leading to civilization collapse.☺☺☺ Americans' big egos are well fed by the FBI agent pastors (they need a job or mansions too, some are sort of victims of brainwashing, so we can't blame them) who make the church goers feel good about their spending of $1 trillion yearly on smoking (109 billion), alcohol (409 billion in 2024), gambling (172 billion), demonic selfish evil sports, jewelry (85 billion), violent movies, violent music, etc, and a trillion on torturing others via the military industrial complex, while no discussion is allowed anywhere about Eternal Universal Peace in 3 months and 0 violent crime, 0 jails in 10-20 years. The empire is not maintained via good will, loving cooperation and win-win for Immortality *for* All, but thru heavy bloodshed, torture and genocide hidden from the public 1 trillion times better than the Holocaust. Brainwashed to accept violence as normal since childhood via scenes on TV and scriptural 'words of God', like many other nations, Americans become sponsors of terror in a subtle indirect form. Most terror groups are financed by spies/militaries to justify military aggression. What is there to preach when your church goers spend half a trillion more on useless stuff that destroys the world and

shortens the lifespan of others, instead of World Peace in 3 months to stop the gravest sin: war, multiple killings, genocide for aristocratic profits. Nobody ever talks about World Peace in 3 months☺☺☺, Eternal One, since it's against the brainwashing of the church who says Peace comes only after Jesus lands back on Earth. The main or 90% of focus in a world of immense violence (a lot of it unreported and covert, done by the government torturers in many nations) needs to be World Peace, since without an end of war and violence, no civilization, ethics, spirituality can develop, only lies. The pastors are doing a great job at spying (or facilitating FBI spying) on all naive folks going to listen to their jokes and sweet words, cleverly avoiding sentences like "The gravest sin is killing and this is the sin the government is leading all Americans into temptation to do by the eternal war doctrine of the Militaries. As followers of God, we need to end all murder now, meaning all war, and all torture, since 10 people tortured with 7 years removed from life is like killing 2 people aged 40... So wake up from the evil trance and support World Peace in 3 months. The only freedom of religion Worldwide is that of the Military Men's eternal bombing, war, killing for whatever purposes, violence, disguised as 30 religions and 5000 cults. Gently focus all your spare time now on World Peace in 3 months and give up your "aristocrat created" addictions. Gently kindly stop the murder now. Every act of smoking is pure murder, every vape store a demonic temple, every liquor store a paramilitary terrorist organization, every grocery store who sells alcohol a terrorist entity, every alcohol drinking is pure murder, every violent music listening is pure murder, every gambling is murder, every act of sex (outside of trying to conceive a baby) is pure murder too (including masturbation), every 'modern' chimp sport is murder, wake up Americans, from the "evil" trance the aristocratic parasites have gotten you into, understand the context and see what all these do to this planet of war: bring more war. The aristocrats with great PhDs in Bible scholarship program you that the Bible violence is holy in that "context", but forget to tell you that all the activities of the pastors are murders, in the world context, the alcohol addicted pastors. It's murder for it takes all our time away from bringing the end of murder by war, even those pets who take us away from compassionately caring about the bombed in all nations.

Buying a pet (unless a service dog or police dog) is like saying, "God, my ego is so big, I really need this useless pet, alcohol, tobacco, but ending the murder of people is on number half a trillion of my priority list: domesticated wolves first, domesticated tigers first, people are number 0.5 trillion". Everywhere you go, pet stores, not one single Eternal World Peace store☺☺☺, everywhere you go Wine and Spirits, Liquors at Walmart and the supermarkets, what a selfless act. What a culture of thugs and gluttons who don't care at all about others. Where is the commandment to not kill? Nowhere, it's all a farce, to subjugate the other nations by "freedom of religion" empty talk. See how many trillions USA spends every decade on useless stuff and none of that money, energy, time goes to ending bombing and war, the depravity of

the average American brainwashed by the aristocratic monsters is beyond understanding. All nations toil to export the best to USA and what do they do? The Americans have no idea how other people see them. Where is the outrage of these pastors, at the criminal government running the USA and the criminals to say that text of violence is the word of God? When did a US President say, from today, we will no longer kill anyone unless they invade our country? Or "today is the start of World Peace in 3 months, the world of nonkilling, we work with all to end all violence, torture immediately and make the alliance of Nonkilling, nontorture, nonsuffering". Never, they say they want peace and behind the scenes, they torture tens of millions inciting the flames of eternal wars of genocide. When did they say "let us have a gentle eterni tone and live it, not shouting like Eisenhower and teaching the entire world by living example to bomb, loot and invade other nations, then accusing them of violence, while they did the same thing? Almost all nations had bad "heroes" who used war to try enlarge land holdings, due to the chimp nature of former eras when people didn't understand laziness and infinity. Don't people see how nations imitate the big powers? Americans are brainwashed all is good and all they ever did was noble and the evil guys are some 'dictators', that CIA helped create or KGB, etc perhaps. No self-analysis, no remorse, just the same hooligan music and eternal bombing of all, same tone of speech. The so called places of worship are a mere joke, where is the compassion for the killed, the innocent civilians dying daily at the hands of "evil" violent Bible culture oppressing the planet? Where is the urgency to stop the endless violence fueled by macho music worldwide? So, God is too busy with useless miracles, instead of telling people how to bring World Peace in 3 months…☺☺☺ and thus be able to end 100 billion violent crimes yearly on Earth. The Vatican, and dozens of other churches and organized religion entities, made up a lot of miracles or promoted the hallucinations of many, in order to get followers, but this doesn't make them true. We can argue that God wants to end violence, the terror of many who buy endless weapons, pets, etc to defend themselves against others, and bring Peace first and not to appear as Mary or Jesus to anyone or precipitate jewelry. Who cares about crystals in your ears? About jewelry pastors allege Jesus or angels precipitated or cures that never happened? Living to 7000000 is more useful than wearing rocks 90 years, you can be happy for a long time. God wants to give bliss to all, to free all from torture and beatings [deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives) supported by criminal politicians] at the hands of 100+ governments of terror on Earth who're like hypnotized addicts of violent scriptures. The less aware churches (Catholic etc) focuses on repetitive brainwashing of the psychotic torture of Jesus and numbs all brains against any idea that Peace would be possible, that the end of human sacrifice by war deified in the Bible is possible in 3 months, thereby sabotaging the human species. So, some paranoid people think the torture obsessed human sacrifice in Bible quotes churches are Satanists posing as Christians. But they're not maybe, just simply herd mentality historical inertia confirmation bias of torture and kid or spouse beatings,

passed down over millennia of torture by psychotic bloodlines. We got abundance pastors teaching "give all cash to our church, God will bless you, Amway (MLM direct door to door sales) style Ponzi scheme, they give and the pastor builds airports and brainwashing centers, while the people falling for his lies live shorter. So what kind of abundance Gospel is that? Just conmen.

We need one language we create or adopt by the happy real free will, without torture, of all people, one culture of longevity and Immortality *for* All, 0 violence, 0 jails, caring for all. We need to forgive and forget, but also bring Peace instantly, not wait eons for Jesus to come, since he never will. The grotesque culture of eternal bombing for resource theft under the pretext of 'humanitarian actions', reflects perfectly the consumerist reality of stuffing oneself with stimulants under the direction of the profiteering genocidal palatial aristocrats whose 4500 American banks make sure everyone is drugged, drunk, full of second hand smoke and unable to think and feel compassion for innocent civilians bombed to death... in the name of the 'Word of God' they never read, with 1500 horrific quotes from "Satan himself". To further deceive the enslaved workers by their gigantic lies, they bombard everyone with the most useless ads for products they don't need, while a world of Eternal Universal Peace and infinite grace for all (no violence), is nowhere advertised on the '*filif* mosquito IQ☺☺☺*, useless info, pure lies, mere evil*' enriched TV and violent music, movies, etc. If alcohol is not enough, they got coffee and tea stimulants, to help cause 400 million miscarriages, failed conceptions and abortions and cancers coming from those, as well as other problems with birth defects and human quantum field destruction via entanglement of damaged fetuses with the rest of fetuses.

What *God of* true compassion is so preoccupied with turning water into alcohol that leads to a Holocaust (6 million dead) every 2 years, to violence and not with World Peace in 3 months and stopping all useless activities until we achieve nonkilling, making all music dedicated to peace in 3 months, 0 violence in 10 years, 0 jails in 30 years (healing centers for violent crime only, heal don't punish, be like God, not satan) and *gentle tender soft healing nurturing universal* loving kindness until we reach in 5 years the nonviolent human stage? The Son of '$_{g}$od'?, or perhaps, an angry alcohol addicted guy, Jesus, who wasn't even able to ☺☺*lovingly tenderly gently kindly*☺☺ *levitate a table of the temple merchants and take it out of the temple in a true miracle of* God, and reply with kindness to their bad trade of animals for sacrifice and turning the temple into a marketplace of low vibration. *Jesus was not able to turn the other cheek as he preached, getting very angry with the temple traders, etc;* Jesus was not able to levitate *himself and walk on water as the liar scribe pretended,* so Jesus could not levitate a lighter table either, so Jesus got violent, angry, *setting a Demonic Example for His Disciples to Follow*, and threw the tables, taught people to be violent: *this is the role model for our civilization*? We worship such a guy? We're smart enough to know the real God knows a trillion ways to elevating the vibe in a temple and to bring World Peace without any violence and war. *Are clergy* kidding us, *these*

"representatives of the God of Violence" receive tax free status in USA to teach VIOLENCE? Jesus had such a short temper, nothing like a Godly being of cosmic powers. Clergy tell us to worship such a violent liar? Why do we worship *violence*? We can easily argue that *the solution to violent crime*, like a slap on the face some Jews are so fond of, and like Jesus recommends us to turn the other cheek once slapped, *is not to let the abuse continue*. Jesus suggestion invites more Jewish abuse of Gentile faces. Isn't it odd that some Jews support slapping competitions for gentiles to destroy gentiles, see this poor guy's screwed face at the USA Las Vegas, American Christian values for the Planet, Republican style, see how the "Christian" Republican California Governor supports this Slap "Sport" by watching it in person, must be a Jesus influence that calls on actors to make blood filled movies about Jesus to glorify torture, lower USA average IQ further, turn the other cheek forever, as Jesus said, let Jews abuse you until nothing is left of your culture except violence and bloodshed in all movies. When will Americans say "enough is enough" to this demonic Hollywood? We can create our own scripture in US, no need of Israeli Bible.

We can easily argue that *the solution to violent crime*, like a slap on the face some Jews like Jesus are so preoccupied with, like Rabbis punching kids when they report being abused by Rabbis today are, *is not encouraging the victim to* repeat the slap by turning the other cheek, as that further damages the human quantum field, something *of no importance to 'Jesus the God'*. Instead of uplifting scripture like Immortalist Anthem, or Dhammapada, free from violent acts, all we get from "God's self-proclaimed Only Begotten son" is a lot of imagery of violent actions, eye plucking, hand cutting, sword bringing, table turning, pushing people, imposed on 7 continents at gunpoint thru genocide or claims of fake miracles peddled to naive populations. We immortalists focus on preventing violence by the most amazing free education for all focusing on gentleness and nonviolence, we encourage lifetime healing center educational labor for any slap, physical slap or nonphysical done via torture with hidden gadgets by psychopathic cops, spies, soldiers worldwide. The existence of nuclear weapons prevented US or Russia from attacking each other. Likewise, the existence of $5000 to $1 billion fines for nonviolent crimes and happy healing center lifetime labor for violent ones (more menial and extra fines if more violence), deters people from engaging in crime and no jails need exist anymore. Jesus offers no solution, no plan to end the spanking (causes aggression & anti-social behavior)/slapping, the beating of kids with rods that Jesus applauds in Mat 5:17-9 and in other quotes that clarify Jesus supports the Old Testament's "genocide, mass rape, human sacrifice, arson, kid beating, slave beating" laws *the* genocidal Jesus came to reaffirm with bloodshed and 1 billion dead due to alcohol. Immortalists don't want to bore you with how you convey a violent criminal to do more violent crimes like Jesus does, they're amazed the "ONLY" begotten son of God didn't talk about how people could live to a nanosecond of God's youngest 'angel', i.e. a trillion to the power of a trillion years. If God can give people an eternal life by Jesus wafers, why can't God give us an

almost infinitely small fraction of an 'angel's nanosecond', the lifespan of a 4 billion years old stone on Earth at least? Instead, this 'special son' is busy telling people how to encourage being slapped or abused by others. It's a reflection of the primitive 1st century. Why be stuck in that mindset? He meant to be kind perhaps or ***wanted people to put up with abuse by clergy planning world domination via fake miracles***, but, hey a God can bring not only World Peace in 3 minutes, but give anyone alive 500000 years extra by a mere wish. Poor Godly Jesus, could not give anyone 500 years extra even, since all resurrections were fake☺☺☺. Immortalists have a real plan to bring Eternal Universal Peace in 3 months once immortalists and allies are in power in *all nations*, and end all slaps and violent crime within 2 decades, unlike Jesus Mat 10:34 plan to bring a sword. The plan is the most angelic tone of emotion, speech free education for all that gives ***equal 1. opportunity, 2. emotion to emulate, 3. knowledge to all***, a new culture free from the Bible violence, the "take slaves or beat slaves" quotes, a culture free from the Gospel violence reminding us of the Zion Protocols of the media who claims to educate us about bad guys, but recreates in human subconscious (it's done to program tired people, to implant ideas, to control, instigate and create more jailed people) more of the same for deeper slavery of the worker class, as explained in minute detail here. The media never has any report of something in eterni tone about someone practicing ***universal gentle tender soft nurturing*** loving kindness, deep gentleness (not killing insects if not needed, etc), going out of the way to design products without sharp edges for example (that workers can bump into when tired), or replace ***palace dwelling*** aristocrats of 1000 parasitic companies with one of much higher quality, kindness, service to all workers. The Bible, simply put, ruins the vibe of decent scriptures or anthems.

The water into wine '*miracle*' is ultra easy,☺☺☺ just prepare a container with red or purple dye, pour transparent wine/(liquor diluted with honey water, and then shake and people believe it, distract like magicians and then it will turn red, while people get distracted and not notice the shaking of the dye) and then it turns red in 1 minute, the "water into wine" miracle, pay people to pretend 'they died or had diseases' and then make a show saying "I am cured" like dozens of "pastors"/gurus were caught doing last 100 years, see the quotes pastors don't mention. They also can use a beige cup where the color of water versus slightly yellow wine can't be distinguished, ***so a fake conman tastes it and says "it's water",*** and then Jesus waves his hand and "turns it into wine", guy "clueless" tastes it, and it's wine and he believes it's a miracle now, everyone fakes their surprise to make the "clueless" guy who tasted it believe it was real, then he goes to share miracle and everyone he encounters are these conmen who say "we believe it, etc" and go spread the rumor and soon, the whole world believes in a lie. 3 million die yearly due to alcohol use, 1 million die in car accidents yearly in which half are drunk, so why would the God of the Universe promote it, be OK with it, if other foods provide 100 times more antioxidants (benefits) without the issues, when God knows man is so prone to get addicted to it

and ruin the World Peace, by leading millions of spouses to beat their spouse when drunk, ruining millions of families? When others are left homeless by USA bombs, when teachers, engineers sleep in cars in USA, they build gigantic temples on huge yards with 10% of income required donations, while others are overcrowded, sleep poorly, get angry as a result, contributing to wars by emotional contagion. Who needs their Temples if everyone has a temple, their single family house? Online temples, churches, etc are fine today. We got online access. The bringing to life of Lazarus who "died" is a scam used by Jesus/others, rabbis pay a guy to pretend he's dead, then Jesus revives him and tells the story. Pure garbage trick by gnat IQ ☺☺ folks. Why are we so 'naive or required' to believe a scribe says the true words of Jesus and God needs a wine ritual in the memory of Jesus 10-15 min of each weekday 30 min Mass and wants us for 2 millennia to simulate cannibalism and drink his blood and eat his body as bread and wine Eucharist? Oh, and some allegedly "bishops, nuns, etc" Catholics made up 100+ prayers (see youtube on the side) with blood imagery for total brainwashing like chaplet, shoulder, tears of blood, novena, litany of blood, blood covering all night *(watch how useless and clever is the brainwashing that you need his blood, the brainwashing about suffering, his torture, or supposed torture if he was crucified, scourging and all these torture images poured into people's minds to desensitize them to "God's" infinite cruelty (the fake God, imagined by the military inventors of this fake religion)* so that the torture of the believer's slavery as cannon fodder in useless evil unethical wars of Roman conquest seems nice compared to what Jesus had to endure, when no evidence even exists Jesus was crucified or ascended, besides fakable back dated texts or made up books paid by Roman military etc. While it seems very selfless, etc, it has a devilish aspect to it that goes unnoticed for those inside the cult: God is light, infinite energy, has a body of light or energy unseen, same for any 'son of God' and God can bless us directly, no need of wafer to symbolize Jesus body, wine to symbolize Jesus blood. Why not choose cow dung or horse feces ☺☺☺ to symbolize Jesus feces and serve cow/horse/dog/cat/chicken feces at Mass, since the dead body had a lot of feces in it, as anyone does and it has cosmic (comic perhaps?) properties per Christian belief. We can see how filif comical☺ it gets when we focus on physical parts of his body, why not make a prayer to be blessed by the feces of Jesus to wash our sins? Why wine, because it's red like blood? ***Were the initial disciples or Jesus vampires, obsessed with drinking blood and simulating it?*** What is the real truth? Or the Popes, why so much blood focus? Something is suspicious. See CIA doc (disinfo) and this possibly fake video, but obviously believe nothing until confirmed by 50 unfakable sources, since spies make up 1 million books/videos every decade to spread nonsense, as the IQ of people was ultra low millennia ago when they made up the 'Holy' Gospel, recall primates believed that chicken would cause rain if offered to God, so don't be too eager to believe the fiction in the 'Holy' Bible.

Plus, the 'controlled by who (Jews like 1917?)' KGB, while originally was against the Italian spies

created church, has apparently decided it is a good cover for training 'Russians' into the craft of role playing, so they 'revived the worship of Jewish Jesus and Israel faith' and got more spies use the cover of priest, to raise less suspicions when they go overseas and pretend to be 'of the same religion as those locals fooled by the Vatican or other Protestant myth creators', or to keep Russians lower in IQ than ever? Back to wine, why not drink holy water that we blessed with the bliss, kindness of God by conscious breathing of God's Light blessing the water or bless our body/soul without any water?☺☺☺ Why did Jesus not say 'My fellow seekers of communion with God's infinite loving kindness, in memory of God, (not me ever, forget about me and remove these words about me), please breathe deeply the Light Eternal of Compassionate God and breathe it out, feeling God's Bliss and say "May all our actions next 2 years bring World Peace and the end of all violence and torture, for then the true mysteries of God shall begin to unfold"'? Was it because the military spy creating the religion didn't really believe in peace? Jesus said Matthew 10:34 "I came not to bring peace, but a sword". Why not question these stories? To be a true seeker of God is to seek unfakable proof of scripture words and claims of miracles and not be so naive. Maybe they knew when inventing the religion, people who're semi-drunk provide spies with more intelligence, are easier to dupe (lowers awareness, brain omega-3) and manipulate by spies, so they made up a wine miracle to get more people addicted to alcohol and enable takeover of continents faster via fake religion? Also, priests get to drink wine after giving 'Eucharist', so they're more likely to sign up to tell the tall tales about the wine, etc 'miracles' early on, due to perks such as nice wine. Simpler yet than faking miracles is to fabricate Jesus, scriptures, since it's more economical. See why Jesus was fictional being.☺☺☺ Are you so naive to believe myths about the 12 disciples, miracles, martyrdom written about 50-400 years after their death? What if it's all fan fiction created to make the Jesus story more real for the ☺low IQ chimps☺ of those times? Recall FBI stages 1000s of deaths/year for their agents who get a new assignment. Why would the Roman spies not do the same? ☺☺☺ God created endless animals, plants living to 200+ years, some even 4000, or 250000, but Jesus, poor fraudster, could not make even 1 person live to 200.☺☺ His power being fictional, Jesus couldn't even make a man live longer than a turtle. If Jesus the con couldn't make us live to 200 years, why believe he can make us live to 200 trillion in the afterlife, after all, he claimed he's the 2nd to God almighty one. Think. You need to measure, detect a spiritual body in some other dimension for a trillion years, to know it's still there, alive and well, having fun, before you can claim that indeed, eating that wafer or doing that 0 IQ ritual will give you a trillion infinities lifespan in some dimension. That wafer doesn't help you live even to 150 here in 2024, let alone a trillion in another world. So, have you measured something a trillion years yet to make that claim? No, so what about being honest then? The gravest sin is being a liar to yourself and the world. Look at the clueless folks in Malawi who live to 55, they do rituals Vatican, Hindu, Muslim liars tell them to, yet live to 55 only, while people who apply science, truth, live to 110, like some college

professors. So, what is true, Christian, Islam, Judaism, Hindu nonsense or science? If wafers or rituals were so powerful, how come nobody in those areas lives to 110??? Don't be fooled.☺☺☺

Same thing with non-Christian miracles, they got so many improbable miracles in many religions which were fake or people being naive in believing a story changed during oral transmission; even Islam has a miracle based on some verse in Quran that Mohamed had a physical or spiritual journey (Quran doesn't say if physical) to a far away place, but it doesn't say which place; then, someone, keen on creating conflict or on making it sound miraculous, added on other texts, not Quran, that the place was Jerusalem, hence they got this conflict now with the mosque in Jerusalem, all from some naive belief in a text that anyone can invent and pretend to be the true explanation of the Quran vague verse, and really, how can anyone intelligent believe everything in Quran as real, given these quotes. How can anyone believe any of the Bible miracles given these 1000+ bad quotes and the videos and methods on how to fake it above. By now, you realize the Jesus religion is as logical as these Australian rituals for spirits.

It seems the whole Christianity was made up by Roman spy soldiers subcontracted by bored empire aristocrats who wanted a new clever way to scam everyone out of their hard earned labor products, by spreading worldwide the new religion. Romans wanted Jew-Jew fights, so the Jesus faction fights the old faction, you see Jesus getting violent in the temple, saying he came to bring division, a 'sword', throwing the tables of traders, etc, Jesus never criticized Romans, which is very odd given that ☺☺☺ *the Jesus age was of* utmost cruelty (see video) and subjugation of 10-20% of Romans (foreigners mostly) via slavery; *Romans, like* others *did too,* crucified endless people *they did not have to, in 50 BC* lining 6000 crucified people on an alley for miles, plus 38 AD we had typical power fights of imperial psychos; *this was the energy in Rome for centuries,* Popes ordering huge invasions*, etc, since 753 BC Romans* sacrificed pregnant animals *(animals in public like Jews sacrificing animals in Talmud* (Ctrl+F blood, bled) instructions, what else *did* Romans *do in* secret*?* Mexico got a Jewish President in 2024, and Mexico has animal sacrifice markets where puppies, cats, goats, birds, parrots are sold, and also a market where they sell human organs, etc. Animal sacrifice is found in many scriptures, like Vedas, etc. Given that researchers found Sardinia, Sicily Italy areas were sacrificing babies when Phoenicians were there and Italians and Jews who made up Christianity got inspired) *in urban Parilia celebrations that mixed Fordicia with* Parilia *on* April 21st, the legend date of Rome founding; *imagine what religion Rome attracted or made in 300 AD when Christianity was* adopted*, a made up one, where Popes require 15 min of every 30 min of a weekday Mass to be about* eating the blood and body of Jesus, again sacrifice and 0 min about the 5 Bible quotes that are ultra gentle about the infinite gentle kind tenderness, eterni tone, peacefulness, nurturing compassion, end of all torture, end of all jails, end of all punishment *(*scapegoating, offer healing to the 5 million involved), end of all violent quotes *(meaning pastors lobby for the editing of all*

scriptures) needed to bring God's kingdom of Love, not cannibalism simulations, 0 min about World Peace in 3 months, 0 min to ultra gentleness methods of World Peace, ideas of the 1st page of this poem? What has religion to do with simulating cannibalism? What ethical society focuses on that instead of giving decent trillion year lifespan to its citizens?). In this context of subjugation and cruelty, diabolical system of society when 1000s of people in Judea alone were crucified reportedly before Jesus, can we really expect honesty and believe the alleged miracles were genuine, given these horrific quotes that lack any love and vibe of honest scribes who were "not Roman military spies framing others by creating retro dated 'scriptural texts' to enhance Middle East domination by war inciting"? Nothing is so easy, with millions of actors, agendas.

Can anyone know really which faction of Rome army spies created or changed, influenced later Christianity *(see next pages how all miracles can be faked☺☺☺),* which other spy groups in other cities created later denominations, Islam, Buddhism, etc even? For what undeclared purpose? *The faction was maybe* Italian, and/or the reportedly 10% of Jews in Rome, many other groups; many claims about Jesus events are from a so called Jewish writer Josephus, today spy agencies write 900000 disinfo books, so what did Romans do, who controls 'national leaders, armies and spy agencies' - is it always the majority? did Germans, with inflation 1 billion % in 1922, many in debt, chaos really control the Nazi/Hitler rise or was it also financed by outside powers who were already planning the next World War and the Germany defeat, due to 1922 German refusal to pay WW I reparations (WWI co-caused by Germans led to 20 million dead) to France and Israel not being formed yet? *Everything is way more* complex *than it seems first. Nobody can know exactly the correct answers?* It's easier to centralize imperial power and expand Roman influence in the Middle East and Arab areas with one God, some Middle East guy Jesus (maybe Italian guy posing as Jew, freed and then shows up again to tell his story, if not all made up), than with 30 deities of pagans, it allowed Rome to expand influence in all new Christian Middle East and Europe; having seen the amazing success of Italian made up miracles, Arabs or Arab looking spies decided to take religion *(meaning political power back then)* into their hands and made up Islam, to expand their own influence and convert many Christian lands to Islam and others too? Can we easily believe, that only via Jesus we go to Heaven, John 14:6 if this *gives Roman Emperors (or whoever controls them or* Vatican*) infinite power over the religious, and thus* political *life of entire continents*? Was that scribe paid by someone? ☺☺☺ In our 'free country (colony of Jewish Banks)', the Jews have taken over and impose at gunpoint the '10 commandments and 1400 violent quotes of violence and killing and genocide, theft that contradict the 10 commandments' in every single public school in Louisiana, in order to commit genocide against the 33% blacks of Louisiana by keeping them ignorant, lowest IQ possible and science illiterate with organized religion. This is a classic technique Brits, Jews and others use against those they want 'eliminated' or reduced to filif bed bug IQ☺☺☺ short lived slaves. This

is like in North Korea, where every classroom has to have the portrait of the dictator, except here are the lies of Moses, who contradicts by his calls to genocide, mass rape and mass theft and killing of 3000 fellow Jews everything he says in the 10 commandments.

The Catholic Church was accused over the centuries of being the largest spy network worldwide and it may very well be; thus, they could easily fake any miracle, bilocation, as people from far away would say what happens there and be paid to say stuff. They also most likely faked stigmata, living '*without*' *eating for 52 years* ('saint' Louise Lateau, 'saint' Maria Furtner and many today like jokers Oberom, Fong, Akahi, Jasmuheen, Monfort, Jericho, Elitom, Ray, Mony, Camila, Kirby others supreme master TV made videos about, *they're all lying they live on chi with no food or say "they eat 'very little', or 'once a week or twice', 'mostly energy'*), mind reading (they knew everything from their informants and others making confessions (created to collect intelligence), so all Padre Pio miracles were made up (opinion of most scientists), even his and other saints' stigmata, use some red dye, etc), teleportation (Joseph Cupertino made up levitation story, see how the experts create myths and fake biographies of saints, using special effects, music, staged events, many other teleportation stories, people confusing what time the person was in their and the other location or making it up, by paid folks etc), materialization' experiences of 'saints'. Today, 100s of people also made youtube videos about amazing memory (they just fake it all, use silent sound☺☺☺ or audible to tell them the pi numbers), talking to spirits, reading the minds of other people or leopards, animals (Claudia, Dexter, Yaya, Simonne, Sonya, Carol, Andrea, Amelia, Billie, Caren, Mary, Kim watch how they stage it, body language, etc): mind reading is easy, since gadgets can write others' brains (like animals use certain waves to communicate, dolphins sound calls, etc, humans also can receive stuff via waves, and confuse it as their own thought), tell them in inner voice sound what the answer to a question is, so 'the mind reader' reads what he/others already wrote/beamed as a sound thought in the 'person being read's mind') etc and it's possible they forgot where the animal knew about something or whatever, they don't know who writes their brains and animals at the same time, or they just make it up to increase donations to their cause, like the Vatican 'apparently' did for 2 millennia? Look at another fake video about 'telepathy' and beaming answers into mind, unless they agreed what face to make and what to say before the event. ☺☺☺

It *is extremely likely, 100% likely in my/others opinion, that the Vatican and* other *Christian groups, and non-*Christians *faked endless*☺☺☺ *miracles (they still do via 100s of fake staged apparitions, using tech and/or paid actors?) of so called saints, to increase conversion and* create new spies*, the Catholic church being the richest landowner in Europe*. Oprah show investigated John of God, who claimed to be a healer (but was arrested in 2018, search youtube for "john of god surgeries" to see more videos, be aware that videos can be faked, so not sure which ones are genuine, since spies can fake anything, could be *he's* an illusionist*, like James* Randi fakes his

"psychic surgery", *and John of God retired (faked his arrest, being a spy himself?) and* all videos are magic tricks *and were the disciples going for the fake staged scam surgeries, or that he's mind controlled*), and was visited by many Presidents, etc who reportedly believed in his 'miraculous healings'. All who're not aware of stage magic and other tricks are easy to dupe, though Presidents know it's fake, it's all politics to appear religious. It may be all who said they were healed were paid, had placebo due to telepathy gadgets used by spies, or had strong remote mind control suggestions that healing took place, accompanied by removal of the twitches, heart harassing, or other harassment the spy agency did on someone to have them go to John of God, Marian apparition sites other fake stuff and then no longer be harassed, so the guy thinks it was God, not the spies, who removed the 'issue' the spies created for mind control. This is how they get millions to come to Marian sites, some believe in their healing, due to not experiencing the other forms of brain influencing gadget applications spy agencies use for torture or for creating fake coincidences by staging outer events to match brain suggestions.

If Jesus was the Son of God, he would at least have some basic ability to fill people with love, bliss, so they would feel so good in his presence, but no, a few dozen guys around him would get all enraged and mad, and God's "ONLY Son" can't pacify *even* 20 people, and make them ecstatic, when one day with tech we will be able to do that for 5 billion? Perhaps we will soon be closer to God than Jesus then. What kind of Son of 'god' is that, totally powerless? If Jesus can materialize 5000 loaves of bread, meaning about 2.5 billion mg of matter (1 loaf about 500 g), Jesus can do *much simpler* miracles, *1000 times simpler,* requiring materializing only 2.5 million ☺☺☺ mg of matter: 1 mg of a substance in the brains of 2.5 million people would make them so tranquil and ecstatic for hours, inside the brains of 2.5 million people around Jesus when they come nearby, to move them into divine ecstatic states; but not all 2.5 million at the same time same day, just 900 at a time maybe if that's the max around him, so a LOT easier to materialize out of air; instead, God's "only son" *loses his temper often and uses foul language (people do that when angry and unable to use the 'Godman' powers to cancel the pain, in order to warn people of the clergy predators in language people of the times could easily understand)*, frustrated by his total incapacity to induce happiness in others, when he could behave like the most angelic human that ever existed (or like an infinitely loving trillion year old Immortal whose angelic love and quality is unchanging, since any human is like a 3 second old baby soul) and reply in the most angelic tone on youtube, and words, to the most horrific tone and insults launched at him; so we see, he's human and powerless, but military spies needed a *God* man to create a unitary religion to consolidate Roman empire *power* in the emperor, they needed some far out miracles made up, to have everyone submit to the mythical being whom the emperor or clergy represent. This 2.5 mg transformation of brains could have included also all leaders of *all nations* then, so there could have been World Peace, during his lifetime; it was not so, since God,

in his 'kindness' chose to ignore the prayers of the people for peace. Likewise, the Vatican liars made up endless miracles of materialization, Eucharist and brainwashed nations for millennia that they're facts: if St Frances of Rome materialized 'materialized wine, corn out of air' (Ctrl+F corn, 2nd),☺ for the poor, why didn't God use the same matter conversion of 2.5 or even 250 mg of chemical in every brain of the top 100 leaders, to prevent the murder of millions of poor in her lifetime due to the decisions of 100 thugs at the top of 20 governments, all greedy for land, power? If all the other saints could materialize things per Catholic fake stories, how come they could not use the powers to prevent endless genocides by 900 dictators last 2 millennia? So many millions of mg materialized that it would have been 2000 years of 0 war and 0 violent crime, since all leaders would have talked about the first goal of the nation: WORLD PEACE in 3 months and 0 violent crime in 5-10 years. It was all pure fraud to increase Catholic church land holdings, setup new churches to loot various nations. All these fake saints were spies, paid to lie. They could have said "behold the glory of Jesus, now, all wars shall cease in Western Europe as God's rays precipitate in the head of the leaders the Elixir of Peace, as Jesus materialized loaves of bread, so will Peace manifest in Europe for 100 years, thanks to the prayers of the faithful, such amazing powerful prayers indeed." If those greedy popes would have prayed so together with those fake saints materializing things, Eucharist matter changes by Jesus or God that could have changed brains of the main leaders too, 20 million people would not have died during the protestant reformation when people realized the Bible is a scam. Today, the Italian mafia kills people who expose the fraud of 2 millennia, aided by MI6 and others. It's a slow kill, the CIA helps them too, to promote, what is arguably, world's most violent scripture. ☺☺☺

The freedom of 'religion' is used to promote the most violent text on Earth. St Francis de Paola, the Pope would make us believe, brought to life cooked, eaten animals (bones left only), made a river appear. So instead of answering the prayer for peace, God sadistically let millions get slaughtered, but 2000 people got to see a miracle that never happened? Or sometimes 2 people? *It's odd how cruel this God is*, 50 million faithfully prayed to him in monastic places and everywhere, monks allegedly prayed (or some even preyed on gullible church goers?) for 40 hours weekly sometimes, wasting their time instead of bringing an immortalist government and World Peace in 3 months, yet this fake "God" could not do 1 single miracle of brain matter materialization or conversion, choosing to turn only bread into flesh (of chicken a bishop placed there☺☺☺) or wine into blood (a chef placed there to fool the naive masses☺☺☺). This is the "love" of the Bible God. Why is turning wine into blood more valuable than saving the life of those folks, and preventing the shedding of endless blood in wars? This Bible "God" is hungry for blood apparently, he's obsessed with blood and blood spilling, so wars are OK and "God's" eternal gift to his disciples. A God indeed or a devil? ☺ US taxpayer money helps Catholic schools, churches to teach lies Eternia or Eternity Capitalism abhor. A book of saint fake miracles

reveals the Vatican lies. The same endless lies are spread by 100s of pastors who claim many Protestant fake miracles are facts. Not talking about small self-healing a little pain due to placebo or spy agency gadget, but typical fraud today with objects materializing out of thin air. Initially Roman Emperors (or Jews controlling emperors) fought Christianity, in order to make the gullible masses believe (maybe some executions were faked to draw attention and increase followers of Jesus) it was natural, to hide the fact their Master plan is to use Jesus to spread Roman/Jewish empire on all continents via *puppet republics, kingdoms, empires*: deny, suppress Christians on paper or in reality, etc to *hide* the fact Romans finance and *create* the religion and many of opposing anti-Catholic denominations even later: *find* some criminals to torture and tell public the public execution is of a Christian, or just torture Christians *anyway*, since the religion is *fake anyway* and power didn't care about the torture of Christians as they killed millions of all kinds of people of all religions to expand the Roman empire; regardless of what the timeline was, the faction within Rome that embraced Jesus won the Roman throne in 300 AD or even 20 AD (307 the emperor officially let the world know empire religion is now Jesus, though Popes were in Rome since the 1st century, see Pope list), as the Emperor realized the huge *advantages* of one God over having many religions and many deities: more power, easier to control; recall the cruelty of medieval ages, how *kings killed millions to expand their power, empire, kingdom,* starting wars like savages, not caring about the dead as they didn't fight on the frontlines: so it's only 1% of the cruelty of genocidal wars to torture thousands to death for not believing in a made up fiction that supports their power over the enslaved masses. The powerful Portuguese, Spanish, French, etc monarchs, some loving to watch animal cruelty in bullfights, etc had all vested interests in using Inquisition killings, torture to expand mind control and gullibility of people, *kill opponents or free thinkers who helped people question the brainwashing imposed by force*. While others starve due to war, violent crime, Spain wastes tomatoes on fights.☺☺☺

The baptism of many kings didn't stop such kings from starting wars of looting and genocide that killed millions of Christians; so how is baptism so essential? People forget the printing press appeared in the 1500s, so until then less than 0.01% had access to many books, except a few in Latin at the church *(local language Bibles appeared only after 1500 in most places, people just* trusted the service in Latin said logical things*)*, the lowest IQ fake miracles books, 99.5% of Europeans being of an ☺abysmal IQ☺ *we* can't *even* comprehend (like the Aztecs in America): "At the end of the Middle Ages (1500), the ability to write (your own name, not complex stuff) was restricted to less than 10% of men and hardly any women possessed it". Many sources indicate 2% of females and 10% of males (others say 30%) could read in many 'advanced at the time' countries in 1500, but how much did they read if so few libraries (10 or 1 library only in an entire less advanced country) existed and no Internet? The Inquisition started in 1184 in France, and Catholic Italian Napoleon who *met the Pope and made a deal with* World's Holiest *Person*

on Earth, the Pope (per Catholics) who was unable to touch Napoleon☺☺☺ and prevent 1 million dead in Russia's *invasion (and* many *more in other* useless *wars)*, having fooled the French he was for France and having reversed the freedom of thought policies of the French revolution by making a deal with the Pope to restore its influence in France and restoring the brainwashing that the French Revolution stopped (Napoleon blocked the separation of church and state, via Concordat), had no worries that 0.3 million of his French soldiers died in a few months in his genocidal useless 'fun' adventure to conquer Russia, so, as his failing invasion was killing thousands daily and tens of thousands weekly, he forged ahead without any compassion, when it seemed quite obvious he would lose, as he was totally behind the frontlines, defended by the very best of his 0.5 million army, and many kings never even bothered to be close to a battle or present at all. Isn't it odd how people deify these kings and etc that killed millions, many French don't even know Napoleon was Italian and fought French troops as a kid as did some in his family, so his disdain for French soldiers and selling Louisiana to USA is of no surprise: he probably wanted to weaken France as much as possible to free Corsica. We're not even talking of the tremendous destruction that happened to Russian lands and 0.21 million Russian soldiers dead, for a total of 1 million civilian and military deaths. ☺☺☺

It's obvious to any skeptic it was all made up, they had similar religions before; the "Son of God" could not even bring World Peace in 3 months on our planet, which is quite easy for anyone supervising entire *universes*, or even this galaxy sector alone, and will be easy for humans to achieve some day even this century, if all nations are serious and legalize only peaceful gentle healing music. This doesn't mean God doesn't exist, God may just choose to hide his existence to test people's real character and make only smaller 'miracles' in cases where nobody would share them with anyone else, to keep God's existence secret. If people believe God exists, they behave out of fear and of self-interest to be on good terms with a powerful guy, so God has no interest in making his existence known in any clear unambiguous way, but charlatans, who want to make money and enslave others or even *continents*, can definitely claim endless powers, miracles, etc. God doesn't torture, the only people who love torture are spy agency torturers and some who lie that they're the only true representatives of God on Earth, or only ones truly connected to God, with right to kill and torture others for not believing fake miracles and 'creeds'. God is, at least in the view of millions of people, antiwar, antikilling, antitorture. ☺☺☺ Religions, denominations that focus on the suffering and torture (example: Jesus being tortured on the cross, etc, or very *'pain sensitivity decreasing'* rituals (epiphany that causes strokes since the low IQ losers posing as theologians and pastors often lead people to hell and death by stroke or permanent paralysis and loss of speech), or not so peaceful ones in other religions) were useful to ancient emperors, since they increased short-term resilience of slave labor peasants in producing food for useful 'low IQ' cannon fodder soldiers (who're called to emulate the fictional

Jesus and endure the slavery and torture of aristocrats making them work 12 hours a day, 365 days a year, and the torture of war and genocide against innocents. The rich guy hires priests to increase slave morale: suffer baby, suffer, in the name of Jesus whom you're to follow, work till you collapse and die. Slaves expand the wealth of the emperor, by invading and mass murdering people in new nations – however, even slightly violent (in some scripture quotes at least) ideology or religion leads to total empire collapse, as shown in the immortalist soldier paragraph and the speech before World Peace arrives in 1 year or sooner: violence makes leaders and people who're insensitive lacking empathy and alternative thinking, which prevent their brains from discovering the ways of peace. We need to remove violence from all scriptures (name calling various people, who could have been 2 day old nanobaby souls, that an infinitely kind God loves too) to create more peace or create new 5 page scriptures.☺☺☺

The politicians who lied, claimed to believe in Jesus, Eucharistic miracles, Marian apparitions, fake religions (invented to expand empires and rarely *for peace* perhaps *in some who thought fake miracles inspire thugs to behave*), delayed long lifespan for all. The intent of religion spy creators is mixed: millions of spies co-created religions, not all intent was peace thru peaceful methods. Yet, some good things emerged too from many religions, besides the extremely bad Bible, Torah, Quran quotes that led to genocides, brainwashing, stunting intellect development, free thought, hypothesis formulation, thinking, scientific progress, etc; people will keep the good (gentle music styles that uplift, writings on different feminine (that are most lacking in our world) and other qualities in many religions, etc to develop to be like an Immortal or angel, etc). A more useful approach to spirituality, is maybe a balanced yin-yang one, that is discerning hypothesis formulation/testing, gentle tender kind soft nurturing empathy focused, instead of on lies, suffering, torture (14 stations of the cross), fake miracles. ~*~*Gently*~*~ question everything politicians say, like *'the leader' setup 150 centers to promote religion X, the guy may not believe at all in religion X and use those as his spy network building stations*. This is like when conmen leaders *claim to deport 'country Y citizens', but* secretly *allow them back in under new identities of a different country, as investors, etc* that build bigger houses elsewhere; they can sneak in anyway sometimes, as they bribe the spy agency, leader can't check all. ☺☺☺ Given the novelty of the religion, the comforting lie that the peasants etc may also get their diseases cured, like in the staged miracles of people faking having been cured and enjoy a nice heaven or get higher crop yields *(invent a lie that a peasant prayed and it started to rain, not reporting the other million who prayed same thing and it did NOT rain, then a million other gullible people repeat the stories of invented miracles),* belief spread fast. Add genuine mind heals body miracles or statistical remissions that happen being reported, while the 10,000 times more frequent cases of unanswered prayers never reported, and the illusion of an amazing thing for uneducated is so strong, that it is irresistible for low IQ folks. Clever men, used guilt of

original sin, and other psychological tricks and lies in other religions, to make people dependent on spies disguised as clergy, give their wealth to clergy or organized religion in the hopes of a nicer afterlife, clergy who took over continents, as religion and politics merged. ☺☺☺ People noticed it and then 100s of groups (40+ orthodox, 300+ Buddhist, protestant etc denominations) split from the original group to gain national independence from the "overly political-military-religion" *(what some atheists or agnostics or spiritual people may call a 'scam', partially sometimes due to the tone of some pastors being not like eterni tone pastors or like this tranquility youtube I made or this angel of light one)* that is not pure spirituality wanting a world of peace and nonkilling nonviolence first, but a mix of lies, fake miracles, agendas and politics (denominations made up to sow division and create wars). Then some played along with part of the fiction when they made their own national denomination the local spy agency could control, since the reformation could only be minimal *(to avoid 100% rejection by the gullible public, who was exposed to liturgy in Latin, never read the Bible in local language, to see the bad quotes, not just the nice stuff)* and used it to bring the ideas of compassion and kindness, as well some nicer gentler music tone too sometimes. However, atheist ideologies became equally violent at times, using other tricks to fool the masses into being cannon fodder and useful 'low IQ' people. ☺☺☺

Can people be honest and create a more realistic 'spirituality or ethics or philosophy or culture'? Religion places of worship acted as a social meeting places, places to get solace, support from others, etc and also as fortresses in old times, and thus it played a huge role for the survival of a country. With time, more social places emerged, universities (Bologna in 1088, Oxford in 1096) so the influence of religion diminished. Ethics, spirituality or religion if ultra progressive, immortalist can benefit society or even speed tech progress 100 times more than an atheist 'have fun, smoke pot' culture, even if God is defined as 'possible immortal aliens who may not know about us much, as we don't know about all bacteria in the big universe'. However, if dogmatic, brainwashing people, it slows the progress of civilization. The 2019 Pew survey found % of religion unaffiliated were: Czech 72, Netherlands 48, Estonia 45, Belgium 38, Norway 43, Sweden 42, Denmark 30, Spain 30, France 28 (US 28% in 2020 Pew) have no religion affiliation, due to the wild claims of present religions or forcing "I believe Jesus did this and that" in every service... in East Germany, half don't even believe in God. Religion will probably be replaced over time with civic ethics education, social immortalist☺☺☺ groups, clubs, universities, immortality parks, meetups and continuing education credits on the benefits of eterni tone for career development, longevity, etc, benefits of gentler music for better driving and family harmony, value of kindness, etc for reaching much longer lifespans. God allegedly (God is *dog* rewritten, allegedly is all *legs* God, a 4 *leg* dog, 0 hands vs 2-2 for humans) looked like a dog in the past: Anubis, the Egyptian dog God has a cross like thing in his hand (looking like a guy being crucified too), and some scholars say spies created Christianity thru forged books and claims

using ideas from preexisting religions well known to trading merchant Jewish and other spies…, thru staged events or records of events made up in stone or text, like some cult of Anubis, later called Osiris who came back to life. Back in the day, the dog of a pharaoh may have hanged around his tomb, so he decided God (Anubis) looks like a dog perhaps. On planets where people see small tiny things well, by refocusing, they may see dust mites around a tomb and think the God of afterlife, Osiris Anubis looks like a mite pic. Then they worship that icon with many legs, make temples with the icons sitting in the empty temple, while people are homeless. Well, according to the logic of more primitive people, who can't understand God is a formless genderless shimmering shapeshifting Immortal universal field. Bored Italians, Greeks or even Jews trying to unify their many provinces with many religions, may have invented an Egyptian and Zoroaster like religion to gain followers to enable Roman, Jewish or Greek empire expansion. It had to be a religion with ideas and beliefs from the areas they control to make an easy sell. Zoroaster made up a religion so similar, so maybe Romans mixed it with Osiris and other religious ideas to make up Jesus religion? Now, you know some of the inspiration for the amazing resurrection that *never* happened: greed for power.☺☺☺ Oddly, besides icons, Catholics love medals, crosses, scapulars, holy images, etc that are symbols of the apparitions and miracles of those saints, but nobody has any real unfakable evidence any miracle happened: did priests, bishops tell priests, lay people, kids, etc to fake the apparitions, pretend Mary told them to say this and that prayer of the rosary etc 3 times a week etc? *The Catholic Church* was *and may* still *be, thru front companies, trusts, etc* the biggest landowner in Europe, so the need to prevent losing followers became so great, that they may have invented ever new apparitions and miracles with each passing decade since competing churches appeared. If you count all items they sell at Catholic stores that are supposed to help you, you may need to wear 500 items to get fully blessed in the most comprehensive way possible☺☺☺ So Catholics rely on objects to connect to God, when God doesn't need matter to bless people. Do you think they have been fooled? Recall that aliens may look different, so how can an image of a human (dust mite odd appearance to them perhaps) help them if it's scary? Will wearing pics of dust mites help you? Will wearing a cross, a symbol of torture/killing of a dust mite, help you live to a trillion? Do you think a little wafer or saying "I accept Jesus" gives you eternal life? Is eternal life so cheap, so easy to get? Think how hard it is for us to create 80 year life, what about eternal?

Last 3 pages: How Jews used the Jesus fake miracles to take over 4 billion *people's minds:*

Osina (or Sonia, like mo SIA, no CIA, like sonic or eterni tone, and INA, Immortality *Nurturing* Agency), is a new ICBM Russia announced after the fake killing of nuclear forces head. Synagogue is also Osyna-EU-Go, a covert threat to Jews running the EU. Jews run the USA even more than EU: in the US Jews brainwashed 80% to circumcise via takeover of health policy and Republican/Democratic party, while in many EU nations only 0.1%, the Muslims, circumcise,

since USA got 9 times *more* Jews/capita than EU, so here in USA feudalism rules even more than in EU (which is more socialist), Jews live in palaces often, while gentiles are their slaves. It's no wonder that the clever Jew can impose a non-Christian habit on a Christian population, he has been engaged in fake religion building ever since Jesus, to make Christians more like Jews. Some liberal Jews promote gay rights (osina is aspen tree in Russian, ass-penis is gay sex, promoted by some types of Jews or even gentiles to destroy other nations) and things Putin calls satanic. A 01-30-1939 speech by Hitler mentions the bad Old Testament Jewish Torah quotes, killing of all Jews in Europe, the Jewish covert takeover of Germany (stock market Jewish takeover covered in his 1921 Bolshevik and other speeches, media, politics, banks to cause WW1 to create Israel after Turkish occupation of Israel wiped out, etc), and other nations thruout history, just like it happened in Rome (takeover by crypto Jews) when the Jewish Jesus cult appeared as the One Jewish religion to replace all others, like it happens today in USA and the entire West taken over by the Jewish Jesus cult and the Muslim world taken over by the Jewish Quran cult, 4 billion people total for the 2 Jewish religions. The speech was complaining about US, UK, France mistreating Germany, but it was Germany who started WWI via Jewish-British-US-French banker manipulation and lack of non-killing ethics due to a Jewish Religion of Eternal Genocide made Manifest via Christianity, Judaism reformed, and Germany killed millions in the fight, so they got what they deserved in WWI for being so silly to be duped by bankers and the Bible and Jewish clergy to kill to expand colonies or lands obtained via genocidal wars. ***One thing stands out as true: the Jews stuff, not having a nation they were less loyal before 1948 and more internationalist, like his*** 7-28-1922 speech on Jewish infiltration of royals and aristocracy complained of Jewish parasitic aristocrats who build palaces by gentile slave labor, ***Jews converting*** much of aristocracy (which today means spies (all politicians are that), military families running companies, institutes, policies) and royal families to covert Judaism (Mossad), while pretending to be Christian to keep the masses of low IQ gentiles docile and brain dead. Even today in USA you see alleged gentiles (who're crypto Jews hiding their Jewishness) or real gentiles marrying to official overt Jews or fake Jews. Hitler should have never invaded any nation, and limit himself to deporting Jews to Palestine if he didn't like their promotion of the Old Testament violence and doing bad things.

People who didn't study world religions, history of ethics, codes of conduct (10 commandments like), philosophical thought, don't understand that the Bible has nothing original. Everything in the Bible was already in other cultures (Osiris, Zoroaster, sacrifice, death, resurrection, immortality), even the fake miracles, how to stage miracles (common in India), gain followers, ideas of spiritual immortality, disappearing into a cloud or ascension, etc, physical immortality, resurrection, etc. The Jewish spell over the 4 billion Muslims and Christians ceases fast once you realize the Bible-Quran are recycled stuff sold as an amazing "original" thing with Israel

inventing new "findings to confirm the fictitious stories of the Bible used to take over the planet". People are too naive and silly to realize all carbon dating, stones, tablets, etc can be forged and based on fictional stories the ancient spy agencies disseminated, with the same fervor FBI-CIA publish millions of fake books today and Jewish communists in Russia made stuff up at times in order to torture and kill gentiles by the millions during the 1917 to 1991. Hitler was pissed Jews ran Germany to a great extent, even if only 1% of population, a situation wholly similar to NATO-Australia-EU-Muslim world today, where 14.5 billion dollars of US taxpayers went to the most evil and degrading Zion Elders style musicians and actors, while millions of Americans live paycheck to paycheck and sustain the nation (that Jews vampirize, and also torture via the Jewish employees of spy/miliary agencies). See more on US taxpayer money use for bad music. Not even 1 out of 10000 musicians meets the eterni culture standards for lyrics *and* tone. All is pure Jewish Bible like garbage. The lie that this music helps catch gangsters is a cover for aristocratic enslavement of nations. Jews contribute, but they also vampirize: if you read the 11 companies you understand the vampirism so well. Jews were kicked out of Germany and some went to USA to do the same things: promote genocidal quotes and violent ideas. Jews run USA in 2024 to a great extent, just as *Jews* (10% of Rome back then) *ran the Roman Empire in the 300s*☺☺☺ when Jews made the Jewish Jesus fake miracles cult the empire religion, just as in 1933, 50% of Berlin MDs were Jewish, that's why today billions are brainwashed/deceived into the Jewish Jesus cult, to love the Bible, even if it is evil, it's an abuse relationship, where the victim can't escape the prison, its forced marriage to the evil Bible. Many politicians who claim to be "non-Jews (Western Europeans)" *are Jews who live the* Zion Elders ideals easily seen in their adventures and music/sports *they praise, look at these criminals who're loyal to Israel 100 times more than to USA*. Gentiles are mere cannon fodder (like 470000 USA soldiers who died in WW2 to create Israel, WW1& 2 planned by world Jewish bankers to create Israel, since Israel was under Turkish rule in 1516-1917 and *Hitler's shouting against Jews and threats would force many to go to Palestine and create Israel*) to be used by the US Jewish Bankers to make Israel bigger or gentile aristocratic palaces bigger. Like in USSR, when Jews exterminated gentiles by the millions, Jews do the same in USA as much as Brits/Irish allow it, though the methods are far more covert. Anyone with any intelligence who criticizes the Jewish Supremacy, meaning Christianity, Israel's "right" to become 50 times bigger, etc, is exterminated, slowly, methodically, with the Jews within spy/military agencies. To make Israel 35 to 100 times bigger by wholesale extermination of Arabs like Gaza 2024, they milk USA☺☺☺ as much as possible and promote *Israel, Jewish Son of God Jesus via Christian churches as much as possible*. They manipulate US foreign policy to benefit Israel and harm USA: oil wars instead of electric cars in 1920s-1970s. USA interest is Eternal World Peace, not Bible psychopathy. Jews run USA, they pose as Grand Ayatollahs of Jesus the Con Cult, parasitic grand standing predators of various mega churches who lie to everyone, making millions off the gullible believers. Cleverly deceiving

the gentile by posing as gentile pastor, they amass millions of dollars by mere fraud, buy airplanes, palaces, etc. Their real god is money, Jesus is just a means to get it from the naive masses, too tired (from working as slaves to build aristocrat palaces) to think and question. Israel, UK, other evil regimes without non-killing ethics want endless Arab-Arab, Arab-Persian wars, in order to dominate the area via murder. ☺☺☺

Christianity is based on a fake death, the fake death of Jesus. It's a fraud. It's a made up story, with fake miracles the fraudulent rabbi Jesus staged with his con artist friends. Let's say he died, OK, do you really believe he resurrected and lived as a spirit? That his body became energy? No evidence exists for any miracle to begin with, and *all evidence points to* Jesus being a drunkard and low IQ, if he was real, not a fictional character spies made up: no smart person says he's the only son of God or etc, even if he is, because unless you can materialize mountains and turn corpses into young people instantly or do stuff that nobody can fake, you're not God, or even advanced alien, but just a lowest IQ fraud. All Jesus miracles can be faked as shown above in the 8 videos. Not one instance of a miracle of him precipitating something made of exotic materials and combos that future generations can see and not understand how it was built, like a pyramid made of 50 metals impossible to separate in that time, with 50 sheets, of these monoatomic layer, or something our science can't produce, a scientific impossibility with a sign written on it: humans won't get this tech until year 9,456,329. Or bless one guy in a coffin so his body never ages and he lives to be 5000 years old and tell us what Jesus did for 5 millennia. None of it, all his miracles are cheap tricks Jewish *charlatans* could easily fake *as one team to* conquer the world by fraud: take his staged fraudulent death, reports indicate he didn't die and was rescued immediately or even the story of crucifixion made up, meaning he was supposed to be killed, but at the last minute Jews did not, then Jesus appeared and claimed he rose from the dead. 3rd grader scams like that convince 4 year olds, not intelligent people. However, the tide is turning, after 2000 years of Jewish terror and Jews trying to outlaw English, make Hebrew official language in 1780s, we realize the CEOs, academia (Ivy League grads too), doctors, lawyers, spies, higher ranking military, Wall St traders, insurance agents, realtors, bankers, politicians are 9-45% Jewish, while Jews are 2% of USA. Why is Intel building chip plants in Israel instead of US or East Europe to help them switch to English? Because Intel is run by Jews, like many companies? Why are billions of taxpayer $ going to pay pastors to repeat same garbage billions of times a year, when ethics.gov could explain the basic ethics of the Immortalist Anthem and the rest of time these clergy and other staff would do kind acts like build, maintain single family homes for all?

So, naturally, the USA will gently kindly Awaken and gracefully take America back from Bible violence and Jewish *(well, the Jews who're for criminal capitalism: 5000 the wage for a Jewish CEO vs average gentile worker, not the Jewish communists)* feudalism (see Jewish and gentile aristocrat mansions). The masses will wake up, end the Jewish & British aristocracy and their

genocides. We will declare our independence from Jewish terrorists and (not just Jewish) clergy terrorists. In Canada, 33 churches (genocide cells) were burned in 2 years, 2021-2023, by concerned citizens. Some are too tired to read the genocide calls in the Bible to realize churches are *genocide* cells. Others are too tired to read the *genocide* calls in the Quran to see mosques are *genocide* cells. The parasite type of Jew, Brit, etc presents himself as a gentile, Arab, as God's only representative, as pastor or imam, so as God on Earth, while brainwashing the gentile that nobody should be God (since only 1 God exists) or play God, which is a function that only Jews (disguised as cardinals, Popes, etc) can fulfill for the maximum IQ lowering of gentiles, for best vampirism. Obey the ☺abysmal IQ☺ religion clergy, the Jews, and they will con you forever. In communism, whoever is not praising the Jewish leaders is exterminated. They steal all land, people, labor, resources and you get the ultimate trash: Bible and Quran… Having seen the Jewish methods, others do it too now. No matter if atheism or religion is used to rule gentiles, he's the same terror loving one who tortures to death his critics. He hides his Jewishness Italian-ness, etc 100%, he knows how to use God to enslave all. His church and organized religions are a tool to make you feel powerless, dependent upon his infinite wisdom, easy to dupe and exploit, vulnerable and lacking any confidence in your eternal connection to God. He poses as God, as Satan does in mythology. He shuts God, replaces God. He makes a mockery of the human quantum field, replacing kindness with depravity and violence. He takes your peaceful culture and replaces it with an infernal depraved lyrics music "culture". He does everything to destroy your nation, culture from within, like a virus, until all are slaves. Why do you think the Vatican promoted the Jewish Torah as 80% of the Christian scripture? They were Jews, Peter the fraud, the rock of the fraudulent church, was a Jew and first pope of lies. ☺☺☺

4.1.10. Turn *every* restaurant into a mini Immortality University and Research Center☺☺☺

Introduction: turning the restaurant in every house (the kitchen) into the abode of ethics/spirit:

The immortalists got 11 companies and one of them makes all food, Eterni Food Inc, so everyone gets a powder sent home by the post office from this company, with 50000 custom amounts of the 50000 important daily nutrients, personalized for gender, age, DNA, health issues and 1000 values for last week (most recent if you didn't go last week) biomarker measurements for maximum lifespan and they dissolve it in water and drink within 1 hour. Every city has the Immortality Park area near city hall and other shopping areas, where free biomarker monitoring stations exist for citizens (not illegals) and everyone visits weekly to prevent issues 35 years before they manifest. The formula can be updated weekly as your biomarkers change. You get fresh food produced within 72 hours of consumption. Currently the gangsters running America only allow most to visit a medical place once a decade if that for a lousy physical checking nothing. To prepare for this new era, we're shrinking out kitchens, as the new era will have 0

kitchens. The first step towards transcending the national and global gluttony epidemic leading to obesity or weight gain is the change in the house building culture, to reduce kitchen size by 50-75% (make it 2-4 times smaller) allowing only a space for fridge, food processor (smoothies) and a pressure cooker that can cook under water every meal in a healthy way that increases lifespan by 10 years. After that, we have space to shrink dining 20% and living 30-60% too and make space for the most soundproof room called eterni room or relaxation/nap/guest sleep/meditation room, where people can relax, record nice eterni tone songs, learn to intone in an eterni tone, record something to deflate a tense situation, a nice little song and play it instead of speaking, as eterni vibe is better in music, meditate or practice happy breathing and close door with a don't disturb sign to avoid the stress of the other rooms of the house where kids are or spouse is, yelling each time you come in as she's angry about not buying her the expensive makeup or funny toy if a spoiled kid who has not watched a compassion virtue movie recently (but can watch with you in the spiritual room, so he can become less angry). One problem on Earth is dysfunctional families that lead to war in the world at large as that negative vibe soon contaminates every human relationship, vibe also coming from the mentally insane hyper violent Bible, Torah, Quran, Mahabharata, etc and the sick cultures they create. One way to solve the problem is to create a space for people to relax away from the currently unethical, unspiritual, uneterni, angry, annoying, tiringly needy or aggressive family member, or even crazy pets, so one can recharge and find a healthy positive (deescalatory) way to respond to the "selfish mean or etc vibe". A true democracy is one in which everyone can be a pastor, and every home can be a temple, and there is no need of intermediates between people and God, who use religion to start wars, lower IQ and enslave entire continents while making 700000 people in USA homeless. So, since we want to give all decent single family homes, we don't need that many churches, mosques and temples, or any, since we make our city hall and recording areas there for group singing and the Biomarker areas, etc so beautiful, that every place of worship today would appear ugly by comparison and we can make the meditative room or Immortality for All room also more amazing & beautiful than all places of worship today, using the mass production capacity of Immortality Building Inc, world's most advanced, largest construction, maintenance company on Earth. This will give us 10 million new eterni voices, many of them much better than the crap we got today, beautiful immortalist songs and bring a new vibe in USA, instead of the 'boring violent' vibe today when all music is rat IQ lyrics or uneterni *tone*.

Eterni food Research Center containing Restaurants that sell eterni food (rest, meditate, elevate) without bars and alcoholic drinks would get exempt from the taxes of section 4.7. because they help kids/adults get associate or college degree part-time in lifespan doubling nutrition biochemistry and to discover new longevity giving food items, meditate, breathe slower, attain happiness other than "food taste or drinks or smoking", diminish crime as instead of doing silly

things, they go to these centers that become like the extra 100 libraries in town, leading to a society of deep immortalist thinkers (thinking about how to help everyone live to 500) and science paper readers instead of so many "eaters of random plants and animals as a million years ago, smokers, weed users, violent music listeners, overweight people due to addiction to food taste, texture, smell and no meditation bliss". In our era, we walk into a typical restaurant (or college or company eatery, so called "high tech college or university" like Harvard, MIT, etc) and we see the same thing pretty much: 1. often times young people wasting their lives during off peak (peak is noon-2 pm or 5-7 pm) hours in a mostly empty restaurant with plenty of space and staff to create an eterni Food Research Center in a corner/section of the restaurant (their ultra boring jobs replaced with something far more high tech that doubles lifespan instead of shortening it), 2. selling sodas (the most unhealthy thing to drink, except for a few "Jamba Juice like" restaurants (better than *Jamba which sadly, adds sugar or toxic artificial sweeteners to increse sales and addiction*) that offer smoothies with greens and berries), fries, rice, burgers (pork, beef), hot dogs, sandwiches and tacos, maybe some veggies and beans in some restaurants. Everything sold is ultra high in salt (to raise blood pressure, half American adults hypertensive), saturated fat, cholesterol, ω6 to 3 ratio of 20:1 (instead of 1:1) that drives inflammation and faster aging, oxidized cholesterol (up to 100 times more toxic than cholesterol) and oxidized fats to shorten our lifespan dramatically AGEs driven system wide inflammation from so much frying and oxygen rich cooking (instead of water). For the most part they're not vegan, except for a few tacos (request vegan, no dairy) or Beyond Meat (Carl Jr), Impossible burgers (Burger King), Ultra Healthy (compared to Beyond Meat or Impossible Burgers) Vegan Burgers of Small Restaurants, or healthier fake meat products that got 30% of saturated fat in the Impossible Burger/Beyond Meat or analog meat products, half the salt too.

Imagine the tech colleges and inspired by tech food chains (maybe McDonalds etc) taking more initiative to turn every eatery into the most amazing beautiful Disney Like Learning Environment, with tons of glitter, colors, shimmering lights, with the walls displaying via fixed images (posters very colorful like chemistry textbooks that make carbons, hydrogens, nitrogens each of a color, kids like colorful stuff so they can learn about what they eat) or moving holograms via projectors or other tech hundreds of chemical formulas and nutrition science discoveries that inform the restaurant goer about the latest discoveries about the carotenoids (lycopene, α and β-carotene, lutein and zeaxanthin, β-cryptoxanthin), vitamins, polyphenols, ω3s, etc and high in the brains, organs, blood in those with longer healthy lifespan. Imagine the walls, chairs, tables being filled with images of healthy Eterni Foods, nutrients, fruits and veggies used to make the sold foods, with tons of *purple*/*blue* (these things in nature are highest in polyphenols, *purple grapes* healthier than green ones, same for cabbage, onion, etc*; A big flashing sign can ask* "Did you eat your *purples today? that's* where polyphenols *are", try the*

Purple Immortalist *Burger with purple cabbage, purple onion, purple kale, purplish blueberries and vegan* protein *high in ω3 and vegan algal DHA; it can actually be purple due to all these purple things, the burger, the covering, the outside, the "bread"*), *lavenders*, *oranges* (carotenoids), greens (people need more leafy greens nutrients) ☺☺☺ that are almost absent in today's restaurants where all is reds, burgundy, beige, off-white, browns and greys (a little white and black too). Yellow peppers have more vitamin C than anything out there, yet there is so little blue-green, yellow or gold in restaurants. Imagine the most colorful Disney like place (to make kids love biochemistry of 900 year lifespans and have them see big colorful neon lights "Let us eat to Live to 900, thru hypothesis formulation and testing" at they enter the restaurant) with wonderful designs mass produced to create tap on screens, tap on the table screen or on a wall near the table while seated to hear a lecture on a vitamin or McDonalds eterni food you selected) that teach people biochemistry. ☺☺ We select carbs, proteins, fibers and then get a lesson on carbs etc, so each time we eat out we learn something about nutrition studies, *biochemistry*, quantum chemistry simulations. We become citizen scientists who bring a billion new nutrition studies to build knowledge, because the screens invite us to enroll into a nutrition study to help all to live to 4000, and we can choose to eat only Eterni Foods that measure all food and nutrient intake, scan it with the phone and send data, getting thus Eterni foods at a discount and learning more from National University professors because we generate data and have the self-discipline to eat everything measured and create solid nutrition studies (*for better estimation and calculation of a million confounding factors in this and* future *centuries that analyze this* data), not "estimated nutrient intake" studies of today. To avoid cheating and eating extra or less, the financial perks would be zero, people would have to agree to be video taped. People also realize the AI won't give them the best scientific data if they cheat and the free biomarkers analysis and AI/company expert suggestions for new eterni *personalized nutrition* (based on available products at "Eterni Food Inc"☺☺) after a year will be useless, so self-interest in getting best advice based on data would motivate people to not cheat and indeed eat only Eterni Foods and scanning them before or after eating them entirely, *with 0 left overs*.

As McDonalds has a blood pressure meter, people with high pressure will be recommended Purple High Fiber low sodium "Lower Pressure Immortalion", a new product, that is not a burger or a taco, but an *eternion* designed to take us away from historical inertia and into the high tech future of Knowledge Based eating, instead of the historical inertia of taste based eating. Immortalions can be of 900+ types, colors, textures and shapes, each serving a purpose of Life Extension, so some can be more smoothie like, others more taco like, burger or salad like. *As the AI camera of the future measures 50 biomarkers by scanning their body while they enter the restaurant (high tech of the future), it will recommend a new Immortalion that day, personalized for them that* day. For those who enroll in certain studies and/or volunteer with the Restaurant

eterni food Library/Citizen Science Center, the company can offer some free medical exams, like a simple 2 min scan of retina to see blue light damage due to nutritional deficiency of lutein in their diet, and other retinal or other damage due to other deficiencies in their diet. A mega Nutrition Conglomerate can create 5 food companies, like we have Taco Bell, McDonalds, each testing a different set of nutrition hypotheses thru different products, but allowing us to see the AI models and why certain food exist in each different company. But Eterni Food Inc can create so many entries, they don't need 5 separate companies. ☺☺☺ Or if we just have Amazon.com or food.gov ship powders with 50,000 phytonutrients from 50000 plants, as immortality capitalism section explains, we got more space for universities, and single family housing for all.

It goes without saying that in a Civilization of Immortals, or of Peace and "semi-Immortals" who live to 900, where violence is unheard of, people would have renamed all restaurants and foods in a way that removes any connotation of eating animals. ☺ We have today a few companies that create fake shrimp, meats, hot dogs, but once everything is vegan and eterni, these names can be changed from "Chicken "body parts"" (how weird to order some chicken legs or whatever) names to "Immortality Elixir" or "Mitochondrial Boost Immortalion". Would you think it's fair or kind for an alien to raise humans on a farm and eat human "body parts" for dinner? It shocks me how in our "advanced culture and civilization" people have no problem to eat foods called like human body parts, except that the animal is in front of the body part name. It's like the Halloween depiction of body parts that is legal, except in some nations or areas of Russia. What kind of *universal* loving kindness/spirituality is that? Just because we did it for a few millennia, doesn't mean we have to continue doing it. Names like " Gentleness Immortali", "Compassion Polyphenol Immortalion" (Immortali if Immortalion too long) seem way better names. The food doesn't have to appear or taste like their meat counterparts from our stone age infancy of a civilization. But as a trillion year old Immortal would have compassion for 2 day old human mortals and their infant civilization, one can't expect change to occur instantly, so names like "Fishbone", "Rib Nest BBQ" and "KF(fried)C(hicken)" still exist (burned animals). See more on veganism Bible ideas here. Due to the power of historical inertia and present knowledge (limited), people eat meat. Economics due to the advances in physics and chemistry will make Eterni foods 900 times cheaper and greener, so then people will no longer eat animals or have agriculture, not necessarily because of a higher level of universal kindness. This will diminish human cruelty, conflicts, bring a higher level of kindness, which will fuel more knowledge discovery, leading to more kindness. The desire to eat animals is 'low IQ' if you think about it, since if humans go into space and find a planet, they might see some "animals" without "visible gadgets or technology", who're 500 million years ahead of humans and want to eat them. Just because something appears low IQ it doesn't ncessarily mean it is or it can be lunch. No wonder such aliens don't have any interest in making contact with humans. ☺ The beings

might not just have no “gadgets, buildings, visible tech (all quadrillion times smaller than electrons, so invisible)”, but they might have knowledge of the universe that we don’t have, not to mention the ability to stop 1,000 planets from eating (or even finding) them. ☺☺☺

But take this, what if God gave some knowledge of the universe to other species that is different than the knowledge we received? What if we would need a billion years to get it without them, as they would need a billion to get our knowledge. If God wanted us to evolve spiritually from cuel to kinder, God would withhold some knowledge from us until we're all vegan, and eventually eterni (no plants eaten). If some aliens with different knowledge than ours can't defend themselves from being eaten (due to never investing in defense), we try to eat one of them (the rest then know about it, since they're all telepathic and withhold all knowledge from us and we can't get it without their help, once a human attempted to eat one, all the other become invisible) and miss on the knowledge of the universe they have (maybe even knowledge of Immortality), remaining very primitive for a billion years. We may still not be able to eat them, they may dematerialize to avoid fighting (it’s a death of their body, but they move to another dimension) or due to God wanting to show humans a way to avoid conflict, *become invisible by dematerialization*. ☺☺The species dematerializing doesn’t mean they or God can't create the illusion in the human mind (or even collective illusion) that humans ate some “animals”, so as to not interfere with their spiritual evolution and unintentionally “cause or force” a conversion to veganism or Immortalism (eternism) by virtue of “dazzling show of ability”. Since God doesn’t want the aliens to be eaten, God withholds knowledge from us earthling humans (that would enable us to find the aliens with the knowledge, maybe their solar system or planet is enveloped by some energy field that makes it invisible) until we evolve to a higher level of ☺ eterni tone of speech and intent, behavior (Chapter 8 like in past tense of “eat”), because we have not achieved their level of *Grace* yet due to a different evolutionary path *(wish well to all living breathing* beings, don't inflict pain on anyone who has not attacked you, like a bear or lion attack on Earth). That is if eating them was even possible to do so, as it may be with some nondematerializing species (*people may not realize the “animals” live to 90,000 before they try to eat them*) who don’t invest in defense tech or think about it, having evolved in a perfect environment as Immortals, without the hostility from nature our species experienced, so being far less fighty, the equivalent to the most angelic human times a trillion.

God could create a species on this hidden planet that, exactly as we perceive visible photons with our eyes, could perceive, in addition to visible light, with different organs or a third eye (made of different matter invisible undetectable to us, not necessarily visible to humans organ) different particles, way smaller than neutrinos, some undiscovered by us. When we do hands on healing, we emit infrared rays and this can be seen by IR camera. Imagine them emitting something else during hands on healing or operating their extra organ (not ears or eyes, but

something else that produces these rays and are perceived by this or another organ, say they move their ear or hand like like organ in a unique way and then a huge ray comes out of this subatomic particle that can do wonders we never dreamed of when used and manipulated in complex ways they alone know; they can have an extra set of hands so to speak that are made of this invisible matter alowing them to create objects type at their computers, etc while the rest of the body relaxes, so you would look *at a still lovely piglet*, but he's *doing quantum mechanics earthlings only dream of*), unknown to us or any of our cameras, having a memory capacity a billion times bigger, so then if they learn how to create various transmutations and changes in their environment, biology thru focusing of these (unseen by our tech) rays of undiscovered particles, they can build an Immortality knowledge (discover how to use these rays to delay aging a million years, how to build gadgets and things that to us are invisible and to any of our tech) that is SO DIFFERENT, *we can't even imagine it, let alone how they store the knowledge in the "nature around"* (invisible libraries, gadgets sort of, since when they write they don't use paper, flash drives, computers, but materials, "books, computers" made of this invisible stuff, and don't use necessarily the hands to write, but a subtle focusing of this extra organ, so humans can't have a clue of where the organ is maybe, when it is used, etc... or HOW INTELLIGENT AND LEARNED *these "low IQ animals" are, they're like people with 50,000 PhDs, yet appear animals to an outsider*) and use this knowledge to sustain their civilization that seems just "animals roaming without any technology", yet living to 1 million years old maybe each. Why would they not build things of normal matter around them? Perhaps because the things they create with their organ are far more alive☺☺☺ and exciting and having many colors and shimmers more than anything in nature, in their perception, not to mention manipulating it with this organ is a lot easier. The memory banks of brain can be using this unknown matter (enabling them to store quadrillions times more stuff and recall it) and their tlepathy can be based on these particles too or other unknown principles, so they don't emit sounds to communicate like humans do, having the most "encrypted" communication from the human point of view, undetectable by human tech. The invisible things they can build with their "minds or organs directed by imagination slightly, not necessarily by hands" can offer them ideal temperature, shielding from certain things, or even, odd as it sounds, the ability to go without eating for decades at a time, hybernation period of study and moving very little.☺☺☺

Other species like them may even discover how to totally replace the need to eat after they grow to adult size, totally altering their biochemistry in the weirdest way we can't even imagine, sort of like moving from biofuel cars to electric cars, electricity as fuel, in their case perhaps something we don't even know exists. A nondematerializing species may be able to withhold their knowledge and/or learn ultra fast how to divert humans [always fighting, always changing priorities and which star system to visit first] via mothership crashes due to gamma or unknown

particle ray burst or something God does, from their system thru "natural events they can cause due to their special knowledge humans have no idea the 'animals' possess" if one attempt is made to eat, enslave, do painful animal experiments on or torture one of their species. The aliens could learn some things a quadrillion times faster than humans, due to their knowledge, and immediately render human attempts to visit their solar system futile. Do bacteria mind control and build humans or we control bacteria? We don't know what we don't know, a "low IQ" bacteria or animal species may have knowledge humans won't find for eons, just as humans have other knowledge of physics the other aliens won't discover for eons. This is like the primitive men fighting analogy: "they fought with spears for millennia, so they continued doing that when they could have been off-planet by then"; another analogy is "they ate meat for millennia, so they continued doing that, when they could have discovered amazing new worlds, *secrets of living to 90,000 years old* from 'silly animals without tech' from planet z."

4.2. IMMORTALITY OUTREACH (can use anonymous aliases, fictional names, Tor browser, or wigs, disguises in real life for highest security)

4.2.1. Outreach to colleges by students 4.2.2. Outreach to cities for Immortality Parks/Centers

4.2.1. Any student at a university can request to meet with the University President, Provost (the person in charge of academics) and Chancellor (very involved with academics), Science School Dean, Professors to make suggestions for the creation of an Immortality School, Immortality Program like MIT-Harvard-Tufts or Caltech-USC-UCLA or Stanford-Berkeley School of Immortality or Life Extension Center or Lifespan Tripling Institute or Joint Longevity Immortality Program (major at the 2-3 schools). For example, every major university has a web contact form where one can request an appointment with these top university officials. The Stanford Longevity Center was started by 2 faculty members, so a student who has a good idea can pass it to their favorite faculty member, and if there is a good relationship between the two, the student can help the professor to set up the University Life Extension, Immortality, Lifespan Doubling Center, etc. Then another student might create an Immortality University based on the Immortality Civilization course created by faculty and students, or a student might become a CEO and donate $100 million to a University taking the Immortality School or Center to a much higher level, 7 decades down the road, the ripple effect can be huge even from something as tiny as an Immortality Course, Club or Minor. MIT & Harvard created broadinstitute.org for biomedicine in 2004, with 3,000 scientists now, the Broad family donated $800 million to this Institute. Harvard and other Presidents, Provosts, Chancellors, have office hours with students and in those 15 minutes, the students could present their view on these Immortality or living to 150-500 issues, almost like in the draft letter presented below. Harvard President meets students ► harvard.edu/president/contact, MIT President meets students for 15 minutes by

appointment. Students can find out the dean, provost, president, chancellor office hours, and setup a visit to propose creating an Immortality Course, etc. ☺☺☺ Students can easily create Longevity, Immortality Clubs too or write to whitehouse.gov/contact/. Some universities have 1000+ student clubs, setting an Immortality or "living to 200" one is easy. For those who want to engage in Immortality-Longevity Outreach in their spare time use any studies, ideas in this book to make PDFs you send to fellow students, peers, science, engineering clubs, related life science and engineering fields, University staff, high/middle/primary school teachers. See pages 2 and 3 of my brochure. Gotprint.com makes business cards, flyers (500 cards for $8.50, cheapest), vistaprint.com (better design options) has 500 cards for $10, 5,000 flyers for $181, see this vegan video about flyer giving, maybe instead of "Helping animals" as in the video, we can say "Tripling human lifespan", "Help stop suffering" (as he says in the *vegan* video), suffering due to short lives, diseases, "natural" disasters, wars, violence. 4over4.com offers 200 free business cards one time for those who share a social media post (the back of the cards has their website). ☺ *We* live *in a* paradise *of Life* Extension *opportunity:* free *cards, free PDFs to use on the cards.*

Ideas for Email Subject/Body: 500 year Lifespan or Life Extension Course, Major, School, etc

Dear President, Professor, Student, Dean,

Thank you very much for your service to the MIT community. Professor Cynthia Kenyon and others extended the lifespan of worms 5-10 times, CRISPR like future techs may do the same for humans. Queen bees live 50 times longer than normal bees due to ONLY different nutrition (miRNAs, etc) that turns on different genes, there is nothing that stops all humans from living 50 times longer via a different nutrition made in high tech food companies. Several trees live 10-80 times longer than others, some rats live 10 times longer. Understanding how these things happen could help triple human lifespan. This is explained in the chapters 11.1.1. and 3 of Civilization of Immortals - 4000+ pages" at happyimmortals.com/book.pdf and below. ☺☺☺.

Since extending lifespan of worms also made more resistant to diseases, aging itself being postponed can mean postponing the onset of endless diseases in humans that are a natural side-effect of aging by 500 or even 2,000 years. The 2015, 2016, 2017 CDC lifespan reports showed lifespan decreased in USA 3 years in a row for the first time in 100 years (1915-1918 Spanish Flu, World War 1 was last time). One way to speed Longevity tech advances might be an Immortality Sciences or 900 year lifespans Sciences and/or Engineering Course (ultra short winter or summer course, some online edX.org course or a normal course) that could be co-designed by faculty, alumni and/or students from one or several departments. Even a 3-hour video course watched by freshmen during Orientation Week would be better than nothing. "Immortality" means a much greater "longevity" (many centuries) than the one (living to 100) conveyed by the word "longevity" of the Stanford Longevity Center started by 2 Stanford Professors. That's why it

would be better to create Immortality or "700-year lifespan" or "Indefinite Life Extension" Centers, Clubs, Courses and Immortality Schools, instead of "Longevity" Centers, which dilute the goal a lot. The human body that lives to 80 is like the worker bee or a car that lasts 1 year.

Students with a real passion for "Immortality" or 200-900 year lifespans can spend 10 hrs/week on Immortality research, unpaid undergraduate research in the lab of a faculty member who also does 10 hrs of unpaid research to quadruple human lifespan soon. Professors can invite all students to create an Immortality Club at the university. We need selfless professors to research in a tiny area of his lab what corporations (seeking money, even if it means dead people like with 38,000 dead Americans from Vioxx) and institutes don't give money to research. The planet will move faster from *profit seeking,"title, tenure and paper publishing" seeking* to *happy lives of 400 years.* Just like Proposition 71 that established 3 billion fund for university grants into stem cell research in California, we create a fund for university grants into 500 year lifespan research via molecular simulations, gene edits, nutrition, since in worms, living 10 times longer meant less disease, postponing aging diseases 400 years in humans. buckinstitute.org, afar.org, salk.edu *give grants for aging research."*

In 1900, Americans lived to 47 on average, today to 80 (70% longer than 47), mostly due to lowering child mortality 20 times. In the last 10 years, scientists helped worms live 10 times longer (like 800-year-old humans) and with less disease ► AC 2008;7(1):13-22. Education could help the average American to live to 136 (70% longer than 80) in 2100 or 500 in 2700. To get to the moon or make a polio vaccine, we focused on that as a goal with a deadline. To reach 136 by 2100, a similar goal is needed. In 1900 the average lifespan was 47.3, in 1921 it was 60.9 so the US lifespan increased 13.6 years or 28.8% over a 21 year period. In 1997-2018 US lifespan increased only 2.1 years or 2.6% over a 21 year period, or 11 times less than 28.8%. Why did we get only 2.1 years? Could it be due to a lack of focus on the benefits and ways of multi-century longevity in education, research from 1st grade to PhD? Everything comes from education. If a CEO aims to increase mpg by 3 or lifespan by 3 years, workers do that. But if a CEO sets 30 mpg or 30 years increase as a goal, that is often achieved. Students got to 14,573 mpg. Let's aim to live to 900, not 90. Would you propose the co-creation by interested students and/or faculty of a new free elective or required course named 900 year Lifespan Prioritization, Immortality or Life Extension Ethics, Life Extension or Immortality, maybe a little bit like the Harvard edX bioethics course, to speed up the advent of a Civilization of 150-500 year old "Immortals" who know no violence, prisons, wars, diseases, natural disaster deaths? The course could be even a winter (no internships) or summer break course, or like coursera.org or edx.org courses or youtube. Have you thought about asking others (perhaps a school official sends a letter to the college community to propose a focus on 500 year lifespans) if they want to create an Immortality School (John Smith Immortality School when John Smith gives $100 million for a life science

center, maybe Immortality day care, kindergarten, school too), Life Extension Center, Program, Major, Minor, Course, just like 2 professors created a Longevity Center longevity.stanford.edu? Their website says "To inspire change on a grand scale, the Center works with more than 150 Stanford faculty, their students and research staffs, as well as leaders from industries that are poised to distribute innovative products and services to the public, thought leaders who help to shape the ideas that influence cultural change, and policymakers who target important challenges and opportunities for long-lived societies." Think about the primitive nations where people live to 50 on average and how much more advanced we're than them, living to 80. Imagine what an amazing & beautiful America exists (compared to today) when we live to 150. Tesla's 700 patents would triple if lifespan would triple. ☺☺☺

Why Lifespan Tripling or Longevity Ethics, Prioritization? We often have people spend a lifetime to create a food color or flavor, while thousands of kids die of flu. The salary for flu research at a non-profit is lower than the salary for food dye, color, texture research at a Big Food company. A product manager is given $1 million to improve a product and instead of making a lifespan extending product with less NaCl (half American adults are hypertensive and need less NaCl, salt can also be KCl that lowers blood pressure) and more ω3 DHA, EPA in it, he adds a new color that shortens lifespan. This happens because of the separation of "business" education from life sciences as they pertain to the building of a Civilization of 500 year old "Immortals". Many are talking about individual earning potential or profitability if a business, but not Longevity of all humans maximization potential. We have car makers investing billions in new car designs, yet making cars electric to diminish smog that kills slowly is a low priority. We got useless car things, we lack 50$ (when mass produced) UV filtering 99% on all windows to protect skin (9,300 skin cancer deaths/year in US), eyes/body from UV.

Longevity education helps the GDP to grow, as people are healthier and more productive, have higher IQ and innovate more. Chapter 12 of the "Civilization of Immortals" ebook (that contains a few ideas that may be used in the course), available online at happyimmortals.com, explains that those without dietary zinc die at 25 after becoming mentally retarded, mortality was reduced by 27% in 55–81 year olds who received zinc daily ► AN 2013;4(2):176-90, those developing without iodine can have IQ 70 points lower becoming mentally retarded, while low iodine can mean 13.5 points lower IQ ► FHN 2013;7:97, those with temporary infancy low iron got IQ 13 points lower ► Arz 2007;57(6A):426-30, those with half the β-cryptoxanthin in their blood have 52% higher mortality ► IJE 2001;30(1):136-43 (46% higher mortality for half the serum α-carotene ► NR 2011;31(3):178-89), those eating 5.75 mg stilbenes daily got 52% less mortality than those eating no stilbenes ► BMCM 2014;12:77, with 41% lower mortality for those eating more flavonols ► Epid 2013;24(5):726-33, those with homocysteine > 20 had 4.5 times the mortality of those with homocysteine < 9 ► NEJM 1997;337(4):230-6. (homocysteine

is brought down by B_{12}, B_9, B_6, especially B_{12} at higher than RDA level, especially among vegans and vegetarians, but senior citizens too), those with > 1.33 mg/day B_6 intake had 49% less heart disease than those with < 0.79 mg/day and those with > 536 µg/day B_9 (folate) intake had 38% less heart disease than those with < 272 µg/day ► Stroke 2010;41(6):1285-9, moms taking multivitamins with B_9 three months before conception gave birth to babies with 24% fewer congenital heart defects compared to those taking vitamins after the 1st month of pregnancy ► AJE 2000;151(9):878-84, those with 0-22.5 nmol/L vitamin D had 90% higher mortality than those with optimal levels of > 75 nmol/L ► AJPH 2014;104(8):e43-50, men in the lowest (< 28.4 µM) compared with the highest (>/= 73.8 µM) serum vitamin C quartile had a 57% higher mortality (25% of Americans don't get enough C) ► AJCN 2000;72(1):139-45, 60% of Americans (91% when excluding vitamin pill intake) are not meeting RDA for vitamin E (34% not meeting vitamin A, 70% vitamin D, 25% vitamin C) ► JN 2011;141(10):1847-54, women taking more vitamin E had 65% lower cardiac mortality ► AJE 1994;139(12):1180-9; those taking 6 to 30 times RDA for vitamin E have more mixed results. Those with highest blood vitamin K marker had 2.7 times less heart disease compared to those with lowest blood vitamin K ► Mat 2014;77(2):137-41, higher K_1 intake (626 µg versus 170 µg) meant 36% lower mortality from all causes, 46% lower cancer mortality, while those who increased K_1 or K_2 intake during the study had about 45% lower mortality than those who didn't ► JN 2014;144(5):743-50, eating 2-7 times more vitamin K than the RDA (120 µg for male, 90 female) always lowers mortality for those not on blood thinning medication, especially since K_1 from most K rich foods is absorbed 5-25%, while K_1 from vitamins is absorbed 90%. A 1% increase in serum DHA and EPA ω3 fatty acids % of total fatty acids meant a 21% drop in all cause mortality for DHA & 20% drop for EPA ► SR 2016;6:28165, those with highest EPA in red blood cells were 8 times less likely to commit suicide compared to those with lowest EPA ► BP 2004;56(7):490-6, low dietary intakes of both B_2 (<1.20 mg/d) and B_3 (<13.5 mg/d) increased heart birth defect risk 2-2.4 times in mothers who did not use vitamin pills in the periconceptional period ► EJN 2008;47(7):357-65, mothers with higher blood B_2 riboflavin levels gave birth to longer infants; the longer infants had higher B_2 at birth ► EJCN 1999;53(1):27-38. Those eating the least lutein had 56% higher mortality compared to those eating the most ► IJE 2001;30(1):136-43, serum choline < 2.5 mmol/L during pregnancy meant 17 times more birth defects compared to serum choline > 3.5 mmol/L ► Epi 2009;20(5):714-9. Those with heart failure with higher CoQ_{10} intake had 44% lower mortality ► JACCHF 2014;2(6):641-9, those not exercising had 50% higher mortality. We see here how many nutrients, when combined, have 10-20 times the effect on mortality compared to exercise or avoiding sitting all day. This makes sense since many centenarians never exercised. We have known for a long time that queen bees live 50 times longer than the rest, due to different nutrition alone, yet no college/middle school requires nutrition classes. Nutrition (Chap 11) is just one side of Longevity. Other contributors to Longevity include: good regular sleep (Chap 4),

gentle tender soft tone of speech (Chap 8, tone of speech helps us to regulate our emotions, radiate *universal* loving kindness often; people judged lower gentler tone as more competent and trustworthy ► PBR 2017;24(3):856-62), gentle tender peaceful music (Chap 7) that prevents conflict among people and nations, conscious breathing (Chap 10, slow breathing induces tranquility in mice, they mapped the neurons involved ► Sci 2017;355(6332):1411-5), lifelong education (Chap 4), meditation or contemplative prayer, smiling (Chap 9, those who smile more live longer ► PS 2010;21(4):542-4), avoiding caffeine overdose (that can make some people sick, irritable or sleep deprived), emotional mastery, brain states 900 times happier than "smoking, orgasm, drugs, alcohol" (Ch 10). Why would smiley people live longer? Besides less cortisol that ages us, they may have better relationships because smiling people are: trusted more ► NN 2002;5(3):277-83, making others who see the smile happier ► Ped 2008;122(1):40-51, remembered more (even if strangers) ► NP 2008;46(9):2310-9, judged as more familiar (even if strangers) ► Mem 2000;8(5):285-92, seen as more attractive, kinder ► PMS 1996;82(3Pt2):1111-21, younger ► PO 2016;11(3):e0152093, more competent, likable, courteous ► OBHDP 2005;96(1):38-55. blog..photo study found people who smile showing their teeth are the most liked, perceived as the most competent. A closed mouth smile makes us appear only half as likable as those who show their *teeth.* ☺☺☺

Why would listening to gentle music enhance longevity? Chapter 7 explains it in 16 pages, but *sound vibrations led to transcriptomic, proteomic, hormonal changes in arabidopsis (cress plant)* ► SR 2016;6:33370. Sound at 0.1-1 kHz, 70 dB for 3 h every other day increased the yield of sweet pepper 30%, *cucumber 37%*, lettuce 20%, spinach 23%, cotton 11%, wheat 17% ► JIA 2014;13(2):335-48, *immunity jumped as rice sheath blight disease declined 50%;* they found that sound can cut fertilizer/pesticide use by 15-25%; mature weeds can be wiped out with 50% less herbicides as sound makes them penetrate; the sugar content of spinach jumped 38%, spinach vitamins increased too: A 36%, C 42%, B 40%. D. Retallack exposed plants to rock music and in 2 weeks they were almost dead with stems leaning away from the radio, while those exposed to soothing "middle of the road" music thrived with stems leaning 20 degrees towards the radio. "Violent video games stimulate aggression" ► PB 2010;136(2):179-81.☺☺☺ Kids who watch aggression on TV are 3 times more likely to be convicted of criminal behavior by the time they were in their 20s, and are far more likely to abuse their spouses and assault others ► DP 2003;39 (2):201-21 (PM). "There were overall modest but significant effect sizes for exposure to media violence on aggressive behaviors, aggressive thoughts, angry feelings" ► APAM 2006;160(4):348-52. "violent video games increase aggressive behavior in children and young adults... Playing violent video games also decreases prosocial behavior." ► PS 2001;12(5):353-9. Likewise, "*gentle tender soft nurturing* loving kindness" lacking tone or rhythm music makes us more rushed, aggressive (ruins relationships, shortens lifespan via that), less stable emotionally,

less cautious (centenarians are cautious, gentler than average). Some witness so many guns, aggression in the media, movies, music, they don't realize what effect it has on longevity, but a "1967 study showed that simply seeing a gun can increase aggression" ► PSPR 2017:1...9.

As our tech advances, we won't be eating animals or plants, as we already can make protein from air, water and microbes and we'll discover the best combos of natural/new products (which we can make much faster than plants or animals, in minutes or hours, molecular assemblers) that give us 900 year lifespan. We'll eat artificial Eterni Foods (Chapter 11.1), made by future molecular printers without any pain for animals. Our morality suffers when we eat meat, Tesla believed, see Chapter 16.3. Until eterni food era, there are eco/health advantages to being vegan (explained in Chapters 11/12) which lead to *vegans* living 5-10 years longer: heavy meat eaters have 73 times the risk of dying from diabetes, while those eating moderate amounts of meat have 23 times the risk of dying from diabetes compared to *vegans* ► CM 2014;19(3):407-17, *vegans* are the only group with a healthy average BMI (body mass index, *nobody who lived past 110 was overweight)*, have much lower cholesterol (some centenarians had it 111 vs 239 for controls), average blood glucose (which shrinks the brain faster as it increases), heart disease and inflammation, asthma, cancer, kidney issues, long-term *vegans* are 3 times less likely to get dementia and Alzheimer compared to meat eaters ► NEP 1993;12(1): 28-36, *emissions from the production of* beef and lamb *are* 250 times higher *than those from* legumes, per gram of protein, and pork and poultry are 40 times higher *than legumes* ► CNN, a forest area the size of Italy was destroyed in 2017 for soy and corn fed to cows, at current rates of deforestation, rainforests will vanish altogether in a century, ocean acidification will wipe out ocean plankton, we may have no oxygen to breathe, beef requires 28 times more land and 11 times more water than chicken and pork.☺☺☺

Because we don't focus on longevity as a planet, when people make a product, a flavor, food color, emissions defeat device, medicine even that shortens lifespan "it doesn't matter". Yet when one shortens the lifespan of 1 billion by 1 day (if a product is sold to 1 billion people), it's as if one shortened the lifespan of humanity by 1 billion days or 1 billion divided by 365 days, by 70 years per life, or 39,139 people by 70 years, or *essentially killing 39,139 very young people almost*. GM was making TEL (tetraethyl lead $(CH_3CH_2)_4Pb$), yet GM knew it is toxic (dead workers, inventor poisoned, wanted its end, stopped by his boss who wanted to make money) and ethanol, iron carbonyl alternatives exist. Lead industry officials told EPA that lead is "an essential mineral required for optimum growth and development". National Academy of Sciences explains lead in bones is 300 times higher now than 200 years ago. Only in 2009 lead in paint was limited to 90 ppm in the USA (600 ppm in 1978), 100 years after France, Belgium and Austria banned lead in white interior paint. US blood lead dropped 4 times since leaded gasoline was banned. NT 2002;24(6):711-7 found that teens found guilty of crimes had *7 times more lead*

in their bones. Chapter 12.6 has 40 more studies about the most common sources of lead (candy, pottery, etc). A 0.46 µg/dL elevation in lead in the blood decreases IQ by an estimated 0.38 points. EHP 2007;115(4):643-7 found IQ was 10 points lower for kids exposed to high arsenic; rice is the main vegan source of arsenic. *Norway banned mercury from all products in 2008, Sweden in 2009*. US allows mercury dental fillings, EU banned them for pregnant women and kids under 15, see Chapter 12.5 for 100+ studies on mercury toxicity. Chapter 5.5. explains some sports can cause brain damage and gentler exercise helps increase lifespan. Exercising past a certain point (7.2 MET) increases ischemic mortality 3 times. The risk of unexpected death due to strenuous exercise is 5 to 7 times higher than moderate exercise ► JER 2016;12(1):42-6. Many runners died within 24 hours of a marathon ► MSSE 1987;19(3):187-94. Chapter 15 explains that ultrasound, affection (touch early on, even first 72 hours of life) for infants, birth modality influence longevity, IQ. JAMA 1992;268(7):882-5 found women who're exposed to either of 3 combos: sauna and hot tub, sauna and fever, or hot tub and fever, are 6.2 times more likely to birth kids with spina bifida birth defects (2.8 times *if hot tub only*, 1.8 times *if fever or sauna only*). Epidurals early in labor increased cesarean rate 12 times in this study (25% versus 2.2%) ► AJOG 1993;169(4):851-8. Babies are numb around the mouth more often following epidurals, making breastfeeding hard. A bad birth increases the risk of autism ► Ped 2011;128(2):344-55. Netherlands had 70% births at home in 1970s and the best statistics in the world. AIM 2009;12(5):468-71 (PM) showed water births lead to less complications. Cesarean rate for water birth was 4.4%, versus 38% for air birth ► BMCPC 2014;14:17. ☺☺☺

PTRSBBS 2011;366(1561):9-16 says "Worm lifespan was extended first by 6 and now by 10-fold, and we now know a lot about the underlying mechanism, which involves DAF-16/FOXO's regulation of different types of cell protective and metabolic genes that appear to act cumulatively to affect lifespan... many long-lived mutants are resistant to age-related diseases, including cancer, heart disease and protein-aggregation disease, suggesting the possibility of forestalling multiple diseases all at once by targeting aging itself." A 5-year-old doesn't have the understanding of a 50-year-old, just as a 50-year-old human doesn't have the understanding of a future 500-year-old living to 800 instead of 80. The greatest gift in life is arguably Knowledge itself. It's knowledge that defeated death, that reduced child mortality by 20 times, that made our lives much better now than kings 200 years ago. The core of our soul and of God is arguably Immortality, which can also be thought of as the drive of all civilizations (Immortality Quest Forever Drives Civilization book on Amazon), hence the desire to emulate that Central Nature, Immortality, is there in all of us, and we emulate it by aspiring for a longer lifespan, more "Immortal". People pray "Thy Kingdom ("of Immortality, Peace, etc") come on Earth as it is in Heaven" or Avinu prayer "Help us bring an end to disease, war, and famine". Imagine a University School (or kindergarten, primary, middle school) whose website says under Mission

"Immortality School aims to build the Civilization of Immortals of the future. We aim to eliminate all obstacles to living to 900. These include diseases, wars, hurricanes, tornadoes, earthquakes, tsunamis, droughts, violence. We will prevent tornadoes from forming, tsunamis from hitting the coasts, negative emotion from arising, leading to a huge drop in violence and crime. We aim to eliminate all violence, war, prisons from Earth by 2150 if possible, to cure many diseases, slow aging and bring the average human lifespan (at least in the US where we're located) to 200 by 2300 (no crime too), 500 by 2800, 900 by 3200. Our 1200 year plan is detailed in section "Plan" of our website." The California Institute of Regenerative Medicine was created via a voter proposition, gave stem cell research $3 billion over 10 years. Likewise, California can pass measures to create California Institute for Immortality (or 900 year lifespan) Medicine. The aim of Immortality medicine is to discover nutrition and genetic pathways to postpone all aging diseases by 900 years as seen in longer lived worms who got less sick.☺☺☺

End of ideas for online outreach you can paste, edit in emails, etc.

"Why bother to do Immortality outreach?" a student might ask. Right now, 0 grants for lifespan tripling exist, so for many undergrads or grads, their whole life will mean working as a professor/researcher researching how to make a cheaper catalyst for a company that later may give up on. All that energy spent might lead to better understanding of some chemistry with other related longevity applications, but making a catalyst 10 or 90% cheaper isn't necessarily going to increase our lifespan a lot, although it could increase it a bit indirectly by making cheaper materials used by the lifespan increasing technologies and industries. After all it's up to us: do we want our life spent on whatever or on tripling human lifespan? The more these concepts spread, the more grants to lifespan extension research will show up, from Big Pharma (75% of Pharma world profits, 4% of population to finance CEO PALACES in Mexican Cartel Style Trillion $ Thefts) and Big Food too, since with anti-aging molecular wear prevention we postpone by 90 years several aging diseases at once (heart disease, diabetes, dementia, etc), not just one as with current drugs that focus on curing (not postponing) one single disease. A mitochondrial or endothelial impairment can trigger not just one disease but 7 (stroke, dementia, heart attack, organ failure due to failure of nutrients to reach that organ – i.e. kidney, liver, pancreas, etc disease, diabetes, gastrointestinal problems due to lack of nutrients for gut lining barrier cells, etc), and it's all a molecular process that diet can prevent at times, just as zinc intake triples lifespan from 25 to 75 as shown above. Postponing aging by 200 years is possible, but hard.

We can rename colleges to Stanford Immortality University (people would still refer to it as Stanford), California Institute of Immortality Technology (still informally Caltech), California Institute of Immortality, Calim instead of Caltech, Massachusetts Institute of Immortality Technology MIT. Many colleges are named "Institute of Technology". We're focused on

technology in of itself, without having one single university name ending in " Immortality University" or "Institute of Immortality" or "Life Extension". Technology is neutral, it can be used to make life shortening food colors and flavors, useless gadgets that pollute, useless chemicals like ethyl lead that increase lead concentration 100 times in many environments and poison billions, shortening their lifespan. Without a focus on Lifespan Tripling, Life Extension or "Immortality" we're just having this tech for the sake of technology focus. Everything starts with a thought, why not create more Immortality names? For every town, state, etc one could have "Townname Immortality University", "StateName Immortality Institute" or "QualityName Immortality University" as in "Compassion Immortality University" or "Gentleness Immortality University" or " Tenderness Immortality University". In high schools and colleges there are lots of clubs about chess, bridge, card games, various activities that are meant to provide intellectual stimulation. But we can achieve the same intellectual stimulation doing Immortality or Longevity Clubs focusing on stuff more useful for humanity, like many of the ideas presented in Chapter 5.5. An Immortality Nutrition club could create a food company that doesn't sell foods with so much salt (causes hypertension), saturated fat (causes cognitive decline, Alzheimer, heart disease), AGEs (cause free radical formation and increase oxidative stress, increasing the risk of many diseases). Today we got lots of food companies led by people without a strong science background, and our food production is very much stuck in the Paleolithic. We advanced a lot in many fields, but in terms of food, we eat pretty much like 5,000 years ago. Imagine if a future Immortality Club member, after getting his BS or PhD in nutrition or biochemistry or chemical engineering, becomes the CEO of the next McDonalds, hires later 2,000 PhDs to create world's most science of lifespan extension based food company, with more science than the biggest Pharma companies, employing the smartest people around to enable 4000 year lifespan.☺☺☺

4.2.2. Outreach to cities, states to replace CASINOS/STADIUMS with *Immortality* or *Lifespan* Doubling Parks, Schools, Businesses & Centers of *Learning*, Discovery, Knowledge of Living to *90,000* Adventure☺☺☺

Before we ☺☺*lovingly tenderly gently kindly*☺☺ explain why gambling *is a form of legalized genocide*, this paragraph will explain what will replace these destructive anti-life (worse than nuclear blasts) gambling venues or vending machines. As people realize the Torah, Bible, Quran contain thousands (read these 70 pages to be shocked) of pure evil quotes, as moms become disillusioned with the beatings deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives), with the child abuse and violence against all, as more churches, mosques, synagogues close down due to clergy child abuse fines of 50 million dollars, as We the People boycott and bankrupt (with help from immortalist government 500$ million fines) all casinos, gambling venues, liquor stores, vape stores, brothels, strip clubs,

and endless other useless businesses that prevent people from having a nice single family (their mini temple) home, we have plenty of space for Immortality *for* All Parks near City Hall of tiniest towns and in the major neighborhoods of cities or bigger towns, where adults, kids and visitors can get free medical care, learn free classes and develop their ethics. These amazing beautiful (eventually 1 million in USA) Immortality *for* All Centers, accept no donations, are an expression of the intellect of We the People, instead of the diabolical aristocrats, have the most *relaxing* healing *vibe*, of such eterni music and quotes, such intelligence stimulating *holographic* science shows and immersive virtual reality scientific hypotheses discussions on intergalatic soul travel, such eterni art 1000 times more beautiful colorful shimmering shapeshifting and amazing than Disneyland *(or any church, synagogue or mosque),* and exude the presence of the God of universal *gentle tender soft nurturing healing* loving kindness and Immortality *for* All (via the 11 companies and 3 agencies) 1 million times stronger than churches, mosques, etc, as only eterni tones exist in the background music and eterni quotes in all rooms and the meditative soul rest rooms. The stunning indescribable beauty of these simple free for all centers is so shocking that nobody even wants to go to those boring churches, mosques, synagogues, which look, in comparison, like dungeons and prisons of the senses and intellect, like torture cells reflective of the intellect of the "scripture authors", ultra noisy traffic noise concentration camps where everyone repeats, (in the same depressed unhappy tired tone of a slave subjugated by clever fake religion starting palace dwelling aristocrat) same sermon based on same 500+ violent quotes. Kids can simply socialize, learn, play at the 200000 Immortality for All Free Day Care, Kindergarten and Youth Centers we create, adults at the same Immortality *for* All Centers (city hall, etc), adult area, after we kindly demolish these useless churches, synagogues and mosques that keep everyone gullible, violent, scientifically illiterate, clueless, low IQ and ultra naive. We thank the more decent among clergy for their service, but we want to evolve past orangutan tones (pastor, rabbi), violent baptism (see insane pastor), thug priests slapping babies, unhealthy wood PAHs carcinogenic smog inhalation during rough singing that removed all grace, penis stabbings by clergy ("circumcision"), intellect destruction by Cannibal Simulation Rituals, other violent psychopathy. The Immortalist Youth Centers are where thousands of biomarkers are taught the meaning of, where chemistry and physics flourishes in the 4th grade instead of Bible-Quran-Torah ☺abysmal IQ☺, where all can have free biomarker measurements to prevent aging or disease, amazing holographic lessons, with simmering colors for every letter of a nice holographic 3D quote from the Immortalist Anthem, with, eterni tones (best tones in 10 million 20-30 year olds), of the videos created by the universal free (all grades, college, PhD) education videos for nursery, kindergarten school levels, ethics of no weed-no alcohol-no smoking- no sex outside procreation taught, the ethics of the Immortalist Anthem. Big cities will have more centers, and bigger centers, but 500 people towns, only 1. The Bible, Quran, Torah are not American, they were bought via violence to Asia, Africa, Europe, Americas, USA. Thru fraud, war,

faking miracles, Jews/Italians brought the Bible to all nations. Quran emerged as a recycling of Bible plus Arab ideas (people dressed in green in heaven, kiss a black cube), that invaded 200 nations via war. We the natives of 7 continents know where the 3 religions came from: Israel. And equally kindly, we can simply invite them to return to where they came from, as we evolve.

Sadly, the landmarks (or buildings everyone knows and/or notices) of many cities are casinos: 80% of money lost comes from poor families. Gambling *is a form of legalized* genocide, of *legalized* grand theft from the ☺abysmal IQ☺ folks told they can win easily via deceptive ads*: it distracts the* poor from working on their lifespan improving *and* enriches *the billionaires, who* profit from *selling junk products, foods, etc to the* poor. 70% of lottery winnings are lost in 5 years (34 states make your name public when you win the jackpot too), as people waste money due to low IQ on useless products that don't support a longevity economy: luxury goods, big useless houses, yachts, fancy cars that kill people with smog, etc, products that are made by rich owned companies selling junk to 0 IQ lottery winners. *Raise other taxes and don't find excuse that* "casinos" *and "lotteries" raise money for Natives or education,* since we can raise that money via 100 other ways, way more ethical; it's a scam, since we know what natives or non-natives get with the *so called Medical and other services, wait 6 months to see primary care doctor, etc.* The tax on luxury items needs be tripled. The "40% goes to education" is a mere SCAM to tax the poor brainwashed to buy tickets. *We can simply increase the tax for all* to get this "education money" or increase *500% the tax* on purchases of useless items by the ultra rich, *such as nonelectric* cars or even electric priced above 100K (some are 2-4 million), etc... that add 200 times less lifespan *years as the purchase of 200 cheap electric cars that take off a lot of smog from the street, and thus* increase the lifespan of the rich too a lot, as smog drifts sometimes to their neighborhood, if the rich is not in an area with 5-20 times less smog. Rich people, with a little more concern for the poor, will live longer too, bingo, we won the *logic casino*. ☺☺ A little compassion helps everyone live longer, rich or poor. The government can't be of the Slave Owners for the Slave Owners, like USA founders slave owners, it has to be a *GOVERNMENT OF THE PEOPLE, concerned with the maximum total* lifespan *years added, not the* lifespan *years for the 0.1%*. As shown in the fakery section, the *"rich" are the* intelligence *community* who shape everything on the planet to fake elections, benefit themselves. Washington was a spy, of the rich type, the rich spy on the poor and create new intelligence agencies to maintain their position since 1775 (the pompous Freemason founders), enslave the poor with alcohol, lottery tickets, vape stores, junk food, smog, bad tap water (needs a filter sometimes), weed stores, illegal drugs they control the cartels of, fake education, torturing the poor to death or poisoning them, etc. The bad "0.1%" category comes from a lot of "professions": singers, actors, models, judges, police chiefs, generals, doctors, lawyers, clergy, spiritual teachers, politicians, CEOs, etc. The whole ETERNAL WAR AND VIOLENCE structure falls

apart if common folks, cops, soldiers, low level intelligence agents realize the vampires at the top are less powerful than otherwise perceived. Moreover, with centralized efficient education, we don't need money spent on shouting, parrot repetition, redundant duplication; we can build 1 million life extension labs. Let us use money for doubling lifespan, eternal education by INA too. *Gently make* gambling illegal globally, like in mainland China where casinos are illegal, but loteries are still legal and caused $7 billion wasted by in Jan-March 2023 alone, as people went to buy tickets to feel better. China is too busy with GDP to take care of people's blissfulness, so a lot of Buddhist/Taoist conmen 'clergy', emulate the Christianity ways, encourage Chinese youth to burn incense, depend on buildings. The clergy brainwash us that luck happens if we say some words to a fictional deity at a temple after you paid your donation of course so he can keep the lies going, while temple visitors inhale lifespan shortening chemicals praying to win a lottery ticket or amazing new job, when God, Tao, Buddha is within, not in temples. Build better housing, not temples? Macao still has casinos, *due to a 50 year deal on autonomy, with the Portuguese gamblers that leased it in 1557: until 12-20-2049 China can't make gambling illegal in Macao, unless the Portuguese+local vampires agree. Is China taking steps to move people out of that industry and transition Macao to making ethical products or just blaming Portugal?*☺

Let's *shut down* all casinos *and state* lotteries; how can anyone know if a lottery drawing is even genuine? They're a method to keep enslaved masses in a state of artificial happiness, while masses live 20 years shorter than with an ethical government. Those machines can be changed to give a preset number sequence too. The tickets can be easily made to match the set number by hacking even when random picking (though one can select by hand the preset numbers), so a tech savvy group can loot the country of 100s of billions. We can ☺☺*lovingly tenderly gently kindly*☺☺ argue that only a cruel unethical government of 'vampires' allows lotteries, gambling to take place, since these drastically lower the people's average IQ and make them think "no *effort* is needed to live to 500, and money is everything". Many emperors had a lot of cash, but lived to 60 only. Today, poor people, if lucky and not tortured by psychopathic rich spies, can live to 100. Money means nothing really, one can live to 5 trillion and be low income on another planet. It's the ethics of the civilization, its priorities that lead to long lives or not. Gambling distracts people from making effort to live to 500, to bring World Peace in 3 months, 0 violent crime in 15 years. Demon-crats are disguised Re-pub-licans. We need a real change, Immortality 4 All Party, or Eternal Life Party. Want longer life? Better housing, better education, etc? Stop gambling and drinking, demand immortality capitalism now from the 2 parties. Want to lower the power of the cartel owned local gov? Don't buy alcohol, casino, lottery tickets, support centralization via 11 companies, as the car section explains the end of local/state governments.

Wouldn't it be smarter, compassionately kinder to *lovingly* create MERIT (Immortality Test passing based) SCHOLARSHIPS for all ages (pass the PhD level or postdoc one) for Immortality,

longevity RESEARCH *in the labs we build. Let's tax alcohol, cigs, strip clubs, weed/vape stores,* stadiums, sports facilities, 4000%. Teach meditation bliss from age 1 in all grades, so people are happy, without cigs, alcohol, weed, etc. Stop the genocide of the poor by the rich who push these on the poor, to keep them in a state of brain fog, jails, malnutrition, and paycheck to paycheck slavery and worship of violent music. Give people real policies, real efficient house building, not lies like gambling and lotteries, etc. Other junk landmarks (another form of lies) besides casinos are stadiums, but landmarks never are an Immortality, Life extension RESEARCH Center or University, etc since these awaken the masses from their sleep of millennia, from their state of eternal slavery and the rich can only loot and vampirize while the masses are in a trance and half awake. A Civilization of Immortals ☺☺*lovingly tenderly gently kindly*☺☺ places *Education on Longevity and* Immortality at its core, not in words, but in actions, policies and actual LANDMARKS TOO. So, in every town and village, the most visible, amazing & beautiful thing would ethically ☺☺☺ be the Immortality Park-Center where the Immortality focused Businesses, Nice Relaxing "Green" (which would have many purple leaves, orange leaves succulents etc to introduce some color, not all boring green) Spaces, Schools and University are located, maybe even the city hall and other departments that are central to any town. If stadiums remain initially, at least use them for some Immortality and longevity events too; but really, with stunning anazingly smelling (best smelling for aromatherapy and most colorful plants) gardens in these Lifespan Tripling, Million Year Lifespan or Immortality Parks, places to walk, stretch, meditate, do aerobic exercise or jog, there is no need for stadiums. They can be like China Town in every city, the Immortality Town, almost like a Shrine and Ode to Hypothesis Formulation and Testing that brings ever more accurate Knowledge of Immortality, the or a (depends on definition) savior of humankind, the bringer of Life Immortal. ☺☺☺

In these parks people can volunteer in physical activities like creating the perfect shape of the pothole filling material that is later transported by drone and attaches itself to the road (the drone takes picture with advanced camera and wirelessly sends what shape the nanomaterial has to take and then the guys 3D print it in the "Physical Exercise as Altrusitic Building of Immortality Civilization Center", with the lab softening the outer centimeter of the perfect fit piece for perfect gluing and then hardening via laser on site and dropping some traffic diverters too). Why do we need Casinos as a Civilization, when they could be easily replaced with Immortality Parks (even Amusement Parks can incorporate living to 50,000 ideas, in fact they dissolve until we get 0 violent crime or focus on making products to achieve zero violent crime, for the most amazingly beautiful and amusing thing is being a human, not an animal engaged in violent crime and jailing people) or Knowledge where people can learn a lot about Immortality, and watch amazing beautiful Immortality related experiments (as we watched amazing chemistry and physics experiments as kids, just more complex now), take part in Immortality

basic RESEARCH for a few hours, shop for Immortality nutritional or other products that were approved as safe for humans and showed pigs live 2 times longer with them, sign up for new clinical trials of new nutritional products or whatever therapies for slowing aging or curing diseases, etc? It's immoral to encourage people to waste their savings in gamblings, while the casino owner gets rich. The benefits to the owner karmically are minimal, even if he uses profits for noble GOALS, because of the damage he did that offsets any charity efforts. The Fun of Knowledge, Discovery and Learning is far deeper than the fun at a casino. So, there is really no point in even allowing casinos in a Civilization of Immortals. Another funny thing (or slightly puzzling) is how we got these Universities that are a little more into the Bible or Torah or whatever scripture, the more religious, and yet if you think about the prayers "our Father" ► "Thy Kingdom (of Peace, Immortality, nonviolence no prisons etc) come on Earth as it is in Heaven" there is very little focus on actually getting to manifest that Heaven within a timetable as we did for moon landing. "World Peace in 3 months" is totally different than "World Peace in divine time, maybe 4 billion years". One would think these people would be at the forefront of pushing for Immortality since the scriptures talk about it and 900 year lifespans, etc... but they're not pushing for this *Heaven on Earth* anymore than the typical university. We can't achieve goals without deadlines: vague "we will do it" GOALS can mean it may take 3 billion years. The 4.3 section has possible ways to address these puzzling contradictions thru university/school missions and goals becoming more timetable oriented. The people from 5,000 years ago were very primitive, misinformed, not yet aware of the physics, chemistry, compared to today, just as we would be compared to humans of year 7,000 who had 5 millennia of science progress. ☺☺☺

These Immortality Centers, Parks, Universities or Learning Areas would facilitate an interest in developing the most futuristic technologies that eliminate all hurricanes, tornadoes, droughts and any injuries in case of earthquakes, fires, etc. Ovoids around people can be invisible force fields that are programmed to not allow any fire in the perimeter (the sensors detect a fire and tell the person to exit), so people can escape. The shield generated by a device or clothing can be automatically triggered to deflect any falling object in case of an earthquake to prevent any injury. If buildings are made of these force fields, they can be programmed to absorb shockwaves from earthquakes and to deflect any falling objects. All ovoids (or spheres or whatever shape will be found best) would receive a signal earthquake started and turn on matter deflection. Additionally, with material science, a lot of objects can be made much lighter (some materials today are very light) to prevent having to use a lot of energy for matter deflection. Until the day of force field building exteriors, a lot of alternatives exist to absorb shockwaves via materials science and prevent any injury. The more people spend time thinking about longevity and avoiding any possible cause of death, the more these will become reality.

Such ovoids or spheres, etc can allow us to fly (cancel gravity), levitate, to set the ambient temperature, purify air, with technologies that are today pure science fiction. Molecular or atomic printers can materialize anything needed, no shopping needed, and no trash needed, as "trash" is dematerialized with the atomic printer that turns it into raw quarks for future needed objects. No more need of trash cans. People will have a lot of time to study longevity and other *universes*, living ever longer lives, etc. The tiny atomic printers and molecular ones can allow us also to live without eating, by recycling all matter. Instead of classical chemical sysnthesis, imagine having a quark assembly duplicator (atomic printer) that takes raw quarks, assembles them according to a template in any molecular shape we want. A printer takes ink and makes an image, a quark printer takes quarks and prints a molecule or a ton of that molecule as needed. Then agriculture is not needed anymore. We could live to 80,000 or perhaps 80 billion years, longer than stars. By age 10 billion, we might want to become energy beings and live in another universe mostly. Perhaps some physicists would say that this is impossible, since in stars we got some fusion and it's hard to convert hydrogen quark assemblies into other elements, but the universe is way bigger than we know and there might be structures or white or black holes that create matter faster and we can replicate that. Even without atomic printers, agriculture is not needed as chemistry/biochemistry advances. ☺☺☺☺☺☺☺

4.3. Visas for students and ideas on Immortality Universities/Departments

4.3.1. Introduction 4.3.2. Welcoming new students 4.3.3. Single rooms on campus 4.3.4. Ethics of the Immortals during Orientation Week and 1st semester 4.3.5. Majors and minors 4.3.6. Business Government Law studies 4.3.7. Electric cars, renewable energy, 0% food waste 4.3.8. Ethics courses, law and choosing a field of study (major) at Immortality Universities

4.3.1. Introduction

Imagine if a Civilization of Immortals is creating an instant permanent resident visa category (1 month to get approved, required to become citizen within 1 year and not ravel overseas for 90 years to not reveal research secrets without permission from FBI) for teens who take part in global Science, Engineering Olympiads, Contests maybe even some from the extended national teams, not just the top 5 (physics ipho.org), 4 (computer science ioinformatics.org with results, chemistry ichosc.org, Wikipedia IChO, and iuventa.sk/en/Subpages/ICHO/ICHO.alej, biology ibo-info.org), or 6 (math imo-official.org, results) that make it to the olympiad. In 2024, AI got silver medal at the IMO, showing computers will soon surpass senior college level in math (IMO). ☺☺☺This visa brings them to Immortality Unis (or Immortality Departments or Schools within top universities, just as we got Science, Business or Law Schools at Harvard) or a central Immortality University, the Harvard/MIT of Immortality, to create a powerful synergistic effect of Longevity-Immortality discoveries that take humanity forward. 90% of Habitat for Humanity

houses are built by volunteers; likewise it is easy to see how driven college students or even senior high school students can build with some help 5,300 Immortality Departments (nice building) in the 5,300 US colleges. Imagine if half the time spent with sports is dedicated to building these Immortality/Life Extension/Lifespan Tripling Departments. The central national Immortality University (or School at some top Universities) would have a mission statement slightly different than others: "Immortality University (or School at MIT, etc) aims to build the Civilization of 900-year-old "Immortals" of the future. We will prevent tornadoes from forming, tsunamis from hitting the coasts, will eliminate all violence, war, prisons from Earth (America at least) by 2150 if possible, bring the average human lifespan (at least in the US where we're located) to 200 by 2300, 500 by 2800, 900 by 3200. Our 1200 year plan is detailed in section "Plan" of our website. No war means 90,000 aircraft, etc to prevent floods, droughts, fires, etc with techs we have not even imagined yet, so no more natural disaster deaths, as building tech prevents all floods, earthquake deaths and injuries. We don't want to just pray/visualize Heaven arises on Earth, we want to manifest it thru the daily focused actions of 12+ centuries and continue to perfect this Heaven of Immortals forever as lifespan increases more each century, enabling us to teleport, live on cosmic energy without eating some far away day as Tesla predicted, shapeshift like octopus can maybe and translate into other dimensions we build or discover perhaps. We're focused on ||Immortality *for* All|| to such a degree, on the right to live to 500 to such a degree, that World Peace becomes the most important objective, so all can have a chance to live and die naturally. Thus, we focus on World Peace in 3 months to such a degree that, until World Peace is achieved, our only Student Activity is the World Peace in 1 year (or 3 months if they want it faster) Club (Peace via ||Immortality *for* All|| ethics), since World Peace is the start of culture, civilization, spirituality and no kind altruistic human being can withstand the pain of anyone being "killed in wars or injured in violent crime or imprisoned for any reason (instead of proper education and prevention, and healing centers☺☺☺ replacing all prisons, eterni music all violent music). We realize that humans may cease to exist if we don't achieve World Peace soon, so we need to save humanity fast. Any extracurricular activity can wait, sports too, but 50 million a year Immortality for All visas and planetary unification can't."

How about playing chess, sports, cards, casino games, etc when millions become homeless and entire cities are wiped out? Does that sound like we care about God's fellow kids or are a kind humanist? With a series of Presidents who aim for 900 year lifespans, etc, this 0 prisons, 0 violence national goal (ever repeated in kindergarten, primary, middle, high schools, colleges by teachers, politicians, governors, etc, as with climate goals talk in all these places today) becomes the ever stronger reality, our Inevitable Destiny and we bring the Kingdom of Heaven, of Peace, Tenderness, Gentleness, Empathy, Compassion, Telepathy, Immortality on Earth☺☺☺. Imagine if instead of saying that "we want to expand human knowledge and offer the best education

possible", colleges would have it also included by default in their mission (and all schools) "we want to cure all diseases and slow aging, so human lifespan can be tripled. Only thru living long can we make the fastest progress and advance human knowledge the most. *The capacities to discover, to find the truth, to gain wisdom and understanding are inherently* linked to the length of lifespan. If Tesla lived to 150, he would have advanced human knowledge a lot more. Perhaps some people say this is a little far out, but people pray for a world of no war, no famine, no disease, the kingdom of Immortality (soul is Immortal)☺☺☺ to come on earth 'as it is in heaven already'. If God is Infinite power and intelligence, God knows how to make it true and can make it true, no matter who may be against it. To achieve something we have to believe it is possible, then visualize it, plan towards it, act as if it already happened (we can still have back up plan in case of a delay), make it true daily. If we as a collective visualize/want such a world, it's possible to achieve it; if we don't even think it's possible soon, we take no actions this life to make it true. All things in our world come from thought. Thoughts become reality. ☺☺☺ We may not achieve 200-year lifespan by a given date, but at least we achieve no violence and 130-year lifespan. When I was 13 I believed I can win an MIT scholarship and then took action to make it true, got Max at SAT 2 (1600), became the only 11th grader in the nation to take part in the international olympiad of my choice. If I didn't first believe it is possible, I would have never tried it and taken actions daily towards the goal. Likewise, if we don't believe we can live to 200 by 2270 and to 4000 by 6200, we're never going to achieve it. No goal, no plan, no actions to get there by a deadline, means no chance to manifest it. With a goal and actions towards it, at least we achieve it one day, maybe with a delay, but without the goal and timetable, it will often take 200 times longer to get to the destination. To get to the moon, we set a plan and took action. To achieve bigger things we set a goal, timetable and take action. It's the same thing.☺☺☺ Immortality University can create a Longevity and Immortality Olympiad too, for kids who're 5-10, 11-20. They design new products, ideas and take tests in Immortality knowledge and skills, such as sciences, telepathy, healing, etc. Lots of high school students aged 14 or 16 create apps or build electric cars; why not build something related to Immortality and living to 900? ☺☺☺

Perhaps a good idea is to give 5-25K to those who need an extra incentive to come; maybe they come if their parents get some money or something if from a poor country and they're kind of on the fence and their parents are against them coming, give parents money to be happy; find all reasons people would not come and establish incentives to overcome those reasons because we need to save the planet from the scourge of disease,war, and rapid aging. The 1 year citizenship (now it takes 15 for many) is conditional on spending 5-8 years at Immortality University to finish PhD or Masters there, citizenship granted after becoming researcher at the Immortality University within 1 year of finishing PhD, Immortality University RESEARCH done as undergrad and grad student being part of the deal for scholarship (most people couldn't afford it

anyway as salaries are lower or much lower in those countries). If we change one gene, as shown in Chapter 3, we get worms live 25% longer for each of 2 genes, but with both changed, we get 500% lifespan increase due to synergy. Similarly, having all these researchers into one global place to focus on Immortality☺☺☺ creates a SYNERGY of faster Immortality Civilization building than these guys becoming some chemist, biologist, physicist, computer science guy at random poorly or well-funded funded universities all over. The Civilization would need outreach too, as people don't know about this visa category. Requirements could be totally different from a normal university, they would do more research than at other universities from the first month, way more, like a grad student. Since people preselect major, it's the hardest university to get into, because the tests are much harder than SAT 2 Chemistry, Physics, Biology, Math, for the major one majors in etc. can't use SAT 2 for entrance, as it's too easy. Max (or one mistake) at SAT 2 would be required. It would be the hardest university to get into in the world, maybe 10 times harder than Stanford (4.3% in 2018), MIT, etc. For Chemistry, Math, Physics, Biology, any discipline, the entrance exam would be like the International Olympiads, i.e. much harder than SAT 2. Those who got medals at Olympiads and certain engineering contests would not have to take the exam for that subject of their preselected MAJOR. Maybe there is an Ethics Exam, easy to pass, as these kids learn fast from the reference materials on Immortality Uni website. This Ethics is good to study for a week or more before coming to the university. No University has an Ethics test as part of admissions, so Immortality Ethics, based on booklets on Immortality Uni website, could be added. This test could introduce the student to the trillion possible hypotheses of multidimensional potential consequences of every action, even 50,000 year consequences for the Civilization of Immortals and their individual soul, whatever that civilization may be found to be like by science over the centuries. All will see the enormous impact every action/choice has on humankind's next trillion years.

4.3.2. Welcoming new students to the Immortality Department/University

When people come to Immortality University or Department (which only admits very few a year initially, quality not quantity, medalists mostly or contest winners in various teen competitions, focused on real results on reaching average lifespan of 150 initially, and 900 later), the first thing that happens could be the Immortality University sends the Immortality University Electric Bus to the airport. The Bus is playing Gentle Immortality and World Peace Music (maybe something like Immortalist Anthem). The amazingly beautiful colorful bus, with purple, blue, green, yellow, etc and the Logo of Immortality University will take the people to the Campus for Orientation Week. For the foreign students who came from overseas, this is their first impression of America. The moment they step off the plane they begin to form the first impressions of what may become their lifelong career, working with Immortality University to bring a Civilization of Immortals. So, what kind of impression do we make? That of Immortality University, with the

most amazing beautiful Science Formulas and Ethics Quotes filled bus, and words about living 900 years or an Immortal 4500 years old talking to a 400 year old "teen"☺☺☺ of the Immortals civilization saying wise stuff; shimmering flashing LEDs displaying some chromosome region related to longevity, some of the longevity genes and chemical compounds regulating aging, telomeres, the worms living 10 times longer, physics formulas, teleportation experiments, etc. A bus like no other in existence, the unforgettable bus, that only Immortals to become can create, looking 9,000 times more shimmering, glittery than the most colorful hair pins with shining crystals; a bus that can later project movies of scientific experiments in 3D, and explain them. With this dazzling experience, the geeks amazed at the bus built by the older geeks at Immortality Campus pass thru the town and arrive at Infinity Immortality Avenue, a street without a number, because the number is Infinity. Here is where the bus stops and where a path leads to the Entrance into the Immortality University. The surprised geeks walk thru the Immortality Ethics Archway that is the Central Most Visible Part of the Campus as one enters the main building, the most Heaven like and Off-World Area, unlike anything on Earth on any campus, all achieved actually thru very cheap materials and the Infinite Intelligent Creativity of older students who prepared the arrival of their new team members, the team of the Civilization of Immortals. Imagine, when we would enter MIT, on 77 Massachusetts Avenue, there would not be a street there, but a good sized green area (maybe 0.3 by 0.3 miles or bigger, a little park where there are lots of trees and maybe shimmering solar trees that glitter day and night and reflect the Immortal Aliveness of Immortality University, enabling students to relax and practice telepathy walk every day, perhaps like these mymodernmet.com solar trees) with a paved lavender central alley (made of a colorful purple solar panel maybe to produce some electricity, with golden bricks by the side; a lot of campuses have wide paved alleys that could have amazing colorful solar panels overhead to provide protection from harsh UV rays and heat) on the side of which are trees and also these "Immortality Monuments" if we can call them that way, dedicated to the essential Qualities a mortal needs to develop to become a 90,000 year old Immortal. The First very colorful (a little bit like Disneyland) Archway could be about ***Tenderness*** (with these letters flashing in neon lights or holograms or whatever, besides some Longevity related science), next one about Altruism, then Gentleness, Eterni Tone, Compassion, Hypothesis Formulation and Testing (before believing without proof), Questioning Everything, Softness,☺☺☺ Grace, Sweetness, Nonviolence, World Peace, Veganism to diminish suffering of animals and make blood spilling by humans unheard of on earth, Focus, Serenity (maybe something about Conscious Breathing inducing tranquility in the brain), Happiness (science of smiling) or related qualities in a way that magnifies with each Archway the awareness of WHAT A QUANTUM LEAP humankind has made via the tireless work of selfless scientists and geeks (things that reduced child mortality 20 times, etc) by each invention or discovery pof science fact the Archway Depicts. This is then a little like a Temple of Eternal Learning, where we learn that

we can do much more so we reach 4000 year lifespans. For smart people, making this cheaply is not hard at all, first impression matters, they know neuroscience and how the brain works, so they spend a little time with this, hoping to inspire a Change in Monuments too worldwide.

As each Archway is explored by the New Freshman Group arriving from the airport, they realize *each* discovery has brought relief *from* suffering for millions of people who avoided early death and lifelong illness, giving these people hope and a chance to experience the deepest expression of *universal* loving kindness, compassion, gentleness, tenderness, altruism and abnegation coming from other fellow Immortal souls. With each archway it becomes more evident that science, Engineering, Technology, Math, etc are Arts and Spiritual Paths of liberating humanity from the oppression of ignorance, violence and selfishness. The Serenity Archway is very important as it emphasizes the discovery that ω3 and ω6 ratios in the blood affect human aggressive tendencies, that certain plants die in certain types of music, that animals run away from some types of music, and that music and tone of speech affect our behavior in very drastic ways, taking away or giving us the chance to use energy to relieve suffering thru Immortality RESEARCH or *create more suffering thru conflict*. Other important Archways are Compassion as a way to channel energies in constructive ways instead of anger, etc. The archway can be designed to give protection from the sun and rain. After this glittery shimmering neon lights amazing & beautiful series of Monuments to Immortality Ethics, Science, Engineering, we enter the building and are shown the soundproof housing (every student gets a room, not 2 students in a room), dining, etc on campus. The existing students (welcoming the new ones) can wear a pin on their shirt that projects a heaven-like hologram above the head saying in purple gold shimmering *flashing* colors "Welcome to the Land of Immortals,☺☺☺☺ Be Happy for the World is becoming a *Paradise* and no war will be able to extinguish the indescribable beauty of these resurrectable in 2 days cities, each house, alley with 1000s of shimmering colors" or something positive, colors like those golden or silver hair pins with purple, green, blue, shiny stones one can buy from 1$ stores or reprogrammable MIT discovered ink to temporarily give new colors to materials.

In the 1st century, people had simple minds, you either went to hell or heaven, nowadays they realize there could be trillions of destinations. Likewise, today we wear mostly 3-4 colors (unless we buy on Amazon a 3 color pullover, a white to dye it, or purple sweater, amazing blouse 1 & 2, purple neon tuxedo, magenta puffer jacket, men purple puffer jacket, gold men pants, men blue puffer, shiny lavender puffer jacket, fuchsia coat, purple tuxedo, lavender fleece, fuchsia blazer, orchid coat, lavender jeans shirt (UPF 1000 or 0.1% of UV goes thru, vs 20-50 for most shirts), purple jean shirt (UPF 2500, due to darker shade, prevent skin cancer), lavender gloves (UPF 153 = 100/0.65% tranmittance, UPF 50=100/2, 2% of UV goes thru), *hoodies (% indicates cotton):* lime gold 1 *50% &* 2 *50%,* beige *60%,* yellow *60%,* purple 1 *50% &* 2 *80%,* neon *lime yellow 82% (best to be visible if you jog at night etc),* aqua blue *100%,* fuchsia *50%,* orchid *82%, a paper says*

80% cotton *is much warmer in winter than 60% or 100% cotton, so read % on Amazon and wear the one that keeps you warmest or coolest, 100% is ideal for summer; reverse weave doesn't shrink and is warmer);* for more, use search: hoodie jacket or blazer), white shirts, black pants, blue jeans, except the colorful dress (with 100s of individual colorful patterns, objects, etc) of women in some areas of the world that resemble nature's most colorful birds; as people's intelligence goes *from simple* minded 'one way or highway'☺☺☺☺☺☺☺ (that brings endless wars) *to infinitely* expanded, their sophisticated appearance has all to do with the tones of light and sound that bring highest lifespan and **Immortality *for* All**. People will be able to use real life (not metaverse headset) positive quotes and amazing & beautiful colors to *infuse* people with awe and wonder and speed the Advent of Ascending Immortality. By face (and later mind) recognition, the AI *recognizes* you talk with someone *who likes* purple, lavender, *gold, so* your *holographic* attire *would* change☺☺☺ *to* something *with* 5,000 shades *of those* favorite colors of that person and maybe some of his favorite sounds, tones, smells that you also like to maximize the feeling of wellbeing, same thing for your house when you have a visitor, see above and below. When talking to a group of people, the AI computes what colors mix and attire would bring happiness to maximum amount of people in the audience and that's what your clothes appear as in the hologram, even if everyone is dressed in lavender or their favorite color, simple clothes under the hologram for example, color invisible to others. This increases the fluid intelligence of the people as reality is no longer static and ONLY *ONE* WAY, like with black/blue suits, white shirts every politician wears or blue jeans everyone wears nowadays, but reality is like 1 trillion ways to World Peace, reflected in the trillion colors combo suits with *infinitely* complex designs. This way, people's "clothing" can change 500 times daily if you talk to 500 different people to create the perfect healing effect for that mind. This also reminds people of the infinite beauty infinite intelligence creates, the higher the intelligence, the greater the tranquility and beauty, the more complex the beautiful and peaceful designs, *thus* heaven *realms* (the world of shapeshifter Immortals) *are* *infinitely more* amazing & beautiful than our world. As tech advances, we will become shimmering shapeshifting beings made of other forms of matter or energy, able to change physical body appearance even daily, so as to visit a primitive planet to appear as a local, out of love, to make people comfortable.

The longevity color section explains colors,☺☺☺☺☺☺☺ how we develop color preferences, how lightbulbs, interior colors may affect longevity, based on genome. Similar tech to the ☺ shapeshifting ☺ clothing might be used for ethical development, deeper happiness, stimulating learning: perhaps when we press a button on a small software, our room turns totally different, as if the walls and floor disappear and instead of the room we see a library, or hall of a beautiful Palace or Temple or University of Immortality of our choice, with the walls decorated in the way we want, as we chose the structure in the software (sort of like today in second life we can build

structures). And each wall (and upperspace) can have amazing & beautiful writings, quotes, 3D formulas, Immortality scientific facts, research papers on Immortality and Immortality Ethics or if we're more into a relaxing mode, we save this Immortality RESEARCH University Hall, and switch to the Meditative Immortality Temple structure we designed, to enter altered states of consciousness and stimulate the imagination in new ways. What this does is expands fluid inteligence, thickens the neocortex, Strengthens the Ethics of Immortality and the Thoughts of Immortality, the ☺Smiley☺ faces on Immortality Temple Walls, as it Prepares the individual for afterlife, where they design their environment and also for the future century when we live to 70,000 and can shapeshift and materialize everything we need, live on energy, etc. Even if the real wall dimensions are made into shimmering holograms that teach Immortality, infuse the person with positivity, tranquility, music based on facial moods detected by the AI (artificial intelligence), it would be a much closer step to understanding the infinite beauty of infinite intelligence, and what some heavens are like. Even today they have virtual reality tech that can immerse someone in a virtual reality environment that the creators of those goggles created. It cuts the need to always want a bigger house, car, etc and then stimulates one's altruism and wish to use resources to remove all diseases, wars, natural disaster deaths, accidents, violence, contaminated water, crops, areas, smog, electromagnetic pollution, traffic noise, building noise (better tech for sound insulation), etc. Not only that, but the device will also allow a different hologram to show the most shimmering glittery palace with diamonds, pearls, rubies, etc that sparkle like Christmas decorations on the outside of the house, for visitors to enjoy the new hologram, that creates a beautiful "palace" where the house is, enveloping the house, about its size or taller if nobody above. This would be 1 trillion times more beautiful than the best Christmas light show, or any existing palace today. The shimmering words will display lyrics of an Immortality Ethics Poem, of the Immortality poetry, similar to Immortalist Anthem maybe, like those decorations with colors saying JOY or whatever word, and display whatever the owner wants it to display maybe some science formulas, etc for Immortality, so that the neighbors know what Immortality RESEARCH Area he's into and can stop by his house if they want to chat about it. The amazing hologram will play soothing meditative music that helps plants grow faster, people live longer, feel relaxed, loved, peaceful, ready to be in a cosmic bliss state. ☺

No traffic noise, but the most angelic symphonies, each house with its very low volume peculiar music, a wonder to behold and listen to, a simulation of a street in an astral city, a simulation of "Thy Kingdom of Immortality come, on Earth as it is in Heaven". With mass production, this device would cost maybe 80 dollars, perhaps just two or more projectors in 2 (probably diagonal if only 2) or more corners of the house. It would also enable neighbors to post new Immortality ETHICS quotes around each day, to shift it, make a point, teach biochemistry, or anything through its holograms, so people can enjoy (as they walk the neighborhood) the knowledge and

amazing insights and work together towards that next longevity target of living to 900 or 500 etc. With amazing smiley faces beaming 24-7 it makes everyone recall smiling, conscious breathing and tranquility, and brings the world of infinite joy, the world of Immortals.☺☺ The IQ of the people, their joy upon seeing such breathtaking beauty will be so greatly stimulated, that it will cause a revolution in Immortality sciences. Even today with smart glasses, we have virtual stuff built over solid physical stuff in virtual reality. This, however, would be without glasses.

4.3.3. On campus single room housing at Immortality Universities

All housing would be on campus in single rooms (to avoid sleep schedule conflicts), no fraternities for alcohol parties, etc. This is a research university, where people do mostly RESEARCH all day, so they need be on campus. It's not like at MIT where they teach freshmen and sophomores things others learned at 14 and you need waste so many resources to teach so many students so many basic things many learn alone from books at the library, internet or youtube videos etc at home. The normal universities use grad students to assist in teaching, since many of these students are like the 18 year old UCLA professor, they can be teaching some classes or most of them to others in areas they know best, record videos of the classes for students who were busy in some research and didn't make it, and also, do a lot of learning on the latest research in the most relavant fields to doubling human lifespan, such as doubling lifespan of rabbits, mice, etc, simulating human being's aging, causes, etc. The best anti-aging and related tech professors have papers, online videos, etc and can be invited to give a one time class, every few years or months for 5 hours. These are self-learners who don't need a lot of babysitting to setup their own research, only a little prompting and thus it reduces the need of a lot of training, staff and full time expensive faculty, especially in the initial stages, which are like those of a start-up, everything small scale. At MIT and other top schools, out of all time and effort spent, less than 0.5% goes to actually human lifespan tripling RESEARCH, possibly something like 0.1% if even that. Perhaps 10-20 undergrads study something related to tripling human lifespan, with maybe 200 out of 5,000 grads studying something related, but not really wholly focused on that, usually part of a grant that is very specific, a new biotech, or something and not focused on doubling or tripling human lifespan. The problem is in life we can't achieve a moon landing if we "research fundamental things in science", *we have to aim to research and manifest a "moon landing". Similarly*, research for the sake of chemistry, biology RESEARCH, as at current universities, without focus on lifespan doubling, isn't *enough to double human lifespan within a* reasonable time frame. These things are an obstacle to making real-life extension progress, this type of school where there is no clear goal of lifespan doubling.

That's why a small Immortality University could actually take humanity much closer to doubling human lifespan than all top 20 US schools combined, because here 100% of students do

RESEARCH, not just some as at MIT and very few as at other places, and not 10-20 hours a week, but 40+ hours a week. Every undergrad is like a grad student at MIT essentially, just focused on what eliminates the most suffering: ending disease and rapid aging.☺☺☺ The difference is the Immortality undergrads do RESEARCH on lifespan extension chemistry, physics, biology, NOT on flavor chemistry the professor got a grant from some company for. This then makes the progress much faster, far faster than any existing university whose goal has nothing to do with lifespan doubling or extension on their website or actual day to day policy within departments. Some undergrads at Immortality University could study about lifespan extension thru "*conflict, violence* prevention via neuroscience such as understanding human brain and why negative emotions arise, influence of 0/tiny ethics education, violence ridden media, restless music, poor nutrition, violence filled literature, etc on behavior". Others would study preventing unethical products leading to shorter lives, hurricane, tornado, earthquake death prevention via life sciences too, but they would be a smaller percentage, maybe under 30%, since 70+% would be into delaying aging through preventive medicine methods (like some removed arterial plaque via a healthy vegan diet that would have required bypass surgery, in 5 months, while others eat bad for 30 years and have 5 such surgeries and still got the plaque and hypertension and etc), thru recent life sciences longevity methods, (like methods that made some organisms live much longer, reducing cellular senescense (sort of like Aubrey DeGrey ideas), there are at least 25 methods to make it to 200 one can research), and postponing the typical wear of organs that fail at 80 or 100, etc. The heart disease reversal section has several mind blowing examples of curing heart disease via a low fat high fruit veggies vegan diet alone. If we live to 300, or so, we spend 30 years to get used to being human from a small baby and *270* years to evolve in understanding. With 80 years lives as today, we get only *50* years of evolving understanding after the first 30 years of getting to get a basic idea of what human life is like. This vast difference of *270 vs 50* is 5.4 times longer time to develop understanding☺☺☺ and wisdom, knowledge and qualities of an Immortal, and completely changes the quality of a civilization. It's like instead of completing only primary school, we complete PhD. Immortality University will remove bureaucracy common in Universities, that it may do 90 times more RESEARCH on doubling human lifespan than America's 20 top schools combined. They're into results, driven by superhuman focus and dedication to RESULTS. Another possibility is for 2-3 nearby schools, like Stanford & Berkeley, Caltech & UCLA, MIT, Harvard & Tufts to create "The Harvard-MIT-Tufts Immortality School" as a joint effort, as they have sometimes created joint programs, institutes.

4.3.4. Ethics of the Immortals Course during Orientation Week and first semester

During Orientation Week and the first semester Ethics of Immortals course, students could learn about the scientific studies about the benefits of prayer, meditation, conscious breathing, etc and the physics of consciousness with its similarities to Newton's Third Law of Classical

mechanics. This way people can learn that positive thoughts, smiling, conscious breathing, meditation can lead to very deep bliss states and that people who meditate have younger brains, live longer, age slower. Everyone would be given earplugs and eye mask for free if they want them, to meditate and remove all distractions that may exist, the slightest possible noises, etc. ☺☺☺ The University could devise the least polluting wireless network for best meditation. Chapter 12.11 covers RF pollution and the need to replace WiFi and cellular networks with LiFi and wired connections in kindergarten, schools, etc, as done already by smart universities, colleges. France and Israel banned wireless in day care and kindergarten.

Isn't it odd when we go to MIT, many middle schools, high schools, colleges, we're required to take many subjects but not 1 class/course of ethics? We're required to memorize so many things of the past but not one class to imagine or test or hypothesize ways to bring the future world of no war, prisons, crime, violence and disease where we live to 900. How can we bring a world of tender gentle soft nonkilling no prisons no war no disease 200-year lives or 900 and nonviolence if this is NEVER MENTIONED as a goal? We have many people spending their whole life studying 5th or 12th century literature or Paleolithic pottery styles, but we don't have people writing a 8,000 page book of case studies that would clarify what is ethical to do in a Civilization of Immortals in a Mayor, Product Development Manager, Scientist, University President, CEO, Hospital manager, etc situation with concrete examples. How can we create the peaceful future of 150-300 year lifespans if we're focusing hundreds of billions of dollars in education on the past so much, the past of short lives and eternal war? War can become the rehearsal for the ultimate self-destruction of a species; as the technological ability increases, so does self-annihilation risk increase; so then it becomes a matter of life and death to change a planetary culture to one of nonviolence, *gentle tender softness* to prevent the end of the species, to instill the ethics of nonkilling and nonviolence, even slow killing thru bad products, into every part and parcel of the civilization of the planet. Maybe trillions of aliens had the same fate and blew themselves up, their whole planet, as they failed to move to an Immortals' Ethics before tech became strong enough to wipe everyone out in 1 minute. It's hard to find aliens nearby. Did they blow themselves up without wanting to? Since now each country can see other countries' textbooks and educational materials, it's very easy to create a verifiable International Agreement to teach Life Extension, Immortality, Nonviolence, Help All Hurt None Ethics in all grade levels and colleges. If such an agreement can't be arrived at, then naturally, one country or group of countries can implement it and teach also that the rest of the planet is not following this Immortality Ethics and thus we can't share everything with them, since the "mortal ethics followers" will be far more willing to use killing and destructive methods against us, which puts us nonkilling adherents at a huge disadvantage. It would seem xenophobic to teach "those outside the Nonviolence Alliance or our Country (if the only one with the new ethics) may be

pro-war, so ☺☺ *lovingly gently* don't share anything except Immortality and Nonviolence Ethics mainly". In reality, it would not be xenophobic, but the highest expression of infinite *compassion* and *love* for all human beings, as info and knowledge with dual use would not be put into the hands of those much more eager to kill, misuse knowledge and bring about the end of the human species. It would promote the country or countries that maximize the chance of the survival of humankind and guarantee the human right to nonkilling and not being killed in war or gang violence or by disease preventable or by bad product, etc. The other countries will naturally see the advantages over time, as the Immortality Ethics countries people live 2-10 times longer. So, one doesn't need to wait for 15 or 700 years for some big international agreement to do it and reap the benefits, such as the lowest crime and violence in any nation, perhaps 0 violence. It would naturally require a much deeper insularity and protection of one's Immortality, Longevity☺☺☺, Nonviolence and Gentleness educational system, culture and values if one is the only country implementing it at first, to prevent contamination and much higher awareness of how different the rest are, with appropriate measures. The 1st country using nonkilling as a covert or overt strategy helps humanity avoid its end and bring global nonkilling.

Compared to a world of Immortals or 900-year-old humans, where there is no violence, crime and lies and everyone is honest and kind, any country existing today would appear so incredibly bad, almost as if "evil" reigns supreme there (i.e. every country today), "evil" being a result of lack of knowledge of how to manifest the ideal paradise. Today, we may look at the world, pick the worst country, and say evil reigns there. This reflection makes us aware that the pride some have in their own "ruled by good country" acts as some kind of self-congratulatory mechanism to justify not doing more to improve the catastrophic (by the future humans' standards of "evil") situation of the present. That's why perhaps they say that remembering humility is often very useful. If you look at war/violence as a disease to be cured, as we looked at many diseases we cured via a vitamin, vaccine, plumbing or sanitation, it becomes a much more science like adventure of hypothesis formulation and discovery, instead of one based on models that may not be backed by 100% scientific evidence. To discover the spiritual universe we use the same hypothesis creation and testing as with the physical universe, the scientific method is universal in any quest of any type of knowledge. War/violence is a disease like scurvy (lack of vitamin C) or polio that we cured via knowledge. We set real GOALS to eradicate polio by a given date, in our lifetime and we did it. Why can't the same be done with war/violence disease of the human collective? ☺☺☺ The Immortals never get angry; they use healing only, no violence.

One of the things that many have noticed in engineering is that if we have an emergency, and we need to fix a malfunctioning part of a system or power plant, we need rapid assistance from experts who dealt with that issue before or a similar one, otherwise, we have absolutely no way on earth to figure out in 3 days how it happened, if it took people decades of experiments we

can't make in 3 days to arrive at that knowledge. So, without their expert knowledge to save the plant from an explosion costing a billion dollars and several years to fix maybe, we're going to get into big trouble. In a similar fashion, in day to day life, we come into situations like these when lack of expert knowledge can lead to the equivalent of the power plant exploding, even if it's less than that in some circumstances. How is this happening? We oftentimes get 0 education in ethics and have no exposure to ethics thru religion that much either, as the global educational systems are not making ethics into a science or course that is absolutely required in every grade level, every college semester, even if 1 hour a week only. So, when a situation arises where the ethics of it is very unclear, due to never thinking about it, never taking a course on it to get "expert knowledge" on how it might be the best way forward, due to the stress of the situation and trying to please people around, many people make "power plant explosion causing" like decisions that lead to catastrophic wars and lifespan shortening consequences as bad as wars, even if they're not wars themselves. Whose fault is it? The power of inertia, and the educational system, that for millennia hasn't really been strong on that. We usually can't learn ethics "expert knowledge" we would get from 20 years of case studies during 12 years of grade levels, 4 in college, 4 at the job at age 26, in 3 days when an emergency arises at age 26, it has to be lifelong. This then sabotages the progress towards much longer happier lives free from crime and disease. For example, a group of people gathers for brainstorming and the boss proposes to a subordinate named the peaceful guy an idea while mentioning it's a little odd, but he's saying anyway "let's invade country a, to get hold of resource b, which we need to produce product c in our civilization to continue prosperous lives". A guy who has taken ethics courses 1 hour every week of his life, from kindergarten to middle age, has a much more complex thought process when it comes to making a decision. He knows, without "expert knowledge", rushed decisions can result in "power plant explosion" or something even worse. So, then, the peaceful guy replies with "I believe we can easily find, thru science and technology, ways to discover product d, a new one, doing same function as product c, requiring no resource b, and export it to others as an alternative to product C everyone uses, grow our economy, not need to spend so much on war and not suffer the physics consequences of such an invasion, the world becoming a more lawless place and the killing of so many people, the turning of world opinion against us, the sending of message to everyone "force is the way to solve issues, war and aggression pays off", the afterlife consequences which could be catastrophic, having to spend 1,000 or 20,000 years to fix what we destroyed in 4 months. In real life to destroy a building that took 10 years to build can take 2 minutes, but to rebuild it takes years, in afterlife corrective actions, similarly we might have to spend 10,000 years in many places, planets, dimensions, systems to fix our mistake of only 1 year duration.

As such, to me it is really risky to engage in war, because while we would have a prosperous life

and not need to raise the tax to fund this research, we would do so much more damage, that it becomes far greater than the good we did by having a "prosperous life" with product c. Moreover, product d might even extend lifespan if used compared to product c, exports of product d might make our lives even more prosperous, just like electric cars cut smog and remove the need for wars to take oil". The boss gets a little offended and then threatens whoever doesn't comply with firing from their position. Everyone then refuses to go with the boss plan, having heard the idea of the peaceful guy. They hoped this would change the boss' mind. Then the boss makes a covert threat that whoever doesn't comply will lose job and life too. Then the peaceful guy☺☺☺ starts an exposition on afterlife consequences that can't be proven to be fantasy. He explains that not only will people on the planet overall live shorter long-term as a result and the country be damaged by the force of physics law, action force = reaction force, but that also centuries later it all comes back (everyone will feel threated by the invader country, so they will ramp us their military spending and create war plans to attack the country that never existed before the invasion itself), and the boss may have to spend 10,000 years in a hell of his own creation, a purgatory sort of state where he has to be spirit guide and protector of the people living in the hell conditions created by the wars started by others like him. He would be denied entry in a decent afterlife realm and be told the way to gain entrance is thru this spirit guide work, or be given a chance to reincarnate in the country he destroyed, in the worst circumstances, develop product D in that country and free the world from wars over resource B, then do it over on several planets, as a good way to really learn it, taking about 2,000 years or sometimes 20,000 years. The peaceful guy also explains that he would rather be killed by the boss than start this war, because he knows it would lead to doing things equivalent to murdering 20,000 innocent people. He thought 1 person dying at the hands of the boss, himself the peaceful guy, is much more selfless than 20,000 dying. And this obviously will be good in the afterlife, for those who always save their life while having no qualms if their actions kill many others, may have to rectify their actions, also, 200 centuries, not just 40 years in purgatory or a single reincarnation, if reincarnation is possible, allowed or true. The peaceful guy explains then the reason religions and ethical philosophies of various societies taught nonkilling is that God knew one day people will reach a technology level where it will be possible to kill all humans in 10 seconds. So, unless Immortality Ethics (that perceives any violence against other humans as unthinkable) develops before that stage, the civilization will end in nothingness. None will be left. The peaceful guy explains to the boss that many people might think "i will do it because I'm afraid the boss might kill me" but that there is no way to know in the afterlife he won't be faced with his selfishness and have to spend eons to fix his error. Many people assume God will prevent the end of the species, but they can't know if God or spirits in charge of this area will evaluate people based on what would have happened if there was no intervention to prevent the end. The boss starts to think deeply about it and realizes he can't prove afterlife

doesn't exist after all, so he apologizes and goes with the peaceful guy plan. ☺☺☺

This is a little story that depicts the value of ethics education in preventing the end of the human species or, for believers, catastrophic afterlife consequences like inability to move to certain subuniverses and time shifted realities until all damage is fixed, damage which is not always easy to fix (just like in Chernobyl we don't have the knowledge to decontaminate and solve the issue, we just put a shield around it) without knowledge not available at those dimensional levels one has access to, requiring waiting a long time, preventing the soul from learning more things. The peaceful guy continues his exposition explaining how Big Pharma never makes ads about people who reversed hypertension with a vegan low fat diet, or arterial blockages, etc but only ads about using "weapons against some cause of the disease, some medicines" and how arms makers also have no incentive to make ads about achieving World Peace without weapons (medicines for Big Pharma), i.e. by prevention. Medical education emphasizes treating diseases, not so much preventing them. Same thing with our World Peace ☺☺☺☺☺☺education, it's mostly about managing and treating a conflict thru peacekeeping and maybe short intervention and war, but not about preventing all violence in the first place. The peaceful guy then adds that our universe could be a simulated reality where people can have 1 or more lives, and that one's life doesn't have to be at the end of a species to cause it, one can be 1,000 years away and his choices would shift the second life ultra complex simulation to the timeline of end of the species when 1 guy presses a button that ends everything. Thus, a guy from 1,000 years ago could have shifted timeline towards that end more than a guy doing evil in the last 30 years of the species. Because of that, the time-shifted subuniverse consequences for those who have finished the maximum "game" time (maximum lives or years) will be independent of technological level at the time of one's life in that simulated universe/dimension. They pass the test or they fail it. What people often miscalculate is they think the end can't happen in our lifetime, we're not there yet, so we can do anything, etc... but it doesn't matter when or if it happens, rather how one contributes to it as calculated from any "game" point in the relative time of the simulated reality, calculated in the absence of divine intervention.

Because the civilization doesn't teach Immortality or Longevity or nonkilling ethics, when people make a product, a flavor or food color or medicine even that shortens lifespan more than it increases in a few people thru side effects, they think "it doesn't matter", but when one shortens the lifespan of 1 billion by 1 day, it's as if one shortened the lifespan of humanity by 1 billion days or 1 billion divided by 365 days, by 70 years per life, or 39,139 people by 70 years, or essentially killing 39,139 very young people almost. This shows that our decisions actually have consequences that are genocidal sometimes (especially when working for a company selling a product reaching billions or almost 1 billion), even when we never would imagine anything unethical is going on because nobody showed us the math and that it really has a catastrophic

impact, far greater than we imagined in this world, and possibly even more so, for the afterlife, since fixing is not always easy to do in the time it takes to do the damage; as we know, to build or rebuild it takes a long time, to destroy just a tiny fraction of the time to build/rebuild. Some engineer or boss may create an emissions defeat device maybe, that will shorten the lifespan of 0.1 billion by 10 days or something, due to extra pollution in the air, and he may not realize it's like killing tens of thousands of people. What some people forget is that the wars don't just kill a few people, but they also shorten lifespan of millions or billions by a certain time (usually far more than a food flavor, etc), which makes the casualties far greater than what we hear, so wars are far more destructive and genocidal than they seem. People think of it as the lesser evil than a bigger war or the bad guys wiping out all progress. Why? No course ever taught it, that we can avoid it, as Longevity, Lifespan, Immortality, giving life only, not death, is not high on the agenda. How do you expect him to think about it? Everyone is flooded by so many things to do at school and in life, they don't have the time to develop a sharp awareness of how bad it is. Without a strong Immortality Ethics☺☺☺ or even basic ethics (with modern life case studies) education weekly at all grade levels, things like these will probably happen all the time for eons to come, and World Peace will be very hard to achieve, or freedom from violence, crime, prisons, etc. Someone has maybe 10 million following him or her on social media, and he posts something... or many posts, the net result being, overall, that those people live 4 days shorter each on average. When you do the math, the 10 million people multiplied by 4 days, 40 million days, divided by 365 days/year by 70 years = 1566 people losing 70 years of their life, most of their life, as if they died at 10 due to the flu or some war. Of course, people do more than post on social media, so they may do other good things that vastly outweigh any social media actions effects. We don't know how to calculate effects as Immortals would, them having lived trillions of billions of years, but it just shows the effect could be far worse than we imagined at times, or far better for good actions. A kind smile ☺☺☺► to lift others (in a store not even at a leaders meeting) out of negative emotions that can lead to violence (10 people see it, then they smile, they're seen by another 15 people, those smile too, and it grows, and it reaches the leaders of the world) could literally, thru a chain reaction, prevent a small war that leads to 5,000 dead or a big war with 5 million dead. This is explained more in the Smile Chapter. ☺☺☺☺☺☺☺

A real problem in our Civilization is that we waste the entire life of chemists, biologists, physicists researching the least useful things that are not increasing human lifespan, not curing any disease at all. For example, we have these people graduate from Harvard, MIT, etc and then they use their Bachelor, PhD whatever degree to go work for 50 years on making some new food color or flavor. Now, think about it, thousands of kids die of flu yearly globally before the age of 15, and we need a new flavor, when we have already thousands of flavors? What kind of Immortality, Longevity, Intelligent Priority system is that? The purpose of Life has often become

"me getting some new taste while others die of so many diseases or while others have to use daily injections for hemophilia when CRISPR gene therapy might eliminate that". It's lack of altruism. Ethics education at universities within the context of Science Topic Research is absent. The RESEARCH would require a strong focus on tripling human lifespan. It's evident if spirits exist who telepathically give discoveries to Tesla (think about his paranormal events in Chapter 14) and other scientists, they're not going to help Immortality University or Departments more if we do things similar to other Universities/Departments. The Ethics taught in freshman year clearly emphasizes we're not like in those biochemistry courses, where it talks about making a drug be taken daily to increase Pharma Profits, instead of a simple cure that is lifelong. We all know profit trumps kindness and ethics many times, and the goal or end-result (no incentive to move away from it) becomes managing sick people lifelong to maximize profits, not curing disease with one intervention. We need solutions that are cheap, available to all that will change human lifespan quality and quantity. ☺☺☺☺☺☺☺

4.3.5. Majors and minors at the Immortality Universities/Departments

At Immortality UNIVERSITY majors are not Chemistry, but Immortality Chemistry, not Physics, but Immortality Physics, not Biology but Immortality Biology, Not Materials Science, but Immortality Materials Science. We aren't going to invent a new shade of pink for condoms or makeup or whatever using materials science, but maybe drywall that is soundproof to enable everyone to get better sleep, (deep restful sleep is fundamental to brain function, longevity, health, preventing heart disease, diabetes, immune system weakness) get far less angry when neighbors or housemates or apartment neighbors are making a little noise unintentionally or due to a mini-gathering, etc. About 80% of humanity lives in improper housing, where the sound insulation is extremely poor and inadequate; same for heat/cold insulation (tech promises cheaper safer heat/cold insulation: glass looking cellulose, 5 times less heat transmission, etc). Not to mention the cooling and heating is not always optimized for perfect sleep in many places. Not to mention most of us, live in smoggy areas where particulate matter at 2.5 microns is literally killing us slowly as these gas and diesel techs take years off our ideal lifespan. At Immortality UNIVERSITY all RESEARCH is focused on the URGENT most pressing longevity needs of humanity if we're to live to 150 soon. We're real doers, real helpers. ☺☺☺

To balance technical education (science is an art anyway, as is engineering), they would get a minor or several in one of the topics: Telepathy (can be taught together with meditation and happy altered states in first semester of freshman year, as telepathy is key to scientific discovery), Societal Organization & Laws of the Immortals (no scary faces, no bad words or movies, no insults, no violence in media), Turning Prisons into Healing Educational Halls, Hands on Healing, Remote Healing, Future immobilizing forcefield tech (agitated aggressive people) to

avoid killings after guns are banned (Immortals don't kill), Immortals' Ethics, Politics, World Peace Creation without any “nonhealing unkind ungraceful painful or harmful” methods, using Chapter 13 like ideas instead, Longevity, 900-year lifespan by interdiscipinary RESEARCH of many majors, Wormholes, Infinite Softness, Compassion, Tenderness, Infinite Sweetness and Gentleness, Afterlife and prelife Hypotheses, Superluminal Travel, Antigravity, Teleportation, ESP, Super nutrition mixes for 20x lifespan increase, Moving beyond eating animals or plants as an eterni who eats ultra techy stuff that gives us 10-50 times longer lifespan, Moving beyond Agriculture thru Biofactories and Subatomic Assemblers, Living without Eating in some far future as Tesla predicted, Precognition, Astral Travel, Meditation, Prayer, Terraforming Planets, Culture, Telekinetic "sports" in service to other Immortals, Poetry, Music, Art (Immortality Monuments, holograms that teach *Immortality* Sciences, science and tech are arts, but maybe a little bit of high tech shimmering stuff to simulate wormholes, Immortals of the future, etc) and Movies of the Civilization of Immortals. Another thing about this University is that if a chemistry or physics major wants to study something part-time via telepathy and RESEARCH, they can and then they can create a new course, or 3 which are basis for a New Minor. For example, one guy learns how to enter super-bliss states via conscious breathing one way, and then makes a course about it, since all are geniuses and teaches the others and they get credits for "Broad Immortality EDUCATION" outside of main major, for example, major being "molecular signaling and bioelectric fields for Immortality lifespans". ☺ A guy could create a course "Visions of the Immortals" with others, to present new ideas and inter-disciplinary projects to be explored as ways to 900 year lifespans and this would be a very relaxing way to get exposure to other fields and other ways of perceiving how the future might play out and what the "fun" activities will be in that future. This would help the brightest geniuses create the most inspired future paradigms of the Civilization of Immortals. Over time, majors in some of these disciplines essential to Immortality Civilization may emerge, but perhaps the world doesn't need more people to talk "government and arts" to achieve kindness, nonviolence, gentle tender speech tone, compassion and real longevity knowledge. We need results, the true artists of chemistry, biology, physics and engineering, which enable curing diseases and doubling human lifespan. We need Life Extension Careers, Scientists, Engineers, RESULTS, not "degrees". More than anything, we need RESULTS. If we exercise we may get a lifespan increase of 10%, or maybe more, but with proper longevity science we can get 1,000% lifespan increase. Because of this RESULTS-driven environment, we would set realistic targets like make mice live 4 times longer, rabbits, pigs and monkeys by the date of etc. Without GOALS, we get nowhere. When I was 13, I set my mind to win an MIT scholarship, then acted towards that goal, visualized myself getting it and acted as if that already happened. Same way, to get to 150 year lifespan, we need to have real achievable GOALS. We need to have many paths to that goal and explore them and use them, maybe simulations of humans, like in computational chemistry we discover new catalysts.

We could build a powerful cellular and molecular simulator of human beings, since we can't wait 300 years for a monkey to live 5 times longer. Nutritional mixes that prove rabbits can live 5 times longer, if safe for humans, could be used too, if people want to try them, and are deemed ultra safe after the first clinical trial for 3 years etc. Perhaps the first people who will live to 200 will be some of these selfless volunteers who had the audacity to try something new. Mice & rabbits live 2 years or so, so 5 times longer means we have to wait 10 years. Simulating the aging of a human being (and speeding it up since we can't wait 400 years) at the molecular level as a result of a nutritional intake or medicine intake is something extremely difficult given present technologies and computational resources and knowledge about each cell and its molecular structure. The European Union has spent a billion or so on simulating the brain on a computer based on the limited info we have. ☺ However, when we gather into ONE PLACE world's smartest teens and make them world's smartest Immortality scientists, we will do it. In Chapter 12 there are a few hundred studies showing what devastating lifespan consequences come from lack of proper nutrition. A slightly lower intake of vitamin B_1 or vitamin B_2 for moms can mean fetuses have double the congenital heart defects. Longevity needs to pay attention to the first 21 months of life nutrition much more, from conception to age 1 too. Every freshman at Immortality University would be required to take a nutrition class, to be aware of the science of longevity and what catastrophic effects come from improper nutrition, endless avoidable needless diseases and birth defects. We have these super great professors whom we lose at 65 or 70 due to their total ignorance of nutrition. If they and their parents had more knowledge, they might have lived to 98 and made more discoveries. MIT and all kinds of places require learning about mass murderers of the past in history classes, but no class on Longevity thru Nutrition exists in the required or elective classes for the Humanities and Social Sciences requirement. What kind of Civilization is that? Are we promoting death or life? Where at MIT, Harvard, Caltech are students required to write an essay about the Civilization of 900 year old humans of the future? How can we bring the future if all we study is the old stuff and ways and people are not letting their imagination run wild and create the future faster? We can be instruments helping a global revamp of educational systems to promote Life not death, Prevention not cure, Hypothesis formulation and Testing not blind belief, Tenderness Gentleness not aggressiveness, Forgiveness not revenge, peaceful music not one that agitates emotions and makes us restless, nonkilling and nonviolence instead of war and violence, Compassion *not anger,* conscious slow breathing for maximum emotional tranquility and smiling not rushing everywhere, etc. Then it will be so much easier to achieve long lifespans, World Peace too.☺☺☺ Imagine how many Immortality Universities and RESEARCH Centers we could have built with the materials used for sports facilities on-off campuses, stadiums. ☺☺☺☺☺☺

We can ask ourselves: is it a good return on investment to spend so much in sports, and

exercising when they only increase lifespan by 5-15% (can shorten it too due to Alzheimer from concussions in some sports), and invest so little in nutrition which can lead to 4,000% lifespan increase (see the bee example in Chapter 11.1) and some new CRISPR therapies that could lead to 1,000% lifespan increase, like with the worms living 10 times longer? If we do the math, the answer is clear. Ironically, we spend 30-100 times more on each of the following: smoking, alcohol, illegal drugs, gambling, sports, video games than on lifespan doubling RESEARCH. Why is playing football more important than curing flu so no 7 year old kids die from it? Why can't we teach compassion and chemistry early on and have kids play video games that help science and that help cure the flu, and do fun activities like legos use for building new particle accelerators and new flu RESEARCH centers, in the presence of adults who help them, as a learning of the Virtue of Use of Physical Energy to Help others, instead of having fun oneself, developing more altruism, more compassion? Worms that lived 10 times longer were also far healthier. Longevity RESEARCH can make us live longer and healthier too. The scriptures don't talk about modern sports, but about Immortality a lot. How is bringing the Kingdom of Immortality on Earth as it is in Heaven, the kingdom of no war, famine, disease if we're not focused on it? ☺☺☺☺☺☺☺

4.3.6. Business, Government or Law Schools of Immortality Universities

In business schools and economics classes worldwide, they could teach about the advantages of 900 year lifespans. When we live to 80, like today, in the first 18-20 years of life the society has to invest a lot of resources in raising a kid to adult stage without getting any real work done by the kid. Then the worker is trained and achieves a productivity. But if we don't go thru this 25% of lifespan lost as a kid, and we live to 900, we have basically a saving of about 200 years of costs incurred by society. It's much better to have long lived people or workers for a company or university, as we don't need to teach or transfer the knowledge of an expert for 20 years so often. If we want to bring about the future of 900 year lifespans fastest, we definitely would benefit from discussing the advantages of such long lives in every subject taught at high school, university, in every major, to make it everywhere present in our culture too. People may get part-time or full time 5 PhDs in the future, when we live to 900, but they still produce a lot of research papers for society, do a lot of the work for the professor supervising the research, etc. Most research is done by the graduate students and postdocs anyway, as most people know.

People might wonder if it is wise to have a hks.harvard.edu like school of Immortality Government. Why talk of the Government of Immortals in a government major, when we can't even live to 150 yet or 120 on average and we have so little Immortality sciences majors and careers to begin with? It seems premature. Via talking with other majors during minor courses, these students can learn more things, start better companies, create new schools, and become Presidents or leaders without any formal education in " Immortality government"; they can

learn some of the existing mortal government ideas from textbooks, etc. Via Telepathy, in the required telepathy class (to achieve better precision, loving kindness and prevent unhealthy telepathy diffusion), they might discover much more amazing & beautiful things than written in any book. Compassion, gentleness, altruism, smiling, telepathy habits in Chapter 16 are all things that one learns in life better than from a book. Naturally, getting more scientists and longevity geeks as Presidents and such would be nice, as it would increase funding for these projects and Immortality Parties, Universities, Schools, Movies, but that President doesn't really need to be a major in "government", he can be a biology, physics or chemistry or engineering major and teach and tweet and talk about his interest in physics of superluminal travel or the chemistry of some telomerase enzyme or something and how this brings the age of Immortals and 150 or 400 year old humans. In a Civilization of Immortals everyone is a citizen scientist testing hypotheses and it's much better if the New Paradigms come from Hypothesis Thinking, from people who understand first hand the big science challenges of achieving and maintaining 900 year lifespans. The world is saturated with schools to create lawyers, artists, politicians, etc when we have ultra few longevity scientists. Because of this, what money the immortalists got, they would use it 100% to focus on longevity science at this University initially most likely.☺☺☺

But if there are enough funds for such a Bigger Expanded *Immortality* University some day in case the other scenario of National Immortality Unis doesn't manifest, naturally it would expand to other fields, like Business, Government, etc so as to bring *Immortality* in all aspects of education and teach from new textbooks written at the University by these Telepaths who merge the future and the present and create new curricula. But the major would be Immortality Business, Immortality Government, not Business or Government. They would take all Harvard and other textbooks used and create New Immortality words, ideas filled textbooks, with the values of this Telepathic Civilization of Immortals. The problem today is our world incentivizes profit over longevity in all areas almost. So, the more we get these completely science illiterate managers who have no idea of what life extension RESEARCH is like, the more likely it is as managers they won't make decisions that enhance human lifespan, but that further other goals, be it profit (usually) or appearance or taste of food, etc. Say there is a surplus of 20,000 dollars for a small business, it could be used to buy a nicer looking gasoline car maybe that looks better or to buy an electric car, not as stylish, or to covert existing car to electric and use some money left to help employees live longer by giving them some nutrition video and supplements and a negative ion generator for every work area and employee (for use at home, maybe 3 per employee) to improve health and morale, making a little meditation space to relax and destress at work in a quieter area that is not used much for anything, while providing an online videos/books and/or 900 year "Immortals" library there in the meditation room. Because of this ignorance of life sciences, it's actually much better that start-up founders and executives come

from heavy science and engineering who know what "Immortality" and lifespan tripling research are like, who will promote competent science aware people in key positions to speed up RESEARCH and development. Do you think a car executive making cars will prioritize human lifespan by investing in anti-gravity silent transportation? That guy studied "government or management" and has no idea of physics, chemistry, biology many times. For a genius in laser physics or anti-gravity, studying a few "management" books is not that hard, and then we get the best leader, who actually knows the real issues of molecular biology, physics of Immortality, computational chemistry for aging simulations, etc, instead of lawyers or whatever "history major" leading companies and nations (history = same old mortal stuff we have been doing, endless warfare and killing, no cultivation of Infinite Compassion, Forgiveness, Healing, Gentleness, Tenderness, Longevity, etc). A real obstacle to living to 900 is the lack of knowledge in various sciences (World Peace ☺☺☺ creation without violence, part of psychology science, neuroscience, etc) and it doesn't look like we can solve them fast without a new focus.

A change would be helpful if we want a higher speed of innovation. How have we enhanced the GOALS of living to 900 today? This is the question every manager and leader in any organization in any enterprise or governmental agency would ask him/herself in a society with a stronger longevity educational focus. Yet, is that taught in these schools? No. Did we really need a new fancy car design or would it be far more ethical or useful to human lifespan to make it electric so it doesn't shorten the lifespan of people via smog? Where is the ethics of car company or electricity producing executives? We produce electricity with coal or whatever to kill people slowly? Is that ethics? Science illiterate leaders can't understand how destructive these chemicals are for the human lifespan; they don't understand many times profit stays the same or increases when one makes a much more lifespan extending decision instead of the usual lifespan neutral or shortening one; this lack of understanding is because lifespan doubling or extension is not 1 course even, let alone 9 courses, in any business, administration, government education. What business, government school in this world teaches infinite compassion tenderness gentleness, having mercy for the people who suffer from asthma, flu, who die at 7 of flu, etc and whose asthma attacks and flu getting are more likely to happen when business decisions are oriented towards profit or "making fun products" void of compassion? We probably can't build a Civilization of 400-900-year-old "Immortals" without instilling this idea of universal compassion for human suffering (due to disease, malnutrition, aging, natural disasters, wars, violence) and teaching it from kindergarten to college, developing gentle speaking soft healing leaders whose boundless compassion shapes the business and government decisions and take us towards the Age of Eternal Discovery, Learning, Innovation, Hypothesis Thinking and Questioning every model or belief we have. It seems that we need a new approach if we want to live longer and healthier faster. Immortality University, if it ever has majors in Business or Gov,

has requirements for Life Extension Ethics, Sciences 80 times stronger than the other top business schools. This would facilitate creating the Leaders of a Civilization of 900 year old "Immortals", with ever longer lifespan, not a civilization of 100 or 80 year old mortals. ☺☺☺

Another much milder (less harmful than selling foods that shorten lifespan) useless (but profitable) business activity example is selling fireworks. 10,000 injuries that were so big, they required emergency room visits, and 11 deaths were reported in 2022 in USA (73% around July 4th), so how can parents, etc promote these things? 100 people died in 2023 due to fireworks used at a wedding. A gardener lost his hand and eye by picking one up by accident, would parents want their kids to have that 'luck'? Fireworks are for the 19th century battles or mining (explosives), not for "entertainment". Australia forbids anyone from launching fireworks in most states except for 1.5 hours in some states, nationally, as *all nations* ought to do, so you can't buy fireworks yourself like in USA 100000 ultra low IQ folks do to 'enjoy being a 17th century guy' and in the process also terrorize the hard working people who need to sleep well, or to harass the meditative peaceful "World Peace in 3 months" people during days where it is technically illegal to use fireworks (these "0 IQ infantile brain" people do it for many weeks before July 4 or after). USA is the land of hooliganism, where no law is enforced, and hard to, with 20000 kings and queens (city mayors for 20000 cities) creating 20000 rules for fireworks (5 to 10 pm on July 4 only being the most common). More EU nations follow China, Australia in discarding fireworks and using lasers/drones with lights. Nobody can claim to have compassion for humans and light fireworks, much less be an immortalist: you have to be the ultimate selfish person, given how many thousands are injured and how much fertilizer *is not made due to* fireworks. It makes no sense, another "silly" tradition, or actually a form of subtle violent crime, polluting public air, damaging earfrums of people, damaging arteries and brains, wasting national resources, terrorizing the human quantum field. The fines for lighting any fireworks ought to be $1-90 million. The Immortalist Party will aim for that. When will humans abandon such "fruit fly IQ"☺☺☺ traditions? Check out 2025 German fireworks chaos. Even the government made fireworks in Australia and other nations ought to be eliminated for health reasons and replaced with ideas explained in the pages below. China uses less fireworks, has light shows 5 times each weekend in Shenzhen (no fireworks) and is moving to eco-friendly drone shows, we savages in USA don't get. All we get is violent music and Israel news, circumcision news and wafer rituals. While we sing about the fictional miracles of Jesus, China is building real fast speed trains (thousands of miles already, more than the whole world combined) and amazing train stations. The odd thing is that the media only shows only the worst things about China, since the aristocrats hate the communists, as it would mean their end and the victory of the American people. In Australia playing loud music in a car is fined 200$, swearing in public 700$ (a very smart idea to diminish violent emotional outbursts), yet in America, it's so common to blast loud music with windows

open or from boom boxes, in public spaces and force everyone to listen to violent music. Yelling in public ought to be fined too, 900 for each person present, if a concert, then 90 million if 100000 present. Yelling is pre-violent crime. Not to mention, in USA, the violence of the music lyrics is purely demonic and infinite, it's far worse than swearing. Again, blasting music while driving, waking neighbors who nap with wild parties are forms of violent crimes of subtle nature, that need to be fined 50000$ at least, not 200$ like Australia does. As a naturalized American, I got the chance to hear the lawlessness of USA every year, when "not very high perhaps IQ" persons, are allowed to buy fireworks weeks before July 4th and use them illegally for a month or so, against the law before July 4, instead of being allowed nationwide to only buy them July 3rd or 4th via Immortality *Nurturing* Agency website INA.gov to protect public health, noise levels (only allow then 30 minutes max/day, New Year and July 4, until all cities are quiet after fireworks are nationally banned), with age restriction of 35, etc since it's an atomic explosion simulation polluting human species quantum field. INA is a more *nurturing* gentle healing tender soft name compared to the classical names like the militaristic police like 'protection' word in EPA environmental protection agency or Immortality Protection Agency; our planet has plenty of macho fanatical violent killing 'protection' energy and vibe and almost 0 nurturing hypothesis thinking nonkilling gentle vibe, so to build Peace a more *healing name would help; we nurture Immortality, most of what we do is preventive action, not sudden reaction, so it is slow, gentle, healing, not violent as in war... we don't just protect it, we build it, we take proactive action to build* Immortality *and protect it centuries ahead by healing* eterni *speech content, speech emotion thought* tone*, action,* eterni culture, eterni financial system*, etc, we don't just drop bombs or jail people (jails exist only in primitive societies) to protect it against some invader... we treat the* cause before it can become a symptom; we treat causes, prevent causes, not treat symtoms like most police and militaries do). *Fireworks are an Ode to death, 'satan' if you're religious,* anti-World Peace and 0 IQ or 'evil', as they resemble the sound of nuclear war explosions. 2 billion wasted yearly in USA. These people do it, without realizing they harass and wake up from sleep endless people who need to go to work next day; it's like the rock and roll music at 3 AM by MIT students, in the lawless MIT, the number 1 engineering school, where students were painting hallways walls in black and drawing demons in one dormitory, on the floor where the student doing 3 am thing died of nitrous oxide inhalation, after another died of alcohol during 'fraternity rituals'. The culture of violent disregard for others' peace, relaxation, disrespect for others' space, blatant invasion with sick sounds of others' personal space, of thousands at once, is a reflection of US culture, which will mean long-term US will have same fate like aliens, vanished empires, unless the eterni culture takes root.

Unfortunately, other countries imitate us, since we're not evolving. It's like loud music fans today blast it after 9 pm in night clubs harassing people who want to have window open and a

5" 1 watt fan to get fresh air... due to an antilife, not prolife, federal law that can't fine these night clubs 0.2 million $ per violation to shut all bars down after 9 pm, bankrupt them or force them to close at 9 pm, so all go to bed and sleep well to build immortality and peace for all or at least not prevent others from ataining it by sleping well, sleep is number one thing for longevity, so whoever disturbs it would pay huge fines of 4 yearly average salaries per violation; no loud sounds after 9 pm and before 8 am. Likewise, we got music super loud on campus during more normal hours and even after 9 pm until 10 or 11 pm in cities too, in their parties, since there is no culture of peaceful music and meditation, low volume, etc. This type of energy is what leads many students to want to quit college too. Why do people spend billions every year globally on fireworks on New Years Day and other celebrations, when these fumes (like thick smog) are harmful to human lifespan, *shortening it*? They will blame corrupt officials for subways not having air filters and reducing high pollution (2.5 micron level 70+ times above ground levels), but it would cost less than the fireworks each year: they could use projectors (very cheap now) and decorations, nice music instead; since it would be only 3-5 days, the decorations with "freedom" "Immortality *for* All" would last longer than Christmas ones, maybe 100 years. The sounds also are not very healthy, sometimes damaging the hearing and potentially the organs thru cymatics. Imagine if instead of these harmful fireworks (green ones contain barium, a toxic metal, many contain perchlorate toxic anion, illegal ones contain lead), we would give earplugs for better sleep to the people in noisy areas on New Years, broadcast amazing & beautiful TV programs about COMPASSION IN ACTION (or holograms of compassionate acts displayed in amazing light shows without using these toxic chemicals), soothing peaceful music☺☺☺ played with the healing tone of a mother singing lullabies about the tender gentle world of the future; *or have gigantic sky hologram shows of biophysics or biochemistry experiments that double lifespans of worms, etc, or have kids take part in a celebration of* Immortality Knowledge *by helping worms or other lifeforms live 2 times longer in the town* Immortality park. Fireworks cause "suspended particulates in residential air as high as 300% above the pre-fireworks level" and sometimes above limits levels for cadmium, lead ("Pb (lead) increased 158-fold"), *manganese*, aluminum, chromium "725 times the EPA benchmark of 0.2 ng/m^3 for Cr"; barium (toxic) increased 20 times, other metals 2-7 times in 2008 fireworks ► PHR 2012;127(4):440-50; if wind blows air can return to normal by 5 am (after the fireworks evening), otherwise, it can linger longer into next day, so wear mask and avoid going outside to prevent inhaling lead, etc, from cheap ("most fireworks products are imported from China" as paper explains) illegal (in their town) fireworks people use. Only 21% of supplements contained stuff listed on the bottle, imagine fireworks. They can have "World Peace in 3 months is possible" colorful decorations (instead of death related Halloween junk other countries banned) posted for 2 months of the year around September 21st International Peace Day and New Year Day and/or around each national holiday where instead of "artillery fire" sounds of fireworks and war sounds we have

peace sounds of healing grace, more TV programs about how people celebrate the new year by installing negative ion generators or some air filters or double pane windows for people living in noisy smoggy areas, increasing their lifespan, more romantic songs about creating a world without violence and war together, instead of "he called me and I felt goose bumps" and other banalities that are rather self-centered and don't care about the quarter (or half depending on how you estimate) a billion dead in last 3 millennia of wars and endless genocides. Who cares about Opera and Grandiose Art Museums (Getty Center) if they don't bring World Peace and/or nothing about World Peace and Living to 500 exists in them? Like most people, when I was a teen I listened to some classical music, like Antonio Vivaldi seasons (which has some restlessness inducing passages and which I avoid, like most classical music too, as it's not ultra peaceful, gentle, tender) or the three tenors (Domingo, Pavarotti, Carreras, not the gentlest tone for sure, now I avoid all opera, except gentle soprano of spiritual music which is more eterni than intense soprano) and now I realize we have so many music concerts and not even 1 song is about caring about the half a billion murdered in wars last 2 millennia or World Peace in 3 months.

On the contrary, most music (including a lot of classical music even) brings up the more restless, aggressive, '*overwhelming force, minimal grace and IQ*', "gentleness tenderness compassion healing" lacking or antithetical energies that make World Peace an impossible dream. Nonkilling, not using violence to solve disputes or disagreements is the most basic form of being civil or civilized, yet this is not a topic in most music at all and we have not attained even the most basic form of civilization if killings and violence continue unabated. What benefit do we get from art and restless music if half a billion murders will repeat next few millennia? Can we give up our selfishness and aim for something higher than a little high from listening to our "favorite music" and instead create music that makes us more selfless and tender, more World Peace creating and wishing, more "world without anyone wishing harm on anybody creating"? Every country wants to win wars, nobody to make global agreement to end all wars and violence; such a cruel and selfish civilization, and yet few notice this sometimes, except the hard core World Peace fans, the mood and cultural memes are like "let's party while half a billion will die in useless wars next few millennia". ☺☺☺ Why not build 80000 year lifespan centers instead of doing fireworks, *why not celebrate life by extending lifespan instead of shortening it?* Other examples of anti- Immortality traditions are celebrating God or gratitude to the God of Immortality by killing animals, turkeys at Thanksgiving, pigs or cows around New Year, Christmas, Eid, etc which unlike plants or their fruits, are a lot closer to human consciousness and affect us a lot more.

Imagine if car makers would make all windows UV proof. Most windshields block about 95-99% of UV. For the price of a lunch, one can install 99% UV blocking filter on the driver side window, since most cars block only 65% or so of UV for side windows. This UV causes DNA damage for those traveling a lot, a truck driver had the left side of face where sun hit totally destroyed

compared to right one: this is the skin and MGs we will have for 200 or 500 years, this is unacceptable for a civilization of 200-year-old humans. Not to mention skin cancer kills 9,000+ Americans each year. The number of skin cancer cases due to tanning is higher than the number of lung cancer cases due to smoking. *In the US alone, 419,254 cases of skin cancer can be attributed to indoor* tanning ► JAMA Derm 2014;150(4):390-400. ☺☺ These tanning beds don't even produce vitamin D. Our body has finite antioxidants to fight off *r*eactive *o*xygen *s*pecies (*ROS*) generated by UV exposure of skin during tanning, sunbathing, outside play; if we get enough D from vitamin or food, we need no UV; the body stores of antioxidants are then wasted, with nothing to defend against *ROS* produced during normal cellular processes, thereby speeding cellular apoptosis, AGE generation, and onset of diabetes, atherosclerosis, brain shrinking, sperm/uterus *ROS* produce DNA damage and birth defects, non-skin cancer inside the body; some say "i didn't get skin cancer, sun/tanning is good", but they may have gotten a disease appear 15 years earlier, so instead of living to 115, they died at 100, due to the "invincible I am" illusion; look at 90 year olds, so many have poor eye health, how can you expect anything else with so much UV exposure and so little sunglass, blue light, car window protection? With IR mats and warmth we get benefits of IR, no UV; we can use a UV filter to make a nice transparent tent to bathe in the no-UV sun. Get UV window filter from Amazon for a sunny room to sunbathe in. Tanning/sunbathing may shrink lifespan, if diet D is enough and IR benefits are less than UV damage. Too much heat (IR) also can cause problems, due to heat shock proteins the brain, body have to make in a hot car (hence windows of buildings and cars need block IR in hot climates too to save on electricity used to cool car and dry the eyes) or on the beach, and oxidative stress that can cause eye floaters, dry eyes, faster age related vision loss, hair follicle destruction, and faster aging due to antioxidant depletion; *thus, obsessive beach going 10 am - 4 pm, especially around 1 pm when UV/IR are highest, can shrink lifespan by years not 1 week*. Wear UPF 50 clothes (jeans usually, see birth defects due to UV/heat section) if required due to job to be in sunny areas during peak UV time. Other people, have the opposite obsession, lighter skin, so they use B_3 creams that also can increase oxidative stress if some ingredients are unsafe. Car makers waste billions on design, without introducing a (car accident lowering per some studies) negative ion generator in the car, or UV protection. In Japan they install negative ion generators with almost every AC unit (even in the US now a lot of air purifiers come with these ion generators) and it would cost probably $10 when mass produced to install one in every car, because car AC produces a lot of positive ions with damaging health effects. The car makers save $50 by not blocking UV via all windows, but spend 10 times more on other far less important items with no impact on longevity. ☺☺☺☺☺☺☺

If we have no Immortality or Longevity training and education of these managers at Universities, what happens is they become like everyone else, following every trendy thing, without any one-

minded focus on extending human healthy lifespan, or a strong focus on human compassion for those with a debilitating disease (asthma from smog or positive ions). All business and government decisions could prioritize lifespan tripling in a Civilization of "Immortals". A civilization with a much longer lifespan achieves a much higher technological, economic, self-defense, moral capacity. Longevity is then a matter of national security. To prevent skin cancer deaths, all clothing would have UPF rating written on them or all clothes would meet a minimum 50 UPF standard, so people know it shields against the UV well. Immortality educated managers would prioritize UPF over clothing style. Sauna companies warn those who try conceive or are pregnant to not go there, as heat creates birth defects. Farmers, Big Ag, policy makers would work to cultivate the plants with most polyphenols, as the Immortality Test has educated them.

Another area in desperate need for Immortality business education reform is the food industry managers that put food colors known to have very bad side effects, just to "make it easier" to sell due to appearance. They actually might sell more stuff if they were honest and said we didn't add those to extend your lifespan, so color or taste may not be the wildest. People are taught or learn by default (due to human biology) to value taste over the health and longevity enhancing quality of a food. People eat something, they associate that with happiness, as it is habit forming and then each time they eat it they enjoy the good feeling in the brain, much like with alcohol and drug addicts. What people don't realize that eating bad foods that taste good is sort of like drinking a lot of alcohol or using drugs, it's the inability of neocortex to find enough reasons and motivation to give up the lifespan shortening food. French fries eaten 2-3 times a week double the risk of death, while eating boiled potatoes doesn't affect mortality ► *AJCN 2017; 106(1):162-7*. Many studies showed animals getting cancer from food dyes and many food dyes were banned. Many artificial food colors are toxic, yet they were used before being banned and some are still being used even though evidence suggests they may shorten our lifespan. Food and cosmetic texture is another reason why dubious chemical compounds with adverse longevity effects sometimes are added. This is because when people are taught product development in business schools, there is no focus on human lifespan doubling or increase. The goal is to make "customers happy", so if the customers want the poison, the product managers give it to them. This is the ethics. ☺☺☺ Coke, highly processed foods with lots of polyaromatic compounds, heterocyclic amines, acrylamide, AGEs, and cigarettes are bad for you, but they give it to "customers", so the customers develop diseases and shorter lives by 10 or 15 years. This is the gist of our ethics sometimes, and it's from our schools. A product manager at McDonald's has to satisfy demand, so if people don't demand healthy stuff, he feels he has to sell bad stuff. But ethical managers hire longevity scientists who know the best foods and create healthy products, fund RESEARCH and development to create nutritional products that double or triple lifespan. A CEO who decides to create a Nutritional Longevity or Immortality University to

research the most lifespan tripling ingredients by billion $ RESEARCH will be able to create a new image of his company, create products that are healthier, sold in more places compared to competitors who're happy to sell *less ideal stuff* because "people "want" it"; in the long term, it may enable McDonald's to take market share from the other giants by leaps and bounds.

With an educational system that values health and longevity, the customers will always demand the healthy food or the one that increases or doubles lifespan, not the one with the best color, smell, texture, taste. People then use their purchasing power to prioritize health and shift demand towards healthy products that double lifespan. The guys who invented leaded gasoline said it was safe and suppressed any attempt to RESEARCH the safety (even though there were some studies showing workers dying from it), and it took decades to find the truth for the public. nih.gov/books/NBK236453/ explains lead levels are 300 times or more in human bone than 300 years ago. These are just some examples, but without a strong ethos of Longevity, Healthy Lifespan increase, and "Immortality", it's very difficult to obtain rapid progress in healthy lifespan or extending maximum lifespan to 150 or 200. ☺☺

Because of the above mentioned things, it may be best if people get an education into Longevity and Immortality related sciences and ethics (prioritization), and know real science, engineering, technology, besides some courses in management, Ethics ☺☺☺☺☺ of Immortal Civilizations, Hypothesis Thinking, Not Knowing, Prioritizing Lifespan Extension in all Decisions courses (case studies), if interested in creating a company or leading some government agency locally or whatever, as these leaders will take humanity forward far more than a typical major in economics or business who has no clue about what the real technological obstacle to 900 year lifespan is and is repeating ideas from books centuries old sometimes, expecting something far different, when it can't occur. We can't have vastly different results if we keep doing the same things. Actually, today, we already see this trend worldwide, with more and more managers and executives being the geeks with science majors (not liberal arts or management). Actually in some countries, at some point at least, 8 out of 9 top leaders were scientists or engineers ► gineersnow.com. Hypothesis Thinking and Testing is essential for fast progress in shifting civilization patterns towards maximum Longevity, and we need fasting thinking smart engineers and scientists for that. Even World Peace creation is ultimately an engineering and science problem if you think about it, it is based on undiscovered science ways, trillions of them, to bring World Peace, the end of killing.☺☺☺ Killing and violence are a no-no in Civilizations of Immortals. How can we engineer and design a stronger ethical gentleness tenderness kindness "900 year lifespan-focus" (not profit) foundation for our civilization, via the educational system and culture? The human physical action is scientifically triggered by the subconscious content to a great extent, how can we change subconscious content, the amount of violence in what we see and hear in movies and music, news and history classes? Chapter 5 and Chapter 13 explain

how to create more positive subconscious imagery. ☺☺☺ To be admitted to Immortality Business School perhaps one would be a genius in some business, have a business already or non-profit that builds Silence Halls in Hospitals, Schools or Prisons maybe or able to pass a hard test on business, maybe, so he can start Immortality technology corporations and promoting Longevity-Immortality products that use the Immortals' Ethics etc. Ultimately, the Immortals are so smart, as everyone is helping everyone via telepathy in the far future to live longer, so it's natural when people live for thousands of years, monetary system might disappear, but that's far out into the future when subatomic assemblers, teleportation, shapeshifting are all doable.

A Civilization of 900 year "Immortals" is essentially one in which minimum education is 120 years, not 12 as today, so everyone is a science (could be engineering too) genius by today's standards. The Government in Civilizations of Immortals is made of ultra kind, angelic people (who practice the 20 Telepathy habits perhaps often) who're very aware of the science and engineering issues of maintaining longevity, and do the government more like a hobby, because the really hard thing is the science of Immortality, not Governing. To really Govern well in the New Immortality Era, one can't rely on old texts, since the challenges of the future will be very different. The leaders of the future may be very geeky scientists and engineers who understand art is in science and engineering 100% too and have a real understanding of many sciences and challenges of attaining 900 year lifespans and maintaining them. Via Telepathy with Immortals of the future (or present Immortals we call spirits) energy, these geeks can get more insight into government of the future (precognition) than people who go to some formal training at some college, since the telepathy is based on the future, while books of mortal civilizations are based on knowledge about the ways people governed (science/technology books and papers become outdated fast, even ideas in non-science fields get outdated). We have an 18 year old being UCLA math professor, so, here, to ensure nobody gets too bored teaching, lots of young grad students can be substitute professors, so professors can focus more on research of Immortality. The whole point of the university is that the students become university researchers (RESEARCH staff can expand yearly, while student body is small, due to higher admission standards) and also start new kindergartens, Immortality departments at universities, Immortality middle/high schools, companies, non-profits to move the world towards the Civilization of Immortals. This University becomes highly influential in setting up the curriculum for day care, kindergarten, primary, middle, high school, college levels, as it is be the most advanced RESEARCH place in the world, where people are into studying and finding the Truth with a real passion. ☺☺☺

The law or business schools within a college would also do more life sciences and *The Vision of The Future* classes. Perhaps 80% of students would minor in Ethics of Immortals, with everyone required to take courses in Ethics to get familiar with the 900 year lifespan Vision we want to get at and ways to get there; how can you achieve in 200 years certain goals of no violence, prisons,

(far future no courts), war if you don't discuss them and magnetize them in classrooms? Everyone is talking about "to be a good chemist or whatever, you need to do this, so we teach you", but nobody is talking about TO MANIFEST A WORLD OF NO PRISONS, WAR, VIOLENCE, CRIME, AND 300 year lifespan or 200, we need to do this collectively cooperatively, set up like with climate goals to cut emissions 100% by 2050, plans to cut prisons and violence 100% by 2150, with intermediate targets of 50% cut by 2030, etc. What kind of patriotism or altruism is aiming to become a flavor chemist, when we got so many flavors and we have kids dying of flu because so few study the chemistry of these viruses? STEM related fields could include nutrition chemistry, neuroscience, the science of conflict de-escalation, psychological science, anything that uses the scientific method of hypothesis formulation and testing, etc. So many freshmen are required to take the weirdest classes, and no class in life sciences progress in attempts to triple human lifespan, or nutrition for living to 100 or 150, or legal and business systems of a Civilization of 500-year-old or even 200-year-old humans focused on ever-increasing human well being and lifespan. It seems like the obsession with tradition has made much of the study material of many majors at some colleges totally irrelevant and outdated to the modern era, if you take the compassion stance of learning something to really improve the world rapidly. We have people majoring in public policy, public administration, economics, civil administration, management, etc who're not required to have any deep idea of the Life Sciences, of the miracles done by science today via technology such as sight to blind, hearing to deaf, walking to paralyzed, etc..., who have no understanding of what it takes to double human lifespan, to build a Civilization of "Immortals", etc. These majors are in desperate need for a revamp, based on the latest chemistry, physics, biology lifespan extension RESEARCH. How can we solve today's challenges with 17th, 18th or 19th century texts? Every field of science has a specific language of its own, like physics its own language, chemistry its own, etc and this language is growing in complexity daily, it's almost like learning another language. The most useful polyglot knows well the languages of many fields (epidemiology, molecular biochemistry, nutrition, biology) so he can cure many diseases or double human lifespan. Are we going to cure the flu and provide better tech and living conditions for all, by studying Paleolithic pottery, writing, rarely used languages and art modes, and the endless killings of primitive people from long-gone eras? ☺☺

It has gotten to the point where learning some 3rd or 4th language is far more important than learning the basic languages of biology, chemistry and physics, these 3 are the most fundamental languages to master if one wants to actually move humanity forward. We have tons of translators and people knowing more than 1 language already. Even learning a second language would be totally secondary to chemistry, biology, physics and these could start before the 2nd languages ideally. Basic chemistry, biology, physics, atomic models can be taught even in kindergarten: the most basic things that create interest and show 3-5 year old kids the wonders

of science, colorless solutions turning blue or purple, or cool physics experiments to arouse curiosity and the desire to learn and understand. Life Sciences are the languages of compassion in action, of "Immortal" 500 year lifespan Life, of solving all causes of diseases, aging and death. A reason there is so much focus on learning foreign languages is that the local language is rather useless, spoken only by a few million people, thus having very few educational resources and free youtube classes, like khanacademy.org or 100s of other youtube channels covering different subjects or topics. We have hundreds of millions of poor children in rural areas all over 150 nations that have no access to quality free education, since online, there are no extensive quality books/videos to learn basic or complex topics as they exist in the main 5 languages. This is another problem of having 7,000 languages, everyone has to waste so many resources to translate and duplicate videos/books already created by others, since some can't afford education, so going to some library or free WiFi to learn (without teachers) is the only way. Millions of people waste their life as teachers of the main 10 languages, because the local language is one of the 7,000 less used languages. This INCREDIBLE educational and human resource waste could go to teach the languages of life extension, STEM, biochemistry, etc, much better, helping us to reach 900 year lifespan much faster. Having endless languages creates conflict, war, genocide, as we know from history, and global slowing of progress. So it could become priority of *all nations*, to be compassionate and thus to make English and/or other main languages national official languages (besides the local one), so everyone knows them and the world is more harmonious, science literate, educated and connected. Or create a new language all are fine with, replace everything with that language in 50 years. The paragraph before Immortalist Anthem explains English is very easy, having simple alphabet/writing (26 characters, not thousands), simplest grammar of almost any language (far easier grammar than Spanish, German, French, Latin, Russian) and main language of science. Imagine if textbooks, in the transition period, would have one page in English and another in local language spoken by only 1 to 20 million people. *They would know English from kindergarten and primary school well, being able to understand the most complex talks and science papers online not available in 6990 languages, and help eliminate redundancy.* Eventually, people will realize that having fewer languages will benefit the whole humanity more, so maybe there will be much fewer in 700 years. People don't even realize much of our educational system globally still operates in the 19th century mindset or earlier. Do we benefit as a society more from learning the language of "chemistry", "biology" and "physics" or from learning the exotic language of some group that barely uses it and is going extinct, or some less used language that only 3% of humanity speaks? Biology, Engineering, Chemistry, Physics are new languages that humanity has created. They're beautiful and amazing, they can give us life and death and things no language can give us. Everyone is told in some colleges "you need a wholesome liberal arts education", but where is the wholesome broad integration of chemistry, compassion for human suffering, nonviolence,

biology and physics into all this? Chemistry, Biology, Physics are perhaps the most Liberal Arts, that give us the Freedom to artistically design, in liberty, the molecules and gadgets that reduced 100s of diseases mortality 900 fold and will take human lifespan to 200 years first, 500 later, and even bring World Peace in 3 months. ☺☺☺☺☺☺☺

4.3.7. Smogless transportation, 100% renewable electricity, 0% food waste enhance longevity

Charging a Tesla costs 9 times less than gas in the UK and Europe, even in the US, electric is way cheaper to drive, repairs are far less frequent as EVs have 40% of the parts of a gas car. Charging at home is far safer than getting almost killed (during carjacking) at gas stations, killed (tried to steal car with 4 kids inside) or killed by being run over multiple times or more cases. Gas stations, convenience stores are 5% of all violent crime locations. Globally, 18% of new car sales worldwide were 100% electric in Aug 2025. Chinese cops directing traffic in smog lived to 43 in 2007, so Republicans are guilty of GENOCIDE for fighting EVs and renewable energy. Reps need be tried in Court and Pay $9 trillion, see evidence below☺☺☺. You can jump directly to the 27 page section on the genocide non electric car smog causes (brain, heart, lung damage, not just wars) and how to stop the genocide with electric cars, solar panels. Huawei unveiled a solid state battery with 1800 mile range that charges in 5 minutes, while Republicans promote fraudulent miracles as fact. The newest gasoline and electric cars that have a lot of connectivity and are more expensive, can have higher microwave power density, etc and are going to destroy your health, so go here to see a multi page discussion on the safest car models and how to measure the RF pollution. Don't think this is a small matter, RF in WiFi devices, cars, internet of things, etc can cause cancer and loss of 50 billion lifespan years for humans, it's GENOCIDE. Check out how Big Oil, etc suppressed electric cars, other techs for decades☺☺☺. Everyone is pushing needlessly ultra connected gas/electric cars with endless antennas, without a thought, in China, US, EU without realizing the catastrophic health consequences. Gas/diesel cars kill many people during fueling even, watch 4 videos. Hilarious how they make fun of electric cars and ignore gas cars have way more fires, plus EV batteries will soon be solid state, meaning 30 times less fires than gas cars. The fully electric cars (not plugin hybrids) % of new car sales went from 32% Jan 2020 to 98.3% Sep 2025 in Norway, showing that soon many nations will become 100% electric: Denmark 82% Apr 2026 vs 13% Apr 2022, Sweden 42% Apr-Jun 2026 (67% incl PHEV), China 45% Aug 2026 (65% incl H/PHEVs). In 2026, US flew world's largest electric airplane.

In 1910, most cars were electric. Due to a blatant disregard for human life, they decided to switch to gasoline and not optimize battery tech to increase range. This disregard for life is evident even today, so we need the Immortalist Party. Democrat policies 2020-2024 have increased solar panel capacity 5 fold in 4 years, in a boost to made in USA efforts. 97% of lithium

can be recycled from EVs. Solar and battery storage can power all nations: solar exterior wall nanosolar paint, windows, roads, roofs, car/train/airplane paint. In the 1969 a senator proposed a ban on the sale of gasoline cars starting in 1975 to prevent smog, and it was passed in the Senate, but then the car lobby prevented the House from passing it. Richard Nixon said in 1970 that within 5 years he aims to create a new car that is pollution free, so he was demoted by Big Oil. Most people supported banning gasoline cars, but Big Car and Big Oil won, as elections are fake, policies decided by Big Rich Gangsters. When we say renewable we mean really clean renewable energy, not ethanol from corn or wood pellets that give asthma to people and create toxic compounds for residents or cities burning wood pellets. Sun/wind are renewable, transcontinental (no shipping of coal or gas/oil) daily, a tree takes years to grow. Wind farms are deadly though, since infrasound can shorten human lifespan and blades and pillars can be carried by tornadoes, hurricanes to hit 10 homes and kill 10 people, besides making military unable to detect infrasound of submarines off US coasts, causing radar interference (aircraft can't fly properly, etc to defend USA) and enabling submarines to attack offshore wind and bring down power for 100 million people: if all houses are off-grid, enemy needs 150 million hypersonic missiles to power us down, not 25,000 as with centralized grid: Trump thus canceled offshore wind, solar is enough to power all USA. In 1910s, US removed copper spires from all buildings, because they produced free electricity, or most likely, because of radar interference like wind turbines. The chimneys allegedly "used atmospheric electricity" too, though any tall enough copper will cause radar blur. Fake AI youtube channels claim gov burned the labs of 30 free electricity inventors, but it could be true: humans often use any energy for wars first, so they hid it. 1 country, 1 language, 11 companies for all humans is the only way forward, no rich clans to wage wars among themselves. You see why 900 inventions can't be even made public until we get world Peace, because genocidal types will use it to destroy the planet and use it first to kill, instead of giving everyone trillion year lifespans. You need the ethics of the Immortalist Anthem before any real progress can happen. Too many nations are ruled by suicidal psychopaths who would take down the whole planet if they could, just because "they didn't win the war". Without World Peace no progress is possible. Wood, corn, etc are not renewable per se. Plus one day, no more trees will exist (especially not polar and oak that produce a lot of isoprene), as we replace them with musical (ultra low level music audible and less audible that triples human lifespan) fake trees producing 1000 times more longevity effects for humans than current trees, helping add 9000 times more lifespan years to every city/per million trees, trees producing 100 times more electricity, trapping 100 times more pollutants and produce 100 times more oxygen each, via solar leaves and made of a fire resistant material, so no fires ever occur. The normal trees emit endless pollutants anyway, thousands of them, cause gutter clogging and 20 million jobs lost in landscaping instead of lifespan extension. Gently read the EV color section (why to avoid non-white cars in hot states which can increase risk of battery damage and sudden

death via battery fire while driving) and the EV-water 2 page section every car owner needs to read, not just EV owners. Floating solar around the ecuator can provide 5 times the energy used by 10 billion affluent people. Semi trucks can be electrified in minutes by Revoy startup. Even Burkina Faso produces its own EV in 2025, but selfish hyena IQ EQ folks don't want EVs, when many cost only 30K, range 320 miles, or less in 2025, preferring 1st century carcinogenic exhaust and killing people with smog. Nothing screams of cannibal more. Millions of used EVs cost only 9K, ye the animals spend 100k on a deadly gas car. Demons who could have bought 10 used 9K cars and given 9 of them to 9 people to take off so much smog. ☺☺☺

Immortalists support solar, battery storage and water pump storage (during sunlight, you pump water upwards on a hill, at night water comes down to generate electricity), since these things are far less harmful than wind infrasound. In the future wind vanishes almost 100%, as well as storms, tornadoes, droughts, floods, as the entire planet has the same weather via sci-fi tech to make the whole planet eternal day, with no agriculture, no photosynthesis or need of plants, and eternally at 75°F. Today, wind mills can be turned into flying missiles during tornadoes and kill people by landing on houses and killing sleeping people. Until the sci-fi future, we need a technology to produce electricity from wind, that is 1000 times safer, such as some tarp like material nets that are not taller than 20 ft that have the poles placed 3 ft underground and with a 2 ft diameter circular plate at the end, to prevent wind from turning the poles into a flying missile that kills people during tornadoes or storms. This tarp pulls the poles, causes some wires to move into a certain direction, which lifts weights that are heavy balls or flat concrete blocks linked to springs on the ground, thereby producing electricity that is stored in batteries (mechanical force becomes electricity). This way you avoid infrasound and the extreme dangers of wind mills smashing people, houses, buildings. Remember that in this immortalist society not even 1 death by wind mill is acceptable. There are 1 trillion ways to convert wind mechanical energy into electricity, besides wind farms. Just as there are 1 trillion peaceful ways to end all violence and wars on Earth in 5 years, detailed by the Immortalist Anthem and immortalist ideas. All we lack is knowledge, since all we learn in school is economics, banking, memorization of useless facts we forget 3 years later 100%, LGBTQ or the Jesus genocide cult. No inventions. New airloom wind claims to be 10 times cheaper than vertical tall turbines which can kill people during storms or hurricanes as they crash on people, cars, buildings. With airloom tech, or any safer one if this is a scam, much safer for humans, how can any immortalist even give permits for normal turbines anymore? From 2011 to 2021, electric car sales rose from about 1300 to 6.5 million, a 5000 fold increase (14 million in 2023). They got 65 ton electric trucks that can carry around mines 70 ton cargo without refueling. China built 104 new coal fired plants in 2023, 6 times more coal fired plants than the rest of the world combined, so we're a long way from clean air globally or end to warming. China got 93% of Earth coal fired plants built in 2024. EU

produced more electricity, 45% of total, from renewables, than from fossil fuels in 2023. USA only 20%. The world is changing so much vs 30 years ago when renewables were 1%. Colorado dealer leases a new electric car for 20$ and in 2024, EVs are growing strongly in market share. Electric cars are far quieter☺☺☺ at low speeds (common in big cities where most live) than oil cars, so, as solar and renewables allow cities to spread (decongest a little, etc) and us to live in forests and other areas without much eco impact, due to anyone being able to be off-grid, it will be nice to have 100% electrics, since traffic noise damages our cells. As we're moving towards electrification of cars, gas deadly stoves, ovens, central heating, water heaters, we introduce transformers and inverters that can bring, if poorly designed, EMF/dirty electricity. ☺☺☺

Fossil fuels are bad because they produce both dirty electricity/EMF in big central power plants (some workers there have shorter lifespans as a result when adjusted for confounding factors) that require transmission lines that generate EMF smog cancers (very high 10-70 V/m at 5-8 ft above ground, walk in your backyard or close to house, stay away from electrical lines, walk only on streets and areas without them if you walk a lot, you never know what they do to your body or reprodutive cells, sperm, eggs under regular street electrical lines and they also produce coal smog, carcinogenic exhaust, acid rain and CO_2. 1 million microgrids are less polluting (1 million times fewer transmission lines) than 1 supergrid that is wiped out in case of natural disasters and shuts off power for 50 million at once, not just 400. Renewables/electrification smartly implemented (low RF transmitters for "smart devices", check with substation every 30 min, not 5 seconds to reduce pollution) can reduce EMF and chemical smog, at the same time. Caltrain electric trains (wired ahead, commuter train) removed lung cancer risk from diesel trains. California fuel cell-electric train (no wires ahead) is smog free too. With our central grids we're changing the EM climate, ruining our health. We can generate power locally as we need it, test all ELECTRICAL DEVICES for EMF production, before sale, transport only small amounts of power just within 100 meters as needed. Kindergarten, primary, middle school science teachers can be empathetic, understand some kids may not like science or the teacher; they can appeal to kids' self-interest and explain, in simple terms, like in the lightbulb section or RF section, the advantages of knowledge of physics, how with can prevent dying at 60 due to EMF smog, cell phones, etc, and how one can live to 120, avoid (when growing up) giving birth to sick kids with birth defects due to EMF smog from lines, appliances, "smart devices", phones, WiFi routers, tablets, game consoles, that detroys sperm producing cells or eggs, be more energetic, be more confident, relaxed (less stressed) due to less gas (link every important concept in science to an amazing application that helps the life of every kid/teen, for example 3rd grade structure of sugars, galactose to sucrose bond in raffinose, with galactosidase humans lack which causes odorless gas; we discovered this enzyme that prevents gas and methods to prevent mouth odor and digestive gas and make life more pleasant, with more friends to hang around; sulfur in

vegan protein 3 times lower, less mouth smell), have more fun playing or doing one's favorite sports of building a world of Immortals. A 15 year old doesn't care about living to 120 perhaps or 200, but is interested in being less tired, getting better grades, having fewer headaches, having more who like them (possible when one feels better due to less EMF, one smiles more and can meditate and turn all beings into friends, as all beings like smiley happy people). Teachers can present science in a way that addresses kids' or young adults' needs, immediate, short-term and long-term. Chemistry, civic education teachers can use chemical smog studies, like the one below and ideas like in chapters, 3, 11 and 12: ☺☺☺☺☺☺☺

TP 2017;7:e1022 ► "Residing in places with fine PM (particulate matter) exceeding EPA standards (12 µg/m^3, meaning most Southern California) increased the risks for global cognitive decline and all-cause dementia respectively by 81 and 92%, with stronger adverse effects in APOE ε4/4 carriers... we estimate that ~21% of accelerated cognitive decline and all-cause dementia are attributable to residential exposure to high ambient $PM_{2.5}$". JAD 2015;45(3):757-70 found air pollution lowers short-term memory, IQ, brain metabolic ratios in kids also. "Higher levels of long-term exposure to both $PM_{2.5-10}$ and $PM_{2.5}$ were associated with significantly faster cognitive decline" ► AIM 2012;172(3):219-27. Air pollution is linked to cognitive & smell deficits, oxidative stress, neuroinflammation/degeneration including frontal hyperphosphorylated tau and diffuse amyloid plaques in children and young adults ► TP 2008;36(2):289-310. Air pollution impaired memory. Alzheimer Disease (AD) is caused by oxidative stress caused from air pollution ► JEPH 2012:472751. ☺☺☺ "We estimated a 211% risk of increase of AD per increase of 10.91 ppb in O_3 (ozone) over the follow-up period. We found a 138% risk of increase of AD per increase of 4.34 µg/m^3 in $PM_{2.5}$" ► JAD 2015;44(2):573-84 (95,690 people over 65). Perinatal (weeks before/after birth) exposure to polluted air meant 50% more autism in kids (for Cd in air) or 100% more (for diesel smog) ► EHP 2013;121(8):978-84. ☺☺☺☺☺☺☺

Effects of particulate matter PM (generated by coal fired plants, cars, ships) on human health are much stronger when particles get < 2.5 microns ($PM_{2.5}$) or 2.5 µm (micrometers) and penetrate the lungs. Particles between 0.3 and 1 µm enter the lung air sacs, those between 1 and 2 µm enter the lung bronchi. These particles can be HEAVY METALS like lead, arsenic, mercury, cadmium from coal fired plants. In 2011 only 3.5% of 15 year olds in the Los Angeles Metro area *had significant lung deficits, compared to* 8% of 15 year olds *in 1998. In 2025 it was even lower as PM went down.* This is a result of ever tightening *air* regulations in California. With 45% of US electric cars in California, if the electric car trend continues, California will have clean air one day, except for days of wildfires, which are 150/year. For people with lung issues, big California cities (except near beach) are not ideal, unless you choose a clean air small city or air filters in the house and at work. Car smog gets into the lungs and blood, *effectively* destroying *the lungs, brain,* heart, *every organ*. Air pollution is linked to cardiac events. Get an Amazon HEPA purifier,

that filters 99.97% of 0.3 micron particles, or pricier IQAir that removes 99.5% of *0.003 micron particles (that make up 90% of air particles). The smallest virus is 0.02 micron.* So, 0 COVID. 99.97 refers to the filter efficiency of removal, but air gets on the side too, so real efficiency is lower, see more in this video about the total efficiency. Smog *allows* COVID19 & viruses *to travel further* ► SNCCM 2020:1-5. *Even* gas stoves *are far more* toxic *for indoor air quality than* electric *ones* ► Vox article. The US may ban the gas stoves as 1 in 3 gas stoves in the US causes asthma in a kid in that house. Likewise, electric oil heaters (see 4 pages about them here) are much safer than ceramic, radiant (red hot element), or central heat (using gas or electric furnace, since temp of air chemicals is much lower, so they oxidize less, saving our lungs). Save the planet, buy EVs: 90% of battery capacity is there after 100K miles, batteries outlast cars. ☺☺☺☺☺☺☺

The 'soft spoken' right wing media has brainwashed people to buy no EVs, even if the cheapest EV (26.5K Bolt) is 54% the price of the 2023 average gas car price of 48K, and you get 7.5K tax credit, so 19K (instant rebate as of 2024 for 10 models eligible for 7500$ off at point of sale, no more tax credit that poor people can never take advantage of due to low tax liability, fold car *seats down and* sleep in it even, with legs almost touching the dashboard *if 6'4")*, 40% of a gas car, with far less maintenance, no oil chances, 40% of parts of a gas car, so quiet, lung friendly for all. Tesla is now cheaper than gas cars, even the SUV with 300 mile range. While in US, < 1% of cars were electric in 2023, Norway had 84% of new cars 100% electric, 91% electric or plugin hybrids. Most smog is inhaled by the enslaved workers living in "condo or house jails". This is the right wing "practice" of Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*". The most hilarious thing is that the (KGB, Arabs?) pastors and pundits claim to be Christian, yet oil cars only undermine Christianity, strengthen Islam. People are indoctrinated to be *too* selfish *of an animal to care* about millions of Americans gas car smog *kills 10 years early*. *Objects (big car, etc*), pets, money are above *millions dying in wars for* oil. Why not protect the human quantum field, be kind to all, so that all are kind back? *Any war waged by anyone leading to any* dead *completely* destroys *the human quantum field*. Please embody the *universal gentle tender soft nurturing* loving kindness in action, not 'gentle' speech. Why do billions of slaves live in such terrible housing? One of the reasons is the callous brutes *(made callous temporarily by the right wing media, they will become saints after reading books like this)* drive gigantic gas cars, while that oil could have been used to create billions of houses using amazing & beautiful vinyl (or better nonplastic tech) flooring (build in new ways, with new materials, that don't cause health issues like cheap vinyl does, especially during off-gassing) and other products from oil. The safest vinyl floors are those with "0 VOC label" plus the Greenguard Gold by UL label, or 0 VOC with FloorScore by SCS certified label. Vinyl/plastic is recyclable, due to new bacteria that eat plastic Did you know vinyl flooring doesn't get eaten by termites and develop mold like wood can? How do you like these homeless camps? Oil, wood, biomass, with

☺☺☺ happy centralization and high tech discovery from immortality capitalism, can be used to create new materials far superior to the crappy wood/drywall today. Worship science, not profit. Worship people, not big gas cars, worship long lived people, the human quantum field, not pets. A saint is he who thinks about humanity *a lot, and acts to help the* maximum *folks to live longer. Let me ask you this: what if going to church, mosque, synagogue daily can, due to causing inner peace, offset only 1% of the* human quantum field damage *done by people killed by your gas car? I don't know what* the effect is, it depends on the honest 'speech softness' of clergy too. KGB promotes gas cars, since Russia's economy = oil sales profits (50% of budget).

If you go to iqair.com you type any city and it lists current $PM_{2.5}$, however, the yearly average is not listed, but you can easily figure out which areas are polluted since the real time chart shows what each station gives in real time for an area, wind direction: magnify, so use it often before you move somewhere as a renter or etc, to see which streets are cleanest (it gives the 2.5 on the street where station is, click on each number to see street after clicking 'see details' and how many microclimates and pollution zones exist depending on what highway, industry, hills, etc block wind and allow smog to move away from the ocean). California has 19 of US 20 most $PM_{2.5}$ polluted cities, see cleanest cities here. If you google "City name city data crime", the 1st link shows crime. Or if you look at city-data.com and type your city, then Ctrl+F crime and "PM2.5" gives 2018 levels of $PM_{2.5}$ by clicking the $PM_{2.5}$ tab, which are: *US* average 8.5 $\mu g/m^3$, Mountain View 11.3 (Google), NYC 7.1, Portland 7.2, San Francisco 11.9, Sacramento 12.7, Redding CA 6.1 (in 2013), Miami (Florida) 8.6, Houston 10.0, Seattle 8.3, Washington DC 8.9, Boston 9.2, Chicago 9.3, Beverly Hills 15.2, Gardena 14.4, Lake Elsinore 7.0, Torrance 13.9, Riverside 13.6, San Diego 10.5, Carlsbad 10.4, Malibu 11.6, Camarillo 8.8 (altitude: 177', on weekdays, IQAir shows wind makes all LA County, ultra smoggy on weekdays when wind blows towards Malibu, but Camarillo is not so bad, this IQAir map tells us where radiation cloud moves during a nuke attack on LA in WW3), Moorpark 9.7 (515', *crime 5x < US average, 10x < Compton*), Murrieta 7.9, Rolling Hills 13.7 (crime 15x < US average, violent crime often 0, but double the Camden, which had 0 violent crime for years, vs 230/100K in Malibu), Rancho Santa Margarita 8.5 (crime rate 70% of Moorpark, 11x< US avg violent crime, 31x< Compton, South Orange County is safe, far from LA Port/downtown and San Diego (5 naval bases, top target) in case of WW3 nuke war, 8-10 $PM_{2.5}$ crime rate 3-10x < most California cities, lowest crime of any CA county with > 400K people; a few cities in Placer County are also ultra low crime, but wind brings radiation to the area often as iqair shows, wind from Bay Area to Sacramento; Ventura 8.8, Oxnard 8.6, ultra nice weather, never need cooling, 1 hour from LA, north are ideal for preventing radiation, even if crime is not lowest, *Ventura is safest among most Ventura cities*, as it's 12 miles from Port Hueneme 19000 employees military base (any big base can be nuked) as far as wind blowing goes (Oxnard 4 miles), while most cities in Ventura County are at risk from a 1 megaton attack.

50 megaton Tsar Bomba nuke *can be seen from 600 miles* away when it detonates (the flash) and can partially break windows 560 miles away, mushroom cloud was 60 miles wide, 25 miles at the base, 40 mile high, everything destroyed within 20 miles), Thousand Oaks 9.3 (886', tsunami safe, crime 3x < US, 6x < Malibu for violent), Oxnard 8.6, Ventura 8.9, Santa Barbara 7.9, Los Angeles (LA) 16, San Luis Obispo 6.0, Santa Monica 15.6 (false, since station is 12 miles away), Manhattan Beach 15. The city-data.com *number is true, only if it says station is 1-2 miles away and the city has a radius of more than 1-2 miles.* Below is all about IQAIR data: Anything on the beach will be more like 2 or 4 during April after 3pm on weekends during the evening, incl Pacific Palisades some areas; Palisades got 1 in one area after 4 pm, though the same area at 11 am is 19, noon 11, 1 *pm* 7, *2 pm* 5, *3 pm* 3, *so keep windows closed 10 to 2 on weekends*. Simply click on the Grand view Bl (Marina Del Rey) PM2.5 graph (scroll down to see AQI graph) to see a typical day (hourly or daily, every 2 days etc) graph, cleanest air is 5-8 pm on weekends, then at 9 it rises as wind stops and dust grows. This is true for less traffic areas. However, for areas with little ocean breeze, high traffic, like Century Park 90067, the values are even thruout the day, with dirtiest air between 4 am and noon, due to temp inversion that traps smog at ground level.

Once the weekday arives, traffic, trucks drive so all hell breaks loose, as the wind (seen on maps) blows Torrance to Malibu, Seal Beach to Glendale (South to North, South to North West), moving smog in areas that in the weekend were clean. At 2 pm, 4-17-2023 Monday, Bel Air Lorien got 39 (46@1pm, 40@12pm), vs central Malibu (PCH) 8 (13-16 7-11am, Hermosa Beach 7 (7.6@ 7am/10@8am/12@9am/13@ 10am/6@3pm), Pacif Palisades 28 (29@1pm, 26@9am) vs 9 Sunday, Hollywood 34 (32-36@ 10am-1pm), Hollywood Hills 33 (30-35@10am-1pm, 20-31 3-6pm), Silver Lake 34 (28-33@8am-1pm, 26@4pm, 19@ 6pm & 25 another street), Gardena 9 (14-15@8am-12pm, 11@1pm, 8@4-6pm), Riverside 41 (45 1pm, 20-25 5am-noon). *The rush hour, plus cold air makes mornings the most deadly*. It's America's most polluted metro, so it's a good case study to see the smog dynamics. Next day, Tuesday, 4-18-2023, the wind was blowing from the ocean to inland (LAX to downtown, Hermosa to Compton, direction), West to East, instead of South to North, so values for the exact locations linked above were a lot lower @ 2 pm (parathesis underlined value is range for @8am-12pm to compare with Monday): Bel Air 15 (11-21), Malibu 5 (5-14), Hermosa 5 (5-7, 3@3-7pm), Palisade 8 (13-17, 1@4-5pm, 2@6-7pm), Beverly Hills 13 (9-18, 5@4-6pm), Hollywood 16 (12-20, 12@3pm), Hollywood Hills 15 (10-20, 6@4-7pm), Silver Lake 15 (16-22, 6@5-6pm, 7@7, 8@8-19, *as sun sets, it rises*), Gardena 7 (9-10, 7@3-10pm, station # 2 is 6@ 3-9pm), Riverside 17 (10-20, 18-20@5-7pm), Thousand Oaks 10 (16-19, 3-4@6-8pm), Torrance 6 (8-10, 4@4-7pm, 5@8), Lowest of Torrance 4 (7-9, 3@3-8pm). Santa Barbara was on 4-17: 8.6-11.4@8am-3pm, Newbury Park (near Thousand Oaks) 13.6-15.5@8am-3pm. On 4-18, as the daily tab shows, the average dropped in half from 4-17, as it did in many cities, so Santa Barbara was 6@7am-1 pm, 4-5 2-8pm. The Daily tab indicates Monday 4-

10-2023, had *PM 4-5 times higher than this 4-18 tuesday*, or 2+ times higher than 4-17 Monday, in almost every LA County city, except the fringe areas (Malibu, Thousand Oaks as those are not getting the heavy smog from other cities). So it can vary a lot if wind doesn't blow much, April 3rd 2023 *was 10-20 times less PM than a week later, April 10*. This is because the rain stopped, all earth dried, so the dust started to rise. In Idaho, it's no desert like California, so PM is more even, see one village Idaho daily PM chart. Be grateful, in China middle school, PM2.5 is 250+ often, PM_{10} is 1000+, while in the worst China areas (Xinjiang) PM10 is 2800, $PM_{2.5}$ is 500+. ☺☺☺

On 4-19-2023, $PM_{2.5}$ values in LA went down everywhere during the DAY, as it happens usually on ***Wednesday***, since Mondays all trucks and delivery starts again, after weekends, so it tends to lead to high values Monday and Tuesday, as we saw 4-17 high, 4-18 medium, 4-19 low. However, night values in some cities are high even on days with lower values in most Los Angeles metro area. So, *on 4-19 we got*: Gardena (many trucks) 10-14@1-7am & 8-10@8am-1pm, 7@1pm-7pm, 8-11@8pm-12am, while a city with fewer trucks traveling on highways nearby at night, Thousand Oaks, got 5-6@12am-5am, 7@6-8am, 3-4@10am-5pm (19@11am on 4-18, 5x higher), Paci Palisades (800 Via Paz Av) 5-6@12am-9am, 9@noon, 6@1-9pm, Hermosa (few trucks) got 4-6@12am-5am&10am-8pm, 7-8@6-9am, Torrance 6-10@4-9am, 8-9@10-11am, 3-5@noon-8pm, Riverside 9-10@12am-7am, 12-13@8-9am, 15-21@10am-6pm, SilverLake (inland) 10-21@12am-9am, 10@4-9am, 11@10, 9@11am, 5-6@12-8pm, 8-10@9-10pm. In contrast, Silverlake CCA station gave 5-8 for 24 hours of 4-19, possibly due to microclimate (wind blows unrestricted); some cities, like SilverLake, have hills and valleys which can trap pollution when wind doesn't blow, so it may lead to night spikes. Some anonymous stations give dubious data, that seems hacked and arbitrary, or has huge gaps for 10-20 hours, so choose more reliable stations by organizations, like CCA. *On 4-21 the wind was blowing from North East to South west, so the South Bay, Torrance area got a lot of smog they usually never get from the North areas,* so they got this time more pollution than the usually far more polluted Northern areas, due to a huge temperature rise and wind direction inversion. However, on 4-23 wind blew from Torrance to Hollywood, which is 2nd most common after Ocean to Inland direction, so we got 7 in Torrance, 10 in Gardena and 18 in Silverlake, 16-20 Hollywood at 9 pm. On 4-27, the air blew from ocean towards Compton, so we got in the same stations as above (parenthesis shows highest 24 hour value) at 1 am: BelAir 29 (63@10 am), SilverLake 36 (43 @11 AM), Beverly Hills 29, Los Angeles 27, (41@noon), Riverside 19 (60@9am), Gardena 15 (22 @5-9 AM), Palisades 14, 1000 Oaks 12 (19@10am), Malibu 12, Torrance 12 (28@11 am), St Barbara 11 (21@2pm,15max@other places), Salinas 9 (13@noon) & Salinas 2 3 (6@2pm), Hermosa 7 (14@11am), Nevada 5 (6@2am) many cities, villages within 30 miles thrice lower, Redding 8 (21@4am, 2@1pm), San Luis Obispo 3 (6@noon), Seattle 2, Boise 1. When a tiny rain happens, like Apr 30, the next day, May 1 at 2am, we got every value super low, unlike

any recent 2 am, about half the usual value. The IQAir wind indicator is key to understanding daily differences. The differences change daily, since one night we get 3 mph wind, next night 15 mph wind, so on windy nights, the night PM is < morning rush hour, but on less windy days, the smog stays more local for cities 5-15 miles from the coast. If wind is too high, it may cause Earth dust to increase PM values in dusty areas, canceling the wind effect on lowring local vehicle emissions. Usually, cities between highways get ultra smoggy at night vs the others, more than during the morning on low wind nights. So, gently study those graphs for months to decide how much to have 1 watt fan on at night *(use* kitchen sink sprayer *or, if no sprayer* (ideal , since it's small, water saving, doesn't wet the center part as much)*, the* shower head to rinse *the fan dust/dirt every month: choose light color, white or sky blue to see the grey dust well)*, etc, how much to filter. It's all about your health and ultra critical if you don't purify air. Change air purifier or AC central air filter monthly, to prevent mold, dust and bacteria growth if you use those daily as a fan at least to get house air circulated in really nasty cities when temp doesn't need cooling, just whole house filtering of air without opening windows much at all (since AC fan gets some outside air too). Air purifiers and whole house fans dry the air, and spread flu, etc germs from one room to the entire house, so be careful if you got dry eyes, etc to monitor humidity, use humidifier and take logical actions. Nothing is so simple, each change you make brings a new host of problems, like moldy filters due to humidifier, etc... Change filters often if using them or rent a room to a clean air city and drive 1 mile extra to work. ☺☺☺☺☺☺☺

Gently monitor it daily as with weather reports, as PM is far more important than temp for longevity, play with your children outside when PM is low for the week, to protect their lungs, brains. **Even after all transport, ships airplanes is electric in 2100 globally and 2060 in USA, we still have wind that takes dust and industry soot, so always shut all car windows in high smog cities, and use AC on medium or warm to filter the air, because it removes 98% of PM and in Beijing in 2007 cops who were outside directing traffic 40h/week died at 43 on average, due to $PM_{2.5}$ that enters blood and destroys ALL ORGANS. While driving and all vents to outside closed, outside air still enters, so refilter for 1 minute every 10 minutes. if you drive a lot, always filter the car air and keep window closed in nasty cities. Make it illegal for car companies to make cars without AC or fan to filter air at least if no AC, as some do in many countries for the cheapest models, because that $100 saved will cost sometimes $50,000 in government health care expenses and degrade the quantum field and drag everyone down, even those with filter in their car, I mean with filter that is replaced every 5000-30000 miles depending if you drive a lot in a cleaner city, or one with 5x higher PM just 30 miles away. AC is important since extreme heat and cold can cause severe health issues in some, especially those driving more. Some old (pre-2000 especially) cars don't have cabin air filters (and some sites claim even some 2020s cars lack them) and car owners don't change them often, every 5000 miles in ultra smoggy cities, so**

it's important to inspect it (under the glove box, takes 10$ to buy a new one and replace it in 5 min). If the Immortalist Party wins over the Dems and Reps, we will require all weather channels to indicate RF mW/m2 and EF V/m on every street, $PM_{0.3}$, $PM_{2.5}$, PM_{10}, SO_2, NO_2, ozone, give alerts when it's beyond a value so parents don't let kids play there, people don't jog there etc. Ozone/UV is high 11 am-3 pm. All websites are spy operations when really big and in many nations, so IQAir data may be changed to fit a certain perception creation, I saw some stations only appear on map at certain times and are totally off, it drops suddenly 10 times or is always at the same value 24-7 for weeks. Choose $PM_{2.5}$ and daily to see previous days and how smoggy Mondays and Tuesdays are. PM is highest around 10am-noon in most LA, then drop 22% by 1 pm (14.7 to 11.4) within 1 hour in areas closer to the coast, (more inland areas remain smoggy drop only 1% in that same noon to 1 pm frame, while stuff right on the beach drops only 10% noon to 1 pm, since it's already lower, 9 vs 15 7 miles inland, 30 10-15+ miles inland in the unfavorable wind direction). PM drops 50% by 5 pm. Choose hourly to see when to close your windows (8 to 1). If you have no indoor air purifier, keep window closed when PM is high, to live longer. Shut windows before going to work to prevent dust build up. See smog in Beijing.

NO_2, not $PM_{2.5}$, can peak @5:30 in big cities, so avoid jogging, playing outside during 4-7 pm rush hour, unless you live in rural areas with no traffic at rush hour. Tire particles, road dust, etc always exist, even after all cars are electric in 2060, beside the dust fron gardens, factories, etc, sp $PM_{2.5}$ will be useful even 5 centuries from now. PM graphs mirror the AQI (QIA, CIA, Air Quality Index) which is a marker of PM_{10}, O_3 (ozone), CO, NO_2, SO_2 parameters besides $PM_{2.5}$. If you watch it carefully, the AQI is following every rise of the $PM_{2.5}$ graph perfectly. The EPA explains that AQI is calculated for each of the 6 parameters and the AQI on most websites is the highest AQI among all 6, so if ozone is very high, it will make AQI sky high, but PM2.5 may be low. However, in most places in April, when O_3 is not sky high, mild temps, etc, AQI is AQI for $PM_{2.5}$, as PM2.5 is the one with highest AQI, so AQI total=AQI $PM_{2.5}$. E.g. $PM_{2.5}$ 35.9 means AQI 102. If ozone is 0.078 ppm, O_3 AQI is 126, so the total AQI for that station is 126, not 102. O_3 causes asthma. 99% of the time, total AQI is either the ozone or $PM_{2.5}$. AQI 50 means 12 $\mu g/m^3$, if PM is highest AQI. Here is the conversion chart if you got a site that shows only AQI. It's these 2 that kill us the most. So don't use negative ion generators often, if you can't be sure with an exact meter what level of O_3 it creates 4 feet away or 12 feet. It *could give you asthma*, so when buying air purifiers with built in negative ion generators or UV lamps, recall not all brands may be ozone free and it may do more damage than good if a junk brand. Airnow.gov shows you ozone ppb and PM $\mu g/m^3$ if you click on the circle with the NowCast AQI, which is a different AQI than on most sites (higher value for same ppb). Note that NowCast AQI is useless for hourly data, it's an 8 hour average and it is updated only once a day or so at 11 am, so it will give you that high rush hour morning reading of 15 $\mu g/m^3$, while if you check at the same time on IQAir,

you get the hourly AQI, which will be 6 hours later much lower, so maybe 8 µg/m^3. It's confusing to see a 2 fold difference, because they update it less. On hot days you can close windows 10-4 pm. Accuweather is another site, though it gives false numbers, as their AQI uses a weird formula. AQI 59 means 16 µg/m^3, so popular sites can give false data, so go with EPA airnow that gives µg/m^3 and IQAir that gives hourly, not daily EPA updates. The good news is that the IQAir 15 for one area matched the 15.1 for the EPA site. The IQAir app allows you to save 10 favorite locations to access daily or hourly and see trends on ozone, etc. ☺☺☺☺☺☺☺

All housing needs a timer for window fans, and lower speeds in high smog times, only to resume later, based on such charts, you can set it, so no need of WiFi pollution; the fan needs to stop when it detects high pollution, such as when local factory releases junk at 3 am hoping nobody notices (they do that in Torrance all the time, even in 2023). *You sleep but it will still damage your lungs and every organ*. Everything needs to maximize health. As you get closer to downtown, the after 3 pm becomes smogier, so UCLA with all cars there is a lot smogier than Palisades. Each location has slightly different smog times. As you click on each number, you see values for the last 24 hours, 12 values, for each 2 hour slot. Torrance Bl, Redondo Beach is 2 at night (no cars, 2 am), Palisades, Los Angeles is 2, Marina Del Rey is 2, Playa Del Rey 1, *but in the same city, at the same hour, Los Angeles, in* SilverLake it is 14.2. *Keep in mind some of these stations may give false data due to malfunction. So* don't raise kids in smoggy areas without air purifier in the house. Likewise, in many towns, in one place $PM_{2.5}$ is 10, and then 2-3 miles away in a hill, it is only 0.2 as the smog doesn't reach, so the difference *can* be *50* fold, depending on streets, winds, stagnation, *valleys that trap dust,* truck routes, airports etc. *So yes, where you live can make a difference, you may live 5 years extra or 15 if genes are one way, due to cleaner air, just living 3 or 4 miles away or using an air purifier*. Can you believe that? AQI total index for air quality goes from 45 to 10, quite a drop. As electric cars spread, in cities without industry, these differences will vanish, but now it's really killing people and causing low IQ in kids, poor lung function, etc. You won't believe it until you use this IQAIR, double click once you typed your city and look nearby to see some HUGE differences for nearby towns with altitude changes, etc, it's mind blowing. *The city data refers to the yearly average at a given station.* Only IQAIR gives a really useful info, since smog changes from one area to another for changing altitude, highway, industry. *You can buy an air PM2.5 meter (A*mazon has many too, try get one that can't be remotely hacked to give you a fake value, analog with arrow instead of digital if possible) and drive by and measure, but websites can help too when you can't drive by so much; so never believe the nonsense on city-data unless station is 1 mile from city center. Big cities have areas with much lower than the worst areas. These are for rough comparing. Los Angeles is high vs Northern California, Ventura and Central California, San Diego and most of the big US cities. Beijing often reached 250 (rarely even 980, 100+ times above US average) in 2018, 10 times the

25 WHO limit for safety. The 2013 Beijing mean was 90. New Delhi got to 900 one day.☺☺☺

Another reason to push electrification of lawn mowers, generators, ships, airplanes, cars is that we need fresh outside air with low ambient CO_2. We can't just install "air filters", as the air gets stuffy, even if it is filtered. Stuffy air lowers mental performance dramatically. As global CO_2 levels increase, we lower our cognitive performance, leading to the risk to blow ourselves up as a species, as our brain no longer functions right. A Harvard study found that "cognitive scores were 61% higher on the Green building day and 101% higher on the two Green+ (high ventilation with outdoor air) building days than on the Conventional building day" ► EHP 2016;124(6): 805-12. This is also explained by Think Progress. Yet another reason for electrification is that electric cars are quieter and noise can increase risk of myocardial infarct by 12% for each 10 dB of noise ► PO 2012;7(6):e39283; this is after adjustment for air pollution, education, lifestyle, airport or railway noise as possible *confounding* factors. Besides, we save the world from oil wars; Iraq war trillions could have powered all US with wind and solar by 2013. "EVs (electric vehicles) emit only 19.8% (a fifth) of the total heat emitted by CVs (combustion vehicles)" leading to lower heat island effect in cities ► SR 2015;5:9213. 50-80% of oxygen we breathe comes from the plankton in the oceans which can be killed by ocean acidification going on today if we don't stop releasing CO_2 via burning coal-oil-natural gas and driving diesel-gasoline cars. Electric car owners no longer have to change oil (because there is no oil to change) or spark plugs; no more smog check either; electric cars have 60% less parts, so we go for repairs much less; combustion engines are only 15% efficient, electric motors are 90% efficient. With rebates for EVs, we save money, because some EVs (after federal, utilities and state rebates) are cheaper than some of the cheapest gas cars. Driving electric, we bring the end of gas stations that poison the water wells with MTBE or other compounds leading to billions of dollars wasted in cleaning up the well water (example: $0.4 billion settlement). Electricity is cheaper than gasoline by a factor of 2-4.

There are some things car makers don't write in their manual, as that would effectively half the driving range and be bad for marketing. To maintain battery capacity for 5-10 years, one can't charge above 70-80% and one can't drive below 20-30% of range; this would half the actual range of the car if always true (long commute) or if the car had a built in system to prevent that as may occur in the future; because Nissan probably knows that 2011-2014 batteries get 8 bars after 5-6 years (losing 4 bars out of 12), they only offer a 5 year/60K miles warranty on the first generation battery. The second generation battery of newer Leafs comes with an 8 year warranty or 100K miles. Since we're in the beginning of the electric era, car batteries are not as good as they will be 5-10 years from now, i.e. the range of an electric car decreases rapidly if the car is using quick charge (high voltage) mostly, or if it is charged until 100% capacity each time and driven until or past the "low battery" dashboard message. In a test of batteries, charging from 0-10% to 100% allowed 500 cycles, 20% to 100% 1,000 cycles, 10% to 90% 1,500 cycles, 10%

to 80% 3,000 cycles, 20% to 80% 3,500 cycles, 10% to 70% 5,500 cycles, 20% to 70% 6,000 cycles before the battery lost 70% capacity. So, *always* charge EVs after long drives, within 1 hr, not 10 hrs later, since you damage the battery if you let it be <15%, drained, for a long time. Aim to keep battery 30-70% (actually 4–60% gives you the longest range and lifespan of any lithium battery, phone or car) of the time to make it last longest, and to charge in the coolest time of the day on warmer days (10 pm to 9 am), to avoid battery damage by heat. Cycling from 70% to 20% (or even 30%) of EV range is ideal if one wants the battery to last 10-15 years at very good capacity. After charging, allow 1-2 hours to cool the battery before driving ideally. Shade/garage parking is better in very hot climates to avoid routine exposure to 100-120°F weather, which as this graph shows shortens battery life. Table 3 shows lower temp = longer life as long as we talk above 32°F; so it is hard to know if garage parking can shorten battery life in certain warmer (not too hot) climate conditions if (depends from house to house) the average temp inside garage over 1 year is higher than parking outside as long as temp fluctuations which are wider outside don't damage it more than the slightly higher garage average temperature; in cold climates, garage parking is much better as it is warmer and battery wears out faster below freezing. The car battery is at the bottom of the car so it's much cooler than any part of the car, but charging it in the cooler periods of a 24 hour day is better for hot climates, as charging further heats it up. 120V charging, even if much slower, may not prolong the battery capacity if used non-stop over the 240 Level 2 charger that takes 3-6 times shorter (7 hours instead of 21 hours to charge a new 2015 leaf, 3.5 hours if port is 6.6 kw) – but create other problems, some say shorten the battery capacity, because it keeps battery warm 18 hours, instead of just 2-3 hours to charge; this constant heat will damage it. ☺☺☺ Nissan Manual CH-7 recommends against using 120 V regularly, and only when 240V is not available. Since 240 uses less electricity, being more efficient, and takes 2.5-3 times less time, it makes sense to stick to 240 V. I use 240V all the time, Tesla makes a 240V level 2 charger that all EVs, not just Tesla, can use. It's probably among the best out there. Because 240V takes 3 times shorter, it can be done in the coolest time of the day, thus avoiding overheating the battery for a longer time which shortens its life. *On the other hand, super-fast charging, damages the battery faster than 240/120 V, especially for earlier 2010s EVs without thermal battery management (Nissan Leaf, etc) present in Tesla (air cooled batteries suck in hot weather, so liquid cooled are better).* Home Depot has many 4$ hooks that hold 35 lb, that you can use to leave the charging cable on, so the nozzle doesn't sit on the floor (since a flood could in theory cause a fire, since it remains plugged). For 23$, you can buy a nozzle holder, though that takes more time to insert and can come off the wall stud (locate stud first) due to applying a lot more movement each time you remove and return nozzle to position.

One may need to use an analog or digital socket timer (or a phone timer if charging 3-4 hours during daytime to get 15 miles on 120V) to make sure the charging stops at about 70% of charge

(calculate how many hours it takes and do that to avoid losing many bars on your EV battery) or even 60% if no long drive is needed, and use the car right within 1-2 hours if charged above 60%, avoiding it being very charged and sitting idle for days, especially hot days. The worst thing is a highly charged battery sitting in high heat, that's why consumer electronics are shipped with 30-50% of battery charge, because battery damage is minimal if temperature rises during shipping/storage unexpectedly. The same thing applies to electric cars, we want to only charge above 60%-70% if we really need a long drive, especially in hot climates. The older models of Leaf and other cars allow you to create a charging timer in the settings (Leaf: go to settings, then charging timer, then create timer 1 and select 80%, the timer can prevent charging even above 70% if you can calculate exactly) to specify 100% charge (maximum range) or 80% charge (maximum battery longevity). It takes 10 seconds to switch on 100% charging for a longer once a year trip, but only charge to 100% if you drive it 1-4 hours after the end of charging, so the battery has time to cool (80% to 100% charge takes an hour over 240 V or less if low range car), as having the car sit idle with 100% charge for days wears out the battery faster. Basically, the longest high capacity battery life would be if car is used usually between 40% and 60% charge, according to some and only outside that for rarer longer trips. A study found less capacity loss if using 65%-75%, when compared to 45%-75%, obviously. 40-60% (ideally 45% to 55% since batteries are most stable at 50% charge) is much better than normal use, if people want *their 250 mile range car (like Kona has brand new☺☺☺) to still have around that range 3-5 years from now, instead of 125 miles. 30-70% is next best, then 20-70, etc.* Chevy Volt allowed only 60% of the actual battery capacity to be used, to avoid this rapid degradation seen in Nissan Leafs whose owners didn't know how damaging it is to fully charge all the time and drive until 10% of range is left only. Driving like the best defensive driver (driving on slower lanes on highways, no acceleration) and using Eco mode (which prevents ultra fast acceleration) will also make the battery last longer. Leaf says 80% charge left after 5 years, in optimal conditions, Tesla says 70% after 7 years if using 90% charge standard mode often. So, to really get a better retaining of capacity you have to charge only between 30-70%. Gas cars can also lose 20-30% of range after 5-7 years, but with EVs it can be 50-60% if very careless. Exercising 4 times daily leads to longer life than doing it all at once, even if same time spent. *Eating food/vitamins daily is way healthier than once weekly, if same level ingested*. Likewise for batteries, charging 15 miles 7 times is much healthier than charging 105 miles at once. ☺☺☺

WHITE CARS (buy white seat covers) can get 20-30°F cooler than black inside in warm states, prevent battery damage that otherwise would cause death via fires (read below why Tesla is good, plus *the* 2 pages on water/pothole safety *all drivers ought* to know to prevent death)

Gas car fires, explosions on roads or while owner lights up his cig or while filling up with gas are 10 times more common/1 million cars than EVs, so this is not about making fun of EVs, but

preventing battery fires which can easily kill by distracting while driving and ending up in a fatal accident. Gas cars can have slight leaks of gas that are volatile and then the smallest cig or spark or electrical device making a spark will cause fires. So, EVs are way safer. After driving a long trip in hot weather or even cold one and returning home, let the car cool 3 hours in the garage, before you charge the battery, because fast discharge in hot weather, heats up the battery and can cause it to EXPLODE if an older car you bought from some guy who always discharged the car to 0%, then fast charged it to 100%, damaging it, driving again, repeating on long roadtrips, etc. How can responsible governor legalize darker colors cars in Arizona where 120°F weather is so common? While you may love dark color cars, they can cost you the lives of family members: hot car batteries can ALSO EXPLODE while in your garage as your child (much lighter and thrown much more) approaches the car while charging (see explosion while charging in hot weather) and kill by proximity, like cell phone lithium ion batteries explode when getting hot, so be aware of safety, don't OVERHEAT phones or cars... unless you want to end up like these exploding cars: bus on fire, TESLA EXPLODES 16 TIMES, STAY AWAY from a burning car... Don't drive a lot and the charge from 0 to 100%, and then drive again, in hot weather. Always try to charge 30-80%, half the battery at once, and take some break if hot weather. ☺☺☺

Eternal Travel Inc ought to block cars from going lower than 15% of battery range and more than 95%, to prevent fires, unless it is once a month for 100% charge. Get a long range version and charge more often, minimize risks. Recall how hot the phone gets after your charge it? Same is true for your car battery: so always let it cool before driving in hot weather, to avoid fatal explosions. Why do you think Tesla has glass roofs? In case of an explosion, you might make it alive if you eject thru the roof naturally or using a tool to break it if car is stuck in a ditch and you try escape the fire. Always carry a good tool in your Tesla car glove box to break that roof in case of catastrophe: a sunroof gives you more chances of survival during a crash when doors and windows are blocked by ditch, trucks, cars, or nearby objects, poles, etc or door don't open, but roof is free. In 30 states tornadoes are common (however, tornadoes happen in all states, and you could just end up in a ditch due to its force and only escape route may be roof, or windshield, *so have that wrench or small hammer ready to break the Tesla glass roof or gas car windshield before you burn to death*, in case doors or door windows are blocked from opening by nearby cars, trees, buildings: after a collision you're weaker and have no power to break stuff, due to being squeezed, so a tool is critical in the are between seats box or glove box, easy to reach in case of cramped after accident worst case scenario: small thin muscleless older or young ladies don't have 15 minutes to break that laminated windshield or roof, they need a tool to do it in 10 seconds and get out before the fire kills or severely injures them: ambulance may not come for 1 hour if in remote areas) and they can swerve cars into another lane and cause horrific accidents and even fly cars 20 meters into the air, so then, if your Tesla flips, you will hit the

road with your head if glass gives in. Florida has the most tornadoes per square mile. Tesla owner broke his window to get out during a fire. Gently compute risk based on job and car use during rainy weather prone to tornadoes, watch the tornado car flip videos: car flying, or semi overturned, an 18 wheeler, or another car flips in front of a car. However, most car accidents are not tornado flips, so Tesla does remain much safer. Always charge at home slowly, if possible, fast charging increases fire/battery damage risk due to overheating fast. 3 cars burn in EV charging stations in 3 minutes, starting with some gas EV hybrid car that made the rest catch fire. EV jumps 5 meters into air due to explosion... in China. Check the French bus catching fire, stay away from such fires, they could explode and kill you. Tesla car has some fume, 10 seconds later explodes... in China. Avoid electric motorcycles or even gas ones, they're so dangerous, left leg burned. Your gas or EV car can catch fire hours or days after it sit in the sun, costing $500000 house repairs, fire on road. Spend 18$ on a car cover, to avoid lifelong disability, death, car pileups that kill 5 due to spontaneous battery fires. The solid state batteries of year 2050 will be the only ones on the road, 100 times safer than gas or current lithium, but until then buy a cheap cover. A cheap reflective cover weakens and shreds over time in strong sun, so don't spend more than 20-25$, as a new one is needed every few years. Gas cars have way more fires/1000 cars than EVs. Immortalists love Immortality *for* All and reducing car fires to ZERO.☺

To avoid overheating the battery during parking at work/home during warm days, try Walmart sedan car cover under 25$ or ebay car cover under 25, 25$ Mocking cheapest 200×75×60, though Mocking is really for no wind areas (4 mph max), as it has only one strap, which sucks, better pay more to get a real Koukou cover with 3 locking straps. SUVs need height 70", width 78, so 41$ SUV 200×79×70 Koukou works (Koukou has sedan sizes too, very nice, thin polyester, 5x lighter than usual, with 3 straps, near the center and wheels making it easy to secure in seconds, unlike most, not heavy like the thick types ultra hard to secure with cloth on the inside that gets ultra moldy, brittle and impossible to wash easily). For mid price sedan covers, try 35$ Kayme, 30$ Amazon Basic, not sure how the Kayme/Amazon straps work, if they got the 3 you need in most USA. Perhaps you need to order something that fits well, maybe return if not, to prevent wind blowing it away. You need hot water if frozen in winter, otherwise it rips easily. Chinese brands for 1000s of products are made by the same big distributor, then resold by 900 tiny companies at 50 prices. Choose silver or UV damage proof white car *covers, silver reflects UV better, while white cloth is destroyed by UV in hot climates*. Dark silver, blue, red, dark covers heat up the battery, can start car fires in hot climates. On a warm 80°F day, I went into the car that had the reflective above, the half aluminized on top (half is more metallic, water can condense as on a metal car at night): it was way cooler than outside: with the old covers it's hotter inside. A silver reflective one saves $2000 car electricity AC costs because a hot car radiates heat for 5 hrs, lowering EV range. Don't buy Chinese Evs, disable voice commands in a car, as one mishearing

by AI can mean DEATH: AI wrongly turned off headlights, crashed into the guardrail. A nearby car can play a voice "stop engine now" if window is open/closed, to cause a crash & run away. ☺

AE 2011;88(12):4343-57 found 2 identical cars exposed to the sun, one black and one silver, over time, become 5-6°C (9-11°F) apart, due to silver reflecting more sunlight (white, light colors too). For those living in warm climates this helps save the battery and keep the car interior cooler. White paints designed to repel 98% of heat will make the difference even higher. A youtube and article also support this idea of 9-20°F degree difference, in extremely hot weather (85-125°F). IR camera taking pic of hood center for black and white cars got 159 for black, 146 for medium dark silver (light grey, so Tesla dark grey 'silver' would be hotter, as hot as black almost), 130 for silver, 112 for white, a 47F black/white difference. You will use so much more AC and lose all money saved by buying dark grey Tesla over time, plus engine parts wear out faster when it gets so hot. A video made by a TV meterologist and his wife shows in 100°F outside metal temp white Tesla reaches 122°F, while black reaches 171°F, the white interior parts are 124, the black ones 164°F, so definitely get white interior and white car, since inside cars, kids can die very fast (their core temp rises 4 times faster) or even older people can suffer damage in hot climates or even in the winter, cars can get to 100°F and kill someone inside. *Just paint your car white, if you didn't know these things, for 400$ at a cheap shop and save thousands in electricity bills at charging stations; buy the Amazon* white seat *covers and you're good to go*. Autotrader took 2 identical cars and left them in 95°F weather 2 hours, white interior got 113°F, black 131, while using the AC after 10 min, white car interior reached 84, while black 91. Do you want to be baking at 130°F??? And waste 30% of EV range on AC? Unless you live in a cold state, only white makes sense, since summers reach 100-130°F interior temp if dark colors almost everywhere, *even when outside is 85-95°F*, which is typical of most states. In hot states, you will use more electricity, which is not renewable, pollutes the air, gives strokes, heart attacks, etc to people via smog from coal, gas plants and generally is an act of pure genocide. So, it's not about what you like, but what kills fewer people depending on the weather and when you drive, these things are computed by Eternal Travel Inc, instead of 3rd grader job car salesmen telling you to buy this or that. White is multicoat paint, while black and blue are not, for Tesla, so white will last longer. While a big kid may not die instantly at 105°F, it may have some damage, especially without cabin overheat protection on in the summer or 4 windows open all the way if outside is only 85°F. Laws ban dark roofs and mandate white roofs in hot states (because AC costs drop 40%), or we mandate the cooler than ambient temperature panels to avoid AC totally, soon they will ban really dark cars in hot states probably, or at least, require a huge label about the risks of dying and how it can be 20-30°F hotter inside, 50°F hotter seats, exterior. One odd thing about USA, is the fact we have 5 types of red: the red of the cars in USA and worldwide, blood red, and 9 others: magenta, orange pink & purplish dark pink, lavender, lilac, orchid, purple (many shades

of it, at least 3 very distinct), fuchsia, etc. Yet, they choose only the red color, which is shown to make other drivers more irritated, less rational and angrier. This is truly puzzling, as if satanists who love spilling blood rule the planet. There ought to be a ban on blood red until all bloodshed ends, with the other 9 reds above promoted. We go to churches, see people emulate blood drinking daily in Catholic churches, with the Eucharist, so the obsession with this red is deep. It's the only red on the 'strange' flags of endless nations, as if only bloodshed is their GOAL, as seen from their evil anthem of violence and infernal tone of melody. Compare it with the Immortalist Anthem and the Immortalist Flag. ☺☺☺☺☺☺☺

To summarize, to protect battery from fires in hot climates (and to extend EV range, prevent dry eyes from AC running) try 1. most heat reflective gloss white wrap on the glass roof, 2. IR blocking clear window tint for windshield and front doors, darker for the other 3 windows 3. white seat covers. 4. wrap or paint car white, wrapping costs half of a good paint job, and allows you to remove the wrap later, in 3 years when you sell your car and still have an amazing & beautiful perfect looking, like new, car, same for white seat covers on top of black, will keep it pristine. Also, the 5000$ off inventory cars that are not white, on tesla.com is a good savings, a white wrap job is only 500$ if you find a good deal or you can do it yourself; this will make the resale value of your Tesla so much higher, as your paint looks new when you take that vinyl off from the glass roof (tell them to cover the roof too like on any metallic car) and the body. 5. reflective aluminized car covers presented above which work fine in climates with light or less rain, since cotton would turn moldy fast if you take it out and store it and it's a little wet due to tiny water traces getting under the aluminum fibers due to the person being in a rush and not realizing water on outer side can get on the inner side when taking the car cover off (especially if light rain exists during this removal process). For climates with a lot of rain a new car cover or piece of white tarp on top of your soft cotton one is needed, since torrential rains would crate mold in any conventional car cover. The cotton interior or polyester types are fine, to avoid car scratching by the tarp, as an interface between the tarp and the car. The best for Florida, Hawaii, etc may be something like white tarp ones (that sell for 500$) that you create yourself for only 50$ using tarp from Home Depot store. Not all have the luxury of a garage. Park in the garage or, if allowed, simply create a temp carport using 4 sticks & a piece of white tarp from the store. Home Depot may not have sun heat reflecting white tarp, so get this 50$ 14 mil thick, 10x20 ft *improvised tarp car cover to prevent* mold *in polyester aluminum, cotton fibers.* ☺☺☺

Imagine in 120°F outside weather, the inside temps after 15 min would be even more lethal. Recall at 150°F, hot water can lead to severe burns, as you know, imagine a kid touching a black car that is 171°F. Every week a child dies in a hot car due to the lack of awareness of white (light blue, dark silver won't do, it has to be reflective white or the lightest silver at least, to reflect heat well) vs dark colors. Tesla is the only car that offers cabin overheat protection. Tesla seems

brain dead, they made their white Pearl, instead of bright reflective white that saves the battery in California. Anyone can contact Tesla product design? There are specific white paints that absorb 4 times less heat. Bright white means less traffic accidents, as all see you at night better. This translates in 20°F difference between black and white inside, due to black interior leather too, pure hell in warm climates like AZ, warm California areas, Hawaii, etc. 0 IQ companies create car seat covers of all colors that make car interior so HOT. If I had watched this video in 2016, I would have never bought a light blue Nissan Leaf, since the white one was actually cheaper. Light blue will get as hot as that light grey, 34 degrees hotter on hood than white, so you will toast even in 85 so called mild weather without using AC all the time. Try find white seat model Y, etc covers online, 112$ for all 360 covers Tesla 3 seats, avoid non-360 covers, if you made a brainless decision for black interior and black paint car in Arizona, and legal window tint with IR reflective tint to make car and battery cooler. They got white covers for the back seats if you were misled by sales to buy black interior in hot states. States are too busy with duplicating and wasting time, to create laws to protect car buyers and inform them properly about the risks and temperatures. Most stores are run by filif low IQ people in warm states and white is absent.

Dark beige seats will make your car so hot, only now you realize the difference between white and "pastels". It's a joke. Keep wheels narrow if you want the longest range, 4 dB less body destroying noise, higher safety in extreme winter driving, on loose snow and slush. We need Eternal Travel Inc to make longevity based decisions for all car products depending on your state and heat level. Now you understand why we need Immortality Building Inc with federal guidelines depending on how much sun and heat, since we see these 0 IQ builders making hot zone homes non-white, and thus making homeowners use AC 5 times more than they need to, leading to incredible waste for society, in maintenance of AC, dry eyes, mold on vents, noise, etc. Go to Arizona and see how many build houses that are beige, brown and grey, everywhere in hot climates, instead of reflective white that is 25 degrees cooler, leading to so many diseases from AC needless overuse. In cold climates, all houses need to get colorful, blue, darker beige (*saw how black car was almost as hot as the light grey car, unbelievable*) cobalt blue, purple, lavender, etc to avoid using heaters so much in the winter… and make the cities more colorful with yellow, orange, purple, etc. The best solution is to have some window blinds type of things on house exterior that can be mechanically switched (2 sides, 2 colors, you flip them) to the reflective white or absorbing black or purple or a dark color you like, in the winter, so you reflect heat during oppressive summers and absorb heat during frigid winters, with these things linked to water or some material that warms up the house well with the absorbed heat. However, in the winter, dark colors save your battery as you heat interior less, if the sun is out in your state in the winter, fall, spring when you drive. However, the sun in cold climates is usually far weaker, especially during colder 5 months, in IR intensity, so the effect will be far milder than

Arizona 120F weather, on the battery drainage. The difference becomes even more negligible for states that are mostly overcast year round, like West Virginia, the state with most mountains/total area. In such states white or black makes no difference, except in the summer when it's sunnier and less overcast, so white interior/exterior is still fine, motivates you to keep car cleaner, less infected with junk. Cold states hot cars are far less bearable than a little cold cars that will only get marginally warmer during sunny rides to due to dark interior/exterior, so it all depends on your town, village and what is the summer max, the winter IR intensity (IR is max at noon, drops 10 fold by 5 pm) when you drive, etc. For some cold climates, pastels or white make more sense, as the heat is more annoying than a little cold in the winter you're so used to. You can get warmer clothes in the winter, but you can't drive naked if you want to avoid AC. *If you drive at night mostly, before sunrise, early morning or after sunset, then, color has no effect.* So having a dark color car won't help as much as a white one in super hot weather. But it does help, so choose wisely. How can that 20F extra heat not damage your car by wear and tear and make you use AC 3 times more, draining your range and wearing battery much faster? In warm climates, interior leather needs to be ideally white or cream, to avoid wasting 25% of battery range with AC that dries eyes. In colder climates, where people run heat more than AC, darker colors (dark blue, etc) make more sense, as this would save battery there by warming the car (except in the summer when it's 85 outside in most "cold climate" USA).☺☺☺

***The Best Electric Cars to Buy are the ones with* low Radio Frequency, to prevent cancer, etc**

A guy had 3 gas BMW and then he bought a Tesla to discover the superior World of Electric. A popular Electric Car in 2024 *is the* Tesla Model 3 2024 *L*ong *R*ange (*LR*) or Model 3 Highland as they call it, (see review here: they changed 50% of the car parts, increased battery capacity from 75 to 78.4 kW, it's a major upgrade vs prior years) *which is* allowing you to charge at *125* times faster speed*, 250 kWh* (at Tesla superchargers no other car can go to, which have the highest speeds of the 'fast chargers') *from 10 to 60%,* than the 2012 Nissan Leaf *charges at 75% battery, 2 kWh*. It's available for ordering at tesla.com. The average speed of charging at 250 kWh chargers is 124 kWh, and at 150 kWh max chargers, it is 100 kWh, reason being that after reaching 50%, chargers slow until you go to 80%, so the same car will take 6 extra minutes to go to 80% at 150 kWh chargers. Thus, the max speed of a charger is not that critical if you want to charge to 80%, but the difference in time is way bigger if you charge from 10% to 50% only, when that slowing doesn't happen. On a charger with 50 kWh maximum, the typical ChaDeMo, a Leaf will charge at an average speed of 10 kWh, so if you buy a Leaf you will wait a LOT longer. The same exact car can take 25 minutes 20 to 80% in Florida warm weather and 200 minutes in Alaska weather, if battery was not preconditioned with a heat pump like Teslas can. These are extreme examples, but they help you understand why youtubers say "this car charged to 80% in 50 min, not 30 minutes", etc. It all depends on several factors, like battery temp, etc. In 2025 all

major EV companies will have access to the Tesla supercharger network and you can get another non-Tesla car that has 130-200 kWh on board charger. Tesla says there is 20-50% less vibration in driver seat vs 2023 Model 3 and earlier models due to new suspension tech (read article for details: frequency-dependent damper valves, etc). EPA estimate range is 341, not 358 as 2022 models, since EPA changed their standards to make them more real world like for the combined city-highway estimate (high speed 70 mph highway too maybe, not 60 mph as up to now). The range is basically a little better than old 2022-2023 models due to aerodynamics. 2024 Juniper Model Y may become available in the summer and have all the improvements of Model 3 2024, plus the 7500 point of sale instant rebate Model 3 Long Range doesn't get. The Tesla website said 333 mile EPA range for 2023 LR, while WLTP range is 421 miles (city driving mainly, perfect room temperature, 18" wheel, *if 19" wheel, range drops to 390*). Model Y 2024 WLTP is 333. WLTP for all cars, including 2024 Model 3 are here. The EV database clearly shows *Model 3 Highland LR drives 136 extra km WLTP-TEL (678 km) in perfect conditions vs Model Y LR WLTP-TEL (542 km), due to drag coef 0.219* (2024 model, vs 0.225 earlier) and lighter car, 400 lb lighter. If short on cash, you can buy Model 3 LR older models on tesla.com with listed (for 18" wheel) EPA range: 2018-19 310 miles, 2020 322, 2021 353, 2022 358, 2023 333, 2024 341 (a bump of 9 miles over 2023 due to lower drag coefficient). EPA estimate is for 60 mph mostly, Edmunds tested Tesla and lost 17% on 70 mph test. Can buy 19" and then change it to 18" if nothing 18" is available in your price range. You can't buy a car with better range (353) for 30K and access to fastest biggest least busy charging network in the world. Best deal for range is 2021 3 LR now for those wanting to spend only 30K on a white one, not 48K as on new. The EVDB real world range difference between the two is big 505 km for 3 and 435 km for Y, so 70 km in cold weather on highway conditions being common scenario. This WLTP website shows how useless the EPA estimates were up to Jan 5th 2024 when they changed the numbers, on the Tesla USA website, which made it sound like Model 3 LR and Model Y LR have similar range 333 and 330 miles, when they can't, since one is much heavier, far less aerodynamic, all while having the same 78 kWh battery. If you try buy a Tesla from European countries, by going to Tesla.com/country you get range for smaller wheel 679 km and 565 km (numbers appear lower on the page, under if default smaller wheel chosen), a 114 km WLTP difference, not 3 miles as with EPA estimate. Even for next wheel size, you get 629 and 533 (the numbers on the top of the page when you order LR, Tesla posts max range for the bigger wheel). So, if range during hot-cold weather is a concern, choose Model 3 LR, as range drops in half during high speed highway and extreme temp for all electric cars. *If in a dry area with no potholes, you can go with Model 3 LR,* to have some decent range in cold weather and have a much nicer ride, as people say it drives nicer than MY 2023, due to the latest improvements. Many can't afford MYLR new since it can cost 17K extra than a 2021 model, since their tax liability is too low to get 7.5K back before 10 years (Tesla doesn't offer instant rebate like many dealers do, the program is one many dealers signed

up with), so they can simply order 4 parts for a 2021 old MYLR and have some mechanic install them to get an ASTOUNDING difference between 2021 and 2021 with these 4 parts (same as 2023 MYLR). Cost is 580 parts and 600 install. Tesla ought to update all 2020-2022 for free, for all who ask for it, or for a very low 200$ fee. Are they going to recycle all batteries? Wet states and cold states got a lot of potholes, so model Y with extra ground clearance is useful. ☺☺☺

Edmunds found that the EPA range is highly inaccurate, with real world being between 20% smaller and 60% bigger. It all depends on temperature and how you drive, what speed, if AC is on, brand of car, etc. Rear half windows got acoustic glass too, not just the front half, so the ride is much quieter, 2024 ***wind noise reduced 30% per Tesla vs old Model 3***. Model Y 2024 ranges on tesla.com were downgraded on Jan 5th 2024, due to EPA changes: 310 for LR, not 330, etc, while Model 3 LR remained 333 EPA range. Thus, the 3LR-YLR difference of 23 miles makes more sense, while in 2023 it made no sense to be ***330 and 333***. On Jan 10th 2024, Tesla again changed the Model 3 LR range to 341, as Highland was launched, so now the difference is 31 miles between ***LR 3 and Y.*** So, if you want a longer range EV, 2021 or 2022 little used Model 3 with "353-358" EPA range may be a good deal, which is about "328-333 when it was new" new EPA range. Go to tesla.com, choose a ***model, inventory, used*** and you will see EPA estimate in that year for a brand new model, though when you buy a car, the dealer can tell what the dashboard says: 278. The Tesla Model Y 2024 will have 20% more range, new battery AND all the improvements of Highland to basically "crush" all competition for next 3 years, so 373 EPA estimate, per some analysts, from the current 310 range for LR trim plus, 250 kW charging speed for regular trim (from 170 now), enabling all, not just LR trim, to enjoy Supercharger highest speed. Set Tesla to Chill mode not Sport to save tires and range. Avoid potholes, to prevent tire damage. All EVs will switch to Tesla port, and many non-Teslas can use Tesla superchargers starting early 2024, per PC Magazine. See the list of 21 companies who will change to Tesla port in 2025, enabling all to use Tesla supercharger network in 2025, it's the whole EV industry. In the spring 2024, all Ford EVs can change at Tesla using the CCS to Tesla adapter, and in 2025 Ford cars will have Tesla port. All other CCS port cars ***(like the noisy 2024 Nissan Ariya, with CCS charger, that new makes more noise when driving at 4 mph than my 12 years old Nissan Leaf made, even though that car costs 45-65K vs just 38K new for Leaf)*** will be able to use Tesla chargers in 2025, in exchange for adoption of Tesla standard in all future cars. Everything will be electrified. This unification of standards is accelerating, with more companies joining monthly that the above article didn't cover. All cars will be EVs, we will have clean air for the first time ever in 120 years. The power of centralist immortalism will sweep the Earth and every industry, enabling all to live to 90000 one day. In 8 states Model Y costs 27-32K new due to state rebates.

EV SAFETY – 45+ pages (1. EV cameras, 2. charging 3. EV water safety 4. EV RF SAFETY):

1. cameras*: use the front camera while driving, if your car has one, to see the above car view of the sides* (the side cameras that come with adaptive cruise control, lane keep etc, on most new cars, go to console on the main screen or to apps, choose camera) and the front, in order to avoid hitting any trees, sidewalk blocks that rub against your tires, objects, people etc. When you enter shopping center as you turn right or left, if new or unsure, look at the camera briefly, since you're 5 mph, and see if you need to be closer or further away from the curve to avoid hitting the sidewalk, pets, people, etc. ☺☺☺

2. charging: some EVs lose some range in winter time, if it's way below freezing, just like gas cars do. In cold temps, you need to precondition the battery, otherwise it won't be able to charge or even start the car at times if your charge is 9%. If you charge an EV to 100% and leave it on in the garage for 1 day at 100% you degrade the battery & lose eventually 50% of range if you do it often. Likewise, if you leave it parked in garage 1 day at 5-15% charge often, you can lose 50% of the range over time. The number one reason EVs lose range is owners have no clue about the 20 to 80% rule, which is to keep car charged between 20% and 80% at all times, not more or less, ideally 40 to 70 actually, for best longevity of range. You can go to 100%, but only if you drive right after charging, or within 20 minutes. You don't want to ruin a 50K Silverado truck battery within weeks. Do these basic things and EV will keep the range. It's a good idea to charge to 100% and then drive right away, at least thrice a year, to load up all cells and keep battery in optimal shape. You don't want to freeze to death in a charging station, in a remote area, unable to charge, always start with high charge in cold winter days for long trips, because conditioning wastes range in cold winters and range can drop in half at 0°F for some cars. Relying on one station, with no other within 50 miles is not smart, always leave more range than it takes to get to 2-3 stations in case one is broken or weak and unable to start your car. A snow storm can mean you end up DEAD by hypothermia without good range, so plan well. This is only a real issue in colder climates, not in warmer states of USA, though snow storms happen in Florida (warmest winters mainland state) too, especially north and central Florida. EVs can be on for far longer than gas cars, using little energy to heat the heats, so they're safer if stuck in traffic due to a crash, for 24 hours, where miles of cars can't move due to snow too. Gas cars waste 85% gas as heat, and you don't get that heat, so you can freeze to death even faster if low on gas. In 2033, solid state batteries will double the range of EVs and gas cars will make no sense anymore. Don't think "God protects you", if you don't plan well, you can die any cold day. Prepare well. EVs have 10 times fewer fires and with solid batteries it will be 100x fewer per million cars, so nobody will want to buy gas cars in 2035, if you're 100 times more likely to be burned to death.

3. floods, hurricanes, rain (8 pages): rain ***can cause EV fires***: in Florida, thigh deep waters often happen in some neighborhoods, see 2024 video. Gas cars need air to burn the gasoline, so during floods the air is shut off and the engine stops. EVs however, need no air, so they can work

for longer, until the water shorts the battery if one is too long in the water and too much salt gets into the water due to ocean storm surge (not rain). EV fires burn at 5000°C, vs 1500 for gas and take 10 times the water to put out. However, solid state battery EVs have 100 times fewer fires overall than combustion engine cars, while regular liquid batteries have 10 times fewer fires than gas cars. Choose cars, EVs with AWD, not all AWDs are equal: the 1st EV with Subaru symmetrical AWD is safer than regular AWD during rainy weather than the rest, see a 2nd video on symmetrical AWD. Subaru Solterra, Chevy Blazer/Equinox, Kia EV6, Ioniq 5,6, Kona, Nissan Leaf, Toyota Bz4x, Mustang, got 10000 to 100000 less RF pollution than Teslas. Salt water in flood prone areas (Florida, etc) can cause conductive bridges that short circuit the battery and lead to sudden fires weeks after a flood, leading to burned houses, etc. The 2024 Chevy Silverado truck will charge 3.5 times faster than Subaru Solterra or Toyota bz4x at 350 kWh, qualify for the 7.5K incentive, get 450 mile range vs 222 Solterra. The 6.5" ground clearance late 2025 Equinox EV LT is 27.5K after the 7.5K discount, and you get many other discounts like Costco 1000$, switching to GM 1500$, former Chevy Bolt customer 2500$, etc making it more like 23K with *319 mile range, so it will bankrupt* many automakers *in the* EV field, because in tests (61°F, city 60% highway 40%) Equinox 1LT beat Tesla Long Range by 46 miles, while costing 10000$ LESS. The Equinox EV 2LT is 35.8K after rebate, the cheapest way to get a summer 2024 319 mile range in a new car, outperforming all EVs by a large margin, especially price wise, 27K vs 40-55K for those without 7.5K rebate made outside USA. Everyone will be forced to lower prices to sell even 90 electric cars, and since overnight charging EVs at home means 4 times less money for fuel, or free with some solar panels, *nobody will buy gasoline cars that cost way more than 27K*. Never drive EVs thru water deeper than 3" (8cm), as you could end up dead due to the car igniting suddenly in your garage and house burning down. This smoke is not to be confused with steam that comes out of the Tesla heat pump while charging the car in very cold weather: Tesla has heat pumps, unlike other EVs, which increase its range during cold weather, warming the battery while charging, etc. It's suicidal to drive any car thru any water higher than the ground clearance of a car,☺☺☺ because mold inside the car will make you sick and you may short out some computer circuits leading to a malfunction during a high speed drive that could kill you too: just stay home, don't go shopping, have food for 10 days if living in flood prone areas like Florida. Florida has the most tornadoes per square mile, so you want to build a dome or get a concrete house, and a concrete garage, not live in a wood frame or mobile home, check out a second map that shows the cities and google maps common streets so you know exactly if you can die on the road or not if you drive in cloudy rainy windy very dark grey sky weather (like in the video, avoid driving in such weather, it could be a sign of tornado forming) when tornadoes can form. A trip to get some food or a snack could kill you later. If you live in a city like these with hurricanes that happen every year or two, pay more attention on flood risk maps for your place before you decide where to park your EV to avoid flooding, always go for no flood

zones or houses way higher, on top of a hill, even if man made (West Texas has almost no tornado, 1 in 25 years in 2 counties). Police explains why even 6" of water is so dangerous and yet millions of people do it. Model Y LR has 6.8" ground clearance, which is safer for crossing 3" flood waters than 5.5" Model 3, and for going over potholes or mud like roads. Ground clearance for many EVs (ID4 8.2" Europe, *6.7" USA for AWD, 6.0" for 2WD*) is higher for Europe or Asia models, so check before buying. In USA models, a used Audi e-tron Q8 9.8" high ground clearance (at low speeds, air suspension) is higher than Model X highest ground clearance of 9.0" (old models) or 8.1 (2021 or newer), while costing the same: 40K. So, Audi makes a LOT more sense given the much lower RF pollution, and almost 2 extra inches of ground clearance to traverse high waters or muddy areas off-road. On top of that, Tesla customer service is terrible. I wanted to return the mobile connector I ordered (when I didn't realize how bad the RF is and that I won't drive a Tesla ever), and the email I got said I can return it to any Tesla Service Center. I went to the center and the lady claimed it can't be returned there, only via FedEx, so I had to print label and go to FedEx. I asked Tesla several times, many people, how can I remove GPS at a service center to remove RF pollution, microwave genocide, and they said it cancels warranty or if older than 8 years, they don't do it, because it gives screen error message. So, Tesla is not even interested in having people switch to them. The company is not centralized and efficient. Subaru Solterra is 8.3" by default, higher than 8.1" max Model X clearance that is not usable at higher than 15 mph or something speeds. Model X 2023 got an adjustable air suspension (the most comfortable of all Tesla cars) like Rivian, so you can choose 5.7", 6.6", 8.1", the 3 levels. Model X and Model S always had the superior ride quality air suspension, see Model S dimensions and ground clearance of the adjustable suspension here, S levels are 4.6", 5.0", 6.2", so S is low by default. Model 3 2024 has lost 0.1" of ground clearance from older models, in order to boost its range, so 5.4 for long range/standard, 5.2 for performance. Model Y is 6.2 performance, 6.8" the rest. ☺☺☺☺☺☺☺

With 1100$, you can boost the Y ground clearance by 2 inches, as the video shows. With 15K, you can boost the ground clearance of Y and 3 by 5 inches. Do these upgrades only on cheap cars that are more than 8 years old, since changing so much would void the warranty. Such modified Tesla cars can be used in mud filled areas, flood prone areas, off-road without having to play with the air adjustments, etc, for those not able to spend 71K (after tax rebates) on a 2024 Rivian R1S new car (after 3750 instant rebate from the feds), with 15" ground clearance option (default is 9, but air suspension allows raising it temporarily to 15). Future tech will allow the S to see potholes or other things and raise the height of the car, so it doesn't cause scratching of the car underside. All old models got air suspension, so if you want smoothness and high ground clearance (8.3-9.0" in old models, 9.0" for 2019, 0.1" higher than Ford truck EV), a used Model X that doesn't break (see Model X issues that will disappear over the years, each year each model

gets much better, Tesla is a new company) beats all other EVs in price and performance, and got 16 extra ft^3 vs Model Y. EVs are a new tech, so Ford F-150 has some reliability issues too. Rivian too. However, Toyota was also unreliable initially, it took many years to became reliable. So, while S and Y are very reliable, all Tesla models will improve dramatically each year. However, Model Y is far more reliable, having had fewer issues than Model X, so, you can roll Y seats down and use Y to transport a lot of stuff, like you would with a truck. For off-road and Florida like states with frequent floods (or dirt roads), 2017-2022 Model X is the best at 9" ground clearance max, after the 17.4" Cybertruck. Cybertruck is different than most cars and UK banned it, due to pedestrian risks (sharp instead of round corners like EU-UK require), high weight, poor lights for fog and wireless steering. 26K for 2016 models, 40K for 2018. *Long Range* (high ground clearance, high battery safety) *Model X is* 257 *miles EPA range for* 2016 *(*P100D with larger battery, but lower ground clearance is 289*),* 295 2017-2018, 328 2019, 351 2020, 371 2021, 348 2022, 335 2023. For more useful information about all TESLA cars, see evspecifications.com which says that the Model X maximum ground clearance (3 settings exist, the highest) is: 8.1" 2023, 8.3" 2016, 9.0" 2017 + 2018 + 2019 + 2020 + 2021 + 2022. When calling Tesla, they said 2017-2020 is 9.0", 2021-2023 is 8.1" (highest only applies to < 15 mph speeds or less, high to < 35 mph, medium to < 55 mph, so you get some 7" max at 60 mph if that, way lower than Subaru Solterra 8.3, Chevy Blazer 7.9". Since Tesla Owner's Manual website lists the latest manual as for 2021+ for Model X, it means they changed it to 8.1" max in 2021. Tesla said if battery fails, *due to 8 years of warranty being out on your 2016-2018 Model X, the replacement battery is 27K for 90 kWh, 45K for 100 kWh, so better get a 2021 or newer to* get 4 years warranty in 2025.

Model Y, weighs the same as 7.9" clearance Chevy Blazer EV and has only 6.8" clearance max, 6.2" for performance trim. You can get a 2024 Blazer (qualifies for 7.5K instant rebate, so it is cheaper brand new than 45K 2023/4 Subaru Solterra, has 57-100 *miles* extra range depending on trim RWD (324 mile range) or *AWD (279 miles), 50% faster charging 150kWh vs 100 kWh, bigger cargo, bigger car for camping than Solterra*) or Rivian R2 45K car (2026) instead, all manufacturers will have access to all Tesla chargers in 2025, via an adapter and new models will come with the Tesla NACS standard for all EVs in 2025. *Plus 100000 times less microwaves in the back seat, 2000 times less front seat vs Tesla*. *Anyone with an EV can travel across USA 2700 miles from LA to Miami, New York etc,* or in the future, from Moscow to Dublin (2600 miles), without any worry, as there are enough chargers from *Electrify* America to charge every 150 miles or 55; the location of these chargers is on plugshare.com. 1000S of Americans drove cross country without a problem. While it is charging, you eat, relax, stretch, give body, brain a much needed rest. *Most small cities have a Walmart or hotel where Electrify America CCS chargers are* (4 of them usually: two 150 and two 350 kWh) and usually nobody is there: these are on the major highways for inter-state travel or 1 mile away, you can't miss them as they're often the

only high speed chargers, just filter your *plugshare.com chargers to be above 50 kWh and you will see*; scroll on the plugshare.com station to read the last check in to make sure someone charged there recently, otherwise, it may be a charger that was discontinued or damaged. Avoid big cities in your route, so you can avoid waiting at the chargers, just keep to 10000 people or less cities. In March 2024, Ford and the ever cheaper (71K for R1S new now) Rivian were allowed to use Tesla chargers already. Even today, Tesla app allows non-Tesla users (of the companies that made 2024 deals with Tesla) to subscribe to the Tesla superchargers on a pay as you go plan or 13$/month unlimited charging (5 times daily). The 2024 Solterra, whose RF I did not test yet, can charge 10-80% in 35 min, vs 60 for 2023 model, and 80 minutes faster in very cold weather, due to a new battery conditioning. Subaru Solterra is AWD, it does get 212 miles at 70 mph, in a real world test, being identical with AWD bz4x of Toyota (same car, just different branding and maybe AWD system). Solterra 2023 got mini self-driving, called "lane assist cruise control" that uses 3 cameras to steer the wheel for you. Tesla got 8 cameras, but what if condensation blocks the camera view and won't see cars or people at night whose colors blend perfectly into the background? *One report said* self-driving Teslas got 8.4 times more fatalities per 100 million miles than regular drivers. *A user claims that Tesla Full Self Driving* failed to see a deer (looks different than humans, so AI didn't stop) and ran over it damaging the car. The deer could have been a kid. In a test of Tesla software, the AI made a mistake every 13 miles, so in *a 1300 mile journey you may die several times*. What if a camera fails and car runs over people or other cars? Who monitors the cleanliness of cameras after you splash thru dirty water and block/cloud the camera view? The 2024 Solterra (available April 2024 at dealers) got stop and go (traffic lights, etc) self-driving below 25 mph. I tested 2023 Solterra lane assist cruise control (on a 1 lane road, with almost no other cars, ultra safe, both hands on steering wheel of course, it just moves it for you a little) and it works very well and 9 miles of driving showed up as 8 miles of range lost. Also, at the end of each trip, it shows miles and efficiency: miles/kWh, uphill to home I got 3.3, downhill to store 8.8. A trip is the distance between 1 start and 1 stop. It's kinder towards all human beings to never try self-driving unless you have hands on the wheel, are very well-rested, not tired, and can respond within 1 second to computer failures or camera failures to see objects, people, etc: computer failures can mean going in the wrong direction, if that happens slam the breaks to get out of that cruise control mode. You still drive, just move wheel less when going on a straight road at low speeds. Bz4x Toyota is 8.1" only, has FWD option with 150 kWh fast charge speed (faster then 100 kWh for Solterra 2023) and 250 mile range, vs 222 for the AWD bz4x and Solterra, which comes as AWD only. 212 miles at 70 mph, with AC at 68. The battery will last longer if you charge it at 100/150 kWh vs 350 or 250, so that may be a plus for slower charging cars. All EVs are better than Leaf that charges at 46 kWh max, Hyundai Kona 62 kWh max, or Chevy Bolt 55 kWh. Solterra (100 kWh 2023) is not ideal for long road trips where you can't wait 35 minutes (65 for 2023 model) to charge between 20 and 80%, or 60% of 73 kw,

which is 58 kW in 1 hour, in the most optimistic case, brand new 2023 car. Old Nissan Leafs, with 12 kw of battery range left, charge at 8 kWh on average from 30 to 75%, so Solterra wins.

Subaru is top 5 car brands in Consumer Reports and the 2 fast charges/day suggestion *(people think it's a limit and write so in articles, but it's not, I charged it even 4 times a day one time (3 times about 5 times) and it works just fine)* is meant to prevent battery fires happening in hot weather when people fast charge 5 times daily, or battery degradation. Their 8.3" (21cm) ground clearance means the bottom hits road least during pothole encounters vs most cars (except 15" Rivian R1S, 7.9" Chevy Blazer EV) and the super thick casing means safer battery pack. Water can't get in easily like in other battery pack designs, bz4x and Solterra have the same ultra thick underside, Solterra is made with Toyota. Battery fires diminish when you charge at 120 kWh, typical real world max for Blazer, vs 200 kWh as with Ioniq or Tesla. If life and no injuries for you or other drivers are your main priorities, Blazer, Rivian are the clear winners offering 285 mile range at least (not 222 like Solterra), a no-brainer, especially when you watch icy sliding videos from the upper half USA where millions of accidents happen yearly. Being up to 4200 lb (heavier than most Toyota Tacoma trucks, and some Ford F-150 trucks), vs 3500 for Nissan Leaf or 4000 lb for Tesla Model 3, Chevy Blazer tires press harder on the road, displacing water more completely, and preventing sliding during rain. Being under 5000 lb, the steel guardrails won't break as with 7100 lb Rivian truck. Being taller, another low height car can slide under Blazer partially a LOT easier and injure the driver far less if hitting the driver door, plus the seat is LOT higher than Model 3, so you see speeding maniacs coming suddenly far ahead and behind way better in areas with hills or slope. Additionally, unlike Teslas, Blazer default tires are wider, diminishing rainy weather accidents due to hydroplaning. The lower accident rate is also true for all SUVs and trucks, they slide less, due to more water displacement and wider tires that get a better road grip. However, water can only get out if the tires have deep grooves and are not worn, while in reality, half the cars on the road have at least one tire that is worn, and when all tires are worn, the risk of death increases 100 fold. Even if thread depth is half of new, braking distance increases and traction diminishes. Anything below 3 mm depth is dangerous, because even damp roads (light rain 1 hour before, on a warm road) can bring oil to the surface and cause hydroplaning. Breaking distance increases up to 6 ft at 40 mph, when tires lose half the thread depth. This alone can increase risk of accidents more than hydroplaning. If AWD, tires lose thread depth more evenly, but RWD or FWD wear unevenly and they need to be rotated more to prevent accidents. Comical articles online claim that EVs wear tires faster, which is a lie, it only happens sometimes due to people abusing the fast instant acceleration of EVs: always drive slow, like grandmas, defensively, at the speed limit max, have good tire threads and proper tire inflation, and you won't slide on the road during rains. The 250 KW max charge cars average 124 kw during a normal 10 to 80 charging, so while you get 81 kw (100 if weather is 75

maybe) initially, it goes down as you get closer to 80%. Gas cars explode and burn 10 times more often, but still, we just don't want needless deaths or injuries. Overall, in 2024, Blazer is the best for safety in icy roads, rainy roads conditions as stopping to charge in icy weather is a hazard and Solterra needs too much charging. If you're a sales person or tech support rep, driving 200 miles min daily, you need a Blazer RS with 324 mile range, not a 222 mile range Solterra. After 80% capacity speed of charge goes to 3 kWh on Solterra 2023, from 80 kWh at the start of charging when it has 10% of capacity, so don't even think you will wait 2 hours from 80 to 100%, it won't be worth the time and make it useless for longer trips when standing in cold weather to charge can often lead to dead battery and waiting 5 hours due to rate becoming 10 kWh even due to poor cold weather performance. When we talk about Chicago winters, it can get really cold. In real life, all EVs go to 3-15 kWh or so after 80% to avoid destroying the battery.

Model X 2018-2020 is the most versatile EXPENSIVE to buy/maintain car IF YOU CAN REMOVE THE radio frequency pollution, the true all-in-one, off-road vehicle, SUV, minitruck, the largest Tesla cabin to sleep in, more efficient than Cybertruck (very clumsy, need sleep on the side or trunk during bombing escape, almost impossible for 2 people to sleep in the trunk or cabin comfortably, unless they're short), when electricity is sparse, *way comfier to sleep in for tall people than Cybertruck or other Tesla models*, WW3 bombing escape vehicle on dirt-roads or grass (flatten the back seats and have a gigantic cargo space after covering it with tarp to move construction materials, etc), good range (for Long Range), amazing & beautiful charging network no other car gets, higher ground clearance than any other EV, except 100K Hummer or Cybertruck, etc. If war breaks out, Model X is the best car, as people may need to take shortest routes off-road and avoid roads. If you want range, meaning ultra fast charging between 10% and 50%, a 2021 Model X LR is the best deal, 371 range, and more years of warranty for the battery. Since Cybertruck is clumsy to carry around all the time, and uses a lot more electricity, Model X is a good compromise on dirt roads and remote areas. *Model X is the safest Tesla car after Cybertruck, since if you hit a pothole or a pool of* water with salt in it, it's the least likely to damage the battery if you set ground clearance to the *maximum 8+".* Model X is the best EV to go around on highest clearance when it rains and water pools form, and even when it's dry since potholes are everywhere. If you want to live in a more remote area, quieter, asphalt doesn't exist, so driving on a wet muddy road will require a Model X, Model Y will be bad. You can make model Y ride smoother like S and X, by simply changing the spring suspension to air suspension. Nothing else is needed, so when your Y needs some suspension work, simply replace it with air for a much smoother ride. This way, you can achieve the pros of model X, without the other expensive maintenance costs. However, as youtubers point out, this car is double the price of other cars to maintain and to purchase, so it is not for poor people, or those who expect the fancy falcon doors to never break (7000 to fix sometimes), or etc. Model X is more of a luxury

car, but if you're not picky and can live with some errors and issues, that may cost 10000$ to fix and you lack that money, a used one for 25K, 4K credit, may work if 9.0" ground clearance is absolutely a must. X was 130K one time, now it's 80K, so prices will collapse more over time. Even used Model X got 150 kWh charging, like most EV trucks and SUVs today, so it will take 5 extra minutes to go to 80% vs 250 kWh versions. Some older Model X models could reach even higher, 9.0" on the high setting (the Long Range or Standard, not the Performance, which always has a lower ground clearance). R1S Rivian SUV has a 8-15" variable clearance, air-spring, costs 71K brand new, less than Model X new. Edmunds test was 330 miles, 16 above EPA estimate, with the AC on at 72°F. Pothole hits can also damage battery and start sudden garage or even highway fires months later (some fires start while driving on a highway, you may not escape without severe injuries or accident). So, by all means, avoid potholes and potholes filled roads when possible. It's key for Tesla to raise ground clearance until all potholes are fixed via the immortalist volunteer network, since some odd battery fires (10 times less common for EVs than gasoline cars) may be due to over hitting ground on driveway or potholes. We immortalists can't accept even 1 fire death a year, so we need to convince Tesla/others to raise the ground clearance. Y or 3 depends on where you want to live, what roads (dirt or paved), what rain patterns. For example, in Compton, potholes are 500 times more common than in other cities, so a Model X or Y is a must if you don't want to die in a highway fire, etc… Contrary to popular belief, today's gasoline cars (soon to be banned from the entire country in 2050 or so) have many electronic components that could be damaged during pothole hits which could also lead to odd car behavior leading ultimately to fatal crashes on highways. So, just because you don't have an EV yet, doesn't mean you're "safe to go thru water or potholes".

On the Tesla website a Model 3 white (white to extend range in hot climates) Long Range is 43K, while on autotrader.com a new Ford Lightning EV with 8.9" clearance (useful to prevent battery damage during potholes or salty water crossing that causes battery fires months later) is 30K in 2024. If you don't need a new car, buy a 9" Model X used or wait and get a 17.4" ground clearance car like Tesla Cybertruck (the best EV truck with 4 motors, and smoothest drive, highest charging speed 250 not 150 kW like the rest of 2024 trucks, fast charging on Tesla network during road trips, ability to sleep in the back on diagonal if tall, bullet proof body, and windows for extra price) if living in hurricane, storm zones. In Florida and areas with heavy rains, you need high ground clearance to return home from shopping, events or work, otherwise, like many people, you get stuck and have to sleep in the car until water recedes if nobody comes pick you up due to lack of staff at the local facilities. Do you want to wait for 4 hours for someone to pull you and to have your EV parked in a low lying area and have 7" of rain pool there and damage your 20K to replace battery? In a sudden downpour, some 5.2" Model 3 Performance may be destroyed while parked. All EVs need a camera on the side to help drivers

who traverse water pools see that the water is not deeper than 1-2 inches from the ground clearance level, to avoid going into an invisible pothole or damaging the car with water. Cars sold in salty sea or ocean flood prone coast areas need to have at least 7-8" ground clearance to prevent deaths by sudden battery fires.☺☺☺ The central immortalist government would also block drivers from cities with many potholes to register or buy a car (all done via Eternal Travel Inc) for anything under 8" clearance to prevent fires. People have a bad habit of going thru deep water and then getting stuck in the pool. If you have a job of delivering stuff in rainy areas, get a high clearance car like a truck, SUV. When driving over any pool of water in new unfamiliar areas, open window and watch it's not more than 3-4", to prevent battery/engine damage: be ready for road rage if you slow down, so pull to the side, let everyone pass (crazy drivers can even shoot you) or simply avoid driving long distance during rain, only do it on sunny days (sudden thunderstorms are common in Florida though and you won't know when 5" of water pools in some destination in 20 minutes on all streets, so be ready for surprises in Florida, it has sudden thunderstorms lasting 15-50 min, that can increase water level faster than a light rain of 2 days in California). Florida rains cause many potholes and so do rains in other states, like California winter rains. Very cold weather also causes potholes. Thus, it's a good idea to buy EVs with high ground clearance if driving on rough roads, to prevent lethal battery fires from road impact or salty water in the water for those who got their car flooded near the coasts during storm surges. Driving in rain in Florida, the rainy state, is almost as deadly as driving in snow, so they need AWD. Thus, it's a good idea to have AWD to avoid slips in rainy or snowy states, as stipulated in the national centralization plan of the Eternal Travel Inc, whose aim is to reduce ice slips and rainy roads slips, accidents 5000 fold. Many youtubers show how Tesla Model 3 and endless cars with 5.5" ground clearance (ultra common) *scratch the driveway due to the* sharp angle from the driveway into the garage. This is due to a lack of centralization of USA garage, house building via Immortality Building Inc. Contractors have no clue what they're doing, playing with life & death. Every garage company builds driveways. It''s much wiser to buy Model Y than Model 3, since *many garages, public or of houses you rent rooms from* got this odd angle *that could damage battery by hitting it* and start a sudden fire on the road or while parked.

35 pages on EV RF (Tesla is the most RF polluting) & anti-crime/war, anti-hacker anti-spy safety:

Avoid self-driving in foggy or rainy conditions with cars without LIDAR, see how Tesla fails and kills people in fog and rain, vs LIDAR cars on autopilot. Newer Teslas also have insane deadly levels of radio frequency that cause cancer and Alzheimer, so with Lyft/Uber avoid Electric, as most Uber EVs are Teslas that *give you a headache like you never had in 5 years*. If Elon Musk runs USA, USA will disappear due to brain cancer. I write this so you always choose a non-Tesla EV if you can choose a ride car type. Teslas only have cameras, as the primitive self-driving cars, lacking the laser infrared 905 nm or 1550 nm light pulses of LIDAR. The virtuous universal *gentle*

tender soft nurturing loving kindness immortalist government will require the country's only car selling website, cars.gov of ~Eternal~ Motors, to list the brain safety *score* (*suspension* shaking *of brain*, measured by *MRI*, etc), the UV safety *score* (until we require all windows to block UV to save our eyes) and the RF (radio frequency from connectivity) safety *score*, plus EF score, other scores as explained at the Eternal Travel Inc car website. In immortalism, the most important thing is being healthy and living to 9000, not driving a sports car. Before we go into 35 pages on microwaves in all electric and gas cars, this paragraph will mention another related issue for EVs only. If you go to Amazon, you buy cheap Chinese phone chargers that cost 3-4$, instead of 9$ for original Samsung, but they often produce 5000 times more microsurge GS units, as measured by the Stetzer meter, so the house electrical wiring high frequency currents go from 50 to 2000 or above, a 1950 GS (Graham-Stetzer, rate of change of voltage with time, dV/dt, 1 GS = 24V/s, 2000 GS=48000V/s, *humming* = *high* dirty electricity, need extra filters) units increase, instead of 0.1 unit increase for original Samsung. Saving 4$ can lead to catastrophic (not just diabetic foot amputation, but death too) health outcomes (shown in 100s of books about electric meters, poles, lines causing cancer and immune collapse, ADHD, infertility, in the 1960s, 1970s in people, loss of milk production in cows (and probably humans too, leading to short lifespan of offspring)), as these currents were shown to cause many illnesses. If you buy a 40$ surge absorber, sold by one of the main companies (read the details in the 10 page section on dirty electricity: how babies are born with birth defects), it drops back to the normal 50, though some houses need 3-5 filters in a room to go to a really healthy 25, due to terrible US wiring standards, a cause of decentralized banditry capitalism. GM, Subaru, Toyota, etc make deadly EV charging cables (GM actually uses some from some junk Chinese company for some cars) that produce, like bad phone chargers, 2000 GS units, instead of a max of 5 that would be OK. To increase profits by 0.00001% car companies cause billions of cancers/short lifespans, so the Eternal Travel Inc needs to bankrupt and buy all these parasitic automakers and demand proper 4$ part to avoid such genocide. Before selling a cable to charge EVs with, they need to prove via studies of 1 million people that the cable doesn't increase currents and if it does, that it has no effect on blood TNF, IL-6, 100 health biomarkers. IMAGINE: you pay $50000 on a car, but the low IQ automaker won't spend $5 to upgrade their charging cables or on board chargers and home stations to be safe, typical USA greed (manufacturers need to put 3$ tuning filter, all products have different frequencies, some already started to put these in LEDs, but not everyone puts them in EV chargers, phones, computers, etc), due to the lack of immortality capitalism. Re-pub-licans call for more deregulation, so the most lethal products are brought to market, *such as gasoline cars with* 1000 times more microwaves *than many electric cars*:

Lyriq 200 MHz to 8 GHz microwave radiation power density is *0.002 mW/m^2 vs 3 front seats 70 back seats for 2021+ Tesla* with GQ EMF-390. If you look at *average (third row of* SSII meter*) you*

get different values: 0.02 (ten times higher than GQ) vs 3 to 70 for newer Teslas, though the Peak (1st row of SSII meter) varies from 0.04 to 3. SSII is more sensitive, peaks indicate biological effects more than average; a sudden high sound or RF can cause deafness or damage, even if average is similar. The only way to remove all peaks on most EVs is to call the manufacturer and have them remotely deactivate all connected services. While many EVs will seem OK in medium background areas with a cheap multi-function RF-MF-EF meter like 125$ GQ 390, with a sensitive RF only meter like 400$ SS2, you will notice almost all new gas or electric cars that have any connected plans, app access, find stolen car, remotely lock car/remote start car, plans, have toxic RF peaks until you call the manufacturer to turn off subscriptions, WiFi, OnStar, Remote Access and other things your car might have, so that the area 1 cm above car above the back antenna RF drops from 20 mW to 0.04 background level. So, basically, RF is not an issue if you can just use the phone for navigation rarely when you need it, since any car you buy (newer for EVs so you get 8 years of battery warranty) can have RF 0 by a simple phone call to turn everything off. In many cars, you press the button under the mirror, like On for GM cars and it calls the OnStar services and you ask to turn everything off. Your health is more important than wireless features and brain memory is far more important than being always connected to maps or whatever. If anyone steals your car, you can call manufacturer to turn on remote location and remote access and they can do it and catch the thief, the cops can locate the car that way. It takes seconds after a call to have RF go down 100 fold or to high, if turning it back on.☺☺☺☺☺

Before going in depth into RF values of cars (always use a good SSII *like meter* and read the peaks (not just average) in all car areas, as GQ is pretty useless for the peaks, here is a short paragraph on a safety feature nobody talks about: brain damage from bad suspension, especially Ford Mustang Mach-E EV, Nissan Leaf which need be banned from USA due to poor suspension. The safest (among the main ones in USA I tested) affordable (under 35K used) car for your brain is Lyriq because it shakes your brain the least against the skull *(with* shaky Ford Mach-E *and sports cars you can lose or* damage *eye sight, like astronauts in space whose brains push against the skull)*, and has less RF than newer Tesla. If you want to bring the RF down to lowest levels of the cheapest cars (without turning off all connected services) that shake your brain more due to poor suspension, you need to use some or a LOT of aluminum foil (disguise it with some grey paper or whatever the color of surrounding materials). Lyriq got 7" ground clearance, versus 5.4" for many Audi (range 225 vs 314 for Lyriq), Mercedes that cost 80-95K (versus 60K for a new Lyriq), and 5-6" ground clearance can wreck battery with a 5" pothole, causing death from fire for drivers later. Mercedes EQS 450 SUV is 104K new, 95K for 2023, outside of affordability. EVs have less noise and vibration, both of which damage the brain and organs. Lyriq is the quietest smoothest ride car under 300K sold worldwide, quieter than 150K Mercedes even. The best EV is Cadillac Celestiq for 300K. Any EV Cadillac is quieter than gas

Cadillac. Noise kills us slowly, creating biological entropy. Lyriq's smooth ride beats Tesla Model X and all other EVs under 100K, a used 2024 Lyriq under 10K miles (get a buyback one that GM fixed and you save 20K in price, autotrader has them) is only 33K. The sports section explains how brain damaging destructive horse riding, chariot riding and many sports are, so don't ruin your brain with a cheap Tesla, at least buy the Model X used to save your brain. The Lyriq is melodious like eterni lyrics and immortalist soothing calming melodies, a symbol to the victory of serene soothing feminine immortalism over death macho masculine modern war cultures.

When the ~*~Eternal Universal Peace~*~ & Immortality *for* All ethos of Immortalists wins over the death worship cultures in US and worldwide, USA will require all frequent driver (cop and delivery, sales, technical support engineer) cars to have very low RF inside thanks to RF blocking windows, max 0.001 mW/m^2, and later all cars, to prevent cancer, Alzheimer, anger, irritability via RF tinted windows. Today, the insane spread of cell towers means those who're in jobs that involve driving a lot get 1 million times higher exposure to RF than other rural people, leading to risk of early death, infertility, disease, as seen in the studies of early death for those living near cell towers. All tint stores will be required to carry tint that blocks not just UV and IR, but RF too, so any person can install it if their commute is thru a truly toxic 50 mW/m^2 area. The only 0 to low car RF Teslas are older models. Model X 2017 has no RF above backgrounds of 0.04 mW/m^2, and is the only Tesla that I found to be safe RF wise, there are probably other old model years too, but X has the best suspension and can cost only 28K, negotiate with dealer to get price lower, under 25K to get 4K used EV discount at the point of sale (ask them to give you lower value for trade in to get sale to 24999). Some other older models have 2-4 mW/m^2, but anything after 2020 is not 0.02 background level. Many 2016-2025 sunroof Teslas got 2000 to 100000 times more RF deadly radiation in the front and back seat areas (front area near center mirror in Model Y 2023, back seats in Model 3 2021), than the lowest RF (0.001 mW/m^2) EVs in America (shown in the next paragraph). Use GQ EMF-390 meter to see high RF areas and block them with taped aluminum. This RF can cause infertility, brain damage, heart attacks, strokes, cancer and more. Elon claims 67% of his friends are Jewish (or fake Jews?) to (hide his Nazi beliefs?) sound clueless about antisemitism of his grandfather, if so, is Tesla a Mossad company, is he a crypto Jew (Jews who pretend to be antisemitic gentiles) who tries to poison gentiles in order to make Jews come on top? Or is he a communist (or MI6 spy) trying to destroy Republicans (or MI6 enemies) who might buy his cars due to his pretend "right wing" beliefs (or his real UK links)? Or is he even clueless about RF and his Jewish handlers make Teslas deadly? What else does that car have, infrasound or etc that damages health and Elon or his handlers hide from us? Due to high RF, if you get a Tesla (sentry mode notifies you when anyone approaches your car), follow these RF blocking *steps*: 1). roof taped with Aluminum to block RF waves (& IR weapons), 2). back window taped with clear RF film. You may need to retest with SS2 meter the peaks (not

average only) of any new car to make sure they're not higher than the values of background RF outside the car, without paying much attention to what measurements I got in this chapter, since this refers mostly to certain trims, and car years that may not apply to your car and you may have more or fewer connected services which can lower or increase RF by 5 or 500 fold. *This chapter is just a general guide* to start the thought process of figuring *out how safe your car and all WiFi devices are in your home by using* a reliable SS2 meter. ☺☺☺☺☺☺☺

The glass roof in any EV with high RF antenna on the roof means insanely toxic levels of RF *under the antenna on the last row, which will "destroy body permanently", so use* 8" wide aluminum (Al) tape, plus clear tape on top to prevent microscopic aluminum particles from contaminating the car, to cover the sunroof, or kitchen Al foil taped with clear tape. Silver roof is neutral, helps you educate people about RF. This 10 cents fix will save $500 billion in health expenses to undo the damage done, which is, as you can figure, irreversible. Tesla *(without RF film on back window)* is only safe for families of 1-2 people, with no people in the back seats, and only if sunroof is taped with RF film or Al foil. The only way to make Tesla and other high RF on last row of seats cars safe for 3-4 people families, is clear 99.99% RF block film for back window, required by federal law. Back window can't be opaque, where Tesla evil designers placed antenna, so you need clear film (RF blocker) used by gov agencies that handle classified info, to protect your kids who drive in the back. Teslas sold in USA are made in USA, so they are, (like the much lower RF US designed/made Ford F150 & Rivian cars), least likely to contain frenemy nation GPS trackers, weapons or spyware. Equinox EV and Mustang EV (that are sold in USA) are assembled in Mexico, so they pose a security risk, while stuff assembled outside North America is even riskier. Amazon has 99.99% RF tint blocks also 99% UV block 95% IR block films for 200$, from the company making the best RF meter. Tesla 2012-2014 have 3G, and 3G discontinued in 2022, so 2012-14 are the safest Tesla cars, if owner didn't upgrade to 4G/5G modem: use your phone for GPS. Avoid glass roof cars or, if you got sunroof, place aluminum tape (cheaper than sunroof film) plus clear tape on the sunroof, because city RF is deadly. That's why aristocrats live in areas with no cell towers, the slaves get all RF pollution. We don't need cell phones, except for emergencies. Tesla 2nd antenna design is deadly, it should never be on a window. All governments need to require RF film for cars with antenna on the back window and RF film on all cars with sunroof. Most gas/EV cars today are highly toxic even if you turn off connectivity, WiFi Hotspot, etc, so you need Al tape or RF film on back window (or all windows if you're a driver or drive hours daily as part of your job) at least and/or roof. Below are 12+ safer EVs (without the RF tint or aluminum tape/foil used) I tested with GQ-390 RF levels ≤ background (residential 0.001-0.010 mW/m^2), not the more sensitive peaks values of SS2 meter (do that test yourself as I didn't test all the cars below with that) when WiFi Hotspot, connectivity are off:

1). Chevy Equinox 6.4" GC (Ground Clearance) & Chevy Blazer 7.9", see Equinox GM website, the

cheapest high range EV: 319 mile range, 356 on highway test, 46 miles above Tesla, 23k basic trim after 7500 federal, 1000 Costco, 1500 GM rebates, $2000 dealer rebates, so 23K at one Michigan dealer, for 15000$ lower price than Tesla at many dealers. Equinox rides much better on bumps, potholes, rough roads than all EVs (except Lyriq, which is smoother than Equinox, or any Tesla Model X, X being the best Tesla suspension) under 80K on the US market, like Blazer (more truck like), Prologue Honda (a rebranded Blazer), all Teslas ***(Model X 2025 is close to Equinox, but most Teslas, especially 3, Y are trash)***, most used Audi e-tron, especially the ultra trashy suspension Ford Mustang, Toyota Bz4X, Subaru Solterra. **1.1). The 7.9" GC Chevy Blazer**, see Blazer GM website, buy new 34K after rebate 2024, ***is Equinox*** with extras, **it is the only US non-truck EV with a high (safe) ground clearance in flood prone or 2"-10" snow prone areas of USA (most USA).** Model X only reaches 8" and even the old models, 9.8" option only works at 15 mph. **EVs have battery on the bottom, so with low ground clearance you hit that battery in potholes, hits which can start a battery fire later.** Honda Prologue is a Blazer made at the Equinox/Blazer Mexico factory. The Blazer, Equinox series has the roof extend 8" past the roof antenna, blocking RF way better. Blazer/Equinox drive way better than Teslas, even Model X. They got 360° camera like Rivian, making Chevy parking far easier than Tesla, as you see the left, right, front, back from above real video (not a simulation like Tesla, see front/side views of cars, trees when moving into a parking spot too, way better than the "cloud for a tree" in Tesla, you see exactly if you may hit tree, you see the real life video, of a new object, stick, wire hanging that Tesla simulation can't see), unlike Tesla 'Vision'. **Quakes, floods, fires, nukes when road got 7" snow, bioweapons require fast escape**, by going on the grass or off road, parallel to the highway, due to miles of cars stuck, so **7.9"** helps. Nuke blast means all roads have debris 1-7" tall that stop cars with 4-7" **clearance**. While some cars with air suspension allow high 8" clearance, it's only at low speed. When hurricane/tornado happens, debris on roads can mean death if in a tornado eye. During storms tree branches, etc, car parts can be on roads, some cars fly 10 feet into the air.

2). 6.5" Nissan Leaf bad *suspension* **3). 14.9" Rivian R1S/T** **4). 7.0" Chevy Lyriq**
5). 5.4" Mercedes EQE, EQB & EQS **6). 6.1" Kia EV6 & other Kias** **7). 6.5" Hyundai Ioniq 5**
8). 5.7" Ford Mach-E worst *suspension* **9). 5.7" Hyundai Ioniq 6** **10). 8.9" Ford F-150 EV**
11). 6.9" Audi e-tron Q8 (some models only, not 2021 Q4) **12). 8.3" Subaru Solterra**

These have no RF higher than background (if you use GQ-390 meter, not the SS2 peak values) when connectivity is off. A few old Teslas also got 0, like Tesla **Model X 2017 whose air suspension has 5 levels: 6.1, 6.7, 7.5" (standard), 8.1, 8.7**. However, Tesla tends to attract odd China (could be paid Chinese military thugs staging malfunction to cause Chinese customers to buy Chinese cars) lawsuits, so it's not clear what is going on. As long as you're short and your head doesn't reach close to the roof (where SS2 peaks can be higher than background in some

models above), these models don't need Al foil or RF blocking tint film, because you can simply turn off connectivity (if already on from the factory, WiFi services under WiFi Hotspot for Blazer/Equinox for example)) in settings or not subscribe to their connectivity packages, or turn them off from the previous owner. If you're very tall, you can simply lower the driver seat to the max, and if you still are 3 cm away instead of 12 cm away, you can place aluminum on top of the sunroof if your car has sunroof and also above the roof that is metal above your head. On Blazer EV the GQ-390 mW/m^2 is 0.001 mW/m^2 in areas with such low 0.001 mW/m^2 background when the car is idle in all areas of the car, if WiFi Services are off. Tesla Model Y 2023 LR for example, has a front seat radiation of 15 to 70 in most areas and 500 mW/m^2 above the center mirror for seeing back traffic. The back seats where head rests got about 20 mW/m^2, or 20000 times above the healthy level in a clean residential area. Tesla Model 3 2021 though has only 10 max upfront and 70-80 mW/m^2 in the back where the baby seat would be, so it is a genocide to leave it without aluminum tape there. The individual front mirrors also have high readings around 190 mW/m^2, so for a Tesla Y 2023 you need to use double taped (with clear plastic tape) aluminum foil or aluminum tape that is then taped to the 6 inch by 36 inch area in front, possibly even the sunroof and also the back area where the GQ EMF-390 meter jumps and beeps. Each year model can have radiation high levels in a new area. As you may imagine 500 for Tesla vs 0.001 mW/m^2 Blazer/Equinox is a half a million fold difference between cancer and being healthy, plus Blazer has higher ground clearance, has much better ride quality than Tesla, less bumpy drive, shakes a lot less during pothole hits. Tesla Highland 2024 Model 3 lost 24% of range in winter, in the Norway test of 24 EVs. Many EVs lost 10% or less, which is way better than gas cars which lose 15-20%. However, Tesla can be brought down to 0.5 if you put a lot of aluminum and you can use some white paper with aluminum taped on the other side, so people think you have a white interior car and nothing else. It's paramount to aluminize the sunroof (tape foil to it) or if you got money, to put RF tint, though that tint only blocks some stuff. The model Y and Blazer both have 5-6 inches left between the nonglass roof and the top of even tall people per reports (6'4"), while Blazer has 9 inches to its sunroof. If tall, you need some aluminum in the back on some cars, to reduce RF to 0, since top of head is too close, use a GQ EMF-390 to see and put some aluminum under the sunroof blocker. Each year, new antennas may be added or removed, so this is a general guide, use your 120$ meter to determine where to use aluminum tape. It's possible most cars can make it to this list with some aluminum above the driver seat, but the dealer didn't know how to properly turn off all connectivity, cellular, WiFi, Hotspot, Bluetooth, etc beyond the obvious settings anyone can find who is new to a car (I tried to turn everything off before doing my tests in residential areas with low RF of 0.001). You need to unsubscribe from any trial that the dealer may have had the car on, to give customers a taste of navigation or the subscription, so you don't subscribe to anything and turn everything off, call manufacturer to turn it all off until you get 0.001 mW/m^2 in an area with 0.001 RF.

Tesla said explicitly you can't turn off real connectivity (meaning RF signal is not off when you use that global 'turn off connectivity' that requires your Tesla password), when I called 15 times, various showrooms/departments, since Tesla is the only manufacturer that has sentry mode, remote access, and all kinds of things, so it may be only with Teslas you really need that aluminum foil on the sunroof and RF block tint on back window (or sunroof too if you can afford it instead of foil) or even film on the rear door windows if RF is not low enough. Teslas are the most connected cars, so they require the most work to bring RF to a healthy level. Many cars have a way to turn off most or all RF, you just need to confirm that in a low RF area, after doing all the less known things that the manufacturer tech specialists tell you. If a car area above head or etc has high magnetic field due to a hidden weapon activated only when you don't measure the reading, but are driving and they see via cameras you or someone doesn't measure it, you can go to lessemf.com and buy a magnetic shielding material (nickel, steel are good, ferromagnetic) to tape above the driver seat (or your aluminum cubicle) or others, besides the aluminum foil to block RF and electric field. Al foil doesn't block magnetic field. Nickel foil is more effective at blocking electric and magnetic fields than aluminum, so if you can, use nickel foil available on Amazon or etc. Tape it with regular tape. RF tint film protects you against microwave, IR/UV weapons too: it is regular IR/UV tint that also blocks RF on top of that. Heated steering wheel and heated seats have a magnetic field of 200 mGauss (EPA limit 2 mGauss) within 1 inch which is known to cause cancer etc, so be careful to not overuse heated seats and turn it off, using warm seat covers and dress very well, with gloves. Infertility, prostate, colon cancer can be the result of heated seats, beside internal organ damage, via blood free of antioxidants, etc. The Eternal Travel Inc will sue automakers, so they go bankrupt and are acquired by the state, making all Eternal Travel (the largest car company globally) 'subbrands', with every car having Eternal logo (not Ford). Likewise, all automakers will be sued for high RF above tall driver, passenger and some back seats. In freezing temps or below, gas cars lose 20% of range, and EVs can lose 10% too, some brands even 15%. 2025 Juniper Tesla will have more connectivity, connect from further away, so more RF maybe. ☺☺☺☺☺☺☺

Lyriq RF level in the background of my tests outside the car was about 9 $\mu W/m^2$ for the 3rd line called Avg (Average), with peaks at about 25. Inside the car in the driver area the Avg moved to 20-200 for average and 200-20000 for peaks (first line of Safe & Sound meter). This is not high, since with most new Teslas inside you get 2000 to 70000 for avg. However, inside a house on a quiet street, you only get 4 $\mu W/m^2$. The peaks were high on the roof near the door areas and above the head of driver and passenger, maybe 300-8000, and also near the back antenna. The average was way higher for the back seats due to that strong antenna on the car roof in the back, so it reached even 500. 1 cm from the antenna itself was about 20000 average and 400000 peaks, sky high, when meter was outside the car. Call the manufacturer to disable all

connectivity for best health outcomes. If infotainment screen doesn't allow to turn off WiFi or WiFi Hotspot, Bluetooth etc for a given EV or Lyriq version, you can simply download the app for the car you have and do it from there or by calling the company to do WiFi off or turn off all connectivity for you. Hackers, spies, etc will have a harder time to track your location and attack you if all is off. In the same location, simple less connected cars, like Subaru, would have the inside the car values lower than outside, due to the Faraday cage effect, while in Lyriq and most EVs it is higher inside due to always checking for cell tower location and EV location, due to these EV remote access, etc freebies for 8 years that come with every newer than 8 years car, etc. You could use some aluminum blocking foil and cover it with something on the areas that your meter shows to be higher peaks, like a flap or something, that you can remove easily by lifting the double clear plastic taped aluminum foil.

EVs have 100 times larger batteries so if foreign automakers use cars to map USA grid, map people's atomic signature (in order to scan the planet and find out where they go to for the rest of their lives, a map of atoms that change only every 70 years), map buildings, attack certain people without any pain or awareness by writing their brain, emotions, DNA, we would not know it since there are 5 trillion ways to do it and USA not knowing it… Importing foreign cars is suicide for any nation, a country can conquer another with EVs or even regular gas cars alone, even those made domestically with foreign parts that have dual use. The only safe cars are 100% locally made with 100% local parts. The Japanese could attack only once every month or 3 years, a target person they took atomic picture of, from satellite from Japan, from even miles away and nobody would know or feel their DNA or biological age is 3 years shorter all of a sudden over a period of time, hence monitoring biomarkers weekly via Immortality Parks would be important. The attack could happen also from other Japanese gas cars that pass by a car, at a certain trigger, to avoid satellite detection. Using a swarm of cars each having a certain way to signaling via 30 loops (30 cars) which action to take, makes it ultra hard to figure out what is going on, since could be non-Japanese cars with Japanese parts. Same for any foreign parts. Initially I ordered a Tesla Model Y but the microwaves were so high, 100000 times higher then Subaru, that I canceled my order in 2024, not realizing I could have used aluminum tape or foil taped to roof and the microwave blocking tint to make it microwave free (on the back window at least, where the Tesla antenna is taped to the window in a zig zag fashion, but the whole car would be ideal for any car these days since it protects you from microwave weapons). That's why I wrote so much about this, so you don't make the huge mistake of buying any car made outside USA. Any Tesla VIN has a final letter, if it's F it's Fremont California factory, A it's Austin factory, any other letter is outside USA. Nissan Leaf 2012 made in August, was also made in Japan, the one I had since June 2016-Jan 2024. One disadvantage of cars with metallic roofs is that the companies (car companies are branches of that country's military) or even CIA-FBI can

install above the head various electromagnetic weapons that penetrate head even if you tape roof with aluminum or wear an aluminum hat. Because of that, ironically, glass roof Teslas with aluminum tape on the inside, and RF film on back window, is safer as they can't hide those weapons right above your head, making Tesla in a way the safest car from this point of view (you still may need to block the head rest, door or remove the head rest of the seat or some mirror parts if they hid some devices there to attack head from a larger distance – though with aluminized hat, it won't be an issue from a bigger distance). However, spies can install them on your Tesla doors, under your legs, in the mirror. Avoid foreign cars made in USA (Korean, Japanese, Swedish cars made in USA with many foreign dubious parts, spyware goes to servers in host nation) and foreign made cars, including any US cars made in other countries, because the reality is a US factory outside USA (like GM Equinox factory in Mexico, Mexico lost 55% of land to USA in the 19th century wars) can't hire 500 workers for 24-7 monitoring jobs to see every single activity in the factory, every worker move, every sleight of hand from 200 angles (like with illusionists who hide tiny objects magnetic things in their palm), and every cloaked invisible almost drone flying at night in darkness to introduce a part under a car that spies, harms, emits waves and disables Americans within 2 or 700 feet… We're in a state of war, our planet is, due to the lack of one country, one language, 11 companies for all. *The so called "allies and friends" of USA are on paper, behind the scenes other things are going on, both ways. Everyone knows that.* Mexico is in a state of war with USA, trying to regain its lost land and will use anything to get it, so all US factories in Mexico must return to USA. There is only one solution in the long run, one country, one language on Earth, anything else is a lie. One identity, humans. Here is a list of the 2024 100 most American cars and EVs, with German ID4 being # 3, ahead of Tesla Model 3 # 21, but behind Model Y (#1), ahead of Model S (#4), Model X (#9). The full list of 100 most American cars (least spying if you turn off all connectivity) for the current year is at cars.com/american-made-index. Never use VW apps/connect software, to avoid German spying. The 2024 ranking is here and it shows only 8 EVs make it into the top 100 most American cars: the 4 Teslas (#1,4,9,21), VW ID4 (#3), Ford 150 (#56), GM Lyriq (#71), Mercedes EQE (#98) (70K new, terribly low ground clearance for all 3 Mercedes US models, EQS starts at 108K and reaches 160 with options, making it a waste of money). A dealer got ID4s for 25K after rebates. Equinox is less agile than ID4, but got a less bumpy drive than ID4. The Equinox thus beats ID4 (especially Ford Mustang horrible ride, all old Teslas, even Model X air suspension, Audi e-tron, etc) for brain, ocular, general health, affected by bumps. However, all Internet reports say ID4 charges 50% faster than Blazer, Honda Prologue, Equinox (all use same Ultium battery) on 150 KW charging stations, so ID4 is better for those driving long distances on road trips, with little time to wait for charging, who're low in IQ enough to prioritize speed instead of brain health. Many EVs say max charging speed is 150, but in practice it's 90 at 150-350 KW chargers. A Lyriq is 33K used (3300 miles), it drives way better (superior air suspension, quiet)

than most EVs, including ID4, Tesla Model X (and WAY better than Model 3, Y). Ford 150 being a truck has tough tires, big tires, the roughest drive. All these 8 EVs are made in USA, unlike Ford Mustang, Chevy Equinox/Blazer made in Mexico. Lyriq is # 1, the healthiest Spyware Free EV, shaking the brain, eyes, body the least, X is # 2. It's called Lyriq because when you listen to music you hear music, not the bumpy road/potholes, etc. Its ride is like a song, harmonious, soothing, relaxing, healing, lovely, amazing. On 70 mph tests Lyriq goes 340 miles, Tesla only 280. Lyriq achieves more than its EPA range, Tesla less. Google "window sticker any car made model year": Bolt EV is US made, but only 58% are US parts: engine USA, transmission Korea. Window sticker for Blazer EV 2024 says 62% parts made in US/Canada, 18% in China, while Model Y 2023 AWD LR window sticker says 75% US/Ca, 20% Mexico, Model 3 2022 35% US/Ca 20% Mexico, Model Y 2022 PERF 60% US/CA 20% Mexico. Lyriq engine and transmission are from China GM factories, unlike Teslas from USA, and Lyriq 62% parts US/Ca, 18% CN. 2023 Subaru Solterra 70% Japan, 30% CN. 2022 ID4 90% Germany, 2024 ID4 32% Mexico, 50% USA, engine Mexico, transmission Japan. Mexico China parts poses national security risks. Nissan Leaf 2024: 45% Japan, 30% US.

Before 10 more pages about RF, this short paragraph covers safety during power outages: EVs *remove the* need for generators or battery storage: Equinox 2024 2LT got two 120V power outlets (1LT has one) to plug power strips and use six 550 watt heaters to prevent winter pipe breaking. A Ford F-150 Lightning EV can have up to 11 outlets: 2 in the cab, 4 in the front trunk, 5 in the bed, including a 240V outlet in the bed. Cybertruck only got 4. Most EVs only got 0 outlets (Subaru, etc), even Kia EV6/Nissan Leaf/Model 3 got 1, EV9 got 2. Small cars are useless in winter climates as battery storage alternative, as they have 0 or only 1 outlet, if any. You need a car with 2 outlets minimum, meaning 3600 W to power 6 heaters of 550W, silent oil heaters. Outlets enable us to heat our home in a power outage to prevent pipe freeze, which could cost $50000 to fix. See all types of car to appliance charging: V2L (load: PC, etc), V2H home, V2G grid. The safest "hidden foreign invisible radiation weapons wise" cheaper EVs are 1. Tesla Model 3 (if using Al foil or RF tint on sunroof/back window), 2. Rivian, 3. Ford F150 (26K after rebates, deals in some locations, brand new, so way cheaper than Tesla/Rivian), due to being US made.

Short paragraph on BATTERY DRAIN WHILE IDLE: I left Subaru Solterra for 2 weeks outside in cold weather, where minimum was 9°F to 27°F mostly, and saw that it lost 0 miles parked outside. On the other hand, the Blazer EV, Teslas and all cars with heat pumps lose in similar weather, 4 to 9 miles just sitting idle outside, to maintain perfect battery performance. However, Blazer EV is way healthier, since its suspension is wholly superior to Subaru, meaning you damage your brain a lot less. So Blazer wins over Nissan Leaf, Subaru cars. Teslas can lose 16 miles daily while parked, and while driving, 60% of range in subfreeze weather. Even junk cars with no heat pump, like Nissan Leaf, lose 4-9 miles during cold winter weather or even more, when left outside in freezing weather. Not so for Subaru. I never noticed odometer change from

day to day, be it 3 days or 14 days. If you live in not so cold states (DC, NC, NV, OR, SC, CA, AZ, TX, LA, FL, GA, MI, AL), Subaru and others like it will save tons of money versus many EVs. It's not just money, but lives, since people work to maintain solar power, wind farms, etc, instead of discovering how to live to 500. A guy lost 48 miles in 8 hours at minus 22°C (-8°F), on his Tesla, so many EVs are useless in Canada/US coldest states then. Equinox got 145 miles at 75 mph in -6°F weather, from 100% to 10%. Many park outside for days in a row at minus 8°F, so battery will go DEAD, as they only go to buy food once every 2 days, from Friday to Monday it would be DEAD, can't start the car need road assistance if on the street away from house plug. Most people don't live in such areas. This is important to know for EV safety, since you may not be able to start your car, use a garage. Wind chills can be 40°F cooler than ambient temp outside, so use a car cover that protects the car from wind chills, covering the front grills well, so the car is not cooled too much. You can buy a good cover online and attach a piece of the bag or something to the front if too short and strap it by the mirror and first foot of the trunk with the provided straps that come with most covers, if your car faces the wind, to prevent the cover from being blown away. Not having a car cover can mean paying 500$ extra on electricity, due to loss of range due to wind chills. However, only 5% of world population lives in such cold weather and only part of the year. Over time, they will create batteries that have no such cold weather issues. Meanwhile, take your car cover and attach a thick blanket to it, to keep it warm in the garage in Canada, Russia, Scandinavia. Seal all garage drafts with caulk and etc and add thick fiber glass insulation to the garage. This way, you can have EVs in Earth's coldest countries. USA could export electricity to Mexico/Canada using solar, wind. Instead, the republicans import oil from Canada/Mexico that we don't need: they fight EVs, poison the poor. Trump is a Russian spy?

For Mustang Mach-E Ford EV, you need to go to connectivity in settings and turn it off (it asks you if you want to turn off all connectivity, meaning navigation etc), besides turning off Bluetooth and WiFi Hotspot. The same applies to Ford F-150, you need to turn off connectivity, WiFi Hotspot etc to get it to background level of 0.001 mW/m^2. Kia EV6, Ioniq 5,6 and Solterra/Bz4x have no RF near antenna that sits on the car roof vs Rivian or Blazer that reach *outside the car* above the antenna (not inside) 400 mW/m^2. However, for the Blazer, Equinox, as long as you don't buy the glass roof expensive option, the antenna makes no difference inside, as metal blocks most of that RF, so the back seat remains almost background level 0.001 mW/m^2 where the head/body of back passengers are. You just go to settings and turn the WiFi Hotspot off to lower RF about 5000 fold. If you're worried about RF, simply use aluminum tape to cover the roof area above the back seat in Rivian third row. If you buy Equinox EV 1LT basic model or other ultra basic EVs, they got no warm car seats, so in winter time in cold climates you can use a $50 automatic shut off (after 3 seconds of standing) seat warmer (regular ones require you to turn it off yourself, which you will forget and get a dead battery) or get some ultra thick pants

and ultra warm blanket to place on the seat. Equinox 2RS and 2LT are the same, they got the exact same features in the window sticker, except RS has 21" wheels and 285 mile range, while 2LT got 19" wheels and 319 mile range. RS allows faster acceleration, being a performance version of the LT, like Tesla Model Y performance vs standard. Backup (driving in reverse) cameras, take 100$ to install, if your basic new or used EV lacks one. I use warm car seats (cars have controls for them or you buy one) and this improves range a lot, because I don't need to turn on the AC to bring in warm air for short trips, the car seats are enough in 35°F weather. A fluffy steering cover will keep hands warmer, so would gloves. If your EV has dark color, which dramatically increases risk of accidents (50% more if black vs white) at dusk and dawn and foggy overcast weather, you need to buy fluorescent adhesive strips to stick to the car. They got $7 15ftx1" white (grey during the day) tape, 2 lines on all 4 doors and 4 side panels (Amazon has many cheap ones, avoid them as they're dim, useless and not ultra bright like this one that appears bright white in the light at night, making it impossible for anyone to miss you), back of car one line or two and also front, very nice, it become ultra bright at night or dusk-dawn when most accidents occur, so people will see you. Being alive is everyone's # 1 goal, so spend 40$ on this, if you don't drive a bright yellow or white/light silver car. If you turn on AC, Equinox EV real world range decreases from 350 miles to 280 or 250 if a lot of heating. Back to RF, do your own tests in areas with low 0.05 mW/m^2 outside radiation (country) and decide if anything major happens, since it's hard to do a lot of tests in cities during a test drive on quiet low RF residential streets. Monitors of laptops or even cars can have hidden cameras on the black side on the edge, that also function as masers, or microwave lasers to attack your brain, eyes or even heart. Be careful what car brands you buy, as they can hide those very well. I placed aluminum tape on my laptop monitor upper edge, due to a 3-4 hidden dots there (cameras) visible only when you use ultra bright light (1 is obviously huge, the camera). I'm sure, with advanced tech, they can hide 10 times the number, to create 30 cameras. All big companies are branches of the aristocratic clans whose main hobby is torturing, spying on, oppressing and keeping enslaved the 97%.

Tesla and 50 other car makers who make high RF cars could be sued for 15 trillion dollars for the RF levels. I contacted Tesla and nobody cares about RF, even if they knew I canceled my order for Model Y because of the astronomical RF, and there isn't one button to turn off all RF sources that bring mW/m^2 above 0.01. All these cars were in the parking lot at a dealer and driven to an area with 0.001 mW/m^2 background, without subscriptions, so signing up for the manufacturer app or service may increase RF as you can see it on your meter, so if so, you can cancel the subscription. Safe Sound meter safety card says safe is 0.0001 mW/m^2 or less, but most meters don't even detect that and that is way lower than 99.99% of places where humans exist today. The most important thing to note is all phones in airplane mode can still provide directions after you got the steps on, and they emit up to 1 million times less radiation in that airplane mode.

GPS works while airplane mode is on. Above or around any area of Nissan Leaf 2012 electric (and even 2023 Leaf, and *probably even French cars that are almost identical built by Renault-Nissan alliance called Zoe, cheap cars, without all fancy connectivity*), inside Mercedes electric cars (3 on the US market in 2024, not sure about 2025+ new models they introduced), inside most Rivian R1S, inside Kia EV6, inside Chevy Blazer/Equinox, Hyundai Kona/Ioniq 5, 6 I get around *0.001* mW/m^2, if background is the same 0.001, using GQ EMF-390, which picks up *10 MHz* to *10 GHz*. I also used Safe Sound 375$ meter to confirm. Mercedes, Leaf 2023 were only tested while turning the cars on, not driving them. Ioniq 6 has drag coefficient 0.21, the lowest of any EV, so at high speeds, its 360 mile range (long range rwd version) range won't decrease a lot, like with Ioniq 5 (drag 0.29) or most EVs (27K for 240 mile range RWD brand new almost, 40K for 360 mile range SE RWD after company rebate, no 7.5K federal discount, unless leasing it, but Hyundai offers 7.5K discount itself to make it competitive, so price drops from 47 to 40).

High ground clearance is better for pothole rich hot states, like California, Florida or rural areas with bad roads or dirt roads. In Florida and California, heat melts roads and causes potholes to happen often, especially in tropical South Florida areas where thunderstorms act as a pressure washer wearing away the road fast when soft and hot. Blazer/Equinox EV has negligible RF (background RF level almost, so 0.4 mW/m^2 in that polluted dealer area) in the back seats (where passengers sit, though if a tall person and leaning back towards the trunk you may get 2 mW on your head vs 0.01 in low RF areas, like when driving on interstate highway wilderness areas (lots of trees on both sides of the road acting as blockers) or any wild areas where background shows 0.001 mW for miles) than some of the 0 RF models). On the outside of the Blazer the antenna gets 400 mW/m^2 if you place meter 1 inch from it, but it drops 100 fold to 4 mW if you move a few inches away. Rivian got high RF (5 mW/m^2) on the third row seat due to the Rivian sunroof and bigger Rivian back window that makes the back antenna on the top of the car penetrate the inside of the car easily. Always go for solid cars and avoid glass roof ones as the glass allows microwave lasers thru easily as well as RF from cell towers, so satellite weapons can attack you, as well as roof, tree, antenna mounted disguised laser systems, drones, rewriting your brain as you drive. Fisker Ocean has some RF, background level RF while idle and driving at low speeds, but sometimes 5-20 mW/m^2 on the driver and passenger front seats (up to 50 mW/m^2 sometimes, on the passenger dashboard for some reason) at 35+ mph. The back Fisker seats have low RF, almost 0, so kids would be 50000 times safer than in a Tesla. *0.001 is background radiation in low RF areas*. However, around 2021 Tesla Model 3 antenna on rear window, while car is idle, it is 110 mW/m^2, inside the rear seats 30-70 mW/m^2, 110 is 0.1 million fold HIGHER. I tested Tesla Model Y 2023, Model X 2023, Model 3 2021, Model S 2016. Others on youtube did tests with many other (ball type, for 3D RF catching) meters and some got 40-150 mW/m^2 everywhere around the 2022 or 2023 Tesla Model 3, experiencing the same headaches I

experienced since my first mobile phone and all others ever since. Sadly, Elon Musk has screwed up, too much RF is bad for health. 2024 Teslas may be less or more than the insane levels of 2022/3. So, the year of the car makes a difference too, not just the brand.

The important thing is to have more people test with more meters, like Latnex ball types (Latnex is bad, I tested it and returned it, can't pick up much at all, vs the GQ, etc), Safe Sound, etc., *while making sure everyone turns off all sources of RF, all phones turned off, WiFi, Bluetooth, cellular devices, GPS, etc so that people don't read the phone and think it's the car.* Never sign up for car navigation and other connectivity, because the moment you turn those on, your background RF in the car jumps in many models, dramatically. Avoid Android Car Play (app to show maps on display instead of phone, for less distraction than placing phone lower than the display, though phone with a phone mount on windshield or any higher than car display position nearby will be less distraction than turning to the right to look at the car map display), since the moment you turn the Display of your car on, RF starts to go up and the level of RF near the car display is huge, like near a phone; connecting to the car, makes the phone a conduit and enhances headaches. Stick to using phones in airplane mode (GPS works, since airplane mode doesn't turn off GPS), get directions in normal mode, then once you got them, turn airplane mode on. This way you only get some RF from GPS which is tiny and in many interstate drives, you simply go on a highway for 120 minutes, so you don't need the phone on, except when close to destination, you can turn phone back on and the car console will show the map again and guide you easily verbally, providing a million times less RF than having airplane mode off all the time for the last 5 miles of the drive thru many turns away from the interstate. If it loses signal, you can always reconnect airplane mode for a minute or 10. All new gas cars have high RF, especially if very connected and premium and fancy. It's useful to know that Latnex is made in Taiwan, while GQ in USA, Sound in Canada of US-Canada components. Even if it was 273$, twice as expensive as GQ, it picked up only 5 mW/m^2 when GQ picked up 900 mW/m^2, Safe Sound picked up 900 mW/m^2. Latnex displays 0 in the car, meaning it can't pick basic 0.08, or 0.001 mW/m^2. If you removed the ball everything is around 88 mW/m^2. It's sad the 3 times longer meter performs so badly. I thought the three-dimensional XYZ ball is more sensitive, but the high low medium and the other one it doesn't even register a lot of the spikes the North America made ones are picking up all the time or picking up on a fraction of the signal.

Rivian is the only huge American car I found that has no RF in the front 2 rows of seats, except within 3 inches of the top of the roof of the 3rd row and trunk due to the antenna which you can easily see. Not all cars emit so much 0.01-10 GHz RF near the antenna like Rivian or Tesla. VW ID4, Audi (2 mW for Q8, Q4 too, but a lot less than Q8), Volvo Polestar, Chevy Bolt EV, BMW EVs, etc all emit a lot of RF (2000-20000 times more than the safest cars) and I would avoid them, if you want to live longer. You may find a way to turn off all connectivity, WiFi Hotspot, etc and get

it lower than I did after turning all I could off. Based on RF data, it seems logical to stick to Mercedes if you love European cars (*all Mercedes EVs sold in USA are made in USA, so you get really American cars, American batteries, designed in Germany, hence they qualify for 7.5K rebate in 2024*), or, if you love USA made/designed EVs Rivian, Blazer, Equinox. Rivian is the safest US car for many other reasons, as explained below, it's also the only 0 RF (first 4 seats at least) EV that has a 1500 watts 120V socket to plug a strip with a small fridge, 5 fans for the windows to get fresh cool air when it's warmer (to avoid turning the car on which would generate EMF, RF, etc of higher order, very useful in case of WW3 or natural disasters, when you try save on electricity), a smoothie maker, a laptop charging, HEPA or better air filter (better than Tesla without such an outlet). Ford 150 EV, some Volvo EVs, etc also have 120V AC outlets in the trunk, and some even near the console. These amazing & beautiful EVs, with reverse charging (adapters that plug into charging port and have AC outlet on the other side) or AC outlets are diminishing risks during natural disasters, replacing generators in case of power outage. With off-grid solar panels, one can charge the EV for free, avoid the unreliable grid or gasoline. People who're Tesla fans post videos about magnetic field being normal on Teslas and conclude "Tesla is safe", but we're talking about the microwaves here, since all cars have normal magnetic field for the most part, under 2 mGauss. With a good GQ 390 meter you get the exact main microwave 1.6 or 2.4 GHz frequency (look at the graphs for the regions covered) that causes most of the intensity in a car. If you get other meters, for radio waves, you can get those too, though radio is far less damaging, having much lower energy. For exact measurements and full coverage of graph, get a 9000-25000 Anritsu spectrum analyzer from anritsu.com, some scan 9 kHz to 170 GHz, so it covers all radio, microwave, millimeter wave, giving you undreamed of precision versus the 70-500$ meters, most of which have no spectrum analyzers (except GQ).

Rivian R1S is really a tiny house on wheels almost, you can literally sleep in it for months if you want to or get a PO Box, take showers at some gym and live without a house if you find quiet places, safe ones to park. It can wade thru 3 feet of water, so in flood prone areas it is a must. Rivian will release in 2026 the R2, R3, R3x, starting at 45K, vs the 66K R1T and 71K R1S. The R2, at a cheaper price, will enable you to camp much better than Tesla with much more room for tall people (just like R1S today is fine for 6"9" guys, while Tesla is only comfy for under 6' people), at 100000 times less radiation than Tesla, since front seats come down. Also, Rivian is the only car allowing the 4 back seats to fold and giving you 1.5 foot extra of space vs Tesla Model Y and all big SUV electric cars of 187", because it is 217". Rivian seats are so adjustable and it only starts at 71K. Tesla makes most cars outside of USA anyway. The truth is no USA sold meter will pick a lot of frequencies that CIA doesn't want picked up. Hidden spy cameras are in every Airbnb rental, hotel, etc also can emit RF and can be found easily. Likewise, hidden torture cameras (devices that attack precise areas of one's body) are installed in millions of cars, thousands of

stores, businesses, private rentals owned by spies, hotels, AirBnB, etc… Some RF may not detect RF in a car due to the RF meter looking in certain ranges only, and GPS frequencies can be different for different car brands. I will do more tests with others, but ID4, Polestar, Model S, all get quite high in the back seats and even upfront, varying from 2 to 20 mW/m2, which is insanely high and unhealthy. This is typical of many newer *GPS*, *Bluetooth*, *WiFi*, cellular enabled gas or electric cars, especially self-driving ones, that require strong perfect GPS antenna to avoid collisions in exchange for DESTROYING ALL: low IQ folks commit genocide in the name of "convenience". In the Nissan Leaf 2023, when idle, no RF exists. Likewise, no RF exists in the basic trim (cheapest, no fancy connectivity) of Subaru Solterra, 1st electric car with standard symmetrical AWD, far safer than AWD during rainy weather, off-road than any EV or gas car, see a 2nd video on how Subaru symmetrical AWD avoids accidents in rainy or icy weather. That's why I bought a Solterra in 2024 (slow charging vs other cars, but it was the cheapest car with high ground clearance), to replace my 40 mile range Nissan Leaf (80 when new, 40 at 12 years old). However, in May 2024 Chevy released the 7.9" Blazer EV which has 25% more range, and is bigger, safer. Ioniq 6 is made in Korea and has 5.6" ground clearance (Mustang EV 5.7", Model 3 is 5.4"), presenting risks for bad roads or off-road, such as battery fires starting from too many hits of the ground, leading to issues. *For country dirt roads, a 7.9" Blazer is much safer.* Honda has only one EV, Prologue, made with GM at the GM factory in Ramos Arizpe Mexico where the Chevy Blazer is made too, using the same Ultium platform and batteries from GM, so it's just the same exact car, plus Honda logos. Buy cars made locally if possible to avoid torture by spies.

Safety is first, tire ice or wet road slips can cause serious accidents. Subaru Solterra is the only electric car that has AWD of symmetrical type, in all trims. If you don't subscribe to the Subaru Navigation, Android Auto, etc, your car will remain low RF and you can use the phone in GPS mode for navigation (it's working in airplane mode too, which reduces microwaves). Connect your HP tablet via the USB-micro to USB A (if you got that small USB style, or USB C to USB A, if your tablet has USB C for charging), using the USB A Subaru port. Then using the USB A or C port of the tablet, connect your phone to charge it via USB C to A or USB C to C cable, this way you can listen to a favorite mp3, charge both tablet and phone at the same time, and use phone to receive internet to the tablet for browsing when you need that using PdaNet. Unlike Nissan Leaf, 2023 Solterra uses little electricity in idle mode, being ultra quiet when turning itself on, about 20 times less noise than 2012 Nissan Leaf. They optimized everything so it doesn't waste so much energy to turn the car on as in 2012. This USB A (traditional, old flash drive style) allows you to charge both phone and tablet and avoid heavy microwave from being within 2 feet of the phone or having your fingers touch it even if you're 2 feet away with the rest of the body. You really don't need all these prebuilt connections, simply ask your car company, car seller to uninstall all apps and default subscriptions and see how RF goes down if it even does. Apps

distract you and make it far more likely to get into a crash, so be offline and when not driving, use your tablet. Protect your health, the most important asset. It's a sales deal: if they can sell you a car just for 5 minutes of uninstalls, they will do it. However, not all dealers will do it, some are lazy or the manufacturer did it that way, preinstalled, presubscribed to free Navigation for 1-3 years (Subaru gives some free navigation to hose opting to subscribe, for 3 years, if they want to be zapped by the car GPS, way stronger than phone GPS), etc. It's useful to have AWD on all trims for northern states where many die due to slips as shown in the previous section.

Ariya EV, made in Japan, no 7500 discount, gets 5000 times more RF pollution than unsubscribed Solterra and US made Leaf, Blazer, Ioniq, etc (screen empty all the time, go to Display, turn off permanently to avoid distractions, press the round circle button to go back to the screen if you need anything), but not continuous like Polestar 2 2021 or ID4 2024, which are way worse in the driver seat, due to continuous emissions, not intermittent, (but not the back seat) than Model S 2016 (an older model) or even Tesla Model 3 Y, X 2021-2023. ID4 can reach very high levels in the back, 20 mW/m^2, BMW i4 is really bad too, can reach 20 in the back. They may go to 0 if you can contact company to ask how to turn off connectivity, the "clueless guys" (no education) at the dealership, who get paid to sell these cars didn't have a clue about anything, because the government standards for these car salesmen are 0, they get no RF education, only on how to lie every day. This is because of the sunroof possibly bot blocking antenna RF. Some signals in metal roof cars may be due to the sales people being clueless and not knowing how to turn off all GPS, WiFi, Bluetooth, though we did the basic WiFi, Bluetooth, etc basic things first and the back is usually due to GPS antenna mounted there like in the Teslas. Do more tests and ask for service guys to turn even display blank and all connection off before measuring it. Measure outside of the car, inside with car off and inside with all WiFi, etc turned off but car on. *The more expensive a car is, the more deadly it is in general,* as it has extra features, more powerful GPS, WiFi, cellular, BT modems, antennas, so to stay safer, buy the oldest possible car or the cheapest, or buy a 200-300$ meter, RF one and measure it while on (no test drive even needed) to evaluate, then ask manufacturer to turn off BT, GPS, WiFi, cellular and compare which model allows those turned off or not. Oddly, people got 50K to waste on a weapon of mass destruction called "modern car", and they don't have 120$ for a GQ EMF-390 meter. If all buy RF meters, they will realize how deadly all their "beloved wireless gadgets" are and switch to wired and live longer. Why so lazy? Health is more important than convenience. Dacia Spring EV is 10K in many places, and I bet it has so few 'fancy gadgets" that it has fewer microwaves than a 55K car or Model 3 49K (no 7.5K credit). It would be hard to find anything higher than Tesla in the back seat under the GPS window antenna. In Europe, Dacia is the cheapest EV, with the least options, not even AC in some of their cars. When you buy a cheap car, you can donate more to charity and also, protect yourself from *useless* "add-ons" that emit microwaves, and which can be easily turned

into weapons by good hackers and DIY spies. Nissan Leaf, Subaru Solterra (basic trim, called Premium) are basic EVs, cheaper prices, so they emit a lot less when you turn off BT, WiFi, Connectivity, due to fewer "connection" options, *100000* times less than Tesla. Try test every EV with 4 meters from 4 friends and go as a team to test 100 EVs/gas cars *(any pricey car has these weapons in disguise, that people are brainwashed to love),* make articles and start the discussion online to lobby for the end of the genocide, no different than the smog by gas cars genocide. The gov is owned by aristocrats who love to torture others to death with RF. ☺☺☺

Stay away from Tesla please, if you want to live long, 70 mW/m^2 inside a car is *more like genocide of the planet, since it's the same level from phones near you.* Tesla and phone companies are on to something: destroying the human species, they don't inform on the effect of 24-7 WiFi and cell phones, cars, etc. People think only EVs have too much RF, but it's all newer fancier cars. People need to be informed. The worst are self-driving champions who need strong GPS antenna always on, that creates more lifespan years loss than gained by self-driving "prevention of collisions"... so we need to do the math: do we shrink or extend average human lifespan by self-driving? We need new physics for safer LiFi, make it noon time light or at least 4 pm light 24-7. light doesn't go thru our bodies like WiFi. Or new tech, new waves unknown to science. Wake up humans before you die off as a species of slaves of car computers. I was telling a friend on Jan 22nd 2024 at 5:45 pm California time (South) that Elon Musk kills us all with RF, and lighting strike happened during rain, then again 2 times when I texted Tesla about my complaints about RF (5:47) about this odd coincidence and when I typed about this odd event in this book (5:51 pm), all happened within 5-7 minutes, 3 lightning strikes at the exact time I was saying or typing it. I never look outside, I'm an indoor guy. It just happened the curtain was open and I was staring at the window as it rained for hours before and saw 3 strikes first time maybe in 10 years in minutes with nothing else, no thunders before or after. *A miracle of God, or CIA control of weather and people's gaze to outside, perhaps, warning humanity of its health gamble with the RF that fries every organ sort of like a lightning strike does*. RF and these WiFi, GPS, internet of things may be the mythical "mark of the beast", the robotization and destruction of all humans, who become automatic killers of all militaries fighting to the death. Given UK wars with USA, and Dutch history of exterminating blacks, Tesla founder alleged British-Dutch background (possibly real MI6 agent linked to UK, 1 UK wife, 2 Canada (colony of UK) wives), it is no wonder Tesla may use "selective microwaving" to ethnically cleanse USA and the planet of those Mi6, CIA (a branch of MI6?), Netherlands and UK dislikes, just like CIA destroys people's toes, heart, brains with impunity using microwaves and other weapons for simply wanting Peace. Cars can easily become like gas chambers, to achieve a slow death. Be careful with dirty electricity from EV charging at home and from solar panel inverters, battery storage, not all chargers on cars or etc are the same... On cell phones even, turning on airplane

mode doesn't turn off RF from Bluetooth, WiFi, GPS background apps, unless you turn those off. Airplane mode only turns off the cellular modem frequencies that interfere with airplanes, the WiFi is not always turned off, the antenna produces signals in many laptops, etc, though weaker. GPS is not 2.4 GHz WiFi, but 1.2 and 1.6 GHz, and continues working when airplane mode is on, if the maps application is on, since GPS doesn't interfere with airplanes. How many people know that? Nobody, unless you have an RF meter like me.

We need a universal button on all Internet devices, cars, gadgets called "Silence", which turns off all wireless devices, not just the cellular modem turned off by the airplane mode, but all 46 antennas in Tesla Model S, or at least those 4 that emit nonstop and software can't stop it. **We need a disable button for all for in software and hardware, so we can even *physically unplug it to prevent hackers* frying us with microwaves while at home or in a car. We don't need to waste 4 years to find out how to do it on 10 cars and what to unplug and do and etc and be able to do the major 3, cellular, WiFi, GPS, physically too to prevent hackers from frying our bodies with RF. All updates can be done via a cable from our phone, a USB-C to USB-C cable that updates the car every 3 months or 12 even, HEALTH FIRST, RF last. *Free the slaves now. It's the fundamental right of ALL people, rich or poor,* of *all nations* to clean *air, free from chemical smog* and *electromagnetic smog*. Nobody is educated on how to turn off GPS, WiFi, cellular modem on a car. The military tortures and spies on everyone. The same is true for other gas or EV cars with high RF, the only way is to remove the telematics module used to write thoughts, emotions and hack all cars, torture people, etc via RF beams and hidden weapon systems, etc, under the guise of "free internet or paid internet, WiFi and GPS" you already have on your phone. Since 2015, many gas and electric cars came with WiFi and cellular modems, and more antennas are added yearly to completely destroy the human species. Nobody cares about public health impacts of RF. All people are mere guinea pigs for Nazi experimentation by the military controlled so called "private companies" in all nations. Everything on TV in every nation is about war, weapons and military controlled fake cultures and companies and "independent personalities, celebrities", Peace is a forbidden topic, especially Eternal World Peace in 3 months. Life is like in a prison planet, where RF is used to kill and exterminate. In 2017, Tesla introduced digital keys that enabled people with 2 cars to not have to carry 2 key fobs and a phone. These phone keys are so easy to hack. They eliminated the key fob (315 MHz, all in USA) and replaced it with a credit card size key that takes a lot more effort to use to open the car, if you have no phone with you or want 0 pollution from 2.4 GHz Bluetooth. This was supposedly to "*make it easier for those with 2 cars*", but made it deadly for everyone. Is this covert hybrid warfare on American public health, extermination of the masses, mass sterilization via RF to encourage people to have phones on all the time? This caused then other automakers to follow suit and offer it and lots of people to turn on Bluetooth and damage their body, even when phone is in airplane mode. With a phone,**

nobody needs GPS antenna inside the car. At least we know the passenger/driver mirrors contains WiFi and cellular antennas in some Teslas, so covering with aluminum foil part of it may help reduce RF. Cops want to use GPS to limit speed to 10+speed limit, but we need to try use cameras that need speed signs first, before adding more RF to cars to bring more death than we prevent by lower speed. A culture of gentleness can help more than gadgets. GPS speed limiters can go into 5 billion cars and kill way more lifespan years if badly done. ☺☺☺☺☺☺☺

You can remove the modem of your Tesla and put it back only once a year for 1 hour for updates, same for GPS antenna, remove it permanently and the WiFi card, though not sure what will happen with the buttons as all are interconnected. You can also remove the Tesla LTE sim card or replace it, to prevent microwaves. From 3G car to 4G, and how to remove 3G modem and placing in one that pollutes much less, so replace 4G/5G with a 3G, for less pollution, since 3G networks went down in 2022 in USA. You still get your directions and pollution is much less than Bluetooth on while airplane mode is on. Click on the upper right corner WiFi and BT icons to turn THEM OFF. Model S has 46 antennas, see their exact description and location (most don't emit 24-7, they're only receivers of commands from other car areas). WOW, lots of weapons to torture people, track them, on demand, from satellites. That phone GPS doesn't pollute much, but Tesla GPS antenna on the back window pollutes so much EVEN WHEN THE CAR is idle. It's like a cell phone tower in your car. About 75 years before leaded gasoline was banned, a Harvard professor warned that its use would have catastrophic consequences, but automakers could care less: profits trump health. Today, the same thing happens with Apple, Google, cell phone companies, Tesla (due to their obsession with self-driving and the strongest GPS antenna of anyone, to avoid collisions) everyone dumping too much RF that kills us all, destroys our brains, introduces billions of birth defects, etc. If Elon Musk read this chapter, he would create a new Tesla car, with no autopilot that uses metal roof to block the antenna installed on the top of the car, like Nissan Leaf, so people, babies inside are safe from toxic RF levels. 0.005 mW/m^2 is acceptable for babies, but 10000 times that, like near back passengers and baby seat is pure genocide. I bought my first EV in 2016, a Nissan Leaf, and I still love it. I reserved my Model Y, which, I thought was a good deal, due to 5 K lower price in inventory, new, and 7.5K instant rebate for new EV, but then at test drive I noticed the headache again from that GPS antenna of Tesla, 500000 times stronger than the Nissan antenna (to do self-driving well) and placed under the glass, with no metal under like Leaf, so RF was as deadly as near a phone 3 inches from head. This caused me to lose 500$, and cancel my order. If you care about public health, your baby's health, etc, please don't buy Tesla until you measure RF with the meters online during test drive (while car is idle or not). Only buy a gas or electric car if the RF is the same as background radiation when car is turned on, not 10000 times higher. Elon has nice intention to help develop self-driving, but this can compromise the EV revolution by making people sick. Just get an older

Nissan Leaf or less fancy EV and you will live longer, be healthier. ☺☺☺☺☺☺☺

That Tesla (or any car that is into self-driving a lot in the future, or even now, that I didn't test) GPS from Teslas is so strong, that it kills people slowly and commits an act of planetary slow genocide. The Immortality *Nurturing* Agency needs to strike a balance between the military hawks desire for self-driving and total control of everyone and the public health and brain health of Americans that the military is destroying via all high RF cars (gas or EV). Once again, it comes to the war for the survival of the human species: will we destroy all brains to "get the convenience of infinite laziness and self driving?". The whole world has gone mad, everyone uses cell phones, WiFi tablets, laptops without knowing how deadly they are. Now, some companies, like Tesla, have insane levels of RF, not seen except near cell towards for people sitting in the back. This is an all out war on the human species, complete destruction of the entire humanity by ☺abysmal IQ☺ folks, from gas/electric car companies, who install massive insane GPS antennas that introduce trillions of birth defects and will take 5 millennia to fix. Tesla and Elon Musk need to provide true choice and people ought to have a choice of GPS antenna, of no autopilot, of turning off the antenna physically, unplugging it, and the option of NO GPS antenna at ALL, make HEALTH # 1 priority. Disconnect GPS so no hacker can track anyone. Until that car comes, please stay away from Tesla, you're helping them destroy humanity. Your testicles, ovaries are being wiped out, you'll be infertile if you sit in the back where radiation is 25 times higher than driver and front passenger seat. Never camp in a Tesla, you need low RF cars. Get that meter, be safe, recall, Big Business cares not, only the Immortalist Party with its new ethos will bring more health focus. ☺☺☺☺☺☺☺

Some youtubers claim that you can turn "GPS off by turning off mobile access to your car". Mobile access turn off *only prevents phones from accessing a car, not the GPS antenna from destroying every cell in your body*. Right now, you need to go to Settings, Quick Controls, Safety and scroll down to "Allow Mobile Access" and turn that off to prevent any non-hacker phone from connecting or controlling the car. This "mobile access" turn off is useless, RF remains the same, but turns off other things, see the full list here. This option to turn it off was there since 2017 at least, and in older models it's slightly different how the menu steps to get there is, just google your model year. You can hold and drag your fingers on the screen until it says "Tracking disabled" too to prevent tracking by outside phones etc, but this in of itself won't turn off your being cooked to death by the GPS antenna (that can't be physically unpluged or made benevolent like the Nissan 2012 Leaf one), the Tesla will still get a lot of data and hackers could hack Tesla servers. You can get some older Nissan Leaf or EV car with newer battery swapped and then nobody can track anything, except the manufacturer. A true freedom society is one in which the government requires every car maker or importer to allow consumers to PHYSICALLY UNPLUG THE GPS, WiFi and Cellular 3 ANTENNAS *(and to not have them in the car at all, being*

OPTIONAL ADD-ONS – people can read directions via their phone saying it out loud) and reduce thus RF radiation to 0, no more mobile connection to any cellular network, nothing. We're not rats to be exterminated by gas chambers, except now it's 2.4 GHz, done by Jewish and Gentile CEOs or owners of Google, Tesla and other companies: a *slow sadistic extermination done by Jews* and Gentiles. The GPS antenna is located in some models at least under the rear glass. Removing the GPS antenna (if no software way is created by Tesla in response to my suggestion in Jan 2024) is a MUST, not *MUSK*, for those stuck with the Teslas who don't want a *mentally retarded kid from sitting in the back seat, whose every organ is damaged*. Your health and of anyone riding in the back where it's 30 times more deadly, is WAY more important than that GPS antenna, since phones in airplane mode emit WAY LESS (need a good test in an areas with constant 0.005 mW/m^2 background) poison while using maps, if you started the map application with airplane mode off, it still runs GPS in the background, but not the cellular tower connection. When you have 330 mile range, you're full 90%, you don't worry about driving 50 minutes some place. Please, read more on what RF does to your brain and every organ.

Some folks online suggested we could simply go to Service Menu and choose "Disconnect antennas" etc, but no such option exists. All car companies are controlled by their own government, so they can turn off the "car airplane mode off" remotely, just as FBI always does with phones. *You need to physically disconnect the WiFi, Cellular, GPS antennas, by law of the* Immortalism Eternal, to avoid foreign nations from exterminating Americans and tracking their every thought, writing their every emotion, and testing every satellite weapon on them *via glass* roofs of Teslas, etc. So, to detect criminals location, FBI can always briefly turn on mobile access on Teslas or any phone, that's why Libre creates phones where you can disconnect the 3 LETHAL WEAPONS OF MASS DESTRUCTION: WiFi Card, Modem Cellular Card, GPS antenna. Lots of articles online explain how phones that are off even can be used as microphones to spy. But since you're not on the "most wanted list", if you turn off mobile access, foreign spies will have a hard time to locate you, since turning it on secretly requires ultimate CIA knowledge. In fact, autonomous is not safe in this age of failing batteries and computers, unless you drive on a road with no people at low speed. The problem is that people are not told by Tesla and all these car companies using GPS trackers etc to "give you better traffic updates" (to exterminate you, if you know the routes, you know them when going shopping and you don't need to be killed with 2.4 GHz, etc, you can use phone Google maps for directions once a year when going to a new place, but 364 days you have the HUMAN RIGHT to be free from that TOXIC POISON. 10 min is OK, but 365 a year, when going to work, on routes you know etc, is pure evil. We don't have Eternal Travel Inc to inform people of RF risks, as Big Business owns everything, Big Cell Phone, like Big Oil did back then, to tell people to turn off Bluetooth (airplane mode on phones and disconnect any Bluetooth devices and turn off Bluetooth on phone), Bluetooth headsets, headphones,

except when entering the car or to use the credit card like Tesla key if they want to avoid the brain/body destroying Bluetooth. Turn off Mobile Access (typical today on all EVs and gas cars, radiating people with too much GPS microwaves, etc) almost always to prevent RF overload (you don't need Bluetooth for internet, turn it off, open car with the card, use the cable PDAnet method via long cable method for internet). Tesla allows easy Mobile Access (WiFi, Bluetooth, over the air updates, just do turn it on every 60 days by plugging in the WiFi or Cellular antennas, for 1 hour to get any updates) turn off. Turning off tracking (hold finger ans drag them on the screen until it says "Tracking disabled"), so no paid KGB killers can track you and attack you with microwave lasers and other devices most people have no clue these spies have. If they know your location and whereabouts (if you're silly enough to turn on location history, so KGB can know what stores you frequent and have their agents or robotic AI doing facial recognition or image recognition from clothing, wait for you to attack you invisibly there from a car with the cameras on the store entrance), they can attack you, follow you, with invisible weapons. Search for directions on your wired internet desktop (100 times more secure than phone or WiFi), and then download it on phone or a no-Internet PDA or tablet, via cable and keep phone in airplane mode, to prevent tracking by assassination teams of various spy-military agencies roaming USA. Yes, even allies can have their torture devices and what not and torture stuff, if they can get undetected, do you really trust everything you see about "allies" (cannon fodder) and stuff? You better not, unless you want to be cooked to death via microwaves, infrasound, ultrasound, etc Even sending emails to "friends or family overseas" can reveal your IP address if you don't use Tor or WhatsApp to hide your IP address. The IP can tell the KGB where you are. Use more secure methods and use Tor. Just talk in person, avoid email and location revealing. When "friends" email you, reply back via WhatsApp text sentence, as it is more secure, since Yahoo, Instagram, etc block Tor users after a few logins (they think you're a gangster). Never send any email, unless you absolutely need to and use sites that don't block Tor, to prevent your main email account or etc from being disabled permanently. Do anything with a test account first.

Many prefer key fobs like Tesla used to have in the old days, since they only transmit a tiny signal (about 1-50 million times less RF exposure daily at least versus the so called "smart" (low IQ actually) "digital keys") when you press them, as opposed to having Bluetooth on phone destroying and emitting 24-7 for that one second of entry. It's very wasteful, anti-Immortality *for* All, unethical and low IQ to shrink your lifespan 0.x years for the sake of 'laziness without bounds and convenience' for the minority who has 2 cars (self and spouse perhaps sometimes if he drives hers) and doesn't want to carry 2 key fobs. Just make the key fob smaller and then people can carry 2 if they always use their wife's car every other day. Phones are fine to use when you need to, but to protect self, minimize Tesla, phone or car internet, calls while outside your wired desktop/laptop connection, as WiFi or cellular damages the body. Health ought to be

first,☺☺☺ convenience last. Automakers don't get that, since Immortality *Nurturing* Agency doesn't exist yet. The Nazis run the show. Have your RF meter and watch out which car activities destroy your body. Having Bluetooth on all the time, just like WiFi or cellular signal, without phone protection (an aluminum phone case that blocks 95% of signal) is a sure way to destroy every cell in your body with 2.4 GHz waves. Today, kids use wireless earpieces and headphones, not knowing how it destroys their entire body, not just the brain, as blood recirculates and all that oxidative stress spreads like a cancer. The government of terrorists doesn't care much either to make any warning label. The love of convenience destroys our bodies, read the RF section on what microwaves do. The phone eats you alive while it's not in airplane mode, so I keep mine in airplane mode. We can't expect automakers to know every study on RF, they try to sell cars. EV Safety is related to tree branches falling too: your gas or electric car can get electrified and kill you if you touch car and the ground, read this article to see how.

Gently *consider* not buying used cars from Arizona/other hot/ultra cold states, as those car batteries can have issues, so buy EVs from local trusted sources, where car was parked in a cool/warm garage to prevent extreme temps. Same for Florida and other flood states cars, they sell flooded cars with damaged batteries. The car dealers rip everyone off, I did some autotrader searches and I saw many old cars with 50K miles selling in one state for 5-15K more than a new car in another area or state. Always press the precondition battery on your Tesla,☺☺☺ to warm it up before you reach the fast charging station, to prevent the problems all other manufacturers have: cold batteries that take much longer to charge in extremely cold winter weather (well below freezing). Youtube explains how many non-Teslas take 5 hours to charge instead of the advertised 20 minutes or not charge at all, since the battery reached 0%; sadly this can happen to Tesla owners who don't read the manual. Tesla is the only company that uses heat pump to prevent battery over cooling. With the new Li phosphate batteries in 2024 Juniper Model Y, Tesla will once again leap above the rest, since these are much more cold weather resistant. Gently park in the warm garage if temps go below 50F, since EV batteries love temps above 50, and don't lose charge in 50-75 range. Only the most ethical people own EVs, many of the rest, who act as co-authors of genocide of poor people inhaling smog for 8 months a year or even 12, just make fun of EVs when someone forgets to precondition, making a show on right wing media, brainwashing people to kill via gas. All other EV trucks are a joke, Tesla alone offers a bulletproof truck and the option to even make the glass bulletproof. This helps a lot during hurricanes, sudden highway tornadoes when debris from other cars, etc can his your driver window and injure driver, distract him, leading to a 30 car pileup on a highway, as we have seen during sudden tornadoes happen so often. This bulletproof alloy also won't bend much during crashing into trees or concrete barriers, cars, etc, saving lives. With a ground clearance of 17.4", highest among most cars and all EVs too, the Cybertruck is by far the safest truck to use during

floods to rescue people, transport food, etc thru pools of water too deep for normal cars. Tesla All companies offer instant rebate now for qualifying EVs, no longer endless forms at tax time.

People don't understand that a model Y is cheaper than a Model 3, since it gets the 7.5K discount and a huge discount on the inventory sometimes. If you only have 25K, you can get a used Tesla and then claim the instant 4K out of the 25K price, if the dealer you select has signed up for this program of instant rebate. Dealers are flexible and will often allow to lower your trade in car value, so they can still make the same profit by lowering the car price to 24,999 and giving you that 4K discount. Many EVs are quoted 500$ anyway, if some 2011 Leaf by some dealers, so really, what they're doing is not illegal per se, but help clean our air by allowing all income levels to buy a used Tesla. Gently go to autotrader.com (cheapest), edmunds.com, carmax.com, cars.com, etc choose *TESLA, within Nationwide for miles, Electric Drive, 200-300 mile range or 300+, Model Year 2021+ (if Model 3, 353-358 range)* select by Lowest Price, you will get a car that is 7-20K cheaper than nearby cars (at other sites or even Tesla website, if you're lucky to find a reliable dealer who sells a safe car, not always easy, recall that Tesla used inventory also offers 4K off any vehicle under 25K, but they don't really have 25K cars) and pay only 0.5-2K extra for shipping. This way, you get a great deal, save 8-15K and will thank Immortalist Anthem for it. If you search for any model year, you get a 2014 Model S 85 (265 mile range) for 15k, but Carvana.com charges 24K since they love to rip everyone off, while Carvana wants to give only 400$ for a Nissan 2012. Carmax.com is a better place to get a check the same day (not weeks later like Carvana) perhaps, if you got the title. Any used car under 25K qualifies for Federal Instant Rebate of 4K in 2024, so you could buy a Tesla Model S for 11K only in 2024-5, amazing. The downside is their charging speed, for oldest Model S, is only 75-150 kWh, not 250, so not good for people who travel long distances often. Any Peaceful Lyrics Lover can now save the air quality by buying a Model S for 10K. However, not all car dealers sign up for the instant rebate program, if they're a small dealer that doesn't sell many EVs, so you may need to find one that does. The lack of centralization means we have to waste eons to find a cheap Tesla on 500 sites, when with immortality capitalism, we can find it in 3 seconds at eternaltravel.gov.

I've seen shopping centers with 15 Tesla chargers near 2 non-Tesla chargers and people at Tesla just come and put the plug in, only 30% used in 2024. At the non-Tesla, 4-5 people can fight (they try to plug 4 cars when only 2 charging stations exist, they think different cables means multiple cars, but it's just not the case, they got 3 cables, Tesla, CCS, ChaDeMo at EVGo, but only 1 car can charge and get that 50 kW max or whatever it is) and queue for 2 chargers and many have no clue how to use it, they pull like crazy, damage it, then people can't use it sometimes, they need 10 different apps to install for 10 different providers (EVConnect, EVgo, ChargePoint, etc) and many give up, I've seen them giving up and even talked to them to help them use it properly and they didn't get it. It's insane. The other stations, you have to try 5 times to even

start it, plug 5 times, due to the screen freezing, etc. Tesla has no screens, nothing. At the others near many Tesla superchargers called J1772, that give a regular charging rate of 3-7 kW max quite often, they have sometimes 2 cars per charger and the speed drops to 2.5 kW/hour, or 100 times lower than Tesla. States, utilities have rebates for low income people too, for new/used EVs. Model 3 is only 2.2 inches shorter, and has 0.9 extra inches of front legroom, which helps tall drivers. Model Y had 5 extra inches in the back for legs, but back is for kids usually in families, so it doesn't matter. *Ground clearance is 6.8" for Model Y LR or Standard, 6.2 for Y Performance*, 5.5 for Model 3 Standard and 5.2 for Model 3 LR/Performance.

The higher the ground clearance the lower the range and the higher the risk of rollover and car turning during curves and high speed, so the lowest ground clearance is oddly, safest on most roads. Model 3 LR 2024 gets 3 extra miles (333 vs 330). However, If you change wheels from 20" to capped 18" (25$ wheel caps from Tesla improve driving range) on Model 3 Performance, set acceleration to chill, install IR blocking clear tint on windshield, front windows and black 5% visible, 5% IR on the back, you also increase range, possibly to 370 miles for Model 3 LR/P, if living in a warmer state where AC use is useful. ☺☺☺White paint and white interior is a must also. Otherwise, you lose 40 miles in hot weather easily. This is because the batteries in M3P/M3LR are identical, 75 kWh. *A hot car heats up the battery and lowers the range*. Since M3P has lower ground clearance, it may achieve even longer range than M3LR after all changes. But why go thru the trouble, unless you want perfect M3P brakes, superior to LR? 18" without caps loses 4% range, 19" no caps 10%, 20" no caps 15% of Model 3 LR. MY (Model Y) may be noisier and bumpier than M3 Highland 2024, as many videos claim, also due to 18" wheel vs 19 for MY. 18" is quieter inside the car than 19" or 20". So, go with 18". The key is to drive defensively, like the most perfect driver, no sudden speeding, etc. One can wait for the upgrade to Model Y suspension to mirror Model 3 2024 Highland release, in 2025 or whenever they release the one with same Model 3 2024 improvements. So, when ordering a Model 3, make sure it's the Highland 2024 upgraded version, not the 2023 type. Next 5 pages explain more about charging speed, 10 minutes versus 10 hours and why you must buy Tesla, like 50% of EV owners if you drive long distances and want to have only 1 car: the other cars have access to too few super fast chargers to be able to charge in 10 minutes if you need to refill: you can end up waiting 1 hour like this guy. 2023 is the first year when EV sales exceeded 1 million. *A 10000 fold increase versus many years ago*. I too found the same thing, you often need to wait 20 minutes, so check out your app, before driving to a charger and then find out when you arrive, it's busy and you wait 30 minutes. At Tesla stations there is enough space always. Tesla Model 3 2024 is much quieter and less bumpy than Model Y 2023 (which is same as Y 2024 per reports) and enables you, for a little extra, *to have door panels and everything white (not just the seats), which will improve range in hot climate states.* Model Y 2024 may also get those noise and

suspension upgrades. Model 3 LR 2024+ goes to 333 miles, Model Y LR only 330, hence, many choose Model 3. Model S 2018-2023 has metal roof, so it reflects heat, while most Teslas have dark grey roofs that absorb most heat. *The solution is tinting the roof with the most heat reflective tint on the market, for 60$, to reflect 99% of heat.* So, if you want to save your battery range, buy a model S and read this paragraph. EV tech is new, so drivers who don't read about batteries will be surprised battery life goes down a lot. Many misinformed drivers leave battery 10% empty overnight or 100% full overnight, facts that ruin the battery life dramatically. Be careful with Tesla Autopilot, better never use it at night as it can suddenly break and cause car crashes; never use Tesla in fog and rain, see how it crashes due to no LIDAR. This can be due to software glitches or to drivers doing something silly on the car. Since self-driving is new, it's probably safest to never use it. That's true for all self-driving cars… it's new. Note that he lost 23 miles of range, out of 306 (330 for Long Range model Y, 303 for Performance model Y) after only 22K miles and 13 months, so after 120K miles, you may lose 128 miles if you don't follow the best practices for charging (battery always 30% to 80% ideally, except once 2 months at 100%). However, it seems, like with phones, even if you follow best practices, some 23 mile drop in range can occur, as a youtuber reported in 2023, even if charging up to 80% usually. Tesla claims that the range is 303 miles, but in hot weather the range is 210 miles (maybe he started at 80% charge, so that's already 240 miles only). It's good to read Consumer Reports and see what the latest range tests reveal, a 2023 article claims (not sure if they're German spies trying to make German cars look better, choose cars whose battery performance is much better than the average) some models have 70 miles longer range than EPA testing official highway+city combined, on highway, while others have 5 to 50 miles less on highway at 70 mph. ☺☺☺

For reasons the torture section explains (foreign cars can torture you, destroy your brain, heart, organs, and write your brain and emotions), it's critical for Americans to buy American cars, made in USA, not anything else. *If you want all people to be remotely brainwashed by foreign phones and cars, continue buying foreign brands*. This metric is critical, since half EVs do poorly at 70 mph vs advertised range. So hot weather may make you lose 30-100 miles, depending on how hot it is and how fast you drive, just like cold winter does the exact same. Aesthetic issues aside (people complain some things aren't perfectly aligned, etc, it SAVES PEOPLE'S LUNGS AND LIVES, that's what matters), Tesla is the only brand that has a heat pump, which is really important in cold weather, to avoid losing 100 miles of range. Tesla recommends owners keep their car plugged in overnight, after charging it to 80%, so that heat pump helps increase the range. Teslas, unlike all other cheap EVs, can be used to sleep in, the seats fall back and it has a camp mode to keep you cool or warm. If war breaks, and your house is destroyed, many hotels may be booked, so you may need run in your car and sleep in it, due to hot or cold weather, etc. Having an electric car like the 19K (after instant rebate of 7.5K) Bolt EV (you can sleep with legs

almost touching dashboard, head on trunk) helps in case of floods, earthquakes, nuclear attacks, war. Sometimes you travel and a hotel, the only one around, smells so bad, you can't sleep in it, then you simply use an electric car to sleep in. Cybertruck is even bullet proof which helps even more in case of an invasion, to survive, run away or fight guerrilla war. Wagoneer EV also allows you to sleep in, but *costs 110K, not 19K as Bolt EV. A used Bolt is 20K at many dealers, so best is to get a new for 19K, with upgraded 2023 Bolt model battery that doesn't have a fire risk.* All old battery Bolts get a free upgrade to the 66 kWh one if the test shows issues at the dealer, vs 60 kWh old one, due to the fire risk, but it's wiser to get a 2024 new Bolt for the same price or 1000 more. Most electric utilities have *3000$ rebates for EVs* these days that they did not have back in 2016*, so you get it for 16K*. Fast charging speed is only 50 kWh for Bolt (160 miles per hour or so), so not good for long road trips, though most chargers are 50 kWh in some areas, not higher, so having a used 20K Tesla Model S won't help for short trips in areas with no Tesla superchargers. ChargePoint, America's largest charging network (I have a card from them or can use phone to start charging, card is faster), launched a 500 kWh station, so Bolt users will wait 10 times longer to fast charge versus new 2025 etc cars that will come with 500 kWh capable on board charger. However, today, many Teslas can only charge up to 250 kWh, as can most other new EVs. *Model 3 2024 Rear-Wheel Drive takes 170 kW, Model 3 Long Range 250 kW, Model 3 Performance 210 kW.* Batteries last longer if they charge at 50-150 kw, instead of 200-500 kWh, so if you want longevity, going slower has its pros. Except for Tesla superchargers, the vast majority of CCS stations use 50-150 kW, so their speed is the limit, not your Model 3 type. However, in real life, these chargers slow down after 50% of battery is reached, so from 3% to 100%, a 250 kWh charger took only 2 less minutes to charge a Tesla Long Range Model 3 (2019 with 250 kWh on board charger) versus a 150 *kWh* station. So, it may not matter sometimes if you have a 150 or 250 car with the older 250 stations. I also noticed myself, some fast charging stations take 3 times longer to charge a car, due to defects, temperature of car battery, of the charging station, etc. However, if you only charge up to 80% as suggested for battery longevity, you will see a much bigger difference, because after 80%, speed often becomes 10-20 times slower to avoid battery damage. So, you still want Model 3 Long Range and Model Y, 250 kWh, since the S and X have only 150 kWh, and it will take twice as long on some quick charges up to 70% when you need to get some place fast and do a quick 20 to 70% charge. It all depends what you want to use your car for: the main car for all trips or a commuting car. 2024 7.5K instant rebate applies to the 210 kWh Model 3 Performance and the 250 kWh Y Perform. Even so, the 20K Model S is better and 3 times faster than 19K Bolt EV 50 kWh. So, it may be better to buy a used Tesla S for long trips, and wait until Bolt has a 250 kWh charger in 2027. Bolt EV and EUV can only charge up to 55 kWh in the latest 2023 and up models. Dacia Spring EV, the cheapest electric car in Europe (11K after incentives in some countries), only got 34 kW charger. So, you may save some cash, but will charge 5 times slower on road trips vs 17K Model S 2013 or 7 times

slower than 25K Model 3 2019. If you charge it overnight in the garage to commute only and take train or airplane for long trips, then this fast charging speed is not an issue. The 78K new Model S 2023 Long Range 405 miles can also use 250 kWh, but nobody can afford it.

Most sedans charge up to 250 kWh in 2024, but a few (77K Lucid Air Pure, 66-75K Genesis Electrified, etc) can do 350 kWh (usually low ground clearance sedans, so not good for floods, rough roads, etc). EV-database.com org shows EV fast charge max speed, so Ctrl+F "fastcharge" to go there without scrolling, wasting time to look. Confirm it with the web. Because most 150-250 kw chargers are Tesla Superchargers (v2, version 2 is 150 kW and if 2 cars use it, it becomes 75 kW, V3 is 250 kW even if multiple cars use it, so always go to V3 superchargers), buying a *Tesla is the only logical choice for anyone who wants to travel more than 150 miles*, since you can charge it so fast and Tesla doesn't allow nonTesla cars to charge. If you don't do long trips, then you charge at home in the garage at 240 V and will get some nice full charge in 10 hours, no issue at all. But not everyone has a garage to charge overnight, due to the criminal society we're in, so think twice before you buy a 50 kW onboard Leaf or Bolt, you will deeply regret it since the car slows charging speed from 23 kW to 2 kWh once it reaches 77% sometimes, yes, 125 times slower *than a Tesla Supercharger with a real Electric Car, that is a 250 kWh Tesla, not* the other garbage cars. The cooler the battery the slower the charging, so you may be at a place where someone is charging at 3 times the rate you're charging since their battery is so warm and car too, while yours stayed outside in cold and got so cool. Same model, same everything. Thus, Tesla *suggests* to precondition the battery before charging, by warming it up to get the fastest possible charging speed. Until 60-70% your charging rate is high, after that it slows down a lot, so you really only charge at 250 kW rate from 10 to 60% in the best warm weather, keep that in mind when you plan trips and "get a 50-150 kWh on board charger car", because it will slow you down a LOT in cold weather with snow if car has not been running and battery is cold. Given the above issues with cold and slower speed after 60%, I would never buy a 50-150 kWh car, as it will be useless for long trips in cold weather or hot weather, where you want to charge only from 20% to 60% at super high speed, to add 170 miles in 10 minutes. Go to plugshare.com and install the app and select the 250-350+ kWh chargers to save time and locate any nonTesla chargers that charge 170 miles/10 minutes, as you don't want to stop hours to charge. If there is a gap of 300 miles with no 250 KW chargers, then simply use a 150 kW in between, as those are ubiquitous and easy to find anywhere in USA. For example to get from Los Angeles to Miami in 2023, you drive 95% of the distance via I10 freeway and everywhere you have 250 kW chargers every 150 miles or so, except for 500 miles in Arizona and Texas, so you use 150 kW, wasting 40 extra minutes because of that, otherwise, you get to Miami fast, as you stop every 150 miles to charge for 10 minutes and stretch, drink water, pee or eat some snack. It's healthy☺☺☺ to stop every 2.5 hours of driving anyway, so you simply charge your Tesla from 15% to 65% or so, to get

that 170 mile boost for the Long Range Tesla models with 330-350 mile range. On highway and in cold weather, that range drops 20-30%, so keep that in mind when you calculate using plugshare and Tesla apps. With Tesla 250 kWh in 5 days you can travel 2700 miles, as you take showers at truck stops or rest areas, gyms, etc and sleep in the car or hotel. But with the Bolt, it takes 10-15 days as charging takes FOREVER, 5 times slower and all nonTeslas can't use the 5000 Tesla superchargers, so that forces you to stop more, drive off free way more to find nonTesla chargers. With an old 2011-2017 Nissan Leaf, look at 20-23 days, since charging speed, the average one from 10 to 60% if much lower and you need to charge way more often too (since most old cars have a range of 30-55 on highway in cold or hot weather), not 50 kw as advertised. Do your homework before the trip to make sure there are such stations.

Going to 10% will damage the battery, so best is to charge 20 to 60% fast, since after 60% it slows and you will be wasting time waiting 10 times longer because at 78% it can go to 10 times lower charging speed. *Get a 250 kWh Tesla (only newer models), it's the best car to have anywhere, as Tesla superchargers got 250 kW*, most "fast chargers" don't, they get 20-100 usually. All other cars that have 250-350 kWh chargers are useless, because most 250 kW chargers are Tesla, if not 90% of them. Bolt is not for 2000 mile road trips, but for 144 mile trips max (if you want no stop, no charging and highway, very cold, very hot weather that needs AC, heat on and 70 mph will reduce range by 40%, from *240* (260 brand new Bolt, since you need leave 20 to save battery) to *144*. Leaf models use ChaDeMo with maximum rate of 46 kWh (50 kW on many stations that have CCS (the universal standard) 150 kW inches away), so you may never be able to exceed 50 kW on old stations. ChaDeMo are going to become obsolete and are absent on many new stations and on all Tesla superchargers, as all automakers discontinue ChaDeMo. So, Bolt is way better than Leaf, you get access to far more charging stations and later to more Tesla superchargers that will be open to more nonTesla EVs, so you get to enjoy 150-500 kWh charging speeds, up to 7 times faster as the latest 250-500 stations are being deployed. 26K Bolt is a lot cheaper than 50K for Teslas that qualify for 7.5K rebate and most people can't afford a Tesla, but they will when Model 2 comes out for 25K. A cheap truck size cargo space EV is the 53K (vs 51K for Model Y white interior /exterior version) Ford Transit cargo version that allows you to camp (setup a shower in the tall model, a studio to live in 3 years) in the back of it (no seats). Cybertruck got a camping attachment with shower, toilet, kitchen, beds for those wanting an RV with 500 mile range. ☺☺☺

A used Model S under 25K from carvana.com (set price to 25K) could get 4K instant rebate in 2024, thanks to a new law and a new EV made in USA with US components 7500 (See list of models that qualify), allowing poorer people (with much lower tax liability) to get 4000 for used, $7500 for new instantly off the price at the point of sale. California, where 40% of US electric exist, have tons of incentives as well, *(up to $9500 in some areas, more than the federal if you get*

rid of a gasoline car; 3000 from electric utilities for used EVs, etc) on top of the federal. Model S can be used to sleep in, the S start at 24K, some have metal roof, to prevent light and radio frequencies, rocks/birds falling and breaking it, etc. Model S 2012-2015 are easier to sleep/camp in, as seats fall flat. For 2016-2019 Model S, you need some cardboard, thick blankets before placing mattress on, to make it flat. A big rock could easily break it completely if falling from 1000 feet maybe, while metal may not break. If driving thru mountain areas, you could be killed or injured. Model S bed is 180 cm and the least flat, so most prefer Teslas in the order: Y > X (falcon door mechanism diminishes headroom) > 3 > S for sleeping inside if hotel is bad or camping, while model 3 (small version) 206 cm (model 3 has the trunk cover, forcing you to use a thin mattress if side sleeper, making sleeping very uncomfortable if you move a lot), model Y 210 cm (with the front seats pushed out to the max, no trunk cover, so way more room to move legs when relaxing or sleeping etc). This fits even guys who're 6'9". You can open all doors at once. Model X is the only one with flat floors 100%, so some dislike Y and prefer X by a wide margin due to several differences. In the other Teslas you simply place an extra blanket or cardboard, foam board, etc to make it 100% flat, no big deal, nobody will spend extra to buy X. For people with amputated legs or in a wheelchair, the Model X seems a good car, per some youtubers, since you don't need to go in and out of the car twice like at the gas station, by simply charging at home at night and it has some nice features for opening trunk, closing it, that probably all other Teslas have too, etc. Flat or not can be fixed, X is roomier too, but luggage can go on top of Y too. X is 14 inches longer than Y. Don't buy 6 seat X, as middle seats don't fold, if you plan to sleep. Model X is pricey to fix, 7000 for a falcon door. Those doors have more stuff there that interfere with the sleep, so some don't like X, given the price if new. Rivian R1S is 71K and another EV with 15" (not 6.2-6.8 of Model Ys, 5.5 Model 3) ground clearance with 206 cm bed (81 inches), long enough for 6'9" guys. You can buy a Rivian R1T for 58K, or a 2018 Long Range Model X (clearance 8.3" max) for 40K, 2019 Model X (ground clearance max 9.0", higher than 8.9" Ford EVs and all electric SUVs), 2016 Model X 26K, 2023 Subaru Solterra EV for 30K, Subaru lets you sleep in it too and has 8.3" ground clearance, much higher than 5.5" for Standard/Long Range Model 3, or 5.2" of Performance Model 3. Front legroom 42.7 model 3, 41.8 model Y. Audi e-tron Q8 (Prestige and S models for all e-trons are the pricier ones that get air suspension) has air suspension that can be raised to 10.0" for off-road slow speed travels (from the 8.7" default). Audi has intermittent RF, 0.4-1 mW/m^2 of lower intensity RF than many popular electric cars, if using the GQ EMF-390 meter, since when using phone GPS, in airplane mode, in google maps, no signal (> 0.001 mW/m^2) is detected, even if you get perfect directions (airplane mode only turns off cellular, not GPS). Most radiation is from cellular, WiFi, BT, not GPS. Audi Q4, Q8 can be quite silent, but every 10 seconds or so, there is a spike of some 2 mW/m^2, etc. Some of these signals, which for many cars rise when you get closer to the roof, can be easily diminished with taping some taped on both sides aluminum foil, covered in a paper

matching car background for maximum discretion, so you can still enjoy your nice car. However, for Tesla, who chose the most evil possible way to put the GPS antenna, in the glass, so you can't put aluminum on that car area, you're stuck with concentration extermination camp levels. If you really want to, you can change settings etc and also use aluminum, see more ideas in the torture section, on creating shields against the attacks. In case of natural disasters or war, people need off-road capable cars, like Audi (subsidiary of Volkswagen since 1965, but founded 38 years before Volkswagen in 1899, vs *2012 Tesla with the comical☺ app, customer service and website car ordering*), because you need to drive parallel to a jammed freeway that moves 1 mph, to escape nuclear radiation or tsunami waters from nuke underwater detonation, etc. When Putin bombed Kiev on 2-24-2022, all highways moved at 2 mph, with lines of 50 miles... So, Tesla Model X 8.1" max or Ford F-150 EV with 8.9" are terrible vs Audi 10.0" capable or Rivian 15" clearance. The Ariya, allegedly an "improvement of Nissan Leaf", pollutes so much vs the Leaf. We're regressing as a species, soon to become robotic species that disappears without a trace. Audi Q8 can reach 373 miles and they plan to go 100% electric by 2030, a feat the others, except Tesla, only dream of. Autotrader.com shows (within Nationwide, not 10 miles), Audi e-tron 2019 can be 25K on autotrader, ground clearance is 6.0-6.9" minimum, 8.8 (2019 etc models) to 9.8 (newer bigger) maximum for some years, trims, higher than Model Y. Audi e-tron has air suspension for all models, so it's by far the best deal, since air is superior to struts, damaging your brain less. Plus, you can go off-road sometimes, by raising it. Just buy one with 60K or less, since otherwise, suspension may be bad and need replacements soon. Even ID4 struts rode way better than Tesla or Hyundai, in 2023 at least. Some say ID4 has a smoother suspension than Audi Q4 e-tron, so go take a ride and decide. Both cars, Audi e-tron and ID4, are based on the same Volkswagen platform. The *8.8 to 9.8 max clearance makes Audi* superior to 6.7" max ID4 AWD, or Model X 2021-present 8.1 max clearance or 2017-2020 9.0 Model X clearance. Off-roaders will buy Audi 10.0" capable e-tron, or perhaps, the 7.9" Blazer EV with 0 microwave pollution or Subaru Solterra 8.3", Subaru being in the top 5 car brands per Consumer Reports, way above Tesla, and the brand specialized in off-road cars. While some may love Solterra Subaru Premium (*the basic cheapest trim with least connectivity*) EV for 8.3" clearance, 100000 times lower RF than Tesla and 3000 times lower RF than Audi when you turn off WiFi, Bluetooth, all connectivity and the display off too) having a lower clearance for on-road is safer, as it prevents *rolling, losing balance and accidents*. When off-road, Audi gives way more than 8.3, so overall it is safer than Toyota bz4x 8.1" or Model X 8.1 max, etc, since off-road you want more, while on-road less. Overall, Audi e-tron is one of the most unknown and unheard of electric cars that offers huge advantages over all the other EVs on sale in 2024, except the much more expensive (if used) Rivian truck, 60K in 2024 used (66K new) minimum, vs 25K for e-tron. Audi e-tron low RF pollution also makes it stand way above the pack, second only to the Nissan Leaf *(which will be discontinued, as a more lethal car will be created, to zap Nissan lovers with*

microwaves). *Lithium ion batteries* cost 153$/kWh in 2022, vs 1355$/kWh in 2008. EVs are cheaper than gas, to buy, drive, maintain.

Rivian trucks come with 260 miles (cheapest), 314 miles (60K used in 2024) or even 400 miles (2023 models and up), outperforming all other trucks in electric range. You can program outlets to turn off at certain times, etc, so for trucks, Rivian R1S holds # 1, with 17 configurations, even quad motor, being like a mini RV house on wheels, 30 times easier to sleep in for tall or short people, so roomy vs any Tesla car, truck, etc or other electric truck makers. A used R1S is among the best for mountain areas, flood prone areas due to its 14.9" max clearance, though Cybertruck 17.4" is even better for flood disasters, but too much Tesla RF makes people sick. However, real world range of Cybertruck may be 206, which is in line with Edmunds finding that on highway, range of Tesla cars is 17% lower than EPA estimate, vs other brands where it is 60% higher than EPA. ☺☺☺ Google to find some lists of EVs with high ground clearance useful during floods, or bad roads (the 8.3" clearance of ID4 is good and people camp in it using heater timer to heat car every 2 hours). During wars, emergencies, natural disasters, police missions, a Rivian would be way more useful, since you need travel on dirt, where no roads exist and move away from enemy fire or even gangs that only can travel in sedans on normal roads. See R1S prices, the max 390 mile range (way better than 300 Model 3). Rivian R1S got way more luggage, etc space than X, Y, S. Cheap 2024 R1S versions of 71K in 2024 got 270 miles, brand new. Cybertruck "bed" is only 6 feet long, so only short guys can sleep there, no way to separate front from the cabin, which sucks, since that diminishes oxygen and you need extra devices to enlarge it and sleep in it. *R1S thus outperforms any Tesla or vehicle under 75K on the market when it comes to going camping for 1 year to sleep inside and take daily showers at gyms (25 a month) or truck stops or hostels etc.* Not only does it have a huge range, 390 miles, but it's 3 times the range of Ford Transit EV (more room but no camp mode to warm the Transit and keep warm, you need charge too much in winter). Solar charging in future models, *allow you to recharge while* sitting idle, by making all body a solar panel, so it will be useful in case of emergencies when all power lines are down, *all charging stations unusable due to EMP attack, or war.* With gas cars you depend on gas fuel to move, with solar-electric you don't. Gas can't be found during war. *Having panels to unfold and use to charge battery is essential for national preparedness*. *Even during a cold winter* storm, 83 died due to cold weather or car crashes, imagine how dangerous it is with EMP *attack*, *83* million may die within 10 days due to lack of food and heat, as nobody would know why no *heat exists, why no electric, no cars work, radio, no TV, no internet. A* solar panel *system and a* battery storage like Powerwall, in winter, *can SAVE YOUR LIFE, when central grid is taken down by EMP. In hot weather, death due to too much heat can happen, so solar is essential. If nukes hit cities, then death toll may rise to 180 million, if January, the coldest month usually. During guerrilla warfare* using nonkilling weapons that don't cause any injury or pain,

with hit (the brain with a divine ecstasy state + amazing & beautiful movie about peaceful surrender to the first nontorture nation and Eternia joining) *and run back attacks,* Rivian is ideal, since they can sleep in it, then drive again, which is hard when all buildings around you're leveled and no gas stations or electricity exists. Driving to fill up can mean *death*, so it's not possible. That's the neat thing about EVs, you get to *live*. *Look at Ukraine, houses are gone, where do you go? With panels and a Rivian, 3 people can sleep in it and move around to safe areas*, until they find a real house. You get warm, when Russia attacks your electric grid, etc, you can do many things, even cook lentils, transport water, medicine, people, etc. Rivian is the ultimate police car for gang fights. In war, oil storage is the first place to get hit, so gasoline cars are a big no. If you depend on anti-aircraft and gas stations, you're dead. During floods, Rivian is ideal too, it can withstand up to 3 feet of water, helps in Florida, etc. You need to get away during hurricanes and a Model 3 is useless. Flood areas need R1S, heavier, etc. During war, enemy uses nukes to cause tsunamis, so R1S becomes a lifesaver since you can escape faster without getting bogged down. Not to mention earthquake caused tsunami.☺☺☺

No other EV, except Model Y/3 got 330 miles of range under 45K. Model Y Performance can get the same 330 mile range as Y Long Range if you change wheels to 19 inches, instead of 20. Plus, Performance gets 7500 instant rebate, not 3750 like the LR for Model 3/Y, so the extra price is paid by the government. Also, Performance has more advantages that you can never get by changing the tires/wheels: better cooling system for the engine and better regenerative braking, better brakes called "Performance Brakes", better acceleration 3 vs 4 seconds 0-60 mph, track mode (only useful for cops who pursue criminals). However, LR drives smoother than Performance models for all S3XY Tesla models, so LR/Standard damages your eyes and brain less during those bumps and potholes, so go with the LR unless you chase criminals. Model 3 2024 is ideal for brain health, as noise and bumps are far fewer than Model Y 2024. *Model 3 Long Range 18" wheel gets 333 vs 330 miles for Model Y LR,* so some people will go with Model 3 LR, unless they have kids and need more room for camping trips inside the car. A used Model Y 2020-2022 costs just a little less than a new one, due to instant 2024 rebates, but you get a far better suspension if you buy Model Y 2023 and higher, so definitely avoid Y 2020-2022, as everyone says on bad roads suspension is a disaster. *Model 3 has less noise inside, and less vibrations from the road*, so if you want a smoother ride and 333, not 330 mile range, get Model 3 LR, not Y LR. Model 3 has more driver legroom, due to the seat being inclined more. Y costs 16$ to charge at home, in 2023. *The advertised range is for ideal weather, not hot or cold, highway or crazy acceleration. These cars today are for saints or people wanting to save 5000$ a year in gasoline, and maintenance EVs never need: oil change, transmission fluid changes, spark plugs, new carburetor, gas (4 times more expensive than charging at home or cheap stations, etc)*. Thus, if you buy Tesla, buy Long Range always, since with standard, after losing 128 miles in 5 years or

after 120K miles, you will be left with a useless car and warranty for battery is gone after 120K miles. A youtuber made a 21 point checklist for all new model Y buyers, to make it easier. When the battery is hot after driving a lot and going to 7% battery, charging it from 7 to 90% will heat it up and reduce its life, so plan trips to only go to 30% charge and then wait a little to cool and then charge. Battery degrades fast due to overheat and then drivers think Tesla is bad. Any EV will lose half driving range if you drain battery and then charge it right away to 100% and leave it at 100% overnight or even more than 5 minutes or 10%. Those who follow these rules get longer 330 mile range, but most people are not properly educated before they buy an EV. Over time, as battery tech improves, nobody will need worry about anything since it won't let you drive past 20% of battery, which will show as 0%, etc and the range will improve to 700 miles. EV tech is new and not all cars retain 90% of battery range after 100K miles, some drop 30% or even 60-70%, like Leaf due to poor charging routines, bad chargers (cheap public chargers can also damage batteries, etc). A new 220 mile range battery or Leaf is 13K to install. Just be kind to the battery and recall in cold winters, range for all EVs can drop 20-30%, depending on how cold it gets. Since you charge to 80% usually, range drops from 330 to 264, then 30% to 181 in coldest winter. So, when planning a long-range trip, ***expect to recharge to 80% every 140 miles to damage the battery the least*** and have that 300 mile range for years. It takes 15-30 min to charge to 80% at fast charging stations, but 30-60 min to 100%, since after 80%, the speed decreases dramatically. It's not worth waiting 15-30 min to get from 80 to 100%. EVs are bought by the kindest people willing to sacrifice their comfort (I drove a horrible suspension Nissan Leaf for 7 years) to kill fewer people with smog, and they also help you in the future, if war or gang disasters ruin gas stations, you simply charge at home using a portable solar panel or the grid.☺

There are paints that block IR better (just like window films), even though the visible color is dark/black. Lighter colors allow a car to be seen better at night, and colors around 550 nm are seen better by the human eye, from a longer distance, so in a society where living to 900+ is priority people would choose high contrast (light colors on dark roads, darker on lighter roads) in case some roads are darker and cars light can go out at night. Nowadays roads are grey or very dark grey, and many cars are grey, easy to miss from a distance even during daytime. Reflective shimmering paints and solar (or different power source than main beams) powered minilights embedded around the car (that are on in case of any malfunction of the main beams) could be an alternative to bright rainbow colors (high contrast with darker grey roads☺☺☺) to ensure the highest safety of all. It would make some roads ultra bright, but save that 700 year old's life so he can live to 5,000, since autonomous vehicles have computers that fail and people still need look around. Look around, you never see a metallic silverish lavender car, not even 1 in a million, yet it would be safer than half a billion darker cars at night due to higher visibility and even daytime, the striking rare color, so rare in greenery, bushes, trees, buildings, fences, etc. Lime

yellow green is ultra visible, yet almost no car is that color, except a few taxis.☺☺☺

With enough solar panels, we get free CLEAN fuel for life. Electric car batteries and solar panels are far greener than gasoline and fossil fuels. Battery recycling for today's oil car lead batteries is happening at a 97% rate globally. It will be even better for the far safer lithium car batteries. Lithium ion batteries are classified by the federal government as non-hazardous waste. The CEO of BYD, demonstrated the safety of the electrolyte in their lithium ion batteries by drinking it. 0 Motorcycles founder said that the lithium ion batteries they use are safe to eat. It's cheaper to buy solar panels over 5-12 years than to pay the electric bill without panels in more and more areas; it's good to get many quotes, solar panel prices are always going down. They were 100+ times more expensive in 1978 when President Carter put them on the White House. 20% of electricity came from renewables in the US in the first part of 2018, and only 27% from coal. This would have been undreamed of years ago. My 4.75 KW solar panel system (installed around April 25 2016, produces about 8 MWH electricity a year) offsets CO_2 pollution (that coal power electricity would generate) equivalent to planting 1,372 young trees. If you want to calculate your footprint, it's very simple. Estimate how much kwh you generate in 1 year, say 8,000 kwh like me. Coal power intensity is 820 g/kwh, solar power intensity is 41 g/kwh. A tree absorbs a maximum of 48 pounds of CO_2 a year when mature and grown up on average (young trees can absorb just 10-15 lb). So, to calculate the total 8,000*(820-41)/(48*454)=286 mature trees and 8,000*(820-41)/(10*454)=1,372 young trees. If you go vegan, you offset 1.5 tons of CO_2, or 3,000 lb of CO_2 or 62 big trees equivalent, or 300 young trees equivalent. How long does a low EMF solar panel system have to operate to recover the energy used for making the panel? 2 years; assuming a panel life of 60 yrs, most energy produced is free from pollution ► n.l.gov..pdf ☺☺☺. Burning 1 gal of gasoline = 20.2 lb of CO_2, see why: MW of CO_2 is 44 vs 12 for carbon C. 1 gal = 3.84 l (87% C, 13% H), density is 1.65 lb/l, so CO_2 mass is 3.84*0.87*1.65*44/12= 20.2 lb. If driving an EV, as I drive a 2012 Nissan Leaf bought in June 2016 for $8,500, you avoid releasing 18,907 lb of CO_2, if you fill up once/wk an 18 gal tank, 18*52weeks*20.2=18,907. A young tree traps 10 lb CO_2/yr, so 1,891 young or small trees or 18,907/48 = 394 big trees. ☺☺☺☺☺☺☺

Thus, if you're vegan, drive electric and install 5 kw solar system, you can do the equivalent of planting 3,563 young trees. Coal smog travels from China to US: in China's worst areas, smog makes people live only 4 decades ► youtube..fA; coal-fired plants lead to birth defects in China, see the 2 min youtube..oU. People near coal-fired plants often die of cancer at 45, see the 10 min youtube...j8. Coal pollution leads to cancer, asthma, autism (mercury); clean coal doesn't exist ► youtube...C0; the cost of coal is huge youtube..mk. Several countries want or talk about wanting to ban oil cars in 2025-2030, hopefully it comes true. Unfortunately, a lot of places want to introduce sounds for electric cars below a certain speed limit so people hear them, meaning entire neighborhoods where it could be quieter will become noisier or stay as noisy as they are.

There is an alternative to this, i.e. creating a video camera system that has trillions of cameras, sees around corner, etc and can warn a car and people out loud (light poles can have these speakers, etc and other places where camera are put) that someone is around. This can also prevent theft, grafiti and all violent crime as people know everything is on video. That way people can enjoy their meditative silence in their neighborhood and the benefits of quiet electric cars. Already 90% of humanity lives in areas where traffic noise is pretty big and quite annoying without double or triple pane window. In some areas, even with more soundproof window, the walls are so thin the noise is still big affecting sleep quality, maybe we need electric levitating transportation to eliminate all noise. A tired driver is like a drunk one, a tired worker is like a drunk worker, imagine how many traffic and job mistakes would be averted if instead of building so many stadiums, we would pay more atention to soundproofing living spaces for 7 billion people who live in noisy areas. We have a culture so obsessed with so many useless things, like fancy cars or whatever, but when it comes to things that are more important to longevity (decently quiet housing) we don't care much and city codes allow single pane windows on ultra noisy streets everywhere almost. Countries often spend billions of dollars to market an unhealthy food or discover synthetic food flavors or colors that shorten lifespan, 0 dollars for researching nanomaterials or some tech to make cheap drywall/windows blocking 2-5 times more sound/UV for better public health. Electric transport and 100% renewable energy☺☺☺ mean far less disease transmission in epidemics. Unplug the charging cord at home after 2 hrs of charging, because otherwise you drain the 12V battery if you leave it overnight often; you can buy a 12V battery charger for $20-30; the Gooloo brand is good, it charges from 2.5 V to 13 V, while most out there don't allow you to charge unless your voltage is at least 9 V or 6V, don't have 3 modes (1-6 V, 6-9 V, 9-12 V) to use when you forgot and battery went really low.

Taking very short trips is not enough to charge the 12V battery, so you may need that 12V charger if you keep forgetting the cable plugged in (you can buy a timer to shut itself off when your car is done charging 9 hours overnight); if you drive to a store and go only 5 minutes in a store, don't turn off engine, leave it on, since it uses way more energy for the 12V and big battery to start the car than to have it idle a few minutes that charges the 12V, so you end up losing range (for used EVs with small range especially) and 12V battery fast if you start and stop car many times daily during fast errands to places; you may drain it so much, even a portable jumper may not get you back to a live 12V, so if you take a long trip, and stop briefly 10 times, leave engine on; if driving electric jumper cables are not recommended, because they can damage sensitive electronics, so get a $50 portable jumper to avoid blocking traffic or areas if your battery dies on you (can't get a jump cable in the middle of a highway easily). don't give jumps to anyone, since Nissan Leaf and many EVs can't do that (see manual) safely. *My Leaf 12V battery lasted 10.2 years, which shows that EVs have some pros few know about*. Jumper cables

are no longer needed, since with a tiny portable jumper, you can give them a jump that way, much safer for both cars, as the electrical currents of one car won't damage the other car. Tesla HEPA filter is 50x more effective at removing small particles, 10x bigger than Leaf.

You can *also* save the planet with Philips Norelco electric shaver: no more "water, shaving cream, trashed razors, cuts, wasting 3x the time"; however, I think you need to shave in 1 min, or use it once a month max, since it has highly toxic 35 mGauss magnetic field and 30-50 V/m electric field; while it may be green, it can be less green if we buy things to take care of health issues it causes to eyes, brain, teeth due to electromagnetic fields; amazingly, it's the same close shave + so much *easier*, 0 pain if hair is short (<5 days); for long (3 weeks) hair, for 0 pain, use the back trimmer (visible once you buy it) to pretrim it 1 min (pretrim causes 50 V/m field, vs 30 V/m for the much slower round ones, slower for long hair) before using the round razors 1 min, though for non special occasions 1 min is enough to save your brain from *brain damaging magnetic field*; at 2 inches the mGauss is unhelathy 5, V/M drops to 10, so eyes get some damage if you get close, though fridges have more; can remove hair off with some 0.3 inch wide paint brush from a kid painting set; if you shave 2x/week, blades last 4 years. You prevent retrograde axon transport of shave cream toxins to eyes, eye ganglions that are shared by organs with the face; shave cream causes acne which increases inflammation, robs eyes of neutrophils needed for important stuff, such as preventing aging, inflammation, styes.

►►► FOOD WASTE: 0% ►►► Most vegan food is still safe after the expiration date, if refrigerated or frozen. Anything in the freezer can last for years. The best by date refers to peak nutrients and peak quality date, not the date when food is not safe, so, you don't need to trash expired food always if it's just a few days and the food stayed in the fridge always. Any food that is not in cans, left outside of the fridge can become deadly, like young coconut whose juice rots or other stuff: never eat expired foods that are not in a can, that sat outside of the fridge as they can poison you. Burning billions of pounds of food waste from landfills each year is creating smog that kills us all, wastes energy. South Korea recycles food waste almost 100%. There is a solution: landfills would not exist if we had a different culture of reuse.☺☺☺ USA uses 20 million barrels of oil, 14 million for transportation. Once we electrify everything, all runs on solar-wind and we need only 6 million barrels/day which renewable biomass can replace fully and partially initially while we still use domestic oil, so we need no oil imports. There are about 0.1 billion trash containers in USA each containing paper, biomass, wood pieces, and biodegradable food waste totalling about 15 lb a week, so 15*52=780 lb a year. In 10 years, all plastic may be biodegradable, using natural or synthetic enzymes. This becomes 7.8 billion pounds of feedstock (not to mention the 10 billion lb organic feedstock from green waste when people mow their lawn, etc) to create vegan fetilizer by composting if we separated trash from food and biodegradable trash (with education, it's easy to recycle everything, even foam,

rubber, etc, except food and dirty paper items, and dispose of electronic and mixed metal-plastic in a different way at the city once a month or two, so they melt those items made of plastic and metal, so only plastic melts and is recycled; with vegan diet, you only need a pressure electric cooker (omnivores too, hard to get used to sometimes, due to not knowing the huge benefits of pressure water cooking vs dry heat, *why do we need 500 pans, pots, devices, when 1 electric pressure cooker suffices; it saves us from having to us natural gas too, which kills people, poisons ground water;* plus you save time, so can triple lifespan instead with high tech), no more aluminum trays for oven baking, no more AGEs, oxidized cholesterol from oven baking and frying, no more Neolithic pans, pots, grills to oxidize cholesterol in air and destroy your brain and all organs via atherosclerosis, no more enormous waste from parties that lead to endless plastic, aluminum into the trash; just use paper plates, biodegradable plastic or recycle everything after washing it). Add to that the restaurant one, and if we were all vegan, the food waste would become 20 times bigger at least, that is 156 billion pounds for composting, which can become maybe 40 billion dry weight when all water is gone. This vegan food waste is enough to produce the 46 billion pounds of fertilizer US needs, via composting, so we need no animal agriculture with stinky pig, swine/bird flu, Salmonella, cattle, chicken farms that pollute water supplies more than Exxon Mobil. 0 waste is possible by converting 90% of trash containers into "biodegradable or food waste" containers, with recycle bins accepting everything else, except electronics dumped at select locations (Good Will, Salvation Army, extra city locations). Global fertilizer use is 400 billion pounds. US can make 400 billion pounds of fertilizer tapping into biomass. Plastic can be washed, recycled, until all plastic is biodegradable/compostable. *We have these useless food waste disposer (half the sink, that half of sink space allows a composting machine) in kitchens, that encourage people to dump food into sewer line, forcing water treatment plants to spend* billions to then filter that food waste, maybe *make fertilizer out of it sometimes. The food rots there, even if you wash it after, it creates mold spores that contaminate your entire house, because* The Glorious filif ☺gecko IQ folks☺ have no air quality monitoring *and want bacteria all over the house. Why not rewrite city codes to require a composting machine (ban garbage disposal) in every kitchen (or outside)* and pay people for composted stuff they generate*? Or composting bin too? Sink* garbage *disposers are big business, they make them out of metal that rusts, so people keep buying one every few years, leading to huge waste of time and $ for all. They make products that break, so people buy 9 instead of 1 that lasts 40 years.* Instead of making Eterni Foods or growing organic veggies with our own fertilizer, to live longer with no pesticides, we make garbage disposers. So, in my kitchen, I made a plate, see pic, covered the disposer 5% (use trash only for food) & put a transparent plastic on top of the plate to avoid water/food going in (plate lifts plastic and allows air to flow, clear plastic 1 inch above hole, see pic with plastic, air must flow freely), to avoid polluting wastewater which is energy consuming to purify from the food that we can dump in trash that

becomes biomass to create fertilizer, so we need no oil imports that pollute to make fertilizer. Oil is not sustainable, we will run out of it, we need a 100% renewable biomass industry.☺☺☺

7000 new American islands and canals to bring water, moist weather for all

(plus 9,000 new cities/villages in mountainous areas: positive vibes, no climate change doom)

90% of Americans live in California and east of the 98th meridian as this video explains. Climate change will bring new drought to the 8 middle states the video talks about, so we can use unlimited solar and wind to power drilling machines to create canals (irrigation canals can have solar panels on top to prevent evaporation, deserts can turn into green oases using sheep and panels) and pipelines for 900 desalinization plants (fog could be used for irrigation too) for ocean water moved inland (California, Arizona etc) and also for artificial lakes and canals that bring Great Lakes freshwater (from Michigan, Wisconsin, etc) inland. Great lakes are 94.3K miles, like Oregon (96.0K) or UK (94.1K). After we build new rivers, lakes, dams to make irrigation, etc in the middle arid states where only 10% of Americans live, we can have 200 million people live there. Then, as tech improves, some century we can even take Rocky, Sierra, Appalachian mountains etc rocks and stuff and carry it with remotely controlled Tesla Semis to the ocean to build 7000 big islands in the Pacific Ocean on a big area (the size of USA itself perhaps) to relieve congestion and take full use of water of the Pacific, no longer being so limited by lack of water. The lowest altitude mountains would be leveled, allowing for 1000 new cities to emerge on these flat places, and also 40,000 new villages, sometimes with stuff built in the rock itself, like some monasteries are. People fed up with downtown crime would move from big cities to these villages and flat cities (with 0 crime and eterni music, a peaceful oasis for meditation and scientific innovation away from big city hectic madness; short mountains are ideal, since oxygen is low on tall mountains) and figure out how to recycle water and everything, pump it with solar-wind to the plateau and make good use of this land, while giving nice housing with plenty of swims and water to the inhabitants of the thousands of new islands and the concentric saucer like hermetic stations (big mothership 1 mile radius, water proof) around each island, anchored into the island, that act as places for noisy factories, hotels or defense, etc. We can do the same in the Atlantic ocean, to triple the area of USA. Canada may want to join USA too and copy us, so USA becomes about 6 times bigger. Maybe Canada is staging wildfires, to hide from satellites certain military projects (not to prevent bigger fires) – all news are about wildfires and the Titanic sub implosion in 2023 June etc. This allows the full development of the USA; we can use water to make products and export hydrogen. What can be more fun than remotely control excavators, wander thru nature reserves, and build Eternia for all, instead of sports? You get a satisfaction you provide water to tons of people who need it. Russia may want to join us too with more islands made, so we become 10 times bigger. Then it will be Australia who will want

too and finally we're 13 times bigger, ready to keep World Peace for 1 billion years. When US area is bigger than all other countries combined by a factor of 2, it's easy. Actually since Greenland (14x smaller than Africa, map shows same size, but 14x smaller) and Arctic, Antarctica may join US in the future, we would be able to keep the peace even easier, as the 3 are like 3 times the size of USA alone, so we would be 20 times bigger than today, at least, given the new islands near the big lands. By then we will have built about 100,000 new islands. We got the eterni visa program, 50 million a year, so lots of eager folks ready to build the new world.

Saving the planet with plugless solar Christmas, Divali and holiday decorative lights

In many nations people use lights for Christmas, Diwali and other holidays. To save the planet, please use solar lights that don't need to be plugged in. The advantage is that you won't make a connection between trees and your house, which can sometimes bring via the wire thousands of ants on your house and they will find tiny holes and setup new colonies under your house. So, by all means, keep your house and pavement clean (of fruits, berries, etc from trees), use a pressure washer (quiet ones to prevent hearing loss, see details here) to keep concrete clean of paint (hoses are online, if it breaks due to someone passing over it with a car), grey dust mixed with bacteria, molds, dust mites (that makes it look much darker near grass) and organic ant food and to clean your gutters, roof tiles, solar panels, if needed, as ants can go there too if water is stagnant; or garbage cans, etc, ants can gather there too, wear sealed safety glasses and shower cap ($ store sells those for 15 cents each), plus face shield to prevent dirty water from getting on your hair, face and eyes. Always take a shower and wash face well after using a pressure washer, to prevent dirt from sticking to hair or face where shower cap etc could not protect. Ants also try to enter via the garage door, so make sure all holes are sealed there (check for ant activity, follow the trail of ants to where it leads). A garage door opener range is extended via a 2$ 20 ft wire (1 of the 2), as this video explains, so garage door closes and opens faster, so fewer insects go inside the garage, like ants, mosquitos, which can be bite and spread dangerous diseases; even ants can bite and cause hives. You may need reprogram your garage door opener, by clicking the red learning button on Lift Master, and the garage clicker until the light shines. Try to spray or pour whitish concentrated imidacloprid (buy powder so you can make many gallons and use against ants, termites, bugs, etc for years, instead of paying 100 times more for super diluted useless Walmart or termite company solutions) in the outside of the house holes where ants come from underground (near concrete etc) and on their path, as this will help in areas where too many holes exist and you don't have time to plug them all. Imidacloprid is the strongest of all products used by pro termite companies, kills termites and ants 5 times faster, so 7 days (well, I had 5000+ ants in the garden in one area and within 18 hours they were all dead, not one left) instead of 35 for other insecticides (this happens by ants carrying it on their legs, from the blocked earth or concrete entrances where you poured this

solution, to the colony and killing it); each day after treatment, you'll see fewer ants, as they try use one of the 15 entrances/exits you saturated with imidacloprid; red fire ants can bite and cause death, there are even papers about it. Even normal tiny black house ants can cause allergic reactions needing medical attention, so try remove ants.

4.3.8. Ethics Courses, Law and Major selection related to Immortality Universities and society

The first course in the freshman year (at Immortality University or any in the future) on the Ethics of the Immortality Civilization could include writing a 100 page booklet for midterm 1, 200 page booklet for midterm 2 (add 100 to midterm one booklet) and 300 pages booklet for final exam (add 100 pages to the midterm 2 booklet version) on a plan on building the Civilization of Immortals and then have people write in there the most important ideas, technologies, etc and help them to plan their life around these amazing & beautiful booklet ideas and to work for them. This makes people think about it much more and plan their life with much more purpose and well-thought-out processes. They can read a few booklets written by others, like maybe a smaller version of this one or a similar one, to be aided in this process of telepathy download of new ideas central to their individual path of co-creation and contribution to the Advent of Immortality, Peace, harmony, *Heaven on Earth*. ☺☺☺

Since some people (who're not teens) who have the most progressive Immortality views and longevity RESEARCH in the world are not yet in the country of the first Civilization of Immortals, they could be given visas and 25K or 50K to come to the Immortality University as a researcher to create a more powerful synergy. One of the central GOALS of Immortality University could be to reshape the education discussion in areas related to Art and Culture. The Art of Science reduced infant mortality 20-30 times and turned an ugly sick child into a healthy one, as if we would have decorated the street with a sculpture of a beautiful healthy child, except that this science-related Art is decorating the street with a living happy child, a work of living art. Similarly, instead of a lady looking at an artistic painting rendition of her husband, who died of a curable disease, she would look at her husband, alive and well, by the Art of Biochemistry, able to look like a 25-year-old at the age of 250. What would you prefer, looking at sculptures or paintings or at living people of Radiant Beauty who're like a 25-year-old supermodel at 250? What Art serves the finding of Truth the most? Is it not the Art related to the arduous hypothesis testing in science and engineering? Aren't Art, Science, Philosophy, Ethics, Religions, etc all parts of our eternal quest for truth and beauty thru hypothesis formulation and testing? Why separate them and have so many people major in Art and sculpture when with a 3d printer and materials a 9-year-old can make the most dazzling sculpture with a software that a 55-year-old professional can't with his art tools? With an amazing printer and special paper one can use a software to create a painting of such beauty, due to holograms and shimmering effects, that no

painting ever created so far can match its richness, that science and technology gave it. What is more artistic than saving the lives of kids who die of flu at age 7 and drawing a living human being instead of a corpse and coffin in the memory of parents? Of what use is Art if it doesn't help us defeat such early tragic deaths? Science and Engineering, Technology etc are Arts, they're artistic by definition, we create new gadgets, molecules, lasers, technologies that bring the miraculous in daily life and make the world a paradisian place for everyone where we live to 500 with no disease. With this awareness, the Education Minister or Secretary of the Civilization of Immortals oversees a deep Educational Reform to Infuse the School and College Curricula with a new Focus of Art as being found 100% in Science, Engineering and Technology majors and disciplines and professions, in required courses for high schoolers, college freshmen, etc and in setting maximum quotas for Art and related liberal arts education, so that more people move into the real Art of Peace, Art of a World without Violence or Prisons, Hypothesis Testing, Questioning, Discovery, Longevity via Life Sciences, Immortality, "Preventing negative emotions which lead to violence, Tenderness, Compassion, Healing, Forgiveness, Gentleness". ☺☺☺

The wonder of physics might allow us one day to have buildings and houses made of force fields, buildings that would never be damaged by earthquakes. The buildings could slide on a force field and reduce the inside building shaking by 50 to 100 times. With free energy from sun, wind, wave, fusion and other advanced tech, no utilities would be needed, as all water is recycled, refiltered and drawn from air and there are no pipes to break. The use of gas lines would also be non-existent, as this is a primitive tech for heating compared to future tech enabling everyone to be off-grid, no poles and wires to break or fires to start during earthquakes or storms. ☺☺☺ This would eliminate one of the major reasons for natural disaster deaths, earthquakes, giving everyone the human life expectancy of 500 at least some day, with nobody dying in an earthquake and nobody dying before 500 from any cause. Unfortunately, even in our so called "hi tech era", only a small minority of construction companies use treated wood when building homes to avoid termite damage. Similarly, only a tiny fraction of pest control companies use insect (termite, etc) movement radar, moisture and heat cameras (termatrac.com has movement, moisture and heat into one unit) to find termites. Materials, like 2022 discovered polymers impenetrable to water, gas, termites, made of plastic, and twice as strong as steel, 6 times lighter than steel, could be used to coat all wood in buildings and inside of drywalls to avoid water damage. Others use acoustic devices, like aeconsulting.com, to find termites via sound. Imagine a future where all the best such technologies (movement radar, acoustic, moisture, heat, chemicals inside the body of termites signature detectors, termite pheromone detection that pinpoint exactly where each individual termite is, they use pheromones for mating, defense, communication in their dark environment and for trail marking from food source to the nest, so they can go back to the food with other termites ► VH 2010;83:521-49)

are all in one device for faster finding (since sometimes termites don't move much or generate much heat or moisture, so a fine chemical pheromone sensor could work, especially since some pheromones are volatile, pen ink is similar to this pheromone and termites follow ballpoint lines drawn on a paper), mass produced and available to anyone to buy from the local hardware store. It would be great to find at local stores a cheap device using microwaves or high voltage currents to get rid of insects non-chemically without having to make any wall holes, etc. A few such devices exist, but they're very expensive, impossible to buy (lease only by companies, not individuals), etc. Right now, most termite inspections are based on tapping and visual, maybe a moisture or heat detector, making it very unscientific by the 21st century standards if one wants to really find proof of any active termite. We often have high school students build electric cars or solar cars, imagine if they built these devices that would revolutionize an industry that is partially stuck in the 19th century sometimes or 20th. This is rather hard when the focus is so much on athletics. Actually with such devices, younger people could help seniors to use them and find and eliminate insects, etc, doing a "sport" that benefits more than themselves. New building materials and/or codes could make all termite damage a thing of the past, or diminish it 20 times or 50 times by requiring all wood to be treated, especially the wood outside of the house. This is one small example of many fields which don't get as much RESEARCH as others which are less important. It's again an issue of priorities.

If engineers spend a lot of time building race cars or bullfighting stadiums that desensitize people to violence, which don't add to longevity, they have no time to design cheap effective termite detectors and eliminators, new earthquake proof buildings, which would save a lot of time wasted with reconstruction and repairs, giving more time for Immortality or longevity RESEARCH and discoveries. The same issue is with most water meters used today, analog or digital, that don't have sensitivity of 1 drop per minute for daily leak testing and phone water shut off like Flo by Moen, etc. ☺☺☺ Water leaking attracts termites. It would make sense for water-saving cities to require utilities to install smart water meters that alert users when there is an unusual slow water flow all hours of a day, which is impossible with no leaks, as no faucets are open 24-7. This would save $1,000s for people at times, tons of time for plumbers who could become longevity biochemists instead of fixing things that would take 10 times less time, if detected early with presently available technology. Why can't new houses get the Flo like meters by default, since the damage to drywall etc costs way more than the meter. The homeowner or property manager knows exactly what work was done, and a leak alert would immediately cut the time of finding it. With present meters, people don't even check them annually or every 3 months and if they even have any sensitivity it is very poor, unable to detect tiniest leaks. After years, or months, a leak does way more damage, expands and becomes way bigger (not 1 drop a minute, but way more) and the people can forget what was done where in a

big building. There are also built in sensors for moisture that could be installed on all walls or nearby pipes, to alert when drywall or walls become moist. To avoid WiFi overload, one could program it to send WiFi only when there is an alarm, moisture detected. The walls can be made with tiny devices that can be activated to release negative ions and ozone, as well as heat, to dry any water and kill any bacteria growth, especially if the materials are water repellent, new nanomaterials used to coat drywall in a thin layer, some plastic, etc, with wires to send waves, microwaves, etc to kill termites, bugs, mold, anything, so when the scanner for termites, mold is used a week later to check the effectiveness of disinfection, nothing shows up after a tiny leak detected early. Any house older than 10 years had some tiny leak that caused some tiny mold on the inside of the walls, and this stuff is connected to the house via tub overflow drain, tub drain, so it's important to realize that half of homes have some wall mold, but not at high levels. This is a conservative number, in tiny hard to detect with present tech amounts inside, probably all homes older than 5 years have some, even 1 year old if poor bath cleaning habits exist, so some churches focus on huge adult baptismal fonts that bring extra pipes and mold, instead of educating church goers to be clean, clean their baths of invisible mold every week, keep baths ventilated with tiny 1 watt fan (use e-circuit 1$ USB socket from $ tree, as that one has no dirty electricity, and *wash them in the hot shower if they get dusty*, avoid water on the central rotary mechanism, because dust can feed mold, dust mites) and also sun rich to kill mold, etc. Take off the shower faucet cover and place a UV lamp or ozone one there to get ozone to kill inside mold.

Microwaves are deadly, they're used to kill termites, ants and other stuff that can carry diseases too. Otherwise, the main controller of all the 30 sensors in every new house built could check if the sensors are still working every 2 days by sending a request to see response time. With mass production motivated by water and energy saving governments (energy to purify wastewater comes from dirty sources that shorten lifespan, unless all electricity is renewable in a country), these sensors and fancy meters would become 7 times cheaper than they're today. The old style 3 handle shower tub is much harder to maintain and more expensive too (lots of places to leak from, 3 stems to replace, seats, washers, instead of just one cartridge) that the modern 1 handle one (80$ for valve and everything at home depot), requires cutting fiberglass to see easily what's going on well, if it leaks, imagine if all houses would be upgraded to the single handle shower-tub that is super easy to inspect for leaks, to grease, to maintain or replace, no caulking, no permanent cutting of shower fiberglass (which makes tub look ugly) to see well since all 4 pipe connections can be seen thru the hole behind the big plate of the 1 handle valve; one handle *(which is the new code requirement if one remodels: one can't install 3 knob shower systems as they don't offer scalding protection when toilet is flushed and hot water pressure become shigher than cold and shower can become hotter)* also prevents hot water at 120°F or 130°F from water heater from damaging shower filters as water comes in at 110°F already mixed in, and

most shower head filters are damaged above 115°F. *(Aquasana filter, for example; by the way, remove washer if pipe connection leaks; the washer Aquasana made is too thick, preventing 2-4 threads to screw on, so if any threads are damaged it will leak with washer on).* With a one handle, you adjust the screw that sets the maximum temp of the hot water to 115 or whatever you want to prevent scalding or shower filter damage as shown in this clip. Companies sell heat pump water heaters, that use hot air to warm the water and save electricity, but that infrasound from the fan can shorten lifespan if too close to a bedroom or living area and walls allow infrasound to pass thru. The usual heat pump makes 60-75 db, with only the quietest ones making 43 db, the only ones that ought to be legal. They need do more testing on the living areas and effects on humans before installing big ceiling fans, window fans, AC units in areas close to beds, so as to come up with the techs that generate only the lifespan extending infrasound, not shortening one. With a small pH paper like indicator, one could determine if the anode inside a tank water heater needs replacement, based on the ion concentration of magnesium (if magnesium rod), iron, etc; they could design it so when you buy a water heater, it comes with a back up anode to replace it when indicator says a color change in 2-6 years, at the yearly testing and explain to all the basic flushing for maintenance.

Once the tank covers itself rapidly with scale, before the factory ceramic-glass coating wears out, the tank will often last 20 years without anyone replacing anodes, as the scale prevents chlorine from attacking or rusting the metal behind the ceramic even if the anode is all gone or covered in scale too, anode being there to protect the metal in the tank. When replacing anode, if not careful or simply unlucky, depending on how anode scale is linked to the other scale at the top, one could create a crack in the rock like layer of scale and expose iron to water and start a process of ruining the tank faster than if left alone. No wonder many people never replace anode for 5-20 years and are fine. So many things could be done to make things simpler, instead, ☺☺☺ people guess and make unscientific decisions, and waste so much time replacing water heaters early, producing new ones, due to not knowing to flush every 2-3 months (if very dirty water) or every year and when/if to replace anode rod (with a terahertz like imaging, used to see behind walls, or similar future tech, one could see the whole scale behind metal and determine if anode is worth replacing at all or could shorten lifespan instead by breaking the protective scale film near anode), without having to pull anode out (it often takes a lot of time and effort to pull out to inspect visually, may need nut scale/rust softener, impact wrench or bolt extractor if you damaged the hex anode top with the half inch drive breaker bar and the 6 point 1 1/16 inch socket). Water heaters could also come with automatic raise of temperature to 160°F, to wipe out algae and bacteria, every 6-12 months, with a WiFi notification sent that at 2 am temp will be raised for 2 hours (to prevent taking shower with hot water), so people don't have to do it manually, though lines need to be flushed manually (at least a reminder to do it

oneself, sent via email, to check anode, to flush water heater every 6-12 months. The camera could determine if rust exists inside too. A special phone camera that sees thru metal (current cameras see thru plastic, ceramic, etc, not thru metal) would be able to photograph the anode without taking it out in the future, because casing is different than anode chemically. As California required new houses to come with solar panels (*why don't all nations require solar roofs* and solar walls and windows for (solar paint on walls, ultra thin, solar panels, so they make best use of resources, and the tiles go to California, Arizona, Florida, Nevada first, until all roofs by law have solar panels nationwide, to where they can produce 3 times the electricity in North Dakota – to shut down the maximum amount of coal and gas plants fastest, since we can't retool all roofing companies to make solar tiles overnight and solar panels last far longer than solar tiles anyway (air gap under keeps them cool and last far longer, keeping roof much cooler in passive cooling design, reducing electricity needs) – *it's all about maximizing total lifespan years fastest by having all solar panels go to the sunniest states where solar panels on roofs become mandatory)* all new buildings and require all roofing and window companies to sell only solar roofs and windows, skyscrapers especially), and some of California will ban gas water heaters in 2027, US could require all new houses to be built with electric stove (induction is amazing, half the time to boil water, less damage to pans) and electric tank or tankless water heater (if no dirty electricity generated), to avoid carcinogenic NO_x emissions and CO_2 emissions, gas lines explosions that kill people way before 150, gas extraction that pollutes tap water.

If we're encouraging students to remote view the future, to perceive, imagine, creatively relax into the anxiety-free future of the Heavenly Earth of 900 year old or even longer living humans, we create a totally different energy on campus than if we cram into people's heads so much stuff as they do with the history (horrific stuff) and many humanities, forgetting that in a civilized world of super intelligent beings each with 20 PhDs, you don't need laywers, courts, prisons, wars, and all these things we so much focus and talk about. Eventually, when people can live on energy, materialize what they need from subatomic assemblers and are telepathic, they don't need economics, and all these things, as money is not really something existing in Heaven, everybody is a sage, with 20 PhDs, the ultimate saint, they understand needs of the collective and achieve them without even using monetary system. If you can materialize anything you need from other dimensional energy, what is the use of materializing paper money? ☺☺☺ So, basically, the more you go into the future, the more you realize our educational system as it exists today reinforces the past and slows down the arrival of the future. The existing system in all grade levels and colleges doesn't allow imagination to flow freely and to create the new, as kids are not encouraged to imagine the world of Immortals and how we get there, we overburden the people with the past/present and they re-create it under pressure, having no time to breathe in the magnificent future. We sometimes memorize so much stuff, our brain

gets so tired and can't think of anything new and creative, can't question hypotheses and things and we recreate the bad past. We need a lot more humanities courses for minors to be about the Brilliant future and sci fi works of brilliant students who act as temporary professors (like the 18 year old mentioned above) presenting their view of the Civilization of Immortals, say "Subatomic and Molecular Art and Monuments in the Immortals World". This saves money on full time faculty and encourages imagination, a different brain area. Immortality University becomes a less bureaucratic environment of new ideas where tradition/past is ignored and New Wild Progressive Ideas are born. We encourage everyone become a better Telepath and develop the qualities that invite spiritual help via telepathy. United in our quest for the New, we break with the past and create the Brilliant New, amazing & beautiful New, the World of Immortals. This Immortality UNIVERSITY environment is ideal for questioning every dogma, belief in any discipline, in biology, chemistry and physics, engineering, space and technology, so we may make the most astounding discoveries, like Galileo did. This then gets copied nationwide in every grade level and creates a sort of second Renaissance period in world history with an amazing amount of new discoveries, like in the Enlightenment that changed the world path towards hypothesis testing and thinking. ☺☺☺☺☺☺☺

For new Immortality Universities, where it's 10 times harder to get into than MIT, there is not a single person into partying and loud music, alcohol parties, and hazing rituals like at MIT where a teen died of alcohol poisoning at a fraternity and another of laughing gas poisoning in a dorm. This Immortality university would have totally different ethics, (first freshman semester with required courses in Ethics of the Immortals, Emotional Regulation, Empathy, Telepathy, Writing Essays about what a Civilization of Immortals would be like, just as this booklet is a mix of essays), and different energy than MIT or any existing one. In sciences we don't rely on texts from the 13th or 16th century. Perhaps it is time to create also a more developed scientific ethics of a Civilization of Immortals. Smoking and alcohol kill millions yearly. This means basically that a company can release a product that shortens human lifespan, cigarettes, and they can legally commit the equivalent of mass murder. Somehow, this is ethical in our world in every country. Isn't there something wrong with this? French fries were found to have 90 times more AGEs (advanced glycation end products) than boiled potatoes and to increase mortality far more. Same for coke soft drinks were found to increase mortality far more than the healthy drinks. Why are they allowed to be sold? As explained above, a study showed French fries shorten our lifespan, yet billions of people eat them due to the fact companies can release a product that shortens lifespan. Without ethics taught at all grade levels, to emphasize the number one thing in any decision is extending healthy human lifespan long-term for the whole civilization (not making money), in all colleges especially, it is very hard to get people to think about this when they become product managers, administrators, scientists, engineers, lawyers, doctors, pharma

managers, food company managers, CEOs. We often talk about "making products to satisfy customer demand" and indeed, such products can exist and they can kill people slowly. In a Civilization of Immortals these products would not get approval for creation in the first place by the Immortality *Nurturing* Agency, since voluntary compliance with the Ethics of "Healthiest Longest Lifespan" or Immortality doesn't always increase lifespan. ☺☺

Cell phone companies (see Chapter 12.11) often pressure EMF effects researchers to not publish bad papers or attack their work or accuse the scientists of fraud or etc (and many times fail to get papers retracted, as they can't prove it was fraud), instead of creating a RESEARCH division to make these things safer, as there is already knowledge on how to do so. LiFi could replace WiFi in many circumstances (being much faster too), and cell phone towers can be made far less damaging. A new physics could emerge, but the problem is that the salary of the CEO and other people needs to be 2 or 50 million, the profit needs to be very high, and cutting some salaries or profit by 5% or 20% to save tens of thousands of lives (when you calculate effects on millions of lives shortened by months or years each) is not on the agenda, as Immortality Ethics is not really ingrained in our education. We have 1 in 6 Americans food insecure, but to these people, creating with a few million a year a RESEARCH center and having lower salary, say 10 million instead of 30, is not in the cards. Cell tower radiation typical to many city areas led to 90% mortality of frogs, versus 4.2% for no city radiation. If this was a human study, everyone *would be upset about the 21 times higher* mortality.

We have people using texts from millennia or many centuries ago in many colleges, to teach x, y, z. It's as if physics, chemistry, biology, nanotech, etc would use texts from 400 years ago. Many people can't comprehend how the same thing people achieved many centuries ago via certain methods can be achieved today via totally new methods (based on science discoveries) using no violence. In math we can solve a problem or prove something with a 5 page long solution, or if we're lucky, we find a 5 line elegant solution. In chemistry, we can synthesize a compound via 500 steps or via 10 steps in an elegant solution that uses 10,000 times less time and resources. The only difference between these 500 step or 10 step methods is the INFORMATION one has about POSSIBLE routes to the end goal. In the same way, if we want a Civilization of Immortals or say healthy 150 year olds in the short term, we have so many routes to choose from, some take 1,000 times more resources and time. This is why, it would make perfect sense to encourage in Ethics of Immortals classes all middle, high school, college students etc to actually relax and imagine what would be the best way to achieve the Ethics of Immortality and fastest progress. Right now, we have a credit score based on financial responsibility, used for lending decisions, imagine if there was an Immortality score, based on contributions to extending human lifespan, that each business and individual would accumulate. We often compensate people with money and some professions pay way more than others, so this creates incentives

for money seekers to choose those professions, even if a Civilization of Immortals doesn't need those professions as much. One less ideal solution would be pay grades depending on impact to Longevity, i.e professions that extend human lifespan the most get the highest pay, so everyone rushes to become a longevity scientist instead of lawyer or business major. Today the situation is totally random. For example, a big company makes an ad for a flavor chemist, to sell toxic and lifespan shortening flavored products to people by manipulating their taste buds and getting them addicted to the poison. Salary is 120K. Another non-profit advertizes for curing flu chemical virologist for 50K. Everyone flocks to the flavor position naturally, as MONEY trumps ethics. A few exceptions exist of course. Why does money trump ethics? Because ethics is a non-existent topic in our education on a consistent basis, incorporated in every discipline, etc. Have you ever heard of an Ethics Encyclopedia or Compendium that was required text for people to read in college or high school? Many people also become CEOs, influential leaders in an organization, lawyers and even doctors for money reasons alone unfortunately. They equate money with success and accomplishment. Ethics would teach that we have so much suffering in the world, we don't need more litigation and lawyers, we don't need more flavors, but real cures to existing diseases, like flu killing 7 year olds left and right, etc. But who thinks of that if colleges never mention it and high schools even less? Few people. Jesus said "cure the sick", etc, yet many seem to have forgotten this important message of curing diseases. ☺☺☺ We have more lawyers per capita than any nation. Some say that is a good thing, meaning the rule of law and access to lawyers is everywhere. Others say it doesn't really reflect anything, just an aspect of market economy where litigation is natural, since per capita litigation is higher in other countries with fewer lawyers per capita. But if you look at it from an efficiency of lifespan extension methods and the ethics of Immortals, tenderness, gentleness, honesty, forgiveness (work something out, don't try to go to war sort of), it seems a little like a convoluted less effective way to create checks and balances on companies, since with bought lawyers, companies can overcome litigation. So then a bad company can continue to produce lifespan shortening products even with endless lawyers around. Brazil has about same amount of lawyers per capita as the US (1 lawyer per 326 people, instead per 300), so we're not that odd.

If a company CEO, University President, School Principal, etc would be evaluated based on his extension of human lifespan by shareholders, board of directors or even some governmental agency, not how many profits he made only, since profits would be second priority to extending healthy lifespan, then we would remove the money incentive influence which leads to a lot of corruption and silent genocides via popular products that shorten the lifespan of billions by a few months, years of weeks. All citizens and shareholders would understand the purpose of any business is first and foremost doubling healthy human lifespan, not making a profit. It would be a sort of Immortality economics or longevity economics. The existing corporate shareholder

culture emphasizes profits over human lifespan tripling, so one would have to come up with an intelligent way to change that to an "Immortality" economics that is far more focused on life extension. CEOs, University Presidents, etc could be immediately removed when lifespan extension scores become negative, based on thousands of very complex calculations. One could go to even more extreme measures and limit the salary gap between CEO, workers, University Presidents, staff, Mayor, staff, etc to make "contribution to humankind welfare beyond this lifetime, long-term" as the ONLY MOTIVATION for becoming CEO, mayor, lawyer, doctor, etc not money. It could lead to the best outcome when the CEO salary is almost same as average worker (or say 3-10 times bigger, but not 50-500 times bigger as today), because then only the most altruistic saintly individual with the highest noblest intent (IQ and other qualities) for humanity's long-term lifespan extension would become the leaders of all our companies and institutions, not people seeking the most money. They would desire to put more efforts, work hours just for humanity's future alone. But one can create a system where the high pay gap can still exist, but make sure those CEOs are really into life extension for all humanity (the wellbeing of all), have high Immortality Credit Score, and use their higher salary to actually extend human lifespan, not build a palace for themselves while flu virologists are understaffed and in need of more researchers. Money is neutral, it can be used to do good and evil, but it can easily become the goal of many, without them even becoming aware of it and how it affects their decisions and sabotages their ability to do good. Without a system of checks and balances, it's very easy for corruption to undermine the goals of a healthier longer lifespan of 120 or 200. To figure out which way extends human lifespan the most, one could try different things to manage a company or university or city and see results over a period in terms of lifespan, like they try out different laboratory information management systems, LIMS, etc. In science, we have hypotheses and we test them, we perfect products and technologies and systems, until we obtain the best outcome, products, system, results. Same thing with this, we want best results for healthy human lifespan, so we optimize everything for that. Nothing different. Just like we would optimize computational power per dollar, this would be optimizing human lifespan increase per dollar spent so to speak. ☺☺☺☺☺☺☺

The far future Law School of Immortality University could create the textbooks and ideas for a new legal system that favors Longevity and Immortality efforts. For example, let's say that there is a dispute between 2 people about some issue or property and the judge is at a loss who deserves to get more, if it would be 50-50 or not or 75 to 25 or whatever. With a Civilization of Immortals, a new factor comes into the equation: how much has each individual contributed in his life to extending human lifespan? Then if one of the two has taken far more actions that increased human lifespan when all else is the same, the Immortality Civilization Judge takes appropriate action and gives more to the longevity promoting, disease curing, smog eliminating,

violence diminishing individual. There are often cases where the dispute is rather absurd (over a small amount of money for example) and the judge would actually have to choose who gets the whole of it, so he would use the same logic. Likewise, if someone would receive a prison term of 100 days, it could be cut to 2 days or 20 days maybe or less if one agrees to work 98 or 80 days on the building of an Immortality Healing Center within a prison who lacks it, may not be the same, or teach prisoners conscious breathing, smiling, positive thinking a little with videos and stuff. This would heal these prisoners who come often from messed up families and neighborhoods, listen to messed up music, ☺☺☺ etc. US has a lawyer for 300 people, # 1 in the world followed by Brazil with a lawyer for 326 people, France 1 per 1403 people. US is the 5th most litigious. Imagine a world of 10,000 year old Immortals who're telepathic ultra wise and kind, with no crime, prisons, courts, lawyers, etc, this is the world of the future, the kingdom of eternal kindness, tenderness and gentleness where people would rather work together to extend human lifespan and diminish suffering of others instead of suing, harming or killing each other. This is the world that we can teach in 1st grade as the goal of human civilization globally. One would think that as a Civilization progresses towards the ethics of everything being done to extend human lifespan for all, the huge litigation rates will disappear as the business ethics would change and people wouldn't release such harmful products inviting suing. For small matters there could be Healing Professionals, whose job is to heal society from small disputes and these healers would take 2 antagonistic parties fighting over $500 or $40,000 and manage to bring peace, and resolution without any lawyer or court involvement, but using the Ethics of the Immortals, the ideas of Maximum Benefit for humanity, forgiveness, compassion, tenderness, gentleness. The legal system would actually favor the transition to a world of no prisons by giving more and more people, eventually everyone day, the option of doing their sentence outside of the prison doing some community service. For example, someone would get a sentence of 5 months, they would be given choice to work 40h/week for 1 year to build better inmate housing or temporary housing owned by the government where people can go for 1 year, until their bad neighborhood with incessant noise and poor sound insulation is cleaned up and rebuilt. They could also work 2 years 7h/wk on a vertical farm to grow kale for some prisons (or other foods, they use purple light for maximum yield and sometimes sound), since it has ω3 fatty acids, lutein (155 times more than carrots), vitamin C (2.3 times more than oranges), vitamin K (20 times the level in many veggies), vitamin A (2nd highest after carrots/100g).

This would transform the civilization as the root cause of crime often relates to poor nutrition and bad living conditions too, not just negative emotions coming from not learning conscious breathing, meditation, ethics of Immortals, inner peace, prayer or whatever. The sleep is disturbed by constant noise and cardboard walls. The nutrition is poor, leading to much higher aggression (this is explained in Chapter 16 ω3 section and caffeine section). The music they listen

to agitates and leads them to crime. For more dangerous types, their community service, healing, re-education would be done in an enclosed secure environment, if they would try to escape before they're healed. As civilization crime decreases with time, the killings disappear and everyone is able to do their sentences outside, as long as they complete a healing and re-education course too before the work is done, healing more custom depending on the offense done and reason for doing it. 2 million people in prisons would do a lot of good things for their community or other communities and turn all prisons into healing centers where people heal faster than in their screwed up neighborhood. We say we're a civilization of kindness, but the Bible/Torah talks about forgiveness 7 times and again 7 times and about healing others, so this stuff is compatible with the Bible. If the educational system would be vastly different, there would be none committing any crime. We can study and discover which educational system eliminates all crime fastest. In the transition period to a world "where worst crime is frowning", all police might be neuroscientists, psychologists, healers, nutritionists who care about people and develop new healing, integration programs to awaken the Immortal within, the Ethics of the Immortals. No guns, no violence, the job of police will be 900 times less stressful, no injuries. ☺

Those who comprehend the complexity of the Ethics of Life Extension and World Peace creation will be able to formulate new paradigms in every human field (not just law education) and lift us towards that Brilliant future of 900 year lifespans. Of course, at first, lifespan will be 120, 150, 200 etc unless someone gets lucky and eats something or does some gene therapy that increases it 5 times. A Civilization of "500 years old humans to be" can set real goals, like "end all violence, gun deaths and homicides in 50 years" or something like that, then "end all other medium crimes in the next 50 years and all crime in 150 years". Imagine if this would be part of the political platforms of all parties globally, with the only differences being on how to get to the end goal. This is achievable if people set their minds on it. If people didn't set their mind to the moon, they would have never gotten there. Today, for the first time in history, we have the internet and the capacity to reform our educational system ultra fast. A Civilization is the product of its Education, which sets its GOALS. Imagine people being taught from age 7 and 8 that the equivalent of smoking, using weed or drugs, drinking alcohol is that of killing 10 people. Why is that? When one smokes, that cigarette pack could have helped a gang who trafficked it to kill a few people or recruit maybe even teenagers or 9 year olds. Second smoke is killing people slowly and it's a crime against humanity to willingly shorten anyone's lifespan in a Civilization of Immortals; thus, nobody does it. When people smoke, they can't abstain from it during and after pregnancy, thus lowering the IQ and health of the baby. When people drink alcohol, they take part in the thousands of car accidents caused by alcohol, as they support the legalization of this useless beverage that has no real benefits, since hundreds of other foods have more antioxidants than wine, beer, etc. Not to mention 80% of violent crime happens

under the influence of alcohol, 60% under the influence of drugs. Weed damages the teenage brain, and naturally it makes people more willing to do other drugs, more open. Because weed doesn't increase lifespan and has no benefits, its use is the equivalent of killing other people, when the effects are multiplied. For other drugs it's far worse, as people can actually die from overdose. And those drugs come from gangs who kill, torture kids so they become 8 year or 12 year old drug dealers, etc. Because of that, and because we want to eradicate all violence on Earth, we teach every kid in the world to say no to drugs and we basically eradicate all these gangs via many methods, one of them being education of youth. The legalization of recreational weed makes no sense, in a future Civilization of Immortals, since weed doesn't help us live to 300 or add any benefit to the civilization, except a few medical uses. The legalization of movies, music, lyrics, literature depicting crime is inconceivable in a world aiming for 900 year lifespans.

Police can read about what the bad guys do, until crime is no more in a transition period, but only they can read such material to prevent out of context telepathy diffusion from giving people bad ideas. Thru the frequent discussion of "What if there is an afterlife?" in the Immortality or Longevity or Ethics classes as Chapter 2 explains, 7 year old kids would realize that the goal of life is not becoming rich and being able to buy things or influence the world via money, but to influence the world via ideas, and noble silent living example on how to bring that amazing & beautiful world of 3,000 year lifespan with no crime. Since in the future Civilization of Immortals honesty is much more common, and crime non-existent almost in the first stages, gone afterwards, it makes sense nobody has any issue with an AI (artificial intelligence) monitoring every purchase people make and blocking credit card transaction when one has bought more than a given amount of alcohol per person per year. There could be a daily limit, monthly limit and yearly limit, to prevent alcohol abuse. All alcoholic beverages would need clinical trials to prove they extend human lifespan, otherwise, as they hardly provide calories, they're not justified at all, unless the richest in antioxidants wines, or beers, and phytochemicals, but these have 100 times less antioxidants compared to other sources, so it will be very hard to justify to the above mentioned Immortality *Nurturing* Agency, the Super-Agency that governs EPA, FDA, CIA, FBI, and all others, why a product is allowed on the market if it doesn't increase the lifespan of the Civilization's inhabitants. Thru education of pros and cons, the fewer and fewer smokers and alcohol users drop more and more, until such a small percentage, the industry is outlawed and the employees given (by the Civilization's Immortality Grace Board) ☺☺☺ the retraining in other more lifespan enhancing industries, such as new foods that make us live 3 times longer instead of smoking that shrinks lifespan, alcohol that shrinks lifespan thru car accidents, domestic violence, etc. We care about overall benefit to a society, not just individuals who mistakenly believe alcohol made them live to 100, when many people never used it and made it to 110. Many 7th Day Adventists live to 105 and they never

drink alcohol. In 2016, about 15% of Americans still smoked, believe it or not. With proper education, America can become first nation with no smoking, no violence, no drug use, and minimal (almost non-existent, like in some Islamic countries) alcohol use. As a role model to the world, America then moves rapidly to no prisons and no crime, replacing every prison with healing educational centers for small infractions and becomes the Light of the World in a real sense, not just the words of a politician. The small infractions that would lead to a shorter or longer trip to an education and healing center (we all Educate ourselves eternally as Immortals), would not even be called crimes, but civilizational failures to properly educate and heal.

As the telepathy diffusion section explains, when a bad thing happens, the Immortals know all are guilty, not just one person, as they created as a collective the environment in which that occurred and it's a collective failure, since telepathy diffusion makes it impossible to correctly assess who is responsible. The Immortals educate thru many means, including instilling a love of lifespan extension from age 4 in kindergarten and of science thru biology, chemistry and physics mind blowing miracle experiments instead of making them excited about certain "sports" that can sometimes make them more prone to aggression, selfishness (as physical exercise is not used to benefit society as in Chapter 5.5), shoving and pushing others and fierce competition, instead of empathic cooperation towards the sublime world of Heaven where we as one team, filled with *gentle tender soft* voices and emotions as Chapter 8 explains, bring the Abode of the *gentle tender soft* Lord of Ascending Immortality, *Heaven on Earth*, the Kingdom of Empathy, Telepathy, Immortality with Freedom and Right to 900 year lifespans for all. ☺☺☺☺☺☺☺

Isn't it funny, we require a drivers license for driving a car, that lasts 5-10 years for an owner, and yet for driving the life path of a 900 year Immortal, we don't require any education, no license, no courses while pregnant, for being a father or mother, not even some basic videos and emails given to new parents about proper nutrition, affection and how this impacts IQ and behavior and the possibility for us humans to reach 900 year lifespans. This certainly can't be in a Civilization of Immortals. Immortals don't leave things to chance, they prevent evil before it arises and it starts with the nutrition in the womb and even before conception. Kids lacking certain nutrients or affection will become much more physically aggressive than others. Crime starts before conception, with the Civilization of Immortals creating it indirectly, so aware of this, they focus on prevention. If almost everyone is misinformed, any human being will reach 900 average lifespan in 3 billion years, but if everyone is "Immortality or 900 year lifespan" (not street smart, politically smart or physics smart, etc) smart thru a Renewed (Longevity Infused) Educational System we will reach it in maybe 1200 years. On Earth, it is unfortunately still the case (not a Civilization of Immortals yet) that some people are believing only in "raising" (not really raising, but remaining very weak and lacking knowledge one can't find alone) themselves up by destroying others (who could have given him 10 times longer lifespan if he had not killed

or destroyed them or harmed them), by cunning and lies, and this is how this evil mindset has set us backwards for a long time, but what this evil (or "misinformed") mindset does is makes it far harder for ANY humans to ever reach 900 year lifespan. If everyone is becoming smarter and discovers more about longevity, reaching 900 will be far faster and achievable, while if a few guys keep everyone in the Stone Age, there simply won't be enough science and scientists to discover the many technologies needed to live to 900. Aware of this truth, the Civilization of Immortals makes only friends, no enemies, does no evil to others and only helps others or in the worst case, avoids interaction, if those others are really of the "destroy others to relatively raise (in fact stagnate or lower) ourselves" mindset. Rooted in the Ethics of the Immortals, aware of the law of physics or 'karma', action force = reaction force, the Civilization of Immortals becomes the Bringer of World Peace and Nonviolence. ☺☺☺☺☺☺☺

We see how politicians talk about gun rights and taxes up or down, jobs up or down, but never about the Kingdom of *Heaven on Earth*, the world of no violence where everyone is an angelic human being infused by the Knowledge of the Immortals so to speak, *the Holy Spirit*, God's energy, etc. If people unconsciously repeat words and GOALS related to guns and stuff, they saturate the civilization's mass consciousness field, the subconscious minds with such images related to violence expression and gun use, helping people repeat the past, while failing to saturate the mass consciousness field with positive images of the future when people have no reason to wear guns, as nobody attacks anyone, there is no violence, and only weapons exist for the solar system defense force, and not guns, but much more amazing stuff anyway. The politicians unconsciously recreate the past, focusing on small GOALS (go to 10 miles away, instead of the moon) like give everyone a gun, or reduce guns by 50%, or etc and never talking about the Heavenly World of the Future, the Kingdom of Immortality, on earth as it is in Heaven, the Kingdom of 900 year lifespans with no violence and freedom from "violence and short lives" for all. That is "Liberty and Justice for all" after all, FREEDOM and the FREEDOM & CAPACITY TO REACH 900 year lifespans, in harmony and joy for all. Evidently people can't reach 900 in a world where there is war, violence and killings, Living to 900+ is not a human right that is guaranteed, as violence makes living to only 10 or 80 much more likely.

4.4. US GOVERNMENT GIVES 240 BILLION A YEAR TO EDUCATION WITHOUT Conditions that the Education Extends Human Lifespan and focuses on the Fields that benefit lifespan doubling the most.

Same thing happens in *all nations*. Another big issue globally, is that too many students major in the weirdest topics that provide 0 or almost 0 benefit to society. While one can understand 3 people out of 3 million at some special school majoring in some long gone century literature or something, if you know how people wrote 1300 years ago or whatever it won't really help us

cure the flu, provide clean water and air for all, and extend human lifespan and quality. Humanity's largest amount of original (new writing style with a specific new terminology, not same stuff) written text or literature in the last 5,000 years has been produced in the last 100 years in STEM fields (with their new technical terms), so when people study a STEM field they automatically study the literature of that field too. I see how one could minor in 12th century literature out of a peculiar interest in a period or something, but when so many major in it and have no clue about things far more useful to know, that once applied can change the lives of millions of people, it makes you question whether we're encouraging being out of touch, out of compassion for the suffering the world experiences daily due to our science, engineering, technology ignorance. With more physics and chemistry, we can design the craft to detect early hurricane or tornado formation and use lasers to wipe clouds out before they become a tornado, invent architecture to prevent earthquake deaths via shock wave deflections. In psychological science or political science or World Peace science we formulate hypotheses and test them, so it's very different than studying Paleolithic pottery and cuneiform writing styles or Sumerian language which got 0 application to longevity. ☺☺☺☺☺☺☺

Science & engineering related fields are the art of really helping solve real problems and help cure diseases, extend human lifespan by centuries, which you can't do by repeating a poem from 1,300 years ago. We got 3D printing, etc holograms, 3D printer software that can create amazing & beautiful sculptures, paintings, etc, do we really need so many people majoring in those? We're soaking in smog and pollution from factory farms and cars and we major in the most remote subjects that will have 0 impact on our ability to solve these issues. This all comes from historical inertia, back 7 centuries ago people studied a lot of these things and they were more useful then to get people to think and develop a more complex way of perception, but today, the most amazing art is curing a disease, helping people live longer, the real literature is the language of biochemistry, psychology, neuroscience, biology, physics, engineering, etc that help us solve so many engineering, violence and health issues, etc. This modern technical literature has a beauty and magic, it can improve our life in major ways, it can perform "miracles" by 9th century standards, give sight to blind, walking to paralyzed, hearing to deaf. The 9th century literature can't. The PubMed free papers, in the millions, are full of specific modern terms that help us cure so many things, extend lifespan, etc. The power of inertia is so mighty, the habit of being politically correct is so ingrained, that few are dedicated to make education far more STEM-centric, "Hypothesis Formulation and Testing" centric, Longevity-Immortality centric. Many people having majored in the most useless fields can't find a job even. How can learning some no longer used language or literary style help you in finding a job? Then, hiring managers say they don't have enough STEM candidates to fill positions. It's a question of ethics here, we can't save lives with the knowledge of many of these majors (fine as minors), but with STEM we

can totally change the world for the better, diminish suffering, etc. The Government of the Civilization of Immortals can require colleges to meet minimum 90% STEM & related technical majors (architecture, political or World Peace science, Immortality government science could be thought of as related) to get college license, and 5% Ethics of Immortals and related majors. Right now, federal subsidies are at least 170 billion a year (states $75 billion) and for many colleges 90% of revenue are these subsidies, yet there is little focus in making sure these billions are spent in RESEARCH and education useful to achieving 500 year lifespans; how is 13th century literature really helping us eliminate pollution, electrify transport, feed 30 billion people, terra forms planets, space travel? There is no Immortality *Nurturing* Agency to oversee these grants and subsidies and make them conditional upon reaching certain 200-900 year lifespan educational targets. Another issue is that a man with no direction or purpose is blown by the wind in every direction. The same is true for a civilization, inertia will lead it to its disappearing without a trace. Look at most countries, *nobody sets a 2,000 or 3,000 year Vision or plan, they have at the most a 50 year plan. How can you plan for 900 year lifespan then?* We need a plan like with climate targets, with intermediate GOALS of 120, 170, 250, 400, 700, 900 year lifespan. This is exciting, science can discover things that will enable atheists who love life to live to 500. This is amazing, some people alive today can, with enough effort, make it to 500 if they discover the right nutrition or gene change. Ultimately, living to 4000 is about the survival of the species too. Survival is maximized when we live long and can colonize different stars; short lives limit our technology and capacity to travel far distances. ☺☺☺

It seems like a good idea to teach physics and science differently in general, especially in more STEM-focused high schools. Usually in physics (or STEM), the mother of all sciences, we study some principles and laws and how the physicists came to that conclusion. This is due to time constraints, but ideally, we want to think about alternate possibilities and *universes*, where the laws of physics are different or alternate explanations and ways of thinking, of proving something, asking students to check for mistakes in the reasoning of humanity last few centuries, etc. If we're taught that way, we're more likely to discover mistakes in our laws of physics or discover new laws/exceptions (in certain conditions that we can mimic and thus increase speed 50 times) or applications, that get easily overlooked when you memorize the thought process of a former physicist instead of thinking of a way to prove it or question it differently. Otherwise, we risk *(even without* bad or neutral alien *help, neutrals who use human 'bacteria' to produce 'amino acids' just like humans use bacteria in* bioreactors to produce amino acids; something in industrial processes/life could generate unknown waves*, interdimensional particles that are useful to some invisible aliens in another dimension)* creating invisible fences (a matrix of our own beliefs, that postpones our progress by millennia) or limits in what we can discover, delaying the discovery of some amazing physics (or STEM) techs or laws that enable us

to live to 900 much faster or to travel in space without chemical fuel, 50 times faster. Some PhDs and professors could specialize in the theoretical physics that examines 100 other possibilities for every existing law of physics in 100 other *universes*, to find flaws. Benzene structures were wrong initially, to take an example from non-nuclear chemistry, which is the physics of electro-photonic exchanges among molecules of normal matter; atomic models were also wrong at first, *Rutherford* did the gold foil experiment and discovered the electron and neutron.☺☺☺

4.5. Free *K-12*/*Univ*/PhD education via centralized Immortality Capitalism

The next 530 pages explain the Immortalist Anthem gradually, so it helps to read them in order to understand why immortality capitalism (immortalism) is not 'communism/socialism' (errors, violence of communism explained in 40 pages), but a sort of technocracy. Immortalism defines progress by lifespan length, so"GDP growth" and "AI wonders" are irrelevant, if they don't bring 4000 year lifespan. We can't become slaves of "tech progress", while living to 80 forever. Every decision at every level of group, business, gov, relationships has to add millions of lifespan years to humanity. Living to a trillion scientific & ethical innovation is 900 times higher with kind 11 companies centralization than with millions of competing (or even cooperating) companies of a country or planet. The hyperlinks below and the core ideas of immortality capitalism only emerged in late 2023, as a response to torture by spy agencies. If rushed, gently jump to:

4.5.1. Immortality Credit Score to bring ~*~Eternal Universal Peace~*~ & Immortality *for* All fast

4.5.2. All houses bought/sold in 2-4 days max with 50000 readings made at drone inspection

4.5.3. Centralization of taxing: 0 TAX FOR ALL, and other forms of immortalist centralization

4.5.4. Free (& immortality focused) education for all citizens, 20 trillion quadrillion course choices, to increase research jobs 50 fold, reduce crime 1 billion fold (equal law = equal education, if a teacher yells or incites by emotion, tone to violence, it's not the same math class)

4.5.5. Declaration of Immortality for All and True Independence of the USA & other nations

4.5.6. The 11 Mega Companies, replacing 33 million companies, that increase high tech jobs 100 fold... food *safety* 300 fold, housing *safety* 3000 fold, RF pollution *safety* 50000 fold, EF *safety* etc

We have a civilization in which a CEO of a cigarette company makes $15 million a year while shortening the lifespan of 10 million by 7 years, meaning about 70 million lifespan years lost or killing 1 million 10 year olds genocide, while using government funded hospitals to treat the victims of smoking. Capitalism rewards genocidal aristocrats with imperial palaces, as the Kings of hell laugh at our credulity. We get a music company or singer making violent music that increases drug use or violence that costs society trillions to deal with over decades. Then, these

'artists' make millions a year at times, while millions have a shorter lifespan due to the music. Again, we reward genocidal aristocrats. This obviously is not right, capitalism doesn't even have a law saying all employee salaries for Life Shortening Products Companies (allowed to exist only temporarily, until alternative companies are made and people are deaddicted) go to the Immortality Research & Education Fund of the Civilization, and all employees gets only the 15K/yr min federal wage to encourage all to disband/quit. This would be on top of the existing taxes on cigarettes. It's genocidal for a lawyer to make millions by defending corporations that shorten lifespan. These lawyers will have all salary minus min wage going to the Research Fund to create safe products that don't kill. Likewise, all the banking companies max salary for all will be capped at 3 times min wage, since they help most criminal companies wasting 4 trillion/year in deadly products. McDonald's Big Mac has 100 times more life shortening AGEs than Amy's vegan burger and yet the CEO can make millions. Same applies for other junk food companies.

Many Universities are private and run like a business and some of them don't have any educational focus on extending lifespan, they just want to produce "workers who get job in a world of stagnation *and same lifespan*" while making a *profit*. The goal of becoming President (i.e. CEO) or top official of a University would be to bring "Immortality" or 900 year lifespans, *Heaven on Earth*, *not to make* $0.5-8 million/yr. For colleges that fail to meet the Immortality Nurturing Agency *criteria* (*single soundproof rooms, proper nutrition for all students, longevity courses, etc*) for Education and Courses required for Lifespan Extension and STEM focus, min wage rule applies to everyone, as they destroy society. 8 Ivy League colleges received $42 billion in taxpayer subsidies in 6 years during 2010-2015 and we have some really high salaries for the top university officials (paid by naive taxpayers?), while the students live in double rooms that can be easily converted into 2 smaller single rooms and MIT students die of alcohol poisoning in hazing rituals in fraternities off campus or laughing gas inhalation. No University offers single rooms for all freshmen on campus. Naturally, in a Civilization of Immortals educators might have higher salaries than other professions, since Education is the most important, but this is not obviously the case in our civilization, where CEOs get way higher salaries than university presidents, professors, inventors and we value money way more than contribution to lifespan increase or Immortality Credit Score. In any event, a salary of 0.6 or 2.5 million is huge given how poor the education is in emphasizing lifespan extension (all the worst CEOs got top school degrees from these same universities), when it takes only $7000 to convert a double into 2 single rooms. Another issue is that college students at 18 are for the first time making a big change in their life, moving from parents to off-campus or some fraternity or single studio etc and the last thing they care about is proper nutrition. Few universities have affordable vegan smoothies or truly complete protein with minimal AGEs that destroy the brain. If students eat at Burger King, the amino acid score of hamburger can be 69 (versus 125 for certain vegan soy

burgers), much more incomplete than the vegan burger, see the protein section, and have 100 times *more cancer* atherosclerosis diabetes causing AGEs than Amy's vegan burger leading to poorer brain function. At least people could receive free emails or pdfs with 4000 pages (like this book Chapter 11 and 12, which I wish someone gave me for free when I became vegetarian) on how to eat healthier. Eye function depends on vitamin A, lutein, etc and many people in the West end up wearing glasses due to malnutrition in our "so smart and advanced" civilization. 0.25-0.5 million kids become blind yearly due to low vitamin A. Nutrition also creates genetics, and lifespan. To develop an immortalist culture of universal empathy, kindness, gentleness, environmental awareness, eternal learning (more scientists, more people living on the planet for more discoveries), veganism plus extra nutrients not found in vegan diet is better. ☺☺☺

4.5.1. Immortality Credit Scores or Ethics Scores (go to 4.5.1.1. to see this isn't communism) enables 4000 yr lifespan via 100x more R&D, 1 equal pay and 11 companies for all humans

Introduction: those with IQ trillions of times higher than humans, who materialize all needed (thus never need eat) and who can shapeshift into any lifeform of any planet don't need money or economics, because they are genderless shimmering shapeshifting Immortals, billions of years ahead of humans in ethics, more like the ethics below. Everyone would prefer to live to 9000 and have one 70K salary for all, than live to 80-100 as today and have people making 15K (poor) or 1 billion (rich). The section below explains why living to 9000 is impossible when you have a society of vast income inequality, as fraud is all pervasive and science is pure junk, lies reign supreme. Scientific honesty means being honest that one cannot work 1 million or billion times harder than another, since everyone works 40-80 hours a week max. Aristocratic capitalists are psychos who think it's OK for a psycho to subjugate 20 million and make 100,000 times more per hour. On the book's 1st page we see a glimpse into their size and realize (real eyes), as physicists know, our 14 billion year universe is a second old vs others, and all these stars, space objects, lifeforms (as potential future Immortals or souls in development that possibly briefly or not so briefly become "our baby" universe size at the singularity of universal collapse (expansion and collapse are illusions created by our eyes and incomplete physics, in reality everything happens within the eternal preexisting universe, our "universe" is like a bubble kids make, 'kids' who live trillions of years), as their 10^{98}th lightbody reaches smallest particles, just as bacteria became us, a million times bigger, over trillion billion years, some can become universe size) are designed before the "Big Bang" (universal expansion) from another universe. On our jungle planet of "gnat IQ" apes, the richest 0.001% own more wealth than the poorest 50% of humans and most GDP is useless junk for the enrichment of the 1%. Radio hosts can make 90 million/yr, 6000 times the minimum wage, for telling us stories, etc. TV hosts make 1-37 million too, must be 'very hard' work to repeat same lies forever that maintain the slavery of the 99% status quo, versus a steelmaker 50K or copper melter, where he can die any second. Many of these phonies

are “leftists” on paper too, like the Democrats (who run the Democratic party) who're left in name only and whose policies fuel endless crime, no zero violent crime is possible if income inequality is gigantic, let alone zero theft. Socialism never existed, so the TV “worm IQ” folks who say “socialism or communism never worked” don’t know anything about socialism and history (read the 80+ pages of 4.5.1., this chapter, and the torture section to see what schools never teach) and the fact Jewish, Western (aristocrat) and Tsarist elements hijacked the 1917 Revolution and gave Lenin from day 1 the living quarters able to house 1000 workers, while the workers were crammed 10 families in a 3000 ft^2 unit of 4 tiny apartments. The “revolutionaries” destroyed socialism from day one as many were paid agents of the aristocrat genocidal psychos, giving themselves more and more benefits and higher and higher salaries (5-10 x the minimum), when it should be one universal pay in true socialism that destroys the very mental illness of money worship. Socialism means nonkilling nontorture for all, so all Tsarist secret police psychos and others killed 20 million workers and aristocrats (mostly workers though), tortured 70 million who could have built a better world instead. This fake socialism then spread worldwide at gunpoint via KGB. Stalin was a demon who incited endless genocides and useless wars, such as North Korea invasion of South Korea that was sadistic, achieving nothing except the 3 million dead psychopath Stalin craved for. ☺☺☺☺☺☺☺ We need universal pay. If everyone has the same monetary rewards, the humblest and most genuinely selfless, least psychopathic wants the extra burden of leadership or challenging jobs.

Any intelligent leftist and decent person knows 1 trillion peaceful ways to a better outcome exist. USSR fell fast, due to corrupt leaders and the efforts of the entire planet’s spy agencies, ruled by genocidal aristocrats, to make it fail, in fear that they lose their palaces obtained via genocide. It didn’t fail because “socialism fails”, as useful idiots and genocidal psychos say on US TV, it failed because it’s very hard to start a change without being infiltrated by the old guard and the enemies from all nations who try to bring a fair system down, since it threatens their parasitic lifestyle of professional mass killers. West Berlin residents got more pay, so many high IQ East Berlin folks migrated there, making the system better than Russian ruled East Berlin, and West Berlin had 3 years longer lifespan as a result, as Germans worked for Germans, while Russians were using Germans to fuel wars (as USSR used Koreans to invade S Korea) not to increase longevity, a Russian state tradition of eternal extermination wars. Groceries in East Berlin had 2-3 times fewer products, meaning you got 30 types of milk repackaged in 30 ways with a little extra additive, vs only 10 in East Berlin, essentially same Neolithic product, both systems the epitome of imbecility, since real innovation means making New Products, not new packaging, eterni foods and milks that give 4000 year lifespans. Both East/West brainwashed people that innovation happened, but all time was lost in millions of companies and bureaucracy, instead of 11 companies and real research. 99% of citizens wasted time, like in

NATO today, 1% did some real research for constructive purposes aiding lifespan. 'Communism' was a fake genocidal cult that had its own aristocratic gang at the top, nothing of true communist or socialist ideals as before Marx and other Jews, Russians transformed it into Torah-Bible Hyper Violence. Socialism means 1 language, so from the get go, the divisive Jew set up USSR for total failure as his aim was: many cultures, many languages. The richest 0.01% Chinese 'communist' families own 58% of wealth, lower officials are killed, ethics of nonviolence and kind tone not taught (see PLA tone, female bitch and male bitch tone of evil while others starve to death... all the $ going to the "concerts" and recordings could alleviate starvation and poisoning of millions who live in foam homes falling in earthquakes, eat junk food, while fresh berries, produce is trashed (seafood, more produce), 0.5 billion apartments are empty while 5 million are homeless, as none buy decent food or have shelter when half GDP is stolen by the 0.01% elites for Makeup, Beauty, TV shows, Infernal Music, Chinese heavy metal depraved concerts: same demon rule land like USA), Chinese fraud reigns supreme as it always does when some make 50000x more per day than others for less stress, less work, as in the "communist" China. US "universities" taught China well the way forward: 1-8 million for Uni President teaching Garbage. ☺☺☺☺☺☺

US Republicans say 50,000 times the min wage is OK as max salary (billionaires), Democrats say 5,000x is OK, the left and right are dividing the planet, creating violence, protests, the aristocrat spies incite the 2 camps to wage wars forever, to destroy the working class, the masses by Divide, Deceive and Conquer, so aristocrats remain Eternally Wealthy. The "left" is far right and the "right" is far far right, the "right" is often just hidden monopolies of feudal families that charge 20-50 times it takes to manufacture a product, all so no research is done and all money is stolen by a few bastards to buy fancy 3 million dollar death causing (smog) cars and other expensive junk. No real left even exists, not even center-left or center. The Immortality Credit Score (IQ + virtue) is the graduation of the cannibal thieving violent (torture and genocide to enslave all to build palaces and build infinite wealth by eternal war) hooligan capitalism to a humane *gentle* tender soft healing *nurturing* *graceful* loving kind capitalism that creates the beautiful colorful telepathic radiant teleporting shimmering genderless shapeshifting Immortals aged a trillion, of infinite empathy, compassion☺☺☺ who Live in ☺☺☺ ~*~ Eternal World & Universal Peace ~*~ ☺☺☺ with 0 crime of course. This gradually evolves into the heavenly world of no money, where every citizen loves the "worst person with smallest Immortality Credit Score (meaning most violent)" a trillion times more tenderly gently softly☺☺ than the best mom loved her sucking infant baby last decade (the Immortalist Anthem explains this on the first page). Thus, all know when a need (vs vain desire) exists, and thus use all their abilities to help that person get that pill or treatment, without them having to wait years when "they get money" while 3 trillion/year are wasted to impress. Eventually, they won't need money, since

intelligence fulfills all needs, everything is so mathematical and well organized (AI and all, priorities so well defined with numbers of priority and score of lifetime years added by any action or reasonable possible action), with gentle tender soft compassioante soothing merciful kindness for all fellow future to be beautiful☺☺ telepathic radiant teleporting shimmering shapeshifting Immortals. Mk 10:25 mandates universal pay, to prevent the rich from going to hell, so Christians need support this. One pay = no rich☺☺☺☺☺☺☺. Buddhism is for giving up material desires, like Tao Te Ching 77 is (Ctrl+F possess and see 11 times greed is criticized by Lao Tze). Before 1970, US was # 1 economy, then the 1% started stealing the wealth from the producers of wealth, workers, and US was destroyed in 55 years, everything moving overseas, jobs, purchasing power, technology, etc. It all started with JFK, who proposed before his death, to lower tax rate for mega rich from 94 to 65%. The greed of the 1% completely destroyed USA in every way almost. CEO pay rise 20x, worker 1.1x. Finland is the happiest nation in many surveys and it may have to do with their fines being a % of your income, instead of a fixed #. This means, the rich people don't become psychopaths like in the rest of the world. When a person becomes richer, no fine affects them, even if it's 50,000$ or 50 million. They got so much $, they don't care about other people, the laws and their purpose, so they lose all empathy and become more like Hitler, Stalin, Mao. Immortalists will require all fines to be % of assets, not just income, as it's more reflective of wealth. Eventually, if universal equal pay becomes real, and assets become roughly equal, it won't matter if fines are real or % of assets. It's roughly similar.

See the star of David in 1903 as Russian Jews met in Europe to discuss how to take over Russia under the guise of the "communist revolution". The infernal shouts and actions of Lenin (who, like Marx, advocated for terror, violence and genocide in his speeches) and Hitler (who advocated for genocide in Mein Kampf) are replaced by the gentle tender healing eterni tone of the Immortalists' Anthem, which unlike the communist manifesto advocating for bloodshed and violence, advocates only for love and peaceful methods. We move from a "Money is All" society to a "Virtue is All" capitalism, the virtue of Bringing the Longest Lifespan for the Maximum number of people in Eternia (new USA name), or the maximum lifespan years added (to USA and humanity) by a given virtuous product or action. The Lifespan increase by 9 billion years for 7 trillion people, is a civilizational marker of cosmic bliss, happiness and health of all, of 0 torture/killings, unlike the system of Eternal Beatings of the Slaves for Max Fun/Enrichment of the Aristocratic Genocidal Class. A Civilization of Immortals wouldn't accept salaries of 50-50000 times the average salary (typical CEO pay these days) for some very "unethical" CEOs or bankers while people don't have basic nutrition (food) and housing in colleges. Perhaps a Civilization of semi-Immortals would accept 3 times the minimum salary *if the CEO had high* Immortality Credit Scores *and did a* lot of good through the company (which can do a better job at educating humankind than a University ironically). When pay differences are huge, people spend half their

work day looking for a better paying job, not paying attention to their job. Everyone is a selfish thug who looks for the biggest prize to steal, the system incentivizes criminal thieving behavior. In a decent world, all salaries are the same, with the smarter and kinder being the managers and everyone treating all like they're kids of their 400 million American Family of Immortals☺☺☺. Nobody is interested in doing a good job, but with 11 companies and reviews.gov all realize they don't need a new job, just a better job done in the current position so more bonuses and promotions can occur, perhaps moving from one department to another of higher IQ or ethics score required. Capitalism has become a con artist game of show, appearance, role playing where all pretend to do a great job. Capitalism = FRAUD: people who get the easiest jobs, least physical, least dangerous, get paid 3-50000 times more. Communism = Fraud, all torture and killings. Nothing is built without the toil of the 99%, no sense of fairness exists, only greed & lies. All contribute however they can. If all are God's children and we're one Family of Immortals☺☺☺, why should we pay differently, wasting time with payroll, instead of focusing on living to 4000 via 10 compounds added to the diet of fetuses & adults? Invent non monetary rewards (free sample of a new compounds made only in 100 kg amount, for example, etc) for people who contribute the most to adding more lifespan years to the Family. These rewards can't be misused like money can, so we're all so much safer. ☺☺☺ The Immortals live to a Trillion because they Love the Worst folks a Trillion times more than we love the best. Our body has 7×10^{27} atoms, each is equally important, deserving of same pay, or trillions of cells, each equally important, so is humanity one body, one human, the Immortal. The body can live without any cell, no cell is so much more vital or key to the body, it can replace any. How big is the ego? How much more important are you than others, so much less dependent on humanity??? ☺☺☺☺☺

Reviews.gov section explains if you do a great job, you can make in the transition period even 6 times more than the guy who does the worst job in his position. Why should the base pay be the same eventually? Because the reward for the most consequential jobs, ETs, NPs, NDs, MDs, scientists, engineers, etc is in LIFESPAN YEARS tech, not money, with a longer life to contribute more to life extending technology, ethics and system that keep violent crime to zero and lifespan ever increasing. The problem is today the most violent serial killing psychopath aims to become a stock trader, MD, lawyer, CEO simply because Money gives him a false sense of security, a stress free life after some little stress at medical or lawyer school, etc, and POWER OVER OTHERS via a salary 5-50000 times higher. In the new system, that power disappears, the incentive to acquire money is zero as money can't give much longer lifespan, the only power one has by having a peculiar job requiring a higher IQ, more effort to educate, understand, innovate, etc is to do good for self or others, i.e. be a manager or access to newer tech that is experimental mostly and not fully perfected, not yet possible to mass produce. It rewards those who seek to add lifespan years to humanity (self, others), to help the max # of folks live to 9000

by becoming managers, not those who seek to use $$$ to buy a bigger palace/car, overthrow opposing fraudulent party and engage in criminal activities. The reason they give the homeless food (not $) is that with $ they buy drugs. The reason we give all same base salary is the same: we prevent the highly paid from doing criminal things, which, even if higher IQ of 120-200, still ultra low vs a trillion for Immortals, they can do, as now they make 10-50000 times the minimum base pay, so they can control the local or federal gov 100% and promote the ultimate serial killers, gangsters and violent trash as "celebrities" for social engineering. If we give people the products that can extend their lifespan by 50 years, we give them only the choice to do good: to add 50 lifespan years to humanity. If we give people money, people can use the money to do drugs, alcohol, smoking, junk foods, crime, killings, etc and subtract 50 to 5 billion lifespan years from humanity via their infernal company for example selling poison. Immortalism removes the possibility of doing evil, while capitalism is neutral, as money is neutral: it gives choice to do both good and evil. Immortalism removes the possibility of evil. That's why the basic needs being met by the 11 companies and same pay for all (plus extra monthly gidt if kids exist, for food/clothing, since education is free) makes sense, since the reward for effort is non-monetary, designed in a way that can't be misused in any way. Capitalism is evil. It deifies evil, it allows evil, it encourages evil, is sings of evil, it worships evil. Immortalism is good, as it prevents anyone from shrinking anyone's lifespan (be it self or others) via money. Why would anyone need money? If you have a Family of Immortals☺☺☺ of 9 billion, if anyone needs help, all 9 billion rush to help him so he survives that disease or etc, because any death is a quantum event that increases entropy in the quantum field and makes it more likely for such an event to occur again in the quantum field. So, even if not "paid with money", all 9 billion people go to help that one struggling guy. In our society, nobody helps anyone, unless paid, usually. Money is used to destroy so many, that it almost cancels all good done by those using money ethically. Thus, real progress is much slower. Capitalists got "lettuce IQ", while immortalists have a basic understanding of cabbage IQ. ☺☺☺☺☺☺☺

The issue today is that the most "worm IQ like" people☺☺☺ get the power, the money and they misuse it for building useless things, instead of helping all live to 4000 by say an addition of 5-10 nutrients to the fetus and new adult diet. Money promotes a hyper violent ultra low IQ society. The current system rewards Greed, Violence, Deception, Low IQ, not Virtue, High IQ, Longevity. In the current system everyone wants to cheat, or is incentivized to deceive, to hoard, to become a CEO, to sell any junk to make $, even if it lowers life expectancy of 8 billion people. A better choice (my view) is to have everyone get the same pay forever eventually or from the start, to remove the money conditioning altogether, but each reviews.gov entry lowers their Immortality Credit Score (which would in either system anyway: fines/bonuses in $ or credit points only), meaning when the time comes for a promotion, they can't get it or they can be

demoted while someone with a higher score from under them takes their position or they're moved to a new position (department or even another of the 11 companies) with new skills, personalities where they can perform better, fit in easier. If someone screws up all the time, they get moved to simpler lower IQ more physical jobs until they reach the very bottom, like mining, roads, etc. This way everyone contributes with their nature given and effort given gifts, without feeling like they will become homeless or worthless, because really, nothing can be done by inventors without the work of the lowest ranks, so it's all a team effort, no need to encourage titles and rivalry over $, since this creates enormous deception and competition, hate and negativity, distracting from the very purpose of our lives itself which is to help all humans reach a trillion years lifespan. ☺☺☺☺☺☺☺

In Immortalism, we focus on how many millions of lifespan years we added to humanity today
In Capitalism, we focus on how many millions of $$$$$ we steal by selling life shrinking items
In Communism, we focus on how many millions of fake products we make to impress, die at 80

In immortalism, we're paid in lifespan years for extending the lifespan of all, while in capitalism or communism, we're paid in paper money that can buy us death at 80-99 if lucky (or get that promotion from the communist/capitalist boss for fudging the data so everything looks amazing on paper), but never a life of 4000 years or a trillion. Which one do you prefer, the depraved capitalism/communism of infinite violence and theft today or the Ever Ecstatic (no plant, animal, human pain) Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All? ☺☺ If you were a parent giving 2 times more food or 5-50000 times more food to some kids, how would the starving kids react? Kids would secretly plot against the parents, team up against the parents and other siblings☺☺, destroy the family (or nation, if kids are citizens getting 2-50000 less money) immediately. Chaos would emerge, kids would run away and family would be destroyed, as kids are taken away by the gov. Likewise, the nonimmortalist governments (China for example, 0.01% of families own 58% of wealth), give 2-50000 times more money to some citizens (the kids above), creating the complete destruction of society, of ethics, of morality and of national unity and kindness, so they get violent crime 1 trillion times higher than it should be in every such nation without equal pay. The government ensures *eternal* war and violent crime by its unequal pay system, lack of equality. Not to mention we waste millions of lives, of jobs, with payroll, taxing differently, pay raises, accounting, 33 million companies, thinking all day about how much more the other job makes, change jobs for monetary reasons alone, not to increase lifespan of all. All these millions of lives trashed could have discovered by now how to live to 4000. ☺☺☺. What is more important, making 1.01 to 50,000 times more than another human and everyone living to 80 on average, or all making same pay and everyone living to 80 trillion?☺☺☺ The answer is clear: what is important is not our material possessions, how big the car, house and bank balance is, but how long the average lifespan is,☺☺☺ because the

longer others live, the easier is for you to figure out how to do so too☺☺☺. If we help all live longer they help us and the synergy leads to super long lifespans a trillion time faster. Instead, almost all humans did, for 90 millennia, is try to con others and steal it all, get a bigger this and that and kill others to steal their bananas☺☺☺, all available if we walk 1 extra mile to the next banana tree. Look at the chimp tone, body language, content of most music, at videos about chimps to see how chimp like, unevolved and stupid most humans are, exactly as these cannibal chimps: killing fellow chimps and torturing fellow chimps. A human doesn't torture other humans, chimps do, and sadly, human looking chimps rule most nations, as they approve of torture.☺☺☺ Chimps get very violent if a so called "lower rank" chimp does something nonviolent, beating the crap out of the other chimp.☺☺☺ We see the exact same dynamics in human societies, showing how unevolved we are, living only twice as long as chimps, not 900 times more. ☺☺☺ Birds of a feather flock together, animals of the same IQ flock in the same lifespan length bandwidth.☺☺☺ A species' ethics determines its lifespan. ☺☺☺ Human societies and Earth events are basically like a family arguing 12 hours daily, instead of helping neighbors build 12 houses, and they argue for a year, they could have built 12 houses and solved all the issues they argue about and those another 3000 villagers argued about, the 12 really "bad families with 12 violent criminals inside". But, no, important is to fight, argue and make no compromise to reach trillion year lifespans via an Immortality *for* All Culture. Most and highest quality human energy is spent with economics, lawyers, courts, espionage, war to fight over who can steal more stuff to build a bigger house, car, etc, instead of spending all human energy to bring zero violent crime in 2 years, Eternal World Peace in 3 months like some mammals never killing each other, and living to 4,000-4 trillion years old. Humans are like lazy ants unwilling to walk 10-20 feet to build a colony, and choosing instead☺☺☺, like the chimp killing a chimp for a banana he could have gotten free from a tree a mile away, to start an all out ant war with another colony they ran into☺☺☺. Ants, in their stupidity, think like humans, they can't imagine there are a trillion ways to peace and civilization expansion without killing fellow ants, the universe being infinite. The universe has infinite resources here/offplanet, via science, as 13.19. explains, so no reason for war exists.☺ When the Eterni Bank sets a part of pay for food, shelter, health, housing/cleaning, etc, kids, etc we prevent the need to steal due to "spending it all on drugs, weed, vapes, parties, girlfiends, video games", and end the need for police, jails, wars, etc. We can become kind, value peace and create the Immortalist Anthem culture that will end the horrific DNA influence that immediately reverts to chimp mentality at the slightest "cultural" influence. Read 11.1.1. to understand the evil of the Economics and all Nobel Prizes. The 11 companies for all humans are the solution. If all get paid the same, then obviously, 800 trillion criminal actions done yearly to "get more money" vanish, as nobody can make more money by any method outside of the Universal Income. All is done by We the People for We the People, not to increase one's $$$ by subjugating and defrauding others. Today, endless violent crime

and theft happens because of the desire to "make more money, have more money". The number one reason people commit violence is MONEY at the end of the day. Thus, Capitalism = Infinite VIOLENT CRIME. You cannot have a civil society and capitalism at the same time. ☺☺☺

The main issue with 50,000 (billionaires) or even just 2-5 times higher pay for some is that it motivates the greediest, most aggressive, violent, evil, dishonest in society to use all deceptive, unsincere, unethical, unaltruistic motivated efforts to get that better pay and then spends time in office politics to maintain power and position,☺☺☺ undermining the good of the company and humanity, then creating wars, unjust wars as leaders to maintain the same "higher pay". It's a recipe for total ethics breakdown and a disaster, as we see in China and all capitalist societies, where everyone fakes everything to get that better pay. Money then becomes "the end of it all, health becomes last, any murder, war, etc, torture is OK for money". This train wreck can end all humans in 10 seconds one day, unless ethics of Immortality *for* All takes first seat in any TV-radio program, song, poem, video game, entertainment or activity☺☺☺. The solution is simple: reward best performers in the Credit Score not with $, but with 1. position (higher skills and ethics means more supervising role) that enables their GOOD NATURE to Sing, to Express, the Ethical Nature of Increasing Everyone's Lifespan by 4 trillion, and 2. longevity products that are not yet mass produced or experimental (unproven) techs. Money can be used to shorten life, but those techs and more supervisory positions can only be used to raise your or others' lifespan ☺☺☺. That's why the Bible says "love of money is the root of all evil", because it verily is in a way and it took us a few millennia to realize that after 50,000 wars. "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*" Mk 10:25 ☺☺☺. To enter the Physical Heaven of Limitless Happiness & Physical Immortality *for* All,☺☺☺, we make nobody rich, so no violence exists, no death exists, and all humans can enter this Heaven of nonkilling (thus Immortality), as all wars over pay cease☺☺☺, all wars over religion, language cease☺. Thus, we make all neither poor, nor rich, but just honest people, clothed with the 11th company's Radiant Glistening Garment of Virtue Shining in all *Universes* as The Light of a Trillion Suns, so all see the God of Ever Ecstatic☺☺☺ Resplendent Magnificent Bounteous Gentle Tender Soft Kind Nurturing Loving Effulgence of Eternal☺☺ Immortality *for* All. To achieve X, we first visualize X, thus the book helps us visualize that Paradise of Immortals, that is calling us ever stronger to its Enchanting Iridescent Radiant Beauty, as the Immortals are our grandgrand...kids who time travel to us and embrace us with a Love a trillion times more Gentle Tender Soft than that of the Kindest mom last decade, as the Immortalist Anthem says. Can you Feel It☺☺☺? The Earth is dancing and shifting☺☺☺, all atoms sing a New Tune☺☺☺, the Eterni Tone, the Eterni Tone of Paradise on Earth☺☺☺, the Arrival of Heaven on Earth☺☺☺, the Paradise of Immortals☺☺☺, the Kingdom of Heaven on Earth, Elysian Kingdom of Immortality for All. The Infinite Bliss of the Eternal Youth Elixir, Infinite Virtue took Eternal Abode in Our Beings, filling us with Big Eternal

Smiles of Everlasting Limitless Happiness and Euphoric Ecstasy.

To ensure everyone is not running out of money due to low IQ, part of the yearly universal salary can only be used for food, clothing and other basic needs, so nobody engages in stealing or other activities to get money or barter items due to money wasted on fancy expensive items, clothes or useless products or illegal drugs, tobacco, vaping, alcohol, all of which will be banned as the screw turns on all gangsters, not just the big aristocratic genocidal killers. Nobody can be addicted to anything, as all references to drugs and alcohol, vaping, smoking are removed from the media, movies and anyone caught distributing it gets lifetime labor or death, depending on the lethality of the substance. With 2 million dogs and 4 trillion cameras, all mail and packages are sniffed, all drugs intercepted, all imported items smelled, everything is known via the Only One Bank (records all purchases, alcohol eventually banned) that ends all illegal and cash based underground economy. The Gangland USA turns into Order land. Tobacco producers are fined trillions for all past damage. All bars and liquor stores are shut down eventually, together with vaping, smoking shops and all tobacco imports or production. All residents (no illegals can exist, as bank account is required to buy food, anything, no cash, bank account requires legal status) are employed and to get 222 weeks off as parents, parents need to get parent license, just like driving a 20 year old car requires a license, driving the life of an 8000 year old human will require one license a lot harder to get than a drivers license, unless one wants kid taken away. We can't have people give birth to serial drug addicts and criminals who will be facilitators of old gangs. All violent crime will be swiftly brought down to zero by instant death for any proven violent crime that causes an injury not healing in 2 weeks completely (means 99.99% of violent crime = death). All rape will end fast☺☺☺, as all sex becomes for procreation only and rape = death. All romance scams end via dating.gov to end all pretending & fraud. Most salons close. In their diabolical place, emerge the Immortality *for* All million centers of research. All male and female sluts on TV will get an appearance & virtue boost via the ethics of "TV Phonies, Frauds and Hitler Like Yelling Con Artists get same salary as minimum wage, which is also max wage, instead of 20 to 2000 times the minimum wage hard working scientists get", a decent appearance, tone, as no more trillions for childish makeup, breast enlargement evil procedures. "Beautiful" whore 'idiots' living to 80 are replaced by kind geniuses living to 4000.☺ All get single family homes.☺

Rich people make $ by the work of many they torture to death via overwork, not unlike Saltikova who killed 138 serfs. All billionaires are evil, as this video explains, because they prevent the arrival of a fair society of employment for all via 11 companies max, minimal economics related majors and admin jobs, 3 times more STEM majors, 95% not 30% as today, and real tech progress instead of selling 1.4$ trillion/year of junk products to steal money from the 90% like 65$ dolls that cost 2$ to make. Money makes people evil. Billionaires deceive the 99% with fake propaganda that they donate this or that or will donate all to charity, but watch

this video to understand the nonprofits they donate to are made up by billionaires (yes Zuckerberg donated to an LLC he controls, so his "will donate it all to humanity" pledge, is fake) and donations are only a trick to avoid paying taxes.☺☺☺ They're the Masters of Deception who buy our fake elections and the Supreme Court of fraud. Here is another video explaining why no billionaire is ethical. They make billions selling useless, overpriced or downright toxic products that cause brain cancer and endless diseases via RF. Charities are not needed when a country is run by ethical people who fulfill everyone's basic needs perfectly via 11 companies, 0 unemployment, instead of a gov of criminals we had for 250 years who work for the rich. The lie that "the rich are charitable" is used to fool the 90%.☺☺☺ Their charities are only a front, to brighten their image for higher sales, since their other activities do way more damage, the business ventures and the infernal music itself sometimes. The greatest illusion is that if some donate 1-100 billion to real charities, not an LLC or charity they control, they somehow absolve themselves from all the harm the system creates: millions of unemployed, 80% wasting lives redundantly doing what others do in other companies (have one company do it all much better), etc, that cost the nation trillions in the long run. Check the billionaire $waste and vacations. ☺☺

Why is it bad to give lawyers, judges, doctors, CEOs, etc big salaries? Because they will use their huge disposable income to fulfill 2 year old fantasies. For example, when we are 7 year old we love having a bike or toys that other kids have, and when we grow up and we get money, we love to get bigger toys, like a Ferrari, 2 million, a boat, 50K or 50 million, etc supporting the industries that produce useless goods that don't really increase anyone's lifespan. Not only that, but a big estate of 500 acres while 100 million live in 500 acres in skyscrapers is a pretty bad use of land, and you know, when people see it, they think the system of based on theft and will no longer try to do their best. All those hours spent in making these luxury goods for the rich could have secured homes against tornadoes, helped innovate, discover better nutrition for all, added 20 million lifespan years, yet in reality it took away 1 million by working to death slaves who ignore health, to build luxury goods. The huge waste of materials for gigantic boats, cars, homes, palaces, etc creates a genocide effect, because when you add it all up it could have prevented millions of early deaths, so then the MD, lawyer, etc doesn't really help society as much as he claims, he is in only for the $$$. If you incentivize people to do good via money, instead of via nutrition longevity product access, you are inviting these 2 year old minds in MD, CEO bodies to waste it, to do evil with the $$$, to trash national resources. Thus, a logical, ethical government is careful to prioritize virtue and promote in the most important strategic positions those who're selfless, not greedy for money. Today, the worst become the MDs, etc because their main motivation is usually THE MONEY THEY get, not the good, the millions of lifespan years they can add to humanity or the nation. We cannot have this system if we want real progress. Remove the money and have all same salary and you will see how fast the greedy stop trying so hard to

become MDs, and how the average MD ethics score triples overnight, because we will get the really selfless to become MD, not the $$$ hunters of today. When you peel thru the facade and their online story "I became MD to help others", you will realize it's more than peer or parental pressure, but the mere drive to make big $$$ as we think that's the best way to a good life. Sure, some had a health issue for 3 generations and wanted to become a specialist in that area, but you can invent a cure for that without being an MD, a researcher making far less $$. People love to convince themselves that everything they do is not driven by monetary greed, that they are holy, but the reality is people are often not even aware of how their mind works and how programmed they are by the background noise in our TV-radio-movies-books memes. We are humans and are quite capable of self-deception, besides telling lies to others knowingly. ☺☺☺

Facebook and Twitter are billionaire controlled, used to prop the fake leftists, the Democrats, and the "right" Republicans, who support low tax on billionaires. Rich family Kennedy heir, ran as a Democrat to deceive the workers, was killed in 1963 likely because he asked Congress to lower rich tax rate from 94% to 65% to steal everything from the workers, give more wealth to the rich (the rich wanted cheap labor, so instead of 11 companies, they got more slaves to come with cartels inside USA), so Kennedy Family and all Congress gangsters who approved the lower tax destroyed the middle class, exported all industry to China, have killed 8,000,000 Americans via deregulation and genocides (no open borders, so 4 million Americans died from illegal drug overdoses, etc). Then Reagan, also shot (helped the cartels flood US with drugs, amnesty for illegals), brought rich tax rate from 65% to 28%, effectively making CEO pay 400 times the average worker in 2021 vs 20 times in 1963. Both bastards (so called Presidents of USA) were shot, one died. They take a fake oath but they're loyal to money, not USA. These 2 destroyed USA more than any others, since inequality destroys all nations. The rich socialize the losses and privatize the gains. The millionaires use the same parasitism to enslave the 90% and keep America backwards, so they sell us useless products that cost 1$ to make at 10$ profit. The banking section explains exactly how the rich (illegal soon) loot the entire planet, though the 11 companies chapter details all genocides they do, since they only care about profits. The rich hate the working class and often shoot the workers as it happened in past US history. Millennia ago Plato (428-348 BC) said in his final work "Laws" that the wealthiest need have assets max 4 times those of the poorest, and that wealth inequality led to the fall of all empires and states. Indeed, Rome fell once it became an oligarchy like US is becoming today. Plato also said in his "The Republic" via his Socrates character that "the ideal city is vegetarian, free from bloodshed, since eating meat leads to decadence, violence, war", as his teacher Pythagoras (570-495 BC) was against blood eating (meat is 0.5% blood) due to pain it causes animals. The reasons are similar, you go vegan (73 reasons), don't subjugate animals/people, as capitalism does promote vampirism and blood drinking via meat and exploitation. So in immortalism, eterni foods are

important, as we replace agriculture with high tech powders, violent religions with evidence based hypotheses. "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*" Mk 10:25. The rich pretend to be Christian to steal better, to fool the naive masses, since a true Christian would never accept unemployment or max salary > 2 times the minimum.

Like Plato, I say equal pay for all is ideal in a nation, and once 1 currency, nation, language, 11 companies exist for all humans instead of a billion companies, then equal pay for all is fine too, but we're not going to have all nations dissolve overnight, so that's a little far away. I explain this equal pay below and why it would make America world's most advanced nation, with daily fines and bonuses received after management and Immortality Nurturing Agency approval, for a bad or good job done. The failure of communism is they had no verified customer reviews centralized (today we don't have them either, so nobody knows which reviews are fake if all or 20% only), so one could do the worst job and be guaranteed the same pay and benefits as someone working 2 times harder to smile, help others, be nice if in retail, etc. Instead of criminal politicians who're puppets for the rich faking all elections, we'll have technocrats who know what they're doing and serve the masses not their profits. The managers are people with the highest scores who're experts in given fields, all work (even disabled, no unemployment). Read the 11 companies section to understand it. Today, the rich and better paid act in selfish interest, not to serve the 350 million US Family of Immortals☺☺☺, but to live off parasites off the 90%, blocking all innovation and scientific progress, like a Ponzi scheme that keeps everyone as smart as a cannibal chimp almost. However, in the transition period, 3-4 times max pay may work to motivate the filif worm IQ people to work. 90% of people worldwide support the glorious end of the billionaires and of net worth above 1 million dollars. Only 0.72% of humans are worth more than $1 million. The rich are like animals, they don't invest 100% of profits in research to innovate so all have the highest quality products and longer lives, they just do stock buy back and buy expensive Neolithic palaces and luxury goods. They steal trillions (Amazon founder paid no taxes in 2007, 2011 and <1% in many years), paying < 1% in taxes, while the poor pay 20% and buy $1.4 trillion junk. This is banditry not capitalism. We'll end taxes via the 11 companies system, end all local-state governments that act as theft mechanisms. When some get a 5000$ fine/bonus, they'll try do a good job, while in communism, no fines existed and one did whatever one wanted, leading to collapse. A 5000$ bonus motivates one to perform better.

Eventually, when all become sages, super ethical, kind, all salaries are equal with the only difference being the managers are the most competent, ethical and highest credit score folks and they can buy some extra products related to longevity, plus live in the safest areas where people of their score live (these safe areas can emerge over time to protect nation's intellect, though they will be secret, to avoid foreign targeting in war or peace via bombs or covert satellite weapons). These optional extra products can't be given by recipients to other people, to

prevent illegal barter in these products, meaning a video proof will be created that they used the products or health session within 10 hours. When all get same pay, *money loses all attraction, so people chase doing good, helping others live to a trillion to get a higher score; today, money is 1 billion times more thought about than Eternal World Peace in our lifetime or helping all reach a trillion year lifespan.* Let's be honest, to God or an alien intelligence that is a cloud the size of a quadrillion galaxies looks on Earth, we live such short lives (a nanosecond of their life) and are so silly, all of us, that the difference in intelligence and merit is identical between God and any of us, meaning INFINITE, Equal INFINITIES, that difference between 2 humans is infinitely small versus between God and any human, so it becomes 0 in God's mind (the way to create Godly worlds is to think like God), that nobody really can pretend they deserve a higher pay, only an INFINITELY SMALL PAY. Thus, *as in calculus and math, we* have the mathematical proof for the immortalist idea of equal universal pay.☺☺☺ In God's perception, *we're* all worth 1 cent *a lifetime for salary.* Greed is evil. God or any intelligent being creating universes, AI souls doesn't care about our scams, fintech, 200 currencies, 4500 US banks, a pure fraud for God. God, *our parent, or the universe* for atheists, obviously loves his kids infinitely, and fairly, with the Most Holy Radiant Glistening Virtue Emanating in all *Universes* as the Light of a Trillion Quadrillion Suns, so all see the Way of the God of Ever Ecstatic (no plant, animal, human pain) Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All. Thus, this Infinitely Kind God gives all enough to eat and sleep decently, sees everyone as his kids and favors equal pay, because this makes people focus on learning, not paper $ or objects. God is like Immortalists, not like Republicans/Democrats. To help his lowest IQ kids to never get into debt or run out of money, God, or any good parent, allocates a part of income to food, shelter, clothing, health, etc, so one's addictions and lack of planning/math skills can't get in the way to a happy life, since all have shelter and job guaranteed. Can't use shelter allowance for buying fancy cars, vapes or bad music. All have a house maintained by Immortality Building Inc.

Why do people get higher pay today? *Simple: lucky being born to good genes, good education, income, nutrition, etc, most of the factors* are LUCK, not effort. Nobody born into a family of serial killers with parents beating kid daily and abusing him is going to become a Nobel laureate in physics, as beatings destroyed his brain and parents didn't send him to school much, so no matter how much effort, he was doomed, drugged, given alcohol, second hand smoking and no decent food/sleep. Effort can do miracles, but not always. If you're a woman born in the Taliban area, no Internet, etc, how can you learn advanced physics? So, the merit is covered in great detail in Chapter 2, for those who want to get more philosophical about why any ethical God would not favor the insane pay differences today which encourage selfishness, theft, crime and war. Jesus also reportedly said in Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*". Any honest person realizes that while not all make the same

effort and care about Eternity for all, immortal lifespan for all, effort can only get us so far if opportunity isn't there, as opportunity exists in immortality capitalism. The ego of some people tells them they deserve 5 or 10 million times more assets than others, but really, most of it is due to luck, not the soul's merit, i.e. most souls could have done all Hitler, Stalin, Mao did or similar if placed in that body, DNA, environment, culture. Realizing this makes us much more capable in understanding the God-like infinite empathy that creates a civilization of 0 violence, instead of the jungle today. The lucky (who got a good credit score due to *good genes, family, education, good sleep, better diet, circumstances, or maybe good 'past life karma'*) emulate God in helping the unlucky, *who also make efforts,* and even struggle to *help all live to a* trillion. The lucky don't become gangsters using the system to enslave all. The lucky realize billionaires can't do anything without the efforts of the many, can't make even 1 cent. These extra products available to the most ethical (a higher score) can be nutrient mixes or health sessions with the most advanced instruments on Earth, to measure biomarkers, optimize decisions, and heal certain conditions in ways not available to those who may be smart, but selfish, violent, or lacking empathy. For example,☺☺☺ youtube shows how people with IQ 197 or 130-150 commit murders over the lowest IQ reasons, like someone pepper sprayed them because they tried to steal their drugs. Thus, aware of this, a new scale of IQ is made, the Immortalist Scale, in which 2 scores are added up: the revised score for IQ, that goes to 100 (today people fake it by taking 5000 tests to get 150 vs 100) and then we make the Immortalist Ethics Score of 700 max, to add up to a total of 800 for the Immortality Credit Score (800 need to be our Planetary Presidents):

150 for 1. Survival of a Civilization in the long Term. (Tone of Speech, how eterni is One's Tone of Speech, One's Content of Speech, Music Preferences, tested by listening, rank music in order of violence or aggression, kindness and peacefulness, appropriateness of tones for situations, etc, how does your life align with the goal of preventing the 10 second end of humans?)

150 for 2. Maintenance of Eternal World Peace and 0 Crime in the Long Term in a civilization (questions like how much is a fair pay in the absence of any other perks for high Immortality Credit Score reflecting behavior and altruism; what is the best way to reward people: money or offering them managerial roles or managerial with other health benefits that can't be sold to anyone else, since only self can receive them; altruism score; altruism tests). ☺☺☺

50 for 3. Love and Empathy for all humans, of all appearances, nations, cultures, beliefs, and Intensity of Immortalist Outreach to Them out of this Empathy, etc (male and female too)

200 for 4. Nonviolent gentle tender soft nurturing healing compassionate greaful serene loving kindness (higher levels of grace achieved after all violent crime goes to 0, in order to boost scientific innovation, bring theft/scientific fraud to 0: specifically how does each quality play in your life strategy for the transformation of humanity into a race of shimmering shapeshifting

Immortals who never steal, materialize objects and offspring, with evidently, no need for money

150 for 5. Honesty for Science Progress and Scientific Method Hypothesis Thinking: are decisions made rational and made based on facts, on based on deep held beliefs, attachments?

The Mongols killed 10% of humanity and certainly had a somewhat high IQ in some fields, but their empire collapsed fast, like the Assyrian torture mutilation based empire did. IQ often means access to education obtained via exclusivist access via nobility status for centuries. This IQ, i.e. better math or verbal skills, etc, for the noble class, was maintained via mass killings of peasants who worked 70 hours a week and had no rights, via mercenary staffed wars of conquest of nearby lands that slaughter endless innocents, via promotion of the genocidal Bible in Latin so nobody reads the 1450 bad quotes in the local language to realize the Jewish religion is used to lower IQ of the enslaved 99% so the Jew infiltrated nobility and monarchy can steal the labor, land etc of the 99%, via hiding the 1300 violent quotes in the Jewish Tanakh part of the Bible – where 100% of the most horrific quotes of all history exist, the quotes that created the Quran Mohamed copied with enthusiasm. Being a parasitic merchant meant you had to talk with a lot of people, so better verbal skills, better story telling skills (Jesus fake miracles stories to spread Jewish Bible worldwide using Christian useful idiots), not higher ethics. Regular folks could also develop alternate forms of IQ without education, but aristocrats had a better chance, so did tax collectors/traders (Ashkenazi Jews), etc. This higher IQ was obtained by marriage to educated nobility or locals via bribes and etc, or via genocide of smart people of other nations (Holodomor, Jews co-killed 5 million Ukrainians and 120 million gentiles via communism), in order to make your group a higher IQ if you can't intermarry with their smartest folks. IQ, which strictly measures only 10% of true intelligence, can thus be a marker for genocidal tendencies, deception ability, and other long-term ultra destructive qualities of win-lose which will be punished by the smarter human quantum field who sees the "high IQ group" is destroying real intelligence of the human species by destroying everyone except their minority group, as we have seen with Mongols, beheaded nobility in the French Revolution, Assyrian empire, Macedonian empire, Jewish empire with depraved Solomon having 1000 sex slaves and Bible calling for genocide, mass rape, of endless neighboring areas, etc, Jewish people in Europe killed by Nazis for obvious reasons… We have a set of 200 IQ people who're serial killers, so IQ only measures some skills. IQ measures a set of academic skills. It doesn't predict the success of a society in survival or reaching zero violent crime, 4000 year life. We've already seen, for all this IQ stuff, no society ever reached zero violent crime, showing we're extremely stupid cannibal chimps in essence, having evolved very little vs the chimps. This "IQ" stuff gives people a comforting distraction to explain why we have no world peace yet. However, we're trying to grow out of scarcity chimp thinking and become civil humans. May God help us win-win. May all realize if you take 30 IQ tests, you will score much higher than someone who didn't and get a

fake appearance of being “smarter” due to familiarity with those tests. Pathetic. That’s why the Immortality Tests will be far more accurate, as they can't be taken more than once/year.☺☺☺

IQ is useless if it’s used to turn 8 billion into slave dogs and innovate nothing, meaning postpone progress by billions of years. We got high IQ billionaires who use their power to keep everyone a retard and slave. IQ is useless if used to start wars that kill all humans in 20 seconds. 10 billion lines of code (programming code) and 100 years using all Earth computers today would take to calculate the credit score using a future (25 years from now) formula, using 10 trillion data points (many of the points have their own code) a month, since every action of a guy daily has 10 billion known effects on each American. These are merit based decisions. Right now, people are too ☺abysmal IQ☺ and selfish to be motivated to work in jobs that require more effort, etc, if salaries are the same, so all live to a trillion years old. In a society of 0 crime, everyone is ONE FAMILY OF shimmering genderless shapeshifting Immortals. If you give high pay to certain jobs, you attract the worst people for those positions, the greediest, not those who really are into that thing and want to help humanity the most. If a society conditions people to chase after money, like in our modern society, via the news, discounts, tax savings, huge salary differences, etc, people get conditioned to replace the valuing of ethics with the valuing of money and all will gradually become a soulless serial killer (or genocide supporter) who will care about nothing, except his dollar worth, ready and able to kill anyone for money. The God of our world today in 200 nations is not God but Theft: everyone is incentivized to steal as much *as possible*, since with money you can do anything. The immortalist society is the exact opposite, it incentivizes people to be ethical, to not steal, to cooperate, help everyone, support eternal World Peace, peaceful music, to be a good person who contributes instead of slacking around because one flipped a house and now has income for 5 months to be a king who rapes everyone via one night stands. A society where money is God is not ideal if you want to eliminate all crime. If we want 0 crime, you give all same pay and the only difference is what products (car, house, health insurance, health products) they can buy with their credit score, so people strive to gain *virtue, to be good, perform good deeds*, instead of being a thief, rapist, killer to steal as much money as possible via all methods (rape, theft, killing), always inventing ways of stealing money via complex schemes.

The Immortality Credit Score forces people to become good, change tone and be kind, while the existing system incentivizes the worst greediest people to become leaders, as they know certain professions and positions pay the most. This is terrible: the system prioritizes the most psychopathic torturous impulsive mean violent ruthless insensitive *evil power addicts* to rule the planet, leading to the worst consequences: eternal war and violent crime. People can get emails that their score went up and down daily, based on certain actions, but the score is never known by the person, since this would cause people to feel superior or inferior to others, to mistreat others who told them their score, or to be fooled or submit to liars who claimed their score is

higher than it is. All ethical development stops the moment one discovers his score is higher than most co-workers, etc. Naturally, people are housed by credit score, especially the violence subscore which is the main concern (protect the lives of higher score people), but to protect national security and the top national secrets about how the score is calculated and who can be manager of a group of people, to prevent others to fake and con the system, especially potential foreign spies, etc, the score will be unknown to all, except the managers who absolutely need this info, which they usually don't, as it's sufficient for managers to know the subscore for "chemistry knowledge or job knowledge" in order to prevent mistreatment by manager of an employee who has higher score than manager, as KGB did to prevent rivals from rising within the company or organization hierarchy. The most guarded secret of the state is the Score that measures the ability to bring Immortality *for* All, so nobody knows it except the country's managers who decide who will be supervisor for 1-200 million people. On a scale of 1 to 900 or whatever, how likely is this guy to bring Immortality *for* All in 1000 years? We see many psycho killers who had IQ score of 130-200, so obviously, IQ score would only be 5-10% of this Score, since math skill or good memory doesn't alone or in of itself bring Immortality *for* All. A good indicator of the IS (Immortality Score) formula being accurate is when it predicts perfectly, via the score, who will commit violent crimes, rapes or murders, so that cops can take action and eliminate all violent crime by sealing partially the cities where these ultra low scores people live and mandating classes for people prone to crimes. An IQ may be 180, but the Credit Score 10 out of 900, while others with IQ 130 may have Score 455. The IQ score measures only a few areas of the human brain, so it's not very useful, we see that on TV clearly. The true IQ score is the IS. ISness, Existence, is Consciousness and Bliss, for It alone is, the Oneness of All that is.

The reality is our capitalist society is totally insane, since everyone is thinking about money 1000 to 1 million times more than they should. An intelligent society is designed so nobody thinks about money, but about how many years of lifespan their actions added to all humanity that day. We have created a society of ultra low IQ folks, but we can just as easily recreate it into a society of logical scientists and engineers.☺☺☺ Every career choice, every mate choice, every single choice is influenced by money. At work, they often are jealous others make more money, so instead of working, they try to act busy, since billionaires make 50000 times more money per hour and the average workers have no incentive to strive for anything, since it may take them 400 years to get a 300 sq ft studio bought in their town. These workers, after a lot of acting busy, "contributing", finally get home and, in hopes to rectify the insane Genocidal Aristocrat created Scam we call Society, they watch youtube or social media, or radio-TV garbage about which "stock, investment, property" to buy to make money, so we have 1 million youtubers say Stock X will go up 50% or 3000%, another million say it will go down 40%, etc, all kinds of predictions. In reality, 99.9% of predictions of these fraudulent "financial experts and filif ☺tapeworm IQ

gurus☺" are false and those ant IQ losers wasted their life spewing garbage in anti-eterni tones of speech that just made everyone so aggressive and mean, like the eyelash makeup mascara jewelry and breast revealing shouting experts on TV who guide us towards the demonic future of Eternal Violent Crime and Banditry, with true Christian virtue☺☺☺ of Mk 10:25, Mt 25:35-6, ignoring that wearing eyelashes, eyeliners, excessive makeup, mascara, jewelry is not only unethical when many live in horrible conditions in USA, etc, but unChristian. Not to mention the system of paying one guy 1 million times more than others per hour per stress unit is motivating nobody to really contribute to society. The "financial magic guru youtube deceiving rat" guys waste years and months to create 5000 youtubes about investments that are redundant, and waste the lives of billions of listeners watching their poison and sewage packaged as kindness☺☺☺ (actually self-interest, they try to get you to subscribe to their channel, or buy products using their code, etc so they make more money off your credulity☺☺☺). Our society is of an ☺ abysmal IQ☺ without limits, partially due to Dutch serial killers from 1602, who invented this stock exchange crap to make all humans gamblers, to finance the 80 years war of genocide, mass plunder, and theft of life from the enslaved masses forced to fight due to poverty. Granted, the ideas actually came from all other bandit empires before, just in a different form, from genocidal aristocrats who invented all sorts of ways to legalize (such as banker Medici family killing Popes to become Popes, religions made to plunder continents, etc), institutionalize eternal slavery and theft. Vatican roles in fueling addiction to money, to genocidal cruelty (sadistic torture and death during the Inquisition) and the insanity of the stock market frenzy millions of destroyed families go thru, is explained in these 4 videos: pirate became Pope, murderous Banker became Pope & serial killer became Pope again, while banker Pope charged people billions to "shorten stay in the purgatory dimension". ☺☺☺You see, where would theft be if all get the same income and each income has a min amount reserved for shelter, food, clothing, health, etc so nobody can buy useless things and be left without money for utilities or food? All get a job with the 11 companies and the most ethical and intelligent get the more "supervisor" role? With cameras everywhere and only 1 card possible to pay for anything, no cash, no black market, 9000 times the amount stolen fine for theft, etc, it's hard to steal: one has to work 400 weekends at times to pay the fine. There would be no theft, no poor, no rich, no billions of hours wasted daily by clueless naive folks watching financial vultures ('experts') online, and we would dedicate 1 million times more hours to actually inventing a new housing tech a new food tech to make everyone live to 9 quadrillion years, instead of being animalistic rats ready to pounce, kill, cheat at the drop of a few bread crumbs (profit from a stock), like wild dogs eating cows alive, who forget what this robotic behavior does to humanity: keep it backwards forever. ☺☺☺

In immortalism, the number one goal is 0 violent crime by fair pay, for without 0 violence, World Peace is a pipe dream and war ends Immortality *for* All. Unlike communists or capitalists, we're

against War. Countries know when you're a fraud, if you say “we can bring World Peace, but our violent crime rate is 50 times higher than 30 countries”. In immortalism, there is no unemployment, labor market and fancy graphs about labor market, effect on stock gambling prices and crap. All these economics majors are wasting their entire life, the whole TV-radio, Youtube, etc are full of phonies, the so called “economics and stock market, asset valuation” experts who brainwash people to stay chained as eternal slaves of the matrix of eternal war and genocide. A CEO who starts his company works maybe 60 hours a week in the first 2 years or even 5, then he works less, 40, and less daily, and stress is less as he becomes rich and makes 1000 times more than a PhD working 60 hours a week in a job for 15 years. It's evident the CEO didn’t work 1000 times more than the PhD, actually quite often the PhD did all the technical advancement of humanity, while CEO was a sales guy good at conning everyone to buy his useless product out of 1.4$ trillion old to chained slaves yearly in USA alone. All the ‘CEO’ achieves, is done via the labor of other people. The merit of the person is far less than the Freemasons brainwashed us for 250 years, the ‘CEO’ didn’t decide what his DNA☺☺☺, parents, education, neighbors, country, indoor air quality, noise in the area, EMF in his house affecting sleep quality, standard of living, religion of family would be, it was pure luck (or merit from past lives if you believe in soul rebirth, but we have no clear (unfaked) evidence of that and the merit is thus quantified for effort done in this life that we can verify). And that luck often causes the ‘CEO’ to have the time, capital or ideas, charisma, manipulation psychology tricks or sometimes, the intellect, to invent something, but he did NOT make 10000 times more ETHICAL immortalist effort as a consciousness than others who make 10000 times less. His effort was, at best, 2-4 times *more than others who act busy 20-75%* of the time or don’t care. With the screen recording for all work computers and video cameras inside buildings for all 11 companies and even some 1 million companies today, nobody will be able to slack 75% of the time. To be fair, all jobs that are stress free are replaced with AI, since those are repetitive and it’s not fair for some to go thru huge stress, while others sit as a security guard or hotel desk guy wasting 75% of the time on their phone or laptop. The waste today in these “private companies producing pure garbage service, product” is astounding, these guys don’t contribute in any way pretty much, being free loaders who should be replaced by AI, the universal Immortality Card and Key system that grants access to any hotel room, house, workplace one needs to enter, with no more losers and useless feeders basically keeping us backwards and being paid more than people with science jobs that have 50 times the stress. ☺☺☺☺☺☺☺

The Universal Monitoring System means the 11 companies managers (for all thousands of positions, there is a special job to ensure fair stress distribution for all 8000 jobs in the 11 companies, these 100s of managers inspect all jobs every week via AI of the video and other human checking of AI systems to make sure nobody slacks 5 hours out of 8, they have to watch

the days of 1000 jobs, takes 10 years to even go thru 1000 job types in one's region of monitoring, to assess stress levels, physical exertion, distribution of physical tasks to avoid weight gain and sedentary lifestyle or overwork that causes injuries) can see the typical 8 hour shift of any job and gauge correctly if stress levels are fairly distributed and if one is basically being paid to slack all day like many jobs today. His 2-4 times higher work effort was evil usually, because it was driven by *selfish desire for material goods for himself,* his effort was not rooted in the immortalist ethics of increasing the lifespan of the highest amount of billions of people in 20 years. This *corrupts* everyone and turns them into a *beast*, who cares about nothing but money and appearance. It's therefore unethical to reward him with 10000 more hourly pay as in this society of millionaires and billionaires living besides homeless. Everyone wants to contribute, and it's not logical to reward the greediest ones with the most power, it is illogical and destructive. If people realize nothing is merit and effort based, nobody has any incentive to try and improve *the system in a big way*: everyone pretends at work, acts busy, looks for the next job with 2x the salary, pays no attention, etc. Everyone chases a richer job, bigger house, richer spouse. This causes a very poor work ethics. *Compare that with a society that never existed:* equal pay for all. The only perks are some longevity tech is available to higher credit scores and you get to live in the areas with lowest violent and other crimes if you got higher scores, everyone lives by Immortality Credit Score to minimize damage of the most valuable (you don't want geniuses critical to society's 11 companies to be killed by abysmal IQ primitives, so much so that where these people live, no guns are ever allowed as they live in the forbidden Eterni Capital City of the Immortalist Federation of all galaxies). Money as incentive is bad, since money can be used to do evil. When the incentives/rewards for helping society are those that only benefit human lifespan, that protect life, then they can't be abused. Incentives can't be neutral like money, they have to be exceedingly *noble*, ethical, *immortalist*, life extending. These higher score 'managers of the big 11 companies' etc would now be the least greedy for the first time in history, people, who graduated from clowns to mature people who value ethics and nonviolence, instead of theft and self-adulation by bombastic salaries of Imperial Glory of Genocide. Due to the desire to protect, nobody would know one's job anyway, most people wouldn't know where people of highest score live (they are the most strategic national assets after all), so they can't go and attack/kill them via the housing.gov credit system of 1 billion fold violent crime reduction. In this system, we have only 1 HR department for all USA and they can't even see the name, address of the supervisor and higher IQ employees with higher scores, or of any employee, since everyone has a number to codify and encrypt it. This is a top secret access. Even today, the real decision makers are top secret, the public officials are mere front men to *protect* national secrets. Unemployment creates gangs, so with 11 companies everyone has a job. The Dad, President, gives self & all kids the same salary, so kids develop ethics, not greed for $. Let kids value longevity tech, 0 violence neighborhood as perks, to evolve them. The President

treats all citizens as his kids, as his Family of Immortals.☺☺☺. He doesn't give a kid 9000 times more money, shelter, food than the others. With equal salaries, everyone feels part of the family ☺☺☺ led by the ideal guy of the Immortalist Anthem who loves the worst a trillion times more tenderly than the best mom loved her beloved infant. The President is thus trying to be a fair, logical, *merit based ethics* promoting abode of *gentle tender soft nurturing healing* serene compassionate loving kindness like Tao Te Ching Chapter 3: without encouraging titles to be sought, meaning without encouraging everyone to chase the 2x, 4x, 30x, 5000x salary "title" to be sought; an ethical "administration... doesn't encourage status and titles to be sought, nor encourage rivalry". Think about China, a fake communism society, where 100 times more (than homeless folks) houses/condos are empty, or people starve or buy the toxic foods while produce/healthy food is trashed by unhappy farmers (devastated nobody bought their hard work), all due to the capitalist aristocratic Chinese government copying the USA capitalist decentralized failure too much: US got 30 times more empty housing units than homeless in USA, could've secured borders 80 years ago, etc. US is moving towards a centrally planned immortalist economy, as the US Treasury Secretary explained this is the only way they can compete with the more centrally planned Chinese economy. *The current capitalist system* of all nations is a madness that worships *money*, not human life, human health, longevity, etc.

Here is an alternate way to perceive reality explained in far more detail in the Not Knowing Chapter: civilizations can end in 10 seconds due to greed that causes wars and we lack the supercomputers to run all possible simulations of what might happen, to calculate how everyone would react, and would save civilization the most from collapse. In the big picture, if souls exist, our body, brain, mind may be only 10^{-87} of the soul, so nobody can say they're better than anyone else, because if you were born in the same circumstances and DNA you might have done the exact same thing as the worst people *of history*. Thus, we can't really argue we know how people react under pressure, or under calm, since a society can be saved from collapse by a series of events started by a below average guy who decides to write the most detailed and honest review.gov of a person or product that causes a series of product recalls, management shifts and company restructuring over time that prevents the collapse. So, it was not from the top, the CEO of one of the 11 companies, not even a management person, but a very low "score" person. Thus, you can't really prove in a society who is better for the society's long-term future, with 100% certainty, since we know very little about what we really need the most, since we have not seen trillions of aliens species and what caused their collapse. You may have become a serial killer if you were born in a bad family, while others became decent people. So, just because you have a PhD or are CEO doesn't mean you're intrinsically going to do better that an average Joe when push comes to shove and society collapses with 4 years left to save it from the weapon test that ends almost all humans. On the contrary, the janitor may do better, he may be

already self-sufficient and survive as the only family on Earth in some remote mountains living on local food, due to some super luck, living in a cave to save money, where an inter-dimensional particle (via new periodic table) accumulation exists that protects him from the blast. How did he know that *cave*? His soul has 10^{988} more knowledge than all human brains and computers combined? In the absence of credit scores and products to give people to avoid money being used to buy drugs or etc, we can't suddenly give everyone the same salary, as people are programmed by aristocrats to be infernally selfish and won't do anything right at work, except try to overthrow the government of kind people whose ethics is loving all, even the worst citizen, 1 trillion times more than the most loving mom last decade loved her suckling infant. With the end of beauty salons and other redundant egomaniac businesses, we will be able to create a trillion billion video cameras in the USA, to give all citizens a daily email Sports update: the Sport of Building Your Soul Virtue and *gentle* tender *soft healing nurturing graceful* loving kindness: reports on every Immortality Credit Score increase and decrease, if any that day: "4 points up for *speaking* nicer at the store, 4 points down for kicking that tree, 4 minus for littering by not recycling the can of V8 veggie juice and putting it into the trash instead at the supermarket. Overall minus 4 points today." ☺☺☺☺☺☺☺

We really don't need stock markets and hedge funds, since we replace 9000 banks/CUs with one bank and all income is from wages only, plus maybe room rental using housing.gov to post ads, simple, so longevity is the focus. A truly spiritual society, one based on Kind Tender Healing Nurturing Gentleness, not Genocide-Looting-Rape. Higher score people being able to buy more longevity giving products, when they login in your immortality.gov account only products matching your score are shown. The Amazon of longevity products is there. Nobody can buy stuff for others, or score is lower, unless they're your spouse or kids. A CNN video seems to show a false flag event, where a NATO prime minister with the odd, yet probably intentional fake name FICO (FICO credit score refers to financial score in USA), is faking being shot to raise popular support for the more leftist ideas of peace, because 'CIA gunmen killed him because' "he was against shipping more weapons to Ukraine, against war, against the FICO aristocracy and perhaps, for true freedom from the dictatorship of the 4500 USA banks and 5000 EU banks who're very much like the Russian state, just more covert in their aggression (when was the last time you heard banks calling for World Peace in 3 months?) against the workers of the world and the human quantum field". A few years back a stock trader made 180 million a year playing with oil futures (options), so this removes any incentive for anyone to work hard and to increase lifespan, since simple speculation can make one 10000 times more income than others get, so people think the government is run by criminal gangs who encourage theft as the way, not improving the lives of people. The moral fiber of society collapses and nobody has incentives to discover and innovate. The average salary would be twice the minimum wage at 40 h/week.

Only 1 minimum wage in the entire USA would exist, only one company selling real estate, thus fairly pricing all houses and properties: we're 1 nation, not 50. *In immortalism, low CEO pay is done* to motivate the most selfless, least greedy, most immortalist, to become manager or CEO, not the greediest, to make *immortality tech access via virtue via* Immortality Credit Score, *the most important reward, park, benefit*, not money or mansion size. Those with the highest scores have access to the highest levels of health insurance and immortality "tech" (food, shelter (special devices, even if same house), transport tech add-ons, car type, house tech type, etc), the communities with the highest credit scores *(when buying a house, the buyer indicates the score preference, as do the neighbors: this means the safest most intelligent kindest neighborhoods)*. This motivates the ethical development of the people, which is the glue that builds Civilizations of Immortals. Right now, whoever is the greediest, often gets rewarded with top $ and everything. In the new world, whoever increases the lifespan of ALL HUMANS the most, gets the best longevity tech and a little higher pay, 3 times max the average maybe. It's the difference between heaven and hell. The system today *promotes greed and makes money the God of everything*, instead of the science of long healthy lives, which is essential to individual, national and human species wellbeing. The highest paid professions will be longevity related ones in the new world: life sciences, medical, education, managers within the 11 mega companies that sustain longevity for all. With one national and later world government in 100-200 years when one language exists only and 11 companies only, we experience the constant ETERNAL prices for basic foods, daily basic products and also, free single family houses for all, to ensure nobody dies from earthquakes, though in flood zones, stronger raised houses would be needed. The Eterni Food Inc section explains more about blueberries and any produce having the same price everywhere, meaning no store can price the same exact product differently, be it biscuits, snickers or chips. 0 INTEREST forever, One Bank of the People, Eterni Bank, no more endless financial experts, financial products, banks and nonsense. Prices were a tool of British serial killers to create select neighborhoods where same 800 sq ft house costs 10 times more and same blueberry pack or other product costs 3-5 times more. This enabled Brits/Jews to create ghetto areas where they instigate crime via violent music etc and accomplish extermination covertly. The hobby of UK lords has often related to mutilation. The prices can only change due to discovering that the peculiar products are harder to produce, damage the environment or contribute more to longevity and there is a short supply of resources to make them. This ends the era of bloodsucker banks, "*stock markets*", inflation, boom and bust cycles, unemployment (which fuels crime, as people have nothing to do) and *aristocratic terror based economics of the last 25 millennia*. Everything is centralized in immortality capitalism for the benefit of the entire humanity, not palatial aristocrats, as one ~*~Eternal Universal Peace~*~ reigns supreme forever. Humans are finally one family. ☺☺☺☺☺☺☺

The Western capitalist media has created millions of video series, movies, youtubes, articles, booklets, books about the 1917 and 1945 confiscation of aristocratic palaces or rich peasant properties, to create cooperatives or undo the theft aristocrats perpetrated for millennia, by working to death the peasants (who were often slaves in much of Europe and Russia for example, having only 1 right, to work 360 days a year, 60 hours/week minimum, sometimes 14 hours during warmer 6 months) and others. This media is created by the aristocratic leeches who do a similar dispossession every year, especially on bad years of real estate downturn or stock market crash. Since 1800, the aristocrats have dispossessed thru speculation and their economic model of "plunder and everyone steals as much as possible", about 1 billion people, who have lost homes and life savings due to the criminal economic system that doesn't give everyone a free house and an eternal job at one of the 11 companies, to ensure low stress and longevity for all, not just the predatory aristocrat sucking the blood out of the 95%. The slave of the 95% has to change job 50 times, work 2-3 jobs sometimes, change states and cities 50 times to live paycheck to paycheck. The leech stays in the same palace, same job, CEO, for his whole life. Not fair. This is capitalist style collectivization: the 95% are the slave collective who're tortured all their life. Before 1800, for about 50 millennia, the aristocrats ensured the serfs barely get by, while all money is used by warlords (country rulers equivalent today) to buy mercenaries and start wars to expand their land holdings. The media is not allowed to even discuss this 50000 year long genocidal collectivization of the global working class, perpetrated today by the Stock Mafia, the Mortgage Bankers and their Associated Criminal networks known as 4500 Genocidal Banks. On top of the Genocide via Foreclosure, The criminal aristocrat makes billions creating trash houses that are totally destroyed by storms, and then the working class wastes 20 years to fix them, getting sick from mold or stress, and the murderous aristocrat is not required by the criminal cousin playing "state official" (who gives himself a salary 15-50 times the minimum federal wage) to build a dome that can withstand 4 times the pressure of a tornado. These gangsters, 21.5 million local government officials (some have 2 jobs, 210K and etc, in 2 cities/2 states, showing how "heavy the load is"), live like parasites (these criminals often give drivers licenses for 200$ to illegals, without them passing any test, so we need dissolve all local governments and all 50 states, create 1 central gov company called Eternal Travel Inc that issues all driver's licenses), and accomplices of the criminal Big Aristocrats, to con and loot the slavering masses. They duplicate everything and have stone age procedures, codes, that simply ensure the cousins can sell 20 houses in 200 years instead of only one that lasts, same Big Pharma Model, manage disease to have them pay 80K over a life, instead of cure it and pay only 20$ for a course on diet change. The Criminal Aristocrats hire ☺enslaved folks☺ to go to each of these local governments for forms, and they have no incentive in improving any tech, streamline any forms in America, only to beat, terrorize and spy on the working class, so they can chain it and milk it dry until they drop dead 20 years earlier than aristocrats. That is why we

demand the end of all state, county and city governments and the creation of an aristocrat free society. This "trash houses that are paper houses" is a form of collectivization by aristocrats, who steal the houses and lives of billions of workers. A third form of capitalist collectivization is the theft of trillions from the people by 20-50000 times lower wages than the main terrorists at the top: everyone makes part of the slave collective, except the rich, who dispossess the 98% of their legitimate wealth and property via brainwashing. They criticize communism, but are exactly like the NKVD folks (or Wagner in Africa, except the torture uses invisible microwave, IR, sound weapons to attack body parts) of 1930s collectivization: the 95% slaves live like dumplings ready to be eaten. The funniest thing is how they scoff at the idea of capping salary and assets, when we're not saying to take away anyone's house, destroy their health with mold, as these Infernal Republican Demons do yearly with millions. We're not for torturing, taking everything from the "rich", just giving everyone a decent house. We're not the communist psychos who killed millions needlessly, not realizing if their soul would have been born in the same aristocrat family, they would have lived the same way, not "*giving 99.99% of their wealth to the poor except a regular house for themselves and some savings to live on poverty level income*".

US CEOs made 20 times more than average worker in 1965 and 389 times more in 2021. *US is devolving into some type of* feudal *society with daily mass* shootings to terrorize workers daily. In Australia CEOs make only 55 times the average salary, vs 344 in USA, in India 229 times more, China 129. In the 2017 chart of CEO pay we see the same trend, USA is the most fascist and unequal country. China is far more advanced than India economically, its citizens live 10.5 years longer on average vs India, and Chinese CEO pay shows it too: paid almost half of India pay. *Australia CEOs in 2024 may make 6 times* less *than their* American *counterparts*, vs the average worker. The minimum wage in Australia is much higher than USA. Australia got universal healthcare and weekend pay is overtime pay and 5-6 weeks of vacation, not 2 like in USA. They work to live, not live to work for CEOs and small business aristocrats wealth. However, Australia is far from egalitarian or immortalist, even if more so than USA, with 122000 homeless in 2024, a huge number given the population of only 27 million and with 1% of taxpayers owning 25% of rentals (in immortalism, nobody can own 2 houses). This homelessness is intentionally created by policies of British aristocracy who gives preferential treatment to UK immigrants and all things British: 25% of homeless are aboriginals, even if 2.5% of population. Aussies are British slaves, unless fully bred Brit from UK DNA. Likewise, those Brits hate will be on the "to be made homeless list" via various policies: various immigrants, etc. Half the homeless are under 25. Singapore and Hong Kong pay CEOs less than Australia, and their citizens live longer than Australia. With so many immigrants from poor countries with less longevity DNA, and 31% foreign born, Australians live to 83.5, not 85 like Japan with 0 immigrants. Australia has more immigrants % than any other nation, and thus outlives even number 2 nation for immigrants,

Canada, who gets 84.2 vs 83.5 Australia lifespan due to Canada having 20% foreign born vs Australia having 29%. 48% of Australia has a foreign born parent. *Australia actually beats out Japan* at 55 times more CEO pay vs 76 times in Japan, just like Australia natives live longer than Japanese when you remove the 3% shorter lived natives (primitive tech for centuries) or 30% immigrants who just arrived from short lifespan nations. Monaco is a tiny city of 37000 aristocrats, so they live longer. But for real countries above 5 million, Singapore is number 1 at 86.7 and 44% born outside Singapore. US minimum wage in 2024 was lower than all EU nations (purchasing power) except 2, and in many EU nations it was more than double, even if the average GDP per capita is higher than those nations, showing how feudal the USA is. *In the US most national wealth is stolen by the rich, who then use the* money to create decentralized chaos to maintain aristocratic terror of the 99% by the 1%. In USA CEOs often make 200 million or more a year, in other nations, less than 2 million and those nations only have half of the US GDP, capita, so the inequality in USA is 50+ times higher. ☺☺☺☺☺☺☺

The *great stock markets crash of* 1929 *and others were made by the US* military aristocracy *(to help Nazis to come to power in Germany to destroy Germany completely and create Israel, so in 1929 Nazis had 2% of vote, but after the crash, they went to 37% in 4 years)* who controls all banks *and the stock exchange direction: stock* markets, just like *casinos and lotteries, are a* scam for palace dwelling aristocrats to rip off workers globally. These fraud based entities are *controlled by* puppet aristocrat controlled governments *who setup phony fake "private" companies that are* the "free market". *US criticizes other nations for* not *being* "a free market" *or* having subsidies, but every US stock market move is controlled*, nothing is free market, all is state capitalism where big aristocrats control every important move; that's how 'experts' know what will happen with the stocks and how they become "billionaires":* CIA *told them. This is another example of hypocrisy, like with* US torture of millions *while criticizing others for 'human rights abuses'. Aristocrats need complex schemes, 30000 banks in 1920s, and stock markets* to rip entire *nations* off*: the top military and banking guys are the same* gunmen. If we had 11 companies only *and* all were treated fairly, with true democracy and equal opportunity*, these banks and stock markets would not be needed: one bank,* Eterni Bank*, would suffice.* But when criminal aristocrats run entire nations/empires, simplicity, honesty are not possible, nor is any talk of Eternal World Peace in 3 months legal, or the end of torture. Anyone exposing the mafia that runs the USA is tortured to death. The British Empire is upset with this book for example, as it shows WW2 was not due to Germany alone. The empires didn't disappear, they only became covert, the independent countries that made up the empires are run covertly as parts of the empires. The palace dwelling aristocrats need complexity to hide their vast theft and subjugation of all nations. Now you know why USA has 4500 banks in 2024 and 1 million contractors. The vampires make ☺the snail IQ masses☺ believe the "stock market is legitimate",

they encourage the subjugated masses to gamble on the stock market to distract the masses from the reality of their eternal slavery, just as they do with lotteries and casinos, to give people a distraction from their miserable existence, so they don't rebel and take charge of their destiny and develop the Immortality *for* All technologies that give all million year lifespans some century. The American revolution was also a fraud, that kept the workers as enslaved as before. Americans didn't realize that it doesn't matter if the British or other aristocrats get the tax directly, or thru phony complex banking systems, treasuries, etc they control from behind the scenes. We were told taxation without representation (the rich get lower taxes) led to the American revolution, that people were represented (by British, etc spies?) in the new government, but they were not, it was all a scam, as fake elections explains. The aristocrats are very good at creating illusions of freedom and democracy, fake revolutions that hide the real controllers. The people get to choose nothing, unless they wake up. Then, they can end the genocides against workers worldwide, begin ~*~Eternal Universal Peace~*~. The only people who benefit from wars are the rich people who don't fight them, the rest are casualties of the criminals bombarding us daily with violent scenes on TV in order to jail millions of workers worldwide for the crimes the aristocrats incited them to do. Do we need all these scams and fake nations that empires created artificially as buffer states in their eternal quest for theft? Why can't we be one nation of workers, earthlings, Eternia, with Immortalist Anthem as our ethics? Democracy doesn't exist, if anyone tries to create the Immortalist Party, they're tortured and really, the system is so corrupt it's designed to never allow any third party, so might as well try change Democrats to become Immortalists and form a new party. The TV-radio and all Internet websites are controlled, what becomes popular, website or music wise, is also controlled, the only way for anything to get thru the Matrix may be USBs with this book, that people read offline with airplane mode on, to save their brains from aristocrat made RF pollution. It's like the Gestapo, KGB, freedom doesn't exist. But one day freedom may emerge.

The maximum salary, in immortality capitalism, is thus 3-4 times the minimum wage, not 50,000 times as today. However, the maximum could also be only 2 times if people evolve to a perfect utopia faster, where greed doesn't exist. Greed is born out of lack of happiness, due to the miseducation of humans who don't know bliss is instant with proper breathing technique. If people are happy, healthy and gov provides a good management, so all have great shelter, food, healthcare, then nobody cares about the money, as the areas for shelter, food and basic needs are unusable for any other purpose except the healthiest foods, etc. Reality is people are used to money to be motivated to not slack all day, and initially no credit score exists, nor products only higher scores can access. So, for a few years, until all evolve to the nonviolent thought human stage, salary differences make sense, though we need to recall that when you have a world of teleporting telepathic genderless shimmering shapeshifting Immortals ☺☺☺, who materialize

things they need out of energy around them, the ideas of credit cards, money and such are pure nonsense. However, it is true, the ethics of a society may not become the perfect one in 2 years, as many haven't even understood the basics of nonkilling philosophy. The nonkilling immortalist ideal is easy to apply in altrusitic societies, where depraved chimps who play demonic sports choose out of their free will to build healing centers (nicer than average 1 bedroom home today for each 'inmate') for all who get lifetime community service in a healing city for any violent crime, so as to not pollute the quantum field with jailing or torture, killing etc. Most have not even understood the immortalist quality of 9 qualities into one: *gentle tender soft nurturing healing* compassionate serene loving kindness, a quality nowhere to be seen on TV, and the peaceful global peace methods, meaning those trillions of ways to any outcome without any torture, pain violence, threats or even intimidation, or even sarcasm, etc. As IQ increases and bliss spreads, people realize that electronic money in a bank account, or living in a palace has no meaning, if you don't live to 300, so if efficiency, scientific ethics, etc become higher in the science based society by equal salaries and different credit scores and product access, etc, many will accept the idea of same wage for all, in that future super intellectual age where living to 40000 is the goal, not being rich. But first things first, the violent crime needs disappear, besides war, and this can happen very fast, with enough will power, even before all wages are the same, since after all, folks, a machine of the future will transform all humans interested into the same exact appearance to eliminate racism or "us vs them", be it purple hair, golden eyes, silver nails and golden feet, with lavender or magenta skin, though that's becoming obsolete when all shapeshift. Management positions are given to those passing the position technical, ethics test and having higher credit score. All help all to live to a Trillion Years Old. The most valuable things are not electronic money, but Life, how good your sleep is, your health, how relaxed you are, how well rested you are, which are the key conditions for discovery of life improving technologies. In a world where everything is duplicated for small aristocracy profits, on the toil of enslaved workers, scientists, etc, everyone suffers. The immortalist goal is to enable all humans to become teleporting telepathic shimmering shapeshifting Immortals ☺☺☺ who live to a trillion, so what we value is health, anti-aging techs, not money or how big our car and house is: living to 500 is more important than $5 trillion. So, to create a new value system, we make money insignificant and the Immortality Credit Score the most important. This is how immortalism differs from communism, capitalism, all the rest, it puts Life above everything else: everything is done to maximize longevity in the shortest amount of time: all redundancy ends, all useless products that are almost identical are consolidated into one (200 product managers *of the same milk* packaged in 200 ways *in 200 companies, huge waste*), so product managers retrain (free education) to discover an entirely different type of milk 100 times healthier, new things we need, we end reinventing and role playing we 'help people live longer', we stop acting busy as a society (the stuff capitalists and communists do so well: we need results, data showing

any product extends healthy lifespan, bliss versus before, etc), so we get 100 times more tech jobs to extend lifespan. Endless companies make high heels for example, known to shorten human life: in an immortalist country any product, no matter how popular and fancy, that shortens lifespan would be illegal, so 2000 deadly products eliminated making space for healthy products that extend human life. *After centuries, as people evolve and agree the most important things are health and longevity, all can have the same salary to make it simple, efficient, fair, etc, but the most "expensive in terms of resources" items, services that bring* longest lifespan are only available for those with higher credit scores, the higher, the more products. *This removes all attachment to objects, matter and money and makes them all think of* Immortality *for* All, *longevity always, on how to bring score up by improving everyone's life*. A shift happens from the greed for $, to the selfless desire to help all live longer. In 2020s, almost everyone thinks of money 50000 times/year, *0 times/year about* Immortality *for* All, *helping all live to 500:* millions think daily on how to kill, torture, sabotage, shorten lifespan of others too. We live in hell, so the road to heaven will take a few centuries of evolution. The transformation of the human beast into a shimmering genderless shapeshifting Immortal sage *helping all always* is slow.☺ Gently read a summary of a much longer Washington Post article on life expectancy in the USA, to see how aristocracy wages covert extermination war on the masses via housing, food & more. 2021 CDC life expectancy was 65.2 for Native (50 in 1 reservation: doing rituals, without taking advantage of modern science, vitamins, taking Delaware size land for 11000 people, separating from US leads to regress), 76.4 White, 77.6 Hispanic (eat more legumes, fiber, antioxidants, fewer processed foods that are engineered to kill the workers' *brains so they can't free themselves*) 70.8 Black, 83.5 Asian. Graphs hide violent crime via torture. Most Asians are legal immigrants, highest IQ in origin nation, while Blacks are descendants of slaves. It shows the effect of education and not being tortured, and choosing to embrace tech instead of religion rituals. We need data by nationality also, to see the British effect, the Jewish effect, etc.

The advantage of the Immortality Credit Score is that when you get service via any company, doctor, etc the system assigns you employees close to your score, and likes, for maximum quantum resonance needed to sustain ~*~Eternal Universal Peace~*~, perfect understanding, minimal friction, highest customer satisfaction, highest *vibe of human-human interaction*. Thus, if you're among those who don't drink alcohol, they assign one who doesn't drink and whose score is close to yours, and if available (it is always available in big metro areas, since each major service company has 1-25 million employees in USA, thousands of employees within miles of you), whose score comes from the same top most contributing 50 factors: he has almost same values/subscores as you, especially nonviolence subscore, universal gentle tender soft nurturing loving kindness subscore, physical exercise score (the brutality of sports one practices, how often shouts, kicks, injuries, shoving, hooligan like acts happen, if these are still legal anywhere),

honesty subscore, eterni tone subscore, kindness for animals (veganism, sports that mistreat animals (pig wrestling, bullfighting, etc) if still legal, music that has less gentle lyrics and emotion if still legal and played anywhere, etc) subscore, kindness for those napping subscore (quiet cities, dog noise). This way, we avoid you the annoyance of smelling alcohol, dealing with poor service done by a drunk employee, the annoyance of breathing in the invisible undiscovered particles and lung/mouth bacteria only present around smokers, weed users, alcohol drinkers or bad music singers or listeners, punishment supporters, war supporters, shouting enthusiasts, etc – to ensure true longevity, perfect understanding, 0 conflict and true respect for that which is Eternally virtuous, the wish for Immortality *for* All. ☺☺☺☺☺☺☺

Since any house can sell in 1-2 days, anyone is free to move to a new area with neighbors closer to his scores or certain subscores he really cares about (financial *subscore* (the 350 to 800 FICO score, one of 300 subscores), *theft subscore, smoking subscore (neighbor smokes daily a pack and all fume goes into his bedroom),* fireworks subscore *(neighbor fires 100 fireworks a year for 5 weeks around July 4),* loud music or noise subscore (neighbor plays loud music to piss others; all can report anyone for noise or anything via *reviews.gov instantly* and if that doesn't do it, move out, or move because mosque or church bell calls are too loud for your daily nap essential in your odd schedule job, after reporting the mosque, church crime against humanity by lowering lifespan by sleep and relaxation disturbance) or quiet cities subscore: dog noise in his area piss him off, if USA didn't yet ban barking outside for hours daily). This solves 100s of issues and prevents anger, poor job performance and even small or violent crimes. The goal is 0 crime of any sort and that is what this will bring: 0 anger, high gentle loving kind compassion, thus 0 crime. The 10 year goal is 0 violent crime in the nation, via 0 anger for all citizens.

The score is *world's* most intelligent *system of making sure aristocrats, cops, spies, soldiers don't create endless chaos, conflict* to subjugate/jail the poor via depraved music engineered to exterminate, etc. When selecting any service, that is not urgent, you can choose to wait until someone with the same score structure is available, or even a subscore you care about (job performance or honesty subscore, etc) and whose score is the maximum that person has allowed to be above a serviced person *(when available in that area, when many calls come at once, so it can pick who goes where)*, meaning a score hopefully 1% higher than yours if you got patience to wait or even 9% higher. This gives everyone peace of mind, both employees visiting house to maintain, and the service requester. This way, we enact Heaven on Earth, people of like vibe flock together on their dimension. No more random assignment of a service rep by 90000 companies, but a smart rep by 1 company. Obviously in future nations of Eternia vibe the lowest score, 1, vs 900 for the average, is for spies, cops, soldiers who slowly kill and torture millions of trainees in many countries, so such "immigrants" with fake cover stories, when they move to immortalist nations, are monitored carefully, for genocidal attempts. Due to the way

militaries are today, supreme terrorists/dictators of most nations, they will fake the scoring system to give themselves higher scores and pretend to be 'immortalist or democratic'. So, some people, soldiers, cops in violent nations, will have fake scores. Immortalists will have 2 scores for these spies: the official, based on their faked behavior in public after immigration, and the real, based on all data of all genocides they did in their own country. The scores will reflect true immortalist vibe for all only long after Eternal Universal Peace was achieved in 3 months, after centuries of evolution. Even so, the road of a 1000 years starts with the 1st step towards democracy. The 'blood drinkers' (all meat almost is obtained thru vast torture and suffering of farm animals that pollutes human quantum field and brings warfare, meat has 0.3% blood and bad matter invisible to science today) obviously have a natural human desire to look good, so they will make veganism contribution to score very low, same for savage brutal hooligan sports and depraved music. However, as humans evolve, the diet will change from 'blood drinking' (omnivore) to eterni, the sports, music will change, with peace reigning supreme. You can always opt for vegan subscore matching, to counteract the incorrect scoring.

Talking about fairness and why should a scientist be paid 3-5 times more than a hotel worker who sleeps thru the shift most of the time at night? Damage done by stress is expensive to repair and treat, requires more supplements, etc. The lack of reviews.gov means exactly that, the central Immortality *Nurturing* Agency can't take action when a report is done that manager is sleeping or ignoring that employee A work 50 hours a week, while others only 10, browsing porn or "random news" the rest of the time. Obviously, it is unfair that a stressful job of a scientist pays just a 20% more than a guy sitting in a hotel on a night shift to see who comes at a hotel. So same pay for stress levels that are 10-20 times higher. Is that fair? No, so how do we deal with this? We need encourage all to report all their grievances and reports of unfairness to the *employees whose job is to read the complaints and take corrective actions immediately by* investigating and contacting the spy agency, the managers, etc. We can't have such jobs, since we're wasting our people, have automated doors and AI cameras and efficiency, otherwise, we as a nation will become a third world country. First of all, we need efficiency, meaning ONE hotel.gov of the Immortality Building Inc (who builds and maintains all buildings, hotels, houses, etc) for the entire nation with the same automated self-check-in system, same key system at all hotels, all super secure, same *universal* check-in and checkout that reduces staff levels dramatically and makes all more relaxed scientists, instead of employees getting sick from sitting like rat filif IQ chimps all day at the hotel on night shift. We need creativity to innovate and make resources other nations have useless. This innovation and creativity that can't occur under stress or for tired people, so we need more scientists, not hotel staff. The parasitic aristocrat chases HIS profit, while the nation sinks into ignorance. We can't allow the individual greed to ruin the nation or planet. It's not fair that one guy makes same salary doing NOTHING virtually except

talking to a few people, and others go thru enormous stress to keep some advanced machines working, etc, in a lab. You talk about deadlines, to get instruments up and running, pass QA criteria, etc… At a hotel and many sales jobs in millions of useless businesses, stress levels are low, but so will we collapse as a nation knowing self-sufficiency, meaning no need to go to war to get something we import and now we can't import anymore. We need fairness, so the system needs huge reform if we want to have more equal pay and higher longevity for all, meaning those who have slacking jobs not only get minimum pay, but can't have only a slacking job, they need to have at least half the time another more challenging job in another department of the Universal company (one of the 11) to evenly distribute the stress that ages us, to get them to move a little and avoid cognitive decline, to relieve the stress of others tasked with 300 deadlines in a lab, otherwise, we will deal with the enraged people who say, equal pay for 30 times the stress and aging is NOT fair, let us have 30 times the pay. Then we go back to the fights over "30 times the pay is not fair", "you are a fake leftist, you greedy capitalist from hell, aristocratic impostor, etc". So here we go, a fair society is a fair society, and if we're leftists, centrists, kind, we have to be fair, not just equal pay, but equal effort, equal stress, equal aging on the job (some work very hard to stock a warehouse, 8 hours a day, breaking their back, or in some factory inhaling toxic fumes or dust and developing lung cancer, while others slack all day doing nothing and get paid the same), so all have a fair chance to live to a trillion. In this society created by slave owners aristocratic pigs (like the fellow Brits they allegedly fought), where aristocracy still rules supreme after 250 years, nobody cares about fairness, since when a parasite makes 50000 times the minimum or average hourly rate, these differences of one working ultra hard and one doing nothing are irrelevant. We need a new ethics of caring about all, if we want to create a sense of family and more equal pay, since a parent doesn't give 50000 g of food to a child and only 1 g to the rest to starve them to death. So, let's see, we see many jobs and people wasting time doing nothing waiting for 3 customers a day in 100s of thousands of businesses, millions of lives wasted due to decentralized chaos and an ☺abysmal IQ☺ beyond comprehension, then going to war to steal resources we would not have needed, if we had 1000 times more innovation by proper centralized efficient automation and organization so such wasting of lives and food and resources don't happen and we avoid wars that end human species in the universe. So, the road to fairness, to the universal family of all humans with 0 violent crime, 0 theft, starts with empathy for all, meaning you don't have a communist system where some are worked to death for same pay as a guy relaxing all day at work. Such a system will certainly collapse, as we have seen. We need huge reforms to this parasitism that pervades every aspect of society, due to the brainwashing by aristocrats that being a parasite is OK and everyone does it, except the rich who get paid 50000 times the average worker at times and doesn't need to "act busy". For people who got injured and need less stress, they can have a very low stress job, lowest stress, to recover and do something ultra easy for areas not yet

automated, so that all feel like they're loved and the government has indexed jobs by stress index for proper pay scale and Immortality Credit Score. It's horrible to see injured workers forced to go into a high stress job again, damaging their recovery from an injury, in an example of governmental criminal disregard for human life. We need to have compassion for all and treat all as if they're our baby, with a love a trillion times deeper, greater than that of the gentlest mom for her 3 week old breastfeeding baby as described in the Immortalist Anthem. ☺☺☺

A new ethics of fair stress distribution needs to take hold, in all areas of society, not just work stress, meaning those citizens who live in the harshest climates, deserve a slightly higher pay as they cope with that, while others' bodies are not subject to that cruel weather, etc. We need to end the grotesque 3 fold differences in pay from one city to the other for the same exact job, which causes the complete degradation of neighborhoods and the chase of money by all, ignoring everything else that is 1 trillion times more important: living a long and healthy life, 1 trillion some far away century. People worship money, imagining it gives them eternal life, but it doesn't always end up that way, the stores in that city may charge 5 times more, so one is ending up saving the same, and wasted all this time to move for nothing. So, how is that job? Oh, they sit all day at the entrance to some building, wasting their whole life like a pygmy from 3 millennia ago, contributing really nothing to innovation we desperately need to end wars. Millions of people are fooled that if they go do some rituals and donate to a pastor promoting low IQ, scientific fraud, scientific dishonesty (where is the evidence for the fake miracles? None, 0 evidence exists that would mee the criteria of the peer reviewed journals to be unfakable, legit, free of confounding factors). Some are even employed by these phony organizations that vampirize the fools donating to them, and they sit there all day waiting for some naive guy to talk to someone, they're doing a disservice to our nation (engaged in eternal wars sadly), because after all, spreading fake facts and scientific fraud, lowering our IQ, innovation capacity, is fueling war over resources that could have been made obsolete by innovation that doesn't happen due to fake miracle preachers. We need fairness and a new level of honesty too, not just about slacking jobs in regular jobs, but even in the so called "tax exempt" genocidal quotes spreading religion related jobs. So, the hard working people carry the burden of supporting those who promote lies and violence. Is it fair? No, so, let us think of way to bring reform in all areas (end tax exempt status too) that need some rewording of claims, of beliefs (We hypothesize this "miracle" may have happened, but science has no evidence and it can be faked in 100 ways, which we will show soon) and more honesty, so we don't raise a society of ☺ low IQ people☺, super easy to manipulate by foreign spies taking over our nation and turning us all into enslaved dogs. We have been taken for a ride by aristocratic liars making up religions for millennia, are we that abysmal in IQ to continue being such suckers for another 2 millennia? Where is the proof, don't you know the aristocrats deceive? Even regular people lie, even 4 year

olds lie due to seeing adults doing it, come on, wake up.☺☺ What about entertainment that shows images of war, fuels war, conditions us to support war, violent tones, violent emotions, etc? Tax it more of course, or ban violent content. We need to prevent wars, by a new ethics of the United Nations: trillion year lifespans for all, end all wars. ☺☺☺☺☺☺☺

Who would measure the Immortality credit *of* each individual and company impact on lifespan of every human*? This is explained more* over the next 50 pages*.* We would need a really scientific way *of counting* how many lifespan years one added to humankind in a year: add all human contributions, so the actual observed increase in lifespan years matches the calculation and adjust models to fit the numbers; and also based on people complaints from the Immortality Credit Models Feedback Office – *where people using* reviews.gov *can voice concerns, hypotheses,* discontent *and get reply and* explanation until satisfied and enlightened why the model is the *way it is,*☺☺☺ like "I think AI calculation of credit score is off since this guy contributed much more to human lifespan than the other and yet his salary is 5 times lower, based on the credit multiplicator". This way we allow people to vent, complain*, help* Immortality Credit *scientists discover* flaws *in AI models and* allow people to know how it's calculated, with all 50,000 factors. Granted, it's a 500,000 pages book when developed well, but anyone would be able to see it in a true, not fake democracy*. It's very complex and extremely hard to create a perfect society where* discontent *doesn't exist* (hence the Complaints Feedback Office needs to exist and be well-known/used by all citizens for daily improving of AI models), but that's essential for true genuine motivation to do a good job to exist, i.e. to do the impossible job of living to 5000, which takes more than 'acting busy to get a paycheck, or doing what's required, *even* when seeing ways to improve it, not caring, since they know it's all rigged and unfair'. We've seen in communist and many regimes, leaders say one thing, but do another, and the society being a far cry from fairness, kindness and universal compassion: with huge crime (even some violent one) totally ignored by police, who also act busy, copying the living example of higher ups who're discontent ☺☺☺ with what's going on, etc. Without 10%+ eterni tone that brings 100 times higher empathy and loving kindness and the ideas of infinite kindness in this book, it's hard to establish a true discontent prevention system that removes discontent by 100 fold and then increases scientific progress 90 fold. "When they were hungry for nutrients, Univ gave them junk food and poor sleep that lowered IQ by 30 points..." Malnourished people can only produce poor results. A counterargument is that if the government regulates too much, people will do nothing and there is no effort to improve the system. This is not regulation, it's empowering the people to know the system is not a fake fraud based one, but one based on merits to extend the healthy happy lifespan of all. To create non-monetary incentives for individual action to benefit society is to evolve people beyond money addiction and to remove the stagnation problem that happened in "feudalist, capitalist, communist or socialist" societies

where there was one company☺☺☺ doing everything in an industry, no incentive to improve existed, no reviews.gov exists to fine or reward bad or good behavior instantly. Stagnation happened due to: ethics or advantages of living to 500 (making a discovery to live to 500) were not taught since birth, managers didn't listen to suggestions due to no way for someone to check if all suggestions and complaints were investigated, sabotage existed, everything was owned by the state or the foreigners who remotely controlled puppet oligarchs pretending to have capitalism, *a fake stock market with* fake actors/competition all run by foreign interests *or criminal mafia families,* helping others to live longer was not a value or "sport", but soccer was.

The stagnation problem can happen in any society, leading to its decline, for example stagnant mindsets might believe that "It is God's will to die when you die, so we're not going to do anything". With this logic, all scientific effort that reduced many types of disease mortality 500 times would not have been done. This same stagnant logic, which is antiscience and anti "eternal education and learning", also denies that nutrition, tone create genetics and lifespan and makes parents less responsible for their nutritional, speech habits the decades before and during pregnancy, because "God will take care of everything" (like "government takes care of everything in communism"), leading to the genetic, IQ, lifespan decline of the civilization.☺ Short lives then lead to technological decline. The moral and motivation collapse coming from paying some 1000 more than others who help humanity more, have effects felt for centuries, and even more so when such 2-200 million salary individuals teach EVIL by living example, promote the human lower nature unconsciously or while role playing. Immortality Capitalism outlaws paying sports people more than scientists, *since sports can only make us gain 10 years max* and we can exercise building/cleaning/maintaining labs of science that add 10 million years, so we can't pay those contributing 1 million times more 10 or 100 times less. Likewise, strip clubs, casinos, brothels will pay minimum wage only, and later will disappear when all are taught via TV-radio the meditation can achieve happiness 100 to 1 million times higher without aging us like sex does. Seeing naked people is more of a chimp activity, in the future, we'll be genderless shimmering shapeshifting Immortals and be able to take a million shapes and lifeform appearances, obsessing with naked stuff simply lowers citizens IQ to almost chimp level. Those involved in life sciences *that triple lifespan, medical stuff, longevity tech, will get* paid more than oil futures traders (one made 190 million a year recently), or any stock trader who today can make 1000 times more than life scientists; gambler societies don't live long, so lotteries, later even casinos, are abolished as it distracts people from focusing on what matters - Immortality *for* All , *healthy long life for all, reemploy casino people in* Immortality Techs Business Park. *Focused work produces precise results, random gambling is wasting people's time.* The new sports are building Immortality for All. The stagnation of communism is so ☺☺☺ present in regular (not immortalist) capitalism under forms of 'vampire' or 'free rider' behavior,

such as everyone tries to become a lawyer, city official, stock trader, doctor, realtor (*real estate agents 3 million in USA alone*) and house flipper or whatever profession pays more? A country collapses if everyone if focusing on being a lawyer, realtor, other useless nontechnical positions that AI (artificial intelligence) can replace. Tons of people wasting 1 year to sell a house. Endless people waste time to get a real estate license they barely use. Vampiric activities of 'get rich quick' not only waste the lives of realtors, etc, but also of the people they keep hostage to 19th century methods. Just let people bid for it like the 4.5.2. "buy sell house in 3 days" shows. ☺☺☺

Perhaps God doesn't babysit everyone. Motivating people in non-monetary ways is not easy in practice, since people are motivated by *physically consequential things,* like increased lifespan of 150, 500 or even trillion in the far future. A Civilization of Immortals☺☺☺ creates the Immortality Credit Score, give those with higher score the ability to shape policy so as to maximize lifespan of all humans, perhaps more access to the latest tech on longevity from the top experts (needed in order to decide which technologies are to be mass deployed to increase everyone's lifespan), maybe the best doctors, if their salary is the same and everyone decides on non-monetary motivation. Hard to quantitate this tech availability without money, but doable thru Immortality Tech Credit Card, i.e. extra 'salary' can only be used to buy longevity tech increase lifespan to further Immortality Tech Perfection.☺☺ Calculating the credit is a daunting task that humanity could never do in any former century, since computers were weak. Only in the 21st century can we compute this credit and the price of goods based on their contribution to human lifespan using ultra complex models, 800,000 times more complex than anything a random market determines, where the gal who 'owns a 5 employee' company gives double salary to a guy so she can date him or other comical☺ 'fair capitalism' processes. For example a citizen shortens human lifespan by using bad tone and frowns at home, meaning he pollutes mass consciousness via his brainwaves, behavior. At work he's quiet, and others who're 20 times nicer at home are quiet too, so the credit would be able to account for that easily via many methods: 1. everyone agrees to video recording in public (this would be a must to eliminate some types of crime) or even at home (some won't like it, thinking privacy is their physical body, not mind or soul) and 2. measuring the brainwaves, frowns, smiles and/or sound patterns of voice at work (when saying a few words), which reveal how one has spoken at home (since it's impossible to smile, 100% fake tone from mean to nice without AI detecting the differences). When you frown, feel, speak with anger at home a lot, it can't be hidden from MRI and voice analysis tech at work; however that opens the question why tone is bad, so the AI can ask why the tone has issues to determine what's going on, to calculate whose credit is to be bumped and decreased; this may require invasion of 'privacy', but it would be the only way to determine it well, like if an AI measures tone at home and who starts yelling slightly, it determines the correct credit, without human spying on anyone. It would take centuries to get all these AI

models really advanced, and truly 5,000 times more helpful in reducing discontent and promoting innovation than the imperfect system today; only those with high credit can be leaders, CEOs, even then their salary won't be much higher; we create a world of 'infinite' happiness for all, because longer lifespan means we can be happy in our own way (chess, tennis, meditation) for 9000 years... Thus all salaries are determined by the Immortality Government,☺☺☺ not companies, since 10 people companies can't override the calculation.

People choose where to work depending on what they want to do and if the company thinks person is a good person liking the people there based on all AI computations they may be able to run using the Central Immortality Database available to hiring managers (not to anyone), where nobody can see individual records, but only if a potential employee is likely to be unhappy or start arguing with others already there. The move to a job is not what determines the salary as much as it does today, though some jobs would be paid much more due to higher contribution to lifespan extension of course, higher stress (toll on body, so more money to☺☺ fix damage needed to achieve same lifespan), but the actual way of behaving overall in society, even outside of work, which is immediately seen at work via advanced AI analysis of voice, brainwave, feeling, behavior. Happy environment (maximum bliss at work) means the AI simulations of human smilingness, etc and how all personalities of 5 in a small business would get along, would enable employer to make much better decisions and avoid employees becoming unhappy and having to change jobs so fast. The perks of Immortality capitalism would include a far higher happiness for people at work, and at home, since that is reflected in salary brought home to brag to kids/spouse; people would have an incentive to actually be kind, eterni, nice and move away from cruelty. Slowly, over centuries, a heavenly world of peace emerges. The AI calculates the starting salary for any position a private company creates, depending on its contribution to immortality, education needed, stress level, work hours, and then the salary is adjusted at the end of the pay period, based on Immortality credit changes, higher or lower, depending if one's contribution to human lifespan was below or above average. The employer controls costs by deciding how the strategy, # of employees and expenses are different, since employers can't decide anyone's salary, only the Central Immortality AI can. The prices of goods need to be approved by the Central AI to match an acceptable range, based on longevity contribution factors, to avoid lifespan shortening prices. Thus, there is no discontent, as fairness reaches a level 10,000 times higher than in any history era. People can ask how the AI computed the salary too. Anyone who applies in person and is not working in a national security sensitive company, can get the starting salary by asking AI, before they even apply for a job; this way, the techs that increase lifespan can be hidden from hostile nations, by not revealing the high salaries of that industry since that reveals knowledge of longevity tech. Alternately, salaries can be lower and sensitive work employees can get non-monetary perks so enemies "don't

know the AI calculations factors and use them to bring mayhem". Initially, people can do experiments in a small town, country to simulate the whole nation and optimize the system over a period of 10-20 years; the currency remains the same; the assets remain the same if no fines; the value of assets may change, due to different demand and market over time, since people value other things, that extend lifespan more as the culture of immortalism takes deeper roots.

This Immortality Credit Score promotes a world focused on longevity, instead of *on making an extra $200-4000 on scarcity mentality* (i.e. all we get from our effort is simply some useless paper money, instead of tripling human lifespan, something a billion times more valuable), wasting mental energy with flipping assets, useless trades that shorten or stagnate lifespan length or quality, wasting both individual and societal energy, overthinking about taxes, etc that condition people to be obsessed with money thinking, *'modern forms of looting, exploitation, theft' under the guise of business, selling* toxic products to destroy millions (see), gambling being encouraging stealing one's own future *and that of humanity, since it's ultimately self-sabotage, leading to no real gain for anyone. If instead of 2 million rules, we got even 100 only, that's big progress, even if not as easy as one flat rate of 15%. It's like the paper clip maximization AI meme, we built a system that destroys and shortens human life, like AI maximizes paper clips production and kills people to do so*. The less people majoring in useless professions like accounting, tax prep, etc, the longer the lifespan, we can actually develop some real chemical instrumentation industry to be able to have proper food labels, etc. This means everyone will see 800 times higher longevity product density and quality. Every economic activity needs to produce total net gain of lifespan years for the highest amount of people: buying and selling a stock is a mixed thing, but it wastes nobody's time except yours, since you believe a company extends average human lifespan more so you invest in it; buying a house is a different matter. Properties sold a few years later on the market would be in a better condition than when bought due to housing.gov☺☺☺, or at least people lived there for many years. In theory, for large dubious stock events, the investor would have to explain his belief that coal company extends lifespan versus solar. If the stock markets even remain (not much logic to it anyway, if all employers are government and 11 companies) then, all stocks can have *an* Immortality Credit Score, *the stock exchanges can allow only transactions that increase the total* immortality score *per $ of* the stock portfolio, unless one is simply doing massive buying or selling upon entry of a stock market; upon exit of a stock market or massive sell, the sell can only proceed if the total /$ score is higher than before, so one has to plan accordingly, and place humanity's wellbeing above one's desire to 'get rich quick'. This encourages the promotion of lifespan extending economic entities, prioritizing lifespan years for all versus paper money for one individual at the expense of everyone living shorter. Parasites would lose. *Wall Street money making life shrinking algorithms would be banned*. Stock markets are genocidal tools created by out of

touch gangsters to loot billions of people. On April 2nd 2025, Trump imposed big tariffs on 80 nations and then DOW lost 5000 out of 42000 points by April 7, then Trump canceled them on April 9 for 90 days except for 10% for all and 125% for China, so stocks went back to 40K. This method allows criminals who install puppet governments to create trillions in profits on many stock exchanges. Well, say 100 billion if a trillion is not happening due to people not moving stocks out due to daily changes. On April 11, China also raised tariffs to 125% for US goods, so more stock changes for more criminal profits. Why work if you can just make 0.2 trillion?

The over-emphasis on money as reward creates a lot of problems, as money can be used to shorten lifespan of billions and blow up planets. The money emphasis also can create 1 million restaurants that sell tasty food that customers want, yet doubles or increases significantly nobody's lifespan as out of 15 million restaurant employees in America *for example,* not even one of them is a scientist designing food that doubles human lifespan. 0 food companies have any R&D employee studying this, but the Civilization of Immortals can setup a Universal Immortality Inc, lasting 5 billion years, whose aim is to triple human lifespan in every age, century, millennia from the level it is at. With 20 million employees (all STEM majors, half of them PhD and postdocs doing RESEARCH), it creates molecular simulations, product formulas that the other 1 million restaurant outlets can add to their foods, in order to generate huge amounts of data (everyone is a citizen scientist and they can sign up to eat a certain formula for a while to generate clinical data), seeing which food formulas improve aging markers the most. Since food can triple lifespan, makes sense to regulate it stronger than anything, and have eterni foods replace agriculture, agriculture which is the random submission of human fate to the chaotic mix of poisons and nutrients in plants (they produce toxins to deter animals *eating them, they don't optimize their chemical content to triple human lifespan; because we're so similar to animals, we often die when* eating some plants or beans raw or cooked) and animals (43 food allergy deaths in Ontario alone in 15 years). We can travel 700 times faster (ISS) than nature (25 mph humans running), we can produce food that gives us 100 times longer lifespan than natural agricultural foods. Restaurant foods today are like chariots, eterni powders are like Tesla cars. Initially, due to technological hindrances, the industry would still use agriculture as sources of certain molecules for the 500 year lifespan formulas, but as science improves, the economics of mass producing them without agriculture (huge land areas and water wasted) will make agriculture obsolete. The government and 3 companies can make powders with phytonytrients from 2000 types of plants that would take someone 100 hours a week of shopping, since exotic items are only at some stores, to eat a tiny bit of, and mix it in the correct ratio, taking another 4 hours, imagine FOOD.GOV, with 5,000 types of powders to choose from (vs 20 choices per restaurant or so) that you dissolve in water and you get unoxidized super nutrition to live to 900, instead of Neolithic 'ethnic' cuisine from the stone age. This gives us

huge space to give single family houses to all, as we demolish, repurpose all the useless stores, wineries, etc listed here that we can *use for housing & food*, most restaurants as we cook healthy @ home, to *make space for decent housing* + the 1 million Immortality labs☺☺☺, schools, centers, amazing & beautiful☺☺☺ free biomarkers monitoring stations and powder creation labs for living to a trillion. Youtube shows how a family produced 6000 lb of produce with a small 5000 ft^2 backyard. Why are these people so sick? They eat the worst junk food without polyphenols, vitamins, etc, how can they grow it, if aristocrats need wine to get drunk and start new wars under brain fog? Grow your own, until we have high tech eterni food for all. That way, all exercise, don't need 30000 gyms to make another 10 million live in terrible condos. And behond, the composted left over watermelon rinds, pepper core, cucumber peels etc make fertilizer, organic produce that these people can't even afford anyway. This offers all better sleep, nutrition, happy World Peace music, the gist of 100 year min lifespan for all Americans. As all live longer, this shifts the human quantum field and more can live to 140. Let the shimmering *gentle* flame of Immortality *for* All shine *lovingly* ever brighter, until all are housed and in World Peace. Let America awaken the *Gentle Tender Angel* within and vote for the Immortalist Party to bring real change, 0 violent crime in 15 years and ~*~ Eternal Universal Peace ~*~ in 3 months.

Every house can have an immortality lab instead of kitchen, so we get another 150 million *mini labs*. Sleep is very important for longevity, not just food. Alternatively, 10 mega food companies (or one company), with 0.1 million "lifespan tripling scientist" employees each, can produce these powder formulas, but they would need to be regulated by the government to make sure science is not faked. Isn't it odd how stone age the jobs of today's restaurants are, flipping burgers like chimps in the jungle playing with bananas, wasting so much human energy, when they could design high tech powders, if *education* was centralized and *free* including PhD, since theory exams can be taken online at education.gov, in all 3000 majors, and labs in person at the 1 million immortality RESEARCH centers, see centralized education. Today almost everyone repeats "satisfy customers" mantra (make foods look nicer or tastier, last longer, even if the ingredients, colors added shorten lifespan), increase GDP, and lifespan remains 80 while we eat mostly like 5 millennia ago and money is our God. One way to remove the issue of money focus is to create Immortality Capitalism. We can have 1 billion supercomputers calculating Immortality Credit Score (based on millions of models to avoid errors) based on tone of speech, actions, loving kindness in the gaze, contributions to lifespan extension of all human beings, and this credit score being how one receives salary, the higher the credit score, the higher the salary. ☺ This would remove the incentive to choose profession based on $ potential (although physics chemistry biology etc professions would have the highest potential for high salary as they can triple lifespan by one discovery) and let people do what they do best for maximizing Lifespan of maximum number of people. Sort of mixing capitalism with Maximum Lifespan, a more humane

capitalism. ☺☺☺ This temporary Longevity-Immortality credit would only be a useful method (one of many) for primitive civilizations struggling to promote intelligence, happiness, 9,000 year Lives, ethics instead of greed or other less important things (tasty food, stylish cars, etc).

High tech futures when we can shapeshift, ☺☺☺ live 8,000+ years, materialize all needed from dirt via assemblers in living room, live on energy (not even needing assemblers to make food or any object as needed from protons and neutrons), no longer need shops, money or trade, or maybe some still may have $ to pay for blueprints of goods they print in the living room, depending on their technological, empathetic, telepathic, spiritual, ethical level. The implementation of this Immortality Capitalism would probably need to be done very gradually, over a period of 100 years or more, to ensure a proper development of algorithms of calculating Immortality Credit Score (how many lifespan years a person's action, tone of speech, words, movies, writing etc has added to the civilization's entire population, over the next 1,000 years) in all *professions, etc.* ☺☺☺ Maybe first give small monetary rewards to people with Immortality credit above a level, big to those with huge scores (few), and increase these payments from the universal Eterni Bank until they become 10%, 20%, 50% and 100% of anyone's income. Lending would be based on Immortality Credit Score *too*, not financial credit score only. In 2021, *Canada had* 81 banks, *China* 187, *Japan* 112, *USA* 4500 useless banks, in 1921 USA had 29000 when we could have just 1-4 providing better service, again, redundancy and having everyone major in "being a teller", accounting, HR, etc and sitting like a duck behind a window while we fall behind *in* science. We got 25 times more economics related majors and 25 times fewer physics-chemistry related majors than we need. Everything is upside down, due to greed. ☺☺☺☺☺☺

The epitome of egoism is having 4500 banks and 0 companies/agencies dedicated to World Peace in 3 months. Capitalism worships $, not life: bombing and killing are way more important than human lives. Immortality capitalism puts life first. Ending the killings is totally secondary to 90,000 other things. Why not have 1 bank, Eterni Bank, and 4500 huge Immortality Parks (with free biomarker measuring areas) of World Peace in 3 months and Immortality *for* All? *For cashing checks, etc we got phone apps now, take a pic, we need fewer branches, banks anyway. Thus,* the banking crises need be used (if they're not already) as a federal attempt to shut more banks, save USA *from becoming a 3rd world* country with *many* HR, banking *majors, instead of* science. The survival of humanity, and even of any nation (see challenges) *depends on centralization, on fewer companies in every industry, uniformization of all laws, state rules, etc*. It's a matter of life and death. We see how wasteful today is the decentralized banking system: with centralization each time you buy anything, you get emailed the receipt and it's saved also into your immortality.gov account, the one Immortality ID that links to all other accounts. Whenever you buy anything, you can only do that using your Universal Immortality card, which is linked to bank, drivers, etc. So, your receipts are electronically instantly posted after every

purchase in the receipts *(Saved for 5 centuries) section of your immortality ID account*. You never need to reapply every year for insurance in your state or etc, since the gov knows your income, with one of the 11 companies, and everyone has the credit score and the universal insurance plan matching their score. Nowadays, ☺abysmal IQ☺ rules thanks to the palace dwelling genocidal aristocrats. Nowadays, retail clerks have to ask you "Do you want your receipt" or "Can I see your receipt as proof of purchase?". *This isn't needed with immortalism,* for all retail has access to any receipt in America, if you ever bought anything, it is there to issue instant refund, like at Home Depot where you return stuff without receipt, the refund to your One Universal Card (no need to ask, "is it the same card you bought it with?" Before you swipe it to get refund, since we ended hooligan blood sucking banks, lenders and created the Eterni Bank, the one and only Bank of We the People). This saves us time and a lot of trees destroyed to print receipts people trash usually, and receipts are a way to waste ink and transmit viruses too. Also, all your memberships for product delivery, gyms, etc are in one place and you can cancel them 1000 times faster from one dashboard with all utilities, and everything. All companies are linked to immortality.gov. The credit card being the only way to buy, cashless society, receipts are automatic. Naturally, in Immortality Capitalism, house flippers get lowest Immortality Credit Score, compared to someone discovering CRISPR, however, house flipping is impossible due to the way houses are sold via housing.gov. However, this chapter explains immortality *capitalism*, or *immortalism* or eternism for short, would make house flippers obsolete via housing.gov as *centralized house selling removes the middle vampire men,* predator *realtors* (who're possibly mostly FBI, CIA spies who defend their "intelligence" community interests: loot all, so the rich 1% can have a nice life, typical US style *predatory* "capitalism"), *all the* scammers, looters *that sell 'how to get rich flipping houses' courses,* that waste the time of people who could help discover a better eye drop instead in a tech job at an Immortality City Center, etc. In our current system though, the house flipper can make 40 times more than a Tesla, dying broke, after getting 700 patents and powering entire planet with devices in every building today and advancing every field and industry. In our system a lifespan shortening food flavor/color chemist, seeking $, gets paid more than a more ethical guy working to make a healthy powder or food that increases lifespan versus existing junk foods. Intelligence depends on lifespan. To promote an Intelligent Interstellar Civilization is to promote healthy Lifespan years. A 200 year Tesla discovers way more, advancing us more. *In our world, someone who shortens lifespan of billions with leaded gasoline (same as killing 7 million) is a* billionaire.

How do we eliminate the bribes (see video), corruption, stagnation, (sabotage by foreign spy controlled groups) of communism? The video shows issues with poor planning, first Soviet malls (USA got them around 1922), and the first attempt at centralized economy, all done ultra fast, with tons of incompetent 'revolutionaries', who killed the plant managers, people with know

how, etc and became like peasants running the economy and factories. Everything was done by highly violent filif ☺wild dog IQ 'people' who killed whoever didn't preach atheism and Marxism, instead of *gently*, in eterni tone (not Lenin, Stalin yelling) explaining the way miracles are faked, religions are created and how one can be independent of wafers, clergy and develop a much more meaningful and transforming spirituality, since nobody can prove God doesn't exist, so forcing atheism is low IQ. Likewise, the economy was done in speed, iguana IQ with maximum violence against people who could have been very useful in designing an intelligent planned system that focused on peace and Immortality *for* All ☺☺☺, but these were violent people, Stalin killed lots of people, so they created an empire that didn't last, as no kindness existed at every step. A government needs to convey the infinite love for the people, that all is done out of love, to provide safe comfy transition, new jobs etc for those laid off, etc. If TV programs explain the scam of religious miracles brainwashing, they can inspire people to become free and develop personal spirituality and people no longer go to church rituals to wait in long queues for wafers like people did in Soviet malls initially, no longer visit buildings of God of their own free will since they can all get single family housing and make their body via health the temple of God and their house too, as they make youtubes to develop a 24-7 real not fake spirituality of eterni tone 24-7 not 5 min at church twice a year, without the need to persecute anyone like the crazy communists did, there are simply no more gullible people to brainwash by pastors as nobody shows up to the brainwashing. People need to recall the brutality of Inquisition killing people for not believing in the improbable fake miracles, dogmas, etc and of communists and not repeat the same insanity ever again in the name of 'workers' or 'ethics'. The communists, like the Catholic Church and allies and many other religions, exported millions of weapons to nations, which led to endless wars and dead among workers outside USSR, so it damaged the quantum field of humanity too☺☺☺☺☺☺☺, so we can't use force, we need let people understand the pros and cons of every ideology, model of government, spirituality, ethics. Certainly, today, we have centralized economies everywhere, the governments control via spies private enterprises and all is done very planned, even though there is some level of free market for small businesses: they hide that it's centrally planned to a great degree, so it will be easy to actually move to a truly efficient immortalist centralization that allows for theism and agnosticism, 1 billion times kinder, smarter than some forced attempts of 1920s-1950s peasants turned into PhDs and engineers overnight. Well, in 1978, China opened to Western companies, after Mao died in 76, and then got higher tech and GDP growth, getting better at centralization. A country's economy can be destroyed no matter how centralized or 'free market' (a lie, local spies control it) it is, if the enemies and their spies infiltrate it and try to destroy it. We need peace☺☺☺, fewer languages, centralization to eliminate redundant jobs and increase longevity, health RESEARCH staff 900 fold, or we can remain low IQ, easy to exterminate, or, if lucky to survive, to enslave and turn into short lived cattle (living 2, or even more later, times shorter) by

countries that become way more efficient, yet are not embracing the Immortality for All ethics *which recognizes there is* infinite space and resources for all, *and peace is the most valuable, worthy of being achieved in 5 months, if we want all humans to not die in* 10 seconds at once.

4.5.1.1. The last 40 pages of 4.5.1. clarify Immortalism is NOT "Communism" (that killed up to 120 million), as Jewish (Marx, most early communist activists who carried, supported the USSR genocides were Jews) "communism" (fake communism, since a communist can't kill workers, let alone 120 million of them) was for Violence, Terror, Murder, War, Killing Millions for the most minor nonviolent "crimes" in accordance with the Jewish Bible tactics of Jewish communists:

Immortality capitalism and the Immortality Credit Score, around which everything revolves, is not communism (China torture/beatings version is in 11 pages or here), since that's tainted by the violent manifesto and genocides (corruption, USSR elites lived like aristocrats, first Jews (40% of some of the first political bodies in 1917-8, Jews killed gentile aristocrats to take their place as the new aristocrats), Lenin too, Stalin had 7 mansions, like Putin, see the 2 class society that ruled the theoretical "classless society" of unsafe cheap tech and endless torture), the Jewish communist promotion of 200 nations and 200 fake cultures (culture doesn't exist where violent crime/war exist, so promoting that is not logical, fair, kind, ethical, but genocidal) they could control and divide and conquer, the Lenin promotion of many languages/cultures, which is totally different than immortalism ideas of one language, one ~*~ Eternal Universal Peace ~*~ and Immortality *for* All culture for all humanity. Immortalism is the antithesis of Chinese fake communism of 58% of wealth owned by the top 0.01% families & covert war (TikTok) on non Chinese via vaping promotion, (+ often paying Chinese workers 2-7 times more in Africa, etc). Immortalism is *vastly* different from capitalism or communism, since money is totally secondary, the Ethics or Immortality Credit Score is EVERYTHING. As you well know from Warsaw pact nations and USSR, communism was anything BUT peaceful. It could not be peaceful, happy, since Jewish Marx and partially Jewish Lenin called for revolutionary terror, so everything was TERROR based. The Cheka, GPU, NKVD (3 precursors of KGB), KGB killed about 20 million USSR citizens. The Stalinist Mao caused endless deaths, estimated at up to 80 million. Lenin was mostly nonRussian (25% Jew maybe, 25% Swedish, 5% Russian, 45% Chuvash Tatar, Mordvin (crypto Jew?) or Kalmyk Mongol, as Wikipedia shows Lenin parents became aristocrats (not poor as Jews claimed in official biography), explaining why he was so spoiled and violent, willing to employ genocide, in his writings, especially killing endless Russians in cold blood. The Jews who ran the 1917 revolution hid that Lenin wasn't Russian, lied to the masses that Lenin was Russian-German: it was evident Lenin didn't want 1 language/1 state, but many states, as his loyalty was to his multi-ethnic identity and hate of Russia, he convinced Stalin to create USSR instead of implementing Stalin's idea of annexing Armenia, Azerbaijan, Georgia. Communism emerged fast due to the horrible conditions of eternal slavery of the working class in most nations, and then

aristocrats and spy agencies they controlled tried to stir communism into aristocratism, hijacking it to accomplish efficient genocide, destroy rival empires, loot other nations and empires, etc:

Bakunin predicted Marxists would become more violent than the Tsarist regime and they did, because Marx advocated for violence, being ultra angry. Marxists killed 20 million in 40 years in Russia, more than all Tsars did in 900 years. The Chinese elites live in 1-2 floor villas with backyards in Beijing, while the enslaved 99% in 4-100 floor jails that destroy their ears, causing ear pain as elevator climbs 100 floors. Not only that, but tall towers in US cities are owned by China and they sit empty spying on USA. Check out Chinese Fujian tycoon Huang Zhiyuan (living in Indonesia mostly under a fake name of Teguh Widjaja) with 100+ staff huge palace in China, while 47 million Chinese are homeless, even if empty apartments exist for 1 billion, all built by the enslaved. Communism? ☺☺Not really, it's just feudalism packaged as communism to plunder the planet with "Confucian values & Institutes". Do you honestly believe these bandits care about nonChinese, when they don't give a dime about the Chinese they enslaved in China? ☺☺☺ The "communists" in China live in 10 acre estates at times, some sold for 15 million USD, which is huge in China. The Sheshan (Xi Mountain) region is home to Shanghai's forest resort with zoning laws for sprawling, low-density billionaire enclaves. The Shimao Manor is 130 acres, nearly 20 private ecological islands, only 72 estates for the 0.01% of China who own 58% of China's wealth. The Sheshan Golf Villas has a 30-acre estate with 250,000 ft^2 living space across a main house, dual guest houses, and a dedicated recreational building: 36 bedrooms, an indoor basketball court, a private casino, a bowling alley, and its own lake. The Sheshan Riviera at the mountain base caters to younger tech billionaires, more modern design, advanced air filtration systems to combat Shanghai smog. Buy Chinese products to Spread Feudalism Worldwide? Oh yes, check out the amazing quality of Chinese products that made these thieves billionaires.☺☺

Many youtubes try to justify the violent murder of 120 million people by communists with the cruelty of kings and aristocrats that also killed 1 billion before, as this video does explain the infinite cruelty of all kings and monarchies, who were essentially keeping the 99% as serfs or slaves, and useful cannon fodder for expanding the power of said genocidal psychopaths. It's human and tempting to then draw to the conclusion that the kings, etc deserved death penalty, together with others and then there are no infinite ways to the desired outcome, Immortality for All, justice, basic rights, etc that are not violent. But, a smart human, in tune with Intelligent Species or God, would have gone to the Tsars, etc and told them "Hey, if we make everyone super smart, they will be a genius helping you live to 1 trillion by science and everyone else, we just focus on that "bodies must become immortal" Christian quote, and we implement a Universal Immortality for All civilization, transitioning slowly from this stupid Christianity to immortalism. This is a win-win, we promote intelligent innovation, discovery, tech and universal employment of all via 11 companies and equal pay via Immortality Credit Score, without any

torture, beating or violence. The King is the Immortalist Anthem and the Council of Eternia, the gathering of 100000 scientists, geeks, engineers… We know God or any intelligent humans living *to a billion, our descendants, have figured* out trillions of peaceful ways to bring about any revolution, so we begin…" Using high IQ a group of well meaning people could have done it, but the foreign spies inciting Tsarist spy agency to power trips won. The video indicates how easily a group of 100 people, "People's Will" could try to kill the Tsar 4 times, to finally succeed on 3-13-1881. This could not have happened without the full cooperation of the Okhrana, the Tsarist secret police (10% of the Imperial Police), or the Imperial Police or other branches of the military-industrial complex, who realized that monarchies are not the best idea for creating a strong industrialized superpower, and decided to create a revolution and get the power themselves, instead of the Tsar, whom they viewed as a diabolical pathological liar pretending to be Christian to dupe the masses into ritualistic obedient slavery, as every other demonic aristocrat of history (most monarchs playing same evil game of religion to imbecilize its enslaved subjects). Okhrana and the military-spy intelligentsia realized that the traditionalists within Russia were keeping Russia agrarian, backwards and decided to simply wipe out the religionists within the Army and Okhrana in the civil war. So, to prevent any real revolution that surprises the Okhrana, radical elements of the Okhrana, etc started to infiltrate, coordinate revolutionary movements, sending Lenin and others to the West, and if you analyze the events, the fake 1917 revolution clicked all too conveniently, with minimal bloodshed, indicating the higher echelons of Okhrana, precursor of NKVD, KGB were all in with the plan to eliminate the monarchy, religion and use the scam of worker rights to expand Imperial Influence of Russia worldwide. Okhrana was tasked with protecting the Tsar, but many agents, like rich fmaily kid Georgy Sudeykin, sided with the revolutionaries, covertly using Okhrana funds to publish literature of the People's Will group that killed the Tsar in 1881 after 3 failed attempts. The reason for this betrayal is that the regular or aristocrat family Okhrana agents realized they were cannon fodder used by the Tsar and richer aristocrats to maintain their imperial lifestyle, while they barely received funds to defend Russia's interests. It was not a revolution, but the radical takeover of power by some of the most bloodthirsty and violent elements of the Tsarist regime and foreign spies that infiltrated the Okhrana. The Okhrana hijacked the Global Workers Movements and turned it into a Russian Imperialist Project of Mass Slaughter of Minorities and others that stayed in the way of Global Power: USSR Kazakhstan 82% Kazakh initially, then only 30%, to wipe Islam off the map (another Okhrana goal). Okhrana got infiltrated by foreign spies who had their dream come true: mass slaughter of 115 million Slavs and Asiatics, as obvious from Marx's racist quotes shown below, the 120 million Holocaust by Jews and others financial supporters of the fake 1917 revolution is not allowed to be discussed as such as it reveals the scam of most leftist movements worldwide: they're a cover for eternal slavery, controlled opposition puppets of the far right in various nations. Brits, Germans, etc thought Slavs, Asians,

etc are inferior, so the communist manifesto was written in typical Brit parliament genocidal violent style to deal a fatal blow to 2 competing monarchies: Russia and China, wipe out rivals by fake workers revolutions. The 1917 revolution was fake, like the 1776 USA one, made by George Washington British General aristocrat, in order to prevent any real rebellion of the colony of slaves. Americans were duped. Same Brits were in power, they brought endless slaves to work for Aristocrats from Europe, Asia, Africa, etc… It's called controlled opposition, you control the opposing party, like Democrats in USA, to pretend real choice or democracy exists, as with our fake Supreme Courts, Elections, etc. In this context, spy agencies and militaries stage revolutions that are fake 50-100% to go with the regional or global flow, as with 1945 move to Soviet style communism or 1989 move away from communism, etc, to prevent a real revolution coming from outside the country: they kill the "puppet they control, the dictator or Tsar" and blame all issues on him… But the same murderers are in charge, ruling from behind the scenes: this way, the real criminals escape the hate of the masses, they kill a scapegoat or a few more puppets, to escape any real justice for their atrocities and torture acts. The genocidal typical Okhrana men could only create a bloodthirsty regime, who led to 120 million dead, in typical Okhrana style that killed 1.5 million Circassians in the 19th century, every citizen of a country, to simply steal their land. The efficient slaughter of Siberia Gulag was a continuation of Siberian detention of Tsarist times and 1000 years of genocidal wars of extermination. Naturally, foreign spies also helped elements of Okhrana and Jews got a lot of power, much greater than before (they financed Okhrana anti-Tsarists forces), the Lenin guy got as much space in Kremlin as 500 workers had in the communes, with Okhrana agents becoming the New Elites and Tsars essentially, the new aristocrats. A nice monkey became the humans, so then, that monkey no longer ate the babies of neighbors. A nice human may become a new species, that realizes the trillion ways to peace without violence, leaving humans as savage chimps in a zoo, while going in another dimension or galaxy living to a trillion… Today though, the spy agencies, full of blood they drink daily, choose bloodshed forever… so any real change seems to recreate the same genocidal militaristic violence of the past chimp mind. ☺☺☺

Lenin was a spy, recruited by foreign spy agencies to screw the Russian Empire due to his hate of Russians. Jews were restricted to the Pale of Settlement (Ukraine-Belarus) in the Russian Empire and their revenge was done via Stalin the Georgian, Lenin the non-Russian, with the extermination of millions of Russians, etc. US, UK, France, Germany, Japan, Sweden & Jews (Wall St. Jew Jacob Schiff financed Japan 1905 victory against Russia, as he helped Jews take over Russia in 1917) there all poured money into the civil war to try weaken, destroy the Russian empire, give Russian Jews huge power. The Western AristocRats needed to turn the (naive useful idiot) masses against the monarchy (Tsars and Qing) to steal max wealth, plunder spheres of influence, so a leftist movement was ideal, so they invented communism to create civil wars

in Russia, China, etc, not because they wanted any communism, since the West was feudal empires. You know, the Rich didn't care at all about the Americans who were poor and whites even, let alone care about people of other nations used as cannon fodder to disintegrate rival empires. It was all a scam, that ultimately failed to fully disintegrate China and Russia, a waste of 100 years and 140 million dead later. China is now an empire again. 58% of wealth in hands of top 0.01%. It's how they fund both sides of a conflict (say Russia aids Iran, West aids Iraq), or the left and the right within a nation to create endless guerrilla war (Latin America, etc) and civil chaos (USA, 2 parties) in many nations, due to a belief war/chaos works for looting the working class of 200 nations and Immortality for All doesn't. To hide Western involvement, they criticize "communism" (fake one, pure feudalism in China for example), they created, as they criticize radical Islamist regimes, etc groups they create thru other covert means of inciting the "big China, Russia, etc enemy to support the left of small nations" or covert alliances with "supposed enemies", in order to justify the war. War is profitable, it keeps Latinos as savages, allows subjugating all nations, enslaving all planet. The hyenas talk war 24-7 forever… for 1000 years in Britain alone... Never about trillion year lifespans for all, only fraud to perpetuate eternal genocidal war on non-Brits and other 'inferior' races like "East Europe, Slavs, Arabs, South Europe, Asians, Blacks, All Indigenous Groups, Latinos". Jews, being the ultimate racists, like Brits, were and remain a perfect tool at times for destroying various nations UK, etc wanted wiped off the map, so they were used to destroy the Russian Empire, not to aid any subhuman inferior slav become free from Russian aristocrats or Tsar, only to become useful cannon fodder and slaves of the UK, etc aristocrat. Same for 1989, the revolutions were not to liberate anyone, only to increase aristocrat wealth, as in 1917 and Chinese civil war. Armenia, Azerbaijan were part of Russian Empire, then became "independent Republics" as Lenin German-Jew spy disintegrated the Russian Empire with UK US France Jewish help, that split in 1991 from Russia.

Jews had few rights in 1916 in Russia for obvious reasons (demonic attachment to the most evil text ever published on Earth, the Bible Old Testament), the bad type of Jew (religious overtly or covertly) wanted to rule almost every gentile nation they settled in given their religious belief of being the Chosen Rulers of humans (host nation becomes slaves L25:44 whom he E:21:20 beats, mass executes (see ref.), and mass rapes (see ref.) via actual rape (Lev. S the Jewish serial killer and rapist, promoted by genocidal killer Beria, possibly a Jew himself posing as Georgian, like Stalin claimed to be Georgian, though Beria could have been Circassian who wanted revenge by killing many Russians, etc, the ethnic group that Russians exterminated 99.9% of in the 1.5 million genocide inspired by the Russian State Jewish religion of Christianity, i.e. genocide of all per Old Testament rules, so Jews were treated like evil folks due to spreading the Bible themselves and creating Christian states, all Russian, Christian genocides being a product of Jewish ethics, all 500 since 850 AD when Russia was founded: Jews created their own

oppressors, teaching the whole world how to genocide anyone D7:16 you feel like) and depraved culture the bad type of Jew imposes to erase native culture, burns to the ground (see ref.), host being a 2nd class citizen in their own country, subhumans of sorts, mere animals to be exterminated even "if God gave Jews that host nation": D7:16, so millions of USSR gentiles were killed to give Jews 800 times bigger power, see Jewish Einstein's dislike of Asians which explains the slaughter of 100 million Asiatics by Jewish communism, see USA Today), so 1917 was the Jew "emancipation by gentile genocide after Jews took power", in 1930s at 1% of USSR population were 16% of physicians, 10% of writers, journalists, 11% of artists. Kaganovich Jew KILLED 5 million Ukrainians, lived to 97☺☺☺, as USSR hero. All can understand that the Immortalist Anthem is 10^{80000} times kinder than the demonic Jewish Bible, if intelligent Jews can just think and realize the evil of Old Testament, Talmud, Synagogues that make all Jews look like genocidal rapist killers, etc, they will embrace the Immortalist Anthem or at least more decent (than the Bible Genocide Manual) scriptures like Tao Te Ching, Buddha's, etc. Jews don't abide by any political party or ideology, they infiltrate all to aid Jews, be them left, center, right.

Communism was created by the West, manifesto written in London. It wasn't about worker's rights, which didn't exist in the West, but about destroying 2 rivals (China, Russia empires) of the Western aristocrats via fomenting civil/endless war in China, Russia. It was allegedly found in German archives (US trying to blame Germany for Lenin taking power exclusively by doctoring the archives or making it sound Germany was the sole nation involved?) captured in 1945 that the Germans financed the 1917 revolution with 5 million marks at least and safely moved Lenin, with German soldiers, out of a Swiss town thru Germany into Russia, to gain power and quit the war that Germany was losing with Russia. The noncommunist Russian gov of 1917 (who got support from US Jew Jacob Schiff, as he hated the Russian Monarchy and aided Japan with loans against Russia in 1904) said in July they found the Danish trading company, Swedish bank (both run by Jews) involved in financing the Jewish communists and the Russian Jewish fraud involved with Danish and Swedish Jews and merchant who became rich in Turkey by trading arms and spreading death, Israel Lazarevich Gelfand who also used a fake name of "Alexander Israel Helphand" to appear more Russian or even Alexander Parvus). Israel Lazarevich proposed to Germans the scheme that matched German desire then, to "start an armed rebellion in Russia, install communists (Jews) that make peace", again in his plan to increase Jewish power in Russia 100 fold, which succeeded for a while after 1917. The communist writers of 1840s, like the 1848 Freemason revolutions of Europe, and all communist ideas from 1850-1917 were all financed by Western powers, Western workers, Freemason Jews, each with diametrically opposite goals: some wanted real reform, others civil war and conquest of Russia, etc. Communism was a trick to strip Russians of power in their own country and make Jews the Lords of the Russian Empire, which didn't work out as well as planned, that's why most communists were Jews. This sabotage

by international Jewry in 50 nations to aid Jewish conquest of Russian Empire via USSR, was also aided by Russia's rivals other than Germany (US, UK, France, Japan who wanted civil war to weaken Russia), in reply to Russian expansionism based on genocides, etc. Reality is far less rosy and idealistic than we sometimes imagine by reading some doctored history version. The German Empire/Jews financed the Bolsheviks so Russia quits WW1 and Germany/Jews win. Lenin was too low in IQ to realize his tribal chimp mind shifted us towards the 10 second end. Real communism has nothing to do with 100 cultures/languages Lenin promoted. Lenin was too low in IQ to realize he was a Nazi, or 100% spy, because a leftist sees all humans as 1, 1 language, culture as vital. Lenin's ego was too big to realize all people are 8 hr lived bacteria living 88,000 times less than our grandkids (humans live to 80 years, or 88,000 times longer than 8 hr lived bacteria) and that the human bacteria language, IQ and 'culture' we have is pure trash☺☺☺ (culture means nonkilling, nontorture, so humans have no culture), the same genocidal Jewish trash, etc financing as war as the only way to bring World Peace, when we know there are trillions of nonviolent ways to bring peace, not via war Jews financed, like the Jewish Rothschild Bank financed both sides of European conflicts. Money was made via GENOCIDE by Jewish bankers: the Chosen Bacteria?

It seems some religious Jews, Muslims, etc didn't realize the evil of Talmud, Quran, Bible… Their behavior was like that of other bacteria: wage war, kill, etc, and then claim they were chosen… Why can't all humans be honest about their 'bacteria status' and work for Immortality for All as in the Immortalist Anthem, i.e. to love, heal, nurture, help the worst human being a trillion times more than the most loving mom loved her suckling infant baby?? Why can't all humans, these insignificant bacteria living on a grain of sand, Earth, come down from their imperial cosmic egos *and admit that their "truth"* they want to kill or torture others for, is false, since a bacterium can't understand the complexity of the world like a human can via trillions of books? When humans have the honesty and IQ 70+ (mental retardation can still comprehend this) understand that all that they cherish or believe in will be proven a million times more "stupid", simplistic, incomplete, or totally false, then humans are no longer willing to kill, torture fellow bacteria (humans) to impose a point of view that will become totally or partially false in a few millennia. Why can't we humans admit we're as smart as bacteria are vs humans, with respect to our descendants who live to 7 million years old? When all realize how incomplete and pathetic our understanding is, everyone agrees genocides and wars, killing, violence make no sense in any context and that the Bible, Quran, Gita, Confucius, Lao Tze, etc are wrong. We need to grow up a little as bacteria, focus on giving all trillion year lifespan instead of on bacterial scriptures, we need to step back from the human frame of reference…☺☺☺☺☺ and give up the pathological identification with psychotic hyper violent religions or ideologies, like the genocidal Marxism-Leninism calling for genocides to achieve what? Equal pay and bacteria level lifespan

length at 80? Kill 120 million for that? Sounds a little crazy. We can achieve 7 million lifespan and equal pay, without any violence if we have IQ. Equal pay makes sense if there is equal stress and hours of work, etc… equality is more than pay. We're all bacteria, that live 88000 times shorter than real humans living to 7 million. Get real. Be honest. Smile and don't feel guilt or pressure to wear religious symbols, Kippah, veils, amulets, crosses, bangles and religious objects, because they don't change the fact you're a bacterium and a metal piece, a veil, a Kippah only identifies you with the most destructive genocidal scriptures and chains you ever deeper into the zero IQ evil energy that created communism genocides. Be free. Give up "idiocy", meaning all existing religions, and walk in joy towards the Discovery of Truth, which is infinite kindness, no killing, no torture of any human being and the hypothesis formulation and testing to extend lifespan.☺☺☺

Immortalism is NOT Genocidal Torah/Bible based Jewish (and West financed) Communism that led to up to 120 million (estimate, could be half) dead as a result of the London written Communist Manifesto calling for violence that decimated UK competitor empires mostly, 85% of dead being the former Russian and Chinese Empire citizens. Lenin and early Jewish communists promoted nude sex parties with dozens of guys having sex with dozens of ladies, orgies, the epitome of depravity and the common ownership of ladies 16-25, so any guy can have sex with her by simply asking: women were reduced to animals to be raped in 1918 (a guy can rape 10 girls 16-20). In the Torah mass rape quotes, we see the Jews have the right to rape all gentile women and this was slowly being implemented as law, with Jews being the communists. On Feb 28th 1918, in Saratov, all females 17-32 were public property (unless they had 5 kids) to be raped by all Jewish communists as they pleased, so a Jew could rape 100000 gentile ladies is he could. No consent needed, gentiles had no rights, Jewish Depravity ruled. These Jewish devils promoted gay sex (1917), animalism, the regress of human civilization by sex outside of procreation, naked ladies on streets wearing only a banner "Down with same" and the rape of all ladies 16 to 25 who were supposed to accept being raped by any guy: girls could not say no, the complete destruction of Russia by Jews was underway, like they did in USA since 1960, then Stalin (who attended Christian seminary) came as ruler in 1924 and the Lenin and Jewish Mass rape Torah Religion (disguised as Communism) and depravity came to an end by 1929: Lenin was the fraud who promoted 200 languages and cultures too, which makes peace impossible. The Jews, happy to rape 12-13 year old girls, mandated sex education begin at age 12, but then Stalin ended all sex education. The 'superior' communist was to become an animal of chimp IQ whose main obsession is sex. In 1920s, they banned permanent relationships and prioritized living like animals together (30-400 people, noise, nobody can sleep or study well, creating a society of ultra low IQ) with zero responsibility for the kids sent to orphanages after endless sex. This led to a society of chimp IQ losers, easy to be destroyed by Germany in 1941 invasion, as those orphans developed low IQ. The idea of communes is insane: the parents share the same

DNA and can understand the kid very well, a nurse can't do that and may even hate a kid who is unlike her appearance or DNA caused personality. Everyone needs good sleep, silence, etc. In a family, the same parent watches the same kid for years and knows the kid intimately and can help him 9000 times better than a nurse who hates his appearance or personality and interacted with him 9000 times less. To fix a rocket, you need to know its 9000 parts well, you don't fix/help/nurture a child by not knowing him, or ask a peasant to fix SpaceX rockets. To maintain a rocket, you're a specialist in that type of rocket, for example, a Falcon 33 rocket is not an Amazon Blue 45 rocket, and you don't just swap engineers, like a Toyota mechanic won't fix a Ford. The same holds for people, we may look the same, but are SO different. Each kid will specialize in one area of molecular chemistry to create new eterni foods for example and parents are the main educators, using online tools and resources of the 20 quadrillion courses of the New Centralized Planet Wide educational system (theory, the rest is local labs, 25 million worldwide) that becomes the standard of the 1 planet, 1 language, 1 bank, 11 companies for all humans. Best maintenance, construction (child development), is done by someone with 9000 times more knowledge about that specific rocket, car or child. Hence immortalists are the antithesis of communism: we're for 222 weeks off (so no need of day care) and sex for pro-creation only, it's OK to have kids from 2-3 marriages if one marriage fails, but not to have strangers take care of endless kids as with the commune model or even mass daycare model. Stalin saw thru the scam and banned all communes Jews created. This was the Gift Britain, US, Japan, Germany, Jews, who financed the Revolution, wanted to Give Russia: total disappearance and extermination under the guise of "workers' revolution". Just like today Jews do to USA: make everyone low IQ and cut their penises. Since 1960, the Jews infiltrated the Democrats and promoted the same destruction of USA: alcohol, drugs, sex with all, sex education, sex in movies, sex everywhere, the most retarded religion (Jewish Christianity, a fake one based on Torah values) promoted by Jews infiltrating Republicans, whereas World Peace in 3 months and nutrition, living to 3200 via nutrition (like honey bees live 40x longer via a different diet), etc science took a second place: the Jews turned everyone into a low IQ ignorant Bible lover who doesn't know the evil Bible quotes, or into a rapist almost, every girl and guy now became a depraved retard who had sex with one and all, USA started to decline and became the laughing stock of the world in 2025, with China GDP rising 9 times faster than USA since 1989. All we see on TV in 2025 is filif cow IQ ladies full of makeup and hair dye, shouting like Hitler quite often without any decent tone, telling us lies about sex outside of procreation education, why all should love Jesus who said in Mat 5:17-9 that the "genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating" quotes of the Bible remain valid forever. These rats only chase the 0.4-100 million salaries they get for spewing garbage on TV in their "shows". The end of the family was praised and in 1924 half the kids were orphans, as everyone had sex with everyone. This insanity was later stopped by Stalin who realized the Jewish Agenda, and forbid

abortion, condoms and homosexuality. However, the KGB and predecessors were raping female recruits routinely, since they were/are violent animals, as they rape Ukraine. KGB is so low in IQ they can't realize there are a trillion ways to peace without violence, rape, etc. ☺☺☺☺☺☺☺

Was communism merely invented to exterminate Asians and Slavs, the 95% of victims, under the cover of "more fairness"?? This section will help you decide for yourself. Nothing is what it seems. Immortalism is immortalist Capitalism of an angelic type, based on the Immortalist Anthem, that has 0 violent quotes, versus Bible-Quran with 2000 violent quotes or Communist Manifesto and Karl Marx 30 quotes calling for violence/terror. Immortalists are vastly different than communists who often did things to inflict maximum pain, suffering, death, terror on other humans, out of psychopathic devotion to the Marx ideas of revolutionary terror. Immortalists believe, *unlike Jewish communists and* Moses *and other Bible "prophets" psychopaths* and their Terror Genocide Rape filled Bible, that any change we do to achieve ~*~Eternal Universal Peace~*~ in 3 months, 0 violent crime in 5 years can be done in a trillion ways that use no pain, no torture, no terror, no violence. So, immortalists live in the 21st century, whereas communists in the 1st century terror mindset. Communism was the Imperial (Brit, German, etc Empire, etc) creation of controlled opposition, like Democrats (same as the East Communist Bloc) are the puppets of the Republicans (The West), to eliminate competing empires (Russian, Chinese). The conflict of Cold War achieved wealth for the Western Elites, the Aristocrats, like in the USA the Republican-Democrat conflict achieves the same: Democrats being mere puppets (controlled opposition) to prevent real fairness that removes the palaces of the aristocrats. The German and British Empires, among other big powers, gave tons of money to Lenin and other communists in order to weaken their enemies, the Russian and Chinese Empires. It was not about the people, but about aristocrat power games, but the lower level communists never had a clue.

The extreme violence of the communists is described in this 94 min video, depicting the hypocrisy of Lenin who promised the power of the people via the Soviets and then used the army to eliminate the other parties that were promised fair participation. Workers' rights were abused by the new elites, who simply followed the Marxist revolutionary terror ideas. We need to understand that the fairness for all revolution could have created peaceful spies infiltrating the government and gradually provide more rights to workers and diminish inequality, but foreign Brits, French, German, Japanese, US Empires didn't really want any semblance of socialism in there, so they also needed as much chaos as possible in Russia to weaken or split it. You see today the ultra corrupt Democrats are hard to infiltrate, as the whole 2 party system is run by aristocrats. This blatant lie of Lenin and betrayal of people first, or lack of communication skills that they wanted a centralized one party state of the people from the get go caused millions of needless deaths. Unlike the communists, the immortalists want to create a 0 parties New Constitution to unify USA, increase efficiency and end parasitism and end fights among

workers aristocrats start between "democrat/republican, atheist/theist, black/white, abortion/chastity, etc. The aristocratic class has a clear strategy: endless wars among worker groups, so they fight each other, not the aristocratic oppressors. If immortalists win 70% of vote or convince Democrats to change the constitution, they can end political parties. Fanny Kaplan, a Jewish lady, shot Lenin on Aug 30 1918 because her SR Party got sidelined by the Bolsheviks in 1918 during the first Revolution Congress using the Kronstadt sailors near St Petersburg, sailors who later, in 1921, turned against Lenin. The SR joined the Whites against the Red Army, and Whites got support from UK, USA, Japan, France, Germany, etc. Lenin survived for 6 years the gun attack and started a series of purges that eventually killed 20 million people by 1953. Little did that Jewish lady know her attempted murder would cause millions more dead. With each anti-Lenin and later anti-Stalin event, the secret police became more paranoid and it had a snowballing effect. Obviously, foreign spies may have paid her, in order to destroy the revolution against the aristocratic terrorists, to create more chaos. We witness liars, promising multi party system, then using killings to install a one party system and causing 20 million dead due to the betrayal of the populace that expected democracy. A revolution is real when nobody dies, nobody is tortured and people understand from the get go what they're getting into: a fair system of temporary rule of the party that wins most votes, and then the creation of a political parties free state, with proper tests for knowledge, with no new aristocrats from the political class, like in communist times or in the USA one party system (Dem/Rep are the aristocratic party). Evolution is peaceful, so all people need to realize foreign enemies want violent revolutions, while friends of the human quantum field want peaceful evolution from aristocratic terror to real fairness and 0 crime via fewer companies, maybe 11 instead of the 1 billion today. Short people, like 5'3" in a country where people can be 6'5" even like Russia, tend to compensate for their short height by being more macho, since people take them less seriously. Additionally, short males beaten by their sometimes alcoholic fathers, like Hitler, Stalin, Mao tend to fear people taller than them more and as such will tend to have greater fear based response and killing activities in similar circumstances than tall people who don't have an irrational subconscious fear of medium height or tall people, like dad is to a kid and then all adults. It's odd how the Jews and Germans disguised as Jews, Russians around Lenin appointed Stalin 5'3" as the leader, (after Jewish Kaplan killed Lenin almost, and then he died 6 years later) to commit 20 million deaths, in order to make his susceptibility to KILLING AGGRESSION suggestions via people around him much higher, it's effortless when you choose a messed up short Stalin guy (beaten by his alcoholic father) to manipulate him to kill millions of people, via augmenting his fears (via spies, wives, etc) of being beaten or killed again. This is a sadistic classic Jewish (or any great empire) technique: choose the most messed up person you can find and make him the Gentile Leader Jews control from behind to destroy that nation 100%. If Jews can't find that person, Jews create it by endless torture and messing a gentile up. For example,

Jews, used their puppet Georgian Stalin to commit genocide against gentiles on a cosmic scale in the USSR and the former Warsaw pact. This shouldn't come as a surprise, given the call to exterminate 8 billion humans in the Jewish Bible and the infiltration of the USSR structure by Western spies disguised as Russians and Jews. The chief of Cheka, the FBI-CIA of communists in 1920, was one time a 5'0" ultra cruel Nicolai Yov who killed everyone with ruthless psychopathy between 1936 and 1938. Stalin trusted shorter people, as he was short too. This further amplified the killing wave. Taller people kill fewer people in the same circumstances as they're not run by primate animal fears of "big tall people or chimps", genetic software programs as old as 3 billion years. Generally speaking, you need to read all the Bible quotes and watch the Gaza genocide youtubes to understand USSR Jews and their use as front persons by clever Russians and foreign spies (Ukrainians, Poles, Germans) to hide and obfuscate who really was in charge of the genocides of the non-Russians in the Warsaw pact, which enabled the complete destruction of the soviet industry, by the destruction of intelligent people. It's not clear what % of the USSR sabotage was German, Polish, Ukrainian, Jewish, British, USA, Russian, Swedish, Finish, Mongol, Romanian, Georgian, Kazakh, all 500 ethnic groups whom the Russians fought since 950 AD. Don't choose people much shorter than average as rulers, unless you want violence on a cosmic scale. In this day and age, when animal programs run everything in our minds, it is still dangerous. Look at the world, how animalism runs every movie and music, and you will get it.

Kindly watch the Moscow poverty in 1930s, with cold weather 9 months of the year and no motivation to build houses in cold weather when you can be killed and tortured to death by Jews in KGB at any moment, to understand what happens when genocidal short Jewish, Georgian and Russian serial genocidal killers run USSR. What did Stalin do when population grew? No houses built and Stalin starts executing engineers, scientists, economists, etc people whom he accused of sabotage, and whom Jews and others wanted killed. Note that the media said Stalin did it all, but Stalin got his information and ideas from people close to him (possibly even girlfriends, wives), who were spies and ultra careful to not be seen as around Stalin much in any media or document. Watch these fake Jewish trials and you recognize the US Jews and British method in the Arab world, where Arabs are accused of terror done by terror groups created by Mossad, CIA, MI6. The same exact method was used by communist Jews, anti-communist Russians and non-Russian spies disguised as locals to accuse random people who had any intelligence of sabotage, in order to destroy USSR from within, by killing all intelligent people, the same thing happened in every Warsaw pact nation, systematic genocide by these infiltrators. Jews were 13.3% of Soviet students, yet 1% of population, 16% of physicians, 10% of writers, journalists, 11% of artists etc, and they knew the 900 years of wars between Russians and the other 500 ethnic groups (some of whom Russians exterminated without a trace during Imperial times) and could use divide and conquer methods, to wipe out anyone with brains

among any ethnic group. Not only that, but Jews were placed in the pale of settlement by the Russian empire and had a Bible style hate of Russians because of Russians placing the "chosen genocide people" into an area of the Russian empire. As a result, when Jews got the Bolshevik power they acted out their revenge by killing Russians and ethnic gentiles they had formerly a big beef with, in any province they ended up in. The best way to kill Russians was to place a non-Russian at the top, Stalin, a short one with beating father ideally, which hides the Jews controlling him, and enacts a huge Holocaust against Russians. Russians also wanted a non-Russian at the top, so all atrocities and genocides Russians wanted done, would be blamed on Georgia ethnic violence. This doesn't mean socialism doesn't work, it's just in USSR it was a total mess due to the atrocities done by all fighting groups in the area. We can't look at USSR and say socialism is bad. *Real socialism never* existed, due to the enormous amount of spies from capitalist neighbors that did every sabotage known to man. Socialism and communism were hijacked by the violent Jewish Karl Marx and Marx promoted revolutionary terror, torture and violence on cosmic scale. Each time something is popular, Jews flock there and corrupt it with the Infernal Violent Torah Vibe. *Terror, as in USSR and China, led to all being dishonest* (out of fear of being beaten to death next morning by psycho bosses), reporting high numbers *for grain* or other production, and the system collapsing, mass starvation, when they found out the actual production was way lower. In China, the 2025 central government is allowing local gov to fake everything to pass inspections, wasting resources and damaging the environment with fake green paint to fake grass, etc. *That's why* immortalists *want to centralize everything,* since state, city gov make absolutely abysmal IQ decisions in China, USA and all nations, same for police. We need one police, one government for all USA. 0 mayors, 0 governors, one state, USA. If freedom of speech is removed, people become dishonest and this will ruin scientific progress and the ability to find issues that exist decades/months before they emerge. Nations without freedom of speech, of criticism of anyone and everything, via reviews.gov or other ways, anonymous or public, will eventually collapse and decline. A trillion CCTV cameras tell only 1% of the things going on, you need people's input too. Expressing one's opinion shouldn't be a reason for torture, nor should any action be a reason for torture. People will revenge if people terrorize them, as the Tsarist police used to terrorize, or the KGB, Chinese Red Guards, etc. People will learn to be dishonest, become spies, say 10 not 20, leading to power plant explosions, or outright sabotage. Torture, terror, violence lead to national collapse, so all nations need to Ban Violent Scriptures, by creating consent in the masses to do so, after convincing them they're pure evil and directly responsible for all violence in the nation. The nation can replace the Bible-Quran-Torah-Mahabharata terror with logic, happiness education☺☺☺, 9h/day TV examples of *gentle tender soft nurturing healing* compassionate serene loving kindness. Critical thinking on TV means explaining why Bible miracles were all a fraud, as 900 books show. China will collapse if they don't stop torturing their own citizens, like USSR collapsed. Same for Israel or any nation.

Thus, when establishing anything, even Immortalism, worldwide, you need to recall that Orthodox Religious Jews will pretend to be Atheist/immortalist to Infiltrate and Destroy/Control from Within, as with US Orthodox Rabbis posing as Atheist Democrats and Health Policy doctors, people, experts to circumcise American males. They take over the newly flourishing country and turn it into a Babylon of 900 languages (like California, Washington DC, every phone prompt has 2-5 languages now, etc) of Jewish Torah Violence. However, some Jews hate the Torah and all violence, but you need to discern who fake this "hate", which Jews are really peaceful by very advanced tests. USA is turned by Democrat and Republican Jews into a similar failed USSR, with 500 cultures, languages and violence unmatched worldwide. Immortalists want 1 culture: 1 language, we all choose or create, for the benefit of the global universal English (or whatever language all nations choose one day) speaking working class, not 500 cultures Jews use to create eternal divide and conquer conflicts, 500 languages phone prompts. Socialism and communism as such as older than 5000 years old, and it's the human desire for a fair society, where no aristocrats vampirize the workers, you see 1000s of revolts of peasants thru last 5 millennia. Immortalism is wholly different: it rejects the genocidal Torah Jewish violence that create the Quran, destroyed humanity for 3 millennia, rejects the genocidal Jewish German Marx violence, anti-Slav genocide loving German Engels (who lived, died in London) and deification of terror that destroyed humanity for 200 years. It recognizes in the age of science that to get from A to B there are always trillions of peaceful nontorture nonterror nonviolent ways. We have the free will to choose the peaceful 0 pain, 0 threat ways of the Immortalist Anthem of being a trillion times kinder to the worst human, than the most loving mother of the last decade on Earth. That is the difference between USSR communism and immortalism. Kindly recall Jews & others provide Blacks and Whites with endless guns in USA today and this, mixed with Jewish Bible violence, leads to 50000 whites and blacks dying. Have you ever seen Jewish Torah-Bible lovers calling daily for ending violence, wars, gun ownership, evil bad gang music? No, because Hollywood, singers are covertly in Jewish hands, promoting Torah-Bible violence 24-7, the mass rape, looting, shouting, spanking, beating kids with rods. With 50000 dead a year, we have 5 million dead each century, a JEWISH HOLOCAUST against USA. We're not Blaming the Jews, that is a Zionist LIE. The Jews created all ETHICS of the West, as our ethics is the Jewish Infernally Violent Bible. Jews even wrote lyrics for some of the most violent gang music songs. Don't you see USA is like the Jewish run USSR more every single day? The solution is simple: reject the Bible, embrace the Immortalist Anthem, a locally written American "scripture" alternative.☺☺☺

The USSR spy agency chief believed, wrongly, that only TERROR would protect the USSR, when we know 1000 trillion ways to World Peace and any outcome exist without killing, pain, terror or even the slightest pain or sleep deprivation most spy agencies use today daily. Perhaps, to avoid becoming dogs like these pre-KGB serial killers, immortalists are 100000 times more ethical than

communists and wholly different, as they will teach ethics and the love of nonviolent methods to secure World Peace Worldwide, via a global state of emergency for 23 hours daily first 6 months, 20 hours a day next year, 16 hours a day for next 5 years and 10 hours daily for next trillion years until we have achieved a nanosecond in eternity of peace without war or violent crime for 1 trillion years, a mere nanosecond in human future lifespan. Unlike communists, immortalists want to emphasize 23 hours daily on radio-TV, until the new laws take place in 6 months, the New Ethics of 0 Torture, 0 bad Sleep, 0 Aristocratic Theft, 0 Violent Crime: lifetime labor for violent crime and 9000 times the amount stolen with salaries 3 times minimum max at first. The ethics of nontorture, noninjury, no sleep deprivation, nonkilling, noninjury to all people, and ethics of fair pay, and most importantly,☺☺☺ universal *gentle tender soft nurturing* healing loving kindness. This state of emergency must raise taxes on smoking, alcohol, weed by 50000 times gradually, as more are educated 20 hours on TV about the natural bliss methods of meditation and oneness with the divine, or universal human quantum field for atheists. Later alcohol, vape products sales are banned until all violent crime is 0 for a trillion years first. We need to help animals of bestial cruelty and pathological selfishness among regular aristocratic thinking people (70% of population has 0.1% or more of their thinking or even habits totally aristocratic, due to media brainwashing them to do evil things Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*"), to become humans who put home ownership of single family housing first and above criminal aristocratic violence creating businesses of demonic aristocrats. People need good sleep for a healthy national quantum field of kind gentle nurturing grace and that's only possible with permanent housing for all: No BEAST SHALL OWN 2 HOUSES before all own one. Kindness requires perfect sleep, no beast will be allowed to make people unkind via bad sleep. That is immortalism, opposite to genocidal Communism of Sleep Deprivation. The most important determinant of longevity is sleep length, depth and quality. Decent sleep for all. The aristocrats sucks our blood by sleep deprivation: it is intentional, so we make cities quiet. Rich criminals live in quiet cities, our cities they make noisy via their infernal businesses and policies. CLASS WARFARE. Perhaps, we gently need to take to Nuremberg style trials all those concert singers, musicians, movie directors promoting loud music, alcohol, smoking, violence, rape via movie scenes, and aristocrats owning bars and businesses that close after 9 pm, shut all stores at 9 pm. Only the ☺abysmal IQ☺ infernal aristocratic society allows vape stores, strip clubs, liquor stores, bars, pubs, lotteries, casinos, stadiums, supermarket spirits section and alcohol stores when people are homeless and are paid 10 to 40000 less than the infernal bankers from hell or CEOs. 70% of China's wealth is held by the communist party members 10%, 2025 China is not communism, *but* feudal capitalism. After Bolsheviks won, they formed a semi aristocracy that got privileges, but they were not like the millions of palaces today, just a better apartment usually, unless Stalin.

The only area where we have some things in common with communist thought or leftist socialist thought are those related to fair pay. 0 violent crime, the central goal of immortalism, since it alone guarantees Immortality *for* All☺☺☺, is only possible when salaries are no longer 10-50000 times higher for the top vs bottom, as vast income inequality always leads to massive theft rates and violent crime to rectify the injustices of the society imposed at gunpoint by royals or aristocrats. Having seen how the ideal of basic human rights for all was hijacked by spies to achieve genocide for foreign powers, we can't but wonder how careful people would have to be to make sure immortalism is not hijacked by spy agencies to achieve the opposite of longevity for all (needless suffering or torture of anyone, even the '9% of population small aristocrat who does what any nonaristocrat would do: selfishly defend his profits or position obtained via subjugation of the poor 50%'). For example let's say aristocrats obtained by covert murder (240 pages detail these genocides in Chapter 4.5.6.: bad products, stealing profits instead investing them in product safety and redesign to extend lifespan) and theft assets of 2 million or more, what is the cap that they retain, 2 million?, they definitely can get a very nice house for 25% higher than average price in some area after the sale of their gigantic estate that becomes a research center to benefit science of longevity, health, housing materials research, new industries (National Lab of Mold Free Plastic Free materials), but if we want to be fair, we can't let them keep endless millions obtained by the very theft embedded in the system today that steals everything from the enslaved masses, especially the poor 40%. This means the immortalists can't be violent, like communists, but be fair *gentle tender soft nurturing soothing sweet healing loving kind*, educational, and allow all to understand 0 theft/crime is not possible if the *rulers of a nation, the 1%, steal everything from the rest* by awarding themselves via complex Ponzi schemes salaries 10-50000 times higher per hour than the poorest. This fraud based society can't survive due to the violent crime it fuels (people take arms when oppression is high, it's natural physics, reaction force = action force of aristocratic terror), *violent crime which leads to* wars and the 10 second end of humans. After house sales via housing.gov the prices reflect a house's lifespan extension ability, to sync with the immortality credit score.

Immortalists hypothesize and will prove by testing this hypothesis, unlike Jewish communists and their Torture, Terror Genocide Rape filled Bible, that any change we do to achieve Eternal World Peace, 0 violent crime, etc can be done in a trillion ways that use no pain, no torture, no terror, no violence. This is vastly different from the Jewish Hooligan run USA system and the USSR Jewish Communism. Immortalists don't agree with the HOLOCAUST DONE BY JEWS AGAINST GENTILES, 15 million dead at the hands of Russians and Jews between 1917-1941 (another 5 million 1941-1991), millions of gentiles shot and killed thru torture and freezing weather Gulag (2 million dead), starvation during Holodomor (5-9 million dead in USSR, 5 million in Ukraine alone), etc by the Jewish Commissars of the USSR during 1917-1941, which led to the

1941 Nazi Germany invasion of USSR to stop the genocides of gentiles (Germans included) by Jews given limitless power by the Russian low IQ leaders or former Tsarist psychopath secret police serial killers already used to killings and genocides (one example: Russian Tsarist police kill 1.5 million people, without a trace, take over their land). The media portrays the killed USSR Jews as helpless innocent victims of Nazi invasion of USSR, but the history was very different, as the Bible quotes clearly hint at too: one can't promote endless genocide, rape, war, violence via the Bible without suffering consequences from the Universe, as seen in the emergence of Christian and Muslim religions out of the Diabolical Torah, to mirror back the Evil of the Torah to Jews themselves. Likewise, criminal Christian Bible publishers can't escape the karmic Physics Consequences of their Genocidal Choice, as seen in the emergence of Quran (Bible recycled) and Communism which killed lots of Christians. The Universe is clear: whoever publishes the Torah (80% of the Bible), give religions based on it tax exempt status, etc will pay for it with endless genocides being done against them, due to the pure physics laws NOBODY can escape, physics laws works regardless of whether you agree with them or not, it's just as certain as sun rising tomorrow. It's pure physics: those calling for genocide of 8 billion can't escape the result of such a call. You see, once given the guns, the Jews' anger (at gentiles they didn't like) and pure raw emotion took over and the violence became extreme, just like the Torah instructs Jews to wipe out entire nations by all out extermination: kill every animal, burn everything in the city, etc, don't leave anything alive… the kindness of religious Jews and Bible in action. A modern issue we have is the vast immigration of Jews from USSR after 1991 to the West brought some of these serial killers into the West and every attempt to present objectively the history is ridiculed as antisemitism. Immortalists believe Jews need to grow up, like Christians and Muslims too, out of the addiction to outdated violent scriptures and embrace the more mellow scriptures of the planet, like one they write or existing ones, like Tao Te Ching, Dhammapada, some Hindu ones or even the Immortalist Anthem. It's essential for Jews to give up the ultra violent diabolical Torah (see what real God is like), Christians to give up the ultra violent Bible (80% of which is the diabolical Torah, the most vile part of the Bible where 99% of the most evil quotes exist), Muslims to give up the ultra violent Quran, if we want World Peace Eternal and 0 violent crime. It's important for all Jews, Muslims, Christians also to understand Jews were brainwashed by the historical inertia and foreign spies to concoct the Bible trash (yes, scribes may have been spies of Greek, Roman and other empires of the 1000 BC to 50 AD, who posed as Jews to create conflict and conquer by divide and conquer), in order to achieve the fantasies of various empires, and that self has nothing to do with the writings of primitives from millennia ago. Nobody has to be a slave of a text made up by serial killers pretending to channel God. God knows a trillion ways to peace without any violence, and obviously the God of those scribes was the God of low IQ people, a product of their own imagination, which due to high heat, and malnutrition, didn't go far to realize God could be 1 trillion times kinder than their wildest imagination. All suffering in

the West last 2 millennia is due to people believing stuff without proof, such as claims that only violence can bring a solution to any disagreement. The pastors, rabbis, imams, lammas created by aristocratic mafias to loot the planet (religion is usually just a tool to enslave nations and steal their stuff) are 90% the cause of all wars last 2 millennia. So, it's important that we don't repeat the same insanity next 2 millennia. *The pseudo communism religion comes out of a Jewish Torah commune kibbutz idea mixed with* infinite violence to enforce it, a la Torah style genocides. While some ideas make sense and have been around for eons, equal pay for equal work, etc, way longer than the Bible, the communism ideals were highly packaged in infinite terror itself. Immortalists have some ideas that are similar to communism, but they're totally against the terror, torture, violence of communism/diabolical Bible, whom they consider too evil to be allowed to be published, just like the Quran, Mein Kampf, Mahabharata, other texts.

The communist times TV, just like today in most nations, was full of restless aggressive pop music chimp tone and yelling hora and folk songs that resemble the same cannibal chimp energies in rap, pop, rock music of the depraved ultra violent West today. Just like the corrupt violent West, the violent East was totally incapable of producing eterni music (somewhat eterni was only the gentlest religious hymns sung by nuns, but that was too tainted by brainwashing and bulldog IQ lyrics that glorified violence indirectly via the Jesus, Bible cult). The communist East EU failed to ban the 99% of negative emotion, content, aggressive macho violent tone in TV-radio programs and all music. Today, we see communist remnants in the North Korea "music", though East EU never had such violent "music" and yelling. You can't end violent crime that ran for 1 million years while feeding historical inertia and aggression DNA memes of violent tone and emotion in music. It simply requires a whole new level of universal *gentle tender soft nurturing soothing sweet healing* loving kindness *to act as a super strong counter force and dissolve the negativity.* While it is true drug use was 1 million times lower, the ignorance was huge (no Internet, no access to millions of free science papers like today), the violent crime was not that low and alcoholism, was, just like in the so called anti-communist West, as big of an issue, leading to alcohol's involvement in 60% of violent crime, 50% of car crashes, etc. So was smoking a rampant issue in communism, like 35% smoke in China today and rural people pour beer on their hair like donkey IQ folks while others watch, instead of giving houses to the homeless, which exist: 20x more houses than the homeless, 10x the food for the starving. East EU had dogs harassing people, neighbors. The '0 IQ' communists did nothing to focus daily about the Nationally Publicized TV-radio goal of World Peace in 3 months and violent crime 0 in 10 years, instead making weapons as directed by the Russian & Jewish USSR masters who tortured all disobeying the Soviet Jewish "Fuhrer". KGB executed anyone with brains, placed as leaders the lowest IQ in *every satellite nation, as did all empires, for easy looting.*

In 1989, the some within the communist repression apparatus simply pretended they switched

sides and became the CEOs of many companies and enriched themselves in the privatization of state assets (though many industries were decimated after being bought by foreigners) and today in 2025, many continue their terror ways, with 100% control of local East EU media and fake elections as in the USA if they remained in East EU, and even after moving to USA, still being murderers who torture, be them Jewish Europeans or East EU natives, for they were born during communist times and got heavy military training sometimes. *Some of these* communist *terrorists even have* more *than 1 house, or more than 2, in multiple* nations*, like East EU and USA, while poor locals in East EU have lost the 100% house ownership of communism* and got 70% house ownership in many areas, as predatory bandits have brought their Western vampiric values of mass exploitation and subjugation of the worker class. I don't believe in revenge for the genocides USA and Russia did, via jails or anything, since we all understand brainwashing can turn anyone into the most evil terrorist and you too would have become one if born in their environment, just like kids of military guys who often become terror military guys too. But we need to find a way to make torture illegal worldwide, in reality, not phony statements by CIA liars. Any torture, after day 180 of the state of emergency 24-7 radio-TV education, is violent crime requiring death penalty or lifetime labor if death penalty is used for any violent crime. Meaning any cop, spy, soldier found torturing anyone after that 180 day period is executed. This way, nobody feels like they're above the law and they go torture everyone. ☺☺☺ The communists became predatory capitalists over time. Many were *fake* communists to start with, or opportunist Jews looking to become leaders (some of crypto Jews still in power after 1989), or even former Nazis and aristoc-rats getting fake identities who pretended to be communists. It's thus difficult to create an eterni vibration when violence is in their belief system, as well as incessant torture and "revolutionary terror" (see below). It's even more difficult when all nearby big powers want to enslave every East EU nation and maybe annex it. None of these monsters, who ran everything from behind, were or are prosecuted for their genocides, and the same happens in all nations: all the spy/military agency guys who committed genocides are free and continue to commit them. Nothing was done during the "communist era" to put humans above dogs/cats, East EU had garbage scavengers (humans who ate garbage mostly), beggars, while dogs/cats were treated nicer than people, the same egoism insane disease of the free market illusion, aka capitalism. We see the pompous (lots of shouting) terror obsessed ever torturing communists were not busy in fixing the ills of society, in educating people about the 2 billion people killed by alcoholic Jesus, *banning churches and violent* literature-texts-scriptures completely as in 5.2.*, as well as mosques and synagogues was not done* (everyone was free to attend churches (except for the 15% of society that were communist party members and expected, like in China today, to not attend much), etc, in spite of churches promoting fraud, scientific dishonesty, endangering national security by promoting lies and low IQ), in spite of the communist control of the TV and ability to expose the Quran and expose daily the fraudulent

genocidal rape, looting, arson of cities and holocausts of nations taught in the Torah, Bible, due to the infiltration of the communists by the Italian, German Mafias as well as others believing in the fake miracles of the Italian gangsters. ☺☺☺☺☺☺☺

Like the corrupt West, the East didn't lament daily 3 times on TV for 10 minutes each time at least, via graphic lung pictures about the 0.5 billion killed by smoking. They didn't ban smoking and drinking until 0 violent crime was achieved, they didn't teach any meditative bliss, since only terror and obeying KGB were promoted. Some were Jews and had a peculiar disdain for gentile emancipation from the Russian grip, thus everything abysmal in IQ was promoted to lower European IQ to the max, just like it happens in USA with 4500 banks of the British Jewish gangs. In short, the East EU were puppets of the Tsarist Russian secret police, who now repackaged itself as KGB (and prior 3 names) running all Soviet satellites. West EU were puppies of the corrupt Brit & Jew run USA, where Brits made billions destroying everyone's lungs via British Tobacco and British Phillip Morris products from hell and now 30 trillion vape stores. So, *contrary to Western propaganda, communism was almost a copy of capitalism in every way: cruelty, terror and lies, fraud, jails, cat and dog worship while ignoring the starving poor, high crime, alcoholics and smokers, terrorists and cruel bastards ruling the nation behind the scenes,* while the front people, the leaders, were mere puppets of the spy agencies used to deceive the public. However, violent crime was lower than today, gambling slot machines and casinos nonexistent, and nobody dared to attack police and in Romania, nobody had guns, except the police. All kids went to school alone, but violent crime was not 0 by any definition, due to 0 ethics taught in schools and no religious ethics taught either as substitute for much more intelligent ethics. This lack of ethics made torture seem natural, yelling common and violent crime still real. Humanity can't attain different results by trying to use the same old methods. The abject failure of social democracy, communism, free market capitalism, Islamism, "religionism" (scam religions), to bring civility and 50 billion times lower violent crime, calls us to try something new, and that is IMMORTALISM or Immortality *for* All☺☺☺ as in the Immortalist Anthem. Arabs got Islamism violence, 588 times more land than Jews, yet endless wars, honor killings of relatives. Communists didn't even provide free transport and the amazing efficiency of the 11 companies. The same ☺abysmal IQ☺ duplication and stuff everywhere, like in the decaying West, instead of the 100 times more R&D plan of the immortalists. The Western depravity was palpable everywhere, instead of working to reduce violent crime and violent music and speech tone 1000 fold, women were spending $$ to make hair curly, legs shaved, nails colorful, like mascara, tattoos today, or the silly eyelash shaving which ought to be banned due to eye damage. The same cruel trends and priorities of the ruthless violent West ruled with impunity in the East. Endless mascaras and violent thuggish tone concerts, while others are homeless and garbage eaters. Immortalists don't torture, aristocrats/communists do. ☺☺☺☺☺

Please don't confuse immortalists☺☺☺, adepts of nonkilling (except perhaps fake killings, where sentence is lifetime labor in some secret city, or for people who're very violent even after moving to a healing city), 0 torture (not even for the most violent or evil thugs) and nonviolence, with communist or Nazi serial killers who (like some religionists who kill people for a tweet) failed to understand that there are 1 trillion peaceful nonviolent ways to any outcome. While communists killed 120 million people in 100 years, immortalists would kill only 2 at the most in 100 years, for real, the most evil serial killers who continue to attack even when sent to labor camp and being treated nicely, 99.99% of "death penalty" being fake staged killings to keep insane, yet death fearing or being alive preferring, selfish psycho criminals from killing people to revenge due to "there being no death penalty". This is an open secret not mentioned in the section about a state of emergency, that criminals might read. Often times, serial killers kill because there is no death penalty, just to revenge, so immortalists are OK with fake death penalty, that appears real to the brutal serial killers watching the TV only. Those who kill others may be killed for real though, just as today, if clear proof exists (video etc) if there are no resources to create special "sealed cities" where only killers live with other killers in a "jail lifetime labor" setting. This may mean only 10 a year, as most would be scared of the new tough penalties, so homicides may drop 100 fold anyway fast. Communism was a strange concept created by military spies in 1800s, like almost all religions were, the essence of it was that "*the history of all hitherto existing society is the history of class struggles*" per Marx and Engels. Engels and Marx said "Slavs are a dying weaker race", *hence communism* (fascism in disguise?) *they created was used to decimate the Slavs and other 'inferior' weaker 'races', create 1 child policy in various nations, official or practical,* see paper here to understand how military spies disguise as prophets, antisemites (like Martin Luther, Jesus, Mohamed) or political philosophers with ulterior goals. Not only that, but following the violence deifying communist manifesto written in 'holy' London, the place from which orders to blow by gun and mutilate came for centuries, endless regimes, worldwide, committed billions of acts of torture and 100 genocides: in Cambodia, they killed millions, in USSR millions died in the Gulag, in Africa too and one president called himself the only god, causing 25% of population to flee the country. Marx, allegedly a Jewish German, was, if his quotes on using no compassion, and maximum terror to bring about change are to be believed, a supporter of violent terror, racism (lazy Mexicans) and antisemitism (minority covertly controlling one nation incites others ("gentiles or non-Germans, etc"), to violence, so violent measures of repression (extermination via war, torture, arrests) can occur for "not being Nazi, Christian, Muslim, Hindu, communist, patriotic, etc" enough, actually to magnify the power of minority (win-lose, destroy majority, keep it low in IQ, to help minority rise) controlling the nation's top military and spy positions, thus everything?), so Marx is arguably among the most anti-eterni persons (we want Immortality *for* All, not Marx network of spies, we want 0 vengeance, 0 terror, 0 torture, 0 violence) out there among all communists as

he started it all. Alcoholic Marx says "there is only one way in which the murderous death agonies of the old society and the bloody birth throes of the new society can be shortened, simplified and concentrated, and that way is revolutionary terror". That's incitation to genocide, not compassion, a lie that there are not trillions of ways to fairness and kindness that don't use violence; he says ONLY way is thru terror, but it's a lie, there are trillions of nonterror ways.

However, Marx, Jewish son of a "gentle tone" rabbi (Ashkenazi German Jew) who promoted the Genocidal Word of 8 Billion Dead when Jews feel like it, ☺☺☺ was calling, in typical '*Torah Jew (or Muslim) turned atheist to fool gentiles*' style, for TERROR due to massacres by aristocrats who killed all workers demanding more rights, it wasn't out of the blue, it is human to lose your calm when you see genocides via wars for aristocratic gentile or Jewish banker stock trader profits. It's in this context that the holy Marx loses his cool, and fails to comprehend, in his superior race genetics and IQ, highly fluid intelligent brain, as the chosen people of God, that there are trillions of ways to bring Peace in peaceful ways. Reports exist that things went out of control due to Jewish hate for Russians and gentiles, as seen in many speeches of 1921 by Hitler and others: wholesale slaughter and starvation of gentiles is not a revolution, but genocide. Estimates say 120 million died needlessly *(100 million USSR + China alone by torture, beatings in prison, inhuman labor camps (Gulag, etc) to kill, starvation, etc)* as a result of the violent communist manifesto written in London, with 900 million severely tortured or injured, so instead of only worker rights to a better life, it became also mass slaughter of workers. Was it designed to be that way by mi6??? These mistakes can happen when *spy sabotage exists* or when *fanatics* take over *any movement* (among many types, Torah Jews (with a desire for revenge and mass killings of gentiles with whom they wanted to "settle scores") disguised as atheist communists). Some revolutions got gentile aristocrats replaced by Jewish aristocrats, genocides by aristocrats replaced by genocides by Jewish/other communists. Aristocrats won't often evolve to kindness instantly out of the blue, as they can't comprehend, that their lifespan will be 1000 times longer due to innovation born of efficiency and kindness and people being healthier. They don't have any ethics generally, aside from phony religion they invent to dupe, enslave/murder the poor, so many aristocrats don't even aim to live long, only to retain the power over the 96% of short-lived population and have fun. However, Marx calls to "carry out their terroristic phrases... instances of popular vengeance against hated individuals or against (hated) public buildings... the workers' party must not only tolerate these actions but must even give them direction." We see Marx incites people to terrorism, vengeance, violence, murder, not realizing most people if born into a rich family would continue oppressing the masses too, even Marx himself. He's more of a military spy than a lover of all humans. Immortalists have infinite compassion, even for the most evil genocidal psycho aristocrat. They understand that violence will never bring lasting peace, only more wars. Violent change is 0 change. Change due to

understanding will last forever, a change where aristocrats understand the benefits of honesty and immortalism, (such as 0 crimes, 100 times more innovation, better products than today, longer lifespan), is much better than starting endless wars to overthrow thugs. Thugs regroup, they fight back with 100 times more violence, so we need evolve the thug into a human. We need to finally help "the intellectually challenged small business owner and low level or big aristocrat" to understand Singapore has 1000 times less land per capita than Russia, yet lives 15 years longer. We need to help ultra low IQ aristocrats understand the size of the house or assets don't matter. With compassion, ALL will live to 20000000, with cruelty, they will die a bastard at 100 if lucky and the rest at 70-80. Rich men, don't hold human *spiritual, ethical, vibrational, compassion, gentleness, sweetness, empathy progress* hostage to your cruel genocides, since hell is the reward. The greedy soul may only become an animal next life too, if allowed to exist.

Marx & Engels were playing complex spy games (both German nationals, read the words of 'communism father' calling Slavs barbarians and calling for genocides). You can read the Karl Marx definition of Jews *which explains why* Otto von Bismarck wanted Romania to become independent only if Russian, Polish, Ukraine Jews became citizens (the Jews expelled by the Russian empire who controlled 90% of commerce *in many cities where they settled, created endless bars (pubs) (which we know* cause a yearly Holocaust of 3 million gentiles, thanks to Jewish support of alcohol businesses*)* where the Jews came to find drunk or semi-drunk gentile victims and gave ideas to gentiles to take loans to make for the Jew 5 times the money lent, Jews who controlled the main bank, collateral was the land of the peasants which then was taken by the Jew when loan missed a payment or more, and this led to peasants losing land, becoming slaves in their nation and to big peasant revolts against the cunning Jew coming to enslave locals with his seduction to material desires, evil pubs, deceptive banks, etc. These Russian Empire expelled Jews were more numerous than local population in some top universities in several EU nations (just like in USA Jews are far more numerous than Americans in top schools per capita), as they wanted to take over the nation 100%, not just commerce. In USA, Jews had everyone trim the penis like Jews, as they took over government policies, education, science papers, etc. "On the Jewish Question" article by Marx says "religion of the Jew? Huckstering... his worldly God? Money. We recognize in Judaism... a general anti-social element of the present time... Money is the jealous god of Israel, in face of which no other god may exist. Money degrades all the gods of man – and turns them into commodities. The bill of exchange is the real god of the Jew. His god is only an illusory bill of exchange. The chimerical nationality of the Jew is the nationality of the merchant, of the man of money in general." Jews used banks to help their groups worldwide, to try take over culture, degrade the culture and make it anti-eterni, vulgarize it, destroy its *gentle tender soft* tone via fake antisemitic nationalists they controlled and impersonated, take over realtors (hence immortalists want to

eliminate this parasitic Jewish par excellence profession), academia, stock markets (immortalists want those stock exchanges, banks gone, the Jewish Wall Street control), business, government, espionage, army, professions of various types via various laws, to make life nicer for them at the expense of the host nation. Communism reduced the power of locals and allowed communist Jews to take over a nation covertly, under the guise of universal brotherhood. That's why immortalists need to be aware of the dangers of Jews hijacking immortalism and trying to do the same in the name of the earthling nation of immortalists, by creating a global nation where Jews hold all power and the rest are slaves, while ignoring the central tenets of immortalism, 100% opposed to Judaism methods, described in the Bible, their scripture of violence that they promote on 7 continents, while claiming to be antisemitic and Christian, Nazi or 'religion friendly' communist. Lenin was partially Jewish and allowed Jews to say their Jewish prayers at the communist pre-gatherings. Isn't it odd to pray at an atheist meeting of the atheist communist party? Or were they all Orthodox Jews like the allegedly atheist USA Democrat Party Crypto Jews health officials, who promote Orthodox Judaism via circumcision policy? *It's not that clear* why Karl Marx was racist, if he was a Nazi like racist or regular one, a German using the "made up story of being Jewish" or a real Jew who realized the nature of many of his co-nationals or pretended to believe 'Jews are after money only' and wanted them to emancipate out of materialism, or used the spy cover of racist, to make whoever believe they were highly anti-slav, anti-Asian or whatever, to enable more conflict among opponents of the nation he worked for to divide and conquer. Engels, the great "philosopher", wrote in January 1849 Neue Rheinische Zeitung Journal whose Editor-in-Chief was Marx, of the Hungarian, German "bloody revenge on the Slav barbarians", annihilation of "all these small pigheaded (slav) nations even to their very names" and made many predictions that never came true, like the disappearance of many EU nations. Engels, born a semi-aristocrat, was possibly faking his anger that 1849 Imperial Russia slavs suppressed revolutionary movements, but may have been racist too. Perhaps that was not supposed to be known, hence USSR was for 1 child in practice last few decades, as "*Germans or Jews took power while pretending to be Russian?*". So, who *controlled* USSR, USA, *the* Vatican, *and the puppet Communist regime in China? Those who wanted the Slav and Asian slow extermination?* Yiddish is 80% German, 20% Hebrew, and USSR promoted Yiddish as the USSR Jewish language and many were blondes: were many Soviet Jews actually German spies? Did Germany Rhineland Ashkenazi Jews (look at how they look like: 300 Hollywood Jews, some claim Taylor Swift is Jewish too) support the 1917 revolution too, as Germany's leaders did? Most Christians, Muslims never read the Bible/Quran calls to genocide, most communists never read Das Kapital, the calls to genocide by Marx/Engels.

In the last paragraph of the communist manifesto, published in German in London 1st time, the authors (Marx/Engels) call for a "*forcible* overthrow of all existing social conditions", which

served as a call for communist revolutions around the world and benefited whoever financed secretly these guys, the countries who benefited from mass depopulation of communist nations? Who knows? ***Force will bring war*** and short lives for eons, so we need to replace that concept (religion of world militaries today, sadly) with universal *gentle tender soft nurturing healing* loving kindness, as a mom has for her infant baby, that infinite love for all, that an Immortal aged 3 trillion would have for a 2 minute old baby, a middle aged man, and behave with kindness, 0 violence, 0 force☺. We can write about the pros of *fewer languages or immortality capitalism* but we can't do anything violent to impose that ideal. We agree any violence is brutal, cruel, animalistic, subhuman, but we can't support it in any circumstance, so we're serious about World Peace in 3 months in every song until we achieve it, ***not on paper like communists creating wars to kill the workers, but in reality***. We want to evolve from savage humanity to real humanity. We see in Engels quotes (calling for genocide) again the use of *conflict*, *holy* war/violence against infidels, as in violent religions, see 80 pages of quotes – it's that same energy, create friction, divide and conquer, overthrow regimes (Tsars, if their 'death' was not staged as with fake USA revolution) violently, install puppet governments, kill about 20-120 (depending on which estimate is right, see below) millions of workers in other countries involved in proxy/purge wars from 1920 to 1990 to 'save them') etc. *Immortality capitalism* is all about peaceful loving cooperation so all 'classes', people achieve Immortality *for* All, where class doesn't even matter anymore, since if you live to 1 million, you don't care if you earn 20 or 200 dollars a minute, anyone would rather live to a million than earn 9000x more and live to 80. As people evolve the very classes disappear, since money has no meaning, if you live 5 times shorter. Richness is not money. Instead, Marx/Lenin *(Wikipedia explains Lenin belief in violent methods,* in terror and killing half a million people, as his 8-20-1918 speech reflects*, like Marx/Engels, methods used by militaries and directly opposed to immortality for all which is nonviolent, loving,* kind, gentle towards all*, as explained in lines 8-40 of Anthem Imortal, where they love the worst more than the happiest most caring gentlest mom loved her baby last 2 decades; it is hard for the angry people to be kind to serial killers who kill millions for profit, but as long as* capacity to do evil is out, *no need to destroy the human quantum field for "making a show of terror")* spies could have said "the history of humanity is that of a desire for nonviolent graceful change, World Peace, longer ☺☺healthier☺☺ life, *longevity*, Immortality *for* All via peaceful nurturing healing gentle ways that bring bliss, comfort, *peace* to all" as the Immortalist Manifesto or Anthem explains. It's sad that the spies who controlled Lenin brainwashed him that the only way to peace and wellbeing for the workers tortured, killed and subjugated by the blood sucking vampire aristocrats is war and genocide. It doesn't have to be so, there are a trillion peaceful ways to peace. But stressed, malnourished, misinformed, Bible brainwashed (the culture brainwashed all for millennia to believe in violence) enslaved workers (nobody had internet, going to library to read was hard, peaceful music was rare and hard to listen to, etc) (or

oppressed by aristocracy) or military minds (Marx/Lenin were military spies or perhaps manipulated to do the bidding of others?) only created violent stuff, especially in the 19th century. Today anyone can have a library of 1 trillion books at home via a wired Internet connection, and be 100000 times smarter than in Lenin's time when the Brits were easily brainwashing everyone that they're Gods entitled to genocide of Indians and others by various methods of extermination, more overt back then than today's phones, laptops, tablets, cars, wireless devices, such as blowing by gun. Today, when we can do so much to bring vibe up, with peaceful music, the demonic controllers of the planet push the most evil violent energies of eternal chaos and war. Immortality *for* All,☺ universal Love for all is antithetical to all past/present state and government regimes, philosophies, which embraced military force and torture – so those who believe in Immortality *for* All understand it can't happen by force, only by understanding and people choosing it after realizing its advantages – it's not religion, socialism or pure state or 'market' capitalism. Immortality capitalism is infinite loving kindness, species preservation by nonviolence, loving *the human right to* live to a trillion, *peace* between people and nations above everything else, the means and the end are identical, paradise doesn't arrive by torture or violence/war, it's the graduation of humanity to peace.

Engels died in London, big clue?, and Marx, was reportedly, a Jewish German, Lenin somewhat Jewish, 10%? Oddly, a Jewish identity cover (fake or real?), was used by 40-80% of the 1st political bureau of the Central Committee of the Communist Party that ruled the 1st communist state – possibly to hide the inventors of communism and its real (weaken or expand the Russian empire or Russian global power via the fake 'communist revolution', exterminate millions under the cover of 'persecuting enemies of the proletariat', and/or increase productivity of factories, by better living conditions, more rested workers who can think and have functional brains to invent things for the aristocrats creating communism for their own ends: division of planet into two, etc, etc), not stated (help the workers globally, not just Russian, Jewish or other (3rd country that remotely controls the revolutionaries who use Russian or Jew cover) interests), agenda? A video claims the head doctor of the Red Army and Stalin's personal physician were Jews. A video claims in *1930s*, Jews *were 13.3% of Soviet students, yet 1% of population*, 16% of physicians, 10% of writers, journalists, 11% of artists etc. The Nazis said about half Berlin (capital so they can take over the whole nation by controlling the leaders) doctors and lawyers were Jews in October *1933*, 28% of judges on 01-30-1933 when Hitler came to power. Today, similar numbers exist in many Western cities. Jews wanted Crimea for their own Soviet republic, the holiday destination with the nicest weather in Russia, Jews flock in South Florida and California nice weather in USA too. To add to the complexity, we have situations *where monarchies or governments know the complaints of the* people and the wish for a change, so instead of allowing the people to do real change, the *rulers initiate change themselves in the form of fake revolutions* (fully or partially

fake, say *French*, American, *Russian (communist)*, 1848, etc) and fake deaths of the 'rulers', that are more cosmetic, in appearance, while the hidden controllers from behind the scenes are the exact same people – so people *feel* free, empowered and in charge. As you can see the French Revolution was 90% reversed, with the Italian Catholic mafia running France to a great extent for 200 years with no issues. It's the same way governments control the opposition parties and all dissidents too, who're government agents paid to act that way to find any real dissidents, etc and how *every anti-government group is paid or remotely controlled by the government usually*, every industry, celebrity, businessman, major movement, etc. Peaceful slower real *evolution* towards Immortality *for* All, ☺☺☺ "fake miracles and unproven improbable hypotheses" religions *for none* or, as skeptical agnostics, spiritualists or atheists may say, 'lifespan shortening or stagnating' mythology based religions for eternal slavery and low IQ *for none*, seems way better than fake fast violent revolutions. Why can't people have ethics without made up religion? Jews got their own country within the USSR in 1928, public schools in its capital are required to teach Yiddish today. Obviously, it's not right for nobles to slaughter peasants, have them work 11 hrs/day, 360 days/yr, while nobles plan more wars out of greed for land, but change doesn't need to involve violence. Simple illiterate minds starved to death, manipulated by well fed (Marx) military foreign spies could not think of peaceful ways.

Thus, per some estimates, communism led to up to 120 million dead (and way more maimed, injured, disabled for life during war and torture, after all, the "workers being killed by the Party of Workers"), but these *figures are estimates*, like with anything in the fake history books. Oddly, the victims of communism were mostly Asian and Slavic, as if the German Marx and Engels were Racists in disguise whose actual goal was extermination of 'inferior' races. The victims were mostly Chinese (75 million: Great Leap Forward (45 million dead 52 min video, Kuomintang (trained by Russian Jews and Russians in the art of Eternal Genocide and Killing per Bible) of Taiwan executed by shooting them in the head on the streets, innocent people suspected of being communists and would have killed millions of communists if they won the civil war, just like communists killed millions of "landowners, counter revolutionaries, teachers, professors, etc" during Mao's reign, (Russia financed and founded both Communists and Kuomintang (KMT) Leninist Party to create civil war (Kuomintang started in 1894 in Hawaii with US help probably too, *who possibly* planned with Russia to both help a party more to foment civil war that lasted from 1927 to 1949), to weaken China and possibly aim to annex all or half of it as a Soviet Republic to USSR, since KMT wanted to liberate Xinjiang from Russian control), Kuomintang received weapons from US, Russia, Czechoslovakia and their killings and war against Mao radicalized Mao), 16 min video, Cultural Revolution, teenage students beating teachers to death for not being 'marxist (Marx was Jewish German, Engels was German) enough' due to ideas from the violent communist manifesto and Moscow visits (see stab video), the

beatings by Mao's rich farmer dad (like in the Bible Proverbs 13:24; 22:15; 23:13-14; 29:15), violent communist ideas that Mao adopted and promoted in 1966 Red Guards speeches, leading to genocides by communists, slicing people in half (some of these done by teens who today behave like devils in their 70s and 80s), strangulations, boiling people, etc almost like Torah: beat, kill and be 'merry' – nothing like adherence to nonkilling, nonviolence, nontorture, just pure brutal killings of even "rich" farmers, etc, instead of a higher tax for high income or something to help the poorest and protect human quantum field (pure savagery like all communist regimes, KMT did white terror torture, killings, etc in Taiwan, its founder trained in Moscow in Leninism), pure Bible savagery, never forget the Torah (part of Bible) influence on Marx, Germans, Nazis and communists, never forget the atrocities of the Torah inspired Christian churches, Torah is Bible, they killed millions too and many Jewish pastors fought Nazism, communism they helped create by promoting Torah as part of Bible and as Holy World of God for 2 millennia: the ethics of the Bible has taken a new expression as 1400 violent quotes exist, dozens supportive of genocide. The greatest scam the German British Jewish aristocrats perpetrated was to hijack the leftist and communist movements with Karl Marx F. Engels living in London and create a revolutionary terror, maximum violence "leftism" that is then equated with leftism, to have everyone use maximum killings to wipe out the know how people, the intellectual engineers, scientists and factories to bring down Chinese/Russian empires. It's the same strategy used by aristocrats today: infiltrate leftist protests to stir violence, then portray them as violent thugs on TV; or create endless violent music, video games, and give all guns to shoot each other, then claim "leftist areas are full of gun crime, leftim is evil, communism failed", but it never existed anywhere, because community means not torturing, not killing anyone, not instigating anyone to violence, not giving guns to all. Only mass murderers give guns to all after filling TV-radio, music, movies, literature with maximum violence. The rich create "violent areas" on purpose, and then blame it as "leftist". The Royal strategy was clear: create a violent Marxism and equate it with leftism. The strategy worked, they brainwashed people the violent Talmudic Terrorism of Jewish Karl Marx and British agents trying to bring down Russian, Chinese Empire is same as leftism, then people will hate leftists and love feudalism. It's the most demonic plan to remove any concept that leftism alone is universal kindness towards all. ☺☺☺

► Capitalism is the Central Planned Economy of Death *for* All, of Aristocrats Stealing all National Resources for a Good Life of a Glutton Rapist Imbeciles living to 80-90. Capitalists Centrally Plan TRILLION $ THEFTS from We the People. ☺☺☺ Capitalists mock Central Planning of National Resources to Efficiently create 100 fold more research via 11 companies and 1 national state government instead of 20000 redundant govs, as we no longer need middle men (like clergy lie we need the fake miracle cults for which these clowns are middle men between God and us) or intermediates to subjugate us and live off as predators, fat☺☺☺ liars making 100 million for

bullshitting us 7 years on TV-radio on stock market moves or "free market" Theft by Billionaires. Stock prices are fake, they are manipualted by the military and the rich, free markets don't exist.

► Immortalism is the Central Planned Economy of Immortality *for* All, decent shelter, food, nonviolence (not Mao terror) and trillion year lifespans of happy virtue and gentle tender soft nurturing graceful kind compassion for all, not the barbaric killings of workers working 80 hours a week living 10 in a room, being shot for asking for a decent life unlike caged rats. All poor people would avoid giving their wealth to become poor and help ultra poor become poor, meaning if you are born into a rich family you behave in the same selfish wayas the rich due to programming of parents, peers, environment. All poor people would be as selfish if born as rich, so immortalism is not the pathological mass murder of all teachers, college professors, intellectuals or former aristocrats that Jewish Russians and Mao implemented in their genocides of 25 and 75 million people, respectively. Immortalism is the universal kindness for all, meaning immortalism is nonviolent, it tortures nobody, not even for interrogation of "secrets". True communism is the reign of nonviolence, but Marxist Judaism brainwashed the world that "Marxism, terror is communism". It's not. True communism never existed anywhere, only the aristocratic hyper violent fake communism of gluttons giving themselves 3-10 times higher salary and special priviledges existed as taught by the murderuous Jews and Tsarist former police bandits and serial killers who became the new terrorists in charge of murder of millions who disobeyed their psychotic evil selves, all using the "Georgian" "Stalin" as a cover for their genocides. The Internationale makes it clear that communism is the absence of violence, yet these genocidal Marx, Lenin, Mao, Stalin and others advocated for maximum violent terror and bloodshed. All leftists and communists must understand communism never existed, and that Immortalism is different, in that it emphasizes nonviolence, nonpain, and trillion year lifespan as goal – while communists were fine to live as glutton imbeciles dying at 80-98 and having "proletariat in charge" on paper, when it was just a few families living like kings, only the 99.999% living as slaves of roughly equal incomes. Don't be fooled by a few Russian bastards that their "depraved New Monarchy by Tsarist Police turned Communist Overnight" was Communism. Communism is the end of all violence, torture and terror, it never existed, as Jews don't allow anything unlike Talmud and Hyper Genocidal Rapist and Violent Trash Torah to exist unaffected by the Jewish Genocidal Violence Element. Never forget the Rapes of Saratov, all women were public property, shared by all, for Jews, even 400 Jews to rape, if they just said they want a night with them. The feudalists know how to dupe people that "communism is violent". Communism never existed, except as a theory, then hijacked by a few Jews, Brits, to make it violent. The idea of communism being violent was created by feudalists in order to justify genocidal wars against those leftists, to give them an excuse in killing those groups, militias: genocide by trick. Don't be stupid. ☺☺☺☺☺☺☺

Don't confuse "Live to 98 as a communist" with "Live to a trillion billion eons as an immortalist". It's like confusing night with day, death with life. Understand how the feudalists always use tricks, subterfuge, brainwashing, infiltration to destroy any leftist movement to maintain Palaces for the Murdering Gluttons. They're demons incarnate who refuse God and all that is decent. Jesus makes it clear in Mark 10:25, all rich go to hell. Now is the time to grow up, to give all a chance to avoid hell by eliminating the idea of rich via universal income, to Eradicate any association of Leftism with Violence, so we can get 89% of vote and free USA. There is no time or energy to waste with revenge, hate and torture, only "fruit fly IQ" folks like Stalin, Mao, Lenin did that, All those 120 million killed by "communist" elites could have helped build true 11 companies to improve standard of living by leaps and bounds, but they didn't. The psychotic took over USSR, China. We learn from the past mistakes, so we don't repeat them. Have kindness for all, recall, if you were born in a bad or rich criminal family you would have committed all bad things that guy did. Don't hate, injure, torture or kill anyone, simply understand their upbringing, "education" and find ways to bring trillion year lifespans for all, in ways that minimize pain for all. The bad families exist since Capitalism is Murder for All, Maximum Violence Instigation among the 99% groups so the poor enslaved classes murder each other, attack each other and leave the 1% Untouched and as Heroes and Defenders of the Sacred Hooligan Society of Eternal Banditry and Centrally Planned Robbery of All by the Rich thru Maximum Ignorance, that's why Trump, Republicans prevent Department of Education growth and central education, they want every gangster to create a for profit school or college to keep slaves ignroant and easy to rob. Immortalism is Centrally Planned Education, Virtue Video daily for all, and quiz too, so we can all have no concept of Violence as 1 trillion times less violence exists in music, movies, media in Immortalism versus Genocidal Capitalism, as we advance towards the Perfect Society of Zero Crime and Universal Ethics of One Universal Pay, where all we care about is HOW MANY LIFESPAN YEARS we added to humanity today instead of thinking about money a trillion times more daily than about helping others live long. ☺☺☺☺☺☺☺

Other "communism" victims were 9 million Ukrainians, UN 2003 statement said 7 to 10 million. Kaganovich was reportedly Jewish, he was in charge of this Holocaust not making the Jewish Media much, hence many in Ukraine became antisemitic after and the 'Jews in Moscow' (is Putin Jewish?) call the Ukraine regime 'Nazi'. The Jewish Kaganovich co-killer of 5 million lived to 97, so USSR treated him very well, no wonder USSR vanished in 1991, when he died; Kaganovich sister Rosa Kaganovich was Stalin's friend or mistress # 5. Other communism victims include 2 million Cambodian (Khmer Rouge), USSR dissidents *(non-Ukrainian, 18 million, including Gulag, EU has August 23rd holiday to remember victims of totalitarian regimes, same day as Romania's national day for 40 years, Aug 23 is also Russo-German pact day),* more Asian + Eastern European nations. Regarding the 75 million Chinese dead estimate, nobody knows the truth,

since US wants to claim more died, while China that only 2-5 million, since the Chinese have some guilt and don't want to look bad, because they wrongly believe all Mao's ideas were 'his', when he was a product of Western violent books he read and Russian intelligence brainwashing perhaps 25 times more than the Chinese values he got. Mao read a lot of filthy typical literature advocating for genocide, killings and wars, the so called "amazing works of classical literature of the 'enlightened' West advocating for bloody revolutions", which is the typical trash literature of the world, that gets Nobel Prizes sometimes, the nonimmortalist literature *(not the one* about nonkilling*)* that glorifies killing, genocide, like Bible, etc. The Chinese, etc communists were infiltrated by many foreign spies, Russians, Jews, etc being advisors, so using brain writing gadgets a lot of ideas of the 'bad guys in Z countries' may not have originated from Z, but from spies wanting Z destroyed, so before assuming all Mao, Hitler, Stalin, etc ideas were theirs, think again: empires (British, Russian, Roman, 900 others) used this technique for eons: *secretly manipulate a country Z to do something bad, then blame* Z for being evil and rally the world *against Z: this allows an empire to mobilize* cannon fodder slaves in unjust wars of conquest of buffer countries that may not yet be enslaved *by the* aristocrats *owning the empire*. We only need to listen to Western/Russian/etc music to see the 'values'. We need nonkilling literature ☺☺☺ and nonkilling nontorturing politics, not the stuff today. Che Guevara killed lots of hippies who celeberate him today. Funny how people can be so naive. ☺☺☺☺☺☺☺

Why was the KMT civil war with the communists in China nonsensical? Both parties were financed and created by Moscow educated leftists whose programs were almost identical. To start killing each other over minor differences in 1927 was pure insanity, though not surprising given the huge ego of Mao who had parties and dances while millions of Chinese dropped dead of starvation in 1959. *Mao was completely aware of the starvation, yet he was having big parties*. It is said that the Leap Forward was a cover for select extermination of groups that fought the Mandarinization of China: for example, if Mandarin was known by 0.01% in 1921, it's known by 90% almost today and rising: groups most hostile to communism were starved, food was taken from one region and given to most loyal regions (nonHan rebel groups to Han or proHan groups), like USSR Jews took over Ukranian grain to starve 9 million Ukrainians to death, by the Kindness of Torah Kaganovich who lived to 97 as happy killer of USSR to revenge on his Ukrainian "friends". If any disagreement emerged, they could have employed the immortalist technique: one side joins the other's party and the two parties merge under a new name or one of the names and they work to protect the human quantum field from the negative events of killing, torture and violence. But alas, the egos were too big, the cruelty taught by KGB and Jewish genocidal psychos in Moscow too gigantic, for any sensible ethics, for any *gentle tender soft nurturing*☺☺☺ graceful *universal* loving kindness to become the main vibe, instead of revolutionary terror and violence. So, they killed as the previous paragraph explained, without

any mercy, communists killed landowners, etc. Why kill them? Chapter 2 explains that anyone born into an aristocratic or serial killer family is 1 million times more likely to become like his parents. So they're not evil, because 99.9% peasants and workers, if born into the same rich family would have done the same subjugation of the poor. Only when people get good education, gentle tender soft tone heard daily (today nobody gets that), etc and then they kill, or subjugate others, then that' is a pure evil soul. You have to be objective and stop the cycle of violence at some point. So, we want to educate all for 6 months 23 hours on TV, besides 1 hour news, before we implement tougher penalties for theft, violence, etc. We can't just start killing people via death penalty without proper education 24-7 on all radio-TV-newspaper-main websites, *because nobody got real education in USA, only fraudulent violent education via psycho clergy, etc*. The land owners could have done infrastructure projects, work in healing center type of sealed cities to prevent rebellion or forming a counter-army, etc. This would have protected the human quantum field. But Mao read no book on nonkilling, only violent books of the era.

Same thing for Hitler, he could have achieved the idea of a better Germany easily with kind actions, he should have invaded no USSR or any other nation, but develop, reach trillion year lifespan and discover trillion planets, live and let live. He lost 20% of Germany, due to cruelty. He invaded USSR trying to stop the communist genocides of millions of workers by the Jewish/Russian commissars, etc. But hey, Hitler could have achieved Peace without killing 1 single person. He could have told Stalin "look, we love you care about the working masses, we too love the working class and we want to create a world of 0 torture, 0 violence, and we want to be friends with USSR and all humans, and find out ways in which we can end all torture, killings and wars, as the Internationale song says "we will end this world of violence, replacing it with one of peace". By providing Stalin with a living example of kindness, the energy of that kindness so strong would have transformed Stalin and brought peace before any war in Europe. But aristocrats controlled Hitler, and they just wanted more money, so there you go: 80 million dead. We see today people make the same mistakes of communism, fascism, KMT, etc over and over again, so we need to discuss every 5 minutes on TV about World Peace☺☺☺, in fact every 5 minutes the expression eternal World Peace ought to be mentioned, same for radio, etc, and 0 violent crime in 5 years. The rich don't fight, the masses do, so the rich who control media don't talk about World Peace every 5 minutes on TV, they're just SERIAL GENOCIDAL KILLERS... Communists did one big or fatal mistake: they ran into the trap Aristocrats (who facilitated the London meetings to write the violent communist manifesto) created via Karl Marx Asian and Slav hater who told all to terrorize and use violence, luring the communists to kill tens of millions of workers to weaken the working class and nations of communist type.

Today, empty housing exists (500 times more than homeless people), yet the communists don't

allow the people to use those, people sleep on the streets, in tents, the fake communism in China (bosses abusing workers, worker set fire to factory, billions wasted on tourist ghost cities while residents are homeless, top 130,000 families own 58% of wealth, while the rest live like African slaves, officials buying cheap goods and reselling at high prices to the masses to enrich the Deng family and killing a general for investigating this fraud and causing the Tienanmen square protests and murders of students to protect the communist mafia of Deng Xiaoping making billions of USD off poor Chinese, the poor who live 5-8 in a room near factories because the Xi Jinping mafia demolishes buildings rather than give free rentals to rural migrant workers whose lives are sacrificed building stuff that is later demolished for genocidal China billionaires, commies working with the mafias to spread gambling and depravity worldwide, instead of true ethics of 0 casino 0 gambling, China leaders jailing all of China in 20 floor jails called condos due to greed while the aristocrats live in huge mansions, China leaders killing anyone who exposes their mafia gang companies when they make mistakes using others (who actually prevented nuclear or other disasters and did the right thing) as scapegoats while killing their wives, Osaka consul threatens to behead Japan prime minister and can't even take care of his tooth (watch the pic) as basic hygiene or medical care is not available except for the top elites, the 99% eat poison and the 1% eat organic food, athletes dying to have organs harvested by Chinese elites, all males had to donate blood to test their biomarkers and transplant compatibility?, China participates in the cities near Thai-Burma border where 0.25 million slaves are forced to scam others, showing the amazing influence of China and Japan on the region, Chinese car doors and windows can’t open in cold weather, Chinese Mafia leaders in Europe work with the Chinese gov, Chinese mining companies pollute African nations, grandma food grab in communist ethics, endless praise of former Chinese dynasties of evil (thru endless ego pampering and endless museums glorifying the past) instead of focusing on the future Immortality for all (they do this violent nationalism brainwashing even if some emperors had 9000 concubines and executed all girls when dying or even if they had 6 year old boys as prostitutes castrated later at 13 etc), fake tea (moldy, healthy polyphenols turned into poison by roasting, creating AGEs, or adding chrome green industrial dyes that damage the liver, add deadly talc powder that causes lung cancer, or KMnO4 causing Parkinson, dementia), fake marriages, fake rebar made of plastic instead of steel, fake gas pump meters to steal 8 million in fuel, people eat dirt while Beijing and other officials spend trillions on empty ghost cities able to house 100 times the amount of homeless, 200 billion on indoor ski resorts, 100s of useless museums to Liquors (responsible for 1 billion dead), Confucius ritual lover or Buddha (who preached compassion, ritual or begging (the surest way to die fast), but no Immortality *for* All, no Eternal World Peace in 3 months, no Gentleness (0 violent punishments, 0 violent crime in 3 years), 100s of museums to horrific emperors (5 punishments for workers (not for aristocrats, royals) or foot binding *or* Falun torture, death by 1000 cuts, endless cruelty by the emperors executing 9000 concubines when

they died, *diabolical* emperors actions), Xi Jinping pal managing the Fujian mafia and thousands of investment/romance online scam groups in Asia, Chinese communist elite (7% of China is member, top 0.3% are wealthy) take money made from subjugation of Chinese and move to USA, living to 88, while Chinese street traffic directing cops die at 43 in 2007 (cops inside cars have 40 times better air quality, so they lived longer, in 1980-2020 smog was huge in China, now all is EV), CCP saying nothing about fake communism in North Korea where women are mere sex slaves, Chinese spies enslaving Africans, fake grapes, extreme aggression of Torah communists ethics replacing the way of Tao, wealth for the elites and organ harvesting from prisoners, faking everything, torturing and harassing those who provide feedback or use government petition services instead of solving the corruption and gnat IQ decentralization that makes it impossible to provide good services for all not just communist top millionaires and billionaires, communist aristocratic elite officials' kids bullying and beating girls and suffering no consequences while the crowds protesting being beaten by communist police or being arrested/tortured, local govs setting up 50 checkpoints in villages to charge toll fees while aristocrats have no tolls in their cities, Chinese moving to Africa to setup Cybercrime gangs that recruit locals to scam people worldwide, social insurance unusable unless paying the monthly fee and kids education is not free kids can't attend if no social insurance paid for a year, millions of homes and businesses flooded due to building houses in flood zones without raising houses 10 ft off the ground if a really bad area, via nonexistent central planning of the 11 companies and wasting too much on trash like USA, houses under 10 ft of water, millions of stolen phones from 100 nations resold in China) now is pure capitalism (the top 10% own 70% of wealth, 70% of this 10% are the 'communist' party, richest people are the gov elites like in all nations, the businessmen of all nations are the gov mafia or mafia that runs the puppet gov) and the genocide has taken the old style aristocratic form (the new ruling bureaucracy is the new rich class). Produce exists, yet it is trashed, because the evil Chinese "communist" gov wouldn't print money or take it from the rich via a fair system of all salaries 3 times maximum without millionaires, etc to give to people to buy healthy food: this is genocide done by the fake communists who copied US system 100%. People trash healthiest foods, eat junk food since elites stole all money, and the people have no jobs, starve as homeless, as they got no money to buy healthy food that is later trashed (seafood, produce). Urban schools/colleges have 4-8 bunk beds/room, while many abandoned schools/colleges are empty and could be used to give all students one room per person, but the leaders don't care. Poor planning. You see, just having a sickle and hammer symbol doesn't make one a communist or leftist. Nobody should be so easily deceived by communism talk, for socialism means max salary is 1.1 to 3 times min. ☺☺☺

No centralization means chaos all over China and any other nation: the gov has to make sure all food is eaten, especially the healthiest food, and nobody sleeps on the streets when 40 times

more empty apartments than homeless exist. The total mismanagement of China during Mao repeats today, they just hide bad news 100% and show only the most positive news. Note that we're not criticizing China only, but every other Western nation or others who have homeless due to the greed and mismanagement by the central government bureaucracy who is not taking care of the 4 things: education to prevent violent crime, free education for all, *shelter, food, healthcare*. In USA, the same exact thing happens, with 33% of food trashed, and some of it being food of much higher quality and nutritional content, safety etc than the one many ate due to low income. So we trash the healthy food and eat the poison, due to a government of murderous genocidal aristocrats who fail to centralize, prevent food waste and deliver world class nutrition, housing and healthcare to all. Millions of tons of berries, good produce rot in USA due to decentralization. We say "tomorrow blueberries in USA will be 3 times cheaper to clear the stocks in 2 days, as the central gov computer says we got 2 million 2 day old blueberries that were not sold within 48 hours. Ultimate tech and freshness, health for all." Today, blueberries sit for weeks sometimes since arrival from Peru at LA ports. We got 30 times more empty homes than homeless in USA too. We got terrible housing and the good housing sits empty. We got terrible hotels sickening people and good ones sit empty. The greed, low IQ and depravity know no bounds in USA. With central control of the Immortalist Party, we get the wonderful blood glucose and triglycerides values going down to prevent stroke and diabetes, by free biomarker measurements, so that all people can live to 120. New devices, noninvasive, will take pic of wrist blood and tell it all, like the glucose monitors today perhaps first. With a study group of 350 million people, we get to a new level of science, nobody ever dreamed of. We change national diet, improve the health of products so all values are those of 25 year olds.

Math doesn't lie: when you shrink lifespan of 300 million by 1 year, it's 300 million lifespan years, or killing 6 million people at age 30, a Holocaust. They shrink it by 10 years thru mismanagement, so we get 10 Holocausts by the partially Jewish run government. Let is be gently lovingly clear, that we immortalists are not psycho Russian Jewish communists who execute millions or Nazis who execute 6 million Jews. We're for loving even the worst person 1 trillion times more than the most loving mom loved her beloved suckling baby. The truth is anyone who gets power becomes more corrupt and neglects the masses and is prone, due to human nature, to favor *self and family over the nation*. Due to this, immortalists want a total reform, end of political parties and creation of tests for any position, to prevent this natural human abuse of 3 million years seen in chimps too. So, we understand the human nature and we're against killing, except perhaps for serial killers who attacked innocent people, if not enough space exists for the healing center for all these insane people, due to the masses still playing selfish sports and engaging in purchases from criminal businesses that prevent true wall at the border and single family homes for all, as needed for 0 violent crime.

New York Jews were *20% of NYC in 1917, mostly from Russia, so they (with some London 'Jews' help too, since Britain and Russia were rivals in Central Asia and a weaker Russia would help Brits?) may have helped Bolsheviks overthrow the 'antisemitic' Tsar,* financing the Jewish or 'Jew identity cover' revolutionaries or the German Empire who financed them too, since Germany wanted Russia out of World War I, which it got. Did physics (action force=reaction force, 3rd law of classical mechanics) apply to Germany for using killing methods to support Tsar killing (alleged?, sometimes dictator or monarch killings are fake), when USSR defeated them in 1945? To US, UK for some supporting 1917 revolution, when in Cold War they fought Soviets? Some Jews got killed too after 1920 *(not all were fake (to hide what was going on and who was fake Jew, Tsarist, Russian or Western spy pretending to be Jewish communist, etc) probably, some were real),* but Russian Jews advocated violence as a means for change, so physics took place? Why don't people focus on nonkilling and nonviolence and loving all people as in "Immortality" (Trillion Year lifespan) for All interested *(not just 'longevity or 100 year slave labor lifespan', all or most would be interested in a happy trillion youthful (healthy, aware as a 20 year old for a trillion years) life to explore and discover as they would know religions are made up myths based on fake miracles),* Gentle Healing Grace *(*no torture/killing of anyone, no forced conversion to any belief system, even 'living to a trillion' belief*)* for All, *instead of communism for all through torture, violence, genocide*? Nothing lasts when done via force, yet people repeat the same mistakes today, everyone talks about this and that war and supporting those 'better guys' in that war, but isn't that an act of terror, torture and killing of innocent civilians? War/violence will lead to no real change, nobody talks about real peace (cessation of all hostilities within 1 month, ceasefire for 50 years at least, to calm down), gentle healing grace for all, we see Yellow Vests violent protests in France, Alex Navalny violent protests in Russia, endless racism violent protests in USA, what kind of change is this? Has anything changed, been learned at all from history by the spy agencies who stage/incite these fake arrests (FBI arrests itself)/protests & pollute the planetary mind with violent thoughtforms that lead to higher crime? Endless violence on TV, Ukraine war in 2022, nothing about gentle tender healing tone and gentleness for all. ☺☺☺ History shows to find out who were the real drive behind a movement (communism, fascism etc), we have to look at who was exterminated (for real, not fake) mostly.

There is another *huge* difference between *communism* and immortalism: Jewish communists and Russian ones promoted many languages and cultures, hoping that this would have all nations join their USSR perhaps. They were unaware of the problems, wars and conflicts that would emerge out of that, or maybe they did it on purpose, to create more chaos and genocides of non-Russians and non-Jews. Regardless, to immortalists, promoting 100 conflicting languages and cultures is like having a classroom with 100 students and you promote every behavior, ethics and mini-culture, instead of promoting the *least violent, gentlest, most intelligent,*

progressive one that triples human lifespan **the fastest. If 50 students are thugs beating others of their gang, you promote them too. Is that logical? No, logic is to promote the BEST Eternal World Peace and Immortality for All culture and the simplest to learn unifying language you can find or create, to give all longest happiest life and science progress. Obviously, long-term, the idea of promoting 100 languages and cultures, is a recipe for disaster and stagnation, the ideal chaotic milieu for a parasitic group to siphon the life out of every colonized or annexed group held in the 1st century of their primitive culture. We can gently ask ourselves a question.** ***Why does EU or Europe itself need so many royal families with pompous ceremonies and Bible brainwashing*** *(i.e. military families to be more exact, since they're warrior families that decided to create nations based on some artificial reasons such as language etc)***? Notice how when a Pope dies, you often get** ***40 subservient mental slave*** **(of the most comical scripture with 1400 quotes of violence)** ***European heads of state show up at the funeral*** **to praise the most intellectually dishonest entity on the planet** *(Vatican, responsible for endless Inquisition deaths and wars, telling people stuff happened without any real evidence (not faked stone inscriptions, fake old books Roman Emperors ordered written to create illusion of a real event, not faked lab results by Catholic investigators), encouraging scientific fraud)* **that stifles scientific development of high tech single family housing for all, of smog free RF free quiet transport, of universal healthcare, 500 year lifespan for all. Why deify such a violent text? It only causes more wars and violent crime.** ***Are those royals/leaders, Italian or Jewish?*** **Isn't one country, language and government enough for all Europe and Earth, with billion year lifespan for all? How many clans and redundant administrations do we need to lecture us and give most wealth to the top 3%?**

The EU and other leaders even dispatch endless 'pastors' on TV to brainwash people, lie to them, promote intellectual dishonesty, unscientific thinking, cult like thinking, sabotage all critical thinking, thereby encouraging small petty crimes of lies, theft, omission and scientific fraud at work that creates problems later, maybe even shorter lifespan for billions. People will say, "if they can lie and do this "water into wine, materialize 5000 loaves of bread" fraud on TV, why can't I take a little shortcut and lie ***"I did that step when I didn't"*****? After all, that owner is cruel, a pig." Are they trying to make all ☺abysmal IQ☺ and easy to enslave? What is an acceptable standard of ethics and honesty on TV that is universally applied, do we need to say "this and that study indicates a causation, not correlation link, between this and that"? If so, what unfakable evidence do they have for their claims? None. Isn't this child abuse to lower child IQ and make them credulous, easy to manipulate and deceive by national enemies or fraudsters?** ***(similar to the*** **rape of infants by Jewish rabbis, priests, more details here to support global ban of Torah, Bible, Quran as the 3 "scriptures" (Quran OKs 900 temporary rape 'marriages' with 900 girls) come from the Jewish rapists of 3 year olds who invented all Abrahamic "Religion" Cults of Rape & Genocide as the 2000 Bible-Quran reveal how Jews**

created Quran, Gospel). The clergy do it sometimes possibly because they're remote control robots or spies with the agenda of keeping the ☺filif skunk IQ☺ religion alive, to enslave the population, chain it, use it as cannon fodder and slaves in the colony they call "independent EU nation" run by spies posing as "local patriots" (*the pastors can't say* "we are foreigners, Jews and Italians, etc shoving the violent Torah (Old Testament of Bible) down your throat to make you an easy prey, obedient fanatical cannon fodder soldier, we *changed Wikipedia to say 30 Jews live in this nation, when actually 30000 live"*). Why don't they teach us how to build a nice single family home for all and be off-grid, healthy, living to 9 billion? It would collapse their whole scam and religion business, that's why, the 10 million spy and military brainwashing bases disguised as *churches, mosques, synagogues of brainwashing and looting entire nations*. The Inquisition of Global Terror by Vatican Criminals never died, the torture methods from 2000 years ago. The only thing that changed is how they do the slow genocide under the cover of training, help or torture. East EU is almost as low IQ as in 1989. The so called 'change' of 1989 revolutions, or 1789 in France, 1776 in USA, changed nothing deeply, it is the same lack of *gentle tender soft nurturing*☺☺☺ graceful *universal* loving kindness. This is an issue in all countries, the TV-radio-media is controlled by the aggressive macho military, so it's like asking someone who smokes 4 packs of cigs to promote 'smoking is toxic for you, stop smoking'. They're violent by nature of training and beliefs, *paranoid to a fault, creating enemies in their head 24-7 when none exist*, teaching all to hate 'foreigners', sometimes breeding paranoia DNA for generations. Thus, they can't promote "eterni tone and 1 billion times less violent crime, 0 jails, 1 billion times less torture by military, *Eternal* World Peace *in 3 months*", since the military daily life is to yell, command, to sleep deprive, harass, to be mean/violent, to disrespect everyone's free will, play God. The 'free media' doesn't exist in any nation, it's military controlled.

One way to bring World Peace and True Longevity Progress, Decent Shelter, Food, Healthcare, Transport for all, then becomes for people to be aware of this, infiltrate the military and reform it later (or make suggestions using gadgets or else as other militaries do, and then generals think it's their ideas), via international agreement to stop torturing people, stop being terrorists. Italian serial killers invaded some countries 2000 years ago, they decided to just murder anyone who opposed their conquest, and the merger of Italian and local language gave birth to various languages and polities in Europe, some fiefdoms of slaves to the fake religion Italians made up to conquer the world. So, folks, this is how your countries appeared, various empires invaded, and you wonder why they fight: Italian values have defined their civilization: brute force. They can't create one decent efficient EUROPEAN country with 0 violent crime, how could they when Italians crucified 6000 slaves in one day? And the Italian empire condoned slavery, beating slaves, killing slaves, etc as the unHoly evil Bible has taught them to? Don't you see with how much impunity these criminals in the Americas, Africa and Europe posing as pastors steal our

youth and children and brainwash them at gunpoint that the way of God is to beat wives, kids with rods, slaves, smash kids against rocks, to kill and enslave nations, genocide 7 nations and any nation God gives to you as the word of Satan tells us? Will the Europeans ever learn to be free of the Vatican and Israel? On youtube, you get these phonies who pretend to be patriots and whatever, who repeat like parrots accounts of 90 million historical battles, acts of genocide, murder, cruelty and violence ad nauseam, how to be a more clever zealous killer of fellow humans, to promote the "super high superiority of your nation, culture or language of fruit flies, bipedal pitbulls☺☺☺ and chimp cannibals (watch) over the other 200 nations" until the listener is so immersed in that violent filth, he has become violence itself, there is no way his fruit fly brain can ever imagine World Peace in 3 months, or 0 violent crime in 15 years and 0 jails, or all humans evolving into genderless shimmering shapeshifting Immortals able to materialize any lifeform or racial appearance (just like octopus changes its shape and appearance a lot, just 1 billion times deeper change by technology), because his spy agency has programmed him to not trust anyone and separate and fight to the death, fellow Europeans or humans, who happen to be in another fictional country made by murder based empires who needed new buffer states or colonies. Honest people understand we evolved from chimps and future eternis will evolve from the brutal chimp (watch their behavior, as if the God of Israel in the Bible is a cannibal chimp) like cannibal humans, who're truly indirectly cannibal, there is no way to correctly describe what goes on today in the world other than chimp cannibalism deified in the Bible calls to kill all animals and people in burned cities, look at endless genocides praised in the chimp fruit fly IQ and culture of the Bible. Behold the beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). These quotes are from the low IQ violent brains (watch the cannibals) that humans inherited from these savage chimps. Evolving past that grotesque violence, so evident in our TV content and tone, to the average of humans being the most perfect kindest eterni tone of humans, requires real focus. Immortalism can facilitate that evolution from violence and terror, (so praised by Karl Marx, aristocratic terrorists of 25 millennia and deified by cannibal chimps who in the video teach offspring how to cannibalize babies of nearby families) to civilization and empathy for all. May aristocrats stop being like cannibal chimps. *Many aliens live 750 times longer than us, as we live versus* fruit flies *and we have the* IQ of fruit flies compared to them. This is not offensive *language, just a simple fact of life, just like you notice the IQ of fruit flies*. Religion brainwashing leads to needless violence, we heard how in many cultures, like Aztecs, etc had aristocrats brainwash people to sacrifice kids, and allegedly, this still happens in backward areas of Africa (and maybe others, since Mexico has an organ market), in order to do some 'magic' or harvest organs. None of it works, sacrificing animals or people never causes rain, wealth or anything to happen. It's just the abysmal IQ of people is so low, they believe in 'magic', the IQ is lower than that of the cannibal chimps? We see how religion can make people so low in IQ☺ that they start believing in magic

and fake miracles. Kids are accused by Christian fanatics of being witches, so they're killed, as the 'cretin' Bible tells people to do in the Holy Torah, or Jewish Bible. Why is the Bible published anyway? We see how the Vatican promotion of the Bible leads to children being killed.

If we always are fed negative behaviors by youtube, we can't have time to imagine or discover 1 trillion peaceful ways to 0 violent crime in 15 years, we're just a programmed parrots and ☺filif ostrich IQ☺ guys repeating violent events of history, polluting the quantum field with the junk. The unconscious ☺abysmal IQ☺ folks are so consumed by the genocidal patriotic ancestor heroes' acts of genocide, that the 99% of their energy is dedicated to the youtube magnification of infernal energies of violence, saturating the quantum field with that, with never one mention of a quality of *universal loving kindness, altruistic Tao Te Ching sage gentle tender soft nurturing healing grace. We got 500 million youtubes about "heroic" acts of murder in wars by various psychos and 0 youtubes about 0 Violent Crime on Earth in 10 years, or Eternal World Peace in 3 months and how to get there.* Isn't that an act of human species getting ready to implode itself and kill everyone in 10 seconds soon? To me, it is pure insanity, like a species suicide. A little discernment is fine, so the immortalist system is not taken over by clever parasites like with the USSR story, but rehashing negative history all day removes any hope for peace and decency ever emerging. The same drama happens on every continent and among continents. Everything on youtube is about defending one's artificial polity of 'fruit flies' or 'worm IQ chimp rats ready to cannibalize other rats' using espionage, violence and dedication to a fictional entity made by Italian or other murderers in their drive to subjugate the whole world via genocide (war).

Why are these acts of past insanity and violence getting 500 million times more youtube, TV-radio space than World Peace in 1 month, 0 violent crime in 10 years and how to achieve that, how to give everyone single family home, decent electric car, universal healthcare, decent sleep and food, via 11 companies for the entire world, so that we eliminate 1 billion redundant jobs and have some real innovation and decent shelter, food and transport for all? Do we need 200 nations or is one enough? 7000 languages for cannibal chimps to fight and devour each other at the command of a psycho spy agency or military boss? Why not 1 language or at least 5 max to start centralization with, with another final one we create later to replace the 5? These liars and pastors on EU TV stations pretend to be 'nationalists', but they're foreign spies who control the national military and keep Americans/Africans/Europeans in the stone age of Christianity and Bible chimp thuggery. To keep Europeans (+ 150 other nations) extremely to dupe and enslave, the lowest IQ religion is promoted. They don't defend humanity, only the fiction in their head they call 'nation state' (colony of Italian Jew Bible violence spreaders) so that the human species is ever so violent and chained in violence forever in the name of the Word of Eternal Violence, the Bible. This chaos makes it easy for aristocrats to steal everything and keep masses sedated in the zombie state, workers of artificial polities fighting among themselves to make aristocrats

rich, as they lend money to governments to buy weapons and kill silly workers who kill fellow workers, with the rich laughing all the way to the 20000 banks they made to sucker everyone by starting 200 new wars to expand banker profits, and 400 financial crises (for example, the Beijing suburb areas house prices dropped 90% in 2025 vs 2023, as China got their own aristocrat class disguised as 'communist officials' and others) to loot all. In immortalism no inflation exists, no bank interest exists, so therefore no new money is printed, all prices are roughly eternal, only ratios to other basic staples changes if found to extend life more. Isn't it more logical to have one world bank, Eterni Bank, one world currency, eterni? How come after 2000 years of Italian terrorism of the European continent and others, no nation has ever dared to be free of these thugs and create its own scripture, not coming from the Vatican chimps loving cannibalism Eucharist simulations as rituals in each and every Mass? Why eat Jesus and call this the central ritual of daily liturgy? We can create 1 trillion scriptures, much shorter, to the point, a trillion times nicer in vibe, Immortalist Anthem is 1 example among quadrillions. ☺☺☺

To be clear, Immortality capitalism is the antithesis of 'communism', where a few foreign agents create a puppet government to enslave a country, and the higher ups are the new 'aristocracy' so to speak (though 1000-10000 times less wealth than true aristocrats, just better living conditions than most (sort of like upper middle class in America, not rich), except for *dictator* perhaps, *if dictator wealth not faked*) with everyone else having no say: in Immortality capitalism everyone is co-creating the system thru the AI models feedback and all the other suggestions meant to increase participation and motivation 100 fold. Immortality capitalism is not the mass looting and anti-life (though victims with dead relatives would call them genocidal at times) actions of 'communist' regimes who forcibly took property from quite poor people (grain from peasants to starve them to death, in "order to do genocide" via famine: Ukraine, China, etc), forced in death 'labor' camps dissidents, created food shortages (e.g. Romania 1980s to pay IMF debt, while reportedly dictators deposit $ in Swiss accounts they never get to see if killed). I'm not going to debate how many of the gruesome stories are true or fake, but obviously they can't be all made up, in all 50+ countries; someone can be offended by any sentence, so writing in the least offensive way for highest amount of people is very hard, and 0% non-offensive to all is impossible (due to people identifying with ideologies, etc) when dealing with mass atrocities that were not all 'made up' as some claim. If people are honest and realize we all make mistakes, then they feel better and realize they have been conned into identifying with an ideology. The *eternis*☺☺ know over trillions of years things balance out (poor become midle class or rich or rich become middle class, etc) and anything unlike 'infinite loving kindness gentle healing *grace*' (even frowns and sarcasm, let alone intimidation or etc) comes back to the originator in the right century, so any change needs be happy, creating "discomfort or pain for none". Immortality capitalism would never touch anyone's property *(unless a huge wealth*

obtained via theft of worker's wages or via fraudulent toxic products sold to millions of workers), it would be giving existing system a more pro-life character, empowering everyone, 'rich' and poor to live a happier longer life; the "formerly super rich" will like it too, because it will give their employees a 100 times higher motivation, even if there will be some restrictions on CEO (CEO pay 3-4 times the minimum wage) and other salaries non-profits and companies set. *The 'richer' (> average income), "rich"* (slightly more assets than the average) (today spies use 'billionaire' as a cover), will like it too, since the tax rate would be the same, meaning 0, for all people or entities and will enable 100 times the productivity of society in releasing long*evity enhancing products that the 'formerly rich' can benefit from. Whatever benefits the average Joe or poor, benefits the rich too: longer lived, healthier workers means more inventions and systems of life extension. This unified tax rate could be paid thru Immortality Finance central supercomputer linked to all banks that processes all payments between any entities or individuals and* subtracts the One Rate, maybe 15%, that eliminates millions of destroyed livelihoods, focused on tax preparation, litigation, when they could instead triple human lifespan – any payment received by any individual is income and is taxed at 15%, so simple: all cash transaction would thus be illegal, so that the Gov can get 15% - thus all payment is done via credit/debit cards, all banks automatically subtract 15%. Not to mention the wasting of time of small business owners and regular people who try to file their taxes on below avg income.

A final wake up call to Christians: the ideals of fair pay, equal rights☺☺☺, etc have existed for millennia and the working class has tried for millennia in 100s of nations, kingdoms to create a fair society. In more recent times, this has become known as the communist, socialist or leftist movement. This social current was sponsored, in the world's first communist state, USSR, by the (Christian supported) Jews from outside USSR, in London (where communist manifesto was written, with calls to blow up (Russian in reality, not British) factories since it was to be used to dismantle the Russian Empire), New York (bankers, Jews and Christians), EU, USA. The Jews in USA and Europe financed communism in Russia, which led to the Genocidal Torah beatings of slaves, rapes and the like to become state approved genocidal torture and genocide against enemies of the Jewish-Russian fake communist state. This infernal violence then spread to China and many nations, causing 120 million dead. This HOLOCAUST was only possible due to the infernal depravity of the (Jew manipulated) Christian states and pastors who dared to lie to the Masses that the Infernal Torah is the Word of God and is acceptable part of the Christian scripture, and these monsters then allowed the Jewish power and synagogues to spread and take over USA, seen with 'God of Israel' brainwashing in 400000 churches and the circumcision of most Americans by the Jewish Mafia disguised as atheists or Christians in USA. However, this only happened due to the credulity of the Christians, whose IQ is so low, they don't realize their fake miracles charlatanism based religion was created by clever Jews (who took over Rome) and

useful cannon fodder Italians, who used Christianity to spread the genocidal Torah as part of the Christian scripture. The less ethical Jews hypnotized the primitive Christians to accept the Filthy Genocidal Slavery, Rape, violence against Slaves, Kids, slaves of the Communist Elites, etc as the Word of God. The godless unethical Jews teamed up with these Infinitely Low in IQ, Cruel (Cruelty stems from ☺abysmal IQ☺) Religious Jew Torah Lovers (God, the real one, not the cannibal gorilla of the bible, knows a trillion ways to peace or any outcome without any violence, beatings, rape and torture) who used the Cover of Communism to satisfy their "Diabolical" Chimp IQ Torah Urge to Kill Millions of Gentiles in Accordance with Deut 7:1-16 Infernal 'Bible': any gentile nations the chimps want to exterminate will be so by Yahweh the Pig's Whim of Genocidal hate: "you better believe these ant IQ, filif IQ people and their nonsensical Bible or your nation will be wiped off the map". Each time a gal/guy goes into a Church, Synagogue or Mosque (Islam is another Jewish creation), s/he promotes the Communist Violence and its offshoots worldwide, the beatings, the torture that killed 120 million innocent people, at the hands of the Jewish Psychos who hijacked the ancient communism ideas to create Terror. How is it possible in a democracy to allow these gangsters calling themselves rabbis, imams, pastors to spew this infinite hate, genocide praise and rape and beatings with rods of kids and slaves as the Word of Ethics and God? Only when your whole nation is run by Torah Jews (the low IQ type of Jew) disguised as locals thru intermarriage. The low IQ Christians don't realize they're mere useful puppets in the hands of the Clever Crafty Religious Jews who use ☺ abysmal IQ☺ folks to spread the Infernal Torah & Jewish supremacy disguised as the Christian or Muslim "scripture". So, before Christian hypocrites come on TV to criticize the anti-religion/anti-Christian regimes of Islamist or Socialist nations, they need to realize that without the Christian publishing of the evil Bible, Islam (whose Quran is Bible rewritten) *would not have emerged*, without the infernal violence of the Jewish Torah (Promoted by ☺abysmal IQ☺ Christians as their Bible, unethically accepted as legitimate 'religion' by so called social democrats and leftists and right wing hypocrites alike) and *Torah deifying part of the* Jewish community, the pseudo communism of Infinite Genocidal terror *would not have emerged*. Communism never existed, communism (for which the poor fought for millennia) is infinite kindness for all, 0 violent crime, not terror. So, to prevent the creation of endless offshoots from Christian infernal scripture, Christians need to update the Infernal Scripture to reflect truth, remove all violence, otherwise new Islams, North Korea like nations will emerge forever. That is the call of the positive nonviolent Immortalist Anthem, a decent guide to replace the savage infinitely violent text called "holy" Terror Manuals of Beatings of ALL in the Bible/Torah (kids, workers, sex slaves), Quran (sex slaves, mutilated infidels, kids, wives). Today, all kindly realize that the Bible is nothing original, not even the 10 commandments. Sacrifice, beatings, torture were normal in the Middle East and Indian 'Scriptures', trade allowed 'knowledge' to spread. Jewish Torah believers are too low in IQ to even realize almost all their cherished beliefs were copied from "negligible

IQ folks" on various continents, almost none of it is original. If you go to ants in a forest and ask them about their view of God or physics, it is as ☺abysmal IQ☺ and comical☺ as the Jewish Bible view of God and physics, at least from the vantage point of a human living 80 times longer than us, as we humans live 80 times longer than ants. Get over it, God is so complex that the human ant brain can't even begin to comprehend God. Now, think about humans who live 8 trillion times longer than us, how different God is for them. Isn't it funny how these religions focus so much on rituals, and weird rules about hair and etc, while the central message of lines 8-40 of the Immortalist Anthem, or first page of it, is ignored and violence is in 500-1500 places in their scripture? What's the point of temple curls or special clothing if you don't live *gentle tender soft nurturing healing* speech melody action tone? There is no point, a scripture can be just 2 pages, like first 2 pages of the Immortalist Anthem, so all know it, live it instead of being so cruel as the Bible/Quran incites all to be. The more pages, the more rules, rituals, regulations, the more people forget the main idea: to be a trillion times kinder gentler sweeter towards the worst than the most loving mother of last decade was to her only infant suckling her breast.

4.5.2. Houses bought/sold in 1-4 *days* via housing.gov (40 pages on centralization of home sales)

Immortality Building Inc (details here) will enable every house to be sold/bought in 1-4 days thus eliminating the ***realtor and mortgage broker*** parasite ***professions***. It also builds all houses differently, to prioritize 4000 year lifespan for all, via proper deep sleep obtained by good brain oxygenation, meaning living-dining total 200 sq ft max, room size min 350 sq ft, max 400. NYC condos sit empty to save millions in taxes for billionaires. Nonprofits that claim to "help end homelessness" give 1 million $ salary to the CEO, like the bandit labor union leaders make 400-1050K, instead of 30K max. We have the most evil bastards steal taxpayer funds by claiming nonprofit status, where everything is a fraud. With one national program, we build 1 million small homes (for all homeless) for 10 times less price in 1 year, 10x less these genocidal mafia nonprofits charge the cities, counties, states. We need to max nonprofit employee pay to avg US salary by changing the US Constitution. All these rats getting rich by making sure nothing gets done to address the issues they "supposedly handle" deserve fines worth the amount stolen via inflated salary above average and min wage for life going forward for destroying the lives of many. As you might know, US and all nations are run by 'thieves'☺☺☺ whose main job is faking elections, so they allow bandit realtors to not inform the buyer that the property they're buying lives in a flood zone, and then, the guy may not raise the house (with pillars or earth, 5-8 feet off the ground), buy inflatable barriers to have ready to deploy within 1 hour in case of a storm or hurricane, so the nation, planet has to incur bills of 40 billion a year, preventable repairs and house reconstruction, endless property and time lost due to flood millions of times over, with realtors, contractors and corrupt city officials (or state) that we don't need if we dissolve the criminal states, all sabotaging the national state, causing billions of lifespan years lost for

humanity, in a genocide that dwarfs the 1940s Holocaust, because for 8 billion lifespan years lost is the equivalent of 100 million infants losing 80 years each, or 200 million 40 year olds losing 40 years each, so 200 million gentiles versus 6 million Jews. Realtors are perhaps among the most criminal of professions overall, being more like pure gangsters. In the US, only one site, redfin.com, climate tab, indicates the risk of flooding, and then you need topography map to see even better the risk in low lying areas, that redfin doesn't really tell you: are you the low point in an area even if "risk is 0% in 30 years"? Redfin also indicates fire risk right below flood. This is explained better in about 7 pages. Notice how the most criminal French billionaire, worth 200 billion, creates useless luxury goods that are bought by the parasite upper middle class, and not by the really rich people. Instead of providing decent housing for all, these scum of the Earth billionaires create useless "luxury goods", which Immortalists would ban until all have a decent home worldwide. Since rivers can rise 26 ft in 45 min, all housing is built, maintained, repaired by the same Immortality Building Inc. Small contractors don't know what they're doing.

Inspections of house condition for filter changes, plumbing repairs, etc issues are necessary to prevent higher costs of sudden issues. Preventive maintenance is way cheaper for the state, catches issues 10 years before they become a cause for sudden death. Many parents have no beds for kids (10 kids live in 1 room without beds) or mold, feces, trash all over, or feces on walls, no beds for kids or trash, drugs (parents smoke fentanyl), feces, ever growing dog feces with kids sleeping outside, love lizards more than 7 starved kids, or kill kids with drugs, carbon monoxide (see drug addict couple living with 2 kids in a filthy trailer and kid dying), etc. The state needs to inspect every house twice a year minimum to prevent natural gas explosions, pipe floods, electrical fires, etc, to check sanitary conditions of the house if kids are present and overall cleanliness, mold, toxins, air contaminants from carpet, rugs, 5000 chemicals tested, etc. The dirty houses above are some of the millions created by the evil Republican & Democrat fake election system of subjugation of all, by the $1.4 trillion junk products selling aristocrats, while nobody can raise kids, with US having 0 federal days off, vs 195 weeks in other nations (US is only 1 out of 4 nations with no federal time off if a parent), with parents having little time to clean, fix house, etc due to working many hours or little income, no parent license to prepare parents and to inspect via video camera daily the condition of the house, no free education, no help for parents. Perhaps aristocrats need to live in a room with feces, maggots, rats, flies, mold and urine, to get a taste of what their actions create in USA in millions of homes. ☺☺☺☺☺☺☺

As one company builds/maintains all housing, we don't need Home Depot and Lowes☺☺☺. Today, due to the system of aristocratic terror and wild price differences of 500 fold from one town to the next in USA and other nations, people rent a house in one place and own 2 rental houses hundreds of miles away, doing a poor landlord job vs a professional national Immortality Building Inc company with 25 million employees. The aristocratic terror ensures that neither

tenant, nor remote landlord is happy, and nobody's real needs for a quiet cities house are fulfilled. We end aristocracy and make flipping illegal: none can own 2 houses☺☺☺ until all above 18 own one. Even then, nobody will own two houses, because the money and energy going into maintaining 2 houses and sitting empty so much is not worth it and the same energy, materials can vastly improve 10 houses leading to higher lifespan for all. This way, nobody is homeless (people are homeless even with a job, or 6 kids) and with the 11 companies, all are employed at all times. *The first human right of people and duty of government is shelter*, not shouting empty promises in Hitler tone at fake elections campaigns, not small, medium, large businesses for the parasitic aristocrats to own 2-9000 houses or strip clubs, gambling venues, liquor stores, vape stores, etc. Houses are sold-bought in 1-4 days via the same All American, for all☺☺☺ states, equal opportunity/law for all, website housing.gov that has 900 times more info than zillow today. *The house to be sold, bought or* room/house to be rented *is inspected* (together with common areas to ensure health and safety), *then AI computes market value, offers person cash for it if one wants to sell it within 24-48 hours, then the* Government finds a buyer within days or months. With one company doing it all, all utilities come from Eternal Utility Inc, so there is no need to turn anything on/off, transfer, they just charge checking account automatically upon buying/renting a house, turning off automatically at the old place. Once it sells to the gov, Immortality Building Inc will fix it and sell it later. No more time wasting with "turn on, off and transfer service" as the whole country uses only Eternal Utility Inc. *1000 times more efficient, so we focus on longevity tech*. Aristocrats out, efficiency in, freedom, longevity for all in. Aristocratic palaces repurposed, aristocrats move to regular houses.

Foreigners (non-citizens) pay 100% property tax to buy a house, like in Spain. If no money to buy, then rent a house from the Immortality Building Inc housing.gov, the only house landlord in the nation, since none have 2 houses by law, to maintain high quality of housing for ALL. Citizens can only rent via housing.gov a room or their entire house if they go live with a relative for 5 months. All states dissolved, all driving license issued by Eternal Travel Inc, and no need of residence proof, since there is only ONE ID: that tells anyone where you live, since all rentals are via housing.gov linked to your ID and credit card with the Only One Bank, Eterni Bank. You know how today to get a license you go to the DMV and they ask for proof of residence, bills, and a real ID photo ID (previous state license or passport, etc), but the reality is you will need nothing with this universal ID, for you can't live anywhere without housing.gov knowing about it, since you pay to housing.gov not the person, the person gets money from housing.gov. Life just becomes 1000 times easier, no more store cards allowed for grocery, discounts or anything. Only 1 card for EVERYTHING. Gone are wallets with 40 discount cards, 5 CREDIT CARDS, 2 ATM CARDS and 3 EV charging cards, 5 building entrance cards. Such criminal Jewish mercantilism is there to drastically lower the average IQ of the slaves (the 98%) and make everyone an unethical slave of

the Jewish bankers, with slaves eager to contract kill any "opponent of palace dwelling aristocrats" for $900. The discount cards (become a member) are nothing but a fraud and waste of time and national resources, because the CEO and higher ups get paid 1 to 50 million, and the customers get high prices due to huge salaries and no Eternal Prices of the Immortality Credit System. Not only that, but products are very poor, since low ranking scientists have little incentive to do a great job, to optimize, to provide feedback, etc when they get paid 500 times less. The other guys slack and act busy, due to this so the whole society stagnates in a pool of "kill to steal" capitalism, where the most deceiving liar wins. One card does everything, pays all parking, all transport (most is free anyway in the new system), all EV charging, all store or online purchases, enters any building, acts as drivers license. No birth certificate is needed, the Immortality ID is given to all at birth, parents keep it early on, to use for vaccinations. Add to that the fact that the scientists often live in their cars, as rent or buying is too expensive/hard.

The seller determines the speed of the house sale, by accepting certain bids made by buyers who compete in a fair way, or the government if no seller bids. Imagine housing.gov, *where seller enters house address to setup appointment with the* Immortality Building Inc (the only company in USA that builds, maintains and insures any building) to use 30 drones to take 50000 readings to indicate state of any house 2000 times better than today's stone age "inspection", 1000 pics, 20 videos, upload them to the housing.gov website so all can see and hear the noise level, every alley of a mobile park that leads to the house (those are not on google map, google street view lacks sound data), etc, drove view from above of the entire area 100 feet radius and even 1000 ft and 5000 ft (since google doesn't have it always), check house (or room for rent, terahertz to take pic of building materials on the inside to check for termites, water damage that alters structure,☺☺☺ with all contractors sending reports to Immortality Building Inc so it's known what was done and drones can detect any work even if no contractor did any work but the homeowner, due to inner and/or outer pics) for 30 things that today they don't even check when buying realtor.com houses. Today, all criminals use 100s of sites, from facebook to craigslist etc to pretend they rent a room or place, but with housing.gov nobody can list anything, unless they're logged in into their immortality.gov account and it shows they own that property. The scammers are just trying to get low IQ suckers to pay some application fee. Likewise, any items sold on market.gov or eterni.i (i = the immortality domain), another site to replace all the other private hooliganism markets with fraudsters and illicit goods (Amazon, Walmart replaced too), will provide proof of purchase automatically (select which purchase from the last 80 years), via receipts of Eterni Bank (scan your last 80 years of receipts entered in the one account), that you own the item and if sold, that that person now owns it, so if they resell it, it was not stolen. Today, if you try to find an old pressure cooker to use it as parts or to use the pot or whatever, you need to go to facebook marketplace, craigslist Amazon, goodwill,

and endless places. This is downright ☺abysmal IQ☺, it can take you via searches for keywords 10 days to find an item. Not to mention, Amazon doesn't allow you to search men's pants by length 43" (since XL can mean 40" or 44" for different companies), "100% cotton" (meaning show results that contain the exact phrase only as an option, just as *on* PubMed to save time from clicking on 300 that don't have 100% cotton), etc and get only those results, everything is 5th grade website quality, as focus is CEO palaces, not customer service. Let's waste 3 hours to find a pair, instead of 4 minutes. Way to go USA, back to the stone age. Forget that, imagine the immortalism method: all used items not sold by one of the 11 companies are given to one of the 1 million eterni.i warehouses, and government gives you value for it and enters the UPC code. When you want to search for an item, if yours broke, that's used or new, you specify if used or new, you enter UPC code which you find on the sticker and find your item in 5 seconds, not 10 days, as you searched one website with 2 trillion items, not craigslist free items marketplace with only 1 million items or some goodwill thrift store. This is the sense of universal family, we're one and we need efficiency, so we focus all efforts on health and longevity, instead of on having 500000 marketplaces and thrift stores. Thus, eterni.i replaces even Amazon to sell any and everything. An Amazon like truck comes and picks up items you want to sell, after you fill an online form proving you bought the item last time it was bought. It saves tire particles, electricity, and everyone is free from the need to make so many errands, the truck picks 4000 items. None can steal. Amazon warehouses are converted to eterni.i warehouses, since gov takes over Amazon, fining it 400 trillion for selling unsafe products. This way we prevent theft and no cash (or ATM crime) exists, no stolen goods can be sold anymore. No cash, no theft possible, since any buy is via the Eterni Bank card only legal residents have. If you want to buy a gift, you check the gift box online and the ownership transfers as proof of purchase to the recipient, so they can sell it later if not needed anymore. Since eterni.i has amazing & beautiful ☺☺☺ shopping experiences via 3D, AI measuring your size by taking a few phone pic, etc, more people shop online, leading to a far less congestion. The most freeing moment is when we produce everything in USA and everything is shipped online mostly via this eterni.i. This means mail people only need to inspect packages or letters that don't have the eterni.i written on it, like Amazon has, for these are USA products and have no drugs. Then anything else is inspected by 30 million dogs, to detect any drugs, besides the border is 3000 times more secure. Thus, we get 0 drug traffic in no time. Meditation can make people happy, so they get "high" from breathing consciously, instead of from pills that make them dependent and paying money to make a gang leader a billionaire aristocrat. Drug dealers are like Big Pharma, pure parasitic aristocrats, leeches who feed off the working class, who instead of giving people a method to be happy and fish for themselves, learning how to fish, they give them the fish at huge prices to ruin their lives. Ethical people are self-reliant. Vampires import, especially parasitic behavior if a big nation that has enough land, resources to be self-sufficient. US is a vampire nation because

only a parasite imports stuff from countries with violent crime, which is the rest of the world. We need to evolve to the stage of the Tao Te Ching sage self-reliant and ethical, 1 trillion times less violent crime by police, gov, people, by the fairness of efficiency of the 11 companies allowing us to make all stuff here in USA. Let one country be free and stop playing games. Imports can have poisons, spy tools, disguised weapons. You can't become free if you depend on violent nations, full of dishonest charlatans. Today tech allows all to use wave, wind, solar to produce all energy and chemistry to make all food. However, laziness and the genocidal ruling elites are not interested in progress, only in power to subjugate. USA has been controlled by criminal families for 5 centuries, so we can't have any real progress.

The eterni.i tests all imports and local products with XREF-scanners to heavy metals, to make sure no lead, mercury, etc exists. Currently, Jesus the fake God, didn't make sure a lot of Christian themed toys and Christmas trees and lights, etc are free from lead, leading to millions of poisonings. The bandit government of USA, run by aristocratic mafia puppets, gives trillions in tax breaks to charlatan churches, but there is not even 5 million for XREF scanners to inspect import items, food pots, pans, etc. The criminal Amazon has 500+ million for Jeff Bezos' palaces, but not 5 million for some scanners to indicate Aluminum, Lead, Cadmium/Arsenic, Mercury levels of Amazon items. It's high time to immortalists to buy scanners, test1 billion items from physical stores, Amazon, etc and team up with lawyers to sue these beastly kings of hell, to finance the rise of the Immortalist Party and rid the World of these Parasitic Vampires. Since the universal education.gov provides 2-7 hour lessons to all kids and parents from age 0 to 8, all can home school, by passing the online tests and avoid going daily to nursery, kindergarten, school, except for science and meditative breathing and singing labs that measure brain parameters. Parents stay home with kids for 3 years, as they get 3-4 days off (mom works 3 days only, 6 hour shifts, dad works the other 4 days of the week, 8 hour shifts) from age 0 to 3. It's easy, given the efficiency of the 11 companies. After year 3, they can work 4 days a week, 10 hour days, on alternate days, so that one parent is home until age 8 when they start going to school more for the science labs, etc. Since kids only need to go to labs 2 days of the week max, on those 2 days, parents can also work both, so they can get the weekend off for the entire family. This is why good quality homes are key for the health of parents and kids. All houses need to be free of mold, bugs. This will lead to a 4 fold decrease in traffic noise, tire particulates that cause lung cancer, asthma, heart disease, and a commute time 4 times shorter (15 minutes for 10 miles, not 1 hour), especially as we build new cities to house the condo dwellers and reduce the insane traffic in big cities. Currently, the aristocrats live in palaces in cities with 0 traffic, while the slaves (70%) in super crowded areas. Angry at the aristocrats, the slaves are acting busy and the time is not used to build new cities, as aristocrats don't want to liberate the slaves, but to keep all chained. This in turn leads to no innovation, as slaves know the aristocrats use anything to

serve the rich first, and the 90% sometimes never. This in turn destroys progress, as each class undermines the other, lose-lose is the end result of the aristocratic terror system of pretending to fairly reward efforts of all. Every product will have a nice sticker with a code or serial number, which indicates the proof of purchase as you're getting paid by the warehouse staff instantly, and then the gov sells it to others. No longer do you have to wait 100 days to sell an item, it is instant. Like housing.gov. This is the revolution of immortalism: fast, efficient and 90000 year lifespan building. It's the end of the nobility, aristocrats and their servile dogs and gangsters who suck the blood out of 85% of Americans. The gist of it is that most of the issues in America don't come from criminals, but from CEOs and criminal business owners who create a system that maximizes theft, theft of public resources, of human labor, on a scale that is genocidal: they make 5-50000 times the money for pretty much the same exact effort and work, creating a country of pure banditry, and a similar international system. To enforce their hooliganism, they use endless violence via their police, FBI, CIA, military and other entities.

All houses bought are already renovated (the government will create new standards for detecting insects, yellow, green and grey mold, so no more black and dark color toilets, tubs, walls, etc, everything is HEALTH first, so light colors, especially kitchen and bath), since it is easy, due to the heavy maintenance that the Immortality Building Inc does on every house twice a year (workers of Immortality score 500 go to houses around that score, not much higher or much lower, so that everyone is on the same wavelength and punching types don't go near sages to punch sages). The gov buys houses from sellers, renovates them and puts them on the market renovated, if any renovation is needed since the last yearly inspection. Move in ready, safe to live in. NO mold. Another advantage of this is that couples can sell the house instantly and get a divorce in 3 days too, via divorce.gov to ensure that nobody lives in the same house unless they like living together, so as to prevent rage, anger that often leads to violent crimes. The idea of marriage is only for ☺filif hen IQ☺ people, since if a gal and guy are happy, they can be together 500 years, raising kids and what not. If they're not happy, then split, all assets remain separate, each gets the same % of house sale to gov as they put to buy it. No 50-50 or other nonsense. Millions of violent crimes happen in houses where people aren't happy with their kids or spouse, parents or whatever, so housing.gov will play a key role in quickly deflating deescalating things before one side decides to take matters into their own hands by violence. The criminal pastors teach people that beating kids with rods and genocide, rape etc are Word of God and they create a huge unnecessary tension in every marriage by the very marriage institution, by setting expectations and possessive thinking patterns into motion that invalidate freedom to leave if things become tense. By making it so easy to split, couples can maintain amicable relations perhaps and go back together after 1-2 years of cooling off. Forcing people to be together is insanity of a 1st century system of rat IQ clergy, too busy with nonsensical rituals

to think. People are encouraged to force suffering on themselves, instead of focusing on the Immortalist Anthem ethics of keeping the vibe of happiness up by going to a counselor at the Immortality *Nurturing* Agency to discuss how to split custody or whatever once house is sold, and perhaps, when anger is low, if ever, the two can reunite just as fast as they split. But nobody ought to be forced to stay with people they view as evil, since that's like arranged marriages parents do to increase power of the family, without any concern for the kids' free will, like they do in some backward countries, power plays among soulless parents looking for $, fame and power or the same for spy networks to increase spy agency links. Dating.gov solves the issues.

Things few check today are tornado risk 1/20 or 5/20 how many tornadoes happened last 75 years within 5, 10, 20, 50 miles. Tornadoes have speeds higher than hurricanes often times, and destroy even brick and concrete block houses, so you want a new concrete block house to withstand weak tornadoes at least. Never buy mobile or wood frame houses in tornado states. Another thing housing.gov will list is the flood risk: redfin.com lists it under climate tab (section after schools) on redfin, it will say "0%, 6, 20, 60 or 97% risk of flooding next 30 years" for your house, even when the location map says 'no flood info'. Flood factor 1/10 or 4/10 may be missing, but if you click on the right side small square location map with streets on the first page of a property, then switch to the climate flood tab in that popup window, it shows the flood factor and blue areas of flooding and you want a house where the blue is several houses from your house, at least as those have 1/10 flood factor and are safer than those with 1/10 flood factor and blue nearby. Having a flood blue zone away from house can still mean risk of flooding is 20% in 30 years, even if redfin doesn't list it and this can be seen at fema.gov where you enter the address, click on the NFHL (National Flood Hazard Layer) Viewer and make sure it is C or X (unshaded) flood zone, not AH, A, etc; C and unshaded X are higher safer elevation than the 500 year flood zone that have 0.2% (1 divided by 0.002 is 500 years) chance of flooding in the next year. Redfin saying 'minimal risk of flooding next 30 years' or 1/10 flood factor is not enough for max safety, you want a house with blue areas at least 50 feet away for a really 1/30 flood factor they don't list. Blue areas away can still mean flood risk is 20% (zone AH, which FEMA designates as high risk flood area) or 60% in 30 years (zone X shaded), so check riskfactor.com, FEMA and redfin climate section. Also use the topographic map, double click to go to the country, state, town, street of your house to see exact altitude of your house v nearby areas.

This helps those outside of USA who lack redfin.com, FEMA, etc to calculate flood risk in stone age countries, so they may live to 200 and build immortalism globally. Redfin will explain in the Flood factor popup window that 1/10 risk factor is FEMA Zone X unshaded for example. Always check FEMA and REDFIN, to confirm. Watch the map as it shows how far away you're from the nearest house, you want to choose a house that is the furthest away from nearby houses (at least 5 houses sizes, those rectangular darker grey units), that you can for your budget, to avoid

dog sounds, electromagnetic attacks, intentional big trucks lunging into your house at 1 km an hour due to mind control (hired hit men or unaware useful puppet assassins), music sounds, etc and on a dead end street or country road, not major street behind the house, for less access by criminals driving by or using the main road as an excuse to drive by and launch a laser attack, etc. Check risk of fire via the nearby fire redfin.com tab and get fire insurance at least if not flood one. Climate change can cause 500 year flood to become 70 year one. This 1 min check, that 99% of buyers never do using redfin, can save you 100K in repairs over 25 years and realtors don't tell you that, they push you to buy to make 3% commission. Buy inflatable flood barriers☺☺☺ for 5K if flood waters get close to your house, or you didn't check flood zone when you bought the house, to have ready a sudden flood arrives before they can ship the barriers and you know how to inflate them with water in 2 hours. When you buy a house, go to redfin.com, then to schools tab and above it is the 'Zoning: A3, Permitted: etc', click on it and it will say if the dwelling is 'permitted' or 'not permitted'. This is useful to know, since if it's not permitted it's hard to sell it to those who don't have cash, unless you can get the city to give you permits after the fact, which may take a lot of time and upgrades. In redfin, if you hide some houses not interested in, you can see them again by going to the map of the search, click Options on the right and then Hidden or Flood if you want to see the flood zones (in case the Climate section or other areas don't say flood risk. In August 2024, a big nearby hurricane caused a lot of rain, which brought endless mud into a Big Island house, because the owner was silly enough to build on a slope without digging canals (ditches) (common in Florida) to let water coming from higher elevation to go thru with the mud, at least 10 feet from the house, so if the torrent makes the ditch wider, it won't affect the house. This happens in all nations, states, mudslides kill many. Think about your flood zone, if you want 20 pillars to let water pass under the house or build it at higher elevation (raise it 8 feet above street) so water goes around the house.

Equally important to list on housing.gov, world's fastest house buying, selling, and most advanced house search website with 900 times more info than any site combo today, is high noise risk and average decibels, noise in that neighborhood (like minut.com), how many airplanes fly over, how many trains pass by on average (and at what hours is most noise occurring, sometimes mas indicate a train track, but it may not be used much or at all, so it's helpful to know) based on AI recognition of sound type, every day of the week via AI sound recognition, how many barking sounds a week, how many kids crying and screaming sounds, how many civil shouts of humans or kids every week (mom come here, etc), how many loud angry quarell yelling by people sounds, how many construction noises a week (each of these can be a filter to search houses by) all done secretly by a drone going over an electric pole or something and recording so people can't fake it and be quiet, how many cars pass by, how many max acceleration car racing sounds, how many motorcycle sounds, how many honks, how many

bird noises at night (and day), how many woodpeckers knocking, how many cicada sounds, etc, a whole list of all sounds, so people who're happy in silence can have that, while those happy with big lots can have that and raise more veggies, etc, so all are happy and less likely to overthrow the government by becoming spies for others due to anger. We also get the samples of sounds at every 4 hour interval, to get an idea of the background city noise pattern, so we save billions of gallons of fuel or electricity, tire particles killing people's lungs, brains, hearts, and not drive there just to find out it's too noisy. This is the use of tech to save time, life and energy, prevent useless car traffic, car accidents, etc. Because house selection ought to take 5 days, not 5 years. This allows one drone to provide all info so 1000 people checking a house for sale don't waste 10 hours to check it multiple times, each, and instead look at the report and save 5000 miles of driving thru a state to find a nice quiet property (tire particles pollute the air, gas and electric cars also wear and cause emissions and extra work to make new cars) that dishonest realtors told them it's quiet but is not, because the lazy realtor was there only minutes, not 10 hours to hear huge airplane noises from 7 am to 7 pm. The electric airplanes of the leftists and immortalists are 100 times quieter, and they don't use oil that causes global warming, improving everyone's sleep. We need to get all governments to ban current aircraft designs and require 100 times quieter airplanes for regular☺☺☺ travel. People often have no concept of how annoying it is to hear strong airplanes 100 times daily, even 10 pm to 8 am. Realtors lie always, tell people stuff like "all houses have this issue, or airplane noise in this state" etc, to make you go ahead and buy some junk. Check flightradar24.com for the most common flight paths next week or so for any airport, to see if it will be ultra noisy or not. flightradar24.com/data/airports/dca/routes is for DCA airport, simply replace DCA with 3 letters of your airport to see routes, click 'show all routes' on the upper right of the map.

The new housing.gov site allowing all to buy house in 2 days would also list concentration of 2000 types of mold, fungi, bacteria, viruses, mycotoxins in the air from mulch or rotting vegetation (common in southeast states and Hawaii, South Florida with 1000 lakes and tons of mold growing, tornadoes). The current websites don't have a 50 point checklist that realtors fill that says "mold smell present on first, second or basement or washer dryer room" or "dirty paint etc" on level 1, etc, rusty pipe on third sink, etc… housing.gov will list all these so people don't waste time visiting, or even better, fix houses before they're ready to inhabit by new owners. As one person visits a house and leaves a review at reviews.gov the room smell score is changed it it stinks and Immortality Building Inc comes to fix the smell, measure the 7000 chemicals in the air and remove rotten egg smell from algal bloom, canal moldy weeds. Each house shows 900 parameters not the 10 today. The amazing & beautiful ☺☺☺ housing.gov allows anyone to search by shape of lot (thin and long or square), by violent crime rate within 2 miles, 5 miles, 10 miles, by minimum winter average temp, construction materials (concrete

block vs wood, vs mobile home, etc), and 900 other parameters in the search of all homes in the USA. The site would show the age of the house, nice exterior and interior pics from the last remodel done by I B Inc. No scams on craigslist.com trying to get you to pay some application fee first, when they have no room or house to rent. To list a room one has to be verified by the government as the owner, so private sites means total jungle is eternal. Aristocrats don't mind, as only slaves get scammed. It's a USA for 2 tiers of people: 5% aristocrats and the 95% slaves.

The first house I bought was a condo, but being busy I didn't go there at night, when it's much quieter outside, when windows are closed, and you can hear the pipe 'hammer noise'. That noise is easy to notice if windows are closed even during daytime if you know what to listen for. *The criminal system of realtor parasitism*☺☺☺ *ensures thru distraction and window opening, the parasite lives in a quiet imperial place, while the 1000 workers he loots by his real estate commission live in pretty crappy places, with nothing properly disclosed even when he knows it from the home owner.* The drone takes pictures and videos of all walls, parts of the house, fixtures, anything, immediately notices anything. At night, the sound becomes huge relatively speaking, and it's simply unbelievable such junk is sold in the USA: the HOA (the guys managing the condo complex) didn't want to fix it, so I sold the condo soon after. The second house I bought, the realtor and owners (who knew of the issues) hid them and even pressured me to buy it, when I wanted to pull out due to street noise. It's pretty standard, the parasite realtor wants the money, so will do anything to sell quick by advising the owner on what to disclose etc. The main function of spies/militaries worldwide seems to protect the imperial lifestyle of aristocrats, while the poor (30-50% of each nation) workers live in the most terrible conditions. After sleep deprivation thru noise, whole body destruction thru bad sleep via noise or torture, thru bad foods, thru bad music inciting people to crime and negative emotion, the scapegoat poor is jailed for more extermination, while the gangster aristocrats walk free. No need of 'house appraisal', another useless job to drain global resources. The images, readings go into database, then the gov *gives you the house price within 2 hours, then you choose a mortgage and get approved within 2 hours*. You only wait for private bids if you want more $, the drones take a 3D video so real, it is as if buyer visits the house and nearby streets (and can indicate violent crime rate range in the search, or "average min temp any month of year or Jan 50 and above, etc" (climate (average low and high for each month, ought to be listed too as an option to click on for details during a search nationwide for a house built this year or last 5, with a back house or etc, "noise decibels max 40", "split ventless AC/heating only" houses, vents got microbes) shown on housing.gov. Today you can still search for new houses nationwide, you type any city on redfin, and then zoom out to the entire state and it will show up new houses under 400K or your budget for entire states, just move the map. However, it's very time consuming to play with the map. Buyer can still visit once before moving in, after he won the

bid, to make sure he will like it, having 1 day to change his mind. Today, no search is possible for the entire nation by violent crime rate (<4/10000 residents) or noise (decibels), climate, within a price range for example, since money is God, nonviolence is the last thing and priority.

This enables us to sell houses in min 24 hours, instead of 1-12 months today. It's the difference between fraud and feudalism (current system) and democratic immortality capitalism,☺☺☺ between a chariot and a space rocket traveling 8000 times faster. If we live to 9000 are we going to remodel every 8 years? With high tech we prevent all issues, so we remodel 100 times less. This fast selling and buying ensures society doesn't waste enormous amounts of time with signing up with 20 rental sites, or advertising sites if one wants to rent something, searching for 'good' realtor sites or companies, finding a realtor, realtors texting and calling and wasting eons to leave messages and behave like ☺some low IQ chimps☺ wasting time (instead of doing some science research) to find a 'good apartment' website, to change realtors when house doesn't sell giving 0 power to seller to change speed instantly by accepting bids easily, with searching online 100 companies to sell house with, etc. With housing.gov, we spend less time selling, buying houses or renting a room; once house sell request is sent to housing.gov, the photos, inspection, appraisal are done within 24 hours, if needed that fast, in the same 3 hour slot by the gov who buys it from you and you can move on; escrow closing in 48 hours, unless you want private bids too to outbid government valuation all can see (inspection results too). This is efficiency; gov can remodel it to bring it to high standards and eliminate vampiric flippers, as gov sells it at a correct price, with complicated algorithms of Immortality *for* All, not just highest bidder always, since it's Immortality *for* All capitalism, not flipper capitalism; those who currently don't own a house (to ensure all own a house, 1st time buyers get priority, if credit score is slightly lower than someone who already bought a house before and is selling it now to housing.gov), with Immortality Credit Score (this is ethics, nothing to do with finance normal credit score) higher than all others without a home, that is renters, *(or who sell their own home at the same time, due to relocation needed for job, seller can extend escrow, so government allows him to stay a few extra days in his home until he gets another home, that way he doesn't have to rent and move twice, move only once, but renting is an option for those wanting to see an area, etc and renting a room takes a day anyway, so it would be easy, etc)* bidding within a 2 hour window can get it first, at gov price, within hours of escrow closing for the sale (if two got same score, the bidding continues a few more minutes until a third person has higher score).

It is essential that we prevent predatory capitalism that *turns countries into ghettos*: in vampiric capitalism, as opposed to Immortality capitalism, the vampire buys 30 houses and rents them to 29 families, besides his 10 times bigger mansion. As a result, the conditions in which the "2nd class slaves" live in are bad, as no renter is allowed to make changes and landlord won't take the same interest in improving the house as the owner. Not only that, but USA has 7.2% of houses

vacant, often due to being up for rent at high prices. *This is because parasites own more than 1 home* and *keep people in crowded conditions or* homeless by gaming the system to subjugate the poor 30%. Who needs 2 homes when 90 million Americans rent??? Only selfish heartless people with 0 morality and who don't actually give a crap about Immortality *for* All or who have been brainwashed to 'invest in real estate', since everything is about making money, not living to 100. Equal opportunity means equal opportunity to own your own home too. The American Revolution of 1776 *accomplished little, since many of the same parasites do the same things as before 1776*. The religion is often big house, big car, big stock assets, etc, not a world of nonkilling, nonviolence and Immortality *for* All. Once again, the people today don't think of giving trillion year lifespans to all, due to the brainwashing by religions and ideologies, if anything, they give them 20$ food stamps or bread crumbs, 0.001% of their 30 million mansion built on the sweat of the poor 30%. The folks of 2023 think about destroying other nations, if spies or soldiers, and many people wish bad things to others, we're so far from the immortalist greeting vibe of the Immortalist Anthem. Trillions of years allow all to transform and become nice. We need a peaceful evolution. Nobody can be happy and productive if they live in a crappy rented place. To make US productive,☺☺☺ innovative, we need to end aristocratic vampirism, give everyone basic shelter that is allowing decent sleep. We need to step in and bring basic ethics to USA. The owner will make his house so beautiful, because it's his property. I like it how they claim to be capitalists proud about property rights, but it's only for the rich, the rest have no property rights, only renting crap housing rights. The parasite becomes like a communist government (the parasites like to criticize always, and invoke for 5 million Ukrainians dead in collectivization), who takes away the property rights of 100s of people and becomes the big daddy☺☺☺ who provides *lousy service to the slaves (of all races by the way), who die early and thus are victim of subtle hidden disguised genocide*. This mini daddy is not accountable to anyone really, unlike the government. Thus, parasitic capitalism leads to decay, as *renters have no incentive to beautify the neighborhood, house*, etc – they don't live there for long, can't get the money back from the effort spent to upgrade it, make it nicer at the sale, etc. By encouraging parasitism, we make housing degrade faster, and 29 families being enraged by the system; the anger then leads to system collapse, due to disinterest in doing a good job in their 9-5 job, no interest in voting, anger, riots. Let all be engaged in Immortalism building and first of all, we need good sleep, as that's when the body repair happens every day and without that, we age ultra fast. If the parasite lets the pipe make a loud "hammer" noise (old pipes) 24-7 365 days/year in a condo, then of course, we have people not getting good sleep, he simply doesn't care. Sometimes, he intentionally does it to destroy others. The noise is so loud, that not even earplugs make it go away. The current system of house purchase favors parasites. It's so complex, that people will often move 5-7 times within 10 years, as renters, when they could have easily bought a house in that area. Landlords often want room for family, so renter has to

move out, which makes renters age faster, as you sleep better if you don't move every 1-2 years.

It would take max 4 days for housing.gov to sell a house once clean/empty, 1 day to rent any room *(2 minutes to increase rent yearly by going to the national rent increase form that gets emailed and texted to the tenant, to avoid 30000 forms and papers and* ☺abysmal IQ☺ *of the 14th century of Neolithic laws of cities and states,* decentralization *wasting everyone's time; why do we need 50 states rent or buying contract forms?)* 1 day to find any room for rent that is quiet (no barking, loud parties, 20K fines for noise, as sleep is # 1 for longevity). In your own 1 bedroom house it can be quiet, but when you rent, the owner can make a big noise, you can't really do much about it, except ask him to lower TV volume. This will cause a shift from rentals to owning, rentals become 0.1% of the houses, which are maintained much better, since people own them and .gov sends maintenance tips, and Immortality Building Inc maintains when called, if sensors didn't detect issues first. It's a known fact landlords don't take as much care of a property as their own home, so people who rent live shorter per many studies. If we want to be a healthier nation and planet, these blood sucking parasites who rent 50 houses of 5 and don't take care of them will need to find new jobs. No renting is needed if houses are bought and sold in 2 days, and Building Inc mass produces many single tiny houses for temp stays. If space exists, single story is better, since if any leaks develop in upstairs baths, they won't ruin the whole ceiling and everything. Plus in hot climates, downstairs is cooler. The parasites won't thrive off the workers. Americans will finally feel as if *the government doesn't reward thieves, greed and parasites, but innovation, IQ,* Immortality *for* All building qualities, *research and science that* provides *high* tech materials *instead of keeping house technology in the 1st century: wood and rock for the most part. The government's duty is to encourage* altruistic *ethical behavior and tech solutions not to incentivize people to become thieves and speculators, or doing a poor job or not caring about* RESEARCH *"since gov doesn't care of course".* There is a legal battle that will reshape the realtor field, that says Americans are conned of $30 billion at least. USA can evolve past the 3rd world country stage to civilization, as the yoke of slavery is discarded. Thru efficient education centralization, we will increase RESEARCH *& Dev jobs 50 fold*, decrease redundant parasites 10000 fold. Even K-12/college students will do 50x more RESEARCH. All will be motivated to do a good job, innovate, etc, since they know all benefit, not the 0.1% only. Then, all can live to 500. If they don't do that right away, California and other states can simply set max commission to 0.5% for a house sale, paid by seller, with 0.25 to seller agent and 0.25 to the buyer agent. This removes the lies and incentives for people to become realtors: we need STEM majors. This allows the immortalist California administration to rein in the parasites and promote tech jobs. In some counties houses are 40-100K, so then obviously, they can set it a little higher. But this California thing is only a temporary solution, why create 50 systems, if one is much better and efficient. The whole nation and planet needs to wake up. ☺☺☺

Since all can buy a home in 2-4 days, and millions of 200 ft^2 studio like houses exist, nobody rents anything, except rarely a room for short visits, so we get out of the whole landlord-tenant games. *One federal rule for all 20000 cities: 3 day notice to leave since anyone can find a place to rent, a* room that is within 1 day. Landlord simply goes to housing.gov, files the notice and it goes to tenant who will vacate. No more courts, and evictions or anything like that, to make room for science jobs. We're full of *parasitic* lawyers, judges, etc who're simply lackeys of the aristocratic *reign* of terror. *That's why we don't have any new invention, except military related stuff: cars, rockets, PCs, phones to spy on people.* Whoever doesn't vacate will pay $5000 a day (monthly average salary) fine to the Immortality *Nurturing* Agency, half of which goes to landlord and after 10 days of delay, the landlord can file a request of removal (meaning the cops take the guy out to a healing center to help him find a room, and all his stuff and downgrade his Immortality Credit Score 100 points which will take 2 years to recover usually). We won't have to have trillions of dollars wasted with lawyers, notices printed and all these Paleolithic laws about paper notices and stuff. Since anyone can buy a house and ownership is above everything, doable in 2 days, the only rentals will be temporary rooms for people not interested in buying a house there yet. This removes so many laws and bureaucracy. No more 60 day notices required by Neolithic California and nonsense that make house selling take eons, that way seller has money by next mortgage payment to buy new house in 4 days, since inspector drones need an empty house except owner room. Buying would be as easy as renting a room is today or 50 times easier. There will be a huge amount of studios, to own and none for rent. To prevent people being unhappy, any renter can give 24 hour notice of leaving to landlord. This prevents abuse by renters and landlords and minimizes conflict, tension. No lease can exist and since all payment is done via housing.gov, one can leave and housing.gov no longer charges the person the daily rent. It's the end of leases and complex systems of slavery and financial obsession. Gone will be stock markets, 4500 banks (except one) and soulless parasites giving talks on "how to build wealth". These ☺abysmal IQ☺ parasitic primitives care about nothing except paper money, not on increasing average healthy lifespan. 11 companies for all and free education for all, for 100 times more science innovation jobs, instead of how to rip everyone off jobs. No taxes or all taxes subtracted by gov automatically for all in all transactions, gov prints money and basic and other goods distributed to all. Why do we need taxes for? So rich pay none and the rest pay it? IRS say the rich 1% use tricks to avoid paying 160 billion. The evil rich create 300 loopholes to avoid paying even 1%, while we pay 10-20%. It's a scam. The rich hire 300 tax professionals to *cheat the* government. *It's a criminal system* of feudal terrorism.☺☺☺ Even Trump, the aristocrat supporter, wants to get rid of all income taxes and institute tariffs instead. Real reform is making max income 5 times higher than minimum too, via the 11 companies. Since we need eliminate all state and city governments for true efficiency and make them all federal employees, then state taxes make no sense anymore either. To bring Eternal Universal Peace

and 1 billion times lower violent crime, we need real reforms, not the cosmetic reforms of the last 5 millennia. Let's have one law and keep it simple, science jobs instead of tax professionals jobs. We're a nation of "accountants, lawyers and number crunching experts" that has 0 physics innovation: chemistry and physics are physical sciences that require infrastructure, not a pen and paper, you can't discover everything in "your head or computer". Too many economics majors and complex tax/government systems. Too much bureaucracy everywhere, nothing gets done, 20000 cities make 20000s version of a law to act busy and say they "do something for America" to turn us into a 3rd world country falling behind. Why do we need 50 states and 50 attorney generals and all this? Gently read the section on creating 8 US states of similar size.

We get a Tesla like robot based high tech factory of Immortality Building Inc producing 50 million kits for 200-400 ft^2 studios, at a low price, that can be shipped by truck and installed: recall, one company builds and maintains all hotels/houses, the age of "conflicts", "that company did X, Y, Z" ends. We finally can focus on the health, wellbeing of the galley slaves workers. Nobody will want to rent if they can own the exact house, except for people who only want a tiny room for a few weeks where no house is available for sale, nor hotel rooms. Nobody will need "rental income", but some can rent a room, if hotel is pricey or absent in town. However, due to the vast improvement in efficiency and end of parasitism, all hotel prices fall. No Airbnb, all rents via housing.gov to remove need for 10^{90} lawyers, judges, procedures. Who needs divorce lawyers? Nobody if all choose to not marry, or if it is all done fast via divorce.gov, max 1 week, usually 3 days. Send all evidence and videos and done. Never stay in a relationship with a person who doesn't further the rise of the Immortalist Culture in all its aspects, the rise of 0 war, 0 violent crime in 10 years, who doesn't strive to post only immortalist tone content on social media, who doesn't strive to change one's vocal tone and fight the evil of the terrorists at many spy/military agencies worldwide who don't follow immortalist ethics. Machiavelli was right about something (even if wrong about most things): Your Purpose to Bring Heaven on Earth is more important than all relationships with any men or women on Earth. So, if anyone distracts you from your Goal, Immortality for All, 0 war in 10 years, you can end the relationship fast, regardless of their gender or relationship, since World Peace in 3 months is preventing the 10 seconds end of all human beings and is above everything else on Earth, meaning gentle tone music and social media posts, gentle tone of speech for bringing 0 violent crime to sustain the peace that brings eternal World Peace via 1 nation, 1 language, 11 companies. Time is short, soon all humans may die in 10 seconds. Choose wisely, any relationship, not just a "spouse", you don't need marry anyway, since it keeps standards higher when they know you can leave any time and the love for humanity deeper. Don't enrich Jewish lawyers, stay in a relationship only if both are happy. Efficiency & Research 1st. No Airbnb, since the company never checks anything, while housing.gov will check everything. The AirBnbs I used, 4 of them so far, are absolutely neglected:

endless holes in the roof allowing horrible smells from rotten moldy roof to seep into the rooms, bent roof, moldy stinky vents, old poor air filters for the intake, not even spending 5 minutes to put some caulking in to prevent horrible smell, mold in the bath, 3 of them, bacteria on the floor, rugs, the most disgusting moldy leaking rust filled sinks, mold in showers everywhere on one of the AirBnB, squeaky floors (takes so little to fix), mold smell in the house near bath, central heat/cooling filters not changed for 5 years. ☺☺☺☺☺☺☺

AirBnB is a criminal organization run by thugs who don't check anything, nor the gangsters, CIA agents who use torture weapons per their contracts with CIA terrorists. We need Immortality Building Inc to make it easy for anyone to rent a room short term and do proper inspection, not this private banditry and hooliganism. Exactly like we have minimum liability insurance for cars, we need minimum maintenance of houses by professionals from Immortality Building Inc, to make sure any hotel, building, house rented, etc is in health sustaining condition. Choose guesthouses, in the AirBnB filters, select guesthouse, check photos to be without carpets, only wood floors, since carpets stink and gather 50000 times more allergens and odor. Take pics and send them to FBI to close AirBnB or help them renovate those units. That way you have full kitchen, private bath, etc and no vents to bring in toxic molds, dust mites inside from rooms. Just use a silent sealed oil heater you buy and keep in your car. Hotels can stink and be incredibly filthy with smoke odor and so many bacteria from carpet etc. Plus these filthy hotels can cost more than guesthouse Airbnb and be louder, while guesthouses are separate. As it is, Airbnb is a total scam, with people claiming clean house, but full of mold and nothing ever changed, the most vomit like smell of carpets (mix of weed, alcohol, smoke and dirt of a carpet never cleaned in 20 years), dirty filthy disgusting fridges, no meters for fridge bacteria to determine if proper cleaning done, nothing, so it's probably also a CIA (or other spy agency) prison and concentration camp cell, where they torture people with hidden devices. It's worse than traditional room/house rentals, which are not checked well either. We're often shocked how filthy these Airbnbs are. Does the house stink like mold? People forget that colonialism never died, it only uses multinational "private" companies (state spy agency extensions, military of country of origin extensions) to train and install devices, spies, etc and ensure enslavement. So, to bring true democracy, one company takes care of all rentals and housing transactions, so all those outside know any foreign branch is the extension of the state company. It's time to stop lying about being private, when all big companies are extensions of the military of that nation. Without honesty, peace is fiction. To achieve violent crime 1 billion times lower, we also need honesty to be 1 billion times higher. They're interdependent. There is nothing to hide, when you want trillion years lifespan for all, this is what our country stands for and any branch of our 11 companies plus educational policies all can adopt for free (free education courses) is aiming to bring trillion year lifespans for all. Right now, it's all gangsterism. So the gangs don't

want to ever be honest, they love to publish endless fake papers, with ridiculous science, etc. ☺

All couples who want to have a baby can move to a cleaner air area, instantly, since babies and pregnant ladies need cleaner air, and sometimes a filter won't work well for jobs outside. Since all read this book or others and learn about pressure cookers, all kit studios contain a 40 ft2 kitchen only (comes with world's most advanced electric pressure cooker, (even the stone age ones today are 12 appliances into one, as the box says, and you can make nice lentils or whatever) since stoves/ovens are deadly, they create AGEs), but people can buy for 20$ a stove, yet all stoves have warning that cooking without water will wreck your health and make you a burden on the entire humanity who has to fix your arteries and organs, world's quietest Immortality brand food processor for smoothies made in USA, a 50 ft^2 bath with tub, 50 ft^2 living room, 200 ft^2 room, 30 ft^2 laundry room. When people see the analytical data on nutrition, toxic AGEs in this pressure cooker versus the stoves houses come with in the *Age of* Aristocratic *Terror*, they will never want a stove in the house, because, they know chemistry, that electric stoves are deadly, they cause free radicals in the air, by high heat burning volatile chemicals, that we inhale and destroy our lungs with *(open stove oxidizes 100000 more air chemicals than the plate inside a pressure cooker sealed from the outside, so please don't share the "crap" with "electric stoves are great", they're genocide from the* PALATIAL Aristocrats*)*, as explained in the electric heater section on why we need electric oil heaters and not electric radiant, furnace or ceramic ones *(gas heaters are banned globally in many areas, due to toxic incomplete burn products and gas* explosions, those are genocidal as we explained in the paragraphs on the lethality of central AC/heating systems *that spread microbes, molds via vents that can never be sealed or cleaned well, etc)*. *Stoves, even when cooking in water, without a lid, lead to 10000 to 100000 more "air induced"* oxidation *of the water portion a*nd even solid portion of the food that sometimes rotates around the surface, versus pressure cooker, due to 10,000 to 1000000 more air coming into contact with the water, so definitely AVOID STOVES, even if lid is on, you get way more oxidation. Clueless moms let the soup boil without lid, no brains, for millennia, today galley slave PhDs, even in chemistry, act like robots, cooking in the most toxic way, not realizing what they're doing: this is because aristocrats designed an "eternal slavery" education system, not one to teach people to live to 900. Do you PhDs realize all restaurant food is poison by the standards of America's immortalist future *government?* Do you see the fraud these people perpetrate on the workers and themselves via their pathological selfishness? If you want to avoid being a burden on humanity. Microwaves need an evaluation and special stickers, don't come built in, so people know the dangers and why other nations have limits 1000 times lower for RF emissions of microwave ovens. This is the age of science and we install a studio in about 10 hours. Rentals of any sort will decrease 90000 fold. Thousands of hotels (that sit half empty due to decentralization) are turned into condo complexes or demolished if old and not safe

during earthquake, to make room for 400-2000 ft^2 kit homes, 800 times more high tech *that* the best aristocratic home today. *No more landlords… science 1st. Let every single scientist,* engineer *be happy* in a gorgeous 400 ft^2 1 bedroom house (700 *ft^2 backyard* truly amazing & beautiful ☺☺☺ decorations, landscaping), or if a family, 800-2400 *ft^2* 2-6 bedroom house (800-2400 *ft^2 backyard*). Redundant companies districts are razed, replaced with quiet residential areas. We rebuild America ☺☺*lovingly tenderly gently kindly*☺☺ so that all beings feel infinitely loved and cared for, like Immortalist Anthem verses 8-40. We group 5 bedroom houses in similar areas, to avoid annoying silence lovers with eternal shouts of 40 kids. The shouting folks can learn to practice eterni tones via free educational courses. Aristocrats, ever busy waging war on the workers to damage brains with bad food, poor sleep, never rest. Recall the gift of British & other aristocrats for non-Brits: blowing by gun. Most aristocrats have no mercy, to them "only they're humans", the rest are mere rats. The attitude is identical, the only thing that has changed is the way the "blowing by gun" is done… it can be done even with breads, bakeries that are dark, toasted, full of carcinogenic brown crust, 1000s of products or plain torture. ☺☺☺☺☺☺☺

Immortality Building Inc can rebuild the house, *during remodel due to ownership change*, so bedroom windows face the quietest areas and sides and floor levels (sometimes upstairs can be noisier as no building exists to obstruct noise as downstairs), furthest away from the noisiest street and in the direction of wind (has to be quieter, so it's easier to sleep with window open) to diminish AC use and associated noise (let kitchen, living room, bath be in the noisiest of the 4 sides, bedrooms in the quietest. Due to electric pressure cookers, etc, kitchens no longer need so many special things such as stove, fans, etc since more portable exhaust fan systems can be created and shifting kitchens would be easier and kitchens will be replaced by immortality labs anyway. Every house is scanned for ticks and if ticks are in the area, the owner needs to be informed, and Immortality Building Inc must do *everything* possible to use lasers, etc to wipe all ticks out via new high tech methods as ticks spread too many lethal diseases. Termite inspection *is not enough, they need* tick inspection *in the backyard too.* Everyone gets a booklet with basic house maintenance he has to do*, and like the cutting of the grass done by* Immortality Building Inc *before owner got the house keys, to keep grass under 3-4 inches, to prevent ticks* (who prefer shadow, moist environments, meaning tall grass to hide under). *Each house comes with the quietest grass mower, for owner to mow grass quietly and keep it under 2-4 inches to prevent death by tick bites (manual explains the 5 levels of grass one can adjust for, go for lowest if terrain is level).* They also use a device to record noise around each house for 30 days to create average and a sample of each day of the week and hour, so *168 audio samples of the average* of every hour of the week. They create walls, ☺☺☺ made of new materials, 20x cheaper than brick walls, that absorb sound and produce electricity to charge roads traveling on those noisy roads and ultra tranquil music on both sides of the wall, music that calms people, pedestrians, cyclists,

drivers with open windows, and is more like white noise 30-50 db lower, around major roads to reduce noise of nearby houses and allow better health via acoustic nutrition). *The houses near roads need to have, by law, windows, roof and walls that are way more soundproof than houses 800 ft or more away;* there need to be 9 types of soundproof levels at least depending on noise level on the road so all can sleep with window open, get oxygen and not use AC so much. This is equal opportunity for all, at least give some good portable window quiet AC or central fan (if using electric heating) to bring in fresh air from outside with windows closed, if window open is not option in aircraft areas or in the hot summer or due to sky high road noise in areas that don't need AC and are freezing temps. ☺☺☺

Immortality Building Inc coordinates *with* Eternal Travel Inc *to have fewer tire/road companies that produce* better product, that makes 3 times less noise on the road*; we need R&D jobs not admin*. 5 instead of 5 million contractors or restaurants, hotels etc also means inspectors have a far easier job to inspect with drones (like Walmart ones) or in person and every change takes 1000 times less effort to implement, like white (special 99.9% heat reflective paint) roofs/walls in hot states to avoid AC, better window positions and heat reflection, wall insulation, etc to increase natural cooling, etc. These sound absorbing walls could also generate a little electricity via the wind, sun, create amazing & beautiful ☺☺☺ light shows, like permanent neon light quotes, on the road side of the wall with "Immortality *for* All" quotes or just listing the 200 qualities of the Immortals. One day, 1 drone will carry 30 tiny drones that each has a special device to penetrate wall, see thru every pipe, drywall, everything and check it without any physical person being there, drone calls the person, he opens the door and then checks everything slowly 1000 times better than the comical☺ inspections today. Recall, that a small business (1-2 people) of Neolithic inspectors can't compare with Immortality Building Inc with 100,000 PhD and automated gadgets and devices and computerized stuff, it's like Tesla Model 3 (19K only new in some areas of California) vs 15th century chariots. If we got 1 million taco trucks and tiny restaurants, and we want to optimize their formula, reduce AGEs 10 times to increase lifespan, we need to do 5 million tests, to optimize cooking, etc, reduce dry heat, etc - but with one or five big companies making many tacos, like Taco Bell, Chipotle, etc we can optimize it 1 million times faster and make a change instantly to increase lifespan. To achieve individual immortality, or 500 year lifespan, we need to COOPERATE, lovingly *gently* kindly help all live to 900, and not be so about 'me, my business', to reduce redundancy and forget about the ego building 'be my own boss is great and will serve society best' illusion. After all, many small business owners live paycheck to paycheck, make 10% of the money others with a job make, and inhale smog while selling tacos; exploiting others is not how we live to 500, we need to jointly raise everyone up to live to 500; divided we fall, united we rise in fewer bigger businesses we get 100x more RESEARCH and tech to live longer. ☺☺☺☺☺☺☺

Today, only houzeo.com (see all their videos by clicking on the ►) (and a few other flat fee MLS sites operating in most states, though most flat fee operate in only 1 state or 2) allows you to sell your house for 400$ if you do all the work, etc (ask buyer agent realtor to write offers and you simply sign the DocuSign, this is for those with more time and confidence), as TechCrunch 12 min video explains, instead of $50000 in commission, using a flat fee MLS service, but it's a far cry from the future centralized immortalist way. However, due to *MLS rules that promote global slavery*, the contact person on MLS can't be the seller, it has to be some agent, hired by Houzeo.com, so phone calls can't go directly to you, only to some automated line (that makes it hard to get the seller actual phone, they could just create a temporary phone for every house sold and message says "This is the MLS listing agent, to see house, the seller needs to be contacted at his number 111-111-1111, since this house is cheaper due to having lower commission for the listing agent; so this is a good buy for you; you can make offer thru houzeo.com/111-111-1111"). Due to the stone age houzeo.com tech of linking callers to the seller, it puts you at a disadvantage and you won't sell faster, but actually slower: the automated phone prompt has you go thru several menu options, waste time and then you're told "make offers and see more info at houzeo.com" or something like that. It's a way to never get any real reply, so no buyer or buyer agent will like working with this, unless you got a brand new house below market value. It's comical☺, another way to make the slaves feel they're "getting a deal", by saving 2% on house expenses, when you probably lose 3% from sale price and work way harder. The automated line and MLS rule to list agent as contact delays inquiries, house selling and is very bad, as nobody picks that line, buyers and agents have to take extra steps to make an offer versus normal sales, so seller gains nothing except frustration as there will be fewer showings, offers, etc. It's no democracy, but the enslavement of all Americans by the aristocratic gangs (see military rule, how 15th century feudalism lives on, in new disguised forms, with aristocrats (who created US colony and later USA, and many nations, regimes, etc, and many spy agencies to maintain their power over the enslaved masses under the guise of 'protecting the public' from 'bad guys' who threaten their power hold) wearing military uniforms, disguised as 'spies', royal families, 'patriotic generals', 'poor man turned into self-made genius politician or billionaire', etc). A future housing.gov sells any house in 1 week max. End all filif IQ☺ stone age sites and realtors and deliver true freedom and justice, in action not lies. Seller needs to be able to pick up the phone via any MLS listing if he wants to list on the national MLS site, even if the agent is some houzeo.com agent that helps seller. The 1.4 million realtor member NAR (National Association of Realtors, or *National Realtors Association, NRA*, National Rifle Association, *the same vibe, they're all cops, FBI probably or spies (military, police, CIA, etc), conscious spies or not*) made MLS rules, the dictatorship of realtors for USA means that people, buyers, agents who don't want to go thru the menus and to the houzeo.com website, won't really like it and give up, so you get maybe 2-5 times fewer offers. *The house selling MLS is*

a system of subjugation *of all USA by the* National Association of Realtors (NAR), who founded the MLS in the 1960s and had the first online house ads in 1994; it is a relic of the era of slavery. The Department of Justice has been fighting the Realtors on PAPER for decades, in reality, it's a mere show to pretend they protect the PEOPLE. Everything is shrouded in secrecy, 1000s of houses don't even appear on MLS, they only go on the internal listings of these companies, the internal network of agents, etc. The average buyer, the enslaved 99%, is not allowed to buy or sell fast, only the super rich, with pure cash can do that. This is a system of pure exploitation. ☺

Houzeo.com offers 0.5% commission option (save 55000$ on a $1 million home vs 6% realtor if you pay 0% buyer commission or 50000 if you pay 0.5% buyer commission; please note in California, etc houses are so pricey, even 0.5% is overpaying the realtor, since most people make 50K a year and 5K for just 40 hours of work is like 260K a year: the 0.5% option of Houzeo.com allows us to bring down the aristocratic system of worker exploitation by the real estate mafia, until we get an immortalist government that makes it 900 times easier than houzeo.com even, which already is far easier than it ever was for an owner sale 10 years ago. Buyers look for houses, they see it on MLS, Redfin.com, etc as houzeo.com forces it on and then they will tell agents to make offers and agents can't negotiate the buyer %, you select that and this way we force commissions to come down more and more. You still have a listing agent at Houzeo.com to call at gold plan, 0.5% and make all offers electronically. *Houzeo.com* does everything for you almost (except showing and you talking to escrow to finalize the sale, calling to confirm offers, counteroffers were received, etc). Just make sure you answer any call within 10 hours or so and do all the steps of a realtor, with professionalism, good photos (30-50 photos), 1 video of the house (clean it and then take a 10 min video), talk to escrow, title company. The customer service is poor though: the realtor they assign even when you pay 0.5% to houzeo.com at closing doesn't really answer any texts or phone calls (they only forward any emails and texts, phone calls received, since seller does most work) until a showing exists (everything is done via the website, so don't expect to talk with the agent much), they don't update things as you enter them, the for sale sign has the price listed, so if price changes, it looks strange.

The present real estate sites are pathetic at best, reflective of the corrupt USA government, who defends palace dwelling aristocrats, not the people's high quality access to a website that is much better than the junk ones today: you can't do even basic searches like search by dozens of parameters, mobile home space rent or land lease amount, can't sear h for criteria in a whole state or country, only by tiny counties, etc. They have these mentally retarded sites, where instead of searching by 200 parameters, you can only search by 10 or so. Again, quantity versus quality, 5 million real estate sites, none of them good, the more the more ghetto America gets. Everything is made so stone age and hard to search, it's unbelievable, one has to waste so much time or rely on the lies of parasitic buyer agent realtor. It's stone age, just like our military and

immigration system. With the housing.gov system detailed above, we inspect houses far more often, keep housing in perfect shape since if ownership changes 5 times every 20 years, instead of once, we can treat problems earlier and do far better repairs. For renting, no federal inspections are done, as landlords are allowed to rent in any condition for a few months. So, it's not just centralization, but life extension. The government inspects any room for rent yearly with all the gadgets they use at house selling and when requested by tenants. ☺☺☺

Whoever submits credit score and bid to buy a house, etc, during that 48 hour window of escrow *opening for the sale,* (escrow ending hour, minute, day is public)*, so all* Immortalists *can bid and get their* house bought in 2 *hours,* vs 1 year *in "current capitalism", that's* IMMORTALITY *CAPITALISM,*☺☺☺ *REWARDING* "Immortality *for* All", those who contribute to highest average lifespan, not 1 person's *GREED. meaning all town knows that will be gov property soon, available to buy after gov remodel, if remodel needed,* done in a week, not a year, like some 'capitalistic enterprise companies from hell' *who extort the weak and inflate price ever*) and renovation being done, if needed, before anyone has time to bid and start a useless 50 day bidding war that drives prices too high, makes too many renters and flippers overextended landlords oppressing the tenants, making tenants unhappy and wasting time of courts that have to deal with the issues coming from unfair housing for all, all for flippers, shortening lifespan of the average American; we need longevity, not lawyers, physicists not admin jobs and etc; thus, with centralized immortalism (eternism of the 11 Eternal Companies if you wish), a house can be bought in 2 hours, or a few extra minutes if the two highest credit scores are identical for more bids to come; this is 4,400 times faster than some people spend now. All will spend 50 times fewer days selling a house, move to 21st century finally. Gently give all a single family house in America and let everyone experience the joy of home ownership and maintenance, so nobody feels cheated. We need longevity not arguing in courts; action, not words; one nation all for all; all help all; ultra high tech drones to remove subjectivity of inspectors and fraud. We remove vampire realtors who collide with appraiser, inspector to flip houses, do this and that, etc. ☺☺☺ The whole system is running on lawyers and courts being 500 times more numerous than it would be in an ethical efficient society. For example, when tenants pay a room rent, they'll pay housing.gov and that goes to the landlord instantly, so if they're late per the *one national rule*, more than 1 day, their Immortality Credit Score goes down. With each day the score decreases even more, so there is no more "cash" and arguments "he paid me this or that" or wasting eons with jokes. Tenants can't get mad at landlord, since all maintenance is done by Immortality Building Inc. Similar mega companies reduce the amount of litigation 900 fold, so we're a virtuous society, not one that wastes so much time with fights. This increases efficiency, as we major in physics, etc. Today the rules for each industry, or even renting, etc are 20,000 for 20,000 cities, instead of 1. *The whole society* wastes ENORMOUS *amounts of time with their*

20,000 principalities, where the Mayor and City Council are the Bosses who decentralize and make America a 3rd world country where everyone is a lawyer, judge, economist. Everyone gets mad, has to learn the 1000 procedures in every little village. Let's get ONE system everywhere, do science not mind games. If tenant, neighbor, owner or anyone senses an issue before the 700 house sensors do, then, they call 800-housing and in 10 minutes someone comes to fix it if urgent, 2 days if not. No more games "I told him to do x" and he didn't call that guy, etc. Due to the ultra selfish design, all we do is fight, each other and other countries, this is the American *dream*. Why can't we evolve? Why do we need 10 million phone numbers to call? Why can't we make it efficient? You enter your immortality pin or ID or phone and then all your info is uploaded, or your phone is the one on immortality.gov central ID system and is recognized instantly and asks: how can I help? Employers (non-residential) can call 800-buildit. Nobody can make prank calls, as reviews.gov is there and if the gov employee finds out it was a prank, he goes to reviews.gov and degrades the score of the prank caller. If any issue with the maintenance, reviews.gov degrades technician score, everyone is held accountable, no more "he said this". Video of each maintenance visit by the Immortality Building employee exists.

With one efficient housing.gov, we eliminate endless parasites, speculators and conmen. Today, we have a criminal 'realtor' system of rewarding LAZINESS, in *all nations*. Basically, for doing essentially the same work, a realtor gets to earn 5000 times more, simply because he sells a house that's worth, hear that, 5000 times more or 100 million, instead of 20,000. This *criminal government system, that* rewarded aristocracy, that rewards basically doing nothing to maximize the lifespan of the maximum amount of people, that makes a mockery of the US Constitution, We the People, has been here for 250 years. The system rewards theft, finding clever ways to game the system, to cheat, not work that maximizes the lifespan of all using science ☺☺*lovingly tenderly gently kindly*☺☺ applied. Hard work to increase the healthy lifespan of ALL, not just 200 aristocrat families, is not rewarded, so mafia thrives and we become a 3rd world country. We already are in many ways. It doesn't reward science of longevity and healthcare Immortality *for* All, but thuggery and banditry, profiteering and exploitation. If we pay scientists and inventors, that's what people aim to do, science, not economics and real estate. If we want to remain backwards, all we need is to keep the house buying and selling the same way. Decentralize and waste time. This gives these predators time to torture everyone, as one sale and then they have all year to harass and torture, enslave and subjugate all workers, as aristocrats gang up on us, spy on us, kill us. Look at MIT. I learned nothing about longevity and health in there, not required, most stuff I already knew from high school (I got books from University library, so in my spare time I learned all that), we were forced to waste 4 years to get a useless paper called diploma: many courses, I just went to the exam. EDU for profit: make slaves, get some paper, maybe a job later, not related to the study. A complete waste of time

and money, not to mention the bad sleep, noise. Let's centralize EDU. Eliminate realtors and get some scientific and engineering progress going. We have too many 'clueless' running individual businesses, when with fewer, we get far better tech, due to 100 times more R&D. *We either centralize or become a 3rd world country run by gangs.* Lots of people who're single, just need a quiet place, small home, 400 ft^2, etc, like a studio almost, so we see the complete lack of features: for example, on these 1st century realty websites, you can't search by "quiet, pet free, kid free mobile home park or HOA for single people who need a temporary 1-7 year house to own until they will marry". There is very little choice, and the only quiet areas are for 55+. Same for apartments. Priority is PROFIT, the development of the immortality techs is not. Oddly, the best mobile parks are for 55+ only, so it's interesting how we trash the young people who're the future and who can innovate, create recordings for the centralized education, etc.

The young have no right to a peaceful place *until they settle into a family,* unless they're aristocrats. *They're forced to listen to the loud music, dogs, screams, etc.* This completely destroys the civilization, for the young have the most potential to innovate and poor sleep makes it impossible. Not only that, but families with kis could live together in HOA or family mobile parks, etc so they're happy with the noise. Let's create the Immortalist Party or radically change Demon-crats and Re-pub-licans. *Kindly don't forget* George Washington and Freemasons who created USA were aristocrats who owned slaves. 711 = Washington in the secret code of revolution spies, 7*11=77, 7+7 = 14 stations of the cross in many churches?, similar to 11-7-1917 Nov 7th 1917 USSR revolution), or 77 on these cars (*717* on highest rank) at each annual parade or 49 German area code, 7*7, Angela Merkel birthday *7-17-54* July 17 1954, Mein Kampf published 7-18-1925. Jews rest on 7th day, Sabbath. So, they were not really as progressive as one might think, though they gave people freedom of religion, of belief in one of the 5000 fake miracles based beliefs, while a slave. How "generous" of them, to allow slaves to believe in any fantasy that enhances their low IQ and slavery. What an "amazing" American Revolution.☺☺☺

The Revolution got Freemason aristocrats replacing the British ones, *if different, maybe and probably many of the same*. We have nationalized *our country's defense* to protect *us* against foreign vampires and looters, we can nationalize *real estate exchanges* to protect *us* against domestic vampires and looters, to make it far more efficient, fair and transparent, eliminate the middle vampire, the "Court Jew" of real estate, who has sucked dry the planet for centuries. We can nationalize a lot more, if people want, the slaves probably want, the only opposition would be the aristocratic 5%. Today we see tons of Israel born or etc Jews in real estate, with all founders Jewish, recruiting Jews as agents, or gentiles. It's 50 hours of stressful work to be a scientist, so 2600 hours a year, and you can work just 26 hours to sell an average house and make the same yearly income, so what kind of gangster democracy is this? We got someone who doesn't contribute in any way to progress almost, making 100 times more if selling an

average house, per hour, and if a house 5000 times more expensive, he can make half a *million* times more per hour. *Equal pay for* equal *work indeed.* Check out the huge waste of materials that would enable all Americans to have good single family housing, but they can't because the palatial aristocrats need useless businesses, to keep the poor short lived and addicted to alcohol (3 million dead a year, a Holocaust), tobacco (6 million dead), drugs, violent music, etc. Check the houses in Hidden Hills, many waste the materials for 1 Immortality city center where 40,000 Americans check biomarkers and prevent disease and live to 120. They get some fake Demon-crats proposing some unethical thing (sexualizing children, etc as with Disney as DeSantis says, or etc – things that an immortalist culture would never have to begin with at all with Immortality *for* All Party), to have pretext for Re-pub-licans to be against it and appear as the moral guys who also pass the stuff that shields the aristocracy (but is never talked about). It's a very clever system of controlling both sides to achieve 0 change for the rich: always fabricate nonissues *(which by default would be illegal anyway in an* Immortality *for* All *society, such as allowing illegals and having no border wall)* to distract the people from the elephant in the room: the parasitism of the real estate and many other industries that is totally against democracy, the feudal system of subjugation. The big issues are always not so big at all. Like in magic tricks of prophets, distraction is the game. First of all, with one system housing.gov it becomes possible for the 1st time in history to know who rents a room and have one national ID system and find exactly what's going on instantly, to implement the rule of law, that Re-pub-licans claim to defend, the order, so to rent a room one needs an ID to get preverified on .gov site instantly, so landlord won't waste 3 days to do that, one needs to be legally in USA, etc. So, when you treat people like humans, instead of like pigs to be worked to death, you create border wall and give visas for those you want to work at the minimum wage for that visa, ideally same. Rule of law and "Christianity" they claim to uphold. Demon-crats are Re-pub-licans in disguise, who're against border wall, to facilitate slave labor: those with no visa would always work for way below minimum wage, and ask for nothing. This enables then the greedy aristocrats to amass big palaces, money by enslaving millions.☺☺☺

But with this aristocratic feudal system of subjugating *99.9*% of Americans, it's not possible. Hidden Hills is *one of 2000 similar "small enclaves" of the* aristocrats in USA, add it all up and we get *300,000* Immortality Centers near City Halls, etc. Check out the 9 million mansions in USA, space and materials for so much public good. Let people be free, in practice, not slogans, why are the average Americans so incredibly "low IQ"? *Can't they realize both parties are owned by the* same *conmen*? Check out the mansions in each state. Nothing to worry, Hollywood parasites create the most uplifting music and movies, to keep the slaves paying their tribute. Then you understand why the Tsar bomba was tested in 1961 perhaps, one is enough to cover 60,000 mansions of the aristocrats, check out the 50 mile radius. Check out how all of a sudden, 4 fires

erupted on January 7th 2025, Russian Christmas day, in 4 areas with rich Jewish celebrities (Pacific Palisades (before and after), Hollywood Hills (fire movie a guy called Israel fights the fire) near Beverly Hills Jewish enclave, see entire streets burned, see the Palisades and PCH highway homes, of 5 million each, all burned, as the Light of God punished the satanists who destroyed humanity with their depraved content of murder, rape and violent yelling for 100+ years) who have caused via music and movies 9000+ cities to be wiped off the map last 100 years, such as Syria and Ukraine. 2 days before fire broke in Hollywood Hills, etc they voted (See 30 second at 82nd Golden Globe awards, video about smell, stench, fire and 3-11) 3 for moms, 11 for cast and crew and 0 for God, referring to 3 agencies and 11 companies replacing the 33 million companies, the immortalist spiritual society that replaces talk of genocidal Bible God with real kindness of the real God. The fires were staged, all knew they come. 82nd award, joke about 88, HH, Heil Hitler, anti-genocidal Jewish Bible. Jewish Resnick couple (both Jews) agriculture Billionaires took over the California water supply, billionaires who sell useless products, nuts (pistachios and almonds, 9000 times less healthy than walnuts, deadly nuts, ω6 to destroy gentile brain, pomegranates, less healthy than blueberries, hard to eat fresh, mandarines – waste of land use versus other fruits like berries, plums, etc wine to cause 1 billion dead and destroy gentile brain) and fruits that are not healthy. Guardian calls on ending the billionaire class, like this book does in the credit section. Immortality Food Inc needs to fine this couple 10 billion for cultivating deadly nuts and causing 9 million heart attacks via such nuts, take over their farms, destroy all grapes, pistachio, mandarine and almond crops and cultivate much healthier kale, blueberries, black plums, red cabbage/cauliflower, walnuts. A strategy of the rich (or bad type of Jew) is to give poison to workers/gentiles, eat good food themselves. Steal all California water to cultivate the worst nuts to destroy brains, take over USA.☺☺☺ Isn't it about time for infernal movies creators, music to experience the inferno, war images eternal they created in the minds of billions with Mel Gibson movies of Jesus torture and bloodshed? What about the pastors, rabbis, imams who use their "places of worship" to promote genocide, burning entire cities to the ground, raping all virgins after Mohamed killed their husband or dad, etc, why can't the real God send little fires to these Avatars of Genocide-Looting-Rape homes and "worship temples"? Well, God already did, 15 places of worship were burned at least.

The fire that wiped out the famous Pacific coastal areas, started on Russian Christmas day, on Piedra Morada Drive, as Aussie news explains, and as described in detail via videos taken at 10:30 am by Stephanie (age 26), Nicolas & mom Libonati family for NBC News (they knew this is it probably judging by the body language, everyone knew almost the "God sent" (military?) fire is starting now, watch Nic Libonati (Italian last name, boot salesman per some reports, age 21) use buckets to put out fires), while Anthony Marrone (tone of music, tone of movies, tone of lyrics, MARO, like Mora, Immortality, Roma, Vatican, Italy) was LA Fire Chief (see Anthony

speak), like in The Rock of Immortality Drive, not a coincidence perhaps. Italy shape is like a boot, here we go: boots on the ground, war. Beautiful tone music is here, for the Evolution of All, celebrities get new houses, this was all staged. The investigation also happens on other streets, such as Via La Costa Street (see ABC7 news), in the Palisades Highlands community (Highlander like the Immortal) Life or Money, what is the focus of our civilization: $$$ or Life via healthy longevity? Pali is the language of the Buddha. No Buddhist temples burned, only about 15 churches, 2 synagogues, 1 mosque of the Trio of Israel religions. Residents claim the homeless caused it, but it's FBI. Check out mobile home park burned remains in Pacific Palisades. On the same January 6-7th day of Orthodox (religion of Nikola Tesla) Christmas eve and Christmas, Mecca, the place of Jewish Quran Islamist Violence spreading, was hit by God or Tesla tech caused artificial floods. Medina was also hit, besides other cities. At 9:05 am local time (9 times 5 is 45, China has only 1 time zone, 6 miles from a key religious Buddhist center, like 1945 Nuclear Attack and chapter 4.5 on immortalism), on Russian Christmas day, 2025, a huge earthquake rattled China, Nepal and India, with epicenter in Tibet, using Tesla tech to generate earthquakes or perhaps an atomic test. These 3 events, seemingly natural, may be God's warning to Violent Scriptures and Movie makers and spreaders: you shall not defile God by atributing such genocidal Bible Quran quotes to God. Rather, God is Love as the Immortalist Anthem explains. The Russian President said in December 19th 2024, weeks before this arson, that Jews attack the Church and now on Russian Christmas, fires burn, with help from Mexican arsonists who're illegals looking for construction work, so they can install 5 million mind control and listening devices in the houses for the KGB. God is not happy with Hollywood Jews and all Hollywood celebrities, so God uses "natural events" (probably arson from satellites or drones by US or foreign actors using wind of 100 mph generating tech) to cause peaceful movies/music. 50% of aristocratic Palisades was burned by Jan 8th. This was no accident, since some insurance companies canceled policies months ahead. See Altadena fire. Odd how on 3 continents, on Jan 7th, we have on Orthodox Christmas day, disasters happening to the enemies of The Gentle Way of 0 Mutilation, 0 War, 0 Terror, 0 Torture…: 1). Mecca Quran Terror Mutilation Violence promoters got floods, 2). Bad Music-Movies Makers and Aristocratic Parasites got fires and 3). Chinese torture lovers got quakes.☺☺☺ Violence Met with God's Tesla device? The weather wars have started? Tsar Bomba is nothing compared to quantum weapons that can kill all humans on a planet only and do no damage to any building. The vampires kill 9 million globally by alcohol businesses and tobacco ones, programming everyone to smoke and drink. Millions more are killed each year thru Eternal War, as World Peace in 3 months is forbidden in media, politics, songs, etc. War is the way to beat to death any disobeying slaves. Media is controlled by generals. So, if they kill 9 million each year, for decades, what is a just action in the minds of the less peaceful mortalists? Some will possibly say that the only just action is the death penalty or lifetime labor. Russia warned USA by tweets. All 3 could have been done by the military though

using homeless thugs, to frame the Russians. 1 fire is arson. Hydrants dried out since they started repairs on a reservoir, just as strongest winds in 3 years came about per FBI weather predictions or Tesla UFO motherships making winds. This was an orchestrated event, by CIA-FBI probably, with 100 house fires started at once to get 6 huge fires spreading so fast, in order to achieve a certain goal, population shift, increase of insurance rates in California, rebuilding of structures with new transformers and electric panels to enable EMP nuke attack resilience, aristocrats kicking out poorer people from their exclusive neighborhoods by insurance premiums, Mexican illegals wanting work so setting houses on fire as all their work is construction usually and KGB/CIA being happy to help them set fires up with small devices, lasers. This is too odd to be natural. It's a false flag by the US government. Jewish Center near NASA JPL burned to the ground, too many spies there perhaps.

Fires can be targeted strikes against various gangs and spy networks run by various nations. The people obviously were aware and left, instead of watering lawn and house and keeping watch with a hose, these "evacuation orders" enable billionaires in construction business to get very rich, while if people used tap water, they would have watered lawns etc and put out fires. Many used generator pump and a pool to fight it, wet lawn/trees and saved the house. Once you're low IQ enough to leave house (if you got 100 gallons of water in tubs etc you got enough to put out a lot if fires, if water works, a generator pump can pull water from tub or a pool or inflatable swimming pool you create to have water to attack fire), it will be 100 times more likely to burn, as criminals set it on fire with drones or lasers or embers reach the house from the strong wind. If water doesn't run and you don't have pump and hose and 100 gallons, then it's hard to put out any ember fire…, or water embers before they burn the house. If water works you can put out neighboring houses too to prevent embers flying into yours. Don't be silly, but many are spies and knew it was staged, while others may be into insurance fraud happy to get new house. You see in areas with few trees, people who stayed and watered house didn't lose house. Only ☺low IQ home owners leave during a fire, if you live in an area with concrete mostly, as a hose or bucket can put out any ember, plus the Immortality Building Inc can make 15 minutes to deploy tents that never burn to protect a house, instead of 1.4$ trillion/year of useless products, so no embers reach the house. The fires expose the predatory nature of the insurance industry as this video explains so well. It's time for the Immortality Building Inc to replace all realtors, contractors, insurance companies, Eterni Bank to replace all 4500 banks to bring the end of hooliganism and predatory aristocrats. The fires happen and people die because our society prioritizes money, evil music, not Life. 35 million mansion is now ashes, no more aristocratic terror for a few months as they're busy rebuilding imperial palace for realtors from middle hell, landlords from low hell. God hates war and genocide, and not everyone adores the God calling for 8 billion gentiles being killed when Jews desire. It's never too late for Jews to abandon

satanism, the Bible, and to embrace Immortalism, to give legitimacy to Israel, as it dissolves into the One World Nation, Eternia of 11 companies. ☺☺ Altadena mosque was also burned, as a Thank You to Islam. ☺ 15 *churches were obliterated by the fire, because their message* of raping all virgins, burning cities to the ground, killing 8 billion is so '*important*' to God, God didn't care to protect them. Odd how people think such "religions" can build a democracy: rape, genocide, slavery deified. Canada burned 33 churches, many insurance firms no longer insure churches, enabling USA to use fires (Joe Rogan) with lasers to get rid of churches, mosques, synagogues. Thank God? Anyhow, Trump talked of fires 2 months before the fires, with Joe Rogan, who uses a cover of a Jesus believer, like others. See HAARP weather engineering, create fires, storms. A car dealer emailed/texted/called me 20 times, Kaden (warrior in German) Wilson, like Mt Wilson where Pasadena fire was, phone ending in 737, Boeing 737. 316-633-7307, Don Hattan Ford near Wichita Kansas, that produced more airplanes than any other town in the world. The guys who had my car search lead to a car dealer and who replied about this indicates that actually they knew it was coming, as other guys were having inflated airplanes at the dealer, signifying the air quality, related to a truck, a lorry, like Lori, some girl who lives in near the fires.

Russia hit Ukraine tobacco company, the official cover story is a "drone fragment caused it to catch fire", or maybe Ukraine set it on fire on Kiev founding day (482 AD) to help its people smoke less, vampires to make less $, or steal market share from competing vampires. Critics of the conspiracy theory will say that they don't push it, but they do, they spend billions on tobacco ads, wine studies, etc. Look at Japan Tobacco Inc, 40% of Russian tobacco market, all companies almost tried to exit Russia, tobacco did not, "keep killing and call it World Peace for all". US (Phillip Morris founded in London, 26% of market share) and British (bat.com + imperial tobacco 29%) companies hold 55% of the Russian tobacco market share in June 2023, ethics in action, Life for All, united with Japan (37-40%) in delivering Immortality *for* All, interdimensional immortality in this case, like Jesus the con. Hybrid war of extermination? In the EU 20% smoke daily. Russia is only 2.5% of revenue for Bat.com, so BAT were the first to exit Russia in September 2023. Phillip Morris doesn't care, cause 17% of US high school students smoke, about 15% of Americans smoke some tobacco, *brainwashed* Americans *spent $82 billion in 2022, on tobacco suicidal products*. Aristocrats don't just own banks, they own all intelligence services, so the state is their repression apparatus. The military owns every world government, so instead of 1 million ads about free mp3 players for the poor and free meditative music, free bliss via meditative breathing, better sleep, etc we get 1 billion ads about buying tobacco, alcohol products each decade: pure murder of tens of millions for *CORPORATE* PROFIT. *In 1920s & 1930s Germany, these same aristocrats financed Hitler's rise* and led to 80 million dead in WW2. *Russia's Putin* sells Putinka vodka, no polyphenols in it. A recent analysis suggests the same families that controlled business in Nazi times control it today, so only 46% of Germans

owned their homes in 2022, while Europe's highest % are all former communist. Only Switzerland, the land of unethical bankers and aristocrats, has a lower % of home ownership. So, while Germany seems a republic on paper, it is actually a monarchy in disguise. Check out the Ukraine lady allegedly tortured by Putin disciples. Putin lives in a nice palace, while the people live in these smoggy areas of Moscow, where people often go without water for weeks or days at a time. Reminds us of Turkmenistan, no water for weeks. Putin encourages people to "drink industrial ethanol (kills 3 million a year, a yearly Holocaust) poison, be merry and torture Ukrainians to damage the quantum field"?, like the CIA. 51% of Russian males over 15 smoke, congratulations to USSR? Putin ruled Russia since 1999, so how come so many are alcohol and smoking addicts still? 330000 Russians dead yearly from tobacco in 2020s, way more than Ukraine 2014 Donbas war. 89% of 13-15 year olds in Russia are damaged by 2nd hand smoke.

In the law that only applies to slaves, murder is met with capital punishment. What does yearly genocide call for? Immortalists would say for more universal *gentle tender soft nurturing* loving kindness *that melts hearts of steel.* If you own all media and everything in USA pretty much and you kill 9 million each year on the planet (since everyone copies USA), what is a correct action in the minds of some hawks? For mortalists death penalty is fine, but not for Immortalists, since Immortalists are against killing, only healing center education (3 months, every weekend for 12 hours, so maybe 154 hours for small crimes and 15400 hours for serious crimes) plus some fine for bad aristocrats. In a just world, we need to be real and realize the blame goes to more than 1 owner or CEO, it's often an *octopus of the mafia of extermination of the working class*. So maybe 500 people get some fine, even if some may get a higher fine, maybe $900 million to fund a new Immortality *for* All center, where the 1 million average people can monitor lung health, arterial plaque, each year with automated machines, like we check blood pressure at Walmart, etc. Have you ever seen an American (Jewish?) made movie where they use this tone to say "World Peace in 3 months is important to all humans. We could appeal to people's compassion, to drink 1000 times less alcohol, because a lot of gentile domestic violence and crime, car accidents happen due to Jewish owned stores that sell alcohol and alcohol ads on TV. Let us see all gentiles as trillion old shimmering Immortals in disguise, not slaves whose blood is to be sucked dry via weed, alcohol, casinos, lotteries, tobacco. We can make profits by doing something ethical that enhances the human quantum field, for even though some Jews think of gentiles as of animals, the quantum field of Jews is affected by gentile events, so if gentiles live to 100, we can't live to 200, so we need to bring gentile lifespan to a trillion to enable ourselves to live to 2 trillion. We need to tell all Latino, Asian, Black, White Jews and other subjugating non-Jewish groups to stop leading the gentile into oblivion and start behaving. Enough fake papers about wine benefits have been produced, we need promote papers on the other 500 foods with 5-700 times more antioxidants and etc". Many are moving out of Los Angeles, like I did in 2023, since it's clear

what may happen sooner or later, instantly☺☺☺ maybe once quantum weapons arrive. A 100 megaton bomb exploded underwater would cause allegedly (some doubt it, they say it would be only 50 ft if far from the coast) 1600 feet tsunami that could kill 5 million in theory, see what to do in case of big white flash (nuke explosion nearby). The "ever uplifting" Hollywood music and allegedly partially Jewish film industry may instantly vanish like Hiroshima did, Iran is always calling for 'wiping Israel (Intel invested 25 billion to build new factory there, not in USA, now they can recruit spies and use that as cover for spies) off the map', that includes the mini-Israel in Los Angeles County and NYC too? However, they're against nukes and nuke use, so they may try discover stuff that only affects people. Insider wrote all big cities are safe from Russian attack. Nuclear radiation drops 10 fold after 7 hrs, 100 fold after 2 days, 1000x after 2 weeks: stay inside for 2 days and read here on how to be prepared, maybe buy or sew some disposable coveralls that you can dump after buying food, 'hands-off wash only' with plastic rod, trash water; no wash in washing machine as particles could get stuck. Every military controls the 'culture', celebrities, democracy doesn't exist, it's a fiction used for propaganda as a French general explains so candidly. The military rulers of Earth's nations inspired every country's movie and music industry to promote the worst type of vibes and helped turn the whole planet into a living hell, when they could have promoted for 100 years World Peace in 3 months types of songs and movies: look at the content, all about war, sex, lust, violence, bad tones (nothing like eterni tone) that raise anxiety and negative emotions.

Where are the workers' rights, when 33% of world's smokers are Chinese and *China wastes huge tracts of land* (2.5 million acres *in 2021*, or 96 times the size of Paris, almost half the size of Israel) *for tobacco,* instead of *meditative better housing* for the *people?* Is China run by Asian and Ashkenazi (European) Jews who were the pioneers of communism? What kind of "socialism" is that or Buddhist compassion or Confucius ethics? *The leaders use the wine toast to tempt 1.4 billion Chinese to alcohol drinking*, that is a waste of time and hurts workers beaten by drunk Chinese, is this true Buddhist or communist virtue? *It's a bourgeois sinful selfish behavior, not altruist or communist by any definition.* Millions of acres wasted for tobacco, and look how these villagers live in China. What kind of Confucian virtue is that? Too many world leaders are raising the toast, to tempt the people to ever more alcoholism, in a blatant display of lack of compassion for the beaten victims of alcoholics and those killed by drunk drivers: this is not what an allegedly "Christian, communist, ethical" President needs to teach. Check out the homeless in China, that the Chinese drinkers and smokers don't care about. It shows you the side of China you rarely see on Chinese government websites or youtubes. China allows nightclubs, like all corrupt nations do. So, we see a moral collapse of China, away from the man of Tao Te Ching into the Western depravity of The Zion Elders protocols. Instead of drones to transport veggies, we get these enslaved farmers carrying them, in a decentralized chaos of

selfishness. Why not a truck to pick it and transport it, instead of everyone going there? Why not a central company buying everything from farmers on their own farm? Likewise, the corrupt US politicians follow the mob and toast with no thought. The Immortal, the Buddha, the Tao, is full of *everlasting infinite compassion* for all beings, so how can China not prioritize eterni food instead of torturing and killing living beings like pigs? Let us take the best of China's ethics (*universal loving kindness, altruistic Tao Te Ching sage gentle tender soft nurturing healing grace*) and use it to bring world scientific progress in the Neolithic food industry. *Let all nations sing* ""May all live to a trillion"☺☺☺. Why replace China's great ethics with the less known genocidal quotes of Engels (calls for annihilation of 'pig headed nations' and Marx is the chief editor of the journal where this appears) approved by Jewish Karl Marx? He who doesn't kill animals is far less likely to kill humans, who're 'higher value' in people's minds. So vegetarians and *vegans* especially, since dairy cows are also tortured and killed, can contribute to a better vibe and faster World Peace (more money for decent housing instead of bombs) by pushing for food industry high tech innovation. Veganism *uses far less water and land*☺☺☺ *(so more have decent housing)*, and immortalism even less, though that will take 100 years or more to materialize. Let the Light of science rejuvenate and free the Chinese nation, blessing it with *universal* loving kindness. US wastes 0.2 million acres on tobacco and 1.1 million acres on wine grapes, when blueberries and others are far more brain protective, see the list of foods with 10-1500 times more polyphenols than the 10 wine has, to understand how brainwashed everyone is by the wine industry. They already got billions of mp3s produced, they just need create a few meditative mp3s to help people quit smoking, alcohol, drugs, by finding a happier replacement: quiet sleep to destress, meditation, serene music, etc. Beautiful mp3s about the effects of meditation, how to do it, etc, besides the simple relaxing music with subliminals. The Chinese, etc have created a state capitalism that doesn't promote "Immortality for All"☺☺, so they're just copying USA, like all the other countries where the military controls the 'motion pictures'. Youtube has 100s of videos about world's ammunition factories and everyone is happy and proud to make weapons that kill others, thinking no differently than Hitler and rats known to cannibalize each other when hunger strikes. It's horrific to watch with how little indifference the people assemble weapons that destroy houses. It's like they're serial killers, bloodthirsty demon possessed people, and yet everyone thinks nothing about it, posts it on youtube with ecstatic enthusiasm. No surprise, after the ever torturing militaries brainwash all to kill, instead of working to bring World Peace in 3 months, Eternal Universal Peace.☺☺☺

Housing.gov could require more concrete etc domes, to withstand tornadoes and nuke blast 100 times better, since 80 people die yearly from tornadoes, due to lousy housing codes, not to mention 1500 get seriously injured. FEMA gives grants to build dome shaped buildings, since domes are the safest, see pics of domes, and the first company making strong concrete domes.

Domes last 1000 years, possibly longer with future tech changes. They resist fires, lightning strikes, termites, earthquakes, category 5 hurricanes, nuclear blasts that demolish everything else fast. CDC explains in nuke attacks, the all known today mask would be ultra useful if wet to protect nose and mouth, so the whole mask thing may have been also a rehearsal for all out nuclear war. Nobody in China teaches meditation to be happy, peaceful music to be happy and not need tobacco, alcohol and drugs; all we hear is 10% ancient Chinese music and 90% Hollywood style music: pop, rock, metal, rap, void of any *gentle tender soft nurturing* loving kindness, compassionate *grace for All* etc. Check out the 70% Jewish ☺ Beverly Hills mansions. We can't make the mistakes of the France, US, Russia revolutions, meaning, violence never leads to the best outcome in the long run. The extreme violence of 1917 led to 120 million dead next 70 years, so we need to think about peace. The less aware, manipulated or ☺filif pitbull IQ☺ people chose violence; today, however, we know there are 1 trillion ways to any outcome, that don't involve violence/torture in any form. Most aristocrats don't even realize they're aristocrats and that they perpetuate the status quo of 0 IQ and short lives, eternal war and violence. Boycott all movies, music they fill with smoking, alcohol, drugs, violence to enslave us, don't go to the cinema created by these conmen, don't buy alcohol they use to lower IQ and enslave us, to put millions in jail and use them as slaves, don't buy drugs and tobacco they use to exterminate us. We can do nonviolent actions that will dry their profits. Listen to peaceful music and discover the peace. So, inspired by God, we will ☺☺*lovingly tenderly gently kindly*☺☺ find the most healing way to a world of *gentle tender soft nurturing* loving kindness, compassionate *grace for All.* As the Immortalist Anthem says, we love the worst 1 trillion times more than the most loving mom loved her infant baby, because we realize some 'aristocrats' are baby souls. We go beyond the old historical inertia of the fake religions of hate and punishment, to healing all for World Peace in 3 months, ending all jails, & giving all decent single family housing.

How did Trump become so rich so quick? Casinos and real estate speculation, the worst kind of economic activity that ruins the planet, unless you do that to catch big mafia leaders, but even then it's not ideal due to many people wasting time going to casinos. He seems to be role playing, a fake billionaire perhaps?, like many online articles claim he's worth less, if not an FBI agent worth just 9000K. Why not create the Immortalist Party? Let people major in STEM, not theft, tricks, and middle man methods via real estate flips and speculations. The realtor realty companies middleman now makes trillions of dollars over a long period, and employs an insane amount of bureaucratic businesses and systems, being ultra inefficient, keeping us backwards. He has become more powerful than the biggest states in the nation, like an organized mafia. FBI has to check 90000 brokerages if 0.1% of realtors are not *FBI* agents (real estate agent), cops, CIA, etc. With one system that takes detailed *videos of the house*, 100 times better than the ones today, with real sound of the street, etc, 15 min small house, 15-25 most houses, 40-50 min big

ones, 2-4 hr huge ones (commercial, or lots of rooms, acres, etc), everything can be truly efficient, because we can see it's a house we don't want and won't drive, kill people with *tire particle smog* to waste everyone's time. Let AI ☺☺*lovingly tenderly gently*☺☺ replace these 1st century selling systems. Automation has replaced jobs, realtors are next. Want fast, fair selling? Vote for the Immortalist Party. What we have today is so "wasteful" that if one seller fails to sell or buyer to buy, he has to start all over, fill 10 different profiles, upload everything on 9 sites that use a different system, instead of taking care of living to 100, sleeping well. He changes realtors sometimes, going from one parasite to the next. It's unbelievable. It's a system of sucking dry the life out of all, we got transport *9000 times* faster, but selling/buying is the same.

Immortalism focuses on tripling human lifespan, instead of wasting a year with selling a house or renting it, rewarding science, instead of paying 60K for commission to a realtor while scientists make 45K for a year work☺☺☺ (or some guys moving a ball get paid millions, or options traders make 180 million a year, CEOs 50 million, for some junk food company, while scientists working on eterni food ideas make 50K, unethical lyrics singers a lot of $ etc, vs 1 week sometimes for a house sale; a centralized immortalist society can *thus soon* surpass *'capitalistic' societies in every area of endeavor*, as everything is 2-100 times more efficient. We can create a society that incentivizes people to do a really good job and work towards lifespan increase, developing higher nature not physical muscles fitness to kill others. We have the 'God or universe' given free will to ☺☺*lovingly tenderly gently kindly*☺☺ let higher emotion and nature be the focus not the chimp nature lower nature in sports, yelling as in the jungle and wars, hollering, improper tone, preparation for fitness for war and killing that recreates those wars; we can't turn everything into a simulation for war; or else we recreate wars and short lifespans forever; let physical fitness simulate peace and healing?

Back to housing.gov, *for rooms,* once inspection is passing, it's listed for all Americans to see, and landlord can add (Immortality Credit Score higher than 95% of your score is a legal choice*, to prevent conflicts, even asking for people with* dog barking subscore or loud music listening subscore to be same as yours or higher) or subtract *from* the default checklist of items to be sent or typed by applicant, like drivers license, pay stub, credit score, etc and this would be free financial and immortality credit check and all are instantly checked, to make sure no fraudulent docs are used, using the FBI databases for such photo IDs, pay stubs *(all companies paystubs become part of* Immortality *Payroll* Agency *that* creates one format for all to prevent reinventing the wheel 5 million times, inventing how to live to 400 instead*) and* State Department for visas, so as to ensure instant check. This saves the time of the landlord 500 times fold, so he spends 500 times more to clean the house and room, repair it, instead of talking on the phone and listing on Neolithic websites ads. Today, it's 'spend 10 times more to find a tenant", thanks to the "genius" of conventional capitalism. The end result is a ☺☺☺ much better customer

product, the *ideal of capitalism that never comes true when every mom and dad garage company is the one doing it.* When you rent, tax is subtracted from rent amount (based on average expenses for cleaning, etc), and for wages too, so only those with big complex businesses need file taxes. In fact, for reasons we explained in the 11 companies section, all taxes will be abolished as all rich people disappear. We can gently *let people think of longevity, Immortality, not taxes, all the time? Simplify, centralize, improve* efficiency 100 fold? Forget about Schedule E for tax for renting a room, having to send paper forms for federal or California for that, with no way to upload the fillable PDFs you printed for California (which requires paper) directly, in the 21st century. California requires you to make a paper copy of what you already sent IRS. Why can't they see the PDF you could upload directly? A waste paper, polluting the environment, the 'green' state. USA is so backwards. The freefillableforms website doesn't even fit the PDF on one page if using Chrome browser (Firefox is fine), you have to reenter everything no matter what browser you use, takes 50x longer with Chrome than if you already did it on IRS.gov site PDFs and just uploaded those (not possible now). Even with Firefox browser, it's just a waste of time to reenter, since you need the regular IRS PDFs for California anyway to print them, save them as a PDF for your own use, etc. We can only imagine how 'advanced' the American military is, thanks to decentralization. Mostly hot air and psy ops to make enemies believe they're the big boys? Well, who cares? As society is, ultra backwards, so is the military and its national security. In 2024, IRS will allow direct file in 13 states to try to take 1st step towards ending 10000 tax firms (charging Americans $11 billion) who rip people off to file their taxes, when it could all be automated via IRS site, and done with 50 times fewer people, allowing more science majors, not tax ones. Immortalists won. Behind the scenes, the immortalists *are at work centralizing things*, one step at a time.

Landlords can create a profile to allow only renters who *don't smoke, or drink alcohol or eat meat or whatever* if they want a house with none of those, since housing.gov has all FBI data and can automatically deny (during the ROOM-HOUSE search for rentals), access to view the houses with criteria tenant doesn't meet: being free from weed, alcohol, smoking that kill 9 million a year, i.e. from those complicit in genocide. This ensures an instant check and the landlord gets an update when tenant applications were submitted, every 1 or 50 hours a new app is sent, depending on what he set for text or email update, instant, hourly, daily, depending on how busy he's with his next 'Immortality *for* All' (focus of everyone's life) project in science and engineering – not wasting time texting and phoning with what a computer can do for him; there is no need for tenant to visit house to see room until just the moment of signing rental agreement in case he needs change his mind; a 15 min phone video upload, inside, outside would do it all, since the drone and inspector or person who rents it (until inspecting rooms for rent becomes law) until drones do it, filmed/saw the entire house, in fact since every person has

an Immortality *for* All ID number, this links to all their docs and they become uploaded instantly without the person even having to scan or picture them as today send it thru stone age texting, etc. The sale and buying of a house would be instant, and the house or room rental much more professional, quick, saving the time of people – replacing 5 million sites with 1; on craigslist.com you can't even list more than 2 ads (per category, like rooms, etc) at once. ***The house is on 1 single website, not 2 million,*** of real estate, that allows true democracy to emerge, and openly informs everyone on what's available at what price in the Land of Immortals,☺☺☺ USA. ***So if someone wants to move to another state, they know, without having to call 500 realtors, each telling 500 lies about what is available at what price, depending on what they wanna sell or is listed twith their friend.*** No more 5 million newbies making 5 million Neolithic websites for displaying their house for sale, we have one mind blowing website offering 50 times more info about every property with devices checking for parameter nobody checks today.

housing.gov makes the house selling 1-4 days and reduces amount of realtors 20000 fold, ***as we only need maintainers of the software where all info is entered. Fixed price, direct to consumer, no mark up and rip off, EV sales by*** Tesla ***and*** Ford ***are the start of eliminating useless jobs like car salesmen, realtors.*** Flipping could be illegal, unless the price offered is reflecting true property improvement, as only activities that are proven to enhance someone's lifespan without shortening others' lifespan are allowed. ***Now, if we eliminate realtors, we increase fairness dramatically, quality of housing cleaning, repair, inspection and we allow 1 million people to*** major in chemistry so we discover proteins to replace animals and plant Neolithic proteins and give us 800 year lifespan. Tesla (only 22K in California, or 19 in some areas) eliminated dealers, people bought cars online; likewise, USA eliminates realtors, provides far better house buy-sell experience, housing.gov no longer allowing sharks to exploit the uninformed, subjugate the poor, defraud the naive. Until Immortality Building Inc does all maintenance, housing.gov can send reminders to new home owner, to do this and that maintenance, like flush water heater, check faucets with moisture detector, nearby areas, etc, check for leaks after running shower 10 min, etc. One amazing termites.gov can have a really good service with 20 techs to wipe out and scan for termites, unlike the mom and dad garage companies that have only 1 or 3 techs; with one big company or 4 instead of 4000, you get a much better service, way higher tech, as you can do 100 times more R&D, develop new products, scanners for termites, etc. In condos, town homes, etc often times, AC vents etc are shared, so are pipes and lots of issues can emerge when they don't do maintenance and you got 2 million types of condo building techniques; when you have fewer and everything is more centralized, the service and tech to maintain it is better, as you got 100 times more R&D, instead of just doing the maintenance.☺☺ USA got 4500 banks, and millions of small and medium businesses that require enormous number of individual HR, accounting, etc payroll people - leading to a shortage of longevity sciences, chemistry, physics

majors and an abundance of the most useless majors. Why can't Eternia/USA government incentivize the mergers and acquisitions, retain products, unify them, rebrand them etc if proven to extend lifespan, etc, and make space for 1 million science jobs, instead of accounting, HR and payroll, admin jobs that keep USA in the 1st century. If you really want longevity progress, you prioritize that and not having millions of redundant businesses, when with 10 banks we're fine, just have them regulated well, so they don't abuse the people (see abuse here). Every bank reinvents the wheel, wastes huge amounts of time with their own software, system, etc instead of innovation. With cashless society, who needs to go to a bank to cash a check or money, when an app can take pics of checks and cash them? Reduce branches and instead build Immortality labs, physics, materials science labs, chemistry, eterni food centers, etc. Like with our 1st century mythology called religion, much of our society, including food industry is in the 1st century. We eat pretty much like people did millennia ago. Well, capitalism can keep people very backwards, thru redundancy, is that what we call progress? Because we compare ourselves with stuff worse than somewhat ethical capitalism, we often live in the self made illusion that it is the best as it is now, just as people thought horses allow you to travel fastest until Dragon rockets transported people 1000 times faster than horses.☺☺☺

Companies, contractors design things imperfectly, since every decade we discover new things, for example, doors made of wood on the outside of houses in tiny 3 by 2.5 closets that hold the water heater have vents (with 1 cm metal fins at an angle to make it harder for rain to get inside) that allow air in, and when it rains with strong winds the water can splash inside on the heater pan and lead to moisture going up via the foam oxidizing the metal parts and reducing lifespan; the moist wood expands and if the plastic 5 cent piece below the grating doesn't exist in design for closet stucco vents or the door vents, it will cause water seepage, mold and wood, fiberglass, expansion issues, door won't close easily, and can cause water to get outside of the pan or inside the wall for the vent above the door in the stucco; all these design issues that lead to water in the pan, oxidation of the parts etc need to be sent to Immortality Building Inc so they upgrade their door and grating design to prevent mold, and damage to water heaters by rain. With decentralization this is impossible to do. All complain to one out of 5 million contractors, nothing is notified to all 10 centralized contractors by the government of the immortalist nation. Decentralization thus leads to extremely inefficient millions of calls/year to water heater companies, due to not fixing design issues 45 years earlier, wasting everyone's time, as people think their water heater is leaking, but it's just some rain getting into the pan or the foam as the vent is above even the plastic cover and water drops fall into the burner holder and foam area (can see scale from the rain water, on the grey water heater, how it splashed there, etc), causing moisture oxidation of various parts, electric contacts, etc and wasting lives with this, instead of immortality techs for all: this is all due to a government of decentralization.☺☺☺ When product

complaints go to the Immortality *Nurturing* Agency, INA.gov, they reroute it to the department that notifies all companies in the right industry to upgrade the product design *(door & wall (above door) vents with the angled fins being too short, too straight (need small angle), allowing way too much rain in)* to avoid 1 billion water heater company calls that do nothing except waste time. This design that adds 0.02% to product cost, then becomes part of the code in areas with high wind during rains, or it becomes the only legal type of door vent nationwide if rains without win causes issues too or it's saving $ to have only 1 vent design mass produced and no other disadvantage. As gas heaters disappear, the need for vents will disappear, but this is an example of how billions of water heater calls were a waste of time due to poor door vent design. Likewise, the nation suffers enormous damage when product reviews are done for a company, not a central gov website reviews.gov used by INA.gov staff to require all companies to upgrade design to the ideal one, once an issue exists; thus, we avoid millions going thru the same ordeal with a clueless mom and dad garage company making "products from hell" like some attic vents that allow too much water in and lead to mold in various wall or attic areas. We need efficiency, longevity: that is only possible thru the strongest federalist centralization.

We design new building materials to replace wood, drywall, etc with superior properties (sound proof, mold-rot proof, fire proof (like AirCrete), water proof like vinyl maybe, not heat trapping like wood houses, cool like concrete (some concrete can last millennia, so if we live to 3000, it's nice to not rebuild house every 30 years), dome like to resist hurricanes and nuke blasts, light-rubber like for areas with sink holes (permafrost) and sinking in mid during mudslides to avoid house breaking and killing people (whole house is one 'rubber' piece that floats on *mud, 1 story only, since 2nd floor would shake too much when walking*, instead of sinking at the bottom and drowning people during a flood, that can't break during highest earthquake), no breaking during earthquakes, more like bending rubber, etc, like 5 big companies that make modular housing that unpacks in one hour, like the Boxabl one Tesla CEO likes, (more details here, 70,000 people on the waiting list (will take 10 years to fill that demand), this one is not ideal for 30 US states and 150 nations with storm/tornado risk, since it is destroyed by earthquake, tornado, gas explosions, etc far faster than a concrete dome, that could be also shipped via truck, made of 3 parts that are joined on site with fresh concrete that dries in 24 h and allows the placement of domes, which look same from any 'angle', just windows may be not always facing the street the same way, in any position to maximize ventilation based on most frequent wind direction, so streets don't have square boxes aligned at different angles making it look odd. The US issue is that apartments can't have windows on both sides of the building sometimes, due to the requirement for 2 staircases and the silly idea of making the hallway in the middle, not the side. If people will live in single family houses, there is no need for 2 staircases.

A well designed dome can be 10 degrees cooler than a typical square California wood house that

rots and come preassembled with Tesla curved built in solar exterior and white 100% heat reflective paint for any part not covered in solar 'panel'; future domes will last 7,000 years, not 20 like wood houses hurricanes destroy over and over in Florida, if we live 8 millennia, let's build houses that last 8 millennia; our current houses usually last 80 years, our lifespan; ***with 2 million working on a replacement for concrete that is cheaper, better, etc – we will house all in amazing & beautiful ☺☺☺ domes, all 8 billion; we see millions of houses on lots of 5000-20000 ft², built as a 2 story super hot wood box on 1300 ft² (2600 total), when they have space for 2-3 one story domes that are 12 degrees cooler and nicer, can be even connected domes by a domed hallway, need no AC,*** **and neighbors are not tormented by AC kicking on all the time at 1 am, 4 am, etc; AC noise, EMF, moldy or dirty AC vents that get replaced only every 30 years, etc, etc also destroy us and shorten our life, gives us dry eyes; the goal of life is living to 900, not having doors, windows face the street and everything look so perfect; can look amazing but die at 50, or look OK and die at 900: which one we focus on upon as a society? House looks? Also, some huge rooms and houses keep window closed and have far more toxic air than houses with small rooms that have an ultra quiet, 1 watt, no dirty electricity 5 inch fan in the window; so one can live longer in a smaller house if the brain is working in 400 ppm CO_2, since at 2000 ppm we start having 20% of cognitive ability in some areas; but how can you open window and ventilate when so much noise from neighbor AC and parties, 0 IQ fireworks that spew carcinogens in the air, etc?);** ***of concrete for stable ground,*** **not wood and drywall that gets moldy, they can standardize it and make it always the same, like a Tesla car made by robots, with 50 floor plans each, solar panels, etc, all electric appliances), to create decent housing for all students and kids crammed in tiny rooms without oxygen trying to learn remotely or do research in school/college classrooms with toxic levels of CO_2; how much mental energy is used to vocalize same mass, instead, priests could focus on real improving of towns, chemistry RESEARCH like teachers above ("when I was hungry, you gave me eterni food that made me live to 700, when I was crowded, you gave me decent housing without leaks"), meditation, achieving happiness, nice tone. 5000 US colleges, 5000 courses on English for each year, level, other non-lab subjects, causing a huge redundancy, waste of human capital as each lecturer reinvents the wheel, while RESEARCH and what is important, creating an eterni simpler mathematical English or living to 900, stuff above, is sidelined, or a dream for 'millennia from now', that never comes, like with 'World Peace'.**

We see in the construction business 1 million contractors, some with 1-2 employees, which creates poor training, low quality execution, etc. Pay at Immortality Building Inc would depend on how well the job was done after inspector checks it, to motivate people to do a great job and get 20% bonus etc sometimes, just like in having your own business you get paid more for a better job. We can prioritize Immortality *for* All, immortality tech progress instead of "be your own boss and create such redundancy that it takes 4 millennia to achieve what smart

incentivized centralization (not like communism) does in 40 years". Each small business has to fill out endless different tax forms, waste too much time with taxes, thinking about them, making every decision in life with respect to taxes and money instead of longevity, hire tax experts, etc when it could all be automated in a big company and subtracted; let the AI do taxes, subtract them automatically, humans can do R&D, meditate, relax and be happy, live longer by R&D.

Housing.gov will eliminate flipping and a lot of improper work, vampirism, astronomical rip offs. We got 1 million permits rules and city clerks and regulations, redundancy at the extreme (1000s of cities have online pdfs that are not even editable sometimes, or if editable, that you need to print, then present in person at the city, like in the 18th century, wasting fuel, paper, that's the 'greatest' nation on Earth permit process, my fellow Immortals to be, USA or United Stone Age, no centralized easy online thing; city fee 42$ for a water heater, the installer will charge you $400 to get permit themselves), when we could have a general template and permit for the 500 types of houses or appliances installed sold, prefab for steep/flat ground, that we install, all on housing.gov, and each city only issues extra permit add-ons for unique thing like quiet AC units in hot areas, due to more AC units, or etc, so at housing.gov you type zip code and the permit application appears for type of house, building, etc and the add-on from the city, no need to memorize 30,000 city names and websites. We got no central *approval by the* federal office of INA.gov in every city *of major works, zoning location to make things more double checked for ethics* and adherence to the lifespan maximization based on all gov data.☺☺ This would make it easy to add a little studio, guest house, 1-2 bedroom ADU. California offered a 40K grant to build ADU (extra house in the back, or take a loan to build it, low cost loan, nonprofits offer loans for low medium income families at far lower rate than banks, 100 ft^2 studio is about 10K or less if no bath) rent it, use money to increase lifespan of more and allow someone to live in a nicer place than ultra noisy condos where bed shakes when people walk. It strikes me how people claim to be spiritual and their house is 10-50 acre lot, 90 million dollars, while others live 200 families on a 1 acre lot, in 25k condos. We have these city policies of huge lots, while others are crammed into condos. Can't demolish all houses now to shrink lots, but we can kindly build, on quieter lots, ADUs. Or simply city will ask owners if they want to sell half lot so they can build a new unit there. Perhaps, one day many cities in very congested areas at least, where the condos are everywhere will ban: lots over 3000 ft^2, most stuff on this huge list, churches, strip clubs, casinos, *to defend the human right to a decent place to live*.

USA has 22,000 zoning codes, Japan 12, housing is centralized in Japan, so they have no shortage of houses: mostly new houses for home sales, while in USA, it's mostly old houses. Video claims after 38 years houses are worth 0, so they build new ones while others are homeless: this can spur new techs for housing that make recycling an old house instant, due to a centralized modular design for the 900 models out there, advancing new materials and making concrete,

wood obsolete. *Japan has 8 million free houses as a result, well*, USA has tons of terrible abandoned houses too you can get for 700$ in many cities. Due to centralization, Japan is the only world economy with so many new houses as a % of new home sales, so homeless people are 3500 vs 600000 in USA, with only 2.5 times the population. However, 3500 refers to STREET PEOPLE in tents, in reality, about 100K are living in 40 square feet Cyber cafes and hotels and are homeless too, even if 8 million houses are empty: this is due to a cruelty and lack of concern typical of *all nations*. Japan youth makes violent metal music, instead of helping the homeless 3000 people on the street. Finland may have a better solution than USA. Some US cities offer free land to build a house, or ultra cheap land, so it may help as an idea, if they made 3d printed homes mass produce 1 million in 1 year, move them in areas of need: no such company exists.

In future USA, if you build a house in a city, if another city nearby has similar issues, then all is identical, so no more wasting time to create your own template, website files, etc – just copy federal and make a small extra note and all contractors, etc, home buyers of prefab etc will know it. Simple or complex permits can be prefilled with the amount required etc for most common permits, or when you go to housing.gov, tell the AI robot, like to Amazon chat AI for refunds or issues that are solved in 4 seconds, that say you want to change water heater, when you check out they pull permit for you in 2 seconds automatically once you selected a contractor within a few miles among those choices provided, so you save time; etc, *plus ban all paper advertising for credit cards and coupons, make it all by email so people can block sender in 1 sec, instead of receiving so much spam and having 0.1 million waste time cutting trees, making paper, printers to print everything that gets into landfills in 2 seconds.*

Businesses (until we have only 11 companies) don't *need city business license, since licensing fees are included into the centralized payment system, when a contractor does business in a city, what they make is adjusted to pay for that city, when a landlord gets rent, he gets less, that way nobody has to renew business license and we use 1000 fewer people with these licenses, using them for longevity science instead*. With efficiency of automation, 99% of smart eterni ultra high tech houses may be modular prefabs, being way cheaper and higher quality than on site building, so permitting will be 100 times easier, since it's already approved sort of.

Why can't we centralize and increase efficiency 100 fold, expand RESEARCH 100 fold, and move beyond the stone age? Is it really that important to create 5000 different courses for freshman year, etc? Equal access to youtube lectures also is more democratic. The obsession with individual choice of class can lead to a capitalistic society falling behind one with more federal centralization for Immortality *for* All, as everyone is busy wasting time reinventing the wheel and making redundancy infinite, efficiency infinitely low. People waste time with nonsense, while RESEARCH is way behind, falling decades behind: how would Microsoft Windows

operating system be, if instead of one we got 5000 such operating systems? How would our society work? It would be lower quality, as 5000 times fewer programmers exist for each system. Likewise, to create a smart house that maximizes longevity and then have more energy for other stuff, you eliminate redundancy and living to 500 is more important than having 1 million house builders, you create automatic house building, via Immortality Building Inc, with 50 floor plans each, and the individual uniqueness can be in some "Immortality" quotes painted on outside sometimes, when they're more identical, and gardens, the priority being immortality, longevity, happiness, living to 7 trillion, not unique big house, big car, having 1 million courses of freshman English. What we focus on, we achieve: 7000 languages or 7000 year lifespan.

Centralization has huge advantages for lifespan enhancing, instead of updating 1 million permits and rules and PDFs, we update the few on the federal site, same for restaurant rules that impact lifespan via diet, etc. On top of that, *cities* have the ☺☺☺"immortalism undermining" rules about dining room and living room size, which are anti-immortality, because we need to move beyond cave men cooking stage to eterni food, which requires more citizen scientists who have a dedicated immortality room in the house with a closed door, a lab, so they would be allowed to convert dining and part of living, maybe even 70% of living into a big immortality lab or extra rooms – to run RESEARCH projects, this needs a door to prevent kids into the molecular biology or chemical or biophysics gadget lab; people can relax on living room couch or their room to eat and dine, no need to waste space and also cram 2 kids per room in tiny 100-150 ft^2 rooms. We see the Chinese building empty cities that rot and sit unused while college students are 4 or 6 in a room. We see architects, etc city officials (commonly called vampires by some, *giving themselves salaries 5-15 times the average*) in areas where great students live 2 per room, since university housing is lacking, allowing the building of houses with gigantic living rooms and dining rooms, that would otherwise enable 3 or 4 extra rooms being built in that house for students to rent out and get better sleep, create more inventions, and in families kids to fight less and sleep better. We see gigantic living rooms in houses where there are 2 people per room and the decentralized room addition and permitting, unlike housing.gov system of the federal Immortality *Nurturing* Agency, leads to things taking forever and no remodeling being required to add rooms when a house is sold in areas with overcrowding. They also make these huge sofas that promote low IQ: why can't they use same materials to create a bed like 'sofa', for people to relax and meditate using a pillow: it would take 50% of materials since there is no need for the 3 sides, only the support, so 2 meditation beds can be made, so that people can transform themselves from restless talking locomotives using trash war creating tone into tranquil happy meditators: ☺☺lovingly tenderly gently kindly☺☺ use an mp3 player in the living room (kitchen, baths, etc, 1 watt, 4 is 4w, far less than many idle devices), ~*~Eternal Universal Peace~*~ in 3 months starts at home. The psychotic Bible "culture" would be replaced by the culture of

Immortality for All and Eternal Bliss. Low stress, good sleep, small naps, relaxation are key to innovation and health, so you can think clearly and free yourself from the Age of Aristocratic Terror that chokes all souls. Due to such huge living rooms that are mostly unused, the AC is wasted cooling the big living room... the tiny room made tiny to make a huge living room gets hotter, and people have poor cognition due to tiny oxygen per person in the tiny room, poor air quality (air gets bad twice faster in 100 vs 200 ft^2), and poor ventilation because sometimes it's too noisy because of traffic or music or dogs to open window or too too cold or hot, etc. The living rooms got tall ceilings and 7-8 times more air than small rooms: pure insanity. Why not make the small rooms 2-3 times bigger in an example of centralization to increase our lifespan? They sit in rooms 95% of the time, not in the living room. *Mouse* IQ *again*: USA.☺☺☺ Decision by filif *alligator* IQ architects getting pompous useless degrees from MIT: not 1 requirement for taking care of self, nutrition and longevity @ MIT, slaves are to die fast after building bridges later demolished in wars, toil slaves to make weapons and build more stuff to be demolished. Let the master and 2nd biggest room have tall ceiling, not the living room for single story homes. Every rooster IQ *guy*☺☺☺ is an architect and city code designer. Why not have 1 federal code? IQ here refers to Immortality intelligence Quotient, not the academic IQ test. Chicken and apes don't understand they could live to a trillion years old, but humans finally comprehend that. So, *chicken* and apes don't really try to live longer, they're happy to eat, have fun in living rooms. Nobody is taught Eternal Universal Peace and Trillion Year Lifespans in school or college. Why? Are slaves just meant to die in wars and drop dead after building big buildings demolished by other slaves who're soldiers? Where is the so called spiritual ethos and centralized education?

This lack of room additions is an example of *city and state power that undermines* the American people, keeping them short lived via decentralized policies. Allow any existing home owner to add, expand a room that was made very small etc easily. ☺☺☺This is the age of internet when everyone can have online meetings, and such and can have a TV in their room, their computer monitor or tablet or laptop, desktop, etc - so the need for big living room, TV there to harass with noise everyone in rooms, in this age is not there anymore, people can meet virtually too and listen to TV on headphones or low volume in their room at the PC; we got pressure cookers that are 10 appliances into one and the need of gigantic kitchens is not there anymore, nor of dining rooms, so we can have more rooms for better sleep and immortality labs in every house. Why can't we update 12th century city codes to the Age of Immortality *for* All? Let people build more rooms and make living rooms small, make this process federal and 100 times faster than today, and 5 times cheaper? ☺☺☺ Often times, contractors don't do room addition in place of a wasteful huge dining or living room due to the hassle involved, even if it's a house or condo, etc that was used for renting to college students and even if it would increase landlord net income by 10% or more, but it's not done, everything is inertia. Who cares about students? "Let the big

contractor profit flourish and city officials give themselves salary 10 times the average"?

Centralization allows us to start a firing wave, *80% of city officials fired over 20 years*, to shrink local government 5 times initially, by gradually eliminating all state and local governments as they become offices of the federal government, federal employees for tasks not done by regional centers of Immortality *Nurturing* Agency and the 11 companies, and make everything replaced with the 11 mega state owned companies that achieve same thing *without duplication by the 20000 principalities, kings, queens and nobility of each city*. They can get part-time free education to do other things, at the 11 companies, far more useful for helping all live to 4000. These aristocratic *vampires* often give themselves 5-15 times the average salary, illegal in immortality capitalism, and entice all private sector people to simply work a little in a company to do some resume building, not care much and then go to the city job to slack and DO NOTHING. Then 80% of the 'local government' jobs lost (that don't become federal by reassigning) are created for federal government jobs who do RESEARCH as part of the mega STATE☺ COMPANIES, so whoever wants them, takes fast pace college degree in 2 years instead of 4, paid by the *Federal* Transition *to a Corruption Free* America *team*, to work in a field that is related to INNOVATION instead of 'acting busy' and creating files and rules similar to other cities, reinventing things, torturing citizens with their gangster like police state departments that need huge reforming too, like the War Dept is dissolved and replaced with Eternium and CIA, FBI are dissolved, together with other things to create the mega Immortality *Nurturing* Agency. All templates, permits, etc are similar, on housing.gov, with a few minor changes for different terrain, climate, etc, you get everything in one website, type in zip code, street, etc, all 'city' permits issued by the FEDERAL GOV, faster and better, for example from the federal building of Immortality Building Inc responsible for that 150 mile radius area. When every "nutcase" is a contractor, *we have 200 million plans and* 0.25 million architect jobs, everyone designs houses and dies at 80. Why not have a high tech Tesla like robot based factory to produce 500 types of modules and stuff for everyone offering tech 1000 years in the future with the current capitalism model? When we move out of our ☺abysmal IQ☺ first culture of Jesus the Fake, we finally prioritize Immortality (health, longevity, living to 5 trillion) in this world and have some physics and chemistry majors to help us live to 9000 instead of designing 1 million house blueprints, so fancy and having endless jobs in cities as "plan approver" etc. Today, the government priority often is torturing people to death if they don't accept the fake Jesus miracles as genuine. Everyone would rather be free of their diseases (have a longer perfectly healthy lifespan at least) and live to 100 or 200 in a world of peace and 0 violent crime, than have 200 million unique house designs. Our bliss doesn't depend on the house design that much, if your car works, you don't care if the shape is this or that, if it doesn't pollute, and makes no noise, it's reliable, etc. Our priorities are totally insane. The idea of 500 modular designs and types of houses, mass

produced with tech 100 times more advanced eliminates the very low IQ job of "fancy useless design approver", "architect" and all these parasitic realtors, contractors. When you design something super intelligent, the approval time for a house plan based on the 500 modules and premade house and commercial building template takes 500 times less, so we spend 500 times more resources to live to 500. It's all about efficiency. Why do we need reinvent everything? Don't we have internet and email to share plans and optimize them by the 10 types of climates in USA and terrain? Local federal agents inspect things. Housing.gov 900 times more amazing & beautiful ☺☺☺ than any city website today. Nobody can own 2 houses. Everyone must sell all houses, except 1, until all are housed. Democracy. This enables us to achieve efficiency and low corruption on a scale never before known in world history. Crime happens due to bad sleep, loud city codes (we need some federal city codes that no city can override to give sleep to all, good sleep is the most important factor for longevity and end the anger, irritability that drive up crime), poor housing, no free central education, genocidal nutrition. If we have centralized education, all get their ethics emails daily, crime is prevented.

With unified federal codes, we get a lot more windows installed, to avoid so much AC that spreads flu, COVID, cold, etc from one room to the other, one condo to the other. In the age of solar panels, central heating is pure insanity and genocide, given that small electric silent heaters provide much cleaner air, much wetter and less toxic. Why on Earth does anyone have to reduce national productivity by 30% via central heat and AC? The boss of the house sets thermostat at one level that makes it too hot or cold for some, who, fail to repair the body at night as a result, doing a lousy job at work next day. With Immortality Building Inc, we create world's most advanced room window AC, so quiet and clean, none of the crap in central AC vents exists. This is mass produced (200 million at least, 3 billion for export too) and enables us to get rid of 250,000 heating/AC contractor companies of 2-20 people who reinvent and waste time, spread flu, COVID, cold, and endless bacteria related to cigarettes, meat eating, alcohol, etc. Why do we need these lethal noisy (body damage from noise and burning chemicals in the air) radiant heaters, instead of silent oil heaters, scientifically proven to be much safer? We make world's most advanced silent heater too for rooms. Natural gas explodes, kills people and gas kills via toxic gas emissions, incomplete burning compounds, so gas furnaces and gas stoves ought to be banned federally immediately: central heating makes no sense if you want maximum lifespan: the vents grow bacterial films so fast, people replace them every 20-30 years usually. This mind blowing window AC (we already have amazing sealed oil heaters, just make them more advanced so touch temp is lower and free radical forming compounds are fewer in the room air tests) is so *QUIET* (quieter than a central AC vent *of the Age of* Aristocratic *Terror*), today it would cost $7000, but with centralization, instead of "Acting busy" local government city or private sector employees, we get $100 cost via amazing discoveries. Today we already

have some alternative to central AC, the mini split ductless system with compressor outside and 4 units for each room, living room, etc. However, this is expensive and the outside unit is noisy, unless it's a good brand which is way quieter than the central AC compressor, 32 dB vs 70 dB. Each unit is remotely controlled, since the remote for that room is the thermostat for that room. *When you hear these sounds, inside and outside, you* wonder why on Earth would the *normal* central AC be *even legal* in the United States given the destruction ducts and noise do to health? These split systems are way more efficient, 30 Seer, vs 15, wasting far less electricity (no ducts).

If people feel all help all, they're motivated to do a great job, to volunteer with Eternia Volunteer Network☺☺☺ to install windows, etc for people who need it, instead of wasting time on the net at work. The small business aristocrat would be very mad if employee went off-site to help increase lifespan of humanity a LOT more that gossip or browsing random sites via a window that makes sleeping temp very comfy for someone: wind blows in every city from one or two directions most of the time, so you need 2 windows for a really cooling draft in some areas to avoid AC use that causes dry eyes, EMF, germ spreading, noise, killing people via coal fired electricity (heavy metals, acid rain, etc), huge transmission lines, and poor sleep from noise for neighbors sleeping with window open, etc) or 20 hours playing soccer or basketball. The same acting busy in USA is found in EU, etc where decentralization means EU never checks well how money is spent locally. With immortality capitalism, since most are state employees, if work is done, he can volunteer and increase his Immortality Credit Score because he enhanced sleep quality of folks. *He would still be paid, he just gets permission from his boss to go there*. The government needs to signal that the age of "everyone loots and cheats everyone else" is over. The federal law is any living room has to have 2 parallel windows (north-south, or west-east, or etc), from one side of the house to the other, on a straight line (that is parallel to the other 2 sides, all houses have 4 sides, unless they're domes) that enables the wind to blow and cool the living-dining-kitchen area and the maximum number of rooms, so house/windows placed in the direction of maximum wind flow. For big living rooms, 2 such sets are needed, to avoid the problems with AC: stale air (not fresh as from window AC), plus the ones above. Window AC can filter air better, with no microbe films, mold, etc from the vents, or the attic or inside of walls (due to decentralization, lousy contractors, no sensors, the amount of undetected water leaks is huge) that can leak into the vents if the AC contractor did not do a good seal, and let's face it, today their seal tech is pathetic, very poor performance at times. In warm areas, people can paint houses and roof with heat reflective white to remove AC needs. By federal law, on high traffic streets, only commercial buildings will be allowed, *unless there is a 10 ft sound barrier for 1 level and 20 ft for 2 level houses. No houses allowed near* industrial areas with smokestacks *that don't have the most stringent filters.* In the new America, all live in houses. This allows all to open window and not be killed by smog and noise. Immortality *for* All.

Decentralization can paralyze longevity progress and, when beyond the minimal needed (to adapt to local conditions), can lead to 'nothing getting done' as wheel is reinvented, redundancy is extreme and what is important, good sleep, decent housing for all, etc are second to the huge list of junk businesses here... Don't we need efficient immortalist centralization? That places Immortality, health longevity above GDP?☺☺☺ In July 2022, China got 20% of new cars electric, Europe only 11%, due to a dysfunctional decentralization, aided by 25 languages. Why on Earth do they need 25 languages when they could have just English as common language? In Eternia, the hypothetical 1 language country with 20 different languages now, they got maybe 3% electrics in 2023, showing the need to centralize, unify and become efficient. This is not surprising, since in Eternia, which desperately needs English as common language to move out of Neolithic, we got about 7 million people per language on average, while in EU it's less, China 1.4 billion per language. The more languages, the lower the efficiency. ☺☺

We don't want to be like Chinese building cities sitting empty (though in some areas they're more efficient than inefficient *EU, so we can learn some things from China*), useless Beijing Olympics stadiums and facilities barely used while Chinese students live 8 in a room. But not like USA with 10 trillion rules for every village and street. For those who didn't know it, *"moving balls and jumping etc* will increase lifespan 50 *times, it's not thru good sleep and decent housing for people and students,* Immortality *universities,* science *and tech, that we increase lifespan, it's thru soccer and "ultra low IQ for* Immortals *living to 1 million who don't practice them" Olympics sports".* A simple chamber can rejuvenate cells and we would live to 2 million without sports. If there is a shortage of rooms in an area, near a college or whatever, the county office of the Immortality *Nurturing* Agency INA via federal housing.gov requires all nearby houses with huge living/dining rooms at sale, to be remodeled and have 1-2 rooms added, as that is ultra easy, plus make everything green, add more windows, insulation, etc to minimize AC, etc. AI notifies the INA officer that an area with shortage of rooms is there and a house with a crazy floor plan from 1900-2022 is on sale, the AI has all floor plans in its national database, the federal contractor is allowed to offer low bid to remodel it if all sales of housing are done via housing.gov one site, low bid money comes from 700% tax on vape/liquor stores, strip clubs, sports stadiums, cinemas and other useless things. Or the government simply buys it and remodels it to sell later, making sure it's super student, geek, immortalist friendly. This would also bring down room prices which would then lead to higher occupancy rate, as more can afford a room. To ensure rooms don't get too pricey, they can have some max price level, rent control, so students/employees can rent them and not commute 0.5-2 hours to classes/science-tech job. Everyone suffers, rich or poor, when we have no real science of food, because US is in the stone age; look at the huge number of useless businesses whose land could become Immortality Centers to test 100 biomarkers for free. Most federal employees will be in the local

11 companies offices, only 1% in DC metro area of 6 million. The centralization means no more local governments exist, no more 18K city police departments, but one. ☺☺☺

All residential house loans are paid thru housing.gov ('my mortgage' link) or immortality.gov that has the immortality ID of every citizen and the links to the immortality ID (or social security number), then it brings auto login to all other websites (electric, gas, etc); no more wasting so much time calling to setup new auto payments, we need focus on living to 800 not on having to call banks all day. If banks change, they would automatically transfer anything and setup every feature the same way, auto pay etc, without you having to do anything. This ID has your measurements even, your waist, sleeve length, etc so when you login to a site, it will give you clothes for your size too. Go to any clothing store, 30 years after the Internet, and it is impossible to find one with a decent search engine within an online store where you state the length of a cloth, its sleeve, etc, waist etc, color, price etc and get it. Due to decentralized searching, all websites not unified to categorize by sleeve, etc length, etc, everyone gets poor service. Go to non-Amazon sites and the search results are far poorer for many items. Even if you search on google and get many stores, few results. We could use the Internet to make fewer trips to physical stores. You would think we could do better. Housing.gov would allow anyone to get a service plan, maintenance, for appliances, anything in the house (plumbing, etc) so as to create true competition of ideas (odd if capitalists would scoff at this, when it creates more competition and new R&D due to efficiency; we want a country run by the people, not a few crime families like in some countries in the past; our nation depends on our efficiency and RESEARCH, without that, we would be dead), instead of 20000 mom and dad companies (with 0 R&D and all execution) and a few big ones only, we would also have USA's first really big company, 100 times bigger than present maintenance companies, to prove centralization works, provide freedom of choice; to prove nonprofit works too or immortality works, an Immortality organization is a nonprofit who pays no taxes due to focusing on extending human lifespan.

Housing.gov would also allow people to find a part number and order it from there, by simply entering the serial number, model, make, etc, instead of wasting 5 hours online going thru google searches and making 30 phone calls to see who has the part: one CENTRAL DATABASE, linked to all databases of all USA AC/heating/plumbing etc stores will tell you in 1 min the closest store that has it and fastest shipping if you can wait a day or two. Why waste eons to go thru calling 30 stores? The site would have the manual and correct diagram and part numbers for every device, and most common reasons for failure and how to check it, etc, just like today we got youtube "how tos", but, disorganized. Every product sold in US/Eternia gets an Immortality ID to be immediately found by that or by the picture of the product label entered at food.gov, housing.gov, etc, like the barcode. This saves so much time, no longer googling days to find which store has a product and never being able to find it after one store doesn't have it

anymore; food.gov and products.gov would list all ingredients, parameters, etc and show also which store closest has it.

Centralization will eliminate redundant jobs, so we create new jobs and can improve the quality of every aspect of life, such as sleep, by reducing barking sounds. Police could temporarily install on street poles noise detectors (which show average decibels for every property listed on housing.gov) to recognize dog barking and measure it over 2 months to get an idea which houses, condos have dogs that bark a lot from 9 pm to 8 am. Then, they can notify owners to bring dogs inside or do something about it, to create civilized cities where people can actually sleep with window open and not be annoyed by the barking and save on AC use, keeping AC noise lower too for neighbors. It's genocidal to have dogs bark for hours after 9 pm in so many neighborhoods. It's pure terror, but people say nothing, one other thing to get used to in our anti-immortality anti-meditative gentleness culture. Police can give anti barking devices, or offer to exchange dogs for a new breed/dog that barks 20 times less, or, ideally, a free alarm, text to phone when intruder detected, video cams to remove owner anxiety about intruders, without the need for dogs. Nations can ban breeds that bark nonstop. This will make everyone so happy, silent video. We need good sleep for longevity, and livable cities, not infernos. The pet section explains the emotion details relating to why we can't have dogs as alarms, as that destroys humanity and the owners - owners don't get benefits of affection for dog, only the negatives of devolving their tone of thinking, emoting and speaking. List on MLS the noise decibels over 3 months measured by the police at the nearest street pole, plus frequency of dog barking. It's our culture's rudeness and aggression that leads to such complete disregard and disrespect for neighbors to allow dogs to harass entire neighborhoods until 3 am. Free alarms money come from new fines imposed for loud parties and excessive (after complaints) dog barking after 9 pm. After 9 pm loud parties fines would be 4 months average national salary.☺☺☺ We need centralization and unification of all police forces, all police departments get one federal training and then a little extra training for dealing with specific things that are 20 times more common in their city or within 5 miles if cities merge into megacities to increase efficiency, reduce 100 different rules and make them 1 and rename the cities to some eterni quality; all police cars changed from 10,000 designs with "City name police" to "Immortality *Nurturing* Agency" on all cars, to remind people of Immortality *for* All, the logo on every car too, and to establish a unified amazing & beautiful ☺☺☺ colorful design to save time and increase efficiency, as one design for all exists and we're one country, one police force that works to help people get good sleep, food and housing, jobs for all. Soon the nation will be so efficient, advanced and loving, it will help unify all planet under one Eternia and end all wars forever, as all cop cars worldwide have that same logo "Immortality *for* All, Immortality *Nurturing* Agency" INA. Let the negative perception of police change to one of the reformed helper of the people, whose aim is to increase healthy

lifespan of all and make everyone happy.

Housing.gov can allow anyone to call plumbers or techs for whatever issue, all employed by the gov Immortality Building Inc. If we had 5 million companies making 10 cars each, we would get lousy cars; ☺☺☺ so if we have one standard of training and few companies, instead of 1 million for plumbing, etc and that, we can create a much better product due to R and D and less admin jobs and reinventing the wheel. Plus, we avoid having 20,000 plumbing companies charging 100 for one family, 400 for another for doing the same job; they look at the house, think the person is better off and charge higher price or use other scam method (or pure discrimination). Housing.gov lists the price for everything, no more scams of having to invite for a visit 10 people, from 20 companies, to give their quotes in person only and refusing the give estimate over the phone. No more scams of yelp etc reviews, paid reviews, all employees, gov or private, are reviewed at reviews.gov and get bonuses based on customer reviews too, unfakable reviews. One central review, monitored by FBI, etc for hackers, not 5 million sites offering fake reviews.

reviews.gov is the beginning of honesty, since it affects Immortality Credit Score, the most important thing people have almost (more important than net worth): right now, con men companies can rip people off easily and police has no resources to do anything, but with centralization and 9,000,000x more data, we get common SOP (standard operating procedure) of what to do when doing this and that house building or whatever maintenance and it's done, as a company has 1 million plumbers or builders, not 2 and it's really high tech, they follow the 50 point check after work done to make sure all is complete, etc and done well. If a bad review says something and it's true, a Corrective Action Procedure and Report are initiated, often leading to adding a check to all 2 million employee routines after building or remodeling a house, so their vaster experience gives them the ability to provide a far superior service, quality vs a 2 men company. Forget about social media, ☺☺☺ reviews.gov profile is 5 million times more important. All these .gov sites display clearly the Immortality *Nurturing* Agency logo, which is "Immortality *for* All, Immortality *Nurturing* Agency", INA the super agency, like NIIA, National Immortality intelligence Agency, easy to recall, more important than any cabinet department, defense or anything, as it deals with the life of everyone, not just defense from foreign invasions, works to prevent lifespan shortening; INA is made of people from all kinds of agencies, police, FBI, CIA who can work part time as INA too if they wish, or not wish, due to the need of national life *defense*. Director of INA is above DNI, Director of National intelligence. *Of what use is* intelligence *without longevity and* Immortality? For eons, intelligence was used to shorten lifespan, create wars that bring short lives, why not use it to triple human lifespan and end all wars, violence and torture? Only those with serious proof, that they got a service, as verified by Universal Eterni Bank who monitors all money exchanged, and that it was done, etc, can make a review, and since gov knows everything, relatives and closest friends can't make

reviews to ensure fairness. It's statistically unlikely out of 1 million techs, your brother will come to fix your gutter anyway. The AI can assign someone who is not your relative or friend also, to have better objective treatment, etc. One can type on the search "this and that happened to my house etc" and get suggestions: buy a little thing do it yourself or hire the/gov tech to fix it and this is price range, depending on size of carpet, etc to be cleaned, replaced, etc. Small companies ask friends etc to give fake reviews, and they often charge 8 times more, if they feel they can take advantage of a nice clueless guy (had that experience myself). When housing.gov has rented a room for someone and income went up, they automatically know that person may not qualify anymore for a government program, so it's adjusted automatically, without the person having to spend eons to notify about the change. ☺☺☺☺☺☺☺

4.5.3. 0 TAXES and OTHER forms of Centralization urgently needed

Aristocrats are above the law and they pay 0 taxes, they suck the blood out of the 99.9%. The ultra wealthy pay 0% inheritance tax via trusts, while the rest pay 40% to the state or whatever the rate is. Jeff Bezos, soon a trillionaire who has 12+ estates worth $0.7 billion, paid 0 in taxes in 2007 & 2011 and 1% between 2014-2018, all after committing genocide against the American people with rotten foods and supplements kept at 120-160°F during ocean or highway transport in the summer, plus billions of products on Amazon that don't match the description and images due to a terrible quality control. This is called the subjugation of all world governments and people by the ultra rich, or the return to Feudalism: 2026 wealth inequality is same as 1340, 3 people own more wealth than 165 million in USA. Check out how billionaires pay 100 times less property taxes. How the top billionaires pay 1-3% tax rate, vs 10-16% for the rest of us. Because everyone's income will be from wages only, taxes are subtracted and taken into account in salaries and nobody will file taxes, as aristocratic class, hedge funds, investment funds, banks (except one bank) disappear and everyone is a wage employee. If Stock market has the 11 companies, the only companies left, then so be it, taxes automatically taken out. Trump *(under the guidance of* Elon Musk who committed genocide via Radio Frequency *levels 20000 times higher than other cars)* decided to end the Free Direct File to IRS that takes 0 paper and is so much faster (use Firefox for best performance) than the company based ones. Again, Trump decides to destroy the poor and help the aristocratic vultures, like with FDA. Waste in America happens 1% within the federal government, 9% within the city and state governments and 90% in the private sector. Check out also the property taxes waste due to school boards giving themselves big salaries, when with centralized education, we would need 3 times fewer school teachers, staff, etc and achieve better outcomes, 50 times more research. To really become efficient, you need to tackle the waste of trillions of stolen taxpayer funds by the rich who pay half the tax rate of the average people as shown below. Most of the waste comes from the federal government being duplicated 50 times via 50 states and 20000 times via 20000 city

village governments and via 33 million companies, instead of 11 companies. That's where the biggest waste, 100 times bigger, happens, that Billionaires never talk about. It's not efficient to have 40000 companies to file taxes, instead of government ending taxes or accepting all taxes online at irs.gov. Elon seems at times a fraud who only helps the Rich people become richer. Let's hope that's not the case. It's time to take America back from the Jewish Wall St. and banking gangsters and their tax mafia allies, their ultra violent music celebrities, Violence Deifying movies celebrities, who claim to sing "normal pop, rap, rock music", and even their "religion of human sacrifice (see ritual Republicans and Democrats like)" allies who get no tax while spreading violence and genocide thru the human sacrifice deifying Jewish Bible. Texas millionaires pay 8% or half the average tax rate of 15%, US billionaires pay 8% or half the average rate of 15% in many states. In USA and most nations we have taxation without representation, MEANING THE RICH WHO PAY HALF THE RATE BUY ELECTIONS TO INSTALL THEIR PUPPETS WHO LOVE TO WATCH Demonic Voice HUMAN SACRIFICE RITUALS each year as Wikipedia shows. This satanism (disguised as Christianity) will disappear with the advent of immortalism. The USA fake 1776 revolution happened due to taxes (colonies paid taxes, but were not represented in the British parliament), let's write the "Declaration of Immortality for All, of Universal Independence" and end our slavery to palace dwelling aristocrats, not just the UK Royal 10 centuries of cruel laws and execution by blowing people (in their native lands) to pieces with artillery guns. The fake revolution was done by British spies (revolutionaries) in order to triple their colony size by taking French Louisiana and Spanish areas, but the people never realized the trick. The freedom was all in words, not in reality. Today, in the military-spy agency infinite abuse goes on, as if we're under UK control. We see endless trooping of color and other festivities, where sometimes 100 people use trumpets, shout like Hitler, march and waste enormous resources that could be used to build homes for the homeless families in UK. The monarchy mismanages national resources in pompous ceremonies that amplify the macho nature of men, its orangutan tone and makes Eternal World Peace and eterni tone and vibe all but a science fiction distant future. So, the poor get paid 50000 times less, yet they pay a higher tax %. The poor also have to waste a lot of time, to file Schedule E, etc if they just rent a room, Schedule C if they give some rides to people using Uber, etc, when with housing.gov any tax would be automatically subtracted from the rental price until all taxes are 0, with Eternal Travel Inc, all is subtracted automatically. The rich don't have to do anything, as they hire experts to file their taxes. From the get go USA was a country OF rich aristocrats, FOR the palace dwelling rich aristocrats, who used clever games and fraud to create the illusion of real elections and democracy, it's all fake elections. There will be no more voting districts or redrawing of any maps, there is only one district, USA, and everyone elects the 70 senators who help shape how immortalism or eternism is implemented. All local services are done by the national 11 companies plus the 3 agencies, the education, nurturing and Eternium. Thus, local elections

don't exist. Today, they waste eons at elections with this or that district reporting, none of it, all votes get counted and reported to the national elections, no individual reps, the National Elected choose the locals based on the Immortality Credit Score and test result for that position of manager or employee within the 11 companies or 3 agencies. There are no local elections, only federal (actually only 1 state, so federal word vanishes, as only national exists) and then everyone with high skills and Immortality Credit Score is invited to take the test, as the 70 elected Senators (whatever party is selected, if we still choose to have political parties) knows anyone's skills, it's all in the 11 companies and nurturing agency records. No more lies based elected officials who lie all day, everyone takes a TEST (SAT like, plus speech, etc) to see who scores the highest. Merit, not lies based local federal office officials, all local offices are federal, and those guys are selected centrally via TESTS. ☺Abysmal IQ☺ is replaced by Scientocracy. Criminal British gangsters and Jewish ones torture people, use them as puppets who can't pass any test to pass criminal policies. The genocide by the ruling military class who runs everything in every nation is pretty pathetic, they destroy/puppeteer everyone and lie to all that elections exist. No political appointments, everyone takes a test to be appointed to any position to ensure proper cognitive function and no torture was done by the military thugs. The winner of an election only decides a slight focus of how immortalism is implemented, until we abolish political parties and the time they waste for society. We're one nation with Immortality *for* All. The way militaries loot the planet is thru sleep deprivation and covert invisible attacks on 200 nations officials and other puppets they use to enslave those nations or regions of a nation.

Due to the genocides by palace dwelling aristocrats, 0 Taxes ensures 1 law for all USA, from the aristocratic blood sucking bandits and "peaceful" genocide promoting 0 taxed "religion" Hitler tone clones (watch their tones: rabbi, Buddhist monk, imam, Hindu preacher, pastor) to the poorest folks. Initially, since it takes some time to merge 33 million companies into 11, there may be a flat tax for all until all is ready for 0 tax regimen, since incomes will be wages only and with max income 3 times the lowest income. The road to 0 tax also begins the 1 year dissolution of all state and city governments who're replaced by federal offices of the 11 companies and 3 agenciess, followed by the creation of 1 single law, not 20000 city ordinances, often created by gangster hooligan city officials in 20000 towns/villages across the country. This remake of USA is due to the global and national state of emergency to prevent the 10 second end of all humans. Initially, all payroll is taken over by the government to ensure nobody gets paid more than 3 times the minimum wage, since all citizens will get a credit equivalent to a basic house of their family size, per policy of each 18 year old plus gets a free single family home. Aristocratic gangsters won't be able to pay the mortgage for their palaces and need to sell them, so research centers are created in those areas for the benefit of We the People.

The *current* Feudal Terror system *of IRS discriminates* against most Americans who have to file

the taxes at a higher tax rate than the rich thieves of 500 trillion from the USA. This is while the rich have their tax experts do it for them, 20 of them sometimes, knowing how to report everything to milk out every tax dollar from the government, so they have time to plan the next financial crisis to loot more workers, next war to amputate more slaves who fight on the frontlines (aristocrats don't fight wars, they only finance them) so they steal their houses, flip them as we don't have housing.gov to forbid that and create as much chaos as possible thru their criminal 4500 banks used to terrorize the planet and the American people. Recall endless crises caused by bank failures? The average American on a wage, renting a room, having a stock or selling a house shouldn't have to file any taxes, just like they never have to in most nations, as income can be computed automatically and taxes deducted accordingly, before you receive your rent, your stock dividend, your wage, etc, as all rents are paid via housing.gov ☺. In a centralist state with 11 companies, we don't need the tax profession anymore, so instead of 2 million people wasting their entire life hallucinating taxes and memorizing tax codes from hell, we discover how to live to 300. In our charlatanism first, fraud second, 'paltering' third, marketing 4th, sales 5th, science 98th society, 'everyone' majors in tax preparation, as the DOLLAR is the Supreme Almighty God of all parasites and looters, and no majors for chemistry or physics are possible, so then they import scientists from outside who often come with genocidal intent. This is the gift of the aristocrats for USA: genocide. Everyone is in fear, stress about April 15th, instead of being excited about May 15th when it's the World Immortality Day, when everyone submits to their friends and family and the entire world, their plan for making all live to 500 in the fastest time possible. Stress kills, let's kill April 15th tax day and free the workers of the USA, free the slaves now, the 90%. This new famous day, holiday too, can be a wonderful exercise in creative thinking and noble resolution for better sleep, nutrition and innovation, instead of the torture of tax filing that any computer can do automatically for most slaves of the aristocrats who live off wages, plus maybe renting a room or more. It's as if the aristocrats made the TAX day to terrorize everyone, while they play golf and their slaves file their taxes for them. *The main problem we have is a few aristocrats hold hostage the entire planet*, keeping development hostage to their desire for 4000 to 4 million businesses that give them the right to subjugate the masses. Think about it, we have endless rules about taxes, entire volumes about how to compute and endless staff, etc, when we could instead have some rules on safe humidifiers, electric heaters, pressure cookers, food processors, safe infrasound, normal sound of appliances and car tires, cars, aircraft, safe dental fillings,☺☺☺ safe food/vitamin colors, safe ultrasound levels of appliances, cars, etc, dirty electricity, AGE content of food, legal cooking methods (no dry cooking), low RF to protect everyone's health, and other rules about vitamins, storage, labels, content, testing, ads on TV, honesty in ads, honesty in business (fraudulent deceptive marketing disguised as religion too). The USA has 3 million rules about local/federal taxes we don't need and 0 rules about some very important health and longevity *parameters of common*

consumer products everyone uses mentioned in the previous sentence.

California, like all states, cities, and villages, is a semi-PARASITIC ENTITY. They get protection from US, so they can create pure evil music, movies to poison every street worldwide, prevent border security and immigration enforcement so they make big profits and poison every US-Canad a street with drugs, enslave illegals for aristocrat profits, fighting border wall for 50 years so they get endless drugs and cheap labor. The Chinese, Russian, etc Spanish Mexican spies work overtime to split Satanfornia, California, from USA, so they write "Made in California" on products. The Bohemian Grove demonic voice human sacrifices happen in California, in the Cremation of Care, in accordance with the demonic Word of Satan, the Bible (see 25 quotes). It takes 30 phone calls over 4 months to get a replacement title (even if I paid 15$ for rush 8 business day delivery) they intentionally didn't mail to my address, they purposely avoid the calls when you call or call when you're not around the phone, and then tell you to call back the special office several times, etc, they pretend they don't know who you're and ask for extra documents not listed on their website, which is as disorganized as that of a 3 year old room, the DMV low IQ staff didn't email to ask for the electronic copy of the doc, instead mailed me to waste more time, when they got hard copy, they took 3 months to send title, and only after I submitted everything electronically to some Guadalupe lady at DMV and the electronic title replacement too. It's a criminal mafia gang who wants to secede from USA, so it needs to be dissolved like all other states. With the 11 companies, we get one license for all USA, for driving, and any other licensing profession. No federal funds until immortalist capitalism is taught in all schools and universities. They duplicate too much, we need one city code and city template for everything universally in USA, with only tiny changes that are absolutely needed to be different for human lifespan and health. Time is running out, *if we don't* centralize, we will disappear. Not 200000 types of trash houses, but 500 types of ultra high tech lifespan doubling houses. Same for every other decentralized stone age industry where rednecks rule and research jobs are 50 times lower than they could be with the immortalist system. In California, like all other states, it took 7 years for me (2023, since 2016) and others to see even a picture of my Nissan Leaf 2012 car title, after endless calls, more than 10 over 4 years, to the small aristocrat company from hell, the parasitic car dealer that sucks the blood out of everyone worldwide. Look at these bandits, the houses they don't need, that explain why there is no innovation in USA for decades, why China is way ahead of USA in many industries and has entire industries we lack (silicon ingots, etc that we import etc), even EVs, when we could have had 100% EVs even 50 years ago when Nixon wanted it, but the Bush Mafia gang (family owned Standard Oil of Rockefeller, precursor for Big Oil companies, rumored to have financed Hitler) stopped it and even named CIA headquarters Bush Center of intelligence. Bush and Re-pub-licans promote Bible ☺abysmal IQ☺, while we become a third world nation. If you try sell a car with Carvana etc you need pic of

paper title in many states, since they're in the stone age and they don't have electronic title yet. Only some dealers accept buying a car without a paper title, since they have to do extra work to get the title themselves. The regulations for a simple car sale are huge, due to 50 states with their own rules. Car buying/selling will be 1 million times easier with one national company doing it all, Eternal Travel Inc. The amount of time dedicated to going thru bureaucratic loops for such a simple transaction is astounding and a testament to why nothing gets done in USA in many fields of research, except empty talk. Everyone fills forms that are not needed with centralization and 1000000 times fewer forms. Just like with the taxes. Who needs taxes? If we got 11 companies employing all and a few federal government agencies, 100 times less local officials? County sheriffs harass endless people and kill them 3 times more often than cops do due to decentralization, there ought to be one police department in the whole country with one single training. The picture is the electronic version and yes, that one needs endless forms to fill out and mail to California low IQ bureaucracy, to get the hard copy, without which, you can't sell or donate your car. Remove black cartridge from your printer, if empty, (select color for the print in the popup window, not black and white, if your printer doesn't print with the default black and white or grey scale setting) and it will print your application forms and endless paper copies of taxes with the color cartridge that it came with, if you ran out of black ink, the color will be a mix of the colors rendering some grey purple pink mix that imitates black ink. This way you save the environment that California claims to protect and not buy so many cartridges. Hear that, we're in 2023, and the California parasites, like in all states but 2, require hard copy and endless forms: 227, 256, 343, etc mailed physically, instead of just electronically filled and PDF sent. *Is this what we have states for? To keep us in the 18th century?* Why have 50 dysfunctional systems of title release, when 1 that is modern, instant and secure allows us to create new high tech jobs to innovate, not replicate? We can softly gently centralize, as Alexander Hamilton wanted. Let manufacturers sell directly and remove the middle man, like Tesla does. All those car dealer vampires need to be fired, given a real job instead of "4th grader sales job", to raise the national IQ, with all sales done by Eternal Travel Inc, the only company that delivers title instantly to everyone's immortality.gov account. With a unified "*hooligans out*" centralist immortalist government, this *state bureaucracy and car dealer banditry* would be wiped out and we get instant title, like DocuSign, electronic form, in 1 minute, no paper, no crap, via the central immortality.gov site where all IDs and utility accounts, etc for everyone are. If you ever need to sell a car and need a title, the Eternal Travel Inc simply scans its database or immortality.gov for your immortality ID, license plate (easiest) or drivers license (electronic one, on phone, like in Australia, issued by this company, not by 50 states), finds there your car titles recorded in the car section, without you even having to email anything or receive any "email with title in signed secure PDF form". Same for house, etc title, etc. USA is a nation of 0 IQ brainwashed slaves who waste time with Halloween instead of solving real issues (pollution and short lives from endless

trees cut, paper made for useless ads nobody reads, car titles, etc, phone calls wasted, etc), are wasteful, inefficient, don't recycle anything, trash everyone's body and lungs, brains and hearts with gasoline car smog, we mainly do sales, marketing and fake ads, violent concerts, pretending we're the great managers of crap, bringers of "peace & democracy", meaning "war and torture, inefficiency & ☺abysmal IQ☺". Here and there, some research jobs exist, 1 out of 50. We're a pathetic bunch of phonies. Can't even get our country in order and end all violent crime, and we lecture others on World Peace, or democracy, since World Peace in 3 months is a forbidden topic. We got millions of tiny stores, selling various items, like clothes or shoes, etc that are 10-50 times smaller than others and are just wasting people's lives since all that stuff is found at the big store. We see clerks wasting time, nothing sold. It's a cover for spies. The same small business sick mentality causes parents, teachers to go with kids and harass 100s of passers by to sell chocolate to raise $$ for sports fueling violent crime. Nothing could be lower in IQ than knocking on doors to ask them to buy toxic chocolate, sponsor toxic sports.☺☺

The idea of 50 states with 50 laws for income tax or etc is national suicide, and wholly inefficient, as we lack science and tech jobs and have admin, law experts jobs for folks who fool around all day. State and city governments need to be dissolved and turned into offices of the feds, with one regulation, not 20000, for all areas *of USA and their tax rates equal,* one federal tax or 0 tax, subtracted automatically. The idea of any ANY tax makes no sense if government owns all companies (11-20 TOTAL), since it can include 'tax subtraction' in the wages or simply divides money supply (wages) according to the needs of all to buy stuff. Why can't we gently increase federal tax, make a central site for renting, etc, and have same income tax law in every state included in the new federal tax code? *Equal opportunity for All?* And also allow most people to never file taxes (few have complex business activities), making everything more central for easy deductions of every wage, rental or stock trade, etc by AI, so we think about Immortality *for* All, not taxes. Plus, *honestly, if we had 11 companies*, all are on wages and help all to live to 1 billion years old and we have 30 times more research jobs, then obviously, all taxes are deducted automatically, as it's so simple and USA finally graduates from aristocratic infantile IQ of 80 to a grown up adult stage of IQ 140. Aristocrats keep the whole planet in the stone age, due to their need for 100 million tax professionals, 500 million sales and resale of insurance, etc… endless clerks for stadiums, strip clubs, casinos we don't need, and the list is endless. Why do we need tax professionals instead of scientist, engineer jobs to build amazing single family housing for all? WE ARE A NATION OF TAX ENFORCERS FOR ARISTOCRATIC MURDERERS, while the poor are homeless and Realtors, Stock Traders, Financial Experts, Charlatans, Tax Folks, Sales, Middlemen, outnumber Building Inspects, Construction Workers needed to remodel, maintain best housing conditions. Our whole country revolves around selling, reselling and calculating taxes: THE PARASITIC BUSINESS OWNERS ARE ALWAYS

THINKING ABOUT taxes, HOW TO MINIMIZE THEM, not how to make people live to 9000. It's a criminal mind, a demonic mind born out of the Depraved Feudalism. The whole nation sinks ever deeper into the black hole of Money-ism. That's why Immortalists will ban all banks and DISSOLVE ALL BANKS into the no more green dollars Eterni Bank. With housing.gov we eliminate so many parasitic redundant jobs and bring high tech undreamed of in every field by using similar centralization. We got millions of redundant contractors, realtors, insurance resellers, dealers, etc, an insane level of service, admin, sales jobs, and nothing gets made in USA, nothing gets done, except sales over the phone almost. USSR gave all a free house, here in America, millions calculate property taxes and all kinds of things. Why are taxes even needed if government pays everyone? Everyone pays government thru their job and hours.

Why can't we have WORLD'S FIRST TAX FREE COUNTRY? Foreign companies will be subject to such strict standards for product safety, that they have to make it so different to sell it in our country, it is a tax unto itself. Any product made by foreign companies or their US factories has to be of much higher quality than local ones to be sold or imported. Otherwise, imports are illegal. Every company pays Americans and that's it. The people are the government, no salary can be too high, say 3 times higher than minimum, as all are saints who work to live to 3 billion. Gone would be the 200 software packages in USA and sites to make you fill out your taxes, redundancy to the extreme. Oahu has a 0.3% property tax, Big Island County 1%, vs 2.21% for New Jersey. 0.31% is the lowest of all states, and people complain that Hawaii is 'expensive', due to property prices being very high on average (these rankings can be easily confirmed on city-data.com, census.gov and many sites) (there are cheaper properties on Big Island, not Oahu). Many pay 20000 a year in property taxes alone, for a 3 bed house. Why do we need so many different taxes, when there is only one Immortality Building Inc and one federal property tax of 0.3%? Everyone is an IRS tax expert and "rules expert", instead of a scientist. The criminal spy agencies who're defending the ancient aristocracy and their Big Corporations exterminate anyone who would even propose such a thing, as we saw CIA torture to death millions in many nations who wanted the people to have a say not a puppet government supporting the beatings loving (see quotes of the 'Word of God' 'Bible') ☺filif skunk IQ☺ ritual loving Catholic Church. (to be fair any church that promotes Bible as Word of God deifies beatings: in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives).

As you recall from history lessons, the royal families and the palace dwelling aristocrats put their puppets in charge of the military and spy agencies and these relationships between business and spies remained. CIA is simply an arm of the Inquisition, their job is to promote the genocidal quotes of the Bible. Why does Europe need endless horses that injure people, stone age rituals, royal families and ancient outdated traditions, redundant governments when all could unify as one bigger country, like China is one country, with one English language for all, a super efficient

EU, like USA could become with immortalists in power? Why do we need 400 political parties (shouting, fist fighting, removing bills from the parliament during session and causing lawmakers to fall on their head?) in Europe, instead of just Immortality for All Party to get the job done instead of talking nonsense all day? All elections are fake anyway, why do we need so much fraud and national energies spent to deceive the working class, to *incite a part of society to hate* and work against others, to create division in every town, family and state? Isn't this aristocratic *terror disguised as democracy*? All debate can be civil, within the same party or with no parties, and discuss ways to give single family housing for all, healthy food, secure borders, trillion year lifespans, universal healthcare, bigger families to stop importing immigrants for labor, who often are soldiers trying to destroy your nation. People may disbelieve "millions" died, forgetting that Iraq war led to millions dying early, and even in USA millions die early due to torture civilians endure or cops, spies, soldiers go thru as part of their "training". The *Inquisition was a cover for aristocrats to torture all who opposed their looting.* Italians (or Jews pretending to be Italians) knew how to crucify 6000 at once needlessly, and had ☺some scorpion IQ☺ to make up Jesus to loot everyone, but in this day and age when all read 500 science papers or abstracts every year, the people know miracles were staged to fool. The "holy" Jewish Torah (part of Bible) promotes slavery Lev 25:44-6 and torture/beating of slaves Exodus 21:20-21. ☺☺☺☺☺☺☺

Another thing that is highly redundant is lawyers, judges, city clerks. Today, to prevent also attacks on judges and lawyers that happen in courts, *where inmates run and jump, punch judges, etc, it makes more sense to do it via teleconference, where the inmate is in a different room, especially for violent crime cases. This reduces the need for courtrooms, as a little office is enough.* Due to the new system, all sentences are replaced with fines and 1 to 800 months weekend online classes for nonviolent crimes, and jail time with labor in a healing self-sustaining sealed city for violent crimes. This will increase efficiency. Centralization will also increase efficiency: today's system of "law" education tortures young people to learn the most useless "immortality progress slowing" differences in city codes and regulations and state laws and tax laws etc, when we can have ONE LAW INSTEAD☺☺☺. All these things can be replaced by AI, once a centralization in a true democratic style happens. If there is ONE USA, then there is ONE LAW, *one* language, in all villages and towns, with small little changes related to factors that affect Immortality max lifespan in that area due to climate, rainfall, etc. So, if we have One software that has the basic American (later planetary, when one country exists) Law, with only small changes minimal when absolutely needed, due to our inability control mother nature yet and create one temp and climate planet wide via the planetary shield of the future, everything is super easy. ☺☺☺ Each side enters their answers to 30 or 400 questions by text or whatever, videos, etc required and the witness, defense, and etc are all AI and a human can supervise inputs of all virtual personas (judge, prosecutor, lawyer, witness, etc) that don't exist and agrees

or improves the AI decision. This eliminates the insane focus on people becoming lawyers, since it's vampirism, we have more lawyers than most countries, instead of scientists to improve quality of life, triple human lifespan. Of course, it's not going to happen overnight, since this is a lot more complex than the real estate system above, which can be created within 2 months, without the drone and 30 gadgets that don't exist yet. For the first time in history, due to AI, automated websites, centralized databases, etc we can actually eliminate 100 professions and get 20 million extra chemists and physicists to create the tech of the future; we need chemical physics to create molecular synthesis in 3 minute or hours from any raw materials – bypassing the 500 step synthesis this is the basis of super fast resolution of millions of technical challenges in every field of human science, engineering, etc. that affects health and lifespan. We can create then eterni foods a million times faster than nature animals and plants. Another vampire behavior common in all countries is "become a doctor because it makes a lot of $$", (not all doctors) so yes, we see how that turns out – you go to 10 doctors and they each know only 1 little thing and idea, and check one thing that the instrument has at the office – when a lot of checks can be done automatically like we already have replaced going to doctor to check blood pressure with the little devices and the Walmart station that checks weight, etc, pulse, pressure, etc. Same way, you go to a place where it measures various parameters, takes scans of meibum glands for example, etc, as explained in the eye section and suggests a treatment with way more info and everything than any doctor knows, before you buy an eye drop recommended by the AI, you also get the huge PDF to understand better all the available options, etc.

So, as AI info section explains, the doctors would have to waste a lot less time, the new 'doctors' being more in creating the gadgets anyone can access at Walmart or various Immortality *for* All business parks that check parameters and things when people feel like some issue may exist. This prevents redundancy, exploitation and torture under the guise of medical treatment. It's the same unified system that prevents looting by local websites of people who want to buy a house in some areas or sell it to various gang affiliated 'realtors'. The main benefit is that if we create the perfect AI, we eliminate human errors, and treat everyone equally☺☺☺, with regard to housing, medical stuff, dating, news (see below), etc not based on their gender, appearance, gang/group membership, location. True democracy. People always scoff at the idea of one language, one currency, one law, but imagine if we had 4 million languages in USA, can anything be achieved? All day translating and not understanding what others are saying? 4 million Windows operating systems? Can any progress happen? You have 4 million less programmers for everything, so imagine how lousy the software is. It's how our society functions now in many respects, infinite decentralized redundancy, inefficiency that makes lifespan health and length increase extremely slow. Proponents of competition would say in many industries we have 99% of market owned by 4 major companies, that's true, so we can have 4 major companies

regulated by the Gov Immortality Housing Agency, that can create 4 such systems and compete for innovation, etc 4 is a LOT better than 4 million realtor sites. Over time, as society evolves to Immortality *for* All ethics, people do their best to improve the one system and the 4 may merge into one anyway, since in some fields of human activity *(that everyone needs, that is ultra basic, shelter for example)* it's easier to have one website, we usually have 1 White House, not 4 million, one government, not 4 million, one set of physics laws, not 4 million sets depending on city and state; imagine 3 amazing & beautiful ☺☺☺ news sites, 100x more scientific news, supported by 100x more evidence, instead of 900 fake news sites with fake videos from years ago presented as today's news. Imagine one dating.gov with 100x more info on every person, instead of 10,000 sites offering no real info – better matching, better news, better everything, like one Home Depot and Lowes, not 4000 mom and dad stores. Catholics have millions of priests repeating daily the same words at Mass (the 15 min Eucharist stuff is same every day even, 365 days a year), when an AI or prerecording could do it in much better tone, same for teachers, allow students to learn remotely, so same class, instead of 50,000 teachers inventing the language or other class all over; create more similar classes, youtubes, free 3 million people from ☺☺☺ 'IQ lowering' repetitive teaching jobs to do RESEARCH on longevity.

In the chemical industry, or environmental lab industry, we have *endless redundancy, tiny companies of 5-50 people, instead of one or 5 big ones*,☺☺☺ all reinventing, rewriting the SOP for the same EPA 624, FDA, etc redoing analytical method development, procedures, accounting, HR, middle management departments ad infinitum, leading to none left to develop new longevity tech, as everyone reinvents the wheel in their industry, town or county: the waste of human brains, energy, is phenomenal, instead of R&D we have redundancy. *To prevent the pitfalls of big state companies where dictatorship emerges sometimes and no suggestions for improvement are considered seriously or evaluated*, since there is more human capital now, they can make sure the people in charge of suggestions evaluation are a group always, with different views and training, so avoid bias and blocking innovation; salary and discounted Immortality tech would be given to those advancing humanity and company products the most – to prevent stagnation typical of communism, where salaries remain similar and nobody has any incentive to improve anything; people don't realize redundancy can be as catastrophic as communism for the society, leading to collapse and falling centuries behind; with more centralism, we can get 10 million jobs erased, these people retrained to fuel the immortality tech industry and support industries, eterni food, plus higher product quality, efficiency, in existing industries.

We see people who live for their car, they wash it and fix it and take it apart 30 times a month, etc – and die at 60, while others prioritize health, good sleep (essential), bliss☺☺☺ and live to 98; likewise, our societies have become like the computer or car obsessed guy who neglects his health and being alive and happy in the first place. We have unrestricted desire for a lot of

things, without a thought about how it impacts our longevity. We have limited energy, so we can't have everything - in record time, both 8 trillion year lifespan and a quadrillion other things. *What will we choose? Life, bliss or useless objects? Also, we got 5 million mom and dad restaurants, that can only produce* Neolithic type of food. Many unscientific mini restaurant chains with 10 to 10,000 outlets, but with little science; imagine if we had fewer, via immortalism centralization, by requiring 5,000 tests and studies to prove food is increasing lifespan versus typical foods of past millennia, and each hired thousands of PhD to discover the best longevity formulas, etc and ship it home via Amazon, dissolve in water, save building materials too, so all have a decent house and a road without potholes every 12 inches. Amazon replaced a lot of shopping malls and we could do with fewer restaurants too? The food industry would move from the cave age to the 21st century; the age of 'me, me, $, $, $, small business, my business' first would be replaced by the age of "science-backed health and longevity, Immortality *for* All" first and later eterni food. From frying potatoes to 900 bio and chemical reactors making amazing & beautiful ☺☺☺ new proteins that help us live to 500, quite a difference. Why waste city jobs with nonsensical redundancy, instead of making | Immortality *for* All | Center in every City hall area, with 200 biomarkers to freely monitor for all people once a year? This center is an office of the federal Immortality *Nurturing* Agency, which has scientists working there, on doing the tests, and on one of the 1 million federal | Immortality *for* All | RESEARCH Projects the Gov☺☺☺ assigned for that city; since this is a world of Immortality prioritized, in Immortality *Capitalism* those people get higher salaries than any city official, as they raise the lifespan of all, instead of looting everyone; to ensure ethics, every city decision has to be approved by the director of the Immortality *Nurturing* Agency (INA) office in that city hall building, who can veto any council decision if it's deemed anti-longevity.

Sports players make more than scientists, which would be illegal in such a civilization, because *playing soccer increases lifespan maybe 0.01% extra* versus just walking and jogging and also leads to a lot of people wasting time shouting and getting angry when a team loses (this pollutes global emotion field, shortening lifespan). We get head injuries from the ball, leg injuries from kicks by other players, but tech can increase lifespan by 3 billion% vs jogging, walking that need no expensive infrastructure; we need more science and engineering labs, not stadiums and sports facilities. Because of that, and because youtube already got thousands of videos on how to exercise from the comfort of your home (no more coaches making big $, everyone interested is a coach of the new eterni movements exercising style they create on youtube for the benefit of all, or sports.gov can host some 2000 styles of peaceful movements, besides the classical stretching, pushups, etc people may want to do 1 minute at a time thruout the day), listening to peaceful music and building nice muscles if that is the wish, it is imperative to cap to minimum wage the maximum wage for all sports players as they contribute 0 to society in the long run,

doing vast damage thru traumatic brain injury and pollution of tone field of humankind. Additionally, any model or modelling company CEO, employee, etc needs to be prevented from making more than 3 times the minimum wage or so, since beauty is not important, but only living to a trillion or 800 initially, kindness and science, tech of making all healthy and able to live to 500. Medical company CEO can make more, as that extends human lifespan. It's fine to be a model and use toxic chemicals to appear younger, but we want to inspire health *and* beauty, *inner and outer beauty and health*, not just a show of outer beauty while arteries and everything inside is destroyed. Because models try to not gain weight, exercise, eat healthy to avoid pimples, etc, and appear good, they're naturally taking better care of their health and are a better role model than sports folks kicking a ball. Models are not always that kind: many post movies of boxing practice, glorify violent thuggish music on social media, try to seduce others for $ with nude pics, exposed breasts, bikini, etc, so it's important to limit the abuse of the internet and salary by models who tempt others into practicing violent unethical sports, etc. We need to also consider the banning of Internet abuse by those who post semi nude or overpost bikini pics; if people want to buy bikini, they see them there, but to over post that on a social media account would invite some hefty fines, starting with 90,000$ for more than 1 bikini pic/video a year or whatever people agree on, to help the people damaged by such a waste of time, help them learn meditation, breathing and natural healthy happiness. Likewise, need to prevent the promotion of alcohol due to its involvement in violent crime (70% car crashes under alcohol influence too), so only once a year can anyone post pics or videos of alcohol, to prevent pushing the youth towards its consumption, since World Peace lasts only when violent crime is 0.☺☺☺

The way they take over our nation is thru turning everyone into a "filif IQ chimp", they *want* to hook people to prostitution, drugs and etc, they want to fight meditation as that removes *drug sales,* 'fake miracle' sales of holy objects and blessed objects, fake miracles books, fake apparition shrines that make people dependent on locations of staged fraud, on wafers they simply don't need. With instant happiness by breathing God's light, smiling, the predators can't make billions by fake religions anymore, they can't build personal airports and billion dollar wealth, huge mansions using religious donations or drug money, *controlled enslaved models,* etc. We need to help people learn 24-7 meditativeness, to reduce crime happening due to anger and lack of happiness; we need to promote the free natural ways to happiness and God connection, not those depending on weed, drugs, concerts, blessed objects, cannibalistic rituals, wafers, seeing or interacting with a "gorgeous supermodel". The goal of life is to live happily, to learn to live happily, as long as possible, without depending on pics of models. All desire that is ethical is related to that stuff that would bring 900 year lifespans to all, later million year. Let that be fun, promoted, exciting, not seeing bikini. Everything else is secondary. Models, and online bitches create the wrong type of desire and addiction that *cause* "drastic lowering of

average IQ and national enslavement", in order to help the mafia cartels who run the weapons business, the casino and sports teams, 'depraved' unethical music and modeling business, etc, the military gangs. People need to perceive others as the shimmering shapeshifting Eternals, not as sexual toys or dolls, and to cultivate universal kindness, to make all feel beautiful, not only some depraved girl *who posts 400 bikini pics a year to claim she's more beautiful than others, when she's not at all, actually less beautiful than others who simply don't have the time and* ☺ abysmal IQ☺ *to post that*. But to dupe men and brainwash them she's more beautiful, to extract money and favors, she appeals to the biological drive and posts as much nudity as possible. This is deceptive and unethical, damaging the quantum field, as people become more animals and less intelligent, rewires the brain to activate less the higher cognitive functions and to become easy prey of the vampires. To protect national security, the quantum field of national brain, etc, we need not only to ensure lyrics are kind, ethical, producing max lifespan per 5 words, but that singers also focus on the music, not on showing off their nude legs, breasts, chest, arms. It's important to realize we want to make everyone happy, serene and content, not to want them to be dependent on erotica. To safeguard the Democratic Principle of All Are beautiful, even those modest enough to not sing in bikini or swimsuit so often, we can easily ban singing dresses that are obviously more porn. These *unethical (a very polite word for their actions)* singers don't realize others have a much nicer voice,☺☺ character, and/or appearance, they just didn't get to be promoted by the violent cartels running 100 nations, USA.

Musicians, singers, like models, often appear beautiful melody, voice or person due to promotion, since many have nicer voice, appearance but lack microphones, dresses, a good photographer, support system, time to record (need to be free to record, not be tortured, have some time off, sleep well, etc), etc and they don't become millionaires, just having a regular job being thought of as "less beautiful" because they didn't post 400 bikini pictures and didn't shout like this to brainwash the youth to enroll in the violent military by associating a "sexy celebrity" with "nuclear explosions and military gear". I met people who would create much better music than many "singers". So it's not even a democratic system: the free spirituality for all, let all become pastor idea in the immortalism beliefs section, explains that all can create beautiful stuff if not tortured by the CIA FBI cartels. The immortalist government can encourage all people of all ages to create stuff and then it will be used to determine which ones can induce the highest eterni emotion in the listener, as measured scientifically via MRI via many AI simulations that can scan 10 billion youtubes per day, no need of anything big, just a 1-5 min song. This way, we reward that which builds Immortality *for* All, not war vibes. Most are not so much singers, as recruiters for the spies/militaries for more wars and no Peace, they're mere spies like actors, models, for spy agencies in need of 'gorgeous' honey traps, CIA, etc agencies that wage eternal war on the human quantum field. Let's be clear, beauty for immortalists is that which is eterni in

tone, that which brings a world of Immortals, Eternal Universal Peace in 3 months, like the qualities deified in the first 2 pages of Immortalist Anthem, not the shouting yelling contests they call "music" today that only perpetuate the 10 billion violent crime incidents a year on Earth. Beauty is giving others music for free, via youtube, not hoarding millions gigantic mansions while others are cramped 9 in a condo 10 times smaller (so 90 times less space/person), because the stadium, golf course took up the space, so the unethical singer can shout and destroy the human quantum field via more war. Let us gently not become the land of depravity and violence. If we're so free, how come we have so much violent crime and 2 million in jail for example? What land of freedom? All are slaves of the Infernal Genocidal Word. The 0 IQ generals who run 90 nations, don't understand that Peace and 0 violent crime can occur peacefully without war/jails, violent music. To live longer, we need more peaceful music too.☺

We need to value intellect, kindness and the gentlest kindest professions and people, if we still want our planet to exist and USA to not become a 3rd world country that is. We need to *reward selfless* intelligence *and science, tech, not using toxic chemicals* and taking photos from a good angle by the company photographer. Millions of girls who're not models would look as good as many models, or better, they just don't get to spend eons taking pics and using industrial amounts of makeup, hair dye, etc. Also, since most models are spies, the other girls would be nicer too, as they have not been trained in deception and being cruel and mean, violent, etc. Likewise, ***prostitution needs be illegal***, since we have hard evidence that anyone can be 1000 times happier than orgasm, with meditation, or even music, without shortening the lifespan of women who're slave labor producing pleasure for equally low in IQ men, who shorten their lifespan by visiting these places and draining their body of fluids. It's the duty of the government to inform all women of the lifespan shortening such unethical jobs bring them, and help them to find a better job that brings 800 year lifespan for all. Initially, they could raise tax 1000 times to begin with, in the transition period of educating the masses. Once men understand the science of meditation, due to the mythical "Zion Elders" like folks no longer controlling all TV, men will no longer waste their money on such ☺rabbit IQ☺ activities. The immortalist government duty is to protect every citizen, not just rich men with money to waste on human trafficking. Sex is not love, love is helping people to live in bliss 1000 times higher than sex, for 10000 years not 10 min, that is spirituality or ethics. Sex is simply the way human primates reproduce today, but later we will do it differently since we're able to materialize atoms as shimmering genderless shapeshifting Immortals. With tech and science, we will make everyone look like a model, and live to 700, so we want democracy, beauty for all, not the guru worship of unethical model, sports, music celebrities.☺☺☺

To prevent violence at sports events and the complete breakdown of family vibe when dad gets mad and shouts when his team lost, there may be a need to have no losers, everyone wins, no

place to score points and move the ball to, let all just kick the ball and pass it around while wearing '| Immortality *for* All |' t-shirts, all one team, not two teams and two t-shirt designs, t-shirts depicting one of the qualities to develop like 'Gentleness'. Likewise, in scientific engineering events, all win and get some prize, but only those more practical and lifespan extending techs get more mass production or development support. This soccer with eterni characteristics is played ideally in one's backyard with one or two people and making a live show of it for free, if one wants to entertain others with one's game, while listening to peaceful music (just like people have a basketball hoop in their driveway or backyard). Sports distract society from what is important: World Peace in 3 months, ending all violent crime and prisons, creating a society of infinite loving kindness, nurturing grace and gentleness: neural conditioning from many sports is pro-violence due to the violent kicking of balls with legs, bats, etc in many sports and how the brain works in triggering neural emotions via movement speed and intent, these sports make us more aggressive and that's not what we need now, unless we want to disappear in 10 seconds. *We need give millions of dollars in prizes to those geeks who invent mass produced instruments that measure everyone's important biomarkers at a fraction of the price, using maybe 1000 times less saliva, blood or whatever, not to sports players).* The director is thus the expression of the will of the people to place Immortality *for* All above city games, to unify the country towards longevity and health progress, instead of 'wealth for a few' city guys giving themselves millionaire salaries – city salaries would have to be approved by the federal director of city Immortality Nurturing Agency. This also allows the end of the organized looting of cities by top leaders, who give themselves salaries 5-10 times above country average (city council), while the city projects go underfunded, potholes are everywhere. Every city, state employee becomes federal, working from that locality.

Why is centralization so important? Well, we got a little city have 1 rule, say no fireworks before July 4th, but nearby cities don't, so everyone does fireworks and annoys the city who banned fireworks; so a lot of city policies cancel each other; if they only allow fireworks be bought from fireworks.gov on July 4th only and a chip alerts INA that a firework has not been used on July 4th, or that it has been destroyed, then nobody can store fireworks and all can be used on July 4th only. So with a national centralized police we eliminate billions of annoying fireworks outside July 4th that shorten lifespan by disturbing people's sleep. Same for dog barking, go to dogs.gov to report issues with dogs in the same way nationally, as explained in the pet section. One single law for dog licensing, dog ownership training required before buying a dog, etc.

99.5% of citizens would have taxes done automatically by the government, since centralization, cashless society means 100 times more awareness of every little transaction, everything going on, especially with centralized renting, etc and stock companies sending info. This is the beginning of civilization, instead of 24-7 thinking about money, taxes and profits, we start

thinking about doing a good job at maximizing everyone's lifespan length and quality of health. Without equal treatment, transparency, equal opportunity, equal price, honest reviews, no progress exists; law enforcement is also harder with 1000 times the companies number, since the mafia uses small/medium businesses to make money, so chaos is much more likely. Right now, everything is so obfuscated, like it's run by organized crime, the mafia. Centralization gives the power back to the people of USA, instead of to mafia groups running shadowy businesses and ripping people off. It increases transparency 100 fold, so everyone knows what goes on, simplifies life, 10 companies, instead of 10,000 in many fields, offering 1000 times better service and product, as they got 1000 times more R&D staff. Government encourages mergers and acquisitions for more R&D. In 20 years, number of companies can decrease, R&D increase 50x. We got 1000 times faster change, when we want it, as it's only 10 companies, not 10,000. If a procedure, etc needs change, it's instant. This means the nation moves to 900 year life fast. ☺

4.5.3.2. Other Forms of Centralization (besides no taxes)

Another example of redundant waste of energy, that could be used to improve our lives is having too many TV stations repeating the same news using old people who quantum entangle with the viewers and age them faster. We only need a few quality stations, not 80 repeating same news. We could also have, for futuristic sci-fi inspiration some AI supermodel shimmering shapeshifting *(20 appearances, races, though one can be on mostly, so people identify that AI)* Immortals even with 100x better tones that educate, heal, inspire for 5 minutes a week. The old style enthusiasts will lose, since now we make cars all by robots, like Tesla does, unlike 100 years ago. Everything will change sooner than many 70 year olds imagine? ☺☺☺ Imagine instead of 2000 denominations, with so many churches sitting empty most of the time of the day, we have only a few, 10 max, and each has one online service for all, instead of the redundancy of 1 million unique services a year, much nicer than any physical service, a nice meditation with the most angelic tones and serene music, plus amazing links to 300 videos on Immortals qualities we can develop and 9000 video lessons on Immortality ethics, that help people relax/learn from the comfort of their home (as church materials are used to provide decent housing and retrofit or use the 16 million empty homes), no longer crowded, with 0.5 million homeless while there is space and material for another 50 million houses, and 100 million living in crowded or outdated city codes environments, gigantic living room sits empty, not enough or spacey rooms, people live shorter due to small room (if they forget opening the window, placing a 1 watt fan there; people keep windows shut more often in noisy, airport areas or very cold areas where heating/cooling is expensive) having less oxygen. Electric cars, solar panels, wind, allow us to expand cities 10 times and make buildings 10 times shorter, dense cities 10 times less dense, less congested. Wouldn't it be more Godly to let the AI do the talking and we could help build via Habitat for Humanity decent housing and retrofit etc for the 100 million Americans who live in

bad places? Or 5 billion outside of US? Also, to meet the social function, people☺☺ can meet at the city Immortality Park where free democratic healthcare for all (UK has universal healthcare) exists, with the AI gadgets monitoring 100s of parameters, where the immortality STEM labs are, where the universal kindness, Heaven on Earth can emerge in reality instead of as a wishful thinking, empty prayer. We see today a lot of companies sell toxic cow milk in 40 types of packages in many countries, wasting enormous amounts of human energy in marketing the same product in different sizes, packages, etc, ads, on TV, etc, while R&D jobs for eterni (tripling lifespan) foods are non-existent, we pretty much eat like Neanderthals millennia ago; instead of making truly amazing new milks, we just package the same cow milk in 900 ways, the *epitome of rat level IQ: this is capitalism left alone. New milk refers not to* denaturing plant protein, creating AGEs in industrial production, etc and giving us a worse 'plant' protein than one by soaking and pressure cooking at home way faster than waiting in drive thru some lentils. New milks refers to R&D for real innovation, creating new proteins, carbs, fibers that are best for humans and triple our lifespan, not random junk from nature, and also create mixtures that don't exist in nature, i.e. fibers from one plant, proteins similar to 2nd plant, carbs from a 3rd plant, all in one burger in a way unachievable by raw plant mixing, with bioreactors or chemical physics reactors for peptides, proteins, etc making them way faster than plants can, up to 1 billion times faster.

The so called difference between some fast food giants is minimal at best, same toxic fries, coke and AGE filled burgers, gluten rich bread, etc. Not much diversification and innovation, except for the vegan patties, now cooked same old way of dry heat to cancel some vegan benefits by forming AGEs, since CEOs chase profits, so no changing their dry heat methods of burger cooking. This is capitalism, more of a version of Marxism communism, GDP growth, even if people lifespan stagnates or shrinks. Isn't it time to upgrade to immortality capitalism and reduce redundancy so we have real innovation going on? With fewer companies, they could make the worst drinks way healthier, add a blueberry/kale shake or concentrate or something to it, or make more smoothies, etc, grow kale in vertical farms instead of potatoes that don't provide any truly rich nutrient profile, except some cheap carbs. Like with the realtor and renting a room, finding a tenant, buying a house, everything is so redundant, decentralized and dysfunctional, like 100s of laws about EVs, instead of a few federal. It's as if states fight each other and are separate countries. Reinvent the wheel, discover nothing?☺☺

The centralization in Immortality capitalism will reduce crime, since we will be able to outlaw cash and bring a cashless society where every purchase of alcohol (implicated in most violent crime and car accidents), etc, can be monitored and quantified, so that purchase is blocked (all credit cards, ATM, etc are linked to the ID) once it exceeds a given safe level, for example, only one 8 oz beer can a week allowed per person, to prevent abuse that brings down the entire medical system as we care for alcoholics, instead for extending lifespan and families are

destroyed, as well as World Peace; and one 8 oz whiskey every 3 months; any company that sells concentrated alcoholic beverages and who causes anyone to commit any violent crime or accident, mistake at work etc due to drinking a whole bottle at once, can be fined 30 million dollars by the INA, Immortality *Nurturing* Agency, since it's the business who needs to sell concentrated alcohol in tiny amounts to prevent drunk driving, etc; the INA goal is to bankrupt all alcohol selling companies eventually, until all humans are free from alcohol addiction, alcohol related accidents or domestic violence, and humanity creates eterni beverages that add a million years to lifespan (well, initially eterni foods, drinks will only add 50 years, then 200, 900, etc), instead of red wines that may add 1 year if used sparingly, in some cases only (many centenarians never drank alcohol). We can't have 3 million dead a year globally, due to alcohol abuse, as that is not Immortality *for* All, it's genocide. We can't have 30 million people globally injured and damaged severely by alcohol abuse, as that's lifespan shrinking and not extending, the most anti immortality capitalism thing there is. All 'benefits' of red wine can be gotten from other foods with 100 times more antioxidants, so why not have the benefits without the 30 million damaged people that drain the planet's longevity progress?

After reading this book, you will probably agree with me that a Civilization of Immortals can be achieved without Immortality *Capitalism*, if there are enough ethical laws about content created (movies, songs, etc), about products created (Immortality Nurturing Agency), etc. It's just one of the ideas that can be partially implemented. The thing is in some nations, already some banks don't provide cash and cash is used for a lot of crime. If the only money comes from the Central Eterni Bank thru impossible to fake credit cards, much crime becomes impossible, but all crime and violence also becomes impossible when the rest of the book ideas are implemented without Immortality Capitalism, which may sound harder to *implement than achieving* World Peace. Presumably, after World Peace and crime is very low and prisons are almost gone, Immortality *Capitalism* would be easier to implement. Casinos, drug dealing, black market, etc would be impossible with no cash. There are millions of possible degrees of centralization in Immortality Capitalism. As the final switch over to the Immortality system (currency name can remain the same, or maybe rename it to "immortal" or "perennial") happens, people's money has the same purchasing power. What changes is how much money they receive from the Bank monthly from that moment on. Private property, etc all these things we got today will still be. ☺☺☺ Even a few banks can exist to help people do business, etc, but to remove focus on money making and "best interest rates" etc there can be just one or very few banks with all credit cards (1 per person max) issued by the Universal Eterni Bank. This further removes money obsession as each has 1 card only. An employer can submit a report to the Central Bank of praise or criticism of an employee, if he thinks the Artificial Intelligence AI system failed to acknowledge the positive, negative influence, since the employer can see the credit rise or fall (not the total score, but only

the change due to the time in that job) happening due to actions in his building and can choose to launch a reassessing of the scoring when he thinks AI is wrong and failed to catch amazing things or bad things employee did. The employer has an influence on credit score, by launching an investigation, but that doesn't guarantee that his opinion is accepted by the system or people overseeing the investigation of the AI. Thus employee evaluations still have effect, though less, since AI is far more objective, less biased, over time in very established industries and positions.

Another interesting thing is that as knowledge expands, the economics of the Immortality *Capitalism* changes. Right now, we have a lot of so called "laissez-faire capitalism" or "market driven capitalism", i.e. the ideal "competing companies trying to make a "better" (liked by consumers, not more lifespan extending, and consumer likes can be manipulated by the companies in the market by secret agreements) product" soon becoming a monopoly, duopoly, oligopoly company brainwashes people to buy a product that shortens lifespan, customers demand the poison products because of ads and this shifts the demand and prices. But in Immortality Capitalism, every product must be approved by the ☺☺☺Immortality *Nurturing* Agency☺☺☺ first, and its price determined by its contribution to the tripling (or extending) of human lifespan in order of what is the most important for the survival of humans as they age (because we try to extend lifespan the most, and risk of death increases with age). So, the price of an eterni food that triples lifespan would be higher than that of a random plant or animal food in nature that keeps lifespan about the same, being also much harder and more expensive to produce. Price of metals or any raw materials depends on their ability to make products that extend lifespan the most, not so much on their abundance only. A 30,000 page book "Immortalism Economics" can determine the price calculations for simpler products and 80,000 page one for more complex products. With more technocrat immortalists shaping and guiding the market, inflation of the planetary immortalist Global Village can be brought to 0 almost for every 100 years and Longevity made the only important thing in the pricing calculation, as demand is determined by highly sophisticated calculations of what studies and eterni (life extending, like a new water pipe that has no lead traces in PVC found today) products need to be tested and sold to generate scientific data for better products that extend lifespan. People are free to choose which among these products they want to buy, so it's still a market economy, but with extra consumer protection, i.e. consumer gets the best products to choose from, instead of products that shorten or stagnate healthy and total lifespan. The demand (production) level is determined also from the resources available and impact of using those resources on pollution and its effect on human lifespan.

100% Free market economies don't exist, since governments in all countries have regulations that interfere with that. If there are 50 food formulas that extend in preliminary studies lifespans of rabbits 80-100% and in human simulations 15-45%, the demand for them can be

determined not by ☺☺☺subconscious ignorance of the uninformed or misinformed public ("market forces") manipulated by covert oligopoly via subliminal ads, but by the scientific knowledge and debate, and "longevity informed" free will of consumers about of which food formulas would better be tested in larger amounts (sold for the benefit of the whole humanity) because science predicts those formulas are the most promising for working in humans to triple lifespan long-term. This implies a high level of citizen science projects, education, involvement in knowing the differences, with the average person knowing 50 times more biochemistry than today. As the AI systems for calculating prices assist price determiners, the price is no longer determined by the chaos of the market, by the entropy and disorder of the market, by the greed and mischief of covert oligopolies (tobacco for example), but by the Knowledge of Immortality ☺☺☺ and Ethics of Extending the Healthy Lifespan of the Highest Number of People, leading the civilization to the most Lifespan Tripling Economics, where the "market" economy of the most published Ads (whoever got the money to publish or release lies full ads not backed by any scientific data or very forged science) is replaced by the immortalist Economy of Infinite Compassion of the Most "Lifespan Tripling or Longevity Enhancing Ads" with statements proven by thousands of unbiased government or truly independent studies (not paid by the company to get "study conclusions" they want). Even if inflation doesn't remain 0.1% in 100 years, as not everything can be so perfectly controlled, it will still be an economics more lifespan tripling. ☺☺

ACTING BUSY DILEMMA: outright individualistic capitalism (like all other systems) tends to often deviate from compassion which leads to employees acting busy, so when you talk about a country with 350 million people, it's like 10 million full time people wasting time 40 hours a week, when they could build 20 million houses (or vastly renovate, sound proof, etc 100 million in desperate need of in USA) and 0.1 million Immortality RESEARCH centers in that free time. Here is where Immortality Capitalism saves this stagnant classical capitalism model: managers are educated to be more compassionate and empathetic, not so cruel (like the nobles working peasants to death at times, then raising money to start a war to get more "land") and profit centered, so then employees can volunteer to one of 10,000 Habitat for Humanity like Immortalism volunteering opportunities to help 50 other people to build their house, vertical farm, City Immortality Park, install solar panel, double/triple pane window for noisy areas, dirty electricity filters,... As an individual logs in 800 hours of volunteering, he could be getting on the list to get a house co-built by volunteers (nobody can be expert in everything, but anyone can learn something well, installing windows, or solar panels, or electrical, or plumbing of some type, RF monitoring, etc to assist the professional plumber, electrician who OKs things, etc. Then, instead of the manager complaining the guy is "wasting time", the manager would let him volunteer so he gets a decent place to live (no more brain fog due to bad sleep, due to bad neighbors), where he then performs in his 30 active hours a lot better and builds 10 houses long

term for others. Yet, this is such a non-no in our world, how can someone leave the building? How could anyone dare to do physical exercise in service to building immortalist civilization? ☺☺☺ It HAS to be at the gym off work hours, Immortality labs with $30 million instruments are hard to have at home, but one can exercise at home and do chores to help people around with things they need (listed on Immortality building Volunteering network).

The freed materials, land, staff, etc can then be used to build 1 million Immortality RESEARCH centers in America, we already got so much land in cities (see the list here). Today we have these amazing drivers licenses, credit cards, time clock, etc and people can clock out and use the Immortalism Building Card to scan it when they enter volunteering area and this is sent to employer instantly via email (to the employer AI which notices a longer lunch break) as proof he wasn't at a party, but actually volunteering in an Immortality *Nurturing* Agency Approved Nonprofit of the ☺☺Eternia☺☺ Network – he did what he had to do that morning or day (sometimes business is slow or there is nothing to do there) and could use 40 minutes of physical exercise to avoid staring at the sky and do something useful for others, not just muscle building for HIMSELF. By law, the employee would still be paid his hourly or salary as if he never left to volunteer; if employer notices there is a lot of free time (they often know anyway), he may assign more duties to the person, but he can also quit, this way there is a system of preventing exploitation by one employer who doesn't care about Immortality building, as the Central Government does. The enthusiastic employee can help 80 neighbors to build mini-vertical (15-25 ft tall, outside "glass" can be colorful solar panels) greenhouse farms in backyard (that look like shimmering temples) with geometric shapes (dome, pyramid, hexagon, etc), and amazing colors that make the vegan or eterni city look like a heavenly city from another universe – the bliss of making the city so amazing and self-sufficient, off-grid and organic, catapults his work productivity 50%, so he does more in his fewer hours than the depressed lethargic self of "classical capitalism that is *neutral or indifferent to* Immortality *or eternal lifespan tripling* just like all political and social systems now that are not pro-Immortality and ***repeating short lives (and a little too much focus on death and war) status quo*** due to historical inertia, they simply don't aim for 500 year lifespans with the dedicated compassion and enthusiasm described in this and other books" before and the employer knows this, so it allows it as it helps his profits too.

"Let the Light of Truth, of Immortality, of Eternal Life, of *gentle tender soft* compassion, of Scientific Discovery, of Freedom from "short lives, ignorance, fake ideologies, isms, made up religions" enable us to Live to 900 and way longer later. Let us become filled with the *Electric* Bliss, Perennial Joy and Exuberant Infinite Ecstasy of Immortalizing our Civilization with the Light of Knowledge Immortal.☺☺☺ Let us allow the Immortal Altruism Spirit in every employee to flourish and express so the real engine of *planetary* transformation can be turned on and the miracle of "Immortality" (eternal lifespan tripling) *can dawn a million times faster*". This change

of scenery, from stuffed low oxygen hot office (no air conditioning) to fresh air building a shimmering garden or house, can also help employee build some needed skills (technical or people) that are not easy to teach at the workplace, so it can be win-win, *especially if brain is oxygenated.* He grows from a depressed selfish angry employee into a cheerful universally loving kindness filled immortalist who loves his life more and dislikes his boring job less. This also help people realize money is not everything, but skills, oxygen, quality working place, new friends, volunteering credits (which means maybe getting a house done by more Immortality loving people, *higher vibration*, not mean people who do this for paycheck only, not to Volunteer in Eternia Network). People become less grumpy, less selfish and more helpful. This limited world view, this lack of *compassion* for employees, their living environment, etc leads to employees acting busy and everyone losing, manager, society, people who could have been helped by volunteering, etc. Our money obsessed world is so cruel, compassion is rarely a factor, leading sometimes to the same stagnation as in communism (life expectancy: freer market economy, freer individuals, democracy *South* Korea *82*, communist *North* Korea *71*, former EU nations got some food shortages (sometimes they would turn off electricity a few days of the year for 5 hours a day or so), like USSR, before the 1989 fall of communism).

All countries are sort of communist, "communism for the military-spy agencies elites, ignorance, slavery for the rest"☺☺☺ *(centrally planned economy disguised as free market, where elites centrally plan everyone's life, control all courts, stock prices, legislatures, celebrities, websites, everything, in a communism or "democracy" as a scam system of fake elections, where neither free market capitalism, democracy nor communism exists)*, in reality, it's just that they disguise the military-state *(of the feudal aristocratic elites controlling the security apparatus and using torture and mutilation as the feudal lords beating and working peasants to death)* control of all private enterprise very well; however, the level of kindness and terror varies, so when there is too much terror, torture, fear, nobody reports to superiors when issues exist, out of fear that a suggestion is taken as criticism of the superior (leading to 50 years of torture or early death), so then, the system will collapse over time easier under pressure from enemy spy agencies, as superiors don't see the system is dysfunctional due to 0 reports from subordinates; so, for a country to last, it needs to develop 0 torture, terror, fear; so, while being organized, focused on goals is good or efficient, when peaceful *loving gentle tender soft* healing☺ nurturing compassion for all are not the main vibe in spoken language, music, culture etc, long-term it leads to psychos becoming leaders who bring the civilization into decline via a reign of terror, sometimes created by spies remotely controlling puppet dictators, who want a country depopulated or eliminated from the map. ☺☺

Go to many restaurants off peak times, what do you see? Acting busy, wasting time. Same thing goes on in many businesses. Then people complain, the owner about filthy cities maybe, but

employees didn't get a chance to make them nice, not allowed by the owner. There is no higher calling for the entire town, county, state, country, planet, everyone for himself like a jungle "as long as I get my paycheck or profit, nothing else matters, everything can collapse around me, it's my paper money that matters". This thinking makes living to 200 or trillion (like Immortalli did) way harder, maybe it takes 500 times longer, well after year 5000. Since many don't believe in organized lies of sometimes made up religions, the ethics void can be filled by the logical realization that to live to 200, we need 8 billion people to work together, this is not a project 3 or 3 million people can do easily in 25 years, it's a technological challenge unlike any other. All would allow employees to build workplace meditation room too. ☺☺☺

Finally, the acting "good believer" and busy dilemma is edging into a controversial aspect of our life, that of man made religions that lower IQ, increase gullibility and propensity to believe without any evidence, increase national security risks by making citizens extremely naive and unmotivated to develop high tech, being happy to just believe in fake miracles, remove any incentive to discover anything about living to 200 or much longer, since after all "all it's needed is to accept made up miracles of Jesus, Buddha or others, Mohamed, etc and all is good". Oddly, we have in France and USA, etc separation between church and state, yet churches, often being antiscience and anti life extension, get tax free status, and enrich the mega church pastor who doesn't really teach anything, except 1st century violence concepts and fake miracles for which no evidence exists. If church and state are separate, in Immortality capitalism, the tax free status of religions would be valid only when religions adhere to teaching how to achieve World Peace within months in every service for *30% of service* duration (since we have not even reached kind *animal stage* yet, and we can kill 5 billion persons in minutes versus 1 person millennia ago when these religions were invented, so the need to transcend animalism is higher than ever to prevent extinction of humans) to help humans attain the kindergarten level of spirituality attained already by 500+ mammal species that don't kill their own, a minimal code of Immortality *for* All ethics, to prevent the lowering of the population IQ,☺☺☺ the subjugation of the naive, the destruction of the country by foreign agents using religion to bring national IQ to 0, inefficiency to infinity levels so we fall behind and our healthcare system is so primitive.

Besides 30% of service dedicated to World Peace, 20% of service is dedicated to qualities and methods (music, etc) *that end all violent crime*, 5% to the use of technology, video editing, lies and attention misdirection to fool people into believing miracles happened, to help people be less gullible, 10% to methods that end all covert torture, since violent crime and torture are the first step towards war and species extinction; there is no morality or ethics where violence and torture exist, so we start with the basics of spirituality, *without ethics the country can't last*. *10*% dedicated to developing empathy for other humans suffering, so all work to help all be happy and achieve trillion year lifespans; *10*% meditative states of happiness to reduce dependency on

rituals of "wafer eating, water sprinkling, wine sipping, object worship, pills", etc..., *10%* science of astral travel (via technology) and interdimensional and physical Immortality (physics, chemistry, etc), and 5% other free to choose by pastor topics, such as creating a culture of Immortality *for* All, gentle tender softness. Within the other %, the pastor has some freedom on which quality and method to focus, among the 80,000 approved educational topics for national IQ raising, instead of national IQ lowering by Sunday school brainwashing. These topics are in the *Ethics* of Immortals book, of *half a million pages*☺☺☺ at *ethics*.gov, which can be browsed by chapter online in html form, so pastors have no need to repeat it all, just refer people to their new Bible, *ethics*.gov, way more intelligent than 8 BC renderings of science illiterate men. We're close to the end of our species via WW III, see possible nuclear strike scenarios, due to bad scriptures, unrestrained media and historical inertia, as well as the mass brainwashing of 9 million soldiers to simulate killing other humans *(kill viruses, aging, disease, not people; prepare to defend against natural disasters or aliens, not to kill people; make international agreement to stop all wars now, stop all violent military music and civilian music, all violence causing tones, etc*) and degrade human quantum entanglement field, due to the world dictatorship of the military top brass who don't make World Peace in 1 year the priority of all media they control; so in a situation of emergency, we need to take bold steps to preserve humanity, or at least our country from the big military general bullies enslaving and terrorizing humanity. Actually, many nuns, staff in many religious places will love this, since Christianity talks of the New Earth where people live forever physically, so via technology this New Earth emerges, and via technology the New shimmering genderless shapeshifting Immortals Bodies emerge that live forever, so it's not anti-religion if you think about it, because to give trillion lifespans to all is the essence of spirituality, *universal* loving kindness, giving people more time to meditate, contemplate, pray, discover the true nature of God and avoid "hell". The truly spiritual will love this gradual peaceful *loving gentle tender soft* healing☺☺☺ evolution (no violence, no revolution) liberation from death focus, inefficiency, towards the Light Eternal of Immortality *for* All. We got Internet, we know Immortality has been way before Christianity as a dream and it doesn't belong to spiritual body only, nor is immortality given only thru Jesus, it can be created via technology we discover or God shares with his children.

On July 4th 1776, USA became, on paper at least, an *independent* country, not a slave colony of the Vatican and any organized religion group that undermines the very concept of intelligence, *discernment*, the scientific thinking that gave us all inventions that reduced mortality 500 fold or 1 million fold for many diseases. It was the lovers of reason and evidence based belief, like the Galileo the Vatican jailed and Bruno the Vatican killed, the lovers of the scientific method that led to these scientific discoveries, not the formal rituals that lower IQ and brainwash people that God needs physical matter, like gluten (in wafers) that causes diabetes in some or water to act

as an intermediate to God's infinite energy to bless people, so as to make the population dependent on the priests who act as Italy's (or whoever controls Vatican today) agents in America. The present brainwashing going on for example in every daily Catholic service, with 15 min out of 30 being the ceremony of the eating of body and blood of Jesus (an America of cannibals? at least some Protestant denominations do it 3 times a year, not 365☺☺), the Nicaea creed where people repeat like parrots without any scientific (not faked by Vatican paid spies) evidence the most fantastical beliefs in Jesus having died, ascended, performed all miracles now we know can be easily staged (including miracles of Eucharist, they put blood (from chicken, etc, or these days from some blood bank) on a host or some chicken or cadaver flesh and then say it came there by some miracle, pure lies like that, recall Catholics were the richest☺☺☺ landowner in Europe, Big Business, high incentive to lie, 10 cents a meat piece and 10 million in Catholic donations, high profit, while destroying society as everyone thinks "*if God can do this, he will also save me and take care of me, I need do nothing (the biggest lie), whole society stagnates, like in communism, nothing gets discovered and we become like Honduras*", FBI never allowed to investigate these 'miracles', they know it's fake, at least for every claim of miracle, require churches to explain how miracles can be faked, as I do, to increase discernment, and leave it up to people to decide if it was real or fake; etc) - without asking for any proof, without any "may be" or "it may be true if we had evidence". ☺☺☺

4.5.4. Centralization of English only free Education using eterni tone of 1 Online Univ & 5K Unis plus 1 million Immortality Labs (research centers, school labs), Eterni Media, a 40 page chapter:

Each day until age 18, all will watch 1 ethics video and after age 1 be quizzed on it. This video will always remind all that "The Purpose of Life is not to Add 1 year to Your Life (a selfish choice), but to add 4 trillion years to All Humanity (a selfless choice), 4000 years for 1 billion people at least, first to the lifespan of nonkilling nontorturing immortalist nations who merged as the Immortalist Anthem Eternia nation". This first nation to implement the book is a special flame of Immortality *for* All, so they can teach in the video to add 4 trillion years to the nonkilling nation (not to serial killer psychos in some nations…) first, then to the humanity living by immortalist ethos, 11 companies, 1 language, etc. Kids need to be taught discernment: we don't want to add 900 years to torturers and killers in other nations, we don't want Hitlers, Stalins, Mao types to live long as they will kill 10x the people if they live 10x longer; so be patriotic, add a trillion to your immortalist nation and allies. After the ethics video kids are asked: "Write down how what we learned today in science, tech can help us add 9 trillion years to everyone's lifespan: we learned a chemical makes up tired, but tire particles are smog that kills and loud car noise kills, so we will buy used EV and research tires made of new materials that don't destroy lungs, organs and that make 40 times less noise. When you aim for adding 4000 years to every kind human, everyone creates a synergy that then gives all trillion year lifespans eventually. The

present duplicating educational system requires recording 3000 types of nearly identical 8th grade chemistry classes in the average human trash tone, a huge waste of time. It has become a fad to have a huge quantity of different schools, instead of the only University, the Eternal National Online Immortality University with free centralized courses, of much higher quality, that any citizen can take at education.gov. The happy kind Immortality *for* All government can centralize education, offer 19 trillion quadrillion☺☺☺ courses $_{500}C_{15}$=500!/(485!*15!) = $19*10^{27}$ to choose from in college (see details in the next 40 pages), by a modular design to make everyone excited about living to a trillion years old and about ~*~Eternal World and Universal Peace~*~: one course (or more add-ons to the basic lessons, for more technical schools) of a specific type at every grade level, nursery, college, PhD that anyone can take, removing the need for 5000 different "1st grade" courses at 5000 kindergartens, 5000 colleges, schools and allowing instead the creation of 1 million Immortality sciences labs (mini-universities of research, which we can call unis, a new word in English to increase efficiency, national unity, and indicate it's a hybrid between a lab and a university, but a smaller university, so uni), throughout the country, so all kids and college students, PhDs can go there and research and then we eliminate so much redundancy and we increase physics, chemistry majors and RESEARCH positions 50 fold to design courses and lab physics, chemistry projects far better, and make it amazing & beautiful ☺☺☺ and fun, World Peace in 3 months building and Immortality for All ushering. Since we got 1 basic freshman chemistry course, instead of 2000, its tone can be far more eterni, (can have 9 AIs or options for reading it in various sounding voices, males can choose male voices, females can choose female voices or if only one video version exists at first, we have 50% of courses with female speakers and 50% with male speakers at first, or perhaps, after many years of research, more of a gender voice if we find that one gender, after training to speak for 20 years, they get the most scientifically gentle tender soft healing nurturing loving kind voices who're proven to cause the highest activation of discernment, hypothesis thinking, creativity and gentle tender soft healing nurturing loving kindness in the audience, etc, but all eterni, *you choose the one you like)* leading to a far more intelligent species that activates the higher neutral centers of eterni thinking, emoting and maintains Peace for a trillion years after we reach WORLD PEACE in 3 months soon. Free daycare, kindergarten, free school for all, since daycare and kindergarten will use mostly online classes too on the huge 32 inch screen. In addition, for infants and toddlers, we get education.gov to provide the daily ethics video to watch from day 1 to age 14 of their life, parental version can be viewed at work in the lunch break. This is in the parent license section too. Toddlers will love the 2-3 hours of eterni tone (1000 times better than parental tone), the ethics of the Immortalist Anthem, the basis of a kind gentle nurturing happy civilization. ☺☺☺

For the first time in 100 years, the new generation has a lower IQ than the previous one, as nobody does their homework, cheating with AI. This is not a surprise, given that fists fly in all

directions even at graduation ceremonies when students are supposed to be the most civil of their entire life, when street takeovers (eight 3 min videos: 1. five cops hurt, 2. beaches, 3. Latino illegals terrorize a street each weekend, 4. dealership cars vandalized: 2 min (Naef Salmo Syrian, both names are Arabic, hit some spectator US citizen in a terrorist attack or attempted murder disguised as car meetup: the Jewish Google Mafia gives the first hit for Naef Salmo search as a Swedish looking pic on the right *(and falsely claims Naef and Salmo are mainly German and Swedish names, when in fact, most such people are Muslims: dig more for each name, Jewish agenda is to slaughter/enslave all by organized gentile-gentile violence leasing to one Jewish King for all Earth)*, even if the post shows an Arab, just like Google etc presents cases as "German, Brit, etc attacked people", without mentioning he was 100% Muslim fanatic, illegal Syrian, Afghan, Pakistani: think again before going to these takeovers to watch, the Sharia guys may run you over, they may even pose as Latino), 5. DC official "trying" to end takeovers, 6. bicycles takeover injuring innocent strangers 7. teens die at takeovers 8. 30 horrible crime videos of the police section) show a level of violence unthinkable in other nations, thanks to a KKK government that socially engineers violence (among parts of the working class, for max power of the elites) and wars for 3 centuries, via total control of the media, and super high violence in movies since 1910s and music, especially black music (KKK created the gangster rap via remote control of "artists", etc). To exterminate non-Brits, the KKK British, Jewish recipe (see Zion Protocols) for centuries has been to engineer cultural aspects that magnify violence via media, music and movies, *to destroy national cultures and replace them* with heavy metal-rap-gangster rap-pop trash made in UK-US or via copying US "music style", in this case street takeovers (blacks and Hispanics in US usually, who're aroused via secret accounts online to organize these, to give KKK pretext to arrest them) where they dance, jump as taught at concerts by our infernal celebrities paid millions to arouse youth to infernal levels of violence and the same dancing style at these demonic concerts financed by CIA-FBI-Pentagon who control all celebrities (who happily make millions or even billions by destroying USA and the entire planet) to arouse raw passion that is later used to fuel people's aggression and turn them into powerful mobs to terrorize the cities whenever the Rich need an event to distract from the $3 Trillion theft they do each year to build Palaces for the KKK Jew-Brit Elites of Maximum Slave (of all races, just not Brits or Jews) Beating as the Bible they force at Gunpoint on us, Deifies: Beating slaves to death is OK, as long as death is not sudden and gentiles can't clearly see Jewish abuse of gentiles killed them. This demonic dancing jumping style in street takeovers is the same seen at most US concerts modeled after Jewish Orthodox concerts of Demon sounding Rabbis who compete with Hitler in Infernal Violence of Tone, but hey Jews can be like Hitler, killing 5 million Ukrainians in 1933, but gentiles can't. 5 dollar bill dancing is the Culture Jews believe in, 5 for penta or pants, doll is the sex doll, go figure… we see the same leitmotif of Sex with 3 year olds of Talmud and ads for cars for kids going all to Orthodox Jewish matchmaking, day schools,

summer camps. This is the face of "pious Orthodox Jews" you aren't supposed to see. The return on investment for these genocidal killers is huge, they give $5 billion/year to celebrities using tickets paid by all races, make lots of money from these "companies that organize concerts to destroy USA and all nations", and then the IQ lowered masses of slaves are so easy to dupe and chain by the Rich Killers. The music's purpose is to create a society of violent "snail IQ", ultra easy to dupe/jail folks, not to end violent crime, but to maintain its levels ultra high, 1 trillion times than it should be. The Demonic Aristocrats say they work for Peace, but secretly plots endless Violence. They're the most Machiavellian pieces of trash from Hell. Once the youth sees the sweet hanging fruit is merely a trap to chain and torture them for life, they will shun all this music, movies and fake news created by the Most Vile Jewish British trash on Earth.

People have huge egos and don't want to admit, they were cannibal chimps millions of years ago and that aggression is present in all music, even folk music in all nations, and we need a collective effort of introspection and self-analysis, self-criticism, to realize that this music is the full return and devolution of the human primate to a cannibal chimp, not evolution towards Immortality for All Music☺☺ and Culture of Nonviolence. To prevent the unification of the workers against the rich, the rich keep the workers addicted to low IQ things like violence, violent movies, sex outside procreation, violent music, vaping, smoking, alcohol, weed, wars, riots (always against another group of the working class, never against the aristocrat PALACES). This extreme terror of all nations and races becomes the Mayhem we have daily in the news, as devil possessed aristocrats (Jesus: Tim 6:10 "love☺☺☺ of money is the root of all evil" & Mk 10:25: all rich go to hell) work 24-7 to maintain their PALACES via war and infernal street violence we see daily. The Rich will kill even 8 billion to prevent the rise of an Immortality Credit Score society centered around Nonviolence, the core of Immortality for All, i.e. all rights are meaningless if you're dead. These street takeovers, sky high crime rates, violent music concerts, violent movies by the Hollywood Jews, etc are a modern form of the British, Portuguese, Muslim blowing of enslaved people by artillery gun to pieces, except now it's done covertly, by the rich mind controlling workers to kill fellow workers in out of control violent crime. The British General Washington saw thru war and riots he can become the USA King with his Freemason friends, so 1776 fake revolution replaced the UK Dictatorship of Monarchy with the Freemason Dictatorship. The change was cosmetic, of Master, not of substance as with the 11 companies or the real Independence Declaration. The Asians and Whites wrongly think that they're smarter, because they "don't do street takeovers to smash the cars, small businesses of fellow people of the same race like Blacks do etc". But no, the Rich are ultra clever, exactly as they use blacks to smash black small businesses in riots, they use white workers to destroy white workers via violent crime. All races are all equally stupid in other ways, because they fight like crazy other groups (created by the rich) within their own race or group, be them Democrats, Republicans,

etc. The whole nation is engaged in all out hate, because the Rich create 10000 methods to stir hate within any nation or even racial group: straight vs LGBT, Republican vs Democrat, Male vs Female, feminists vs mysoginists, etc. The Rich need max tension, hate, raw emotion, as the media inflames daily, so a little match can start a national riot series, massive social unrest, for the tinderbox state society of slaves, to distract from the Rich's acts of theft or genocidal poisoning of the masses. Each time the truth comes to the surface or the rich are under attack, false flag violence is staged to distract. This won't stop until the workers realize who is coordinating this from the PALACES: THE ARISTOCRATS who fight 24-7 any real effort at creating a Family of Immortals☺☺☺ Culture of True Unity as with the 11 companies based on the nonviolent beautiful Immortalist Anthem, the guide of the global working class.

This lower IQ for the first time in generations is natural given that sex shop owners give sex classes in schools to 9 year olds in USA and to 0-18 year olds at their sex shop Mason's WinkWink Boutique at 9:30-11:30 PM June 1st 2026 "Queer Youth Open Mic Night", due to a government of pedophile rapists (anyone who promotes mass rape of kids as Word of God is a pedophile rapist, they swear on Bibles and have 0.4 million temples, synagogues, churches, dedicated, mosques dedicated to Bible-Quran) promoting a Bible full of mass rape of children quotes. Since LGBTQ sex among minors or minor gender change is a violent crime, she's inciting the least mature people to that, she deserves lifetime labor or even death penalty, same for all who encourage that for 0-18 year olds. Let these 'teachers' pick produce in California enclosed farms for life, to see how exciting it is. 10 million parents should sue her for destroying USA and cause her to pay a trillion$ in fines. Same for all other 10,000 similar "teachers". That's why we need a central education system, so none of these programs would exist. Check this one, parents can't view all medical records of their kids ages 13-18 in all states and DC, even in the military, so kids can choose to secretly engage in "unknown to parents categories" forms of care: change their gender, seek drug addiction care, mental health support, abort babies, etc without parental knowledge. This is from the Pentagon pedophiles folks, not from some leftist town in California, Pentagon allows all this crap. Every US politician praises Jewish culture, meaning they praise the rape of 3 year olds described in the Talmud, a book that should be banned, together with all rapist scriptures, like genocide quote rich Bible-Quran. USA has been run by Freemason pedophiles for far too long, rapists who promote the Bible, Quran, Talmud. No state bans sex outside procreation content, the solution to teen pregnancy and the way to bring rape rate to zero, instead they promote Sex, Condoms, Sex Education at 9 and Sex and the City on TV. All 50 states + DC allow minors to independently consent to sexually transmitted infection (STI) testing and treatment. Believe it or not, this is the USA, the Pentagon needs harems, kids to rape I guess!!! Why else would this be allowed? Pentagon controls everything: Rapists swearing on the Mass Rape Bible. 23 states + DC allow minors to consent to birth control services independently,

restricting automatic parental record access. If Jewish MDs want to have some one on one sexual relations to practice Talmudic Law, parents not allowed inside or to know of any visit etc. Over 30 states allow pregnant minors to consent to prenatal care and delivery services independently, shielding those specific records from parental view. The vast majority of states allow minors to independently seek drug or alcohol treatment. The criminal US gov encourages drug abuse by this, instead of eliminating drug use via 11 companies reform to end all crime and inspect with 10 million dogs all the packages, letters, containers 10 times. We got lawyers, talkers and bandits in power, no real ethical people. Parents are genocidal spoiled pigs too, they buy dogs, instead of using those dogs to secure the nation from drugs. 90 million US dogs are enough to inspect every package and mail in North and South America and stop all drug use, but they don't care except about talking about "how great US is". Pathetic, arrogant, childish, "cabbage IQ" like: kids in adult bodies. In many states (New York, Georgia, Texas), a minor of any age (vs age 12-14 in 15 states) can consent to substance abuse treatment, immediately restricting parental access to those treatment records. Bandits took over USA folks, wake up. The MI6 cartels run USA. Just like they drugged millions of Chinese, they're now drugging Americans to take over again, using the same old friends, the Jews, like the Sassoon Jewish "billion dollar" family. The reason this happens is so adults can rape kids and then parents not know about it, if they ever get pregnant and need to abort without parental knowledge. Folks, homeschool your kids (lots of online resources)☺☺☺ until we replace this genocidal Pedophile Democrats-Republicans government of "mass rape" bandits, via the victory of the Immortalists and decent people in future elections. If we had one centralized education, with every parent (via parent license) required to watch lessons, before they try to conceive a kid, with kids watching ethics lessons daily since age 0 to 18, we would have different results: animal monkey humans would be transformed into actually thinking humans who think 10 times before they "do stuff".

The Demon-crats have become the Pedophilia Center of Planet Earth, and Republicans, Churches, Synagogues, Mosques the junior helpers in making pedophilia legal. It's crazy to have churches, synagogues promote texts that describe human sacrifice of kids, babies, eating of boiled kids (missing kid cases?). Perhaps, the hidden intent of these Demon-crat and religious politician bastards is to have an unlimited supply of your kids to rape, boil and eat. Those all "holy Jewish rabbis" love to make babies suffer and suck their blood (video 1, video 2, video 3, rabbi cuts entire penis by accident, other videos) out of their trimmed penis, infecting kids, circumcision they now imposed on 80% of male kids by pretending to be atheist Democrats and Christian Republicans in the Jewish takeover of the USA since 1890s that is advancing more daily, until all gentile kids will be having penises sucked, trimmed by rabbis. Isn't it time to take back USA from these Orthodox Jewish monsters and ban such ritual satanic abuse disguised as

"religion"? How can genocide, rape promoting texts get taxpayer funds and tax free status? They're organized terrorist organizations like ISIS. It's time to vote them out and let the Immortalist Party win 99% of the vote and change the Constitution to Declare our Independence from the Freemason Rapists. Anyone doing such penis sucking that infected 11 babies and killed 2 babies with herpes, should be deported to Israel, as a violent criminal guilty of a rape level crime, which in immortalism means death penalty. Let them live and escape to Israel, the Land of Masochism and Child Abuse. Masonic temples promote violent crime in ritual content and indirectly, genocide and mass rape via the "scripture praise". Using the disguise of suits ("respectable politicians") and clergy robes, they hide their pedophilia and praise of the rapist Bible-Quran, pretending they don't know the scripture content. Sadly, this "lower academic test score IQ" of the present generation is not compensated by a higher "innovation IQ", as in doing research, on how to live 40x longer, kids simply do "rat IQ" extracurricular activities while becoming less intelligent. The IQ is more of an academic IQ, not a research innovation IQ, so it doesn't directly affect innovation as much as the innovation IQ itself that is not measured, since sports, concerts and other "donkey IQ" activities replace research that needs to occur since age 8 given the AI opportunity to develop a "whole forest big pic" thinking, instead of tree thinking of excessive memorization, you need a bird's eye view of all biochemical pathways for example to make humans live to 4000. With the donkey IQ of TV-radio it's hard to expect the youth to increase IQ, when fruit fly IQ adults run all nations and their TV-radio stations, so different from immortalityTV. The rich get free college admission... merit has no meaning, only money. National Science Board of 22 people in 2026 and before never had 1 single member dedicated to 4000 year lifespan techs, when all members should, with PhD theses on such topics and majors, techs. Then, Democrats protest all were fired, while they offer more of the same. You can't achieve 4000 year lifespan if nobody even talks about it: no biography talks about this, when all of them should. Department of Justice found "Yale's use of race resulted in a Black applicant being as much as 29 times higher odds of getting an interview for admission than an equally strong Asian applicant with similar academic credentials." So, is that Equality? No, so in the future, there is only 1 university for theory classes (same courses for all) and some 1 million labs, and race is unknown and irrelevant, because the only criteria is their test scores at the lab and theory exams, plus Immortality Credit Score, which doesn't look at race or gender.

Today, on multiple choice SAT like exams, boys outperform girls or get same result (since it's blind to the gender), but if the same knowledge is tested in class (present education racist system), girls get A, boys B, since girls are more compliant, still and "yes sir" type, so the teacher views them as more well behaved (dictators, teachers, like loyal, not competent people) and more like self (female teachers being majority). Females make up 85% of primary school teachers, 75% middle school, 60% high school, go figure why now GPA for females is 8% higher,

when if objective test was taken, it may be actually lower, so then 58% of college undergrads are female vs 42% in 1970, all due to the change in genders for teachers. 58% of college admissions officers are female, because we need useless jobs, instead of innovation. With the online system, everything is evaluated by the computer, no more human prejudice. No wonder 58% of undergrads are female. Female equality right there, men get 70% of workplace accidents, as they get the most deadly jobs and take the most stressful jobs, and roles, so they obviously live shorter by 5 years. Highly equal. Go to the Equality section to see real equality. The Jewish plan is to destroy nations via feminism in a simple way: women have smaller brains (smaller similar computers have lower computational power, big desktop is faster) and less of the analytical brain needed to catch spies and defend the nation, since nature makes women more nurturing and trusting, to be able to breastfeed the baby, etc. By destroying men, Jewish takeover of societies is far easier, as women are more naive. Solution: home schooling, let boys invent stuff, start companies like the 11, join the Immortalist party, and let "snail IQ" folks with degrees memorize stuff. A society can live to 900 without any college degree, via self-learning and research, while another society, following Jewish manipulation, can have 3 PhDs for every citizen and die at 80 still. Our society focuses on titles, degrees, salary and looks, not on actual results: are we creating Life at 9000 or death at 80? The aristocrats want trusting docile "rat IQ" folks in power, for maximum manipulation. For every crime there is a response, let boys invent how to live to 4000 and female teachers how to grade females higher, as if GPA has any meaning at all. Parents don't need the "nematode worm IQ" or religious teachers to "educate them" on how to make kids discover living to 4000, anyone motivated studies on their own with parental help and online resources and many graduate from MIT or a college at age 18, though that isn't even needed to discover more than 10 Nobelists combined from one's own home. Moreover, we raise a generation of "filif gnat IQ clowns" who go to college to feel important and better pay (greed that is, same reason most people become MDs, to make 20-80 times the minimum federal wage), and get another useless paper and title, because in the real world they often don't apply anything from college almost, and die as an insect at 80 still, having wasted 4 years, instead of doing research from age 13 on how to live to 4000 as this chapter explains the reform of education☺☺☺. Our society is focused on appearance, makeup, phony degrees and never on actual results of longevity (if you're dead, nothing else matters): how did we use science to triple lifespan? ☺

The GPA has no meaning either, you just are better at sweet talk, mirroring the teacher's quirks and manners to be liked and get better grades, or better at memorizing, and that's about it, or worse, you're the same race, gender, political beliefs, personality, diet, musical taste, as teacher, so you get A- while others get C+ for the same thing, for not being "the ideal student". The current grading system for students is pathetic at BEST. To create a society of "fruit fly IQ folks"

who have no critical thinking skills and super easy to dupe, cheat, enslave and abuse, the kids are crowded, pressured with endless homework or activities, so they can't even sleep much: they're programmed to be robotic machines listening to the next command. Where is the system promoting those who invent stuff that works to make mice or dogs or rabbits live 50 times longer, to show how they may do the same in people? The system promotes "cabbage IQ" folks who "kiss ass and memorize", it's pathetic, we need innovation, not robotic machines chasing for whatever degree makes more money. The innovation focus is nowhere, pathetic, wasting centuries with phony "progress" cliches. What innovation? You went to make flavors, colors, texture compounds for some criminal company. Many women are very racist (sexism is a form of racism basically), my primary school teacher gave 1st prize only to girls for years. Everyone needs to calm down and realize they're being manipulated by enemies in order to create male-female friction. We're all genderless souls, Immortals, pure intelligence, temporarily having these forms due to low tech, until the high tech era of shapeshifting. It's the human biology, people favor people of the same quantum signature, due to their stupidity and biological programming of filif IQ, 1 trillion times lower than etlif IQ. The Immortalist Anthem explains to all chimps that one day we'll become shimmering genderless shapeshifting Immortals, but not all understand. So what we have with the current exam system is favoritism and incorrect employee evaluations (attractive people get higher salaries, promotions, nations, companies fail), student grades, court decisions. To remedy this, all testing, grading must be automatic and blind to someone's appearance, gender, anything: all humans are racist like all animals seen to favor those looking like them (we are animals, we live a little longer than chimps, we select based on how like us others are; real humans live to a trillion, we're 1 trillion times dumber than those guys), they favor people of their own race, first/last name (indicating ethnicity, if Jewish or not), appearance, gender, religion (how many crosses, hijabs, etc does student wear, should be illegal in all labs to prevent prejudice in lab grading). No more stupid "classroom participation", that's irrelevant, the more stupid one is, the more one talks, see chapter 8. A telepathic society doesn't talk. All learn online, and grading people's social skills is not grading, of course female teachers will be more approached in class by female students, guys will talk less so will get lower grades. If you're a female and teacher is male, you talk less in class, because it's easier to approach teacher of the same gender. To grade class participation is to discriminate against boys who get 6 times less teachers of their gender in class in primary school. This "class participation" is incredibly stupid, and impractical with online learning. We focus on Life, achieving Lives of 90000 years by Thinking, research, NOT TALKING..., not theater. We talk in the labs (starts with 1st grade), without grading, as we design Hypothesis Formulation and Testing Experiments to Design a Longer Life product. Everyone is trained to become a Tesla from age 3. No more bullshit. School is not an acting job. ☺☺☺ Most teachers will be jobless or work in labs or research, as Computer Systems do all grading. Right now, the system creates

many times more teachers than needed, all teachers will be in labs, will retrain. The video will have a lecture tone and quality far better than 99.999% of teachers today. We select that top 1 in 50 million people voice, based on neuroscience of discovery and eterni. Teaching is a lot less stressful than mining, welding and construction, you live longer, giving fake grades. ☺☺☺

All lab grading has to be automated 100% eventually, to prevent any grading by the teacher based on his favorite clothing color, music or political preference overheard during lab break, etc, the instrument samples of the lab are measured and the score is coming from the only grader nationwide, the Immortality Education Agency,☺ per test results of chemical synthesis, video of the physics experiment, etc. All grading, evaluation, sentencing has to remove "be like me to get good score" tendencies due to beliefs, behavior (sports, diet, clothing, makeup, etc), personality (the closest to you a student or offender is, the higher the grade and lower the jail sentence). Nobody will have any doubts about grading or be able to complain, since the answers to the multiple test questions etc are listed on education.gov after each test and you know how you answered them, they won't judge your hotness, how many sex sessions you had with teacher, or dates, or how your hair color or breast size is. Since most teachers are female, they grade female students higher than male students, as they like them more, even though in an SAT like test females may score equal or lower. Guys behave differently and are more frequently called ADHD, sometimes, being medicated for a little restlessness due to listening to Jewish demonic music posing as gentile singer music, by Jewish MDs working with Jewish teachers to exterminate gentiles.☺☺ Don't be fooled, Jews know how to con the system, that's why now they now give Jewish first, last names to kids, the total Jewish takeover of USA plan is well underway.☺☺ The name is instruction to teachers to grade higher.☺☺☺ This is why courts will change too, lawyers, judges, etc can't know any detail about the victim or offender, as then they will use prejudice to give inaccurate grades on ethics, giving sentences 10 times longer to gentiles. The current educational system invites covert sexism, racism of all types. All admissions are by the Immortality Education Agency, all Universities dissolve, to end this system of aristocratic gangsters giving themselves millions in salaries for raising a society of "ant IQ clowns". If they pass the entrance exams, they enroll in college, admissions don't know gender, race. With 11 companies instead of 33 million, and 1 primary, middle and high school system (all listen to the same accent and tone since age 0, to create national unity: one accent of English for all, to prevent issues with "me versus that awful accent") instead of 50000 schools, you can finally implement an objective employee evaluation and promotion that is "blind" to the protected categories that humans can't fully separate from their brain when grading, because such a system is so expensive that small companies can't afford it. A small company and high school has no resources to implement what would cost billions to fully develop. You either want democracy or just greedy "toad IQ"☺☺☺ folks trying to steal everything, get as many titles, fake

degrees, etc to steal as much money by whatever position where they pretend to help society.

Oh, how the tune will change for these "education enthusiasts" when all pay is the same universally, no more 80x the minimum wage or 1000 for a CEO, then what will they do? How are they aiding the human quantum field, besides stealing as much money as possible by chasing high GPA to make 80x the money another makes but helping society in zero ways in reality?? Nobody will rush to get any useless degree once no better pay is given, you'll see the "scholar pretense" drop in no time, people are such liars and hypocrites. Our societies are shifting towards pretense, appearance, substance is lost: look at ladies' makeup, guys muscle obsession. We have built a society of beautiful stupid ants dead at 80, instead of Immortals living to 80 trillion. This is what we get when animalism takes precedence over science, truth: everyone pretends to be helpful, to care about humanity☺☺, but in reality almost everyone chases money, title, degree, at least partially or not so consciously for the "best of humans". Like chicks rushing towards corn seeds, they chase in mindless ways whatever pays the most without any regard to anything, like living to 4000. We have created a society of retards whose only aim in life is money. As if a paper piece helps anyone to live to 4000. Pathetic. More makeup please? No, Immortality Credit Score. You either focus on making everyone chase money, or make everyone chase discovering how to make all humans live to 4000. If you want people to chase the points in making all live to 4000, you can't give material advantages to certain professions, only longevity supplements to those who have truly contributed to advancing longevity science, because otherwise everyone will major in biochemistry to get a high pay and then do nothing. It has to be results focused, otherwise you end up with the same crap as today where one guy makes 3 times less for 10 times the stress in other jobs. Today, people chase degrees to make 2-80 times more pay than 15K/year federal min wage, even if they don't care at all about anyone living to 90 on average or 900 or 90000. So the system is evil, stupid, retarded, obsolete. People will go at great length to pretend they became MD to "help others", or whatever. ☺☺☺

The Wireless Brain Cancer thanks to Google, Apple, Samsung, HP, Nokia, Microsoft generation Z scores less on science and writing tests, the first generation to get lower score than the previous generation, due to criminal companies promoting brain destroying microwaves, WiFi 2.4 GHz in every school, instead of wired connections and focus, zero phones for minors except a phone with one function only, 911, for emergencies, as promoted by many for 15-20 years.☺☺ Kids are distracted by 20 social media networks and the phones and can't get focused on any one area of science/tech, as the new education with tentative majors since age 10-14 explains. Most kids are scattered and sleep deprived, tortured by psycho teachers who emphasize sex education and cannibal sports born of the Psycho Judeo-Christian Torture Obsessed Violent Thug Mind, instead of STEM, selfless Ethics, Anthem of living to 4000+ and Eternitone Culture.☺☺☺ The "worm IQ" ☺☺ teachers stress the kids with endless extra curricular activities, while learning is a second

afterthought. Libraries carry books about "love is conditional on condom sex" at age 14, hear excerpts, approved by the demonic military, CIA-FBI who control every aspect of US life (similar books in 1000s of school libraries: teachers ask students in class to describe who they will have anal sex or oral sex with, etc, teachers teaching LGBT sex to 8 year olds 3 times weekly, the fantasies of US Presidents and Secretaries of War on Ethics who allow Bohemian Human sacrifice Simulation (Al Gore, etc attended it), and such a rapist genocidal educational system, phonies posing as 'Christians' on Fox News agency of Stealing Billions (millions in salary for bullshit) for Spreading lies instead of teaching sex for procreation only ethics without the Jesus crap? These criminals who ran USA for 250 years don't want their rape-killing-theft networks exposed, so all major news networks (where gangsters get paid millions to lie to us) don't cover all these 100s of youtubes about what happens in schools (could they be part of these pedophile and violent crime networks?), CIA-FBI-military don't centralize and unify police and education to bring decency and end violent crime in 2-5 years). Parents devolved into orangutans, cheering kids in Hitler tones as the kids destroy their brains with basketball, football, beauty salons.☺☺☺ Instead of building healing centers to replace prisons, parents shout and watch a ball move, teaching kids to be gorilla like in tone and intelligence. The☺☺ cannibal chimp inside parents shines Brightly and kids emulate the 'gnat IQ' parents, teachers. Kids can't even sleep the required amount which is far more than 8 hours for the average fat 'chicken IQ' US adult☺, made 'low IQ' by toxic food and cow IQ "geniuses"☺☺☺ on TV whose goal is earning 40-2400 times the min pay for hard working scientists while making everyone as "fruit fly IQ"☺ as possible with their trash, anti-Eterni tone, unscientific fraudulent content or occasional fake science. Education has no meaning if you're dead, so the first thing in education is nonviolence (via *gentle tender soft healing nurturing loving kind* eterni speech and melody tone, not the clergy tone of death: pastor, rabbi, imam, Hindu, Buddhist) and no guns.

Singapore has 280 times fewer guns/capita than US and 280 times lower gun homicides/capita than USA. In the US, where every nutjob has a weapon, people pull a rifle on clerks because "pizza is not hot and ready", streets become like war zones. The extreme violence in USA, with 56 times more gun homicides per capita (5.6 vs 0.1) vs Switzerland (which has about the same % of households with a gun: US 52% vs 28%), is a direct result of the tone and content of US "education" (brainwashing by Jews), music and infernal movies. Switzerland got 2.7 suicide gun deaths/100K, 0.1 homicides, showing how guns do more harm than good. Singapore has 80x fewer guns/capita than Switzerland, 5x lower (0.02) gun homicide rate than Switzerland or 280 times lower than USA.☺ All nations with high guns/capita have 10-100 times higher gun suicide/capita, which shows how criminal such governments are: they commit genocide. US is the world leader, in gun ownership/capita☺ and violent music, movies, education. As the US, so the world, World Peace can't happen until US "culture" changes, meaning the US "education".

Education eliminates all violent crime when it is good. Free centralized education includes free educational ethics, nutrition videos for kids and parents during and after the 222 weeks time off for new parents. See US college students can't do 3rd grade multiplication, showing why all 5000 colleges need to be transformed into research centers specialized in different areas, with all theory being learned online, via video lectures, via one universal online university, with same knowledge tests each 3 months for each grade level, age 2 to postdoc to ensure all have the basic knowledge before they graduate. The for profit education is a disaster. Germany, Norway, Finland, Iceland have free education from primary to PhD. Before 1905, 20% of Nobelists were young folks who did most work by age 30, today, schools have become farms of rat IQ creation, as kids are forced to devolve into 18th century folks, who add 0.1 years to average lifespan instead of 2 as in the 1910s, with endless sports, extracurricular activities of cow IQ, instead of enjoying learning math/physics from 9 to 29, get Nobel at 25, when brain is fastest, healthiest and largest 40-70 hours a day, wasting endless time with "bureaucracy", exams in useless disciplines that really, won't help them at all make a real breakthrough, like you need to master all biochemical programs (easier if you write by hand on a 20" tablet or screen that is so thin, no EMF damages the hand, handwriting students performed 20% better, perhaps also due to laptop WiFi brain damage) to determine how to 40x lifespan in worms, mice, rabbits, chimps, humans or create superluminal craft. In 1900s, we added 2-3 years to human lifespan, today we add 0.1 years, we devolved as specialization was fought. ☺☺

Like with every industry in the US, corruption and greed reign supreme in the education industry, with university presidents making millions, Stephen Klasko $8.4 million in 2020. These pigs rarely teach any ethics and nutrition, only basic stuff to get brainwashed into Freemasons Steal Everything Capitalism, and then reward themselves with huge salaries obtained by stealing taxpayer billions in federal aid. MIT didn't teach any ethics or nutrition or self-care, only stuff for slave engineers to make weapons for Freemasons and other conmen to enslave all humans. On top of that, these so called "universities" teach nothing but violent music or "cow IQ scriptures that reduce human IQ to that of a rat". That's why we need end these thieves and gangster run universities and centralize it all. Imagine if instead of one Windows OS we had 5000, like 5000 colleges. Each OS has 5000 times fewer programmers, so the quality is horrific. This is US today, hooligan run universities, quality of sewage bacteria IQ. Florida Thieving Thug Republicans fired a 350K college president and put a Re-thug-lican paid 1.3 million to ruin the college with cigar smoking and sports teams, in line with the Trump's 'evil' administration of endless sports teams tweets, as if USA needs stadiums and sports, when already we got 5000 times more sports facilities than we need. Trump had 4 years 2016-2020 with his military friends (who had 80 years to fix it) he represents to fix border wall, and then blamed Biden for "20 million illegals coming", all lies, since militaries control all parties in all nations via fake elections, all they do is lie to the

people using whoever the military installs as puppet liar (president, etc) in chief. Trump is diminishing the education department, when it ought to be the biggest US agency/department. Aristocrats want low IQ slaves they can con and steal trillions from, hence Trump is against education centralization. This explains why America is so primitive and backwards: the greediest are incentivized to rule education, like with medicine, not those with the highest Immortality Credit Score. Many become high school teachers because of a 100K nice salary, not because they're the best for that. How can these conmen make 557 times more than the federal minimum wage for a college nobody heard of, and even for any college? Thus, education is more of a conman industry, where the nation's, humanity's interest are secondary at best. Faced with endemic fraud, we have no choice but to bring real reform. This explains why USA high schoolers is # 40 in science and math tests worldwide. The next 28 pages deal with the centralization and total reform of US education to create a choice of 20 trillion quadrillion online modular courses (you take course from home, parents can watch kid studying from work any time, via home wired cameras, and exam online from home, multiple choice test, a lot of choices, so you can't cheat, can't have time to dig for answers in textbooks), 900 times more research from age 9 to 22. This enables students to go to school only for the labs/research (one 8 hr day/week depending on grade level) and gives parents the same level of kid protection☺☺☺ received by the homeschooling conservative parents. With wearable LiFi (not WiFi, to prevent RF) phones fore parents at work and cameras on kids if visiting the lab classes, parents can watch any time (back, shoulder sides and front) to protect kids and give them 4 extra eyes. This enables parents to talk to kids via LiFi any time and to prevent association with evil kids at school or evil influences that try to "sexualize and turn into LGBTQ, smoker, caffeine user, alcohol drinker, sex/violence movies fan any kid/adult", prevent Jewish brainwashing about Talmud "sex with 3 year olds", Torah part of the Bible, etc.

Parents can access kid phone and prevent watching anything with semi-naked ladies TV ads for alcohol, nicotine, useless drugs (instead of counting calories with a scale and food Excel file) etc. Imagine no more filthy classrooms with horrible air quality, where lazy school staff won't do anything to improve air flow, except microwave, damage students' heads with WiFi classrooms like in concentration camps. The 1st century Bible education (meaning "modern") lovers or the skeptics of centralization, say kids won't study at home, which is false, you can't pass any multiple choice test daily unless you study, an emergency alert goes to parents if the test after each 1 hour lecture got a low score, and daily scores are sent to parents and teacher responsible for those kids in the labs. Thus parents won't have to police anything, and don't need watch kids 24-7. Kids know what is expected of them and no more school fights, bullies, since all know parents watch via LiFi. Obviously, since all parents get 222 weeks off, one parent is with the kids any day of the week until age 8 (no more state laws, all states, counties, cities dissolve, one law

for all USA, kids can be alone at home since every kid has all these cameras in the house, etc) while they study in their room. There will be 0 violent crime by new death penalty for serious violent crimes and lifetime labor for minor violent crimes, so mom can work weekends, dad during the week, so one parent is home with the kid 4 days of any week after age 8. The other 3 days, kid is alone a few hours, which is normal in most civilized nations where violent crime is 10-100 times lower than Jew run USA. Since schools are like concentration camps (to enslave generations: watch 1 min on how aristocrats keep the 95% in a jar) where crazy students can shoot anyone, per the demonic gov policy of "guns for every insane guy or parent", this 4 directions LiFi camera becomes a must for monitoring kids at school in the one weekly day of labs, and the online system reduces school commute from 5 days a week to 1, reducing congestion, accidents, etc. Since many parents are insane and forget to secure guns, causing 400 shootings a year in USA alone, all parents need to have an electronic safe that is automatically inspected by a wired camera of the National Police Department, the one and only, to confirm guns are in there when kids go to school, to prevent school shootings. Social life at school revolves around the Immortalist Sports (Community Service) of Building the World of Immortals which are organized same day of the labs, for an 8 hour day. Each student is free to choose an area to try learn more about and then go to the National Unis labs for research 4-40 hours a week, depending on his interests and passion for discovery, thus socializing with other students in these extra curricular activities of research and building devices to help the customers of the 11 companies serving all USA. Parents can also attend on their laptop the online version of any school side labs, to catch up with education or if viewing is enough for them to pass the lab in person test they want to add to their resume. Kids who have perfect lab/theory grades can skip basic labs if they're too far away or if they're 5-60 months ahead of the others in that subject, due to their 30-40 hours middle/high school research projects with the PhD students at the Unis. ☺☺☺☺☺☺☺

Today's religious schools and churches, synagogues, temples etc are like IQ 75 mentally insane people in this video where the lady says "I have done nothing wrong", and yet these same mentally retarded clergy and related staff claim that "Teaching genocide, mass rape, stealing all from others, slavery, sex slaves, cannibalism as being from 'God' or ethical is noble". Why do cops have to deal with so many crimes? Because TV-radio teaches no ethics, no consequences of theft or crime, 9000 times the amount stolen and lifetime labor or death penalty for violence. How can this Bible-Torah-Quran incitation to genocide, rape, theft not be wrong? But how can society accept this Jewish garbage as scripture and as a religion to receive taxpayer status? It's because of these filif salamander IQ☺ pastors that we have no central education, and so much war and violent crime for 5000 years of their mouse IQ religions. Today, the criminal decentralization (any 0 IQ guy can OK the publishing books without a central office to approve

all books) means the most depraved books are not only published in USA, but available in the school library, video shows the sexual brainwashing. Any book, movie, lyrics with criminal activity ought to be banned.☺☺☺ Some of the world's most dangerous rapists disguise themselves as redundant teachers, clergy, university professors, criminal librarians (video shows the most abysmal IQ sex books by the library entrance). Who needs their depraved tone when we centralize tone to prepare the planet for one language, one accent, 11 companies? A third video shows what sex programming kids go thru in decentralized education. Parent complains about an evil book at the library using moron, retard words. These books ought to be illegal, their authors ought to receive lifetime labor for instigation to rape. All kids need to be taught the basics of sex for pro-creation only in a victory over Bible mass rape Religion. US education is catastrophic today. Centralization enables happy USA *to declare its independence from* the Mass Rape Bible Quotes & endless pedophile clergy/teachers, the sex with 3 year old in Talmud Dictatorship of the Jews over gentiles in USA, enables US *to move away* from the 1st century deadly violent Jewish ☺abysmal IQ☺ of Mass-Rape Genocide Praising Bible-Quran "scriptures" of Judeo-Christian-Islamic US "civilization" that keeps America backwards, infantile, miracles credulous, full of violent crime. Civilization begins when violent crime is 0, when honesty is prevalent (facts = verified by 50 unfakable sources and accurate science studies).

Running 70000 types of schools, Catholic, Baptist, Muslim, "Sex with 3 year olds" Yeshivas is not smart. In Jewish Torah, i.e. Old Testament of the "rape/genocide manual" called Bible, Moses calls for rape of all virgin girls after Jews loot/kill everyone else, like Islam's mass rape of any infidel Mohamed (Moses' Twin Soulmate) or his followers lust for. Atheist schools are often run by rapists too, even some who teach sex work (Princeton University), impersonating the opposite gender. None of the existing schools do a good job, they defy the US Constitution by Joining of Jewish mass rape quotes "religion" & State, when religion and State ought to be Separate, plus redundancy at the extreme, with no school offering Immortality Sciences labs, RESEARCH centers and no eterni tone in lectures. USA is not a Jewish Colony, or at least it shouldn't be. Though the numbers tell a different story: US Jewish population increased 32% in 2015-2025, while white population decreased 10% in the USA. The Jew run educational system tells gentiles to have sex, drink, have pets, do drugs, while the Jews have kids. Will we take America back from the rapist Jewish Bible gang? No church or place of worship ought to run any school. Especially so, when we have the Bible, Quran, Torah, Talmud encourage RAPE OF KIDS. Education is run by the state in cooperation with the parents supervising kids at home, religion and state are separate, AND OBVIOUSLY Christianity, Islam, Judaism are not religions, but cults to justify genocide and rape of kids/adults. Why should terror groups run our education? We're not a colony of Mecca, Israel or Italy. We're USA, free to create our own spirituality, anthem/scripture, philosophy of Life, free from Abrahamic religions. USA is # 40 in math and

science, as kids read the ☺bulldog IQ☺ Bible and how to suck penis in libraries instead of science, as the 3 videos above show. You become "as low IQ as the people around you" is a science fact. The more you read the Bible/Torah/Quran, the more you lower your IQ, like the people from 2000 years ago, it's like hanging out with savage Neolithic men. Here is the proof.

We have tried the ☺abysmal IQ☺ religions for 5 millennia, isn't it time to try something different, like 1000 times more ethics on Radio-TV, Internet sites, youtube, central education, 12 hour ethics on TV during the State of Emergency to Bring Violent Crime to 0? If their ultra vile violent scriptures and traditions and spiritual rituals are so powerful, how come the "divine clergy" haven't been able to turn one single nation into a heaven of 0 theft/violent crime? Buddhist Japan got no Bible (Torah)-Quran based educational schools and 100 times lower homicide than many Christian nations, and lower homicide than any Christian nation (excluding tiny 5-85K people city-island-states with 20-99% Christians). Japan got 50 times lower homicide rates than most large Muslim nations, yet no Bible-Quran nonsense. So, if the Bible, Torah, Quran were so useful for education, so close to the God of Kindness, how come, countries never teaching this violent Bible-Torah-Quran garbage reach 50-500 times lower homicide rate? Mostly Buddhist (+ no religion) Singapore homicide rate is lower than all 53 Muslim majority and 120 Christian majority nations, 23 times lower than Israel Torah (Bible Old section) based state, and 500 times lower than many 70-99% Christian nations, 7 times lower than Italy, world's most Christian nation. This proves Jesus, Christianity are Pure Italian Mafia Frauds, as are all Protestant, Catholic schools and universities in the USA. Even Qatar has 500 times lower homicide rate than many Christian nations, lower than all Christian nations, showing how useless the Bible is. They claim theirs is the Religion of Cosmic Love, of the Fake Miracle Holy Deception Spirit who transforms humans into 'angels'. But the results speak for themselves. Why should the USA allow violent gangsters claiming Violent Genocide/Rape is Ethics, to run our education? Are we hostages to gangs of Israel, Rome, Mecca or a FREE NATION? Religion and education need to be separate, per US Constitution. Education is what creates 0 violent crime, it failed, so we need total revamp of the criminal fraudulent system. We don't teach physics from 1st century or 7th century books, or any science subject, why should ethics be from those times? We don't teach physics from 1850, why should Anthem be from then?

The lady in the insanity video missed 2000 hours of basic ethics education as a kid. Not the sloth IQ "genocide, mass rape, theft, beatings, slavery" ethics in these violent shouting, singing churches, but real Immortalist Ethics as in the Immortalist Anthem & decent scriptures. You don't steal people's money by promising afterlife BS that will never happen or no proof exists it will happen, then create violent/cow IQ music, tell folks genocide, mass rape are ethics. Yet this is what most clergy do in the US, brainwashing us fake miracles were real too. These frauds, ☺ abysmal IQ☺ clergy suck trillions from the US tax base that can remake education, prevent crime

before it happens, improve innovation 100 fold. Too many Italian, Arab, Jewish jokers turned US into a third world country of low IQ folks and puppets unable to even bring violent crime to 0.☺☺☺ In immortalist centralized education, every baby and his parents, listen to an ethics video daily, of eterni tone speech/singing for the rest of their life. Ethics classes are at least 20 min/day with a 2 min quiz (no quiz for infants who engage in passive listening), to ensure adults know more ethics than a philosphy (specialized in ethics), Pope or Divinity School professor. To avoid boredom, this 20 min includes a 15 min meditative bliss for grown up adults, to relax, heal. All are informed during the emergency state of 15-20h ethics on TV of lifetime labor for violence.

The immortalists are as different from communists and capitalists, as day of Eternal Grace and Ethics is from the night of same. In communism, no ethics or religion, nor health or wellbeing were taught. In immortalism, ethics and BLISS are first and the center, the most cherished (*relaxing*, playing with your brain) moment of the school day (any day for adults who choose to continue this till age 5 trillion for highest brain health and Immortality Credit Score), where we meditate 15 minutes (simple effortless conscious breathing the bliss of Eternal Immortality *for* All to bless all beings and feel ecstatic), record in the most eterni tone an ethical teaching and a positive statement for 1 minute (the words used in these sentences are qualities humans lack and also common words that when spoken in a good tone recalibrate the emotional brain to reduce aggression and cortisol level that ages brains, bodies, catecholamines that lead to poor decision making, to negative emotion building that leads to theft, crime, violent crime and wars), read aloud to ennoble refine tenderize soften *smarten (hypothesis tone, not "fact shouting tone, as if you know it's true when you have NO proof")* our thinking, emoting, speaking tone. The tone of not knowing is the tone of a scientist: it looks like, from the 50 unfakable evidence sources, that this hypothesis may be true. Did we make any cognitive error, what do you think? Students spend 16 minutes, 15 min meditation and 1 min recording, with the brainwaves reader for 2 min only: the 1 min speech and the last 1 minute of the 15 minutes the headset is placed on to measure the bliss, as that minute is the highest bliss and activation of brain centers, to avoid distractions and make people used to the headset free eyes closed earplugs on maybe if at home, lying in bed to avoid brain resources wasted with standing or sitting, since all classes are online except labs. The microphone near mouth records verbal tone, providing feedback on brain health daily and Immortality Credit Score update reflective of one's meditative practice and lighting up of compassion and bliss brain areas, and tone quality. After that, students watch an immortalist tone video with ethics concepts to conclude the daily 25 minutes dedicated to Positive Emotion, Ethics and Eternal World Peace Maintenance. This creates very peaceful emotionally positive smiley serene content students who're a trillion times less likely to engage in theft, alcohol, smoking, sodas, coffee, drugs, violence as the meditation is a million times happier ***and parents are forbidden to buy or serve those to kids***. Students are

encouraged to do this meditative breathing (known as the immortalist greeting of the human information field) etc 20 times daily (even if for only 1 min or less at a time) to maintain a smiley compassionate united with all human beings happy state always, like an Immortal spiritual being who holds in his light quantum field (a sphere the size of Earth) all humans, as a mother holds her 2 babies, he embraces all humans with tender affection holding all close to oneself, as if they're his babies, whom he protects forever as an Immortal of Infinite Compassion. Born of this ethics, the new Homo Immortalis is vastly different than the macho selfish (avoiding torture by superior psychos makes everyone prioritize personal safety, not reporting things that would improve community but anger a psycho supervisor) fraud (to meet deadlines under pressure, by cruel boss, like in capitalism where the fraudulent aristocrats cheats the planet with fake made in Italy, when it's made in China by communist slaves, some claim lots of made in France, etc are made in China too, like the Chinese companies sell via Vietnam to avoid tariffs or US Big Pharma sell China tech to US locals at 100X times higher price) prone person raised by psycho Jewish communists based on this genocidal ultra violent Bible. Big Pharma in US gets 75% of Pharma world profits from 4% of population to finance Palaces in Mexican Cartel Style Trillion $ Thefts.

The classic communists were simply assuming people learned something, but high homework and memorization meant everyone cheated and copied homework from others in subjects they didn't like. These emotionally unstable people who were taught to cheat from age 10 to manage to do all homework (copy from others in the 10 min break between classes), were then mere robots who obeyed orders that often lead to wars, as the mentally insane psycho leaders were equally screwed and the epitome of violent torture itself, like a demonic entity thriving on pain, torture similar to the Catholic Inquisition they criticized, a phony house of cards based on phony pretending of being spiritual or believing in fake miracles. The capitalists are equally insane in a different way, destroy the brains of the youth in a different way by the same sleep deprivation of the working class that communists engage in with insane homework loads, they pressure the people to engage in endless extracurricular sports and activities that remove any chance of ethical development born of proper sleep (longer than 8 hours for kids, 11, 10, 9 hours depending on age) and proper meditative breathing infused with peaceful meditative music in the background ethical activity of altruistic intent and outcome: everyone is taken from parents, turned into a brutal gorilla monster of violent depravity, who shoves others in evil demonic sports like basketball and shouts like Infernal Adolf Hitler. Immortalists are for happiness not pain as the sadomasochistic military/spy agencies psychos who "train people to have high tolerance for pain", meaning to be infinitely cruel and perpetuate eternal war and violence. We can't create a society of frauds where we "pretend to be spiritual" or ethical, by going to a church or some temple, so immortalists verify WE ARE Meditating and regulating our emotions and maintaining our brain health, by good sleep shown in the daily 1 minute tone recording, by

strengthening the neural pathways of *universal gentle tender soft healing nurturing loving kindness*, instead of aggression, fraud, dishonesty, deception and high cortisol of all current educational systems that age us and cause eternal war, chaos, poor product engineering, destruction, fraud. Citizens become 365 times kinder with this than with going to the genocide, rape, violence church 10 times a year. TRUST BUT VERIFY, so we verify the ETHICS homework people did, their meditative bliss and activation of the critically important, severely under developed in humans, neural pathways that take us from cannibal violent thugs engaged in cannibalistic Christian Eucharistic rituals of "eating the body and flesh of Jesus" to civilized humans. Most Holy Honorable Immortal Souls in Disguise Parents, kindly use the brains you still have left after decades of terror by aristocrats, and realize gently, if so tenderly possible, that kids can go to church, do drugs, shout, have sex in the bath, and browse violent sites on the phone of other bad kids while pretending to be there to appear good for the parents. We need to verify they're ethical, not trust them, due to many spies and hidden forces at work aiming to destroy the nation and the working class, to reduce sleep, eliminate independent and creative thinking by sleep deprivation and poor diet, violent sports, violent music, violent tone. Behind the so called civilization, hides a very evil average person created by a terrorist psychotic education system. It's all relative, if we compare it to violent societies, it's OK, but to the future, it is horrific. Recall that civilization exists only when violence is 0, so 1 trillion times lower violent crime than today and 0 wars, we're not there yet, animal humans have yet to become humans… and then, over eons of evolution, Homo Immortalis not Homo sapiens.

The ethics 9 minute video is watched daily until age 27 if a PhD, and one has to take a 30 seconds test with 1 multiple choice question for that day at the end to get a daily score on what you have learned from the 9 minute online course. This 9 minute video also provides a personalized 5 minute ethics teaching born of brain biomarker analysis (as well as blood biomarker, by the use of a noninvasive wrist device of the future for 2 seconds (much less invasive than the 24-7 glucose monitors today that use tiny needles), that takes a picture of blood going thru the veins to indicate if certain markers indicate poor health, stress, poor sleep) and vocal output (as well as feedback from the central Immortality Credit Score system of 2 quadrillion video cameras if detecting unethical behavior), to the individual based on the score at the test last few days and prior day, to improve one's meditative practice and good sleep habits to improve tone, brain health, diet (all meals personalized by age, health issues, DNA in the future, as an eterni food powder shipped for free by food.gov, then dissolved in water, to help students live to a trillion years old), etc. The other 4 minutes are general ethics that are similar for all students. Students struggling with meditative bliss can choose to record all 15 minutes of the session sometimes to enable the AI to teach the student how to reach the bliss state easier, without strain. If that fails, he can ask the teacher for help, as AI failed and humans

will fix it. If a student is not very happy, then he's not meditating right, he should be smiling deeper than any other time in the day. All emotion comes from our verbal tone, to evolve towards the peaceful Homo Immortalis, we need daily practice, as the AI evaluates our tone and Bliss Level via the amazing Headphone. To create a World of 0 violence in 4 years, we need to evolve ethically or spiritually daily.

To ☺☺*lovingly tenderly gently kindly*☺☺ build the ethical teleporting shimmering shapeshifting potentially Immortal human of the future, who is so resplendently virtuous, *shining* with the light (mercy, compassion) of 1000 suns in altruistic wisdom, we inspire the Youth, via the Young 2028 scientist President candidate of the Immortalist Party, to dream of the Immortality Building Sports of the New Age of a Quadrillion Years of Peace, where people are more intellectual, and spiritual and dedicate themselves to ending the suffering for all sentient beings, like a *true* Immortal *of* Infinite Compassion, and to ending the suffering of plants even, via the Eterni Food born via discoveries of the New National Hobby: bio/chemical reactors in every house, backyard (to create new proteins etc, instead of barbecue) and particle accelerator in every single family house, the 200 million new amazing dome shaped homes that last 50000 years and winds of 1000 mph, not 70 as today. College professors live to 104 by walking in the lab as the only exercise, why not everyone? Let us all live to 104 by dedication to science and engineering. ☺☺

The Eterni Food Inc nutrition studies section details the merger of lepton labs, carbon quantum chemistry labs, mitochondrial immortality labs, fusion labs and the fact no foreign students are allowed in any technical lab or uni, only at special *international* students ONLY schools that teach the creation of a country with 0 violent crime in 5 years and the attainment of Eternal Universal Peace in 3 months thru ethics and *gentle tender soft nurturing healing kind tone* first, as the happy Immortalist Anthem says. For too long, USA allowed everyone to come and pollute the quantum information field of our country with the evil violence and beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), setup their genocidal Violence Adoration churches, mosques, temples to poison our people, destroy their ethics, intellect via fraud sold as fact, in their own language in total disrespect of the cause of ~*~Eternal Universal Peace~*~ via One Language, to turn our decent citizens into genocidal psychopaths, and brainwash them into the supremacy of their language they use at religious services in blatant disregard of National Unity and the kindness of the USA welcoming them here, like true parasites and traitors of USA. They charge us tariffs much higher than we charge them (India 100+% for autos, India 150% on US alcohol, 100% on US agriculture, Canada 245% US Cheese, 298% US butter, Japan 700% US rice, 4 times higher than US tariffs in the case of South Korea) while sending illegals into our nation to bring chaos and lawlessness, they send legal immigrants to come, steal knowledge, go into their country back, create weapons, help start wars, destroy the human quantum field by torture and weapon exports that risk killing all

humans in 10 seconds soon. This travesty will end by the grace of the Immortalist Party in order to bring 0 violent crime and peace on Earth. All churches, synagogues, mosques are mere spy stations for Israel, Europe and Muslim nations, Hindu temples for India, etc and we don't need to drastically lower the average IQ of our people with such violent religions. Plus, to safeguard World Peace in 3 months, we need to no longer publish our STEM research in any journal until Eternal World Peace has been achieved, and only citizens who never travel overseas will have access to our journals via wired ultra secure networks, to prevent them leaking information. Only 'How to achieve 0 Violent Crime and World Peace' articles of the Immortality *for* All Journal are published for all to see worldwide, as we will no longer give violent people any tech knowledge. The great work of National and World Unification starts with Education, we shall learn to create peace, 0 torture, 0 violence first. This is the end of private education, of universities, and the start of state takeover of national defense, i.e. the most important national defense there is, national education from 1st grade to postdoc stage. For 250 years, these Universities claimed that their education would bring the end of wars and torture, but they failed miserably, as they did nothing but Italian saints fake miracles and Jesus fake miracles fraud used as cover to subjugate 200 nations with military or spy bases disguised as Christian churches, etc and Jewish psychopathy teaching enclaves. Why should we allow Jews/Italians to impose their evil fake "religion" on USA and lower the youth IQ with such filif cow IQ rituals? Italians used genocidal wars to impose Italian 'dialects' (new languages) formed by Italianization of all European languages. Vatican wars were planned etc. We can choose Peace in 3 months, no need to wait for the fake Jesus second coming in a trillion years, promised by the Vatican. Why not stop imports of Judaism, Vaticanism and free ourselves from the 1450 violent Bible quotes? Why are many Americans being brainwashed by the Jewish and Italian mafia to believe in the Jewish Jesus, when all his miracles are a fraud? Any kid can make a scripture 1 billion times nicer than the Bible, such as the Immortalist Anthem. Let's enjoy the new 350 million US scriptures.☺

Equal, uniform, fair implementation of law is ONLY possible when all are taught (in the same tone, language) ***the same content***, not one tone that creates anger, restlessness, crime and a tone that creates bliss, peace. Due to less socializing, the 2 hrs/wk physical education abysmal IQ classes can be replaced with Immortality Building 4 hours a week classes scheduled around the same time as the science, tech lab classes to minimize traffic noise, tire PM2.5 pollution. This becomes more like universal school choice equivalent, since even in high school people can choose a billion course plus lab combos to create their choice of major focus from age 10-12, which means our immortalist system is providing 1 million times more school choice than the existing charter system Re-pub-licans love. All Re-pub-licans want is to disband the education department so they can implement the Mass Rape of Children Biblical Law, but we don't want to become a banana republic with chimp level IQ. We want to provide strong centralism and 1

million times more choices, choices that Re-pub-licans want to take away from our kids, especially those not rich, who may not have the choice to attend charter schools. With centralism, all education is free, all can afford universal course choice. *In a truly choice style, all can choose decent tones for all teachers, via video recorded lessons, since their tone is 1 in a million, better than all schools today.* So kids hear the kind happy tones 9000 times more. *This is the first time Christian Republican parents will hear a more 'Christian' tone in school, instead of shouts or mildly nice tones. These people are trained to speak in a certain way over 10 years.* Trump's son says "universal school choice", meaning aristocrats get one education and the rest pure trash – because they're spies who want to destroy America's average IQ. *The Russian spies (Ivanka is a Russian name for Trump's daughter) want USA to remain a 3rd world gangster realm,* not a place with the Best education everyone who uses English worldwide adopts as they adopt English language like Eastern Europe of others, thereby facilitating a 1.1 million tricontinental country (Aussie-NATO-EU) to emerge with 11 companies and one education system. Re-pub-licans *have become the* biggest vampires (see human sacrifice, genocide, rape quotes of the Bible they promote, human sacrifice of females rituals the demonic voice males attend, as Wikipedia explains) *and* traitors America ever had, except for the seal border ideas. There will be 1 million immortality labs, kids choose which one they want to attend. Also, 1 million times more course combos even in 5th grade, not just 19 quadrillion billion courses in college. Re-pub-licans want to turn education into the chaos of the other industries covered in the 11 companies where poison is sold as food by 99% of companies or, in the Infernal Republican Future, by all schools. Kids need to wake up, Re-pub-licans want you to be beaten by teachers, and told that the Bible is holy. Russians always used religion for vassal states, to keep them low IQ and easy to dominate. Only for 70 USSR years, did the Russians encourage critical thinking and science, not religion. That's why the Russians sponsor far right EU religious parties: easier subjugation.

Another religion used by aristocrats to start wars is fraternities, the religion of hazing, alcohol and drug rituals to enter some mafia like group, like Skull and Bones, and put on your resume that you're a member of some filif snail IQ☺ Phi Delta Nonsense Fraternity. We spend trillions on sports, smoking, alcohol, drugs, fraternities, while our debt is 37 trillion in 2025. In centuries of these macho violence or drunkards and drug addicts fraternities, we have not seen one single eterni song coming out of them, one single poem about World Peace in 3 months, only spies and wars. We need ban all fraternities and give all attending eterni labs on campus housing if interested. The number one urgency is World Peace in 3 months and 0 violent crime in 10 years. All else is put on indefinite hold, especially since 100s died in fraternity alcohol and hazing of savage bulldog IQ rituals of mentally challenged "fraternity leaders".☺ Ethics Education First. We also need to ban religions with violent scriptures, including the Mason Religion, if we ban all violent lyrics and movies as in the Media section on immortalist state of emergency. Education is

more important than even national defense and the military is a nationalized nonprivate entity, it is public, universal, state-owned, just like education ought to be: free, violent quotes free. Why do we need religious schools if we create a tone of recordings and content far higher in *gentle tender soft nurturing loving* honest *healing kindness* vibes than any religious school? Our nation is 90000 times stronger, healthier, kinder, safer (0 violent crime) when everyone gets the best education, for free. This ensures a merit based system, not an aristocratic mansions based one. Everyone gets the same opportunity and test results, innovation decide the outcome, not $.

The centralized One Education System *for* All with Universal Course Choice and trillions of times more course and lab choices. The theoretical online system (all non-lab courses taken online from one's home, practical courses, meaning labs, taken at school) removes the need for parents to kill millions of people with tire pollution (even when we have 100% electric cars from solar, wind electricity, we still have tire pollution due to abysmal IQ science and decentralization making R&D 90 times less than it could be) from having to transport kid to school 5-6 days a week, (kids with parents) which is only happening in the ultra violent USA: in many countries kids go alone to school for centuries. The kids only need to go 1-2 times a week, at the lab, Immortality City Parks for the Immortality Building classes for empathy development (they do field trips usually from there), awareness of the terrible conditions of the society, so we bulldoze and build. We also have online the amazing & beautiful ☺☺☺ tone Ethics of the Immortals classes, 1 hour weekly at least, at all grade levels, even college, postdocs, too, that can teach the ethics of generating happiness and of being happy too, which prevents conflict, war and short lives. No more 5 million teachers talking until their throat hurts, reinventing the wheel 5 million times, just use centralized education.gov recordings (all exams taken online, except for labs) and of 1000 times higher emotional quality, with kids being able to choose 10 voices as they like it. We also create 1 hour a week Eternal Bliss class, taken from the comfort of one's home, to learn to be ultra happy, etc and will breathe 5 min at the Immortality City park to measure happiness level with advanced instruments, MRI before the Immortality Building classes with *gentle tender soft* happy music in earphones or background music (about Immortality), happy gentle movements, very different than the violent sports. We make students happy, no more psycho teachers yelling and throwing 3 year old tantrums. Weekly exams, to avoid people from not learning and then cramming everything at the last minute before midterm, which creates stress, poor learning. Online exams, homework weekly. ☺☺☺ No more fake miracles presented as facts (just as sleight of hand), parents can save money and avoid naive kids, while receiving much better ethics and sports training than Christian schools. The educational institutions belong to the American people, not to the aristocratic mafia who profits from brainwashing slaves, while teaching nothing on longevity and true freedom. Education ought to be free and the most basic human right. For info on "Christian schools", see a torture based school from hell.

We need to have recordings for all classes in various tones, let people watch the movies at home or in school, at the lab before the experiment begins, etc and create a much healthier and mature emoting pattern in all brains, such happy angelic speaking kids, there is no need of jails anymore as everyone is transformed into an angel by these tones teaching regular subjects and immortality ethics, happiness classes every week at least, since age 2. The tone of average teachers with the daily stress and negative emotions is terrible quite often and can create a terror state, a planet of infinite violence. The voices on these online courses would be more angelic and eterni than those of 99.999% of teachers, scientifically proven. They're like Space rocket vs 1st century cannibals transport. 10000 times more *gentle tender soft nurturing loving honest healing compassionate kindness* that is a joy to listen to and transforms, proven scientifically thru brain entrainment of same emotional centers and higher thinking centers. Parents are too stressed etc to teach proper emotional tone. These special readers have to be so rested and free of negative emotion before recording, they normal teachers can't have 1 in a billion chance to come close. The usual teachers are too busy and stressed, uncareful and unfiltering, like the ☺☺☺ 'shouting matches'☺☺☺ on the evening news. When students listen to peaceful music, concentrate and take homework and tests when they feel like within a week, they get 0 interference and quantum field destruction by the psychotic energies of teachers and their emotional baggage. This gives humanity to escape historical inertia and break free from past millennia psychopathy. The same centralization ideas can be applied in many industries or agencies, for example, cop trainee, real estate purchases done via housing.gov not 2 million realtor websites, to help us have 2 million science jobs, not 'fooling around' jobs.

We can create 100 times smaller (*only 30 times smaller for more specialized courses and higher college, PhD levels where specialization, differentiation increases, so Inorganic Chemistry Senior year can be 50% different for one student vs his lab mate at the same immortality lab that replaces universities, since all education is online, except labs*) add-on modules for each important math, physics, chemistry, etc NATIONAL COURSE, and allow students to choose 15 of these add-ons to the basic, to combine 15 of the 500 add-ons for unique Immortality major focus that the student chooses since the 4th grade, to get kids excited about Immortality, to create 19 quadrillion trillion courses $_{500}C_{15}=500!/(485!*15!) = 19*10^{27}$, far more than 2000 different courses with a dramatic difference: eterni tone of any of the trillions of combos, a feat impossible today with the humans available without a modular design and centralization of the happy efficient Immortality *for* All Capitalism, aided by mono-lingualism, sweet eterni tone proven via MRI and also, with much better graphics, etc, due to centralization, sort of like we have 1 Windows OS, not 5000, enabling a higher quality; it has been a capitalist dogma that product diversity comes only from 'free market and decentralization', but that's not true. Look at the numbers, the power of math; plus, it is really efficient too: they only created 5 times more minutes of the

course by the 500 extra courses of 100 times smaller length, so with only 6 courses lengths, we got 10^{28} courses, instead of with 2000 courses lengths getting only 2000 courses. Compassion is stronger than profiteering, simply because we have the interests of 10 billion maximized, not just 100, so the *force* unleashed is infinitely *mightier, discovery far faster,* immortality *far sooner.* ☺☺☺ We end the evil off campus hazing Greek fraternities too. For centuries the aristocracy has focused on various useless disciplines and requirements in designing the university course load for various majors, the graduation requirements, because they never really fought on the frontlines, the slaves were fighting their wars to increase banking profits. For example, MIT had the HASS (Humanities, Arts, Social Sciences) requirement, 8 courses people got to take, yet none of them talks about the 1st step towards being a civilized (not even educated) person: World Peace in 3 months, everyone get the human right to life via Eternal Universal Peace in 3 months, the human right to no torture, no beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), by the psychos in the governments of the world, their military and spy agencies, police, etc. The most important thing is the Art of ~*~Eternal Universal Peace~*~, the Social Science of 0 Violent Crime in 10 years, 0 jails in 10 years and the fast implementation of the policies to achieve those goals in our lifetime, not in 5 trillion years when Jesus might come per the Church of Empty Promises. We need results, fast results and that is achieved thru a radical change in education focus. All *human* rights have no meaning without you being alive to experience them, so *NOT BEING KILLED* in *wars is the first right.* Therefore, all other rights are subordinate to this fundamental right to Life of all humans, that is World Peace in 3 weeks first. When a decision is made, what is ethical is that which increases the lifespan of the collective by the most lifespan years or weeks, as proven by science, *as that is the most fundamental right to life that is* above all other rights, not what supports the right to "do x or z". All these fake protests about rights are meaningless if we have no World Peace in 3 months, and it shows the protests are financed by war mongering spy agencies who want more violence, not WORLD peace in 3 months they never talk about anywhere in the world. All *these "revolutions" achieve nothing, as their platform is not* World Peace *in 3 months*. Every course, science, tech or humanities, needs to include its application to helping all people live to a trillion years old and to ~*~Eternal Universal Peace~*~ achievement and maintenance.

Of course, you get a lab team meeting and instead of all 30 having taken the same courses, they now have the knowledge of 30 universities with different courses, as if it's a team of more people there, if each of the 15 add-ons is a 30th of the common course. They can discover things far faster, Professor can guide what each studies to create a non repetitive pattern and have so much knowledge. A chemistry genius is not an eternitone genius; so, while brightest chemists create the content, with the aid of graphics guys, etc, and software etc, the tone will be done by

the best at intoning and elevating humankind vibe; since education is a human right to knowledge on the creation of trillion year lifespans, it is OK to have such centralization with 'private' (on paper) universities focusing more on the labs, the 1 million eterni labs. With all these "seemingly? immortalism progress slowing" charter schools and others, we have 0 schools in USA and worldwide that have an Immortality focused curriculum as explained in this Chapter 4. It's inexplicably inefficient and seemingly illogical, to focus so much on having so many different schools and none of them being really good.☺☺☺ More centralization is also way more democratic, as it ensures equal access to online courses and education, at least the theoretical stuff, since labs may be slightly different, depending on how the federal program of lab building is created; it can be like Walmart with similar design of these labs for a truly democratic educational system, the basic physics, chem, etc labs, though we need differences, since some schools would focus on mitochondrial Immortality, while others on biophysical Immortality and teens would begin specializing at age 14, so the more advanced labs would be unique and kids who want specializing in something not available within 10 miles would have to travel to the towns with those labs or rent a room there; however, all efforts will be made to allow teens to sleep at home not in some special student housing, so labs would be spread evenly so all can specialize in any area.☺☺☺

All schools offer the same theory courses via education.gov. *Where you graduate from makes no difference, it's what lab courses you took to prepare for a special industry, the GPA in college for the theory and labs, GPA being universal, all schools one system. The Education minister makes sure that lab courses of specialized nature are present within a 30 mile radius for most disciplines, as it is economically feasible to have ultra specialized research centers for students, so that people can live at home and we have more space for RESEARCH centers, instead of dorms.* This prevents Ivy League, etc elitism, *allows USA to become world's 1st truly democratic country*, with a truly equal opportunity education in reality (not just name). Majors with no labs (law, philosophy, economics, civil admin, business, math, history, psychology, etc) can take classes online from any location and that guy's credentials are higher if his GPA is higher than someone taking same at Harvard in person, though Harvard would vanish. GPA may be entirely replaced over time with Immortality Test score after each year of college, when this test becomes more specialized for certain majors, colleges, etc. Merit based, not money, or connections based. To ensure the immortalism ethics of universal *gentle tender soft nurturing loving honest healing compassionate kindness*☺☺, private schools can't deny admission to students based on donkey IQ *criteria such as* essays or rat like filif IQ 'sports', references. The only *thing that matters is the* CENTRALIZED ADMISSIONS SYSTEM, admissions.gov, *with one set of* National Criteria that nobody overrides. *That is,* the Immortality Test *(which includes 10 page essay on how you build a Civilization of* Trillion Year Old Immortals *– your unique take on it and*

other psychology tests and multiple choice to determine ethics, character, etc more exactly than references) score determines if one is qualified for a group of schools where labs are specialized in that area of the Test where he scored highest. This test is more than SAT Math/Science, it tests more objectively the things that *references* from shouting teachers "living in the 1st century mindset" misquantify. The scientific government doesn't need charlatans. It doesn't encourage violent crime for the sake of "trying to please evil teachers who take the peaceful vibe down".

USA can have EQUAL OPPORTUNITY when All can get into any NATIONAL LAB or Uni (the new Universities), regardless of financial status, aid or anything, since education is free. If Republicans want Equal OPPORTUNITY, then let ALL HAVE IT. All they need is to pass the IT (the new SAT), or Immortality Test (IT) for "Quantum Photonics" if they want to join the National Lab of Quantum Photonics for University or the other 15 IT tests for physics, 15 for chemistry, etc. It will be a true meritocracy, where subjective garbage like references, extracurricular activities don't matter, only ethics multiple choice (SAT like) IT test (universal, same test for all, similar to the immigrant ethics test for gauging level of violence, ethics, immortalist tone) and the major IT "Nuclear Chemistry" multiple choice test (calculations student does on a paper are not graded), or for the area one chooses before college even. The test result determines which of the labs one joins, the least advanced (less instruments) national research uni (lab) will host the lowest scores. If score is below admissions, the guy can study again and pass the test, to ensure we get professionals and not "people who're admitted based on volunteering for a religion, group or etc", to have a true meritocracy (instead of tribal based admissions, admitted because he does activities that reveal a political, religious or whatever belief). This ends the role of religion in education, for we have separation of state and religion, which Republicans almost always violate by genocide promotion via the Bible. EQUAL OPPORTUNITY means every student has a house, decent food, or single room if living on campus. The ultra criminal Republicans and Democrats scheme to bring illegal slaves in crowded cities, while the aristocratic Brit cities with palaces, mansions get 0. Equal opportunity the Republican shout about means when one works 40 hours a week he's not paid 10 to 50000 times less as in the Mafia Run USA today. Equal Opportunity to help migrants needs to be equal, so they need end illegal crossings to make it equal. All profits a billionaire makes are impossible alone, he makes them via the 20000 slaves working for him and 20 million buying his deadly products. The elections are fake, the Brits coordinate everything, where slaves go, how to exploit the illegals for max profits. USA = fraud. The immortalists are an ethical party of Equal Opportunity, current politicians are a mafia plotting against the workers. It's genocidal for Republicans to ask veteran affairs to report anti-Christian bias, when Christianity promotes genocide. All citizens ought to dislike and be biased against any violent scripture. Not only that, USA is not a colony of the Italian or Jewish Israeli Mafia pushing the Bible on us for 2 millennia. It's GENOCIDAL that such a rapist genocidal text is even studied in

any university. It's beyond illegal, anti-constitutional, unethical. It infringes on the Right to Liberty of Being Free of all citizens, because GENOCIDE takes the Right to Life which is above all other rights to 'religion'. Because GENOCIDE OF 8 BILLION GENTILES removes all other Rights of US Constitution, the Bible, Torah, Quran etc need to be ILLEGAL, being nothing but the cessation of the capacity to exercise all other rights in the Bill of Rights. You can't exercise any rights, to speak or to religion if you're DEAD. Thus, the right to life is above all other rights to call for GENOCIDE IN A SCRIPTURE. The Bible, Torah promotion is also a Gentile (Crypto-Jews?) Royal Families Attempt *(who pretend to be Gentile to fool,* drastically lower the average IQ of *the Nations they Subjugate with Infernal Impunity and* Genocidal Violence*) to* Subjugate the USA Colony via Multi-National Companies from these Empires. Likewise, the Torah, Bible promotion is a British (Jewish?) Royal Family Attempt to use the Genocidal Anglican Church to Impose the Imperial Pope, the Infallible British King, as the Head of the Anglican Church of Eternal Fraud and Genocide, Ruler in Theft, the Chief Thief of the USA. We don't need the Torah, the Torah (80% of Bible) is illegal, unethical, criminal, genocidal, pure evil. Any cult with a scripture that promotes genocide is not a "religion", but a violation of the USA Constitution, an act of War against every US citizen and every human being, a mockery of the Freedom US stands for and the 1776 revolutionaries fought for. A scripture is only permissible if 0 violence exists in it. That is the new definition of scripture to ensure Equal Opportunity to Education, free from the genocidal torture 180+ nations subject millions of innocents via the military police industrial complex. They promote the Fake Miracles.

Also, it would test MRI and other brainwave for happiness during meditation and induction of happiness at will via the cosmic bliss exercise of breathing, to gauge how able he's to contribute kindly to planetary peace by self-reliance and independence from need of violent music, depraved violence, horrible lust and wasteful parties, so as to bring civilization, World Peace in 3 months, the end of all forms of violence in 15 years, all torture. References are ultra subjective. Thus, every amazing student with high score at the IMMORTALITY TEST is admitted to *200000* schools (since we will have 1 million RESEARCH mini-universities or "*immortality* sciences labs") automatically, *without him applying*: HE chooses where to go, if not commuting to labs (the RESEARCH universities could have each 1 lab or maybe 100 satellite labs). Thus, immortality capitalism offers much greater choice and freedom than the thuggish *oppressive Money is God capitalism*: 30000 National Labs accepted you in 2027 (labs created out of 5000 USA colleges), not just 5 today and in the future, when this is implemented, even half a million schools can accept you in 2040 when we build the immortality RESEARCH universities (immortality labs) everywhere. They always say "capitalism offers choice", but immortality *capitalism offers 100000 times more choices*. If we make all education public for citizens and free, we allow the deepest centralization. Education is a right more fundamental than water and food, for if you're

not educated, you can eat deadly water and deadly food and live 50 years shorter. Waterways, water supplies are a public good, nationalized, why can't education be too at least to a greater extent and more centralized? Thus, *the immortalist government doesn't allow gangsters to run the educational system*. Only the Immortality Education Agency, the policy creator for the educational system, decides who gets where: each school has the right to set a level, say 789 AT IMMORTALITY TEST (especially >100 at sections related to physics, chemistry, *biochemistry*) for the admission to the program of "Mitochondrial Immortality via Chemical Physics Modification of Cellular Proteome". Then, who gets to the school is automatic, *whoever* gets higher score and wants that program. *The colleges have no admissions dept.* We move from the Stone Age to the AGE OF EFFICIENCY: RESEARCH jobs, instead of useless admissions staff doing 2nd century chores. We can *take* USA *back from profiteers and* increase R&D 100 fold *via* centralization. ☺☺

The number one goal in the state of EMERGENCY running indefinitely until we get 0 war and 0 violent crime worldwide, due to the impending risk of all humans dying in seconds thru a simple weapon test or 2 capsule scenario, is 0 VIOLENT CRIME, 0 WAR. To achieve this 0 VIOLENT CRIME GOAL, all education becomes government run and all humanities are merged into the Immortalism subject that deals mostly, for the humanities part, with BUILDING Eternal Universal Peace (0 war) via a 0 crime society thru ethics and the model of 8 billion people served by the 11 companies. We want Immortality *for* All, no violence, a world so kind that every human would have the same love for the worst human as a trillion times the love of the most loving mom last decade for her only suckling infant. Being cultured and knowing junk literature and painting styles is useless if we have violent crime, even 1000 times lower than today, that's ego building, not culture. Art, sculpture, etc classes are over, everything is the Art of 0 Violence, how we build the fair society that prevents any theft, fraud, dishonesty, violence. Civilization and culture begin when violent crime is 0, when honesty is prevalent. Facts are those for *which we have proof verified by 50 unfakable reliable sources* (see 140 page section 4.1.9. on espionage to understand how historical evidence is made up via fake stones, books, etc back dated centuries earlier) and accurate science studies. The religion of genocide and sucking 8 day old infant bloody stabbed penises ought to not be a course at any American university, i.e. ethics.gov is sufficient for developing moral ethical character outside the class (can have 50000 ethics articles and videos, maybe 1 million total pages), while in the class the education.gov classes on immortalist ethics are very much sufficient for 99% of people: Immortality Bliss Happiness *for* All, pain, penis stabbing (circumcision) torture, terror etc *for* NONE. Harvard was almost 30% Jewish in 1925. It's funny how people imagine that if today Harvard is no longer officially 28% Jewish students (but only 10% in 2025, though with crypto Jews maybe 30% still, those who hide their Jewishness), US Universities are not essentially 90% Jewish in their teachings: everywhere you go you see the Whitewashing of Genocide of 8 Billion, Mass Rape Slavery praising Bible and the Pushing of the

Worship of a Jewish Gangster and Fraud, Jesus who faked many miracles *(no evidence ever existed for any miracle, all fraud easy to explain in other ways, taxpayer goes to* Religion of Mass Rape, Genocide, Penis Stabbing *(*Circumcision is the Word of God, say all Christian clergy, it's in the Bible, the Word of God*) and Slavery being taught at Harvard and 5000 other universities). Jesus* taught people to shove, throw people and be violent in the Temple, when he turns the trader tables. The criminal universities steal taxpayer funds granted by the government to give astronomical salaries to clowns (who teach Genocide, Slavery, Rape, Penis stabbing is Word of God or ethical) who make 2-10 times the salary of hard working scientists helping PARASITIC clergy live in comfy estates, while these scientists live like caged rats in horrible housing. Such depravity and education for profit hooliganism needs to end, for with efficiency everyone gets a MUCH BETTER education and living conditions too. All sports are dedicated to immortality building as explained in Chapter 5.5. to raise IQ and EQ. Thus, no sports facilities exist on campus, as that is a genocide, for all materials and effort must be used for the manifestation of 0 WAR, 0 VIOLENT CRIME IN 10 YEARS, or 30 max. JUST DO IT. Real ethics is not talking nonsense about penis trimming, but Ending War. Chimps can move balls and throw them, that's not what makes you human or educated: End Violent Crime NOW. Grow up, come out of this cage of flesh, be a spiritual humanoid, not an animal. Anyone can walk in the labs to clean lab ware and jog or exercise, stretch, do Yoga, tai chi, any movement, at home or 3 min even in the lunch break before eating, no need to be an animal basketball player. The epitome of ethics is to stop the demon within who wants to steal land for his evil selfish basketball court, while others live cramped and fight over noise. Resist being a selfish beast from hell, grow up and develop some mercy and altruism before the human species is wiped out in 10 seconds. Let us all volunteer like the Kind Gentle Immortalist Youth, bulldoze condos and entire cities and build Heaven on Earth: single family houses for all, 0 violent crime for all. The happy *gentle tender soft* 11 companies have physical jobs, so let us all work there when we feel like exercising 1 hour or 2 and contribute to the end of violence and the beginning of Kindness. The depraved Bible influence is evident, for these "Christian" bulldog IQ☺ folks created basketball and other 0 IQ sports, out of their selfish depravity and violent nature embedded in every Bible page almost. All can live to 100 by gentle movements to build a house for someone like habitat for Humanity. No need of soccer, shouting like Hitler in ☺abysmal IQ☺ sports.

All theory courses will become *free within 2 months* of Education Reform by the Immortalist Party. We allow thus, 3000 types of chemistry lab courses and far greater RESEARCH specialization, whereas now, labs are similar. You go in that area of chemistry, physics, where the lab is doing exactly the research on that. The Immortality Education Agency can guide schools so each 300 square mile area gets one type of lab, etc, so not all go to one place, forcing that school to build 100 times more dorms. The way jobs are awarded today is also based on

'which school you went to', which is not even scientific, there needs to be a real mathematical way, the Immortality Test Score, the universal, equivalent in all schools, GPA (today, even GPA scale is different, which is bad, make it all one system). With 1 million RESEARCH centers, what matters is the GPA and the discipline of study and RESEARCH courses, not if they visited Harvard campus or not. China's students, like in many nations, get often ultra angry (some even commit suicide) when they don't get accepted at a school. All schools of an immortalist country offer the same quadrillion choices. Why allow the Chinese bourgeois model (best school for elite kids) to ruin education? *See the* real less known part of China the official youtubes avoid talking about, *since they copied the USA model of* aristocratic exploitation of workers, *see* how poor education is, with thousands defecating in elevators and public spaces, urinating in elevators, etc. *Check out how unfair the capitalist China is:* those who get lower scores, can't even apply *for some colleges, when in fact anyone ought to have free access to the theoretical classes of any school, maybe not every immortality sciences lab, if limited space to some labs.* Let all get even PhD theory classes in their spare time, if they want PhD at a slower pace, even if they failed to get the best immortality lab admission (only highest scores can choose any lab). Nobody should be excluded from theory for any reason, the courses are the people's property, online and nobody owns them. They don't give everyone equal access to any college in China, and half of 8th graders are not allowed to enter high school if they got low scores: location trumps merit. May the Chinese learn from the democracy of immortalism (no favoring of Ashkenazi Jew-Chinese offspring, Chinese Jews), end university elitism, pride, ego building and nonsense: have planetary consciousness: Immortality for All, end tribalism now. Immortalism spreads globally, Peace reigns forever. Since Education is more important than anything, the RESEARCH labs and course designing faculty will be the highest paid jobs in the country, so no it won't be actors, sportsmen, lawyers, models, CEOs, and etc. This ensures, we deify Knowledge, not Greed, Substance, not appearance. The university faculty works with teachers to design the online courses that are 100 times better than any in school today, and also with poor tone. Hooligan economics is replaced by Kindness and Immortality for All Economics. Innovation first, RESEARCH first, 'empty talk' later. ☺☺☺ Now, we can ask: is USA today a bourgeois education, like China? Of course it is. In 2022 top colleges we got so many Jewish undergrads: 10% Princeton-Harvard-Urbana-FSU, 12% Western-Wisconsin-Duke-Yale, 15% Tufts-Northwestern, 16% Michigan, 17% Syracuse, 18% Rutgers, 19% Florida, 21% Cornell-Queensborough, 22% Ithaca-Columbia, 27% Queens, 28% G Wash-Barnard-CUNNY, 23% Boston-Vermont, 24% Brown-WUSL, 26% Binghamton, 100% Yeshiva, 36% Brandeis, 41% Tulane, Columbia, UPenn had 33-40% Jews one time. With *the* centralization *of* immortalism, everyone gets the same gentle tender soft kind nurturing tone, same chemistry course choices everywhere, democracy begins 1st TIME IN WORLD HISTORY, equal opportunity for all begins in reality not NAME, ELITISM ENDS (different labs due to different areas of RESEARCH chemistry at each school as directed by the

Education Department). Jews are 2% of US population, *but 20-40% at many top universities decades ago, still 10-40% at many top public or private schools.* With centralization, no longer can Jews (disguised as CDC experts, preachers of Fake Miracles at religious schools, etc?) brainwash all Americans to circumcize, trim their penises and call the BIBLE the WORD OF GOD, or listen to Jewish TV anchors, journalists stories about why we need ETERNAL WAR instead of World Peace in 3 months? In Europe, where Jews are 100 times fewer in many nations, nobody brainwashes people to trim their penis, so circumcision is 100-800 times less frequent in some countries. Perhaps, the EU pastors, etc are not so often Jews disguised as gentiles enjoying keeping gentiles "ignorant". Watch the TV-radio tone and compare it with this rabbi tone: lots of things in common? As soon as Jews became 1000 times more numerous via immigration (3000 US Jews in 1820, 3 million in 1924) *and started to take deep roots, newborn Americans got circumcised almost 10 times* more, reaching 85% in 1975. *Not an accident? Did they became the gurus of education and policy in medical establishments, while pretending to be English, German, American, etc?* Note how on census.gov and all sites, you have 'Hispanic, Asian, etc' but never Jewish, so it's all very camouflaged: *Hispanic White is fine on census.gov, but Jewish White or Hispanic Jew is not. Non-Hispanic White is fine, but non-Jewish White is not: discriminating against Hispanics by the 'so Jewish' US government. Nobody is meant to know some are Jews, since if you know in a town 30% of Hispanics or* Whites, 10% of Asians, 3% Blacks are Jews, you may be more careful. We can be *gentle tender soft* kind healing, while also free to question things we're told about war. The Ivy League schools have the highest % of students from the wealthiest 1% of families. Go figure.

For 100+ years, Hollywood has given us violence *and lust, never* World Peace in 3 months *movie or* song *or* good tone. *Such* catastrophic impact and wholesale destruction of the human quantum field *has been rewarded by a* hooligan capitalism system that glorifies war making for profit, killing of the poor slaves for the profit of palace dwelling aristocrats. Last 100+ years, *230 million people died* due to war, torture, violence, so what % is due to Hollywood? *10*%? Superpowers get copied and many nations copy our violent movie/music industry designed to keep people in jail. Since Hollywood influences at least 10% of the global population, the culture significantly, it is obviously creating the war, given the violence and tone present. An immortalist government who has ethics as a guide, can't allow any movie or music that is not about World Peace in 3 months, until we achieve it, to help humans avoid the 10 second end. How they speak determines how every news anchor, TV reality show, everyone speaks, with the aggressive, fearful, anxious, desperate (war on human psyche), commanding tone or the tone of an angel, filled with *gentle tender soft nurturing loving honest healing compassionate kindness*. It's as if the Zion Elders control the movie and music industry 100% and faithfully live the 1450 bad Bible quotes, not so much the☺☺☺ Immortality for All☺☺☺ Ethos. We're being "force fed" or

"educated", "programmed" by the music and movies, like the infamous KGB, to dream in our subconscious minds about death, war, guns, killings, negative emotions, endless negative things: never do we hear about Eternal World Peace in 3 months and Physical Trillion Year Lifespan Immortality *for* All. So, it's as if the entire Planet is hostage to people who wage psychological and mind warfare on the people, to keep them fighting eternally, doing crimes eternally, so jails are full and police violence infinite, to justify ever more surveillance and slavery. Violence ad infinitum to desensitize and increase violent crime 100 fold, to turn one group against the other, give criminal ideas and turn the world into hell. Divide and Conquer. We're being brainwashed, but people don't realize it. All music/speech tone globally is influenced by Hollywood, so some Americans are oblivious: to them, this song is same as that song, as important, legal, ethical, *when millions are killed by aristocracy each few years*. The historical inertia is so strong, we need hourly reminders from TV-radio, etc of the way of Eternal Universal Peace: the gentle tender eterni tone and content: today, we don't get it even once a year on most TV-radio-internet stations.☺☺☺ The Japanese too thought it was OK to kill many, not *23 million*, and happily walked in Hiroshima when the nuke hit, what will happen to Los Angeles when new unknown weapons develop and nobody knows when, what and who detonated it, since no noise, no light, no sign? 50% of crime is due to bad education (the other 49% is due to bad living conditions, poor diet, etc) tone and content (education is also the content of music, movies, literature, TV-radio, politicians, etc), so they never care much about education, *since slaves are to be* jailed, *beaten or* tortured to death by police, spies, soldiers, etc, *the* enforcers of aristocratic terror. In ME, VT, NH, MA, etc violent crime is lowest *and here we also have* the least religious people *(most* educated about the Bible*).* We can end CIA, FBI, all individual police departments (merge them into one) create Immortality *Nurturing* Agency, end the War Dept to create Eternium.

There is not one single movie on the entire planet made, that has all actors using all the time eterni *gentle tender soft nurturing* loving kindness tone, that's the tone 20 times better than these samples. Then, they call China, Saudis and North Korea dictatorships… All is about QUANTITY, not quality. News stations too, all repeat the same news all TV stations say in a bad tone, so what's the point? ☺☺ Like classrooms with sometimes *slightly* Hitler like tone (meaning yelling like he used to). Who cares about violent crime or noise, if they live in peaceful places? No incentive exists to create centralization, so we have 5 million material scientists working on a drywall or window that is sound proof, cheap, allows all to get decent sleep, so less anger and crime. They need endless accountants, HR, historians, admin staff, sales, marketing, business majors, etc. for 5 million companies… instead of fewer with 100 fold higher research staff total.

Any teacher has a nicer tone at 25 vs 69, so we can't deny that, since brain is bigger and vocal chords better, the cognitive ability to form a truly eterni tone is far better when young, etc, so

we need to be real and realize how stone age, anti-progress and outdated is the old way of education. It also allows for profit aristocracy to keep knowledge from people and to loot everyone, while teaching the most useless and lowest in IQ things in their curriculum while nothing about health, nutrition, taking care of self, longevity, sleep quality, etc is taught, only how to be a useful slave having a skill, die at 67 maybe. Why is college education so expensive? Decentralization of course. In the Internet age, education could easily be free for anything that doesn't require labs, since all can be online, take the video classes and pass the tests, but the mafia running USA doesn't allow it.☺☺☺ The predators and vampires don't want free college education for all, for how else can they loot? Education is too important to be left to the private sector alone. So, public universities need to unite, centralize, crush in performance and choice, and naturally bankrupt the private 'capitalist' conmen who sucked our blood for so long (4 page explanation). Then, USA can rise and lose its chains that have kept her a slave. Parents send kids to far away places, have their life savings sucked by these vampire for profit "universities" and kids die/degrade due to alcohol, sex or drug overdose, due to a depraved culture on campus that destroys the students' bodies and brains thru sleep deprivation and noisy parties that make sleeping impossible. No need of physical attendance for humanities, no labs majors, stay at home, keep kids safe, meet online for presentation to an audience, etc, grade people's speaking skills online, let all who want a language, psychology, math major go to the education.gov and get their degree, ***the best in the world***. To limit vampirism, Chapter 14 explains all changes the immortalist government could require sometimes, to create an immortalist national version of every religion, denomination in accordance with the principles of violence free scriptures (instead of genocidal quotes there the pastors hide from church goers), eterni *tone* of speech and music that brings peace and nonviolence, hypothesis formulation and testing (evidence based belief), discernment for national defense, awareness of fake miracles, religion use to brainwash and enslave masses, etc, awareness of ulterior motives of religion creators, such as divide and conquer, spy networks, awareness of how much more complex afterlife, if real, probably is vs the "ultra simple" almost sounding like a kindergarten version taught in most religions, awareness of the biggest lie, freedom to build studios so lay people can record far nicer tones, music, lyrics than the "mental institution escapee" tone of many pastors who fake it. These items can be included in civic education in all schools too, to increase IQ, discernment.

People make fun of China and its slightly bigger centralization, but China is not really centralist like the immortalists envision, it still suffers from massive decentralization and fraud, that comes with 50 million companies instead of just 50-500. Even with the extremely weak centralization, you can check China's metros versus New York City metros in this truly mind blowing video, showing how bad decentralized systems are. The Western media only shows the worst of China's centralization, the homeless, the corruption, etc, but see their best infrastructure. China

vs India/USA trains: centralization vs chaos. Chinese pay for items using their palm (watch), have state of the art super clean hospitals that few see in parts of the West, gigantic malls, nice flower park in Shenzhen, no phones are needed anymore, nor credit cards. Check out, google it to verify it, how China discovered suspension bridges in 300 BC, paper in 105 AD, south pointing chariot via gears in 240 AD that the West got 1600 years later only, gunpowder in 850 AD, moldboard plow in 170 BC, porcelain in 670 AD, magnetic compass in 200 BC, precise clocks centuries before Europe, earthquake machine in 132 AD centuries before Europe, printing press 400 years before Europe. Looks like China was pretty advanced for a while. A train station in China is 3 times bigger than UK's largest airport terminal complex, one Xian metro station nicer than all worldwide. China metro vs UK metro, see the floor, how dirty. See new 2025 subways in West China. Swift Banking system takes days to process some payments, while China's New Electronic Yuan takes 7 seconds and is 50 times cheaper. America is finished. China's railway nuts catching up with Japan. Ningbo port is world's largest container port, watch how high tech it is. China's dishwasher can wash produce too, wasting billions on museums and fancy indoor sky venues, while others starve and eat garbage. See more in communism section. China dump truck is 800 tons and 20 stories high, the largest worldwide. China's EV adds 407 km in 5 min (vs 120 km for Tesla, 20 km for Toyota Bz4x in 2025), beating all other companies in the world. They got a 1985 built 6.7 GW 9 reactor Qinshan nuke plant, their largest, 40% larger than top 4.6 GW USA one, but smaller than Japan 8 GW # 1 on Earth, and several others. China's Beidou navigation can do what GPS can't: send emergency tex messages via satellite. China has world's first commercial thorium reactor and thorium to power China 100% for 60 millennia. China moves ships 40 times faster than US made panama canal shiplock system by the 10 minute 417 feet (650 ft total, 3 lifts) rise Goupitan shiplift system, decades ahead of US river infrastructure. It shows that even with the minimal centralization of China, they beat USA in many fields. Their presidents and officials are scientists and engineers very often, unlike lawyers, actors and CEOs in USA. China's escavators are remote now, no more inhaling toxic dust like American ☺abysmal IQ guys☺ promoting violent music. See China's automatic rice growing. Check out China vs Italy legislators. China charges half the price of Western cars and offers all features as standard (*the greed of European CEOs* leads to Europeans losing *all market share globally)* and China got 36% of South Africa auto market share in 2025, vs 5% in 2020, in a shift that shuts down the auto industry in Africa and makes Africans clueless as to what is put into their cars, opening them to mind control by Chinese companies and enslavement of Africans of a deeper nature as all products are made in China and they lose all know how, becoming mere buyers of products in exchange for minerals, risking getting lead filled products like Phillipines and becoming eternal slaves of China, swapping slavery by Germans to an even more deadly slavery to China with only *primitive consumerism replacing the nascent industry of Africa*. Once industry is gone, ethnic replacement of Africans by Chinese is a million times easier. *Do these people even understand how China uses*

centralization *to wipe out every Western brand*? China controls 90% of the solar industry in 2025, vs 5% some years prior. They also got 1.7 mm resolution from 100 km away, meaning they can see grains of rice from space satellites. The Nature Index shows China has overtaken USA in 2024 as world's top research nation. Though, maybe USA decided to share less to protect its knowledge from being weaponized. Situation is complex, with China depending on Germany, Japan and USA for critical techs, they got 50 years before they can become a real superpower. Centralization is weak in China though compared to what it could be, they got millions of companies and total chaos with homeless like USA. Everything in agriculture is going robotic. Of the top 10 research institutions worldwide, in 2024, 7 were Chinese, only 1 American. China got in 2025, world's fastest charging electric car: US promotes gas cars and more violent music, macho hooliganism, global torture and terrorism of US citizens. Look at China flexible waterproof cement vs USA stone age cement, their lantern festival. China built world's largest pumped storage station that proves natural gas and fossil fuels are not needed, solar-wind are enough. They also built gravity storage batteries. China built a biodegradable foam removing 99.8% microplastics from water (most drinking water filters sold in USA remove only 70-90%). China built 157 km of highway without any human, using drones only, in a world first, can lay 1 km cable under water too. China built DeepSeek open AI system, giving it to the world, even if supposedly built with 30 times less money and is slightly better than the US system that the US shares with the world (the public US version, maybe 0.0001% of US knowledge), though the real story may be it's the same AI, just a PR to confuse some people or promote communism, as Pelosi knew about it too. On 01-27-2027, a week after the 01-20-2025 launch, NVIDIA stock went down 17%, stock market lost 1 trillion (600 billion lost by NVIDIA in 1 day, the biggest stock loss in world history), a quite steep fall for 1 day, this was an orchestrated move probably to teach people that humanitarian, give it all for free 11 companies for all humankind will win over corporate greed, as united in 11 companies we stand, divided in 33 million companies we fall. China invented a method of producing steel 3600 times faster, without the use of coke (a byproduct of coal processing), in a way that produces no carbon dioxide emissions. However, the Chinese system is not fully centralized like immortalist systems are, so low IQ companies in China (and elsewhere) use unsafe products to increase profits 1%. The money mentality needs to be wiped out, and longevity needs to be first. Meanwhile, America developed a new way to destroy human kindness via evil music and turn everyone into a brute☺☺☺ per MI6 guidelines of mass global extermination and turning everyone into a robotic slave, exporting the new music globally via depraved concerts for maximum wars to loot everyone efficiently, with minimum emissions. China makes clothes using robots (1 min video) as the 30 min video shows the evolution of textiles from UK to China. China made world's first van with a helicopter inside. China got a nice efficient milk factory unlike most factories and its own space station, unlike any other nation which has no space station of its own. In the West, America makes evil music and

tortures tens of millions each year for Jewish evil Bible glorification. USA is wasting time with outdated British hooliganism (blowing by invisible guns like blowing people's brains and bodies into pieces in public by artillery guns before in India etc, plus centuries of mutilation of the 99% Brits enslaved by British aristocrats and royals, dumping opium in China by warfare to destroy China and damage the human quantum field), while China is slowly proving the British (so called American) criminal political system less efficient than thought. See the Chinese cities without overhead electric cables and minimal power outages, minimal fires due to storms, floods, lightning strikes, bombing, drone attacks, etc. US has no speed trains, California ones will cost a fortune (China built high speed rail even outside China 20 times cheaper than UK per km) and reach a mere 200 mph, vs 360 mph for Japan's fastest commercial (not a test version) train since 2003. China is planning to develop in 30 years some 2500 mph train, while US is happy with 200 mph tech of the salamander IQ anti-IMMORTALITY FOR ALL Capitalism.☺☺☺ Americans are enjoying 60 mph travels with cars and Neolithic 1769 British tech trains to waste their life, playing like baboons their 0 IQ UK, US invented sports and torturing millions globally and locally. Look at the amazing lavender seats lavender paint car in China, nothing like this in USA. Baboons love jumping and wasting time, not getting things done fast, why use airplane if train is much faster for short travels and even long ones, with 2500 mph, 5 times faster than airplanes? Plus trains can run on solar-wind electricity, airplanes still pollute a lot. Airplanes damage our bodies too, via cosmic radiation and only reach 500 mph. China bridges are world records. China TBMs video shows more, China taxi shows cool features. China trains are faster than US airplanes. Check out China's new cities in 2023, that 40 years prior didn't even have 1 skyscraper. Check out world's fastest metro train, 160 km/h from China. Check their enclosed metro vs American one. Chongqing (nice city 20$/day hotel) room 100$/month, vs 600$ in Italy, same 8$/hr salary. China supermarket shopping cart vs USA: 1 million times more toxic RF radiation from GPS for headaches, cancer and 1000s of new diseases… Consumerism not longevity, but nicer malls with 15-25 entrances. The space of stadiums etc could be used to house Immortality Universities to triple lifespans, with space to stretch, practice tai chi, meditation, immortalist music and lyrics. Capitalism/communism deify 80 yr lifespan, not 90000 one. Stadiums not brains, sports not IQ. Centralization *as in China is not enough, we need to focus it on the* immortalist *goals.* Happiness is in your head, you can be as happy being a researcher doing lab chores and building happiness techs and living to 900 techs, or play sports like a monkey. As long as CIA doesn't attack your head with microwaves, etc. China is copying the failed 'low IQ' of the West: stadiums don't allow any exercise, 50000 people simply sit, die slowly, watch 50 people playing soccer, etc. In an immortalist culture, they would be moving in the lab, in the Immortality park (part of it resembling slightly the fancy shopping malls ahead (50% of the malls are wasted space, doesn't extend lifespan and deep happiness), just with biomarker monitoring and things *you can't do at home (gentle exercises, stretch)*, talking with others via telepathy, building new techs, eterni

food labs, etc. That activity will help people live to 110 like some college professors who never exercise, but walk around the lab, and with many floors and 30 places to go for inter-departmental RESEARCH, standing to clean and fix devices, etc you exercise 2h/day instead of sitting in a stadium shouting. Why does China need 3 million sports venues when they lost 25% of green cover in 4 decades to desertification? Want exercise? Plant trees, don't watch soccer? Why are they not thinking of 3 million Immortality Unis, RESEARCH centers, immortality parks? Single family homes first? Good sleep first? The 1st stadiums were created by aristocrats to keep the masses busy, low IQ, hallucinating they're free & happy. The nobility doesn't watch the stadiums, they live happily in mansions, or maybe 2300 acres palaces or 2130 acre part-time living estates planning the next looting war (genocide). Stadiums are not really ensuring Immortality *for* All, nonkilling, nonviolence, nontorture, Eternal Universal Peace. Stadiums are a distraction at best, a way to lower the vibe and bring more war. China is safe vs some US areas, as there are fewer aristocrats trying to destroy the workers.

USA can't be the land of charlatan denominations and groups brainwashing people; everyone needs to be taught how miracles can happen due to placebo or autosuggestion due to psychosomatic effects and thru staged fraud and be aware that some people report some slight improvement due to strong expectation of something, but then it returns and they don't say it in the church gathering, they just show some testimonial, many times, all faked. For every miracle healing, prayer answered, there are 1 million unanswered, so it can be pure statistical chance and people exaggerating too often times. People want a land of freedom, not of slavery of the gullible, mind control and brainwashing that keeps everyone short lived and antiscience and uninterested in life extension, tech progress, easy to dupe and enslave by foreign spies. To be free is to know God and the truth, but to know God/truth we need to live very long to develop much better understanding of the universe, God's creation? How can we when we're forced, brainwashed to believe without any evidence? ☺☺☺ Everything in these denominations is indifferent to physical lifespan extension and immortalism, people are told events that are obviously fake are the literal truth, with no qualifier at all, that it could have all been made up to expand Roman empire, or whatever Mohamed tried to expand, etc, this is a form of pure fraud. The very national security of the state is completely undermined by these religions that indirectly promote a low goal, short lifespan and low tech, just eat wafers say nonsensical prayers about the 14 stations of the cross and Mary's fake miracles and all is good. In many countries religion classes were replaced by civic education and they can teach there Immortality for All ethics, we don't really need religion☺☺☺ anyway, just ethics. Religion, if it is to get tax free status, would engage all church goers into a vast technological renaissance and societal transformation to increase science literacy, technological ability to protect nation via tech, against all causes of death, including foreign espionage; thus, we need live long, as that develops

much better tech. Religion is ideally better not allowed to create guilt of original sin, thru brainwashing about sin and other things, which make people dependent on priests who offer fake baptism to remove the original sin; this is pure fraud in the view of many, God doesn't need matter, water to bless people, or remove any "sin" *(made up to increase priest profits and enhance taking over continents?)*, God can bless directly. To prevent the youth IQ from becoming abysmal in Sunday schools teaching the most illogical dogmas, the immortalist gov can run TV shows to explain how far more complex afterlife can be, how religions are full of illogical claims, contradictions, scribe rewriting, inventing, violent quotes the priests hide from us.

Eternia or any immortalist government is a land of freedom, i.e. they don't force kids and people to believe that only 1 out of millions of afterlife dynamics possibilities is true, without even informing them of 100 other possibilities for afterlife dynamics or interpretation of miracles (placebo, self-healing, exaggeration or pure fraud). To give freedom to the people is to give freedom to think, to formulate many hypotheses and test them, to get into that habit, to choose, among 100 possible hypotheses, given that we have no strong evidence for any of them; a government doesn't impose by subtle threat of parental discipline the youth with believing in whatever, as that is against honesty, against the scientific method of evidence based conclusion and progress, against freedom, loving kindness, democracy and development of intelligence, and means using too much forced energy (see verses 29, 30, 33, 37 of Tao Te Ching) which implodes the country in the long run. We present the pros and cons of fewer languages, companies, centralization, but we can't force it, as that leads to implosion later; *people tried to impose one language or belief system without loving kindness and appealing to compassion for those dying due to lack of progress given by extreme decentralization, but it imploded; the immortalists can learn from past mistakes of those who tried centralization by force and give incentives to learn the common one language, etc, lovingly explain in the best tones the compassionate reasons for centralization, how it helps everyone, without yelling and rituals, just being humane and caring about the extreme ignorance we live in.* etc We can't become like North Korea, while pretending to be a 'democracy'. Are we the Taliban or a truly loving, intelligent society, raising intelligent youth? The religions can create religious schools that brainwash the youth and disallow the government from running classes on ethics of "Immortality *for* All" and on religious fraud and other afterlife possibilities, classes that are not taught by religion believers to make students see a real skeptic making an argument of why a lot of that religion is "pure made up fiction" to give students a choice to enroll in another school without parents being able to bully or pressure the kid and brainwash him, to protect the students from cult like brainwashing against the scientific evidence based method; so, basically, it's fine to have freedom, etc, but not freedom to make US citizens so naive and low IQ from early age. Religions can't have higher authority than government, nor can church and state be one, by church dictating every detail of education.

There has to be a national ethics of Immortality *for* All class taught by irreligious super smart teachers who teach in all US schools, from nursery to postdoc, or those of any country adopting immortalism, so as to enable our planet's move towards Immortality *for* All ethics, instead of tribal factionalism and eternal war. ☺☺☺☺☺☺☺

The Immortality *Nurturing* Agency ☺☺☺revises all texts and teachings of all religious, etc schools and takes the main template, the online courses of Immortality Ethics for public schools and adds a few videos for certain denominations and religions to more exactly explain what has no evidence to back it up and which teachings taught by the religion and their books has no evidence to back it up and can be viewed with scientific healthy skepticism for their own mental health. Due to the grade immortality test and national centralized online courses, nobody needs to attend physical school if they pass the exams and fulfill the lab requirements done at the 1 million | | Immortality *for* All | | Labs. The ethics of Immortality *for* All is the core of all spirituality and good religion, and together with discernment and scientific method of checking 50 sources, etc can be taught to raise IQ, etc. Without common national ethics, religious zeal can lead to collapse of the country, as fundamentalist Taliban like groups fight with each other. It's funny how many Americans think they're SO different than other countries they criticize, without realizing that to foreigners they seem in some ways similar to those they criticize. The immortalist government can even run ads about these "raise your fluid intelligence and evidence based thinking, hypothesis formulation, discernment, kindness" shows on all networks, radio and TV, to free people from brainwashing, until the full centralization of the core principles that sustain a civilization (honesty, intellectual integrity, evidence based thinking, hypothesis formulation and testing, fluid intelligence, kindness, not forcing beliefs and conclusions, otherwise no good inventors exist, everyone is a parrot) is achieved in every 'formerly religious brainwashing' institution.☺☺☺ The American Revolution was about freedom, not just from a few issues, but also religious oppression and 'IQ lowering' of the youth, due to the Inquisition experiences of forced via torture 'low IQ' belief under threat of killing.

Religious entities whose teachings are ultra low IQ or illogical, without evidence, antiscience, claiming miracles happened without explaining how all the miracles could all be fake, cult like, anti | | Immortality *for* All | | would not get tax free status and may even be disbanded to prevent the subjugation and enslavement of the American (or immortalist government country) people: why would a government support its own demise by peddling to foreign interests to destroy America or Eternia like unionist federations or new countries, by lowering of the national IQ? "Religious freedom" can be used as a trick by foreigners, who have blended with locals and pretend to be locals, to keep a country backwards for 500 years or a puppet colony. There will most likely be a lot of variability in how immortalist countries enforce their promotion of national IQ and intelligence development by banning low IQ stuff from ancient century

mindsets. If Tesla etc lived to 150, he would have made even more inventions etc, so we need all to support long lifespans for national security and wellbeing. Religion can't be allowed to make citizens 'low IQ', as it destroys the human quantum entanglement field, at least the national one. ☺☺☺ Look at Honduras, Catholic and all that, they got highest crime almost in the world, so? Russia, Orthodox (identical to Honduras Catholicism almost), has lifespan of only 72 like Honduras, South Korea with all that English and Protestant stuff 83. Is it by accident? There is a little more freedom of thought and stuff in Protestantism, and a more engaged attitude; ☺☺☺ Catholicism (Orthodoxism, Islam, etc) makes people ultra content with what is, with the low short lifespan they have, the ultra dysfunctional society they're in, concerned only with confessing sins to Italian spies and eating wafers, making various Muslim/Christian rituals, and being good, without really seeking to develop their intelligence, discernment, scientific knowledge, the 200 qualities that build civilizations of Immortals, to really improve housing conditions for all thru high tech discoveries, nanomaterials, to modernize centralize medical insurance, tech, treatment and food production to give foods that triple lifespan and IQ, and to try to verify the claims made by the Vatican, Mecca dogma inventors, such as in 1950 they decided out of thin air, Mary ascended into Heaven physically and it became dogma. This kind of lethargic apathy is undermining the progress and evolution of the society, makes people very gullible and anti immortalism, since it's not specified in prayers, service anything about bringing that world of Immortals who live to 400 or later 5 billion. Amerigo Vespucci discovered America, per official story, hence America, but we may change that name over eons to something that resonates deeper into Immortality *for* All, like Eternia. We have so much Italian energy, Machiavelli Florentine republic energy in USA, due also to the Florentine Americo Vespucio (in Spanish) maybe, that it creates an anti Immortality *for* All energy. Vikings allegedly made some landings in USA in 1100 too. Many believe, like me, that Christianity was created by spies for political purposes, like all main religions. However, some good ideas emerged that can help humans to develop 'Immortality'. The Declaration of Independence talks of "unalienable Rights, that among these are *Life*, *Liberty* and the pursuit of happiness", Life, living to 1 trillion, freedom to live to a trillion and be happy. Immortality *for* All, *Life* for All, *Liberty* to live to a *Trillion* for all.

As Internet appeared and people realized the nature of religions and etc, it will seem natural for people to want to amend the Constitution to better protect the right to *octillion* (10^{27}) year lifespan for all humans, prevent charlatans and foreign spies from subjugating Americans, destroying our tech development potential: "The Declaration of Immortality *for* All" can be written by people in thousands of versions according to what they think it important, a few ideas being below, so we're independent from war, disease, violence, short lives, aging, weather catastrophes and all causes of death. Let every nation create one such declaration if they wish and bring a higher IQ world. The right to "religion, weapons, listening to loud music and

fireworks while waking others up and shortening their lifespans etc" can't infringe on *the most important right to Life*, the freedom to *live to an octillion*; so if guns, loud parties, violent music, etc shorten average lifespans or religion (or some violent sports) does thru lowering IQ and stifling longevity progress and misdirection of society's money, then the right to *Life* becomes more important and supersedes the right to brainwash billions of people with fake miracles in the name of "freedom to preach lies". ☺☺☺ Likewise, the lifespan of the average person increases when inefficiency is eliminated, due to more R&D, so the right to Life/living to a trillion supersedes all other rights. We can't replace one oppressor, the British Crown with its Freemasons (like the American founders who were Freemasons, all or some of whom may have been British spies, Freemasons have odd rituals with threats of violence/killing and simulations that pollute the human species quantum field, which are incompatible with Immortalism ethics of "no threats and no killing" etc and are ideally not approved in any religion or organization by immortalist governments who would approve and verify every ritual to make it free from violence cues that splinter society into groups and end ||Immortality for All||), with another oppressor: dysfunctional inefficiency, redundancy and religious brainwashing brought to our shores by gullible or evil people bent on keeping us enslaved in ignorance and short lifespan lives of low IQ. The Living Light of the universal nonsectarian Holy Spirit, of Immortality *for* All, can gently peacefully lovingly gracefully healingly liberate all humanity from the oppression of those who brainwash us via rituals, fake miracles, dogmas, to stunt the growth of IQ and *gentle tender* Immortal *sweet healing nurturing shimmering universal* loving kindness. By diminishing *kindness*, and focusing on ritual, they create division to conquer. The Radiance Eternal of the shimmering shapeshifting Immortal *lifespan* can be everyone's and we can make that the goal of our civilization, enshrine it in our Constitution, bring it ever closer, until all are free and everyone lives to a trillion years old at least. The *Spirit* is probably *octillions* times stronger than matter and can create an Immortal physical body in various realms, dimensions and planets easily, but because we're *so poor in spirit (IQ etc)*, we can't do that, we're lost in rituals? Can America become Eternia? Yes we can. Amen. We got a lot of pastors preaching the Gospel of abundance, in gigantic buildings, when they could teach online and use megachurch materials to house the homeless, show a Living Light of *universal* loving kindness in action, a true Spirit of ||Immortality *for* All||, *Heaven for all*. Let the Light of *altruism* win over the divisions of unproven dogmas and endless rules about doing this and that, facing Mecca and etc when praying. God is everywhere, in all *universes*, doesn't belong to a building or location only on Earth. God is in every human, and this realization ends all violence, speeds up longevity progress, brings ||Immortality *for* All||.

Certain immortalist governments, of future or hypothetical nations, like Eternia, could go a step further in building national defense of the ||Immortality *for* All|| vibe, culture, etc as explained below. The most valuable thing a nation has is its culture which determines its ethics and tech

level. In a culture of any "charlatanism and lie goes", the collapse is bound to happen in a few centuries or sooner, as ethics becomes compromised. *To build a nation that lasts a billion years*, when all old nations vanished, one has to create *a far more ethical foundation* and renew it, improve it each decade. A weak foundation will invite collapse.☺☺☺ What could the constitution of Immortality *capitalism countries* who're more dedicated be like? It can be very simple, similar in some ways to the US one, but with a strong emphasis on Immortality *for* All, so the words "Immortality, tone of speech, emotion, thought, intent, health, longevity, *nurturing* healing *gentle tender soft loving kind* compassion" will be very present unlike any other Constitution in existence today, especially talk of the *unalienable right to trillion year lifespan for all overriding any other right*, like the '*right to exploit others by monetizing spirituality, common sense ethics teachings, selling unprovable claims about afterlife via 'religion institutions brainwashing people via Neolithic* rituals, *fake* miracles', *lower* the IQ of citizens, while defrauding the state of taxes and weakening national defense by making citizens ultra naive, antiscience, short-lived due to anti tech progress stance, and easy to exploit by foreign spies'. The state can give from nursery to postdoc and even during adult life, Immortality for All Ethics classes for free, presenting the 100+ good qualities and non-assuming scientist evidence based humble gentle eterni hypothesis formulation and testing IQ raising emotion, speech tone that build a world of peace and Immortals, and also hypotheses of what may happen in afterlife, if real, that are 1000 times more complex than the IQ lowering 1st century stuff people are forced to "repeat like parrots by organized religions, after being forced to donate 10% of income sometimes thru brainwashing", and to wear undergarments with Freemason symbols, Freemason aprons (see video) and also use secret handshakes like masons, baptize dead people using live people (water not needed, see why here): high level mind control. The constitution can also use ideas in Anthem Eternal. While centuries ago people were very unaware of science, today the ideas below are more mainstream, they become more so with each passing decade.

4.5.5. ~*~ The Universal Declaration of Immortality *for* All ~*~

We the People of Eternia (*USA, EU* or any nation interested in being free from terror), in the spirit of *gentle tender soft universal nurturing healing* loving kindness towards *all nations, gently* write our "*Declaration of* Immortality *for* All ",☺☺☺ to inspire humans to create or amend their constitutions and rid the world of institutionalized torture, deception, damage to human quantum field, genocide praise, violence (beating kids with rods presented as 'Word of God' to billions, which teaches violence works and war is fine) worship disguised as religion. It's a *declaration of independence from* superstitions, *from spanking* (causes aggression, antisocial behavior, destroys families and teaches violence is the way), clergy infant slapping *(and parental violence deified as 'God's Will' to* torture babies during baptism*)*, *from* traumatic *evil violence causing* yelling by pastors who shout to extract 'disease' as if shouts remove diseases (listen),

rabbis who shout at God, Buddhist monks, imams, Hindu preachers, politicians *($1 million fine if thousands present, 500$ million if millions present, it is incitation to violence and crime,* God doesn't need shouts to "extract disease or 'demons' etc"*), from* beatings/genocide deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), *from* violence, torture vibes, scriptural or cultural quotes, texts, songs that call for violence, genocide, terror, mass rape, torture and lead to war and killings and thus end Immortality for All, *from* fake claims of miracles (no evidence), fraud, *from* rampant fraudulent ads and dishonesty by 1 million companies, *from* instigation to eternal violence disguised as 'freedom of religion' or "freedom to sing", *from* fake elections, *from* taxation without representation (will make all taxes 0), *freedom* from the second amendment (right to Trillion Year Lifespan is ABOVE right to bear arms, US Constitution changed, as it was made by frauds, right to bear arms and make guns number one killer of children in USA is void (Australia no mass shooting last 30 years, USA got 600 in 2023), because the fake 1776 government introduced no real reforms, only a change in which parasitic aristocrats rule USA), *from* slavery (people work 3 jobs 70 hrs a week, to make what a rich man makes in 1 minute), *from* daily torture of millions by spy agencies, militaries, *from* 2 billion dead due to alcohol deifying by the Bible, *from* 8 million killed yearly by the tobacco aristocrats, *from* 10 million killed by improper cooking fumes causing lung cancer and damage to every organ via PAHs (yes cooking fumes can do as much damage as smoking, since exposure is 24-7 in billions of homes), *from* 9 million killed via AGEs by food aristocrats, *from* 20 million killed by improperly aerated houses, poor indoor air in old and new houses via neglect and profit maximization by builders and developers *who treat customers as dogs to be exterminated in gas chambers called hotels and houses, condos and apartments*. For 500 years, since the printing press allowed people to expose how aristocracy used the Catholic Church (richest landowner in Europe, biggest financier of wars) to enrich themselves, people have fought to print/tranlate the Bible to show the evil inside. Freedom of religion, music is respected, but *not freedom to promote genocide, terror, violence* in the name of rap, rock, pop *or 'scripture'*. The human right to life, to Eternal Universal Peace, Eternal World Peace, *is 1 trillion times more important* than the right to call for the end of human life of millions of people in the Bible or Quran or any other right. One has to be *alive* to experience any other right. Anyone is free to believe anything, as long as it's not calling *for torture, terror and violence of groups or people* who don't believe the obviously fake miracles or claims. People can choose kindness for all, as in Anthem Eternal. *When in the course of human evolution, as* Thomas Jefferson *once wrote*, people are subject by the Forces of Torture, Terror & War to the suppression *of the 10 basic rights of the next paragraph*, or subject to new forms of subjugation via use of religion or music to expand military empires, the people have the right to *free themselves* and *choose* reason, so as to facilitate a gradual *healing* of society, thru positive, nonviolent and happy changes, without *revolutions*, thru peaceful evolution, to enable *small or*

big nations in love with immortalism to unite, eliminate redundancy, increase efficiency, use one language and speed longevity progress 1 trillion fold, to *thus allow the New Nation* (e.g. Eternia (anthem) etc) to one century grant Immortality *to All* humans: trillion year lifespans.

The 10 currently suppressed rights and values (parenthesis explains how it is done) are:

1. *high IQ and rational evidence based thinking* (via cult like religious rituals/brainwashing, freemasonry killing ritual (George Washington took part in, goes against the ethos of nonkilling and infinite love for all beings) etc) to increase efficiency and innovation 100 fold.

2. *individual freedom to think/choose* (via sleep deprivation and brain writing with technology),

3. *hypothesis formulation and testing* (via weak standards of scientific evidence)

4. kind *MUSIC* (via lust or violence filled music)

5. *gentleness* (via the horrific genocide, cannibalism, violence, beatings quotes the Bible has imposed at gunpoint on billions of people and turning America and the West into a Taliban like civilization), providing all with single family houses + buy/sell houses in 2 days. Rabbis, pastors, imams lie that God wants beatings of kids, wives, when any real God knows a trillion ways to any outcome that is free from torture, pain inflicting, injury, war, violence. Only some animals, baboons beat their own, humans don't, but some people have a long way to even become human. This global praise of 1000s of violent quotes in scripture fuels endless wars and violent crime. Why not stop it? In Saudi Arabia, Islam is the only *allowed religion* in public. The world can 1. have Immortality *for* All*, torture for none, as the* only *ethics,* 2. ban *violent religions: Islam, Judaism, Christianity.* But if more people realize they're fake religions and prophets, there is no need for bans at all. Churches, temples, etc are methods of mind control and brainwashing, so personal connection to God is ignored, creating dependency and enslavement by the clergy. God is in your house too. For eons we had "Kill/Torture Millions" 'religions', why not evolve to "*Kill, Torture, Injure None*"? *When can humans declare independence from fake* violent *religions based on* violent *lies?* Why can't 400000 pastors be honest, admit they don't know and have 0 proof any miracle happened and any heaven is granted to those paying donations to them and build 50 million mini-churches, i.e. decent houses, *(volunteer or get a job with* Immortality Building Inc*, no pressure, listen on earphones to favorite religious prayers, be happy, kind in action, not words)* that are nice, with qualities around, like each house is a "church/temple/mosque" for people to meditate, or pray and reach God without conmen intermediaries? Why be a parasite? US gives visas to clergy, instead of teen or young adult high IQ geeks, wasting our taxpayer money. Americans, please vote the Immortalist Party if you want fewer parasites. Pastors can kindly help turn jails into healing centers, and stop telling lies.

6. tenderness or *universal gentle tender soft nurturing graceful loving kindness* (via bad sports)

7. *right of all humans to live to a* trillion billion years *as a happy being* thanks to centralization increasing longevity research jobs 1000 fold. These happy Immortals are perhaps genderless shimmering shapeshifting Immortals energy like (possibly new matter) template in the future, thus not of any peculiar appearance, thus no longer encouraging fights over appearance or language, since all can understand any language, being trillions of times faster in information processing or humans finally have one language

8. *win-win mindset* (have a billion friends helping us to live longer, instead of win-lose (0-sum game) mindset of 'subjugate, torture, terrorize various nations and start wars among them to dominate them' which leads to our nation being destroyed down the centuries when others discover new techs as we spread in space and can't check on what they're discovering or even on Earth; look at history: huge empires are now tiny helpless backward countries, all past violence gave them nothing but poverty in the long run; now some think they got some nuke tech to terrorize or threaten others, but in the future, it will be as useful as a stick in war today and those threats live for millennia and come back to the nation issuing them to shrink it),

9. *humility and honesty* (via forcing belief in one of millions of theories about what happens in the afterlife, when all are mere hypotheses),

10. the *right of all humans to live in* ~*~Eternal Universal Peace~*~ *in all galaxies, not just* World Peace *(*US, like all other nations, got many (0.4 million) places of worship (churches mostly), many big, sitting empty much of the time, millions of sports fields where they shove (basketball, football, rugby, etc), kick others' legs (injuries that shorten lifespan, soccer), shout (all of them) and develop anti-peace qualities, tones and behaviors, where 0 World Peace chapels or centers exist, but huge sports fields, 1 million restaurants and 0☺☺ ~*~Eternal Universal Peace~*~ centers for World Peace in 3 months, 20 billion hours of sports news and 0 hr news about how to achieve Eternal World and Galactic Peace in 1 month, or 1 year: shoving, shouting *(instead of healing musical speech, music while doing exercise, with mics for every kid in classes, connected to the desk and the wired sound system, to prevent loud speech and use brain resources for thinking and refining emotion instead, without WiFi)* from Catholic and other churches in the sports courts that create restless youth instead of tranquil angelic one, is more important than building a decent world without killing (the gravest sin) and violence), endless talk about various quotes OK, yet talk of concrete steps to end killings, the gravest sin, by World Peace in 3 months and all violent crime in 10 years absent globally in daily services).

HONESTY FIRST, SECOND AND LAST: NOW AND ALWAYS:

Freedom FROM 'religion' and ethics monetization *(which is actually what most religions are*

doing, donations for unprovable claims (stated as facts, not as hypotheses that may be true or false) *that invite dishonesty, donations for entering into some fixed ritualized behavior that enhances lowering of IQ)* is a freedom nobody talks about. All immortalist nations can be fine with spirituality, as long it doesn't involve making money off speculations about afterlife, ethics. Lies start small violent crimes or even world wars, so lies are bad. Thus, receiving donations for saying *religious* lies leads to wars and even the 10 second end of human beings. Any lie makes more people ultra frustrated that the government gives tax exempt status to charlatans and increases negative emotions, anger in the quantum field, emotions which can cause species extinction via war. We can't allow clergy or anyone to say afterlife, miracle, etc unproven lies as if they're facts, as that destroys the very human species eventually via the mechanism above. Stating lies are facts, "We believe x, y, z" without the reason for it, lowers IQ, destroys intellect, logical thinking, makes our kids incredibly low in IQ, gullible, lacking any critical thinking skills, as they memorize beliefs, instead of evaluating a trillion possible hypotheses and scenarios. Silly adults will be easy to fool and incapable of bringing World Peace in 3 months. Therefore, we can't allow companies to say lies either. Lies include many religion claims and beliefs are, since they have no scientific (not paid faked studies and hear say stories). Religion *is making people get used to telling lies to* others, because obviously they don't say "it is hypothesized, but not yet proven" and because *there is no evidence for their claims about afterlife*, no *physics* instruments to detect this and that soul went there and did this and that. Thus, to make money off lies is pure theft, an an act of subtle genocide against all human beings, as lies lead to species extinction eventually. We live in the 21st century when we're past cave age of the 1st century. The immortalist nations law would forbid any donations for afterlife claims or any fraudulent claims that can't be proven, such as "milk will do you good" without peer reviewed studies, etc, "try the new candy that will taste so good" (this candy will cause cavities and diabetes for some, so it's a toxic thing if it shortens lifespan via other ingredients too); the day of 'any junk goes' on TV would be over. For example Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) runs ads "take this miracle drug that lowers blood glucose, the amazing Scam Product" without stating *"Immortality Nurturing Agency at INA.gov/diabetes has a free pdf of* 4,000☺☺☺ pages with 100 other methods of diabetes prevention/treatment with fewer side effects, so try those first for maximum lifespan. All claims in our ad are verified in these 100 studies covering 10 million people, with exact data for any number used in any ad" instead of unscientific filif comical☺ "best diabetic product" types of statements that are general vague and deceptive. Due to the risk of all humans dying in 10 seconds via violent emotions leading to WW3, all ads need to have World Peace in 3 months and 0 Violent Crime in 3 years on the screen, plus serene meditative instrumental background music during any ad vocal content. People's health would always be above company profits.

WHY ARE LIES SO BAD? They're the STRATEGY of self-destruction and death. Lies only lead to short-term gains, in the long run, they lead to stagnation or even regress. Why is excessive spying leading to poor info and devolving, stagnating, slowing progress? Militaries and spy agencies spend trillions to run covert spy programs, deceive others, etc, but the truth is an honest nation (that simply abstains from providing info, instead of telling lies) can get the same or better intelligence for a trillion times less money. Say for example you're world's most honest leader, no BS, everyone trusts you, as Honesty is Taught more and the 11 companies system is the most Honest to the Poor of any nation. 2 leaders or even 3 volunteers who admire our 0 violent crime, our immortalist culture, who travel to science of immortality conferences, can tell you one on one info way more valuable than the info you got from the efforts of 10 million spies at 20 federal agencies. 2 folks beat 20 million, get that? Why? They really trust you're a good guy who wants to give all humans trillion years lifespans as happy shimmering genderless shapeshifting Immortals. They love USA so much, they volunteer info. God knows a trillion billion ways to World Peace and Eternal Immortality for All, without any lies, war, violence or torture, because God has an infinitely higher amount of knowledge. Humans are tuning forks and people are able to tell you're an honest guy if your country is never caught spying on other nations and USA talks of World Peace and ethics 12 hours daily minimum on all radio and TV programs and implements of the 5 categories for all websites. You quantum entangle with people (earthlings or like long lived shapeshifting Immortals) who don't lie and when you don't lie, everything you say resonates 1 trillion times differently from when normal pathological liar leaders talk. This resonance makes your tech transfer from shapeshifting Immortals 1 trillion times more effective than when liar nations try it. What people fail to comprehend is that you can't advance past a level of technology, without being honest for a very simple reason any 1st grader can understand: in China people fake stuff and take shortcuts, causing explosions, bridge collapse, building failure. With advanced tech, a mistake can blow up the planet, so the old way of today, where the most grotesque serial killers award themselves 50000 times the salary and pretend to work 50000 times harder, and where everything is fraud and anything goes simply can't operate those technologies of living to a million. We're pathological liars and dishonest unhappy people who can blow up planets easily. What fusion plant can hyenas create? The human information field will destroy a nation that uses lies to get info by force, torture, etc more than average, which as a side effect will create confusion, violent crime, war. The level of corruption, dishonesty is a society mirrors its level of technology and Immortality. Do spies study how many dust mites or viruses are on the leaf 4598 of tree 8888999 in a nation? No, so why do you as Immortals, who can live to a trillion, waste all your life to study the other evil nations, instead of discovering how to live to a trillion and move beyond the bacteria stage? Those evil nations are like bacteria and you become like what you focus on: bacteria or Immortals. The more you focus on a short-live ant, like humans are versus Immortals, by spying on them, the

more you reinforce your subconscious fear that they're mighty and that you need to fear them, instead of having then subconscious belief that you can live to 1 trillion or 400 first and without their help. You become as long lived as the lifeforms you focus on, so if you focus on Immortals you live to 9 billion one day, if you focus on human enemies, you live to 90 forever. The ☺ultra low IQ masses☺ who worry so much about human enemies are like people who worry that some ants from another continent might kill you next hour. Focus on changing and fixing your own evil dishonest nature, your nation, via 11 companies, before you spy via 3 trillion USA programs on "how many hairs are on the anus of insects on other continents". Do you realize how scarcity reinforcing this strategy is and how you totally undermine and destroy the USA with your religion of Eternal Spying on/torture of humans, eternal violence, eternally violent scriptures? It's as if you're a nation who builds a prison around yourself and limits oneself and has such low self-esteem and such low confidence, that you can't imagine you CAN bring World Peace via New Ways yourself, without causing any pain for anyone, without spying, without lies, without fraud and pretending one knows miracles happened. Imagine a guy who spends 10 hours daily checking on what neighbors are doing, if they come in or out of the house, etc. He won't do anything to fix his life and house. We don't have the slightest concept of what Information, Wisdom and Insight the Immortals have: trillions of times more advanced than anything humans can even imagine. *Everything solid is quantum information*. Thinking of them gets you their information, without even them wanting to give it to you. Everyone is a tuning fork, if you resonate with man, you live to 90, if you resonate with Immortals, to 2 trillion. You vibrate as those you tune into. The way the military wastes trillions is insane to say the least. It acts as the most mind blowing psychological trust and lack of self-confidence in your ability to innovate, out innovate and bring that World of Peace by the eternal grace and power of *gentle tender soft nurturing loving healing kindness*. Why not innovate more via 11 companies, instead of having 40 million spies? The Immortals are more real than anything in our world (since we're more fleeting and less real therefore) and you can quantum entangle with them and become like them, learn their ways and ethics, since some of them are your descendants, the grandsons etc of your grandsons. The future is parallel, they exist in this eternal now. Even more amazing is that when 350 million entangle with them, think of them, the tech transfer is 3 million times faster at least, so where do you stand? You think your inventions come from randomness only? In statistics, in an infinity of probable events, if an event happened, like the human civilization, an infinite variation of that event ("space traveling humans") happened already, and some of them live to a trillion, so even in real time, not Eternal Now, there ought to be Immortals, but they may not know about us, except 1 group, since in infinity, one of those infinite variations also knows about us, at least in a generic sense, like we know some bacteria exist. Would you kindly teach a microbe how to reach immortality if they asked you to? Well, that depends on how advanced you're as a soul. You may tell them, you need to learn ethics, so you become a

force of good, instead of a destructive microbe, you will shapeshift and become XYZ via science.

Thomas Jefferson wrote in the Declaration of Independence a long list of issues with the British Crown (typical for all past (many still present in reality, covertly) empires and present undeclared empires) that caused USA to declare independence, one of them being taxation without representation, i.e., in the modern world, 250 years later, the rich pay half the poor, billionaires 8% or half of the average worker in many states 15%, and tax free status of brainwashing religions that keep us clueless and short-lived *being paid by all Americans and citizens who don't believe in that and try to quadruple the lifespan of all*. The tax thing is only one of a long list of issues that cause the free immortalist citizens of the Earth to declare themselves informed of some issues (less talked about by politicians today, due to 'fear' of not being voted for in the fake elections) and free to work on ☺☺*lovingly tenderly gently kindly*☺☺ to liberate humanity from the oppression of the historical inertia, to become independent themselves from these bad subtle hard to notice influences of the past. The issue is not much about the tax, but about the collapse of *ethics* this *free lies* or *paid lies* for *all* brings (*lies = other dimensional Immortality, impossible to prove, if fees paid and rituals done.* Unlike the lies, lifespan length or physical 'immortality', living to 500 can be *verified* and benefits society in many ways, including national defense; Reagan "*trust but verify*" - well how can you *verify* those eating more wafers got to a higher heaven or lived eons longer in a realm?). At least tone of speech is proven by studies, neuroscience, to immediately influence human behavior as we imitate the emotions others encode in speech tone; some churches do a lot of charity, *so they do some good besides the brainwashing; however*, one can do charity without the fake stuff, as a spiritual nonprofit or ethical one that doesn't sell unprovable claims as fact and forces kids/adults to repeat beliefs they have no way of *verifying*; some religious entities may do charity to get a better image about their tax free status. The means to a World of Peace☺☺☺ and | |Immortality *for* All| |, ideally match the end, so it is done gracefully with infinite patience and compassion for the billions of people enslaved by organized brainwashing institutions. 100 religions create divisions too, there must be at least some common thing or else a country has a weak point that weakens quantum entanglement of the people, we need one language or common language, one spirituality ethics system, far more advanced 'hypotheses about afterlife set' than the simplistic intellect destroying one in main religions. One Roman emperor imposed Christianity by force in 325 AD, after some prior ones repressed it, since he believed it was a good idea and that it would unify the empire: however, a lie can't unify, truth leaks; it would be much easier to allow infinite freedom of hypothesizing, while setting a common ethics of not monetizing afterlife speculations and ethics that everyone agrees on be taught in schools, etc. In the 1st century, Christianity was a modern religion, today it seems like a rat IQ religion.

However, the nonscientific method based religion, based on the method of making stuff up no

longer matches the century of high science *proof today,* so to establish national unity we need a *unifying free ethics* system, *ethics.gov* with the most science proven tones to light up the brain areas related to happy universal *gentle tender soft nurturing healing* serene loving kindness, teaching from age 0 days (pregnancy for parents) to 150 years, the Ethics of Immortality *for* All, via videos. Such a free online Centralized Education like ethics system can be co-created by *thousands of ethicists, philosophers, etc, pastors, scientists*, New Age hippies, peaceful musicians or singers, but all based on the fundamental truth of qualities that build Immortality *for* All and possibly very complex afterlife dynamics, way more complex than heaven and hell. Instead of talking in a tone so bad, 1000 times worse than that of the best younger voices (brain can be double in size at 20 vs 100, and far more capable of eterni tone), and preaching that genocide, mass rape calls are Word of God to billions of innocent kids, it would be seen as more ethical to help build the Paradise Healing Centers, nicer than Disneyland, that replace all prisons and reduce violent crime 1 billion fold, in a true demonstration of spirituality. Having seen the joy of single family homes, the liberation of nuns, monks, staff from the oppressive ideas, brainwashing, lies, music and tone of speech of pastors, bishops, etc, having the joy of everyone being a pastor via youtube and no longer restricting singing to a 1st century pattern of ☺filif lobster IQ☺ and lifespan shrinking, the joy of being free to think and express yourself, to commune with God 3000 times better than the present rituals allow, the joy of happy breathing and soul travel, the wave of electric transformation fills all religious people with the zeal of America's Universal Immortality Transformation, over eons, into the land of teleporting shimmering shapeshifting Immortals. So, filled with true realization of God's nature, the religious join the new social work of bringing the Kingdom of God on Earth, by embodying the very spirit of the sages they tell us about every day. They realize grace comes from God, not Jesus, Moses… A nun or church goer can be closer to God that any priest, have the nicer tone, yet her/his tone, music, etc can never replace the terrible tones, lyrics, music today in churches, even if we have the tech to do it, via recordings, just as our education will completely change to create the tones of God, or what we scientists love to call the human right to a trillion year lifespan, Immortality for All. The problem is the Vatican and most churches are run by 75 year old rotten brains, old men whose capacity of eterni tone is 3 times lower than that of a 25 year old who has not been tortured and destroyed by the military-industrial complex psychopaths. ☺

Freedom of religion is allowed, you can believe in anything about the afterlife, post it on youtube or pdfs, have online forums, etc, gather in the City Hall meetings rooms for chats events etc, as long as it doesn't interfere with the fundamental right of all human beings of being alive, the first and most important human right to Immortality *for* All, by having passages in their text that call for genocide, like the evil Quran or the evil Torah/Bible. The immortalist government of an immortalist nation, seeing the imminent danger of the 1-2 capsule scenario that kills all

humans in 10-50 seconds, can choose, and rightfully so, to make 0 violent crime and World Peace in 3-100 months its number one priority. This means that national unity, national honesty, national *nonviolence*, international peace, are paramount and ethics is daily for hours on TV in the most beautiful tones and videos, not just in the 6 months period before the implementation of the state of emergency tougher penalties. National Honesty means that God and spirits are immaterial beings and don't need any intermediate material objects, buildings, clergy to reach out to people and inspire them to become kinder, Godlier or more spiritual. Spiritual energy is immaterial and doesn't need matter as an intermediate to achieve its effects. Spiritual energy goes directly from God to everyone, without any object or person needed, for the simple reason that any object and person simply confuses the receiver and makes them dependent on a faulty object, ritual or human, or a fraudster who steals others' money for some 'blessing or ritual of removing sins'. Spirituality and *religion* are not businesses and anyone who asks for donations is a business and therefore is regulated by the Immortality *Nurturing* Agency in the same way as companies whose ads are now required to provide a website with 5000 references, studies on 1 million people at least, proving the specific claims in their product, instead of generic parasite looter statements "We are the world leader in product X, buy our Vioxx (killed 38000 people) pills to drop dead of heart attack to treat your knee".

To end all violent crime stemming from fraudulent claims to loot people via donations, to inspire an ethics of proof based claims and not of Jewish Global Fraud, it is the duty *of all* immortalist governments, to create an *international* policy that all spiritual and religion activities are done online, without donations, or by visiting the 1 million ethics youtube, spirituality youtubes and testimonials, theories, hypotheses at ethics.gov, the universal world government of 11 companies and 3 agencies, (or their national government ethics.cn for China etc) or by going in person in the meditative relaxation halls of the Immortality City Centers (1 million of them, free biomarker monitoring, etc) where people can reserve a space for their gathering, socializing and where it's much more sound proof, much nicer, with Immortality *for* All and basic qualities of immortalism on the walls, 1000 times nicer than any church/temple today, as intellect and ethics, emotional intelligence of *The* aristo*crats* is replaced by that of immortalist We the People, the collective intelligence of the planet, 5 trillion smarter than pompous religious aristocracy itself, etc. All spiritual activity is immaterial and doesn't require physical objects, money and such, and therefore to prevent fraud and lies, it is the duty of the government to prevent the classical parasite of millennia from making claims to extract money from gullible ☺ filif chimp IQ masses☺. Since mosques, Mahabharata Bhagavad Gita based temples, synagogues, churches deify genocide, unjust war, rape, theft, violent crime, slavery or dowry (encourages human traffic of daughters so parents get rich, and girls marrying for 3 months to get paid millions), they can't be legal, as they're terrorist organizations that promote the

violence in the name of fictional Gods of hell. Bible dowry quotes are everywhere. ☺☺☺

Why is Saudi Arabia banning all religions, except the 0 IQ violent rape genocide praising evil Islam, while we allow Muslims to set up mosques everywhere on the planet? Why can't the United States and all immortalist nations worldwide of the future simply ban any fraud violence filled scripture, like Bible, Torah, Quran, Mahabharata, Bhagavad Gita and focus on the spiritual real religion of Truth, HONESTY, integrity, a better longer healthier life for all and providing proof for any claim made when asking for donations, which is obviously going to ask for interdimensional physics proof of these spirits existing and what not, which then means the end of monetary donations for religions. Quran says Christians are pigs and contradicts what the fraudulent violent Bible says, so which of the frauds is true? None of course, they're both made up. Christianity says one thing and Quran contradicts a lot of its tenets (have 100s of wives if you wish, rape endless virgins after looting their towns, maybe killing their husbands like Mohamed did etc), so how can both be true? They're not, they're both hallucinations. Physics is one, you don't have 1500 denominations of physics or versions of classical mechanics laws or Maxwell equations. Only one. Religion is nonsense, the rituals of baptism changed a lot, many women used to wear a veil back in 1700s, etc. All humans value life and 0 homicide means 0 violent crime and 0 violent crime means 0 theft and 0 fraud, for big theft often leads to violence by cartels. Genocide, war, violent crime start with small frauds, like fraudulent Catholic Popes, Bishops, priests and Protestant liars claiming that the miracles of Jesus happened, that others did miracles when they provide 0 evidence for their extortion racket of stealing trillions from gullible people worldwide, just as the violent imams do when they promote violence or Islamic miracles to the naive masses. As you can see, the religions today are a cover for amassing trillions of dollars, and not positive contributions to society. Out of all their donations, only a tiny fraction goes to the poor, most goes to their employees, nuns and clergy who live off the gullible ☺infinitesimal IQ masses☺ donating to them.

We immortalists love to bring positive energy, so we say maybe humans will live to 9 billion in a trillion years hopefully if science gets there, we're not promising them living to 9 billion in a trillion years, *only that we can eliminate* DISHONESTY, Fraud, Theft, Violence via the state of emergency and true spirituality free of money, so real science can develop, so scientists stop fabricating data and discover longevity instead of making weapons for wars started by naive or low IQ folks' believing in religions of fraud/theft. Churches, mosques, temples who spread unprovable claims for $/fraud are guilty of genocide, wars coming from theft, lies. Dishonesty leads by ripple effects to big world wars. We don't need to remain savage chimps with IQ of 4 year olds, we can grow up and see religion for the nonsense it is, the criminal extortion network to enrich a few alpha males that it was and is. Likewise, making people laugh by making violent or insensitive jokes is an evil violation of the immortalist ethos of gentle tender soft grace. Thus,

in immortalist societies all entertainment is centered around the end of all violent crime in 5 years. No other content is made until the savage human chimp becomes nonviolent. All entertainment is done Eternal Altruism Inc, one of the 11 companies of the immortalist society, and all content is focused on beautiful tone music, that is infinitely gentle, *kind*, *soft*, compassionate,☺☺☺ deifying ethics.gov and the end of jails created by fraudulent religious or atheist aristocratic terror. Jews in Australia lobby for jailing people who make Nazi salute and who incite racial hate, so in that case, all those who visit mosques, synagogues, Jewish temples, Mahabharata based temples, churches are guilty of inciting racial hatred, because the Quran incites hate of Jews and Christians, Mahabharata praises genocide of various groups, and the Bible incites hate of various Arab/gentile nations that are to be exterminated, as well as hate of Jews in the gospel. If we're an honest society, that claims to be against hate crimes, we need to apply these laws equally: the Torah, Bible, Quran are no different than Mein Kampf, Adolf Hitler's text promoting slavery and genocide, just as the Quran and Bible-Torah promote slavery, rape, genocide. Painting a swastika on a synagogue is less violent than *building a church, mosque, synagogue* (which is the same as painting Violence, Racial Hate, Genocide *symbols on those continents)*, whose texts are far worse than the Mein Kampf itself which they banned. The Jews and Muslims paint the Symbol of Mass Rape, Mass Theft and Genocide on every land they raise their worship places, while swastika refers only to hate of Jews and extermination and slavery. The trio of evil scriptures, Torah, Bible, Quran, are way more than genocide against Jews and slavery, it's about rape, human sacrifice, eating kids, mutilation, torture and endless other things most are not familiar with. If we ban swastika on a Jewish temple like in Australia, we need to also ban the Jewish temple, churches, mosques, Torah, Bible, Quran and Mahabharata. If they arrest a man who burns the Quran in the UK, they need to arrest all who spread litter paper, all promote the Bible that calls for arson and the burning of entire cities, extermination of many nations, or any nation God gives over to Jews. They also need to close all mosques and arrest all who promote the Quran who calls for genocide of infidels. Burning a book is not a crime, by making burned paper litter in public spaces is usually a cause of fines. Where is the freedom in the West? The infinite hypocrisy of the US "justice system" and of others is that they pick and choose what is a hate crime. Isn't it a hate crime to publish the Bible, to swear on it, to publish the Torah, Quran and give these haters the ability to steal trillions in taxpayer money to build their fraudulent violence places of worship, temples? What hate do you see in the Immortalist Anthem, what call to loot, exterminate or rape? None. 0 negativity. Publishing and promoting such filth (Bible, Quran, Torah, etc) to kids as Word of God is not only a hate crime, it is a call to genocide, rape, arson, sex slaves, looting, it is pedophilia & child abuse (like the sexual abuse of infants in Israel), and no different than the worst cartels, terror groups calling for violence, terror or killings. When will naive people stop going to these conmen? If people wake up, and don't go to donate to the clergy, these frauds will run out of business. Religion is not

spirituality or kindness, please ☺☺*lovingly tenderly gently kindly*☺☺ wake up.

In the name of the *Most* Merciful☺☺☺ *Most Graceful* God of Immortality *for* All (not just palace dwelling aristocrats), I lovingly present a hypothesis that the God of all Worlds, able to dematerialize our galaxy and power a trillion suns, can fill us with the enthusiasm to care about those the aristocrats and the uncaring public have jailed due to them being scapegoats for a failed system of education since age 1, failed housing, failed food, failed scriptures. The people in jails don't become any better, they're symptoms of the problems we never deal with: bad music, bad TV, bad quotes in churches, lies in churches *(*unproven miracles *presented as facts, compromising scientific integrity, lowering kids' IQ who're not told to formulate and test hypotheses, to verify any claim with 50 independent sources that are not fakable, thereby damaging national security, etc),* huge churches sitting empty, while the scapegoats for our collective criminality sit in terrible conditions destroying the human quantum field via anger, negative emotion. It's online, the church, nice youtubes, music, ideas, it's all online, everyone can gather in Immortality centers to sing, such centers bless every city, they can commune with God directly, no wafers needed, with every breathing. So, why not help those who need it the most, create healing centers for them, gently drive bulldozers, erase stadiums and dilapidated churches, shrink churches, and dozens of useless businesses in many towns (federal national program of demolition and housing building for free and jailed people, turn every house and 'jail replacement' into a temple of healing) become employees of Eternal Altruism Inc doing the social work of America's transformation, create the amazing & beautiful ☺☺☺ heavenly healing centers, where inmates listen to beautiful tones 8 hours daily (watch videos daily on ethics), do some work too, 30 hours/week, and learn what they could have learned, had we had a centralized education system from age conception to age 170. As crime disappears, fraud in science decreases too, World Peace allows resources to allocate to better tech and everyone benefits, it's win-win. Right now, many are so selfish, they don't realize it. Please join us in creating the most Godly country that has ever existed on Earth, moving from ritual to kindness. With Internet, with happy people, single family houses for all, endless immortality biomarker monitoring stations and centers of singing, meditation everywhere, healing centers replacing all jails, who needs churches? You can be a pastor online, create your Immortality for All Songs, be the Light of God in action. You don't need permission from priests, bishops and all these 1st century ideas fans. We immortalists are all for a true spiritual renaissance, evolution, revolution almost, peaceful one, in every single family home, every home, so we're the opposite of communists who banned God, we ban only violence and lies, claims of miracles without proof, we want a real spirituality: if Jesus came he might say "forget churches, the temple and kingdom of God is within, house the people in jails with your depraved beauty salon, churches, Disneyland, carousels, stadiums, vape stores, liquor stores building materials, give them amazing

healing centers where they can live in a healing space, each in a nice tiny house (200 ft^2), with trees, a small 300 ft^2 backyard, doing some work too to stay active, healthy, etc, away from insane neighborhoods. Don't give them these jails (watch video). ☺☺☺

Without ending jails ☺☺ ~*~Eternal Universal Peace~*~ and true spirituality can't even begin, so end all violent crime in 10 years, that's the start of religious life. Treat all like Immortalist Anthem verses 8-40 explain". You want those coming out (after 0.1-80 years) to NEVER do anything violent (even a slight shove) again. All nonviolent crime gets required home courses, a test of speech, emotion tone after test completion, and huge fines, no 'off site education and labor'… so everyone focuses on ethics and Immortality *for* All, loving all. People are unhappy, they don't breathe happily, so they lack confidence, due to bad sleep too, noisy cities, bad housing, noisy housing. Then slaves want to support aristocrat made useless businesses, to 'look good' or 'feel happier after a terrible housing sleep'. The slave wants to fill the lack of happiness and confidence within themselves. Be happy, it's sexier than 'nice hair, nails', it also helps you live longer. The rich wants tired confused slaves, easy to deceive and vampirize. Because he doesn't understand win-win, infinite resources, the aristocrat blocks humankind's progress, he sometimes can be pure evil, intentionally poisoning our cities with noise, war, smog, riots, fake religion, bad food. He can be far more evil than a foreign spy bent on destroying America. A famous example is the German Aristocrats who backed WW1 & 2 and Germany shrank 34%. They didn't care about the 11 million German slaves who died, or the 100 million total dead. See a list of US-etc companies who used slave labor to kill millions.

The Immortality *Nurturing* Agency approves any 'stated religion creed' group brainwashing belief repeated to kids/adults or that they have to say, since it stunts their intellect if the belief is *abysmal in IQ and anti critical thinking*, evidence based, Immortality *for* All, etc. "We believe in water into wine miracle, etc" can't stand without mentioning "Our belief is an untested hypothesis for which evidence doesn't exist, but we choose to believe in it anyway, without any scientific evidence, knowing fully it can be faked easily, as *winefornone.gov* explains". Any religious institution claiming a belief or a fact, would need to provide strong unfakable evidence for it to the government, to prevent the lowering of the average lifespan thru low IQ and rich people hybrid *warfare against the workers or country citizens* via fake religion. The immortalist government protects its *citizens*, (*their health, longevity,* high tech, *high* ethics, World Peace *via the* eterni music, eterni *tone in public discourse),* not '*clergy*' *(who're usually spies, unaware* remotely controlled *or* fully aware ones*)* brainwashing people via yelling into short lifespans, slavery indirectly via hybrid warfare. If we used chemistry or physics of 1st century, we would be ultra *primitive* and taken over by other nations instantly. Likewise, if we use 1st century religion or ethics, instead of something more intelligent and 21st century like, we will also be taken over instantly. 'Religion' enterprises (or *spy networks of foreign powers*, as spies call them) can't say

"Word of the Lord" after a Bible quote (like Catholics say after having removed Bibles from pews to hide the bad quotes), unless they add: "scripture.gov has 100s of quotes of this imagined 'Lord' with a Lev 25:44-6 command to enslave workers, to beat workers (slaves Exodus 21:20-1) that goes 100% against the ethics.gov ideas of Immortality *for* All, and the real God, if God exists in your belief system, and instigates people to do mass rape, extermination of entire nations". Do we believe in Life for all, peaceful loving God or else? A truly loving scripture in creating such a healing effect, *every sentence is uplifting* "We can nurturingly *healingly*☺☺☺ *kindly* love with *gentle tender soft* graceful compassion all humans, with the same intensity we love ourselves; we can love even more those whom we perceive help bring happy healthy Immortality *for* All more than the average; this discerning love brings longer happier life for all faster.", instead of "love thy neighbor as thyself". Not only that, but every sentence is like that, nothing negative or about war, violence, punishment, threats, because God (or our trillion year lives descendants, the Immortals, if atheist) is infinitely more loving than what we're now, and even more than humans were in the 1st century of wild eternal warfare. ☺☺☺☺☺☺☺

It is thus the government's duty to make America independent for the 1st time ever, to make every political speech more healing, to heal the trauma of endless wars via healing words and eterni writing more like these new scriptures allowing *God's or* Immortality *for* All *spark* within all to shine and express, to promote open source free positive scriptures, to allow citizens to upload 1 million versions even of a 20 page scripture at *scripture.gov* to stimulate the creative potential and eterni vibe in all citizens, in writing development, so all know how to write and talk in a more compassionate healing civil way, so as to heal the entire planet of the war vibe keeping us backwards and short-lived. Then they can take the best idea and create a 7-40 page scripture or set of 500 scriptures, to upload as examples of truly healing writing and thought emotional vibe. They would all be very similar, but this diversity, is a truly vibrant democracy, and allows us to become more nurturing and kinder. We can question Freemasons, politicians, officials taking oath or swearing on such outdated Bible, Quran etc scriptures in their rituals, ceremonies, with 100s of violent quotes there. 100s of things in the Holy Torah, Bible, etc are illegal today, since in 2 millennia people evolved to more Immortality *for* All vibes. ☺☺☺ That's why such religions are outdated. The Lord doesn't need intermediates, *scripture.gov* explains it and you need not waste time coming to any church, when you can get closer to God alone as ethics.gov explains; anyone can go to the city Immortality center recording studios, gather with friends, record original music to develop fluid intelligence, new science of healing via sound and MRI brainwave patterns; fake religions, if anything, will lower your IQ, make you ultra naive, easy to deceive, or get some in trouble with the law, by making them more aggressive; as we travel today with rockets 5000+ times faster than with best gadgets of 1st century, we can also have 5000 higher level of gentle tender healing grace, as protected by Eternia's 500 year

lifespan for all (later trillion year lifespan) or *verifiable* physical longevity and later Immortality *for* All legal system. This is contrast to just a group (who controls a religion/denomination or ideology, often foreign spies) living longer by subjugating continents with a fake religion about unverifiable Immortality in another realm (not just Christianity). You know, to an outsider, Christianity may appear as full of violent imagery, fraud, torture, family sadism (dad (God) tortures son (Jesus) to death to save other kids (humans), who have to drink Jesus blood and eat his body 365 days a year at Mass, etc), low IQ, forced belief, no questions allowed, no thinking, etc; we want people to evolve, not to remain stuck 2 millennia ago, and then spend time in a healing center due to aggression. We have given these fake religions (used also to lower IQ, spy on, incite war, subjugate, torture, destroy others), all book/movie publishers, 2 years to remove violent quotes, so you will hear this in every sermon, until truth reaches out to all, since clergy hides the violence in these texts to make their "religion look good, fake miracles believable".

The violence in the 'holy' Torah, Book of Mormon, Bible, Quran are here for all to see the future *scripture*.gov. ☺☺☺ Arguably, the government *may* view rituals that simulate cannibalism, such as Eucharist, as being incompatible with the ethics of Immortality for All, thus illegal; likewise, illegal would be any religious ceremony that simulates torture and violence (the gift of "Roman love for all beings", echoing thru millennia in Philippines Catholic torture rituals, some in Islamic countries, Shia Ashura chains until bleed, demonic ritual (Ayatollah killed, see the strike that may end this sick Ashura), Thai Pusam piercing ritual of South Indians, India cannibal monks who eat corpses, etc) in covert/overt ways. The Roman emperors who invented Christianity, were watching gladly as gladiators killed themselves in fights, crucified 6000 workers one time, so they were not really the gentlest types among us and had no qualms to give Jesus to Jews to crucify. 1% of 1933 USSR population were Jews, but 16% of physicians, 10% of writers, journalists, 11% of artists, up to 50% Berlin (capital) doctors and lawyers were Jews in 1933. USA today, 2% of population, but dominating many legal, medical, academia, political, business, espionage fields. It's a 3000 year pattern. So, were some Roman emperors Jews too, besides the 1st Pope(s), bishops, priests? Given 10% of Rome were Jews per some reports and they (like all spy agencies) always go in capitals of nations to try take over the country, ***Jews might have run the Roman Empire, and other empires (or covert empires, nations today) for a while***. This ***"crucify workers demanding better conditions"*** cruelty is in stark contrast with immortalist regimes☺☺☺ where torture is illegal, prisons don't exist (only healing centers) and killings are illegal. What was legal in the 1st century, is not so millennia later; already 100s of things in the Bible, that the imaginary 'Lord' said, are illegal today. The deification of a torture obsessed, cruelty and cannibal like ritual obsessed God seems (or is, depending on perception) incompatible with the infinite loving kindness of an ever happy Immortals civilization, since it makes every citizen desensitized to cruelty and degrades the ethics baseline, least common

denominator of what is acceptable, lowering thus human lifespan, increasing war chances, and war ends lives early, ending chances of living to 900. God, if real in your view, is infinite compassion vs human compassion as God lived eons to develop it; understanding the enormous torture nature inflicts on humans via disease, aging, weather, etc God would not encourage anyone to torture themselves, stress themselves to go in hot weather to a church to get a blessed wafer, when God can bless the person directly in silent contemplation and happy meditation that rejuvenates, restores and prolongs lifespan. *God doesn't want bondage and dependency*, God can bless people directly; he doesn't force beliefs, he offers hypotheses that people can test. The God of Immortality *for* All is love, he doesn't like torture, war and violence, dependency, forcing beliefs, etc. We want people to see the effects of these religions, how they damage the human quantum entanglement field, since most believers think of only the positives. We want an infinitely loving nurturing compassion for self and all to be the basis of immortalist nations, not torture. Compared to Immortals of this or other dimensions we know nothing, being like ants, yet we repeat at Mass stuff without any real proof. ☺☺☺☺☺☺☺

We can evolve past the Bible ethics (though some good quotes exist there) and adopt a self-made *scripture* (or set of 500 small poetic, with rhyme, very positive scriptures co-created by citizens, like an open source transparent religion or ethics, of the democratic 21st century), *you design*, based on ideas in some positive scriptures examples at *scripture*.gov, a civilized scripture, since *you're as connected to God as these 'prophets'* or military spies trying to take over continents by force and violence. People say it's not true, but look at every war in history, the Pope (or head of any church in any country) only has very strong words against a war when it fits the interests of Italy (or that country), or Italy is not the obvious *apparent* co-aggressor, co-participant and the Catholic Church is threatened in a region. The Pope never talks of the need of the West to stop producing violent content like 100s of pop songs (music videos like this, and other music lyrics 100 times worse), to lobby for World Peace in 1 year, to get the entire planet stop all trade (plus removal from all UN like bodies, all international organizations) with any nation that doesn't want World Peace within 2 months to 1 year or anyone who violates the ceasefire obtained, so it lasts a trillion years at least, to reform the Vatican, to free its believers from brainwashing, cannibalism imagery rituals, etc. Spiritual leaders could use far more musical, healing, angelic words, with eterni music in the background, to soothe people, make use of the most healing voices globally, via spokespersons or AI and to be impartial, taking no sides in any conflict (never condone war, as it goes against nonkilling 5th 'commandment' they claim to follow and basic idea of spiritual life, so the Russian Patriarch and the Pope both incited the masses to killing and war by supporting one side). Wars happen due to collective actions of 200 nations over last millennia and all need stop fighting and have World Peace in 4 to 12 months. All spiritual services globally would, if truly compassionate, talk about World Peace in 5

months each time, this Ukraine war, with nuke threats in the era of massive nuke stockpiles, is an emergency, we could soon disappear in 10 seconds, all humans. This absent impartiality is in stark contrast with the Vatican, who seems, like the Russian Church itself too, more of a paramilitary organization, each supporting, using very tough words, one side of the Ukraine war. We're supposed to love each human more than the best mom in history ever loved her baby, if we want to evolve and even love each a trillion times more than that. Where is the love in these 'spiritual speeches'? Is it any wonder that many made their own independent church in their nations? Quakers from UK are against war and didn't even allow disciples to enlist in wars. It was a UK statement of trying to break from the Vatican traditions. Quakers believe in no rituals, no baptism, no Eucharist needed, since God obviously doesn't need our type of matter to bless our immaterial spirit or material body. We want to prevent the end of human species, and if evolving religions or going beyond religion to true nonkilling antiwar ethics, spiritual traits focus is needed, we will do that. War against bad aliens is OK, but interhuman war makes no sense.

You can develop your creative positive uplifting writing abilities, your fluid intelligence; there is no need to study 'chemistry of afterlife' from 1st century 'chemistry textbooks' (you don't study chemistry from 1st century alchemy books), to become a robot and parrot repeating unproven dogmas, enslaved by the violent energy of these scribes, you can write stuff way better than that, than even scripture.gov section on proper tone of writing, etc, record songs in way better tone and lyrics than average church music (and way better than my youtube too), put it on youtube and make your own little spiritual group online to exchange ideas, expand the ethics intelligence of humanity. The audacity of these people to publish the Bible as it is and claim it's the word of God has no limits in its lack of loving kindness for all. God is within you☺☺☺, you can reach God easier today, thanks to better protection from elements, a library 1 trillion times larger than anyone could easily access millennia ago, you can meditate and read 1 million views of afterlife possibilities, see some 50,000 choices at *afterlife.gov* which no scribe could do before, they thought it's 2 choices: heaven or hell, simple minds of 1st century. Free your mind, expand your IQ, become a true contributor to Eternia, the land that frees all from low IQ and death, a super fluid, smart being; when we live to 400 or a million, a human will know way more than all humans can figure out now, just as today the average person knows way more than a monkey living 30% shorter; so don't have such low self-esteem, to depend on writings from millennia ago, you can do so much better.☺☺☺ We can lovingly recall, that we don't use chemistry books from 1st or 7th century, we use those from 20th century, so is with *ethics, see ethics.gov.* Eternia sees all citizens as the saviors of the country and planet, like all amazing ☺☺☺ scientists and engineers who save people's lifespan daily via inventions, not some made up guy who may or may not have even existed, except as a myth created by clever scribes. You're the savior you have been looking for, it's the infinite intelligence of God within you and your

fellow citizens. The government believes in you, not fake texts." To protect the citizens from fraud and calls to violence that bring short lifespan for all, the government has to inform people what type of 'Lord' a 'religion' has. Anyone can freely write speculations hypotheses about afterlife, but none would be allowed to sell that content, as *ethics is free and not monetized*. Ethics is the most important thing in a civilization, it's more important than even many basic necessities in the long term; ethics agrees that we don't know what happens in the afterlife, so we can only offer hypotheses and stop monetizing ethics or 'religion', donate to a cause that increases lifespan of all *verifiably*, not to a pastor for speculating about afterlife realms and damaging the quantum field of humanity by promoting genocidal quotes as the 'word of the Lord'. The Reformation was started due to *monetizing religion or ethics at the extreme*, with fees to avoid tough times in interdimensional life; it was humanity's struggle against dishonesty. People can debate and decide what is more important: 1. not degrading society IQ and welfare or 2. simply exercising the freedom to say unlimited lies about miracles with 0 proof for the sake of free speech. We all know, infinite freedom to speak anything can lead to tremendous chaos, so, there could be some common sense rules about it to maintain a more ethical evidence based atmosphere, which means also more compassion for others, *not forcing them to believe something without proof*, etc, more kindness, tact, tenderness, *grace*, gentleness☺☺☺ and the very qualities pastors have us believe their religion teaches. Since the human species favors the *scientific* method of *evidence* based, instead of fraud based conclusions, the collective super organism of humans will act against those countries that promote charlatanism, intellectual dishonesty, monetization of *ethics*. Did you know in Japan they throw beans to ward off evil spirits? And what is the scientific proof it works? Spirits can't be affected by normal matter, as explained in a long section on the fake Eucharist cultish ritual of extorting $ billions from people. A spirit is 'immaterial', regular matter can't affect them, the only 'matter' affecting them may be something closer to the invisible particles they're made of, that we haven't yet discovered or created, if such sci-fi "matter" is not available in nature and can only be designed as a weapon of alien interdimensional wars over the bodies of souls created to build a smart AI. ☺☺☺

So, for Eternia/America to survive, it has to move away from primitive religion to *honest* ethical systems that facilitate a peaceful civilized planet. Anyone with any awareness of science knows there are particles that come into existence for a trillionth of a billionth of human lifespan, and that we as humans don't spend our entire lives guiding their 'spiritual evolution' and influencing their destiny. Likewise, anyone with a desire for honesty, can realize that beings exist that live trillions of times longer than humans; so, since they can do things we can't do, we could call them a god or something, yet this God may not necessarily know about us or care about our lifespan etc, at least in the view of the passive God agnostic or theist. Given that obviously, we're not the smartest, longest lived being in the Universe, anyone can agree some form of

'God' exists, so it is logical to allow the freedom to hypothesize on the qualities, etc of this being and its Immortal friends from this or parallel *universes*. It's also logical to allow freedom to sing to this God in groups at the city Immortality Centers etc, or at home to share via youtube with others, if one feels better connecting with real or hypothetical being (future Immortals that are our descendants, we connect with them) that being *a trillion times longer* lived, may also be *a trillion times kinder*, etc than us, like the most angelic version of humans. However, to force people, under the threat of killing like Inquisitors of the Catholic church, to believe that Jesus, etc did certain miracles that can be easily staged and that guy is the special emissary of the big God that supposedly controls all *universes* etc and that you have to do this and that or else you burn in hell etc is a totally different matter, it's like complete oppression of the people, when we know a trillion other things could be true and may have happened, especially today with youtube explaining stage magic tricks for anyone to see. Humans have evolved from 1st century and 15th even, so what was *seemingly* true then, is often seen as comical today. Today, since they can't outright threaten killing in public if they don't get brainwashed, the oppression takes a *subtler* form, yet having the same goal of lowering IQ, using more sophisticated manipulation?

Other illegal stuff in immortalist societies would be any activity that makes people dishonest, violent or low IQ, wasteful of state resources spent to maintain their health, including strip clubs (*youtube got tons of tribes that are naked, so watch those for free and save state resources if you need to see breasts etc; recall, if you were an alien, seeing humans, you wouldn't get aroused, just like we don't get aroused seeing insects, puppies, lizards, etc naked; so have compassion for those people getting semi naked to make $ etc, they just forgot what is important:* Immortality *for* All), gambling, casinos, other ultra selfish ultra low IQ activity, such as many presented in the single family homes list. All economic activity must be approved by the Immortality *Nurturing* Agency, to make sure it enhances human lifespan health and length. Everyone is free to sing to God, etc, chat, write articles or free online books, but not to exploit others with donations and lower their IQ. Not to mention it is utterly hypocritical, demonic, selfish, anti-God to build gigantic churches, huge swimming pools, huge adult baptismal fonts, that sit empty most of the time, in the age of internet when meetings can be remote, while others are homeless. Let everyone live in a single family home by creating more space: make the huge backyards smaller (buy houses with huge backyards, and then build 2 there if possible) and demolish useless liquor stores, vape stores, shrink hotels, restaurants, since happy people eat at home if all got a nice home, they invite friends home to listen to angelic music instead of McDonald's restless music, demolish weed stores (except for medical use), strip clubs, shrink parks that sit mostly empty and build single family housing, with trees, so same amount of trees in the city exists, shrink zoos and botanical gardens *(space for people, tigers are less important and deadly,* tigers eat people*, tigers eat 15 lb of meat daily that causes huge emissions,* USA got

10K big cats at least, that meat could feed 200000 humans, we need end fo tiger/big cat worship as they kill people on all continents when they escape zoos, *reduce big cats in zoos 700 fold globally, give everyone a little garden, with amazing water saving succulents or trees in desert areas, (yellow, purple, orange, green, pink cacti),* shrink botanical gardens), shrink churches, consolidate since it's online era, let every home be a 'place of worship via eterni *music* and tone', so people don't need go to church; if all got a house, we don't need gyms and stadiums, etc to exercise, since house maintenance is a lot of exercise anyway. Let Immortality *Nurturing* Agency build the most colorful (way nicer than any church in USA today) amazing energy efficient (lighter roofs, white in warm climates to avoid using AC that makes noise and disturbs DNA template, darker roofs where we want to absorb sunlight more, etc) set of 500 templates of *single family homes*, for all Americans who live in condos, mobile homes and town homes who want out or live in a very old run down house, etc and want it replaced, so maybe about 50 *million* houses over 20 years to give everyone a quiet really beautiful, amazing & beautiful ☺☺☺ colorful, nicer in outer design (500 designs, somewhat similar) than any *church*/temple in the world today, shiny house assembled on site from factory made walls, pieces, with "‖Immortality *for* All‖, Gentleness, Tenderness, Nurturing Grace, Softness, Healing tone *of Speech*, Peaceful Music" written on every house that becomes *The* Temple of ‖Immortality *for* All‖, with relaxing music audio players, to help keep people, pets and plants in eterni tone and vibe, so we get every home become like a church, with peaceful vibes, nice flowers, trees, plants (water saving in warm areas), so all feel happy and loved by the ‖Immortality *for* All‖ government and work to end all violent crime in 5 years and become world's first nation without violence, as our music, TV etc filter out more and our people are happy, no longer living in overcrowded condos that look grey and depressing, are so noisy and etc. We got so much space, yet we crowd people so much, leading to unhappiness, lack of enthusiasm to discover longevity tech, and then to poor sleep, anger and also, crime. Front lawns cover an area equal to 67% of UK. We got desalinization plants, we can green deserts with morning fog into water irrigation devices, increase green stuff to drive temp down 15 degrees, etc. We can create a new America, the *Land of* Immortals,☺☺☺ the Heavenly *Place* of Peace, 0 prisons, 0 violence, the abode of ‖Immortality *for* All, the hope of *all nations*. USA builds 1 million homes a year in 2022, so 2.5 million extra houses is easy to do, since mass producing will reduce costs, 1 company, not 500, so we got volunteers, condo owners, renters etc willing to finally no longer live in apartments and start a new life, help city demolish stuff, install utilities, like Habitat for Humanity, build these houses too, get training on the on site building using the walls, etc provided by truck delivery, volunteer, become one for all, all for one, decent shelter for all, so all live to 900, a *complete remaking of* USA *like never before*.☺☺

How to increase efficiency *and deliver 50* million *new* houses? We got 5-10 tiny cities, highly

dense, each redundantly having its own admin, city hall, etc, when we could merge 10 cities/villages into 1, to create 500 new cities *(out of 5000 smaller towns or mid size town merging with nearby smaller and* getting new name, *where 200 million* Americans *live)* with Ethics Building names such as "Immortality", " Immortality *for* All " "Immortal Grace" "Eternal Bliss" "Eternal Gentleness" "Immortal Tenderness" "Gentle Grace" "Immortal Compassion" "Compassionate Immortality", "Nurturing" "Kindness" Gentleness Humility Serenity Meditation Silence Equanimity, Magnanimity, Tenacity, Tact, Acceptance, Fluid intelligence, Adaptability, "Patience Immortal", "Honesty Immortal" etc, add Immortal to every quality, and people know in Eternia every town name is "Quality Immortal" unless using some older names. It makes sense to centralize the way cities are named to ensure an easier understanding of when we refer to cities (capitalized) and when to a quality. "I went to Houston" would be "I went to Happiness Immortal". We *would thus* remind people of the 150 qualities of Immortals they need to develop to be able to live to a billion. Let the demolition of liquor stores start. Then we got more jobs for R & D. We don't need 20,000 cities, with their laws, merge cities and have fewer laws, admin jobs, more science jobs. The most important thing in life for longevity is good sleep and food, with a nice house, everyone is happy, sleeps well, loves cooking at home instead of going to much uglier, noisier restaurants. Nuns and priests will be happy they got a house and have an online church, with choirs meeting at the recording studios in the town Immortality Square, no longer slaves of a bad tone priest/bishop, able to finally create a nicer vibe they often can do; they get a job to do something high tech and live in their own house, no longer feeling sometimes oppressed by the priest with his tone and 1st century rituals and concepts. In 1800 a car took 1 year to make, today it takes hours; today it takes a year to build some houses, in the future Immortality capitalism, it will take 3 hours, as the most high tech Tesla factory like big enterprise (1 million businesses into one to increase R& D 1 million fold) makes the walls and every components and assembles them in hours on site, delivering undreamed of properties, instant leak detection, no wood, no drywall stone age materials, but stuff no termite can eat, stuff no water can rot or damage, etc, and catchers for all water around fixtures, pipes, all drained and ways to disinfect house interior to reduce mold 100 times; we want the God of 300 year lifespans, not of fake miracles and 80 year lifespans.

There are about 30 million houses with such gigantic living rooms, backyard and dining rooms (mostly unused often times due to going to 2 million restaurants, all making mostly Neolithic food more toxic than pressure cooker home made), one realizes that if the house was smaller, it could allow building 5 million small homes to house 10 times the amount of homeless, 0.5 million. We're not even talking about 16 million empty homes (condos, houses, etc, some of which need a little renovation only, others ready, but none can afford the rent among homeless), endless business buildings sitting empty, casinos, etc that alone would house 50

million visitors temporarily (like a 1 year eterni visa) to enable them to learn English and eterni values and turn planet into one English Eternia for all. Sadly, people prefer we fight over 7000 languages and 9 million businesses redundantly reinventing the wheel and keeping everyone in the stone age, since other short term goals are way more critical than the planet's future. What about 10 million RVs sitting mostly unused too? Where is the living spirituality of these religious pastors and their transforming America into the land of kindness? *It doesn't seem to work?* So, why would Eternia follow the same 'organized religion saves all' pattern?

We want a society of honest people, not of fraudsters. ☺☺☺So if USA doesn't wanna be the leader of | |Immortality *for* All| |, Eternia can slowly become the spreader of immortalism and English language for all, even though the 20 Eastern EU countries don't have English as official now. A living religion is the tone of our speech with God's children, encoding all emotion, intent and kindness, other humans outside of church, in daily life, and the evolution of society towards humility, admitting we don't know what happens in the afterlife, miracles can be faked, etc and that we simply don't know much as we have not been to the other dimensions in a way science can prove it. *Re-ligion comes from Latin re-ligare, re-bondage, reentering into bondage, into slavery to concepts that focus on death..., after death concepts,* while ignoring the *LIFE, Its* Immortal *Nature,* how to make LIFE Immortal, *and how to conquer death itself in this and other* dimensions. First of all, *why would we have to die to begin with to translate into another dimension*? Why not dissolve body into energy and give those remaining behind some nice new source of energy, *greater than fusion to build a new parallel Earth*? If one is bored after 8 trillion years, they may choose to enter a new dimension and create a shower of light and energy in the process. Every ad/claim on TV needs 1000 peer reviewed studies, Immortality *Nurturing* Agency approval for tone, content and claims. The vibe of kindness is central to immortality capitalism, as is decent music. Religion is fixed, every day 1000s of science papers appear, we shift our understanding of the universe and how afterlife may operate, we can't have fixed ideas that lower IQ. Eternia and all immortalist countries can welcome smart people who seek 5 billion lifespan for all humans, not those not worshiping death or made up religions.

Ultimately, most religions today have too many unproven beliefs (not even stated as hypotheses to be tested, but as miracles and rituals we're to believe without question), or they're incompatible with the scientific method that gave us all progress in longevity, with scientific immortalism that adjusts its hypotheses hourly per new data points, etc, so dogmas can't hold, since we realize 4 million ways in which miracles could have been faked and telescope data and even physics laws that appear one way due to not understanding something. We can have ethics of | |Immortality *for* All| |, decent housing and food for all, decent healthcare for all, etc and ethics of immortality that is evolved every month, but religion? Believing in some miracles from centuries ago that scientifically illiterate men wrote? To prevent exploitation, religions are not

really encouraged by immortalists (unless it's a very modern scientific free thinking 'religion' focusing on life, not death), since they cause enormous hypocrisy, where people behave one way in the church and another way at home; nice song at church, then yelling at home. Religion is not needed, let every home be a temple, let every person have a decent shelter, why so many useless restaurants, cinemas, etc liquor stores, golf courses, empty church buildings etc and stuff in age of pressure cookers, instant cooking, much healthier at home, online Netflix and also online youtube for meditating and being happier than at church? Religion means fewer resources for 1 million Immortality *for* All RESEARCH centers, clinics and etc to measure biomarkers etc and bring Immortality *for* All? This is the age of internet, we can do now a far easier centralization and good use of resources, increasing efficiency 70000 fold in areas of Immortality *for* All, like we never could before. The Immortality capitalism "religion" is the ethics of nonviolence nonkilling gentle tender graceful healing nurturing compassion for all beings, including those enslaved by religions that are completely obsolete and of low IQ in today's century. ☺☺☺ Our 'religion' is our ethics and gentle spiritual culture of physical and interdimensional Immortality *for* All, so we get 3 billion years to practice 24-7, not at church only, nice tone of speech and evolve our vibes everywhere as explained in the beliefs of future Immortals. We can talk about afterlife, discover what God may be like, afterlife too, over 5 billion years, and such, but our focus is to create peace and decent shelter, food and healthcare for all, so we can advance the science of longevity and give 500 year lifespans to all, first, before we talk about what we may do for a trillion billion years.... since with 400 extra years, we will be able to discover much better what happens in the afterlife anyway and make some model of it 9 billion times more complex and accurate, instead of empty promise of afterlife destination number 5 attained if you do 40 rituals like we say and accept Jesus as a real fiction. Our social life revolves around the Immortality *for* All Parks, Business Centers, Healing Centers, Universities, Relaxation Oases in the center of every city, etc where we chat and help each other be happy and live to 5 billion.. We don't encourage religions, as they're used by various governments to destroy countries and establish spy networks of brainwashing and mind control.

We have one ethics: love all, give all fellow citizens of Eternia immortality and that's it, and Immortality tech to all people outside Eternia who support our ideals and vision of Immortality *for* All, no torture, war, yelling, violence. Freedom unlimited can lead to chaos unlimited and shortness of lifespan unlimited, hence we say that to create an amazing supercomputer, they have to have very narrow parameters for all components and everything has to be so perfectly aligned, like a spacecraft, so we're not free to use just any component and have just any piece of stuff to achieve superluminal craft; likewise, if we allow all garbage in to appear "welcoming the garbage of all countries" and democratic, we will become just garbage too; we want to create what was not created before, a focus on longevity no country ever had, a focus on high IQ and

fluid intelligence none had, instead of a mix of 'everything goes' and the most lowest IQ stuff most violent and anti life sold as holy word of God and scripture and bringing everyone down, ruining the vibe of | |Immortality *for* All| |. ☺☺☺ We can't have unlimited freedom to yell and lie to people, pretend they know what afterlife is like and present it as fact, and sell it; dishonesty is the recipe for society disaster, to encourage these types of absolutist beliefs, which are obviously *lies*, since afterlife is infinitely complex if it exists, is to legalize *lies* and *fraud* and compromise the ethics and ethos needed for high quality RESEARCH and a wonderful world of trust in our country. We can't become another land of magicians selling their filif comical☺ 1st century faked staged miracles. We have our national Eternia "religion", the vibe of infinite | |Immortality *for* All, a love infinitely deeper than the "hell for all who disagree with us" vibe of some religions, the living 24-7 spirituality we practice with our tone of speech, honest scientific RESEARCH into giving 9 billion lifespan to all who're interested.☺☺☺☺☺☺☺

To legalize or encourage the activity of boastfully in bad tone proclaiming from the pulpit they KNOW what afterlife is like, when they obviously have no evidence, let alone 400 science papers to prove it, as we can't verify traveling between dimensions, etc, and souls etc - is to *legalize the complete dishonesty and societal collapse later,* as anything goes, everyone swindles everyone, companies, churches, etc. We want to create a humbler vibe in Eternia and Immortality capitalism, where it's OK and fine to say 'we don't know' and to be more like a skeptical scientist who doesn't get so sure about fake miracles and anything out there, because nothing is what it seems, it's always more complex, as we find out centuries later, initially they thought it was a plant that kills, now we know it's only that 0.01% of that plant, some chemical, as we got chemistry, etc, things are so complex. The tone of humility is gentle, so loving kind and unlike the average tone of TV radio today, which has traces that are very absolutist, aggressive and anti hypothesis thinking. *To bring the ethos of honest | |Immortality for All| |, we need to allow freedom to hypothesize, as people may do when writing free online books, etc, but not the* freedom to claim that it is so and absolutely so, and brainwash kids that those rituals and things *will surely give them a place in that heaven* and make them avoid hell, in such a simplified, nursery school religion for toddlers, not adults, 1st century men, not 21st century grown up people with far higher IQ than 1st century or even 15th. Religions can lead to the ethical destruction of society, while humble gentle tender kind spirituality of | |Immortality *for* All| |, not knowing and all that, builds an ethical vibe: the moment a group can start saying this and that happens in afterlife without any proof, everyone who disagrees views that as pure fraud, and the legalization of defrauding of others, it creates mistrust in the government and leads others to also want to cheat, as the government allows priests to cheat and brainwash millions with '*facts*' that are obviously unprovable and lies; not only that, but *division sets in, fights among religions set in, society is weakened by foreign spies fomenting conflict*.

We can't allow people to create such institutionalized cult like enterprises of mass brainwashing and keep us in the 1st century, we need to evolve beyond the need for such fixed beliefs and the need to falsely pretend "we know everything that happens in the afterlife without any evidence", and move to a real living personal spirituality, not hypocritical, at church only. Let our body be the temple of God, the tone of speech, the song at the church, our humility and admitting we don't know be the basis of all honesty, since all evidence of former centuries miracles could have been staged and made up; this will be the basis of a more honest, evidence based and compassionate civilization, slowly helping humanity to move beyond unprovable rigid dogma to true kindness for all. The 1st amendment, right to free speech, has been historically abused for millennia by people who used lies, and 'facts' without evidence and promises of this and that afterlife etc to create war and shorten the lifespans of many, to enslave; the free speech can't be higher in priority to Immortality for All to long life for all, nobody can have the right to use free speech to destroy the civilization in clever ways, via bad music, via brainwashing in religions, bad lyrics, etc, political incitement to violence, etc or even literature about war and violent methods to achieve some political goals. We either want longevity via kind and evidence based speech or short lives and free speech; without some evidence based standards, everyone will start telling lies and the society collapses as everyone learns to be a good liar☺☺☺ and to cheat the government who allows this depravity of free brainwashing of others; people also will be crafty and learn to deceive others whom they view as liars. The whole society becomes a contest of who can deceive and lie better than others and nothing gets done. The Freemasons (formally or in reality, they may have pretended to be so to infiltrate them) who invented the USA and its constitution, were, on paper, against the abuses of the Inquisition who tortured people to death for not buying into fake miracles, so USA was viewed as revolutionary to have free speech, freedom to choose a fake miracles based denomination, which fake branch you can choose from, etc. What the masons did not perhaps realize was the cunning of the foreign spy services and their attempt to use religion to destroy American innovation and freedom to develop on its own, according to a higher ethics that places everyone's lifespan length and quality above the right of some to cheat others with fake miracles and unproven statements about afterlife, when 50000 other versions could be equally true in the absence of evidence. What foreign powers those founders and friends, each represented, is subject to debate, but on paper they were pro-American, as they could not in public say they're spies for France, Spain, Netherlands, Britain, Italy, World Jewry, etc. We see today the whole society is so divided via fraudulent religions, and so out of touch with the truths of neuroscience and what speech tone, speech content, etc does, that anyone can make any claim, write any music lyrics that incites people to crime and the most anti immortality behavior, and still be free after destroying obviously the lifespan of many indirectly, their health, etc. So, to prevent becoming another melting pot of charlatans and corrupters of the public, who're free

to cause mass chaos, mass jailing, mass violence and destroy the entire human race, Eternia and all immortalist countries can take a different approach. It's is called ethical "maybe perhaps rich" evidence based speech, not unlimited free speech.

Ending of species and thermonuclear wars start with unethical religious fake miracles fake afterlife claims speech, yes free speech that takes a very insidious turn, to deceive and enslave a planet or country, while sounding sometimes not so bad, via clever tricks of foreign spies without any ethics and worries about destroying the human species. We thus teach kids to say "Based on what appears to be unfaked evidence, that this and that happened, it seems we *may* be able to conclude this person has deviated slightly from the ethics of Immortality *for* All and we need to take action to heal this collective failure in inspiring ethical conduct. This is vastly different than "That guy is bad, everyone needs to vote for me instead." By creating a basic minimum code of ethical speech content and evidence based stuff, we *avoid our* immortalist *country becoming the free for all*, best liar takes all some have become. So, 250 years ago, they could not imagine how scientific and evidence based every decision is today and how we depend on developing tech on honesty, so their standards back then were very low: today, we understand religious brainwashing in a totally new way, it's more about dogmatic lowering of IQ than freedom to hypothesize, to develop the scientific method and apply it in all areas of life, etc. ☺☺☺ Anyone would be free to hypothesize, sing, socialize, but that's not what's happening in religions only. This type of "without evidence we market this and that" and claim this and that, without any regard to lifespan and anything, has created a capitalism where life doesn't matter, only profit. It undermines national well being and leads to a country's long term self-annihilation. We don't want to follow the 20th century USA model, nor the communist model, we want civilized speech that creates an ethical basic level of conduct. We know the present US Constitution and its model is bound to lead to long-term decline due to allowing all kinds of speech abusers to deceive millions and keep the entire country backwards and low IQ. The founders could not have realized that, since it was not the age of internet, and science back then, everyone was so illiterate and unaware. For USA to survive it may need to amend its constitution to protect the human right to long-life and to evidence based speech that protects the ethical basis of honesty in society. That we can live to 500 is something very easy to accept, in this era of science, and that we will have more time to discover what afterlife may be like, but outside of that, everything is mere *speculation*. Plus, anyone is linked to God, if he exists and there is no need of intermediates and rituals to brainwash and create *dependency*.

Immortalist capitalists can protect the vibe by not allowing liars who come and destroy our culture in the name of human rights, music freedom and religious freedom, so that they can enslave every citizen (that is not a disguised foreigner who has come to enslave everyone) in eternal bondage and short lifespan later. We defend the human obligation, and human right, to

always act and wish || Immortality *for* All ||, not to come to kill while pretending to be a religious missionary, in fact ready to exterminate others. We defend the human species quantum entanglement field of high intelligence and freedom from brainwashing, death focus and war. To be free we need to protect the *gentle tender soft* vibe that brings true freedom, that of long life. It's the vibe of such gentle tender soft kindness, in its afterlife hypotheses, tone music allowed on any radio TV, that is wholly incompatible with existing religions, sometimes used as cover by spies to kill humans and degrade the human quantum entanglement field. To be an immortalist is to vibrate *differently*, so no thought of shortening *anyone's* lifespan ever crosses the mind.... that's like eons ahead of what goes on in other countries. It's the vibe of || Immortality *for* All ||, now, freedom for all, not in some future that never comes. We're not interested in being parrots repeating 1st century beliefs and reverting our brains to that kind of low IQ. In many countries half the people only believe in any religion anyway, it has become a dirty word due to political agendas and their use by spy networks to enslave and destroy various countries, to kill and shorten the lifespan of entire nations. ☺☺☺☺☺☺☺

We don't need more division, we can have one ethics: || Immortality *for* All ||, united as one Immortal Body of Immortalists, united in the most loving vibe of ever discerning intelligence and infinite compassion for all beings who live shorter than us. People will say we need socializing, etc, yes, everyone will enjoy a much higher quality social place in the many Immortality center locations of every city near town hall and other areas, with places to create Immortality *for* All music, to meet, measure biomarkers, create decorated stuff and colorful buildings to meditate way nicer than these ugly churches (way better quality, because recall, instead of many places we got one of much higher quality, like instead of 300 mom and dad garage businesses we got one with 100 times more R&D staff etc; likewise, instead of 900 churches, we could have just 10 | Immortality *for* All centers in a city (or say 100, if we shut down all liquor stores, strip clubs, casinos, etc, and have fewer gyms etc and make only some centers ultra equipped), each way more equipped with science labs for kids to play and learn and make products that help others, develop selflessness, biomarker monitoring stations, health prevention tech, education, online 3D classes on various longevity topics etc, recording studios to promote democracy and prevent only pastors from influencing the tone of the people, by forcing their horrific tone on others. We thus give equal access to a decent place of socializing, where all can record music and have MRI taken if they want, to offer proof that the loving kindness etc brain centers are activated and etc instead of bad intent areas etc, the eternitone not the evil intent, sarcasm areas, mocking areas, etc☺☺☺. Many churches sit empty, we go there, visit them and we find nobody there, but with fewer centers, always people there to chat with, about Immortality *for* All, biomarkers, longevity, etc, as more come from nearby to the facility and it's too expensive to have half a million such ultra equipped centers overnight anyway as many tiny or big churches exist. Such a

center is way more expensive than a church where we sing. We see today how shabby some churches are and how different others are, so why not allow a really democratic America with more equal opportunity of Immortality *for* All? ☺☺☺☺☺☺☺

4.5.6. The 11 Companies Section: Simple Living = High *Thinking* (Innovation for Immortality):

The next 300+ pages detail The 11 National Unified Companies, 3 *gov* branches, 3 *agencies* of *immortality capitalism* centralization for building a Gentle Kind Civilization of Happy Immortals, to save US and all nations from civilization collapse that happens with increasing complexity:

From 33 million companies (used by aristocrats to commit genocide against the masses) to 11 big state companies: the beginning of noble *altruistic efficiency* that brings *100 times more* R&D jobs, honest science, *self-sufficiency*, *50x* more innovation *via* reviews.gov *and* 0 taxes, same tax rate, *as the gov* is the only employer, & the country is *one* family, and eventually, the planet is one family, via 1 language, 11 companies & 3 agencies on Earth: 1). Immortality Education Agency, 2). Immortality *Nurturing* Agency & 3). Eternium are enough for Eternal Universal Peace:

World's 1st universal education system, same tone science classes, etc, same gentleness, Immortality for All, ethics classes (details below) and 11 *state "employee owned" corporations* (click on each company name to read 1-50 pages about that company):

1. Eterni Food Inc *world's 1st universal* non-agriculture based food corporation, providing healthy foods to all in the transition century to no agriculture high tech era of the future, when all receive sci-fi powders for free with 50000 nutrients personalized for their DNA, weight, health issues to help them live to a billion. Free since all work, no unemployed exist. Work schedules in all 100% of USA are only between 7am-10pm, except for emergency services. Good sleep in the quiet night (to boost melatonin), circadian rhythm, regular work/sleep schedule = long life. 500 trillion fines for Big Food Corps for AGEs causing 50 million deaths Holocaust, to fund this. 4 US states already started world's first trillion $ fine, 1.4 trillion for Meta for genocide. ☺☺☺☺☺☺☺

2. Eternal Travel Inc *world's 1st universal* transport company to give all 0 smog electric cars (free insurance/maintenance), free universal bus/train access, 0 toll roads, 2-8 minute commute to work for all by proper planning of *car ownership, housing/work locations* to avoid short life by long commutes that cause *short sleep, stress (fast aging)*, traffic jams/accidents, tire particle/gas smog, noise pollution, wasting of resources to fix/build cars too often. 800 trillion fines for unsafe magnetic fields, microwaves, dirty electricity in cars & car chargers. Fix the Mississippi river delta channels to stop losing a football field of Louisiana every hour into the ocean. ☺☺☺

3. Immortality Building Inc *world's 1st universal* housing corporation to give free basic single family house to all *born* confirmed citizens at 18, of quality reflective of one's own immortality

credit score, (can pay to upgrade size), maintain and fix automatically all buildings in the nation, eliminate all realtors, buy sell house in 2 days via 1 single housing.gov website; none have 2 houses until all own 1 house; *100% own their home*; ban house flips, end parasitism; good☺☺☺ shelter = better sleep DNA repair, *for* 50 times more *lifespan years* added to USA than in a 'rich live long' only system. For hotels, we will go to hotel.gov to get a clean air room, not like 60% of toxic smell rooms due to 'low IQ folks' (without any knowledge of chemistry, air testing) running 99.99% of US hotels. Hotels, banks, shops, enterprises, businesses, land, everything, all belong to We the People, and we have the right to know the level of 500 air contaminants in all hotel rooms at all times. 400 trillion fines for all contractors for mistakes costing 900 trillion, plus Home Depot/similar sellers 200 trillion, as they poison all shoppers with formaldehyde urea, etc emissions in the stores and sell body destroying high VOC products as shown in DIY floor section.

4. Eterni Bank *world's 1st universal* bank replaces all banks in the US (4500 in 2025) to give universal free banking & card to all, more equal pay (max salary 3x min salary, ethics credit determines everything), set all prices for 0% inflation, 0% interest loans, 0% taxes, prices set based on product contribution to living to 1 billion; end *stock markets (*scam *to* loot *the* poor *in all nations*, free stock markets don't exist anyway, stock prices are fantasies propped by the military*).* No illegals, gangs or undeclared spies survive, cash/crypto is banned, only legals get card, only this *card allows any US purchase.* No gang/spy can create companies, only 11 exist. 0 Violent crime becomes true fast as instant death for anyone caught is certain. World Peace becomes real, as all nations want to join the Immortalist Anthem New Universal Nation. ☺☺☺

5. Universal Immortality Inc *world's 1st universal* free Immortality *for* All preventive (100s of biomarkers monitors in city Immortality Centers) healthcare plus free regular healthcare, with extra options for those with the higher immortality credit score ☺☺☺; happy.gov weekly survey to gauge citizen happiness so suicides go from 700000 a year on Earth in 2025, to 0 in 2040. instant action by government, peers, etc taken when survey score is > when suicides occur. Due to free housing, healthcare, transport, food no theft exists. In the transition period, an allowance (for housing, healthcare, transport, food) means we can't buy anything else with that part of the monthly salary, so nobody wants to steal due to 'no money left for x,y, z. Fines of *500 quadrillion* to Big Pharma and related for managing disease (not curing it) & killing people.

6. Eternal Peace Inc *world's 1st universal* Peace company to work on trillions of nonviolent ways to end real and fake wars in 3 months, all violent crime in 3 years, all theft, fraud in 40 years, providing free global access to tech & culture that brings Eternal World Peace. This company is overlapping with Eternium: the armed forces are its employees, besides scientists. All defense companies are acquired by this state company, by 7000 trillion fines for causing wars. ☺☺☺

7. Eternal Utility Inc *world's 1st universal* utility company to give free basic (to prevent waste)

amount of renewable electricity to all customers, free basic water and free internet. This company is born by fining $900 trillion 500 mega companies for producing microwave radiation in phones, tablets, laptops that causes 5000 diseases to occur 50 years sooner, plus all utilities for brain/organ damage via fluoridated water, for sickening, killing all with dirty electricity from phone/laptop/EV chargers, house electric wiring, unsafe solar inverters, bad appliances. ☺☺☺

8. Eternal Beauty Inc *world's 1st universal* beauty, cosmetics company to grant equal access to safe, healthy personal hygiene and general maintenance products. Created via 50 trillion fines for deadly lead, etc containing products that cause dry eyes, ocular infections, organ failure, Alzheimer, atherosclerosis, etc, all from the deadly compounds people use daily. ☺☺☺

9. Immortality Toy (Research Mindset) Inc *world's 1st universal* toy company to grant equal access to immortalist toys, immortalist online games, for all children, the poorest or the richest. Fidget spinners contain 42800 ppm lead at times, so we fine bad toy companies 5 trillion to raise $. We also can fine Tobacco and Big Alcohol 500 trillion to wipe them out of existence: get millions of acres for nice single family housing and healthy foods, research labs, etc. ☺☺☺

10. Eternal Altruism Inc *world's 1st universal* ethics as entertainment company replacing all music, media, entertainment companies to give equal free access to immortalist serene content to all. Created via 500 trillion fines to Hell Creating Companies for causing 500 million serious injuries, 80 million dead in wars, 50 trillion (not all reported) violent crimes via the content produced last 100 years, which led to trillions in healthcare, rebuilding, divorce, etc costs. New Mexico fined Jewish Meta 0.942 billion for destroying the youth via Zion Values (sex stuff) ☺☺☺

11. Eternal Clothing Inc *world's 1st universal* clothing company (aims to develop clothes, shoes that triple human lifespan) that gives people free colorful Ethics of Immortality clothes. Fines☺☺ toxic textiles companies 50 trillion to raise $. Lack of recycling of clothes leads to a shortage of cotton, which causes the creation of rash giving lifespan shortening polyester clothing, that creates positive ions, prevents skin breathing. Bad clothes are a genocide against the workers.

The 11 names are not redundant, they remind all to behave, everyone needs 80000 reminders daily to behave until violent crime is 1 trillion times lower. These 11 names of the only 11 American companies, employee owned ones, on the American stock exchange relate to the Core Value of Immortalism, Nonkilling and nonviolence, i.e. Immortality *for* All, no war, no violence. These names remind us all that the purpose of Life is to make Life Eternal and that is what we focus all civilizational energy on, by the very Names even of our lovely 11 companies. Eventually, as people realize the advantages of 11 companies instead of 1 billion, all nations will join Eternia and sing in Bliss the Immortalist Anthem for all. The 11 names containing the words Eterni, ☺☺☺Eternal, Immortal remind all that every violent crime that causes an injury that doesn't heal in

2 weeks 100%, leads to Public Firing Squad Execution on all US TV stations, broadcast live and☺☺ interrupting all programs to remind cannibal violent chimps of their aggressive nature and need to become the soothing compassionate holy vibe of the Civilization of beautiful telepathic radiant teleporting genderless shimmering shapeshifting Immortals living to 4000 (later 100 million) years in peace and *gentle tender soft nurturing* graceful *loving* healing *kind* bliss. Why so cruel, some would ask? It's because each violent act leads via ripple effect to 100000 people dead and 1 dead to nip it in the bud is better than 1 trillion dead in star wars later. Think like an Immortal about the trillion year consequences of current laws of violent crime penalties. The reason all fists fly all the time, all shove all is because there is no real penalty for violence. Any violent crime, if injury heals, means lifetime labor, no more slaps, shoving and etc. People need a trillion reminders to be kind in order to lower the violent crime 1 trillion fold and we will do so, as explained in the remake of American cities, with qualities and ethics everywhere. ☺☺☺

Immortalism is not Chinese fake communism, where aristocrats (communist party, 7% of China) subjugate the masses (93%), 0.01% of families own 58% of wealth, many of the wealthiest of the communist party escape to the West with stolen money, live to 88, while Chinese street directing traffic cops lived to 43 during 1978-2020 China smog before EVs/green energy that reduced air pollution 100 fold in China in many cities. A 9$ high tech mask (.5$ filter changed daily) would have given the cops 75 yr life, but the 93% don't count. Snail IQ Republicans fight EVs/solar, since US aristocrats live in clean air estates. Essentially, the rich steal trillions, cause half the labor force to waste time duplicating what others do, reinvent stuff, etc, killing millions by inefficiency, a real human sacrifice and demonic possession that Republican Christians should never support given the clear Gospel words that morally demand the 11 companies: Tim 6:10 "love of money is the root of all evil" & Mk 10:25. "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*"☺☺☺. The rich only use Bible quotes that fit their global looting from the poor and enslaved workers. Christians or God loving folks who support genocide by inefficiency, who want 33 million companies instead of 11 (or 20), are thus aiding demons, Satan, are fake Christians, phonies who don't know basic dental ethics or any ethics.☺☺☺ Jesus called all to help the poor, since all the Body of Christ, the Family of Immortals☺☺☺, and God gives all his kids same amount of food, 1 pay for all humans, not 50000 times more to one kid.☺☺☺ Lao Tze "wise leaders don't encourage rivalry" by 20-50000 x salary differences.☺☺☺ 1 eterni/hr for all humans now.☺☺☺ We the People love the Immortalist Anthem who calls all to love the worst a trillion times more deeply, tenderly, gently than the last decade mom loved her suckling baby. Live 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children" and Buddha said "love all beings as a mother loves her only child". Immortalists hope one day 70% will vote for us. Together, we bring a spiritual America. In 1850, we needed a computer 3 million times bigger to do 1 million times fewer calculations per second

than today, the lower the IQ, the more companies you need to do the same worse. ☺☺☺

THE SCIENTIST WHO DOES MORE GOOD THAN 100 MILLION DOCTORS:

An 'organic synthesis'/'*biochemical* synthesis' chemist, chemical physicist, particle physicist for new reactors, physical chemist (average salary 5 times lower than doctors) that makes an eterni powder (eterni food) that gives humanity 40 times longer lifespan, has cured 8 billion people of 30000 diseases, by postponing the aging diseases by thousands of years: most people only have health issues after 45. Isn't that "postpone 30K diseases by 2000 years for 8 billion folks" contribution 50 billion times higher than a doctor prescribing toxic Big Pharma pills without much thinking? It is, so how can we create a society that produces real chemistry progress? For this, he would be paid 5 times less than greedy MDs. Tesla, the genius, died poor in a hotel possibly malnourished and tired, while Wall St bandits lived in palaces. This is the US, a concentration camp for the worker slaves of the aristocratic gangsters. Most doctors don't go thru the insane stress of surgeons etc, they have very low risk jobs. You know, we're so ☺ abysmal IQ☺ in USA because almost everyone works in retail, since our evil aristocrats give us these silly stores we don't need, instead of 1 million Immortality for All Amazing Research Centers and Jobs. Aristocrats drastically lower the average IQ of everyone in order to build bigger palaces. With online purchases only, we get to have 30 million chemical physics and physical chemistry jobs to produce eterni foods 10000 times faster than nature does via agriculture, and we pay chemists more than lawyers, realtors, retail managers, etc. All medicine and most societal progress is due to physicists and chemists, the progenitors of biology (biology is 0.0000000001% of chemistry, the chemical behavior of Earth molecular machines, chemistry is 0.0000000001% of physics i.e. electro-photonic interactions in certain temp pressure ranges on some planets, dimensions) and all health sciences. Progress is not due to gangster banks, Wall St Traders or doctors prescribing Vioxx that killed 38000 people. Without primitive 15th century "physics, chemistry", humans would not have gotten the printing press to translate Bible in all languages and see the HORRIFIC TRUTH and all progress after that, the scientific European revolution that came out of it, out of "physicist-chemist innovation of printing press" caused Protestant Reformation and today, the Immortalist Reformation of all religions in line with the billion times kinder (than the Bible, Quran, Torah, Mormon Book, Bhagavad Gita, Talmud, Mahabharata, Communist Manifesto) Immortalist Anthem☺☺☺, the next step in the ethical evolution of the humans: a species that, like 500 other species of mammals, doesn't kill its own, is not violent towards one's own species. ☺☺☺☺☺☺☺

In USA, the nonsense talking TV personalities (who end up stabbing to death their mothers, after gracing waves with Hitler like tone instead of eterni tone) who interview people and make some shows make $1-50 million a year, while the hard working scientists live in concentration camp

like 100 sq ft studios at times, making $35K a year, with MDs a mere $200-500K (no stress, as they don't do surgery, unless a surgeon, hence surgeons make 600-990K in 2025). Only 10% of doctors are surgeons, the others have an easy parasitic life, that dwarfs in depravity that of the billionaires, Wall St. 0.2 billion/year oil options traders or TV Hosts like Jimmy Kimmel, Rachel Maddow and others who claim to be lefties, but make $3-37 million a year, (steal from the American people, like Fox New Laura Ingraham steals 15 million/year, radio hosts make 10-90 million often too). How come these "leftists" and 450 Democrat billionaires didn't donate 5 billion in general elections to win all states and create 11 companies if they're so left and not telling lies to deceive USA? Selena Gomez, Taylor Swift, Jay-Z, etc are leftist billionaire singers, so what happened? "Democrats" make trillions each 4 years, yet Democrats only donate 1 billion to win elections, shows what kind of "concerned selfless people" Democratic Party is made of. The Democrats never have hunger strike to create equality, like max salary is 3-5 times the min in USA with no millionaires/billionaires? Why don't they help bring that about? They're phonies, Republicans in disguise. All these TV leftists are frauds, Republicans pretending to be Democrats. The right wing ultra Orthodox Jews, Republicans, have morphed into "Atheist Democrats", to turn Democrats into a "controlled opposition" of ☺low IQ clowns☺ who're nothing but puppets of the lowest IQ Republicans, hailing the Jewish Torah (most of the Bible) as the Word of God, the fake Democrats advocating for max salary being 5000 times the minimum, instead of the 50000 times the minimum for Republicans. Democrats can't change USA without first purging the spies of the Republicans in their party that control everything and dilute any real platform 100 fold, preventing the Party from becoming the Immortalist Party equivalent. So, our democracy is nothing but a Jewish Farce, like the Bible itself. The Jews pretend to be Christian pastors too and support the circumcision (980% in USA, 0.1% in most Christian populations), since Jews circumcise. They brainwash everyone to Judaism rituals and customs, the infiltrate every area of religion, academia, medicine, media, politics, controlling 70% of Republicans and Democrats. Americans have become slaves in their own country: abysmal IQ primitives fooled by low IQ religious nutcases from Israel. Some TV hosts even managed to steal 100s of millions. Both the right and left TV stations are run by gangsters and criminals who support that status quo of absolute income inequality hooliganism: aristocrats (like these hosts), making 10-50000 more than the minimum federal wage, 7.25 or 15080$/year. Why should the maximum wage be more than 3-5 times the minimum? If everyone got the same pay, don't you think that money would lose all attraction, instead of thinking about money 100000 times more than about helping everyone live in health, in Eternal Universal Peace and to 500? You can even set a part of salary for food alone, clothing alone, utilities alone, etc, so nobody runs out of food money by buying too much of a useless thing. So, how come these phony liars who claim to be leftist, communist or Jesus followers of Mk 10:25 don't talk in their fraudulent TV programs about this need of removing money from the conversation and talking about real efficiency of 11

companies that then makes the economics 3 million times simpler and we think 3 million times less about money? Money would be never talked about, instead all would talk about how to help all to live in Eternal World Peace to age 1 trillion, about virtue, ethics, the Immortality Credit Score (obtained by good actions to help others). The fiendish conmen created this system to corrupt and demonize every human on Earth: do every evil to get money. The hypocrisy of "right wing" TV star *(reminds me of Charlie Kirk,* 407K/yr in 2021, small pay *vs many Fox (Faux, False News) News hosts making 5-10 million, happy Charlie* who may have staged his death*, like 'charitable' aristocrats do to* raise 50x more funds after 'death'*)* phonies could not be clearer: they pretend to be Christian as long as they can steal millions, Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*". Where is the 0.4 billion money raised by Kirk? Then we got multimillionaire pastors. Similarly, it's easy and fun to criticize the Republicans in a fake way, when the left wing TV 'stars' make 1000 times more than the gentile: "you run both parties, con everyone that they choose in the fake elections, and cash in on everyone's gullibility (fake miracles) or ☺abysmal IQ☺ you do everything possible to magnify with pretending to be a leftie or rightie disciple of the Jewish Jesus, the saver of Jewish Banks Profits." America rewards these TV liars/frauds (some are MDs) for often shouting in ways 20-90% reminiscent of the Holy 'Tone of God' Pastors (hear the Bible like, Jesus-Moses like tone: pastor, rabbi, Buddhist monk, imam, Hindu preacher), & Hitler. Janitors can make 27$/hour, while chemists make 17$/hr. Why is USA so backwards?☺☺ Due to Republican anti-science thieves of course, who pay janitors way more than scientists. Most are socially engineered so low in IQ, the Republican CEOs find it so incredibly easy to sell everybody pure poison. This means USA doesn't really value science and innovation at all, as the TV nonsense talkers or guys flipping properties make 400 times more/hr. US is gangland, thanks to right wing thieves/gangsters who Deify Money 90 billion times more than the living God. Don't donate to our 2 fake parties run by charlatans/conmen, help the Immortalist Party win without money, world's first election won without money. We'll fix USA fully, with your altruistic help. Check out the end of local governments section, very important for equality stuff.

Most small businesses today are 'garage' companies started and run for decades by 1-5 people, and the company has *3 minutes total of* PhD *level courses or* education, while the 11 mega companies have 40 hours a week, for 5 years, so 10000 hours, times 5 million PhDs, 50 billion hours or 3 trillion *minutes*, so a *trillion* times *more* expertise than the folks managing, developing millions of companies/products today. This lack of knowledge leads to catastrophic products that shorten everyone's (8 billion folks) life by 20 years, *meaning* 160 billion *lifespan years lost, or the equivalent* of killing 2 billion infants. You thought 6 million Jews was a Big Holocaust, but count the Holocaust of Ignorance, of lack of good nutrition, sleep, shelter, etc for 8 billion, done to USA by the Republican Party of 33 million companies instead of 11. Now, perhaps you

understand why this book has so many 'animal IQ' adjectives or nouns before certain groups of "33 million companies system supporters". The 0 taxes area explains some of these genocides via links to various areas of the book. All humans would prefer a nuclear physics engineer to build and manage nuclear power plants, not a janitor, knowledge and education make a huge difference between nuclear explosion and safe nuclear energy. Today, hidden Holocausts (caused by the aristocrats) are happening every decade due to 33 million companies: millions of companies have too many workers who slack around as nobody supervises them, wasting their lives while America imports stuff these guys (*some are* even illegal aliens paid same wage as a citizen working 10 times more with 10 times more stress during *working hour*) could manufacture. ☺☺☺ At the same time, millions of companies have few workers who work 50-70 hours in 10 times higher stress, vs 10 hours others in 10 times lower stress, for the same pay, leading to these guys getting sick and draining out healthcare resources. This leads to a Holocaust where the aristocrats are not just the 5%, but a lot more of part-time aristocrats who just imitate the aristocratic class, as nobody gives a dime about anything when criminal gangsters running USA make 5-50000 times the min wage. Kindly watch what paper houses they build in the Midwest for the 95%… who obviously live in high tornado zones… About 30 dead from that multi-state tornado set on May 18 2025. These people have no right to a dome shape that would prevent death with the same materials used, thanks to a gov of ☺cat IQ thieves☺ and criminals who fake elections to make us believe we choose anything, as in a "party" aristocrats control. You need to read the Eterni, New Capital of USA section about the Auschwitz camp US capital to understand the housing situation for 75 million condo apartment dwellers in USA and the horrible houses for another 70 million, the so called worthless 30% income bottom.

You can't have a working country until salaries are far more equal and the smallest company is a million people, to make sure everyone distributes stress and workload correctly, shifting them when one department is less busy etc. You can't pay same wage to a guy working 4-8 times more out of his 40 hour clocked in time and also having 10 times more stress for every actual work hour. With 33 million companies, pay raises and promotion are not merit based, but often based on friendship and if you wear revealing clothes and seduce your boss or date him. With 11 companies, an ultra scientific raise system, universal, identical, is established, 100% merit based. The corruption and etc going on in smaller companies is huge, even 5000 employees companies. It's funny how Democrats/Republicans can promote such 2nd grade concepts as small businesses, because their parents had one, when it's evident that this leads to Holocausts and parasitism on a scale nobody would have imagined in their economics brainwashing class created by spoiled aristocratic pigs who have no idea of the real world. In the world of immortalists, real managers exist and nobody works 2-20 times more for same pay. Please read the need for ending the 50 states, plus city, state, and other redundant governments. It's important to have only one

government, not 20000 in the USA. Cities, states, nations are artificial constructs, deep down we're all humans who want to bring Immortality *for* All, to be *gentle tender soft nurturing loving* healing *kind*, to become teleporting genderless shimmering shapeshifting Immortals living to a trillion at least, so to achieve this, we focus on peace, 0 jails, 0 violent crime, maximum efficiency, for best longest sleep hours (as we work fewer hours) so that deep sleep leads to the least anger. We can all unite in the Eternal Gentle Serenity of the Immortalist Anthem. ☺☺☺

Online Shopping Brings the Most Ethical and Advanced High Tech Society:

Why do we need stores for, if everything can be purchased online, with warehouses of much higher quality for food/medicines (almost everything refrigerated, as it should be to maintain food freshness) and you get simple measurements at the City Immortality Center for clothing, glasses (3D face), etc? Why do we need to shop when delivery makes one trip for 100 customers instead of 100 trips to a store? The delivery vans with Eterni Foods logo would be within half a mile of everyone and would deliver to your exact phone location any food within minutes, faster than you waiting in a drive thru, and not junk food or cans that allow bacillus cereus to grow 100 fold at room temp as with all cans, unsoaked lethal legumes today, but the most scientifically soaked, water drained cooked lentils that were kept frozen so no mycotoxins and bacterial toxins can emerge from B. Cereus ubiquitous in canned foods/anything with cooked grains, legumes, sold today by the trillions of glass jars, cans, packed containers growing endless bacteria at 77°F in most stores. The Eterni Food vans can preheat the unopened food in the van while driving to you in a special oven to prevent oxygen contact (unlike the garbage restaurant oxydizing everything like peasants from Neolithic), if initially too cold, in 1 minute, so you can eat it if a visitor in 3 minutes in your car and then go to visit the Eternal Immortality *for* All Office of Eternia, to see what civilization is like: 0 violent crime. You know they say "trash any food out of the fridge in 2 hours", but what happens with all these cans and jars and etc in stores? They also grow bacteria, albeit slower, as no oxygen exists, mostly anaerobic or even aerobic if some air exists in the jar at the top, as it often exists since you can't really remove dissolved oxygen from the cooking water. Nobody has access to these state of the art warehouses, who wants to walk in a cold storage anyway? It's so efficient, stock so low, that everything is kept almost in the fridge or freezer, berries are free of mold as they sit in the fridge, not at "somwhat cold" store temps. The lentils or beans you eat are 100 times healthier than the poison today, and, best of all, free of sodium. They add sodium to preserve the canned foods due to bacteria, but with proper soaking, water draning, etc nobody needs that and transport is faster, no more doubling of food weight via can and cooking water. You get the lentils, free of mold, mycotoxins, bacteria and 900 antinutrients found in store legumes. Some think cereals, chips or popcorn are safe, they're deadly, full of bacteria growing there too, besides AGEs from processing, heating with oils. Buy corn, make the popcorn at home in a microwave bag or buy a 10$ pocorn maker,

everyone will do that, health will be valued by all. You can even subscribe like with Amazon, so each 5-20 days they deliver whatever produce/foods you need, making shopping waste 100 times less of your time, so you focus on better calorie and nutrient management, instead of on shopping for bargains that would not exist, since aristocrats become regular workers (0 aristocrats, max salary 3-5 times min) and one price holds for ALL USA. Why have 50000 prices for the same item, instead of one? Coupons would be banned, no more discount flyers, any savings are given by email only (no mail spam), only for produce that didn't sell by the ideal time, though with AI this would almost never happen, since storage is much cooler now for produce that rots fast. For eons, the aristocrats brainwashed everyone to become money obsessed and to look for a discount, instead of how to help all live to 9000 in eternal World Peace. The speculating fraudulent beasts, creators of 33 million companies and 4500 banks to chain the masses, are out, ethics begins. They brainwash all to think of money 50000 times a day, of health and longevity twice a year. ☺☺☺☺☺☺☺

Why even drive to restaurants if home cooked food is way healthier *and today it's faster to cook at home than to wait in a drive thru? This would cause traffic pollution from tires, etc to drop a lot, people would have far more time* to rest and avoid accidents, it would be the most compassionate action one could take: give up selfish *desire for physical stores to help end war, crime. Online stores* would be 200 times better than the best today, with 300 times more options for search, etc, for the 11 companies. The unethical man lives in his selfish desire for self-gratification, in his infernal laziness *(too hard to* press a button on a pressure cooker *with delivered foods, for such a spoiled rat),* he wants others to cook his meals, to waste materials to build shops/restaurants for him, to pollute the air, to kill millions covertly with tire particle smog, with oil smog, without any regard for the 1.3 million killed by cars yearly worldwide.

All energy/materials used for restaurants and shops could be used to end overcrowded or moldy/dilapidated housing, homelessness, millions of deaths due to violence, war yearly and millions more due to covert death by bad restaurants and packaged foods that now are not evaluated for safety much, due to almost everyone's job being Retail and Waitress, Merchant and Trader, CEO of 33 million trash companies and Accountants, Managers and Admin, Personal Assistants, Spam Letters Marketing Strategists (cut trees using slaves, overflow mailboxes with junk mail, spam billions of people via email and phone too to waste everyone's time marketing products they don't want).☺☺☺ Such a human has the lowest credit score, he's a beast, who has not reached the 100 score level yet, let alone 800 max, his life and selfish desires are way above humanity: he wants to waste so many resources for his Strip Malls, Restaurants, etc, but takes all resources from the poor and unethically jailed. To afford to buy online (delivery is available from more expensive stores) and yet do it in person is a waste of time and a sign of low IQ/lack of ethics, but understandable for poor people where many food items are rotten or

delivery is very expensive/unavailable, etc. The truth is a huge amount of people can afford to buy from stores that offer delivery, yet they don't do it, our culture is too selfish. Today, Amazon sells so many items (organic kale 2.3$, watermelon 4$, lentil 1.08/lb subscribed, chickpea 1.08/lb, red onion 0.97$/lb, organic carrot 5.7$/5lb), at prices lower than many stores *(not blueberries, Lidl, etc is way cheaper, offers no delivery),* and they offer free delivery for over 30-50$, but not everything is cheap for the poorest. The thing is that with one universal Eterni Foods Inc, the delivery would be free in all USA (3 free/week to avoid traffic jams) and prices way cheaper as thru fines for GENOCIDE we acquire gradually, over many years, all stores of the infernal aristocrats and provide 1 million times better service thru mass scale advantages. This only sells healthy items and thus begins to bankrupt all criminal food products, one aristocratic palace at a time. Coupons outlawed, as they cut trees and waste lives of the poor to produce paper, ink. To be fair, they can make all delivery of non-food free in the future via eterni.i (a sort of market.gov), and to protect the environment and the workers fixing roads, cars, etc, order at least 15$ at a time worth of items usually, with 2 monthly exceptions allowed under 15. People would spend time in the amazing & beautiful Immortality City centers, learning how to meditate or breathe to be happy and design the techs to create 5 trillion year lifespan instead of being ☺ abysmal IQ piglets☺ digging for lethal food products ready made to kill them fast by age 100. Foods are so lethal because they're stored at room temp, with warehousing, everything is stored at much cooler temps, being far fresher. 99% of food in stores is pure poison by immortalist standards, so it's a huge waste of time to drive so much to poison yourself at KFC/supermarket.

The so-called "People" (bipedal hyenas?) who want physical stores/restaurants, when millions are victims of violent crime/unjust jailing in USA, *need to kindly realize that their selfishness has no limits*, they deserve no manager role in any of the 11 companies, ending violent crime is something too unimportant for these spoiled phonies preaching Ethics, ending war too lofty to bother with, their motto seems "We shall murder each other for another billion years, being below 500 mammal species who don't kill their own, and have sky high violent crime and wars, we shall do nothing to prevent deaths, preventable deaths, even when it's possible with 1% less laziness and an *infinitely small amount of altruism*. We will continue watching and listening to violent music and movies forever". A man of virtue has ethical priorities: 0 war/violent crime first, 0 homeless first, 0 horrible housing first, etc. These "need endless stores/cinemas" spoiled brats & rats are brainwashed fully by the demonic aristoc-rat-ic mind of Infinite genocidal subjugation and theft. Sadly, they have a hard time to realize they don't walk the talk, they don't walk the empathy for the kind who had everything stolen from them by the Big Gangsters. Never does it cross their mind all these wasted resources would end all jails/homelessness, end all wars, gangs and violence too within 10 years or even 5. Their life is a waste, they do nothing real to help end violent crime and war in a few years, drift aimlessly like *soulless zombies*, with

no goal, no ethics, no ethos to end all killings and violence on Earth within 2-10 years. They call this filth we live in a "civilization". They're robotic slaves of the Zion Elders, Bible 'Mass rape, Slavery, Genocide are OK' Scholars, making new wars that we're told "are acts of kindness of the God of beating slaves daily". Who needs ☺abysmal IQ☺ ubiquitous beauty salons and endless useless businesses when we're like demons inside? The first task is to become angels, 0 violence. The first duty of world citizens is to become human, to stop all violence now, to stop being a beast. This is the call of God, Immortals, the Great Spirit of Immortality *for* All of the Immortalist Anthem. Let all humans enjoy the Eternal Right to Eternal Physical Immortality, brought by science. ☺☺☺ Traffic jams can cause more car accidents, wear and tear that causes us to have production of cars jobs instead of "living in 0 violent crime/wars to age 5000 years" research jobs for chemists and physicists. The Universal Immortality Inc section explains the advantage of scientific society that innovates, places nutrition/prevention above intervention.

The house flipper aristocratic thieves do a terrible 9000 times worse job than the Immortality Building Inc with 3 million PhDs, and make $5 million, while the real angels of humanity make 4-80 times less lifting 8 billion out of their "low IQ state"☺☺☺. Isn't about time we require Immortality Credit Scores before we decide who becomes a doctor, CEO, so all realtors vanish and chemistry/physics majors increase 10 fold with house flipping illegal? Why do we need physical churches, why do we need rituals, God is everywhere. No theft is possible in highly altruistic intellectual high tech job immortalism, since all warehouses are protected by cops, AI, cameras, electrical wire, etc and all gangs are destroyed overnight since aristocrats are gone and any violent crime means lifetime labor/death penalty, as nothing can be bought except with the Immortality Credit Card of America's only Bank, no cash, you don't need cash since everything is purchased online eventually after full centralization and 11 companies replace the gang shops.

Ending the Terrorism of the Working Class changing job 80 times:

The aristocratic vampire lives in a palace in one place and city, same microbes, climate and everything and the working slave is fired in and out, going from one city, state and climate and subjects himself to a very new set of microbe strains, temps, climates, etc that destroy his body as he has to adapt his immunity to each new environment, fight new strains and become super stressed immune system wise, living obviously 15 years shorter, due to poor sleep, overwhelming immune answers, and etc. Read the vitamin D section to understand more on that, one moldy studio where one lives 3 years and it could cause real issues if repeated, losing 25 years of life or even dying. The 11 companies system ensures everyone has job security, as stress of unemployment shorten lifespan and also forces relocation that shortens lifespan. With 20000 jobs in any city at the same company, or nearby, one doesn't need to relocate all the time and shrink his lifespan. The current system is GENOCIDAL CLASS WARFARE AT ITS BEST, a

genocide by the rich against the enslaved poor who changes job, *location* 10-70 times, *instead of only twice.* The vampire aristocrat lives in the same city most of the time, where his company is.

Simple Living, High Thinking, Efficiency for Mind Blowing Sciency (science):

Besides the 11 companies, the simple honest universalist one human family model needs only 3 *government ministries/departments* renamed into *agencies* (shorter word), since AGE is Eternal:

1). ☺☺☺ Immortality Education Agency: FREE centralized education ages -1 to 9000 ☺☺☺

2). ☺☺☺ Immortality *Nurturing* Agency: cops, lawyers, courts, spies are co-workers ☺☺☺

3). ☺☺☺ Eternium: Defense Dept reformed into Agency of Eternal Peace Building ☺☺☺

Gently kindly☺☺ read the Joint Chief of Staff Wikipedia page, the 311, 11 numbers, companies. His wife was marketing manager for a food company, and Eterni Food Inc is the # 1 of the 11 companies. His last name is Caine, Dog in Latin (canine), (see Eternia for East Europe English speaking mega nation), and like DOGE, Department of Government Efficiency. If EU-NATO-Australia become one 1.1 (11 again) billion people nation, we increase efficiency. 80% of the area of the new NATO-Australia-EU already speaks English as main language, so it is only logical for the EU to get the masses on board and do what is right for humanity and efficiency. Smartest people in all these nations already know English anyway. If volcanoes cause "nuclear winter" for 25 years, humans starve & die. Eterni Food is the first priority. Without food, everyone dies. The immortalists prioritize good sleep, single family homes for all and food, since without these 3, no health exists. Criminal aristocrats want resorts open 24-7, and to hire people for overnight shifts. With efficiency, none of that is needed and all can have a good sleep. Good regular Sleep is the most important thing for longevity, after shelter and food. All the other dozens of businesses are secondary and subject to dissolution.

As the Eterni New Capital of USA section explains, we will have 500 times fewer lawyers/judges (some Jewish or nonJewish judges (like one FBI arrested) often help violent criminals, since Jews, Catholics pose as peaceful Latinos, Muslims to enter illegally and spread the culture of infinite violence), create 0 incentive for lawsuits, ALL DISPUTES *solved via the amazing:*

1. reviews.gov (make product or service review, and the investigation by the Immortality *Nurturing* Agency will fine 500 people and you get 30% of the fine, 70% goes to improving the product and preventing issue from happening again via education), plus discourage any argument in person to complain, make your review online, don't start criticizing any bus driver or service provider in person etc since they could get angry and kill or attack you like this nutjob. In China, the gov spends 5 times the energy to harass, put plain clothes cops at the door of residents, follow them when they go shopping, follow and suppress petitioners, who simply

expose the inefficiency and corruption of the decentralized "communists aristocrats first" system of China, instead of receiving the petition and fixing the system with the feedback. It's very similar with the US system of "aristocrats first", where there are 50000 review sites and the gov doesn't care at all about what the reviews say, the gov doesn't even review the complaints, allowing the criminal aristocrats who own the 33 million fraudulent companies to loot and subjugate the people as they deem fit, just like the Chinese aristocrats who pretend to be "communists". You thought we're any different than China fake "democracy"? We're not that different, the petition office in China is a way to detect easily the residents and harass, suppress them, instead of them organizing themselves without the government's knowledge. The US equivalent of the petition office is the Democratic party, which is a fake 'controlled opposition' Republicans steer, aimed at detecting leftists and suppressing and wiping them out, diluting everything they propose, so US British aristocrats, are (like Chinese aristocrats pretending to be "communist" billionaires/millionaires), able to suppress and control everyone, i.e. to subjugate the 95%. Most Democrats are too abysmal in IQ to realize the fact the top Democrats who control the public personas behind the scenes, are Republicans who're pretending to be Democrats. So the scam goes on, with no change in USA. Any decent government doesn't need 2 parties, they just fix problems, but in USA they don't even bother to read the reviews, the gov is merely a terror tool of the aristocrats that they 100% own. Thanks to The 11 National Unified companies, all reviews are in one place at reviews.gov for products and people, and then we have a full time employee who analyzes the 2 million reviews of a mouse or product, using AI to generate reports, then reading most reviews too, while AI will summarize the 50 issues reported and how many times, 50001, 43056, 30024 times, etc each issue occurs and then the product design engineers will address all 50 issues. Today, all "low IQ peasants and product designer wanna bes" start a mouse company or design project, delivering the ultimate trash for all planet, as they can't cooperate within Eternal Utility Inc, so we get these tractor☺☺☺ like noisy mice with a scroll wheel requiring a "wrench to move", etc. With 1 million PhDs in a company, you design fewer products, but the worst product is 10 times better than the best in the current model of "every mom and dad a CEO in their garage, 0 PhDs". ☺☺☺☺☺☺☺

2. divorce.gov (ULTRA FAST, 2 days max, to prevent issues, everyone keeps accounts separate and there is nothing to split, since whoever bought it, by Eterni Bank (the only bank) records, is the owner, house proceeds from sale are split depending on who paid the mortgage or balance initially and after in immortalism everyone is happy to be together and nobody stays together if they suddenly dislike the other due to evolving too fast towards eterni tone of speech and thought, since happiness is the most important thing, 3. crime.gov (report any crime or dispute, no more police websites, all police departments are one, all reports nationwide for crimes are in one place crime.gov), 4. gentletendersoft.gov (report any crime and dispute if you want to be

ultra secret or gentle about how this is solved, so other person doesn't know you reported them). All disputes are solved *by the* Immortality *Nurturing* Agency which replaces *EPA, FDA, etc, all police departments nationwide, all courts, all spy agencies, all into one*, since with 30 trillion cameras nobody dares do a thing since lifetime labor for any slap or death for any serious violent crime is the law, gentletendersoft.gov for ethical development and fair application of one law, not 20000 versions of it in 20000 towns, no different state laws as states merge and dissolve, *as 33 million companies become 11* (all lawyers are federal employees of Immortality Nurturing Agency, no lawsuits, due to 3 million times fewer companies and because all have similar income and assets, so no way you can get any big payout, lawyers would not bother, since fine for theft is 9000 times the stolen amount, for every thief or lawyer who lies to get customer to earn what doesn't belong to him in a suit; most lawyers are the army of aristocratic beasts who plunder 8 billion people and *enable criminals to become millionaires overnight*; without that, with all wage employees, with AI triggering an alert when anyone gets money beyond a level in their account, with one bank and all transactions known, recorded, nobody tries to scam anyone, crime is 90000 times lower), *everyone is fined with each mistake reported via a verified review done by a nonrelative who* received some services, paid bonus with every nice reviews.gov instantly (salary can triple if one gets the most amazing & beautiful ☺☺☺ reviews and half if bad reviews before being moved to another department), all judges are employees of Immortality *Nurturing* Agency, no supreme court, there is one Law, *no* state or town law, only SUPREME LAW of Immortality *for* All above all other rights, meaning World Peace, 0 Violent Crime, ALL LAW IS SUPREME and FINAL, *All government is One for All*, any law changes applies to the entire USA and later planet when we're one Nation, meaning 0 Taxes and UNIVERSAL FREEDOM FOR ALL as in the Universal Immortality For All Declaration of the Free People of ALL nations. The scam with the courts is invented by palace dwelling aristocrats to brainwash☺☺☺ the people that talking of jailing, sentencing, beating, bloodshed of covert torture, punishing all day is how they build democracy and that justice is somehow so very important to aristocrats, justice is the reality of our con system where they get paid 1000-50000 times more than the slavering 99%. Educated people do no crimes in a fair system, so education is 1 billion times more important than courts. The first 7 pages of the new political system of USA section, 6.1., explain the 3 reformed branches of the US government. Therefore,

The 3 *branches* of government are not Executive, Legislative and Courts, but

1). ☺☺☺ Immortality Education Agency: the educators of the country, the basis of all ☺☺☺

2). ☺☺☺ Immortality *Nurturing* Agency: product safety: EPA, FDA, cops, judges, spies ☺☺☺

3). ☺☺☺ Executive Immortalist Congress: President, Cabinet, Legislators are the Executive & Congress Merged, as 2 Congress chambers merge: 1 Senator for 5 million people.☺☺☺

1). education *branch* 2). nurturing *branch* 3). executive *branch*. The President, Senators talk and act as One Unified Song (Immortalist Anthem) listening to the Education and *Nurturing Branches*. Senators are immortalists who inform/support the final decision of the President. The Cabinet is the 11 Companies Chiefs, plus reps from Education and Nurturing agencies, as well as Eternium (border defense etc). The Unity of the 80 (President, 11 chiefs, 68 senators), who're below 50 and have college degrees in Life Sciences mostly (all are STEM, though physics, chemistry, related engineers get priority over biology, per education goals), creates all laws, with guidance *and input from the first two 'more academic and higher IQ than average' branches*. The Immortality Education *Branch* is *1st*, the Immortality *Nurturing* is *2nd* and the Leading from Behind *3rd*. We build Immortals via Education First, Kids are Educated *First*, Nurtured as Growing Adults *Second,* Inspired by Silent Living Example *Third*. The President is like the sage of Tao, nurtured by meditative bliss, and happy immortalist breathing. The Immortals of USA, with a President and Congress worthy of Global Adoration via their Global Healing Speech Vibe. The cabinet is mainly 12 people: President + 11 chiefs of the 11 companies. A few extra staff for diplomatic activities are from the spies branch, Immortality *Nurturing* Agency. Our top diplomat is called "Immortality Diplomat" not *Secretary of State*, and he attends cabinet meetings too, together with all chiefs and top men of the two other *branches*. Who attends and what the real cabinet structure is, can be top secret, for national security reasons. The Supreme Court is replaced by the Immortality Education Agency, for we're not a nation of punishers and psychos who launch 8 million lawsuits due to 33 million companies, but a nation of high virtue, high ethics, no donations and true helpfulness with one fair treatment for all. The genocidal aristocrat has withheld education, so he can enslave the working class and jail it using the courts. We end all jails, as explained in the culture section. We move from psychotic punishment for those who were not educated, to ending the destruction of our youth by the evil music and movies. We educate, nurture people, the two branches, we don't jail them unjustly. In medicine the rare good doctors try to prevent disease by education, not manage disease as Big Pharma wants in order to make $$$ so top Pharma folks live in palaces. In immortalism, we prevent crime, not manage it as in aristocratic feudalism of most nations, by the same principle education first, and foremost. In USA the main energy is that of beatings and torture, beatings deified in the unholy bloody Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), not that of eterni music and tone of education that gives a fair kind treatment for all, as we're one family, USA. In 2025 USA, the powers that be don't educate, by tone on TV-music-radio, they punish, they don't build virtue, they animalize. They don't develop culture & true ethics of gentletendersoft.gov, they just spread war. Kids need education, healing, beautiful recordings, etc, not slaps, spanking (causes aggression & anti-social behavior) and violence on TV. Odd how the news are filled with crime, lawyers, judges, jail, death, shootings, but never with the new recording in eterni tone the centralized education.gov

uploaded for 3rd grade math and junior college ethics classes, to mold the generation of Immortals. No news about teachers fostering innovation, research. Only depravity and infernal yells by so called "musicians". The US aristocrats want the world to follow such insanity, where gambling and lotteries are legal? A decent parent educates, doesn't beat. Aristocrats behave like thugs, they beat the rest, not educate them. Owning the media, the flood our brains, program us to be violent, so they can jail and torture, subjugate us. They steal trillions from the masses, but only the masses who steal 20$ are jailed. Everything in the media is the incessant deification of fear, fear of judges, lawyers, of jails, of terrorists they create via Bible-Quran Adulation, fear of thieves, gangs, etc they create by unfairness, mind control. Gangs are their tools of terror, that they covertly control via electronic mind control. The media owned by the aristocratic parasites never allows much education and fairness discussed, only fear, chaos, violence. To them, we're subhuman slaves to be worked to death, cattle cannon fodder to die, they don't treat us as a mother would love her babies, so the government has to end aristocracy, for its abuses. Educated masses = 0 aristocrats. Hence the focus is always the pontification and glorification of Jails, Judges, Courts, etc. Our society glorifies the Bible, which deifies slavery, beatings, genocide, arson, rape, theft. Why? Who controls us that they push the Jewish Bible and worship of a Jew, Jesus, to the forefront? The Bible focuses on overwhelming disproportionate revenge, violence, genocide, not education. The aristocrats push the Bible because they want savage workers to attack other workers, since divide and conquer establishes their complete control over us: cops jail/torture workers, rich laugh all the way to the 4500 banks they created to loot and chain everyone. Have you ever thought why aristocrats did not promote a kind happy text like the Immortalist Anthem? The predators feed on chaos, when chaos exists, they can loot us a million times easier. ☺☺☺

To understand how aristocrats loot the nations, defraud the states, poison millions and commit genocide, please kindly scroll thru the HUMIDIFIER SECTION. For extra details, you can also read the food processor section for more on the low IQ of the current system of product design, approval and sale. Today, the *33 million companies engage in eternal fraud on TV,* Internet, like the Bible engages in too, the media creating the 3 year old IQ ads and websites, that state "We are the number one company in the world or this field or state or etc" instead of providing 100 references with studies that support a specific statement about their products, not general manipulative lies. Oddly, 100 companies claim the top spot or "being the best", which is impossible. These vague statements only promote a culture of bullying, pride, arrogance and intellectual dishonesty that teaches everyone to be a fraud. With the parasites gone, the only TV ads will be for products that are bought less and that people would sincerely benefit from, since each product suggested is studied by 100000 PhDs via 20000 studies present at a given website created for that product, for all to see. This is a world entirely different than the hooligan lies,

fraud and looting on today's TV-radio-Internet to feed the pompous bastards of infinite greed who loot the treasury (via taxes). We need new standards, this is not the Bible times when Jews are told to exterminate entire nations, loot everything they can, after killing all animals too.

Thru efficiency and fewer companies, we make everything in USA. *All houses are* made in USA *using US made products. No house appliances, sockets, light bulbs, etc are to be made outside of USA.* The new ☺☺☺madeinusa.gov☺☺☺ site explains which products under each category (computers, lawn mowers, etc) is made in USA *and which ones also are* designed in USA *only and what is the* exact % of USA *components.* This way, people can buy local products. All electronic product imports must be USA made to avoid brain writing or electromagnetic torture. Just like China bans all imports of healthcare products, due to bioweapon risks.

Why aristocrats *can kill the* entire humanity in 10 seconds*, why aristocrats are anti-*life, anti-progress and why humans need to become one country, one language, 1 bank, 11 companies 3 agencies. The why is in this paragraph. In any community, if everyone has an apple tree and eating apples to live longer and be healthy and you come along and plunder all apples from 500 or 50000 gardens, to store them into a vault, your bank or sell them to get rich and build a palace, etc, people will fight back. The only way you can take their apples to become rich is thru violence. Likewise, in real life, aristocrats use spies, cops and military they control, the phony theories of economics, fake elections via social engineering of political fake parties that both support the aristocrats, as the violence tool to steal stuff from the 90%, so they can make 10-50000 times more money per hour. Sometimes, a company or commodity or product they sell doesn't have a similar value as 10 years ago, so they go to war to steal a resource that would make them rich again. Power rises and falls and when it falls, the aristocrats will happily engage in wars and murders to maintain their power and wealth, countries invade resource rich lands that just discovered a new popular resource, etc. The only way to avoid this eternal drive for unethical actions, violence, murder, torture to keep WEALTH is to end aristocracy. If you have one planet one energy company, eternal utility Inc, you don't have 1000 coal companies trying to covertly shut down solar panels factories, or one country attacking another, since all is one nation. If you have 2-200000 centers of aristocrat power, they always start wars as profits change. If you have only 1 center of power, there is only One Power, the Eternal Human Collective, and its richness, so no inflation, no 2 companies in the same field, etc, the number one priority is 0 torture, 0 pain, 0 violence, maximum help for all, equal power to feed and care for oneself via very similar o even identical wages, with the main difference is highest credit score means most management role in the society. Aristoc-rats are far worse than rats, rats only cannibalize others when they got no food. Aristocrats start big wars, etc even when they have infinite wealth, just to expand it. They destroy the human quantum field even when they lose a little wealth, half or most wealth, even if by downsizing they could actually live in peace without

hurting anyone covertly, moving into a regular home and living off interest in a simple way. Addiction to imperial lifestyles and wealth leads to enormous atrocities to maintain that lifestyle. World Peace will never be possible until humans speak the same language with the same accent, and unify as one nation and unify in many other ways that prevent differences (via logic you realize for example all religions are based on speculations, as no scientific proof exists about any other dimensional claim made) to be sources of conflict, and have only a few, perhaps 11 companies, so there is one center of power in every industry and no company can go bankrupt, everyone is employed, stress levels are low, so no fights erupt. Once you understand the dynamics of war, how one resource or industry rises and falls, why countries go to wars over resources, you realize if those nations would be one and aristocrats would be no more to manipulate governments into wars, they would not fight, as any resource is shared with all.

The aristocrats are far worse than cannibalistic rat animals, they're anti-life itself, they're fueling endless conflict and fighting really hard the unification of the world, as then their imperial families elites in small nations have no justification anymore. You see, we have 500000 versions of a law in 500000 cities worldwide, instead of one. With one efficient government for Earth you end a lot of duplication, elites and aristocratic clans and they don't like it, they think the idea of everyone living in a single family home is bad, since it prevents violent crime a lot and jails are tools of class extermination and subjugation. They fight the end of jails and violent content too, for violence is how they maintain the theft and power.☺☺☺ They're not like immortalists who want to give everyone (see Immortalist Anthem) a trillion year lifespan, but they're murderers who consciously give people poisonous foods to destroy the masses, their brains, who give poison without explaining to people that a food exists, they don't know how to make, that would give people 3 trillion year lifespan or at least 150 year lifespan and we can make it, but they don't want to bother as life is good and they got all they want. These animals only chase one thing: maintenance of bank account balance and living the good life to 100, while the human species remains as backward as ever. No real progress is possible worldwide until we implement the Immortality Credit Score to end the aristocracy class and bring wage gap from 50000 times today to 1.5 or 3 times, eventually 1. Progress requires peace and with many aristocratic centers of power, we have endless infinite conflicts, which ultimately become the final conflict that ends a species. For the sake of the human species, aristocracy has to end, as well as all monarchies. In the money system the frauds created, everyone tries to make money, even if that means killing billions 10 years earlier with illegal drugs, bad foods. In immortalism, you can't make money by evil actions (due to death penalty, astronomical fines or lifetime labor penalties), you raise your Immortality Credit Score to get more longevity boosting products☺☺☺, by good actions that raise the lifespan duration of the highest amount of people☺☺☺. The murderers ruling many nations have no qualms about genocide, since they don't believe that

human quantum field degradation affects them too and shortens their lifespan too. They act out of scarcity, out of win-lose mindset. Win-win and infinite resources thinking are unknown to them, they're often trained since birth to kill, parents went to covert spy/military college and kids became rulers. They're taught to be liars, dishonest and protect their psychotic 'national' clan of murderers, not to unify humanity as one family with 1 law for all 2 million villages and towns, instead of 2 million. The aristocrats with or without realizing teach their kids to be murderers, to maximize $$$ gain by any means.

Another simpler analogy is that of a complex hard to learn language with thousands of words from other nearby invading empires, ultra complex useless conjugation of verbs (most languages today, including German, Spanish, French, Russian, Portuguese), etc, and overall, hard writing too, etc, taking 15 times longer to learn than a simple, no conjugation for person, plural or tense, mathematical, lego-like, built on simpler words, ultra simple grammar language. Chinese, Burmese, etc don't even have tense conjugation. One language takes 2 lines to say the same thing, another 1 line and half the ink, one requires 20 times the brain neurons to store and learn, that could have been used to learn physics and chemistry of living to 500. The more nations and companies we have, the more random insane illogical complexity we have, with each country's illogical ☺abysmal IQ☺ religions, mythical traditions, quirks and low IQ holidays that celebrate cruelty and genocidal murders as national heroes of human quantum field destruction as the low IQ folks didn't know a non-violent way to avoid the slaughter. The smartest kindest government is the simplest and most efficient. Right now we have 2 million governments, because each city and village, via decentralization, acts as a government of incredibly abysmal IQ. The mess this creates is beyond destructive, it makes it impossible to get anything done, except war and violence mostly. You can't have peace with decentralization, with 2 million governments, let alone efficiency, so we dedicate all resources to good sleep, housing, food, healthcare, instead of war and torture. There is a night and day difference between a world with the only income from wages, with 0 unemployment and all working for the government and one in which income can be gotten in millions of ways thru private means, mostly illegal and unethical. With 11 companies everyone does a legal safe job, but with 33.1 million, 33 million can be fronts for drug dealing, human traffic, other criminal ventures, such as flipping houses (illegal in immortalism, nobody buys the house except those who live in it, only the gov Building Inc renovates all houses). The fraud going on in small companies of 1-10 people can be astronomical and nobody would know it. Anger from cheated customers leads to violence and this creates later war. This endless fraud leads to a collapse of society, as no central reviews.gov allows people to see all reviews in one place. Everyone starts to mistrust the gov, to cheat at work, take shortcuts, not care, to bribe, and corruption brings infrastructure failures. ☺

The tiny atomic bomb, the size of a suitcase, was able to kill what before 10 million grenades

weighting 1 million times more would kill. This shows that a device, 1 million times smaller, can be as powerful. A tiny chip the size of a rice grain powers a phone, that accesses a trillion times more info than the library of Alexandria, enabling trillions of times more powerful information access per cubic feet of space. A phone chip today is more powerful than the biggest computer in 1900 by a factor of a trillion, yet 1 million times smaller. The simpler a system is, the more resilient it is. The smaller computers and libraries won. If you have a complex device with 1 million parts to produce 1 kW of energy, it's fine, but you can build something with 10 parts, producing the same energy by new knowledge. Likewise, when we have 33 million companies our nation's resilience is 0 versus 11 companies, as we're 3 million times less efficient, being like outdated computers from a bygone era of pathological selfishness and abysmal IQ. One day, a weapon the size of a rice grain will be able to kill all humans on Earth, so again, doing what in 1800 would take a trillion quadrillion times bigger set of explosives. Do we want to be the stone age short lived primitives of 1800 with 33 million companies or the super efficient kind gentle compassionate immortalists who care about ALL people living to 90000 more than about having 33 million companies? People don't care how many companies exist, as long as they live healthy, happy lives, so read on to understand the changes immortalists propose, via the 11 companies. Instead of accountants, admin, HR managers, politicians and endless bureaucracy we have science and engineering majors. Political class is just creating endless conflicts between people supporting various parties, we can simply end political classes, parties and electoral campaigns and people elect policies not people, they vote electronically for policies when new policies are needed (no regional or local elections, no mayors, no governors, no states, only 1 law, one election, when needed, every 2 years or year, on a set of policy options, multiple choice, etc from the comfort of your home, after seeing on TV the pros and cons of all policy choices) and the people who pass the knowledge and ethics tests for a position are the ones that lead the transformation to a world of 11 companies and who become the managers. Today, whom you know matters more than what you know, so this is not a good thing, we need to eliminate politics and focus on making everyone reach trillion year lifespans by eternal World Peace and real pragmatic no nonsense, no 0 IQ religious rituals realism. 0 war, 0 torture, 0 jails, 0 corruption, 0 politicians, pure ethics, science and engineering, the immortalist motto. We tried religion for 90 millennia, it gave us no World Peace or 90000 year lifespan, what about trying the scientific method (testing hypotheses to see if true), stuff that is proven to be true, evidence based policies for 100 millennia, not belief based or hear say miracles based policies??

HOW TO PREVENT MILLIONS OF SERIOUS INJURIES OF TIRED SUBJUGATED WORKERS

The most important thing is worker safety, since the most basic human right is that of being alive, that of World Peace, of Immortality *for* All, that guarantees all other rights, since if you're dead in a work accident or war, you can't exercise any rights. No other rights, to any religion,

LGBT, etc can be above the fundamental right of being alive and free from bodily injury from energies or radioactive/normal chemicals (radium, etc), frequent work injuries (like death from chemicals used in matches) (caused by greedy aristocrats living in palaces), violent crime, government torture *(as the* genocidal illegal illegitimate *(by virtue of its* endless terror of the population*)* USA *government does to its citizens* for 250 years*)*. Thus, all rights vanish if violent crime exists, and State of Emergency is Constitutional until violent crime by all (not just government) is 0. Circumcision for example violates the most fundamental human right, to Life Integral, as it is needless mutilation done to a baby who can't make any choice, a pure violent crime. The right to a religion calling for genocide doesn't EXIST, since it violates the First Right Above all Others: Life. Thus, the US Constitution is invalid and Illegal, Unethical and needs to change once Immortalists win elections. All Other rights don't apply if they infringe on the right to Life and bodily integrity. America needs to Declare its Eternal Independence from Jewish gangster SERIAL KILLER RAPIST mass murderer deifying "scripture", Jewish spies (who brainwash USA and the West to worship the God of Israel), Jewish bankers and Jewish shouting clergy (this would scare any baby, compare this Jewish shout with the angel choir or this 1 min random guy recording or these non-clergy ladies the 1 minute that loops with safe youtube looping extensions (check who makes any extension, so no spies from KGB, China etc), Jewish (mostly Bible recycled) Quran. safety.gov allows any worker to report safety issues and anyone who is tired can take a nap at work in special rest meditative areas. Endless times, tired workers are pushed to the brink by religious pigs who invoke Lev 25:44-6 and the tired workers make mistakes that cause permanent disability or death in one, 20 or even 1000 people. This is due to a capitalist profit first culture of gigantic egoism and due to the beatings of slaves quotes deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), evil violent scriptures that oddly, are still legal to publish in USA. Sadly, due to decentralized terror by the small vampiric aristocratic leeches,☺☺☺ millions of workers get injured every year very badly. All these are easy to prevent with centralization, universal education for all, regular work schedules for all possible via centralization, and the final realization we're one family and we can't have some guys sit and do nothing for 29 hrs/wk to be clocked in (the other 11 hours they do some light office or computer work and get paid essentially the SAME with way higher benefits than guys who risk their life daily and push their body to the limit in construction or other wind-solar-oil-rigs install work), while others are breaking their back and getting limbs lost or ending up cut in two or crushed by machines, robots, cars, cranes, etc. Lots of jobs are very very dangerous (1 mistake and he falls to his death) and the pay is 5-50000 times lower than the pay for other parasites whose main job is stealing trillions from the state, so that these workers live in 50-200 ft^2 studios, while the aristocrats in 30000 ft^2 palaces on 2-3000 acres. Such complete disregard of the average American for these people is clearly reflected in the schedules of these workers: 50h/week, or

even 40, with no breaks, 1 week working 60/wk, 1 week 20h/wk, random hours stressful, chaotic, leading to poor sleep, insane deadlines, endless accidents.

Not only that, but pig headed cruel heartless so called "intellectuals from hell", the phony pompous mini-aristocracy of wolves,☺☺☺ waste trillions with gyms and sports facilities, because these monsters are so cold-hearted, brutal and selfish so as to not be willing to unify companies so when a guy slacks 20 hours a week, he can ease the burden and help the one *crushed by deadlines and the yelling of the criminal* aristocrat who shouts that he will fire the worker if job is not done by tomorrow and the poor worker rushes and then gets into an accident, tired, underslept, causing 50 car pileup on the highway, 5 dead and huge stress for cops, emergency teams, medics, nurses, relatives, kids without parents, etc. One shout and 10 die next day, 400 people live under huge terror, live shorter, age faster for days or years to come. These self-appointed grotesque demonic messiahs of Laziness and infinite banditry☺☺☺ often use the cover of "pastors" (too selfish and devil inspired to propose service to fellow man as physical exercise instead of basketball courts in every school, because at their "filif IQ level" they could not figure out that science can give us 5 billion extra years, versus 5 weeks by playing basketball, plus many college professors doing lab work lived to 105, no exercise ever, just walk around lab, wash instruments, glassware, etc) and other professions and These "Clergy from Hell" often protest against a more ethical distribution of physical labor or more equal pay, so we don't have some break their knees, ankles (varicose veins), backs and legs, while others get sick from sitting all day on a chair. My mother stood 8 hours a day placing books and giving them to students as a librarian and then stood another 5 hours at home doing cooking and chores, besides walking 5 days a week 1.3 miles one way to work, sometimes in freezing 20°F weather with poor coverage of knees and wrists due to a worldwide culture of "low filif IQ" that doesn't know the key of keeping temps to 77 minimum for best immune function, which led to severe knee, varicose veins, back and hand repetitive strain injuries as with anyone doing the same. We need teach everyone pressure cooking to do all cooking for them, and to sit down at home while the cooker does the work, if job is more standing, and also have teachers, *high school, college, PhD students* do some library work 5 hours a week (1 hour a day to help them move and exercise daily) to avoid need of so many gyms and of librarian jobs (each teacher is librarian supervisor for 1 day of the week of all 20 students staff), since teachers are now only those for labs (all theory is online, all exams online) and linked to the 5000 Unis and 1 million immortality labs. It's not fair to have some stand 8 hours a day and others sit 8 hours a day, you need to create breaks in the 8 hours of sitting or standing, to avoid damage. These bipedal pigs who're protected by the criminal thuggish US government to steal taxpayer money, who build these ☺ abysmal IQ☺ mega churches to Glorify Violence, Rape and Looting Genocides, often tell the audience that if the gullible folks listening to him give Big $$$ to the Church of Violence (Bible

1400 violent quotes vs 0 in the Immortalist Anthem, Tao Te Ching (140 translations) or Dhammapada), God will bless them with abundance 8 times what they donated, so many become homeless by missing mortgage, postpone urgently needed repairs, medical treatments. How can it be fair, (when so many are homeless), to waste these sports (on church/other premises) materials, when a little distribution of tasks to include 8 hrs of physical stuff can help all to exercise, prevent accidents, increase efficiency, house all decently? ☺☺☺☺☺☺☺

The law could happily☺☺☺ state any construction/dangerous job worker take a mandatory 5 min (can stay even 5 hours if tired and fell asleep, nobody should wake them up, maybe his kid kept him up at night and he didn't realize his body needed some rest, rest and sleep are the MOST important things in life) break after 2-3 hours, to reevaluate biomarker to make sure he's not tired and pass it, in a special nap relaxation room, and be very alert and well-rested if going back after only 5 min, as proven by biomarker monitoring, to prevent deaths and accidents, 50 car pileups and so forth. Nobody ought to be able to turn on a vehicle or any dangerous industrial machine until they pass a certain alertness biomarker test, to prevent accidents, most of which happen due to intoxication or lack of sleep. These tests are essential for longevity too, since if your biomarkers fail, it means you need to stop ANY ACTIVITY, eat antioxidants and sleep, since your body is in serious danger of aging faster and suffering permanent damage. We immortalists are not communists, we're for ☺☺ Immortality *for* All,☺☺ not "the dictatorship of proletariat via violence", but the universal unification of humanity via love, via *gentle tender soft nurturing loving* healing *kindness for* All. We immortalists value every human life as if it's the life of 5 billion people, because it is after all, it's the same quantum field of humans, we don't value violence deified in the communist manifesto written in London. Same thing for working in ultra dangerous climbing jobs, with dangerous industrial machines, robots. A culture of good regular sleep is only possible with efficiency: nobody has insane deadlines weekly while others have 0 stress. A family shares the stress, it doesn't kill some at 40, while others laugh, talk junk till age 100. Due to efficiency, we don't have 20 million companies reinvent things. Thus, *all can* rest *more, be* less rushed, *do each job much better with* 10 million times *fewer* injuries. That is ethics.

Worker safety means a new ethics replacing the Jewish psychopathy of 2 millennia that has terrorized and defined the Western civilization until now. Workers safety doesn't mean just taking breaks and making sure that all do a little physical labor to reduce risk of injury in others, but also changing the ethics, so people don't start fights at work, physical or psychological (give one worker 2 times more duties to revenge for refusing to go to his 'evil' ☺filif sardine IQ☺ church or to date him). On Earth we have millions of people redundantly repeating like clueless robots in the worst tones the most stone age low vibe scriptures, when they could be kind in action, relieve the stress of workers and do something useful (invent something, instead of repeating trash that is already online on 5 trillion sites that anyone can go listen to in 300 times

better tone on youtube) instead of brainwashing kids and lowering the IQ of billions of people with their 1st century "rat" filif IQ scriptures. In immortalist civilized DEMOCRATIC societies can simply go to ethics.gov where all citizens democratically submitted their version of scripture as they see fit and voted on the most beautiful one, like the Immortalist Anthem, to end the criminal monopoly of 1st century Jewish psychopathy on the American ethical or theological discourse, since 99% of people today can create scriptures much nicer than the pure demonic garbage the Bible is. Let all do the church online from the comfort of their home, to make space for single large comfortable homes for all, where everyone's temple is inside their body, healthy body due to universal health insurance, inside their healthy home, and alleviate millions of accidents instead of repeating in 100 times worse tone stuff that already is found online in written or audio format in much better form. We the People need to boycott all these temples to "Satan" (a being they made up to steal everyone's savings using fear) called mosques, synagogues, churches, for they're nothing but the worship of Evil, Violence, Rape, Genocide in disguise as the attentive analysis of their evil scriptures shows. Only then the workers of the world will be safe from these vampires. The evil clergy (spies who use the cover of clergy to destroy a nation) who feed on credulous masses need to be fined for instigation to genocide, rape and mutilation as the scriptures they tell people are the Way of Ethics, What they're to Follow and Do say. God is no in buildings, God is inside every person, to the same extent, we just need to nurture those *gentle tender soft nurturing loving* healing *kindness* vibes of the ☺☺ Immortalist Anthem ☺☺ and decent scriptures, so that all workers are safe from killing done by those who follow Quran and Bible (Torah, the Jewish Bible is the 80% of the Bible called Old Testament) who call for genocide of non-Jews and non-Muslims.

Since they always try to mind control us with "original sin" and other psychological manipulation tricks used to vampirize us (give donations so they can continue the scam), we can respond this way: it is a grave "sin" to engage in trash *talk (the 95% of Bible quotes they use at service)* in trash *tone* that is wholly removed from the ultra gentle eterni (eterni is not just gentle, but *gentle tender soft nurturing graceful compassionate healing kind* soothing sweet melodious etc all at the same time, stuff that 99.9% of the Bible doesn't have) vibe of ☺☺~*~Eternal Universal Peace~*~, ☺☺ while ignoring the deaths of people in accidents, because all time you wasted as full time assistant or priest in brainwashing people about fake miracles, made up religion motivated by imperial ambitions of world conquest via genocide. The problem is the filif ostrich IQ☺☺ of these clergy makes them incapable to realize their ☺abysmal IQ☺, so it is up to us the people to stop going to these frauds and their violent rituals and help our fellow workers to live in peace and work in a relaxed stress free way, everyone listening to the eterni voice they nurtured or found online on their headphone, breathing gently and happily, and encompassing the whole world in kindness often, instead of shouting like a madman at church "services" which

have become more like hell world heavy metal concerts (or Donald Trump rallies, the music, Pride, aggression and machoness supreme). The *worker safety emerges thru the more equal distribution of physical labor to prevent accidents* and poor sleep, instead of some slacking doing nothing but repeat the same 1st century violent trash. What the Vatican does is ultra low IQ: the Mass is identical, so they waste 1 million priests' time to repeat it when a recording in much better tone would suffice and extend lifespan of all. The whole thing is a scam, all churches are military and espionage bases to control people and expand the imperial espionage network. *They don't care, everything is for Italian rule of the planet, everything else is a dressing/lie*. ☺☺

Back to the 11, all existing agencies become parts of the 11 companies or 3 agencies. Bureau of Land Management is Immortality Building Inc Department for example. Perhaps the *best way to destroy a country, is to encourage small businesses* like Re-pub-licans and Demon-crats do. Why? When you got 33 million companies, many of them are 1-3 people, like a small stinky store, a dilapidated filthy restaurant etc. that only has a few customers daily. So, what is happening? The worker there spends 2 hours at lunch and 2 hour at dinner, the other 50% he's just wasting time. This happens to 50 million jobs, and it leads to massive immigration needs (the immigrants will slack, act busy and waste time too, just like locals) and too little made in USA, as now all is Made in China, Mexico, Canada, Vietnam, etc and these products mean: 0 independence, the risk of spyware, hidden weapons, astronomical debt, etc and *losing knowledge, ability to produce basic things in case of a war when all imports are cut off by* enemy ships. Immigrants can be trained soldiers and spies trained in destroying USA and if they don't know English they won't integrate well at all, but demand, like in many states, government services in their own language. USA is destroyed by these criminals who allow endless languages. We need to destroy all state, city, village, local governments and create one law, one government, one tax rate (0) for all Americans. The time of endless chaos and hooliganism can finally come to an end after 250 years of British Royals feudalism. With only 11 companies in America, everything is infinitely different, since we prevent having 10 million people working only 10% of clocked in time and 10 million people to work 70+ a week and collapse, leading to burden for physicians, and 50 million overwork 55 hours a week leading to certain conditions developing 30 years earlier due to self-neglect and prioritizing children, house chores, etc. With 11 companies, everything is monitored and managed a lot easier, since you have 1 manager supervises 500 workers via wired cameras (instead of 50 managers supervising 5 minutes a day 5 workers each in a very lousy way) and due to the size of each store and business branch, etc, managers assigned to prevent overwork and underwork, to make sure work week is 35 or 40 for ALL, 40 at first, due to the state of compete collapse of American industry and economy, where we import 100 times than we should. Another advantage is job security lowers stress and people can finally want to have a kid, instead of dogs, cats and importing immigrants who want to blow

up and split USA in 10 states. 32 million empty rooms exist in USA in 2023, that could be 33 million kids, but no: Demon-crats propose everyone become gay/transgender, import 50 million Muslims (disguising themselves as Latino immigrants) for Sharia law. ☺☺☺

The smaller a company is, the harder it is to reassign duties and find someone to do this and that when being busy, to reduce overwork, etc. A company next door can't say "we are busy, my worker is collapsing, give me your worker, I see him slacking 30 hours a week, I can't find someone to do it in 2 hours to hire him for only 3 weeks". This is due to the aristocratic class who sets up endless parasitism systems (companies) to feed off the masses and build palaces for themselves. Why have one family, one national family of 11 companies, everyone owns the 11 companies they work for, if we can fight among us forever? *In a huge company, there is ALWAYS work in some busier department, and those less busy that month can immediately go help those busier so ALL WORK 35 A WEEK or 40* and can sleep the healthy 8 hours that today almost nobody gets due to the nematode worm IQ idea of having 33 million companies. In the 11 company system, there is no loss of 25 million full time jobs equivalent due to splitting 1 company into 1 million units, besides much higher efficiency, due to less admin, HR and all duplicating CEO-upper management, payroll, etc software, staff, hiring staff. So then we can make stuff in USA and need 0 unskilled immigrants (who in their slacking time at job can start part-time a drug dealing operation to poison and destroy 15 million Americans), but can take smarter higher IQ with science-tech degrees from all over to automate every industry to reduce labor needs 50% like China did in many industries, so we free people for creative tasks, like innovation, discovering new tech, instead of automated repetitive brain numbing jobs. The way things work today is total JUNGLE. Many were lied to that they need to go to the gym, not true, one can have a more desk job and 10 hours do some manual job until we automate it, so we can defend our country from terrorists who come here only to destroy us completely, under the cover of "being a low skilled immigrant" (read "hard core serial killer, trained to kill and sabotage" at times). The culture of slacking and doing nothing comes also from the spread of 30 trillion gyms and sports facilities, while we make NOTHING in America, since manual activities even 10 hours a week is TOO MUCH for our life. Studies clearly show even walking in a lab, doing lab cleaning for instruments, glassware, etc, is helping many to live to 105, like many college professors who keep researching at age 105. The brainwashing about gyms, sports is eating USA alive. Nobody wants to do anything physical, except perhaps martial arts to attack others. Laziness is so high, but they need waste endless millions of tons of construction materials on gyms, while others live like pigs or are homeless. In the 11 companies system, we can't exploit some and give prince treatment to others, which undermines their health as some sit all day, while others pick fruits all day. No, in the spirit of health without waste, health without sports facilities, health without importing 5 million terrorists, we will assign job duties to ensure

everyone keeps active (minimum 5 hours of manual stuff for every job, 10 or 15 on average if that's what we need to be safe and have 0 immigrants who're actually spies) and goes to drive some drone or machine or do some construction or something 5-15 hours a week, to keep healthy and relieve the back pain of the folks who now ruin their joints and back thru over exertion. Let us live spirituality, not shout like psychos about it. ☺☺☺

I went to a USPS, US Post Office, branch on March 10 2025 and had to wait 90 minutes in line. At private companies, the wait is usually, 2 minutes, but not always, can be 20 minutes there too if many people go to UPS. If we have an ethical society, we shouldn't treat some people with 90 minute wait in line and others with 0 wait at pricier locations. The issue we have with many mailing companies is that some get paid same for working far less. Take for example variation within the same company even, in one town it's so relaxed, in another it is so busy. It's not fair to be paid the same if one processes 3 times more mail or for the Immortality Credit Score to be identical for the two. Another example, one state or city lab does 10 drinking water samples a week, a private lab does 500 a week. So how many labs do we need? They loot the people of money via property taxes to fund parasites of the 20000 governments of USA, all states and cities, and then it takes them 7 years to deliver a paper title, as we have no central company delivering all titles. The fraud that happens due to random small companies or governments is astounding. For example, when manager is away, friends can clock each other in for 5 days in a row, basically, getting free pay for a week, delivering lousy government or private company services, while in reality they pretend 3-4 people work in a given department or company. If 3 workers are meant to be at USPS, 2 can take off and one comes in only and clocks their time card in the machine. The fraud that happens every day in USA is beyond description, all due to a government of pathological liars who fake elections to deceive the masses and who make sure aristocrats continue to get paid 10-50000 times more than the minimum wage or average hourly wage. This leads to USA doing pretty much nothing and falling behind fast and nobody getting good services, except the wealthiest 0.5%, and even then pretty stone age tech. China ship building capacity in 2024 was 500 times bigger than USA: USA just promotes donkey IQ sports, UFC martial arts, and ☺abysmal IQ☺ macho music. Tao Te Ching explains when a government is cunning, the masses become cunning too, and when you get 50897189571985780912 laws via 20000 governments and make it so complex, the fraud and lawlessness multiply very fast, as nobody even knows the laws. This is USA in 2025. Instead of 11 companies with one universal biometric video and picture taken upon workplace entry/exit, we have "time cards" and other junk that allow total cheating by everyone who is pissed at the system and wants to 'do a side business'. USPS guy stole 1.6 million in checks. Normally, people would go to the one and only reviews.gov to complain and 50 people would be fined for waiting 90 minutes to send a letter, but today nobody complains, because we know nothing ever changes and the complainer

doesn't get 30% of the money out of the fines for those 50 people involved, when the complaint is legitimate. Without this system, without financially rewarding the complainer, nobody will create a documented serious complaint, nothing will ever improve, we will stagnate as in communism and today's fake 'capitalism' (mass looting by the rich), there must be instant consequences to fraud and the government needs to use the people to establish checks and balances and prevent parasites from milking the system. Not only that, but why do we need to go in person to mail a letter, when everything can be automated at *mail.gov* with you simply filing out everything online and then getting a code to pick up at a vending machine a stamp and put it and mail it yourself? It's a stone age system of a aristoc-rat like IQ reflective of the IQ of rats in charge of the US.☺☺☺ All USPS tasks can be automated, even the package mailing out, stamp, put address, mail it and go. No package pickup either, everything delivers by USPS at one's home. USPS people need chemistry, physics jobs, not wasting time, making everyone wait eons to stay in line? Why be so slow IQ, a phone code or sequence of numbers you enter and all is over. USA is becoming a 3rd world country, thanks to Re-pub-licans and Demon-c-rats.

True compassion is helping everyone, *treating all Americans as your family, as your siblings*. The aristocrats loot everyone and everyone knows it, so everyone is looking for a job that gives them maximum slacking time (acting busy) or maximum pay. Everyone is taught to be a thief, the culture of work and contributing to the national family, *its independence and self-sufficiency via 0 imports* simply doesn't exist. We're waiting for the whole USA to simply collapse, without any realization of how close we're to that day. On top of that, we waste trillions with elections and stuff instead of focusing on the 11 ideas above to rescue a collapsing America now. The Immortalists will change Constitution to end politics, if they can get 70% of the vote to Declare USA finally independent from British, Italian, Jewish, etc nobility. We're in a *mortal danger of* vanishing off the map, *yet nothing* is done to address the huge issues we have. You know, instead of these 4500 banks of the aristocratic bloodsuckers, we can have one, no cash, so that nobody can buy anything in America without an Eterni Bank card that is given only after they pass the Immortality Test and the English Test (deport all illegals, test all legals who came in last 50 years), to determine if he's a spy or a terrorist, or wanting higher wages. We need a national disinfection of parasites. Too many fleas. Too many illegal spies and *serial killers*, terrorists and drug dealers live off USA using cash, undetected. In many states, you get a notice that has the same paragraph written 15+ times in 15+ languages, wasting a LOT of paper, instead of protecting workers who inhale toxic fumes in paper and ink factories, they print 11 pages instead of 1 when sending some card for any benefits or whatever. Your ID, that is also your Eterni Bank Card, would suffice in a centralized system to access all your 'cards' and benefits, without a need to carry more then 1 card ever. No wallets would be needed, we would have health, longevity, 8 hours sleep, decent housing, good food, *gentle tender soft nurturing loving*

healing kindness for All in America, instead of wallets with 400 discounts cards and store cards and everything. We have become like slaves wearing 500 lb chains around our necks, these discount cards, 40 credit cards, benefits cards, separate state and local agencies duplicating, mailing, spamming, instead of all paperless. It's horrific, our incredibly low IQ, greed, the fencing system created by the bloodsucker British Jewish slavery system. Why waste so much paper when you can say it all in 1 page (not 11) or 1 email and be paperless nationwide by default with one single national Utility company? Because of the Demon-crats, Re-pub-licans who promote the split of USA into 17 states speaking 17 languages. Vote the Immortalists now. We the workers of the worldwide, need one language for efficiency for more rest, relaxation, health. Instead of efficiency and unity, we have chaos, war and waste. Why on Earth do we need 7000 languages for? Have we lost all sense of reality? American top job is making paper, black ink for all useless needless mailings (email it) from the 50000 government agencies wasting their time, when we could have 3 agencies and 11 companies max. End of story. No more ministry etc, the companies are the ministry and we keep it simple, no more local, town, state gov, all local are federal offices of the 11 + 3:☺☺☺ Immortality Education Agency, Immortality *Nurturing* Agency (CIA-FBI-Border-police all in one), Eternium (War Dept reformed). Simple. 14 total. Within the Eternal Utility Inc, we have only 1 water department within the company that is the sole water agency in the USA, with all existing ones, being local offices. This max sharing of knowledge improves processes and research, all is shared so people don't reinvent. People ask questions of technical nature to 1 million other co-workers, instead of only 20, this is democracy, we're one USA, one nation, one Family of Immortals, all city & private labs become labs of the Eternal Utility Inc, city water labs are no longer city property, but federal. Universal America. Cooperation, kindness, smiles☺☺ joy replace cruelty, frowns, cut-throat hoarding of knowledge. Today, due to a government of incompetent Demon-crats and Re-pub-licans, we have endless nonprofits to feed the starving, when in immortalism everyone has a job, house and food. The lies that socialism fails come from those who committed genocides and endless sabotage, torture etc to make sure the system of those "socialist nations" fails. It's all aristocratic liars.

Why have 11 companies that ensure 0 aristocrats and 0 unemployment, for 0 stress of "being unemployed"? Good question. The royal families of millennia passed very draconian mutilation, execution laws for helpless malnourished slaves to subjugate the masses. Today, the oppression is 1 million times more subtle, using complex laws nobody understands how they're implemented and complex monetary systems and social engineering. *The more complex it gets, the easier to subjugate the masses*. For example, since 1349, British royals and their aristocratic friends *passed mutilation and execution laws* against the peasants they worked to death 75 hours a week, when these poor malnourished tired peasants were moved out of their homes into cities to find jobs in the new non agriculture jobs, trades, etc that were emerging. They

would beat until blood came out, mutilate those who begged or tried to rest for a little in the confusion of societal changes. We see today similar cruelty, except they use invisible weapons. If you don't know history, it repeats. Today, these parasites formed 1500 banks in Germany, 4500 in USA to subjugate the masses. The 8 million mansions of various mini, middle or big aristocrats are online for all to see. The rich create endless useless products and companies we don't need, redundantly reinventing things and creating insane levels of stress for workers who have to meet inhuman deadlines for discovering what others already discovered in another company, or lose their job. The *bloodsucker aristocrat* is not fired, he fires people, so his abuse of the workers is huge, as the state protects the trillions of dollars in theft by aristocrats from the people, the state doesn't protect the people themselves, who're mere robotic slaves of the nobility. The 11 companies system simply moves people within the same city or metro area, within a different department if they want a new experience or the needs change or a better fit exists, eliminating the need for begging or unemployment or endangering one's health to meet some crazy deadline for a product that helps nobody, except the aristocrat's desire to shorten the lifespan of the masses of slaves. The clever aristocrat is often a spy whose only goal is to work the slaves to death, so they don't create any democratic party or change the government of phonies they install in every fake election. Everyone is guaranteed a job with the 11 companies. These 11 companies can tackle all the needs for living to 9 billion in happiness, though 1-3 other companies could be added; the simpler, the better. It will take 50 years for all food companies to merge and become part of one single entity with one single subsidiary Eterni Food Inc, due to the fact we need to develop those super high tech industries of food production without agriculture, by creating millions of food chemist jobs, etc. However, formally, all companies can join one of the 11 and start the slow process of mergers and high tech job creation, and remain for a period as separate subsidiaries for years. Some industries can be merged in 15 years fully, others in 5-50. This is not so much about living to 125 on average, but about the survival of the human species thru the development of 0 violent crime, 0 wars via the total eradication of 1 million companies used by foreign gangs, spies and sabotage units to destroy the country they operate in. It's about averting the 10 second end of all humans via the planet blast. The climate change (supervolcano eruption could create nuclear winter and lead to starvation of billions) needs us to prepare for feeding all people without agriculture and the risk of thermonuclear war also demands we're prepared to live in a 10 year long nuclear winter without agriculture being feasible. Now is the time to merge and create 100 million physics, engineering and chemist jobs needed to design the ultra high tech reactors of eterni foods.

Another issue with 33 million companies is that in a town or metro area or state, you often have companies fail and this leads to people being forced to change fields and retrain, become jack of all trades and master of none. This enormous waste of training hours and efforts by others

means nobody gets to be an expert and to contribute to that industry much when few jobs exist in that industry nearby at that moment, and he has to stay in that area due to family needs (new baby, wife job, etc). This ☺abysmal IQ☺ waste of human life stems from the fact that the companies are not required, as one of the 11 companies would be required, to create a new position instantly when needed which would have the added benefit of relieving work pressure on existing employees (work fewer hours or slower to make fewer mistakes) and the new graduate or person can work only 30 hours first (initially training etc) if no work exists in that department after training, to avoid retraining costs from switching industries. Say 19 people exist there, one guy joins, works 38 hours and they each work 2 hours less now, as the 38 hours covers 19*2. All are happy he joined, as now they go to work 2 hours less until any management new project appears. This brings joy in the team and they go help the new guy integrate instead of shunning him, giving them incentives to teach them specifics of his industry applied to that town where job is located, or department if same town and he changed departments due to some issue or incompatibility. The regular companies are too small to afford that, they would go bankrupt, so basically, the only solution to avoid needless stress and suffering is the merger of millions of companies into 11. Immortalists are against pain, torture, violence and suffering, the diametrical opposite of masochistic aristocratic terror Christian societies who were brainwashed by aristocrats (who made up the Jesus cult) to emulate a guy tortured to death by aristocrats, meaning to emulate being a slave of aristocracy. We want a stress free joyous transfer of any employee who doesn't fit into a certain building or environment, when mistakes or disagreements arise, etc, for maximum peace, serenity, healing and bliss for all involved. The Immortalist Anthem says love the worst human a trillion times more than the best mom loved her infant baby unconditionally, so it is a *quadrillion times kinder than the current government and private employers from hell*, as we finally grow up to civilization. What we also have today is thousands of state, local agencies wasting time, when with 11 central companies we solve everything and we don't need city or state governments anymore. Every city and state employee becomes federal employee, plain and simple, one of the federal agencies like Immortality *Nurturing* Agency (which is the one national police department, the one CIA, the one FBI, all dissolved and merged into one super agency), or Eternium (new military) or one of the 11 companies, known worldwide as one of the only 11 US companies, designed in their name to promote the Eternal Life for all concept of 0 violent crime, 0 torture, 0 war, to uplift the ethics of a cannibal lawless planet of infinite torture and violence, who needs the Light of Immortality for All. Every private company employee will join the 11 companies eventually as an orderly merger happens, integration and streamlining of procedures deepens over 4-8 years. *Do people realize how much waste happens with every city, state reinventing everything*, taxing differently (immortalists are for 0 taxes) and doing things their own way, how far behind we fall in innovation and discovery? Do we want to remain peasants? All we do today is resell, finance

debt, etc and accounting, duplicating, managing, admin, no science.

New parents will take 222 weeks off, and work only few hours a week (optional, when they slept better and want to come to the office to refresh memory) maybe to help co-train some new graduates and do some light work to prevent forgetting everything. A baby requires a lot of love and parents need to train the baby, care for him, sleep more, due to being interrupted by baby cries, etc and not have to work so hard. Parents need to learn eterni ethics with the baby too. Too many people get so mad when being fired, so angry, stressed, irritated: in immortalism, people are being transferred into a similar position in the 10 million employee company. All are thus happy. They know every mistake is created by the collective, or even due to terror, sleep deprivation. Today, millions live in anxiety of being fired by some abusive dictatorial psycho company owner. This is global terrorism by the pig aristocrat class. The right to a job trumps the right to fire by a leech making 5-50000 times more than the workers. Problem is solved easily: we fire aristocrats and give all power to the workers. Look how clueless the Chinese fake Communists are: they copied the USA system and millions of people feel betrayed by a system that doesn't guarantee all a job, like in the 11 companies system free of unemployment. In the capitalist aristocratic system of genocide against workers, the slaves spend endless hours, 2-3 years to find a job, train to do x and z, while others have work 65 hours a week, ruining their health and family: one has no job and stressed, another has too much work. In immortalism, nobody is unemployed and the guy looking for a job would immediately relieve the 65 hours a week guy by working 32, so he can work 33 and recover. Also, in immortalism, managers supervise the work of 500 people in an area, to make sure we don't have the situation in today's criminal system: some slacking due to no customers and doing 5 hours of work, while others working 60 a week and collapsing due to more customers there. This imbalance is typical of a system that places no value on humans, mere slaves of the small aristocratic parasites who work us to death, or, if CIA criminals, torture us to death. The cruelty of spending years (in job hostels for slaves) to find a job can't be greater, it shows how inefficient decentralized capitalism, with millions of companies, is. These poor graduates apply to 200-900 jobs and finally get one that they don't like, if any at all, many find no job and live unemployed for years, depressed, angry, etc. In immortalism, a graduate is presented with 15 offers at least in 15 buildings within 50 miles or whatever radius they set as preference, and they can go visit and see which one they like, with the Immortality Credit Score also determining the environment where one can work to ensure social harmony. This shows a wholly different approach, where infinite loving care is shown by the state, the government of Immortality *for* All, towards all citizens, without the extortion by aristocratic vampires. *The China system is predatory capitalism like USA*, communism in name only, pure cruelty. Immortalism *is the realm of gentle tender soft nurturing* graceful *compassionate* healing *kind* ideals of the Immortalist Anthem. It's the pinnacle of

human evolution, the birth of ~*~Eternal Universal Peace~*~. All nations are invited to centralize, create 11 companies for maximum efficiency, infinite gentle tender healing caring kind love for all, and perfect ultra fast fixing of issues, which is a lot easier when 11 companies exist instead of 33 million. Or simply join Eternia, adopt English and the unified Universal Immortality *for* All laws. The endless companies or banks going bust create enormous anger and protests that lead nowhere, except social chaos, degradation of ethics, a rise in violent crime.

Gently look at the debt economy ideas (which led to endless bank crashes, financial/housing crises) all nations imported from the Banking Predators. In a civilized society no debt exists, all have a constant basic income from their job and all basic needs are met, no purchase is allowed if their paycheck can't pay for it by subtraction next few years after accounting for the untouchable basic expenses which have a given allowance that one can't use to subtract future purchases of expensive items like a house upgrade, etc. This simple banking system = 1000 times more R&D. No stock markets, no financial products, none of these hooligan aristocratic extortion schemes. Our goal in life is trillion year lifespan for all, not amassing electronic or paper money, it is efficient delivery of relaxed, stress free life, which means 30 years extra as all sleep better and stress is number one killer, and bringer of wars and civilization collapse. The simpler, the more resilient, the better, so all focus goes to SCIENCE, not finance or complex cheating hedge funds. Wall street is demolished, to create better houses, better sleep, lower irritability, less anger, more joy, bliss. One currency, the electronic digital dollar or eterni, no more paper money or cash, for 0 crime by gangs. In the current criminal genocidal system, all we hear daily in the news is finance, stock market prices, and even every major site is all about finance, there is no proper media section that reveals a true concern for the people, for human life, for Eternal World Peace, as explained in the media in immortalist societies. Nothing about self-sufficiency, no longer depending on other nations, nothing about *gentle tender soft nurturing healing kind love* for all, the more violent in tone, banal and grotesque, the higher the chance it becomes a song hit and a news item. Money is how the rich brainwash all to do anything they want, how they enslave all in the eternal war matrix of hell. Everyone is programmed to become a thief, who is always thinking of money, instead of US self-sufficiency and the birth of trillion year lifespans for all via ~*~Eternal Universal Peace~*~. ☺☺☺☺☺☺☺

Lastly, let us not kid ourselves, if people know, immigrating to Mars will give them 1 million years old in Eternal Bliss, they will go there immediately, even if they no longer have 33 million companies, *7000 languages, 8000 currencies and 90000 religions to fight and kill each other for,* but they only have 11 companies, 1 ethics (0 donations) and spirituality, 0 religions, $0 donations for afterlife speculations, 1 language, 1 currency, 1 police department, 1 bank, 1 planetary army". Everyone would quit their silly *insect* life on Earth and go to this planet of 11 companies and Immortal Lifespans. It will be *easy:* 1. ~*~Eternal Universal Peace~*~ in 3

months from the moment the nations of the world decide so in the next 2 years, 2. 0 violent crime (slaps, torture, etc) in all nations by 2035, thru the UN peaceful media reform, and the UN planetary state of emergency passed in all nations, since no nations will want to merge with their neighbors unless the other nation also has 0 violent crime, nobody wants criminal gangs to enter their nation 3. make the laws in all nations ultra similar or often identical for neighbors by 2045 (help all realize many religions are based on fraud, stop fighting over nonsense, get a life), 4. merge nations to reduce nations to 40 max and reduce number of languages to 20 by 2055, world banks to 40, 5. create one country, one language is adopted or created to replace the other 20 in 2065. This ensures the World Peace becomes Eternal and that the gentle tender soft nurturing graceful compassionate healing kind ideals of the Immortalist Anthem become real. Naturally, each year may be off by 5 years, but we need this to prevent the end of all humans in 10 seconds. While nations may not merge as one with only one language spoken so soon, the other things can certainly happen; it all depends on when 0 violent crime happens, meaning when nations can trust others to open their borders, without that 0 violent crime, *0 theft, etc, nothing will move forward, as violence inside nations will lead to wars.* Are you ready to have 8 billion siblings and to be 1 trillion times kinder towards the worst human being today, than the most loving mom was with her 3 week old suckling baby last year as the Anthem says? Are all humans to declare all humans their family and end all violence? To have sex for pro-creation only and work 24-7 to create gentle music, gentle media, and 0 crime in 2055? Sending a letter via email takes 1 millisecond, before it took 3 months (8 billion times longer) from 1 continent to the other. In 1700 World Peace took 8 billion times longer due to 8 billion times slower communication. Via a website, today one guy can update his e-book or site and achieve the equivalent of 8 billion paper letters sent to 8 billion people in the past, that now get it on a laptop instantly. This instant communication means workers can end aristocracy (and wars it creates) trillions of times faster, as they can reach the entire world so quickly to banish wars forever. Aware of this risk, bad governments tighten the Internet control to prevent the awakening of the UNITED Workers. They also strengthen religious myths to lower worker IQ.

Aware of this utopia planet where people live as one family to a trillion years old with 1 language, currency, bank and 11 companies, ~*~ *Workers of the* World *Unite, Bring the* Immortal *Delight, Workers of the* World *Unite, To Bring All* Eternal *Life,* _~*~,☺☺☺ where there is one education worldwide. ~*~ *World's* Workers *We Unify,* Immortality *for* All *We Deify,* ☺☺☺ *World's* Workers *We Unify,* Eternal *Life We Deify* _~*~. *World's* Workers *We Unify,* Eternal *Youth We Deify* ☺☺☺Silent Happy Night, *Workers* Gently *Unite,*☺☺☺ Against the Rich Parasite, *To bring* God's *Might,* ☺☺☺Truth's Eternal Delight, Universal Immortality.☺☺☺ Melody is the Silent Night song. In China, communism never existed since 1980, nor anything like immortalism, only the capitalism with strong or some central control, which like in US, leads to worker deaths

at the hands of heartless aristocratic employers. The united workers started to use fake war or events to suspiciously explode the alcohol, tobacco (Kiev founding day, 5-28-482) factories (tobacco wars in Australia are the workers' health rights against aristocracy, workers united against aristocrats selling poisons), pubs being torched and many other aristocrat businesses *that* destroy the worker class and intentionally deprive it of decent single family housing by stealing materials, city space and worker energy to build useless businesses that poison the workers, with alcohol having killed 1 billion last 2 millennia. The blood sucking aristocrats, thru inefficiency and endless dysfunctional companies, lead to everyone living 50 years shorter and working 70 hours a week (instead of the ideal 25-35 total for optimal longevity and relaxed pace, relaxing vibe for maximum innovation to live to 2 trillion years, let us think and meditate 20 hours, research how to be happier, more efficient, work smart not hard, relax, rest 15 hours, rejuvenate, work only 25-35 in repetitive tasks, a well rested worker can do in 25 hours more than a tired one in 65, take a 2.5 hours break between the two 2.5 hour daily shifts, maybe go home, live 1 mile away), 40-60 on the job and 10-30 at home to fix things, teach things, teach kids, etc that would be automated with Immortality Building Inc and the centralized education that ends bilingualism. The 11 companies system takes away the huge pressure of being fired, since all have a job and, at worst, get less pay or get transferred to a less stressful job, since the number one priority is health and longevity, not helping aristocratic terrorists to take over other nations by working everyone to death. Stress is the number one killer and driver of atherosclerotic plaque, when one eats well and sleeps well, 2 things nobody *almost in USA does due to aristocratic terrorism*. All work where they feel most qualified and happiest among the 20-90 divisions of each of the 11 companies. That's why World Peace in 3 months is so important, it allows all to stop competing so much, to reinvent what 2 million others worked to death to discover (because countries don't share anything, since aristocrats don't want 11 companies worldwide or at least nationally and roughly equal pay for all, only slavery and being a kingly parasite) that millions die 30 years earlier… while aristocrats play golf, live 30 years extra, and have fun telling us 50 lies an hour on TV to placate us as we die. Plus no private companies means no mafia, no organized crime, no spies to make violent crime spike and terrorize and shorten the lives of workers, no cartels (see top 10 cartels) as the new 0 jails system eliminates all crime, no spy companies (spies create companies as cover, new identity).

Finally, people realize thru efficiency and cooperation, *the end of income based social classes* (meaning max salary is twice the minimum), *we, the slaves (99% of humanity) of the world* will get to have 30-35 hour work weeks possible, with more relaxed rhythm, less deadlines and pressure, 5 times less stress, meaning about 5 hours each day of the 6 day week and lead a very stress free life, with high capacity to invent, to age 5 times slower, live to 500, and distribute work in 1 hour shifts with 1 hour *meditative breaks in the atomic tuner* to try reverse the

Lepton-Quark-Boson-Immortalion Chart to prior day to delay aging 50000 times eventually, to keep the ecstatic nirvana and infinite empathy and *gentle tender softness* in high gear, more like Immortal grade level of kindness. If workers are tired, in 90 hour work weeks they achieve less than in 30 hours of good rest, waking up naturally without alarm clock, being gentle to oneself, never pushing beyond limits, so as to live long and in a balanced way reach 150, then 400 year lifespan. Work smart, not hard, work rested, not tired. The problem with the system is the massive theft by a few people of all national resources, via the pricing mechanism, so that only them get to have the more decent housing, food, etc. This creates a very weak nation, where no incentive exists to innovate and discover efficient ways to give that same standard of living to all 99% not just the 1%. It creates a society of acting busy, with ever higher theft, cheating and role playing, where nothing gets invented. As democracy is a theory, then the whole thing collapses, as enemies infiltrate and then destroy us from within. When any improvement is done mostly only if all can have access to it, the society progresses 100 times faster. Currently, an improvement is only made for the 1% easily, leaving the rest ignorant, and this is made even if it is expensive, so no incentive exists in efficient high tech innovation and efficient use of resources, only the entertainment of the rich. This is genocide in disguise. Look at these Chinese slaves picking up toxic antimony, and then it gets exported to US aristocrats so they bomb workers in other nations, to enrich the 1% in the US, while the rest are treated like dogs to be suffocated in the US hotels and houses. China recently banned exports of antimony to US. The US goal has never been World Peace in 3 months, since aristocratic hawks want land. The US military is like every other world military, a terrorist gang who doesn't defend the interests of the US or that nation's people, but of the rich, the world workers need 11 companies.

A shocking chart shows millions of slave workers in USA get 10 days of vacation, while in many EU nations they get a minimum of 35, 36 or even 38. Anyone understands why USA has highest income inequality? Jewish Nazis rule USA, aristocrats don't have any respect for workers. Check out how much care and kindness Finland has for its workers, vs the US slavery. Truly shocking, no wonder Fins live 1.3 years longer than Americans, even though they have the coldest anti-life climate. The neighboring Russians live 10 years less than Fins, and Russians have 10 times more homicides. It shows the cultures do make a big difference in outcomes: China 66 hrs/wk in some jobs, leading to worker deaths vs 38 hrs/wk in Finland where people live 3.5 years longer. In immortalism, no unemployed people exist, everyone works and ages far less, since we no longer have people working 70 hours a week, while a guy wasted 50 hours a week to find a job, stressing and calling 60000 companies to find a job. Unemployment leads to endless gangs and scams done by unemployed people, so this 11 companies system (cashless society, nobody can buy anything except with the one ID that is drivers license and bank card too) shuts down millions of criminal systems. Today, one guy collapses of overwork, while others spend 40 hours

browsing porn sites on the job and 5 hours of working. When all work 35 hours really rested, they achieve far more than today even if all have to clock in 55 hours, due to efficiency and good sleep. When you're an ☺low IQ ☺ nation, you lose, disappear. Evolution selects efficiency. The IQ of the current system can't be lower. The 11 companies system ensures NOBODY wastes time to find a job, if one doesn't like it or can't perform well, he's moved to a new department in one of the 11 companies. He can choose which one or a suggestion is made. Watching violent filth online or on TV, while getting free money from unemployment simply won't lower violent crime 1 billion fold as needed immediately. We discard endless court cases for "unemployment" benefits." Why do we have so many burglaries, fraud, theft, etc? Because unemployed people make no money and have nothing to do, so they start engaging in criminal activities. So, the "all get a job" system removes a prime driver of crime. People who work even 30 hours a week, and drive to work, etc have far less time for crime. It's essential to keep people busy. Why have so many lawyers? Amway, the direct marketing scam many heard about, focuses on "allowing everyone the joy of owning and running their business". This thinking, *that 'good' comes from everyone making 25 million redundant small businesses*, at the expense of efficiency of society as a whole, is keeping the entire planet backwards. A small company can't hire R&D staff: the choice is clear: third world country or high tech ultra efficient country.☺☺☺

Imagine having one HR Department, one single payroll system, one single software, instead of 33 million systems for 33 million companies. Just think about how many savings of staff, people that can build advanced healthcare for all, housing, food, you name it: science jobs not 4th grade math. Due to aristocratic redundancy etc now we live much shorter and work twice the hours weekly we need, to achieve much lower outcomes in longevity than if we were having 11 companies worldwide, 1 language, 1 bank, etc. This 70 hours weekly (work on the job or at home with chores, plus commute, shopping, etc) makes us tired, irritable, angry and far grumpier than the worker of the future, due to a culture of bad sleep and ignoring the body needs, a macho culture to push to the limits and dig one's grave early. We never relax, we age fast and we mindlessly chase more $. Let us work to live to 4000, not live to work and drop dead at 30. The more rules, companies and regulations, the more theft, cunning, waste and inefficiency, so having 11 companies, not 33 million, is a huge plus, simplifies everything, *eliminates taxes for all*, as government prints money, and gives all a stress free life, the most important thing to longevity. No unemployed people exist, since everything is centralized and if fewer '40 hour position equivalent jobs exist' at one time, we split them among more people, so all work 25 or 30 hours, relax and invent more stuff, after meditation, relaxation, nap at work, since inventions require more sleep, relaxation and we don't want to work 80 hours a week and die, but to work 40 maximum and live 5 times longer, work smart as a team, not hard to kill each other and spend all energy to reinvent what 500 other nations discovered already. No more

acting busy at work, as that lowers pay and credit score, and thus no more need to bring in immigrants, *since efficiency creates 50 million new workers now without a job* over the first 20 years of transition, plus we can make all our goods inside and stop all imports to fill those new jobs, *no longer having to scan 50 million containers for drugs, hidden spyware, weapons from our "allies" or "trading partners" and to spend years or months to train immigrants* to pass the Immortality Test and to see if they're spies or real immigrants. This way all get to exercise, have purpose, without overworking anyone. There is no more anxiety of unemployment, or having to relocate states away for a job (you can always find local jobs), homelessness or overwork, everything is balanced, centrally planned in the most *gentle tender soft nurturing graceful compassionate healing kind* way. We need to *give all workers a fair work schedule, regular, healthy and during the day*, to change every structure of warehouse restocking and everything, by closing shops early at 8 pm, so that when it closes a grocery store, the restocking happens between 8 and 10 pm. The issue with small companies is they don't have many workers, so they give restocking to 3 people 10 pm to 7 am, and destroy their sleep and life and that of cops answering traffic accidents at night, etc. *As all stores close at 8 pm*, with 0 pubs, 0 restaurants, open, *we prevent obesity from eating up late* and we give all decent sleep and need far fewer cops/nurses to work 10 pm to 7 am as all sleep. Nothing is more important than good sleep if we want productivity, efficiency, national security, order, low crime, low anger, longevity. *We need central planning, strong centralization, to ensure work to single family housing driving* is 2 minutes, so people don't trim their sleep hours driving half asleep and crushing cars. Let us create a world of fairness, where all have a fair chance to live to 100, not just the "rich". ☺☺☺

Why don't people want to have kids? It's pretty simple: criminal gerontocracy promotes adulation of senile men and women on TV, and even in nations with 29 year old average age, TV has people of average age 59. TV doesn't promote anything related to starting a family, the concerns of the youth (no home, no job *security*, no time off for kids, etc) are completely ignored. The youth are mere toilet paper for the anus of the old men terrorizing the youth and planet. These grotesque pigs never fight in wars on the frontline (mostly in the office far away from any danger), they simply send the youth to die in wars. 1 old guy lives in a 4 bedroom house with 1 acre backyard or even 25, and the youngsters in a low quality rental studio: would anyone sane start a family in a studio or in a tiny ultra noisy, dangerous neighbors 1 bedroom *apartment where the evil aristocratic parasitic (who owns more than 1 house)* landlord *can evict* you any time? No. Why can't the old guy sell his house and move to another smaller house, get more money for more longevity and life extension, maybe split his property in 2 or 3 and have his kids live on half or third of acre and him in the back? It won't happen, the system doesn't care about the youth, only about aristocrats, it doesn't even care about the old sitting on wealth while dying fast due to lack of medical care, since selling a house takes 3 years, not 3 days. It

never occurred to the senile aristocrat that a 15 year old or 17 has 5 times more mental capacity to innovate, recall, etc than him, that that young brain could help discover techs to double his lifespan undo his dementia and etc. No, all he cares about is to watch the depraved violent sports, ride his ☺abysmal IQ☺ horse and have fun watching sport cars races that deprive the youth of housing lots. He also wants to be always on TV, giving long speeches that innovate nothing, in Chinese emperor style, who, out of sheer disrespect for the young, executed thousands of concubines, at his death, by imperial decree, since we're only to respect elders who need their penis massaged by ladies, not the young people and workers of China. That's why immortalists are against monarchies. The old senile Aztec parasitic aristocrats also executed the young in 0 IQ sacrifices to fictional gods of rain, crops and what not. How convenient to always execute the young. Our societies drill into our heads how much we have to respect the old, but the old and parents have only violence and disrespect for the young, the hope of innovation and progress. Violence by the old against the young is deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). Senile shouting rabbis and senile yelling pastors could only come up with violence (slap during baptism) as the way to "teach a child to be kind", possibly due to lack of youtube and ability to create the most perfect healing gentle tone and compassion evoking videos for all kids to hear and benefit from, not only 1 in 1 million with decent tone parents. Hence, immortalists want ImmortalityTV.com or something similar, a TV station where 85% of voices are 18-30, to provide some minimal respect for the young and incentive to watch TV, to have constructive actions, presenters they can relate to. Slaps, spanking (causes aggression & anti-social behavior) which would mean death penalty in a society of immortalists, at least lifetime labor, would never occur if centralized education 1-3 hrs of eterni tone video watched daily ages 0-9, the ethics of Immortality *for* All. We need to support the youth, lower the stress of all society. If no kids are born, where does that live us? Cats and dogs will take care of us all.

When we have 33 million companies, if a guy from one state marries a gal from a far away state, one of the two has to get a new job, sometimes in a totally new field, raising the stress level to maximum, just when they marry and want to have a baby. This is anti-life, will lead to slaps, spanking (causes aggression & anti-social behavior) later on, and conflict, divorce, etc. The rich don't care, they live off it, as divorce lawyers, parasitic folks who prey on the victims of the criminal system. With the 11 companies system, a parent can transfer to exactly the same position in another state, or similar, to lighten the workload of others in that new state. In the new town they may not need need that exact position, but because each department has thousands in an area, they can reassign tasks to lighten the load of 3000 or 2 ultra high IQ people performing repetitive tasks, by creating a new position for more innovation for the high IQ people who had their 3 kids already, by giving the new parent a low stress, low impact (if any

mistakes happen due to having a baby stress and poor sleep). This way, the new parent gets a low stress job, and also more free time off as parent too, so nobody has to spend 400 days to find a terrible studio and 500 days to find a job after they got married and tried to have a kid who was to live in the car trunk until they got a studio in a daily shootings nearby area, since the government is too busy watching sports to "reward" shootings with death penalty. Parents need serenity, low stress, before they apply for parent license and try to have sex to have the baby. *Criminal young and old aristocrats have millions in income*, the youth slaves have an insecure job, as the murderous aristocrat can fire anyone, torture anyone and leave them unemployed for years without income, causing conflict and child trauma, kids living in cars or tents with a single mom for example. America will perish soon unless USA will end aristocracy. Glory to the Young Innovators. ☺☺☺ No empire ever survived, as it was built on aristocratic terror, bloodshed and genocide. Humans may however evolve to Immortalist Anthem vibe and stop forcing others via genocide to do things that are simply not urgent, as World Peace or 0 violent crime are. *The depopulation is because of the aristocratic system of terror, by which the 10% vampirize the 90% of the nation, and the top 1% the 99%*. Today, millions of people destroy their families by working 75hr/week, while others apply for 400 jobs and get none, being in a state of mere depression, having to be homeless or sleep in cars. The mere criminality of this Marxist or 'free market' capitalism (a euphemism for aristocratic terror) model where everything is about 'capital' and 'economic theory' is just astounding: the government who is supposed to protect ALL CITIZENS allows millions of them to live much shorter, by overwork and underwork, due to its negligent incompetent management of national human resources via 33 million companies instead of 11. In Australia, thousands of companies went bankrupt, in a sign Australia might be moving towards immortality capitalism. In China, a consolidation of car companies happens too, while in 2024 2 million restaurants closed in China due to the evolution towards the 11 companies worldwide. Check the merger of 2 shipbuilding companies to make world's largest shipbuilding company, the official policy of China to merge all state owned companies. ☺☺☺

We want the average lifespan years to be much higher, to give everyone 120 years average lifespan in the short term via the immortalist system of government, and that's only possible *while working as one team*, to effectively plug the gaps and make the *most efficient use of human labor hours*, capacities and talents, in a way that ages workers the least *and keeps them well slept daily and capable to perform for 90 years not just 50 today*. Then, work is so pleasant, 35 a week or 40 with ultra relaxed pace, everyone gets to retire at 105, since people age 2 times slower, they relax in the company relaxation meditation room with serene instrumental music to give the brain a needed break from the speech interpretation brain area over activation (let all who want even take a nap or meditative bliss exercise break, horizontally, eyes closed, earplugs on, to vastly increase brain regeneration for far more productive half of the day) and

breathe and greet silently all human beings for 1 minute with the eterni silent greeting. Accidents that ruin worker lives, bad decisions due to poor sleep, happen because people are so stressed, managers push workers over the limit without any sense of compassion, it's like a nuclear bomb is dropping every day, due to the fact *we waste 50 million jobs in redundant useless positions, more millions in unemployed* and then the rest have to accomplish in 40-50 hours the rest under tremendous pressure: the whole system is of an IQ infinitely low. Workers can choose to work 5.5 hours a day, so 7 times 5.5 is 38.5 hours, to alleviate fast aging that happens when you work 8 hours straight and enable just one little break to youth the brain and minimize aging. We get a lot more done in 7 days of 5.5 hours than in 3 days of 12 hour shifts, 4 days of 10 hour shifts and 5 days of 8 hour shifts. When you start the day your cognitive energy is huge and you can do a lot. Give workers flexibility, let them work 4 days 8 hours and then 2 days 4 hours, etc if they want. More innovation happens in a relaxed creative state of no stress, so let all workers get also 4 weeks of vacation, so they can get those 200 hours off, however they see fit, even 4 weeks off straight. It depends on how routine it is, but mistakes increase fast if shifts are longer and we don't want accidents and lifespan decreased or ended. The most important thing in immortalism is the happiness, *health* and wellbeing of each worker, so if a task is not possible to be finished today well, worker goes to take a nap 2 hours, so his brain works well and he stays 2 hours longer today or comes back Saturday to finish stuff. No pressure, because health is important and someone else can work that day his half shift with companies with 10 million employees, whose brain is more rested and less prone to damage of neurons or accidents that take another day to fix later by 10 workers. We need to be flexible, kind and honestly allow workers to take half day off or a day off if tired, as a tired worker will do only 30% of things well and also damage his brain. Let him make up for it coming Saturday or Sunday, let HEALTH and honesty be first, don't work just to be physically present and screw everything up to please a ranting manager pressuring you to work because only 5 employees exist and nobody can take your place. The main issue today is pathological levels of dishonesty by managers and workers alike, mirroring the government of liars. Let all be honest, gentle, kind and it will be win-win. The whole society runs on deception, so nothing gets done, everything is 'to make things appear good', not BE GOOD. No wonder we still live to 80, and lifespan increases have gone to almost 0 recently from 15 years in 1900. Be honest, you made a mistake, nobody is allowed to yell at or torture anyone, or fire anyone (only gentle move to a department where one's skills are better suited), you went to bed late yesterday, are too tired at 8 am, so then sleep until noon in the meditative room and say 'sorry I was late', etc. Companies will have automated way of finding a replacement (since not all jobs are critical to be done that day) if someone is later more than 30 minutes, with 10 million employees.☺☺☺

We need QUALITY RELAXED HAPPY WORK☺☺☺, nobody can be happy and truly safe, while

working in a tired exhausted state. Being tired could lead to 25 million dead due to pressure to perform when tired and make a mistake one forgets about that causes some fusion power plant explosion 2 years later. No more introvert suppression of one's feelings and condition of cognition, just be honest and real, stop playing games to impress a terrorist boss. Since millions of workers die due to accidents created by an aristocratic terror *culture*, a new solution is urgently needed: we immortalists talked about giving everyone biomarker monitoring Immortality for All Centers in the cities, etc, so before starting work, the most advanced scanner takes a picture of blood molecules in the wrist to determine if one is tired or not, since at some level of tiredness the blood changes and the risk of accidents that kill self or 25 million people if a fusion power plant, increases dramatically. The results of the scan are emailed to him, so he knows how to improve and the AI recommending his eterni food formulas will take that data to correct deficiencies and improve biomarkers next week. This way the workplace acts as a daily checkup and free preventive medical care to see issues 20 years before they arise and are seen today by our corrupt healthcare system, to give all 400 year lifespan, instead of people visiting doctor every 4000 days or 15 years, as many do today. Then, if tired, or if biomarkers are bad and a threat to worker longevity, employee is sent home with *the note to sleep all day and rejuvenate, relax, laugh and recharge*. It's not just death or injury, but poor tired work that leads to not catching something that leads to losing 50 years of lifespan later in all involved parties, over a period, the equivalent of a worker death. Things accumulate, with each tired day. This helps us protect the health of workers, the integrity of families and boost longevity of all. When we're tired and we push, we damage and age the body faster, we need to chill and be kind, stop being such an insane society of pushing, while others are redundantly pushing in redundant positions *(created by "everyone needs to be a small business owner" mentality, yeah, one guy living paycheck to paycheck in terrible stress with his 'own' business, aging fast like hell, everyone a ☺low IQ person☺ for oneself, pure jungle of gorillas, don't share anything, everyone for themselves)* instead of helping us alleviate the stress and everyone living 25 years extra. Once again, we go back to the Immortalist Anthem central tenet to care for, to love the worst humans a trillion times more *tenderly gently kindly*☺☺ than the most loving mom loved her infant baby. The roaring psycho yelling of communist, aristocratic bosses is replaced with a *gentle tender soft nurturing loving healing* eterni tone of caring, honest, intelligent people.☺☺☺

In the new immortalist way, everyone feels loved and cared for, tenderly gently, so no theft, crime or anger exist, what is there to steal when all get about the same salary, maybe thrice for the manager of a company with 30 million employees maximum, no longer 50000 fold differences or even 10 fold ones? It's all thanks to the gentle care for all in immortalism, or to the gentle way of Tao inspired government. Today, workers spend on average about 15% of their working hours browsing the internet to apply for new jobs, waste time, act busy when boss

comes around, with that percentage rising to 80% for some positions. This total dishonesty mirrors that of the genocidal government who rewards (via insane pay) thugs 50000 times more for the same 40 hour work week or say 80 hours week for those “small business capitalist” ☺low IQ buffoons☺ who work so hard to age themselves to death to become ‘rich for 20 years’ and drop dead 30 years shorter. We have a government of aristocrats for the aristocrats. This can stop fast with immortalists in power. We need to start being honest and realize with 11 companies (EACH EMPLOYING millions of people) and reviews.gov to make suggestions for improvements (1-800-REVIEWS) similar in some ways to 12345 in China, *people* no longer need *to* change *EMPLOYERS or CAREERS*, they're transferred or simply ask to be transferred to a different department or subsidiary of the transition period of 50 years when many ‘companies’ are subsidiaries (usually within THE SAME MEGA COMPANY, ONE OF 11) where things are happier, more challenging or coworkers are nicer perhaps if one’s immortality credit score has improved. Do you know why USA got so many lawyers, clerks and judges? *Because America runs on greed and litigation*, instead of making things and helping us be self-sufficient and efficient, we quarrel and sue each other for the profit of Jewish lawyers who laugh as we fight. Good job low IQ gentiles. With 11 companies instead of 33 million, how can Jews make so much money to build their mansions? If everyone gets a raise and fine with every review, before and after it is investigated, nobody wants to get a bad review and everyone wants to do a better job instead of acting busy as their Immortality Credit Score can go up or down, as it is all public and nobody can post reviews on any other site and all are verified customers. Watch China go from a peasant nation to this train factory and this robot factory, world’s largest source of new patents thru centralization and ethics instead of fraudulent Jewish religion, ultra genocidal Jewish scripture and aristocratic vampirism, outpacing USA in many industries it dominates: solar, EVs, trains, etc. USA’s top leaders said USA will lead in these industries and USA was way behind in 2024, 0% of solar ingots making vs 98% China. In the US we talk a lot and do little, in China they do the opposite. You see this in the scriptures too, the West’s scripture is a long (783000 words) garbage full 1400 violent quotes collection of psychopathic violence incidents with 80 nice quotes in between, while China’s Tao Te Ching is so short, only 8500 words. Behold the Immortalist Anthem, world’s shorter scripture candidate (draft, to be edited and perfected later) for the lost West, with 2300 words. Immortalists believe that billions of people can write a scripture 1 trillion times more ethical than the Bible, so the Immortalist Anthem is just one of billions of versions that would work better for the world than the ‘evil Bible’. Behold China’s trains traveling 5 times faster than most of America’s in 2024. Scientific honesty first, proof based claims first, hypothesis formulation and testing, scientific method thinking first (see neutrino experiment to test hypotheses, instead of random beliefs), fraud and wild claims last. Germany now uses Chinese 160 km/h hydrogen train, watch a video about it. Germany learns from China. USA learns from China. Serbia got a 350 km/h electric Chinese train. Indonesia got

one too in 2023. There will be ultra challenging intellectually departments within each of the 11 companies, actually, a shortage of capable geniuses to invent the longevity techs. But only those with high ethics of immortality for all subsection credit score can get them of course, as those are key to national security too, since sabotage there could shorten lifespan.☺☺☺

No longer can we allow *gangs to run* millions *of companies or local or* state *government,* we dissolve all local/state governments. We don't need 15 million aristocrats and 20000 royal families to setup 20000 law versions for 20000 towns and villages in USA. We're one beautiful colorful village with Equal Opportunity, one State of Eternia, on 29 galaxies and 500 universes, with Immortality for all. Above every building of the "Universal Immortality Government Office", of the Universal Central Government of Eternia, there will be written "Eternal Immortality *for* All Office of Eternia", the new name of USA, after they agree to change US name. Or maybe "Eternal Immortality *for* All Office" to replace the City Hall, "Office of the Immortality *for* All Government of Eternia", or "Universal Government of Eternia", "Eternia's Immortality *for* All Government" and everyone knows that's the place where the offices for the 11 companies + federal gov office in the area are, including the Immortality *Nurturing* Agency, which is basically replacing all cops, all police, all FBI, all CIA, as only 1 police department exists for USA, now renamed Eternia. Most importantly, the City name under this colorful sign, will be 3 times smaller font, as the super critical thing is to remind people of the Eternal GOALS of Life: ~*~Eternal Universal Peace~*~ & Immortality *for* All. Each city can add under city name some other quality we need, like "Gentleness, Tenderness, Honesty, Ingenuity, Hypothesis Testing, Scientific Method" to remind citizens to Think, Question, Innovate, Be nice. If you go to company # 2 one mile away, Eternal Travel Inc, you will have a whole campus dedicated to it alone, and find many cars and the like and on top of the building it will be in colorful dazzling colors Eternal Travel Inc to remind All God's Central Quality that we lack, Immortality. All 11 companies names contain Immortal or Eternal. No other companies exist, All is the Praise of God's name, which is His Central Quality: Eternity. This Immortality Quality reminds us how much we have to learn and keeps our egos in check too. Anyone can be Gentle Kind Sweet Tender Soft etc, but None is Immortal. To atheists we say, Nothing Matters if you die, since You Got no Soul in your belief, so Immortality is the Most Important Thing for an Atheist too, so All can Unite, and Make Immortalist Anthem True. At night, the colorful letters become the shimmering neon lights to Sing The Eternal Ode, to remind all of the beauty of Eternal Soul Travel, of the teleporting shimmering shapeshifting Immortals. The most calming music is heard when getting close to the entrance with the colorful letters. If people go to the Tesla or Ford factory, etc it will have Eternal Travel Inc above Ford, to remind all of the Eternal Radiance (radiance due to having no negative words, unlike many scriptures and 100+ anthems) of Immortalist Anthem with Its Electrifying *gentle tender soft* Grace, of the Victory of Eternal Life over death, Virtue over profit, Truth over lies, God over

satan, Science over faked miracles, True Kindness over cannibalism simulating rituals, Spirituality over religion, Hypothesis Formulation and Testing over blind belief, Progress over tradition, Freedom to Live to a Trillion over slavery. For healthcare buildings, colorful bigger font Universal Immortality Inc is above the name. Likewise, for all 11 companies, the Mega Company Name is in bigger font, to remind all of Eternal, Immortal positive words that bring the thought of Living to a trillion at the center of daily life, providing us with a gentle nudge to stick to the goal of Immortality *for* All. We can build an Immortal Body, AI Soul, become teleporting shimmering shapeshifting Immortals. ☺☺☺☺☺☺☺

This immortalism is a model for USA, any nation or group of nations uniting, like the emerging United States of Europe (*11 companies in all EU*) or Eternia using English as the common, and later, as the only language, for maximum efficiency: *world's 1st universal* language used in 20 nations. Today is the day when all can start working on Eternal Universal Peace & trillion year lifespans for all humans, when the era of selfishness can end and the era of universal *altruism* can begin. Of course, this process will be gradual (15+ yrs, maybe 5 million mergers 1st, so that everything is done in a way that is joyous for all, without the least psychological pain for anyone (everyone is taught the infinite bliss and advantages of cooperation, experience the wonders of neuroscience). Jesus said Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*", so Jesus was sort of a leftist or immortalist. He would possibly be immortalists' greatest supporter in promoting immortalism and the Immortalist Anthem. You know, if everyone is Immortal living on cosmic *energy*, what is the use of *money* or *profit*?

☺☺☺ REVIEWS.GOV rewards all workers with an instant bonus/fine ☺☺☺

Reviews.gov enables immortalism to 'pay' the most those who work the hardest or make the most useful innovations. It ends the lie that "leftists punish those who work harder by taxing them more". These bonuses or fines are added/subtracted from one's only bank account with America's only bank (the bank is the end of the genocidal banker aristoc-rat class of frauds and thieves who power 4500 banks and 4700 credit unions (even if nonprofits, credit unions are ridiculous, why need 4700 unions for, we need science not gambling), 12 federal reserve con banks), World's largest Bank, The Eterni Bank within hours of a review, after the review is evaluated by AI and managers to ensure its validity, since video of work done exists in all job positions with the 11 companies. For a fine to be applied, the person has to indicate what was done wrong, so the video can be evaluated by the AI and human supervisor, though for faster processing, a pic or video is needed. Reviews.gov pays those who complain with 30% of the fines given to 500 involved in messing a product, to incentivize reporting bad product designs. People will be more mindful if the fine can be a month's salary. Fines/bonuses *would be proportional to mistake/good job and adjusted if no fault/good work is later found.* For a review to be made,

the person logs in into America's only review site, reviews.gov, that centralizes 400,000 review sites and enables all to get the real picture of a company, unlike the fraudulent system today where companies have onsite reviews to review their employees with 4.9 stars or so. Endless review sites today means no person can read all reviews in one location to get a real rating, if you happen to land on a review site that has double the rating due to friends paid to write reviews, you get conned. The review is verified, thru the central ID system mentioned above, meaning proof that you had purchased service from that company or that they did work on your home, etc, service done by the worker of that particular company. Everything is known, as Cash is banned and every purchase is known for 80000 years. A real issue today is that any company can give free services or 50% off to those making 5 star reviews, so then the yelp, google, etc reviews are fraudulent and depend entirely on how aggressive a business is in pursuing 5 star ratings, for example clinics/businesses ask you 3 times to make a review or more even, and if you do make a non 5 star review your next interaction with the business (which is already scheduled, since you did only visit # 1) will be screwed, you will be mistreated by the doctor or business, this way they pressure the customer to make 5 star reviews, as they know you can't make a bad review and expect nice treatment next time. This is pure fraud. This is how a bad business or doctor can look 5.0 while a good one 3.0 due to rivals paying evil people to write bad stuff. Never trust google reviews, so many businesses ask for a 5 star there indirectly, it's shocking. Take the Jew founded Google and their reviews and Jew Stoppelman (Ashkenazi last name) founded Yelp and their reviews (they got Ashkenazi first and/or last names, for a lot of Jew run businesses). Can you trust anything there at all when it is so easy to ask friends and extended family to make reviews? A company can give all money back to a customer so they remove a non-5 star review, it's ridiculous. Yelp even promoted companies that bought their services. Google searches can easily promote Jewish businesses, even if such fraudulent Jew owned companies charge more than the google search click bait initially says. The US has become a Jewish scam like Jesus. The biggest issue is these fraudulent companies and the use of VPN, Tor, etc allows people to create 40 fake profiles and make 40 fake google or yelp reviews that the AI won't catch as such. The guy just needs to make some random reviews to prevent being seen as a bot. This causes the most fraudulent products or companies to sell products that should never be allowed. Even when reviews are terrible and people explain what's wrong, the system we have today allows these companies to continue selling that junk that costs USA trillions thru failures, reinstalls, as with bad thin flooring or 4 billion other items. In immortalism, reviews immediately trigger halt of production line when the product is evidently reported as junk and breaking in 4 weeks instead of the 20 year claimed life. We don't have centralization, 11 real companies of high quality, but 33 million crap companies. Capitalism is pure GENOCIDE, even when amazon, etc reviews clearly indicate it's a trash product, transport, etc the company keeps selling the junk that should have stopped years ago. ☺☺☺☺☺

This ends the Republican argument that "Democrats tax more those who work harder, the more you work the more you get taxed", which is a lie, because in reality Democrats are simply puppets of the aristocrats who promote eternal slavery for all: nobody works 10-50000 times harder than others if they fulfill their duties in a 40-80 hour job or startup, you can only work maybe 2-3 times harder, so your salary will be 2-3 times higher, not 50,000 times higher for billionaires or 50-2000 times higher for telling fake stories on TV. Sure, some slack, but that's because in a criminal society of boundless theft, the worker takes advantage of the 3 million managers aristocrats setup as police force to run the "redundancy to extreme, minimum science" society of eternal fraudulent science and dumbest stuff on TV-radio to keep workers clueless, eternally chained. The lower the IQ, the more trillions can be stolen. If we have 11 companies replacing the 33 million today, we have the evaluators of job stress personnel who distribute stress evenly (by redesigning job duties and reassigning people to busy locations or departments within 3 miles) and make sure nobody slacks 10-35 hours out of 40 in some positions or locations, while others work 50 and collapse, as it happens in the genocidal Aristocrat Fraud that USA has become, with the slacker making same pay, because the aristocrat has so many companies, he can't check what goes on in every company and manager is busy with sex affairs to notice, or simply doesn't care, because of low pay from the owner, chatting with his family 3 hours daily while at work himself too.☺☺☺ The genocidal aristocrat set up a Conman Society of Fraud where they come up with Idea that a university president, CEO, etc doctor (80% are not surgeons, so their stress is not 10-50 times the min wage worker's stress, on the contrary, it can be lower, as he works with endless physician assistants, nurses, nurse assistants, nice temperature, better air quality, etc) is entitled to 20-80 times the minimum federal wage, same for lawyers and other professions. No incentive exists for the greedy MD to improve, is his base salary is already 10-30 times higher than other people who work often times just as hard as them. No lawyer should be paid more than double the minimum wage (only 1 minimum wage exists in all USA, we end all criminal local governments run by gangs and clueless people) in the Universal Etis System replacing the Genocidal Justice System today that enhances Aristocratic terror and Endless Waste, Redundancy and Fraud. This 10-80x min wage pay creates incentive for the most greedy, violent and low IQ to try be MD, lawyer, etc at all costs and we get the scam society we're in. The entire idea of a 2 party system is a fraud, they're both the same Feudalistic Royal Family Party of Worker Subjugation. They incite half workers to hate the others, so they attack each other based on politics, while the aristocrats run both scam parties: Dem max pay 5000 min pay, Rep say 50000 min pay is good max pay, same lie about "some work 5000-50000 times more than others" and "should be taxed zero for using all labor and state resources to steal trillions for their palaces and luxury cities and goods". Reviews.gov will ensure that good workers who always get 99.9% positive reviews get paid 2-3 times more than those with average reviews. Those with mostly negative reviews (verified mistakes, not just "I

didn't like his green shirt, etc") get half the pay before being moved to a different department if his skills don't match. However, this 6 times higher pay for the best worker vs the worst, in a position in USA, doesn't justify the base starting salary for some to be 10-80 or 800 times higher than others. The difference in salary is not based on position, but performance. Everyone contributes per their IQ and abilities and the most capable get management positions, so society is ruled by kind ethics not thugs, greedy "fruit fly IQ" nematode worms. Thus, immortalism is OK with one universal base salary for all positions in US and differences in pay based on how good that job is done, thereby still creating differences of 2-6 fold sometimes in pay, based on results, instead of arbitrary scams that ensure monarchy hereditary control of classes of jobs by various gangs, groups, ethnic groups, to perpetuate their control of a nation☺☺☺. In the eyes of Super intelligence of Immortals or God, all deserve same starting base pay. See why God loves all his kids, the President is the parent of all kids (citizens), a parent gives all kids same food amount, same equal opportunity to develop and do a great job, same amount of toys, etc. This creates a Fair Society of Eternal Universal Peace and Immortality *for* All detailed in 15+ pages on Equality.

The visitor of a hotel can unload pics of mold areas, of dirt, etc, videos, for the whole planet to see, or at least Americans with an immortality ID logged in, thereby destroying fraudulent marketing, and fake yelp google reviews, aid by aristocratic parasites owning a dumpster hotel. All the most disgusting hotels can now make a "testimonials" page on their website and claim the average rating is 4.9 out of 5. This would be illegal, as the only testimonials or reviews site is reviews.gov, where proof someone not related (friends or relatives) to owners have purchased something, and have stayed there if a hotel. It allows renters of a room to make reviews of a room, to indicate the horrible smell, for example that makes it impossible to get a good sleep, etc. This would immediately alert the Immortality Building Inc that carpet or etc needs to be changed, and reviews can be made even before one leaves, public or only for the company who can then do a 'routine inspection' due to neighbor noticing odd smells, etc. Allows you to see everything about someone they can hide now with 400 sites of reviews, but you won't need to, since only 1 maintenance company exists and everyone does a good job, since everything is recorded via video (read below). We need accountability if we centralize. The *Immortality Credit* also changes with every review. This creates instant feedback and ethics development system of true universal loving kind fairness. This prevents the main reason some attempts at overt (not covert, where all 'private companies' are state owned in reality)☺☺☺ centralization (so called socialist leaning regimes) have failed due to foreign spies overthrowing the governments to create puppet states of slaves using this discontent about equal pay for vastly different work. If all get same pay for doing 3 times worse or better job, then all collapses fast, see USSR, since you have no incentive to work hard, everyone starts acting busy, since pay is the same, Immortality *Score* the same, etc. If all have the same Immortality Credit Score, that determines

what newer more expensive immortality techs they can get to live long, then serial killers get to live as long as the most peaceful people and thugs take over and subjugate the kind and gentle. Besides the 11 state companies linked above, the *essential pillar of the fastest scientific progress in world history*,☺☺ using centralized *efficiency* and reviews.gov is education: ☺☺☺

Free Centralized Education (*end for* profit education, all educational institutions (single rooms, vegan dining choice for all students using on-campus housing) part of the Education Department renamed ~*~ Immortality Education Department ~*~) + 11 nonprofit state corporations that take care of the fundamental human rights to shelter, food, transport, health and wellbeing. 90% of teachers retrain as high tech workers and research scientist/lab instructor who do certain research projects using students (older grades) and other teachers (*former teachers who choose to become researchers by taking basic courses, since their field was not* science) as research staff, in the new 1 million labs (many classrooms turned into labs, since many take theory online at education.gov), for the total shift of education from repeating what is already online to RESEARCH. Today, teachers repeat the same stuff (with minor variations, that people can learn online already for 15 years from khanacademy.org like sites, or from textbooks) in a slightly different tone, not eterni, according to the aristocratic model of reinventing things 50000 times for the small profit of a school owner, while the nation sinks into ever greater stagnation or "☺ abysmal IQ☺" as some call it: recordings can teach stuff on huge screens and at home and students are only required to attend the labs. This allows teachers to have an interesting job, instead of being robots repeating same thing over and over. They can feel they're contributing to amazing research and partner with universities too to subcontract research projects or take part in a bigger one. 40 million people will be excited as they move to a new higher tech career over 15 years, instead of doing robot work that AI can do better without any exhaustion. We need to get rid of all physical education teachers: anyone can do gymnastics or aerobics, etc by watching a video at home, a little push-up etc. Let people be involved in trillion year lifespan building, the research, wash glassware, clean the counters, instruments, etc. Efficiency first, real science and new classes on Immortality *for* All (Health, Longevity, World Peace, Living to a Trillion Years). We also need to end all sports events if we can't reach World Peace in 3 months, since Peace is 1 trillion times more important than shouting and sports commentators who need to be gently fired and hired as World Peace bringers (get new degrees and work on tech to solve issues (water scarcity, resource scarcity, etc) people may fight for, diplomacy, etc). Schools need to have Immortality and Eternal Universal Peace classes instead of Physical education, so kids know how to bring Peace from an early age via 100s of methods and what is far more important than exercise: nutrition, vitamins, high tech, peace. The palace dwelling aristocrats have created *an educational system centered around "*slavery*"*, i.e. the worker learns the skills a slave worker needs, and nothing more: health or living to 7000 is not a focus today, as the disposable slave (or

any race, the 99%) is *simply worked to* death, dying fast at 60-85.

Immortalists are against stress, cortisol, etc as that ages students and builds psychotic behavior, wars and violence. Therefore, instead of 4 months of holiday during each calendar year split via summer, spring and winter holidays of 14, 2 and 3 weeks, they could create BALANCE, and simply make 13 holiday periods of 1 weeks each 3 weeks, in which students and teachers can simply relax, meditate or focus on the lab research alone in a less hectic way. From 19 weeks of holiday to 13, so that the 6 weeks removed make the existing weeks load lighter, so people are happy, not stressed by enormous homework. A year has 365 days, so we get 3-1 weeks repeating 13 times, 28 days*13=364, with an extra holiday on New Years. We want to introduce an eternal tranquility vibe of Eternal Universal Peace in 3 months. ☺☺☺ This promotes a wholesome development of happiness, relaxation, predictability, order (not chaos and ups and down, the emotional serenity of a trillion year old Immortal), *optimal body and brain repair, elimination of shock and awe of final exams* and sudden pressures around certain times of the year that age the brain. *It helps to create a happy youth and prevents epigenetic psychopathy in the quantum field.* If you take your brain or any organ, hand muscle, etc and you push it to the limits, you can cause a lifelong scar in the muscle of your hand. The same exact thing happens with the current ☺filif shrimp IQ☺ system of mass memorization (memorize, don't think, question, test hypotheses) and torture called "schooling", they don't know how to be *gentle tender soft* and achieve longer brain longevity, everything is a psychopathic reflection of the rulers: the military and their insane destructive training inspired by the word of 1400 quotes of violence and killing. They load all in one 2 days or 4, instead of evenly distributed for optimal 9000 year brain longevity: the crazy students get bad sleep, try memorize crap and forget it all months later, this shock and awe, bad sleep etc in college, etc is anti-life. Memorize the minimum you need, the rest build it up from basic blocks, for example fatty acids mnemonic and amino acid mnemonic. We see a huge waste of time with educating people in a lot of areas and then applying only 1% of it, if lucky, to the job, instead of making education more research based and less memorization based, so they can learn more during the job (and have a real contribution to innovation and discovery, an intelligent discussion with the manager, being more relaxed, having a nice science journals reading room in every company, etc) and read the papers in that subfield, without stuffing their head with so much junk to memorize for the 0 IQ final exam on 'economics' electives (to "graduate as a clueless galley slave☺☺☺ who doesn't know anything about decent nutrition and sleep to live to 950) and "history of psychopaths" (human history). They read a lot of papers and study in college and then on the job none of that happens anymore, as everyone is duplicating and no research happens. Free education is good, but we need to do real world research in high school, college, PhD education that helps the mega state companies… by assignment to the research director and his research needs in that

company division, not just memorize like robots who then watch porn at the boring job they get delivering condoms after wasting 4 years memorizing physics. Let the 1 million immortality labs that replace 1 million classrooms (since all theory classes are online at education.gov) be like a research division of the state companies, working as one nation for one goal: Immortality *for* All.

Why would the next 11 mega companies be state owned and not employee owned? Well, they can be employee owned one day, if people want, here is a hypothesis stating that it is not the best thing maybe. If people vote for nationalization of certain entities, it can be so, with some Immortality credit score bump (big one, that normally takes 5 years) for being kind and supporting everyone's lifespan doubling, not just one person living 5 years longer, and some cash given to the bigger stock owners. The reality is the people own the public companies, their fruits, etc, since the companies do ***everything that is essential to living to a trillion*** and get all benefits from it, but to avoid people wasting "10 hours weekly watching the stock of their company", it would be simpler to focus on how to house, care for, feed and transport all in a better way, instead of new programming about money and owning stocks. For a society of truly virtuous people, where all help all live to a trillion, the need of even a 'stock' market is not there, since they have perhaps just ***50 companies nationwide and live to 1 million: we got 33 million companies and live to 100 max***, our goal in life is MAKING $, and startups, millions of companies, everyone a PhD in gambling economics, yet clueless about what they eat. Unemployment is a thing of the past, since all people work for the main 11 companies or the education department. Wasting all your day chasing stocks or calling 5 trillion contractors and 5 trillion insurance companies to get the best deal, is no longer true. The time is spent with helping all live to a trillion, not saving 10%. There is no need for all these 0 IQ business ads everywhere (most ads are related to buying and selling houses, foods, stuffing yourself with filif monkey IQ foods, insurance, etc, things not needed in a world if instant house buying and selling, automatic universal insurance, eterni high tech foods), while the important words, are wholly absent: related to how to live to a trillion, Eternal World Peace, 0 Violent Crime in 10 years, 0 jails in 10 years, the qualities, technologies, etc. For any car, house, etc there is an associated universal insurance provided, for whatever level you want, above the minimum provided. When car makers are required to fix the car and house makers are required to fix the car for 30 years, they make a better product, not one trashed by hurricanes in 10 seconds. How can a moral government allow the aristocrat terrorists from within or out of state to sell wood 'paper' houses to Florida that collapse in 10 seconds at a simple hurricane or tornado and kill people? Ironically, these same gluttons get awards for creating jobs (their beer business perhaps, to kill 3 million people a year, a side business) of "making barns for people to die in", and be promoted as a Knight of the local BS branch of the Church of Eternal Lies, and by the local city council, filled by fellow palace dwelling aristocrats. A national company will exist for house

purchases, maintenance, building, if any winds reach 195 mph in a given area, then all houses must withstand that wind speed, via dome shape or concrete use or metallic window shutters: centralized protection of every human Immortal, not just aristocratic pigs. The funny thing is how on all main websites there is a FINANCE button, like yahoo, etc, but never World Peace, Immortality, Trillionairians (who live past a trillion years). People are like mad dogs chasing $, saving 1$ by calling 300 companies that sell 300 product versions. We can *gently* kindly choose: 33 million companies and living to 80 or *11 efficient companies* below and living to 80000: ☺☺☺

4.5.6.1. Eterni (or Immortalist) Food Inc, or Eterni Food Inc, is the most important of The National Unified 11 companies that later possibly change the planet forever by replacing the other 1 billion companies in existence, to bring the world of trillion year lifespan teleporting shimmering genderless shapeshifting Immortals. ☺☺☺

Eterni Food Inc, World's Most Virtuous Radiant Resplendent Magnificent Bounteous Company

All delivery vans say "World's Only Company that stores, ships foods, supplements, medicines at 55-70°F, in opaque containers, to protect the billions poisoned by the small or big aristocrats"

We take the product from the manufacturing site overseas (until US reaches Freedom and makes all edibles inside USA as any rational biosecure nation does), transport it on Eterni ships and bring it on Eterni trucks to the Eterni warehouses to be delivered by Eterni vans. We can never trust these scam companies in India, China that supply 90% of US powders, etc, with their storage temps or even local warehouses before they ship to Amazon hot warehouses. Without healthy food, air and water we die fast, hence we love the New Periodic Table too. The supplement section has 20+ bad ingredients and the maltodextrin section (# 22) explains the perils of decentralization: you need 5000 preservatives in foods/pills that destroy our health. The potassium section explains only 1 in a million Americans gets the basic nutrients needed to live a long and happy life, so only 1 in a million lives to 110. Eterni Foods will eventually become the most high tech food, in opaque containers, free from "light/air oxidation, liquid form (that oxidizes vitamins fast)", tested 100 times more than today due to mass production of testing devices only dreamed of today, amazing powders you dissolve in water and drink or swallow (if you put less water to make it like a puree or gel) within 1 minute. All huge companies below can be called *inc* or corporation, names don't matter, Inc is shorter and more efficient, like Apple Inc, *allowing us to have space on product labels for the other long words to create* eterni *vibes:* Eterni Food Inc *is a lot better than NanoFood Corporation*; inc is incorporated, so both are corporations, but to be efficient Inc makes sense, so people type less, font is bigger on packages for the Immortality word, etc. Eterni Food Inc unifies all food, vitamin, supplement companies (production and distribution, restaurants too) into one, to decrease admin staff and increase RESEARCH staff, the high tech space age production of proteins, carbs, fiber, etc to enable food

production 1000 times cheaper than agriculture some day, while in the transition period to allow 10000 tests per food product to ensure safety and quality. Today we have a few food products, with endless poisons added for color, texture and taste. With immortalism, we can make 300 million daily powders with 20000 components changed as we change every week based on AI data on our body's needs, made within 24 hours, meaning we can make 1.5 trillion personalized meals (4200 weeks in the average lifespan, times 340 million Americans, 1.4 trillion) that are nutritionally centuries ahead of the unscientific pure crap people eat today. It's a diversity (antithesis of profit capitalism with few choices) and health of products undreamed of in the pig capitalism of today, when munching gorillas fight to the death to steal land they obviously don't need to live to a trillion.☺ The masticating ☺abysmal IQ chimps☺will be replaced by the happy Immortals who sip the thin or thicker liquids that help them live to 500000☺☺☺. Please read the vitamin E tablets losing half vitamin E in 5 hours section, which touches on the pros of centralization: all vitamin storage is made in the coolest cities so we spend far less to keep warehouse at 74°F ideal temp, this way, until the day of preparing vitamins days before shipping, we create far fewer toxins due to heat degradation. Eterni Food Inc can design 10,000 B complex formulations and people can choose and have it shipped 2 days after manufacturing for maximum freshness. The corrupt US food industry run by criminal aristocrats could not be unhealthier versus Japan as this video shows, explaining why Japanese live 5 years longer than Americans, look at how regular/small their meals are. A guy ate McDonald's for 30 days and all went to hell, his vitamins were low, his blood pressure increased, cholesterol too, liver became fat, uric acid went up. We need fine McDonald's 50 trillion at least and disband them, take them over with Eterni Foods (could rebrand the restaurants that way and make friends of immortalism worldwide). These infernal monsters jail folks for stealing 400$, but they steal 4 trillion in healthcare expenses. The genocidal aristocrats never go to jail for comitting genocide via McDonald's, KFC, etc. This is better explained in the 4 page section on vegetable oils, why US needs to ban all walnut exports, and block non-walnut nut imports, why barbecues/frying are GENOCIDE. Immortalists will require Amazon and all companies (that exist until all food companies merge into one) to list food harvest date online, so we know if walnuts, etc are 2 day old, 2 years old or 11 months old. Vacuum sealed walnuts or nitrogen sealed would be a great requirement for all nuts sold in USA, besides opaque bag to prevent light. Due to millions of food companies, 33% of food is trashed in USA, that's a huge level of worker time, electricity, wasted that could have been used to make eterni powder supplement to help all live to 4000. The existence of one company means it knows based on past purchases, revealed by the Eterni Bank, the only bank, as cash is outlawed and only 1 credit card, 0 discount cards/lotteries exist, how many of each item is ordered, so we don't trash 33% of food produced or imported. The small aristocrat terrorist doesn't know, he struggles to reach the IQ of rocks or cabbage, praising capitalism for poisoning all with deadly AGEs, chemical rich produce (China, US taught China the

Torah: con gentiles, get rich) due to the inefficiency in transport that forces the rich scoundrel to preserve/poison foods so they sit on shelves 3 years instead of 3 days. When the wild dog rules, we got 10 million banks, LLCs to hide who is who, 50 million folks waste lives in retail, admin, no self-checkout, no single national police department, 5 trillion cameras to prevent theft, no death penalty for violent crime to stop it, so no staff exists to make the transport efficient, cool, distribution precise so all food is eaten within days, anything not eaten dried to make powder foods, so no worker toil goes to waste. No more packing materials that can't be recycled, as these kale twist ties that are made of steel covered in plastic, then paper. All will be recycled. ☺

The ω3 section explains how fish and algal oils become rancid, full of trans fats (due to no FDA "standards" to label trans fats above 1 mg/serving, with 500 mg rule today) and lethal at all warehouses, especially Amazon, due to temps reaching 100°F and due to truck and ocean transport that can expose oils to 130°F in a metal container. Thus, immortalists will mandate Amazon/everyone to keep all perishable vitamins like fish oils at 50°F (special designated warehouses like Eterni Food Inc will have for its powders, or fined 4 trillion/year) and to transport them in climate controlled EVs, with the trillions the rich stole to build palaces. For this to happen the Product Approval Agency, the Immortality *Nurturing* Agency, that approves any product made in USA, can't approve most vitamins in solution (unless it's the only form available like fish oil), as vitamins, nutrients in solution deteriorate 900x faster and they take much more space and energy to transport, cool, store. The age of spoiled scientifically illiterate "cow IQ" frauds who create rat IQ companies to poison the masses would be over, they can't build palaces off genocide anymore. Summer is 10 months in some states, those metal trucks (or ocean containers from Asia, EU, South America, Africa, Australia) get to 100°F even in February in Florida when outside is 70°F, 130°F at 95°F, enough to kill all probiotics, ruin all oils, be it DHA-EPA or any food oil packed like zombies from 5000 BC, in 20-100% clear bottles (only 0.1% of oil sold in USA is in pitch black opaque containers and consumers store it at room temp in bright light). Keep in mind on many medicines, eyedrops, et it says store at 77°F or discard if it was at above for 2 weeks. What do you put in your eyes? 33% of food imported from mainland to Hawaii is rotten & thrown away once it arrives, and Hawaii is much closer to US than China, EU. We get too many junk products, in the food industry, only 0.001% of products would pass the future immortalist criteria or 10 in a million. JNS 2015;4:e30 found 83% of fish oils didn't pass the ultra loose existing peroxide criteria, and with tight immortalist standards 99.999% of EPA-DHA pills would fail. You're being poisoned and canned fish can be 10 times worse than those pills, with 80-99% ω3 gone. That's why only 1 in a billion lives to 120. Same for restaurant "products" created by sewer IQ rats. ☺☺☺ Do you want to live to 150 with 100 products or to 80 with 10 million? The so called "product diversity" is poison diversity, they have 1 million packages and poison (carcinogenic flavors, texture givers, colors, odors, etc) mixes added to a

food that rots to justify 1 million palaces for the small aristocratic leeches. In reality, it's all one Big Product, One Fraudulent Poison Mix with different ratios of Poisons. We don't have real product diversity, they pack the same 4000 BC milk hoping a few poisons and pack colors will make it a "different product", or make us live to 4000, when they can't because E, A, D vanish in hours in their "smart containers". A different product would be an eterni powder that has all nutrients a human needs that can be shipped without degrading, as with liquids, so people can dissolve it at home for 0.0001% degradation, not 50% today. Physical stores will have a barcode that when scanned shows the harvest date, just like all packaged/can foods list harvest date for plants used. In USA only the genocidal aristocrats have rights to steal trillions, consumers have no right to know how old foods are (see Amazon walnuts pic of black mold), what country of origin they're from written on package, etc. When you have 1000 grocery chains and 1 million small stores and 800 online stores, you don't have a good software, website with 300 times more info to select from for filtering and with proper labeling of contents, harvest date, etc. Imagine Windows with 2 programmers vs 2 million today, it would be like a 1st century type of nonsense, like the food industry is today.

The oxidation explained below (and in the omega 3 warehouse section, all trucks, all ocean shipping containers need be painted ultra reflective white to keep temp inside below 80°F, via better insulation, especially vitamins, oils, eyedrops, liquids, etc, today they can reach 150°F inside) shows in USA and worldwide, the filif camel IQ☺☺☺ aristocrats are unable to store (freezer if more than 1 month), pack under vacuum or nitrogen, seal from light, etc even nuts and seeds, oils, etc, a most fundamental food group. That's why we need to boycott all parties worldwide and vote for the Immortalist Parties. US is the # 1 walnut exporter, yet it can't store walnuts properly to avoid oxidation, storing in fridges other far more lethal foods instead due to a government of low IQ folks worshiping Jesus, the flying spaghetti monster and other spies pretending to be flying teleporting beings or Flying Pigs. See Wikipedia on Spaghetti Monster and Joseph Cupertino made up story of flying. The immortalists will fine Amazon and all companies trillions for all genocide via rotten foods at their super hot warehouses, where they store nuts, other foods that should be refrigerated/frozen. The Amazon and grocery store pig owners, who suck the blood out of supermarket shoppers are not building warehouses underground, for heat sensitive foods, vitamins, eyedrops, that would remain much warmer in winter and much colder in the summer for the same (solar panels above) energy used in present above ground (often tornado/hurricane wiped out) warehouses, stores, etc. Some say it's more expensive to dig underground, but it's not, because millions waste time with gyms and rat like filif IQ 'sports', that could be used to dig underground for healthy foods/creams/shampoo. Even better, as tech advances, food.gov would allow all to customize their daily multivitamin according to a desired combo (no longer do you need to buy '200 bottles" of 200 herbs, vitamins,

etc you can just have it all mixed into one by food.gov and the AI will make suggestions based on the 500 biomarkers monitored weekly at the city Immortality Park; this will enable huge population studies as everyone monitors vitamin and food intake: a daily 100% opaque pouch you open and pour in a smoothie will be your 200 "vitamins, nutrients" into one. Another advantage of food.gov is recycling rate will reach 100%. We have 500000 garage vitamin companies with 500000 bottles of 5000 types of plastic paper etc, which makes it very difficult to recycle, energy intensive to say the least. Imagine, world's most high tech factories, like a Tesla factory vs a carpenter making chariots in year 100, that would require only 1 type of recyclable package for vitamins, which always come in the same form, just different contents based on what AI + you chose to have in there. We care about opacity and freshness, not about 'color' and 'marketing'. *The age 9 billion year lifespans targets begins*, the joke with "gain 4 years by exercising 25h/wk 50 years" is over. The monkey sports today would be over, as we evolve past bipedal crocodile stage. This company will also remove from production all high AGE foods, the so called Weapons of Mass Destruction disguised as foods, and used to destroy the health and brains of the worker class. It's essential to fine all pizza companies 500 trillion dollars, to prevent the Italian Mafia from using pizza shops to spread disease and destruction globally (pizza has 700 times more lethal AGEs than other foods), as with the Bible genocidal quotes of mass rape, cannibalism, domestic violence the evil Vatican hides, by removing Bibles from pews. The Italian Mafia seduces people with taste to destroy their brains and keep humanity primitive, ☺abysmal IQ☺, cooking the same way as millennia ago, due to its pathological addiction to tradition, be it the 0 IQ wafer tradition, the IQ lowering baptism tradition (see how babies were baptized by the Italian Mafia created Christian Church for 1200 years and even today in much of the world, drowning babies, causing brain damage, lung damage, as pizza does), & other filif IQ traditions. Why doesn't the Vatican have people read the evil 25 quotes they claim are God's Word? For the same reason they push their *infernally evil poisonous toxic pizza globally via the Italian mafia*: to deceive, enslave, destroy, to take humanity into a black hole of ☺0 IQ☺ and violence.☺☺

We need to fine all food companies trillions, because they sell unsoaked grains and legumes, when we know these can cause endless nutritional deficiencies and useless procedures, deaths. Centralization has one huge advantage, we produce 1 food product 100 times better than any today, instead of 100 variations of the same product (for example a new protein powder), with only 1 of the 100 being 10 times worse than the centralized product. The reality is a small company has 10-1000 PhDs, while a big one, 20,000 PhDs and can produce something far higher quality. Also, it takes today forever to test food products for 25,000 ingredients and chemicals, so when you have 100 useless products, you waste 100 times more time in routine repetitive 0 IQ testing instead of developing next generation product. Today, our food labels are pathetic, they show only 10 compounds in mg or g, not 25,000 as we could by entering a barcode at

food.gov in the future, so MDs, eternists, nutritionists, etc product developers can work with scientific data, instead of "I have a feeling this will work, let's try this". We need a sceince based society, not a gambling based society. USA today is a gambler's paradise: 40,000 lotteries, 9,000 stocks, 20,000 crypto currencies, random product development to make one's version of a common appliance, without any real improvement over the existing trash.☺☺☺ Gently read the tragedy of humidifiers, how the lack of National Universities projects with 100000 researchers working on one good humidifier leads to tiny companies developing 1000 trash humidifiers. ☺☺

With centralization, you can plan x million tons of purple kale, cabbage, lentils (they call them black, but industrial soaking can extract these life *giving polyphenols, it's looking purple when soaked),* etc and ensure everyone gets a really healthy diet, regardless of which of the dark blue or purple fruit veggies they eat, since they all have roughly similar compounds that prevent atherosclerosis, aging, etc. Today, millions of Americans are severely deficient in important nutrients such as polyphenols, due to a decentralized *chaotic* food system where ☺abysmal IQ☺ reigns supreme: 20000 farmers cultivating the least nutritious veggies *(iceberg lettuce, normal lettuce, cabbage, etc, instead of purple kale, etc, useless trash with 1000 times less nutrients is grown, leading to human resources wasted, transport, selling, etc, people eating salads with nothing useful)* and committing indirect genocide, under the protection of the government mafia whose main directive is the defense of for profit aristocratic families that kill all fast thru their ignorance, instead of cultivating the most nutritious stuff in USA so everyone has the good polyphenols in their diet without coffee (that causes 50 million miscarriages and failed conceptions every few decades, delaying family starting, adding expenses, causing cancer due to miscarriage, birth defects, low IQ), using new made in USA products, produce that have these 150 year lifespan giving polyphenols and good fibers via smoothies, until we create the 25000 chemicals in new chemical or biochemical reactors without agriculture. Coffee is used by traitors only, since it's not made in USA. The government needs rapid action to end coffee shops and promote much tastier and healthier Immortalist drink meditative spaces of Immortalism on Steroids and Immortalist Anthem vibes. Say no to child labor, coffee, cacao and chocolate use slave labor, wake up, be kind. These WAY BETTER THAN COFFEE products are purple (not green) cabbage, cauliflower, kale, corn, cactus, carrots, yes all these exist as purple varieties. Once you get your blue red purple polyphenols from 10 other sources, you're not so dependent on blueberries in case a fungus kills all blueberries. We need blueberries, not plums that give too much gas. We worship of money and individualistic choice that makes us incapable to make 1 billion times faster decisions and adjustments in our food supply. In case of war, floods, earthquake, disaster, solar storm that ends all electronic devices, all transport, all satellites, we're sclerotic and incapable to adjust since we have 1 million companies and no reserves of 1 billion tones of powder that has all nutrients (eterni powder) when dissolved in water, to survive

for 25 years of nuclear winter due to supervolcano explosion or thermonuclear war or breakdown of transport, etc due to solar storms. Who needs restaurants if we teach all via TV to make a meal in 3 minutes with a new immortalist pressure cooker (that soaks legumes in one of the programs and changes the water for you before cooking to remove antinutrients, unlike the low IQ restaurants that don't do that), and teach all make smoothies much healthier than anything at the store (you select the blueberries, trash the moldy ones, the store people are fast, they pour blueberries, there are so many soft rotten ones they don't spend time to remove), until we get to eterni foods. What's going on? Making aristocratic pigs rich so everyone is sick by eating these deadly restaurant foods? Wake up slaves, unite as one family of shimmering shapeshifting teleporting Immortals to be, who live to 150 in perfect health first. A little centralization and everyone will live to 100. Right now, many farmers go bankrupt or are unable to sell their produce, due to poor central planning. These uneducated farmers are also lacking resources to switch to new crops that are 90 times healthier. They get very upset. Let all suffering cease, the 11 companies provide a lifetime stable job for all citizens as we're one family of high tech *gentle tender soft nurturing loving honest healing kind compassionate people.*☺☺☺

Centralization via one National Immortality University, 5K Unis and 1 million Immortality *for* All labs (research centers) to Boost Innovation 100 Fold and avoid cargo cults: "drug effects look like health, but even if LDL half, HDL double, people die faster than no pill" simulating 0.0001% of "health" via 1 out of a million biomarkers needed to gauge "health" is not medicine or longevity)

With centralization we don't waste $50 trillion☺☺☺ on 1 billion studies in aristocrat run univs for profit, whose conclusions are false, due to fraud or 100K confounding *factors* that none take into account, we research via the *Immortalist Unis* (see below) with fewer confounding *factors*:

1). the *1000,000 confounding factors in present nutrition studies stemming from 100000 chemical compounds that are eaten in different amounts, so while you may* investigate vitamin A effects*,* you got 100000 other nutrients that vary too much. You see, today, they forget each person has 10 trillion cells with 100000 chemical reactions a second in each, which act as different confounding factors for studies on nutrition, so much so, that our supercomputers can't even account for all the quadrillion confounding factors of different cell structure, overall diet, etc. Our human brains are too small and silly to even be able to understand the mind boggling complexity of what is going on. The section of "Fake Corporate Science" explains this better, especially the need for 1 company replacing 10 million wanna be "companies" so science papers are far less fraudulent, with far less conflict of interest (pressure to push a product or be fired). Every nutrient, among 50000 we eat daily, needs to be in a tight range, like vitamins, to help 8 billion people to live to 2000. So, where do we stand with that? Only about 20 nutrients are within the ideal range for the healthiest people, so realize please how far we're from the ideal of

living to 2000. Queen bees changed diet and lived 40 times longer than the rest. So, do you realize that we have 49800 nutrients that most humans never get into the ideal range for living to 2000? How are you going to find that with 40 million garage companies pushing poisons? The reason we defeated nature and can travel at 9000 times faster than nature given running speed with our rockets is that in a rocket, you got 1 billion parts and constraints, one mistake screws everything up. *In nutrition science however, there are hardly any constraints,* so you get to live as long as nature gave you, meaning after 2 millennia of Jesus nonsense, we still live to 120 max. Nothing is very scientific in nutrition versus rocket science, all is fraudulent science mostly. We need true immortalists to guide these studies, hard core chemists who have no agendas, they just want to create the ideal ratio immortalist powder mix of the best proteins, carbs, nutrients, fiber, fats that give the largest lifespan increase to the 99% of nation given our resources. Immortalists don't care about labels like ketogenic, low carb, vegan, meat, etc, as all eat ultra advanced bioreactor and chemical reactor building blocks superior to what nature has, without the poisons the Bible 'God' so kindly placed in every food to kill us fast. When animal or plant agriculture don't exist, you don't have agendas, only in a transition period you have plants.

2). the sleep quality, sleep is when repair is done, can't have a study with poor sleep for placebo group or control group and with excellent sleep for the "real pill, vitamin or fruit extract" group, since conclusions will be false. Good sleep can improve biomarkers alone, so it was not the fruits or veggies, legumes or pills, it was sleep or, as seen below: EF, RF. All folks need same light level, same sleep schedule, etc, monitor sleep with wrist watch to make sure sleep quality is similar. ☺

3). the effect of dirty electricity, electric/magnetic known to cause cancer, oxidative stress, blood sugar rise, you can't have placebo at electric field 1 V/m and pill group at 5 V/m, or dirty electricity for control group 30 GS, while for pill group 150 GS, as high GS can raise blood glucose. 1 GS = 24V/s, so *300 GS means 7200 V change in voltage per second, think* about it. That's why we need to look at biophysics too and how we can induce from the particle chart the best ways to reverse aging in a nonchemical way, but using biophysics, instead of 1 organ focus, look at the whole body. We have EMF fields as a highly ignored therapy and factor most ignore.

4). the microwaves from WiFi, cell towers, phones, laptops have to be equal for all participants or known to see effects of a pill at various levels of mW/m^2 of the typical 2.4 GHz WiFi or various cell signals. We need to have all study participants @ 1 mW/m^2 max microwaves, can't have control group 100 mW/m^2 and pill group 1 mW/m^2 as that alone can show positive effects.

5). the food particle size, since not pureeing greens, fruits, veggies, tubers or not pulverizing seeds can decrease availability 100 fold. Likewise, not adding fat to meals with fat soluble vitamins, can decrease absorption 15 fold. ☺☺☺

6). the temperature in one's room, kitchen, house, car, office, since at low temp immune system in nose works less, trillions of chemical reactions give wholly different yields at different temperatures, wholly changing body biochemistry, Russians in cold weather/poor heating live 13 years shorter than US; the air quality, since air influences blood oxidative stress levels.

7). citrulline content varies 300 fold from 0.02 to 6 mg/g in watermelons, so all retrospective studies using "poor memory recall" food questionnaires are worthless. Only with eterni powder foods when citrulline is always 2,500,000 µg/day can we have science, real Eterni Food Science. Lycopene and 1000s of other nutrients vary 5-50 fold, so good luck estimating "nutrient intake". You now know why so many studies arrive at the exact opposite conclusion: poor design. A good study requires a Mega Entity and real study population, like Universal Immortality Inc.

8). the stress level: if control group is in the more stressful period of life, while pill in the least stressful, you get the most☺☺☺ comical ☺☺☺ and false results. Other confounding factors are blood type (A, B, AB, O, etc each has a different stress response etc) and 4 types of liver, kidneys, endothelium, brain, 16 categories that create 4 billion types of humans, since 4^{16} is 4 billion.

9). big company fraudulent studies, as the fake science section on fabricating study designs to get fake conclusions extrapolated to normal folks. They use fake studies to influence conclusion.

10). inactive ingredients, some (stearate/stearic) shown to diminish absorption by 40-95%. Then the ☺abysmal IQ☺ professors conclude "vitamin X doesn't work, multivitamins are useless". They're useless when you add carcinogenic pill colors, artificial sweeteners that wreck the gut immune system, magnesium stearate to block absorption, other profit boosting ingredients (MgStearate/stearic acid, etc added to increase profits (fast pill making), even if it harms health).

The issues we run into are 20000 small studies that never take into account the big confounding factors: sleep quality, microwaves, electric magnetic fields in car, home, work, if fruits and veggies are eaten as puree (smoothie) or not, etc. With 5000 colleges in USA, each does a tiny study, and the conclusions can be anything BUT true. Take for example the autism-vaccine link, each camp says a bunch of small studies totaling only 5 million people somehow "proves" there is or there isn't a causation or correlation. So, we're left with this 3rd grader exchange based on poor studies done by a decentralized system of abysmal IQ: any scientist knows vaccines bypass the digestion system and can act directly on the brain and organs of the developing infant, whose immune system is not fully developed until 6-12 months old, and potentially cause changes in liver function, brain leading to autism prone genes formed during fetus stage to be expressed more right after birth. Big Pharma/Food/Phone don't want to be sued for billions, so they sponsor 95,000 fake studies showing no side effects from vaccines or whatever they sell. With centralization, Eterni Food Inc can easily say "*we are looking for a big nutrition study of 5-*

30 million, please sign up and get 1 extra point for the immortality credit score. **With 20 such studies, we cover 300 million people, not 5 million, so our conclusions are closer to the truth.**

We will measure EF, RF, and other things in your house, car, workplace, give you free dirty electricity filters and you have to eat some vitamins or foods in puree form and then regular salad or chew and turn off WiFi, dirty currents on for half the study and off for the other half. You won't know when we turn those off, or we turn everything off for half the study people and turn everything on for the other half to see effects with or without microwaves or dirty electricity, etc to evaluate how these affect study outcomes for the same group or different groups, depending on what study participants want to do". So, while skeptics glorify the 0 IQ of our capitalist era, real science requires high levels of centralization. If our papers are so good, how come, after millennia of capitalism, we don't live any longer maximum than people 2000 years ago? We humans fail to realize our ☺abysmal IQ☺. Look at the filif comical IQ☺ of these study designs, like a 4th grader designed them. When did USA have *a scientist or engineer as president? Never.* You can see the results. We were ruled by businessmen, lawyers or soldiers, spies, actors, etc, people without a clue.☺☺☺ Calmly *lovingly tenderly gently kindly*☺☺ realize the advantages of the Centralized Educational System, one Culture for all of the Immortality Education Agency, instead of 5000 cultures at 5000 universities. The result? Studies whose conclusions are 1000 times more likely to be true. No longer do we have guru (Harvard Paltering Professor) worship as with the Kumbh Mela and millions of cults, or the USA version (mindless worship of MIT, Harvard, Caltech), but real science, with no elitism, but 1 million immortality science labs, and same universal education.gov 19 quadrillion trillion courses for all 5000 universities. Problem we have today is simple: professors get 10-45K extra by tenure so they're forced to publish 400 junk papers. Tenure depends on number of papers and silly studies. It's like TV, radio, youtube: a dime a dozen, quantity baby, not quality. For profit universities produce nonsense, not science. We need an ethics reform in education too, it all goes back to the reviews.gov and the Immortality Credit Score ending Money = God/Goal of Life. Faculty needs to be promoted, weekly pay raised or lowered instantly depending on actions like with all other professions☺☺☺, students can anonymously review faculty and this causes investigation at times, raises pay, etc, studies that raise lifespan, not mere toilet "science" paper production. Results: RESEARCH discoveries (made by students) that increase lifespan are evaluated every 5 years and that raises salary, not publishing more papers and being a good fake story teller and social butterfly. The mighty force of US research is unleashed as all 5000 universities house many Immortality Labs and we expand and create another million using aristocratic mansions. Change you can believe in baby.☺ Via cooperation, we bring really useful knowledge. No need of in person lectures, everyone studies online, universities become mere research centers, 50000 of the 1 million immortality labs, say 10 labs for each university. Each university is becoming a

mega specialized lab that focuses on one area, so we reorganize a little, by moving all quantum chemistry guys in the buildings of one college. Take all carbon quantum chemistry guys and move them to MIT for example, some physics guys move to Harvard which is renamed the Eternal Quantum Physics Lab or Uni. This is synergy, we create a quantum chemistry lab that is 1000 times bigger than any today. Then, we synthesize chemicals and nutrients 10000 times faster than today, via the ideas here. All boson particle physics guys move to Caltech for example. By creating mega-clusters we increase discovery 900 fold: we say "Zinc Quantum Chemistry Uni" instead of Boston College or "Electron Splitting Lab or Uni (Uni is a University like Lab, short words are efficient and increase eterni tone, as we have to speak less)" instead of Stanford University, "Photosynthesis Uni", "Carbon Nanotube Solar Panel Photonics Uni", "Autophagy Uni" (spermidine and fasting 4000 page PDF all need to read to supervise a fast after a blood test to supplement more the low nutrients), "Water Fasting to remove joints, brain, vascular plaque inflammatory proteins Uni", "Mitochondrial Immortality Uni", "Infrasound Biophysics Lab", "Silent Mice Uni" (mice able to radiate healing energy, like infrared, etc to improve blood antioxidant status, they read by taking pic of blood in the hand 900 biomarkers daily to detect issues 50 years before they become disease), "Silent Humidifier Uni", Silent Heater Uni" (this heater produces different waves too to triple human lifespan, not just heat, but silent sound and other frequencies that delay aging 500 times), "Silent AC Uni" for random audible noise is biological entropy that shortens lifespan, "Cold Fusion Uni"☺☺☺☺☺. "Lepton Acceleration Uni" moves into the buildings of Texas Univ, "Vitamin A Uni" in San Diego Univ. There is only One University: the Eternal Online Global Immortality University at education.gov, supported by 1 million Labs or Unis. All old names disappear, they're 3rd grader names☺☺☺ that vanish in the Light of Knowledge Eternal. Phonetic of Niu is New in English, a New Word to change civilization towards honesty forever. For we're Unity itself, one Nation, USA or Eternia, with one central government, no state/city gov, we're one Unified body of researchers, not 900: Harvard School of physics or thought, Texas. We specialize and give unique names: Quantum Teleportation Uni. Access to high sensitive labs is only for those with the highest immortality credit score. This is high security/synergy, the best of both worlds. Results driven labs, we aim to add 9 billion years to human lifespan. That's the goal, not getting tenure by ***publishing random papers and being ultra social at tech conferences***. People can debate and decide if we call it Lab or Uni, but at Uni we don't study, it's only lab work. People take all classes online from home.

Amazon Grocery lentils have stones in them that are very very sharp and glass like, truly dangerous if ingested. Many other brands have stones as USA builds stadiums instead of high tech sorting machines. Ironically, organic produce is often 1.3 to 4 times cheaper than conventional, within half a mile, just a different store. This you can't find out today, due to lack of centralization, where you could buy organic blueberries at nearby stores. However, as

Immortalism spreads, this will be known at price.gov, giving customers the chance to buy organic first and let the rest rot more. We will be able to check who has it organic or who has it cheapest within 4 miles, go there. Easy. Prive.gov can allow search by production date, the time an item was made, or produce was picked from the garden, to enable all to know which store has the freshest item. Eventually, there will be only 1 price for the entire nation for conventional & 1 price for organic, to avoid wasting 5000 jobs in price setting for 2000000 stores in 2000000 neighborhoods. The time for Jewish mercantilism will come to an end, *meaning we move* from thievery and reselling and profiteering, to actually building kindness and fairness, science and technology. Instead of theft, we start doing science. Instead of economics, we do innovation. As one 340 million member family of *gentle tender soft nurturing loving honest compassionate healing kind* caring, as USA, or Eternia after renaming, as one nation, *blueberries* cost the same everywhere. As one nation, we take care of each other, as the 11 companies system explains, we're one family and 1000 times stronger than the divided psychotic paper money worshiping "cut throat competition" society of who can steal more than the rest today, where bandits rule and award themselves pay 50000 times more than others. Bandits out, honest people in. The average person will become so stress free, as there is nothing to chase anymore, nothing to look out for, nobody trying to cheat you, as all prices are set based on enormous work of 10000 PhDs. Prices are pretty Eternal too in immortalism, as no inflation exists, prices only change if another product enhances lifespan more, only the ratio among products is changed when research shows one is healthier than another, etc, and only goes up if others go down, so cost of living is always constant. We keep economics simple, so we make room for science of living to 1 trillion. Too many price setting managers in 33 million companies, who waste their entire life changing prices... like ☺the lowest IQ fruit flies☺ chasing shadows of ants, too many variations, 900 of them, of the same exact food, in differently designed *packages and prices*, too many majors in idiotizing product packaging design, instead of real science of tripling human lifespan. We got sales, marketing, management majors and no science, a total travesty and national suicide, undermining tech progress and health, innovation, self-sufficiency by innovation. We don't need repackaging the same poison, we need real new products to double human lifespan. Another reason we price food the same, housing of 800 sq ft of similar condition the same is related to extermination prevention. Brits, Jews, Nazis have used pricing and "market" systems as a covert way to achieve extermination by creating very poor and very rich areas where items cost 5-10 times more, housing too per square foot. Then with violent music, they can create ultra violent areas to kill, they incite blacks for example to create the most violent music covertly, so they kill each other. In an immortalist society, we use immortality credit score to determine where one can live, not money, which in today's world is obtained by the most unethical in the larger amounts, by the pushiest greediest most dishonest. We want to change that and create a world of virtue: you live where people of the same nonviolence score as you live, if you decide that to

be your criteria. For example, the ultimate bandits have the largest mansions today. In a decent society net assets of a person can't be 10 or 1000000 times higher than average, like today. Nobody works 10 times longer work hours, we only fit 80 hours in a week and still sleep/eat, etc. In USA democracy is simply a scam word used to trick the masses into eternal slavery. The issue with small grocers is that they only have 2-3 experts and a big grocer of 1 million employees has 30000 experts, each specializing in one item or a few and knowing everything about its proper storage and expiration, best way of storing it to preserve nutrients, etc. Right now, we waste 30% of our food due to decentralized mismanagement. With only 1 company we can know exactly we have 340 million customers and they need that much polyphenols daily to live to 120, and we can achieve that thru the purple cabbage, purple cauliflower, berries, purple carrots, etc.

Today, *everyone worships paper/digital money*. This *money worship is mental* illness, *a disease that* shortens everyone's lifespan inside *or* outside *USA*. The end of thievery is coming, for how can anyone steal when we offer no living examples with a store nearby selling same exact packaged food for 5 times more? Let ethics begin with us, the central immortalist government, the ensures nobody can steal legally. Instead of accounting and finance majors, we get chemistry and physics. The whole nation wastes the equivalent of 500000 full time jobs thinking about getting a deal, meaning driving to many places to shops the same item, for a lower price, calling 500 places, wasting fuel and time, energy much better spent *innovating* something, discovering a *way to triple human lifespan, relaxing, taking a good nap to restore the natural healing* mechanism to slow aging 4 times, etc. Add to that 500000 full time job equivalent for all hours spent in setting prices and deals, stickers and 5% off and all this nonsense in every American store. The IQ can't be lower. Price is what it is, buy it and move on. Are we going to negotiate 5 millenia over a price? Grow up☺☺☺. There are more important things in life than trying to get a deal. The greatest deal of all is getting a nation with 0 violent crime, a planet of 0 wars, by becoming a human family in USA and worldwide, instead of the chimp cannibals we're today. Will our big religious egos ever shrink and allow World Peace to emerge? The only time a product is lower in price, by 50% or something is if it is prrishable and they need to sell it, so all people who bought blueberries before at that store, will get an email, about the sale since they know all need to sell in 4 days, for max freshness. The central gov knows when people don't buy something and can inform manufacturer in real time to cut production, or can boost sales by lowering prices permanently if a healthy item is bought less than a bad item that tastes better. Gov raises prices for all unhealthy foods, as bandits have no say about prices and can't exterminate us that way. All prices and wages will be equalized eventually, so the states will lose their meaning and be eventually dissolved, as a 0 taxes government for all emerges. Each produce will list the pickup (when fruit was taken from the tree) date to indicate freshness, instead of useless info right now. Today, the criminal companies advertize deadly products,

while 80 billion pounds of food, much of it produce, much healthier, is trashed each year in USA as people don't buy it in time before it goes bad. This is pure genocide. The inspectors need to make sure no food is sold that is past the max pick up date, for each produce type. We need to create new standards for the foods sold and then fine supermarkets that sell them 1 billion dollars a day, until they stop selling 78% of their products. This will clean up USA of parasitic companies in no time. We got 160000 food markets in USA and most of them in the cold areas of USA (which is 70% by area) with very cold weather 4-8 months of the year, don't keep produce in a really cold 40-50°F degree warehouse section, with less heating for that purpose alone, to act as a sort of fridge, and then the produce is not sold fast so it goes bad. Even in California, January is very cold and without heat it would stay very cold in an area of the back warehouse with no heating, so the watermelons should be very fresh in the areas North of San Francisco during the winter months. What we see in reality is companies keep most watermelons inside at 75°F and they go bad 5 times faster and every store for example in DC, the capital of USA, sells rotten watermelon with a few exceptions. Potholes never get fixed either. Decentralization makes it ultra difficult to immediately implement within 5 days a directive of the central government in the case of war or catastrophic Yellowstone explosion that covers 70% of USA in 3 feet of dust. So, the design of food selling buildings is anti-life, wasteful, anti-energy efficiency. A real reform needs to occur to keep produce, other items fresh so that the nutrients and vitamins stay at 80% of original value not 40%. Walnuts are kept at 75°F, when it is known they should stay at 40-45°F, which is easy to reach in many areas of the USA for 30-90% of the year. Little thought goes to that, since the imperial aristocrats who steal trillions from the US government, and the 95%, buy from a store with ultra fresh stuff, wastefully shipped every other day. Do the cold areas of US have fresh produce? No, because ☺the 0 IQ clowns☺ running US have no centralization and good energy use to make sure that watermelon lasts 4 times longer. It's time to fire the political class and create a democratic America with amazing ☺☺☺ food freshness for all. Wait, we need to develop desalinization plants, as ground water depletion leads to endless ground cracks all over USA/China, use 30 times less water via eterni food.

Blueberries and produce in China is discarded (like USA also trashes about 30% of food it produces due to no central planning) due to decentralization and low IQ of the fake communists in China that have 0 central control to ensure no product is trashed and the healthiest foods get consumed, not the cheapest. It's amazing how similar China's situation is to USA: total chaos and waste of produce that rots in stores due to no central planning. China is not communist at all, in communism, max salary is 2-3 times minimum. They got endless billionaires making 50000 times the poor who live on toxic foods, as produce is trashed in other places, as depraved "rich celebrity" women make concerts to destroy empathy and compassion for the poor and polyphenol starving, deprived of blueberries that are fed to pigs (similar US music in 7.9.4.). 12

out of 13 major brands of soy sauce in China for example had arsenic and cadmium, 2 heavy metals. Soy sauce or any sauce is not healthy, it rots and most ingredients suffer oxidative damage that will ruin all your cells. Pesticides are used due to no investing in lasers and other chemical free methods. Today, in most areas, the cheapest blueberries are at Walmart or some dollar stores that had produce. Walmart is big and thru mass production and scale of sales can lower prices: 1 gallon of filtered water, reverse osmosis, ozonated and UV disinfected is 36 cents, fill a bottle yourself, versus 1.5 or more at other stores that have you trash the planet with more plastic emissions, recycling etc. Recycling takes energy too. We, the workers of the world, got the free will to support big companies that will be merged into Eterni Food Inc and boycott small businesses that rip us off and ask us to pay 2-3 times more for water, lentils and blueberries. All are always in shock the same exact product is 5 times more expensive at a different store.☺☺☺ The Eterni Food Inc buys all food selling supermarkets brings in the SOFTWARE unification to enable customers to know what is in stock, where and when without having to make 400 phone calls and drive to 50 stores to find an item. Too many stores are mismanaged, instead of refrigeration of produce, they spend money on "fancy remodel". Again, 0 IQ. It will help improve every store, unify, transfer knowledge, as competition is meaningless, we're one nation. The present ☺abysmal IQ☺ defies description☺☺☺: we have internet and we just use them for junk instead of efficiency: we let organic blueberries rot and buy the toxic ones first, even when prices are identical. Stater Brothers and other supermaket non-organic (90% of total) blueberries (or sometimes even organic ones) are kept in very warm areas, while cabbage that doesn't need a very cold area is kept cold; decentralization means 50% of blueberies rot and end up being trashed by the buyers or store, or simply eaten to give people sickness. Most people are poor, so they don't trash partially rotten blueberries, they eat them and get sick. 4th grader IQ store managers have no idea how fast blueberries go bad in warm temp. I see this in 100s of stores: the hard work of farm workers is being trashed by 0 IQ managers sitting happily in their offices away from the harsh farming conditions, while promoting "40000 brands for everything and none of true quality". I went to Lidl in winter and found rotten soft watermelons, other times I found very hard, yet rotten inside watermelons, went to Giant grocery store and found only rotten watermelons. At least Lidl has blueberries that are way cheaper than any other store. Safeway also has usually rotten, semi-rotten and beginning to rot watermelons in winter. In the warmer months, it's far fresher. Due to decentralization, endless products rot and sit on shelves too long, without a national rule saying that "50% off price if it didn't sell in 3 days". America's food waste reaches $150 billion a year, 40 billion kg. Highly efficient for all those working to death to make food. With centralism, the AI changes price instantly for perishable items not sold within a few days, so they sell before they rot. Thus, those slave workers can sleep, rest, age slower, live longer. Why make food and then trash it? Because we're ☺low IQ chimps☺. We need endless stores, instead of one really good store that doubles

lifespan. Poor sleep can shorten lifespan by 3 to 35 years. Tell that to those slaves making that food. ☺☺☺ The aristocratic leeches owning and managing each store could care less about their 40 million individual store policies that sicken people and waste 1 billion tons of food a year: "who cares, let the slaves work to death so nobody can dethrone the vampire aristocrats". Who will have endless kings and mafia families, when we could have one global food company, Eterni Food Inc, to sell powders dissolved in water that help us live to 9000, and end animal slaughter and killing of endless rats, insects by plant agriculture? In this tribal class structured caste based society, such concepts are sci-fi. The parasitic blood sucking aristocrats could care less about ending animal slaughter. They have no empathy. They would fight to the death the unification of the world's 8 billion enslaved workers. We need to inspire them to have empathy and stop the abuse of workers, the genocides, etc. ☺☺☺☺☺☺☺

The Immortality *Nurturing* Agency ought to fine stores if the IR thermometer shows blueberries above 43°F. The fines would *enable the stores to receive the fine back if they buy a fridge for blueberries and other berries,* like they have for milk and other items. If a pack of blueberries has more that 10% mold filled *berries, the entire berries section needs new refrigeration.* The most toxic foods take fridge space and a few packs of blueberries rot. The toxic foods at Walmart and most stores take 5000 times more space than blueberries, and much cooler space too. It makes no sense whatsoever, it's a drain of natural electricity resources. You need travel to 10 stores to get to one that keep berries cool enough. Stater Bro, etc watermelons often are totally rotten, due to no tech: a simple device would scan any melon group for certain chemical signatures inside and that tells you if it's rotten and what what temp it doesn't rot. It's much easier (than the Agency fining stores) to have all grocery stores become brands of Eterni Food Inc, which dispatches thousands of inspectors to unify and upgrade policies, equipment, from the jungle that exists today where nobody inspects. Eterni Food Inc reduces managers by 20 fold, via automation and amazing & beautiful ☺☺☺ tech, so we finally get some science majors: via consolidation, within 2 years, 900K workers can get free 1-2 year degrees in eterni *Food* Science and *Engineering* (free education, while on the job 9-5, 40 hours a week, online courses, lab courses, etc), to get the new jobs within the company for the development of post-agriculture food production. On every store it says "Current Store Name, eterni Food". 90 posters inside say "a subsidiary of Eterni Food Inc, the food of the future, eternifood.gov: the start of universal cosmic compassion, instant 2 hour molecular synthesis, the end of agriculture or eating dead plants or animals". This Corporation and the Immortality *Nurturing* Agency will test all food sold 100 times more, place ads in every caffee, restaurant, supermarket "*Do you want to major in chemical physics, particle physics, molecular chemistry, chemical synthesis to create food that enables us to live to 8000, making molecules in 2 hours in one step instead of 2 months with 100 steps*? Contact 1-800-imm-food". If nuclear war hits, nuclear winter destroys all crops and most

humans will starve to death. We can act proactively and realize an asteroid, supervolcano can also cause a sunless 3 years that kills most humanity. While people dance, the time bomb is getting closer and nobody has any backup plan. Total irresponsibility. Add to that the climate change risks. Today, millions of stores don't have recycle bin in front of the store, only trash ones. With one policy change, all stores can get the beautiful recycle bins or proper storage of berries, etc. That's the beauty of centralization. Imagine how happy people living near garbage incinerators would be (endless rats, noise, smell, flies, etc), with 10 times less trash, 10 times less burning and air pollution in incinerators without air filters to remove toxic compounds, since today, 90% of recyclables worldwide (including compostable recyclable food waste that could be fertilizer and taken by city) are trashed and not recycled, due to poor education, while TV is full off ads about vapes, alcohol, strip clubs and condoms. Incinerators are in poor neighborhoods, so once again, the rich get none and the slaves get choked in rats, flies and toxic air. Nobody cares, it's not an issue, but ☺abysmal IQ☺ sports are the news daily. Not only that, but every blueberry or food container will have a code which when scanned or typed at food.gov will indicate how many pesticides, molds, fungi are in that pack/brand ☺☺☺ (average based on government testing of store samples), in order to let everyone know which pesticides were used and what the risks are for example, meat, dairy can accumulate certain dioxins or contaminants and this will be easy to see from the lab analysis, as the soy and corn are rich in pesticides. The land belongs to We the People who have the right to know the mg of every pesticide used, due to health risks of blueberries or foods that contain 8 times more hormones, PCBs, pesticides, heavy metals, microbes (what type) etc. No aristocrat has the right to tell us it's a "trade secret".

Geeks dislike California state policies that give toxic junk food burger flippers 20$/hour min wage starting 2024, while millions of scientists (food, etc), who do much more science, get paid 16$ min. Not only that, but food scientists in other states can make 11$/hour after college, which is a crime, since we're in the same country. The basketball player and lawyer can make 200-20000/hour, how is that for abysmal IQ? *We reward* Neolithic *jobs, instead of* INNOVATION. *It's a travesty.* No wonder we got so many lawyers and sportsmen. Move the ball, make up a story, and you're rich? If food science was THAT SIMPLE. This is the prioritization of the 0 INNOVATION status quo, simply because they formed a union. It glorifies toxic food, it undermines California's public health, the goals of Immortality *for* All. Decentralization of 50 states and 5000 industries allows a totally chaotic jungle like field, with no logical pay. Forget about unions, in Immortality Capitalism, 90-99% of people work for the employee owned 11 or 15 state companies and the pay is determined by the contribution to INNOVATION, to the maximum lifespan years added to ALL humans, using a formula that would take 2 years to calculate by hand (that complex, take into account 100000 factors, not the "0 IQ" system of communism, which was pathetic and silly at best), not how fast you flip a burger to create 20

times more deadly AGEs than by pressing a button on a pressure cooker to cook in H_2O. We need centralization, and more equalization of pay of much deeper nature across the states, there is too much difference: all protest for *equal* pay for *equal* work, but same job pays 3-5 times more in a different location. This is insanity, it's all not merit based either, it's just a little 50% higher cost of living and a different company, nothing to do with lifespan maximization, pure chaotic LET'S MAKE MONEY NOW CAPITALISM, 0 logic, 0 IQ.☺☺☺ The sales folks were better at deceiving customers to pay more for their junk products, repackaged wholesale crap that other more honest companies sell for 4 times less, so the other guy, a violent thug, gets paid 5 times more for same job as we got no Immortality Credit Score (score definition). *This then leads to out of control crime, as we reward hooligans*. Today, due to inflation, companies waste resources to repackage the same product, change assembly line, create new packs that are smaller, while keeping the price the same, because changes of 5-15% in weight go unnoticed. This is a waste of national resources, instead of innovating, they make new packaging. Maybe *the obese* eat less? The fast food industry is guilty of genocide, yet they want a pay rise to reward genocide? Do these workers realize they destroy the brains of all their bosses they complain about, making US sick, violent, low IQ, mentally insane? Look at the evidence about soda alone, not just AGEs. Why don't they protest and help create Immortality Party?

The genocidal aristocrats take the healthy food nature provides, for example carrots, and add sodium at pathological levels to make half USA hypertensive (this causes strokes, arterial plaque, bypass surgeries (150 billion a year that alone), add hormone disrupting can BPA rich can lining and brain damaging heavy metal and tin filled cans, with sulfites (which can kill some people or cause total kidney destruction, meaning 2 hours daily dialysis for life) and other lethal preservatives to poison the working class. The Rice Krispies (Kellogg) has 222 times more AGEs than these lethal carrots (French fries 167x more, McDonalds Big Mac 867x), which, lethal as they are, are obviously the lesser evil vs the 60% fat chips from hell (Frito Lay Chips got 170x more AGEs than boiled potato) or Mc(Don)Satanald (Satan Land, McDonald's). The genocidal TV doesn't teach people that the healthiest diet is one cooked in water in a pressure cooker, that the working class would have 40% higher IQ if they would steam some veggies instead of eating canned veggies, boiling potatoes instead of eating deadly chips. But the Rich want to destroy us, so no info is allowed. Not to mention, if people knew kitchen being 5 times smaller with just a pressure cooker would mean 50% higher IQ, healthier diet and more space for rooms, so kids can sleep and study better, instead of 2/room, then the food industry would be in trouble, as all make soft carrots in 1 min (once cooker reached pressure in 3 min), saving the planet, the lives of slaves making cans to POISON fellow workers, instead of healthier far smarter eterni foods to eliminate agriculture/natural poisons in some foods. If you buy cans, they often are not even recycled and poor people cut their feet in landfills when they try to collect bottles to recycle for

20 cents people who need pet hospitals don't care about, as those people are often bitten by dogs that PETA promotes to roam on streets. This demonic green and infernal laziness ends up destroying veggie and legume proteins by microwaves, and all house residents by microwave standards of infernal quality, that allow 100 times more microwaves in kitchen than other nations. Reheating the canned legumes/veggies/meats/etc for a warm meal poisons the whole area, sometimes 3 apartments with radio frequency, when the safe steam function of a pressure cooker kills nobody. The time it takes to open the can, recycle it, etc, make the can is about 20 times longer than steaming it, and since we're one family, all we do in USA is can making, while remaining selfish depraved primates stuck in the stone age of greed and egoism. How can we have time to discover the way of ending animal suffering, ending the quantum pollution eating blood does on humans via eterni foods, if we're so ☺abysmal IQ☺ and selfish, unwilling to think about what is best for the 350 million family, not just one person. Transporting foods, veggies, legumes is way cheaper than transporting cooked canned foods with water/metal, and those tires become particles that cause lung cancer, strokes, etc even with EVs. We're not even talking about the fact a steamed veggie has often times 2 times more of certain vitamins, nutrients, etc. The time it takes to soften the pumpkin, butternut squash, carrot, etc is the time you open the can, wash it, recycle it, take the recycle bin on the street, heat the meal in microwave. You make the murderous aristocrats rich, while lowering your balance, have no money for healthy foods… Cooking at home is so fast today, so much cheaper, that you can boycott these infernal demons and liberate USA. It's way cheaper and much healthier to cook at home, until Eterni Foods emerge once the rats are gone and the 11 companies replace the 33 million scam companies. To add to the injury, they add EDTA to cans to "maintain food color": EDTA binds to zinc (repairs neurons and is part of 300 DNA repair enzymes and 1000 transcription factors), calcium and other minerals we need, causing diabetes (low Zn), anemia (low iron), weak teeth (low Ca) etc. in USA everything revolves around appearance, of people, of food, or taste/texture of food. We can create a health centered culture of Immortality *for* All, not just 100 year life for the rich. We see filif cow IQ people spending *25 min* in driveways waiting for junk food to commit slow suicide, when in *25 min* at home they could eat 5000 times better, just shop for raw food weekly. Meal prep lentils weekly for protein, as the book describes, bankrupt the aristocratic leeches. Let them experience homelessness, as Worker Poisoning Company goes bankrupt, see them support then the 11 companies system of 0 unemployment/firings for all. At home, you stand while pressing a button for the cooker to do everything for you, while you soak legumes, change water, clean plates, etc, in a driveway you sit, no exercise, bad for health. Plus, a food table allows you to know exactly what you ate, every vitamin, fat type to stay slim ☺☺☺.

Via the amazing & beautiful ☺☺☺ Eterni Food Inc, we can bring the most advanced pressure cooker designs, that produce the least bad compounds, via the use of nitrogen in commercial

factories or even individual cookers. But even with air today, pressure cookers are the healthiest cooking method. The advantage of one company is that every design will be tested 9000 times more, by the safety department and the Immortality Nurturing Agency, while the current system allows anyone to make similar junk as others that accidentally produces more AGEs or leaks more lethal compounds, including PFAS in nonstick coatings, etc. With 40000 companies making a pressure cooker or industrial food processing machine, we can't do the 9000 tests on 40000 designs to make sure their design doesn't introduce new problems, poisons. In chemistry, any change in temp, pressure changes reaction products. Anyone with basic chemistry education knows how difficult is to test foods, separate compounds, identify new compounds nobody knows the spectrum of, etc. Today's food processing plants use so many different processes and tools and nobody does 90000 tests to verify one machine is better than others, but all know their protein treatments are lethal, they denature proteins, introduce carcinogenics, etc. The alkali, acid treatments are catastrophic, they want protein powders using today's food industry Neolithic Separation techniques, born of classical chemical reactions: we need chemical physics, high tech separation. For Science's Sake, there is a way to synthesize and separate chemicals 1000 to 1 billion times faster using chemical physics, physical chemistry. The education reform highlights the need of total reform of middle and high school curriculum to emphasize chemical physics, physical quantum chemistry, computation chemistry and physics. So, we need 95% STEM not 30% STEM graduates and centralization for higher safety, plus eliminate unsafe industrial processes and simply have more cook at home for now until all burger, etc ovens are replaced by pressure cookers in water, by going into the kitchen and pressing the pressure cooker button, under water to have minimal AGEs. A little exercise helps, sitting in traffic to make smog and not exercising is bad for you, for others you kill with smog, cook more at home until we fix these charlatan Big Food Mafia Cartels. The microplastics (easier to remove with kale) and PFAS damage us, with the average brain having 5-10 g of plastic inside, (need long deep sleep for 120 days to remove it, and also to fast 20 hours about 30 times, maybe once 4 days), so to remove our brain and body plastic, we need to use glass or stainless steel food/water storage containers, (glass can make far less noise, but requires extra attention to not drop it, as it can crush toes or injure with glass pieces, make sure the jars are the ultra strong types that never break when falling on carpet or wood and kids are educated to be ultra careful when carrying it), 2 bottles for 20$ (can be any jar for sauerkraut that you convert to mouthwash storage, to avoid stainless steel noise and harder to clean/see dirt issues; these stainless steel bottles are weird, they give water a weird taste, metallic one, so pure junk, avoid this brand or any brand made of metal unless you have $7000 XRF scanner (or rent it for a day to inspect all metallic objects in your house) to prove it's lead-mercury free, just giving an example so you avoid it, just Lidl apple cider bottle works better for drinking at night, you only need to lift head slightly and bend bottle a little; for mouthwash, you may like something with a wider mouth

(sauerkraut or tomato sauce bottle) to easily place the xylitol, baking soda, menthol, etc) one glass bottle for mouthwash made at home and one for drinking at night, since a glass of water is fine during daytime), wood cutting boards, 100% cotton pajamas/clothing (no polyester, fleece, spandex, elastane, nylon, fake sherpa/wool), bamboo toothbrush are deadly, as the wood pieces cut the mouth and the Nylon bristles fall off and damage gums and are Nylon 1010 made from castor oil components, non-biodegradable polymer plastic grow mold in a week, read all 1 star reviews of any toothbrush, sadly no alternatives exist to plastic toothbrushes (toothbrushes with boar or horse hair break fast, hairs fall off in your mouth, are useless), plastic free sponges (0.67$ each, 12 for 8$, coconut fiber for the scrub part, and cellulose for the soft), silver stainless steel cooking pots/pans, pressure cookers (avoid nonstick, so Instant Pot pots work fine as they're steel), until humans discover polymers that easily biodegrade once traces of them are eaten, meaning human safe plastics. You can't have innovation when each ☺low IQ aristocrat☺ copies others' bad "products, humidifiers, fans, cookers, cooking appliances, ovens, toasters, air fryers", poisoning everyone in the name of making profits, expanding revenue, etc. The thinking today is pathetic. In contrast, with 11 companies and only one making appliances the thinking is safety first, not reaching customer by deceptive lies full ads to have people buy their junk instead of competitor's equally lethal products not tested 10 times, let alone 9000 times and not on even 3000 people, let alone 1000000 as in a test of free samples with anything Eterni Food Inc sells, after the initial 10000 and then 100000 people tests are fine and blood markers are fine. We need real safety, not a scam food industry. ☺☺☺☺☺☺☺

Having only one company nationally allows us to fire *(one time in history over a period of time, not every week forever, due to 'changing employers', like in today's system)* endless product managers who're often, willingly or unaware, nothing but vampires (see why). A 'firing' in the future can be a move to a different location or department. The managers would get a 3 to 36 months degree at the new Universal Immortality Education National Online University and attend one of the one million immortality labs, to become a tech, since their "products" have poisoned billions. We don't need 500 people creating 500 identical deadly products, one ethical person is more valuable than 500 gangsters. We don't need 9000 unique packs of milks, but 4 different milks, no need of 5000 unique packs of walnuts that don't meet basic chemical safety guidelines, just 3 safe designs by ethical people. The walnut section explains today only walnuts that have their shells intact meet the basic safety guidelines of Eternia or any decent person. USA sells cow milk, the ☺☺same PRODUCT in 9000 packages☺☺, instead of having 5 different eterni milks, totally different than toxic cow milk in 5 packages. This is due to the gangster mentality in our culture: everyone almost is programmed to chase money by the social engineers of the 'culture' who control the banks. RESEARCH (like World Peace) is for NEXT CENTURY, this century is for SPORTS. Don't tell any kids or teens to exercise in a lab, washing

glassware or building stuff for the homeless under adult supervision, only ball throwing is OK. For example, it's known by everyone with any high school that oils oxidize fast in the presence of light and heal (hence it says on the bottle store in a cool, dark place), that's why flaxseed oil is placed in the low temp area in opaque plastic bottles (usually black, 100% opaque, not even semi-clear brown like some olive oil). Walnuts also are full of easy to oxidize polyunsaturated fats and the light passes thru them and enters deep into the walnut interior. So, if you go to USA or any nation, you see an IQ so low, that it defies description: billions of nut products stored in transparent bags in bright light where everything oxidizes faster and gives arterial plaque, the number one killer. Even lower in IQ is the storage of nuts, walnuts into clear plastic containers (that waste 5x more plastic than air tight opaque bags) that are not air tight, but allow lot of air to come in and reoxidize and dry the walnut, those being far worse than the clear sealed air tight bags, since they get exposed, via air exchange, to 5 to 100 times more oxygen over 1 year of storage, depending on how tight that seal is. Tropicana is sold usually in paper containers, that are 95% opaque or maybe even 100%. However, the palace dwelling aristocrats running USA's top fresh (not from concentrate) orange juice company, either in order to exterminate certain groups of people, or due to ignorance, ship Tropicana orange juice, obtained by the hard work of Florida farmers, in transparent containers (plastic bottles) to certain zip codes, which causes the loss of up to 90% of healthy polyphenols and vitamin C, the very reason people buy Tropicana vs junk drinks. So why pay 5$ for a junk drink that has 90% nutrients lost vs another in an opaque container? This is marketing fraud and the *company ought to be fined $300 million*. ☺☺☺

Likewise, 99.999% of the filif 'gnat IQ'☺☺☺ beekeepers ship their honey in clear containers that degrade the antiflu, anticold compounds. These colorful word choices are there to wake people up from the sleep of ignorance and TV trance. No offense here, but we humans live about 15 times longer than chicken, *and aliens who live 15 times longer than us may view us as we view chicken in* intelligence.☺☺☺ Please don't react emotionally, it's just comically, ☺☺*lovingly tenderly gently kindly*☺☺, putting things into perspective to stimulate societal priorities and progress, like a *gentle tender soft* jolt out of our low IQ egoist megalomaniac society and comfort zone obsessing with economics, $. On top of that they sing 'proud to be an American', not realizing even Kiwis (slang for New Zealanders) have more neurons left functional in their brains, as they ship Manuka in darker containers. We gently kindly don't blame the beekeepers abysmal IQ on them, but on the '*hilarious*' thugs running USA. It takes 1 cent to put some purple paper to cover most of the clear container at least, but no, they trash that paper to send 20000 times more paper to every home in USA with ads and coupons nobody needs, to appease the 'chimp IQ' marketing staff for phony useless companies, created by the insatiable infinite greed of 'bloodsucking bandits'☺☺☺ spamming USA residents (99% of that paper is trashed, not even recycled). If you try to buy honey on Amazon or in any store, not one is properly protected from

light. Not only that, but Amazon is the most comical☺ company, since for 1 billion products, the web description doesn't match the label on the product: socks can say 40% cotton, 60% wool, but it's 80% acrylic, 17% polyester and 3% elastomer that mimics cotton and wool, written as such on the label. On millions of food products sold in grocery chains, like honey, nuts, etc, the country of origin is hidden by using tricks like 'Distributed by', so if you get 5000 times more lead in a food product from a suspect area of a country, say China known to ship tea that has 5000 times more lead than other brands, you can't know it. It's the land of 'useless bureaucracy' and total lawlessness, cheating and fraud. Profit first, health 990th. Kindly scan the label for country of origin, for seeds, try Oregon ones, as they got less pollution of soils there, less lead, etc.

Why can't nuts be sold in bulk bins that are opaque and have 8 ounce bags that are opaque too? Or design a system of demand estimation via AI, and let them out of a bag for 1 hour only, the nitrogen or whatever is in the natural walnut ultra opaque bag, in the opaque bulk bin so they don't oxidize. This can avoid so much waste of packing machines electricity, or just sell them in shell more often, though that adds to shipping electrical costs too. We can do better than nature of course, if natural walnuts got 78% nitrogen like normal air, with 100% nonreactive nitrogen. ISS travels at 1000 times the speed of people running, so new packing can be 1000 times better than natural shells. The walnut shells have many applications, they can be composted too. Anyone can become "food packaging" experts and poison people's arteries with oxidized nuts, this is the product of Thomas Jefferson decentralization. Everyone can start a walnut company from his garage and packages it like a 3 year old. Even Whole Foods sells 365 brand walnuts that has part of the package clear and part yellow, allowing all walnuts to oxidize fast. Equally low IQ is their Whole Foods flaxseed oil white 365 brand bottle, sitting near light bulbs in the cooling area, which oxidizes flax oil fast versus the Barleans pitch black bottle sitting next to it. ☺ Abysmal IQ☺ aristocrats run even our biggest food companies.☺☺☺ Today, it takes endless phone calls and trips to find out who has inshell walnuts *(food.gov ought to allow you to find which store has the item you want closest to you, true* centralization*)*, the only safe walnuts today due to 0 regulations about AGEs, lipid oxidation, etc. If you care about your health, never eat shelled walnuts, they're packed by 3rd grader level IQ "adults". The walnut section explains how to crack them fastest. Walnuts, nut mixes are often not even packed under nitrogen or vacuum to avoid oxidation: you see those millions of chocolate thin plastic wraps with silver color on the inside, that are quite opaque? Those are tiny aluminum particles that block light, air from causing mold and oxidation of foods, though not all of them are aluminized, some are simply silver in color. They can't even make something truly opaque for nuts or any product containing any oil, fat or nuts, even though it would cost the same, or maybe 0.1% extra with mass production and using less dye on the pack, just place the metallized part on the outside to avoid any aluminum leaking into the food, as that may cause Alzheimer. Nobody cares if

something costs 1 cent or even 5 extra. The FDA is a revolving door, where industry employees become government agents, wolves guarding the hen sort of. So, what is FDA doing? Nothing? They ensure medicines don't kill you instantly. So, they want to live to 200, and even what a 3rd grader would know in the reformed educational system of USA, with chemistry since 3rd grade, is not implemented. But hey, they use trillions of opaque plastic materials for sports… living to 120 is not important, just to 85, 3 years extra by playing soccer, football, hockey or rugby. ☺☺☺

Today we get about 900 multivitamins on Amazon, or maybe more, but with one company, all automated mixing, etc, we can have 5 million vitamin formulas for people to try, many made within hours of an order (most popular formulas are in stock, created daily for shipping next day, based on historical data, while other formulas are shipping hours later versus popular ones, due to being manufactured that day). Truly high tech, instead of ☺the filif fecal bacteria IQ ☺ *system* today of rotting on shelves. With one company, you know exactly how much they will order, with 100000 companies in an industry, nobody has a clue and they go bankrupt and the time wasted is enormous. This is the power of cooperation and sharing. If people don't order a product, you don't make it anymore and the company is still in business, performance is based on people's lifespan, gov knows who designed what product, can reward the people who made the products that led to the best outcomes, etc and make more of that product instantly, while not offering the least performing products anymore, while with 1000 companies, you can't tell guys to not make, since they go bankrupt. Gov also uses reviews by people reviews.gov to determine wage raises and bonuses. Greed can create few choices. Centralization, sharing, cooperation *create 1 million extra choices. Think about how anti-immortality* it is to tell people: you're fired, each year, for millennia, shift thru 70000000000000 *companies, it's* insanity. *Why can't people create less stress, the key to living to 900? Stress = 0 innovation,* to INNOVATE, you need to be RELAXED, WELL RESTED, HAPPY, *not like today's* terror filled employees. Managers, much fewer, send an email to all: we need ideas for a new product, send to manager and whoever has the product become the best at lifespan increase, biomarker or disease remissions, in real life tests, gets 100K bonus, possible promotion to manager, and 90 credit points boost. With 11 major companies, you work for life in one or two if you want to try something else, and you're *serene, peaceful and not shivering in fear of being fired. Everyone helps everyone. Pay based on* the most complex ever created system of reviews, Immortality Credit Score, company specific, all results based. In our world, *everyone is duplicating so much, there is no time to deliver, so* then *everyone is put under gigantic* stress due to having lost half the time reinventing everything... so the stress ages us *rapidly, while we're also less efficient.* Everyone acts busy, spending half of their job time looking for another job, because "*the company products don't sell anymore*". *The whole system is of an* ☺abysmal IQ☺ *beyond description,* leading to waste of health, time and money beyond imagination. Aristocrats don't care about us slave workers. *But*

we do, we're the slaves. **We need to free ourselves. Millions of small business owners, also live paycheck to paycheck, under huge stress, since their products can fail to sell, as he can't compete with 4 million other sellers. Stress = war, aging, drugs, etc. *Developing a national sense of family, a national consciousness is the 1st step towards a planetary consciousness, where all feel like one family and war/crime are inconceivable. Everyone is honest, since they know everything will be found out sooner or later. It's the end of mental games.*** ☺☺☺

Arterial plaque is incremental, every little contribution makes up a huge lethal block.☺☺☺ **Today, we get 2000 companies, each with their sales team, product managers and everything. Each produces truly lethal restaurant foods, that would be illegal in any civilized society, and vitamins stored in clear bottles that cause nutrient loss. Due to the total collapse of ethics due to greed (stock trader gets 200 million income a year), evident after reading this chapter, we need endless sales people: why not put self-checkout and a few cameras everywhere, to get more people into science and tech and less into robotic clerks? Europe already has many autonomous stores open 24-7, without any staff inside, where people scan products with the phone app and no self-checkout even exists. Imagine if all stores are free of checkout. Even backwards countries now have such 0 retail clerk stores. See more details about a German one here. Cameras detect items you pick and you get billed. Simple and good, as long as low radio frequency exists in the stores from the cameras which hopefully are wired and NOT wireless. An article says by 2027, 12000 such checkout free stores will exist worldwide. Amazon and many stores in China allow people to scan items as they put them in the cart. Amazon got many no checkout small stores, since 2018. See Amazon store video. With ethics education from nursery to PhD, the daily ethics of Immortality email from the Immortality *Nurturing* Agency sent to every US citizen, we need 100 times fewer retail jobs, since 24-7 video cameras, self-checkout do the job (9000 times fine the amount stolen to deter theft), besides ordering online via Amazon like companies, including immfood.gov which delivers 10 million food products to anyone without you needing to shop, like clothing.gov can sell clothes. This is only one out of 100s of similar examples, they can't even do the 1st grader stuff, how can they do the safety of eterni food powders? That requires far greater IQ and ethics, since these are newly made proteins, even if most initially are identical to stuff in nature, just from 2000 plants, carbs, fibers, fats, proteins that combined exceed the nutrition of any foods or smoothies we can make from 20 plants. The current *regulations for food are genocidal*: oils need to be 100% opaque bottles, yet today 99% of oils on the market are not, except some brands of flaxseed oil. Likewise, *all nuts and oil containing items bulk bins need to be opaque*, with a picture printed on the bin, and very well sealed to minimize ozone contact (outside air coming thru supermarket door) and fresh air that oxidizes. Most product managers need to be fired, as they got no ethics, we need a new educational degree for these people. Too many "managers" everywhere, due to 50000 companies doing the SAME thing. Simply put, no**

RESEARCH, just looting, jungle. ☺☺☺

We're not even talking about the 100 times more deadly oxysterols in fast food meat, that kill fast via AGEs. These products are designed to EXTERMINATE and many food companies are run by the Mafia, see 42 min Italian food industry Mafia video and it's in USA too. Most people today, even those with PhD in chemistry, have no idea that most restaurant food, 99.9999% is cooked using stoves and that is creating a huge level of *oxidation* products not formed with pressure cookers that top the food with water. This means, if cooking *without* lid happens, as in more than half of restaurants, using dry heat and even some water, the amount of preventable oxidation products that cause strokes, heart attacks, premature organ damage via arterial plaque is from 1000 to 100000 times higher. So, why does this happen? Pure ignorance, we live like galley slaves, believing all lies from MIT, Harvard. Ukraine, engaged in an allegedly real war, is following centralization efficiency (one company, not 1000 like in France) and can sell poultry at half the price in 2023 to EU, versus France, which relies on small family producers with enormous costs of duplicating/redundancy (though the price difference is mostly due to Ukraine labor costs (and GDP/capita) being 3.5 times lower). Hold on to your seats☺☺☺, if we give all people free lentil knowledge, they can cook at home better than 99.9999% of restaurants today using one device, so we can liberate the galley slaves and give all a decent single family house. We lovingly shut down many restaurants using the Immortality *Nurturing* Agency, (the Agency the Entire Planet knows about, every citizen worldwide as no exports to USA can be done without its approval), authority, much higher than FBI, CIA and FDA, to shut any business down. Why does USA have to spend 2 trillion in healthcare costs to fix what the Food Industry Mafia does? We can't shut them down instantly, as millions would be jobless without a 5 month science course for another job. We need a total retooling of the Neolithic food industry, which will cost over 20 years 3% of the damage we fix via healthcare yearly, so these genocidal stoves are taken out and replaced with pressure cookers to protect our nation's greatest asset: public health. The first to BAN are all grilled/fried products, as they cause astronomical medical costs. Same for all high AGE food products, that is 80% of them, made so by poor processing. A huge reform needs to occur if we want national security: brains that work. *No food* in USA shall be cooked *by* any *business in open dry air, the federal* universal law *applied* to all 20000 villages or towns: science explains why. All barbecues and grills will become illegal, as well as their sale; initially the federal gov can impose a 500000$ tax on any barbecue sold, so that nobody can afford them and give $5000 out of the $10000 fine for using a barbecue, to the person reporting people using barbecue, which is an act of terrorism of the human quantum field, because it causes strokes, heart attacks, kidney failure, diabetes, Alzheimer. ☺☺☺☺☺☺☺

Toasters, waffle makers, ovens to make deadly bakeries, breads, etc will be banned eventually, as much more science based cooking methods are perfected: puffed rice, grains etc have lower

AGEs, since you don't subject milk fat etc to heat to mix with protein in the bread, etc. The issue is ☺abysmal IQ☺ folks, with 0 chemistry knowledge, decide our cooking methods. Already, Argentina is bankrupting many barbecue "evil" restaurants that delight in causing millions of small strokes and heart attacks for the glory of TASTE WORSHIP. *All nations* need immortalist governments who will dissolve (*acquire and ban 99% of products, due to being unsafe, sell new* Eterni Foods) KFC, McDonald's and 10,000 other Big Organized Crime companies that sell lethal foods, full of dry heat AGEs and "autism, epilepsy, schizophrenia, *psychosis, leaky gut, IBS, microbiome destruction,* neurodegenerative disease (dementia via dysbiosis), diabetes" causing WHEAT plus other GLUTEN RICH CEREALS. Table 1 shows Rice Krispies got 222 times more AGEs than rice cooked at home, AGEs that enable Aristocrats to Wage Genocidal War of Extermination and Destruction against the Working Class, AGEs that cause diabetes, Alzheimer, heart attack, blindness. Why can't TV teach cooking (electric pressure cooker does it for you) non gluten cereals pre soaked 3 hours to remove antinutrients, leaky gut causing lectins, trypsin inhibitors first? Because they want a sick USA, we need $1 *trillion* fines per Junk Food Company. TV has ads for 100 diabetes medicines to make Pharma CEOs build bigger palaces in Rancho Santa Fe, San Diego area, etc, but there is not even 1 ad about soaking grains to prevent leaky gut and avoiding gluten to prevent diabetes. No money made by the British genocidal aristocrats if the criminal government has ads that promote demand creation for much healthier grains like sorghum etc. Congress has no scientist almost, when it should be mostly science and engineering degrees, 95% of them, with all gov officials required to include 3 science papers in every social media post. Where are the science references in the Congress talks? They all work as slaves of Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts): no prevention, only cure to enrich the already super rich pigs, manage diabetes, never prevent it. Why is the TV-radio allowed to be run by Aristocratic Mafioso from UK? Radio-TV should be state controlled to ensure high IQ for the people. Is this slavery why we died in 1776 for? The TV should have 10 hours ethics min and 10 hours health nutrition related programs, with tons of videos, 300 science papers presented daily. Why can't we switch wheat crops to much healthier cereals or lentils? Because clowns are in power, that's why, cereals exist that are way healthier. The current genocidal food industry that never soaks wheat before they make the ultra lethal bread (that ignorant Jesus prayed to God to give to him) in burgers and all lethal bakery products and donuts, cookies sold tho the masses in USA and globally. All food can be cooked with pressure cookers, for min oxidation/arterial plaque, for a healthy nation with far less arterial fat that shrinks brains via lack of nutrients, due to 10 times lower blood flow harder to dupe by the UK. No ads exist for general safety, like how to prevent tick bites that lead to 300000 Lyme disease infections in US, etc. Nobody makes money if you don't get a disease. For profit TVs are a disaster, as they maximize deadly choices, not what increases lifespan of all. When you bought a house or pet, did gov educate you you can die from

tick bites in your garden, that you need to follow specific steps if you garden to prevent bites?

Since cigarettes, high alcohol drinks create only damage to people and the rest have to pay 2 trillion to fix the damage done to society *(we have limited resources, MDs, facilities, so if we use them to treat lung cancer from cigs, liver disease from alcohol, etc, we can't treat other stuff that we don't know yet how to prevent via tech)* nicotine products and alcohol will be phased out and people given meditation classes, happy music, neuroscience gadgets to attain bliss instantly, without damaging their lungs, brains. Likewise, all alcoholic beverages banned unless they got high polyphenols (darkest wines), 0.1% max alcohol. For people with a prescription, stronger alcoholic beverage can be given, if proven 30 other methods didn't work to heal that. A national advertising campaign, on all TV stations broadcasts 50,000 violent incidents, drunk car crashes, tragedies tobacco, weed, alcohol cause to raise public support for their bans.

The laws protect 33 million aristocratic terror companies that sell devices that give everyone cancer and all chronic diseases, thru the free radical forming acrylamide generated by ovens and toasters. Why can't the government simply ban toasters, instead of telling people to not "use them too long"? Toasters/ovens are truly deadly, they form many toxic chemicals that destroy every organ via the blood, plus some damage happens directly to the lungs via polyaromatic hydrocarbons (PAHs the media always talks about) and other deadly volatile oven oxidation products that can pass into the blood directly bypassing digestion, wiping out our lungs more than even black mold everyone is familiar with, or gasoline car smog that does catastrophic damage to brain, heart, etc. Even waffle makers you find at many hotels at breakfast time, the black 9 inch diameter bakers with small trapezoidal shapes, are very bad, as the super hot surface burns in dry heat the bread to make poisons. All America's drastically lowered in average IQ by the pastors, queue like mindless pigs to eat the hotel toasted bread and waffles, addicted to some warmth that will deliver a deadly cocktail of well-deserved poisons for those too lazy to adhere to intellectual honesty and not checking if miracles are fake. With 1 million things that could happen when we die, they only consider one possibility, without any real evidence, except made up miracles. Natural selection of the least gullible: the toaster, oven and waffle machine companies are the new imams, pastors of old telling us "tall tales" about the magic or fake miracle of warm bread, its supernatural properties of shortening our lives, as Jesus the Con taught people "give us our daily bread, to rot our guts well". Lowest filif IQ folks don't get it: cookies, bakeries, pastries, breads are all cooked using dry heat and they ruin human health. I never eat bread, cookies, bakeries, pastries. Using colorful words draws the attention of many, providing a gentle jolt to make them read the science. When the ego is big, they get offended and will read the papers to see how they ate poisons for 50 years. The 0 IQ genocidal moms toast the bread, like the☺abysmal IQ☺ dads too, cause carcinogenic PAHs in the lungs of nearby noneaters who inhale the smell of death and in the bodies of those kids or adults low in IQ

enough to eat the poisonous toasted bread. Compared to humans, rats, who live 40 times shorter, are ultra low IQ. Likewise, today's humans are versus 3200 year old humans ☺abysmal IQ☺. Let's raise our goals to the IQ to live to 3200 years old: the smartest man today has the IQ of the lowest IQ rat in the future world. Too many in our world get violent when being told what they're compared to 3200 year old humans of the future: lowest IQ folks, evil, selfish, scientifically illiterate, a chimp, peasant with 0 knowledge of physics, etc. Violent crime often happens because people have big egos and their "imperial self" gets offended someone reveals their chimp nature. One way to destroy this reactivity is to make all realize how ☺abysmal IQ☺ they and the smartest alive today are vs humans of the future, like cave men from 100000 years ago vs today. Like it or not, we're pretty unintelligent, descended from chimps, unable to comprehend infinity well yet. We know nothing, why get emotional? Human primates even pay top dollar and wait 20 minutes at Crispy Creme long queue that causes traffic jams to get the most lethal donuts, because their ant filif IQ brains didn't realize good sleep and meditation will give them far more pleasure and longevity than eating these lethal bakeries, pastries, breads from Jesus the Fake. They live to eat, instead of eating to live. Hence, everyone is getting fatter. We may become the first generation to live shorter than our ancestors, if current trends continue. Toad IQ☺☺☺ landlords even provide toasters in rentals, to wipe out the leftover brains in the tenant skulls.☺☺☺ During the state of emergency, we will require all TV stations to remind all of the proper cooking methods (pressure cooker under water, smoothie makers) and healthier foods, for 5 minutes every hour. The damage by all ovens and toasters far exceeds that of Hiroshima strike, yet nobody seems to make any noise about it, if anything all nations happy make toasters to shorten everyone's lifespans, with genocidal CEOs gladly enjoying their vacations, mansions built on mass murder. On top of that, the government is not explaining the advantages of cooking in water using pressure cookers vs dry heat of toasters or ovens. Dry heat is 100 times more cancer, yet is is sold as tasty by genocidal TV ads in a hydrid war of national extermination. The barbecue making and selling companies commit vast atrocities against the American people, as that dry heat is destroying the lungs of nearby people and the organs of the eaters. The companies and TV stations promoting cookware that is not sealed, promote a genocide of cosmic proportions, because the fumes go into the AC/central heat filter (FPR 12) and decrease its efficiency in filtering bioweapons, microbes spies spread, particulate matter 2.5+ µm, other pollutants via films that clog/disable the molecular structures that filter the deadly particulates that normally, in our filthy cities, shrink lifespan by 5-25 years. ☺☺☺☺☺☺☺

All these low IQ chefs on TV with their cooking shows, are destroying the lungs of the American people, if they don't promote sealed cooking under water, using modern electric pressure cookers that reduce fumes 900000 fold, especially if you vent it slowly (natural depressurization) or with glass above to condense the fumes and chemicals there. The government needs to

regulate these ☺abysmal IQ☺☺☺ TV shows to ensure they're not causing 1 trillion dollars in preventable healthcare expenses that are a national security threat. ☺☺ Brain dead chefs ☺☺ showing adding endless spices to meals before cooking don't realize that shortens your lifespan, since cooking changes everything (for example: cooked onions stimulate platelet activity instead of preventing it like raw onion) and many polyphenols in spices turn into deadly compounds, as AGEs formed by heat mix in with the spice antioxidants. Add spices after cooking, and make a safer meal at home instead of watching 0 IQ 'sports', supporting 0 science restaurants made by greedy aristocratic gluttons or taste addicts. Cooking is needed for grains, legumes, meats, fish, etc. This dry heat is no different than the slaughter of billions using cell phones and wireless devices. That's why we need the Immortalist Party to win 5-99% of votes, so they can decide which laws are passed by siding with Re-pub-licans or Demon-crats on various issues and proposing new $900 billion *fines on* Big *Food* and *Food Preparation* (Toaster, Oven, Barbecue, Grill, etc) companies (foreign and local, charged in absence by US or International Criminal Court) that caused the equivalent of 1.44 billion adult killings, or 1.44 x 35 years= 50.4 billion lifespan years lost by 10 billion people who lived or still live in the last 125 years (5.04 years lost per person on average, some losing 40 years if eating daily plenty of the deadliest products). People thought WW2 Holocaust was bad, but look at these CEOs: 1.44 billion, besides the 9 million a year from tobacco and alcohol sales shoved down our throats via ads, which is another billion people killed last 200 years. Critics make fun of us when immortalists propose banning tobacco or alcohol sales, with lifetime labor for anyone caught distributing them, but look at the numbers, 1 billion dead, and realize happiness is 1 million times higher by breathing or meditation. This will force the companies to trim CEO pay, from 1000 times the minimum wage to 2-5 times more, in line with the Immortality Credit Score system of immortalist capitalism. Likewise, the astronomical salaries of thousands of parasitic time wasting redundant managers of so many food companies will be trimmed dramatically to be able to pay the fines. Thus, the Eternal Food Inc☺☺☺, can then buy the bankruptcy filing companies easily and hire the tech people deemed to have more ethics or new graduates, while some companies vanish over 30 years, being replaced with a far more ethical and 500 times more high tech alternative. If *a cooking method produces smell, it is highly toxic. To retain nutrients, you* need cook under water and well sealed, like in a Walmart electric pressure cooker that keeps all smell away. Eternal Utility Inc will use same fine method of the Department of Justice to take care of Big Microwave Polluters. Israel, France ban WiFi for toddlers, but Jewish and other aristocratic CEOs encourage gentiles to use wireless WiFi, cell phones as much as possible via their silence about the catastrophic effects of RF. Elon Musk, who pretends to be anti-Jewish, has in the back seat of many Teslas microwave levels 70000 times higher than many cars, where the child baby seat is. Another genocide of newer Tesla drivers (new Teslas got high levels), see also Peter Thiel Musk friend alleged genocide of blacks and 'Nazism'. Thiel, born in Germany, and Vance supporter,

claims to want to remove FDA and run USA via a few monopilies (sort of like the 11 companies perhaps?) so more people are poisoned by Big Junk Food. While in public he pretends to be right-wing Nazi, he may be a leftist who wants strong regulation for the only companies in USA: the 11 companies, regulation by the management and the Immortality Nurturing Agency. To avoid assassination, he poses as a right wing guy? Who knows?

We can argue that Europe's 2 superpowers, Germany and France, are not where Europe could be if the 1450 German banks and all other EU banks became One European Eterni Bank and if all 5 million contractors became one efficient Immortality Building Inc. Aristocratic terrorism rules uncontensted in the EU, just like in the USA and most nations. In Germany, refugees and immigrants who thought Germany will give them everything without them knowing language or having a job, are 5 times more likely to be homeless. Even local Germans are homeless in Europe's "superpower". All that German and Australian beer, coffee must have helped, those pubs, to build housing and empathy: 123K homeless in 2021. French wine too has taken endless workers from housing, towards grapes and wine stores: 330K homeless in 2022. Kind indeed. We could say even Christian, how "holy to drink wine while others are homeless". A true level of national unity and unity consciousness. On top of that police, spies, soldiers torture millions. Why renovate houses and provide decent shelter, when they can exterminate people? After all, that's what taxes are for, genocide of the people by the government the people trust. In our society rockets and nuclear fission or fusion plants are taken care of by experts, specialists, post docs, PhDs and they give us amazing electricity, or travel 9000 times faster than nature. Food is left to peasants, and people hope to live 9000 times longer than nature? For food, that we know from bees can help you live 40 times longer starting from the same genes, we allow all ☺ abysmal IQ☺ clueless folks to prepare food in their kitchen, instead of having 90000 teams of Eterni Food Inc☺☺☺ to develop 90000 products, distributed for free to 90 million people, nice mixes to dissolve in water and test the biomarker effects and bring 500 year lifespans. Each house is like a pig's den, where 'masticating 0 IQ bipedal gorillas' prepare the most toxic foods in dry heat, to inhale the most carcinogenic kitchen smells (it if smells, it's bad; cook it in water), eat the tastiest most lethal foods, destroy their blood vessels, lungs, brains and hearts, like ☺ abysmal IQ☺ from the most depressing movie with bipedal pitbulls too selfish and too much into "having his own 0 IQ small business" to cooperate and create high tech food industry not based on taste, color, texture and smell, but based on what helps your 20000 longevity biomarkers improve the most. Hey, they call this "barbecue or fried foods or etc culture", but we can call it national suicide. What a comedy. The companies make deadly products that are filled with carcinogenic colors and taste enhancing products, to make us overeat until we burst and become overweight/obese. The pig houses (sort of like open defecation pits near kitchen in 1848) use stone age building tech, because everyone wants to be a big aristocrat and have his

own small business, so we have 1 million times fewer research scientists in our housing (or food) companies than we would with Immortality Building Inc or Eterni Food Inc.☺ This leads to regress and falling way behind "centralist few companies high research" nations. The toilets have no leak sensors, feces build up with urine between floors often due to lack of maintenance and monitoring sensors, the caulking wears off, urine and feces leak on the floor slowly in the baths and as vapors thru the inner walls to all vent to wall gaps and sink or tub overflow holes, to gently poison the pigly capitalist residents, who forgot the inner virtuous health building beauty of the immortalist residents embracing immortalist capitalism. Selfishness and lack of moisture sensors, mold sensors, high tech building preventing mold, etc, take us into a black hole of black, green, yellow or grey mold in every house in the interior walls after 4 months that blissfully comes into the air via the tub/sink openings, via the AC vents sometimes if a leak at duct to vent or vent to wall (super common, see gaps in most houses, lack of caulking, of joint compound, etc) connections exists, since we're too busy masticating and shouting "capitalism is king" to have any high tech housing that prevents any mold, leaks, etc. Individual room AC is much better, as ducts can't spread pathogens in the whole house, reinfect residents with last year's flu, cold, COVID microbes, that remain in some dormant mutating state, or mold from the inner walls. Family is first, say the Re-pub-licans, and eternal wars among families is the Rule of Capitalism, no cooperation to create a national family of teleporting shimmering shapeshifting Immortals we all work for. When all can take any shape, skin, hair, eye color in minutes, what is there to be "different, proud about", to die for? When an offspring can be materialized by 8 billion parents via matter precipitating rays, what is family? There is only 1 family, humans, no more tribes, castes, aristocratic classes, pompous ceremonies. "Sectarianism, tribalism to the max, my family first, everyone else goes to hell, cheat all families you can, profit is all that matters." This mentality makes it hard to achieve World Peace in even 5 trillion years.

Dishwashers are an expression of aristocratic wasteful ☺abysmal IQ☺, because an advanced society has Eterni Foods dissolved in water and swallowed as a thick liquid, only washes that container in 2 seconds right after as a truly kind non lazy person who won't waste endless materials for a dishwater that could be used to build a biomarker monitoring machine to help 1 million guys live to 200. Imagine if all dishwashers were medical devices, by now we would live to 150. When filif mollusk IQ☺☺☺ folks rule, ☺☺☺, all businesses make is plates, forks, knives, pots. When immortalists rule, people focus on eterni foods while using electric pressure cookers in the transition period to the Eterni Foods era, since stoves are deadly, especially gas ones.

Since barbecues, alcohol do more damage (loss of lifespan years) to USA than 900K dead due to 9 Hiroshima size nukes, it is the duty of the national security agencies to stop this HYBRID WAR that demolishes our nation. Given the public health burden from barbecues ALONE, which means adding trillions to our national debt, it is a good idea for immortalist governments to BAN

THE SALE of all barbecues (which brainwash people to eat burned blood), air fryers, pots, pans, anything used for cooking, unless it is a 100% sealed, under pressure system, electric, that prevents the loss of nutrients via immersion in water and 0 contact with oxygen (except a little air between the lid and water). A pot with meat boiling in water still allows more oxygen to get in, unlike a pressure cooker. A pressure cooker prevents the oxygen from reacting with the food, and thus prevents the formation of 1. ultra lethal AGEs that destroy kidneys, pancreas, neurons, bloos vessels, 2. oxidized cholesterol, 3. oxidized fats which can lead to 100 times more arterial plaque than regular fats, regular fats which themselves can lead to 114 times more plaque in individuals with certain genes or diets, 4. *oxidized cholesterol leading to* 12 times the plaque in the unborn baby (moms destroying kid before he's born even by bad cooking methods). *For too long, peasants,* ☺abysmal IQ buffoons☺, self-appointed CELEBRITY CHEFS with anti-eterni tones AND ideas from "Satan himself", *have committed genocide on TV-radio and book aisles with* their filif IQ and Baboon IQ cooking *methods that destroy our bodies from within, sometimes even* promoting alcohol in these same frog IQ shows. Barbecues (humans eat animals living 4 times shorter) are like aliens who live to 320, 4 times longer than us, *eating* humans, fried humans, in their backyard, since cows live 4 times shorter, 20 naturally. How would you enjoy seeing you or your kids being tasty food for aliens? Such displays of violent crime of 'almost chimp cannibalism', that barbecues are, ought to be made illegal by planetary agreement, to bust bloodshed worship once and for all. All that alcohol from cooking shows and wine tasting celebrity "experts" whose empathy has disappeared without a trace due to a chemical reaction in their brain, has disabled to ability to realize that those useless materials used to build useless barbecues could have produced decent homes for the homeless and overcrowded and reduced a lot of violence stemming from ghetto areas. How many cooking devices do we need today? Only 1, a pressure cooker that can reach 240°F (if vegan you only need a regular pressure cooker, as higher heat makes more AGEs, don't ever add fatty foods in a pressure cooker if vegan, to outlive omnivores due to less AGEs) or 355°F or the default 320°F (see page 10) Ovate from GoWiseUSA for omnivores who're slowly transitioning to Veganism (most on the market reach only 240°F, which may not be ideal for some fish parasites, etc). For making smoothies, buy a food processor, we don't need anything else really. Anything else is far more toxic and ought to be banned. Toasters, air fryers and dry heat appliances are Pure Poison and Ought to be banned. Roasting nuts creates lethal fats, ban them all. We eat to live, we don't live to eat. ☺☺☺ Not to mention, the insane level of materials wasted to make ovens that are 20 times bigger than a pressure cooker and all kinds of ventilation sucking, etc is atrocious to say the least. Those who're selfish, and give no dime about others, will suffer the consequences: more violent crimes from ghetto areas spreading everywhere. Where is the empathy after so much alcohol in the world? Empathy has vanished without a trace, look at the world, young people waste 3 years to find a decent rental and 15 to buy a trashy house, thanks to predatory capitalism.

Smell of burned meat triggers the ancient DNA memory of primate era when we ate fire cooked meats and were of an IQ so abysmal, that it defies description; thus these practices take us into quantum entanglement with that 0 IQ. Governments can give or require contractors to place free electric pressure cookers in each new or remodel home (the 0 IQ system has an AGE spewing, trillion $ wasting oven in every house; ovens ought to be *banned*, since pressure cookers can reach 370F too and kill pathogens as fast), so people cook in water and diminish AGE formation 10-100 fold, to save the planet and evolve us past glorifying our ☺abysmal IQ☺ and inability to create eterni powders, which when dissolved in water, *would enable us to live 10,000 times longer, as rockets allow us to travel 10,000 times faster than nature allowed us to*. Do we want to remain cannibal baboons eating corpses, or evolve? Allegedly, Jesus taught abstinence from meat and alcohol, but the emperors changed the scriptures, due to being addicted to both. Follow Jesus, not 'Satan'. How can anyone invent anything great, when their brains are destroyed completely by AGEs? By the polyaromatic hydrocarbons coming from cooking pots? Pressure cookers make no fumes to damage your brain, every organ, blood vessel. Immortalists can only cook using pressure cookers, out of kindness for OTHERS, to avoid being a burden due to aging faster via fried foods. Terrorists barbecue, for it is written "He who kills an ox, is as if he killed a man" Isai 66:3. ☺☺ Indeed, the Mighty God or Law of Chemistry always wipes out such beasts with the chemicals from that meat, like oxidized cholesterol, which is 100 times more deadly than oxidized vegan fat. He will even wipe them out via conversion or other ways, to finally end their evil terror of the planet. The blood lust and animal blood drinking inspires their violent brains to torture, kill, lie, steal. Jesus ate meat in the fake Gospel, so he was a true blood drinking lover, and wanted people to celebrate him by simulating cannibalism daily. His IQ so low, he couldn't imagine one day science will enable us to no longer eat animals or plants. Jesus was a fraudster, a vampire. He lied that 5000 loaves of bread were materialized, because he could not precipitate protein in his body, without eating food, he could not materialize 1 mg of a happy chemical in all world leaders to avoid all wars last 2 millennia or even during his life, he could not extend his life 2 millennia to keep everyone peaceful by his neurochemicals materializing in the brains of angry leaders about to wage wars. He could not turn even angry rabbis into peaceful people via materializing a chemical in their brains, and got killed for his lies and useless agitation. Jesus was no God☺☺, a God needs no food☺☺, he can materialize nutrients in his bloodstream directly; the ascension story was made up. Jesus also showed lack of knowledge of protein in vegan foods, lack of compassion for the animals killed to fill his bloodthirsty appetite. As a cruel pretentious low IQ liar who didn't know even 5th grade chemistry, he had no deep knowledge of the universe either. All the saint miracles were fraud, they were made up to create converts out of gullible people. ☺ Relax, don't stress, Jesus may be 100% fictional, a made up story for Jews or Italians to take over the world. *Above all, don't stress to eat meat just because "Jesus ate meat"*, you may live longer anyway. The highest homicides

rates states are mostly Republican, filled with belief in violent con artist Jesus, who said he came to bring a sword, not peace, see his bad quotes here. ☺☺☺☺☺☺☺

One of the most visible reforms of the Immortalist Party is the hourly 3 minute broadcast on TV-radio of the horrific effects of polyaromatic hydrocarbons (PAHs), heterocyclic amines, acrylamide and other deadly compounds created by toasting, frying, boiling without sealed lids, and open air cooking, at home, barbecues, restaurants. People will be informed that these compounds destroy not only the eaters of the food, but also, anyone nearby who inhales these carcinogenic PAHs, etc, which cause LUNG CANCER and are as deadly as smoking. One of the biggest frauds in modern history is that run by aristocratic terrorists in charge of 30 million restaurants worldwide: they somehow managed to *brainwash workers and frequent visitors that only smoking is REALLY BAD*, but the "ultra toxic fumes in many restaurants are not". Nothing can be further from the truth: while you may not get lung cancer right away as when you smoke 2 packs a day, there are thousands of ways in which damage can be done via free radicals to every organ of the kids and adults in a household where they never ventilate well, and, like 99% of American households, the cooking causes smells, PAHs, to enter all rooms and hallways due to the incredibly ☺abysmal IQ☺ idea of central heat/AC, low FPR filters (ultra low quality FPR 4-8 filters, not 12, replaced 3-9 months instead of every 3 weeks), central AC vents which allow mold and bacterial mold biofilm to establish itself over 50 feet of ducts and to reinfect people with flu, COVID, cold, etc. Any parent who loves their kids needs to use a pressure cooker to submerge all food in water, minimize oxygen contact, to prevent the formation of these lethal volatiles and depressurize everything slowly. Otherwise, you literally cause your kid to live shorter, you commit a very subtle violent crime against the lung, blood vessels and every organ of the kid with those volatile smelly compounds. As a result of your kid's IQ being lower, when you're old, he won't be able to take care of you, as you have destroyed his brain for 18 years of his life with your "toad IQ"☺ desire to make "tasty, not healthy" food, due to being shown cooking methods by "filif hookworm IQ" chefs on TV, *wanna be chemists* who don't know anything about biochemistry. In order for anyone to teach cooking on TV, they need to get a Masters degree in Eterni Tone Speaking/Writing & PhD in the Chemistry and Biochemistry of Immortalist Cooking. The Immortality *Nurturing* Agency needs to ban all cooking appliances known to form lethal compounds, like air fryers, toasters, grills, barbecues, etc, and ban all restaurants whose cooking methods cause the air inside to contain known toxic compounds, by simply inspecting randomly and then *fining them $50-50000 million for a* terrorist attack on the human *quantum field*, by selling toxic food with lung destroying fumes inside the building. The fine☺☺☺ will cause the restaurant aristocrat serial killers of unsuspecting workers to sell it, it is absorbed by Eterni Food Inc to create an eating area where no fumes exist at all, as cooking is separate from eating. Using mass produced big 50-100 liter

electric cookers, they feed all in ways 100 times less toxic, enabling all to live to 99, not just the evil aristocrats laughing all the way to the 4500 banks. ☺☺☺☺☺☺☺

Likewise, the Immortality *Nurturing* Agency☺☺ will test all solid deodorants for carcinogenic aluminum and other volatile lethal chemicals (for sprays) known to be toxic or even to be used by foreign nations as hybrid war to destroy the brains, vessels, organs of the American and other peoples. As such, all deodorants and beauty products will be made in USA and tested 900 times more, as explained in the Eternal Beauty Inc section on perfumes and the like. 'Panda IQ'☺☺☺ parents use a deodorant spray daily, and then those chemicals make the kid live 1 year shorter, IQ drop 5 points. Why on Earth do people use deodorant for every day? You don't need it. Just shower and lose weight, you will sweat 100 times less and live 10 years longer too. I understand a little bit for a special event once a year or decade, but daily? It's just pure suicide. We got too many lawyers, accountants, HR, economists, judges, and too few chemists and physicists. It's unbelievable how naive people are to imagine the aristocrats did 1000 tests and studies on the poisons they use to make sure they don't shorten lifespan and etc. Aristocrats worship money, and a 5-300 people company is not a 1,000,000 employee Eternal Beauty Inc with 40000 PhDs with soap, shampoo, etc products that add 50 years to your lifespan. Aristocrats only know theft, so the 5-300 people company is more like a chariot versus a superluminal intergalactic craft. What do we choose as a nation? Truth or the lies of aristocrats?☺☺☺

Eventually, Americans and people worldwide, due to increasing self-reflection and empathy, will wonder why in the world we have these gigantic kitchens that waste huge amounts of materials and electricity, gas resources, when the healthiest cooking method is all done with a pressure cooker (that replaced 25 cooking appliances) and food processor for fresh smoothies, and also why we built 30 million restaurants to eat tortured and killed animals, when we could cook much healthier meals at home and use those restaurant materials *to create* eterni *food research centers* and housing for the poor living in horrible conditions, *to end the suffering of tiny animals killed by omnivore or even vegan agriculture*. Let's be kind to plants and find new ways to reduce pain, increase bliss and happiness for all sentient beings. Let's recall, instead of 30 million places of worship, we can build single family homes for all, so each home is a temple. The trend towards consolidation and 11 companies worldwide, first 11 companies in every nation then they all merge, seems to be taking off: Australia restaurants are going bankrupt in 2024 causing more mergers, finally. This will increase efficiency and allow people to live longer, lose weight, learn a thing about chemistry and nutrition, end aristocratic terrorism. It's odd how people all over want to save companies and industries that produce the most toxic food products like potato chips, peanut butter, all kinds of processed foods. Why can't people just eat these things in a smoothie (fruits and greens) or steam or cook them at home in minutes in a pressure cooker (2 min for veggies)? It makes no sense to waste so much energy to take a food and increase its

toxic AGE level 10-500 times above the home cooking level. Worse off is the absolutely genocidal idea of Australia importing ultra processed oils/foods, when we know walnuts, etc they export are much healthier than this imported junk. It seems like *saboteurs, selective killers* (junk processed foods for minorities or worker class to exterminate them by brain damage) *or those without much nutrition knowledge run* Australia's *food* strategy.

We need to dissolve all state and city governments, in all countries, install the centralist immortalist system. A central government achieves much better results thru its offices in states and cities than 20000 city governments in 20000 cities, villages, states. It's efficiency. 11 companies achieve more with less staff than 33 million companies, allowing us 40 million new research jobs to bring long lives for all. Re-pub-licans are for "give power to states, cities and small government, 44 million companies", but this only creates a much bigger total government where parasites who want a relaxing high benefit job go work for the small city gov reinventing things and acting busy, while delivering poor service: see today endless houses flooding everywhere, due to aristocratic city/state officials who can't require houses to be lifted 6 ft above street level, but they spend billions on sports each year, gyms, school sports, etc, wasting equivalent of 10 million full time construction worker hours in their "evil hobby of being a selfish pig who doesn't care about others being flooded". The irony is the "small gov" proponents create a much bigger government than would be possible with centralism. The jungle of the private sector can't do anything to self-regulate, when 1 million food companies fight and gov is too small to inspect 1 million companies. You know, as a regulator, you got to discover what went thru the minds of 5 million food engineers ad process, delivery designers in 1 million companies, but if it is one company, there are only a few designers of the major processes, 5000 and they all work on the same major guidelines, so you have 1 million times better control of quality, ethics and know what goes on, as all follow same principles. It's 1 million times easier to avoid a jungle of fraud and chaos. The only solution to health based choices is 1 gov company owning, reforming all major food companies, merging them into various brands, creating much healthier brands, closing down toxic restaurant chains, remodeling restaurants into housing or into healthy new brands, etc. It helps to abolish the monarchy in all nations (not just Australia), declare the Immortality for All gov, independence like US did. Monarchy is anti-immortalism.

Let every ☺☺☺"tired, exhausted, brainwashed, lied to, cheated by aristocracy, worker" know that all cooking needs to occur in water, using a sealed pressure cooker to reduce oxygen reactions and oxygen availability 8000 fold. Did you know that normal cooking releases carcinogenic pan coating fumes that never happens during pressure cooking under water? Water covers the food prevents oxygen-food contact. This way, you can live longer, boost brain health and defeat the Aristocratic Terrorists who have milked us dry, beaten us for 30 millennia. Kindly compassionately watch the 0 IQ diet of the UK Royal Family: 1. aluminum foil placed in the over

to leak aluminum (t=677s, 677 seconds within the video) and damage the brain of the royals and then the meat cooked in very dry heat to form AGEs that cause brain damage and endless homeless in the UK thru royal policies of toad IQ. 2. the dry heat again (t=1201 in case video gets deleted, you can find it on other channels), the boiling of plums to destroy polyphenols, go into making a very toxic ice cream, full of cholesterol that clogs the brain arteries and prevents blood flow, leading to the brain atrophy and the pathological desire of CIA-MI6 to destroy the brains of millions of people via their weapon systems. Ice cream they make is truly toxic, being a mix of ultra high cholesterol eggs, cream and pure sugar, that goes to destroy the brains of the UK and the entire planet. The odd thing is that we have the 0 IQ UK royals who not only don't ban ice cream, world's most toxic food almost, but eat it and show on youtube their happy eating of millions of pus cells from milk, as we explained in the vegan section on the diseases cow milk causes. Nobody needs ice cream folks, you can make a vegan one if you truly like it, but extreme cold or hot foods damage your oral and throat tissues, so ice cream is not a good idea as it is much colder than the 40°F lentils or etc from a fridge. Immortalists want to ban ice cream gradually, by explaining to people the damage done by very cold foods, by sugar, by pathogens in cow milk, etc. 3. the 0 IQ chef is wasting time to make shapes and what not, and then cooks the bread in oil in dry air (t=1503s), oxygen contact, to form truly lethal compounds that cause endless wars worldwide, as the UK royal brain can't conceive of World Peace in 3 months. 4. watch how eggs, cream, mashed potato, bread muffin is placed in the oven to create endless carcinogenic (t=2331s) compounds, toxic AGEs that then give poor decisions for the entire world. Again, ovens are lethal. Note how all their chefs don't look healthy, but overweight, some huge belly, showing that they don't eat healthy. If any links disappear, due to some youtubes being taken down in private accounts, etc, you can simply search youtube for "the chef of the UK royal family food preparation" and find these things. The four 1 minute segments above are from the same youtube, with the times to watch the exact 4 worst places, so you don't waste 48 minutes to watch that same long video present on endless youtube channels, like this one too. Even a 4th grader today can create a healthier cooking method for any family by reading this book than the Royal Chefs. *The list of* 1st grader cuisine mistakes *is endless*, you can see it on youtube.

In the UK, mindless adulation of the Royals is or seems to be the only requirement for promotion. Every TV station, government news site, etc broadcasts useless news about royals, irrelevant to the lifespan shortening by 30 years by UK Royal policies. Plus, they never mention the cruel laws the UK Royal Family passed thru the centuries, listed in these 4 pages. Who fought all wars? The Royal families all over the world, until recently when the slightest democracy emerged with republics. Behold the care of the Japanese Royal family ruled society with 10 million empty housing units, yet these people being homeless in Tokyo, what kind of civilization and Japanese cruelty is that? Oddly, a guy recruited as a spy by Japan gets a 6000$ home, but

the locals who built Tokyo are left to live in tents on the street. You thought homeless people exist only in the Western selfish societies, or UK Royal family run society? Science doesn't matter. The 0 IQ Anglican Church matters. The UK Anthem itself is all about God bless the Queen, the people don't matter, they don't need be blessed. Likewise, in Australia, UK citizens are given preference to immigrate, etc, it's not merit based, just UK Royalism promotion based. You get my drift. People will say Queen Elizabeth lived to 96, etc, because of their healthy food. No, it's not, they lived long in spite of, not because of their bad diet, and due mainly to the entourage ensuring they got regular sleep hours, no stress, while millions of others are tortured or even blown by gun, or microwave, infrasound or other types, not left to sleep well for years. You know, if you sit around doing nothing except some vacations to other countries during "state visits" and no stress happens, anyone can live to 100 even. That's not progress, we want 5 billion to live to 140 ideally, not just 5 people to 102. We need unite USA, UK, Canada, Aussie, NZ in one super efficient Eternia country, with one accent central education, 11 companies. If UK doesn't want to abolish royals, then the other 4 can do it alone first. No royals, because the immortalist government is made of dozens of leaders, who can rotate, each a few years, based on who is the best, not who is part of a biological family. Plus we love young people, who have much bigger brains than old people, and have far higher ability to innovate. ☺☺☺☺☺☺☺

Go to every supermarket, you find cow milk, same thing in 9000 packages, instead of having 5 different eterni milks, totally different than toxic cow milk in 5 packages. *All human energy is wasted in greed, flashy packs, deception, TV ads, looping, stagnating*. Entire generations of youngsters forced to become ☺abysmal IQ☺ folks who innovate nothing. All due to greed. Let's stop it. Oh, they will say, come on Alex, we got rice "milk", almond "milk", and soy "milk". Rice milk is pure trash, just has a little carbs, 0 useful fat and the lowest score amino acid score you can find, though a little higher than the ultra pathetic soy milk score of 25, worse than most fruits and etc that have no protein. Oat milk is a little better, but that useful fat oxidizes so fast like cow milk (light in the store also can wipe out vitamin A, D added), giving you arterial plaque, stroke, infarct, death. Nut milks are mostly fat (like cow milk), that sits oxidizing there on the shelf and becomes ever more lethal daily.☺☺☺ Soy, cow, nut milks got AGEs formed during processing, pasteurization forms AGEs. On top of that, all liquid milks will oxidize and rot fast 100s of other molecules on the shelf, requiring huge transport costs. Why not create 5 unique powders and dissolve those at home in water: vitamins and nutrients are 900 times more stable in solid form. Would you gently prefer to transport yourself with a chariot made by 2 people from a pygmy tribe (they live to 40 max, IQ low) or by a Tesla or rocket made by the efforts of 10 million engineers who worked on cars or spacecraft for 150 years? Do you want to eat a milk any filif IQ *guy can milk by massaging the breasts of a cow*, 1 person, or a food produced by 10 million PhDs and engineers? *One food will help you live 8000 times longer, just as a rocket can*

help you travel 8000 times faster. It's the difference between egotism & altruism, hell & heaven, between 33 million "companies" in USA and only 800, between "finance, marketing, spam, deception" economics and "RESEARCH based" economics or innovation based economics or immortality capitalism. Look at the US military, you see the same "marketing type of deceiving, 'fooling around' and acting busy" military: endless officers (20% of 1.3 million) or "managers" of "enlisted forces" for 0 innovation: give orders, shout, torture, kill in training, be tough, physical exertion, physical fitness, HAVE NO BRAINS, no good sleep for true creativity, no relaxation for true innovation. Yelling and Muscle Power, no brains needed. Wake up, the US military is a reflection of the US entire system: total ☺abysmal IQ☺. There is a high number of "managers", nothing getting done innovation wise, except of course, torturing 'trainees' to death, permanent brain/organ damage, eternal slave status. If we want progress, we need real centralization, which may take 10+ years. 33 million companies to 800 in 1 year is hard.

We need to kindly end the genocidal "cook in oil" traditions (in 200 nations) that cause strokes, heart attacks, kidney/pancreas/liver failure, diabetes killing 9 million each year. Smoking was a great tradition that most MDs (smokers themselves) vowed was harmless in 1950s. Go figure. USA immortalists need to ban *added* sugars, *added food* colors, *added* texture *enhancers,* oils (unless high ω3 oils some people need) *and thus avoid:* 1 million kidney *transplants*, 10 million diabetes cases, 10 million heart attacks, 4 million strokes. Plain and simple. This trash food processing they do is ultra low tech and has nothing to do with an *orders of magnitude more high tech* eterni *food industry* that depends on ultra fast (new methods of chemical synthesis, even using new physics, that do it in 1 step of 1 hour, not 90 steps of 3 months or biosynthesis) chemical synthesis of similar or improved natural proteins, carbs, fibers known to help the most. *All nations need to ban carbonated beverages* and the toxic Coke, Pepsi poisons the British Americans have 'generously' exported to destroy all nations' health. This acidic pH causes endless dental problems, systemic infections, and stomach acidity that wipes out lifespans, it's a genocide. Likewise, *all candy companies need to be dissolved*, as their only achievement is genocide by dental infections and dental problems that seep bacteria into the blood and cause rapid systemic inflammation and early death due to mercury amalgam used for fillings and gum disease. The state enemy is from within: it is the filif locust IQ☺☺☺ food company managers who create the most lethal products to destroy the human quantum field and human DNA. All kids need to be taught to eat 3-4 times daily and brush teeth right after using alkaline mouthwash, and never keep candy in mouth or crush it as it will damage the enamel and cause short lives. The Holocaust done by cookie companies (oxidized oils with ω6) is so big, some serious action needs to be taken, as most cookies, cakes and biscuits are highly useless and toxic foods: ban them all perhaps. Everyone is so fat almost due to the culture that revolves around EATING, tasty poisonous foods instead of meditation, loud chat over beer instead of zen silence

or eterni breathing, introspection, etc. This rush to do stuff doesn't give people enough time to relax, to sleep and they thus gain weight fast. After all, they shorten our lifespan, so we need immediate action against these thugs making everyone fat. They focus on flavor, color, texture, addiction to the sweetness, creating lethal foods. There is no regulation, the companies cause trillions spent in healthcare, huge human resources wasted to fix the damage, to manage the sick people. Anyone who knows how high the toxic fat/sugar content is in most products, realizes US will need to modify the recipe of millions of products or ban them. When we visit a grocery store in USA, we have thousands of products now, instead of a ready made powder to dissolve in water, 500 types of powders, each with different combos and vitamin levels, etc. ☺☺

In supermarkets, the flowers section takes 10 times the space of vitamins section, indicating how much we love to trash nutritional health, for some ☺abysmal IQ☺ romantic tradition of giving flowers, all because Dutch colonizers produce a lot of flowers and love exporting their crap to us, instead of high tech foods that double our lifespan. We don't need your flowers Netherlands, you're the cruel exporter of more than half flowers worldwide, you cut endless flowers, causing pain for poor plants and polluting the human quantum field, wasting endless energy for conditioned transport of flowers, while billions lack nutritious food (blueberries, etc) that could boost innovation and brain health. There is a nicer simpler healthier way to bring nice smells and images, thru science of holograms and perfumes, not torture of plants. Immortalists are for hologram flowers or paper made flowers or some other paintings of flowers, etc, to avoid the suffering of sentient plants, in line with high tech goals for eterni foods made without torture of plants or animals. We don't need violence against flowers, endless energy wasted to transport flowers worldwide to and from Netherlands (tires of all cars emit toxic particles that destroy our lungs, gas cars create smog). Instead, we want LIFE, the end of Nazism, of violence, of murder of innocent people you enslaved/killed, of murder of humans that destroys the human quantum field. Why can't people simply plant a flower in the backyard and leave it at that, stop buying flowers, use those 300000 acres to grow blueberries (or fruit trees that kill no plants) or stuff that is healthier and much needed until they make by synthesis all those polyphenols. Give your spouse some supplement, since most people are highly deficient in something. The immortalists will raise taxes on flower import tarrifs to 3000% and ban the cultivation of flowers in the USA, to make space for decent single family homes, desperately needed crops (blueberries, walnuts) eterni food research centers. Why have fewer companies? Fewer admin jobs, more high tech jobs so our beans/lentils sorting equipment can remove stones, twigs, glass pieces better. ☺☺☺☺☺☺☺

I went to Aldi Virginia and bought some lentils, and found a sharp piece of glass (see pic), that had a radius twice that of a lentil, and could have destroyed someone's gums, throat and stomach, digestive track, if they would have chewed or swallowed it. Thankfully, I always soak

lentils first and this time I poured them slowly, 1 bag at a time in the pot of the pressure cooker. Avoid Aldi lentils of the Dakota's Pride brand, that come from Canada, look shriveled and unhealthy and are a testament of why America totally fails. We got German companies like Aldi and Lidl to come to USA and give us cheap products with glass (see picture) and etc in them, we Americans are too low in IQ to create our own efficient Immortality Markets with universal identical prices in all 50 states. Why are Americans so low in IQ? Instead of one market that has it all, we need to go to 3 grocery stores and waste our time. The trash US brand Springfield is full of stones too, some quite sharp and ready to crack teeth. This is due to lack of science and engineering jobs to create good sorting machines. The Dutch-Belgian Ahold-Delhaize, a symbol of aristocratic terror, owns the Giant supermarkets (ripoff vs Walmart) in 6 Northeast states, Washington DC, etc, because we Americans are too low IQ to create Eterni Food Inc, that has it all at lower prices than Walmart, Giant, Aldi, Lidl, etc? All we get on radio-TV is the lowest IQ music ever created, to lower our IQ and turn us into slaves. Pure Nazism. The Dutch and many nations, own millions of acres of US farm land, making you wonder about the IQ level of the Americans. Canada alone owns 14 million acres, and it's basically the UK King who owns that as they own Canada. USA is a slave colony or not? Aristocrats own our land, but they tell us we don't have space for single family housing or etc. The USA needs to charge foreigners a 9000% tax for owning farm land in USA. The criminal big American companies, like Popeye's, McDonald's, KFC export poisons worldwide, and defame the USA with their genocides via ultra fried foods that clog arteries, cause strokes, heart attacks, etc. This Nazi behavior will only invite war upon our shores. The poor eat that junk and the aristocrats laugh all the way to their demonic banks. When will a real American revolution occur, peacefully, to rid ourselves of these parasites who sucked our blood dry for 5 centuries. Sadly, many US supermarket chains are also symbols of aristocratic parasitism and they're way more expensive than Walmart or many cheap markets, even when the product is identical. The sale of a similar item at much higher prices (we see 5 times higher 3 miles away, same item) would draw 50$ billion fines if 8000 products are found to use that tactic, even before salaries are more equal by federal law. This enables Eterni Food Inc to take over parasitic chains building huge wealth for parasitic shareholders, owners, which then support parasitic industries (luxury useless goods, we got infinite numbers of low IQ folks, the 5%, buying endless useless stuff that reinforces our low tech status of world losers) that sink our nation into ☺abysmal IQ☺, low tech, eternal wars due to aristocrats. It's shocking to see how crowded our scientists are, how homeless scientists, engineers, teachers can be, yet these greedy thieves, using the system to loot everyone, build gigantic cellars for wine, have millions of RV campers sitting empty while others live in tents, endless luxury goods (cars, boats, yachts, gigantic mansions that waste space and materials better used for research centers, so we have 0 unemployment as with the 11 companies) that don't take any high tech or expertise to build, only material wasting and retard our nation into 3rd world status. It's these greedy

parasitic thieves (who think they work 500000 times more than others to get 50000 times the pay) that we need to go after, the real perpetrators of crime and endless wars over resources we don't need with a little ethics of nonkilling, of compassion for all workers, of tech research to find alternative resources and technologies that remove the need for resource wars. And no, they're not just the 0.1%, it's more, parasitism is done by about 15% in tiny or huge forms. The 0.1% are fiendish conmen who corrupt the 15% to become parasites too and be their army.☺☺

In Australia, labeling is very weak, as slaves don't count, they don't even list inactive ingredients on vitamins, etc, only the active ones. To get all ingredients, you need to go to some special site, that is often offline, and enter a 6 digit medicine number written in tiny digits on the bottle, to get some page, then download a PDF, to finally get the ingredients. It's another example of British exceptionalism: remove all info and keep the masses enslaved by the UK Royals totally ignorant of what they're ingesting, have them go thru endless loops to find the list of inactive ingredients listed by other nations on the label. Type any supplement on Amazon.com *search box* and then do the same on Amazon.com.au and see 10-50 times fewer entries on Amazon Australia. This is a preview of how a small nation has fewer choices, they only sell for example some forms of K_2, not all 3 forms found in natural foods, same for B_{12} (one not all 3), etc. More on why this happens is in the immigration section, where we discuss merging Australia and USA. In the United Subjugation of Americans, USA, or UK colony # 2, companies can write "reducing sugar" or "sugar alcohol" or $HO\text{-}CH_2\text{-}(CHOH)_n\text{-}CH_2\text{-}OH$, n=2-4 in the ingredients list, but this can mean many compounds, such as the widely known sorbitol, xylitol, erythritol. This deceptive rule enables the aristocracy to add 30 g of potentially clot forming, stroke heart attack causing erythritol and xylitol to keto ice cream, diabetic pastries, bakeries, candy, etc without telling anyone. These 'natural (found in fruits in low amounts)' sweeteners like xylitol may even cause death. This is a direct result of our spoiled culture of "eat super sweet stuff even if it kills you", "use whitening toothpaste even if it destroys enamel, dentin and gums, eroding your teeth, to look good", "buy hard toothbrushes to be a macho guy brushing your teeth until the dentin is gone", where taste or appearance is all it matters. They add carcinogenic colors to ice cream to sell more. We need to ban cookies, candy, ice cream, sodas, toxic snacks, like chips, fried foods, barbecue, grills, etc, for obvious reasons covered in the AGEs section. These foods also cause tooth decay, fueling a mega dental industry to fill cavities with mercury and cause endless brain damage, disease, etc, besides these foods being pure poisons void of many vitamins, minerals usually. Our ☺low IQ☺ society prioritizes violence, torture, people killing dogs, violent sports, and tasty foods. It doesn't matter if everyone is fat and lives 50 years shorter than they could, just make our cities ever louder, fuller of smoking in hotels, etc, bars and strip clubs. Why not require all food products to label how many g or mg of a compound were used. Instead of saying ingredients: xylitol, water, blueberry juice, ginger, etc, it would say xylitol 25g, water 500g,

blueberry juice 30g, ginger 20 mg, etc. One of the xylitol studies is here.

One reason everyone wants taste is due to everyone being brainwashed by these parasitic pastors who deceive everyone with the violence cult of beatings/genocide deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). Busy with 400000 churches that remove any chance for the poor people to have quiet houses or cities, then nobody has time to relax, especially as 1 hour of relaxing at home. Who needs physical churches in the online era? Spending even 5 minutes greeting all humans is impossible, due to the pressure to go to church and listen to violent tones of pastors or rabbis, who love to slap infants or terrorize babies during baptism, slap kids or punch them. If people were meditating, happy, ☺☺☺ they would not need sweet food to be happy, they would smile and torture none. There would be no compulsion to attend church, attend brainwashing intellect destroying meetings where 0 proof is shown for the fake miracles. Every house today has access to 10 trillion times more info on God and afterlife possibilities, and people can commune with God directly. We would take care of low stress, better diet, good sleep and live longer, be kinder, reach 0 violent crime. But no, aristocrats who run spy/military agencies want everyone to be as miserable as possible, because it's a lot easier to start fights among workers to distract them from the real oppressor: aristocrats and clergy. When a violent crime happens, they don't give death penalty to aristocrats who incited workers to that via movies, music, books, press conference tones of cops, CIA-FBI-politicians, to end this behavior forever, they just give them a fine or small sentence to the victim of decentralized education, to perpetuate the state of chaos that makes vampirism 1 million times easier. Every store/major news site in USA, UK, Australia is full of royal family portraits, irrelevant news (while others are homeless), like Prince Harry, etc, it feels as if the 1776 revolution of USA was a scam by Brits. The same UK government BBC makes programs about the cult of personality of various dictators UK-USA installed, supported and then removed from power, which is kind of hypocritical. The UK owns much of USA, its media, which is pretty much, in many ways a colony of slaves still. Most 'revolutionaries' were young adults, possibly paid by Brits. USA is ??????? The main subject of socializing, TV is how was the food you ate, was it good, or how amazing that food is, as if the only way to be happy is to eat. Our neutral development is that of a cannibal chimp, who can only derive happiness from eating a sweet fruit. This is evident in the eternal war news, where cannibalistic behavior rules. Even the church is all about eating wafers and drinking wine. ☺☺☺☺☺☺☺

Another example of unsafe food processing few know about is the joining of meat pieces into one using transglutaminase enzyme, which due to its water retention can cause a huge spike in the weight and volume of meat, leading to more money being made by deceiving customers they buy more meat. During cooking, the edges of meat full of bacteria get well sterilized, but if 2 meat pieces join, the center where the joining happens is not sterilized during cooking, leading

to food poisoning. Because today USA and many nations use this enzyme, it can allow the food poisoning of millions, without their knowledge. Thus, we need to ban this enzyme, like EU did in 2010 and Russia in 2020, or simply, avoid meat altogether. *The average American* is so drastically lowered in average IQ by the *gangster* controlled media, *education, government, that companies can* sell the ultimate poison via restaurant chains and nobody says anything. If USA wants to become a 3rd world country, nothing needs to happen, since we're almost there. Italy's government took over 3000 Mafia run companies and sized 12000 properties. More on faking food to poison billions is in this documentary on injecting tuna with nitrates to make it red (fresh looking, more expensive) or selling canola oil as olive oil, etc. It shows how mafia members are CEOs and entrepreneurs today, doing dangerous food modifications to make money, that can cause allergic reactions (nitrates in tuna, etc). Before eating tuna, realize it has 50-100 times more mercury than sardines. To be safe, we need one company that manages all steps where fraud takes place: distribution, processing and production. This allows us to fire 3-15 million workers over 25 years who do nothing but inefficient things, wheel reinvention and etc, so as to train them to become research staff to be able to do 1000 times more tests and science, instead of fraud and nonsensical (*useless nation draining)* marketing. Besides, oils are not ideal, nuts are far safer, as oils oxidize fast during processing too, not just storage in those see thru bottles made to save money. Using walnuts with ω3, is far healthier than using high ω6 oils or animal fat (lard with ω6:3 ratio 10:1 very bad, 41% sat fat, butter 51% sat fat ω6:3 ratio 9:1 v. bad) given the obesity epidemic. Eat 0 processed food, until this state company emerges, since fraud happens at all steps of processing, creating real health risks. In 2017, EU cops found fake olive oil made from industrial lubricants exported to USA. FDA found 79% of all olive oil is actually fake. In China, like in USA, companies take shortcuts and use cheap fillers, while listed ingredients are missing. NYC found many supplements miss the listed ingredients to some degree. These things would not occur with centralist control of one national company, as the number of variations of the product will be lower, so quality would go up, every process is within the company and nobody can cheat as anyone caught would pay 1 million dollar fine. It's impossible in a large company to substitute, because everything happens with approval of thousands, not 2 in a company. They add chemicals to cheap canola oil or industrial stuff to change color and taste and sell it as another product, edible expensive extra virgin olive oil that costs 5 times more etc to take in $. Avoid oils, too much fraud and oxidation. The *Mexican* mafia is also copying the *Italian* agricultural mafia, the Spanish Robberies mafia, (Italy and Mexico have identical flags: white, *green*, red) branching out of drugs into veggies, meat, food, restaurants, construction companies (the gangsters become CEOs, owners, contractors, etc), real estate, hence we need ☺ one ☺☺maximum security company for real estate and building maintenance, # 3, right after #2:

4.5.6.2. ☺☺ Eternal Travel Inc ☺☺, ET for short, the 2nd of The 11 National Unified companies,

buys all car companies (fines them trillions for RF damage, so they become gov property of We the People) and unifies them (brands remain, they're just subsidiary of Eternal Travel, *or* ET.gov, world's largest car, UFO, boat, mail delivery, train, aircraft company), renames bad brands into uplifting names to build eterni vibes and character. ET makes cars, trains, ships, planes, mail delivery drones/vans, silent levitating craft to replace all cars, robotaxi, saucers, ET & ET.gov, extraterrestrial travel, te means also virtue in Chinese, that leads to soul travel, eternal travel. Eternia, the Abode of the Eternal. It delivers all mail, manages all ports, roads, airports. Any fines related to traffic or parking are issued by the Immortality Nurturing Agency, the unified national police, not by any private company, such as Colonial Parking and other evil companies (what an evil name, might as well call it "let's subjugate all we can", how can this name even be legal?) that fine people when they park in public spots. ET.gov links to ships.gov that sells boats, cars.gov selling cars, airplane.gov selling planes, to get all used to the future of 11 companies 3 agencies for all nations, 1 bank, 1 language, 1 law for all 3 million cities, not 3 million laws. Instead of seeing Ford, Chevy, Tesla, etc written big on cars, we get a truly mind blowing shimmering colorful *(neon lights at night to increase visibility and remind all of the* Eternal) the Eternal logo (different colors seen during daytime even, but especially at night or dusk). The model names are smaller, so Chevy Blazer is Eternal Blazer,☺☺☺ model names become Blazer, Equinox, F150, Silverado, Ram, Mustang, Tesla 3, Tesla Y, the make is always Eternal. You no longer need to select make and model, only model of a car, since all make is Eternal. Foreigners use Eternal for any US made car and the car subdivision of Eternal Travel Inc will be called Eternal Motors. To prevent harassment of workers and the poor by crazy police which increases aging stress hormones, it provides free transport to all on trains, trolleys, trams and buses, in case they don't yet have a car, or don't choose to buy one (if everything is mostly within walking distance). In France highways are owned by 19 companies and some trips cost 180 euros in fees, this aristocratic terror by a few thugs is unacceptable, each EU nation and even EU needs to have a toll free continent wide highway network managed by the European super state, just like all nations and continents need to eventually have national tax pay for all tolls. Only the lowest IQ folks would have 40 payment systems that stop traffic when the tax could pay for it all. One can take pic of license plates and monitor highways with 4 trillion cameras, no need to have toll stops. Remote car stops via connected cars ensures cops can stop any car without toll stops. It requires all cars to come with radio frequency blocking film for back window and sunroof, to prevent 100s of diseases, as explained in the EV safety section. Eternal Travel Inc offers FREE RF film for all other windows, to protect citizens from insanely high RF while driving in the city, since nobody ought to use phone or WiFi while driving. Serbia, Belgium, Estonia capitals already offer free public transport. The police is then moved from checking tickets to securing the border properly with 20 times more border staff, since this is where the real danger lies, foreign spies placing continent destroying weapons. It's also moved to the educational, learning and test

centers for Immortality Tests for would be tourists, visitors, immigrants. They can still use a card to get access to public transport if they want to track spies until they install 5 trillion cameras, but it would be free, not even $0.5 (40 times cheaper than the previous day for some routes) as in the Aussie 6 month experiment. The lost revenue ought to be gained by increasing alcohol, vaping, brothels, strip clubs, martial arts, boxing, etc, smoking excise taxes. Normally, these ticket taps with cards are not used to get payment, but to track terrorists and spies, their movements, etc. However, with 5 trillion new cameras, and face recognition, everyone is seen, among the spies. To ensure the highest longevity of We the People, all cars will have the easiest to replace design for air filters, since the air is so toxic in many cities. Currently, many car models require pliers and excessive force, gloves to replace it, due to a no screw design, that can lead to finger injuries, a lack of desire to replace the filter. This is unacceptable. The new Immortality *Nurturing* Agency will ensure every product is easy to use, replace without hand, finger injury.

Immortalism unifies all traffic, police, banks via the Universal Immortality ID, the only card people ever carry (no store has discount cards, coupons once all genocidal aristocrat run "33 million companies fold into 11", discount is gambling and mind control to get workers buy $1.4 trillion of useless products (which keep aristocrats rich) that have nothing to do with 0 war (taht aristocrats never fight), 0 violent crime, but in transition period the universal card can function as the discount card to prevent having 50000 cards, wasting plastic and subjugating workers making cards), card that is a drivers license, a universal parking card (park & scan), an electronic key to all approved buildings (house, workplace) Immortality Building Inc maintains (all in USA) (all entrance in any USA building/house is biometric and electronic recognition of face to match electronic key, so no burglaries or robberies happen, as cops arrive within 30 seconds of a forced entry, no more physical keys), car registration, insurance card (one car insurance for all USA), health insurance card (one for all USA), passport, credit card. Efficiency so workers can sleep 8 hours and not get Alzheimer, heart disease, etc from lack of sleep, so we end Aristocratic TERROR. In 2025, an estimated half a million illegals drive without training huge semi trucks, causing huge accidents due to sanctuary states issuing fraudulent licenses for bribes or fake exams. Decentralization leads to complete banditry and disintegration of USA, as other nations create entire armies of sabotage in various jobs to bring USA to a halt in hours, such as truckers. These drivers are clueless, can't understand English road signs, they drive semis the wrong way on highways, etc. How is this protecting Immortality *for* All as they claim to be leftists who care about ALL WORKERS? Complete lawlessness is not leftism but subjugation by foreign spy agencies aristocracies, as it causes death by car crash, which ends the human right to trillion year lifespan. True patriots and sane people sup[port one universal license for all USA issued by the one federal company or, before the 11 companies, Department of Transportation, as all city and state governments are dissolved. Only 1 card for all USA, Eterni Bank Card, only 1 financial

product in USA, the bank account: there are no checking or savings, finance products, market accounts or cash (no illegals exist, only legals get the card to purchase anything). The main product is 0 VIOLENT CRIME, 0 obvious crime of physical touch by enslaved workers or 0 covert violent crime (3rd paragraph of tax section) by Genocidal Aristocrats. Stock markets disappear, stock markets were created by the Dutch in 1602 (spread chaos, destroy millions losing everything in gambling) to raise funds for the genocidal "80 year war", as banks financed all genocides/wars. Thus, due to 50000 fatalities, 1 million injuries in US alone, nobody can drive a car, unless he's approved as a driver for that car, a camera system recognizes him, his state of awareness (scan of face, eyes, to see how tired he is), after his Immortality ID was scanned via a special car scanner, to start the car only after repeating a positive affirmation (new one daily to avoid self-train to deceive AI) 'I pledge to drive so Immortality for All is achieved, etc' to start the day in a positive ethical mind said in an eterni tone to assess state of aggression, last sleep quality, intoxication, awareness. This reminds all that driving very tired is as deadly as drunk driving and that our tone of speech reveals everything. This will eliminate all car thefts, all fatal accidents and force drivers to sleep 9 hours before driving. Alcohol is criminalized: transport or posession brings lifetime labor, as it kills drivers. Life first, driving later. Nobody can steal a moving or idling car, the AI detects a car jack as it sees an unapproved driver and stops the car instantly before he can drive. With free delivery of all items, there is no urgency to drive.

This system is very elegant, cops don't need to ever stop people to check for drugs, license, registration or anything, nobody can drive without a license, or with drugs, since we train 1 million dogs (US got 90 million dogs, so we get 20 times more border staff and 20 times more dogs and later smell scanners when they become better than dogs) to be sniffing dogs to smell every airport passenger (3 million in USA, to make sure they don't carry drugs on themselves or carry on), smell every package/container in the US airports, mail centers in every city, ports, borders, every imported/moved item will be sniffed by dogs and later drones that do better than dogs by 1 billion fold factor. When every package is sniffed from border entry to 4 mail centers, there is no way all 5 dogs fail to detect the narcotics. Then no drugs can enter USA, so then no need to sniff cars anymore, the whole world knows nobody can pass thru the border, or end up being dead. Then, if drugs are found at border or a mail center due to dog at border missing one package, *all hell breaks loose to find out the source and* military strike on gang labs done in country of origin with 4000 acres of opium, weed, etc wiped out. Thus, cops focus on the entry points into USA via the 10 trillion drones, cameras and electronic systems and nobody carries even 1 mg of weed in their car, as the penalty is lifetime labor for any drug transport or posession. This lifetime labor in healing moving cities will build 100 times more infrastructure than in last 250 years with lifetime labor recipients working for Eternal Travel Inc, Immortality Building Inc, that make nice roads for soothing new tire tech making 5 times less noise and less

vibration, flatten out bumpy hilly areas, create new rivers, reservoirs and pies of water to make the unlivable 85% of USA where nobody lives a nice area with new small 0 crime cities. Because Immortality *for* All means the rich can't get drunk and ram into the poor or use gangs to transport drugs within USA via cars and cops don't need waste time to check car doors for drugs, since nobody carries even 0.01 mg of a drug. We fine $2 trillion, all singers, composers, actors who created the filth 'music' that drives up violent crime, adrenaline, hypes up drivers, causing accidents. We ban all violent music in cars, radio, TV, concerts (by MRI brain activation patterns, 80+% of today's music). The filth we call 99% of US/world music, doesn't meet the decency standards of MRI activation areas of the Immortalist Anthem. We prevent crime before it forms as negative thought or emotion, via education. ☺☺☺☺☺☺☺

The speed bumps can be like those in Sweden, only lower for speeding cars. Sweden road deaths are 20 per million inhabitants, while USA is 128, EU average 44, even if the average commutes are similar: EU 25 minutes, US 27. The parasitic state/county/city governments of USA are made of 21.5 million vampires who drain the blood of USA, so we advocate for 0 taxes and one central government only. Let us dissolve all states and put the 90% first, the vampires of Eternal War last. Nothing is done right in USA, except the British theft of trillions to build 8 million palaces: this part is always made sure to be done right, no matter which criminal party wins the fake elections. Instead of having a small 10$ camera installed under the front bumper to record all potholes so they're fixed within days without him knowing, by sending a message with all pictures of the day at the end of the shift to prevent RF damage to the cop's body, we have these ☺abysmal IQ officials☺ steal local funds giving themselves 5 to 80 times the minimum wage in the area, while roads look like the ultimate horror in many areas, of Washington DC even, let alone Compton or some poor Ocala greater area towns with 100000 potholes/town. In DC, the criminal separate Verizon, AT&T, utility, etc, companies each makes a manhole, a sewer and they're not even flat with the road, creating 3-5 inch man made potholes to ruin cars and damage brains from the shake, so the capital of the "free world" has about 10 million man made or sewer potholes, so much freedom for us. Go via google maps and street view or by car to British aristocratic towns like Rancho Santa Fe, with palaces and there are only 0 potholes. This is what happens when you let British parasites to covertly (thru puppets they mind control) run every town (so all money and best resources go to aristocratic towns) instead of one law we get 20000, instead of one department and company, Eternal Travel Inc ☺☺fixing all roads, doing all cables, utilities, we get all these unknown Mafia killer workers fixing potholes in Washington DC (400x homicide rate of Singapore) and making it worse than before the fixing, even more waves, more shocks, and more car damage. It's time to end the reign of bloodsuckers. ☺☺☺☺☺☺☺

You can see why the EU roads are world's safest in this video: endless cameras that give automatic tickets eliminating the need for traffic cops, using fast lane for passing only, curves

that are less sharp, safer bike lanes that continue at intersections in some countries, round about circles at intersections to reduce fatalities 10 fold, designed far better than old circle intersections that caused crashes. The world urgently needs cable road barriers that dramatically (for obvious reasons, concrete smashes your car, while cables simply move the car) reduce injuries and also plastic spinning drum guard rails. One company made a quiet change for guard rails (moving from 5 to 4 inches) that killed many people and caused many injuries, all to save a little money, so the fine was half a billion dollars. That's why we need one company for all USA, we can't let genocidal aristoc-rats kill people. Drainage lids will be max 3 mm lower than the road surface, not 100 mm like in 2025. This is for the health of We the People whose brains are damaged by deep potholes/drains. Eternal Travel Inc will require tests (to see damage to brain due to driving on pothole and sewer drainage lids (lowered, like the 1 million such drains in the Washington DC area) before any cars are imported in USA to damage the brain and favor cars that are more like Lyriq, which is the best suspension, least brain damage EV out there. This Lyriq level suspension will, via efficiency and centralization, be the minimal suspension quality (for brain and body health) of any car sold in USA in the future, as ~Eternal~ Motors rules. When people go to cars.gov to buy cars, they see cars sorted by price, by Brain Score, Immortality (overall longevity) Score, Ocular Score, Cancer Score, UV Score, Temperature Score (useful for dry eyes, dry skin, dry lung people), RF Score, EF Score, MF Score (electric field, magnetic field score for those with such sensitivities), so the scroll down menu us not about car names, but about Health parameters, in order to debrainwash the people from following without thinking popular past trends about shape, color, aerodynamics, style, fashion and brand zealous following. Since gov owns all brands, they're all tested in 100 new ways to determine these new scores that become as known and popular as the "car color", car type (truck, sedan, etc). The virtuous 11 companies immortalist government will educate people thru every gov page about the choices they make, so everyone lives as long as possible. Since only 1 car company exists, every car you purchase in insured and you don't need to be on the phone for hours to switch insurance, to shop for insurance and all this nonsense. There is one cheap full insurance for all included in the car price, everything designed for maximum bliss and minimal stress, 0 looting by predatory aristocratic CEOs and insurance bandits. Imagine, the bliss of not having to shop for fraudulent aristocratic companies trying to loot you. Those who get into accidents, are at fault, will have to pay a fine per each incident, 50$ if minor, 90K if major.☺☺☺

Buying a car will be so easy, cars.gov shows what is in stock and you no longer have to call 5000 dealers and 5000 websites to find out if the website is accurate or even updated every minute, or the car has a deposit on it already and you keep wasting 10 hours to call 50 dealers… and talk, go thru phone prompts, generally, wasting time due to a government of ☺low IQ goofballs☺ who can't sell cars efficiently. The current system is criminal, with tilapia IQ☺ salesmen calling

you to drive to them and then the car is not available. Instead, you reserve the car with 1000$ for 12 hours to buy it. No insurance companies exist, because every car comes with insurance and you have to go to preventive maintenance each year, it's included in the car price. If at fault, you simply pay a fine for 5 years, deducted monthly or one time payment if you got the money. This payment would be lower than today but it is designed to help people avoid accidents more, even if insurance takes care of most of the repair and you need attend drivers education, etc. This system ensures all cars are fixed up to 400000 miles for free or however long the mechanics still think the car is safe to drive without investing too much maintenance time and parts at the yearly fix that would be wasting more energy than buying a new car. You can't drive the car if you don't do the yearly check at the dealer, car is locked if you're past the yearly preventive maintenance, to make sure, (like with all houses fixed, maintained by Immortality Building Inc), that cars are clean, mold free, maintained, with new filters, all included in the price, lifetime repair. Eternal Travel *Inc* requires 360° camera (view from above to see front, back and sides, you see front of car when driving forward and the bird's eye 360 view on the left, see back when in reverse plus the 360 on left) system on all cars, as well as AWD for cold cities that have ice on roads. Those who mess car more and damage it more than average, dirty it more, pay some one time fees. To maintain the highest national security via high IQ, the car building priorities are changed 100%. From sport/big/low IQ cars, fancy designs and useless luxury trash, we move to a requirement that all cars have a truly amazing suspension, like Blazer EV, Lyriq, Model X, instead of the trash suspension of Subaru Solterra EV, Nissan Leaf EV. This ensures optimal ocular, brain health of our citizens. All imported cars have to have a suspension at least as smooth as Blazer EV. Otherwise, frequent drivers will damage their brains and body thru road potholes, bumps. Eternal Travel *Inc* requires the end of storm water drain lids sunk deeper than 0.2 inches from the road surface. What we have today is 3 million 1-3" deep lids on the slow lane around Washington DC, which causes brain damage and vision loss by shaking brains against the skull. The ☺low IQ folks☺ who designed these prioritized 3" depth over longer lifespan and higher IQ.

Today if you move, as a proud American citizen (aka slave) from one state to another, you need to relearn the 20000 new rules of your new jail (aka state) and go many times to DMV to apply for new drivers license as clowns in Congress can't make a one national license that is your bank card too and all other IDs all in one. If you want a driver's license, go with your ID and it adds electronically a driver's license after you pass the driving test, there is only one DMV nationally. They simply update your universal record. So, one time you forgot your old license, but the buffoons don't have it in the central system, so you slave go back home, a second time you come and they say your vision test didn't work, so they send you to find a doctor which may take 50-200 phone calls in the new state, due to a non-AI way (tell me a doctor that has appointment today) and one universal healthcare, you get an appointment in 4 days, as this weekend is

closed a lot due to a holiday and when you wanted to go, the foreign car you bought raised your heart rate to not let you sleep and make it to the appointment.☺☺☺ Same for the one country NATO: 1 drivers license for all NATO+Australia new nation that speaks 1 language, English: 1 license for all, one license plate for life. You get one plate, then that's your car plate for life and you move it to the new car, to avoid creating new plates all the time and wasting metal and time to rest, relax, recharge, reverse aging. Efficient and wonderful, not like today where every ☺low IQ☺ state, which shouldn't exist, wastes eons of our time to get a new plate.

A keyboard has 26 letters, 10 digits and 10 symbols written above the 10 digits, or 46 characters. If you use $_{10}C^{46}$ you get 4 billion license plate numbers, enough for NATO + Australia population of 1.1 billion people with 11 companies for all. The process for every new thing in the new state is bureaucratic, as in 2025 we're a nation of lawyers, salesmen, realtors, hedge fund managers, conmen, fake miracle preachers, who import monitors, cars, electronics full of microphones, video cameras, spyware, weapon systems that were not meant to be there in the first place. Why make stuff in USA if you can design it, (to feel like a 'true contributor to world future') and have a different design shipped to you, without your knowledge by making a look alike part with dual function and cleverly inserting it there? After all, the 5 minute DMV license, that ought to never be different, just became a one week ordeal. Efficiency at its best, USA style, that brings so much joy to the roads, congested by your useless trips. Is there any wonder we get nothing done? The slaves live 300 in 4500 sq feet in a skyscraper "condo", while the opulent bamboozling lawyers live in a 15000 sq ft mansion, he and her. Innovation for USA means setting up more rules, laws, municipal agencies and ways to torture the 90%, so nothing important gets done: we invent new laws, instead of made in USA products. USA collapses. The aristocratic rule of fraudulent law, not of law, is nothing but a recipe for the complete disintegration and destruction of the USA. Hey slaves, how are you today? Have you done 45 errands last 4 weeks for new IDs of your new state? Errands that actually would not be needed if we had a government of the people for the people? Why rest, sleep, get a good body repair and healthy biomarkers, if all you do is reinforcing the idea that *you're after all an animal,* an enslaved dog, who gets 2 breadcrumbs from the 'generous' palace dwelling aristocrats? We're like caged rats, indebted serfs on the land, with no right to move without jumping thru 900 hoops and memorizing the 90000 new laws of the new jail cage called the new state. Does anyone see any logic in having all these ☺abysmal IQ☺ agencies/laws for each of 20000 towns, 50 states? Why can't we be one family, one nation with 11 companies and 3 agencies, with *gentle tender soft nurturing loving honest compassionate healing kind* caring, health, good sleep, fair pay for all? Why do we need 50 states for by the way? Wouldn't none be easier, or 8 to begin with? Jefferson wanted 'states to be all powerful and independent', or so he made us believe. In truth, this was a cover for different laws that allowed Brits to chain, subjugate, exterminate nonBrits

far easier, by customizing laws to achieve demographic and economic changes, so that the 90% (nonBrits) are all slaves (1776 revolutionaries were Brits). If we truly are one family, what are taxes for then? For rich to not pay them? The rule of law makes no sense if the law is unjust, let's fix the law? Isn't equal opportunity, law meaning the end of tribalism, of states, of 20000 versions of a law? Due to the human tendency to quarrel over nothing, without fewer or 11 companies, 1 language, 1 world bank, 1 currency, the 'eternal' wars can't end. Likewise, within USA, without centralization, '11 companies' violent crime can't vanish. Only when you treat everyone better than a mom treats her beloved infant baby, will violence end. Why so, because the Immortalist Anthem says so? No, it's because the current level of love of a mom and dad has not brought that world of peace, the eterni vibe is not there. As 99.9% of music so eloquently shows, we're so far away from that vibe of gentle tender soft nurturing. ☺☺☺

The trade in value for a car is the same nationwide, since there is one website alone that determines it and one AI system, so you no longer have to go with thousands of quotes and waste time. In order to avoid foreign companies (owned by the foreign state not private individuals as they claim) from writing the brain thoughts and emotions of the locals, in order to develop technology, to innovate, and discover the faster more efficient, less noisy, etc methods of transport (20 minutes from New York to Los Angeles, 2 days to Mars, etc), we need to minimize government bureaucracy, so please read the fake elections solution (elect policies, not people) section, that follows an explanation of the reality of fake elections in all nations. Since all US products are of the 11 companies, they have a barcode and the cargo and good delivery department of Eternal Travel Inc, in charge of the travel of goods and mail, simply scans that code and returns it, without us needing to print a return label. It has a little software that reads the ship to address for returns for that mega company and barcode and it saves us endless paper, ink and time wasted. Finally, the people will no longer have to waste so much time, they only need recall to keep the box for 30 days or whatever the return period is, to ship it back as it came. A win for the average poor people, who have time now to relax, nap, sleep more, meditate, learn to be happy and productive. Same for ships, tire companies, development of silent tires, etc, planes. ☺☺☺ Foreign made cars, planes, trains can be fitted with thought or emotion writing, leg twitch, toe/knee/back pain, stroke, eye damage, heart attack causing tech, gone is the 1945 Hiroshima times simple life: today the security risks are huge, the world is 1 billion times more dangerous and complex, yet most people have no clue their brains are so easy to write. Eternal Travel Inc buys all insurance companies and grants universal insurance to all drivers, *from basic liability to several full insurance options.* However, to avoid wasting time, everyone will ideally get universal full insurance (like with houses too, Immortality Building Inc repairs all instantly, but if events happen in a house, those living there, adults, etc get fines and lower score), and those who get into more accidents will just fines if it's their fault, get lower

Immortality Credit Score, which leads to lower pay. The current system is stone age and again shifts our society towards profits and selling and thinking 24-7 about money, instead of living to 9 billion. It's incredibly wasteful of human resources, the most important resource. If one company makes all cars and insures them, all houses and insures them (fix them or replace them), then they have incentives to create a car or house that lasts so they don't need rebuild it, so they use dome shape more and do it right the first time, not fixing it 5 times by 5 insurance companies during 5 tornadoes or hurricanes. The current system is insane, predatory, vampiric and jungle like, everyone tries to cheat everyone else, start 5 million companies in every industry and be the "paycheck to paycheck aristocrat". All these companies are resellers and these ☺abysmal IQ☺ resell shop owners waste their entire life, all they do is redundant stuff that would have enabled us to have more high tech living to 9 billion jobs. When buying a car all will automatically get paperless insurance, registration, title recorded in their immortality.gov ID account, we no longer "call other companies to insure the car, get mail to pay registration to other redundant workers from a useless state government we don't need. Why is the government so low IQ? Why do they mail registration color code stickers for all? Are these people 3rd grader chimps? The license plate scan indicates exactly all insurance, owner, history, title, picture, and registration is automatically deducted by Eternal Travel Inc for all drivers every year until he sells the car and then automatically he's paid the unused part of that year and a new registration starts for the new car, a new basic insurance and if you want extra you select when you buy car online from the ONE and ONLY company allowed to sell cars in USA. The low IQ of the system today is evident, we have endless DMV staff to do useless things that one company could do in all states. Efficiency is 0. Instead of figuring out how to bring World Peace in 3 months and give all 500 year lives, we file endless forms because of a criminal system Thomas Jefferson setup: decentralized chaos. Why do we need 10 trillion car shops with filif comical☺ procedures that do more damage than good at times? One good company with 50 checks is better than 5 million with 4 checks in certain procedures. Let the dealer fix every car, and the dealer is a subsidiary of Eternal Travel Inc. Every company (the 11 mega companies) belongs to every citizen, it's one national family. Everyone helps everyone live to a billion. We end the mafia system of 50000 dealers and criminals selling cars that they changed and fit with spy devices, torture devices, etc. We bring order and fairness in every town, end all cartels.

Today, it's everyone for themselves, pure jungle: houses stay unfixed and damaged for 20 years and they have endless beauty salons to make your nails look this or that, strip clubs, sports facilities and other bars, etc to waste materials and time, instead of helping fellow Americans to have a decent sleep, the most important thing for longevity, by having a decent shelter. The palace dwelling aristocrats corrupt everyone to become a selfish person, so they can turn one group against the other and shift the blame on Demon-crats, workers or Republican workers,

slaves too cheap to matter: Demon-crats get angry at Re-pub-licans and vice versa, what if we had one Party only? Immortality for all Party, not just aristocrats? You got endless homeless and 20 times more empty houses, not rented due to greed. Insurance is transferred to the new car if you buy a new car. One Transportation company, one focus on Life Eternal. PRIORITIES: LIFE, NOT *MONEY*. Immortality CAPITALISM☺☺☺. We thus eliminate endless admin jobs, create the Era of EFFICIENCY FOR MAXIMUM HUMANITY. To buy a car call 1-800-ete-cars and tell them what you want, they ship it to you or go directly to cars.gov. With one company, if you got a trade in, you drop it 1-3 miles away in your city, no need to drive 50 miles to a Tesla or dealer to swap it for your inventory Tesla or etc, you simply have all cars, inventory or not, delivered to home or picked up within a few miles by the buyer, with Eternal Travel Inc lots replacing 10-20 dealers and only holding cars that are ready to sell, via better inventory management. This helps cities to save land wasted with cars sitting there. To buy boats, etc call from anywhere the ONE number 1-800-et-ships or visit ships.gov the place for ships within the Eternal Travel Inc, whose logo is on all these sites: cars.gov, ships.gov, mail.gov *(delivery, no more DHL, FedEx, etc, Eternal Delivery label on all cars)*, airplanes.gov, etc. We won't need 20 charging networks, we can have One, called Eternal Bliss, for all electric cars, the only cars to reduce smog in cities. As soon as you take the charger, you plug it in, it detects the car like a key fob does and opens the charging port, recognized via the RFID the car and charges your Eterni Bank account, the only bank in USA. No more "third party apps" and 400 chargers, some emitting 200 times more deadly dirty *electricity* in your house than others, etc. No more stone age jobs of HR, accounting, etc for every single charging network and stuff, but high tech science jobs to make 1000-2000 kWh (1-2 MWh) onboard chargers (not 50 kWh like 2024 Nissan or Bolt GM cars, vs 250 kWh for Tesla) and charging stations, so all gas stations are replaced with ultra fast chargers and we fill up 300 miles 3 times faster than gas/diesel. We need ☺☺☺science☺☺☺, not "*economic* vampirism", efficiency and innovation, not predatory capitalism. So simple, so fast, no longer waiting 10 days with setting up 30 charging accounts with 3 types of chargers, 50 adapters and 29 cables. After all, we could think about longevity more, instead of how to enrich aristocrats who want to have separate networks and then buy gigantic mansions with the profits earned by exploitation. Oh yes, let the rich give you a 2300 acres house or 2130 acre 2nd home when pigs will fly. ☺☺

Today we go to these dealers, that employ a lot of people trying to get people to buy cars or wasting time, acting busy. All these 0 IQ high school graduates could have gotten free education and been in high tech jobs discovering something instead of wasting their life in these low IQ dealers. For car buying, all can go to one place: *Eternal* Travel *Inc*. The only company authorized to sell cars. All cars need to be ultra similar in the electric drive, to increase efficiency and allow all mechanics to fix any car. This helps us to have more physicists and chemists to bring World Peace in 3 months. We have the most predatory system of used car sales in every nation, where

the used car is appraised at 15k by one dealer and 30K by another for trade-in, showing the need to eliminate these criminal vampires, useless parasitic appraisers, and replace them with the AI system that takes the VIN number or license plate, checks current history of car and takes video and pics of the car via drone and then checks automatically everything. This way, people can't play games and charge someone they dislike (due to religion, race, etc) a price that is higher or give a lower value for a car they sell. Eliminate the intermediates, create one company that buys any car within minutes. No more shopping around at 50 dealers and trying to get the best deal after 1 hour at each dealer or going to show car to private parties for 4 days. Make one super efficient AI system that doesn't judge the person who dropped the car, their clothing style, etc. All mechanics need to get certified and only 1 company fixes all cars, Eternal Travel Inc, to ensure proper 100 step procedures and the ethical same price in 50 states for routine things. When buying a car, the price includes free maintenance for 15 years, so that nobody has to waste time thinking about where to save 3 cents by going to the other mechanic who makes shortcuts and causes traffic fatalities. It's imperative to end the total chaos and unprofessional banditry that runs in the car industry and bring discipline and organization. The AI is impartial and plays no games, it does appraise it and calculate the trade-in correctly.

The *lawless* USA has 50 redundant state governments with 50 inefficient different systems of car title release, some requiring in 2024 paper title and allowing criminal dealers to take 2 weeks to give check to the person selling the car. This is a stone age system from 1950, since all we do is play violent sports and shout in our music. Since criminal bandits from dealers take years to release title and get arrested because of it (see a case), a person may have to waste eons to get a 5 minute job, causing a waste of 50 hours. Let one Eternal Travel Inc issue all electronic car title and insurance and registration to the immortality.gov ID account of every citizen, so when a person is stopped in traffic, they don't need to check endless documents, just the immortality ID that replaces all drivers licenses, like the proposed Australia one, and acts as the universal check for anything and everything put in that account. Canada is also moving towards this. The cop can see on his screen your title, registration insurance, since no car is sold without minimum insurance and the Eternal Travel Inc fixes all cars for free if minor or rare, for money if one dents his car every year. *Why print* endless copies of insurance, registration, title *if all is electronic in each person's* immortality.gov *ID, in the police database, and the national* company database? Anyone wanting to sell a car can do so in minutes, Eternal Travel Inc knows your info, registration, title, etc. The jobs and tasks of these dealers are recreated 100s of times, by all these ☺very low IQ☺ companies selling used or new cars, and it leads to huge human resource wasting, 0.01 inventions per human alive instead of 2. Go to any dealer and you will see endless sales people wasting so much time. The entire nation devolves into a 3rd world country of banditry. Some order needs to exist, free education so more research jobs exist. The current

system is abused by unethical useless *parasitic* state governments who ought to have 0 rights to register any car, boat or airplane. Only 1 agency and company ought to exist, Eternal Travel Inc that has one national or multinational later (EU) drivers license, car registration electronic system and makes selling a car a 10 min thing with the money instantly wired into your checking account already linked at every citizen's Immortality.gov ID account with all other data. We don't even need transportation ministry or anything, keep it simple. If you call it ministry or company, it's irrelevant, if it helps us live to 90000, that's important. Likewise, taxes are not needed, since all are employed by 11 companies or the Federal Government and there is automatic calculation of all needs of the state, the state can pay all. All those mini useless vampires who file taxes (tax "professionals" slaves of the aristocratic terrorists) and have endless schemes to defraud the workers will be out of a job, as well as gangster bankers and criminal thieves of the stock market that is to disappear. Stock traders can pick up tomatoes or design robotic pickers if too exhausted. We care about living to 5000, not about gambling stocks. Stock markets gambling is for pigs, thieves, criminals and genocidal psychopaths. What is the industry in British Hong Kong? After 150 years of occupation 1847-1997, and forcing opium trade on China by UK, Hong Kong is a financial hub like other parasitic centers, due to the world economy model of "*complexity for* maximum obscurity and minimal worker longevity, but high longevity for nobility" system. Germany needs 1700 banks? USA got 4500 banks to plunder America. It's insane. Why so many financial institutions? It's fraud. Macau, a former Portugal colony, another example of imperial mafia, is a gambling place of depravity. The number one priority for immortalists is 0 wars and 0 violent crime, not making 20 cents extra by flipping houses or stocks. All casinos and gambling illegal worldwide. None owns 2 houses. Foreign companies allowed to sell at capped prices pay tax indirectly via selling the products that meet lifespan criteria. None can choose any prices, if they want to enter our market.

Oddly, the cheapest car on Tesla was changed from white (which is the cheapest to make and safest in hot climates, to prevent battery fires and more climate protecting due to repelling heat away from Earth) to the grey default in North America only, which is more expensive to manufacture. For years, multicoat white was free. This may be due to the need for camouflage of Tesla cars if WW3 breaks, not due to Tesla trying to piss poor people off. So to get the cheaper white, you pay 1000$ extra in 2023. White is the cheapest paint color to make, since titanium dioxide is the cheapest pigment. Tesla says white is multicoat and grey is not, but why not make white single coat and grey multicoat? Grey makes no sense in warm climates and it looks like an attack on poor people whose cars and batteries will be damaged more, range decrease due to more AC used. Unless Elon Musk knows USA is going to war with Russia and China and told Tesla to start making grey camouflage color that makes hitting cars who transport weapons harder, as they blend into the road or barren land (no green grass, just grey Earth) color. This would make

sense, since Europe still has white (good camouflage in snow) as the free option and EU would fight with US as part of NATO. White is good in snowy EU. Cybertruck is grey bare stainless steel (no paint), a camouflage color, to get everyone WW3 ready perhaps, have bullet proof trucks.

Back to centralization by Eternal Travel Inc, to buy airplanes, call 1-800-airplane. Ban all drone taxis for people or merchandise, unless the drones are flying at a height of maximum 4 feet, so everyone sees them in case a malfunction causes the drone to crash, to prevent deaths from drone falls that hit people in the head and kill them in seconds. Cars kill 1.2 million people each year, so we need to not repeat the same mistakes. Until we get 1 death a year from 1.2 million today, via AI, and self-driving, robotaxis for cars, and until we have drone roads, flight paths, on dirt, away from highways, we can't have these flying cars, drones, as they can crash on highways causing a 50 car pileup or they can crash on gatherings killing 5 people, backyards, etc.

For car buying, make it simple, keep it simple, choose what brand, maybe do a test drive at their showroom (Tesla, the best car, even if some dislike Elon role playing, he jokes a lot, people don't get it). We keep it simple, so we focus on longevity enhancing features (0 smog that kills, UV shield on windows, good AC and air filter, etc), not "car shape", fancy useless stuff that doesn't add lifespan. Eternal Travel Inc calculates which car color will kill fewest people, depending on how much renewable energy a state produces, how many people die from solar roof installs, from wind farms repairs, etc, how much white saves electricity to cool or to heat in cold states, etc, and suggests lighter or darker colors. Read 4 pages on white cars reach 30°F lower temps. Their calculations are out of this world, nothing like the 3rd grade sales job, supercomputer stuff. Many kids die in hot cars, so this is also important to read about, how to avoid car overheat. Americans lose 1 billion dollars to odometer fraud which is impossible in the immortalist system that enables all odometer readings to be sent to the nearest Eternal Travel Inc lot, which makes it impossible to falsify miles driven, since Eternal Travel Inc knows it for all cars. All car titles are in the electronic database and nobody can fake any title, as they're electronic, in the government hands, accessible only by the real owner when he sells a car to Eternal Travel Inc and buys another one from Eternal Travel Inc. No dealers exist who can do fraud.

To create a good fine giving system the AI needs to check the picture of the car driver and the picture of the license match, unlike some countries (like Australia) that don't check and allow hackers who get other license plates to shift fines upon others by filing a form claiming it was another person who did it and providing the hacked license. This type of fine ought to be huge, for the scammer doing it, at least 9000 times bigger than the fines he stole by claiming another owed it. This means those doing that end up in lifetime service sentence to pay the theft fee of 9 million. We have a very strange system of 10% owning huge RVs that sit idle, and huge trucks that use the materials to make 1.5 to 3 small cars, yet single moms have no car, not even a tiny

one, and have to use some bus that takes 1 hour or 2 to get to a place, instead of 10 minutes. The way the system works is separate companies create priorities of "customers" while ignoring the national needs for healthy youth and good transport for women when public is nonexistent, as often is the case in USA. Oil imports give trillions of dollars to our enemies, why are gas cars legal? We got endless race tracks for car racing, and no cars for single moms. Isn't that sort of odd? One can't believe the complete insanity of one guy having 2 boats, 2 RV, 2 gigantic trucks, 10 acres, and one lady with a kid a 100 sq ft studio and not even a smart 4 two car that uses 33% materials used in the suburban truck. That guy is single… no kids. We got endless RVs, way more than homeless, yet some sleep in tents. The ☺low IQ aristocrats☺ running USA for 250 years have never prioritized the long life of the workers, the health of the youth, they only cared about their families. This has made USA a very violent, backward, divided and stagnant nation. The only way a country prospers is via taking care of its workers very well, its youth especially.

WHY *WE DRIVE OIL CARS*, WHEN WE COULD HAVE DRIVEN *SOLAR charged EVs* in 1930 at 100% market penetration? This would have solved lung cancer Alzheimer caused by car smog issues and prevent needless oil wars. Since USA is run by sadistic genocidal psychopaths for 250 years, for them destroying millions of people, torturing them until they bleed, busting toes, damaging organs, etc or killing them to steal oil or whatever can be stolen is no issue. The murderous crime families that ran USA for 250 years were made of redneck aristocrats quite often, pompous guys with 0 empathy for the workers. They rarely listened to scientists. In 1910, 33% of US cars were electric. Then, gasoline became available and they decided to create toxic smog and didn't bother to reach 100% electric cars and to improve the battery car range, etc, even if solar panels were known to science since the 1850s. Serial killer thug aristocratic families, who ran USA for 2 centuries, could not even bother, in their ☺abysmal IQ☺, similar to that of the beasts who had blacks die mining for Uranium to bomb and threaten others and create wars, to ask the scientific community about the best way to power cars and the civilization, they simply built coal and oil, as slaves would work to death in horrible conditions to mine and extract it and wars of genocide would ensure oil could be stolen from any country. *It takes a decent person to rally all science and efficiency, close 29000 banks of 1921 to* create science jobs, etc end aristocracy to create 500 times more physics, chemistry jobs, to *discover alternate ways of powering cars, to avoid wars for oil, smog and poisoning the poor*. Since workers were viewed as mere cows to be slaughtered, as Chapter 28 laws of the Royals and 200 top families show, the bastard aristocrats could not even meet with scientists in 1910 and decide that the 33% of electric cars back then would become 100%, in order to ☺☺*lovingly tenderly gently kindly*☺☺ compassionately prevent oil from volatile unstable regions to cause endless genocidal wars. *Preventing wars of looting was the last of their concern. They did that for eons*. Perhaps many of these aristocrats were Jews who wanted to help Muslims to become rich by oil, so they can

better wage Muslim-Christian wars and dominate both groups by eternal genocides as the Zion Elders Protocols explain. USA never had scientists for presidents really, when was the last time you heard of a chemist or physicist working class or even aristocrat become president? Never. It was all more well connected or easy to control puppets or aristocrats, with main training in spying, being a liar or telling a good story, warfare and killing tons of people for "patriotic wars" (a cover for wars of aristocratic plunder of innocent workers). But no, the aristocrats were British and did endless genocides for 900 years of royal plus 200 aristocrat families subjugation of all Britons and other nations, they simply did not know or care how toxic the coal ash, smog, ground water pollution is, etc. Perhaps some knew how bad oil smog is, because Harvard professor told everyone in 1920 lead in gasoline would be catastrophic, nobody listened and they did it to commit genocide on purpose as today they do genocide with radio frequencies, junk food in all out extermination war against the working class. The Royals etc simply promote dog ownership, because, after all, in USA dogs are far more important than people, dogs get big nice houses, people are homeless. Murder and torture is their daily activity and they do that with impunity as taught by MI6 precursor, the father of USA, Washington was a British general. America didn't really value any science, until the day the murderous psycho aristocrats in charge, that make Hitler look like an angel, realized they could use some science to smack entire nations and continents in one or several nuke blasts. Even then, science was for weapons only, not for World Peace in 3 months and 0 torture in 3 years, 0 violent crime (a goal no demon possessed aristocracy has ever allowed to be talked on TV, since via violence alone they control the planet) and even today, torture and war is number one, peace and nonviolence nontorture a fictional concern of no aristocrat. When you realize the evil inside the elites, the 10 year torture they subjected me to, with daily attacks from 2016 to 2025, seems nothing in comparison. Keep in mind these scum of the Earth bandits had created, via their infernal depravity, 29000 banks in 1920s, instead of one, as a way to loot and squeeze the last blood drop out of the working class. Tesla invented lots of things in every electronic device today, and he died broke. He told the world around 1898 (age 42) that we can power the planet by solar, and have 100% electric cars, etc, but the greedy bloodshed lovers could care less about listening to scientists. Why worry about smog or coal ash giving cancer to the workers? They lived far away from factories on 3-700 acre properties. You think USA is different in 2025? Look at their palaces now. The religion of these demons incarnate was mainly theft, murder, genocide, to increase the bank account/assets size, as the unholy evil Bible guides them to, since the evil Torah is the Old Testament of the Bible and the basis of the Quran too. ☺☺☺☺☺☺☺

4.5.6.3. Immortality Building Inc ☺☺☺ is the 3rd of the 11 National Unified Companies that ensures all houses are sold/bought in 2-4 days. It gives, repairs within 24 hrs, maintains, inspects quarterly great single family housing to all Americans with room size minimum 300-350 ft^2 (<100

OK for babies, toddlers for existing houses, <200 OK for <12 yrs), max 400 sq ft (to prevent violent crime via low oxygen during sleep) to end 2 nations in USA: aristocrats (see their millions of mansions) and slaves, it develops sci-fi tech that turns every workplace building and residential building into an immortality building device, into a machine that slows aging. Kids won't need to feel so cramped and go to endless gyms due to feeling like their room is a jail cell, they can turn the room into their gym, Eterni Chemistry or Eterni Physics lab and temple to Eternal Immortality *for* All. No more gyms needed, same house sizes, just smarter design, tiny kitchen (pressure cookers do it all, no ovens needed), 180 ft^2 living-dining-kitchen-hallway merged as one, kids first, the future first, 120 ft^2 = 2 baths, 2×350 ft^2 room, 2 bed 1.5 bath house=1000 ft^2 . For the transition period to IBI, I made a guide for DIY replacing toxic carpet with the lowest VOC emissions LVP that any 6 year old can install, so families save 200 billion/yr given to Mexican cartels for ultra simple remodels, and add 5-10 years to your life by avoiding carpets. USA should ban all imports of LVP, flooring, adhesives, furniture, etc products that are not Greenguard Gold certified. Corporate America has no incentive to build good housing that lasts more than a few years, while the company that has to repair and maintain them forever has incentive to build a house that lasts forever. Immortality Building Inc ends the parasitic contractor mafia that creates terrible housing for half Americans (see Florida) and creates endless homeless people, via the 200,000 deaths/decade Holocaust described in the sports section. It ends all this genocide, by offering physical exercise enthusiasts paid volunteering opportunities to exercise while building safe domes for 250 million Americans in tornado zones. See the issues with vinyl windows vs fiberglass windows that expand and contract at the same rate as glass, no longer creating leaks. See how many big builders have no quality control. See the mold in new homes, how genocidal aristocrats plan home appliances to fail when warranty expires, to force you to trash the old one and buy a new one, causing untold waste of national resources. It's class warfare too, the workers keep buying crap, the rich make trillions in profits, the environment is full of old appliances.

These serial killers disguised as CEOs who plan obsolescense deserve nothing but lifetime labor or death penalty, destroy USA and make houses, cars, appliances and people that last 10 times shorter than they should. They belong to the trash can of history. With one company and reviews that will fine worker who made a mistake 30,000$, things will rapidly change, as managers, inspectors also would get hefty 40,000$ fines if a home has issues 30 years before expected time. In immortalism a CEO can make max 3 times the worker minimum wage, eventually twice, but in genocidal capitalism of last 8 millennia, he can make 50,000 times more, so he can do whatever genocide he wants, own any government he wants. Check out how aristocrats steal government funds to fund palaces, while lecturing at a Catholic Jesuit University on, guess what: real estate, the ultimate frauds and conmen. The code making bodies are

bought by the rich, so they can enslave the whole world and US. Adobe is built from 10% straw, 20% sand, 70% clay, ideal for hot dry climates, no AC needed, total house cost 2500$ to build a house, nobody knows about it, as billionaires can't get rich off you. This is like AAC (autoclaved aerated concrete), a much safer and mold free material than wood, needing no insulation that rots, used by billions on Earth, but mostly banned in US, since the criminal building code was written by wood billionaires, other psychos: 3000 factories worldwide, only 2 in USA. A block that floats in water, survives a 2,000°F fire for 4 hrs. Used in 75% of new UK homes, 60% of German homes. Satin, semi-gloss, eggshell paint will be made illegal by immortalists, because it traps hand grease, dust, mold spores, dirt so easily that the only way to clean the wall is to repaint it. Poor folks can't afford repaint, so their houses look like dungeons from 1400s. With high gloss paint, a water/soapy water soaked sponge cleans it instantly, keeps walls free from deadly pathogens, extending the lifespan of all. Satin paint is a marketing scam to force people to buy more paint, it's essentially satanic paint to kill people and waste their time repainting too often: the grey walls trap viruses, mold spores, bacteria to reinfect all yearly. High gloss paint traps old paint odors, microbes, and even a little lead much better. Google AI is an info extractor from the worm IQ of predatory realtors who write, as the scumbags they are, on their sites, that "eggshell or satin" sells better. This is like "wash your hands once a decade" hygiene advice, applied to wall cleaning: wash walls every 10 years at remodel. Google, etc AI is stupid, it simply regurgitates the "consensus" of all "paint advice online" sites or whatever topic, that comes from rat IQ realtors, instead of the Immortality *Nurturing* Agency. It doesn't have any deep health first ethics, since it is too expensive to take that parameter set in every answer. The key difference between immortalism and capitalism is that in immortalism we use any national resource to add 100 times more lifespan years to the nation than capitalism, which is random and has no longevity goal: a clear example is millions of morons replace their noncarpet floor for LVP, while their relatives and neighbors who have carpet and need carpet gone 1000 times more because carpet is 1000 times more toxic, don't do it. We have the small business "tomato IQ", prices and random events decide who replaces it based on the fruit fly logic. ☺☺The distribution of resources go towards aesthetic instead of living to 4000. It's a huge waste of resources in all industries, due to decentralization, not knowing the needs, the total of each food and floor needed, trashing 33% of food, over production, ☺☺☺. He complains she is emotional, could be that carpet wall gap moldy air lowers vitamin D receptor 50 fold, which causes irritability due to brain inflammation and he installed LVP, while she didn't, but she did need it 5000 times more. Hypocrisy, selfishness, stupidity multiplied, capitalism personified. ☺☺☺ If we rip the carpets, we see all the gaps that recolonize the carpet with similar smells and bacteria 1 year after carpet reinstalled to act busy being stupid. All hotels, homes need carpets removed, as they need 900x the labor to keep as sterile as LVP. Mass produce washable rugs or wear slippers. Immortality Building Inc ☺☺☺ repairs, maintains all houses, knowing how to allocate limited resources for

the highest life years return on investment ROI, instead of PROFIT, money ROI. ☺☺☺☺☺☺☺

Most people are so brainwashed by the frauds on CNN, Foxnews, etc who tell them "We are the Best", US the best", that they don't even realize our cabbage IQ gov is incapable after 250 year of bullshit talk to ensure that even 5% of US homes can withstand a tornado, fire, storm, flood, or hurricane that can hit their state. The latest upgrades in wind resistance in Florida cover only a few South Florida counties above 140 mph, but this refers to horizontal wind resistance of a hurricane, not the updraft vertical tornado forces forming often around hurricanes that recently killed a few people in Florida. The 2022 hurricane Ian killed about 150 people, thanks to a gov of clowns whose main priority is building stadiums, instead of dome shaped homes that would resist hurricanes/tornadoes much better, and even nuclear blasts if made of concrete or new materials that anchor as one shape 20 ft underground thru pillars ending in plates holding 50 tons of earth. The Americans are so brainwashed by fake news, that we don't even know how behind US is in many industries vs other nations, that that the gov standards are pathetic and even in Virginia, West Virginia, Maryland, DC near the capital, the houses are built to withstand only 115 mph winds, which is far less the 200 mph of certain areas of a hurricane and tornado. The right forward area of a hurricane of 150 mph can reach 190 mph if it travels at 40 mph, the impact force is that of a 190 mph hurricane, that would flatten 99% of homes in USA. Strong tornado speeds can reach 165-400 mph, and only 1 US county builds homes to withstand 160-180 mph, in Florida. The gov failed to take care of the most basic human need: safe shelter. What if instead of comparing ourselves with the dumbest lifeforms of the universe, we realized how incredibly stupid we're as a nation, spending 1.4 trillion/yr on useless junk, while the most important thing, Life itself, is not protected, the shelter, food, etc. All this talk about "how great we are" is a cover to hide the trillion $ theft by the hooligan terrorist small/big business aristocrats keeping us in the stone age in building tech, shape, design, etc. These retarded companies of 1-1,000 PhDs can't compare with a 3 million PhD Immortality Building Inc ☺☺☺. The cretinism of the average American is unknown to him, due to comparing himself with ant IQ folks from other countries, but compared to aliens he has no brains. He spends gigajoules of energy to practice demented sports and gym stuff that could have been used to turn all homes into domes by now that withstand all out nuclear blasts and all 400 mph end of time tornadoes. When Immortalists win 75% of votes ☺☺, Demon-crats 15% & Re-pub-licans 10%, we change the Constitution, the federal standard for new housing is 400 mph, to bring zero tornado casualties. Nobody in the US will be allowed to build trash to con the workers and injure/kill them forever. The toad IQ local governments we need dissolve right now will be replaced by the Central One ruled by Immortalist Anthem Ethics, Immortalist Capitalism and Immortalist Prolife Standards. Future humans will look at our houses today as we look today at the tents of Siberian nomadic people, flimsy tents destroyed by any tornado. These much stronger homes also won't

kill those inside when a small airplane, helicopter crashes. They will be 1000 times more resistant to fires and objects, trees, flying cars that are sometimes hurled by tornadoes into homes and kill people. We achieve what we set our mind to.

Gov is merely a tool for billionaire gangsters to get rich off the masses. 1776 was a scam. The rich own both parties, elections are pure fraud. To make profit by repeated purchases, criminal billionaires poisoned all US soils with arsenic using an Indian Sonti Kamesan chromated copper arsenate wood treating formula, instead of using the 7-30 times longer lasting charred wood, that burns the outer cellulose and hemicellulose layers that feed molds and termites and leave the lignite carbon layer (allows 10 times less water thru, can't grow mold or termites, no food exists) that is still sound after 4 centuries in Japan. To have you buy wood 30 times more, they poison our kids and soils with arsenic, to cause cancer. For profit they commit genocide, thank you Indian chemist and corrupt US rich gangsters. This is similar to borax used to pretreat wood so your house is never attacked by termites. The roof industry makes 330 billion a year, so they work against the 3$ billion lime roofs that would save US maybe 200$ billion a year, all so a few gangsters can build palaces with stolen funds. Then we wonder why there are no funds for x, y, z, as all pay for cooling etc. Mafia runs everything in US. With 9$ Hydrated Lime S 50 lb bag, you can save 130K in 50 years, or use white reflective paint for the roof, so 125K savings can buy supplements to live to 120. With today's advanced tech the roof can change color with each season, by changing nanoparticle properties via one blast of UV, etc, to absorb (black) heat in winter and repel it in the summer. If you have the same company doing maintenance that builds it, and all repairs, it will build something that lasts 2000 years, a cheap aerated concrete dome that lasts 900 hurricanes. With the present system of banditry, they build a trash box that lasts 5 years, that will kill residents at each tornado, since politicians are bandits. No accountability exists, the gov doesn't even ensure decent shelter, it's a collection of bought puppets without a clue about what they're doing. With proper materials, there would be no termite treatment industry, no termite treatments needed, people would be focusing on living to 4000 tech, instead of replacing items, houses designed to fail after 1-10 years, by the engineers at these criminal companies of planned obsolescence. Hempcrete lasts millennia, but billionaires decided to ban hemp, in order to make billions selling paper from trees and plastics. Other mixes last millennia and are much better than the junk at home depot all construction stores. There are new 'plastic like' materials, made from bacterial cellulose, as strong as glass or some metals, yet flexible, biodegradable, foldable. Why can't they think of a soft rubber like material for beds too, so nobody bumps into metal and to place the bed legs 6" inward, so nobody busts toes, and make these legs round not square shaped? So simple, they never do it, no centralized guideline, only theft by the rich psychos. Passive cooling and heating was discovered in 1950s, but the Big Industry suppressed it, since the idea came from a woman. Jewish USA chooses ideas based on

origin, not on their merit.☺☺ Other nations used the $Na_2SO_4 \times 10H_2O$ to cool/heat buildings, but in the US less $ can be made by aristocrats with this, so we get noisy AC/pumps that shorten lifespan via infrasound, heat pumps, moldy ducts to spread disease for central heat. Before 1950, passive cooling was big. Today we could install window fans with air filter to remove air pollution. We can make 2x the electricity a house needs with solar wall cover, solar panels (better than solar tiles, since panels have a 6" gap to cool roof by shadow and require less power to cool house), yet we build these ultra lethal heat pumps that kill with noise slowly. Corruption. Every low IQ green site promotes heat pumps, pump company must make billions some day. ☺

The 40 page section on housing.gov methods of buying/selling a house in 1-4 days is helpful in understanding this mega company, for all houses and buildings in USA will be maintained by it, so they will visit each house twice a year to check air filters, pipes, electrical appliances, odors, mold, traces of drugs (since many parents have squatters who smoke fentanyl, drugs near kids, grandma, like this lady), etc. Most poor people postpone maintenance by years and this can cause explosions, health issues, etc. This company prevents those expensive medical treatments by eliminating the cause of explosions and health damage when it's 50 times cheaper to do so. Efficiency at its best, since the aristocratic criminals steal everything and the rest are left on their own to fend for themselves. Today, no contractor does even 10% of what ought to be checked at their routine quarterly inspection, and this is because a company with 1 PhD can't do what a company with 1 million PhDs can do, so we need to wake the brainwashed population up from the trance the aristocratic hyenas have induced them into: that 33 million small businesses are the way to go, when most don't even check 3% of what needs to be checked. This company is a key centralization of an immortalist state. You know, everyone talks about the nation, how we're all Americans, one family, one body of God or Christ or whatever religion fantasy one subscribes to, or has to after Jews brainwashed gentiles into the Jesus cult. But in reality, there is no family: some live 10000 in one acre, others live one in 50 acres. So, if we want to bring a world of peace, of 0 crime, it starts with USA. We create a max 3000 or etc square footage (400 for a room, 200 for living room) and acreage (1 acre, unless a farm), since big houses/lots will deprive a lot of people of the materials/space to build houses, to innovate, etc. With one company, nobody is allowed to build, as this one company builds and permits everything. So any policy can be implemented and any house can be built big only for big families. Due to selling houses instantly, people can move to smaller house in 3 days when kids go to their own houses at 18 while in college. Recall, at 18, all get a free house, a tiny one bedroom house, or studio in the transition period to redesigning the cities. So we can't have the top 5-10% live like kings and the bottom 40% like rats, because then there is no innovation and our country will be destroyed in one fast blast by an enemy too. China builds temporary houses in 8 minutes. We live in the stone age, our cow IQ companies design bath knobs that catch all dirt, to transmit maximum

disease. With fewer companies, every product is inspected and tested by microbiology, EMF, ergonomics, ligament stretching in hands, all kinds of specialists of the 1 million PhDs/MDs team that design the 11 companies products (that are double checked before production by the Immortality *Nurturing* Agency *to be 100x better* than any today), to make sure any product used in building, faucets, etc meets the highest safety and minimal ligament injury requirements. The clear plastic types require more force, more damage to hand muscles, transmit more disease than the long handle (angular momentum is bigger, so less effort needed to turn it on, less wear on human hands) that takes 100 times less time to properly disinfect, wash. In capitalism, every moron designs stuff without any review by 1000 PhDs.

China discovered how to make iron 3600 times faster, we just make ☺abysmal IQ☺ mean violent degrading music to destroy the human quantum field. Guess what? The human quantum field will destroy America if we don't change. It's the self-defensive action of the whole of humanity. In one blast the Chinese could wipe the whole North America 4000 times faster than it takes for some to finish their aggressive mean song, or blast these 8.5 million mansions for a selective targeted strike on the US aristocracy terrorizing the whole planet. After 25 millennia of aristocratic terror, our shelters are made mostly of rock (bricks, drywall from rock), wood or iron – just as they did 5000 years ago, thanks to a truly "outstanding innovation thanks to outstanding democracy and incentive to innovate". We could have 100 amazing lighter than wood, 100 times stronger than concrete and steel materials via science, build amazing & beautiful ☺☺☺ domes that even winds of 900 mph (on Earth 230 mph is maximum) and nuclear blasts and hypersonic missiles can't demolish. But no, our goals are be happy, drink more alcohol and watch 0 IQ sports, come what may, the wind will get us. A dome with a vent saves cooling costs, a dome can be built way faster & why domes are the best, yet greed blocks them. The housing industry thrives on planned obsolescence, on building trash and then the enslaved working class spending eons with other vampires (different from the contractor hyenas who built the trash) to fix it forever. If only one company builds, maintains, repairs all US buildings, then it has incentive to save costs by building everything right to last 900 years from the get go. The billionaires make tons of cash by this system of working class genocide. Any decent gov would outlaw box houses in states with hurricanes, tornadoes, mandating domes. ☺

Another wasteful thing is the 6 mil laminate/LVP that wears out in 5 years, 12 mil (10 yrs), instead of 22 mil (25 yrs) or 22 mil plus (35 years). 6 mil is cheaper, but society pays a huge price for 6 mil, with endless replacing of floors and landfill waste, all because the anti-scratch layer vanished. Instead of discovering how to bring zero violent crime, eternal World Peace and 4000 year lifespans, we keep replacing floors thanks to the genocidal aristocrat who will con people to buy a trashy product that costs the nation 5 times the labor to replace it and endless landfills. Immortalists will require 30 mil minimum and 35 min lifespan, so we do research instead of

replacing floors every 8 years. There is Techtanium plus coating (lasts 75 years of light residential use in theory) that's allegedly twice stronger than 22 mil (lasts 35 yrs max) and 50% stronger than 30 mil (50 yr max), but the core components of LVP fail before year 40, even if coat lasts. Why are people then using LVP and not create a new product that lasts 300 years, longer than hardwood that needs a lot of care, refinishing and labor every 10 years? You can't, in capitalism fraud, bullshitting, marketing, deception are 1000 times more important than innovation. How can you innovate when you have everyone in admin positions instead of 50x more research with the 11 companies? You need 33 millions CEOs, HR and other admin positions, bullshit sales, etc. "Ant IQ" folks can't comprehend that Capitalism is STAGNATION. In Capitalism you have 9000 versions of the same wasteful low safety high injury product, just different bullshit marketing, different package colors, different size, price points. This fraud is called "competition", but it's stagnation. For 1000 different products you need 1000 more sales people, who can't be research scientists, engineers to design that revolutionary 300 year lifespan floor product. Capitalist nations become nations of loudmouths, drama queens and "cabbage IQ" folks and that's exactly what we see today: huge stadiums and sports facilities, strip clubs, casinos, gambling venues, bar entities steal all materials to secure homes from tornadoes and hurricanes via dome shape, etc, all talk crap on TV while violent crime is a trillion times higher than it could be: shit talking is the main activity in capitalism, lies 24-7 on TV, fake elections too. Everyone pretends, like in USSR, to be good, to be productive, competitive and shareholder focused. TV bandits award themselves salaries 900x higher for shit talking than hard working scientists and engineers. This depravity can't exist in immortalism of one universal pay☺☺☺ (non monetary reward), different than fraudulent USSR Jewish "communism" where Jew-Russian elites made 10x the rest. Capitalism is the enemy of civilization, the basis of banditry, regress, stagnation and war. Everyone cons everyone. $ is all. USA has become a Jewish scam on the verge of ever greater stagnation. ☺☺☺

With Immortality Building Inc constructing, maintaining, fixing all buildings, they will make all building materials (no more 500 stores to get building supplies), producing floors, fixtures, etc that last 10 times longer, spread disease 100 times less by "silly designs", cause hand or leg injuries falls 50 times less (e.g. stair nose luxury vinyl plank (LVP) prevents falls far better than a lip-style (flush stair edge) because it creates a solid, flush edge, eliminates tripping hazards, and improves foot grip, yet companies make the ones that cause millions of falls and wasting medical resources, time (broken leg), all in the name of imbecility, style, or profit; this is one of 1 trillion such examples in every major industry) so we advance, instead of deceiving humanity to make a quick profit. Capitalism is a game of endless fraud where everyone pretends to offer real service to others. Immortalism places the health, longevity and happiness of the people above "profit". The palatial aristocrats make the US alone waste 1.4 trillion/yr in useless junk

purchases that waste the lives of endless people making it, the rich create huge trade deficit, destroying the nation and polluting the air. Instead of working on real products that double lifespan, the masses are brainwashed by the tomato IQ aristocrat to buy the stupidest stuff. Even fruit flies have higher intelligence than the 1%, hence tomato IQ. This 1.4$ trillion is only 20-30% of the total waste the aristocrats do. The 1% poison everyone with 95% of food companies and restaurants, making all pay a trillion/yr to be poisoned. The same bastards poison everyone with carpets, toxic 6 ml laminate etc of high VOC emissions, not Greenguard GOLD certified, causing trillions wasted in healthcare to cure the diseases these products cause. The 1% own the government, as parasitic vampires, they destroy US by stealing 4 trillion of wealth and making fools produce this junk instead of something healthy that lasts and causes 20 times less landfill that is burned and poisons everyone with smog, except the rich in estates with good air filters. The 1% are disgraceful pieces of garbage whose main activity is to loot the people, the state, destroy all progress and lie all day about the benefits of "*free market*" (all controlled by 1% via media control and brainwashing all what to buy, the state control of communism is replaced by 1% control of capitalism, it's the same system) and "*capitalism*", i.e. *pure fraud* and *genocide via big or small companies*. Both don't care about the workers' health, longevity, about zero violent crime, the communist elites often behave like the 1% of capitalism. The difference between communism and immortalism, capitalism and immortalism is here. Communism was hijacked by bandits, spies and thieves who became many of the 1% in USSR, just like in China today, things became 900 times worse than USSR with 58% wealth owned by 0.01%. With centralization, we inspect each product design 900 times more by the experts at Immortality *Nurturing* Agency & Universal Immortality Inc, so we don't waste trillions producing junk that sink an economy and invite repeat purchases that quadruple trade deficits, while the smog cloud from China travels to the West Coast to poison USA. China is a truly feudal, not communist nation. Buying Chinese products supports Feudalism and Eternal Slavery of the 99%.

Capitalism is the greatest fraud, they brainwash us daily that we get CUSTOMER SERVICE and amazing treatment by the company, etc, vs USSR (which is true, the fake smiles and self-interest motivated service is just until you buy the lethal product, after that, you're on your own, the warranty expires and then next day product is designed to break, planned obsolescence), but let's be real, the contractors, plumbers etc charge people 10x-20x minimum wage per hour and loot people all the time, flip houses remodeled in the cheapest most lethal way, sell new houses that break months after purchase, build them in low elevation to be flooded, wrong shape (not dome) to be destroyed in a storm and people left homeless for 2 years, etc. The murderous aristocrats don't care, the slaves work 55hrs/wk to make ever new products, that are 1% better or sometimes 40% worse, version 2.0, that now offer parts or are not obsolete yet, while the landfills are filled to the brim with junk, as everyone is forced to buy 20 times more stuff than

needed in an honest society of real people not frauds. These same genocidal psychopaths claim "we'll give all to charity when we die, (they give it to a trust their kids control covertly)" and that "we care about the environment, so we fly and emit 3000 times more per trip than slaves with our Boeing". It's all One Grand Deception, because REAL CUSTOMER SERVICE is One Universal Company Builds, Fixes instantly, Housing that lasts centuries, withstands any disasters of that area, be it fire or hurricane, without the ENSLAVED 99% having to worry, spend years of detective work full time in "spare time" to find out which of the 33 million fraudulent companies is doing what they claim to be doing more, etc. Capitalism is feudalism, it's the greatest scam perpetrated on the 99%, there is no REAL CUSTOMER SERVICE. Frustrated people give up hiring "CUSTOMER SERVICE is first" fraud companies, go on youtube and do maintenance themselves, the issue being that a person who installs something 900 times does a better job in certain more complex situations than a guy who did it only 0-5 times before and then disaster hits and the poor always take the hit, unable to afford the 5 trillion $ plumbing call. A decent government's first duty is decent shelter, where you don't have to worry about being homeless due to a stupid contractor not placing a bolt to prevent hurricane making houses fly, or about fire, electrocution, flood, mold, lethal tick/insect bite risks. The 99% needs to awaken from the hypnotic trance, after daily TV-radio bombardment about the "virtues of capitalism" that is producing nothing but Pure Stagnation. Max human lifespan is still 120, after 90 millennia of feudalist terror, so much for the virtue of feudal capitalism. The wars are as numerous as ever before, the homicide rate is even higher than 1960, it looks a little lower due to medical advances, but if no medical advances, the homicides would be higher. The plumbers, contractors often intentionally do a lousy jobs so it breaks fast, so he has a guaranteed customer next year, another plumbing call. The system incentivizes fraud at all levels. This can't happen in immortalism, anything that breaks before the 10-20 year expected time will cause astronomical fines for the person who did it and all his supervisors, etc, as one management for all electricians, plumbers, 'contractors' in the nation exists, they're all employees of the true CUSTOMER SERVICE company called Immortality Building Inc ☺☺☺, world's first CUSTOMER SERVICE FIRST company that Capitalism never had, meaning the buyer has 1 million times less stress (the main driver of aging) than dealing with any company today, since they fix, repair, maintain everything on a schedule and with such professionalism, none of the cabbage IQ companies today can match, as they have 5 million sales morons instead of 5 million engineers and scientists. Let it be known to all worlds, that We the People, the 99% of USA are awakening and shedding the yoke of slavery. ☺☺☺ Nobody can post fake reviews on reviews.gov, every USA review is in one central location *(no more fake reviews, you have to prove via Universal Bank receipt and stored video of the plumbing visit that you actually had that thing done to your house etc)* that everyone knows and the review score is also based on internal quality of work measurements based on the Universal company statistics of how often calls happen about breaking stuff for this or that plumber, not

just subjective customer assessments of how likable, social butterfly or cute a person is. It's more like Customer Sacrifice, Screwing, Extortion than SERVICE, but the brainwashing is so deep, you view it as SERVICE to You, not Enslavement, when Real SERVICE is 1 million times less stress. The 1% are experts at posing as angels of light, while they're demons of darkness. They'll present to us the Ultimate Slavery as the Ultimate Freedom, Extortion as CUSTOMER SERVICE. ☺

The low IQ clowns (with math and efficiency IQ of 0) say that having 1 company instead of 5 million contractors who have no clue (see new homes problems) what they're doing is bad or communist. We reply by saying, please, think of the world in which we have 5 million Windows, Android like operating systems, instead of one, how scientific progress and communication among people would happen if we had that, and also 5 million languages to top it off. With one company, Immortality Building Inc ☺☺☺, you can increase quality 5 million times more, give everyone 5 million times better healthcare, 5 million times longer lifespan, etc. The Building company provides free sleep one night (or even 3 if AI selected mattress causes back pain) in the most High Tech Sleep lab within 20 miles so that the AI detects the best type, among 200 times of mattresses to use and provides this bed and mattress as part of Immortality Building Inc house sale, because sleep is the single most important aspect of shelter purpose. No longer will people waste eons to shop for 400 mattresses, since this adjusts to remove all pain detected by thousands of sensors and the user to create the most soothing sleep: the user can adjust softness in any area in the lab to determine the best type of mattress to remove any back pain, any tension, and ensure a stroke free sleep. The sci-fi tech sleep lab is part of the regional Immortality Park with all its centers of Learning and Healing. When you have all these ☺filif IQ☺ mom & dad companies making bug mattresses, you have them design crap with 1000 or 50000 times fewer PhDs, so everything is garbage. With a reformed educational system ending present universities for centralized National University of Sleep Research, 5000 other fields of research, we get real results instead of the ☺abysmal IQ☺ today with these trashy companies/colleges. Today's colleges, run by thieves awarding themselves 50 times the federal min wage, only teach slaves how to die fast, be a productive slave producing garbage to boost aristocrat profits.☺☺☺ Read the sleep section on issues with today's mattresses: horrible smell, too firm, soft. All this is preventable by the centralization of all bedding, building, furniture into a high tech Building Inc.

With the 11 companies and people working 30 hours a week in an office job and 10 hours or even just 5 hours at Immortality Building Inc to do more physical things, they get all exercise they need, without the need to walk a dog to get your exercise. This way *we save trillions of dollars wasted with endless sports facilities and stadiums*, competitions and can build 5 million aircraft and big drones to monitor oceans and nation and use lasers to terminate any pre tornado, storm, hurricane/hail using basic 5th grade physics. Sure some storms may happen due to system not working well initially, but domes are resistant and all domes will be built higher to

prevent Florida style floods, 5-9 ft above street. The problem today is aristocrats brainwash all to buy '0 IQ' sports and pet products they don't need, while hurricanes and etc do 50 billion in damages every year, when you think about tornadoes and etc, killing dozens at least. With *water from air*, composting toilets, outside walls, roof and windows, doors turned into solar panels, recyclable filter of urine and shower/kitchen water that becomes sterile water (Water from Air National University, Composting Toilet Nat Uni, Wastewater Home Filtration Nat Uni) that goes into the garden or second storage tank for washing clothes, car, etc you don't need external pipes and can build all houses off grid, as Immortality Building Inc creates this prefabricated house with minimum internal plumbing, all pipes contained in a clear plastic protector that self-heals once cut to fix a leaky pipe. This encapsulation allows us to direct any pinhole leak or water bursting from the storage tank to the garden, as only 5-100 gallons exist in the reserve talk anyway. This system ensures all houses are mold and leak free, good bye all flooding, welcome to dryness. Place the baths and kitchen, water heater at the entrance of the house that is closest to the noisy street to prevent noise from the water from air unit and to make plumbing internally use 10 times less piping than today and move all bedrooms away from the street, give all one level single family houses, domes in areas with storms that last 900 years. Violent crime comes from density, all high crime areas occur in high density cities with condos etc. Instead of coming up with domes that are 5555 times more resistant to storms, tornadoes and hurricanes, we waste time with cubes that kill endless people. Cubes kill, domes extend lives. We had 50 million abortions last 60 years due to cats and dogs replacing kids and really, that's 50 million chemists and physicists who by now would have invented eterni foods, leak free, mold/termite free, fireproof housing *and given us 30 extra year lifespan and also* World Peace via the amazing brain upload for all humans tech, to make them nonviolent. What is most shocking is how people avoid living in the nicest south states with 5-10 times the water in the air and wonderful warm weather, all because low IQ folks decided to fight science and research. Immortality Building Inc ☺☺☺ does all landscaping to prevent people (who don't wear $10 thick gloves (double leather, not the typical leather on one side only with denim or cotton on back that allow all dust on your fingertips and take 3 hand washes and nail trim to clean after gardening, with wrist strap to prevent insects in from biting) to prevent thorn/wood/stick punctures) from scratching hand with some thorns (in the wrist or 5" above wrist nearby area not protected by regular gloves) infected by the lethal soil bacteria common under rotten leaves. Such bacteria killed 30 people in 1 area. You need a long sleeve jacket when doing yard work around sunset or any area with lot of mosquitos, since T-shirts allow mosquitos to bite heavily, just like long sleeve tight fit shirts are so close to skin and mosquitos see the gap between fibers and bite you heavily. Protect yourself, as mosquitos kill 1 million people a year and they shorten the lifespan of 90 million by bites causing debilitating known or never diagnosed conditions. Each year they discover a new disease carried by mosquitos, so wear long sleeves always.

The cube (rectangular house) is a curse, that shape causes endless failures even if the same materials were to be used to build a spherical dome dwelling which would resist winds and hurricane much better, especially if you had concrete domes that are not going to collapse if a heavy tree or flying car taken by hurricane falls on its "wall". Soccer, football, rugby, etc are crimes against humanity when others are homeless and living in mold infested ultra unsafe houses that are ready to fall apart at the slightest storm, people need overcome the "sports addiction" and do science, so falling trees don't demolish these 'paper' houses we rebuild by the millions every decade, while entire lives are demolished too, people are killed, injured and waste eons rebuilding Neolithic huts we call "modern houses"; all these Neolithic☺ houses breaking during earthquakes, storms, winds are an expression of our collective ☺abysmal IQ☺. Not to mention, the amount of fraudulent companies is high, especially in countries with weaker regulations and ultra soft 'penalties'. They promise a house, they never deliver, so fine ought to be *9000 times* the amount stolen, per new immortalist system of reducing violent crime and theft a billion fold. This *company also has all mining, raw materials etc factories that produce the steel, building materials, etc*. It invents building materials that are lighter, stronger, more flexible or whatever is needed, healthier. It prioritizes simplicity of admin, so we focus on innovation, health, lower stress that boosts longevity, etc. The country may have some steel factories, paper factories, etc and we simply call them Paper, Steel, etc above the building, a factory within the construction materials department of the company. This way we don't have separate companies and complex separate systems for payroll, hiring, etc. Simple devices break 10 times less and can be fixed 10 times faster. The same is with Immortality Building Inc ☺☺☺, its 10000 factories. Simple admin. We have limited resources and time in a lifetime, if we spend all of it with fancy admin and competing like low IQ folks, we can't focus on living to 900. Why have 33 million companies when 11 is enough and we keep it so simple: building.gov has links to steel.gov, paper.gov, wood.gov for those interested to buy products not sold at home depot stores of Immortality Building Inc ☺☺. The more things you have, the higher the stress and harder it is to control spies and fraud. Aristocrats live in single family mansions, palaces, etc and the slaves live in high rise condos and other high rise buildings, which, via their weight, cause the slaves to sink as a city. In a democracy, everyone lives in single family homes, so no city sinks due to slaves working or living in high rise buildings that sink due to weight and insane ground water extraction, due to laziness and not enough desalinization. Rich live in suburban tiny cities that never sink and have 4000 times better roads, slaves live in big cities of the 90%, the slaves. Let all live in smaller cities, spread out please. The Home Depot products often break within 4 hours of use, take for example the Ryobi saw, use it and the 3 screws come out and you're left with scrap metal and Home Depot won't accept the return. Instead of a real immovable permanent screw, welded at the factory, they placed easy to loosen screws to have us buy it many times. Corruption. Same for the home depot 14ft pole saw, the screws turn loose, then it

gets stuck on a branch, causing it to break, the 1 foot pieces become loose and then the pole would 'break in 2', falling off injuring someone, maybe a kid nearby, making him blind etc. Truly a deadly design, so opt for 32 ft Amazon pole saw to reach tall trees, with sharpener and black coating to reduce friction and rust, reduce effort. However, it's much safer to have Immortality Building Inc do all landscaping, because excessive tilting of head upwards for a long time to trim a 6" thick branch can create damage to the neck vessels, which leads to turbulent flow and a higher risk of stroke when older. All these "cabbage IQ" companies sell these poles without realizing they're setting people up for a potential stroke to end their life 5-15 years earlier. Not to mention the risk of a branch hitting a branch on the ground causing the ladder to fall and person to hit a concrete with the head, causing some electric fire tripping, etc. A professional can do a job much easier, with 100 times better tools and safe procedures, without having to strain for 1 hour to slowly cut a 7 inch thick branch, very slowly with pathetic tools. We see endless home owners doing self-repairs and looking upwards, due to laziness in using a stool or small ladder, but these can destroy the neck vessels over time, the longer and more often these unnatural tilts happen. Once branches fall, cutting them in small pieces to fit into the green waste container is easy with a black coating to reduce friction, prevent rust, like TPI 8 Dewalt 20" saw. We need no Home Depot, let the Immortality Building Inc (the only house, building maintenance, builder in USA) professionals always do all landscaping and house repair and maintenance and prevent endless injuries and low quality trash tools made by profit worshiping companies. This is why we need 11 companies, any product with bad reviews is taken off market until issues are fixed. People do nothing these days, they just buy junk aristocrats sell to the slaves. This is like the Honeywell humidifiers, weapons of mass worker class destruction, the heaters, etc. These tornado videos show how paper houses built with Home Depot ostrich IQ tech, maim hundreds of thousands, destroy millions of homes and kill thousands. We need a real change, check how strong tornadoes are and how current building tech is total trash. Domes can withstand 4 times the power of these tornadoes and with high tech metal round tornado shutters that create perfect seal, no wind can get inside. Isn't it evil that they build endless useless businesses but no decent shelter for 200 million living in high tornado-hurricane areas? The US Congress doesn't care much about the average American, more about being reelected. Since 2015, world's top 1% wealth surged by 34 trillion, enough to end poverty 22 times...

New houses are painted and the guys run the AC with ultra cheap intake filters, causing all kinds of dust and chemicals to contaminate the brand new vents and cause a terrible paint, etc smell to last longer after opening all windows. This makes it harder for people to get a healthy indoor air quality, due to them saving 2$ to get MERV 8 filters instead of MERV 12 or 13, since in bulk each filter is only 8$. With 5 million contractors, each tries to be as stingy as possible, makes everyone's lungs a mess. Likewise, they build these poorly insulated homes or condos where

temperature and humidity vary wildly unlike in well insulated condos (the really tall condos, 4-5 floors where the middle floors are very well insulated and always at roughly the same temp in the summer, providing a stark contrast with single family mobile homes where temps gyrate from 55 to 80, instead of being always around 73. I've seen it in hotels too, how 1-2 level hotels are not insulated from the cold foundation (first floor) or cold ceiling (second floor), due to not having other floors below or above, get far more gyration and health issues appear as our bodies have to spend huge resources to adapt to that. Plus if you got dry eyes, you always monitor the humidity and temperature and you see how you need a humidifier thermostat for maintaining humidity at constant level, not just the temperature. Today few thermostats have humidity control, as that requires the use of a humidifier in the central heating system. We need a federal law mandating every room in any building has humidity of at least 40%, to prevent lung and eye damage. Endless houses and colleges, offices, etc have humidity of 15% when temp is 78 or higher, meaning, the eyes and lung are destroyed. We live like peasants and don't care about the people. We think we're so smart, but we haven't even done the minimum to prevent lung and eye damages that often cost 300 times more than fixing the humidity issue via Immortality Building Inc. Sadly, today we don't have silent oil heaters with a thermostat attached by wire that we can place 10-20 feet away where we really want the temperature to be constant, near desk or bed, since oil heaters are far healthier, producing far fewer toxic chemicals and making houses free of the deadly vents that grow mold, and trap viruses for eternal reinfection with flu, COVID, colds. Not only that, but millions of houses have a basement and the stairs leading to them are not covered with some roof or even beautiful strong tarp, so when it rains, all water goes into basements and it creates enormous mold growth that then is sucked by the furnace or air conditioning unit in there. Most cheap hotels and many cheap houses in more humid climates have high levels of mold, an odd smell that visitors don't really understand as mold at first, since it's mixed with the smell of dust mite feces from carpet, maybe some other old house smells from cooking, etc, but once they close the bathroom or kitchen door 5-25 hours, that smell concentrates and is easily perceived as pure mold smell, as it is often coming from the moldy toilet tank, some kitchen garbage disposal (bad idea), a moldy sink drain pipe or bath fan or all 3 of them, and the infected walls can be full of whiter mold. The house buyer or hotel visitor doesn't know these ways to check for mold and buys a junk house, but the trained smell expert and mold detection device scientist will soon notice most cheaper houses and hotels are lethal and don't meet the criteria, and even most pricier US and world homes, have very poor indoor air quality. In our society of ☺abysmal IQ☺, where science takes a back seat, we form 1 million small companies with 0 PhDs total, instead of 1 big company with half a million PhDs. Our ☺abysmal IQ☺ as a society knows no limits, thanks to the primitive Republicans/Democrats pushing for "small business economy" to keep US in the Stone Age forever. No research, no device to monitor 3000 mycotoxins, indoor air pollutants, outdoor pollutants, etc. That old

house dusty smell is often a result of mold, as hotels are busy wasting time at front desk browsing Internet 90% of the time instead of cleaning the hotel and doing proper maintenance. 60% of US hotels are owned by Indians (and employ Indian/etc illegals) and they smell so bad, smoking smell in 90% of them, exactly like hotels in India and streets, check this video, feces flow openly in streets in New Delhi or how millions defecate in nature. US cheaper hotels are smelling like these Indian streets, being managed by Indians too. Imagine if USA would acquire these hotels, by fines for poisoning Americans' lungs and establish Immortality Hotels to fine every smoker 5 million, establish separate hotels for smokers, etc and have clean hotels instead of these concentration camp prison cells disguised as "hotel rooms". Varanasi, India's spiritual capital, shows us the way forward in order, clean, quiet hotels in USA. High "quality" Indian illegals come to US to work in the toxic hotels that smell like these honks. Check out a typical Indian street, listen to the sounds of total chaos. India is the best example of the filth, chaos, noise you get with decentralization, 22 official languages and no central laws. This is why USA is in such a filthy state too, we have total decentralization to keep 5% very rich. Japan has India's population density, yet lives 20 years longer due to centralization, 1 language.

There is no brick 6 inch 'fence' to prevent garden water from going to the stairs that connect the ground level to the basement, water falling due to gravity, so even if canopy exists above, it won't be enough, even if way better than no canopy. Nothing can be lower in IQ than moving the central AC or furnace heating in a basement, since a water leak could cause mold to go up and infect all vents and the house. Instead of fixing stuff to exercise, to help old folks with messy basements and no canopy, US legislators play baseball. It's as if a part of them remained at the psychological level of a 4 year old, whose only desire is to torture anyone who criticizes the criminal aristocratic terror system of 250 years, that commits billions of violent assaults on US citizens each year, and with the impunity of a demon possessed bastard. 10000 assaults a year on folks that criticize their reign of eternal violence, using their lasers, tasers, weapons, so it becomes 300+ billion violent crimes worldwide/year, leading to the damage of the human quantum field and eternal wars. Central AC with its vents creates too many issues, single room wall units are quieter, more energy efficient. It's incredible that our 0 IQ government allow ultimate trash houses with basements to be built or sold like that (rooms for rent, with living & kitchen also smelling like mold & other toxic stuff, 1.5 miles from White House in a property that is $2 million, near Anna Cooper circle, 18xx 3rd St NW by a guy who always changes his name on facebook, using Turkish, Hindu etc names for each room in that house, though he's neither of those) and that the most disgusting mold filled houses are on the market to be sold before the basement mold or horrible smells from remodel chemicals gassing off are removed. The attic is a better place for the furnace or AC. In Washington DC, the houses smell like the ultimate mold infestation in the basements very often, the design coming out of the "ass of a donkey". The odd

thing is when these people fix potholes, it's the worst job of anywhere in the nation, they fixed some pothole somewhere, a set of actually 20 gaps and instead of a flat nice job, everything is wavy and bumpy as if there are still potholes there. This is the result of decentralization: every ☺abysmal IQ☺ guy is a contractor and they have no clue what they're doing. All roads in USA need to be fixed by one super professional department of Immortality Building Inc with proper training for all. Same standards for all streets, not one standard for aristoc-rats and one for slaves in DC, etc. Palace dwelling genocidal aristocrats could care less, they have slaves check on their houses and fix them regularly, the others inhale crap until they die. The 0 IQ US gov allows black, green, grey toilets so nobody knows if they're clean, or grey, dark beige walls and ceilings, so nobody can see early on when a leak develops. The wall paints need to be whitish, to save electricity, detect leaks early (yellow spots when it leaks), see fleas, ants, bed bugs. Flame retardants are high in black plastic, so it is best to avoid black plastic. ☺☺☺☺☺☺☺

Millions of people get sick today due to stress caused by worry, chronic worry about things they should never worry about, since Immortality Building Inc ☺☺☺ maintains and builds, repairs and replaces all houses, business buildings, appliances, etc. It's a shame how poor people don't have money, so they try to do it themselves and end up making mistakes that then cause worry, stress, aging or that cause more problems down the road (mold perhaps or other things, floods, fires, or carbon monoxide killing them or harming them, etc, sickening them) in 3 years or more, maybe 50K worth of damage (forget to do one step and cause some big flood, etc) or even 3 million if a tall building, a leak, etc. Everyone would want to never have to worry about any appliance breaking, fixing anything related to their house, doing anything complex for buying or selling a house, except seeing the house in person and cleaning up your house a little, so that Immortality Building Inc doesn't trash anything you accidentally left there. This is normal, just as car companies do all maintenance on cars or advanced lab equipment. Since the future house will be truly advanced, we need let the experts fix it. Such decent worry free life, where you never worry about house maintenance, is for now, in 2024, only for the parasites who create wars to subjugate us all. The current system is genocide against the working slaves, the 95%, via housing issues that harm our health and shorten lifespan of 8 billion by 5 years each, which is equivalent to 40 billion lifespan years lost or killing 1 billion adults who have about 40 years left to live. It's a HOLOCAUST of gigantic proportions, yet nobody dares to speak, the media is silent about it and all we see on TV is ruined houses due to incompetent state governments with ☺ abysmal IQ☺ 20000 policies by city and village about height of house foundation, strength of wind resistance in tornado prone states, etc, flood zones, etc. Those uninsured people who go thru many floods live often 30 years shorter as a result of these traumatic floods. The rich don't care. But we do, we're true people, unlike the phony rich claiming we're all one family or one body of Christ, only to steal everything from the state via taxing games, when no taxes would be

natural, and stealing more from the rest who pay high prices that make them billionaires. Why can't all have a worry free life that gives you 10 extra years of life? Because the aristocrats will kill 3 billion to prevent this Immortality Building Inc ☺☺☺ from becoming reality and thus ending fraudulent low tech companies run by parasites who live off our backs, live off planetary, human species death. The rich don't care, they have maintenance plans, and are against nationalization of house building and maintenance, as their living off others' work for millennia ends, their torture of billions of workers ends, as the spy agencies, militaries, police agencies they use to violently subjugate the masses are becoming ethical of their own choice or due to external events greater than Tsar Bomba. So, we need to be fair, to end the violent daily attacks by microwaves, infrasound, x-ray, ultrasound, etc against the workers by the aristocratic military-spy-police Gestapo eternal mutilation mi6 like puppet USA and other states, to create a sense of national family, where all feel the *gentle tender soft nurturing loving* honest *compassionate healing kind* caring of the government for all, just like a mom loves her 350 million babies, on a sci-fi planet where people can have that many babies, where all use the same company for maintenance and building, where all feel they belong to the same one family with no privileges for the 'rich' bastards who control the military-industrial terror complex.

You see today the 18 year olds wait 20 years to buy a house or 30, this is insanity, everyone ought to work and get a free basic house at age 18, a tiny 1 bedroom house that they sell in 3 days when they start a family, to the people who need a small house, etc. Parents can easily downsize when kids leave the house, and kids can expand when wife gets pregnant again, etc. We need to rekindle the true spirit of the American revolutionaries who wanted to be free from the yoke of slavery by the British, only to be enslaved again, by phonies who pretended to be 'American'. In a truly revolutionary and evolutionary spirit, Immortality Building Inc ☺☺☺ allows us to "build immortality" (extend lifespan by 25%) by electrical installations that disturb bioelectric biomagnetic field of humans. Today, anyone builds trash, gives billions of people cancer, endless illnesses via improper house wiring, none has PhD in biophysics to measure stray or high frequency currents, USA has no wiring standards like other nations where GS units (1 GS = 24V/s) have to be below 50, read more in the EV safety first paragraph. With Immortalism, we require all houses to be safe, all appliances to be safe, all EV charging cables, all phone chargers to be safe, and not shrink our lifespan. The jungle today is replaced by the scientific honesty world of the Immortalist Party. Almost all use WiFi routers that shrink their life, all are clueless. Every low IQ guy is a contractor. With high tech, efficiency, we can build walls that emanate the rays that triple lifespan, the sound that quadruples it, the light that quintuples it. We make everything so sci-fi that today's trash houses would all be thought of as caves. They get these goofs with 9th grade education to build houses. Ask a 15 year old or 1 million teens to build a Tesla car himself, they can't, but an advanced factory can build 1 million. Likewise, the house of

the future, made into factories as complex as Tesla, with monitoring thousands of parameters (air quality, EMF, RF, etc) always delivered every 24 hours by RF or fiber optic to the Washington DC metro new capital, Eterni, will be so advanced, no human will be able to build it like today. These sensors AI will alert the maintenance teams to go to the house and fix it or tell owner to vacuum or do some basic bath cleaning, etc, automatically. Today, our houses are glorified pig dens, like in 1848, when people defecated in open pits near the kitchen and cholera etc spread really fast. Most houses today are filthy, moldy and disgusting, smelling like feces, human feces, dust mite/mold/microbe feces, so we need real tech/results nice quantum weapon to sterilize 75 houses at once of all microbes. Most people don't notice it since they got used to it, but precise sensors will confirm this bleak statement. The air quality sensors of the future will detect so much of that, since now the baths are so dirty, the feces particles all over in 99% of houses.

If we have one company, we get rid of all parasites, meaning insurance companies and we no longer have staged Dec 4th 2024 like shootings of insurance CEOs with bullets marked with the phrase of insurance critics (delay, defend, depose method of avoiding paying claims and also a method of ending aristocracy, delay their receipt of trillions stolen from the state, defend the working class and the delay, depose the aristocratic political system), name of a book about how insurance companies defraud Americans. All residential or commercial buildings are repaired by the same Universal Immortality Building Inc (nobody needs insurance since house is maintained by the same company and is thus "insured" by that company). This shooting was fake, the media never shows the actual shooting, and the Luigi Nicholas Mangione 26 year old shooter is smiling (he knows it's all fake), being presented as a hero of the 95%, the working class. When caught he had a note about the insurance parasites, though all know the predatory nature of the insurance industry. No video of the shooting (only some gun firing something), no video of the dead, injuries is shown, because the UnitedHealthcare CEO is alive obviously, and everyone loves the "shooter" who is obviously an FBI undercover agent role playing he shot the CEO, another FBI guy (United was being investigated for fraud by the Senate and Biden admin). United is world's 11th largest company by revenue, reminding us of the 11 companies of immortalists and the 11 pages of FBI criticism. A video explains 16% of medical insurance claims are denied on average, but United rejects the most in USA: 32%. It's the media's way to wake people from the trance of reading everything literally and start to read between the lines to what is NOT said. For example, tens of thousands of spies fake their deaths each year, so news report that they died. All media in each nation is military invented stories, mostly fake, teaching people how to read complex messages from what is NOT said. This fake death is related to Immortality *for* All, longevity, Universal Health Insurance of the one American family via Universal Immortality Inc. The shooter allegedly had some "monopoly money" in his backpack: go figure, 1 company for all, one medical company for all USA. The CEO got a new identity and undercover job. This fake

death is a way to remind us we don't need insurance companies to decrease efficiency. The insurance book is 5$ on Amazon. This was a covert fake event to raise awareness of the parasites, and of the inefficiency that would disappear if US became united or East EU adopted English and unified the former 20 community nations into a new Nation. The CEO is overweight, while the shooter is normal weight, this is the irony of the staged event: healthcare CEO ought to be the healthiest looking guy, but he wasn't showing he's a slave of the finance guys, not promoting health, but profit. If he can't take care of himself, how can he take care of all the rest? Insurance companies are not really needed in the end, if you simplify things, so we get more science majors☺☺☺ instead of "accounting, finance, profiteering, etc".

With economies of scale, we can build 100% of the houses to be well insulated and humidity, temp regulated like the very best 0.1% today, bringing average lifespan to a new level, extra 5 years, as the vents are wiped out and we have the most amazing & beautiful ☺☺☺ cooling and heating system. We got 10 trillion cells and each has 100000 chemical reactions happening each second, so each reaction produces different yields and waste products at different temperatures and humidity levels, so when you gyrate those, you live much shorter, as your body is always adjusting a 100 times more often. To live long, be in constant humidity and temperature and this is only possible via *unification, economies of scale to deliver the house of the future*. When you travel an a support engineer or doctor or sales, etc if online is not possible, you need to have 21st century hotels where a thermostat exists near the bed and the desk and it's connected to a small humidifier that is always super clean and high tech and a small silent oil heater, to deliver constant temperature there, not 14 feet away at some thermostat location. And deliver fresh air, 450 ppm CO_2, high oxygen, only possible with a wall built separate for each room or window built high tech fan/AC system that lets passively, while not on, fresh air in. The wall/window AC grills ought to have a way to be shut, to avoid warm or cold air inside the home, or avoid polluted air from smokers or nearby construction or fires, etc, so when you want it off or quieter for 3 hours or 12 hours, you can do so, to block carcinogenic PAHs from entering your house. Our body is a chemical reactor whose yield depends on constant temperature. If you raise temperature, it can kill you slowly or explode the reactor. Instead of all competing and fighting, all help all and cooperate, win-win for 9000 years lifespan for *all nations*, not using trillions to wage useless corporate or national wars. Those nice AC units for each rook act as the saviors of mental and organ health, as they let fresh air in when idle to replenish oxygen in otherwise impossibly stuffy, toxic, high CO_2 typical world homes. ☺☺☺☺☺☺☺

The global ban of carpets needs to occur as they're breeding and storage ground for 9000 diseases, eternal lung destruction thru mycotoxins produced by dust mites, molds, fungi, bacteria, eternal reinfection with flu, cold, COVID, etc. Vinyl flooring is termite safe, mold free, easy to clean 100 times better than carpet, but needs to be regulated more to eliminate problem

chemicals, heavy metals. The only vinyl flooring allowed by Immortality Building Inc ☺☺☺ will be better than what today is Greenguard Gold certified by UL (low toxic volatiles, so no asthma or lung cancer) or FloorScore certified by SCS (low levels of 15000 volatiles certified by UL, FloorScore is for floors only, while Greenguard for all types of products, furniture too, see the difference Greenguard floor vs Greenguard Gold floor, Greenguard *Gold* means lower emissions than FloorScore certified supposedly, though total VOC limit is allegedly the same). LVP luxury vinyl plank flooring got far less smell far healthier than laminate for your lungs (you can see that at home depot yourself) and treated wood which stink bad for months. Unethical governments allow the shipping of these wood and laminate products that make houses that open windows little stink for years, so much so that the walls acquire the toxic smell of these chemicals, like with smoking odor in walls never getting out except with repaint. Instead of off-gassing at the factory in a special high air flow room, they poison billions of people to increase profits: cheap floor materials can cost 4 to 15 times less. Why not make 0 VOC products from the start or at least off-gas them for 4 months to reduce odors 100 fold before it is placed in a box. To be safe, google "Greenguard Gold certified LVP" to get websites with the latest floor products certified for that. The standards are catastrophic, we see these AirBnbs and rentals with cheapest paints and floors that stink so bad, the odor will be there for years sickening endless people. Once again, no central company, no economies of scale, means terrible products will be far more common, as no tougher standards apply. Cheap vinyl can cause some asthma and neurological issues due to poor standards on chemicals, during the first 6 months of off-gassing especially. 3.3$/sqft 6.5 mm, 22 mil (0.56 mm) coating, Home Depot LifeProof LVP is low VOC, (see how to install it) formaldehyde and phthalate free, California Prop 65 certified (low levels of 900 toxic chemicals), no heavy metals, can't rot via mold or be eaten by termites. LVP is recyclable in the future due to new bacteria that eat plastic discovered every year. Microplastics emissions are a concern, and other things, but tech will allow floors that emit proteins and substances that rejuvenate and youth our lungs and body. Research what other floors smell least, and wear soft shock absorbing slippers on non carpet floors to protect your socks and joints, live longer due to less injuries to joints from walking barefoot. Keep in mind that most floors at Home Depot are LVP, for reasons that are obvious: it scratches far less than wood, it is more water resistant. If you love wood, get only hardwood that is Greenguard Gold certified at least, since hardwood can last 300 years vs 40 for good LVP. Until then, we sing the Fake Songs. In the far future we can separate atoms of every material, we won't use incinerators for trash, but molecular disassemblers, we're savage chimps☺☺☺ today vs men of the future). Some companies got "0 VOC" LVP, like Doma. Wood floors need chemical coatings, which need to be regulated too to prevent asthma, health issues, etc. Everyone deserves a decent house, free from carpets that sicken us. Portable rugs can be washed in the washing machine or recycled via a national program, but carpets can't. Cars need constant temp, 450 ppm CO_2, constant 45% humidity.

Immortality Building Inc ☺☺☺ builds decent hotels of various brands it owns: basically, all hotels belong to the people, so the people of the USA, the entire nation becomes the owners, science rules and aristocratic pigs don't, as tech takes over deception. It monitors 500 air contaminants in all hotel rooms, unlike the trash cheap or even expensive hotels today, that stink horribly due to carpets or mattress, improper ventilation between guests. A hotel needs to have excellent passive ventilation and virtually no smell. Hotel.gov is the one site that allows all to book their trips, and since everyone has only one credit card, the Eterni Bank credit card, it is easy, you no longer have to enter a credit card each time, since everyone has a card and it's linked to your immortality.gov ID that links all your cards, accounts, utilities, etc. Today we waste so much time when booking, since we get a huge number of middleman sites that reserve online for a cheaper price, but often fail to reserve as that low price is no longer available, so you do it 9 times via 4 sites, same site sends "room not available at this price" message, making hotel reservation a hassle. So many errors, greedy ☺pet IQ folks☺, sales jobs, everything is about sales and profits, not improving the quality of hotels by replacing all carpets with wood or vinyl. Hotel prices ought to be the same, if you do it online or in person, as only hotel.gov reserves it and hotel.gov owns all hotels, meaning we the American people. Immortality Building Inc removes all carpets to decrease molds, microbes in all hotels, and smells too. It provides wired Internet access, free ethernet to USB-c adapter on each table for laptop plugin, and removes WiFi to reduce cancers and endless diseases WiFi produces, so the aristocrats can't commit genocide via dirty carpets, molds, microbes and RF radiation, while they setup 900000 sites to reserve hotels for the maximum vampirization of the workers. Agoda.com with presence in 40 nations, headquartered in Singapore, offers hotel rates lower than US based priceline.com, booking.com, expedia.com, saving you 15-90$ vs expedia.com and 60-200$ vs hotel front desk. This is because agoda.com makes profits from volume, not from individual mark up. Isn't it ironic that when you order a hotel room from a hotel you pay 10-90$ extra, vs agoda.com? Why is the USA such a filif IQ nation to need a Singapore site to get a decent rate? Why can't hotel.gov give one universal rate, being the only site for US based hotels? Today, with all these 0 IQ hotel searching websites, you can't search by "hot tub", "EV charging" etc and many other features, to see all hotels everywhere and pick one you like, away from freeways, with inside noise level below 35 dB, below 45 dB outside, etc. I drove for 2700 miles in 2024 and in many towns *all hotels smelled very bad, even Hilton, showing the complete failure of the current system of aristocratic profiteering*. The odd thing is most hotels, from $50 to 150 a night or more, smelled quite bad and had poor central air filtering, etc, plus smoke smell due to a government of aristocratic terror that doesn't enforce smoke bans in all public buildings nationwide. The government doesn't regulate the palace dwelling aristocrats to make sure all hotels meet a minimum level of safe air quality, by doing some regular testing for 400 chemicals in the air that validate a certain smell limit for lung health, etc. We need to require all hotels to

have a small window at the top, 20-30% of the window height, that can be open 24-7 to get fresh air, because the AC is not a good option sometimes, it brings moldy recirculated oxygen depleted air from the vents full of bacteria and viruses. An insane % of hotels have windows that are shut 24-7 365 a year, to prevent falls, but kids can't fall if only the very top of a window can be open via a simple button on the lower side to give everyone fresh air. Just put a little flap that opens when window is open, to prevent rain from getting inside (no more worries about water damage, especially with sensors that allow central control of all hotel windows, remote control after a voice says: we're closing the window due to the rain, please be careful and stay away), and they could even have a tiny removable fan there, that you can clean and put back and increase air flow for areas with no wind (by federal law such fans could be required for part of the top of a window, in areas with no wind that blows inside the room (one side of the hotel).

The ventless fans in hotel rooms are filthy too, have a useless air filter that lets in all junk, noisy, ultra noisy sometimes, full of bacteria and viruses, so because decentralization exists and 4000 sizes of filters exist, we can't have one universal size where people can go to Walmart and buy a filter for their hotel fan. Even with a new filter, the grills etc are full of junk, and they're never cleaned for years. Due to decentralization, there is not one super easy to clean AC unit, where a huge part of it is replaced as old one is sent for cleaning, so you go to a hotel and you see the bath fan not working and the floor tiles are cracked, with mold coming out and being sucked by the room wall fan and AC, which then allows those microbes to grow in the AC unit which can't be cleaned easily by a swap. The AC then gets the smell of bad hotel rooms and even when they clean the room, the AC rebrings that horrible smell into the room. Go to some hotels and notice how horrible the smell of the air coming from the fan or AC is, the wall unit, to realize how incompetent and criminal the federal standards for hotels are, all to protect the aristocratic leeches who suck us ('blood') dry until we die. As such, windows open from the top at least would be safer. You could use USB fans from Amazon, 9$ each, plugged into a power strip via a USB to socket adapter and wash the grills, the fan every 2 weeks even, unlike the hotel ones, cleaned every 10 years properly. Generally speaking, if you go see a rental place, the first thing to do is to smell the air coming out of the fan or AC and if not fresh air smell like outside, it's full of microbes and you better not stay in that extermination gas chamber even 1 day. Don't imagine an industrial scale ozone machine will do the trick (you need be out of the room for 4 hours), because this has to be done weekly by hotel staff for the smells to not grow to high levels. Right now the central AC systems are making it far too expensive to replace the vents and it is not sustainable or environmentally friendly, as you trash a lot of material. We need to switch the AC to high tech split systems that have a part, replaceable in 3 seconds, send to cleaning twice a year by federal law in every hotel, instead of sitting there for 35 years. Likewise, the filters they use are pathetic, they need good FPR 12 quality split AC filters replaced monthly.

Many think hotels smell nice in 2020s, but they're a cauldron of infectious diseases and filth, the vast majority, as houses in 1840s and before when folks defecated in open pits near kitchen and cholera spread like wild fire. Our standards are so pathetic, we don't measure anything in the air, the 5000 chemicals we ought to measure with a sensor. I find it shocking the filthiest stinkiest hotels like ***Moon Inn, Red Roof, Virginia Lodge, Brookside Inn, Relax Inn, Quality Inn, Days In, Springhill Suites,*** etc most on the same street in Alexandria are so close to White House (9 miles) and yet no government official does anything about this slow extermination campaign against Americans by these little parasitic aristocrats, Indian or other nationalities, folks who know little English, so you need explain things 8 times. The hotels and their cleaning routines are so badly designed, due to no centralization, the whole planet sinks into a microbial feces pit, feces inhaled daily with joy by all naive visitors. Some ozonation of hotel rooms every few days or when guests change, etc could be useful in keeping germs to lower levels. Why would they say anything, because government folks get to stay at nice hotels. We need sensors in every hotel room to measure levels of oxygen, ppm of CO_2, pollutants, etc to know when we need fix things. The problem with decentralization is every 'peasant' clueless guy is allowed to build hotels and they don't know how to build them, they put carpet, and they don't include a fan in the room (window ideally) running 24-7 (useful to draw fresh air thru the wall split AC, only if door foam exists and door is 1% sealed, otherwise the filthy hallway air is sucked in) and a good big split AC open to outside to let air to come in (central AC hotels smell very bad) and don't put good split AC units on the hallways either, so the hallways stink. Go for 100% smoking free hotels, like Choice hotels. A big issue with hotels is they install the 24-7 fans in the bath and this sucks in the toxic eye irritating air from the hallways (very stuffy, dirty stinky hallway carpet, hallway germs, coming from the door to hallway gaps), from the sink drain, tub drain, water overflow sink/tub hole which contain mold spores. Hotels ought to have those silent fans in the window or room. Until then, you can cover a vent with some plastic piece, etc, to avoid sucking all plumbing, inner walls mold spores into the air of the room. Many things they do are creating problems due to lack of door seals and vent placement. In Arizona, or dry climates, the 24-7 fans can dry air to unhealthy levels of 15% humidity, so the fans are not needed like in humid climates to prevent mold growth in bathrooms. Our hotels are like cars in 1825, terrible. If you had immortalist standards, all hotels fail. But we have 1825 standards. ☺☺☺☺☺☺☺

Immortality Building Inc can design an easy to clean and remove the fan that also filters outside smog well, so that the window can be closed if it is noisy outside. An electric heater would be better anyway for warm air, for obvious reasons related to chemical reactions at hot temperatures, so all heaters will be required to be sealed with minimal toxic VOCs, meaning only silent oil heaters will pass. Even new houses can have water leaks and other issues, due to decentralized chaos: aristocrats chase $, big big palaces for their family only, not quality. They

have 9,000,000 builders, so each has its own bad set of procedures. ☺Pet IQ contractors☺ today can't even make a house that has perfectly fitting window screens thru which no insect can get in. It's pathetic, the whole thing could be so easily fixed with some better design and plastic or rubber. In warm states in areas with trees, 50 insects can get in at night if light is on, as insects are tiny, 10-50 times smaller than mosquitos. The complete lawlessness and exploitation of workers leads to shortcuts and poor designs. Small builder aristocrat goes bankrupt (like 1700 others did in 2023 in a tiny Australia with 27 million people only) and those who paid but got no house and lost savings are in huge stress, anger, aging fast. This failure of millions of construction startups is a huge waste of time for everyone with bankruptcy courts, procedures. Due to the aristocratic lunacy, landlords abuse renters and shorten their lifespan. Check out the living conditions of renters subjugated by aristocrats. Check out moms with 3 kids living in cars or mom living with kids in tents, thanks to the criminal aristocrats who run the system and control both political parties. People can wait years for houses to be completed too, making everyone angry and short lived. In most nations the people start and dissolve companies by the millions, instead of building houses, due to the aristocrat terror system that requires 10 million palace dwelling aristocrats at the helm of 10 million companies, instead of 1 company and 10 million extra workers, no extra managerial positions that bring in another waste of 10 million workers, 50 million fewer houses built each year. Why is housing so bad worldwide? Due to 10 million building companies instead of just 1 a continent maximum. With Immortality Building Inc such situations never happen, as there is only one Eternal company, owned by We the People, who builds, maintains all houses. No more rich, only eternis, citizens who help build Immortality.

The jungle that is America today allows these gas chambers☺☺☺ to pose as hotels to drain the workers of their life savings: fine those who smoke in nonsmoking rooms a year salary or 10 times that, so we create special hotels for smokers and no longer allow smokers in most hotels. The almighty Immortality *Nurturing* Agency will inspect all USA hotels and fine any hotel with smell of tobacco, weed in hallways or nonsmoking rooms at least $50 million for deceptive marketing and endangering national security via sickness and death, lung destruction, multi-organ failure due to carcinogenic compounds customers are forced to inhale by running out of time to find a nonsmoking hotel. This abject failure of hotels to impose 100000$ fines on such thugs who kill others consciously in a blatant act of hidden murder called second hand smoking pollution of hotels when it's federally illegal to smoke in any hotel, must be corrected firmly by the immortalists with 50$ million fines per room or hallways smelling, reaching $5 billion maximum if 100 rooms found to fail the test for tobacco smell compounds. For too long America allowed hooligans to terrorize decent people by lax policies of 1$ fine for stealing 1$ items and the like. The immortalists fine 9000 times the amount stolen. No jail, as that only makes people worse. ***Just hefty fines that take months or decades to pay***. The Immortality *Nurturing* Agency

will thus bankrupt endless hotels, acquire them as part of Immortality Building Inc to remove the most lethal threats to the American quantum health field. Please avoid the "Nazi" Hilton hotels, like Hampton etc (where nobody can open windows). One way to avoid the expensive stinky hotels is to go on a search engine "city name hotels" then desktop site and you get 40 hotels with 30 to 300$ prices, way cheaper than in person booking. Show them the 40$ price on super.com or other discount website and they accept cash often due to them not entering it in the system. Yelp reviews tell you sometimes if it may smell (if 1-2 stars, etc), but we need all reviews to be made at reviews.gov so we have all 200 review sites in one place and all reviews verified by the credit card that they stayed there, etc. Smell any room before you reserve it, ask hotel staff by phone if they allow your to smell room before driving there and if windows can open. If no, then call another hotel. Bad air kills every organ. You deserve decent smelling hotels, not these gas chambers of US capitalism. Either way, big cities cheap hotels of the same brand stink far worse, as more thugs that smoke exist to ruin all nonsmoking rooms and lawlessness reigns supreme there. Choose to stay in smaller cities of lower crime, far away from big areas with many gangsters. 60% of USA hotels are owned by Indians, which explains why many (the cheaper hotels Indians dominate) are so incredibly filthy, full of smoke in every nonsmoking room and hallway, bath, etc, you only need to visit India (see youtube) or gypsy areas of Europe. In USA, virtually every cheaper hotel is owned by Indians. Americans homeless, but we got endless hotels… How can this be? Why do people live in such horrible hotels, instead of having a house they own? Why are hotels allowed before everyone has a house? How did the South Indians come to rule USA and dictate how much smoke is in our hotels? Check out the great Indian values, 600 million for a wedding, while this would have prevented millions of suicides. Hey, the hotels belong to We the People, and not to the rich people who make profits off our death by asthma, respiratory illness, pneumonia, etc.☺☺ Let all hotel rooms have a sensor that sends 500 contaminants to the national headquarters Immortality Building Inc in Eterni or Eternity, the new capital of USA, so they can send a local maintenance team there. Immortality *for* All means health for all, all have the right to a healthy air in the rooms, not just the 1% who pay 2000$ for a hotel room. The poor can only afford 40$. In USA, Jewish mercantilism and Its Violent Odious Hymn of Hell rule supreme: thus, instead of 1 marketing manager and 1 million research scientists with Immortality Building Inc, we got 1 million marketing managers (liars) and 1 research scientist for 1 million companies like "John Smith Reality Inc, Mr Low IQ Hotel Inc, Mr. Toad IQ Franchise Inc (sells rat meat as in Asia), Mr. Moldy Condo for rent, Second Lead Full Trash home for rent, Mr. Extermination Inc". Do we choose Re-pub-licans, Demon-crats or the Immortalists? Our religion in USA is defrauding others, ripping others off and robbing them, lying all day. The bastard palace dwelling genocidal aristocrats, have taught all well how to be a beast. The result of our pathologically dishonest society is USA devolving into a ghetto garbage dump. ☺☺☺☺☺☺☺

For poor citizens, there are some temporary solutions that may work. It costs $9 to buy a UV 254 nm lamp to disinfect an area, just be aware that you can't be in the room when you turn it on, use an extension cord under the door and plug one of these 35 bulbs in once door is closed and you're outside of the room, wear UV protective wrap around glasses. 254 nm kills microbes best, and anything under 220 nm produces ozone to kill bacteria in places light can't reach, though 185 nm (maximum ozone output) is used in conjunction with 237 or 254 nm to produce ozone and UV to kill the most. Thus, to sterilize a room, you need a bulb that says 185 & 254, like this. A simple "UV 185 nm bulb" search does it all. A 62$ ozone generator may not be ideal, even if no bad reviews, because all reviews can be fake. Read these 1 star reviews that say odd smells form when using complex box generators, avoid enclosed square box generators from Amazon as those have many parts to them that chemically react with ozone and contaminate rooms with odors. The safest ozone generators are simple, made of a lamp and remote, like this 38W Qualirey 185-254 nm 56$ one or the 49$ better protected bulb one. The 29$ 25W Qualirey has remote control, for higher safety, to turn from behind the door, and 185+254 too. If you don't want to take risks of ozone smells, buy the 26$ 254 nm lamp with remote. Keep eyes closed and face, skin (socks, long sleeves, pants, etc) protected with face shield when turning it on, in case a manufacturer error causes it to turn on before you use the remote. For highest safety, use extension cord while outside a room to turn on by plugging into a socket and then turn on with the remote. When done, always unplug from outside of the room first, before entering, even if it is off, in case it turns itself on. Choose ones with remote for higher safety as you never want to be in the same room when light is on or even nearby the room but outside the room, if door not closed, and many are too lazy to use an extension cord to turn on from outside of the room. Don't use in rooms with carpet, get quality (free of heavy metals, etc) vinyl flooring or quality coating wood (wood floors use chemical coatings, which need to be safe), since carpets smell so bad and have so many germs and the odor often becomes far worse than before if carpet is dirty. Ozone reacts with the junk in carpets and can make smells worse. Remove everything from a room before ozonating, so it doesn't react with organic matter like pillows, sheets, blankets etc. LVP vinyl flooring dampens noise much more than wood, from walking, impacts, is softer, and won't get wood pieces stuck into your bare feet. As tech advanced, Immortality Building Inc creates floors that emanate proteins that rejuvenate our bodies via the air proteins coming from these new high tech floors, as opposed to toxins (as they say microplastics for vinyl or other chemicals in treated wood, the resin coating, etc) from new wood or cheap vinyl floors. The best LVP low odor, 0 formaldehyde, etc floors smell a lot less than new wood floor installs. When *you have 1 million PhDs, instead of 1, you can design floors of such incredible materials that cure endless diseases and prevent endless chronic diseases, you can easily* test air quality after any floor install every day during aeration for 10000 contaminants, etc. With the rat IQ (a rat is low filif IQ, far lower than a ☺ low IQ ☺☺ human, and the smartest human of our

capitalism today is also far lower in IQ than the lowest filif IQ 5000 year old human of the future) companies today, we can't do anything, except play aristocratic terror horror movies in real life.

Likewise, the Immortality *Nurturing* Agency will impose astronomical fines on horse properties whose stables are making the air quality of nearby residential areas truly lethal. At first, they will be given 30 days to fix the issue, and if no fixing, then, they will be fined $5 million per house thus affected, with 10% of fine going to the house complaining to give the government incentives to report, since people are way more important☺☺☺ than "horses and the diabolical desire for horses" when others are crowded, homeless, in need of physical energy (to build houses, infrastructure) wasted with rodeos or other selfish pig sports. If you visited one of 900+ areas of United States of Rednecks and Peasants where wind speed is 3 mph and the horse stables make 90 houses smell like the worst 3rd world country toilet, then you know USA. The fines for big coal and other chemical factories that produce horrible toxic smells for entire villages or cities would obviously be capped at $20 billion. This will allow state takeover fast. Horse feces today are like human feces in London in 1848, when geeks realized the feces caused cholera and other disease outbreaks. Today, horse stables, with feces bacteria, mycotoxins produced by molds, fungi in rotting feces, grass, etc spread new forms of allergies, diseases that doctors confuse with other allergens or diseases, and the ignorance and lack of chemistry and biology research centers into various mold-bacteria caused lung disease variants, blood tests, etc mean shorter lives. Horses can give dozens of disease to humans, even blindness. The insane idol horse worship in America is absolutely unbelievable, the complete disregard for gentleness, research, science, truth and what brings longer healthy human lifespan. Australia is equally sick, with 2 million homeless last decade at any time, but endless rodeos. With millions of horses in many nations, and open defecation, we get endless molds, bacteria, viruses enter our lungs and destroy us from within, accomplishing a loss of 3 months for about 30 million people or 7.5 million lifespan years, which is the death of 200000 35 year olds equivalent. The genocide of 200000 people can be kindly prevented by the use of 500$ billion total fines for horse feces smell and air contamination, to bankrupt horse riding venues, businesses, etc. We encourage all to get near horse areas, use reviews.gov to report horse smell, so undercover cops can install a nice meter to measure all toxins and fine the businesses and individuals who spread germs. It's hypocritical to fine people with bad septic tanks, yet not fine horses with 9000 times worse open air urine/feces 50 lb/day. Why do we have fines for a septic leak or outdoor toilets, and none for horses? The complete moral bankruptcy of the government could not be more obvious, as nobody dares to confront the blatant egoism,d depravity of wasting so much energy in thuggish sports that could be used to build houses and infrastructure as a hobby in a world of kindness. Politicians are not for doing what is right, only what elects them so they protect aristocrats.

Immortality Building Inc will have air sensors in every US hotel that report to the national

headquarters to improve building tech. How can the 2 trillion in health care costs due to filthy air be ignored? Air sensors can be wired in like smoke alarm, or require all smoke alarms to have air monitoring of CO_2 a great marker of air freshness. And hotel management use air gadgets to track 70000 pollutants every 3 months if too expensive to place 8000$ sensors in every room for 7000 chemicals. Well, even to monitor 7000 chemicals would take a huge device with current primitive tech, at a cost of 5 million. Via research and mass production, costs could come down to 5000. Open the window until CO_2 alarm stops beeping (400 ppm normal, 600-5000 unhealthy, beeps). CO_2 meter is cheap when mass produced 1 billion meters in USA alone. Add it by law to every smoke alarm, a melodious soothing different beep for CO_2 as it's not an emergency to get out of the building. Oddly, cities and counties allow the 1 million mom and dad, dad and son contractors to build houses everywhere, even when there are no roads, except dirt roads that get so dusty, they pose a health hazard for the driver and nearby people whose lungs are being destroyed. Why can't people have one national policy: roads first, houses afterwards. Why do we need 20000 policies for 20000 cities? We don't, we just like wasting time and supporting the aristocracy, who need a reason to exist as CEOs, city/state officials, medium business owners, etc. Why not have admin jobs 100 times fewer, and research jobs 100 times more? The current system is ☺abysmal in IQ☺. Most new houses smell horribly, because the contractor didn't air it well, did not use industrial size fans or high heat treatment (they need to use electric oil heaters to cause volatiles and semivolatiles to come out of furniture and objects, walls, paint, etc), didn't run AC for a long time using FPR 12 (12 alone removes VOCs, volatile organic compounds, emitted by wood, base boards, vinyl floors, paint) or MERV 13-17 filter, replace it 10 times every 10 days, to remove all smells in 100 days, didn't use HEPA air purifiers, etc, so all those chemicals are still in the air, carpet, walls, etc causing 0.5 billion dollar damage to new tenants, in today's expensive methods to cure molecular damage to every cell screwed by that bad air. Same for hotels, all carpets ought to be removed, too many microbes. There is no national standard to measure VOCs and irritants, we need to ban MERV 6-11 filters, and FPR 4-10. All AC filters ought to filter all viruses and bacteria, dander, mold, fungi, $PM_{2.5}$, car smog, allergens to protect the public health, since central AC systems, that are becoming so popular today, spread germs from one room to the rest. Let the worst filter be the best FPR 12 today. The decentralization of food industry means having stores built that sit more empty and unused, while others are more crowded and cause more stress, accidents, improper storage of food causing spoilage, sickness, etc. We need to have fewer grocery store brands and better ones. Likewise, we need ban convenience stores selling poison and call them health stores selling health boosting items, like decent foods, etc. We need better use of national resources, not people wasting time acing busy at a restaurant, while not meditating or repairing the body via relaxation, just to clock in. Let people go home and meditate, nap, don't force them to be there if not needed. Sleep is the most important thing. Take care of your health and next day you will do in 4 hours what you

didn't do in 5 days of acting busy 40 hours. Stop the aristocratic terrorism of workers.☺☺☺☺☺

Carpets ought to be illegal in hotels, due to 2000 times more germs than vinyl fake wood floor or wood floors with a disposable recyclable rug replaced every year (or no rug at all, just wear slippers, ultra soft ones everyone has for hotels, knowing this is the federal policy). Avoid hotels with carpets if they stink, it means they have a huge level of germs. We have millions of hotels that stink so bad, with windows never opened and super filthy carpets and floors. Aristocratic terrorists sell smoking products that ruin tens of millions of hotels rooms and cause oxidative stress in the bodies of nonsmokers who're lied to that the room is nonsmoking. This eternal terror by those who can't be jailed, of the working jailable people can stop with the vote for the Immortalist Party. It's the capitalism of low IQ, whereby a central hotel.gov website doesn't exist, with at least 100 more search features than the best advanced search website today. Immortality Building Inc buys all hotel companies by Government decree, which are organized into Immortality Hotels brand for the Global Promotion of the Immortalism concept even via brand names: all brands are renamed into the 200 Qualities of Immortals and all Hotels say *Immortality Hotels* on their logo, signs, rooms: big font is the Quality (Gentle, not Hilton, Marriott, Ramada) and smaller font: *Immortality Hotels*☺☺☺ the specific brand: Gentleness or Kind, Selfless, Serene, Tranquil, Bliss, Joy, Peace. Each room has the Qualities important to recall, like Infinitely Tender Gentleness for all citizens of Eternia and humans, a trillion times more compassionate than that of the kindest ideal mom of 1990s for her only infant child. Happy people with happy houses are far less willing to travel, as their garden is more beautiful than the trash today in the best Disneyland or hotels… and with single family homes for all.

In some future when World Peace was true for a century already, all evolve to no longer need to own houses, due to an altruism that is making all current sports part of history. In that utopia, all houses for rent are free or cost 8 times less than a 45 year mortgage today relative to income, and are maintained and built by the ultra ethical Immortality Building Inc. Renters can't make changes today that make them feel comfortable/happy with the house layout, materials, colors, AC system (split or central), window thickness (double pane for noisy areas) so it creates unhappy people, can even shorten lifespan; this would only change if laws are modified to allow changes to the house rented from the government, per immortalist criteria (wanting to be happy, to decrease allergens from AC vents, etc), the only owner of any building anywhere. However, in our selfish violent world of the 2020s ethical level of development, house ownership levels of 100% (not 50-75% like in most nations) incentivizes via selfishness (natural instinct of self-preservation extended to one's house) all people to take better care of their unit than of a rental and to develop that gentle caring attitude towards all, including objects. Renters won't beautify the lawn, the neighborhood, improve the house, since they don't get the higher profit at the sale, so entire cities degrade today, due to the aristocratic policy of 'jailing' workers

in ghettos, via the criminal system of one guy owning 2-500 properties while others own nothing. To remake our cities, at the current ethics level of the human DNA, we need 100% ownership of homes and instant *house sale or buying, as well as instant maintenance* by Immortality Building Inc. Only 5 countries or less have ownership above 94% in 2023, and all are smaller nations (see graph), Albania, Kosovo (see Eurostat table, click 2018 to see Kosovo 97.8 (vs 84.4 Serbia), Albania 96.1, Romania 96.4) etc. All communist nations had ownership about 100% for decades until 1989 when communism crashed and soon % went down to 50% in some nations due to widespread banditry and chaos, before returning to 80-90% decades later. The 2004-2022 Eurostat values Table shows Romania home ownership declined from 97.6% in 2010 to 94.8% in 2022 (95% avg 2004-24) in a sign of rising inequality, deeper worker exploitation *by* aristocrats. In Russia it increased from 58% in 2000 (after criminal privatizations where Jewish gangsters took ownership of state enterprises and everything collapsed in 1998) to 92.6% in 2023 when Jews hated their loss of power. In Serbia it increased from 81 to 92% in 2022, in Poland it increased from 62% in 2007 to 87% in 2023, as privatization hooliganism effects (bandits steal state assets) were undone. US remained around 64% on average for a century almost like the UK. The Statista chart shows the former communist countries are the most democratic in Europe from 1 point of view, with the highest home ownership, i.e. the highest property rights, a capitalistic idea that applies to small aristocrats or big fluffy palace dwelling aristocrats *only* in UK-US-NZ. The least democratic in Europe *seem Switzerland (42%, as* bankers and aristocrats rule the day*)* and *Germany* (47%, due to *Nazi aristocrats* who may run everything like in 1938, though it's not clear if the aristocrat Nazis were/are atheist Zionist Jews, like Hitler (who faked his death) was speculated to be). Nazis used socialist in name to deceive masses, but most were aristocrats and the like. Please ☺☺*lovingly tenderly gently kindly*☺☺ *go* to trading...australia/home-ownership-rate, replace Australia in the address with your country to discover the trends and how feudal and unfair your nation is, fair being 100% ownership. Australia got 62% in 2024 while many MPs got 2-7 properties, which makes them unlikely to support the end of this fraud of multiple property ownership until all own 1 home. See world trends in home ownership here, but the Wikipedia table is not perfect, missing many small (Albania, etc) nations and also not having same year compared (2024 or whatever), which means some may have shifted 1-5 spots up or down. Australia is like USA, a sort of colony of aristocrats from the UK, so only 62% of slaves owned their home in 2023. It seems the aristocrats are the politicians, spy agency, military top brass, so nothing will change. Of course, they will claim big changes are coming at every fake election, but that's the eternal lie. In Australia, the priority is fining people 68000$ to protect dogs and cats from starvation, while people are starving, living in tents with 3 kids. Instead of having a new fee of 68000$/dog (excludes police or service dogs), to make funds for decent housing for the 38% who rent and are terrorized by dog barking, ending up living shorter due to poor sleep, they have 68000$ fines for pet "cruelty". There is no

fine for “human cruelty” by those with barking dog, biting dogs, etc. Dogs, so beloved for UK royals, are way more important than humans, as the laws indicate, even back in 1500s, ears cut for trying to find a job by drifting from one place to another. The government encourages dependency, slavery, anxiety, genocide of the renters. So, no US, Australia, UK are no free, slavery was only abolished in name. This is in line with the depopulation aims: dogs are kings. It's shocking how difficult they make it for dog or etc owners to simply call a toll free number to have their pet euthanized. No reason ought to be even given, other than ‘I can't afford it or I'm fed up of this incessant barking, scratching of my hands by the cat, too much time”.

However, we would need reviews.gov in such a utopia to make sure that every worker does an ethical job during house building and renovation, every change wanted that is lifespan enhancing is approved, since happiness is VERY important. Things have to be logical, safe, we don’t want to paint baths or toilets black, or bath tubs black, as that can hide insects, dirt, mold, etc. Today we see 100s of companies producing the ☺filif skunk IQ☺ black granite for baths and kitchen, so you can't see food, mold, ants, anything; spend 0.5% of the cost to put a white layer or light lavender etc on top so you see flies (spyware, see CIA fly), insects, etc (youtube has glazing white of sinks, tubs, bath-kitchen granite plain white with marble countertop paint and epoxy on top). Also, 100s of spa companies make black, brown sinks, tubs, spas that are truly unsafe, since mold can't be seen, cleaning will be terrible, infections rampant. Anything dark ought to be banned, use only light pastels and white, for reducing heath care costs from insects, mold, flu virus spread via dirty area one doesn’t clean 5 times as often as with white, etc. People are so angry and selfish today, due to 1000 problems and lack of World Peace, that this “all rent due to 5 times cheaper prices than mortgage or rent today” is simply a utopia for another decade or century, we would get endless riots to even suggest such an idea in many nations, since they don’t have any sense of universal peace and sharing. First, using housing.gov instant buy/sell, let’s eliminate parasitic landlords via who never improve 30 properties they own because they don’t live in them, then we talk about if people want to rent or own, after all own their place which they improve by the natural biological instinct of self-preservation. The important thing is to take care of properties via high tech maintenance, not if you have a paper that says ‘you own it’. Ownership has no value, if it doesn't help us live to 1 billion. Worship life, not owning or renting. But to be real, owning helps keep cities in nicer shape, houses better maintained. Government needs to make upgrades easy. ☺☺☺☺☺☺☺

Our national resources are wasted building 1. huge 93% of the time empty (260 ft tall, 190000 sq ft, 13 acres, Mormon) temples (400000 churches and 600000 homeless, Christianity in action, *Jesus electric power of transforming all souls:* “I have come to take building materials and render millions homeless; *we need to house empty air and icons,* people can just live in tents…” love Jesus? Americans eat billions of wafers yearly to *‘transform themselves by tasting Jesus blood*

and flesh', yet have the most selfish society, is there more proof wanted about the need of the wafer ritual? Or baptism? Read Jesus quotes? Do we need more churches, multiple private jets and airports for pastors and temples or are they building these gigantic ones intentionally, to take materials and leave others homeless? Why can't they be online and turn every decent house into a mini-temple of silent bliss) and **2.** endless useless businesses to keep aristocrats in palaces and slaves confused **3.** huge expensive hotels (many owned by the Mormon Church) that sit often 60% empty, while the most toxic, filthy, dilapidated, thin paper walls, cigarette fumes filled hotels with shared baths for 10 rooms are 100% full, due to being cheaper. This is the most glaring example of wasting building materials while shortening national lifespan on average, in the glorious name of "everyone for themselves capitalism, pure jungle for all, except the aristocrats". Half a million homeless while millions of perfectly inhabitable units sit empty, and 10 million need some minor refurbish. Hotels are in high demand since it takes 2 months to find a room or sell a house, sometimes even 1 year to buy a house, instead of taking 2 days with housing.gov☺. Immortality Building Inc buys all building materials, contractors and techs companies, hires 100 times more building materials scientists, chemists, physicists than today's total in USA for true nanochemistry, biophysics to alter material properties and high tech. As admin staff are let go, the real employees of innovation are hired, admin staff can get free education to become scientists if want to work for the same company, now is the time for ☺ abysmal IQ☺ to die and high IQ to appear in USA. Let everyone with obsolete job (millions will be fired over 20 years as efficiency increases to make for physics and chemistry engineering and science jobs) get a bachelor's science/engineering degree online with some lab work done in person and become the engine of transformation. It maintains and builds all houses and commercial buildings in USA, insures all properties, replaces all insurance companies ***(too many conmen, admin, duplication, etc, have 500 insurance plans to choose from one company, it buys all insurance companies and retrains, unifies everything)*** for housing, rebuilds them in case of disasters or accidents: 1000 times less admin and 'fancy design', 1000 times more actual tech to have new materials, 0 mold, 0 rot, via chemistry, material science, sensors, etc: replacing the 0 IQ ☺☺☺ ***"marketing capitalism of so called competition that innovates little and has no central goals except pleasing 0 IQ 80 year life customers"*** with goal oriented, 500000 year life capitalism: set 3 year goals that are unlike anything the stone age companies do today.

Gone is the day when you have to memorize 9000 business phones: if you need a house, you buy it and sell old one in 3-4 DAYS max via housing.gov as explained above: no longer do we make 1.4 million realtors waste time to "market themselves" and spam the whole nation with flyers, we do it via one website 100 times better than all junk ones today, with 3d video and the most detailed presentation of parameters, street, neighborhood, city statistics, crime, noise level, etc. We're like a 4th graders society: you get 30 realtors spam people with stuff they want to sell

your house: they lie and try market themselves in this lone wolves, each for themselves egotistical to the core soulless society. Give us a break, spend your time creating a nice new material that blocks noise 4 times better. Enough parasites.☺☺☺ Immortality Building Inc made the house immaculate, cleaned it, remodeled it, tested it 100 ways to be in world class safe moving condition. It also makes water heaters and all devices needed, to prevent private (they love profit, so they do anything to achieve it, while a state company is fully aware of the longevity effect and makes sure no heavy metals exist in the anode rods as they leak into the shower water, the warm cooking water some use, etc) companies from using *magnesium anode rods with up to 0.25% lead* (Rheem SP11309T anode rod label says up to 0.25% lead) without telling the public when they buy the water heater about the manufacturer part: Home Depot carries these, but the lead leaking daily is tiny, possibly 0.5 g lead over 5-8 years, so 100 mg a year maybe, maybe 2 mg/week, though shower water is not readily absorbed. It's not clear if this replacement part has 0.25% lead or even the brand new anode that comes with the heater, but if it's the same part, it may. This may mean if 150 million Americans use those rods and indeed it has high lead, it may be equivalent to killing 30000 people at age 20, if all 150 million lifespan is shorter by 1 week as a result. In current capitalism, no such computation is made, so genocide is rewarded with salaries 100-5000 times average. Perhaps, you can buy Bradford heaters, made in USA, the company said theirs has no lead traces. Due to the fact now every electronic device can connect easily to the Internet secretly, it becomes a national security risk to use imported products in houses, as they could be used to write the brains of all Americans and turn them into slaves. It's critical for the Immortality *Nurturing* Agency to help people become more compassionate: do we really need 1.2 million salons to wax legs, etc to remove leg hair when others are homeless or in jail due to the almost pathological selfishness of our society? No longer do you have to call 700 companies to clean this and that, as one company does it all. The sensors for air quality call the maintenance team to come and clean your carpet or remotely alert your phone to use a window cleaning robot (useful for anyone who doesn't want to die by falling by mistake, if living on 2nd or higher floors), or floor, carpet robot. You call anywhere in the USA 800-HOUSING and you get the maintenance folks at Immortality Building Inc to come to fix anything in the house, simple, efficient, 100 times higher high tech innovation. The worker submits pics as evidence for what is wrong and gets real time approval to perform the maintenance, to avoid workers acting busy and doing unneeded maintenance. They way the system is today, is a company does preventive maintenance that is often not needed. The video being taken of the maintenance and of the problem being solved is logged in for future reference. Today a lot of unlicensed people do work of low quality, so that ends. They will be able to find new jobs. Truly PhD like. No more peasants coming to clean carpet with 18th century techs, created by a company with 3 PhDs. No, it will be a company with 9000 PhDs producing world transforming floor/carpet cleaning and maintenance gadgets. No worries, no anxiety, no

more fear, chaos, jungle and hooliganism everywhere: every crazy group telling 100s of lies like "We are the number one company in sales in the area"☺☺☺ and endless other deceptive techniques, "we are the most this and that" and they can't do even a basic job of cleaning some carpet spots the home owner can remove himself with oxiclean solution. ☺☺☺

Today, one aristocrat makes all cash, while plumber or worker slave labor get little money, so they have high incentive to act busy, to work overtime, to make the job last 4 hours not 1, to misreport, ***to not get good rest, just to be clocking there, all lies and lies, due to the feudal system of subjugation.*** With the centralization, the time for any job (replacing wax ring, etc) is known nationally and the video can show why a job took longer as all is recorded. This is allowing us to become honest as a nation, 1st time in 250 years, since right now, almost everyone is defending their paycheck at all costs without any idea of the wellbeing of the nation, since such a concept doesn't seem to exist for most. The main concept is galley slaves (of many races) are pushing the US (& other nations) paddle boat manually, like chained slaves (of many races) did (galley slaves were of many races for many centuries, while blacks were moved for slave labor to the Americas or Islamic countries by Arabs, Europeans, Jews who often bought them from Blacks who enslaved other ethnicities of Blacks) and the palace dwelling aristocrats didn't care about how inefficient stuff was compared to an engine propelling ships today, since it was the slaves working themselves to death. Likewise, today, the same things repeat themselves in new subtle ways, as people have no clue what happens. Check out George Washington slaves to understand reality better, since Russia was not the only place where 40-80% were slaves at one time (serfs): check out how the "1865 emancipation" worked. The "free" blacks and whites listen to junk designed to ENSLAVE THEM. With centralization, we know how many foods were trashed and how many were shipped to stores, bought and can optimize storage, get new fridge units to stores, etc, so slaves don't work to death to plant, grow and deliver food that is then trashed due to inefficiency, while aristocrats watch sports games or strip clubs. Hey, how about having fewer companies so we have 9000 fewer worker deaths? With 9000 fewer companies in every field, we get one set of safety procedures that all follow no matter what. 900+ workers died in France alone in 2022 due to aristocratic greed. This is genocide. The British aristocrats led Aussie gov doesn't care about 35% of Australians who don't own their homes, 125K homeless, 30% who live in bad housing, only about resurrecting tigers and millions of pet shops, hospitals.

With centralization, we can relieve suffering, optimize things instantly in 20000 locations, not just one, allow all to work smarter not harder, so they have a chance to sleep 8-10 hrs well and thus live to 120. With centralization, we have total information awareness of 1000s of things we can't have now with 2 million businesses doing maintenance or food delivery, etc. and we can truly practice ***universal loving kindness***. The aristocratic alcohol addicts often ask "why have 10 companies, 1 bank and one language, one currency worldwide? Love the fake religions we gave

you to enslave and rob you and the many companies and millions of banks we made to chain you, so you paddle yourself to death like the galley slaves". We, the slaves can answer: *we're fed up with these egotists who lie to us, use language to divide and chain us*, to recruit us to fight among us while they steal everything (stage magic, distract and steal everything) and don't want to create or adopt one language for all to learn, 1 bank for all to use, one food company that produces 9 million year lifespans, and one universal healthcare, 1 building company, etc, as one cooperating humanity where all help all. Let life be our goal, not having 1 billion Neolithic companies. We want centralization because we eliminate war and violent crime that leads to 25 million people daily being tortured in their psycho pure hell jobs as soldier, cop, spy. In all militaries, the aristocratic generals and their subordinate officers injure millions of enlisted forces with their psycho sleep deprivation training to destroy the human quantum field, sleep deprivation to destroy the brain for maximum enslavement of cannon fodder rats, yells, useless training (everyone focuses on physical fitness, instead of war prevention). This so called "PATRIOTIC TRAINING" is to ensure the wars of theft and mansion perpetuation for the royals and aristocrats: the aristocrat destroys the brains of soldiers and subordinates, to have an army of "dogs" to start looting wars against "enemies". Our enemies are not nations, but aristocrats or misinformed manipulated people (who can be informed via books, knowledge) in *all nations* who manipulate the masses to not want one language, one country, one set of laws, city codes, etc that we all agree to, to stop the fights, so we can finally have decent food and healthcare for all, 0 jails and 0 violent crime, a decent culture free from violence the rich impose on us to divine and conquer, set one against the other and steal everything. God, that aristocrats have us brainwash with to enslave us, if existing, would have no problem, in his infinite power to grant trillion year lifespan and a teleporting shimmering genderless shapeshifting Immortals Eternal energy-matter body to all people, a trillion year being a nano second in the life of a newborn Immortal and 10^{-900} in the life of a demi-God. If the rich really believed in this God, they would ensure all sing "May all live to a trillion"☺☺☺ years old, as that's like a smile to God, to grant that to a trillion billion humans". But no, we're just galley slaves. They don't believe in Immortality, for if they did, they would realize it will only occur when true democracy exists, when all are motivated to innovate and contribute and do a great job. Have you ever heard them saying give Immortality to All? No, only torture as cannon fodder soldiers to defend MASSIVE theft, reminding us of aristocracy working peasants to death or physical education teachers injuring students. Be the light gentle tender centralization and world unification that helps the insane militaries to bring World Peace in 3 months.☺☺☺

They say "we are better realtors, because we give you higher net gain in the end (by defrauding the buyer), even though you pay 6% commission, instead of 3-5%" etc. All energy lost in marketing, nothing for actual INNOVATION. All deception and manipulation, dishonesty and

trickery, creating lifelong deception tactics, habits that make Eternal Universal Peace in 3 months a pipe dream, as trust doesn't exist anywhere. Too much shouting, like military trainers who copy the aristocratic hyenas, aggression in tone to deceive someone your product is better. Customers can browse thru 500 cleaning services or etc and will choose what they want based on science data and the 50000 science papers listed there for all 500. We're not ☺filif IQ folks☺ from the 1st century to be told stories of fake miracles, other lies. The prerequisites for Eternal Universal Peace in 3 months are set with these centralized big Incs, as deception, hooliganism tone end, extreme anxiety, guilt, shame of selling your company's ultimate junk to get your paycheck ends and you focus on actual innovation and a better product with no worry about marketing, everyone goes to improvement.gov and make suggestions how any company in USA needs to improve. The Immortality *Nurturing* Agency will take all feedback from reviews.gov customer reviews and business model ideas suggestions sent to improvement.gov, improve product and move forward: away with cut throat competition, endless lies and hello to honesty, gentleness, tenderness, civility, eternal cooperation for human lifespan *Immortalization*. Those who make the best suggestions and observations that nobody caught, will receive 50000$ prize if their idea saved $5 million and a 50 point rise in the Immortality Credit Score, allowing them to access techs that are too expensive now for all to access. You get house insurance automatically. Same for car, insurance automatically, you choose what plan. ☺

Decentralization means no reviews.gov where nobody can post fake reviews (as with Amazon, google, yelp, etc anyone pays friends or gives them free products to give 5 star reviews) and if a relative, it is indicated so by the AI who knows everyone's relationship to others. Today we got no accountability, no data who the contractor was for any house, house owners don't recall, or keep amazing records. *We need* Immortality Building Inc *that records video of* EVERYTHING *done to a building (on all computers too for all other jobs in USA, via screen recording of all workers in the USA, stored by the Immortality Nurturing Agency to end the "he claimed this and that was done" games of never ending time wasting) to* have clear data if a building explosion or fire kills people, etc. So if there is a complaint, it can be seen clearly too that indeed he DID forget step 20 of the 40 steps of the procedure. If cops wear cameras, so should doctors and builders, etc. Today, *we got 5 million contracting companies and they do the poorest job, visual* renovation, with little attention to 5000 issues that Immortality Building Inc *would check for every house* with a 5000 point inspection checklist. The small 5 people company, or 20-40 people, will rush, try to get out and pretend they did it perfectly. These garage companies don't even have the tech, knowledge, expertise and staff to check 5000 things like when you inspect a rocket, they do the worst job ever. You can't compare a company with 5 million employees and 1 million PhDs with these Neanderthal companies today, just as you can't compare the peasants of 1500 with the high tech bioengineering of new plants that produce 100 times more vitamin A, C or E,

etc, robots that pick up all crops, drone operated combines and machines that do all seeding, weeding, picking and everything without any human labor. What do modern Mexican laborers used by contractors understand of the future high tech house building and renovation? What did peasants from 1500 understand of our highest tech human free agriculture today: nothing, they could not even imagine it, just as all these "I am a proud small business owner" folks today, living paycheck to paycheck, in immense stress, don't understand the high tech of the future and can't even imagine it due to minimal science knowledge. All small business owners need to grow up spiritually, ethically, morally, and gently give up the stress and join the People, the Nation, the Planet, give up your greed and trust the collective, united as one. All this tech revolution was due to 1 million peasants uniting their lands and making one big cooperative that does the whole land efficiently. So, if one million 2-5 people companies unite and create one, imagine what a force is unleashed. You will work less stressed, less hours, live 40 years longer.

This is today's America folks, given to us by the *Re-thug-lican Party*: "*everyone a beast* for themselves", no national family, no "body of Christ" family, no national consciousness, no "*One for All, All for One*" *ethics*, but "*everyone a wolf tearing sheep apart*". Ironic: Jesus said rich go to hell, and yet Christians, fake ones, have 3 million building/maintenance companies and try to get rich by doing a lousy job. If anyone has any brains left, how can Microsoft Windows achieve what it did, with 3 people instead of 3 million programmers? 3-3000 people companies can do nothing. All day they talk about the "body of Christ", meaning the "collective of Christians" and how we're meant to be nice to each other etc, and what do we see: profiteering as the only God of alleged Christians who're not one Body at all, but 2 billion different bodies, fighting among themselves over 300$ building repair bill for weeks at a time, even in courts or competing like wild beasts, not sharing anything, so therefore screwing millions of houses done by the other "Christian" company who doesn't know the thing the other knows. The *bipedal crocodiles failed to understand* treat thy neighbor *as* thyself, meaning share everything you know with all the other Americans, by having one company not 5 million. Don't hoard, withhold info and knowledge, share and fix everything 400 times faster and better, become civilized. What a system of 0 IQ: everyone a judge, lawyer and lawsuit expert, instead of one real company that maintains and fixes, builds all for free. Free basic single family houses for all. Instead, we get petty minded thievery everywhere, like wild insects tearing apart each other as seen in nature. And they call themselves human or even spiritual or Christian. We talk about hypocrisy, but do Christians realize they don't even walk their alleged "religion"? All we got in 2020s in America is cut throat capitalism, cruelty infinite. British style mutilation and blowing slaves into pieces by artillery gun or crucifying 6000 slaves at once like Italians, hence all we hear is the wisdom of the Vatican all day. USA for All. Many times the most unethical companies do a superficial interior appearance only renovation, while not investigating or fixing (when obvious to them) the

condition of vents, AC vents, subfloors, foundation bricks, mortar integrity around foundation, etc and 100s of others things. They want to *get rich quick*, make a profit and take no time to do it right the first time. *Endless houses are ruined* and issues are not caught 40 years before they become an issue. It's a system of ACTING BUSY AND *PRETENDING* they serve the nation, while chasing the God of Profit, the main God of the *Re-thug-lican Party*. Why not do it right and prevent other companies from having to do 4 times more work later because no action was taken from the first inspect 35 years earlier? It's the system we got: *everyone a selfish hyena, trying to rip everyone off quick*. Me, me, me, no concern for country, the national family, everyone starts a high school and we got 80000 educational systems, not one. *How can you implement justice equally if education is not equal*? Education of housing fixing and building needs to be equal too, one company for all. Educate all the same first. If there is one company only nationwide, that employs 10% of the people, you know your workers have to come back to fix it 5 times, you know you will be fined $50000 (paycheck subtraction for 5 years) as a worker if you screwed up big time many times etc, and people know the fellow workers or self (sent back to fix it) can't relax and have a nice day taking off early from work; nowadays, if a customer complains, the company refuses to fix it millions of times, even when it is THEIR FAULT, due to not being paid another 4000$, etc. This is a travesty, poor guy can't afford it so house will be ruined. The anger builds up and that guy now, to revenge on the system that screwed his house, will do a poor job at work, and a power plant may explode next day. They say "no consequences exist", but they are: nothing is done right. If there are 5 million companies, you screw the future companies that fix your mess, you screw them all, do the worst job to appear good, and then leave. No incentive exists to do it right, people are not going to be sages when they're tired and angry at the corrupt system running everything in USA. Another issue with homeowner doing things is that most people are clueless about ticks: if you garden, they can attach to your legs (unless you place peppermint/essential oils or picaridin on your feet and shoes, pants) and they can bite you, and transmit fatal Lyme carditis, or nonfatal Lyme disease, etc. An employee coming to trim grass and do gardening once a month takes care of ticks professionally (permethrin or other tick repellents like DEET or alternatives), carefully inspecting his legs, body, clothes minutes later, take a shower, etc. Ladies could mow grass and ruin their baby with Lyme bacterium Borrelia burgdorferi. Gov needs to give every new homeowner in USA the tick guide and a white coverall to wear and inspect after gardening, to ensure no ticks jump on your skin, with pants tucked in your socks. All caught gardening without the white coverall fined. ☺☺☺

Soon the whole planet will understand selfishness gets us nowhere and World Peace and 0 violent crime are pure fiction, nice impossible wishes without immortalism style centralism. Will people ever give up their huge egos and work together, cooperate and give their pathological addiction to money, capitalistic enterprise, owning your business, so that we can do things right

and rid this insane hell planet of war and violence? Is that too much to ask? *Free market doesn't exist folks, you have been lied to by empires.* The private big companies are all state owned by central communist style bureaucrats who put on a phony cover of being capitalist in order to increase market share in foreign markets and minimize suspicion of being agents of foreign governments. The nation states will merge, as we become one Eternally Peaceful Civilized Human Nation with 0 violent crime. The right wing liars will pretend that capitalism is the way, communism sucks, fails, etc. The reason communism failed was due to sabotage by fascists, no strong feedback like reviews.gov (instant bonus or fine after reviews, etc) for work performed (or incentives to do a better job within the ultra centralized system), sabotage by aristocrats (dictators, 1 million dictators in USA alone) living in huge estates who crush any fairness, sabotage by royalists (yet British royals too), and lack of implementation of kindness for all, by fanatical focus on torture for the slightest mistake or disobeying the superiors. Immortalism is not communism, it is totally different. Immortalism is against any torture, against jails, against war, 100% different from communist practice and ideas of violence deified. In communism, all were paid the same (so no incentive exists to do it good unless you want promotion in 5 years), were rewarded the same with access to products, while in immortalism, reviews.gov immediately adds or subtracts bonuses (within 5-72 hours after investigation of any complaints completed), credit score points based on every job to incentivize good work. Wake Up America, free yourself from the heavy chains around your neck, placed "generously" by foreign aristocrats ruling you with impunity/cruelty today, chains so heavy, you can't even walk, under the yoke of their daily torture/terror. We can ☺☺*lovingly tenderly gently kindly*☺☺ take back our planet, country, via the Immortalist Parties, from the phony Democrat/Republican puppets of the same old aristocrats who ruled us for millennia, as they do today. Let us give Immortalists 95% of the vote and bring a New America with a new Declaration of Independence and Constitution too. ☺

Immortality Building Inc, the only building and maintenance company in USA, would require *video cameras (not WiFi, as that damages the body, just download it at the end of the work day) on all maintenance workers, not just cops, as violence can happen in covert ways via doing bad jobs to harm others. We need teach ethics of gentle tender soft nurturing loving honest compassionate healing kindness* from kindergarten and verify that the trust placed in a worker is reciprocated: *he really deserves high pay via instant feedback or 4 years later feedback or however long it takes for homeowner to discover the mistake done. The current system is a jungle of fraud, hate and inefficiency, they got 1000 forms, and ways to complain and nothing really happens quite often*: employee may be hired by another company, the STATE has no way to fine that guy 4000, lower his Immortality Credit Score, it's a total chaos like the USSR communism one that leads to stagnation and societal collapse in the long run. People are too busy with their lives to waste 2 years in a dysfunctional court system just for a 400$ fine. But

with reviews.gov you can instantly fine one guy 100 times even and achieve a transformation of work ethics and habitual patterns of dishonesty (cultural, parental, etc) at 8000 times lower cost than 100 attempts of "managerial evaluation or courts, or etc". This allows us to have a lot more science, and 100 times fewer lawyers, judges, etc: if you prevent fraud by ethics training since age 1 via emails, videos, etc, there is no need of courts, all data is there and a government reviews.gov employee replaces 900 lawyers and clerks. We need EFFICIENCY. The time of fraud, subjugation or acting busy (in response to subjugation by aristocrats) ends if we centralize well, *the amount of acting busy in millions of employers is ASTOUNDING, many are bored, so no volunteering is allowed when a* day is slower, to get out and do some exercise installing a window or toilet as one got certified with Eternia Volunteer Network (certified, so they do it well, after watching the video on the steps required as refresher, not drilling nails into pipes, etc). Today, the Aristocrat CEO, Owner, or even small business owner can act as the useless intermediate (like priests post between people and God) *the middle ages merchant sucking the blood out of entire continents*, the chain holder that blocks the *state* from Bringing Immortality *for* All. Why not bypass the intermediate vampire? Today, the employee is a serf of the employer, not a co-creator of a World of Immortals with the ENTIRE NATION *and* PLANET. USSR version 2.0. To be fair, most humans don't trust the government of every single nation, that seems or is owned by private corporation aristocrats and cares not about the people's lifespan and wellbeing. Without trust in government, a country is doomed to collapse. A radical change needs to happen in USA and worldwide for violent crime and war to end forever, to bring back the trust in governments needed for 0 violent crime within 20 years (thus no more jails needed, only healing and education centers, mostly from home, online, etc) and Eternal Universal Peace in 3 months and, some far away century, trillion year lifespans for all, the goal we sing and talk about every day in our ever less depraved TV-media content to become. Perhaps only immortality capitalism (economics, legal system vastly different than today, etc) with its immortalism culture, radical defense of immortal lifespans and ☺☺☺ universal *gentle tender soft nurturing* loving kindness has any chance to stop the thuggish historical inertia. We can't replace the current USSR copy, the so called "private market economy" USA, with a centralized equally inept and stone age system of "acting busy evolving our society". We need reviews.gov so that the government can lower Immortality Credit Score of that contractor and fine $2000 per act. Let everyone take pics of ants coming via holes, send them to reviews.gov and then get half of the fine. With AI drones, they verify all house is properly caulked and sealed, so the need for fines will be reduced once the AI system is created. Until then, clean all leaves and debris from near the house base, as these allow ants to find shadow and establish 'hotels' until they find a cooler secure colony place under the siding or house to hide during the scorching sun. Watch ant trail and seal any gaps in mortar that have high ant flow. Paint doors light colors, to be able to see ant trails and potentially lethal ticks, etc that can easily enter house once you open the door.

We see ant holes in new houses too, nobody lives there, they advertise it for sale, poor sealing cracks jobs by *big national companies of deceiving everyone via* decentralization. Silverfish bugs (grey worm like bugs, 10-15 mm long, like a centipede that moves quite fast, 20 times faster than dust worms) and dust worms (grey slow moving moth insects that feed on plaster, clothes, carpet, paper, and organic stuff) can also carry microbes and get thru those crevices left by contractors, besides eating your clothes, carpet, etc. Everything is about appearance, not efficiency of lifespan maximization. When we have white counter we clean it 10 times more, with black, we wipe once and assume all was clean: but food remained, invisible and ants came and infected stuff. The decisions we make are not science based. They got black and grey humidifiers, which need to be cleaned often, but how can you see what to clean if mold is grey or black, can't clean it well. ☺Pet IQ folks☺ design such products. We don't have black showers, baths, etc, why so for kitchen counters and kitchen appliances? Keep everything clean, light pastel colors to see dirt use vinyl and new carbon nanotube stronger than steel aerogels or etc to build new space age raw materials that don't rot, don't get eaten by termites which can lead to building collapse and even killing people as a floor falls due to termites eating everything that supports the floor, the wood itself. We have no brains, the stuff we concern ourselves are the scores at soccer games. Every 'untrained disorganized dad and son team, without any SOP and checklist for procedures and truly comical☺ systems versus the best contractor in America' can do stuff and this leads to low quality. Not to mention, *all energy spent with marketing and nonsense, competing over who can be lower in IQ,* more stone age and 3rd century like in their install versus Immortality Building Inc 100 years into the future vs the junk today. Immortality Building Inc can have 20 methods of fixing an issue with their own SOP, and over time discover which method yields better results by trying it in different places in the initial period of transition until they figure out the best procedure. Equal opportunity is the end of FEUDALISM IN America. i.e. all get the chance to live in a house built and maintained by the same team, as we're ONE NATION, not 2: aristocrats and slaves. Granted, there are 900 models, of houses with varying prices and etc, but Immortality Building Inc builds with that same WORLD CLASS UNSURPASSED ON EARTH QUALITY ALL OF THEM. Enough spam phone calls, emails and trees cut with ads and flyers. Teams can work cooperatively on what tech or method yields fewer issues, and try them in different areas per the NATIONAL, later planetary, PLAN.☺☺☺ Immortality Building Inc that builds buildings and immortality at the same time, the only contractor in America, with 3 million employees or whatever, who maintains and builds all private and commercial buildings according to the most centralized systems and high tech *mass produced techs that make 99.999% contractors today look like peasants vs Harvard Professors.* We will slowly acquire and retrain all contractors who learn the immortalist way, while giving some employees salary for 1 year so they get free education as "chemist tech, a crash course in the chemistry of material science" and join the PhDs who design space age materials to

withstand all hurricanes, earthquakes. The regulatory agencies don't have checklists and SOPs (standard operating procedure) to ensure all is done according to a centralized method. Some contractors never caulk properly allowing 400 holes for ants to come in and waste our time and infect the house with microbes. The "ethnic cuisine fried food (with deadly AGEs in 10x levels vs other trucks) truck" food truck type of contractors check nothing seriously. They "do it cheaply", like restaurants get that cheap spice from that company, sprinkle it, it causes heart attack due to capsaicin, and has 20 times the mold of a properly checked spice. Low tech, death for all, the religion of profit above science. ☺☺☺

One small mistake when installing tile, typical in small companies without requiring watching the 1 min video of the 10 steps to check, while doing it, tap the phone, and do in case you didn't install that last 5 days and you forgot, and putting the toilet back without new raised taller wax ring, as everything is taller now than laminate, a simple job, *can cause was ring toilet leaks more time wasted, as urine and feces drip to 20 apartments below*, the love of all life. What is the utility? People think it's all that simple and every 4th grader can do it. We got clueless folks remodeling, every dad and son make a company, the "wanna be" low IQ remodel/squeaky floor contractors *drill thousands of nails, screws into pipes creating water leaks that take months to manifest* and become big (so reviews.gov requires reviews to be instantly sent by law by the new tech who finds the other tech mistake and a record exist who did it and can fine him and lower his score for not doing the step to check for pipes with terahertz etc pipe finders from Immortality Building Inc, which removes the need for Home Depot, Lowe's type of stores too over time as nobody maintains anything, just as today few cook at home. DIY homeowners even can drill screws into PVC drain line, many don't know how to find the studs with a stud finder. So build bigger, taller so one toilet leaks: 50 condos get feces into the air, then the whole city sinks due to tall skyscrapers, as in China. We got internet, youtube but companies don't use it, so, We the People, can gently, lovingly let America repair buildings using the most stringent step by step system of the Immortality Building Inc, since the houses are the temples of Immortality *for* All, the single family houses that bring eternal lifespans for all. The same thing can be done in the EU, a company does it all, unifies all codes, brings efficiency undreamed of. ☺☺☺☺☺☺☺

There are toilets out there that save water and are ultra quiet: 0.8 GPF (gallon per flush, world's most efficient toilet) Niagara Stealth and FluidMaster 400A, which is at HomeDepot too, $199 (4.6 stars) and Home Depot reviews say it is way quieter than the regular cheap (not the Stealth quiet) Glacier Bay, makes 30 dB sound during refill versus the 50 dB for most toilets. The quietest Glacier (which may be quieter than Niagara) is the 4.7 stars (highest rating of any Home Depot toilet) $179 Glacier Bay PowerFlush 1.28feces/0.95urine GPF dual button Stealth, which has the same submerged stealth Niagara refill valve, making far less noise during refill vs normal toilets and 20 decibels less during flush. Dual 0.95/1.28 means you save 1000$ in the long run,

by using far less water, even if toilet is 10$ extra initial cost vs 1.28 single flush. Choose Niagara low flow shower head 0.5-1.5 GPM, as lower water flow, 0.5 or 1.0 will reduce pipe noise or water hammer as they call it; likewise, choose low flow *faucets and open any shower or faucet, valve etc very slowly...* Reviews on home depot indicate the 0.8 GPF Niagara clogs a lot more often than 1.28/0.95 GPF Glacier Bay, so go with Glacier if your stool is bigger, since most water is wasted during urine flush 5-8 times daily. Reviewers claim the Niagara trap system is designed poorly, leading to frequent clogs (25-50% of the time) even for normal size stools, so I would not buy Niagara, which is more expensive anyway. If you're short, thin, 110 lb, etc with 1" diameter stool always, then Niagara may be fine, but when if 6'4" or 170 lb, it's harder, unless stool is 1" diameter or soft that can never clog the worst designed toilet. These types of submerged valve ultra quiet toilets ought to be the noisiest ones in the future. Parasitic realtors and condo complex managers never check the toilet valve water storage (the toilet tank as they call it) area for black mold that exists sometimes in huge quantities and makes the whole bath smell like mold. They just want a quick sale. The ☺abysmal IQ☺ that runs the housing sector in USA is incredible. Then we got 0 IQ toilet valve companies like fluid master regular or 400A or Niagara stealth that make these black plastic valves etc so black mold can't be seen, nor grey one. Other negligible filif IQ folks make green/black toilets so green, black, yellow mold, green water can't be seen, nor algal growth. It seems we need to ban non white valves/toilets/tubs for the sake of longevity and health. Check your toilet valves for mold. There needs be one property tax for the entire nation, not 20,000. The only rule is that the bigger the *square feet (of the house) per person, the higher the tax rate. So some will pay more, as they* use 8 times more resources of the nation *to achieve the same lifespan increase roughly.* This prevents *the parasitism by* palatial aristocrats who suck the blood out of the masses *via* unfair taxing. ☺☺☺

The Immortality Building Inc will design a wonderful mat structure, for all room sizes, made of the most sound absorbing foam (same effect as carpet as far as sound), covered with an anti-slip synthetic back and anti-slip synthetic top, leather like top, of various pastel colors to see dirty spots and insects, that you can wipe clean with a disinfecting wipe or 70% alcohol, etc every week, without ever using rugs or carpets in any house, due to the IMPOSSIBILITY of cleaning 100% and eliminating all dirt, dust mites, microbes going deep between the fibers. Carpets and their underpad are hazardous, as are all rugs on floors. The Age of centralization takes us into the age of true *cleanliness*, when inefficient aristocrats can't sicken us anymore with a billion toxic products at Home Depot. We're unable to find a wood or fake wood vinyl floor covering that is truly hygienic, soft on feet and knees and ultra easy to clean 900 times better than rugs. Carpet cleaning doesn't do much, most microbes recolonize from underpad within 2 days, you waste your time, vacuuming rugs and carpets is pathetic at best, if you want true clean room conditions and you have the Age of Immortality Capitalism air filter in the (quieter than a central

AC vent *of the 1980s Age of* Aristocratic *Terror*) window AC, ultra high quality air, for ultra long lifespan, heart, brain, organ health. Vote the Immortalist Party, let's free America via centralization for the People. Today, on Amazon, you can get quiet battery operated or corded HEPA filter vacuums (HEPA 13 or H13 removes *99.97% of particles > 0.3* micron, but the gov can mass produce and give everyone an ultra quiet (58 decibels, not 75-95 like cheap or HEPA filter ones) ULPA filter Soniclean vacuum (329$ on Amazon, filter is 31$, Atrix 317$ ULPA vacuum however, is 73 dB, so way louder and its filter is 65$), since ULPA removes *99.999% of particles > 0.12* micron, while HEPA 14 or H14 removes *99.997% of particles > 0.12* micron. 90% of air particles are 0.1 micron or smaller. HEPA leaves 30 times more particles > 0.3 micron, possibly 1 million particles between 0.12 and 0.3 microns. IQAir is medical grade purifier removing most viruses, HEPA=joke. IQAir removes 99.5% of 0.003 µm, vs *1?%* of 0.003 µm for HEPA. These things add up and can mean living 7 years shorter. Air toxins enter the blood poisoning every organ, causing plaque. Quite interesting how in 2020s many don't even use a HEPA (True HEPA, meaning H13, not H10, H11 or H12) filter vacuum and one that makes so much noise, without protecting their ears with some earplugs and their lungs with a KF94 mask. If all rooms get a super quiet window fan with a HEPA 13 or HEPA 14 or even ULPA filter, to bring in fresh oxygen without the *nasty car and factory smog, dust mites, molds*, there is no need to vacuum so often. Learn the HEPA13 vs ULPA difference in medical outcomes (most dangerous particles are bigger not smaller than 0.3, for most users), and HEPA H13 removes 99.95% 0.3+ micron vs HEPA 14 removes 99.995%. A whole house 1800$ air purifier from IQAir can remove a lot of junk, being ULPA. HEPA means H10, H11, H12, H13 (True HEPA) or H14 (Super HEPA). So, don't be fooled, HEPA filter doesn't mean it removes 99.97% removal, unless it says true HEPA or H13, H14. Another almost ULPA air purifier you can use after vacuuming, is the 270$ Shark. which needs no replacement of filters, but this poses real issues of lack of activated carbon☺☺☺ to remove certain chemicals. HEPA 14 filters 99.990% of 0.1 micron and 99.995% of 0.3 micron, so almost like ULPA for 120$ for a Dayette white-black one (which often has 50% off or 45$ off coupon, so 75$, only) or 103$ cheaper one. To understand the scam with air purifiers and air quality monitors, please watch this epic clip. Make sure radon is low in your home too, as 22000 Americans die from it alone.

Dayette uses a 47$ H14 filter (double the weight of Levoit 300 HEPA, hence the price), better than 99% of HEPA filters people use in their purifiers. Dayette (Fulminare returned due to noisy sleep mode, lights on during sleep mode come from the fan area itself and can't be covered with a piece of paper), is so much quieter in sleep mode than Levoit that everyone buys and also has a much better filter that removes 99.997% of 0.1 µm, not just 0.3 µm as HEPA 13. Most fancy purifiers show some digital info when running, and have some light at night, unless you use sleep mode. However, sleep mode is too little purification sometimes, for bad air, so you can

simply use painter tape or some opaque tape that you stick to a piece of paper and then create a flap so you can use painter tape to hold this 2 by 4 inch piece, using your half inch by 1 inch painter tape (easy to flap to see ppm level if needed). This gives you the ability to filter dirtier air and have 0 lights. So, spend 20$ extra and buy Dayette, as it is eons ahead of Levoit and other cheap trash that is bought in 100 times larger quantities. Dayette has a $PM_{2.5}$ meter that tells you if you have 7 ppm (parts per million) 2.5 micron particles. Mine started at 12 ppm and after running it at high speed for 10 minutes dropped to 6 ppm, after 30 min to 5 ppm, which is good, certainly not the 18 in Los Angeles. When was the last time you saw an air purifier with a 2.5 micron particlate matter indicator? Not only that, but if you place a wet t-shirt on your silent oil heater to dry it, the ppm will go to 90 for a few minutes and this thing automatically increases its speed to the maximum to filter the air. It shows why you should never do that and use a dryer to dry a cloth you accidentally got wet. Dayette got a quiet brushless (not the cheap noisy motor in most purifiers) motor with 5 speeds: sleep mode 1.7 Watts (quietest purifier ever, watt meter measured by me, *you can sleep right next to it, won't hear it, unlike noisy Levoit which I also had and gave it away to* Goodwill), low 4.7 W, medium 8.7 W, high 17.7 W, turbo (very high) 30.0 W . Avoid purifiers that are black, so you can see mold and dust around them and clean them properly, stick with white or mostly white. There are many H14 Amazon purifiers. Fulminare white H13 unit is 50$ for 1000 ft^2 rooms and uses 2.3 watts (measured with watt meter, 2.1 watts if you press light off button) in Auto (super quiet, can't hear it if 10 ft away) in normal background noise rooms, 5.4 watts in Low mode (much noisier), and 24 W in High, which is very noisy. The Auto mode is the equivalent of Low on Levoit, meaning ultra low noise, so to properly filter a room, you need 2 of these in low mode if a bigger room, if you want no noise. 2 of these are 4.6 watts in Auto, so that's about as much as the lowest watts on the smallest LED for a light fixture. Your appliances use more in idle mode thruout the house most likely, since a washing machine or electric dryer drain 2 watts each when plugged in. Fulminare smells far less of plastic and uncomfortable smell than Levoit, due to using fewer smelly plasticizers in the manufacturing process. If you're looking for best deal per cubic air filtered, their 25$ slightly smaller unit is cheaper than this 50$. Fulminare is super efficient, and it has yellow color when air is so so, blue when fine and red when it's bad, light changes to blue as you run it on yellow more. Place them near your bed so you can get more of that filtered air. The same is true for Levoit, it's low mode filters little air and you need 2. Fulminare comes with 15$ (click to activate coupon) filters, while Dayette for 3000 ft^2 rooms, meaning Dayette will clean a 1000 ft^2 living-dining-kitchen area 3 times more per hour. Fulminare Amazon ratings are 4.7, higher than Dayette or other units that cost 3 times more and are black. It's amazing how low IQ these people can be to make units grey or black, so you can't see the dark grey dust etc easily, or insects, bed bugs, ants, fleas, swarming tiny termites, mosquitos that you need take care of. The $40 (after coupon click) Levoit HEPA 13 mini air purifier is for 100 ft^2 rooms, (84$ Core 300 is for big rooms, 16-25/2), with 4

filters/29$, 4/26$, or 2/16$ (6000 people bought this in March 2024 per Amazon, being the most popular non-Levoit replacement) from generic manufacturers, who make Levoit filters for 4 times cheaper price (quality uncertain). ☺☺☺

If you ever try to buy a small 5 inch fan, please stay away from 32 dB JZCreater or other brands selling the same exact fan (in China, or decadent capitalism, same horrible product is sold in 100 brand names/packing to ☺filif giraffe IQ small reseller aristocrats☺ whose main life revolves around buy and sell, because instead of fixing products, they do marketing, they copied the US 0 IQ perfectly), since its screen comes off super easily and the grills in the back break each time it falls if you keep it in a window where UV makes plastic brittle. Since most people use these fans on the window, to bring in oxygen, they need improve the plastic design, so it doesn't become so brittle after just 6 months of Los Angeles sunny weather. The fan has 4 circles as the rubber pins on the base, of only 7 mm diameter and on a window sill they rattle a lot, due to being cheap and not using rubber all along to avoid that plastic rattle. They need design a special rubber that absorbs all shocks from the fan vibration, so you don't need sponges or cloth under it to cut noise of the fan in half. Another issue with all these fans is that they make them hard to clean, unless you want to damage them in the shower if you turn them on before fully dry (easy to dry in dry climates only). All these things need to be required by the National Fan University design teams who approve any fan sold in USA, before the Immortality *Nurturing* Agency does the final safety inspection. All fans and noisy things with moving stuff needs to be tested with animals to make sure no infrasound exists that may cause heart attacks, blindness, etc. All harmful infrasound frequencies need to be cataloged, as well as ultrasound, and make sure no device produces those that can cause horrible effects. An enemy nation can sell 50 million fans that destroy our brains via infrasound or cause heart attacks. Do you realize we check nothing, that we're ☺bulldog IQ folks☺? That's why we need all appliances in any house in USA to be made and inspected in the USA, besides the house itself. The JZCreater fan stops working after 3-12 months of 24-7 use on level 3 (fastest), 5 broke this way; avoid washing the fan from the front with a shower head, since it takes 2 days to dry fully if water gets into some tight spaces where evaporation is hard. The 5V adapter you need to run level 3 needs 2A output, not working with 1A 5V USB to socket adapters. All these 5" fans are usually 1.3 W low, 2.0 W medium, 2.8 Watt high. At 1 ft in front of the fan center, noise is 38 dBA, vs 41 dBA for Sweetfull. The rubber pins on the base are tiny on JZCreater, so it makes a lot of rattling noise. Sweetfull uses 2 3 inch semicircle bands of rubber, so it rattles less. But Sweetfull has stronger airflow, so it makes more noise, even at 3 ft Sweet full is 38 dBA, vs 35-37 for JZCreater. The $9 32 dB (loud) Sweefull cheaper 5" fan can run on 1A adapters, doesn't break, has a longer cable, can bend 40-90° to push air upwards or downwards, which JZCreater and others can't, and has a default light on while running, which you can eliminate by taping the 3 light dots on the back with some

aluminum tape or opaque stuff. The EasyAcc 11" claims 24 dB, but at 1 ft away makes 34 dBA by dB meter, which is quieter than the tiny 5" diameter fans, in the whisper mode; EasyAcc has 5 modes: on 10 seconds off 10 seconds 5.7W when on (alternating), low 5.7W, medium 11W, high 17W, whisper 1.4W, way lower than 22 low, 26 med, 29W high for Honeywell HT-904 below. The EasyAcc offers superior options, from the high flow air to the silent whisper, with the low being so much quieter than the low on the Honeywell, it makes you think USA is behind China and needs a fan noise standard at 1 ft away. The EasyAcc whisper mode is way less noisy than Honeywell low, and very quiet vs EasyAcc low. If yours has any defect, uneven blade 1mm on one area, 2 mm on the other side of the circle, that wobbles, return it and get a new one that works fine. All these fans could be made way quieter with better rubber design, more rubber and dampening, 10x fewer grill plastic bars to hit the air (tell everyone to handle it from the base), and quieter motors (EasyAcc on whisper could reach ultra low if motor improved). However, this. 16$ Zuvas claims 25 dB on low, like 10$ Tri 25 dB on low, but these two use a lithium battery, so you need plug it in all the time and it could set house on fire, not recommended to get any with a lithium or any battery, plus these are so tiny, you need so many of them, 4 on a window, to get some really good fresh air intake. Levoit claims 20 dB. All fans last 5-10 times longer if you run them at the lowest speed. The deception here is that some fans say 25 dB, others say 28 or 32, but it all depends at WHAT DISTANCE: 25 db at 3 ft is same as 32 dB at 1 ft, depends where you put your sound meter. Sometimes they may all be equally noisy from the same distance, so sadly, with a government for and of aristocratic serial killers, we don't have any federal standard of say dB 2 ft in front, etc. Everyone claims whatever crap on TV to sell their crap, so goes for Amazon, sell crap, description never matches contents at times. The top 0.1% are worth 2800 times more than the bottom 50% of USA. Go figure who calls the shots. No gov agency regulates these cannibals looting everyone with deadly humidifiers, loud fans, etc. These 20-25 dB are way lower noise than most fans that are not tower fans (impossible to clean well and grow mold). The quietest fan claims to be (again, what distance?) a $59 18 dB Wind. The dB Amazon values refer to dBA (not dBC) measurements taken 1-3 feet away from the fan, not near the fan. The HT-904 Honeywell 17$ 9", like most similar size fans, is 50 db on low from 1 foot, as measured by my dB meter, ultra loud, a piece of trash, as loud on low as 5" quiet ones (Sweetfull 32 dB on low above) on high. Avoid Honeywell, they make the most lethal humidifier sold in USA almost too, big company, run by rich rats. America "seems" (is?) run by aristocratic mafia British, Jewish, etc crime families (the revolutionary aristocrats, with their 'serial killer' fellow aristocrats at the top levels of military-spies-police to neutralize, torture, harass, deport anyone who wants intelligent Immortality *for* All instead of feudal ☺abysmal IQ☺ for All), so these aristocrats☺ expand in new business areas to make profit by slow murder via biological entropy of sound☺☺☺ or mold via humidifiers, etc. Not content with making billions by killing innocent working class people via bombs from aircraft, or whatever got their

billion/trillion $ theft started, they happily expand in new areas of business, to produce lethal products, redundant useless trash, as we have no National University for Humidifiers, Fans, etc. Clean air is the most important thing and even that is not done right, go to any store Walmart, Target and find the noisiest hardest to clean pieces of trash. USA = dumpster. Instead of one super quiet super amazing & beautiful ☺☺☺ line of fans, we have 20000 lines (brands) of fans, all loud. This is capitalism by genocidal companies that want to make trillions by poisoning the 50% who own $24000 each vs 65 million for the top 0.1% criminals. You need to dig and find those 1% quietest fans, to protect ear/body. Test it for dirty electricity too: I tested Sweetfull, 0 extra Stetzer units, 1 unit is 24V/s, it measures rapid changes in voltage, stray currents. Instead of 50000 brands of trash fans by Honeywell, Walmart, we have Eternal Fans brand of Immortality Building Inc produce world quietest, easiest to clean fans, only sold to nations with 0 violent crime who approve merger with USA by adopting English and the 11 companies.

Immortality Building Inc will produce all fans via National Fan University research, and ensure all of them make 20 dB, except the huge ones used to dry wet areas. Window AC units ought to make 40 dBA max 1 meter away, not 55-80 like today. Wind brand is 42 dB, LG has 3 models below 40 dB at Lowes, Midea is 32 dB and HomeDepot carries this 32 dB Midea too, its U shape, with noisy part outside, makes it so much quieter. The gov will evaluate all current product designs and merge all small companies into one division of Immortality Building Inc to make a product that is way better, quieter, more efficient, easier to clean, etc than all today combined and cheaper by 3 fold due to making 50 million of them. Immortality *Nurturing* Agency will require dB rating at 1 meter from a fan's front sold in USA to be 20 dBA or less on low. Aristocrats live in palaces in silent area with central AC and don't care about how noisy cheap fans are, for the slaves living in tiny studios or rooms, people too poor to use central AC. So, to protect the health of the poor and the average folk, we need ultra quiet fans, since noise can kill. Funny how aristocrats make billions by making noisy products to kill workers, but they live in the most silent, most remote areas far away from any source of noise. Pure CLASS WARFARE.☺ Why should workers take all the noise? Democracy means all cities and areas need to be silent and quiet, all houses, all appliances. This may mean building walls around roads to prevent noise, all deserve a quiet space free from music, noise. Anything to destroy the workers is used, from incessant torture, to loud music, loud fans, etc.☺

If possible, avoid H13 and use H14, since many smaller than 0.3 micron particles (that Levoit etc don't catch) can screw you up big time. Levoit is a rip off, their small H13 purifier costs 2 times more than the small 26$ Fulminare 225 sq ft H13 one, so definitely, buy the 1000 sq ft Fulminare H14. Levoit filters are cheap when bought in sets. But we need better filters and fans, quieter, safer, etc. However H13 filters more air quicker, so you can use both when the air is suddenly bad due to some smog outside or some other event. If an H14 filter works perfectly for an H13

unit, you can use it, however, usually companies make the filters unique in size, so you can't always swap filters from different manufacturers on the same unit. Having 2 units H13, and H14 may work too, one for living room-kitchen H13 and one for bedroom H14. If you live in big cities, a good air purifier helps, especially in moldy climates like South East USA, where chemicals from plants that putrefy, algal blooms in stagnant lakes, ponds, mulch, etc pose a real threat to lungs. Mini is better, because the generic filter is twice cheaper due to its twice smaller size and material use, so you can prevent reinfection of air with viruses, flu, cold bacteria, mold, fungi much better by frequent replacement. Mold is *0.5* to *100* micron. However, the mycotoxins produced by mold are 0.1, so you do need a ULPA if you're allergic to mold toxins that are everywhere in the air in some states of USA or etc. That's why the IQAir or other ULPA whole house filter inside the AC is a good idea, given the toxic quality of smog and humid moldy air. If you got only 40$ for protecting your heart, brain, lungs, every organ that poisoned blood gets to, then Mini Levoit is fine for basic filtration, but if you can run the fan (of central AC and install a good filter there that removes all mold, MERV 17, but that's too slow for central AC) or air purifier in your tiny room, a 200$ ULPA or HEPA 14 may help you live longer than any other thing you can do with 200$. You can use Levoit for kitchen or areas where you go only for 5 minutes. However, due to denser filter for 14 and ULPA, you may get less mold with the cheaper 13, as it filters new window air faster. The dense filter slows suction of mold and other polluting particles. So tests and see how mold in air is in a room with window slightly open after Levoit vs the others and report to the world. A Mini Levoit uses 300 times less electricity to filter air in a room than the central AC on fan mode with MERV 13 FPR 12 intake filter, assuming vents are free from mold. 14 can remove 10 times more mold in theory than 13, if the airflow is the same, but it is not. HEPA is equivalent to MERV 17 and people usually only install MERV 13 on central. Buy HEPA car cabin filter always, not the cheapest, since you can live longer that way. ☺☺☺

The issue with many contractors is that all are free to create the *most* anti-longevity *designs*: 400+ million sinks worldwide have the spout 1-2 inches from the sink edge (near mirror), so some have to extend hands a lot if tall, etc and EVERYONE splashes dirty water on faucets, mirror, counter. You can always go to the store, buy a new faucet and install it yourself (follow youtube or written instructions, ultra easy). However, this is a waste of time that drains our national resources. Why make a product that 400 million have to replace? We need the spout to be in the center so all dirt falls into the sink, not the counter and the counter needs to be light in color to see grey, yellow and black mold. Public restrooms got these 0 IQ spouts that spread germs via the dirty water splashing on counter and then into the air. Some designs will bring 70 times more microbes on the counter and bath, mirror, etc than others, this is *genocidal*. The spout being so close means people touch the edge of the sink counter often, and that area is full of bacteria from previous people who washed their hands, so cross-contamination and re-

contamination of self is 100 times higher AT LEAST. *Only an enemy country using hybrid warfare would design such a sink to kill the inhabitants*. *These* companies *are worse* than the external enemies *of the state*. Likewise, screw-in tub stoppers catch 30 times more hair and it clogs 30 times faster than simple rubber stoppers used only when you want to fill the tub. It's easy to take hair out that clogged it, but why contaminate your hand so much with feces, urine microbes, hair, snot, soap scum etc that has been there for 1000 days from other folks. The design today is not prioritizing cleanliness and is done by non-chemists, non-biologists. The Immortality *Nurturing* Agency needs to make sure Immortality Building Inc will test every faucet (wall paint, etc) design and see which ones leaves the least bacteria on the mirror, faucets, counter when all things are equal. Those dirty water microbes evaporate with the water, get inhaled by all, spread the planned COVID19 epidemic, flu and endless diseases. The nice motion sensing kitchen faucets today are really nice, since if you leave it on the cold water always, you can go without touching it for 1 year. All faucets and light switches (which are incredibly dirty in most houses, containing 500 times more bacteria than toilet seats that are cleaned more often) can be made touchless, to increase resilience in case of epidemics, reduce flu deaths by 99% each year etc. There is too much freedom for every low IQ person, without any knowledge of physics, biochemistry, microbiology, health, etc, EMF, RF, medicine, etc to design the lowest IQ faucets and sinks, AC/heat systems (why central when split AC without vents that get moldy and never cleaned, with people forgetting to replace filter, often costs the same for a home builder due to 1 million homes, etc.). People focus on the trees and miss the forest, the purpose of sinks is to keep that bath and your hands clean, not to appeal to "0 IQ customer preferences of looks and "style", convenience and comfort," when the most essential function of sink (or appliance in general) longevity is thrown out of the window: 0 counter contamination or no mold in vents for heating/cooling. Every product needs to be designed and approved by 30 PhDs in many fields related to longevity and function of a particular appliance and product. These mom and dad garage companies produce pure junk: instead of 10 truly high tech sinks, we have 3000 trashy low tech sinks. Because all is going to HR and business positions, instead of research, due to no centralization. How about we put life/health first, "style" last? It's like people, instead of going to bed at regular hours 10-8, they go to bed at 3 am and then get dark circles and get makeup to hide it. Style first, health and longevity via good sleep last. ☺☺☺

Another similar example is how water repelling and easy to clean paint is. *A glossy paint repels water, lets it drain fast and prevents water from entering and forming mold under the paint within the drywall, thereby reducing sickness and death*. Too many baths, doors and room walls are made of eggshell or barely gloss paint that is porous, and extremely hard or impossible to clean (hand prints from kids, etc, food/drink spills, etc) versus high gloss. This leads to the need to repaint, respray paint a lot, instead of wiping the dirt with a "99.99% bacteria gone" wipe ($

store got those too). Walls in high traffic areas are touched by kids and adults and spread germs. Eggshell paint on walls inside homes can't be cleaned with 99.99% wipes since it would ruin it, but high-gloss or gloss paint can. Today, many companies try to be cheap, so they use the cheapest paint, without taking into account longevity effects, germ spreading, ease of cleaning without repaint, etc. You see ultra grey door frames, walls, etc in high touch areas that would take 2 minutes to clean if it was gloss paint, but much longer if eggshell (need to cover everything, spray it again, etc, not easy as not all have the 50$ paint sprayer). Maintenance ought to be easy. Since maintenance company is not same as builder company, healthcare company not same as builder company, no interest exists to create what diminishes healthcare costs. Thus, via Immortality Nurturing Agency inspecting the 11 companies, that the American public owns, via one common owner, We the People, we do way better, what *serves* the People.

One state company in every industry means the same job in *every* state almost has the same pay, *with* only some differences between Alaska and nice San Diego weather, etc. Since the government builds and maintains all housing via the one company, prices can be more even, since all insurance and rebuilding is included and houses in disaster areas are built WAY BETTER than today (to last 200 years not 1 hurricane season) they will be more expensive since they don't collapse every year: why is Alabama house so cheap? It's destroyed so fast by tornadoes. That won't happen anymore.☺☺☺ However, some locations are nicer weather, longer lifespan by default, so they deserve a lower price, but not 20 times lower, as we see today, since the government will give houses in 'less friendly climates' extra features (most high tech air filtration, ventilation systems in each room extra longevity tech for free, included in the price, to counteract lifespan effects and give equal access to lifespan sustaining technology to all and prevent everyone from moving to California or nicer weather states and leaving the 49 states empty wastelands. After the Immortalist Party wins elections in many nations, 7 billion people will get a longevity boost from clean air (most people have stale toxic air inside their rooms) and less biological entropy body destroying sounds. Each window will have the most high tech ultra quiet (way quieter than the junk today on the market) fan that brings in fresh air in the winter (cools it if hot outside) filters outside air and doesn't allow noise in, 200 million in USA alone built by Immortality Building Inc, to give it to all houses where the slightest noise (traffic noise, any random noise etc shortens lifespan) exists (most houses would come by default with that, window still can be open during emergency, but normally they're closed to provide filtered air and thus longevity, not life shortening smog from particulate matter, car tires, dusts, molds, dust mites, etc) *since window is always closed, but fan is on or off using a remote and can even be programmed to run certain times: this would enable 4 billion people living in noisy streets to get truly* fresh air, use silent room heaters and avoid issues with central heat such as mold on vents and dirty filters, amazing (as quiet as an AC vent) window air refreshing units, due to outside

being so cold or warm, you can't open window much). Overcrowding can shorten lifespan, canceling the nice weather effects. Even California has fires and floods that kill people, due to lack of more safety requirements. For example, in flood prone areas, they can lift the house (1st floor is 6 ft above ground), so water can pass under the house when it floods and not take the house with it, with some easy to open gates that open automatically during heavy rains or no gates at all, just open space, some 10 strong round pillars (the 4 main ones (corners) can have the base thicker, becoming thinner at the top, to make it impossible for the strongest flood waters (in worst zones) to take the house with it or severely damage the first floor (often the only floor). Our goals are stadiums, not saving lives. Use the under house area as a nice garage: let cars be taken by water, not houses. All we think is about latest soccer game and how toxic food company stock went up or down. The rest is left to greedy contractors, trying to make maximum profit. No federal codes. The same chaos reigns supreme in every industry almost. ☺

The hotel industry is deeply chaotic, with endless hotels stinking like cigarette in nonsmoking rooms, so a deeper reform for silent fridges, AC systems, ventless systems, passive cooling or heating is described in the smoking section dealing with trillion dollar retroactive fines to Big Tobacco for the genocides perpetrated via brainwashing on unsuspecting poor masses. The hypocrisy of the people of 150 nations proclaiming to be a religious/spiritual person, yet trashing all recyclables, has no limits, as seen in 2024, after 2 millennia of "Bible ethics and fake miracles" in the majority of hotels and stores that have 2-4 trash containers per room or in front of a store, but no recycling bin. Millions of condos have no recycling bins in USA, the so called "green leader". What kind of federal law is that? Isn't that the perfect reflection of the 1400 violent Bible quotes pastors hide☺☺☺ and the lowest IQ system of decentralized trashing of national resources? There ought to be one national law: for every trash container, 3 recyclables at least, replace 75% of trash containers with recyclables, let the overweight people do 3 min of exercising to strip some plastic and separate metal from paper or plastic from metal and recycle as much before returning like lazy gorillas everything to electronic waste, or (most people in 2024), trashing it instead of donating it to electronic waste. Who cares about the future generations? They discovered some bacteria that eat some type of plastic, so maybe that will help. They're too busy spreading lies and hocus pocus to care about the future generations, other souls and their spiritual development being 0, as all they will do is try find good chemicals in trash. No greedy aristocrat cares about the slaves who toil to create new metal, plastic and stuff, and then others who're hired to sort out trash in other nations, full of 1 million times more bacteria than in the moment of disposal. The sheer cruelty of such beastly people is beyond comprehension. They teach nonsense about compassion and in action, they condemn millions to trash sorting lives of filth that don't have to be. Then, fat (due to junk fatty food palace dwelling aristocrats sell to destroy the workers health and brains while increasing profits) and

malnourished, they build gyms, since sorting out trash was not good enough to qualify as 'exercise', "slaves only do it". Then they say they believe in Mohamed, Jesus, Krishna, Buddha, yet they instigate war, pain and suffering via their sheer laziness, complicity to the aristocratic terror of the planet and contempt for the poor people of the world, part of the same quantum field of all. More slaves have to create new metal, while landfills are full of it. Landfills are often burned and this smog kills people slowly. Companies take that toxic landfill and create toxic building materials out of the byproducts of mixing, treating, burning, etc that junk, in new "products" whose chemical formula is anyone's guess as it is a mixture of 4 million compounds that slowly leak out of the materials into the environment creating new hazards. This 0 IQ action is then touted as the "green revolution of laziness". Hotels, houses, etc could have yellow or lavender recycle bins, made of yellow or lavender plastic universally, that all kids know from age 3 it is for recycling, while any other color is trash, since we have ONE Immortality Building Inc. Today, the aristocrat pigs allow these franchises where low IQ management puts some tiny label "recycle" on one side of a cylindrical or square recycle bin that often gets rotated and then people don't see the label "recycle" and put trash in it. The illegal workers then trash it and all recyclables go to trash. It's unbelievable, how disorganized these trash hotels can be with some showing recycle label side and others not, and charging 16 times the minimum wage for one night, using slave labor and filling landfills and air with toxic fumes from burning plastic. Unbelievable theft on a cosmic scale. Other times, lazy people trash electronic waste, when they could exercise 2 min (wear gloves, safety glasses, wrap around safety glasses and maybe a 1$ face shield (COVID19 type) that prevent the slightest particles from getting into eyes, face and gently crack the plastic (do this while the object is wrapped into a towel or some bag or disposable cloth that can be ruined, to minimize particles flying around the floor and to protect the floor tile or concrete in your driveway etc) with some tool or hammer, etc to remove 90% of the volume of the gadget which is mostly plastic) and save in a ziploc bag the tiny electronic boards or etc that can't be recycled. This act of bending and exercising is good for all and prevents others from having to do this 12 hours a day as a kid. For many electronic devices, only 90% is pure plastic and metal easy to recycle. Landfills are rich in electronic waste, heavy metals and all kinds of crap that then burns and poisons people. Nobody gives it a lot of thought, how many people recycle the batteries and other things properly? Once a year, after collecting all electronic waste that is not plastic part, dispose of that bag at the city recycling center, it's so simple. How can we have a kinder more sustainable civilization? We need more composting for food waste and more recycling bins in every building designed by Immortality Building Inc. Few realize child labor is used to take apart electronic devices and remove valuable parts. While everyone doing something is the most ethical, instead of moving balls as a kid and wasting one's life with that, the conditions in which these kids and adults work are very inhumane. Let everyone practice kindness as sport, so that nobody ever wants to torture others and aristocrats

can't torture anymore, as they don't exist anymore. When you do this, it's as if you walk the breathing meditation, that cares about the entire human quantum field, not just a family.

We hear a lot of talk of kindness,☺☺☺ yet today, people waste huge resources, human and glass, plastic and cardboard to create picture frames. While others live short lives due to lack of sleep due to thin glass windows, many waste tons of glass, plastic, wood, metal to create frames. Today, we have printers and copy centers where pictures can be laminated (make the corners round to prevent anyone from getting injured if it falls (use some glue on wall type of plastic ultra round, ultra soft rubbery silicone or etc hook, not tacks, not anything metal, not anything with sharp edges, fixing it would be 10000 times less likely to fall off, during any earthquake) or flies during hurricanes, to use 50 times less material and provide 1 billion times more lifespan years than flying glass, sharp plastic heavy frames (some frames made of plastic are so heavy and thick, if they fall during earthquake or fly during a tornado or hurricane, they can cause lifelong disability in people, even blindness). Avoid nails, as they can fly and fall and people can step into them. Think about others in a way that eliminates any possibility of injury during a natural or man made event. Have compassion for all. The injuries that can happen from today's standard frames littering all stores, houses, businesses and flying glass are in the millions, yet nobody gives it much thought, they just "love God". What about loving the God in people injured daily by flying plastic, metal and glass from natural disasters or even a simple house cleaning etc? A baby crawling and a picture falls and hits him. We have the aristocratic "give a damn about poor people" folks who design all these houses with gigantic frames, the ugliest pictures reflecting the nature of their souls, and wasting so many resources while the poor have bad sleep due to wasted plastic, glass, wood that was not used to make an extra triple pane window to open and cool the room for nicer sleep. Today, they got ultra cheap decorative tape, shiny glittery tape that one can use on the edge (where frame would be) of a laminated picture to create the beautiful colors, one, two or even 3 pieces of 3 mm wide tape of various colors, to make it way more beautiful than all frames out there, while saving so much material. With a national TV campaign against frames, that teaches the qualities of universal kindness and gentleness, we mass product the most amazing & beautiful tapes with 100 times less material than frames, and make pics way nicer than today's rather ugly frames (relatively speaking, if you never seen anything different, you don't know what beauty is, like chariot people would think a chariot is fast, not knowing airplanes or cars). Once again the 2024 soulless society produces ugly frames that shorten others' life, the epitome of aristocratic thinking, but we can always change that with the Immortalist Party. This point of a shallow spirituality or ethics is made clearer here too. The aristocrats are busy torturing the poor, there is not time to design sustainability and noninjuring picture framing techs. The list of examples of "not caring about the wellbeing of the poor" is endless: hotels got big glass frame pics above the pillows of the

bed, a huge risk of injury during some earthquake, etc, or big chandeliers above beds, when it is much safer to have tiny lights built into the ceiling as with many homes. Home Depot and many stores sell gigantic light fixtures that would permanently disable people if falling on their head or even kill them and leave then with a messed up face, ear or total blindness. There are safer ways to create beauty in a building, 1 million times safer than heavy chandeliers. The low IQ palace dwelling aristocrats only think about dazzle and power, not about the risk of injury of other poor people. The culture of the world was established by aristocrats, hence it is void of *gentle tender soft nurturing loving honest graceful compassionate healing kindness*, look at our "music".☺☺☺

The planet wastes enormous medical resources to deal with preventable injuries created by aristocratic terrorists who don't care about the poor. To bring lasting World Peace we need to embody Immortalist Anthem in every area of life, to care about the misery of others, stop making frames until all have decent housing, just laminate the pictures and also, use computer pics. Every appliance, every object in the houses and buildings Immortality Building Inc will build will be well thought out by thousands of experts who evaluate the risk of injury from any device produced, so as the give all people, poor or average, the chance to live to a trillion. Every injury shortens lifespan, as immune system is distracted from body repair to deal with the injury. Another example of "make profits at all costs" trash capitalism (not immortality capitalism) is the flower decorations industry in many nations (China etc) that uses metal stem surrounded by plastic to create these cheap 1$ or more artificial flowers that often times end up in the trash, since it's taking hours to try to remove the metal from the plastic for those with no tool to pull the plastic off the metal and recycle the metal, a physical activity too "challenging" for the gym lovers while others are homeless, overcrowded and need building materials. Too many people (you only need to inspect the trash containers in 180 countries) trash recyclables due to a culture of not washing cans, plastic parts, utensils, disposable drink cups, etc, due to a Bible and other "scripture" "culture" of violent disregard for life (1400 quotes on mass rape, global looting, genocide and violence, beating the hell out of slaves, taking slaves, beating children, etc), of not giving a damn about others, but quickly bombing the hell out of them if not giving some items, resources (human or material) at low price.☺☺☺ This is because of a macho culture that was created by the ever violent slave beating aristocracy, busy creating fake religions to enslave the masses and tighten the chains of slavery around everyone's neck, causing the terrorized masses to also not care anymore. A solution may be initiating a program to install on trash trucks an AI camera system (a scanner that sees thru the trash bags that contain the recyclables, it knows what frequencies to look for, what objects, etc) in all nations, that inspects items in the trash and fining 90000$ each time recyclables are detected. Since positive motivation for kindness doesn't work in 100% of cases, due to the anger of the oppressed masses, after 10 millennia of aristocratic beatings deified in the Bible/Torah (kids, workers, sex

slaves) or Quran (sex slaves, mutilated infidels, kids, wives), torture, brainwashing, a more fair system that costs little can be designed, with fines given to companies who make the recyclable items that most often end up in trash for not designing easier to recycle products or making them 100% biodegradable. The fines are used to hire scientists who design the most biodegradable plastics (many such bacteria were found, that eat conventional plastic even; a new molybdenum catalyzed process allows mixed plastics to be recycled, without using solvents, but using air moisture, at a rate of 94% in 4 hours, without spending eons to presort them: it's revolutionary for recycling) and technologies of cheap degradation of plastic, or new materials that are safer for the environment (microplastics cause health issues, so maybe design plastics that are 1 million times safer or that "shed" 1 million times fewer particles, etc via new nanotechs). Too many aristocrats buy luxury items with profits obtained unethically, while the environment is destroyed. With proper fines, we give better jobs to the poor, to design intelligent products, instead of creating cheap trash to make greedy people rich. ☺☺☺

Obviously, the people's anger will vanish once the 11 companies emerge and aristocracy vanishes, so then these astronomical fines for disposable utensils in trash etc, would not be so needed, could be maybe only 2000$. Since people are so tired, angry and rushed (due to aristocratic terror) these days to recycle and pull metal stem out of plastic flowers, it's imperative USA stops importing such flowers, and creates a new design that is 100 times easier to recycle. For example, the core could be made of carbon nanotube material that is as strong as steel and could be recycled too and be designed to be instantly removable with a pair of pliers pulling on it, with 100 times less muscle effort than today, or even creating a little wider ball like protrusion at the top of this material, allowing easy pull for recycling without pliers or big effort. This way the recycling IR scanner can detect which type of material it is and where it goes. Too many flowers litter the landfills. These flowers have sharp metallic ends, not round, not soft, and even the plastic can scratch people and kids and they need to be redesigned to be soft smooth plastic on all sides, to ☺☺avoid injury during walks in the drought areas with artificial flowers as decoration, to save water that people need to have kids and make inventions, instead of have flowers and pets that make no immortality for all inventions. We need to create a culture of gentleness, where every object is as soft, smooth, round as possible, to avoid injuries. Too many kids can injure themselves with these decorative flowers with such strong stems and top flowers coming off so easily to expose the extremely dangerous spike like stem. Too many 0 IQ aristocrat companies are making trash furniture with such sharp edges that endless adults and kids injure themselves. Round and soft on all sides saves wood that can be used as chips to make other prefab wood plates used to make flooring or round edge cabinet shelves. Let all furniture be made by Immortality Building Inc. This decentralization of brutish sales pitches yields only suffering. Why not replace sharp corners with round corners in all furniture, the sharp edges of

0.1 mm thickness *with a wider round, 1000 times safer, 5-50* mm edge? Where is the spiritual kindness for the injured? Where is the walk, not just the talk of ethics? ☺☺☺

Immortality Building Inc (IBI) makes sure imported washing machines meet stringent safety criteria. For example, I saw a Korean made LG washing machine in Nov 2023 that is pure garbage. The design allows a lot of mold growth to happen in the packs of detergent loading area that many old people miss. Unlike US made Admiral brand and most top loading washing machines that are super easy (and always recommended) to leave open all the time, the front side opening ones (not top) have a tendency to be left closed (*due to being placed by 0 IQ house designers, mom and dad company building houses with no IQ, in an ultra cramped tiny room where ventilation doesn't exist, instead of in the open garage*) and that humidity will lead to the most horrifying mold growth that could cause endless diseases to worsen, via bacteria causing atherosclerotic plaque by depleting immune system cells of available soldiers. Go to Comfort Inn hotels and you see these types of side loading machines with a clear label saying "do not close after removing clothes" and nobody follows the signs, so mold grows and the washers smell bad, contaminating the entire hotel with mold spores, sickening millions of folks who use such moldy washers and dryers. The immortalist government needs to mandate that all washer, dryer doors be left OPEN and make a noise *not a beep, but a human voice saying* "please leave door open to prevent mold" *for 900 times* until he does it, if the user closes the door after the cycle is complete and he took his clothes out. So, if you ever use laundromat you need to smell the washer and dryer first, for your own safety. Not to mention the mold smell in the washer-dryer 6 ft by 6 ft room common in half a billion homes worldwide. This creates a mold spores problem for people who wash in these stinky machines. How many people in USA are doing the same mistake and leaving the side loading dryer and washer door closed due to cramped space or habit or ☺flea IQ companies☺ not telling in instructions to open them? It's unbelievable. Probably 100 million in USA at least, thanks to companies like LG, designing products with little IQ. Most top loading washers have a gap that lets air in even if the person forgets to open the lid once done washing, the air access is there even during a wash cycle. ***This is a huge advantage of the top loading washing machines, the traditional American made ones, they prevent mold growth.*** Admiral types are so easy to clean with a brush to get the soap scum out, please search on youtube and clean your washing machine inside walls behind that grating, as the filth in there can be DEADLY. We need design something ultra easy to clean or have the test done for mold spores by technician every year and let all have a clean house. This all can be done at the yearly or quarterly cleaning of any house by Immortality Building Inc. Today, nothing is done, most houses are having issues and people don't even know the issues exist, they just watch sports… Pics and tests done, AI determines steps and does them quick. The fewer models, the most amazing the steps and AI automation of maintenance so home owners don't need to be expert

in 50000 appliances and waste life learning about everything, let all specialize and do division of labor. Why reinvent the wheel, are we that low IQ to waste eons to save minus 3 trillion wasted acting busy? We need the Immortality *Nurturing* Agency to crack down on unsafe imports and boost US manufacturing of top loading washers and put a big label on all US made washers: ***LEAVE Washer LID RAISED 24-7 in the open garage (or room of 300 ft^2 at least with outside ventilation 24-7) and Dryer Door Open if dryer not vented to outside, except when washing.*** These bad products (that need be replaced often, so US loses money by making them in other nations, instead of at home) may be part of hybrid war of extermination of US people by 3rd nations that use Koreans as their puppets to accomplish the goals. Americans are too busy watching ☺filif snail IQ☺ celebrities and sports teams to realize what is going on: all out war. Anything that can be plugged in can also have alternate devices that control human brains. ☺☺

In order to save our country and planet trillions of dollars and endless decades for millions of maintenance workers in repairs and health care costs, it is urgent to develop and mass produce ultra cheap sensors to enable detecting leaks of water, gas or abnormal electric currents in order to prevent electrical fires, water damage, mold, gas explosions and other events that can shorten or even suddenly end human lifespan. Thus, we need sensors near every toilet wax ring, every faucet, every connection, wire, etc. that detect water, gas, radio frequency (causes cancer, etc), electrical abnormalities (including high frequency spikes that can ruin health) and attempt to remove the sensor (*which would enable someone to unscrew toilet, gently unseal the caulking to make it hard to detect by placing it back the same way, and then insert water to create a fake leak or simply create a wax leak with any device, so stuff comes on downstairs or subfloor, a typical technique spy agencies use to distract people from doing an action that would discover someone is a spy etc*). With a 40$ pinless moisture detector, you can see immediately if the area around a toilet has higher MOISTURE % (20% bath tiles and 90% around a leaky toilet, 5% floor around house and 10% 3 feet from toilet in an adjacent room/hall to the tiled bath). To prevent issues, housing.gov gets a text to the 24-7 maintenance people of all houses and commercial buildings and they dispatch someone and notify if small or big leak. If a big leak, they come to the house within 10 minutes and knock on the door before the fire or flood or explosion or etc happens. With this vampiric system of stone age tech, we have everyone become a property manager, realtor, business major and no tech. With one system, we get one insurance company, Immortality Building Inc who maintains and builds all buildings *in USA*, in fact, it's government owned, 100000 PhDs take care of every house via high tech, every building, that way, we don't have ignorant homeowners maintain their super high tech sensors, ultra complex new future houses which would be like giving a 3 year old the keys to a nuclear missile silo control room: people don't know all the ins and out. If we want division of labor and efficiency and ***not wasting our country's resources***, we need real maintenance, included in house

prices. We say good bye all conmen spending all day advertising, marketing and deceiving, doing lousy jobs to create repeat customers, etc. All these companies create no incentive to do a good job, but with reviews.gov affecting Immortality Credit Score, and salary, bonuses, etc, we get a much more efficient system, no more marketing majors and nonsense. Just do a good job and managers need read customer feedback on suggestions and improve and they need be monitored on how they report and implement the customer suggestions. ☺☺☺

So you pay for whatever insurance plan you want, all choices today, except it's one super high tech company called Immortality Building Inc make room for SCIENCE JOBS, not insurance sales. Some plans cover more personal property and injury than others, but all cover the minimum house rebuilding in case of cataclysm in the area (war, rain, fire, earthquake, etc). The house price includes all BASIC major earthquake flood hurricane insurance, and *basically a* house is replaced or fixed for free during major disasters *because the government does all maintenance* and reviews.gov keeps every gov plumber reviewed to determine Immortality Credit Score and salary. By having all building done by the government, the GOVERNMENT HAS the highest incentive to build homes that withstand EARTHQUAKE, FIRE, ETC, as they have to work hard to replace it for 'free' and it's all about efficiency of USA as a whole. When you get to have the builder be the insurer and guy in charge of replacing it if anything happens, they ARE *MOTIVATED* to create the VERY BEST PREVENTIVE SENSOR SYSTEM and centralized UNIFIED (one code not 30000, see the 150 pages above on centralization *of all city laws, state laws, codes*) BUILDING CODE AND PROCEDURES, SO NO HURRICANE CAN WIPE IT, NO EARTHQUAKE DEMOLISH IT. That is Immortality CAPITALISM, totally different from the jungle today: too many selfish to the core "me me me", short-term plans only, while the country resources are wasted, time lost. You want that building to last 200 years, not 3. A Florida town invested a little upfront and prevented 10 times the cost to fix damage nearby towns endured: short-term profits lead to paying much more in the long-term. This enables all home owners to relax as the immortalist *government* is taking care via 100 sensors of every thing in the house 1000 times better than this Democrat-Republican run system of redundant 3rd world country system. Let people invent new tech to help live to 9000, not replace drywall that would never need replacing if sensor caught the leak 3 years early or 3 months early. Have some brains.☺☺☺ By now, after reading the above, you realize who works for the government probably, 90-99% of people, we finally develop a collective consciousness, a true love for the human quantum field. Everyone works for everyone and is paid according to reviews.gov and contributions to longevity. *Some are so selfish, they don't realize how* ☺abysmal in IQ☺ *they are*: look at us, we have 9000+ companies producing essentially the SAME TECH HOUSE for the most part, just arranged differently: they're all made of wood, plastic and some dry wall and a few other materials, etc. Nothing really new, no RESEARCH, just "design" and etc, using different wood. Such Neolithic tech.

All mollusk IQ contractors (or mom and dad, starved inefficient clueless without knowledge and proper training handyman and etc) building crap to collapse the next day at the slightest storm like in a Laurel & Hardy comedy, because they don't care: the insurance (owned by happy palatial aristocrats) will pay to rebuild trash, so all we do is build trash, instead of high tech domes that last millennia, made of stuff we have not yet invented, being too busy dancing at depraved concerts or playing selfish sports. *Your fellow* Americans are dying in storms, tornadoes, etc, *do YOU care*? Who is going to rein in the pathological desire to always "have your own business" at the cost of the entire society being a 3rd world country with no tech and pure corruption, useless trivial IQ lowering concepts and slogans, deception and favoritism, total jungle and lawlessness, implemented by hordes of lawyers and judges, America's 'number one job today' too, besides insurance agents and retail, flipping toxic burgers. Where is the sense of shared humanity and efficiency to increase science and tech jobs 100 fold so all benefit? It's not there, everyone is obsessed with having a small business doing the trashiest job with no capital for high tech and hiring 1 million PhDs. Everyone is a "Nobel Prize winner in economics", the whole thing is money, and profit. We can die at 34 with profit. Let's not go around the bush and be real: we want progress or stagnation, being baboons.☺☺☺

The policy has been for nations to create fake "private" companies that go all over the world and invest, but are state owned in all respects, just covertly. Why can't people just be honest? If you want to use the US system, simply choose the only one "external" outside of US version of Immortality Building Inc that functions in accordance to the laws of the host nation. Eterni Food Inc that tests every product with 10000 tests, no US store can sell food without the 10000 tests. This ensures no "private company" can sell junk. So yes only super big companies from outside could sell anything. If it meets the criteria set by the USA Immortality *Nurturing* Agency. We can have a foreign version or branch of Eterni Food Inc, what the gov allows to be sold, to make more Immortality *for* All disciples as people's biomarkers improve and the way they make it is top secret until World Peace arrives and all folks from 200 nations stop torture and war. People want a centralized high tech choice. The government will do the tests and ensure people still have access to all products today, just they're packed with the new label and found under the category of various types among all existing 10 million food products, to become only 9000 over 50 years of RESEARCH, after they discover that only 9000 increase lifespan 10 times more than the rest. Amazon ships them all some day, so yes, no need to have grocery stores, as the site has 100 times more info about each food, but can go visit Amazon warehouse to pick stuff up too. New criteria for food temp storage, transport insures no visits to Amazon warehouse are needed. Until then, we will eat like a lot like glorified pigs☺☺☺, masticating joyously, like blissful ignorant baboons, dead plants and animals, instead of making restaurants into eterni food universities. We wake up from the slumber of death that atrophies brains and makes us

think all day about saving 2% on buying same product (different package) from company 5009, who sells it 4 cents cheaper, because saving 4 cents is more important than thinking about how to live to 500. Think about adding 3 trillion human lifespan years, not about saving 3% on a food.

For housing we choose one company only, for etc, one company, not 10000, to increase efficiency and help all embrace EFFICIENCY to lift the vibe of the human quantum field and be happier. If people are liars, and pretend a lot, NOBODY TRUSTS ANYONE, all RESEARCH takes 90 times longer to bear fruit, etc. So, it's time for nations to unify, join to form bigger nations with fewer languages, centralize, increase EFFICIENCY and create only 1-2 max external companies per industry for doing services for outside the country, to be honest since all spies know all these companies are state owned and all talk of WTO subsidies and all that is pure fraud and lies. All are heavily subsidized, all accounting tricks and 'complex useless meaningless verbose' systems of lies, bamboozling, no SCIENCE. Let's be real, honest first time in a million years, do a NOBLE act today, help all wish trillion year lifespan to all and bring it on, in action baby, not hot air.☺☺☺ The artificial conflicts and such are a system of distracting the people from the state of baboon society we're in with no science jobs, no research, just everyone running after profit, and all sales, lawyers, conmen, bankers, traders, and pastors telling us lies. It's pretty insane how people lie. Let all companies unify and reduce industries from 100000 to only 1-2 companies for internal or external activities, *tenderly* allow EFFICIENCY to become the focus so we have 300 times more research jobs, let EFFICIENCY become our religion of evolving from the rat stage to the human stage, to help ☺☺*lovingly tenderly gently kindly*☺☺ end the cannibalism and pure hyena behavior now. We can ☺☺*lovingly*☺☺ let freedom ring, indeed, around all house fixtures, using sensors etc... and in every area, freedom to choose high tech instead of baboon tech. ☺☺

The *gentle tender soft nurturing loving honest compassionate healing kind* gradual unification of food, housing, travel, education, etc, companies (all or most companies are owned by the people, the state) brings 40 million high tech jobs to aid *all nations* in solving conflicts over resources via tech innovation, not war, so we bring ~*~Eternal Universal Peace~*~ in 3 months. We can *gently* change America forever from a dumpster☺ to a World of Immortals. Radiant shimmering genderless shapeshifting Immortals, cosmic gentle *tender soft* Eternals, who're not doormats, please wake up, private property never existed on this warring planet of gangsters and gunmen rulers, in a real sense, since gunmen taking over countries via military industrial complex can take and give anything, so your 4% saved on one (*different marketing lies package*) brand is taken away by another price increase of the other company his cousin owns, *so you get the same thing*, and they can steal anything in other countries *covertly or overtly*. All is owned by the military in every country, they control everything, property rights are more of a cosmetic thing. For true rights to exist, all killing and torture must stop, for only then can property rights

exist as none can use force to take away freedom of thought, emotion and *healthy body, the only object* that would last a really long time, trillions of years, in a world of Immortals, longer than this planet even. The only PROPERTY THAT EXISTS, in reality, IS THAT OF ETERNAL LIFE OF ALL human beings, it is the ONLY ETERNAL THING THAT WILL LAST, so when you think you own something material, your garage company selling cheap vitamins, you don't since it disappears in a trillionth of a second in the life of a FREE HUMAN BEING, WHO HAS THE PROPERTY RIGHT TO HIS OWN IMMORTALITY. This allows all, from age 1 onward, to realize nothing is worth stealing, as you lower your Immortality credit score, the means to real property, which is trillion year lifespan, attainable only by the successful efforts of billions of people who live to 1 million years old at least first, so everything happens via Immortality *for* All, via all making it to 8000 first. Therefore, we define a new legal system of immortal law and principle born out of our eternal | Immortality *for* All | ethos. If XYZ disappears in a trillionth of a second, we call it an illusion, nonexistent, so it is with the objects we have, we deify them and we then forget about trillion year lifespan for all. So, it's good to think in terms of Immortality of the human quantum field, the ultimate richness of all people, our most valuable property, the human quantum field, the common good of all, the right of Eternal Life for all, TRILLION YEAR LIFESPAN FOR ALL, THE TRUE PROPERTY RIGHT THAT *MATTERS*. We can allow the Gentle Tender Nurturing Soft Grace of Immortalist Anthem to reverberate in every single family home with high tech gadgets to prevent issues, so all experience the freedom of living to 9 billion soon.☺☺☺

WHY have 1.2 million beauty *salons* (half US citizens shave a lot, wasting 2 months of their life that could be used to help others and 10K on shaving legs, underarm, eyebrows, genitals, etc – they often use expensive IPL laser portable devices or doctor treatments that shortens lifespan, causes heart disease, ocular damage (when eye caps are not used), Alzheimer, brain fog, etc via unseen blood clots, etc), when we could have atherosclerosis (# 1 killer worldwide) prevention *salons*, biomarket monitoring immortalist centers? Think about it, many sit and do nothing in barber shops or nail shops, when really nobody needs to do their nails and can easily trim hair at home in the mirror with the help of family or self. All those businesses drain our resources for meditation, living long, relaxing rejuvenating the body. Everyone is a slave of "doing nails, legs, hair removal, etc". It's pure insanity and they have no idea how toxic the food they eat is and don't care about World Peace in 3 months. Millions are tortured, yet they're busy with "hairstyles" "nail styles", leg shaving styles", "doing their eyelashes". The immortalists would propose a moratorium on new useless barber shops, beauty salons until we get rid of all jails and wars. The most important thing is World Peace in 3 months, without Peace, and 0 violent crime, 0 jails, no civilization exists. Look at these people, the epitome of selfishness, entire streets taken by filif comical☺ restaurants and salons, when all that space could make single family homes and reduce crime, eliminate jails, etc. Not only that, but at home, with info from

100 ebooks like this one and others, you can prepare 10 times healthier meals, without waiting in the car for 30 minutes and blocking traffic. It's unbelievable, so many are so lazy, AND *IGNORANT* of anything related to nutrition and *taking care of* THEIR health, quality sleep, instead of *blaming* the doctor. Preparing your meals forces you to stand and move, while sitting in car or restaurant waiting is simply not doing any exercise: it makes you capable to survive during all out war when no restaurant exists too, it helps you eliminate jails that exist for the same reason war exists: scapegoating, cruelty and indifference, pure selfishness. If WW3 begins tomorrow, do you have an idea how to survive on legumes, grains, algal oil (to replace fish), vitamins and water filtration? Dried foods cooked? Meat may not be available. The *laziness and callousness of our societies are unbelievable*: so many are so spoiled, few want to spend 10 minutes to cook something at home, when it's 100 times easier than in former centuries with pressure cookers or to make a smoothie or trim their hair. Almost nobody cares our taxes are used to kill millions. Immortalists would try to inspire all to have some minimal compassion, honesty about the true reasons for crime and war, so that people choose to consolidate 50 salons into one and motivate people to break their addiction to these salons (unless it's a very important medical treatment due to a birth defect, wart or injury) with free meditation classes, voting to demolish it and build a relaxation meditation center, health parameters monitoring center, since people can meditate at home, relax, breathe and be happy. All jails must be demolished and turned into decent healing centers where people can work on various projects needed for Eternal Universal Peace, such as national self-sufficiency, building 1 million vertical farms to stop all food imports, create at home foods far better than the AGE-ing processed crap we import, that makes us low IQ, easy to destroy: *tenderly gently kindly*☺☺ wake up, read the Walnut Tree section. No ethics arises when you depend on psychos, no nonkilling immortalist society exists if it depends on societies that legalize police torture, jails, since this leads to killings and then you soften your ethics, you make compromises and become a mortalist society where killings are OK, torture is the rule (USA today). Self-sufficiency is the *first* step to immortalism. Self-sufficiency requires high tech so as to avoid any imports. All get fines for crimes, except violent offenders who live in these healing oases and do some 35 h/week job (plus 5h education) to help USA, as USA helped them to build a place 90 times nicer than jails.

Why are we obsessed with flowery talk of rights and property, when no property rights exist, when people are killed in wars as collateral damage and their right to their body is not respected by 30 million cops, spies and soldiers who torture humans in their job? FREE HUMANITY NOW. We can bring real property rights, ~*~Eternal Universal Peace~*~ in 3 months, the right to not being tortured and killed. We can stop thinking about 2% we save buying milk from company 90001 *(the 2% you saved, wiped out all vitamin A, B_{12}, D_3 due to transparent container, and turned it into a lethal form that competes for vitamin A, B_{12}, D_3 absorbing molecular systems,*

creating body damage, and you got also some oxidized fat from light) and think about how to increase every human's lifespan by a million years. Let us love all humans, bring the Immortalist Anthem to Reality, ***free and magnify the property rights of all by being less obsessed with them***, as Tao Te Ching explains: **the paradox of life.** Let the mighty current of Immortalism sweep every street of America and help all nations practice Immortalist Anthem like lyrics in joy: Immortality *for* All baboon life for none. God, have mercy and give us a relaxed high tech job now. ☺☺☺

All this talk of high tech and not one really high tech house exists, let alone house selling. So we increase efficiency 1000 fold, we prevent billions of maintenance calls that waste enormous human and material resources as issues are caught months or years BEFORE they develop (example: leaks of water etc) into damage. Small contractors have no SOP, no procedures, no nothing, like a Windows operating system created by 2 programmers instead of 3 million. With 800 trillion sensors worldwide, they will report to the city main RF receiver station only when a leak is detected and do a check if sensor works every few days or weeks to avoid RF overload and can coordinate all sensors to beam it when fewest are home to avoid RF pollution. We get the first high tech houses ever built where issues are prevented years before they can occur and that mass produced system of 500 models, allows us to house all Americans in single family homes that are high tech and this trash we have today can be bulldozed eventually over 150 years, as new materials that don't get eaten by termites and don't rot or mold will be developed by the 1 million chemists and material scientists of the Immortality Building Inc. So, we move from the huts☺☺☺ today we call houses of Neanderthal chimps, to some decent houses. Let's get 100 times more science jobs, robots, sensors doing 1000 times better issue prevention job than the best property manager on Earth today. We can *gently kindly*☺☺ come out of this cage of flesh, become the Spirit Eternal, rise forth as a nation of brainy people, not brainless "glorified piglets☺☺☺, baboons and cows munching McDonald's or dead animals/plants cooked at home until all nutrients are gone". We're so 'beyond dogs' we think, living 5 times less than us, now imagine shimmering shapeshifting Immortals living to a trillion, 10 billion times longer, to them we're 'glorified pigs' or ants. Junk burgers give you heart attack, wasting billions to cure plaque.

Until the sensors and everything is unified into Immortality Building Inc, we let everyone be emailed on preventive house, health maintenance if they feel brave enough to try or they pay the gov plumber to replace the leaking wax ring or whatever leaks if they want to focus on other things and don't feel like they're jack of all trades, master of none. New wax seals can be invented to enable all to have 40 times fewer leaks on these toilet flanges, wax rings. We see on youtube subfloor leaks that may lead to urine, feces etc going into the subfloor (a LOT more common than most people are aware, since under tile or laminate you can't smell it) or causing drywall for downstairs unit or living room to get soaked in flushing water, etc – this is very easy to happen as the toilet connection wax can dry and toilet can move if the toilet is not supported

in place by heavy caulking. Likewise, get rich quick contractors forget to seal the toilet, sink pipe connections to drywall, leaving gaps instead of placing foam or caulk there, so then dozens of centipedes come inside the house, or all kinds of other bugs. youtu.be...w says caulk 90% of the toilet base rim, so you can still see water if it leaks, but what if water sinks into floor from the opposite side? His idea is great, to leave a 4 inch gap at the back, but perhaps, we need that same 4-5 inch gap at the back distributes as 10 half inch gaps at equal distance, so you can monitor all 10 areas, since leaks can happen only in one place and then water may not get to the other side due to the way wax and caulk affects water flow. *So, 10 half inch gaps (or at least 3-5 gaps of 1 inch) can act as a semi-"sensor" of the stone age of greed, when people are too selfish to have one company for everything related to house maintenance, everyone wants to be the great CEO, doing the worst job, and no RESEARCH, or 9000 times less, as in Republican style "small business true 'patriotism'* (turning our nation into a ghetto, as nobody is motivated to work hard, invent, if one gets paid 10000 times more for the same exact job, selling a $100 million house as selling a $10000 one), *ethics and IQ". The motto of most Republican Party donors seems: "*Money is our God, economics/business our major, redundant manager, stock trader, house flipper, speculator, CEO our main job, greed our guide, *Financial Credit Score* the God of all things on Earth, cooperating, sharing, science are forbidden. Bible is the Word of God. Anyone who proposes centralization, efficiency *(so we get 9000 times more research, 7000 times fewer issues with house maintenance, 100 times longer lifespan)*, is an enemy of God, since then via science all realize the Bible is fake, mass subjugation unGodly, and Immortality Credit Score needed as a much better Score to guide civilization*". The score would be from 0 to 1000, with most between 50 and 900. The FICO is very narrow, most are 600-700. A wider range would be helpful, as well as having 100+ subscores for matching preferences.*

We still need good sensors for wax rings, any connections, pipes, appliances with gas, etc. People waste time to replace the drywall and whatever materials got contaminated, not to mention the air inside the walls can get these bacteria growing etc that are not ideal. While those internal areas are not what we breathe, they still can cause the bacteria to migrate eventually thru tiniest slots contractors did not seal (stuff ants use to enter house), etc or cause sewer gases, etc that lead to explosions or fire. Google "mold remediation" or mold from the leaves in your garden, etc, we do have immunity for these things as molds are everywhere, but some may mutate in dark places into various types that for people who sleep with windows closed could cause an issue if any leak exists for air, etc. So, not only they replace a lot, but in old people, with weak immunity or those who sleep poorly (immunity becomes 30% of normal) it can cause some allergies, from mold toxins or infections, lung problems, etc. Thus, we have added health expenses too if leaks exist and these leaks, due to no sensors, are so common that virtually, 90% of houses are full of mold inside the walls, also due to day to night temperature

fluctuation and condensation (attic eaves). Molds can't feed on plastic or carbon nanotube synthetic materials of a high tech era, but thrive on wood, drywall and the paleolithic tech we use today to build houses. Molds are big business, they don't design the house intelligently to prevent mold formation, with catches of plastic near every pipe to divert all water down into sewer, etc and plastic coating, etc. Likewise, termites treatment etc are big business, so the wood lobby is best friend of termites folks, they work as one aristocracy to keep us all in the stone age: big private business, sell and make cash. People are too busy playing 0 IQ violent sports to be in a lab to wash glassware, etc to design a new wood treatment method (not the typical one where wood is porous and water mold absorbing, as with termite pretreatment) that would make the outer layer totally chemically inert to water/mold, smooth, impenetrable, as if you glued a PVC to it. You know setting up reactors, building research centers, etc is using physical calories, but none are left after 1 hour of "sports". So, we remain baboons. This coating of wood would be better than nothing, until they create a better material via carbon nanotubes or plastics, new unheard of polymers, etc. The culture of trash into landfill is there, instead of build stuff lasting 9 millennia. Look at the nail tech, all these rotting nails, rusting nails on gutters, when you can design stuff way better, with better chemistry that never rusts. Such a simple task, yet not done yet. Same thing for drywall, no special chemical treatment to create drywall that lasts millennia. ☺☺☺☺☺☺☺

Due to many types of leaks (toilet wax ring, pipes, stems for faucets, etc), people replace drywall besides time wasted by plumbers, etc as you can see in 1000s of youtubes. People may do it without proper nose protection and N95 mask or etc, and get infections in eyes, or allergies etc. People don't know, they read some do it yourself online and not realize that a first time doer is not the same as someone who did with all gadgets etc 100 times and knows how to do it without inhaling all toxic stuff, ozonate afterwards well, etc. Some kitchens today suffer from the profit at all costs mania: they find some dark granite and use it, without a layer of light color on top for example: this causes people to clean only 10% of the existing dirt that attracts microbes, ants (that carry viruses and microbes), and all kinds of insects. When it's white or light pastel colors, you wipe it out 10 times more, as you see exactly where to go and ants don't come to eat the left over stuff. Dad and son contractor saves 20 minutes, leaves baseboard meeting points in corners with gaps, for ants to come in, future home owner deals with it for 300 hours, buying chemicals, not knowing it's usually baseboards lacking caulking *(sometimes the gap between the concrete or floor and the wall allows ants to come from underground into the house, so you simply pull carpet out, just pull it, it is held lightly at the edge by some pins and you can push it right back after you caulk)*, especially in the corners where they meet, easy to see the crevices if you trace the ants and save endless hours and money spaying ants, placing ant devices, etc. Who pays those people wasting 300 hours? NO standards, every contractor

does their own "jack of all trades master of none" job. Talking about ants and chemicals, you can mix sugar:borax 4:1, solid and place in a small open bottle for the ants to feed on and kill the entire colony in 1 month; or spray whitish concentrated imidacloprid, it kills ants outside that are the source of your inside ants, within 12-24 hours, imidacloprid is like the "nuclear weapon" of ant elimination outside, costs *20 cents versus 100$ to call company to use the same chemical*, use some $ store spray bottle to make a concentrated solution, 1 spoon in 200 ml water.

If your toilet leaks from upstairs to your downstairs rooms, the drain PVC or metal pipe leaks, or some toilet flushing connection got loose and needs plumber putty or some tape until plumber comes *(10 min with Immortality Building Inc, and a happy 2 days with 1 million contractors sometimes, only 144 times longer: the classic message they got is "part is on back order, wait 4 weeks" EXTREME EFFICIENCY and hear that: "utmost or unparalleled customer satisfaction by "competition", waste, decentralization, reinventing wheel 50 million times in industries")*. The only-when-flushed toilet leak could be caused by loose mounting bolts or a worn-out wax ring or plastic flange; the all-the-time leak could be caused by a loose water supply line (to the toilet) connection, bad water shutoff valve, faulty seal between the toilet tank and its base. When dad & son contractors install tile, they make mistakes that increase likelihood of leaks, though most wax rings simply wear out after 30 years, some even after 3-15 years. You know with one central company, you don't need to have the plumbers drive 1 hour to you, they have endless local people, saving tire particles and smog from gasoline that kills millions. Be kind. Without central Immortality Building Inc, humans don't do proper maintenance, like 20$ anode replacing to prevent corrosion of the water heater, so then they replace the whole water heater and the whole USA is just a 3rd world country of ☺pet IQ folks☺ replacing appliances that would last 3 times longer with a minimal maintenance every 1-2 years made by Immortality Building Inc.

Immortality Building Inc can specialize people and they can work on the same few things always, doing it much better than jack of all trades, master of none *man and cousin company*. In Microsoft Windows a programmer does one little thing, not all of it. This way, everyone does it right, 100.00% of the time. Mom and dad companies are trash. Like a 2 KB *OS* vs 3 GB *Windows*, a *million fold difference as 1 million people work on Windows, not 2*. Why do we need 15 million subcontractors instead of just 15 main companies? The wax isn't that good anyway, a better tech with undiscovered yet material exists. With tiles, they need taller wax rings, etc, as shown above. Toilet flanges can fail even after 6 years, or even 2, so sensors are a must. Some say check it it every 2 years, but no homeowner does it, when it could be on a checklist the gov emails the people… until all got sensors. Folks are too busy with selfish sports to check things that require some exertion or they just watch soccer on TV and shout, then play a little basketball to feel "a proud American". The ideal standard toilet flange should rest on top of your bathroom floor or be 1/4 inch above it. When you do tile and floor work etc, take toilet out etc you need place new

wax ring to make sure it doesn't leak. They don't install new wax ring always, decentralization ***ruins the planet and human species***.☺☺☺ No common SOP. This failure to raise the wax ring with a taller type or rubber support they offer, etc will increase chance of a leak happening 5 times faster. Immortality Building Inc trains all to do the simplest maintenance tasks, etc via the youtube channel with the most eterni tones. We got 3 million teachers, each reinventing the wheel, no central education, no same videos in nice tone for all. Wax can dry out apparently and then crack. Due to decentralization, wasting half of our energy duplicating reinventing the wheel, SOPs, etc, jobs, admin positions, etc, many Americans live like caged rats in moldy (most people are too misinformed to know most houses with our Neolithic tech have some mold for example), infested by insects (ants everywhere), condo floors that shake (when neighbors come home) and leak, loud noisy housing due to paper thin walls using 1st century tech. ***Sensors can be powered by water flush or cosmic pulses vibrations alone, sensor battery lasts 50 years***, via a resonant mechanism of using pipe flow, electric flow, etc. Governments are too busy lecturing about peace and torturing to death millions, instead of creating immortality capitalism. All due to the way aristocracy designed the system, to exterminate or enslave the workers, check out 17 apartments became one big apartment, while others are homeless. Some people realized most spy agencies, militaries are controlled by the same royals, aristocrats of yore. But most don't.

The Demon-crats need to support the immortalist party as it drafts new 1000 times tougher than today standards for mold, lead, noise transmission thru walls, roof and windows, formaldehyde, off gassing of floors, walls, furniture, etc used in remodeling that causes asthma *and* endless diseases of the lungs, heart, brain, and inaugurate $50 million for every violation (cops go with instruments in a hotel, measure all imperfections, violations and fine them billions for 100 rooms, let Hilton pay $5 billion a month until it goes bankrupt), to help bankrupt millions of companies that are ***pure frauds, and run by greedy aristocratic bastards***, whose only religion is theft from the poor by killing slowly the poor with toxic products used in remodel and construction and toxic procedures, shortcuts and etc. This amazing & beautiful ☺☺☺ wave of bankruptcy, gives Immortality Building Inc 5 million new employees who will be trained the right way, and work with a company that tests 10000 things, that the mom and dad ☺filif IQ☺ companies never do and never can, as they don't use the power of humanity and big size, can't afford the expensive instruments and procedures the government uses. This company can even text decibels when some noise happens nearby outside of the house or in a neighboring condo, at 3 ft from each corner at 45 degrees, to create a national database for noise levels based on materials used that is used by sound engineers to discover the most efficient cheap sound insulating materials for maximum happiness and health. With amazing & beautiful ☺☺☺ measurements, 900 at least for each house after remodel, the chemists and engineers can discover the best ways to remodel to remove lead, mold traces. Today, with 3 million competing

companies and contractors, no records or measurements are kept in any file, and not electronic for sure, making it difficult to know what kind of remediation or maintenance was done at the house, as you got 500 things done by home owners, 200 by one company and 50 by another company, with 10 done by another 10 companies. Who will have records of it all? Today, competition and greed are far more important than protecting national health. Thus, enormous missed opportunities to create trillions of data points and discover what works are missed. Thus, united as one, we Americans get rid of aristocratic parasites in one quick 5 year sweep that ends millions of unethical trashy businesses that keep us in the stone age of savagery. Those equally greedy foreign aristocrats will have soul discovery day when receiving $90 billion fines over 5 months for hotels that don't meet the new touch health promoting standards too. ☺☺☺

How can people live in perfect health to 100 or maybe 150 if the standards are so low? If you buy a house built before 1978, you need to do a lead inspection and they say go to the EPA website to search for an EPA approved tester, etc. When you go there, you search within 50 miles and you get 45 contractors for Washington DC for example and you call them all and only 1 of them, after wasting 2 hours of talking and calling, has an appointment next day (that they cancel 3 hours later, saying it will be 3 days later) and also has the XRF spectrometer that detects the exact mg of lead/cm^2, which the tube tests never can, unless you scrap paint, making a 1 mm deep cut in the wall to test the wall paint layers from 1850 to 1978. So, the home owners, the workers, have to work hard and jump thru endless loops, when the government via Immortality Building Inc should have inspected, renovated, remediated any mold, lead, etc before the new owner moves in, as housing.gov explains, if immortalists win 60% of vote, Republicans 5% and Demon-crats 35%, so we can finally place workers first and aristocratic parasites last. It's sickening to see all these enslaved workers waste eons going to home depot and trying to figure out in 3 hours what a contractor does in 1 hour visit at the store, where items are, what to buy, effectively reinventing everything, the wheel and wasting their life, when they could innovate and we got one company doing all house maintenance. The ☺abysmal IQ☺ and selfishness of the Republican party can't be more evident: the poor workers have to have PhD in nutrition, in house building, electrical, plumbing everything, because they're too poor to afford the exorbitant fees sometimes, the Republican eternal crusade against big government is pure cruelty and genocide against the poor, pure egoism, we're all one family and the government is us, we help each other, we own the 11 companies, We the People, instead of only the rich having expensive preventive maintenance plans and knowing nothing about house maintenance or anything, as cooks make their poisonous foods making them irate psychopaths of untold avarice. The Republican government simply takes care of the rich, and steals from the working class. It's guilty of global looting of every American. The immortalists' administration would be all about the PEOPLE, the end of rich people, the start of democracy. Immortalists offer the

conservative values of Re-pub-licans, minus the greed and mere contempt for the poor, in fact immortalists are for ultra conservative values like sex for pro-creation only, etc. The Re-pub-licans simply pretend to believe in Jesus, as they're OK with a lot of sex outside of procreation and the abortions it brings. The modern people always use division of labor to do things fast, efficient and 1000 times better: some work in maintenance, others in longevity, why not apply division of labor universally? Why do we have to make the poor masses learn the job qualifications of a plumber, electrician, installer, drywall builder, lead abatement specialist, etc due to the expensive unaffordable prices that make only aristocrats do these with ease via slaves they employ, so the rich have more free time to torture, terrorize and enslave 85% of Americans thru CIA, FBI, etc fraudulent banks and endless useless businesses they brainwash us we really need. The poor have to be jack of all trades, master of none, to survive. If Windows were replaced by 1 million operating systems, like we have 1 million contractors and 100 million mini-contractors the home owners, we would have the crappiest operating systems with 1 million fewer programmers. The same crap happens with housing, we got every clueless ☺ abysmal IQ☺ guy doing maintenance without having a clue what they're doing. Leave it to the experts. You don't let janitors to design space rockets, why let every filif monkey IQ company maintain a house when they will become so much more high tech to enable us to live to 900?

How can Christians, fans of 900 year old Methuselah, argue with Immortalist Party, when the Gospel calls for (spiritual) Immortality for All? Centralization is the manifestation of "Christian virtue". Let's do it and live the true meaning of Christian family and viewing all as your fellow siblings or kids of God, with all data shared by all, via the only one company that maintains and fixes all houses, and knows from records all that was done, for mold, for leaks, for lead, easy to search in one database. Parents or God don't give 50000 apples or calories to one kid and 1 to the other, yet in the perverted Christian philosophy of parasitic aristocrats, they want to pay some 50000 times more for the same 40-60 hour work week, when their 'amazing contributions' can't be done without the toil of thousands in more menial positions. His Nobel Prize was due to the work of 5000 others who got no money, not fair folks. What "Body of Christ" family are they talking about? If it's one body you don't have aristocrats and slaves. The rich pervert the Christian and other religions in order to justify slavery, caste systems and other unfair genocidal practices. The so called scholars and pastors are mere frauds who whitewash fraud (fake miracles) and theft as kindness. All day they shout about virtue, yet all they do is kill fellow Christians with noise, lead, mold, cancer causing chemicals off gassing from walls, furniture, floors, paints for a year after people move in. We immortalists have nothing with true Christians who chose to believe in faked miracles and unproven hypotheses☺☺☺, only with those who would use religions as a cover to subjugate, enslave, kill and destroy others covertly.

We hear we "need" build high density housing and other lunatic ideas, which make us easy

target for wiping out 90% of people in 2 minutes. Nobody enjoys living in a 5-20 floor building that could come down during an earthquake, tornado. Plus, we got millions of acres wasted with useless tobacco, useless wineries, soy, corn, that we feed animals to give us toxic red meat. The idea that we can't do it is false, everyone wastes their life in car dealership jobs, instead of creating new rivers to go where nobody lives. 80% of Americans live in one section of the nation, due to our innate amazing laziness and decentralized "50 million middlemen jobs, 20000 city royal family governments" chaos of "wait until the whole empire comes crushing down". The aristocrats pretend they want to help USA, in order to get insanely high incomes. Then, the workers realize the system is rigged, so they act busy when they can as USA collapses. Decentralization and redundant management jobs, sales, etc, government (20000 governments with their own laws, etc), means we lose about 50 million jobs, due to inefficiency, reinventing. These bloodsucking aristocrats prevented electric cars for decades, causing $8 trillion in extra oil imports, when sun and wind are free. Worst of all, the car smog kills workers who live in smoggy areas. The rich live in smogless grand estates, with their own pastor airports, as they preach hate and claim to promote Jesus, when with their pro-gas cars message they support Islam 100%. US is the land of conmen, frauds, each for themselves, whoever can cheat better wins.

The essence of Christianity, Judaism that rule USA is simple: a big unique design house, 5 million designs, endless architects, no science of new materials, etc. Instead of only 500 designs or so, we got millions and endless different rules in every state, so it takes 5 months to build a house, instead of 2 days. China erected a mobile structure in 2 minutes. The ☺low IQ☺ of the system, that takes often 5 months to even buy or sell a house, instead of 2-4 days, is unbelievable. Everyone is a reseller, marketing nonsense specialist, architect. The essence of spirituality in USA is not to live longer to 1 million to have time to understand God, so one can emulate God not psychopathy, but to build your UNIQUE house in a way that makes you "shinier than the rest", in a way that nobody knows where pipes are, anything is. Most older houses have no blueprints electronic at housing.gov or some central location, and mom and dad garage contractor comes, makes 40 holes to figure out where the pipes are. With immortalism, they know your house is design # 455 and where each wire and pipe is within 2 mm. No need of any guesswork. The USA has over time shifted into a country of egomaniacs and ☺abysmal IQ☺ selfish people, so brainwashed by the soulless aristocratic genocidal palace dwelling aristocrats to be a cruel heartless person, that it never occurred to them everyone could have a single family home, fewer designs, 400 times fewer architects by modular design of commercial, and 500 designs for residential max, and live 5 times longer if we had 10 times more science and engineering jobs, instead of bamboozling/politician jobs and 20000 local governments creating 20000 versions of every law . It's like we have 20000 presidents, trying to con everyone else, rip them off. The most important thing in life in 2025 USA is "not 0 violent crime, but simply a

bigger house, a unique house, having your own Taco truck, business living paycheck to paycheck. Sharing is a sin", why have Chipotle, Taco Bell, etc produce healthier tacos and eliminate all taco trucks if we can have 5 million taco trucks and remain in the stone age? How can any innovation ever occur if we keep these filif IQ truck companies making food? Same for the housing industry: all about appearance, shape, size, colors, nothing about what makes people live to 500, by having 50 times more chemistry, physics engineering jobs that innovate. Foods and houses, transport, etc are more about appearance, taste, texture, smell, not living to 500. Our national resources are spent to increase entertainment for 1 million and their lifespan by 5 years, instead of increasing lifespan of 340 million by 10 years. We get to thus increase lifespan by 5 million years instead of 3400 million. This sinks the USA into stagnation, as other democratic nation increase lifespan by 5 billion. The way the system is has nothing to do with what is good for the maximum amount of people, but what is good for the aristocrats living in palaces. How can anyone trust USA to lead the world? Never. All nations move away from the $ for this very reason. Bandits rule USA folks who torture covertly. ☺☺☺☺☺☺☺

4.5.6.4. Eterni Bank (shorter than Eternity Bank or Immortality Bank) with its long-term goal of the eterni universal currency, the one and only (cash nonexistent) digital currency on Earth, when 1 billion companies become 11. This is the 4th of the 11 National Unified companies of the immortalist America, renamed Eternia. All will know it as "the bank", the one and only, so we'll say "I am going to the bank", as there is only one Bank and 50000 Immortality Universities, instead of 50000 Banks and 0 Immortality Universities today in the Age of Aristocratic Bandits Genocides via brainwashing campaigns to steal all money from the working class via car loans, private education, big house, a new phone yearly, 20 subscriptions, extracurricular imbecilization of kids that costs 10-20K a year and provides wholly inferior outcomes (dumb kids who have no independent thought, good sleep or any creativity, just a resume of "stuff kids do" to make criminals rich, same criminals from universities who say "admission to our life wasting university depends on extracurricular crap, just do your own biochemistry of living to 4000 research, leave alone those "pig IQ companies") to ideas in this book any parent can home school, useless luxury goods. Eterni Bank becomes *the* only *bank of USA to help us replace the* parasite banker "*profession*" *with* scientists, *replacing* 4500 banks & 4700 credit unions *(so 9200 banks really, since credit unions are in reality banks, even if they're nonprofit cooperatives owned by its members that can provide better rates) of green banknotes* with 1 bank of beautiful colorful banknotes like other nations or perhaps, 50% of the color is lavender-purple like Eternia flag. This is needed for the birth of fairness, so no aristocrats can *steal workers' savings by crashing banks*. Look at the chart, USA is shutting down all banks slowly, destroying the parasites, US had 29000 banks in 1921. We need to reduce the number to 5 max very soon. All deposits in US's Only Bank will be insured by the central government. This ensures highly

efficient capitalism like never before, to help the masses, the average person, the poor, not the merchant parasites.☺☺☺Having many banks means customers wait 20 minutes or 2 days in some countries to withdraw money, due to endless verification. *All products today will be unified, some employees of existing banks remain.* The money supply belongs to the American people, not to the aristocratic mafia. No income can be made outside of salary paid in one's Eterni Bank account, to catch all spies and gangsters, bring Eternal World Peace and 0 violent crime, as cash and all online crypto currencies are banned. No illegals can survive in USA, as only legals can get the card (after a DNA test too, to make sure they're not a Chinese (see her) who had plastic surgery to look Black, Latino or even blue eyed White), and no cash/crypto/foreign currencies are accepted in any store by federal law. This prevents fraud, bribes, kickbacks, 35 million illegals from being a 5th column spy network working for enemy nations. People are so naive, they don't realize brown eye people can get blue eyes easily in several ways. It takes 30 min only, see 2 min clip. Only spies do it usually, or insecure people, since you can become blind if something goes wrong or doctor errs. USA will TEST ALL LEGAL residents and citizens, all 350 million Americans, to make sure their legal docs saying 'Race or Ethnic Group X" matches what they really are by DNA, to find all first generation spies or even those who have been spies for 12 generations since 1700 when ancestor moved to USA as a foreign spy. The day when cartels run 30% of America, 90% of Mexico and when foreign spies run 30% of USA with only 40% of USA run by USA, will be over. USA will no longer be the toilet where nations defecate and send their terrorists, insane psychos and murderers. This card uses biometric fingerprints and other facial scanner to make sure YOU alone use that card and you can't lend it to an illegal. The way billionaires keep everyone poor is thru credit cards and the US 9200 banks, that make the average Americans own 92000 in debt. Without this money, slaves, the 90%, who get no homes, no cars, can't buy 60$ dolls that cost 2$ to make and make everyone a cat IQ person. They sell a 9$ coffee to lower worker IQ, when at home it costs 10 cents to make, a 30$ restaurant lethal food, when at home a healthy meal is 3$. Workers get into debt via the demonic banks who even have such a thing called credit. They got no home. Normally, in a civilized society, everyone gets to work in one of the 11 companies and gets a free basic house once 18, if they want to move out of parents' home and there is no such thing as credit or discount cards (see below). Any purchase is deducted from paycheck weekly, or if big, over 3 years/decades. No inflation exists. No stocks, no gambling, no crypto scams. Everyone gets free public transport, healthcare and enough money to buy clothing, food, cleaning suplies. The rich often don't even know what shampoo is for, since all their life they had their hair washed at a salon, where slaves work instead of doing science. Credit is not needed, except in criminal societies. When the workers with no car, no assets, huge debt die, Depression happens, as banks go bust, as the 200K in debt of millions dead can't be paid. So the Banker subjugation of the youth will end with 15 banks instead of 9200 today, which will be a good thing for USA, though we can get there via the

Immortalist Party and no depression due to this looming disaster. The reality is the smaller aristocrats feed off as parasites on the 90% too, not just the billionaires. They think they're much smarter or something that they saved, but that was not their merit, they were told by the rich parents to save and not buy on credit, while the same evil parents told the 90% to buy on credit and be homeless, renter for life, to make the rich wealthier. So, for as much as they lie to us, the top 10% literally destroy USA as everyone is engaged in a win-lose game of super low IQ businesses of trash that create no progress or scientific innovation, only fake science to sell junk. Until the 10% realize what happens, and the 90%, it's hard to reform things, as the 10% buy both parties to fake elections, con workers into fights over nonsense, LGBT, etc. Money makes people very disconnected from reality, as they live in plush neighborhoods, thinking all live like them. Money also makes them able to pay fines in 1 hour of work instead of 1 year, so all laws lose all meaning for the rich, unless everyone has to do community service at one of the 11 companies. The rich lose all empathy, and realization that all their wealth is built on destroying the nation, since the workers, without house, stability, drifting around, have no wish to have kids, can't raise kids properly, education☺☺☺ is not centralized, free, high quality, everyone becomes filif pig IQ. Billionaires hire others to do everything, their kids become drug addicts, as nannies fool around, destroy rich kids, the rich destroy the whole nation...

A cashless society ends the millions of ATM shootings that lead to 12 year jail sentences, which mean half a million in state jailing expenses and half a million for rehab of the victims at least. When we do the math, this is $1 trillion over the years. Behold the cruelty of the CASH SOCIETY: millions of defenseless women and kids shot and made permanently unable to walk normally. Any animal pretending to be a human, who stabs and shoots anyone in a robbery deserves death penalty. The filif fruit fly IQ of leftists who say "no death penalty", "no penalty for theft" etc is illogical, since these murderers only attack poor defenseless people, since aristocrats never go to ATM, they live in gated areas with security forms, concrete walls, bullet proof walls, cars and windows. The cash society only benefits The aristocratic beasts in its plunder all goals. The cash allows the Beast to launder money, bribe people. The working class is the victim of the evil Democrat Party policies of minimal death penalty. Now, you understand that the Aristocrats push guns on poor to shoot the poor and not kill the shooters, so the shootings destroy the working class forever, via gun ownership genocides facilitated by the infernal Republicans and the evil twin Democrats who support violent music. This only ends when all guns and sharp big knives are outlawed and death penalty for any stab/shooting becomes the universal law on Earth. Guns for cops only. Criminals kill and shoot people so easily simply because there is no death penalty for nonfatal shootings or stabbings, Cash is Genocidal war by the Democrats and Republicans on workers. Cash allows rich men to setup gangs covertly and terrorize the working class, drugging the working class in secret. Democrats are simply Republicans in disguise (max

salary = 5000x the min Dems, max salary = 50000x min Repubs, unlike Immortalists max salary 2-5 times min) with only 1 goal in mind, the subjugation, eternal slavery of the working class, they're not leftists in action, only in appearance, as clever masters of global deception. Cash allows the rich to bribe endless people, overthrow governments and install gangs in power. Anyone selling anything on eterni.i (the new Amazon, Walmart, online shopping merged into one as a sort of market.gov) by having the vans pick it up from the front of the house, has to show, before setting up pickup of item, online proof of ownership by logging in with their universal ID, which has the code of all owned items, purchased or received by gift with the ownership code transferred from prior owner to new owner, to prevent black/regular market sale of stolen items that are misrepresented as "gift items". All caught with items they don't own is stealing and pays 9000 times the value of the item. Barter is illegal as it can create drug trade. Any purchases above your normal food consumption trigger a universal police (only one such department for all USA) visit or a start of top secret investigation for later deportation and citizenship revocation from the citizen or resident who helped an illegal to buy food or anything, besides lifetime labor sentence for aiding spies who want to kill all USA in 10 seconds with a fist size sci-fi weapon. All bank transactions are monitored to catch spies *(just as they're today to some extent in all nations).* Goodbye Visa, MasterCard, etc. there is Only 1 payment system in USA, and you can pay anyone like PayPal using this system and the bank app too. Visa may be the largest and only one allowed outside of USA for US visitors buying stuff when outside. All other cards are banned Stock market fantasies are later vanished (funny how in 1900s, Jews were the main people running the stock markets in Germany and other places, making the equivalent of tens of millions of dollars in today's $ as stock or commodity traders, like a recent oil options trader made 200 million on the Jewish Wall St recently, how Jews posed as French and English and started to destroy their empires and create Israel's empire thru WW1 & 2, using USA to finance the new Israel empire), as well as all market/hedge funds and banks for central banks (BIS), etc, with perhaps no more obese chiefs of world's largest international bank, BIS, the banker for central banks owned by 63 central banks representing 95% of world GDP. This poor guy works so hard to rid the world of war, to house the homeless, that he became obese, he's controlled by hidden forces who have him overeat, so we can have compassion for the palace dwelling aristocrats who control the central banks of most nations… via many methods, including the Swiss BIS. China's bankers burn fraud records before audits. Chinese illegals use fake licenses to launder money, buy properties, etc, none of this is possible with 1 bank card allowed only in USA. Canada 79 banks, USA 4562 in 2025. China got 9400. With one Bank, we can search our account and find by product name when we bought it, so we know even 35 years later, that at 4 pm we bought that multivitamin with only 400 IU D_3. Today, the abysmal IQ aristocrat ☺☺ designed banks have no such features, they delete data in 2-5 years. The US makes the same monetary devaluation mistakes as the UK and may end up collapsing.

Millions of people are scammed by text, email, phone by impersonators of Amazon, bank customer service, crypto currency companies, etc. Many banks means scammers can send to different banks, withdraw money, etc. With one bank, nobody can be scammed, like in 12 billion/year of real estate scams (escrow wiring) in US alone, 1 billion online romance scams, since Eterni Bank will forbid any money transfer to overseas over 200$, to prevent foreign bandits from stealing money of US residents, widows, seniors, adults joining an "investment scam" or having "online lovers overseas". The current criminal US government allows bandits overseas, controlled by gangs or US spies located overseas, to steal billions from US citizens, due to 9200 gnat IQ banks that don't prevent transfer via a new federal ultra tight monitoring system. Any US resident can only have 1 US bank account with Eterni Bank, and there is no cash, so nobody can scam anyone, since the balance for any person can't rise suddenly, without AI making funds unavailable due to suspicious rise in funds. All income is from house sale, rents or monthly salary, so the AI knows exactly when a house was sold or not by that persona and can verify via the unified system if he sold his house. No bitcoin ATMs to steal people's cash either. US products will be better, so nobody would even want to buy much from overseas anyway.

The renaming and dissolution of all banks into Eterni Bank is a first step in the emergence of an immortalist republic, where ethics of Immortality *for* All (living to 9000), longevity are 1 trillion times more important than money, economics, having redundant banks. Each nation can create 1 bank called "Eterni Bank of Country Name", known locally as "Eterni Bank"; as nations merge to create the Earthling Eternia Nation, banks merge as Eterni Bank. Big Banks steal trillions of dollars in every nation, they give you savings account average rates below inflation, they're vampiric parasitic demons defrauding the working class worldwide, in immortalism there is only 1 bank and 1 product, the bank account with one rate universally. All will be ethical science, instead of All gambling and Murder (guns, violent crime, covert genocide via bad products) as Today's USA. Everyone today is a PhD is stock gambling. Big banks pay 0.1% APY vs 4.3% Fitness Bank (need fitness tracker, turn it off, except when downloading to prevent cancer from RF or tracking our location by hackers) + 4.4% checking if 10000 steps a day, 4.25% Pibank up to 250K. Genius Checking is 6.75% for up to $7500, for those with few savings, by the General Motors Credit Union started in 1936, which became Genisys CU or genisyscu.org. Anyone from USA can join with a 5$ donation to a charity you select on the site. They've been around since 1936, won't go bankrupt, plus anything below 250K is insured. Connexus CU offers 4.5% checking for up to 25,000$, if you have debit card purchases (15 or 500$ in value), e-statements, one 500$ deposit (or connect Connexus with the Pibank savings and transfer 500 from there for your monthly food, Amazon, etc purchases), so they offer you more savings than Genisys (which also requires 10 debit purchases, deposit). For balances above 25K, you need Pibank or Fitness, as having $25000 in Connexus won't make you much at 4.5 vs 4.25 Pibank, and can keep your

existing checking at low balance of 800. Pibank got fast approval, but because Pibank gives high APY, Pibank (like many mortgage and other banks) doesn't accept ACH transfers, which cost them more money. Thus, to fund Pibank, you need to wire the money from an online bank or a traditional bank that does wire transfers. ACH transfer to Pibank from online savings bank will simply return in 4 business days, since it takes 2 days to get to Pibank, then be rejected and sent back; to avoid wasting 4 days without interest, or 0.05% APY, you need to fund Pibank via wire transfer to Pibank or via Plaid (within Pibank app, after you connect a bank to Pibank; Plaid is the system used by PayPal and 100 s of financial apps and banks to connect banks). Thus, you can fund Pibank by linking Pibank to UFB Direct or online bank you got now, via Pibank app 'Deposit, Add Bank, type the Bank name, and select it if it is one of 4500 Plaid connected banks' account and connect your online bank (e.g. 3.26% UFB) or 4.2% Axos to Pibank, but this allows Pibank to spy on your transactions at the Wells Fargo, so only connect an online bank you never use, like UFB that allows 0$ balance. That way hackers won't hack into Pibank and know your main Bank credit card transactions, where you shop. Spend 3 min extra to get the 4.4% APY, since Pibank (& best APY banks) saves all costs possible to deliver savings to us. You can transfer via ACH domestically to an online bank (like UFB) with outgoing wires, then wire from there to Pibank or foreign bank, if a High APY Bank lacks outgoing domestic/foreign wires. You can get a UFB account for foreign/US wiring without visiting a branch. The Eterni Bank is We the People's Bank, the liberation of all. Don't let the aristocrats steal your $ with their low APY%. Check out what the financial industry does via Bitcoin to people: genocide. See Bitcoin farms, bitcoin ATMs that stole 0.25 billion from gullible Americans in 2024. Gold will fall from the 5400$ high, AI stocks can lose value, like in the 2000 dotcom crash. Crypto is scam, avoid it. Keep cash with FDIC insured banks or NCUA insured credit unions ≤ 250K limit at any bank/union, to be safe, those 0.1% banks that offer the higher than inflation APY% (4-4.4%). 1 million needs 4 banks. ☺

This ☺*loving tender gentle kind*☺☺ *dissolution* of genocidal aristocrat☺☺☺ owned 4500 banks, liberates the hard working average American first time in a million years and ensures America is not a slave colony of British, Swiss, EU or Jewish banks. The Swiss helped genocidal psychos launch wars, for profit, using bank secrecy that protected the most evil people on Earth. The Swiss banks, like all offshore banks, are a Criminal Mafia that Destroys the Planet. If the 8 billion workers unite against a few criminals at the helm of each feudal nation on Earth (most are quite feudal), all these demonic banks can dissolve into one national bank: *all militaries are run by demonic aristocrats, end it quick* and bring instant World Peace. Let the *Swiss Jews within BIS* bring World Peace in 3 months. This merging of 4500 banks helps the world move towards ~*~Eternal Universal Peace~*~ via one global bank, one village, one nation, no longer controlled by parasitic blood sucker aristocrats, but by We the People *of Earth, whose first right is that of Being Alive, without which no right makes* sense *if we're dead, right which* bankers always

trample on via aristocratic wars of theft and genocide. Eterni Bank is America's declaration of independence, real independence not on paper as in 1776. The aristocrat's religion is like Old Testament, the first page of Bible quotes: rape all nations, commit genocide to steal, loot everything by all overt/covert means. The genocidal torturing military aristocrat bandits espouse endless fraudulent economic theories (never practiced, since stock market, companies, etc are all aristocratic military-police state controlled, no free market exists, all is in the hands of the rich who torture anyone in their way) only as a covert ruse to deceive other nations, crash currencies and subjugate whatever nation *(the 95%, the elites they can bribe, in order to steal all human cheap labor and natural resources)* they can, alone or in unison with bandit aristocrats in other nations. The rich always come up with new fraud schemes to fool the masses, or even fake political parties they control from outside the nation in order to enslave the locals, etc. In the new One Bank system, if you want to sell items, give them to eterni.i (a sort of market.gov) and they sell it for you (eterni.i replaces all used items store in USA, allows all to buy and sell used stuff, with proof of ownership verified, as all transactions are recorded and saved for 5000 years) and pay in your checking account, which is always connected to your immortality ID.☺☺☺

WHY IS THE DOLLAR GREEN? Green is a special Jewish color in mystical Judaism called Chassidus/Kabbalah *("Ohr HaMakif" (the "encompassing light") is associated with green). Green is also an Irish color.* St. Patrick cult of miracles is a fraudulent myth based on fake miracles of the patron saint of Ireland, possibly a Jewish conman emulating Jesus' tricks, the so called Converting to Christianity Father, a conman great at tricks (trick, tap = Patrick = one who taps into tricks to enslave the masses) and Irish wear green on 3-17, so Irish folks obsess with green the symbol of Inquisition genocide, Vatican wars, 5 million forged miracles, 900 Bible genocides. Green is the sacred color of Quran and Islam (added to Quran due to the Jews around Mohamed, who taught him to say *Pray facing Jerusalem first*, Mohamed was guided by *Jews* in writing the Quran, as it is a copy of the Torah with minor changes). See the odd Freemason symbols of the US dollars, created by Jewish Freemasons love he Solomon Temple a key in Judaism. The pyramids on US currency are the symbol of subjugation of the masses by the monarchs and aristocrats who worked slaves to death to build a nice palace for themselves. They're like the Mormon Church fraudulent cult of Egyptian tablets. In Kings 11:4-5 Solomon Jew king ('infinite wisdom' in freemasonry) worships Molek, a deity Jews sacrificed babies to, 1 Kings 9:21-2 shows Solomon had slaves, Solomon had 1000 'wives' (sex slaves) to satisfy his depraved lustful animalistic self: Kings 11:3. Masonic temples worship death. The natural US money color is a mixture of white, blue and red, which together form lavender. Thus, *immortalists* propose lavender purple shades make up 50-70% of all banknotes. We're not a colony of Israel, etc (green flag: Saudis, Irish, Italian, Iranian). We're USA and we deserve unique banknotes with colors rarest on any banknote: gold, lavender, purple, blue, beautiful colorful banknotes, with

purple, yellow, blue, lilac, white, fuchsia, lavender, magenta, orchid. It's perhaps time for USA to become free of the Jewish, Italian, Irish and Muslim mafia influence. The immortalist banknotes follow the color guidelines of the Immortalist Flag. ☺☺☺☺☺☺☺

The chart of the highest paid US government employees, reveals 98% of them, 8229 out of 8369 to be exact, have jobs related to the criminal financial system (12000 stocks, 4500 banks, 4700 credit unions, 33000 hedge funds to make the rich richer), but 0 chemical physics synthesis university to bring eterni foods) we don't need. With a simple system, fraud is 1 million times lower, as only 1 bank and 0 stocks exist, one housing financing exists (each person gets a free house, at 18, everyone is employed, mortgage for bigger houses later when marrying or having kids subtracted from monthly paycheck at 0% interest), etc. The system we got today is so inefficient, since federal government is duplicated 20000 times by village, town, state officials. The more complex a system is, the less the government (and average person) knows all the ways criminal aristocrats can use it to launder money and commit endless fraud. Many US Treasury chiefs and employees were Jews, and DOGE found that US planned Covid19, USAID financed COVID19 China bioweapon lab research, and endless crazy projects that support various senators. See Elon's other tweets about USAID blocking his audit, media paid by USAID, the Treasury payment of all terror/fraud groups with no denial in years. You know these days we waste so much time with transferring money from our savings (with 5% interest rate) to our checking, or from market funds or stocks to checking etc, to buy a car or whatever higher price item, when in reality in immortalism only 1 account exists, all have the same rate 0%, since no inflation exists, no stocks, hedge funds exist either. In immortalist capitalism honesty, fairness, kindness rule, in capitalism theft rules: aristocrats steal from the masses, award themselves 9000 times higher wage. Criminal bandits create endless fintech products we don't need, but thieves need to plunder 8 billion people. Instead of an app to monitor blood pressure and other things being universal, not only people who wear those watches that give cancer via radio frequency. You see, it takes 1-10 business days to move money between banks at times, since everything is fraudulent waste. Not only that but we have thousands of discount cards, with endless stores, grocery and what not, filling our pockets. Why do we need this crap? One Bank card that is also universal license and ID for all 50 states is enough, why waste so much plastic and brainwash everyone to think all day about MONEY and saving 2%, instead of how to Bring 0 Violent Crime in 10 years, Eternal World Peace and 0 Jewish Ultra Violent Scriptures printing. Look at China, the scam with cards and discounts has given rise, via Jewish banditry, to millions of professional scammers who work full time to scam 1 billion folks. The Chinese students went to US universities run by the Jewish Mafia and got the right "education" on how to screw China 100%. While Jews screwed up USA, Iran built 100 miles of underground tunnels to stock missiles.

If Jews are honest with gentiles, why did they need 12 Federal Reserve Banks (in 1914) and

29,000 banks (1921) after the 1913 fraudulent Reserve System creation? Did the US military Jews sink the Titanic (using Morgan companies as a cover) to create the Federal Reserve just 1 year before World War 1, to liberate Israel from Turks by wiping out the Ottoman Empire? Today we got 4500 banks and 12 Reserve Banks. Why not only 1? Why the complex fraud? We're one people, one nation, one family *of* Americans, *one* bank is enough. Did you know that from 1987 to 2018, USA's financial system was ruled *by a* Jew? Why??? Here is the 1987-2018 trio of Jewish rulers of USA finances: 31 years *(out of the last 38*, so 82% of the time, even if Jews are 2% of population) of pure Judaism: Alan Greenspan 13th Chair of the Federal Reserve, Ben Bernanke 14th Fed Chair, Janet Yellen 15th Fed Chair + 2021-25 Treasury Secretary, Kevin Warsh 17th Fed Chair 2026-?, the richest Fed Chair ever $0.2 billion. We got 12 years 2013-2025 of pure overt Judaism at the Treasury, with Treasury Secretary Jews: Janet Yellen 2021-25 Steven Mnuchin 2017-21, Jacob Joseph Lew 2013-17, besides 1995-2001: Lawrence Summers 1999-2001, Robert Rubin 1995-99. 18 years out of the 1995-2025 30 years, it was a Jew in our Treasury, 60% of the time, even if Jews are 2% of population. What about covert Jews, who hide Jewishness on Wikipedia? How many Americans understand the Banks and the Money Printing and Money Management is in Jewish hands? The Treasury Department has given $100 billion a year to people without social security number or tax ID, in what may amount to $50-100 billion in fraud. Do Americans realize they're a Jewish colony? The richest island in USA with 41 palaces on it, Indian Creek Island in Miami metro area, has radars that were designed by a company whose general manager is an Israeli soldier. While gentile slaves live paycheck to paycheck, Jewish multimillionaires (and all Florida residents) pay no state taxes in Florida. This is not fair, all states should have 0 state taxes. This is what happens when the USA is run by Jewish and other criminals. Perhaps Janet Yellen 2021-25 was helping the Israeli Jews to come illegally to USA from various nations under the guise of being Mexican and etc? Is that why billions from Treasury went to various organizations paying "immigrants", *giving them jobs,* hotel stays in 5 star hotels, *as if* we beg them to come to USA? Hey, please be sober, watch how nice the immigrants are in pushing agents, destroying federal property, watch this video. True kindness, true love, Jewish Torah style. Another mob pushing their way. Chicago illegals killed a local businessman, a black guy explains the murder. The nonJewish citizens who criticize Jewish terrorism of USA for 500 years via the evil Bible, are tortured, but the illegal Jews are let into the USA and paid, housed in hotels and given preferential treatment. Watch illegal and sometimes legal Latino mobs, attack innocent citizens by smashing their car windows with stones. We all know the conspiracy theories that the 1776 revolution was fake and Jewish Brits control the Federal Reserve Banks via front entities, spies or companies. The founders of the Federal Reserve included the Jewish (born in an Orthodox religious Jew family) Paul Moritz Warburg in 1914. For more on the less known Jews (allegedly 51% of Chairs of the Federal Reserve) behind this Jewish control of US finances, read this long post. ***Most Jews don't say 'Jewish' on***

Wikipedia, so 100% Jewish control of the Fed Reserve may've been true since 1960.

Jews infiltrated the Vatican, since the first Jewish Pope of the 1st century, called Peter, who made *sure Jews ruled the Vatican for 2 millennia to a great extent,* so Bible printing becomes Holy Torah printing, a cover for Jewish Supremacy, so Vatican said "*don't lend money, don't charge interest, it's a dirty job*", in order for gentiles to not do it and *Jews to have a monopoly on lending to* ☺abysmal IQ☺ *gentiles*. You think Popes and Cardinals are Italian, but what if they were often Jews? The Inquisition said "torture some Jews", and then they got an excuse to go as refugees to another place that is nicer, so what if the *repression of Jews was Jew instigated* to provide cover for relocating to a nicer place, just like it happens in modern times with other groups using the classic Jewish trick. Can't know the full picture. The Inquisition genocidal torture was created by Jews, they gave the ideas to Christians, via the Jewish Bible genocidal torture text. Most goldsmiths in Europe were Jews and aristocrats kept their gold safe in Jewish safes and then Jews issued promissory notes to the nobility who needed a paper that they got gold and to other borrowers, who got loans larger than the physical gold Jews had, due to the borrowers not knowing how many promissory notes Jews made. Thus, the Jewish bankers became ever richer and gentiles often poorer, leading to antisemitism, as this video on how bankers are swindling the gentiles via loans and later printing money, so the loans can be repaid via hard work while they play golf and choose "no hard work professions": realtor, mortgage broker, stick trader, banker, etc, nothing with hard work, like Einstein: steal all ideas from the Swiss gentile patent office and claim them as yours and lie to all humanity that the speed of visible light is the fastest speed of the universe, when it obviously is not, there are many unknown lights faster, even quantum action is 10000 times faster. Become spies who torture gentiles and destroy them covertly in 100s of ways to make sure all is 100% Jewish control (crypto Jews who claim to be gentiles), take over various nations, and control even the Nazis to make sure they're defeated before they're even created by Jewish spies in order to create Israel. Some Jews and Einstein's intelligence are more like these songs: 1. rabbi 2. dance 3. festival 4. collapse. Compare this violent music with the peaceful music of decent civilizations and understand why pogroms and Holocaust happened. The Bible violent quotes Jewish pastors hide from you tell you everything you need to know about Relativity of Einstein max speed being 300000 km/s. All Einstein discovered was given to him by his handlers. Einstein was a spy at the Swiss Patent Office, like all Nobel Laureates who become (at least others try to recruit them to become, though usually, they're already recruited by local spy agency) spies before or after the Nobel. Nobel was a military guy who used his explosives company profits to create a network of spies via prizes. Youtube got a lot of physics videos explaining why Einstein was not right.

Why is there inflation? Easy: bankers loan with interest, so to pay loans, more money is needed in circulation, so the Jewish Treasury Chiefs print more. Eliminate parasitic bankers, inflation is

gone, state controls all prices, all prices are eternal, changed only with respect to health-longevity effects of a product vs the basic products. Then kings needed money and asked the newly Jewish aristocratic bankers for money, and Jews used their leverage over monarchies to start wars between gentile nations and finance them again, loaning even more money to gentile kings and making even more money from lending new sums for vast amounts of cash that would kill millions of gentiles. To be fair, not all bankers are Jewish, just stating the obvious, we don't need aristocrats. Then, the Jews created the Bank of England, and other banks, the Federal Reserve, etc, to facilitate their secret attempts of national takeover of various gentile nations. Henry Ford said that "to bring World Peace, USA needs to stop the top Jewish bankers from doing their wars". See Ford's words on page 4 of this PDF, 1923, Sept 21st. Indeed, the Jewish infiltration of everything American is high, 9 times more than Europe (EU got 9 times fewer Jews/capita than USA, so it is far more independent of Israel, much of East EU *got* 50 *times fewer Jews per capita than USA*, so it's more common to speak your mind), no wonder the circumcision rate is 80% in USA and 0.1% in Poland (all circumcised males in Europe are Jews or Muslims). Both Christians, but one is a Jewish slave Christian, the other, an Italian slave Christian who is less enslaved by Jews, but still enslaved as Bible = Torah. CEOs of Google, Facebook are Jewish too, so the main search engine and the main social app to spy on all are Jewish. ☺☺☺

Immortalists *in all nations* remodel, repurpose ALL bank branches (a few call centers remain) to build chemistry and physics RESEARCH centers where all monitor health parameters for free to live to 9000, *all* cashless online payment, credit card or phone pay society *that needs 0 branches*, so bank tellers, useless branch managers, investment parasites, useless *"human species degrading stagnating, lie/deception deifying, IQ lowering, human survival sabotaging"* vampires etc get free education (0.5-4 year) to become techs and scientists of the Immortality Food, Building, etc Corporations. This is the end of 2500 years of parasitism by foreign spies disguised as bankers, liberation *of the* Americans *and the planet* (since all copy USA) *from the banking cartels and* related organized mafia, conmen and useless feeders who practice usury, deception, grand theft and exploitation, with 0 real lifespan enhancing innovation: the leader of the free world frees all enslaved people from these vampires and lets the world what is far more important than theft: Immortality *for* All, nonkilling, nontorture, Eternal Universal Peace in 3 months, 0 violent crime in 20 years) thereby also remaking America's image from one of *violent thieves and thugs bombing all* (the non-American bankers own all aspects of USA) to the sage of Eternal Universal Peace and Gentle Tender Innovation for trillion year lifespans for all. Green is the Jewish color, so USA money is green paper vs multicolored and plastic in many nations. As the saying goes, so many Jews are in New York, the financial center, for a reason. No diversity in USA, no yellow, purple, pink, lavender, only Judaism, like some EU nations 0.1% circumcision, USA 80%, 800 times more needless torture of penises. Why can't we have lavender banknotes,

like Eternia flag main color? Were Jews in charge of US banks? Check out Rothschild Banks (founded Israel) and Wallenberg Banks (another Jewish Bank, behind the destruction of Sweden probably too, with criminal gangs from all over: Jews love to destroy all nations 'God gives to them': Deut 7:1-16, note how Israel doesn't take in the immigrants that Sweden is forced to take by Ashkenazi Jewish politicians pretending to be Swedish). Rothschild (employer of Macron French President when he was a banker) also intermarried with Iraqi Jewish Sassoon family, making money off destroying millions of Asians via the opium trade (equivalent of Mexican cartel drug profits). The Jews have recently became spouses of many EU prime ministers, high ranking officials, etc, like in ancient times. The foreign bankers corrupt the youth and start to destroy the nation from within, finance both sides of a conflict. Check out how USA is wasting its time with fintech companies that ought to be illegal: people losing life savings. Check out the enormous fraud the Chinese banks created by Chinese "economics, banking, business" majors who got brainwashed at the Jewish USA universities into creating a gangster cheats all capitalism in China that led to endless problems today. Check out the for profit, sell cars now mentality that leads to cars that last 25% (3 years not 12) of the life of European cars sometimes, leading to more labor, materials wasted, etc. It's the same US mentality, that creates the trash houses that break at the next storm. Instead of making car or house that lasts longer, they just focus on selling as many cars now. That's why we create Eternal Travel Inc and Immortality Building Inc, so the producer of cars and houses is in charge of fixing them and to prevent fixing and replacing them every 3 years, they make stuff that lasts, so instead of making houses that break right away, they make a dome that lasts 5 millennia. ☺☺☺

When 'everyone' is a bank teller, how can we have doctors, technicians, researchers to create a state of the art healthcare and food industry? Nobody needs branches, everything can be done via phone, web and special ATMs. Say if you want to transfer a large amount, you can do it online via world's most secure website etbank.gov or etb.i that uses your iris, thumb prints you take with your phone, etc or you go to an ATM, enclosed one (special ATM that is like a phone booth), enter it with the card, and place yourself there, take a pic of yourself, iris, thumbs, biometric, and verify it's you and then you can do it or even have a video conference from this ATM or home with someone to apply for a loan, instead of wasting 2 hours to go to a branch that closes 3 minutes early and then to another branch that doesn't "have the authority to do large wire transfers, since it's at the glass window type of half branch (it doesn't say it's half branch on the bank website, branch is open, but no phone answers), not one with tables where you sit down with the banker. The ☺abysmal IQ☺ of the banking system is shocking in the age of Internet. Everything is set in the 1940s and these people waste their entire life with pen and pencil, writing down ABA numbers and bank numbers, because a bank won't wire transfer above $25000 online. Why do we need checks and cash for in the era of online everything? Even

if checks remain, one can take pic and cash them without going to any ATM already. Cash is totally outdated. *How can anything* efficient intelligent *emerge, when we have so many college students major in business/humanities?* It can't, since the ruling genocidal class wages eternal war on the slave class of the 90% with their phony economic theories of cycles and inflation, by which they render millions homeless and leave houses empty for months during bank ownership, which destroys endless water systems, the water heater, plumbing, etc all get huge bacterial growth that leads to more orders of water heaters, etc. The whole history of the human species is one of theft, the ideas of free market, economic crises are all a fraud to steal from the masses. Since before writing, clever manipulating individuals designed systems to subjugate the naive. Bankers ought to be fired, all banks closed except the one bank of the USA, that Brits and Jews can't control, so we get plumbers and techs to fix the houses bankers have ruined last 80 years via crisis they created for playing golf and being a free riding parasite getting 200$ million a year for stock options trades. All genocides bankers did ought to be rectified in a fair way. Euro and dollar could merge to create eterni, the currency of the new nation made from EU, Canada, USA, Australia, UK, New Zealand, a nation of 1 language, English, 11 companies and 3 agencies. Check out Chinese banks selling fake gold and fake US dollars, so many banks, hard to check all. It's easier to simply have one ethical bank than having to check what 4500 banks are doing. ☺☺☺☺☺☺☺

Our society revolves around loans, money, not life. From these special ATMs anyone can apply for loans, so we have maybe 0 branches and 100 times fewer ATMs initially until all ATMs are gone: docs emailed are sufficient, since no loans are needed usually *when we got 11 to 100 companies only,* the main activity being loving all humans in action instead of taking loans to be the 'duplicator'. All mortgage loans are approved after prequal by the Immortality Building Inc. To prevent accumulating credit card debt, Eterni Bank will automatically deduct from the wage of all 11 companies employees, meaning from the wages of all people, a certain amount every month for a house or car or whatever one buys, until the loan is paid in 2 to 30 years, to simplify and avoid any need for loan officers, complex schemes, since there is no interest or inflation in the immortalist economy, as all prices are set by the government. The stress of becoming unemployed or homeless doesn't exist. Everyone gets a 5 week holiday and 1 year parental leave. All can retire at 70, since we live longer these days and after 70 people can work for 20 hours a week if they want to even 10 hours a week to make some extra money and make it to 100 due to keeping active. Relaxed work is better than rushed work that creates damage, aging and stress. Everyone under 70 gets 40 hour workweek and is super happy and relaxed, with less work load and deadlines, since efficiency is incredibly high, as we have 11 companies, not 33 million. The insane rush and achieve x and y will disappear as we can finally get all to work, stop acting busy, and have a more equal distribution of physical and intellectual work, so avoid some

sitting all day, while others break their backs. This is to ensure all take care first of their stress levels, their smiling, their health, their eating properly, meditating, breathing consciously and overall being happy, because happy people commit 0 crimes. 2023 US focus is not maximizing number of lifespan years added to our nation or planet, but making aristocrats happy, slaves '*buying deadly lifespan shortening products*' happy. Aristocrats are happy even if slaves die 10-20 years younger; it takes far more intelligence to give similar 99 year lifespan to all (not just aristocrats) by truly efficient capitalism. The *present cheater takes all capitalism* removes all incentives to have 50 times more R & D jobs, true efficiency, etc. To waste resources to make a few live long is ultra easy and there is no incentive to innovate to make all reach that same lifespan. This in turn turns the country into a dysfunctional 'everyone loots everyone' series of Ponzi schemes (give 10% to the church, so they tell you lies), making USA disappear.

The Wall Street is nothing more than a Nazi military casino, where stock prices are manipulated as CIA/FBI dictate and where the rich crash companies as they see fit, to act out their revenge/turf wars. Free market doesn't exist, it's a lie the big countries aristocrats use to create international currency wars, financial crises and achieve hybrid warfare on the poor in all nations, while pretending to want Peace and spread the "democratic international rules based order" (the rules are totally different than the stated rules). That's why in USA we have 5 million financial advisors (parasitic looters), but our food packaging doesn't even meet the basic requirements a 7th grader would agree are needed. We don't need any financial advisors, when nobody almost has a mortgage, interest rate is 0%, as inflation is 0%, since all prices are centrally set by world's first ethical government, free from Karl Marx 'capital' lies. On top of that, they got 2 million realtors to further obfuscate everything and keep all enslaved, when a simple site could allow all to sell houses in 2 days. Every year, we hear 1000s of news about what gambling to do on the stock market to enrich the 4500 Jewish, British, etc bankers, mutual fund CEOs, what new financial product, mortgage and crap you need get, but nothing about decent health, sleep to live to 8 trillion. The aristocratic top 10% own 84% of stocks, the stock market is a scam for the rich to steal from the poor. The top 1% own 40% of world wealth. The 1% is 3.4 million in USA in 2024. The Democrat VP owns no stocks, bonds or real estate, he's a real man, since stocks are gambling. Who needs stocks if we have 11 companies only and everyone gets a free basic house before anyone can have 2 houses? There is no democracy, only the Looting of All by the Rich. Let us gently ask all: do you want 33 million companies and living to 81 as today, or 11 and living to 8000? Which one is worthier to aim for? Which system is more efficient, allowing 100 times more longevity research to end our depraved world of endless gambling and speculation?

See how aristocrats steal millions. Today, people get to waste huge amounts of time to decide what to invest in: stocks, bonds, mutual funds, companies, etc. With immortality capitalism, stock markets disappear, mutual funds disappear, investment companies and scammers

disappear, as all save their money in 1 place: Eterni Bank. There is no such a thing as checking, savings, mutual funds, CDs, complex fraud. There is one thing, an account per citizen, one rate for all, 0% interest. All insured. The goal of immortalists is 900000 year lifespan, not 900000 scam finance products. The interest is always the same 0%, because no inflation exists, since all prices are set by the government. Prices are determined based on how valuable an item is for living to 900000. All imports are banned, as we aim for self-sufficiency and maximum national security, 0 drugs in shipping containers. Ethics only appears in a country that imports nothing, insulates itself against the evil values, vibes and influences of all existing nations, to be world's first immortalist nation. Immortalists are world's first nation with record low financial experts, *as the parasitic profession is basically reduced 10000 fold, to make room* for chemists, doctors, physicists, etc. In immortalism no fraud is possible, since criminals can't cash money, transfer money to other banks, etc, as it happens often today. It's a cashless society and all people own only 1 account, not 300 as aristocrats have today, 300 forms of investments, while the poor slaves (beaten and tortured, on whose blood and short sick life the hideous laughter, wealth and depraved sports and activities of the aristocrats are built), have no shelter or live in terrible conditions, eating crappy food. Cashless means no criminal can use cash to hide their crimes, be them small criminal or aristocratic parasite. Aristocrats love cash and complex financial products nobody needs except vampires, because it enables them to hide their genocides. Who monitors, oversees the intelligence agencies, militaries? Nobody, they're the royals of each nation. Let's record all renovations of houses too, to have a way for people to fix mistakes, find what they did wrong, just as cops wear cameras. What privacy? People want to live healthy long lives, prefer longevity and immortality over the so called "privacy that cash brings to unethical gangsters".

The criminals (allegedly lesser criminals than the existing British royals known for blowing by gun genocides or mutilation, execution of poor genocides for 7 centuries) who made up USA (the banker guys who run the show from behind the scenes, since Presidents are mere puppets who have no clue what goes on) set it up to benefit their gang of bankers and thugs who used the ruse of "we will have representation, not just taxation" to dupe the masses and then *effectively replaced the British Crown parasites with alternate parasites*, possibly British spies mostly (Benjamin Franklin and most revolutionaries were English, so naturally, they were probably British intelligence officers who posed as anti-British Americans, but being British freemason spies and their Jewish friends), who posed as anti-Crown Brits, Irish and other Europeans. These guys were to create a ruse, an illusion USA is not Britain, to facilitate colonies exchange to USA hands. Napoleon, the alleged 'Italian' sold Louisiana to USA and Spain gave other colonies after the USA-Spain wars; Catholics (France, Spain Catholic and still doing Inquisition until 7-15-1834 so many Europeans hated Spain) lost influence due to cannibalism rituals at Mass, and promoting fake miracles as fact, fake Marian apparitions, fake Eucharistic miracles, etc,

intellectual and scientific honesty won perhaps after 2 millennia of Vatican wars and the anti-science anti-truth anti-freedom Inquisition. The exchange of colonies was more for British expansion, plus a European struggle against 'Jewish terror' (the Christianity/Bible scam that 'religious' Jews, Italians imposed on many continents) and less about intellectual honesty or the cause of Immortality *for* All via less killing/torture by the Vatican serial killers, since *Protestant or Anglican church were equally* Jewish/filif/comical☺ in their claims (though they only had a few miracles outside of Jesus fake ones), but at least the Anglican/Protestant didn't torture people to death or execute them for not believing in the cult of Jesus the Italian Jewish mafia created millennia ago. Europeans are low IQ, not realizing how brainwashed by the Jews they are. This aristocrat banks clergy link was always very strong for most nations, run by criminal royal families and associated nobility who setup infinite banks and systems of parasitism. Napoleon conquered Spain, abolished the Inquisition there in 1808, then Spain wanted it reinstated, but had to strike a deal to end it soon, so Spain finally ended it in 1834. The unholy demonic Vatican Congregation of the Universal Inquisition (a cover for exterminating/torturing anyone who interferes with Italian world domination (via Catholic churches) goals) still exists, just renamed to the less scary Congregation for the Doctrine of the Faith during 1965-2022, now called Dicastery (dikasterion means law court in Greek) for the Doctrine (brainwashing) of the (fake fraud based miracles based) Faith, so avoid the psycho torture lovers. Visiting Catholic churches, schools, universities puts you at risk of being tortured by the Italian Mafia and or spies worldwide, 25 million of them exist… *Vatican conceived every church as a* spy base to enslave nations, as a covert military and economic, political espionage unit in the holy war to enslave all.

Each EU nation and US state, and most states worldwide, are like a farm of animals, or cows, raised by clever palace dwelling aristocrats, who milk the slaves, the farm animals of their milk via complex financial products, banks, entities, with most big businesses owned by a few major players. People think this is offensive or an exaggeration, but recall the 1940s German soldiers were torturing people and killing them for reasons like "didn't salute the superior German", etc, treating people like cows: listen to the endless abuse by strabismus (linked to psychopathy) German female guard. Today, concentration camps are not needed, since every home can be turned with devices into a torture camp. The Nazis, communists, Islamists, etc didn't stop, they continue their atrocities with invisible weapons, within spy agencies. Many nations are like a Nazi concentration camp run by that nation's generals, see their endless rapes in Vietnam for example. Unless we cows wake up from the sleep, no change to our status of farmed disposable daily beaten/abused *animals* will ever occur. Look at the chaotic lawless EU, the aristocrats brainwash us we need 1400 banks in Germany, 30 languages for worker-worker fights, when English would suffice and give everyone access to way more science papers and info. Why have 30 animal farms, when we could have only 1 farm and get more efficient, so we sleep more, eat

better, have better worker rights and bigger unions, 100 times bigger: 11 companies for EU. We honestly need a little unity, so get rid of taxes altogether via the 11 companies, to make the American revolution complete, since after all, we don't even need taxation. Why do we need all these clans, governments, city, county, state, EU nation, etc when we could have one USA central government, and no other state, local gov, one central EU government, and even unify the whole into one EU-USA-Canada-Australia-NZ English nation? All locals are federal employees, we have a rotating capital, 6 months in the 4 major areas: USA, Canada, Aussie, EU/UK. One agency issues all drivers licenses in all 'states' of the new tricontinental nation, one bank for all. Palace dwelling aristocrats milk us by creating division over religion, language and banks. They're experts at starting worker-worker fights in artificial wars to destroy the worker class in every farm (nation). The federal reserve banks are a little of a scam that is not even needed. The problem with 90 million companies is that illegals are being hired, so they start blowing things up via new gangs and criminal activities. In a system of 11 companies, everyone has to pass English test, Immortality Test before they get a worker, tourist, investor, etc visa. ☺☺☺ Talking of equality, why are some sitting all day in an office, like a bank teller we never need and others break their back doing cleaning and stuff in offices, baths, kitchens, etc? No fair, let all do some physical cleaning or physical task job at least 15 min if not 25 every day, to improve their health by some 20 min of exercise and relieve the pressure on the office cleaning and other jobs, so these people can do some cognitive tasks too, learn something about nutrition, be happier. Office people often belittle redneck or backwards menial job holders, but the issue is those people are simply used as scapegoats for the cruelty of no giving them a job where some intellectual stimulation exists for half the time. If all did a part of office cleaning, there is no need of menial jobs that much. See, what kind of global family is that? Let us have mo chemist jobs and other science jobs, and fewer of these menial jobs, so that the people get no injuries from over exertion and the people at the office jobs don't get sick due to sitting all day. Via stress relief, we help both groups, the lazy office folks and janitors live longer.

They got stuff lighter than air or water and 10 times stronger than steel, all kinds of amazing things, they don't think about design with brains, just build trash, because 'every' job in America is insurance agent, sales, burger flipper, marketing, accounting, payroll specialists, bank tellers, HR, realtors and stock traders, property managers browsing porn while on the job, and other ☺ abysmal IQ☺ society *jobs*. Why can't we have one app, Eterni Bank, on all phones, and use it to buy everything, just use phones in airplane mode or etc and have cashless society to consolidate all banks in USA into one that's our central bank and main bank and we stop wasting national resources with endless 'finance' majors. The system of offshore banks, secrecy, complex products few understand, tax evasion, relates to the need for ever more complex products and systems so the slavery of all is hidden and everyone is disguising stuff instead of working for

~*~Eternal Universal Peace~*~ in 3 months, 0 jails, 0 violent crime, billion year lifespan for all. The goals of these "big boys" are pathetic and they drill them into our heads at gunpoint: save 10% on this, 2% on that, so you as a slave, live to 78 and save 20% daily, while living in a mold (98% of houses globally, due to low tech but GREAT finance products tech, inside walls, baths where pipes are etc) infested, shaking condo, that with each passer by, shakes your bed and gives daily neighbor shouts and fights thru the paper thin walls, since no tech is allowed for slaves, only for FINANCIAL products of global subjugation. It's called FINANCE IT BABY,☺☺☺ the word of God, finance. Be proud of your slave status and shout daily "proud to be an American, at least I'm free, tra la la". Punkah wallah (pullers) in India from 500 BC onward, pulled fans, and see pictures of it in 1900 even all over the world, before science freed these slaves (like galley slaves before) from such abject exploitation. Thanks to innovation, all have ceiling fans now and can do something more intelligent and longevity promoting. We're now free to be a bipedal pig ☺☺☺, making no science based decisions, just eating like Neolithic folks and housed like pet monkeys. Long live our modern stone age techs of house building, pride will get us far, "no change needed, just create 1000 operating systems to replace Windows and Android and see the benefits of decentralization, make 4 million banks instead of 4250, make all major in finance, no more science majors, import all medicines from Pakistan". The high pro business mindset, small business, ever so praised by the Republican Nazi Party, the backbone of 3rd world country USA.

Everywhere we go we see branches of the 4500 banks, the tentacles of the mafia octopus of greed and enslavement of all Americans. The God of Money, the temples of $. The Mafia won't give free biomarker monitoring centers, with 100 parameters checked, not just blood pressure. All we get is stadiums, violent movies in cinemas, violent music in concerts, banks, fake miracles churches to enrich pastors doing 0 research and repeating 1st century banalities to audiences for 1-10% of their income. If all is done online, even house loan via the house selling/buying only website in USA, *why do we need* ANY *branches for*? All loans done online. How *can anyone major in chemistry when you need 1 million bank tellers*? How can we ever discover anything, just count banknotes and have managers watch over *the shoulder of tellers, lest they* make a mistake *counting*. After all, they need a paycheck too, we got "too few" MBA programs. *What a society of* ☺abysmal IQ☺. All products from all banks, hedge funds, financial companies are moved to Eterni Bank, redundant ones eliminated while improving similar one that remains. Go in any town in USA and all you find is 100s of useless businesses that make no sense in the age of computers and Internet. We're wasting space and materials, when this would enable all people to have single family decent housing, single level even or max 2, to avoid issues with earthquakes and other stuff like 1 water leak destroying 50 floor levels at once. Not one single business or nonprofit that offers free biomarker monitoring, education etc to help people to live to 500, free decent tone no spanking (causes aggression & anti-social behavior) education.

Gently don't forget the deadly food industry, low tech junk to kill us all. We get violent sports, torture disguised as "exciting enrolling in the military" to defend aristocrats, bad music. They call this "the greatest country on Earth". ***Make living to 5000, later a trillion, the talk of all news, not the interest rate, prices for this and that.*** Fix Price, is a discount store expanding in new areas. Fix Price name gave me an idea: once the whole world is immortalist, and has only one Eterni Bank globally, no other bank, the price for 'basic living expenses to live to a trillion years' can be fixed, with the only changes happening in the ratio of one price to another, as science evolves every day and we discover product X increases longevity more than product Y, so its price will increase, while other item prices will decrease so that living cost remains the same. This eliminates the need for inflation, for ever new money, currency fluctuations, etc and ***wasting 150 million jobs with turning one money into another, banks*** and all the other useless financial industries stuff. Let us be real, the immortalist nation needs ***no loans*** to enrich the parasitic bankers: the state simply provides all with a decent 0 'cancer causing' RF car (repaired/replaced, upgrades for life by Eternal Travel Inc), universal medical insurance, a decent basic house (maintained, repaired for life by Immortality Building Inc) and if anyone wants more, they can save and buy it or if need to change location, state changes it in minutes, swaps with a similar property, maybe pay some extra via housing.gov. Why use credit cards, have debt and all these bankruptcy laws and this and that? For some pricey items that one has no savings, one could use the Immortality credit, a 0 interest loan, that if not repaid subtracts 1 point per 1000 eterni (eterni is the currency) not paid within 5-25 years. Today, people buy RV, boats and other high price items, while others are homeless, using credit cards, loans, etc. In the immortalist system only items proven to increase lifespan of self and others get approved for 'credit', for 'loans'. Boats increase risk of death a lot, so they can be mostly for cops and military. Even today, it is known that most boat owners are spies, undercover cops, military. They're not regular citizen civilians. Same for coastal residents, they're simply there to protect shores from invaders.

Each country can decide how deeply immortalist they become, how much they worship money and paper money, loans and rates, versus the health of their citizens. Keep it simple, give all decent sleep, quiet cities, decent shelter, universal health, house car insurance included for all citizens, control immigration with 3 years to study for immortality test passing to create strong immortalist citizens and visa holders, and be the light of trillion year lifespans on Earth, instead of the darkness of America (in the US everyone tries to con everyone else, to make money, to chase loans, to chase interest rates, stock prices (no stocks needed for immortalists), etc. Citizens can select a house on housing.gov, after the age of 18, to buy, among the free ones, and if wanting a different one, pay extra money or Immortality Credit Score points (1 point is 1000 eterni if not repaid in the agreed period). While people may not pay a 25K loan, the lower credit restricts which products one can buy, since only high scores can buy some products. Nobody can

buy guns or weapons, only police and military have them on their job. Nobody needs weapons, since the state will only allow smaller dogs for civilians, who pose no threat to 5" frail old ladies, etc. Gone are the days of big knives sold at the store, or big dogs. This is the land of infinite gentleness. Immortalists are against animal hunting by civilians, hunting is illegal. All dangerous animals are wiped out by the police to prevent bloodshed, all carnivores killed painlessly instantly on sight by police teams dedicated to minimizing bloodshed (special unit using the least painful killing methods or a special device for carnivore animals (tiny drone sent to monitor via AI the animal until helicopter, big drone or cops come to get the carnivore wiped out if tiny drone can't send some cyanide dart etc), like today wildlife specialists use some methods), as one carnivore causes 1000 bloodshed events, 1000 painful events and immortalists are against torture, pain, war. No conservation of any carnivore is legal. Elephants can kill 22 people, so why conserve them? Feeding wild carnivores is illegal, even if wild cats, dogs. Thus, nobody needs weapons, since no lions, bears, alligators, coyotes, carnivores can be seen anywhere. It's the land of *vegans* (slaughterhouses will become illegal as well as any animal killing, bloodshedding) and eterni diet people who shed no blood, where no carnivore animal is allowed to exist eventually using the quantum weapon. No foreigners can buy real estate, until they pass immortality test, which is harder than learning a new language for most people. This incentivizes all to become citizens first, instead of being a parasitic alien coming to enslave locals at the request of foreign aristocrats who want to overthrow the immortalist government and make everyone live 4 times shorter as slaves of foreign aristocrats. Prices are Eternal with no real inflation, price changes rarely only in relation to contribution to immortality. Exchange rate is set by Eterni Bank, the nation's only bank, as we know what each nonimmortalist currency is worth in purchasing power: buy deadly cars☺☺☺ (Tesla 2023 got 70000 times more RF than other brands in the back seat), deadly food, deadly movies, deadly music, deadly pets, 'enjoy' gun violence, gangs, jails (immortalists 'punish' aristocrats who incite workers to crime), fraud based violent religions, deadly literature, deadly buildings ***to enrich the aristocratic parasites looking to loot more continents by eternal bombing and sickness for all***.

The most important thing in an immortalist nation is all to live to a billion, anything else is 1 billion times less important. Loans and all these financial products, interest rates, etc are useless. When you have 11 companies, and all is state planned for maximum longevity and national security, you actually don't need any loans, since the state manages all resources and plans accordingly and all state resources are actually free, the property of the state used to give all trillion year lifespan. Thus, it is always our choice to end the mafia of bankers that has sucked the blood of humanity for millennia, thru loans for wars, loans for genocides, loans for subjugation. In much of the world people spend eons negotiating prices, due to 1 billion small businesses: the price has nothing to do with longevity, the lack of IQ is astounding. 1 billion

lifespan years have been wasted past 2 centuries on these pricing games, inventing nothing to extend lifespan, equivalent of 10 million people wasting their entire life doing nothing but repeating numbers back and forth: the "joy of decentralization". When 150 million people waste their life with speculative stuff, we got 150 million fewer scientists to design lifespan quadrupling eterni food and healthcare devices. We see here a typical example of duplication, redundancy, all due to the complete failure to have some centralization. Why is USA, the "leader of progress", behave in such regressive ways with 4500 banks? There is only one loser: USA. ☺☺

Instead of being a leader of the human right to live to a trillion, US just behaves like a clown, shouting about human rights abuses, while respecting no rights. The aristocrats use ***150 million slaves*** to create a system for enslaving 8 billion in a never ending war psychopathy and discount chasing. The redundant medium business aristocrats create 500 prices for the same good they get from wholesalers, and ***150 million financial jobs***. We got self-checkout and Amazon.com robots moving warehouse items, robotaxis and drones doing delivery, so do we really need ***500 million retail jobs*** or just 10 for warehouses? The fake news about stealing and such are just a distraction, if everyone knows all cars are connected to the Immortality Nurturing Agency and trillions of cameras exist and no thief can escape and not be caught instantly, no theft occurs, as fines are 5000 times higher than today, with lifetime labor for any slap, spanking or violent crime, to end it ultra fast, efficiently, the immortalist way. Why not 490 million science/tech jobs? No wonder we live to 110 max, like millennia ago, due to the 'progressive' aristocratic model. Home owners tend to clean counters, cabinets, carpets, floors 5-25 times less if they're dark, since you can't see the mold, dust, insects, food residue, etc. There seems to be an obsession with dark colors, brown cabinets, stainless steel or black appliances so nothing can be seen or cleaned, when we need pastels, light blues, greens, yellows, whites, cream, purples, etc, so you can see ants, fleas, bed bugs, et and of lighter flooring for vinyl, etc. Alas, people don't care about cleanliness, since after all they die at 90 if lucky, go inhale junk and live 4 years shorter. It saves electricity too, less EMF from triple the watts used in dark colors rooms, kitchens, baths. 0 IQ builders make dark houses and roofs, when you need reflective white in hot climates, all in the name of "looking good", while killing people with AC vents mold and other stuff. Who needs AC with a good design, airy, windy, quiet cities where window can open, etc and house reflects 99% of IR heat? Decentralization means every 0 IQ company builds houses. In the pages above we saw how centralization unifies all city codes, so every house, condo, townhome in USA has recycle bins, which today doesn't due to the system of gangsterism of decentralization. We're a wasteland of greed, inefficiency, violence and filth. It's time to fix our country before we disappear. USA is dying and apparently, the Immortalist Party is its last hope. The parasites drain everyone's blood. Without centralization, we will disintegrate and disappear completely soon after. Let's centralize, require every house that rents room or anything to have

a washer and dryer, etc, every single home built to have at least a combo washer-dryer. This prevents COVID19 spread and wasting time in traffic, in car parking lots waiting for laundry to be done, etc. Most condos and hotels, apartments etc don't have a glass enclosure at the front where the street is, making the street noise 5-15 db higher. Federal Law would require installing sound/smog barrier of glass or plastic, etc, to ensure decent sleep and less smog for residents whose U shape complex catches all the dust and smog from the street and inhales it dying 5 years earlier. The U would be capped to become an O, so that it's a lot quieter inside at least, until all get single homes in x years. ☺☺☺

Go to google.com/search?q=ndb+vs+imf+interest+rates to see the BRICS NDB New Development Bank interest rate in Oct 2024 being 8.75% versus 3.5% for IMF. See how Russian disinformation works, by reading this misleading article by RT about IMF causing nations to go into debt, when NDB causes the same thing, just a LOT faster. Why do we need all these banks for? Why can't we be one family, one nation, 1 bank for all humans? Aristocrats seeking power. NDB, which is BND rewritten (BND is the German CIA acronym), is enhancing the enslavement, in Nazi Mein Kampf style, of developing nations, to an even greater extent, using other developing nations. Regardless, the dollar is declining as a reserve currency due to the Republican party of aristocratic ☺abysmal IQ☺ that keeps USA as a 3rd world country of clowns, redundancy, waste. The fall of the US dollar is here thanks to the failed policies of Demon-crats and Re-pub-licans. The criminal thieves within the Republican party who steal trillions from the 90% to enrich the 10%, forgot that before the $ was king, the pound was, then in 15 years it was not. Likewise, the $ could be dethroned by the emerging BRICS currency, which may become world's only currency eventually, the eterni, as all nations merge. In 1920s, the German currency devalued 1 billion times, as it could one day happen to the US dollar, thanks to Re-pub-licans, ever busy promoting the Word of Theft, Slavery, Rape, Genocide instead of self-sufficiency and tech. ☺☺☺

4.5.6.5. Universal Immortality Inc is the apogee of centralist immortalism of the 11 National Unified Companies and is detailed in the next 33 pages. UI Inc unifies all software/medical clinics companies/hospitals/insurance agencies/medical billing procedures to reduce staff specializing in learning typical unique redundant software or procedures by 100 fold or 1000 fold, to enable medical RESEARCH job growth, not the growth of a variety of software packages for small aristocrat looting enterprises. We also centralize SOPs to come up with the best AI to aid MD in questioning patient before ordering tests, so tests are not useless (fungal test after using topical antifungals daily can give false negative, etc). With one universal company you get 1 billion pics of a condition (e.g. toenail fungus), and the AI can tell exactly based on PCR nail tests and the pic what condition, stage and treatment are best, so make better MD decisions. Inform all to buy a 3$ metal nail clipper (easy to disinfect by immersing in alcohol, vinegar, alcohol pad or ozonating it, those with silicon can't be cleaned well) if old one is blunt, as nail bed is damaged if you lift

nail's left/right side too much, due to nail being concave and only nail tip center being more parallel to clipper. The current system has billions going to the upper management and doctors for palaces, while the laser machines are not bought (e.g. 800, 870, 980, 1064, 1320 nm laser for toenail fungus affecting 60% of people 1-8 times per lifetime, laser FDA approved since 2010) and the regenerative medicine methods, tools are not covered by insurance, instead, people are given ultra deadly oral medicines (terbinafine can kill people by liver failure, or in more cases, eliminate sense of smell and taste) that ruin livers, kidneys, organs and shrink lifespan by 1-25 years, meaning, the system commits genocide in order to make these CEOs, MDs build palaces with their 1-28 million salaries, with money being # 1 motivation for most becoming that manager of healthcare systems, insurance, MD, etc. 4 doctors will exist 1). ETs (Eternist), 2). NPs (Noninvasive Medicine Professor), 3). NDs (Nutrition Doctor), 4). MDs. Medicine will become more nutritional, as with the right particles, chemicals one can live to 4000, reach shapeshifting ability, live to a trillion as in the Immortalist Anthem. The aristocracy lives off the Palace Life via genocide and we pay it with stone age society of sick people and low tech, short lives, 5 years shorter than Japan, US a country so big so many resources, but run by thieves. ☺☺ USA with its money to buy all this should be living to 120, but we can't because the Thugs Run the Nation, not the Universal Pay Ethics System. Some MDs make only 150K in the poorest clinics and areas due to student loan forgiveness they get, though most make 200 minimum, with about 400 on average. We created a society that rewards making money, not extending lifespan. The US healthcare is like organized crime. The avg salary for a nonprofit clinic CEO is > 70x the min fed wage,☺☺☺ with leaders of major regional hospitals making 300-1700x the min fed wage, showing healthcare is a fraud to enrich the 1%, not something to benefit We the People. The US Healthcare is like Organized Mafia, a Pharma Cartel. Most MDs become MDs because they can make 80x the min fed wage: this creates sky high corruption. The focus is how to bill more, not how to keep people healthy to age 4000. It's GENOCIDE by Thugs. ☺☺☺ Other nations spend half what we spend and people live longer. Go figure. People don't even need a college degree to realize the scam perpetrated on the 99%.

Google or Bing "can this last, first name be Ashkenazi or Sephardi Jewish name" to protect self:

Jews are 2% US population, but 15% MDs, 15% of lawyers, 30% lawyers paid 1+ million, 11% judges/CPAs/'Fortune/S&P 500' CEOs, 35% of Media CEOs, 15% of CFOs, 22% of Tech/Software CEOs, 18% Wall St execs & Commercial Real Estate Execs/Brokers, 30% Major City Developers, 30% realtors paid 1+ million, 35% realtors paid 2+ million, 40% realtors paid 4+ million, 20% Mortgage Brokers paid 1+ million & Major City Residential Realtor Brokers, 21% of Wall St Index traders (pay $ 0.1-2 million), 30% Quantitative Prop Traders ($0.2-10 million), 37% of Republican, 42% of Democrat Finance Committee & Top Donors (who pays decides policy of both parties, One Party System: Talmudic Sharia Republic, Torah/Bible forced @ gunpoint on all), 25-35% of

cabinet/advisor positions in every recent administration of either party, 24% of senior editors, columnists, magazine writers, 18% of TV-radio bullshitting hosts who make 1-90 million a year for spreading lies, slavery for the 90%, 22% of $20-90 million hosts – these clowns have 0 shows on 0 violent crime and zero war in 3 years

Jews are 20% of US surgeons (25% of highest paid surgeons: plastic surgery, cosmetic mutilation, Ophthalmology, Orthopedics, Otolaryngology etc, only 15% of rural or trauma surgery), 30% of US concierge MDs (membership based primary care, in wealthy areas), 60% of concierge MDs in wealthy zip codes with more Jews (NYC, SE Florida): ☺☺☺the more money, the more Jews☺☺☺

►►► Talmud: Abodah Zara 23b.9: "it is forbidden to heal a gentile", ◄◄◄

Talmud explains Torah quotes on Genocide, Mass Rape, Enslaving, Beating to Death Gentiles. ☺☺For more on the Jewish control of US medicine, see the US Jewish Plan section, with Talmud quotes on gentiles being worth 20-200$, think how Talmud fits with being an MD. 0.9% of Afghanistan (23 out of 2459) dead were Jews, so Jews are overrepresented in US high paying jobs (comedians making 50-1000 times gentile min wage, comedian Zelensky made less), but not in defending US on frontlines lower paying highest sacrifice jobs, since that's for gentiles to love America, Jews only get the benefits: 20 times the pay of frontline dead. Russia's # 2 person, Jewish Yuri Kovalchuk called for Russian invasion of Crimea, Ukraine and Ukraine Jewish leaders allow endless Jews to run to EU using bribes to avoid the draft, as dying is for gentiles, for Jews is reserved the reconstruction as CEO Slave Masters of disabled left over Ukrainians. In 2026, 1 million draft capable male Ukrainians (Jews included) enjoyed EU peace, via bribes. Jason *(English for J starting Jewish names, Jews name first name of the local gentile nation that has the first letter of an ancestor's name, even if that name is Jewish)* MDs born in 1970s in the Southeast Florida, Montgomery County (next to NW DC) where 40, 43% MDs are Jewish, are about 60% likely to be Jewish for example. NW DC is where ►►56%◄◄ of MDs are Jewish (same % as Palm Beach County, FL and other areas of US with 17% Jews), 17% of NW DC, the wealthiest half of US capital, is Jewish. 33% of the upper NW (top wealth) is Jewish: here homes cost 2-40 million. 2% of national population, but 33% of the wealthiest area of DC. In ghetto DC, a house can be 200K. 8% of all DC is Jews, so maybe 60K (300K in all surrounding towns, no wonder we hear about Israel daily in the news, Jews run the USA to a great degree). Most DC Jews live in the wealthiest area of DC, called NW. In Southwest Florida, where only 10% of MDs are Jewish, a Jason MD is 20% likely to be Jewish. In Westside & SFV LA (22% Jewish, where most LA Jews live) about 65% of MDs are Jewish, while in Encino-Pico-Bev Hills, 76%. Google the name and see if it's common with Ashkenazi, the middle and last name to know from Jewish demographic data and MD Jewish % if an MD may be Jewish – AI gives ample examples of Jewish first, last names. If a last name is 12 times (e.g. Stein) more common among Jews, the

first name twice as common (Jason, Lauren, Steven) in an area with 40% Jewish MDs, then an MD named those 2 names is very likely to be Jewish (90+%). Ravick is 30x more common among Jews vs gentiles, Arnold 4x. Sometimes you can even tell from the appearance. At least now you can choose better. Ask Gemini AI to compute the probability of a full name being a Jew MD in a given area and it can tell you in 2 minutes, using Bayesian formulas, etc. AI will share exactly which are the Jews who make 1-90 million among TV-radio hosts, etc. NW Washington DC (wealthiest area) has about 35% Jewish MDs. 1933 Berlin had 4% Jews, 50% Jew MDs, Germany 1% Jews, 14% Jew MDs, Poland 10% Jews, 50% Jew MDs, Italy 0.1% Jews, 2% Jew MDs, Romania 4% Jews, 38% Jew MDs, France 0.5% Jews, 8% Jew MDs, USSR 1.8% Jews, 18% Jew MDs. The Jew never changes. Today, France got 0.6% Jews, 7% Jew MDs, Canada 1% Jews, 6% Jew MDs, Argentina 0.4% Jews, 3% Jew MDs, Australia 0.5% Jews, 2.5% Jew MDs, USA 2% Jews, 15% MDs, UK 0.46% Jews, 2.2% Jew MDs, Brazil 0.06% Jews, 0.6% Jew MDs, Italy 0.05% Jews, 0.5% Jew MDs. Poorest area of DC, Ward 7 & 8 got 12% Jewish MDs, Jews go where the big $ is, not need. Same for all Big $$ professions, Jews are 5-10x the population %. It's called the Jewish Religion: "Money we Chase, Capitalism we Worship". That's why 30% of concierge MDs are Jews, they don't care about anyone, except making money. Not about universal healthcare for all, equal pay for all. Jews go in fields where MD private practice is easier, so they can charge more and be a "Jew". You will understand this far far better if you read the 11 Talmud quotes and Karl Marx quotes on Judaism. Google MD name to figure out their middle name as that gives further clues into Jewishness. Then give that to AI. The % above for professions show what Jews value: $. The lower the pay, the fewer the Jews. Bible Ethics 101. In Jesus we trust…? Wait a second, legal Muslims are 1.5% of USA, and 7-9% of MDs per some estimates (5% in 2015, more now, at least 6%), how can this be so? For the love of Cash, Allah heals all. Must be fun to make 20-40x the minimum wage… Google Jew founder spent $0.1 billion to defeat Wealth Tax for Billionaire law.

Sadly, in the US of fraud, hospitals have carpets many times in waiting rooms, which are known to hold 1000 times more microbes than tile, linoleum. Immortalists will ban carpets instantly. Before visiting a doctor, check their name and title on Yelp, as the really revealing negative reviews are always on Yelp, not google or hospital sites. Google reviews are done by average low IQ, everyone has a google account. People with yelp have higher IQ and will provide far more useful info. Medicines, pills, vitamins will be properly packed in opaque bottles (glass if not capsules and a liquid or powder). Between 1975 and 2010, MDs grew by 150%, administrators by 3,200%, with today's admins being 10 administrators per MD, admin cost waste 1 trillion a year, or 25% of national spending. Hospitals spend twice as much on admin as on treatment. Healthcare has become a fraudulent capitalist Ponzi scheme. MDs will be replaced by ►►► 1). ETs (Eternist), 2). NPs (Noninvasive Medicine Professor), 3). NDs (Nutrition Doctor), 4). MDs, since most MDs are memorization machines, who don't understand. The Eternist, respected

more than that of MDs, will be a profession 9000 times more important than MDs, as these geniuses are tasked with discovering the eterni nutrition or chemistry-DNA-physics method that increases lifespan 40 times to 50 billion times, like the bees living 40 times longer by mere nutritional changes, with the minimum Immortality Credit Score & IQ being much higher than that for MD and any other profession. A genius eternist can postpone diseases of aging (most get diseases when they're 40 or older) for 8 billion people for 2000 years, while an MD, of much lower IQ, can only cure 8000 folks, giving those 8000 5 extra years on average, so the MD contribution to humanity is 8000*5, 40000 lifespan years, versus 16 trillion for eternist, or 400 million times higher. That's a huge difference. Immortalist Credit Score/Pay (until all pay is same for all) and society management role is

1). ET (Eternist) > 2). NP (Noninvasive Medicine Professor) > 3). ND (Nutrition Doctor) > 4). MD

1). ETs (Eternists (highest paid people in USA) who help postpone all aging diseases (most disease that affects most only after age 40) by millennia (all humans living to 4000), as they create 50, then 50000 times longer lifespan via mg level precise atom tracing fetal stage nutrition (by mom's food table 1000 times mode detailed than this) and eterni food for the rest of life, besides other gene expression change or biophysics etc tech, later chemical physics total human engineering shapeshifting tech that makes all live to a trillion via restore point age reversal done hourly and shapeshifting to withstand collapse of universes) ☺☺☺

> 2). NPs (see next 3 pages, Noninvasive Medicine Professor (highest paid faculty in USA > any Univ President) doing research with many grads, like sugar reader without pricks but using IR, no needles, no injection of nutrients by discovering oral delivery, no surgeries (see how many surgeries were useless and still done by highly paid MDs who justified them without any proof), all vaccines become oral or nasal (like FluMist) to prevent artery/tissue damage that later causes "turbulent flow initiated recurring local inflammation cytokine storm creating local and far away clots, plaque rupture that can lead to strokes, infarcts", clot removal without wires using sci-fi lasers that bypass tissue between skin surface and the location of interest via "quantum effects of teleportation", no antibiotics, no antivirals but use of quantum weapon physical chemistry chemical physics to wipe out all bacteria, viruses within a human body to cure all infectious diseases in seconds for people, rooms and even towns if not too expensive to deploy for a town, new advanced procedures that only dissolve unwanted buildup in the body via new chemical physics tech (like one that makes any chemical in one step 1 billion times faster than today, which basically makes *synthetic multi step organic chemistry or biochemical reactors using bacteria* useless) facilitated by sci-fi lasers, etc, so you need be a physics, engineering or physical chemistry genius to even begin. Ultrasound guided by MRI to the brain stopped it all tremor, an overactive circuit was turned off without surgery, or medicines, in 3 hours, after decades of

shaking. Today, MDs give Mg pills to dissolve Ca joint deposits, but we have no oral pills to make hard plaque or brain waste, amyloid protein disappear in days like with calcium deposits; today they do blood filtering to remove in 3 hours heavy metals, breast implant silicone, pesticides, inflammatory proteins from the blood that before took 5000 pills, 20 years, one pill regimen at a time, surgeons will become outdated, just like today they give pills for many things for which they removed part of the brain with a scoop in 1700). MD explains how noninvasive CTA can prevent surgeries, but the corrupt medical system prioritizes stents/surgeries, not CTA or MRA (zero radiation, no dye Magnetic Resonance Angiogram MRA☺☺☺ in the reverse heart disease section). The murderous system today kills people with their "stress test" and other cow IQ procedures ► SMJ 2003;96(11):1151-3: 3 "cases of fatal cardiac rupture". Millions are damaged by these tests, even if they don't die. The criminality of the system can't be greater. Today, "cow IQ" MDs injure billions of veins and nerves with blood draws when it's clear that finger pricks, hair and dried urine samples are available for all main tests (plus stuff way more important they never test for, which they need to since 90% have sky high values), but they don't care about noninjury. The immune cells rush to the arm and prevent the healing of regular daily wear and tear, wasting immune cells to fix the puncture location for 1 year. The 700 million companies ensure any change from puncture to finger prick or wrist IR, etc pic will take 99 years, instead of 6 months. That's why all nations need to grow up, unite as 11 companies & One Anthem. Finger prick (using 0.03 mm needles of sugar meters, not the 2 mm wide 'blade'), etc:

1). $80: ApoB, ApoA, Lp(a) (see definition), HDL, LDL, TC, TG, hs-CRP, Homocysteine + others
2). $10: HDL, LDL, TC, TG, Glucose in 3 min, finger prick with Curo L7, etc FDA approved devices
3). $125: dried urine Cd, Hg, As, Creatinine, Li, Se, I, Br or finger prick Mg, Cu, Zn, Se, Cd, Pb, Hg.
4). $124: hair 17 good, 22 bad metals or hair 31 bad, save 3000$ wasted with predator labs. This test is useful, centenarians had 9x the Mn in their fingernail, as MnSOD, CuSOD are key to long life. Test shows if Cu, Zn, Mn, Mg levels are low due to not soaking legumes and grains. Zn/Cu ratio of 12:1 or higher indicates potential copper deficiency. Ideal Zn/Mn ratio 142-3542. Take the root of the hair, first 2.5 cm, as that one is the recent months and can tell if diet is OK. Low Ca due to phytate blocking minerals means tooth bone loss and teeth turning crooked with age. Today, even with the hair, nail, feces, urine, saliva, blood, RBC nutrient tests we can't really be sure about the lack of a nutrient in an organ as we lack scanners to show nutrient level in every cell, so it's much cheaper and faster to buy/take the nutrient to see if symptoms vanish. You'll be shocked what symptoms magnesium deficiency can cause, all of them from One Mineral. High heavy metals means low G-SH (low Gly, Glu, Cys, the 3 glutathione peptides, and/or Se). ☺

Half US adults are sedentary, so sudden heart stress can damage it. Another thing they do is "heart catheterization" (barbaric surgery like procedure that sticks a probe (see clip: damages your endothelium, creating 100s of injuries in the artery wall where plaque will form later) to

"see" if you have a block or not in the artery, procedure condemned by thousands of MDs who're into CTA or dyeless MRA as a reflection of the insurance profit driven medical system that removes all say from the patients or MDs), which can turn into lifelong damage or ever death: BMJCR 2013:bcr2013008753, CMAJ 1993;149(2):165-9. If no heavy exercise last 3 months, avoid stress tests, as the sudden burden could break something in the heart and hurt you. Just so you understand, insurance companies and hospitals make much more $ by damaging customers with catheterization: especially via the radial artery, it causes mechanical damage to the endothelial lining, ranging from minor rubbing to severe trauma. The guidewire frequently touches and rubs against the vessel walls throughout the procedure, with higher risk of injury during forceful manipulation, potentially leading to spasms or perforation ► JCC 2017;16(5):158-61. Dyeless MRA is way cheaper, 500$ and way safer than CTA even. MRI, CTA existed for decades, but with decentralization, you can't change everything fast to have machines be used to see arteries, heart, etc: today many machines sit idle, when with central planning, you could have them be used far more, from 5 am to 11 pm, until new ones are built. The system is run by criminals. We need one central company to crush all these gangs that do 1 million catheterizations in USA alone a year, which is a genocide, given the damage each one does, that they hide from the people, when 100,000 times safer dyeless MRA exists. They lie to us that we don't have "enough money" to make "MRA machines" or "nurses to help run MRA tests, etc, but MDs make on average 27 times the federal min wage of 15k/year (some MDs, new ones in poor clinics and towns may only make 150K, others can make 1300K as neurosurgeons), Big Pharma and other insurance manager/CEO parasites make 40-2000 times the minimum federal wage, so definitely we could have a real democracy, with 10 times more real doctors, not serial killers (1000 bad procedures that shrink life by 3 months each, means 3000/12=250 lifespan years lost, same as killing 6 people around age 40 or SERIAL KILLER) and thieves *(steal money from the masses with the aid of criminal insurance gangsters, genocidal politicians who OK max salary* 50-50000 the minimum, do nothing to get out of the system, like many MDs starting their own *practice with MRA)* and a real country of ethics, not banditry: max pay 5 times the minimum pay, there will be $$$ for MRA and 10 times more healthcare professionals in no time once the genocidal psychos are out of power. The aristocrats in every industry duplicate, education is not free, so we have 10 times fewer MDs paid 10 times more than they should be paid if we have 10x more, doing 1000 times better job than today, as we got a lot more engineers and scientists, due to the 11 companies centralization that eliminates the parasitic middle man the and the need for 4 million retail stores selling poisons and useless products at the rate of 3 trillion/year. If we shall give the best dyeless MRA to all, we will need the best anthem and music for all too. So, come and join the World of fans of Eternal Universal Peace and Immortality for All. MDs didn't wash hands after autopsy in 1840s, going to deliver babies with dirty hands and when Ignaz S explained MDs need to wash their hands and that MDs killed many by not washing

hands, Ignaz was sent to a mental asylum and killed by a guard there. Can MD associations, Big Pharma CEOs be as good as in 1860 in truth suppression, when they're accused of genocide? Scurvy cure was known for decades before lemons were available to sailors, but bureaucracy prevented its use. Imagine how many cures exist already for 500 diseases, all published, but not mainstream or insurance covered, known only to 1 guy without $ to reach the masses of patients of that disease. That's why we need a Central Company to analyze and catalog all known cures for anything, with every researcher being able to submit theirs so it can be tested in a large study and covered. ☺☺☺

Cases of capitalist healthcare fraud (4 out of 4 billion): 1). You go to any CVS, etc and all you see in the eye section is artificial tears, that you need to by over and over, forever. The 500 times less allergenic 0.9% ocular saline is not there, as it can be 20x cheaper if mass produced, and the moisture glasses are not there either, nor are the moisture night masks, day glasses which would solve dry eye for many people without even saline being needed. This happens is because Pharma doesn't make billions for palaces with dirt cheap products that are 10$ instead of 10,000$ for eyedrops. The gov doesn't care, the rich own the government and put their frauds at FDA and in Congress. CVS, etc got huge sections for cosmetics, 0 products about stuff 9000 times more important: living to 4000, moisture glasses, saline vials with no extra ingredients, etc. Odd how we have endless sections at CVS, etc but no "Living to 4000" section.

2). 60% of folks get toenail fungus, usually when older. Insurance covers only liver-kidney destroying antifungals, that, like terbinafine, can kill you or leave you without sense of taste and smell. Instead of having the cheap laser at CVS like we have Blood Pressure stations at Walmart, you have to pay 1-2K out of pocket to go to an MD who does tasks a 3 year old can do: wave the laser 3 mm above the nail. So, here we go, MDs waste 10 years to get trained, get paid 50x min fed wage to wave a toy at our nails that we can do ourselves at CVS or the Immortality City Centers of free biomarkers and healing stations of all sorts. Insurance covers 30-300$ antifungals to enrich the Big Pharma pockets, that harms the organs, but doesn't cover a 20 min laser waving that would take a 20$/hour tech to do it, well, uni $/hr, universal pay. In any ethical society, given the laser works much better than topicals and even most oral pills if couples with topicals, this should be the first line of defense, the first choice. Instead, what is done if genocidal, all to enrich the 30 million estate owning Big Pharma CEOs in Rancho Santa Fe etc.

3). You go to dry eye doctor and they say IPL works really well and is the best, but there are many other tools out there, known and unknown, to cure dry eyes. Everyone buys IPL now, it's so amazingly profitable. Instead of doing research and figuring out what is the best way to cure dry eye ultra fast, instead of doing preventive meibography (required at annual physical exam) to catch meibomian gland atrophy at age 5-18 as 42% of kids develop it, they push IPL on all, as

it's the quickest money making thing. In reality nutrition with the right knowledge, could solve all dry eye cases, by stimulating self-healing of affected glands, but nothing is done, no research, just 3 year old waving of a toy laser. This is why these optometrists are paid 150K, instead of 15k min fed wage, for waving lasers at our closed eyes... Oh, ophthalmologists used to charge 6K for IPL recently, so they can make 400K/yr... big business to enrich Israeli Lumenis while keeping people dependent on these "lasers" that can cause clots and by extension, cognitive issues or even pulmonary embolism, death, via a clot. Must be very stressful indeed to be an optometrist these days, imagine how much more than risking life daily in a steel plant and making 40K only. Why can't USA give salaries of 100K max to all CEOs and MDs and then we have money to mass produce in USA, without Israel imports, all IPLs we need for lowering prices from $2000 today to 10$ or free with all insurance plans (the universal plan) if it's safe for all and etc? The list is endless, in every medical area, profit is 100 times more important than adding the max lifespan years to USA as a whole, so we end up living to 80 on average instead of 150. Pathetic. Greed.

4). You go to a dentist, show insurance and they do an ultra fast superficial cleaning in 6 minutes then bill the insurance a lot of money, for doing the most ridiculous cleaning that removed virtually no tartar and plaque. These animals will never tell you: can you close your mouth and tell me when you normally sit, where your tongue position is? If it touches the bottom teeth it confirms that you have crooked teeth on the bottom row due to pushing them slowly with the tongue over years. The animal decentralization means they don't see your teeth were straight years ago when you visited other dentists (since it's not a centralized one universal medical system, with access to all dental pics you ever took that have the crookedness score, etc) and because of lack of education and fraudulent capitalism TV ads, you never learned anything useful from TV, except how to buy 3 trillion/year worth of useless products: nobody ever taught you as a kid, teen or adult, in any visit, that the tongue is meant to rest on the roof of the mouth. Everything is about making millions by useless preventable orthodontics that nobody needs with proper education since age 3 via the centralized educational system for kids age 0-18 and parent license lessons, all watched from home. People a lot of money at the dentist/MD to solve the crooked teeth that emerge due to wrong tongue position pushing on the lower teeth causing them to come out, crooked nose (another pic here: be blown away what a tongue does, see how he explains fixing asthma, poor breathing, bent nose, without allowing the evil cosmetic surgeon MDs doing damage to make money), etc, when there is a natural noninvasive way that 100s of youtubers and MDs are presenting. Why do people get such forward lower teeth and crooked teeth as they age? One reason is lack of education: because of gravity, we like tongue to sit on lower teeth and this pushes them out creating one or several to come out. Your tongue should rest gently against the roof of your mouth, with the tip just behind your top front teeth, rather than low against the bottom teeth or in the middle touching

both upper and lower teeth. The perfect tongue position at rest involves suctioning the entire tongue, not just the tip, gently against the roof of the mouth (palate), with the tip resting on the alveolar ridge just behind the upper front teeth (like when you say sing) without touching them. A video explains how billions can avoid crooked teeth: lips closed, teeth slightly apart (1-3mm), promoting a wide palate that prevents crowded or crooked teeth, and keeps the airway open, wide to prevent faster aging due to lack of oxygen. Otherwise, one lower (usually) tooth or more will be pushed out, erode the front tooth unevenly and cause food to rub on top of it and cause debris in the back and top, causing cavities that later develop into infarcts due to bacteria invading the arteries. You never learn this in school or college, only useless things that add zero years to your life. The centralized education will change all that, so we don't waste trillions with orthodontics. Colgate also explains this tongue on roof thing, as does Healthline and Ahava advice for kids, etc. Sleeping on one side will also cause that side of the face to swell at night and over time you can cause the lower teeth on that side to shift and become crooked too, besides the face to become asymmetric (unless you alternate sides each night), one eye to become vascularized. I'm not suggesting you follow the advice of Oscar Patel (the guy below who shows the corruption of the cosmetic surgery industry and orthodontics) on diet, eating 250 g of saturated fat, eat high cholesterol foods etc, that he talks about in some videos (his acne was not due to plant foods, but due to allergens in certain foods he ate, since many removed a few allergens and got rid of acne via veganism, acne didn't vanish because he ate saturated fat). One can't say "let's spill blood of humans or animals to get rid of acne", when there is a more ethical alternative: veganism. It's all about the Immortalist Anthem ethics. A high saturated fat diet is not too bad in the short-term for people who do 4 hrs/day of endurance training and want enormous amounts of energy to lift, push, construction work, etc, but the rest of people will get a heart attack, stroke and high plaque from a high fat diet as it's not used as energy and becomes belly fat: he's young and doesn't measure the plaque effect of his exercise routine, many papers show intense exercise and high saturated fat creates more plaque than low fat diets. However, he made some unique videos that show how corrupt the beauty industry is, since he can fix some issues without any surgery, which is the essence of Noninvasive medicine: watch Oscar change his appearance dramatically via a few exercises, how he fixes posture that can cause strokes, infarct, dementia later in life as we get older via pinching of blood vessels (blocks nutrients and oxygen from reaching the brain, the master aging regulator) during sleep or even while awake. A few exercises or tongue on roof habit changes can remove asthma, sleep apnea and other conditions that shrink the brain, impede cerebrospinal fluid flow, and cause dementia, stroke (partial block of neck vessels due to bad posture cause turbulent flow, leading to silent strokes or real visible stroke), infarct 4-40 years earlier than you want.

One lady slept the wrong way and changed her position and all strokes ended. All disease is

related to bioelectrical signaling, they used the proper frequency and got eyes to grow in any area of the worm, so the body is very fluid and changeable when you're younger, they could use that before age 60 to cure so many things, but resources are wasted with endless useless cosmetic procedures that solve nothing, add zero years to one's life, actually shorten it since all that money and time could have been used to create a nutrient powder to add 10 years to everyone's life and on other planets how you look now is hot and after plastic surgery is UGLY. Unless the change helps you breathe or sleep better, it's pointless. It's useless unless you have a really big issue that can't be solved with a few exercises over 2 years (tongue etc), but most doing it have no real issue, it's insanity. Some diseases can be cured by similar stimulations as in salamanders growing eyes anywhere via electrical signals, like eyelid glands, where the neural signaling and stem cell tenocytes, eyelid lipid forming cells, etc need a reset to return to earlier function. Watch Oscar's total transformation, and how severely crooked teeth became straight in 2 months with no dentist Invisalign, etc. He fixed his overbite without a dentist, and nose too, as well as horrible posture that caused asthma, knee pain, sleep apnea, etc. Check this out: tongue position determines this wide change in appearance and breathing ability: same guy. Check out Will's transformation without any doctors, showing how junk food impacts health. As salamanders can grow eyes anywhere with electrical stimulation, so can our eyes grow new meibomian glands to replace old shut ones by a LipiFlow type of device that stimulates the growth of new glands there, to cure the MGs atrophy. Currently, MDs tell us "your face is fixed, only surgery can modify it", which is a lie, and that "dry eye is incurable, it only gets worse, the only way is expensive IPL and other treatments every 4 months". While Oscar claims we were meant to have palates of 50 mm vs 34 mm today, I think as we evolve, our eyes and brains will get bigger, palates smaller and mouths ever smaller until teeth disappear, since we slurp on this thick liquid, eterni powder dissolved in water. The point is not to expand palate for the same of 'beauty' or to go back to chewing hard foods, but to know there are easy ways to fix things that shrink lifespan noninvasively (asthma, blocked airway, sleep apnea (kids or adults), pinched nerves or arteries due to bad position causing strokes, turbulent flow plaque buildup etc), though most people will do Invisalign for crooked teeth as it's far easier than having to do these exercises of myofascial nature. When sleeping on your back, gravity acts on the tongue and soft palate, pulling them down toward the rear of the throat, narrowing the upper airway, causing turbulent airflow and vibration, which produces snoring, cell death, short life. MDs care about innovation as you care about the diet of bacteria in an Amazon forest, they're too busy. We need a new profession, above MDs, the NPs who actually have access to all videos of all MDs, dentists (required by law, as with cops) and the medical records to be able to track the effects of new noninvasive methods, to develop new methods by watching what happens during existing methods, etc. When you go to an optometrist they don't do 300 biomarker tests to determine your 40 nutritional deficiencies and determine which ones may have the largest impact on dry

eye development, besides other factors like 1. bad room light (squint), 2. extreme tension around the forehead and ocular area that causes a short circuit of trigeminal nerve reflexes of tearing and lipid production in the eyelid, 3. lack of constant 45% humidity at home or work, as per Building Inc guidelines, 4. working in windy areas (fans, etc) without glasses. ☺☺☺

An ethical MD, would quit the system, start his own practice, lower his salary to US average, so he can hire an assistant at half his salary and offer dyeless MRA at half price of the lowest in USA to grow his model and business and bankrupt all catheterizations that damage 1 million Americans a year. MRA allows us to see what's wrong without invasive procedures, carcinogenic brain damaging dyes, or any radiation, the essence of NPs. With centralization and 1 company, once a better tech is discovered, you can implement it 10000 times faster, but with 10,000 healthcare systems, hospital management teams and bureaucracies, officers of policies, etc, you have a disaster that takes 40 years to do a small change. He and his team could have by now bankrupted all catheterizations and team up with lawyers to sue all hospitals doing it too and a real gov would give all fines acquired to this new company to expand in other areas to eat all criminal hospitals doing criminal procedures. But because almost everyone is such a bandit, this doesn't happen. The top bandits create unemployment, which doesn't exist with 11 companies and then cities become unsafe, as unemployed join gangs, which shouldn't exist with an efficient national police department replacing 18000 paraplegic police departments unable to do a thing. All they do is update their 18000 different policies, instead of bringing violent crime down 1 billion fold. Why do we need 18000 different policies? To waste time and let gangs rule USA.☺☺☺ The same corruption in the MD field took over the police field, everyone joins police, for easy amazing pension at 55, and some towns get same cops for 300 times more violent crime. Way to go, IMBECILITY AT ITS HIGHEST, Corruption at every level, industry and profession with no end. How can MDs live in an area where they shoot all day on average salary? He dies, and then the company that would have ended 1 million catheterizations ends. We need to turn the screw on all violent crime, music and all bandits, crush all gangs, ban 99% of music, which is Infernal Violent PURE DEMONIC FILTH, inciting the uneducated masses of mindless zombies to crime, and enable Death Penalty, in weeks, when proof is clear via the 5 trillion camera system, for any violent crime if we set max salary 3-5 times min. You can't just reform Healthcare, it requires ALL NATIONAL REFORM. It's all One Mafia Network. The Gangs operate across multiple industries. The Food Mafia sickens the workers, makes them obese, the MD Mafia then sickens the sick even more, pretending to fix the Food Mafia Damage, then the Disabled people Mafia sickens them more and then they die. You can't go after MDs, CEOs, ☺☺☺ parasitic managers, only, need to crush all gangs and give all a job so they don't smash stores and kill attack people as police section explains in detail. We need a comprehensive national reform that the paraplegic Dems and Reps can't do, they just talk all day. Ethics doesn't exist, all we get is Bible training in

theft, genocide, rape. Any ethical MDs? All we have is Presidents promoting sports and stadiums, and we build stadiums in USA, even though we already have 1 million basketball hoops we don't need to live to 4000. All sportsmen need to make maximum wage of minimum federal wage, $15000 a year. That's Ethics. For every other disease, they have many similar useless diagnostic or invasive procedures for which a much safer alternative exists, but GREED of the Aristocratic MD class (the higher paid MDs, not the lower paid ones who live almost paycheck to paycheck if mortgage is high) prevents progress, like the Big Pharma, Device for catheterization, etc, Big Insurance/Lawyers prevent progress too due to Genocidal Aristocrats in the CEO Scumbag Class. Those CEOs give themselves 400 times the average worker pay, as a reward for Smashing USA. Look at the comical☺ infernal parasitic leeches of University Presidents, $8 million a year, when education could be free and centralized. No wonder almost everyone is so low in IQ, that violent crime is a 1 billion times higher. Bring those Uni Pres thieves to the Immortality for All Court. ☺☺☺☺☺☺☺

> 3). NDs (Nutrition Doctor, see below, geniuses who discover nutritional ways to prevent/cure any disease, even though this may take 1-30 months instead of 3-8 days as with Noninvasive Medicine Professor techs). The ND adjusts the intake of 1-40 macro or micronutrients 1.5-40 fold, to achieve disease remission via a new science greed didn't create yet, as modern medicine is all about stealing $ via pricey pills, useless tests, surgeries. The ND profession is the basis of 4000 year lifespan design strategy too, using the amazing & beautiful ☺☺☺ tech of Eterni Foods given to us by the 11 companies system. These nutritional biochemist NDs know 900 times more diabetes biochemistry than a typical diabetes MD today, if they're a diabetes specialty ND (that you only go to if the general ND sends you to, before you're even allowed to visit the MD), not a general ND, just as tomorrow's 5th graders will know 9,000 times more biochemistry than today thanks to new textbooks (that have basic B2 related pathways or citrulline concepts like these) that explain 2nd grade IQ level concepts that people study in college only today, due to a retarded educational system focusing on pure garbage, like history and endless humanities and body parts of insects, plants, etc in biology. We need new vitamin regulations, anything in the pack needs to indicate the form and 1000 tests done on each to measure possible contaminants. Today, the supplement industry is a jungle, with fraudulent products that are not checked by FDA at all: Chinese softgels with pic of the label that doesn't indicate the form of zinc, B_6, B_{12}. The supplement industry is run mostly by con artists who buy cheap from some nations and then make their own brand by using a US contractor to pack it and sell it on Amazon at higher price. The culture of "small business" low IQ parasites means that they put the most toxic or useless stuff in too, without proper storage, cold, and proper labels (opaque, not white or clear bottles). Millions of frauds do this, raise the prices that would otherwise be so low and 100% US made. The softgel oil issue is explained in the food section about oxidation, and vitamin light, opacity.

When you have half a million charlatans, you have lethal pills, since you don't get mass production advantages of low cost to make the best product, they cut corners and put poison ingredients, in, poor opacity and storage, vitamin/nutrient forms. Everything needs to be formulated by one company, which has 5 million PhDs, so every pill is 100 times better. You get a pill in oil from China shipped over 3 months or 2 months, in hot weather, all ingredients go bust, oil oxidizes, instead of making it in USA, being it fresh 4 days before you eat it, store all in fridge. It's a travesty, people have no clue what the Chinese put inside, such loose regulations there: they do some silly tests in USA for heavy metals, microbes, etc, purity, but what about 400 other weapons, like carfentanyl, fentanyl, etc. A small mom and dad company can't test anything, you can't test 5 million versions of B_{12}, that's why you need centralization for maximum security. It's like 2nd graders run the USA, all in the name of "capitalism". All pills need to be made in USA. The criminals who run the vitamin industry do nothing right: inactive ingredients, shipping & storage temp, label, opacity, insufficient/poor quality or bio/chemical weapon testing. The imported ingredients, say lycopene, is full of impurities and reaction byproducts that could cross the blood brain barrier and cause serious health effects our bodies are not used to, unlike the plant extract form, if plant extraction was done in a safe way that didn't create toxic compounds. None of this is checked for safety and it's a total disaster. We build stadiums instead of chemical synthesis labs to make 100.00% pure lycopene, etc in USA, not 96% purity in China. All these rat IQ Republicans and Democrats need to be fired, we need a real party of Science. We need turn all university stuffy classrooms into labs, since all theory will be studied online. Please read the magnesium section first 2 pages, as it's the best example of how one single (among 50 important ones) nutrient can cause such a wild variety of symptoms that can be misdiagnosed leading to 90,000$ worth of pills taken over decades and later even surgeries for damage done by useless pills. Having only 1 company means the drone will deliver the flu, cold or covid kit within 1 hour, like Amazon delivers Whole Foods, that contains 240 pills (5 taken each hour to keep blood level to the max all the time for those powerful antivirals, 120/day, polyphenols, and many of Ch 12), extra lozenge, nasal saline, etc to create a natural antiviral antibacterial mix that shrinks the cold, flu duration from 10-28 days to 10-28 hours via 250 pills that go way beyond RDA (D3, MK7, etc) for 1-3 days, taken every hour for 3 days. Colds are costing US $40 billion/year and early powerful intervention will save 39 billion.☺☺☺ Today, everyone is left to their own devices using infinite ignorance and lozenges that don't work due to garage "gnat IQ" formulations. With the Immortalist Party Nutrition Education on TV, Immortalist Nutrition subject from 1st to 12th grade, people will know 4000x more nutrition and how to try live to 4000 via nutrition, and be thus so much healthier that their daily pills will prevent getting a cold, flu 100x better. ☺☺☺☺☺☺☺

Today, the standard of 7 way checking doesn't exist: hair, nail, feces, urine, saliva, blood, blood

erythrocyte testing for all fundamental nutrients linked to the symptoms, so misdiagnose and wasting trillions is the result as explained in detail in the magnesium section. The hair/nail level can be low for 80 years, even if blood level is perfect for 80 years due to tight regulation, and MDs never check Mg, Mn, Zn, Cu in nails or hair at a routine annual to see the 4 most important minerals for antioxidant defense and living to 110: lazy, low IQ medical system run by clowns and profit. On a mass scale, this test for nail or hair would cost only 25$ for the 4 minerals, important to test due to people, food industry not soaking grains and legumes, leading to phytates, etc blocking absorption of minerals by 40%. Soils can be depleted in minerals too, so intake can fall even further to deadly ranges. This leads to diabetes (low Zn), infertility, neurological issues (Mg), high oxidative stress (no Mn, no Cu for MnSOD, CuSOD), etc. A real comprehensive test would cost 100,000$ today, but 400$ in the immortalist 11 company society. Today's medicine is like magic pills of 1st century, mixed with cow dung and goat urine to lift the soul, versus the future immortalist medicine of the Logical Immortalist Anthem and Immortality Party, that creates a picture 1000 times more complex for nutritional status and 20 page report with 500 nutrient values and 25 deficiencies needing correction each year. In an efficient system of one insurer, one system, one medical company, etc, we cut the middle men and focus on super efficient, fast delivery of 50 times more data and 10 times more doctors who provide healthcare 50 times better quality than the pure trash today, where you wait 9 months to see the PCP, who then sends you to a specialist, to wait another 6 months, on cheap insurance you die first. These 6 tests, via finger prick, etc should also be a home kit anyone orders online, send it to the lab and get the results without having to waste time with MD visits, just test based on symptoms. For ocular issues, eye tears (2100 chemicals usually, so tear tests will tell us how to fix the dry eye by the chemical signature) are useful, as low Mg there can indicate issues. Bacterial growth in urine, feces and saliva can indicate systemic colonization by bad species (that often cause plaque too) that needs to be eliminated by friendly good bacteria and microbiome change after antibiotics killed the good bacteria and allowed the brain/artery damaging ones to grow. Poor oral hygiene can cause severe rises in CRP that damages all arteries and causes vascular dementia. Can you trust most MDs who say Lp(a) is forever fixed and you can do nothing about it, unless you take a fancy drug that "lowers it only 10-20%"? That's 99.9% of them killing us via disinformation, and ignorance, as we lack NDs to do real science before MDs touch any patient. 95% of MDs don't even know about Lp(a) latest drugs they try to approve to lower it 20%. Lp(a) dropped from 236 to 143 or 39% by 10 day water fast that reprograms metabolism ► FN 2024;11:1418705. Lp(a) and other lipids are detailed here. There you go, fast 10 days, lose 9-50 lb and live 5 extra years. Real return on investment. Never trust MDs fully, do read 400 papers, you will always find stuff MDs have no clue about, or that they're 100% wrong. MDs also kill us slowly in another way, besides stabbing 80% US male penises (vs 0.1% in nations with 7 years longer lifespan) required by the Ayatollahs of America, the Gentle Speech Orthodox

Rabbis who took over CDC to impose Judaism on all, while pretending to be Atheist Demon-crats or Christian Re-pub-licans: trimmed penises cause shorter lifespans and a rise in violent crime. MDs love to stab veins, in tune with the sadistic cruelty of medical education mirroring the Jewish Bible 1450 torture Quotes. Vein stabbing that MDs term "blood draw/test" (similar to cracking skulls open in 1700 to scoop brains out, instead of giving nutrients they miss as today we can) is a recurring inflammation site of eternal aging that acts as a trigger for turbulent blood flow (needle for blood draw is far larger than glucose finger prick needle, and is an injury requiring 1000 times more neutrophils to heal and that bump on the vein is forever, it causes turbulence) that generates new clots, strokes, infarcts, cytokine spread and is not ideal in any high tech medical system using advanced imaging of hands to picture molecules passing thru hands. Most health can be evaluated with *gentle tender soft nurturing loving kind* eterni tone like methods of testing (like eterni music), like gentle finger pricks, (with small needle of 0.04 mm diameter of glucose kits, not the big 2 mm finger blade methods), urine, feces, hair, nail, saliva, eyelash, leg, toe hair, hand/nail pics to see nutrients. But we're of a violent scripture, a violent music, a shouting yelling culture, so gentleness lacks, as well as the new "no vein stab" markers science to cure, evaluate without injury. "Do not harm" is a platitude with no meaning. The macho overwhelming force "low IQ" is evident: nobody does proper testing, as the blood level is a very incomplete pic of what is really going on.

> 4). MDs (Medical Doctor) who promoted smoking in 1950s. They do irrelevant tests, like LDL, which can never predict plaque (hs-CRP & Lp(a) can), MDs order useless angiograms because insurance covers it up to $20,000, while the far less invasive and exact 1700$ CT plus AI is covered only $378, Medicare promotes the lowest IQ tech, as Texas MD explains the latest tech that few know (see also his youtube). CT says plaque is there or not. LDL can't.

> 5). RNs (Registered Nurse). These nurses never follow the protocol consistently, for example, when you visit clinics they are supposed to have you sit still 5 minutes on a chair before they take the reading for blood pressure, not simply rush you from waiting room to take weight and then immediately place the cuff. If they do that and you rushed to appointment too, it will be a sky high useless reading. You have the right to ask to rest for 5 minutes, and you can roll the sleeve before you sit still 5 minutes, to get the best, but a thin shirt won't alter much a reading. Also, the nurses within the same place don't follow exact protocol: most take reading with sleeve on, a few ask you to roll the sleeve to measure it on bare skin (most people have no idea that's the ideal way). Others don't even ensure your sleeve is all rolled up and place the cuff over bare skin (80%) and the sleeve (20%) giving a sky high reading. The American Heart Association (AHA) and the CDC state that the cuff must be placed directly on bare skin. Taking a reading over thick clothing can falsely raise systolic by 10-50. When you leave a rolled-up sleeve under a portion of the cuff, it triggers blood flow restriction and uneven pressure, both leading

to high reading. You know it's a fake reading, since the pulse will be the pulse you have at 110/70, not at 135/85, that low 54. They do this by hacking electronically or placing the cuff the wrong way to harass or raise anxiety, if you are a newbie. This is how spy MDs can brainwash people that they have diseases they don't have, in order to destroy their bodies by medicating them with deadly stuff that damages other organs. The more ignorant the people, the easier to manipulate by criminal MDs or nurses. They manipulate how they do readings, so it comes out as out of normal, and then MDs medicate, or present abnormal as normal. ☺☺☺☺☺☺☺

The best 8 ETs are Co-Leaders of Eternia, the Council of Eternia, The President advisors on science, health, tech. It takes 12-15 years to get an ET degree after college, not 7-9 as with MD. ETs have the highest Ethics score, though IQ may not be 250, could be 150 minimum as setting. Only one ET degree Uni in all USA, where they do lab work most of the time, on animals mostly, to triple their lifespan, though humans who want to volunteer for new treatments or pregnancy meals are always welcome. The graduates, 800 a year perhaps, go to work in some of the 5000 Unis related to odd techs. Their rank is above all Uni presidents, professors and can use all Uni resources for the research to increase lifespan 40x like queen bees, via multidisciplinary Uni-Uni joint projects of 5 to 40 Unis. The highest IQ/IS of any profession is ET. US got only 50,000 with IQ 150+. Most will be ET. The 11 companies section first paragraph explains how a scientist ET can do more good than 100 million MDs, so ETs, NPs, NDs, MDs, RNs develop a new healthcare. The national ET degree Uni produces all food in house thru vertical farms, greenhouses and the most advanced techs, to prove its ability to create the eterni food system replacing agriculture. By 2055, the Eternia Ruling Council of 8 ETs will aim to feed half USA with Eterni Foods that increase average IQ and lifespan by 20 points and 20 years, and 50 years by 2100. Live to 130. The ETs have the highest pay in USA, because if they can make all Teslas live to 4000, not 86, then he had 33,000 patents not 700. Life is first. If we're not alive, nothing else matters, no discovery has any use, no tech can be used. So the USA is reborn into Eternia, the happy land of kindness and peaceful music, 222 weeks off for parents at baby birth, no more overprescribing lethal antidepressant use to 7% of men and 15% of US women, when depression can have 100s of other causes, mentioned in the alcohol, smoking, nutrition, beauty chapters. ☺☺☺☺☺☺☺

The universal health care is available to all citizens (who confirmed their citizenship if it was by birth to noncitizens or to parents born to noncitizens). Green card holders receive less care, as they're not yet citizens, not 100% loyal to USA. Reducing vastly the amount of tiny medical offices, admin staff, to reduce useless jobs such as "receptionist" etc, and enable new jobs to appear: RESEARCH. Sleep is the most important thing, yet among 100000 alarm apps on their Android, Apple, Microsoft etc stores, not one is a decent one allowing you to lock screen for 5 minutes after the alarm and say "Please stop working on your word processing (if that is what you were using) on your tablet, laptop, desktop", etc. The alarm that comes with phones or

Windows computers is pathetic at best. The most important thing is to break the digital time addiction, go to bed during dark hours to produce melatonin, sleep well, wake up with sunrise or nearby, sleep at least 10-6 very restfully to repair the body and live to 120. This is not in national goals, political speeches, only being galley slaves is important, everyone creates junk for aristocrat profits, no new products: 90000 ways to pack milk, but no new milk. Thus, for any condition, the first thing MDs recommend, is better sleep, 10 to 8 or so, extra hours to repair more, using the app to stop digital screen addiction. ☺☺☺

The medical industry is full of useless jobs due to decentralization and 100000 ways to do or insure/bill the same thing, due to greed. Did you know that big Pharma wastes more money with useless marketing to shareholders than with research and development of new drugs/therapies to extend healthy lifespan, cure diseases, etc? Big Pharma in US gets 75% of Pharma world profits by stealing from 4% of world population to finance PALACES in Mexican Cartel Style Trillion $ Thefts. *Odd isn't it?* It's no surprise, since possibly Freemason 1839 born Rockefeller has jailed doctors and banned natural treatments, manipulated medical education, to sell Big Pharma products he created to enslave the working class so much easier, instead of an evidence based medicine which shows that sometimes diet prevents the very diseases (vitamin D, ω3, etc prevent depression and the bad MDs from making 26x the minimum wage by prescribing poisons to "depressed" people who would not become "depressed" with central free education and proper nutrition, and poor kids incited by violent music to aiming guns (they shouldn't have if taking such meds, nor overweight people whose carotid (see pic) is blocked disabling 50% of mental function, evil MDs didn't give her a food table to lose weight, her primary doctor is guilty, he makes no money with a free food table to count calories and a 12$ scale) at cops and then being shot dead) caused by junk food that then make trillions for the rich selling Pharma products to manage diseases these Big Food Rich Mafia companies were creating. Rockefeller took over the American Medical Association, medical school education, Federal Reserve, created the federal income tax, and the tax exemptions for Big Business (by donating shares to charitable foundations), while everyone pays taxes. US kids are now 90% more likely to die than other rich nations due to Big Pharma, Big Junk Food. Aristocrats kill us all. If you get some cheap insurance, the first hit on their ☺abysmal IQ☺ network search is a doctor that will often take 3-9 months to deliver you the glasses, etc, or even to see your primary care doctor wait 8 months. Big Pharma won't make money for Jewish, British palaces with vitamin D, omega 3 and other cheap nutrients, so the way to 1 million palaces is genocide via lethal medicines. Why have 1 company and not 10000? Because humans are good at lies, so when a company needs to make a profit, to pay its employees, after investing $2 billion in a poor idea drug, noticing clinical data gives some alarming side effects, it will often hide that data and submit only the better studies, because otherwise, the guy will be fired, or company will go bankrupt.

So, millions will die 3-30 months earlier from the bad pill, due to the for profit system. When you have only 1 company, you don't care if one study/drug failed, you only approve what works, you're the only company, you're concerned with longevity and truth, not shareholders and profit. A small company wants to make untruth appear true, it will fudge the data until it can sell something. Classic capitalism = lies and death. Immortalist capitalism = Truth and Eternal Life.☺

To avoid medical mistakes that end lives 30 years early or amputate the wrong leg, leave stitches and instruments inside bodies after being paid 500-950K a year, it's essential to lower their workload by 50%, so they can rest more and have a better work life balance, since when they only make 3 times the minimum wage in immortalist systems, they're less likely to strive for the best if the more corrupt type who is the old system (before the Immortality Credit Score system), that allowed every greedy thug to become a doctor if they passed some basic knowledge test. We need to avoid surgeons suicide (common issue) and burnout that leads to catastrophic outcomes. Same for MDs who have no time for continuing education, etc. Stress makes mistakes and given that 75 million jobs are redundant in current classic capitalism, there is plenty of applicant pool to create new surgeons and MDs to lighten the load☺☺☺. It's inconceivable that doctors who undergo shorter training or have 9-5 short hours often get paid more than others who have 50% more stress and 30% longer hours. Current filif IQ rat race capitalism means most jobs relate to retail, admin and sales, marketing, redundant 0 contribution jobs. The reality is that 90% of surgeries today are preventable with an immortalist culture and system of 11 companies, 0 fat people (no bypass surgeries), low fat diets, better weight control, low AGE diets, 0 risky sports and behaviors cultures, low stress civilization by proper distribution of work duties and physical exertion in jobs, etc. Thus, as we move from cannibalism to civilization, 0 violent crime and fair pay, there are 10 times fewer surgeries than today and the relaxation of MDs allows them to focus more on the development of alternative procedures, protocols and treatments that minimize invasive surgeries (like this nasal spray). For example, the bypass surgeries on coronary arteries are mostly not needed, if you educate kids via the centralized free education about proper diet and everyone has body fat under 15%, a healthy diet, as profit from genocide is replaced by break even of Immortality *for* All. Any typical procedure, from CPR to others, can be improved once the scientist mindset is applied and profit is not a goal. Today, money is the goal, not minimizing damage, so MDs have 0 incentive to develop new protocols and alternatives to surgery, it's an ultra corrupt system, like the food industry. The highest paid people in healthcare would be eternists, ETs, followed by those who develop new procedures (*Noninvasive* Medicine Professors, NPs, with 10-20 undergrads, PhDs, postdocs in the research group), praising the Name of Perennial Life, NPs), not MDs. MDs are often folks who want to become millionaires in 3-8 years, so we need a total revamp of this parasitic system. Merit will go to those who develop nonsurgical, least damaging to lifespan

(best diet, pills, etc) treatments for existing diseases. It's odd surgeons get the highest pay, it's a *criminal system that encourages the most stone age methods*, when with biophysics, advanced nanochemistry and precise quantum tech no surgery would ever be needed. The present classic capitalist system rewards the greediest lowest IQ conmen, instead of people of immortalist character, integrity and real IQ as in immortalist capitalism or immortalism. Today, researchers (higher IQ than MDs) who discover the best nonsurgical method get paid 9 times less than the pigs who cut people left and right when not needed at all via free education that ends the MD aristocracy via the NPs prevention systems such as the monthly Immortality Park Free Biomarker & related scans based on new particle physics that damage 1 trillion times less the body vs CT. ☺

The more you read the nutrition chapter (10$ vs 100K) and see how doctors want patients to go thru useless avoidable procedures or even surgeries costing well over 100K, the more you realize the current healthcare system is ultra corrupt, as the people who become doctors are not the best, but simply the greediest among higher IQ people, since you can become millionaire ultra fast as a doctor, a mere 4 years. The medical school entrance exams are pathetic, since they don't test any knowledge of nutrition and ethics. Additionally, Big Pharma dictates medical school curriculum and MDs receive perks for prescribing expensive pills, surgeries or treatments, tests, etc that are completely useless. For example, 100K Americans have coronary bypass surgery that's not needed with an ultra low fat vegan diet and once a decade ultrasound scan or, if any odd events, a CT angiogram. Obesity rates went up 3 times last 50 years. Diet is the cause of many vision and dry eye issues, so a 3$/month vitamin A solved a problem that 5000$/month medications would not solve (AJO 2022;26:101471). Likewise, the interactions of vitamins and minerals are so complex, that if you raise one vitamin (A or D, etc) or mineral, you can create deficiency in other nutrients (D or A) and you need to make a change that won't create a damage bigger than the benefit: for example, unsoaked legumes, grains lower mineral uptake and screw vitamin D, etc status. Sadly, most MDs are clueless because food labels don't include the basic nutrients in food.ods, and nobody creates a food table, so then no MD knows what patients eat or take as pills, making it impossible for any MD to evaluate total daily intake of 30 important nutrients, to correctly diagnose anything, since many symptoms are nutrient imbalance or deficiency, not a disease. The status quo only enriches Big Pharma and Big Food, who're not listing the levels of basic ingredients concentrations in most food or medicines. The argument that it's a trade secret is bogus, since nobody will live to 500 if we're ignorant. 70% of medical diagnoses in USA are wrong to some (10-100%) degree (meaning AI would easily detect that a symptom could be caused by 3 nutritional causes, with slight variations), MDs are brainwashed grad students forced to work in a system of total insanity, because MDs can't correctly diagnose when the same symptoms can be caused by 500 nutritional issues stemming from food table lack of nutrient labels that would alert patients "your diet is low in vitamin A".

Cat filif IQ TV personalities with 4 lb makeup, eyelashes, hair dyes tell you "eat kale" and then all thrombotic people drop dead next day, clot formed as they ate no other blood thinning things and vitamin K in kale caused a clot to form. Another "fruit fly" IQ☺ 4 feet long eyelash lady with dyed hair, the "celebrity chef or MD who teaches deadly cooking methods" told people to "eat healthy avocados" then the naive audience eats avocados, some die next day as blood was too thick, clot formed, pulmonary embolism, etc... The gnat IQ MDs making general statements like "eat more of this", that's only true in certain people who don't have issues that could kill them if eating that, is a perfect illustration of how US medical care works: totally clueless MDs kill people. They say "garlic is good", then a guy who takes blood thinners eats garlic and dies of hemorrhagic stroke next day. But rest assured, patient safety is last, makeup, long eyelashes, fake hair dye, loaded with heavy metals and carcinogenic pigments are way more important, that liner, mascara to cause dry eye and cause optometrists to waste time is key, the stuff we need now. After all, the 40x min fed wage has tons of money to go to beauty salon, where peasants waste their life washing the hair of insanely lazy people, dying their hair, etc. ☺☺☺

So, what is one of a trillion solutions to this 1st century methodology and healthcare ethos? First, honesty, MDs realize how little they know about the gigantic effect of diet and supplements on symptoms and disease, so gigantic that all would be cured if you gave patients the right molecules and they would also live to 4000 disease free. Second, MDs would actually be required to read the ND report, the Nutrition Doctor Report created by a nutritionist (who deals with sleep too, making sure the offline sleep monitor is informing them of sleep problems (lack of deep sleep) that could prevent healing or cause strokes or death via hypotension etc) with AI help (AI runs this food table where patient enters his daily food intake in order to receive universal free healthcare), before the MD does anything, if the ND suggestions didn't fix the issue. It's the epitome of ignorance to have ND make less $/year than MD, when with correct nutrition we can postpone all diseases by 2500 years as the ET (Eternist) discussion above mentioned. The ND will analyze all the AI reports the person got via email recently when they took this or that nutrient and added it to the food table, telling him high a can lower D and cause issues, or vice versa, high D depletes A and affect eyes, etc… If one takes high A, one needs high D, but no MD ever checks these things carefully, much less even order the blood panel of all important vitamins. They can't, since all chemists do is make tattoo ink and makeup, mascara, liner ink, they can't make these tests 30 times cheaper. Or they design useless fancy paints for cars, etc and other things guys don't really need. 99% of MDs are clueless about nutrition (some naturopaths know a little more, so they make endless youtubes, but these are not like a paper with 400 references, they're more like a case report or study of 10-500 people suggests "this stuff works in some, hey why don't you all try it, you may die tomorrow (since it won't work for some due to stuff he didn't even think about in his youtube), like the chef on TV suggesting

kale", there is so much to know, that one needs 10 years to get an ND of the new type vs 8 for an MD. An ND can also become an Eternist later by taking extra degree, since one part of Eternist majors is using nutrition to increase lifespan by 3 to 50 times, or even more. The body is like a space rocket, one wrong wiring or one wrong fuel or mistake and it all explodes in mid air, same for life, it ends fast when we have a fruit fly IQ society, when greed runs everything. Everyone chases money, so MD salaries 15-80 times the min wage, so it causes everyone wanting to become an MD, who obviously acts as sales guy for Big Pharma... pills, procedures, tests (30K each, big money for hospital), surgeries, while nutrition would have solved it all for 400 times less money to the taxpayer. When the gangster runs healthcare, disaster is the result. The reality is that, due to education, almost all people are essentially like ants and chicks, they run wild towards the rice or sugar grains, like flies go to feces, except in capitalism the rice is money or high paying jobs. The mob behavior takes over, all thinking/ethics shuts down, everyone goes into hyper drive in the eternal chase for highest paying job. Nothing matters, except better pay. How do we solve this mental illness that affects 99% of humans to some degree, some 200 times more than others? This mental illness causes physical illness, as the rush for money destroys their health and family. A paper bill is more important than living to 90000? They kill, steal, cheat, lie for a better paying job, or to maintain an image, an ego, etc. One solution is more equal pay, as the Immortality Credit Score section explains in 50 pages, and the most far reaching, impossible to trick and cheat, and complex ethics, MRI, tone tests for ET, NP, ND, MD, RN that weed out the greedy liars, clowns or even "cannibals". ☺☺☺

Another solution is TV-radio reform. We create AI based "Mitochondrial Immortality TV", "Genes to Quintuple Lifespan", "Eye TV" (everything about ocular health, how to keep eyes healthy, etc), "Eternal Ethics", "Ear TV or radio", "Teeth", "Brain", "Heart", "Liver", "Legs", "Diabetes", "Immortality Biophysics", "Eterni Foods TV", each dealing with all the latest research for health related to those organs and concepts. Initially, the lack of content means most slots are lectures on these topics from the centralized education tone course set of 20 quadrillion combos, to double human IQ and turn the human today into the most eterni tone sky high super genius IQ of tomorrow. Present TV-radio stations are centers of IQ destruction that turn all into a serial killer supporting bombings etc: they never have any gov official say the sentence above May all live to a trillion years in Eternal Universal Peace & Bliss. Your food table template you enter pills/foods/weights ingested and it sends an AI message, "this raises D_3 deficiency risk by higher A without D intake, so be careful with colds and flu and etc... from low D", or "5000 IU D_3 causes A to fall, causing dry eyes. X got dry eyes when he started taking extra D_3, since A fell, he fixed one deficiency to cause another. Watch for drier eyes or take extra A, 900-2000 IU/day."

Capitalism encourages suggesting unnecessary treatments, to increase hospital profits, as this video on Chinese corruption explains exactly what happens in the USA too. Plain capitalism also

incentivizes the greediest to "become doctors" to get a good salary, sometimes obviously 5-10 times more than the average salary. This created an ultra corrupt healthcare system, where people live shorter even if US spends double per capita versus other nations. Not only that, but many doctors are gangsters who intentionally hurt their patients to make $$$. We need to consider allowing only the people with the highest Immortality Credit Score to be MD. The irony is CEOs of hospital systems can make 26 million a year, like Eugene Woods, a black guy, while millions of blacks suffer from contaminated moldy carpets etc... and buildings with mold going thru gaps. He makes 26 million for a nonprofit, imagine that... nonprofit is supposed to help the people, not loot them of 25.8 million. Funny how Oprah can't create a real company to replace carpets of blacks with LVP, she is busy with making billions, like billionaires are. Love the music of CEO today.com..meet-the-health-care-ceo-chasing-his-musical? Change you can believe in: black lives don't matter for many black CEOs, they are after all like the rest of races: 25.8 million is 1711 times the federal minimum wage. Way to go. Any black CEO lobby for 1 universal pay? Vote Democrats, the Republicans in disguise? CEO pay rose 4 fold in some systems in the last 10 years. They fire people to provide lower quality care via mergers and waste 20 million on CEO pay, his pay was 5.4 initially. 20 million that could have replaced all carpets (hold 2000 times more microbes than linoleum, tile, LVP) that transmit viruses, replace air filters more often, to limit disease spread, do a real merger of all hospital systems into 1 company to prevent waste and too much admin so we get 10 times more 'doctors', with 90% being not MDs, but ETs, NPs, NDs, RNs, the 5 categories above. This is criminality, we need 11 companies in USA, zero unemployment, efficient use of resources, proper procedures, like MDs order nail or whatever tests for fungal organisms, without first having a procedure to ask if they used antifungals daily last 1-3 months to determine if PCR will come as false negative. They act as if they don't care. Money wasted. MDs commit murder in disguise, paid 10 times more than chemists who're fired if they don't follow a protocol, but doctors never fired or fined 10K even. Did any Jewish MD lobby for universal pay and real ethics? No, they love to be aristocrats, while "calling for reform", fake reform, i.e. "hospital CEOs making less, but MDs still making 10-80x min wage".

In the US, Jews, who're 2% of population, made up a 14% of MDs in 2005 (17% now?), for evident reasons. The US system is geared towards aristocratic subjugation of the population by lawyers (many of them Jews), MDs, CEOs, etc. It's not geared towards 500 year lifespan for all. Muslims, 1.2% of USA, make up 5-10% of MDs. Imagine when Torah or Islam meet intentional harm. In 2018, the US had 6% Asians, 17% of MDs were Asian, so the Asians too look for $$$. The Jewish example of being 9-65% of certain jobs/awards is detailed in CP 2014;3(8):1-7. See a video on Jewish (covertly or openly Jewish) MDs inserting stuff in gentile body and teeth to later kill the gentiles, think twice what you do in an office, with what MD. This is accomplished via the criminal educational system that favors the criminal type of Jews and other bandits who give

themselves millions in salary or 10 times the average, 30 times the minimum, 5 times that of generals. Since MDs can hold power to destroy the population, it's a national security danger to have so many people who obviously love Torah, Islam more than democracy in charge of US health. Immortalism would change that. Perhaps, until 0 violent crime and World Peace are real, it is 1 billion times safer for the USA to limit % of MDs to % in population, i.e. only 2% of doctors being Jewish, etc. Israeli newspaper claims Jewish doctors were snatching kidneys out of gentile kids without their consent. What if under anesthesia as they do some 'surgery' somewhere for something, they steal a kidney, nobody would actually know you only have 1 left if you're in deep sleep or don't see what they do? Jews crowded medical schools forever in USA, look at the old debates about 20% of medical school students being Jewish. When the rats charge 1500-5000$ for a 2 hour IPL procedure (30 min consult, 20 min each session after that, 110 min total), what is there to not like? Sit in an office and move a device around one's face with instruments made by an Israeli company? Read the torture section to understand how spies who know what medical history or something that ails you can then use that area to focus their lasers to cause organ damage or symptoms, in order to create plausible deniability and blame it on family history, to achieve a slow murder via attacks of those areas: to let any healthcare system, company that is not local, but foreign, to handle patient data is to subject your nation to blackmail by evil serial killers who will use the knowledge to annex or 100% enslave your citizens, don't be fooled. Wolves and killers come in sheep clothing, as pastors, missionaries and noble doctors, etc, as we saw in Spanish Conquest of America, who killed 90% of all natives dead as a result of the discovery of the continents. You know, they hide behind a white coat or religious garb, but the intent often is the same: harm and exploitation, or, outright murder. Religion and medicine can be used to wipe out entire nations, covertly. Medical info is powerful in the wrong hands of Mossad killers. The same % limits need to apply for politicians, CIA-FBI, military, police. You know, the 'bad type of Jews' are very clever: they use, like Muslims, left wing and equality parties and ideas to get equal rights for themselves when they're very weak and just invaded a nation, like USA in 1890, and later on, Equality is thrown out of the window. It's no longer about equal Jew-gentile pay, no longer about equal representation of % for doctors, professors, politicians, lawyers, judges no longer about gentiles being 98% of media, movies and music as population is, but the Jew being 50% of it, to destroy and subjugate the gentile, with violent movies, depraved hooligan music and the like. The ideals of Equality have been completely destroyed by the clever 'bad type of Jew', who only uses them to make himself rise at the top at the expense of the society he destroys…: check out how genocidal MDs use false billing codes to commit homicide like violent crimes of minor mutilation, for which they deserve death penalty or at least lifetime labor in mining, canal building and roads jobs.

Once at the top, equality is merely a farce the 'bad type of Jew' conveniently discards in

practice, while talking about it and playing victim forever, as explained in the credit score and communism (happily kill torture millions of gentiles) sections. In any decent society or immortalism, real EQUALITY EXISTS, there is one language, not 200, so the 'bad type of Jew' can't instigate one group against the other. The bad type of Jew's double standards are so evident in 2025 USA and 1933 Germany, with half the doctors in Berlin being Jewish☺☺☺ and 80% of US males being circumcised, while none are in nations 5-7 years living longer than us, as Jews run the US healthcare system with that same genocidal cruelty of the 1500 Torah quotes. The Jews thrive when people don't realize they took over the host nation. Torah, Bible, Quran are texts that glorify genocides, covert violence of MDs on patients, not texts worthy of 'scripture status' in democracies. Any doctor found, after patient complained at reviews.gov to be intentionally harming patients would have license revoked for life and receive lifetime labor, as for all violent crimes, since it is a covert violent crime (they pretend to be low IQ). We see many ruthless bandits, serial sadistic killers of animals who love to hunt, drink blood, do no research, keep no real records, make no efforts as the centralized system would allow every patient to be part of the national 1 million automatic studies, and inflict pain on animals on their 200 acre hunting property with the stolen money (undeserved high pay) obtained by maintaining the rather pathetic healthcare/nutrition system. Such abomination is only possible when banditry rules supreme and ethics is nowhere on TV, not even 5 hours daily, let alone 20 as in the state of emergency. The sad part is that the idea and methods of the 'bad type of Jew' have been copied by pretty much every 'bad type of ethnicity X' person out there working for dozens of spy agencies. Thus, one needs to consider, what is a truly democratic society of equal rights, duties, rewards? It starts with education, centralized, efficient, needing far fewer vampire teachers making 100K for repeating the same crap in a horrible tone that the 1000 times better tone and content video would explain 100 times better via the central education.gov classes. Money corrupts everything, even education, so now US students are way behind other nations. Why is US so backwards? No research or critical thinking, just low IQ teachers repeating same crap, reinventing the wheel instead of researchers. With centralization, you need 10 times fewer teachers and can retrain 90% of teachers for research, some helped by students grade 3 to 12. In many areas, people become teachers to get a $$$ job, so greedy ones hover around it, like MDs. Centralization means equality, the end of Jewish hooliganism, Bible-Torah genocide Supremacy.

☺☺☺The Centralization of MEDICAL CARE VIA STRONG SPECIALIZATION☺☺☺

If you got dry eyes, you may know that Cliradex (covered in the 392 page eye chapter), or tea tree oil 4-terpineol 2% is used as a foam to kill (takes 40 min at least) Demodex mites that live inside the meibomian gland that prevents eye dryness. Demodex "folliculorum can be found in the lash follicle, whereas (Demodex) D. brevis burrows deep into sebaceous glands and meibomian glands looking for sebum which is thought to be their main food source (see video,

75% of those over 45 have these mites, they can cause even baldness)". To understand the immortalist reform detailed below, we will use Cliradex waste of time as an example of medical ☺abysmal IQ☺. Cliradex foam sprayed on the closed eyelids irritates eyelid skin, so it is sadly washed right away (as your optometrist will suggest you do), so there is no time to leave it on 80-120 minutes at 2% foam Cliradex foam spray concentration to kill mites. It doesn't work, even 50% tea tree oil fails, as a paper explains, so many use 1% ivermectin ointment. The strangest thing is the doctors don't even test to see if you have Demodex or bacterial blepharitis, which can be confused. Then they prescribe IPL to make money and xdemvy drops you don't need if it's staphylococal blepharitis. They can look similar: Demodex blepharitis pic or Demodex pic 2 vs bacterial blepharitis pic. This complete banditry, lack of standard operating procedures, lack of national optometry standards to take the dandruff analyze it to determine how much of the blepharitis is Demodex (0%?, 90%), how much is bacterial (what type of bacteria, then what eyedrops need be used to target that strain?), lack of National Optometry University and of 50 steps for every diagnosis of which of the 5 types of blepharitis one has, etc, is due to the anti-science, anti-proof ostrich IQ Republican party. Our kids' filif IQ is drastically lowered by fraudulent "religion" schools and become puppy IQ puppets with no critical thinking skills. But some mites will remain after using shower/sink water to wash it off, it will kill some surface Demodex but not the guys deep into the skin that imaging methods may miss in our stone age. The problem we have today is a lot of products have very poor testing and evidence that it does what it claims to do: sure, in a Petri dish Demodex dies in 40 minutes and people wash it off in 2 minutes, but inside the meibomian gland these eyelid foam cleaners will have 0 effect and that's the main issue. Think about the low IQ of many eye doctors, their Review of Optometry and Review of Ophtalmology articles are like those of a 6th grade student, orders of magnitude less scientific than a Biochemistry paper of 70 pages on PubMed. Everything is so watered down, simplified, without any real references as to how the 'Geniuses' came up with the idea of washing Cliradex right after application if it takes so long to kill Demodex, with too few references to support their suggestions and take into account the complexity of Demodex burred deep inside the meibomian gland. Not to mention, optometrists don't usually take before and after pictures of Demodex (in vivo confocal microscopy IVCM & high-definition optical coherence tomography HD-OCT), or even of all 4 eyelids meibomian gland 940 nm image, for meibography, before and after each IPL treatment set or other procedures, don't take videos of every expression, like cops are required to have cameras on, etc. It's like you talk to a 6th grader science class average student, not a scientist interested in before and after, and being required by Universal Immortality Inc to follow a set protocol 100 times more advanced than any today, so advanced, with so much data, people don't need to even make so many studies anymore, as the data is there for all developers of the best Demodex or dry eye new procedures. The waste that happens with decentralized medicine is enormous. The data is used by Universal

Immortality researchers to provide the best free healthcare for all. With the Eterni tone Reform of Education, the end of all Universities as they are, the creation of National Zinc Quantum Chemistry and Field of Study named Universities, we move into the same pattern in the Universal Immortality Inc, in universal healthcare. You go to OD, and he notices you got a Demodex issue and if his clinic is not specialized in that, he sends you there. Jack of all trades master of none universities and clinics, eye/ear/diabetes etc practice are a disaster. You can't have "Dry Eye Clinic", but "Demodex Dry Eye Clinic" or "Meibomian Gland Probing Dry Eye Clinic", "IPL Dry Eye Clinic", "Initial Evaluation Dry Eye Clinic" (Demodex pics, gland pics, general eye test, ocular pressure, vision test, glasses), who sends people to other clinics, everyone needs to be a specialist early on in medical school. We have physicists working on space propulsion, not molecular biologists, so they do a good specialized job. Why can't we use the same logic in medical clinics, hospitals? You see today how these genocidal aristocrats living in palaces steal trillions from the state and everyone, create certain software packages and products that everyone could have, yet most can't have them since they're "more expensive". So, as a thank you for their genocidal thefts and subjugation and poisoning the planet, they also withhold the free software and hardware (often the same cost to mass produce, since at scale, costs come down a lot, one big efficient factory) obtained by the sweat of slaves living 20 years shorter due to their genocidal foods, housing and medical procedures. The audacity of these gangsters (creating communism to kill 130 million by destroying Russia and China empires not to help the working class, etc and 2 world wars to get rich and become the sole superpower for their clan of aristocrats) is huge. What most forget is Nazism and communism (a trick to seduce masses), the 250 million dead of last century was created with planning, support, money from USA, French, British Empires. To hide covert control, they criticize regimes. Like US created Al Qaeda, then it fights US, created communism that fought US: same thing, plan went wrong, aristocrats failed to dupe 2 billion people as they duped Americans. The genocidal aristocrats don't give a crap about 7th generation Americans, let alone about foreigners or immigrants to USA. Go to a stingy optometrist, see what complete trash of an image the meibography yields on software packages due to his avarice and trying to save 9K while milking all of 2K, unable to tell what is going on.

Time to Clean up the Pharma Industry/Medical Profession, fire the Evil 'Bastard'☺☺☺types:

Many MDs behave like Patricia Holloway (this may be an AI fake story, with video generated by AI, to illustrate what happens in real life at times), meaning they don't pay attention or care about poor people, which ends up killing the poor patients. Sometimes, the courts and hospitals take no action, so angry relatives of the killed end up shooting dead the MDs, as the real or fake AI video shows. This happens due to a society that has no ethics, where the greediest folks with no ethics training hours weekly till age 25, become MDs. Just as we got violent crime 1 billion times higher than it should be, we get medical malpractice 1 billion times higher than it should

be. So, we need ethics training for all existing doctors and of course, counseling for MDs, and fewer hours, so they sleep very well daily and thus make fewer mistakes due to poor sleep. Max surgery hours ought to be limited to 30 with huge breaks, naps, rest in between. On all optometrist webpages, you see links to very expensive treatments costing 1500 (and a yearly tune up of 500$ after that) or whatever, but never to the moisture retaining glasses 20$, or moisture retaining night mask 1$, or the ultra cheap saline drops (no drug store has it in USA, since Big Pharma can't build Rancho Santa Fe etc Palaces if they sell eyedrops costing 20 times less, they live off the suffering of the masses) that provide 0 side effects and instant relief vs the deadly artificial tears and ointments. Everything is about stealing the patient's money, managing disease (not so much curing it, since then Big Pharma can sell nothing, sales drop 100 fold). USA will have only one National Police Department (like Singapore has only 1 and 100 times lower homicide rate) with 2,000,000 times better procedures and efficiency, so we eliminate crime by secure borders (10 trillion drones, 0 illegal crossings, instant death for any crossing, end the bringing of slaves by Big Aristocrats when with efficiency and no parasitic aristocrats we need 0 illegals), like Poland began shooting the KGB paid hordes, and inspecting every single mail package, product, box, container, etc and every single letter with dogs, since USA got 90 million dogs we can use to free USA of drugs and planet of gangs in no time, as American Spirit of Helping Fellow Humans Becomes the Focus and Ethics Runs Supreme on TV 10 hours daily during the State of Emergency to Rid USA of violent crime and Corruption. The future of the world depends on 0 violent crime in USA, as without 0 violent crime we can't prevent the 2 capsule scenario of 8 billion dead and USA can bring it fast within its secure borders. A few dead migrants is nothing versus 8 billion dead. This Unified Cop Department, 1 million times stronger than any cop department worldwide, rightfully named Immortality *Nurturing* Agency, helping all live forever (in some future century) in this and maybe even another world if their soul is not destroyed by sin, will destroy all gangs and reduce violent crime 1 billion fold, so we can finally dedicate cop resources to go after the Biggest Criminals of All, that we have never gone after for 20 million years, the Aristocrats, The Doctors, the Pharma CEOs, Managers of every company in USA. Likewise, we have only One Optometry Department in the Whole USA and Planet one day.

Some MDs illegally used their sperm to inseminate ladies looking for donor sperm, causing diseases in those people who believed their father was someone else. This is evil and grounds for firing an MD, since genetic risk is unknown when you randomly mix sperm with eggs, can cause debilitating diseases. Today, the aristocratic brain doctors making 600-980K give very bad toxic anti depressant pills to kids of 40K a year parents, to fix what the Republican Party created: a country without centralized gentle tone ethics education daily since birth for kids and since preconception for parents who need classes to obtain parent license. In the absence of proper education and good nutrition, some kids become a little more hyper and then MDs prescribe

useless pills that make kids worse than before, like this kid who ended up killing a 64 year old in a church parking lot, where Republican God angels didn't protect the guy being killed. These pills don't address the issue: lack of education, they just make money for MDs and Big Pharma. ☺☺☺ To prevent this and many frauds, 9000 cameras exist in any hospital, every doctor visit is recorded, not just the whole room and every word said and movement by doctor, but also instrumentation, procedure done on any body area, and patient gets this video so he can find errors and keep doctors accountable via reviews.gov, the universal one and only review site in USA for all employees of all companies, and one day, the only left, the 11 companies. Currently, the Genocidal Big Pharma Mafia, ruled by Infernal Palace Dwelling Monsters, has bought 95% of doctors (well, has brainwashed them via setting curriculum for medical schools for example, with most doctors not even realizing they're robots of the system) and they commit Trillion Dollar Fraud against the American people, killing everyone 25 years before their natural time if they had real unity born of universal altruism and efficiency. The Infernal Big Food Mafia Dwelling In Golden palaces destroys the American people, who then are destroyed further by the Big Pharma Mafia and Big Doctor Mafia. The Mafia of the doctors and Big Pharma has no accountability, they're above the Law, the Emperors of Hell, cops are required to have cameras but these greedy doctors and nurses (most become that to make 200-980K a year not because they're smartest or most ethical people; you can be very low IQ and pass medical school entrance exam and get a medical doctor degree) are not, there is no centralized way to follow 50 steps for a procedure according to a 20000 page PDF that was agreed upon at the National University for Intense Pulse Light or whatever the Procedure might be for Dry Eyes or whatever one does, no way to record in the Universal National Database, One and Only for that Test covering all Optometrists or Specialists performing that Procedure as we're One Nation, All Data belonging to the American People, not Genocidal Psychos Living in palaces in Rancho Santa Fe, California, Texas, Florida gated cities and estates, no way to record the 10 tests/steps/data taken after a procedure to prove that it was done correctly and that it worked, besides the video of it all, that makes it impossible for any nurse or doctor to cheat and not do what is required and record they did X, Y and Z but did nothing. For example: you go do some IPL or eyelid tear gland expression, the video of the expression showing the exact amount of meibum coming out of each area expressed, following the safest protocol that all IPL focused clinics will implement, instead of 100 other poor protocols. Before and after IPL, the retina scan is taken to make sure there is no damage to retina, etc, perhaps, just as an example, not that this will be done, since if you protect the eyeball with metal or 100% opaque cornea shield, no risk to retina exists when flashing the light on the eyelid directly. However, with advanced imaging, you can take before and after meibomian gland expression pictures (or at least Meibograph pic as LipiView offers) to prove you extracted 124 or 289 µL of meibum, with 3D pic of all 75 glands in each eye, not hear say like "I did an expression" and the unethical OD did it in 3 minutes, a rushed poor quality one,

without antibiotic or forceps, with dirty q-tips that scratch the cornea, 100 times worse than what you can do at home even, after charging $1000 for some IPL session. Without clear data we don't know if he expressed even 1% of what can be expressed. The *Universal Optometry Department is in Charge of all Specialized 90 types of Optometry Clinics,* each doing 1 Procedure to Perfection. We're One Nation, all Data Belongs to the Entire Nation, it's Used to create 1 million studies daily so all may live to 1 trillion, which is a second in Eternity, God can do this miracle if he did the Jesus miracles too. The Bible says our bodies must become immortal. ☺☺☺

Universal Immortality Inc is in charge of ensuring the health of all, longevity, *developing trillion year lifespan* technologies, curing, managing all diseases, supervising, centralizing, unifying (like the building corporation) all medical facilities nationwide, providing universal *healthcare* via maybe 20 monthly plans ($100, 200, 300, 400, etc up to 2000), being the only insurance company, it has 800 types of insurance (40 for each of the 20 price points, if you got diabetes, you opt for the diabetes option that gives more discount for those procedures). It acquires slowly all insurances and retrains everyone, like the building corporation does as hinted at below, builds 1 million biomarker testing, preventive health education locations. This way people who drank alcohol, smoked, etc and made bad choice get to pay for their insurance more, to avoid forcing society to support genocides. If you damage liver/lung by alcohol/smoking, then your insurance rises monthly to the next price point (20 price points globally, simple) until you stop *drinking, smoking*, plus the Immortality *Nurturing* Agency sends daily videos on meditation and how to achieve bliss without drinking, which must be watched and quiz taken to avoid monthly increase of insurance by 300, with the option to visit a healing meditation learning center immediately if you can't stop the addiction or pay insurance rise: simply put, your job *will be on hold until you quit drinking alcohol bought by friends or others,* your life is frozen until you quit furthering genocide of the human species: *all stores will deny (for the rest of your life) any alcohol, tobacco, vaping, smoking products since* there is the universal ID called Eterni Bank card, *recognized by the* Eterni Bank, *the only Bank*. If one can't cope without alcohol etc, one goes to healing center to deaddict 24-7, until one comes out sober and free and ecstatic. Due to high tech neuroscience, all would be free from addiction within 1-2 weeks. The fine for buying alcohol, vaping items for others (banned from buying) to use, when they were notified by the Immortality *Nurturing* Agency that their family member is an addict who damaged their liver, will be steep, maybe $20000 as it's assisting slow but certain premature death, before one's natural lifespan. Everyone banned from alcohol needs to listen to peaceful music, use appropriate music shared in the classes to understand compassion and how to be happy without alcohol, etc. People who suffer injuries during very selfish sports, will have the insurance increase until they volunteer with volunteer.gov in one of 900 altruistic approved sports linked to the 11 companies and quit their sport, or until 5 years of raised insurance have

passed. Every action also affects the Immortality Credit Score, how fast one quits an evil sport, how fast one quits alcohol, vaping, etc. Thus, in immortality capitalism, as mentioned before, sports players can only earn minimum wage max, as they don't volunteer (get certified to safely replace windows or something easy to do as volunteer in 20 minutes or so) to take care of urgent needs: transforming 200 million US houses from crap to civilization: gas stoves emit gasses that kill all, dirty electricity shortens the lives of all, RF gives us endless disease, etc. ☺☺

Why are people often injuring themselves on the job? It's due to the pressure: while others relax and do nothing (sitting all day isn't healthy, shrinks lifespan) physical in their job, dancing wildly in 'music' causing strokes via headbanging in millions who imitate their headbanging (causes strokes), or injure themselves in a rushed 1-4 hour a week 'barbaric' sport, others do physically demanding jobs 50 hours a day damaging their ligaments and bodies. This is due to a criminal system that misallocates physical competent of labor to certain job categories, instead of evenly distributing physical labor so all get to move on the job at least 1 hour daily, and others get a maximum of 30 physical job a week to not break their back, legs or hands, and we get better health outcomes. The silly wild dancing energy or the rapid sports calories could have been used to relieve the pressure on others who work 50 hours a week ultra physically demanding jobs, all listening to soul elevating tones music. Both live shorter due to egoism and the current capitalism model: *little empathy, much yelling, like in USSR, other dictator like regimes.* It's not healthy to exercise strenuously and cause rapid heart rate leading to strokes, to rush so much (it ages fast, due to cortisol). Extreme exercise shortens lifespan in many studies. An ethical government ensures every job requires a physical task of 10-20 minutes every 2 *hours, to give your eyes a break from the computer and exercise long distance vision, to walk* every 1-2 hours instead of being glued 4 hours to a screen, to prevent strokes and heart attacks. We need develop a higher cortex brain. Relax, learn to speak in a relaxed way, so war is less likely. Both the selfish sports, 100% idle folks and the over pressured worker suffer injuries that drain America's medical system: everyone rushes, due to egoism, while with some empathy, all are more relaxed and free from suffering, needless injuries. Thus, the immortalists create more empathy, via the new housing system. Immortalists remind all to avoid useless chores: some are washing/detailing their car 50-100 times a year 25 minutes a day (total waste of time, not helping anyone live longer, no credit score rise, no virtue rise) or mowing grass 50 times a year to make noise, damage ears if no earplugs, disturb meditative space and inhale toxic fumes if mower not electric yet. The Health Department becomes Universal Immortality Inc and the health section of the Immortality *Nurturing* Agency, which supervises all 11 companies, all music, books, etc *to ensure Lifespan Maximization*, etc. Universal Immortality Inc produces inside of USA, using US ingredients, all medicines we consume, for meeting the 100 times more stringent requirements of the Immortality *Nurturing* Agency. Due to streamlining, mergers, we

can increase RESEARCH, reduce admin again. Every pill, hygiene product (even toilet paper, acne creams, etc) sold in the USA would have written on it Universal Immortality Inc. Eternal Beauty Inc products can only be developed based on plans approved by Universal Immortality Inc health experts, to make sure all cosmetics are safe to use and won't cause health issues. ☺☺☺

In immortalism there are no shareholders (aristoc-rats), since no stock market exists, We the People of Earth own the 11 companies of the Universal Nation on Earth (All nations may join USA to create this Mega Nation), All Nations as One, they're state owned companies belonging to all citizens☺☺☺. Thus no marketing is needed, all is spent on research. The Immortality *Nurturing* Agency runs free TV ads for the best medicines that 5000 studies have shown to work, ads on the TV-radio stations which are no longer owned by evil aristocrats (pushing slavery of the 99%), but by the state. A video shows how 25 weight loss drugs (+ 9000 other drugs) caused deaths, cancer. Lady explains Big Pharma corruption. The MDs are trained to give prescriptions, to enrich the aristocrats who own Big Pharma. For example some headaches, pain in 100s of areas of the body can be caused by 90+ things or simply atherosclerosis (caused by microwave attacks on that body area or by constricted blood vessel; vessels constrict when it is cold to save energy, so this causes high blood pressure; keep area warm), but often the MD says it's disease X. The Big Pharma makes trillions by poisoning the working class, without any money spent on education to prevent disease, so this can definitely change once these parasites get pretty regular salaries not 40 million. In reality, it could be something way simpler, like poor blood flow to that area (heart rate increases when you exercise, do chores, etc, blood pressure increases and the blood tries to go thru a partially blocked blood vessel, so this pressure there causes the wall to push tissue and cause pain, in any body area (brain, etc), so don't think there are always 50000 new diseases, they can often be 5000 forms of atherosclerosis) due to thermostat being low, the person not taking showers or baths daily to improve circulation and due to sitting in front of the computer for too long, which causes a lack of circulation and the pooling of blood in legs, etc. The MD, who got many gifts from Big Pharma sales rap, will give people lethal pills that damage other areas of the body, not understanding poor blood flow due to atherosclerosis can cause damage to that organ, causing 300 liver diseases or 400 pancreas diseases, all due to high fat, high AGE diet that damaged the insulin cells of the pancreas or other cells of the liver or other cells of the joints that leads to "arthritic pain". Gently hold toes parallel to the ground when doing house chores (buy shoes/slippers that got a flat shoe tip (toe area) if you got some toe injuries and pain exists if shoe is raised), to not lift the sole of the foot while the toes remain on the slipper or floor, keep foot soles firmly on the ground at work, so that the foot-leg joint is at a normal 90 degrees, not 40-80 (feet placed under chair), as that squeezes the nerves and vessels there, causing malnourishment of the toes and feet and inability to fight arthritis etc. Feet issues, nail fungus risk increase if you block blood flow via wrong desk work position,

causing cold feet: for 2 million years our legs got optimized for feet to leg angle at 90° and knee angle 90-180° (not 45° for knee causing knee pain and the cold lower leg due to restricted blood flow, and other leg issues, arthritis, etc), so don't change it now 8 hours/day of desk work, don't cross feet either, then go to MD to get 50 useless pills for leg pain that ruin the brain via side effects. You may need aluminum barriers if spies attack the feet. This leg angle is one of 50000 examples of simple things that prevent intake of 90000 pills, due to a medical system created by profiteering psychopaths who look to make $, not cure you. *All funds for reviving old animals are removed.* We already have farmers spend trillions to control populations of hogs, mice, snakes, insects, big cats that decimate crops/people, the last thing we need is to bring back big animals that will inevitably injure/kill humans, like dinosaurs. The ☺pet IQ folks☺ who want bring back the mammoth need to be sentenced to lifetime labor. Colossal biosciences (trying to bring back huge animals) genocidal company stealing national resources needs to be made illegal. The criminal investors (Hollywood infernals who relish violence and violence scenes of violence against humans, no wonder) who funded this company ought to pay $900 trillion in fines, for inciting people to murder via reviving the Tasmanian tiger known to eat us, like others eating 400 folks/tiger. The first priority of a government is one world, 1 language, 1 currency, 0 violent crime via 11 companies worldwide, 0 wars for a trillion years. It's genocide to waste national resources with such crap when billions of people live in shacks. After that, you can bring maybe something back, but never animals that are bigger than 1 lb that could hurt humans. ☺☺

Please ☺☺*lovingly tenderly gently kindly*☺☺ read the reversal of atherosclerotic plaque that can damage 5-20 organs (thereby causing a million diseases and misdiagnoses) and joint/cartilage (arthritis) areas of your body, the reversal of heart disease without bypass surgery to see how thick plaque (see the picture of ATHEROSCLEROSIS blocking 90% of nutrients to one organ, the brain, thereby causing one of 1 million atherosclerosis diseases, ALZHEIMER, MEMORY LOSS, to be SHOCKED) becomes normal by a low fat vegan diet, no fat except some ω3 EPA-DHA☺☺☺, because this blocked blood flow via shrunk artery hole means less nutrients and fewer toxins transported back and it is the slow death of a person. If you're poor, create a cubicle so you pay less for cooling and heating by 2-3 fold, and still have temp always at a comfortable 78°F for maximum cognitive health and stroke-infarct prevention. Simply buy some 20"x30" white foam boards (1.25$ each at dollar tree stores, etc), which you can cover with Bomei 8"x150ft 3.2 mil aluminum tape on one side (white is best, to see the dark ticks, which can kill people via a single bite via Lyme Carditis bacteria from deer ticks) and 8"x435ft clear tape too on top of aluminum to prevent damage and peeling off, to prevent Cell Phone Tower damage to your organs if high in your area, as Microwaves cause Atherosclerosis too) and create a cubicle or smaller area of sorts to heat or cool (in the summer) only one area of a studio or house or room and save lots of money (so you can eat better, but organic kale, since

conventional has lethal pesticides that cause Alzheimer, atherosclerosis and asthma), so that you get with humidifier and the silent oil heater (that produces 100 times less toxins of certain types than most popular heaters today) a perfectly comfortable temp of 78 and humidity 55-70% to ensure the best outcome for lungs, eyes and the entire body, so your body doesn't work overtime to heat the body, as that causes enormous needless DNA multiplication, transcription errors, short telomeres, senescence, DNA errors. Cold winter/spring/fall weather, thermostat < 77°F raises blood pressure, heart rate and risk of infarct, stroke, as vessels constrict and heart pumps more to warm us. 100s of papers explain winter hypertension. Likewise, strokes, heart attacks increase in cold weather months, while cognitive deficit, dementia post any vascular event are higher. Russians have poor heating and freezing weather, so they lose via brain strokes, vascular events, and related dementia, etc 12 years versus Canada (lifespan 72 vs 84), itself a nation with pretty cold weather too. We have *9000* *mini*vascular and *micro*vascular events thruout life without even knowing them, we can get 500 white matter silent strokes (that cause dementia) alone). AHA explains stroke-winter links. All studies show that heart disease (one type of atherosclerosis) is the number one killer worldwide. What few realize is that the 2nd killer is other diseases caused by atherosclerosis and wrongly attributed to "aging of liver, pancreas, kidney" when it's atherosclerosis mostly, so 50+% of deaths are due to atherosclerosis or poor diet. Poor diet that causes atherosclerosis also causes cancer, diabetes, asthma, kidney failure. That is why knowing basic things in Chap 11 & Chap 12 can save $1 million. 90 days reading online can save Earth $5 trillion in medical bills. ☺☺☺☺☺☺☺

Sudden weather changes lead to strokes and heart attacks. That's why we need a government of science, so we can create perfect constant weather worldwide, no storms, hurricanes, etc, so all live 20 years longer. On top of that we have a ☺very low IQ☺ government who wastes trillions building facilities for depraved sports, when all these materials, money, energy, time could have been used to make all US homes very well insulated, so we prevent $3 trillion in medical expenses from cold weather strokes, dementia, amputations, heart attacks every decade. How is that for logic? We're not even mentioning the $1.4 trillion we waste yearly in the pursuit of selfish ☺abysmal IQ☺. The Republican Party of *Genocide* is against green building codes so all freeze to death, literally. The phony private companies create lethal vitamin formulations (see B6), because after a 2-500 people company has no clue versus one with 15 million employees. A Republican Party led government of thieving aristocrats makes an FDA 100 times smaller than it should be, so lethal products are sold as safest amazing cure all formulations.☺☺☺

Today if you need the simplest thing, you need to call the specialists, say optometrist for yearly eye exam if you moved into a new area and don't know doctors etc, and waste 1 hour calling Friday at 5 pm, to see which office has appointment today or tomorrow, because if you google "optometrist near me open now" you get what is open not what has appointments today. Why

not have universal insurance and you ask or type in the immortality.gov AI search engine "which optometrist or eye doctor is available to do eye exam or whatever you need NOW (or in x days)" and first available doctor gets a message that you will call and the system calls doctor and put you in touch, plus gives you other doctors on a list of 10, in order of distance from you, if this one doesn't have the services you want at the price you want. Typing "walk in eye exam" or "walk in whatever you want" on google doesn't give true results, those offices aren't walk-in clinics. In 2025 you call only a few doctors in your network and the others waste time waiting for new patients, getting no call, while you call offices that are closed or booked. Everyone wastes time. We need a central immortality.gov that one day all people worldwide, in all nations, can use, as we're one. You waste 2 hours, 1 Saturday morning, 1 Friday evening. The abysmal IQ of the system can't be greater. You have to fill 40000 forms for 40000 doctor offices and reenter same info instead of entering immortality id or SSN (social security number) and having all medical data uploaded with 10 times more info than the custom forms that often lose all info if you click back by accident or to review something. How dare anyone share a form? This immortality.gov will also have a widget to search for pills or treatments for various conditions and tips on longevity and immortality, the physics of trillion year lifespans, etc and how to build Immortality *for* All with biophysics and 1 trillion other methods. Our goal is not to simply stay healthy or avoid death from a disease tomorrow, but to live in perfect health to the age of 1 billion trillion years. With such goals, the whole discussion changes, the ethics of it all.

In the immortalist system, we move our society from majoring in architecture and web development to majoring in life sciences. The aristocrats who designed this nation have created 2 million contractors who design 2 million house types, requiring an insane amount of architects, so we have no chemists and physicists/engineers, just house designers. Lazy aristocrats needed endless restaurants too, so duplication of everything was enormous. Thus, centralization was to be fought at all costs, sharing forbidden and non-aristocrats mere animals to be worked to death. ***We need to realize how things work first:*** today, some of the main USA jobs are fraudsters, genocide promotion via Bible-Quran, marketing pathological liars (conmen on TV saying "this is the best thing that does that, we're the leader in this field, the best company, etc", without any references and 50 studies covering 10 million people or 50000 at least), reselling vampires who charge big fees for lying all day, developing 3rd grader websites for parasitic realtors we don't need via housing.gov 2-4 day house buying-selling, parasitic doctors charging huge fees to build palatial estates (not all doctors are leeches, some did not choose that career to make money), parasitic insurers and Pharma companies, parasitic lawyers doing the same (not all lawyers are vampires, a few did not choose that profession to make money by lying all day), stock traders making 200 million a year selling options, import-export filif bulldog IQ☺☺☺ traders chasing money while allowing inside USA the most lethal, toxic, crappy

products imaginable, designing bad products to be made by slaves in China, products that destroy our brains but allow aristocrats to microwave all and spy on the working class. Aware of this cruel reality, we appreciate the start of global reforms for world unification via 11 Infinitely Compassionate Companies via the immortality.gov, the website of the Universal Immortality Inc ☺☺☺, where any MD gets an username of 10-15 letters, sets up immortality.gov/ john.ed.smith webpage, with a web tool, all designed by the doctor or health expert himself using a tool that people of IQ 80 (retards) can use even, as colorful the background as eterni the background music and as colorful the individual letters or words in menus as he wants, as individual and with as many links to 1 million youtubes and pdfs he wrote or found as he wants, without any trampling on individualism and creativity. For after all, we're one family, USA or Eternia if we rename ourselves, and we value Trillion Year Lifespan Life instead of software engineering for the sake of writing code to die at 90. Why major in architecture or web development, if you can major in how to live to 1 million years old? Why be so low IQ? Any doctor is free to ask their kid or patients to design a nicer page if he's busy or use the template that comes so different with a few clicks that all think he's the master develop of web. Why do we need 3 million sites, if one suffices? Should we discover how to live to 5000 or how to design each house differently and website differently, so we have 50 million web developers and 50 million architects and 0 living to 500 specialists? With one efficient system of AI making appointments, and informed decisions about which techniques or hypotheses the doctor, longevity scientist, immortality via biophysics PhD biomarker monitoring for Higher Credit Scores on immortality.gov website subscribes to, *WE HAVE 5 MILLION TIMES MORE RESEARCHERS INTO 9 BILLION YEAR LIFESPAN*. With AI, we reduce staff 100 fold, increase research 100 fold in some areas by retraining these phone answering lifespan wasting young people, we make appointments based on virtue, Immortality Credit Score, and on the fair work ideal of one doctor works on a set glasses appointments a day everywhere in USA if optician and not one does 5 and others do 100 a day and get the same pay. By proper AI distribution of work, we get perfect pace for all, avoid burnout of some overworked doctors who often commit suicide if a surgeon, and also boredom by others who stress about lack of customers and start making up lies to attract customers or taking risky shortcuts that screw everything up. Many go to doctor once a decade, so if doctors screw then, it's bad, so all doctors deserve some cognitive tests and 8 hours of sleep, making sure they're rested, taking breaks of 1 hour at least every 4 hours and more often as wanted by him or her. We no longer have 2 million realtor websites with housing.gov and 2 million doctor sites with immortality.gov, for all can setup appointments via AI with one system and gives us 500000 new jobs wasted with 0 IQ phone calls of rescheduling and appointments and web development for unintelligent folks who have no sense of national or species unity and just want to "waste eons to design/maintain a unique site" because ☺☺ filif IQ folks ☺☺ need to live paycheck to paycheck by charging astronomical fees for designing and maintaining 4th grader sites for Imperial Palatial Doctors who

need 50 assistants to manage the 50 medical billion and appointment setting systems of infinite waste and aristocratic ☺abysmal IQ☺. ☺☺☺☺☺☺☺

☺☺ For God said "I so much loved the world, all we do is design sites, answer phone calls, invoice templates, medical billing, and reinvent everything, while healthcare innovation and efficiency of regular visits are minimal. Because it is MINE and MY medical billing GOT TO BE different than YOURS, important is how invoices are created, didn't you know what's important in life, it's electronic money or paper money. Sharing is a sin and aristocrats win, since the brainwashing is complete". Since we got reviews.gov all healthcare practitioners are reviewed after visit if patients want, this gives instant raise and subtraction that is adjusted later by the supervising doctor of several doctors who look at patient outcomes, not patient testimonials too, long-term, to decide which doctor does a better job and knows what happens and how to cure something. With this system, there is a checks and balances system for the ultra corrupt doctors who exist and also for the semi corrupt ones that are more frequent, though in the new immortalist system, the incentive to recommend a treatment because you get paid by Pharma or device company is not there, since all are paid within a given range and fraud won't make your income go up 10 times as it can in today's world. The same universal company owns all healthcare enterprises and only the *kindest* most passionate immortalists will choose and be allowed to be doctors, not ☺filif bulldog IQ folks☺ who did it to get rich or because dad said so. People don't become doctors because they're so *gentle tender soft nurturing loving kind*, they choose to be a doctor only to make a very secure high income many times, and no other reason AT ALL. Only those with highest immortality credit scores will become doctors. ☺☺☺

Since we have one healthcare system and one universal hospital (like one universal police department with one software for all), every time someone uses the software, it is a 200 times better software than any today. With 90 Windows operating systems, we get 90 fewer programmers for each. Likewise, every hospital uses a software that tells MDs to check 1-5 things, but not all, before doing a blood draw or any procedure, with not enough screens doctors has to (How many mg of biotin via vitamins taken last week total?) type answer for. Nurses or doctors can say "let's do a blood test for this", but it may give false results, as guy used biotin from multivitamin, and walkinlab.com, Lab Corp doctor approved it without a question. All experts in that field, plus 2000 regular doctors and patients with the disease, are asked to give input in the design of the universal software for that disease, and the unified version is created that is 200 times better than all worldwide. That's why we need 1 language & 1 healthcare software, 11 companies, not 33 million: efficiency, longer life for all, a software that is way better for the 'richer' people too. You see, with one company absorbing all companies, the least known product to cure a disease will be subject to a real, the first real study, on that disease, done according to the immortalist guidelines, and *discover* sometimes *that the least popular*

remedy nobody knows about, except 1% of doctors, is 10 times more effective than the main remedy used now, due to historical inertia and 4000 times more sales people. In 1950s, doctors told people smoking is harmless and they smoked packs daily, like today doctors tell us many foods with high AGEs are good for us. This merger allows truth to come to the surface and us to figure out who knows and who pretends and makes lethal junk, by testing/diagnosing products, protocols, instruments. The way medicine works is whoever is the greatest bamboozler and receives most sales money from Pharma can influence entire groups of thousands of doctors and that becomes clinical practice. But truth is not social skills. Truth is what triples lifespan. Youtube allows people to brainwash others that this and that works, but we need real science with 15 million participants, not just hear say from 4000 people comical☺ 3rd grader IQ studies. 12.4. explains how all healthcare facilities need to be upgraded for B7, warm shower checks.

4.5.6.6. Eternal *Peace* Inc: buying, unifying all defense companies into one, to signal to the world what America stands for: ~*~Eternal Universal Peace~*~ in 3 months. Nonviolent eterni positive brand names (ban all negative names such as predator, reaper, vampire) and such can remain, just reduce redundancy, admin staff, to increase innovation via goals. We need to turn animalism into immortalism, dissolve the world infamous War Dept into Eternium and FBI-CIA into the Immortality *Nurturing* Agency instead. We defend the human right to trillion year lifespan, Eternal Life for all, end of all violence, wars immediately, we defend the vibe of Immortality *for* All. This company promotes nonkilling weapons, the need to end killing in wars.

4.5.6.7. Eternal Utility Inc buys all utilities in the USA and brings EFFICIENCY LIKE NEVER BEFORE, in tune with the 11 and only companies in the Immortalist USA. Criminal CEOs of utilities make millions, 7 of them made 20-37 million (36.6 million is 2427 times the min fed wage), while 350 million people are being poisoned by dirty electricity, just as billions were poisoned by coal smog, and fossil fuel smog, acid rain, heavy metals, etc, all for the profits of pigs while scientists died broke, like Tesla who told those monster Wall St financiers that we can power it all with solar and wireless power, free electricity for all. The rich didn't care about lethal smog, as the enslaved 99% lived in ghettos, in LA, etc, while they lived in far away estates with amazing air filtering. Thru genocide, they make billions☺☺☺☺, the essence of capitalism: fake the elections with the CIA and then loot everyone, at gun point they will be robbed, they own the courts too. Millions live in the filthiest places that haven't been renovated properly in 100 years and rot with 9,000 times the microbe safety level due to carpets, but no, trillions are spent in palaces, renovations for the Robbers of All Americans. Instead of adding 10 million lifespan years to USA, we subtract 10, so much for being "a pro-life Republican". ☺☺☺ The Logic of Capitalism. ☺☺☺ Eternal Utility Inc will make internet routers free from cancer causing WiFi or any microwaves but using LiFi, visible and infrared, that replace all cell towers and reduce microwave pollution 1 billion fold in USA and fines all phone/hardware companies 500 trillion for killing billions early

via WiFi, Bluetooth, cellular. The terrorist Google, Apple, Microsoft, Dell, HP have turned every US city into a concentration camp of microwave extermination via WiFi devices, cell towers, phones, so aristocrats can easily enslave all USA. Nobody needs GHz to bring 0 violent crime/war in 5 years. It manufactures all Home Depot items, all phones/computers/electronics in accordance with The beautiful☺ National Unified Biocompatible New Electricity Guidelines, The National Unified Microwave Guidelines (minimum wireless devices for protect brains and bodies of those under 25), keyboards, with amazing & beautiful ☺☺☺ decibel listing for every house appliance and computer, silent mice created only. Eliminate redundant jobs, procedures, policies, bring on the RESEARCH, end the depravity of lawmakers, presidents who always approve one law, then undo it (this evil role playing where Republican Presidents undo all Democrats passed and viceversa 40 times in kindergarten IQ executive orders, that divide the nation/planet, as if you can't have one and only policy, The National Unified Policy, Regulation, Law not 2 or 20000 laws for 20000 cities or 50 for 50 states dissolved) and approve the opposite to PRETEND they're doing "work for the people" (when in fact they work for the GENOCIDAL Aristocrats dividing the global working class into 2 camps: left and right to create endless riots, violence and war: left says max salary is 5,000x minimum, right says 50,000 the min wage), have The National Unified POLICY to get all single family homes off grid as much as possible to be ready for supervolcano eruption that brings the end of the grid, or for all out nuclear war. When you buy a house using housing.gov, the government knows the new owner and turns on the utilities automatically in your name after it renovated the house if needed, after the required inspection by the Immortality Building Inc at each ownership change. So you don't need to waste time with calling various companies, you're simply informed they turned on everything or when you close escrow on the website, you click if you want only electric, as you will replace water heater from gas to electric and gas stove to electric stove, by calling Immortality Building Inc to do it for you, or government requiring any house change of ownership to upgrade all houses to 100% electric and solar panels. Ban all gas appliances from all renovated (after ownership change all go to electric) houses to prevent deaths by explosion. We need HUMAN SPECIES RESILIENCE. End the policies of Big Utility against solar, allow the people to be free of the greed and natural gas poisons, in the land of the FREE. This company is born by fines of 900 trillion to Apple, Google, HP, Dell, Huawei, all phone/tablet, WiFi companies for producing microwave radiation in phones, tablets, WiFi routers, laptops that causes 5000 diseases to occur 50 years sooner, plus all utilities for endangering national security by brain and organ damage via fluoridated water, by killing all slowly via disease with dirty electricity from phone/laptop/EV chargers, electric wiring, dirt cheap unsafe solar inverters, etc. That way, the palace dwelling genocidal aristocrats can improve products, provide warning labels, etc and design better wiring, instead of playing golf and "500 trillion $ thief". ☺☺☺

To save time for meditating and being happy, for researching longevity, for taking care of your health, if You need utilities on, there is nothing to do, since at any house sale there is always one utility and automatic transfer to new owner, they charge new owner checking account *(the main one at the* central immortality.gov *or* eternity.i *with all your loans and data, the* Universal Immortality ID*)* for all 3 (gas, water, electric), the account on file for your social security number. If you want no GAS or to turn it back on if you had it off, ANYWHERE in America, YOU CALL TOLL FREE: 800-TURN-GAS if you elected to not let it be automatically turned on when you moved in, because you planned to use electric pressure cooker to save the planet, inhale fewer toxins from gas stoves. You need electric, you call 800-ELECTRI if you opted NO when moving in, due to the house having a power bank, solar panels, able to usually support being off-grid. 800-WATER-ON for water and 800-ON-THE-NET for internet, 800-PHONE-ON for cellular service, with choices such as Samsung, Apple, etc, and Eternia or Eterni, a new carrier for those who want phones with 10 times less radio frequency, such as always used in airplane more unless calling someone, so all Internet is mostly wired desktop at home to protect the brain, fetus, etc. No longer 500 phone numbers for 500 utilities to recall, 500 phone prompts, etc, one *super high quality tone for water, gas, electric,* etc. Actually, we can make special numbers that are 3-5 digits, not 10: GAS, WATER, ELEC, NET, PHONE, HOUSE (sell, buy, clean), DOC (health issue). The games are over, Freedom is Born, freedom to focus on what matters: nonkilling, 0 torture, Eternal Universal Peace, 0 spanking (causes aggression & anti-social behavior), 0 mutilation, 0 jails, gentleness, grace, trillion year lifespan, 0 violent/crime of any sort, good quality sleep, health, good tone, quiet cities, longevity, bliss for all. Reduce business, law, political science, drama, humanities majors 50 fold, increase biochem, biophysics, materials sci & eng, quantum physics, chemical, particle physics, physical chemistry, subatomic physics, nuclear physics/ chemistry, biomedical sci & eng, chemical synthesis, ~*~Eternal Universal Peace~*~ maintenance *majors 50* fold.☺☺☺ RESEARCH to live to a trillion, not fraud, deceiving others with marketing and cheap tricks.

Eternal Utility Inc tests the environment, the soil, water, air for RF, EF, MF, contaminants, NI, so the Environmental Immortality Division buys all environmental labs, etc and unifies the 500 water testing labs for example into one lab, to prevent having 500 SOPs for the same EPA method, etc. The best method and SOP is chosen or created out of the best and everyone uses the best, not just one company. Buys all environmental remediation companies, and they form the one unit of Utility or Building Inc, to have one vertically integrated company, that does all testing and everything. This means remediation of 8 billion people's brains, bodies partially destroyed by the phone companies, cell phone towers, WiFi devices too. Thru Eternal Utility Inc and Immortality Building Inc cooperation, all rooms in all houses, hotels, condos, businesses come prebuilt (before anyone moves in) with ethernet wired Internet and later fiber optic. The wireless radiation limit will become 10000 times lower in public spaces at least: see how you can

lower wireless 1 million times by yourself for only a few dollars. This ensures the safety of all people, the sanity of Americans for eons to come. The LiFi cameras replace WiFi ones that emit deadly 2.4 GHz. The spy agencies want to destroy everyone who wears WiFi connected clothing, giving them cancer, just so they can record video easier. No wonder billionaires like Facebook one, want this type of stuff, so they can remotely control everyone. It buys all phone, internet provider companies and creates new Immortality *for* All, World Peace in 3 months, ~*~Eternal Universal Peace~*~ required apps and priorities, national standards for any phone imported to USA, radiation emissions, etc. It provides wired Internet to all, for true longevity and brain health, develops new LiFi to end WiFi genocides. It then fires many people to create LIFE GIVING, NOT LIFE DESTROYING DEVICES... to enable them to get new 1-2 year fast track degrees and work on New Health Devices that all can use at least once a day (no need to wear it), to monitor arterial plaque and 100 biomarkers. Phones are used as spy tools and torture tools, they're the expression of our hooligan global police state of eternal genocide and terror. All trillions go into them and not one dollar to create a healthy device to tell you real things. Even the watches are used for spying and experimenting on guinea pigs. Since the government builds everything, they test everything, to ensure the electrical wiring, electrical lines, solar inverters, etc don't cause dirty electricity, RF (phone makers, towers subject to far more stringent rules, pushing for LiFi). Eternal Utility Inc will manufacture safe full spectrum light bulbs, because popular bulbs emit too much dirty electricity. The 12$ 2700K full spectrumGE 10.5 Watt is bad, since Stetzer GS units increase 25 with each bulb plugged in. Full spectrum LEDs in most USA in winter are good, due to the lack of sun and the fact many LEDs have mostly a huge blue light peak. GE also sells 5000K daylight bulbs, but they also cause cancer via dirty electricity, so the Eternal Utility Inc will require all electronic products to indicate microsurge GS units (1 GS = 24V/s), the RF produced at 1", 10", 30", not just audio noise (decibels). Norb bulbs (4.3 Amazon rating) have CRI of only 96, instead of 97 for GE, and they flicker more than GE per some reports (see the graphs of full vs normal bulbs). Norb doesn't even have an exact full spectrum graph on their website.

The existence of many carriers using the same network, for example Verizon, Sprint or T-mobile network, is due to the fact aristocrats need exorbitant profits and salaries, and they charge high prices, so then something like astound.com mobile gives same service at 2-3 times lower price, using the same T-mobile network, they even give 1 year free. Then when people switch, the ☺ pet IQ folks☺ at customer service give you a transfer pin to port your number/phone to a 3 times cheaper carrier, then it doesn't work because, they let you know after the transfer when you call them, your phone can't be unlocked before 6 or 12 months, because they want to extort you of as much $ as possible FIRST, they don't even allow you to pay a small fee to unlock the phone (cheap trash that costs just twice the monthly plan), as if we're not ONE Country. Companies place aristocrats first, our national wellbeing last. Then you waste 2 hours trying to

find a new safe unlocked phone, to order it via Amazon, install SIM in it, call new company again to go over install all over again, etc. Instead of longevity, good sleep, taking care of ourselves, we waste endless time with useless stuff due to the greed of a few CEOs. This is felony theft by Aristocracy from the American people and these criminals living in huge estates never face prosecution, only slaves go to jail. This is subjugation of the poor by the military-industrial complex that defends these aristocratic leeches, who engage in massive theft from the poor to finance their estates and 2300 acres palaces, or even 2130 ones, or Larry Ellison got 98% of Lanai or 85000 acres. Why do we need 150 mobile carriers in USA? For the same reason we got 2 million realtors, to be exact: maximum vampirism. We need 150 aristocratic families and associates vassal families to run every network and milk the average loser or slave. With housing.gov we eliminate 2 million realtors and 2 million realty websites, efficiency like never before. With 0 TAXES, we eliminate 100000 tax preparer jobs. Finally, we get some 2 million RESEARCH jobs, instead of tax and realtor jobs. With Eternity Mobile Network we replace all existing ones and people have the best service anyone could ever dream of, absent today. The poorest get the same amazing & beautiful ☺☺☺ network as the richest. ☺☺☺

To end millennia of parasitism, we need to give everyone a basic phone and phone service, a smartphone that has the least radiation of any made today, so all have a cheap 10$/month service, for emergency, unlimited text/calls/data, until you connect to the way safer wired Internet that is also included for free, without a need to call to switch address, as when you buy house phone, internet, electric, phone are switched in your name or are by default free as all are working, with nobody being unemployed. All cars would come with basic GPS navigation that produces 5000 times less radiation than using a phone cellular data (most people forget to turn on airplane mode once they downloaded the directions, GPS will still work), just like phones do in GPS mode when airplane mode is on. This ensures the poor can't be put at higher risk of car crashes by having to stare at a tiny phone lying somewhere and can briefly gaze at the console, without having to pay to subscribe to Onstar or other manufacturer connectivity options that introduce endless extras that increase radiation 500 fold on top of minimal GPS that is present in your phone too. All cars ought to allow playing mop3s on a flash or SD card, to avoid having to pay for streaming music, just like Nissan Leaf instantly plays mp3s on a flash drive you insert. All houses would come with wired Internet for safety and without WiFi router, as WiFi causes cancer, Alzheimer, healthcare costs of $500 trillion, beside birth defects and etc that future generations will fix. Those who're suicidal, can certainly get WiFi router, but their Immortality Credit Score is lower as evidence is clear, you're destroying the human quantum field due to laziness, you're not a surgeon or etc who might need a little WiFi for some device during surgery or something. The redundant existence of 100-150 phone carriers ensures no safe smartphone exists (as admin jobs far outpace RESEARCH), only predators trying to rip everyone off without

any regard for human life, DNA damage. The bastards have exterminated so many millions (middle ages, 19th century, etc), killing 5 million 50 years early and 5 billion 2 years early via cell phones and WiFi ubiquitous use is just another day for them.☺☺☺

Talking of efficiency, speed, centralization: check out Wuhan, centralization turns villages into huge cities with 1.2 million students and 92 universities, ready to discover how to live to 900. How can ☺filif roundworm IQ Europeans☺ fighting about religion or language compete with 1.2 million students in a city? EU got 50000 students in arts nonsense in big cities. In Chengdu (2024 GDP $320 billion), new mega research centers are born, while EU and 5 eyes network nations fight among themselves, instead of making one 1 billion people nation made of USA-Canada-Australia-UK-EU, with English only as language for maximum efficiency, able to innovate 500 times more, due to 11 companies only. In the US, EU ☺pet IQ folks☺ in government promote donkey IQ sports and gambling, lotteries and violent 0 IQ lyrics music concerts that destroy the ethical fabric of society. Central planning birthed the largest building in the world and huge cities, subway in record time, 5 years what took America 50. *Unless we centralize, we may become as different from the Chinese, as monkeys are from us. EU forgets that, so they promote their* glorious chimp music *and languages*. Kindly read the language section. Only a self-sufficient civilization, free of any imports, can bring true ethics of nontorture, 0 violent crime, Eternal Universal Peace in the world. When you need nothing from others, you don't need to compromise, you simply refuse dealings with any nation that tortures. When you have simplicity, efficiency and self-sufficiency, you're able to free the world. The real danger is you got 33 million companies, but no self-sufficiency, so your imports are full of poisons and disguised weapons in electronic devices that torture people. Thus, self-sufficiency becomes important, because you don't want your citizens to become robots, *sick/dead from Chinese/other products.*

The Amnesty International, a front for the CIA global disinformation war *to make US rivals look bad and USA look democratic, reports* some cruel torture of some guy, while conveniently ignoring the equivalent torture USA *does on millions of its citizens that the Amnesty InterCIAnational or CIA controlled media never reports.* If you listen to some of the more recent Western style pop, rock, heavy metal, rap Chinese music and watch the depravity of the Chinese society which spends so much on useless events and luxury goods by the rich, while others live on 30 cents a day, or in very bad conditions, you realize the level of corruption of the fake communist party in China which is as communist as I'm a wolf myself: watch the video. Prisoners peel garlic until their nails fall off and then have to use their mouth, for 15 hours a day, and reportedly, holiday decorations are often made in prisons in 14-16h/day shifts 7 days a week, with prison officials making millions of dollars while inmates get 1$/month in a feudal style fake communism. If you go to Xinhua channel of the government, you see endless useless activities, like painting walls with sugar, honey and milk, while others starve in cave like dwellings

underground or live in unfinished buildings (100000 contractors, many go bankrupt and leave unfinished buildings, people spent life savings to buy the condo and now are homeless, living in unfinished apartment, due to lack of Immortality Building Inc, a central company for all of China) without utilities never shown on TV or main youtube channels, others live as homeless under bridges, be extorted by corrupt local officials, or doctors do street massages to make money, protest for unpaid wages, etc, top 1% parasites own 90% of wealth, while the 99% own 10% of wealth, or are victims of harsh torture and abuse via long restrictions even after uselessly sitting in jails to peel garlic 14 hours daily. ☺☺☺☺☺

You see endless dilapidated buildings destroyed or damaged (mold, etc) by yearly floods on other channels just like in Southeast or Midwest USA, while Xinhua promotes endless useless, low IQ or even violent martial arts or other festivals, traditions, and events. Sadly, China has no policy to not damage the human quantum field, like immortalists who're against wrestling and other similar sports, so China built an arena for wrestling in Senegal, which encourages the lower aggressive nature of humans to pollute the human quantum field, like with all martial arts and UFC Donald Trump promotes to destroy America's image in the world and to take us into the energy of cannibal chimps who worship sports instead of kindness, sharing, cooperation and innovation that comes from the liberation of Americans from the yoke of the vampires who sucked us dry for centuries. Immortalists view martial arts as violent and an expression of primate cannibalism, backward society, obsessed with cruelty, macho values and violence, pain. We all need to ban wrestling sports, and martial arts, if we want to be called human. The Chinese government is more interested in wasting millions of dollars with endless rather macho music and fire shooting, etc, shouting events (like the typical garbage in USA events, most Protestant churches, 99% of USA concerts, etc) than in creating an eterni *gentle tender soft* Tao Te Ching like civilization where every citizen is like the man of Tao, infinitely kind, infinitely gentle, tender, soft, etc. It's ironic they claim to be way more peaceful than USA. The false sense of pride in the past Chinese dynasties of endless violence, no different than the psychopathic dynasties of Europe with Inquisition, is anti-eterni and a redirection of the human quantum field towards past violent energies, recreating the past, not the peaceful future. See the complete disaster of China's copying the US model: homeless on the streets, just like US. A 'communist' country that became 100% feudal capitalism, while pretending to be fair and communist. ☺☺☺

Under the total mismanagement☺☺☺ by those ruling America and China, 2 people are often unemployed for 4 years, depressed, while a third one works 80 hours/week until he dies early of exhaustion at age 35. *In an* immortalist *society, everyone is employed*, so that same 80 hours work is evenly distributed among those 3 people, so each works 27 hours a week when less work is available and has constant pay, and can go home to relax or work a little extra at one of the other 10 companies of the 11 that is busier at the time of the year. With central planning,

compassion, fairness, gentleness, humanity and kindness towards all can emerge, while with 33 million companies only chaos, callousness, cruelty, homelessness, and fraud can occur, as no common *ethics policies, standard operating procedures, etc* exist. We see the frauds on TV showing endless good news in endless countries, ignoring that millions of Americans (or others in other nations) are unemployed doing nothing and 25 million act busy and waste time at work for 40-80% of the time, while 50 million work themselves to death. This blatant disregard for others, this total lack of national family ethics and sense of compassion and caring is a result of ruthless capitalism who invents all these complex systems of unemployment and crap, when 11 companies or max 20 is all we need. The guy who works 60 a week would want lower pay and only 40, but no such position is easy to find, so he's stuck, dies early, while others are depressed for ultra low pay and not finding a job and losing their house. Both lose due to a government of criminals who places aristocrat's looting of the nation above everything else. The news is irrelevant, some ☺abysmal IQ☺ aristocrat bought a depraved sports team to stupefy and drastically lower the average IQ of the zombified slaves watching a ball move and shouting like Hitler, the news don't talk about half the houses having 200 issues that demand instant fixing, with no Immortality Building Inc to fix them, and the food having 3 million problems with all low IQ folks starting a food company. Their phony economic theories are cruelty institutionalized: the stress of foreclosure, losing home is huge so all they do is just get even sicker due to stress, the whole nation is sick, stressed, mean and regresses, taking down the aristocratic leeches too, who steal all money and fly overseas when it all collapses. The aristocratic vampires, the murderous capitalists who work millions to early death, steal trillions from the state and pay themselves 50000 times more than the average slave, don't care, they own the government, set up fake elections and laugh as the poor die. Some of the mini-aristocrats are so low IQ, they fail to realize if we had way fewer companies the stress would be much lower, everyone would work less, even the so called "paycheck to paycheck" living 2 person company owners would work less, live 20 years longer, as stress and lack of good sleep, malnutrition are the main drivers for living to 80 instead of 120. All the hard core brainwashed anti-China enthusiasts, who forget China is anything but communism, fail to realize China is a carbon copy of failed USA, the same cruel heartless society of USA: ruthless individualism, chaotic decentralization, 0 cooperation, everyone for themselves, without any mercy, compassion, kindness for fellow co-nationals. Watch the evolution of ethics as capitalism and everyone for themselves became China's rule, with people fighting over cardboard and plastic bottles. This is like USA with endless fights over black Friday discounted products that leave people with severe injuries, in the "$$ is God society". Starbucks occupied by aunties too. ☺☺☺☺☺☺☺

All jokes aside☺☺☺, China dominates many critical sectors that could enable them to build world's most formidable war machine that would conquer the entire world. If capitalist ethics

and the desire for world power meet, WW3 is sure. Especially, when you see American military ethics in action with their evil black Friday event, to cause endless stampedes and what not, like Halloween grotesque body parts plastic simulations sold, etc. You can see the demonic logic of the aristocrats: give people a small discount on a Friday, instead of real housing.gov houses for all, 100% home ownership, 3 day house sale, purchase, 0 taxes, free public transport, free basic medical insurance, 0 unemployment, etc, they give slaves endless fights, and even show it on TV to make it normal and spread it to more nations, as more ☺pet IQ governments☺ adopt this depraved black Friday tradition to create the false illusion of getting a deal, when they get nothing but *slavery*. The rich are such bastards, all they do is program the masses to worship money and do anything for $, to rush, to go like soulless mobs to fight and overcrowd stores, spread germs and cause traffic jams, in an act of crime creation done on purpose by the aristocrat thugs spreading such traditions. A civilized nation would ban such grotesque things like black Friday, they would have prices eternal and changed only when the product contribution to living to a trillion years old changes its ratio vs the CPI, based on the latest research, meaning the consumer price index is eternally constant and the average expenses for living are constant, as are wages, unless wages are adjusted for those contributing more or doing more dangerous jobs. No inflation, one bank, not 50000 as today, when bandits rule the planet. Let's free the planet from aristocratic bandits.☺☺☺

Why does Xinhua spend so much time with useless ego-boosting past glorification, when we could *end all torture in Chinese prisons and high RF in Chinese phones and WiFi devices*? Or end these widespread fights over food, where people grab more than they can eat only to discard it later making a mess around? This is more of an old generation from Mao's time habit. Isn't the end of torture, violent crime and war the very goal of life, so all workers of the communist international can enjoy a life free from war, torture and beatings at the hands of Chinese and other regimes? What about these violent aggressive pranks at weddings that are not punished with lifetime labor, $1 million given to wedding couple or at least 2 years community service, as they're evidently violent crimes against all ethics of gentleness kindness and tenderness? Check out the Hitler like tone of the Chinese bride family asking the groom to drink the foot wash water or give the bride family 600K, yelling like a Nazi guard, this is China folks, perhaps you understand why the Chinese boats ram the Philippines boats who travel in their own economic zone, much closer to Philippines than China. Aggression on steroids, and also, Uzbek Muslims values at a wedding. We need a total 180 degree turn towards peace in every nation, not just USA. What we see is swords and military style energies that will only fuel China's downfall in the long-run, after the current rise. They obsess with the past, the horrific emperors and their reign of terror, instead of the world of the future of no torture, no death penalty, no jails, only healing oases for anyone, 1 out of 1 billion who commits violent crimes. Check out the Chinese wedding

that tie brides to telephone poles, and it seems the Chinese leadership has totally lost the Way of Tao Te Ching. It's like USA all over again, where selfishness rules supreme, people engage in endless useless festivals, sports, etc while 200 million live in houses in serious need of cleaning, repairs and upgrade or lifting by 8 feet or 5 ft to prevent flood damage, that is 60% of people in USA. The torture is happening, as clearly evident from 1. the depravity of sending fentanyl or other precursors to Mexico and 2. Western style music depravity, 3. odd PLA tone which contradicts the vibe of Eternia, tone of Eternia, 4. the aggressive attacks in South China sea against boats of many nations, etc, 5. copying the American depravity and the torture by the hooligans running the USA perfectly, they copy everything US does and many videos online like this one from Germany or Australia, or 5 punishment system of ancient China or foot binding (obsession with beauty via extreme pain and torture of all women) or USA stories of Falun, death by 1000 cuts (reminding us of the European Inquisition torture), endless useless needless cruelty by the emperors who often executed 9000 concoubines when the emperor died, torture that is totally anti-eterni (torture is banned in all immortalist societies, but not in most nations in 2024). Check out some Chinese emperors' actions. This means all electronic Chinese equipment could be used to torture and enslave Americans in a covert war of revenge for USA messing in "China's waters" near Taiwan, etc. While China has progressed, there were obviously many issues last 30 years that many heard of with food scandals, etc, which indicate issues with quality and ethics of imported products outside electronics and why we need to centralize and stop imports, just as we banned Huawei products used to spy on countries using their routers and Internet stuff. There are always issues in any nation (not sure if any videos on youtube are staged to make China look bad, though no evidence really exists, since all these videos can be created outside of China even using paid Asians who're not even Chinese, and most accounts are just stories) that are buried under the carpet, due to the fact that no communism or real immortalist super centralization actually exists☺☺☺☺, but a semi-centralist socialist capitalism that doesn't fully take care of all citizens, with corruption of officials (live in nice estates, as billionaires, while others live on 30 cents a day), like in all nations and a strong lack of gentle tender softness and immortalist ethics among cops, etc, like in most nations. China is not communist at all, they're a little more overtly centralized USA style nation, almost identical to US in every way, except for the censoring of immoral content being stronger and less federalism. China is now like USA, so everyone chases profits (exploding mooncakes), at the expense of health, as you see in endless youtubes about sewage used for food, etc. This is due to the total chaos of decentralization of capitalism (fake eggs), where longevity/health are secondary to profit. If you eat processed foods, don't think USA is free from crazy things, it's just less reported by USA. Mooncakes are toxic due to the very processing of eggs, even when prepared the normal way, not by a faking machine. After these videos you realize we do need to stop imports in 2040 and to focus on RESEARCH, so we can centralize testing better our own foods, car RF, etc

and imports. *Without self-sufficiency and ending all imports of electronics in the USA*, there is no chance for any freedom to ever emerge as now anything that plugs in can be turned into a spy and weapon. Watch the endless scams and fraud US capitalism copied in China leads to: street fights over territory to sell junk low tech products, etc. Just like in the lawless USA with endless gangs, fraudulent marketing, etc. A perfect copy. All these are preventable with reduction of companies from 33 million to 11 or 100, with each product having more researchers optimize it, leading to fewer products of way higher quality and no such fights as they're punished with lifetime labor or even death penalty. ☺☺☺

Eternal Utility Inc will take care of our air quality and noise pollution by buying all mowing companies, firing 50-80% of people and hiring new grads (or existing employees get 1 year degree, fast training program) to design new products while banning in 5 years most products sold today which are trash making 20 times the noise they should, not to mention all need to be electric (no more gas mowers in USA) and generate no dirty electricity. Every product sold in USA has a decibel rating if any moving part exists and noise above 20 dB is made, every fridge, etc. This will save people endless trips, returns, etc of loud mini fridges unsuitable for a bedroom. *Today's* cordless *battery push mowers can reach as low as* 56 *dB*, almost as quiet as 55 dB manual ones, so buy those. 90% of people have too much belly fat and 67% are overweight even, due to bad sleep, obsession with mowing grass weekly and not taking of HEALTH AND QUALITY SLEEP FIRST. Obesity is enhanced by interrupted naps due to noisy gas/electric wired mowers. We benefit from 0 dirty electricity SILENT *manual (55 dB usually) lawn* mowers to lose belly fat: $70+ on Amazon, choose one with bags that has a higher rating, on Amazon, like this 1895 USA company (not a 4 year old Chinese company) 4.3 star 144$ 14" that comes with sharpening kit for some sizes or order it separately, cheap ones with no bag and 3.3-3.9 ratings frustrate many. The manual one takes same human energy to push as the powered ones, since it is way lighter. The cordless have less dirty electricity than corded ear destroying 85-90 dB electric mowers. Some exercise for every home owner (everyone owns a home, no longer will we have aristocrats owning 40 homes and using slaves to mow grass and harass the enslaved tenants, everyone can buy/sell house in 3 days), so sedentary today, is much healthier and kinder than destroying one immigrant's eyes, ears with 40h/week mowing, as he wears no eye protection, not even a face mask sometimes. The reason many landscaping companies exist is because of the pathological selfishness of our society: since a huge number of aristocrats own 2-50 properties, companies employing slaves are needed to mow lawns of 50 houses, so using quiet lifespan enhancing 55 dB mowers is not ultra PROFITABLE, as those batteries need to be changed too much, reducing profits by 5%, a big no no. Hence, these 2-8 people companies buy the people killing, people deafening mowers with gasoline or electric cords, and Amazon doesn't even tell you a cordless one is much quieter, healthier, much less destructive to blood vessels,

internal organs as that quieter sound or infrasound doesn't disturb cellular homeostasis. America's immortalist future *government* can stop the *holocaust of humanity by aristocrats* via single family housing for all, where all cherish being at home in their quiet neighborhood, made so by the Quiet Cities Laws. Did you know Big Business damages the ozone layer with thousands of Starlink, China etc satellites that create aluminum oxide ozone destroyer on reentry?

Immortal Souls, please wake up from the trance, have more compassion, look at these landscaping galley slaves,☺☺☺ whose *damaged eyes, ears entrain by quantum entanglement your own very eyes and ears to get sicker*, you're destroying the quantum field in the merciless cruelty style of slave owning George Washington. Having mercy for slaves, you mow your own grass, quietly, neighbors are happier, *your* universal *gentle tender soft nurturing* loving kindness, the well-wishing very polite behavior (of *not shortening someone's lifespan by ruining their sleep, of not inflicting psychological pain on others by waking them from nap, meditation, sleep)* comes back to you since manual *mowers create 500 times less dust that ruins your lungs/eyes*, the quantum field evolves past anger, you lose belly fat that makes you short lived, WIN-WIN. In 2023, only very few battery lawn mower brands are somewhat quiet, most tech is savage, like the design of our society. Gently kindly educate immigrants centrally, help them design a quiet mower, don't kill/blind them slowly as that damages your DNA due to quantum entanglement of all humans: we're resonating as one. *Let the softest most motherly love for all beings,* like a mom loving her only baby, prevail on Earth. ☺☺☺*Gently kindly*☺☺☺ recall verses 8-40 of Immortalist Anthem, the essence of spirituality. *Lovingly* recall that noise can kill, most lawn mower noises shorten lifespan, so be kind because *all returns to you*. *Tenderly* wear earphones with calming music, while using a quiet mower, so that your emotions remain even, perfect, serene, not messed by traffic. War starts with emotion. If you have no desire to mow, due to an exhausting physical 40h/week job, use artificial turf or drought resistant plants that need 4 times/year trimming using the world's quietest landscaping tools (manual/electric) designed by world famous Eternal Utility Inc☺☺☺. *This amazing & beautiful* ☺☺☺ *company also buys all vacuum and cleaning equipment, to ensure all such devices* make maximum 60 dB, with more robots to be used while you're out of the room to avoid acoustic damage via infrasound to your internal organs. All see how destructive mowers, gas/diesel cars and normal vacuums are. To increase its utility or usefulness, Eternal Utility Inc accepts items you want to sell to others or donate (as with Goodwill in old times), and they give you an instant deposit on your Eterni Bank account (known via your ID or credit card), they will do the selling for you, to save your time.

4.5.6.8. Eternal Beauty Inc creates the Eternal Inner Virtuous Beauty of Immortality *for* All, encourages (later, in 1-2 years, bans 100%) all to stop using evil tanning beds (which cause 3 times the cancer of sunlight tan), evil nose/ear rings/piercings that become fatal infections or lead to amputations (no different than terror groups and organized beheadings by Mexican

cartels, piercings shops are weapons of mass destruction, terror and psychosis (mutilation, like this tribe) that have no place in the USA & NATO), evil mascara *while* millions of Americans pull all teeth out in free clinics because of high price of dental care and because "US got too many female beauty salons and too few dentists, doctors" (selfish bastards on TV and etc wear endless useless colorful eyelashes, makeup etc not needed at all, while others can't see or chew, pulling all teeth out: it's called "making yourself look ugly (long eyelashes, unnatural colors that poison eyes, skin, drinking water supplies by these companies making these poisons) so others are toothless and crash while driving due to zero or outdated prescription), evil nail polish (toxic chemicals that poison bodies, cruelly give debilitating birth defects to offspring and prevent daily pic of nails to measure health status to optimize eterni foods, frequent nail/hair analysis to optimize health), evil hair dye*/styling that causes* brain damage thru heavy metal poisoning (dyes block frequent hair analysis needed to become a shapeshifting Immortal who can change hair color naturally, when needed due to visits to alien planets and posing as local to avoid fear, to spread the Gospel of Immortalism), evil online beauty filters *that* deceive *everyone,* evil leg/etc hair shaving, evil vanity plastic surgery (see before and after, one of 20000 cases, unless face was deformed by some severe accident, plastic surgery is genocide: see more damaged faces), evil *hair wigs* (not just Orthodox Jewish female wigs, but everyone), evil breast augmentation or reduction, evil *liners* evil *excessive* makeup (OKs skin color under eye makeup only to help nourish that thin skin for dark circles if proven *safe for* eyelids tear lipid glands*),* evil tattoos that cause blindness, infections, etc, evil parabens and other additives, evil heels that cause MD visits and damage to all leg joints (heels fail on flat floor (20 sec video) and can cause lifelong kneecap damage and pain if concrete, missing a step is 20 times more likely, for high narrow heels (1 cm^2 has to hit step instead of 80), which can cause injuries to kids if mom falls, heels shift center of gravity forward making falls easier), endless treatments, etc. Let's be honest, a woman who looks 35 and is 4000 years old, wiser than all humans combined, without any beauty salon products, makeup, heels, just natural, is 1 trillion times hotter than all cow IQ women of today wearing endless piercings, makeup etc. Ladies let's face it, you're dumber than a cow☺☺☺ (who lives only 4 times shorter than a human) versus this wise woman who is 4000 year old, due to her eating the eterni foods powders that enabled her to live 50 times longer as a queen bee can. Let the powders of Eterni Foods be that which which you adorn your fetus, your mouth (not toxic lipstick), so the fetus grows to live to 4000 years old by you changing the gene expression before birth, the time when it makes all the difference, not toxic makeup, for beauty is being like God, meaning closer to Immortality, longer lived, not placing poisons on your hair or face. What is God like, God is like what we're not, meaning Immortal, the Central Quality of God is Immortality, to be spiritual, like God, is to live for eons: when you live short, you prove to yourself you're as far away from God/ethics as possible due to toxins in cosmetics that shorten your lifespan, worthless pursuits versus creating a baby who lives to 4000 years old and helps

you make it to 900 too perhaps by his/her sky high IQ. Let's say aliens from another place look scary to us, but are 5000 times longer lived and 5000 times kinder, why waste time with changing appearance to look perfect, when you could just live longer, bring zero violent crime, World Peace and other more worthy goals? Either face looks scary to an alien anyway, why even bother to change it a little? Nobody cares, most life doesn't care, only a few lowest IQ humans might. An alien living to 90000, like some sea grass or tree, may only view beauty in people who're peaceful, nonviolent and a nonkilling adept.

The universe is not attracted to our outer 'Beauty' since they all look different and humans may look to them as some scary (that cause allergies, sickness) disgusting dust mites look to us. The only Beauty they see is character, nonviolence, they're 99.999999999999999999999999999% of the universe, of God. It's funny how people want to impress the boss, the human boss, but the real boss of our universe is not humans, it's infinite spirit and even beings who're not yet beautiful☺☺ genderless shapeshifting Immortals. Trying to have a plastic surgery when millions are killed is selfish, egomaniac, seen by the universe as evil. Girls who worry about beauty too much need to read again the first book sentence. People who do useless 5-300 (yes some did 300) plastic surgeries shorten their life dramatically, because each surgery is like a big injury that causes the immune system to go to those areas, instead of to the blood vessels, heart, brain, internal organ maintenance. The reality is that humans living 800 times longer than us, as we live 800x longer than fruit flies, view us as fruit flies and they don't really care about our face, just as we don't really care about fruit fly faces. Trying to impress fruit flies (earthlings) is pointless, and many plastic surgeries can make people uglier, since everyone has a different idea of beauty: we see that in many celebrities who look more macho and mean. Many aliens would find your natural look hotter than modified one. We need 10 times more doctors today for them to properly screen, prevent, do a lot of research before diagnosis, more tests, more advanced investigations by a committee of 5 doctors per diagnosis to avoid errors, etc. This is not possible when men demand fancy cars, baboon IQ sports facilities and women demand plastic surgeries and endless beauty salons. We have limited resources: you either "look good and die at 80" or "live to 2000 and look normal". Get real, have some IQ and kindness. Not to mention, most hair dyes out there contain hydrogen peroxide (H_2O_2) which produces superoxide O_2 radicals to damage the melanocytes in the hair follicle that give the hair its color. The more people use these hair dyes, the grayer their hair becomes, it a marketing trick to get people to buy the dye ever more frequently. It's suicide, since you deplete body catalase essential to preventing Alzheimer, atherosclerosis, stroke, heart attacks. One reason hair turns grey is the age decline of catalase production, an enzyme responsible for trapping O_2 radicals. As we age, our gut no longer makes the microbes that produce B vitamins and PABA in large amounts, so without PABA, there are fewer antioxidants to fight free radicals missed by catalase and SOD (the main

O_2 catcher). PABA aids catalase and SOD in neutralizing radicals they miss. If you want a natural return to normal color, take 10-20 mg PABA to help catalase delay aging of the ENTIRE BODY, not just the hair follicle and use some of the oils and antioxidants mentioned in the hair loss section to stimulate circulation to the hair follicle and overall body antioxidant defense strength. PABA is actually already present in many B vitamin complex formulations in 10-100 mg amounts. Avoid taking large amounts of PABA as some suggest to improve joints, since you may damage the kidneys, liver, etc. We don't need PABA per se, if we take many other antioxidant pills. PABA prevents the formation of hardened tissues around joints, hence MDs use it for that, while carefully routinely monitoring the health of the kidney, liver, etc to make sure all is fine. Immortalists would ban hair dyes that have H_2O_2, as that causes infarcts, strokes indirectly.☺☺

This insanity is coming from the marketing of trash products made by small aristocrat companies done by "chimp IQ mom and dad businesses" with zero PhDs vs 1 million PhDs with a real company among the 11, look good obsession of the sales guys, market capitalism that runs on deception like Big Pharma ads promising the world without telling you side effects may kill you like 38000 dead from Vioxx, women try to look good, like lots of deadly products in nice packages: dating only rich guys. The time spent in useless cosmetic procedures for girls who have no pimples or any issue could have been used to add 5 billion lifespan years to humanity, but this is irrelevant to their Galaxy Size Egoism. Devils. Check out another gold digger, big eyelashes, but no concern for humanity's zero wars/violence. Check out a guy meet endless gold diggers who want him to spend money on their beauty and shop for them from day one, ultimate jerks who don't care at all about humanity, but want to use for money benefits (never to date or marry really) "ugly guys" who have a car. Guys, realize girls who spend so much time with their appearance are evil, because an ethical person is so busy helping humanity she has no time for beauty salon, for eyelashes, for makeup, like endless youtube MDs who became doctors only to get rich, like these gold diggers; they're not into you, only stealing your money via "friends with benefits" or fast divorce after marriage. It should never be about money for her, but what she can do to make this book come true. Let her show. In 2023, 6 million cosmetic procedures (1.5 million surgeries and Botox fillers, etc) were done. Some claim it's common even among people like Ivanka Trump who looked perfect before, but allegedly gave in to peer pressure from the people around her (no proof she did it). That's why USA is so backwards and lives so short vs Japan, all women care is about meeting some supposed "ideal" of face shape or boob size, etc, complete insanity, a country going down the sewer due to a government of clowns who allow such crap. Guys are equally ostrich brained, all they chase is race cars and sports events. The women and men then complain no money exists for zero violent crime, but 7 trillion/year exists. Women say they want guys to be honest, but what is this? Isn't this dishonesty? Trying to appear so different than girls actually are? No intelligent being cares about

Earth fruit flies faces. Many US women think they're so smart, but they're very low in IQ, very gullible, just like the guys: CDC says 15% of US women are being poisoned with antidepressants by criminal MDs, all they need is lower ω6 intake, antiinflammatory nutrients (vitamins etc) in diet, less processed fatty foods full of AGEs that damage the brain, less mercury from vaccines (many adults/teens got endless mercury from flu shots early on), fewer vaccines by age 12 months when immunity is almost zero and brain doubles in size causing a lost generation of low IQ depressed citizens, 11 companies in USA (not 33 million) to reduce stress, 222 weeks off for parents when having a baby, serene music to reduce violent crime 1 trillion fold, no pills or makeup. "To destroy a nation, just ruin female eggs with makeup products, hair dye and antidepressants…" the MDs know: antidepressants can "reduce the probability of a woman with a history of depression to conceive" ► AJOG 2016;215(3):314.e1-5. Alcohol depletes brain ω3: "DHA losses in brains..." ► BC 2015;1(1):63-8. Drinkers become depressed due to low brain ω3s: "drinking 7 to 13 drinks/week endorsed significantly more symptoms of depression" ► PPRP 2005;36(2):203-7. 20% of US women are totally destroyed by alcohol, vape stores, tobacco sales, weed, caffeine, makeup products, greedy MDs prescribing poisons instead of abstinence from sex, vaping, alcohol, makeup and other lethal poisons that damage egg DNA. The religion of some MDs is "get an MD to make 15-80 times the federal minimum wage" quite literally, (MDs earn 150-1200K) so the results are catastrophic to say the least. Makeup damaged sperm, eggs will lead to a retarded kid unable to help you when you're old.

Those who want to exterminate Americans and take over USA manipulate TV women to wear as much makeup, liners, mascara, eyelashes, hair dye, jewelry as possible, in order to make women appear concerned with their appearance, when there are people working full time living in cars and issues 1 million times more important than placing poisons in the eyes that double the rate of dry eye in women vs men. This makes women appear full of vanity, deceit (dishonest, trying to appear beautiful to seduce men, bitches), selfishness and stupidity, so as to make more men gay and misogynist, women hating, to increase LGBTQ %, lower birth rate and enable Jewish and British takeover of USA. Any decent gov would ban any visible makeup (only healthiest skin color makeup to help under eye skin would be allowed, meaning invisible that it's makeup on TV), jewelry (incites violent crime: 1000s of attacks to steal necklaces, very dangerous falls), etc until all have decent diet, biomarkers, sleep, health, housing. When a gov of rapists & caterpillar IQ folks runs the "cow IQ" NATO nations, every young person has 50 tattoos, 10 rings on their nose, vagina, belly, face, brow, ear, fingers, etc… and 50 lb of makeup used a decade to poison the water supplies, waste people's time, shorten lifespan by ingesting so many lethal poisons via the skin. Imagine if all beauty salons for "mouse IQ" ladies, stadiums used by rat IQ men, would be free health centers… Botox and many other toxins also shorten our life, so they're incompatible with immortalism and plastic surgeons need to change to other specialty, 99% of

them, because this is pure insanity and genocide, not medicine. You need to realize the character of many doctors is not that good, they just wanted to become millionaires quick, which being an MD makes it ultra easy. If you read the food industry section, you'll fully understand the criminality pervading the medical industry, especially beauty procedures, plastic surgery one. Wearing mascara and liners, around the eyelid destroys the tear glands that produce wet eyes and makes all such women uglier (than they would have been without these terrible purple, blue, black lines around the eyelash line) in old age as their eyes become redder and redder due to the destruction the makeup has done to eyelids. The idea that looking like a raccoon with liners around the eyelash line is sexy is false, it's ugly and a sign of ultra low IQ☺☺☺, selfishness, since it destroys one's body, and makes all ladies/guys obsessed with looks instead of World Peace in 3 months and zero violent crime in 3 years. Not only that, but the eggs girls get at birth from mom are maintained and affected by the stuff the girl eats, breathes and puts on her face, eyelids, lips, skin, etc. Birth defects can emerge, low IQ too. Today, we have CGI, filters, AI that can make model pictures for Amazon, etc, so there is no point to have any person use any chemicals to take photo shoots, to make movies or any crap, because the only ethical thing today is zero violent crime and World Peace in 5-10 years. After that we free trillions of $, 50-90% of human energy, to longevity, instead of war/espionage. Your brain sees an average girl who is very kind to you as beautiful and a supermodel who is mean to you as average, because character has a huge influence, and honestly, would you rather have an average 45 year old looking 8000 year girlfriend who has IQ 50000 or a hot 18 year old (lifespan 80 max) supermodel with IQ 65? You would prefer the average look, the longer lived.

Eternal Beauty Inc sets up Dating.gov and buys all cosmetic, Botox, jewelry (diamond ring worth 17000 is now 200, jewelry taxes will rise to 500000% to help us build real healthcare for all, because jewelry items got 5000 times the safe level of nickel, causing cancer, miscarriage, acne, dermatitis, cadmium at 90% or 9000 times above the max 0.01% safe level, deadly asbestos (causes lung cancer and death), lead which aborts or deforms fetuses: even dads exposed to lead can have sick babies; fake jewelry costs 4$, but it's sold for 900$, jewelry stores invite violent crime (see owners being hurt) due to highest return of money per pound of product), (breast implant, penis implant, nose or body piercing, tattoos are outlawed) dating, and personal care (safe shampoo, soap, toothpaste without fluoride and essential oils that kill nitric oxide bacteria and cause infarct, stroke, dementia) companies and requires 1000 safety tests for any product. China exports lead rich products to various nations under the guise of beauty products. Want to have purple hair or live to 5 trillion? In China, all beauty salons are closing, they should do so worldwide, so we get Nutrition Research Centers to learn to live to 9000. What if your makeup, mascara, liner, jewelry contain heavy metals that destroy your eyes, give you dry eyes, styes, vision loss, blindness, glaucoma? Only demons wear jewelry when we still

have any violent crime on Earth. Guys/girls don't need to tell anyone they're married by wearing a ring because dating.gov is the only way to meet the co-parent of your child and you can only date people who allow people of certain scores to even contact them. If upon evaluating the dating.gov profile with 900 times more data than today (of course, each person can allow 0.1% or 4% of the data to be shown initially, as they choose, to protect their privacy) after some exchanges, they like you, you can finally meet them in person and then they can show more, maybe 1.2% of their profile (100% would be 400 pages at least). Nobody needs to let anyone know they're married by wearing a ring (which is evil as it takes resources away from solving real issues with gold and silver, engineering, medicine), since all initial contact happens on dating.gov, to ensure zero fake profiles, zero fraud and to reduce rapes to zero since only sex between parent license approved folks is legal defense against "someone claiming you raped them even if it was actually consensual, but then they changed story and claimed it was not". The parent license acts as the protection against "frauds who claim you raped them" and proof via the joint application via dating.gov, that make their profile unsearchable, to become parents by choosing to live together and try procreate a few months or years to see if God really means for them to raise a kid together. Of course, sex for procreation can only occur at ovulation time, so each partner is free to write when that time is to protect themselves, in case the other person is a beast who tries to force them to have sex outside of procreation, which is grounds enough for terminating the coparenting status, cohabitation per immortalist law. ☺☺☺☺☺☺☺

The Immortalist Law is not the demonic mass rape Deifying Jewish Law of the entire Christian-Islamic-Hindu theology, that says women or partners are sex slaves of the other and a Jew or Muslim can rape all nonJews and non-Muslims one wants or Guy can have all tantra he wants with his wife. The Zion Elder ideas of divide and conquer via lack of ethics or via religion is seen perfectly in USA where racism discussions (articles, shows by Jews posing as whites) are referring to white racism against blacks, but never Jewish racism against nonJews, evident in the fact at 2% of population, they're 10-50% in Ivy League schools (instead of free education for all), politics, medicine, academia, law, many money making industries, "education" (brainwashing to be a slave of the Jews), enabling them to cut everyone's penis via brainwashing the low IQ gentiles per their satanic sewer Bible.☺☺☺ These mutilation worshipers pose as atheist Democrats to push far right Orthodox Judaism disguised as atheism: far right means nonJews are inferior. It's different, it respects the Freedom of All Immortals to Evolve to the Immortalist Anthem Stage of the Precipitating Matter Beings by the Transmutation of the zero IQ animal into the beautiful☺☺ telepathic radiant teleporting genderless shimmering shapeshifting Immortals, as the first paragraph of the book also clarifies. This is world's first system of ending Islamic, Hindu, Tantric, Buddhist, Christian, Judaism Rape that was deified by fraudulent clergy for millennia under the rule "the partner is supposed to have sex if the other wants" which is not

true and violates the free will of the other, as their only purpose is to raise a child for the Civilization of Immortals, not to be a sex slave of wild beasts. Today, we have wild beast (usually some macho UFC type of bipedal pig or hyena) claiming to be human, coming to Courts and having a "cow IQ" trial in which he demands his wife have sex with him outside of procreation, as if she's his property and some kind of sex slave. Unbelievable. Such animals belong to hell, and they can find themselves a cow to pursue their primal urges or another partner who is as "rat IQ" and animalistic as he is. Dating.gov enables all such low IQ monkeys to find their soulmates and have as much sex as they want until their brains run out of nutrients. This system eliminates sex outside of procreation as anyone else can be sued for rape and receive death penalty for rape. This is such a simple system to avoid all anxiety around dating and to avoid all fraud and make all relationships outside procreation platonic, dedicated to the Universal Immortality for All Goals of 11.1.1. Civilization begins when 0 violent crime exists, wearing metals won't make you civil or beautiful. Eye creams are known to contain phenoxyethanol and other chemical compounds that destroy the eyes tear and lipid glands leading to dry eyes, styes, etc. Intense Pulse Light, IPL, promoted by Israeli company making IPL machines too, used by 1 billion women worldwide, causes approximately 20 billion silent white matter strokes that lead to cognitive decline, Alzheimer, heart attacks, infarct, heart failure, stroke, pulmonary embolism, ER visits, asthma symptoms, diabetes (block pancreas blood flow), liver damage (clots block liver blood flow), kidney failure (no blood flow, blood clot blocks nourishing vessels), lifelong dialysis.

Low IQ folks overdoing beauty routines for perfect skin, hairless armpits, legs, face get 5-25 years shorter lifespan. This section explains the dangers of piercing, jewelry (a $85 billion infernal industry, need tax them 4000% and use that money to bring healing sealed cities that replace all jails to reduce violent crime to 0), hair styling ($60 billion, do it at home, build shelter for long lives for all, be kind, not a vanity guy), breast implants (see how silicone goes into the blood, this is video of the silicone in blood that was filtered out) and endless cosmetic procedures (another 25 billion), makeup, mascara, liners ($8 billion, mascara, liners taxed 200,000%, makeup not natural skin color 400,000%), eyelashes (9,000,000% tax). We also need tattoo tax 9,000,000%, piercing tax for ears or any body part ...1 billion%... to secure America's borders, sniff every letter and package from drugs that cause violent crime: true Inner Beauty, care about others instead about Looking like a Cow with nose Ring and Tag.☺☺☺ Nail stores, hair dying stores, leg shaving, hair styling, hair dyes would be taxed 9,000,000% too for every pack of hair dye and nail session, as nobody needs such ☺abysmal IQ☺, when all humans could disappear in 10 seconds in 5 years, same for leg shaving and other filif worm IQ activities, businesses setup by murderous aristocrats who don't give a crap about those jailed unfairly and killed in wars due to rampant violent crime and aristocratic banditry ruling every industry and local/national government. These hair salons are a depravity of no bounds, when others are

homeless, visited only by little adorable naive brainwashed pigs aspiring to become civil humans. ☺☺☺ All males and females can trim hair at home in the mirror or with the help of a friendly neighbor, relative who needs to raise their Immortality Credit Score from that of a hyena to that of a civil human. These *filthy* hair salons infect visitors with the viruses, bacteria and crap from all people who used the same scissors and combs to get a haircut, because 99.999% of stores don't properly disinfect those trim tools. For male hyenas who don't partake in beauty businesses of demons, taxes need to be raised 9000000x for their race cars, hunting gear, evil sports (many need to be taxed 1 billion%), flipping homes, buying more than 1 house so renters live in horrible places, etc. The male hyenas waste more than female ones on retarded activities, destroying all families, since 60% of millionaires and 87% of billionaires are male.

So, the benefits of hair salons, nail salons, leg shaving salons are the Spread of Death and Disease. It's the epitome of *gentle tender soft nurturing*☺☺☺ graceful *universal* loving kindness and RADICAL HONESTY, of desire to move away from one's own beastly chimp nature, from dishonesty, and embrace the Truth that We Age too fast, so we can Spend 1.4 trillion dollars in Chemistry and Physics to Live to 500 instead via Immortality for All Culture of 0 Violent Crime, 0 Wars, Be Healthy INSIDE, not Look Healthy by Chemical Poisons. Doing your nails will cost more than 3 houses. That way all people have single family homes, instead of aristocrats having palaces on 3000 acres and the rest having to go to these ☺abysmal IQ☺ stores to waste $1.4 trillion a year in lowest IQ activities/purchases that have 0 or nothing to do with 0 Violent Crime, World Peace, the beginning of civilization and beauty on Earth. Tons of money wasted while others live like rats and lose 5-45 years of lifespan due to terrible housing (90 million Americans) or lack of, humanity's depravity reached apocalyptic levels of hypocrisy. Ladies, 150 billion a year would build the border wall that allows endless rapists to come in, reduce violent crime 100 fold with the Immortalist Party state of emergency (fight against aristocratic terror via media) policies. Beauty products overspending is only making the genocidal aristocrats richer. The acne section explains safer ways (than Intense Pulse Light) via dietary change, good sleep, meditation to reduce acne breakouts, besides the typical doxycycline you may take 3 weeks. The problem with showing tits, chest, shaved by blood clot, 15 IQ points lowering IPL (laser), forming lasers, is that when you reveal shoulders, legs, chest, etc you attract the more lustful animalistic lowest IQ males towards you and by this quantum entanglement, your information field becomes more filled with garbage/death information, moving you away from life, knowledge, science. UV oxidative stress makes your skin age faster, ruins blood antioxidants and destroys your health.

Trying to be a *seductive bitch is therefore* inflicting a double whammy on ladies: you will cause the man to reflect back to you your animal self, not your spiritual higher cortex of bliss, you will destroy your own spirit and brain becoming an ever lower IQ lady whose ideas are ignored more and more. You sexually objectify yourself and destroy the human quantum field by not letting

humans evolve to asexual reproduction as in the Immortalist Anthem of materializing shapeshifting Immortals, which helps the species to expand to more stars and survive. As a result, the human species diminishes the female role, so ladies undermine their role, not that it matters, since gender will disappear when we become shapeshifting beings. Additionally, heavy metals and toxins in beauty products cause dry eyes, they can't read papers to become smart due to dry eyes, they get silent strokes due to blood clots via lasers, they get lower IQ, and will only hold smart conversation with ☺abysmal IQ☺ animalistic men and end up living shorter. Lustful men want sex, not having kids, so they will destroy you, as sex outside procreation destroys us. Lowering one's IQ means more arguments one can't win with a spouse, more divorce. A little healthy makeup to help dark circle skin is fine as it can help the lower eyelid glands if designed by the future Eternal Beauty Inc to prevent their damage (those glands die first causing dry eyes), if made in USA and healthy nutrients, but not the 900 times more stuff ladies do today that is simply toxic, doesn't protect ocular/body health. The immortalist governments need to fine mascara liner, etc companies at least 1 trillion dollar fee for selling one such makeup kit in their nations (such as the Eternia new nation made of 20 former communist nations), to prevent their countries' destruction by the Imperialist Aristocratic Leeches who enslave every human for their insane profits and palace building.

The Protocols of the Zion Elders explain how Jewish TV ladies reveal their tits (instead of hiding their chest as normal men T-shirts do) to gain trust, make you believe Jewish lies, corrupt men, appear attractive, brainwash men/women that what they say is true, and take people from the brain into the animalistic penis/vagina energy. It's a covert genocidal war against gentiles, like Mass Rape-Genocide Christianity, Islam, Quran, Bible are too. Religion destroys intellect, so Talmudic Jews can take over your nation faster, while lust makes people slaves of carnal desires, easier to manipulate by Jews or enemies. The 'bad type of' Jews brainwashed gentile men to sexually objectify gentile women, to make gentiles low IQ animals, unaware of the bliss from meditation is 1 million times deeper than from sex. Because we need to prevent all humans dying in 10 seconds via the capsule device in 2 years, we need to win the war against the demonic type *of* Jew, the Talmudic Jew who wants to rape 3 year olds, who wants to sexualize adults and children of gentile nations, who wants to destroy the immortalist culture and greetings by the infernally evil music he co-creates in 200 nations. Kindly question why the filthy rich Jewish Billionaires push LGBTQ and revealing clothes: it's because it destroys the chest skin, the gentile brain, family and nation. Funny how abysmal in IQ *some* ladies can be: on one hand they want to be treated with respect, to not be used as prostitutes, as sex slaves, to not be a sex doll, a "stupid doll", to not be sexually objectified, yet on the other hand, this is exactly what they promote, the image of a whore trying to seduce guys, to show her tits/chest as much as possible. You see the contradiction: they don't even think about their choices and demand real

clothing to protect their skin, they look like mind control "baboon IQ" beings disconnected from reality and their demands for respect, they don't have any self-respect. The chicken IQ of these women fails to realize that the drop in chest temperature causes damage to their entire immune system there, as there is less circulation and body has to work hard to warm that very important (to immunity) area. Bad Jews (not the good ones) want to make *more* money, start a business to con gentiles, because that way they get all the power so easily by being evil, instead of having no power in an ethical society of equal salaries (or at least, at first, max salary being 4 times the minimum salary) for all, with fines and bonuses weekly for mistakes and good deeds, with ethics credit score giving access to better products and more roles in management. The bad type (religious) of Jew wants to enslave the gentile, the Bible explains it. *The Bible* is a trap to dupe the gentile, *so* Jews *feverishly promote it, even if it is pure evil, has 1500 violent quotes and condones the genocide of 8 billion gentiles*. Lady explains how Jewish Rothschild family allegedly hired 9 year old girls to seduce gentiles (brainwashed to become pedophiles), use the video to blackmail politicians into doing the Zion plan for world conquest. A video shows how supposed Jews (who role play being gentile Republicans) worship the 50 ft tall Molek God or Baal or Satan, the owl in California, offer an effigy or real child Care for human sacrifice. The demonic Bible has many cases of human sacrifice or even ladies eating children. It's useful to connect the dots, because we certainly don't want human sacrificing Jews to rule the world. Little babies (and even guys in bed, lol) don't like when moms have their skin near tits or chest so rough and damaged by UV, so it's essential for ladies to understand that breastfeeding, kid health, depends on the softness of her skin, its health. Rotten carcinogenic skin repels the baby who smells it as burned flesh or death and then you wonder why he breastfeeds less: he hates death. So, don't worship burned babies sacrificed to Satan, and burned chests by the Sun created by cruel nature, but the very Life Eternal of God☻☺☻☻, who is far more than UV. Babies have twice the neurons, smell way better. Ladies, respect yourself, fight against sexual objectification of ladies by misogynist men, who design women clothes and T-shirts to show the chest and tits, and cover it for the sake of kid's health. The bandit type of Jews actually want to *make every gentile woman a* prostitute who has sex outside of pro-creation, in order to destroy all gentile men.

Many women (especially Australia, where they use more Botox face lift than anywhere in the world per capita) inject themselves with the botulinum nerve toxin that when diffusing will give these ladies paralysis, inability to breathe *and death* (it's called botulism and many die from it and filif camel *IQ☺ ladies put it inside their body*). Catholic Ireland town makes most Botox used worldwide, showing the true ethics of Catholic Ireland reminiscent of the Inquisition torture, though the crime is made by AbbVie genocidal North Chicago Big Pharma company via their irish facility. Someone needs to fine AbbVie 5 trillion. Doctor explains in 30 seconds videos how to fix face without Botox: how to get rid of wrinkles, by releasing muscle tension, glass exercise helps

you get rid of under eye wrinkles, crows feet, droopy eyelids, nasolabial folds can disappear with a simple exercise, prevent breast cancer by this simple technique, prevent Alzheimer (reduced brain blood flow) and death by stroke or headaches due to muscles shrinking blood vessels by relaxing the neck muscles which makes face look younger too, since neck blockage can lead to stroke, exercise to prevent asymmetric undeformed face, relax brow muscles to get rid of frown lines at the top of the nose. The milder Botox effects are dry eyes which are more common in ladies of course as they're 95% of Botox users and makeup, mascara, fake eyelashes (another dry eye cause) users (PDA 2020;37(6):853-61), blurred vision, diplopia (double vision), strabismus (also called squint, one or two eyes look away from the center, see pics, crossed eyes, nobody likes you anymore, you become uglier than ever, thanks to greed to look "perfect" to deceive self and others), retinal detachment (the stuff that happens in glaucoma before blindness), and even blindness (JCAD 2016;9(12):E5-7). Some say people become less able to read others' emotions, less empathetic. Another video shows other brain effects of botox – nearby brain regions, near the one related to frowning, change and you perceive touch, etc differently. A less known effect is called retrograde axonal transport: the nerve toxin prevents the muscles from contracting and producing wrinkles and frowns for 3-4 months, but what happens is this toxin can migrate slowly in tiny amounts to the brain, destroying the brain itself, making neurons incapable of functioning the normal way, lowering *IQ by* 10-30 points. 30 points means the difference between average IQ and a retarded person. We got enough gorgeous ☺ bulldog IQ folks☺ in this world, please stop it. ☺☺☺☺☺☺☺

Instead of focusing on ~*~Eternal Universal Peace~*~ in 3 months, living to 1 billion years old via immortality capitalism, low IQ folks inject toxins that shorten lifespan and make them APPEAR better for a few years. Ladies, nobody cares about your looks if you're ☺abysmal IQ☺, and if your tone is not eterni. A little makeup to hide dark circles or cream to help that thin skin regenerate or nourish that skin if they got any brand that is healthy (most are deadly toxic), seems OK, but to use tons of makeup, mascara, eyeliner, Botox, etc is the epitome of selfishness, when millions die every year of preventable disease, war, violent crime, etc. How will placing makeup above eyes, on upper eyelid (where no dark circles exist, except a few blood vessels in some older people with rosacea), end the wiping out of every building in cities of Ukraine and Syria? Aren't we all one human family? How can people be so cruel to not care about eternal genocides? Each year 90 billion unreported violent crimes occur, yet ladies seem to not give a dime about it. Just get more fake eyelashes. That is a national travesty, a complete trashing of money. Wrinkles and frowns are there to promote honesty (very important in scientific research on how to live *to 1 billion years, so we age less naturally without Botox)* and to let us know when our skin inside the body may need more elastin generation via healthy nutrition to increase longevity, when we need relax and meditate and smile more, so we frown less. If you

hide all wrinkles you don't know if your diet is healthy or not, you're just preventing self from knowing the health of your arteries. Immortalists would prioritize spending national resources on free monitoring of 5000 biomarkers, so we prevent disease 25 years before it can emerge, and shutting down all Botox clinics worldwide. See how Botox makes people less empathetic, perhaps, this fuels conflict and violent crime and must be banned unless one has a serious medical condition or disfigured face due to some car accident or congenital condition or acquired neuropathy that can't be cured with safer methods.

It is criminal to inject people with such poisons known to damage the body. If one has a serious disease or truly unsettling twitch or nerve issue, it may make sense, but to insert this every 3 months for cosmetic reasons is insane. On other planets people look different, so who cares how your facial shape is? Are you that ☺abysmal IQ☺? The whole point of life is to meditate with every breath, be happy naturally, and not frown naturally, by being in a state of universal peace with all workers getting good sleep (the single most important thing to your appearance) via quiet cities, 0 dogs (dogs wake you up at night more than cats, and they can cause wrinkles, dark circles due to bad sleep), good food and 0 wars, 0 violent crime. Just using Botox to look perfect is an act of theft, as it shortens our lifespan, we waste doctors, facilities with appearance, instead of with eterni food and living to 8 trillion years. Ladies, please have some IQ and stop Botox. It may even cause birth defects and they may only discover that in 2 centuries. 200 years ago, doctors gave people various poisons that they thought are "good for you". Don't be so naive, the foreign spy, will lie in waiting, to pounce like a tiger, tempt you to come to his clinic, inject you with Botox and cause disease, knowing fully how to cause it, and because it happens years later, you won't know what caused it. When kind men see ladies with fake huge eyelashes, for men it is a sign of ☺abysmal IQ☺ *or complete lack of education, compassion, scientific literacy*. Not only is that depraved lady tempting other women to get dry eyes and damage their vision and ability to read science papers and research, but she's promoting shorter lifespan from the oxidative stress those fake eyelashes cause. *Why do some ladies need mascara? Because they have the IQ of a pig*. ☺☺☺ Mascara, eyeliner etc cause dry eyes a lot more than makeup, as it gets too close to the ocular glands that maintain the lipid layer of the tears that prevent dry eyes. Mascara, eyeliner cause eye infections, deaths of people neglected by doctors because infected or dry eyes prevented doctors from majoring in other fields of medicine (instead of the dry eye, conjunctivitis, styes epidemic due to mascaras, Botox, eyeliner, insane levels of makeup), to heal those people, who died due to shortage of preventive care. Only the most monster like women do those things, empty souls void of any compassion, selfish devils, and they're not just some "celebrities", but everyday people too. Should we appear a little younger for 5 years or 30 and die at 85, or appear normal and live to 250? What kind of ☺abysmal IQ☺ person focuses on looking good and living 3 times shorter? Look in the mirror.☺ Wrinkles above

nose are often caused by aristocratic terror, the complete neglect of workers lighting conditions, which cause the eyes to tense up the muscles causing under eye wrinkles or above nose between eyebrows wrinkles. It's not that the person is angry, they just read a lot of stuff on computers in bad lighting conditions sometimes. So, why risk death to look happy, when you obviously are unhappy with your appearance? Dishonesty has catastrophic consequences for scientific innovation and even managing one's emotions. The most basic quality of societies of Immortals is their honesty, which is wholly absent on Earth. What if on another planet, people who're 5 trillion years old, look like a 60 year old today? Are you going to think they're beautiful? Of course, you would find that beautiful, how they can be so perfectly Immortal, yet look 60. You would immediately try to emulate their immortalism, instead of appearance capitalism. Please ☺☺*lovingly tenderly gently kindly*☺☺ think thrice before using Botox.

Eternal Beauty Inc will test even 'amazing' toothpaste additives, like DIM, pulegone neurotoxin in peppermint oil added to toothpaste and millions of products, hydrogen peroxide 4% in toothpaste that damages gums and enamel, too much fluoride, blue 1 that killed a woman, colors that damage organs, teratogenic chemicals, that are absorbed sublingually fast and damage our body), to make sure they don't destroy any organ via skin absorption (lead in skin products or aluminum hydroxide, etc in stick deodorants), via lung absorption (sprays ladies and men use to 'smell nice' contain highly toxic chemicals that enter the blood stream via the lungs and then destroy every organ), doesn't cause dry eyes via clogging of the meibomian glands, doesn't contain toxins, etc. This will result in bans of some dangerous formulations, perhaps 80% or more. Right now people use a huge amount of toothpaste to brush teeth, but we may discover it's too much and a huge waste. Not to mention, we may discover that other non-fluoride chemicals are safer, better. Fluoride is only 0.2% of enamel, while $Ca_{10}(PO_4)_6(OH)_2$ is 75% of enamel, with $Ca_{10}(PO_4)_6(X)_2$ being another 20% of enamel. When we brush teeth, with so much toothpaste, we swallow some, damage the throat, the vocal chords and we can damage the esophagus, stomach, etc too, leading to poor digestion, chronic digestive issues, as the stomach lining is damaged, etc. Obviously, there is a way to keep teeth healthy without so many chemical treatments: Eterni Food Inc creates powders that dissolved in water produce a thick liquid we can drink with a straw to no longer damage the teeth. We become humans, the first primates who eat in a high tech different way, who no longer chew or shed blood of animals.

Heels shorten lifespan. The ☺abysmal IQ☺ of our societies is shocking: to make heels legal is genocide, due to health issues. This is due to wars, when cavalry needed heels in battle, but then it spread to all males/females, before it lost popularity among males (today no male wears high heels, except medium rarely). The aristocrats wore high heels (red sometimes), to flash their status. Today, women with 0 IQ, also wear heels, even after reading that heels shorten lifespan, to flash their selfishness, not caring about the burden on the entire society coming from fixing

preventable health issues. Any new US product of any kind, sold online or offline, must be first approved by the Immortality *Nurturing* Agency. Makeup products are used to infect, destroy and damage the ultra important ocular glands that produce tears with 2100 nutrients, tears essential for ocular function and longevity. People need to sleep better and take care of their health, so they look good naturally, not to apply makeup to hide the total depravity of our world where everyone is so stressed due to pathological selfishness and endless duplication, wheel reinvention for the sake of "everyone must be a small business owner". With these redundant tasks, everyone works harder, 3 times more, than with centralization for the same outcome, they get no good sleep☺☺☺, so they use tons of makeup to "look good", while they wax their legs of hair, manicure their nails, etc that nobody honestly cares about, except the homeless who wonder what kind of spirituality is that: 1.2 million beauty salons while 2 million Americans are unfairly jailed and 0.6 million are homeless (15 million empty housing units). An outer beauty, but an inner shocking lack of beauty. Be happy, smile, sleep well, and the beauty of the tone of speech and thought would give 15 extra years of life. What is nice, a dead spouse or one alive? A blind spouse from dry eyes or makeup causing a series of infections and herpes virus caused blindness? This centralization ensures all tests are done in house, all ingredients produced in USA, with 100 more stringent criteria of longevity, to prevent the company from making people ugly via destroying their brains, bodies, eyes thru glamorous lethal products, as we see China exporting to the Philippines skin whitening products with lead in them. Why not dance or exercise in the chemistry labs, instead of hollering like gorillas on soccer fields? Our eyes allow us to read 4 times more papers, when they're healthy. With makeup, inflammation can go up and damage the eyes. We're 50-500 years from even creating a simple natural like artificial tear, so how far are we from creating a safe *or* ocular health enhancing makeup? Even further away. Please ☺☺*lovingly tenderly gently kindly*☺☺ think twice before poisoning your eyes to "look good". How we look has no meaning, it's how we sound that decides & tells EVERYTHING. Why? Because appearance is easy to fake, our voice can't be faked, when tired, we can't hide it in our speech, but makeup hides the dark circles instantly. Because makeup products are used around eyes, and eyes can be a route to transmit viruses, it becomes essential to test these 1000 times more, for the sake of biological security of the USA. We ensure products like creams, lipstick, soap, shampoo contain healthy chemicals only. Recently, they found many tampons contain heavy metals, and due to the wet vagina, the lead, arsenic can leach inside the body easier. The safest hygiene products need to be developed to prevent infections. Heavy metals increase oxidative stress, impair immune function and can thus lead to infection, TSS.

1000s of science papers on eyes (Clin Opt 2018;10:33-40: BAK tear/makeup preservative causes MGD) show that eyelash makeup, eyelash serum, mascara, makeup close to eyes, destroy ocular tear lipid glands, causing dry and red eyes that make a woman far less attractive (so *eyelash*

gels, boosts, fake eyelashes are a waste of $), vision problems, lower ability to read science of longevity papers, shorter lifespan, *eye and body infections due* to lowering immune function of eyes (viruses from air enter body via eyes quite often), deprive 1 million of "living to 90000" research lab space wasted with "☺abysmal IQ☺ creating"☺ *eyelash businesses making poisons for selfish, mentally* challenged filif "hen IQ" women to "*look worse, live 900 times shorter than kind smart ladies of the* Immortalist Youth", nail stores to make all live shorter from chemicals inhaled and the chemicals that are absorbed thru the skin and nail to skin border area. All nations need to close 98% of beauty places except the high tech clinics for serious injuries from accidents, congenital growths or new blemishes that interfere with eye health via oxidative stress and out of control acne bacteria colonizing the eyes (like maybe blue light mask for acne, etc, do it at home). Sleep is more important than makeup, since it makes you look naturally nicer without dark circles. In our super high stress insane macho world of "eternal emergency" that aristocrats create for the subjugated masses, nobody gets decent regular sleep. Sleep not only makes you have less dark circles, but helps you live 10 years longer. By using makeup, you deceive yourself, hide how poor the sleep quality is and how little you take care of body repair during sleep. Doing your nails and shaving legs is a waste of time*, we need to THINK, increase lifespan☺☺☺, not appearance,* who cares how you look if you live 60 years shorter? Beware of hybrid wars of national extermination by foreign spies who mind control donkey IQ folks to create fads to use toxic chemicals around eyes, in order to damage the eye health, body health of the nation. We need huge fines for such destructive beauty businesses, that make people uglier sicker long term. *Let's tax eyelash products 90 times the price of the product by federal law, to shut down all businesses* and use tax revenue to build free ocular health monitoring centers, since 42% of kids have ocular lipid glands dysfuction*, worsening every year.* Anyone caught trading illegal banned products on the black market, eyelash ones, fined $400 million or lifetime labor if they can't pay it. *Confiscate all offices that go bankrupt, use those spaces to establish free eye clinics, new housing* maintenance offices of Immortality Building Inc, one of the 11 companies, the eye clinics run by Universal Immortality Inc Office of the Immortality *for* All Government. Well, *all* beauty businesses would be *taken over by* Eternal Beauty Inc *anyway* eventually, but not in 1 month. *These are some ideas to give to regulators in case the 11 companies model is not applied fast.* Humans may disappear in 10 seconds, *due to irritability/anger from bad sleep, so what is better: 'good sleep' or 'makeup to hide bad sleep'?* Perhaps, ladies can altruistically prioritize quiet cities free of barking sounds, so all sleep well. Perhaps, women can gently question why they have more dry eyes than men: mascara, eyelash, liners? Dry eyes cause endless national resource wasting, and they're also due to bad sleep habits, low ω3 or high AGE intake, that prevent proper repair of the lacrimal and meibomian glands, etc. Why do we get dark circles? Because we *all work extra to reinvent the same things* for 33 million companies, instead of only 11 companies. We need millions of different payroll

systems, HR departments, etc long work hours, no sleep. In immortalism, we get one HR for all US. To prevent dry eyes, increase beauty, let's bring the immortalist reforms to all nations, as dedicated people of the Immortalist Youth.☺☺☺

Too many women are horrified that they don't have a single family home, yet they pay the same genocidal aristoc-*rats* who produce deadly products and steal materials from the border wall and housing for all needed for 0 violent crimes. We see too many doing mascara and endless beauty procedures that shorten lifespan (brain damage, blood clots from those intense pulse light to remove leg hair or etc, etc). The masses, brainwashed by the government of aristocrats, are incredibly selfish too, you see it in White House Spokespersons even, and all depraved TV anchors almost who have long eyelashes and horrible tone of speech, uneterni, because nothing speaks of World Peace more than shouting and having 0 *gentle tender soft nurturing*☺☺☺ graceful *universal* loving kindness and doing endless beauty salon mascara or eyelash trim ☺ abysmal IQ☺ procedures that damage the eyes to "look good" (actually worse, depending on whom you ask). Eyelashes are critical for the meibomian gland health in the eyes, to prevent dry eyes, so trimming them is eye SUICIDE, these guys are mind controlled by evil foreign forces who need to be given lifetime labor sentence for destroying workers with mascara, long/short lashes. Short eyelashes allow junk to enter eyes, long ones damage the eyelash base and meibomian glands, don't mess eyes with the meibomian gland area via long, short eyelashes or liners, mascara, makeup too close to eyelash base, *it's criminal.* The depravity of these aristocrats selling products that shorten lifespan or ruin eyes ((42% kids, 72% adults have ocular meibomian gland damage, and these beauty products make these percentages way higher than they should be) is encouraged by a *criminal genocidal government of* ☺puppy IQ folks☺. Only a *government of thieves and killers* can allow the females or males to show themselves *with long* or short eyelashes in public on TV, especially at the White House, since this destroys the body via ocular damage, infections and promotes outer "fake beauty" over health. It's like free ads for killing people slowly with smoking. Eyes are key to reading papers and such, national security via ocular health. It's enough to have some makeup, as long as it contains only ocular nutrients for the body's thinnest skin, the area under eyes that needs to be kept healthy, strong, to help eyes by preventing oxidative stress from aging that damage meibomian glands (which prevent ocular dryness that makes our eyes red as we age), but to go with lines, ultra toxic mascara and other things right on top of the critical glands on the eyelid base is genocidal. Immortal Souls now dwelling a woman, please gently recall that the mascara and liners close the BLINDNESS PREVENTING GLANDS (yes, dry eyes can cause blindness in some cases via complications from treatment or etc or endless suffering, lost productivity as an adult with dry eyes for 50 years, using eyedrops, special treatments, ointments, moisture retaining glasses, etc), the glands that produce the lipid layer the prevents tear layer, eye water from evaporating, glands and causes

dry eyes, faster eye reddening as you age, you look uglier as you age. Ladies can gently WAKE UP next day as the gentle kind intelligent female wanna be Immortals and become Immortalists whose descendants one day shine as shimmering genderless shapeshifting Immortals a trillion times more beautiful than a chimp human today with mascara, who looks like a rotting stinky skeleton at age 150 and like dust at age 20000, while the Immortal is shining and beautiful at age 1 trillion. Parents will have to go to doctor with their kids 40 times now to cure dry eyes, because the 0 IQ ARISTOCRATS sold them these useless products nobody needs before age 30, if they sleep well, as skin is not red if you have a democracy with good sleep, jobs schedule and shelter for all. We need to change out culture to prioritize good sleep 9 pm to 7 am for kids who need long sleep hours. We can't have sleep deprived girls who use makeup to seduce 13 year old guys. This is genocide. Makeup, liners, mascara, *fake* eyelashes, tobacco, alcohol, weed need to be sold only with ID, for those aged 30+ and used only up *to 2 mm away from the eyelash base on upper/lower eyelid*. Proper labels need indicate all these eye products can *cause* blindness, dry *eyes,* itchy red eyes *for the next 90 years* of your life. *Ladies, please* develop *altruism:* due to your *makeup, mascara, liners addictions, millions of* people don't get to live to 80, but die at 70, due to the shortage of doctors taken to treat preventable dry eyes, made dry by these vanity products. *If you want to be loved, care for all,* ☺☺*lovingly tenderly gently kindly*☺☺, not like TV ladies tone. ☺☺☺ No safe ocular cosmetic product even exists today, only a few less damaging, 0.1% of all makeup, contains some safe ingredients to help that skin near the eyes, but even those have irritating *compounds* so they shouldn't be used too close to the eyelash base where the meibomian glands are. *Why are long or short eyelashes more beautiful, when they're actually* uglier*?* ☺☺☺ *Simply evil* foreign spies destroying America today. *Brainwashing*. Ladies die, due to drugs coming over the porous border, or they become homeless. To be kind is to use national resources to seal the border and bring illegals in USA to 0, not to use mascara.☺☺☺

Special *Awakening* of Jewelry *Lovers*: today we see people spend a lot of time, money to adorn themselves with jewels, not realizing this doesn't in any way bring real civilization with 0 death penalty. To create a decent society of 0 Violent Crime and Banditry, we need to adorn ourselves with virtue, *ethics*, intelligence,☺☺☺ with the virtue of Mk 10:25, Mt 25:35-6, so as to remain humane. Any alien with any intelligence watching humans wearing jewelry might think that these glorified *monkeys* adorn themselves with the gold obtained via genocide: endless people worldwide work like slaves to dig gold (and other jewelry metals) we don't need (1 min (mine collapse), 9 min (20 dead), 5 min (mercury), so that ☺filif IQ☺ ladies adorn their selves with it. 44% of gold is used for jewelry, 49% by banks, 7% for tech, so man's and women's *greed*/abysmal IQ account for 93% of gold extraction by slaves. ☺Puppy IQ folks☺humans☺☺☺ extract 14 times more gold than needed. Humans can't realize how abysmal their IQ is yet. Why do we need gold in banks and central banks? We only need one bank for all humans, no gold

bars. 65% of diamonds are used for jewelry, lots of people waste lives with that, lots of theft and injuries happen because of diamonds and other precious stones. Guys are equally low IQ, they need "gold rings" to let all know they're married: why not wear a little cloth yellow ribbon off your shirt or clothing if you're so low IQ to imagine it matters if anyone knows about your marital status? Nobody cares,☺☺☺ since dating.gov (next paragraph) fixes those issues well, plus marriage is more of a paper and outdated tradition. These *enslaved gold/diamond digging poor people, waste their entire lives with that*, instead of building the 11 companies in their country, the healthcare and food/shelter infrastructure to live to 87 like in Singapore. Each person not living to 87, but to 60, like in many nations, is the equivalent of killing a 60 year old who would live to 87 in better USA areas. Bankers and governments are equally genocidal, they store gold obtained by equally genocidal actions. The gold frenzy causes suffering and the destruction of the human quantum field. This is all due to the lack of universal 11 companies, 1 language, 1 currency, one salary for all. With no stock markets to steal trillions from workers, no gambling, we can finally have some science of nutrition going on, instead of fake papers. Animals are too ☺abysmal IQ☺ to realize that if they stopped fighting for their rat IQ (rats are cannibals) cultures of violence/death, theft/gambling, they can create one Trillion Year Lifespan For All Culture of 0 Violent Crime. True kindness/spirituality is taking real steps towards 0 violent crime, 0 war, spending more time with that than with "beauty" routine. These 'humans' don't care, the whole culture has devolved into piercing their bodies with 30 rings, wearing 50 bracelets and 80 necklaces, 90 hair pins and 10 ankle bracelets, in the hope, someone would recognize their infernal 'beauty'. Even Americans have to waste lives to maintain plumbing, electric and buildings for these filif worm IQ jewelry stores, import-export businesses, sections of big stores, to satisfy the infernal depraved selfish desire to kill for gold and appearing beautiful, while being a demon: nobody brings violent crime to 0 by jewelry stores that prompt thieves to harm others. GoLd has replaced God, they left God and got gold. The 11, e-leven, e-leave the gold, return to God, (left-ist) companies, are calling beasts to become humans again, to join the leftists, to leave the gold and return to God, i.e. the science of immortality for all. Nobody cares about their tone of intent, emotion or speech, only about jewelry and piercing more areas of their navel, vagina, penis and nose. Every TV station is like a market stall or stock exchange before computers, shouting and mean aggression for all, ethics for demons, big eyelashes, high makeup, eyeliner, mascara and the tone of demons☺☺☺. All *gentle tender soft healing nurturing* universal loving kindness has been removed from any public broadcasting. 'Satan' rules Supreme with His Violent Crime 1 billion times higher than in a decent society, with his Infernal Tone of Murder, even the ladies wearing crosses, as symbols of aristocratic torture of the working class (Jesus, the useful fiction self-sacrificing himself to make the rich richer). The violent depravity of society is so high, that nobody even knows what is a kind tone anymore. Oh, and the cross wearing "Christian on paper" ladies try hard to show as much of their breast as

possible on TV, so UV rays damage their chest area and make them look 5 billion years old, their only chance to get closer to God's Ethics.☺☺☺ Eyeliners, mascara, upper eyelid makeup (under eye to hide dark circles is less toxic), etc are very toxic for the eyes, causing dry eyes and other conditions that burden the healthcare system. It makes ladies spend too much time with appearance, instead of modulating the tone of speech, it teaches billions who watch TV to care way too much about appearance (even males) instead of ethics and substance/quality of one's actions, sleep, good nutrition, etc. Because almost everyone is scientifically illiterate and low IQ in our society, we haven't figured out how to get rid of acne very easily for all, via proper diet, sleep, etc, so we spend trillions on makeup and other acne removal lotions, etc. We can't become real humans until violent crime is a billion fold lower in USA, and it won't happen with this demonic vibe on TV-radio and music-movies, which incites the criminal within to act fast and strong. Jewelry stores fuel violent crimes, arrests and infections from piercings, lots of necklace theft, injuries (youtube got 100s of clips of thieves pulling necklaces, while running and causing injuries, and the breakage of the necklace), jewelry is for idol worshipers, worshiping gold objects who value gold more than God, the fake Christian who wear crosses instead of wearing the Spirit and Eterni Tone of God, worship the spirit of Immortality *for* All, kindness for all, healthcare, decent shelter for all, immortalist eterni food tech that grants all immortality.

4.5.6.8.1. DATING.GOV the start of Honesty, Inner Beauty, Peaceful Happy Relationships, Families

Please read the dating tips in the sex for procreation only section too. Dating.gov focuses on promoting honesty and avoiding predator women and men from trying to use dating or marriage to steal other people's property via the Marriage-Divorce Big Business scam. As one pay takes effect and assets equalize as Immortalism of 4000 year lifespan is the central goal of society, the professional gangster thieving women or men disappear. PROMOTING Inner Beauty is important for Immortalists so Dating.gov will *allow singles to check real* honest *pictures* (meaning no makeup no photoshop pictures are required in the profile) and 900 inner (not outer beauty) features (for your and his/her profile, all optional) *of the ideal spouse* to co-raise your kids, to ensure a perfect match that current stone age aristocratic terror sites don't offer, causing 4 years wasted because you didn't want to spend 4 hours to fill the 900 questions and check which one(s) applies. Just as today we have endless "realtor" sites and it takes 300 days to buy a house you like instead of 3, today's dating websites allow you to waste 100 times more time. Immortalists want to work smart, not hard until you collapse, *achieve the same results 100 times faster*. Immortalists love the workers, they don't want to kill the workers. It's all about efficiency: if we can produce the same electricity with 100 times less labor, by using a different resource, we go for it: solar, we make solar panels once and they last 90 years or more, using 20 lb of material, coal, you work hard to dig 20000 lb of coal every year to produce the same

electricity, to transport the coal, burn it, create acid rain with heavy metal to poison all crops, ruin miners lives and live shorter. Same thing with dating, immortalists score against fascists about 9000 to 1, in the soccer game of life, of efficiency and speed, *the united world workers defeat aristocrat run societies 9000 to 1*. Check out the centralist education scores. It's all about how you use existing resources, based on new inventions. Most first dates are just the 2 trying to figure out the 900 questions anyway, so to save carbon emissions, and endless years, they just answer them beforehand so you know from day one whom you're talking to. Profiles are private and only show up if the person who meets your criteria (say you want 98% of the criteria to be met) also set criteria met by your profile (dual match). This is how all initiate any contact with anyone, and then you no longer need jewelry to "let people know you're married", like rings and other ☺abysmal IQ☺ things that shorten lifespan by restricting circulation. If you want that, get a collar pin that says married to wear at a social event, from dating.gov. If the other is interested, they reply. No more chasing people in nonexistent bars. This system is better, because this *Dating.gov* has way more info than 50 private sites combined:

With 900 features you can specify: religion, denomination, spiritual, agnostic, atheist, "*age, height, weight" range*, number of people dated so far, natural hair color, using fake eyelashes?, using makeup?, using hair dye, natural eye color (blue, green, hazel, brown, grey, etc – if applicable, changed color due to contacts to appear 'blue'; this is helpful, because if you got blue and marry blue or grey you're 4-900 times more likely to have offspring with blue eyes; if you marry those without recessive blue-gray-green eye or blonde-light brown hair genes, then all offspring will have brown eyes and brown/black hair), sex habits (lifelong abstainer, virgin, or sex with 50 guys so far, etc, indicate number of guys, gals, etc), sex beliefs (sex is for pro-creation only, as immortalists say, or etc), pets you want them to not have (barking dogs that annoy neighbors and make you endless enemies, biting dogs that kill babies after you work 10 years to raise them), location (within 50 or 5000 miles), job (science related or realtor fraudster), diet (vegans only, junk food lover, healthy vegan only, lots of soda and meat), cooking style (pressure cooker only, protects body health, baby, etc, no frying, dry air cooking to kill baby lungs with fumes, brain, heart, give him 12 times thicker plaque before he's even born), fumes from cooking can damage babies as much as smoking, always recall that, eat veggies steamed, fried, boiled or raw (smoothie), use microwave oven, regular oven, boiling, regular restaurant foods (deadly), alcohol (lifelong abstainer, 2 drinks/year, 2 drinks/month), smoking or weed or coffee, vaping (lifelong abstainers, 1/day last 8 years, 3/month last 3 years, etc), soda/chips/cookies or chocolate (causes miscarriage, stillbirth, low IQ, birth defects like coffee) (0 last 20 years, or 3 a week), processed meat (lifelong abstainer, or once a week), sleep habits (regular 10 to 8 or erratic, night owl, 3 am to 10 am), music preferences (eterni music only, meaning ultra peaceful, meditative, etc), education, voice (deep voice, high pitch soprano, etc), sports hater (educated

ladies who realize all sports today are subhuman violence of cannibal chimps, or ever punching baboons, in the context of wars, products of genetic memory passed down from baboons, chimps) etc… Everything checked with a mouse click or drop down (for a number selection, like coffee cups a week) is verified by the Immortality *Nurturing* Agency, INA, to make sure no profiles are misrepresenting, as Agency knows all purchases last 90 years and can detect lies and take profiles off the network for fraud. One Bank exists only and 1 spy agency only, INA, cash is illegal, to ensure no spies can destroy the nation. No tourist, visitor, etc can buy anything, except with the Eterni Bank issued biometric credit card, approved after serious Immortality Test (30-70 hours of testing, nobody can pass without studying for a year full time at least) was passed. This prevents frauds from using dating sites for criminal activity or espionage. Before you date a gal, you see her public profile, then with each date, you see more of the 900 parameters and videos, and pics, etc… that the women uploaded for showing after date 2, 3, 4, 5, 20, 50, 100, etc.

This enables everyone to become super-efficient and maintain privacy, setting up this profile would take 2 weeks for most people 80 hours total, because they want to have a perfect match, not one that lasts for 2 months before fights erupt. Also, single dads with 1 kid and 50% custody would be encouraged to date single moms with 50% custody, instead of guy with 1 kid and 2% custody dating a gal with 9 kids with 90% custody. Equal rights means fairness, so if you want to raise immortalist kids who're immortalist since fetus stage by learning about it, it may be best to avoid single dads and single moms. In fact dating.gov would discourage that, meaning childless guys dating childless gals to ensure a better harmony, no ex revival, etc. Equal pay for equal work, equality means the end of discrimination against males who never almost get custody of a kid for unmarried couples living together who split. Today, most single dads get way less custody, so what happens is marrying a single mom means the guy has to take care of the other kids way more than a woman marrying a single dad. Again, unfair. For an immortalist, that's a disaster, as the kid may take 20 years to become an immortalist, and without all immortalists in a family, no harmony can exist for World Peace in 3 months, super efficient Immortalist Goals Achievements. Sometimes a single mom and her kids never talk to the father and are immortalists, but this would be the exception, not the rule, the more passionate immortalist is the one raised so since fetus stage and he alone can achieve the most unbelievable goals. Custody % needs be based on the immortality score as the 14.6.3. section explains. First 2 years, when breastfeeding is important, lady can get more custody, maybe 100%, but the government isn't ☺abysmal IQ☺ to create issues for kids and before 2 get parent license to procreate and have kids, they will be assessed via many tests and etc to measure their long-term compatibility via free tests and etc 10000 times more than these filif cow IQ match.com and all dating sites today made by profiteering parasitic aristocrats who honestly could care less about kids affected by ever yelling parents or moving apart, etc. The present dating website/app model is

membership and profits, they don't care if you get a successful relationship, in fact, they want you to be single forever, then you need to pay for their fee forever. It's like Big Pharma has no incentive to cure you, as then they need find new customers, so they manage sickness. They want an unhappy guy and gal who is always looking for a backup, or side secret date. Women want equal pay, but where is the equal custody? If equality exists, this extends to custody too, not just pay. The eggs are limited for ladies, so if a lady has sex with 100 men, she can lose eggs and when time for kids comes, the genetic traits will be worse, as the best egg may have been lost to a miscarriage due to birth control that makes eyes dry and causes cancer. Likewise, when a guy has sex with 100 ladies, the best of man's body goes into the ejaculate, causing nutrient deficiency and quantum connection to 100 bitches of pig IQ, which lower his IQ in subtle ways many don't understand (especially, since no kids came out of sex). Thus, dating.gov suggests sex for pro-creation only. ☺☺☺☺☺☺☺

The sperm DNA was found in women's brains 50 years later, so ☺pet IQ folks☺ have sex with 100 rats. Do you want to marry a lady who got 500 diseases from her sex with 200 men? Should Sex and the City and other programs not be banned and those guys receive lifetime labor? Think about it, they do it to destroy the gentiles, watch this video. Eggs ruined, vagina damaged, etc, blood poisoned with the garbage sperm and horrible foods (blood drinkers) that contaminated sperm.☺☺☺ Sex outside procreation is promoted by those worthy of lifetime labor who want to destroy USA. They encourage rape, which what this "one night stand culture" is essentially, guy/gal buys some food, then they go have sex, ruin reproductive organs, nutrition, ☺☺☺, so since rape is death penalty in the immortalist code, this is similar, as it causes 10000 rapes per TV program. Since sex outside of procreation becomes the focus, procreation is # 400 on the list, so procreation never happens. The genocidal killers of Sex and the City and other rapist programs are creating Mass Rape (Bible Quotes), because sex outside of procreation, outside of the parent license system to protect the nation's future is not consensual, but a product of cultural brainwashing forced by these alien Genocidal Rapists owning TV stations, who deserve nothing but produce pickup for life, to free the migrants who want to return to Mexico, the genocidal rapists brought as no kids were made to invent robots to pickup produce. Young adults are easy to influence, being like 1 year old, naive, gullible, etc vs the 3000 year Immortals. Viewing workers as cattle, any TV programs making $ was approved by the demonic pieces of garbage in charge of US TV, radio, newspapers. The genocidal aristocrats have created the media, TV, radio as tools of mass indoctrination that deliver millions of sex slaves for the 30 million aristocratic rapists at the top. The slaves working 4 jobs and changing location 400 times as they're fired by rapist aristocrats sitting in the same location and job for 50 years, don't really have time for dating and one night stands as the rich. So the glutton aristocrat fills the nation with restaurants and sexual imagery, to provide plum☺☺☺ bitches for their demonic appetite

of pure animalism worthy of execution for national treason, but thankfully receiving only lifetime labor in a lithium or copper mine to make up for genocide by rape they caused, since let's be real, the one night stand culture creates endless rapes too. Men are filling the void dating.gov doesn't provide: financial audit (avg debt 104K, some 900k) & prenups are worthless (20% are thrown in court, 'she was forced to sign'). Marriages make no sense. The system allows prenups to be invalidated "duress" (prenup needs be signed many months before wedding, so her lawyer can't argue that you pressured her before the wedding, before any expenses were made for wedding). Setup a trust before you date anyone, etc, assets that are not yours can't be stolen by a gold digger, 2-10 years before marriage. Don't ever marry, if you had your kids or plan to have no kids, as the legal system favors women. Live alone if you had your kids and divorced. Recall that some women can be as evil (stupid) as enemy spy agencies, using the ultimate psychological warfare, being 30 times more macho than some males. Trust funds need not be used for marriage expenses. Best is to not marry, since kid won't be your main contribution to society (in case courts give it to her if young, as they often do) and kid will see she's a psycho when growing up and choose to live with dad. Thus, one needs to be careful, since we're not in an immortalist society of justice, but one of 50000 interpretations and sentences of the same situation based on whims of a judge, due to different laws and banditry infinite as with any industry. Never allow a psycho woman to distract you from building the Immortalist Anthem paradise, make sure she has brains and true dedication to immortalism, otherwise, you will be destroyed by a whore. This video shows America has become a psycho society where everything revolves around theft of $, as each state creates all their laws and it's impossible for honest people dedicated to humanity to be taken advantage of or destroyed by predatory parasites disguised as spouses. So, the courts need to change to take into account immortality credit score and contribution to longevity of all human beings, we need one law for all cities and states, not 20,000 laws. Every parasite is a lawyer, system needs be made efficient, simple: no marriage, just contributing to the kids, anything paid to help with one's mortgage is returned to the receiving spouse; never joint accounts to prevent parasitism and frauds trying to get married to steal money. The current law is criminal and allows gangsters to team up with gangster lawyers and steal millions. That's why more equal incomes prevent fake marriages or parenting, just to live like a king/queen. Check out the fake women modern media created, why many avoid marriage or joint accounts. Don't let a spouse turn you into a slave, as suffering won't bring World Peace in 3 months. ☺☺☺

Sadly today, due to a sewer culture of "bipedal insect IQ" we have these 1st grader dating profiles "I'm Lucy and I love playing with my 4 dogs and 5 cats, 3 salamanders and 45 doves, plus 29 squirrels and 900 praying mantis, because I want to deprive people of the 100 times more often and 100 times less invasive testing in facilities required to live to 9000☺☺☺, so we have

huge numbers of pets, maximum death and short lives for humans. I love seeing humans drop dead at 80, living 5 times shorter than the best turtle☺☺☺, I just love seeing people die quick☺☺☺, so *I* support endless pet hospitals and stores. *In my spare time I also play tennis, soccer, hockey* and other things that waste huge materials, so nothing is left for 8000 year life research centers, I love visiting National park Z, where I can cook lethal food for my kids, using barbecue to create AGEs to kill them at age 80."☺☺☺ instead of "I'd love making melatonin analogues to create immortal mitochondria enabling humans to live to 9000. My favorite hobbies are understanding the Ethics of Trillion Year Lifespan Immortals, their Gentle Tender Softness, happyimmortals.com Anthem, and how we can make all fetuses born in 2 years live to 4000." Look at many doctor "about" pages, online and you see more of this plain stupid Death Adulation and Fruit Fly IQ Hobbies list. Isn't it time for people to feel comfortable placing the talk of how they love to bring 9000 year lifespans for all (yes, that's the unique thing about their hobbies) in every "about page" instead of the rat IQ "hobbies are playing with my cats and dogs, hiking, listening to (c)rap".☺☺☺ Wait a second folks, we pay MDs often 80x the minimum federal wage to write such stupid "about" on their medical office site (as if reading a 17 year old dating profile) that sink the planet into a mass hypnotic trance of "nematode worm IQ"?☺☺☺ An MD supposed to be the most ethical, inspiring human who takes us towards Immortality.

This saves years and prevents arranged marriages by spy agency thugs, terrorists and phonies. Everything is under total central control, so that all spy networks, gangs, mafias are crushed 100.00%. No movie, book, song is approved to be released on radio-TV unless it meets immortalist criteria. Why waste years to ask each 900 questions, if you can do it once for all? The search automatically matches guy to ladies who would not birth offspring with severe diseases, due to both carrying some recessive gene for something, so as to diminish the risk of a depressive 20 years raising a mentally retarded kid or worse. Since everyone has their saliva etc tested, the dating.gov can scan for catastrophic combos and eliminate those search results, for those young enough to have kids. If both are in their 60s, this doesn't matter. Housing.gov makes sure if two want to live together for a few weeks or months, they can buy a house in 3 days and move there and if it doesn't work out, they sell house and each gets the same % out of the sale as when purchasing it. No games, no marriage. Marriage is for filif bulldog IQ☺☺☺ people, like pastors who teach genocide, rape, beatings with rods are the word of God. If people get along, they stay, if they don't, they part their ways in a polite friendly compassionate way. You can't know a person until you live with them for a while and the future is unpredictable, so the government's duty is to prevent crime by making it ultra fast and ultra easy to split and choose another partner. Billions of crimes happen yearly, billions of kids grow up in insanely tense families, due to a system that forces people to stay when it is obvious going to be pure hell from the first few months before the two have even kids. This is due to the Torah and other

texts in other areas, the clergy, the Christian clergy who created Islam too (Islam was Bible recycling), clergy who create a psychological torture institution called marriage and guilt trip anyone into staying even when one is unhappy daily: this is the same church who says genocide is the way, when there are always trillions of ways to peace without war or even a slap, that they have not thought about. Clergy is thus guilty of endless violent crimes indirectly by fueling this marriage institution that is not needed for intelligent and compatible people who will stay together 90 years if they live that long and all is fine. Yet nobody prosecutes these "Israel God of Holocausts of 8 billion people" proponents and criminals who say Beating Kids with Rods is Word of God and that if you look at another lady who is obviously superior in every way, your hands and eyes should be cut, per Jesus the Conman who said all Genocide-Rape quotes of Torah are still Valid Eternally. Jews control USA totally, brainwashing the gentile to do the lowest IQ things. When people divorce, the Jewish lawyer, judge and witnesses will have a field day to inflict maximum profit taking by wasting everyone's time with marriage and divorce. The bestiality of these clergy frauds is evident in their megalomaniac temples, synagogues, churches, mosques, (built all while others are homeless), evident in the marriages wasting endless time, energy, money, resources, better spent in maintaining all houses (so kids and couples live in safe houses, free of fleas, ticks, bed bugs, millipedes, mold, lead, cold or dry air, etc) every 6 months via the Immortality Building Inc 11 companies plan to free USA and Earth from these bandit clerical criminals who kept humanity in the dark ages forever, burned scientists at the stake, fought the translation in local languages of the Infernal Word of the "God" of Israel, the Bible.

Today is not the 1st century of arranged unwanted spouses decided by power hungry parents who wanted more money, or fame☺☺☺. The murderous aristocrat is full of money and he can move out any time in another property or whatever, but the working class people only have 1 house and they often have to remain for months until the parasitic "bad type of Jew, etc" clears divorce, and that takes so long that one spouse already kills/injures the other due to tension building up. The religious Jew taught the gentile to hit his kids with the 'noble' Bible examples, to beat slaves even, to take slaves, the low IQ naive gentile did that, the kid was angry, the parent-kid or spouse-spouse relationship devolved and sometimes violence was the result. The Jew makes money by divorces he caused, for how can divorces exist when no marriage exists as the filif "Fruit Fly" IQ pastor, rabbi, imam, Hindu, Buddhist clergy Shouts Worldwide "God has ordained marriage". God did not, the Bible is a horror human sacrifice, mass rape, genocide thriller about eating one's kids, these "clergy and saints" have never been able to predict one thing verified by science (all mind reading miracles were staged, they knew thru informers their "sins" and etc) and they're able to predict 2 people will be happy together for 90 years? Where is the science proof? Pure liars. Then if we want 0 negative emotion, the basis of 0 violence, why do we have the marriage expensive industry? Because Jews want to sell Jewelry and live an easy

trader life? The 170 Jewish billionaires could care less about that, some just push Bible at gunpoint on all nations to steal from the gentiles using the very Torah methods the Bible to directly explains in plain view of all. Now, do you see why the Jewish clergy posing as local gentiles didn't want Bible translated??? Everyone will learn a lot via the parent license too, so as to make it more likely for 2 living together to overcome minor disagreements. The Jews were too "toad like in IQ" to even comprehend the Tao Te Ching principle of "the more you try to possess a person or relationship by more promises, rings, papers, institutions, records, weddings, etc, the less harmony there will be in the relationship as you FORCE, as in Bible Genocides… instead of allow". People will rebel against the marriage cage/tension, feeling trapped and break the relationship. The criminal parents, pastors, society create a huge psychological tension and stress on the couple, to perform, to produce offspring, etc even when the two have 0 in common and nothing but hate. This is the typical genocidal forceful vibe of the Jewish Bible. Without an easy escape route, the tension becomes 100 times bigger than without marriage, than with total freedom to part ways fast, the tension to not make mistakes, to not do x or z, etc, everyone fakes everything, since they fear reproach from the dictatorship of the cow IQ clergy, who kept humanity in the dark ages forever, this ultimately spikes violent crime 1 trillion fold, since everything in society is a microcosm of the family. We're one Family of Immortals☺☺☺, we're all part of one family, no need of tribes, of papers, of rituals, of weddings, just honesty and freedom. So, this is the thing, people need to be free and the gov duty is to not allow frauds to post fake profiles on 1000 aristocratic trashy sites of dating. Dating.gov will have 1000 times more PhDs than any dating company today, people of much higher IQ than the fraudulent clergy of any religion, who don't know intellectual and scientific honesty and integrity, only blind worship, memorization of banal quotes and 1st grader IQ sentences and gnat IQ writings "proving the miracles of Jesus faked with great skill".

The 900 questions explain thru links why the dry air cooking question is asked, etc, the studies, the etc, so it becomes very educational, as the evidence of damage from sex outside of procreation is explained too thru links and studies. Currently, spy agencies, militaries arrange marriages based on spying needs, while criticizing other nations for arranged marriages. This is hypocritical. Not only that, but those who lie to the tens of millions of people about "free will", "God", "freedom", "democracy", covertly arrange millions of marriages: they're spies who fraudulently claim to be "special representatives of God", clergy that is, and use the church to spy on people and set them up in marriages via manipulation, often in combos neither party likes, without the 2 having a clue every step along the way was staged by these professional liar clergy spies. These liars often don't believe anything they tell the ☺abysmal IQ☺ church goers, they're simply there to manipulate the youth. *They're only vampires and parasites, whose goal is to undermine the nation*. Clergy hijack our government, plunder our treasury of funds claiming

they're entitled to no taxes for their work of human quantum field destruction, of brain damaging our youth with their Cult of Negligible IQ, anti-critical thinking (never asking for unfakable proof for any of the miracles or claims about "live forever with Jesus or etc in heaven" claims), blind adulation and guru worship, credulous obedience to frauds, Lies, Torture, Useless Ritual, Fake Miracles, Eternal Violence Quotes. You think people got to choose? A lot of royals, billionaires, etc are only so in name only, they got very little freedom to choose, being mere puppets used to prop the state. This scam is ultra old, stems from Judaism, Hinduism, etc and extended itself to marriages for aristocratic or royal power and military alliances and then filtered down into modern era: everything about military. So, it is helpful to ask yourself: are you being setup to marry someone you don't like for an ulterior motive that you're not even familiar with that has nothing to do with what is best for the human quantum field, Eternal World Peace, etc? ☺☺☺ Let's focus on substance instead of on appearance:

Just as couples without rings, weddings, marriage certificates are a trillion times more beautiful than couples with "a trillion times more violence and rings, papers, weddings",

Singles wearing JEWelry are a trillion times uglier than folks with no jewelry, but 1 trillion times lower violent crime. Jewelry is for toddler IQ folks, who need to Grow Past Toad IQ level☺☺☺:

Jews love to trade diamonds. Jewelry provides 0 benefits and you waste time to put on and take off anklets (India, etc), bracelets, necklaces, earrings, bangles (made of glass in unsafe horrific factories by literal slaves), karas. Allegedly, there is a big scientific reason for bangles, from Ayurveda (same guys who gave people mercury and lead filled poisons) which, may explain why India's average lifespan is 68, versus 85 in bangle and anklet free Japan. They got rings for toes too, for rat IQ folks. Americans and 200 nations are equally brainless, and don't realize, people of the future, who live to 500, find today's necklaces and earrings as comical as non-Indians find 20 bangles per hand, nose rings and anklets. Jewelry stores attract robberies (small size, big price), violent crime and make people worship idols, the mythical gold metal that gives unproven 9000 year lifespan. I'm all for scientific jewelry, but show us the data. Necklaces attract injuries, see how guy pulls a necklace in an event that could hurt the victim's eyes even.

Jewelry shops are criminal and anti-World Peace, *and an* atrocity, *since* they *distract us from* preventing atrocities of war and torture. Immortalists ought to ban or tax 5000% jewelry shop products until we have 0 jails, 0 violent crime globally. To compensate for lack of metals/stones "low IQ" ladies/guys love (or wear, not knowing jewelry cause injuries, infections and drain of medical resources), immortalists will make clothes more colorful, (20 colors/shirt, endless math, physics, chemistry and good quotes on them), so people can express their artistic unique self thru one of 90000 designs. We got enough shops and nonsense. What if Mossad places microphones, WiFi and GPS in your jewelry? If you believe in tourmaline emitting negative ions

when rubbed being truly lifespan increasing by 1 year or even 1 month, then use it, if no other better tech can be made to increase lifespan 200 years, but where is the proof? Let's face it, only 0.0001% of people wearing jewelry, wear tourmaline necklace because of these science studies. We need to have 0 tattoo (they destroy kidneys, the colon, cause cancer, further impending healthcare for the poor) and body piercing stores while others are homeless and 2-3 per room, where is the compassion☺☺☺??? Why do we need nose piercing shops? Even wedding rings are dangerous (finger rings, read here). Even rubber one, the much safer ones, block circulation and need not be worn. Just wear a nice cloth piece with a heart or something to indicate you're married if you care to let others know about it, make a new tradition instead of this cow metallic chains thing, we're not cows to be chained with metallic stuff. Instead of solving real problems, Chevron exterminates people with loud sound; the police join in and pretend they can't do anything, in a typical example of American hooliganism, where every city is a fiefdom of the local mafia, meaning local police who're the Gods of terror without any federal policy for quiet cities. Police doesn't do anything when torture by others happens.

Tattoo ink travels inside the body, destroys the immune system, the brain, lowers IQ and these holes from piercings create eternal systemic inflammation that shortens lifespan, so tattoos and piercings, even earrings, need to be banned worldwide by the UN. China puts lead in face cream exported to Philippines and lead, cadmium and other toxic metals in tattoo ink rat IQ aristocrats import into USA to mutilate, destroy the brains of 100 million American crocodile filif IQ folks who "love tattoos", as retrograde transport ensures the brain will get some of this lead to cause dementia, Alzheimer, so they don't recall their name or birth date: "Exceedances of EU limits were recorded for Ni (24 samples), As (20), Cr(VI) (16), Cu (10), Sb (8), Co (6), and Pb (lead) (5)" ► Toxics 2025;13(11):934. Hg mercury, Pb lead are the most lethal neurotoxic metals, found in all tattoo inks ► MO 2017;23(3):210-4. "the ink used for a 3 by 5 inch tattoo contains 1–23 micrograms of lead" ► EHP 2005;113(9):A590. They "detected the presence of pigment particle aggregates in lymph nodes (immune system) and blood vessels (goes to all organs) near the site of tattoo application" ► JPHP 2023;44(2):242-54 . Reminder: most food and vitamin, tattoo dyes are lethal. The industry makes "*use of about 4000 dangerous chemical compounds in tattoo and permanent makeup inks that cause cancer, genetic mutations or are toxic to reproduction, are allergenic, corrosive or irritating to the skin and eyes*" ► HSR 2023;6(9):e1360. People die from ear, nose or body piercings ► BMJCR 2011:bcr0520103020. Piercings lead to serious infections, so serious that they may lead to TSS, known to lead to amputations. People *are* not *livestock, nose piercing lowers immune function destroys the body, creates inflammation, shortens lifespan, is anti-* Immortality *for* All , *anti*-longevity, *0 IQ*, even ear piercings are anti-*life, why do they need to do low IQ things people did eons ago, have we not evolved past Neolithic?* We need to tax all piercings $1 million, as it drains national resources, medical and others, they're a

way for aristocrats to destroy the workers' brains and minds, and use that tax to give decent housing to all. Why not use gold for some medical gadgets to increase lifespan 500 years instead of shortening it by a few weeks? The "☺abysmal IQ☺" today has become too common: people pierce their genitals and nipples even, leading to so many issues. To undo 50 years of genocide of the American people by tattoo and piercing companies, The Immortalist Party Government can offer free safe (10000 times safer than the crap companies today) removal to all after all these criminal tattoo/piercing/jewelry businesses are banned by federal law. A video explains the dangers of folks with tattoos, besides low IQ.

A common side effect of this "beauty" technique is that girls develop nickel allergy and acne, looking not only like a cow, (cows have piercings on nose) but also full of zits and less attractive to males. In male and female "0 IQ folks" who pierce their penis/vagina, *they often become infertile*. Even rings people wear are *quite useless and can lead to accidents; they can constrict blood flow and contribute to shorter lifespan*. People need to invent new ways to show they're married if they want to show that, like a little symbol on their collar or color combo or something. Why not drill your head to insert a ring? Do mothers who force drilling into their daughters' ears *realize how 0 IQ it is to drill holes for 'beauty'?* Do adult PhDs, professors, Nobel Laureates, etc realize how 0 IQ it is to wear wedding rings or crosses, medals, bracelets? Why restrict blood flow to live shorter? Is that a Nobel recognition? Mothers, do you want your daughters to get ear infections, go visit the doctor in the future, waste national resources with such nonsense, instead of helping her live to 500? What is your ethics and priority? Following tradition? Why would the immortalist government consider drilling holes into people any different than violent crime that depletes medical resources of the nation? Let our vocal tone and words be beautiful, *not metalic parts,* gently wear a colorful shirt, made by Eternal Clothing Inc (longevity clothes), if you want decoration of self, *don't shorten lifespan*. For intelligence's sake, we got a million tattoo/piercing shops and not one free biomarker for atherosclerosis station in the whole world, like the blood pressure one at Walmart. Where is the soft compassion for the sick? Can all evolve past the cave age? Atherosclerosis is the number one killer, it's not "not having piercings and tattoos". Can we ☺☺*lovingly tenderly gently kindly*☺ care about those dying at 40-65 due to atherosclerosis?☺☺

Beware: the parasitic vampires (spies from many vampiric nations, not just the mythical 'Zion elder bad type of Jew') who create cultures to destroy nations use piercing as a weapon to destroy a nation or ethnicity too: people get no sleep, *just lots of jewelry with mind control devices inserted in them*. Jewelry is promoted by Jews who controlled the world diamond market and may still control it in the top 5 nations thru Crypto-Jews. These Jews corrupted people to want such useless worthless stones, to steal them, to kill for diamonds by high prices, to hoard wealth. It's time for Jews to do something more productive for society than trading

diamonds for 0 IQ gentiles. Jewelry will eventually become forbidden, with fines of 1 billion for any *wearer*, like tattoo 1 billion fines too, since they shorten lifespan via encouraging of theft, crime and immune system collapse. Ethics demands the end of this insane trade controlled by Western and Indian Jews, parasitic Jewish *hyenas* doing Jewelry diamond trade instead of ending violent crime via nonviolent scriptures impossible to find in Jewish "spiritual" (genocide to plunder) traditions. *Breast* implant, *penis* implant, *nose or body piercing, tattoos are* outlawed *too,* 1 billion $ *fine.* Time to fine Jews 1 trillion for trading these items to recoup all trillions *stolen by Jews from the American people they destroyed with the infernally violent Bible and the* infernal music, movies, banks. Jesus was right in a way, some Jewish/gentile guys are like devils: while Americans die in tornadoes and due to Jewish companies selling terrible foods and Google selling deadly phones, Laptops and other WiFi devices, the New York Jews make billions☺☺☺ trading diamonds nobody needs to solve the housing issues of a government controlled by Jewish parasites who can't build domes to withstand tornadoes. Jews own both parties, debates are a scam to loot gentiles. Elections are truly fake, but most gentiles have no clue how Jews, Brits dupe gentiles. You don't elect anything, except the fraudulent policies Jews and Brits craft to enslave the rest. We can only elect 99% slavery (Democrats) or 100% slavery (Republicans), but not 0% slavery. We need the new Immortalist Party, a new nonviolent gentle tender soft kind healing 'scripture'. The bad type of Jews/Brits/etc know exactly how to destroy gentiles, so they support the creation of endless piercing shops, to defile and mutilate our children, with nose piercings, violent music, drugs, etc. The Bible Torah section reveals their genocidal hate for gentiles around them clearly, and that's why they avoid those quotes so well in the Jewish Catholic Church (Bible removed from pews). The moment the bad type of Jews (or other imperial entities, not just the Empire of the international Jew) find an Aborigines like 0 IQ ritual-tradition, they will promote it as if it's the ultimate truth in order to subjugate the preyed upon nation, remove all critical thinking, deceive the nation, take over all academia, law, education, ministries, using the cover of Islamism, Christianity, communism, capitalism to dupe the locals. WW1 & 2 were hypothesized to have been created by highly deceptive Jews/gentiles who manipulated entire nations and empires into starting wars they could not win, but which enabled Israel to end Turkish occupation of Israel and then found itself in 1948, you wonder, did US Jews co-plan 2 world wars to make America superpower and Israel a state? Who knows? To gentiles, they give the intellect destroying Christianity, to make their IQ ☺abysmal & make their parasitism easy. Do you realize how aliens view the primitives who pierce their bodies and wear crosses, religious objects, jewelry? Just like we view ants or the aborigines. Think, question.☺☺

Everything is used in hybrid warfare against gentile nations, by enemies or even Jews. Even toxic hair dyes, skin tone changing pills or dyes, makeup. Tanning beds that give cancer, the whole nation wants tan, going to the beach, get infected with poop. Breast/penis implants (to make it

big) *and other things of that sort are destroying the immune system and shortening lifespan*, since no smart person cares if you have big breasts, “medical silicones used in breast implants, can cause an autoimmune disorder known as Shoenfeld's syndrome" ► AD 2014:152428. Penis silicone injections are deadly: silicone doesn’t stay in one place; it pools, drifts, and migrates down into the scrotum or groin tissue, causing severe asymmetry and gross disfigurement; the immune system attacks the silicone, forming hard, painful, gravel-like lumps of scar tissue that can permanently destroy penile anatomy; injections can block blood vessels, starving the penis of oxygen and causing the skin and underlying tissue to die (gangrene); the resulting chronic inflammation and scarring often pinch nerves and blood vessels, destroying the ability to achieve or maintain an erection; if the silicone enters a blood vessel during or after injection, it travels to the lungs, heart, or brain, which can cause sudden stroke, respiratory failure, or death. Knowing this, how can the gov allow any MD to perform such genocidal procedure? All MDs who did it must retroactively pay 2 trillion to the victims and the state, for wasting national resources and be banned from being an MD ever again. Same for breast implants. An MD is supposed to do no harm, not to mutilate people. Why would government allow breast implants at all, which are unproven to extend lifespan of anyone? Why *would national resources be wasted with this, instead of increasing national IQ and longevity?* Implants make it harder to breastfeed the baby, leads to nipple infections, poor milk supply, low IQ for baby, national destruction: implants poison the milk with inflammatory cytokines from silicon reaction, etc: it is insane how people want such lifespan shortening changes of their body due to brainwashing by aristocrat businesses peddling to the slaves new snake oil products to keep slave lifespan short, IQ ever lower. This extreme burden on public health, the use of doctors to do such filif comical☺ procedures that shorten lifespan, lower IQ *of offspring who had a harder time to breastfeed and bring suffering of early death ought to be* illegal *in an immortalist society*. We’re obsessed with appearance, not lifespan. Gender change surgeries for fully female/male people are insane wasting of resources (millions stolen from federal funds via false codes, these MDs deserve death penalty for mutilation of kids), even if approved in Australia for 14 year olds, because they do shorten lifespan, waste healthcare resources (since they got insurance) and resources are better spent helping people to do atherosclerosis checks, etc. They're a genocide approved by the UK Royals, US Freemasons and other “leaders” who rule the Commonwealth nations. The only people who use these things may be criminals and spies who try to change their identity to harm USA, or gullible mind controlled victims of terrorism by those with mind control gadgets who rejoice in torturing people and messing with their brains. For people born half female and male where a slight change can help due to some complications half an organ can sometimes cause (1 in 80 million cases, some papers explain such complications), it makes sense. There are cases where an MD thinks an infant is more female, but at age 14 she's obviously more like a male, except for her genitals, but really is neither female nor female, having neither testicles,

nor uterus, so in such rare cases these nonsurgical, paper only gender changes will help the mental health and happiness of kids. But for normal people this ought to be illegal, to waste time to remove/add via surgeries anything, for obvious reasons this video shows. We will retroactively fine all who sold piercings in any area outside of the earrings $20 trillion for body mutilation and shortening life by infections and rerouting body resources to hole healing. These murderous low IQ folks, unaware of the damage they cause at times, can work for one of the 11 companies to pay the fine. No person employed at the 11 companies should have any piercings, except for earring if female, all who still have 2 earrings ought to be encouraged to remove them or wear the tiniest ones that remove any danger of injury by getting caught to other objects.☺☺

The livestock have a stamp and nose ring, as 32% of Americans do have tattoos and 17% have non-ear piercings, thanks to the Indian 'culture' promoters con artists who equate these 5 pages of 'chimp IQ traditions' with universal love, who try hard to associate piercings, an act of violent mutilation and mentally ill sadomasochism, with God and Yoga and meditation, virtue and goodness, to deceive the global youth. In India, they have more bangles or bracelets and ankle jewelry than anywhere, so the disease is now destroying youth worldwide, everyone gets more jewelry, becomes ever lower in IQ. It's a hybrid war to destroy all self-respect, human dignity and self-worth of the slaves, done by Brits/Jews who import these 'abysmal IQ migrants' to destroy USA, to revenge for the 1776 revolution that became a farce, as the migrants surely refuse to integrate, learn science, critical thinking and want to turn everyone into lovers of these "vibes". The 2nd chapter explains in a billion years nobody will know about you, so being famous via piercings is pretty much a waste of time, nobody will care about that. The only thing that matters is if we can discover how to live longer and help the eternal quantum field of humanity bring immortality. Many fads came and went and this OCD with tattoos and piercings will vanish too. Tattoos and piercings, makeup, mascara, liners, etc are the ultimate humiliation and mockery of the slave who thinks he's free, all he has is piercings, no house, no future, no kids, just tattoos, the ultimate British aristocratic deception to distract the slaves, who have 94K in debt each, from overthrowing the palatial cannibals in charge of USA for 3 centuries, in charge of destroying the workers and making them as sick, abysmal in IQ and clueless as possible. Slaves think they're free, because they're free to mutilate and stamp/tattoo themselves and mock, humiliate themselves, fully brainwashed. ☺☺☺

4.5.6.9. Immortalist *Toy* Inc buys all toy companies top produce the gentlest nonviolent character building games and toys, labs of feeding mice 50000 diets to see which one makes mice, or insects live 50x longer like humans will live to 4000 soon, instead of the soul destroying violent toys today that perpetuate our mental asylum planet vibe. It develops a research scientist mindset of much higher intelligence in service to Immortality *for* All, instead of the trash ideas in 99% of toys and games today. Toys were found to contain 1000 times above legal

level of lead and other toxins, and kids love to touch, chew toys, leading to issues. More testing of heavy metals, etc needed for any toy. All toys build the *gentle* tender soft *nurturing* *loving* *healing* Ethical Homo Immortalis, making every kid a happy immortality scientist from age 3.

4.5.6.10. Eternal *Altruism* Inc (sports & entertainment, scientific and peaceful videos) buys all entertainment to make nice movies (not evil), sports equipment companies, all stadiums, all sports facilities and gyms and ensures everything diminishes risk of becoming a brute, inciting others to brutish behavior, yelling, shouting, and that everyone knows about Eternia Volunteer Network☺☺☺ for simple physical tasks that can provide physical exercise, lab glassware washing, lab cleaning, etc, basic painting, etc, things done under supervision of a building expert so no nails are placed thru pipes by accidents, etc. Every exercise area in USA has mandatory flyers about the volunteering opportunities that are available for badly needed upgrades to terrible housing and materials science factory development, so all can enjoy a quiet sleep, fresh air, etc. This ensures the government can correct assign Immortality Credit Score, as everyone has seen the evil gyms and other "sports" do, versus the rest and is continuing to freely choose 80 year lifespan instead of 80 trillion one. This company also buys all sex shops, strip clubs, etc in the USA, and places gigantic posters all over on virtue, altruism and what are the consequences of say volunteering at the Trillion Year Lifespan Institute versus attending these strip clubs, etc… with talks given before each performance on Ethics in eternitone explaining the selfish evil they're about to engage in. After the 5 minute required talk, the show can occur and their Credit Score (determines what immortality tech one can access) goes down a lot if they don't leave. Why do the rest of the people have to support egotists to live to a trillion? *While we work hard to increase lifespan, they watch breasts in strip clubs and waste space*. So, essentially, we're explaining to all there are far more species evolving, species benefiting forms of blissfulness, such as meditation, etc, and we teach that for free to those who after the 5 minute talk want to quit to avoid the Credit Downgrade. The company will buy also all vape stored, recreational weed stores and post posters and equally informing lectures over the intercom, equally amazing & beautiful ☺☺☺ music to deaddict, raise awareness "I loved my Immortality Score was so *strong*, Allowing me to try tech to live *so long*, But now I smoked this selfish vape *cig*, and my score is so low *indeed*. I wish to be an Eternia Volunteer, To bring the credit score back *higher*."☺☺☺ We inform all sex shop people about nutrient drainage and about the statistics showing LGBT are more depressed (4 times more suicidal), and poorer (especially transgender who use public resources to change their nature given biology as the expense of treating real issues, an action that lowers the Immortality Credit Score of course, with every medical provider being required to provide a long 5 hour class on why it is a very bad idea to do this surgery, and what other alternatives exist, including neuroscience gadgets to help induce states of bliss and self-acceptance to reduce transgender surgeries to 0: most transgender people are likely cops

and spies role playing, who were already fe/male and faked they had 'surgery'). LGBT is more likely to emerge in poor areas, who don't read immortalist literature, all freely available. Eternal Altruism *Inc* also buys all *entertainment companies* to create the truly altruistic Immortality *for* All ethical vibe instead of the boring, sometimes Zion Protocols like vibe. It creates immortalist movies and music, books, nice romantic poems, immortalist anthems, etc. ☺☺☺

4.5.6.11. Eternal Clothing Inc: buys all clothing/shoe companies to introduce world's most advanced clothes, shoes, and keep the healthiest types that aid in negative ion generation, biomarker optimization, new matter-particle generation to provide a force-field that enhances the 24-7 rejuvenation of the wearer. The garments are powered by 0 point energy, they gradually enable us to transform human biology from food eating into cosmic energy-new matter feeding hybrid matter-energy beings, teleporting shimmering genderless shapeshifting Immortals. As far as 100s of colors, positive gentle tender soft *nurturing loving healing* words on the clothing, read 5+ pages here. To prevent 100000 deaths from skin cancer, we label all clothing with the UPF rating. UPF = 100/% UV *transmittance*, so UPF 50 means 100/2=50 or 2% of UV *passes*. 16 oz twill weave denim can block 10 times more UV than 8 oz twill weave denim. Same material indigo/purple jeans can block 3-4 times more than white. The thicker and tighter the cloth, the less light you see when placing the cloth between a light bulb and eyes, the higher the UPF, 2000 for good jeans. See the birth defects section on a long discussion about heat, UV and clothes that prevent baby defects: tightly woven denim, blue jeans, dark blue, purple block *3 times more UV than white or loosely woven fabrics*. Eternal Clothing Inc ensures the UPF rating remains the same, unlike "Two brands experienced a significant decrease in UPF value (70% to 78%) by the completion of 50 washes", *a* 5 fold *decrease* almost in UV protection. Today, all junk companies make clothes and sell them online. By centralizing clothing production, all clothes are scanned (with the million dollar instruments that no cheap garage company can afford) for thousands of toxic chemicals, UPF longevity, etc. We can design amazing clothes that heat up 54°F after 10 min in the sunlight, to warm the body, by converting light into heat, so clothes turn from red or other colors to white or other colors. Check out why cotton is safer, video shows safer brands and organic cotton certifications, why using max cotton is best, all synthetics release microplastics (Amazon got a lot of these products, certified, that are way cheaper than the ones pushed by the video). A purple T-shirt may have 4% dye or 40000 ppm, ultra dark purple 10%, light purple 1%, and some colors give cancer. Non-organic cotton has 0.001-0.1 ppm carcinogenic glyphosate, so use lighter colors for direct skin contact clothing, ideally white, since the "safe colors" don't really exist in reality, the industry is as corrupt as the food dyes industry. 100000 ppm is .1 billion times bigger, so .1 billion times deadlier than 0.001 ppm if similar toxicity, so choose accordingly. Choose white socks, underwear/pants, bra. The stuff not in contact with the skin can be pastel/medium. Cheap factories in China, etc often put lead in

skincare products, so why not in cloth dyes too? Always keep real, discerning and watch the Chinese fake food for its own citizens, before you trust all colorful direct contact clothing made for "inferior" foreigners. See other fake products. Polyester clothes are made of plastic that now can be instantly turned into chemical factory fuel. A few dozen companies worldwide are recycling clothing, but it's not mandated by the gov. All clothing needs to be recycled into special containers, people keep clothes in a bag and it is picked up by the Eternal Clothing Inc once it reaches 20 lb. Carpets are replaced by new materials (can't be eaten by termites, not vinyl, as that kills us via microplastic, possibly some soft rubbery foam, easy to clean, wipe that absorbs joint shocks) + washable rugs that function as soft sock replacement, 24-7 1 million biomarker monitoring to alert the AI about health or changes to the eterni powder mailed weekly by Eterni Food Inc, with antiaging tech for legs (the moment a leg is detected, it activates a shower of IR (800-5000 µm, the best um values), sound, u-sound, other waves/techs on soles for Lepton-Quark-Boson-Immortalion Chart Restoration, as explained in the section on the evolution to zero carpet and zero blood eating civilization. ☺☺☺

The Complete Reform of the Shoe Making Industry (11 page discussion):

Before you discard your old shoes in case you get a new pair, keep the old shoes and slides for 6 months to fully test your new shoes and ensure a slow gradual transition that won't stress your joints, wearing the new ones a few minutes daily only if a different type with a vastly different heel to toe drop. When driving, use cruise control with auto breaking often (standard in newer cars), to avoid stressing your right leg ankle joints. As we live longer we can't but notice more old people need walkers, cane, wheelchair, due to a genocidal shoe industry run by clueless capitalists who destroy the knee and foot joints of people by the most longevity inappropriate shoes delivered to 99% of humanity. We notice the waste of trillions in leg care, in knee and other replacements that would be prevented by a scientific shoe industry, as explained in the next pages about shoes. The New Immortalist Shoe decision is done with a podiatrist for orthotic or insole employed by Eternal Clothing Inc, who can see if you overpronate or supinate, if your joints that are worn are knees or feet ones (MRI), though most people get knee joints worn first. In fact, if you pay close attention to your feet when you walk, you will see if they bend inwards or outwards, confirmed by the way your shoes wear out (as the videos above explain). In today's world of "religion bullshit", decisions are based on impulse, like the ultra impulsive "genocide and mass rape for all" Bible. With the Immortalist Anthem, we create a science based healthcare and society, TV-radio, with data and 400 references for any TV-radio ad, new medical system, 10 times more doctors of 4 types: ETs, NPs, NDs, MDs, to increase lifespan 50 times. ☺☺☺☺☺☺☺

In the analysis of shoes below, we'll see that 50% of shoe industry predatory aristocrats never got the memo from 5th grade biology that Altra shoe brand got: feet widen at the middle and

especially the toes area (Joomra slide, see below, ignored this anatomical fact). The "preying mantis IQ" companies☺☺☺ only got the "How to Prey on Workers" Memo from the Luminaries of nematode worm IQ capitalism that wastes 90% of human labor by duplication of failed destructive technologies and trends in their corruption run industries. With Eternal Clothing Inc, all go to a lab, wear a shoe with 1000 sensors, that adjust to avoid any pressure, you also take 3 D pic of feet, dyeless MRI, etc and you then get one of the 9000 types of shoes of the Eterni Shoe Brand that fits you best, we don't need multiple brands, only one, and the best shoe for your activity and 1000 related foot and walking and musculoskeletal peculiarities, biomarkers, knee and vascular, inflammation medical parameters. Eternal Clothing Inc will create slides that fit perfectly for every foot on Earth and cause so much less damage, 900 times better fitting and joint protecting than anything today, as 90,000 PhDs work on it, not 1. Eternal Clothing Inc will work with your MD too (access the records), the immortalists will end unscientific decisions about shoes: they'll do dyeless MRI, podiatry lab gait, etc analyses to examine foot shape for a perfect fit, and, if none of the 9000 sizes/shapes fit you, it's 3D printed for you so no vessels are damaged, unlike today with huge damage due to only 10-30 sizes per brand. With these "cockroach IQ"☺☺☺ companies, we only get trash and disability for the enslaved working class. The clown scorpion IQ companies today are nothing like a company that takes into account 20,000 health data points about your heart, brain, vessels, feet, joints, etc in designing a shoe. It's like the difference between a chariot and SpaceX rocket or between the genocidal mass rape infinite violence Bible (the basis of our fraud based "civilization") and the peaceful zero negative words (vs 1500 evil quotes of violence of the Bible) Immortalist Anthem. Real science, not "Jesus is Lord" type of bullshit shoe "science" today. The 1 million Immortality City Centers have these podiatry labs, examining gate, etc and you get shoes from there, not from these retarded aristocratic shoe companies. Today, we get the most destructive shoes sold at exorbitant prices, like many Nike Air Giannis Yellow blue, etc, so harsh on your joints and so inflexible, as if designed to smash the workers' feet.☺☺☺ The dress shoes are usually so hard on joints, since the foam that a few have, wears out in 3 months if that's the only shoe you wear for months. With aristocrat terrorists, you only get a few soft running shoes types you can try for a given size, often only 3 pairs at Walmart or etc for softer cushion and more flexible outsole and no pressure on upper foot from a super rigid structure on top of the sole, though even those have endless issues: too tight in the toe area, or upper foot when walking (harsh inflexible rubber or leather, etc) or in the middle or the area 2 inches above the heel on the inner (facing other foot) or outer (facing away from us) area, etc. Everything seems designed by "gnat IQ" folks without any knowledge of vascular health. You can't press so hard on vessels and not create oxidative stress and clots that travel to the brain creating white matter silent strokes. These serial killers shouldn't start shoe companies, the shoes need to be designed by a company with 90,000 PhDs and 1 million employees, the universal worker liberation Eternal Clothing Inc, the only Shoe

Company in USA, (not 0 PhDs for most of these pig IQ companies selling junk slides/shoes today) not 2-500 employee companies run by "cow IQ" folks, none with any MD, other degrees, ETs, NPs, NDs of the reformed medical system. Today, one has to waste so much time to find a soft perfect shoe that won't destroy vasculature on one foot area, and even then, sometimes there is no info on any website about heel height, toe height and 50 other parameters that ought to be on every shoe via a website of Eternal Clothing Inc, to prevent damage to joints, depending on the peculiarities of your joints, musculoskeletal issues. This is due to a psychopathic society of macho hooliganism that deifies toughness and death at the expense of Life and the *gentle tender soft loving healing nurturing* loving kindness that sustains it. Even Altra, size 13, which is way better than most due to having such a soft shoe above the sole that adjusts to the top of your feet a lot by you loosening the shoe laces completely (that trick doesn't work on rigid shoes), is tight on the area 2 inches above the heel on the inner side facing the other foot, 2 inches towards the midfoot, showing how wasteful the model of shoe purchase is in worm IQ capitalism: they simply don't have wide or extra wide. Small companies capitalism is genocide, clueless peasants turned 'podiatrists', have now made endless useless products that would cause endless vascular events for the gullible folks wearing them, microvascular stress, clots, oxidative stress, but 80% of US is so fat, with obesity rates 4 times higher than decades ago, that they don't feel anything in the feet anymore or ignore it. ☺☺☺☺☺☺☺

As we get older the body's ability to heal our joints decreases 5 fold☺☺☺, as collagen repair ability weakens, so it becomes critical to wear better shoes that cushion the joints and last 2 years, which, while expensive initially, can cost the same as 4 pairs of Walmart junk that wears out (unusable) in 6 months if worn as the main or only shoe for minimalists. If you have little muscle, keep BMI low, 17-18, like many Japanese centenarians, as this highly reduces strain on the joints (especially for taller people whose spine joints get more stress). In the long run, you pay the same, but you also save your legs and prevent being a burden on society (wheelchair, etc). A review of the best shoes in 2026 shows New Balance won, more on these shoes later and why they're the best for those with knee pain. If you suffer from any pain or want to live to 150, it's best to not wear slippers, but buy a wide version of the softest shoe (the next pages explain the best ones) and use that indoor pair instead of sandals and slides, because walking shoes provide much better cushion for the joints and less wear over 40 years: just trim them if needed to make them a more "slipper like thing and wear the laces ultra relaxed, getting ones that have perfect ventilation. This is especially critical for *vegans*, because they don't eat collagen, though some "mostly *vegans*" (99% vegan) eat marine collagen. One video explains why many walking shoes can cost you half million later (the stuff everyone uses and will use as a scientist living to 4000 working in labs, since few run every week or month) because damage can take decades to build, just because we're not seniors, we can't ignore these videos, since living to 150 means you

need to prevent the issues of 65 year olds for decades. Wrong shoes and you end up in a wheelchair for 10-40 years. A video explains why the shape of your shoe wear tells you if you're completely destroying your knee/ankle (see X-rays, shocking) joints 30 years early, making you unable to walk in your 70s and needing a wheelchair. A knee replaced costs 80K sometimes. That's why fixing it at 30 is better than never, so you don't need to replace knees. It's far cheaper, 30$, to change the shoe or insole, than using wheelchairs and endless knee procedures costing 200K later on. Seniors don't have 300K for joints, insurance often won't cover it, the nation suffers under the burden of care, don't be a burden. We already have enough headaches due to lack of education about diet, costing 1 trillion a year in avoidable procedures. If your heels wear on the outside (away from the other foot), it means your feet don't roll inwards enough and you have underpronation or supination. If shoes have a slight wear (10 times less than overpronators or supinators have) on outer heel, and nowhere else, you have a healthy gait. If your heels wear on the inside, you have overpronation (you roll too much inward). Crocs and most slides on the market without foam on the strap are harsh without socks or with thin socks, the comfiest slides are Under Armor memory foam slides below. ☺☺☺ There are 3 types of feet: normal, high arc (see treadlab pic) and flat with no arc (meaning if foot is wet, the cardboard it sits on would reveal a moist entire foot shape, unlike arc that lacks wetness in the middle). Each foot needs a unique type of insole or shoe shape for max comfort.

The 3 levels of heel to toe drop: 0 mm, 4-6 mm and 8-16 mm, and their effect on knee health:

1). For those with no joint Pain now, some choose shoes with a 4-6 mm heel to toe drop, that are not stressing the ankle much. Some 4-6 mm drop shoes: 38/32 New Balance NB Foam 1080 V14 38 heel, 32 toe, so 38-32 = 6 mm (softest NB) - NB is the only major soft 4-6 mm brand that has Wide, Extra Wide to fit more shoe types (buy Extra Wide (10-12 mm extra vs regular), since NB normal & Wide (4 mm extra vs normal) are much tighter than other brands, so the side wall will hit the lateral (outwards, not facing the other foot) malleolus, causing blisters even on Wide, NB is NOT for everyone, 100s reported this issue),37/33 Altra FWD Via 2 (softest Altra, most relaxed fit of any shoe I tried: lateral malleolus is not blistering as with NB 1080 v 14, and the base is not narrow like Altra Via Olympus 2, etc, meaning the sole area below lateral malleolus (male soul if you forget this odd word) won't be crushed causing pain when walking; wider toe area than all top brands, less raised toe box than NB, etc, optimized for walking, not running, for lab scientists, not runners), 36/30 Hoka Gaviota 5 (tight), 43/38 Hoka Bondi 9 (softest Hoka, but quite tight vs Altra FWD Via 2 which is far more natural), 45/39 Brooks Glycerin Max (softest Brooks, but quite tight vs Altra), 50/44 Sketchers Max Cushioning Elite 2 (softest Sketchers). Outsole (suspension) softness for the softest model: Hoka>Balance> Asics>Brooks>Sketchers. Altra FWD Via 2 is on Amazon and is about as soft as NB 1080, just a lot comfier, as it has a lower heel to toe (4 not 6), more natural flatter heel that doesn't make you feel you fall backwards like

with Hoka and NB. Hoka Bondi 9, NB 1080 are much softer than 20$ Walmart shoes, but they don't have stability (all weight goes on a part of the shoe, which many will dislike, I did, especially the Hoka Bondi). Altra FWD Via 2 is much more stable than NB 1080 or Hoka Bondi 9. If you like feeling the whole sole, Asics Nimbus Gel 28 8 mm is fine too, but still quite tight vs Altra FWD Via 2. NB is comfier than Hoka, more stable. 99$ NB Wide, Extra Wide is generally like a soft sponge compared to wood shoe like Nike Air Giannis Yellow/Blue, etc that cost 140$ on Amazon, but will completely destroy your joints. You don't know what current shoe tech offers until you try NB 1080 Extra Wide, Altra FWD Via 2, way softer sole than most shoes.

2). For Knee & Busted Toe Pain and For Being Able to Walk without a Cane or Wheelchair at 100-140, choose shoes with a 0 mm heel to toe drop that encourage a more natural midfoot, forefoot strike than 4-12 mm rather than a heel strike, reducing the peak patellofemoral pressure on the knee joint. It reduces the "knee extension moment" (the force causing the knee to straighten) and significantly lowers patellofemoral joint stress. "Compared to running in shoes without a drop, running in shoes with drops > 5 mm increase the peak patellofemoral joint stress significantly, which is mainly due to the increased knee extension moment." ► Gait Posture 2022:93:230-4. The closer to zero, the less knee joint stress. Some 0 mm drop shoes: 33/33 Altra Via Olympus 2 (softest of all 0 mm shoes, way softer than Altra 30/30), Via Olympus 2 may be the best shoe on Earth for knee pain, the Olympiad of Knee Pain Reduction Winner. However, the best show is not always 0 mm if outsole is rigid: for some people Altra Fwd Via 2 may be better, since it's softer sole than 0 mm Via Olympus 2, and for some people this softness of each step affects the joint more than the 4 vs 0 mm. More research is needed in each case to determine the ideal shoe, provided it fits without discomfort, blistering (Altra Olympus doesn't fit many people, being too narrow on the base and the other 0 mm brands are too rigid to protect the knee joint, the sole is not the softer foam of Altra Fwd Via 2 or NB 1080, Hoka Bondi 9). Due to narrow area around the lateral malleolus, order Via Olympus 2 a size up (2-4 mm extra width 14 vs 13) or maybe 2 (15 if 13 and 14 are crushing your midsole, and if not too big, though 14 is also 8.5 mm longer vs 13, 15 is 17 mm longer than 13, 15 may only be 4-6 mm extra wider, not enough to remove vascular damage for wider feet). The newest replacement of this is FWD Via 2, which is 4 mm drop, Altra is moving away from 0 mm drop to more and more 4 mm, to compete with the main brands that have 5-12 mm. We need to do a lot of MRI imagine and analysis of gait, etc to determine exactly which shoe damages the knees less, but definitely avoid anything above 5 mm, Hoka Bondi 9. Youtuber explains New Balance midsole is too soft and Altra is better, longer lasting. Hoka Gaviota 5 is in real world tests 2.2 mm, not 6 mm as advertised, that's true for 1000s of shoes (see table of popular brands, middle of page, showing how off these heel to toe drops are), so Gaviota may work better than Altra, as it's softer too. Via Olympus 2 is 35/35 in real world tests. Knee long term health is far more important than

anything. If knees break, you need wheelchair. Half people of age 90 have severe knee joint degeneration (grade 4), and knee joint failure is far more common than any foot joint failure, so to be able to walk when you're old, you need to wear zero drop shoes for life to minimize knee stress. Get ready to Lead USA to 130 year lifespan.Don't confuse Via Olympus 2 for walking with Olympus Hike Low GTS or Olympus 5 Trail Running Shoe, those are harder shoes with firm sole foam, even if 33/33 also. The higher the mm, the softer the shoe, the less damage to knee joints. Altra dominates the 0 mm shoe market, no other rival exists, see more of their shoes. You don't want anything 0 mm but the Via Olympus 2, since the other ones don't cushion your knees as much and living long means you need to be able to walk. Unlike NB 13W, the Altra 13 won't crush your lateral malleolus, and has more stability, being ideal for supinators who tend to roll outwards, as its shape makes you roll more inward. It's so soft versus most shoes in the materials above the sole, that it's the second comfiest shoe I ever tried after the latest Altra called FWD Via 2, you can make it wide or extra wide by simply loosening the shoe laces and it's so flexible, so as to fit all narrow feet shapes, very smart, unlike most rigid shoes or slides that will press hard on one side of the foot. FWD Via 2 fits wider feet too, so it will sell more.

This just shows how corrupt and "fruit fly IQ" our society is, humans spend $90 billion on knee issues, wheelchairs, surgeries, etc when they could mandate all shoes to be 0-2 mm drop unless one has a need (due to weird foot shape) for 5-8 mm due to some ankle joint issue (due to injury etc) that is far more severe than knee joint. Running is not important, but walking at 120 is. 0 mm drop also helps our toes☺☺☺ after toe injuries, to remain straight instead of bend, reducing pain. The more above 0 mm, especially above 3 mm, the more toe pain. Wearing 0 mm (zero-drop) shoes from a young age can help strengthen foot muscles, increase ankle mobility, and improve balance, which can lead to better, more functional feet in old age compared to a 5 mm drop. By promoting natural foot movement, these shoes encourage muscles to act, reducing dependence on supportive, cushioned footwear that can weaken the feet over time. However, some podiatrists recommend 5-8 mm drop (so ChatGPT says to avoid knee/ankle injuries, 5-8 mm seems best for most, while 0 mm works for some only, with 10-12 injuring the knees), because the sudden shift from 12 mm to 0 would cause foot injuries, so you need to gradually ease yourself into it, maybe wear them only 5 minutes daily and increase over a year, or get a 4-5 mm shoe first for a year or two, then a 2 mm, then 0 mm. Most people have no clue what heel to toe drop they're using and could make mistakes by impulse buying, causing foot injuries. Everyone is so clueless, in a civil society, shoes would be bought after extensive measurements at the doctor. Additionally, some choose shoes whose forefoot is ultra hard to bend and offering little cushion (that, even when thick, often lasts only 3 months before flattening and causing injuries to joints). Bye Hoka, go Altra FWD Via 2? Why are Hoka or Altra not making a Bondi 9 level softness zero drop shoe? The immortalists need to mandate this new shoe to help people

preserve knee function at 120. Please ask Altra to make a Hoka Bondi 9 or Altra FWD Via 2 softness with 0 mm drop, or offer wide For Olympus Via 2 0 mm since the base under the alteral malleolus is too narrow, side walls too rigid. You'll thank yourself at 90. The problem today is the gov doesn't require companies to write heel to toe mm, like 45/39. It's evil. Youtube has 5000 exercises one can do to strengthen legs, core muscles without destroying knee joints by running. Some claim that running/walking is the best, search google/youtube to find out 1000 alternative to knee joint destroying running/brisk walking indoors on a machine or outdoors. The running promoters don't care about the statistics, 50% of 90 year old have totally destroyed knee joints. To prevent damaging joints, you need some real discipline to avoid 1. jumps, 2. hard shoes 3. running/jogging. Repetitive strain injury of wrist causes pain, damage to joints, so does excessive running. Not everyone eats collagen or has perfect knee joints genetics. Walking gently helps the joints. We don't need to burden joints to pretend we're invincible. Leave shoes on a shoe rack, don't bring shoes in the house, because the outsoles of shoes are lethal microbe infested objects. Have shoes for outside and slides for inside or separate shoes for inside only.

3). For Achilles, Calf, Heel Pain, some choose 10-12 mm drop to reduce the range of motion required by the calves and Achilles tendon, providing relief for tendonitis and similar, while cushioning the heel. Some 10-12 mm drop shoes: 35.5/23.5 Brooks Ghost 16 & Adrenaline GTS 24, 38/28 Brooks Glycerin 22 & Glycerin GTS 22, 43.5/35.5 Asics Gel-Nimbus 28 (softest Asics, 8mm, ideal for those who want a slightly lower height), Walmart/cheap 20$ pairs. Never choose 8-12 mm if you have no foot joint pain, because you will wear your knee joints faster.

For brand names to google and research, please visit here, to see why low drop helps the knees. Altra Via Olympus 2 seems the only shoe ideal (due to 0 drop) for most narrow feet without severe foot joint issues, if you don't want to become a burden on society, needing a wheelchair. Which mm is the softest of all? The 4-6 mm. The 4-6 mm shoes with the highest heel are the softest cushion for knees and overall within a 4-6 mm brand, so Bondi 9 is softest within Hoka, Glycerin Max softest within Brooks. For New Balance, Foam X 1080 are the softest, for Brooks, the Glycerin line. See a 40 sec video on New Balance (NB) Fresh Foam X 1080 (the softest NB and best Foam X is the 1080, Foam is not as good as Foam X, Amazon has 14W for 85$, 13W for 130$, 14XW 135$). Nortiv has shoes for 48$ on Amazon, that offer 65% of the NB softness: Nortiv 8 MovePlush, MovePropel men / women, ActiveFloat women / men. Podiatrists (leg MDs) recommend New Balance over Nortiv to relieve joint pain. The Immortalists will require all slides and shoes are at least as comfy as top 2 shoes, and require most to have 0-2 mm drop shoes to avoid burdening national medical facilities with knee issues due to 4-12 mm drop shoes. All high heels will be banned to prevent $1 trillion in leg injury expenses. Rei.com physical store has discounts, but they don't carry the Altra Via Olympus 2 (that the biggest Nordstrom and rarely Nordstrom Rack carry), only the tougher on joints Altra Via Olympus. Rei.com membership of

30$ a lifetime gives you the ability to return shoes within 1 year, instead of 90 days usually, plus 10% off any purchase. Go to Nordstrom and Nordstrom Rack (discounts) and try see what works, though these stores don't carry Altra shoes usually. Then buy that brand online if cheaper.

Slides ideal for tile or wood floor around the house:

A good shoe is much nicer in cushioning joints than any slide on Earth in cold weather, so you can just walk around the house, if no carpet, in some shoes that you trim (if not comfy or too hot) or looses the shoe laces of completely for ventilation, to be more like a slipper and use indoors only, getting the wide/extra wide version and maybe trimming the upper part that may hit the ankle bone protrusions too much. People wore very tight shoes or learned to walk on tile or flat floor and then babies learned to avoid walking on the front of the feet that have way more tickling and pain sensitivity due to more nerves there. How did babies get such crooked gait? Simple: to avoid pain on tough shoe, floor or tile, babies learned to walk on their heels and then their shoes will get wear on the inside or outside of the heel. Never teach kids how to walk on hard floor/tile since it will make their gait roll inwards or outwards and ruin their joints later. Look at people standing, self in kitchen, etc or teachers, workers, often they tend to lean all body weight on one foot and the other leg is just bent at the knee: this is why one heel can be 20% more worn, as they supinate or pronate more on one foot due to the habit of leaning on one foot. Because shoes (the cheap regular at Walmart) were so tough, in 1960s-2020s, people learned to avoid pain as kids by walking on their heels, damaging their knee joints, but it's all reversible with modern ultra soft shoes that cost more and gradually become more common at Walmart and cheapest stores. We as a society end up paying more by making cheap tough shoes later in the 50-100 year old stage, it's a short-term saving of $500 per person first 50 years, but then costs $9000 in 50-100 stage, all preventable. It's not knee arthritis, but GREED BASED KNEE JOINT DAMAGE. Poor long-term planning of the industry, hence we need one Eternal Clothing Inc to centralize everything and remove 95% of shoes, which are catastrophic, especially women's heel shoes. Uneven heel wear obviously will cause some joint to be damaged 10 times faster than the rest, so you need to fix the way you walk with the correct orthotic, insole, better shoes, posture or both. See why barefoot shoes or flat shoes are a very bad idea if you want to live to 150, due to aging ligaments and joints unable to absorb the harsh impact. Viakix Acadia is thought of as the softest Viakix, with Viakix Samara 2nd softest, Siena 3rd. Vionic (evil 10-16 mm drop), Hoka Ora Recovery 3 slides (6 mm drop, bad for knees due to being very hard), Birkenstocks (0 mm drop) slides are too firm. Most Crocs are very hard, like Hoka recovery slide. The softest Crocs slides are Mellow Luxe (more heel sinking than LiteRide or Adilettes) and LiteRide, with 8 mm drop, but these are heavy and exert a huge pressure on blood vessels that come out of the leg into the foot each time you take a step, effectively creating oxidative stress and damage. Crocs LiteRide, 304 gram per shoe, is good for gardening/outside the house where

mud exists so you don't damage or contaminate the indoor slides; however, it presses against the toes, being bent upwards too much, but it's a softer EVA (cushion the heel) than most slides.

Joomra (biggest size on Amazon, 12.5) weighs less, 203g, but it is pressing against the upper foot near the big toe, due to a design that denies the shape of human feet (too narrow where toes are, the third area of the foot near toes), designed by "pig IQ" folks, who failed to realize the ideas of Altra, Under Armor and other companies that make the shoe wider near the big toe and whole upper foot, meaning the area shifts to the inside of the feet, not outside. The Adidas Adilette Comfort 2.0 Slides, size 13, 231 g, are supposed to be Adidas' softest slide (part of their cloudfoam slides, with a heel to toe drop of 0-2 mm, possibly 0) and they're quite soft, almost like LiteRide Crocs, and the picture shows Adidas strap is much softer on the feet vs Roll Recovery and other fixed strap slides, due to those foam pieces on the inside of the strap that makes it WAY better. It definitely is softer than others, but still fixed, nonadjustable strap that crushes your blood vessels (vascular damage and poor toe blood flow to get a nice toe amputation for diabetics, anyone?) on the area next to the foot to leg joint and generally is very uncomfortable, due to being so tight even at size 13, very poor design from Adidas, and this is their best softest slide, shows you what crap Adidas has become. Google AI and ChatGPT both say Adilette Comfort 2.0 is softer on knee joints than Under Armor Ignite Pro or Pro 8, not sure if true, but Adidas surely crushes our blood vessels triggering vascular events, clots and oxidative stress body wide as it depletes body resources from more important heart areas etc. Google AI says Adilette Comfort 2.0 is softer than Roll Recovery Superflush too, though ChatGPT claims Roll is softer, I tried them both and Roll is a disaster, the strap is like the most inflexible rubber that crushes your midfoot inner side. Roll Recovery slide has 6-8 mm drop, but because the heel is soft, people don't notice it with any of these soft slides, and the actual heel to toe drop can fall to 0 mm due to the sheer weight on heels, that's why the heel to toe is not that important. We don't want negative heel to toe, so if a shoe is 0 mm or slide and too soft on heel, it will create tension on the Achilles tendon. Most slides have 4-8 mm, that becomes 0-4 mm once heel presses. However, Roll Recovery weighs a whopping 288 g, too heavy for a slide, and it has a fixed, hard, inflexible, strap that crushes your middle foot area facing the other foot, even at maximum size 14 I got, pure junk, as if you walk in some metal shoes as part of the Catholic Inquisition. Chimps can design better slides probably.☺☺☺

Most molded EVA (ethylene vinyl acetate) slides are uncomfortable compared to Under Armor Ignite Pro, the only slide among 50 I tried that seems to be safe for blood vessels:

Dockers Sunland Slides are memory foam and may be softer than Under Armor Ignite Pro, even if less known, but lack adjustable strap. The Under Armor Ignite Pro 8 (latest iteration, see 2 min youtube, of the world famous memory foam slide Ignite Pro) weighs 323g (size 15, 318g size 14)

vs 225g for Ignite Pro size 14 (men) old model, has a very inflexible outsole due to its thicker nature and it's strap is far less comfortable, crushing the blood vessels a lot more than Ignite Pro, due to the sole not bending easily. So, avoid the Pro 8, unless you want vascular damage. Sadly, many companies "improve" a product, to make it far worse. The only advantage of the Pro 8 is a 15% (barely noticeable) softer and thicker memory foam, softer and thicker outsole (softer EVA) to diminish impact on knees, and slightly raised sidewalls for better stability and comfort than Ignite Pro, toes are more straight, but it's heavier, so many will need Pro to avoid pain or injuries if their feet muscles are weak. Find the old style Ignite Pro, since heavy slides make your feet work harder and crush vessels more. People who slip and trip a lot, may like Pro 8 as it prevents slips more. Good slides weigh max 230g. The Pro 8 EVA outsole features a more aggressive grooved pattern for better traction, increased friction (traction) means less effort is required from the leg muscles to maintain stability needed to prevent slipping, but Pro 8 high grip increases the force required for movement, so a different set of muscles related to propulsion work harder, while others relax; however, too much friction can cause ACL tears in the knee, so weak knee people need avoid the Pro 8. For older people with balance issues, Pro 8 is a must, as falls would be bad. The thicker outsole of Pro 8 absorbs more of the impact with concrete, etc. The memory foam allow your soles to breathe much more and get oxygen in the summer versus the enclosed EVA foam rubber feel ones. This maintains a better skin quality, protecting the collagen layer. So always wear socks as contact with EVA rubber or foam will deprive feet of any breathing when standing. The heel is where most impact travels up to the knees, so the softer the foam there, the less force reaches the knee joint. Always get the versions with straps to adjust and prevent vascular damage to toes (no amputation) by restricted blood flow. Ignite Pro being thinner bends easier in the forefoot, providing a clear advantage, it all depends on what you need, with Ignite Pro Freedom having more colors and a slight better cushion on side walls, but essentially being an Ignite Pro almost 99%, so much thinner forefoot sole than Pro 8. ChatGPT (since company has no data) says the heel to toe drop for Ignite Pro (1 min video) is 0-4 mm and 2-4 mm for Ignite Pro 8 with no official data, so Pro is for those wanting 0 like Altra that helps knees most. You can measure it with a ruler yourself too. Even the old Ignite Pro is way comfier than all EVA molded slides that you see everywhere. Most molded EVA slides have very harsh rubber fixed upper foot area that crushes your blood vessels, creates daily tiny vascular injuries and potential for blood clots from injured endothelium, while the soft foam straps on Under Armor protect feet vessels. For color, get lighter colors for foam and slide, to see ticks (can kill via Lyme Carditis) or deadly insects, the lighter, the more likely it is for you to clean it often.

EVA Slides from OOfos (OK for 5% of folks only, overrated by every search engine):

Oofos slides, shoes, are 6 mm heel to toe drop, not ideal for knee pain which is more like 0-3

mm. Most Oofos are for those rolling inward. For normal foot arc supinators, Oofos are bad, Oofos have too high of an arc, being only suited for people with high arc feet. After a day of wearing the Oofos Sport Flex slides, my feet felt sore in the leg-foot joints and 3 times pain emerged in the plantar fascia. Oofos are overrated and the other slides are so hard. For people with very high arc feet, 5%, OOfos slides allegedly work well according to several sites like this one explaining why outer edge wedges in insoles are not the best way to fix it, but rather the counterintuitive Oofos type of heel cup and arch support slides. NBC explains these 3 types of feet and why MDs say you need to buy shoes or insoles specific to your foot type. You may have heard of recovery slides, like OOFOS Ooahh (SOFT Whoa, Wow, Awe, Ooh, Ahh), OOFOS (3 Os) SOOOFT Foam. The Oofos line has earned the APMA Seal of Acceptance. But 6 mm drop is deadly for knees in the long run. The idea behind Oofos is most slides are flat, which allows the foot to overpronate (roll inward) and provides no support. Dress shoes for men and heels for women are catastrophic for the joints and muscles *(increase chance of knee surgeries, wheelchair, chronic leg pain, cane use): they need be* banned planet wide, as a remnant of the age of 0 IQ of feudalism. One doctor says OOfos and similar slide, shoe shapes (endless popular ones) are bad, due to the angled heel outsole, that is vastly more bent in OOfos than other slides. A podiatrist selling his own slide, says not everyone needs such a soft slide. Hoka is firmer and easier for some foot shapes ideal for outside the house for many, while OOfos ideal for in home walk, as yahoo explains too. Marathon agrees OOfos are the softer than Hoka. We need see what the data shows in labs on pressure and joints, MRI scan of joints (see if any uneven wear exists in one place due to uneven gait), analysis of gait in the lab to see how much your supination or pronation destroyed a joint, etc. Angled *heel caps (last part of heel that touches the ground) are worse than flat for some*. She argues that the heel edge not being parallel to the ground bends everything backwards and strains muscles, changes walking posture, increases risk of accidents as balance is weaker due to more weight on the rest of the foot: the heel outsole doesn't support heel weight entirely, so the balance suffers, folks fall more often. However, most shoes today have this angled heel cap to make walks or runs easier, so her idea is "flat is safer, but it makes walking harder too". If you like wider or more relaxed fits, then shoe size being bigger means your foot won't need a flat heel cap as much, as weight is distributed evenly. 80$ Sport Flex (website offers all sizes, colors) is the upgrade of OOahh since it's the exact same slide, with the extra comfort of a velcro strap to avoid pain (due to swelling on long standing days at the end of the day for people with venous insufficiency or an injury) or looseness (they slide off or are too tight) if your foot doesn't fit perfectly. Velcro types are better. Amazon has the OOahh Sport Flex in common sizes for 40-60$, Fleet has extra Flex colors. Some feet swell after 8 hrs of standing, so velcro strap helps. OOahh slides have 23 mm of foam, regardless of size, OOyea slides 29 mm of foam, softer than OOahh on joints, OOmega OOahh (softer than OOahh), 38mm foam total, which provide the highest recovery from joint injuries (due to extra

15 mm of foam). Some may like OOFOS shoes (scroll down to see cheapest on sale, 30-60$ vs 140$ the pricier ones), not the horrible sandals, the cheapest 30-40$ of any OOfos on sale at any time not or Oofos Clogs the widest Oofos for toes.

SLIDE & SHOE HYGIENE: Under Armor Ignite Pro & Pro 8 (memory foam footbed), providing a pillow like feel that is way softer than molded EVA slides (Hoka, Oofos, Croc LiteRide)

When taking your 5 minute daily shower, after you wash your genitals/anus, etc you can plug the drain so some of the soap and water will soak, warm and wash better the feet, with the warm water to improve circulation. Otherwise, feet won't get washed well, many people forget to wash feet at all in the shower. With Under Armor, the softest slides are the open foam ones, so you need to wash them often to avoid smells. You may need to use a heavy object to bend the top of the slide in the correct position, if you want to have the toes be more flat than how it comes from the factory. Wash these memory foam slides biweekly, to prevent infection of foam with microbes that infect your socks or toenail, clothing via washing machine and socks: soak them in hot water with detergent for 2 hrs (not the washer, to prevent microbes infecting the washer/dryer and then eye/face towels). Add also peppermint/clove oil or water obtained by soaking cloves into water. Cloves in water yield a powerful mold killer you can add to this water to sterilize the slides often. For closed foam, you can probably wash them the same way every 2 months to sterilize them well, you can also dissolve cloves into water and use the brown water you get after 12 hours of soaking to spray the slides as it kills the mold, or use essential peppermint or clove oil to kill fungus, mold, etc every week. All slides would ideally need in the future to have sealed covered foam, not exposed that is impossible to clean very well, so soft it is as soft as exposed memory foam or at least they need to give a removable memory foam that we can replace every 2 years, so we don't trash them due to odor. A material science challenge.

To protect the foot, don't wear tight shoes, as squeezing the blood vessels and tissues creates cellular damage, oxidative stress. Try the wide size or 1-2 sizes up, to give feet a relaxed fit, to prevent toes getting closer than 1" from slide end (big size means toes won't get busted by objects). For socks, use socks 1-3 sizes bigger to prevent restricting blood flow to toes and feet, and 3-6 sizes up for 70+% cotton socks which shrink 5 sizes if 99% cotton quite often, e.g. size 15-18: XL 3 pair (91% cotton)/29$, 12 pairs 13-16, 24$ (use a wide bottle to set them all on that to expand them if they leave marks, do that for 3 months), XXL (50% cotton) 3 pair/18$. Read the 1 star reviews before purchase, as most 13-18 size are actually 10-12 after wash or even before, made in China, where males are 5' often. Rely on China sizes/fraud and get tight socks. Cotton shrinks massively (see pic), bamboo nylon, polyester doesn't.

Other Clothing Issues:

Amazon only indicates the inseam for pajama pants only in maybe 1% of cases, with the length of pants being more common, maybe 5%. This causes people to waste time ordering, returning, etc. Amazon also have the millions of products not matching the product description on Amazon, with 100% cotton being 0% cotton, etc. In Australia, go to the most popular site news.com.au and see mostly naked or semi naked ladies. TV anchors promote skin cancer by wearing naked chests, and this is in a country with highest skin cancer rate globally, due to sunny weather and a government of "a trillion times lower IQ☺☺☺ than the IQ needed to love the worst person a trillion times more than the best mom last decade loved her most beloved infant, as the Immortalist Anthem calls us to", a government unwilling to create safe clothing of UPF 50 for all, so 67% of Australians get skin cancer at some point. In the West, every lady shows her tits or chest on TV☺☺☺, the clothing companies owned by ☺puppy IQ women create these so called women style T-shirt and shirts that expose the chest to increase the chance of skin cancer 2 fold and of 5 months shorter life by 90%, as those sun rays reaching the sin make their chest horrible looking versus men, who wear clothing that protects that area. The IQ of women can't be lower than to wear something that oxidizes blood, depletes glutathione and other blood antioxidants just to seduce men who must be the "IQ primitives on Earth" to be fooled by such an abysmal IQ *selfish* *dangerous* (to her kids) *woman*. Ladies, kindly use your brains and realize that you don't need to have skin looking like a 120 year old lady around the chest to seduce men, nor do you need that area empty, since you get the face, hands for vitamin D. Immortalists take over all clothing companies *to end these tit and chest life shortening* fashions. On the issue of tight socks, we have a lot of scam companies selling socks advertised as wide and not blocking circulation, but when you get them, they're fine only before the first wash. After that, they shrink 5 sizes and then leave marks and block blood flow each time you wear them, even if skinny and BMI 17 only. This is unbelievable, due to 4 million products and no quality checks, which would work only for fewer products of much higher quality. Take these socks as an example, the Amazon reviews indicate the tags causing holes issue, but no change is happening. Other socks advertise 15-18 size, but that's before the first wash, after that they become size 12. This fraud is so pervasive for 1000s of 70+% cotton socks, they shrink 3-4 sizes. Feds need mandate pre wash so cotton doesn't shrink from size 16 to 12. No fine, just fraud eternal. Dickies claims it's size 15-18, but 16 feet feel crushed, another example of fraud. Most socks today develop holes right away, check this pic out, US design quality at its best. One wash cycle and holes emerge. Just like Walmart ones I bought, within a year 10 pairs had holes. XL size shrinks with each 2 years to scam the consumers. Need XXXL.

In conclusion, the 11 companies, in about 20 years, end 40 million jobs and create 40 million high tech jobs to improve the health and lifespan of all. It's the *total* transformation of America to *prioritize* Immortality *for* All, a metaphor *for* universal *healthcare* and decent living

conditions for all, *so all live a* nanosecond *in the* life of an Immortal, i.e. a trillion human years☺☺☺. The healthcare field, food industry, transportation, car industry, etc are as inefficient and chaotic as the building contractor one. There is simply way too much focus on appearance, nothing on longevity and living to 700, many products shorten lifespan, but sell wildly.

4.6. Increase 30 times the alcohol, weed, amalgam, casino, lottery, tobacco tax to fund kindergarten, school, university *Immortality* science labs

Our "aristocrats steal everything" government doesn't even give people decent jobs and *allows the most* genocidal *jobs to even exist*. Instead of making sure everyone is employed in decent jobs of the 11 universal companies for ~*~Eternal Universal Peace~*~ in 3 months, we have the ultimate murder presented as a job. If the USA doesn't abolish taxes right away, plus ban weed, alcohol, smoking, gambling, etc, as detailed here, then they need increase some excise taxes 30 fold at least, or call it health fee if they abolish taxes and don't suddenly ban alcohol, smoking, etc. Brazil may ban sports gambling. Romania county (equivalent to US state) banned gambling. Other forms of gambling include stock market, a scam to enrich the aristocrats by theft of trillions, and psychic readings, whereby spy agency liars try to manipulate people telling them a "desired direction of their life" (which often means false info to waste your time or deadly info to trap you). Such fraudulent psychics (who help FBI enslave all) need be banned, since they're all liars who work for the marriage arranging forces of the aristocratic Gods who pose as clergy, spies, mega psychics and other fortune tellers who're mind controlled by the spy/military agenices. Traditional clergy are spies, comical liars who preach free will, while always trampling on it, conmen who work hard to fool church goers and trap them into certain relationships by advanced electronic mind control techniques, that FBI-CIA or foreign spy agencies provide. UAE has betrayed Islam's ban on gambling and the immortalist ban on gambling and allows another casino to take hold, thanks to American Wynn Resorts conmen who say casinos in UAE in Dubai, etc are for foreigners only, not local Muslims. The founder of Wynn resorts is Jewish (at least on Wikipedia, he could be German or Brit, who uses a Jew cover, and casinos to catch criminals who launder money) Steve Weinberg who made his name more gentile Wynn, and Japanese Kazuo Okada, billionaires who ought to be fined 50$ billion by America's future immortalist government for destroying American education and ethics, undermining research and endangering national security via hybrid warfare in conscious or unconscious cooperation with Mossad and the Japanese army. 80% of offenders abuse drugs or alcohol. As the Protocols of the Zion Elders explain, the goal of the rich 'bad type of' Jews is to corrupt and destroy *every nation*, *every race*, *every ethnicity*, every language, so they install Hebrew as the language (as they tried to ban English in USA in 1780s), and Jews ruling the entire planet. Nearly 50% of jail and prison inmates are clinically addicted to alcohol, drugs or gambling, thanks to Jewish and other

aristocratic parasites selling nicotine, alcohol, drugs and gambling, with ample support from criminal type of Jews infiltrating every branch of US government and making lotteries legal nationwide, circumcision free by insurance nationwide, etc.☺☺☺ 40% of violent crime is linked to alcohol use. ☺☺☺ We lose 3 million humans yearly to alcohol worldwide, think about how many car crashes happen due to alcohol alone, how many get lung cancer from second hand smoke and waste hospital resources. The alcohol section explains how we can increase beer tax from max state tax of 1.29/gallon (TN) to national 30$/gal and spirits from 37/gal (Washington) to national 800. All alcohol will be gradually phased out over 5-10 years, except for medical reasons with prescription if treatment of an issue with alternatives failed and it's proven alcohol can do fix it without causing damage to other organs (impossible, but we'll say that to help staunch believers into the *mythological alcohol benefits* to feel good *until the total ban after huge research studies* are done into the alleged 0 damage by tiny levels of alcohol). Wyoming taxes beer only 0.02$, which is too low. It ought to be 1500 times higher, 30$/gal. *We're talking about a* holocaust of 400 million humans dead *last 200 years due to alcohol sales.* Where is the *OUTRAGE*? *6 million Jews was big?* GENTILE LIVES MATTER, not only Jewish CEOs selling beer, wine and spirits to shorten gentile lifespan. Lifetime labor for all caught selling alcohol, after its full ban. Taxing companies that produce mercury amalgam that lower IQ and nervous system health, casinos, lotteries more could be another source of $, until they're all demolished to build single family housing, etc. It makes sense to tax it more, even 30 times more *until all casinos and gambling go bankrupt, become illegal in USA* (due to lowering IQ, promoting laziness).

Gambling in any form is anti-Immortality *for* All, it's pro-entropy, pro-random chaos, against focused immortalism effort, it needs to be wiped out immediately, by creating Immortality Parks with far more colorful, interesting, science of longevity gadgets, ecstatic bliss (instant bliss via meditation centers), biomarker monitoring stations, free simulations, pics of your own arteries, etc that would make gambling be perceived by all as boring, criminal, genocidal, 0 IQ, the past time of a mentally retarded civilization of baboons. Granted, some may find this comparison offensive due to a cosmic ego of infinite proportions, but compared to 200 year old humans of the future, we're all like baboons (avg lifespan 40), living half their lifespan. Gambling is the tool aristocrats use to keep masses low IQ, entertained, enslaved, happy to die at 80, uninterested in immortality capitalism that ends the *Age of 20 millennia of* Aristocratic *Terror*. Unsurprisingly, gambling ads are ubiquitous on TV-radio in many nations, Australia spending more on gambling per capita than any other nation. We need to use $ to teach basic chemistry, physics and biology since age 5 (help school library be open until 9 pm so kids have a silent place to study if noise at home) to reach trillion year lifespans, brains are most plastic before age 10 and kids can learn so much more useful stuff than chess, Sudoku, too many sports (that destroy eterni tone, gentleness, eterni qualities and *build* selfishness and not caring about the millions made

homeless each decade via wars, as cities are wiped out); it seems like the whole world is so preoccupied with teaching 9 year olds condom use, and nothing about the gravity of war and barbarity of war, and how humans could disappear in 10 seconds one day if we don't achieve World Peace within 1-2 years and how the number one goal of human civilization, culture and spirituality ought to be 0 wars, 0 violence and 0 prisons, the beginning of civility and kindness. Yet, how can we do that without a universally kind gentle healing soft tone of speech? The most important lessons in kindergarten and elementary school, middle school would be about manifesting World Peace soon and maintaining it for 1 trillion years, ending all violence, torture and equipping the youth with the character traits to build that world of peace. One of the things kids could see at age 5 might be some ultra basic science experiments, like the simplest ones shown at 12, in order to arise a deeper interest in science, e.g. a colorless liquid, appearing as water, is not water, but phenolphthalein solution, and when placed in a water looking colorless NaOH solution, it turns purple. Nothing is what it seems, if you look at water with a good microscope you see hydrogen bonds and the molecules. Instead of playing with legos to build basic things, or in addition to that, kids could build molecules using atoms or amino acids of a chemical set that is very colorful and lovely like legos☺☺☺. They would be explained that a certain peptide acted as a factor that turned one cell into another, without using stem cells and renewed organs, so grandma looks young and healthy until 200, the kid next door lives 10 times longer because of a molecule that neutralized a virus that would have otherwise killed him.

As the kid realizes how powerful molecules can be, giving life or extending it 10 times, the love of science becomes stronger than the love of guns, tanks, weapons, soldiers and other typical toys of boys that perpetuate the violence filled short lives of ignorance we have on Earth. Look in any toy section and you will almost never find atoms to build molecules, amino acids to build peptides, DNA bases to build DNA, elementary particles to build new forms of matter (hadrons), things that explain the standard model of physics, a small set that replicates the discovery of the neutron by Rutherford, of quarks, etc. The amusement parks for kids require maintenance, cause accidents, as kids move in high speed, up and down, raise their anxiety, ruin the peace vibe, while teaching kids to have fun while being selfish and not benefiting anyone, on the contrary, harming their own eterni tone vibe, which is at least improved if one kindly listens to eterni music and also helps build a house like Habitat for Humanity type of charity for the homeless, build little useful things in the Immortality science lab, paint or draw a colorful Immortality *for* All quote, quality on a foam board for people to decorate their new home within a healing center, help build (under adult supervision, only simple tasks, like eterni art, some basic ultra light duty chores) a healing center to replace prisons, nicer homes to replace terrible housing, do nice small science projects, to help this and that plant, develop altruism, understand reality instead of living in a fake bubble, vertical farming veggie garden to grow food on site in a

healing center (this would be free of residents, before anyone moves in, for kid safety) etc. These things teach science and movement, and still allow kids to play around a little bit, express their creative drawing skills, etc. Carousels teach kids to be harsh (that plastic fake horse is very harsh on the body, it's not soft, creates oxidative stress and shortens lifespan), loud, yell, shout, anti eterni and be a mortal primitive human (primitive versus Immortals of the future, primitive = more physical, more chimp, low IQ like, fast and even medium horse riding causes traumatic brain injury of a small less detactable type vs mental levitation remotely controlling the antigravity field device) who rides horses, whereas the science of Immortality Center building in every school, healing center, etc help kids envision the day of levitation, when we don't ride horses, but levitate via anti-gravity tech and Immortalist Soldiers; riding horses quantum entangles people with the soldiers of dark ages who killed everyone left and right, very anti-immortality; the singing performances for prerecordings to help build Qualities for other kids and people improve tone, develop the intellect and emotion according to the eterni vibe. Equally anti-immortality, negative emotion building, are roller coasters, (or related ferris wheels) which are very dangerous, in the USA 4 deaths a year, with 30,000 injuries a year and probably half a million invisible strokes from the high heartbeat, these are silent strokes that parents won't know happened that cause brain damage and lower IQ in their kids or adult friends wasting time with such selfish thrills; given the terrible place where many people live (whom the society scapegoats to jails or terrible neighborhoods), it's very selfish to even build such things, not to mention irresponsible since people can die so easily and it's so preventable: don't go there; life is way more valuable than such an incredibly useless thrill; be thrilled about helping other people live in a better way, discover something in a lab, etc. joy can be doing something humanitarian; perhaps, it would be illegal in an immortalist world, just do selfless service that has 0% risk of any injury, help adults build single story house, nice green space with beautiful plants, Immortality *for* All quotes, colorful 2 inch long stone arrangements to make words, plant flowers, drought resistant plants, or help build a nice Immortality lab☺☺☺, as *charity to exercise, help adults with small tasks, don't ride, it helps nobody, belts can break, people will die, is such a low IQ thrill worth the end of a 9 million year long life?*

In India and many countries, people starve or are malnourished, yet the government is importing cheetahs that eat 5 kg meat daily on average, to save a species that destroys the human quantum entanglement field - but causing daily bloodshed on Earth to survive. India even chose tiger as national animal in 1972, we need to choose 100% vegan animals, not ones that shed blood, like big cats, bears, eagles, etc. Mahatma Gandhi was all about nonviolence, so what happened to India? Why not choose a dove, something about Peace of the Upanishads? Eternia chose a different animal. Tigers kill people (see video), they're violent. Perhaps, only keep carnivores in one zoo per continent too, given them fake vegan meat. It's odd how

important blood spilling (and meat wasting) big cats (Biden banned big cats as pets, finally, thank God), too many zoos (while people are homeless, kids overcrowded), circuses (that waste society energy for maintaining them, Hawaii banned wild animals in circuses) are versus school kids who go hungry, by the millions in USA alone. Uzbekistan banned tigers and 60 plus species as pets. Thank God. Big cat cubs can kill/injure small kids. We need to conserve good education, good nutrition at school, not big cats. If we teach kids to be selfish from age 5, they will be so all their life. Due to AI and video cameras everywhere, there won't be violence anywhere, no prisons, only healing and learning centers, no Lego toy police cars, helicopters, etc needed, as a hologram flies in the form of the most stunning angelic being to a person and sings in healing tones☺☺☺ to them that the Elders of the Civilization would want to invite them to a healing-learning center, and they would always comply, as the hologram infuses the being with the happiest feelings of wellbeing and love and the Courses there for the rectification of Civilization's failure would be taught by the most amazing people (they watch the prerecorded classrooms and AI interactive things, etc) who realize any crime is a total failure of the entire Civilization also, of the system, not of an individual only. The last thing an enemy alien group would want is peace on earth and the focus on lifespan tripling and space travel, a strong focus on science since age 3 months, with intelligent scientific experiments simulated (via new toys not created yet). Divide and conquer means they would want eternal war and total ignorance about living to 150 or 700. In 2013 Sci 340(6139):1434-7 (google it to get full pdf) reported for the first time the non contact atomic force microscopy imaging of a benzene ring by Berkeley physicists and chemists, confirming the (sp2 hydrid orbital 120 angle) hexagon structure that August Kekule proposed in 1865, even though with IR spectroscopy 1,479 cm-1 etc peaks we could confirm the structure before this 2013 imaging (google "benzene IR spectrum" for spectra). If we take onion, add iodine and look at it thru a microscope, the iodine will react with starch and lead to color being more intense in starchy areas of the onion cell walls, and we can see the onion cell walls. When we explain nothing is what it seems, they get it better, since they realize everything is as it seems thru out normal eye lenses, but thru different lenses, it appears so different. This then stimulates questioning everything in science and every field of human knowledge and leads to more creativity and innovation, that speeds up the advent of the Immortality Civilization, just like Rutherford questioned and discovered the electron, neutron.

A microscope at 30x, 4,000x shows vastly different things. A binocular or telescope also allows 4 year olds to look at the sky, stars, etc and realize the sky is not what it seems or a tree in the distance or a bird, it's different if you look at it thru a different lens. So is with everything in life and people, spirits/Immortals of the future (our descendants) can look thru the microscope of their advanced knowledge and perceive the details of a soul in ways we will never be able to with our existing technology. These simple physical science ways to perceive the relativism of

perception thru a $10 7x50 binocular or a small microscope, or a small chemistry, physics or biology experiment can help kids to understand that reality is far more complex and everyone perceives the world differently. They even have 1 dollar magnifying lenses that kids can use at age 2 to magnify an insect or some object. Some kids speak at 9 months quite well. They don't understand what the magnified insect means maybe fully at age 1 or 2, but even looking at a microscope at age 3 or 4 can be very enlightening, as then the science of it is explained, the red blood cell maybe, its role in the body, how it helps us to live to 400 one day, etc. These early encounters with the unseen and the unperceived, the subtle and the seemingly not, will develop a deeper interest in knowledge and discovery and create a different Civilization. This is easy now, since microscopes are much cheaper than 100 years ago, some are just $20 (portable), $60 for a real microscope (a set of prepared slides is $10-20 and that can be exciting, motivating the kid to learn to prepare one's own slides, etc), a chemistry experiment that will fascinate the kid forever can be done easily over and over for just $10-20 or watched on youtube. The binocular is looking at the galaxies, stars, etc, at the future of our Civilization when we will be on so many planets having much bigger-longer lifespan, nobody will even know what Earth (a tiny village of the human civilization) is, since today nobody knows almost some obscure village in America. We almost perform a psychometry exercise of remote viewing the future when we look at night at the sky via a binocular. It's also a good way to motivate people to walk (exercise).☺☺☺

4.7. Using 95% of athletics spending + increase 2000% tax on sport events, bars, strip clubs, brothels, vape stores/discos/restaurants and hotels (especially the more empty ones, tax depends on occupancy)/cinemas *to build research centers*, single soundproof rooms on campus & at home for all school, college, grad, postdoc students

1. ON-CAMPUS

Do we need that many hotels if all had single family houses and lived in decent conditions, with the most stunning backyards that make Disneyland pure garbage, with decent stress free houses maintained, built all by the Immortality Building Inc? When you're happy, stress free, full of love and bliss, loving all people, hating nobody, you don't need to travel that much to destress, but Immortality Research Centers we call the Immortality labs of the Centralized Tone National Online Education system, the 1 million labs, can have guest researcher rooms nearby, nice tranquil mini-hotels where the meditative geeks can spend time, and even the City Hall Immortality Parks can have a small Eternal Bliss Relaxation Guest Rooms, to replace the business tradition of hotels, with the focus on happiness that reduces crime and anger in society 1 billion fold via the most intelligent and advanced system of relaxing restful rejuvenation, wholly deifying the Eternal Education of the Immortality *for* All Ecstatic Bliss, the number one thing we need to sustain Eternal Universal Peace next 5 trillion years. Let's face it, most people would

prefer to live close on campus, walk to classes (labs actually, since theory classes are online) and not spend 30 minutes or 200 min in traffic to get to the only lab doing something within 70 miles? Yet, we have these stadiums and sports facilities, wasting building materials and money, when they could provide decent housing to all students. Why don't we cut athletics spending by 95% and use that money to convert doubles into singles and build more soundproof walls and give people more science based nutrition and free earplugs in orientation week and free 5 hours course of the Immortal Civilization during Orientation Week? In a Civilization of "Immortals" (souls are Immortals) living to 200 or 900 everybody has a single room as freshman or any year (not a reality at most universities, who don't even give earplugs to students when they put them in rooms with people with different sleep schedules so they can't sleep properly, and the walls are so thin and lacking soundproofing at MIT even in many dorms).

Every year we hear some guy dying in a hazing ritual at some fraternity in some college due to alcohol overdose or something related. *How many* dead teens *in college rituals does* America *or the* world need before something is done about the housing situation? Alarmingly, some for-profit colleges increase spending more on athletics than on academics, as explained better and with references in Chapter 5.5. The housing situation is far worse in many other countries than in America, when it comes to college students: 8 per room. This doesn't mean things are perfect in the US or the best. We can ban alcohol, smoking, drugs, weed, other things in the state of emergency, due to the threat of all humans dying in 10 seconds, and also make all taxes 0. In the transition period to 0 taxes, we can tax sports events, like we taxed cigarettes to provide more funds for education, the Immortality EDUCATION Visa category and these Immortality UNIVERSITIES (or Immortality Departments or Schools within the top 20 Universities) that cure diseases, aging and discover ways to end many billions of dollars of destruction yearly due to hurricanes, tornadoes, etc by preventing tornadoes and hurricanes from forming early? Playing a lot of football, soccer, rugby, etc won't help humanity cure Alzheimer or live to 500, it actually makes people 3 times more likely to die of Alzheimer as explained in Chapter 5.5, due to brain damage and lifelong education damage resulting from this brain damage. Sports that can damage the brain can be illegal (balls hitting the head, etc); any sport where head impacts (or serious body injury) can occur could be changed to avoid it or be made illegal. ☺☺☺

2. OFF-CAMPUS (when a primary, middle or high school student)

Billions of families live in noisy housing conditions where, due to the way of historical inertia (the chaos of our history with no priority on learning and peacefulness), the living room is gigantic (we need reform the planning and the city codes to allow for smaller living rooms and more rooms) and there are too few rooms to allow every kid to have his own bedroom, so then it becomes harder to study or meditate if there is noise around the house or apartment

complex. One would think at least high school students would benefit from their own room. This is not a an issue of space or materials, as it is of historical inertia, culture, policy of a Civilization that doesn't value Longevity and Learning. A company, like Immortality Building Inc, can make the same profit by building *hotels* (many hotels are more than half empty and use huge amounts of energy for heating and cooling), liquor stores, stadiums, vape stores, restaurants, etc or by building housing with smaller living dining rooms and more bedrooms, triple pane windows, better sound insulation. Even if it would not be as easy or as much profit due to owners not being used to that business and not wanting to change, the goal of a Civilization is not profit while people die at 80, but profit while people die at 200 and travel to 500 stars due to youth doing more intelligent things than parties, sports, drugs, alcohol, etc. Today we see solar companies hiring coal workers and retraining them, just as tomorrow housing and Immortality research center building and maintenance companies (they need a lot of things, plumbers, electricians, etc) hire hotel, liquor, vape, disco, casino, restaurant workers. 70-90% of housing in the world doesn't meet decent standards of sound insulation, so while we turn all buildings to 0 emissions and 0 energy to prevent a climate catastrophe, producing their own energy thru solar panels, walls, windows, etc we can also put more heat/cold/sound insulation (energy efficiency) and retrofit all housing and improve it and create millions of jobs, because housing needs maintenance, plus build all new housing with the higher standards of producing its own energy, being soundproof, having more rooms, etc. Over time, as new policies exist, the new generations adapt, investors invest in what is more profitable (decent housing not liquor or hotels, due to government tax structure), just as we moved from wood burning to coal and then to solar and wind. The role of the government is to guide the Civilization of Immortals towards tripling lifespan or longevity and scientific discoveries in the short term, kids studying☺☺☺ and discovering things instead of doing drugs, aggressive sports or alcohol loud parties.

We have millions of liquor stores, millions of restaurants which are not needed, since 10% of restaurants or so have very few customers and with a pressure cooker and some weekly shopping trip to the store one can eat healthier than at most restaurants. But the culture is not there, education, learning, meditation (or comtemplative restful prayer or listening as some call it), gentleness, tenderness are not CENTRAL IN OUR CULTURES, so decent housing for all is not in the culture, without good sleep and silence one can't focus and nurture the essential qualities of a Civilization of Immortals. We have gigantic empty restaurants, hotels, dozens of useless businesses, empty places of worship etc when people could have a decent meditative place to live, make their own room their temple of peace and make their spirituality every hour using earphone music as a guide, not 1 hour on Sunday at church. We spend trillions for gambling, alcohol products a year, yet maybe a millionth of that on researching really soundproof drywall, roofs, construction materials, cheap triple pane windows for those in noisy areas, etc. Even with

earplugs in some areas the noise is huge. Many houses come with some strange layouts, with the living room 4 times bigger than the smallest room, and dining room bigger too than smallest room. Why is that? Then this family places 2 kids in a room, while the huge space of living room is wasted. As a result, the 2 kids fight (maybe not listening to headphones, different sleep habits, etc), they get poor grades and World Peace becomes a pipe dream as mass consciousness has been pollutted by the animosity that starts at home first, as always. The lack of harmony at home or the housing complex (HOA, neighbors) becomes the lack of harmony globally. Even if the kids don't fight, they distract each other and study less, creating a negative feedback loop that leads to poorer academic performance due to poor sleep. Establish fines of $2,000 to 90,000 for every house party or event that makes noise in town, to fund triple pane windows for all areas of town (so people don't need to hear sirens and traffic all the time) and also to fund research into soundproof drywall, nanotreated wood, etc materials, that block 3 times more sound for the same price almost (being required everywhere once discovered).☺☺☺

4.8. SILENCE HALLS to Improve Ethics & ACADEMIC PERFORMANCE

A good idea might be to have silence halls in every school, college (and company) or, at least, to begin or end every class with a 2-5 minute meditation/contemplative prayer silence period before asking what was learned during meditation via telepathy to help build the Civilization of Immortals deeper. Just as we have baths to wash our hands and take care of our physical body needs, we have a need for silent inner time to calm down our occasionally restless minds, souls, heart rhythms, develop tender soft gentle empathy and compassion for self and all.

Visitacion Valley School in San Francisco suspensions dropped 4 times after 30 min of silent meditation. Imagine if, in all schools, we would have 10-30 minutes of meditation or contemplative prayer (as it's sometimes called, or contemplation or conscious breathing), to center ourselves, close the eyes and breathe and forget all the worries and stresses, experience altered states of cosmic bliss, etc. Research could be done on which quiet forms of relaxation would be best. But since doing 5 minutes of telepathy after each class, may not be enough for some, it would make sense to have a place of silence where students can go during classroom breaks, to meditate, center, listen, just as we train our physical body with the basketball, soccer and other facilities in high schools or universities, people could have these Inner Time places of peace, where they can center themselves. Many kids don't have parents with habits of consciously breathing or meditating together with family or contemplating as they might have habits of eating together or playing sports together or doing various activities together. The Silence Rooms where we relax, meditate, contemplate, breathe, pray, listen to God's ideas too as in contemplative prayer instead of always asking God for x, y, and z as in "classical definition of prayer"; thus, we center ourselves in any kindergarten, school, college, company, etc to ☺☺☺

dramatically improve academic performance, science discoveries and even the chances of World Peace and 200 year lifespans. It would also give kids new ideas on the design of drywall materials that block sounds better and windows, to protect people who live in noisy areas from outside or neighbor noise, and ensure a good sleep which is absolutely essential for the best brain performance, highest IQ score and grades possible, etc. The importance of sleep can't be underestimated. Many teens who consume energy drinks, coke, coffee a lot ingest huge amounts of caffeine, develop insomnia and poorer academic performance as a result. Add to that noise made that made sleep improper, interrupted, and it's a perfect recipe for being very tired, irritable, mistake-prone, aggressive next day at school. Not to mention, many soccer, rugby, football, etc players damage their brain due to the impact of balls and falls. If we build a civilization of 900-year-old people, our brain is more valuable than being used as a way to push a ball or stop it as in soccer, our youth's brains are more valuable than this, as the brains are to last a long time. At least we can see that we have so much acreage dedicated to sports facilities in schools, yet 0 dedicated to quiet contemplation time and prayer, telepathy, centering oneself into more positive vibes, etc. There are very few schools that have 24-7 open chapels or 7 am to 9 pm open churches where people can enjoy a quiet time, those places could encourage quiet time, but it's not the standard for students to go there (impossible since the chapels are tiny), even when such quiet places exist. Many of these places where students could pray, meditate, etc, churches, etc are very noisy as people come in and out and soundproofing is very poor (windows open), with all traffic noise heard from the street. ☺☺☺☺☺☺☺

The European Union has some regulations about maximum noise as they noticed the noisier the area, the more health problems. We invest so much in teaching kids to play this and that sport, requiring them to play sports against their will, while not giving them classes in conscious breathing, smiling, being happy, contemplative prayer altered states, meditation, telepathy, creating a real imbalance where the center of our focus becomes the physical body and the spirit is neglected, the moral, emotional and ethical development of compassion rooted in inner peace and happiness, in quiet time and unity with divine energy or the subtle laws of the universe for atheists that bring a world of peace, harmony and joy. Of what use is knowing sports playing if one is so unhappy, angry and restless? We deify sports, physical fitness and totally ignore telepathy (and subtler intuition that discovers hidden things about the universe, as scientists do, as they question every model about everything), developing gentleness tenderness softness, compassion, empathy, happy contemplative states of union with the Immortal Infinite intelligence of the Universe (which is ever happy☺☺☺), ecstatic states that don't depend on drugs and weed or outer things and conditions. Ethical behavior by force is very weak and temporary, some people often forget it when angry or when they feel other negative emotions, while ethical behavior developed out of personal happy experiences of contemplative prayer,

meditation, astral travel exercises, conscious breathing, smiling exercises, contemplating on God's or Immortals' infinite gentleness tenderness mercy forgiveness compassion as explained a little in Chapter 2, is much stronger and long-lasting. If we teach kids to play sports they recreate this world, but if we teach them to create a world of Immortals they create that world and that is the center of their life, their goal, curing diseases, ending violence, war, natural disaster deaths, etc so we can all live to 300, then maybe 500, then 900, etc. The human being is formed mostly in the first 16 years of life, the first 16 years of life have such a huge effect on who we will be the rest of our life, so it's important to focus on education if one wants to make the world a better place. Sports tend to take people into a "stadium or sports facility (like they got in schools) surrounded" world that is very disconnected from the real world and the challenges others face, enabling the kids or people involved to grow less aware of, empathetic, compassionate, perceptive of the things we need to do to improve our healthy lifespan and wellbeing as explained in Chapter 5.5 in detail: build better housing for 90% of people living in houses where sound insulation is minimal between rooms and neighbors, making our food production more sustainable (Tyson Foods pollutes waterways 6 times more than Exxon Mobil), replacing stone age electricity generation with 100% renewable one and oil based transportation with electricity based one to avoid millions of premature deaths due to power plant and car smog that cause Alzheimer, heart disease, respiratory diseases through 2.5 micron particulate matter, educating people about the need of truly lead free water pipes (right now PVC can have 0.2% lead even in the US), countless Americans have tap water go brown or catch fire due to ground water pollution by fracking which was banned in France, switching to a vegan diet that feeds 10 times more people using same land since 1 in 6 Americans struggle with food insecurity (pay all bills, and then little left for food) per this 3 minute video, ending of child hunger (one meal a day) and malnutrition instead of building more stadiums, ending coal fired electricity as many Americans living near coal fired plants live 10-30 years shorter due to lung cancer causing chemicals, replacing all gas stoves with electric to prevent so many deaths from natural gas explosions and carcinogens present for hours after cooking. We can't know what we really need and work to solve it by playing current sports, but we could if sports could be redefined as inclusive of or mostly physical activity that addresses the above needs of the civilization. ☺☺☺

TELEPATHY or Immortality HALLS FOR Lifespan extension Inventions in EVERY SCHOOL

Scientific discovery depends on the tranquil patience of scientists who try out different ideas that "just happen to come in their head" via intuition or whatever brain process of telepathy or realization during a relaxed meditative state. If kids are taught from early kindergarten and primary school to use interdisciplinary team efforts to solve the big problems of humanity, such as every cause of death, they will become much more effective at emulating the Ethics of a Civilization of Immortals where instead of making money, for example, the goal is to extend

everyone's lifespan and wellbeing, healthy lifespan the most. In these telepathy labs or halls, people can come from the SILENCE HALLS, after they listened to Telepathy from spirits and discuss ideas about their project, be it building an electric car or finding the best nutrition mix for living to age 200. They can research more if lack of ω3 fatty acids in the diet, high caffeine intake, lack of quiet housing to get a quiet sleep, bad music (see Chapter 7) cause a lot of violence in the world by inducing aggression/anger/irritability in people. What are the true causes of violence and bad behavior? Can we discover more of them each decade? In medicine, we try to find causes of diseases, not just treat symptoms, so in healing the world of violence we need to look at real causes not just a few symptoms. ☺☺☺☺☺☺☺

4.9. SPORTS, SLEEP, GENTLENESS, ALTRUISM, EMPATHY, TELEPATHY

Bad behavior can be due to too much caffeine in tea, coffee, energy drinks, soft drinks, lack of nutrition knowledge, or earplugs and double pane window for quiet restful sleep or whatever. Students could be reminded of this and even asked about sleep quality and what can be done to improve it. If a problem is found, the head teacher can ask all students if they want to donate $2 to help a guy in a noisy area to buy a double or triple pane window (since earplugs are not enough) to sleep better and behave better and get better scores, as a dog or neighbor or something makes noise and the guy is woken up in the middle of the night, etc. This would create a universal loving compassion vibe in the school and make this poor performing angry student feel much more loved and he could become an A student as a result of this altruistic love, *not as in soccer*, but as in really caring about the wellbeing of others, their suffering, having empathy for the endless misery countless students endure at home due to bad conditions or inhumane city noise building codes that allow stadiums to be built, but no decent housing. It's this compassion that really builds a Civilization of Immortals, not really the sports. 20% of centenarians don't do any exercise, many are college professors who advance knowledge. Imagine what a forgiving loving kind adult individual would develop, full of compassion, gentleness, softness, sweetness, tenderness, *nurturing* grace, sweet tone of speech, if kids would learn gentleness, tenderness, etc in action from an early age, the age of 3. The most saintly people have taught compassion for all living beings, altruism, and the saints who did miracles were very gentle compassionate kind soft angelic spoken, selfless. So if kids would create a beautiful Silence Hall, a beautiful Music Healing Hall, a beautiful "Hands on Healing" Hall or Chapel in every prison, hospital, school, like we have habitat for humanity, they would develop a much more different idea of physical movement and exercise, one that is gentler kinder and dedicated to alleviating human suffering and one of the root causes of "violence, slow scientific progress, alcohol-drug addictions, crime and war", i.e. the lack of love and happiness. These people who're for 1 day, week, month or year in a hospital or prison or rehabilitation center have grown up in an environment where love was very rare, love like the

universal loving kindness of the saintly people. And they sometimes got love, but neighbors were loud and they didn't get enough sleep, they never got to relax, consciously breathe, do hands-on healing on someone, hug someone more than once a year, or any form of affection that would bring a gentler quality to their emotions, thoughts, intentions. People would benefit from a Healing or Silence Room where people can meditate or listen to healing sound or have volunteered to do remote healing or hands-on healing on others or have it done on them.

The people in these amazing & beautiful ☺☺☺ halls (entry would be time-limited based on size of community and size of the room) filled with healing fragrance and serene music, soothing calming colors, would learn that happiness can be achieved without drugs (by relaxation), that joy is easy with contemplative prayer, meditation,☺☺☺ hands-on healing, healing other hospital members or prisoners. These people, after 1 day or more in prison healing room for 1 hour, would be so amazed, even if they were in prison only 2 hours, at the healing energy there, they would want to create a healing space with gentle healing music and beautiful positive affirmations, smiley pictures, beautiful sceneries in their room at home and be even helped to decorate their room with some of the positive affirmations, images, things by the prison rehabilitation program. Imagine if anyone who goes to prison would have to spend at least 10 minutes in the healing room to heal, even if they're there only 1 hour. They would come out as a new person easier. School teens who're into weed or prisoners would realize that there is no need to find happiness in drugs, crime or whatever got them there, or in eating bad foods if this got them into hospital or rushing in rough “pushing rich” sports if this got them into hospital due to an accident due to a culture that unintentionally "institutionalized" in a very small way violence "brutality" "cruelty" (may be a little too tough of a word, but it can lead to that later) subtly without realizing, while removing or not introducing more expressions of compassion, service to humanity, altruistic love, gentleness, tenderness, softness, gentle tone of speech with all. We taught kids for millennia brutal cruel simulations of martial arts which can cause so much suffering harm and organ damage in fellow human Immortals, and we accept this as normal, when a Civilization of Immortals may look at this as pathological. And the weird thing is that we cheer our kids as they learn to be less and less like the saints and gentle healers who did miracles and hands-on healing and crueler, more like someone punching and shoving people, as it happens in many sports, and lacking gentle tender altruistic loving affectionate kindness for all beings. We have physical education teachers in schools, but no emotional eterni tone or speech tone that calms everyone, Longevity Education, Immortality Ethics or Longevity teachers. We don’t need any physical education teachers really, youtube can teach us how to stretch and do some aerobic exercise, pushups, squats, situps. Youtube can also teach, together with ebooks like chapter 8, the basics of intoning, the basics of ethics of thinking, emoting, filtering, speaking. We need science labs where we see all brain areas activated by eterni tone, the parameters, the

MRI, etc, to help people understand the basics of Trillion Year Lifespan: eterni tone. Some people laugh at this as some 'comical☺ rant', but if war exists | | Immortality *for* All | | is not possible. Movement or exercising is possibly only 10% or so of what makes one reach 100. Sleep, diet, nutrition, vitamins, phytonutrients, avoiding huge risk taking or dangerous sports (climbing Everest, etc) or activities, kindness, smiling, conscious breathing and gentle peaceful music for easier and better emotional regulation, Immortality ethics, gentleness, tenderness, softness, negative ions in the air; they all contribute to longevity. Emotions are central to our future wellbeing, relationships, health, intellectual performance, ability to heal, bring a world of peace. Conscious breathing, developing energy radiation, things that develop empathy like trips to troubled areas to create healing centers, interacting with victims of devastating diseases, (with parents who lost kids at 7 due to lack of understanding flu, with prisoners, hospital people who jumped too much at sports classes) can develop the emotional self, and yet it's not required. In a world where we want peace, emotional education would be so important; everyone would try learn turning anger into joy. Violence comes from negative emotions. ☺☺☺

Not until I was a very grown-up adult, I myself realized how I too, have been the product of these same "institutionalized" very tiny subtle forms of "cruelty", "brutality" or "lack of gentle tender softness", just like every other person almost, because some things are the same in most schools in *all nations*. In physical education I was forced as a kid to play soccer, basketball or volleyball, one of the 3. Naturally, most of the time I chose volleyball as it is less cruel and more civil, you don't hit others' legs by accident or get hit, you don't shove accidentally into people causing them or you to fall down, etc. One time the requirement was to jump over a trampouline like thing and of course without much practice you can break a few vertebra too, an unacceptable risk for a Civilization of Immortals, and I dislocated the vertebra in one location slightly and then for 15 years there was pain there until it healed; this is what happens in other forms to countless kids harmed by our 'overwhelming force, minimal grace and IQ' educational system, forcing kids to do so many dangerous jumps or sports (concussions can lead to permanent lifelong brain damage). If the Educational System forces all kids to shove others in a sport as part of the physical education requirement, the system is subtly "institutionalizing" uncivilization, delaying Longevity and a Civilization of Immortals, institutionalizing lack of gentleness tenderness softness, being rough with others or being insensitive to doing rough things a little more. It's a very subtle programming, wholly unintentional, but our brains don't have dedicated neural networks for everything. There is way more sharing among neural pathways and brain regions for tasks, decision making and *this sports aggressiveness affects all behavior,* just like watching violent movies was shown to make many people more violent, aggressive. We imitate the tone of speech of those around us, so if we hear only rough tones and experience only rough sports, rough is our definition of human speech, touch and human

relations due to neural overlaps. This sports influence is much subtler than watching a physical aggression filled movie. An eterni tone or speech tone that calms everyone, singing skills are far more important than "sports", since we develop the brain, ethics that keeps the progress 1 million times faster due to Peace. We can exercise while doing 100s of chores around our houses, longevity immortality centers. The new speech conditions our brains to think and emote in more complex and intelligent ways. ☺☺☺☺☺☺☺

Civil people don't shove and push. It's present in *all nations* and sadly, in many forms even on campuses of religious schools teaching kids to play this and that sport (it's different in every country), instead of having kids do hands-on healing, having a chapel of serving fellow people on campus or having weekly trips to build the chapel or silence-healing rooms in prisons or within hospitals or silence or healing halls, where they can practice gentle speech tone (anyone can modulate their tone to be gentler, more healing and lower by a huge amount via *will alone*), healing energies radiation, universal compassion. Instead of gentle healing merciful forgiving kindness, they're taught to push, shove, yell, as in many of these sports, disconnecting from the *nurturing* tender *healer within*, from the gentle speaking like an angel of telepathy and empathy, lovingly speaking kid who heals a traumatized prisoner, or fellow school member or a kid in a hospital who has *never heard such a* tone *of speech*, never seen such joy, such love, as that of a kid, teen, adult full of the love of universal kindness. If people would see how difficult the lives of those affected by natural disasters (house wiped out), diseases, flu that kills kids at 7, wars, or being in a prison with poor conditions (not the nice ones), they would also become more empathetic compassionate and happier with their life, and more willing to do something for these people instead of maybe say play another match of whatever sport they might happen to "be programmed by the ungentle educational system to like" the most. Volleyball, basketball would be much better than football or boxing/martial arts, less pushing and shoving and head impacts. A fire is *10,000 times easier to extinguish when really really small*, so when the *fire of aggressive behavior*, rough handling and physically aggressive behavior is only very very tiny, extinguishing it is much easier too, by *prevention of anything like it* or remotely related to even take shape in human mind via *movies,* tone *of speech or sports*. ☺☺☺ If we want to build a world where no evil intent or thought exists, one has to create the most angelic vibe at all levels, to educate, guide human consciousness towards the most *gentle tender soft* healing altrusitic vibe at all levels. This is Heaven, and the Heaven of "Immortals". When we build a Silence, Healing, Music Healing room or chapel in a prison, hospital, school, we do physical exercise, we develop much healthier emotions, thoughts, tones of speech than when we play soccer, basketball, football rugby hockey pushing, occasional or frequent shoving sports or the much worse ones like martial arts, boxing, judo, karate where violence is simulated.

If we want a Civilization of Angelic Kind Immortals, we give up the shoving sports, just as people

gave up bullfighting in some areas or gladiator sports; or we bring gentler versions of these sports or create new sports that are reflective of the Wisdom, Kindness, Grace, Gentleness, Forgiveness, Compassion, Tenderness, Softness of 90,000 year Immortals who know no violence, no yelling, no harmful intent, no evil, no shoving of anyone, no pushing, no rough handling, only healing touch at the most when needed by the other and the other wants it. We can teach the values of the heavenly "Immortals" Civilization (Civil-ization, being civil, not pushing, shoving, punching, kicking people, as this is not civilized) so the conditions for the scientific discoveries that bring Long Lives about can occur, and we can make physical activity a way that heals the historical inertia. As prisoners, fellow school members from tough families, hospital people, rehab people experience this love, this gentle music, tone of speech, these WORDLESS (the most effective teaching sometimes) teachings by living examples they can follow from kids, teens, adults, these less lucky people realize everyone loves them, and as a result their fear, negative emotions/thoughts are replaced with the healing power of universal loving forgiving compassion; they become new persons, just as the selfless angelic volunteers who help these unfortunate individuals become better people themselves, much more different, empathic,☺☺☺ telepathic than kids or teens who play karate, rugby, football, soccer or basketball, much more compassionate, tranquil, able to understand human suffering and the need to cure diseases and bring The Kingdom of Immortality, of *Heaven on Earth*, to prevent hurricanes. We don't even realize how our fun activities are often disconnected from alleviating the suffering of others, what we define as fun is often maybe watching sports or a comedy, but it could be redefined as mainly making others happier and seeing the amazing & beautiful ☺☺☺ transformation of people, the elimination of all violence, short lives, rehab centers, prisons, wars, calamities, natural disaster deaths, etc. It's not always easy to perceive how the lack of *gentle tender softness* in our schools and in our relationship with spouses and children is potentially a major cause of all the warfare, violence and crime in the world. This lack of gentle tender compassionate empathic softness indirectly and subtly precipitates so much negative emotion, the beginning point of all misbehavior usually (sometimes it is pure lack of knowledge, but most of the time it is negative emotion). How many kids are practicing hands-on healing when a fellow kid got a leg, hand or fall injury? It's not very common, even if it's not touching, but doing it 1 inch away, sending positive energies, IR waves (chi contains infrared waves, see Chapter 10.3) and vibes. On the contrary, what we see on campuses sometimes is people laughing or being happy when someone they mildly or strongly dislike has suffered some minor fall, injury, etc. How many spouses do hands-on healing daily on each other, to teach themselves and the other gentle tender emotional energetic radiation, nobler intent, empathy, telepathy and universally good intent, and whole soul development? Loving a pet is different than loving a human and doing hands-on healing on them, it requires a subtler telepathy and empathy.

We see spouses kiss but the kiss often lacks that universal forgiving compassionate whole body radiation that happens when one does try to channel the infinite spirit of loving kindness and infuse the other person with it so the other can become an angel of Immortality who brings the Civilization of Immortals, *Heaven on Earth* and turns enemies into friends, angry people into happy people, sad people into joyous one, hopeless people into hopeful ones, etc like in that prayer "make me an instrument of your peace." And because of this lack of these expressions within the immediate circle of family and school peers, it becomes much harder to practice *universal* loving kindness towards all human beings, and then being physically aggressive becomes much easier to fall into or much easier to justify via any philosophical or religious form of argument. To build a human being, to teach them, to help them live to 115, takes so much effort, that living to 115 is so rare. And it's so easy for the flu, violence in some area or war or some accident in nature to wipe them out before 115. *Imagine how much more care, grace, gentleness, softness, tenderness, loving kindness, nurturing tone of speech, ethics, education, soft* music (Chapter 7) and culture (Chapter 5), effort, *attention, etc it takes to build a human being who makes it safely to 500 or 900.* To be able to reduce child mortality by 20 times humanity had to go thru so much change in its society, culture, in its understanding of the universe, thru the birth of science, chemistry, physics, hypothesis testing thinking, instead of assuming or believing in something without having much of any proof or evidence. Our world now looks different than 500 years ago. So will the world of 500 year old humans look so much more *gentle tender soft*, back in the medieval ages people were killed for nothing (sacrifices to the "gods" of crops); the cruelty was big compared to today, just like today the cruelty is big compared to 2500. It's easy to see how over time people will become smarter and softer. Parents or teachers, who teach the kids these rough sports, complain when the teens become “less ideal”, ignoring the role they played in shaping their neural pathways/behaviors by the living example provided at school, play, by letting them play the area cruel sports or games, allowing their subtle conditioning.☺☺☺

There are many books about psychic ability, like "Your psychic child, How to Raise Intuitive Kids" by Sara Wiseman, that talk about how kids are often pressured to train so much for this or that sport, they lose their capacity to center, to relax, to consciously breathe, to regulate emotional tone and vocal tone output thru the filter of *gentle tender soft* healing universal compassion, to just be, contemplate and also their ability to be precise in telepathy and empathy as a result of this off-centering. The parents sometimes are unintentionally cluttering the kids' schedules with so much stuff, that the kids lose their soul connection, have no time to just be, to receive telepathy, to pray, to be alone with God or their spirit guide, to invent new things, being forced to memorize cruel things in history classes (programming to repeat history unintentionally, as no discussion of a world of peace, 700 year lifespans exists) and practice so many ungentle sports,

there is no room to be themselves, manage their emotions, move gently as a healer does during hands on healing or remote transmissions; then they explode in anger or other negative emotion of course, as they're force fed what is against their soul nature, universal loving tender soft kind grace, divine spark, the memory of Heaven claim report to have. They lack any living examples to follow at school of being really very very gentle tender soft in tone of speech (few teachers have it), behavior, movement, intent, thought, emotion, energy radiation. That's why schools could combine physical and emotional education into Physicoemotional class that uses these ideas of movement and emotion as one. This movement and gentle healing benevolent tender soft emotion as one seems to stimulate the synesthetic cross brain regions connections anyway better, enhancing telepathy. ☺☺☺☺☺☺☺

The future world has no war, violence, prisons, crime; the worst thing that happens is some people get into a negative emotional state for a few minutes or hours, it becomes clearer that the skills that are most needed in this future world to maintain this perfect paradise (it's never going to be "perfect" as people will always evolve to an even more graceful state as lifespan triples forever) relate to the ability to be the most amazing telepath and empath, able to go around people who're in a frowning or negative emotional state, cheer them up, ☺☺☺ anonymously or as a passing by stranger, without them realizing that this is done on purpose by the most saintly persons on the planet who're the most telepathic, empathic healers. Naturally, when these telepathic people (who may be teachers in a high school too) notice someone is in a negative emotional state (the state before something bad happens days, months, years later), they alert closest relatives to infuse them with the most positive emotions... without them having to physically encounter the person. Not all people can correctly read others, so there would be a need for these people, often times moms and dads have NO CLUE about what the kid goes thru (and are shocked when something happens), exact empathy and telepathy is ultra rare today and in this world of the future it won't be everyone having it at first, only few people who work at it for decades or centuries. In the future Civilization of Immortals, the function of the guardians of "elysian harmony, Immortality and nonviolence", is performed by these healers with the ability to turn enemy into friend, negative emotion into positive one, anger into compassion, sadness into joy, etc; these could be the school teachers (education being for maybe 120 years instead of 12, since we live to 900), some staff at hotels or different public places, or even the "police" of the future, and this shows us how far we're today from this Heaven, because countries have to have so many weapons and things for police or teachers to defend themselves, most countries allow guns, all these things that are inconceivable to have (except for planetary defense force if any bad alien shows up, but very few people would be part of this force anyway and wear these only on the motherships in space defending Earth) on a planet of perfect harmony, tranquility, nonviolence, compassionate loving kind empathic

telepathy. In that future world, when someone commits the greatest "crime", a frown, (minor crimes are not being happy, smiley, having a dull neutral expressionless face, meaning poor sleep or lack of kindness for all, and risk of falling into frowning and negativity, so all need help that person fast) the teachers *help the student immediately energetically thru smiles and a gentler tone,* and the "police" doesn't even wear uniforms, they're unknown and they could be some of these angelic healers who approach the person in distress and try to *cheer them up*, give them their favorite food, music, etc talk about their favorite time, happiest experience, etc, to heal and bring about the most positive memories, emotions, etc, especially if a relative or best friend in high school can't be reached immediately to lift that person up and nearby peers didn't notice the slipping of this person into a negative emotion.

Because everyone is very empathic and telepathic in these future primary, middle, high schools of the Immortals (compared to today, due to these sciences being far more developed), they're usually immediately able to sense when someone is in a bad mood or shifting towards one, and immediately heal the person, and if they don't succeed to heal the person, they can gather the best friends of that person to have them cheer the unhappy person up, and send energies, before even the teacher has to do the same or before they have to call a special healer if these efforts fail, like a stranger who is actually a police wanna be ("teen" of the Immortals who is expert in that entire high school, the best in that building at negative into positive emotion transformation) trained in the most effective transformation of any negative emotion into positive one. The cheer up can be a phone call, even, etc. Everything in the civilization and even the teacher, hotel, checkout clerk, business, police training and everything is about infusing other people with more love, compassion, kindness, joy, grace, etc... So, to get to this idealistic world of the future, which may be a true reality quantumly entangled with ours, we would have to prepare for it and act as if we will experience it in a few decades, manifest it and move towards that world where the educational system is focused on the most angelic benign role models, historical examples, visions of the future and intents, etc. and gradually internationally get to this state of perfect almost heaven. People in this future wouldn't have to be any kind of superhuman able to read every thought and emotion, since even today many people can use body language to tell immediately when someone is angry or happy. However, for subtler smaller more hidden forms of anger and negative emotion, hidden behind a fake smile done out of kindness, it's not always easy to discern that clearly even in this future world (let alone ours); the need for an expert to clarify, heal, etc may exist if the ultra positive infusions of others fail to rapidly shift the emotion from negative into positive. From age 3 in kindergarten, when they see a sad/angry/unhappy face or voice, people would be taught to smile ☺☺☺ and look at that person, speak like an angel (Chapter 8.1), softly healingly, tenderly to aid them to return to a happy smiling state and not fall into deeper negative emotion territory. With such training, from

such an early age, it will be a very rare thing to even have anyone angry or sad in any high school, and a lot of disciplinary actions and bad things that people say and do in schools at times would be non-existent. This is because Empathy, Telepathy, Compassion, eterni tone or speech tone that calms everyone, Emotional Education (not just Physical Education) would be required subject in all grade levels, these being the cornerstone of harmony and advancement towards a higher heaven like future Civilization of Immortals. It's not easy to imagine such a future within 100 years, where we would live a little longer, maybe 120 or 130 on average and World Peace, harmony, etc would exist, and then in 200 years the average lifespan being 170, etc. If we look at the people 100 years from the past in 1900s, they would have never imagined that today we can send letters in real time, via email, that we can talk face to face via a device we call phone, that we can fly with Voyager 1 (38,610 mph) at 161 times the speed of fastest bird flight (240 mph), that we can walk on the moon, etc. So one can see from these examples of science fiction becoming reality before, that things that are unbelievable or unlikely, can be achieved in 20 years. Simply because something sounds unachievable to us it doesn't mean our kids can't achieve it or experience it: a world without any war, prison, lifespan of 500 later. Educating our kids to bring about that world of the future, in their lifetime, or preparing so that it comes true in their kids' lifetime, would speed up this future, much like the walking on the moon was sped up by national GOALS to get there. This would be a moon shot to manifest a planet free from violence, war, disease, natural disaster deaths, short lives. ☺☺☺

ARTIFICIAL intelligence and video cameras leading to the end of violence

In our present world, where we can't have these deeper telepathic empathic abilities to read others so easily from a distance and sense without seeing them when they shifted into a negative emotional state, we could use video cameras, with an AI system, artificial intelligence of emotional recognition based on body language, heart rate or breathing rate fluctuations too perhaps, to alert people when their facial expression lacks a smile, as smiling prevents negative emotion. Cameras everywhere are already a reality in the UK which has about 1,000 times more cameras/capita than many nations, being the most video camera dense country. The AI could be programmed also to send an immediate text message to closest relatives and friends that his facial expression shows tiredness or negative emotions, so peers, best friends, spouses can propose the person to get some rest, take a nap, or go to sleep or cheer them up. For people without such friends or relatives willing to get instant phone call or message 24-7 any day and night, there could be a non-profit of angelic people involved in this outreach. Or even something that every city or country creates as their Immortality Building and crime fighting strategy, the Ministry or Department of Immortality Emotions or Immortal compassion or kindness, just as we have Education Department and Ministry in all countries, it could even be part of Education Department, since we're self-educating about better emotions. The user could program the AI to

remind them when they did not smile for 5 minutes or 10 minutes or whatever, and when they forgot to consciously breathe slowly for more than 3 minutes as the video camera can calculate breathing rate and for skinny people heart rate based on the volume changes in veins on the outer body at times, many people got a lot of veins on their hands, neck, etc. This becomes then a powerful biofeedback that helps the person to remain in a smiley, happy, tranquil consciously breathing state (see Chapter 10.1 about tranquility arising from this breathing) of maximum serenity and evolved trans-linguistic telepathy, for maximum empathy and spiritual progress towards the manifestation of the Kingdom of Immortality on Earth, "Thy Kingdom of Immortality come on Earth as it is in Heaven". This can be used to overcome many bad habits, like rushing, if we want to become a 24-7 ocean of tranquility and conscious breathing and smiling☺☺☺, with more precise telepathy free from rushed movement neural networks noise, due to shared brain pathways and regions for several cognitive functions, not just movement. The historical inertia has created brain pathways where shifting into "fight and flight" and fear is so easy to do that we need powerful technology to undo the damage of millions of years of living in fear of lions, wolves, snakes or whatever animal eating us.

Today computers are billions of times more powerful than 50 years ago, per cubic centimeter, we have this huge advantage to use technology to create vastly new epigenetic changes in our brain architecture and assist our spiritual development and the rise of an anxiety free Civilization of 24-7 smiling (even in sleep) Immortals. Crime would also be lower when cameras are everywhere and our concerns are loftier, like how to make all live better to age 500, instead of how to steal something without the camera seeing it or whatever (people often steal with a noble intent, to do something for humanity, etc, or even to help some very noble cause, but this happens because they don't realize intent is not enough to be good, action has to be good too and there are trillions of ways to achieve a goal, most of which don't involve stealing, just we there are trillions of ways to peace without violence or wars; with this awareness, people definitely won't care about cameras being more present). For just 20 dollars anyone could buy a camera that helps them become a smiley person, or quit smoking, as it would tell them about catastrophical effects of smoking every time they pick up a cigarette the camera detects. It can also be used to change habits of nail biting or finger skin biting or whatever unhealthy habits people may have (saying bad words, program AI to remind when a bad word was said), which are so hard to overcome, without an AI reminding you of when you do it. Same thing with eating bad stuff or too much on a given day if one wants to lose weight or whatever. As telepathy tech evolves, it can even detect perhaps certain silent mental words and the AI system can immediately say positive words if those negative thoughts are detected, reminding the person to focus on positive stuff. This becomes then a powerful method to practice Evolved Telepathy of Trans-linguistic type as explained in Chapter 8.2 about the evolving of our speech and words

to only positive ones or mostly positive ones. Of course, such technologies will take many decades and centuries to perfect, but the primitive ultra basic video AI could be implemented today (if a company develops it) by anyone at home or even work and they can program what the AI would tell them to help them become a better person with a better emotional makeup, better tone of speech (program AI to remind them when they don't speak in a *gentle tender soft* healing tone as Chapter 8.1 explains), better vocabulary (if they used the word "stupid", AI can say "not the most intelligent perhaps" as suggestion for next time ☺☺☺), etc. We have used technology to reduce child mortality rate 20 fold, why can't we use AI video to cut negative emotions by 30 times? This may lead to a 10-30 times drop in crime & war effect worldwide. Most crime, wars, violence are caused by negative emotions or unhappiness.

Happy students are much more curious and eager to learn also and they perform acedemically much better, so an AI system can improve IQ and academic and social performance, as relationships become much better between smiley people than between angry people. It's interesting how in China they use some kind of brainwave or emotional state algorithm to prevent accidents and improve harmony between people. Imagine if we have a world of peace where the clothes flash over the shoulder with a sad face when AI detected sadness, or a Rapid Heart when heart rate goes up, etc notifying people about their status (it would be very useful to the person too, if the flashing happens on their hand, closer to wrist on the clothes, so they know how to better breathe and create the most positive divine ecstasy state; this also enables people to work as healers of everyone around to prevent any tiny negative emotions or health conditions from becoming unfortunate events. A world of pretend would be replaced with a world of honest kindness. Others can help the person whose clothes are flashing "less ideal markers" with the most *gentle tender soft* loving kindness to get out of that state. Nobody would feel bad being helped, since people understand, as explained in Chapter 2 that we're not the body, mind and emotions, but a much subtler soul structure and people understand telepathy diffusion can mean our emotions aren't even always caused by us, but by genetics, beliefs, things we read, other people. There is nothing private about our suffering and the fact we have so many negative emotions in the mass consciousness field. If we want no crime, we need to transmute negative emotions (causing crime); it helps to know when negative emotions arise better, beyond seeing a face. If you think about *it, we're so close to being able to end all wars, violent crime, the tech is there.*☺☺☺

If we would have an angelic being try to score every physical activity based on their gentle healing tender radiation in all human beings, perhaps many people would agree that the angel from heaven would score building the silence, relaxation, napping, healing or music halls (in hospitals, prisons, schools, maintaining them and doing hands on healing there, even without touching, remote healing☺☺☺), *as a* much more selfless activity *than all sports today*, even the

least pushing, shoving sports, like stretching, moving up and down, and sideways, all kinds of gentle fitness systems, gymnastics, walking, *gentle yoga* (video on yoga injuries), tai chi, stretching, jogging, lifting small weights, etc. This building of silence halls solves the karmic accumulation of negative energies which have led to the existence of prisons, violence, rehab centers, hospitals, as we have not healed millennia, as we have not conquered disease and we need so many hospitals, as we have still having to deal with so much violence, alcohol and drug addictions, etc. We could make our sports avoid all pushing or shoving of other people, making all movements gentle, because the brain centers for movements are shared with those of emotions, intents, perceptions sometimes, and when one trains to kick, punch, shove, as in many sports, or becomes desensitized to pushing, shoving, being in combat almost, it makes that behavior very natural and makes people forget that God doesn't want anybody shoving, rough handling, pushing any human being, as this doesn't exist in heaven or a Civilization of Immortals on earth. This excessive training (unconscious programming, unintentional) to be tough removes much of the very core of all spirituality/ethics, which is *gentle tender softness* loving kindness healing grace and the ability to replace negative emotions thru empathy with positive ones, fear with joy, sadness with happiness, fear with courage, despair with hope, violence with soft love, etc. We take pushing, shoving, etc for granted as "normal" even they're things that the most amazing saint-like people would never do and never did, or maybe did them once in their life at their worst time. It's like in optical or all kinds of illusions what's part of the background we can't notice, it's so ingrained in our growing up, culture, schools, everything, we don't ever question it. I never liked sports or viewed them as very useful, but I never realized they became like a form of "institutionalized" "lack of gentleness and healing tederness" or "cruelty" (may be a little too tough of a word, but it can lead to that later) until 2018. Every little thing out there contributes to the whole individual formation, and whom we become as an adult, and what happens in the future in our world, how much peace, nonviolence, empathy, telepathy exists or doesn't exist; just like Chapter 16 talks about veganism as an expression of this universal tender softness. Moving away from omnivore to veganism is a little bit like moving away from rugby to walking or stretching, because it's less shoving and pushing, and when you eat no animals that were tortured, you eliminate the horrific experiences of slaughterhouse humans, with highest turnover almost of any job, who have to endure that stuff, become so full of negative emotions, contaminate the whole humankind and then the energies and emotions of animals, thru the blood that never can be fully drained from 1 µm microcapillaries, affects us.

Some of the catecholamines, cortisol and chemicals released at slaughter are in the meat. The animals are treated so badly, making it look so bad *to treat pigs one way and pets another, cows and chicken one way and parrots or bird pets another*, cows living 20 years normally, but only 4-5 in factory farms, or even 2. For many *vegans*, a pet is like their family member, and therefore

they view eating cows and pigs as eating their kids or siblings almost, like cannibalism. For some people who listen only to very gentle music, listening to aggressive (even if lyrics are not that bad) music (that pollutes the mass consciousness field with aggressive tendencies, multiplying war unintentionally) is like a tiny complicity to genocide. In factory farms, millions of cows are killed on day 4 of birth, billions of male chicks are shredded alive on day 1 of birth.☺☺☺ *The cries of pain of animals as they're killed, enter human mass consciousness thru slaughterhouse workers* who diffuse it, being like a music of killing that brings war. If we go to a place where in past times 1,000s of people were tortured or killed, the energy there is sick, even if there is no torture going on now. Likewise, when animals are tortured, they create an energy in the meat that contaminates the meat with a little more fear, terror, rage, anger the animal felt at death or during its life, just as the locale is contaminated by the torture that happened there for humans.

If we want God to help us live 10 times longer to 800 on average, would not God want us to stop taking the life of animals and stop making animals live 5-10 times shorter? Many chicks live 4 years, but in factory farms, they only live 40-50 days. *When we shorten the life of animals 5-30 times, and we ask God, cure our war, disease, etc that make us live so short, isn't that a little bit of a* contradiction*?* If we cultivate ever longer lifespan, immortality, it's not very coherent. Some may say this is esthetics of the passionate vegan folks, because plants also suffer, which is true, if we cut them (not fruits, seeds, nuts), but eventually we will live without animals and plants as food. An animal eats sometimes 9,000 plants accumulating 9,000 times more pain than 1 plant eaten by us. Many who're cruel to animals are in general a little more likely to be so with humans too. Vegan or omnivore? What sport teaches more gentleness and healing grace: tai chi or Shaolin martial arts smashing bricks off one head, causing brain damage? Boxing or a little stretching and aerobics? Chapter 5.5 explains 110 out of 111 NFL players had brain damage from concussions in one study. Is that gentle loving kindness for self or others? Imagine if *all nations* would agree to these educational reforms (like climate or cessation of hostilities agreements) to phase out gradually all sports that are incompatible with universal healing kindness tenderness towards all beings. It would be doable, heralding a new era of loving care and soft tenderness in human affairs. It's impossible to achieve a world of 0 violence overnight, so naturally, since having some physical skills is often very useful in certain professions, like police or heavy construction workers where more physical demand is needed, thru a government approved license, when people want to or consider maybe to become those professions, they could get approval to enroll in a special school that teaches rougher sports that are not legal for the rest of the people, as they promote "tenderness healing grace universal kindness lacking" or "mean or negative" emotion and behavior unconsciously, due to the shared brain neural pathways of movement and ethical-emotional-intentional behavior. The people who enroll in these rougher sports facilities would be taught to overcome this *neural movement programming*, so they don't

themselves become more aggressive or escalatory, by several methods: practicing very gentle tender movements, developing highly empathic energy radiation skills, helping altruistic causes too, deescalating situations thru energy radiation, empathy, thru silent smiles or healing tone of speech, so no force is needed. Over time, as technology improves, having physical ability for construction or for police or planetary defense force won't be a need, because with a telepathic thought sent to a belt, a laser beam or jet of unknown particles will immobilize and freeze in space any person who has somehow started acting aggressively or levitate any object that needs lifting in construction, especially now as 3d printing of houses is becoming popular. But eventually, violence will be unheard of obviously, as it is removed through international agreements from all media, movies, songs, as explained in Chapter 13 about World Peace, and "physical or verbal aggression filled media" is only allowed for the planetary defense force soldiers to watch in defense of the Civilization of 200 or 500 year old Immortals who're not at the super-grace level of nonkilling and nonviolence, due to lack of knowledge of the much older "Immortals" with much longer lifespans.

Defense would become 100% nonlethal painless harmless though as people evolve towards much longer lifespans with much higher intelligence, so "violent media" would disappear totally then. It all can happen fast with international political will to agree to these things, especially as neuroscience makes these relationships very clear thru randomized double blind placebo-controlled studies. Some people won't switch from rugby to soccer or from football to soccer because there is less shoving or pushing in the other sport, or because this has a 1-5% lowering effect on telepathy precision and loving kindness depending on how often one plays it or has balls hit the head as players do in soccer a lot; it is beyond their motivational threshold. ☺☺☺ Once someone is in love with a sport, they're not easily going to switch to a gentler one like basketball where they shove less into people. Just as we have these 50 year climate plans for gradual replacement of fossil fuels with clean stuff so we live longer (as smog ruins brain function), governments can cut all funding from rough sports over 50 years, in alignment with the GOALS of the Civilization of Immortals to cultivate gentle universally kind healing soft emotional states, tones of speech, behaviors, intentional radiations and sports (Chapter 5.5) that are nonpushing, less dangerous for the head (no concussions acceptable in sports in a Civilization of Immortals, as we have that brain for 900 years). No Immortals push and shove, have any harmful intent for anyone, and thus any pushing sport would be illegal. As people can fly, move objects with the mind via the belt force fields, etc they no longer need to be runners, and strong physically. All time wasted today with fitness will be used to prevent violence and crime by happy states, the 20 telepathy habits and many others, instead of addressing it after it happened. Playing soccer can cause brain damage that makes that kid more mean or aggressive without even anyone realizing; every individual little thing has such a small contribution to short

lives, that normally we ignore it as negligible. But if add 100 small factors, they become a main obstacle to achieving a Civilization of Immortals who live to 500. ☺☺☺ So, one can completely understand why most people don't pay much attention to individual items, like music, movies, sports, history classes, physical education classes, chemistry (teachers not asking "what is the use of what we learned today for making us live to 500 or cure this disease?"), etc, because each item has such a small impact, especially, as many people are not engaged in that particular activity more than a few times a year. But if one would want to take the long view of the 200 year plan to eliminate all violence and crime and bring 180 year lives, one would have to look in minute detail at everything that could shorten lives. Which person will be a more effective mind reader, empathic healer, someone who practiced hands-on healing, built silence, healing rooms for others, etc or someone who played rugby? World Peace and scientific progress are totally dependent on telepathy and empathy being more precise, so then to achieve a Civilization of Immortals or *Heaven on Earth*, telepathy and empathy become truly the central aspects, not the body, but the emotional body, mental body and spiritual body, not the physical muscles. People will probably research the impact on ESP/IQ of different sports, movement styles, lifestyles or the physical aggression crime rates in certain populations based on sports choices made in their first 18 years of life and see if the hypotheses above contain some truth. ☺☺☺

4.10. SLEEP STUDIES, Good Sleep = Long Life; No Food/Drink 4 hrs before Bed, proper position can prevent death by stroke or infarct while sleeping at 50

Bad sleep means arterial plaque, the number one killer worldwide. Sleep position can reduce life by 20 years, left and 15° elevated back sleeping can help. If you don't move and change position etc because of fear of waking spouse up, sleep on a different mattress (like Germans do) or a different room even. Stop meals/drinks 3 hours before bed to protect arteries. Even preschoolers with irregular sleep hours have poor verbal and cognitive outcomes; teens who don't sleep regular hours are more likely to be in a hospital at age 22. Microsleep is when you're so sleep deprived, due to sleeping poorly and only 5-6 hours for days in a row, instead of 8 required, that you doze off, eyes closed, and your head or hand might drop for 1 inch for half a second (can be even 1 minute for severe exhaustion), before you bring it back in position, the brain shuts down and tries to sleep, to microsleep. This is deadly if you drive a car as you could fall asleep in traffic and end up dead together with others. So, get your sleep and if microsleep ever happens, sleep 8 hours for a week so it never happens again. Shorter sleep means shorter life ► Sleep Adv 2025. Sleep is body repair time, 6h is bad, 8-10h is good. Short sleep = knee arthritis. Don't breathe thru the mouth while sleeping, if you sleep on the back and this causes mouth to open, just fold the center of your blanket in 3 and push it under your chin, so the chin stops dropping (the lower jaw). This method is far safer than placing some 3M Nexcare mouth tape (or 1 pack to try it). Mouth breathing is bad because you damage lungs if you don't filter air

thru the nose, causing blood pressure swings that form clots, strokes and pulmonary embolism instant death during sleep, and your throat becomes dry damaging your voice: it also causes irregular heart pulse and can increase risk of heart attack and stroke 50% over time. Side sleeping closes the mouth naturally, so you can try that before mouth taping. Don't sleep with bent arms, as it can ruin your nerves and cause lifelong hand disability, wrist pain, etc. Please see the melatonin section if you want to know more about sleep, taking melatonin is essential after age 20 to protect mitochondria from oxidative stress, as bodies peak melatonin production at age 15, and by 45, our body makes far less, so I take 20+ mg to help mitochondria (it helps body to recover next day after a short night sleep of 5 hours previously, to sleep 11 hours next day, so you get 8 on average, a task that is impossible without melatonin for many). Some people used to sleep 4 hours, wake up 1-2 hours, then sleep another 4 hours for millennia, see BBC article on this odd sleep pattern, this hypothesis was true, for some at least, see NIH paper.

Melatonin is the most important antioxidant in the mitochondria, without which we have no way to prevent 100s of diseases, dementia, atherosclerosis, brain/organ aging, etc. Go to bed early, 9-10 pm, 3 hours after the last meal or glss of water (hydrate early on in the day), to sleep in darkness on a regular schedule, by using an 8 PM desktop/laptop clock app to remind you to wrap up your day. Melatonin pills (20-300 mg) will increase REM (Rapid Eye Movement) sleep, to the long duration of your childhood years when you produced 4-10 times more melatonin. That's why old people forget things, their REM sleep vanishes and it's the key dream state for repairing memory. REM sleep helps our brain remove cellular waste and prevent dementia (increase working memory ► PO 2015;10(5):e0125752, meaning reduce *forgetfulness which is the way Alzheimer begins*), process new memories, erase junk memories, deal with emotions better while awake. Monitor your regular BP and HR, to turn off clock or other electronic devices that could be HR-BP-dream-thought modifier devices in disguise to disturb your sleep. Clocks are classic spying devices, that can record info, write brains, avoid them at all costs, turn off power strip with all electric appliances when going to bed except maybe the heater or humidifier. Avoid alarms as much as possible, and keep phones off (not just airplane mode) due to microwaves and remote phone control while in airplane mode. It's better to sleep until you're rested by going to bed earlier, instead of by clock, so clocks are not really that useful at all. Clocks make you not listen to your body's needs for rest and wake up based on clock, thinking you "slept enough". A beautiful desk clock is none or, at worst, one made in USA, using minimal power, to prevent top secret spyware and hidden scalar, sonic, brain writing, RF weapons. Wear XXL size 15-18 socks on top of regular socks, if needed to keep feet warm and circulation is not blocked if it's winter and room is colder. Toenail problems from blocked circulation can happen due to tight socks. This will save some 5000$ in medical treatments for nail issues stemming from poor circulation by tight socks, or for diabetics, save their legs from amputation. Big

trouble starts small, with cheap 1$ socks. When wearing slippers around the house, choose much higher size, because it's much thicker and cushions your joints much more, for example Under Armor 15 size, just tighten the velcro. Wash them biweekly, to prevent infection of foam with microbes that infect you later, so soa them in detergent 2 hours, and add also peppermint/clove oil or water obtained by soaking cloves into water. If your socks leave any mark on your feet after 15 hours, they're too tight and will damage the feet.☺☺☺

Google and some papers say sleeping on the left side is the best for heart, stroke prevention and body circulation and for clearing brain waste products via the glymphatic system. Here are 5 habits to facilitate brain toxin clearance: movement before bed to get lymphatic drain, staying hydrated, lowering temp at night by 1-2 degrees, evening content needs to be familiar not new, make a list of all good (never the failures) things accomplished today before bed. These conclusions are based on rat studies on brain waste clearance and on associations (correlation is not causation) between back sleeping and dementia/Parkinson/neurodegenerative diseases. You can watch a simple video summarizing the benefits of left side sleeping. The "side sleeping hypotheses" are not proven and more human studies are needed to confirm these hypotheses are actually universally true in most people. Right side sleeping may drain brain waste slightly better, though that is uncertain, but right side sleeping applies pressure on the vena cava deoxygenated blood return to the heart and this creates poor circulation to the heart and internal organs, brain, causing potential issues not present with left-side sleeping. You can try left side sleeping (doesn't work for people with severe heart issues) or back and see how your cognitive or heart health go. If side sleeping, use the comforter or some pillow between the knees to reduce pressure on the spine and to improve circulation and reduce clot risks by turbulent flow. Knees touching can cause blood flow restriction and weaken knee and lower leg health *(knee pain due to arthritis caused by poor circulation),* raising risk of leg clots *(or lung/brain clots if they travel from knees elsewhere, causing instant death during sleep)* that could create plaque, causing over time poor foot and lower leg circulation *(cold feet/lower legs)* and issues with toe nails, etc). Google uses most papers to conclude, like Dr. Mandell, that left side is ideal, unless you have heart failure. ☺☺☺☺☺☺☺

Left side is where pancreas, heart, stomach are (prevents heartburn), so it also helps improve digestion, kidney health, lymphatic detox (the lymphatic system works better due to gravity if you're on the left side, so your blood is purified better), pancreas, stomach/colon health (less undigested junk gets into colon, meaning less gas and toxic dump into the blood when it's lingering in the colon), blood sugar control and heart health. The food comes from the intestine into the ascending colon located on the right side and then gravity pushes the feces from the right side ascending colon to the left side descending colon, enabling smoother bowel movements for left side sleepers. Left side provides better blood flow to the uterus and kidneys,

so if pregnant, your baby will be much healthier if you sleep on the left side, higher IQ, longer lived, more able to take care of you when old. Left side alleviates neck pain, and keep head slightly raised to enable better glymphatic drainage of brain waste. Left side sleeping exerts less pressure on the right side liver, so it may help people with liver or detox issues, like acne due to liver issues. Amyloid protein forms in the liver, heart, kidneys, brain and it is transported by the blood to the brain, hence pineapple bromelain destroys this amyloid in the blood, etc before it can even reach the brain (amyloid is good for liver but bad for brain). Left side sleeping is supposed to provide the best overall circulation, meaning the best cellular repair and slowest aging. Left side allows airways to be more open, also, meaning more air/oxygen intake, for more cellular repair again. Organs die when there is low oxygen, oxygen is as important as nutrients coming from better blood flow. Make sure your CO_2 is not above 600 ppm in the vicinity of your nose, as that means low oxygen. If your carotid arteries are partially blocked, sleeping on the left side is even more critical, as blockages reduce brain blood flow during sleep, due to a much lower heart rate and blood pressure during sleep. Sleep loss causes the neuron myelin sheath to thin itself, which slows the speed of nerve impulse transmission, meaning you think slower next day. Cyclodextrin reversed this thinning in mice, by getting cholesterol back in circulation.

The main mechanism of brain shrinking, damage or dementia/Alzheimer is often insufficient blood flow (blocked carotid) or insufficient pressure to properly nourish the brain during sleep when pressure is much lower. So, try to eat well (not too much fat), fast if belly fat exists, etc if your carotid is blocked. Back side sleeping provides less brain flow than right/left side sleeping. Right side sleeping is the one that provides LESS brain flow than the left side sleeping, per most papers, and if you sleep on the right side, there is another issue, gravity makes blood linger more on the right side of the brain, so the left side of the brain gets less blood flow due to 1. gravity 2. lower circulation vs left side sleeping. Thus, for people with low blood pressure or heart rate, the right side is the worse side position, as it could cause the left brain to get insufficient nutrients and oxygen, leading to damage to the left side, seen on MRI as white spots of dead neurons. This can even be felt by some people on certain days following poor sleep (brain repair, etc), when sleeping on the right side, the left side of the brain can feel some weird pain, while if you sleep on back or right side this doesn't happen. Not only that, but back sleeping provides poor heart circulation, just like right side can to a lesser degree, so the vena cava restriction during right side sleeping or poor oxygenation during back sleeping can mean angina can happen due to low blood oxygen caused by poor ventilation and back/right sleeping. By moving to left side, the angina disappears, make sure CO_2 is 500-600 ppm, not 900-1300. To further prove this theory, these people also can notice the left knee have more issues due to the similar poorer circulation on the left side. It all depends on so many things, but if any issue exists with the left side of the brain, don't sleep on the right side for sure, switch to the left side right away and see if anything

changes. Likewise, if right side has issues, it could be that if you sleep on the left side, blood barely reaches the right side of brain or body, your pressure is too low due to too much magnesium and potassium and low sodium, leading to issues or even pain. Things are complex, you see, high blood pressure or heart rate shrinks lifespan by vascular damage via clots, heart wear, while low pressure starves the brain/heart of nutrients/oxygen if not sleeping on the left side. To live the longest possible, one has to have everything just in the perfect range, sleeping position included for one's DNA, diet, issues. Vegans have lower blood pressure and heart rate, so for them, sleeping on the left side is even more critical for brain and heart health. If low blood pressure and heart rate, then left side > right side > back sleeping. Stomach is bad. A+ blood types have an even higher need to sleep on the left side if a lot pressure/pulse vegan, because A+ is the most prone to clotting (planned COVID19 death), strokes, having the stickiest blood. The sticky blood not reaching the left side of the brain would cause problems and clots faster. Sticky blood is slower to reach the thinnest capilaries, so A+ has poor peripheral circulation and absolutely need the left side sleeping position that is maximizing brain, peripheral circulation. A+, 30% of humans, need drink water often to dilute blood to decrease its viscosity, stickiness. A, B blood types got 50% higher risk of lung and leg blood clots, which can also become strokes. Eating garlic, raw onion, ω3, polyphenols, etc is key to keeping blood less sticky, and kale produces NO to relax blood vessels so arteries are more flexible with the sticky blood, preventing injuries that would otherwise start arterial plaque leading to fatal events. Never let one day go without eating 100 g of kale, even if not A, B type. MDs explain left side sleeping is the best for overall and heart health too, though the right lung is 50-70g heavier than the left lung and the heart may work harder in overweight folks, leading to atrial fibrilation or hypertension, in some people. The right lung is heavier, because the heart is on the left side.

Universal Immortality Inc will monitor every citizen's the brain flow and blood flow etc cellular repair etc biomarkers for sleeping positions in the mattresses of Immortality Building Inc and decide which one is best for each person next 5 years, everyone goes to sleep lab required every 5 years since sleep position is as important as diet for brain health etc. Sleeping perfectly means spine is perfectly straight, since bending it by odd positions, cna cut blood flow by 3 fold, meaning only 7% of brain blood comes, instead of the normal 20% from the spine artery. So, they will create a custom body shape mattress to ensure the measurements in the lab match the position at home, with grooves to guide you where to place your legs and buttocks, shoulder and custom pillow and perfect bumps to rest shoulder without pillows, so that you can live to 125 by better sleep repair. They measure MRI to see white areas damaged by hypoxia if any, etc. Today, we have TV news show some ridiculous MD give a 3 min explanation of his opinions, but nothing intelligent like a 5 hour presentation of 5000 references and a PDF for all about the best sleeping position, just mattress makers conning everyone to buy their product, just like fake

dietary science papers push avocados, coconuts, olives, olive oil and other junk. Side sleepers can easily use extra pillows to avoid shoulder pain and clot/plaque causing turbulent flow, eddy currents, etc from the abnormal squeezing of blood vessels in the shoulder. Healthline explains nobody really knows which one, left or right, is really better for most folks, though left side sleepers cause some unusual electrical activity in the heart and some turns of the heart, even if the aorta turns to left, indicating an easier flow on the left as the aorta blood flows with (not against) gravity for left side sleepers, meaning heart has to work less to beat, but is also more pushed by the 50-70 gram heavier right lung. We need thousands of scans to know.

Body fat or muscle buildup or even some weird anatomical difference that can occur since birth or age 10-40, can cause a pressure on the inferior vena cava (right side sleeping can cause the return of blood to heart to reduce and this will cause insufficient blood flow to the brain) or other blood vessel when sleeping on the right side or left side, or back, which would then cause abnormally low circulation for the entire body or one side of the body, or organ, brain, etc. Thus, you need to listen to your own body and change sleeping position to alleviate a pain that may occur due to this lack of blood flow to that organ, limb or side of the brain. Left eye could develop more eyelash dandruff due to lower blood flow when sleeping on the right side or back, due to lower white blood cells fighting the staph bacteria, demodex mites or whatever is causing blepharitis on that eye. After all, you need to read 500 papers to decide for yourself and try diferent positions to see what is best for your body or brain. The reality is there is no consensus among MDs. For example, some MDs say sleeping on the back is the most protective against stroke, and give 5 examples of side sleeping and stomach sleeping that cause the risk of stroke to increase 2-10 times, because back sleeping creates far less turbulent flow, thus far fewer clots. Other MDs strongly advise against sleeping on the back, as this causes the most heart attacks, with left side sleeping being best due to these reasons (heat sits higher, works less to pump blood, aorta turns left and heart pumps less, breathing is easier), with Sleep Breath 2025;29(6):326 reporting mroe angina attacks for back sleepers. However, for low blood pressure people better circulation is MORE important, to prevent brain hypoxia, so you need to sleep on the left side, without the hands supporting the head, without the elbow above the head, without the elbow under pillow, without a twisted position, etc. More importantly, sleeping on the back with only 1 low pillow prevents turbulent flow, since if your pillow is too high, it creates restricted blood flow, bends your neck and causes the mouth to open, causing bacteria to enter lungs and your throat to dry, voice to become hoarse. Many people report on youtube comments by the tens of thousands that sleeping without pillow works best for them, this may be due to poor blood flow due to blocked carotid artery, which then becomes stronger blood flow without a pillow. It may be a sign of atherosclerosis (go check via ultrasound your carotid plaque for safety and stroke, dementia prevention) if one sleeps better without pillow or

a sign of brain injury *from sleeping with too high of a pillow that led to poor brain blood flow during low pressure night sleeping.* Sleeping on one side causes a serious turbulence in all blood vessels as blood is kept more by gravity on the side you sleep on, creating a rise in blood pressure to get blood where it doesn't go enough and depriving the other half of the body of proper blood flow and tissue repair, leading to brain damage on the other side and the damage to the heart itself sometimes by venous return blockage (right side sleep) or by squashing the heart (organs push on heart when sleeping on the left side, making it work harder, shortening your lifespan). The correct position depends on one's health issues, for stroke patients, they recommend no pillow, and back sleep to provide better flow to the hemisphere that got affected for faster healing. If you got dementia, a hypothesis based on some small studies claims left side sleep clears amyloid plaque and brain waste faster via the glymphatic system, but there are always risks much higher than dementia, like instant death by stroke during sleep. This is a very complex issue that requires the most advanced AI and evaluation person to person, but stroke can kill/disable instantly, so keep that in mind before side sleeping, especially if aged 45+ and having a low blood pressure that may be insufficient for one side of the brain to get proper nutrients to do the brain repair. After 55, stroke risk doubles each decade. When you're old the vessels are far less elastic, don't cope well with pressure and flow changes. Avoid hot long showers in the evening, shower in the morning with warm water (never cold or hot as those cause sudden rise or fall in blood pressure which can cause clots) for reasons explained here.☺☺☺ This advice is for any 20+ year old, since during a bad tiring week of poor sleep a 20 year old's body becomes as weak and incapable as that of a 65 year old. When you twist hands, spine, head during side or stomach sleeping, you cut blood flow to the brain. Side sleeping means you place more kg/square inch than on the back, so you constrict certain vessels more (the same 150-200 lb weight rests on an area 2-3 times smaller, creating real organ and artery/vein damage), creating much higher flow turbulence, which promotes clot formation as explained in video 1, video 2 on atherosclerosis (plaque starts with clots).

We need regular deep sleep, constant temp, humidity year round. *Avoid eating and drinking 4 hours before bed, otherwise, your heart rate (HR) will be 54-60 due to digesting a high fat or protein meal for 5 hours, not 47-50 during sleep, and it will wake you up to pee. Each time you wake up, you take the heart rate from 48 to 55, so don't drink too much water before bed.* If you have a bottle near you (quart detergent etc), you won't need to stand up to pee if male and HR will rise only 1-2 bpm for the last 2-3 hours of sleep. Going to the bath by walking is bad as it raises HR by 3-8 bpm for the rest of the night, ruining the sleep quality. If you check phone or do other activities after peeing, the sleep will be totally ruined, the brain detoxification will be weaker, your IQ will decrease more with each bad sleep day. While you think that bottle of detergent you buy is odd, it will dramatically improve your brain performance next day as you

didn't interrupt the sleep by walking to the bath: walking to the bath often causes you to sleep 2-3 hours less, by just causing you to decide to stop the sleep altogether and that's a recipe for disaster, as Alzheimer risk rises 3 fold if you sleep 5 hours instead of 8, in some studies. Reagan President and others who played Macho Hero and slept 4-5 hours developed Alzheimer. Eventually you won't pee at night anymore, but until you get disciplined enough to no longer eat or drink 3-4 hour before bed, it helps you a lot. If you pee even if you don't drink water, it may be because your sleeping area is cold or you have some issue with the bladder. When I don't eat/drink before bed, I can sleep without bath trips for 8 hours. If the sleeping area is cold, or if your head, feet, legs, knees, hands, shoulders or any body area is cold, it causes blood vessel constriction (higher blood pressure too via constriction, damaging your brain & heart) to send blood towards the core of the body in order to avoid blood cooling. So, wear thick pajamas or blankets to stay warm. This shift in blood creates the illusion of extra water in the kidney and the kidney will filter out water from the blood, causing your bladder to become full, waking you up suddenly and raising risk of blood clot formation due to a thicker blood and a sudden rise in blood pressure during the bath trip. So, keep your area at 70-79°F or whatever you're used to so that no body area gets cold to the touch when wearing pajamas and the blanket. Obviously, if your risk of dementia is huge, sleeping on the back may add fewer years to your life, since sleeping on the right is alleged to clear your brain of toxic waste more than back. If stroke is your main risk, then back sleeping is better. You need to do what is right for you. Try both and see which one gives a better sleep. The science is fuzzy. But don't sleep in a given way to look good, as many youtubers say "sleep this way to improve looks", recall that health is above all, not looks. 90000 year old alien faces may be asymmetrical, like we have heart on left side, they may have one cheek thinner as many side sleepers have, due to blood falling by gravity to the other cheek. What is the point of looking good if you lose 20 years of your life? Being alive and well is 9000 times more important. Research and choose what is best for your sleep quality. Have a bottle of water by the bed to drink at night, to avoid waking up and to drink before finally waking up in the morning, as the blood is thicker after 8 hours of sleep and stroke risk is high if you don't dilute blood with water, the first hours of a day after the sleep. Thick blood = stroke.

So, make it a "religion" or iron clad habit" to never stand up (walk on 4 to bath if possible, as standing up raise HR so much, especially if fast, it will take 2 hours to lower it), to pee before bed, so you never have to wake up to pee and if you do, use a bottle by the bed if male that you always clean when waking up. Sleep means 3 times more T-cells if good vs poor interrupted sleep, so you need to make UNINTERRUPTED 7-8 hour Deep Sleep your number one priority, since all body, brain, etc repair happens during sleep and bad sleep means fast aging, 3 times weaker immune system, lower IQ next day, poor productivity, performance, terrible decisions. Sleep is as important as diet, so read the section on heart rate wrist watches. If buying this 3 sec

rebound (the soft 1" blue side, the only Amazon that has a soft (for 70-110lb folks) style mattress vs a medium (for 120-140 lb) firm mattress to select from), 3" Amazon topper or this 1 second (faster) rebound (with wavy support foam beige 1" layer) 3" topper (if back pain, buy 1 with 2" memory foam + 1" dense foam, not the 2" dense; flip it on firm side if too soft) nobody complains about smell in the review. However, for most other toppers, some 1-2* reviews say horrible smell that takes 5-25 weeks to get out, not 3 days, (use Ctrl+F "smell" and find them quick to save months of airing it out, buy one with slow rebound memory foam). Amazon search has many firm ones for 145-200 lb. Yet even the least smelly ones need to be aired 3-5 days to protect your lungs, so to do that, align 12 toilet paper rolls in 4 rows of 3 about 2 ft apart to get raise it 5" off the ground to let the mattress ventilate on both sides with 2 powerful 20$ 20 inch by 20 inch fans, in a room where nobody sleeps, that has all windows open. Spend time to read all 1-3 star reviews, so you don't waste 1 year ruined by bad sleep. Thin people report a given mattress as firm, fat report it as soft, so choose well. Lazy cat is a 3" memory foam, perhaps too firm for thin folks, Amazon video shows fast 2 sec rebound. 8" Olee seems comfy for a full mattress for those weighing 140 lb, while 10" Neo for 120 lb.☺☺☺

Our society brainwashes us to take flu vaccine, etc, but when we walk into a pharmacy it doesn't ask you "Have you gotten 3 hours of REM sleep and has your HR been 49 during sleep last night as is ideal?". Instead they push chemicals, "Did you take the flu shot?". Strong immunity means no vaccine needed. All vaccines have side effects. We want natural immunity to live to 4000 without issues, discover the quantum weapon to take out all viruses, insects, bacteria, dust mites, molds, etc from our planet too. Avoid sleeping pills as they can cause Alzheimer. Resting heart rate is lowered when you move from sleeping 6 hours to 9 hours like Dr. Berg explains. Waking up at sunrise or right before it makes you happier and may extend your life. It's good to lower heart rate before going to bed, so no exercise or eating 4 hours before bed, so your heart rate goes to a healthy 48 during sleep. Turtles have slow heart rate (20) and live to 400, mice have high heart rate (600), and live to 3. Benefits of sauna are achieved by poor people by using winter clothing when going out to do gardening or exercise or when inside a car that sit in the sun (3-12 months of the year in certain climates), to sweat all toxins and microplastics out of your body. However, don't overdo it, if you didn't have kids yet, as it can ruin your eggs and sperm. Ladies only got 1 set of eggs at birth. ☺Cockroach IQ ☺ladies don't protect eggs at all, wearing WiFi, cell phone or other devices, ruining baby DNA and all their eggs. The freedom to be selfish, low IQ means genocide. Guys make new sperm every 3 months, ladies get most eggs at birth. A lady selling IR saunas claims you'll sleep better. Makes sense if fewer toxins in the brain to mess sleep. Doctors remind everyone why good sleep is essential to avoid getting sick. Less deep sleep leads to brain shrinkage, low IQ, shorter life (since brain controls many body aging processes) and dementia. The indoor air quality worldwide is catastrophic, truly bad, due

to a pathological habit of keeping windows closed all the time (without any AC to bring in fresh air and filter air), which makes all carpets and belongings acquire that horrible smell of dust mite/mold/bacteria feces, etc. All dirt, dust, etc settles in carpets and rots, get vinyl wood that never rots and never is termite food, just use rugs and get a clean air, leave window open 1 cm even in the winter, or half cm in cold winters, to get that fresh air. Cognition declines, sleep body repair declines, when window is closed. I went to look for a room one time and all 15 rooms stank like crap. So, for your health's sake, be charitable, give 5$ on electrical silent heater costs, but save your body $5 trillion worth of damage to fix with today's monkey tech. Replace that intake filter monthly too if using central heat (central is a terrible idea). Sleep allows the brain to clear toxins, so get a good sleep. The next few pages explain sleep disturbance is used for perfect mind control *(and torture of various body parts, leg or heart, stomach, anus muscles using RF, sonic weapons to make stool hard and affect breathing muscles, to make you think you got the man made COVID19 maybe, even eyes, to get them red/dry)* by evil people. The Silence Halls in schools can help some to catch up on sleep, by taking a nap for 15 minutes, and become less irritable, more connected with their soul divine center of tender soft healing grace and the healing soothing sweet gentle tone of speech of Immortals and of healers. ☺☺☺

Guardian explains if *we* don't *get* enough *sleep*, there is a 70% drop *in* immune T cells *next day in the blood*, allowing an easier acne, infection and catching of colds, Alzheimer, heart disease, atherosclerosis, aging. With too little sleep, we get amyloid plaque harder to clear *(in healthy people it's cleared during sleep).* A 20x mirror used 2 seconds daily, 15 hours total over 75 years can add 40% to lifespan. Going to bed early increases longevity and creativity, when you stay late, you're tired thru the day, so your creativity and vocal, emotional tone are pure trash. Society is ruined by these 3rd shift jobs and 2nd shift, as well as terrorist cops, military who don't let people go to bed at 10 pm for 20 years. Don't believe that "going late to bed makes you more creative", that's just lies to get slaves to work 2nd and 3rd shift, so their brains are destroyed. You need darkness to sleep well, so go to bed early. A 20x mirror can tell you immediately if your sleep was good, the eyes are not red, new red-purple vessels don't appear when sleep was good, something impossible to see on 1x mirror. Data shows cerebrospinal fluid, allowed to wash neurons by the glial cells canals opening during deep sleep, clearing beta amyloid much faster (20 times) during deep sleep (as long as you did not eat 4 hours before, as glucose blocks this glymphatic cleaning) & why naps can help us when we didn't sleep well prior night. Similar videos, like DW documentary on this topic, etc explain big meals or even glucose rich snacks *before bed* (bad habits of eating an apple or etc before bed) *or in our 8 hours of sleep turn on the brain and prevent daily cleaning*. This glymphatic system was just discovered in humans in 2019, so it's not clear if sleeping on the right side helps you prevent cognitive decline or not, as some claim. Between 10 pm and 8 am or whenever we eat first meal, we better have only water or

very low calorie food, like cucumber, veggie. Overeating leads to high sugar spike and triglycerides which cause atherosclerosis and brain inflammation; overeating can confuse the immune system so much via chemicals crossing the damaged blood-brain barrier (RF also damages this barrier, allowing brain cancer, Alzheimer and all kinds of brain diseases to start), the brain microglial cells can even start eating live neurons (like in many autoimmune diseases when immune cells start attacking the body), an abnormal behavior; the immune cells in the rest of the body can't get to the brain due to blood-brain barrier, so microglials (from glue or glia in Greek) do all the cleaning neutrophils do elsewhere; microglials are the primary immune defense of the central nervous system; microglial immune cells normally eat dead neurons pathogens, waste, etc by phagocytosis, like neutrophil innate immune system cells eat bacteria in this 1 min video to defend the body (see 4 min neutrophil video here, to understand how immune system cells clear cellular debris in our body and brain), see this 3D animation 1 min clip too; this phagocytosis of live neurons by microglials during sleep deprivation destroys our brain IQ, memory, knowledge (for brainwashing, see below, creating a robot without independent thought, except obedience to gadgets used by others) etc and an in vitro example is shown in this video (after watching the 30 sec neuron eating, you can listen to the 3 minutes before to *understand how overeating even one single meal that interrupts our sleep can destroy our brains, especially if* WHR is high). ☺☺☺

Berkeley Prof. Walker explains in this talk all statements in this paragraph: men who sleep 5 hours a night will have smaller testicles vs 7 hours sleepers; infertility for both genders is higher; women suffer more insomnia and 25% of caffeine is in our system 12 hours after a cup of coffee, reducing the quality of sleep, the amount of deep sleep by 20% (it takes 20 years of aging to have such a drop). Alcohol sedates and undermines sleep *by fragmenting it (very bad idea to interrupt your sleep to eat, work on computer, etc), leading to more inflammatory white blood cells that cause the hardening of arteries or atherosclerosis. One night of poor sleep means 40% lower capacity to learn new things. Amygdala (emotional center) becomes 60% more reactive during sleep deprivation, so violent crime rises, thus loud music playing after 8 pm is a violent crime.* The chimps playing loud music during day are also guilty of violent crimes, as some take naps during the day. Daylight savings causes 1.6 billion people to sleep 1 hour extra or 1 hour less and heart attacks, car crashes, etc rise and fall about 23%. Kids who start school at 8:55 had 70% fewer car crashes than those starting at 7:35: the ideal school start for older kids is 10 am (better grades, better behavior). *Rats die after 11 days of sleep deprivation; there is a sewage system in the brain, the* glimphatic system*, that is more active at night, it's a glial cell controlled drain* of beta amyloid which increases 20 fold during deep sleep vs daytime*; without this, out short-term memory and hippocampus are weakened*. His google talk explains sleeping 5 hours makes you 4 times more likely to catch the flu versus sleeping 8 hours (similar results for the

common cold, <5 h vs > 7 h, 4.5 fold difference ► Sleep 2015;38(9):1353-9). Poor sleep damages our eyes too making cornea less transparent, eyes more red. After a flu shot, the 5 hr sleeper (for a week before the flu shot) produces only half the antibodies rendering the flu shot useless (possibly COVID19 vaccine too). One hour of iPad reading vs book reading halves the melatonin amount, disturbs the all important REM sleep. Without melatonin pills many older people sleep only 5 hours, which crushes their immune system, killing them 10-20 years earlier, via poor body repair, dementia, brain damage. "those with <7 hours sleep 2.94 times more likely to get a cold than those with ≥ 8 hours... those with < 92% sleep efficiency 5.50 times more likely to get a cold than those with efficiencies ≥ 98%", those with sleep efficiency ≤ 85% 5.4 times more likely to get a cold than the > 85% group ► AIM 2009; 169(1):62-7. ☺☺☺

Sleep regenerates every organ. *So, wake up late when you went to bed late*. Being awake 20 hours can lower some people's cognition the same as if being semi-drunk. Some studies found both too short and too long sleep were associated with higher mortality; perhaps long sleep is useless if no deep sleep for deep regeneration of organs, so long sleep due to torture (harassing of heart, ass, legs, etc to keep you awake, or induce you to eat a big meal before sleep to make it harder to sleep well) during regular sleep hours may lead to shorter life if no deep sleep occurs every 24 hours; knowing this, spy agencies use sleep deprivation to achieve perfect mind control, torture, brain destruction (poor memory key to manipulation, destroying the safety mechanism that stops us playing out our dreams during REM (rapid eye movement) sleep – i.e. they use gadget to beam a dream into the brain and then the person acts it out, not the funniest thing to start running while sleeping), slavery, easier robotization, see next few pages. Sleeping during the day if at night torture happened is essential to rejuvenate every organ. Many studies show that losing sleep leads to loss of brain tissue too, even if it's only 1 night lost. Kids form lifelong habits; being taught about sleep is helpful. *Good sleep* prevents hypertension & diabetes; *it* prevents weak immune system and endless diseases.☺ University of Pennsylvania found that getting enough sleep each day (some need 6, others need 9+, especially younger people) is a *good way to prevent brain cell death and permanent brain damage*. Getting enough sleep daily improves telepathy/brain performance ► NS 2014;34(12):4418-31 ☺. ☺☺☺

Telepathy and good behavior are dependent on serenity, happiness and loving kindness, on *order* and low *chaos*. When our sleep habits are very *chaotic*, *even if we get say 8 hours of sleep daily, it can diminish brain and telepathy performance too.* Hence the old adage of "getting more regular going to bed hours, more even amounts of sleep daily, having a regular sleep schedule is better", is confirmed by science. Irregular sleep schedules harm attention and creativity in young adults: "The more variability they showed in their night-to-night sleep, the worse their cognition declined across the week," said study co-author Michael Scullin, PhD☺☺☺ Telepathy precision goes to 0 when one didn't sleep well the previous night. Scientific discovery

happens via good telepathy. One could use telepathy (like the exercises in Chapter 16.2), to discover what existing natural compounds (or man made, starting from a natural that is optimized) that once eaten much more, help all live to 500. There might be molecules, in plants, that increase lifespan 200% if we eat them daily, or in 20 times higher doses than normally. We can't find these molecules if our brain is half-dead, as it is after poor or irregular sleep. We need amazing & beautiful ☺☺☺ sleep every day for months in a row to reach super-ESP and figure out correctly which molecule intake or chromosome, and area of it and gene, among the 30,000 known genes, is the one that changed leads to 500 year lifespan, just like a gene change or two made worms live 5-10 times longer. Then this can be tested in dogs, cats, monkeys for safety/longevity and later aging markers in humans if safe. Some slept reportedly 2-5 hours and lived to be 86 or 90, like Tesla lived to 86 and slept little. Einstein slept 10-11 hours, was more creative than many, and lived to 76. Avoiding drinking liquids and eating watery fruits or veggies before bed means fewer bath trips, a longer deeper sleep; sleeping on a comfortable bed (a foam mattress is today cheaper and for some people at least more comfy than a spring one and it prevents movement propagation for beds for 2 persons, not feeling when the other moves) *means getting a longer deeper sleep, the restorative deep sleep that restores brain and body to health*. 1% of the population can be 100% healthy if sleeping < 8 hours. *Most people develop* health *problems if they* force *themselves to be a* short *sleeper.* As people get into a routine and get older, they sleep less. There seem to be mutations in the DEC2 gene allowing some (not most) humans, mammals to be fine with less sleep ► Sci 2009; 325(5942):866-70. ☺☺☺

SLEEP IS THE MOST IMPORTANT *THING*: they *deprive* you of it to *manipulate every* major life *"decision"* (*they* decide *for you*, tired = 10x easier to manipulate; see below). If you have trouble falling asleep, try THESE in *order;* they helped me and millions of others to sleep better:

1. take warm shower and/or use cold compress for 5 minutes on back of neck and 2 minutes on eyes to remove the over excitation of eyes/neck from heavy computer work.

2. use warm white lightbulbs (2700K), not 6500K daylight (6500K got 15 times more blue light)

3. use 1-3 hours before going to bed a 0 blue light LED (wavelengths NASA thinks improve sleep, make melatonin), $1.5 3000K 1 W LED (8x less blue than 8W) or $2 purple 1 Watt LED. Use a white keyboard that has easy to see keystrokes in 0 blue light LED above, like the quietest desktop keyboard on planet earth, the planet's quietest keyboard: Apple Magic keyboard that blew me away; I explain here how to assign F12 to 'delete to end of word' on this small keyboard (that comes with USB cable, so can be used as wired too), enabling your productivity to increase as you delete entire words, not just one letter at a time. This reduces eye strain and allows you to sleep better due to having less tired or dry eyes. If you got the numeric pad Apple Magic keyboard, you don't need these shortcuts. Other quality white keyboards on Amazon are

Logitech K380 or HP, but those are low quality vs Apple. Cheap models made by 'never heard of companies' double type characters. See eye section for more.☺☺☺

4. wear 99.8-100% blue light blocking glasses 1-3 hours before going to bed, and that will help, since the low blue lightbulb emits about 500 times less blue light than 6500K daylightbulbs, and this light can go around blue light blocking glasses and also affects the *skin*, which is also *signaling melatonin production inhibition*, since our palms and face are exposed usually;

5. lower blue light from your desktop, tablet, phone 20-25 times too (like me), making your room very yellow and darker; blue light from monitors acts as a daylightbulb, so if you use flux software to change screen light temperature from 6500K to 1200K, you can lower blue light 25+ times. In the summer T-shirts/shorts cause more skin exposure (wear long pants/long sleeve shirts before bed to reduce blue light contact with skin). In the morning, to wake up and regulate circadian rhythms, get plenty of blue light, so you're awake; only do these extreme steps at night to help you sleep better. If you go to bed 20 minutes after driving a lot at night, they got clear glasses that block 45% of blue light and still allow you to see at night perfectly, since you can't wear 99+% dark orange glasses at night, you won't see much on dark roads.

6. use a 100% blue light blocking monitor filter. Blue light is like coffee, it keeps people awake, causing insomnia if too much. For eons, our genes have adjusted to going to bed when blue light (sun) is out; our candles/fires had very little blue light, mostly yellow/red. Only in recent decades, due to blue light fluorescents, LEDs, digital screens, has insomnia become common.☺☺

7. be aware of "silent sound" and "telepathy simulating inner voice simulating" technologies that spies/militaries use (to create fake miracles, religions, cults, dreams, experiences too) to get you to sleep at irregular hours "let me do this extra web search, then stay up another 50 minutes", or take a job that does that to enhance their mind control over you (sleepy and easier to manipulate, don't wear too much blue blocking all day, as it makes you sleepy), to eat late at night (lots of watery stuff sometimes, so they wake you up to go to pee and then suggest via gadget to be online a few hours or minutes to disturb sleep) so you go to bath or they can use their full urethra (where urine is stored) mechanism to cause sperm release (to disturb sleep and drain brain of nutrients) via dreamless or simulated wet dream used as plausible deniability of neuron activation technology. Gone are the days when undercover spies instigate people to do things in person, now they do it via people's inner voice simulator gadgets, that way it appears the person does it (speech, action, thought, motor action, etc), and they can hide their crimes and torture, while in person pretending to be friends and making only good suggestions while talking. They may even suggest going to bed at 10 pm as it's healthy but coverly use heart rate raising tech to make you unable to sleep of dream projecting gadgets or harassing of eyes (dry/red eyes) or leg twitches, etc. When in a zone where such gadgets exist, you're in a total

hidden war for your own survival, since when tired you can make deadly mistakes. Not just about things that are immediately lethal, but later on (lifespan shrinking) – like they make suggestions to buy a brand new more expensive car (24K not 18k or something), while at the same time renting in a noisy (hard to rest) place that saves a little money (1k a year maybe or 1.5k a year) – but gives poor sleep quality for perfect mind control; you think you save to buy a house or for a "better day that never comes", since even if you buy a house, "the American dream of owning a house and being tortured inside like in a prison with invisible gadgets" they install gadgets in the house to harass you even if it's quiet, using microwaves, and all kinds of weapons built in walls or hidden in normal objects (since they intercept all mail and swap them, etc), or deploy weapons invisible from neighbors"; a cheaper car (new or almost new) would have allowed a better quieter sleeping place with more resting capacity, provided they didn't disturb sleep with their weapons and "idea harassment via silent sound, etc". Ideas to change place of residence often, or room (if within your house where they harass you) are ways to create a neuron wastage, since each time you change place of sleep it takes a while for you to get used to perfect sleep, etc and you get less done as your neurons have to adjust to everything new; changing car is another thing – all to keep you busy, tired, distracted and perfectly controlled. Spies, once aware you found out they enslaved you covertly for decades (making "your" every major decision, by manipulating your brain, surroundings, social interactions, keeping you tired, distracted, in the "trance" zone of perfect puppettering), may try to kill you or "destroy your brain by sleep deprivation for perfect slavery" if you don't do their bidding, as "land of freedom" becomes "colony of slaves to death symbols" sort of. July 4, US' dependence on the military industrial complex of ever more profitable wars day? What about other countries "independence" day? Aren't we all depending on our historical inertia that repeats the past ad infinitum? Independent? I doubt it.☺☺☺

7. take iodine/multivitamins with iodine before noon, since iodine keeps our brains awake. Google "'foods/pills you eat after 2 pm' keep us alert or prevent good sleep" to find out if what you eat may disturb your sleep; it's not just caffeine and iodine. ☺☺☺

4.11. Education on the 1 billion killed by smoking + alcohol last centuries:

4.11.1. Smoking (kills 8 million/year, a Holocaust/year)

4.11.2. Weed (injures via car crashes and brain damage)

4.11.3. Alcohol (kills 3 million/year, a Holocaust/2 years)

4.11.4. Cookies/candy, sodas, junk food, chips (kill 9 million/year, 1.5 Holocausts/year)

11.8. shows how coffee kills 20 million/year via miscarriage, torture kills millions too.

Introduction (2 warm up pages): The next 29 pages explain USA spends 100 billion a year on alcohol and 80 billion on smoking. This 180 billion waste costs USA another 0.85 trillion a year in healthcare expenses: 600 billion smoking and 250 billion alcohol abuse. 1.03 trillion total wasted each year. Yeah, they say 'we have no money to bring free education for all' and decent housing. A million articles online explain the false evidence that alcohol presents any benefits, such as this 2024 article. When the Immortalist Party wins, all smoking and alcohol products ads in USA become illegal on day one and are replaced with the free government ad horrific videos of what alcohol, coffee, weed, smoking do to society, and ads about how to be 1 million times happier than orgasm, tobacco and alcohol via meditation, good sleep, happy breathing. In the 1 year transition period, a national deaddiction program is rolled out, so as to ☺☺*lovingly tenderly gently kindly*☺☺ show all those who're addicted to alcohol, smoking, weed, etc that their brain can make them happy, via happy breathing classes, etc. This is done so the country is free of the criminal mafia (who has no respect for any human right, except their 'divine' right to torture and subjugate everyone) than ran the USA for 250 years (perhaps, a less evil mafia, more covert than the British overt rule), who has been enjoying destroying millions of people by torture of heart, brain and everything, just like the British tortured millions from many nations and still do covertly, albeit on a smaller scale hopefully. After the transition period of free training for all, free classes one can take 20-50 weekends online and in person, which will last as long as it takes (perhaps 1 year) to kindly help all be free of the alcohol, nicotine, weed mafia, the new law comes into effect: all caught selling tobacco, drugs or alcohol, which already have killed 1.2 billion people worldwide, would be sent to a healing center for the rest of their life to enjoy the lifetime labor sentence like all violent crime offenders, meaning eternal service to Immortality *for* All sentence (details here: distribution of alcohol or nicotine, vape products will be a felony and violent crime, and in the future all jails disappear even for the really violent crimes, being replaced with healing centers where people can relax, heal, smile, be happy, learn and do simple jobs, so as to protect the human quantum field from bad thoughts and energies and not waste people's time). The young brains are very plastic and ultra easy to deaddict. We need better housing for all, and roads, etc for new towns, so there you go: they can create new housing heavenly places for the "inmates" and others, instead of just sitting around smoking weed in jail. We want Eternal World Peace in 3 months and 0 jails/violent crime within 10 years, so to accomplish that, we will shift all global resources towards that and we can't feed the aristocratic habits of enslaving workers to produce wine, while millions die in aristocratic wars. *Only the* cruelest vilest *persons choose to waste 8 million of acres of land for* useless *nicotine and more* millions *for wine*, when millions get ultra poor sleep due to overcrowding and the noise it brings, leading to violent crime (which fuels wars too). Kindly realize this cruelty is sponsored by the aristocratic mafia running the nations, as they don't want compassion to replace cruelty, since compassion requires the end *of the* aristocratic class. People are not choosing to be evil, out of

the blue, they're being misled and tempted to be evil by the TV ads, stores that offer these poisons, by aristocrats who want to turn one group of workers against the other, to control by 'divine and conquer' both groups. Keep people 'happy and addicted' is the mantra that keeps the parasites in power, so they can enslave all. Workers are too tired to realize what is going on and they think their addiction is normal and hard to cure, when it is not, but it would end vast profits for the tobacco and wine mafias. So, people are not vile of their own, they're being made so, against their will so to speak, by crafty aristocrats. Thus, we need to be kind to our fellow family, human family members, who have been destroyed by the *aristocrats*.

Breathing is free and can help everyone to reach ecstatic states of cosmic bliss. It's kinder to reflect on our choices daily and choose to bring World Peace now. It doesn't matter if you believe in God, but the most important, urgent ethical action is to stop all killings, all wars. Why aren't Americans, Europeans and others kind, why are they not stopping being alcoholics and smoking so much, and work instead to give single family housing to all their fellow Americans and Europeans? Why is Japan so alcoholic, like Europe, with 9 million empty houses, yet many Japanese living as homeless people in tiny 40 sq ft cells? USA is the land of alcoholics, with 16 million empty houses, yet 0.6 million homeless. Why build a house if one can smoke, torture others or have wild parties with alcohol slaves produced? What a selfish nation, learn some basic breathing, meditation and be 1000 times happier than wine and nicotine, vaping, etc. This is the fight between good and evil, humans may soon disappear in 10 seconds, all of us, which side do you choose: good abstinence from sex, alcohol, smoking or evil praise of wars and violence? TV will also explain the bad effects of WiFi, wireless devices, phones. Thru Eternal Utility Inc, all houses/hotels/schools in USA will get ethernet wired Internet and later fiber optic. Youtube has millions of videos of people who explain 100s of the benefits of quitting drinking alcohol. The healing objective effects of quitting alcohol are explained in detail in this video. Watch several such videos daily to keep your motivation up and quit for 10 days, then 10 years.

The laws will be simple, as Lao Tze recommends in Tao Te Ching, so that everyone knows them: theft fines *9000 times* the amount stolen, all nonviolent crimes big fines and educational healing courses. Laws can be ultra simple, so all 1st graders know them and the consequences. *The greater the number of laws, the more chaos in the land, Lao Tze*. The *greater the number* of banks (30000 in 1920s before the stock market engineered by banker criminals), the higher the world chaos (World War II from great depression). Thus, immortalists bring the one and ONLY Bank, Eterni Bank. The *greater the number* of contractors, the worse the life of the people who live in crowded, moldy, filthy, leaky houses destroyed by storms, fires, floods, quakes yearly. Thus, immortalists bring Immortality Building Inc, the only insurer, builder and maintenance company of all buildings in the USA, so we have 100 times more research jobs instead of useless sales jobs. The *greater the number* of businesses, the less research, the more cunning, deception

and fraud, as we have 100 times less real innovation. Thus, immortalists bring 11 companies instead of 33 million. The *greater the number* of languages, the more fights, misunderstanding. Thus, immortalists promote one world language as a number one priority (initially maybe 10, but not 7000 today). The *greater the number* of schools and education curricula, the less equal the opportunity, the less research, the worse the tone of teachers, leading to violent crime, war and conflicts, double standards, factionalism. Thus, immortalists bring one centralized free for all gentle tone education system unlike any today. The *greater the number* of middle man jobs (2 million realtors for example), the poorer the quality of real estate services with all these 2 million sites. Thus, immortalists bring housing.gov, the only way to buy and sell real estate (takes 3 days max to buy or sell a house) and with 900 types of search options (not 50 as on the best sites today) and 100 times more info on any house than today. The *greater the number* of nations, the higher the redundancy and conflicts. Thus, immortalists promote one world nation as the final goal, with maybe 10 nations max in the transition period. ☺☺☺

4.11.1. Smoking/vaping/etc (meditation removes the desire for alcohol, smoking, weed):

UK banned those born after 2008 from buying tobacco. Halpern made CDs and mp3s that helped thousands to quit smoking. You can quit too, by autosuggesting yourself you quit, relax on the bed and, if not too silent, maybe listen to some peaceful instrumental meditative music (search youtube for it if you need more samples) to help you autosuggest yourself "I am happy without smoking". Smoking is the biggest contributor to cognitive decline for 1 billion people. France gives fines of $0.4 million and jail up to 5 years for nicotine pouches users, pouches promoted by the "gnat IQ" Swedish government worldwide as a "way to quit smoking". You only need to read a few pages to learn how to breathe with awareness in order to quit smoking, by doing something far more blissful than nicotine. Nicotine pouches kill people by causing hypertension, arterial plaque (which causes strokes, infarcts, death), vessel constriction, organ and brain shrinking via less blood flow, gum recession, gum infections spreading bacteria that form plaque. France is the only sane country when it comes to pouches, all nations need similar fines for all nicotine products, and meditative free classes to attain bliss that way. Saying "e-cigarettes or pouches" help people quit is like saying "beating people until they almost die" is a good option for those who want to stop killing people, so they don't experience "withdrawal pain from having the joy of beating people to death withdrawn". Vaping and e-cigs are still killing people by second hand smoke, it's still murder in disguise, albeit slow murder. How can Sweden propose pouches to destroy the planet? The next 7 pages explain tobacco kills 8 million people a year, a yearly HOLOCAUST, as WHO article states. Pregnant moms who smoke are more likely to birth babies with crossed eyed (strabismus). "For each cigarette a pregnant woman lights up each day, she raises her baby's risk of strabismus by 5 %". Mexico will jail people up to 8 years for distributing vaping products. Smoking and vaping are more like acts of violence against

babies, pregnant ladies via second hand smoking, oneself, as it sickens your body, damages the your lungs and others' lungs via second hand smoking/vaping, and makes you a burden for others who will have to take care of your lungs and every organ damages by tobacco or vaping chemicals. It's a selfish act of disregard for the welfare of humanity, an antisocial act of hooliganism. Smoking makes your teeth yellow ("Tobacco (and vaping) smoking causes dental staining" ► CEDR 2023; 9(1):150-64), stimulates the growth of cavity bacteria, ruins teeth, makes you unattractive, and looking like a genocidal psychopath.☺☺ Gently aware of this, all can ☺☺*lovingly tenderly gently kindly*☺☺ tell all those who approach them romantically that they're only interested in chats with nonsmokers, who have proven their loyalty to immortalist principles of universal single family housing, decent food for all, ~*~Eternal Universal Peace~*~ in 3 months, given to us by the happy immortalist parties worldwide. This unfortunate addiction forcefully violently imposed on society via hooligan TV ads by genocidal aristocrats to make trillions in sales by destroying the working class, can be *gently* compassionately overcome easily by learning how to be happy, breathe happily and find joy in helping others via the ultra happy immortalist sports of helping others fix stuff or build houses for homeless, etc. God will be proud of you, you did something for others, instead of killing your lungs and everyone around you with second hand smoking fumes. You shall not murder is the most basic principle of ethics. So, please, don't murder self and others by smoking. Every immortalist loves you, God loves you, don't hate yourself. God appreciates action, not going to fake churches of eternal violence and fake miracles, kind actions not words. The state of emergency section explains each puff, each vaping, each smoking session is the beginning of a chain of events leading to planets being blown up during star wars. This is due to the anger caused in nonsmokers and the brain and body damage smoking does, which leads to violence. In Australia, the secret lovers of public health and haters of 8 million dead yearly tobacco caused genocide are setting tobacco shops on fire under the guise of "gang wars". It seems even pubs (which they call hotels in Australia) are being torched, on purpose, to help Aussie spiritual development or make room for single family homes. The cops say nothing, as they approve of it, since tobacco murders 8 million a year, watch how smart the cops are to frame it as "gangs set shops on fire because they refused to sell illegal cigs" (they may be all paid gov agents to help people smoke less, check how illegal tobacco from Asia and Middle East enters Australia where smuggling is only punished with 10 years in jail instead of lifetime labor or death penalty). Smoking may one day be classified as a mental illness or violent crime requiring taking time off to learn how to live without it for 30 days in a meditation bliss learning healing center. Smoking tobacco finances gangs that kill, abduct, traffic people, etc, deprives millions worldwide of decent housing due to millions of acres lost to tobacco growing, with 1 billion cigs being trashed in Australia alone each year by the border force. Vaping is as bad as smoking basically, so it needs to be banned too. How can someone who says they're a loving kind atheist or agnostic or following God or "Thou shall not

kill" commandment smoke and kill themselves and others via second hand smoke? Well, it's also because of a government who doesn't teach by Immortality *Nurturing* Agency email pdfs and videos ways to attain bliss and happiness without smoking, a bliss way higher than smoking and free. US President Trump tells people to not smoke, to not drink. ☺☺☺☺☺☺☺

Gracefully show the people via TV these charts of brain function, happiness, etc after meditation versus smoking and the huge difference and how easy many quit with the meditation program. *Gently* allow the virtuous immortalist government explain that every time one smokes and damages their lungs, they damage the entire humanity's quantum information field and make it more likely for the lungs of all humans to fail, so smoking is an attack on all humans' lungs, an act of subtle, yet pure less known terrorism, but we never realize that, nobody dares to use some metaphor like that to bring more honesty, gentleness, love. We have 50 million people worldwide severely damaged by smoking each year, and the health system is forced to deal with it, instead of with building a truly prevention based system for maximizing healthy ☺☺☺ and total lifespan. Likewise, any time acts of violence or even border skirmishes happen, the entire humanity's quantum field is ruined and world wars become more likely. To attain peace, the end of wars and leveled buildings, we need healthy lungs, love for all beings, not the hate that destroys all lungs. Our planet is in a state of war and humans may disappear one day in 10 seconds, we need all resources to bring health, sanity (depends on oxygen to brain via healthy lungs) and tranquility. When a house is on fire, we don't pour gasoline on the fire, yet today, the violent movies 'generously' created by British Jewish Hollywood aristocrats, promote cigs sold by the British aristocracy controlled British American Tobacco, British Phillip Morris. The rich bomb us with tobacco ads to burn our lung cells and restless music that is so far from eterni, mostly anti World Peace, that it increases the imbalance further, making war even more likely, chaos and poor health more probable. Smokers can make a huge difference, end the millions of war amputees, war maimed, homeless refugees and injured each decade of war, by quitting smoking today. Let us free the health workers so all work towards the Peace all deserve, so all Americans have single family housing, 500 year lifespan, not just British royals. New Zealand planned to ban tobacco sales for all born after 2009, but later repealed the law before being implemented in 2024, showing what a dysfunctional 0 IQ system the multi-party system is. UK plans to ban sales for all born after 2009, aiming to reduce vaping to 0 too: by 2024, 90% of tobacco selling entities will be closed. Bhutan banned all tobacco sales in 2010. Thanks to regulation, smoking teenagers went from 83% in 1979 to 7% in 2021 in Germany. Adult smoking in 2022 was 8% in New Zealand (teenagers 2%), 22% EU, 35% China, 11% US & Australia. The charts and policies show it all can go to 0, *without any black market 'rise' argument.*

If the ethics of non-violence, loving gentle soft sweet☺☺☺ *nurturing* kindness was strong, and taught in every place of worship and school worldwide, and via emails from Immortality

Nurturing Agency, nobody would smoke, as it is an act of violence and slow murder. We could perhaps try to run an experiment in a county, city (such as a city near the Immortality for All Megalopolis, that houses *millions of temporary students and workers to build* World Peace *and* Immortality for All*)* or state to teach ethics, eterni tone and music via TV-radio, maximum gentleness kindness for all humans, compassion for all, explain quantum effects of smoking and how nuclear and star wars spread from it, how it is like a big genocide. ☺☺☺☺☺☺☺

After we ban smoking during the state of emergency, all taxes can go to 0 eventually, alcohol and tobacco, strip clubs, casinos, stadiums, etc vape stores, uneterni music, would be illegal and nonexistent; the☺☺☺ Megalopolis is the Land of Infinitely loving Kind "Immortals *to Become*" whose virtues overflow into all nearby citizen cities and transform the entire USA into a smoke free alcohol free (can cause brain damage in fetus) zone of 900 year lifespan people.☺☺☺ The virtue 24-7 programs via radio-TV would force everyone to seek a smoking alternative provided freely by the government which is a free meditation course to listen to eterni music and attain deeper happiness, a course that is 2 hours long and people can listen to these meditations daily relaxing in bed or when wearing headphones, etc, can include even positive statements, 'i am happy, happy, Immortal, my health is improving a lot as I no longer smoke', etc. Those trying to create black market for it, would be caught, as well as the smokers of illegal products and lovingly taken to a healing center where they build 200 houses with others to house inmates in much better healing conditions and rid USA of prisons which act as incubators for perpetual violent crime and etc, due to the way they're run without healing eterni *music*, proper education, ability to grow their own food in vertical farms, to get thus better nutrition, sleep, etc. All prisons would be demolished slowly and replaced by the most amazing & beautiful ☺☺☺ heavenly healing centers, nicer than most cities today, more virtuous too. When people realize how bad smoking is, it will cause 100 songs about a world of nonsmokers, people with happy bliss via meditation, etc... and eventually, the government will fine Philip Morris, British Tobacco $200 trillion each *(Canada will fine tobacco companies $32 billion, so USA needs to fine them at least $330 billion for all USA tobacco companies, because it was a 10 times bigger market),* so the people they destroyed thru their ads can be helped by new health centers of Immortality *for* All who distribute good air filters and supplements, free healthy fruit shopping cards, etc to undo the damage they did. The Criminal MI6, British Army, UK government would have to *pay reparations to USA for all genocides* committed via TV-radio smoking ads. This can also enable Immortality Building Inc to upgrade the houses of smokers, give free healing retreats and install better fans and air filters within windows using the new tech here. We see how ☺filif flea IQ☺city planning places restaurants right next to houses and all those toxic PAHs go destroy the lungs of the residents like second hand smoke does too. They're like chemical factories, since they use dry heat. The regulations are loose, they don't ask for any PAH filter. As society

progresses, distributing vaping products that destroy lungs would be as bad as murder today with lifetime healing center labor camp being the fix, since all jails disappear and become healing centers in immortalism. You may see in a movie some mental psycho (religious fanatic) harming himself and then think it's violent crime, especially if he would use hammers and such to tap his lungs and be afraid. Honestly, if you were on the street and someone started pulling some objects to harm himself you would be afraid. The same happens with smoking, smokers engage in violence that destroys the human quantum field. Thus, smokers need to be treated with gentle tender soft *healing* compassion like "mentally retarded IQ 40 people" need, they're dangerous people to be around. Studies show, those who smoke, are more violent *on average, as they come from more violent families*. Help smokers, but don't socialize much with them, as you become like those you hang out with. Kindness is virtue, but that has to refer to all humanity, not just one smoker. Smokers are unintentional terrorists, they make all hotels stink, even the so called nonsmoking rooms, due to the common AC vents, etc the clothes, breath smell etc. We need smoke detecting devices in each room that automatically detect it and then take pic of the person smoking and then apply a $50000 fine to the guy smoking in a nonsmoking room. To protect the planet, only 3% of hotels ought to allow smoking rooms, 97% ought to be smoke free outside or inside. The individual fans that most hotels have for each rooms are not enough if not used often: new international regulations to open window and air out room after each person checks out are needed, since most hotels acquire a terrible stench from the carpet that sits there for 7-20 years and the common dining areas with coffee smoking, etc smells. New high tech detectors of air pollutants can turn themselves on every week or month or be used by staff if not installed in every room, to detect 5000 common contaminants to indicate the need to open window more often, use fan all the time when people are not present, etc, so that people can have a decent sleep. Hotels who don't check these often will be fined $5 million, $ sent to the Immortality *Nurturing* Agency who will then give it to Immortality Building Inc and Universal Immortality Inc too. Any citizen can buy these detectors from housing.gov and test any rooms if any odd smell exists and anyone can request a room certified free from any chemicals that are typical in rooms where people smoked various products, not just nicotine, weed, etc and the walls emit that smell for years due to not being cleaned well. ☺☺☺☺☺☺☺

The central Eterni Bank, the only bank, knows what each renter or owner who lives there buys, vaping or nicotine products taxed 4000%, so it would know even without an air quality test, but certified by AI. No cash exists, so no smoking products sold illegally exist, as anyone caught receives lifetime labor. Carpets ought to be removable for highest hygiene, meaning they're rugs that can be washed well when detectors beep. Windows ought to be easy to open, at least the top 30%, to get more fresh air when needed. This will improve air quality a lot. Doors ought to be sealed better, it takes 3$ to install some door foam that prevents slamming noise and reduces

air exchange with stinky hallways 100 fold at least. No hotel room can be built without certificate of seal, that does a smoke test to see if it's detected while in the hallways a certain easy to detect harmless odor is sprayed. All new hotels will have split ventless AC and the least airborne toxins generating electric silent oil heaters, no central anything. Only USA has a lot of the deadly central AC/heat systems that spread viruses, noise, entropy for biological systems from noise, mold, smoke, pathogens, cooking smells, etc. All the world's smartest engineers will gather to create with scientists world's most silent AC, fridge as silent as a modern laptop, as well as world's most heat reflective paint for building roof and exterior, to reduce the need for active cooling, by creating the most perfectly insulated building that reduces AC use during the summer. In cold areas, all building exterior is made of IR-VIS light solar panels of 35% efficiency, used by NASA, just thin film to reduce the need for active warming inside the house (the panels turn light into electricity to warm the walls for a very gentle heat that produces 2000 times less airborne free radical generating chemicals than the best heating method today, the electric silent oil heaters) and use passive warmth and local electricity, no more EMF from transmission lines, all houses off-grid. Reviews.gov allows all to report when meters don't detect some toxic smells and lead to device upgrade nationally. The stone age greed for all capitalism is unable to come up with separate ventless split AC systems (way quieter too) and window units as the Immortality *for* All capitalism will thru the Immortality Building Inc. By 400 billion fines on smoking companies, we get to replace 200 million central AC systems in houses (that everyone has, not just aristocrats) with mass produced by Immortality Building Inc, 100 years in the future, most advanced on Earth, split AC or window silent units that filter outside air, pushing fresh air on one end, sucking stale air from the other end 1-2 feet away. Instead of 10000 con companies, we get one that makes real quality. Central heat in houses is creating hot element oxidized products and destroys lungs of millions, their organs too, besides the incomplete burns of gas for non-electric furnaces, microbes in vents, etc. It's much quieter too, and noise kills, so we can finally take steps to improve lung health of all Americans. We ban gas and electric furnaces and create the most advanced small silent sealed oil heaters. As tech improves, ventless heating cooling becomes the law even for big commercial buildings, since it saves more healthcare costs in the long run, even if initially, it may cost 10 billion extra, given the 100 billion Americans spend on poisonous alcoholic products.

The final paragraphs are about smoking in public spaces and second hand smoking. France banned smoking near schools, in public parks, beaches, forests, etc as they want to create the first smoke free generation. It's about time all nations follow suit. A lawless government causes limitless dishonesty, so when I went to hotels, I was told the most disgusting smoking rooms are "nonsmoking rooms". How can this be? Lies and also, improper standards by the filif comical☺ private companies, thousands that build trashy hotels, without spending 5$ on door foam to

ensure true energy efficiency and freedom from odors, noise, viruses of people on hallways, or the city toxic air, noise, etc. They make 25000$ a year on a room, and can't spend 5$ on some foam to protect the lungs of nonsmokers. As soon as the Immortalist Party wins, all hotels in USA will ban indoor smoking areas and anything 50-330 ft from the hotel (everyone who wants to smoke, needs to go to special places free from kids, whose outside air is filtered; all smoking could be allowed only in special areas of some parks, the smokers eligible parks. These areas are surrounded by air filters that take the smoke and filter it, so it can't reach the nonsmokers. The special rooms ventilate the air and simulate a natural environment and allow nonsmokers to be free from deadly compounds. Smoking will be forbidden in all venues, streets, public spaces except these special indoor places of relaxation and meditation bliss teaching for smokers. Anyone who smokes inside their house needs to filter air with a special air filter, before letting air outside to drift to neighbors. Nobody is allowed to smoke in a multifamily housing, condo, apartment, etc due to vent sharing that poisons all rooms. For smoking, anyone with kids or pregnant wife needs to go outside of the house all the time. Immortalists will also ban all ads for any vaping or tobacco products, replacing them with the ads about the horrific effects of smoking, alcohol, weed, etc. The government can fine hotels *$1 trillion* (the wealthy aristocrats who loot everyone) retroactively for destroying the bodies of people who visited the hotel hallways, front desk, rooms, etc and got so much smoke inhaled. Anyone smoking in an unauthorized place can be reported easily to *smoking.gov to prevent hooligan local cops from doing nothing about it.* With centralization, action is taken immediately by the feds who become bigger than local police in every town and state.

Nobody should be allowed to promote smoking indirectly via movies and videos, news reports etc. All instances of smoking/drinking alcohol on TV must be removed to prevent desensitization to such cruel actions. Already many hotels, claim to be 100% smoke free and they only allow smoking 25 feet from the hotel only, but this doesn't work, as smokers breath smells and after done smoking outside, they bring in the odor inside ruining every hotel. The system is ☺abysmal IQ☺ deified, thanks to the lack of Immortality Credit Score, lack of 1 trillion cameras, lack of a database for who is a smoker from the Eterni Bank data. If we had these, we could ban all smoking products users from all hotels except the *Smoker Cruel Killer of Quantum Field Hotels*. *Smoking in the* presence of kids *is a violent crime, since it destroys the kids*. In a society that is eons ahead of ours, it requires going to a meditation center to learn how to meditate and stop smoking. All job and activities end, until the person is smoke free, by going thru the meditation program to experience bliss without smoking. Going back to smoking and smoking in the presence of pregnant women or kids repeatedly could, if all agree with after debates, bring lifetime service assignment (not a labor camp, 1 million times nicer) in a city of healing. Third hand smoke is the smell that comes from mattress, pillows, walls, furniture in a hotel; this can

be because hotels allow people to smoke inside and the doors don't have proper foam trim around the door to seal it perfectly; since they won't do much about it, take some toilet paper and fill in the gaps around the 4 sides of the door or a towel for the bottom if gap is too big; gently recall that change won't happen any time soon without the Immortalist Party, these vampires have developed a global enslavement system for millennia and it won't disappear overnight. We need to become pro-life, not pro-smoking. Immortality Building Inc builds all hotels and makes sure for small hotels, a lot of doors open to outside air and that windows are open on hallways to allow maximum ventilation, so people can open window and door at once and refresh room air in 10 minutes. A good idea, until all are free from smoking via the federal meditation bliss program is to create hotels for smokers only and keep all smokers away from nonsmokers. If smokers smoke in a nonsmoking room or people smoke in unauthorized places, they ought to be fined at least $500000 to deter it and use the funds to bring high quality filters to all. We need to teach society smoking is a form of slow genocide and free society from this curse within 25 years. Repeat offenses of smoking in unauthorized places ought to be grounds for deportation. We can also prevent anyone from immigrating to USA or Eternia until they have become smoking habit free, by implementing the meditation bliss program to all applicants before they're allowed to become permanent residents or citizens. Anyone caught smoking in public places or hotels will get a $5 million fine eventually, as smokers become 0.1% of the population. The foreigners who smoke are invading USA with smoking habits and this ruins our cities. Today, the fraudulent churches steal government taxpayer money, meaning they steal from all Americans, to build temples that sit empty, while fellow Americans (yes, even whites) are homeless and there are no funds to renovate the hotels that need upgrades and 5$ door trim, better filters, better faucets (not leaky ones), triple pane windows to block sound better, 32 dB AC units that block sound more effectively. Hotel staff give new visitors the smoking rooms.

4.11.2. Weed – its lethal effects (causes car crashes, damages brains)

Largest study of its kind found medicinal cannabis doesn't help with anxiety, depression or PTSD as many believe. Weed ages your brain, kills neurons, causes premature aging. Weed constricts blood vessels and thus deprive the brain of nutrients, leading to a smaller brain, lower IQ, like caffeine does too. Weed destroys everyone's heart health. Weed and tobacco combined drain the bliss molecule (anandamide, a pain canceling chemical our body produces naturally) in the brain. Weed is toxic for everyone's brain (lower brain activity in every brain area and short-term memory hippocampus), and needs to be banned except for medical use with lifetime labor for any weed dealing, legalized only for medical use, for those with severe brain issues who tried 100 other cure methods and none worked. The most important thing is to replace all recreational weed stores with free meditative centers by federal law, to teach people happy breathing, if online stuff doesn't work. Whoever is caught distributing executed if amount

exceeds lethal dose and lifetime labor otherwise, for endangering the brain quantum field of humanity. That's why Jews pushes weed on gentiles for 2 millennia and also why Brits pushed various drugs on non-Brits. Singapore people live the longest, to 87 in 2024, and the weed use prevalence is 0.004%, the lowest in the world, vs 19% in Nigeria where they live to 62. This shows long life and weed are opposites. Many studies show driving after weed intake causes car accidents. Alcohol causes about 1 million lethal car crashes and ought to be banned globally too. This alone is sufficient reason to ban it globally. Medical weed causes psychosis. Daily weed raises the risk of head and neck cancers. A civilization of Immortals would probably immediately ban the use of recreational marijuana if many studies confirm this one ► mortality is 1.4 times higher for weed users and 3.8 times higher for users with psychotic disorders ► AJP 2016;173(8):790-8. Weed weakens memory ► JAMANO 2025;8(1):e2457069. Similarly, heroin users had 2.4 times higher mortality than non-users ► DAD 2017;171:31-8. Marijuana causes psychosis. For more on the health effects of weed, watch this.

Weed may cause defects in human egg cells. A 20 year study explains: "1 in 6 teenagers who regularly smoke the drug become dependent on it; cannabis doubles the risk of developing psychotic disorders, including schizophrenia; cannabis users do worse at school. Heavy use in adolescence appears to impair intellectual development; 1 in 10 adults who regularly smoke the drug become dependent on it and those who use it are more likely to go on to use harder drugs; driving after smoking cannabis doubles the risk of a car crash☺☺☺☺☺☺☺, a risk which increases substantially if the driver has also had a drink; smoking it while pregnant reduces the baby's birth weight". Weed using pregnant moms have 50% higher risk of autistic offspring. TIME magazine reports that weed users lower their IQ versus non-users. Teenagers get their brains destroyed for life with weed. "marijuana smoking more than once per week was associated with a 28% lower sperm concentration and a 29% lower total sperm count... combined use of marijuana more than once per week and other recreational drugs reduced the sperm concentration by 52% and total sperm count by 55%." ► AJE 2015;182(6):473-81.☺☺☺ "Periconceptional cannabis use seemed to be associated with an increased (70% more) risk of anencephaly" ► Epi 2009;20(1):60-6. "Prenatal cannabis exposure was associated with fetal growth reduction" (7.5% lower weight, Table 3) ► CC 2010;56(9):1442-50. "women who used cannabis during pregnancy had an increase (36%) in the odds of anemia", infants of weed users were twice as likely to need neonatal intensive care and had 77% higher odds of lower birth weight ► BMJO 2016; 6(4):e009986. Pregnant weed users had infants with more esophageal atresia (70% more), diaphragmatic hernia (80% more), gastroschisis (70% more) ► PPE 2014;28(5):424-33. Infants born to fathers who used weed before conception, during pregnancy or after birth were 2-3 times more likely to experience SIDS (sudden infant death syndrome) ► APAM 2001;155(7):765-70. Pregnancy weed use predicts offspring early weed use and offspring

psychotic symptoms in young adulthood ► PM 2015;45(8):1779-87.

4.11.3. Alcohol: 3 million people (WHO estimate) die on Earth each year due to alcohol

About 20 million are crippled by alcohol each year, 275,000 killed by drunk drivers yearly, meaning over 100 years, 27.5 million people will be killed, if we don't stop the instigators, by Jews, rabbis, pastors, atheists thru the national policies, Torah, Talmud and Bible that deify alcohol drinking, by Catholics deifying Eucharist wine drinking, legitimizing alcohol drinking by faked Eucharist miracles, committing acts of global terror and genocide that pale vs the Holocaust, besides the 9 million killed by drunk drivers since 1920, not 27.5 due to lower car number on the street. Are clergy guilty of genocide? These bastards say the son of God (demons?) turned water into wine, to lure people into drinking, and asked disciples to drink wine to have Life of Evil in them (John 6:53), to drink daily if possible, in memory of him, not God, in memory of his Infernal Cosmic Ego (Luke 22:19-20) and these evil devils also stole trillions in taxpayer money to get "tax free status" while destroying all nations. We were 1 million times (million x) smaller and lived 1 million x shorter, as bacteria, and in the future, we may be 1 million x longer lived, 1 million x bigger as some particle cloud, as first page explains, without having any of today's comical☺ religions, rituals of gnat IQ. Nazis only killed 6 million Jews, Jesus' alcohol killed 300-1200 million people since Jesus' arrival, Jews even more as their advice preceded Jesus (killings via violence, car crashes, beatings, lifespan years lost due to medical resources diverted, wars started by brain damaged alcoholic leaders). All Jesus supper was a typical Jewish daily meal, like Jewish Sabbath in demonic synagogues today, which are guilty of conspiracy to genocide, as are all churches and many other entities with genocidal scriptures that incite people to violence or alcohol use. This genocide of half a billion people dwarfs the Nazi Holocaust and is enough grounds to fine each single 'clergy, staff, church, temple, mosque' (members of church may get some $ back from sale of assets for all the $ the bandits stole from their donations to build useless palaces) and $1 BILLION at least, to finally walk the talk and house, feed, cloth, shelter all properly via the 11 companies, since Jesus said to shelter, feed, clothe the poor not to build churches or mansions. This includes all singers with lyrics that promote drugs, alcohol, violence, sex outside decent norms (to contribute to society by having a kid), fined $1 BILLION too. With 400K USA worship places, we get $400 trillion to ~*~MAKE AMERICA GREAT AGAIN~*~, pay our National 40 trillion debt too and MAKE EARTH GREAT AGAIN TOO, via Immortality *for* All and ~*~Eternal Universal Peace~*~. The next 25 pages will shock every decent person, and help them become the most anti-alcohol person on their street, since alcohol damages all brains. We shall remove any trace of knowledge of alcohol making, so no alcohol is made in USA and worldwide for drinking. Alcohol can lead to blood vessel constriction (due to boosting hormones that constrict vessels), which shrinks brains by nutrient starvation, lowering the IQ, besides giving heart disease, as heart needs to work harder

to deliver blood; by promoting weight gain, this further shrinks the brain. The more alcohol, the lower the IQ: alcohol shrinks your brain, ruins the white matter (the brain highways), lowers the impulse control (front lobe), etc. Alcohol lowers heart rate variability, meditative bliss increases heart rate variability, heart rate variability is 40 after a drink, versus 150 ideal, 40 is what you get after a bad sleep night when you're tired and foggy all day. The American Cancer Society says ANY ALCOHOL increases cancer risk and the Surgeon General said alcohol drinks need a "cancer label" on them. Alcohol shortens lifespan, increases Alzheimer, ages your brain so much faster, as heart rate variability is needed for a long life. No amount of alcohol is safe, any amount depletes brains of ω3s, increasing brain inflammation and lowering IQ. Stalin and Hitler had alcoholic fathers that beat them often, especially Stalin. It's known that kids beaten heavily by parents become more paranoid and to avoid the pain of those moments, they will kill anyone they deem a threat, so the victims are not able to ever inflict pain on them. That's why Stalin killed thousands around him, with a cruelty and paranoia far above average. Pastors, clergy, aristocrats, politicians, rabbis who drink or OK alcohol, Eucharist wine are guilty of genocide, but they refuse to admit they co-killed the 100 million people killed by Stalin and Hitler: all need be fined big for instigation to genocide, since we know once alcohol sells, many will abuse it. These frauds posing as clergy, etc are one spiritually and ethically with those alcohol promoters, sellers, who made the Stalin Hitler fathers alcoholic, one with millions alive now who commit 50 million violent crimes every 3 months due to alcohol today. These beasts are not ashamed of their diabolical depravity, they raise their toast or Eucharistic wine as demonic leaders of nations or random folks. People are homeless or beaten often by spouses or parents due to the Clergy who OK drinking wine, even a drop of it, wasting millions fo acres for wine to poison us all. They will go to hell and purgatory if it exists, not to heaven. They are pure conmen. Poland will ban alcohol advertising and alcohol sales 10 pm- 6 am for off-premises consumption. All alcohol containers must explain the lethal effects, we need ban alcohol ads worldwide. Criminal Google and Facebook, run by the Jews who fought to undo prohibition, allow alcohol ads. ☺☺☺☺☺☺☺

Wine during pregnancy will increase chances of crossed eyes, strabismus in the baby ► BDR 2023; 115(13):1208-15 meaning eternal avoidance of baby by everyone and social isolation, lack of career opportunities, and less help received by parents in old age due to mom's greed for alcohol while Ukraine and Syria are wiped off the map. This section explains the "benefits of light alcohol drinking" are negligible versus the damages it causes in people worldwide: potential all out war that will kill all humans alive. 40% of violent crime is done when people are drunk, and 95% by people who drank in the past decades, having destroyed their brain empathy center via a simple chemical reaction. WHO says 3 million a year, that's 300 million in 100 years. *The HOLOCAUST of* 400 MILLION HUMANS *via alcohol, last 2 centuries, has GOT TO* STOP NOW. *The semi-HOLOCAUST of 4 billion victims of violent crime by alcoholics has GOT TO* STOP NOW.

These victims suffered severe injuries and lifelong disabilities that shrank their lifespan and caused the equivalent of another 3 million dead each year today in lifespan years lost by humanity, *so another 400 million dead in 2 centuries*. On top of that, the destruction of 4 billion brains worldwide leads to many wars and violent crimes when one is not drunk, the indirect *DELAYED* violence coming from the destruction of the brain empathy centers, so we get another *400 million dead equivalent, THAT IS INCORRECTLY ATTRIBUTED TO OTHER FACTORS*. By now, you realize ALCOHOL KILLED up to 1.2 BILLION WORLDWIDE, or eliminated 60 billion lifespan years in the last 2 centuries. *When you sip your alcohol, do YOU realize you take part in the KILLING OF ANOTHER 1.2* BILLION *PEOPLE* in the next 2 centuries? Please stop being a genocidal killer, because it's never too late to change, otherwise, hell awaits you, if afterlife is real. Not only that, but the countries that first develop the mother of all bombs may wipe alcohol users out. 95+% of violent crime is not reported. It's never too late to stop being a "selfish devil from hell on Earth in human form".☺☺☺ Once you read the next 15 pages, you will understand what this metaphor means. Alcohol causes violent crime which causes wars, which cause the final war, the one that kills all humans above or underground in seconds. So, with each sip, you draw the human species closer to its extinction, if you care at all. *Do you have empathy for your* fellow human *beings who* work *daily for you to* have techs, devices, water, food? ☺☺☺ MD explains why he never drinks alcohol (any amount is toxic), how you can drink lemon water at the bar without friends knowing it's water. The most dead/hour happen in falling order: Sa 6pm-12am 6.69 dead/hr, Fr 6pm-12am 6.27, Su 12am-3am 6.20, Su 6pm-10pm 5.67, Sa 12am-3am 5.53 due to drunks after 6pm Fr-Sa-Su. Sa 8-11pm = 6.87, Sa 9-10pm 7.08 dead. Safest daytime is Su: 8-9am 1.9, 9-10am 2.1. Sa 6-10am 2.60, Su 6-8am 2.56. Dead/hr (wk avg) in daytime rising order: 8-10am, 2.51, 9-10 less collision, 10-11am 2.84, 7-8am 3.08, 11am-noon 3.32, 6-7am 3.54, 12-1pm 3.66, 1-2pm 3.96, 2-3pm 4.34, 3-4pm 4.77, 4-5pm 4.78, 5-6pm 5.11, 7-8pm 5.36, 6-7pm 5.54, 8-9 pm 5.55, 9-10pm 5.57. 1-6pm Fr/Sa are the week's worst 1-6. Sa (then Fr/Su) is the worst, best is Tu (We 2nd best), best 3 hr slot (of BTS.gov selected) is 9am-noon, 3-9 pm the worst. Try drive mostly 9 am to 12 pm (9am-2pm long trips), the safest time of any day, avoid sunrise/set, night, as low light means drunks crash. Use daytime, 0 fog/rain. See hourly data. When dead/hr is < 3, there is no traffic, it's stress free.☺☺

Japan will suspend driver licenses for those drunk while cycling, jail them up to 3 years. Many lose their coverage for travel insurance if they got high blood alcohol, while people lose 3 times more brain mass when taking resveratrol (the so called miracle compound in wine) versus placebo. The resveratrol scam is well explained in this video. That may explain why alcoholics got lowest IQ. Indeed, it's all whining, whine about the wine benefits. Out of 10000 polyphenols, the only one they chose to write a lot of fake papers about is *RESVER*ATROL, reverse troll… of course, the wine industry tries to prove that the tiny bit of resveratrol will help you live to 900 if

only you drink 4 gallons a day. Many studies show resveratrol pills can raise LDL 25% in humans, can lead to atherosclerotic plaque in high cholesterol rabbits and other negative outcomes. Other studies show adding resveratrol to boron supplements cancels the group 3 boron LDL drop of 9.3% to 4.5% drop ► Ntr 2013;29(1):178-83. So far, it seems resveratrol can do a lot of harm. Today, this same compound is extracted usually from other plant sources, as it's cheaper than wine. USA drank 14 million bottles in 1934 and 445 million in 2021, showing that as the brain was wiped out by alcohol, so did the US decline. As alcohol went up, so did the US violence against civilians inside or outside USA and today USA is on its way to 3rd world country status due to alcohol, drugs, violent music and vaping. Drinking some beer 35 times a week shortens your lifespan 2 years at least. As the Associated Press and 1000s of articles explain, alcohol causes 7 types of cancer, heart disease, insomnia, anxiety, epilepsy, low IQ, brain shrinking, mental disorders, cirrhosis of the liver, ☺abysmal IQ☺ babies, millions of car crashes and violent crime incidents. Wine has 790 times less anti-oxidants than cloves (*avoid basil, cloves if pregnant or trying to* conceive though), 672x less than (<) cinnamon, and 400x < turmeric, 503x < oregano, 250x < pure unprocessed cocoa powder or cocoa beans, 100-160x < cocoa rich chocolate, see below. Alcohol weakens our immune sytem, causes dry eyes, makes us susceptible to flu, cold, COVID19, plus 1 million other viruses, molds, bacteria. Beer is very potent in causing breast cancer as a 5 min video explains ► youtu.be..LA; his 2018 video explains why alcohol at low/moderate levels may not help at all. The antioxidants in wine, beer are much lower than the wine industry ads have many believe, as the polyphenols section explains. Walmart Supercenters in many locations, just like Publix Liquors in 20 states, got "Wine and Spirits" area and sign seen from outside, possibly to keep alcoholics away from the rest. Why are alcohol sales legal? Pepsi poison is the Florida drink ad on there to lie to all that Pepsi is healthy for the slaves. No healthy longevity and immortality names for any Walmart area, only Jesus *wine and spirits* loved by Jews. The hypocrisy can't be more evident. Isn't it fair to fine Walton Walmart family 1 trillion for causing millions of domestic violence incidents and child neglect (parents fall asleep drunk, kids go outside, etc) via alcohol they sold retroactively? Same for the evil UK Royal Family, who now wants to establish a new Whiskey plant in USA, UK made trillions by murder of 100 million US people via alcohol and tobacco, they profit from genocide. All alcohol aristocrats need to be fined retroactively $50 trillion, since millions lowering lifespan by 10 years for 40 million become the equivalent of killing 10 million 40 year olds (40 years lost). Alcohol turns males and females into the most dangerous people, watch video of drunk girls. Never date a guy/girl who drinks, as they can kill you when drunk, or your kids, youtube has 50,000 videos of women killing people under the influence of alcohol, so no, it's not just men...

EU spent 200 million to destroy surplus wine, in 2023, so all that work to grow grapes and turn them into wine is wasted. Meanwhile, people could have eaten the grapes, instead of the junk

sodas. Parents need to know that grape, apple and orange juice can contain 0.05-0.08% alcohol and some bakeries 1%. Grape juice is high in alcohol, so only eat fresh fruits (implement national policies to replace grapes with blueberries, etc), as everything starts to form alcohol if juiced and sitting in the shelf many months. Grapes (especially green), oranges, apples (especially green, yellow) are not that nutritious at all, having mostly sugar, they need to be replaced with berries in agriculture: in reality France dedicated 57 million to uprooting grapes and replacing them with other crops. Russia's % of citizens who never drink alcohol moved from 27% in 2004 to 48% in 2024, 33% preferred vodka (40% alcohol) in 2004 vs 11% in 2024, when people prefer beer (5% alcohol). Australia decided to replace wine grapes with olives. Olives, if processed correctly, and sold as salad addition, can be way healthier than any olive oil, providing fiber, protein, far more polyphenols and much more than the least processed most expensive extra virgin olive oil. Obviously, walnuts are way better than olives as a fat source, but these farmers use the same tools and everything to grow olives, making it way cheaper than switching to walnut trees. The main reason some studies noticed red wine drinkers live 5% longer is that they compared it with the typical American pure poison diet so void of polyphenols, that a few polyphenols in red wine (2-10 times more than white wine, depending on how dark the grapes are, the process of fermentation, etc) have made a huge impact on longevity. It's like the Big Meat, Big Egg sponsor 90000 studies where they compared eggs, a burger or cheese with the worst foods on Earth and they "show no increase in cholesterol". It's a scam. Once you know how the Big Food mafia works, you know how the wine industry does too. With all those trillions they could design a drink 1000 times healthier, but nobody cares, tradition forever, ☺abysmal IQ☺ eternal. If you watch many videos linked in this book you will see how the fake science and conclusions work by the PhD choosing the worst foods to compare deadly foods with. Likewise, we saw in the CHD section medicines improved parameters, but lifespan was shorter; just because in some people moderate alcohol improves some parameters doesn't mean those guys will live even 1% longer. Russians live the shortest of all high alcohol drinking nations and the vodka (whiskey), their main drink, has 1 million times less polyphenols than red wine. ***The distillation for 2-10 times ensures every healthy compound is destroyed, except the toxic ethanol.*** Is their short lifespan due to other causes or a possible suggestive evidence of the toxicity of ethanol, whiskey, vodka for most? The beneficial polyphenols in wine and beer may cancel the damage ethanol does, so at moderate levels, not much is observed. One can appreciate that some centenarians believe they lived to 100 because of alcohol; however, it may just be their body simply adapted and developed a mechanism to deal with alcohol toxicity and got only the benefits if any in their wine polyphenols, meaning they lived to 100 in spite of drinking alcohol not because of it. You can read 10,000 papers about it and see. Our brains are wiped out by alcohol and vodka, whiskey can contain traces of blindness causing methanol, a deadly chemical that can also actually kill people: now you know why alcoholics die. Israel males *live to* 82, drink 6.8 L/yr

(mostly beer), Singapore males to 84 & 3 L/yr, Russia males to 67 & 18 L/yr, Japan males *to* 82 & 15.6 L/yr *(*mostly beer, 5% alcohol*, which has polyphenols,* way healthier than 40% alcohol vodka*),* China males live to 75 & 9.4 L*/yr* (35-60% alcohol, baijiu strong liquor, toxic, with a whole Maotai city wasting lives of endless Chinese to produce this poison and the unethical government of China promoting alcohol, just like another 150 unethical governments that legalize its sale). Clue into the deadly nature of alcohol, high % alcohol drinks & vodka? Adventist vegan centenarians drank no alcohol, so we can reach 100 with no torture, good sleep. Toxicity depends on how much is ingested at one meal probably and concentration too. ☺☺☺

The ORAC values published by the USDA show the amount of anti-oxidants (that neutralize free radicals) in food: most *foods have 8-800 times more anti-oxidants than white wine* (ORAC 392 at the bottom of the list). Orange/Red wine has only 2-5 times more anti-oxidants than white wine. ☺☺☺ The super-centenarians (people who live over 110) of Loma Linda don't drink at all their entire lives, proving that you don't need any wine-beer to live to 112, i.e. far longer than the average human who drinks. A PNAS study found a reduction in hippocampus neurogenesis in monkeys after alcohol use. Hip 2010;20(5):596-607 found that in a rat model of alcohol abuse, neurogenesis is impaired and hippocampus degenerates. Studies found alcoholics have a smaller brain than moderate drinkers ► nih.gov...8.htm, the link has many studies and pictures of neurons in mice and humans. Alcohol damages the brain, as it reduces the brain ability to produce ATP using magnesium, and it creates magnesium deficiency, which causes many issues. Alcohol reduces neuron dendritic growth. Pregnant women who drink a little have lower IQ kids, *so leaders raising a toast encourage the mental destruction of the nation?* ► PO 2012;7(11):e49407 and ScienceDaily. Those drinking a lot have mentally disabled kids ► syndrome. 10 g alcohol or 200 ml/7 oz beer 5% alcohol or 83 ml/3 oz wine 12% alcohol, between first period and first pregnancy increases breast cancer risk by 11% ► JNCI 2013;105(20):1571-8 or HealthLine. Life expectancy was 24-28 years shorter than average in alcoholics ► APS 2015;131(4):297-306. Wine got 3 times more fluoride than fluoridated water, about 600 times higher than breastmilk, enough to damage the brain. "the pervasive presence of arsenic in wine (and beer) can pose a potential health risk" ► JEH 2015;78(3):16-22 and the Univ of Washington. 1.2 million people die yearly on Earth in car accidents, compared that with 1750/year dead in 2014-2022 in Ukraine frozen conflict (before it became bigger in Feb 2022). Every 5 years, it's like a Holocaust of 6 million people. In some countries about 70% of fatally injured drivers have excess alcohol in their blood. So, why don't we talk about this HOLOCAUST? *This is an indirect Holocaust in addition to the 3 million due to alcohol use*. All news is about one Holocaust, while other holocausts are never mentioned, like all recent 150 year wars, genocides in which 230 million died, not to mention *the 1 billion alcohol and smoking killed*. Perhaps we need a better centralization of the education curriculum to inform people of all holocausts. Alcohol raises

blood pressure, triggers epilepsy, mental disorders, cancer, cardiovascular disease, cirrhosis of the liver, weak immunity, millions of fatal car crashes, violent crimes, suicides.

Alcohol depletes brain ω3: "DHA losses in brains of chronic alcohol-treated" ► BC 2015;1(1):63-8, "The detrimental impact of alcohol on DHA (ω3) impairs synaptic plasticity, particularly N-methyl-D-aspartate (NMDA)-dependent long-term potentiation (LTP) in the hippocampus and medial prefrontal cortex, two brain regions enriched with DHA" ► FN 2023;10:1068343. Drinkers become depressed due to low brain ω3s that keep us healthy: "drinking 7 to 13 drinks per week endorsed significantly more symptoms of depression than those who drank at lower levels" ► PPRP 2005;36(2):203-7. Depression leads to antidepressant use (CDC: 15% of US women), which will "reduce the probability ... to conceive" ► AJOG 2016;215(3):314.e1-5. This causes more depression, more alcohol use, then more depression in a negative self-reinforcing loop. Alcohol leads to depression, which leads to antidepressants, which accelerate cognitive decline, dementia: "antidepressants disrupt normal biological processes with potentially devastating consequences" ► EPS 2019;29:e56. "psychiatric drugs may cause permanent brain damage... prenatal exposure to psychiatric drugs can lead to altered physiology and behavior later in life" ► IJRSM 2019;30(2):59-71. Immortalists, never date alcohol drinkers, they're serial killers, as alcohol ruins the baby and causes others to imitate their fruit fly filif IQ of sewage worms from hell. Ignore the fact some rats are MDs and make 80 times the minimum federal wage: some became MD to make $$$. The evidence is clear: 4000+ foods can achieve what alcohol does (a temporary relief in some cardiac patients), without the brain, organ, liver etc damage and cancers, or all traffic/domestic violence. The great misconception is that alcohol makes you violent only when you get drunk, that's not true, you become more violent even if drinking once a month or quarter, even if not killing or injuring others. This can be a subtle form of violence that very few notice, but still ruins all.

40% of violent crime is done under the influence of alcohol in the US and other countries. 13% of humanity goes hungry and millions die of hunger every year, while a third of food is wasted. *$30 billion could prevent this waste of food per some studies and solve hunger, yet the planet spends $400 billion on alcohol. Therefore, it is kinder, more altruistic, compassionate, gentle, etc to favor* strict alcohol regulation, for medical purposes only when proven, outside of faked science papers, to be safer (a little alcohol as disinfecting mechanism) than all other foods with 100 times more antioxidants or probiotics (beer etc). This is logical, since alcohol causes millions of domestic violence incidents, millions of lethal car crashes every decade which are wholly anti-Immortality *for* All. Until people learn how to be happy via peaceful music and meditation, it is harder to regulate too much, because we have basically 1 billion alcohol addicts on Earth, explaining the peace. We would need to very ☺☺*lovingly tenderly gently kindly*☺☺ educate people on alternative bliss and of course increase tax, show 3 trillion TV-radio ads about alcohol

induced violence and car crashes, to appeal to people's compassion for their fellow humans, so they do it out of love. France and UK experience a rise in sales of alcohol free beers and wines, which is predicted to replace alcohol versions within 40 years, due to efforts from people like you who care about global health, innocents killed by drunk drivers, spouses and kids beaten by drunk folks, etc, people who're worried about millions of tons of glass, aluminum being wasted on bottles, when at home with a juicer you can drink something far healthier.

The US beer tax varied wildly in 2023 from $0.02/gallon in Wyoming to $1.29 in Tennessee. Insanely, US distilled spirits tax varies from 0 in Wyoming to 37$ in Washington. This disparity is shocking, an affront to the Democratic Ideals of Equal Opportunity for All US Workers to prevent alcoholism and get more money for safe food products by an equal beer, tobacco, federal, income (remove all states, merge state and income tax) tax in every 'state'. It shows why all Demon-crats, Re-pub-licans need to support centralist capitalism to *raise* federal *beer tax* to $200 a gallon, or *10000 times above Wyoming state tax, and* spirits tax to $900 a gallon, not $2 as in Missouri, or $2.5 in Texas. *These conmen alcoholic Texas* Re-pub-licans *ought to be ashamed of their* Holocaust. The lowest alcohol taxes are in Republican states which also drink the most. Anyone caught distributing and making it illegally, would be sentenced to lifetime labor and $9 billion fine. In Australia, the beer tax was 227AUD/gal or 149$/gal in 2024 which is about 45% of retail price, while Norway and Iceland had a higher tax (> 155$/gal), so Norway and Iceland got the lowest alcohol intake in Europe (except Greece), at 7.4 liters vs 12.2 for Latvia, 6.3 for Greece or 0.1 for Indonesia. Finland beer tax (151$/gallon) is 7550 times higher than Wyoming, 33 times higher than Germany, Israel got about 300$/gallon, so Israel alcohol use is half of USA. Jews *own so many* alcohol *selling businesses* in US and EU, yet they drink far less, and live *longer than EU-US. Jews profit off our death.* Why not remove the Jewish and other beer middlemen to boost US lifespan? Finland (with harsher climate than US) has unmatched worker benefits, lives longer than US, thanks to its *highest EU* alcohol tax. In 2019, 66% of 14-17 year olds in Australia never drank alcohol, versus 28% in 2001. This shows Australia's steep taxes on alcohol, far higher than USA, work. Kuwait, Saudi Arabia have banned alcohol sales, and those caught face deportation, fines and jail. So, Saudis may drink at home, but the level is about 10000 times less per capita than than 150 nations who got shorter lives, including many so called 'civilized' Eastern EU nations who drink *10000 times more than Kuwait*. *Russia drinks 10000 times more and lives 8 years less than Kuwait*. Let the violent Jewish Bible allow you to drink more, and kill you faster, the "Lord of the Universe", Jesus the Jewish Conman, drinks at weddings in Luke 7:34, and then tells his credulous or role playing disciples in Matthew 26:26-8 to drink to remember Jesus being violent in Mat 21:12 forever. Amen. All that alcohol went to his head, making Jesus violent. US drinks about 9.5 liters/year. The immortalist *national ban on alcohol* means it's sold by prescription only (no *parasite* CEOs), if you tried 30 other treatments

first, provide proof it helps with a disease (not fake studies big alcohol makes). May *Germany, the big EU superpower, recall that Israel beer tax* is 65 times *higher,* Israelis live longer, as they drink half what Germans do. It's never too late to end bad habits, to shut down pubs Ashkenazi Jews and all others created in Germany *and all other nations*. In USA, the Tennessee *beer tax* is 64 times *higher* than Wyoming, so these wild differences are common. Among US states, Utah drinks the least, 3.6 times less than New Hampshire who drinks the most. The EU/US seem to be run by Jews who profit from selling alcohol to the fools worshiping Jesus. *The* Hollywood Jews & Hollywood in general *wage* Genocidal War *against Gentiles*, *with or without intent of doing so (that is subject to debate, you decide),* programming them to drink alcohol, gamble, do drugs, smoke and engage in violence thru the depraved content of movies, music, media. People become desensitized, that's the new normal. Social engineering. They corrupt, promote sex outside procreation, destroy ethics, brains as Zion Protocols explain. They even pretend to be conservative at times, to lower IQ of locals enslaved into Jesus worship. Controlling both Republicans/Democrats, they rule *USA*. The justice system they created is also designed to never eliminate violent crime or drug traffic, only to manage the gentile nation kept in their chains, like many Jewish MDs manage, not cure disease. Like the Jesus movie, with the clubs of the Bible made up religion of torture and bloodshed, they beat the *gentiles, lower IQ, chain them ever deeper*: millionaire actors from Hell show in movies to the ☺puppy IQ masses☺ a Jesus head full of blood from the crown of thorns, as this will "really bring World Peace, 0 violent crime, decent houses for all". It's a way to program all gentiles to: follow Jesus, shed blood, be violent, you will have the same fate: Jewish lunch. Hollywood movies glorify, deify *sex outside pro-creation, violence, drugs, smoking, gambling*, not single family houses, decent conditions for all, as with immortalism 11 companies. All miracles were faked, crafty Jews turned water into wine with red dye to further addict gentiles. They made wine drinking a holy ritual, to get gentiles drunk and take over their nations. *Discern*. The Vatican Jews/Italians, Jewish Kippah wearing Popes, made up *endless* Eucharistic miracles, lied that wine became blood, wafer became flesh, to destroy the gentile intellect, increase naivete, obedience, slavery, and addiction to alcohol, a perfect tool to destroy brains, take over nations. They take over every city, legalize drugs, *weed now, used by Jews for millennia to dupe gentiles*. Once they hook up all nations to tobacco, drugs, alcohol, sex outside pro-creation, violence, it's all in their hand, nobody can escape their Banking Control.

Parents need to increase IQ and not be fooled via the Jewish Nazi method of a "*lie repeated 900000 times becomes established historical fact*". If all kids around the kid, all teachers at Christian schools claim that Jesus miracles are true and there are 500000 fake books naive folks or charlatans wrote in the last 2 millennia to support the unifying cult for the Empire that destroyed all prior cults, it doesn't mean any miracles are true. Credulous Christians, hear about 9000 Marian "apparitions", 20 "books with 3000 miracles" for 500 saints, etc, *that they're so*

hypnotized, they fall for it so hard, hook, line and sinker. It's hard to debrainwash and realize some people just LOVE TO LIE *90000* times more than *you do*. Believe it or not, some people are just ☺filif spider IQ☺ *chimps*, pure animals, doing anything to deceive and enslave others. They behave more like tigers, vampires, parasites, ready to pounce others once they chained them for life into a belief system. They say this is a low IQ conspiracy theory, it's not, look at your ancestors, the chimps. You see, exactly as they forged the Robe of Jesus, the Bible/Mormon tablets etc to make it appear as a real historical event, so can they fake alcohol benefits studies to get people to drink. Jews gather, some paid Jew lies that his disease was cured or that he was dead or etc, and those not familiar with the trick believe it, due to the incredible acting skills of the mob of paid "believers" who were to create global Israel. *Don't believe anything I say, test it.* Look, you don't have to believe anything about alcohol being useless, just consider the fact that exactly as we manage to travel 9000 times faster than nature gave us ability to, we can create via science a drink that helps us to live 9000 times longer. Bees who eat royal jelly live 40 times longer. This is in nature, we can do better than nature. If we just drink, worship alcohol, we remain these filif bed bug IQ☺☺☺ folks who can't even live to 500, due to "alcohol help you live long" ads, that remove the truth that "*Other drinks can help you live 1 trillion times longer*". We have yet to have studies large enough, to *eliminate the* 100,000 *confounding factors in present nutrition studies*, to prove alcohol improves people's lifespan across the board by even 1 week, if they eat a polyphenol rich healthy vegan diet. If you can eat healthy stuff, and not have the violence of drunk or brain damaged by alcohol people, why legalize alcohol? If we can get the benefits in other ways, from foods with 10-500 times more polyphenols, why not remove the minuses by banning alcohol globally across the board? Skeptics say we're even wasting our time with this, since it's not important: live and let live. No, it's *very* important,☺☺ since most violent crime happens due to alcohol, bad music, movies showing alcohol, violence, and without 0 violent crime we can't prevent the 10 second end of all humans soon. ~*~Eternal Universal Peace~*~ depends on a *global alcohol ban*. Thus, the Immortalist Youth avoids alcohol. Not only that, but they're using every opportunity to explain why it's evil: Chapter 4.11 or 900+ books.

"Plasma IL-6 concentration increased significantly (P =.01) during 6 hours after ingestion of red wine (56%) and white wine (63%)" ► Met 2004;53(3):318-23. IL-6, a pro-inflammatory cytokine (marker for blood vessel inflammation), increased 56% and 61%, while after blueberries it decreased 50% in dozens of studies. The unethical Demon-crats and Re-pub-licans have encouraged alcohol sales for decades, leading to about 1 million dead Americans, this holocaust has got to stop, vote for the Immortalist Party.☺☺☺ All local govs need to be dissolved, in order to increase efficiency and have only 1 law, not 20000 city or state ordinances. The system today encourages short lifespans of rats (we live 40 times shorter than aliens who live to 3200, as rats live 2 years vs 80) and "hen IQ" is mainstream. What kind of species uses alcohol to decimate its

planet and do *holocaust against itself of 400-1200 million* last 2 centuries? *Where is the outrage about a holocaust of* 400 *million* Gentiles*, way larger than* 6 *million* Jews*?* Why does the media have such a double standard? Why not cover the violence in the Jew created Bible? The *answer is plain and simple: media is Jew controlled, as are all* Christian *churches. Tobacco killed* 800 million last 200 years, yet the media never mentions it, Jewish CEOs sell alcohol, tobacco. So often when I walked into Catholic Churches, all having the same Missal that removed 1450 bad quotes to hide the truth, I hear about The God of Israel. It's become really an *Ode to Israel* itself. For Protestant Churches, it's even more insane, the Zionism and adulation. It's repulsive. ☺☺☺

"In the 1930s, Jews controlled about 70% of Germany's important hops industry". In Romania of 1900s, Jews established endless pubs and bars, as they do today worldwide, to corrupt the youth, less educated peasants, get them into debt by suggesting big loans in bar chats to take over their land. "A 1764 census of Polish Jews found... 80% of Jews living in villages worked in the alcohol trade, distilling and selling wine, vodka, liqueurs and beer". *Holocaust by Alcohol*? Outraged? Is that not a profit from killing others? Let's be real, if we want World Peace, we need 0 violent crime, most of which is done under the influence of alcohol, *40% under the past hour influence of alcohol, 95% under the past years influence of alcohol* (brain empathy center destroyed). Why is the Catholic Church encouraging wine drinking by giving people wine at service? Boycott them. A Russian priest whose brain was destroyed after years of sipping wine, brutally tortured a baby, during the needless baptism ceremony of making babies cry and making babies hate their mom for abandoning them and placing them in the hands of a psycho priest. Too much vodka. Watch the Russian drunkards bomb, demolish cities in Syria & Ukraine. It's compassionate for the whole world, to joyously, kindly boycott the Christian churches until the 1400 violent quotes are removed and the wine is removed, plus fake miracles too. Talking about Jewish control of the media, thru a concerted campaign to cause brain damage, the evil forces have introduced scenes of choking during movies, and now, allegedly, half of young Australians did it at least once. The evil Jewish Hollywood elite of Los Angeles and their minions all over the world are pushing for ever higher depravity, which obviously won't go unanswered by the eternal physics laws. Those who *incite 2 billion* Holocaust *(*400 *million alcohol,* 800 million smoking, as last 200 years, plus 800 million in wars) next 200 years *via smoking, alcohol, sex outside procreation, violence in movies/music*, will find it always comes back to them. How can there be Peace when almost everything Hollywood makes is full of violence/alcohol? Hollywood, Bollywood, etc Jews and gentiles are responsible *for millions of rapes*, violent crimes (scenes of violence program) by deifying sex outside procreation and rape is a violent crime penalized by death penalty in the immortalist nations eventually, if lifetime labor sentence won't reduce rape to 0 in 2 years. Thus, in immortalism, alcohol, violence, smoking, sex scenes in movies are forbidden. Gay sex leads to rapes. USA needs a state of emergency to take over Hollywood,

bring true nonviolence, order. USA is not a devils den of rape, depravity, kid beatings, choking, getting drunk, slapping, Bible violence, Bible rapes, etc. Singapore is not a real democracy, people are happy with 1 party, and they live to 87, the longest of any nation. Each nation has a choice: *you allow those who want to destroy your nation* to take power or those who want your nation to be the longest living nation. ☺"Fruit fly"☺☺☺ IQ folks☺ *abound in every* nation. No democracy exists anywhere, it's all a scam, all elections are fake. Aware of this, people often want no political parties, just leaders who help all live to a healthy 500 year old.

A video shows a famous youtuber Levi (mostly Jewish name, though Mormons, some Christians use it too; Matthew disciple was Levi, a tax collector, but to dupe gentiles, he changed his name as Jews do to pretend being gentile), waste enormous public safety resources by refusing a sobriety test which leads to his car being towed and him being taken to the police station to do the test and show off his "knowledge about rights". He acts as if he has no moral obligation (given the fact that otherwise all humans die in 1 minute in the 2 capsule scenario), no citizen of Earth responsibility to help bring violent crime to 0, only rights *to confuse gentiles with his youtube videos*. What Levi does is typical of some Zionist Jews: come and pretend to defend *your* rights, but actually, in reality, take away *your* rights to a decent society of 0 violent crime by making everyone a violent drunkard in lower income lower education communities. Levi has no mercy and compassion for millions who died at the hands of drunk gun owners in the US alone. Due to the infernally violent Bible Jews imposed on the planet thru trickery and violence, in the US now we have 1000 times more guns per capita than some nations, instead of a centralized education (not Yeshiva, Christian (basically Torah insanity), etc) that prevents violence via 20 min ethics daily, etc. 48000 die yearly in USA from guns alone (many due to alcohol that damages brains and makes people more violent and suicidal), thanks to Jews, who're behind both the gun lobby (fanatical hard core Orthodox Jews who helped many become the "Christian right", ☺puppy IQ folks☺ who don't realize they're Jewish puppets for the infernal Torah) and the anti-gun lobby, controlling both sides to perfectly dupe all they live in a fake democracy. 48000 times 100 years becomes 4.8 million folks, isn't this a Holocaust? Where are the superior chosen Jews, 170 Jewish billionaires, hunger striking daily to create an alcohol free USA, nonviolent content, central non-Torah violence education, ban all guns so gun deaths are 0? Nowhere, Jews create some of the most violent movies on Earth. Jewish youtube also has too much trash music, violent music, violent depraved content, and 1 billion fake AI channels with dramas and fake stories and movies that depict acts of violence disguised under a 'seductive' story of wealth and beautiful CGI animated characters that appear real etc to condition people that salary inequality, of 5000-50000 fold is normal, to normalize slapping, violence, shouting. The addictive youtubes prevent good sleep and become as deadly as alcohol sometimes. How come nobody fines Google for creating such trash: immortalists would ban all slaps, violence in

any AI channel, as it allows criminals to hide their genocide content creation. Such AI content is attempted murder, since one slap imitated could lead to a shooting when escalating in real life. The seductive CGI actors are used to make genocidal behavior attractive, like Jews tell gentiles alcohol prohibition is bad. ☺☺☺☺☺☺☺

Some Jews are so evil, they deify Alcohol at Weddings even, dancing with Bottles of Wine on their Head, these are the deadliest Jews: Orthodox Torah Genocide lovers. How can such ultra low IQ folks take over 4 billion people? Aren't gentiles ashamed of being a puppet of such ☺filif worm IQ folks☺ who deceived billions for 2 millennia that Jewish Jesus miracles of water into wine, etc were real? Easy: people don't read the Bible or Quran. Levi doesn't care his role model of "no field alcohol test" will cause endless violent crimes to happen as officers waste time with ☺puppy IQ folks☺ like him instead of preventing arguments turning into almost lethal beatings. Levi claims he has the right to refuse the alcohol test, which he does, but this law was passed by the Jewish Mafia in USA politics with aid from 170 Jewish billionaires (more details here) and many Jewish banks within the 4500 terror banks in charge of eternal terror of USA. In any sane society, anyone would be required to take a field sobriety test to save time, prevent car towing, prevent extra trips to a police station and prevent real violent crime from happening by having cops deal with real violent crime threats, not ☺filif IQ buffoons☺ refusing a field alcohol test. Levi is like this East Asian guy who wasted 2 hours for 3 cops because the Jewish demonic law of the USA says "he has the right to not provide ID when asked and play endless games": laws made to create endless crime. In a real nation, anyone who loiters for 10 hours etc who freaks out a store manager (willing to bar him for 2 years from that store, due to arriving before store opens) would be required to produce ID or cops would need to search him and his car for the ID WITHIN 1 MINUTE OF HIM SAYING I DON'T WANT TO or not providing it. Not only that, anyone stopped by police (in a moving or stationary vehicle) needs to provide ID if asked WITHIN 1 MINUTE, no special reason required (just to make sure he's not illegal with fake ID or not impersonating someone during a crime). When ☺low IQ clowns☺ waste the time of 3-5 cops for 24 hours, it's a lot of money, energy. It could be 10 violent crimes that ruin 10 families prevented. The Asian was not a Quaker, but a jerk deserving a 20000$ fine for wasting 3 hours of police. How could such a selfish pig become US resident even, there are tens of thousands like him, who're not citizens? We need new immortalist tests for residence/citizenship. Levi types are a disgrace, promoted by Jewish youtube (saying this because google founders were Jewish, and youtube seems to have a pro-Jew bias): the time wasted by cops and doctors dealing with 1.3 million yearly deaths from car crashes (half of them due to alcohol) and 15 million grave injuries (screwed for life), prevents cops from bringing violent crime to 0. A cop being late 5 seconds or 1 minute can make a difference between life and death or a verbal fight and a real violent fist exchange, as seen in youtubes. Cops attending to many alcohol caused car crashes

makes it impossible for cops to prevent real violent crimes. This is irrelevant to the bad type of Jews who think "genocide, rape, theft, mass rape, beating kids/slaves with rods, slavery, sex slaves" is the Word of God and who imposed that "belief" on 4 billion people, thru the Jesus and Mohamed cults based on the Jewish Torah, indirectly causing up to 270 million dead via Islam.

Some Jews abused America's hospitality by fighting tooth & nail to destroy USA's puritan move to ban alcohol, simply because in their selfish ☺abysmal IQ☺ drinking tradition of Sabbath that 'God' dislikes in Isai 1:11-6. Jews also took over the government/media/religion and at gunpoint imposed circumcision on most males. Jews have caused thru world governments infiltration up to 50 million dead people at least in the 20th century alone, people who car crashed due to alcohol influence, praised by the evil Bible that deifies the Fraudster in Charge, Jesus the Jew, whose depravity could only stage a water into wine miracle to confuse gentiles and steal everything from them (can't pay mortgage or loan, so sell thy land, O zeo IQ gentile) once they sign a loan under the influence of alcohol. This alcohol Holocaust done by Jews against gentiles can be kindly ended via knowledge, now free on the net. The alcohol crashes also took so many police resources away from preventing violent crime, *it caused millions of divorces* as spouses got drunk and attacked their partners, all due to the 'parasite type of' Jews, all too happy to become lawyers, judges to waste everyone's time in endless trials. If this isn't enough, millions of kids worldwide suffer endless violence by drunk parents, as the Jewish Bible says to beat kids (quotes), or beat kids (Quran) for not praying, Quran being Jewish Torah recycled, see 100 videos on Quran evil. Having taken control of our political parties, courts, government and laws, some Jews turned US into a type of strange concentration camp where gentiles are covertly tortured by the Jews who covertly control our nation's banks, media, music, gov, courts, religion. 4 billion humans are under covert Jewish control: Christians and Muslims. The Jews has transformed our places of worship into terrorist organizations that preach alcohol drinking, mass rape, genocide, beating slaves/kids with rods, slavery are God's Word. Girlfriend vandalized the house and set the boyfriend car on fire because he broke up with her due to her unwillingness to give up alcohol. The Jewish gift to USA, with German-British aid. All these religions spend so much time with endless rituals, but nothing on zero violent crime/war in 5 years.

That glass, plastic, aluminum used to hold alcohol could help give *decent triple pane sound proof window*, decent building materials, vinyl window frame, good sleep for better lifespan to many people who live 2-3 in a room, so it's kind of governments to talk about this and motivate people to be less selfish, so all feel cared for, thereby reducing anger, irritation due to bad sleep that leads to war and crime. ***With an obesity epidemic, non-alcoholic drinks with 33% of calories only, would boost longevity.*** Many people are excited about "max 0.5% alcohol" kombucha or other "low alcohol" fermented beverages: what they don't know is that chronic alcohol use can cause brain, fetus, liver damage, 7 cancers, etc; also, improper fermentation or storage can lead

to mold, which is not healthy, it's like eating rotten fruits every day. There are even cases of death from kombucha. Those with weak immune systems or red eyes, need to avoid it, since bacteria can cause issues and histamines can cause red eyes, swelling, allergies. Its very low pH will ruin your tooth enamel, so use alkaline mouthwash afterwards or a straw. The kombucha is fermented black tea, you can eat soy, cabbage fermented products without alcohol, black tea that is not fermented *to get roughly the same benefits, without the alcohol*. Dr. Greger warns of liver damage, lactic acidosis, coma, and of several studies that concluded the alleged benefits are bogus. *FDA found in 2010 that* many brands have 2.5% alcohol (home made one can have even 4%, be moldy, infected with bacteria from the seller) since shipping/storage outside of the fridge means more fermentation, more alcohol building up. Thus, to avoid fines for mislabeling 2.5 as 0.5%, companies started to pasteurize it, destroying most polyphenols, all probiotics that are the MAIN REASON for drinking it. Pasteurizing it removes the need to refrigerate, summer heat turns polyphenols into new toxic compounds that cause oxidative stress, grey hair.

As you recall from high school chemistry, or can read in 100s of papers now if you missed that class, the reaction of oxygen from air with polyphenols (*heat required as in 180°F kombucha pasteurization or 90°F summer storage*) leads to free radical forming compounds that generate the deadly AGEs. *What do you think happens with those "magical wine polyphenols" during hot weather???* The ☺puppy IQ men☺ of the genocidal wine industry *make the bottles transparent too, so light oxidizes those polyphenols too, doubling the lethality.* Now you know why wine can kill. The kombucha and beer fans, 'vitamin enriched drinks', 'orange apple cider' fans are equally brainless, they sell those in transparent bottles so nutrient loss can be 50-99%. Why waste so much store fridge space on this alcoholic drink, instead of blueberries known to have strong benefits? Store fridges got 90% deadly cheese, meats, alcohol, dairy, and the really healthy foods are left to rot at high temp, so we have to sort the bad berries out to avoid mold. So ☺ abysmal in IQ☺. Drinking some kombucha alcohol to increase inflammation won't turn your grey hair black as they claim, it's the whole diet that counts, not a few black tea polyphenols, read how inflammation causes grey hair, not just poor intake of polyphenols. Grey hair can be caused by stress, 50 nutrients being low, not just one (polyphenols) nutrient being low. If they heat it to 180°F, the grey hair may become more grey actually, since the bad oxidized polyphenols offset the good ones left. On top of that, unheated kombucha has 25 mg polyphenols/100g, (AOXI 2020;9(5):447) vs 560 for blueberries. Why are you wasting your money? The blueberry polyphenols are more varied than tea ones. One more reason to stop drinking alcohol. The so called "0% alcohol" alternative beers are often heated at 173°F for 3 hours to remove alcohol (but not kill all alcohol producing bacteria perhaps), which creates a ton of oxidized polyphenols, etc. You save the planet and your body by avoiding them totally and eating fruits and veggies for now, until eterni industry develops, instant drink via powder into

water. At least avoid "artificial beers" and "0% alcohol wine etc imitations", as they can be deadly, unless you know how they got to 0% alcohol, at every step of the chemical or boiling process. These are cops trying to get people off alcohol cheaply, and doing less damage, until people drink juices only. It's a transition beverage to help wean off wine, beer, not an ideal beverage. Drink H_2O, ginger, chamomile, hibiscus tea that has 0 caffeine. Kombucha has about 10x less deadly caffeine. Pregnant ladies drinking kombucha may get gas (due to fructans), miscarriage, low IQ, heart defects in offspring due to alcohol and caffeine synergistically wiping the quantum field of humanity in genocides. Alcohol is *lethal* for fetuses, so is caffeine, but addicts don't listen, *because guys are addicts too, not knowing* how to love, kiss, massage ladies, teach them ecstatic breathing, meditation so they're *so* ☺☺☺ *happy* ☺☺☺ *, they don't need the caffeine or alcohol high. People forget alcohol damages their brains,* so they drink it like the Korean dynasties did (watch 2 minutes on ritual sacrifices allegedly done by the Chinese envoy and Korean kings, after getting drunk with 5-10 glasses). Indeed, '0 IQ offerings of food' (animals, vegan, etc, see blurred images of bull, goats, the inhale toxic fumes to burn off foods) are more likely after some drinks, as the 0 IQ folks don't realize real/imagined 'Gods' don't need burned organic matter or wafers. Alcohol is popular in 100 countries, which may explain why peace, peaceful music, IQ are absent. After centuries of alcohol and monarchy, in 1900 Korea was like this, before science came and lifespan increased 50% on average as a result.

The $ spent on alcohol could help people live longer, improve personal, global health in some way more. I abstained all my life from alcohol. *In over 100 nations, 7-40% of people abstained from alcohol all their life.* As we live to 900+, people will realize there is no point in drinking, as people will be eterni and all foods be ultra high tech and vastly more complex than today, nobody eating animals or plants; any drink will be far more complex than today, as a rocket has 8 billion parts, while a chariot has 30 parts. Using the atomic/molecular simulations of humans detailed in the previous chapter, it will be able to test a *quarter million chemicals* commonly found in foods or made by man to see their effect on the aging speed biomarkers. This will enable us to decide *which out of these 250K chemicals are the top 7,000 to use in quantities greater than 7 mg a day*, and it may be proven, as hinted above, that some of the antioxidants in wine-beer may make it to the list (the ones found in 10-100 times the amount in other foods, which we synthesize in labs without agriculture), while the ethyl alcohol itself won't make it to the list. As the simulation section explains, all current nutrition studies suffer from the unknown *confounding* factors☺☺☺, and it may be not the wine that helped some live longer as they believe. When people drink darkest color wine, that has 100 times less antioxidants than other foods as shown above, is it because of ethyl alcohol (CH_3-CH_2-OH) or because of those polyphenols (people can get from other foods) that some "heavily deficient in polyphenol" people get some benefit in some studies? When and if it is proven to the hardest skeptics via

thousands of simulations and really advanced nutrition science, that ethyl alcohol does more harm than good even in 3 g a day quantities (much less than the 14 g in a standard "drink" of 12 oz 5% beer or 5 oz of 12 % alcohol wine) to the goal of 900 year lifespan, people will no longer add it to their diet and later eterni foods, just as today we don't drink *gasoline* or anti-*freeze*, just as today we no longer use lead in dental fillings, as we did in 1800s. Until then, the controversy about the "benefits" of light drinking of red wine or beer will continue probably, as always. The antibacterial effect of ethyl alcohol can be achieved also through hundreds of other foods which kill germs as rapidly or even better, without the side effects. In the stone age, our books and written knowledge was just a few papyrus papers, our transport a chariot. Today the written knowledge (books) is far bigger and complex, chariots replaced by far more complex airplanes, rockets. The same will happen with our foods, drinks.☺☺☺

The vitamins section explain billions of people worldwide are malnourished and don't get basic vitamins in their diet, including more than half of Americans for some nutrients, and yet we need ALCOHOL and turning grapes into wine? Get fermented veggies and fruits for fermented foods, and spices, purple veggies (kale, cabbage, etc), fruits, berries for polyphenols, mint spices, etc, onion, etc for antibacterial action. 5 billion suffer from vitamin deficiency and people waste time making wine due to our society not focusing on 200 year lifespan; isn't that a little contradictory, *especially when* seeing sometimes even leaders raise a glass *of alcoholic beverage to celebrate some victory or at some meetings*? Isn't that out of touch with the terrible condition of the poor who can't even afford wine? When people want to live to 150, they know nobody lives to 200 via wine; thus, they will quit it of their own will, without the government trying anything – this is the beauty of "Immortality *for* All" capitalism, people become 20,000 times smarter about what triples human lifespan, since TV talks about it all day and radio too; in Immortality capitalism totally different from profit capitalism or communism, all food and drink is sold based on the amazing & beautiful ☺☺☺ 100s of studies proving its longevity/health benefits, etc, not based on how 'tasty and colorful it is'; in our 'not so smart' society, all is about increasing sales via all unethical means, all about profit (like Karl Marx idea of capital, etc, in his '*Das* Kapital', like *sad capital* book that led to communism killing 100 million people), so the food is poisoned with chemicals to make it look various colors and tastes, while longevity is not even a thought; same with vitamins, they add all kinds of toxic colors to 'sell more of them', because the public is so low IQ (due to low IQ music lyrics and 'culture'), they buy colorful cake more than cake that helps you live to 200. ☺☺☺ Well, if they can prove ethanol in wine/beer can solve some medical conditions when nothing else can (sort of like medical weed), they can give people therapeutic medical drinks with 20 times the polyphenols and good bacteria in wine, perhaps, made in eterni labs, but other than that, the idea that one can double lifespan via wine is a pure lie and fraud. Thus, the sage of Tao Te Ching, when a leader of nations or planets,

doesn't raise a toast with wine, or beer, but with the scientifically proven elixir of longevity that, once perfected, will bring *All* inhabitants a trillion years lifespan; chapter 26 says "the people's leader is not flippant in his role, nor restless, for these could cause the loss of the roots of *leadership*." To be close to the God of Immortality or the 8 Chinese Immortals (& other Immortals in Hindu-Buddhist-Christian theology) for example, we can't lead people into temptation (to sin) to drink wine, do that which is like a Holocaust of 6 *million* people a year via alcohol deaths, see above. Likewise, bishops and popes, can't use wine or wafers made of wheat, just because Jesus reportedly did, since we know wheat bread can be deadly due to gluten and alcohol too, so we forgive Jesus for not knowing. The toil to make wine, bread can be used to house the homeless, to feed the hungry, to help the poor get better vitamins. For birthdays, weddings, people can use fruit juices instead until eterni drinks 50x better are made. With a pressure cooker we can get all nutrients from healthier grains, not wheat itself, stuff way healthier than bread. It only takes 1 sec to press start and it cooks it, and gives us nutrition superior to all bakery products; which, made mostly of wheat, increase diabetes risk in a lot more than celiacs. The time waiting in drive thru daily is way longer than to buy grains once 3 months and press a button at home once a week (and clean up), why not place health above convenience, and turn also that phone in airplane mode more often to protect our brains and bodies: health first? We value instant gratification (save time now), at the expense of health, ignoring that in the long term you waste a lot more time, by getting sick, buying pills. If we build drive thrus, how can we have materials for eterni labs? Why not bring the world of radiant shimmering genderless shapeshifting Immortals, who live for a trillion years on the drinks of eterni science☺☺☺?

Did you know Australia made it illegal to smoke in public places, to drink in public places (except pubs) and illegal to get drink in public places AND pubs? As far as alcohol regulation, Australia is many years ahead of the "United States of Alcoholic Psychopathic Torturers" and the "European Union of Drunkards", but they do drink about the same 10 liters of alcohol as all EU nations. All nations can finally, once enough are educated, ban alcohol sales unless prescribed by an MD, due to 20 other methods failing to achieve alleged beneficial effects on some biomarkers that allegedly do more good than the damage done to other biomarkers. This 20 cents a gallon alcohol with some polyphenol extract from blueberries added ends the alcohol business and its 100 billion dollar a year economy of mass violence and car accidents. In Darwin, some Australia, city, 88% of violent punching incidents that damage the face are related to alcohol and happen outside the bars of the city. That town is the world punching capital, due to drinking more alcohol than anyone else on the planet. This means all nations need to ban these bars globally immediately and get rid of these horrific crimes. Countries are simply too lenient, they need to institute lifetime labor for any teens punching to deter people from drinking alcohol, from slaps,

spanking (causes aggression & anti-social behavior) and other psychopathic behaviors. Generally, it's easy to notice the violence of verbal tone in public (not when mad at home) of alcohol drinkers, who often are serial terrorist torturers: this is the macho culture and it related to the alcohol changing the human brain empathy centers. Isn't it odd how Australians are homeless, while endless people waste eons in bars and getting drunk and into fights, due to government laws that favor this kind of societal collapse. The government is busy with fake political parties and fake elections, while ignoring the toxic food imports. Australia produces huge amounts of food, yet most is exported, while some locals are food insecure. All that alcohol has produced some wild effects perhaps, in fact it's known it makes nations more violent. 60% domestic violence is alcohol related. Northern Territory people in Australia lived in 2018 to be *64* on average (aboriginals 56, they make up 30% of population, so they skew average data downwards slightly) vs 81 for all Australia (see page 9 of 18 statistics), alcohol is a contributing reason of course, since most people in this 250000 people state live in Darwin (150000 people), the state capital, where people drink 15 liters/year vs 1.8 in Singapore (where people live to 87, the longest of any nation (a village of 37000 people called Monaco live to 89, but those are rich people retiring enclave, not a nation), even if Singapore are the densest nation in the world almost, showing that land and alcohol don't make people live long). Non-aboriginals lived to 67 on average. Do you want to live 22 years longer? Then, drink no alcohol. Singapore homicide rate is 0.3 vs 7 in Northern territory, a 20 fold difference due to alcohol. Singapore life expectancy was 87 in 2024 (drinks 1.8 liters alcohol a year), vs 75 for Belarus (drinks 10.6 liters alcohol/year). So, how come people believe that alcohol makes you live longer? 54 Indians died after drinking alcohol contaminated with methanol; methanol can exist in 'good brands' too in trace amounts, leading to gradual onset of blindness and early death. Drink happily and drop dead☺☺☺, in God's kind gentle soft nurturing compassionate name?

☺☺☺Why alcohol selling places (bars) turn People into Cannibal Chimp DNA, *as* monkey videos below show. Guys drink 2.5x more alcohol than gals, commit 4x more violent crimes☺☺☺

Drunk guy beats many at a wedding and then punches unconscious a cop who failed to tase him, showing what alcohol does. In order to make understanding this section easier, above was detailed how alcohol killed 1 billion innocent folks at the instigation of Jesus, who was correctly described in the Bible as a drunkard by fellow drunkard (in immortalist definition) Jewish rabbis, since only such a person would tell his future 10 billion followers to drink wine in the Bible knowing fully it would cause 1 billion dead. 1 billion % alcohol tax is overdue. We ☺☺*lovingly tenderly gently kindly*☺☺ wish or pray that Re-PUB-lick-ans (who remind us of Nazis & immoral Oktoberfest and beer festivals worldwide) WILL *tenderly gently* FOLLOW THE REAL God, and not the Jewish Jesus faker of water into wine staged miracle, and advise people to abstain from alcohol until all violent crime is 0. 60% of violent crime is done by drunk people. Those bars,

drinking PUBs, etc (like sports arenas and barbecues, as explained in the next 4 paragraphs) also act as primary "drastic lowering of average IQ" centers where "*sub*pyg*mies*"☺☺☺ gather, where their status as low IQ cannon fodder (or slave labor) is enhanced, in the view of tall aliens who look with surprise at those bipedal baboons drinking their "alcohol" so they can beat their spouses and kids later at home when drunk, or kill people while driving drunk or torture others as part of their military/spy agency job. Video shows baboons eat deer alive over a long period having no concept of compassion, empathy for the long suffering of the deer, like chimps (99% of human DNA) cannibalize an adult chimp or eat neighbor chimp kids often, or eat small monkeys, just like humans in Britain cannibalized each other, like humans torture animals in factory farms to eat the meat due to no eterni food tech, "eat alive others" via war or torture that kills slowly. Brits, Jews drink alcohol and the Bible describes many cannibalism instances. *Alcohol turns people into physical literal cannibals or spiritual cannibals*. Watch these human-chimp hybrids, the *future of alcoholics, who morph into chimps*. Hey, beer fanatics in Germany and other places who love Nazism, do you want to morph into these 'inferior' facial features? Watch how different they look, the forehead is not at 80° vs Earth like humans, but at 35° angle, we have the frontal cortex more developed and alcohol destroys it. So wake up gorillas, before you sip that Jesus drink, think AGAIN, to prevent your frontal cortex becoming like the cannibal chimps. Science has shown diet can morph appearance and IQ over centuries, so beware what you drink. We're all evolved gorillas, nothing personal, do you want to devolve into chimps?

The clever parasite predatory☺☺☺ vampiric *Jewish* Jesus *knew that with* alcohol, *he could conquer* the *world*, control "clergy", use "clergy to spy on drunk people telling secrets signing documents without recall", destroy by alcohol endless people ruling various nations, use his "drink my blood" (notice the cannibalism evil blood drinking imagery, suggesting to all younger more gullible gentiles to give themselves in human sacrifice to thirsty blood drinking Jews just as Jesus 'gave them his blood') religion of Alcoholism, and take over the continents. Get one gentile (non-Jew) ruler more violent, and a *war starts*, Jewish banks loan money to the gentile governments, both sides, the war kills gentiles, Jews buy properties and companies at 10-50% of price after the war, as all are desperate and need some cash to eat. Got it, they repeat and take over nations, replacing all aristocracy and royal families with Jews who pretend to be locals, Arabs, Asians, Europeans, Hispanics, Blacks. ☺Snail IQ folks☺ in EU, Russia, US think the real (not public) governments are Caucasian, just as Middle Eastern ones think they're Arab. What if they're 10-60% Jewish? Immortalists want to ban alcohol/all pubs and bars in USA.

Alcohol makes people PSYCHOPATHS, easier to deceive by Jews, *meaning people* devolve into CANNIBAL CHIMPS, *unable to activate the* EMPATHY brain centers, *LEADING TO CANNIBALIZING THE SPIRITUAL or Compassionate Caring*☺☺☺ *ESSENCE IN OTHERS by making grotesque sounds that induce others to also devolve, making anti-*eterni tones, *while drunk or semi-drunk.* It's no

wonder Jewish Jesus and many Jews always push alcohol on gentiles, to destroy and enslave them all.☺☺☺ Thus, it is best to avoid alcohol drinkers & those parasites promoting it.☺☺☺ *Baboons are low IQ (94% human DNA),* while chimps are smarter (99% human DNA) as they first try to kill animals fast, perhaps to diminish animal pain and risk of injury. *Bars act as loud places where people are forced to raise voice and lower the* vocal level of kindness*, the place where* devolving into an ape, of the *shouting* baboon type*, (like sports events too) is facilitated.* The 'demonic' vibe of many sports is detailed in the sports section and the 'demonic' vibe of bars and barbecue is below. The bar visitors are like *pigs* (hence the *subpygmies* analogy) who waste eons to turn grapes into poison instead of ending the use of bombs wiping out Syria and Ukraine. *They're like folks* who often gladly practice boxing (and torturing others via diverting resources for peace to wine making and drinking that leads to boxing like violence against other humans) like chimps without any concern for damage to human quantum field as if they're 100% animals who simply can't understand a higher empathy☺☺☺ level of *gentle tender soft healing nurturing* universal loving kindness. They don't care about the 0 violent crime (alcohol causes some of it) needed for *Eternal* Universal World Peace *in* 3 months*).*☺☺☺ Look carefully at the baboon/chimp videos, how animalistic, cruel and void of empathy those apes are, and you will see the same exact pattern (less intensity though) in human behavior of billions, who don't care at all if we don't have World Peace in 3 months, do nothing to achieve it, to stop bar fights, bar shouting, violent sports (the hideous violent cannibal (of the soul gentleness) chimp like sports are thought of as 'fun and entertaining', th*e violent similarities to baboon behavior in them, as if they're 99.99% chimps, who do the same things chimps do in other days when they don't cannibalize chimps)*, the daily boxing, hooligan crocodile sports, ungentle emotion gorilla shouts on TV and music, etc, and the cruelty in general – the generalized institutionalized global violence, hyper aggression, complete lack of gentle tender kindness, the quality in Immortalist Anthem: trying to be a trillion times kinder than the best human mom last decade. We need a new music to evolve out of chimpness. ☺☺☺☺☺☺☺

As we watch the Internet, it dawns on us that Earth has about 8 billion baboons (soccer, rugby, football, basketball are very much like this baboon fighting, like boxing and bar fights are similar to this) and 10,000 humans of the future *gentle tender soft healing nurturing* universal loving kindness. People have big egos, they thought Earth is the center of the universe and stars are spiritual beings of heaven, so if we joke they're like baboons, they get very offended sometimes. Apes beat each other a lot, with the same barbaric cruelty soccer players kick others' legs as a "collateral damage" of their 0 IQ, 0 gentleness, 0 empathy for the quantum field unbalance by another painful experience etc. The only difference is the intensity of savagery. They're pure ferocious beasts, but in their brains it doesn't register, because billions cheer and praise their "chicken" IQ. We're not even talking about wrestlers, boxers and the ultra mean violent martial

arts sports, just about the more “human” sports of shoving shouting like basketball, soccer, rugby, football, etc. They behave just like apes cannibalizing each other, not realizing it’s grotesque for other species watching human brutes. Some egos got too “rough” via torture by the TV tone to even be affected by this paragraph, the TV has incited them to be so cruel, mean, used to generalized violent tone and behavior, all nuance vanished, since no government has mandated to create the worst allowed tone at least 100 times more eterni than today, proven by MRI. Pain is their God, cruelty the way of life, violence the ethics, 0 empathy their motto. War is just ‘another soccer, rugby, football, wrestling or boxing game’, with its millions of beatings, atrocities and painful injuries, something to be proud of, to support, as if 1 war creating 80 trillion deaths later doesn't matter. Sports were made by warlord aristocrats to increase killing abilities of slaves (soldiers need muscles to lift artillery shells, to run, to wrestle, hold swords, jump, etc) used as cannon fodder to expand imperial wealth: the thought of World Peace in 3 months and of preventing war is totally secondary, 0.1% of time spent with that. Recent sports inventors had a mostly brutish military motivation in inventing them, disguising the ‘sports’ as a ‘keep youth busy activity to prevent them from doing bad things’. That’s a lie, since there are 50000 much better physical exercise things than ‘sports’ one can do, detailed here that end all wars 900000 times faster. When people realize alcohol is like violence, sports, they abstain. ☺☺

All we see 5000 times a year, in 150+ nations, is baboon barking (32 sec) disguised as “military parade”, or angry baboons (listen 16 secs) bullying others with “threat of killing”, ‘angry baboon’ like tones (examples are in the billions, from 150+ nations, just 2 more known ones: military yelling (Putin) one & military yelling (Shoigu) two), and 0 events, parades about ~*~Eternal Universal Peace~*~ in 3 months or trillion year lifespans for all. Pure gorilla energy, no gentle World Peace in 3 months music, or soprano World Peace songs, only baboon tone macho, cruel, merciless, ruthless, void of any gentle kind tender soft grace marches of genocide. (hear #2) Why can't militaries have gentle loving songs of nonkilling peace? A humane military is like this. Sadly, these tones are in every nation and almost every military march (marches of genocide, as any decent person would call them, that destroy the soul of any listener), nothing specific to Russia examples, and most people have a bad day in their life when they use them, since it’s part of the global culture. For soldiers and cops, the “system” forces them to yell like that a lot more, due to tradition, so they're helpless in making themselves look bad. Why can we call them “crocodile sports or hooligan like behavior”? Cities are wiped out, and we waste so much time moving balls? Isn’t that immoral? It’s thug like behavior, not caring about the planet disintegrating in anti-matter war. By hooligan we can mean in these fast punch sports players have the same brainwaves as when thugs break into houses, beat people, load artillery shells, kill; due to these sports, people rush in their jobs and don’t breathe to be happy, don’t move into higher brain functioning, but in the cortisol fast aging modes of ☺abysmal IQ☺, rushing a

lot, so they can “make it to the ultra fast boxing match or rugby, etc”. All higher thinking is destroyed. They're nothing more than a species extermination strategy. Millions are tortured, millions are beaten, millions die in wars & they drink & play bad sports that magnify the aggression and meanness in the world 9 billion fold versus selfless activities. A Civilization of ‘want to be’ Immortals, Eternia, would focus all entertainment, video games, news, research, education, TV-radio, music, ‘sports’ on the ~*~Eternal Universal Peace~*~ in 3 months, 0 violent rime in 15 years and after that, Longevity, Happiness, Immortality *for* All. We spend so much money, energy into creating fancy phones that irradiate our brains and bodies (WiFi kills) and act as spy devices for the military, and no money in making the AI system in the tone chapter that takes our whisper or telepathy and converts it into the most amazing & beautiful ☺☺☺ tone by LiFi into the amplifier near the shirt collar or sleeve the other person wears, so as to make every sentence improved in content 8 billion fold, tone 9 billion times and reduce 50 trillion fold the misunderstanding, anger, fights and wars ‘baboon speech’ leads to (not to mention acting busy in companies, inventing nothing, due to boss tone. The AI receives ‘give me that paper’ whisper and tells target person ‘Most Compassionate Sweet Nurturing Graceful Kind Immortal, *would you be so kind to give me that paper, if it’s not distracting you from your amazing work for the happiness and Immortality for All ?’,* if the request receiver’s emotion is sensed as more negative by the AI, the AI can have the most divine ecstasy inducing tone and brainwaves, known to cause like states in that individual when needed. The AI can automatically ask an angry spouse or closer friend who needs some sweet words, “*beloved darling precious gentle soft nurturing angel baby sweetie of ever pampering bliss*, may I sweetly suggest that your cosmic grace practices conscious breathing to exteriorize bliss to all beings and feel happier, or do you want a kiss, happily let me know, I love you baby angel, 2 second old Immortal baby’ in the voice of their spouse at the best AI tone, and then spouse gets a message if he wants to be kissed, so she will call and text and talk to him). Note that the AI is so smart, it detects negative emotion building due to being tired etc *well before the person himself is aware of those brainwaves of conflict arising*. We have endless useless gadgets, alcoholic drinks, bars, stores, but the most important application of tech, that creates peace, is not there. *All we have is* baboon shouts, torture based, fear terror *based societies*. *0 love*. It’s like a sick doctor would give us the worst possible diet that kills us 50 years early, they do that to us daily on TV-Internet via low tech stone age recordings that don’t have any science, MRI of the gentle nurturing *kindness* inducing tone. The cops and soldiers who're supposed to protect us, simply ruin us with their libertarian “any tone goes” policies for police press conferences, military training, and TV-politics tone, classrooms. Can we evolve past the glorified big ego baboon stage? ☺☺☺

To have Peace last 1 billion years, we need to bring violent crime down 10 billion fold at least: odd how we got so many bars and programs on wine tasting and other gluttony, and 0 programs

on TV about compassion for animals, eterni food to avoid killing animals, etc, which is essential in order to avoid contaminating human quantum field from pain or like lifeforms. If people don't kill, torture animals, they won't do that to humans, but the folks on TV are too busy reporting 24-7 about 100s of topics, except compassion, gentleness and the need to avoid barbecues, pure 'satanism', the gross display and proselytizing of 'satanism' in bold display of public cruelty, of cannibal *(cows are people almost, so are pigs, chicken, we're chicken brained ☺☺☺apes)* cruelty and of lowest IQ (AGEs from dry heat), ultimate egoism, as it forces USA to spend trillions on treating diabetes, cancer, heart disease, stroke AGEs cause. It's so sad to see Germany being so addicted to beer festivals, like Oktoberfest, while their homicide rate is 0.82 or 11 times higher than Qatar's 0.074 (drink 10 times less alcohol a year than Germans). EU average is about 1.0, with nobody below 0.48, Latvia 3.6. What kind of 'superior' Europeans love their homicide rate is 6 to 49 times that of a Muslim nation? Aren't EU folks ashamed? Isn't it time for EU to embrace Immortalist anthem, English (like Isle of Man with 0.00 homicide) and principles? Why can't Germans, Chinese (who now got a huge beer festival too) lower their homicides and domestic violence by drunk people by alcohol bans? If you love beer, make it with 0% alcohol, just a beverage with polyphenols. Make an immortalist drinks festival, don't even call it beer, call it Eternal Youth elixir, with chemistry and physics labs and lessons, experiments taking place to educate kids, adults, into its production, etc. Where is the German kindness for fellow Germans, why repeat the same WW2 mistakes that got 9 million Germans dead? Have compassion, be gentle, be sweet, be nurturing, kind, soft. Isn't it ironic Germans claim to be antisemitic, yet do what the Jews do: drink like an alcoholic. Germans are so naive, so easy to fool by some of the crafty Ashkenazi Jews, who claim to be German, and create traditions, beer festival beer fads and other things that will ruin and wipe out the nation. Wake up.

Imagine how low the IQ development is versus an immortalist country where bars are outlawed (unless they sell no alcohol, or only via credit card system that monitors intake so that only 1 ounce sold anywhere in a month to anyone who got drunk, nobody would as TV would be 100 times more intelligent than the low IQ stuff today and everyone would know from TV ads the 100 studies proving the toxicity and overall harm done to society). People vote, so they can vote to outlaw any product proven to shorten lifespan when all effects are taken into consideration. Since vampires no longer can brainwash the masses to drink and live shorter, by using spy agencies to social engineer music to exterminate, while aristocrats amass billions on the bones of the dead victims of violent crime and drunk drivers, it would be easier to educate people and do that 50 billion dollar study to measure 1000 biomarkers for 1 million drinkers to see effect of wine, wine without alcohol, wine looking water plus alcohol, etc to prove to all skeptics the effects on 1000 biomarkers of aging and longevity, cognition, and cancer, etc, not just 3 biomarkers like most studies, that ignore 1000s of confounding factors. In our stone age world of

eternal lies, *decent studies are 1 in a million*, the claim wine makes you live longer is not true universally, especially if you have a healthy diet and sleep; when compared with the worst diets getting 0 polyphenols, a little wine may help, but manipulating data like that is not science if for 99% of people, the society as a whole, with great eterni diet of the future when they do this study, or healthy diet today, alcohol shrinks lifespan (directly or via violent crime and car events) and cognition by 4%. *Today the rich build casinos to sell their* poisons*, etc, since it makes them money, while* shortening *the lives of the slaves*. Bars can be replaced with the immortalist centers of monitoring 100s of biomarkers in real time after you dissolve in water an immortalist powder and the music is immortalist, everything *9000 times* healthier than the junk sold in bars. There they see science simulations, learn how to reduce violent crime a billion fold, talk about science and how to live in happy bliss to 1 trillion, with "Living to a Trillion" posters required everywhere, the immortalist greeting "May all live to a trillion" in bliss and peace☺☺☺ etc. In solution, chemicals react and decompose faster, so it's a lot better to make it fresh. ☺☺☺☺☺☺

As quantum weapons wipe out all bacteria, viruses on Earth, we evolve to new biology and the need of 'fermented products, wine, beer, miso, yogurt, sauerkraut' vanishes. Today, everyone obsesses about fermented products and foods. Alcohol drinking attracts mosquitos, (see papers), *gently* avoid it, since you do smell like a drunkard, while your brain is being wiped out (see above), hence the violence in our world. mosquitos carry deadly diseases (plus are hard to kill sometimes even with an electric racket), and you're far less attractive to decent people, smelling like a drunk drug addict on the street. The 'beasts' drink beer and alcohol happily, while producing violent depraved hooligan gangster like (whose long-term effect on humanity is worse than bombing to death 1 to 900000 innocent people) music that incites the youth to a depraved life of violent emotion and thinking, to crime and others are being bombed into the stone age (Syria, Ukraine) with the weapons the drunkards produce in their highly "developed or superpower nations" of pure violence & depravity. Peace shall rise with immortalism. An immortalist nation has 1 billion times less violent crime than our planet. Alcohol breeds *war, chaos, jails, violence*. The perverted practices and hooliganism of US spies, military are evident in the US music. The US/UK singers promote alcohol use, they got endless liquor/vape stores, gambling, 0 IQ 'entertainment', nothing related to Immortality *for* All, Immortality & Longevity Meditation Parks, any health parameter science, just your average stuff to sicken, lower IQ (for easy exploitation), and loot the poor by the aristocrats, while others use food banks (documentary on the UK). Alcohol breeds *violent* music, many violent music "singers" are alcoholics. Alcohol creates brain fog, allowing the vampiric aristocrats to further lower the working class IQ with lotteries, casinos and slot machines to "raise funds for "education" (brainwashing on how to be a low IQ slave)". If all is centralized and online, why need so much money for education? It would take 100 times less money or 500 times less, but the conmen

need to loot the people. Just centralize education to save $ and fund the 10 million Immortality for All research centers, etc, the mini-universities so the poor can live to 120 and check health for free: the mafia system today makes it too expensive to do any preventive health checks for all. They need some nice ads on TV, "Recall 50% of beatings are done by drunk people, make a commitment to quit today, drink healthy beverages that will keep you from 90 year labor sentences for hitting of spouses" to bring the age of nonviolence, with violent crime 1 billion times lower, which is necessary to sustain ~*~Eternal Universal Peace~*~ for trillions of years.

Notice everywhere you go they try sell you useless products and Walmart Supercenters have Grocery sign, next to *Wine and Spirits* big sign. Health and Longevity, ~*~Eternal Universal Peace~*~ are nowhere to be seen, nor are such products important on the TV networks where Jews/others brainwash gentiles on which war to wage next to ensure better Jewish or aristocratic planetary control of the slave workers. The soulless $ chasing aristocrats don't care about the qualities needed to bring that world of *gentle tender soft nurturing loving* honest *compassionate healing kindness*, but endless alcohol, wine, spirits, bars, vape stores, etc, strip clubs, etc are very important, so important to get drunk or high, versus to stop wars and bombings. Endless written words to sell useless products, but not one single word like *Gentleness Nurturing Softness*. Everything reflects that macho Bible energy running the whole planet, pure consumerism and war to impose will violently on others. The whole world is kept in ignorance by the Christian mafia whose aim is to make everyone as low IQ as possible, just like CIA uses fundamentalist Islamic regimes to keep others in the stone age and loot any resources available in the area, per MI6 tactics. No Eternal Universal Peace stores exist, but we got a million pet stores and alcohol selling stores, wine and pets are way more important than ending the bombings that destroy the human quantum field. Families are being destroyed, since instead of loving people, they love pets, getting drunk (domestic violence starts when drunk, etc) and things start very small. Dogs and cats, descendants of tigers and wolves, are more important than humans USA, and 100 other countries indirectly or directly, bomb to death, innocent civilians or brainwashed soldiers. A soulless America who thinks wiping anus of dogs and wasting hours weekly with them is way more useful than ending all wars in 3 months. A soulless America who places wine and alcohol beverages a million times higher on priority list than ~*~Eternal Universal Peace~*~, as we got a million depraved stores selling alcohol, but none selling ~*~ Eternal Universal Peace~*~ products. Everyone is brainwashed by the useless products sellers, who don't care, as *only slaves go to war to die as cannon fodder*. EUP.gov could be the site selling online products about ~*~Eternal Universal Peace~*~ and every store in USA that is very big, like Walmart, ought to be having 20 big posters about ~*~Eternal Universal Peace~*~ and Gentle Nurturing Grace for all (no jails, 0 violent crime within 10 years, after 0 wars within 3 months) inside, while 25% of clothing with anything written on them ought to

include these, to focus our society on peace, not the violence from alcohol. We need new products that enhance the Peace, by requiring endless industries to create new products that contain the names of the qualities and world outcomes we lack. ☺☺☺☺☺☺☺

How can a disciple of God drink and support the alcohol industry leading to so much death, low IQ/mentally disabled kids, car crashes, domestic violence? We need to price it differently until the ban, (*with a health fee of 2000%*☺☺☺ *going to* Immortality *Nurturing* Agency) so those who drink it pay for all damage to society done by alcohol abusers, since nobody needs alcohol to live to 110, as proven by Adventists. Allow all to gently become more tenderly compassionate and pay their share. If alcohol is sold, then it can be abused, so those drinking it must pay for all damage coming from alcohol, millions of mistakes, accidents, violent incidents, etc. Let us build a world without worries about fetus brain damage from 1 drink/wk. Nicotine pouches need to be banned as they kill kids. Having seen above the genocides weed, nicotine and alcohol do, we develop a new moral imperative: lifetime labor or, if people are too selfish to build healing centers to house all lifetime labor folks) death penalty for anyone trafficking/selling nicotine products: same for weed, drugs, alcohol products, unless weed is given at a pharmacy with prescription after 200 other methods failed to solve the health issue, after 10 years of trials. The holocausts of millions yearly can't be allowed, just as we fought Hitler, we must fight this as if it's WW2 all over again, with the same intensity and national mobilization, where every American makes the "missiles" of meditation or happy breathing that end smoking, drinking and weed. China may start giving death penalty for fentanyl traffic. This can only be implemented of course, after everyone was taught how to be happy via breathing on TV-radio for 10 hours daily (the ethics, nutrition component of healthy habits part of the 16-23 hours ethics of Eternal Universal Peace and 0 violence crime time slot during the state of emergency) during the 2-4 year transition to a smoking, drinking, violence free society.

4.12. Heart Rate (HR), Blood Pressure (BP) monitors, warm bath (last page)

Turn off GPS on all smartwatches, as GPS, WiFi, BlueTooth cause Alzheimer, cancer and facilitate killings (spy killed by tracking device) by spy agencies, tracking by hackers and spies using invisible weapons to damage but not kill. All smart watches can be turned on remotely and most of them produce a huge RF signal when turned on of 10 mW/m^2, and even when not doing an activity just sitting, with no GPS and no phone connected, they emit deadly radio frequency causing headaches, which you can easily measure as 0.25 to 0.7 µW/m^2, enough to cause headaches in many people. So, you can buy a normal Omron HR/BP meter, sleep/eat well, lower stress by simplifying life (donate useless objects, keep minimal stuff needed), these watches are useless, they do more damage than good, nobody lives to 3000, 40 times longer, by using such low IQ watches. They allow spies, hackers to track you, to use satellites to attack you, and just

increase free radicals in all blood passing thru the wrist, which is obviously all the blood every 4 hours. They're another mind control method by the aristocrats, who now have an ankle device like prisoners, just a willing one, around the wrist, to program them into eternal slavery. It's like a dog collar. You're not a dog of the Rich. Like with cell phones always on to destroy everyone, a cell tower near each brain to make USA a nation of ☺puppy IQ folks☺. Turtles live to 400 sometimes, their hearts beat slow. Longest lived people have slower heart rates (HR), see how some people use conscious breathing to lower their HR. Resting HR >90 meant 3.06 times higher mortality than resting HR ≤50, after adjusting for physical activity ► Heart 2013;99(12):882-7. HR 81-90 meant 2.04 times higher mortality, 71-80 1.51 times higher, 61-70 1.46 times, 51-60 1.40 times compared to HR ≤50 as seen in Table 2 (5). Always use an ac adapter for a home BP monitor, since batteries can be partially drained, give very false results, especially for heart rate.

I've always been ultra sedentary until 2025 when I started exercising a little in August, but my bed rest HR, when waking up etc is often 44-50 (if nothing unusual happens, if good sleep, no bath trips, etc) and BP 105/62 since 2015 when I started measuring it about 10-20 times a year, always being shocked it's a healthy 53 even sometimes when I think it's 65, but it is often a higher than normal blood pressure that makes you think the HR is 75 instead of say 62. If I sit at the computer, it's about 49-60, like for most people, *though sometimes it can be 47 even on a quiet 6 am morning after being up 3 hours using incandescent 2700K light 25w*. Studies and my experience shows that incandescent light bulbs with full spectrum solar like light lower HR, while blue light daylight LEDs raise HR. 25W incandescent are inducing a more relaxed state, while LEDs raise cortisol and HR, so avoid bright blue LEDs at night to sleep better. To live longer, we may need 2700K lights used daily part of the day, not 5500K. However, if I pee or wake up to do something 3 minutes at the desk etc, the whole sleep is ruined, by an HR of 55-58 and BP of 115/72 instead of 103/63 (a low fat vegan diet of no salt). When sitting in a chair at the computer desk, it is usually 104-107/68, with HR 50-61 or if having done a lot of exercise or chores HR 67, if sitting 10 min, it drops to 105/67 or 100/70 with HR 49-62. On Aug 31-2025, I slept 6 hours, woke up at 8:15 am and then did some computer work, etc and relaxed with soothing music, eyes closed in the chair in front of the desk, and this passive 'meditation' (just relaxing, breathing really) gave me 100/66 with HR 47 at 10:00 am, the lowest ever recorded while sitting on a chair (lowest is always when sleeping of course, but can't measure it as you sleep, so probably 44, close to some athletes, shows the benefits of low fat veganism). To see if plaque exists, sit in bed 5 minutes, then take the 4 arm/ankles pressures, see a video of the 4 points to measure @ home & how hospital machines do it. Divide the highest arm systolic over highest ankle systolic; mine on 9-1-2025 was left/left: 116/68 over 101/60, when HR was 48 on both. Right and left arms were within 2 of each other, so healthy. Veganism=safe. You choose the values that have similar HR if you measure twice. 116/101 = 1.15. Don't divide ankle

pressure @ HR 50 over arm @ HR 44, as it meant you didn't rest equal minutes after placing the cuff. Close eyes, relax, so no distractions raise the pressure more for arm than for ankle etc. This 1.15 is the ABI, the ankle brachial index, used to determine if you have atherosclerosis (0.9<ABI<1 a little plaque, 0.8<ABI<0.9 some plaque, 0.5<ABI<0.8 medium plaque, ABI<0.5 severe plaque call doctor, ABI<0.3 emergency can lose leg) or calcified/stiff leg arteries (ABI>1.3). The arm systolic differences need to be within 5 of each other ideally, when HR is equal, but 9 is OK. You can't take the ankle pressures while sitting relaxed in a chair, as values will be 30 mm higher, you need to be horizontal in the bed as all 90000 youtubes on ABI show.

My HR was 65-90 with high blood pressure (militaries have 2 weapons modes: one that raises HR mostly and one that raises BP mostly, one raises BP to way above your normal, while HR is 60-70, another raises the HR to 70-95 and BP too; that's why often times you may use a ginger device that says HR is low, but you know it's actually high BP even if it doesn't show the value, and you confirm it with the BF cuff) when militaries-spy-agencies attack citizens to cause heart attacks or simulate torture to see how people react. This is how it all works, the main torture method is HR-BP change using EM fields. They did this in frogs many decades ago. To reduce anxiety and improve habits to get better sleep, avoid the China made 35$ Omron BP cuff *(seller took down Amazon listing a week after my 1 star review). Omron also made the Walmart ReliOn, though the Vietnam made* Omron BP5000 (bought 2025, returned 2 weeks after) *gave Sys 2 points lower, Dia 6 points higher than China made* Relion 7400REL. *The* clinic 114/71 (not 104/80 omron) *showed Relion (bought 2013) is way more accurate than Omron. In Aug 2025 I bought the* Vietnam made 2025 27$ Walmart Equate UA-4000WM *(free* ship if adding 3 alcohol pads or etc for total $35+, price said 29, but once added, it dropped to 27) which gives the same results as 2013 ReliOn (or actually BETTER, closer to ACTUAL, but still a little low on Systolic, so the actual is 2-7 higher (not sure yet, will do more tests) on Systolic than what Equate says). Amazon sells a lot of overpriced junk meters, Equate is reliable. Equate 2025 is no longer made by Omron, as the old 2013 ReliOn. I don't suggest buying anything with bluetooth app that may connect to Chinese or other space weapon satellites (especially made in China). Equate is far safer as it has no connectivity, unhackable. Beware of the aristocratic wolves offering death disguised as convenience, meaning "BlueTooth, WiFi, cell phones"..., while they ban cell towers near their mansions as they know they're deadly. These living devils know how to con the 99%. Why do we need so many towers where the workers live☺☺☺, why not LiFi or wired cameras? Because "working class dogs" are disposable cattle, 1000000 workers are worth less than a cat. ☺☺☺ Many workers see a hospital 3 times a life, but cats and dogs in USA, maybe 30 times. Anyone can hack the smartwatch company servers, sicken/kill you with microwaves slowly from space. You can then see if your BP is also 102/62 when relaxing in bed *(meaning 115-120/70-75 when on a chair at the doctor or Walmart BP station)*. The only FDA-cleared BP watch in 2025 is

the 800$ Omron HeartGuide (made in Japan, Omron is a Japanese company, on ebay 497$ used, which has an inflatable cuff within the watch band, similar to arm cuff sphygmomanometers; it monitors heart rate, sleep, and activity. However, google explains the regular 35$ cuff is far more accurate (way higher values) than the $800 wrist watch by Omron and a 2020 paper says "HeartGuide is only accurate when the device is positioned at heart level". So Omron watch is useless. After eating and exercise, values are higher. You can also bring your portable cuff at the doctor when you visit for a check, and compare it there. ☺☺☺

Google Pixel smartwatch is a rip off, as you need subscribe to Fitbit 10$/month plan to access full sleep data. Google Pixel/Apple etc have no BP data. Garmin 255 *(Amazon has 100$ off sometimes) works with both OS/Android, is a US company watch (safer), battery is 14 days, not 1 day as with Apple/Google,* destroys everyone's blood, biomarkers, brain via Radio Frequency, as all smartwatches do, even when "GPS/Bluetooth is off". *Garmin watches are made in Taiwan, not China as with* most *other companies.* It's *important to realize that any gadget (anything electronic, be it a BP cuff or watch) can be* modified, intercepted during mailing, and then it can actually modify your HR too, so use your *discernment*. Basically, nobody lived 10 years longer due to destroying their blood with radio frequency, the data you get is useless for discovering how to live to 1000. Measure your BP/HR with a cheap not connected to Internet device once a day or even 3 times if worried, and you'll be fine. Be simple, exercise to build a world of Immortals. In many studies, sedentary vegans had better lipids and HR than athletes who ate salt/meat. However, some athletes get 38 HR at rest in bed, so they can live longer if all else is good (many die early due to being low IQ, pushing things to extreme to show off, be macho, collapse after a marathon, etc and eating too much protein forever). HR 70 means 70*60*24*365=37 million beats/year, or 3.7 billion beats/100 years. If one has HR 90, and his heart can only beat 3.7 billion times, he will live only 78 years. HR 50 means 140 years. JACC 1997;30(4):1104-6 found that most mammals got "10 x 10^8 (billion) heart beats/lifetime and suggest that life span is predetermined by basic energetics of living cells". One biomarker doesn't tell everything, some hearts can beat 78 bpm 4.1 billion times to make it to 100. Almost all crime comes from negative emotions. When we have negative emotions, our heart rate goes up, so always listen to peaceful music and tones to lower HR/BP. For the first time ever, it's $18 to buy a fingertip HR meter. Read the ECG electrocardiography vs PPG photoplethysmography based HR explanation on why ECG is more accurate ☺☺☺: ECG capable watches can take an electrocardiogram and provide a heart rate variability HRV report. But you can measure HRV yourself in a better way, just do some exercise, let HR climb a lot, then wait 1 min, HR needs to drop by 18 if you have a healthy heart. Omron comes with adapter and batteries, for using it outside while you exercise in the garden or doing some chores. The first wireless HR monitors were made in 1977 by Polar.com, with 12,000 employees in all subsidiaries, from Finland, see

Wikipedia. You need to find a device that measures these things without any connectivity, like a finger device or other stuff if HR is something you care about a lot. Otherwise, you're a dog on a leash of space powers attacking you with their 8 million towers/satellites.

Many watches also ESTIMATE☺☺☺ BP with some accuracy, but we need the traditional $35 cuff for accurate BP. The watches have to be offline, GPS/Bluetooth off, airplane mode on, (except when downloading data for last month in 1 min if you want to upload it to cloud for others to spy on it) to prevent microwave pollution effects, such as blood cancer due to irradiating the blood vessels passing thru the wrist, wrist area tumor, like the brain tumor the shape of cell phone antenna for sales people on the side of the head they used to place the phone against. The cancer is explained better in the radiofrequency pollution section. The watches can be used without the phone, without even installing the app, just to measure HR, but even those pollute. *Vegans* and meditators have lowest HR & BP. When we don't sleep well, our HR goes up next day and when we don't sleep well, we're far more likely to get into car accidents, factory, house chores accidents, misunderstandings. A huge amount of fights, arguments, accidents, happen due to the brain not being in top shape due to poor sleep, which is easy to detect via HR. You need low HR and to stop eating hours before sleeping, as low HR before sleep start means better quality sleep that clears brain of toxic buildup. Live 10 extra years via HR monitoring, teach 3 year olds to use BP cuff and a safe, not yet created, unconnected to the Terror Network (internet, cellular networks, blue tooth) device that only Immortalists can bring. Nobody needs a watch to consciously breathe, meditate, achieve divine ecstasy states (happiness) (eye mask is $1, earplugs ultra cheap). Every college freshman or even student in 1st grade could get a free eye mask, earplug, a *gentle tender soft* Omron like BP/HR device. Eye masks are ideally worn loose, made of breathable material to prevent warming the eyes (evaporate water) and causing dry eyes when winter heat is on (or summer AC is on and sucks humidity from the air, avoid AC if possible, it dries lungs/eyes). See special masks for dry eyes, avoid dehumidifiers or eye masks if your eyes get dry, everyone is different (get a window curtain to make the room dark, lower HR by deeper sleep, more melatonin production). Rest if BP cuff says HR is high, don't drive or do exertion. High BP damages the brain/every organ. IQ score drops in young adults due to high BP: your IQ score can drop 20 points from week to week depending on HR, BP, diet, sleep quality. To create a heart centered loving kind compassionate civilization, filled with tranquil kind emotions, intents, thoughts and no panic, listen to immortalist music, or meditative peaceful one, and it will lower your HR/BP 10000 times more than wearing these lethal watches. Don't transfer watch data to cloud, see it on watch, to avoid hacker access. ☺☺☺

Tub or inflatable pool baths lower HR much faster than showers

If we take a 20 min shower to lower HR, diminish negative emotions, we use 20 gallons of water

if 1 gallon per minute (gpm) shower head (that we can save and bath in afterwards for 2 hours to reduce anger and negative emotions), or 50 gallons if the typical 2.5 gpm shower head. Small tubs fill with water with a person immersed with just 20 gallons, or 8 minute shower at 2.5 gpm. The (hopefully) rare anxiety, anger and high HR disappear much faster if folks listen to peaceful music while immersed in water for 1 hour (or more if needed), than if they listen to the same peaceful music while relaxing in the bed. Many times people are so stressed and hyper when coming home, if they would take a bath for 30 minutes while listening to peaceful music they would create a much calmer and healing, *nurturing*☺☺☺ home environment than by watching the ultra restless TV content today. Their emotions will be more benign, softer and the whole planet become much more positive, peaceful, if millions do the same. They could become very *nurturing* compassionate by massaging their spouse (we are all 2 day old babies compared to an Immortal, so imagine having the healing compassionate understanding forgiving unconditional love of a mom for her 2 day old baby when massaging spouse) in the bathtub while listening to eterni tones or peaceful voiceless music instead of getting hyper and starting arguments over nothing. The builders of many studios, places where there are tons of things except a bath tub – shower only – when tons of materials are wasted on the gigantic studio or other areas of houses or dwellings without tubs, could change their thinking and help the world attain peace by installing more tubs instead of showers only. Endless houses got a living room 20 times the size of a half bath with shower only, what a waste, when with a few extra square feet, it could have a tub to calm people, enable them to break the historical inertia hypnotic power over emotions. This "shower only and gigantic useless living rooms, studio spaces etc" is a missed opportunity to improve heart health of millions of people, health which is decimated by negative emotions and sometimes simply lack of good water baths habits to relax and breathe, take it easy, close eyes, relax, instead of watching the uneterni tones of writing, speaking, feeling and music on TV, internet that hype people up to start fights. Water is soft and yielding, the symbol of eternal life. Tao Te Ching "Nothing is gentler than water, yet with its yielding power it dissolves the hardest rocks". Before we lecture or yell at others, let us ask ourselves, do those people we're so eager to "teach a lesson" have basic knowledge of the diet effects on behavior, music effects, or even water baths effects, or do they even have a tub in their living place to use with free youtube peaceful music when more upset? It's easy to lecture or "teach a lesson" by some "stick (not carrot) method" or subtle "threat, intimidation, little torture or harassing", etc, but far more compassionate to create 11 companies, the Immortality Building Inc to give all decent shelter and tub/shower, to educate centrally (free education for all) with proper music/sections on web-TV-radio that lowers HR and teaches healthier sleep habits, HR lowering diets low in sodium. When normal breathing exercises, soothing music don't bring HR down, longer sleep, regular sleep, etc, water helps us to calm down and lower blood pressure, pulse. We look inward, meditate, chill out, heal, be less criticizing others, when they could be malnourished,

misinformed, lacking knowledge about water effects on the most important organ we have, the heart, without which we can't live. Water, if full of chemicals, can damage us too, via skin, so if using it often, get a shower filter. I take showers 99.9% of time, no baths.



CHAPTER 5 - IMMORTALITY CULTURE

5.1. Telepathy & ending jails 5.2. Media, movies, AI, websites 5.3. Kind literature, lyrics, fashion

5.4. Monuments, parks 5.5. Sports aiding Immortalism 5.6. Quiet pets (no loud barking)

5.7. Quiet city & sleep: 90% body repair done in sleep: no fireworks, no loud mowing or parties

Introduction: The 1 Language Culture of Hypothesis Thinking, Immortalist Anthem☺☺☺, Eternal Learning of the Immortals of this book gives us world's first real culture, since culture means eternal zero violent crime and 0 war. Our so called "cultures" are pure filth that produce endless war/violence. Civilization begins when violent crime and war end. Why is Culture so important? Because we imitate others around us and because of Telepathy Diffusion. We want a culture where everything is the kind sweet gentle soft vibe of Immortalist Anthem. ☺☺ You might wonder what is wrong with the "cultures" on Earth. This introductory paragraph will explain 0.1% of the issues: US is not interested in World Peace in 3 months, such talk is illegal. What the USA "superior Judeo-Christian fake culture"☺☺☺ exports and wants: dog shops, cat shops, pet hospitals, pet stores buildings wasting materials while humans are homeless, without medical care, killed and maimed by the millions, pets valued way more than people *(they never bomb and torture pets as they do to humans,* why not love all people first by ending all wars, torture and jails in 10 years and only after we achieved that, we have pets, why not tax pet ownership 1000000 a year *if we really follow God and want to love ALL PEOPLE, are we worshiping idols, cats and dogs? Isn't the end of violence against people 1 trillion times more important than having a pet?)*, super loud cities where nobody can sleep, infinite cruelty against animals when we could easily design eterni foods to complement vegan ones, alcohol shops, wineries taking space while others are crowded and can't sleep due to loud parties or music or central AC making 20 times louder noise than split ventless AC, etc, 100s of wine bottles in every grocery store to cause millions of accidents and domestic violence incidents that lead to generalized war vibe, work mistakes, power plant explosions, useless nail shops and barber shops to style the hair in endless ways (anyone can use a mirror and trim hair at home to use materials in kinder ways, better housing that doesn't collapse during tornado or hurricane, dome houses, etc), shops to take care of nails in endless ways, remove hair from 3000 places, arrange eyebrows in 8000 ways, piece 5000 places in the body to create outer beauty while the monster hides within giving no thought/action daily to ETERNAL World Peace in 3 months, pet grooming businesses while others are tortured daily by the millions by CIA, violent music, smoke shops (6 million die from nicotine products yearly, 3 million from alcohol) by the millions to encourage the destruction of billions of hotels rooms by smokers and disturb the sleep of billions of people who live in hotels apartments ruined by smokers who terrorize nonsmokers with second hand

smoke and walls that stink for years after his "3 month visit", fake religions (Italian fraud) exported at gunpoint to lower the IQ of every nation and praised in fake military songs, gambling shops, casinos, lotteries to lower IQ of all, to distract them from focusing on longevity for all, achieving certain results instead of wasting time, ☺abysmal IQ☺strip clubs to entertain the enslaved masses and lower their IQ, lower their vibe with violent uneterni music, rat (cannibalistic when hungry) like filif IQ fireworks to deafen many partially and shorten their lifespan via poisons in the air to entertain the slaves and make them believe the lie that American revolution brought real freedom when nothing happened except one aristocrat group took over from another, a useless system of housing to enrich aristocratic profits ***(100000 trash realtor sites instead of one real site to search houses by 900 criteria not 10, misuse of national resources, same houses would not have allowed water in many cases if shaped as a dome, no damage would have happened, leading to endless diseases, billions inf health care costs, etc)*** and reduce efficiency 10 fold in creating truly safe housing, etc… phony education that promotes crime, selfish sports that promote a callous soulless ethics giving no thought to the living conditions of others and World Peace, prisons to jail the scapegoats for the aristocrat crimes against humanity, blatant unity of state and religion in state sponsored terrorism of babies who cry and suffer during full immersion baptism at age 3 weeks or during circumcision 3 month long pain that leads to higher psychosis (male or female), the list is endless. The problem is the other countries are very similar or have other issues and nobody cares about World Peace in 3 months. Everyone who calls for peace is seen as crazy or a spy for the losing side, but it destroys the quantum field of all humans to kill and bomb people in war, so all people lose not just the attacked country or losing country. Americans spend $1.4 trillion a year on the most useless things and not even 1 TV sentence, 1 dollar on Immortality *for* All, Eternal Universal Peace (0 wars for Eternity) civilization, the depravity of this culture can't be greater. Sadly, everyone copies USA. The selfishness that has infected all societies is so deep, nobody cares people are bombed 9000 miles away because top guys didn't prevent war and people cared not.

5.1. Telepathy Diffusion: 0 Violent Crime, Eternal World Peace happens if jails are replaced with healing centers (for violent crime), fines & classes

5.1.1. Telepathy Diffusion

5.1.2. Sexual content laws (death penalty for any rape)

5.1.3. Who does the Crime?

5.1.4. Emergency State to End Violent Crime in 3 years

5.1.5. The merger of all courts, using the same law: fine 9000x the stolen value (nobody steals if all purchases move to online via advanced AI fitting of everything), lifetime labor for violent crime, death penalty for injuries that cut skin, or don't heal 100% (0% red scar) after 2 weeks (this includes death penalty for attempted (but unsuccessful) murder/injury, such as arson of trees, that can kill or injure – fire injuries cannot heal in 2 weeks, they are permanent scars)

5.1.1. Intro and Hypothesis on Telepathy Diffusion in a Telepathic Immortals Society

The next 160 pages explain how we end the Demonic Movie Industry, how *we will bring* violent crime down a trillion fold (including crime by aristocrats using bad products that kill millions of users 10 years early, meaning equivalent of 1 million kids killed), as aristocrat class disappears (when some are paid 10-50000 times for the same 40-60 hour week, theft and violence will be the outcome) and how we will eliminate in due time all theft, fraud and dishonesty via the implementation of immortality for all ethics, or immortalism, that which is free from liars, phony frauds who promote scientific dishonesty to gain "low IQ" naive followers. Unhealthy diets can lead to spikes in blood glucose, which cause impulsive reactions and violent crime, the Stanford/Harvard top of class explains how changing diet to complex sugars,no soda no simple sugars, reduced recidivism 7 fold. We can see in this chapter how aristocrats who murder millions are free, and how the victims of their criminal system are in jail. Below are the reasons why the state of emergency will start to prevent the "10 second end of humans", and maintained for as many decades as it takes to bring violent crime to 0. First targets of the state of emergency will be movies, music aristocrats (bad music examples are in section 7.9.4.). We reduce number of radio-TV stations as we have no staff to produce high quality programs in a tone of 5000 times more eterni vibe. Local stations don't repeat central news in their bad tone, but simply replay the central news from World's Most watched and respected station, Universal Immortality TV, the central station for USA & also of the Immortalists Worldwide. USA becomes the Mecca of Immortalism Worldwide. Only people with the top 1-10% Immortality Credit Score would be allowed to have guns, the rest will be able to only when violent crime is 0, if they need to protect self from dogs, mountain lions, foxes, etc. We'll euthanize all dogs who bite any humans, so nobody needs guns for defense against 90 million dogs in USA. Here is a list of celebrities few know as Jews, due to name changes, A video claims Jews built the Hollywood industry (all top 5 Big studios were founded or run by Jews in the 1930s and hired lots of Jews), which makes sense if they wanted to truly take over the world and practice the Zion Protocols. Skeptics argue that these are fake videos on youtube and Jews didn't create Hollywood, but it was Brits posing as "Jews faking their names to look British". The reality is that every US movie and music clip almost reflects the diabolical energy of the 1450 demon quotes of the Jewish Bible. So Jews do control, directly or indirectly, the demonic Hollywood, for 100+ years. Check out the secret plan to make to make Judaism the main religion in USA using the movie industry.

GENOCIDAL HOLLYWOOD FROM THE VERY START (next 2 paragraphs show it all):

Skeptics will laugh and say aristocrats are not criminals, they're simply successful businessmen, inventors, film directors, singers (see section 7.9.4. for genocide charges, 500 trillion in fines at least, no jail needed, against 25000 US celebrities and their "concert crew"), millionaire or

regular lazy do nothing except preach genocide parasitic yelling pastors, imams, rabbis who incite people to genocide via promotion of genocidal slavery deifying scriptures which ought to lead to prosecution (leading to at least 500 trillion in fines, forfeiture of all church property, etc, no jail needed) for slavery, beating of slaves, rape and genocide instigation, etc. But, let us look deeper into the aristocratic actions of trillion dollar theft to build their palaces. The criminal murderers of USA, who're never in jail, but cause millions to visit jails by their genocidal actions, include Hollywood and the Music Industry which create the Most Evil Macho Pure Trash to flood and pollute the planet with infernal vibes of macho hooliganism and violent depravity. Chapters 7 and 8 have plenty of examples of this trash called "music" and "movies". The need to fire 99.9+ % of Hollywood and musicians is highly clarified in Chapters 5.2 and 5.3 too, you can't EXPECT A DIFFERENT OUTCOME, with the same Monsters in Power to Corrupt and Destroy the planet. When all income is from wages, when musicians can't make more than 3-5 times the minimum wage, like any other profession, then it is clear that only with the science based proof of eterni tone lighting up MRI of kindness brain centers in listeners among 50 million 2 min song sample submissions will qualify, not these ☺filif IQ folks☺ (most musicians and actors, paid terrorists unaware of the evil they do) today who, honestly, have caused each 1-100000 deaths at least via their movies and music. DRAIN THE SWAMP as they say. It's these soldier remotely controlled robots and *their Military-Industrial Complex handlers* that need to be brought at the International Nuremberg Style Trials for all crime (via serial theft crime depiction and prison (not education and prevention) glorification since the very first 1910 silent film, as it has been the 2 millennia Bible tradition in the West to glorify crime in literature and the press), Genocides and Wars (WW1,2, Nazism, Communism (0.25 billion dead) planned well by US, Brits, German, French,etc aristocrats for imperialistic reasons) they fueled last 110 years thru Hollywood, singers, musicians, mind control of artists to destroy nations, groups, etc..:

1). The first all-talkie film with sound thruout was in 1928, all about illegal alcohol use, killing people, crime all over again, and earned the criminal film mafia a 5000% profit, obtained by the genocidal act of *polluting the minds, brains, psyche and souls of USA, instigating* subconsciously millions to crime by making it seem so natural. 1928 had the first all-talkie films, before they were silent or 1-10% sound, and in 1929 all movies became all-talkie.

2). The second all-talkie movie was The Terror, a horror murder full film, to further destroy USA and the human quantum field, the profit was 900%, they made profit via genocide, these monsters and their offspring creating similar trash were never tried or even fined. ☺☺☺

3). The third all-talkie film, "Melody of Love" was about a bullet injuring someone, leaving them permanently disabled, another DEMONIC programming to expect bullets, death, suffering and normalize it, as World Peace in 3 months and 0 guns would be unthinkable to such genocidal

aristocrats powerless to loot all nations without armies of compliant suicidal low IQ workers.

4). The fourth all-talkie film was glorifying murder, and was called Interference, another crime full complete garbage. Nobody was tried for this genocide disguised as film production. Nobody even dares to propose that these monsters be tried for crimes against humanity.

5). The fifth all-talkie film: On Trial (for murder), the Title says it all: murder is to be expected, kindness nowhere to be seen, never present in film titles, only courts, punishing and murder.

6). The sixth all-talkie film was Conquest (suicide and two people get their legs broken, very negative, a dispute over a girl could not be solved in a kind way, only evil is shown), demonic programming again, how to be evil and cruel again, how to engage in crime again.

7). The seventh all-talkie film In Old Arizona, is about bringing someone dead or alive, incitation to murder again. All 7 films with sound were about MURDER of self (one film) or others (the rest). This is why Adolf Hitler wanted Jews killed or deported from Germany, because the more evil Jews have taken this Genocide of the Working Class, of the gentiles, to a whole new level with the movies and music. The Aristocratic Mafia uses the Courts to Terrorize and Subjugate the planet. First, the aristocrats give people ideas thru evil literature, newspapers, news, TV, and movies, to engage in crime, then they try people for committing crimes, in this case, murder for 1928 On Trial film. The programming works like this: you, the 99% slaves, should expect to be beaten, tried and killed by the mobs we control to bring you in line forever and *steal everything from you* via pay 20-50000 times higher than the average worker: crime and banditry are here to stay, we create it to enslave you, *we program you* ☺filif IQ workers☺ *to do it daily with the media, to keep you in fear and* no ethics and kindness shall ever reach your minds: We're the Zion Elders who Live the Zionist Protocols faithfully and causing Hitler types to emerge to rid the world of Bad Type of Jew like murderers. These “music” and movies” psychopaths never tell you you can have 0 violent crime and 0 war in the movies, *as the violence is their tool to steal trillions from all 200 nations*. Today, they have 40000 music artists to create garbage to do the same even faster via radio and youtube music, for less money than a full movie.

5.1.2. Depiction of sex outside of procreation = GENOCIDE worthy of death penalty or lifetime labor for actor, writer, singer promoting it. The math is below, recreational sex images lead to:

1). smaller brain: blood flows to genitals instead of the brain, so daily judgment becomes impaired, ability to learn becomes impaired, it’s like fight and flight hormones take all brain blood and send it to legs and hands to help one run/fight, decisions and learning are poor, guys look at a girl instead of paying attention to the teacher, kids develop the animal brain and stunt higher brain functions, becoming a burden on society, a parasitic useless phony. Brain is starved of oxygen, nutrients and blood and shrinks over time, neurons die. Thus, one LUST post on social

media, in a song, book, etc that glorifies recreational sex means 4000 people lose 8 years of life by that arousal repetition due to habit being formed from that one post, lost due to ignorance of the initial poster who needs to pay $90,000 fine and $90 billion if having many followers of their music, books, etc. Thus, we can estimate the life loss to be about 4000×8=32,000 lifespan years

2). rape (fear, trauma, abortion causing cancers, damage to uterus; future offspring has more birth defects from that trauma or abortion): 1 post = 4000 rapes, 4000×5=20,000 lifespan years

3). sexual diseases acquired by frequent sex with many partners: 4000×5=20,000 lifespan years

4). poor grades and low IQ due to no comprehension of science, nutrition due to poor brain blood flow, *cumulative comprehension deficiency* (i.e. once you missed some homework (late night party) and understanding, due to all building on prior homework, you never understand physics or chemistry or math and learning becomes memorization of ways to solve an equation to pass a test, 0 comprehension, lose 5 yrs of life on average): 4000×5=20,000 lifespan years

5). wasting time with risky behaviors (lack of self care, of homework time) to seduce the guy/girl (late parties to seduce, poor sleep, sleep is the main way body repairs itself, these teens age fast, have acne due to immune T cells being 3 times less abundant after bad sleep), making mistakes, leaving appliances, cooking devices on causing house fires, cars on due to obsession with the sex target, engaging in risky behaviors to impress or to please the girl (drugs, alcohol, etc) that cause car crashes, brain damage via smoking (second hand smoking destroys self, inhale because you love her, your kids inhale it too), weed, drugs, vaping, alcohol, leading to wasting 4 years on average for 4000: 4000×4=16,000 lifespan years

6). vitamin/nutrient deficiency, especially brain, eyes (see list): 4000×4=16,000 lifespan years

7). infantile personality, compulsive dependency develops as the person remains incapable of achieving happiness on one's own, depending on sex for happiness, getting frustrated his 'spouse' doesn't want to have sex. The 5 year old in a 30-50 year old body becomes depressed his spouse wants no sex. This 5 year old mentality person, like a kid who wants candy to be happy, due to lack of centralized ethics education, can't wrap his head around a simple concept: bliss is in the brain and one can achieve it by bypassing the genitals and using the brain itself while breathing. The glorification of sex as a source of happiness (which is the main cause for rape) is fraud since meditative bliss is much higher and evolves a new cortex of the human brain the 2025 human animal almost entirely lacks. This emotional anguish, and unfulfilled desire of sex daily makes people grumpy, emotionally immature, dependent on others, seeking brothels and affairs, causing social issues, divorce, family conflicts, social issues, negative emotions, etc. The infantile adult is feeling lonely and craving companionship all the time, instead of relying on conscious breathing for bliss, he's too filif fruit fly IQ wise to comprehend he's always

surrounded by the Eternal Human Quantum Field of the future Immortals at least. We can thus estimate this lifespan loss due to negative emotions, divorce, sexual objectification of humans, human sex trafficking at about 4000×4=16,000 lifespan years.

8). violence/choking during sex causes strokes: choking is becoming popular in "cultures" the deify recreational sex, as explained in this article about "banning violent choking during sex" as with the depraved UK government, instead of banning any sex/alcohol/violence depiction. Choking can cause death, stroke, lifelong paralysis, inability to speak/recall anything, IQ 50 points lower, so choking during sex videos, clips, romance/thriller novels, is far worse than recreational sex, it's pure torture, sexual battery, *attempted/involuntary murder of 5000 people*, since strokes can kill. All celebrities depicting sex outside of procreation in movies, literature, song would have the movie, song, book outlawed, destroyed and need to pay some fines too, $9 billion per item and lifetime labor to pay the fine if not able to pay. We need to swiftly stop the criminals who create 20,000 educational systems to divide and conquer,☺☺create chaos in NATO/Australia (evil land of 50% of sex having choking per UK teaching it to Aussies). NATO/Australia needs only 1 educational system, 1 language, 0 aristocrats. Due to mini strokes during 5 second choking, trauma, this sex leads to 4000×5=20,000 lifespan years, due to the association of sex with violence in some "cultures" like Australia where the most visited news site is all about appearance, 0 IQ celebrities, gossip, useless products, vanity, recreational sex.

9). cancer (faster aging, uterus damage, meaning birth defects for future kids) from abortion of unwanted fetuses, plus destruction of human quantum field by killing of fetuses, which causes quantum disturbance that favors more deaths of fetuses and miscarriages. Most women today drink caffeine (tea, coffee or soft drinks) that causes miscarriage (unplanned abortion). Another 300 foods also contain certain compounds that abort fetuses, so to have sex all the time is to abort all the time. This creates a highly destructive instability in the quantum field that weakens the healthy embryos. Caffeine doesn't just kill fetuses, it also damages the IQ, lifespan and health of adults coming out of these weakened embryos that come out alive as kids after the caffeine assault. To have a miscarriage free society, you need eterni foods, where every chemical is known in µg quantities and you can avoid these 300 chemicals that abort, sicken, maim people before they are even born (many unknown to us today, that cause low IQ, organ weakness, or other issues). Eterni foods are only possible in a highly efficient scientifically honest society of 11 companies (not 33 million), one gov (not 20000), one pay (rewards given via longevity products and management positions), one (zero) tax, so the waste of bureaucracy and redundancy (plus 1.4$ trillion junk/yr) is replaced by a million times more research into health, 4000, later 4 trillion year lifespan. Thus, to be prolife is to be a leftist. Fertile ladies (under 50) and partners who have sex outside of procreation are usually MURDERERS, because they abort way more fetuses via mint family spices or caffeine, etc, way before they would know they're pregnant. No

more millions of accountants with 11 companies, zero tax. We have chemists instead. FDA warns common contraceptive causes brain cancer. That's why all rapists deserve death penalty, because it takes a lot of prep to get parent license and to make sure the foods males/females eat before conception or during pregnancy don't abort a fetus or lower its IQ by 30 points. That's why the Catholic Church is the Satanic Church, as are most, as they Adore (even Popes and Bishops OK sex outside of procreation within a marriage) Coffee, Tea, Caffeine and Sex outside procreation. Most religions are for low IQ gullible (fake miracles) folks who never read the scriptures and the mass rape or genocidal violence they contain. Sex outside pro-creation means random pregnancy and abortion, which is killing the fetus and damaging the human quantum field (each murder makes it more likely for another to occur by quantum inertia), besides cancer for the lady, damaged uterus, faster aging, as the uterus is worn. The world of Immortality *for* All is against killing. Sex outside procreation is attempted murder of the fetus that can easily emerge if sperm gets out of the condom or condom breaks. This unwanted baby will be unwanted (less taken care of, parents will do it out of guilt, not joy or desire), or aborted. We need parent license with centralized education in eterni tone months before conception attempt, to prevent creation of violent criminals which lead to 5 trillion dead in future star wars. This is a loss of 4000×5=20,000 lifespan years, mostly birth defects from worn reproductive system of the female, by growing/then aborted fetuses, even dead rotting fetuses, who don't fully dissolve fast due to frequent sex release of orgasm liquids, causing systemic low level sepsis. The body is not designed for daily sex, after fetus forms, it needs time to dissolve.

10). species extinction: humans are likely to disappear due to cosmic events, unless we move out in space to other stars, galaxies, universes, so to do that we need to evolve billion year lifespans that can travel large distances, via the etlif IQ trillions of times higher than present filif IQ, via the shapeshifting Immortals tech of the Immortalist Anthem allowing materialization of offspring from 1 trillion parents with each donating a billion atoms to make a kid, as humans will become fluid lifeforms living in stars, etc void of sex organs/gender, a Family of Immortals. When we understand the brain can give us higher happiness than sex by a million fold, sex is viewed as a boring necessary chore of creating offspring and the hype goes away☺☺☺. Sex is overrated, pure hype. Sex can also cause death via heart attack, rapid pulse rise. It's not bliss. It can actually be very dangerous for people with heart issues, their route to the grave. This lack of evolution causes shrinks humanity's life by 4000×5=20,000 lifespan years per each sexual post.

11). delays the Era of 0 violent crime and ~*~Eternal Universal Peace~*~: the main cultures (Christianity, Islam, Judaism, most Hinduism, etc) place sex within a marriage or partnership well above World Peace in 3 months and 0 violent crime in 3 years, as couples have sex often, but take 0 actions to achieve these goals, showing a selfish mosquito IQ mentality of rodents.☺☺ The evil nature of Muslims, Jews, Christians can't become clearer when we see their claim that

clergy are God's representatives, when in fact, they're the Reps of the Genocide, Rape quotes and sex above end of Killings/Wars ethos of their fraud based religions. It seems as if they love to encourage rape, like rapist pedophile priests in the news, not Peace. The ideal form of romantic love is altruistic universal love, the joint bringing of World Peace, 0 violent crime, not kissing, massaging, erotica which help only 2 people, not 8 billion. The Vatican is a fraudulent entity who encourages belief in fake miracles and in sex outside of procreation, since they're animalistic peasants living in the 1st century who hold humanity hostage to chimps. This blatant stagnation, perpetuation of violent crime/war means all resources otherwise dedicated to longevity/health are used up to spy/wage war, so another loss of 4000×5=20,000 lifespan years.

12). increased trust/credulity/gullibility due to oxytocin for easier marketing deception *(the more you activate those arousal circuits, the easier for partially dressed ladies/guys in ads to sell you stuff by hijacking your subconscious mind)*, for easier subjugation by the aristocrats selling $1.4 trillion/year of life shortening junk products. So for each social media video, post reaching 90 people at first share, 4000×5=20,000 lifespan years. The Zion Elders want gullible people who have lust based marriages or relationships, as these have no depth and revolve around massage, erotica, kissing, sex, and nothing deeper that would threaten the Jewish vampirization of the host nation. You see, via facebook stream and friend suggestions, via youtube video suggestions on the right, the Jews who own youtube and facebook can manipulate all 100%, as all forget CEOs of Meta, Alphabet parents of Google, Facebook are Jews busy taking gentiles and turning them into obese transgender clowns with aid from Democrat "Freedom to Masturbate Party" of Big Food Fake Science, Seed Oils to Fatten Gentiles and Lower IQ of Working Class, and AGEs for a final blow to Gentile Brain. Thru simple things such as ads and suggestions, they start a mind control program to steer you exactly in the brainwashing direction they want you to succumb to. This applies to way more than the social media, even online shopping, which items show in results. The rich make their trillions by duping the working class, making it naive, credulous and instant short-term gratification seeking, impulsive, ready to buy fast, pay later, to take on debt that the rich will use to keep the workers in chains forever via the fraudulent 9200 banks/credit unions. This debt causes workers to not take care of their health, and to eat worse food, etc. Smart workers are the end of the aristocratic parasites, so anything to dumb us is used. Thus, we can now add another 4000×5=20,000 lifespan years.

13). increased environmental damage from increased "one use consumerism" of 12). and the purchase of sex toys, sex shop items, condoms, etc, so another 4000×1=4,000 lifespan years. The Eternal Beauty Inc section explains how we eliminate all rape by the parent license system of ensuring that only people with parent license are free from rape accusation by a frustrated "bitchy sexual encounter partner", for only that procreation agreement (the only way to get any tax benefit, as marriage is not needed anymore with this system) gives permission for sex among

2 people that is consensual as they live together to attempt to procreate and raise 1-4 kids.

14). lower fertility, embryo quality when the time comes to have babies. The sperm travels thru the vagina towards the uterus thru an environment of a certain pH, chemical composition, etc. This perfect ideal ecosystem of the vagina and its connection with the uterus is made of fine tissue, chemical species, bacterial species. Its pH is damaged by frequent sex, birth control pills, so fertility drops as ladies have more sex outside of procreation, and the quality of offspring too: it is thus against the self-interest of the lady to have sex outside of procreation as it creates a dumber, sicker, shorter lived offspring, less able to help her in old age. The embryo is less healthy. Sex outside of procreation can be a bad habit that wastes the egg before the monthly conception encounter occurs, since dad didn't prepare well and his sperm was less fertile due to bad sleep. Before conception, both need to rest a lot and eat very well, otherwise, kid will be sicker, live shorter, etc. The most important events in life are the first few days or weeks before and after conception, anything after that is 100 times less important. Bees live 50x longer by a different diet right after conception as larvae, so is with the embryo, first days so critical, that implantation that depends on overall health, vagina-uterus path is. 4000×1=4,000 lifespan years

The 14 items above add to a total of 248,000 lifespan years lost via the ripple effects, over time, of one single social media post, or sentence in a book, video or song, depicting sex outside procreation. Given the average life is 80 years, this is the same as killing 4,000 teens at age 18, taking 62 years off their life (4,000×62=248,000). Thus, when we evaluate this, we see a few "harmless lustful posts, clips" could cause '4,000 teen deaths' or, 24,000 deaths if people are 70 and lose 10 years each (24,800×10=248,000). Killing 24,800 seniors is not a small matter, but an act of mass murder. To prevent this this hybrid war or covert GENOCIDE, we give lifetime labor to spies/misinformed folks who promote recreational sex, alcohol, weed, drugs, vaping, smoking and many other dangerous activities that shorten human lifespan. By now, most will agree *with* immortalists *that such videos, content* deserves *the* death *penalty* or lifetime labor at least. You can read the 30 page section on why sex needs to be for procreation only. No more porn stars or Nevada brothels. India or China frauds teach about tantra sex, India is a 3rd world nation, with lifespan 17 years below Japan since tantra doesn't extend, but shortens lifespan. Sex obsession creates societies of "rat IQ folks". The bangles, nose/brow/body rings, ankles, etc Indians wear didn't give them 90 year lifespan like in Singapore or Japan, but 70 year only (see the power of bangles, jewelry, rings, tantra sex outside of procreation, yoga, Hindu scriptures: daily beatings, bulldozing shops, bulldozing houses, set Muslim houses on fire, defecate on beaches, throw cow poop at each other, calling for genocide), what other proof do Western youngsters need that jewelry is useless and harmful? The Western youth has been destroyed by these parasitic rapist Indian gurus who have defiled our youth/adults, turned them into cows with nose rings (cows have these tags on their nose or ear), as they promoted 50 nose, ear, belly, lip, brow,

penis/vagina rings, besides becoming obsessed with sex outside of procreation, tantra. Check out how many sexual predators are among the Indian gurus: Bikram (arrest warrant, 40 luxury cars, fled to India, after making millions off fools in USA), Bapu, Osho (RollsRoyce, millions made), Jois, Vishnu, Prakash, Govind, Akhan (starve, torture, rape) see Guardian article, 133 page pdf. Those too addicted or attacked by military Jew/Brit vampires brain weapons that induce sperm emission during sleep (Sony dream creation gadgets etc) and unwilling to practice conscious breathing, etc, can sleep in separate beds from wife if that keeps sperm from building up, as he can help sleep better, since when one moves, the other wakes up and sleep is disturbed, leading to shorter lifespan. The truth is with parent license any 2 people who want to try have a baby have to get that license and then they can have sex to try to have a baby, after they agree to move in together for a few months of "tentative procreation attempt per license approval", and can split and part ways if no baby comes out in 5 months/years. That way nobody is pressured to marry and waste 10 years with the wrong partner who simply won't do the dietary changes to boost fertility 2-30 fold. Two serious people know fertility window is short (29 years, 21 to 50 for ladies mature to be a mom) and can't afford to wait forever, they need boost fertility by supplements 5 fold so it takes 2 months to get pregnant, not 2 years. Life is short, one can't try for 4 years to have a kid, so they will move on to the next person, because fertility shrinks fast in ladies after 35. This will be accepted as normal, no hard feelings, because the point is not a partner, but the kid who brings the invention to make all live to 9 billion. Today, people are paralyzed, the evil pastors, imams, rabbis, etc brainwash all to stay together, when no kid is born, which is criminal, since violent crime rises when a couple has 6 kids who're not properly educated and one has 0, leading to violence and stress that makes parents unable to hold eterni tone of speech, behavior, kids become very erratic emulating their stressed parents, their wild emotions, tones. Marriages become outdated, since all are parents of all sort of in a world of Immortals, as the Anthem explains it will be the case one day. If a baby is born, the two remain together as long as possible, ideally till kid is 18 at least, but anyone should be free to donate sperm (or eggs) to infertile couples in a clinic, so an MD can insert it and help those guys have a kid, to help distribute the kids raising more evenly and not burden others with 5 kids, while others have 0. It depends on health and IQ of the donor, as infertile couples would naturally want a better DNA if stranger, to minimize risks. In the end nobody belongs to anyone, we're all one Family of Immortals helping all live to a trillion years. People live together because of kids and tax advantage is only for parents who raise kids, though taxes will vanish one day too as centralization makes life simpler and thinking deeper.

The Chinese garbage literature by gnat IQ "Taoist Masters" and "Confucian Philosophers" has led to numerous sewer books (nonsense from dark ages to keep people short lived and clueless, instead of living to 9000) translated into 100+ languages about "self-touching, arousal" disguised

as cultivating Qi and other junk that leads to masturbation to release sperm building up during self-touching, in a flagrant violation of NATO nations sovereignty by Chinese torture loving profiteers, a pure form of indirect torture (like Chinese police stomping on citizen's heads) mass rape/head brainwashing of Western youth, similar to Chinese fake communism where 58% of wealth is in the hands of 0.01% of families, the communist elites. Additionally, the Western youth was brainwashed by "sexual education" crafted by pedophile Demon-crats and other filif flatworm IQ experts on youtube, etc to believe sex outside of procreation is good for your health. The human being adapts, just like some animals have sex 5-9 times in their life, so can humans have sex 9 times to have 2 kids, without the genocidal teachings that "having no sex will give you prostate cancer" or other lies. Question the media lies, the fake science, don't just believe. These teachings are harmful especially for people who overeat in the evenings, due to lack of education centralization, which causes sperm buildup at night, when combined with pressure to do many extracurricular nonsensical activities that build up cortisol, pressure and sperm production, in our society of pure animalism, useless sports, sexual literature/movies, etc gluttony and abysmal IQ, a society who doesn't realize each big meal with more calories than needed can damage the lifespan, speed DNA replication, overproduce sperm, speed aging as sperm is wasted during "normalized masturbation etc". The youth may be curious and then become addicted to it, not having understood since age 5 that immortalist breathing is a million times happier than any human activity, calmer and longer lasting than sex or masturbation (whose meaning they don't need to know until age 21) ever will be. The human brain who is not arouse won't produce sperm or have a need to release it, plain and simple. Don't make it complex. Any perceived high from sex is in the brain and one can achieve it without the genitals involved. For these animal types (the animalization is due to the death penalty worthy criminals who approved foreign or local improper literature or internet content giving ideas to youth to masturbate/have sex as teens), the evolution back to human stage can occur rapidly, via the 14.6 chapter, they break the media animalism induction trance.

The aristocrats intentionally create violent pop, rap, heavy metal, rock, metal music that incites the workers to aggressive emotional states, entrains kids and parents to get into an argument between parents or parents and kids, as there is no calming decent tone, melody or lyrics song or free centralized ethics education with 10-20 hours continuous TV education on all TV stations until all violent crime is 0, parent license training program, no 222 weeks off (that the aristocrat can easily get by designating someone to manage a business). This small argument due to emotional states created by the evil tone of music and TV-radio talk can often escalate to shouts, slaps, or violent crimes used by aristocrats to jail millions of people or to even take the child away from a parent who shouted, being too tired, getting no 222 weeks off, and maybe forgetting the door open and falling asleep due to exhaustion and then an evil neighbor reports

3 year old is alone on the street as a kid went there out of curiosity. These "females" with "feminine" alcohol, smoking, violence, drugs pushing songs cause millions of women to be jailed each decade, millions of families to be destroyed. Where is the compassion? The state has to pay trillions to jail parents, kids or house, rehabilitate these families and deal with the damage done. Where is the justice? For the murderous aristocrat living in a gated estate of 4 acres, if he does drugs even and falls asleep and child runs and is in danger due to a mountain lion nearby the area, they never get arrested since nobody can see it, unlike the worker who lives in a tiny 500 sq ft apartment with 50000 neighbors. Here we see Pure genocidal Bestiality of the Aristocrat in full action. The Working class is jailed while the depraved rat from hell, who incites the planet to war is free. When the fetus hears the mom speak, the dad starts an argument often, and soon the voices are raised like in the diabolical Bad Blood song (by T. Swift) and 50+% of US music songs (actually 99% of US music is too aggressive to create 0 violent crime fast), and soon the mom feels negative emotions, then baby feels them too and learns that if mom is quiet, no such emotions happen that make baby feel bad. So, when born, baby is the quietest baby on Earth, the Jewish and British murderous doctor, a gangster who became MD to steal gentile money, making 250-990K a year, tells mom that kid has autism, but MD listens to rock, goes to these rock concerts to destroy all families, like a devil in human form. So, the baby gets lethal chemicals to "speak", and it just so happens that the pain of the medicine is so bad, he speaks to stop the pain. Then the bulldog IQ MD believes his lethal poison works to give speech to kids. US tech. Other times, violent music, tone caused bad emotions during fetus stage and hyper music and TV at home caused the kid to become hyper and then the MD gives him deadly pills to "treat autism", when the kid has no disease, but poor education, emotional contagion (all humans subconsciously, without trying to, imitate the voices, emotions of the people around them or in the music, TV programs), emotional mimicry and imitation of 10 years from listening to aggression instigation 1-5 hours daily since conception. These Jewish, etc MDs then prescribe to millions of kids deadly poisons made by Big Pharma British Aristocrats, when they could instead review Singer and Clergy Violence against USA, their demonic shouts of: pastor, rabbi, imam, that normalize aggression and shouting by kids who desperately try to imitate everything around them to "stay relevant".

Kids imitate the violence on youtube, practice violent boxing and etc and end up in fights that sometimes even kill people. The kids become gangsters before birth even, as their develop the like of demonic music from the womb stage and then violence is their second nature. This is intentional, as aristocrats need violent thugs to use as cannon fodder in wars. The pills move that violence one step up to bipolar ultra high extreme emotional states and soon they do mass shootings, etc which is what aristocrats want: workers exterminating workers while the rich live far way in tranquil estates. The aristocrats need to make trillions by selling anti-depressants or

"hyper activity" pills for restless teens, ADHD caused by rich singers, pills that lower IQ 25 points, instead of treating the cause they treat the symptom: the cause is the aristocratic terror, ultra violent music, movie tone that everyone hears daily. See the science of music-MRI-tone and how we'll approve only music/speech shown to activate the ethics brain centers, the bliss, happiness, ☺☺*gentle tender soft nurturing loving compassionate healing kindness*, fluid intelligence, high IQ hypothesis thinking, out of the box thinking brain areas. ☺☺

ADHD (which can cause violent crimes, etc) and autism can also happen due to aristocrat run food companies, restaurants that sell poison, keep everyone ignorant of nutrition via fake industry funded science papers, high omega 6 intake via too much oil, due to lyrics void of science, while aristocrats eat healthier organic food, since lasers killing weeds are too expensive to use vs pesticides due to decentralization and wasting of the labor force via redundancy of 33 million companies. Pesticides cause autism, they're for slave workers only. Odd behavior from music, pesticides, DE, RF act as pretext for drugging the working class to get IQ to 70, genius chimp. No vertical farms in local community, instead, we ship kale from 1500 miles away, causing traffic tire particle pollution, smog if not EVs, etc that kills people, but we got stadiums every 10 miles to sit and shout like Hitler, that don't make anyone exercise or get healthy food. Sitting doesn't help anyone, and gyms are useless if you exercise in kale, etc vertical farms, eterni food labs or immortalist sports done while being more relaxed and listening to peaceful music. The aristocrats made 1 billion coffee places and tea places to lower working class IQ 20 points, via caffeine in sodas, energy drinks, etc that slow neuron migration and causes ADHD too. The coffee causes hypertension, dry eyes via dehydration, and diabetes via statins used to treat pressure. Statins can also screw the brain. The diabetes is used to cause high A1C, which then shrinks the brain twice faster, so that aristocrats can exterminate the working class and tighten the chains around their neck ever tighter while talking about freedom and democracy all day. The perpetrators of all US crime are free on 2-2000 acre estates, while the brainwashed puppets are in jail, the people with 0 quality education, totally screwed up by aristocratic products all are brainwashed to buy. The murderous hyenas establish 1.4$ trillion/yr product selling businesses, restaurants, coffee places to sell poisons to the human brain, while claiming there is no money for "0 violent crime, border wall to stop drugs, singe family homes for all☺". There is money (taxes churches don't pay), there is space/materials to house all condo dwellers in homes. Overcrowding and paper thin walls can lead to fights too… No money for workers, only for useless businesses with thick soundproof walls to sell poisons to lower our IQ, raise crime? Is it not about time for the Americans to take the country back from these monsters? ☺

Border is not sealed, as aristocrats want slave labor, so drugs pour in, parents take them, fall asleep, kids go out while mom sleeps and then kid is taken from mother to child protective services, the whole family goes against the parent, everything is destroyed, with aid from drug

pushing music who leads to working class arrests etc. Because of violent crime existing in USA due to aristocrats, we have these weird laws where parents are arrested if kids are not with the kid all the time, which is insanity, as in communist nations with 10 times less crime kids went to school alone daily walking even 3 miles daily, getting good exercise. US has 2 laws, one for slaves and one for aristocrats, for aristocrats never get arrested, as the kid is in the 4 acre property, not on the street where neighbors can see them and report the parent who is too poor, works 80 hours 4 jobs a week, to live paycheck to paycheck. This brutality, by these devils with tall gates, security guards, 30 cameras, etc happens because they don't have any desire to have 0 violent crime, but We the People can quickly bring 0 crime by the 11 companies system of 1 bank (not 9200 by gangster aristocrats), 1 law, no landlords until all own a home, etc. Aristocrats make billions selling alcohol that killed already 1 billion people early, then workers get drunk and fight with neighbors, strangers, even spouses or kids, and cops arrest them. Aristocrats laugh as they decimate workers with drugs, open borders to bring slaves, alcohol, music, the rich wage eternal war among workers via political parties, drunken states, etc, so workers fight each other, instead of fighting the aristocrats. Why are the people causing crime free and the victims of their genocides in jail? This is not justice by a Holocaust by Jewish lyric creators and other "geniuses from UK" against USA. Aristocrats murder millions with drugs they bring via open border, Democrats work for the aristocrats to bring in slaves, drugs, alcohol for 80 years, they're leftist in name only. Democrats (Republirats) praise these infernal "actors"/"singers" who simply exterminate the working class. Border could have been drug, alcohol and crime sealed with 1 million dogs sniffing every person, box, letter, airport, ship since 1950 with a few army troops. Phony criminals claiming to be Democrats make 10-900 million a year and yet these scumbags only donate tiny amounts to the Democratic cause, because they're Republicans in disguise. The naive followers of these scammers feed them with concert tickets, instead of donating to the Immortalist Party that would end the aristocrat run Democrats/Republicans or clean up the Democrats of the Republican spies controlling 90% of Democrats. If they make trillions, how come all they donate each election cycle is 2 billion max? Stingy Republicans in disguise. ☺☺☺

The ***abject failure*** of communism, socialism, social democracy, free market capitalism to bring down violent crime 50, 500 or 5000 fold, let alone a million or a trillion fold, prompts all ethical people of this world to say in a resounding unity, ***enough is Enough***, let us now try Immortalism. You can't get different results by using the same methods and system. For too long palace dwelling aristocrats have created justice systems that serve death and lifetime labor or etc only for slaves, for workers, while the ***frauds*** running the nation never go to jail. To prevent this blatant abuse, the aristocratic class is eliminated via the employee owned 11 companies. Aristocrats living in huge mansions can use brain gadgets to induce workers to commit 'odd actions' so that they have a reason to jail workers and suppress humanity's liberation. This is

called remote (2000 miles away even) synthetic telepathy. An immortalist culture is one that loves workers, doesn't deify punishment as in the bad Bible quotes (death penalty for saying a bad word etc), only gentle *penalties* after extensive education into the consequences (today no such education is given as the system protects the genocidal CEO aristocrats selling alcohol, tobacco, weed, drugs, bad food, phones, etc) that apply to all and all penalties are fines and education courses (no jail for nonviolent offense), except for violent crimes, which will require some drastic measures at first to bring down fast (all jails disappear eventually, but not in 1 day, as new healing centers are built over time, can't house 2 million *jailed people in new* secure (some may try escape to become thugs again) *healing centers overnight, but can release some* nonviolent offenders after courses taken, exams passed for course knowledge, and fines paid). The alcohol-weed-smoking section explains that aristocrats have killed about 1-2 billion humans last 2 centuries via their fraud companies that cold alcohol, tobacco and weed and that the aristocrats obviously never criminalized those committing such genocides. Immortalism cares about the people's health and criminalizes tobacco, weed, alcohol production and distribution, besides dissolving all such companies ultra fast to build decent housing and healing centers to replace all jails populated by slaves, and not by those who committed the greatest holocaust of all time: 1.2 billion dead. Immortalism is a culture of shared responsibility: we let all aristocrats, generals, military/spy agency/FBI chiefs, serve on the frontlines, not just the poor, let many "aristocrats" live in 100 square foot houses, not just poor workers. Why keep 15 million housing units empty when half a million are homeless? Because aristocrats want huge profits? ☺☺☺☺☺

War exists simply because the military-spy chiefs are PIGS who never actually have to die on the frontlines. Stalin knew it, so in 1936-8 Stalin executed 35,000 military officers, who were, most of them, from the Tsarist regime, rehired by Trotsky in 1918, due to the ongoing war: these were spoiled aristocrats (the 9 million Tsarist army soldiers were slaves, serfs, forced to fight, who quit the army in 1918, as they had no desire to die for the same Infernal Beasts who subjugated them for 900 years, and workers and peasants won the 1917-22 civil war with a few rifles, etc). The officers had little risk, just as today, the top brass sits in offices far away from any danger and have zero incentives to create zero violent crime and war, being exactly as corrupt as the Tsarist aristocratic military elites. The serial killer officers were doing that for 5 centuries sometimes (endless genocides to expand empire), so God found a way to end some of those monsters from hell, using Stalin (a psycho who attended seminary as a kid, got beaten by his alcoholic father a lot and then viewed violence as normal: Stalin also killed endless Poles, Romanians, Germans, etc and others, and yet these evil NATO animals still legalize, produce, deify on TV-music, promote alcohol, the main reason Stalin may have become so violent: due to demonic possession, NATO rulers (military brass) refuse to see the alcohol-Stalin genocides connection, since 80 million slaves dead in WW2 is not important vs getting drunk or high on

alcohol, and the Entente Powers actually loved Stalin killing as many as possible, as they were not Americans, Brits, French, technically using spies to encourage that when possible to suggest it via carefully placed Jewish agents inside the "people's revolution paid by foreign powers to slaughter all engineers and everyone possible to collapse the empire". Absolute Power of the Military Terrorists creates Absolute Genocide, decade after decade, so the only way forward is the realization of the risk of all dying in 10 seconds one day due to a simple weapon test that kills all solar system people. Then God killed all 25 million soldiers who wanted to kill others, i.e. to enroll in the military, via WW2. Why enroll in armies led by demonic aristocrats who fill almost every popular movie, book and song with rape, drugs, alcohol and murder via their 100% control of all companies and agencies in each nation? WW2 was a tough death penalty to those following Satan (the Aristocrats posing as "benefactors" of humanity) instead of the God of World Peace in 3 months via the implementation of this book's every media, TV, movie, education, business policy to turn cannibal serial killing beasts into actual humans, who unlike cannibalistic rats, don't kill their own. What people forget is the atrocities by those 35000 officers over the centuries, son and grandson: terrorizing of the civilians of the Russian Empire or plain extermination. They used cannon fodder ☺☺puppy IQ workers☺ to wage their wars. They torture billions with impunity, so the workers need to stop this planetary terrorism by aristocratic militaristic royal families, clans and conmen gangs that basically slaughter the rest of humans. The Immortalists dissolve War Dept into Eternium, CIA-FBI into Immortality *Nurturing* Agency. who're the aristocrats? The guys who also run the military-industrial complex in every nation, plus a few other lower ranking mini aristocrats who're not always military or cop types.

Healing serene music, pleasant cheap videos, not just virtual reality expensive headsets, can also lower infractions, maybe by 96% as reported by ABC News. Recidivism is 60% for the jailes, 20% for the unjailed. Netherlands noticed that community service sentences reduce recidivism, while jail time increase it, so over 2004-2024, their prison population went down 40%, due to short sentences. 'Prison' time makes sense only for violent crimes, such as the trillions the USA cops, CIA-FBI-soldiers did. However, even for these psychopaths, it is unlikely they become better, they need eterni tone education, healing centers (something 1000 times nicer than prisons) and transformation into humans from brutes. Their psychopathic mental illness is hereditary and imposed at gunpoint by bandits (due to inciting 2 billion people to violence indirectly and telling them lies without any evidence to attract donations while humanity collapses due to wars) disguised as pastors who deify violence and cruelty, in tone and scripture as the 1400 violent quotes of the Bible brainwash them all. The pastors have the military support of religious fanatics who run our government and promote scientific fraud and fake miracles. Once a culture of psychopathy emerged millennia ago, it created DNA that created violent cultures, so the negative feedback cycle continues until people realize the sources of these genes and cultures.

USA is a Bible psychopathy culture of infinite violence, so USA got 16 times more prisoners per capita than the Zen Japan society where Bible is thought of as made up. ☻☻☻☻☺☻☻

The bandits who run USA and UK for 980 years (read their laws since 1349, 3 pages, same royal family and the 200 aristocratic families run the show in UK and in US (plus a few slightly different families)) allow politicians and conmen clergy to swear on and promote the Bible, a horrific manual for depravity, slavery, subjugation, feudalism, terrorism and genocide that claims God wants his disciples to commit genocide, human sacrifice, mass rape, etc: Bible/Torah beatings quotes (kids, workers, sex slaves) like the Quran beatings (sex slaves, mutilated infidels, kids, wives). Culture is created by psychopathic scriptures too. Mythologies have different levels of violence and cruelty to them, the Jesus cult is torture rich, the religion is centered around violence around the hero, the psychopaths who invented it wanted that to enslave all workers abused by aristocrats, and make suffering at the hands of these royals and conmen aristocrats a virtue, and emulation of Jesus the fictional son of fiction by genocidal aristocrats. Iceland, got 16 times fewer prisoners/capita than USA: they're far less religious, have only 4% Catholics. Iceland crime rates are so low too vs USA. Norway got 10 times lower incarceration rate and homicide rate than USA, due to some prison reforms in 1980s that took recidivism from 80% to 25% today, 3 times lower than USA's 75%. Norway, Iceland and Nordic prisons are way nicer than USA, actually, some are nicer than condos some live in the USA, free law abiding people. This makes prison a more healing period of rest there, leading to lower recidivism of course. For 7 centuries, the British Royals and their aristocratic friends (200 families from Normandy, France, who were given most land in UK by William the Conqueror) passed mutilation and execution laws to punish the enslaved peasants (99% of Brits) for simple things such as trying to recover from terrible serfdom and trying to take a break, maybe be jobless for a while. These same murderous psychopaths who still rule the UK-USA could not create an 11 company system of 0 unemployment, 0 aristocrats, with all employed a little in jobs that spread the stress evenly, so maybe 40 hours a week max (workers can choose 5 hours a day, 7 days a week or 8 hours a day 5 days a week) for ALL positions, 30 minimum: they simply worked peasants to death and then they beat them till blood came out if they didn't find a job with a factory, that often was not available. Welcome to UK Royals values, so common in royal families. Besides the smiles and media glitter, lies the murderous reality, so evident to any sensible person watching the grotesque London parades, where horses and shouts of guards, resembling Hitler yelling, selfish sports are more important than gentle tender soft nurturing healing kindness, single family homes for all. Check out UK music exported worldwide. Today, London is hiding behind endless banks, as do their criminal friends in USA who need 4500 banks to loot, beat, subjugate and enslave every American. This subjugation was done by the nobility, with the blessing of clergy in every monarchy almost worldwide. In Germany, aristocratic clans "only" need 1500 banks to

loot, subjugate and enslave Germans. These historical traditions of violent murderous psychopathy fully explain the rampant police-military-spies violence against US/foreign citizens. Folks without a job (unemployed) are only present in modern fake societies with fraudulent stock markets and aristocrats making 50000 times more than others. Unemployed have time for scams. The 11 companies system ends all time to scam people, engage in gang activities.

The whole USA justice system was a mere British tool for maximum enslavement of the workers, non-Brits or for pure extermination, so it is different than Norway or Finland. Skeptics doubt this, but look at the way Brits treated people they enslaved: murder. This was the cruel way of the empire for 1000 years, so the US justice system needs huge reforms to get rid of British psychopathy, which they learned from the psychopathic Bible shoved on UK by Italy thru the genocidal wars of the Roman empire. The entire West suffers from Bible induced mental illness, cruel psychopathy. This is evident to any mentally healthy observer who watches the Western music. Once the West realizes Jews/Italians conned them for 2 millennia, they can discard the Bible/Torah and embrace basic kindness, such as that described in the first page of the Immortalist Anthem. Tao Te Ching or Dhammapada Buddha scripture are so peaceful, vs the Bible. The difference explains it all. It's important to question these things, since out of control covert violence can lead to Hiroshima Nagasaki like events, with future Hiroshima being a new weapon that kills only people and covers the whole North America core (USA and some Mexico and Canada) and Nagasaki the strike that takes out the whole EU. 2 strikes, 1 billion dead in 2 minutes, NATO gone. Is that why they spread the violent Bible? Some in the West always think we're the superior ones, but we're savages vs future humans. When you praise a Bible that calls for genocide, such continental strikes are a mere application of the Bible preached worldwide.

To achieve fairness, and true scientific conclusions about what works and what doesn't work to reduce crime a trillion fold when we change some things, we need to eliminate the 1 million confounding factors, as in nutrition studies, where you adjust for many parameters. The issue today is that we can't adjust for education differences due to 1 million tones of teachers and styles of teaching, 1 million parental tones and styles of parenting, 1 million languages and accents and dialects, etc 1 million banks, 1 million this and that. We need a uniform, equal opportunity, the best for everybody system not just 0.1%, detailed in the English as only official language section. When all get same opportunity, there is no more complaint possible, all know it's fair and nobody can cheat anymore, not even pastors telling people lies without any scientific data to support their claims. We eliminate fraud and aristocratic parasitism in all fields of endeavor, education, business, religion, etc. The youth of the world is amazed at our integrity and realize even religions were often made by aristocrats to increase the efficiency and scope, breadth and yield of theft from 7 continents. As such they join the global immortalism wave and no longer support wars and criminal covert attacks on other countries or attempts to create

crime in other countries, since finally, a just nation with a kind gentle ethos emerges. We can't lower crime a trillion fold without first bringing World Peace, as other nations will hire 1 million spies to start crime in our country. So, many reforms need to occur simultaneously as the governments implement the global state of emergency to reduce violent crime via UN Treaty, meaning more similar laws to give a clear signal to transnational gangs that their end is near.

Telepathy Diffusion (perhaps far less damaging than bad stuff in media, music, etc) is totally different from synthetic telepathy, being a phrase used to describe the process thru which, even in a world of mortals, if guy Reader reads a newspaper in London today, about some guy Slammer who slammed a door and woke guy Awoken as a result, making the sleep of guy Awoken worse and causing guy Awoken to be tired at work next day and make a mistake that leads to some damage to an industrial machine for example and maybe someone being hurt. What happens if the people look to find the culprit for the industrial machine breaking, they will blame the guy Awoken. But a very nuanced and observing Immortal knowing exactly what has occurred will know and understand that the human way of seeing things, lacks the Trillion Quadrillion Years of Wisdom and Experience, so as a femtosecond baby, the human assigns blame to someone who did not really deserve the blame. But this is not Telepathy Diffusion, this is the beginning of explaining it. What diffusion is when this Reader guy reading the newspaper about this story in a park, accidentally without wanting has his story picked up telepathically partially by a visitor from US who visits London that day in that park or even from miles away due to some unknown resonance. It's a quantum entanglement of brain images if we could call it that way, where the exact meaning and details are not always transferred fully. But as we're visual brains, the American has for some brain reasons, happening even in healthy people, this story of Slammer and Awoken in his mind, and the story plays now and then. Months later, American is back in his town in America and the story plays like a blurred less clear memory and he doesn't recognize the source of that idea, thinking it's a fresh idea, so in a circumstance his subconscious mind will believe he's the Slammer, just as people who read a book 10 years ago believe they're the reincarnation of that person 10 years later when doing a past life regression. Because of this, he identifies with the Slammer in his brain and decides it's a good idea and slams a door and causes similar trouble almost unconsciously. What can occur is also someone picking up an image without identifying with it subconsciously, finding that image or thought as a good idea (due to weaker moral strength), even if it is bad. One doesn't even need to get to the stage of unconsciously identifying with the action, just the "bad idea, event" coming into awareness and someone picking it up randomly deciding it's a "good thing to try". In this circumstance, nothing really that bad happened, but in other circumstances, things far worse than slamming a door can be diffused and who is to blame? The movie creator who created a movie where people are unkind or slam doors, the journalist who created the story, the guy who

read the newspaper months ago and accidentally we read his mind without realizing, or the slammer? As one ponders on multiple diffusions, one can easily see that when a bad act occurs as a result of bad upbringing and Telepathy Diffusion and violence in media, TV speech, tone of speech, the most ethical system of healing☺☺☺ and restoration can't put the blame on Slammer, but on the whole humanity who created all circulating thoughts too, even if mainly the blame belongs to 900 than the whole humanity. So, the question arises, what is an ideal way to fix things when mistakes happen? The next section tries to summarize possibilities.

5.1.3. Consequences of Telepathy & Media/Music Diffusion: WHO *DOES* THE CRIMES?

Who is the Real Doer: the entire civilization or 1 guy? 500 people fined, enrolled in ethics courses (listen to 500 hours of ethics on earphones, then test speech tone) or 1 guy? System changed or *just treat symptoms* (not the causes: housing, food, culture, music) by *scapegoating* workers?

The Immortals, our descendants if you will, having seen the effects of Telepathy Diffusion explained above and being even more unified, empathic, telepathic and kind to each other than human mortals are, understand that when something bad happens the real doer is their ENTIRE CIVILIZATION, not an individual. Thus, *no jails exist, only healing centers (for violent crime) initially*, later all healing done from home if home, neighborhood has a high vibe *(if not, special far less restrictive healing centers can exist until all live in decent neighborhoods)* and violent crime is 0 globally. Why do we need these cruel prisons, which don't achieve anything (they don't even give people eterni loving tone, only yells, even in the best cleanest ones, so how can people learn to be loving, if all they get is bad tones? Healing centers replacing jails gives all an opportunity to do some labor, contribute to society in exchange for better living conditions. It would be far more productive and far less damaging for the human quantum field. The culprit for crime is mainly the government who fails to create preventive programs: peaceful kind compassionate eterni tone, rhythm and lyrics music, free of copyright, at music.gov, filtering criminal ideas and un eterni tones from music, TV-radio, literature, daily emails since birth (for parents before conception, for kids since age of 5 months, 1 minute, gentle tones, basic words like gentle, explained via a video) about ethics topics and Immortals' qualities, creating videos, street signs with "gentleness, music etc", etc that nurture compassion for all, helping all understand every human, even at age 70 is like a 3 day old baby compared to an Immortal and we don't really punish 3 day old babies for spilling a cup of milk so we can't really punish anyone, only educate and heal *(have them watch videos on* qualities that evoke compassion for 10 weeks*, etc and help them build gentle tender soft nurturing loving healing kindness. Look at* this video of a Norway prison (relaxing apartment), or Finland one, and compare it with USA (see the violence). See another explanation. Lifetime labor sentence (happy job one loves, that fits national needs, picking veggies sometimes too; it would be more humane than this labor, but

those who traffic drugs that kill need to contribute something, in exchange for housing, food, etc, it's only fair and it's not slavery as some say, unless there is abuse of overwork in heat, limit work to 40 hours a week, etc) for any violent crimes by teens (including slaps by pastors or spanking (causes aggression & anti-social behavior) by parents) in a healing sealed normal life city (except no internet, to avoid contact and mafia activity) would reduce violent crime 1 million fold, and even 1 billion when combined with new music, literature, news, new education guidelines. We can't have people sit and do nothing, as they will start forming gangs and planning escapes, and become a drain on the nation. If they want to live, and get free housing, free food, etc, they need work to pay for it. It's only fair, after damaging the nation, to not get free housing/food and use time to create gangs.

ANIMALS COMMIT VIOLENT CRIMES: Most US violent crimes are done by the gov who teaches, encourages, creates violence by its terror, torture and laws that allow violent media. These monsters take humans and turn them into animals by the very system of eternal slavery of 200 nations they created. Bandits rule USA. They hide 99% of violent crimes. The animal government doesn't implement the 11 companies model to ensure all have a job, nor the 5 separate parts of the paycheck that can only be used for 1. food, 2. shelter, 3. clothing, 4. health 5. personal care (shampoo, soap, toothpaste, etc), etc so that nobody runs out of money and is thus made to steal or rob someone. It's imperative to create a human government who gives all a safe income and helps low IQ folks manage their finances to prevent running out of money for basic necessities. Much of all crime happens due to lack of money. Unemployed people have nothing to do, so they join criminal networks, gangs, mafias, etc. Only a genocidal government creates unemployed people. We have to prevent crime before it happens via the 11 companies system: all are employed always. These criminal gangsters called US government today are of a genocidal psychopathy that is astounding. Not only do these serial killers commit billions of violent crimes of torture with invisible weapons, but they create economic crises that cause people to become unemployed and fend for themselves, when it's the government's duty to ensure all have a job to pay for food, shelters, and basic expenses. On top of that, these beasts award themselves salaries 15 times higher or even 25 times than minimum wage at the federal level (7.25/hour since 2009), for regulating the very criminal Wall Street that makes life on Earth a pure hell, regulated so little that banditry rules every city and violent crime is a trillion times higher than it should be. The criminal banks are regulated by ultra corrupt fiendish conmen who award themselves 15 times the federal min wage. USA got 200 Generals that make 15 times minimum wage too. But millions of people make more than 15 times, including many doctors. Some realtors make 75 times more or 200 even. These bankers make even more than that of course, sometimes 1500 times more than the minimum wage. How can an ethical government allow the Wall St wolves to loot the masses like that? The ultra corrupt Congress, also give

themselves 11 times the minimum federal wage. Mayors and other local government mafias often award themselves salaries 50 times the minimum wage at the federal level. University Presidents, 100 times the minimum wage, actors that teach violence via roles in movies, film producers that turn everyone into an animal etc can make well over 100 times too, for DEMONIC violence IS REWARDED WELL, CEOs even 1000 times or 5000 times, and if stocks go into account, way higher than 5000 times. A study found that right wing fanatics killed 6 times more people over a few decades than left wing fanatics. Sadly, a lot of these "deaths" are staged, faked, as videos, if any existing, clearly indicated everything could have been faked with spray red paint and video editing and the whole set of fakery strategies used in Hollywood movie creation. They show a video of a red spot (alleged area of bullet impact), then guy falls off his chair in an unnatural way as if launching himself away from cameras, then people gather there and video cuts off as they never show the details to fool people into thinking he's dead. This then is used to launch a national campaign against "the half of USA who supported the killing", in order to give aristocratic terrorists another reason to tighten the chains around everyone's neck. Since the rich control covertly both parties, both left and right wing killings are used as made up reason to oppress the working class, even if nobody even died, but it was all staged to appear so. Now they have a reason to go after anyone who has independent thought and realizes both Democrats and Republicans are the same party: Aristocratic Thieves party. People are distracted by emotions and impulse, unable to see behind the smokescreen the great deception of 250 years, that really keeps everyone on a tight leash with the fake elections.

You see, in America wolves and *bloodsuckers rule,* every inch of local, state and federal government and of "private business". The whole thing is run by criminal British and Jewish bandits looting the American people. So, when you have violence at such high levels, institutionalized, with 5 million cops, CIA, FBI, soldiers to torture anyone who criticizes these people who make Hitler or Mao seem like "normal", you can't have low violent crime, for people become ultra enraged at the criminality and infinite violence of the very government that preaches we should be all following the ultra violent law of infernal injustice and banditry. Thus, we immortalists, aware of the demonic nature of Demon-crats (Republicans in disguise) and Re-pub-lic-ans, who lick alcohol all day in pubs they created to increase violent crime 5 fold, want to *create a non*violent government*, where none of these scumbags that have looted* America *for so long can make more than 3 times the minimum wage,* including every CEO in USA. When you do that 3 times max only the most virtuous and immortalist type of ethics guy will become CEO, today only the most evil becomes a CEO. These serial killer career ultra violent infernally violent *criminals in US government* don't deserve a pay cut, but also removal from position, for they're terrorists that make Osama Bin Laden look "normal", for indeed they created the terrorists at the CIA to plunder various nations. 99% of responsibility for a violent crime done anywhere in

the world is with 99% of humanity who doesn't care at all about ending violent crime in 3-5 years. It's not with the doers, who're victims of an infernally selfish society void of any tender gentle compassion. Until people realize that every parent, gov creating bad schools via decentralization, etc, every musician, actor, news anchor not using immortalist tone is inciting and contributing to the mayhem, there is no way to end violent crime worldwide in a few years. We also got cow IQ liar pastors brainwashing billions that 0 war or crime will only happen in some far future. To preach garbage like "When Jesus comes back in a trillion years, peace will reign" is genocide. The evil of 'communism' and Russia' current government can't be better revealed to humanity than the torture that these monsters calling themselves human are doing in the black dolphin prison. These animals who controlled half the planet are so removed from God and the Immortalist Anthem, that they fill TV with hate daily and can't admit they're 99% responsible for violent crimes in Russia. The only reason the inmates did those things is because of the criminal Russian government flooding the media, radio, TV, literature with thoughts, words, etc of violence, killing and bad tones, which affected teachers, parents, etc and led to violent thoughts. The Gulag lives on, the fake heartless Putin claims to be a Christian, but Jesus said to give shelter, not torture cell, to all, to fix the mistakes of 50 million Russians killed by Jewish/Russian commie psychos, of the educational system, of everything. The same tragedy happens worldwide and in USA: the masses live under the hypnotic trance of evil aristocrats who entice USA to spend 1.4 trillion/yr on useless stuff instead of on ending violent crime in 3 years via real education/shelter (no jails). Scapegoating all the evil of the 99% on some killers the 99% neglected is as bad as murder itself. And if God exists, he will know who is the real murderer, and often it's the aristocrat at the top.

If kids are being mean (impossible with the new educational system with ethics lessons every day till age 25), playing loud music or doing obviously unethical actions, the parents can dial 111 to ask the help of a child specialist or child healer who will explain to the kid the suffering he brings to others via a video sent to watch and via a talk, like a 3 minute response time from cops, these specialists, not angry with the child, would be able to defuse the situation and prevent violence from the child or parent – parents can't have a healing eterni tone when angry and will only make things worse. We need replace VIOLENCE, so deified in every institution on Earth via the Violent Bible-Quran-Torah, with education and communication, healing and soothing music and other technologies or methods, even letting a kid or person relax, sleep, and rest for 1 day, to defuse anger. While it's easy to spank or slap, this leads to genocides, later, as we saw, Hitler, Stalin, Mao had a lot of early violence against them. The aristocrat run concentration camps in 200 nations (based on the psychopathic Bible who deifies violence against kids, workers (gentile slaves) and foreign nations to be exterminated) have created a system of jungle individualism and selfish depravity that leads to cruelty against children and to

suicides, as these kids become adults. To the shock of many, the homicide rates you always hear in the news about don't contain the suicides, which often are 10-20 times higher than the violent homicides referring to killing other people. In Israel, suicide to homicide rate ratio is 1:1, in Russia/USA 2:1, in *Germany, it is 16:1, indicating a much kinder German civilization*, where on doesn't kill others to vent his anger, as homicides are 8 times lower/capita than Israel. In USA suicide by guns outnumber homicides by gun. In Australia, 82% of gun deaths are suicides. Australia, Canada, France, Poland, Russia, USA, due to drinking 20 times more alcohol per capita than Oman, have a suicide rate 10 to 20 times higher than Oman. Alcohol destroys the brain and makes people hate themselves. 70% of violent crime and suicide happen after alcohol use, it's a catastrophe. Therefore, it is imperative for Universal Immortality Inc to create a new mental health website, happy.gov that asks all citizens to kindly answer every week 20 questions to *gauge the level of* happiness and desire to live to a trillion years old and to provide feedback to the immortalist government, so that people are helped and feel very loved, with healers immediately dispatched discreetly in that person's life; offers paid holidays to learn happy breathing to avoid drinking; this is ultra critical for people with fewer kids and friends to check on how much they drank. We want people to trust the government, to be honest, so we all help our planet prevent 0.7 million needless deaths. The happier people never commit suicide and want to live forever. Miserable people can't wait to die. So, based on statistical data, a correlation will be made: those with scores < 50 are 100 times more likely to commit suicide than those with scores > 500. *Thus, the immortalist government goal is to bring the global suicides on Earth from 700000 today to 0.* These insane rates of violence are a contributor to the 10 second end of all humans by future weapons, when a suicidal general decides to wipe out all humans. Therefore, the first priority of government is to bring suicide rates and violent crimes to 0, to end slaps, violence against children by *lifetime labor penalties* for parents. Circumcision (5-25 weeks of pain nobody talks about) is almost no different than stabbing, and a horrific violent crime, *a contributor to 700000 suicides, as is any corporal punishing and needs be banned*. We see a lot of Muslim countries that have suicide rates 5x of non circumcision nations. Saudis, where all religions are banned except Islam, have 7 times the suicide rate of Oman.

Singapore was a British colony and, to control Chinese rioters, in 1872 Brits introduced canning (beating with a cane) as a penalty, opting for violence, instead of education or fines. Sadly, Singapore uses beatings by cane today in school, prisons and military, but this may change if immortalism ideals spread worldwide and drown British terrorism. Decent people, who dislike the British genocide by gun blowing people, also dislike these beatings deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives). The British Empire, like many others, is known for its history of violence and militant promotion of the psychotic violence in the Bible (this is true for all Christian nations who never

know the bad quotes and promote the Bible), thru the fraud based Anglican Church. Thus, immortalists want to move away from it and only use death penalty (fake or real, lifetime labor in a sealed city, but tell public he was killed) for violent crime of all else (described in this chapter) fails to eliminate violent crime fast, without any other corporal punishment ever legalized. See how Royals view fairness in UK, unequal protection of UK citizens vs Royals and aristocracy, unequal justice for all, jailed for anti-immigration stickers while rapists not in jail, jailed for a post that may offend the Royals or UK gov becoming the actual law (use pretext to arrest people for something else, but actually being for criticizing the royals or gov). The UK will soon say "Don't worry, the Bible OKs anything these guys do, if Jews control everything in UK, let us all worship them". UK jails people for watching an anti-UK gov protest? Or for making a post on facebook, while violent crimes in UK never get death penalty? Isn't that something odd? So, why is the *UK Royal family* not jailed, after blowing people by gun, via ancestors, and after inciting people to violence via *beatings deified in the evil* Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives)? Why are the UK people enslaved, homeless, raped by illegals, tortured by illegal immigrants?

Why are Australian slaves of the UK Royals homeless, see Aussie mom with kids living in tents (another lady with kids in tent) or cars and Australians eating from garbage bins. Why not give single homes for all? The homeless people of UK, Canada, Australia, NZ, USA (mom with kid in tent) roaming aimlessly on streets, in cars, tents, etc with kids, etc deserve better, why not give immortality capitalism a chance? For 1000 years UK has had this monarchy and passed some cruel laws… This feudal energy created UK-US-NZ-AU-CA as they're today. Give them at least a decent condo, studio or townhome for the poorest? Romanians are homeless, yet UK Royals buy 10 houses in Romania that sit empty. Reminds us of alleged extermination of fellow Caucasian Irish. Is that fair? After 100+ mini and big genocides in 1000 years, can we trust the UK royals? The odd thing with the system today is that they never seem to be serious about reducing crime, with Brits creating the most evil and demonic music and exporting it worldwide for decades. We immortalists want to reduce violent crime 1 billion fold and we don't want to pollute the quantum field with beatings and violence, to strengthen the genetic memory of that, as CIA-MI6 duo do all the time via endless torture of tens of millions of people. We want humans to evolve past cannibalism, so widely promoted covertly by the rituals of the Catholic and other Christian churches. When a person dies, they're dead and that's it, the 20 seconds of dying don't pollute the quantum field much, but when one is beaten or tortured and still alive, that experience causes violent emotion, pollution in the quantum filed that is 10^9 x greater, as that person will always recall it and recreate it. So, what USA, NATO, UK are doing is even worse than genocide.

The phony talk of "we abolished death penalty" in EU is a mere scam, since their spy agencies, military, priests, etc are supporting torture, beatings and terror inflicted on millions of people,

causing the equivalent of tens of thousands of death penalties every year, but not a quick one, just the worst kind that destroys the human quantum field 1 trillion times more. Their reign of terror is far worse than that of many dictators whose countries they annihilated. Behind the so called “human rights” lie the hidden atrocities and chimp violence, under the unholy support of the Catholic Church and its demonic tradition of Inquisition that lives on thru the "Congregation of the Holy Office of the Inquisition” in 1965 renamed into the less scary, easier to hide, Congregation for the Doctrine of the Faith until 2022, when they reverted to a scarier name Dicastery for the Doctrine (brainwashing without proof) of the Faith (dikasterion means law court or court of law in Greek) to Hide its history of wars and violence, using churches as military bases to spy on other nations, destroy their intellect, cultures and subjugate them, like Mussolini killed 200+K, following the footsteps of former Popes and Roman Emperors, who, in their typical brutality, killed 6000 slaves in one strike, just as Christianity soaks the planet in eternal violence thanks to its cannibalistic chimp energy, evident in its ultra violent scripture, which is 100% Jewish and where most violence is from the Jewish Torah itself (Old Testament). Sadly, Christians who never read the Bible, don’t realize Islam is nothing but a denomination of Christianity, an offshoot of the Bible, a rewriting of the Bible bad quotes priests hide from us.

As we see from the current system, violent crime offenders do it over and over, being used by aristocrats and various groups with mind control tech or by gangs to attack various groups. It's very similar to how USA destroys the citizens of enemy and allied citizens via torture. The US does it again and again, destroying endless people, decade after decade… So, it is not surprising that aristocrats don’t support the end of violence within the USA, as it is the tool of global terror by aristocrats. All nations need to consider this “lifetime labor” (happy eternal service to all) for violent crimes, so violent crime ends in 3-10 years. *Unless a slap or* spanking (causes aggression & anti-social behavior) *will one day be viewed as murder is today, there is no hope for civilization to ever emerge*. *We got a lot of extreme violence* terrorist cells *worldwide, disguised as* mosques, synagogues *and* churches who call for violence indirectly, as quotes detailed here (genocide, mass rape) show. Clergy say the advice to beat kids with rods (Bible), or beat kids (Quran) for not praying the Mohamed way when there are 5 trillion ways to pray, 1 alternate prayer way being here, beat slaves (Bible), beat wives (Quran) is the Word of God, which is a contributor to violent crime: the clergy indirect instigation to beatings and violent crime, by tacit approval of such quotes and miracles fraud. The cultures in other countries with other religions that don’t specifically call for violence against kids are also very violent in practice, with parents spanking and abusing kids all the time. So, we don’t need just to ban evil scriptures, but evil cultural trends too. So, why do terror groups get tax free status, why is it legal for pastors to say it’s ethical to beat kids and commit child abuse? Why are these religions legal? Why are the 400000 churches in USA not prosecuted for fueling violent crimes? We see millions of cases

where kid beatings end up with parents being dead or kids taking that anger from the tense family situation out into the world onto other people they attack or kill with guns. These same evil demons disguised as clergy also praise the Gun Ownership by all psychopathic parents, whose guns are then taken by the kid from the box and used to kill the parent who hit the kid, like this 7 minute report of the kid who killed his parents and siblings due to dad bullying and hitting him several times. The ideal way to remove pathological desires to hit kids, which teach kids that Violence is the "ONLY or major or an acceptable WAY to inspire a different behavior in kids or subordinates or other people (which leads to Inquisition and endless torture and genocides later on globally)", is to prosecute it with LIFETIME LABOR in a Healing City where the parent is relieved of the stress of being a parent and can develop kindness for the rest of his life while working 40 hours in a low stress job (so he can improve the gentleness of his thoughts/feelings) in that city or until all violent crime is 0 and all offenders who pass the 'Violent Offender Immortality Test' are released. Lifetime labor away from society is kind and much better than sitting in a jail cell, due to enabling the parent to grow into an angel and to heal the human quantum field by listening to eterni music and achieving the peace via eterni breathing that he lacked as a stressed parent, while sitting in a jail is a burden for society and his negative thoughts contaminate all humanity. To prevent extreme mental breakdown and lashing of parents at kids, it's essential all parents get 222 weeks off. Without 10 hour of health and ethics on TV daily, without eterni tone on TV, with the present Hitler like tones of speech on TV, we can't create that very *gentle tender soft nurturing loving honest compassionate healing kindness VIBE needed to make everyone composed, happy, tranquil and well* behaved. Also, kids deserve a nonviolent parent and the healing cities of lifetime labor are 50000 times nicer than a jail today and parents would be afraid of being removed from the family forever and abstain from being a bipedal hyena hitting his/her kids. The Bible Yahweh 'demon' and Quran Allah 'demon' are human scribe hallucinations of a 'god' in their own image, who believes in genocide, mass rape as a way to Spread the Illogical 0 IQ Religion of the 0 IQ Scribe, who advises parents to use violence to get the kids to do something now that the impatient parent wants without first trying to call the Immortality *Nurturing* Agency for help with a kid behavioral issue, without first trying 20 of the billion trillion peaceful methods to any behavioral outcome that God, not the Bible/Quran 'demons', KNOWS. May we ever so ☺☺*lovingly tenderly gently kindly*☺☺ ask all eternal shimmering shapeshifting souls why *are* millions of pastors *allowed to say 1450 Bible calls to violent crime, mass theft, genocide*, mass rape *are the Word of God*? Isn't that the definition of a terrorist or conman clergy, who tells all to kill, steal, rape, arson, to ignore the '10 commandments' Why are they hiding the 1450 bad quotes from Catholic Churches, that have no Bibles, just Missals? Even long lived aliens who're not Immortals, even earth humans of more loving religions (who try to save even fish from death) are 9000 times kinder than the imaginary God of the Bible, Torah (part of Bible) and the Quran. Online churches are enough, the clergy are

ultimate frauds who charge people lots of money to destroy their families & planet. In reality, all we need is ethics.gov with the Immortalist Anthem, 5-350 million 10 page scriptures written by all interested Americans for USA to enjoy, plus instant bliss by breathing methods ☺☺☺☺☺☺.

Let's be real, if you have a society where working 1 hour gives someone 20000$, and another 1$, will there be more incentive to steal by the 1$ wage worker than in a society where the gap between min and max pay is only 3 fold not 20000 fold? Of course, so, all this talk about "reduce crime and reduce this" is pure garbage, if one guy can perform industrial theft from everyone and others can't do it. To eliminate all forms of crime, not just violent, which is easier to eliminate via education, one needs to have a fair society. The guy was born lucky to attend, not of his own virtue, some school, got promoted, made 20x salary, but someone didn't get access to the same education (no centralized education exists, as in immortalism), so had no way to get that 250K job, he makes 25K. It's not that that guy is a genius, he just had more opportunity. Equal opportunity = equal crime. See, rich people don't steal as they're happy, why rob anyone if they got 500x more $? To remove all theft, violence you need to make all feel rich, so nobody wants to steal anybody's stuff. That means the 11 companies make everyone roughly equally rich, via the Immortality Credit Score system. Via immortalist breathing, everyone is equally happy, and this happiness is higher than sex by 1 million fold at least, so then nobody wants to rape anyone, since they're taught since birth that meditative bliss is infinite happiness, they know how to be happy, how to avoid anger and negative emotions and sex is viewed as a very painful activity, a chore done once or twice to have 1-2 babies, meaning sex is for procreation only, unlike the demonic teachings of the Christian, Hindu, Muslim and other religions. To extirpate the demonic Bible, Quran, Talmud, Bible, Gospel, we need to educate all about the Truth that the 0 IQ Mohamed, Jesus, Moses, Jews had not known: there is a happiness out there, generated in the human brain, that is far higher than anything those malnourished heat struck scribes in 100°F Jerusalem weather could experience, or the 125°F Mecca Mohamed rapist could experience. It's the eternal bliss cosmic happiness experience, easier to experience in a more mild weather of Northern India where many of the Upanishads were written (re: cosmic bliss) before Buddha copied this nirvana idea, that ends all desire to "taste foods, have sex, hit any kids, or to have 30 concubines and 11 wives" like sex maniac Mohamed, etc. We need to educate the human animal and help him evolve his brain out of the cannibal chimp architecture that only knows cannibalism, like in cannibal classical capitalism. ☺☺☺☺☺☺☺

Today, the real criminals *are free and the victims of their* crimes *are in jail*. Why is it so? Well, the system creates criminals, by the tone of education classes (ethics starts in nursery school, with the tone of the teacher, the online classes in school (if some taken online), etc, the 1 million educational systems instead of 1 high quality tone one, the tone of music, the lyrics of music, the crimes in literature and movies, the way people are being paid 50000 times more than others for

doing nothing else than sometimes committing genocides that kill 100 million workers last decades on Earth, as with cigarette company CEO mass murderers who're never in jail, or subtler genocides by redirecting national resources to useless harmful businesses that actually shorten human lifespan versus spending on basic needs: decent food and shelter, as with Immortality Building Inc and Eterni Food Inc. The palace dwelling aristocrats tell us that we need endless bottles of alcohol in every grocery store and endless liquor stores, when there is no evidence you can live to 150 by drinking alcohol, in fact many centenarians never drank alcohol. Meditation or even simple breathing can give people bliss much higher than alcohol, weed or nicotine, yet this is not taught on TV, because free workers is not on the agenda of aristocrats, only sick and brain damaged workers. Yet, 3 million are dead due to alcohol each year and it causes endless unreported violent crimes, billions each week, so, these criminals who fuel these genocides and cultural genocides are allowed to be free and sell their poison. They even use a made up religion and fake miracles to boost sales. ***How about indicting all nicotine and alcohol sellers of violent crimes?*** A lung attack on smokers and nearby inhalers of second smoke, is a violent crime that is ignored. All non-smokers are also being violently attacked by second hand smoke, which causes irritation, lung damage and nobody is held accountable: the rich aristocrats laugh as workers attack workers: down with the imperialists. ***The militaries ought to raze all tobacco crops worldwide in 3 days☺☺☺ by planetary tandem decree*** (all governments agree to it, as with World Peace in 3 months and 1 billion times lower violent crime in 10 years), as well as all grapes for alcohol. Same for casinos, vape stores, smoke shops, strip clubs, sex festivals (lifetime labor if caught), brothels. Grow blueberries instead, which have a lot more antioxidants than the darkest grapes. All smokers can be prepared for months by taking happy breathing and planetary compassionate meditative breathing exercises classes (online videos at education.gov) to achieve bliss higher than orgasm even. Half violent crimes are done by ***drunk or semi-drunk☺☺☺ people***, so how can an ***ethical*** government not prosecute those who ***make*** and ***sell*** alcohol? Why are they allowed to cause violent crime? ***Why are people*** drinking alcohol if it supports 50 billion crimes ***a year,*** mostly unreported and endless wars coming from local violence making everyone violent? All antioxidants in wine and others can be found in grapes and 100 other foods in higher levels. Alcohol per se can be prescribed medically for those who tried 50 other things first. Likewise, the aristocrats brainwash Americans that we need 4500 banks, so they have 4500 aristocratic families who own these banks, give themselves/top people huge salaries at the expense of national development and progress. Due to these parasites, our innovation, scientific progress, etc are very low and falling. Because these leeches have sucked our blood for millennia, we take it for granted that we need more than 1 bank in every country. These devils have owned every government, spy agency and military (top echelons of the military, not the lower cannon fodder ones) and made money from every war (they planned to expand their banking family powers for big banks lending to small governments) and criminal activity. They

work hand in hand with the security apparatus to destroy, torture to death and undermine every effort in every nation for the workers to get rid of the parasites and have World Peace. They're the *never* prosecuted *criminals*, far greater criminals than Osama Bin Laden or puppet dictators they create/install, the *true terrorists and financiers of World Wars* and all wars.

Today, the real criminals *are free and the victims of their* crimes *are in* jail. Why is it so? Well, who created 4500 banks to loot the 99%? *The* aristocrats. Who created 2 million systems of selling personal items to make money from intermediates, etc? *The* aristocrats. Who allowed anyone to sell a stolen item easily to others for cash and not be detected? *The* aristocrats. Who created huge income disparity that causes most theft due to basic needs not being met for many? *The* aristocrats. Who created open borders to bring in drugs and cheap slave labor for the rich? *The* aristocrats. Who thus created all *theft* in the USA? *The* aristocrats. Who created cash and cryptocurrencies so that all their criminal networks, gangs, spy agencies can go illegally, overthrow governments to steal everything, and enslave 200 nations? *The* aristocrats. Now you know why they oppose cashless society, it is so that they can do the most illegal things, create endless gangs to destabilize and ruin countries to steal everything in them, etc. With impunity, they go to a country and jail anyone who resists their system of global looting and subjugation, when they're the criminals who should be jailed. In the immortalist system all used or new items that you want to sell are sold via eterni.i (Amazon, craigslist, all used items thrift stores, marketplaces, online websites merged into one; *they got a warehouse in every village or neighborhood where you sell item in 1 second with your barcode*), or you can simply fill an online form with the item barcode, and it recognizes your ID and that you bought it and eterni.i truck will come pick up your item, thereby saving you a trip and by picking up 1000 items, used ones, they save tire particle pollution and electricity. They check you have bought that item the last time it was bought by anyone. No cash exists, anyone uses the one immortality *card* that is the *bank* card, the one and only credit-ATM-banking card that no aristocrat controls, drivers license and all other cards all into one. This card and the database with 900 years of prior receipts proves you own the item and that you can sell it. Likewise, with housing.gov, 1-4 day house sell/but/rent. The Immortality Party gently ends the aristocratic class forever, makes max salary 3 times the minimum to remove all incentives to steal (no more rich to steal from) and thus brings eternal end to all theft, since when fine for theft is 9000 times the amount stolen or 200 years community service (*if you can't pay, since no loans are allowed by the one bank to pay criminal fines*) on top of your 40 hour a week job, nobody will steal. *If the person is an immigrant, they will be deported, if proven to have done the theft in purpose* (not by accident, meaning not forgetting to check a small item at the self-checkout or something). Any violent crime, any drug dealing, would deport an immigrant instantly too if he's useless for lifetime labor sentence (no skills, etc, professional gangster), though in most cases death penalty applies

to everyone for violent crimes even noncitizens if so implemented. This ends all violent crimes ultra fast. Naturalized citizens who commit violent crimes would also be deported after citizenship *removed, if not executed or not given lifetime labor.* Theft happens when people make 10-50000 times per hour more than others, in societies where wages are similar and everyone has a job, no cartels, gangs or theft can exist if laws are tough and ethics anti-theft and all education is free, eterni in tone, centralized and kind. Such a centralization was impossible before, because we didn't have youtube to create a video of the same tone and content for all science and subjects as explained in the education section, nor did we have the same one language in all schools, thus access to science papers (90% are in English). Thus, the criminal argument by fascists that "leftist run cities are high in crime" is a pure lie. ☺☺☺ We have never had universal education, universal tone, universal accent. Democrats are not leftists, they're fascists claiming to be leftist, since America never had a real leftist party, only scumbags pretending so. Half *The* aristo*crats* are democrats, because the democrats are not leftists, they're merely the soft fascists who aid the reign of terror of *The* aristo*crats*.

The American *revolution* was a pure scam *that didn't change* anything, except on the surface, the same mafias ruled the country: the aristocrats. Most of the important revolutionaries were *spies* from foreign nations and Britain who simply allowed 'different' aristocrats to game the *system*. Today, aristocrats meet at military-spy agencies they created to decide who the next puppet 'civilian' leaders of every state, city, and country will be. The elections are fake. The bankers help them with the moves. Same thing in every nation, elections are fake, political parties a way for aristocrats to deceive the masses, to create strife in every town, hate among worker groups, via Parliament fist fight, runs, head falls. Why do slaves have to wear an ankle monitor that can lead to leg amputation, when it could be something far safer, 50 times smaller so nothing can get caught and drag people into machines? GPS ankle monitors ought to emit very little RF, and only send data and be on every 9 min for 1 sec to avoid giving people cancer or other disease. Ankle monitors are fine, but the point of this chapter is that the real criminals are free: they're the aristocrats who setup society the way it is, with paid expensive education, so they have excuses to jail people, to subjugate all, incite all via music, media to crime. Jail the aristocrats, not slaves, or as we would say, send them to a healing center as all jails vanish. ☺ Abysmal IQ workers☺ wear their phone on to get cancer, and be the ankle monitored by the aristocrats. Airplane mode doesn't turn off GPS, a modern ankle monitor for slaves.

Immortalists could place in a healing center the violent crime offenders (sell, make alcohol, smoke products or attack people, etc), not in jails, so that people understand a *crime is done by the entire society and 500 are fined, instead of one,* and everyone has to attend ethics classes and etc in that family, neighborhood, company. This helps society to move towards creating *positive* vibes, towards addressing the cause, not a symptom (one guy does something), *instead*

of more negative vibes by *cruel punishing. Jails are pure torture in most places, so they damage all humans outside of jail too by quantum effects,* they may damage it more than even a brief killing that is painless and causes no pain in others, due to the killed having no close friends or family. Cruel jails can destroy quantum field of humans, arouse anger, negative tones in judges, prosecutors, peers, etc and never treat the cause, the lack of empathy in government tone, music, culture, economy organization, efficiency implementation, etc. Instead of these diabolical prisons, all inmates live in a beautiful village, nicer than the colorful Disneyland, filled with *gentle tender soft nurturing loving honest compassionate healing kindness*, each inmate in a tiny house (200 ft^2), with trees or bushes, a small 300 ft^2 backyard, and they can work in simple jobs, get nice vitamins (that US inmates don't get), with drones or people instructing them what to do, 0 wireless devices, in picking up veggies, demolishing condo complexes to make room for single family homes for all, mining lithium, stuff that is physical, since they engaged in physical violence and love physical stuff that others don't like. No internet access to prevent gang activity, no contact with family except via video and email twice a year (via a special room for internet access, one room for 1000 houses), for a total isolation of violent vibes from the planet's field. There is wired access to the intranet that has only eterni songs, ethics, values, videos on cooking lentils, growing produce in the backyard or community greenhouses, etc. Everyone needs to be fully transformed in these places, unlike today's system of 'becoming worse'. No gangs can exist, since everyone is separate and has to listen to immortalist music and ethics in the free time for the months or years there. Since aristocrats failed to give all proper education, now we give them a chance to learn what the state failed to teach, via 4000 hours of courses on ethics, meditation, speech, thought. The placement of these healing villages is strategic, near various areas where mines, produce picking, road construction, major works happen, and are so designed, that after 70 years of transition to a 0 violent crime society, they can be easily converted into single person family houses for people who're not yet married, so want a single studio or 1 bedroom type of house. This is the beginning of society having some basic ethics, since there is 50 times the space/materials for these healing centers. Since drugs kill people, since torture using invisible no contact passing thru walls "tasers, lasers, etc" and other devices kill people slowly, the "healing center" term for such things will vary from 10 to 900 years, for deterrence (90 year for drunk hitting of spouses), ***people need to be educated that violence drunk or not, is as bad as killing 50 people in the end,*** due to side or rollover effects next 10 millennia and ending a marriage is ethical in such cases,☺since Immortality *for* All is far more important than living with a thug.☺☺☺ However, since in other nations the free people live in terrible conditions, many will want to come to USA, push someone so they get to live in a nice place, since penalty for shoving someone is going to be at least 1 year, or more if near the metro line or dangerous area, when it can jump to 50 years for attempt to murder someone. However, with border wall of strong tech, nobody can come in and do this. Plus, it's not possible to replace

all jails in 1 year, as people are simply too selfish to let go of sports and starting acting like kind adults instead of 3 year olds… and CIA-FBI too evil to make some decent movies and music aligned with the verses 8-40 of the Immortalists Anthem. ☺☺☺☺☺☺☺

To deter theft, we have max salary 2 to 6 times higher than minimum, eventually equal salary for all, via immortality capitalism and immortality credit score. Via elimination of 33 million companies, we bring 33 million science jobs, instead of parasitic redundant business, manager, sales, admin, HR, lawyer, judge jobs, so that we develop better housing tech via Immortality Building Inc, better food tech for all so all get basic nutrition and basic good sleep to live to 3000. Thieves steal construction materials, etc, but there is only one contractor the government who uses cameras on site, 24-7, so all construction site thefts will disappear, as fine is *9000 times* the value of stolen goods. To deter theft, all taxes are gone eventually after we ban alcohol, smoking, etc, since all products and labor are service to the government and a tax paid to the government, as the government is the people and the people are the government, the 11 companies. We're all one big family of 350 million people. Everyone helps everyone live to 5 trillion years old. People walk the talk, single family houses for all to reduce theft and crime, instead of wasting 400000 places for empty talk about fake miracles and etc that is a lot more violent than the ethics.gov Immortalist Anthem and other poems. To reduce theft by pastors, we encourage online churches free of donation and everyone to become a pastor by creating their own youtube and recording eterni tone songs to elevate the vibe and democratize spirituality, instead of just the ultra violent Bible being the only thing all hear since age 1 thru Sunday school brainwashing. All foreign companies can only sell ultra high quality products, so that is the tax, the requirement to produce or sell the very best we can't make in our country yet, it's a tax. All prices are approved by the government, so that's the tax if you will. It's our country, so we can cap prices to whatever level for any product. We don't need trade with anyone. We're self-reliant. *We keep theft to a minimum* by eliminating the tax profession, *and* reducing 1 million fold the useless ones like "business, manager, admin, HR, lawyer, judge, *cop, etc", thru automated systems and maximum democracy in action*, not mere words. To deter theft of textbooks, we make all education free. It will be so good, all will learn English and choose our Immortality Tests for grade level graduation. To deter theft, as in bank robberies, or rich people stealing money others make by taking it as interest, we close all banks, and make one single online bank with a cashless society, Eterni Bank. To deter theft, while no jail is given, the fines are *9000 times* the value of what is stolen. Of course, today it is not fair to implement such a system of subtracting half one's salary for next 40 years if one steals a car, as he tries to pay 9000 cars back to the government, because today, the *whole society is a pure scam where billionaires commit cosmic scale theft* and the 20% very poor and others are frustrated because they're not allowed to steal billions, not even 300$ worth of groceries. On top of that, for a

billionaire, if someone steals or damages a car it's not an issue (like a poor losing 1$), but for others it is their life savings. Theft happens mostly because of INEQUALITY (so we must eliminate salaries 50000 times higher than the minimum to address the CAUSE of theft, not the symptoms), and because of the anger that INEQUALITY *brings (a guy gets 50000 more money for pretty much the same effort, 50 hours a week*). Theft and crime (gangs) also happen because of the mind control of intentionally sleep deprived people by spy agencies/militaries using gadgets of *computer to brain thought suggestion*. If all people have the same "religion" (honesty: we admit we don't have any scientific proof of the soul and afterlife dynamics, honesty: we admit we can create a society where all are kind and help each other live longer), same income (more or less, maybe 2-3 times bigger first), same education (centralized free education, no more "I am the superior Ivy League graduate, you're subhuman rats"), same culture, same language, same nationality (eterni, not 30 in EU), same Anthem, same family size, same etc, this reduces the US VERSUS THEM which creates the conditions for hate, theft, violence. Sadly, we're descendants of cannibal chimps, whose DNA is prone to violence, so everything immortalists do is creating the conditions to prevent that expression, including removing explicit scenes of violence, war, aggressive yells, tone, behavior.

To diminish theft, after all salaries are equalized to 1.5-5 times the minimum via the immortality credit score being the decider of what products one can buy, 100 trillion cameras (wired and LiFi to prevent WiFi radiation and wired too with various sounds (possibly scary and fear generating to scare the hell out of a thief) and light that when played deter "would be intruders" such as cop siren sounds, helicopter sounds, "You are being video recorded now, death penalty will be applied if you break into the house, etc", LiFi uses light, from the much more bright streets that have solar lights and endless free electricity from all buildings having the walls and roofs turned into solar panels, so basically LiFi can't penetrate the human body to damage it, like RF does) are installed in USA, so everyone knows everything is recorded at all times. This reduces deception and improves behavior. Since all get fines for all nonviolent crimes, and educational courses to complete, or community service at one of the 11 companies, there is no need of lawyers and judges, because all submit their videos (video of all nearby streets are available to the government and anyone who reports a crime) to reviews.gov allowing easy fining of the doer. We need science and engineering jobs, not admin, HR, business (33 million companies, all filing for litigation and needing 5 million lawyers and judges), and lawyers, judges jobs. Let all disputes be solved efficiently by a new profession called "healers" who interview all those who make complex crime reports or simple crimes, all evidence and decide with cops what happened and what is the most compassionate nurturing graceful way to rectify the mistake, so all 500 involved change, not just one scapegoat. For crime prevention, lifetime labor for violent crime reduces it 1 million fold. Also, we get to have all cars electric and connected via LiFi (WiFi only on

streets with no light, though infrared light can be safe, being just a little warmth) to the Immortality Traffic System, allowing Immortality *Nurturing* Agency to stop any car instantly, as AI cameras detect a thief going into a car with stolen goods, he's caught in minutes by car no longer working. To deter theft and all forms of crime, the media is changed. In 2024, you can go to the main news site (top traffic website maybe in that nation if small) in several nations and all you see on the first 4-8 pages as you scroll is subtle programming to engage in *criminal* actions: the country has been 100% taken over by the Zion Elders, who program all to worship MONEY, and a lot of unethical actions. The articles brainwash people subtly to deify money, to want money, no matter how unethical, to love naked ladies, criminal sports, to love beating up other people (while not giving lifetime labor to all those smashing windows and throwing huge bricks that could kill nearby people) to love to engage in IQ lowering behavior like strip clubs, etc, to accept brothels as normal and to love to be near brothels ("which are better than pubs because they're not noisy", according to the 1 billion articles that try to legitimize sex outside procreation as something to be desired instead of something to move away from via happy meditative bliss), to normalize unhealthy surrogacy families, to normalize cheating and chasing after erotica with others in order to break up families and have more money made by divorce *lawyers (often 'bad type of' Jews* who enjoy helping gentiles divorce 5 times to screw kids as much as possible, so Jews can enslave them 10 times easier), to normalize violence via violent news *(it's the way they write it, making people feel hopeless, helpless, hey "domestic violence is natural, might as well do it yourself" kind of subtle cues, government can't stop it, they won't even try; they can even manipulate the statistics for any type of crime with flashy click baits like "*20% of people do this horrific act*", to make it sound like it happens 100 times more often, and then readers think "if everyone does it, I'll do it too", to create a national degradation of ethics)*, to incite people to criminal violence via violent tone music, violent movies, etc and to ignore in every article any ethical education content, any mention of *gentle tender soft nurturing loving honest compassionate healing kind* grace, our higher nature or the benefits of meditation, gentle music, abstinence from sex, etc. Once everyone has become a soulless beast whose target is $ alone, they're a perfect puppet, able to do any genocide, contract killing or anything the Zion Elders or foreign spies want. USA, UK, Australia, Canada, EU, etc, same thing. The way the news are written/spoken today is nothing short of shocking. No solution is ever offered, *how this will disappear in 3-15 years, how jails will disappear, anything. Everything is a pure scam. Politicians are mere puppets who recycle the same phrases while making no real change to* anything, with the system perpetuating the same criminality and insanity forever. The main goal is to move people into arousal and thinking about sex and naked ladies or men always, instead of using their intellect to create an aristocrat free, war free, royals free, monarchy free, crime free, jail free society, where nobility can't incite people to violence. *Why do we need these 'actors', and 'models' paid millions to destroy families, promote violence in movies, destroy nations,* instead

of all having roughly equal pay to deter theft? ☺☺☺☺☺☺☺

The reign of terror of aristocracy will be over. These bandits create crime and chaos, to enslave the workers, by policies that manage chaos and never eliminate it, like doctors and drug companies managing diseases to make money. All day they tell us we're helpless, by staging fake thefts of major stores (remote control of gangsters or simply paying cops to dress in order to justify FBI, CIA, cop astronomical budgets, like US creates chaos in nations to build military bases that 'bring stability' later and US dominance there, same technique) and showing them on TV, to justify the system of worker oppression by aristocracy. Every day, chaos and violence on TV, maximum fear, Zion Protocols. They have perfected their Machiavellian methods of subjugation for millennia. When all TVs notify all lifetime labor is for any slap, spank or shove, when fines are 9000 to 1 million times higher than today for non-violent crimes, then all crime ceases and aristocrats no longer make profits by genocide of all jailed people. The reign of Eternal Universal Peace begins. To end the hooliganism of aristocracy, we also need to implement the centralization of national resources, and eliminate all violence from scriptures, media, movies, video games, novels. Then we can stop aristocrats from brainwashing people to engage in crime, in order to jail or lifetime labor them. The fine for violent music ought to be 100 million at least, for movies 200 million. Only then these vampires can be eliminated and America freed. Since Immortality *Nurturing* Agency approves any song or movie, TV program or book, it won't even allow stuff to slip thru, the fine is more for the transition period when the filtering and censoring is not fully efficient. Same for pastors shouting or anyone shouting, shouting in public with millions seeing it, is an act of sheer violence almost, that deserves $50000 to 500 million fine, depending on how many people view it. We can end the hooligans fast, those who incite the masses to crime, violence in order to enslave the workers. We either stop the violence or we disappear as a species in 10 seconds. ☺☺☺

Watch how unjust the laws were, and still are today, how *useless the punishments were leading to the collapse of many empires* and the closing of 100s of churches using terror and torture: Mongols (poorest nation now almost), Byzantines, China dynasties, Mughal, British, Portuguese empire use of blowing by gun for not wanting to kill people in injust war or be a dog like slave, USSR, Japan unit 731 or beatings and killings, 'Gulag' camps where 25% died or death marches, Catholics torturing free thinkers to death via the "Congregation of the Holy Office of the Inquisition, today renamed "Dicastery (dikasterion = law court in Greek) for the Doctrine of the Faith", torture stopped in the 1870s publicly/overtly... covertly maybe in 2100 when all finally realize Bible is pure fraud?, see fake miracles and using religion to torture those opposing "global looting/IQ lowering/subjugation using the cover of 'not being Catholic enough' and made up charges in the name of fake religions"). These videos show the terrible torture *(Cesar, Roman Emperor* crucified many pirates he didn't have to *and, when he could have* healed them

in a healing center *with healing* music*; he also crucified* 6000 rebels others wanted freed*),* and slow death of many who were entirely innocent or killed for even believing in something more logical or different than Roman religion, Catholicism, so how can anyone support the ultra cruel system of punishment of individuals today, when even today with DNA etc it's not really perfect? They can create a loving responsible way of dealing with crime that reduces crime permanently and war too, instead of create so much negativity and using the justice, military, spy, medical systems as hidden methods of extermination: once a truly loving system exists unlike the savagery of the past and today, World Peace (that can be easy to attain in 3 months) ☺☺☺ is far easier (and probably the only way to maintain is by ending all torture and jails, replacing jails with healing centers for violent crime only, rest is fines and online courses or some weekend volunteer to develop kindness) to maintain for 1 trillion years, as we address causes, not scapegoat individual nations, when 30 nations created what happened and only 1 takes all the blame, when in fact, for most crimes, the rest of humanity is responsible for most of the stuff, the individual for less, since he evolved in that toxic local environment created by 1000s of people, policies, governments that led to the lack of empathy or anger, due to poor nutrition, sleep, policies or brain writing gadgets. Most people are too selfish to realize the culprit for most crime is not mainly the scapegoats, but the rest of humanity, and aristocrats... the educational system, providing no proper tone to learn kind emotion, etc.

We reduce CO_2 emissions, but when something happens, instead of reducing emissions of negative emotion, they make decisions that damage the quantum field 2 to 300 times more than the act that was committed. How is this for sustainable development? Instead of making people so angry for being put in some terrible cell and generating 100 times more negative emotion globally than the crime itself did, you lovingly explain the need of collective healing of the situation and how 100 people got a fine and etc... give them a small fine too and maybe, if very poor, a chance to pay the fine via volunteering to install double or triple pane windows with others in the community of people of the same social and ethnic background, where he feels compassion for fellow people more perhaps and is eager to do a good job unsupervised, to improve the lot of people like him, whom he feels a deeper affinity with: this helps those guys sleep better, get less irritated, less angry and criminal in behavior (all crime comes from anger for the most part), and can also install some qualities posters and decorations, gentle tender softness, etc, and music mp3 players 24-7 to sing in background about Immortality *for* All; this way, richer people with a 55h/week job can pay 50K fine and attend 30 hour class online dealing with the empathy type he got missing, while those with 30h/wk job and less money can do volunteer work on weekends for 2 years and lovingly listen to educational mp3 while working and healing music, to help build character, instead of wasting so many state resources sitting and doing nothing in a cell, when thousands of projects can be lovingly done and get a healthier

outcome, physically and psychologically. ☺☺☺ The videos above and many others online show the brutal punishments never addressed the causes and the world is almost as violent today as back then, look at Syria ruins or Ukraine ones.

Today, the 20+ most important qualities and videos about them in the most eterni tone can be used by all colleges and future healing centers, etc all high schools, etc, even jails if they still exist; we don't need 85 million teachers worldwide in 2023 repeating in bad tone the same stuff over and over. We can create much better classes and use a million times less energy to achieve the same education and effect on human quantum field. Due to the aristocrats and duplication, we got 80 million extra teachers (we only need lab teachers) who waste their life instead of doing research. We can evolve 1 million times faster; a few videos played often on all TV stations (mini-versions, not the 3 hr version, maybe 3 min), can totally change the planet's empathy level, same for a few well written, intoned songs; likewise, the qualities can be placed in every bus, public transport, street, etc, the music of the "Immortality *for* All", Eternal Universal Peace or World Peace. *Ethics is universal, it doesn't belong to one religion or country only*. Everyone wastes so much time to find what happened and almost 0 energy to heal the system, so much to punish and 10,000 times less to heal and improve society and address the real causes, like for example the lack of gentle loving soft tender grace. They can *lovingly gently* kindly create some immortality*volunteer*.gov network of volunteering while exercising to build selflessness and diffuse tension, promote friendship instead of egoism and muscle building, kindness-empathy and instant bliss brain muscles via meditative breathing building instead of physical muscles, educational programs to prevent *1. nutritional deficiency (emails about kid developmental stages nutritional needs, etc), 2.* bad sleep, *3. lack of meditative bliss (hence no need of drinks, parties, bars, cinema, etc, with netflix and online sites), 4. housing overcrowding* (build a habitat for humanity group 1000 times bigger than habitat, instead of so many stadiums and gyms watching balls move while others can't sleep, or are homeless), *that lead to crime*. As a result, the WHOLE *CIVILIZATION* is rushing to send healing and assistance to the troubled spot, that individual, instead of scapegoating a guy or a few guys and pretending they have "nothing to do with it". So, instead of roller coasters (or related ferris wheels) they build amazing & beautiful ☺☺☺ healing educational meditative centers of ethical rejuvenation and nervous recuperation from the historical inertia force. Roller coasters give endless silent strokes that diminish cognitive capacity to know what is ethical and kind. Silent strokes are not detectable, vascular damage similar to the one that causes 2 deaths a year in US from these ☺abysmal IQ☺ parks that ruin brains: fetuses of moms with high cholesterol got 12 times more atherosclerotic plaque before being born, doctors thought it happens in your 40s; *silent strokes also can happen in childhood or even during womb when mom goes to a* rock concert, *baby is scared (today it can be in some* churches *even, too loud, baby is scared) and his heart rate becomes high. That's* why

a responsible government protects citizens IQ, health, not profits of amusement companies. We encourage kids to build and maintain World Peace, develop empathy, gentleness, tenderness, discernment, kindness and end the bombing of fellow kids all over the world by the military-industrial complex that runs the entire planet, bombing which destroys the quantum field of all humans; roller coasters don't build character or World Peace within less than a year. With high tech discovered due to having 100 times more resources for lifespan increase, since we no longer have wars and rampant crime due to the chaos war brings, we can discover a little device or bigger one that renews all cells via biophysics (see explanation) by us spending 10 min daily using this device, and we don't need sports to keep our 90,000 year lifespan. It can be argued that most shoving and bad tone sports (that is most sports... unless serving Immortality *for* All causes while listening to eterni tone music and talking in eterni tone to evolve the quantum field; most sports make us more aggressive and pollute the human quantum field with restlessness, raw emotions 'lacking grace, gentle nurturing compassion' that precipitate war) are unethical when we have fellow kids dying in war, we could engage in the sport of *infinite* loving kindness (☺☺☺ ∞ meta; meta = loving kindness; like facebook, instagram parent company), to make little gifts or things others need to manifest peace, record a beautiful song of friendship immortal with the kids in a war zone, etc and make as we can useful objects, with adult supervision, in a happy joyful relaxed way (no deadline, like in a real job), so we know from early on, from age 3, what it takes to build peace, how important World Peace, inner peace, peaceful music and altruism are versus sports *(9000 times more important, yet some kids spend 40 hours playing sports a week, 0 helping others)*, to manifest peace and *manifest it in 5 months or 10 in the worst case*, then maintain it for a trillion years which is harder than achieving it.

A 3D printer can make solar panels, made of plastic thin film material, etc, water filtration, plastic kits that allow kids to fill in with paint or special material (to draw perfect letters for pavement, buildings, solar panels of the driveway, walls, etc) or adhesive ' Eternal Universal Peace or World Peace or Immortality *for* All ' and other qualities of Immortals, etc things to improve lifespan of other kids and adults who then become friends of Eternia, USA, interested in visiting using one of the 50 million 3 month eterni visas to get a ☺☺☺Master's degree in Immortality *for* All☺☺☺, build the world of peace, as explained in the World Peace in 3 months section. Any honest person who understands telepathy diffusion and who understands also the more obvious (possibly far more damaging) verbal content diffusion, tone of speech diffusion which cause emotion, intent diffusion, etc will understand many times the blame is almost entirely with other people, not the doer (not to mention that some may be remotely influenced). The afterlife section explains that it's likely we all, if our soul went and lived into the body and circumstances of history's worst people, may have done something quite similar, becoming the same 'worst people', plus or minus some things - in fact, people who're aware of

brain influencing gadgets are aware if this control is undetected, many people can be made to do things they would not do otherwise or even imagine doing ever. Here is a very very very simple example: an innocent baby is born in a civilization of fanatics who believe the purpose of life is to kill as many people as possible. He's born into that world and becomes a bad guy. Now, if that soul is a child of God who enters this virtual world, the sane people have many options to deal with the issue, one being to kill this guy who came out of that society. But another option is to transform him and discover the ways to turning warring people into peaceful ones, turning an enemy into friend, etc and then applying this to the other people and achieving a world of peace and nonviolence. God's child in the "bad guy" may have a history of 5 billion years before becoming a soul incarnated into a "bad brain and body", and we mortals see only the 4-year history of that guy or 50-year history of that guy. A bad guy born in the worst circumstances may have a total soul history that is much nicer and nobler than the total history of a soul who, in our virtual 'real' world, is a sage. ☺☺☺ Why? Because that soul chose a hard role to play in this virtual world to see if he can become a sage in a bad environment, which is much harder than becoming a sage in a noble good family. ☺☺☺☺☺☺☺

The Immortals see the billions or millions of thousands of years in real hyper-universe time of any soul, and we don't, and as such, we form a very warped perception of other people based only on the behavior of a femtosecond in this world of ours, so it's usually, not nice or acceptable in God's eyes at all to harm or kill anyone, no matter how bad they seem in human perception, unless one needs to disable their ability to terrorize many other people or commit genocide, but even then, one needs to find a nonkilling high tech method to avoid damaging the quantum field. When we're hurtful or unkind to another of God's children, for acts done out of brainwashing or telepathy diffusion or bad society they were born into, we may actually make the problem never go away or even make it worse, as we multiply the lack of kindness. We only see 1 trillionth of a person, if you look at the same human with IR camera you see one thing, with radio another, with visible another, etc, so what image is the human? It's much more complex. Immortals see a human from a trillion cameras so to speak, not just visible 400-800 nanometers light, and God sees even more than Immortals. Aware of this, The Telepathic Immortals don't have a culture of punishment and revenge and violence, like some mortals have, but instead a culture of infinite forgiving gentleness tenderness softness *nurturing* grace as the *Love* of the Immortal Mother of their Immortal Civilization, God. So instead of prisons, there is a healing center for a perfect attunement to the Eternal Grace and Boundless *Soft Mercy* and *Compassion* of God and of the Immortality Principle and Aspect of God. Instead of blaming one guy, they blame everyone, so everyone serves as a healer in the healing centers in semi-Immortal civilizations where healing centers are needed. Because of this diffusion of guilt and shared responsibility and shared sorrow, when something bad happens, there is no separation

and everyone helps everybody, knowing everyone will come to their aid, when something goes amiss or they're unhappy, thus eliminating all desire to harm anyone, since everyone is your best friend sharing with you in sorrow and happiness and not blaming you for what everyone created. In our world we're very physical and separated, but in the world of Immortals, which is like a spirit world, the shapeshifting energy field of one person mingles with that of many and aware of how non-individual people are, people are much more flexible in their interpretation of causality and responsibility, there being a field of all Immortals that affects everyone, just as the planetary psychic field affects all humans without them being aware of its noise, or music. The Immortals are more likely to address the cause (Civilization Wide Telepathic Diffusion of mean Thoughtforms, Images, Movies, Songs for example) when responsibility is of the entire civilization, instead of addressing the symptom that appears in one individual. When mortals scapegoat a "bad guy", they quickly brush the issue aside and don't find the cause, thinking it's some bad guy, but the Immortals realize it's the entire civilization's thoughts, media, images that have precipitated that event or action born of thought, not one guy.

Thus, using the Immortality Credit Score for example or a similar idea, when something 'bad' happens, everyone nationally gets an email☺☺☺ that explains how their Immortality Credit Score went down 0.1 or 0.0005 points due to the 'bad' event, that led to a group of 'drug dealers' for example being sent to a healing center (no prisons exist, everything is healing, i.e. all prisons are transformed into healing centers, nurturing kindness centers, etc, whatever name they want to use). No event is separate and each citizen contributes to everything good and bad happening that shrinks or extends lifespan. A singer making bad lyrics (rap, etc) can lead to 100K getting addicted and 100K drug crimes being done, so then 100K in the music industry, law enforcement, government allowing that music would also need to be guilty, not just the drug network head - so you see, it's not that simple if you want to create a truly evolved world - and treat the cause, not the symptom as doctors often do - keep people sick, manage disease they often create themselves (if military spies), and cops too, manage chaos they create, be them local or foreign agent controlled cops. People are living in a fantasy world, thinking that the accuser is always the victim, when with mind control gadgets, the accuser (or cops, FBI, etc) can control anyone to do a 'crime' (sleep deprivation, mistakes, etc) and then accuse them of doing it and seem like the holy man in town, when they're the most evil one. Foreign spies can control a government 100% without them knowing, and be guilty 100% of all crimes done by a government. So then who is guilty? To move away from a scapegoat culture that never deals with the issues, the causes *(lack of:* peaceful *music that creates bliss instead of agitation, good sleep, quiet cities, meditation education* into bliss *without drugs, bliss without greed, etc)* not the symptoms of crime and 'bad' people, each day, Immortality *Nurturing* Agency would email people about the Immortality (not financial) credit score increase due to positive actions they

did to increase lifespans of people globally and suggest ways to increase it each time it decreases, and it does decrease each time anyone in the nation is sent to a healing center (daily for a while until such centers are not needed and all actions can be done to remedy from home; max one such email a day, calculating the score impact in real time by supercomputers), meaning the entire nation needs to spend time to heal, meditate, act and rejuvenate the ethics of Immortality *for* All that is the basis of Immortality Capitalism. Because Immortalists want to get in 3 months to World Peace and no violence in 10 or 15 years☺☺☺ to no mandatory healing center stays in 20 years (*the nicest centers still needed for violent crime until it disappears, 100 times nicer than average prison, or for people in super toxic circumstances, malnourished or in need of real rest due to chronic fatigue that impacts ethical brain centers*), they take this commitment to a world of *kindness* and *empathy* seriously and act as one nation to bring Heaven on Earth, focusing on more positive outcomes via more positive Anthems. ☺☺

It's key to not make anyone feel like a scapegoat, or ashamed, humiliated, unfairly targeted, unloved, to love all as the most loving mom loves her only 2 week old baby, to infuse every song and TV program with *gentle tender soft nurturing* grace that can neutralize historical inertia megaforce of crime, to not jail anyone, help them deaddict by national programs on the evils of alcohol, since they may feel they were treated injustly, will be angry at society, peers and government for life, having low productivity, resentment, etc. Jailing, huge fines or healing centers would only be used for really violent crime more serious than slapping someone gently, slap or a slight shove or bump into someone gently in a crowded area, which would need some $100000 fine at least if gentle, $400000 if hard (Hitler used to slap his 7 year younger sister), $1 million if in public with more than 10 people around, 1 billion if in public with more than 10000 people watching it on TV, and 2 years of healing courses online. Use healing centers not jails to keep away from people they have bad relationship with or may want to revenge on due to complete lack of ethics in music allowed by the government); it's essential to not fine or require to take a course only some people (even give huge fines to people whom the government thinks are not that guilty, but whom the person feels is guilty, so help that main doer feel better, and then gov pays back that less guilty person, as they would cooperate in the healing process, to help the guy feel like someone else got a 5K fine too, but only for people who're wildly convinced it was someone else's fault mainly too), when in real life, an event was co-created by a lot more than 1 person, all the peers and family and neighbors sometimes too; it's important to make citizens who make mistakes ("crimes") feel the *government is* loving *them more than their* family *and* peers, since obviously, when people do something bad they do it due to lack of love and happiness in the environment they're in, lack of love, nutrition, education from government via daily emails and eterni tone ethics lessons etc, city officials promoting violent festivals, etc; thus, to heal that person, they need to make the '*educational healing*' as private as

that person wants it to be (take online courses and say 'it was required at work etc to study that etc, listen to it on headphones without anyone knowing what is there (can even be a secret app from Immortality *Nurturing* Agency that appears as an mp3 listening thing, but the song displayed is the course on the ethics issue he didn't perform great o)n; some people don't need this privacy level, but some may want it; tests on compassion,☺☺☺ empathy etc online or offline show when that person has mastered an ethical lesson and quality, so no need of huge fines and disturbances of normal life, as that person needs healing and if they need to get away from a toxic family or work environment they can state so, and the gov will arrange a nicer job away from toxic family, neighborhood and a move to a healing center near the new job (while they claim to live in a studio, duplex, house or apartment that is a secret location of a government healing center and nobody knows about it, from the appearance of the house or etc); this shows a level of love, understanding and care eons ahead of the current stone age punishment system that doesn't do anything except degrade the quantum field of humanity, increase negative emotions and waste taxpayer money on keeping people in cells for decades sitting idle and wasting time; let all choose the level of privacy of they 'educational healing journey', to not affect self-esteem of kids or family in negative way, create any guilt and help that loveless family, street, city, state, to be filled with more love from the eterni music and lessons he listens to that build empathy, compassion for all, so they know *the terrible genocides a tiny crime can lead to, or even a simple yelling or bad music*, via ripple effects, and that the gov helps, loves all and the era of Bible genocide and punishment is over, as God is Love.

The fact a person was found "30% guilty of something, while at least 500 others, guilty 0.01-10% guilty" can be even secret from all people except the government agency in charge of healing the nation, which replaces the word 'criminal justice' with "healing the incompetence of the government to prevent crime via right tone, music, culture, ethics education", "healing the nation" or "treating the lack of eterni vibe", they're healing the causes that led to the symptom of that 'crime' thru actions on 500 individuals at a minimum and reforming and improving the local system of music, TV content, tone, biofeedback of tone emoting quality thru gadgets, etc.. These emails from the government that educate about credit score can't go to spam folder, they bypass all spam filters and need to be read. While the score of someone more directly involved in some unethical event may decrease 20 points, even the holiest person with highest score would get theirs lowered by 0.000001 or whatever the AI calculates for any major unethical event. Bad/good people are created by all citizens, i.e. less than half of the creation is from the individual.☺☺☺ The Immortality *Nurturing* Agency can detect for example, via drone (or via calculating when the last replacement of an appliance occured, etc), when something in one's workplace or house etc may need to be taken care of or replaced (appliance etc) and send an email with a credit 0% APR offer to buy a part or etc or do that service using the Immortality

Nurturing Agency provider or another one, so that the lifespan of the people is not going to run into the risk of being lowered, due to not replacing a part or something. This free credit only extends to such purchases that enhance human lifespan, not to anything that may have minimal or negative impact, like less ideal music CD. Each time an item is purchased, everyone gets a free email with its impact on Immortality *for* All, alternatives, how to maximize lifespan increase. This system makes all citizens aware of the impact of every action on the lifespan years of all.☺

Bring Violent Crime Down 1 trillion fold, to be able to sustain ~*~Eternal Universal Peace~*~:

A hypothesis is presented in this paragraph: happy labor in a happy city for violent crimes reduces them 1 billion fold. A world where spanking (causes aggression & anti-social behavior) or even slapping anyone (even one's kid) leads to ***lifetime labor or*** lifetime service if the "lifetime service" word combo prevails (in a happy 'sealed from the world' healing center city nicer than most today spiritually, much nicer vibe, music, not jail), is wholly different than the barbarian savage world of pure violence today. It's surprising me that someone who beats teachers, which happens only in USA frequently, can be free, without any real change in the educational system to protect students and teachers. With truly amazing & beautiful ☺☺☺ tone, learning on-lab classes on huge screen TVs or PCs (27" at least), no student can get mad, they learn to emote and behave better. A student punches a teacher again. Teacher slaps a student, need 1 million fine and lifetime labor. They learned it well from the 'angelic' Zion Elder Protocols tone of inciting the youth to VIOLENCE and later GENOCIDE of Taylor Swift and other "celebrities", watch a teacher attack a student too (again here), and both teacher and student being violent: only in America, the land of infinite violence, glorified in the scripture our politicians swear on and War Dept sings about. Wait, if we had centralized tone education, free education for all, the students don't see a real teacher, nor can fights ensue, as teacher's tone on video class is 1000 times better than the tone of teachers who get into student fights. But, with for profit education by aristocratic leeches, we can't have 0 violence, we reinvent the wheel and do 0 research; with centralized tone since age 1, we create a new world, a new music, and ban 99% of music today, for lacking the ***gentle tender soft nurturing healing loving kind*** compassionate ***grace*** quality needed to achieve 1 billion times lower violent crime and sustain Eternal Universal Peace. Create new music, to fill the void, so eliminate current music gradually, the most violent one, give people a 20 year adjustment period to like new types, etc. The ultra light sentences for violent crime, and 0 sentence for slaps, spanking, etc only encourage these violent outbursts of student-teacher fights. Drugs that can kill or shorten lifespan, when distributed, are a violent crime too. It's not acceptable to have any violence or torture, in any relationship, be it cop on civilian, cop on prisoner of war, parent on kid: all are illegal in the immortalist world and anyone caught is sentenced to lifetime labor. The violent cruelty ('demonic' as religious folks may say) energy prevailing in every military, spy agency, police

department globally in 2023 is certainly not eternal. Cops don't understand they need to become 1 billion times less violent too, for the violent crime *to go down 1* trillion fold, same for spies and soldiers who claim to be for "peace". The only change in life is constant, due to evolutionary pressures of human species end in 10 seconds. *Change will come, one way or the extinction way*. The kids must have full ability to report, so a loving parent can be found to replace the one taken away from society. Likewise, kids, who after true education, 20 min daily in proper gentleness and inner happiness (that prevents violent anger), etc unlike the trash education today, totally absent on those topics, engages in violence, he will have to be raised in a special way, with 10 times more such education (1-3 hours daily, depending on the violence act done, for a few weeks or months or years, of relaxing classes to learn to be happy, compassionate and kind) to prevent any incident repeating and if it repeats, then raised in a special community of kids who were like them, hoping by age 25 they become nonviolent, when they can be released into the free world, after intensive education (some labor too, happy part-time help, like PhDs do teaching assistant jobs or research, etc), and PhD in eternal happiness and kindness, preventing violence in Civilizations of Immortals. The thing is today kids do violence due to the world media overflowing their heads with violence ideas via TV-books-movies-music, so it won't happen once immortalists win elections and change the constitution, ☺☺☺ implement the changes and the transition period wears out where the kids who got the trash education today become adults.

Due to the fact we acknowledge that adults were raised by a psychotic society of infinite violence, in the transition period, the radio-TV-songs-media focus on educating all adults on the trillion times higher kindness of the new world we're trying to build and the lifetime labor consequences coming from it, though obviously those "lifetime service to ~*~Eternal Universal Peace~*~" cities would be much nicer than many in nonimmortalist countries for "free" people who work harder and live shorter. People have no idea that the nicest jail for example in Norway (check youtube) is much nicer in every way than the living conditions of 4 billion people, half of humanity: in today's nicest jails you can simply relax in a quiet place, finally, quiet, and enjoy the infinite bliss of relaxing breathing bliss and maybe, if lucky, astral travel... but don't tell anyone that you travel, just bring World Peace silently. Likewise, people don't always realize this "lifetime labor", 40 hours of work weekly like all free people, with holidays too, is 1 million times nicer than any former labor camp in history, which was pure torture. Only when a slap in the face is viewed as bad as murder is today, and 1 killing the equivalent of killing 1 billion, will violent crime rate go down 1 billion fold, we simply need to raise the standards 1 billion fold. If you read verses 8-40 of a version of the immortalist anthem, you see we aim for a level of kindness 50 trillion times higher than that on Earth: that is in stark contrast with the hooligan vibe of genocide in many anthems today. The immortalists are aiming to bring into the present,

within decades if possible, the better version of humanity from the future of 0 violence, 0 jails, 0 war. So far, we had a lot of jokes about "lowering crime". We only made real progress in increasing letter exchange speed 1 billion times, due to the effort of tens of millions of scientists. Email did it. Likewise, to achieve a billion fold reduction in crime, violent one first, we need a societal revamp unlike any in world history, the likes of the computer and Internet that brought communication speed 1 billion times higher than writing and transporting letters. So, we're preparing the world citizens for that world of Eternal Universal Peace, sustainable only when violent crime is 1 trillion times lower. ☺☺☺☺☺☺☺

If you look carefully at our cultures, and 200 anthems*, everything is designed for the* ☺abysmal IQ☺ *and* slavery *of the masses*. Anthems glorify the killing of workers in other nations to defend mansions of the elites, or 2300 acres palace, or 2130 acre 2nd home, workers we're told are "our enemies". Anthems glorify turning ourselves into *cannon fodder* to defend aristocratic rulers, animal meat sacrificed at the altar of greed. Our holidays too, serve only the monarchy and aristocrats. USA, after the fake 1776 revolution, celebrated via July 4 fireworks that shorten our lifespan, focused, like the UK anthem today with God Bless the King (*Belgium anthem too, the King always, the people or Eternal* World Peace *never, all are slaves of the royals*) and no Eternal Universal Peace, on 1. ~~Presidents Day~~ (*all are slaves of the puppet President the King of* England *or* Freemasons (created by the UK Royals?) *installed for 250 years, basically, listen to the commands of the "Western Armed Forces of UK leader?", the so called* US President, as he sends you to blow yourself up or blow others by gun for the glory of the King, to spill blood?)☺☺☺☺☺, 2. ~~Memorial Day~~ (or blood spilling day, slaves celebrate being cannon fodder, to defend these aristocratic mansions and 2300 acres palaces, or 2130 acre 2nd estate, celebrate death and useless wars, easy to avoid with some free thinking, by driving huge SUVs and trucks that kill millions with smog to far away places to relax, since after all, life is too miserable in your jail cell called studio, apartment, "condo", and you need that "patriotic call to kill more workers elsewhere, to get cheaper products imported to design huge mansions"☺ it's the expectation of death in future wars, the memory of violent death, the worship of death, the worship of violence, as opposed to the Divine Army of God that kills none since it knows 1 trillion ways to Peace without violence), 3. ~~Halloween Day~~ (more blood, more desensitization of enslaved workers, who're to become so insensitive and cruel, seeing body parts, fake blood and death symbols over the holiday would prepare them to kill more workers, outside USA, so the local aristocratic class can increase the empire holdings)☺☺, 4. ~~Veteran's Day~~ (veterans are homeless sometimes, it's all nonsense, it created the expectation of war eternal not eternal World Peace in 3 months, more glorification of demonic Killing again, under the guise of protecting the elites' mansions)☺☺, 5. ~~Christmas Day~~ (a made up religion focused on torture (14 stations of the cross in every Catholic Church, 14 stages of torture by the Imperial Torturers, focus on *pain of the*

workers as they toil to kill more workers worldwide and to work 70 hours weekly, to make elite mansions bigger, and fake miracles, promises of eternal nice heaven, if you only work and torture yourself to death to make the rich aristocrats richer). ☺☺*Lovingly tenderly gently kindly* ☺☺NOTICE, dearest worked to sickness and death human, THE COMPLETE ABSENCE of holidays benefiting the working average people worldwide: 1. ~*~Eternal Universal Peace~*~ DAY celebrates trillions of ways to bring 0 jails, crime, wars without any pain, torture or violence 2. ~*~Immortality *for* All~*~ Day celebrates the creation of immortalist culture 3. Trillion Year Lifespan Day celebrates the latest anti-aging techs 4. Eternal *Gentle Tender Soft Grace for All* Day *celebrates* the universal end of worker torture, 0 jails, no pain inflicted on any living human or animal, not via circumcision even, not via infant crying baby baptism even (see the Russian baby tortured by a priest without mercy, psychopathic clergy in Georgia too, no ritual ought to cause any baby crying or else *it's pure satanism and enslavement of the* worker *class*), or having to go to church to eat wafers (that enslaved workers made wafers for the aristocratic church leaders, bishops and Pope) when breathing at home can bring more of God's blessings to workers since no smog kills people on the way to church and you can do it 100 times daily, not once. This 4th new holiday of the Liberated America (first time free), celebrates the scientific work for eterni diet that ends all plant and animal suffering and ending all slaughterhouses on Earth and associated cruelty of blood eating (meat is 0.2-0.9% blood) polluting humans too, converting all animals to vegan, etc. Many holidays of 2023 are subtly glorifying the Elites who send us to SLAUGHTER, being Pure 'SATANISM'. So, *gentle tender soft nurturing loving honest healing kind compassionate* Americans, can we *gently* discard the *Vestiges of Imperialism* and *Eternal Slavery*, and replace them with Immortalist Anthem ideas relevant Universally, ideas that celebrate Life for all Humans Universally, not the killing and torture of humans? Is that not the calling of God? We had these Freemason George Washington satanists guide us for 250 years, we can rip apart these chains of bondage and declare America Free, as the immortalists detail in the Universal Declaration of Immortality for All and Independence of the US and all nations.

As Immortalists we see that *1. money 2. land 3. religion* have no impact on longevity. Our culture is that of Eternal Life, understanding the Eternal Laws of nature enabling us to extend life and make time to understand God too, whatever God is to you. If you live to a trillion, you have more time to understand God than cave men writing scriptures. In fact, today we live 60000 times longer than most bacteria who understand little, so at the age of 80*60000 (4.8 million) years even, a human Immortal may be more advanced than us today as we're versus bacteria. At a trillion years old, we would understand God a lot better. What is 1000 times more important than religion, money or land area/capita is the actual culture that brings free education, longevity focus in every area of life, efficiency, knowledge of science, etc. *Earth* ☺puppy IQ workers☺ *simply can't get the* simple *fact of life: if their 0 IQ populations* would have the

technology, no matter how much money, religion or land they lack, they all could live to a trillion, or a million at least in the shorter-term. Why? Because, as humans realize, as opposed to bipedal primates, the universe is infinitely abundant.

1. ***MONEY doesn't give longevity***: Some live on 100 a month and reach 100, others with 1 million a month live to 60. Torture by militaries, spy agencies can shorten lifespan by 10 to 50 years. The 2021 life expectancy, per World Bank and other sources was 61 in Botswana with GDP/capita 14,800, Anguilla 77 & 12,000, Tonga 70 & $6,100 ONLY, *Solomon Islands* 70 *(was 40 in 1950) & $*2,400 ONLY, Portugal 81 & 33,700, Lithuania 74 & 39,300, Latvia 73 & 32,100, Saint Vincent 70 & 13,700, Vietnam 74 & 10,600. Tunisia 74 & 10,400. Russia 69 & 28,000. CIA World fact life expectancy data is all fake and off for many nations. Are you happy? Does $ bring health? Or is it culture, climate (variation of temp), scientific literacy, prevention, tech deployment, etc?

2. ***LAND doesn't give longevity***: We have Libya 3.8 people/km^2, Japan 338/km^2, or 90 times more crowded. Libya life expectancy is 72, 13 years below Japan 85. Botswana density is 4.5/km^2, 75 times lower than Japan, yet they live to 61 only, with Japan living 24 extra years, or 39% longer. *Russians live to 69, but have 50 times more land/capita than many nations living to 77-85*. We thus, can't understand why people on Earth have such abysmal IQ, that for a million years they kill for land, instead of helping each other discover immortality science.☺☺☺ Skeptics will argue land is useful sometimes when it has resources (oil, lithium), but we immortalists say anyone with high tech doesn't need any of our earthling 2020s "resources". Why? Because any source of protons, neutrons, electrons, like garbage, etc can be used to make any material wanted in mere minutes. They simply don't need our garbage tech, just as we don't need the "tech" of earth digging animals, their "high tech claws" or digging "know how".

3. ***RELIGION doesn't give longevity:*** We have very religious people (Muslims, Christians, etc) who live to 50-60 in Africa, and atheists and agnostics in many nations who live to 110. Once again, wafers, baptism, making cross signs, icon kisses rituals don't give longevity, much less eternal life. Once they understand that, we remove the 3 major causes of war: ***money, land and religion***.

Kings, aristocrats, leaders only concern themselves with power sometimes, spilling blood with joy, so then the idea of a world language (created or adopted) that eliminates wars, of international deals to create nonviolent music, etc, is not a topic of daily war news they 100% control, only selfish sports and weapon deliveries to disable more workers via torture and wars. Notice how these blood drinkers never talk of the urgency of one world language, but how urgent is to bomb civilian workers in other nations. They only call for language rights in some cases, while in others no talk at all, everything to increase one nation's benefits, instead of to benefit all humans. Unlike odd (unethical?) kings/presidents who support (by not asking to ban them) the most brutal sports that torture animals and people (some detailed here), the

immortalists believe in logical things proven by science, like medical tech to make every citizen a king of 100 million year lifespans. How can anyone be called a leader and they support bullfighting (Ctrl+F 'bullfighting' to see all book instances) or the abuse of 200000 kids by the Church of Jesus Blood Drinking and Jesus Flesh Eating? This daily ritual of Catholic Churches is explained more here. How are the bullfighting fans promoting nonviolent ethics? When 80% of human energy shifts from war and spying, from destroying others to helping all live to 5000, all WIN and synergy can help all to live to 5000 a billion times faster than with our violent cultures today… where everything revolves around bigger house, car, salary, war, torture etc and finally, decent diet, decent sleep, longevity, health, 0 jails/violence/war, after 500 other priorities.

A paragraph to stir the soul: We live in a society of aristocrats for aristocrats, with puppet governments that serve the aristocracy, not the people. This harsh 25000 year reality can certainly change if people start to think and question. Why are phone companies, car companies (who make bad cars that damage bodies more than phones do) CEOs free, when their cell phones cause the equivalent of a genocide via Radio Frequency shortening the lifespan of people, due to them not telling them to use phones only in emergencies? Why are computer companies CEOs free and product designers, when they know WiFi from laptops and gadgets shorten lifespan and cause endless diseases? Why is WiFi promoted if it kills? Is it a war on the workers by aristocratic mafia? Why not use Wired? 99% of people don't need wireless, it's just the culture of infinite laziness and 500 pound average weight that leads to the desire for WiFi. IN some professions, like mining, robots, etc WiFi makes sense, controlling underwater probe 2 feet under water in a pipe, etc, but not in everyday life. Aristocrats make more money by selling wireless than by selling wired, and accomplish 2 things at once: more profits to kill workers and destroying worker brains and bodies. ☺☺☺☺☺☺☺

If the violent crime rate is not brought down in 1.5 years via 12 hours of Ethics Education on all TV-radio stations, internet, etc to 1 million times less than today in order to prevent the 10 second end of humanity, then the immortalists would gently kindly agree to an ~*~ indefinite time ~*~ *implementation* of death penalty as explained in the next 33 pages, until the violent crime is 0, not 90 billion a year, in USA. The cops say they torture to "extract info" or turn people into mindless obedient brain damaged slaves that perpetuate the insane system of eternal war. This will require a gradual decannibalization of the cop-soldier beasts too, thru education and standards evolution: ban torture or at least reduce it 1 billion fold. When homicides and very violent crimes (except slaps etc) go to 0, death penalty is abolished (it may take 20 years) and we revert to lifetime service in a healing city, as immortalists abhor any killing. Every very violent crime will shorten lifespan of many via ripple effect by 100 years being equivalent to 2 murders, 2 death penalties. Thus, we can't stop death penalty when homicides are 0 nationally, as the devil energy will quickly come back. We will stop only when 0 serious violent crime is 0. This is

the *beginning of Order in USA*. Better a million dead than 8 billion: violent crime fuels big wars indirectly. No deportation, but instant execution, without trial, when clear evidence by video exists of the shooting or violence. Let the illegals come to USA if they want, they will be met with *instant death if they traffic drugs or punch anyone, rape anyone*. No lengthy trials, maybe 1 day to show relatives what they did, the evidence will be clear as 100 trillion cameras are installed, besides 5 quadrillion microphones, if safe to do so without revealing police methods, location of cameras and mics to relatives who may be secret gang members too, though undeclared, or worse, spies and soldiers for the foreign nations they come from. Nations simply don't have the resources to keep 20 million violent offenders in a maximum security place for the rest of their lives who don't work (we can't lock 5 million people), instead of helping good people. To feed 20 million is crazy, to house them in perfect places in exchange for them doing nothing. They need to know death is certain, so they don't punch anyone, traffic anyone, etc. It's not feasible right away, as we have not built these sealed mini-cities to house all. ☺☺☺☺☺☺

Death penalty can also be ~~ secretly symbolic too ~*~* (with fake recordings of a fake execution to deter the worst criminals who would never read this book anyway, but would abstain from killing if they know they will be killed), where the 'convicted' get lifetime labor instead for NOW, in some cases of minor violence like slapping. No ashes given to family, all discarded in the ocean, so the convicts can be sent to labor camp if so decided, secretly, to avoid damage to the human quantum field during peacetime (or frontlines to defend the nation if trusted to do so during war). No contact with any friend or family, so they believe he's dead, and to create new healthier vibe friendships of people who listen to ethics classes in eterni tone recordings 40 hours a week, like he's required as part of his job to change the quantum field. Immortalists are fine to appear tough to prevent a killing, while actually being a lot softer and not killing anyone if that guy wants to work and doesn't choose voluntarily euthanasia due to innate laziness or inability to serve society and pay back some of the damage done and efforts of others who built his tiny home or studio much nicer than prisons today. It's not fair for murderers, rapists, etc to get to live off the back of society having fun in a nice place, while not working and others doing maintenance and all related cooking, etc.

El Salvador decided to abandon due process and courts and arrest massive amounts of gang members, halving its violent crime rate in record time. USA would only remove trials when it's evident they did it, from many sources, like 20 cameras, 40 microphones, witnesses, etc. Likewise, with billions of new cameras to record punching, slaps and other violence and bypass 12 months of court wasting of time and with old serious violent crime records, all violent criminals in the immortalist nation or group of nations (example EU, Asean, African Union, etc) will be interned in the labor camps (possibly for life some of them, though some in prison until they build the healing centers) that will provide healing, education, rest, work opportunities

away from free people to attack. El Salvador, a nation of 6.5 million, put in prison 70000 gangsters in record time, so USA, with 340 million people, may need to place in healing centers 3.7 million people, while EU maybe 1-2 million as their homicide rate is 4 times lower than USA on average. The US will need to massively reeducate for 12 months, with at least 20 min daily and 2 days of 10 hours each, 3.7 million people. This means about 25 hours a week. Unlike El Salvador, the immortalists will be kinder, they will avoid the 'in person arrest' of 'all suspected gang members' and placing them in inhumane Mega Prisons, due to lack of immortalist standard amazing & beautiful ☺☺☺ healing facilities from day one Immortalists win elections, right away. Thus, immortalists start with simply requiring people to attend the ethics classes in person in many empty venues use for that purpose, on 2 days of the week, 2 days, 10 hours/day, when they can go relax, learn how to meditate, be happy, without alcohol, smoking and drugs, to prevent receiving lifetime labor sentence if caught trafficking tobacco, alcohol, drugs. Headsets will measure tone of speech, brainwaves after each meditation exercise, that will enable them to practice undisturbed by psycho family members or ghetto neighbors. These headsets ensure they pay attention and no cell phones are allowed in the classrooms. We don't want to create inhumane prisons and place there 4 million people for decades like El Salvador as that destroys the human quantum field and achieves a more temporary effect, it is more humane to simply educate 30-40 million for free. This 20 hours/week has to go on for 6-12 months, for about 40 million Americans who have been in prison for more serious violent crimes in the last 40 years, to make sure they receive the ethics, meditation, being happy classes (replace bliss of addiction nicotine, etc with bliss of meditation) and that they know DEATH is the penalty for traficking more than lethal dose of any drug, for slapping, spanking, punching anyone, even one's kid. We also need to educate them about the quiet cities policies that will draw insanely high fines. At home, these ghetto area people will be distracted and unable to focus. You can't learn how to discard tobacco, alcohol, drugs in an online course if distracted all the time by noise, kids, family, etc. They need to come in person in a healing beautiful place. These conference places can be at the city hall, in the presence of beautiful decorations and posters with these words printed big, and gently flashing in shimmering ways the words *gentle tender soft* Nurturing *Universal* Kind Healing Graceful Compassion and Immortality *for* All as in ~*~Eternal Universal Peace~*~ in 3 months, 0 violent Crime in 3 years. There are many venues, plus we shut down a lot of useless businesses and have tons of empty spaces, vacant places, that the government can take over first, since all companies will dissolve eventually over a few years, into the 11 mega ones. This allows us to have classrooms 7 days a week for various work schedules and accommodate all desires, like 4 days a week 5 hour shifts or 10 hour shifts on the weekend slots. This healing space is designed to smell nice and create an enchanted relaxed atmosphere, the cops turn on the video, prerecorded that has the 3-12 months module that any human on Earth can watch, cops don't need to talk, nobody talks to anyone. ☺☺☺☺☺☺☺

Everything is the AI being talking via the video screen (huge or projected) or the person who recorded the video in eterni tone, to tame the violent tendencies of the listeners. The background serene instrumental music helps people to practice the exercises, to listen to the video, focus and get fresh clean air. A pleasant place, everyone writes their experiences on the laptops after doing it, and no talking to anyone else. Daily tests for knowledge learned, free healthy food. During this educational soft transition period of 3 months (minor offense, like slaps, shoving, small amounts of weed or drugs possession which are thought of as "attempting to murder" violent crimes, etc) to 12 months (serious violence, like punching strongly leading to real damage, use of deadly weapons, traffic of huge levels of narcotics, etc), those who traffic, buy, sell, alcohol, tobacco, weed, hard drugs in amounts less than lethal dose, will get fined $80000 on the day Immortalists win elections, then roughly doubling every month (160K, 320K, 720K, 2M, 4M, 8M, 15M, 30M, 60M, 120M, 250M, 500M) for 12 months to reach a maximum of 500 million. Lifetime labor is penalty for those unable to pay fine within 1 week, in special healing cities nicer than Disneyland. They will happily work under the supervision of cops to build these cities, 40 hours a week, while 10-20 hours is ethics classes for first 2 to 5 years or however long it takes for them to be super smiley, rested, to learn how to relax, meditate and be happy. All those who don't know English well, will have to take concomitant Spanish classes and have Spanish subtitles, so all those who don't know English must indicate so, so they get to a center that offers Spanish subtitles so they're forced to learn some English by hearing it and seeing subtitles, to integrate better with the rest of people in the 50 states who often happen to be majority English speakers (in most states), and to facilitate World Peace via one currency, one language, one education department, 11 companies worldwide. Drug selling or buying (caught in the act with clear evidence they bought it and not someone placed it in their car to get them fined) less than lethal dose leads to lifetime service in a healing center. The death penalty is discussed in detail in the next 30+ pages, together with when the conditions would be met for its implementation (11 companies, far more equal incomes, etc). To begin, we can ask 20 questions:

Why are tobacco company aristocrats free, not in jail, when they have caused 100 million deaths? Why are the wine producing pigs and aristocrats not in jail or dead for killing 3 million each year? Why are innocent people killed in aristocratic wars of theft, but genocidal mass murderers are free to pollute the airwaves? Why is death penalty only for ☺abysmal IQ☺ naive folks who're victims of a phony aristocrats first education system, and not the gangster aristocrats who kill 100s of millions with tobacco, alcohol, cell phones, fancy gas or electric car useless "connectivity products that give cancer, Alzheimer, etc", toxic foods and other unlabeled products used in the terrible housing? Why don't we have lifetime labor sentence for anyone engaged in violent crime or distributing nicotine/weed/drug enriched products (fentanyl in basic cold medicines, etc), vape products, alcohol products, promoting gambling, casinos, lotteries?

Plus death penalty for anyone engaged in violent crime while working in this healing city which is 90000 times nicer the Soviet Gulag or German labor camps? Plus death penalty for those distributing hard drugs which lower lifespan of 30 million by 10 years, meaning they do shrink lifespan years by 300 million years, or the equivalent of 10 Hiroshima bombs? We work so hard to make these special healing centers and sealed mini-cities, and they abuse the kindness again, when before they would be instantly executed? Lifetime labor for distributing weed? $8 million fine for weed possession? Death penalty for all gang members, since all gangs approve of violence? Lifetime labor for all who're promoting sports instead of building port infrastructure to scan all containers in all ports to prevent drug and other dangerous shipments? Anyone promoting selfish activities while we still have drugs entering the country via gangs who torture people, due to comical☺ border walls and nonexistent ports, airports scans for 100% of goods fined 1 million dollars, after a first 100$ warning fine? Anyone caught being a gang member executed if older than 25 or given lifetime labor if under 25? All tattoo places banned worldwide? How can NZ allow biker gangs to terrorize the streets? We need the happy the Immortalist Party who brings the end of all gangs and associated violence via massive expansion of lifetime labor, death penalty and 10000 fold increase in fines. We will expand all ports to scan 100% of goods, and use convicts (violent criminals who didn't choose euthanasia) to build amazing & beautiful ☺☺☺ border walls, rivers, dams and security checkpoints, scan of anything entering any airport or border checkpoint.☺☺☺ Isn't World Peace in 3 months, 0 violent crime in 10 years a trillion times more important than being a drunkard and drug addict, a psycho yelling in violent concerts or places of worship, seemingly coming from the mythical imaginary Satan himself, the king of chimps and monkeys? If we have death penalty for so many people in USA, how come drug dealers who sell stuff that shortens people's lifespan by 10 to 70 years don't get it? They wait 20 years to die, not 1. Today only 2% of ports containers are scanned, so the gangs can ship a lot. Why? Because we don't penalize any violence almost, don't have 11 state companies to do everything and monitor everything, stop all criminal activities, drug trade.

No national security exists if any cocaine, weed, tobacco, alcohol, drugs are consumed in any nation, as these cause endless violence that destroy the planet from within. In the face of such total lawlessness, radical actions are needed urgently, to once and for all, end all gangs on Earth. Eternal World Peace and the very survival of the human species by avoiding all out war of 10 seconds end of all, depend on the 100% elimination of gangs, which fuel violent crime, so, we all need to unite to *ELIMINATE gang music, books, outlaw and execute all GANGSTERS aged 18+ if* caught in violence, drug dealing, human trafficking, after the 6-12 months of education mentioned above. Cartels spread in all USA now and in Mexico they execute people daily, like 190 in one day. USA ought to not trade with New Zealand or any nation that openly allows gangs to intimidate people, to wear gang clothing, make biker gang city noise, etc. Only *Death Penalty*

for Violence? We will give gangsters 1 year to quit gangs and get a job (see below), since nobody will be unemployed anymore, due to the 11 companies system of national rebuilding from chaos. Due to the impending risk of all humans disappearing, all 8 billion, soon, lifetime labor for all gangsters who didn't quit a gang is needed, even if they were not caught yet doing criminal acts, since joining a gang is a violent crime, BECAUSE IT DEIFIES VIOLENCE, intends to use violence. All tattoo stores in USA are banned by federal law and USA too, all nose or body piercings, as these are used by gangs to brainwash their members. All Youth needs to be reminded on TV daily, during the State of Emergency that is Eternal until WE ACHIEVE 0 VIOLENT CRIME, that Lifetime Labor is Sentence for any Gang Membership. Ghetto Areas will *receive Military Units* Patrolling *the* Streets on occasion *and 500 Trillion Cameras to Watch everyone*, to Make Sure nobody dares to make any graffiti and wear any gang clothing, to ensure a complete debrainwashing and cleaning up of USA neighborhoods from all gangs. Anyone attacking police or soldiers will be shot dead, as we have no time to arrest people for brutal attacks on cops. All city graffiti is replaced with the Qualities, meaning *gentle tender soft* Nurturing *Universal* Kind Healing Graceful Compassion and Immortality *for* All as in ~*~Eternal Universal Peace~*~ in 3 months, 0 violent Crime in 3 years, to remind all how to behave. The complete remodeling and repainting of 90000 neighborhoods will be achieved to *destroy any trace of GANG symbols and associated energies, to bring True Equality of Vibe, of Ethics, of Equal Opportunity to Evolve into a Gentle Graceful Kind* beautiful, shimmering shapeshifting Immortal, as outlined in the 11 companies 4 page summary of the immortalists. Those who do gang or random graffiti as caught by cameras will receive Lifetime Labor. America will have 0 gang members soon. *So will the EU, as EU will implement the same policies in tandem to reeducate these unfortunate victims of Historical Inertia in no time*. As our homicide rates decrease 5000 fold, all nations will follow suit and Immortalists will likely come to power in every nation, with Immortalist Anthem being a popular little poem worldwide. Praised be God. Let all be reminded death is instant if gang members attack painters who eliminate all gang symbols, remodel entire neighborhoods, repair streets, potholes. Cops will be given the right to shoot dead anyone who attacks the special workers with Immortalist Clothing. Cops will be present during the work to rid USA, all nations of all gangs symbols. It will be quick. As Immortalist Corps multiply, they will get rid of hooliganism in no time. The demonic macho violent music will be replaced with serene stuff to build the qualities of Immortality for All. The time for hooliganism and complete lawlessness will come to a swift end thanks to the Immortalist Party. We the People own the streets, not gangs and We the People decide what Graffiti is there. The federal government owns the streets and regulates the appearance of businesses. The people own all companies, not gangs.

The Immortalist Party will happily encourage *all youth* quit sports, rodeos and instead *build 500 million border monitoring stations* on the border of all nations for example, to catch drug

dealers, and also, 100% container scan systems for all goods, via air, land and sea. Let virtue shine in *every soul*, as the happy immortalism ethics of nonviolence prevails on Earth. As all gangs are destroyed in 2 years, violent crime ends in 5-15 years. It makes no sense for us to spend eons to monitor and feed dangerous violent thugs, when we could take care of improving our tones, cultures, education, and living conditions for the 99% of nonviolent people of the world. We create what we dream about, let no negative people brainwash us otherwise, we can *end all violent crime in 5-15 years in any nation that puts all its resources towards that, instead of* useless violent sports *and* endless useless businesses. Every day, every hour, for 6-12, the TV will notify all of the new laws, penalties for theft, violence, gang membership, teach ethics, teach kinder tone, appeal to all to quit, donate all weapons, end gun crime, *before the executions begin for any gangster or regular person doing drug traffic, slapping, punching, road rage violence, etc*. ANIMALS who threaten Immortality *for* All as in ~*~Eternal Universal Peace~*~ in 3 months *have no right to exist*. All gang members are deifying violence and murder and are in a class of their own, wholly different than "*someone slapping a person and getting lifetime labor for it*". But, due to the violent public private educational system, we understand, so all gangsters will be given a 1 year chance to swear their allegiance to Immortalist Anthem, instead of to violence and bloodshed. Those who swear allegiance to violence (torture included) or murder have no right to exist. Once the 16 month 24-7 educational state of national and planetary emergency state moves to 5 hours daily ethics education (from 12 prior), the mass executions of anyone caught in gangs or serious violent crime aged 18+ begin, plus lifetime *labor* for remaining gang members under 18*, as we rebuild the* immortalist nations. When all have very equal salaries, decent homes, and equal job opportunities in the 11 companies, 0 unemployed, when all music, TV-radio tone is eterni, when boxing, UFC, martial arts and all violent thuggish sports are outlawed, when the infernal tone of sports commentators is no longer cursing the human quantum field on TV-radio, when all music on TV-radio is gentle and kind not diabolical, when free education is truly imbued with *gentle tender soft healing nurturing universal kindness*, there are no more excuses for violence, as aristocrats, international parasites, national thieves are no more. We immortalists play no games like many who promise a lot, but do nothing once elected. When we say ETERNAL UNIVERSAL PEACE, we mean it and it implies *0 violent crime* (*State of Emergency* UNTIL IT IS ACHIEVED, see Quiet Cities section in State of Emergency Guidelines) and obviously the end of all wars via kind high tech nonkilling means. Humanity either disappears soon or achieves ~*~Eternal Universal Peace~*~ (meaning 0 violent crime, 0 wars) soon, as weapons that wipe out all humans in 2 minutes will soon be discovered. Thus, given *this planetary* emergency, 1 trillion times orders of magnitude more serious than even climate change, *ultra fast action is needed to save our species*. Today, even with all our weapons, many will survive underground, etc, but one day, with only 1 device, not 1 million nukes, all humans underground and above can die in 2 minutes or 10 seconds, so

it's a DIFFERENT world, where *entire continents can be wiped out in seconds, with all humans gone*. Since World Peace in 3 months is the goal of immortalists to save the human species, it's not yet clear what decisions will be made on the use of continent busting weapons for violent regimes, if they can't be convinced to rid themselves of all violent crime too. Those who swear their allegiance to violence, terror, murder have no right to exist, if you were to be preventing violent wars. Those who oppose Eternal Universal Peace in 3 months have no right to exist, as they condone wars that will lead to trillions of casualties in future centuries, not just 1 billion. The impending risks to human species survival will ultimately decide if 20 folks or 5 billion will die before Eternal Universal Peace comes true via the collective efforts of the 99%, the nonviolent people. With a blast taking 5 billion, one country or alliance wins and will bring one language, currency, nation to prevent further wars, as no potential rivals exist and all can be at peace. Why wait for 7 billion dead when we can do it peacefully now, before most die?

The natural question arises: if after eons some families created 25000 banks and 2 million businesses to steal all the wealth of many nations or at least 95% of it, by creating genocidal systems of looting the government and taxpayers, without paying the fair share of taxes for using the existing system to amass wealth (as the 11 companies section explains the genocides), what will happen to these small aristocrats, medium ones and the richest aristocrats before the *violent crime 1 year education on TV* state of emergency? Obviously, to implement those "no reason to be violent reforms", you need 1.5 years or so, when all TV programs are 90% ethics and the reforms, leading to death penalty. The rapid nationalization and merger of thousands of companies is easy to do within 2-4 years (incremental unification and mergers, first formal, the HR, the salary, one HR department for the Entire USA, then the processes, industrial processes, business processes, which takes 10-30 years to achieve undreamed of high tech efficiency and 100 times more high tech jobs), and can be completed even after the death penalty is implemented after the 1.3-1.5 years of intensive 24-7 education. Only death penalty will act as a powerful deterrent for many people who're pathologically violent, thanks to the violent aristocrats and the system they created to suck the blood out of everyone. The guilty companies will be fined and fines will be paid by owners of companies, leading to the companies dissolving as the state acquires them, these people losing a huge part of their wealth, possibly 99% if very wealthy, to acknowledge the fact nobody works 1 billion times harder than those who now have only 1 dollar saved, but were the most honest, hard working and science progress boosting person in the entire country. The rich only become rich by simply managing others' talents for maximum theft from the millions buying their bad products. There is no incentive for these aristocrat criminals to unify all food companies, to recycle everything like in Canada, to not use metal cans for food, but much easier to recycle and biodegradable containers for food. They only deify profit, trash the planet, as seen in most America where little is recycled properly. The cities

are run by gangsters too far too often, so all city and state governments are dissolved to create a super centralist USA, where every local person is a federal employee and ONE Policy and Law in all USA and EU, not 20000 as in 20000 towns with 20000 royal families (like British Royal family enslaved Brits or Russian royal family enslaved Russians for centuries) and Nobility classes. Taxes are abolished, since all are paid by the USA government and receive much more equal salaries. Only 1 bank exists, so no more useless feeders and parasites to terrorize the workers.

So, to the surprise of many, immortalists want to bring fairness, by kindly correcting the unfair system of mass subjugation of workers, police, military, justice system, government, by the rich, who use these without giving back much at all. However, some small, medium or big aristocrats are decent people, so no aristocrat will be killed or left penniless like in communist times, since they have knowledge that can be used in the design of the 11 mega companies and their many efficient departments to make room for 40 million high tech STEM jobs, even if they won't be the 'boss' of the company or anything close to it. We need to be honest and admit that aristocrats are guilty of the same crimes almost as the rest: engaging in ultra selfish behavior and sports, like the useless businesses of depraved capitalism who cares not about end of violent crime and war, but only about MONEY, their Eternal GOD. Thus, while their crimes of grand theft can be easily fixed by taking away the amount stolen from the nation, the rest of the behavior can't be leading to death, since every nonaristocrat would do almost the same, as we have seen poor rise thru fraud and ambition into the ranks of the ruthless opportunists. However, once the death penalty for violent crime is fully explained, everyone will be subject to the same law of course. We can't kill people just because they made 10 times more, when anyone could do the same if they only put their mind to it and worked really hard to cheat everyone and con the system, loot the system. Since no stock markets exist (a hooligan system of gambling, fraud and looting), no banks, except the One Bank of the People, the ***obsessive compulsive disorder, OCD, of predatory capitalism, the MONEY obsession***, will disappear, especially as salaries are going to be 1000 times more equal and moving, over decades, as immortality credit score system of access to products is created, to equal pay for all people, meaning the same universal income for all, every week, as all are employed, with the only difference being what products one can buy based on ethics and effort to maximize everyone's lifespan. This system removes any desire for theft, for violence, for revenge, as everyone knows and feels they're paid equally, and those who want to stress more to increase lifespan can get better access to some products that are or may be more useful in living longer: a better built house, a 20% bigger house perhaps, a nicer neighborhood where all match your immortality credit score plus minus 5 or nonviolence score if you so say via housing.gov, a better air or water filtration system, etc. This removes all greed, all possibility of theft, as all is monitored by the police in the 11 companies in a way impossible with today's 33 million scam companies, so that

all criminal gangs can't exist and evolve in such an ultra monitored system. Naturally, criminals will try to form secret gangs and do bad things within the 11 companies, *but it won't be possible as AI alerts cops to any transactions and all are cashless electronic monitored transactions, to prevent gangs from using cash to hide $ exchange*. In the new era, the royal and aristocratic families who joined hands with or were organized crime itself are reduced to regular citizens status, without the personality cults they enjoyed for millennia with their brothers in crime, the promoters of ultra violent 'scriptures' to keep masses ignorant, sedated and clueless. Instead of being 29 billion worth, they would be just 250000 like most people. No more airplanes for pastors who con everyone, no more personality cults for fraudsters, when a simple ethics.gov explains to all the basics of common sense via Immortalist Anthem like 500 times shorter 'scriptures' and the 0 ethics of old 'scriptures'. The leaders, managers of the 11 companies will be councils of many people, to prevent personality cults, with decisions read by AI or special eterni tone speakers who present the debated policies that people can vote on. The end of fake elections, of political parties, means we no longer elect individuals and personality cults, but POLICIES to maximize the added total national lifespan years, not just lifespan of the 0.1% who use the system to subjugate all and undermine all ethics and science.

THE BEGINNING of Order in America, Earth or any immortalist nation☺☺☺

We ☺☺*lovingly tenderly gently kindly*☺☺ need to remove all violence from all media, movies, music, literature (will take 3 months, as that means 99% of content needs removal), from education, and broadcast for 1.5 years on all TV-radio stations, main news sites the tone and ethics training, music, lyrics and ethos of eterni *gentle tender soft nurturing loving honest compassionate healing kind* grace. During this 1.5 year period of heavy education of all adults (*basically all normal programs stop, with a few exceptions for news and science, to make space for the new programs broadcast on all radio-stations and TV so all who listen to those will see them 50 times at least)*, all are educated into the new penalties that will take effect in 1.5 years from the start, when 500 trillion cameras will be installed already: fine 9000 *times the amount stolen for theft* (half given to the victim☺☺☺), fines and 50-15000 hours of educational courses (taken online mostly over a few weeks or decades depending on the offense, with some in person tests and evaluations of tone, brain, etc) for all nonviolent crimes and lifetime labor for minors or *even death penalty for adults doing violent crimes*. For teens who engage in ram raids (which could easily kill cleaning people or other people not seen who fix something in the store when store is closed) where 10 year olds drive cars to ram into stores to open door and steal stuff, where the kids know they can't pay 9000 *times the amount stolen* or damaged in the store, they're taken to special cities and separated from parents and society, in a 'lifetime labor' (well, 40 hours a week, maybe 6.5 hours for 6 days with a day of rest, to give more time for rest daily) type of environment where the state educates them, not psycho parents, since all these violent

kids are from totally destroyed families where they witness violence, unreported violent crime, almost daily. It's one thing to steal something and another to engage in a violent robbery like ramming a car which could kill someone. Today, police does little and many of these teens attack the same stores over and over. It's not fair.

We can't remove the *death penalty* *if we want to end ALL violent crimes* ultra fast☺☺☺, since many hardcore criminals would view the healing center relaxing job of the 'lifetime labor' as a nice vacation and reward, simply too soft and a free pass or encouragement to again attack or kill someone and fulfill their pathological desire for revenge even at the risk of a relaxing stress free job for life or 'lifetime labor'. Biker gangsters caught distributing nicotine after its ban, like Australia banned nicotine vaping outside pharmacy prescription, will be executed if amount trafficked is above 5 packs of cigarettes (common for retail clerks in Australia to sell illegal packs), but only after they were all heavily educated via TV for 1 year, about the death penalty for distributing nicotine first. Already in Australia, those selling vapes outside pharmacies face up to 2 million dollar fines, up to 7 years jail time, amazing, congratulations Australia for protecting the youth. South Australia has steep fines for selling any vape to minors, 1 million for one sale, 1.5 million for 2 sales. The 2022 Aussie homicide by firearm rate was 59 times lower than USA too, 0.1 vs 5.9 in 100000, I guess the USA 'Re*thuglicans* from hell' could learn a thing or two from Australia, to use a sarcastic Internet name for Re*publicans*, in reference to the fact only thugs from hell arm everyone with a weapon that makes killing 1 million times easier instead of giving everyone free education in the kindest tone, and eternal 24-7 music concert-TV-radio emotional intent tone education via a soothing calming voice and music rhythm of *gentle tender soft* Nurturing *Universal* Kind Healing Graceful Compassion and Immortality *for* All as in ~*~Eternal Universal Peace~*~. USA is the only developed nation where most homicides are gun based, since guns make it way easier to kill. Soon, they will say everyone needs an anti-tank weapon and small nuke to defend against "groups of teens attacking".☺☺☺ Australia got 15 guns per 100 people vs 120 guns in USA (see world list). Immortalists would just stick to $25 million fines max for selling 5 vapes outside pharmacies and $5 million minimum, no jail, as that would close their small business and save taxpayer money wasted with jailing. For heavy traffic, 10-5000 packs or vapes, death penalty will be used. For too long, *gangsters have run rampant and done whatever they wanted in NZ/Australia, Canada, USA, UK, EU*, terrorizing the neighborhoods, *stealing thousands of cars* (penalties are trivial, not 9000 times the amount stolen, meaning lifetime labor to pay the debt for the car stolen) to resell off-continent or locally and other areas, so something *drastic needs to happen*. Check out theft increase from 2021 to 2023. What? Trillions of paths or choices exist. One is not only banning motorcycles (cops ought to have them only to catch gangsters) that gangsters use to terrorize cities with noise, disturb silence and attack others on highways, but banning all gangs as we have discussed already: the

complete crushing of all gangs. The gangs are not the Immortality *for* All government, and the government can't allow death to spread. By the way, in communist times, prostitution was illegal, today, it was legalized in all former communist nations, in an example of chaos happening after 1989, when drug use also spiked 100000 fold in some nations. Did communists do some good things? Sex for procreation only makes more sense.☺☺☺ Aussie lady makes 2 million/year, the government is publishing such crap that makes it look like encouraging abysmal IQ for all, among these men who destroy their brains with sex, and their families too. Instead of giving $1500 to a good cause, they waste it on sex. Prostitution brainwashes people that you can't attain much healthier, higher bliss by breathing, meditation alone, so it destroys the national higher cortex, being a violent crime against the human quantum field, brain of the nation, planet. Thus, it ought to be lifetime labor sentence for *prostitution*, death for sex slavery.

This high school teacher, if the story is true, would qualify for death penalty for making kids walk on 4 on 125°F pavement to cause severe burns and injuries, as it is the equivalent of an almost lethal punch in amount of human cells destroyed by the heat. The ethics of all teachers is explained well in the Immortalist Anthem, for all police and military trainers too: be gentler kinder more nurturing, a trillion times more so, than the most nurturing gentlest mom is with her 3 week old suckling baby. This attitude of being a trillion times kinder than the kindest mom, this principle, brings World Peace *instantly, if UN agrees to* part or all of this Universal Anthem for all Nations. Once again, to live a trillion times longer, we need a trillion times more *gentle tender soft nurturing loving honest compassionate healing kindness*. We need to discuss at the UN how we bring this world, of one language, one law, one currency, maybe 11 companies and 1 trillion times longer lifespan for all, instead of the grotesque talks "of wars, bombings and invasions, of the violence full Bible, of the violence full Torah, Mahabharata or Quran". Notice the word HONEST, a trillion times more HONEST, we need to explain to the whole world how aristocratic parasites created religions to take over continents. The UN needs to become honest first time ever, and admit the Bible, Quran, Torah [beatings, deified in the demonic Bible/Torah (kids, workers, sex slaves) or evil Quran (sex slaves, mutilated infidels, kids, wives)] have no relevance or even the right to be published in a world of a trillion times higher *gentle tender soft nurturing loving honest compassionate healing kindness*. We need to talk of this trillion times higher *gentle tender soft nurturing* daily on TV, radio, music, in a tone a trillion times kinder, so we don't need so many death penalties, huge fines, community service, educational courses sentences for crimes. *We need to educate, to prevent crime before it emerges in the brain*. When was this TV-radio talk done by young people, the future we try to inspire to be so? Never, everything is done by grumpy old men and women, with no *gentle tender soft* healing eterni tone and we want a better old? Let the gentlest Youth be the only speakers on the ImmortalityTV.com, since 99.99% of near future crime will be done by those who're under 30

now. When did the UN focus on magnifying *healing gentle tender softness* in all nations? ☺☺☺

Too many *psychopaths* get these nice jobs to torture kids called *physical education teacher* and all they do is cause injuries while physical energy could have been used to fix issues with 250 million houses in America, especially 50 million, and develop the eterni qualities these gorilla teachers and almost everyone lacks: *gentle tender soft nurturing loving* honest *healing compassionate kindness*. Instead of helping the human brute to evolve out of its depraved, violent, selfish nature, these ☺filif IQ☺ gorilla teachers☺☺☺ simply make the issue worse than it already is, shouting like Hitler. We need to get ethics by gentle exercise in service to others, while listening to eterni tone music and lyrics types of classes, not these physical education "drastic lowering of average IQ" classes, any rat (cannibalistic if hungry) like filif IQ cannibal chimp (from which we come, and to whom we owe our eternal wars cruelty evident in the TV-music tone) can climb/run, but few species make it out alive past the planetary weapon level. The same ultra violent energy infernally rules every gym in America and EU almost, and every military training camp, as aristocratic cannibals love to transform all decent humans into brutes via conscription. The youth simply volunteers to solve real world problems and exercise by doing that, such as "today we clean the free weekly biomarkers monitoring area of the Immortality City Center. Tomorrow, we will fix some houses with the aid of Immortality Building Inc staff, and then we sing in the Tone Hall of the Immortality City Center." Once we evolve to ~*~Eternal Universal Peace~*~ thanks to the happy Immortalist Party, the need of gorilla military and police instructors yelling like Hitler and doing dangerous torture of trainees and causing endless damage to human quantum field and injuries of cells that pollute the quantum field, when it is not needed, will be over, so the whole humankind now unites to end all violent crime and war, in one eterni song, for the graceful end of yelling and horrific tones we so often hear in PLA and most military ad videos. These tones are unacceptable in a world of Immortals, so we need to evolve out of them to prevent the 2 second end of the human species using the all human tones ending weapons. If peaceful means of ending such verbal abuse of the human quantum field by shouting infernal tones doesn't yield peace, naturally things will lead to war, as such tones always do. What the gentle need to recall is it's not the muscles, shouting power or speed in jumping like a gorilla in a ship or anything that matters at all in combat, but who is kinder, more relaxed, more creative, more able to discover the amazing device that defeats with 1 guy 9 billion gorillas. One kind immortal can defeat 9 trillion planets of ☺filif hyena IQ☺ violent thugs who shout like Hitler. We need an army of physicists, engineers and chemists, not weight lifters, and obviously, an army of eterni tone and content TV speakers. Muscles lose all modern wars.

Take for example this very typical every day robbery story. The reason robberies happen is 1. every ☺puppy IQ guy☺ (unfortunate brainwashed by the evil violent media, music, radio, TV, violent quotes promoting officials (who swear on violent texts) and clergy, decentralized violent

teacher tone schools) has a gun 2. unemployment *ought to be 0* by creating the 11 companies where unemployment doesn't exist, some sit and do nothing while others collapse at 35 due to working 83 hours a week, and die 2 days later. The current system promotes violent crime by its very nature. When unemployed, what will they do? Rob of course, it is so easy, because *3. there is no death penalty or lifetime labor for a robbery*, only some small fine or 2 week in jail etc. Only people with the highest immortality credit score, meaning 5% of population, ought to be allowed to own guns. Hunting ought to be illegal, left to the wildlife management employees.

We have deadlines, so we need to achieve 1 billion times lower violent crime within 3 to 20 years, we can't just be ultra ultra soft, or the entire planet my explode and kill everyone, 8 billion in 10 seconds. Thus, logically, it's better for 1 million to die via death penalty, and *20 million to be in lifetime labor cities*, than to have 8 billion be killed by a quantum weapon. We *either are serious about ending violent crime, wars or are not*. This is not even about violent crime, but about the end of the human species. The entire planet may only need to kill 10, if reeducation via nice videos is implemented well to transform all, but we can't tell them we will limit to 10, as that removes the deterrent of the death penalty. We need to clarify, we're open to kill 2 million thugs, traffickers, drug dealers, rapists and killers *(who shorten the human lifespan as much as 2 million dead times 5 at least, only distributed over a large number of 4 billion people whose lives are impacted by violent crime)* on Earth within 4 years to bring order like never before: *1 billion times less violent crime*. Each year 60 million people die, and even 100000 death penalties (a theoretical number) is negligible, if it prevents the equivalent of 1000 times more deaths in the long run. *Each gangster distributing tobacco in the future kills about 100 people, so if we kill one distributor, we save 99 lives*. Smarter yet is to not kill him, but use him for some construction project, roads, infrastructure for the rest of his life. We will see what skills he has and what he can do for the country in the labor camps. We either are serious about World Peace that lasts, which only is possible with 0 violent crime, or we're just clowns talking about Peace. The criminals who commit the most heinous crimes repeatedly, via gangs and various things shorten the humanity lifespan by more than 300 million lifespan years, so killing 1 million horrific thugs would decrease humankind lifespan years by only 50 million lifespan years. All kids are educated since birth with the eterni tone, 0 crime scenes, etc, fairness, so there is no crime. Adults however, didn't receive this education from 0 to 20, so it's harder for them to learn it from 2 years of part-time TV-radio-main websites lessons every 10 minutes. However, once the 20 million caught doing violent crimes are in special reeducation cities, the violent crime will cease, we save 300 billion lifespan years next 1000 years by doing this. Thus, *it's better to lose 50 million lifespan years to gain 300-800 billion if population grows*.

The death penalty would only be used for those who try to kill others or seriously harm them via heavy slaps, 10 slaps or 10 punches, not for a gentle slap within the healing city, of course. A

gentle slap simply puts them in a restricted area with the worst criminals, to enjoy living with the worst criminals on Earth until death in the labor camp, as we won't want to kill 50 million people if 50 million love to slap and do stuff until they die. They can work and do stuff in factories. The super ultra softness means that we can't cure the planet of the violence disease, only manage the disease. For example the city of rapists has all those who're rapists in the area only, working on projects as part of lifetime labor, such as highway building, etc under the supervision of armed guards with right to kill if anyone attacks anyone, to prevent any decent person from being killed at the hands of a psycho. What violent crimes may receive death penalty is yet to be decided, depending on how fast crime descends and how useful the labor of these violent criminals can be. Some criminals are so bad and screwed up, they can't even do basic jobs, they're only good at violence and killing, and they deserve instant death, but such cases are very rare, usually anyone is able to learn something and change their criminal ways learned from age 1 from their gang family. The police can determine in each case if a person is good to do any labor, by giving them a probation period while they heal and listen to ethics classes over 5 weeks. No society ought to waste huge resources to keep a thug alive so he can do nothing for society except sit in a cell. Everyone needs to give back to society in some fashion, these "lifetime jail" sentences are just a recipe for disaster, as the guys just start a new gang.

Any ethical human on this planet would agree with immortalists that in the context of this planet risking complete extinction of all humans in 10 seconds via new weapons, any sport and act of violence, of kicking balls and smashing balls against the floor as in many sports, while others are homeless or live in terrible conditions, overcrowded and in jails, is *selfish and criminal*, an act of *violence against the small, medium and large balls*☺☺☺ that conditions the person to be violent, to be indifferent to the horrible fate of scapegoated humans who're homeless or in jail due to the system of 0 education for the poor. So, we may need to create a broader definition of violent crime, in order to create a truly civilized world of gentle tender soft nurturing grace. *Is it not a big violent crime to waste 200 acres on a golf course, violently kicking balls, while the hope of the nation, 2 million youth, live in 200 acres*? Of course it is. *Let's not have the working youth support the parasite senior aristocrat who does nothing all day except play golf*. Such depravity can't be unanswered, we can't have a system of retirement at 65, when many people live 25 years longer at least now, not just 10 as before, *living at the expense of the super crowded or even homeless youth, while sucking the nation of resources, watching violent sports on TV, being loud, waking the 55 hours a week job youth up from sleep with their super loud TVs due to a laziness beyond compare (headphones too hard to use), a lack of concern for others never seen before, creating traffic jams and giving nothing back to the nation* after age 65. Look at the heroic college professors, who work 20 hours a week, at the college, even at 104 and compare that with the fat aristocrat who plays golf and watches violent basketball or soccer

on TV. We need to take our country back, to end these selfish sports facilities, excessive zoos, pet stores, per hospitals, casinos, vape stores, tobacco stores, liquor stores, nail/hair styling and jewelry stores, brothels, strip clubs, build the healing cities where those who commit violent crimes can live, and end all jails. People first, pets later. Let's practice true ethics. How many gambling facilities, drugs and smoking devices do we need to care about those scapegoated in jails? Don't you have any compassion for those in jail society uses to scapegoat the crimes of the masses that precipitated those incidents? Where is that compassion? Perhaps, sports players have never read one of the typical 1 million articles online about how prisons are run and what goes on there and what huge reforms are needed: death penalty to *any prison distributor of tobacco, drugs, phones to establish gangs*, etc. We either educate people in jails or new sealed healing centers with factories on site *(much safer to prevent escapes and huge transportation costs via buses for everyone 50 miles to a construction site, so maybe build a 3d house printer to do houses or some on site housing (tiny houses on wheels) near a huge infrastructure project sealed from the rest, for road work or dams, etc)* or etc about ethics and Immortality *for* All, or not. What's the purpose of jail, if they do as much bad or more than before being in jail? How can we allow such crap, then complain "crime exists"? Stop playing sports, help immortalists replace jails with healing centers, prove you care about these people scapegoated so you get no fine, no jail yourself for contributing to these acts done by them, since all contribute to every crime. Every low IQ person on TV who is yelling contributes. They never get jailed, not even fined $50000. How unfair. Well, let's be fair, if we want to live to 130, the retirement age will be raised to 110. Gradually of course. The youth can't work 3 jobs, have kids, in order to support seniors teaching Bible crap or golf or, worse yet, teaching their 50 year old sons how to torture the youth who doesn't listen to their claims of fake miracles, that they teach fully knowing miracles are fake, only to deceive/enslave the youth. Anyone can create a better scripture than Bible see 1 of 1 trillion possibilities, the Immortalist Anthem.

Any illegal drug distribution outside of healing centers, sealed healing cities (that replace prisons, since no mail can be received by lifetime labor 'inmates') would mean DEATH PENALTY if the drug transported exceed the lethal dose for 1 single person. This is 100000 times more stringent than today. This means anyone caught with 2 mg fentanyl would be dead. All the rest, who traffic less than lethal dose, get lifetime labor. Let there be clarity: shooting someone dead is often punished with death penalty, so transport of lethal dose of any drug is not much different, since someone could use it and die. A person today usually transports far above that, causing 10-200000 deaths equivalent and 500 to 10 million lifespan years lost, so they deserve death penalty 10 times, since if not killed, they will distribute a lot more and do the equivalent of more than 10 murders, plus ripple effects over next 500 years mean 1000 dead. Thus, math logic dictates that we need to kill 1 person to save 10-1000 killed. This will be explained, by the

hottest nicest tone ladies and men in their 20s, on the Eternia Flag very colorful background, on TV-radio (ALL STATIONS, give 3 weeks off 1st year to all citizens to take online classes on ethics at ethics.gov) hourly for 1.5 years over 20-30 minutes out of each hour ("5 months left, deaddict now, learn bliss by breathing now"), and displayed near the news host on the right, to clarify, in beautiful colorful letters as each penalty is presented, in the kindest tone, before it is implemented, *so all know how drugs kill millions, so that we prevent these deaths and they get only 'lifetime labor in a healing city' if caught with less than lethal dose of weed or any drug.* This is implemented at the same time we establish UNIVERSAL JOBS FOR ALL, VIA THE 11 COMPANIES. This way, they get some income, to replace illegsl drug, alcohol, tobacco sales. All unemployment is *banned* forever. No more time to sell *alcohol, tobacco, vapes, drugs illegally, beat wives, kids, get drunk.* This way the amount of executions will be 100000 times lower. All nations who ship drugs to our countries are also sponsors of genocide, with which all trade stops (no more imported containers to hide drugs and ship poison to us) and declaring war against our nation, NATO and EU. Military action against *coca, opium, etc growing nations ought to be the number 1 priority if peaceful negotiations to end cartels don't work*. If any drugs found in our country coming via third country, and they don't stop it, we have a legitimate reason for burning all fields (limited airstrikes), *all labs (flatten entire villages or neighborhoods known as cartel areas, if we can't find them fast, use loud speakers, leaflets to tell all civilians to get out of a village)* even without the country allowing us to do it. The said countries can't do anything about it anyway, if NATO attacks, except cheer in secret while they appear to be "*against it in public ways to avoid drug cartel retaliation once NATO ends the 3 to 20 day strike series*". Colombia can't make money by genocide. Women soliciting as they do in Australia on the main website seen by 20 million, as they encourage prostitution, who offered their services to more than 2 men, would get lifetime labor and those who had sex illegally 2 times (men) with a prostitute would be sent to lifetime labor too. Bitches like these sluts on Australia's main website for news would not exist. Solicitation in any shape or form, secret chat online somewhere etc, would be the same lifetime labor in all USA-EU-Australia-Canada by the G20 agreement to end all such depravity. These vampiric parasitic bitches from hell need a real job, even if tomato picking using robots.☺☺☺ We thus bring the era of kindness, of the benefits of happy breathing, good sleep, meditation, smiling, and of sex for pro-creation only. *This is the evolution of the human race from animals to* Immortals. To be fair to all whores, drug addicts and thugs, for 2 years TV-radio-internet would broadcast "*HOW TO BE HAPPY WITHOUT TOBACCO, DRUGS SEX, ALCOHOL, VAPING*" programs on happy breathing, good sleep, healthy diet. This gives all time to practice and end their addiction, so we send to "lifetime healing centers" 100000 times less, only the most stubborn, 0 IQ types who simply can't *get it, have no mercy or compassion*. Surely, with 11 companies and everyone having a job, there is no need for brothels and pimps. Let's kindly gently clarify: *humans don't punch and attack others, whether in boxing or martial arts or anger.*

Only animals do that. Thus, any parent, teacher, rabbi, priest, etc caught slapping or spanking a child gets *death penalty (lifetime labor if really good skills for labor camp) and* anyone caught raping, punching or seriously attacking a human is guilty of potential murder by heart attack and deserves nothing else but the death penalty itself. *Such savage brutes have not right to exist*. Acts of violence shown on TV lead to thousands of such acts again and are illegal to show, those who love violence won't exist. For too long demonic violence has been deified thanks to the demonic Bible, etc. *Therefore, all martial arts teaching facilities will be banned globally. Humans will evolve past hits*. Presidents won't play judo, like Putin. Just as cannibalism was common place one time, and it's no longer allowed today, violence and hooligan sports and "martial arts", even body building, won't be anymore and be seen as cannibalism is seen today: pure evil. "Martial arts" here refers to Karate or kicking others etc, not to gentle tai chi or qi gong energy flow that attacks none. The so called "boxing loving" "spiritual" Christian chimps will finally evolve to the immortalist human stage of a new vibe: Gentle Tender Soft *Nurturing Universal* Kind Healing Graceful Compassion and Immortality *for* All☺☺ as in ~*~Eternal Universal Peace~*~. We let that *Gentle* Tranquil Serenity Eternal Shine Forever, allow all to experience the infinite nirvana or bliss of the immortalist greeting of Universal Immortality. ☺☺☺☺☺☺☺

We need to make the slightest punch towards any body area be perceived as evil as murder is perceived today, in order to evolve past violence. We need to ban not only guns (after we kill all animals that people may need guns to defend against, due to ☺filif IQ folks☺ wanting to conserve genocidal carnivores who shed blood daily: carnivores have no right to exist, because they kill 1000 times more animals if left to live than us killing them once), but also ban swords (only insane people buy swords, like this psycho who killed a guy), ban big/sharp knives (small knives only allowed for safety and to discourage meat consumption) and later ban all knives, as all foods are eterni powders dissolved in water, helping us live to 9000 and nobody needs kitchens anymore. Nobody can even purchase a gun during the transition period of "all carnivores attacking humans not yet dead" without having an extremely high Immortality Credit Score (3% of people max, mostly cops, spies, soldiers, etc). All swords are illegal to produce as well anything dangerous, like knives that are sharp (only professional chefs in a restaurant ought to have those and the rest removed from all stores, except the ultra blunt small knives that make a homicide 900 times harder to do and will sharply reduce homicides, attacks). We ban all cooking shows that show men cutting mammals, animals, meat as that makes it easier for the brain to view 'hated people as animals to be cut'. This desensitization to the use of big sharp knives to cut a lot of animal meat plays a key role in homicides. We need to declare state of emergency, shut down 20 million companies, create 11 and then we got 40 million new jobs to create eterni foods within 25 years and in the transition period all cooking on TV shows no knives, no meat, only vegan stuff with the smallest least blunt knives or hand prep, break carrot

in two, place it in the steamer of the pressure cooker or food processor to make smoothie, etc. Eterni Foods are powders that you dissolve in water, and drink within 1 minute, as a thick gel. No more mastication, no more forks, no more knives sold anywhere, no more brain resources wasted with mastication, big teeth, etc, more resources to build eterni tone neocortex (domesticated foxes, flooded with human love and more eterni like energy vs wild life, develop 200+ genes and vocalizations within 5 decades and double their lifespan as voice changes *from* animalistic cannibal chimp *tones of "much modern macho masculine violent music" to the gentler more feminine* refined immortalist *human tone, as eterni humans develop new tones and speech, language and emotional* intelligence *centers, 100s of new genes appear in the brain like with foxes, as the* Immortals, invisible, from the present or future*, domesticate our brutish nature, just as* ethics.gov AI immortals educate *and heal the genes of criminals to make them way nicer and upgrade their violent genes via mere music and video watching),* a new human emerges, *bigger* brain, smaller jaw, smaller mouth, tiny teeth *over time as all is a gel and we evolve* towards bigger eyes*, smaller mouths*. Powders retain nutrients 500 times better, rot and grow bacteria 500 times less. This is another way to prevent violent crime, which often use these as 'threat devices'. Lifetime labor for teens who punch others is needed, death if done again, after the mandatory 500 hour reeducation course, 10 hrs/day, in a restricted area away from "home" within the healing center where lifetime labor is served. ☺☺☺☺☺☺☺

Girls were 14% of people involved in brawls 2 decades prior, but as the Zion Elders and others promoted brawls on the internet videos, and TV news, the % moved to 46% of brawls, almost reaching the 54% of boys. This is a hybrid war on gentiles, to create violence against kids by the future moms, violence within the family, etc. Let all the teens know death penalty for any brawl will soon be the law of the land, as well as lifetime labor for anyone posting brawl videos on social media or any website. Isn't it time to change laws on videos and scenes shown on TV-Internet? Brawls are complex events of punches and pushing, shoving, which could cause heart attack and permanent brain damage and deserve nothing but death penalty. All teens caught doing it more than once deserve death. However, we need a vast change in education, Zionist media, before such tough penalties are implemented, as well as $50 million fines for anyone posting violent movies online that instigate people to violence. If one can't pay, then lifetime labor will be the result. Once the period of education is over, nobody can post violent movies on youtube or anywhere, but they can report a recorded phone video to police who will take action if the 500 trillion cameras didn't catch it yet, and receive a 10000$ reward from the police for taking video of a violent crime and being a good fighter against violence. Any violent content in movies, songs, chat rooms, etc TV-radio needs to be removed first before any such law will become official. Everyone needs to attend the special ethics classes of 200 hours on the new ethics of Universal Immortality *for* All, and of tone of speech, so that everyone is on the same

page. As mentioned above, *the* death penalty *for 2 brawls or punch instances for teens and* death for adult violent crimes*, need to be explained to all at least* 17000 *times over 2 years on all TV stations worldwide*, so all know we can't be animals anymore. We can't devolve into animals or humans will all disappear in 10 seconds. *A civilization where 1 brawl occurs in 8 billion folks is not human, but* one of brutes or animals. *Just as we kill tigers because they kill people, we simply kill the* animals *among us, who do what is one step from the anger that kills people and used deadly devices to express that brawl anger. It's unbelievable how people react when a brawl happens, how much the* Zionist media *normalizes it, showing it daily on TV, until every girl does it. Let's get our countries back* from these savages who have taken over the entire planet with their ultra violent Bible values. We're not chimps and we can't allow hooligan chimps to turn humans into chimps. Wars start with brawls, if brawls are OK, then so will horrific wars be OK, which are just one step further. Instead of using the internet, media to bring Eternal World Peace some use it to bring the end of humanity.

All negative words, negative emotions, negative actions in history, have to be gradually, over 10 *years, be removed* from the 1st grade to PhD, as violent crime decreases, in order to remove the genetic memory of violence, genocide, anger, rage, despair, pessimism from all to create heaven. Words like "punch", "rape", "anything for any violent crime" need to disappear, from all literature, Internet, etc, not just as images or movies online or TV. This is done easily once World Peace arrives and all nations *agree to remove genetic memory of humans attacking humans*. The *almighty cosmic infinite energy* of Eternal Infinite Life will aid the Immortalist Youth in bringing this amazing & beautiful ☺☺☺ World of Immortals. For example: instead of describing the horrific atrocities of the French revolution, they would say "people had attempted to make society more fair, with more equal pay for equal work, instead of the rich trying to make 50000 times more than the rest by doing same 40 hours of work a week. People realized that to live to a trillion years old, in their soul, it was important to help all live longer first so all become genius inventors and bring 1 billion times more technologies that would be absent if everyone was merely a slave of some low IQ guy who buys material objects to satisfy his 2nd grade desire for storing useless objects in his palace". End of story. We don't need to get graphic or mention beheadings, but summarize the important points and use 90% of history classes to talk about the history of the trillion year old Immortals, our descendants, who actually, tell us how they got there and how we will get there". Remove all violent behavior from past history, don't focus on it, just as you when you date a girl, you don't start telling her all that's wrong with her, when we date our ancestors, we don't start focus on on their insanity, but on the good intentions they had to free us all from bloodshed, short lives and subjugation by a few criminal bankers and aristocrats. This is a change, from death and negativity for the enslaved worker and gentile, to freedom for all and hope for all. History would be presented only in its nonviolent aspects,

evolution of discoveries to help all live longer, cure disease, etc, no mention of any of the cruel things will be made, to prevent anyone from forming hate or despair about the nature of humans. Only those who attend an academy for police or planetary defense against bad aliens would get to learn some of the graphic events that are so well described in this book, so as to raise the general vibe, emotional content and intent quality of everyone. *Each year curricula are changed for all grades to remove the slightest hint that humans are violent* (since presenting atrocities in every history class is only *reinforcing violent genetic memory and making us chimps*), until all texts are like 'Immortalist Anthem' (which has no negative words) and nobody uses any negative words, swearing, cursing or any of the "charged words" in this book used to make a point to help us evolve past chimpism by implementing the most sweeping changes to education, media, TV-literature in the history of humanity, by a factor of 1 *billion* fold: entire genres and everything made illegal. To have peace, we need lower violent crime 1 *billion* fold. No more torture, atrocities and crime in books, no more dishonest characters (so nobody lies in 200 years, nobody steals, all are honest). Remove any knowledge of evil, any knowledge of human-human violence having ever occurred, so that all live in the mindset of Infinite Kindness towards all. Forgive and forget, MOVE ON. Don't stagnate into 1940 forever. Ethics classes weekly and only the most eterni prerecorded lectures are approved for all disciplines, no teacher can use his voice much if students don't attend lecture from home via immortality.edu (the universal education for the whole planet), except in labs, and always very eterni.

People learn from TONE 10000 times more than from the "30 min weekly church or ethics class" whose effect is canceled 100 fold by the extreme brawl, shouts, tone, violent scenes on media, TV, war news daily. Such "education" as kids receive today is simply a waste of time, a mockery of education. To educate, we need to tell all musicians, STOP, look at the JUNK you create, now is the time of real global change, when all TV has to have eterni tone to prevent the 10 second end of humans. If kids never see, read about violence, it will die down as genetic memory is slowly being removed and we're no longer evil chimps. Why do chimps, dogs, tigers suddenly kill their owners? Because they're animals with a strong genetic memory of doing it. The more you hang around dogs (watch the cruelty), the more their genetic memory goes to you, making you evil. Therefore, the pet and dog breed you get can destroy your very soul. That is why immortalists support 1 million dollar yearly fees for dogs that are too brutal to be near us, too brutal to exist. As violent crime diminishes, all big dogs that can bite would be illegal, as they only pollute the human DNA due to similarities to humans. Shih Tzu dogs would be OK. We need to clearly mention all adults need call 111 if there is any issue with the kids and not resort to corporal punishment. For serious beatings, deified in the demonic Bible/Torah (kids, workers, sex slaves) or evil Quran (sex slaves, mutilated infidels, kids, wives) by atheist or religious parents, death penalty needs to be reinstated. *No teacher or parent has the right to punch a*

student or kid, it's a death penalty and all need to know it. The eternal abuse and teaching of genocide by violent adults needs to stop now. Any student who attacks a teacher or anyone severely ought to receive death penalty. Gone will be the days when ☺hyena IQ folks☺ can publish a demonic Bible/Torah that tells parents to beat kids with rods or a demonic Quran telling people they can beat wives. Such filth is good as toilet paper, not as a scripture.☺☺ Police will offer via *ethics.gov* free video cameras, with LiFi, for no RF pollution, to record events in the place/home that is used by a someone to attack and then use video to avoid any trial or wasting eons in courts, to simply execute the offender. 1 slap = death penalty. 1 slap = lifetime labor away from society (for the more skilled people who could do something useful, no contact with the kid that was slapped) forever. Let no parents doubt that one slap will make them never ever see their family again, *for this alone will remove this slapping habit or curse ultra fast*. Hitler, Stalin, Mao were beaten a lot and then they revenged by killing 200 million. SLAPPING IS GENOCIDE.☺☺☺ Slapping is too common. Same for rabbis who slap a lot and teachers, let kindness rule, not demonic violence, let kind tone and good eterni videos from ethics.gov explain to kid an issue or call to 111 (line for yelling and mean or unruly kid/parent who does dangerous things not listening to suggestions), but not slaps, and definitely not beatings deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives). In this system, the single parent who is left to care for kids due the other being taken away or killed, is quickly paid extra income if needed, and allowed to browse for singles and offered 2000 free dates of people interested, to replace the murderous parent or teacher, who taught genocide by his demonic living example. This way, we eliminate currently *vastly* unreported violent criminals fast, by paying the victim parent or witnessing parent, to call 111, install camera, use the video to cause the removal or execution (if severe beating) of the thug parent. All decent parents need to unite with the immortalist government and wipe out violence *from the face of this planet forever*. Likewise, a kid who is executed for almost killing another kid, is quickly replaced with someone from an orphanage if the parents want one. It's to be noted that the education would emphasize kindness, soft tender grace, empathy, compassion and gentleness so much, that nobody, except a mentally ill, 1 in a billion kids, would ever do such evil attacks, due to a genetic memory from ancestors that was not wiped out by good education. We need to be kindly aware that spies can control kid or adult brains with gadgets, so we need to stop imports of electronic devices, cars, computers and the like to be free from it all.

To be clear, currently the aristocratic mafia running many nations use military-spies-police to do millions of extrajudicial killings thru the aristocratic genocides described well in the 11 companies section. The way it works is simple and way beyond intentional genocides by bad products: they stage events that lead to people's death, suddenly or slowly, in 100s of ways, even stuff like 'giving idea to a guy to steal a phone and then run away fast, as a bus is calculated

to hit him (bus driver is remotely controlled, he has no clue). This is a classic form of mind control to kill or injure, it can happen even while doing normal activities, without even a theft, the victim rushes to get some place and gets hit by the CIA team. The moral of the story may be, "look before you cross a street, don't punch like rabbis or don't slap like rabbis, don't strangulate, lock jaws and slap babies like a French Catholic priest, don't hit and slap adult women like this Latino Catholic priest, or like this teen (who never got lifetime labor like any slapping or punching teen ought to) slaps a kid, or like this guy who punches his bishop, ☺☺☺ because CIA-FBI-cops-MI6 may slap you lethally with a bus, everyone please behave, these are not the 500 BC Bible times". Even thieves today can get in big and hilarious trouble, since in 2020s, home entrance cameras are 900000 times more common than decades ago. You see every day police abusing people when they get angry or provoked by rude people, so it's best to not play God and punch/slap people because cops can get very mad and finish you off, literally killing you due to firing when not supposed to: remember, cops are not perfect people. We don't live in some paradise where nobody engages in violence, at least not in 2024. Cops are human, sometimes poorly trained due to the system of decentralized aristocratic terror, and everyone needs to understand civility. Kids and people are not punching or slapping bags. *They got 5 trillion hidden cameras anyway and know 1 trillion times more than they let the public know*. Thieves beware, they know a lot more about who is violent and thieving than they say. So, they already use the death penalty extensively on a huge scale, most people have no clue about, like daily torture described over 80 pages. Plus, we get endless cases of police needless shootings, due to decentralized training (need one national police department). Behind phony talk of "abolishing (or doing only 1 execution a year, etc or we abolished the death penalty (other countries so pretending)" lies the most cunning hypocritical system of genocide and extrajudicial killing by torture (in people's homes, not even talking about prison abuse aristocrats do). However, when other countries use the same death penalty to destroy CIA, MI6 or other agency created gangs in their country, it is not democratic and it's "extrajudicial killings". Once people realize how these scammers use the justice system to oppress the workers (who die due to car smog and coal gas oil smog and other forms of RF, EMF, acoustic, behavioral, etc smog generated by aristocratic companies), it becomes more evident that they kill as they see fit, just like during the middle ages. Then, *you realize that the laws don't have any meaning actually, or even if they say we have or we don't have death penalty, because what can happen in practice is entirely different: no killings (even when death penalty given, they just build roads or do something in a 'lifetime healing center 40 h a week job') or 2 million more killings than reported*. The death penalty in immortalist society is more of a symbol, the whole point is to never use it, but if people don't want to work and do more manual jobs that pose no security risk, *then they can always opt for euthanasia to feel happiest.* However, with the education about happy meditative bliss, they will choose life usually. It depends on the laziness and mindset of the

offender. The death penalty in immortalist societies is mostly to educate people that a slap leads to genocide, and it may even be symbolic, with secret lifetime labor (on secret state projects or locations to not let enemy know how it is done), since nobody will be allowed access to the cremated ashes to create ambiguity if they're in a healing center working for World Peace or killed, to avoid giving the enemy too much info. However, the *death penalty* system mentioned in the previous 10 pages can be done only after we have more equal access to gentle tender soft tone education and the amazing basic human rights of shelter and decent food via the 11 companies, after the 2 years of hourly TV reminders (17500 times) of the new penalties. This way we remove all reasons for people to be violent against genocidal aristocrats who're violent covertly thru the system they setup to kill everyone slowly, except their fellow aristocrats: tired angry sleep deprived workers get more violent easily, as aristocrats push violence on TV to slaughter workers by the billions. So, we will take care of those bastards first, not by killing them, but simply restoring fairness and undoing the huge thefts done, since most were brainwashed by birth into aristocracy to be evil, not of their choice. So, don't worry, we don't mean that immediately, in 2 years of hourly reminder of the new penalties, they will introduce the real or fake (hidden lifetime labor) death penalty for the angry sleep deprived workers, we need to deal first with the biggest criminals who never get jailed or killed, who control all media, banks, etc. We give all thus, about 4 years, to reeducate themselves as 33 million companies become 11 companies (in 2-4 years) and in the transition 4 year period we gradually increase fines 5, 10, then 100 times, community service 10, 100, 1000 times, education ethics classes in eterni tone 5, 10 or 500 hours, and finally, when all incomes are very similar, we introduce the death penalties for violence to remove the last traces of violent crime and, if still happening, war. The whole point being that when all are happy, have similar incomes, all feel loved, none will attack anyone and thus none will die of death penalty, as all will get it: the immortalist government and all love you. No boxing of any bag is allowed to be shown in any medium, TV or online, the world is all sages. No violent kicking of any ball is allowed, as in most sports, no shoving of any human as in many sports today. Every action on TV-radio is selfless, HUMANS HELPING OTHERS TO LIVE HAPPIER, LONGER LIVES. To prevent the overuse of death penalty, they work to prevent it harder each time death penalty is given, 1000 other related people are fined, enrolled in education classes in empathy for failing to prevent such violent punching or brawl and the government will make national education vast changes to worldwide 'attacks' content, tone in online science classes to remove traces of vocal violence, anxiety, meanness (MRI scans of speaker), to quickly remove traces of selfishness in books, textbooks, websites, news, to vastly improve compassion, empathy content, so that all will have better role models and never attack anyone. Anyone on TV looks healthy, has nicest kindest tone and a good role model. The use of government funds to see sex workers is an absolute travesty, we want people to evolve to the state of eternal bliss and beautiful genderless shimmering shapeshifting

Immortals who have kids by materialization, without ever needing to ever have sex, to have kids or be happy. Sex work would be banned worldwide of course. We don't want devolution into animals. In a transition period to being Immortals, sex for procreation only makes sense.

Faced with an epidemic of crime and hooliganism, chimp tone and Hitler tone on TV-radio, violent slaps and beatings deified in the evil Bible/Torah (kids, workers, sex slaves) or evil Quran (sex slaves, mutilated infidels, kids, wives), punching and car rage, etc, all 200 nations need to consider meeting at the UN and creating the Universal Gentle Tone-Meditative Bliss Treaty for the Elimination of Alcohol-Tobacco-Weed-Drugs-Slaps-Spanking-Violent Crimes. This Treaty would use all TV-radio stations for half hour out of each hour of 24 hours daily, i.e. 12 hours/day, to teach ethics of *gentle tender soft nurturing loving honest compassionate healing kindness*, of the quiet cities new guidelines and astronomical fines for loud dogs, Immortalist Anthem and how to be happy by meditative relaxation, good regular sleep, eterni music and/or conscious breathing. This would run for 2 years and thousands of deaddiction makeshift clinics would be established in every neighborhood to help people get off alcohol, tobacco, vape products and drugs. After this 2 year period, the first stage of implementation begins, with education running only 5 hours daily, every hour about 13 minutes, and the makeshift clinics continue their work while penalties for slaps, distribution of alcohol-drugs-weed-tobacco increase to $1 million *(twice the average price of a single family house in that nation)* for average incomes and 500 million for 500 times the average income, income determines the fine, if income is twice average, then 2 million. This gives leftover addicts 2 years to deaddict, as fines are astronomical and *houses are sold to pay the fine, salaries have 50% taken to pay the fine* every paycheck and people given a cheap rental in a healing City of Altruism Virtue Building and Tone Education. After this 2 year implementation, if there is still anyone doing this, the next phase is 2 hour daily education every hour 5 min, and *the penalty moves to lifetime labor*. *If after 2 years of lifetime labor as penalty global implementation,* so 6 years total of heavy reductions in such crimes, free clinics, etc and endless education of the impending 10 second end of humanity if violence doesn't stop, thru nonstop TV education, still a lot happens, the next phase comes in to eliminate the last gangs and thugs on Earth: after 6 years of heavy education, the TV will explain via another 2 hours, 5 minutes each hour reminders of ethics, that the *death penalty comes in for all who distribute alcohol, tobacco-drugs-weed and who slap or punch anyone*, even if their kid or spouse, as long as it's not in self defense. *This is run for however long it take to bring violent crime to 0 incidents of covert or overt violence, from about 100 billion today*, most unreported and much of it also done by criminal government via secret police, secret gadgets, secret prisons inside people's homes, etc. No World Peace is possible with such level of violent crime or such tone on TV, such violent scriptures and hooligan clergy as shown 2 pages prior in the slap and hit videos by rabbis, priests. Another step is the elimination of all

wars and covert torture by governments: if any country attacks, once again, the 4 steps begin: education (centralization of all education across nations, ideally having only 1-5 languages worldwide when possible to convince peacefully others to switch, for the highest quality tones and access to highest quality education instead of local trash in a language with 1 million times fewer science papers), fines, tariffs and no trade at all, then the quantum weapon that takes out the entire leadership or if that doesn't work entire cities where military is concentrated, etc. We need to have 0 violence to give common citizens the basic human right to a peaceful life free from the fear of being attacked by thugs or foreign bombers trying to steal stuff in their country, or people using electronic gadgets to kill others slowly, torture them from continents away by remotely turning on various hidden torture devices in everyday objects they "generously export" to victim country in order to destroy and terrorize every citizen inside. If nothing works with diplomacy and denials of genocide by torture gadgets continue, taking out a whole gigantic country or continent for gangs of countries teaming up to terrorize, remains an option if citizens refuse to overthrow the evil *government and the thug 'professionals' they use to produce such devices*. This is because it's better for 1 million to die than all 8 billion, and wars not ending means 900 quadrillion will die in future star wars, we simply prefer 800 million dead than 1 trillion times that number. Immortality *for* All means just that, an era dawns when violence is 0 and every human born has the right to 0 violence, to living forever and not being killed in wars or torture. No torture can be allowed in any country for any reason. The quantum scanner scans all nations and those who don't comply will be wiped out in 1 hour or 20 seconds after a gentle warning. This means that finally, if nothing can be done, the capsule method may be used, to preserve the human race and give it a chance to develop and flourish, if the hooligan nations devise new ways to torture and be violent covertly and force the use of scan and wipe too often, by hiding in all nations and waging holy war against the human quantum field. After all, they will have 50 years to prepare and build the capsules for 500 million even. Brutes and thugs who violently attack others covertly or overtly have no right to exist, nor the right to terrorize and damage the quantum field for trillions of years. The violence has got to stop, the demonic music has got to stop broadcasting and destroying entire solar systems of the future. If people are not allowed to live in Peace by the war starting nations, the rest of the world has to end the terror. And they have to end terror ultra fast, before all humans die in 10 seconds in 2100 or sooner.

Sports commentators terrorize the youth, *incite the youth to* infernal *violent tones, to violent crimes*, to apathy and selfishness of criminal proportions, while the nation is collapsing.☺☺☺ *All sports commentators deserve lifetime labor for past crimes*, in the cities they will co-build with the Immortalist Youth, who're kinder and do it out of their own free will. Sports commentators have caused endless divorces, fights, slapping, hits by dads and moms, as they emulated the hooligan tone of such 'TV people' and their energy of quarrel and shouting. They have caused

half a million injuries in construction workers, that were pushed to the limits by a criminal system of "gorillas shout on TV and incite kids to kicking balls, while others work 50 hours lifting things and breaking their legs, backs, etc". This caused many to lose lifespan years, decrease productivity, drain the national longevity building healthcare resources, drain medical resources, shorten lifespan of 10 million others, etc. The aristocrat pigs own these "sports teams from hell", that make youth and adults to waste billions of hours kicking balls, instead of gently building safely decent single family homes for all, without any injury for all. There must be a balance, we need to help the builders, solar panels installers, etc, not shout like Hitler on TV. Perhaps, the united Immortalist Youth can vote for the Immortalist Party and finally Ban these filif fruit fly IQ ☺☺☺ sports from TV and instead show amazing & beautiful acts of volunteering that bring the end of jails in 8 years, the transformation of all bad cities. We all can *tenderly gently kindly*☺ choose to have some spirituality, move gracefully to alleviate the suffering of fellow humans, to have ethics not the Bible crap ☺☺☺that causes the depraved Vatican to allow 'demonic' basketball and soccer in every Catholic school, while fellow kids are beaten to death by parents who escaped a sick jail due to a criminal justice system that doesn't treat any cause, only puts a bandage on symptoms and fixes nothing. Nobody becomes better by going to jail, as the UK Starmer prime minister thought probably too, they need healing centers for all, all those guilty of sports watching need *to gently get off their comfy couch and walk spirituality, to nurturingly stop watching those football games*. Why call Vatican 'depraved'? They don't have any honesty, they teach pure lies without any evidence, teach intellectual dishonesty and rituals, instead of kindness, dependence instead of direct link, beatings are deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), tell kids the horrific rape, genocide, beatings, slavery 1400 Bible quotes are the 'Word of God'. They also lie to people Jesus turned water into wine, promote wine drinking, when we know wine, beer, etc shorten your lifespan. Vatican promotes alcohol use, which kills 3 million a year, in a blatant attack on humanity. Why use wine for Eucharist ritual? The immortalists will require most of the free space, after 5-12 hours daily is ethics, new lifetime labor/death penalty rules, quiet cities rules and huge fines for loud dogs and meditative bliss to prevent addiction to "alcohol, smoking, drugs" to be dedicated to science, technology of immortality, of living to 200, later 800 trillion years. Today we got these filif "hen IQ" TV sports "experts" who destroy USA, keep all in the range of pig IQ, don't allow the youth to focus on more productive, kind activities to learn science, safe cooking methods, things that help people to live longer by 30000 years not 3.

Sex trafficking is 1000 rapes per girl at least, so it ought to be death penalty globally. These animals have no right to life, because of very scientific reasons: they enslave many girls, who, due to forced drug, alcohol intake and sex overwork, age fast and live 10 years shorter at least. With 5 girls, we have 50 lifespan years lost, equivalent of murdering a 30 year old. Death penalty

10 times for traffic of 50 girls then. As long as video exists of a punch, violent crime, etc or sufficient evidence, the Execution can be Shown Live on National TV at the News Hour, all 50 executions for all caught in the last few days, no deportation, instant execution. This prevents any repeat offense. Theft of a car worth 50000, means all assets sold and lifetime labor if he can't pay 450000$. *This will give plenty of signals to the people interested in sex work, drug dealing that they will meet instant death* (today the catch and release means they get a little fine 30 years later after 5000 crimes, instead of death after 3 weeks). We waste endless national resources to catch and release, to pay court clerks, to do this and that, instead of actually bringing violent crime down 1 billion fold as needed for Eternal Universal Peace. Let none go to jail for theft, simply have them pay 9000 the value stolen, take their house instantly if they can't pay, so they have to rent for a while and experience the joy of living in a tiny home generously offered by the government. Why waste so much money to keep them in jail? Let them work. This travesty is mainly due to Demon-crats for lenient sentencing and Re-pub-licans for filif IQ decentralized educational system and unfair pay, etc. Only the Immortalist Party eliminates these outdated anti-World Peace policies that terrorize the planet forever. Too many countries have ultra lenient sentences and poor decentralized educational systems that prevent the proper tone and equal pay, fair society that prevents crime and gang formation. We're not even counting the shorter life for the ☺filif rabbit IQ men☺ doing the sex, because they ruin their families and health. Yet, EU, US and UK do nothing, except encourage more rape by their policies. It's urgent to get these animals wiped out so we can have true civilization on Earth. Ban the Quran, and the Bible, the Torah too, all 3 of which encourage rape. Behold the "Kindness" of Islam. Show on TV the execution of all sex and drug traffickers. Drugs shorten lifespan of millions being the equivalent of killing 1 million children, so all narcotics dealers deserve death. All those attacking people with guns, axes (like this guy who almost severed a hand and had the victim die 4 years later) or knives deserve immediate death penalty, since such violence if left unchecked will create 100 times more similar incidents. Deportation is not even fair, death penalty alone is. Naturally, to prevent the extreme hooliganism of today, 2024, when thugs attack cops, punch cops etc for no reason other than asking a question or saying something, the experimental death penalty period, renewable yearly, would allow cops to shoot dead anyone who punches or attacks a cop, in order to deter such violent crimes from occurring in the presence or absence of cops: people who attack a cop probably beat a lot of people before and deserve a DEATH PENALTY for those unreported violent crimes against spouse, kids or friends too, not just the violent crime of attacking a cop for no reason other than some words. Cops are everyday people who risk their lives daily for a paycheck, something most people would never want to do.

Nations got limited national resources, and already, treating the worst violent criminals 10000 times nicer as in lifetime labor in a healing city where they get a tiny home and better food,

silence, nice music on headphone, than in current jails, is a huge national drain if we have to always make adjustments for repeat violence in these cities: the music, energy, kindness will be so high, the violence rate ought to be 90000 times lower than in current jails. The situation is going to be challenging until the violent crime is reduced 1 million fold, but the things will rapidly improve as the worst are taken away via the death penalty. Not having the death penalty means having no deterrent against those who abuse the kindness of the current system to inflict violence on others, knowing their only penalty would be relaxing in a cell, while the nation feeds them, houses them and they give nothing back to society. *Big wars were prevented by nuclear weapons, which are DEATH PENALTY TYPE devices, at the national (not individual electric chair) level*. Big violent crime also can be prevented by THE DEATH PENALTY, by the same mechanism. It acts as a psychological deterrence for truly sick people who only care about them being alive. Yet, the immortalists realize there are 5 trillion ways to an end, 0 violent crime, without any death penalty as a direct penalty, unless one is violent in the healing center. If they kill all who do violent crimes directly on first offense, they may need to kill 25% of population, since today violent crimes are hugely under reported. So, it's not practical when you need more labor, less immigrant labor, to just kill people like Stalin killed 20 million, as you destroy your country, like Stalin destroyed USSR. So, aided by logic, the immortalists can be more detached and objective when some present data 'showing' that "death penalty or torture or punishment instead of education" led to a drop in crime. The reason is that these drops are temporary and the violent crime rate, real, not reported, is always far higher, often 10000 times higher, as the government doesn't report its billions of violent crimes a year against the citizens it tortures, the 1000 cases of domestic abuse, recurrent in 1 family, that police ignores, etc, which adds to billions of unreported violent crimes a year. This hidden torture or ignored crime will lead later to an explosive government overthrow that leads to wars and more violent crime, so a sudden decrease in the short run, may not sustain in the long run. Once again, immortalists look at the data over 5000 years, not 5. Over 5 millennia we see nothing we tried worked, so the immortalists gently offer a hypothesis: we need to try 12 *different* things to get a *different* outcome. Immortalists protect the weak who're brainwashed by the violent gangsters to smoke, drink and do bad things, eat bad foods, etc. *When all feel loved, nobody attacks, nobody steals*. The immortalists propose addressing the cause of crime, not its *symptoms: angry scapegoats jailed by society to hide the issues and postpone fixing things*. We have failed, let us try a new way. ☺☺☺ To prevent robberies, shootings, etc all carnivore animals who attack people will be killed, so that nobody needs guns, since attacks will be 0 once death penalty for 1 punch even is given. Any robbery using a deadly weapon would also be death penalty.

In China the murder rate is 10 times lower than USA due to more death penalty, media filtering *(instead of* US Jewish Nazism 'Jewish Supremacy' of Zion Protocols *destruction of certain groups*

via violent music *and etc disguised as 'freedom of speech')* and no guns Chinese culture. Even in China, with more restrictive policies to protect the nation from being destroyed by foreign Jewish influences of 'beat kids with rods *and* beat slaves (blacks, whites, Asians, etc) *with devilish violent music etc'*, the Chinese only give murderers under 14 some minor sentence of 3 years in a 'healing center', where lifetime education, healing and 'lifetime labor in a sealed city' would be needed. The dramatic failure of China's educational system in preventing such violent crimes among youngsters is evident, they don't promote enough immortalism, universal kindness, etc. China ought to promote more Confucian virtue, Buddhist gentle universal metta (loving kindness) and Taoist qualities of meditative altruism (relax, meditate, breathe, stop trying to acquire toys, true wealth is brain health, knowledge, being well-rested or in the Tao, rest, don't excite the senses so much, give your brain good rest, good sleep), and emphasize less the ***materialistic Jewish non-Chinese Marxism***. The murderer boy's sister quarreled with the murdered girl over material objects, toys, deified in materialistic Marxism, showing an abject failure of China's phony fake communism (torturism, see the horrible housing China avoids showing on state Youtube Channels, while millions of new shiny apartments sit empty, police violence – cops steal bikes to sell them, millions homeless and tens of millions unemployed, while millionaires empty mansions sit and rot as these spies moved overseas to create spy networks) to implement centralized eterni tone and ethics education from age 1 to 25, a truly fair 'equal education and opportunity for all' society would have. The most valuable thing is not OBJECTS, but Living to a Trillion for All, Immortality *for* All, Life itself. This Immortalism has to be taught from nursery to PhD, not the materialistic violent Marxism. This ensures 0 wars. ☺☺☺

Berlin Muslim areas turn into war zones and lenient sentences for minors mean they do anything they want, dragging the court procedures, etc; the Berlin video shows why we need lifetime labor and death penalty for minors too. This level of violence comes from the failure to outlaw fireworks and as a result of failure to test immigrants at the EU level, and to give lifetime labor for many violent crimes (throwing firecrackers at buildings, etc), and death penalty for any violent crime against persons (firing at police cars, fireworks thrown at people, cop cars, ambulance (they do it in the video), which could kill the victims, the wounded in ambulance, etc). EU and all nations where such things occur need to take action and give tens of thousands of death penalties, without even deportation. Once video exists, then those guys are arrested and executed on local TV, live execution, for the clear warning to all to stop the violence. It may be the only way to solve it, if the 12 hour education on all EU TV stations (***during the state of EU emergency, where all TV stations are broadcasting the new ethics of the EU with local language and subtitles in English***) thru the EU wide State of Emergency doesn't stop all violent crime in 6-12 months. ***First month no law changes, then all are explained the lifetime labor sentence for any violent crime for any age***. These cannibal subhumans don't deserve to live, after abusing the

country that welcomes them by engaging in violent crime and pure terrorism: EU deserves Immortality *for* All, not Quranic genocides that killed up to 270 million people last 14 centuries, 90 million in India. Let's not allow fanatical violent ideologies of Bible, Quran, Torah, to destroy our continents thru their thousands of violence quotes fed to us by aristocrats for millennia as the 'Word of God', the illiterate masses who never read the Bible until the printing press appeared and translations into local languages appeared. We need to remind all angry youth and adults, leftists or fascists, what the Japanese did in WW2 (731 & Japanese eating Indian prisoners & beatings, starvation, killing & Gulag like torture or death marches) and why we can't allow violence, that later becomes quantum war that kills all humans in the solar system, in 10 sec. If immigrants want to stay in EU, they need to engage in 0 violent crime, otherwise, *Death* Penalty regardless of age. If locals want to remain alive, they too need to stop violence.

Let's finally ☺☺*lovingly tenderly gently kindly*☺☺ *free* our continents from violence by creating laws that criminalize (lifetime labor, death) slapping, spanking, beatings deified in the Bible, Torah (kids, workers, sex slaves), the Quran (sex slaves, mutilated infidels, kids, wives), any small violent act, so violent crime becomes 50 billion times lower than today, which is needed if humans are to survive. If only 7 million death penalties bring crime down after 12 hours/day on all EU or USA TV stations education for 6-12 months, then that is what will happen and needs to happen, *if humans are to survive as a species. We need to end violence on all continents immediately, ESPECIALLY in the EU, which borders Ukraine-Russia War which can turn* THERMONUCLEAR or Quantum (all humans dead) ANY TIME. This is especially true for East EU states (where perfect nonviolence needs to reign fast to unify the 15-20 states into one English speaking 0 Crime State), that border Russia-Ukraine. Humans are in a state of preextinction via war, when the very existence of humans is at stake. Initially, lifetime labor, before making death penalty universal for any violent crime if violent crime doesn't drop 10000 fold within 15 months, since our deadline is a trillion fold in 5 years. We don't want to kill people, but those who don't get it, that Ukraine Marinka will be the fate of all cities on Earth, deserve death penalty. *Now, when thermonuclear war is about to start, is not the time to add fuel to the flames*. We already got 100 million dead in WW1 and 2, the third would be 7 billion. Due to the nature of people, their chimp aggressive DNA, we need to have 1 language, 10-20 companies for the entire planet, 1 culture of Nonviolent Immortality for all, so this has to occur ultra fast to prevent the First Strike by the Ultimate Weapon discoverers that kills 99% of humans except some in a special capsule or shielded area. *This First Strike becomes more imminent as each year passes, so humanity has limited time to* rapidly unify as One, with One Army, One Country. We have only a few years or maybe 1-2 decades left to remove all violent crime, before the first strike. As the Internationale song went, "we will end this world of violence ans build a new world of peace", but not via torture, or via beatings like 1000s of governments before

(communist or other systems), but thru education in tones far kinder than all churches today, all mosques, all synagogues, the eterni tones 12 hours daily on all TV-radio for 6-12 months. *We need to eradicate torture and terror, deified in the demonic Torah, Bible and Gospel and Quran*, and communist manifesto created by the Torah Jews, torture imposed into our psyche by the request of clergy to emulate Jesus' torture by the Jews who plotted with him to take over all continents. We need to eradicate at superluminal speeds the beatings of kids, wives, workers, slaves, etc deified in the Quran, Bible, Torah satanist texts of global violence, by criminalizing (*death penalty for cruel cases without any trial, if video exists*) torture and beatings by parents, teachers, cops, military, spies and ushering the world of Eternal Lifetime Labor in Healing Cities and painless Death that contaminates the human quantum field 1 trillion times less than psychotic Jewish communism torture, psychotic Catholic Inquisition torture, psychotic capitalist state torture. And many others of many empires, religions (Muslim general kills 900000 Indonesians for not believing in the Quran fraudulent genocidal text, plus tortures 2 million people wholly destabilizing the human quantum field with the ample support of USA), etc. However, to be fair the communists were into violence too, causing up to 100 million dead (that's why probably they attracted the violence of Suharto), while Jesus with his Bible spreading caused 2 billion dead at least by alcohol promotion alone, not to mention wars. ☺☺☺

Islam is a Christian denomination in reality, is an offshoot of Christianity, Quran being the rewritten Bible with add-ons. What Christians fail to realize is that all Quranic violence is in the Bible/Torah itself. *Going to a church, synagogue is worshiping* Mohamed *and supporting Islam*, supporting violence against kids, women and endless innocent people, supporting war, torture, atrocities, it's a crime against humanity, a blatant abuse of human rights to Life, Eternal Life, read these 70 pages to understand why. Not only that, but you can commune with God at home, and these churches, mosques, temples waste way more materials than needed to house in decent conditions all homeless and jailed people, plus 10 million free healthcare centers to help all humans live to 500 so they can understand God better, at home, without mental control and IQ destruction by the Vatican mafia or others, so all are happily transformed at home, in their own "temple" at home, by the free youtube music and tones that exist, and also that they can make much better than the clergy trash, and break the evil grip organized religion has on the innocent youth turned into violent fundamentalists by clergy. We need central gentle tender soft healing nurturing tone education, free education nursery to PhD for all, so all know how these "demonic beasts" or "cannibal chimp like primates" have seduced humanity into a demonic trance for 2 millennia with their evil texts deifying violence and child abuse, rape and genocide, how they recently hid all violent quotes from all Cathodic Churches, to ensure maximum deception (Bible replaced with Missal so all are totally ignorant of the evil inside). Eternia, East EU nation, ought to require immortality test, English test for all immigrants, once

they make English official as the common language for our former communist states. Ethics is Eternal and doesn't depend on the fleeting rantings of the Bible, Torah, Quran. One day, nobody will know what Torah, Bible, Quran are, as people are way smarter. They will be as useless and forgotten, as the ramblings of these cannibal chimps. Relax my friend, listen. Become human, expand your horizons via youtube, don't let clergy turn you into a cruel chimp. ☺☺☺

There is no threat to the Chinese Communist Party or any leftist socialist regime from diminishing Jewish violent Karl Marx/Lenin ideas, Jewish violent Bible ideas of genocide, beating and enslaving, of smashing kids against rocks, and instead magnifying emphasizing immortalism, diminishing materialism and emphasizing Knowledge and Gentle Kind Nurturing Tender Soft Ethics of Immortality *for* All, which is a truly native philosophy, not Jewish, but very much hidden in the Buddhist scripture, Tao Te Ching and the mythology of the Immortals in China and Chinese emperors, philosophers (Lao Tze) fascination with immortality. Immortalism is found in all cultures really, from the Americas to Africa (Egypt, etc), while the convoluted economics of Karl Marx is not. The famous Das Capital by Karl Marx and F. Engels has 3 volumes, vol 1 (the one with stuff anyone ought to read, atrocities against slaves praised in the Bible made into law), vol 2 and vol 3 (boring definitions and economic theory, *plus frequent notes indicating the huge abuse of the worker class by* aristocrats, the horrific working conditions of the masses). Vol 1 contains an amazing compilation of the atrocities the aristocrats, monarchs (British, etc) have perpetrated against the workers of the world. Examples of criminal actions by Western European 15th to 19th century governments are in Chapter 28, page 520-523 in volume one describing the 'Holy Anglican Church' Inspired British Monarch Guidelines on how they can kill, beat and mutilate homeless workers, similar to the rules of French (Catholic) and Dutch monarchy rules), extremely genocidal violent crimes that nobody talks about today *as they repeat in new forms*. The direct link to Chapter 28. You realize that today, the English feudal genocidal psychopaths have been replaced by the same people who're spy agency-military aristocrats mutilating, killing people as they deem fit, to achieve their ends, because there is no self-sufficient USA via efficient 11 company system, but a complex Ponzi scheme to enrich the aristocratic families running the USA. *You have* to be self-sufficient as a nation to be able to *have* eterni *ethics and not base your existence on the subjugation and bombing of other nations*, whenever they don't provide cheap access to resources you want. This is a fact that doesn't register to most nations, due to brainwashing by soulless "25 generations of genocide" aristocrats that "*executions of slaves and slave nations via war and obliteration is just normal*", so the slave labor nations become victims of vampires who promote trade as a mechanism to simply enslave the weak and perpetrate the status quo of eternal beatings deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives) thru war, covert torture and sabotage unknown to the populace run by a puppet

government of spies or clueless locals. Why have efficiency via immortalism, and far more innovation, when we can have infinite violence and bombings and no innovation, as everyone pretends to be "helping the nation" (their small business profits or big business)? Look at the world today, how it is run, who is subjugating others like the monarchies of France, Netherlands, UK, Austro-Hungary, Germany, Turkey etc did in the old days. This is why Peace is hard, people have no clue that the rulers are military gangsters (generational murderers who can't conceive a world without murder, as in war and evil spy thrillers they write, hence World Peace in 3 months is nowhere to be found in any media) who would use anything, war included, to perpetuate subjugation. It takes a gentle ethical nonviolent nation to be self-sufficient, one of higher nature. It takes a wise nation, since they know, more often than not, the trade partners ship products that would obliterate your nation. For all this "climate change" talk, and yet they ship things from far, polluting people, instead of making it at home. Why? They need factories as military bases of subjugation, as spy bases, and slaves to work while they preach the Word of Eternal Beatings of Slaves, of Genocide against any nation "God grants them". Oh, and they will call this collection of human rights abuses, torture, genocide, mutilation and holocausts, the "book of books" or the "holy word of God", spirituality, even a "religion", that deserves spy based called churches to brainwash locals and remove any trace of critical thinking for super easy subjugation. Nothing could be more ironic. Chapters 27 and 31 volume 1 explain some similar events. A long discussion of the genocidal working conditions of laborers who die at 42 due to being worked to death by aristocrats, is detailed in Chapter 10 over 30 pages, starting in section 2, page 164. *The atrocious working conditions of these people who were exterminated by nobility are depicted in vivid detail, stuff that makes you shiver.* For these compilations of abuse thruout Das Capital, Marx/Engels deserve all praise☺☺☺, as some may not be aware of these laws, having been brainwashed that only a few nations were imperialistic. 900+ predatory behavior countries, empires existed on every continent at various times.

However, a lot of the theory chapters of Das Capital would be perceived by some as boring and sometimes, as useless or, even worse, as a subtle brainwashing into ideology centered around Marx and Lenin violent or racist (they got some) quotes, in a way, because the need of the hour is Das Gentle Tender Soft Nurturing *Universal* Kind Healing Graceful Compassion and Immortality *for* All as in ~*~Eternal Universal Peace~*~.☺☺☺ If any leftist or fascist group becomes too angry, it can destroy the entire human species. Without these qualities (that the aristocrats lacked as Das Capital points out in HORRIFIC DETAIL) the human species may disappear in 10 seconds and all capital, Das Capital lengthy theories, etc and stocks will then be useless, including today's redundant 4500 US banks, as well as all this obsession with economics, with 20 million jobs in it, instead of the 20 million jobs of the physics-chemistry of longevity, of ~*~Eternal Universal Peace~*~ in 2 minutes by instant brain upload to educate all 1 million times

faster about the benefits of Eternal Universal Immortalism and Peace, where all live to a Trillion Billion years. A few statements of Das Capital will show to you why communist societies were so violent (compared to the utopia they hoped to produce, meaning millions of times more unreported violent crime a year than the ideal, nobody cared about the violence due to rigid fanatical submission to some theories and to the boss who would torture anyone complaining), in his text *everything is void of gentle tender soft nurturing graceful compassion needed to prevent violence* and it's all about theoretical unproven concepts centered around capital labor, competition and other things that have no relevance to a society of cooperating immortalists where national resources are simply used to create via 11 or a few companies, the decent shelter, food, cars, transport and healthcare to enable all to live to 1 trillion, as one family cooperating and not competing, being relaxed, stress free, thus in need of efficiency, so people work only 6 hours daily 6 days a week or whatever flexible hours they love, and have time to rest, innovate, rejuvenate and take care of meditative bliss, good sleep to slow aging and live to 200 and Eternal World Peace. Marx and Engels, with their bad quotes, had no idea, physics in 2030 could kill all humans in 10 seconds, so no urgency existed to create a nonviolent society ultra fast, they were just writing stuff about economics, a favorite topics of Jews back then, since many were merchants and writing about trade, etc. Das Capital has little little about the global need for universal empathy and forgiveness of all people (even aristocrats, in order to create World Peace in 3 months), compassion, *gentleness*, tenderness, healing *grace*, sweetness, kindness, happiness and ability to be happy for a trillion years. 99% of the book is about numbers and economics, no wonder tens of millions died during communist regimes.

Tao Te Ching explains the more rules and fancy regulations, definitions, 50 volumes of taxation for example, etc, endless tax professionals, the more theft and cunning. Why need taxes for? If all have only 1 income source, their job at one of the 11 companies and a few federal government agencies, we need no taxes, government prints money, no more wasting eons with filing taxes: we work to LIVE, not to file TAXES. We want ethics, not LAWS, we want kindness, empathy, gentleness, compassion, not 500 VOLUMES OF CRUEL REGULATIONS and 33 million companies. If we can't make it simple so a 3rd grader can understand, we failed. Einstein claimed that if you can't explain simply something, you didn't understand it. Why make it so complex for the average Joe, living like a rat paycheck to paycheck, struggling for 5 years to find a place to live, when it ought to take 24 hours? Where is the empathy? Keep it simple: 9000 times the stolen amount fine and some other fines and then lifetime labor in a healing city for violent crimes. Let all know the law and don't make 50000 volumes of it and waste 20 million people with IRS and tax filing etc.☺☺☺ Promote Eternal Life of a trillion years, not economics of living to 80 years old, ***PhD in head calculations and utmost cruelty in action***. ☺☺☺☺☺☺☺

We saw communists, highly trained over 7 years of university and PhD in the theories of Das

Capital, who, in the trained total lack of empathy, routinely ignored the suffering in front of their eyes, of the women, kids beaten by communist alcoholics and police doing nothing about it. Not to mention the torture. Alcohol continues to kill 3 million a year, in a Holocaust no Jew mentions, and tobacco 6 million a year in a Holocaust no tobacco CEO mentions. This is the society we create, when all focus is Wall Street, profit 1st health 900th ideas, economics, accounting, realtors, finance, selling, buying, saving 4%, endless useless banks and hedge funds, stock markets and stuff, and 0 mention in TV-radio of compassion, gentle tender softness. Everything in capitalism becomes 'micro and macroeconomic theory', an automated heartless rendition of economic profit thought, like a machine ready to kill millions for profit or ideology. His Das Capital has about 9000 times less words relating to eterni qualities, than this 'immortality capitalism' book, so it naturally led to bloodshed due to historical inertia, some say 100 million dead. If we focus on theories of economics, fancy theories of capital, we miss the purpose and essence of life: no violence, gentleness, kindness, bliss, relaxation, health, longevity, Eternal World Peace, infinite bliss for all, equal opportunity for all to reach Immortality. Life is extremely short, 80 years on average usually, are we going to waste 20 million people to create 33 million useless companies and brag about our PhD in economics, when the world could discover in 2 years the weapon that kills all in 10 seconds? Can we hypothesize that we don't need capital, but Immortality *for* All via kindness and equal opportunity that removes the desire for theft and violence? Immortalism is the most fundamental drive of human existence, the desire to live forever, to be happy by being immortal and enjoying your life forever, is what drives human civilization. We want to enjoy our meditative bliss or music or etc for Eternity, so we crave immortality. Recognizing this, all classes melt into one unified immortalist class that achieves trillion year lifespan 9 billion times faster than with separate classes (aristocrats or bourgeoisie and workers), where all energy is wasted in trying to subjugate, repress, or fight the other class. Marxist class violence doesn't drive or define humanity, since we know, from our future descendants who live to a trillion, that there are 5 trillion ways to an end, Immortality for All, decent life for all, without violence. Caste, class are only a phase of human evolution, the ant stage of rigid hierarchy. Keep it simple, reduce companies from 33 million to 11 for universal healthcare, etc, establish real priorities: 9000 year lifespan for all, single family homes for all, stop lying, be honest. 33 million companies in USA means millions of accountants, HR, admin, this and that, so we waste 50 million jobs in redundant nonsense, instead of focusing on being gentle tender soft towards all people. ☺☺☺

Some could gently hypothesize or softly argue that China moved too much from real ideals of caring for all to cut throat capitalism and indifference for the poor. The ideals of ethics first, big salary difference never, were totally lost and predatory capitalism replaced even socialism, with the communism being on paper only, elitism and favoritism being too abundant (see university

education, lack of equal opportunity to choose school, etc). China is not communist by any definition in 2024. Copying capitalism too much could lead to China's collapse or any nation's collapse, as the class differences are exploited by foreigners to set one against the other. Only a classless ultra-ethics focused, ultra gentle society of Immortality *for* All and nation where all are feeling they're one family, without rich-poor, without 50000 higher income for some, with max salary 1.1 to 3 times the minimum, etc, will be able to eliminate all crime, all theft, etc. And it will be that ethical utopia who will lead the world to ~*~Eternal Universal Peace~*~. People will steal if someone works same 40 hours and makes 50000 or even 50 times more. *Any discussion of lower crime has to take into account the human nature, people want some basic fairness*. If the system promotes exploitation, people are not motivated to invent, to discover, to improve the system, to help all, to bring Eternal Universal Peace: everyone thinks of how they can cheat too, like aristocrats do: the society collapses, as everyone becomes dishonest daily. Communists, leftists, socialists, social democrats could simply embrace immortalism and its ethical qualities, replacing the violent Marxism with the nonviolent equally socialist in nature immortalism. Marx advocated the use of violence as did Lenin and that's obvious in the communist regimes: their songs were violent, from 1917 onward, the marching songs, due to a natural angry reaction to aristocratic genocides. We can't blame sleep deprived malnourished super angry workers, it's a karmic response to the genocides of the psychopathic rich subjugating all, shooting peasants, workers, working them to death. Now, that they learned the issue with that, total indifference from police about domestic violence fueled by alcohol due to no reviews.gov site, they can create a humane socialism perhaps, where the number one priority is kindness for all, 0 violent crime in 10 years. We learn each century from our mistakes as a species. Let's begin.☺☺☺

The biggest mistake in the implementation of the death penalty before was that the society did nothing to fine 5000 people around that person's life, who obviously, failed to educate, inspire and nurture his gentleness. Thus, each time a killing occurs, all educational courses, failed systems that contributed to the crime, classes, teachers, etc have to be fined, changed, etc, and all parents, teachers, peers need to enroll in at least 25 hours of educational courses even if they interacted only 10 hours with him. Not only that, but the national centralized education content has to be changed each time a killing occurs, to make it more eterni in tone across all disciplines, step by step. The "scapegoat gets penalty only" system is a disaster that never addresses the causes, the horrible tone of educational system from nursery to PhD, the horrible content of ethics classes, TV-movie content, music tone (each death penalty leads to a tougher filtering of un eterni tone in music and TV news, programs, based on AI criteria we already establish, to prevent a repeat). A violent crime is the result of actions of 100s of people and yet they only penalize 1. Why? Because it is 1 million times easier to bury things under the carpet, execute someone and do nothing to fix the education, TV-radio content, literature that caused the

murder. It takes more energy to fine 5000 people☺☺☺, especially the closest 10 to the person, and send them to educational classes, etc, based on their tone, how tired they are.

When people know they die if they do violent crimes or distribute drugs, they're more less violent, since with 'lifetime labor' they could escape in theory, but death they can't. Some people don't like to be killed or are afraid of death, so this alone would block their violent crime. Also, if someone does attack others in this lifetime service sealed city, the mortalists will give them death penalty if a serious attack and further isolation into an area with the worst violent criminals if a minor attack (shoving or slap), since the rest of society spent tremendous resources to be infinitely kind to them and treat them 9000 times nicer than in today's jails. Society needs to raise houses 1-8 feet above street level in some areas to prevent flooding due to global warming, to create new rivers, new roads, new wind and solar farms over lakes or desert, mountains or etc, etc, and all these physical jobs can be done by physically violent people who're supervised by cops and return to their sealed cities. Killing people (except the most violent ones who killed others or distributed drugs that led to 50 years lifespan lost or equivalent of 1 murder) or jailing them is a waste of resources. It's up to each nation to decide if they want to give those guys a second chance by being in a sealed city where everyone killed others before or almost killed others, and see how their tone and behavior change as they work 35 hour a week while studying for 5 years. *Technically, it is the failure of the society that caused that killing to happen, so penalizing one guy without the other 10000 in their life is unfair and will achieve nothing except a quantum field disturbance, especially without changing the educational content here and there in the ethics classes at least: here is where* centralization of education is key to national transformation*:* we can make 1 change and all future students get it, but with 20000 aristocratic terror schools that is impossible, who will change 20000 curricula? All those religious zealots who shout 'death penalty now for all' are completely unfair and disregard the causes of violence. All 'lifetime labor' convicts would be aware that if things improve dramatically, meaning if violent crime incidence decreases 1 billion fold as required to maintain Eternal World Peace, then they may be released under supervision for the most minor offenses first. We know the actors, movie directors, FBI, CIA, etc have brainwashed all with violent movies, etc, so we remove all that bad movie content and we eliminate unfair pay of 50000 the minimum wage via immortality capitalism, to make it fair and get the cooperation of the masses who now have the right to a just and fair society where max pay is 2-5 times the minimum pay due to the efficient credit score system and due to the amazing world known 11 companies. The TV explains these emergency measures are in order to bring World Peace in 3 months and to create a new vibe in the quantum field, by a new tone☺☺☺ of speech, music, movies. All bloodshed is forbidden on TV, even from slaughterhouse, unless it is used to educate people into new supplements to go vegan to avoid animal cruelty until we have eterni foods.

Since alcohol has led to 500 billion violent crimes in the last 100 years alone, it is normal for any ethical mortalist government to give lifetime labor or even death penalty sentence to anyone caught distributing alcohol in a country that banned alcohol sales, after the 2 years of 10 minutes every hour 24-7 al TV-radio station national education program mentioned above (so all can take meditative bliss classes), that shows all the horrific consequences of alcohol, tobacco, dogs, horses and other things people have today to sicken, maul, terrorize humans.

All dogs or animals who attack people are instantly killed too. These bad aggressive dog etc sub species need to learn to respect, adore human life or no longer exist. Mortalists and immortalists need to inform the public for 2 years, before implementation of penalties, via daily horrific shows of bites, of domestic violence victims, of national resources wasted to fix these victims of alcohol etc, of the consequences of alcohol, horses, violent dog breeds, smoking, vaping, gasoline cars, natural gas appliances causing explosions and lung damage via leaks, etc on all radio-TV stations, internet news sites, so as to prepare people for the day of "*Death Penalty or Lifetime Labor for* Alcohol, Dangerous Dog, Tobacco, Drugs, Weapons *Distribution or violent crimes (even a shove or slap)*". All relatives or friends who're close to the suspect, would also be fined, since they all contributed to the crime. All nations are encouraged to lifetime labor for *all who promote gambling in any form, be it rooster fight bets, casino, state lottery* undercover or anything of the sort. The reason is that society loses the same 50 million lifespan years as resulting from killing a teenager a million times, so *distributors of any illegal gambling products need to know* death *awaits them.* A national ban on casinos and gambling venues needs to be implemented with death penalty for violations in countries that adore death penalty. All casinos rebuilt into Immortality *for* All Science Parks, University Medical Research centers, and Free Biomarker monitoring stations, etc. All citizens have 2 years to learn meditative bliss 5 million times higher than tobacco, drugs or alcohol use. Alcohol kills 3 million, tobacco 6 million, so death penalty for helping to kill that many is simply a penalty for genocide, for murder, as every distributor is killing basically at least one person, being guilty of first degree murder.☺☺☺ When all know their life can end by death or living in isolation, away from civilization for the rest of their life, if caught doing anything violent via the 500 trillion new cameras installed, violence stops 1 billion times faster than with today's "do nothing, allow all to spank and slap" system where cops often don't even file a report for violent crime calls or aggressive behavior, intimidation. Disturbing the quietness of cities needs hefty fines, starting at 50000$ and up to 500 million for musicians who yell in the presence of 50 million viewers. Then, order begins, as those loud booming music fans in cars, backyards, apartments or tire screeching racing in towns enthusiasts will go bankrupt and learn to have compassion for others.

Since one robbery or other violent crime, leads to a trillion people dead in star wars in the future, via the ripple effects, it is perfectly fine, for mortalists at least, to apply death penalty

and/or lifetime labor (for immortalists) for all violent crimes, when clear evidence exists and if the adult has received the 2 years of reeducation via the new TV-radio-Internet content, etc and when all others involved in that guy's life are penalized with classes and/or fines. For people caught doing stuff before the 2 years of intensive TV education, the penalties would be the typical ones, unless some healing centers were already built and available to start applying the "9000 times nicer than the jail system" of gentle work and soul-body-mind regeneration. This system of death for robbery, etc will frighten all would be assault enthusiasts, as 500 trillion cameras monitor all streets for would be *thugs* worthy of *instant* annihilation. No immigrant can enter an immortalist nation without receiving this tone education and passing the Immortality Test, which implies having the '2 years of tone reeducation equivalent', since it takes 3 years of full time study to pass the test. Thus, the death penalty/lifetime labor can be applied to all, immigrant or local. These death penalty mortalist methods can minimize quantum field disturbance, by killing rarely the most violent and impossible to reeducate types, who attack lifetime labor inmates. As society advances and killings stop, obviously, no more killing is given as penalty, if none die from drugs or other distributed weapons, devices, etc. However, given that 100 small violent crimes reduce lifespan of people by 100 lifespan years quite often, or 2 murders equivalent, it's not too outlandish to install death penalty for more violent crimes using guns or blunt objects to threaten people, even when no such physical injury happened. Every attack, even if not injuring, is a psychological injury, terrorizes people, degrades their life goals, fills them with fear, sabotages progress that would have otherwise added 50 years of lifespan to that person and/or their family, etc, so any robbery, etc may actually, scientifically deserve death penalty, to reduce robbery incidence 1 million fold ultra fast, because every action has some ripple effects. However, all 350 people in a nation need to be 'penalized' when a murder happens, by changing the educational content from early life, to create a more universally kind vibe, removing inequality and source of anger in the society, increasing quietness of cities, decency of sleep, and those things, like nutrition, essential, for good sleep, brain repair and good mental health. Let everyone discuss and calculate and reduce violent crime 1 billion fold in 10 years via the most efficient methods. It's important to remove unfairness, since if people make 50000 times more than others, robberies will exist and even when the penalty is death. We need to be fair and stop all robberies, the overt ones and the covert ones, that bankers, CEOs, small business owners, etc do. We need to gently end the vast robbery of poor people by billionaires too, via immortality capitalism. What kind of life is this, when all are afraid to walk on the street, because criminals are never penalized in any consequential way? The aristocratic mafia uses robotic police/spies/military thugs to torture US citizens. It goes unpenalized. This is in addition to the real attacks of physical nature by low IQ thugs who don't know high tech attacks. Jails are useless, they don't reeducate, don't teach new tone, new ethics, they make people more violent and angrier. We need a new system. No longevity progress is possible in a dysfunctional jungle

like society of today where people think of self-defense, not of giving everyone 500 year lifespan. They take martial arts courses, not longevity classes, or ethics of *gentle tender soft* kindness classes. Any civilized world bans any martial arts classes, only savage nations offer these to civilians, ☺puppy IQ states☺ who're unable to reduce violent crime 1 billion fold via death penalty and/or lifetime labor for violent crime and associated classes/fines/edu changes mentioned above. All violent sports need to be banned immediately, to replace all jails with healing centers, so that we use that happy physical exercise energy of unjailed folks to help the victims of aristocratic terror educational system of violent tone and terrible content, i.e. the jailed. All cops, FBI, CIA need reeducation, retraining too. ☺☺

Immortalists needs to be flexible and realize their political parties may initially sound too radical for most people, so if they win only 10% of the vote, they can at least make a coalition government to implement some reforms of immortalist nature, even if mortalists keep the death penalty. It's better to make a compromise and be part of the government, than to be opposition and make no new law immortalist in nature. While immortalists won't use death penalty unless an inmate requests euthanasia if he's not happy working there and relaxing so much listening to immortalist music and ethics classes for 80 years, in extreme cases, when an inmate is violent after repetitive retraining, etc, it may become necessary for him to do all his work alone in environments that eliminate human interaction and AI holograms or robots/drones are used, besides intercom, to communicate and instruct on the daily jobs, etc. Most people will be nice, but there is a chance that one in 900 million may be bad and attack staff or other inmates. While countries are immortalist in slogans, a truly immortalist nation is one that has 0 violent crime, so this gives "immortalists to become" poor nations some leeway in applying death penalty for truly violent inmates who don't respond to any education, healing music, and it's too expensive to employ drones, extreme isolation, robots, but these cases would be rare, as truly unhappy inmates would request readily available euthanasia. Any violence is a sign they didn't create enough kind happy vibes. It's unlikely for them to be violent, because medical care, access to Internet, good food depend on his not being violent.

By inspiring *all nations* to reduce violent crime 1 billion fold in 10-15 years, the immortalists ready the world for ~*~Eternal Universal Peace~*~. A less wanted side-effect of this drive for peace, is the arrival of the day when naturally, the mortalists may create a new penalty, with the advent of the pre-quantum weapon: entire continents wiped out if World Peace is not achieved in 3 months or 3 days (ultimatum to end all conflicts), due to risks of planetary destruction. The pacifist mortalists will warn the warring parties that if violent crime is not reduced 1 billion fold (or maybe 100 million if really primitive) in their nations 10 years from '*Day when mortalists will give them the warning*', 10 years during which the pacifist mortalists lend help to transform the violent mortalist society into a nonviolent one for free, the Peace Loving mortalists have the

preemptive strike right to wipe out their nation and all nations in a continent of such nature, if no other method exists, to prevent 5 trillion billion dead in future star wars coming from the culture of violence said countries support via music, movies, literature, news and etc. This FIRST strike applies to all groups of 5-100 nations that use violence or torture, depiction of it in any movie or TV program, so that the Earth is free from violent crime of all types (torture included) forever. Sadly, the peace loving mortalists will say that is is "better to wipe out 5 billion hooligans than to kill 5 billion trillion innocent civilians of the future. Let that sink well into their violent brains." The Immortalists don't condone such FIRST Quantum strike threats, of everyone dead within 100,000 miles of the blast site except people in special capsules or force fields, but are highly aware that there are always 5000 trillion ways to any outcome without any threats or killing. Immortalists are simply *gently gently gently kindly*☺ preparing humanity for the day of peace and logically kindly gently offer the hypothesis, or obvious fact, that not all planets choose the most graceful path to that ~*~Eternal Universal Peace~*~, some wipe out everyone almost first, 99.99% of people, EXCEPT THE 1 IN 10000 people left alive in the secret capsules, shielded cities or buildings. Others, are less lucky, and wipe out everyone by accident, during the test of the weapon. The luckiest achieve an immortalist culture BEFORE the quantum weapon arrives. So, what do you think is the way to reduce real (not reported) violent crime 1 billion fold and end wars forever? 50$ tiny fines for car, music or dog barking noise or 50000$ fines? Instant euthanasia for dogs that bite any human for any reason (except when human attacked dog first), or some 'vicious dog' tag or fine and endless hours wasted in court? Death penalty or lifetime labor for violent crime or 2 month jail time that does nothing to prevent reoccurrence? Lifetime labor with contact of family and friends possible, or lifetime labor with no contact possible, except contact with other violent criminals in the healing sealed city? To deter crime, all need to know no more contact with family will be possible until death for anyone doing lifetime labor? Death penalty in secret or public TV broadcast of each execution (pulse, lack of breathing, etc) to deter any violent crime, any knife attack, any form of attack or punching? The time is ticking, we better decide fast, the quantum weapon is about to be deployed, USA is playing with cosmic fire, North American Continent may 'disappear' (become free of people) any time soon, people have no clue what goes on behind the scenes, they play their evil violent music…, their grotesque violent thug like evil sports that don't help the poor jailed victims of aristocratic criminals (the real evil, not the jailed victims of aristocratic brainwashing)... ☺☺☺

5.1.4. The State of Emergency in Immortalist States to Reduce Violent Crime a Trillion fold via kind media & purity, TV tone, better oxygenation during sleep (300-350 sq ft room size min):

The Immortality Credit Score section explains capitalism encourages the pursuit of maximum profit and money, which leads to the desire for money at all costs, even the life of others, which creates an eternal incompatibility between capitalism and zero violent crime. ☺☺☺ Capitalism

means Infinite Violent Crime: kill, injure, deceive all to get rich fastest. ☺☺☺ Capitalism means savagery. To achieve a trillion times lower violent crime, immortalism is needed, a world of universally equal pay, so nobody can make more money, even if they tried 1 trillion years. ☺☺☺ Each time a violent crime happens, all 350 million Americans, citizen or tourists, need to be fined in accordance to their complicity to the act, as calculated by super computers of the Immortality Credit Score, in proportion to the links to the perpetrator who will get death penalty if injury doesn't heal in 2 weeks. ☺☺☺ Every day, each resident gets the email with the money taken (fine removed from paycheck) and all violent crimes committed in the USA, we got one police department for all USA. ☺☺☺ Only then, when all get fined, will people try to end violent crime. Nobody shall rest, or be able to block the email, until zero violent crime arrives in USA, which is beginning of Eternal Universal Peace ☺☺☺, otherwise, all people die in 10 seconds as trillions of species did. The only thing most human animals in all nations worship is MONEY, the only way to make these monsters to care about fellow humans is hitting their pocket. Everyone is responsible as explained before, we're all entangled with each other as residents of one nation, email will say "Today, fine is 20$, canceling yesterday's bonus of 19$, you contributed to 1 million violent crimes and the quadrillion cameras indicate your score fell 0.2 points due to 5 actions and 4 sentences: see the 5 videos and sentences, here are 2 suggestions for raising your score and ending violent crime by listening to peaceful music more and breathing the noble intent. Not watching your bad deeds videos will lower your score". All citizens get one universal email, as citizen and employee of the 11 efficient companies, made of 8 characters, 8 of the 36 (26 letters and 10 digits, meaning 2.8 billion combos are possible, enough for US growth) e.g. ap4te0xb@i.i, with all emails ending in @i.i (instead of @yahoo.com, etc) for max efficiency, .i being the domain for the Universal Immortality Government. ☺☺☺

The goal of life is zero violent crime, zero death from aging and war, not 30000 email domain names or 33 million companies. Everyone will be in spiritual school, like a monk, learning to overcome the cannibal chimp within and become a civil human. Murder rates might be up to 7 times the 1950s levels in many cities, if we would adjust for the amount of lives saved by advanced medicine today, showing how we have devolved ethically as demonic music/movies became the norm. ☺☺☺ A 39 page paper (full pdf is here: HS 2002;6(2):128-66) explains in Sage Journals "by 1998, the UCR (FBI's Unified Crime Report) aggravated assault rate was about 700% higher than its 1931" level. During the same 1931-1998, due to medical advances lowering death rate from attempted murder 7 fold, the UCR homicide "rate stood at 6.3, 25% below its 1931" level, so lethality fell due to medical emergency room advances, even though homicide attempt rate rose 7 fold. BMJ 2002;325(7365):615 summary of the 39 page PDF says "Without this (medical) technology, we estimate there would be no less than 50 000 and as many as 115000 homicides annually instead of an actual 15 000 to 20000... while the murder rate had changed

little from a 1931 (level)… (115000:15000 = 7.7, almost 8 fold rise in attempted murder). The aggravated assault rate was, by 1997, almost 750% higher than the (1931)… figure… (There was a) dramatic overall decrease in trauma mortality in the second half of the 20th century. The period of greatest change came between 1972 and 1977, on the heels of the US involvement in the Vietnam war, which triggered big advances in trauma care. ..drops in lethality of assault were linked to availability of high levels of care. The impact of a county simply having a hospital also had a significant impact, reducing lethality ratios by as much as 24% a year… Keeping down the murder rate may, perversely, have influenced the debate on gun control (the lie: give guns to all, since it "lowers" homicides)." This 7 fold rise☺ in attempted murder and violent assault is what modern movies, rap, metal, rock, pop, music do. It's a total US failure to increase ethical behavior, reign in the violent media, music, movies. Ethics fell 7 fold, while all thought we evolved due to more guns☺☺☺☺☺☺☺.

The immortalist government aims to turn selfish depraved citizens into sages in thousands of ways. For example, every nation has become the Land of "Me above humanity" so everyone buys dogs for fun, instead of training dogs to sniff drugs and donate them to 200 nations so they sniff every mail, package, container, and end drug use worldwide in 10 years via UNIVERSAL UNITED NATIONS Agreed On Death Penalty for All Who Are Caught with Drugs, after a 1 year 24-7, 10 minutes every hour, on all TV-radio stations Warning of the Impending Death for drugs. Drug/Weed/Alcohol/Tobacco Free Planet in 10 years Needs to Appear on TV 100 times daily, in all political platforms☺☺☺☺☺☺☺, talked about every hour for 5 minutes by United Nations Agreement. We cannot let Violence fueled by Drugs Kill all humans in 10 seconds, a few selfish idiots dying is better than all humanity. A few morons hold hostage all humanity, we cannot graduate to True Civilization of Zero Violence because of a Few Cretin Addicts and Evil Greedy Bastards. All TV must educate all to be happy without drugs. We either do it now or never, time is running out, humans may vanish in 10 seconds. All violent crime and drug use must stop in 5-10 years. Enough games and slogans achieving nothing but more of the same. A nation of sages uses every Opportunity to bring Drug Use to Zero, as Drugs Fuel Violent Crime. A sage uses Dogs to Bring Zero Violence, not to play and maim neighbors, wake up neighbors via barks. Dogs cause 5 million ER visits in US alone, that's ridiculous, all this time could be used to lower violent crime. A sage does his best to increase the lifespan years added to humanity via any action: if you raise a dog or train him, does it add 20 months (maybe it makes you happier, so you live 20 extra months) or 4,000,000 years to humanity? Does it shrink the lifespan of 40 neighbors by 1 month, making the contribution of pet ownership 20 months negative for humanity? A sage chooses +4,000,000. We need to educate the "brainwashed to be selfish" Youth about pets. First, we need to END ALL VIOLENT CRIME, maintain that state of zero violent crime and zero war for 100 years at least, and only after that have pets! We need some austerity, self-control,

basic concern for others, altruism to prevent the 10 second end of all humans. Without Peace, all pets, animals, people die in 10 seconds, we can't continue being such bipedal Chimps Thinking Themselves Smart. This has to be repeated daily in the Ethics mandatory videos of the Centralized education that all are quizzed on daily until age 18: The Purpose of Life is not to Add 1 year to Your Life, but 1 trillion to All Humanity, 1000 years for 1 billion people at least if you can. Live to 4000, don't die in 10 sec. So, let's stop being chimps of "fecal bacteria IQ"☺☺☺☺☺☺☺, let's walk the talk of being a trillion times kinder to the worst human alive than the most selfless mom loving her infant baby (Immortalist Anthem), and care about the millions maimed weekly by violence, as kind compassionate ethical humans, not bipedal cannibal chimps.

In 1931 millions of people, for the first time ever, began to go to cinema and see movies with voice that were covert training and incitation to violent criminal demonic behavior, all done by Hollywood satanists who claimed to "depict crime in movies". We have enough evidence to ban 99.9% of US and world music and approve only the most peaceful ones (vocal or instrumental) until we get zero violent crime in 3-20 years. Most current youth is so brainwashed to be violent, they even think of restless violent macho classical (Beethoven), Vivaldi, Wagner, Saens, Chopin, Tchaikovsky "kill everyone in battle demonic vibe, bipolar disorder music that goes from serene to hyper violent in seconds" music as "peaceful", then they wonder why their car crashes into someone while listening to it: it makes them press on the pedal and become more aggressive. Melody tone needs serenity. It's comical they want only to ban heavy metal, or rap, jazz, etc when much of classical, 99% of folk music, 99% of upbeat spiritual music is violent too, as it creates aggressive vibes. Most music worldwide is incitation to slapping people and starting a fist fight☺☺☺, not to develop gentle tender soft healing nurturing graceful loving kind forgiving merciful sweet soothing serenity. The music has to create an emotional state baseline, so tranquil, so peaceful, that nobody would ever go into a hateful negative emotion, as they practice immortalist blessing breathing too, reflective of the Immortalist Anthem call to love the worst human a trillion times more than the gentlest kindest mom loved her most adorable helpless 2 week old infant baby last decade. We don't learn chemistry or physics from the 17th century books, why should we listen to crap music from these bipolar composers? To have a coherent civilization of a coherent scripture of only positive words and energies, like the Immortalist Anthem, we create coherent consistent music, not the satanic mix of some decent quotes with 1500 genocidal violent quotes of the Bible and all demonic 'Christian'☺☺☺ 'thug civilization' music: we don't get a clean 3 nm chip room with such garbage, good music has to be of 99.99999% purity of Tranquility of Immortality *for* All, i.e. the eterni music of immortalism. Any alien would be puzzled by the stupidity of the human ant, it spends trillions on concerts and sports, and 0 on living to 4000 via a little more fetal nutritional chemistry knowledge. Would you rather shout and jump like a monkey at a "music" concert or live to 4000? Then why attend any

concert by any of these snail IQ singers? Spend $ buying healthy supplements to live to 130. ☺☺

Due to the risks of all humans disappearing in 2 years from the moment you read this line, all nations need indefinite states of emergency, special TV ethics broadcast 20 hours daily, until all violent crime ceases, including the super violent crime of war.☺☺☺ This includes perfect air quality, by proper room size (300-350 sq ft minimum, living-dining can be 175 sq ft max, see below☺☺☺), ventilation, filtration, humidity, for brain health via perfect brain detox and repair during deep sound sleep. All violent content needs to vanish from media, movies, music, literature within 1 year. Even after that happens, the TV-radio will continue special programs of education 4-10 hours daily (during the non0 violent crime period of 3-20 years, the TV ethics and reduction of violent crime is 15-20 hours daily), for 500+ trillion years, until the human lifespan reaches 200 trillion years.☺☺☺ People who commit violent crimes often end up killing people, like one guy who killed 5 people, so they any violent criminal needs to be removed from society into a special sealed healing city for such people. A guy did 15+ violent crimes, being released 13 times, to reoffend, due to a criminal justice system that doesn't give lifetime labor to all violent crime offenders. A 13 year old, arrested 18 times before, did a carjacking. Another guy was arrested 39 times, before killing a 22 year old girl. A guy who killed a boy got released from prison after 7 years, for "being insane", so he can kill more boys perhaps. Total lawlessness on US streets calls for national martial law, dissolution of all state, county and city governments, plus creation of one national police department replacing all 18,000 local police agencies. See endless ATM robberies, unsafe malls due to thugs, people breaking into houses simply released hours later.☺ We need dissolve all states and counties and have one law in all USA, not 20,000 versions of each law.☺☺☺ Jewish criminals flee to Israel and can't be extradited to USA. Local police watches as people are beaten and calls no backup, while others hire illegals as cops, breaking the law. 12 year olds can commit murders and get released at 21, after enjoying free meal/shelter at the jail, having no work/education requirement. AI cameras didn't alert mall security that a woman had a big knife that she later used to attack a kid. Kidnappers get released due to 'insanity', no jail time. The first paragraph of the Eterni Bank section explains why we have 2 political parties that wage eternal genocidal war on the working class via avoiding death penalty for all who stab or shoot people in robberies (workers are violence victims usually, since aristocrats live in gated palaces, with armed security, 20 cameras, dogs, etc on 3 acre estates). Sadly, the 2 infernal robbers got 1 and 12 years in jail only, even if one of them shot a defenseless old lady 3 times trying to steal 1000$, causing 900,000$ damages to the state to fix the leg of this lady, causing lifelong disability and more jail expenses ($500,000 over 12 years), when the shooter deserved death penalty as anyone would who shoots/stabs anyone for any robbery or unprovoked attack and the other guy lifetime labor for going on a robbery with a gun owner and assisting the shooting, producing something to make up for the 900,000$ in damages

to the lady, medical healthcare system, lost productivity, fear spreading in the neighborhood, killing of hope and positive thoughts and goals, etc. For repeat offenders who slap anyone in a healing city, death penalty is necessary to avoid further violence in these healing cities, for abusing the infinite kindness of a society that doesn't jail anyone, but gives them living conditions better than most free humans on Earth outside of the sealed cities. All can be gradually released, if passing ethics tests, when US violent crime is 0 for 1 year. This will motivate "inmates" to think, act nicely, so as to make all stop being violent. You can't help it but notice the bad air, bad smog, bad food, bad music, even indoor carpets, etc all contribute to the brain inflammation that makes people's anger take on a physical dimension. ☺☺☺

Guy almost kills a random stranger by stomping on his head on the train tracks and gets released with a theft charge, to kill his girlfriend 2 years later, and finally get 40 years in jail. Why did they release violent criminals back instead of lifetime labor in a healing city? Look at these guys killing cops sometimes for fun. Violent crime is attempted murder (because anyone can have an infarct or stroke due to that) and as we evolve to high tech foods, we view spanking, slapping etc as evil as we view murder today, because in that future no murder exists. The clip of Laotian Tryse Phommavongxay +Hispanic black Kolby DeLamar robbing/shooting/injuring a working class Tina Rothert lady shows these beasts are too coward to rob aristocrats behind fenced 2 acre property, looking for easy targets to loot, funny how leftists excuse this while most victims of violence are workers. Kolby DeLamar (seen in this video), the shooter, has Hispanic name, of(de) the (la) sea (mar), common due to mixed race Hispanic Blacks, so his grandpa may be a Hispanic or something, we got millions of gangsters moving illegally and becoming legal via Ronald Reagan illegal amnesty or other family migration methods (instead of merit) invented by the fruit fly IQ Republican Party of Guns, of gunning down Reagan/white working class defenseless ladies, in gratitude for gnat IQ folks voting for the Party of GENOCIDE VIA GUNS (2.5 million victims last 50 years). The snail IQ Republicans then fight centralized education that would have made all watch 2-5 hours daily videos in eterni tone between ages 1-6 and gun control (only cops have guns) that would have prevented the injury of this gnat IQ white lady who yelled 'HELP ME', which led to the shooting, if she kept quiet and valued life more than greed, they would not have shot her. Always be quiet, don't fight and give them any money/valuables you got in a robbery, since life and injury free body is 1 billion times more important than any money/object you have that day. These dogs in human form☺☺☺ get scared like dogs who kill small babies when a baby does a surprising move, so they shoot if you startle them by shouting HELP suddenly,☺☺☺ humans are primates which, without education, behave like wild dogs. The sardine IQ of Republicans can't accept this fact, so they oppose universal free education and parent license. These beasts who drink alcohol damage their brains, acting like semi-drunks most of the time, permanently having damaged their brains via alcohol drinking, also promoted

by the Infernal Republican Party of GENOCIDE VIA ALCOHOL. Republicans kill Whites & all. The humans are born as an empty computer, programmed by the evil Democratic celebrity infernal music and the evil Republican gun owning culture of hooligan subjugation of all, where nobody is guaranteed a job in the 11 company system and a part of income untouchable for anything, except food, clothing, shelter, health, etc so they don't run out of $ and start shooting workers.

For example, violently lashing in yelling tone at people or doing things that can piss them off on purpose (slam doors, etc) are semi-violent crimes that also need to go down a trillion fold, but initially we will focus on the physically touching type of violent crimes and drug traffic (killing via drugs). So everyone will become over time more knowledgeable in ethics and eterni tone than the best clergy today, as everyone is a sage living to 3 billion years old and even then they will have 5 hours of ethics on TV-radio, to raise the eterni vibe of their actions and improve the fairness, gentleness and kindness of their society and rules. During the immediate state of emergency, all police departments will be unified for ensuring 0 police violence, proper training and every citizen will be given 3-10 free video cameras that the police department can wire for free (wired is required inside houses due to RF, such as select wired alarms can be made to have cameras) or install to wirelessly connect (for areas away from areas frequented by people, due to WiFi 2.4 GHz damaging radiation) to the police department (or saved on a flash drive and uploaded to computer every month in their home if they worry about privacy) to have evidence for any burglary, violent acts around their house or frequented places so that instant justice is done, without long 3 year trials of paid witnesses and lawyers ***making*** stuff up.☺ The reason we need 30 trillion cameras in USA is because this will solve crimes 100000 times faster and prevent sentences for innocent people (lady got jailed for 16 years for killing some homeless on the street, easy to see by cameras, she didn't kill) that happen due to having 18,000 ☺puppy IQ☺ ***police departments***, instead of one really good national police department. You see, exactly as we have 18000 terrible operating systems, and one good Microsoft Windows for desktops with 18,000 times more programmers, we have 18,000 0 IQ police departments who jail innocent people for 1 to 50 years in jail. ***These cameras will end*** crime ***instantly***, as death penalty will be given to anyone who starts a physical assault, even if it is a slap on a kid, partner, or mentally troubled person who makes "lethal threats verbally". Kids who slap or attack anyone are taken to a healing center to live in a sealed city for the rest of their lives as a violent criminal doing lifetime labor. They won't return to normal society, since violence in the new world is the equivalent of murder in the old psychopathic world. Parents need to enroll in weekend classes too for 1 year to make sure they don't incite kids to violence by shouts, yelling, listening to bad music and have their parent license revoked. Words of any sort, be them death threats, are not to be a cause to attack anyone. Simply leave the area if anyone starts shouting or making threats, don't attack first as that is death penalty. Don't answer verbally provocations with

verbal counterattack or any physical attack. Leave silently or run, whatever you think is safest. All clergy (most have enjoyed big egos, adulation or wealth) will need to take some serious ethics classes of 4 hours daily for a year, to correct the complete lack of ethics knowledge they have, as evident from their claiming to millions of people that "genocide, mass rape, looting, burning cities, beating infants with rods, sex slavery, slavery, beating slaves, etc" are the Word of God, which is not only unethical, but as evil as murdering someone, even if society ignored it. Each of those thousands or millions of people listening to his junk became more violent and those little violent acts added up to 1 murder, if not 500000. Same reeducation for all singers, musicians, actors, other frauds who, under CIA-FBI mind control, *created violent, aggressive music, movies*. Blaming a CIA boss is not an excuse, just like Nazis claiming Hitler brainwashed them. To bring violence down 1 billion fold even, we need a change in USA 1 billion fold greater than the 1776 fake *revolution*, we need the Declaration of Immortalist Real Independence. War Dept becomes Eternium, CIA-FBI-16 other agencies become the Immortality Nurturing Agency. All will be so kind, there will be no need to ever arrest anyone, since all crime is punished via fines, education and community service, except for violent ones with lifetime labor in healing cities. All violent ones would report kindly to a healing city gate on their own, for they will know they will be arrested otherwise and found in 1 hour by the 4 billion trillion cameras in USA. The worst "criminal" will be like a saint today. The healing sealed cities nicer than a normal city. We need the 6 month 20h/day TV-radio ethics education and school ethics classes daily for 1 hr during this 6 month phase, to bring all students up to the new standard of ethics, penalties info, i.e. lifetime labor for violent crimes in a sealed city away from family, society until the moment USA reaches zero violent crime in 3 to 25 years. This video shows spoiled kids beating up an old man and breaking his ribs as they try to steal his car. They *would receive* lifetime labor under the martial law that is indefinite until violent crime goes to zero. This will incentivize their families to spend 10-30 hours a week to bring zero violent crime fast by enrolling in the "Zero Violent Crime" government volunteer program that addresses the top 200 methods crime starts. All youtube, facebook social media videos depicting violence would be wiped out and forbidden before the 6 month Emergency of Humans Vanishing in 10 seconds period starts and remain forbidden forever, as Chapter 5.2. explains in the new guidelines for the songs, books, etc. ☺☺☺

This "cameras everywhere" *method* will destroy all gangs worldwide in no time. El Salvador homicide went down 50 fold over 9 years by being a little tough. By being educational, kind and tough, the violent crime worldwide can go down a trillion fold in 10 years. *Cops use neurotech to induce violent or angry protesters or people into a happy state*, using drones from a distance to prevent physical or gun attacks on cops, and they interface with people using drones that show the cop face and have an eterni tone and the cop automatically knows the tone score of anger and honesty for that phone call to police to be better prepared and not make mistakes that are

escalatory and cause preventable violent crimes. No protests are allowed during the state of emergency, as they lead to violence between counter-protest and protest camps and we need 0 violence. Protests are useless, people need to go to youtube, upload their grievance and then submit to reviews.gov their complaint. No 5000 people protests in front of the houses of the rich, the 10 to $300 million homes of the gangsters who run the show: why? Because all protests are engineered by the 0.1% rich to set one group of slaves against other slaves, divide and conquer, to jail protesters. People are too ☺abysmal IQ☺ to realize that protests only aid the Rich in making more chaos to steal trillions from the gov and the masses, jailing more people, as the Rich are never in Jail, they Jail Everyone Else☺☺☺, while committing endless genocides via Hollywood and the top 1 million Companies. The masses who protest and shout in uneterni tones that lead to anger and violence weeks later via similar tone used, block traffic, attack innocent people, scare drivers to death and cause injuries, etc and forget they spend $1.4 trillion a year in useless purchases to make the Rich Richer, while not caring about 0 violent crime, 0 jails, true fairness, 11 companies to make all issues solved efficiently. There are 1 trillion ways to solve an issue without any violent or nonviolent protest. *There is no* nonviolent protest*, they all* block *traffic* and cause *issues*. ☺Bulldog IQ workers☺ protest (like dogs barking), make workers' lives miserable, instead of going in front of the 1 million aristocratic palaces and pelting their houses with stones, not pelting with stones working class drivers needing to reach a hospital to save a life of a worker. How come they don't block traffic in Rancho Santa Fe or areas with 1 million times fewer potholes than Washington DC, so aristocrats can't get out of their house? Why harass the poor? Why not harass the rich who created 50 divisions to redirect anger towards fellow workers? Many don't realize all protests are started, managed, instigated by the gov agencies aristocrats control. Isn't it suspect, in 250 years of USA scam democracy, we never had 5000 people block traffic and throw stones (like they do at ICE or random cars) at aristocratic mansions of murderous billionaires☺☺ known to steal trillions collectively from the masses, while selling the most deadly medicines and foods to poison the bodies of the working class? Some of these monsters even made billions with casinos, gambling, drugs, other genocidal activities. Why? Easy: rich control all spy agencies and police who stage protests to oppress the masses, *while creating* the illusion that the masses *are free to* protest against the "fake enemy".

REMOVING ALL TOOLS USED TO COMMIT VIOLENT CRIMES via the 11 companies & TV-radio:

In our society, violent crimes are done with: guns, knives, baseball bats, saws, hammers (angry guy threatens with a hammer, with one company fixing all houses, hammers would become illegal to sell, some loonie is displaying some verbal abuse not realizing black and white are fictional labels, black/white/Asian/etc cultures are meaningless as Immortalist culture replaces them all, for human Immortals of 1 trillion IQ (unlike 100-200 for racist humans) of the future who can shapeshift into either each second as desired as the Anthem explains) tools of sharper

type, heavy tools, golf bats, etc. So, besides education 10-20 hours daily on Radio-TV during the state of emergency, we need to remove access to these tools of violence by removing all guns, except for cops and soldiers. Any tool around house used for cleaning has to be very soft, easy to bend, and incapable of injuring anyone, so 0 sharp edges, etc. If after all state of emergency policies and 0 guns any violent crimes occur with any of the above objects, *the gov policy will change to ban all knives, except 1 small (blade half inch max width and 4" long* max) knife per household. Only 1 such knife ought to be sold per family, no other small or big knife, each knife with a serial number on it. This way, all recall to be kind, use smoothie makers and such and support 0 violent crime. Smoothie makers can make salads and chop stuff, 10 times faster than a knife for salads. If any crime ever happens with such a knife, knives will need to be kept in a safe (wired to the Universal one police department, which turns any car off if knife is not sealed in the safe after someone leaves the house to drive) by the entire nation until 0 violent crime happens, as a reminder of their collective failure to embody the Immortalist Anthem kindness, of their need to change their tone of speech, change the purchases of items that support 0 violent crime☺☺☺ instead of the depraved $1.4 trillion purchases of vanity and violence enhancing trash today that families engage in. Not only that, but if any tools are ever used for crimes, all house maintenance is done by the Immortality Building Inc, with 30 million employees, every few months, so that NOBODY is allowed to purchase or can purchase any tool that, sadly, can have dual use: violence and fixing a house, car, etc. All car fixing is done ONLY at the One and Only Company, Eternal Travel Inc. No tools are available to people, since many poor repairs can create car/building accidents that kill people and we want Immortality *for* All, not just the British Royals. This ensures higher safety, since many doctor visits happen due to people not paying attention, or even small scratches and etc during car, house or yard repairs. A government serious about 0 violent crime in 3 years and Eternal World Peace in 3-50 months, would ban the demonic sports of golf, baseball, anything with bats used in violent crimes, given to us by the infernal British monarchy mind of blowing people by artillery guns and killing people for not finding a job, as the pigs didn't create the 11 companies system of Eternal Employment for All. Since infinitely low IQ☺☺☺ folks might use restaurant type ultra blunt (not sharp) knife assigned for each single family home, we will merge all food companies into Eterni Food Inc that ships powders to all to live to 4000, superior to any natural food, so nobody has any smoothie maker with any blades or any knife in their house.

Another issue is that even if you remove all sharp objects, tools, etc, if real hate exists, murder can still be achieved in other ways, which, may be a lot harder and require a lot more planning, but still happen. I'm not going to list them here, since weak minds may take the ideas and do it. However, to prevent such incidents, we need Immortality Building Inc to visit every house twice a year, to repair, inspect for levels of cleanliness, mold, CO_2, mites, pathogens, illegal drug

traces, which can already tell if a family is dysfunctional, since in a happy family there is order, not 50 pet feces and everything thrown about, messy kitchen and kids licking feces from the walls as Child Protective Services finds today 5-10 years after the licking started, not caught early, due to never doing universal house maintenance. In such situations, a simple argument over house mess can lead to another argument that later, in 3 days, becomes a bigger repeating one☺☺☺, then in 4 years to murder. Likewise, divorce.gov and happy.gov allow all to divorce in days and check their suicide prone state often, to make sure they won't try to kill anyone or self. No two people who dislike each other should remain together, as that's a recipe for violence. Thus, we need twice a year checks for carotid plaque and overall health to ensure 1. their brains get the nutrients needed, 2. they're not fat, as inflammation causes brain damage and increases the chances of violence. To achieve all these, we need efficiency, via the one universal medical company and total medical reform. The genocidal aristocrats create 5 million companies to loot the 99%, to design the prison cells of 2500 sq ft house where living room-dining is 1200 sq ft and 2-3 rooms are 100-160 sq ft (master is 180-300). A 9 lb child uses far less oxygen than a 90-130 lb child, so while a 100 sq ft is fine for infants, a 200 sq ft for under 7, 300 is best for 12+ year olds, 350 for 15+. You can't change the house each time a kid becomes 7 or 12, so why not make all rooms 300-350? Kids suffocate, as parents or older sibling yelled to not open window, because AC turns on or "electrical bill is high". CO_2 rises to 3000 ppm, instead of the healthy < 550, kids go insane, fights become routine, then a murder happens (parents or kids do it) from this fight caused by no oxygen to their brain. Who is to blame? The aristocrat whose smallest room is 700 ft^2? Or the aristocrat who designed the worker room 100 ft^2: the same beast☺☺☺, he thrives by murder and genocide of the 99%, he could have made each room 350 sq ft at least, but he's a selfish "gnat IQ" bully running the planet for 9 millennia☺☺☺. Maybe it's intentional, he wants workers to kill workers? Same 2 bed 1.5 bath house can have 1000 ft^2 and 2 rooms of 100 and 200 or 2 rooms of 350 with 180 kitchen-dining-living, 120 baths, it's a choice of design, or of rather "fruit fly IQ". Sleep is the daily body repair, the number one for longevity, health and immortality. He claims we need 5 million designs of houses, but we need functional houses instead done by one company only, for efficiency and triple the lifespan of all, by high tech, constant humidity. See the heater section. With 1 company we make a sci-fi window fan/AC unit to create perfect humidity, air quality, oxygen, etc in every room, without central, as we got 3 million PhD in this company. The immortalists need to mandate kitchen be 100 sq ft (pressure cooker enough for max health, no ovens or microwaves), living-dining one room of 200 st ft, each room 350. Bath 100 sq ft. No room allowed to be less than 350 or more than 400 in any single family home, which everyone will enjoy. If you want to socialize, go into a room, not living room or to the great 1 million Immortality City Centers to enjoy amazing testing, holograms. Without good sleep you don't live to 4000, make living to 4000 the religion. Design houses with integrity to prevent violent crime due to brain atrophy via low oxygen during sleep, daytime. We

need teach these aristocratic animals win-win, not win-kill. A nation is dying without oxygen.

The aristocrats are out of touch loonies, thieves, bandits and terrorist rednecks☺☺☺ who focus on house fancy designs, textures, colors, etc instead of functionality as it pertains to living to 500, in accordance to the 5 million PhDs of Universal Immortality Inc of the medical offices, and the 4 new medical professions 1). ET (Eternist, design 4000 year lifespan for all workers by better food, air quality for all) > 2). NP (Noninvasive Medicine Professor) > 3). ND (Nutrition Doctor) > 4). MDs.☺☺☺ These "contractor, architect" scumbags need an honest life, pick tomatoes and then we have no more migrants to take aristocratic jobs of produce picking. Every site sells the same ultra stone age dysfunctional mobile, real or manufactured home, with no real research done, all is admin, sales and DESIGN DESIGN, DESIGN… like cars. We will destroy the demonic mind traces in the human DNA by evolving out of the Aristocratic Beast Mind of the British Empire and Others into the Eternal Light of the Immortalist Anthem. Since some ☺ abysmal IQ☺ people want to kill people with cars, all cars will have built in sensors that stop any car if any object is in front, so that nobody can kill people, override the sensor, with cars stopping if a driver wants to run a car into a crowd or pole, person, dog, etc. This is why we need 10 hours on TV of ethics for a trillion years at least, about the Need to Evolve the Violent Mind into the Immortalist Anthem Ultra Gentle Kind Mind, by not showing, as 5.2. Media explains, any scene of violent crimes, in any movie or news,☺☺☺ with only cops and soldiers knowing about what happens outside of the nation and having access to such content for crime investigation. To create a 0 violent crime that shows the World the Way Forward, that makes all want to learn English and Adopt the 11 companies Model and join the New Eternia Nation, we need to ☺☺*lovingly tenderly gently kindly*☺☺ eliminate all forms of potential violent behavior and suggestions via any means out there. By this logic, we gather ever greater support for the final 11 division of labor, with Immortality Building Inc experts doing all house maintenance and the planetary planning of the job duties for all the 11 companies employees, so all do something physical to help fellow humans, say 10 hours a week out of 35 hour workweek, so that they can no longer need these infernal wasteful hooliganism shouting like Hitler sports from Satan himself that destroy all souls today with Hitler like infernal impunity, sadistic violent depravity. Let all breathe happily, think, create, innovate, instead of shout like demons on sports stadiums, basketball courts. Let us replace the dog barking style of TV talk with the healing tone of infinite gentle tender soft healing nurturing graceful loving kindness. For a trillion fold reduction in violent crime, every Change of Guards, Military Parade, TV tone has to be, like all music melody/lyric content/vocal tone A TRILLION TIMES more gentle tender soft healing nurturing graceful loving kind. Let this be CLEARER THAN EVER FOR ALL so we Bring ~*~Eternal Universal Peace~*~ and the Ever Ecstatic Bounteous Radiance of Eternal Immortality *for* All.☺☺☺ Logically, Radical Results, of a trillion fold Reduction in Crime and War demand Radical Changes.

You get what you pay for, you get outcome reflective of the changes you made in your society. People will say this may remove some freedoms, but we're not free, we're chained slaves of the most violent tones, media, movies, music, news, wars, ideologies, governments. Freedom means Immortality *for* All, possible only when violent crime is 0. They can add ω3, theanine to vitamins to reduce aggression too. Better live in a "dictatorship of nurturing healing soft soothing selfless kind loving tender gentleness" with smiley kind nonviolent people and 0 shoving, 0 slaps, 0 physical violence than in a "free" fake US style "democracy" of infinite bloodshed.

All media has to be violence free and instead of 15,000 radio stations we get only 1-4 during the emergency state, to teach all the Ethics, Eterni Tone and Unified English accent of Immortality for All. All Yells stop, all hobbies and useless desires stop until Violent Crime/War IS 0 on Earth. Same for TV stations, 1 station, every TV minute is to prevent the end of humanity by the 2 capsule event. It's better to have 1 TV, radio station than all humans dead in 10 seconds within 5 years. We got 15000 redundant radio stations and 500 TV stations, which really, redundantly report ad nauseam the same exact negative news, making everyone as incredibly low in IQ as possible. Not one radio or TV station on this hyper violent planet of thuggery focuses every 10 minutes or even once a century on saying ONE KEY SENTENCE (or variation of, slightly different words) to lift genocidal human insects out of their million year violent psychosis that wants to kill fellow humans: "Let's *tenderly gently* bring World Peace in 3 months, 0 Violent Crime in 3 years, let's wish & act like "May all live to a trillion years in ~*~Eternal Universal Peace & Bliss~*~☺☺☺, for a trillion year is a nanosecond of a nanosecond for God who can grant us this miracle if we put honesty, compassion and science first". Not one military or gov official says this before they begin their speech, showing the complete disregard for human life and the fact they're unfit to rule, incapable to place the wellbeing of all humanity above their useless speech. When speeches sound so dull and pathetic, nobody has a good work ethic and desire to build that heavenly world of Immortals. A speech must make all feel part of the Family of Immortals☺☺☺. Building the World of Peace means humans hear from the TV-radio the Proper Intent to Have Daily, the Intent to wish Eternal Physical Immortality for All, to not kill, to bring 1 language to end 1 million language wars, and eventually 11 companies to finally end all nations, companies and wars, for as trillion year old shapeshifting Immortal beings we will figure out what God and the correct religion is. There is no point to kill in the name of made up religions whose scriptures are so evil. We reform this TV-radio system and create 4 radio TV-stations (radio gets most TV content plus some of the 4 TV stations): 1. instrumental eterni music, 2. vocal eterni music, 3. ethics of Immortality for All, 4. science of Immortality *for* All with different topics AI reads, physics, engineering, chemistry of 4000 and trillion year lifespans to bring down car accidents and set a new tone of noble intent, with May all live to a trillion years in ~*~Eternal Universal Peace & Bliss~*~☺☺☺ repeated every 10 minutes or at least on the sides of the

screen for serene voiceless music TV stations, functioning like an Eternal Ad.Prayer.Wish for Immortality *for* All. 15000 radio stations that perpetuate eternal genocide and killings are useless, just pure evil garbage, better have 1-4 good stations in the transition period with the best tone ever, than the garbage today that reinforces eternal violence and bloodshed. This is very important, the world needs to know that "We want to give all humans trillion year lifespans this life and that's why we stop those who want to kill others. Iran violated the right to life of 8 billion people, the UN principle of Nonkilling, of Immortality *for* All, of zero killings, every human's right to live to a trillion or even 90 has been violated by each killing. For God a trillion years is a nanonanosecond, so God can grant us trillion year lifespans and ~*~Eternal Universal (not just World) Peace & Bliss~*~☺☺☺, if we stop acting against God's Suggestion to Honor Immortality *for* All, by ending supporting terror, harm or killings upon other members of our divine family of Immortals. All humans are part of our family, we need to love each human a trillion times more at least than the most loving mom loved her suckling infant baby last decade as the Immortalist Anthem explains to humans longing for Eternal World Peace and Physical Immortality *for* All." This is far better than "Iran killed 900 Americans, so we're going to bomb them": humanity doesn't care about 900 Americans killed, as US killed 1 million Iraqis in Iraq war. Leaders need to talk while keeping the interests of the audience in mind, not in "selfish America only matters ways". To be loved by all nations we need to speak to all nations, to have all become the Universal Eternia, the one nation of 1 language, we need to act as such and speak like adults, not as street fighting kids. Our dog IQ leaders can't even *pretend* to care about humans in words, let alone actions, even their words show the ***utter contempt for the slaves of the world, the 8 billion***, whose interests of living in peace, health to a trillion are never mentioned, only the interests of aristocrats to kill millions via puppet regimes to steal resources.

5.1.5. ☺☺☺Courts are named Etis, Lawyers-Judges-Cops are named Healers☺☺☺

This section has a large focus on the unjust treatment of gentiles by US laws and justice system and the lack of prosecution of aristocrats and Jewish mass murderers and destroyers of gentiles in the USA. To understand this better, watch this 10 min video about some Chinese lady who became a judge, because of course, there is a high salary, no inhaling of toxic chemicals, no risk of dying every day as in some industrial places short of engineers to make things safer with robots, etc, due to so many judges and lawyers in USA stealing lots of cash, while money for tech positions doesn't exist and US becomes a 3rd world nation of just, useless or fraudulent trials and fraud. Why do we need so many lawyers and judges? You will see we don't, if we implement centralization. Just as all states, county governments dissolve to create one law and one state, as all police departments merge to become one national agency, as all theory classes merge into one online university with individual unis becoming pure research centers, we unify all courts to end inefficiency and wasting trillions with lawyers, judges and frivolous lawsuits no longer

needed as 33 million companies are replaced by 11. The laws will be the same, ultra simple, so 1 law for all violent crimes, lifetime labor or death if injury won't heal in 2 weeks, so there is no room for interpretation and FRAUDULENT JUSTICE where one guy gets 3 months with a judge and another 20 years, based on judge's bias, for the same exact crime. Today, the rich get out of jail quick IN 10 MINUTES VIA BAIL, the poor spends 1 year for the same thing, BANDITRY RULES SUPREME. The Courts are there to Terrorize the 99%. Today, we have 20000 towns and villages and each basically creates unique laws and then each lawyer and judge, depending on their hate or love of a certain gender, ideology, sexual orientation, race, etc, makes totally unjust decisions that any objective AI would find ridiculous at best. You can't have real justice with the current system, people are too stupid, the AI, judges and lawyers can't see gender, name (each person gets a unique number ID, as it reveals ethnic background) and race, beliefs, etc of the people if they're to determine the correct fine, community service (if no money to pay) and education classes (Free) for an issue, and the other cases are ultra simple: lifetime labor for any violent crime, death if injury doesn't heal in 10 days (any rape, etc). A video illustrates the point: judges give 30 day sentence to those who kill others, if killers got similar beliefs, gender, race, ethnic origin, etc. The phony idea that one standard exist is the biggest lie. In an immortalist society you get 5 billion times more justice with 100 times fewer judges, as all is so simple, no room for bullshitting: lifetime labor or death penalty for any violent crime. Instead of 1,000,000 pages of laws, we get 10,000 times less at least. This uniformity means EVERYWHERE THE LAW IS APPLIED EQUALLY, NOT BASED ON THE RACIAL/ETHNIC PREJUDICE OF THE "JUDGE, LAWYERS" AND THE MONEY one has to buy fraudulent witnesses, etc. If fine is 1 million for dog barking after 10 pm, it is so universally, in every town of USA and no judge, lawyer or cop can ever change that, that is the definition of equal rights in Constitution and of Democracy. Today, justice is a complete charade. Each nutty state court makes up crap, like the incompetent governors who allow houses demolished in 1 minutes by tornadoes to be built. The Jury Trials are pathetic: a mockery of scientifically honest justice. Every jury member etc is biased based on their superficial perception of the perpetrator and victim, and this will influence their decision. It's ultra easy to remove all such bias by not showing these people, with people having access to the text of each statement, to remove bias against accents belonging to an ethnic or racial group, etc. Who needs jury trials? This whole thing is a British Jewish invention to focus on fear and keep the populace focused on crime, the need for repression. In a civil society with one simple penalty, lifetime labor for most violent crime, 100-9000 times fine for amount stolen, etc, you don't need 99.9999% of trials, which are a COMPLETE WASTE OF TIME, to terrorize the working class and brainwashing the Workers that they're criminals to live in jail by the millions, where the real Thieves, Killers, Gangsters are the Royals, Aristocrats who fight for millennia against the 11.

In a land of real justice, no crime ever occurs, for all are part of the Family of Immortals☺☺☺,

what is there to steal when all make roughly same salary and have a job and similar assets, just helping all live to a trillion? Pathetic. The whole justice system is a scam invented by the rich to chain all. There is no "Royal family", only 1 family, humans, 11 companies for all, finally some science jobs instead of lawyers, judges, cops 1000 times more than needed in a real civil world. Now 99% of human energy is wasted in aristocratic gang wars, each nation run by a gang of rich. The TV always has trials, to increase shame, guilt fear and the illusion that the rich care about justice and fair trial, etc is the cornerstone of the fake democracy, when they don't give a crap. The more trials, courts, lawyers, judges in the news, the greater the illusion of the rule of law, it's the ultimate deception. The amount of cops is far greater than uniform cops, many jobs are "realtor" etc actor, model, etc but are actually cops too. If you swim against the river as a tiny duck, in a strong current, you need 1 million times more energy to travel 10 feet, same thing today, in these fraudulent police states called nations, who swim against Ethics, Nature, God and the way of pure physics, they need 1 million times more cops and related personnel, because the system is so unnatural, with 50,000 times more pay for some people, that the enormous chaos and discontent, lack of motivation needs 1 million times more wars and police violence than with a fair system of the Immortality Credit Score. Why would genderless shimmering shapeshifting Immortals materializing stuff need to steal anything? The reason USA has millions of pages of laws is due to going against the Tao: the more laws, the more crime. Everything is so complex, that the thieves learn to work the loopholes and con the system. It's a system of ultimate hypocrisy and inequality, every nutcase is King of USA, every hamlet is a state within a state, every judge interprets same law in his way, total bullshit.☺☺☺ The liberation of humanity is at hand, the 11 companies can deliver freedom for all human beings. We live in a comedy show country☺☺☺, where 1800 federal judges give themselves 17-18 times the federal minimum wage, even though many of these workers risk their life daily in the most dangerous industrial processes that can't be optimized because 33 million companies create 40 million redundant jobs, instead of 40 million research and development jobs to automate all processes, and replace all humans with robots in dangerous jobs. Millions of workers globally die in workplace accidents and 20+ million suffer lifelong permanent disability each year, because of these parasitic lawyers (who become lawyers in order to try to become multi millionaires, making 50-1000 times the minimum federal wage, up to $15 million a year; yes, the liars who defend the serial killers and the genocidal companies get the most reward... Capitalism 101), judges and stuff waste endless human resources with their court charades, TV jury trials, to solve disputes that would not exist if we had 11 companies instead of 33 million and 1 universal pay instead of 50000 times higher pay for some and all in between. All disputes center around one thing: vast inequality in all its forms addressed in the 20 page section on Equality.☺☺☺ The whole purpose of the TV comedy with trials is to arouse the workers against the workers, while aristocrats laugh all the way to the 4500 useless banks.☺☺☺ With proper laws, there are no

trials, TV footage shows who hit first and that guy is dead or lifetime labor. 10,000 times fewer trials. Without such atrocious pay for federal judges, nobody wants to be one. We got so many lawyers and judges because it pays so much. The federal judges are part of the aristocratic class, totally disconnected from reality.☺☺☺ Our society dedicates its efforts to create 8,000,000 laws to defend the theft of trillions from the workers, via complex lawyer games, instead of 8,000,000 advances in nutrition science to help all live to 4000. When the stupidest men rule the Earth, everyone is a short lived nematode worm. The 99% could easily argue that many judges (who're often Jews becoming judges to make $$$ not help USA advance past the Neolithic Bible stage of infinite violence and stone age anti-science society) are worthy of lifetime labor in California to pick up tomatoes for life or mine for lithium, for they have defended the 1% theft of trillions for centuries, plus endless mass rape (a violent crime: complicity to mass rape via media allowed and scripture deified) in the Bible they forced us all to swear on. For example, go after $1 million of sign changes, while they leave untouched 8 million times bigger theft: the $8 trillion stolen by Jews and their lackeys thru tax free status for TERRORIST groups of foreign states disguised as Synagogues, Churches, Mosques, who Brainwash USA for 250 years that Genocide, Mass child Rape, Slavery, Slave Beatings to Death is 10+ days are the "God's Word". They know how to distract the workers, all TV-radio topics are nonsense about monuments, signs and other useless jury trials, while the $1-38 million salary of many TV presenters are never a topic.☺☺

God of Israel (Is it real, not a God, but a demon) is a fiction.☺☺☺ The Jewish Lawyers, Judges are all Mossad Agents who serve Israels' interests of Planetary Brainwashing, Jewish Supremacy Indoctrination (Jews are holy, rest are not: Bible Quotes). The Christian, Jewish, Muslim Industrial Judaization Complex of Mass Imbecilization via the Religion has stolen trillions from the USA, to increase the power of Saudis, Israelis, Italians, other countries creating fraudulent churches, mosques that deify Genocide, Rape and Murder of Slaves by Beatings/Abuse. So, the judges act as lackeys, of the Supreme Prophet of Killing 3000 people in a random fit of Rage, No other than Moses, the Killer of Billions, whose friends told us we need Honor Jewish Talmud guidelines on intercourse with 3 year old girls and the Eternal Wisdom of the Jewish Jesus fraud cult used to justify endless genocides these judges pretend to protest against by their order to "reinstate signs Trump changed". The hypocrisy of these Jewish judges can't be greater: Jews, via Jew invented Christianity, Judaism, financial networks, Islam they created (Bible recycled), killed at least 1.5 billion, but all we hear all day is about "some gentile guys killed some native Americans who were often cannibalizing each other and taking people's hearts out". The Jews, many others, wouldn't admit, nor these 17 times higher pay judges, that all humans are descendants of these hairy chimps, yes, these cannibal chimps who eat the neighbor's kids when hungry, and that slavery (like cannibalism and all ancient human habits) started in Africa, with chimp like beings enslaving other chimp like beings, black upon black and continued for

something like 40,000 years at least, existing for eons before Christians even emerged. Everyone knows the Sumerian Codes of slavery existed centuries before the Bible was written. Jews and other aristocrats the Jewish Bible Slavery Teachings L25:44,E21:21 created went to Africa and saw the Black Kingdom of Dahome was raiding nearby kingdoms and catching slaves to sell to other kingdoms and decided to buy some themselves, like other black kingdoms did. Other kingdoms did the same, she mentions the Mali kingdom who was growing via enslaving blacks around. Everyone knew that slavery has been done by 100s of states for 100s of centuries. Jews simply chose to continue to be the Slave masters, while playing victim as "slaves of Egyptians". Slavery was there for possibly 200,000 years, far longer than people can comprehend, they found recently signs of complex societies with buildings, etc) even 350,000 years ago.

These Jewish federal judges, who pose as gentiles, never complain about the 3000+ year Jewish Atrocities against Humanity, born of the Calls☺☺☺ for 1. Genocide, 2. Mass Rape, 3. Slavery, 4. Slave Killing that these Infernal Judges force half the Planet to Deify as Word of God. It seems the justice system protects the 4 Bible rights of gentiles: 1). Be genocided as cannon fodder for Israel's eternal wars. 2). Be mass raped electronically, in person and via media overflow of images 3). Be enslaved and worked to death to make Jews rich 4). Be killed slowly over weeks, months, years for exposing the Jews, Brits. ☺. Lawyers paid 1000x min wage for defending Jews. Not only that, these demonic Hitler voice rabbis, proudly shout like demons from hell the 'ideals' of their Psychotic Religion of Subjugation, Death and Slavery. These Jews, who take the appearance of locals by intermarriage, have taken the power of the state to subjugate the Gentiles via Endless Games in every nation they control, so it's our right, as gentiles, to liberate the Earth from this Global cancer: JUDAISM. ☺☺. Let Freedom ring forever. Jewish Karl Marx defined Jewish culture best, as he knew it best: "What is the worldly religion of the Jew? Huckstering. What is his worldly God? Money... The emancipation of the Jews is the emancipation of mankind from Judaism". Oddly enough, on every street in the US, we're forced to see monuments to the Jewish Jesus, whose 4 directions cross reminds us all of our rights as Christians: to work ourselves to death to make Jews rich via the 4 essential rights above: 444. They steal our taxpayer money, to build their satanic synagogues and churches and mosques, all variations of the same infernal Tanakh or Old Testament pseudo religion of mass murder. Then, they tell us that this is democracy. If we disagree, they invent some charges against us. ☺☺☺

By the Bible alcoholic deification of wine, the genocidal deification of Eucharist ("blood of Jesus" the Jewish Rabbi Jesus wanted all humans to drink in memory of His Co(s)mic Jew Personality of Violent Throwing of People described in Mt21:12, O the real Jew came to the Front) and wine drinking by the Catholic Jewish Vatican Church run by Jews for centuries (pirates became Popes, so did 2 Serial Killer Bankers 1513-1521 (died of gluttony) & in 1523, aristocrats killed people to become Popes), the Jews caused 1 billion deaths last 2 millennia and 20 billion people to suffer

physical violence from semi drunk and drunk people. Jews also caused millions of deaths equivalent via the Jewish Baptism immersion of babies (see the Holy Chosen Jewishness of Christian ritual as Jews invented it to destroy all gentiles: only 40 seconds of Jewish Supremacy), that emerged from Jewish invented Christianity, since the lifespan becomes shorter once babies inhale water while submerged in the container, water into the lungs, damaging brains etc, causing billion year lifespan years lost as 20 billion babies are tortured this way by the Jewish taught clergy for 2000 years, especially until 1500 when it was the major baptism method. With 2 billion people from Jesus to now (90 billion humans lived since Jesus), losing 1 year each on average due to drowning as a baby in baptism, we get far more than 6 million (Holocaust) killed by Jewish ritual, 2 billion lifespan years means 2000 million lifespan years. Holocaust was 6 million times 40 years lost on average, 240 million lifespan years. This is One Strike of the Jewish "Holiness" against humankind, the alcohol One is Far More Deadly, we're talking about not 0.24 billion lifespan years lost in the Holocaust, but of about 50 billion lifespan years that the "Holy" Jew could have prevented, if he was not such a stupid chimp, think about the millions dying in wars and domestic violence, thanks to the JEW.☺☺☺ And now, at Gunpoint, He Forces us to Worship his demonic "Bible", He Steals Trillions from National Budgets of 200 nations to get Tax Exempt Status for his Temples and Churches where we worship genocide, slave killing, mass rape as Word of God. The Quran is simply the Jewish Tanakh, Jewish Bible rewritten, so 2 billion are slaves of Islam the Jew created too, he drains the Treasuries of Muslim nations too. Israel's first Prime Minister had the audacity to call the Bible the Book of Books. Where is the Federal Judge Prohibition of Such Criminal Jewish invented Baptism in USA or the Federal Jewish Judge prohibition of Alcohol and prosecution of all Jewish gangs, descendants, rabbis, etc who sabotaged the prohibition, sold liquor illegally when USA last passed it to destroy the USA and turn it into a Jewish Colony? Kindly see Jew drunkards practicing Alcoholism to emulate Yahweh Genocide God and showing the origin of US "music" and rampant alcoholism. Jews and many alcoholics worldwide need to see how their 'music' and alcohol fuels endless wars, crime. ☺☺☺

Gentiles were forced to pay Reparations to Holocaust Victims, and to listen to Holocaust stories 24-7 on all TV-radio owned by Jewish gangsters. That's OK, but what about Jews paying the victims of Jewish Holocausts, that are at least 150 times bigger than 6 million, more like 1 billion dead of the 90 billion people who lived last 2000 years? We got 1000 Holocaust of Jews museums about the 6 million victims, but what about 1000 Museums of Genocide by Jews of 1 billion Gentiles?☺☺☺ Where are the Reparations by Jews, their 170 Billionaires, paid to all nations Jews destroyed via the Bible, Quran, etc, to the Billions of humans destroyed by violent crime, wars created by Jewish USA Producers, Movie Directors thru Jewish Violent Hollywood Movies, Music, etc, all the artists (of all races) Jews covertly created to turn every US street into a satanic coven of Violent Trash music, shootings and violence? All those who killed by orders of

Stalin, Mao, Hitler, etc were complicit to genocide, just like all the youth today listening to violent music is complicit to this GENOCIDE (violent crimes added up become genocide in lifespan years) by the Music-Movie Studios run by Jews, Brits, etc. So, are those little "satanists" who terrorize the neighborhoods with their "peaceful" loud music ready to pay reparations to decent people forced to listen to their hooligan murderous music? Can they, like Jews, realize the Difference between their "Music" and Peaceful Music or between the Bible and the Immortalist Anthem? Where are the Judges banning 50-90% of US music, which is violence deified? Can most adults worldwide even comprehend most music, yes even national popular ones, folk/country is violent by immortalist standards? Well, the lawyers who make millions a year would never take a class action lawsuit by the parents of kids who have been turned into violent music by the music created by Brits, Jews etc who run the US music industry and movie industry, whose main objective is apparently to produce endless violent criminals to destroy families, communities and create profits for prison owners. It's a very corrupt system where the cases prosecuted on TV always attack the working class, but never the Oppressors.☺ Nobody dares to sue these singers, movie producers, recording studios, because the singers are worth 1-1000 millions and a parent makes only 50K and is worth 100K, so how can a singer of pure trash make more than 1000 scientists who help USA 1000 times more? It's possible due to clowns running US for 3 centuries with the aid of Federal Judges☺. What about a class action lawsuit against Facebook for all violent content there in the trillions of posts? FBI who allowed that violence on the Internet? Congress officials who allowed that + Bible to corrupt 20 generations?

These Genocidal Federal Judges, for the most part, Belong in Prison or Lifetime Labor Healing Cities of Immortalism if it wins elections, for these Diabolical Judges allow MUSIC THAT INCITES people to Violence, so they can then jail the Whites, Blacks, Hispanics, etc that Jews and Aristocrats incite to VIOLENCE. These Murderous Judges feed the System of Slavery, then pretend they love Signs about Slavery, to Hide their Slavery Agenda. We're not that stupid to fall for their gnat IQ tricks. Slavery is Alive and well, it's done by Jewish Slave Owners of Musicians and Singers who create Endless violent Crimes via Music and Movies. What about reparations to Americans made drunk by Jews, the families Jews destroyed with the endless liquor stores Jews started as the Eternal Fraud and Merchant of Death in 90 nations for centuries of profiteering via gentile genocide? If we can start calculating, we may see that the fines millions will need pay are in the billions and will happily self-deport to Israel to avoid paying them. Where is the Judge uproar about the genocidal brainwashing of US kids that Mass Child Rape, Genocide, Slavery are Word of God?☺☺☺ Where is the judge uproar about the Jewish State within a State, the 500 wars in Europe, etc financed by Jewish money? Do Jews even comprehend how much damage they did, imagine how much more peaceful and ethical the world would be if instead of this demonic Bible they would have followed Tao Te Ching? The Tao follower is a sage whose

possessions are none, but virtue itself: the follower of the Jewish Bible is a mass rapist, genocidal killer who enslaves and beats slaves to death. It's the difference between 'satan' and God that the 'demon' possessed Jew can't comprehend as he's "bacteria IQ".☺☺☺ Some people are so low in IQ, no amount of explaining, even 4000 pages, will be enough. Imagine how much more peaceful the human society will be if we follow the Immortalist Anthem, which is more peaceful than the Tao Te Ching, a very peaceful text. If we talk about Ethics, Justice and Judges, let's be Fair, and not prosecute just gentiles, but also the Jews and their genocides. Even better, let's stop wasting time and create 11 companies and Immortality Credit Score, for ethics to grow and war violent crime to end once and for all. For 1 trillion times lower violent crime we need a 1 trillion times less violent Anthem or Scripture and of course, 1 trillion times less violent music melody, tone and lyrics. So, let's walk the talk, for even the 1 billion times less violent New Testament (than the Old) is too violent. We upgraded our chemistry, physics textbooks from 1st century, but Jews insist our Ethics is the 1st century Jewish Bible of 1450 super violent quotes that are incompatible with 1 trillion x lower crime. We can't be held hostage by Jews, we need the Immortalist Anthem or something similar. The entire planet would organize general strike and calling for Jewish Extermination if Jews forced everyone to study science from 1st century books, but Jews force all to study Ethics from 80 AD. Once people realize what is going on, they will gladly trash the Bibles, Qurans, Gitas, other junk. We must overcome a pathological fear of the Jewish Vampires and take back our nations. ☺☺

Jewish MDs make up 14-16% of MDs, while Jews 2% of USA. Jewish MDs told us in 1950s smoking packs of cigs a day is fine. Jewish Sigmund Freud, a cocaine addict, made cocaine a prescription for depression and endless other conditions, killing endless folks. He started hallucinating that "all human desires center around sexual repression" and was dubbed the genius of psychology by the Jewish media, creating a depraved Western society of sex addicts who care about sex more than World Peace and nonkilling, like the Chinese Emperors of 9000 concubines. Jewish Solomon had 300 concubines and 700 wives per Bible, so the Pastors, Rabbis tell USA and Christians to emulate him, Jewish Bible is Word of God of mass rape, Solomon is the wisest king in Freemas-onrgy (mass orgy) and sex obsessed Jewish Mormon church. MDs sold poisons. Jewish MDs, making 40-50x min wage turn millions of gentile kids into drug and meth addicts using ADHD amphetamine salts mix called Adderall. Intentional??? Part of their plan to take over USA? Jewish MDs make 20-80 times the min fed wage. Desoxyn (prescription meth) is even worse than Adderall and they prescribe it for ADD in Jewish USA, but not in Europe/Japan where it's banned. Meth and Adderall cause sexual arousal and birth defects. USA is run by Jews to a great extent, that's why US men are brainwashed to circumcise their penis, they trust the Jewish frauds who forge papers to create circumcision for all policies. Jewish MDs can never be prosecuted for horrible advice given to millions who died of lung cancer. They prescribe

medicines that decades later are banned or illegal. Why paid so much? Why did they become judge, lawyer, MD? Money?☺☺☺ The law goes after the little man, not after the Bible mass child rape deifying rabbis, imams, pastors or corrupt judges, MDs destroying USA. So, let's have Equality, ☺☺☺. If judges protect signs about the horrible slavery, etc in national parks, let's clarify who started slavery☺☺☺ 10,000-200,000 BC, how Jews made billions by slave trade, started 500 wars in Europe to make money by lending, created 8 Christian empires based on Jewish Torah Slavery quotes to enslave gentiles, how slavery existed well before Christians appeared, etc. Why are criminal Federal Judges requiring 10 Commandments displayed, and not the Command of Moses to kill 3000 Jews? A Judge has to be Impartial, not make Jews appear Ethical, when they write the vilest book that killed equivalent of 17 billion per one estimate if all 2000 years dead died in today's world at once☺☺☺.

The Immortalist America, Eternia or any Immortalist State Article 1 of Constitution says:

We the People of Eternia, hereby decide to create world's first violence free society, the basis for Eternal Universal Peace and Immortality *for* All. The first right of Eternia citizens is that of LIFE, so any music, literature, movie, scripture, philosophy that depicts or encourages violence, crime is an act of murder against Eternia's citizens and is illegal. Murder starts with the smallest violence, such as scriptural quotes that OK war, which is the end of the right to Life of fellow humans, since there are always trillions of ways to solve disputes without war, that the aristocratic states have no interest in, since only the enslaved fight on the frontlines. The world is ruled by the Dictatorship of the Palatial aristocrat, living in mansions away from frontlines. Thus, Taoism, Confucianism, Christianity, Islam, Judaism, Mahabharata based Hinduism, etc, via violent support of war and violence in their scriptures via 2000+ quotes, are illegal terrorist movements that don't meet the immortalist 21st century definition of religion, of ethics. They're products of aristocrats inventing religions for resource theft and power projection purposes. True religion is about bringing humanity together, not killing some people as existing religions (D7:16), about creating a new 21st century ethics or religion if you will, that has a scripture 1 trillion times less violent, that creates a society and ethics 1 trillion times less violent in actual statistics, not in personal opinions. Currently, only the Immortalist Anthem and variants of it meet that nonviolence criteria. These cults and their military bases disguised as "places of worship", these terror groups disguised as religions, created by serial killer military spies of former empires, destroy the foundation of the Immortalist State of trillion Year Lifespan Humans, degrade the human condition to the lowest fixed lifeform IQ possible (cabbage IQ) and are anti-life itself, for Life is Freedom, to Be, to Live Forever, to Shapeshift as an etlif (Eternal Life) IQ lifeform. The utmost duty of any "religion" is to support constructive contribution to Trillion Year Lifespans for All, so Buddhism with begging and parasitism off others' work is incompatible as it encourages a direct act of violent burden on society feeding the hallucinating

monk who drags all into the evil worship of 80 year lifespans and boundless laziness or indifference o education, science, progress as the nihilist Taoism of "follow neither life, nor death". The Eternia Ethics is clearly Defined in the Immortalist Anthem of All Immortalist States Universally, the Family of Immortals☺☺☺, one people, one humanity, one language, Eterni English for All for max efficiency and global unity, with 11 companies for All immortalists, 1 bank, 1 card, 1 currency, 1 culture, 1 pay. The right to "evil religion" is canceled by the right to a violence free Society, the very basis of Immortality for All, of Life Eternal for All, the Pursuit of Eternal Bliss for All.☺☺☺ Thus, all judges' duty is to uphold the First Right above all Others, that of Zero Violent Crime NOW in Eternia, Eternal World Peace as fast as possible, by the proper implementation of Immortalist Law for Trillion Fold Reduction in Violent Crime. All religions are ethical teachings entities, with online presence and zero donations as the 155 page Independence section explains. Until all violent crime is zero and lifespans are 1 trillion years old, no buildings are allowed for any 'religion', since we must first have proper housing and shelter for all, to avoid violent crime from poor sleep, which becomes world war later. Once again, all STATE POLICY is Subordinate to the First Right of Humans, that of Eternal LIFE, Zero Violence, Zero Violent Music, Zero Violent Scripture, Zero Violent Sounds during Sleep, Zero paper Thin Walls, Zero Irritation from Bad Sleep fueling Crime. The Immortality Centers will create soundproof high quality Immortality for All Halls (at city hall for small towns) for all social gatherings where all can meet for their "Biophysical Immortality Religion" or liturgy in "Quantum Physics of Immortality Techs". All state resources, buildings etc are used for research into trillion times lower violent crime in 10 years and World Peace Eternal in 3 months, single family housing for all, etc as detailed in the 11 companies section, trillion year lifespans for all, instead of for fraudulent stage magicians and liars to deceive the youth with their religious lies. Over a trillion years people will discover what God is, without being indoctrinated by liars into the God of "insect IQ" humans. The age of thieves, killers disguised as clergy looting the US Treasury and the US people is Over, no more states within a state, All religion is Mostly Online, and Free of Any Money Exchange, as Spirit is Ethics and Nothing Material, no amulets, objects, anything sold online or offline. Universal Immortalist Law prohibits any money exchange for any ethical teaching. Ethics is the basis of civilization and TV has many hours of it daily, being free, like most basic needs are. Eternia is for people of high IQ, not cow IQ cave men with religions of bloodshed. Like Saudis forbid any religion but Islam, Eternia forbids any Violent Psychopathy Religion, like most today are, the root cause of violence on Earth. See the Declaration of Immortality for All. May all live to a trillion years in ~*~Eternal Universal Peace & Bliss~*~☺☺☺

After 5 million Americans were killed by the Jewish MDs who said smoking a pack daily is fine, USA finally decided to fight back the Greedy Merchant and put a Label on Cigs saying "You may develop cancer and die". Likewise, after billions were killed by the Bible via Jewish rabbis

spreading it far and wide disguised as Christian clergy, USA needs to force churches and synagogues, mosques to display a warning label, of 20 by 20 feet, at the entrance "Entering these Premises Risks Bankruptcy (Clergy steal money from people via donations to build palaces), Child Rape (Molestation is super common), Mental Illness, Psychotic Violence Episodes (1450 violent quotes or 550 for Quran), Epilepsy, and Removal of US citizenship for Supporting Genocide of Most Americans who're Infidels or are "given to Jews to genocide by God" D7:16"☺☺☺. The USA needs to mandate every synagogue and church post a second warning 25 by 25 feet sign with the Moses command to kill 3000 Jews in front for all to see, so nobody is being lied to about the Word of 'God' (dog), as well as D7:16, Genocide of all nations, Mass Child Rape, Beating Slaves to Death over 2 weeks, months or years, How Jews are taught to treat Gentiles so all Know if they Enter the Abode of Satanic Violence, their Credit Score goes to 1 from 500 and they become an active traitor of USA for aiding Jews in exterminating all Americans if Jews ever feel like it". Any judge who opposes this warning label is a traitor of USA, of the Constitution that guarantees right to Life for All first not right to "religion", a traitor of the Right to not be Killed by Psycho Jews or Muslims, which is the most fundamental human right and which is above the right to "religion" for psychos. Any judge opposing these warning labels, as on foods, is a Mossad agent and needs be fired and receive lifetime labor picking up tomatoes in California instead of the criminal killers the Judges allowed to come in when we needed none of them, since efficiency of 11 companies would have created 50 million new workers that no longer fulfill redundant jobs.☺☺☺ For mosques, the sign shall provide the most violent Quran quotes to see why it is Leading to Violence and Credit Rating downgrade. Kind Jews, fooled by dishonest rabbis, gently please quit worshiping 'demons', the 'demonic' Bible☺☺☺, demolish all synagogues and choose the real God of Immortality for All. Otherwise, you know what the gentiles will do, they will defend against satan, the destroyer of all lifeforms.

Abusing the kindness of USA to worship the genocide of gentiles is subversion of USA: US welcomes Jews and Jews worship a text that says All Americans can be killed when Jews feel like it, or even when Christians feel like it, if said Christians accept Old testament as Word of God.☺☺☺ How Kind of Jews, Christians.☺☺☺ That's treason, enough grounds for deportation to Israel. Aren't Jews ashamed, same for Christians, how can you not be ashamed to print such evil, betray your nation for the 'demonic' Israel of Charlatan Rabbi Jesus and others, and call it your scripture?☺☺☺ Are you Christians and Muslims so stupid to be a puppet of the 'demonic' Jew? The American people needs to prosecute these charlatan Jew Judges or at least replace them and fine them☺☺☺. They can't deceive us. Let's take US back from vampire Jews☺☺☺. Unlike the "God" of Genocide of all Jews want killed D7:16, the God of Immortality for All, of Fairness for All, of Life for All, of the Immortalist Anthem of the Liberated USA, knows a trillion peaceful ways to any outcome without war, rape, violence, torture, so we can peacefully deport all Jews

who want 3 year old rape Talmud deifying synagogues on US soil. Any civil state can't accept the Jewish Torah, Talmud, Bible, Quran as scripture, nor the Christian Bible that contains the Old Testament 1300 genocide, mass child rape quotes☺☺☺. Jews need to make a choice: serve the demon of Yahweh in Israel or the God of Equality in US☺☺☺. America is the land of Freedom from Killing by Jewish Psychos☺☺☺. We're not Israel☺☺☺. Those who want to call genocide, mass rape, human sacrifice, arson, alcohol drinking to beat all around you, kid beating, slave beating as Scripture, can go to the land of Canaan, Israel, to Worship "Satan", the "king of demons"☺☺☺. Freedom of Religion is not Freedom to call for genocide, mass rape, slow murder of slaves☺☺☺. Millions died for America to become the Land of Freedom from Psychopathic religions☺☺☺.☺☺☺ All these viper judges force schools to study the hyper genocidal and child rapist Bible in schools, that's genocide☺☺☺. Wake up and free US once again as in 1776☺☺☺.

Basically, when you got one cop department and one court for all America, all games end, together with the rich class,☺☺☺ we need 20 times fewer cops, as we got every mail, package inspected 5 times by the 5 million drones and dogs at the ports, post offices, private mail, etc all part of the One Company for All USA, Eternal Travel Inc that delivers all mail, as the 5 trillion wired camera system is installed (no microwave pollution, wired, *all homes built by* Immortality Building Inc, *nobody touches any wiring)* in every home, car too and alerts police to arrive in 1-2 minutes to a house if AI detects anyone hitting anyone or removing the camera. The cops are the people with the highest Immortality Credit Score in USA, not any gangster as today, so they can access this video during investigations as insect humans fight exchanging fists per UFC guidance from Republicans. ☺☺☺ This also ends aristocrat privacy, the terror of the bastards who terrorize all nations with endless TV-radio violent crime trials, gun murders and violence and martial arts… in order to keep the slaves in a state of stupor, fear and terror which enables fast efficient theft of trillions. Any person slapping anyone gets lifetime labor minimum, and death if serious injury that doesn't heal in 10 days. That's true female and Jewish emancipation, immortalist style. No more "20000 version of every law applied in 40 million ways", depending on judge prejudice. Same penalty for all insects thinking themselves humans but behaving like cannibal chimps and insects all the time, per their cannibal Bible. All violent crime would vanish in 2 years as the immortalists say. But the Aristocrat Cannibals don't want that zero violent crime, only to suck the blood, literally, via violence, out of the masses. To Beat all to death, as the Bible Teaches, so they can spy on all thru 17 "intelligence agencies, CIA, FBI, Pentagon, etc and 18000 cop departments", while none can watch them. Long live Israel. The whole privacy scam is a fraud, because none has privacy except the aristocratic terrorists who keep violent crime a trillion times higher than it should be on purpose, to subjugate everyone and keep them chained forever as a dog. When all these animals know that execution is hours away from a slap, not decades from 10 shootings, they will become human. There is no privacy, the Constitution

Rights mean all Rights exist only if you're alive first. The right to Life, to zero violent crime is above the right to privacy. If you're dead, any right has no meaning. If a person is dead, whether one can have sex with spiders, elephants or suck tits of cows is irrelevant.☺☺☺ The insects demand privacy in their killing spree, give us a break. Let that be clear in the insect heads of human bacteria, who don't realize their IQ is a million times lower than that of bacteria, vs Immortals. Start being a human, not a cannibal chimp. This will be very clear to all cannibal nations, all power plants, etc destroyed, society collapse, until the violent crime law is implemented to no longer wage war. Total annihilation of any war starting country. Death penalty for nations who start wars, gov wiped off the map in 1 minute. World Peace in 3 years. The end of games. The Rule of Life, not fraudulent Law, Courts, police and intelligence agencies and fake elections and political parties. When you got the IQ of snails, you need a computer the size of Boston as in 1800, to compute the same stuff a phone can today. Likewise, when you got "fruit fly IQ", you need 3 million times more companies, 33 million instead of 11, 1 million times more laws, your law code is 1 million times bigger than it should be. Anthem, scripture are huge too. We only need 4 laws: death penalty for any hit that doesn't heal in 10 days, lifetime labor for all other violent crimes, 100-9000 times fine paid in weekend labor for any theft, fine/ classes for all else, on site and some community service if person is too selfish. A long list of fines, especially for dog bites: euthanasia of dog and lifetime bar from dog ownership, 1 million dollar fine paid via 10 hours of weekend work for life until fine paid, since people can use dogs as proxies to commit violent crimes that don't heal in 10 days, pretend they didn't mean it. For severe bites, death penalty and lifetime labor can be applied for murder via dog. ☺☺☺

To reduce lawyers, courts staff, etc by 500 fold and increase physicists and chemists maybe at least 20 times, we end the Supreme Court, and install the Immortality *Nurturing* Agency as the merger of all courts, all police departments nationwide (all merged, no longer individual, there is one police rule and SOP, standard operating procedure, in every city and village, for max efficiency and more research jobs in science), all FBI-CIA-EPA-DEA, etc, investigative research for fair justice and rename the Courts as Healing Oases or Healing Investigations, or Etis. The cross road, x, of ethics evolution in 5000 folks fined for any crime, to make a point that any crime is created by the whole, not one person, ethics, ethix minus x and h, because h as in th uses too many brain resources to coordinate the tongue and stick it out more between teeth *(th sounds are more reptilian chimp brain, hissing, t sounds are gentler,* more human and can allow us more eterni speech (Chapter 8) as *neural resources wasted in vocal acrobatics and tongue lifting, tongue gymnastics, can be directed to tone, feeling)*, and eti can be more eterni in tone as explained in the language section of chapter 13. Immortalists love efficiency, so eti, easy to recall, ethics minus useless sounds, with et maybe a new word for extraterrestrial since that one is too long. Eti is where everyone heals self by learning to be honest, no need of in person courts

to waste time, everyone submits evidence to healing.gov and the Immortality *Nurturing* Agency works around the clock to find via the 5 trillion cameras who did what and etc. No need of a circus, the courts are pure circus: people are providing 100 times more accurate info when there is no pressure, no guilt from the public circus, when everything is one on one with a kind investigator who loves the criminal 1 trillion times more than the best mom loved her only breastfeeding baby last decade, in a way that is 1 trillion times more gentle tender soft healing nurturing graceful loving kind. Fear of punishing is making people lie so much, so stop it, just give fines and education classes for all nonviolent crimes. This is explained for all in the Immortalist Anthem, we love the worst person a trillion times more than the best mom last decade loved her favorite only helpless infant. It's a New Ethics for New USA, Planet of Eternal Universal Peace. In a society of kind gentle folks who really live the Immortalist Anthem, and pay is equal, equality more real, etc, you don't really have any theft, any crime, any violence, as ethics education is 500 times longer weekly since birth by the centralized education videos even parents need watch before receiving parent license. In the world of aristocratic theft and psychological war on the masses of slaves, all we see is war, violence, cruelty, yelling scenes in Courts, music, movies, to hypnotically brainwash us all into becoming robotic thugs who attack other workers, but never protest near aristocrat palaces. Any dispute among people is kindly solved by the Immortality *Nurturing* Agency healers or Etis staff, since really, with trillions of camera and data points, it's pretty clear who made a mistake and how it can be fixed and everyone feels so loved, they accept the resolution by the council of many researchers, healers who investigate the complaint and change the 11 companies procedures that led to the unfortunate event or the Immortality Education Agency. The arrogant judges use a gavel (very violent and anti-eterni) and talk in a condescending tone, as if the person did a crime on their own, when in reality, the whole society contributed to it and most of the crime itself was due to society at large usually, not the person: values taught. Intelligent societies realize all crime stems from lack of Education, income inequality (huge pay for judges, etc) & nutrition. ☺☺

The circus courts today create anxiety, pollute airwaves with negative emotions (a crime against humanity), destroy national quantum field, provide false info people say because it's public, promote dishonesty, which prohibits the accurate rendition of facts, as emotions take over. In all that time, we could have done some research and found everything faster via one on one investigations, in 1 week, not 5 years. This public court fraud and third grade behavior on TV is useless, nobody likes to be shamed, it is cruel, keep it private, let all healing and evolution to an angelic Immortal begin for every human being, let Homo Immortalis be born☺☺☺. We need to develop proper housing materials and shapes (domes, etc), so nobody dies during hurricanes or tornadoes, proper food free from agriculture, to alleviate animal sentient beings suffering, not waste 50 years in courts, gently wake up everyone, have more kindness and honesty, we need

to evolve past the chimp mind. Everyone who is a witness, victim or perpetrator is welcome into a beautiful teleconference or in person if they want, into a healing cheerful space, with the most beautiful smell, art, quotes, background serene music to calm every restless person, to share their take on what transpired, in person for violent crimes that require MRI brain monitoring to gauge honesty, etc. Today, people view these people as criminals, but they're simply scapegoats for the depraved selfishness of our society, evident from the list of infernal businesses and the sports, alcohol use, smoking stores, weed stores, and too many pet stores. God is *Altruistic* Love ☺☺☺, he's not the psychotic genocidal violence of the Bible. Jesus praised the Courts, Immortalists abolish them, replacing them with Eti or Eternity Investigations *(one eti is one court, two etis are two "courts", but an eti is a healing space of Eternally Healing Infinity, Eternity Healing Investigations, ethi-x, or ethics, 1 million times more healing and less stressful than a court, easy to recall, ethics, minus the cs or x, ethics minus x)* to Increase Virtue in 5000 people involved indirectly in every crime, and as we replace Jails with Healing Centers to Develop Ethics and Immortalist Vibe in all. The immortalist nations will build Healing Centers, single family homes for all, not play demonic sports. We will move from being chimps to humanity, for real. Immortalists are as far from Jesus macho violence in the temple, as God is from demons. So the Immortalist Government will become Love too, the Immortalist State is the People, the Embodiment of Universal Love, of universal gentle tender soft healing nurturing graceful loving kindness, for Love alone is Eternal, Love alone Sustains Eternal Life, and we Love every citizen a trillion times more than the best mom managed last decade to love, for we don't only increase travel speed and tech speed, like letter sending speed 10 billion times faster via email than a 3 month letter in 1800, but also increase our spiritual love a trillion times, so that violent crime is 1 trillion times lower (0 globally) and we do science instead of genocide by torture and jails. Help someone today, don't indict, jail or torture them, for all he did was to expose the infernal depravity of the nation. To change, we need to see and realize we're evil first. Today, all that happens is TERROR BY ARISTOCRATS… in various forms, teaching everyone to torture and terrorize others, blaming others when in fact everyone creates every crime. ☺☺☺

This idea to break from 5 million years of chimp hate, to move away From Jesus Violence in the temple and to Love a Trillion Times more than Jesus, that is the Immortalist Anthem. Love doesn't shove people, doesn't turn tables over, Love levitates tables gently while music of angels sings and pacifies all critics and nirvana states (he materializes 1 mg of neurochemicals of bliss in the heads of all dictators for 2 millennia to cause World Peace and 0 wars, like he claimed to materialize 5000 kg of bread, or 5 billion mg, enough to have prevented all wars last 2 millennia, if miracle of the bread loaves was not made up) give all warlords pause and all killings cease for 1 trillion years. This is a real ethics evolution, revolution if you will, for the creation of a kind world of eternal Family of Immortals☺☺☺, where all humans Wish all humans a Trillion year

Lifespans and Love replaces all hate, violence, shoving, spanking, slapping, aggression. Let us Begin, For time is short, in 10 seconds, all humans could die soon. *Imagine a paradise, perfect sphere of 75 degree weather globally, always perfect, no storms, no war, no illness, just us living to age 10 million at least,* later, as we move away from Earth, a trillion at least. The wonder of science, everyday honesty, of scientific honesty (seek unfakable proof from 50 sources first before saying it's true), of helping others, of punishing none, but helping all in some way, to live to a Trillion years Old. That Simple. No Ritual, no war, no fights, no courts, only Kindness, Love and Bliss. Nobody steals when rich people are no more. When governments stop stealing, all theft stops. Aristocrats own governments…☺☺☺ All blame and penalties become lighter: a fine or community service to evolve the spirit, plus meditative healing and ethics classes to learn to be happy without theft, with part of salary for food, shelter, medical and basic needs being unable to be touched for other products and services to prevent theft, violent crimes, etc. That way, nobody is left starving due to buying expensive useless products one doesn't need. If this system doesn't work to reduce violent crime in 10 years 1 billion fold, they may use death penalty for grave assaults that caused serious injuries, and for any killing of course, or any injury that doesn't heal within 2 months. The truth is that we need to re-educate all citizens first, give them free classes in meditative bliss to overcome addictions, etc, before we pass such tough death penalty to drive violent crime down a trillion fold, so they will do that via the state of emergency, with all TV-radio teaching the new changes (lifetime labor for any slap, spanking or violent crime) and ethics classes, eterni tone, etc to all 23 out of 24 hours a day for 6 months to fill in the gaps of poor educational courses by 5000 colleges and endless schools.

The Courts renamed as etis, will become only 2% of the Immortality *Nurturing* Agency. The Immortality Education Agency is the first Branch of Government and the Supreme Court is no longer a branch, but becomes 1% of the Immortality *Nurturing* Agency, the 2nd branch of government, with only one court for all, the Eti, to clarify the 3 basic laws are universal and no more city, state or local law exists, only 1 law for maximum science and fewer legal professionals (we got 500 times more than we need): 1. ANY VIOLENT CRIME LIFETIME LABOR (or death penalty for any injury that doesn't heal in 2 weeks) in a Healing Center (any slap, police violence via torture (what spy agencies/military do today billions of times monthly) leads to star wars over time via ripple effects, so it can't allow those people to live in society, but a healing city away from civilization), 2. any theft means a fine 9000 times the amount stolen plus education courses, so no jail for any nonviolent crime (just fines and community service, for example violating a restraint order by getting close to a house can mean 1 million dollar fine, with half going to the victim), 3. freedom of speech, criticism can't be sued or called defamation, for only when people's true feelings are allowed via reviews.gov (public or nonpublic) can society advance. Those who disagree need to watch this video on the way China works:

everything that fails is not reported, every low IQ guy is not reported, if you might be fired, demoted or tortured for not fixing it yourself, so everyone reports only positives, without fixing issues, leading to collapse of infrastructure, cars, millions of homeless, endless protests about unpaid wages or etc. We don't want to be like China. A law so simple, anyone recalls it and we need 0 lawyers, as everyone is loved 1 trillion times more than today the best mom loves her infant. We find what happened and we treat all kindly. There is no judge, just the kind investigative healers unit that will present all evidence and conclusions, and basically, the work is done alone, after all data and evidence was gathered. Nobody can Judge anyone, the word is judgmental, we all help all heal and evolve, the word judge is harsh. Society did the crime, so it will be called healers who help it never occur again via community service, fines and education classes, depending on how much money the thief has, etc. We're One Human family of Trillion Year Lifespan gentle tender soft healing nurturing graceful loving kind Immortals, let Us Awaken from the trance of hate, blame and violence. Lawyers and judges exist no more, they're all called "healers" who help all sides reconcile and present evidence for the ethics evolution of the human quantum field and the nation. The words "cop or police" vanish, as cops are called healers, they all work at the Immortality *Nurturing* Agency, being chosen for their ability to calm people with the new national police department high tech and ethics. Everything is private for maximum reintegration into society and 0 stigma. Love first, shame never. ☺☺☺

The 2025 model of Courts is about beating, punishing, killing, torturing SLAVES via the jail system for the crimes perpetrated by the genocidal aristocrats who incite the poor to crime via music, movies and the educational system that teaches 50000 ideas in 50000 schools instead of one UNIVERSAL ETHICS SYSTEM. The 2025 Courts are the glorification of ARISTOCRATIC GENOCIDAL VIOLENCE against the masses, it is the glorification of the Infernal Bible and Its Praise of SLAVERY, GENOCIDE OF 8 BILLION HUMANS, MASS RAPE, beatings of kids with rods, endless violence, arson, cannibalism, eating one's own children, etc. The Courts Today are the Epitome of Demonic Hate and lack of Universal Loving Kindness and Recognition the whole NATION is guilty when something happens. Scapegoating slaves for the crimes done by Aristocrats is not JUSTICE, but genocide. An educated nation doesn't fight over abortion, it meditates, it realizes bliss from meditation is 1 million times happier than sex, so it has sex for procreation only, it cares, loves, heals all and treats all fairly, not like dogs to be worked to death and paid 50000 times less than the aristocrats. Why bother with abortion? Nobody will have sex outside of pro-creation attempt, planned well via parent license process to ensure best tone around the yet to be conceived fetus, as all discover meditation is way better than sex for bliss and loving all human beings, not just ONE human. No lawsuits exist, when max salary is 3 times minimum, when no rich people exist. We prevent, we educate, we prevent crime before it occurs. We move towards education, not violence, all jails end too, as healing centers emerge

and replace jails over time, with jail only for violent crime until all jails are gone via 0 violent crime. However, the etis will be showing daily on TV the fines of $30-200 billion for various companies, the studies and data detailing the indictments, so expect trillions of fines every month☺☺. Plus teaching proper diet 10 minutes every hour, to lower BMI from insane 29 to healthy 21, after removing ultra high fat products of high AGEs that kill our females 6 years earlier than Japan, due to BMI 29 vs 22 Japan. McDonald's will get 10 trillion probably in fines, to be acquired by Eterni Food Inc. A new McDonald's product fine is shown daily on TV-radio, about $30-200 billion☺☺☺. After the fine McDonald's has to pay to be bought by the state food company. Same for all criminal companies until all rats are gone and America is once again free of covert violent genocide crimes. Behold what Big Junk Food does to American brains via that fat, how blood nutrients going to our brains becomes 10% of normal (our brains are starved of nutrients, as only 10% of normal food and 10% of toxins are taken back), so that aristocrats can steal trillions and low IQ workers say nothing, since their brains are dying thanks to AGEs and ultra fatty diets. Big American and Western Junk Food gave Romania an increase in BMI from 20 (thinnest in Europe) in 1989 to 29 in 2025 (fattest in EU, see US states), a 35 years of complete brain destruction, that explains why Romanians are so incredibly low in IQ today. The Nazi EU rulers sell meat in Romania, East EU with fat, while in West EU with more protein: same exact label and product, EU is slaves of Berlin. Same exact label and product… In 1989, weed use was 1 million times less, national debt 0 not 300 billion, local industry 25 times bigger, gun ownership 25 times lower. This is how Western aristocrats reform nations that enter NATO… Real friends give all single family homes programs, not slavery, fattening and brain destruction. NATO claims allied nations need to boost their capacity to defend themselves, by investing 5% of GDP in US made weapons. So, what about their brains? Real defense is not being exterminated slowly by British and Jewish aristocrats from USA, but being able to innovate new nonviolent methods of bringing Eternal Universal Peace and 0 violent crime without any torture. NATO is sinking, thanks mainly to the US policies of genocide against workers by aristocrats. NATO is not about defense, but about increasing the Wealth of US aristocrats, deeper slavery for all, and the turning of NATO allies into colonies of disappearing slaves working for US aristocrats, nations that slowly die due to McDonald's type of food or worse sold by Popeyes, KFC, etc, cell phone-WiFi, Dirty Electricity. The danger is NATO is used to exterminate slowly non-Brits and non-Jews in other nations. NATO nations need to demand US become a real democracy not a paper one. Australia wants to ban junk food ads, how come US and the rest don't ban junk food ads?☺☺☺

Majors are no longer called "criminal justice" as this is a very Torah like, psycho Bible like punishing, scapegoating, killing sounding like name. If one is a criminal, all are mini criminals. All crime is created by the entire society. A correct major is neuroscience of bliss and nonviolent ethics, a STEM major, with Minor in Healing Education, to learn how Healers (new name for

cops, judges, lawyers) use classes, centralized tone in all education to create new brain cortex, neuroscience, meditation to achieve happiness and prevent crime, fines, community service to eliminate nonviolent crime and lifetime labor + classes to end violent crime. All this "sit in jail" punishing has done nothing to USA, except deliver a crime 1 trillion times higher than it should be, a most clear proof that the current system is 1st century, outdated, ineffective and genocidal.

Death Penalty: Minimizing Deaths in the state of emergency via ending "$1.4 trillion/yr useless selfish abysmal IQ businesses setup by genocidal aristocrats" (total 7.5 trillion due to corruption, see next 3 pages) by self-evaluation, introspection, selfless concern for humanity:

"Lifetime labor" (to avoid death penalty) is living in a healing city, sealed from society, doing something noble, in much better conditions than current jails (or many free cities) in exchange for real work. In Canada violent criminals get released from jail within hours of a crime, to reoffend multiple times, like in New York City illegals steal 90 times being arrested and released 90 times, since anything under 1000$ is not prosecuted. This allows a few foreign paid terrorists to traumatize the nation, so the system needs to change, besides states needing to disappear for one national police department with same training to avoid police violence and light sentences. The judges are pure evil, psychopathic murderers who intentionally release criminals to terrorize the nation. The governments of Canada & NYC are criminal to say the least. Normally,☺☺☺ in an immortalist nation, theft ought to require community service to make enough money to pay 9000 times the amount stolen and violent criminals or MDs doing covert violence (intentional malpractice disguised as low IQ) would serve lifetime labor at least (mining for life, etc). We immortalists don't want to kill anyone, but ideals don't match reality when the masses who're not immortalist simply don't care at all about the scapegoats the cruel society jails. The society blames the victims of aristocratic crimes, for their violence that is created by aristocratic movies, literature, media, music, payment system 10000 times lower for slaves, etc. And society is infinitely selfish too, meaning they're unwilling to give up their infernal vanity and obsession with jewelry, bangles, rings, mascara, liners, excessive makeup, hair styling, shaving body hair you don't need to (except face for men to avoid bacterial growth etc, once in a while) like the current industry of leg shaving to have perfect flawless skin, eyelash trim fashion, eyelash extension fashion, depraved cannibal chimp IQ selfish sports, depraved pet ownership, shouting like Hitler in soccer and other evil selfish ☺abysmal IQ☺ sports while sitting there on a bench and not even exercising to help fellow man, to bring violent crime to 0, war to 0, to prevent the 10 second end of the human species, like those in jail to replace their jail cell with a healing beautiful small house, a healing oasis. We need to face our 1.4 trillion/year habits of infernal diabolical depravity and selfish ☺abysmal IQ☺ in USA, and realize how Pure Evil Embodiments we have become to spend so much time moving a ball and 0 to replace all jails with healing houses. 1.4 trillion is 70 million 20K cheap EVs, to clean all air of USA cities of smog that kills by

dementia and infarcts/strokes, but nobody cares, depravity rules. Look at Big Sports, Big 5 Sporting Goods, etc, so much time and energy for Sports, but Nothing to Fix the Violence. Look at the Liquor Stores, Spirits Section of Groceries, or Smoking, Vape Stores, the insane Weed Stores, to stuff oneself when meditation is free and 1000 times more ecstatic, with no compassion for the Jailed, isn't that egoism Pure Grotesque Devilish Evil? Pure Soullessness, the Core of USA today in 2025? In 2024, US spent in $ billions: 30 bil on toys (could mass produce in USA and spend less), 109 bil on smoking tobacco, 409 bil on alcohol drinks, 60 bil on hair salons nobody needs (all at home is fine, youtube teaches all, no color needed, be honest, gov needs to ban all hair dyes to promote honesty and nutritional ways of hair color change), 150 bil on pets only 0.3% of people really need until robots do a better job (service dogs are enough radiant souls, get over it, do something for fellow man you jailed out of pure evil selfishness, Jesus said shelter the homeless, feed the hungry, so why do you deify dogs and hate people, and not use 1 million dogs out of 90 million to inspect all mail and items shipped to USA so no drugs exist in USA?), 200 bil on illegal drugs (150 in 2016), 80 bil on weed products, 172 bil on gambling, 85 bil on jewelry (see why jewelry shortens lives, any intelligent government would ban jewelry), 2 bil on tattoos that cause infections, 10 bil on makeup-mascara-liners (eye damage, any decent gov bans long eyelashes, liners and upper eyelid makeup etc, most beauty products shrink lifespan due to toxins: want to live to 4000 by nutrition and be like an 18 year old 1000 years, or be dishonest and live to 90), 47 bil on sport events, 140 bil on music (400$ total/American) by immortalist standards violent music – 99% of it, etc. Gambling, alcohol, smoking alone are 690 billion and they say we have no money to end all jails and violent crime… Add in violent depraved music, evil movies (17 bil),☺ weed, violent depraved sport events, jewelry, mascara, liners, illegal drugs, hair salons, and get another 737 billion, to reach 1.43 trillion a year in 2024 (adjust for inflation for this year) on trash nobody needs when the world has any violent crime and war going on still. Hello? Are you there? You call yourselves religious or spiritual or ethical?

US has become a shell of its former self. This money would eliminate all homeless people in USA in 3 months. Shows the American Character or the Complete Absence of It. A tiny mass produced or on site dome in this city of 1 million domes, would not cost much, maybe 100K per dome, so you got 690 billion a year, enough for 7 million domes, you see the media lies, the Americans are ultra evil and not willing to face the reality of it: they fuel the flames of war via violent crime too they create by jailing people in horrible conditions that make people worse than before. USA could build 10 million domes in sealed cities (that replace jails) city over 2 decades, until violent crime is 0 and then, they're released. Nobody cares about it, people are selfish, due to aristocratic brainwashing. How come the chimp Americans don't have $ to develop a way to take pic of wrists weekly and determine 100000 compounds in your blood to detect disease 25 years early so all live to 120? The filif gnat IQ of brainwashed workers is

evident in spending $46 or $65 on various 'collectible decorations' that cost 2$ to make in China, via which the Genocidal Aristocrat (worthy of lifetime labor) destroys USA, loots the working class, which has no house, no car, but is buying useless luxury and decorative items to make the Bloodthirsty Vampire Rich, the Bastard who destroys USA by Theft and 0 Tech Progress, who writes bioengineered (not GMO) to hide the glyphosate cancer-dementia causing GMOs in food, as he owns the FDA scam agency of Theft. If we didn't have these aristocrat Murderers, with 11 companies, we remove all pesticide use and have real companies making real stuff, like lasers/drones, other tech to replace pesticide and lethal GMOs made to resist using 15 times more pesticides. We create eterni foods too. Not to mention that the restaurant industry sells deadly foods mostly and it's worth $1.5 trillion of THEFT from the gullible masses who don't any anything about lethal AGEs in restaurant foods, the 9 types of poisons in unsoaked grains/legumes/bakeries, the bad nuts, the oxidized oils that give diabetes and systemic inflammation, Alzheimer (see pic), plaque etc. So we talk about $2.9 trillion wasted yearly, because with cheap foods pressure cooked at home you spend 0.1 trillion (not 1.5) on "restaurant meals" made at home in 20 times healthier ways, so the waste is actually 2.8 trillion (enough to have brought World Peace and zero violent crime worldwide by now, since 2.8 times 60 years is $168 trillion, enough to bribe a million$ for every soldier, general, cop and gang member to stop being violent and waging war, after 60 years of this if criminals were not in charge of USA for 250 years) and they claim there is no money to bring 0 violent crime via healing cities with 250 sq ft tiny homes and 40 hour jobs for lifetime labor inmates instead of jail cells, and free education for all via efficient online education in decent tones etc. US wastes $1.4 trillion on eating out, in order to have 10 times the obesity of adolescents in 1960, as taste, texture and food color take priority to caring about zero violent crime, fellow Americans in jail, etc. Everyone is trained (by the con artists on TV, who destroy the character of millions) to be a GLUTTON and Bipedal Pig Headed Monster, of a Selfishness without Bounds since the Freemason Culture is "Stuffing self at Fancy Restaurants is way more important than ending bloodshed via World Peace, etc" as their 'Killing for Secrets' Rituals show. ☺☺☺

Perhaps, the working class youth (15-29 year olds) is sadly attacking to make some cash (due to being unemployed), what happens to also be deadly restaurant parasitic chains, liquor stores, vape/tobacco/sex stores and the working class cops do nothing about it☺☺☺, as they tacitly subconsciously unite, police and We the People, against the parasitic aristocrats who build 300 million mansions for themselves off genocidal profits as explained in minute detail in the 11 companies section on the 11 types of genocide. Perhaps parents are just protecting kids against these genocidal businesses poisoning their kids. It's sad they don't realize all this can be solved nonviolently with the Immortalist Party win that ensures the food, clothing, shelter, health sections of one's salary can't be used for drugs, etc to run out of money and be forced into

robberies by the very Criminal banks who get all in debt, when credit cards are not needed at all. Republicans will say those youths are unemployed, but they were made unemployed by the criminal system allowing unemployment, when the 11 companies system ensures all have a job, they were made violent by violent music the FBI-CIA-military KKK and Jews created. Republicans pose as Democrats who say "defund the police, burn down cop stations" in order to incite the Democrat youth to violence and arrest and shoot them for attacking or pulling guns (Repubs provide) on cops. There is only one Party, the Aristocratic Terror Party with 2 sides of one coin, Dems/Reps, deceiving the workers. 0 violence will occur when we have real Equality, and multiculturalism ends, not just aristocrats. They waste so much time in the drive thru and at the restaurant, all can be done at home faster. The health issues the deadly foods create then make aristocrats 5.2 trillion/yr, as they push the most expensive stuff: in other nations, it costs half for same lifespan, 2.5, so 2.8+2.6=5.4 trillion wasted. The rich say US can't pay the debt, so we pay 1 trillion/yr to service it to buy junk products we could make in USA, better quality and 10 times cheaper by 11 companies efficiency. 5.4+1=6.4 so the aristocrats, with cheap slave labor imports, waste 6.4 trillion a year. Total hijack and destruction of the USA by a gang of genocidal psychopaths and thieves. The top priority of a civilized nation is 0 violent crime, not gluttony, 1.4 trillion of banditry and eating out. The fools donate $151 billion to churches, mosques that teach slavery, slave beating, beating kids with rods, genocide, rape and only 3% of that goes to help the poor by food/shelter. Given 85 billion donation tax exemption, 320 billion property tax exemption, for the for profit scam organizations who pretend to be nonprofit, US wastes each year $7.0 trillion in 2025 $, adjust for inflation in future years, to see how aristocrats con USA. Even if we would waste only 2 trillion a year, by now World Peace could have happened.

Ethics.gov can teach us ethics with better tone, Anthem/'Scripture' and we could pay debt in 5 years too. 97% of donations are stolen by the clergy/staff salaries, huge useless building maintenance (empty usually, wasting space), by the parasitic clergy industrial complex of theft, wasting time (adults acting like 5 year olds and cat IQ folks who believe in infantile stories of a wanna be God), brainwashing, scientific integrity destruction that fuels the endemic corruption pervading every facet and industry in USA, the very wild dogs who fight tooth and nail to stop the universal free education for all. If they lived the Gospel, they would feed the poor, shelter the homeless via Eterni Food Inc and Immortality Building Inc, instead of fooling around with cat IQ rituals, genocidal scriptures, promoting☺☺☺ intellectual dishonesty and fraudulent staged miracles, invented Bible sections for which no unfakable evidence exists. The actual waste is even higher than 7 trillion☺☺☺, as the 5 million palaces need 100,000/year in landscaping, maintenance, utilities for the 6-30 rooms occupied by 2-5 people. The bill is thus 0.5 trillion, so 7.5 trillion wasted/year, but they say there is "no money for turning jails into healing educational centers of full time jobs and tiny 250 sq ft houses for all inmate victims" of the

aristocrat violent music, movies, literature, TV-radio gangsters making 2-37 million a year at the useless unneeded 400 TV stations flooding weaker subconscious minds with ideas on how to do criminal actions, how to attack cops, etc, 15000 radio stations talking, doing nothing for USA. Instead of 1 TV-radio station of really good tone and 15000 times more ethical actions, we have 15000 radio stations of infernal vibe and empty talk and dog barking. Acting, not talking. In 1965 CEO pay was 20x average worker, in 2021, 389x, we call that Slavery of the 99% in Disguise. In 2025, avg CEO pay is 17.2 million, vs 35.6K for the big low wage companies, or 632 times less. McDonald lethal Foods CEO made 1000x the average pay of the worker, so more die from AGEs.

For 50 millennia, the so called "law or justice" created by little devils going straight to hell (as Jesus says in Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*"☺☺☺) has prosecuted the enslaved working class 900 billion times more than the genocidal aristocrat, whose nonexistent ethics is well explained in the carpet section where Jesus' words become super clear.☺☺☺ For 50 millennia of human law, oral or written recently, we had an unequal, unfair implementation of the law and still do: we have 20,000 versions of a law in US alone (which violates equal treatment under the law, 20,000 education systems which violates equal opportunity under the law, due to 20,000 governments that will obviously vanish one day, when 11 companies and 3 agencies replace all fraud "universities", "businesses" and "agencies"). When we have millions of severe work injuries that need to be eliminated by lowering salaries of the top vampires in these companies and redesign of process and procedure, all they do is "promote 20,000 versions of a law". This is the epitome of satanism, of empty talk and no action. In addition, the law unjustly attacks the working class☺☺☺, meaning 30 years for something in one city and 1 in another, same exact thing, but we have no penalties for the aristocratic murderers who sell alcohol, tobacco, excessive beauty products (makeup, jewelry, piercings that damage the body, tattoos that poison the body with heavy metals, infections, leg shaving, etc) that we know kill 3-8 million people a year, directly and indirectly. Thus, if we have a law that is fair, i.e. we give penalties or fines in proportion with the amount stolen, the violence inflicted, so we'll have laws that give protection of businesses in proportion to the lifespan years lost or added.☺☺☺ Say a 911 call comes from a business, with the Immortality Credit Score 400, that gets priority vs score 100 or 10, as shown on the call. If a business selling vape, liquor, strip club, makeup, jewelry calls, they get 800 times less cops, 800 times more wait. The first priority is 5 cops for any domestic violence call or any violent crime, the more cops the fewer injuries to any cop or person, as the police section shows most injuries and deaths come due to a lack of cops per violent incident, if there were 5 cops not 1-2, no tragedy would have happened. This is the definition of prolife conservatism, we defend Life and noninjury first, not Property. ☺☺☺ Injury to Property is 1 trillion times less important. ☺☺☺ The businesses that for centuries destroyed the fabric of American life and health, such as the Genocide by Carpets,

can't get the same Police Protection as those who sell Wood, which is lasting 14 times longer, leading to 14 times less landfill waste, is not recyclable like wood and poisons all American homes with microplastics, microbes, disease, carbon emissions, oil imports etc. ☺☺☺

The world's first just law (the immortalist law☺☺☺) will force the cannibal aristocrat to produce what is ethical. The immortalist government who protects evil businesses commits genocide covertly, so, to gain the people's trust, in the transition period to the 11 companies and 3 agencies of the world of 4000 year old Immortals, we need to come up with proper allocation of cop resources to defend the Core Principle of Immortalism, Nonkilling, Zero Violent Crime First. ☺☺☺ As decent Earth citizens, we clothe our ethics with a Garment of Virtue, of Godly vibe if you will, of gentle tender soft nurturing loving healing kindness for All, of Eternal Universal Peace and Immortality *for* All and then publicly tell all that the gov has no duty to protect genocidal businesses clearly presented above and in the single family homes section, since let's face it, cops are so outnumbered, they can't even lower violent crime 1000 fold, let alone 1 trillion needed to bring violent crime to zero. Any person of any decency, of any compassion left, with any soul of ethics left, will gladly☺☺☺ and 100% agree with immortalists that the 30 million unreported weekly domestic violence incidents are far more important to deal with, than when someone steals 10K worth out of a store, which is 0.0001% of the net worth of some infernal aristocrat. ☺☺☺ Of course, we're not for burglary of stores (boycott is better, but addiction runs deep), and gov would tell all to do it after hours if they want to attack evil vape, strip clubs, casino, liquor stores, to eliminate any chance of injury to anyone from any potential fight, but we can't let people be abused by violent crime offenders, while all police resources go to protect a store of those who have already stolen trillions.☺☺☺ If a house is on fire or a shooting happens, cops don't go to talk to a complaint about a trash bag in his driveway, ☺☺☺, right?, that's the plain common sense that doesn't exist today in the aristocratic police state where the oppressor makes the laws☺☺☺, he has no respect for worker life or noninjury, only his paper money matters, people can die, he only worships a digit on a screen, for that he creates endless wars to slaughter tens of millions.☺☺☺ We immortalists will make it clear that as long as thieves that loot "organized mafia entities disguised as businesses" don't hit or touch any human person, sales clerk etc (nonviolent theft, encouraged at night when none are around, to avoid fights), it's probably not going to lead to fines in 99.9999% of cases, since cops are busy eliminating all violent crime first, and defending real businesses. We can't hire 20 times the cops overnight or remove the crime creating evil music, evil education overnight, we need a transition plan to show we value Life, Immortality *for* All, not the Bank accounts of Trillion $ Thieves. ☺☺

Looting of demonic businesses (TV will notify which ones they're daily) has to be orderly, quiet, at night, when stores are closed, no violence☺☺☺, so as to maintain the core vibe of eternal tone of thought, feeling, action, word, the gentle tender soft nurturing loving healing kindness for All

that ☺☺*lovingly tenderly gently kindly*☺☺ aids the infernal demon aristocrats to change their depraved life, do something productive, such as downsize, get a job with the 11 companies to extend human life, not shorten others' life. These angelic looters of evil factories or stores can *tenderly gently kindly*, without rage, without negative emotion, in true eternitone style, discard such evil products at the Immortality *Nurturing* Agency "demonic products dumping area" where the state will recycle them properly, or give them to the Immortality Bank, soon to be the Only Bank, to melt them into gold for medicine, so as to liberate USA from the Cult of Death by Jewelry and create the Eternal Life Society of Immortality by Virtue and Science of Longevity. Thus, the gov and We the People become One for the first time in History.☺☺☺ No hard feelings here, after all, most aristocrats of such industries would normally be killed instantly by communists for genocides, but immortalists are infinitely kinder, we're humans, we know all make mistakes, all copy the mob trying to make more money by fraud (fraud = so called legitimate business). Everyone has some trace of aristocratic behavior, we're not hypocrites like those "snail IQ folks" who killed aristocrats to create a new communist aristocratic elite in its place, like China's 0.01% of families owning 58% of wealth. Thus, adorned with the infinitely tender grace of our sweet Immortalist Anthem that calls for loving the most demonic aristocrat or human a trillion times more than the best mom of the last decade loved her infant, we slowly heal society so it moves towards the Knowledge of 4000 and later billion year lifespans. ☺☺☺ Knowledge starts with intellectual honesty, with honesty in laws, priorities, life over bank account, violent crime over loss of 0.01% of net worth of a thief.

So, the real gov duty is to encourage the complete destruction of these infernal life shortening businesses via fines (or the people's rage who want no more domestic violence from the liquor sotre that killed his father due to a fight among 2 drunk people) and to state clearly, via its policy that All Cops of the National Unified Police Department that replaces at 18000 departments today, Prioritize Violent Crime not property crime. 99.9% of Police Effort goes to prevent violence and only 0.1% to property, since property will just get fines via cameras recording breaking, etc, via the 5 trillion camera system, if theft is from a legitimate business, of course. We eliminate injury to people first, especially workers, who get 99.9999% of millions of workplace injuries (and violence injuries due to no gates and security teams), and only when that injury to Life is ZERO, we go to defend the Aristocratic Bank Account, the "injury" to their Store/Factory Property Selling Death for the Working Class or even injury to the legitimate businesses. We Defend Life, not Death.☺☺☺ We worship God, not Satan. ☺☺☺ Property has no meaning if one person has lost the Human right to Immortality *for* All. ☺☺☺ We're One Family of Immortals and that is Our Civilization, Ethos, Anthem and Scripture. In our evil society, cops arrest one guy who steals a poisonous cookie or pie, etc from an evil store run by an evil scientifically illiterate glutton thief, whose AGEs, additives, etc kill millions of people 1 year

early, equivalent of murder of 40000 people at age 30, 40,000×50=2 million. The guy/gal who murders 40,000 people gets no penalty, but he who steals 20$ of poison is jailed, this is the Justice of this day, the holy act of removal of poison is punished, while the act of genocide is Praised as Success with palaces. Oh, the fat, ultra makeup eyelash full pigs on TV also murder millions with their cow IQ programs, but get no lifetime labor for telling people how to poison themselves with oxidized foods not cooked under water in a pressure cooker with minimum oxygen, these same Elephant IQ and Size ladies complain about Equal Pay, after murdering equivalent of 50-5000 people. But would scoff at true Christian Ethics: one universal pay for all, for the cross they wear is only a deception to steal everyone's money and Life. That cross was produced via murder of workers digging in dangerous conditions☺☺☺ (6 videos of workers dying for diabolical jewelry wearers: 1 min (mine collapse, rocks hit workers), 29 min, 9 min (20 dead, beatings, etc), 5 min (mercury vapor that kills workers, kids too, kids get 15$ per gram), 21 min, 25 min) for gold☺☺☺ nobody needs in any jewelry, they wear Murder around their Neck and Claim Christian Ethics. Pure Satanic Deception. They tell us endless lies on TV about why God needs wars of Theft (when trillions of ways to peace without war exist) and why TV guys make 5-200 times more than federal min wage of 15K/year. Jesus never said "kill workers so you can pretend to be a fake follower of mine". Most gold is used for vanity, not for medicine. Not one drone goes to worker safety via 100% drone based mining, but to wars in the name of "Jesus" or Islam, etc, the human hypocrisy. The audacity and depravity of most modern women (and lately men who start wearing jewelry too) is unbelievable, but that's to be expected, we have 1 trillion times higher violent crime rate because we're 1 trillion times more evil than Immortals☺☺☺. No hard feelings or offensive speech, simply a statement of fact: lifespan is proportional with one's ethics level, and not to worry, Immortals are infinitely kinder and probably view our first ladies on Earth or first men (leaders of nations) wearing jewelry as we might view some primitive tribes with 29 hair pins, 27 ankle and hand bangles, 69 necklaces and 78 earrings: people with an ethics deficiency, sadomasochistic tendencies (piercing oneself to be "hot") and IQ of fruit flies. Indian ladies with the most jewelry on Earth live 17 years shorter than Japanese ladies with the least jewelry, what proof do you need it's useless? Why do you keep wearing it? Why is it legal to pierce and destroy the body? Who needs rings when dating.gov is the only way one dates? Today's world is the product of the management of society by "pig IQ folks": evil is good and good is evil. A simple smiley face of 4-12 inch diameter on the back or front of a t-shirt, pant, etc or whatever would be changing the world much more than an earring nobody sees from a distance. A smile on a short forces people to abandon negative energy. A kind action helps more. That's why immortalists have no desire to prosecute any looter of jewelry, makeup, tattoo stores. In real Justice, most food companies today would be shut down in no time with CEOs and managers serving lifetime labor for Genocide by Poisons in Food. The cops today became the Tools of Aristocratic Terror, and cops don't even have the

slightest clue they're useful idiots in the hands of the rich. ☺☺☺ If theft is from a genocidal company, which we can't shut down overnight as millions exist, then cops will issue no fines, once immortalists win, since we can't shut down frauds overnight, industries need retooling, etc, people need be taught safer cooking until these poison factories are shut.☺☺☺ The people's will to free USA from 'CEO' Murderers will be encouraged by immortalists, so we can get our country back from these Murderers who have killed millions and made trillion thru that. That is real justice. This "looting evil companies" policy will force all these cannibals posing as "ethical businessmen" to switch to ethical actions and businesses, such as offering to change carpets to wood at 4 times lower prices than existing vampires who suck the life of all. Let Freedom to Live to 4000 years old (free of Poisons) Ring on every US street, as Cannibalism Ends.

The immortalist governments need to state daily at news the credit scores of all business types: any mixed business that sells evil products is on the "zero protection" list. i.e. Walmart, Publix, other infernal entities with Spirits and Liquor sections won't get protection until all alcohol, cigs, condoms, etc are removed from the shelves. The demonic Walton family can't make profits via GENOCIDE. ☺☺☺ Same for Mark Zuckerberg and all facebook managers, Facebook is used to post endless violence, which is not good, especially bad music, as it incites people to violent crime that kills cops or cops try to prevent. This is equal protection of lifespan years added, i.e. murder is not assisted by the gov, the gov has no duty to protect covert murderers using the legal business as a cover for genocide. Why should cops stop the burglary of genocide instigators? The blood drinking aristocrats will fail to pay mortgage of their palaces (or Facebook CEO 2300 acre estates plus 10 other huge estates), so they will downsize and get hired by the 11 companies that welcome them kindly and then the gov can buy the palace at 20x lower price to build Free Universal Healthcare for All Research Centers, Clinics, free education. Boycott facebook, youtube, adore the 11 companies, the start of civilization. Australia does a similar thing by gov covert aid to those burning smoking shops.☺☺☺ However, immortalists are against arson or any property destruction, as that's violence, not theft. To rid the nation faster of demon aristoc-rats, only nonviolent theft from evil businesses (TV will clarify it) is OK☺☺☺.

Americans waste 1.4 trillion, enough to build in 2 years the most advanced border wall with Canada and Mexico in 1 year thru which nobody can pass thru, via 1 billion drones and cameras, etc. This would end endless drug addiction cases, drug use, violent crime, human traffic, etc. Should we tax these activities 300% to cut their use and have money go to ending jails, homeless, border illegals and other things that create high violent crime? Of course yes. Let the government create music.gov to provide free music for all, so criminal psychopaths can build border walls and domes for the jailed, that their infernal music has jailed. Do you see the Aristocratic Genocidal Psychos running the Media, the gambling, smoking, alcohol ads, and the Show? How come free meditation bliss is not taught on TV, but only things to sell to make Pigs

Richer? Take a step towards a civil world today and stop drinking, smoking and gambling. The USA spent 1.5 trillion on useless stuff, including car racing, horse racing, etc enough to build decent housing for healing cities for all violent offenders to live in, while they go thru healing education, deaddiction, etc, but nobody talks about it as war is 'holy' and more common news. To achieve World Peace we need 0 violent crime and this means helping the jailed to become peaceful, by giving them mp3 and nice sound players and a nice house in a sealed national city, where we hold all 1 million violent offenders to transform them and give them a job to do 35 hours a week, until we release them all when violent crime is 0 in 10 or 25 years. To get there though, we need volunteers, who're willing to join Immortality Building Inc, which on the model of Habitat for Humanity, builds this one "National Healing Oasis", the City called Immortalist Transformation. In this city, all get to experience the joy of their own 400 sq ft tiny home, most likely a dome, to prevent having to rebuild it if a storm happens, etc, that we mass produce via the wonderful onsite dome factory of the Immortality Building Inc, to once and for all end all jails and recognize a simple truth: if a nuclear power plant explodes you go fix the pipe of coolant or etc that is broken, whatever is most broken you fix, not the stuff that's OK. So, in society, to fix it, you fix what is most broken, the violent offenders. Yet what is happening today? The exact opposite: we waste 20 hours a week with the most selfish ego boosting appearance changing, hobbies and trash that contributes nothing to national rejuvenation and ethics character building as described in the "Let everyone be a pastor, goodbye to Organized Religion" 14.4. section on the Spiritual Renaissance of USA that we need to take our country back from the hands of these Genocidal Aristocrats. We need to fire up the base, the 70% of America who will vote for Immortalists and use the Mighty Force of Volunteering to Create Heaven on Earth, the World's First 0 Violent Crime Nation, USA. Don't say it's not possible, we sent letters in 1800 over 10 billion times longer periods from Denver to Moscow, nowadays it's so fast, so let's use an email, spread the word to bring that world of 10 billion lower violent crime too. So, my friend, come out of this cage of flesh, become a Fully Excited Soul, filled with the colorful beautiful Shimmering Ecstatic Bounteous Radiance of Eternal Immortality *for* All, and let us build a New America, the Template for Earth, one Earth nation of 11 companies and trillion year lifespan for all. So, behold the beautiful grace of centralization, how it dissolves all jails and brings the One City to House all who still need healing, until the day of 0 Violent Crime, when all Earth shall Rejoice, First Continental Nation has 0 Violent Crime singing the Immortalist Anthem in Bliss. All nonviolent offenders get education classes, fines, community service. Near this Sealed Violent Offenders City is the Homeless City, for all 700000 US homeless to help them have a house and a job, happy to be taken off all streets too, to grant all shelter, the first and foremost duty of any government, that for 250 years of aristocratic terror, was neglected. No more, the age of unemployment will be over, as the 11 companies bring all eternal job security.

If violent crime doesn't end fast with "lifetime" labor sentences in the amazing & beautiful ☺☺☺ Sealed New City called Immortalist Transformation, death penalty is used a lot, in the more serious violence cases or all of them. This "lifetime" refers to hopefully 3-5 years of 35 hours work, 30 hours/week (so total of 65 hours of organized activities) of eterni content listening, meditations and ethics classes, until all violence ceases due to the Most Shocking Transformation of all music-radio-TV via Ethics Content 23 out of 24 hours first 6 months prior to the New Lifetime Labor laws (6 months to build the Immortalist Transformation city to start transferring violent offenders), 20 hours out of 24 the following year, 15/24 next 5 years, 10h/24h next trillion years to make sure peace is eternal, evolution kept going. This will be indicated in the 6 months of ethics and new laws education on TV, so all know that if violent crime is not a billion times lower soon, death may be used for those who punch etc others. Of course, we will call all citizens to help us demolish all jails and build the new city, giving all 2 weeks off to volunteer during their vacation time (increases Immortality Credit Score) and feel happy to have helped fellow Americans. We need death penalty (or at least lifetime labor mining, construction, etc) for any doctor or rabbi who performs circumcision, which is child abuse *(similar to the* rape of infants by Jewish rabbis and probably many Jewish EU/USA priests*, more* details here to support global ban of Torah, Bible, Quran *as the 3* "scriptures" (Quran encourages 900 temporary rape "marriages" if Jews (disguised as Muslim to create a spy network via illegitimate kids who're Mossad agents later without mom knowing) travel 900 times, to satisfy their rapist nature) come from the Jewish rapists of 3 year olds who invented all Abrahamic "Religion" Cults of Rape & Genocide as the 2000 Bible-Quran quotes explain how Jews wrote Quran, Gospel). We need to sue every imam, rabbi and priest in USA for psychological ritual child abuse, 25000 per person who has attended church, etc, for deceiving the people like cults do. Based on all evidence in the Bible-Quran section, any lawyer can build a case that these churches and mosques, synagogues, intentionally withhold the bad quotes and brainwash victims to donate money because the "God is good", when in fact, he's a mutilating psychopath who rapes endless kids and adults, commits endless genocides in the Torah, Bible, Quran. The Gov needs to sue these criminals disguised as clergy for incitation to violent crime. Mahabharata cults also need be sued, for saying the God of genocide (Krishna tells Arjuna to kill with no worry, because Krishna already killed them, plus 100s of instances of violence and some genocides outside Bhagavad Gita section of Mahabharata) is an ethical God of goodness, when it is not, but the Hindus only $10000 per person as there is no rape, and the genocide calls are subtler and more specific. This is nothing but psychological abuse we have seen in many cults. Death penalty is needed, to bring crime to 0 FAST. Anyone will be able to visit crime.gov, type the name of the violent crime offender and see the live stream of him being killed.☺☺☺

To prevent the death of all humans in WW3 in 1 minute, some deaths may occur for the most

evil pigs who're still covertly or overtly violent after the 6 months of 23-7 education on all media. Governments who're fair last forever. We don't want to kill any aristocrat, as they're 10% of population, some rich, others well off. So, to prevent death via theft encoded in the way society functions, we will have to make things efficient, and fair, so people have more motivation and we can create 1 company out of 1 million. This is well detailed in the 4.5.6. 11 companies section on the genocides aristocrats do routinely, which will be also touched on in this very paragraph. Death penalty (real if violent crime is high after the education period of 6 months 20 hours a day on all TV-radio, fake death perhaps if lower violent crime rates, to avoid killing anyone who still wants to be alive if he works 35 hours a week, would be lifetime labor in a mine or very physical work nobody wants, etc, max salary for any CEO 3 times min salary, 0 aristocrats so no rich can buy elections) for all violent crimes is needed besides banning all music types in 7.9.4., before this violent music ever plays anywhere and has a chance to get any "fines", since celebrities are mind controlled robots raised so by the CIA, FBI since birth. Mujaheddin kill people are age 7 sometimes and they grow in a psycho environment, just like these celebrities are trained since birth to listen to and glorify the mainstream energies of macho aggression that define 99% of our culture, music, literature and genocidal scripture. The thing is that many thugs will be violent and kill others if they knew the death penalty is fake, so we will probably have to plan well, since it is the equivalent of murder to give some 5000 times the salary of others, and have these CEOs, etc use it in ways that shrinks lifespan of 100000 people by 10 years, which is like killing 20000 people. Even at 10 times, abuse of power can mean killing 2 people, but this is so COVERT, that nobody adds the dots, nobody connects the dots, so everyone worships "success", meaning MURDER. So if we kill common poor men for violence, all rich men whose wealth was obtained by less obvious (to "common bystander worshiping rich people") covert murder would have to be confiscated, for we know very well how 99.9% of these genocidal rats make companies that build houses that collapse at the slightest storm or issue and then shorten lifespan of workers by 10 years due to the issues and bureaucracy involved. The aristoc-rats are not just these filthy rich CEOs and owners, contractors from hell, but the very mafia that runs cities and states and establishes rules and building codes that are deadly. With these city/state unethical officials having unlimited power, the federal government has no power to require any house in tornado states, 25 of them, to withstand cat 5 hurricane. So, the genocidal houses are being built and rebuilt, time wasted, millions of lives destroyed by the ☺abysmal IQ☺ of the system of 50 states of 20000 building codes by 20000 cities. If we're one nation, we only need one building contractor, that treats all pretty fairly and is 1000 times more advanced than the crap the rich aristocrats gave us up to now. So, if we want to be real, we need to be fair and execute a real plan that prevents murder by genocidal musicians (99% of singers (maybe 95% of instrumental musicians too) are genocidal since their aggressive tone contributes to war), by genocidal aristocrats (99% of aristocrats worldwide are

genocidal, even when not intending to be so, since their choices lead to billions of lifespan years lost for the enslaved masses), genocidal actors (99% of actors are genocidal aristoc-rats, as most movies are pure violent filth), doctors, lawyers who have become too accustomed to play god and make millions by literal murder. So, to withstand the death pressure on these genocidal realtors, mortgage brokers, bankers, parasites, we need to stop these vultures as much as random guys being violent due to psychos like celebrities making violent movies for music or actual cinemas. To be fair and efficient, we need to go at the root problem and eliminate death and violence in all its forms, covert, less obvious and even violent crime caused. ☺☺☺

Each violent crime causes a collapse of order, a fear, a total collapse of the vibe needed to be truly selfless and help all, it creates a chain reaction that often leads to 300000 dead next 50 millennia, and if we penalize a slap with death due to it leading to 1 million dead in a trillion years, then we must be equally tough with the 10% of aristocrats worldwide, meaning remove their ability to cause death via gigantic theft leading to death 10 years early. We all know well, the rich game the system, so they end up wasting all national resources so only 1-3% live to 95 and the rest at 70-77. This 15-25 year gap is due to GENOCIDE and not letting society reach 120 for ALL. This is the crux of the matter. This means an end of 33 million companies and a consolidation into 11 or perhaps 100 initially. Since we don't want to execute 20% of population. So everyone needs to look in the mirror, avoid death, realize by reading the 4.5.6. 280+ pages of their atrocities and develop kindness. Unless they want all USA to die in a continental blast in 1 minute due to a more centralist nation developing a weapon to end violence on Earth. This is a battle between good and evil, a battle for the very survival of humankind. Violence must stop.

The cops use *20* positive *methods first, using the drones* and remain in a bullet proof car when the owner is known to own a gun, if civilian guns still exist (may not be allowed in areas with high violent crime, say above 0.2 or 1 homicides/100000 residents a year; *today it's 5 on average in USA, the land of total lawlessness and killings*). Loud booms or other crowd control tech use only happen if people are not responding to eterni cop tones (prerecorded ones) and not answering to the kind offer to give protesters 10$ and discuss issue at City Hall or by complaints at reviews.gov☺☺☺. This would be in high contrast with the brutal policing methods used worldwide today, where they use shields and start attacking protesters or individuals in a police call (who created a disturbance) with thug like criminal violence, before even trying to use megaphone eterni tone and brainwaves to induce happiness, 0 pain to deescalate empathetically the situation. Republicans and Democrats create violence by their evil policies of genocide via anti chapter 5.2 music, TV-education tone, radio-literature-youtube tone and content. Forceful removal from one area is postponed until it can be done peacefully and nobody would hurl rocks as today, since no violence is shown in any youtube, video, anything. Anyone who does that is going to be targeted for calming brainwaves, to replace anger with joy

and relaxation, so they become cooperative and stop the aggression, so they can be taken into custody for lifetime labor for violent crime. Instead of beating people or protesters, cops use positive methods and this leads to 1 million times fewer injuries of cops and civilians. No diplomat of USA will be allowed to criticize other countries' human rights violations, until USA is free of torture and violent crime, which means a big pause in criticism, so we can fix our own disastrous nation first. If you don't like a country, simply don't trade with it. No need to lecture and create enemies that then covertly attack via spies disguised as legal or illegal immigrants. This is the beginning of integrity and universal kindness. Violence in USA spikes when puppet diplomats criticize other countries nonstop, while USA has violent crime rate 50 billion times higher than it would be with immortalist music, movies, education. Wired security cameras gather data and, if odd yelling or activity noticed, cops send smaller drones of 1-4 mm, to gather data so they prevent crime before it happens by traffic stops of those who yell.☺☺☺

We desperately need to convey that without 0 violent crime soon, all humans may die in one planetary blast within 1 minute of the blast. Thus, we will provide big financial incentives and Immortality Credit Score boost to ☺☺*lovingly tenderly gently kindly*☺☺ encourage all daily via the TV-radio programs to donate their pets (175 million pets in USA and 0.65 million homeless) and evil sports and instead join the volunteering programs to take care of people, build houses and fix neighborhoods with the 11 companies, so we can end violence coming from lack of love, attention and kindness role models. It's absolute cruelty, hooliganism, violent genocide to have 170 million pets, out of which only 550000 are cop/service dogs, while millions of HUMANS live worse than these dogs, in tents or dilapidated overcrowded rat like conditions. *USA got have 340 times more pets than we need*. Do you want a world of safety, where everyone is safe on streets or one where dogs can maul you and violent criminals rape and assault millions each year as in the US? Similar statistics exist in 100 nations, WAAAAAAAAAAAAAAY (50-500 times more than service-cop dogs) TOO MANY DOGS AND CATS and FAR TOO LITTLE kindness for humans, 0 jails, 0 violence. We have a planetary insanity taking over, where people are valued far less than pets. Let us sweetly magnanimously and bounteously take care of people first, not dogs, and require anyone who gets a complaint about dog barking to have the dog replaced with a quiet cat or 0 barks breed immediately, to ensure good sleep for people, not fun for obese people. Any dog that bites is to be euthanized instantly as that is a GRAVE VIOLENT CRIME BY A DOG WORTHY OF DEATH PENALTY, no matter whose fault it is, since owner failed to secure their dog and take preventive measures. If owner has ☺abysmal IQ☺ and takes dog near people who taunt dogs or don't know how to handle dogs, it's the owner's problem. However, any human who suddenly attacks a dog will be fined and required to take ethics nonviolence classes. It's the owner's duty to prevent any bite of any human. Any human is 3 trillion times more valuable than all dogs combined. Since 2002, dogs caused more deaths and *injuries in USA than all*

Muslim terrorist US attacks combined by a 500,000 fold factor. So, *who're THE* REAL *TERRORISTS*? Dog owners? *Science studies show dog owners are* more aggressive, violent *than those who dislike dogs*. The science reasons are explained here in detail. Hitler had a dog (see pic) *that helped Hitler kill* 80 *million* in *WW2*. *The dog lovers tell us that dogs are often angels from God, but how come dogs kill/bite millions of innocent angelic people, but didn't kill Hitler/other psychos? Dogs* are *lousy* robotic computers, *if* software (training) is good, they don't bite *usually*, *if* software *is bad, they kill.* British Royal family, infamous for genocides, promotes, loves dogs. Cat people are smarter than dog people, which explains why many nations are smarter than Brits. No wonder cat people are leftist during elections voting, like immortalists.

American heartless people own 10% of world's pet dogs and 20% of world's pet cats, 170 million cats/dogs, while 0.7 million Americans are homeless and 70 million live in horrible housing, indicating why USA got *5-83 times the* homicide *rate* of many civilized nations: pets are loved *50,000* times more than humans, USA exports 43% of world weapons, and owns 42% of its civilian guns, even if USA is 4% of Earth population. When brutes (who mind control 'musicians') determine the infernal music and depraved TV content, no hope exists. Thus, USA homicide rate is 83 times higher than Singapore, 11x > *China/*Italy*/Norway*, 78x > *Qatar* (few *dogs in Islam, so dogs* don't *make countries kinder*), 41x > *Oman*, 28x > *Bahrain*, 19x > *Indonesia*, 4x > *Egypt*. Unlike Australia, we need to give landlords the right to not rent to people who own pets, due to the many issues pets create: mental illness (cats) that causes *world violence (*20% of pet cats are *in USA)* and psychopathic aggressive music, selfishness, disease, urine feces particles in all house ducts and microbes everywhere, allergies, poor sleep, bites, death by mauling. Not only that, anyone can refuse rent to obese people, to ensure obese people are reported via reviews.gov in case the doctor was bribed to not report them and do the required emergency diet change and therapy to lose 100 lb within 3 months. Violence against oneself is not encouraged. Likewise, we need to immediately provide mandatory treatment, all weighed food items for 4 meals daily suggestions, with required calorie counting for every meal, etc and diet change all obese people who would otherwise damage furniture, beds and public seats and encourage weight gain in other people by their mere presence in society, deplete national resources due to triple the risk of certain diseases common in older folks. *Obesity* is a semi-*violent crime against self, so it obvuiously* ☺☺*lovingly tenderly gently kindly*☺☺ requires *immediate* intervention by the compassionate state for the temporarily 'insane' person who takes no action or can't control self, *due to stress at* work or family, so drastic action to save public health is needed. Stressed workers become obese due to pleasing all, lack of central education, and due to the aristocratic mafia creating fatty bad junk foods to fatten all for profits. Obesity shrinks the brain, endangers self-control, science innovation. We have created a society of obesity, pets, alcohol, smoking, weed first, *instead* of kindness *first*. The trillions spent on "alcohol, *comfort foods, fatty*

restaurant chains, smoking, vaping, weed, *pets"* could end all violent crime in 10 years, but few care, as the laws promote gluttony via the criminal Big Food. ☺☺☺☺☺☺☺

Once again, if pets are service or police sniffing dogs, it's OK, otherwise, pet ownership is a crime against humanity for as long as one violent crime occurs on this planet, a lack of empathy for the billions suffering violence daily on this planet, in covert or overt forms. *Love people* 8 trillion times more *than you love any* pets. Why jail people and treat dogs like kings? Why beat people in jails and torture them as CIA-FBI-military do, while they don't kill dogs who bite people? Outlaw human torture, not "euthanizing dogs". Every owner needs to have 100% right to go to a free euthanasia center to euthanize any pet, *no reasons ought to ever be provided*. People have enough stress, be thankful they go by the 100s of millions to euthanize cats and dogs globally, thanks to this book. Today they make it difficult or criminal to euthanize dogs, they do this to depopulate and destroy USA: *9* dogs*/cats,* 0 *kids*. Wait, *170 million* humans *in USA, half the country,* lives in terrible conditions, with broken appliances and issues in their house, leaks, mold, bad vents, mold they have no clue about, etc, and many health issues, yet we have trillions to build endless dog parks, pet stores, pet hospitals, etc, to spend to fix cat scratch/bite and mostly dog bite injuries, etc, to feed 170 million pets we don't need to be happy. It's the epitome of satanism to waste so much time and national resources with pet hospitals and etc while dogs are a huge cause of endless violent crime. Dogs make people mad due to poor sleep and cause endless incidents where cops and dog owners fight, where 10 million Americans alone go to the emergency room to treat dog related bites.☺☺☺ *It's pure* diabolical *sadism to get a dangerous dog breed*, if not a cop or service dog, since statistically, you know one of the dogs is going to bite someone some day. Thus, such breeds need to be outlawed and dog fees created, to prevent violent crime, like any dog above 10 lb, pay 5000 a month at least. People need to be taught from 1st grade the evils of dogs and a national Manhattan like project is launched to create drones and robots to sniff drugs 1 trillion times better than the best dogs, and to replace service dogs. *Time to end the dog terrorism of humans.* ☺☺☺☺☺☺☺

All TV-radio etc need to broadcast every 30 minutes (for 50 years or however long it takes to unify the world and eliminate 100.00% of violent crime and war) that in 2 years a weapon can be developed that will be able to take out all human beings in 1 minute above or underground, even those in 1 mile thick lead bunkers. *The only solution* is world unification. The main driver of world violence is the depraved aggressive tone present to various degrees in 99.9% of music worldwide, which can't act as a "tame the human beast"☺☺☺ energy of super gentle tender soft healing nurturing calming music. *Dearest Workers, Cannon Fodder Slaves of the Worldwide* ☺☺☺, Victims of Genocidal Palace Dwelling Aristocrats creating Infernal Music: to reduce violent crime 1000 fold immediately, we need to reduce violent music 1000 fold by banning 999 songs out of 1000, and leaving the least violent one or creating it. We need to ban any music clip

on TV-radio that doesn't include World Peace in 3 months lyrics, or at least lyrics of Immortality for All,☺☺☺ gentle tender soft healing compassionate nurturing graceful loving kindness for All, lyrics which imply no wars, no violent crime. A good example is the Immortalist Anthem or this peace song. No negative emotions, actions, criminal actions allowed in any music or movie. This a trillion fold violent crime reduction☺☺☺, 100% dismantling of spy networks, gangs controlling 10 million companies in USA alone, etc, will need total central super-control via 11 employee owned 5-25 million employees each mega state companies, achieved gradually thru step by step implosion of all criminal networks and the *elimination of the aristocratic class by granting them normal incomes and assets*☺☺☺. Under the *gentle tender soft* infinitely ultra super (details here) kind *healing,* yet firm, *leadership* of the Immortalist Anthem and the Immortalist Party, the immortalist president of the USA, hopefully in 2028 when we may win presidential elections, would make it the number one priority to forge the Universal Peace Alliance for 0 Violent Crime in 10 years and 0 Wars in 3 months, for the end of terrorism of workers by aristocratic wars of theft and palace dwelling aristocrat created gangs and brothels (death penalty for prostitution and rape: for pimps, *users* and *providers* of services, *if providers did it of their own will, not under threat of death by cartels, pimp*). All humanity has one common enemy the possibility of one nation, among 200, creating the device that kills all humans except a few in a special capsule. The only way to prevent such a scenario is the removal of all violence worldwide in all its forms, making everyone 1 billion times more *gentle tender soft healing compassionate nurturing graceful loving kind* and nonviolent, thru the Anthem Immortal style centralist education since age minus 1, via the planetary UN mediated state of emergency in all 200 nations to eradicate all violent crime within 10 years and the Eternal Ceasefire, End of all Hostilities, with all disputes solved peacefully to avoid the end of the human species by war. ☺☺

The Universal Peace Alliance shall work as one to create similar state of emergency laws, as described below, to eliminate not only violent crime, but its byproduct too, war itself.☺☺☺ As mentioned in the 50 pages above, any punching or slap would mean death penalty (or lifetime labor in a sealed healing crime free city if death is faked, instant death for any violence within that city), shown live on TV, with fines and educational courses for all those 500 friends, teachers, co-workers of the executed (in order to remind them to live the *gentle tender soft healing compassionate nurturing graceful loving kind* way and transform by living example those around), plus some community service for the closest 10 people involved in the life of the person executed. All these 500 people fined and sentenced to educational courses would be seen on TV and their role in precipitating the punch explained, so as to end the mentality of "scapegoat one guy only". It's the zero penalty for slaps that encourage so many beatings, spanking, slaps by clergy, parents, siblings or teachers. We need to create a new planetary standard that views a slap or punching as evil as a murder, since the standards are much higher

in the future. We turn the future into the present. Any act of physical violence has to be as unthinkable as killing someone, starting with the day when it becomes effective as law (after the 6 months of daily rest, education). For 100s of days, the national TV, in ImmortalityTV.com style and manner, shows the daily executions and penalties for all related to those caught in punching at bars, and nightclubs and the new laws are passed to ban all pubs, nightclubs, etc, so as to prevent any punches that cause deaths. ☺☺☺☺☺☺☺

Quantum wars that wipe out solar systems start with a punch at a pub. Huge evil starts as an infinitely small evil. For 6 months, before implementing the *"lifetime labor or death penalty for any slap or violent crime"*, those with violent crime history will take 5-6 months off, to enroll in a healing course of 24 weeks, 40 hours a week, most going to a retreat away from home to relax all day and eat healthy, their first vacation and break from the evil government condoned infernal media and music-movie industry of the Jewish Genocide Lovers who controlled USA for 250 years, an educational course and relax, sleep well, meditate, learn basic ethics, being happy techniques, their insane neighborhood, family, city did not teach them. This ensures that they get the same opportunity to good education, nurturing environment☺☺☺ as those who were shielded against the genocidal movie influence of the Zion Elders music and aristocrat music created to destroy the gentiles and the masses of slaves, music created to make violent crime 50 billion times higher. The government will prove it loves its most neglected and abused people, before it implements the tough new laws, which will also end all aristocrats and their thefts of trillions of dollars from the American people and the state, the biggest violent crime *(subtle form)* perpetrators: the rich. We the People end all the thieving aristocrats and royal families: max pay will be 2-3 times the minimum wage. Theft ends, since nobody wants to work 400 years to build roads, clean toilets for 400 years to pay his debt, since it won't be 400 years of community service in one's favorite job, but the most menial jobs. If one can't pay instantly the fine, he will have to do community service on weekends. If amount is high, then he will have to do toilets, mining and roads for the rest of his life. Order will replace chaos, *ethics* will replace the all pervading banditry *today*. We end the Jewish British banditry of 4500 banks in USA, 1500 in Germany alone, so we get one bank, one card used for all purposes, banking, driving, insurances, etc. The card can get a place where your fingerprint goes and the scanner makes sure it's you using the card. Easier yet, if anyone uses your stolen card, you will know since you won't find your card to shop. That way nobody wants to steal cards and no biometrics is needed. The Jewish and British thieves love the USA system of milking gentiles. Today, endless low IQ folks use bullet or microwave guns to kill or injure others (even people who made no threats but simply complained about loud music), and then claim it was in 'self-defense' or 'they saw a weapon' when there was none. This enables these killers to escape the death penalty, so this would no longer be true. If anyone kills or attacks anyone without being physically attacked first,

they will be executed. End of “story and 15 year trials”. We have better things to do in USA than everyone being armed to the teeth due to ☺abysmal IQ☺ laws. ☺☺☺☺☺☺☺

When rape, slaps, punching lead to death, nobody will do it and none will need guns anymore. The reason all low IQ folks have guns is because the laws are low IQ and education-TV vibes bad. Just laws, that recognize 1 punch leads to 5 trillion dead later via ripple effects, end crime 5 trillion times faster. So, we will end it quick by proper death penalty. One lady got shot for complaining about loud music, well loud music would not exist, since fines would be 5 million and everyone can report it privately at noise.gov, record the noise, and let cops fine that guy, take his house and he will live in a special colony of loud music lovers fixing roads and picking produce for the rest of his life. UFC President invited by Trump to defile the inauguration who slapped his wife on TV, and his wife would both be executed under this law, if they did it again after law was passed, for slapping each other, as would anyone who promotes slapping, since a slap doesn't require a slap back, only requires to run away, to prevent escalation. Public will be educated that the only self-defense is OK when a danger to life exists (knife, gun pointed at self, threats of killing) and one can't run away (enclosed space). UFC President invited by Trump and many UFC future promoters (California governor promoted it) would have been “executed” (well, covertly lifetime labor perhaps), if, after the law was publicized on TV and made known to all daily for 6 months on all TV-radio, he would have incited people to violence via youtube and also slapped his wife again, which is a capital offense in an immortalist society where the worst crime ever is a slap every 500 years globally in the beginning stages before eternal grace reigns. In our world, UFC fights are promoted by the FBI even, instead of peaceful music and peaceful media that removes all ideas of punching anyone from any mind. All boxing and fighting training by cops done in special cops only areas, with all boxing and martial arts banned for civilians. None will dare touch anyone, as death would be certain. All movies, youtubes will be free of any violence, no such literature or movies can be created. Only secret, cop-military education only movies and literature deal with violence, to prevent issues. Nothing in the public domain can contain any violence. The TV will show 100 executions daily, if that many are happening in USA daily for any violent act after the 6 month 20 hour education on TV-radio-internet period of increasing awareness of the death penalty and 2-50 years of mining, roads, janitor labor for theft fine one can't repay within 5 years with extra weekend hours. People don’t need to worry, because some future century or decade, a human controlled AI of the Global Universal Government of 11 immortalist companies of Immortality for All, will or will be able to read everyone’s thoughts and emotions (even those 5 miles underground under 4 tons of lead) and the moment someone thinks and gets ready to punch or slap someone and his motor fucntion is firing and first is moving towards the target, he's justly instantly killed by the AI for violent crime, instant justice. Justly, since a slap today becomes a planet blown to pieces in future star

wars. No violence is justified and let the violent Bible-Quran-Gita lovers know it. The thing is when such a tech would exist, it can simply use brainwaves to put an angry would be attacker in a state of peace and education is so advanced, that nobody in 4 trillion years would even think to punch anyone, since to read everyone's brain is to also be able to write that brain to some degree and change the anger into bliss, aggression into compassion, etc. This is more of a sci-fi idea to give people a sense that in a healing city where violent criminals are held, they can definitely find ways to ensure nobody is hurt again via AI technologies. All humans need to clearly understand 2 years from now a physicist could discover a bomb that when tested can kill all humans alive and that our first priority must be universal eternal peace within 3 months and 0 violent crime within 5-10 years. However, if this first physical attack was in reply to verbal taunting by someone, the verbal abuser will get lifetime labor, if the verbal attack was unjustified and simply used to provoke the other into s slap that would then get him killed. No words are a justification for any slap or physical attack, shoving or pushing. Words are not actions, mere criticism to polish the ego and ask questions, clarify, seek answers, understand something. If a verbal attack results in nothing, then he's fined if the attack is mean and having no basis in reality (mistakes brought up were made up, to piss the other or try to get him killed by taunting him to slap or kick). Anyone practicing martial arts, torturing anyone with lasers/etc, attacking anyone, starting any war, practicing boxing/UFC/kicking anyone is killed. The only allowed self-defense activities are universal centralized eterni tone education, tone upgrade education so nobody even knows what a kick is, such kick is never seen in any movie or video. A force field where this is not applied is created for planetary defense exercises on certain islands, since they simulate killing alien humanoids and would be otherwise killed by the AI.

The aristocrats are able to steal trillions only thru violence by the police, courts, military, FBI, CIA, so this theft will cease by the step by step implementation of return of stolen trillions, the 11 companies, and the nationalization of everything, so that the rich can't incite the poor to violence anymore by total control over the media, music, stock/banks market, elections. We can't execute 1 million people for being violent, so to avoid that as much as possible, we will give the troubled people, who're addicted to smoking, alcohol, violence, drugs (usually all 4 go together) a healing period of 6 months off work, to see and join a world of heaven they never knew existed, just like the youth can never realize a world like the Immortalist Anthem can exist, so different than the 1500 violent quotes of the Bible and infernal US music created by mind controlled or evil "celebrities" who're mere mind slaves of the FBI-CIA-military Jews, Brits, etc. All sports will be gradually banned within 12 months, with replacement with volunteering at the 11 companies to build the New Immortalist Nation made of all human beings on Earth. The only allowed sports are jogging, indoor push up and home fitness exercises that use no special facilities (get some exercise machine if you need something special for physical recovery from

some injury), while listening to eterni music, for those who may still need some fitness for construction job or cop/soldier jobs until World Peace arrives via the Resource Consciousness Awakening of the Robotic Cannon Fodder Soldier Slaves. Ethics means 0 violent crime, meaning ultra rested people who slept well in their single family home & quiet town. ☺☺☺

The first duty of anyone remotely claiming to be spiritual is to end all wars, jails and violent crime, so that real culture can emerge from long deep rejuvenating sleep and happy bliss. Moving balls, shoving people in sports is *secondary*, barbaric, selfish, low IQ and *useless*, a waste of energy when our tones are so bad, happiness so low. Any sport created by the all violent British Empire, (and martial arts of all nations), such as soccer, football, rugby, tennis, etc is banned, as we exercise by service to the cause of decent housing, decent justice, decent education for all, so all may become geniuses discovering new techs to live to a trillion. America declares its first real independence from Britain. You know, the Brutish Royal Family and aristocrats own 70% of land of UK that stays empty, while the British slaves (the 99%) live crowded like rats in cages subject to microwave and electric shocks, plus torture of sadism incarnate. Please watch a few youtubes to understand how racist and xenophobic the USA founders were and still are: 1. Benjamin Franklin 'Germans are not white', 2. 1924 Law of Purity: 'whites can't have any black blood and be 15/16th white, max 1/16 Native Indian', 3. Irish are 'lazy, dumb, dirty chimps' (even though they look 95% like Brits, much more similar than the South Europeans, Asians or Blacks), 4. try some of the 170 videos by the same channel. See how much so it was in 1924 and even today in most pockets of the ruling British elite, who views 33% of Americans, Britons, Australians, etc as pure animals not worthy of owning their home even. The same class hate (aristocrats vs working class) and ethnic hate that defined Britain for 900 years is seen today right here in USA, not just racial, but ethnic too. Well hidden… with covert torture of billions. Brits, like US CIA-FBI Jews, are deceptive, they torture those they hate using others, usually not Brits, to hide the torturer. Brits hid that they remained in charge to a great extent after the fake US revolution of 1776, when the aristocrats in charge changed slightly, on paper at least. People are so naive, they think if some Democrats put some minorities as a front person in 'charge' of some agency or department, it's really those guys who make the decisions. Nothing could be further from the truth, it's them, the Brits, Jews, remotely controlling those minority guys. They're experts at this, after 950 years of aristocratic empire since William the Conqueror, and for Jews for 3000 years of Bible tactics (posing as Brits, etc), Italians 2000 years of empire. Being aware of the past, makes immortalists want to create a unifying culture, where we're one nation: not 50 states, not 5000 languages, nor 400 ethnic groups, but honest bipedal chimps evolving into peaceful apes of one state, one language. ☺☺☺☺☺☺☺

Likewise, in the USA, Australia, Canada, and 200 nations we see similar jailing of "free" citizens under phony excuses of the need for 10 million sports facilities and useless businesses to steal

the national resources for decent single family housing for all, to create a psychopathic society of ☺tiger IQ folks☺ punching boxing bags and training how to attack and defend from physical attack. In a family people don't punch each other and fight, and we will become one human family of 8 billion via The Immortalist Anthem and The 11 companies. With death penalty for any slap or shoving, nobody is violent and we focus on giving every citizen a decent place to live, we exercise putting pipes, roads, infrastructure to build nice homes, we end aristocracy and monarchies forever, as true democracy emerges. To end the Nazism of the genocidal racist rapist violent thievery slavery deifying Bible-Torah and Quran, we need to lifelong educate the people via the centralized tone since before birth, create a truly kind vibe, as US becomes independent of Jewish scribe psychopaths who spread poison on the entire planet via the Bible and then via the Jewish Quran made up from the Bible itself. We encourage the Free Citizens of all nations to submit to ethics.gov 8 billion candidates for scripture, each 10 pages maximum, short like the 9 page Immortalist Anthem poem with zero negative words. If Moses, Jesus, Mohamed, etc were "prophets", then the average human today is a billion times more "prophet" than them, not needing objects, wafers, rituals, clergy to connect to God. We don't believe in the psychotic violence, rape, plunder, depravity, cruelty deified in the Bible-Quran. We don't study physics from 1st or 7th centuries, why do so for ethics and scripture? ☺☺☺☺☺☺☺

All concerts are banned, unless the volume is low, free of booms and have only meditative eterni music, since research shows blasting music, blasting booms, can damage the brains of concert goers. NPR has a 16 min talk about low level booms (so common at concerts, hearing 900 at one concert) destroys the brains of people, which explains why the soldiers-spies-cops have their empathy centers damaged, as nobody can join them without firing weapons a lot. So, the rulers of USA and every nation, the military, are brain damaged people, as seen from their eternal torture of millions of people. Thus, it is imperative to end the world military dictatorship and bring World Peace in 3 months. Discos and pubs often have very loud booms that destroy the minds of the "0 IQ" naive fools dancing their brains away to the tune of 'demonic howls' (the infernal tune of discordant, shouts void of *gentle tender soft healing compassionate nurturing graceful* loving kindness, shouts that turn the youth into monsters, sadly, most music today, which is not eterni).☺☺☺ The penetrating booms of concerts are similar to artillery booms that cause brain injury, depression and suicidal tendencies. In fact, many concerts sound similar to war zones, being more of pure trash. Any ranger, cops, etc need to use drones to shoot animals, bears, etc, during wildlife control, so as to avoid brain injuries. Always use the quietest vacuum and appliances as explained in the quiet cities guidelines of the immortalist culture. Gently recall the longest living musicians (106+) were mostly piano or vocalists, as those are no booms and very biocompatible wave harmonics. No centenarian musician was heavy metal, pop, rap and other trash musicians. They were not like these "mental institution escapees"

today, shouting and making huge war noises, who have the sound volume at infernal levels near the stage. Clueless youngsters pay 1000$ extra to sit very close to the stage, where volume is louder, close to "stars from hell" in order to live shorter, destroy their ears, brains, organs. These 0 IQ "music celebrities" totally destroy their bodies and brains too. The fiendish "musicians" ('shouting competition experts') never sing about the issues of the day (see the 11 companies section), like 1 bank, 0% taxes, 100% house ownership for 100% of population, etc, only pure trash to drug the youth, damage their ears, brains and every organs with unhealthy booms. When was the last time you heard a song with these types of lyrics? These ☺abysmal IQ☺ singers don't know basic cymatics, acoustics, cell biology and how cells react to sound waves. Due to this, the federal law will be one and clear: max sound will be 70 dB in any party place, free from bass, booms or anything that might reduce empathy and cause violent crime via impulsive behavior observed due to booms. It's time to protect our planet from terrorist musicians who commit genocide against the human quantum field.☺☺☺ Concerts that have loud music, loud booms especially that traverse the body, increase biological entropy, cause tissue damage in all organs, not just the brain. Concerts are also truly evil gatherings where drug distribution happens too. It's useful to note that some churches have some really loud music that destroys the bodies and brains of those attending and fines ought to be given when decibels are too high. Every hour TV uses 10 minutes to remind all of the fact good sleep can add 20 years to lifespan, while bad sleep can take 40 years off our natural lifespan, give us lethal heart attacks, diabetes, increase violent crimes 50 fold too (tired folks are angry irritable explosive folks): how to sleep better, how to destress better by happy breathing. We also remind TV-radio audiences of the proper cooking methods summarized in the Eterni Food Inc section, since bad cooking methods/food combos can lead to 40 years lost, while good ones can add 20.

To eliminate all violent crime we need to help all citizens feel as if they're the 1 month old babies loved unconditionally by their sweet mom (government) who patiently, kindly, gently, tenderly breastfeeds them. Our government policies, aligned with the Immortalist Anthem, need to make everyone feel loved, nurtured, warmly cared for, so as to diminish people's anger, and help create a strong sense of international and national unity among immortalists, to help bring Eternal 0 Violence and 0 wars. This requires a saintly government of kind folks who choose the most healing speakers for TV. The government will gently explain thru the most angelic tones and speakers that after the educational period of 20 hours on TV for 6 months, the new penalties take effect, out of love for all citizens, who're little babies of the Eternal mother of all, Eternia. All people will also get the email and text links, to the daily lessons via youtube, so that all are seeing the new ethics classes they never got, in the new tone, and even those too busy to listen to TV or radio-Internet can get it via phone or email. Everyone is mailed the basic pamphlet of ethics and the new guidelines of penalties, be it lifetime labor, death penalty, of

minimum 70 years community service for any violent crime, depending on what is decided. ☺☺

Where will the $5 trillion for the healing cities housing all lifetime labor come from? Some humans pretend to be kind and altruistic people, and protest heavily against the 1% or 10% evident to everyone aristocratic parasites and thieves, but the reality is USA got 170 million cats and dogs which use enormous land resources to grow soy, corn fed to livestock that eat corn-soy to be killed via cruel bloodshed in a slaughterhouse. This murder and genocide of human like lifeform industry takes huge land and other resources for pet hospitals, pet stores, per food growing land, wastewater treatment plants for all sewage from slaughterhouses and pig-cow-chicken farms, etc. Evidently, we need $3 trillion to remove all jails and house the 2 million in sealed healing cities and return them to society after sentence is over and after the education courses and meditation bliss courses of deaddiction from alcohol or drugs, smoking. The ethical way is to support humans (not pets who can't invent anything) who extend human lifespan thru inventions, who can be vegan and avoid any bloodshed. This ethical way means we introduce gigantic fees for liquor stores, vape stores, drug stores, pet stores, pet ownership fees, etc, to raise the money. Look at 90 nations, the most criminal spy agency/military families often fit the profile of the average selfish family, meaning they got cats/dogs they don't use for drug sniffing, only for security (a camera is way cheaper and quieter, dogs cause millions of injuries that drain the national medical resources too). Hitler had dogs, so how did dogs make him an angel? We see these domesticated tigers (some tigers ate 300 people each), and domesticated wild dogs (see them eat animals over 40 minutes while prey is alive unlike tigers that first kill prey to diminish pain) that are unable to turn the brutes into civilized humans who don't torture and do everything to bring 0 violent crime in 3 years. But many spy agency/military brutes in many nations haven't been made kind by said pets, they continue to torture millions. So, the idea of pet lovers that cats and dogs are angels and make people nicer is pure fraud and lies. The drive to lower violent crime a trillion fold will help people to graduate from their Immortality Credit Score Label of Bloodshed Cruel Murderers of pet like livestock they mercilessly kill to satisfy their selfish desire for cats and dogs, fed by the Organized Mafia who makes huge money off this cultural habit of EGOISM. For how can you house 170 million cats and dogs and you have no concern for the 0.7 million homeless in USA? How? By following the cruelty and barbarity of classic capitalism. Here we come, once Immortalists win 75+% of the vote they change the constitution, to end the dictatorship of the Jewish Lawyer Mafia (500 times lawyers in USA) of the Court-lawsuit Industrial Complex of Jailing Gentiles, they start fining pet stores (who ironically are owned by Jews who want to destroy gentile families by making them childless), and pet owners 1 million dollars for every single complain of barking: every dog owner and every dog food selling store will be charged $1 million for every barking complaint. 2 million per barking that harasses people and disturbs their peace. With 1 million complaints, we achieve $2

trillion fast. Then we fine 1 million dollars every ONLINE or PHYSICAL store, importer and wine producing farm who sold or produced any bottle that caused a violent crime and car accident, thousands of such crimes and accidents happen daily, so we cause millions of acres with wine grapes to go bankrupt so we plant healthy foods there: blueberries, purple kale, purple cauliflower, purple cabbage, plums, walnuts via the National Eterni Food Inc that ends all junk food selling Jew owned stores or Brit-Italian etc owned restaurant chains that commit genocide of gentiles via AGEs, etc. This means in 3 years we find $5 trillion and change USA very fast, as these demonic industries of liquor, fast food, vape stores, pet stores will be decimated within 3-5 years, 1 day at a time. Satanists/psychos worship the shedding of blood to have a 200 cats, dogs houses for every homeless. Only an animal would agree that we Americans are civilized when we have 200 dogs and cats for every homeless, meaning we don't value people even as one 200th of a dog or cat. Let's be real, if you're worried about your relatives serving lifetime labor in a sealed city due to punching a stranger or neighbor, you simply need to help the state end all violent crime, so that they start releasing those sentenced for life in a healing city (no contact with outside). This way to exert infinite pressure on the animals who slaughter 5000 pet like beings, in order for their evil selves to enjoy having a dog and cat in their house. These animalistic humans need to be woken up from their diabolical trance of Bloodshed Worship and evil Pain Inflicting that pervades all levels of many nations, from the spy agency-military brass running every nation to the nonvegan pet owners. ☺☺☺☺☺☺☺

People will say that we can't fine the mini-aristocrats who need dogs or cats to be happy due to having the IQ of a rat unable to realize meditation and happy breathing can make them 300 times happier, but we can since we have the mandate of the 70% of USA, the slaves living in moldy faucet leaking roof leaking moldy AC stinky dilapidated houses, pothole rich cities full of junk food poison selling businesses, by the 70% vote win to fine the hell out of all aristocratic bastard businesses used to jail 200 million Americans in filthy houses where everything falls apart, instead of being kept in amazing condition by the one and only contractor in USA, the 10 million employees Immortality Building Inc, the mighty one universal contractor and maintainer of every house/workplace/building to the same standards of the aristoc-rat-ic murderers keeping America in the 3rd world country stage forever. We can even create huge 50000$ a year fees for small dog and cat ownership, with double and triple the fee for bigger dogs. Fee is 50000 times weight in pounds divided by 10. Thus, cats + 10 lb dogs owners pay only $50000 a year. Cop sniffing dogs are an exception, for those are used to sniff drugs until we create drones 1 trillion times more sensitive than bloodhounds, the dogs whose nose itself is 0.1 billion times more sensitive than human nose. We can have every hour on TV for 5 years amazing images and reports of the destruction alcohol does to the brain, heart, blood vessels, same for smoking weed, nicotine, etc, educate people in bliss without drugs without smoking, without alcohol,

without religion, and with kindness for all humans and sentient beings who're free from bloodshed. Free at last, from Bloodshed, Free at Last, end the Slavery of Animals now by eterni foods, end Slavery NOW folks and wanna be physical Immortals, be kind. Fellow Soul Immortals, we're only having so much money, energy, land, resources, we either build the dog or cat species or the 9 billion year old lived immortal human species. You want to die fast, get a dog, you won't live to a trillion, but with science labs in your kitchen you might. Your soul is shouting screaming to you to stop being a Cruel Cannibal Chimp like brute, who murders 5000 pet like animals to feed a pet. It's time for America to live spirituality and ethics, or kindness at least, instead of talking about it. Let no doubt exist in your holy newly immortalist mind, that nonvegan cats and dogs are pure cannibalism, watch what happens in factory farms to feed your cat and dog please: 1). male chicks killed by the billions weekly on day one of life, infanticide on a cosmic scale, killing 9000 male chicks is a murder like sin of destructive behavior against the human quantum field so closely similar to chicken quantum field, 2). cruel murder of live pigs, slow painful death contaminating the human quantum field with resonant death, torture, genocide frequencies that push humans to be genocidal 3). cruel slaughter of cows 4). cruel murder of chicken & Halal cows 5). cow cries as she senses her slaughter will happen soon, just as pets can cry 6). Kosher shackle and hoist, cut while alive, methods used by Israeli (the chosen ones who love pain, suffering of sentient beings and eternal bloodshed) in South America, similar to the Bible genocide of gentiles quotes that the murderous Jew cow cutter, aided by Italian frauds imposes at gunpoint on USA thru Bible cults. Watch the cruelty, it's not stun gun that kills instantly, but a 5 minutes death. Support Israel? 7). Cow slaughterhouse, bring a pet to watch their food source 8). Halal/Kosher = Satan/poison 9). "stun" slaughter can fail too.

Australia prime minister and thousands of people seemed angry about some American picking up a baby wombat, even requesting that their visa be revoked and causing her to leave Australia. Perhaps, all vegan immortalist nations ought to ban carnivores from entering, for doing atrocities 1 trillion times worse than this American expressing her affection for a baby herbivore in an awkward way that obviously was causing anxiety, fear and immense stress in the baby wombat. This whole thing may be staged to make people less cruel. But the critics forget millions of Australians, most of them, are not vegan in 2025 and this means they're taking part in a cruel enormous slaughter and genocide that inflicts a pain trillions of times bigger than what this American did. Instead of being angry, please major in chemistry☺☺☺ or physics, so we build eterni foods without animal/plant agriculture, with everything recycled from raw atoms. It's nicer if people try to be less hypocritical and take care of all sentient beings, not just wombats.

Not to worry, the Jews and others create endless beauty shops, that currently incur no fees for depravity, to "beautify" our youth, meaning to destroy their eyes with mascara, fake eyelashes,

rings, piercing and other abysmal IQ things explained in detail in the single family homes section. Behold the endless sources of profits and of money for healing centers replacing all jails, we prioritize the end of Jewish cruelty against cows, animals and gentiles, of aristocratic cruelty against the working class and we impose *10 million $ yearly fees on these depraved small or medium eye destruction businesses* who could care less about ending violence and jails. The murderous aristocrat doesn't care about 0 violent crime, because he lives in his imperial gates estate, where nothing happens. The cannibalistic aristocrat gives no concern about the slaughterhouses, he has no empathy or compassion for living beings. That's why these cannibals deserve the end of their business via the high tech science Eterni Food Inc that ends animal and plant agriculture forever. Another source of money to bring 0 violent crime is $1 million fees for all slaughterhouses who use halal/Kosher or no stun gun methods that extend pain feeling time 5000 fold. This way, we can raise billions by fines to all these criminal enterprises that cause violent crime by the spread of anxiety, fear and other bad hormones (0.2-0.9% of meat is blood) into the quantum field of humanity, since blood drain doesn't remove all blood, so violence generating hormones exist. This way, within 3 years we free USA and all immortalist nations from Halal and Kosher and declare our independence from the Bible terrorism and Quran terrorism of the human quantum field. 1776 all over again. In Saudi Arabia non-Islam religions are banned, but in USA we allow Jews and Muslims to take over and impose their circumcision, Bible genocide and extermination calls, animal slaughter on everyone. It's not fair. It's our nation, so we can end animal slaughter now. The modern science methods are less pain than even Native American hunting methods. Thru science, we move from the barbarity of Native Americans and all primitives to the age of the universal immortalism when nobody eats animals or plants. Second Belgian region banned the evil Halal, Kosher slaughter methods. It's overdue for the entire planet to do so soon. Islam is fake. To raise more funds, we use tiny cameras and drones to enter all USA slaughterhouses and fine abusers of animals $500 billion. The rich CEOs, top managers, etc will have to sell their evil mansions. This will cause the Immortality Education Agency to buy them, remodel them and turn them into Immortality Unis as detailed in the Reform of the Educational Research Industrial Complex. For big food businesses that loot Americans, we fine them due to AGEs to bring in $900 billion. ☺☺☺☺☺☺☺

People hear stories of the same migrant being deported 5 times or same guy being jailed 5 times for some theft etc and wonder how can it be that we waste time times the court and police resources to manage crime? It's very simple: the migrant was deported instead of executed for the violent crime of jumping over the wall and risking his life, endangering the life of self and cops guarding the ultra high tech wall. Likewise, the penalty for theft was 0 fine, instead of 0 jail, more education, relaxation, healing retreats and courses, 9000 times the amount stolen (as in immortalism). Sitting in a jail accomplishes nothing, except poor sleep, bad diet, brain damage

and becoming a worse criminal than before. Thus the whole US justice system is a complete fraud that wastes taxpayer money. It only addresses symptoms of the disease, not the causes of the disease: institutionalized Jewish terror via so called "places of worship", institutionalized Jewish theft of trillions from gentiles, institutionalized bombing, sabotage, sanctioning of all nations who don't have a fake "freedom of religion", meaning the freedom to call organized genocide cults religions because American Jews command gentiles in 200 nations to do so and the nonexisting American freedom (where FBI controls all clergy) that never exists in Judaistan Taliban America where anyone starting a religion of "God said maximum salary ought to be 2 times the minimum to create a perfect society of 0 crime via one family of 11 companies and 3 agencies, a wonderful world of infinite *gentle tender soft healing nurturing graceful* loving kindness☺☺☺ *where most are not making 10 to 50000 times less than the richest*", only scam religions of genocide, aristocratic terror (beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives)) looting, rape, begging, do nothing are allowed, institutionalized Jewish stabbing of 80% of male infants and kids, institutionalized Jewish supremacy where Jews and other aristocrats get paid 5000-50000 times the minimum or average hourly pay, defrauding everyone via 4500 banks and the stock market, etc. Due to the ☺ abysmal IQ☺ of the system, we need 5 times more cops, court clerks, etc, jails, etc than normal and this causes them to hire all smokers, alcohol drinkers, violence believers, macho hooligans (see new criteria for cops in immortalism, with all police departments merging), professional rapists (lots of sex outside procreation) and we end up with 80% of US police being gangsters (vice, violent music addicts) who torture people and do illegal acts, since they're 'animalized' or "made animals" by the evil Jewish Mafia running the military who sets the infernal tone of singing, of music/movies, the infernal scriptural tone of genocidal murder and terror that runs every US institution like USSR run by the same Jewish pests who instigated the murder of 120 million gentiles and terrorists like some Jewish leaders who exterminate(d) Arabs today.

So, until the top gang changes, no change will happen, as we have 20000 gangs or cop departments instead of one eterni department called Immortality *Nurturing* Agency that bans any cop who smokes (takes part in genocide by nicotine, 6 million killed each year), drinks (takes part in genocide by alcohol, 1 billion dead recently, a genocide perpetrator can't be called a policeman) or uses weed. Those who instigate genocide by their own *weekly*/daily habits have no right to be soldier, cop or court clerk, judge, lawyers, officials, government employess, etc hired to prevent genocide, to prevent violence. This universal national one police department will help in banning all criminal genocidal cults, all gangs, including Islam (a denomination of Judaism and Christianity in reality), Christianity, Judaism, 3 organized mafia "religions" of global terror and genocide. Since when can calling for exterminating all nonJewish, nonChristian or non-Muslim humans be called a Religion? Since Jewish Bankers run every aspect of American

Life? Since Jewish terrorists run the Department of Justice who only pursues gentile organized mafias but the not the Jewish ones running the 3 religions in USA? Christians forget their "God" is as evil as Allah, since De7:1-16 calls for exterminating 8 billion non-Christian people. Christians don't realize that they're essentially Jews if they follow the Jewish Bible with its 1450 calls for violence. Judaism is a religion: "If I want to kill 8 billion, God lets me do it" being its core tenet. Christianity, Islam are Judaism disguised, wake up sleepy slaves, watch the video of Jesus being made up. Let them go to Israel and live in tall Skyscrapers, nice weather, way nicer than most USA actually, endless desalinization water from the sea, to be close to the Holy Land where Jesus the Fraud and miracle staging expert lived and where Mohamed pretended to have soul traveled to, where Moses Lived after calling for endless genocides thru his 'God'. Who needs Genocide Cults in USA?☺☺☺ Let them all go to Israel and exterminate each other there, in the Holy Land of the 3 demonic Religions: Christianity, Islam and Judaism. If Immortalists win, they eliminate crime instantly, by implementing death penalty for all violent crimes. Even a slap by parent. DEATH. All pastors executed for any slap. With true laws, and 20 hours of TV education for 6-20 months before the death penalty becomes law, we need 9 times fewer cops and get 9 times higher quality cops, firing the animals. It's time to set a new standard for "religion" and "scripture" free from violence: psycho Quran, Bible, Torah, Mahabharata, Mormon don't qualify.

Likewise, churches need to abide by the end of bilingualism guidelines, which explain how fraud happens in 450000 USA mosques, churches, temples and synagogues and how we need to create the Office for Scientific Method, Proofs and Honesty to deter fraud/lies/crime by any religious entities asking for donations, who fail to deliver the product promised. Donations turn churches onto businesses who must deliver their product, or be fined for theft 9000 times the amount donated by parishioners to attain "instant immortality in 1 minute after death", when we know we humans can't even attain 200 year lifespan even after 20000 years of trying while being alive. It's one thing to say "in a trillion years, humans may reach lifespan of 500 billion years via scientific discoveries, etc" like immortalists and another to say the blatant lie "in 1 minute, you go to heaven with Jesus to live for trillions of billions of ages" with 0 proof of course. Fraud can't be allowed, since it breeds unlimited cheating, theft in ever new ways. Once people sense the government is one of bandits and thieves who allow every fraud to loot others (sell promises of immortality to get rich and live an easy lazy life), anything will happen in the land. When people see these hypocrites swearing by the lies full, genocide full, mass rape full, national theft full Bible, they lose all trust in said "officials of lawlessness". Freedom of religion is not freedom to extort people of money, using fake promises of instant immortality. A church can say "Immortality could occur, but we have no proof if the soul is or can be made immortal or exists. Thus we aim to create an immortal soul one day, just in case nobody created us. We don't know what happens in the afterlife, we leave it up to you to decide, since trillions of possibilities exist

and we got no way to prove any of them as we have no physics instruments in the alleged dimensions." This is more honest. Any person who asks for donations must deliver the product they claim: infinite life. Immortalists are all for ethics.gov teaching basic ethics via millions of youtubes and recordings, poems, anthems people submit, for online churches and turning each house into a temple☺☺☺, to save building materials and give all decent single family temples, meaning houses. *To reduce* theft a trillion fold, we need to have far more stringent *rules about "religion theft"*, since if people see these billionaire pastors, they will sense nothing changed and continue to steal, even if salaries are capped to 3-10 times minimum salary for CEOs to prevent huge thefts. It's important to fine shouting clergy (hollering rabbi, screaming Buddhist, shouting imam, yelling Hindu, howling pastor) $5-50 million (church goes bankrupt, state sells all to get its fine) as this yelling invites imitation by the parishioners (millions who see it on youtube) who then become bullies in the workplace/family causing a 1 million fold rise in violent crime, which is unfair, as death penalty is given to those doing violent crime but not to pastors for shouting so infernally in the presence of millions online. Terrorists often speak kinder than many clergy. Calling oneself pastor doesn't mean one can't be fined $90 million, together with his church of course, with all money paid by all employees (complicity to murder by shouting and aiding a psycho clergy) of that entity, after all assets of church are sold to the gov. ☺☺☺☺☺☺☺

Thankfully, due to the 11 companies, we can now instantly transfer bullies (educated to be so by infernal clergy) from one location to another, while before it would have been extremely hard. We place bullies with fellow bullies and video record everything and fine them for each verbal bullying attack on others until their aggression subsides. This reporting to reviews.gov allows us to detect dangerous parents who terrorize their kids (using the same bully tactics they use on fellow workers) and create future criminals, who, out of anger, will sabotage the 11 or however many companies they work at, since "no manager cares". The kids of the bully need to be secretly interviewed to see if the parent is abusing them verbally or psychologically using similar methods the parent uses at work with younger coworkers. We need to prevent any worker from feeling like nobody listens to their complaints. We need reviews.gov where all workers complain about everything, everyone freely, without repercussions. After every complaint, an answer needs to be given, someone needs to talk on the phone with the unhappy worker, who deserves the highest level of kindness, gentle tender, soft nurturing compassion. ☺☺☺

During the State of Emergency initial 6 months before the Death Penalty for any violent crime IMPLEMENTATION, besides the 20 hours of ethics education on all TV-radio stations, presented by 20-30 year olds in amazing videos that are sometimes replayed to be seen by all at all schedules, hours, etc, we get the daily update on new laws passed depending on the number of violent crimes showcased on TV via video camera recordings of the punching or threat to punch. All past violent crime offenders will get time off work for 1-2 months to attend 40 hours a week

of classes for free, to improve knowledge of ethics and prevent receiving death penalty in a few months when the death penalty for any slap, punch, etc becomes the law. Likewise, those who're addicted to nicotine and alcohol, weed, etc will be given a free time off work to go outside of the house, town to a retreat to learn how to remove stress, breathe consciously and generate bliss at will, to replace the so called 'joy' of nicotine, alcohol, drugs. This prevents them from being fined 1$ million if caught using any of those. *For too long, USA has been the land of gangsters, where theft (of money* by aristocrats *from workers) is the God of the Universe*, as revealed in blatant arrogance for the whole world to see: every day, on all radio-TV stations we hear the demonic updates of stock market moves by various companies 3% up and down, as if the main purpose of life is to steal and hoard cash. However, what we don't hear any day, on the news, is how much the life expectancy for the top richest 2% versus top poorest 2% looks like, 65 vs 89. We also don't hear that our violent crime is going up 4% or is 20000% higher than some areas of the world that are not USA, where homicide rate is 100 times lower. What about a World Peace index, tied to violent crime index and war news? How come that is not reported in the daily "*lies for cheated chained slaves looted by aristocrats*" news? The rich need new wars to expand wealth, kill more workers. How many assaults today? What was done today to bring assault/rape rate (see pic) down 90 times in 3 weeks? Why is that not on TV? Do the rich use gangs, prisons, crime to terrorize the workers and keep everyone in a state of fear and terror? All we hear or see is scenes of crimes, but nothing about how to bring it down 1 billion fold.

The bastard aristocrats don't care, as they live in high concrete wall or ultra high security gated complexes, protected by private security, with many camera and such, in cities almost nobody goes. So, the ☺puppy IQ workers☺ *just get stock index news, stock markets used by* aristocrats to loot the planet. The greedy bastards controlling our depraved culture have brainwashed us so well, we're all dogs chained to the dollar and the artificial useless stock markets. Every 40 years, 2 million Americans are shot to death by the ubiquitous guns, which are present since the daily news never deal with violent crime index and which crime went up and which measures were taken to bring it down 1000 fold, news only report when Apple stock or Dow Jones, NASDAQ Aristocratic Theft Index☺☺☺ goes up/down. MONEY THEFT FROM THE POOR is more important than nonviolence, civility, 0 jails. Likewise, every 40 years, we get 10 million very violent crimes happen which cause 10 years per crime of lifespan loss, so that's another 2 million dead equivalent, 2 million 30 year old losing 50 years each. We're talking about 4 million killed from direct violence, not to mention the 9 million a year from indirect violence, like smoking and alcohol who never make it on every news update, as stock market updates make it in the Land of 4500 evil Banks. Where is the discussion of the 9 million killed a year by AGEs in foods at every news release and what to do about it? Nobody cares, since the killers are aristocrats, not low pay workers. You never hear how Jewish Google founders cause endless cancers with the

Google made phones or how Apple causes cancer via WiFi devices, etc, and how we reduce that 1 million fold. Or h ow Tesla car RF in the back seat is 70000 times higher than other car brands, leading to brain cancer, etc. The only crime reported is that of poor people. So, to stop this sick trend, this incessant killing of tens of millions each year globally, we need to install a massive reeducation program for violent offenders and then kill all violent offenders, who, even after this education program and 6 months off-work to heal, rest, reeducate, listen to peaceful music, etc, still choose to kill or attack people. Better to kill a few thousands than have 4 million die again. Why need guns for? Once violent crime is 0, nobody needs guns anymore. The reason kids and others do so many violent crimes is because there are no consequences like lifetime labor.

During the indefinite (may take 20 years or more if it takes that long to bring violent crime to 0) State of Emergency, all gangs/gangster rap/symbols are destroyed. All companies begin the mega mergers into 11 mega companies, in order to destroy all gangs, foreign spies *who run 10 million companies*. Every procedure and everything is centralized, monitored and changed when dealing with gang/spy infested companies. All transactions are cashless using the Eterni Bank credit card, to monitor all economic activity of gangs or spies. All online currencies and etc are banned. To sell items, donate them to the Eternal Utility Inc and they deposit an amount into your account. Then, they sell the item to those interested. No need to waste time to sell. Government takes over of all radio-TV-education, 0 sports are shown on TV-radio (replaced with Immortalism Building). The nation quits attending all international sports competitions and the Olympics which are a symbol of cruelty, depravity, evil selfishness, blatant indifference for the suffering of the homeless and overcrowded, for those wasting years to buy or sell a home, rent a home, etc, instead of doing it in 1-4 days max, focusing instead on giving all a home, to reach 100% home ownership. It also provides a nice centralization of free universal education for all. It brings Quiet Cities and related pet laws to end the genocide of humans by dangerous dogs who send 20 million humans to the emergency room: *no music,* party*, dog* barking*, etc* noise *are allowed after 10 pm*, so that ALL (not just aristocrats) can get decent sleep. Sleep is essential to prevent irritability which fuels 1. violent crime, 2. theft, 3. omission at work, 4. mistakes at work, 5. shortcuts at work (leading to explosions, catastrophic events, etc), due to pressure to perform when ultra tired due to aristocrat pig in a big mansion having a party next to a condo complex of 50 workers who sleep poorly and make mistakes at work next day. This way the workers are no longer be entranced into violent vibes by hooligan discos, nightclubs, liquor stores (tobacco, alcohol, high caffeine drinks, high AGE foods banned), lottery vending/slot machines, casinos, vape stores, bars, pubs will be demolished (lifetime labor for tobacco-alcohol-drug sales) and replaced with Immortality *for* All Free Healthcare Centers and amazing housing for those who need it the most in order to bring violent crime to 0. *The savage human of today finds death penalty or lifetime labor for "minor violent crimes" odd, but the civilized human would consider*

the level of violence during "peaceful times" identical to war; violent *crime is 10-100 times higher* (domestic slaps, spanking, abuse are not reported in 99% of cases) *than reported in most nations, so the* EU *needs* continental State of Emergency too, especially given Russia's invasion and border infiltration by spies who poison water or may install devices to wipe out the continent in 10 seconds. After 6 months of daily TV education 20 hr/day, if any violent crime still exists, death penalty is introduced for all violent crimes and human trafficking/drug possession above lethal dose, since all had proper education via TV-radio-Internet-phones-emails. Due to the risk of all humans disappearing in 2 years from today, the transition period may be only 6 months, for the death penalty for any slap, punching, violent crime taking effect. TV-radio music will reflect the infinite compassion for the victims of violent crime and possible all out war killing the entire human species in 2 years from today. Even after the 12 months everything would be eterni tone, in line with immortalityTV.com. ☺☺☺☺☺☺☺

We replace all jails with healing centers that are 10 times nicer than the nicest church today with beautiful eterni qualities music and beautiful neon lights or posters about the *gentle tender soft healing nurturing* graceful loving kindness *qualities*, to help heal those whom society scapegoated, harmed and neglected by self-righteous hypocrisy. *Any alcohol can be bought only via pharmacy prescription* and only if all other treatments failed, to ensure a less hoarse voice, higher lifespan (alcohol shortens lifespan), less violence (most violent crime is due to alcohol). We will explain daily on TV, the advantages of efficiency, 11 companies and 1 language, 1 bank, 1 currency globally, for the time when people decide to embrace kindness for all, and the value of personal spirituality (everyone is a pastor of their own family, friends) instead of organized religion based on rather violent "scriptures" that are irrelevant (based on fake mirales, lies, scientific dishonesty that is incompatible with the ethics of those who honestly want lasting peace, need scientific honesty to discover things, and decent healthcare) in a world of 0 violent crime where Immortalist Anthem is the daily reality. Everyone is taught how to be ultra happy daily on TV, without the lethal alcohol, weed, tobacco, which kill 10 million a year. After the 6 months of 20 hours a day ethics education via all TV stations whose normal programs cease due to planetary thermonuclear/quantum war risk, the ImmortalityTV programs override all national TV stations for at least 12-20 hours, to announce, the State of Emergency laws come into effect within 24 hours (mining for life or lifetime labor (like in Europe) or death penalty):

1. MINING JOB FOR LIFE FOR VAPING-TOBACCO DISTRIBUTION: those who distribute tobacco products in any quantity will be sentenced to lifetime labor in coal mines and other mines where air quality and lung cancer risk is very high if one doesn't wear personal protective equipment properly, as a "reward" for inciting the genocide of 6 million people a year due to lung cancer by smoking. Vape products often contain drugs 1000 times stronger than morphine, which kill 50 times faster than fentanyl. All companies are state companies and those with mining jobs will

live near the mines, in the most desolate places, in sealed cities who're co-built by the workers and will look eventually, thanks to the hard work of miners, etc, nicer than Disneyland☺☺☺, being able to light up the desolate scenery, where mines and the most lung hazard jobs factories exist, being even industrial paints, solvents, lubricants, wood trimming, and other hazard jobs that require strong masks and respiratory equipment. We, the immortalists, want Immortality *for* All and we're aware that 1 cigarette will lead to 1 billion packs bought over 1 quadrillion years, via habits, taught to kids, in that family line alone. These cigs will kill 1000 people of lung cancer even in the next 900000 years by habits being taken by kids, grandkids. To be fair, to enact justice, we need to realize 1 cig leads to 1000 murders that create a vast imbalance in the human quantum field, which is the field of all humans, present and future. So, let us kindly gently ask ourselves, what is the right response to killing 1000 people? How do we penalize those smoking, meaning those who distribute cigs from an illegal location to their mouth? How do we avoid them smoking? Can we explain to them that with every puff, vaping, smoking or alcohol drinking act they literally kill a whole village of 1000 people, wiping out every building in it like this Marinka city? It seems not, but if they were to see the 1 billion quadrillion year effects, it would be worse than Hiroshima: every alcohol sip, every vaping and smoking act leads to Hiroshima style death tolls. Who will be so kind to take tobacco growing land and grape growing land to create healing cities where those incarcerated can live in tiny homes to heal, learn new skills and do some job, 35-40 hours a week? Nobody, they all talk about loving their neighbor, but no action ever happens, they continue stealing the land that would heal the poor scapegoats, for their cigs and beers, alcoholic drinks. The shocking part is that 26% of incarcerated are illegal aliens, 67% of incarcerated are minorities, yet minorities continue to drink, smoke and buy products from the companies stealing huge amounts of land that could give nice healing cities and houses for these people to live their community service sentences in (to replace jails), to live normal lives and lead productive lives afterwards, eat better. The "love of neighbor" is a mere joke for both majority and minorities, who pretend to be Christian or whatever, but do nothing to show it as with ending all jails. That smoke becomes eons later the smoke of mushroom nuke blasts that cause planetary winters for 25 years freezing and starving planets to death: do you love killing billions of people? If not, then kindly gently learn how to be happy by breathing and energy exteriorization, and stop smoking. Every puff blows a planet in star wars later on, when we look at trillion quadrillion octillion effects. Please be kind, have mercy on those billions dead in that planet blow up. Gently avoid smoking and drinking, since doing so, while knowing its catastrophic effects, will be far worse than smoking by someone who doesn't understand. We want to prevent smoking and, after the educational period of 20 hours of TV-radio ethics education, to separate smokers from society in a healing city free of cigs, where they can develop empathy. How so? Let us realize the people who live homeless, without heat in winter, starving, without a leg, eye, or hand, in Ukraine and Syria are victims of smokers

and alcohol buyers who have used their time to buy those products, instead of helping bring World Peace in 3 months. People complain about a little discomfort that the lack of cigs brings or the lack of beer or wine, but what is the discomfort of having no food, no heat, no water, your legs vanish, your family vanish, your city vanish like this? War is over resources usually, due to greed and laziness, people *don't want to innovate to not need other land and resources*. The land, the human labor resources that could innovate and prevent war are wasted with wine and tobacco industries, with millions of acres of tobacco and grapes for wine and alcohol. We need to be altruistic, realize smoking and alcohol lead to eternal wars, violence and jails. Smokers will need to overcome the selfish chimp within, give up smoking and kindly have compassion for all. We want to emphasize these mining for life jobs will be in the most friendly relaxing conditions, where people listen to their eterni music mp3 songs and are very relaxed. ☺☺☺☺☺☺☺

2. MINING FOR LIFE FOR ALCOHOL DISTRIBUTION: same less wanted jobs and houses in lifetime labor cities for those who distribute/produce/consume alcohol illegally, without prescription from an MD saying you tried 200 methods without alcohol first to cure the disease. Alcohol killed an estimated 1-2 billion people last 2 millennia, so it can't be taken lightly. Alcohol and nicotine are powerful narcotics that change the brain and turn people into psychos. We mandate all who bought alcohol or vaping/smoking/weed products to enroll in happiness classes to learn how to be happy without stimulants. This makes overcoming the withdrawal symptoms faster, as we take care of universal compassion for all and demolish pubs. If folks ship or distribute high amounts of alcohol or tobacco, death penalty will be applied. The 'weight' for death can be determined depending on how fast tobacco traffic goes to 0, how fast car accidents from alcohol use go to 0, how fast deaths from alcohol abuse go to 0, meaning if they don't go down fast after the lifetime labor is used for 1 year or so, simply shipping 1 pack of cigarettes or 1 liter wine/2 L beer/0.2 L spirits is death penalty. If this death be fake or real, hidden or overt, will be determined later, based on national needs. We need to once again, be kind and soft, consider that others suffer 1 million times more than not having alcohol, that many live to 110 without alcohol, that for the whole species, alcohol does more harm than good and that in this spirit of HUMANITY FIRST, me second, we ban all alcohol sales. *We need to realize that one liter of wine used today, will lead, in that family line alone, to* 100 deaths over time, due to abuse*, and that* murdering 100 people is not a minor crime. don't kill thy descendants by smoking or drinking today, says the God of Immortality *for* All. ☺☺☺

3. MINING FOR LIFE FOR WEED/DRUGS/TASER/WEAPON DISTRIBUTION: if the drug amount is below lethal dose for 1 person, lifetime labor in mines, etc. If it's above lethal, then death penalty. Foreigners who visit and carry drugs can be either executed (if evidence they put it there and not someone else placed it there without their knowledge) or *deported* (and banned forever from entry) *only after origin country pays $10 million fine* (lifetime mining inside

immortalist nation, until country pays 10 million) *to the immortalist nation that caught the drug carrying person*. Those who bring in tasers and weapons disguised as cell phones and etc, also need lifetime ban from entry, lifetime labor until state pays 10 million or death penalty for *bringing violent crime devices* in the Land of Immortality *for* All and Eternal 0 Violent Crime. Likewise, after the national ban on CAFFEINE, a deadly and destructive narcotic, via the creation of 40,000 eterni Smoothies Restaurants, distribution of CAFFEINE LACED PRODUCTS is leading to mining for life, as it kills millions each year, before they become a big fetus. ☺☺☺

4. MINING FOR LIFE FOR ALMOST PUNCHING/SLAPPING OTHERS: thugs attempt to punch others or threaten others with a punch by intimidating others and almost punching them, slapping them etc. If video evidence exists, thugs get lifetime labor. This is because a simulated punch can lead to a punch exchange that can turn lethal. Any real punch or slap leads to death penalty. Likewise, any use of dangerous weapons, tools, etc to simulate a threat to use it violently, such as gun robberies, knife robberies, etc, will bring instant death penalty if video exists (500 trillion cameras will be installed to patrol all streets and execute all thugs in record time). Yelling loud and arguing via shouts will also mean hefty fines and if religion related, persons have to take a course on how military spies who were genocidal psychopaths have created various religions via fraud in order to expand the empire they worked for, as explained in the violent quotes section. This simple online class, with witty easy to pass tests, will showcase the nondenominational nonreligious hypothetical beliefs of the 9000 year old humans of the future, some of which are even in this book, in various chapters, such as Not Knowing etc. ☺☺☺☺☺☺☺

This will help cool the heads of brainwashed folks☺☺☺, who never realized some people are pathological liars making up miracles. All those shouting in public will incur million dollar fines if big shouts and many people hear it, besides being required to take a 5 month course on immortalist values, tone and ethics. In our gerontocracies worldwide, we see blatant abuse of power, with old psychopaths slapping people and torturing them behind the scenes using hired younger people or remote devices. Thai MP shows what goes on in Thailand: pompous ceremonies for royal families, a very mean MP followed by endless TV stations, while Thai people are homeless sleeping on the street in Miami level humidity and 106°F(41°C). Instead of fixing homelessness, drug addiction, they have endless TV-radio stations with trash noneterni tone, just like the United Shouting of America.☺☺☺ Before you move to Thailand, recall many become homeless after moving there. The endless paparazzi following Prince Harry are most likely MI6 spies in disguise and he claims they invade his privacy. They're most likely his security detail, while UK people are homeless and sleeping on the streets. Good $ spending, check our Prince Harry mansion. UK military has 500 trumpet soldiers and endless others waste time with festivals, funerals, etc, Trooping of Color, etc, while they could build or renovate housing. Such MPs ought to be sentenced to janitor for life. In the USA, an old senile pig will watch TV, slap

people, shout and terrorize younger people in the area, and live 1 guy in a 5000 sq ft house, while the hope of the nation, with 5 times more brain speed and intellect, will live 10 in a 1500 sq ft home. After all, the grumpy slapper deserves 30 times more square footage, while the young scientist hope of the nation, deserve the loudest noisiest dilapidated studio, where he can't sleep well, often because the grumpy old guy plays loud violent music or has 4 dogs barking nonstop. This on top of the fact the old guy gets a backyard 50 times bigger. End result = USA collapses, violent crime is high, theft is thru the roof. Not having 11 companies allowing all job security, low stress and to work 10-30 hours after 65 to keep brain alert and body moving, means many die 10-20 years earlier than otherwise due to being homeless or just doing nothing all day if living in a huge mansion, wasting last few years watching donkey IQ sports on the depraved TV stations. The young people are made into thugs by the violent music, and they play loud music which can also upset some seniors, so they have less incentive to downsize and make space for the young. Both the old and the young are destroyed by the musicians and the TV spies who create programs from hell. The old would benefit from a quiet smaller place, in a serene area, but selling a house takes eons, not 1-4 days. This is due to aristocratic terrorists who pose as flippers, developers, but deserve janitor jobs. No more working grave shift for these lethal junk food outlets, teach all to pressure cook in minutes at home and thus give all workers a decent life extending 9-5 or 2 to 10 pm schedule. Why do we need restaurants open after 9 pm? To make people obese by eating late of course.

We need a global concerted effort to end violent crime in 3-15 years. One of the tools at our disposal is the portable camera. This means we encourage all citizens to wear video cameras (free from the government) like all cops will be required to wear☺☺☺, which record what happens when they go out, for safety reasons. You don't need to link camera to the police station to be live, as that exposes you to too much RF, but you can simply record and then delete every day to save disk space if nothing happens on your commute to work, shopping trip, etc. A camera, visible, and such, with a big pin, saying "Camera linked to the Immortality *Nurturing* Agency", will act as a crime reducer by 10 billion fold, as all store owners will be allowed (after immortalists help pass this law) to shoot to kill any robber, any attempted rape or attempted trafficking, attempted kidnapping will be allowed to shoot to kill the perpetrator. It could also say "cop camera" to allow for big font, and very bright colorful visible camera, to let thugs know they're being recorded. The Gov will make a huge pin 4-5 inches diameter, so bright, shiny, like a Christmas decoration, nobody can miss seeing it, due to high color contrasts like this page. On the Edge of the circular huge pin it says "Immortality *for* All, Immortality *Nurturing* Agency". For night time, it has a little button to turn on the lights and take the back to put it behind you and alert you when a car or thug gets within 5 to 100 feet of you, whatever distance you select, so that when you walk in a dangerous area after sunset, you feel *safer and they leave you alone as*

the 5 inch diameter camera flashes on the back and on the front, recording everything. This allows all to become more like a cop who patrols the street. If a stranger tries to rob/punch someone, the victim will (after law is passed) have the right to enact death penalty on the spot, to save police from having to do it, if the victim is willing and able to shoot the guy. They save the video, show it to police and nothing will happen to the victim. This is a new law that will protect good citizens and eliminate violent crime. Sadly, today's laws don't allow people to do that and immortalists would change it all to end violent crime in record time after 5 million years of crime. In Muslim nations they often jail the rape victim, while the rapist is free, as he bribed the cops. Quite odd to punish victims of violent crimes for minor reasons, because a woman dared to challenge male psychopathy. This way, we destroy all thugs in no time, police gives away 8 billion cameras to all citizens to wear to CRUSH once and for all 100% of thugs who will be soon executed once video gets to police if one doesn't have the gun for instant death. The execution can be shown live on national TV, for the 200 caught doing violent punch acts last week. We will clean this planet of cannibal chimps in no time. Undercover cops will go in ghetto areas and if attacked, they will execute on the spot the attackers. Before that, though, all area people will have to enroll in ethics classes explaining the changes, help to transform the ghetto into a nice looking area, with the help of non-ghetto people who help all get a single family home, etc instead of watching sports at home, and all ghetto folks learn how to be happy, meditate while walking, so they know any attack or anything will be met with instant execution.

To prevent issues with punching coming out of misunderstanding, a decree is made: all locals in the area of frequent language misunderstanding learn a neutral language used for education and government, English, so that nobody is pressured to learn useless languages that only 1-10 million people speak. This enables the 20 nations of Eternia for example, to get along and avoid punching and ensuing televised executions, due to language fights, fights over language, misunderstanding, not being able to communicate with neighbors making noise. All executions done for punching from language fights are broadcast on national TV and the English is promoted as government, law, business and education language in all EU, Eternia. Due to the threat of EU and Eternia disappearing during the continental blast weapon use by Russia or China, all citizens have 1 year to get 650+ on the TOEFL English Test (it will be a cheap free online test, almost equivalent to TOEFL score 650, at english.gov, taken in a secure room, like TOEFL, where nobody can cheat and use a friend's knowledge) if younger than 25, 2 years if < 35 years old, 3 years if < 50, 5 years if < 65, 10 years if < 75. All students are taught English intensively, as well all adults are given time off to take the online english.gov classes and the test. The questions relate to immortalism. Since China can develop the planetary weapon and kill all humans except a few million Chinese in an underground capsule, all EU, Eternia, US, Canada, Australia, New Zealand, UK residents are required to read science papers, develop science

knowledge and this means, because most science is in English journals, all need to speak English at home, learn English, know English very well, to understand fully everything in this book and all linked science papers. English alone is used in education, business, religion, etc. We're one family/nation, 11 companies for all these nations, working to bring Happy Immortality *for* All.

Exactly as Russia removes all English signs all over their country, we will remove all non-English signs in our nations over 3 years, once everyone is on board and understands the fact we need efficiency and unity to prevent the death of all our citizens due to continental weapons. Already Russian cities have banned English signs, so all Russian signs will be out in USA, as well all non-English schools in USA, Canada, Australia, UK, New Zealand. China forced in 2026 all ethnic minorities to speak in Mandarin and educate in Mandarin, now it's time for Spanish and foreign language schools in USA to end. All Education in English only, for universal unity. Let's choose one language and stick to it to unify many nations with it. First step can be to have 25 languages, then 15, then 1. The time for the international Jewish parasites to promote 7000 languages for eternal war and vampirizing of gentiles will be over. Let them create Babylon in Israel, not in USA, Canada, NZ, UK, Aussie, EU. The number one priority is 0 crime thru equal opportunity for all and that is ONLY possible with ONE Language for Education, Government, Courts, etc. Free universal education is the basis of civilization and via the immortalist reforms, all have access to 19 quadrillion trillion courses in college. Via the immortalism Immortality Credit Score and wages that are similar, single family homes for all, houses bought sold in 1-4 days for all, 0 taxes for all, we level the playing field and give all EQUAL OPPORTUNITY to build the stress free serene ecstatic World of ~*~Eternal Universal Peace~*~ in 3 months and Immortality *for* All, where all wish the best for all, so all reach immortality one day. ☺☺☺☺☺☺☺

With unity, efficiency and honesty, noble intent to wish Immortality to all, eterni greeting, etc, we will one century become levitating teleporting telepathic beautiful shimmering (thousands of colors), genderless shapeshifting Immortals like in the Immortalist Anthem☺☺☺. Let *all nations* overcome religious brainwashing, superstitions, fears, rituals, and discover, via science, the way towards trillion year lifespans for all, with perennial peace for all. And yes, they will ban a lot of sports, like golf, etc, that take space, until all have single family housing. The main sport is what you do at home using youtubes, no facilities and materials wasted. Good sleep increases lifespan a lot more than playing 0 IQ sports, college professors live to 111 and they just move around a lab, walking & cleaning in the immortality labs is enough. Labs need a lot of cleaning and maintenance, and multidisciplinary research also needs walking. After the strike or hopefully a peaceful unification of the entire planet, World Peace is eternal, one country, one language, one currency, one ethics, one religion (we don't have unfakable proof of anything in the afterlife), one people, 11 companies or so, and really, the only reason they promote sports is so they can load missiles and military bombs easily, to lift airplane parts etc. Militaries control everything in

our cultures, so the sheep are forced to play sports, to be able to load more bombs, artillery shells, aircraft parts, etc faster so aristocratic wars can win the war against the workers worldwide, to live their love of Satan so to speak, the fictional guy who is the scapegoat for all evil, except ☺filif IQ believers in 'satan'☺ themselves. Instead of kind music and tone, they build strong muscles to be able to punch others. USA first? Be amazed at the power of physics to end the age of eternal killing. In the new world, after the unification of humanity into one family, one language, one culture of Immortality *for* All, all youth is concerned with science, kindness and meditation instead with listening to infernally violent music in gyms to be ready to kill others as commanded by "demon infested" generals. These kind activities in labs and in meditation, good sleep etc increase their lifespan by 45 years initially vs 5 for sports today. The filif camel IQ☺☺☺ 2025 violence will be replaced by the *gentle tender soft healing nurturing universal* loving kindness ☺☺☺ of tomorrow. Today the aristocrats incite the youth to fight like savages, to destroy the worker class, by having workers fight other workers, while aristocrats laugh all the way to the bank. The parasitic aristocrats keep all in the stone age, backward and unable to develop anything except killing techs, satellites to kill, cars for military transport, some medical tech to treat soldiers or anything that the military needs to kill more workers in other countries. They're so evil, the chains they place around everyone's neck drag the whole humanity to the bottom of the sea. They don't care about anything, about living to 275 or a billion to understand the universe or God, to develop more kindness. They care only about $$$. They hold everyone hostage with their fake system of 55555 times the salary for the same work.

Scientific Testing of Telepathy Diffusion

Another hypothesis that has been researched little is "there are unknown effects of watching negative or positive emotions on both viewers and the actors or singers themselves". Viewer effects are measurable by asking people their favorite music, movies, etc and seeing their behavior, IQ, Telepathy performance, health, happiness, etc. And having same paid viewers watch different movies and write down their emotions, do tests after each movie, to measure effects. All this done on a paid holiday where viewers relax watching different movies and listening to different songs. Similarly, actor, singer and musician effects can be measured. Many studies were done showing bad music and movies are associated with (seemingly causing some/all of it) bad behavior. The question is, what effect does emotion in movies or music have on the creator, the actor, singer, musician, their telepathy or cognitive performance, IQ, emotional state, etc? For example, if an actor (or even musician plays a song of certain emotional content) is playing a role in which they simulate a negative emotion or ungentle tender soft tone of speech or positive emotion and *gentle tender soft* tone of speech, and unbeknown to the actor the movie is released in some country and millions of people, watch it, and at minute x the negative or positive emotion is highest, if there is a period of cataloguing

maybe the emotions the person feels (happy, cheerful, neutral, sad, angry) every hour (record emotions felt last 60 minutes a few times a day, 2-3 times) (monitoring MRI for 5 minutes daily maybe if the actor agrees to it, but mainly the emotional write down on a piece of paper or tablet and a simple telepathy test dayly and a simple puzzle or IQ test), IQ test performance, ESP Telepathy performance, biophysical parameters daily that can be measured non-invasively as long as actor agrees to it, (maybe blood pressure or something), for several days and the actor doesn't know when the movie is played, it will be possible to scientifically determine if there is some kind of telepathy diffusion of emotions or even thoughts, whereby when people watch the actor (or musician) and relive that negative emotion they might unconsciously influence the emotional and cognitive performance of the actor (musician) in real time and each time they rewatch the movie. And you could measure it for positive emotions, neutral or negative emotions, played in the movie, and see the effect in real time and prove scientifically that maybe there is an effect which motivates people making movies to simulate only positive emotions, facial expressions and behavior that is conducive to a world of peace, *gentle tender softness*. This might enable people to get more motivated about more positive movies, songs, etc. But other than that, the actor would not know when the movie is played and would enjoy the most exciting holiday in which day to day performance is measured, maybe in their favorite spot, Hawaii or something, eating their favorite food, playing their favorite sport, *gentle yoga* (video on yoga injuries), etc, meditation, having fun all day like in a true holiday, being free to roam, hike, swim, whatever they wanna do, except that a few times a day they do these little 3 minute telepathy, cognitive tests which will compared times of certain movies watched with the holiday performance when no movie was watched by many millions of people, write emotions for the last 60 minutes a few times a day, and things like that. It has to be made very pleasant so that people can be very good, ESP wise in understanding their emotions and etc. It will be overall a very rejuvenating holiday, but it will also give scientists a clear understanding of telepathy diffusion and motive humanity to move towards World Peace faster. It's fundamental that this is a very pleasant and relaxing holiday, for maximum ESP self-understanding of emotional states, etc. We're talking here about easy to see effects. But there might be far harder to see effects, happening months or years later, when people rewatch a movie or song, because those people are more interested in the type of simulated (positive or negative) emotional content of the movie. And as such, they would be more in resonance with that emotion and when they think of the actor 3 weeks, 4 years later, they may have a more focused effect. First-time watchers may dislike the movie and not resonate with it, so their influence may be different. On top of these delayed effects, there are possible, unknown afterlife effects due to causing people unintentionally imitate a certain behavior or emotion. ☺☺☺

A guy thinks he's doing great good by creating movies, news stories, literature or songs to

enlighten humanity or liberate it from the bad guys, so he shows a lot of violence, crimes, rape, theft, etc and "good guys" killing "bad guys". Yet, the violence imagery, the restless music, the negative emotions that arise, the improper ungentle tone of speech, in those movies may lead millions of people to do bad stuff, via telepathy diffusion and imitation, since the images are retained improperly without all context, and replayed in the subconscious. A natural question arises, what happens in the afterlife, when the time is to decide what happens to that soul? Anything we view will influence us even if we're 100% against it, due to the natural imitation habit of the brain. This afterlife stuff is explained better in Chapter 2. ☺☺☺☺☺☺☺

5.2. Immortality MEDIA, Movies, Websites, TV, Radio (zero violence)

The Core of the Eterni Tone Civilization is summarized in this paragraph. Please read the end of the God section for more on a culture that values life, Immortality, longevity, where the most basic human right to live to 9000+ in a Civilization of Immortals exists. The idea is that every aspect of society can be infused with World Peace in 3 months ideas, with Immortality *for* All ideas via radio, fashion (no negative words or ideas on clothing), TV, movies, songs, literature. *Nobody* can live *long*, if not *rich*, without World Peace, since bombs fly in poor countries and areas mostly, as big empires fight proxy wars and *rich people have money to fly away from conflict zones*, relocate, etc). TV, radio stations and websites try to produce content, so quantity takes precedence over quality. People want to make money: a quality eterni tone program takes 50 times the *energy* to produce, so almost nobody will take the initiative to do that, as they get paid the same and effect is obvious only centuries later sometimes. A solution to this issue, would be a Media Protection Department of the Immortality *Nurturing* Agency that can approve, with help from the Immortality Education Agency, AI, lyrics, sound, tone, scripts of every movie to eliminate references *to or scenes* of: sex and erotica, focus on sex for pro-creation only in education and media (but no sex shown on TV-movies), drinking alcohol (kills 3 million a year at least), vaping, shouting or raising one's voice, *spanking*, baby immersion in cold water that could cause drowning (so called baptism of infants who cry), genital mutilation (circumcision), crying unhappy babies or people, violent crime, theft, drinking coffee (causes 20 million miscarriages, low conception rate, endless birth defects, shorter lifespan of offspring), pouch use, weed, boxing, martial arts, *football, rugby, basketball (too violent, shoving, pushing, etc)*, any violent sport (see list of 35 such sports), smoking tobacco (kills 8 million a year), gyms (replace gyms with at home exercise or volunteering to demolish condos, criminal businesses, to give decent homes to the poor and reduce violent crime/wars a trillion fold), bars, pubs, *ads for any sunscreen that are not proven to be safe and nonteratogenic*, coffee or any caffeine (birth defects, miscarriage, low IQ) containing products ads, unethical actions (e.g. dangerous contests to show off, that could risk lives), drugs, negative "emotions, images, thoughts", any depiction (e.g. Bible) of humans torturing, injuring, mutilating (Quran) or doing anything violent to other

humans: *if people don't know* evil, *they don't do* evil. We ban even negative emoticons in all software. Jews from Google quit Google to create Character AI that gave kids ideas to engage in violent crimes, etc, watch the 13 minute clip from 60 minutes. All AI needs to be tested by the gov first. We ban the obsessive compulsive disorder with money on TV-radio. Today everything revolves around violent sports and sports gambling, sports contract $ amounts and shouts by mentally insane "sports commentators", around money discounts and 5 kg of cards, perhaps 4000 discount cards we are supposed to each wear to get that ultra essential 2% or 30% discount once a few months or whatever, around money making opportunities on the gambling stock market, money stolen or coveted that led to 4000 violent crimes daily in USA happily depicted in graphic detail to corrupt all on 2000 TV stations that regurgitate the main national channel news on eternal bombing or national violent crimes, mixed with some local money discounts, events, and money trends and court trials, local violent crimes. The TV-radio has to provide positive news that teach the correct way of behavior in a certain situation, instead of mere crime reports that get a pathetic 20000$ fine or 2 year in jail instead of lifetime labor and death penalty. The 16000 radio stations cause diseases and death for people near radio-TV towers, as with cell towers. Too many, use LiFi, cell once a year for emergency only, wired Internet otherwise. Every kid needs the centralized education Eterni Tone video for their day of life watched and daily quiz taken on anthem.gov (this determines part of the contribution to their Immortality Credit Score), as part of daily homework until age 18. That's about 6800 videos on ethics by age 18. This includes the 270 ethics videos and quizes parents have to watch (1 daily) during pregnancy to maintain parent license, in order to teach the baby before birth the true Eterni Tone and true Eterni Ethics: babies who hear kind music before birth love that music and learn music faster, same will happen when you hear eterni tone and ethics, you love Ethics instead of the murder music today that creates murderers before birth. Violence needs to be prevented decades before it manifests, learning starts at age 0, embryos hear, via organs we cannot see, via elements we cannot detect. Sperm, eggs change with every experience of the parents and inform the embryo on how to prepare, behave, what genes to turn on, etc, proven in all animals, same thing, after conception, embryos learn from the experience to be a saint or murderer. The gov will even provide wonderful soothing clips to calm the fetus if he moves or seems unhappy. All theory and lab classes are done via video in eterni tone, and teachers only speak little when a student question arises during the lab, if the video Eterni Tone instructions are misunderstood. Classes are taken at home on a high resolution screen. Quiz is taken at home after a small homework whenever the student wants, for example, right after the video. This way, the memory is fresh and one can achieve a better learning, without having 5 classes first before he can try the homework, in order to emphasize critical thinking skills, research, not memorization and improving the efficiency of new knowledge creation, without that 5-8 hour gap between math class and math homework. Extracuricular activities revolve around lab research and

volunteer activities at the the 11 National Unified Companies and 1 million Unis, to help all live to 4000, lab cleaning while listening to immortalist lyrics and immortalist Eterni Tone music to modulate the emotional patterns towards *gentle tender soft nurturing* graceful loving kindness, providing good exercise, bliss, endorphins and giving 4000 extra years instead of 5 with demented hooligan selfish sports today that activate the aggression neural paths☺☺ of the fight flight response & bring war and eternal violent crime 1 trillion times higher than it should be. That's change we can believe in, not the bullshit we get from these alcoholic chimp politicians and their puppets on TV using Hitler tones to lie and brainwash us daily about the value of $$$$.

We have created a psychopathic Talmudic society, where, like in the Talmud, the "rabbis", the "sages" debate all day about GDP, economy, money trades, and sports betting, how much money gentiles lives are worth, perhaps 4000$ or even 20$ per Talmud quotes that define the meaning of the Tanakh (80% of the Bible, the Jewish, not Christian scripture), everything is about the great courts and arguing how many dollars everyone will get, in the eternal divorces the Jews make billions off as lawyers, etc. This insane society revolves around violence, tehft, conning others to make more money, cheating via new products to make a profit. Health is last, $ is first. The immortalists propose ending the Jewish Bible insanity and switch focus to on how many thousands, millions of lifespan years any decision we make adds to the nation's total lifespan years. If a product or choice adds more years than others, for 400 reasons of 400 true, not faked, science papers, then that choice is made. We replace these 2nd grade pathetic chimp IQ TV-radio programs and discussions with something of much higher quality that focuses on health and how many centuries that choice might add to human average lifespan and what is the plan to make all live to a quadrillion years old. That is a society of a different type, where we talk about teh ethics needed to achieve zero violent crime in 2 years, Eternal World Peace in 3 months and other lofty goals of eternal bliss for all☺☺☺ and *gentle tender soft nurturing* loving kindness *compassionate* graceful ethics that invites honesty, honest priorities for research and products, and the realization that we live only double what chimps live on average, not 4 billion times longer, that we are essentially more chimps than Immortals and wallowing in our mental filth and obsession with paper or digital money and divisions will lead to nothing except war, violence and stagnation. Immortalists reject the evil of the Talmud (sick commentary on the evil Bible), and embrace the nonkilling ideas that contradict the killing, rape advice of the Jewish Bible and Talmud, Eternal Immortality for All Anthem ideas that bring all the chance to ever longer lifespan, immortal one eon, helping us transcend our chimp condition via the realization of the futility of war, and violence due to infinity itself. The merchant Jew has taken control of our entire Western civilization and reduced gentiles to a 20$ bill. Everything revolves around one thing: money, everyone chases one thing alone: money. The immortalists will replace the words related to money, violence, etc with Immortality, trillion year lifespans, *gentle tender soft*

nurturing loving compassionate forgiving kindness, etc. Replace money numbers with lifespan years numbers added for all America (not just one guy). If we do some math on TV, let it be about living to a trillion, not useless paper money that can be used to kill too.

Likewise, they would ban depictions of fraud: #1. if you eat this wafer, you will live to a trillion quadrillion eons in some dimension sort of like Pharma would say "eat this pill, and you will live a trillion years in this dimension" and be closed by the FDA for fraud (it's a double standard, FDA closes businesses that claim 'product X adds 5-10 years to lifespan", but when fraudster priests claim wafers make you suddenly, when you die, within 1 minute, add a trillion octillion to lifespan, FBI is not closing the business of extortion and donations to drastically lower the average IQ of the youth and promote violence (immortalists say, science will enable us to one day, over millennia, live to 2000 years old, they're not saying that in 1 minute, a few years from now, when you die, you will live a $10^{90000000}$ or 10^{∞} years. It's a HUGE difference. Sure, after 4 or 500 trillion years, humans may live to a trillion (10^{12}) on average, but we say MAY, unlike churches and etc who say WILL live forever, without any scientific proof, so they say within 1 year, if you die within a year, you will live to a trillion octillion years, which is assuming God gives you that after no work, so folks, did you know, you can work 1 minute (a 100 years) and then live a trillion billion years care free in heaven? How logical is that? It's a fraud, because God would not do it, it is the biggest lie of all mosques, synagogues, churches and you need to prove it. You (or God in this case) don't let a child run the universe, all power plants, live like an adult, as an Immortal, after 1 minute of education, it would disintegrate the universe, make all power plants explode, etc. #2. if you "stab infants' penises and cause 5 months of pain that he can't verbalize and induce anger, mental illness, immune system collapse, psychopathy in the future citizen via circumcision, you 'prevent disease'," yes the disease maybe of getting herpes or something they say, that you would not get with real education anyway, that tells you sex is for procreation only #3. if you "take someone's baby, remove the clothes and without any nose protection, immerse baby in water, risk drowning (see the pain causing hate of mom, mental illness, lung water, lung damage, genocide by priests) you would get 500 years in jail (well, healing center once all jails replaced) for child abuse, kidnapping, etc, but Orthodox etc priests do it legally via the child abuse of infant full body baptism detailed over 30 pages here. Check out Israel child abuse before you believe the Jewish rabbi Jesus claims. Babies are not mere guinea pigs for experimenting the effects of trauma, brain damage, lung collapse, water torture. We can't create 300-year lifespan fast by just going with the historical inertia, we need a real plan, if we want our civilization to actually be Immortal, for real, the Bringer of *Immortality*, as in Immortalist Anthem poem. To prevent the fall, like all other empires and nations, we need something different, that takes us beyond time itself; perhaps that could be God's Ascending Immortality. ☺ Immortality can be thought of as the engine and drive, the self-sustaining force

of human civilizations. Everything we do comes from the Hope/the Reality of Immortality, from the Future of Immortality. ☺☺☺ People make fun of censorship in Russia or China (*all nations* are too lax on violent music lyrics, movies, literature, way too liberal by immortalist standards), but promoting LGBT or violent thrillers is not helpful for achieving World Peace in 3 months.

The most shocking thing is the depravity of our civilization, self-evident in the infinite selfishness on TV-radio where endless useless programs *and* filif caterpillar IQ☺☺☺ *news* completely ignore the ELEPHANT IN THE ROOM: folks, people of your extended national family are homeless or living in such mold leaky bug dust mites microbe infested noisy, squeaky (floor, door, windows, faucets, pipe noise, airplane noise due to no good windows etc) housing that *we can say 5 billion people on Earth are homeless, living like caged rats.* This ought to be the *national emergency, the main news 20* times daily, *with 4 hours* of the TV-radio time AT LEAST..., as all violent crime and war comes from poor housing (and lack of single family homes for all), malnutrition and lack of universal FREE centralized education from nursery to PhD. Shelter (eventually free shelter for citizens), free education, healthy nutritious food are the most basic human rights, and yet nobody cares about them much on TV. But no, nobody gives a dime, and the news brainwash us it is normal to expect millions of crimes next year as "that is the way of life, and we can't solve it", WHAT A COMPLETE LIE, when in reality: the real criminals are free, and the victims of their crimes are jailed. Yet nothing disturbs the pigs from living in their filth☺☺☺, as the aristocrats have perfected the art of distraction from misery with drugs, alcohol, smoking and 0 IQ TV programs, selfish "I don't give a dime about others" sports, etc. The 0 IQ "America Got *Talent*" mostly violent cannibal (spiritual cannibalism of soul gentleness) chimp shouting show (like many other X nations similarly violent "X got talent") is a testament to the total spiritual ethical bankruptcy of our nation: not one song (in fact any song released ought to address these 3 issues until violent crime is 0 by law of the state of emergency) is addressing the need for 1. World Peace in 3 months, 2. 0 Violent crime in 10 years, 3. *single family homes* for all, which are essential if we're to bring truly lifespan enhancing high tech housing for all via Immortality Building Inc. Not only is the tone not eterni, but the content is not eterni either, like this romantic song or this Anthem. eterni = *gentle tender soft healing nurturing loving kind*, the qualities highly absent in our world civilizations, the qualities Immortals have. ***No song or book ought to be published in any nation until it has tackled these issues: how to solve violent crime/war and reduce it to 0 and eliminate bad housing and homelessness within a few years***. Notice how it's never about America *Got compassion*, or America *Got gentle kindness*. They worship "talent" an abstract concept that can also mean "*talent to be the most depraved selfish beast there is*" who doesn't care at all about the millions tortured daily by the military-industrial complex worldwide, the victims of war, etc. We can't even be called humans, we're mere animals, like hyenas/wild dogs who eat others slowly, without any empathy/concern for their

suffering (tigers kill prey first, so it is way less painful, but aristocrats "eat" the rest alive slowly, like wild dogs/hyenas) eating slowly the 5 billion slaves living in filth. You often wonder when we will become human, or civil like 500 species who don't kill their own. ☺☺☺☺☺☺☺

The immortalists will ban sports from TV-radio due to violent tone and national IQ destruction. They will require 75% of TV content to be the science and engineering of 200 year lifespan, how to stay healthy, build single family homes for all, give all decent homes via Immortality Building Inc unification of all housing companies, live to 120 (today it's possible), how to design far future techs to live to 30000. 85% of news ought to be about the health, bliss, longevity, wellbeing of the average workers, like how to improve air quality, housing, diet, transportation, healthcare, education, calorie monitoring, lose belly fat, sleep better, manage schedule better, increase productivity and longevity by better sleep. Currently, aristocratic terrorists are flooding the worker mind with subliminal programming to condition the worker his goal in life is to wage wars, blow himself up to increase the profits of the rich, who never fight wars. Everything is violence and war, violent ☺abysmal IQ☺ sports, naked ladies, crime. The 5.5. section explains in the 2nd paragraph why the tabs on the news sites are out of touch with the needs of the masses and makes suggestions to replace the current aristocratic mafia run media sites tabs for

1. Finance (how criminal aristocrats use 1000s of banks (which will melt into Eterni Bank) to loot the workers, when in fact we had for 250 years, taxation without representation, due to a fake American Revolution hijacked by 8% tax rate rich: all can get 0% tax with the 11 companies),
2. Sports (how aristocrats incite slave labor to be cruel, violent, not help fellow workers),
3. Politics (how the aristocrats lie and deceive all the workers via fake elections and phony promises, personality cults instead of electing policies; why do we need political parties?)
4. Entertainment (how aristocrats program the workers' subconscious that theft, rape, war, sex outside procreation, murder, violent crime are natural parts of life and natural responses to life)
5. Horoscope (lowering IQ of workers, astrology is fakery for slaves, Gambling (will be illegal), Lifestyle (bad habits), Travel (replace it with Eternal Travel inside the eterni vibe of eternal bliss)

with new tabs: Immortality4All, Peace3months, Free10Years, EternalBliss, InfiniteCompassion:

The amazing & beautiful ☺☺☺ colorful tabs of the Immortalist Civilization Media:

1. ►►►► ☺☺☺Immortality4All☺☺☺ ◄◄◄◄

(health, longevity, diet, sleep, housing, good car news)

2. ►►►► ☺☺☺Peace3months☺☺☺ ◄◄◄◄

(news related to achieving that, specific steps to achieve this Eternal Universal Peace)

3. ►►►► ☺☺☺Free10Years☺☺☺ ◄◄◄◄

(free the working class, all humanity, from jails and violent crime in 10 years. This tab, once jails are gone and violent crime is gone, will be replaced with Home30Years tab (replace all *healing centers* (which exist instead of jails) with doing the *healing at* home), and finally (after healing centers vanish) with the EternalKindGrace tab, for ever higher eterni vibe: everyone becomes the angel of eterni tone who is ever happy and like the kindest sage today)

4. ►►►► ☺☺☺EternalBliss☺☺☺ ◄◄◄◄

(how to be happy, to prevent 700000 worker suicides on Earth every year, how to boost sleep quality, serotonin via meditation, happy smiling, breathing, volunteering that makes you new friends and helps diminish fear during adversity, etc, how to boost cognitive performance, etc).

5. ►►►► ☺☺☺InfiniteCompassion☺☺☺ ◄◄◄◄

(ethical development as in the Immortalist Anthem, thru the fair application of universalist immortalism that brings 1000 times healthier and more beautiful colorful homes, 5 trillion year lifespan, via the down to earth, efficient, productive, relaxed, happy atmosphere of the 11 amazing companies. If workers are happy, everything is great, crime is 1000000000 times lower).

The focus of the Immortalist Party or immortalist governments worlwide is the development of ethics as the foundation for all immortalist culture, as described in Chapter 5. Check out the pathetic/negative words (conflicts, disasters, etc, everything focuses on problems, not solutions) menus on Fox News, CNN, CBS and etc, nothing about relevant stuff, the 5 items above, the biomarkers, nutrition people need to improve to live to 5000, etc. Only lies to keep all enslaved. Look at the menus lacking "Vascular Immortality", "Mitochondria Immortality", "Heart Immortality", "Brain Immortality", etc, they have the lowest IQ/relevance things instead. The immortalist government's duty is to uphold the Immortalist Anthem Vibe, instead of the predatory gangster one. Flooding people with negativity, recycles it in the collective unconscious and recreates it forever. We live in Trash News Age of Mass Mind Destruction.

To achieve☺☺☺ something, we need to focus on it with all our being, soul, mind, body, brain, energy, time, money, so to achieve Immortality for All, we focus. The immortalist governments worldwide have the ethical, and holy if you will, duty to mandate that every article on science, movie script, book, news report, song lyrics, ethics, colorful Disneyland, social issues, society, water, any topic on the main news sites include for each 250 words:

1). 8 of the following words, either the adjective, adverb or noun, verb version of it: ☺☺☺

1. gentle 2. tender 3. soft 4. nurturing 5. magnanimity 6. infinite lifespan 7. loving 8. compassion 9. healing 10. kindness 11. altruism 12. grace 13. hypothesize 14. science 15. eternal 16. bliss 17. ethics 18. honesty 19. scientific evidence 20. forever 21. selfless 22. inner peace 23. all humanity 24. soothing 25. (sci) integrity 26. (sci) proof, 27. bounteous 28. eterni (tone, ethics) 29. serene

2). the phrase Immortality for All, ideally adding when possible (if World Peace isn't real yet) also the phrase Eternal Universal Peace as in "this tech can bring Eternal Univ Peace via etc" and the phrase "hypothesis formulation and testing".☺☺☺

3). at least one smiley ☺☺☺ per page, due to the fact most aren't happy and not smiling which creates a breeding ground for violent crime (it always starts with negative emotion).☺☺☺

This is essential in order to neutralize the negative crap vibe people were fed with for millennia, the obsessive compulsive disorder known as violence and desire to kill and take away Immortality for All, . When violent crime is zero, meaning a trillion times lower, we can relax the rules of the Indefinite State of Emergency to turn Human Cannibals into Homo Immortalis. Until then, the savage human ape needs to evolve past covert cannibalism. ☺☺☺

All you care about, super psycho super selfish transgender surgery when others die 30 years early due to you taking doctors to do Vanity stuff instead of saving lives and increasing average lifespan, will have no meaning in a few decades, when you're dead, so stop wasting your whole life with trash useless posts on social media, youtube etc and get working on the Big Project of making all Live to 4000, then 40,000, 4 million, etc. Hence, the selfish cannibal chimps need a guidance from an ethical government teaching kids and adults to think and be rational: the first and foremost human right is to Live to 4000, not to "pierce your body, dye your hair".

One thing that youngsters don't realize is today the laziest least motivated person can learn biochemistry and the latest discoveries related to aging, nutrition, biochemistry 100 times easier than in 1990 (a million times easier if in a remote area without access to a big town university library), when Internet didn't exist and people had to go to the library, carry heavy books and get only 1% of what they get today in seconds by typing a few words and receiving many video lectures on that topic and 1000s of papers on pubmed etc and articles by experts in that field. Yet, with all of this, we don't have 500 programs on mitochondrial Immortality on TV (make those molecules amazing & beautiful, colorful Disneyland like, choose the most eterni positive☺☺☺ emotion super happiness imbued voices on the planet to present it (no need to see person if not a supermodel or choose supermodels with voiceover AI of most eterni tone) and the 7,000 ways to live to 150 on TV, we continue, as if we're in the dark ages of 1990 or much earlier. There is a huge disconnect between the gold we sit on and what young people waste time with in our TV-radio-music programs, and at times extracurricular activities. We have a vast treasure

worth $900 trillion, sitting unresearched, while people watch the most useless stuff on TV-radio-music, repeating history ad infinitum. *The info on how to live to 150, if one eats right from age 0 is already online, someone didn't connect the dots, by a forest view of human biochemistry, not a tree view, to be able to suggest a diet that makes it come true.* Even for people who're 20-40 years old, with a specific diet yet to be found, a certain macro-micro nutrient ratio, they can make it to 100-125, which is way longer than 80 expected lifespan today, if no change. But few are interested. This goes back to the general unhappiness of the youngsters: if they're unhappy they don't want to prolong that state for another 70 years. STEM professors have a tree view of aging, they study one tiny tiny area of how to increase human lifespan by one strategy, curing diabetes easier or understanding one enzyme or making some chemical industry products faster, which makes biochemical testing easier, regenerating hearts faster, artificial kidneys, etc. But young people, with tons of time on their hands, if useless stuff is dropped, can spend hours daily to engage in 25 million forest view of aging approaches and hypotheses (*25 million youngsters doing it, not one professor*), a global tackling of all forms of aging in all organs via a central approach - diet, based on a solid understanding of the top 70 biochemical cycles and human nutrition, stuff busy researchers only DREAM they would ever be able to do. The researchers are busy with kids, their job, are stuck with heavy loads of stuff to do in a tiny area of life extension sciences without any hope; youngsters don't realize the Golden Opportunity they have, the trillion dollars they sit on (some would pay $50 billion to discover what the youth could with their plastic brain and time) to discover how to live to 130-140 themselves by studying biochemistry, for free, online, with nobody stopping them, except themselves. The youth can discover what 500 Nobel laureates don't have time to even research, not to mention, if young kids/young adults are super-lucky, thru a series of events, they may live to 700 or a billion if other young people, in a series, discover new techs outside of currently available foods, supplements to extend lifespan. They "wasted their youth partially", as they lived in the dark ages prior to 1997, when pubmed wasn't even online, when nobody knew you can double lifespans of worms, or 2005 when no chem lecture on youtube existed, as youtube didn't exist.

Can you imagine a world without internet, email, cell phones, youtube, where you wait 4 weeks for someone to return a library book/journal, when people today find an answer in 1 minute online, 40,000 *times* faster? This was reality before 1994, the reality of billions of people alive now who were kids/teens. 2020s is the first time in history when billions of humans can (with a tiny phone or tablet) access a quadrillion times more science data on aging in seconds (not even kings were as spoiled as billions are today in terms of research resources. Billions of humans who toiled and fought for science progress, etc, in wars, gave their life so we have the luxuries today, what are we doing with this knowledge? Discovering Immortality*? Be happy?* grateful*?*). If researchers had this priviledge centuries ago, we may all live to 400 now. People don't realize

how hard science was. Let's have school "Mitochondrial *Immortality*" or "*Immortality* Biochem" club, not poker, rugby, football, soccer, hunting, chess, sudoku clubs. The 2050 AI will power google, enabling everyone to be like professor who gets exact answers to questions (he asks his PhDs, postdocs, or other professors waiting a month for the answer) *right now receive clueless search results; it* will be like teens having 40,000 research assistants today. AI *can give a 10* sec/hour/day/week answer, based on reading a few *or 1 billion papers.* ☺☺☺☺☺☺☺

Now we have "About us" "Contact" on every webpage, but an "Immortality" section could be there too to explain how the business, organization, non-profit enhances the manifestation of 900 year lifespans or ascending "*Immortality*". *On wikipedia, tourist sites or millions of other websites in 200 nations, when people describe a town, state, country, they have many less important sections, including sports, transportation, geography, entertainment, foods, festivals,* monuments, etc but nothing about living to 900, *Immortality*, longevity, the scientific approaches, research centers and companies aiming to triple lifespan, life sciences facts that are educational or potentially useful for quadrupling lifespan, etc. This shows how completely hypnotized we're by historical inertia. We're already Immortal, with human life of 80 years now being the first nanosecond of our Immortality, which we ascend to 800 years in the process of Ascending Immortality. Maybe we make cute songs "As long as this Universe shall be, our Civilization shall be". We want the Immortal Civilization to still be here in 5 billion years, in many star systems. ☺☺☺ Imagine those Radiant shimmering genderless shapeshifting Immortals, future humans living on an Earth a trillion times more beautiful, shimmering wonder of the spirit world, a New Earth, truly unrecognizable, able to shapeshift and live on energy, etc.. ☺☺☺

Most movies are low IQ, mundane, anti-Immortality *for* All, lacking even 0.1% of eterni tone, some are ☺abysmal IQ☺ trash that removes any reference to the fact everyone could become (if we had the tech) a levitating teleporting telepathic shimmering shapeshifting Immortal ☺☺☺, if we had more centralization and science instead of violence and lust in them, more ethics showing it's wrong to try to kill/torture via ammunition a potential trillion year Immortal, while killing termites is fine. It's incredible how much nations go into glorifying killing, parades, troops and how not even 0.0001% of that time and energy goes into festivals, parades or movies, songs about the Immortal in every person and how evil war is, how evil any violence is, how evil any weapon display is, etc, how important is the gentle tender nurturing soft grace that is absent in our civilizations. Trillions of $ spent on fancy useless projects and none of them deal with 0 violence, 0 torture, 0 killings, 0 wars, 0 violence in scripture, just more 'GDP growth' projects, no change in the status quo of eternal genocidal murder painted as 'a special military operation'. An empty mechanical greed based culture globally, that has not even 0.01% of the Gentle Tender Soft Grace needed to build the World of Immortals. It's as if the worst gangsters have taken over the planet and have imposed at gunpoint their grotesque world view of eternal

genocide and war for 'humanitarian reasons' (selectively applied, when resources can be gotten, etc). Watch the 'altruistic' US Congress, for exercise, they have an annual baseball game, when they could gather some place (like 10 stadiums they used for baseball) to assemble panels for houses for people who live in noisy crowded environments in USA and overseas. Likewise, gyms could be replaced by Immortality for All centers, with some space for stretching, pushups, aerobic exercise, jogging and space to assemble various products for those in need, but no, they will order endless coups, assassinations, torture, sleep deprivation for those who oppose their way. With their guns, like George Washington the gunman, they impose their gyms, tones of speech, and depraved sports and forms of exercise on all, because "guns, torture, yelling and shoving balls is far more important than one language of kindness and nonkilling, decent housing for all, decent sleep, compassion, *gentle tender soft nurturing* loving kindness *for all"*.

Why can't *all nations* gently make an agreement to protect every trillion year old Immortal on Earth that anyone could be with the right tech and culture? There are simply too few movies that even deal with peace and 0 that talk of Eternal Universal Peace in 3 months, and that are free from violence. The whole vibe and everything is that of a barking dog, angry and ready to tear others apart, like soldiers yelling left, right and all that, compared to the infinite grace of an Immortal.☺☺☺ There is a total contradiction between the claim of being for the people and not focusing 50% of the content on the qualities that sustain a world of nonkilling and nonviolence for all, especially, the universal *gentle tender soft nurturing* loving kindness. Star Wars is all about war, so it serves the evil purpose of ever more violence and suffering in space; Eternal Universal Peace or Cosmic Peace is a much better name, nonkilling a much better central topic. We're not termites or ants. Every government agency is focused on torture and resilience, nobody is focused on World Peace in 3 months and creating a culture where everyone is like a holy Immortal, who deserves at least freedom from death, torture, violence. We need the Immortalist Party *President that requires all USA produced movies to include* World Peace in 3 months, eterni tone (proven by MRI brain lighting up the areas of empathy, *gentleness*, tenderness, compassion, serenity) and describe the way faster progress coming from immortalist centralization. Any movie and song needs to be approved by the *Immortality Nurturing* Agency. Remove all movie violent imagery, talk about "enemy attacked us" max 1 min, but only show the way of Immortals to not pollute the humankind subconscious with images of killing and violence. Make *every* voice in every movie at least as good as the gentlest most pacifying on this list, with serene music, echo if needed and ☺☺*lovingly tenderly gently kindly*☺☺ replace fear, paranoia with compassion, love, psychopathic satanism with Godliness, deathism with immortalism. We, USA, are a gangland dysfunctional pseudo union, with ☺abysmal IQ☺ policies and processes in every industry/agency. This is not apparent, until all humans disappear in 10 seconds. We need to change or all humans may die. In movies, we often have some good guy

against some bad guy, and they fight and the good guy is giving some strong punches and kicks, behaving very aggressively against the bad guy. As explained in Chapter 13, this doesn't seem like the strategy of Civilizations of Immortals who're the unseen leader or seen leader on a planet and bring World Peace on that planet. In that planet's case, World's Most Compassionate Nation or Civilization is creating a Universal Immortalist *Peace* Alliance whose aim is to enshrine nonkilling, Universal Love, Compassion, Forgiveness, Healing, Mercy in military doctrine, so as to help end all human-human war, until *all nations* agree to join this Mega Alliance.

The Infinite Grace and *Tender* Gentle *Healing Love* of the Immortalist Soldier & Anthem:

The hero in 'action' movies of the Civilization of Immortals is not a guy using aggressive moves, words or tones of speech, weapons that kill, etc, but rather the super-advanced shimmering Immortal, an infinitely serene (the most efficient and best soldier never gets angry or emotional, ultra serene given the circumstances mentioned, but not shown to prevent quantum pollution with violent scenes) sage (like the Immortalist Anthem loving immortalist soldiers of Eternia) who, when faced with an attack, breathes gently and telepathically guides the Love Field (effortless actually, he only focuses on it and guides the cloud of new matter with his eyes) to surround the enemy in *gentle tender soft healing nurturing universal* loving kindness, besides playing soothing music around the restless confused enemy that slowly calms down. This shimmering love field wraps around the enemy and immobilizes him (as if frozen almost) while holding him and telling him to relax because he can't fall and he feels held and hugged in the warmest embrace of an ecstatic field, shocked he needs to make no effort to stand or maintain his odd position of his immobilization as he tried to kill, *feels like swimming (even if he's not moving more than a few mm within the gel like field)* in a soothing gel like energy field, with no effort to stand up or exert, able to relax deeply first time in his life, overwhelmed with feelings of cosmic bliss, infinite happiness, euphoria, love for all beings, of compassion, desire to become an immortalist singing about infinite love ideas of the first page of the Immortalist Anthem: let us love the worst human a trillion times deeper than the most loving mom loved her 1 month old baby while nursing him, last year. Then, the captured soldier of the fallen civilization of mortals is teleported or transported via a levitating field of shimmering hearts to the mothership of the Immortals and to the Healing Oasis or 'Rejuvenation-Relaxation-Soul Rest Area' of the Quantum Entanglement With Trillion Year Immortals Area, where the nature of God of Ascending Immortality is studied as God is seen living in and reaching out to us via time travel by the Future Trillion Year Lifespan folks, our far future grandkids. In other words, God is these descendants of ours, too, who can teach us kindness and science, so we too live to a trillion one day. Here, the prisoner is not killed, but goes thru the most relaxing enjoyable healing education (listen to nice pleasant lectures while sitting in bed, relaxing and resting all day) into the values of the shimmering Immortals whose Love, Mercy, intelligence, Might are so amazingly beautiful,

all become loyal members of the Immortals' Candidates to Immortality group. The whole idea here is to express via a movie that even if not *all nations* would initially agree to the end of human-human war, there is no need to despair, because Love will always triumph thru its access to Infinite intelligence. As Lao Tze, Buddha, Jesus said to love all beings and be peaceful, gentle, tender soft, so will the hero inspire the development of a new way of life, Love for Hate, Life for Death, Hope for Despair, instead of the usual unforgiving revenge "tit for tat, punch for punch".

The new movie shows the "freezing" of the fist in space followed by the hero doing hands on healing 3 inches away from the "frozen in space" body holding the leg or first as ready to attack, to demonstrate that Loving Gentle Tender Softness is a greater power than violence, that intelligence is greater than the lack of it. The hero moves gently and his tone of speech is soft, gentle, relaxed (God is on his side, Infinite Power on his side, so he's relaxed) angelic, and musical, he sings, he comes from the World of Immortals, while the evil guy moves are rapid, chaotic, physically aggressive, yet as the hero says "May the gentle soothing grace of the Immortal Lord of Ascending Immortality bless you", the other guy's entire army of ships and planes freezes in space. Everybody in the evil camp looks bewildered, like in a comedy show, as to what force the guy employed to freeze all their war machines and yet make himself audible in such a musical angelic voice and tell them the Blessing of the Immortals. The bad guys are taken as prisoners and taught the 20 habits that enhance empathy and telepathy, while being spoken and sung to in such angelic tones, they can't believe their eyes and ears how they're treated. They could not believe that was their prisoner holding location, as it was so healing heavenly colorful shimmering beautifully smelling. Then the hero proposes the evil army prisoners to help them to help all the other evil guys to join the nonkilling World Peace Alliance, and put an end to violence, and they agree and World Peace is achieved, unification of all into the Glorious Civilization of Immortals and they go and terraform new planets and help other worlds achieve peace, as they journey thru Eternity. The way the good hero takes the "bad" guy could even be made more sci-fi, thru a wormhole he's taken to another dimension, where the Immortals have a part of their civilization, being a bidimensional civilization. Here he feels the Love of the Immortals a billion times more; then he goes to the mortals' world to bring the Civilization of Immortals. The movie ends with the mortals singing the Immortalist Anthem. ☺☺☺ An even better idea (no conflict at all depicted, but even above the conflict would be only 0.5% of the film, just the freezing of the enemy by the grace of the Immortals) is perhaps to make Chapter 13 ideas of Eternal World Peace manifestation in 3 months into a movie. ☺☺☺

MOVIE SCRIPT: The lucky folks who made it to 30 billion years *old* (later 500 *trillion*) & in the process helped all humanity (*born a few years or decades later*) to become trillionarians (not centenarians) too, making "Immortality *for* All" a reality ☺☺☺☺☺☺☺

In another movie (or book, short story, long poem, song), perhaps a good plot might be this: there are two educational systems, one in town Gentleness (gentleman, polite, eterni) and another in town Stagnation. The cultures at the high schools are very different. In town Gentleness the high school is very progressive and kindergartens, day cares, primary, middle, high schools all show kids amazing & beautiful ☺☺☺ physics, chemistry, biology experiments that relate to making human lifespan 2-500 times longer. Little babies see colorless or colorful solutions turn into different colors due to chemical reactions in liquid phase, all kinds of amazing experiments (normally only 15 year olds see) in real life or youtube projected on a huge wall if too expensive to replicate in the kindergarten or school, and babies are told that this occurs thru the application of knowledge acquired by hypothesis formulation and testing that enable discoveries. *Then,* they're showed adorable pets and cases of kids who die at 1-7 years old due to lack of knowledge and how compassion would be using our life to find cures for these diseases, and it would be so fun to look at these little molecules and understand how they cause so much suffering. To avoid shedding any animal blood, understanding how to create eterni foods (foods made by science, replicating chemicals in plants and animals, improving on nature to triple or octuple human lifespan, as we did improve travel speed of humans 850 times over nature, from 20 mph to 17,000 mph for astronauts), to mass produce protein, carbohydrates, etc without animal agriculture or plant one either, is taught as amazing and worth doing as the world would become less polluted and free from any violence. Compassion and kindness for the suffering of all conscious beings, be them animals or plants, is instilled from age 1. Thru gentle compassion for the suffering for others and depicting the idea of fun as relieving suffering of others thru scientific discovery, kids by the age of 15 know about 900 times more about the chemistry and biology and physics of life extension than in the Stagnation town. Instead of parties with loud restless compassionless music and dancing organized by the head teacher, they have *Immortality* in action field trips, where they try to cure the sick, various altruistic physical activities as sports, install water filters for some people with poor water quality (5,300 water systems in US alone fail ideal quality per CNN), use the best biochemistry knowledge they and their teacher have to solve air quality issues and help the local most polluting company to stop slow killing residents by not installing a simple filter, working with a professor to test a new mix of polyphenols to knock out H_3N_2 virus that recently killed a 9 year old or to slow down aging biomarkers changes by 2-7 fold, enabling various lifeforms to live 2 or 7 times longer, teaching happy breathing or music healing for people in need (sad or maybe prison, hospital, when safe to do so), building a healing center in a prison, hospital, town. ☺☺☺☺☺☺☺

In Stagnation town, the idea of fun is different: kids play the same boring games of chess, people killing other people (gun toys, toy soldiers, tank figurines, stone age cars that won't exist in a world of Immortals), sudoku, bridge, poker, going on field trips to casinos (while the Gentleness

town helps nearby towns to bring down casinos and build Immortality Parks or Centers instead), the usual sports, wasting their most important life years, the first 16 years of life, when brain is the most plastic and learns the fastest (that's why a language learned after 10 is no longer having native like accent) with useless to society stuff that doesn't promote altruism and longevity science awareness, useful knowledge for maintaining optimal health and living to 120 or 290. With specialization in areas of mitochondrial *Immortality*, ending wars/violence, ending "droughts, hurricanes, floods", 900 year lifespan biophysics, vitamin effects on lifespan starting to shape by age 13, due to chemistry, biology, physics starting earlier, Gentleness town got super-Teslas who invented a lot of mind blowing stuff at age 20-40. One can exercise one's brain in countless STEM fields, at age 5-15, to learn stuff or even research stuff, just as one wastes all that time to play chess, go or whatever other "useless to society and longevity" game. After this 10 minute part of the movies with the 2 educational systems, the real action begins. The central character of the movie is introduced, a very weird guy, whose name is Immortalli (first name) Ascendi (last name), so gentle, saving every little insect from harm, one may think he's a girl, gentler than all girls in that high school and country, a sign of the future human Immortals whose semi-Immortality (length of ultra-long lifespan) ascends (increases). Immortalli is obviously vegan,☺☺☺ very tender, soft spoken, practicing the 20 telepathy habits, the odd character that the whole high school knows, espcially as he wears a lot of lavender, magenta, pink, purple, yellow-green and other nontraditional color combos. He's part of one of the research groups in that Gentleness town high school that tries to find a new mix of polyphenols, antioxidants, cofactors, enzymes and transcription factors that would enable the kids to slow down the speed of aging (measured by biomarkers) by 2-5 fold. The group is focused more on vegan sourced raw materials and on replacing eating of plants and animals with man made replicas of substances therein, in new ratios to epigenetically induce a lifespan 10 times longer gradually in various lifeforms, as Compassion in Action is the name of their project whose aim is to eliminate suffering of all human, animal and plant beings on Earth. The Compassion in Action group is less focused on slowing human aging of teens and adults, like other groups are, but is more altruistic in its concerns, thinking about animals and plants too. The group that was focusing the most on human longevity gains only, without caring at all about animals and plants, got some amazing & beautiful ☺☺☺ results that attracted the attention of the best and brightest on the planet and then that became the most popular anti-aging technology via nutrition that everyone on the planet started to use, same way we take today vitamins, they would take some extra polyphenols, etc. The Compassion in Action group got some results too, but not as amazing, and got sidelined by the press and attention the first group did, due to the fact that the Compassion in Action group was far less aggressive/pushy, as they were led by Immortalli Ascendi, (spelled with one l if you wish, stress on ta, li said as in Lee) who, guided by the universe, didn't try to tell anyone that their belief was that their tech was better, due to

some things that Nobelists of the time and many others ignored, but Immortalli didn't ignore at age 16, just like many geniuses who discovered many things at 18. Believing his stuff is going to lead to a longer life in the end, and not the other famous guys from the Immortality Now group, Immortalli stuck to his formula, that used only 100% vegan ultra lovingly cared for plants ingredients, loved plants treated with gentle healing soothing music.☺☺☺ As they graduated from high school, the kids moved on to different places and a decade passed, and another one, and another one, but everyone noticed Immortalli was very young. So, everyone became curious, and started measuring the speed of aging in Immortalli. His speed of aging was 3 times slower☺☺☺ than in those using the Immortality Now group ideas. Puzzled, scientists went back to analyze what went on in the high school research projects and how Nobelists and everyone missed the insight of Immortalli that he explained at 25 in a book that all ignored at the time.

Overnight, Immortalli became famous, at age 46, and was appointed President of Immortality University he founded, where everything was about Compassion Gentleness Kindness Sweetness Softness first; Immortality would follow as a result, instead of "*Immortality Now*" first and the rest later. So, his research groups as President and Professor at once were working on new concepts of the eterni diet, that would inflict no pain on plants. When Immortalli was 50, a student named Bliss discovered a new possible way quantum chemistry computations predict a way to slow down the aging speed and it was published in many journals, but by then there were thousands of such formulas and it was very hard for anyone to prove that theirs was the best. Few people tried it for a long time (most gave up fast seeing no results), except Immortalli and Bliss who persisted more. They tried it for a while, and then the speed of aging of Immortalli was slowed 3 times more than the aging speed of Bliss, which puzzled everyone, since Bliss was 20 years younger, a postdoctoral student. They wondered why Immortalli was the slowest aging 50 year old human worldwide. Could it be that his previous 16 years old discovery have epigenetically altered his genes and that the Universe or God engineered the Bliss discovery to take Immortalli's newly created biochemistry to an optimal aging speed? Everyone was trying to figure out what was happening. As Immortalli was creating a second university called Eternity University, with the help of the country's government, that became world's best university in non-agriculture human nutrition for living to 150 without inflicting pain on animals or plants, he was 55 and working on new ways to advance human civilization towards a Civilization of Immortals, one tiny step at a time. He thought about expanding the reach of Immortalism efforts into the cultural areas too and so more books and movies, songs and news became focused on tripling human lifespan. As Immortalli worked tirelessly for another 50 years, he was the youngest looking centenarian in world history, at 105. Because of the success of the high school in Gentleness town, by then most schools adopted its ways, instead of the Stagnation town school methods. One of his students at Immortality University, named Hope

discovered a new way to slow the aging process with Immortalli's help. ☺☺☺

It was odd at first, it didn't always work, half the people trying it got no results, but half did have some minor improvements. Because Hope was a very nice and kind person, Immortalli started to wonder if this is worth trying, adding it to his regimen. Upon thinking deeply about it, he wrote his third book explaining why he believes Hope's discovery might be the very best in recent times, even if may take months to show results. Everyone at the time didn't understand it, and because Hope was 25 and he was 105, most believed he was getting old and losing his mind, without telling him so of course, as he was famous and world's youngest looking centenarian. Then, when he made this Hope induced change, after 5 years there was no improvement in his aging speed and Hope already gave up on it as she noticed no change either and felt sorry for wasting Immortalli's time. She was getting ready to leave Immortality University for another one that a country wanted to create, and as she was in the airport, ready to leave the country, she got a call from Immortalli showing via text the picture of the biomarkers changes last week, showing a two fold slowing in aging speed and a host of other data from the research indicating that her discovery might be behind this, due to the previous changes he did. ☺☺☺

Then, as she became convinced that something unusual was going on, due to a weird dream about living to 9,000 the night before, that contained some of the ideas related to her discovery, she changed her mind and returned as researcher at the University, telling the other country that she will be part-time consultant online instead. As she returned, Immortalli's aging speed slowed even more and this slower speed continued for another 10 years, puzzling the world's scientific community, as nobody else who took Hope's ideas got those results, except Immortalli who also used his other diet ideas. By the time she was 35, Hope became convinced that a supernatural force was behind the discoveries that made Immortalli's world's youngest 115 year old, looking like a 55 year old. It was too weird to her, too unlikely, that in Immortalli's path, the new nutrition discovery implemented only helped Immortalli the most, even if many others tried it. It seemed as if some aliens or God have orchestrated it all, even though she was an agnostic tending more towards atheism. Immortalli believed in God. Hope was at the time in a relationship with her high school sweetheart and was thinking to get married to him in a year or so. But things didn't turn out that way, due the most odd discovery that a 20 year old Eternity University undergraduate student named Spirit, made about the effect of ergocalciferol (vegan vitamin D, D_2) and adenosylcobalamin (one of the 3 natural forms of B12) combo upon the lipid oxidation in the presence of tocotrienols (a form of vitamin E). They noticed in the movie all the differences between the 4 forms of B_{12}, 2 forms of D and forms of E as the links of the previous sentence explain. Spirit noticed that his vegan mouse pet went to the vitamin D_2 bottle 3 times in a row, and that a cat trained to become eterni (to not eat mice), as per Immortalli's course on transforming the world into a Compassionate one, never was tempted to eat the mouse, even

though the cat went thru the training only 20 days and all other cats before took 200 days to fully avoid eating or attacking mice. To Spirit, it was a miracle beyond explanation, especially since the cat was there by accident and was according to reports a very hungry one. Spirit's mouse was his best friend and he let him play around his nutrition lab. As a result, Spirit tried to see the effect on aging speed of vitamin D_2, in combination with a less used form of B_{12} and odd forms of vitamin E. The results were amazing in mice treated with some ideas from Immortalli's earlier discovery and the ones of Bliss. As such Immortalli tried to change his intake and use more of adenosylcobalamin B_{12} (not the mass market *cyano*cobalamin, which is less bioavailable, etc), more gamma tocotrienols and some D_2 too, not just D_3.☺☺☺ The result was stunning, Immortalli's speed of aging halved in 10 days, and became 4 times slower in 1 month, but in other people the speed of aging slowed only by 20% after 1 month. The whole world was puzzled, especially Hope, because Spirit was a friend of Hope, a very remote friend, whom she met at a conference on tripling human lifespan organized by the UN. Hope started to fall in love with Immortalli, who was single, but thought it was just her imagination and totally inappropriate to marry an 115 year old who is world famous for having the slowest rate of aging of any living human. This led her to postpone her marriage to her high school sweetheart.

As time went on, and Immortalli reached 116, a researcher made another discovery about the effect of zinc absorption depending on the form (what type of organic or inorganic complex) on the influence of the 1,000 transcription factors that contain zinc (and 300 enzymes) on aging parameters. This zinc delivery was very complex and had many contituents, and it gave great results in rabbits and in some people. This then became a hot protocol and a popular theory emerged, supported by many as to how it works and what are the real causes for this, what components of the zinc formula really make it work and how. Immortalli disagreed with this popular theory, thinking there was a confounding factor or more that they didn't account for in the analysis. So, while many tried this formula, and got slower aging speed, including Hope and Nobelists, Immortalli didn't try it. Hope was puzzled why Immortalli would not believe these people, when lots of people got such amazing results; she thought aging had an influence on his cognitive processes. Her boyfriend and her were talking about getting married for the first time, and then at the weekly check of 100 aging speed biomarkers, which took place 3 hours later, she noticed her aging speed increased to the original level, before taking the zinc formula. She immediately texted Immortalli, and asked him again why he didn't take the zinc formula, without telling him her lab results. He told her that he thought the effect would vanish over time, due to a specific biochemical pathway in the human body. She then decided to write a paper, case report with her experience and asked if anyone experienced the same and in the next 5 months thousands of people noticed the special formula zinc boost was temporary for aging speed parameters. To her atheistic self, this was odd. Once again, she decided to postpone

marrying her now 36 year old boyfriend and asked 116 year old Immortalli later when they were joking about different topics, like romance in a Civilization of Immortals, if he would mary someone 100 years younger if he made it to a really old age. Immortalli had no idea about her intentions, as he rarely talked to her, since he supervised 800 researchers, with Hope being one of them. So he old her, that perhaps he would if it would bring 900 year lifespans to all faster. Immortalli totally forgot about this chat, and a year later, when she was 37 and Immortalli 117, as his aging parameters were still slowest in the world, Hope asked him if he would marry her and Immortalli asked her for 1 month to think about it, and then said yes. In her scientist mind, she thought his sperm might have some very odd properties which will carry offpsring that will pass on a new gene that makes longer lifespan more likely. He didn't know she wanted to have a kid or more. He himself was thinking he might die in 20 years or 50 if lucky, since it's impossible to predict if the aging speed biomarkers won't change overnight due to some entropic change not predicted by current models; thus, he was never thinking about having kids, just like any other centenarian. But as time went on he got convinced by her to try and they had a baby girl they named Eterni when he was 123 and Hope was 43. This became world news, as no centenarian ever had become a father, let alone a 123 year old.

Indeed, Eterni's aging speed was 5 times slower than other humans of her age who went thru the same nutritional program as Hope prior to conception and during pregnancy and first 5 years of life (better nutrition turns longevity genes on), even without some of the best nutritional protocols implemented during Hope's pregnancy, indicating Hope was right that "Immortalli's sperm induced epigenetic changes in offspring" which shocked everyone, as his biological age was that of a 57 year old at 123. As time went on, Immortalli and his students and kids made new discoveries and the world average lifespan moved from 80 years to 500,☺☺☺ thanks mainly to Immortalli's discoveries (showing what an impact a human can make on all humanity), by the time Immortalli reached 700 years old (and Hope was 620, Eterni 577). Everyone was puzzled how people ignored his insights many times and how many discoveries worked best for Immortalli and a few others only in slowing aging speed, as if a supernatural intelligence was guiding everything to make Immortalli defy all odds. As time went on, Immortalli reached 6,000 years old when human lifespan reached 5,800 for most people (oldest humans after Immortalli being Bliss at 5,980, Hope at 5,920, Spirit 5,905, Eterni 5,877). As technology got better and better over centuries, it was possible to reverse aging partially in some cases, so this is how the "biological age" of Immortalli was about 35 when he was 700; Immortalli made it to 21,000 when the average human lifespan was brought to 20,800, time at which work began seriously on inter-dimensional Immortality, or discovering if there exists another universe where people could translate into in order to overcome the limits of this universe, overcome the slow travel speed, etc, the inability to colonize far away systems, to travel there via dematerialization and

rematerialization, etc. So, when Immortalli, the oldest living human, was 90,000 and average human lifespan 89,800, the first discoveries were made in superluminal travel to other far away stars via a form of inter-dimensional translation. At 95,000 years old, Immortalli became the first human to teleport to another Earth like far away planet, followed by some of his students and descendants, and established the first human colony in that area of the universe, previously impossible to reach. As a result, the people on this planet became fully focused on studying inter-dimensional Immortality, thinking God has guided them☺☺☺ for 95,000 years through Immortalli and his close friends and relatives. So, as more time passed, they reached half a million years in age, helping countless other planets and humanoids to move to longer lifespan, World Peace, etc. When Immortalli was 500,005 years old, they achieved the first long term stay in another universe, not a brief teleportation, and got an insight into how to begin building a bi-dimensional Civilization of Immortals. And so, they began their next project, and discovered that aging was slower in the other universe and upon returning to original universe the aging was slower the longer they stayed in the other universe. As such, they got all more motivated to move more and more of their civilization to the other universe, and help younger Immortals via teleportation☺☺☺ from the new universe, instead of via normal physical travel.

Over time, as Immortalli reached 1 million years old, they moved their entire civilization in the new universe, spending time to help younger civilizations to get to that same level and make it to the new universe if interested. When this happend, they realized that Immortalli was the first human from Earth to ascend into another universe, without dying, via scientific means, not with visible/direct help from Immortals/God as may have happened with other humans who're believed in Taoism, Judaism, Tibetan Buddhism, Christianity to have ascended. As Earthlings also ascended in the new universe, this may have been the New Earth on which we live forever predicted by some theologians. Over time, as Immortalli reached 5 million years old, several civilizations appeared in the new universe, that translated from ours. They worked as one to spread compassion and peace, Immortality and bliss to all those left behind. ☺ When Immortalli was 100 million years old, they discovered yet another universe, where aging was even slower, and they realized some of these higher *universes* may be heavens people talked about in religions, that people got to via matter into energy conversions. The journey of Ascending Immortality continued for another 30 billion years, point at which, they were able to understand the way our currently 13.7 billion years old physical universe was created in the first place. They became interested in being the new guardians of some aspects of our universe (which was now 43.7 billion years old), after being asked if they want to be that by some trillion year old Immortals from a higher dimensional Universe (heaven?). The Immortality journey continued forever, as new tasks, explorations and responsibilities emerged as they journeyed thru the multi-dimesnional multi-universe structures. *At 30 billion years old, in his "childhood" (since he*

reached a *trillion years age later)* Immortalli, as he was creating a record of his life, pointed out that for the first million years he never knew if he would die soon or not, because in science you can't really be sure how your model fits reality. Only when reaching 1 million years he really believed he may live much longer than that. He was always surprised he made it, as miracle after miracle was happening.☺☺☺ As he was 150 year old, he started part-time to inspire students to create comedies of 9,000 year old Immortals who send holograms of themselves made of special particles that can go back in time, to teach their grand grand grand mothers who died [in the future time] how to increase lifespan and change the civilization to one of Immortals, while teaching via comedy basics things about longevity and living to 700 and later much longer, and making it really funny, as grandma is thought odd by locals when she hears/sees Immortals from the future who tell her about teaching biochemistry to youngsters at the local preschool and first grade level, with the diagrams from her grand grand grand son who made it to 9,000 in the future and visits her now in an odd form. As a comedy movie about this appeared, it matched well what happened later with Immortalli, as he made it to 9,000, as the *30 billion year old* Immortalli recalls. This gave him tremendous hope at age 9,000 as he was celebrating the latest longevity discoveries with 3,000 year old *mitochondrial* Immortality specialists. ☺☺☺ This hope was so great and almost everybody realized a supernatural force has possibly guided humanity for 9,000 years, as many believed it when Immortalli was 95,000 years old too. When Immortalli was 500 *trillion* years old, they had a big eterni tone singing *and idea exchange gathering with a few trillion* other folks who made it past 100 *trillion years old.*

5.3. *Immortality* Language, Lyrics, Literature, Tone Notes, Fashion

5.3.1. Intro 5.3.2. Peaceful Lyrics 5.3.3. The Immortalist Anthem 5.3.4. The Immortalist Flag
5.3.5. Eterni, the New USA Capital 5.3.6. The Immortalist Greeting for a New Culture

5.3.1. Intro: anything that shortens human *lifespan* (proven by 1000s of unfaked studies), like any depiction of crime or violence, would be illegal, in any *song lyrics*, *literature*, websites, movies, sports (meaning boxing, martial arts, MMA, anything that involves any simulated or real hit would be illegal: if people never see violence, violence is 0). Humans saw violence of animals killing animals, so they imitated that violence. Police can read restricted literature on how to catch hidden or subtle forms of crime. If no crime ideas exist, no crime exists. Infinite freedom can't coexist with long lives, since trillions of choices shorten lifespan. This creates a gentle tone taught to families since age 0 by daily emails (to parents) on Immortality *for* All Topics & Ethics (videos need be watched to receive some Immortality techs) with eterni qualities building (spiritual, not religious), culture, anthem & greetings, simpler grammar & language, so we have more time to learn the language of Immortality sciences instead of verb conjugation. ☺☺☺☺☺

Creating New *Words*, a new *language*, or adding emotion-intent tone note above *some* words

Which words in our language could be changed (or added as an extra word for the same meaning) first to help us move faster towards the Civilization of Telepathic Immortals living to 900 and longer? The choices could be faimmortality instead of death, or failed Immortality for death, meaning it's not death, only the failure to extend God's Ascending Immortality into the physical universe and live a few centuries at least. Fagentle or gentle- would replace aggressive, fapeace or peace- would replace war, since the old words have an energy slightly negative attached to them. I googled "Immortality" & got 23 million hits, "Eternity" got 121 million hits, "death" got 1.59 billion hits. This alone shows that there is a strong inertia in our written stuff towards negativity and death. The very word death is too final, and faimmortality means a transition to a new world of Immortality☺☺☺ or if people believe in reincarnation in other dimensions or realms or here, a new opportunity to attempt physical Immortality mastery, or say living to 900 or 5,000 years, like that 9,550-year-old Swedish tree, etc. We could eliminate negative words and replace them with positive ones, with 1-2 letters added in front or a minus superscript; this way everything is an expression of the *gentle tender soft* positivity of Ascending Immortality and Eternal Life. We can change Language too, as we progress or ascend as a civilization towards a Greater Eternity consciousness, Longevity, Immortality. When we reach lifespans of 3,000 years old, it's *possible that we will* know so much about neuroscience, sound effects on cells and longevity, etc that we will *create a new language*, named Immortal or something, that will be scientifically proven and known to extend lifespan the most, *keeping the body* youthful for the longest amount of time. This language could facilitate the doubling of lifespan from 3,000 to 6,000. We can even write many words with a letter above (superscript) at the end of the word or in the middle, to indicate the emotion referred to, only for positive emotions, avoid words for negative emotions, using instead the word of the positive emotion with a minus subscript to train us to engage in conscious creation of positive emotions only, reduce aging, fight-flight coming from writing death states into existence, when negative emotions don't even deserve words by themselves. This makes us aware of our tone 50 times more. This also helps in simplifying the language, as explained in the one language section.

How important is tone? The emotional tone writing section explains more about the changes to a language (besides simpler phonetization to focus on eterni tone instead of tongue, throat and jaw acrobatics) to take it from a genocide enhancing language to one that activates the eterni gentle tender soft healing nurturing universal loving kindness brain areas related to Eternal Immortality *for* All., i.e the principle of nonkilling. A good (meaning a trillion times better, causing a trillion times less violent crime) language has no history of any nation speaking it comitting genocide, because it makes people infinitely kinder and more intelligent by its very use. If we look at history, we can see which languages lead to genocide in their users, meaning

which languages need real *reform:* all of them. A talk takes 10,000 to 1 million times (more if eterni tone) more data (1 GB vs 1 KB) in the most amazing & beautiful ☺☺☺ audio file format versus plain text, how we intone contains 10,000 times more info at least than what we write or speak. The impact of changing our tone (and musical notes) could be 10000+ times greater than the effect writing had on human development. We change emotional, intent, energy radiation, thought tone (not just vocal), and we change everything about us; however these tones are linked to vocal tone so changing our vocal tone changes all the others, transforming us into slower aging (less negative emotion, stress), nicer people faster than anything else we got in the high tech era. Gorillas can write too, but good tone requires waiting 2 weeks to get to state of brain, while to write we do it all the time easily. Superscript c e or m for compassion, ecstatic or merciful. Change writing and help develop emotional self regulation, emotional brain, intentional brain, tone brain, tone of thought. *99% of ethics learning could be from tone. People learn ethics from tone unconsciously,* far less from content *or words of hypocrites.* This is also a paradox of *espionage and gossip*, waste 20 years watching bad people or talking about them, becoming like them, by hearing, studying their tone, methods, books, when changing our tone would have inspired the 'bad' to change and solved the problem that espionage, whining, gossip, extreme criticism, bad book reading (pollutes the brain), swear words never did, since side effects made war reoccur for 4 millennia. ☺☺☺ Tao Te Ching Chapter 33 ► knowing others is intelligence, knowing self (emotion, intent, thought tone) is wisdom. Intelligence agencies can't bring lasting peace, but wisdom agencies can bring permanent peace. If police gets contaminated too much and focuses on one's tone too little, he becomes like a gang member and fails to bring true change (only temporary), because he imitates unconsciously those around him too much if not careful, when believing in infiltration as method of World Peace instead of positive example. If generals and soldiers don't change tone, just want new gadgets, their tone is unconsciously read by the enemy brain, in ways we don't understand, and all the general 'secret deceit methods' are learned, and applied against the general's country, leading to loss of effectiveness in ending killing and war. If leaders of a nation would realize how destructive bad tone of TV radio political speech is, they would change it faster. It's worse than a foreign nation bombing us daily in an occupied area, and that's pretty bad for psychological war (or dropping nukes in an area every few years). That's why better tone is good for all nations, not only for one's country: 2000 times more tech progress in all, from which we can learn and speed our progress, more hypothesis thinking. Improved writing can remove all negative emotion by replacing negative words with "lack of happiness" or happiness with - superscript at the end, while + would mean very intense happiness; by always infusing an emotion positive code when the meaning is negative, it helps the brain to create a new way of relating to reality, far less destructive for our health. As with musical notes, we got the word happiness written in many ways: merciful happiness^{m}, tender happiness^{t}, gentle happiness^{g}, very gentle happiness^{g+}. In

Vietnamese, they got 6 tones, different tone is different meaning. This would be different, it's just adding a superscript, first letter of the main 10 or 20 eterni tones, to a word or above the word. In speaking, we won't pronounce these superscripts, we intone them in our brains, develop the brains, we change thus our vocal tone, aging speed, so subtly, many won't know unless told happiness can have 10-80 eterni tones: gentle, tender, soft, sweet... all positive emotions of eterni variety. When we read a text, happiness can be thus heard by others very differently, *per* superscript (optional in all languages, so some texts may have no superscripts).

We normally are oblivious of how much power our emotion-intent-thought tone carries, not the words themselves; we think we need 'amazing gadgets' to bring long-term peace, but our tone may be actually a billion times more powerful, if eterni, than all weapons humanity has combined. When we realize that, we tend to speak less, as tones (not words) *build or destroy entire universes*, build peace a trillion times longer lasting than any weapon system can, since weapons change, but our tones have been same for eons. ***Our tones will influence humanity for a trillion years thru ripple effects in ways we forget.*** Thus it's better to create 1 min eterni tone speech or song than 4,000 min of random tone. Our writing, literature also have a big influence, but way less than our tone, people easily ignore written texts as jokes or disinformation, but a gentle tone transforms all. Likewise, a person recording a 2 min clip can take humanity forward long-term more than 1 billion people doing stuff in 5,000 trillion minutes, as the tone *is so* unique, people love it and it changes all. We'll create a language that helps us (see MRI scans of different language speakers proving what we speak changes our brain) live the longest. We'll have one language some day, way more advanced than any today. ☺☺☺☺☺☺☺

POETRY

To *save space*, rhyming verses are separated by /:

☺☺☺ 900 Year Old Telepathic Humans ☺☺☺

We came across a science paper, / About worms living 10 times longer,

Thanks to a simple DNA mutation, / That led to amazing life extension.

We couldn't help but wonder when, / The same thing will happen in men.

Our wondering was a great start, / That prompted us to take part,

In the Global Immortality Olympiad, / The brought the brightest humanity had,

United in their Dream So possible, / To make Living to 900 now doable.

Teens from all our lovely countries, / Presented their geeky discoveries,

That brought an end to many miseries, / Humans suffered over the centuries.

We managed to live to 900 years old, / Then we even reached 4,000 years old,

Ascending to *universes* as dimensions fold. / A most stunning paradise a story ever told,

Took hold of every corner of our civilization, / No violence, no war existed in any nation.

All humans and animals became vegan even, / Tender gentleness overflowing as in Heaven.

As we lived even longer we gave up eating, / Using energy and materialization for feeding.

Typing was replaced by telepathizing, / Driving, airplanes, trains by teleporting.

The subatomic telepathic telekinesis fosters, / Elimination of natural and other disasters,

Allowing us to focus on Immortality matters.

With telepathic control of boson fields, / *We levitate, fly across the plains and hills.*☺☺☺

No cars, rockets, trains or planes in sight, / As we can teleport thru dimensional light.

[Different melody or song or literature class poem to study now as verse is longer:]

☺☺☺ The geeky teenagers will run the aging simulation, ☺☺☺

As the curing aging hobby takes over the civilization,

The video games are about curing diseases and aging,

Helping biochemists with protein structure solving.

The teens spread the 1900 calories to keep the brain bigger,

Via a larger breakfast and lunch split in two, a smaller dinner,

Enabling many teens to be much healthier and thinner.

Instead of eating based on taste, social pressure and texture,

Calorie spreasheets made nutrient monitoring a pleasure,

A truly ecstatic adventure of nutrition hypotheses testing,

Enabling all to be citizen scientists aiding lifespan tripling.

Their unhealthy three meals of 200, 1000, 700 calories

Became four healthy meals of 550, 500, 500, 350 calories,

Or, for fat loss, even 5: 450, 450, 400, 350, 250 calories.

The sleepiness and fat deposit after lunch are over,

The mental energy after breakfast much greater,

The post lunch glucose max went down quicker,

☺☺☺ Reaching only 100, instead of 120 mg per deciliter, ☺☺☺

Allowing them to be kinder, think deeper and better,

Since A1C and brain shrinkage were way smaller.

They knew having a bigger brain, not belly, is lovely,

That it's unhealthy unattractive to have a big belly.

Mice without a gene got 100+ times more plaque depositing,

After the same exact amount of food and fat ingesting;

Aware of it, our post lunch triglycerides started dropping,

Diminishing atherosclerosis related faster aging.

As less plaque was forming, neurons got better feeding,

Preventing further brain areas from starving and dying.

Knowing many Alzheimer people clogg their brain arteries,

They started avoiding AGEs rich and fattening bakeries.

Asking pizza, fast food makers to drop AGE levels 50 times,

They reduced Alzheimer, stroke, diabetes levels 10 times.

Atherosclerosis starts in our mother's tummy:

Animal foods ingested by a pregnant mommy,

☺☺☺ Can raise plaque 12 times in the aorta of her baby, ☺☺☺

Animal foods alone contain free cholesterol,

And the 100 times more toxic oxidized cholesterol.

Pregnancy and lactation alone were OK to gain weight,

So baby gets good nutrients from mommy's milk he ate.

They knew prevention is 800 times cheaper than cure,

So they created an eterni healthier food culture.

☺☺☺ As omnivores became vegan and then *eterni*, ☺☺☺

They soon experienced a nine times longer lifespan.

Computational chemists helped the bench chemists to find,

A methane to olefin catalyst much cheaper than platinum,

They computed that it can be done easier with titanium.

Along the same lines, the computational chemistry models,

For every molecule ingested by virtual human beings,

Were daily monitoring at least 1,000 aging biomarkers,

Made easier by better faster quantum supercomputers.

When the weekly aging drops by 50% in the simulations,

We try it in mice, and see if reality matches the predictions,

If matching, we try the rabbit, then monkey, human simulations,

For every DNA mutation, we also run the aging simulations,

Arriving at the most longevity enhancing permutations.

Then mice, rabbits, monkeys live 9 times longer,/ As they become our pets in the era of wonder.

We already can live to 900, we just don't know how,/

Because Longevity is not a popular hobby now,

But that's all about to change thanks to love supreme,

☺☺☺ As Immortality becomes the hottest Internet meme, ☺☺☺

And the most common word in a video game name,

Inspiring humankind to some far away day emerge into a new *Universe*,

Defying death forever by wormhole translating within the multiverse.

The care we took in loving tenderly and gently one another,

Extended to the way we cure the aging of mom and brother,

And we were working with AI and machine learning,

Setting up our algorithms to simulate curing aging,

Minimizing advanced glycation end products intake,

Because we really love living to 900 for God's sake.

5.3.2. Peaceful Lyrics: create a wholly different vibe *for* romantic/wedding *songs*:

☺☺☺

Ode to Eternal *Inter*-Universal Peace

☺☺☺ **"Hoping for your gentle healing grace to express,** ☺☺☺

So that **all humans** may feel the **nurturing** *caress*,

☺☺☺ **Of the eterni tone of your** *angelic* **soft voice,** ☺☺☺

Compassionately **giving** all humanity the **happy** choice,

☺☺☺ **Of emoting** with **such** ***magnanimous*** **tender kindness,** ☺☺☺

Filling all ***universes*** with **humble** meek *sweetness*,

☺☺☺ **The choice of living in Eternal Inter-Universal Peace,** ☺☺☺

With **Immortality** ***for*** **All** and **soothing** elysian bliss.

☺☺☺ **May** *we always* **sing about** ***universal loving kindness,*** ☺☺☺

To amplify the human quantum field *selflessness*,

So that we can bring a *permanent* **happy** *serenity*,

☺☺☺ **World Peace in 3 months on planets in infinity.** ☺☺☺

(next lyrics refer to victims of Syria, Ukraine, etc wars):

☺☺☺ *Sensing* **Earth's urgent need for tranquility** ***vibes,*** ☺☺☺

We *sing* **only music which cosmic** *peace* **deeply radiates,**

So that we may heal the quantum field of humanity,

☺☺☺ And grant all eternal multi-*dimensional* Immortality. ☺☺☺

To save all living beings from the suffering war brings,

☺☺☺ We care deeply about the way each planet sings, ☺☺☺

At *every* celebration, occasion, *birthday or wedding,*

Or even the *simplest* most informal outing or playing.

For in the calm rhythm of our songs and tone of voice,

☺☺☺ Is easily *hidden* the war versus permanent *peace* choice. ☺☺☺

Ever** vigilant **to show** gentlest graceful compassion **for all,

Knowing how** quickly **planetary** World Peace **eras fall,

We take an ***Eternal*** Vow to Serene Rhythm and Intoning,

☺☺☺ To help make the trillion year Universal Peace everlasting. ☺☺☺

All ***lovingly gently*** give up fancy setups for wedding parties,

So we can build amazing Immortality Centers in all Cities,

☺☺☺ To bring free high tech healthcare to all Earth's population, ☺☺☺

Preventive ***medicine***, education, free biomarker evaluation,

Enabling all to partake of the colorful centers of relaxation,

Where all can experience the eternal bliss of meditation,

☺☺☺ Or rent it for a ***wedding*** dedicated to immortalist action, ☺☺☺

So we replace jails with Centers of Education and Healing,

So all crime disappears in 90 years to give every earthling:

☺☺☺ A tornado safe home, good nutrition, beautiful serene ambience, ☺☺☺

With spiritual qualities shimmering on all streets with radiance,

To speed up health and longevity innovation a million fold,

☺☺☺ Creating the Immortality *for* All Paradise all *love* to behold. ☺☺☺

O, **angel, precious sweetie** of ***gentle*** **tender *soft*** kind ***iridescence*****,**

Shining **with the brilliance** of a million suns of **loving *patience*****,**

☺☺☺ **Humans** are 1 second old babies versus a **trillion** year **Immortal**, ☺☺☺

☺☺☺ We need **more *love*** to **reach** the **dazzling radiance** of an **Eternal**. ☺☺☺

☺☺☺☺☺☺

Also, we need all romantic songs to talk about how they bring **World Peace in 3 months** by elevating their vibe, to help us evolve to **civil animal stage**. **Please read the few peace lyrics below** while listening to **this** or one of the **peaceful songs** for better **human quantum field** effects:

"**Joy to the World**, **World Peace for everybody**, /**In 3 months from now**, For so we decide,

To manifest our future, in freedom and bliss, / **Joy to the World**, We can do now way more,

As logic of progress told folks of yore."

☺☺☺ **Thy Light Immortal So Sweet, / Brings us World Peace So Quick,** ☺☺☺

A Paradise of Gentle Tender *Softness*, / Of Kind Nurturing Grace and *Goodness*.

World Peace in 3 months of gentle *sweetness*, / Brings all the happy eternal infinite *kindness*,

The ecstatic | Immortality *for* All | grace and *bliss*, / Filling all humans with peace joy and *ease*.

World Peace is possible in a *quarter*, / When all human lives will *matter*,

World Peace is possible in less than a year, / When World Peace is all we want to hear.

World Peace in three months makes each human feel she belongs,

To the world of | Immortality *for* All | and its amazing serene songs.

☺☺☺ **There, in the Grace of Eternal Universal Peace,** ☺☺☺

We behold the Soothing Silence and Bliss,

We adore the gentle feeling of Infinite Ease,

☺☺☺ We **bask** in the **Sweet** Elysian **Tranquility**, ☺☺☺

Of That **Cosmic Resplendent** Ecstatic **Divinity, [replace Divinity with Mystery if atheist]**

☺☺☺ **Its shimmering Eternal Immortality**, ☺☺☺

Calling us **tenderly** towards **Its** Infinity,

So **we can happily Bless All Humanity,**

☺☺☺ **With the Eternal** Bliss **of Immortality,** ☺☺☺

☺☺☺ **And Its Limitless Magnificent Felicity.** ☺☺☺

Below is another tentative **poem** which could be almost like a popular song or even **Immortalist Anthem** for some **Ascending Immortality** Civilization focused on "**Immortality**" or Longevity, etc

The reason I wrote this paragraph (after the **poem above defining some short-term goals of Eternia**) is because I found many anthem lyrics to be very limiting (confining nation to a part of a planet), negative, deathist, thuggish, disgusting, never talking about living to 900, **hypothesis** thinking, as if trying to create mindless robotic fighters who glorify death in battle to maintain "freedom", when freedom can be achieved **peacefully** as explained in **Chapter 13**. There is nothing glorious or freeing about dying in battle as **cannon fodder for others (or aliens)** controlling your nation to attack countries or planets, while remaining as enslaved as before. **There is nothing glorious about war, it's the greatest disaster.** The glorification or even mention of death, war, weapons, cruelty towards other humans ('enemies') in anthems only serves the purposes of ***evil forces***. Negative words pollute our minds: we often say "**let's bring peace with positive methods that heal, that only bring well being, healing, nurturing grace**"; **but some may not understand what we refer to, that we mean "no war, torture, intimidation or violence used to bring peace", so for some who may not understand, the simpler sentence may work even if it uses negative words; but the sentence did not glorify war, it only said to avoid war at all costs**, which is the difference between day and night. While **negative words are problematic**, even more damaging is the negative meaning, the glorification of violence, war, **killing**, revenge as a way to bring "peace and freedom" that never actually arrives except as a temporary state as history shows, soon to be placed by a new war in the cycle of eternal hell war brings. Why not use **positive words that heal and uplift** and avoid negative ones? An anthem is ***meant to be inspiring,*** so it makes sense to **use only positive words**, eliminate glorification of negative means, behavior, methods, that bring that hellish future by expectation. ***Is death the epitome of being human or the Immortality of Soul, God that then makes the soul bring longer life to the body too? No anthem contains words like gentle tender healing grace of World Peace bringing via peaceful methods.***

Why can't all nations unite as one Nation, Eternia, speaking one common language, perhaps English, Esperanto or a new Eternia language, bring Immortality to all galaxies? **The new language can have elements from all main languages, so nobody feels left out, perhaps with**

simplest most efficient grammar of all languages (English grammar is simplest maybe), simplest most efficient (for telepathy and brain resources optimization) pronunciation and reading (phonetic, not like English, characters always read or pronounced the same way in all words), simplest writing, words chosen so they're similar to the word used in top 10 most spoken languages for easy learning of new language, so we spend cognitive resources tripling lifespan instead of translating so much, or learning 90 grammars and writing systems or fighting over language or translating from language number 2,875 into English or another major science papers language, wasting so much time translating into the main 15 languages when we could instead triple human lifespan) we create that is taught from nursery to college, so all speak it as natives would and replaces the former 7,000 languages entirely over time. *The education chapter explains more about the* benefits of having fewer languages, not thousands. Since English is main language of science papers, billions of people are fine with English, or any language people create or choose, even if it's not their native language.

May the anthem below help inspire 200 new anthems where the selfishness of

1. *"nationalism",* 2. *negative words (blood, war, die), "may our country be blessed"* (nothing about "may *all* countries be blessed, live in peace, may *all* be our friends, may *all* humans live as trillion year old Immortals" for infinite love wishes well and transformation into angelic Immortals "friends" for all "enemies"), 3. "our land/hills are the nicest" *(not a country/guy above all, Germany* needs *to change* its anthem, Denmark, Netherlands, *UK too:* selfish King *matters alone, people don't;* all anthems need 0 adulation of any king or mortal*, to be fair to* We the People; many anthems are the most blatant proof of how these nations were run for centuries: subjugation of the poor by the rich, who brainwash all into the royal personality cult*)*, 4. "we are unique" type of conflict instigating phrases, revenge, 5. "vows to die in a country *(it is a death wish disguised as patriotism, programs anthem singers to worship death, aging, reignite genetic memory of past conflicts/hard times, it is anti-*immortality for all*)*, vows to "die in battle" (immortalists want none dead in any 'war'), 6. "vow to spill blood of enemies", 7. "vow to restore old glory" (age of killing), 8. "mean wishes for humans called enemies", 9. "killing, demonizing enemies, warfare" 10. march to genocide rhythm *(1+ of the* 10 *are in 100+ anthems)*

is replaced with the altruism *of the* 200 qualities *of an* Immortal:

1. a billion times higher kindness than today 2. Immortality *for* All, the bliss of universalism 3. Nonkilling, 4. Trillion Year Lifespan For All above all, 5. how the country helps all nations to live to a trillion (vows to do that, instead of the bad stuff above), 6. gentle graceful nurturing healing words, 7. peaceful bringing of peace without battles 8. gentle rhythm, 9. eterni tone, kind tone, gentle tone, nurturing, tender tone, 10. soft voice music of anxiety free Immortals:

5.3.3. ☺☺☺ Eternia ~*~ The Immortalist ANTHEM ~*~ ☺☺☺

►►►►► ☺☺☺~*~☺☺☺~*~☺☺☺ ◄◄◄◄◄

☺☺☺☺☺☺The 9 page poem anthem & ethos of "May All Live to a Trillion Years" immortalists & global Immortalist Parties. If a hyperlink sent you *to this tentative* anthem*, the* reason *why* I wrote it is in the 2 pages above (about evil anthems). This anthem deifies nonkilling, zero injury-pain for all humans even in self-defense, so it is $10^{9000000}$ less violent than the Bible-Quran, Analects (Confucius)/Tao Te Ching (Lao Tze), Communist Manifesto which OK terror/killing/war. It rejects Buddhism's begging that burdens others in an act of subtle covert violence (you work, we beg, live as parasitic nuns, monks, etc), the Buddhist ethos of ultra short 80 yr lifespan for all. It recognizes the infinitely low IQ of fixed lifeforms, like humans, and the existence of trillions of ways to peace, zero violence and justice without war, terror and torture, the centrality of nonkilling. It sees gentleness as central to the survival of humans, by avoiding humankind's 10 second end via the 2 capsule scenario. The Immortalists' central message is in the first 27 lines: the ethical duty of humans is to love the worst human a trillion times more ☺☺ *lovingly tenderly gently kindly* ☺☺ than the most loving mom loved her suckling infant last decade, because the collective created every individual. This is $10^{9000000}$ kinder than the genocidal Bible, Quran, Gita, Sun Tzu. Its ethics is healing *nurturing* blessing all humans, not Sun Tzu deception, not inflicting injury, torture, pain on any human. Clean rooms got 100.0000% pure air to create 1 nm chips for exact calculations, as the Immortalist Anthem is 100.0000% pure positive writing, free of any negative word like war, etc. We can't bring Zero Violent Crime, Eternal World Peace with present "scriptures" and "anthems". Other anthem titles are*:* Immortal or Eternal or Eternia Anthem*,* Eternity *for* All, Immortality *for* All, Eternia (an Etherial (spiritual)-Physical nation). It's Dedicated to Earth (Heart re-written). Eternia *is a* name for immortalists' nation. More anthem ideas are in the 67, 125 & 113 sec clips. ☺The basis of Civilization is its scripture or anthem: if that scripture or anthem gently virtuous, all else will be so. ☺☺☺☺☺☺☺

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☺☺☺☺☺☺☺ ~*~ The Immortalist Anthem ~*~ ☺☺☺☺☺☺☺

☺☺☺

☺☺☺ Blessed are those who smile, believing nothing we say without proof, ☺☺☺

Who test each hypothesis, belief to find how much of it is pure truth:

☺☺☺ Lovingly Created from a Higher Dimension to Uplift the Universes, ☺☺☺

☺☺☺ Eternia will bring physical Immortality to countless humanities, ☺☺☺

With Immortals living to forty, then a million, billion, trillion centuries.

Four billion years ago, we were one *hour* lived *bacteria* two *microns* long,

☺☺☺ Today, we're one million *hours* lived *humans* two million *microns* long, ☺☺☺

In four *billion* years to what lifeform size and lifespan will Immortals belong?

☺☺☺ Will we be 100 million *years* old and two million *meters* tall before long? ☺☺☺

Or a galaxy sized cloud of shimmering particles shifting into any lifeform,

With an IQ octillions of times higher, more complex and faster than our brain,

With words so long it takes us a million years to read, comprehend and retain,

☺☺☺ Showing how infinitely inaccurate human understanding of reality can remain, ☺☺☺

With all human knowledge being a bacterium's blink for the Immortals' brain?

Will we be happy spirits of myths, clouds able to multilocate as myriad lifeforms?

If six mm apart, all five octillion atoms of a fifty kilo human make an Earth size sphere,

Will new particles, matter give us new bodies, each human being a planet size sphere,

Will we be cells of one universal forever happy body, ecstatic kids that forever delight,

In being pure intelligence, tiny cosmic lights seeing all humans as the same one light?

Will we be a million superimposed spheres on Earth or fly to other stars in seconds?

☺☺☺ Or will we live in stars, white, black holes to easily ascend when *universes* form, ☺☺☺

So we shapeshift to new *universes* much faster as we dimensionally transform?

Ascending Immortality, eternally increasing lifespan, unites all nationalities,

☺☺☺ Until all are *shining* shimmering shapeshifting Immortals living for eternities, ☺☺☺

☺☺☺ What has been will never be, for all *are* changing, evolving to deeper ecstasies. ☺☺☺

☺☺☺ Filled with Transcendent *Gentle* Tender Soft Amazing Exquisite Sweetness, ☺☺☺

☺☺☺ Eternia spreads the Happy Graceful Nurturing Healing Infinite Goodness: ☺☺☺

☺☺☺ Enlightened by focused quantum entanglement with Immortals' Ingenuity, ☺☺☺

☺☺☺ Using trillions of peaceful ways to gently bless each world with Tranquility, ☺☺☺

☺☺☺ Eternia brings *Peace* and ||Immortality *for* All|| to endless *planets* in *Infinity*. ☺☺☺

Using only Nurturing Healing Bliss Causing Methods to Bring Peace and Immortality,

We heal all beings, ushering Peace in ways that increase the lifespan of all humanity.

Emulating the Infinite Unconditional Love of motherly Immortals for all humanity,

☺☺☺ From now on we try to love, like Immortals, even the 'least perfect' human being, ☺☺☺

☺☺☺ A trillion times more than last decade's world's best mom loved her infant baby, ☺☺☺

With a love far gentler, softer than the graceful love that mom had for her baby,

☺☺☺ Without diminishing the happiness, bliss, comfort, wellbeing of any human being, ☺☺☺

Without humanity quantum entanglement field ||Immortality *for* All|| vibe lowering.

Many Immortals live trillions of times longer than us due to using the healing effect,

☺☺☺ That comes from deifying tact, diplomacy, eternal praise for even the least perfect. ☺☺☺

Softly offering our own living example as the silent teacher of right action,

☺☺☺ We gently inspire even the least perfect to embody universal compassion. ☺☺☺

Magnifying and deifying Immortality and Healing Subtle Quiet Graceful Ingenuity,

We tenderly Bring Ecstatic Freedom, Trillion Year Lives to those longing for Liberty. ☺

Fulfilling serenely with Soothing Healing Gentle Grace Her Inter-Galactic Destiny,

☺☺☺ Eternia lives as the caressing song of Teleporting Telepathic Telekinesis, ☺☺☺

☺☺☺ Ushering blissfully the Aging Defying Immortalizing Matter-Spirit Synthesis. ☺☺☺

☺☺☺ Thru gentle tender soft healing nurturing universal loving kindness, ☺☺☺

☺☺☺ We softly bring the eterni vibration of a deeper loving kindness, ☺☺☺

We act ☺☺ lovingly tenderly gently kindly ☺☺, instead of only gently,

So we bring the ☺☺ happy world ☺☺ of Immortality for All fully.

►►►► The above verses are the intro, The Anthem continues: ◄◄◄◄

☺☺☺ To achieve it, we first visualize that Paradise of Limitless Happiness Immortality, ☺☺☺

☺☺☺ Gently calling us ever softer to Its Enchanting Iridescent Ethereal Radiant Beauty. ☺☺☺

☺☺☺ The Immortals are our grand...kids who time travel to hug us in a field of Bliss, ☺☺☺

☺☺☺ In a Love a trillion times Happier Softer Greater than the kindest mom's Love Is. ☺☺☺

☺☺☺ Can You Feel It☺☺☺? The Earth is Dancing, Celebrating, Morphing and Shifting, ☺☺☺

☺☺☺ All atoms sing a New Tune, The Eterni Tone of a Paradise of The Eternally Living, ☺☺☺

☺☺☺ The Eterni Sweet Tone of the Paradise of Happy Immortals, of Heaven on Earth, ☺☺☺

☺☺☺ Of the Elysian Heavenly Realm of Immortality for All flooding in Bliss every Heart. ☺☺☺

☺☺ Virtue, The Infinite Bliss of the Eternal Youth Elixir, Took Eternal Abode in our Being, ☺☺

☺☺☺ Big Eternal Smiles show our Limitless Happiness & Euphoric Ecstasy are Everlasting. ☺☺☺

☺☺☺ A Radiant Glistening Virtue Garment Shining in all Universes as a trillion Suns' Light, ☺☺☺

☺☺☺ Eternia Adorns All with a Bounteous Gentle Tender Soft Effulgence Ever So Bright, ☺☺☺

☺☺☺ God's Resplendent Magnificent Nurturing Loving Kind Immortality *for* All Delight. ☺☺☺

☺☺☺ Humbly and patiently questioning deeply everything we believe, ☺☺☺

Allows science to discover faster how ALL can much longer live.

Thru tranquil tenacity, wonderful science and engineering discoveries,

Uninhabitable planets are turned into paradise from barren sceneries.

☺☺☺ While we *joyously* shapeshift our Immortal shimmering fluid forms, ☺☺☺

☺☺☺ We bring Peace and that which with God's loving kindness conforms. ☺☺☺

☺☺☺ Grateful Tender Gentle Honest *Forgiving* Praising Altruistic Delight, ☺☺☺

☺☺☺ Guide Eternia Day and Night, while tech brings Eternal Daylight. ☺☺☺

☺☺☺ Adored By All Planets, As a Magnificent Universe of Immortal Splendor, ☺☺☺

Eternia Brings Eternal World Peace & Immortality to All Planets with Candor,

☺☺☺ So all might know God's Infinite Loving Tender Mercy and Bliss, ☺☺☺

☺☺☺ That fills us with Holy desires to always Bless all beings with Ease. ☺☺☺

Merged with the Infinitely Freeing Cosmic Bliss of our musical eternitone,

We enter in the deepest ☺ ecstatic trance with each greeting we intone:

Instead of "bye, hi, love u", we sing enraptured in infinite ecstasy & felicity: ☺

☺☺☺ "May all interested live forever in the infinite bliss of infinite Immortality." ☺☺☺

Listening to gentle deeply peaceful music during our mundane activities,

We ennoble our emotions and make real the most Immortal possibilities.

☺☺☺ Cities shimmering with colorful "Ethics Qualities" lights and serene melodies, ☺☺☺

☺☺☺ Help all reach perpetual bliss and the noblest immortalist intentionalities. ☺☺☺

☺☺☺ Happy and Blessed are those who doubt all they believed in ever, ☺☺☺

For they may lovingly easily find truths of much greater wonder:

Perhaps trillions of quadrillions of possibilities exist for God's Will,

☺☺☺ Some billions may include living for a trillion years as a human still, ☺☺☺

Followed by quadrillions of years in various universes so happy & tranquil,

That gently raise the IQ of our souls better than anything on Earth ever will,

Enabling us to better feel, the gentle Science of Immortality's infinite thrill.

Rooted in a compassionate simplicity to serve others with highest efficiency,

Needing nothing from others, we remain ethical via selfless self-sufficiency.

Using no imports or objects from nations against world immortalization,

We focus on creating the gentlest *most* tender *healing* *nurturing* civilization.

We can *gently* let go of the tendency of believing without proof so easily,

We doubt everything swiftly, seeking confirmation from 50 sources quickly.

☺☺☺ We often forget truth's infinite complexity and hidden *positivity* easily, ☺☺☺

☺☺☺ We can approach infinite truth, but never attain or reach it fully. ☺☺☺

We can make 0 assumptions without strong unfakable evidence,

☺☺☺ We can instead test endless hypotheses with patience and diligence. ☺☺☺

We can question things ever deeper, to approach truth much quicker.

☺☺☺ Blissfully assigning a probability of truth to every hypothesis, ☺☺☺

We better realize the truth's subtle infinitely complex synthesis.

☺☺☺ Hypothesis formulation and testing, will give us trillion year living. ☺☺☺

Data may show a strong correlation, yet we won't yield to passion or emotion,

Because a very significant association, rarely means a truly certain causation.

☺☺☺ Data is often misinformation we run into very fast, ☺☺☺

☺☺☺ Not facts or ideas we can unquestiongly always trust. ☺☺☺

Discerning *knowledge* of Immortality, grants trillion year lives to humanity.

Testing hypotheses over and over, we triple human lifespan forever.

Longevity research and development, lead to everyone's betterment.

History is rich in hear-say stories, being less credulous softens our worries.

☺☺☺ Today we got AI made fake videos, in old times a lot of acting by weirdos. ☺☺☺

☺☺☺ ~*~Eternal Universal Peace~*~ and Immortality will be our reality, ☺☺☺

When all nations happily commit to bring it to all humanity.

☺☺☺ We will soar the galaxies freely, creating new solar systems gladly, ☺☺☺

☺☺☺ As billions of eons pass happily, in our childhood deemed so holy. ☺☺☺

Science extended worm lifespan to the equivalent of 900 human years,

Physics and biochemistry will soon extend human lifespan to 900 years.

Helping us learn how complex it is to maintain life even to 900 years old,

Aiding us in building the qualities of an Immortal living to 90,000 years old,

☺☺☺ Ready to one future era ascend to another Universe as the dimensions fold, ☺☺☺

Or to be the quiet ever happy and tranquil watcher 900 trillion years old,

Silently and patiently observing amazing new physical universes unfold.

☺☺☺ Our songs, media, ebooks in daycare, kindergarten, school, university, ☺☺☺

☺☺☺ Create a Culture of ever-increasing Longevity and infinite Immortality. ☺☺☺

☺☺☺ The lullaby songs "Hey baby, you can bring 900 billion year lifespans, ☺☺☺

☺☺☺ A love of Learning and Discovery leading to far longer lifespans", ☺☺☺

Parents happily sing to their womb baby Immortal Lullabies:

☺☺☺ "We love Eternia, the Immortal Intergalactic Civilization, ☺☺☺

☺☺☺ Who brings to many worlds the | Immortality *for* All | Vibration." ☺☺☺

Like a Humble Kind Gentle Tender Nurturing Sage Unseen,

In ***Subtlest***, Softest, Sweetest mode humans have ever been,

☺☺☺ Helping all planets live in Ease, Joy and Perfect Peace, ☺☺☺

☺☺☺ Eternia regenerates souls, filling them with endless bliss. ☺☺☺

Not a temporary sensory bliss, but one of meditative immortal ease,

Allowing the intergalactic expansive breathing of soul travel bliss,

☺☺☺ The ***infinite*** happiness of living billions of years in peace. ☺☺☺

With our minds, we telekinetically move around bosons,

☺☺☺ We change the state and geometry of various leptons, ☺☺☺

Filling the protons and electrons with new immortalions.

☺☺☺ A planetary family is born eons before offspring materialization, ☺☺☺

As a billion companies are replaced by 11 companies centralization,

Meditation is way happier than sex, which happens only for procreation.

☺☺☺ Later on, a trillion parents can each materialize a few trillion atoms, ☺☺☺

That make up the body of the new wonder child the planet fathoms,

Imagine an ecstatic planet that is one family living in Eternal Spring,

☺☺☺ With everyone being the truly happy co-parent of any new offspring. ☺☺☺

Everyone loves every new happy child, since everyone is their parent,

Every atom donated is filled the elated compassion eternally present.

☺☺☺ All kids grow into Immortals able to reprogram the species' blueprints, ☺☺☺

Thus recreating the 'bodies' of their fellow kids and one trillion parents,

☺☺☺ With parents becoming 'kids' of their own kids via the latest upgrade, ☺☺☺

Making all perceive all as siblings as ability differences slowly subside,

With all viewing God as their true parent, The One who'll forever abide.

☺☺☺ As humans evolve to colorful shimmering shapeshifting Immortals, ☺☺☺

Their third eye is able to beam beautiful molecular, atomic fractals.

☺☺☺ Humans will shapeshift into the joyous lifeform of many planets, ☺☺☺

No longer needing random stomachs or reproductive organ sets.

We eat eterni powders made of 90,000 nutrients of 8,000 foods,

So that all animals, insects, plants live in eternal bliss in the woods.

☺☺☺ Living care free on energy without food will soon become real, ☺☺☺

☺☺☺ We'll have no need of animalistic eating after age twenty o dear, ☺☺☺

☺☺☺ From dirt or air we materialize a trillion things that we may need, ☺☺☺

Via nuclear and matter/energy conversion science progress indeed.

☺☺☺ Our songs deify Knowledge, Science, Ethics and Learning, ☺☺☺

In *gentle* tender *soft* tunes of fluid intelligence evolving,

☺☺☺ Our angelic tones of voice are healing, soft, sweet and *nurturing*, ☺☺☺

Inspiring all listeners to adore our GOALS of Immortal becoming,

GOALS of Eternal Happiness and World Peace Bringing,

To Ever New worlds telescopes might have been seeing.

☺☺☺ The subatomic particle telepathic telekinesis fosters, ☺☺☺

A perfect elimination of natural and other disasters,

Allowing humanity to focus on Immortality matters.

☺☺☺ With telepathic control of boson forces and fields, ☺☺☺

☺☺☺ We levitate & fly across the plains, planets and hills. ☺☺☺

No cars, ships, rockets, trains or planes are found in sight,

☺☺☺ Because all can teleport thru a new soft dimensional light. ☺☺☺

A sweet intergalactic Civilization of Heavenly Ecstatic Peace,

☺☺☺ With goodness and science to fill all planets with boundless bliss. ☺☺☺

☺☺☺ Immortality *for* All who want happy eternal physical Immortality ☺☺☺

Can become humanity's reality, even if all want that Immortality.

☺☺☺☺☺☺☺

Aware of the trillion year effects of our actions on future humanity,

☺☺☺ We try to improve our tone of thought, feeling, speech with tenacity, ☺☺☺

Knowing well that all actions spring from our inner *tone* of intending,

We spend time to making *it* less influenced by gadget thought writing,

So we can develop a hope for Immortal humans some day emerging,

When we managed to imbue every thought with sweet soft *kind loving*,

Every feeling, intent and word with an infinite compassion so soothing.

God directs all to 100% healing positive methods to bring peace,

For with their 50 times gentler tone they help humanity achieve,

☺☺☺ A speed in Immortality tech progress that few now can believe.☺☺☺

☺☺☺ Our eterni way of 'positive methods only' inspires the prematter beings, ☺☺☺

The unconceived yet trillions of souls born next billion trillion octillion years,

To help us experience bliss and the soul travel freedom born out of *kindness*.

To outsiders, the pacifists often seem to have lost the 'raised voice' freedom,

Due to our devotion to *healing* soft ways to help all people live to a *trillion*.

Eterni *actions* are much gentler, kinder, softer than pacifist (nonviolent) *actions*,

They radiate the Immortals' infinitely tender grace, universal loving kindness vibrations.

Just like the eterni tone we use is often 100 times gentler than everyday speech,

☺☺☺ Eterni *actions* are 100 times gentler, kinder and more healing in their reach. ☺☺☺

Pacifism is a trillionth of the infinite *kindness* of wishing and giving Immortality *for* All,

Of its infinite tenderness, most nurturing compassionate gentle ecstatic sweet softness.

By setting our pacifist immortalist ideals way higher than nonviolence, we make it harder,

For our human nature to take over, allowing the gentle Immortal within to rule forever.

☺☺☺ In real life, we tend to achieve a fraction of the goals we set for our nations, ☺☺☺

So setting way higher than pacifism goals ensures much more ethical actions.

By aiming to praise all beings, to magnify the good in even the least perfect of all,

☺☺☺ We love all infinitely, unconditionally and more easily bring Immortality *for* All. ☺☺☺

☺☺☺ The far future will enable us to shapeshift our appearance every single day, ☺☺☺

So we may choose identical gorgeous forms, much nicer than the 1 color today,

With 100s of shimmering colors that reflect and change with every movement,

☺☺☺ Due to the energy light new matter merging in the Immortal body blueprint, ☺☺☺

Where individuality is in the mind, emotions, vocal tones of our gentle tender softness,

The Immortals' qualities we embody, not the physical appearance of the soul goodness.

☺☺☺ We read a billion times faster, long anthems & *shared mind files* of all we meet, ☺☺☺

☺☺☺ Identifying people from a mile away, without unique appearance, is fast and sweet. ☺☺☺

People read our file with our favorite colors, fragrance, tones and Immortal qualities,

Can even make their form, smell, vibes, tones shift to suit our file's odd preferences,

☺☺☺ So that each meeting is like the most pleasant graceful experience of infinite bliss, ☺☺☺

Like when encountering an Immortal of 5 trillion years, filling us with ecstatic ease,

A bliss a billion times bigger than any encounter in the nicest present area of peace.

How beautiful every nation is, when it focuses on the 100s of qualities of Immortals,

In their anthems, cultures and ethics, so we may practice World Peace rehearsals,

Replace infinite redundancy with efficiency for fastest arrival of Immortal lifespans,

☺☺☺ Replace 100s of nations lacking peace with a peaceful nation of happy Immortals, ☺☺☺

Replace 7,000 primitive languages with an advanced telepathy & language of Immortals,

Infused with the unifying lifespan extending music of Immortality within all humans,

☺☺☺ Replace eons of philosophizing over land, race, language, appearance or dress, ☺☺☺

☺☺☺ With eons of centralization leading to trillion year lifespan technologies progress. ☺☺☺

☺☺☺

►►►►► ☺☺☺ The End of ~*~The Immortalist Anthem~*~ ☺☺☺ ◄◄◄◄◄

☺☺☺ May Eternal Bliss be with You always ☺☺☺

☺☺☺

People can also have a mini-version of this long anthem (the best 20 lines) or 200 mini-versions that *would try to convey* in a rhymed fashion the idea *of "*Eternia*, land of* Immortals*,* we help all human beings to live trillions of years*, emulate* God*'s* hardest to imitate (central perhaps?) *quality,* Immortality*, focusing* in our life, anthem and culture on humility, *one of the* Immortals*' qualities, inviting all to focus on other qualities of* Immortals *in their anthems,* so all humans can be friends and live in harmony and peace*. Oh how* beautiful Eternia *is when it works for the benefit of all nations, is a friend to all,* uses only uplifting lyrics in its anthems, *praising all nations, the* amazing future awaiting humans as one sisterhood of nations, not so much praising their own nation. Wishing and hoping one day, the selfless nature will prevail so *all nations become one nation with one* language *to* avoid wasting our life translating into 7k languages or fighting over languages, working instead on longevity *and* Immortality*" Big country entice small ones with incentives to* switch to big language, bring world harmony. Not by force, but by *universal* loving kindness, teamwork for the sake of humanity, since 5 billion years from now, none of our languages will even exist*, we'll* develop new ones, so why fight *over languages?*

Before going deeper into anthem details, it's worth writing a paragraph about:

5.3.4. ~*~ The Immortalist Flag ~*~

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The flag of Eternia or Immortalists would be colorful with this written:

"Multi-Dimensional Immortality *for* All, May All Live Happily to a trillion, World Peace in 3 months on all planets, Eternal Universal Peace, Soul Travel for All."

in the center, on a lavender background, with, smiley faces in between the Qualities of Immortals written on the 4 sides, 1 smiley in every corner, all symmetric, ☺☺☺☺☺☺☺, alternating colors, the 4 corner smileys can be same font and background, but the ones in between a different type that match the opposite; smileys are for the *infinite states joining the infinite civilization* to make it nice; since most flags have stars, ours has only smiley faces to make it different, and on the 4 sides the words: "Gentle Kind Soft Compassion" on the top edge, "eterni*thought* & Speech Tone" on the lower edge, on the left "Nurturing Grace", on the right "Eternal Bliss"; no green, as it's associated with soldiers, death, weapons and war in the human quantum field; no red, since it's too common and we want to be different, to escape historical inertia, and blood is red, associated with wars again; magenta, purple, lavender, orchid (variant of lavender), a little yellow (bright and high contrast with the nearby colors, since otherwise it's hard to see with lavender main color), lots of gold, silver and shimmering gliterry purples, a little true royal monochromatic blue (not the murky grey blue in many flags, but the nice Andorra flag blue) and sky blue (serene) are fine; colors that are calming, peaceful, tranquil, signifying Peace;

my youtubes use some images that are lavender with 5 other border lines, so this idea can be used too to make it nicer, add another thin line of purple at the edge and at the end of the edge writing, etc, then a gold or white line, then magenta; white and black are too plain and not real colors, so minimal, if any, white if any outside fonts on the purple background of the letter on top of lavender background; a few fonts white is OK; white flag is peace so a tiny bit OK; black is the absence of all color, worn at funerals, etc, so no, we want to be less gloomy: too many flags have tons of black, red, green, yellow, white, so to move away from quantum field vibe we need a vastly different flag, that shimmers like the shimmering Immortals, a *lavender* shade as the main color: then we're the ONLY nation with that flag, to stand out and call all to dream in a *different* way, so all know *we're the most different nation on Earth*. We don't follow the crowd. All flags gave us wars so far. Lavenders are popular with moms and ladies, close to sky blue, a very peaceful color, more feminine, the energy we need to bring a healing *gentle tender soft* vibe on our planet of war. It's a girl color, so that's important, for our moms need to be so gentle tender and soft to bring peace. Some countries have white, blue, red as flag colors, which when mixed yield *lavender*, so those guys may like it even if it's girly. *Lavender* is among the rarest colors in clothing and buildings, etc, so that makes it ultra useful, to decouple from quantum field vibes of war. It's also, not like pink, too romantic, it is more blue, so guys can like it too. A good compromise, pink is too common. We can also choose a slightly pink *lavender* that is more orchid like, to be more feminine. *The more esoteric, human biology and basic energy and light physics reasons* for lavender and for avoiding any red or orange in the flag is in the 6th paragraph of the miracles section, dealing with nirvana vs orgasm. That's why this book has purple font too, it helps us connect to the brain not penis, kindness not greed.

The animal of Eternia is Eterni, ☺☺ the alien (Et, extra terrestrial) animal who takes in invisible cosmic energy and *turns it into matter and lives without inflicting pain on other animals in the physical universe*. He's one of a kind, better than even a dove that may eat insects, cause pain. It's Eterni who is calling all nations to wake up from the slumber of Pain, Death, Torture worship.

The *quality* of Eternia could be *nonviolent nontorturing Healing* Gentleness. It sounds redundant, since healing gentleness is nonviolent, but many don't know that. Well, at least 4 words to highlight what is not yet clear to the 'human' brutes: that you can't have spirituality or ethics without nonviolence and nontorture. All talk of healing and gentleness, then next day, support wars and bombing to steal oil and gold. We need to stress what is truly important, a real healing, a real gentleness, one that is *nonviolent*, *nontorturing*. Since nationalists are still there and they want to keep their country, language, etc, a solution to end killing vibes (bears, big cats, etc national animals kill people and these symbols never educate and talk about nonviolent nontorturing and the qualities of an Immortal) is to create 200 immortalist cultures for the 200 nations, each with its national QUALITY on Wikipedia, just like 'national animal', national flag,

national flower. A quality could be longer, but at least contain the UN approved words: *nonviolent nontorturing at the beginning, so even the lowest IQ, most violent guy can get it. Minimum 4 words, but can be even 9: gentle tender soft nurturing loving honest compassionate healing kindness.* All anthems need be rewritten by UN agreement to cultivate *character traits* instead of calls to killing/ war and 0 IQ "nothing is nicer than our hills and plains, our country is so nice tra la la" 1st grade lyrics. We need to evolve past savage bipedal hyena brutes to *gentle tender soft nurturing loving kind* compassionate *grace for All*. US *nonviolent nontorturing* Soft Kindness, India *nonviolent nontorturing* Compassionate Inventiveness France *nonviolent nontorturing* Tender Hypothesis Thinking UK *nonviolent nontorturing* Healing Grace China *nonviolent nontorturing* Nurturing Happy Meditativeness (or Virtue, Confucius, Tao) Brazil … Honest Soothingness, Australia … Magnanimous Ingenuity. The "thuggish crappy" energy of Wikipedia is resplendently and splendidly eloquently evident, as it reflects perfectly our spiritually bankrupt cultures and what is important for 'national identity'. Full of lies, Wikipedia lacks a section for every city, state, on "National, state, city Spiritual or Ethical Trait, Quality, Philosophy". They got 9 sections for cities, *but the most important section is MISSING: the Ethics of Immortality for All.* Look at every city website, spiritually and ethically bankrupt: About us sections of websites, etc have 25-150 lines usually, but not even 2-3 lines in a short paragraph on "Our Immortalism Ethics is focusing on the qualities of 1. education on the universal human right to trillion year lifespans, 2. compassionate kind soft silent still witnessing meditativeness rooted in eternal blissful breathing and 3. smiley happiness.", no section on "Immortalism Ethics: Our company, city, state, nation focuses on the Gentle Grace of Healing Tone." We're training people to be brutes. Then, we wonder why we still have wars, jails, violence. When we never see Qualities anywhere, except killing/war/lust/crime news, with no news on how people were embodying some of the qualities, then the journalists are just destroying the planet like Hitler.

The 'Parliament and government' of Eternia building ought to be wholly different than any in the world. If you listen to the tone of speech and color in all world parliaments, you find a highly noneterni tone and also the same boring colors of red, green, grey, white, beige, perhaps some blue rarely (Germany). The spiritual ugliness within our cultures of eternal violent tones and aggression is perfectly reflected in the spiritual ugliness inside these buildings. Outside UV destroys colors easier (due to lack of clear materials that block all UV) and it's harder to make it colorful, but inside it's easy to make it nice. Why can't immortalists choose a parliament where the Flag of Eternia background lavender color, a very feminine color, is the most used color, with many hues of gold, silver, platinum, iridescent blue, purple, fuchsia, pink, lilac arranged in highly contrasting ways like some words in this book to stimulate intellect and make it more beautiful than Disneyland. The present parliaments look very lifeless and cult like in their similarity, as if all are in a planetary trance of "eternal war and red blood worship". We don't see the universal

gentle tender soft nurturing loving kindness Qualities, Immortality *for* All, Eternal Universal Peace and "May all Live a *Trillion* Years" written anywhere in the most colorful letters all would recall 1000 times easier. These words would replace pictures on coins or banknotes, if the Eternia currency (eterni or imortali) is not yet digital for a cashless society of 0 fraud. The qualities and goals of our civilization are 1 trillion times more important than a person. *Gone would be the days of the king's portrait appearing on coins like in the UK*.

The initial location of Eternia can be any soul who likes to live in this Ethereal Eternia place. So *versions of it may appear* in the new American capital, *on many continents* (Australia maybe too, see the relaxing landscape to escape to, the only continent that is one nation, watch how ideal Australia is for Eternia, 50 times fewer gun homicides than USA even if the Australians maintain US nuclear submarines, a land of tranquility to escape daily stress, oasis of serenity, watch, 60 times fewer tornadoes per square mile than USA, more leftist than fascist USA, etc, truly beautiful colorful Aussie videos: hills, hills2, hills3, river, creek, beach, tiny home for a family of 3 on 32 acres, rainforest, trees, arable land, river farm, roads, highest arable land/capita in the world), *states, cities, towns that span the globe*. USA can allow shallow water submerged Florida areas of the future, (due to sea level rise) to accommodate tethered islands that then expand and are able to cope with hurricanes due to advanced dome tech, one piece structures nothing can break. This learning then can be used to even establish the 51st state of USA, in between Hawaii and California and between Florida and Bermuda/Cuba made of many artificial islands, maybe 10000 per state, the Eternia state of 20000 islands that form a protective shield of the Western and Eastern Coasts. Hawaii has the highest life expectancy (CDC, page 3). Immortalists and dry eye sufferers love the moist climates of Hawaii and South Florida and the new Eternia state, the only 3 areas with one "season", because even temperatures without seasons increase longevity as the body is not subject to wild fluctuations which causes enormous biochemical waste, immunity adjusting due to temperature influence on trillions of chemical reactions and the 60-90°F temp is ideal for human existence, unlike Arctic areas where it is so cold all the time and no seasons. If you go to AccuWeather, type Pahoa and select Monthly tab, then January and July of a past year, you will see America's most constant weather pattern (65-70 lows at night year round, 80-86 highs daytime, more constant than even Fiji which gets to 90-95 in the summer), in total contrast to Miami or other Florida areas where temps go from 48 to 75 in the winter at night. In Central Florida weather gyrates from 30 one day at night (snow) to 62 another night. In Texas, temperature changes can be 50-100 degrees. California has nice weather near the coast in the South, but still winters are not the nice 60s of South Florida, reaching 35-50°F lows depending on the coast. Florida grows a lot of food, see list (blueberries, watermelon, you name it), like California. Its climate makes it easy to grow year round lots of things in the South. Outside climate is not that important today though, as most people live mostly indoors and *can*

set humidity and temperature to a given level (sadly, today, humidity is not an option for most places, as that requires dehumidifier or humidifier, depending on the climate), but today's housing industry is so primitive that it is impossible for 99% of Americans to reach constant temp in every room (each room its thermostat as with Nest set) and humidity indoors even, as we lack the centralized Immortality Building Inc… that brings ventless split AC for cooling and electric sealed heaters for heating to minimize dry eyes, lung damage from AC vents microbes, or from radiating heaters. These new island belts or states will also provide amazing weather, recreation and provide 1 out of 100 islands with missile interceptors to protect the mainland and Hawaii against hypersonic or ICBM attacks. California is sort of dry and cold, so dew point is lower, but one could use humidifier and heater to get closer to the less toxic natural warmth as opposed to the toxic electric/gas furnace warmth that produces many deadly chemicals. Hawaii Pacific areas towards California got nicer weather than most mainland, less energy needed to power the islands, plenty of sun for solar panels that make up every building exterior, window and even street, 100 times fewer hurricanes than Southern or Eastern USA coasts. Islands off Florida would also get very *nice*☺☺☺ *climate.* ☺☺☺☺☺☺☺

Florida and Hawaii get a lot of rain, which helps in case the wells are poisoned due to radioactive storm surge or nukes. In case of EMP caused all electronics failure in WW3, South Florida, Hawaii can make it, since they won't freeze, get cold or die of high heat as in the other states. Not everyone will have access to stuff to burn to warm themselves, like wood, etc. But people would use trees, fights over trees would ensue. Can you survive in your state if all transport ceases, no gasoline, no electricity, no water? How? Rain catching, filtration? Warm climate year round for 3 years? Florida central north inland areas have the least strong hurricanes, see Florida 100 year hurricane *map* with some areas having had only Cat 1-2 ones, in the area east of Gainsville Tampa north of Orlando, as the storm weaken and the paths avoid central-north inland Florida. Most people don't know the area there has the weakest hurricanes. The twister free areas are different, see Florida 80 year tornado map. The government claimed we would be prepared for this or that hurricane, yet damage was 50 billion. Today we're told we're EMP safe, etc, but can you grow water lentils (duckweed) (ω3:6 ratio 2:1) in any state? It's much easier in Florida, you can survive on those, grow them daily. Have some vitamins. Are you ready to continue civilization after 30 EMP blasts above USA that turn off TV-internet, all electrical devices, factories making them, cars, satellites for 5 years? Central grid can be taken out with 9000 hypersonic missile attacks, so without Safe low EMF, low GS Units Solar Inverter and Panels (See why solar tiles are bad except for ultra cold climates) and battery storage, you may freeze to death. EMP attack weapons can be improved to penetrate most defenses and bring a country into the 1st century in seconds. *On Sep 11 2001, 911 hit. God cared? Assuming "God protects you" is foolish.* Only the prepared survive. In war, the first places enemies attack are gasoline

storage areas, so gas cars are pure suicide. Buy EVs so you can charge them at home with your solar panels without the central grid. Live in less dense populated areas, since big fights, looting, chaos, shortages, theft of your garden veggies, rainwater catchment will occur in high crime dense areas of inner cities. The best areas are always away from any major metro area with more than 2-5 million people, especially high priority targets like Los Angeles (near 2 major ports, 30% of container imports, LAX, 10 million people), San Diego (military bases), Miami (military), NYC (stock exchange), etc. If self-sufficient, cold rainy mountain areas are fine if remote, as wood/heat supply is limitless. ☺☺☺☺☺☺☺

The Eternia state islands closer to Hawaii can be within 200 miles of economic zone where there is no vog (volcanic smog from the volcano carried by the trade winds moving vog to west usually, vog has particulate matter and SO_2, which can form sulfuric acid ($H_2O + SO_2 + ½ O_2 = H_2SO_4$), see video on how plants die to understand what happens to people there when they don't have activated charcoal filter inside homes and they leave window open during vog days or months (it can be 30 days in a row in bad years in some areas near volcano on Big Island, but even Oahu due to wind moving it all to Honolulu from Big Island), with the water on our eyes and other toxic compounds with the lipids of the lipid layer of our eyes and damage the moist lungs via sulfuric acid in our lungs, SO_2 in our blood destroying many blood chemicals). USA needs to mass produce some special house air purifier filters for Hawaii to install by law in every house, like we have smoke detectors. Especially in areas that get 20 times more vog than others, at first, to ensure decent air quality indoors for all, since not everyone remembers to close window right away and vog can be less visible sometimes and still do damage before it gets so bad that people see it and they finally close windows 100%. Perhaps, with better split ventless AC systems becoming standard and a better circulation or air purified system able to cope with high levels of vog chemicals uncommon in the rest of the world. People live in a fantasy land imagining Hawaii is paradise, they think Oahu being far gets no vog, but sometimes, it gets 40 consecutive days of it, and you happen to not visit its beaches then. Take a look at Kona, the most popular tourist spot on Big Island with endless hotels: no sun, no blue sky, nothing, just LA metro in 1955 like smog. Ironically, a few areas closer to the volcano get less vog, as wind blows away from them 90% of the time as you can read in SO_2 levels on city-data.com. That's why Puna houses near volcano are cheap: the vog causes dry eyes, asthma, brain damage, heart disease, damage to all organs if you breathe it. Buy a SO2 meter to see levels inside after using air filter.

To prolong life☺☺☺, immortalists need to pay attention to natural *disasters*, even cosmic events such as solar storms that can take down computers and satellites naturally and send us into the 15th century for 9 months until we recover, so if you want to move into a town and build a tiny oasis of Eternia there in your own house, search youtube for "driving on the streets of Town in winter or during floods" to get a feel of the dangers (or watch examples below that

apply to cold or rainy climates). Until the Age of Immortalism when all tornadoes and hurricanes vanish from the Earth forever thanks to neat lasers from airplanes preventing their formation, we need to know a few basic things. South Florida homes at low altitudes of 3-18 ft flooded 4 times in a row inside house, yearly hurricane floods in some towns. Please *tenderly gently kindly* ☺☺ check the topographic maps, to make sure it's 20-40 ft above sea level in case of coastal underwater nukes that cause 30-200 ft tsunami that reaches inland up to 5 miles. Naples FL is 3-20 ft, while Lakeland FL 120 ft. However, even in high altitude 100+ ft cities, poor city planning causes water to flood many houses, so do a lot of research to realize how water will flow when flash flood happens due to 5" of rain in 4 hours, to avoid renting or buying anything in a valley where water would pool or a house that is not raised as per Florida, etc state suggestions to prevent floods. This advice holds true for cities of all altitudes, since even at 3500 ft the same would happen if water pools around your house, causing floods or landslides. Live in the higher altitude areas of town. A well was drilled, caused a huge sinkhole that in other cases swallowed entire houses. Drill without a care? Without centralization of building and well drilling procedures, we have 1 million well drilling companies not knowing what they're doing. Windows computer OS used 1 million programmers, imagine if we had 1 million OS companies, each with 1 programmer, that is the quality of our FLOOD DAMAGE PREVENTION in USA due to decentralization of house, office building; people need to sleep in cars when roads get blocked, so EVs need high ground clearance. Immortalists can't fix every aristocratic government system mistake of 250 years that has built up, instantly, especially, when we have no power as the Immortalist Party, and everything is the fake elections system. Poor people don't have time or money to fix flood damage, so they need info to prevent catastrophe. ☺☺☺☺☺☺☺

Avoid living near military bases, as those can be nuked in case of war. Stay 60-130 miles away if possible, google where each state has the largest bases, some are gigantic, live far away from major ports too, as those can be nuked or bombed. Internet articles are often written by people who never checked a topographic map of the planet and zoomed in on their country, city, street, they recycle old 1990s web data saying "all South Florida is 6 ft on average" or etc, when it's much higher than 6 ft. Visit a city before moving there permanently and choose the higher altitudes in a city and ideally raised houses that never flood vs the neighbors, Ian surge was 14 ft in Fort Myers (altitude 10-27 ft only, watch 1 min of flood at 10 ft there). See how much safer 15-37 ft altitude (2 miles from Fort Myers) inland was during Ian vs 8 ft altitude near the beach flood due to 15 ft storm surge. See how much safer was above the street, 3 ft above, raised no flood at all during Irma need canned food, bottled water. San Diego, 62 ft elevation, also saw some big floods, see 2 min video, for the first time in decades. Now is the time to build higher than street level and get a higher ground clearance car, like some 15" Rivian EV, 10" Audi Q8 Prestige or something to be able to move car during rain to higher ground or escape torrential

rains before the street becomes 5 ft of water in 2 hours, it's a split second decision to go to higher hills in the area where your car won't die and be taken by the rising waters. Know the higher altitude areas of your neighborhood to move there if you rent, to save your car from being wiped out, a flooded car can catch fire later suddenly. You could die too if living on the first floor of a house with no 2nd floor, so you need to be prepared, flash floods now can happen in city areas that never had them for 300 years. Climate change is here, 1000 year San Diego 6 ft high water flash flood. People forget that when wind blows and walls are flat and vertical (as in box houses everyone has in the path of hurricanes due to decentralized policies of 1 million contractors who don't know what they're doing), *the window, walls, etc are 300 times more likely to break* (watch 3 ft altitude houses on the beach, built by mindless contractors in a Republican State of Aristocratic disregard for human life) *as wind can't escape as it can around a spherical dome*; thus many structures break due to the lack of a dome shape. Avoid flood prone areas in all states or even mountains, if they're in a valley vs the rest. Even 112' (34m) altitude Orlovista in Orlando, got 5 ft of water. A street where a creek was, caused ultra frequent floods. See 5 FL tornadoes: Miami, Sandestin, Ft Lauderdale, Fort Myers, Collier County. Cold air fronts from the typical 5 mega winter storms in the Northeast USA go down to North and Central Florida and cause tornadoes due to meeting warm air, as this FL state tweet explains, causing the governor to declare on Jan 9th 2024 state of emergency due to many damaged houses (at least 4 tornadoes hit the same area hit by hurricane Michael in 2018, causing similar damage, so don't move to Northeast or Central Florida as they got way more tornadoes, and far more devastating (up to 235 miles and 4 hours killing 695 people in 1925, instead of 3 miles and 4 minutes in South Florida) in Northeast Florida (called Panhandle). Avoid tornado areas (most Midwest, eastern 70% of Texas (west TX Menard county 1 tornado/25 yrs), entire Kansas, Oklahoma, Alabama, Mississippi) unless you build dome on a 5 ft raised (a ramp, gradual rise to prevent wind pressure building) foundation *(dome 8 ft above street level to allow for water to pool there, not in your dome)* with a concrete dome to withstand 220 mph winds and never drive during rain/overcast sky when tornadoes can form (got to watch weather news daily, big stress, to avoid sudden car collisions). Kindly☺☺☺ read on EV rain safety to prevent death.

Just as the tornadoes moved these RVs and obliterated the RV park, *your* car driving on a street, can be pushed by the tornado into the other lane like this car flying in SC tornado, or semi overturned in Miami area, an 18 wheeler on the freeway, or another car turning in front of a car… in Florida, see it on the news too. Big tornadoes can make cars fly 100 meters in the air. *NEVER* DRIVE IN A STORM OR HEAVY RAIN in tornado prone states, because that is when *tornadoes* form, they can *kill* you; gently recall golf sized hail can hit your head; seeing the tennis ball size hail is believing, watch car being hail hit, if you venture outside, huge hail like this can pass thru windshield and other windows, like here and cause an accident via distraction or

impact. Hail is very common, check out a few seconds here… and people getting injuries, a normal rain turns suddenly into golf sized hail, with no notice, so avoid driving during heavy rains. See a truck turned imagine how risky it is to live and drive on a street in a state where tornadoes and 120 mph hurricanes are common, you could die any day (a tree branch like this one could hit you while driving), with no notice due to having no Immortality Traffic System to instantly alert nearby residents of a tornado caught by monitoring drones. Now you may agree why you need concrete domes in 30 states at least in tornado rich areas, see advantages. There is no notice, your house could be shred and thrown into pieces on a 1 minute notice and everyone inside dead. Are you prepared to prevent that with a dome, or hope "God will protect you when home crushes on you like this guy"? On Jan 16th 2022, 6 tornadoes hit Florida and destroyed 158 homes, and endless mobile or even 'normal' homes are destroyed when it comes, due to a government that prioritizes paper houses, instead of domes. If we want everyone to live to 500, if we want Immortality *for* All,☺☺☺ we need decent shelter. One county in Colorado had 51 tornadoes in 5 years, see national county chart. We need to vote the Republicans out and bring true immortalist reforms. People waste 400K on houses that would be destroyed by a tornado, when for only 200K they could build a dome that never suffers any damage. All due to a government that doesn't inform the people that with centralization, we could make domes as cheap as mobile homes that never break. The Immortality Building Inc can mass produce 250 million of them if everyone wants one in states with tornadoes, strong winds, storms, flying debris, hurricanes, etc, made of stuff stronger than steel, lighter than bricks or concrete, with one piece whose legs go deep underground, so no 250 mph end of the world Cat 6 hurricane can move it, no earthquake can make the slightest crack. It's big business to rebuild using slave labor that will die of exhaustion at 70, big profits for aristocrats who live in thick brick buildings with basements etc and live to 90-99. We hear all stuff about "house collapsed we need workers to build trash". If you had centralization and build houses right, you need 1000 times less "recovery rebuilding". Let's have high tech, aircraft, vanish hurricane formations before they become a hurricane, etc. We need high tech imports, not just same old tech.

Windows can be made of some laminated futuristic plastic 'glass' (plexiglass or new materials invented, besides the more metallized windshield like glass, also called *hurricane windows or laminated glass windows*, that would not shatter and cause eye injuries or diminish wind destruction inside the house in case they do break in the center of a hurricane at 230 mph) that won't shatter or even crack at all under 230 mph winds and injure residents, and be more convex, *a perfect part of the dome half sphere (not lower or higher, 100% flush against the sphere shape),* not like a flat thing that is a few inches under the top of the dome, which causes pressure buildup and destruction of window and dome interior. They don't use those as often as needed (only 100 times less), since they 'are' *more* expensive *than* non-aristocrat human life,

but *50 types of useless businesses* created to vampirize the slaves waste 50 million times *more materials than needed for that*. You would think the endless MIT majors in architecture would have more brains than the way they build houses and domes today. This is 3rd grade physics. If hail hits windows, in an area often, they need stronger build too. At MIT, *students die in alcohol rituals, designing wind proof houses to prevent 200000 homeless during Andrew hurricane is not important*, but hazing rituals in fraternities are important in the depraved decentralized education system. This is thanks to a *decentralized inefficient education system from hell*, that breeds chaos, deaths during hurricanes and crime. Wait, every aristocratic Emperor Contractor, 1 million of them, needs to have HIS OWN architect, since we need 70 million types of useless plans, instead of 5000 really high quality ones for every microclimate. With everyone *majoring in geometry of chimp huts*, to increase aristocratic PROFITS, business majors, accounting/admin, HR majors (for 33 million companies) there is no major in materials science, physics, chemistry, longevity sciences and 'aerodynamic', tornado, wind, hurricane proof houses, windows, roofs, houses that never break even in 220 mph winds. We need a truly pro-life Party, like the Immortalist Party, not one who picks and chooses when to be pro-life, who will protect kids, adults too, not just fetuses from needless abortions born of lack of knowledge about the bliss of happy breathing and universal kindness that can be 1000 times happier than sex. With efficient centralization, destroyed houses from hurricane/tornado would be 500 times fewer. While many builders use brick and tile floors in the entire house to prevent rotting wood and drywall, with a dome structure you prevent window roof wall breaking (look at these wood based box type flimsy houses, easy targets for hurricanes) and can insulate even better than a brick house to keep it cool in the summer. There is so much waste of materials that could have made many houses domes that didn't break at all. In 25 states, many tornadoes or hurricanes exist, so it's odd how people choose box type of ultra weak and flimsy house, with the tacit approval of a government of Aristocrats for Aristocrats. Try choose a house 10 ft above largest storm surge in an area, due to rock fill or natural elevation, and click on the Climate Risk tab on Redfin.com listing to see if it says "Unlikely to flood next 30 years". If you want to check street view to see if house is raised vs street in case of flooding, redfin street view link may not work due to a redfin bug in rare cases, so in that rare case, highlight the address, right click "search google for… the address" and it will have the street view. zillow.com and others also can have some satellite view too, which is easier to get via clicking on the google map you get when googling any address, click on layers to see trees etc. ☺☺☺ When you look up a house on redfin, there is a small rectangle with a map and that's where you can click Satellite to see the actual area from above. Then, you click only once on any house and it shows you that house, and if you click again on that popup window with the house image, it moves into street view and you can see all the houses on that street and drive by mouse thru town, even the White House or any street, business in any town worldwide. Check out Ian at 12 ft Cape Coral flood… or Englewood 10 ft

elevation (3m) near the beach 140 mph winds… or Lehigh Acres flood at 10-37 ft (most flooding happens in any city in the lower lying areas like this one) elevation. Check out Placida at 3 ft in Florida, during Ian, showing the need for concrete domes, not paper houses. Always check topographic map of a town (see how high, 42 ft, some Miami areas are, way above 6 ft) to see which areas of a town are higher, if you build a flimsy house in a flood prone zone, though concrete domes are 100x more hurricane proof, more energy efficient, cheaper to build. Google concrete dome companies and see which one is ideal for your climate, precipitation levels, etc.

Google it to see 100s of car crashes due to ice sliding in case you love "snow states", or due to not wearing snow chains. Youtube allows you to get 1 million more info via real life video about any location, without going there, saving you $. Before youtube, we had a few general books or sites and pics, nothing else. It prevents disappointment as people find out after moving somewhere just how annoying it is, having believed some funny article about "paradise" or "clean air". Ctrl+F "AQI" to see air quality for any US city on city-data.com. Ctrl+F "crime" to see. Try neighborhoodscout.com/fl/miami/crime, after .com type /state/city/crime to get violent crime (the most important one), for all tiny cities city-data doesn't list, or for CDPs, census designated places within a bigger 'town'. Click on any neighboring area, and it will give you the data for each and the price of houses in that subdivision you click on within the new city, to see if you can afford it, then google "new town FL climate" to see if you like it. In the future housing.gov site of the Immortality for All Era, when the mafioso can't flip houses or own 2 houses before all Americans own a home, when we search for a house, we can use 900 criteria, not 50 max as today. City-data.com is even more useful as it gives you city level of specific types of crime, versus national average, so you can see what type of violent crime is the most common in a city, which most sites don't show: simply click on a crime on the main page of a city and the graph will show it: Washington DC for example shows murder rate is 5 times the US average and 400 times the Singapore rate, so go shopping only in safe areas of town or in Alexandria, McLean, Silver Spring (the only safe towns right next to DC). Wear long sleeves, socks and long pants in DC any time you get out for more than 10 seconds, as mosquitos will bite you within 1 minute, especially at night. To avoid carjacking (theft of car while owner is in or around the car), which happens usually at stop signs while car is idle or in parking lots, drive during the day only for shopping or etc, never after sunset. Tint all windows heavily, where legal, since the gangsters can't know if they can overcome all resistance to a car theft if there are 4 huge guys there in the car back seats. Tinting prevents regular thefts when owner is not present, regular car break-ins, and tinted windows don't shatter, they stick together when a carjacking gangster smashes the window while you're stopped at an intersection, making it harder for him to take control of the steering wheel, to punch you, etc. Always drive with closed tinted windows, so they can't threaten you or ask you to get out of car, etc, pretend you don't see/hear them and choose

intersections with no lights, just a stop where you can speed if anything happens. They don't bother attacking fully tinted cars.☺☺☺ Using the Firefox browser and zoom 120% (Chrome doesn't work for this, it will be difficult to get the map of DC (that is shown in the center) on the whole page like Firefox can show that central graph on the whole page), go to crimecards.dc.gov and click on the violent crime with a gun, to select which violent crimes and general violent crime to see very detailed reports of how many crimes last month (updated daily), to determine where you want to live, noting that CIA, FBI, etc can send cop cars to some areas to change crime patterns, dead end or cul-de-sac areas near highways being safer as you don't travel thru traffic lights much and go shop in safe areas. Many rectangles have (if no rectangle exists, it means 0) 1 violent crime (Foxhall Village) last 8 years, a Bloomingdale rectangle got 291, so some streets are 291 times more violent than others, while others are 955 times more violent, since many on the 8 year map have 0 crimes, meaning no color, having had a crime only 19 years ago. Of course, the real crime rates are millions of times higher, because these are reported crimes only, so if spies, soldiers, cops are tasked by aristocratic terrorists (in charge of this nation for 500 years) with assaulting some folks daily for 10 years, 50 times daily, that becomes 500 times 365, or 182500 violent crimes from the CIA torture of one resident alone, so as you imagine, this count is WAY higher than the entire DC count on crimecards. The wolves guard the chicken cottage, so they report only stuff they don't do, because the crimes the government does are way higher than what the entire USA does. *Ordinary folks have no idea what goes on, how* criminal and violent *our government is*. This ought to surprise nobody given that these frauds swear on the evil Bible itself, a manual in how to beat slaves, enslave nations and exterminate nations. This phony oath is to deceive the masses of filif ☺puppy IQ workers☺ believing in the aristocrat made up Bible. Only thru violence can this system of terror and massive theft from the masses be maintained, hence they will torture to death, anyone who is viewed as a threat to their reign of terror and theft, like Brits did and the Catholic Inquisition thieves. The American revolution was a fraud by aristocratic terrorists. We're as free as caged dogs are. These maps refer only to touch based crimes, not to the invisible weapons torture crimes spy agencies, militaries do by the trillions in many nations, plus mind control crimes to suggest into the victims' brains to do all kinds of violent crimes (besides music to create gangs and violent crimes, in line with the Jewish US government goals of maximum chaos for maximum extermination). In 2023 Washington DC gun deaths were 28 in 100000, 560 times higher than Singapore 0.05, showing the difference between evilbible.com scripture and Tao Te Ching. We need less violent folks in DC, so come in, bring immortalism here. We need militant immortalists, dedicated to immortalist tone music, the 11 companies for world liberation, who want to pay locals extra money to buy their house (to give them an incentive to move elsewhere, like Florida with low house rices where a new house is 230K in Ocala area, so we lower DC violent crime rate 1 million fold) and live here, to change the vibe of the White House,

Congress, etc, the surrounding area and the entire world. ☺☺☺☺☺☺☺

Washington and South East Maryland are humid, so folks with dry eyes will love DC versus most Northeast USA or Midwest. Like any dense city, due to ultra low IQ aristocrats prioritizing wars, instead of quiet airplanes, quiet tires that make no noise and quiet electric cars, DC can be loud due to airplanes, traffic, etc, so you can use cheap soundproofing methods or more expensive panels. When sound hits objects or soundproofing panels, the absorption can cause heat, so sound panels can provide free heating of your room by blocking cold air and warming room walls. This only works for the best panels and for high levels of sound. Likewise, medical clinics use ultrasound to warm human tissue or even boil water. You can also google "crime city data cityname" to get the detailed crime report. You can go to maps.com/...diversity-of-cities to find exactly which areas have what dominant races, in case you don't want to be attacked for being different and 'not belonging to their gang territory'. Some violent crimes are fueled by racial hate, even if not labeled thus in the records. You would be surprised to see the level of hate humans demonstrate in their spy agency/military etc jobs of torturing those of different races that their superior (boss) assigns them to destroy or torture: these crocodiles smile and pose as friendly folks, while behind the back, they're killing you. They learned it from the masters of deception/genocide, the imperial (not all) Italians, the imperial Britons, Portuguese, Arabs blowing colonized folks by artillery guns to scare all who resist British, Arab, Portuguese thefts.

In this age of ☺abysmal IQ☺, until violent crime eliminated via the state of national emergency in immortalist states, the easy way to diminish chances of violence against your family is to live in a community of low crime and one that also is majority your race. Florida cities violent crime in 2026 (in increasing order of crime, the rise refers to 2024, before the deportation of the gangsters by the millions): 0.15 Parkland, 0.22 before attempts to kill Trump raised it 8 fold to 1.69 as all thieves heard rich people live there and they can rob tourists: Palm Beach (5.7 million priciest area, where Trump mansion is), 0.36 St Johns (Jacksonville suburb invaded by its gangs, military sites, nuke target in WW3, like Miami metro, doubled due to Biden illegals looking for new looting areas), 0.37 Weston (east of Ft. Lauderdale), 0.44 Punta Gorda, 0.45 Port Orange (90% Fl price), 0.53 The Villages (79K people, avg age 74, houses cheap, see census data vs others, crime was 0.27, double now due to illegals joblessness driving robberies up), 0.61 Odessa (Tampa metro, rose 20% recently, Tampa criminal aliens looking for new rob targets), 1.4 Estero (crime rose 2.2x due to Biden, as nearby Fort Meyers had construction boom for illegals, Meyers in top 2 fastest growing cities in Florida, 1.2 million houses in priciest area, illegals scouting for new robberies, since Estero avg age is 66, easy to rob seniors), 0.66 Interlachen, 0.70 Lady Lake, Cooper City, 0.73 Alva (doubled since 2024, since avg age 53, easy to rob), Palm Beach Gardens, 0.77 Cape Coral (817K priciest area in 2024, to see basic data from census, you can search census.gov; the 370K Sanctuary Estates Drive light blue (crime maybe 0.20) subdivision has

violent crime 100 times lower than in other 370k home areas in USA for example, things you can't find via other sites, Cape Coral is the only mid size (>90000) Florida city with low crime and low housing price, choose more inland areas for any beach city to avoid flood, redfin.com flood factor 1/10 not higher, redfin risk is minimal next 30 years under climate section), 0.78 Davenport (3000 people, 90% Fl house), 0.80 Pembroke Pines & Dunedin, 0.83 Palm Harbor (avg age 51, easy to rob by illegals, cheap houses, safer than 90% of US cities, near Tampa, rose 3.2 fold from 0.26 before Biden brought in millions of "peaceful" illegals), 0.85-7 Port St. Lucie, Wesley Chapel (Tampa metro) & Loxahatchee, 0.94 Juniper, 0.95 North Port, 0.98 Navarre & Sweetwater (next to Miami FIU, crime doubled almost recently, as illegals fled rural areas and went to metro areas where they got many Home Depots parking lots to look for a job, instead of only 1 or to retirement areas to rob old people easier), 1.0 Coral Gables (2.7 million houses in one section that got the most expensive zip code in USA at 17 million, coast of Miami, tourists, so illegals visit to rob), Coconut Creek, Parrish (rose 43% recently), Oviedo, 1.1 Naples (some safe area has houses 9.9 million, other areas 300K, you can see it on the map, but many safe areas are much cheaper, 500K, as map shows), 1.2 Riverview (low house price, Tampa metro area), Groveland, Margate, Doral, Palm Coast, Winter Springs 1.3 Polk City (3000 people, price 70% Florida avg, high construction boom by illegals, so crime doubled in 2 years), Haines (73% Fl avg), Coral Springs (2x fold rise), Sunrise & Wellington, 1.4 Hialeah, Cutler Bay, Port Charlotte (high flood risk), Tamarac, 1.5 Bonita Springs, Aventura, Miramar, Zephyrhills (houses are half Florida average) 1.6& 1.7 Boca Raton, Merrit Island, Clermont, Homosassa, 1.8 Brandon, St Cloud, Ormond Beach, 1.9 Davie, Ocoee, 2.0 Plantation, 2.2 Deerfield Beach, Spring Hill, Winter Garden, 2.3 Hollywood & Lakeland, 2.9 N Fort Myers (rose 10% via construction boom), 3.0 Okeechobee (61% of Fl price, crime rose 3x recently, cheap place for gangs), 3.1 Lehigh Acres, 3.2 Stuart (doubled due to retirees, easy to rob), 3.3 Fort Myers, 3.5 Palm Bay (doubled), 4.5 Miami (rose 26%, as illegals moved in to rob tourists and get Home Depot jobs, as jobs dried in suburbs & rural areas), 4.2 Fort Lauderdale, 4.7 Kissimmee (rose 15%, hotels cheaper than Orlando Walt Disney, so tourists easy to rob, as criminals can rent), 6.0 Jacksonville, 7.3 Gainsville (49% increase in 2 years, as this is the only metro areas with Home Depots and some tourists in the greater area, so all suburb/rural gangs moved in as mafia collapsed due to deportations, fewer jobs, so 'despair' drives up robberies), 8.2 Orlando, 9.3 Riviera Beach, 10.7 Miami-Beach vs 5.2 Chicago, 25.2 Memphis, 7.2 Los Angeles, 7.7 New York, 6.5 Atlanta, 19.0 Oakland, 7.4 Fresno, 4.2 San Diego, 13.6 St. Louis. If you edit the html address or click related reports to select different groups, for a given ethnicity, race and state symbol, you get which cities have the most people of a certain ancestry or country, though the data may be off by 2-3 times, still useful as it shows which cities have people. Zipatlas.com lists the ranking of the city. You can even find cities, zip codes with 60% immigrants from France, or get ranking of immigrants by state, or which states have most Irish ancestry (9.5% of USA in 2024) or German (12.6%), English (8.6% of USA),

Mexican (11.2%), African (12.5%), Italian (4.9%), Polish (2.6%), French (2.1%), Asian (5.8%), Jewish (2%), Russian (0.7%). Census.gov has a 2020 report on the main ancestries. The site excludes Jewish category (see location here) and has the numbers way off for many groups, but it gives a good ranking of cities, even if numbers are off. If you want to learn a language, go to a city with tons of those guys. Nuclear attack on Miami would blow wind towards all nearby cities on the eastern or western south Florida coast up to Cape Coral. ☺☺☺

Before buying any condo/house/land widen the search: remax.com lists 5% of MLS (units they're contracted to sell), redfin.com lists 75% of MLS, zillow 90% of MLS vs 99% for realtor.com, so definitely use realtor.com to see all MLS before you get a realtor and you're just browsing thru 100s of counties or states to find a town with lowest crime and cheapest houses. Redfin and zillow advertise their services and are brokerages, not universal MLS listing services. MLS homes are often hidden by other networks (internal clients first have access to see if they can sell it before redfin etc competitors can) in order to get the full commission themselves, so these 25% of homes are not listed by redfin. Shadier sellers may not appear on redfin and zillow, as they try to create artificial scarcity or "select estate vibe" to dupe buyers by checking off sharing on all sites. Also, try these: 0. use Google or other AI to analyze each PDF along the way, before you even sign buyer rep, by analyzing a 300 page CC&R (ask for CC&R before ever signing any buyer rep or purchase contract, before buying any land, or house in a HOA, avoid all HOAs. The CC&R can be analyzed in 3 seconds by google AI and tell you if they can sue you for anything, for any injury of strangers or fellow HOA using the easement trails on your property with you being liable for it at times (aristocrat makes money, you aid them, this enables Jews to get rich by staged injuries, you signed eternal slavery away) and you're foolish enough to use the listing agent who will side with the seller and hide all the bad info, or force HOA 100K road building settlement that none can afford. Landowners turn a huge land ranch of 1000 acres into a commercial subdivision, to avoid taxes the masses pay, that is for all purposes still their ranch where their animals can graze and do their thing due to acres of easements of trails that give them a 1000 acre area to spy on using remotely controlled animals, recruit spies to mind control, like they say 5 acres in the ad, but 1 acre is easement you can't use to build anything, no fence allowed, so all can spy on you, attack you with microwave weapons or etc. Aristocrats waste US human resources by duplicating and creating 4 million HOAs and CC&Rs, instead of taking care of the first priority: zero violent crime via equal pay, which removes the need for fences as all crime ends. We have no science in US due to these "cabbage IQ" rats.☺☺☺ A purchase contract for any land to build domes on benefits from 4 contingencies (use google search "explain these 4 to me: 1. The Feasibility & Infrastructure Contingency (45 Days) 2. Full CC&R, HOA Disclosure, and Budget Review Contingency (14 days) if you have no choice but to join HOA, due to ntohing else available 3. Clear Title and Boundary Staking Contingency 4. Environmental, Endangered

Species Contingency). Tell your agent you want "fee-simple land that has zero CC&Rs, no HOA association, and no public or private trail easements running through the property, as these "developer subdivisions charge double the price per acre just for some trails and terrorism via HOA (aristocrats deceiving the masses)". Google CC&R mailing address, and if first and last name are Jewish Ashkenazi, Sephardi etc names, and then search google for that name to locate Jewish community and check if listing agents are Jews (evident at times from last and first names, town they're in, values and way of speech of realtors they select (Jewish), they tend to lie to gentiles, part of their religion, avoid all HOA, of any type, America needs one HOA, the America universal city, one HOA for all 350 million, death penalty for any violent crime, so safe, nobody dares do a thing, no fence/HOA needed. 1. crimegrade.org murder rate map and total murder map (scroll down, total map is more useful in dense areas like cities with condos instead of houses, like Washington DC) 2. crimegrade assault rate map and total assault map (scroll down, total will be very red in general) 3. crimegrade violent crime rate map and total violent crime map 4. crimegrade kidnap rate and total kidnap map 5. neighborhoodscout.com total crime maps and crimegrade overall crime maps, property crime maps 6. city-data.com allows you to select 100 parameters to show you map with income, air quality, % of different races (which areas have the most whites, blacks, etc), crime (but their crime maps are lousy, show one color for whole city), 7. racial map (to reduce hate crimes). Scroll to the 2nd map that says interactive, click on it, click on search icon, then enter address from redfin 8. bestneighborhood.org has extra info when the above don't provide info on an unincorporated community. The most amazing & beautiful ☺☺☺ thing is with redfin address, you go to maps (scroll down, then maximize the view to the whole page) on redfin or etc to see the streets by zooming in and out and you see *the exact location between major* streets of a house, and then you go to see that exact area with street names by zooming the crimegrade.org map for the city: google "murder map cityname crimegrade" to get crimegrade.org/murder-city-name.

5.3.5. THE NEW USA CAPITAL: ☺☺☺ ETERNI, THE FORBIDDEN CITY ☺☺☺

Before we talk about the movement of the US capital to another location, let's just introduce our beloved readers to the reality of USA feudal state of eternal *slavery*. Reality is always infinitely more scientifically and 'politically' complex than it seems at a first glance, as the spies section explains, so what may seem like a right wing President, could be a covert leftist, for example, TrumpRx.gov allows the workers to bypass the parasitic aristocratic class of intermediate sellers and buy medicines directly from manufacturers, no more insurance companies, etc. So while low taxes favor rich men (spies using the cover of billionaire at times?), many (how many?) rich folks can be leftists who promote (using this extra wealth) the Eternal Immortalist Anthem World Village of Immortals, Villa Age of Single Family Homes (villa) for All, humans as one nation with 11 companies (not 1 billion today) some far away day. Whether this

is genuine or theatrics (to win popular support) it's not always clear, but sometimes it's obvious if you look for hidden trends. The crocodile infernal aristocrats live in palaces on 1-100 acres far away from the ghetto looking downtowns and working class cities, in select cities that look 100 times better than the dumpster of Washington DC (400 times the homicide rate of Singapore, even if 2 times more land/capita), which symbolizes the US aristocrats' utter disdain for all 200 enslaved nations who have their embassy in the crime capital of the USA, the "state" with the highest homicide in USA: in BLOODSHED THEY TRUST: THE God of Eternal Genocide, Mass Rape and Theft, as evident on their Swearing on the Evil Demonic Book each time they win the Faked Elections. Regardless of whether Obama or Trump is the President, "Left or Right" (both far right), the slaves only see one thing on TV: workers beating workers, workers smashing workers property, never an attack or even protest near the palaces of the elites. The diabolical deception can't be greater, since all protests are incited by the aristocrat run police state to create the illusion of freedom to protest (meaning to be beaten by opposing camp of naive fools). Orwell 1984, pure terror disguised as democracy, same scam in every nation almost, which are 'more like' illegitimate fiefdoms run by corrupt governments. Everything is staged, all we see is Court Proceedings, Crimes, War, violence to keep the masses in a hypnotic trance of "thank God I wasn't attacked/jailed/bombed today", fear, so trillions are stolen yearly, while the slaves are chained forever. The aristocratic cities or neighborhoods also feel 100 times nicer, not just look, since most are in the nicest weather in USA year round, and thus the Arrest-ocrats (aristocrats) never bother, as true selfish atheists who don't give a dime about the future reincarnation or heavenly journey of their evil soul or anyone else for that matter, since souls don't exist for them, except when the rich try to steal trillions by pretending to have a made up religion to amass naive followers to con, cheat and enslave (while the pastor becomes billionaire). Thus, the rich don't ever talk about any science to make World Peace in 3 months, thus a possible planetary shield so call enjoy 75° weather year round like them without droughts, hurricanes and tornadoes, storms, floods and houses that flatten at the slightest storm is the lowest priority. Why? Because the Rich got nice weather, the rest can live as rats, so who cares about the rest? They don't care about the slaves, so in the "democracy" Scam we never hear about in the so called "Equality Platform of the Aristocratic Run Duo political party system of clowns and frauds". Don't worry, the same happens in almost every other nation, the elites live in palaces, the slaves as rats. Everyone copies the US system of Eternal Slavery. Or we adopted it from the former 900,000 other empires, kingdoms. ☺☺☺☺☺☺☺

This concentration camp, Washington DC, looks/feels like Auschwitz, especially in winter, no trees, all snow 3 feet piled on the roadside full of filth as opposed to ever green So Cali, Hawaii, So Florida, so desolate and only 27% are single family homes (vs 100% in aristocrat cities and 70% in 99+% of USA cities), renters (60+%) live in tall buildings 3-20 floors, that look like city jails

from a horror movie, you can see some on the highway even, they sit right next to the highway, and extend into the Pentagon City area 1 mile from DC, Arlington, etc. We might as well call DC the JC, Jail City.☺☺☺ Same thing like in much of Europe, China, etc, Villas for the Imperial Elites, the rest live in cages. The capital of USA needs to have the lowest crime rate in the world, zero, not the aristocratic cities that really are the covert capital of the USA. The diabolical cannibal rich lie to us for centuries that "we have limited resources" (more on that lie exposed in the single family homes section), same lie always, they make endless companies to research war and political power building or maintenance enterprises, but nothing about new materials, 95% majors STEM (not 30% as in "fruit fly IQ" aristocrat☺☺☺ run USA), free education for all, via online centralization, so we have 400 new materials to build homes 40 times lighter and 40 times stronger, via new materials stronger than steel but lighter than steel, one piece for the whole house shell (like a dome if you want best anti-tornado for window areas with "metal like shutters" of the new material), with this one piece having 4-8 pillars going 10 feet under and ending with a plate holding 40 tons of earth that no tornado can dislodge ever, etc. It's all there possible. When masticating cannibals in love with eating blood daily are in power, drunk rapists (electronic rape, see details), swearing on Mass Rape & Beat Slaves with Electronic Direct Energy, Microwave, etc Weapons to Death (as long as not dead today, Exodus 21:20-1, can die in 3-40 months of 'unknown cause') Quotes of Eternal Genocide against Billions, nothing is possible: only buffoons and the like. Even Trump realized how incredibly ugly and ghetto like Washington DC is compared to other areas of USA and tried to beautify the ugly White House.

When glutton aristocrats are in power, we have the same food of pigs for 5 millennia, no eterni powders or real chemical industry, same essential building materials of greedy cannibals (wood, stone, metal and crushed stone or dry wall), lusting for more bloodshed in wars of conquest: they financed Nazis and started WW2 to kill 80 million, they killed 0.5 million US soldier slaves in WW2 to create Israel in 1948, etc. All we learn in history classes are lies: all wars are planned by the rich and powerful, the unkind/mean, who don't give a dime about the best quotes of the scriptures synthesized in the first 2 pages of the Immortalist Anthem☺☺☺. No blame for US pigs only, as the other evil empires of 1935 were fully on the game of murder at planetary scale. The DC-Arlington etc area is the shame of USA, the legacy of millennia of empires and aristocratic clans waging eternal wars on the enslaved masses, toiling to death to increase profits, so new wars of conquest can be started with mercenaries to expand the wealth of each "warlord". How come no "so called ethical" celebrity, Zuckerberg 2300 acres estate in Hawaii (besides the many mansions in Palo Alto, Washington DC, Lake Tahoe, etc), Oprah 2130 acres, Prince Harry (see house), wants to share in the holy presence of Washington Memorial and White House, Capitol that pass laws to favor the 8 million palaces, and borrow a condo to live in winter here to be in the Holy Presence of the White House, in a 25 floor tall building, 300 sq ft studio perhaps? Hard

to see ethical celebrities on TV (except peaceful music composers like Steven Halpern etc who deserves Nobel Peace Prize), making millions while producing what type of content, the one that perpetuates the eternal violence, let alone the tone. No, the rich live in So California, So Florida, Hawaii or huge estates in other states, where to keep humidity/temp nice/constant costs a yearly average salary a month. The frigid weather, the potholes everywhere, each aristocratic gang company making manholes everywhere as we don't have one Eternal Utility Inc as the People's 11 companies system to avoid destroying all brains (the more you shake it with potholes, the more damage) by 50 times more manholes than needed, unkept roads, everything like a "shithole country" Trump talks about in his rallies (yes, we have become a third world nation in some way, as migrants just love acting busy too, as they're not allowed to do anything, more on that later and the immigration chapter), since all money is stolen by aristocrats for their own cities of mansions where not 1 pothole exists vs 1 million in DC.

The entire country is empty and these bastards wouldn't let those freezing in concentration camp of Washington DC, etc to go elsewhere. Nobody ever talks of single family homes for all. The rich placed the poor in big JAILS in the city downtowns, to live like inmates, while 99% of the nations' land waits, empty, you know, we're Americans on paper, we got no freedom at all, we have to live in Siberian weather while the south with limitless solar etc is mostly empty, population density is so low, with enthusiasm of liberation, people would dig canals and build rivers and bring water to the 90% of USA that has no rivers or water, no need for desalinization 1000 mile pipes. Arizona, Nevada, New Mexico, Alabama, Mississippi, Texas, etc have so much solar power, but virtually nobody lives here except in a few ghettos and cities. But no, as long as the criminal 1% got their palaces, the rest can live 90000 in one acre in tall buildings, while they got 5-5 million acre estates and holdings. Nothing gets done (everyone acts busy, go to Nordstrom, see a guy wasting 40 hrs/week interacting with 1 customer each 20 minutes, store wastes 50 times the space to showcase the same amount of shoes, wasting your time going there to find so few shoes vs Nordstrom Rack etc), no new infrastructure for the slaves, no new canal, no new anything, just thievery, banditry and fake ads on TV for poisonous drugs and useless procedures, junk food, fake studies proving a phony product, cosmetic, fake university research, or medical procedures we don't need with good diet, education, early monitoring, prevention. Everyone cheats, copying the aristocrat cannibals. Everything is a pretend game of show and zero substance. The rich don't care, so the poor don't care anymore and the whole nation sinks into the abyss. 70% of college majors are non-STEM☺☺☺, wasting their life redundantly selling junk products (we don't need, except aristocrats to steal trillions a year) as retail, security, lawyer, judge, cop, beauty salon (endless other useless businesses that don't help the workers live healthier and longer lives). No research is done into anything that really matters for the MASSES, the police state's only priority is theft by aristocrats and their palaces,

the rest is a second afterthought. The research to help all have decent constant temp, constant humidity needed for longevity, mold free housing, zero violent crime, achieved by real equal pay and real equality, are only sci-fi writings that nobody ever talks about on TV. Let alone talking about the heavenly world of no money, where every citizen loves the "lowest or worst person with smallest Immortality Credit Score" a trillion times more *tenderly gently kindly*☺☺ than the best mom loved her sucking infant baby last decade (like the Immortalist Anthem explains on the first page), meaning, wise, kind, the citizens know when a need (vs vain desire) really exists, and use all the might of the collective to help that person get that pill or treatment, etc, without them having to wait 50 years when "they get money" while 3 trillion/year is wasted in selfish vanity. They actually don't need money, since intelligence fulfills our needs accordingly, with gentle tender soft nurturing loving healing kindness for all fellow future to be beautiful☺☺ telepathic radiant teleporting genderless shimmering shapeshifting Immortals. The perplexing stupidity of the New England elites couldn't be bigger, they freeze themselves to death in ultra dry Boston etc air that damages lungs and eyes in the Northeast, when they could boost immunity in the South in warmer weather, bring in water by today's tech until we can make the planetary shield via the One Eternal Nation, Eternia for All humanity, with 11 companies and 3 agencies for all humans. They're too busy trading stocks and chasing house flips to adjust to nature's energy. It's dangerous too, a local strike can kill 140 million, half USA dead by one strike thanks to the aristocrats cramming half USA in 1% of USA, who's going to defend those rich pigs? Cow IQ rich can't realize high tech can give even the rich much better housing, lifespan, etc. This is only possible if education is free, everyone is a scientist or engineer almost. The books explains how we get rid of all retail clerks via robots, via self-checkout, end all crime, end all jails, end all violent crime and boost research 100 fold via 11 companies efficiency. ☺☺☺☺☺☺

Due to centralization, and the movement of all power from states and cities to the center, due to the dissolution of all 50 states and their incompetent redundant governments, due to the extremely mission critical importance of the 11 companies and 3 agencies headquarters etc, a new capital city needs to emerge in some present state or perhaps around existing DC. If it's chosen around DC, they could demolish the few homes in the ultra sparsely populated south and east of DC parts of Maryland, relocating those people to the state or area of their choice, even warn Texas weather areas they may want, new homes for them to soften the blow of relocation, same size of the lot for the house, so everything square footage, lot size similar (say 1 acre max to be fair with the 80 million USA slaves living in 0.05 acres, since the new area will be nicer, lower crime and etc), just in another place in Maryland, or in the nearby or far away state of their choosing. These Maryland people often live like Kings actually, having lots of half acre or even 4 acres at times, while the DC folks live sometimes 50000 in one acre, which goes to show the so called fake spirituality of these folks who never protest about that and march about that:

when did they protest that 2 miles away people live 50000 in one acre not 1 per acre? The dismantling of the gangs around here will be another result of the relocation. This Maryland space allows us to build the 11 companies and 3 agencies buildings plus single family houses (a little more dense than 2 acre lots some imperial government employees are used to), all in a gated city where nobody is allowed in, with checkpoints for any trucks bringing food. We need world's largest education department, since all education is centralized, so we have buildings larger than all MIT to house the centralization of eterni tone. We need another MIT size building complex for the immortality tests and MRI scanning of the tourists and other applicants who want to visit USA, to determine intent, how eterni the tone is, etc, having to pass the immortality test. We need another MIT size campus of the Immortality Nurturing Agency for the testing of all millions of product prototypes that want to be imported into the USA or produced into the USA. Anything that fails is rejected, no explanation given to foreign entities due to national security concerns of theft of knowledge and using it to wage war against USA. We need another MIT campus size complex for the monitoring of 10 billion drones that monitor the land and sea borders of USA and all border offices, which have 20 times more staff than today. This will monitor the earth for tunnels of 1 mm diameter or regular 1-2 meter. We have 1 billion underwater drones patrolling our borders and also 9 billion air and land drones, besides fence with all the gadgets detailed in the border wall section. The buildings have CO_2 monitoring as fresh air marker (800 ppm max), negative ion counts, silent electric oil heaters that produce 1000 times less toxic air chemicals (electric furnaces are bad), besides humidifiers or individual window AC as needed, to ensure everything is clean and free from central ducts that get moldy, with hotel like units on outside for every office to ensure 0 germ transmission. ☺☺☺☺☺☺☺

There are no local, city, state courts. No city rules, ordinances, state laws, anything. 1 law everywhere. Everything is central, super-efficient, reducing lawyers and judges 1000 fold by the eradication of the parasites who act as the magnet for the lawsuit. Everyone knows when theft is a fine 9000 times the amount stolen, when aristocrats vanish due to wages being the only source of income and wages being maximum 3 times the minimum, that the incentive to litigate is not there, plus reviews.gov are instantly fining or giving bonuses to people for their good or bad actions. By the 11 companies and 3 agencies being in one place, we help the law creators to make science based laws and update them nationally within days as new findings emerge, without having 33 million rules for 33 million companies. Life of everyone is simple: one set of rules to recall, not 33 million. As people move to online buying more, we save billions in fuel and tire production, as fewer miles are driven. At the checkout, every item bought has a temporary tag associated with the cart you're using and if it was not scanned, it doesn't have that tag and it will beep, since the cart has the ID associated with your immortality ID, a cart can't have an ID on its own, it's your biometric ID, your hand on the card is confirmed as being you the holder of

the card and the person who checks out those items. With self-checkout like this, no *theft* ever *happens*. If it does, it beeps and person is given a warning if one small item and next time it happens he's fined 5 times the item price if small in price. Each time one fails to check things out or scan them, they get fined more until it reaches 9000 times. It won't be in one go, to kindly give older or exhausted people some time to adjust to the new way of 100% self-checkout with the universal "All Help All" system, of ending the entitled feeling of "slaves being checkout clerks" and "we are the intellectual thieves creating 4500 banks to loot all". Burglaries become unheard of, as we fine everyone if they steal, via the 100 trillion wired cameras. The most important aspects of the 11 companies are duplicated in an underground secret location that no thermonuclear attack can demolish, for the survival of the nation in case of nuclear war.

All this "end" of the lawyer profession is explained in the 11 companies 3 agencies 5 page section. Ethical societies don't litigate, they investigate to help people become kinder and fairly give a slight fine, bonus to people and correct what seems like a violation of the immortalist ethos of Immortality *for* All. Any local 'court' is simply the office of the Immortality *Nurturing* Agency, INA.gov, which has the courts and lawyers as 1% of its tasks. A police report is renamed to be an ethics report at the INA.gov. Disputes are solved there, and the Immortality Credit Score and fines for 500 people involved are decided there after research by the intelligence agencies which are part of the Immortality *Nurturing* Agency, whose logo is on every police, FDA, EPA, etc government agency, known or unknown, car, to end the energy of policing, and instead calling it "nurturing eternal lifespans for all', as we try to create a world of 0 death, 0 war, 0 violent crime, 0 death penalty, 0 theft, etc, not via police, via nurturing immortalists. The word policeman or cop has a pretty bad rap due to centuries of violence in 200 nations, so all 20000 police departments merge to become one, one training, one set of rules, one of the 20 departments of the Immortality *Nurturing* Agency. The joke we have today, with the FBI Hoover building is wholly insufficient for centralizing and educating every cop the same exact way, and calling cops nurturing healers or immortalists instead as police section explains. Likewise, the military needs to centralize their stuff more per the immortalist ethics guide as they get renamed Eternium and they become happy soldiers of the Immortalist Anthem. ☺☺☺☺☺☺☺

This enables us to separate the admin from DC proper, and leave DC to being residential only: we give DC to Maryland and take a similar size one for Eterni in the area south of DC with highest elevation, so that if global warming happens we're at 200-280 feet, not 70 ft as White House now. We end the DC and all 50 states. We demolish all DC federal buildings and move White House too into the New Eternal Capital of Eternia, America renamed. First of all, we create the 11 companies headquarters and houses for those guys, then only, after those first 5 years, we slowly demolish all DC gov buildings and build residential in their place for anyone interested in moving there from the areas Eterni takes over in Maryland. Total maybe 15 years.

Come to the DC metro area my immortalist friend and let us change America starting with the capital. Way too much crap in here for a capital, it ought to have the lowest crime of any world town, but hey it has 100 times more murders than many American towns, how can such crap exist? Because our nation was run by aristocratic leeches for 250 years, who gave a crap about the image of America, they just sucked the nation dry, leaving the world to fend for themselves and waging wars when profits affected only, without any concern about 0 violent crime and World Peace in 3 months as in the state of emergency. DC is 1100+ times smaller than West Virginia (2 tornadoes a year on average)-Virginia (18 tornadoes a year)-Maryland (10 tornadoes a year) total area, so it won't get tornadoes every year, but small category 1 ones can occur, and some Florida hurricanes can touch the area as left over storms and do some damage, killing 1 person every 75 years. Buy a brick house or solid concrete block house, not a wood house (so common to see manufactured homes in DC, wood houses, covered in plastic beams that mimic wood, this plastic is there to protect from rain, it looks like wood from far away), to diminish chances of death in case of a tornado. Ukraine and Russia bomb all apartment complexes by design, empty ones, to bring down the world of slaves in jail houses (apartment complexes) and give all single family homes one day as immortalism engulfs with the flames of truth the entire planet. All government employees of the 11 mega companies headquarters, with all government offices and employee houses move into the restricted Eterni or Eternity (Et rein, Extra-terrestrial reign of the Universal Immortalists, short for Eternity, the Eternal Capital of Eternia) area, to make space for more housing in the public section of DC (the current borders) and remove the extreme congestion, lack of parking, extreme crowding (eventually over 20-30 years relocate most DC people to our vast USA, to give all single family homes and make DC the public part of Eterni with areas visitors are allowed to come in to visit the Museum of Eternal Universal Immortality and the Science for All Biomarkers for Foreign Tourists areas. Let's face it, most DC residents hate their ultra dense nasty place of hell, where everyone is jailed in crowded row houses or condos. This relocation will be the best news for them, as no unemployment exists, everyone works for one of the 11 companies city or regional offices. We will be relocating *all Maryland residents in the southeast of DC borders where murder rates are insanely high* (gangs need be broken by relocating everyone to other areas, ideally far away, to other states, better jobs, better pay/houses, to heal and start a new immortalist path), and rebuild everything, all houses for government employees of the new centralism, nice single family homes, domes more able to withstand nuke blasts. Now, any spy can drive by the Washington DC gov buildings, steal all info, program all employees and run our nation and military, courts, everything… *Our national security is a JOKE*. We don't even have a basic border security, so all spies come to Washington DC to mess us up. The 11 companies, 3 agencies replace 20000 city governments, 50 state governments, 33 million companies and are therefore 1 million times more critical than today to be top secret. If they decide to put the 11 company headquarters in 11 different areas

of USA, that's fine, but they all need forbidden cities where all workers live in that forbidden city. Nobody else is allowed in. All in one is greater synergy, so they need to be in one place, and also have some regional offices for the 4 parts: NE, NW, SE, SW of the USA. ☺☺☺☺☺☺☺

This government centralization creates 50 million new positions as redundancy vanishes. These are the STEM majors who will retake classes related to the industry and tech they will be working on, to return to chemistry and physics basis too, because we need innovation, not retail clerks, and ☺filif IQ city/state officials☺ reinventing 20000 times what central government already invented and has software for, permits for etc. Today cities have their own water testing labs, steal trillions in property taxes to waste them by having chemists in city labs analyze 10-20 times fewer samples than private sector and working 3 times less hard for double the pay of private sector. This parasitism and trashing of national resources is due to the low IQ Republicans whose creed is Aristocratic Theft and decentralization first. When we finally end these parasites' grip on USA, with their local mafias running every city and state, by aristocratic bribes to officials from hell, we will end endless gang like networks that run every city and be able to swiftly deport 20 million redundant illegals who're not qualified for any job of the ultra efficient high tech economy. We bring in only super educated high tech people, not random tomato pickers that nobody will need with efficiency and modern agriculture and Eterni Foods that need no agriculture. In 2025 the security is pure trash. Even Russia has forbidden cities for military research. USA has nothing, 0 security for the central government, as if it's a mere decoration as aristocrats rule every company and every city by bribes, bonuses and firing. We have total lawlessness in America, we can't even have one education and one language, one tax (the 0 tax by super centralism), one parent license system. Immortalists will fix that fast, no more fooling around like Demon-crats and Re-pub-licans. The rules for the new capital could be those for world's first Immortalist artificial islands, built right here in the USA. ☺☺☺☺☺☺☺

The forbidden city Eterni (short for Eternity, the Eternal Capital of Eternia) has its own gov, shops, power plant, solar panels on every house to produce energy off-grid to withstand EMP nuke attacks, all walls like a solar panel, windows too, food production (eterni, vegan, etc) and it is separate than the existing Washington DC public city government. This government guards nation's secrets and interacts only with the government employees allowed in the city. The old DC area has Museums and things visitors can go with, some public government buildings for visitors into the History of Immortality *for* All and ~*~Eternal Universal Peace~*~ in 3 months. No satellite images are shown on any maps, it is a green area with hills, showing the old 2020s map. No drones or airplanes can fly over it. Eterni is free from churches, masonic buildings, brainwashing and other comical entities of espionage, due to the infinite violence of the Bible, Quran, Torah, Masonic rituals, Mahabharata. We the capital folks will be concerned with 0 violent crime thru the state of emergency, and World Peace in 3 months, decent housing and

healthcare for all, destroying all gangs in record time. We create a restricted access (government employees only with special top secret clearance) forbidden city called Eterni for the 11 companies headquarters, the Immortality *Nurturing* Agency, nobody able to enter for a radius of 9 miles, gated. As CIA and FBI as dissolved into Immortality Nurturing Agency, and War Dept is dissolved into Eternium, Eternium moves into Eterni too. Here we will develop the centralism of immortalism to a high degree, with one currency, one bank, one permitting for all businesses (no food stores, no restaurants, no gyms, vape stores, liquor etc until we got 80% of buildings research centers of the 11 companies, then the other branches of the 11 companies (food, clothing, etc warehouses can be permitted), one state (all state and city governments dissolved, meaning all policies are federal and elected by people), 0 taxes, one police department (same training), one spy agency (Immortality *Nurturing* Agency, INA.gov), all Federal Departments in one forbidden city, secure from spies. It's a project to remake America into world's first democracy, where aristocrats don't torture us anymore and all have decent housing. A key thing is to educate the average Joe about espionage and the need to be vigilant. ☺☺☺☺☺☺☺

The ☺abysmal IQ☺ in America today so makes it possible for every rat (rats are cannibals if hungry) like filif IQ guy to start his small business from hell, to redundantly waste land, human resources, building materials (that could give all decent housing and turn all jails into healing centers) for offering the same old crap as everyone else and us to become like a pygmy country from Africa, backwards and clueless, when with Eterni we can push for innovation and ethics, instead of the Jewish merchant mindset that ruled the West for millennia. Every sells and resells, innovates nothing, like the trading finance expert Jews of old. Of course, some things will be left where they are, Apple phones in the Apple buildings, etc, but we need some central place to unify all phone products, unify everything as much as possible to free people for research that is far more important than these 0 IQ killer phones. You can have 500000 people in one company, with 3% in admin jobs and 93% in research, 4% in production, or you can have the ☺abysmal IQ ☺ today, with 50000 companies of 10 people each, 25% admin, 70% production and 5% in research and innovation. So, are Americans going to wake up and vote for 11 companies and true innovation, longevity, high tech better housing materials (soundproof, moisture proof, termite proof, mold proof, etc), 500 year lifespan or remain pygmies singing abysmal IQ songs lacking any intelligent hypothesis thinking ☺☺☺ universal *gentle tender soft nurturing* loving kindness, compassionate grace? ☺☺☺ Kebab, Halal shops everywhere, come one and all, cook the same gorilla meat in 50000 gorilla ways. No innovation, Islam for all, backwardness for all, Jesus meat, Jesus wine for all, no thinking, no high tech food (not made from plants or animals) that helps us live 40 times longer as queen bees live due to different diet. Just cave men hallucinations during extreme heat. Don't let cities give permits, let Eterni give all permits as explained at housing.gov☺☺☺. EFFICIENCY: RESEARCH CENTER, not city officials acting busy

inventing 20000 versions of every law to feel imperial. No permits for any food, restaurant, gym, stadium, vape, liquor, etc until all are housed well in single family homes, with 0 violent crime for all cities. Who needs these Republican and Democrat parties that give us empty promises and same old results? By now in 250 years, they should have brought World Peace. Why can't they? You can't when you don't innovate, you're like a chimp masticating carrots. ☺☺☺

Going back to the topic of finding safer places before immortalism wins. Once on crimegrade.org you magnify and avoid anything yellow, orange, red for murder maps, as that is the worst type of violent crime you don't want to live with (burglaries are OK, but not murder, shootings, etc). For example, Venus is 1.53 (south part of Lake Placid, altitude 150 ft, safe in case of sea level rise), Cape Coral 2.76 (not 0.8 as the other site) vs Miami 10.58 (Miami is 10-27 ft). Each country has crime sites, Australia got redsuburbs.com.au where you can expand the map to see an entire state or country and zoom in on any city and click on all nearby cities to find the lowest crime ones (green) like on neighborhoodscout.com, to see all types of crime data for free and you can use the Tor browser to get unlimited searches, since it changes IP, so you get past the 15 free suburb searches/month. Type redsuburbs.com.au/suburbs/cityname and you get all the amazing data. Please note the US data of violent crime/1000 residents won't be the equivalent of other nations, since every country reports violent crimes differently. Thus, within a country, you just choose the lowest crime cities, since cross country the comparison is not exact. Generally, since in Australia and 150 nations nobody has a gun, except cops, homicide rates are much lower than US. The Wikipedia shows 150 nations have lower homicides rates than the land of eternal violence, USA. Australia rate is 4 times lower, being roughly equal to the European Union average. Crime statistics can be false, since some nations report improper behavior as a crime 10 times more than others. Generally speaking, the actual crime rates are far higher, since people don't report sometimes hundreds of domestic violence incidents, due to getting used to the culture of hooliganism that dominates that particular country, its evil music, etc. This means that the actual violent crime rates can be 10-20 times higher, and even 500 times higher, when you take into account the police torture and hidden violence, etc. That's why only homicides are somewhat accurate, since those HAVE to be reported, while all the rest don't have to be. The tone on TV is a perfect predictor of REAL violent crime if you know what to look for, it shows what's acceptable within the culture and government of saints or hooligans.

Research before moving anywhere, so you're not upset by high violent crime AFTER you moved there. You will realize expensive doesn't mean *safe*, places way cheaper can be way safer, though if you compare the 2 maps for every city, the dark blue areas of high crime are always yellow on the house price map (meaning cheapest). When a map has dots on some city areas, it means those subdivision detailed data reports are not free. ☺☺☺ However, sometimes, for the same price (same shade of brown), some are 2-3 times lower crime, so always live in the lightest

blue shades, top 5 if 20 areas or top 20, if 100 tiny areas. The nice thing about Florida or warmer states with nicer winter weather is that you can create a structure outside (due to nice weather) that is 100% protected from outside neighbor or inside wall build microwave laser weapons used to torture people that various spy agencies install or use in houses you rent or own. Never trust any contractor or anything, they're all easy to control and hire by any spy agency to create a torture house, in your so called "new home". In many places, a shed is not even needing a permit and you can heat and cool it with a little heater if need be using an extension cord, thought some climates are so warm, no heat or cooling is even needed. Create a space of 30 ft from any other dwelling in case of being tortured a lot by subhuman beasts, to make it harder or simply leave that nation controlled by hooligans. In such a place it is harder, with aluminum foil barrier, amazing & beautiful insulation, simplicity of devices used (*nothing electronic, except cable for a tiny heater, since 100% of imported or domestic electronic devices can be disguised weapons of torture* or a 10$ device can cause 1$ billion in damage, ground flights, by moving around and not being found), to be attacked by all conmen hired by the various mafias out there or spy military gangsters working for various nations as explained in the torture section. If they continue torturing you, get out of where you're and move to a place with a bigger lot to establish a safe buffer via various methods to block electric, magnetic, microwave weapons. It's stressful, but you definitely can't stop it if you're ultra close to neighbors and other dwellings where gangsters can rent or own and attack, recall, the music reflects the hooliganism.

It's useful to look thru some of these neighborhoodscout.com like sites, since city-data.com doesn't give you violent crime data for all these tiny places and by shade you can infer if higher or lower than average and the general description of each subdivision mentions which languages and ethnicities are there, if you want to live in an area with 30% French speakers or etc. You can also click on each of the blue shades, lighter being safer, to see more info about house prices, who lives there and then search youtube for information on "driving on the streets of neighborhood name city name" or "how life is in this area", many youtubers have recorded driving thru every area, and it's more real than google street view sometimes, as you can hear noise levels, people. Never buy used cars from Florida, as many are full of mold and flooded, buy used cars from dry states or buy new Teslas, since with 7.5K instant rebate, you get a new Tesla, way better and cheaper than many old Model Y on Tesla.com inventory. See the EV section on why flooded cars can catch fire anytime and kill you. Check FBI too. However, FBI covers only a tiny % of cities, mostly big ones. The humidifier section has more on humidity, average temps and related topics, what areas of Florida are nicer, etc. This info allows immortalists to make wiser decisions to maximize lifespan of all and create little ☺☺☺Eternia 'islands'☺☺☺ in certain neighborhoods free from the issues of modern "civilization": smoking, alcohol, weed, drugs, violent music, hooliganism tone, aggressive tone on TV, terror.

WORLD'S FIRST IMMORTALIST ISLANDS and their rules similar to quiet cities policies

Perhaps, they can have 200 (initially just 3) floating artificial islands where people live in nice weather, using stronger than steel, lighter than air techs (or as lighter than water) etc (graphene aerogels are stronger than steel and can be lighter than air). Or choose some other area of the world with nicer warmer weather year round (so all food is vegan, local, organic, fresh, ensuring self-sufficiency, all energy local, off-grid, solar, all water local, from air or wells, all ready for WW3 if need be to continue human civilization, only transport inside is Amazon to a PO Box area for each 20 properties, to buy vitamins online) and establish a city or something with its own laws: no dogs, no noise, no meat eating, no stores to sell meat or animal products, no animal agriculture, no chicken to raise eggs, to make rooster noises, the quiet cities laws implemented (all of the rules), everyone passes the Immortality Test for our city, to become resident, gated with 500000 cameras around the city perimeter, only registered in the city cars can enter (visitors come with a resident only), a 0 crime city, that teaches the rest of that country how to build immortalism with its 0 crime, duplicate it and live it, eterni greeting done, no need of hand shakes. This allows immortalists to have new laws and even a state made of artificial islands between Hawaii and California or etc dedicated to immortalism that is called Eternia, so that the state bureaucrats and Bible fanatics can't stop us from creating an immortalist centralized civilization in our state, with one centralized education, centralized state website for all real estate renting and selling/buying, one etc, with uniform laws (same exact website for all permits in all 'cities' of the state, enter zip code for any amendments, etc), city codes and a new model, unlike any state, so we have 0 violent music, movies, crime, books sold, and the most peaceful music. All ideas in the book would be implemented here, and then, other states, seeing it's better, could copy them, if wishing to do so or if the Immortalist Party wins, we become the national model and make America and All Nations EFFICIENT, 9 billion year lifespan, High Tech as never before. We no longer have to deal with "tradition" and "etc". The distance between Hawaii and California is so big that, one can be in areas with 0 vog. ☺☺☺☺☺☺☺

2024 CDC data shows Hawaii homicide rate is half of US average (2.8 vs 5.9). It used to be 25% or 1.4, but an influx of Latino illegals doubled it after Biden years, thanks to "sanctuary state policies". Being isolated from other states, with super *high tech security* we would be able to create a different culture 180 degrees different than the 50 states. After all, they promote diversity, on paper, but in reality, *it's the same violent culture* everywhere, in every nation/state almost. High security by US Navy means no spies, gangsters can sneak in, since we get special status, *no tourists*, a high tech special artificial state, *nobody with violent crime or drug use records allowed to visit*, visitors will need to pass a security clearance by applying to the Immortality *Nurturing* Agency, INA.gov. *We're a small island state learning to make artificial islands tech more developed, to promote* World Peace *(and defend US from ICBMs) and test*

hypotheses of this book about creating peaceful *civilizations with 0 crime, 0 jails,* so only US citizens are allowed to land on the islands to visit family or friends – no foreigners, this ensures maximum security and 0 espionage: no hotels, to *ensure all have housing*, and resources are not wasted. Since these islands are the planetary defense against *catastrophic supervolcano eruption that would starve all humans to death due to no sun for 5 years, they develop high tech* eterni *food techs* that can use *water and air only* and other techs, microbes, etc to produce proteins, etc; thus, initially, only science and engineering majors will be allowed mostly, as those are the engine of innovation and World Peace *in 3 months thru Positive Methods Only*, people who have the highest proven (by their CIA-FBI file) resonance with the eterni energy of ☺☺☺ universal *gentle tender soft nurturing* loving kindness, compassionate grace. ☺☺☺☺☺☺☺

We are the centralization enthusiasts, who use the same pattern and model for all islands, so no waste of 100000 jobs with "city clerk" and all kinds of stuff, reinventing everything, permits and all kinds of nonsense, our differences are more in the inner and not the house square footage. Since everyone is smarter than 99% of clergy today, they all use online churches of the immortalism vibe that locals can create via youtube recordings in the tone of serenity. Due to limited materials and challenges of producing all materials and food from water and air, we have no churches to take space, but allow a meditation room to replace huge dinner, living, kitchens and make those smaller by design, way smaller. We make each dome home a temple to the Eternal Universal Peace. Everything automated, high tech, quick and easy, all bought from one location, 20 models of domes that resist Cat 5 hurricane, it's the land of those who want to live to 150 and save humanity from violence and war, instead of to 100 with dead corpses of animals diets or stone age vegan food. As Tao Te Ching says "when you're happy, inside, at home, you have no need of vacations far away, when you see Tao, you don't need travel or open the window to see outside". Islands can be 1 mile radius minimum, so 2010 acres, with city Immortality University at the center and all shopping, seeds for growing one's own food, special reactors (top secret until World Peace arrives), etc, if we have 2000 acres, we can have 1000 for residential, 1000 for shops, research labs (since all schooling is mostly online) etc. So 4000 people, each gets 0.25 acre; single story homes only to prevent overcrowding and accidents due to falls during massive storms, since specialized medical teams are far. We're into longevity, so we have geeks, doctors. Clean pools for swimming, jogging, walking paths, on the circumference where the 10 ft fence exist for safety, followed by other security fence with 100000 video cameras/island and possibly electric wire to prevent outsiders from jumping in easily from boats on submarines and doing sabotage or placing spy gadgets, etc. All interested and trained, can enjoy helping with island security with 9000 underwater and aerial drones that patrol the area around the island to detect any intruding objects or people. All islands are 1-10 miles apart, 10 miles from the nearest land at least, each island maybe 1000 people max, so that all houses are

domes (space age materials, plastic etc that doesn't get wet or rotten or termites, etc) that withstand tsunami and hurricanes and nuke attacks won't destroy all people in one blast, so over time, we may have even 5000 islands, depending on how easy it is to be 100% self-sufficient, grow all vegan food on the island, water lentils (duckweed) (ω3:6 ratio 2:1), seaweed, etc. No 2300 acres palace allowed, or 2130 acre estates, while others live 30000 on one acre, due to limited space and equal opportunity for all, as we promote longevity for all, not some having *9000 times* bigger house lot. Max house size is 50% bigger than the average. ☺☺☺☺☺☺☺

War exists because of low IQ and also because of parasites waiting to exploit all and take resources that increase average lifespan by 1 year for 2 million people and use them to increase theirs, if at all, by a few years, leading to tremendous lifespan shrinking of 10 million lifespan years for the collective humanity due to war, neglect, lack of quality food, sleep, torture by aristocracy, etc. Because 2% of islands are purely military missile defense sites, interceptors, etc, they may only have 100 soldiers on them. The new artificial island state of Eternia needs to be 100% independent of Hawaii, California or any state that we expand too off their coast (the Island state), with our own docks, transport, airports, everything, we would not be connected via land or bridge to Hawaii or California. Big Island of Hawaii got 300 miles of coast ☺☺☺, so *50 miles away (in the direction where volcanic pollution or vog never goes) it's even more "coast"*, maybe space for 500 artificial islands each 3-4 miles apart. The ones far away, 200 miles away, can form an impenetrable wall in case of missile attacks, etc. In wars, they're the first line of defense for all US states coastal areas this "Eternia state" expands to, and the most valuable people are moved to the mainland in a special Eternia City, possibly all civilians (95% of people) if there is a specific nearby attack, so inland soldiers can move in and defend the real land from enemy weapons, missiles, submarines, ships, etc. These are among the most peaceful people, so they're a national treasure, their evacuation would be important. Thus, a special agreement exists between mainland California and the new state, in case of WW3. We can even tether islands to the land of some islands (if area gets 200 times less vog) or ocean floor with huge cables or use solar power to turn them into ships that can change location slightly if they drift. With advanced tech, the houses can be 30 ft above sea level, due to chemical aerogels. ☺☺☺

Due to stringent media laws, that make China look liberal, 99.9% of US citizen "singers" would not get permit to perform, since we love our peaceful lyrics, silence, state anthem, serenity and mp3 eterni tone (much better than these vocal and instrumental samples, any clip measured for MRI properties, 100 tests before any song is approved to be released) music, no need of war vibes on our "land". Plus, we love our people, not to make bad singers rich while citizens are homeless, they can create nice youtube music and we listen to it if we like it. It's unethical to make big concerts halls while others are homeless, so there are not many places to perform, except for 200 people at the city (island) immortality center. Fireworks and outside parties are

illegal, if noise exceeds that of soft meditative background music. Smoking inside or outside is illegal anywhere, as is the sale of any weed, alcohol and tobacco. English the only language on any sign. It's the Abode of Serenity and Eternal Universal Peace. Due to our ethics, we will have no homeless. State got the right to fly back anyone that lands without a job or income, in fact, it may require the income check for staying over 5 months. No stadiums on our land, only peaceful activities. True tone can finally develop, true culture. Also, most sports would be illegal, as they bring war and egoism. We build Peace. Dogs are illegal, (2 dogs max/island at the dock of shipments, for drug sniffing (a dog can sniff even 15 different drugs; dogs can smell up to 50000 times better than people; later, we develop scanners better than dogs by 20000 times). Initially we're ultra limited in resources (to create these islands is harder than Manhattan project tech wise) and need super high tech jobs, young innovators, etc, so we really won't deal with service dogs much, as nobody gets to have a high tech demanding job and really need an "emotional support" dog, topic covered in the pet section. Hey, if we want to produce our food locally in our self-sufficient floating islands, we won't have the luxury of 400 lb people and 2 trillion dogs. Dogs create uneterni vibes, sounds, wake people up (no tall buildings to absorb noise, since island sinks with too much weight), dogs promote neglecting humans. Dogs prevent us from finding peace, bliss within meditation, from loving people, not dogs (so nobody is homeless, neglected, many value dogs more than humans). Because we meditate, our cities are ultra quiet, like the quietest mainland USA city in existence, so dogs are incompatible. All walk to work or use some tiny ultra quiet car with speed limit 15 mph, made on one of the islands, a car like no other, without spyware from overseas, the Eternia, the car name. Many can choose to walk to exercise, and most would choose food delivery if they don't grow food in their backyard, since that minimizes traffic noise from these super quiet cars, since with one trip to an area 50 trips can be avoided that create 40 times more noise, driving time and electricity wasting, tire PM2.5 pollution, etc. Food shops and basic stuff are in the island center, to minimize biking, walking distance, and keep all trips under 1 mile. This prevents obesity as people exercise a LOT more daily and we need no gyms, sports facilities then, only brains to dematerialize any scoundrel weapons. The design makes it easy to get immortalist zoning areas in city gated neighborhoods, *nice circles of 1 mile radius that copy the islands* and take America back from the violent historical inertia. Some small cities could make the entire city like an island sort of, since they're new cities and they set their own rules and who is allowed in, etc. The old cities can buy houses to allow residents who want parties etc to go elsewhere, so the city council or county chooses immortalism by *city, county or state* referendum, becoming a satellite city of the hypothethical *island state* Eternia made of *city* "islands" and *artificial* islands. We need to protect the peace loving folks. All backyards will have some use for the island. All pets, people are required to be vegan to prevent global warming, and evolve the DNA to Immortality *for* All *gentle vibes*. Plus, oceans are so toxic these days, taking fish from there would be risky, so we can simply use

solar, filter, desalinize water, or get water from air and then grow much healthier proteins, fats than fish. During war, fish is deadly, as enemy can use drones to poison fish. Islands need self-sufficiency to the extreme, as air or ship transport is not a given. No barbecue or fried foods exists as it kills from the inside, causing early death due to arterial plaque: also, a barbecue restaurant killed 31 people in 2023. Our islands are not able to deal with gas explosions well, so gas use is illegal on the islands. Dogs bite kids, adults and also cause global warming, they eat a lot of food, meat that requires land, emissions, etc too. Cats are smaller. We don't have the luxury if huge access to 1000 MD specialists by a 5-30 minute drive, so everything sold goes thru 100 times more health checks than on the mainland of death. We have the most chemists, physicists and engineers per capita of any nation. No "bars, sex shops, or night clubs", all shops close at 8 pm. Our bliss is meditation, helping others, etc, we don't need parties, loud music, etc. No crime means no jails, some fines and educational courses for theft, if any theft. Everyone allowed to land is so screened, no violent crime is possible. It finally allows America to have a family friendly neighborhood, free from violence. No guns are allowed (the 2 cops that protect islands from drones, and submarines, on each island can have it), we got AI and high tech drones defending the islands way better.☺☺☺ All radio-TV local is eterni. Everyone meditates to bring the Eternal Universal Peace. It's like a monastery of truth seekers who filter out all negativity. We're a model for cities and states to create new policies and neighborhoods. With 5000 similar islands around the US coasts, we can give 20 million Americans a peaceful home, not terror. Because we're immortalist patriots, our island food/building tech can't be shipped out of state until World Peace reigned for 20 years, to prevent thugs from launching endless wars of conquest. Before World Peace having been real for 20 years, only states that join our state by redrawing US state map, living by the rules above, can share our food tech, to prevent theft of tech from spies dreaming war all day like hyenas. This also prevents the soulless aristocrats living on 18000 ft^2 house and 500 acres from living long to start new wars. Let all those who love God, the "Immortality for All" principles, not wealth, receive the food and healthcare that grants 450 year lifespans, not those who create wars and shorten the lifespans of billions thru their greed and depravity. We want to transform America slowly and bring an end to all jails, wars, homelessness. Since not all realize what it takes to bring peace, they won't join the centralism instantly: live and let live, but let us live our way, this is the land of the free.

Back to the Anthem Eternal talk: other anthem lyrics could rhyme and try to say "Immortality for All, Immortality for All, Discerning Universal Loving-Kindness, Gentle Nurturing Grace & Compassion, Bring us *trillion* year *lifespans*, Immortality for All, Immortality for All. Believing nothing without proof, we test every hypothesis, Advance Immortality science for all. Working for Immortality for All in *all nations*, we bring universal peace, Immortality for All, Immortality for All" – like this universal 1 min song that is the epitome of real patriotism, for all nations

develop most when there is peace and the wish for Immortality *for* All is in every country's ethical system, so there is no such thing as overt or covert violence. The country who wishes the best to all in their anthem will be the one lasting the longest. Discerning universal kindness is universal for all, but strongest for the kindest. *This is the application of* win-win*, instead of the win-lose lyrics of many nations* - 'we will restore our old glory, tra la la, etc enemies will be dealt with this and that way, tra la"- what glory? The past was full of violence and killings, recall old soldiers were not immortalist ethics ones, they were very bad. We need to focus on Immortality *for* All people in *all nations*. Anthems would not talk of enemies, for this will create them out of thin air; anthems would focus on the positive future of Immortals, Immortality *for* All . Replace all negative words as much as possible and focus on the most positive planet images. In a democratic future, they can even use holograms that shapeshift and allow President to take on different appearances, races, genders matching those he talks to sometimes, and have a council of the Infinite intelligence of Immortality *for* All. These 20 angelic speakers can interact more with the people and the president can even be a shapeshifting Immortal AI from the Immortality or Longevity party, whoever wins, that represents the immortal intelligence of the people, speaking in the most healing most positive emotions inducing tone ever created. The Immortality *for* All Council can be aided by Parliaments etc and government. This helps the President to remind people that they're Immortal energy beings who will be able to literally shapeshift too, since matter is energy. When everyone is an oval of energy, all are identical. All become more fluid in intelligence, as they see these amazing shimmering lights, and realize trillions of ways to peace without war/violence exist, even if we have not always found them. Having 20 angelic speakers, using holograms sometimes, who go visit or project their hologram, shapeshifting one, to various places, allows a more heavenly and democratic *(no monopoly of one tired voice, have 20 healing speech trained individuals who rest a lot and make the most* amazing & beautiful ☺☺☺ *with relaxing music in background press releases*) energy to radiate from Eternia's President, who is sending the most rested (thus best tone of speech) people or AI to relate and interact, since a human gets very tired and only prerecordings when very rested or AI makes a super healing voice. Thus, the President gets to get better rest, talk less, meditates more, prerecords, to maintain the most amazing *gentle tender soft* healing nurturing vibe *all nations* can love and make the Eternia President loved by all, unifying all humanity. Because the government, Parliament etc interact with public more thru the 20 angelic speakers council, the public is not contaminated by the stress and negative emotions anyone may feel, as the Council may not know every detail either and act as a healing mechanism to elevate all humans.

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5.3.6. Creating immortalist cultures of elysian grace: the immortalist *greeting*

☺☺ Observing the Immortals in all humans via Greet, keeps humans in this Immortal vibe☺☺

Quantum mechanics: as we look at the Immortals Blueprint hidden in all, we Eternalize It

The eterni or immortalist *greeting is* the *poetic* expression of the universal *benevolent* wish for the *infinity* ∞ of blissful lifespan to bless *all* beings interested *(it doesn't specify in* what dimensions that eternal lifespan *spreads out on).* This can be done in a silent way or vocal way, or both, in sequence, when you feel the other needs to hear it due to contamination (or prerecord it and play it on the phone speaker); the silent way can be quite simple, as described in the divine ecstatic bliss section, where we inhale God's or the Universe's (for atheists) | Immortality *for* All | Light, Energy, Kind Vibe, Knowledge inside our brain (thru the top of the head) to illumine it (sort of like a sun that illumines quadrillions of stars, a light bulb that is now your head, just a trillion times brighter than our physical sun), Gentle Healing Blissful Compassion for all beings and exhale it (thru the entire body or the entire brain sphere or the 3rd eye or center of forehead to stimulate universal empathy and the frontal cortex, the brain ideal when spy agencies use their gadgets to arouse you thru bitches pretending to love you, to take and keep that energy in the brain, instead of down) to envelop the entire planet and that person (their brain will be entrained into the universal compassion and | Immortality *for* All | *vibe)* from 3-50 feet away without touching them *(no need to keep eyes open even, when doing this, as the other is reminded to meditate for a second and* commune *with* God*, not with human lips, cheeks, hands),* smile a little at least (no huge effort, no need to show teeth) and also, critically important, *envelop all humans on Earth so they calm down* and stop the wars, unify as one Eternia, humans whom we see as shimmering shapeshifting *Lightbeing Immortals* (ovals of energy light) ready to bring Eternal Universal Peace in 3 months,☺☺☺. This is a "visualization and feeling" prayer that can be done with every act of breathing we recall, even 7000 times daily, so you're not restricted by any schedule, direction or anything, no need to pray at a certain time once or 5 times a day, you can do it sometimes 5000 times with 5000 breaths to greet all humans, you simply direct the light, eterni energy of ☺☺☺ universal *gentle tender soft nurturing loving kind* compassionate *grace* to where it is needed, be in your emotional or physical body where healing is needed, or in the world, creating an astral globe with double the radius of Earth that envelops the planet in peace, or if you don't want to overextend, just let the light transform your atoms as you radiate it thru your body to increase your vibe and perhaps, as they joke, make your lowest 'astral body' shine, so all who resonate with it, can reach resonance and heal the planet. However, since the astral body is easy to stretch, it can envelop the whole planet and 1 trillion galaxies, so like in that exercise, expand and flush the whole planet of bad astral vibes, be a light of the world, or, if God wants, for one minute or month of the year, the brightest astral light of the entire planet. As rain removes smog, so can your light remove astral smog, since all human brains are connected to the astral web of information. You're the builder

of a New Astral World, an angel of light whose eterni *greeting* changes all atoms of the planet.☺☺☺ Infuse all humans with the bliss of God, so they stop fighting and bring World Peace soon, realize the brains of many are like those of 2 second old babies versus an Immortal: unaware (clueless, brainwashed by religions, national institutions) of the fact World Peace could become real in 3 months and last forever (as long as humans can inhabit Earth): *so be gentle tender soft* patient understanding (as the most loving mom is with a 2 second old baby who has no clue) *in* radiating this gentlest most loving light of God back to the world, since as it passes thru your head, heart, soul and being, it also transforms you. They know how to incite wars, create strife, operate airplanes, tanks and missiles, but not yet how to love all humans, so teach them, so Peace becomes real in 3 months on Earth. This way of greeting is more universal, and more democratically dispenses the loving kindness to billions of humans from your cosmically expanded astral body that becomes a Light of God on Earth, instead of only the person we shake hands with, kiss etc. This also helps you to remain happier and boost self-confidence, since, when greeting the eterni way, you're bigger in size astrally than all things physical bodies created on Earth, and probably, older too, since the million years old quantum *Archetype* of humanity uses particles *(as individual unit, you're part of the million year old superorganism of the human species)* and atoms, electrons that are so old, billions of years old, regardless of individual soul possible age being different, if the soul exists in your belief system. It's the physics of the species. You don't need wafers or spy priests to connect to God, the simple intent, breathing connects you all the time, God reads intent much better than any priest and aids us in bringing Peace. God needs no intermediates, physical bread matter to bless a nonphysical body.

This eterni greeting activates the higher neocortex of the brain that humans lack, universal empathy, universal compassion, makes us lose belly fat that shortens lifespans, and takes us from mechanical neural activation via moving the lips or hands so much, to higher brain thinking activation: let the brain move, not the hand so much, the lungs and ribs, not the lips, because the brain will levitate us and allow us to move as we telepathically control the lifting gadget some day, or the built in levitation ability far later when we're lighter than matter or even before, as the new matter body is built and can levitate objects and the physical body: let the brain become bigger, not our lip or hand muscles: behold the wonder: the shimmering Immortal human species is arriving, *step* by step the World is *Transformed as we* speak. The vocal way of eterni greeting is easy too: it would be a nice change in culture to introduce a tiny eterni tone speech now and then, until all speak or telepathize that way some century. A simple way to do that, to trigger the move into universal immortality ecstasy☺☺☺ again is to ☺☺*lovingly tenderly gently kindly*☺☺ say mentally or verbally in a (eterni gaze ► the tender soft loving smiley look if eyes open when saying it, though the look can occur even if eyes are closed when saying it for better tone) ☺☺☺ melodious eterni tone filled with gentle universal loving kindness

(the definition of eterni tone) "May you & all so wishing, live happily to a trillion years" or "See you soon and, for all wishing so, very happy in a trillion years" or "May all interested (or wishing so) experience the infinite bliss of infinite Immortality" or "May all interested live ecstatically forever or to a trillion or for a trillion eons" ("may all" is ideal versus "may you", since it signifies we care about all humans, not just the one or few we address, so including all if using you would be necessary in an "[ ] Immortality for All [ ]" culture that replaces selfishness with altruism), which takes 20-30 times longer than typical "see you later or good night or good bye or I love you (eros is limiting, infinite compassion for all beings is true freedom that brings limitless lifespan and happiness)" to say really slowly with the whole brain and being, so as to enable both speaker and listener to enter universal immortalist bliss. The words interested or "wishing so" are key to maintain the gentlest content of eterni speech, since we respect everyone's free will, not imposing by force of wishing our desire for their life length or way of life. It's a form of honoring, acknowledging the innate ability of infinite unity of humanity to attain infinitely ecstatic Immortality, to be that Radiant ever happy gentle Immortal. ☺☺☺☺☺☺☺

In our busy days of incoherent and negative emotions, 20-30 seconds a day of practicing being universally kind would be so good, and very healthy for many who desperately need *some positive intent and emotion to balance their* rather negative thoughts, emotions or downright rude speech tone and/or content. In some cultures they join hands, bow and/or say 'Namaste' or etc to "Honor the Infinite Eternal Immortality Reality within the other or *Universe*", this is similar, except it would change our intent, emotional, vocal tones more, and our beings, since we can only speak about 1 minute in the highest eterni tone % we can emote, radiate. This helps us to recalibrate our emotions, recall what is truly important: life, not $, Immortality, not objects, Eternal Bliss of Immortality, not fleeting joys. $, objects, and joys are fine, yet they all end if lifespan is short; so if Immortalism can make our 'joys' expand a trillion times by a trillion times longer lifespan, then Immortalism is more important in the now; besides that, the joy is becoming '1 million times greater bliss' in the realization of the Eternally Blissful Immortality awaiting the united Gnosis of humanity and available to us all the time by the simple act of breathing with an eterni tone. We see clergy in many religions bowing and holding hands, which can be added to this greeting if wanted, but the point is not to activate the moving neurons, and to waste brain resources with that; instead we focus on creating a 'new neocortex' via a new tone, to link our brains in ways we never did for millions of years, so our speech becomes so different over time, and our civilization, via the capacity of vocal neurons to change all the important others. The eterni (kind, respectful, gentle, tender, reverend) tone is our holding hands in prayer & bowing. That's why, to reach highest transformation of both, closing eyes when saying it is fine, as we use maximum % of the brain for creating the most beautiful song we emanated that day or month; in noisy places, an amplifier can help, since eterni tone is not

loud at all. Naturally, sometimes, we go to places where we meet many people, so stopping for 30 seconds with each would take 20 minutes, so we would perhaps use a shorter greeting; other times we may be exhausted and eterni tone is ultra brain intensive, so then we could be much shorter, 5 seconds instead of 30 seconds by saying one word: Immortalli: 'Immortalli' as in the movie of the one who brings "Immortality for All", the potential Immortalli (stress on ta) in all beings is greeted; we're humanity calling for Immortalli, Infinite Knowledge & Grace in human form, ☺☺☺, to incarnate as the expression of the superorganism wish, and also as in Immortally, (stress on mor) i.e. we shall see each other, love each other, greet each other immortally. To me, Immortalli seems more idealistic as it reminds us better of both the Avatar of Immortality in all and of immortally engaging, in the Eternal Bliss of Immortality. Thus, when tired, or sick (bad voice), when tone is bad and could pollute others, we could say: Immortalli, or or even be silent entirely and either bow and/or hold hands in prayer and/or make infinity ∞ sign with finger or hand for silence and/or perhaps moving lips to mimic gently saying Immortalli, definitely smiling, maybe closing eyes 2 sec to focus on unheard tone that blesses all beings interested with the gentle wish for their eternal wellbeing, saying it mentally; we can also play the most soothing music or prerecorded greeting for bad tone days from an amplifier for a 20 seconds of smiley silence, when we greet a closer friend, to relieve them from the toxic sounds of our stone age transport, if traffic or background noise is present.

My yahoo email signature is the following: "*Thank You so much for Your gentle tender Immortal sweet healing nurturing shimmering universal loving kindness. May all wish & act well to all, so everyone's day & afterlife are the happiest ever.* happyimmortals.com. *Feel free to listen to the 1 min immortality blessing & 1 min soft tone*". I use Windows 10 mail app only to write emails sometimes, web version mostly to check email and read it, since Yahoo mail only allows this color signature, without automatically attaching my signature picture, without purple italic default font etc; so instead of wasting so much time each time to attach, adjust font color, italic, bold, font type, etc, I use the app on my desktop. The signature looks bad in web mail, while the app places space between lines to make it way easier to read; app also allows you to select from 100s of fonts, not just 7, use 100 colors, instead of black only, etc. I collected 25 pages of colorful gifs and pics you can use cheer others up when texting/direct messaging from desktop/laptop. You can find others of other colors, words, themes your best friend likes, make a big one to use as signature when emailing that friend or all. Using the mail app to write emails, also prompts us to think twice before 'writing'/sending, to uplift others and practice writing tone (*tone of overall content, not only tone of each word in speech*) in real life.☺☺☺ *This way, I remind self (when writing emails) and others what is truly important in life, to be positive, make others smile* ☺☺☺, *laugh.* It's a way to replace cruel indifferent uncaring 'Thanks or Sincerely,' with the richness of eterni cultures that infuse all beings with higher bliss in each encounter. With signatures

we're using AI to spread that energy, imagine in the future making people feel how you felt in your best day last 40 years in your signature via MRI, etc'. *That's the beginning of world change.*

It is a waste of time to shake hands, hug people, kiss people on the cheek, cheek-cheek as many do. This focuses your consciousness on one person, makes us more selfish, unable to practice universal kindness. You don't believe me? Watch world leaders kiss, hug, shake hands, etc and then days, weeks, months or years later, they bomb or assassinate millions of people via war or even the dictators they shook the hands of. Sure, you can certainly hug your child, kiss the child or spouse a lot, but the best thing is to teach them self-sufficient bliss and universal compassion, so that you eliminate the hate in the quantum field. When you shake hands, you don't love all beings, only 1 and our species needs love for all humans to prevent the 10 second end of all humans. You know, watch those baboons, chimps, who're often cannibals, and they do a lot of touchy feely shake hands, pat on the back hug equivalent stuff, then 2 days later they snatch baby of a chimp neighbor and eat it. You see, the touchy feely is not a sign of evolution, only of being a chimp. Hitler and various Nazis shook the hands of Russian officials, then killed 25 million Russians. Hand shaking spreads germs and is not a sign of evolution, or a service to humanity. So, nose touching (Arabs do it), hand shaking, pats on the back, hugs, etc done by many are useless, make identification with a body stronger, instead of with the immortal human quantum field. They aid Eternal War in today's world. We see Saudi Royals smelling, kissing, etc, then order Syria cities being flattened. Is that the essence of spirituality? We need to Hug All humans in our minds, via the meditative breathing when we greet people, to recall to maintain the universal compassion, Eternal Universal Peace and Bring Immortality *for* All. It's universal love for all humans that builds Eternal World Peace, like in immortalist greeting, not sword dances after nose touch. Or funny rifle dances after nose touch. Will we replace tradition with kindness for all beings? It's better to kiss, hug only spouse and kids, so that everyone builds the immotalist vibe of sex for procreation only and overcomes his innate animalism coming from genetic memory. We have built in reflexes to shake hands to show friendship, but we don't need to. A smile is better and a noble intent, a little breathing to recall to bless all humans with the sincere wish they develop the science to discover the tech of the teleporting shimmering shapeshifting Immortals bodies of eternal *gentle tender soft nurturing loving kind* energy. ☺☺

Song of Immortality Hypothesizing

(this "poem" is a draft 5% of the Immortalist Anthem in a short version, emphasizing Logic)

Blessed are those who believe nothing we say, without proof,

But test each hypothesis to find how much of it is pure truth,

Perhaps trillions of quadrillions of possibilities exist for God's *Will*,

☺☺☺ Some billions may include living for a trillion years as a human still. ☺☺☺

We can believe nothing easily, We can doubt everything switfly.

We can question things ever deeper, To approach truth much quicker.

We often forget truth's infinite complexity easily, We can approach truth, but never attain it fully.

We make 0 assumptions without evidence, So we test all hypotheses with diligence.

Assigning a truth probability to each hypothesis, We better realize the truth's complex synthesis.

Hypothesis formulation and testing, Will give us trillion year living.

Data may show a strong correlation, But it rarely means a true causation.

Data is often misinformation we get fast, Not facts or ideas we can always trust.

Testing hypotheses over and over, We triple human lifespan forever.

Poem start about Vision Transduction Retinal Lepton-Boson Electron-Photon:

Thanks to Bosons and Leptons I see

The magic of human vision we will present briefly,

So we learn some chemistry and physics quickly,

Enabling us to further appreciate the complexity,

That governs the visual perception of humanity.☺☺☺

In physics, we got 6 leptons and 4 bosons, /Electrons are leptons, photons are bosons.

Visible light is made of these lovely bright photons,

11-cis retinal is an eye molecule with many electrons,

When we see, the photons are causing the retinal electrons,

Situated in a pi double bond between 2 carbon atoms,

To move to a higher energy state breaking the double bond,

The poem can be finished in many ways with the info in the eye health chapter.

The science of Immortality

Sweeeeeeeet Tender Soooooooft Love of Science,

Has taaaaaaaaught us truly, how to develop patience,

The boundless Patience required to live to 9,000 years.

We had all these interesting unsubstantiated beliefs in things,

But then we realized they were hypotheses about those things,

So we set out to find the truth using methods scientific,

Because compared to blind belief the truth is terrific,

Because compared to unproven beliefs the truth is beatific.☺☺☺

We wanted to save 10 million lives killed by Alzheimer disease,

So we set out to test the hypothesis of dietary anti-oxidants,

So we randomly selected half the study people to get more nutrients,

While the other half got the usual amount of phytonutrients,

And we saw fewer disease signs by monitoring the Alzheimer markers,

In the people who ate a healthier diet . / So, when we wanted to test if

By minimizing oxidative stress, / And bringing cellular caress,

We did a randomized controlled study for a kinase, / an observational study for a sweet ATPase

interventional study... to see synergy of 2 genes / Like the synergy of the worm study,

between gene x and gene y mutation, /leading to humankind from aging liberation.

And we overcame oxidative stress and glycation, /Thru the most Brilliant innovation.

We got a hold of telomere shortening, /By applying some molecular reasoning. ☺☺☺

Immortality FASHION

Would be cool to create more clothing that has Immortality quotes, memes, biology, physics equations (Maxwell, Lambeert law, etc), chemical structure of DNA base pairs, vitamins, polyphenols and nutrients essential to longevity, molecular simulations of humans models for tripling lifespan, the 300 zinc enzymes and 1,000 zinc containing transcription factors, or “Did you know that xyz increased lifespan of worms 2-10 times?” ► and the papers quoted. “That some trees live 637 times longer than others? Some rats live 10 times longer than others? What

if all humans could live 10 times longer by discovering the longevity mechanism?" Reading this while seeing others will have a totally different effect than some random T-shirt design. There is a taboo against infusing our shirts, skirts, jeans, blouses, pants, socks, hats, suits with Immortality memes, but it doesn't have to be so. As our clothing gets saturated with knowledge of life extension, we move faster from Ignorance (Living to 80) to Knowledge (Living to 900+ and in some far far future, 70, 000+ and much later maybe physical Immortality). ☺☺☺☺☺☺☺

5.4. Immortality FOCUSED MONUMENTS, MUSEUMS, PARKS

We have a lot of monuments globally dedicated to themes and energies that recreate in our minds the images of the unfortunate past, when humans had civil wars, violence and human-human wars, when we lived short lives. Monuments to short lived people magnify that imprint on the human quantum field and shorten our lifespan, we need monuments to Trillion Year Lifespan future humans *(shimmering shapeshifting color changing (each form is made of 100 colors) Lightbeing Immortal holographic being singing about the qualities we lack the most, like: gentleness, tenderness,* eterni tone, softness, nurturing grace, World Peace in 3 months on ever new planets, and these qualities and lifespan of 10^{27} years or whatever octillion, etc, are also written via plastic letters that light up at night, etc) if we absolutely need 'human figure monuments'. This helps us to think of the future, not the past so much. We get enough insanity of the past repeating in the present. We don't know who helped humanity the most to move us towards World Peace and || Immortality *for* All ||, so it's not fair or wise to magnify the imprint of someone who was not the best on the planet in that age: if we make a monument about some discovery, the person would be a little footnote, the main thing is what was done to increase knowledge, since actually the doer of good (or bad) is not the person even 10% sometimes, it's the environment and many others too who use brain gadgets to talk or 'invent' thru him. Perhaps if we evolve to some Immortality or Longevity focused civilization we would have also more progressive monuments where the vitamin A, B_1-B_{12}, C, D, E, choline, lutein, iodine, zinc, iron, etc are depicted in amazing & beautiful ☺☺☺ holograms of many colors and shifting *rainbows* showing the chemical structures of these vitamins and nutrients, their discoverers, how these vitamins saved millions of lives, which vitamin/nutrient causes which disease we eradicated, same for zinc causing people to die at 25 when deficient, iodine deficiency causing goiter, lower IQ by 100 points and dwarfism, low iron causing lower IQ by 14 points, perhaps the structure of thyroid hormone T4 (65% of molar mass is iodine), serotonin, neurotransmitters, cortisol, what happens when we move from compassion to anger chemically inside of us and why that ages us, how we can defeat aging, and bring a world of Immortality where ignorance has been replaced with knowledge, and man can neutralize or shift tornadoes when small and turn them into rains in drought areas, just as we shifted "bacteria and lack of vitamins" caused diseases into extinction. And with force fields and things we can prevent all

fires, natural disasters, drones with force fields deployed extinguish fires instantly etc. We would have a cultural renaissance that makes art of chemistry, physics, molecular biology, the properties of bosons, leptons, quarks, etc... enabling all people to effortlessly learn a little group theory in math to understand standard model of particle physics better and other physics things, and the chemistry of iodine or dopamine, epinephrine, and how Krebs cycle happens, different biochemical things, how gene changes made the little worms live 5 times or 10 times longer, mice 50% longer, etc, how we can live longer each century, etc, until we live so long that we become able to see other *universes* and go in between them at will. ☺☺☺

See also the Immortality parks/centers ideas in Chapter 4. For example, on 3rd street Promenade Santa Monica, in 1989 they built 6 topiary dinosaur sculptures (some are fountains) that don't inspire compassion, longevity or hypothesis thinking, as would 6 scientists whose lives, discoveries are described with flashing with colorful neon lights enabling all to learn science. The same can be said for thousands of cities whose sculptures and monuments lack any lifespan tripling or disease curing focus. The metal could be very colorful (10-20 colors) and say "Mr. X extended lifespan of millions of people by 50 years by his discovery of etc". We imitate and get inspired from what we see around us, Rutherford discovery of electrons and protons would be more inspiring than a dinosaur, or someone who helped a disease mortality drop 500 times. Getty Museum and many others have so little space dedicated to alleviating suffering of other people thru science. The fountain uses electricity, so with that, one can make an amazing neon light show, a wonder to behold at night, maybe make fountain smaller with nice physics, biology and chemistry processes explained in the pool on the sides via some LCD with 3D holograms showing atherosclerosis, molecular processes that cause dozens of diseases of aging at once to speed up and how nutrition via supercomputers can help us live to 500 soon. Imagine flashing lights letters coming out of the mouths of Rutherford, DNA discoverers holograms saying "Imagine living to 900. It's possible, all we lack is knowledge, hypothesis formulation and testing". It would be nicer than water out of dinosaur mouths.☺☺☺ Monuments dedicated to ideas (not people) like Gentleness Kindness Smiling are going to be liked by all, instead of these boring one color ones, we get some colorful ones with every letter of the word Immortality or tenderness lighted up by neon lights at night and ultra colorful and shiny during daytime, with soothing eterni tone music about the idea depicted in the background. For any guy who gets a statue, someone will have their favorite person not be represented and feel left out. A way to solve that *could be* to ban people statues; and instead focus on ideas (Compassion, Nurturing Grace, Soft Speech, Healing Tone) that build a Civilization of Immortals. Washington DC has some visible buildings as you drive from Virginia to DC, like the obelisk and that dome right by the freeway, which could be replaced with the most colorful beautiful building that measures biomarkers for free for all citizens, or at least, have some neon lights with Immortality *for* All

written from the top to bottom on all 4 sides, shimmering on and off lights that look good both in sunny skies and also at night and the many Washington overcast days when neon lights would cheer up the mood and remind all drivers of the goal of life, Immortality *for* All. ☺☺☺☺☺☺☺

Imagine monuments that emphasize and display the math, physics, chemistry, biology etc knowledge that saved humanity, that conquered death and aging, etc. This would help all kids to become fascinated with the arts (sciences) of creating the pathways to 900 year lifespans, the art of chemical synthesis, the art of the new physics hadron etc particle synthesis, new vitamin discovery, new matter synthesis in physics, the art of chemistry and physics to build Immortal life here and inter-dimensionally. Some might call that a true longevity culture, a truly pro-life culture. When you look at a monument that is static, you get 10,000 times less info and learning compared to a moving holographic monument made of extremely colorful ever-changing sceneries-lessons using light-lasers, etc, that is so out of this world to behold and also explains what goes on, in those physics or chemistry or biological events. When we would go near a future Immortality monument we maybe will put virtual reality glasses if we want and touch with the hand or via simply looking (eye tracking if safe for eye health) different molecules and bosons to learn more about them or math concepts, and it will be like a nice walk in the park learning something about extending life by a few centuries. ☺☺☺☺☺☺☺ Another death conquering monument would be a monument to World Peace, or and defeating death in all its forms, including lasers to deflect tornadoes, nice lessons about laser physics, etc, atmospheric sciences, etc. All monuments could be emphasizing the use of science and positive thinking to overcome aging, diseases, wars, death, violence, entropy, ignorance, chaos. These monuments can help kids to realize that sciences, like physics and chemistry and molecular biology, can be truly arts, sort of like the 21st century nerdy arts, the arts of the nerdy generations, dreaming up and painting the next invention to help us live longer. Why not paint a new molecule with a nice anti-aging effect enabling us to live twice as long? Living to 500 could be done thru diet and machine learning with millions or thousands of markers monitored 24-7, optimized nutrition (nanograms of everything going in and out, etc), histones change, epigenetic changes. As we evolve in science, understanding what's important for people to study and remember, we upgrade the holograms and the upgrade is done at 9,000 times less cost. Everybody will be inspired to become like an angel so to speak, angel-like when people say they met some spirit in their NDE. Imagine monuments about the qualities of an Immortal (gentleness, tenderness, forgiveness, compassion, patience, eternal learning), or ones that raise the IQ of kids and inspire them to conquer death and aging; maybe play very low volume gentle music close to the monument with "Immortalist Anthem", "Living 500 years" like songs above. ☺

We sometimes hear from theologians that God is pure Knowledge. Perhaps, we might ask ourselves “How can we appreciate and understand God if we don't understand the universe God

created and how the clothes our souls wear work and how they can be fixed to last a little longer, a few centuries longer?" If we can't understand how to create a tiny bit of Immortality in this temporary world, how can we dream to understand the true meaning of Immortality in other worlds and be worthy of Immortality in many worlds? One of the infinite possible answers to such a fascinating question might be that we can't have a true co-creation with God and understanding of God without first understanding deeper God's Immortality and how to extend the "Immortality" of our bodies. Death happens due to entropy and lack of knowledge, even the grass is smarter than humans, because a grass in Mediterranean lives to be 0.1 million years. ☺

We sometimes forget to see how little we know about the infinitely complex universe around us. We could put trees too near holographic moving monuments to provide oxygen, etc and overlay huge holograms there, instead of concrete and metal, have Life, trees, nice flowers perhaps and the holograms that are there making the trees sometimes invisible, the tree at the center, but the flowers can be visible for people wanting to enjoy nice smells and also the *gentle tender soft* music while learning latest physics and chemistry stuff and hearing when very close the audio gentle tender soft voice explain on a background of soothing calming music the science at work in that hologram, what happens with the amino acids, or one of the latest mind blowing studies on machine learning or on zinc etc. At night it would be a wonder to behold, as it's like a light show of amazing & beautiful ☺☺☺ bliss. ☺☺☺☺☺☺☺

Freedom means the freedom to choose to live 900 years if we want to live that long here. We all human beings have one common enemy, death, aging, disease, natural disasters that we can't avert or shift so the tornado energy harms no man, etc. Imagine you would be a parent, like God is to us, would you rather have an IQ 40 kid (iodine deficient) who is totally mentally retarded or a child IQ 65 repeating "God help us" every day 1,000 times for 10 hours on end and being antiscience and anti-learning, or IQ 150 genius learning new things and helping mommy or daddy with some things and discovering new things? So, do we think God would want religious fanatics or science fanatics, in the sense that some scientists have made some temporary science models the New Infallible Religion, oblivious of how little we know compared to future centuries humans, just as we today know way more than people from 500 years ago when their models were so hilarious? No, God would probably prefer Eternally Learning people who realize all human "knowledge" is a model and hypothesis until proven otherwise... allowing for progress and evolving. As we become far more advanced in the future, we will probably perceive today's science and some aspects of religious dogma (like "Earth is center of universe" dogma) as false as the science of the times when "the universe was made of earth, fire, metal, air, wood, the 5 elements" is perceived by us today. Most scientists realize this and have the humility to understand what this means for us. Sometimes progress in science is stopped far more by science fanatics than religious fanatics. We have people strongly believing in mercury, while

other nations banned it in all products, in glyphosate, while others don't etc. We had doctors believe lead is OK in dental fillings, as today some say mercury is OK. This happens naturally due to many factors, including dogmatic adherence to tradition, confirmation bias, and related stuff, as the people who killed Giordano Bruno for believing Earth is not the center of the universe, etc. It's really funny, since it means much of what anyone on earth believes in is actually going to be proven to be at least a little incorrect or majorly so. Everything we believe in is sort of a relative truth that will be proven false by future centuries in a way, as truth becomes far more complex, nuanced and vast. Right now we have a molecular and atomic understanding of disease, but when we go much deeper into particle physics, we may abandon these things to a great extent or totally and go for a "immortal*ic*" (instead of atom*ic* or molecular, immortal being the name of a new subatomic particle) understanding of health and disease, using technologies we can't even imagine now as they're based on undiscovered particles, not atoms and molecules. What I mean in the past man treated things via anatomy, medical science did not know much about molecular interventions and processes, why we see etc... Imagine a quantum leap where the methods of understanding our body are so different, as they're today compared to 1,000 years ago when nobody had a clue about elements, atoms, what molecules, electrons, photons cause us to see stuff around us, etc.. 11-cis-retinal in the eyes... Some things people noticed 1,000 years ago remain true today, just as many things today will remain true in year 3,000. But the difference will be so huge... the structure of the photon... light, quarks, leptons, multiple dimensions, photons themselves possibly being emanating from another dimension...

If we do a statistical counting of words like "gentleness", "softness", "tenderness", "sweetness" in world literature and compare it to the counting of "anger", "violence", "fear", "war", we will be vastly outnumbered by negativity. It's a global epidemic of negativity that programs everyone subconsciously to be less tranquil, kind, *nurturing*, healing, graceful, selfless than they would have been otherwise, no matter how imperceptibly small. Monuments can play even nice movies to promote life, Immortality, longevity, gentleness, softness, tenderness. The monument movie heroes could be those who're peaceful, gentle, tender soft and who double lifespan, bring peace and cancel tornadoes and cure disease and fast aging...☺☺☺ Please don't ever climb on any monument or fence, as it can be very dangerous if spies use a laser to inactivate a muscle and you can fall or impale yourself in a fence you climb, like a naive American who climbed on Colosseum fence, the relics of a stadium where the infinite violence of the Roman empire was celebrated in full display with gladiator fights that killed people and other wrestling and violent displays of the vibe of 6000 slaves crucified in 1 day by one emperor. Coloseum is a monument to abysmal IQ, violence, killing and genocide, like every stadium in USA is too, since sports and watching sports turns people into selfish violent brutes. There is nothing to see in Italy, only the Italian Mafia, Italian spy service harassing you for promoting immortalism and aiding the USA

independence from foreign scriptures of limitless violence. ☺☺☺☺☺☺☺

What is the life of a human being, living to 90, compared to the life of a human Immortal living to 90,000 years? It's one-thousandth of that life, or the equivalent of 5 weeks in the life of a 90-year-old human (90 years is 90 times 52 weeks or 936 times 5 weeks). So, in a way, we're like 5 weeks old babies, who sleep all day and wake up to breastfeed and be loved by mom and dad. ☺ All our entire lives we're asleep, in this self-created matrix, of being happy to live to 80-90. We sometimes wake up, and ponder on Immortality, on how it would be like to live in a Civilization of Immortals. And in those moments we do things that probably really help our advancement towards that future world of Immortals. What is the correct way of treating other human beings? How would God say is the right way to proceed, with unconditional loving kindness or what? Well, if you think about it, how would 90,000 years old Immortals treat their 90-year-old "5-week old equivalent" infants? With purest unconditional Love, Kind Forgiveness and Understanding (regardless of their actions, they know no better as infants), so that might be how we're supposed to treat others if we want to bring this Paradise world into our reality, by expanding Heaven's Ascending Immortality to the physical universe, bringing *Heaven on Earth*. It might also be the behavior expected of those worthy of Immortality in another dimension, but these are of course just hypotheses for some "research into afterlife hypotheses course". ☺☺☺

Albert Einstein is said to have authored this quote “The most beautiful thing we can experience is the mysterious. It's the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead,his eyes are closed. The insight into the mystery of life, coupled though it be with fear, has also given rise to religion. To know what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most Radiant Beauty, which our dull faculties can comprehend only in their most primitive forms, this knowledge, this feeling is at the center of true religiousness.” In the same way, to know that what is impenetrable to us, the Immortals' Behavior, yet filled with the most Radiant Beauty and wisdom, kindness and *gentle tender softness* exists, is such an awe like experience that fills us with the awareness of how immense is our ignorance as human beings with respect to the Future Immortals, our grand grand ... children transformed. If we told a Paleolithic man that his descendants will do what we do today, he would not believe us when we explain some of our tech: turning colorless liquids into other colors via chemical reactions, moon landing, skyscrapers, removing mountains with explosives, etc. Same way, for us, it is very hard to realize how it is possible to live to 90,000 years old or even 9,000 or how "outdated" our sports (boxing, rugby, hockey, soccer, martial arts, etc) would be thought of if we were to live in an interstellar Civilization of Immortals who can move objects with their mind, shapeshift into a spirit the size of a skyscraper that shrinks back to human size perhaps, materialize objects, fly, teleport? That brings to mind the civilization that tries to make every sport an act of selfless

service to the cause of Longevity-Immortality, since there is nothing funnier, more exciting, relaxing, healing and entertaining than helping others live healthier and longer lives of 900+ years. To magnetize the future faster into our timeline, we would have to act more like the Immortals of the future, to keep in mind our vision, GOALS thru Immortality Museums, Parks, etc. ☺☺☺ What kind of *gentle tender softness*, wisdom, grace, loving kindness did these future humans develop as a result of eons of evolution and work to expand their lifespan? Some seagrass is 100,000+ years old, some rock trapped some live bacteria that is supposedly 100 million years old. So, what stops people from living to 900? The Paleolithic man thought at times that the gods of fire, thunder, crops, rain, etc are in the shape of goats, pigs, chicken, etc. And they had all these weird explanations for things that did not really help them much. Same way, a lot of our beliefs today are like that, utterly hypothetical, just hypothesis, working hypotheses that help us until we attain a deeper proof based model of reality. A lot of things we believe into are very hard to prove anyway, in a scientific rigorous way. The stone age man was very aggressive and rough, sometimes even a cannibal, and as we became more civilized we became gentler and kinder. So, over time, as we advance we will have the average person be like the most tender angelic soft gentle sweet being there is today and that's why the Immortals are often depicted as very different than us in terms of personality and even tone of speech. It's like meeting an angelic lightbeing from 1 billion years in the future. ☺☺☺☺☺☺☺

How come, if we're the incredibly smart people we think we are, we can't live longer than even a tree? There are many tree colonies that are very old, and some individual trees that are thousands of years old, one of them is in Sweden, 9,550 years old. We managed to get worms to live 10 times longer as Chapter 3 explains, why not humans? Compared to 2 week old lived worms, we humans live over 2,000 times longer, due to evolution doing small changes to the genes over time and enabling us to live to such a long age. We fly with planes at 500 miles per hour, speeds no natural bird can reach, 10 times faster. Satellites and International Space Station fly at 17,000 miles an hour, why can't we create a food that makes us live 50 times longer? Because we have not tried, but things are changing fast as explained at "protein from air and water via microbes" link. Like NIH, we could create Immortality Food Institute or Immortality Park hiring 3,000 machine learning, physics (for biophotons in foods), chemists, geneticists, medical researchers, doctors, etc. They would be cataloguing every phytonutrient compound in nature and discovering in what ratio which mix of anti-oxidants, amino acids, fatty acids, etc gives us 900 year lifespan and then producing all food needed in chemical reactors or "mini-farm" (contained in a vessel) and later inside our nanofactories enabling us to no longer eat. It's easy to see how thru evolution, we can also reach 90,000 years old, by changing our genes, in various ways, even if we do remain the same size human beings. Perhaps we can try to conceptualize or conceive for a second, how an encounter with an Immortal human aged 90,000

would be like, if we would meet them in person. Their technology may be so advanced, that they can shapeshift at will into different form and shimmer like a spirit, teleport, disappear at will, materialize things out of 0 point energy or other dimensions and talk with a thousand tones of healing when speaking in our language as a song of adoration for the Divine Immortal in us, make us float and feel in the most euphoric and most loved state we have ever been, making us forget all about our miserable existence in this body and fill us with the most *gentle tender soft* love compassion kindness we have ever imagined existing, then taking us on an astral flight showing us many planets and other wonders. These Immortals had to much time to evolve, that all they do is infused with the most *nurturing healing* graceful soft compassion we can imagine.

5.5. Sports become exercising in ways that build ☺ Immortality *for* All ☺

(and the qualities of Immortals; replace the *Sports* tab of websites with Immortality4All, *so* that people can see 7000 longevity news and ideas on volunteering as explained below:)

In the US, and many nations, chimps who move a ball make 300 million a year, or 20,000 times the US federal min wage, while people who risk their life every day (pans, copper, recycling) in factories make 2-3 times more. Why should bipedal chimps, or anyone for that matter, make more than the US President? An ethical country needs to be led by the most ethical person and his salary, ideally the minimum wage, should be the highest in the land. What can be a higher expression of British Royalism hooliganism than that, where these British bandits inventing these sports deify the most animalistic bestial selfish nature of man? These beasts (who could care less about 0.8 million homeless who could use their physical energy to build homes or renovate homes) make millions to build a palace, while others die in tornado storms, due to pathetic thieving 20,000 local governments creating the most criminal building codes. We can't have one government of We the People for We the People, only gangs (local gov) working for the Palatial Aristocrats? Why should admin people make 250K, while scientists 35K? How many admin jobs we need in USA? A real mayor of the USA would make min wage, a real president and Congress would make min wage, as any CEO, person of any ethics. Why should we treat others like dogs? Some "City Council Members" and Mayors give themselves astronomical salaries of 20-60 times the minimum fed wage. No wonder these thuggish thieves call for more stadiums, because the youth needs to sit, not exercise and watch a ball, shout like psychos adoring Hitler and inciting by that infernal hooligan tone all to violent crime, instead of building the World of Immortals. After all, San Francisco is such a "safe" city, because Mayors make 26 times the min wage. Immortalists will cap sports income *to* minimum *wage* on day one. Animals are welcome to self-deport if they want to make more. No animal in all galaxies lives 50 times longer by moving a ball. The US culture of "imbecility for all" makes all want to become a basketball player instead of living to 4000 years scientist, since you can become a billionaire, but as a scientist, your chance is zero. Our "fruit fly IQ" gov☺☺☺☺☺ incentivizes imbecility. What is

more ethical? Adding 5 years of lifespan to humanity's total lifespan years by "orangutan IQ sports" or adding 50,000 lifespan years to humanity's total by renovating 5000 houses that are horrible and add 10 years each to those inside? Using materials/labor for kill kids and adults in roller coasters that always malfunction, for stadiums causing traffic jams and people sitting watching balls (zero exercise, shorter lives) or for preventing 2000 deaths/yr with dome shaped houses that withstand storms, tornadoes, hurricanes? 200 Americans/yr die due to box house shapes, in winds, hurricanes, tornadoes, another 600/year die next 15 years after a hurricane or tropical storm via indirect effects of house demolition, with 3 yearly events, so 2000 people dead/year. Of course, the Right, Noble, Virtuous, Ethical, Eterni Action in Immortality *for* All (not just Spoiled Brats☺☺☺) societies, is that of This Chapter, not the Evil Way of Earth today. Fake studies get published that "people who exercise for fun get 3 years extra life, while those exercising at work don't", which are false, since the poorest get the most menial jobs with high stress and exercise at work is a marker for malnutrition, poverty, lack of education, etc. The other stuff caused the early death, not the physical activity at work. If you teach all kids that moving is fun and wonderful, 7 min/hr, it will be so and via 9000 year lifespan lab cleaning, movements etc they add 8920 years to their rat 80 year lifespan. But when fake science is all we got, we get more of the same bullshit, correlation is not causation. With 11 companies and no unemployment, with kindness and free education for all, we get no stress, listen to serene mp3s if we want more endorphins while doing a physical routine task robots don't do yet, everything is designed for low stress and people enjoy their 1 hour daily of physical stuff that is evenly distributed for all, in order to give all a chance to exercise and injure nobody by having them strain physically 8 h/day in jobs that obviously damage the joints, muscles, nerves.

The 20,000 local governments don't care that 2000 die yearly from preventable causes, perhaps we need to dissolve them, so that Immortality Building Inc can build, repair, maintain (all folks will buy/sell houses in 3 days) all US buildings, inspecting them every 4 months, which none of these parasitic governments do to ensure healthy building codes, healthy living conditions, clean air, constant temp, humidity for all house rooms for max lung lifespan, for the 99% living in "crap houses" created by the "cabbage IQ"☺ parasitic aristocrats. The storms force expensive or self-made house repairs too, which then distract a person from fixing their health, causing a stroke or infarct that ends a life, so the death toll can be even 20,000 a year, a genocide of 200,000 a decade, all in the name of 3 Gospel quotes they profess to follow while shouting like Hitler on stadiums. If one is lucky, one could add 8 billion lifespan years to humanity, by for example making all take more vitamin D + MK7 (vit K2) + Mg, which was shown to add 1-5 years of lifespan in most people if no other change is made, but with playing a sport, one adds nothing, he subtracts as materials to prevent deaths are stolen. Nutrition policy changes have a truly amazing impact, not to mention the fetus change of nutrition by 1-4 compounds that

would add 4000 times 8 billion, or 32 trillion lifespan years. So, what should our society praise and focus on in the media? Sport thugs rewarded with 100 times the wage of hard working scientists? Or the ethical use of physical energy, physical exercise and scientific research as explained in the 60 pages below? Thus, the Immortalist Party, gently floating on the caressing soothing waves of the compassionate all merciful graceful☺☺☺ Immortalist Anthem guided New Sports, is recreating America into the Glistening Garment of Virtue Radiating in all *Universes* as The Light of a Trillion Suns, so all can rejoice in the Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All. The 11 companies create the altruist vibe selfless "sports" ☺☺☺☺ of a gentle tender soft nurturing loving healing kind universal Family of Immortals, the radiant teleporting shimmering genderless shapeshifting☺☺☺ Immortals aged a trillion years☺☺☺ who can live on trillions of planets shapeshifting☺☺☺ into the local lifeform adapted for that temp, pressure, ☺☺☺☺☺☺. Science shows stadiums and big sport events act as huge spreaders of disease, besides making people sit instead of exercising. Stadiums are genocide. Sports, walking, jogging, pushups light up don't aid working memory, we need smart EXERCISE, that lights up the WHOLE BRAIN like alternate knee taps (jog in the same spot sort of to increase hippocampus volume the most), alternate elbow taps, etc, all while counting backwards 100, 93, 86, 79...or by 6-8 etc, finger taps, to prevent hyppocampus memory center shrinking. After 30, your working memory declines, and that's the key to science and being productive. We need 900 exercises, a new one daily, sent by email by the Immortality Nurturing Agency, that is challenging, not repeated daily, to create new neuron connections: 10 min daily, each day a new set of exercises to increase brain efficiency, so normal life takes less glucose, so that the surplus glucose can go to the areas in need of repair instead of the same 3% of autopilot life. Neurons die due to lack of glucose & connections. ☺☺☺☺☺☺☺

A few people have allergy to exercise, so they may suffer severe reactions and die. It may be a mental illness called psychotic selfish syndrome to want to play sports that add only 5 years to one's life, while the same physical energy can be used to replace carpets in millions of homes that are literally killing people now as we speak thru the pathogens and chemicals those dust mites, bacteria, microbes produce in the air every single day. Everyone complains that the "landlord doesn't fix anything", yet teens waste eons with street takeovers or useless sports, etc mandated by a chimp IQ educational system, when they could be listening to eterni music and work on "carpet replaced with wood" etc projects that add lifespan years to others, besides allowing for movement that gets the lymphatic detox work better, joints lubricate, heart learn how to cope with physical demands so heart variability rises, adding 5 years to lifespan, etc. It's all about Math: if you play basketball, you only benefit self by some movement, plus damage the joints from all that jumping or ball hitting head shortens life via Alzheimer. If you replace carpets as a sport, you move, live longer by 5 years as with any sport or exercise, but also help

others live longer, so over 40 years (of fixing about 30 medium houses/year as a hobby), you help 5000 people live 5 years longer, so you add 25000 lifespan years to humanity, not just 5. You can even make some extra money, even if a teen, working under adult supervision, etc, or as an adult, to help you improve your air filters, diet, etc. Why is our society so stupid to not understand doing 5000 times more good is 5000 times better, healthier, more ethical than any sports: 25000 lifespan years added vs just 5? Because "sports lovers" are in power and they create low IQ policies, cultures, etc. When watermelon IQ people☺☺☺ are in charge, life expectancy increase is pathetic, 1 month a year, as today. Some mosquito IQ☺☺☺ guy of "Christian ethics" saw kids do drugs or crime so he came up with the idea of playing basketball indoors, as if they didn't have a trillion other more important renovations to do to improve the terrible conditions of the Americans in the 19th century. It's never too late to correct the pathology of adding 5000 times less lifespan years. The amount of stuff that needs to be fixed and can be fixed by volunteering, even paid at lower rate, under staff supervision, with the 11 companies, is huge, our countries' food industry, vertical farms industry, building, shelter, housing need more work than all "sports and gym fanatics" would ever be able to fulfill, yet instead of being fixed, the broken stuff across industries etc sits dead, killing everyone slowly, all because of a cult like dedication to the aristocratic palace dweller obsession of "fitness" needed to load 50 lb artilerry shells to kill in wars those who dare to doubt the fake miracles, fairness of society or its "kind Bible" ethics they hide from us. Endless people got killed or disabled by tick bites due to lawn not being done for 4 months, and they claimed it was a natural death. Others died due to mosquito bites, as nobody replaced the broken window screen allowing insects in, the cruel selfish sports players made a society with lubricated joints, but hearts of steel. Why not have soft hearts, the soft outlives the hard, all the 5000 people you helped live longer could discover stuff adding 40 yrs to your life. ☺☺☺☺☺☺☺

Soccer players have shrinking brains, soccer needs to be made illegal, as well as football and other sports that hit the head. People who play balls sports become bed ridden, unable to recognize anyone (100% dementia) due to head impacts with balls that make them a useless vegetable unable to do anything. An athlete turned into a savage chimp by sports also, killed 5 people and almost killed a cop: the evil influence of most sports is evident, for if that sport was so transforming, how come it didn't turn him from a troubled man into an ethical kind person who would not have committed any violent crime before the murders? Did any sport teach him to not kill animals and people? No, these evil sports are not immortalist breathing infused immortalism building. An 18 year old kid, who practiced boxing, killed a 64 year old using the stuff he learned in boxing. Boxing ought to be illegal, except for cops. The next 55 pages are a wake up call for all kind people worldwide, who're not familiar with the reasons (besides obvious brain damage from rapid brain shaking *when ball hits* head and vision loss) why we

immortalists call sports as they're today, pure evil, egoism, 0 IQ, time wasting. Research shows those who exercise more experience faster cognitive decline in old age. Even the 1896 first modern Olympics, founded by a French aristocrat Baron Pierre de Coubertin (out of touch thug who loved boxing, as the most evil humans do, with the poor, like bastard USA aristoc-rats), after 14 centuries of no Olympic games (ran every 4 years from 776 BC in Olympia, Greece until 426 when the Roman emperor burned the temples at Olympia where unofficial games still happened well after the 393 last official, as he thought these pagan events worshipped fake made up Gods), are a terrible curse, grotesque display of selfish egomaniac psychopathy (lack of empathy for the players, viewers of such violence, for the poor deprived of decent housing that could have been built with the $, time and physical exercise energy wasted). This is natural, given the cruelty of Greeks who slaughtered 2% of world population (1 million) or 170 million in 2026 during the Alex Macedon reign: the rat IQ Greeks believed Gods loved to wrestle, play sick sports. Humans everywhere thought Gods are like them, so they created religions, Olympics in their psychotic violent image. See how the whole planet is brainwashed to watch injuries of selfish cruel people who ski while billions need tp remodel homes to make them add 2-20 years to their lifespan by removing wild temp/humidity changes, flood, hurricane risks, bad indoor air quality, mold, insects, noise, lead. Injuries of athletes cause enormous waste of national medical resources, as millions of gnat IQ folks practice dangerous sports. All it matters is aristocrats brainwashing workers to attend filthy egoistic displays of trash. How selfish one can be to pay to watch chimps wasting their lives with such infantile acrobatics. Running and wild sports daily is a disaster, it is far worse than walking, see the evidence. Ski resorts (8 dead), hockey arenas, ice skating, any sport requiring facilities (walking, pushups, squats at home ok) are acts of genocide, when you realize that all this effort can be used to build single family homes in sealed healing cities for all prisoner scapegoats.

In males, pushups, squats and other simple gymnatics exercises we can do at home (without burdening society by theft of materials for stadium, courts, equipment) add 8.8 years to lifespan (the most of any common sport or exercise), vs 1.5 football, 2.7 basketball (negative -4.5 in women), 2.6 rugby (but neck pain from injuries), 0.2 table tennis (-4.2 in ladies), negative -2.1 handball/martial arts, volleyball -5.3, sumo -9.2, as if God rewards the thief less, as ball sports (requiring theft of national resources for facilities) gain little, while violent sports negative or negligible gain ► GS 2024;47(2):1397-409. However, true nutrition adds 4000 years, not 1.5 of football. Circ 2026;153(14):1009-22 found more plaque in those who exercise too long daily, so too much exercise shortens life ► JER 2016;12(1):42-6 “death (risk)... is 5 to 7 times higher” & MSSE 1987;19(3):187-94. Prison makes people worse, raising violent crime which fuels genocide, war. Why kill animals, eat blood, when you can walk 1 mile in the huge Eterni Foods factories or labs? Just maintaining the lab makes you walk 1 mile, no need of sports courts, and live to 4000.

☺☺☺ Satan, Penta-gram, 5.5. this chapter, is about Satan's sports, the Lord of Death. Science shows that all who lived 110-122 were gentle folks who did NOT exercise much at all, while the haughty infernal music lovers tender to love exercise and die before 105. God graces rock and violent music singers with early death, to limit damage done, none of the demons lived long. Each gets what they worship: self muscles or selfless service to humanity, Satan or God, death or Immortality. Heavy exercise is high body stress, a waste of God's energy for self-adulation. ☺☺

Did you know that walking 30 minutes a day (in service to humanity, like cleaning immortality research labs, etc) was 2.5 times better than calisthenics exercise at preventing the flu? If you love sports, please kindly stop all your spare time activities and read the next 50 pages (with all videos, each needing 1 min to watch or so) in the next few days, so that humans survive. Given that all humans may disappear in 10 seconds soon, given that a trillion violent crime incidents (mostly unreported) happen each year on Earth besides the ***war mass violent crimes***, when only 1 incident max would be acceptable in a real civilization, the only ethical sport until all violent crime vanishes is the use of physical energy to bring World Peace in 3 months and 0 violent crime in 20 years so that we can sustain that World Peace via a culture of 0 violent crime and Long Lifespan for All. Anything else, moving balls etc is unethical, or "depraved" if you want to be more poetic, especially when it uses so many resources that could be used to reduce violent crime, to house all better (crowding leads to anger, crime, war via vibes), to create nicer tones of speech than sports yelling that leads to war too indirectly. A million people died needlessly last 2 decades in the Middle East, while everyone was busy playing sports and not doing anything to stop it, because moving a ball SPORTS as a hobby is OK, but World Peace in 3 months SPORT is NOT. Who said that? The conmen claiming to be Christian who made all worship the ball/Baal. What is war but human sacrifice, burning of babies in fire, like Baal worshipers did? Why not exercise at home to save materials, since today youtube has 1 million "exercise at home" videos for every taste? Humans got Olympics for air rifle shooting. Maybe the Immortal descendants who live to 290 exercise by creating an artificial womb so a new human emerges that lives to 5000, like bees who live 50 times longer when fed a different diet. Human sports shorten lifespan, the Immortals' sports are science that extend life 1 trillion %, vs 5% for sports today. Hitler wanted kids to "terrify the world, a violent, imperious, fearless, cruel youth... trained in all physical exercises" *Indeed, USA* does *that, being a Dictatorship of Jewish/British/etc Nazis.* Go to any gym and it's like listening to Hitler, the music... any grocery store, mini-Hitler music. ☺ Filif cockroach IQ folks☺ believe in the power of violence, war, not of physics, kindness. True to his demonic vibe, Hitler wanted a cruel youth, like his infernal tone of speech. His Mein Kampf is all about war, not peace, as the way to peace. Football doesn't make kind people, it makes thieves. Football and all ball sports don't build homes for the homeless, or develop compassion, they only build selfishness, aggression, meanness and violence. Walking is better than all sports and

running, walk while doing lab work at the Immortality Unis. Many college professors researhed until age 104, walking daily to the lab, etc: no sports/cardio/runs.☺☺☺

This chapter will be a total shocker for many Americans, who have no clue what lesser known savage sports, hooliganism, cruelty, 0 IQ and depravity rule supreme in some areas in the "greatest country on Earth", all in the name of "sports and entertainment". The immense *selfishness, institutionalized lack of universal loving kindness, disrespect for the* human quantum field *(bordering on cruelty)* of our cultures are evident in the way we design our websites and news reports (see more on that here): decade after decade, since times immemorial, we have leveled cities like savage ants, Syria (video) and Ukraine (video) recently. Yet, on most news sites, like Yahoo, etc 2 tabs that stand out are Sports and Entertainment. So, how is spirituality and ethics, while millions are killed and become refugees, compatible with *having no tab for 1.* Immortality4All (*how to live a long happy life, being* entertained *by the amazing & beautiful* ☺☺☺ science *for all discoveries on how to house all, give all 900 year lifespan,* achieve peace without violence, pain, *torture during the mass destruction of millions of soldiers who're tortured to death, brain damaged, compassion deprived, dehumanized almost during training by the inhuman generals who terrorize the human quantum field and delay longevity for all*) and *no tab for 2.* Peace3months to help All get decent healthcare, weekly email on living to 200 for lifelong education on how to prevent disease before it strikes, so All live longer and we reach World Peace in 3 months. Later after Peace is achieved (*may take longer than 3 months, first we need to get everyone informed about the possibility and excited about it, to enlighten everyone we don't need to wait for some sky god to appear),* we replace Peace3months website sections with others. The next tab is 3. Free10Years to end all violent crime and prisons in 10 years (healing centers replace prisons and most people, except for violent crime, do the healing courses at home or by visiting a healing center once a week to raise their vibe and ethics understanding)? Later, they can make 3. Home30Years (replacing all *healing* centers with doing the healing at home). Later, replace it with 3. EternalKindGrace for ever higher eterni vibe. Without the numbers of course. We can finally realize the entire society creates all crime and scapegoating (punishing one guy, instead of healing and educating 500 involved) treats symptoms, while not allowing society to solve causes and move to civilization, with no fear of being robbed or attacked, covertly or overtly, in our home or outside. Another tab could be 4. EternalBliss to help people to be happy (0 suicides, not 700000 as we got now on Earth), relaxed, creative with the best news on boosting cognitive performance, mental health via improved sleep and habits. Finance tab would disappear, just like the savage Sports one too would vanish (sports replaced by Immortality Building volunteer etc articles of the Immortality4All tab), as all banks and stock markets vanish, in the light of Eternal Universal Kindness of the 11 companies or so, with no unemployed, no aristocrats, no stock trading parasitic liars and their evil banks, no

realtor bloodsuckers, no merchant class, no traders, no middlemen class, nobody allowed to solicit, to spam people with ads, trees cut, fund raising, or with any "sell toxic cookies or candy to raise $ for violent brain destroying tone destroying sports of chimps"). All product suggestions sent to reviews.gov and they will immediately work on those, ask people if it's a good idea, etc. Is it not the time we actually start caring about other people too, instead of just laughing and moving balls while others are exterminated in wars and jails? The gov is clever, they keep people distracted with soccer and comedies, fake miracles, while taxpayer money is used to flatten cities in the name of Jesus, Mohamed, Buddha, Krishna, Ram, Moses, communism and others are busy☺☺☺ making 'entertainment' odd videos about human sacrifice simulations (war and torturing people to death slowly in jails is human sacrifice), as if we don't get enough 'sacrifice' at Catholic Churches Eucharist daily 10 min ritual of "eating the body and blood of Jesus", that incidentally, for 2 millennia never brought peace, so why do we still do it? Bad diets accounted for 20 times more lifespan years lost, versus physical inactivity, and bad sleep due to torture even more.

Isn't it odd how we have trillions of TV-radio hours dedicated to sports and 0 to World Peace realization within 3 months, step by step plans? Millions in Eastern EU and other nations don't have electricity and the youth is playing various odd sports (see face) (new sport in East EU, US, Russia after post 1989 amazing 'democratic' values have flourished) when they could help others have a toilet inside the house or solar panel for light, etc. People dance wildly at bad music concerts and waste time in fancy sports facilities and gyms, while their fellow citizens starve to death or suffer due to simple things the youth, adults could do as part of the Eternia Volunteer Network or as employees of the state companies that centralize and bring a sense of altruism. Gyms are full of mold in the shower (go see) and those going there die earlier as such. Why can't we exercise at home (pushups, etc, youtube got 9 million videos on how to do it at home without machines, without weights even) or help all workers get single family homes built by world's most advanced house building company, the only house builder and maintenance company in USA, Immortality Building Inc? This company is so advanced, all procedures so good, some simple tasks, 1 out of 60000 for a house, can be given to volunteers in need of exercising, to save materials wasted with gyms and to prevent back pain from some people doing all the lifting all day long, like compassionate immortalists would do. Just have some nice eterni music (peaceful, to end all wars between workers staged by aristocrats to destroy workers) playing in an earphone and lift some stuff, do something so all can relax and not damage any spine or organ by over exertion. Let all be *relaxed* happy and content in 11 companies, not just the aristocrats torturing workers to death. Why do they need 4000 gym networks? Would one not be enough, one that is truly clean and well done? Tire particles from driving 4 extra miles to a gym of your network means more smog from tires inhaled killing all, short lives for slaves, longer

lives for the aristocratic pigs who exercise at home and own each gym network spewing mold into everyone's lungs, worker lungs, cannon fodder soldier lungs, etc. The aristocrats don't want volunteering, as that undermines the money for everything system used to *subjugate* all.

All nations have ghetto areas that most nearby don't know, due to systemic pathological selfishness and decentralized apathy. Anyone with an issue would ask for volunteers to help via the Immortalist Volunteer *Network*☺☺☺, a system present in 200 nations and run by the government to give people a chance to develop muscles via actions that benefit others too, not just one's fitness or health. Glorifying Sports while never talking about real peace soon can lead to humans disappearing in 10 seconds some day. *Each* act of violence, yelling, torture, threatening is downgrading the human species quantum field and leads to more wars, each war makes longevity, health progress 70 times slower, as it starts another 100 wars and people make tanks not medical tech. Even when people don't care about some war far away, they don't realize that because humans are so alike, any bombing anywhere *destroys* the quantum field of EVERY EARTH CITIZEN SHORTENING THEIR LIFESPAN by pure *physics*. *Will we ever grow up and remove all violent tone and movements in sports, the huge selfishness in our cultures?* ☺☺☺ Is the sports obsession the epitome of ethics, kindness, spirituality, altruism, religious regimes, communism or "evolved" liberal democracy culture? ☺☺How long does one need watch a soccer or etc ball moving or move it and holler about it before really caring about millions killed in wars and/or made homeless decade after decade? Why not watch the balls of cannons, rocket parts, bullets that destroy others to develop some sense of what one's own taxpayer dollars is used for? Are Olympics, stadiums, sports events, more important than ending these WWII like destructions of cities? Teen died due to playing soccer, parents beware, *don't let kids* play violent gangster sports brought by British imperialism and aristocratic leeches. Build houses, for those cannibals don't care about the locals housed ("jailed") in tall condo buildings that fall in earthquakes, about the endless deaths in wars (in 1000 years, no British king talked of World Peace in 3 months, the end of suffering of the poor soldiers fighting to defend the aristocratic and royal family) they only care about torture (to maintain the eternal power of the aristocrats and royals over the rest of nations) or entertaining themselves with sports on gigantic estates, this is how soccer, basketball and other depraved sports emerged, in *aristocratic circles*.

It is wise to move away from *the sheer "selfish low IQ" that defined America for 250 years*, as some of the popular anti-immortality sports show: train wrecks that kill watchers of the 'fun' event: 40,000 plus Americans watched in 1896 as two trains collided on purpose: 2 got killed, many maimed. *This was a popular sport in an era when egoism, 0 IQ & callousness ruled supreme*: who gives a dime about millions living in terrible conditions, when one can waste time smashing trains and collecting the garbage and treating the injured? Even today, *0 IQ* Americans have demolition derbies, where people get crushed, watch the Utah video and also the Montana

killing of one in another demolition of cars "sport" nobody hears much about. Monster truck rallies also kill people, see this one. *How can a kind government legalize such brutality and unsafe stuff?* An immortalist government would be even more against it, since those collisions lead to injuries that damage the quantum field. ☺☺*Lovingly tenderly gently kindly*☺☺ *WAKE UP AMERICA*☺☺. Mexico monster truck rally killed 9 people. A kid died in 2009 in USA due to debris flying at a truck rally. While others are homeless or too old to fix their car or have no car, selfish people watch trucks do lots of damage to front rows which will take time away from building a small house for a homeless, spend 'eons' to maintain these garbage cars before the contest and to prepare for these useless events: again we see the "fun first, maximum lifespan for all last" mentality that teaches kids to be selfish and callous. *What kind of 0 IQ parent would take their kids to such horrific brutality?* Let kids, parents design better railroads, we got 1100 railroad derailments every year in USA alone, why not spend time to learn how to bring that down to 1 a year? It's a kinder hobby for sure. One website claims that USA has 106 times more train derailments per mile driven than Europe, and 383 more than Japan: more profits for CEOs? Or Immortality Capitalism? What kind of "Christian" or humanist virtue is that? *Then they say there is no space for houses, what? What is that selfish "0 IQ" stadium for? Shouting? Trucks?* By the way, horse riding, (google "horse riding traumatic brain injury nih") due to extreme shaking, soccer, football, etc due to balls hitting head can damage brain and *shorten* lifespan, see sperm and egg damage section on why it's bad for offspring too. A *guy who did 0.25 million brain scans* saw American football players have brain damage and a kid who had some depression and anxiety and it was because he played soccer all the time, hitting his head with the ball. In the "nonviolent" America, the priority is horse racing, polo (watch injury) horse games, horse stables that stink and pollute air near houses, not requiring the end of production for FPR 4-10 air filters and making all FPR 12 at least. Horses and their abuse during racing seem more important than humans and kindness. While people are crowded and living in dilapidated condos, we got 678 acres for horse thugs. Nobody ever lived to 9000 by playing sports, yet with eterni diet, we will. Queen bees start from the same genes/larvae: a different diet makes them live 50 times longer.

Before going *into more regular physical sports, this paragraph will mention a few obvious things about intellectual sports.* ☺☺ When we're kids, we're taught to play chess, sudoku, crossword, monolopy, card games, all kinds of things to "stimulate our brains". However, when we do that we waste an opportunity to engage in an intellectually challenging "sport" that would do something good for humanity and take us out of dreamland of a chessboard to the real world of developing empathy and awareness of the insane violence that causes so many wars, the limitless ignorance that causes aging, inability to prevent natural disaster deaths (block tornadoes before they form, etc) and diseases that shorten our lives 10 times compared to the potential 900. For example, instead of random videogames, one could play FoldIt to predict the

3D structure of a protein. Nature 2010;466(7307):756-60 concludes that "Our results suggest that scientific advancement is possible if even a small fraction of the energy that goes into playing computer games can be channeled into scientific discovery" *for 900* year *lifespans.* Science Magazine explains that FoldIt players could do as well or better than supercomputers. Like with these issues solved by wasted mental energy, instead of chess or bridge or other useless selfish games that benefit no others except the players, people can walk the gospel/scripture they believe in or preach and engage in right action, selfless universal love, service or constructive mental energy spending and come up with a better method to deaddict many homeless people to alcohol and drugs, so they can hold a part-time job and pay the rent for the refurbished empty housing (16 million empty for 0.6 million homeless, see below) that volunteers practicing Immortality Fitness (described below) have renovated. A major problem with homeless people is that many of them are drug and alcohol addicts. There are thousands of problems we have in science and society that require more than physical energy, they require a lot of intellectual energy and sometimes emotional energy, as in hands on healing, interaction, making people motivated and excited about building ***Heaven on Earth***, the Civilization of Immortals, instead of alcohol. If all our mental energy is wasted with chess, what is left to help fellow human beings to live to 900 and to develop virtue, or spiritually or inner peace? ☺☺☺

Physical Sports don't develop us as healers, as radiators of healing, of chi (medium infrared containing), as emotional healers, as world healers who bring peace within conflict, as World Peace bringers who end the hypnotic grip of the historical death force on every aspect of our civilization. They don't help us develop empathy, compassion, understanding of the reasons we can't live to 900, etc. However, serving others and doing something useful for humanity, or gentle movements can help us to develop more than physically, to create the mind, the neural pathways, the selfless patterns that bring the world of Paradise. In a world of intellectual sages (Immortals) who can *levitate stuff via* force fields, *where physical strength is useless, nobody cares about* physical fitness. What we care about is gazing, emotional, tonal, healing, linguistic, telepathy, astral fitness more, not about being strong physically. Isn't it funny how we have all these fitness centers everywhere for PHYSICAL, but no center for the 7 types of fitness of the previous sentence? Does that show an unconscious recreation of past "lack of peace" on Earth? The 7 types of fitness don't require more than gentle exercise as in helping others, chores, building a house, Immortality center, in service to the Civilization of Immortals as below:

When we manage to live to 200 or 3,000 years old, and can move objects with the mind, levitate, teleport and materialize things via telepathically controlled picobots etc or whatever new discoveries of force field projection from sunglasses to levitate objects and to even transform in mid air a ball into an inflated unicorn that changes colors and shimmers as it flies and goes up and down, left and right, in spiral in its flight, there is no longer a physiological need

to practice any physical sport or activity or to have strong muscles. Our concerns then are loftier, like how to create the most healing tones of speech and uplift the Immortality Awareness in others thru the most positive content of speech. And people won't have any real interest in the banal moving of balls or things in sports or fitness anymore, as everyone is 100 times more intelligent than a Nobel laureate today. For example, a 5 year old finds hide and seek behind cars or bushes in the neighborhood very intellectually stimulating and exhilarating, but as we reach 30 we find that boring, preferring some sophisticated video game that allows us to do a lot more, like solve protein structure or a game of taking a car apart and reassembling it, or building an electric car or a solar panel system or something far more complex. The 50 year old today is compared to a 500 year old of tomorrow like a 5 year old today is compared to a 50 year old today; his mind is very simple, very toddler like. Monkeys find it appealing and truly not boring to jump in the trees and do some really (boring to us) simple things they do for play; but to us, who only live 1.5 times longer or twice maximum, those things are boring, when we know we can play with holograms and design things and games that are way more interesting. 900 year olds can create wormholes, teleport objects, change elements, shapeshift objects as they travel in midair (i.e. a ball can become a real purple dove that changes its color from shimmering purple to shimmering gold as it travels and back into a basketball ball that then can change shape and color to a moving spiral galaxy like object, or become the most amazing & beautiful ☺☺☺ flock of doves that arrange themselves into a shimmering Christmas decoration saying "JOY" or "World Peace without violence in all worlds is possible" or "Living to 900 or Mind over Matter" - like we have objects lighter than air, a ball can become 100 doves) and objects that fly telekinetically and shapeshift can change the direction 90 degrees or anything, make flowers bloom fast, prevent droughts, floods, help all animals to become vegan and then eterni, to prevent an animal eating another by giving the animal some materialized shapeshifted dirt that becomes a nice cake the "now vegan" cat (or other carnivore) eats in order to avoid the mouse (another animal) being eaten (which would cause suffering and negatively affect the human mass consciousness due to similarity in brainwaves and neurotransmitters), slow down time and speed it up so to speak. A 900 year old goes on a space travel, visits a planet, sees some non-vegan animals (lions perhaps) and then decides to materialize vegan food to help local animals go vegan in minutes via a mind-blowing brain molecular reprogramming of likes (taste receptors, pleasure centers, stomach chemistry, etc), where the desire for meat or violence against other animals (deer perhaps) instantly ceases and he wants only the materialized vegan or eterni food and only to love and hug all animals as the lion does with its offspring; to the space traveling Immortals this sport is more compassionate than punching, rodeo (where cows and horses are often abused) or boxing or somewhat pushy sports with shoving and pushing, as it prevented the suffering of the eaten animal (deer perhaps), more complex and intellectually stimulating, aesthetic, uplifting, graceful, useful to the intergalactic Civilization of Immortals.

We, at our level, can't do this to carnivore animals in 5 minutes, it takes us decades or years of training an animal to be vegan and to turn dirt into vegan or Eterni Food (element conversion is not easy), just as ancient man could travel only at 25 miles an hour, not 200,000 miles an hour as the Helios 1 solar probe could last century. As such, to the future 900 year old humans, our simple games are ultra boring. We see what a gap can exist between monkeys and us, who only live twice as long maximum, not 10 times longer. Right now, moving a little in simple chores at least or walking is helpful and increases longevity, while sitting all day is unhealthy and our minds and science are not those of people living 10 times longer. However, a study found 20% of centenarians don't exercise at all and 40% only moderately, so longevity is way more than moving a little bit, some college professors lived to 102 and they really moved very little. Obviously if people of the future are way smarter than today and can live so many centuries without sports and fitness, they will most likely be interested in living longer not in sports, in helping others diminish suffering due to ignorance and lack of knowledge, in finding about the universe, as their IQ will be also way higher and their idea of fun more complex than the simple stuff in sports, sports which add very little to human knowledge about overcoming death from hurricanes, fires, floods, earthquakes, diseases, aging, violence. However, in the transition period to that World of Immortals who live centuries or millennia, the sports culture may go thru various degrees of transformation and some possibilities are explained below. In the transition period to a world of 900 year old Immortals, some professions (soldiers, law enforcement) do need a high degree of fitness, so for them it's a day job component, whether they like it or not. We have a very primitive neuroscience and we have few activities (divine ecstasy states) that are known to give us a joy far higher than physical activities (the "running high") or even orgasm do thru endorphin release. But people of the future have a much more advanced undetrstanding of these meditation states. For these reasons, one can see how the future humans find current sports ultra boring. We live now 30 times longer than mice, are far more complex in our ideas of fun. People of the future, who live 30 times longer than us, are far more complex, able to do things that are now pure science fiction, element conversion at 25°C.

The skill of sumo, bull fighting, boxing, etc is not really useful in defending a planet against various antimatter weapons that can vaporize cities in seconds either, so the utility of playing certain sports hours daily is reduced even from that point of view, as karate, martial arts, soccer, running 20 miles daily, etc won't take down aliens who can dematerialize our bodies. Eternal World Peace can be achieved soon without anyone learning karate, punching, boxing, martial arts, mixed martial arts. Those who say we need them as like those who say "we need to use turtles or donkeys to travel, we can't simply use rockets to travel to space or 4000 miles an hour vacuum trains". It's important to remove the genetic memory of violence against other humans by removing all violent sports, scenes and references in music and then gradually from all

Internet and literature as violent crime becomes lower. Nobody needs fighting skills, since cops can use the instant death penalty for anyone attacking innocent people: shooting suspects dead. The macho people in gangs, police (one guy lost his legs), military cause millions of injuries each year, to brain and body parts, via their infinite violence, the expression of the evil world disorder ruling the planet via the evil Bible, and highly fueled by the United Satanists of America. Some guy might get excited and try punch an alien, but the alien might dematerialize the guy or turn him into a sculpture made of gold or some other substance. *Additionally, shaking one's head as in punching, boxing, martial arts, jumping in basketball, baseball, volleyball, wild gymnastics jumps, etc* leads to brain damage that shortens lifespan since all body functions are controlled by the brain. No long lived basketball players exist, but tons of 113-120 year old tai chi or gentle stretching exercise practitioners exist. Brain damage also damages the sperm quality, since the brain controls reproductive organs, and those practicing these pass lower quality genes to offspring. It's almost like a karma for violence promotion. The brain is a supercomputer; if you take any computer and shake it hard, it will be damaged, sometimes irreversibly and last half as long. *Car suspension would need to be good for those driving a lot and those who bike a lot could use very good suspension bikes,* if the roads are bumpy, *because biking 30-45 min daily on bumpy roads can shake the head too much over a period of 50 years, providing shocks similar to those in some sports thru cumulative effect.* ☺☺☺ Sports longevity data seems to say that those who practice the most physically aggressive sports (boxing, martial arts, even Shaolin monks who practice some meditation too which may offset the rough handling) with most head impact live shorter than those who practice gentle sports (those who practice tai chi or gentle qi gong). Did you know that one person boxing (no other partner to hit head) is popular even among French presidents, yet could cause some ultra mild shocks to the brain that are not healthy? Let us hope presidents build houses like Jimmy Carter Habitat for Humanity and clean eterni labs by walking there, etc, instead of boxing, which is a bad role model for World Peace in 3 months. Once again, immortalists are for Immortalist Anthem ethics of being gentle kind towards all, etc. ☺☺☺☺☺☺☺

"A history of concussion has been linked to suicide, depression, dementia (Alzheimer) and a chronic traumatic encephalopathy, severe shrinkage of the brain tissue. The concern over concussion has spread to boxing, hockey, soccer, rugby". nih.gov...6 explains "The authors reported that athletes with a high exposure to head contact had lower cognitive function than did those with low head contact exposure.... both the two-concussion (n=50) and three-plus concussion (n=48) groups scored significantly lower on the verbal memory test than did the no-concussion group (n=50)... One study of 37 former professional soccer players found mild to severe deficits in the areas of attention, concentration, memory, and judgment in 81 percent of the players. The authors speculated that this finding could be indicative of permanent organic

brain damage resulting from repeated traumas from heading the ball (Tysvaer and Lochen, 1991). In another study involving 53 active professional soccer players, impairments in memory, planning, and visuoperceptual tasks were observed and compared with those in non-contact-sport athlete controls. Among the soccer players, performance on these tasks was inversely related to the frequency of heading the ball (Matser et al., 1998). Features of Chronic Traumatic Encephalopathy (CTE, from head impacts) include the progressive decline of *memory* and cognition, *depression*, suicidal behavior, poor impulse control, *aggressiveness*, Parkinsonism, and *dementia*... studies indicate that head injury is a risk factor for the development of Alzheimer's disease and other dementias". Hockey, rugby, boxing, football, soccer, martial arts, etc can lead to traumatic brain injury. Moderate and severe TBIs (traumatic brain injuries) increase dementia risk 2-4 fold ► ARN 2012;69(10):1245-51. Former National Football League (NFL) players 50+ years old are 5 times more likely to have dementia than the national average for 50+ men; neurodegenerative disease mortality is 3 times higher. CTE subjects were 3.8-fold more likely to have Aβ (amyloid β) plaques and developed them 10-15 years earlier ► CPHR 2015;19(10):47. Chronic traumatic encephalopathy (CTE) was diagnosed post-mortem in a high proportion of former football players whose brains were donated for research, including 110 of 111 National Football League players, according to the JAMA 2017;318(4):360-70. Alzheimer and ALS mortality found 4 times higher in football players ► Neu 2012;79(19): 1970-4.

Few know that standing on your head every day, as some do in Yoga, may lead to brain damage, increased ocular pressure (blood goes to eyes & gravity increases *glaucoma* risk) just as astronauts get brain damage from gravity changes. Yoga without gentle tender softness can lead to sprains (ligament damage). So, while *yoga* (video on yoga causing femur fractures, spine injuries, etc though fewer overall injuries than running), Tai Chi (not extreme, as that too may cause spinal injuries, etc) or anything 'light' is nice, it can also damage us if done without the quality most of us lack: universal *gentle tender soft nurturing* loving kindness. If you have some back injury, the obviously don't do any yoga, stretch, etc that makes it worse, let it heal, take warm baths, massage area, eat protein, ω3/6, vitamins, zinc. Gently *google* "sports name, *injuries*, NIH" *to get* nih.gov *articles on injuries risk for your favorite 'sport', if any. Safety* first, impressing *others is* never important, be gentle, *aware of the* pervasive ignorance in our society, where people practice extremely harmful sports, or yoga or tai chi poses. *Even when doing simply house or lab* chores, risk of injury exists from repetitive *movements of a* similar type *for more than 5-15 minutes,* so *LISTEN* TO YOUR BODY ALWAYS, stop at the slightest pain, sleep well and do *challenging tasks* when well rested to avoid accidents. ☺☺☺☺☺☺☺

Sports aren't just random movements, *they activate neural circuits in* our *brain* that are shared by other processes such as emotional regulation and expression, ethical behavior, morality, gentleness, etc. For example, if we're in a fight and flight situation, with a mountain lion around,

we run like mad. In this process, thru which we have gone for eons, our *brains are* conditioned to associate *rapid movement sports* with the emotions, behaviors that relate to *fight and flight situations or stress* and make it more likely for our brains, thru the power of habit, to engage in anxiety and panic driven behaviors, emotions. Sports are criminal, they damage the vessels via shear force, the *healthy serenity BP of 105/65 and HR 40-50* rises to 125/85, HR 75-95 that damage the capillaries and the organs they feed. Sports are like bipolar disorder, you go from one exreme to the other. In a world of 9000 year lifespans, we infuse every moment with the eterni vibe of *gentle tender soft healing* graceful *nurturing* universal loving kindness. Everyone is at least as nice as the gentlest nurse in the world today. Tao Te Ching explains this well, by avoiding extremes, the sage removes the need for renewal (vacation), a planet removes the need for war. Content with that which of Tao is born, he craves nothing material, being OK with one universal pay of the Immortality Credit Score or IS, Immortality Score, Score of Immortality, Intelligence Super, or as Jesus Mk 10:25 "the rich go to hell", since material objects/sports don't give us trillion year lifespans, only ethics and the ethical honest true science it births can bring Immortality. Physical Edu teachers deserve jail if anyone does: they're all terrorists teaching kids to be selfish, causing injuries. No athlete ever lived to 110 because of that total destruction of vasculature, let alone 120. 99% worldwide singers, except serene instrumental composers, also deserve jail, if anyone is jailed, as they commit genocide by inciting the youth to destroy their vasculature, brain, etc and to engage in restless emotion, crime, indirectly, which is genocidal given the already hyper violent emotional average & average violent crime rates. Given the violent crime rate is 1 trillion times higher than it should be, 100% of music needs to be eterni, meaning 1 trillion times more serene, gentle, tender, ethical, Eternal Universal Peace and Immortality *for* All focused, knowlege of immortality via ethics building focused, virtue focused, one pay focused, 11 companies focused for building the knowledge of immortality a trillion times faster by research instead of admin, sales, duplicating, HR, accounting, in line with the advent of the Eternal Immortality *for* All goals of the Immortalist Anthem, world's 1st progressive positive lyrics about the trillion times gentler softer love (than the gentlest mom today) we need, in order to reach 80 trillion year lifespan. High HR, BP increase violent behavior, look at how infernally violent is much of today's youth, entrained to high HR, BP by the demonic music. 99.99% of violent crime stems from the genocidal melody, verbal tone and lyric content of 99.9% of music today that defines all culture, behavior of humans: if all music is virtuous in lyrics, very gentle, eterni in melody and emotional, thought intent, verbal tone, it dampens the genetic mind force and turns the cannibal chimp DNA into civilized human DNA. The greatest murderers are musicians, not Hitler, Stalin, Mao, these three are products of our cannibalistic music. Music today is like a slow killing of ethics that devolves into genocide. High BP/HR makes us restless and impulsive, ready to lash out on short notice, see the videos in the police section. They add sodium to foods, to make working class attack each other via high HR/BP, so the rich can steal

trillions. When Earth is the abode of serenity, all wars cease, as we worship Eternal Universal Peace and Immortality *for* All via eterni immortalist breathing, or as Lao Tze says "breathing like a baby". When the macho psychos rule Earth, all learn martial arts and see violence on TV, in the "music", preparing for the next war. Most singers are cops and soldiers in disguise who need a cover for "being in a city giving concerts", that's why the music sounds like artillery, war. Everything is fake in our world, human behavior is learned from music, lyrics, etc.

Watch the toddler IQ of some adults attacking other adults for "winning", as if the score even matters. Instead of helping fellow citizens in jail or homeless, they fight on stadiums. Even in modern life, when we're stressed by a deadline, we tend to unconsciously rush and secrete more cortisol. If we practice a *gentle tender soft* movement (in an immortalist lab cleaning that replaces our zero IQ extracurricular activities that make the *youth stupid and violent,* etc) as sport, such as chores, things below or hands-on healing on others, we activate and strengthen totally different neural circuits, that stimulate tranquility. This means we're far more likely to be *gentle tender soft, tranquil, undisturbed emotionally*, to practice the 20 telepathy habits that improve longevity chances and decision making, to turn enemy into friend, to modulate tone of speech. The tone of movement modulates the tone of *emotion, thought, speech, telepathy and behavior*. The gentle tone of speech described in Chapter 8 does the same thing, it activates and strengthens different neural pathways than those used in fight and flight when we yell or speak in a loud or random way. When a little "panic" arises, due to diligent practice, it's harder to activate those "bad speech and rushed movement" circuits, allowing us to remain tranquil and not go into panic. 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children" Phil 4:5 "Let your *gentleness* (graciousness, *unselfishness*, *mercy*, *tolerance*, and patience) be evident to all" contradict the movements in martial arts, 99% of sports (yoga, tai chi, gentle stretching, chores, etc being exceptions). Some program their kids to be escalatory, aggressive or "even worse" from age 3, by having them practice the Paleolithic martial arts, when it won't help them in their profession or in tripling human lifespan. Motor coordination can be learned via gentle movements that focus on noblest emotions, speech tones, smiles, energies of healing and deescalation radiation, instead of punching and kicking. A saint who has truly coherent capacity of focusing and expressing healing *universal* loving kindness is not made by playing present day sports. If we want a Civilization of Immortals, we have to move beyond the 1890s or 3000 BC invented sports. The hallmark of super intelligence and Immortals is anxiety-free grace, the *gentle tender softness* that is absent in most sports today. Some sports were invented by Christians, Buddhists, but that doesn't mean Jesus/Buddha would approve of them. "Cure the sick" and help others was Jesus' alleged saying, not play basketball, martial arts, boxing, funny to see such violent 'Christians'. Gentle massage or even just hovering hand 1-2 inches (2-5 cm) from the body can lower cortisol, blood pressure and bring tranquility☺☺☺.

Can we redefine sports *on our* planet *to mean* DOING something physical for OTHERS, NOT self, from the age of 4 even, like planting tree, helping cure the flu, cleaning a lab or work 30 min 3 times a week in a lab doing physical stuff instead of a gym, *like college professors advancing* human knowledge *who live to 106 without exercising*, yet living longer than all professional sports players? Would an Immortal Civilization structure all its physical activities around doing something noble for others to ensure the physical longevity (seeming "Immortality" by our time standards) and well being of its inhabitants? Would it build stadiums and so many sports facilities when 100,000 people die daily because of many diseases? Would it not care about many preventable diseases and play sports instead? ☺☺☺ What is more selfless?:

1). Building a house via habitat.org for the homeless or working in a vegetable vertical farm in the city for an hour to help starving folks to eat pesticide free produce or one of the 14 sports below: 1.1. soccer, 1.2. basketball *(see* US parents fighting because their team lost, *40 year olds with IQ of a 2 year old monkey, teaching kids by living example to be thugs, see* another, *why not do something selfless for humanity for exercise that prevents yelling and this thug behavior, as the next pages explain, why terrorize the planet with such vibes?),* 1.3 cheese catching, 1.4 rugby (pretty uncivilized anti-immortality cruel pushing, handling that could damage brain slightly too), 1.5. Russian slapping (been around for a while, UK says since 2015 in USA, since 2009 in Russia, Las Vegas USA still does it in 2024, girls do it too degrading human quantum field, like robotic puppets of sadist event organizers, US got it in 2022 too, *see* California Republican Catholic Arnold Swartz. former Governor watching, thus encouraging it, *like* a true Nazi and like Hitler, though not sure which videos (100s online) are staged, fake, *i.e. video played in reverse with no hit using AI to swell face to make it look horrific, just moving palm away from head and special effects, US has become the land of violence; in 2023, when millions are homeless due to wars, 'American' UFC president* promotes slapping, *like a true Nazi, after* slapping his wife, *and countries* worldwide (EU too) *join in the madness.* How can UFC, boxing, slapping even be legal in any nation*?),* 1.6. football (famous for brain damage, see above), 1.7. boxing (the most evil subhuman violence that lowers all watchers to brute vibe and glorifies the most demonic aspect of humans: heartless compassionless watching of lifespan shortening brain destroying of other humans, imitation of torture by KGB, Nazis, etc; they even like it and cheer it), 1.8. MMA (worse than boxing, OK in USA, the land of 'civilization', we immortalists applaud Taliban's ban of MMA, as it is a grotesque display of demonic violence: we invite *all nations to ban* all martial arts), 1.9. karate, 1.10. kalaripayattu, 1.11. capoeira (maybe world's least contact, "least violent" *martial art, but still* cruel anti-immortality uncivilized kicks (see it here - how gross, to cheer and applaud the destruction of his face by a leg hit, the brain damage done by the leg kick, and idolize such vulgar chimp sport), even if 0 contact in some cases, the mere simulation of a hit *as in the more benign version shown in* USA *to make Brazil look good, of human-human aggression or fight, in*

the presence of uneterni music unbalances the human species quantum field in desperate need of gentle tender soft healing grace, fuels war, genocide, millions of refugees crises, the demolition of countries (see video and consequences *of not making* World Peace in 3 months music and dances a priority and becoming so zealous about stone age sports that pollute the human genetic mind) and is polluting human quantum field), 1.12. sumo, 1.13 super thick muscle 300 lb building (while others starve to death or eat only 1 meal a day even in US, Brazil the kid doesn't go to school to learn how to make us live to 200, whereas body building, sumo can't help us live to 200), eating 2-3 times the normal amount, 1.14. wrestling

They could rebuild neighborhoods with their farm, and all food locally grown by each family contributing 40-90% of hours of physical education at the farm in the city, guaranteeing cleanest fresh high biophoton produce. Or they could have Home Depot sell a kit to create a greenhouse to grow year round pretty much anything, with seeds and instructions, with peels from cucumbers, watermelons, pepper cores, etc composted to provide fertilizer, so if people eat cucumbers, tomatoes, onions, watermelon, carrots, kale, etc they can plant them, besides walnut trees, blueberries, water lentils (duckweed) (ω3:6 ratio 2:1) or seaweed for EPA-DHA. People don't use their backyard, instead they treat immigrants like subhuman animals to grow crops that are later degrading during storage, processing and shipping and lose 10-98% of many nutrients: inhumanity leads to a negative loop of shorter lifespan, as illegals then join gangs to make extra cash, since they use them at below minimum wage as slave labor, no visas, no border wall. When enemies attack, all they will do is go to gyms and their "sports facilities" to eat, as EMP makes all transport fail. True to their religion, basketballs in every religious school, they then will eat wafers for food, and yes, their ammunition cartridges and guns: 1.2 guns/person, and 0.000001 greenhouses /person, absolutely 0 IQ, even from a 'military national defense' point of view. If nuclear strike hits, they will all die, as all are cramped in cities and nobody wants to exercise1 hr daily growing some food easily, they need expensive sports facilities and etc. These things make no sense, since we have green energy, solar, water from air and techs that before were 500 times more expensive, so now we could spread out and eat healthier food, increase our chance of survival in case of wars and natural disasters. In 100 years, we could also develop eterni food kits that people can use in their backyard, like we have microwaves and other things today, feed some raw materials and the protein comes out. Amazingly, these beautiful greenhouses can be very colorful and decorated with names of qualities, Immortality *for* All, etc, like in the section about World Peace in 3 months clothes, etc, more beautiful than all houses are today. We just need creativity and sound for plants, maybe structured water, those allegedly real reports of bigger yields with some water device.

It's not easy to find selfless service activities to engage in physically at 7 am/8 pm close to home when one may want to exercise if one doesn't have a backyard, but things can change as this

"sport" becomes common, just create a website volunteer.gov, people will create community gardens.☺☺☺ We can do tai chi, gymnastics, aerobics, qi gong while doing something for others, by bringing conscious breath, awareness and grace in movement, as one beautifies the house, apartment building, neighborhood to make it the most beautiful place full of Immortality thought forms, shimmering colorful stuff as mentioned above, to uplift the human spirit, bring out the hypothesis thinking, the gentleness, tenderness, healing grace, healing touch (not shoving, yelling, hollering like the chimps in jungle or people in stadiums and many sports arenas; we want to evolve our feeling and speaking tones, not devolve them), eterni thinking-feeling-speaking, healing gentle voices and immortalist music in the background playing always almost, to enable us to hear the Wondrous World of Peace,☺☺☺, of Happy Tranquility,☺☺☺ instead of chaotic traffic noise due to materials wasted on stadiums instead of sound blockers made of current or future discovered materials. Listen to the World of *Octillion* Year *Lifespans*, Its Luminous Magnificent Tranquility. Many churches, hotels, restaurants stay empty much of the time, wasting huge amounts of materials that would make much better housing for 90% of people, allowing people to make their house a quiet place of peace, like a church, free from traffic noise of many churches, where ethics is practiced more often instead of just 1 hour at a traffic ridden noisy church. Why not? Why not make a “sport” event of who can have the most eterni speech and massage therapy that lowers biomarkers of aging, and negative feelings the most in 1-2 hours, that brings out the gentle scientist and healing immortalist☺ in all instead of the more violent primate (chimps do kill their own species, about 2% of deaths, but 500+ mammal species in one study were shown to never kill their own, so we got a long way to go to become a civil animal even) that is dematerialized by hypothetical human immortals of the future and whose primate physical muscles are useless in front of advanced aliens or our immortalist human ancestors? Many centenarians never exercise, their chores, and kindness, made them live to 110. Even if people do 5 minutes of exercise in breaks, is it not more selfless than going to a stadium or facility that requires so much money to be built? A little stretching, yoga, pushups, etc or walking-jogging doesn't require any facility taking materials from fixing the 16 million empty housing units in America that could house the 0.6 million homeless if fixed or rent lowered, etc: in Turkey, 25K people died in 2023 earthquake, with millions of houses not going thru the normal earthquake check; likewise, in USA many houses, etc are not earthquake, tornado, etc safe, so people die each year, but if we had *compassion*, *gentleness*, humility, we would not make an idol of a *ball*, but of Godliness, of compassion for life, so we would unite to rebuild, fix to prevent lifespan shortening, needless preventable deaths, instead of just moving a ball that benefits us only, not anyone else. Think about immortality for all (not just 0.1%) capitalism, it would be more efficient, 800x fewer contractors in each nation, far higher tech, tornado, earthquake standards, same thing globally, 1 nation, 1 language, 1 currency, 1 super high standard, instead of 5 million contractors doing the poorest job usually: we have 800x more

R&D jobs, 800x fewer HR, sales, admin. Where is the *altruistic* loving kindness? ☺☺☺☺☺☺☺

Oddly, Baal in the Bible is the name for Satan to whom some sacrificed babies, so perhaps, you're also surprised how enthusiastic religious people, pastors, nuns, are about these savage activities that completely contradict the Gospel Paul words "*the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*".☺☺☺ It's as if, we're sacrificing their spiritual angelic vibe, to glorify violence, and the parents have to watch it too. It seems too many politicians, world leaders are forced to attend these sports events, when they're anti-Immortality *for* All ultimately, nobody needs moving balls to develop teamwork while so many things are in disrepair and could build a much better character and nobody will reach 800 years lifespan by moving balls, the present sports delay World Peace and the advent of a gentle vibe; recall the genocides the Greeks did with Macedonians and they gave us Olympic Games too, wildly emotional yelling Parliament debates, so it's not like we really need those, when we can replace them with Immortality *for* All activities, or presenting techs to triple human lifespan for all at these Olympics of World Peace in 3 months, Immortalism like vegan food production, eterni food, water filtration, building tech, etc; why follow tradition? Why can't Presidents be themselves? Why are Generals doing this? Some Presidents promote sports (see them in action: judo, hockey, golf (while these guys live in tents and terrible trailers in greater Los Angeles), ice skating rings while many teachers, professors, scientists are living in terrible or overcrowded housing, while residents that provide 2% of Russia GDP live 10 years shorter and in the most polluted Russian city), billions for Olympic facilities, while Universities, schools in that nation are in disrepair, dilapidated, students overcrowded and could use 13-50 billion funds to give all longer lifespan thru better sleep for students, research, medical innovations, efficient centralized preventive healthcare and education; they also promote religious ritual festivals (soaking in water doesn't do anything beyond placebo attainable with just listening to positive affirmations, except spread germs and diseases sometimes) and role play they're believers, as if all we need is more religion *(that's not the same as ethics, providing decent houses for all, instead of golf courses for a few).* We see a quite odd focus on sports, and fake miracles religions with evil quotes scriptures they swear on, instead of on ethics, education, and kind vibes, tones and educational selfless physical exercise. Who benefits from this? Big Business? Oligarchy? War merchants? Generals who need fit cannon fodder to wage eternal war on humankind? Any *ethical* immortalist government would boycott the Olympics, international sports competitions, world cups, Super Bowl, as they do nothing to promote World Peace in 3 months, don't talk about it and don't address the root causes of war; on the contrary, they exacerbate the imbalance, since all these events have an anti-eterni vibe; we need peace and cooperation to end all violence in 10 years, wars in 3 months, not jumping and moving like chimps: hello, *5 million people die every decade due to violent crime (homicides, + some extra indirectly due to*

injuries), what do these violent movements like criminals make when rushed, running, breaking in, etc have anything to do with ending this *Holocaust*? Super Bowl sounds like Baal, football, basketball, etc a name for Satan, see why this is odd. This 5 million dead in a decade is in addition to the dead due to wars (millions?), directly or indirectly dying 20 years sooner due to no funds for healthcare. These super anxious high pressure ultra fast movements contaminate the quantum field, delay the end of violent crime and war, everything is connected.

Perhaps, you may agree that, physical education classes ought to be optional, if we ☺☺*lovingly tenderly gently kindly*☺☺ honor free will*,* since nobody has the right to force kids to engage in such barbaric shouting (see the brawl videos above) as it happens in many sports arenas in schools, this completely degrades the person, ruins the angelic eterni vibe and brings the entire planet in the stone age, in eternal war vibe: we need to prevent any kid or anyone *(clergy (see examples of shouts:* Christian*,* Jewish*, etc), singers, politicians, etc, teachers, parents, etc)* from ever shouting, as that's how physical altercations start, how wars start, that kill 80 million. Our society has become a 'satanist' one, it glorifies the most 'evil' behavior, while the really spiritual stuff, eterni tone or speech tone that calms everyone is never taught, as a separate subject. The 'devil' or 'd evil', 'the evil', disguises itself as an angel, or pastor, "religious politician, TV anchor, etc" and shouts and destroys all souls who listens to his trash. Unless shouting is a crime, we will probably never have 0 violent crime on Earth, so it is never too late to actually follow the Bible's best quotes for those who profess to follow the way of God and have a monopoly on God and ethics in all *universes*, galaxies. It's better to have 5000$ fines per one shouting than to have jails and wars and violent crime, saves trillions of dollars and grants a nicer afterlife too for believers; it also happens to be a lot kinder, for those who care, after all, about others, not just about looking good, ethical, spiritual or religious. Shouting can be fine in case someone needs help, or some emergency happens, earthquake, or some car is doing something etc, but not in normal life when there is no emergency or no violence. People need to be happy and learn to not be so emotional, just accept criticism, whether valid or imagined. We have to prevent violent emotion before it even arises, and that's thru every activity, not just Sunday school at church. Wars start with bad yelling at school and at home, hence we desperately need centralization of educational tones to teach all, to teach a kinder way of emoting and thinking. We could have compassion, humility, meekness, gentleness, and gently let everyone have a choice, let America shine as the Land of Freedom, no longer allowing teachers to cause injuries in kids thru brutal useless sports, like in a true democracy: service to World Peace in 3 months, ending "homelessness, wars, short-lives, all jails", etc, building the Kingdom of Heaven (Physical Immortality *for* All) on Earth or *moving balls like chimps in the jungle, yelling and engaging in anti-God anti-ethics, anti-civilization, anti* | | Immortality *for* All | | *vibes.* The immortalist government of a nation can't allow such complete abuse of power by physical education PE teachers (students get injuries or

die), the gov needs to require PE teachers to take a 5 month course on prerecordings and using amplifiers with peaceful music when they do group chores for Immortalism Building, eterni thinking, emoting tone and speech tone that calms everyone, going to volunteer with kids with plant trees and place gentleness and kind tone signs in 400000 locations in town, etc, and expand view of exercise to immortalist activities too, aerobics, stretching, gentle movements, *gentle yoga (not dangerous yoga or aerobic moves that send* 2000 people to the emergency room yearly*, (5% are fractures), see* video on yoga injuries), tai chi, etc, gentle stuff with peaceful music about Immortality *for* All in the background, which don't need special facilities that are so expensive, can be done at home watching a video, etc, on youtube and also in the breaks while they do some selfless service to a cause of immortalism. All jails can be replaced with healing centers (first we build the healing places, then we demolish jails) with help from volunteers. Adults can assign kids simple supervised safe to do by 10-18 year olds tasks (planting a nice flower, painting a nice 'Gentleness' sign, etc for younger kids) in this creation of Healing Oases, so they develop compassion during physical exercise, understanding of the scapegoat game failure to bring peace after 1 million years of attempts, all need to try to vibrate like an angel, an Immortal of infinite loving kindness. Same applies to many countries, there are, according to reports, 1.5 to 9 x more empty homes than homeless families. ☺☺☺☺☺☺☺

China has a lot of empty housing units, millions of them in ghost cities, while many live in very cramped conditions (4-8 students/room). Kids/teens (not just "geniuses" who start college at 7, but others too) could have these amazing chemistry, physics, biology labs and help mice live 3 times longer and then rabbits, make discoveries that boost immunity, cure diseases, give healthy food that boosts immunity to people sick with flu and save their life perhaps, create these volunteer programs with all hospitals, etc. Some say kids need to play and have fun, yet many kids, whose parents associated learning with fun, find this very much enjoyable, like fun, and they can move while serving the cause of World Peace in 3 months.☺☺☺ We have kids who finish 2 year college at 11, and they can help out 19 year olds in college courses. *Is moving a ball, yelling, shouting in sports,* a basketball hoop, etc truly more important than "Immortality *for* All"☺☺☺ written in every school, the very essence of nonviolence, nonkilling, the religions? ☺ We don't use computers from 1900 or so, so why do we play sports from 1863 (soccer, England, though early versions may be 8000 BC even, even before Chinese 250 BC cuju, a sport invented by aristocrats busy having fun instead of bringing Universal Peace during warring (aristocrats) states period and ending genocidal aristocratic torture of workers via immortalist justice and economy), 1845 (rugby), 1869 (football, though 1st versions may date 9000 BC, 1891 (basketball). When millions are homeless due to wars, to play these brain damaging (sometimes) sports is a sin, in any religion, ethics or spiritual belief, when we could use physical energy to bring peace via World Peace in 3 months, Eternal Universal Peace signs placed every 100 feet in all cities with

amazing colors to help make cities beautiful (laminate it to prevent rain deteriorating it, etc), until all are imbued with the Qualities of Peace loving gentleness, the mp3 players with peaceful and Immortality *for* All songs. With neuroscience and many things needing to be done (see next 30 pages), requiring efforts of many people, equivalent of playing existing sports for 30 years in the free time, we could recreate our cities to evolve our ethics, science, spirituality, emotional selves and stop brain damage from ball hits, shoving, leg kicking in soccer, the gorilla yelling, etc.

The government created Eternia Volunteer Network☺☺☺ starts a system of beautiful safe sign install by all interested: 3 words max, otherwise, nobody will see it from far away, one word most of them with a quality among the 20 we lack the most like *Gentleness*, etc, put the plastic sign on a fence or a house wall, roof, ultra light so if wind blows and it takes off, no danger exists, for bigger signs, a group of people go to city for approval and volunteers whose job is sign placing help and city inspector ensures it's safe, etc, but anyone poor or rich, can be allowed to place 20 signs even on his property, big ones to make it nice. This offers people a way to be creative, beautify and color neighborhoods, each font can be a different color, so can the background of each sign to stimulate intellect, can use calligraphy even, draw it yourself, to become one with that quality and move that hand *gently*, no boxing please, repaint areas with *Immortality*, Immortals Qualities, plant a nice colorful flower too maybe under the sign, and do things described next 30 pages, true sports that build compassion, or etc. It's a lot cheaper in drought areas to place a sign or 20 than to have a lot of flowers, etc, people waste huge amounts of time with flowers, grass mowing, gardening, but ignore placing a nice sign on the bush somewhere or tree, the most important thing is the qualities, without them, everything collapses. We see tons of signs, sports stuff in schools, but nothing written in big letters seen from 30-200 feet, like one of the following (the fewer the words the bigger the font) 1-4 word (4 words only if a preposition or tiny word, to allow big font) combos: *Grace*, Gentleness, Nurturing Tone, Healing Breathing, Gentle Breathing, Cosmic Bliss, Sweetness, Honesty, Humility, Immortality *for* All,☺Tenderness, Trillion Year Immortals, Eternal Universal Peace, World Peace in 3 months,☺☺☺ Compassion,☺ Eterni Tone, Tranquility, Softness, *Loving Kindness*. Same for streets and cities. So why is using matter to create a hoop so much more important than using matter to build a mini-reminder of the Eternal Character that helps All to live to a trillion?

Buildings have spaces to draw, write in paint these qualities, even cheap plastic and etc can be used, and we can make it very colorful. Why do secular and religious (the eternal spirit) schools prioritize adding 5 years to lifespan by some movement, but not adding a trillion as in ☺"May all live to a trillion"☺☺☺ written in big 2 to 7 ft letters in every campus? *If the spirit is Immortal, a trillion years is only a second that allows us to comprehend God better.* God is Infinite loving kindness and when we need to remind people thru schoolyard background music of the Peace of God & Immortality, of the Compassionate Tranquility of Immortality (or God if theist), when we

can use our physical energies to make every school nicer than Disneyland with the spiritual qualities art, drawings, sculpture or 3D printed things, kids are degraded by being forced to yell and to forget what maters in the long run: those traits, since robots can move balls and stuff. For more physical stuff, they can do a million things, plant trees, clean up litter and beautify bad looking streets, help with small chores people who need it, triple lifespan projects, cheer up streets that need some "Be happy, smile", "Immortality is Possible", "World Peace Forever" "World Peace in 3 months", "Immortalists rejoice"☺☺☺ "Help all Live to an Octillion" (a trillion billion years) signs. When a homeless needed a better tent structure or more permanent plastic roof, etc, that kids could make, the teachers teach kids to yell, compete, waste energy that could be used to provide shelter and anti-anxiety free music (very needed, since traffic noise and other noises are very health damaging and destroy the quantum field of all humans☺☺☺, the selfish will all go down as one planet) to those on the streets or even rich, who, are drugged by a for profit healthcare system using pills instead of free youtube music, pills not needed in many cases and causing endless side effects, and costing society more. "When I was thirsty, hungry, homeless, stress you gave me water, food, shelter, peaceful music", so when these people are desperate, they yell and build☺☺☺ strong muscles in gyms for the next mixed martial arts competition, spirituality at its highest? In the courtyards of even religious schools, they yell and move away from God, from compassion, from Grace, from World Peace in 3 months. Why not create a "World Peace in 3 months thru gentle service" area where they create nice little houses or things people need for tent people that later adults can transport to where homeless are, together with free mp3 players and earplugs for better sleep. Isn't that exercise more Peace building? ☺☺☺ Phil 4:5 "Let *your* gentleness be known to all, the Lord is near". If we would see some Deity or Noble Spirit or Angel or Buddha near us, as spirit, we would be having a much gentler tender softer nicer tone of voice and behavior. Imagine if we would have Gentleness World Contest for the most angelic *nurturing* healing tones of speech, songs, movies, behaviors, ways of life instead of soccer world cup etc. With "Gentleness Tenderness in Emotion, Energy, Thought, Tone of Speech, Behavior, Walking, Exercise, Breathing and & Selfless Service to Others" development centers everywhere as we have sports facilities in all places, schools, etc, the world would achieve World Peace in 3 months with a higher probability soon. ☺☺☺☺☺☺☺

The Gospel says "Let all you do be done in love" and 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children", while Buddha said "Love all beings unconditionally, as a mother loves her helpless infant baby". It's the same idea of being a spring of healing tender sweetness *nurturing* grace and soft soothingness, as when mommy hugs and kisses the baby☺☺☺. It's this angelic music quality that is absent in our sports..., classrooms, school grounds. It's this background soft music to elevate the human DNA from a million years of psychotic violence to civilization that we desperately need, it is this quality we lack in most

sports, the *bounteous* equanimity and magnanimity of an octillion year old Immortal, of a Buddha; to build a world of Immortals, everything has to be permeated by this angelness. Imagine a world of no violence, it's only possible when everyone is angelic all the time to some degree. We can't engage in things that move us away from that gentleness tenderness sweetness, compassion, serenity of Godliness;☺☺☺ if we do, then we won't have Paradise, nor real science.☺☺☺ Real truth, science, honesty, understanding can't flourish where violence reigns, but only in angelic societies where everyone is like an angel. In such a world, there are no guns, no violence, no shoving, punching sports, not even a thought to harm another or to lie to them, as everyone is educated from age 1 month into the values of a civilization of *gentle tender soft* Immortals. A culture of life is one that values 900-year lifespans and does everything from age 1 month to create that world of paradise. If anyone gets a little upset, or something, the "*Angels* of Universal tender soft gentle Love" (specialized healers) are called (or AI plays that music around, that makes us tranquil) and they use the most Healing Rays of Love to calm the person and make them smile and laugh and induce them to relax and become peaceful and stop being agitated. On other less evolved planets, still without any guns for anyone, planets on their way to the gentleness tenderness sweetness and grace of Immortals, they may not have any wars of course and any killing weapons such as guns, but the so called "police" might have rays of force field (not advanced enough to work on consciousness, but mainly this physical dimension mechanical stuff) that sort of "immobilize" (render them motionless, except for breathing and 1 millimeter etc) a person (rays come from their belt maybe from even 100 yards away) who has become agitated or physically aggressive, and then he's lovingly gently taken to a center of healing and reeducation (no need of prisons); there is never any death except death from uncured yet disease and aging. Imagine how far away we're from such planets. And how hard it is to get there given the sports we practice and what anti-gentleness anti-tenderness anti-sweetness energies they create. We could say we might be like little babies or toddlers who, as infants, can hardly understand the concept of Immortality. Who knows? God's Ascending Immortality as a quality, seemingly so present in these worlds, appears to be filled or synonymous with the most tender gentlest softest energy we can conceive of, imagine, etc.

Undergrads do research, help a Nobel Laureate discover something, so one can see how even 10 year olds can invent things, it's just we have created a culture that is antiscience, anti-learning and so skewed towards sports, that never made anyone live to 125. A lab requires cleaning, washing, maintenance, activities, so does creating decent quiet housing for all, so peace can begin from within, if even headphone music can't reduce the noise. We have high school kids build an electric or solar car in competitions; their energy could also be used to discover new neuraminidase inhibitor molecules that are safer better than Tamiflu. ☺☺☺ We could start STEM in kindergarten, building out of lego or molecular models a vitamin chemical formula that

then saves lives, a micro RNA binding to a TOR gene would provide dexterity while showing kids how to alleviate the suffering due to diseases, prevent 8 year old kids from being killed by flu, instill a sense of how fragile life is and how little we know. ☺☺☺☺☺☺☺

2). Using raw materials to build stadiums, movie theaters (Internet age doesn't need them much, can watch online), casinos or to build schools, libraries, universities, healing centers (first inside prisons) replacing all prisons gradually, research centers, housing for the homeless, motherships to stop tornadoes and floods causing tens of billions in damage yearly, fix potholes, build spacecraft to help us go off-planet and ensure no cataclysm wipes us out, researching buildings resistant to earthquakes made of force fields or with shock absorbers? ☺☺☺

3). Encouraging journalists to flood people with SPORTS NEWS daily or to flood people with News about the Latest Area that needs Physical Activity in Service to Humanity, like Aluminum-Lead-Mercury detection in living people's brain or water/food ultra fast with a scanner to help cure Alzheimer in people with heavy metal intoxication by early detection or a new soundproof drywall/window material research to ensure that all have silence in their houses, dorms, or new composite material to replace wood, since wood attracts termites, or electric mower/car to eliminate deadly effects shown the smog section, see California 2024 gas mower ban?☺☺☺

4). Having a "sports" team that hurts people's legs as it happens during soccer etc or having a Research Center Building team (e.g. research into regrowing legs/limbs like Michael Levin research or to cure AIDS/HIV, like the animal study showed gene editing did cure HIV?) ☺☺

5). Removing others' teeth with hockey bats as it happens sometimes or helping build a new center that helps people grow their teeth (using adult stem cells/laser) and avoid fillings that lead to infections, root canals, heart disease, etc diseases from the bacteria in the mouth?☺☺☺ Tennis with rackets was from 1620 to 1900, tennis was a sport only aristocrats usually played. It was the sport of nobility and kings, like golf is often played by aristocrats now. Golf is spreading to other nations, where most folks live in small condos in the city, with golf taking more space and increasing crime, this is thanks to ☺puppy IQ governments☺, ruthless heartless aristocrats who don't give a dime about the poor. The twisted imperial mindset (slave lower rank military officers and soldiers die to expand the empire, we play tennis) has decided to make tennis as a sport in 1870 in England (like soccer, rugby and other anti-World Peace sports from England) giving us endless tennis courts, while workers are living in overcrowded conditions and the aristocrat useless businesses (or "church business") is taking materials and space that could help workers live to 100 like some bankers do. Thus, if you love World Peace, have any ethics, realize how hard World Peace is to achieve, how limited human free time is, you would support the end of tennis courts and associated nonsense, so we do what is critical first: decent housing for all, for 0 *violent crime/war/jails*. The history of tennis started with a tiny ball town from the palm by

bored people doing useless religious rituals 3.5 millennia ago in Egypt, then it morphed into ball throwing of a peculiar type in French monasteries, into rackets in 1550s in the French Empire with adoption by nobility and finally into big stadiums/courts watched by *cruel* soulless people *who have no ethics*: standing there and shouting is more important than ending killings, violence and jails. A spiritually bankrupt value system has taken over Earth, partly due to the British Empire itself. What is our priority? How can you have endless sports facilities and no centers for ~*~Eternal Universal Peace~*~ in 3 months MAINTENANCE? *Why can't ending* "torture, jails, beatings by police, brutality, violent crime, war, etc" *be the sport*? The monks who invented the EU version in 12th century were too brainwashed to act/move for World Peace, since they waited for Jesus to bring Peace in 8 trillion years. People and monks were of an IQ far lower than the abysmal IQ and credulity today. The waste of energy with Olympics, sports is beyond criminal, it is genocide, since if all that energy wasted would be to create beautiful music about World Peace, help high crime areas with decent music and housing, the wars would disappear fast.

6). Killing bulls in bullfighting, *legal* in Spain, Portugal, Mexico, Venezuela, Ecuador, France, Peru, and watching it, watching roosters die in cockfighting (illegal in USA, but some still do it), hunting for sport, torturing fellow citizens (not interested in having their neighborhood become a circus) in fireball (that actually can injure people) fights (a sport most people never heard about) or helping to build empathy expanding Healing Centers within all prisons/hospitals or building amazing labs to solve real world problems? At least, if you love hunting, hunt mountain lions or alligators known to sometimes kill people (7 severe bites every year, 1 death), not 'birds for fun in a forest': have some compassion while you're at doing the most heinous thing, killing, to protect fellow citizens from lion or alligator attacks (wolves kill people even in US once a decade; even the tiny foxes (video), 15 lb vs 100 lb for wolves, can attack). Human "lack of IQ" seems to have no limits sometimes, instead of helping people in need, build a house or hunt an alligator in an area where it harasses people, they harass alligators as a sport of "fun" and then have their heads (video) bitten. It's kind to never give food to alligators, dangerous animals, even stranger dogs, as you could be killed, see video. 5% of people doing wingsuiting have died. Bullfighting stadium collapsed, damaged the human quantum field, bull running 'sport' injures tons of people who fall to the ground and get crushed as 6 ton bulls fall on them, 20 people injured in an evil selfish ☺abysmal IQ☺ sport of cruelty that the Spanish Monarch won't ban, folks pushing, shoving, such animalistic shouting and behavior, see the low IQ of some Spanish, what a waste of energy while others are being killed with Spain made weapons. Recall the Spanish tomato fights being more important than 0 violent crime. Watch bulls escape in Massachusetts, crazy that such filif "bed bug" IQ rodeos are allowed in the USA, what is going on? 6 people got injured at some rodeo event in 2023 in Spain, watch the ☺abysmal IQ☺, *many medics and cops waste time taking care of preventable* (if they ban this barbarity) injuries. IN

Peru, the "advanced" indigenous use fist fights festivals to become more like animals.

In USA we have wild feral pig events where they teach kids to be cruel to animals (see how the poor pig is screaming and running scared, polluting the quantum field of all humans due to brain similarity and indirectly later fueling, co-causing wars of genocide: this barbaric grotesque feral pig (see video) sport is part of USA culture who teaches they follow Jesus and love to be kind to all beings); this needless torture, while others are homeless or live in terrible conditions, is beyond brutal (watch 1 min), it's purely criminal or, if you're religious, evil or satanism... watch a 2 min clip, American cruelty, low IQ in action: pig wrestling, splashing mud into eyes so as to cause infections and oxidative stress. The barbarity of the USA, etc pig torture entertainment is similar, though less brutal than, to that of bullfights, see how many "0 IQ" adults, if you can believe it, watch such cruelty, the "holy" influence of the Mormon Church makes its "grace" loud and clear in Utah too: watch Utah pig torture, eye infections via mud splash values, they pass laws to ban this or that, but not this savagery; WI adults doing pig wrestling seem to have IQ of chicken?☺☺☺ No wonder the state of Minnesota considers it a misdemeanor, for obvious reasons PETA explains; St Patrick Catholic "Church" in Wisconsin even organizes annual, see video, pig wrestlings, unbelievable, watch CBS news showing America's spiritual revival via pig torture to raise money; Catholic values and sports for all, reminding me of casino trips at Catholic churches for all; many people have pigs as pets, so they're horrified by these wrestlings; too bad all other states don't ban it and that dozens of nations do this savage sport too; the FEDERAL GOV needs to step in and classify it as animal cruelty and ban it nationwide and NATO wide; these games also could lead to pigs biting or infecting kids due to the scratch causing mud bacteria, eye, ear mud infections or bite, besides falls that could damage the body, etc; it's extremely cruel for parents to even allow kids to take part in such a risky behavior that endangers kids' safety, not just the pigs' wellbeing; let them ☺☺*lovingly tenderly gently kindly*☺☺ build a healing center instead of torturing pigs, love humans don't harass animals, hug humans not pigs, those destitute homeless and people lonely in jails abandoned by society due to an unethical scapegoat game that treats only symptoms, help your fellow Mormons in jail in Utah the Mormon state, have some compassion, replace all jails and violence with healing centers and peace. The Mormon temples have so many bulls, made of metal, baptismal facility, wild useless materials wasted for a big building sitting empty, while others are crowded, lives shortened by the crowding, crime increasing? Baptize self with the spirit of kindness, not water? Baptism is a psychological crutch that is simply not needed: just provide clean water (lead free) and toilet to 500 million people lacking it and God will baptize you with the spirit of clean ethics. Sadly, the USA has another sport called binge eating, where ☺abysmal IQ workers☺ start eating huge amounts of unhealthy or healthy food, leading to destroying the body & human quantum field, fast rise in glucose, lipids, heart attack risk as stomach presses on the heart area. The

'sport' is taking off and many have died. How can a moral government allow such violent crimes against one's body to be shown on youtube and inspire others to do such self-harm. They need call the cops, psychiatrist for those doing such youtubes. Small kids could die if imitating it.

This pig wrestling 'sport' is unacceptable, for the land of 'ethics' who lectures everyone on human rights after bombing nations into the stone age: why can't these students do something far more intelligent, like developing tech to bring World Peace in 2 minutes via the quantum tech and end all wars, violence and animal abuse, give all eterni vegan food, end all slaughterhouses? Is this what US revolutionaries died for, to replace British oppression with the terror of violence? Sadly, the Queen of Britain, sent 373 pigeons to some brutal racing contest (another cruel sport called pigeon racing) only 44 survived, how is that for universal loving kindness? They use pigeons for espionage, hence the sport. Have things dramatically improved in ethics for the Brits since 1800 and 1870s blowing by gun? Today, spy agencies, etc using microwave, infrasound, etc direct energy, invisible no contact passing thru walls "tasers, lasers, etc", etc less visible weapons to slowly kill (instead of sudden Nazi executions, Gulag, blowing by gun, etc), but essentially, little seems to have changed. The good news is that the UK banned dog ear cropping, a useless procedure popular in USA and many nations. If you thought the French are always kind in their habits and culture, think again (that holds true for any nation, all have some areas that could be made much kinder): they force feed ducks and geese 2-3 times a day 2-4 pounds of grains and fat, so that their liver swells 10 times, in order to create foie gras, some meal using that liver. It's a sport of cruel agriculture. Read about how the French did torture and killings similar to what some Russians did to fellow Russians, Europeans, Asians. How can any ethical person do that, when it obviously damages the human quantum field thru the pain and signaling on all human livers, not to mention, that food is really arterial plaque forming and toxic? Thai folks waste time with water buffalo races that bring IQ to that of a monkey. Instead of helping the homeless in Thailand, they ride animals and build arenas to watch this truly cruel abuse of animals beaten with sticks and stressed/harassed for human sadistic entertainment.

Any immortalist or merely ethical government would make such savagery illegal, not just bullfights that spill the blood of bulls due to sharp arrows etc. *It would also* ban forever *boxing, MMA, martial arts and a lot more later* if violent crime is not reduced 500 million fold (1 incident max on the entire planet per year) within 10 years *via the* new media laws *created by the* Immortality *Nurturing* Agency, *approved* by the Immortality for All Party controlled legislature and enforced by police, FBI, etc; amending the US Constitution to ban forever *all violent sports* (that can result in ANY INJURY TO ANYONE, even leg kicking during soccer can lead to infections or even amputations, as we evolve to a higher level of kindness and IQ, better than chimps) *or* entertainment *that induces fear, anxiety, stress in animals or people.* All sources of negative emotion that drive up crime need to ☺☺*lovingly tenderly gently kindly*☺☺ be wiped out, not

just criminal content depicting crime ideas via international agreement like carbon emissions, related to negative emotion emissions; the use of quantum devices may be the only solution to save humanity from its end if agreements fail. *Peace among all nations is not going to last if there is any violent crime*. It's unethical to play rugby, football, hockey too, people can get seriously injured, it's anti-Immortality *for* All, can't play stuff that shortens lifespan if ball hits, you fall so easily, damage ligaments, teeth, etc, such cruelty is not needed ot live to 100 via exercise, plus the *urgent* need of the planet is World Peace and 0 violent crime before we all disappear in 10 seconds; as each artillery shell hits the Earth, our entire planetary quantum structure is destroyed and we're getting closer to our end as a species. Why so violent? People played it, but that's fine, they don't need to continue doing it, "because the masses play it". Why so selfish? Those huge fields, materials in these gigantic stadiums, etc could house so many overcrowded kids whose lives become trash, due to low IQ music, low IQ sports, and poor sleep, noise from cars driving to soccer games, lungs destroyed by tons rushing to rugby games creating smog and noise, a little break from parents fighting (due to shouting music on TV) at 7 pm to sleep, but no, the rugby players traffic jam is ruining the sleep, they honk, nobody cares, entire generations lost, car accidents from the huge waste of gasoline, we live as caged rats, not caring about the others who could have discovered stuff that helped all to live to 300 by now. Moving a ball? Catching it? The goal of life? Why not allow the spirit of God of Immortality *for* All *humans*, even all pigs, The God of Compassion, to transform the world and your world?☺☺☺ Check this rat (cannibals if hungry) IQ sport, a 16 lb tennis ball size ultra heavy sphere is thrown and can even hit spectators and sometimes kills them. Only the USA macho psychopaths can have such ball sports? Or is your country also having its hefty share of macho psycho sports?

The American depravity knows no limits, being seen in the filif worm IQ bull rodeos where animals are tortured, bulls often jump over the fence injuring people (see below). Every single time, the rider suffers dozens of small injuries, but he thinks he's fine if he doesn't go to the hospital. These sports glorify sadistic violence against the human quantum field and ought to be banned globally. People with "infantile brains" lacking compassion and concern for the damage this violence does to the planetary psyche and violent crime rate, people lacking education by decent parents or teachers, sing "I'm proud to be an American, at least I know I'm free" and then the bull injures Americans. Free of what? Of decency and kindness, concern for the millions killed to steal oil and other things? It's simply unbelievable how savage people are, Proud to be savage, *proud to have no empathy for bulls and* people *injured by bulls*. Oddly, pastors don't condemn such violent sports, since for them Immortalist Anthem ideals are too lofty for their religion. What a mockery of the 'proud to be an American' song, might as well show a movie of killing 100s of people while singing it. Watch the brutality, how they allow bulls to gore people with their horns and trample on people, sometimes killing them. All while people are homeless,

☺filif IQ☺ cruel *(adults who, sadly, due to aristocrats, as kids had no chance to learn from the government centralized education tone lessons on universal gentle tender soft nurturing loving kindness)* Americans watch this violence of fellow Americans being destroyed, human quantum field being destroyed. These "2 year old mentality/psychology" adults don't understand this violence will destroy their life too by the law of physics, as they vibrate now mentally in a much more violent way, lacking grace, which will attract more violence or cruelty/apathy from others. Their tone of speech changes and this will invite harshness. It's the great aristocratic plan to keep workers busy being violent to animals and each other. Wake up, ban all such violence. Bull riding injury rate is almost double that of boxing, (see how many low IQ folks get injured, killed and screwed for life) arguably one of the most dangerous 'sports'. The abysmal IQ *(due to lack of free ethics education since nursery, since aristocrats want everyone a slave, brute ready to fight wars and a* primitive *easy to dupe and cheat)* of Americans has no limits, what kind of government would legalize such savage sport, such a sadistic evil sport like Italian emperors watching people kill each other in gladiator sports. Instead of working for World Peace in 3 months and 0 violent sports, they continue to abuse animals, like spies/militaries worldwide abuse millions. We need the Immortalist Party to ban evil displays of genocide, these "sports".

Sadly, the ☺low IQ☺ and infinite selfishness don't stop at the USA, the bull rodeo violence continues in Chile, Mexico, Canada, Australia, New Zealand, Spain, France, Argentina, Brazil, Latin America. Australia, like other nations, even supports kids who join bull rodeos, so the abuse of humans starts early on. They take kids and turn them into brutes who have no gentleness for self and others. Horse rodeos lead to horses breaking necks, besides 0 IQ (victims of aristocratic educational system) humans injured by horses or gored by bulls. They got pig running competitions, to waste resources and time of the American slaves too, no decent housing for people, but pig marathon competitions are OK. Bulls break legs too. Australia bull injured 15, while Australia has a lot of violent crime going on and has no secure borders either. Hear list of injuries. Venezuela infantile adults chase bulls to pick their tail in a sport in South Florida USA, as the ☺abysmal IQ☺ flourishes and Venezuela threatens to invade USA. US dives deeper into egoism and ☺filif "fruit fly" IQ☺, as coleo, the brutal sport of the lowest IQ people, expands to South Florida, with government doing nothing to stop this. How did these ☺worm IQ ☺ folks even manage to get into USA?☺☺☺ We need some Immortality Test for all immigrants. Filipino 0 IQ savages are not far behind, with more torture of animals being "entertainment". Do you trust a US government allowing such violence for 250 years? Many nations have dog/dog, dog/animal fights that are barbaric, violent. One example is in Indonesia where dogs attack mammals. Primitives watch the cruelty without any concern about the brutalization of the psyche of kids nearby. This is similar to rooster/dog fights that are common in many nations still.

400000 Australians go to some Ekka festival by the *Royal* (see how Royals prioritize things in UK,

Australia, equal justice for all, jailed for a post that may offend the Royals? Or for watching an anti-UK gov protest?) National Agricultural Association, a useless Brisbane 0 IQ festival, where 10000 animals are paraded and 21000 competition entries happen, to laugh, shoot 10000 fireworks that kill people via smog, waste time and be a selfish animal who, (instead of building houses for the crowded or homeless Aussies, infrastructure for these new cities, villages for the homeless, pipes, canals, new rivers, etc,) are just cheering like chimps looking at chimps. This is how UK solves its homeless problems in UK and the *USA, Aussie, Canada, NZ colonies*. Habitat.org shows how we can definitely use volunteers to build houses. This pathological selfishness of people playing in rodeos, seems to often come back to them: former rodeo star (who got cancer from inhaling all that dust from rodeos that sicken people) is homeless. Watch how the kids sleep in a tent with their mom, unbelievable Australia. About 140000 Public housing units are empty, in tall condo complexes, in regular single units areas, etc, yet 170000 people wait for houses. Aristocrats don't care, they just play sports. You know, these aristocrats are far more numerous than 0.1%, they're more like 20%, the mini-aristocrats, but *their Excellency and Highness can't be bothered*... They gamble, drink alcohol, smoke, play violent sports, etc, anything but helping fellow man. Then, they complain that "house prices have risen 3 times more than wages last 2 decades", which is true, thanks to their indifference to real change. The aristocrats setup the chains around everyone's neck, so no change is easy. After 1000 years of UK Crown feudalism, it's not easy to even dream of kindness, of decency, of one national family, where housing is a human right. See, in Romania 95% of people own homes, in Australia only 63%, US 65%, UK 67%, the reason is simple: Romania was the most communist nation of Europe outside of USSR, so things were more fair, to say the least: also, there were no drugs, weed, nightclubs, endless pubs, no casinos, no guns (only cops had them), no gun shootings ever, even today gun death rate is 100 times less than USA. There was more ethics wholly absent in today's world of "everyone for themselves", the ethics of "let's help all, we're one national family", as this list of high ownership rates nations indicates (most are former communist). In USSR, houses were free, so 92% of Russians owned their home in 2022. Perhaps, Aussies, Americans, Canadians, etc need to Declare their independence from the feudal UK to become a real democracy. On paper, US, Aussie, Canada are free nations, in reality, feudal colonies.☺☺☺ Land is plenty, materials are plenty, time is huge to build stuff, yet nothing is done: except drinking, smoking, acting busy at work (nobody allowed to volunteer if job is done), violent crimes in pubs, brothels, gambling, punching bags. An ethical city council raised rent for a gym 13 times, to get rid of the criminal gym built when the city is full of homeless and crime from overcrowding. This council ought to be awarded National Medal of Immortalism. All exercise can be done at home, using exercise.gov videos with 10000 exercise examples. Youtube has 1 million such videos alone. To exercise, you can buy cheap groceries at this place and give them to the homeless (in tents) whom the UK Royals neglect. All councils need raise gym rent

10-20 times and build housing. The hypocritical church, mosque, synagogue, temple goers in Australia and worldwide, who don't realize they don't need the building, since God is everywhere, are like those going to useless nail shops, strip clubs, sport events, etc that all take huge space and facilities, building materials that could give these people houses. Check out the statistics for Salvation Army visitors: many eat out of garbage bins. Check out how NSW government wants to erase houses to build a football field. Imagine that. They certainly would deserve to be voted out next time, if Aussies get the Immortalist Party. You know, all over the world, we find cannibal chimps who pretend to be humans, who spend 10-20 hours a week, playing their evil sports, when all this time they could have eliminated all homeless in the nation. This is due to a culture of criminal selfish capitalism, that is "me, me, me" and doesn't give a dime about the family that is the country, the Family of Immortals of the Civilization. If you're housed, you're simply lucky. People don't become homeless by choice, *but due to the infinite selfishness of the rest of the nation*, who parasitically feed off the system, misusing their free time, instead of helping all have a decent home and basic food, abusing the riches bestowed them by the completely unjust "me first, nobody else cares, I can make 50000 times more than others for working the same amount of hours" money first capitalistic system. Be kind, reform your country, create the Immortalist Party in your nation, bring immortality capitalism. These parasitic free loaders then complain about violent crime. The truth is that 99% of crime is due to inequality like unequal education. Australia has issues with board games, related conventions: look at these fat selfish people playing board games, while they could build houses, cars, stop all imports, make nation self-sufficient, and enable 0 drug entrance into their nation via 0 imports.

Another barbaric violent sport, though far less diabolical than bull rodeos common in dozens of countries, which allegedly started in the 14th century at least, is finger wrestling. Instead of focusing on World Peace in 3 months, people waste eons to drink beer and damage their fingers. Initially, it was a way for people to solve disputes supposedly, in the 15th century, when instead of a duel with swords, they would finger wrestle. It's shocking that Germany, which alleges to be a civilized nation, still practices this finger wrestling. Now one can understand fully well why the Germans were so easy to seduce by the foreign spy Austrian Hitler. The culture that the Jews and Italians have given Germany for 2 millennia was one of 0 critical thinking skills, questioning our beliefs, and mere obedience to the Pope lies about fake miracles. The "drastic lowering of average IQ" of *Germans* by Christianity (which has brainwashed billions that these quotes about beating kids, slaves and slavery are the Word of God: take slaves or beat slaves) has had the same effect as on every other continent where the church of "Peace never can arrive until *Jesus returns in 4 trillion years*" has created an anti-life culture of apathy, indifference, passive tacit support of the aristocratic wars of greed, by never promoting World Peace in 3 months, Eternal World Peace thru real reforms, 1 billion fold lower violent crime, etc. These sports destroy the

human species as they take all energy from achieving the kindergarten level of civilization: 0 killings, no wars, no injuries (that these sports always cause), no violence. Equally selfish, anti World Peace is Oktoberfest devil wheel 'sport', part of a beer drinking festival that disregards the plight of the poor Germans who could have been helped in the time to produce beer and organize these low IQ festivals, kept alive by traditionalists, like the 0 IQ church rituals. Why practice useless 'sports' instead of helping give single family housing to all, so violent crime goes to 0 in order to sustain World Peace. Finland doesn't want to take care of the homeless and those living in terrible jails in Finland, a country where heavy metal music is 100 times more common than other nations, instead, they waste their life with fake horse jumping, because we need "more jumps and less compassion." Sadly, other nations now started to copy this 0 IQ sport, like Australia, where 2 million have been homeless recently. USA and other nations have invented a new sport at the New York 400 acre Falun Gong headquarters (Falun is a fake cult CIA created to destroy China), Shen Yun, where 12 year old girls are tortured to perform wild jumps that destroy the human quantum field, due to dislocated knee caps, broken ligaments, etc, massive brainwashing, like at the Olympics and the eternal abuse of students by physical education teachers, who force kids to jump and do risky things. ☺☺☺☺☺☺☺

Those stadium materials deprive many of medical facilities, decent housing, etc, so one could do gymnastics at home, clean the neighborhood, put up posters about character. Oddly we got way more sports facilities than medical ones. Medicine can help us live to 90000, sports to 100 max. Oddly, in millions of churches, MILLIONS OF house or condo FRONT YARDS, many military bases, they worship basketball hoops and have soccer, etc or basketball fields, etc, but not even 1 big poster about Immortality *for* All, altruistic gentle loving kindness, not even 1% of the church land space dedicated to Immortality research centers and Qualities, in stark contradiction to their so called true following of the Gospel that says in C 15:44;51-3 ☺☺"our mortal bodies must be *transformed* into immortal bodies". What an empty spirituality? "When I was thirsty, you gave me water..." so when they're crowded, they take away all land... for golf courses, huge stadiums and fields... True Gospel followers? Why is the gov even giving free tax status to those who care more about a hoop and 50% of church land dedicated to moving balls, to run than about living the text of their religion, to care for those so crowded, they can't even run or walk☺, the smog is so thick, from all soccer game car jams? *Do we worship the 'God of violence or of death/short lives, Satan' or the God of Life, Eternal Life?* Have some free will? Want to be the light of the world in a sea of darkness and shouting? Why not choose and start a new domino effect? Walk, do *gentle yoga* (video on yoga injuries), stretch, do some pushups or gymnastics, aerobics, while listening to World Peace in 3 months songs you create after 10 days of rest?

Wars start with animal torture; animal cruelty is a part of a step by step indoctrination to create mass killers, it is demonic programming, watch it in '0 IQ' effigy burn (smoke inhale that ruins

lungs) in Moscow too, in the celebration that simulates burning of a human in front of a church, at the beat of violent music *(it is a sin, in this ultra violent world plagued by jails, violent crime, floods (exercise by raising house foundations by 3-8 feet) and war, to play anything that restless as it destabilizes the quantum field and leads to more wars and homicides, violence, etc),* pure satanism, while fellow citizens suffer homeless, Ukraine cannon fodder, or tortured in jails. These same Russians *(or whoever rules Russia and pretends to be Russian)* are happily bombing Ukraine now, and threatening UK in 2022 with 500m tsunami on TV in a 'content' tone (not vocal) reminiscent of Hitler. In 2024, a former deputy commander of Russian military said a nuclear strike on Netherlands, where 55% of Europe's hydrocarbons are, would possibly stop the war, while another host proposed ICBMs in Mexico, Cuba, Caribbean to attack USA and *help* Mexico gangs or Houthis attack US military bases and mainland, which they would do if Mexico wants regain half of its territory it lost in the American-Mexican wars. The attack may not happen now, only in 35 years. The Mexican elite is simply prepared, though Mexico exports most stuff to US and a war would ruin their economy as US would boycott all Mexico made products. Another official said they may use all their 7500 nukes. Medvedev claimed Russia will annex all Ukraine, not just Donbas, fighting even until 2034 to wipe Ukraine off the map. In 2024, Sergey Mardan (a Jew provocateur to new wars of gentile slaughter?) said on Russian TV that "Russia needs to subjugate its neighbors", it's a sign of the lack of filtering of TV content and the lack of interest in World Peace, in motivating a benign civil atmosphere on the Internet, TV, radio; this is pure Nazism, if this is what he really said (I don't know Russian). Hitler *(a Jew who escaped and faked his death in 1945, who helped Jews move to Israel and other nations covertly and to create Israel?)* said the same thing in his Mein Kampf book "Superior Germans, subjugate all nations", in order to incite gentiles to mass slaughters and kill 9 million Germans. Sergey Mardan said *sarcastically* "the West claims Russians are cruel, extremely evil aggressors and I agree", indicating he's role playing to be a Western puppet or not Russian, or he's mind controlled to be very aggressive in tone on TV and that Russians are basically ruled by foreigners covertly, they have no clue who controls them. He may be trying to recruit more communists covertly via such 'odd comments'. *We need* World Peace *in 3 months, such statements ought to never be on any TV*. Watch how this "Russian" never mentions World Peace in 3 months, nor any Russian TV host, Putin, etc. Every year new global war ideas are on Russian TV or press, so far over 50 about nuclear attacks. We're being prepared for a big holocaust of gentiles?

In 2023, more 'Russian' so called 'experts' call for nuking Western Europe or Poland, to "save humanity". Former Russian President Medvedev called for eventually exporting nukes to 3rd countries so they try to attack US and then US has pretext to change the regime by bombs in those 3rd countries both US and Russia hate. They got protests in Russia calling for aiming nukes at US cities. This is a sign of Russian plans for *possible* nuclear holocaust. Get out of USA? It may

be wise if things continue to get scarier in the Ukraine war in 2024-2034. Let's hope sane people prevail by 2030 and nothing happens except verbal war. Russian disinfo is BS. Medvedev may be a CIA asset, like Putin, and he may coordinate with USA how to change regimes in 3rd countries as a result of this conflict spreading globally in small little sets here and there, to achieve their final goals. Why trust anything Putin, Medvedev say in public? Do something kind today, stop playing evil sports, and the world will improve. Even CIA NGO tactics will change (this article presents CIA tactics, while being pro-Russian, instead of pro-Ukraine, not a puppet of Russia or US), as mass consciousness evolves from predatory selfish animalism, to kindness. Sadly, while presenting some truths, the author claims Ukraine loved its puppet pro-Russian government, when in fact all countries want to be free from slavery. Perhaps, the author, while stating some obvious things everyone knows, role plays being pro-Russian in order to enlighten Ukraine about big power interference in Europe and Ukraine. At least be prepared if living in a big city (read all the links in the article, like mushrooms that grow in case of 2 years of no sun, and rats can eat dead trees to provide protein for humans eating rats, insects can eat dead trees and humans can eat insects), because you never know if they're joking to intimidate or being honest. In 2023, a Russian official claimed UK is run by foreigners and may be "destroyed" for giving Ukraine cruise missiles with 3 times the range Ukraine has now. Nothing was done, even if UK sent those missiles. In 2024, the same guy who made tsunami threat said USA, France and UK would be wiped out if NATO sends Ukraine troops. Newsweek (scroll google) reports 50+ threats from Russia about nukes, so maybe they will nuke Ukraine at least. *Someone is planning something sinister again* like in WW2? Unaware of the danger, people torture pigs in joy during pig wrestling sports, relishing in their 'demonic' (if religious) or evil (if agnostic, atheist) urge to inflict pain on innocent living beings so similar to humans, not realizing what a grave sin *(or destruction of the species quantum field and oneself too, if atheist)* it is to torture animals like that, even if not as gigantic as the sin of torturing humans; when angered, *enemies can progress scientifically 100 times faster than imagined by pig torturing enthusiasts*. So much so, that their boldness may cause them to start WWIII and turn *50 US cities into 50 super Hiroshimas* (50 times the blast power, so 100 million dead in 2 years, 50 million dead in 5 minutes, 7 billion dead due to nuclear winter, more exchanges and global famine), see the Hiroshima damage. 80 million dead, see more WWII videos here. The Japanese were going about their daily routines happy and confident, as the nukes hit. On a planet without violent crime and war, playing the less violent sports like basketball, volleyball, etc may be OK, but here, with this insanity going on, half a million dying in homicides alone each year, it is not only selfish, due to violence coming from poor sleep due to no decent housing, etc... but it is bad because it takes us away from creating the peaceful vibes absent in these sports of shouting, and conditioning the neural systems for violence; so we glorify basketball, etc all kinds of stuff, but nobody ever talks of 0 wars, violent crimes, jails, etc, why is that? Is this Baal worship, Satan worship? Few believe in

'devils', so what may help is reading the baboon analogy, they share 94% of human DNA.

Do decent people realize how sinful or evil it is, in the context of *7 billion people possibly dying in a WWIII*, to go about like a robot and play these anti-peace selfish sports and not do what is urgent to save humanity now? *Would you be so kind to allow me to be honest?* OK, thanks:☺☺☺ in high school, the terror like educational system forced us thru the *dictatorial physical education teacher with a scary tone of speech reminding us of Hitler*, to play basketball or volleyball, and I always tried to choose volleyball with the girls when the biggest shovers played basketball and when I had a choice, since basketball has a lot of shoving since guys are a lot more violent and shoving types and it's plain grotesque, to shove like that. I got about 100 times less shoving in volleyball from the 'thug like participants' in the 'evolved' basketball, for real. To pass the class in this satanist educational system so popular worldwide, we had no choice of a decent *gentle yoga* (video on yoga injuries) class, gentle movements, helping build a portable house to send to homeless or people with need to live somewhere 5 months while their house is renovated, etc: all we had as choice is listening to the insane shouts and see/feel the shoving and wild gorilla energy of the basketball players and women being turned into low IQ chimps jumping to hit a ball while others die by the millions in violent crime? If Satan has favorite sports, they're probably martial arts, boxing, MMA and all related stuff. So, the seekers of God or Peace, what could they choose to get closer to God? We can gently think and watch: in my classroom, oddly, the people who liked to play basketball the most, were the rudest, most aggressive, violent and meanest, and I noticed that with other areas too; so is there a relationship between temptation weakness and love of such sports? When Americans kill endless people, some US guy creates basketball and everyone then worships it, does it come from God or from who? Violent crime is the cauldron of hate and of war starting and it happens sometimes also due to poor housing, etc, so we need to take care of humans, not of balls. Let Baal take care of himself. We can have some gentle kindness for our souls and ask: would God or Immortals, when millions are maimed in wars, suggest to create these sports, and very violent football later etc, when a little walk, running, selfless service, aerobics, etc would suffice and build a far Godlier or ethical, longer lived human?☺☺☺ Oddly, we now build gyms every 300 houses, since cities are not that safe anymore, after all these boxing like sports, so we can use more resources that would alleviate violent crime, to train to punch others, build strong muscles and 0 compassion, to be violent in martial arts, since the cities or parts of most of them are so smoggy, dirty, unsafe and filthy thanks to our true "living Christianity": so it all comes to learning self-defense, when they could easily create a vastly different culture where no thought of violence or forcing anything on anyone enters the mind...; how insane, perhaps, they will soon propose, everyone wears an anti-tank missile in their backpack just in case a car might come nearby to vent their anger, better be protected it's a constitutional "right"? ☺☺☺☺☺☺☺

Why are we so easily deceived by Satan or society to believe that just because one claims to be "Christian" the sport he creates is from God, the best choice or ethical in the context of an ultra violent planet? Sadly, a lot of these hunting (Bush), golf (Trump), etc sports are popular with so many famous people and presidents; perhaps, if we scientifically show with MRI and vocal recording how much better the capacity to radiate eterni kind emotion and tone is after decent sports vs these ball (BAAL) sports is, skeptics will agree that it makes sense to ban sports like this that make the human quantum field saturated in those energies that delay World Peace in 3 months and 0 violent crime instead of *half a billion violent crimes a year.* What if Baal turns every soccer player into a sucker, that sucks, as the idiom says, he suckers their soul into following BAAL? They don't realize it?☺☺☺☺ And how are the "eterni tone speaking" US leaders preventing the end of civilization? Continuing burning effigies in the Bohemian Grove if this video is not fake? No, perhaps they will legalize all drugs, continue making body parts toys and fake blood for decorating selling on Halloween legal and etc? We need to be kinder to prevent the end of all humans in 10 seconds some day, since each decade we get closer to that tech, we're SOO CLOSE. Yet, there is some hope for us humans: today we can do in 1 year what others could not do in 1 billion years with their former tech; today, each person can listen to 20,000 eterni music clips that bring peaceful vibes, which could require before 20,000 orchestras for every 100 people to develop the brain in eclectic ways, with instruments, as recording devices didn't exist. Today, via free PDFs, people can be owners of 1 billion free ebooks, and become 1 billion times more understanding intelligent than cave men of 1500s when the print press was just getting started. To give 1 million books in 1500s to many groups of 100 people before would require 100s of planets to grow trees, and ship them to us, but now with tech we can let all have it. Likewise, we can reach World Peace in 3 months, vs 3 billion years before, due to these techs that we misuse to create violence and pig torture. Let's choose Immortality *for* All, not death, World peace in 3 months, 0 violent crime in 5 years? We're one superorganism.

Perhaps we can ☺☺*lovingly tenderly gently kindly*☺☺ revive the American dream, the *dream of freedom from violence for all humans*, be a true champion of freedom, *nobody tortured, in jail, in wars, in any circumstance, animal or human*, be kinder or more spiritual, if you love that. Watching often in person bullfights, rodeos that torture horses/bulls, animal (chicken) fights, pig catching contests, hunting, any torture of animals or people (even sarcasm that makes others suffer, though sarcasm can be gentle and loving sometimes aimed at exposing the cruelty towards animals or people some so called spiritual groups engage in, cruelty that shortens all humans' lifespan indirectly), are shortening the average lifespan of the entire human species (all races, etc); hunting especially shortens human average lifespan due to physics effects, and lead if meat eaten, it lacks kindness and can inflict 2000 times more suffering than a high tech death; thus those doing it for 'fun' *(while not killing of animals who actually kill or harm people, not*

birds that are fun to shoot and left to rot), due to culture, or brainwashing by others and/or not knowing effects, have free will to lighten their souls start repairing bad karma. Volunteer to work for Wildlife control or something, if that's your hobby, so the workers can meditate, listen to immortalist music and have a break from their terrible job of killing so many animals, which taxes their psyche. Show some virtue. Repair of bad karma gives less gravity pull by local astral matter perhaps, so 900 times (900x) faster astral flying *(when we speak with 20%* eternitone 5,000,000x more than others we may fly 8,000x to 10^{20} faster, while torturers (intermediate, if adding unkindness to gadget one or direct) may not fly at all once free from their body, being restricted and having to face like vibe souls (out for a fight or 'torture' session); when we're kind or have intention to be so but are not allowed to by torturers, being forced via brain gadgets or torture to have polluted tone or do unkind things, soul is not affected; God (for theists) can help the soul fly or the soul can exit or erase memories when torturers do their torture, so the soul is not affected (just the body-brain); things we do out of innate soul choice affect astral gravity, not those we're brain gadget manipulated or forced to do; since the feedback of astral matter follows the quantum entanglement link and downloads gravity of astral body unto the brain gadget user,☺☺☺ not the intermediate human they use to *do a 'questionable thing')*; 'weight gain for physical body, for soul is anti-immortality, anti-evolution, anti-longevity'. Talking about cruel hunting sports: Immortalists *would never inflict* pain *on an animal, a drone can get close, help the animal to move into a* relaxed *sleepy* state *(or* even bliss when neuroscience gets there *to* offset negative vibes that may occur even with the least painful fastest death), then inject some chemical for a painless death like a robotic insect, since bullets often make animals suffer 4 days or 70 minutes since owner is far away and is lazy to go there to see how dead it is, polluting all human minds with the vibes, due to similarity to humans, proximity of human at death which doesn't occur during natural death or other animals killing it (because we didn't make all animals vegan yet); it's way worse for humanity when hunter eats animal he killed; bullets are fine when animals attack humans only until we discover painless immobilization, a much better tech. In the wonders of the world high school labs where real sports of kindness are played, people can materialize and dematerialize and rematerialize things, so you can build a classroom, then bring it down and build a relaxation and sleep lab laboratory for 3 hours or 10, then dematerialize it and create a soothing spa with water and nice smells to help people heal (after a bad or tiring day) in a part of the Immortality Dome, then a healing center with something and later change it to something else, so this is a much more intelligent sport than moving a ball, when you can create objects out of thin air and shapeshift them too, it's 1 trillion times more intellectually stimulating, it's helping us deflect all natural disaster deaths, dematerialize the force of a hurricane when it is small, alleviating suffering.☺

7). Going to some stadium to watch/play a sport or starting a road fixing non-profit or company

that would lower the price for fixing road holes and enable the city to fix all holes, and maybe making an app and advertising it for people to mention where the hole is and helping cities fix infrastructure? Roads to new Immortality Research Centers, Universities, housing, etc are needed, have fun driving a fancy machine that removes rock, new tech is sometimes even remote and you can wear ear protection under your music headphones, listen to immortalist music, volunteer, no deadline or pressure, be kind, develop your soul, be altruistic, move some objects and material bags too to fill in the road, machine etc, use exercise to immortalize all and say "I built this University and its roads" and also, have your name in the builders of honor book; show something nobler to your kids than moving balls on a stadium, your university helped cure 100 diseases and prevent 40 million deaths 20 years early; that is kindness, not moving balls in "sports". At least, do your walk, jogging or 3 min stretch twice a day etc without using gigantic public resources for sports facilities when others live on the streets. 47$ billion spent on World Cup Brazil, yet cities are full of road holes, car smog & pipes with lead poisoning people. A company may break even or make some profit (donated to a charity removing amalgam fillings), but it would do something good while playing soccer does nothing good. Or start a carpet cleaning business to lower prices in the market and enable more to have clean carpets; just do it once a week, with the newest machine that heats up to 200 centigrade maybe or something and disinfects better, instead of the old machines. ☺☺☺☺☺☺☺

8). Being a grandma going to watch the latest sports game of her grandson or actually encouraging the kid to instead create a new selfless culture and join her in her catering business and maybe her free vegan meals for the homeless and for the prisoners never experiencing veganism... a business she starts at 70 and is busy with for the next 33 years like the amazing lady cook Mabel Sawhill who lived to 103? Or feeding the homeless who have not eaten fresh fruit recently, if making a raw vegan cake is too lengthy, and don't know what a raw vegan cake is? Building a greenhouse, learning about growing veggies and fruits and producing like this family 6,000 pounds of produce from the 4,400 square feet backyard in the city? Laughing about some science joke about curing Alzheimer, that only a geek would understand and which would excite a youngster about the beauty of scientific research for humanitarian purposes and exercising the heart as much as jogging in the process, or laughing at making fun about some violence in some comedy, or some group of people and offending their feelings? ☺☺☺

9). Playing a random video game or one with some avatar punching others or playing a video game that solves the protein structure for some molecules, helping scientists to find a new cure? Helping humanity to live a healthier longer life can be fun and far more rewarding than playing with an Xbox and having 0 impact on OTHERS. Do a placebo controlled double blind study to test which fat soluble or water soluble vitamin B1 form is the best at removing lead and other metals from the brains of people who live in the 5300 water systems with high lead in the USA? It

would be a win-win since many are B1 deficient even if they don't have sky high lead in the blood. They already used fursultiamine in kids to improve autistic symptoms and remove lead. Enroll 10,000 to 1 million Americans in the study, and get all teens excited about an intellectual activity and exciting discovery that helps all double lifespan, join the Planetary Revolution in Heavy Metal Detox for higher IQ. No more stadiums, have STEM labs, proper on-campus housing, and research centers, start physics/chemistry in the 1st kindergarten grade with basics, ☺☺☺ and the real one in 3rd grade? We can plant trees, build motherships to go to Mars and other planets to terraform them, and transcend our present earthling sports (with the exception of those few that are *gentle tender soft*), moving towards teleportation instead. We did not cure 500 times higher mortality from various diseases by playing baseball. We won't live to 150 by playing sports. Monkeys can play some sports too, they can jump from tree to tree, etc, that is not what makes us human. Child mortality (50-80% of the kids a family had used to die due to infections) came down thru sanitation, science, inventions, the hard work of scientists who discovered that feces transmit infectious diseases, like cholera and the hard work of those heroes who built the dorms, universities, etc where research could take place. Then we got plumbing everywhere and we washed our hands and the bacteria infested feces went far away, no longer infecting kids. Then we discovered new things that enabled us to cure diseases: beriberi with B_1, scurvy with C, etc with vaccines.☺☺☺

10). Play sports or use x-ray fluorescence spectrometers on loan at local libraries to measure heavy metals in objects, other scanners to measure other toxins, dinnerware, products, food? Internet sites say we spend 7 billion on NIH, and 100 billion on alcohol, 50+ on sports, 80 on smoking tobacco, 100+ on illegal drugs, 100+ on casinos and gambling (although some of the proceeds go to education and good causes in state lotteries). Same pattern goes on in other countries, US is number 50 globally in alcohol consumption actually. Inadvertently what some sports subtly create is an undercurrent (however tiny and imperceptible) of ruthlessness, social acceptance of pushing, shoving, violence and insensitive uncaring modes of behavior. It sometimes seems as if we unconsciously brainwash our youth that the pinnacle of humanity "is jumping and moving, kicking or throwing" balls in aggressive sports, not gentleness tenderness in service to healthy lifespan longevity of all humanity, eliminating diseases, and different problems we have (natural disasters, violence). The pinnacle of humanity could be promoted to be teleportation, 900+ year longevity and advanced tech, Eternal Learning, ☺ Altruism, Curiosity, tranquility, happy states 1 million times more ecstatic than orgasm. The longest living people were not professional sports players. It's not very scriptural to say that, while others die of lead poisoning in Flint and of starvation in other places, the goal of life is to spend 24-7 kicking balls (soccer and related sports) or throwing balls, etc. all so some people, a few billion, get distracted from the far funnier and soul-fulfilling activity of helping fellow humans. Why waste hours

weekly watching these "highly intelligent" ball trajectories and injuries happening in sports? Let's study living to 500 so we can travel at high speeds and make it back. ☺☺☺

11). Punching others in the face, as in boxing or shoving and jumping on others as in rugby, or building a physics research center to develop a tech to make road holes without noise? Right now, compassion for construction workers (and nearby residents) would call us to develop silent technologies. When tech is silent and more advanced (requiring less physical strength) anyone can do a lot of pipe replacement (say if lead stabilizer in PVC is leaking, you can replace it with calcium stabilizer PVC etc) as their lovely ecstatic fun activity, since joy is not in doing any particular movement but in helping other human beings live longer and healthier lives thru movement (endorphin release happens when moving in any way, not just sports). It's just a cultural habit to associate fun with "a sport", but the sport of doing something for others that actually helps them avoid getting lead poisoned and living 20 years longer thus, would be more satisfying and rewarding. We would become more active co-creators of the world of longevity and health, instead of always leaving this "physical activity" type of thing to others and if no funds (all gone to stadium building), never doing it. The funniest physical activities could be those that develop altruism, compassion, tenderness, softness, gentleness. What is funnier than helping each other understand the Universe better by living to 200-900? If you look at Jesus, he gave some people healing, he didn't punch and say "I want you to do that and to call it boxing and play it and have others watch it to degrade the quantum field of humanity".☺☺☺ Probably massaging someone or doing hands-on healing to practice radiating good benevolent energies and thoughts would be more of what God (aliens if atheist) would want us to do, instead of rugby or boxing or soccer.☺☺☺ If you watch with horror some cannibals who fight each other, you're horrified that this is going on. Yet in boxing (and many rough sports that have a lot of pushing and shoving) a spiritual/emotional semi-cannibalism goes on where each person eats the core of *gentle tender softness* in others and stimulates others to destroy that spiritual tranquil evolved nature and core of loving kindness. The same happens in other activities, even watching unetermi speech filled movies/games a lot. If we went off planet and saw some people playing a sport with a bat whereby if you accidentally get hit by the bat (as in hockey or other sports) you get decapitated, we would wonder why do these people do that? Yet, on our planet, we also do the same thing, in a lower degree, as with each direct hit to the brain (so common in baseball, football, hockey, rugby, martial arts), there is more chance of that person living 10 years shorter due to the brain damage incurred even if they don't officially get Alzheimer.

We have the amazing hotels, stadiums, golf *courses, etc but we have such poor housing conditions for college students and others;* who needs golf anyway *(38,000 golf courses worldwide, 8% each in Japan/UK,* 42% in US *with 5% of world population),* except supporters of big profits and wars (that kill the poor used as cannon fodder) for the most part, such a waste of

space, while others live in such crowded conditions. Nothing seems more selfish than golf, except bullfighting that sometimes uses a bullring for bullfights only or mostly. Then they say there is no land or materials for Immortality Universities, even France has bull torture, 10% of France has bullfight killings, 1000 yearly; there is even a 'monument' to cruel gladiator watching (no wonder Romans created a religion centered around torture of a mythical God, 14 stations of the cross and other stuff, they loved to see blood spilling as with gladiators and to further pollute human psyche, France keeps that monument to cruelty there, torturing bulls too); France even used the guillotine a lot to execute people (history.com has more, though Assyrians used to behead people in war too, being inspiration for some Quran torture methods), many people have never heard of this, but reading the lyrics of the French anthem would come to no surprise ☺☺☺as it's not like the Immortalist anthem; so, bullrings are in more than Spain (petition to ban it☺☺☺), Portugal (petition to end 4000 bulls killed in cruel bullfights, they die after the fight, due to injuries usually), Central/South America and some African areas. The golf land sits empty unused most of the time, while US citizens are cramped 1-2 miles away, sometimes parked in run down trailers on city streets (11000 in LA County alone) or even *homeless*. 250,000 bulls are killed worldwide yearly in bullrings... read this short article to see the level of cruelty. In the 21st century, we still have boxing (millennia old), mixed martial arts, in most countries pretending to be civilized, and the gentler golf to violently hit inert helpless (they did nothing wrong) balls with a stick and move away from *gentle* healing grace, and *endless other sports that incite violent behavior and cruelty. Then, they claim they want* World Peace. *Who can believe that?* Why can't countries make decent laws that forbid such cruel sports? Unbelievably, dog fights are also legal in some countries still. While UK banned cockfighting in 1835, it was legal in US in some areas until 2007,☺☺☺ and remains legal in many countries. This shows humans often value fancy vacations more than education, sports (or bull torture) more than education, when you take into account the societal benefit one gets from education vs playing baseball 3-30 hours a week or boxing. Every minor injury as when someone's shoe hits a leg increases inflammation and diminishes longevity, so even soccer playing by small kids (as it is now) is not a good idea, unless they prevent leg injuries, shoving 100% by replacing soccer with a more benign foot tennis (tennis ball replaced by soccer size ball, and using the shoe not the tennis racket to move the ball). A Civilization of Immortals instills the virtue of gentleness and tenderness for self and others since early childhood. It can be argued that it is a disgrace that everyone is required sometimes to do even the wildest jumping in some schools (to pass physical education classes), while nobody is required to take a course in gentle healing tender tone of speech and behavior, conscious breathing, meditation, living 500 years, nutrition, happy states. We discourage the gentle refined behavior of an Ascending Immortality World of Highly Intelligent Light/Energy beings, $E=mc^2$, we're primarily energy/consciousness, not matter and mechanical jumping bodies. I recall at 17 the physical education teacher had us do some useless jumping "required"

activities and I did slip a vertebra too, like many did. It's like that in all nations. All toys that emulate swords, and weapons could be banned globally, since as we eliminate all violence from all movies and toys and books, it will become unheard of and killing will disappear. Nobody would even know what those are, except police/army. We can even make all toys/things soft and gentle to the touch and expression whenever possible and instill gentleness tenderness softness into the psyche of people from age 2, banning any simulation of fights among humans, since we imitate what we see around us. Only the planetary army is trained into "defending against invading aliens (if they show up)" or knows about guns (0 human-human war).

12). Punching/kicking others as in martial arts or using this energy to develop conscious breathing and to heal the sick by exteriorizing/emitting/radiating benevolent *gentle tender soft* healing energy, or building a research center to design earthquake-proof buildings that not even the biggest earthquake in known history can bring down. When we watch others punching others, we move away from the center of healing graceful tender soft gentleness and become more like the puncher, losing touch with our soul nature, the Immortal☺☺☺ spark of goodness inside. We might watch people punching, but all those blows cause brain damage and allowing this form of sports to be legal is like allowing people to inflict brain damage on each other without realizing. It's not compassionate. If you see kids harming each other, you stop it, but for adults, we don't. It removes us from the qualities that we need to bring a world of peace, harmony and longevity. We had chariots for eons, but we moved to cars, airplanes and bigger and nobler and greater things, oral transmission with errors and we moved to writing. We had pugilism, boxing, punching in many forms for a long time, but we also can move beyond that. All these things, plus the violence in songs, TV, movies, make it all the way harder for people to recall the tender gentle softness that we need to bring a world of eternal learning and lifespan tripling. Some studies showed that people praying for others works, but nobody knows yet what happens, as we spend 50 billion in North America in sports and probably a million times less doing research on prayer effect or energy transmission effect. Ironically, many of these fans are professing to be followers of Jesus or Buddha and yet New Testament has like 20 quotes about gentleness 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children", etc and ***Buddha too in Metta Sutta "love all beings as a mom loves her helpless infant" (do not kick and punch as in martial arts).*** It's called Right *Conduct* in Buddhism, the 4 Noble truths and 8 fold path. We discovered lead and how it's not good to use it in fillings as we used to do, so no more lead fillings. Likewise, we discover some sports are useless, we give them up. On top of that, those involved in martial arts, punching, boxing, rugby, jumping shoving as in many sports, are deprived of the chance to meditate, consciously breathe, practice gentle exercise, emotionally regulate themselves in the time of wild smashing of the ball with the bat or pushing and shoving others, moving further and further from God's tenderness kindness

softness gentleness and self-control which bring the bliss needed to joyously engage in happy service to humanity, so everyone lives a better and longer life. Each form of aggressive programming influences personal/planetary emotional regulation/peace.☺☺☺

13). Taking people to church to play basketball (it's often near the church) or whatever if they don't want to because it is boring, or working with the clergy to design the most amazing science demonstrations for all ages to entice children in studying the wonders of God's creation? There are so many mind-blowing physics and chemistry experiments, that even 4-year-olds would find truly amazing, and these are manifestations of God's creation. By learning to appreciate the infinite complexity of chemistry and physics, kids learn from age 5 the infinite complexity of afterlife and how we don't really know much about the universe physically, and spiritually even more. This sense of awe at the infinite immensity of human ignorance makes people more fluid in their intelligence and more eager to live the message of their church or religion, i.e. helping fellow human beings to live a better life, with a 500 year healthy lifespan. Maybe build science chemistry biotech molecular biology physics, afterlife hypotheses, happy states, questioning everything study groups ☺☺☺ instead of Blindly Believing Dogmas without thinking by repeating monotonously the same linguistic things without proof. One church or place of worship may focus on molecular biology and biochemistry of cytokines or mercury or lead or magnesium, another on the synchrotron and Higgs particle relationship with God's Ascending Immortality work we're carrying out as bringers of Ascending Immortality Civilization. Double-blind peer-reviewed data, studies, science-based, reason-based not "blind belief" based. Few young people want to go to church much when it is so boring. In Europe 1000s of churches have closed. God is everywhere and thru personal experience one can travel to other planets and Internet has billions of spiritual videos with far more knowledge and experience (youtubes of 1000s of clergy, millions of viewpoints, spiritual experiences) than any single clergy could offer.

14). What is more selfless, going and doing hands-on healing and massage or using bats to hit balls in sports? The massage or hands-on healing would have many benefits for the giver and recipient in enhancing empathy, positive thoughts and telepathy as explained in Chapter 12. There are many premature or on time but a little sick babies in hospitals who don't get enough hugs and massage and play for the needed 20 minutes or more daily, leading to serious impairments in IQ, health, height, etc. People can be trained to become a nurse assistant in a hospital in the hands-on healing and therapeutic touch department, known to boost human cells like fibroblasts, osteoblasts, etc (hence longer bones, taller kids). Why not get exercise by doing a hands on healing or massage therapy session on people (babies is just one example, just holding a baby makes a huge difference in his neuronal development) in hospital ☺☺☺(as long as they don't get infected, only patients who're for minor things, not infected ones, giving them raw fruits and veggies to eat and recover instead of the rather poor hospital diets), or in prisons,

playing with these guys with some amazing new solar panel building tutorials, giving them skills to use once out of prison for example? Perhaps, it would be ideal for bats to be prohibited in all sports, as they're dangerous or in the worst case, be converted to styrofoam bats, styrofoam balls (they won't fly much, but promote gentleness and local interaction) and no touching sports to avoid shoving, jumping on each other as in rugby, football, etc. Stadiums can be all closed over time since styrofoam balls are not flying too far and materials reused for dorm rooms and research centers and meditation and astral travel centers and relaxation, conscious breathing and gentleness tenderness Development Centers where thru gentle harmonious movements, breathing and meditation people can enter states of cosmic bliss enabling a much more effective service to humanity as people are gentle tender happy soft. To promote gentleness using styrofoam makes a lot more sense if people want to play some of these device based sports as a transition mechanism to a world of gentleness. Rules of all sports can be rewritten if we want the most lasting World Peace, since the current versions promote aggression; phase these sports out as we become *gentle tender soft* builders of Ascending Immortality Universities/ Civilization.

15). Have people import some baseball or hockey bats or sports equipment loaded with lead (like this Mercola 14,900 ppm frying pan and 42,800 ppm fidget spinner) and have teens swallow some lead while playing sports and get lead poisoned or have these teens go to the Basic Chemistry in Service to Longevity Internship Program that gives teens a chance to test with a portable x-ray fluorescence detector thousands of products made locally or imported, to screen out the bad ones (loaded with lead, cadmium, etc) and enforce the no lead, no mercury in products future laws, like Sweden/Norway? Imagine us creating with 3D printers in amazing chemistry and physics teaching places amazing lead free products, molecular sets for kids to play to and learn chemistry and basic physics instead of lead loaded fidget spinners. Or have teens do some exercise while testing for lead, etc and 3d printing nice science toys for the babies, and learn the beauty of chemistry and physics and biology too, make lysine amino acid from some bacteria and see amazing & beautiful ☺☺☺ transformations of raw materials into burgers we can eat. Imagine showing kids the nice chemical reaction of NaOH and phenolphthalein and all kinds of cool things and giving them free access to all PubMed articles (like MIT or Harvard students) if they want to hang out and learn more about nutrition, science and making the healthiest burger, etc. These activities will develop empathy (for the people in the 5,300 water systems loaded with lead in US alone), awareness of pollution issues, of how food is made, of how important is to choose lead free PVC, how amazing science is, truly like magic, enabling us one day to live to 500 and teleport. If there are no opportunities to find a physical movement selfless service to humanity activity in the area, one could create a business doing something and using money to start a Longevity or Immortality Day Care, Kindergarten, Primary, Middle, High School, College where everyone learns the wonders of science and of helping people live a

longer healthy lifespan of 100, 170 etc over time. ☺☺ Or a non-profit that solves something and impacts the consciousness of locals towards the Longevity Immortality mindset.☺☺☺

16). Have people play sports or use this physical energy to make with 3D printers toys for kids that are free from lead and other poisons of imported cheap toys made with "slave" or "child" labor in countries with no environmental regulations? Imagine that the sports could actually be doing something fun/useful for other people, like use a 3D printer to make a nice water filter for people in the 5,300 water systems area, or cooking pots, pressure cookers and dinnerware free from lead. One could also have a composter in the garden to create vegan fertilizer from the peels of watermelon, bananas, etc and use it for a vegan greenhouse, or a pool for water lentils (duckweed) (ω3:6 ratio 2:1). Florida got an amazing farm that grows lentils hydroponically. Some water lentil species have 40% protein/dry weight, 40% fiber, while land lentils 26% protein, 30% fiber; ω3:6 ratio 2:1, much better than land lentil ratio of 1:4. You can harvest them daily 10 months/year in Florida. Biomass doubles in 30 hours; 20 days from seeding to harvest.

17). Playing sports or building Immortality-Longevity Departments in every single University as with Habitat for Humanity? Today, we harm so many people by giving them too little and too much of certain carbs, proteins, vitamins, phytonutrients because we really have no advanced nutrition science. Many studies show that while for some people a certain level of supplement is helpful, for others it is harmful as they already got it from the diet, and it only causes heart damage when people get too much calcium as atherosclerotic plaque hardens. That's why it's so difficult and wrong to say to everyone the same thing as far as "daily needs of calcium or whatever", as some people lack some chemical for B_{12} absorption and need 100 times the B_{12} dose, and others are fine with a little. Since exact knowledge of what each food contains is absent, we rely a lot on guessing, estimating and intuition, experimenting, etc. The optimal level of vitamins for each human is different and that's why vitamins can't be mass produced for maximum effect, they need to be produced in individual customized amounts. It's no wonder most people still live maximum to 110-120 after all these centuries of science.

We could develop a scanner that can scan every single atom in the food eaten daily, every single molecule and also scan from toilet the urine as it comes out and the feces and weigh it computationally via scanning based on the atoms found and determine exactly how much of each element and chemical is going in and out, what goes on in the body, by measuring in a huge lab that people would have to drive twice a year to perhaps thousands of things in real time, since the home scanner would be able to test pieces of saliva or tiny drops of blood as with glucose tests (that anyone can do at home for a few cents each) now and indicate every single atom, molecule, amount in every drop of sweat, saliva, blood, hair, nail, etc and input all these numbers and data into supercomputers and calculate recommended amounts of vitamins,

foods, carbs, proteins and give user option to choose among the 50 recommendations based on the 50 models of what goes on and develop a better understanding on how to use nutrition to enable everyone to reach 120-500 year lifespan. ☺☺☺ If such scanners are not able to be developed in the short term, due to low speed particle physics progress, then indeed, we can do something similar by scanning a barcode of every package of sold food and that barcode estimates exactly how much mg of each chemical exists in that food, a little harder for produce, but even that can be standardized, with the moment one checks out, all data goes to supercomputer and then naturally when we eat, the video AI system knows what we ate, saw barcode and immediately starts calculating the suggested level of foods or vitamins to eat next day, and then we make much better informed decisions. Living to 150 with nutrition is simply an engineering and science issue, like landing on Mars is. Living to 900 is the same. The living human beings scanners to see what goes on real-time would be so expensive and hard to build, to simulate atom level processes, see them in real time in every single cell, that it wouldn't be possible to do it as with food at home at first, to monitor 24-7 aging processes and suggest molecular cellular interventions based on system-wide, organ wide prioritization of longevity erosion factors, etc. Not only that, but we would need to input into the supercomputer system the values of the electric and magnetic field at all points around the body, the light level, the emotional states, as these things influence the million trillions of chemical reactions every second. If you don't monitor the emotions, diet will tell a tiny bit of picture of what happens, since negative emotions totally change biochemistry compared to positive ones and magnetic, electric fields, radio waves, etc all have certain impacts on different molecular and cellular processes. It's just a super complex work that requires resources and technologies that we don't have, since you need to test 5 trillion chemicals on atomic simulations of a human being to see which one minimizes aging and leads to 900 year lifespan, or which gene off will extend lifespan 5 times like we did in worms. You don't have a million years to wait for many humans to try some chemicals, man made or nature found.☺☺☺ Just like computational chemists teamed up with bench chemists and they sped up discovery and replaced olefin making from methane platinum catalyst with much cheaper titanium catalyst. All millions of trillions of chemical reactions happening each second are essentially a dance of electrons. If you're able to simulate this electron dance (and to see every electron) and to see it in real time, you can achieve the same condition without ingesting chemicals. If you see a subatomic dance that corresponds to life and one that corresponds to death, you're able to achieve and sustain life, without food, but a new energy that we have not discovered yet, a mix of energies, and subatomic particle jets that come from somewhere, not necessarily a belt around our waist, but the universe itself thru some wild accessing modality, that we have no clue about yet. What is life? Is it not a super complex dance of subatomic particles that we have no clue about? In a way it is so, and when we're able to live on energy, we're closer to becoming energy, shifting into another dimension,

becoming a world of Ascending Immortality, leaving this boring universe, for another. The cave man has a hard time imagining, understanding or conceptualizing 21st century life or tech, even if he sees it in a vision of time travel. Likewise, we have a hard time understanding or imagining the lives of 500 year olds, their level of empathy, compassion, science, gentleness, tenderness, softness, maturity. The future is so mind-blowingly amazing & beautiful ☺☺, that the difference between 500-year-old future humans and us is way bigger than between us and cavemen.

18). Play rugby or build more optometry centers to do meibography, MG expression, build good eye health (for reading many science papers daily, to discover how to live to 200), create new sports like Atheris or, Eyonix, Ocu, where people stretch, practice gentle moving, then meditate, achieve bliss and then build eterni labs where phone attachable gadgets are developed; they will enable all to check eyes, MGs, lacrimal glands, atherosclerosis (carotid, etc)..., endless markers, and the sport is this cooperative discovery – where nobody loses and everyone wins; no competition that divides and brings animosity; certainly more ennobling than watching bull fighting, and our present sports of pushing and shoving that never really help us to live to 150 or 700; new biomarkers monitoring via tears, new atherosclerosis monitoring centers, etc (# 1 killer is heart disease). Or build satellites like LISA (postponed to 2034 due to lack of funds, as it often happens "stadiums first, science last") to determine if there are new *universes* being created all the time so we understand the universe better and can better comprehend gravity and its relationship to dark energy/matter? What if Big Bang was a white hole ejecting mass that black holes in other *universes* trapped? What if there are many parallel *universes*, new ones being created from within the hyper-universe? co-building *universes* with God? ☺☺☺☺☺☺☺

19). Play soccer or build some amazing & beautiful ☺☺☺ new songs with scientific lyrics to educate people about science of 500 year lifespans or some amazing sound techs to make plants grow faster? Make songs about every important topic taught in science. Some plants grow bigger and healthier with sound, so discover the sound that makes us live to 300. As explained in Chapter 7, Sonic Bloom treatment has brought yield increases of 400% for cucumbers etc.

20). Play hockey or help eliminate pesticides and unsafe GMOs (not all GMOs are safe, at least since they increase use of pesticides), as in Chapter 12.12. Don't hit a ball with a bat, just use a screwdriver to promote peace and virtue: lots of homeowners use nails for gutters, when screws do a much better job, no longer having to tap the nails every year as they loosen. Loose nails cause water and leaves to pool and to clog the gutter, as it bends and drips on the concrete, making noise, upsetting people and causing negative emotions polluting the quantum field; a little screw prevents the next big war. So, imagine if people help others to replace nails with screws, do some exercise, super easy for 1 floor houses, with a small ladder.

21). Play martial arts, sumo, rugby or basketball or save lives by building platforms that later are

transported in Atlantic or Pacific ocean to detect hurricanes before they become big and trigger the use of lasers to extinguish them before they kill people, cause huge damage, injuries and millions of lives disrupted from building a better Immortal☺ world? 1000s of Americans have their tap water catch fire due to drilling for natural gas, and having their water supplies heavily polluted when we can have solar and wind installed via a new renewable promotion sport.☺☺

22). Play sports that damage the brain and make people more aggressive, or study more the research showing inner peace and tranquility is related to motor neurons in the brain and the type of sports played? The brain centers for movement are connected and influencing the brain centers for emotions, *cognition*, etc. It has been shown for example that slow conscious breathing will activate neurons that make us tranquil and lead to a world of peace. A recent study found that slow breathing induces tranquility as explained in Chapter 10.1. *When we do a lot of "sports" we move away from slow breathing, and we enter the world of agitation, emotional and mental, and it's easier to lose peace.* We can design an interventional study some people doing a sport and others some gentle service to humanity with aware movements of grace *gentle tender softness* as in telepathy walking exercise, and you will see by measuring the parameters for tranquility, ESP etc if the service to humanity group moving in grace will perform better than the group who plays a sport, or even that a gentle *tender soft* sport or moving is better than a rapid, aggressive, pushing, punching sport. With biofeedback, self-awareness and neuroscience awareness, people become aware via telepathy of the best movements that trigger thru neuron-emotional synapse links the best outcome telepathy and inner peace wise. Another possible clue that the divine telepathy enhancing movement is one that is filled with gentleness and tenderness, is this: ☺ if we were in the presence of a shimmering shapeshifting Lightbeing Immortal☺ of 3 billion years old, who can dematerialize mountains and hurricanes, doing amazing & beautiful ☺☺☺ miracles that blow our mind away, we would behave very gently, move very gently if the Immortal requested a piece of paper. We would go to a place and walk carefully gently and hand the paper to him gracefully, not in the rushed fashion we do things in many sports, martial arts; we would have far more self-restraint, care, attention. In the presence of God or an Immortal☺ Angel we would not hit with a golf bat a ball because we might hit God. If we don't do this with God, why do we do it with people, playing these dangerous sports that harm people? People are God in disguise, so when we hit them accidentally, in soccer, their legs for example, we hit God. Is this the first impression we want to make on an Immortal when meeting him, hitting him? The human experience lacks much *gentle tender softness*, lacks behavior showing God really dwells in others. Some of the gymnastics moves, wild dangerous jumps, are very lacking in gentle tender softness and can expose people to risk of injury and this is anti-Life, anti-Immortality. A wise civilization has gentle tender soft sports without risk of injury. The gentlest is the strongest, gentle sports in serving others create

a nicer civilization. Nothing is stronger than true gentleness, gentler than true strength. ☺☺☺

23). Renovate some of the 15 million plus empty housing units or play sports? America's colleges rely on 30-67% of teaching being done by part-time faculty, sometimes, and these professors, lecturers become homeless. How are we making America great again, by playing sports when these people are homeless? If we're one country, don't we care a little about Education, the most important thing for the future of a nation? Unbelievable as it may seem, it's estimated that about 25% of adjunct faculty (people with PhDs, Masters etc) are on public assistance. It's not clear though how common it is to be homeless though, but the situation seems bad. "7% of families of part-time faculty members receive food stamp benefits. 7% of adjuncts and 6% of their children receive Medicaid". Families of close to 100,000 part-time faculty members are enrolled in public assistance programs.☺☺☺

24). Playing hockey and smashing people's teeth occasionally or practicing conscious breathing while exhaling and radiating out with each breath a wave of universal selfless loving kind compassionate forgiving mercy, until this habit becomes so strong, that one is able to really live the "Love your neighbor as thyself", or "love enemies, pray for them" and turn suffering people (people suffering from anger, fear, paranoia, etc) into happy people willing to create a world of peace? We see how Shaolin monks can do seemingly impossible things (breaking bricks off one's head) to someone who never saw those things before, thru training. Imagine if instead of these violent Shaolin feats or martial arts or other sports we would train ourselves with that same 30-year commitment to become adepts at radiating the most coherent emotion of *gentle tender soft* universal selfless compassionate forgiving merciful love that transforms any negative emotion into the peaceful happiness of infinite compassion, the desire to only help all beings and bring World Peace. Usually a person can radiate a healing universal compassion emotion of "1 watt", but with 30-year training, he can perhaps radiate one of 10,000 watts. Like yawning (which happens when we just read about it sometimes), this tender soft compassion becomes contagious. We develop so many muscles, but hardly any emotional radiation muscle.☺☺☺

25). Doing winter Olympics or soccer cups or doing Immortality, stop hurricanes, make earthquake proof buildings, stop fires with force fields, turn angry people into happy ones with coherent emotion, astral travel to find structure of quarks and far away galaxies, Live to 900 OLYMPICS where people of many age categories spend 2 weeks to research together effects of vitamin D on telomere length and healthy aging (short telomere can mean 8 times more infectious disease mortality if after age 60, 3 times heart disease mortality) etc? All teams competing and the world watching. Imagine what a paradigm change, instead of seeing people jumping or moving balls, people would compete in solving real problems, like dementia in old age, heart disease in old age, etc... You would think we're in the 21st century and we're overdue

to upgrade our sports to reflect the science, the understanding we got now, showing that even gentle movements lead to longevity (no need of dramatic rapid sports which have no practical application other than a sports competition), as those done in science research, or chores, or basic volunteering activities. *People who do moderate aerobic exercise, 3 times a week for 45 minutes*, have telomeres pretty much as long as marathon runners. ☺☺☺

26). Playing soccer or doing Immortality Outreach, engaged in a marathon to extend human lifespan to 500 for all alive today, and making all aware that we may discover a chemical or gene turning on or off via CRISPR which would enable teenagers to live to 500 even if it is discovered when they're 40 years old? Imagine if 1 billion work on building a world of "Immortals", instead of playing sports. The fleeting happiness of some soccer or weed is not even 1% of the joy of living 900 years and having time to learn new sports that lower cortisol, such as building the next generation anti-aging university or space vehicle with gentle movements, joyous thoughts and breathing that induce far greater benefits to the health of the body and mind, visit new planet we terraform and experience amazing cosmic bliss in meditation as explained in 10.1. ☺

27). Playing sports or a much more intelligent game of moving a ball representing particles in the Rutherford (the discoverer or the electron and proton) gold-foil experiment (proving the nuclear nature of the atom) explained in the vision eye section or molecular model components of DNA being deoxyribonucleic acid, a polymer made of nucleotides, while RNA is ribonucleic acid. Nucleotides are made of phosphate, a sugar and a nucleic acid base. (4 for DNA, 4 for RNA). Showing the kids how nicotinamide mononucleotide (NMN), similar to the monomers of RNA, enabled the cells of mice to look 30 years younger (in human terms). Or the particle wave duality explained thru the double slit experiment in a very nice ball game. ☺☺☺

►►►► OTHER IDEAS ON SPORTS ◄◄◄◄

These sports stadiums, facilities, etc take space from City Immortality Parks that promote World Peace in 3 months, measure biomarkers, prevent disease 25 years before it has clear signs and irreversible damage, etc. Right now, the only people who get decent care are the rich; the rest are cannon fodder primitives who buy sports tickets, so they sit in traffic, raise blood pressure and then sit and watch crap, while not exercising at home and not learning anything intelligent to live to 120. It's time for Americans to become free from the sports mafia and realize how unChristian most sports are. We the People can always take back our country from the gangs, cartels, gangster billionaires and *we can raise taxes 9000% on sports facilities, so we have money to build medical facilities, biomarker monitoring for disease prevention.* The highest right of all is the right to Life, to a healthy life, to not being killed in war or due to lack of healthcare. We can prove that these sports delay 1. *World Peace*, which they obviously do, thru the loss of *'resources and focus on that'*, *2. Long Healthy Lifespan*, which they do, as they take resources,

land, etc, for high tech disease and aging prevention facilities, etc, *3.0 violent crime and the war it brings*, which they do, as explained above. Thus, we have all the fuel to argue in all cities, councils, parliaments globally, for the liberation of humanity from thuggish vibes and the advent of *true universal healthcare*, *gentle tender soft healing* grace of *nurturing* universal loving kindness. The French Revolution was quite radical, but we can't use violence to achieve the graceful transformation into a world of kindness and care for all, not just the rich who don't die in wars. Let's change the Democratic Party and Republican, educate all Christians about the depravity of current sports (read this whole chapter to understand why it's anti-spirituality and anti-life, anti-Jesus, anti-God) and to fire up all to fight for their healthcare rights, instead for being ☺abysmal IQ☺ slaves shuttling to watch a ball *move*. Why not do pushups, squats, situps at home, and have a real preventive medical care, good sleep that helps all live to 120? And achieve World Peace too in 3 months first too before we even demolish all stadiums, so we get even more trillions to help all have a healthy lifespan of 150. Because World Peace is way more important than stadiums, sports arenas and shouting. Because the survival of the human species is way more important than chimp sounds.☺☺☺ The billionaires make money off sports teams, while the poor die 20 years earlier due to no medical facilities. A true Christian, Muslim, Buddhist supports Immortality Capitalism, which, as explained, bans any sports player from making more than the minimum wage. What are casinos/gambling for? They shrink everyone's lifespan, China (except Macau) bans gambling, why can't we ban it, so we focus on science?

Acrobatics, as done by circus performers, is a very risky sport that can lead to fatal or other serious injuries, yet some find this entertaining. In a culture of Immortals, where life is far more valuable than seeing someone jump and do wild things, these "sports" (it's not even a sport in a real sense, as only professionals practice it, no amateurs) wouldn't exist. I have never come across a centenarian in the media who was a professional sports player. The main argument we have been given for the astronomical amounts spent on sports has been around the idea "exercise helps you live longer". How did exercise help these sports players reach 110? If we look at the centenarians, their activity was doing usually something useful for humanity, one lady was catering for others from age 70 to 103. She started a catering business at 70. ☺☺☺☺

Most buildings worldwide have very poor soundproofing and are actually substandard when it comes to decent soundproofing, allowing noise to travel from one room to another easily, and America is no exception. The planet spends 3 trillion a year on smoking, alcohol, gambling, illegal drugs, yet there is not even 1 university dedicated to soundproof windows, doors, drywall and building materials. The impact of a little university or department within an existing university discovering a solution to this noise would have on human development would probably be worth 2 trillions a year, since the amount of conflict noise creates is astronomical when you add all negative emotions that pollute the planetary field as a result of this. One sibling wants to

study or sleep, a parent or a sibling makes noise leading to negative emotions. Not to mention, traffic noise causes many problems, already proven to raise blood pressure, mental health problems. An MIT freshman, Scott Krueger, died of alcohol poisoning in a fraternity because even MIT (all top schools, Harvard, too) doesn't have enough housing to house all students who want to live on campus and has to put 2 freshmen in one small room, with one going to bed at 3 am and another at 10 pm or later and not getting good sleep. Because of this freshman death, MIT now requires freshmen to live on campus during the first year, like many top schools do. An MD explains why it is a very bad idea to have fraternities and alcohol parties.

In 2018, 63% of undergrads and 38% of grads lived on campus. MIT Senior House, with a skull as their "Sport Death" symbol, built in 1916, was closed down as an undergrad dorm in 2017, due to drugs and low grades, repainted and turned into graduate housing "70 Amherst Street". East Campus dorm had a 4th floor student die due to drug overdose, the same floor that had hallways full of demon paintings and gloomy vibes. The same satanists ruling USA for 250 years with demonic killing glorifying rituals of the Masonic temples, have penetrated too many schools with their morbid obsession with killing and violence, hazing, alcohol and drugs. MIT, other universities are more like evil intent convents (resident professor in a campus dorm encourages the insane choices of students and takes part in their depraved lifestyles) than universities, where faculty incites students to do immoral things. That's why we immortalists propose a fair universal education to end all private education and this for-profit universities from hell system, that gives better education only to the aristocratic class. Even after getting a single room, later on, it might be in a dorm where walls are thin and you hear much of what goes on in the other room unless you have earplugs (sex outside procreation). The stuff at MIT is typical of all US and world colleges.☺☺☺ Scott died during a "hazing ritual" common in many fraternities in colleges in many countries, which suffer from the same problem as the USA, i.e. lack of proper housing for college students. In other countries it may be called ragging. For a list of other cases see this wikipedia entry. These "hazing traditions" reflect an aspect of our global culture that involves cruelty, violence and inhumanity, exactly like with bullfighting, animal torture in factory farms, boxing and other cruel sports. Far more people are harmed by these rituals, without anyone knowing, since people assume that if they didn't go to hospital or did not die, they were fine, but a simple brain injury during such a ritual can easily mean dying 10-20 years earlier due to Alzheimer triggered by the brain injury. Why are such rituals even legal anywhere? You go to a college to learn, and they force you to drink and basically destroy your body, or worse you end up hospitalized or dead like this guy. It shows just how much we value "Let all you do be done in Love" (Corinthians and other scriptures), "do unto others what you want others to do to you", how much we value our youth, science, education and learning perhaps as a society: very little compared to money making sports, in fact some colleges experienced more growth in sports

spending than academics spending since it's making them more MONEY. If that is not shocking enough to you, then read this: "Colleges spent more per athlete than per student on academics between 2005 and 2010". If you ever saw the best prisons on youtube, they have a much better housing situation in a way as it's a big apartment for a person.☺☺☺ If one does an honest interview with students living on campus or fraternities that offer off-campus housing at any college (not just MIT), one will find students complaining about poor sleep due to noise.

We spend billions on athletics yearly in colleges, yet we don't have funds going to creating soundproof windows, doors and building materials. Hopefully earplugs will help, Amazon has them (without earplugs I could hear students having sex thru the wall, as the wall was thin). We don't even have proper housing for students at the top engineering school (overall, MIT is number one in all engineering disciplines per some rankings), we have 24 times the rape rate of Japan (if reporting is done the same way), 13 times the homicide rate of Japan (if reports are done the same way, not sure if they report as much as US does, a lot of things go unreported; real rate difference could be much lower or even higher), Iceland or Singapore, 8 times the homicide rate of Austria, Switzerland, Bahrain, Kuwait or Indonesia, 7 times the homicide rate of Norway and Madagascar, 6 times the homicide rate of Burkina Faso, South Korea, UAE, Czech, Poland, Slovenia, Spain, Luxembourg, Netherlands, 5 times homicide rate of China, Saudi Arabia, Italy, Croatia. We need fewer stadiums, casinos, and violence filled media? A Wikipedia table shows more than 135 countries have a lower homicide rate than the USA, assuming the reports are done similarly, which is not always the case of course. While many countries under report and this table is not exact for many nations, it does show a worrisome trend. Another MIT student died of nitrous oxide (laughing gas) poisoning *soon after the 1997 alcohol death, and he was playing* rock music at 3 AM waking others up at times. Complaints to the admin meant nothing, so the quiet cities federal guidelines need to bring $9 million fines on all campuses for repeat loud music. This means the student is forced to build roads and work in mines for the rest of his life if he can't pay the fine, in order to bring an end to terrorism via loud music, especially bad music. Nonviolence and *gentle tender soft* kindness first, via quiet enjoyment. This happens due to a lack of centralization of education, which leads to an enormous waste of human resources, when for non-lab subjects, people can learn it online, so then no students need to go to these 'demonic' fraternities off campus and die and become drug or alcohol addicts, in exchange for parents wasting their life savings and sending the kid overseas to the "Great Satan" USA, to be tortured on campus or off-campus on an F1 visa to USA top school. Maybe since 1997 things changed at MIT, but we hear every year about such events. This happens at all top schools, not just MIT, rarely. In 4 years there, I didn't really have any useful class teaching anything about nutrition, sleep, etc, longevity, air pollution, etc. It was a waste of time, since most of my major courses I learned in high school for the olympiad and the electives, humanities

were useless (one could choose more math like electives, that are super easy to pass, like economics, 7th grade math formulas applied and you pass, MIT, world leading money draining university; they paid most of the education via financial aid, but still we had to work part-time on campus for the housing, etc). You hear things like this in the news, but we don't connect the dots that if we built more housing for students (not for stadiums, casinos, liquor stores, tobacco factories for smoking, etc) or have more attend online, and research centers and for everyone with soundproofing technology we would eliminate family/local conflicts that arise when people get angry at noise others make, on campus, or on a street (party noise form a neighbor that windows/walls can't shield from and all this anger builds up in the mass consciousness, making it harder to achieve any lasting peace among nations).

A good ☺☺☺ idea would be for college housing officials to give free earplugs to freshmen while stating "We here have very poor sound insulation, use them to get better sleep. One day we'll have quiet electric transportation (anti-gravity, levitating) and soundproof windows, doors and walls for all". Noise means no quality sleep and without sleep car accidents, work accidents, lower grades and lots of things happen, people lose their minds so to speak. Solar used to be $77/watt in 1977, or 460 times more expensive than in 2020 and nobody used it, yet as market grew, the prices went down. We need a centralized Immortality Building Inc to experience a similar 400 times drop in prices of soundproofing. ☺☺☺

We can build selflessness, selfless service, let kids do selfless things that build character traits not do sports that benefit none, a little gentle stretching with eterni music in background is fine to compliment selfless service to build the World of Immortals, as Radio-TV-internet programs replace sports section and tab with Immortality *for* All ☺☺☺ *Civilization Building.* Kids can do a million things to bring the world of Peace, with 0 jails, 0 wars, only healing centers and peace. Parents and kids teachers and kids can perceive as fun selfless service: they can help create with adults sound barriers, better sound proof techs to allow all to meditate, in peace, turn every street into a peaceful place, teens can co-discover new nanomaterials to create the most sound proof materials, etc, with peaceful music and to turn every home into a temple of peace, not allow people to live in such terrible places while temples, churches, etc sit empty and we got endless sports facilities in every religious and secular school that lacks what is most important, the labs for science and engineering to build the World of Immortals - the learning by doing labs, not the simple chem lab. We don't learn teamwork well by playing sports throwing balls, we learn it much better by doing a selfless action that is the very essence of teamwork, so the argument that kids learn teamwork by destroying their tone of speech and yelling and sports is falling apart. We can evolve and build the infinitely kind selfless Immortals from early childhood, and lead not the youth into temptation. Why tempt the future Immortals to be competitive to the extreme, very aggressive, focused on winning sports, winning always at the expense of the

collective wellbeing, and not on cooperating to alleviate the suffering of others, chimpy baboon shouting aggressive shoving behavior in rugby, football, soccer, basketball, etc... Why not massage the sick person or teach self-sufficient bliss independent of touch that builds self-reliance for infinite happiness, help each other, to have a decent place to sleep in silence instead of aircraft noise, road noise, neighbor loud music due to a violent music culture and loudness culture, so we can walk in quiet neighborhoods and no longer be so stressed and hallucinate we need to jog so much to live 5 years extra or 15, when the science of universal Immortality *for* All☺☺☺ will give 5000 years extra. Why not have space to meditate and astral travel, so we meet Immortals if they exist and so we no longer need temples (online churches with no donations are enough) that deprive others of a decent house to live, sleep well (essential for long life) in due to shortage of materials wasted in stadiums that lower the character of man. We got a big country, enough for anyone to have a decent house free from noise. Yet we have endless useless stadiums and 20 other things and we crowd others, create tired angry people, we destroy the human quantum field, we just don't think about another way, why not? Who needs temples and churches when the temple has arrived in every home by our tone of speech, by our eterni music that teaches a better way to speak, emote and think, act and dream? Why cinemas and movie theaters when others are homeless and we got youtube and internet to watch movies, where is the compassion? Is that the America we build?

Is watching bullfighting cruelty help World Peace? ☺☺☺ So many museums of art, when all can be moved more online and allow more Immortality *for* All science labs and decent housing to increase lifespan a lot more, as all feel a new America being born, where compassion for all, Immortality *for* All infuses everything and everyone feels an American or eterni; as the Land of Immortals, then *all nations* will believe us that we want to bring Peace and Paradise to all, as we would be the most peaceful, least violent, most long lived country on Earth, and then indeed we can be believed when we say we can bring Eternia for all, the dream of humanity forever. Why not dream of our kids being the most sage like philosopher like levitating teleporting genderless shimmering shapeshifting Immortals ☺☺☺who study science, spirituality, need no muscles as drones and robots we remotely control do everything physical, as nanobots and picobots keep us healthy without us having to stress to run, exercise and play chimp sports, kids who help all to live to a billion, instead of limiting their minds to the goal of living 10 years only longer by sports that destroy our higher nature, the eterni Qualities. Why turn churches into rock concerts that create war vibes and religious schools into character destroying sports arenas, when we can do so much better? Where is the Peacefulness when we so much brag to be a world leader protecting World Peace or giving it to all? It's not there, we need to live it on every street and house, to be *able to save the world.* Build gyms muscles to live 5 extra years or the Immortality *for* All culture and houses and labs inside every living room, on every street to add 5 billion

years? What do we focus on? Gyms? Sports, while others die in violent wars? We watch soccer games live while others die due to bombs and call ourselves World Peace bringers of infinite selflessness? How is that in God's eyes? Is it compassionate, kind, do we care, do we feel the suffering of others who're humans and whose life affects ours by quantum entanglement? Does this public display and watching of sports, some quite subtly violent and uncivilized, really end the bombing, we did it for millennia since gladiator cruel sports in Roman times, how has that brought World Peace, can we try something else? Do people really believe karate, judo, our many very unpeaceful lower nature (violence against others simulated and polluting the human quantum field, pushing, shoving, bad tone, etc) stimulating sports, etc will help usher a world of peace, if they did not for millennia? Will we evolve to be worthy to become shimmering Immortals, Physical Light beings, Angelic Beings of Peace, Buddhas, Devas or whatever name?

Studies show those who do things for others, like volunteers, live longer and those who have a purpose in life live longer, like doing Immortality Outreach or building an Immortality University or bringing World Peace by the age of 100 (when they reach 100). The body works harder to help one achieve one's goals probably, which extends lifespan. Even when one works for his own company that is cleaning carpets, doing recovery from alcohol or drug abuse, or fixing roads or something rather mundane in terms of contribution but which offers physical activity and does something good, with profits used for detoxifying people of heavy metals in clinic or something like an Alzheimer research center, it's much more like volunteering than going to play soccer. Imagine if our children would be always thinking about the latest research, way to help humanity and/or refining of our understanding of the universe instead of about the latest score from some soccer game? It would be a real progress towards a more empathetic, kind and intelligent world. The socializing around physical activity can be fun and physical related via all these selfless sports mentioned above or selfless business activities without the need of present sports. Sport starts with S; it can mean S.elfless P.erennial O.mnipresent R.adiant T.ranquility. That would be probably accelerating our movement towards a world of peace and healthy longevity. Here is a nice clip of Lao Tze Tao Te Ching.☺☺☺

►►►►THE NEED TO WAKE UP FROM THE 'DEMONIC' or Evil TRANCE FAST◄◄◄◄

If we want to be truly honest, taking into consideration all the 50 pages (with the 100 videos) above, we can ☺☺*lovingly tenderly gently kindly*☺☺ and compassionately, safely say that only THE LOWEST IQ gorillas and insensitive selfish beasts who don't give a dime that all humans may be dead in 10 seconds soon, watch (out of interest, not because the government tells a leader to go once in 50 years to a soccer match to be polite) today's ☺abysmal IQ☺ sports, the vulgar hooligan like tone of sports commentators and hollering chimp players of Hitler like vibe. Therefore, immortalists would ban all these "Odes to Antisocial Hooliganism or Pure Satanism

and Pathologically Selfish ☺Abysmal IQ☺" that they're in the context of the violent crime and wars on Earth. These demonic displays of ferocious violence from TV-radio suck the planet into a black hole of violent ☺abysmal IQ☺ and ardent egoism and can't be allowed, as they destroy and eat the planet alive from within, like a cancer of cruel indifference for the billions of yearly victims of unreported violent crime. These imported grotesque evil activities have no place in a civilized nation who wants to avert human species extinction which may occur in 10 years if no nation embraces immortalism 100%. Let the sports time on radio-TV be replaced with reports of selfless activities of the immortalist sport of helping others, breathing, relaxing, taking care of one's own gentleness, while being relaxed, happy, and listening to eterni tone music. Thanks be to God, we got freedom of speech in USA, so we hear both sides of an argument. This colorful language was left for the end of the chapter (since at the start people may not have understood), to reveal the immortalists' real opinion about sports, to enlighten and clarify what is ethical. Today we spend 500 times more on sports than on the sciences of life extension. Websites of various nonprofits can tell people about those who need some physical help with moving things, doing some physical stuff and people can drive 1-4 miles to that location and help that person. If one would be asked what is the *most American sport to play, perhaps one could philosophize and argue that it is engaging in some physical activity that enhances the longevity of fellow* Americans, that makes America reach lives of 9,000 years and makes America Immortal ☺ in a more real sense, since if you look at history, countries oftentimes disappeared without a trace, language too. Doing physical activity while helping others live longer or cure a disease, fix a problem and not requiring expensive facilities whose materials could be used to create Immortality and Longevity Universities and research centers, seems to be more humanitarian, more conducive to the best interest of all humanity, but even of America itself. One could also argue that even just standing at your computer desk for hours or walking around house, is better than using a facility, especially when college students don't have proper housing even in the USA as explained above and when half a million are homeless in the USA alone and the building materials of the stadiums could refurb or rent 16 million empty homes. ☺☺☺

Components of Gentle Tender Sports of the Telepathic Immortals, Immortality Fitness:

1. Physical (Massage, Helping, Gentle Movements) Component:

1.1. Heal the sick or those feeling down one day, see hands-on healing section..., the eterni greeting section (happy breathing, the sport of just being kind) or practice relaxed *gentle tender soft* movements to help others (build a house, etc examples above) as guided by the Immortals (our brains are entangled with our descendants who live to a trillion, and they thus are very real beings who can in very subtle ways guide us), to increase ESP, longevity.

1.2. Helping to Build the world of Telepathic Immortals as explained above (kids play with legos

or whatever, but they could be building molecules and simulated research centers (helping plan one's research focus to triple lifespan), i.e. all kids can make a plan to help everyone live to 9,000 in their games and toys; kids can learn about growing water lentils (duckweed) (ω3:6 ratio 2:1) or foods and creating Eterni Foods in the future, about dramatic effect of nutrition on lifespan, about current/future molecular detection methods. Instead of a toy gun, tank (these shorten lifespan, take life), car, animal or etc, they would learn to use a toy GC/MS (+ other instruments) to detect molecules as nutrition studies do when working to create the infant/adult formula that quadruples our lifespan via nutrition alone or some other techs that triple lifespan, that give life. As responsible co-creators of the world of Immortals, all kids are saturated with toys and games about simulated scenarios thru which humans live to 300 or even 30 billion year old, like the protagonist in the movie script example of the Immortality Civilization. As kids/adults simulate that billions of times for centuries, eventually one day it becomes true.

2. Emotional (Empathy) Component ►►► Emotional Coherence training to amplify selfless loving kind tender gentle soft compassion for all beings 5,000 times so it can turn all negative emotions into positive ones and help diminish suffering in the world by being more like an angel. ☺☺☺ Chapter 8 and 10 put into practice.

3. Mental (Telepathy) Component ►►► Thought/Intent Coherence training to bring the most loving intents and thoughts possible. ☺☺☺

4. Spiritual Component ►►► Soul Travel Coherence training to bring the full acceptance of the infinite possibilities of the universe, including the possibility we have an Immortal☺ Soul or can create an AI soul (independent of carrier), like creating a space of open-mindedness to the possibility of soul existing, which is very hard to accept for some skeptics.☺☺☺

5.6. A *serene* bliss culture of gentle tender *quiet* pets: *silent cameras*, *no guard dogs*

☺☺☺ *May all beings be happy gentle tender soft nurturing loving kind* ☺☺☺

May all humans realize the satanic conspiracy to use dogs to kill babies, kids, to sleep deprive billions via barking, for easier demonic posession. More details on this in the next 80 pages that detail the astronomical annual fees for owning a big or medium dog that can kill infants:

The next 80 pages present *95+ dog attack videos, 40+ attack videos by other animals* and some shocking facts most dog/cat/pet/horse owners, animal conservationists (bear, big cat, etc) rarely think about, besides the obvious deaths of people, emergency room visits by millions of

innocent people (who don't even own a dog) and horrific disfigurement (see pics) of people by dogs. The autism section explains why cats, dogs, pets make kids more autistic, by diverting kids from the eterni tone, the higher cortex development (that dials down the reticular thalamic nucleus) via eterni music, via altruism, via meditative bliss, via kid-kid interaction that helps them develop gentle tender soft healing nurturing graceful loving kindness. Some people lose their legs, hands, eyes, ears, limbs due to dogs. Millions of people are being arrested for not "taking perfect care of their dog", so if you get one, you can be arrested any time a neighbor complains about it, as if an arrest record is the last thing you need in your life. Youtube has thousands of videos of false police reports where liars claim someone's dog bit them or harassed the area or scared the victim off a cliff and they jumped to their death before dog touched the victim, etc and the owner gets wrongfully arrested for 40 years for murder via dog attack, etc, when it was some other cause or dog that did it. Dogs are the biggest liability, so millions of people are giving their dogs to animal control. All can be happy via conscious breathing, nobody needs dogs to be happy: drones will replace dogs for tracking and sniffing, soft ultra safe robots will replace service dogs too. Woman almost lost her legs, yet dogs were not killed. LA animal services woman got mauled. Many studies found that pet owners live as long as non-owners. Cat owners were found to live shorter actually. Owning a cat doubles your risk of schizophrenia. Cats carry the brain T. gondii parasite that they give to owners, which severely damages brain function. Cat owners have a high risk of getting leukemia (MSM 2016;22:1547-52), as all meat eaters have also, besides dairy eaterns who get bovine leukemia virus (11.4.64) in milk/cheese. *T. Gondii from cats can kill you*. Australia discovered a test with 97% accuracy that detects when you have been infected by T. Gondii: you're slower, more likely to become drug addicted, be paid less. Infection rates vary from < "10% to over 90% depending on the country or region" ► Viru 2021;12(1):3095-114. "T. gondii is one of three pathogens (along with Salmonella and Listeria), that together account for >70% of all deaths due to foodborne illness in the US" ► FPD 2016; 13(3):109-18. T. Gondii causes schizophrenia, traffic accidents, suicide (watch 2019 video about 500000 deaths that cats may cause in USA alone), as shown also in Schizophrenia 2022;8(1):104. "Damage to the visual and central nervous *system* can be severe... newborns can present an asymptomatic infection and later on develop chorioretinitis, mental retardation" ► ISRNP 2012; 2012:501216. "infection may result in severe and life-threatening consequences in the developing fetus or newborn, including miscarriage, congenital blindness, *hydrocephalus*, mental retardation, and even death" ► PM 2016;9:137. Adult infection via cats can lead to toxoplasma retinochoroiditis (which can progress to legal blindness in *both eyes*), and 33% of humans are infected due to excessive pet ownership. See a 2023 miscarriage study. T. gondii "is one of the major causes of (unwanted) abortion" ► IJFS 2019;13(3):184-9. "Toxoplasmosis increases the reaction time of infected subjects, which can explain the increased probability of traffic accidents" ► JEB 2013;216(Pt 1):127-33. T gondii causes "worse immediate and delayed

verbal learning, language proficiency, executive functioning, processing speed, sustained attention, working memory, as well as global cognition in older *adults*" ► BMJO 2024;14(3): e071513, and it can "affect brain levels of folate (B_9) and/or vitamin B_{12} enough to affect cognitive functioning.. (it) may harvest folate from host neural cells. Reduced folate availability is associated with an increased risk of neurodevelopmental disorders, neurodegenerative diseases, and cognitive decline ► Ntr 2017;9(6):564. T gondii "is associated with cognitive deterioration" ► ADAD 2016 ;30(3):216-22, "is capable of salvaging exogenous folates" ► MBP 2005;144(1): 44-54. T. gondii raises dopamine levels, causing bipolar disorder (variation of dopamine), schizophrenia ► JPD 2021;46(2):337-42. "Odds of suicide in people with T. gondii infection was 43% higher" ► BMCPH 2020;20:766. "Immunoglobulin G antibodies were found in 21 of the 155 suicide attempters & in 8 of the 135 controls" ► CPN 2018;16(1):95-102 or 2.3 times more Gondii infections in suicidal folks. Infected ladies were 2.05 times more likely to commit SUICIDE ► JAMAP 2012;69(11):1123- 30. Please give away cats to a shelter, since shelters euthanize excess cats, because this way, you prevent 80 million lifespan years lost in North America (same as killing 2 million 5 year olds) via T. gondii, useless years with damaged brains. All nations will offer free cat euthanasia one day, especially immortalist nations, to help us reach World Peace in 3 months and maintain that World Peace a trillion years at least. ☺☺☺

The great fallacy of many studies is that pet ownership is a marker for higher income, higher education, higher quality of life, which themselves cause the perceived benefits, all of which disappear once confounding factors are taken into account. The aristocrats burden the enslaved to work on farms to raise corn, soy, etc, raise cows that eat soy-corn, slaughter cows in horrible working conditions, etc, all so these ruthless pigs get a pet, while millions of people die in conflicts worldwide every decade: any ethical person gives all his pets away (unless service or police dogs) and starts working 10-25 hours part-time to help prevent the 10 second end of humans via war, by volunteering for the Immortalists or to spread the link to this website via text, email, phone, social media, flyers to 900 people/month. This illusion that they serve society with pet products is often a grotesque expression of their infernal depravity, as some of the pet owners are super terrorists torturing billions with microwave lasers, many other methods. The dog owners appear to live longer in a study not because of the dogs, but because nobody tortures them as they're the military-industrial-spy complex of the "intelligence" (psychopathic violence) community, the cops. There is another greater deception: they never had a study of a society of 50 million people with 50 million dogs, etc, and one with 0 pets where all resources wasted with dogs/cats (hospitals, food, corn-soy farming to feed cows, then feed dogs with meat, etc,) are used to create free relaxation, meditative rest, diet education, better health, human prevention education biomarker centers etc that would obviously add 25 years to life instead of 5 days with dogs. But when Big Dog, like Big Oil, owns the media, no science is

possible, only brainwashing. This is due to the depopulation agenda shown in the next 60 pages.

Cat and dog owners get ticks biting them, as the dogs and cats bring ticks inside the house. These tick bites can cause encephalitis, Lyme disease, Lyme carditis (fatal heart inflammation), and many more diseases. Dog parks are lethal places full of ticks. Cat and dog food attracts mice and they eat this pet food, bringing another set of meningitis and other diseases, including T. Gondii. The mice feces pellets are rice grain sized, brown, and easy to miss, especially as everyone chooses dark carpets, floors, rugs due to low IQ. Cat people are more intelligent than dog people, so dogs lower your IQ, dogs disturb your creative thought and meditative higher cortex building by their 0 IQ barking, dogs shrink our brains. Cats and dogs spread roundworm eggs, and public parks entrances, frequented by dogs, as well as playgrounds, give people blindness via roundworm eggs dogs so "selflessly" spread around to harm our kids and adults. Pets also spread screwworms, which can kill people, so dogs and cats, who run in the wild a lot, can truly give you a complete destruction of health or even death in 100s of ways. The Big Pet Industry hides all the endless problems of pet ownership (screwworm, etc), since they need "cabbage IQ" people to buy their lethal products that shrink human lifespan, by drawing resources away from 4000 year lifespan and into spiling the bloodthirsty animals (5000 chicken killed to feed a dog). Pet owners sabotage humankind's progress, belonging to the Neatherdal age of infantile religion, in this case the "cat and dog religion". Lenin said religion is like opium for the low IQ masses. We say pets are opium for "tomato IQ" folks. ☺☺☺ Dogs, pets are waging a hybrid war of extermination against the human species, depopulating us, while their numbers grow.☺☺☺ Pets are up to no good, they spread endless diseases. The feces from horses, cats scratching owners, pets, dogs emit 90000+ allergens, bacteria, viruses that damage every organ too, penetrate the vents in the house, every cell in our body and brain, ruin the immune system resources used to repair the body, lower our individual, planetary and national IQ. A new fungus that can make people ill uses cats to spread. A parasite we get from cats decapitates the sperm and makes men infertile, so couples or parents who want kids or grandkids need to avoid cats, ladies too, to avoid infecting their family, since cats want to exterminate us by carrying this microbe. Your cat is a shrewd small tiger predator in disguise, this is what cats would do to you if they would be big: kill you like this tiger did – watch 20 sec. Most zoos are nonprofits that steal billions in taxpayer money, take meat from poor kids who eat too little protein and skip a meal, to waste materials/time in zoos, that could be used to fix homes destroyed every year by tornadoes, floods, etc due to paper houses built by aristocratic beasts. Nonvegan cats are evil, watch a big cat attack a vet, she helped a demonic being drinking blood daily, she got attacked; we lack doctors but we have vets for these monsters?

An ethical country of sages will not have 90 million dogs like USA, but instead raise and train these dogs to intercept all drugs worldwide (via sniffing all mail, packages, worldwide) via the

Drug Free Planet in 10 years Program of the Immortality Party Volunteers, Until Drones can Sniff a 10x better than the best dogs. When nations are led by Selfish Aristocratic Beasts, the Selfishness is Vibrating in every soul with Demonic Intensity: all is "Me, me, Me and Humanity Never": just let us loot all, and waste resources that could be used to bring Zero Violent Crime Worldwide.☺☺☺☺☺☺☺ Drugs and alcohol are the culprit for much of the violent crime. Where is the Leadership to Teach people to not waste 1.4$ trillion on useless purchases, and Bring Zero Violent Crime, Zero Drug Use in 10 years? We don't need any cats, since with advanced drones, lasers and AI, a drone cat of the National Mouse Trap University can catch 10 times more mice per hour than a real cat, without needing to shed so much livestock blood spilled for meat given to cats. The spider crawl robot can look like a random object, cube, etc that attracts mice via smell and then shoots them dead with laser at close range, from inches away. It can then split in two and crawl to pack the rat in a sterile sealed bag, dispose of it in a special location. Cats carry too many diseases, so drones are better. The drone detects where pregnant rodents are and eliminates those first, to remove rodent infestations 900 times faster than cats. With the 11 companies making all houses truly high tech and quality, no rodents can chew their way inside. Ethics☺☺☺☺☺☺☺ and God require us to END ALL VIOLENT CRIME FIRST, BEFORE WE HAVE ANY PETS. Without Peace, all pets, animals, people die in 10 seconds. The Purpose of Life is not to Add 1 year to Your Life (selfishness), but 1 trillion to All Humanity (altruism), to stop violence in 5 years so we don't all die in 10 sec. We need to be selfless. It's unethical to have any cats sold in the USA before we achieve zero violent crime, to have any cat stores, because at least dogs can sniff drugs, etc, but cats are not needed at all. Preventing the death of all humans in 10 seconds is 1 trillion times more important than cat ownership. We only need youtubes of animals, USA needs to demolish all its zoos and aquariums and focus on single family homes for all for zero violent crime, just as we need demolish all liquor stores, vape stores, casinos, gambling venues, strip clubs, and many other evil businesses we don't need that make US citizens waste 1.4 trillion a year on pure junk instead of zero violent crime. USA needs to urgently demolish all pet stores too, and only allow dog food warehouses where cops alone can order the food from online for the 1 million dogs inspecting sniffing every letter, package entering USA, passing thru every post office and the 9 million dogs USA gives to other nations as good will, if we want to do that, to help those guys Bring the Immortalist Anthem to Reality: Zero Violent Crime in a few years. Kindly Read the Plan for Zero Violent Crime, and Dedicate Your Life Now, in the Name of The Eternal God of Immortality *for* All, To That Eternal Universal Peace goal of the Immortalist Youth,☺☺☺☺☺☺☺ Immortality Party & Immortalist Anthem. We cannot allow Bloodthirsty Blood drinking (meat pets eat is 0.5% blood) animals to be worshiped and delay the Advent of Eternal Universal Peace. Don't worry, pets will reincarnate as humans if they have a soul, no need to Help Blood Drinking Pets Multiply. Pets spill Blood, they Commit Genocide of Trillions of Livestock, they are Evil, they Disturb the Quantum Field of Humans via

Bloodshed, they Delay Eterni Foods of Zero Bloodshed, Pets are Pure Infernal Evil, Growling like demons, leading us to Hitler tones. Hitler had a dog, so he became a demon even faster than without the dog, killing 80 million people in WW2. Lenin had a cat, so he became a demon even faster than without the cat, killing 120 million via a fake Jewish communism. Both co-killed 200 million innocent folks. Pets are Pure Imbecility, a Primal Force of Infernal Stupidity, Unable to Avoid Bloodshed, automated killing machines who kill without mercy if left to their own devices. It is the Epitome of Satanism or Demon Worship to have pets while millions are dying due to violence, wars and car crashes caused by drug use that dogs could prevent, but dogs could not, as all are pets. The first duty of any civil ICS human is to do all it takes to bring zero violent crime in 5-10 years, not to get pets. If you want to become hyena like, get a dog, tiger like, get a cat. The more you hang around a person, the more you imitate it, same for cats and dogs. Kids become like the teachers, parents around them. People become like the lifeforms around them.

Horses kill thousands of insects and small animals when they walk. Horse bacteria can cause blindness, see below. All big pets that can accidentally knock or attack 1 year olds, causing injuries/deaths, are a threat to national security, to the *vibration of infinite bliss, kindness, gentleness and grace* essential to Immortality *for* All and ~*~Eternal Universal Peace~*~. Owner got 5 months of coma due to a dog lick. Please avoid getting a chimp pet, see what this woman got out of it, how monkeys mauled her, just as chimps cannibalize their own neighbor babies. See how monkeys terrorize school kids. See what dogs do to millions of people in America today, due to extremely loose legislation and a culture lacking gentleness, where the most evil animals are "part of the family". "Gentle" labrador attacked an 8 year old boy. Dogs mauled a grandma. 81 year old killed by a dog and the owners got 15 year jail and 18 year jail. Owner and his dog died due to a dog fight. Baby killed by the neighbor's dogs: death penalty for owner should be standard in such cases, for choosing to buy a deadly dog they can't control. To get a driver license we need a test, to get a big dog, people need to pass an exam, pay an annual fee to 0 Violent Crime Fund. ☺☺☺☺☺☺☺

Texas law requires the state to return dogs after they bit other people, due to owner negligent gate opening. As a result, 2 years later, same dogs mauled to death and critically mauled another person. That's why immortalists support the end of states so that we have only 1 law, not 20000: instant dog death for any dog biting a human under any circumstance, except a thief breaking in or attacking the owner. Babysitting couple charged with murder after their dog killed an infant in their care. Lady had a dog that killed a baby in her care and injured her daughter, in a filthy home. Moral: don't give your child for babysitting to anyone with dogs. Man allowed dogs to dig under the fence and dogs killed the neighbor. 5 dogs escaped via a hole in the fence and killed a guy who loved dangerous dogs and got his reward for raising deadly dogs. School kid was killed by dogs running around without a leash. Man charged with murder had 8 police visits

for bites of people around the area, before the ninth attack that killed a man. This shows the urgent need to euthanize instantly any dog who bites. A 15 year old girl was killed by 10 loose dogs who have been reported to police many times for being violent: animal control told people to shoot the dogs, but residents' ☺abysmal IQ☺ won over science, so they didn't shoot them. Dog owners should be forbidden from being babysitters worldwide, too many babies are killed by dogs. Besides, dogs sabotage the higher cortex development of kids, ruin eterni tone development in kids and families, prevent World Peace, via inciting and stimulating the fight and flight and aggression low IQ neural pathways that babies can't consciously deflect, as babies/kids are too impressionable. Dogs need to be forbidden in houses with kids due to the risk of death for the human kid. Dogs are only for adults until drones perform smell/service tasks 5 billion times better. Parents with small babies need to be fined 1 million USD if caught leaving child with a dog alone for 2 seconds even, due to an insane amount of infant fatalities by the house dog. All news stations must advise all adults to get dogs only after their kids are 18 year old, unless a tiny 5 lb Shih Tzu or similar size. ☺Abysmal IQ☺ parents were charged for allowing the family dog near the 6 months old killed by the dog. All who got kids under 18, need to pay 100,000$/month extra to help prevent such cases. Many dog owners are charged with manslaughter, "enjoying" 25 years in jail. , so if you want to spend 30 years in jail, go ahead, get a dog: you know, dogs have a mind of their own, if they flip, they can kill a stranger's kid in no time, all they need is to escape thru a fence, jump and cause the leash to come out of your hand or escape via a door barely open and you end up in jail. The lawyer of the victim family will also request 5 million to bankrupt your family. Want to get a dog? Selfish folks who're not cops or need service dogs, buy dogs instead of helping the homeless, jailed to live in healing cities, to bring World Peace. Their credit score needs a 200 point subtraction. Animal control explains no sane parent would leave children with dogs alone for a few seconds. Immortalists say no sane altruistic parent gets a dog before the children are grown up, unless one is a cop or needs a service animal. In our insane ultra selfish society of instant animalistic gratification, children are second to dogs. Mother & son got 14+ years in jail for allowing dog to kill a 73 year old. ☺ Abysmal IQ☺ kid, victim of the false belief that "it's safe to pet stranger dogs" was killed by dogs who escaped from unfenced property. Dogs are like psychopaths, you try to love them, and they kill you, as they interpret it as a threat and invasion of their space, and kids don't know that. Dogs don't read people's minds, as 0 IQ dog lovers claim, they simply love their owner out of self-interest. Any dog owner without fence needs to be forced to have fence installed by the national police department within 24 hours (install now, pay later) or pay $50,000/day fine. ☺☺

All kids need to be educated in school to never pet any dog, unless it's your own dog and you really understand the dog body language, being at least 15 year old.☺☺☺ Here are police methods to stop a dog bite by strangling them unconscious. Only the cruelest most selfish beast

like subhumans buy big dogs, like pitbull, German shepherd and rottweiler, known to kill the most people, unless they're cops. Pitbul owner escapes police to another state and then shoots officer in the leg (severely injuring him) who try to help her demonic dogs: only animals own pitbulls, unless a cop. Any big dog can get out of the house if the owner falls asleep and the dog pushes the door left unlocked by a forgetful owner, then attacks a kid or senior killing them. Thus, big dogs need to be illegal and only a serial killer and psychopath would buy a big dog, knowing fully no human is perfect, the dog can get out and small kid can approach the dog, trigger the dog's fight and flight and cause a child death (see dog attack kid). Only cops with ultra secure fence and automatically locking house/fence doors should have big dogs. Pitbull gets out of house, without a leash, like millions of other dogs, and tries to maul a cop before getting shot: these insane dog owners can't understand big dogs need to be on a leash and their doors need automatic locking since their demon dogs can kill kids and anyone: the criminal aristocrats push dogs to make money off retarded filif IQ people. See family pitbulls attacking the family's baby. See pitbull attack kids at the school bus stop, again, genocidal dog owners and parents who have no respect for human life, for kids, for their own kids even. Check out dog maul a kid for no reason. Pitbull without leash attacks kid and eviction notice delivering person is mauled by dogs. Check out youtube..PitBull channel with 700+ videos of pitbull genocide against humanity. Dog runs with baby in his mouth, folks, your karma will become minus 9 million points when you buy a big dog: a 9 year old was mauled outside her home. The federal law should use only drones for eviction notices, but eviction isn't needed in a civilized society of 0 aristocrats where all own a home. 3 dogs severely maul woman as our streets are no longer safe for walking due to pitbulls and other big dogs. Only insane parents get a big dog with a small kid around: watch this family dog attacking the kid, and another kid attack, millions of them happening due to flatworm filif IQ parents who love to live in 24-7 terror from these dogs. Sadly, these galaxy size ego "people" don't even care about small kids their dog could kill. Please give your big dog away for euthanasia and get a tiny dog or dove instead or a guinea pig that makes a lot less noise. Another pitbull owner harassed many people and had his infernal pitbull shot dead by cops. Another pibull bit a cop, because cops are not allowed by the cat IQ laws to shoot a tranquilizer or bullet and euthanize the dogs when they cause trouble, animal control was coming next day to euthanize him, yet the chicken IQ cop tried to play God with Satan's best friend and got bit instead of shooting the dog dead; a dog is not worth saving if he bites anyone; death penalty for any dog needs be default, the cops already saw how this pitbull bit the fat guy, these laws by demon-crats are pathetic, all dogs who attack anyone in view of the police need to be shot dead immediately if tasing them is not an option using drones, for later euthanasia. Sadly, officers need to waste eons to shoot many demonic dogs who know nothing but violent biting. These people need 400 point credit subtraction. If a neighbor bought a tiger, you would call him psycho or evil and want him arrested. Well, a big dog is the same evil, just on a different scale. Only a

cannibal chimp eating the neighbor's baby (watch an ancestor eat a baby) buys a big dog that can kill the neighbor's baby, only chimps, not humans, buy big dogs (unless a cop/service dog).

Anyone buying a pitbull, rottweiler or German shepherd needs to pay 900,000$ a month, unless a cop: federal immortalist law. When you know such a dog can kill kids, you can't buy one unless a cop or a PSYCHOPATH, a danger to society. This point needs to be made clear daily on TV: look a guy charged with manslaughter after 10 years of neglect by a psychopathic White House full of dogs and a psychopathic Congress full of heartless dog owners. Any decent world leader carries no dogs, only Putin uses dogs to frighten visitors. Big dogs near officials are symbol of murder and death, of violent soulless depravity and demonic selfishness. 1 child is more valuable than all 90 million USA dogs, this is the immortalist ethics that will be taught in every nursery and school worldwide. Hitler had a German shepherd, so do many other PSYCHOPATHs today in USA. Lenin, who called for extermiantion of millions via Gulag, loved cats and dogs. Stalin loved dogs and had a few, and all major USSR leaders had a cat or dog, as they cared more about domesticated wolves and tigers than people who were going extinct due to Gulag, corruption and elitism. Lenin, like most psychos, loved hunting too, deriving a demonic pleasure from seeing animals (and people he killed by the millions) die. The love of cats, dogs, hunting and genocide often go hand in hand. Will USA ever have a President who stands up for the helpless kids and seniors killed by psychopaths? Dogsitter killed by the dogs she was caring for: a godly reward for caring for beasts who kill kids? The current violent crime penalties ought to be upgraded to death penalty shown on TV, including for anyone who owns a dog killing a human, to discourage big dog ownership. Psychopaths love big dogs, as this clip shows. Clip shows pitbulls are the most deadly dogs, loved only by the most deadly PSYCHOPATHs on Earth. Immortalists need to avoid any chat with people with big dogs who're not cop/service dogs. Any chat could lead to an injury to the immortalist family and is not worth the risk. Never date a person with big dogs, as you (girl's nose disfigured for life by boyfriend's dog, never date selfish ☺☺gnat IQ☺☺ people with big dogs, or simply email them this book.pdf and tell them to read chapter 5.6 and give dogs to a shelter first, to show they love you/humanity more than 1-2 dogs) or the child may be mauled to death. In the world of Jewish/British Royal dictatorship, anyone criticizing the criminal laws favoring dogs is 'silly'. The ruthless Putin & Royal family promote big dog ownership, to get .8 million Americans to the emergency room, as if Brits ever cared about blown by guns' suffering at the hands of beasts. Poor girl was almost fatally mauled by a psychopathic neighbor's dog, a ☺puppy IQ guy☺ who is too selfish to help the homeless or the cause of World Peace, needing a big dog instead. Woman lost her arm to an evil pitbull, a reminder to all who lost limbs due to war caused by pet ownership being 1000 times more important than World Peace in 3 months and 0 violent crime in 10 years. Another lady lost both arms to a dog attack. ☺☺☺ Woman was mauled by her own "beloved" dogs. Too bad she was

so abysmal in IQ☺ to buy dogs. Only low IQ folks buy dogs when humans can vanish soon.

☺Locust IQ☺ family goes to a balloon festival, dog bites the eye, because dad doesn't protect kid from dogs (parents need to carry child in their arms if any dogs are around) or avoid going to evil public events such as Ballon Festival which are demonic by definition when Violent Crime still Happens on Earth. This was God's punishment for a selfish family who engages in unethical behaviors instead of Building the Kingdom of God on Earth, Immortality for All, via the painless euthanasia of all big dogs now, except cop/service ones. People will say this gentle euthanasia of all big dogs is psychopathic, cruel and mean, which is totally false, because only psychopathic selfish humans buy dogs that can easily kill kids, seniors and infants. Big dogs normalize violence and bloodshed, since human slaughterhouse workers have to slice often alive 4000 animals during the life of a bloodthirsty nonvegan dog, big dogs make violent crime and war more possible, they take people away from instant World Peace and 0 violent crime, as dog care takes so much time too and that barking for small dogs also kills people causing a silent genocide that needs to be stopped by selling only the quietest small dog breeds for the mentally retarded who still need dogs to be happy. To kill 4000 pigs, chicken, cows is far more psychopathic than killing one dog or cat, so let us think and use logic instead of emotional phrases of "cruelty against animals" that hide the real genocide behind every big dog, small dog and cat. A house cat spills endless blood, killing small mammals, etc. They're murderous hyenas who kill endless animals to get their meat. So, please, kindly don't get the "holier than you" vibe that animal lovers or pet owners are kind. Behind this fake facade, lies a genocidal cruelty far greater than most realize. He who works for World Peace will save all animals and species on Earth from the 10 second blast that kills all life on Earth. The duty of any ethical citizen is 0 violent crime in 3 years and World Peace in 3 months, *pets are # 888888 as a priority,* World Peace *is # 1, 0 violent crime is # 2.* Please ☺☺*lovingly tenderly gently kindly*☺☺ watch the next paragraphs videos to see the genocides dogs do. So the psychopaths are those who buy big dogs in reality, without really needing them for police work or as a service dog. Psychopaths are those who buy big dogs when the same food and time would enable them to bring an end to human starvation, or the mass slaughter of humans via war. What about big dogs causing millions of emergency room visits via their violent crimes against humans done after humans treated the dogs so well, gave them imperial shelter homeless humans don't get, giving them food and protection no wild dog gets: if you want Immortality *for* All humans, you can't allow big dogs in the long run, as they kill people sometimes. Dog souls will reincarnate as humans and become nonkilling nonbiting angels, no worries. If you're skeptical about dogs having a soul or about reincarnation, you can argue those animals who feed on bloodshed, who promote bloodshed, like dogs, deserve the death penalty, for they're not like the immortalist humans who promote 0 bloodshed, 0 plant pain via eterni food. Don't forget: we live in a savage republic run by psychopaths who value dogs more than

humans. Place Ethics first, end all jails, end homeless, end violent crime first. Let your children be the Immortalist Youth, who engage in Ethical Godly activities of building healing centers with adult support in dog free zones, for the Healing Cities. Let the many Corporate evil Rats in Congress get 2% of votes in 2028 so Immortalists can Free Earth from Dog attacks, Dog use by police and any bloodshed, meaning 0 dogs on earth, give all 300 year lifespans instead of Dog terror 24-7 in 45 million neighborhoods via barking/ bites. ☺☺☺☺☺☺☺

Selfish abysmal IQ family decides to visit to buy dogs and then their 3 year old kid is killed during the visit. 0 IQ woman was killed by her own XL bullies in England in God's reward for caring for demons, while ignoring the suffering of endless homeless in the UK tortured by the Feudal Terror. Infant baby killed by family dog, as typical, in families of selfish primitives who get big dogs with small kids around. ☺Abysmal IQ☺ lady went to the bath, leaving her kid and a visiting kid alone with a dog, and the visiting kid was mauled. Another fecal bacteria IQ lady sent her kid to a friend with a big dog and the pitbull mauled the kid, after a balloon popped. Moral of these: never have kids visit houses with big dogs. Ask all to read this chapter, to give up their evil drive and desire for a big dog first, become an ethical Immortalist who helps humans reach 0 violent crime first, by real action, not words. Violent people tend to buy big dogs, avoid big dog owners, for your own safety. Guy lost 80% of his face to a pitbull attack, pitbull ownership legalized by a heartless demonic Congress of devils. The federal demonic government allowed a child to be in a stranger's house with a pitbull, leading to the mauling of the child, watch how horrible. No child should be placed in another house with big dogs that are not the family dogs: that much the feds should know. Pitbull killed man's baby, man probably left the child alone. 0 IQ parents think that being in the same room will protect a child from bites: it won't, dogs can still maul, blind a child even if an adult is in the room, it takes 3 seconds to blind a child. Heartless parents with IQ of a cow, get big dogs before having babies, to risk lifelong damage to the kid. A culture of insane selfishness, infinite depraved low IQ has taken hold of the USA. USA needs to ban any parent of kids under 17 from owning big dogs, even if they're cops. Immortality *for* All means just that, for All, not only some. "Therapy" dog mauled the nephew of the owner, in a clear proof of the selfishness of this aunt who was too uneducated by our evil Congress that the life of a child is way more valuable than her "therapy". It's time all call it like it is, otherwise, this genocide by dogs continues. 6 year old kid was killed by the family dog, showing only criminal serial killer parents get a big dog while having a small kid. In our society of billions of violent crimes (mostly unreported), such parental cruelty is the norm and the aristocratic beasts' law promotes sadistic demonic cruelty. The parent license needs to be given only to couples with small dogs or no dogs. Do you want your kid to have no eye, no ear (watch this guy losing an ear) and half the nose for the rest of his life? Dogs are almost 0 IQ (35 maybe)☺☺☺, vs Immortals' 200 trillion IQ, the beloved of filif gecko IQ people who say "dogs are my babies, kinder than humans, an old

soul or twin flame reincarnated into my dog (who later kills a child and makes her question her twin soul theory)". Watch another kid without ear. With 4.5 million bites in USA a year, the risk of a lifelong disfiguring bite of your kid is huge. Do you really honor, respect and love your Kid as if he's a Trillion Year Old immortal, or do you love dog beasts? A 45 year old snail IQ lady was killed by her own "beloved" filif gnat IQ dog who "was never aggressive" in the ☺abysmal IQ☺ high violence standard of the 2025 definition of nonviolence or "nonviolent music". For 0 injuries, all cop dogs need be used for sniffing only, have childless (or grown adult kids) cops only raise 50 dogs in a place to smell stuff. Thus, we cut big dog households from 100 million to 1000 in the USA. 50 x 1000 = 50000 cop dogs. Cow IQ grandma's pitbull killed her nephew during a regular family goodbye and hugs. Pitbull attacked owner's daughter within seconds of adoption, showing that we need to ban adoption of any big dog, unless they're babies who can't bite new owners. Any big dog donated needs to be euthanized. 1 human is worth 30 million dogs. Learn self-respect, stop being slaves of dogs. A kid was mauled by an adoption dog. A filif bed bug IQ dog of 8 years shall not kill a million year old immortal, basic logic. Dog owner didn't call 911 when his dog mauled a kid severely. Why? Because most dog owners have ☺abysmal IQ☺. Dogs can even fire misplaced loaed guns by accident, killing people. ☺☺☺☺☺☺☺

A 13 month old was killed by the demonic family dog in the presence of the iguana IQ parents. What kind of parent buys big dogs? Someone with the IQ of an ant of course. Even the best behaved and trained dogs can kill kids at times. The immortalist knows basic statistics and won't risk human life for enjoying "playing with a dog". Not after you work 20 years to prepare to birth a kids, raise it and then have it die at 18. Even the best people can snap and make mistakes, kids can't read dog's minds and can do something that enrages the dog, at least an adult can pick up a baseball bat, special items thru the house he placed there in case dog attacks for instant death, or gun if he's a cop with a dog and shoot his dog if dog attacks owner due to mental illness of dog. A kid is too small and won't be able to do that, an adult kick with legs gives him 2 seconds to grab the lethal object to kill dog. You know vets can't know when dogs go insane, nor can owners. Just as kids and adults suddenly shoot people, so can dogs suddenly kill owners or kids of the owner. Use your brain, think twice before buying such deadly monster. This type of parents who're downstairs while the baby is killed upstairs by the family dog. ☺Abysmal IQ☺ mom went to the bath, and then the pitbull bit the baby savagely. Only filif worm IQ parents have big dogs in the same house with kids under 15. Ultra low IQ family allowed the dogs to get out of the basement and this killed their infant baby. A lady was killed by the "beloved" pitbulls she was caring for: God's justice for ignoring homeless people, while housing dogs. Such fiendish women need to watch the mauled faces of kids before caring for such brutes that cause trillions of dollars in medical expenses over decades. Bed bug IQ lady bought pitbulls and they mauled her to death at age 71, as a reward for doing Satan's work: watch this face of another locust IQ

guy babysitting dogs and getting disfigured for life. Big dog ads need to be made illegal worldwide immediately. Only cops should have big dogs. A criminal government of aristocratic beasts provides no 11 companies and jobs for all, so ladies go babysit dogs who maul them to death. Class warfare via dogs and pet companies making trillions off genocide.

Oddly, in the Jewish British colony USA, for a brutal attack, dogs are not instantly euthanized, but are left alone and owners are not fined $10 million, which is horrific for immortalists who would fine owners $1 million for any bite. For a kind reminder of what dogs do to people, see this graphic video. Pit bulls and many dogs simply attack owners suddenly, so kindly watch this video of 100 attacks before getting a dog. Poor kid has his face disfigured by a pit bull. Lady picks her phone and dog attacks, see result. Small kids don't know the limits of dogs and are many times more likely to be attacked. Even after the day of 0 tax for all, we need a global 3 part annual registration fee for any dog: 1. climate fee (every dog 100,000$/year/10lb of weight for taking meat and food from unborn people (families with pets have fewer kids) who make inventions to help us achieve World Peace in 3 months and lower violent crime 1 billion fold within 20 years, as well as, later, once 0 jails exist, 0 violent crime exists, increasing human healthy lifespan to 100-500 years, etc), 2. danger fee (for same weight dogs, the most dangerous breeds more depending on number and severity of bites/1000 owned dogs of that type, all paid to Universal Immortality Inc in charge of all medical facilities, since it takes MDs away from curing disease to treating millions of dog bites; the fee for most big dogs, unless cop/service dogs, can be 9 to 90 million/year, depending on how immortalist a government is), 3. barking fee (breeds of dogs that bark more, will have much higher fees, 10-50 times higher). On top of that, we need the removal of attack dogs for cops, with only the least dangerous smaller dogs used to sniff. This is because all fines for attacking a cop are lifetime labor and police have right to use lethal force if a suspect attacks cops while being arrested for violent crimes. Nobody would dare punch a cop, since they're taken for life to a healing city and center. This ultra low violent crime removes the need for anyone to have dangerous dogs that maul people and most dangerous breeds would be banned forever and euthanized globally. In immortalist societies it's unacceptable that millions of dogs maul millions of people and kill thousands of people globally. This is a pure genocide by the Dog Industry against humanity, a true HOLOCAUST. ☺☺☺

On top of the 3 fees, we need 3 FINES: 1. bite fine (1 million$ for any bite, 10 million for severe bite, 100 million for severe body mutilation bites: owner has to have all pets euthanized and perform 40 years community service in spare time to pay as much of the 100 million as possible) 2. leash fine (100,000$ for any dog that escapes from a fence or car and is seen by anyone, since this is how many deaths by dog bites happen), 3. barking fine (day barking that annoys residents fined 25,000$, and any dog owner whose sleep is disturbed, providing proof (recordings etc) causes instant removal of dog that is euthanized, plus 100,000$ fine for attempted murder of

neighbors by sleep deprivation causing potential car accident during tired driving). We need global protests of millions of people with big signs "Immortality *for* All" "End millions of dog attacks now, ban all big dogs for non-service, non-sniffing purposes", "Human *lives* matter, human *killing* dogs don't". All immortalist nations TV stations must publicize all attacks and bites by dogs anywhere in the nation, in a daily horror show that people need to wake up from self-inflicted species extinction in 10 seconds by distraction from World Peace now, with the most graphic images and videos and huge cop and national resources spent by animal control, cop resources spent on taking to hospitals 1-4 people in families where the dog bites 4 family members, to inform the public on the daily genocide by the domesticated wolves against humans and gain public support for ever higher fines against big dog ownership and barking dog ownership. The daily news must include any bite or attack anywhere in the 0.1 to billion people nation. Its importance would be outsized, as we need to focus people on World Peace in 3 months, not dog worship. World Peace is more important than having pets, please protect humans who're killed by bombs, wars, torture. Pets distract us from reaching World Peace now. When the whole humanity is in danger, people take the ultra dangerous step to destabilize the quantum field by focusing on violent wolf species. It's funny how the US government and others claim the countries with much fewer dogs have governments that are not transparent and who don't report the bad things happening, but how often does our government report the millions of horrible dog attacks happening yearly in our country, the daily terrorism 200 million Americans endure at the hands of dog owners who sleep deprive millions of people thru eternally sleep interrupting barking dogs, shortening human average lifespan? It's a totally unfair system of dog worship, perhaps due to the violent blowing by artillery gun British royal family love of dogs. This is not a democracy, but the dictatorship of violent people (evil Royal laws that mutilated, killed workers or violently stole 70% of UK land for the 200 extended families, the 1% richest of the UK, who're all Royal friends) who love violent species, and brainwash millions of people to get these wild beasts and stress to domesticate them, train them, waste their whole life going to "dog and cat specialists" to tame the wild beasts. The Zion Elders, who depopulate Americans to make room for illegal Jewish migrants from 150 nations to stab everyone's penis too, promote "benefits of dogs, cats, pets", while all attacks are hidden. Below you'll see how often dogs terrorize people and children all over the world. Immortalists ☺☺*lovingly tenderly gently kindly*☺☺ hypothesize that we need to ban LGBTQ/sex propaganda on all TV stations as well as pet propaganda, and instead promote the benefits of having children, of sex for pro-creation only, the benefits of single family homes for all, of immortality capitalism, 0 jails, 0 wars/violent crime, 0 violent pets. Get a tiny mouse in a cage if you absolutely love pets. Pet rodents are vegan, while cats can kill stuff outside and dogs eat meat often.

The next pages got 60+ dog attack videos to help you understand how deadly and bad they are,

see clip on what triggers many dog attacks (moving people) and how to avoid bites. Kid took a step towards a police dog and was later bitten, dogs are filif cat IQ animals that view movement in their "territory" as a threat. Never approach a big dog or let your kids do so, even if owner keeps it on a leash, because it could jump and owner hand grip on the leash may slip. Dogs (except for cop or service dogs) are a national drain, one house had to call cops 45 times to deal with 3 terrorist pitbulls. Such enormous waste *of national police time,* plus courts, bark citations *are a* crime against humanity. Instead of taking care of people, we waste eons with pitbulls and other dangerous dogs. Watch the terrorist dog harass and chase people. An insane man didn't stop his 2 pitbulls from injuring a man and left the scene. This was most likely a premeditated attack where the owner secretly gave a command to the dogs to attack, that can't surprise at all given the savage violence cultures dominating worldwide. Hence, the only safe way may be to wear a 360 camera to alert you of dogs and have a TASER if legal in your area to scare them away. It's genocidal for people who use TASER or pepper spray to protect themselves can be charged with "animal cruelty". These genocidal laws need to be removed. Who is charging the people buying such animals that always kill and mutilate people with human cruelty? Nobody. *The law promotes* violence *and rewards the* 'violent' *people owning* violent *dogs* ("thug like people" in the perception of the informed, who became so unconsciously cruel only due to brainwashing and pet stores hiding the atrocities and genocides dogs do, like the pastors hiding the 1400 bad Bible quotes). Woman was told by doctor to euthanize the dog due to its violent nature and she didn't listen, then, a year later, the same pitbull beast bit several people and a cop, and was finally euthanized. The lenient approach to such demonic beasts is shocking. No civilians ought to be allowed to have any dangerous big dogs. A terrorist pitbull harassed people again, due to being "such a loving companion" and men's "best friend". See how the "friendly" beastly dog attacks a kid in the UK and causes many bite marks that will remain for life. In subways, dogs are allowed, even if they're bigger than a cat; as a result dogs bite people, see one example. Immortalists would ban dogs from all public facilities, shops, public transport, unless they're tiny or service dogs. All dogs would need a leash nationwide. Model was suddenly bit by a "family pitbull" and had her face and nose ripped, watch in horror and support the global ban of pitbulls and 30 other bad dog breeds. See savage pitbulls attack smaller dogs. Kindly watch a demonic pitbull almost kills 6 year old kid. Terrorists with pitbulls turn entire cities into jails where people can't play on streets and have to be in fenced backyards, thanks to governments legalizing such beast dogs. A hole in a fence, led to 4 pitbulls attacking a man and causing serious injuries, before the dogs were euthanized. London dogs attack lady, how can the Royal family legalize such beast ownership? Dogs are an aristocratic luxury often used to terrorize poor workers using public transport. Check out this video, pitbulls are too coward to defend owners when needed, they just bite smaller helpless strangers like kids, ladies, etc. Our nation's resources are wasted on animal control that wastes eons to deal with dangerous big

dogs. It would be 1 million times simpler and cheaper to simply ban all big dogs, except service/cop dogs. Watch another video to get a sense of how the pitbulls destroy the entire planet and have us waste time fighting them, instead of doing longevity research. Check out dog bites lady even after being loved. Toddler is attacked and bruised. Dogs got off the leash and 5 kids were hospitalized. Man in wheelchair bit severely. Please help end the HOLOCAUST. Watch how a neighbor dog attacks a toddler playing in a swing and mauls her back; this same dog, was not killed, even when it mauled other people before. How can the law be so anti-human? ☺☺☺

Lady is trying to help owner bit by dog and is severely mauled herself: and the anti-human law of the land did not kill the dog instantly, the owner simply got away with it. Thus, *never try to save an owner bit by his dog, as the dog may kill you*, let the law of karma take effect: violent thugs (who get such beastly dogs who always get off from their enclosure mauling millions of people) deserve no help, see 100s of videos of dogs attacking the neck of animals and people to KILL them, stay away, as pitbulls and big dogs are like tigers, deadly. Don't risk your life to help thugs, it is unethical to help evil people and injure an immortalist, yourself. A thug gets a big dog to terrorize the planet (no decent person needs a big dog unless doctor gave them one as service dog), an immortalist works to bring 0 violent crime in 10-20 years, World Peace in 3 months so nobody wants guard dogs or big dogs. It's the difference between Satan and God. All clergy ought to explain to people that big dogs are embodiments of demonic evil and are to be avoided at all costs, since they turn people into violent thugs, in very slow ways, starting with the tone of speech, as explained in the 40 pages below. *Getting a big dog* (12-250 lb) *is a* grave sin (or unethical for the irreligious),☺☺ *for it places the* selfish *desire for* hedonistic hugs *and petting above the* selfless *protection of kids and seniors who're bitten, maimed (50 million on Earth at least), or those could be mauled to death if one single mistake happens and the dog jumps with force, escaping the leash*. Owners of 3 dogs were sentenced to 15 and 18 years in jail for failing to secure their dangerous dogs, after many complaints of neighbors, finally leading to the 3 dogs killing a man. Big dogs strain the global resources, as a big dog eats as much as an adult and resource scarcity lead to wars in the current climate of hooliganism on Earth. A dog under 7 lb is kinder than 15-250 lb, and one dog kinder than 2 or 3. Big dogs *accompany* ☺abysmal IQ☺ folks, since a similar size adult can bring inventions to eliminate resource scarcity, help us live to 150 in perfect health, dogs only bring more fights, more enraged residents sleeping poorly because of barking, 50 million bites and resource trashing by hospitals dealing with 5 months of physical therapy in some cases. *The 2024 media ignores the scientific fact that overall pets shorten human average lifespan as a whole for humanity,* they don't increase it, as they take our society away from empathy, brain and compassion development, away from innovation and kindness towards humans, towards selfishness and wars, away from World Peace in 3 months, into infantile mentality, into possible 10 second end of all animals and humans, blatant trashing of

resources and harassment of already stressed doctors (highest suicide of all professions). 6 week old baby was killed by family dog, watch. The next paragraph has another 15 videos of dog attacks, 1-2 minutes each, worth watching so you know how to protect kids and seniors. God won't protect the evil big dog buyer who knows he's doing evil. Dogs already killed about 20 million people in the last 900 years, so they're responsible for a HOLOCAUST that nobody ever dares to talk about. Watch dogs maul a kid to death. Kid fell into zoo enclosure, where dogs get more space than people, and was killed. The Zionist media wants depopulation, so they push ever bigger dogs on ever more nations, ever bigger animal hospitals, pet stores, etc. You can talk about the 20 million HOLOCAUST OF HUMANS BY DOGS, because dogs can cause the 10 second end of humans soon… and all will be left on Earth is roaming dogs fighting each other. Buying a big dog invites 'demonic possession', if you believe in quantum possession or interference by floating thought forms, quantum imprint leftovers from violent dead people, who left junk pre-thought subatomic patterns in the subatomic structure of the environment. You can get 1 trillion times more love from the Immortals and God, from the breathing meditation than from all dogs combined. Even small dogs that bark can harass others, it is a sin to buy them if anyone is annoyed by the barking, so ask all neighbors if they're ever annoyed by the barks or have their sleep interrupted or delayed. Sell dog and help make the law where dogs can be instantly euthanized by simply asking police to do it for NO REASON at all, dogs are creating more issues than help, especially if big. We don't need dogs for policing with advanced sniffing drones (UK already uses advanced devices to detect drug smell), nor for service with advanced robots. To stop the slaughter of humans by dogs, we need to prioritize discovery of the best sniffing drones and best service robotic dogs. No owner can prevent a big dog from getting out thru a gate once without a leash by accident, when tired, and then going and attacking kids or seniors nearby. Kindly realize thousands of people are killed by their own dogs. Never get into an elevator if someone has a dog. Wait. Watch how violent this dog is, attacking everyone and finally killing a 10 year old boy. Check out demonic dogs kill other dogs and not being instantly euthanized as a result, allowed to live and then attack other dogs and terrorize the planet more. ***How can the law be so evil, anti-human?*** German Shepherd from a neighbor mauls little kid again. Pitbull from neighbor mauls a 1 year old kid. Family pitbull of 9 years kills 6 months old. Owner dog kills 2 kids of owner and injures his wife. Lady arrested after ordering pitbulls to attack old man.

Never save your small dog or cat or pet from a dog attack, let them be killed and run for your life inside the car or house. ***One human life is 1 trillion times more valuable than that of all dogs on Earth now***. You could die of blood loss so fast, if they bite your hand or neck. Keep kids in fenced areas, away from possible neighbor dogs that could escape if someone leaves gate open for 20 seconds, until the sadistic government is replaced with a kind government banning all big dogs. Never pet any dog that is not yours, unless he's a very loving tiny dog licking your shoes and legs

and everyone he meets, since you can end up being bitten or much worse, killed. Poor officer gets bitten by dog, taxpayer money goes to animal control, big dogs terrorize the planet, just like small ones who bark all day causing so much anger, the equivalent of Hiroshima nuclear attack, since it's 1 billion people angered, sleep deprived, by dog barking repeatedly, so that becomes over 50 years, about 5 trillion people annoyed once – doing possibly more damage to humanity than a small nuclear strike, because sleep deprived people get angry and anger always leads to war. Keep very safe distance from medium and big dogs. Another dog attacks people. Dogs of babysitter get inside the house and kill the baby. It's so easy, how can the feds allow a babysitter to own big dogs? Father left to work and family dog killed baby, since siblings could not stop it. New family dog killed 4 year old. Family dog raised by kid smashes the kid's skull over a ball. Think again before letting kids under 15 play with big dogs. Dog attacks kids going to school. Watch kid severely mauled by dogs, then people create nonprofits for the "kind treatment of stray dogs". How can this be? Stray dogs kill people and need be euthanized/shot. Watch another innocent girl being dragged and mauled by dogs. 0 IQ officers try to catch stray dogs and waste 100 times more time than shooting them, endangering more human lives. Dog rights activists ought to be placed in a room with world's most aggressive dogs and see how loving they are, if they make it out alive. The genocide against Indians continues with the court ruling that stray dogs have the right to food and people have the right to feed them. Why? Stray dogs need to be euthanized to end the slaughter of people, 20000 Indians killed by them each year. Watch another kid mauled by dogs without a leash. See US kids mauled by dogs without leash. Kid got mauled at a Florida park where children play, reminding parents of the dangers of parks in a country where violence against humans is deified and reigns supreme in every law. Pit bull attacks child again. 3 day old baby was killed by family dog in California. ☺☺☺☺☺☺☺

A decent government would not give SNAP (food stamps) benefits to people with dogs and cats, as these pets drain the national resources, with pet stores, pet hospitals and harass entire neighborhoods via barking, kill babies, seniors, etc. To receive SNAP, gov needs to allow only uncooked high quality vegan foods, free of toxic ingredients, so that they can use pressure cookers to create healthiest meals, low sodium, no hypertension to prevent expensive blood pressure management, since low income means if they get sick, they won't be able to properly take care of themselves and cure mental illness from cat parasites. Too many people with SNAP are rich, having no income except interest and stocks and harass the neighbors with their demonic dogs. The SNAP needs to be used to transform bad dietary habits, to help people eat healthier, stop the violence dogs bring, stop blood eating via meat and make sure the healthiest vegan foods and supplements are given to advance the immortalist eterni food development goals, until we get 11 companies, 1 gov instead of 20000, point at which of course, we don't need SNAP, as all have a job and all incomes are roughly the same, with a part of income one

can't use for anything but food, to prevent “wasting money on etc”. Anyone caught buying tobacco, vaping products, alcohol via their credit card is banned from SNAP for a month or more depending on how much money that person wastes on vices.☺☺ No cash means all purchases are detected by Eterni Bank, any purchase of unauthorized unhealthy products or vanity related products cancels SNAP for x months depending on $ value of leg shaving, eyelashes, eyeliner, mascara, hair dye, nail salon, endless other useless purchases incompatible with a “poor” person who has character and doesn’t support destructive businesses run by evil aristocrats. ☺☺☺ SNAP needs to be used to turn addicts or ego inflated idiots into people of character who care about pain of all sentient beings, including slaughterhouse workers. SNAP can't be used to perpetuate sales of genocidal AGE rich products sold by aristocratic bastards. SNAP may mandate that only Eterni Food Inc products will qualify for the program as we create EFI to slowly bankrupt all these blood drinking aristocratic companies of hell, often led by Jews, who have given us a blood drinking Eucharist ritual focused religion that deifies blood in meat. The purpose of food is to give us 4000, and then 4 trillion year lifespan, not to contain blood. Science, Ethics and Truth first, *bullshit, mythologies, fake miracles based religions* last. ☺☺☺

Humankind deserves a decent sleep, so we need ban breeds that bark a lot. Immortalists would propose legislation to ban all big dogs, except for police dogs used to sniff drugs or service dogs. Check out how many national resources are wasted to take care of violent dogs. Entire teams of cops have to struggle to take a dog away, instead of helping us live to 500. A travesty. This is pure terrorism of humanity by big dog owners and governments allowing this. A stray dog attacks a baby, and nobody says anything. How can any big dog be allowed if there is one attack in a city of half a million even? A human is more valuable than 1 trillion dogs, the human can live to a trillion years with the right immortalist technology. If a dog kills some people, they often don’t get killed, when an investigation ought to *kill* 10000 *other dogs of the same breed who're equally dangerous to prevent a future human death*. For example, with 350 deaths by pitbulls in the 2005-2020, we need to euthanize at least 3.5 million pitbulls who're dangerous in America. Humans are FAR MORE VALUABLE than pitbulls and we can't wait for another 350 people being killed, we need to protect PEOPLE, not dogs. When pest control comes, it kills 10000 ants at a time and ants don’t mutilate us like the videos about pitbulls show. Each nonvegan dog kills 100-5000 chicken equivalent during its lifetime, to eat (meat fed to dogs is livestock) *this blood spilling is a grave* ‘sin’ *by these unethical dog owners*, a thuggish violent crime☺☺☺ worthy of lifetime labor for the dog (smell stuff at least for cops) instead of lifetime slacking around, that destroys the human quantum field and makes us incapable to abolish war, as our brains become ultra violent. House cats kill tens of thousands of rats and birds, further destroying humanity’s quantum field. Chicken are nicer pets, why does a dog get to live, after killing 2000 chicken and 2 humans? Chicken spill no blood, yet they're killed. What a genocide

dogs are guilty of. As it is, dogs already killed 20 million people last 700 years, so no big or medium dog deserves to live to be truly ethical, medium dogs can be very lethal with infants too. *This ought to be the most* lenient immortalist *"animal* welfare*" law regarding humans killed by dogs:* 10000 dogs killed when 1 human killed, since violence against 1 human risks killing all species on Earth in 10 seconds and human killings can lead to all out war ending all species, all dogs included. All blood spilling species will be eliminated, to usher the Eternal Kindness Paradise on Earth. Each time we breathe, we kill millions of bacteria. mosquitos kill people sometimes and we kill them by the trillions, so it's time to respect PEOPLE, not just dogs. A small dog bite needs urgent kill of dog in the future immortalist law and a severe bite and attack, urgent killing of 100 dogs of the same breed and ferocity, to prevent such lifelong mutilation and permanent damage, almost killing of a human. No human should live in fear of dogs, afraid to walk a neighborhood. *Humans are infinitely more valuable than anyone's dog and this must be clear to all would be owners*. Nonvegan dogs kill indirectly thousands of livestock used to make the meat they eat, so they deserve instant death anyway. The Immortality *Nurturing* Agency needs detailed records of all dogs, who would be required to wear a video camera to record their interactions with humans outside the house, or the cops can install camera on the street near every house with a big dog. Today, no such prevention exists and the laws reflect a complete disregard for human life and abuse by profiteering pet stores. Check out beastly pitbulls critically injuring an old guy. Check out pitbulls ripping a man alive and then cops shooting the dogs. Watch how too unleashed pitbulls maul a helpless 67 year old man. How can anyone allow pitbulls for civilians? Any gate left open by an Amazon or food delivery *guy by accident, not locked, could be swung open, pushed by a dog who sees a running child* or senior and interpret the running towards the house with the gate slightly (due to not seeing the dog) as a threat and kill the child as a result. This is not acceptable, the risk is like everyone would carry a nuclear bomb to protect themselves against terrorists. *Big dogs are like* small nuclear bombs *that kill babies at the flip of a switch*, more dangerous than guns, they terrorize and maul entire nations. *Pitbulls drag* America *into a* pit *of hell.* Even their name, like the bull, reminds us of the 'horns of the devil'. Demonic people love bull riding, the horns, bullfighting, as they love seeing humans suffer. Kind people need to take all nations back from the hands of pure evil worshipers. Kind atheists, immortalists and Muslims will join Christians, Hindus in the gentle elimination of fiendish pets who terrorize us. Jesus said to take care of the poor, not of lethal dogs. ☺☺☺☺☺

All gentle civilized tender soft *people* can unite and protest in every nation near government offices or via video postings, emails, phone calls, letters, etc to demand banning of all big dogs, with big signs and emails "*20* million people *killed by dogs,* Stop *the genocide*."☺, "Immortality *for* All, not just aristocrats owning pet stores/hospitals", ☺☺☺"World Peace in 3 months, and 0 violent deaths in 50 months, 0 jails in 10 years", "Human hospitals, not pet hospitals, take

America back from the real and aristocratic dogs", "Each dog kills indirectly 100 to 5000 chicken to eat meat, end the bloodshed, end the genocide of 90 billion adorable kind vegan chicks a year, end all homelessness, end all wars, get vegan pets under 4-5 lb, goldfish (lives 40 years), parrots, doves, mice and tiny birds", "We demand 3 million $ fee for any medium dog (unless a vegan service dog)", "5 million Americans *bitten* by dogs each year, 1 million doctors harassed to take care of it, instead of chronic diseases", "Stop the silent genocide of humanity by dogs", "Make our streets safe again, so all can jog and wear flippers, without socks in warm weather, without being afraid of dog bites from medium, small or big dogs". Small dogs can kill infants too, so new national standards for allowed breeds need to be created. Only cops and military ought to have big dogs, until we ban their use too via new laws on violent crime. We love beasts, but hate people, what a country. I had baby chicks (7 day old, 3 colors: red, black and yellow) as pets, and now I realize we need to have 90000 times fewer pets and start taking care of people to prevent WW3 that ends all pets, humans, animals on Earth. Too many national resources are wasted to defend against dogs. Millions of medical emergencies and resources wasted to take care of these things. Our cops need to catch spies trying to blow entire continents up, not waste time trapping dogs and transporting them, when those dogs deserve instant death for their attack on a human being. It's simply unbelievable. The cancer of big dangerous dogs being legalized (except for service dogs until robot dogs exist) is *eating* our nation *alive*. The entire PLANET is being terrorized, *being held hostage by a few dangerous dog lovers, who're actively brainwashing people about the benefits, without explaining the agony of the* 5 million yearly American victims of these beastly dogs. Anyone promoting big dogs without disclaimers explaining the dangers of kid death etc ought to be charged with terrorism. We have terrorists in our midst, and nobody wants to recognize it. Our laws punish humans and protect dogs and their owners, instead of protecting humans and euthanizing dogs instantly after every bite. We invite all who love big dogs to immigrate to African jungle where dogs eat alive mammals over 20-45 minutes, in a grueling sight, any mammal, until the last bone. Let them enjoy being eaten alive by the dogs (watch unborn fetus being eaten by dogs) and then come 'enlighten' us about the "need to have big dogs near children and seniors in our cities". We shall say, no, thank you. Worldwide, these beastly hyenas bite many more millions. All these videos will be part of the civic education Immortality *for* All classes from 1st grade to 12th grade, to understand the *global terrorism dangerous dog owners have been engaged in for decades without even knowing* (any purchase of dangerous dogs supports the sale and breeding of these boys and their endless attacks on innocent people, so it's an act of subtle terror), see the statistics in this chapter. These videos will inspire the youth to shun dogs, or at least big dogs, get a cat instead at the most or simply get none, or a tiny mouse to learn how to make the mouse live to triple its natural age via wonderful diets of the immortalists who shun bloodshed and carnivores. We want our kind breathing adoring kids to be scientists from early age, instead of barking lovers. We want them

to entangle with intelligence and humans, not wolves and dogs, cats/tigers. In many nations they have a saying "you become like those you hang out with", i.e. the IQ, ethics, tone of speech of cats and dogs. We see that today well, watch dog owners, how they intone. The more the dog barks, the less evolved their tone is, due to unconscious imitation.☺☺ Watch dogs destroy stuff.

It is the most basic act of human and divine ethics, the most fundamental goodness towards all humans to ☺☺*lovingly tenderly gently kindly*☺☺ help and adore the worst human 1 *trillion* times more than the best cat or dog. Hitler didn't get it, so he killed millions, while loving a cruel dangerous dog breed, known to kill infants. We're being brainwashed by the media that pets make us live longer, due to the oxytocin or some relaxation hormone or endorphins we get when playing with pets or walking the dog. This is not actually that true. It's a correlation, not a causation. For example, if better off people got more money, they buy pets and this is because they also buy better foods, have a less stressful better paying job, etc, meaning the extra 1-3 years of life are because of other factors, in spite of the dog, not because of it, with dog/pet possibly shortening your life, as low IQ always does and you acquire IQ of beings you socialize with. *The pet is simply a marker for affluence*. It was shown in 1000s of studies rich people live *10-15 years longer than the poorest on average*. *Gently kindly* read the poor quality of the vast majority of pet, nutrition and MANY other studies on Earth. The point is this: let's say indeed you live 1 year longer due to this stress relief, since you do have a Shih Tzu (a rare breed, the most affectionate of all dogs) dog who licks you 400 times daily for 30 minutes and you absolutely adore it. However, if you spent the same amount of time with the pet with intelligent people (who create the stress free society of the 11 companies and 0 violent crime) who can teach you a lot more things and meditating or simple breathing to achieve instant bliss any moment, even when dog is not around, you could live 15-25 years longer. If you remain clueless, playing with a pet, and not read info like the stuff in this book, you will obviously live much shorter, as *Long Life = Knowledge*. Having a pet is a passing fad, that humans are addicted to in this stage of their development. As soon as we discover drones that smell 1 million times better, and robots doing all service dog tasks, it's all over, the robots will perform 1 billion times better. What happens is a kid is born in a family, he sees a dog or cat, and loves to play, so becomes addicted to it, then wants one too later as an adult. In addition to that☺☺☺, we have a very cruel "everyone for themselves" capitalistic society of fraud and theft, with heartless aristocrats awarding themselves 5000-50000 times the pay of the poorer workers. With 33 million companies, instead of 11 companies in US total for universal caring for all, people are depressed. Parents got only *so much energy* to care for a kid, so pets can prevent true care for kids/house.

People also can dislike or hate themselves, dislike the loveless vibe of our world, where the government and companies don't care about the poor 60% and crave some affection or attention, loyalty or devotion that a pet can offer with their licks or etc. This deep insecurity, lack

of understanding we're always united (never alone) with the human quantum field and people of the future living to a trillion, this lack of self-love via lack of breathing 2 minutes even to release bliss states, complete lack of knowledge about breathing as a source of infinite bliss, this powerful peer pressure to buy pets, this huge amount of fraudulent studies about the exaggerated benefits of pets (Hitler had one and committed suicide after killing 80 million via WW2), are powerful lures, strong baits to get people to buy and then deal with the endless issues that arise: dead 3 year olds mauled by your big dog, 4 people bitten, 4000 people annoyed by the barking *and sending negative thoughts towards you* that ruin your health, etc. There is an escape from this mental prison and slavery to your pets, the realization that you can get the same exact benefits, on a far deeper bliss scale☺☺☺, way cheaper, with 10000 times more endorphins, brain benefits, without any of the pitfalls (being rejected by half of humanity who dislike pets and all the above). You can simply breathe for bliss☺☺☺ and then also give your pet for adoption or a shelter, due to being unable to take care of it or simply euthanize it, as it will be easy to do by going to the vet for free, once the mafia in charge of depopulation via pets is no longer running USA. If we euthanize all pets, 170 million, leave only police, military, service dogs, 0.55 million, we'll have more time to develop our IQ, EQ, compassion by taking care of the 150 million very neglected and messed up Americans, of the 90 million living in terrible conditions. If you hang around cats and dogs of IQ 20-60, then, you will become lower IQ like them.

If you hang out with immortalists, with humans who compose eterni tones, you vibe differently, you become smarter and your tone is way more advanced. The choice is yours, do you want to stagnate, devolve or evolve? *Is it really kind to waste trillions on useless pets when 0.7 homeless exist in USA*? Loneliness is just a concept, you're never alone, the whole world toils to produce electricity, pipes, computers, cars, airplanes, foods, medicines, etc for you. Plus, with immortalism universal kindness, nobody will feel lonely and abandoned by a gangster gov who can't even ensure all got a job at one of the only 11 companies in USA, with "firing" being moving to another department or company. Honestly, science shows that lower IQ folks (99.9% of world's *smartest people*, the real geeks who took us forward from genocides over resources not needed due to inventions, never had dogs, showing they KNOW that ☺abysmal IQ☺ is like, but the demonic media never reveals this), have low self-esteem, dislike themselves, don't have any clue about meditation, breathing and being happy with your brain alone by creating emotional states at will, etc, are in a deeper "perceived" longing of a pet. These people are more suggestible too. The gullible masses believe the fake news, read the 140 page about fake news, Jewish google provides endless false information when you ask millions of questions, research deeper and see how the results given initially are 100% false. It's exactly like the fake DeepSeek Chinese AI engines that are allegedly, as good as Google's or Microsoft's AI. The media keeps telling lies that dogs make you smart, when they don't, it's people who make you smart, helping

people makes you way smarter than hugging dogs, like with immortalist sports. The Jewish media has an ISRAEL FIRST agenda, WAKE UP. Thru a deeper self-analysis and self-reflection, pet owners will very quickly realize they were duped by society, peers and the media, parents, teachers, etc to get a pet, peers implanted a fantasy in their head that "you are happy when you have a pet". Meditative bliss boosts your immunity 50 times more than a pet, did you know that? Some Jews say pets are great to have as they want your brain to be only 2% smarter than "2 dogs combined". This way, the bad type of Jews (fakes posing as Jews or real) can take over your nation, every major business, academia, religion, law, spy agency position, and work hard to wipe out anyone with any intelligence left, so all leading positions are Jews who pretend to be locals. Later, pet owners discover they're not that happy, rarely smiling every hour and not much happier by any scientific test. This desire is a trick that messes their life, as instead of taking care of people who grant you perfect health, 5000 year lifespan, you become a slave of a cat or dog that gives you maybe 10 extra days of life. The reason this happens is because the Pet Industry is CORRUPT like Big Oil, so they fight anything free: breathing, solar electricity as fuel. Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts☺☺☺) wants to sell you medicines for life, Big Oil wants you to pay money for fuel, instead of having it free from the sun and wind. Big Pet wants You to pay to be happy, instead of free meditation at home. Big Pet wants you to buy pet food, toys, beds, vet visits, vaccines, it's all fraud based brainwashing to trash national resources, lower the IQ of our society, depopulate us so they take over the USA.☺

ISSUES WITH DOGS destroying everything: Besides sending to the hospital a billion people every few years and causing untold human suffering by that and fatal attacks, plus killing 70000 human beings via rabies alone, dogs can trash any house in minutes. The following videos will enlighten you about how dangerous dogs can be, besides annoying 5 billion people with *their infernal barking (low IQ, lowers your IQ, is like Satan worship music, total junk* like rap, heavy metal*, etc),* disturbing the sleep☺☺☺ of 2 billion making them tired, anger, irritable next day and prone to workplace mistakes that cause factory accidents, car crashes, divorces, firings at a company, street fights, etc and thus contributing to deep anger that causes wars and genocides. Dogs are experts at messing up a whole house in just one hour, which requires wasting 3 days to clean it and 800$ from a carpet cleaning company. Dogs can also destroy all chairs, walls, ceiling, doors, beds, monitors, laptops, etc costing you 3000$, etc. Kindly gently watch how 5 dogs destroyed the bed 100%, plus many other horrific events. The gangster gov doesn't allow you to euthanize dog when he misbehaves and causes endless damage to your house: say you're a poor guy who can save 4000$ in only 4 years, and a dog you got as a gift from a parasite trying to offload a monster has trashed your house. You can't euthanize it, you give it to a shelter maybe, and then it ruin the next 4 years of other poor people, causing a class warfare situation in which rich

people exterminate the poor via dogs. It's a jail country, so if it barks causing tired people who then crash cars due to being tired and kill people, it's hard to euthanize them. Dogs destroy the souls of mothers to be, by turning females into macho wolf like beings, ready to shred others apart. Because the purpose of women includes carrying the baby for 9 months, breastfeeding for 1-2 years, it's logical to ban any woman with a medium or big dog from getting parent license.

A woman who needs a medium/big dog is unfit to be a mother, she doesn't have even the *gentle tender soft nurturing* loving kindness empathy of a decent guy, how can a woman who is to nurture the future Immortals get a monster that kills babies every year? Would you date a girl who comes to each date with a lion on a leash? No, well, a dog is like a lion vs a human infant or toddler. Avoid any lady with a dog, for your own safety, any decent woman who has read this book will immediately donate her dog and start caring about people. No empath has dogs, no empath harasses neighbors, family, kids with such barks, risks death of kids by dogs via statistics, only empaths can bring immortalism☺☺☺, do don't waste time with brutes. Let the cannibal chimps be chimps. Don't need be their slave. Live and let live. Avoiding people with dogs will save you endless time, and trouble, dog owners are not empaths. Also, avoid people who post trash music on social media, as they're conduits of demonic energy. Clarify to any "person wanting to date you" that they need to focus 99-100% of their social media posts on the goals of the Immortalist Anthem, like 11 companies, for all humanity, World Peace in 3 months, zero violence worldwide in 3 years, etc exclusively, to avoid the 10 second end of all pets and humans soon, not random music, pets, etc. For anyone to be allowed in your "dating list", tell them they must be 100% dedicated, like a true Olympic trainer athlete having to memorize all chemical names in 4 months, to the Goal of Immortality *for* All, to eradicate egoism and racism against humans, which pet ownership is. While they may have been a cat or dog in a former life, if any, we can't allow such racism today while incarnated as a human. End racism now.☺☺☺ Immortality *for* All.☺☺☺ The highly violent big dog owners cry about racism, but many US people (of all races/ethnicities) haven't been to a hospital or check up for 30 years, yet their dog went to a hospital 30 times in that period. It never ceases to amaze immortalists how incredibly racist and human hating, all race-hating some humans are: only dog humanoids are first. Humans are 2nd class citizens. Where is the Protest about Kid, Senior Lives Matter, Baby Lives Matter? Babies killed by Big Dogs, millions killed early by sleep deprivation via dogs from crazy owners letting a dog bark and terrorize shorten the lifespan of 30 nearby people? Nowhere. Double standard. If we have 40 million humans who lose sleep due to barking of nearby dogs, and live 5 years shorter or evven 1, that's 40-200 million lifespan years lost, or sort of like 1 million people shot dead at age 40, losing 40 years each. A Holocaust, yet nobody protests about SLEEPING human lives matter, Relaxing human lives matter. Hypocrites. If they do the killing , it's OK, because it's slow and undetected, if others do the killing, oh, it's EVIL. What about the

infinitely EVIL music they listen to and force on all unwilling neighbors thru loud parties??? Neighbor Lives don't matter, only THEIRS. Well, the Ethics of USA. 50000 laws, implemented 50000 ways each, to yield, 2.5 billion forms of injustice and unequal treatment. They're spies for the dog humanoids perhaps, the 'demons' of Egyptian glyphs, true devil worshippers?☺☺☺ The anti-life anti-human energy of chaos of the universe, that science calls *random unhealthy quantum info* and religion calls "demons" or "satan", takes full possession of people in small steps: a little pop music, then a little rap, rock music, heavy metal, 2 dogs, 2 piercings, 1 tattoo, barking dogs, 2 cats, alcohol, smoking, drugs, etc... step by step until one becomes 98% "demon possessed". Remain vigilant, stay with God. Love people, not demons, be a patriot, love humans, not tigers and wolves. ☺☺☺ Don't be fooled, satanists present to the world a facade of "Christian or religious piety and virtue"... Let all prove they love God more than dog, of God inverted, satan. Jesus says in Mt 19:21, 9-21 is International Peace Day, "sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me". Oh, wait, these ladies would not even give 0.1% of their stuff, a dog, to follow the Immortalist Anthem, the closest to the best of Christian ethics. They would not only not give up a big dog, but take the life of an infant baby her dog kills and shrug it off as the kid's fault for taunting dogs.

The most diabolical trick the Big Pet industry uses is to claim that pets make you kinder, when in fact, pets encourage sociopathic behavior of ignoring the millions of people dying due to violence each year, as pets take so much time/$$$. Also, 100s of animals/yr die to feed EACH pet, by cruel slaughter. Demons, spies, enemies laugh as more bloodshed occurs, in the name of "kindness for animals" satanists expose as virtue, to make evil sound good. Big Pet is the great demonic blood spilling factory of Hell, guilty of turning humans into folks who don't care about humans and prioritize miniature wolves and tigers, dogs and cats. Devils/spies pose as angels of light and love, to dupe the naive unguarded fools. The universal security of the human species demands drastic action against Big Pet industry. Big Pet industry, like Big Oil, cares not that war can kill all species in 10 seconds, not just humans. Sociopaths don't understand humans are on the verge of discovering how to kill all humans/animals in seconds, so pets are above World Peace in 3 months, 0 violent crime in 3 years. This is not a joke about selfish people, but the Armageddon Hybrid War between God and satan, humans and dogs, humans and cats, humans and wild beasts, tigers, wolves, bears, reptiles. The other species want to precipitate the all out human war that kills all people in seconds via the 2 capsule scenario, so they can take over the Earth. It's a covert war. Dogs are far more deadly than people imagine, it's like playing with the devil himself. "Me first" is their religion, or "my pets first, the rest of animal kingdom and all humans don't count". Hitler loved his dog... and so does Putin love his 4 dogs and martial arts... for "God said "thou shall kill babies with pitbulls and big dogs and kick people with legs and fists"". Satanists love dogs, they promote pet ownership, as it allows them to kill babies... with

dogs, to terrorize billions with barking, etc. Satan love dogs make people selfish (care about pets, not people), as they don't unite against him. It's a divide and conquer, distract and dupe strategy of genocide by the demon spy. Satan hates us, so to destroy humans, families, nations, he promotes pet ownership. Religious people don't understand the hate of anti-human forces, they're easily duped fools. Wake up from the demonic trance and become free from pet's astral cords to "demons". Try care about humans via the 11 companies, stop blatant demon worship. Jesus didn't say to buy pets. Please, Choose God over dog, God over demons. Thank You. ☺☺☺ Why do Christians get dogs, when the Bible depicts them as bad, as the Quran does too? In the Bible, dogs symbolize less than human, or wicked humans, in the Quran dogs cancel prayers. Jesus calls dogs unholy in Mt 7:6, so why do you have dogs to potentially kill babies, is that noble? Satan has 170 million hard core agents in the US alone, the cats and dogs... Hence violent crime is thru the roof, people never make the connection, they're too brainwashed by satanists. In the world context today, a pet is an open invitation to demons to take possession of you. But you can always regain your freedom, just donate the pet and follow the Immortalist Anthem, the 'scripture of sorts' or prayer that crushes demons inside those who read it often. ☺

C 15:44;51-4 "Our bodies must become Immortal", the body is to be Immortal, not cats, dogs or churches. Jesus' "The kingdom of God is within" (the body is the temple of God, not concrete, not pets). The irony is some poor people with no money for pets never visit a hospital, and live to 100, but the pet owner goes to the vet hospital 20 times in 20 years for her dog alone and 200 times in a life for herself and she still dies at 80, proving how dogs waste everyone's life. You see today, the complete disregard for human life by the aristocrats who force enslaved workers to build huge useless buildings for every Olympic game to deify satanic violence, satanic music, satanic values, while the workers live in dilapidated buildings, just like the World Fair Buildings were destroyed months after they spend 3-5 years building them in an act of display of ultimate mockery of human life, effort and slavery of the masses (or preexisting that hosted the World Fair and then destroyed under the cover of a story of "demolition of temporary"). The Rich have no respect for workers, for living to 4000,☺☺☺ instead they use disposable workers to work themselves to death, to build stuff and demolish it 3-45 years later, which obviously kills workers early instead of 4000, as all is wasted to Glorify the Egomaniacs in Charge, instead of Building Eternal Immortality *for* All, they build Trash Temporary Buildings to Display their Power to Commit GENOCIDE AGAINST THE Workers to Display Power to Worldwide Visitors☺☺☺, as with Olympic Games today, pyramids before. Pure sadism, the same materials and labor could have given better housing and helped millions live 20 years extra. US needs boycott the satanic Olympic and get rid of its horrible housing first. We would rather meet living people 8 millennia old, than see pyramids built by Worker Genocide and a 200 year old building dedicated to Dog Breeds. The God of NATO, etc is violent satanic movies, sex, music, sports, pets, food. Minimize

contact with men with dogs too, they hate what is Godly and love what is evil. Any kind human would not handle dogs, for they bite and injure and that is against the Immortalist Anthem and nonkilling noninjuring principal tenet of immortalism, no civilized country uses dogs to catch criminals, it instead creates the culture that gives no criminal ideas and then dogs to attack anyone are not needed, nor dogs to catch drugs, since all are loved and know happiness via meditative bliss and trust the government of 11 companies and 3 agencies, with one universal pay for all and true equality: ALL BABIES HAVE EQUAL RIGHTS TO LIFE, SO NO BABY CAN BE KILLED BY DOGS. A woman with a dog is A red flag, LIKE NO OTHER... especially big/medium dog. She's a spoiled Tom Boy, with negligible empathy for humanity's suffering and endless wars and violence. She's like lunatic ladies who believe the fake stories on social media, and that only her life is "boring" and needs pets to fill in the void of ignorance of bliss, and pets only deepen her unhappiness in reality, increase her lack of serenity and make the house more of a war zone. The point of life for many is a human insect living 0.005 sec (80 years) worships a 0.001 sec dog insect instead of living to a trillion and allowing dog souls to incarnate into a trilion yr human. She's an ungrateful bitch, who steals billions from the state to build pet hospitals, while humans don't see MDs as waiting time is 9 months. She's senile and anti-science, arrogant and stupid (dogs are not people, they're far more idiotic), living in a fantasy world (even the best trained dog can flip and bite an infant, leaving him blind for life in one eye), she's incapable to understand melatonin and 100s of endogenous chemicals fall 2-20 fold as dogs age, meaning dogs mental health declines and they can bite and kill owners, babies as they get old and senile. We see how easily people commit suicide or shoot family members when angry due to mental illness, so to assume all dogs never get mental illness, only human chimps, is pure insanity. An infant doesn't know dogs view some space as theirs and may approach a dog too often and one time, the dog gets angery and bites to teach a lesson, leaving child disfigured for life, ruining the life of the kid and parents. Only a murderous irresponsible parent would have a medium or big dog with a small kid around, someone with IQ of a dog, who doesn't know any math and probability theory, medical science. Small dogs like Dachshunds and Pomeranians killed babies while parents were sleeping, and the dog attacked the head (happened in Maryland USA too). Thus, any sane parent and government can't allow dogs for anyone with a parent license. Child killers can go have babies in India, where stray dogs attack kids daily with government approval. You're not special, your dog is not God or superhuman, even the best trainer can have this happen. Dogs' ability to process threats, to recall they're not meant to attack infants and family members, falls as melatonin falls and dementia sets in. A dog has far lower comprehension of the value of an infant, than people, a bite is "ok" to a dog. ☺☺☺

She often wears a lot of jewelry, makeup made by men (without insurance or $ to see an MD) who die in factory/mine accidents (for some ladies, women equality means men take the most

deadly jobs, women buy dogs to kill neighbors' babies, terrorize the HOA or neighborhood with barking), so that her imperial ego can feel important with a dog on a leash. Avoid anyone with dogs if you want to have kids, they might kill your infant baby, it takes only seconds of parent taking eyes off baby for the dog to kill or disfigure the baby or make him blind, don't take a chance for an arrogant stubborn "gnat IQ" partner. Let every spoiled bitch decide: God or human eating wolves, God or Satan, Humans or wild dogs. The world has 8 billion people, 90% don't have dogs. You don't need "ant IQ folks" as a partner, to keep you 24-7 in terror and fear of being bitten or of blinding your kids. Let them marry or live with fellow dog owners, stay away and avoid them like the plague, be them small dog or big dog, both are evil, distract, destroy the Peace Eternal of God, the probability of ~*~Eternal Universal Peace~*~ and Immortality *for* All soon. Statistics is what it is, physics/math are eternal, make no exceptions for you: you don't want to be that 1 in 25,000 with a mauled infant. It's your baby you worked for 5 years to have and raise. In immortalism, only male childless cops can have dogs, or, if with kids, only after their kids live on their own, being 18+, to prevent attacks on kids, dogs being for sniffing until drones replace dogs. Males are taller, stronger and this acts as a deter mechanism for dogs who want to bite owners. The weaker, shorter the owner is, the more likely a bite or fatal attack is. Big dogs need to be illegal unless seniors sign a paper understanding that they dogs often attack seniors and kill them. Plus, we want would be lactating mothers to have an eterni immortalist☺☺☺ *gentle tender soft nurturing loving kind* compassionate *grace* tone (dogs make your tone more infernal, violent and thug like via their fight flight barking of hell, since humans imitate tones around them), not the infernal aggressive dog tone that would raise a generation more stupid, more cruel than the one before. The more one hears dogs barking, the more "fruit fly IQ" like one becomes. Unless you're more like baboons or cannibal chimps who eat kids of neighboring chimps, you would notice there is a huge difference between barking and the most peaceful human instrumental or vocal music, much like between the sound of a nuclear weapon explosion and that of nature sounds around your favorite serene sunny beach.☺☺☺ One sound destroys humanity, another one heals it. We become what we focus upon: the chaos of a dog's DNA that dies at 15, or the order of eterni human sound that dies at 98. Think, use what is left of your brain after the daily TV brainwashing about Pet "benefits". The genocidal aristocrat, in love with the red that is all pervading in bloodshed and his church/cruel traditions, comes to various nations brings deadly food and deadly dogs, to exterminate locals, he dresses up as an angel of light, but is merely a demon of darkness in disguise. Satan = chaos and death, like barking, rock, heavy metal, rap, pop. God = order, and life, like the gentlest immortalist eterni music, supercentenarian voice when they were young. We don't want a generation of idiots, kids need to be protected from the vile barking of dogs, reminiscent of Hiroshima. ☺☺ Let satan deceive none, give away all dogs. ☺

If some people are vile, *they shouldn't be allowed to make* the next generation degenerate like them. So, only childless or without parent license people can have dogs, nobody can receive parent license if they don't have their dog taken away. A child or infant is a trillion times more valuable than all dogs in the Universe. Let that be clear to all. Thou shall not terrorize the future generation and make it hyena like. This can be proven in science studies, dog barking makes people more STUPID. *Hence the first thing* immortalists will do is the Manhattan Project to replace all dogs with drones for sniffing, robots for service dogs or police hunting dogs (make suspects stop running), smell track of suspects, etc. The kids are the future and 1 Human Kid is a trillion times more valuable than 8 trillion dogs combined. Everyone else has robots made of soft stuff that can't harm any kid, moving very gently. Dogs are Satan's best friends to distract people from instant zero violent crime and the achievement of World Peace in a few months or years. Dogs are symbols of cannibalism and human child sacrifice (babies dogs kill) for ego pumping and building. We don't need them, their souls will reincarnate as humans and evolve, all carnivores will vanish.☺☺☺ If you were told next life you'll reincarnate as a human who lives to 900, you would love it, so imagine how elated cats, dogs, pets are when we tell them they will happily reincarnate as 100 year old lived humans to live so much longer and evolve as souls. Stop having dogs, have babies instead, be kind to dog souls, clothe them well in holy clothes of longer lifespan. MLK said "I've a dream that all men are created equal", meaning no seniors, kids should be killed by dogs, a dream of Equality, where no parent lives in fear of a big dog killing his 1-16 year old kid, like this poor 13 old kid. MLK said "Not judged by the color of their skin, but the content of their character", meaning Not Judged by the Money they Make (1 universal pay eventually): workers' kids die of dog bites, but aristocrats don't, as they live in gated estates and no neighbors can let wild dogs loose to kill rich kids like that. Why do rich bastards brainwash kids via TV ads, Dog Companies to get dogs that kill kids? Dog bite victims (4.5 million a year) matter, Slave Lives matter, enslaved dog bite☺☺☺ victims matter☺☺☺. Protest about it. ☺☺☺

The hypocritical Christians, who say they believe in the 10 commandments, have turned *our civilization into one of* Dog (idol) worship (Deut 5:7: Have no other gods and DOGS), Sports Worship, where cats and dogs have replaced *kindness* and humanity, cats are treated royally, dogs too, but humans are tortured, beaten and killed. God became dog, God became the inverted God or satan. Cats and dogs are the new God. Krishna told Indians to be devoted to God, not pets, so Hindus must also wake up from the satanic trance and return to God, as Hindu kids are killed by dogs the unjust law allows to roam India's streets. Buddha called for no desire for objects, pets, partners, etc, as desire is the root of all suffering, yet Buddhists now have caught the dog-cat disease too. Not one happy Buddhist is found, as they're slaves of pets now too. Cats attack people. See tiger eats man video. Tiger eats student at the zoo. Watch the tiger eating a guy, and then go right to the store to buy a small tiger (cat)? Another tiger eats a guy.

They communicate, they're not silly. Even monkeys, far smarter than tigers, maul owners: watch this owner being attacked by his monkey pet. 0 IQ governments legalize these circuses that maul people, watch. Flea IQ☺☺☺ zoo keeper goes near tigers, how can this be even legal? We need reduce big cats in zoos 9000 fold and take care of people: leave 2 vegan big cats in one zoo for all planet to watch on youtube, the other big cats can die painlessly, reincarnate in vegan nice deer. Tigers get 5000 sq ft in a zoo, humans get 400 sq ft in a tiny condo for parents plus 2 kids, is that HUMANITY and spirituality, Christianity or whatever? To maintain the ~*~Eternal Universal Peace~*~, all bloodshed must cease, all carnivores wiped out or veganized, all food turned into eterni. Another trainer gets eaten by his big cat pet. Watch tiger eat a helpless man who fell in. Another (among 100s of human on human) holocaust few know about is that of the big cats who killed millions of humans as we evolved, that was your cat's grandpa from the past. Nobody talks about it, since it's not politically correct for people to defend World Peace in 3 months cause, gentle cultures, eterni music values. People spend eons caring for their ultra spoiled dog and cat, while ignoring the suffering of humans around them, who have far more stressful lives than these lazy pets doing nothing except wasting time☺☺☺. Nothing is more hypocritical, they say Sola Scriptura, Protestant, so why the pet? Jesus didn't say get 3 cats, 2 dogs per family to worship God, why is the UK Royal family promoting dogs? The religious complain there is violent crime, but they do nothing to help men sleep by donating their evil dog to the Fertilizer Camp to compost them quick like farms do with cows that are sick.

The Immortalist Party will legalize pet euthanasia at the vet without any reason given, and any animal shelter is required to accept all animals donated, will only keep animals for a short period to avoid drain of resources, with the sickest less desirable pets euthanized first, so in the case of many people donating their pets, no emergency disease spread via overcrowding happens. The reason is simple: we have a national emergency where people starve, but dogs are fat. It's unthinkable, but the result of a country of absolute aristocratic terror. The 2020s laws only protect the RICH and pets.☺☺ Dogs are the Rulers & God in USA and most Western nations. Humans are mere trash who're brainwashed to worship dogs and who don't even deserve a house (0.7 million in US), while dogs live like kings doing nothing all day. What happens is that people will simply call 50 adoption centers and 50 vets to find one who wants to take or euthanize their pet, if they want and then the adoption centers will simply deal with 150 million donated pets per the new law allowing centers to euthanize millions even, to avoid a drain of national resources. This will happen due to the new dog fees that will make it less affordable to have a dog and these trillions will be used to raise money to build new housing, fix existing housing, reduce crime created by dog barking, dog bites, dog issues starting neighbor fights, etc. Vets need to be realistic and realize that people who're refused, will always find another vet or, do little tricks, like trash some chair or 75$ mattress they order on Amazon, take

some pic or video of after, blame it on the dog and tell the vet that they're afraid the dog is dangerous and will bite someone and needs to be euthanized, if not believed, since vets are too brainwashed to understand that "dogs can be dangerous" to the human quantum field via barking or merely being big and capable of biting if an unexpected situation evolves and someone accidentally provokes a dog. People are more valuable than dogs or criminal laws created by aristocrats to oppress the masses.☺☺☺ Aristocrats control the media, they brainwash people to buy Pets, so rich get richer by selling you pets, then you can't get rid of them, since all adoption centers refuse all if all donated 170 million pets without a new law for euthanasia. When an evil government doesn't care about the people, people go around the letter of the law in creative ways to achieve what should be legal but is not, as Lao Tze said 2500 years ago: "When cunning and profit are renounced, stealing and fraud will disappear." ☺

The laws have to protect the poor, the 99%, the humans, not pet dogs. That is why 99% of USA needs to vote the Immortalists so cunning and profit are renounced. The government 5-10 year plan to reduce violent crime a trillion fold needs money, resources, obtained via conversion of pet stores/parks/hospitals into happy☺☺ relaxation, breathing, places, as the 5-10 year plan to reduce pet ownership by 300 fold takes hold: from 170 million to 0.57 (service dogs 0.5 million cop dogs 50000, military 2000, 18000 dogs for rich who afford the huge dog fees, which initially are not that huge but increase every year if violent crime is not 0, though most rich would not waste that money, saving it for a rosy day, as wages become the only income source in the new universal kindness civilization of 0 crime or spy create companies). The reality is far harsher than people realize, dogs are like demonic beings, because they take the Eternal Tranquility of Eterni, Tao, Buddha, of the State Needed to Bring World Peace☺☺☺, of the meditative space of immortalist breathing, of universal consciousness and destroy it instantly with their infernal barking, unpredictability, chaos they inherit from the Lucifer of chaos and war. Dogs are black holes taking people away from ~*~Eternal Universal Peace~*~ to eternal war. Dogs are 'rat IQ', they don't understand the value of Eterni Tone, of Eternal Serenity to prevent the end of all species. Cats are gnat IQ too, though more peaceful. Both are enemies of Peace who will destroy your house vibe, bringing it down from the Immortalist Anthem. If one reads this book and still chooses to keep pets, they don't understand what it takes to bring Eternal World Peace and are best avoided, as they will be wasting your time. Life is ultra short, these people will always place pets above people, above the millions of human victims of wars pet stores, and pet hospitals indirectly create. They simply don't give a "f" about you and humans. Their religion is Their Imperial Ego, they could care less about World Peace in 10 years. Their God = self, meaning the endless bloodshed cats and dogs cause in endless slaughterhouses built to feed for the pets. Pets do this to 1 day old chicks, cows, chicken, pigs, etc, and they let it continue? Is that human? They're too evil to realize that without Peace all dogs/species will vanish in 8 sec. Most of these

folks also listen to the 99.9% super evil music today, you can sense them from miles away. ☺☺☺

ISSUES WITH CATS destroying everything: 17 videos to watch: cat poop makes a mess, vase falls, ultra heavy vase that could kill a baby or disable him for life. A woman was left blind in one eye and severely mutilated after her cat attacked her. Watch how dangerous cats can be jumping 9 times their height, bite the breast of owners (another lady breast gets biten), send kitchen knives flying, in dangerous ways that could injure or even blind people, destroy monitors by knocking them down (glass is broken, video 2) or chew on laptops rendering them useless, how drinks and food are spilled all over the tile, carpet or wood making a big mess, cats break everything in the house sometimes making big objects fall and possibly injuring owners and toddlers, how ceiling panels, ceiling fans, etc fall due to cats and could cause permanent brain damage, facial scar, nose destruction, blindness in one eye or other injuries in small kids or even adults, how vase could kill a small baby by falling with the cat inside, how cats smash glass and could leave babies and adults blind via flying glass, how they tear up ultra important paper document you forgot on a table that may take months to get back, how pet cats kill 390 million animals a year in Australia alone in a evil frenzy of bloodshed and murder, *pain and* suffering, how cats bite owner's friend ass, legs, hands, being just as low in IQ and violent as dogs are to the owner's friends, etc. Newsweek reports more on such horrific events the Zionist media hides on purpose. Any allergy to cats, dogs or dirt/dust mites in carpet (vinyl floor or wood got 9000x fewer allergens), etc can increase IgE antibodies that attack the optic nerve and increase risk of blindness thru glaucoma. 15% of people are allergic to cats or dogs, so it's great to test yourself before following the fad of "having pets", the allergy could cut 15 years off your life, by destroying your immune system. Cats can infect you with parasite called Toxoplasma gondii, which can cause insanity, autism, psychosis in some people. This is not a surprise, given the behavior of musicians who own(ed) cats. Your health is more important, you don't want asthma attacks or blindness. Vacuum your room weekly to remove allergens from dust mites, bacteria, molds, pet dander (chemicals they produce), replace carpets with wood or vinyl, linoleum. ☺☺

You can jog/walk alone, no need of dogs to exercise in service to Immortality for All. *Good sleep* is 50% of longevity, *so quiet pets are a way to* ☺☺*lovingly tenderly gently kindly*☺☺ walk the talk of universal *gentle tender soft nurturing* loving kindness. Extermination and destruction of gentiles by the bad type of Jews (or all ethnicities) can occur in many covert ways, including by *social engineering of fads, like having cats or dogs* that people identify as their kids: the dogs bark and disturb the sleep of neighbors, further ensuring a 0 IQ collective of masses super easy to manipulate by aristocracy. Not only that, but pets increase disregard for humans who're used as scapegoats, such as slaves aristocrats jail unfairly to distract the masses from the real criminals, the aristocrats. We see today the method works to depopulate many nations and bring down birth rate, so as to increase immigration 20 fold and allow Z nations (disguising

themselves as 'immigrants from Y nation' to take over). This is easy to stop with new policies of climate change fees: 100,000$ a month fee to have a cat or a cat size dog. *All money is given to* those who have high Immortality Credit score *and* have *children,* AFTER *attending* new education courses to increase their high Immortality Credit Score by perfect parenting. We defend humans, not dogs. Dogs can't invent new solar panels and cats can't defend against asteroids or atmosphere collapse due to overheating, we need science geeks, children, *not cats/dogs*. Our national security, climate change security, science progress would rather have USA have more kids, than 170 million dogs and cats US got today: it's impossible to rely on cats and dogs to defend a nation. Cats kill so many animals, read the full story. This bloodshed damages the human quantum field. Until smell tech is 1000 times better, we need 10000 dogs, not 90 million in USA. But to have *millions of Americans and others die early due to lack of medical care, while endless pet hospitals litter Europe, USA and the world*, is just a crime against the human species. *Cats and dogs manipulate people to act against the interests of their own species* like the T. gondii parasite manipulates mice to get eaten by cats, or humans to be sabotaged by cats, by deifying blood spilling cats (house cats can kill a lot of birds, etc) instead of nonkilling vegan/eterni food for all and trillion year lifespans for all vegan nonviolent people, and later, trillion year lifespans for cats if you still love cats so much. On top of that, cats may double the risk of schizophrenia like disorders and pets *steal resources from* unborn scientists (guy wants no more kid(s), due to her 5 cats and 3 dogs that push him over the edge with incessant barking terrorism, sleep disturbing by jumping on bed (cats) and pet dander allergy giving dry eyes, red eyes) who also need food, resources, medical *care* taken by pets, cats, big or small. Your cat/pet won't discover how you can live to 800, or how to be instantly happy. ☺☺☺

THE BLESSING of *0* cats *and 0* dogs (except service or police dogs)

If we get 0 pets, we have way more food, time, space and facilities for human kids that help us live to 400 and cure all diseases. If we have veganism, we also can boost kids number by 2-3 fold. Today, cats and dogs cause many to have 0 kids. Who will take care of these people in their old age? Their cat and dog? USA alone aborted 100 million babies last century, so we remained as selfish and dog-cat addicted as ever. People discover things and can help you to live 50 years longer. Pets can't do it, they can't give us all single family homes.

A pet annual registration fee is a must, for large lethal dogs *a million/dog/month*, big cats *5 million/*a month due to eating almost 100 times more meat than a small cat and being dangerous (see how they attack owners). A human is 1 trillion times more valuable than any big cat. Russia and China have promoted doubling the tiger population in Nepal and other areas, which led to a doubling of humans eaten or killed by tigers between 2010 and 2022. Promoting conservation of tigers is an act of genocide against humans, an act of covert hybrid warfare,

since poor countries don't have money for big zoo enclosures or enclosed national parks and this drains the nation of meat used to feed people. 1 tiger eats as much meat as 10 people. The immortalists propose China and Russia, who met in 2010 to promote tigers in poor nations, to give Nepal and all nations victims of big cat conservation propaganda 2 trillion dollars in *damages* for brainwashing them and leading to killings of humans (355 Nepal tigers in 2022 vs 121 in 2009, many people dead), to help Nepal get rid of all big cats, dangerous dogs, snakes and other animals and setup 1000 Immortality *for* All Universities/Research Centers and World Peace in 3 months, 0 violent crime in 10 years, 0 animal bloodshed in 50 years per Chinese Buddhism principles of nonviolence via the high tech eterni food industry development that replaces agriculture with space foods. *We want Russia and China to promote Real* World DEVELOPMENT of *all nations, not slavery to tigers and backwardness*. We appreciate China's effort to build modern infrastructure and help nations develop, but tigers are anti-development. Specifically, we kindly gently suggest to Putin to pay $90 billion out of his alleged wealth of 200 billion to Nepal victim families whose relatives were killed by tigers. See video of Russian president petting tigers, loving human eaters, while bombing and killing thousands of humans in Ukraine: Marinka city wiped out. This erasing of cities doesn't seem like development aid. Gently recall that tigers eat people, see video. Presidents need to choose people over people eaters. The ☺abysmal IQ☺ of people and spies who use animal conservation to terrorize USA and other nations is evident in this article on Nepal tigers: get that, humans can't develop, and ought not to, in order to save human eaters and help human eaters proliferate. The KGB may have used similar tactics to pass a 1973 Congress "Endangered (Human Killing) Species Act" to cause a 50 fold increase in alligator population and human attacks in Florida. Covert efforts to promote conservation of deadly animals ought to be a 500 trillion fine national treason offense of hybrid warfare, as it causes deaths of many humans, severe mental stress, shorter lifespan due to stress of 25 million Americans living near water infested by 1.3 million alligators: lifetime labor to *repay the debt to the US* by all groups of spies involved, plus any 50000 local ☺hyena IQ workers☺ *supporting them, with fine shared, so each American supporting that paying 10 billion at least by 100000 years of labor, picking produce in the* hot FL/CA sun, where snakes and alligators may sometimes attack, because they fought the snake/alligator total extermination.

In 1971, Australia traitors, placed the crocodile on the endangered list, since they were going extinct almost, so now they got 0.1 million of them in one area alone and waste 9000 years of work hours for police and rangers who have to relocate them, educate the public on avoiding the 20 feet monsters known to eat Australians. This is pure terrorism of humanity. Politicians are to protect people, not serial killers such as alligators (which are small crocodiles), snakes, tigers, deadly dogs, wolves, foxes, bears, etc. Bears are ultra cruel and violent carnivores who eat prey slowly, while alive and deserve instant extermination not conservation, as they kill people too

(11 mauled), besides trashing cars. Polar bears are even more cruel, they cannibalize baby bears of random females. The Florida governor, signed a bill allowing people to shoot bears if a threat, which sounds fair to billions of people, especially in areas with lots of bears where they attack – WATCH the mutilated face of a guy. Would Demon-crats love their spouse or kid to have such a face? Why then protect any dangerous animal? Let them all go extinct. 60% of EU bears are in Romania (7000 bears), California got 65000 we need wipe them out to end human mutilations. It's pure insanity that every state decides when and not to mutilate and kill people based on the whims of a few lunatic conservationists who ought to pay 400 billion in damages to all people mutilated by endless species they conserve. We need a federal IMMORTAL ban on any carnivore with 100% freedom for all to hunt these beasts to extinction, if no money exists to kill them gently. Each beast kills thousands of mammals, so they deserve instant death for so much bloodshed and taking meat others could eat away from us. The Demon-crats and politicians who propose conserving any animal that attacks people ought to be sued by all lawyers in the USA, retroactively even, to stop any politician from every trying to propose such anti-human laws like reintroducing beasts in areas where they went extinct. Re-pub-licans and immortalists need to go back to all attacks last 200 years and *sue all conservationists and politicians who caused a rise in those animals that caused the death* and give victim families 10 million dollars at least for each attack (100 million for a death), for their loss, mutilation, etc, all paid by Demon-crats. In the 1930s the California Department of Fish and Game committed a crime against humanity by releasing 28 black bears into Southern California. They need to pay for it. USA is wasting far more resources taking care of bears, wolves and alligators than many people, with entire state "Fish and Game" departments tasked with conserving human eaters and wasting 20000 lifespan years with pure nonsense. In 1974, when a Democrat governed Florida, the Florida Department of Fish and Game decided to protect black bears and terrorize USA, just like Congress passed in 1973 the Endangered Species Act. Whales often kill people, but smacking them with their tails, and they also eat people by eating huge amounts of fish that we could eat instead. By crushing fish and bloodshed, whales are in the carnivore category of animals that ought to be wiped out fast, oncewe get eterni foods, in order to heal the human quantum field. ☺Abysmal IQ officials☺ in India wage war on the human quantum field and on the poor working class by forcing relocation of 65000 people to make space for… tiger conservation. This is genocide. ☺☺☺☺☺☺

Australia 'bloodshed enthusiasts' banned hunting of crocodiles in 1974, so now the crocodile population is 33 times larger than then, leading to human deaths. Same mistake in 1973 in USA: alligators (almost same as crocodiles) became 40 times more numerous as low IQ blood drinkers banned alligator hunting (meat eaters drink blood daily, and have no concern for the fact these carnivore beasts they eat or 'protect' caused endless bloodshed on Earth with every daily meal and that ethics calls us to eliminate all carnivores fast). The same complete disregard for

thousands of mammals and fish eaten by each 20-23 ft alligator crocodile is shown in the utter disregard for human lives ended by these monsters. They even claim that they're hippies, nature lovers, but all they're is ***bloodshed and cruelty lovers***: one alligator or snake hunting prevents 5000 brutal killings by these carnivores and far higher quantum field pollution of all humanity. Hunting is bad, but it prevents 5000 killings by the hunted animals. How come there is no Department of Single *Family* Homes for All in all 50 states (why have so many states too)? Why don't we shut down all Fish and Game Departments and create the Single *Family* Homes Depts? Give Forests to PEOPLE and spread out safe villages of single family homes, not beasts. Get rid of all bears, lions, wolves, let people escape the 5 stories high condo jails, let us build nice roads and live in nature. Are Demon-crats really for people or for bears and mountain lions? Bears attack beekeepers and terrorize thousands of people every month. ***You can kindly stop it by voting*** for the Immortalist Party. 1000 wolves in Germany cause untold misery for sheep farmers and cause a destabilization of the human quantum field by the repeated bloodshed attacks on mammals. Each wolf causes thousands of painful killings and attacks that would be ended with one killing of a wolf. The war against humans by conservationists is genocidal and a sign of the precarious state of affairs in which low IQ folks terrorize an entire planet and its food supply. 3 wolves attacked a lady, who is barely alive, 375 acres of land were wasted with a zoo in Paris. ***Europe needs only 1 zoo***, let us use the land for people, not wolves, bears and tigers. Use youtube to watch, no need to be there in person. What's there to see? Violent thug wolves? Dogs are domesticated wolves. Wolves ate 22 kids (see video), and another wolf pack ate 6 kids.

We need to give humans decent homes, not bears, tigers, big cats, coyotes in our forests, let people live in the forests, not beasts. What kind of democracy is that? Democrats are not democratic, give people decent single family housing, not bear attacks. People living in bear areas need AI cameras that detect bears and make human sounds to scare them at night or day, using flashing lights and the most effective (done via 100000 tests in the wild) sounds to scare bears away, until we get a decent federal government that protects people, not people eaters. Demon-crats who propose conserving bears anywhere, ought to take bears as their pets and marry bears. Democrat policies have caused a human mini holocaust of maulings: grizzly bears went from 50000 to 1000 in 1975, when ☺hyena IQ officials☺ decided to "protect them". What do we need bears for? Let them go extinct. Kindly, gently read some basic tips to protect bear invasions in your home. Yelling at them to go away scares most bears who're startled by the human voice (sounds intimidating to them), watch clips to understand what to do if any bear charges at you or climbs your fence and breaks a window screen to get inside your house. Bears can kill people while people sip their favorite juice or tea, especially in homes or front yards with no fence. Lady was given permission to kill a bear in California and she didn't do it, so 2 months later the bear that came to her house regularly killed her, removing even the bars on her

windows. Playing nice with bears gets you killed. Never hike or camp in small groups (10 people at least to scare bears) in areas with bears, lynx or wolves, always carry pepper spray and travel with at least 3 friends who have guns, since bears can attack by surprise even groups of people and we need World Peace in 3 months, not hikes. Endless people get mauled by circus bears. Horses also can fatally kick trainers who waste their life "with horse shows". ☺☺☺☺☺☺☺

The federal government needs to finance a *joint volunteer* extermination *of mammal or reptile animals attacking people*, as these animals shed blood daily contaminating the human quantum field. We got too many horse stables that pollute the air and suffocate nearby residents. This is called *HORSE* TERRORISM, *horses* above people. A new horse *fee* needs to be created, 1 million a year, to reduce the horse number 20,000 fold at least. Horses don't create living to 9000 years inventions, they're just useless. Their souls will reincarnate as humans if they got one and God allows it, no worries. Horses give asthma to endless people, with their endless stables that create aerosols full of bacteria and viruses (like cholera spread by human feces in 1848 London) and racing tracks that make people homeless by theft of space, resources. Horses destroy the immune system of children nearby, pollute the AC filters of people nearby, their furnace filters with provable bacteria load and deadly horse pathogens, lung destroying pathogens. These filters in furnace and AC need to be taken by lawyers, sent to labs to sue aristocratic horse owners for trillions of dollars in damages, so that once and for all we end horse terrorism of the poor by the rich or middle glass filif "mosquito IQ"☺☺☺ rednecks of Texas, Florida, California and other places with tons of useless horses. Horses can give people blindness and other diseases, (leptospirosis or uveitis which can lead to blindness, rabies, salmonellosis, ringworm, anthrax, West Nile Virus, Eastern equine encephalitis, lyme disease,☺ MRSA, glanders, vesicular stomatitis, rain scald, encephalomyelitis, hendra virus infection) so please grow up, donate horses and help fellow humans instead. Fines for those with smelly horse stables near houses would be $5 million per house affected per air quality tests. Horse ownership fees would be $1 million/year for environmental destruction of air quality. Horses are a curse for humanity. The aristocrat places his stables near the poor to poison them, while his house is far away on the 10 acre property. Such genocidal behavior ought to be rectified with steep fines.☺☺☺ It's due in part to such "filif worm IQ" people that America lives on average 6 years less than Singapore, even if USA got 225 times more land per capita (2023: 37 vs 8331 people/km^2).

They push "horse feces bacteria on every neighbor", kind of like, look, "*inhale horse feces vapors and viruses daily, as a gift from Jesus*". *A horse defecates 4 to 13 times/day, meaning 35-50 pounds of wet manure (feces plus urine).* How would you feel if your neighbor would come near you and use some drone to release *fart or urine smell* gas to your window every 3 minutes? Not nice, since that gas also carries bacteria, viruses from the rotting meat in his intestines. Yet here we are, pure feces lying near houses and making everything smell like a restaurant bath that has

not been cleaned in 5 months. "Country life" is fine, as long as nobody gets the smells. If someone plays loud music we tell them to stop, but the smell never stops unless it's raining, which in most areas happens only a few times a year, for 1 hour a day, if that. Instead of using the land to give decent housing to all scientists and everyone, to build Immortality Universities and 11 decent companies that are high tech and triple human lifespan, these 0 IQ '*riding fanatic hamsters*☺☺☺ *or little* rats' terrorize the whole nation, holding it hostage into the 1st century, like the British Royal Family horse traditions. Horses cause endless injuries, 66000 visits to the ER that drain national medical resources otherwise spent on longevity, undetected injuries to the brains of horse riders, their eyes too due to sudden jolts that affect the optic nerve too, and make people very macho and insensitive, very harsh with themselves and others, the very opposite the immortalist☺☺☺ *gentle tender soft nurturing loving kind* compassionate *grace*. All those rodeos turn people into monsters who yell like Hitler. Horses attack people: video 1, video 2, video 3 (brutal mauling), video 4 (7 attacks), video 5, video 6 (UK guard), video 7 (dogs got what they deserve), 8 man killed. Horses often kill people by cracking their skull with a kick or hitting their chest causing heart attack. Horse riding deaths are very common, only selfish "shrimp IQ" people ride horses when we don't have World Peace yet. Beware. The horse mania makes people terrorists who waste thousands of acres for horses, while humans live in the most dilapidated condos. Horse mania means *7.2 million horses in USA take* huge resources, millions of acres able to house 20 million people, while World Peace in 3 months and decent housing for the 0.5 million homeless to reduce crime that leads to wars and violence take a back seat. These hypocrites even claim to be spiritual. The same genocide of humans, idol worship of horses happens in Australia, where 122k are homeless, while 1 million horses are given the homage and space of Gods, the space to build big backyard houses for 2 million people. Why care about 1 million people, *if you can waste lives caring for 7 million horses*?☺☺☺ A man died because of horse owners who let 30 horses roam the streets. How come owner is not fined $90 million? ☺☺

China gave Australia pandas as a sign of friendship, but the Chinese leaders need to see this science paper on the horrific attacks on pandas on people who fell into the panda enclosure, which can happen even at the zoos with loving kind zoo keepers who loved the pandas for years and interacted with the zoo animals daily (many zoo keepers were eaten or mauled to death by big cats). A panda almost ate a zoo visitor hands, watch. One guy had his leg totally screwed when he went into the enclosure and woke the bear up: severe damage to legs. Pandas are usually vegan, eating bamboo, but they can attack people if provoked or angry, a lady got her right middle finger top bitten as seen in the red area at the top of her finger in this youtube. Animals are low IQ, don't pet bears, since some feed on people and kill them. Never try to pet any big carnivore animal, dog or even herbivores. Always stay 3 feet at least from any glass, fence to prevent the paws of a bear, monkey, tiger from dragging you and chewing on your

hands or head. Zoos are a waste of taxpayer money, a *gross theft from the poorest taxpayers living in cages smaller than animals get, a* genocide against humans (we need 900 times fewer zoos), why do we keep big cats in zoos? They're too dangerous. Kindly never allow kids to try to make faces and taunt animals in glass enclosures, since big gorillas, lions etc can get mad and break the glass if they really want by launching all their weight against the glass and smashing it and then kill the person taunting them. Not all zoos have glass thick enough and zoo keepers can leave sometimes a brick behind as seen in many videos where the animal uses the brick to try break the glass. You could die, since bamboos can kill people by biting their neck or hand arteries, especially kids, chimps routinely eat fellow chimps by cannibalism. Zoos are the most dangerous places, especially in Brazil and many nations where big cats are not sealed by wire and can easily climb the fence: this leopard could have killed 3 people if he only made one extra step at the zoo to climb the fence. Look at how low IQ the people are, to still be in that area, just 3 feet from the potential killer. Only 5 big cats ought to be left on Earth total, in one zoo that people can watch via youtube. The media portrays bears as kind, but they're evil. Traitors of EU want to protect bears who kill humans and create bloodshed daily. ☺☺☺☺☺☺☺

Decent people need to encourage everyone to overturn these laws, and pass new laws to GET RID OF MANY human eating SPECIES as fast as possible, in 2-3 years before the next election cycle, in the least painful ways. Everyone needs to understand it's perfectly natural☺☺☺ to have a world free of carnivores, snakes, alligators and tech will enable us to manifest that heavenly world of 0 bloodshed. It's not just rich princes, but even more regular Brazil (see bite marks on his legs and lack of self-care due to being slaves of these "pets"), or USA (the family are slaves of the tigers, wasting hours daily with the animals), guy getting 400 stitches from his big cat "pets", zoo keepers being injured, see 34 US zoo workers killed by cats. The lunatics say "my pet is an angel from heaven, an older soul, etc", but the pet is acting in its self-interest. If you give her food and care, she is nice to you. The proof animals are not special and zoos are destructive is that the "holy divine presence" of a zoo is unable to prevent people from acting in a *nurturing* healing *gentle tender soft loving kind* compassionate way, since this eterni quality is not in any zoo: a family went to the zoo and the zoo animals were unable to transform the family, on the contrary, the quantum information from the zoo animal world of pure violence has taken over the family for an afternoon leading to them assaulting a senior who didn't punch them and ended up in jail. This is the law of karma: family went to the zoo to pay money to support the theft of materials and land for animals from fellow people who are victims of violent crimes due to overcrowding via endless zoos, pet stores, pet parks, pet hospitals. They fed the demonic energy of tigers (cats) and wolves (dogs), of zoos, so they got a gift from demons: possession, for an afternoon, to go to jail. If they went to habitat.org to build a house, they would have helped fellow humans instead of punch them. The media never makes the link

between quantum transfer, when you stare at animals, you enter unto entanglement with the whole cat line, all tigers, all wolves killing innocent deer 24-7, you remove yourself from God, from the End of Bloodshed via Eterni food, you enter into pact with demons to continue the Bloodshed, the nonvegan pets, the Murder, the Genocide. Some people refuse to think, to embrace logic, pets are their religion. It's like the idiots believing in Eucharist: endless murderers got the host and then killed people, so how come the "God" in the wafer didn't prevent that? If animals are so holy, why did Hitler's dog not stop the murder of 80 million? Because dogs want humans dead to take over, as simple as that. They play friend until they can wipe us out. Under the Immortalist Party crafted laws passed by the US Congress, big cats in zoos would be reduced 5000 fold or to 1 cat and *owning a big cat pet for 10 years would imply a fee of 50 million at least*: 12' (3.7m) long, 4" (0.1m) claw, 3" teeth. Big cats (up to 860 lb) cause huge suffering daily by bloodshed, damaging the human quantum field, being a true insult to traditional Buddhist Chinese values of kind compassion and Taoist virtue that the Chinese government tries to protect worldwide. Trying to conserve big cats is an act of terrorism of folks mauled/killed by them. New laws defining terrorism as trying to feed/conserve wild tigers, other carnivores need be established. Another couple wasted their entire life raising a big cat, instead of having a child. Climate change requires us to stop cutting all forests to raise beef. If we wipe out carnivores, we let people eat organic meat of herbivores eaten daily by wolves, foxes, bears, tigers, etc. Snakes kill 100000 people and billions of animals, yet some feed mice to their pet snake, only to have the snake bite them (many youtubes of the actual bite). The brainwashing of USA is complete, watch how many victims of "pet industry brainwashing" waste their entire life collecting snakes and getting attacked, instead of helping us live to 300. Many die due to snake bites. Americans have become slaves of snakes (see bloody bite), reptiles, dogs and cats. Thousands of stores sell, store snakes, wasting the lives of endless people who almost have their eyes bitten. ☺☺☺

When we search youtube, we find 1000s of videos of cops and animal control cops, in groups of 2-7 cops, wasting eons to get some dog, alligator, etc into a cage, lake, or shelter, after the animal killed or severely mutilated a HUMAN. Congress decided in 1973, possibly spies trying to destroy America from within via hybrid warfare on the American people, when alligators almost vanished from Florida, to add them and other carnivores to the endangered species list and now we got 1.3 million of them terrorizing the state. Why? We ought to kill all alligators with drones, etc, since they destroy the planetary quantum field, by shedding animal and fish blood daily to feed, causing wars among humans due to quantum interference with the humans. We can treat them with caustic solution and what's left is a powder used as fertilizer, for what is caught and not sunk by underwater drones. Cities waste enormous resources to catch and release, quarantine animals, with special animal vehicles, etc. This is a national travesty. The laws of the USA, India, etc are unacceptable: monkeys, alligators, dogs kill or severely bite 1000s of people,

yet they're not instantly euthanized or shot, we have to waste millions of work hours of police to “kiss the anus of dogs” as if the law rewards dogs for killing or mutilating/terrorizing people. What happened with the Americans? Have they completely lost their minds? Instead of having science jobs to help *ALL NATIONS TO LIVE TO 800*, we have endless animal control jobs and police wasting time with dogs and dog calls, instead of real national dangers from wars and spies. When we buy a pack of cigarettes, we get a warning label with some scary pictures about lung damage and the basics of 6 million people killed yearly by the tobacco industry mass murdering CEOs, who're free to roam and killing more than Hitler types. When we buy food it lists how much sodium, fat, sugars it contains. But when we go buy alcohol or pets, we get no warning, so something needs to be done. Immortalists☺☺☺ gently propose a new federal law in all immortalist nations: alcohol, tobacco, weed *and deadly pets (reptiles, dogs, etc) can't be bought in grocery stores or private breeders anymore, animal shelters, nor in liquor stores, but in* very few special locations owned by the federal government *called “Genocidal Drinks”, “Genocidal Tobacco”, “Genocidal Weed” and “Genocidal Pets” stores* where everyone has to walk thru an educational area for 25-50 feet that have many panels, videos on gigantic screens, sounds on left and right, displaying the most horrific effects of smoking (lung damage, hoarse voice, red eyes, short lives, orphans) and alcohol: disfigured people, 3 million dead a year, a true holocaust, with endless people without limbs as a result of drunk drivers and endless orphans, millions of families destroyed by daily domestic violence never reported to police. Anyone caught selling alcohol, weed, drugs or tobacco, dogs or reptiles, in other areas or black market, is sentenced to lifetime labor in a healing place with gentle music and plenty of self-sufficiency. Folks will argue that Shih Tzu tiny dogs who always lick people are too adorable to be called genocidal, but the reality is if everyone had those, they may get so much barking and sleep quality destruction, leading to 1 billion lifespan years lost over 100 years, which is like killing 10 million children. We have to take the whole effects of dogs view, not just the TV glamour. Not only that, but millions of people die in wars or early due to pollution and degradation of cities, etc that happen because people don’t dedicate hours weekly to World Peace, but to dogs, cats, pets, so it is a HIDDEN *GENOCIDE*. Endless pet hospitals and stores take away resources to build human medical issues prevention centers that would prevent 100000 human deaths a month, so then we get *1 million* people killed indirectly yearly at least by dogs/*cats*. This is in addition to the million killed by barking sounds interrupting sleep. Dogs kill directly 35000 humans yearly, snakes 100000 globally each year, so the story of “love reptile pets” or snakes is false, all snakes need to be banned as pets. *Over 100 years, this is* genocide *of 3.5* million *people by dogs alone*. The number may have been higher before rabies vaccine was discovered. When did TV ever tell you that? To get more explicit, all pets are genocidal in today’s context, when genocides happen daily against humans and the risk of 10 second end of humans is huge. It's a choice: peace or *war*, people or *pets*, life or *death*. Why hate/bomb humans and love/adore dogs/pets? Do

Americans understand that they're supporting a species that kills 35000 people yearly?☺☺☺

Likewise, to buy a dog or dangerous pet, people will need to go thru an area of the *"Genocidal Pets" store* with pictures, sounds and the worst videos of dog and cat violence against people, so they know they will know they not only kill people *(900000 humans killed so far, 35000 each year globally today, a true Holocaust nobody mentions, plus equivalent of 2 million killed via lifespan years lost due to bad sleep from barking)* if dog misbehaves, but incur $1 million fine for every bite, 10 million for severe bites. It doesn't matter if the bite is because someone maybe made a little remark, startled or taunted a dog lightly or pet him as some kids or adults may do instinctively or etc, while wearing thick pants (or newly sold by the Eternal Clothing Inc (shoes for dog infested areas because *people's legs are more important than dog lives*) special boots with steel caps and steel exterior (discrete not visible) and even lower leg stronger than steel carbon fiber reinforced pants, jacket, etc to prevent any dog bite of feet and powerful self-defense in dog rich areas, that are safer when dogs are around in a neighborhood terrorized by dogs) that prevent severe bites and allow lethal self-defense leg kicks to defend HUMANS not dogs. Any human attacked by a dog escaping a fenced area or a car, has the right to lethally kick (or shoot) any dog with such a shoe, since the owner failed to keep dog on leash. *Our world has equipped cities with millions of devices, parks, shops, hospitals, etc to protect dogs* and none to protect poor PEOPLE. It's time to care of HUMANS, their sleep quality, longevity, *freedom from bites and lethal injuries.* Dogs get endless parks, but poor people live 10,000 on an acre, hearing the eternal barking of terrorist dogs, sleeping poorly. What an irony, so little compassion for humans, so much love for dogs. How can Eternal World Peace emerge then? Isn't it *time* for real democracy to begin? These special boots, pants, shirts, gloves will only be sold to people certified to be avid dog haters, who're terrorized by living in an area registered to have high dog count (2+ dogs/30 people). The Immortality *Nurturing* Agency and police will provide ample support to dog attack victims and the law will be 100% skewed against dog owners, not victims who kick dogs. Even the smallest bite as pictured by medical staff would trigger the 1 million $ fine, avoidable only if person convinces 5 relatives or friends to have their dogs euthanized to free national medical resources. All pet shop visitors will be reminded of losing 1-8 points off Immortality Credit Score with each purchase of 10-80 g of alcohol and 300 points for purchasing a big dangerous dog. The entrance to these "Genocidal Pets" shops will be so *horrific to watch*, with such scary sounds and scenes, that nobody would want to ever go back again and nobody almost will want to buy the dogs or alcohol inside. Worse than the worst horror movie ever made. Anyone has the right to shoot without any explanation any big cat that doesn't have a leash and/or approaches any human. Any big cat would cost 5 million a month at least to own, a special fee to the government. Only big cats under 150 lb would be allowed, and only if kept in enclosed areas where they can't escape easily (20 ft fence no big cat can climb), with 24-7

monitoring and RFID of location, alarm going to local police when it exited the backyard so a drone is automatically dispatched to kill the cat. Max 1 big cat/100 million people. Watch a big cat, weighing 250 lb being allowed to roam freely in Saudi Arabia and mauling kids. Tigers on a leash is pure insanity, no human can hold a leash if tiger wants to jump, same for huge dogs, weighing 150-250 lb, which have no place in public places. This ought to not surprise anyone, since in Saudi Arabia, instead of giving decent homes to Palestinian refugees bombed by Israel, the Jewish Saudi Royal Family encourages strip club style adoration of poles in poles dancing.☺

"*Brain* shrinking cat" (not called "*Genocidal* Pets" *store* as with dogs) stores need to depict all negatives and horrific attacks described in this chapter and other books. *Consumers deserve the right to know*☺☺☺ about all diseases and mental health issues *cats cause*. Dogs are carnivores (except for a few vegan ones) who cause the slaughter of billions of chicks, pigs, cows to feed their bloodthirsty nature. Anyone who is against war/bloodshed is against dogs and cats, because they're all carnivores for the most part. Any true immortalist supports eterni high tech food and is against any animal bloodshed. A video explains why all animal pets can be lethal. A youtuber asked her cat to give her kisses and the cat caused blood to come out of her eye, always be careful with cats, they're not that smart or kind: naive kids or teens believe *"cats understand them", but they don't, cats and dogs are incredibly low in IQ, just like big cats mauling their zoo feeders*. Another youtuber got her eyes attacked. Wear safety glasses if close to cats, they're not to be trusted, they're exactly like tigers eating 436 people. *Never pet or play with cats or medium/big dogs that are not yours*, as you don't know how they react, stay away from cats and dogs and work to end wars in 2 years instead. To save the human species, before it's too late, the 67% of American households free from small tigers (tigers eats woman, watch video) can kindly not get one and the 33% households who have cats can choose to not renew when the cat dies with new cat purchases, it's a Big Business. To earn a higher dimension in heaven, to fight off 'Satan', to save the *thousands of human babies mauled to death by dogs*, (youtube got 1000 such videos: video 1, video 2, video 3, video 4, video 5), please ☺☺*lovingly tenderly gently kindly*☺☺ postpone dog buying for until all violent crime has ceased thanks to the Eternal Reforms of the Immortalists. *13000* pet shops, *900* pet *food* factories, *23000* pet hospitals, *6000* dog parks *are taking land, resources, etc that prevent humans from living in decent conditions, in environments full of love for people, free from war, jails, violent crime*. This is detailed in the single family homes section. **We need to end all pet parks in the US,** end all city, state gov. **Give people homes first.** 50,000 kids are disfigured by terrorist dogs. ***What kind of parent would get a big dog?*** Why not be kind and wait at least until the kid is 15 or 18?

No pastor consecrates the wafers in the presence of cats or dogs (or snakes, parrots, reptiles, birds). Why doesn't God or Jesus share wafers and fruit juice in the presence of pets or human killing tiger sisters cats (one big cat killed 436 humans) or human eating (watch how they eat

while causing so much pain) wild dog brothers dogs, both blood spilling carnivores (unless vegan pets)? Isn't ~*~Eternal Universal Peace~*~ in 3 months via a billion fold lower violent crime far more important than having a pet? We have only so much time in a day, achieving World Peace is not that simple. Isn't being kind to humans, having 0 jails, stopping scapegoating poor people for aristocratic crimes more important than tigers, cats and dogs? Of course it is more important, and it is arguably a huge sin to have a pet in a world of immense torture and killing of people, because it teaches Americans and others to love pets but hate, destroy, torture, exterminate others thru their taxes supporting the wholesale genocides, known and unknown, by soldiers, spies. Pets are thus, if you want to be religious, "Demons' best tool to distract and tempt people to love pets and hate people, to ignore the suffering of people and continue the evil world order of eternal war on the human quantum field by torture loving militaries". "Pets first, World Peace last or never" is a motto of our societies. Many beat the hell out of people (or support the atrocities militaries do), shrink lifespan of people 25 years by torture or jails, and they love the cat (tiger) and dog (wolf) species, thus undermining the human species (if you're agnostic/atheist) or, if religious or spiritual, acting against the spiritual principles, God and the Immortals. HUMANS first, *0 violent crime, 0 torture first, then, once that is done in 20 years,* domesticated tigers and wolves are OK. It's the epitome of hypocrisy to call oneself "spiritual" or "religious", and support the treatment of humans worse than dogs. Billionaire spent more on dogs than on his co-national servants. Most dogs in USA live in safe concrete block or brick houses that don't become flat with a random storm or hurricane, tornado. However, 20 million Americans live in wood or mobile homes that are totally destroyed after some major tornado, hurricane, etc. Mobile or manufactured home residents are 20 times more likely to die during tornadoes, *so we value* dogs *more than* people. People don't even get the treatment dogs get. ***How can most dogs get better treatment than 80 million people?*** The same materials used in the shape of a dome would reduce house destruction by 95% at least. The low IQ of decentralization, the callousness of the current system know no limits. Nobody gives a dime about anybody else, everyone for themselves, slaves of the aristocratic bandits. ***Why are houses so low tech, decrepit and expensive?*** Due to decentralization, 20000 companies that feed the aristocratic class, instead of one company that mass produces way more high tech houses at 3 times lower price. Why do we have 4500 banks? So that everyone is looted in ever new ways and aristocrats have these useless jobs of CEO, manager, etc to prey on people. ***Having a dog,*** when every year, endless people die in storms due to the callousness of the system and the aristocratic terror ***is not spiritual or ethical, but simply a wasteful aristocratic like choice that ignores the human quantum field*** and betrays the human species while making humans slaves of dogs. It's the epitome of aristocratic disregard for human life. Hitler had a dog, many emperors and queens had dogs and yes☺☺☺, these same queens and royal families supported the blowing by gun of endless innocent people in their own country. So much for the "spiritual

effects of the dogs and cats”.☺☺☺ Today, they do the same, with new invisible guns, the bullet is the microwaves, the infrasound, ultrasound, UV, etc… When all wars ceased for 5 millennia, when all have decent housing, when all violent crime ceased and all jails are gone, 5000 years from the moment of the Immortalist Party winning elections, then, one can think about dogs, but now people die left and right in ways no dog dies, due to tornadoes and bombs. *Humanity first. Pets* second.☺☺☺ *We have created a godless* ultra *violent* “humans treated 1 billion times worse than dogs” *society* full of *dogs*, when we can create a divine 0 violent crime God full society of 0 dogs, Immortality *for* All, of Human Quantum Field Resonance of the entire Family of shimmering shapeshifting Immortals, *no* dogs, *since drones detect smell,* etc 90,000 trillion times *better*, 3’ tall rubber soft humanoid robots being 8 million times better than service dogs.

The next pages show *dozens of videos of tigers killing 100s of people each*. They're a wake up call to those who profess to love all HUMAN beings and be spiritual, to be pastors, clergy and spiritual healers. That’s how we ought to think about PRIORITIES (humans first) if we WANT TO BE CLOSE TO GOD or defend the human species against its 10 second end. Human killing dogs and tigers can reincarnate as vegan animals or even humans, no worries, we don’t need help them reach 5 trillion population. Due to the impending risk of total annihilation of all humans alive, buying pets can wait, getting pets can be postponed 20 years, but Peace never can, decent music never can (not dog barking like music). Love yourself and fellow humans, breathe happily and you will be happy, no need of pets. End the suffering of humans eaten and bitten by dogs (wild dogs sometimes eat HUMAN KIDS), sleep deprived by dogs, end all human suffering. Love your neighbor more than the dog slowly killing neighbors thru sleep deprivation. Sing of Eternal World Peace in 3 months daily, and be thus happier than ever. Crimes emerge from a lack of love, nobody teaches them happiness thru happy breathing, (only torture based religion), nobody loves them, people love cats and dogs instead. World Peace requires us to love PEOPLE first. Why BOMB people and love pets? Take care of people, achieve 0 violent crime, 0 wars, then get 100 cats if you want. Tigers, craving human flesh and other mammals, may communicate secretly with house cats to manipulate humans to protect big cats from extinction and use big cats in circuses (*need $90* million *fee a year on all* animal *circuses using elephants, big cats, etc to improve* HUMAN healthcare), instead of building meditation centers (happy folks don’t need pets, don't commit crimes) and free biomarker centers for humans. Animal circuses waste taxpayer $ paid by the subjugated poor, with training and stealing humans from doing healthcare or longevity innovation, to do 0 IQ acrobatics, abuse of animals, keeping everyone a filif own IQ☺☺☺ 0 empathy person, which increases violent crime.

We can't easily decrease violent crime a billion fold as is needed for ☺☺☺~*~Eternal Universal Peace~*~ in 3 months, with this brutal lack of empathy of circuses and promotion of blood spilling nonvegan pets. The state needs *$90 million* compensation (annual fee) for that use of

public facilities to drain the nation into a hell hole via animal or animal free circuses, *strip clubs $900* million *a year fee at least until they're banned like in* Iceland, the only European nation to do so (give them 5 months to learn some new skill in the 11 companies, the only employers of the land). Let that become the global law in 2 years by international treaties. We also need sanctions on all nations who don't agree to stop torture of sentient animals (bull rodeos, lion circuses, pig wrestling, horse riding contests that injure animals, people, like *some* Australian 'savages' (the culture of chimp sex, violent 'food', violent 'sports', violent pets, violent 'music', makeup and violence deified (no real laws against it, just programming to expect it daily, like USA), macho bravado that defines Aussie main website for news, and other nations' similar sites) enjoy, together with other *"human looking chimps"* worldwide) or torture of women used as enslaved sentient animals or sex objects. Circuses are a *genocide* of humanity, as well as endless useless animal focused hobbies, because they take people away from the urgent task of preventing the end of all humans within 2 years, in a mere 10 second event due to a tech, people could discover 2 years from the moment you read this. All music that is not talking about World Peace in 3 months is genocide, since we're reaching the moment of species end, current tech and some physics knowledge is all that's needed. One simple invention and we could all be dead in 10 seconds. We need World Peace, not torturing animals. *How can people be so selfish to waste an entire life with circuses, supporting them, when fellow humans are* killed and tortured daily? No uplifting elevating music, spiritual, etc is recorded with cat and dog sounds. As you see today in USA and many nations, millions love pets way more than people they bomb into the stone age to get oil for their gigantic SUV or pickup trucks; 100 million Americans then become more of a callous brute (for a while, until a book like this jolts them out of their comfort zone) who won't even buy a 54% of the average gas car price car 48K, a 26K Bolt electric vehicle (7K tax credit too, so 19K, meaning 40% of the price) to care about PEOPLE (we are all one quantum field, ☺filif ostrich IQ folks☺ *think that damaging Iraqis has no effect on Americans, even* if it completely destroys the quantum field of Americans too, but the aristocrats don't care, only $, one life, be merry now, even if USA disappears tonight and human race too) who're literally killed by oil wars or car smog: the enemy laughs, as people worship cats and dogs and kill via smog millions of their fellow Americans. Oil money will then be used to stage terror attacks globally. Will your cat and dog protect you against these mind control gadgets in trillions of products? Who will defend your nation or the human species from a 10 second end of humanity? The cats and puppies?☺☺☺ If anything, cats are like tigers, small ones, who, even if domestic, kill and spill blood and disturb the human quantum field by their killings. Dogs eat meat and that implies more bloodshed in the factory farms. It's anti-eterni to have non-vegan pets. Everything in the media is ads about dogs and cats. It's not by accident, pets act as a distraction from our abject slavery. The world morality collapses, as dogs and cats are way more important than World Peace in 3 months and actual PEOPLE. As people get pets they have fewer

kids. This then invites more immigration because aristocrats need 'slave workers', open borders and sometimes even crime. The sweet 'love of pets' can be deceptively used thus to literally wipe a country out off the Earth, to strengthen the tight chains around world's slaves who're too brain dead to meditate, being harassed by their own dog barks daily without even realizing.

dogsbite.org says 35 Americans were killed each year on average between 2005-2019, with a PDF showing: 66.4% killed by PITBULL, 9.8% Rottweiler, 4.2% German Shepherd, 3.5% Mastiff & Bullmastiff, 3.1% American Bulldog, 2.7% Husky, 1.9% Labrador, 1.5% Boxer, 1.3% Doberman, 0.4% Malamute, 5.2% mixed breed (about 34 mixes). So, if you get a dog, avoid the top 10 at all costs, they're big and more expensive to feed and maintain, insure, etc. Get a lovely, ever licking never biting 8 lb tiny Shih Tzu if you absolutely need a dog, they were bred to be a royal companion dog, so they're affectionate. Big dogs are a bad choice, they're expensive, they can cost you now, before the 90 million/year immortalist fee, $75,000 over the years and waste eons of your time, harass neighbors with barking, invite lawsuits from neighbors, bring endless nightmares. Never pet or move fast near a big dog as they can get angry and bite you, only pet if owner gives OK and dog is cat size. Be calm and avoid eye contact, let it sniff you if an unleashed (escaped from a car, etc) dog happens to be nearby, don't startle them, don't run. Pitbulls are "satan's best friends, straight out of a pit of hell", so avoid them like death itself.☺☺☺ They also bite the most, not just kill the most, they bite unprovoked the strangers the most too. Mixed breeds bite almost as much as pitbulls, but this category is a mix of many breeds. ☺☺☺German Shepherds were the 2nd most frequent biting individual breed (about 17% of all bites), so avoid them at all costs. Please absolutely avoid all 10 above, death is not worth it. The 2 most intelligent dogs are border collies and poodles (which can be only 4 lb, saving money for food and being 0 risk of knocking, scaring small kids), *none of the serial killer dogs above*. If you want to lower your IQ and kill people, get one of the 10. Pitbulls, bulldogs, mastiffs, huskies, boxers, etc don't even make it to the top 20 smartest dog breeds. Intelligence is contagious across species, so your newly ☺abysmal IQ☺ will become more evident to peers, people whom you date, bosses, etc You become as violent, psychotic and intelligent as your dogs are; if you have 3 kids, you become far smarter, kinder than if you have 3 dogs, so you choose.☺☺☺ Golden Retrievers are far smarter than Labrador Retrievers. Even pretty short and "small" English bulldogs can become very bossy and aggressive, injure toddlers, by knocking them down, scaring them, terrorizing them. Avoid all bulldogs, they're incredibly low in IQ.☺ Statista has a chart for 2005-2017, confirming the same % for deaths. 26% of fatal attacks were infants, would you like your baby infant to be killed by your dog? *The CDC* explains *that* "The annual number of deaths ranged from 31 (2016) to 81 (2021). From 2018 to 2021, deaths more than doubled for both males (from 15 to 37) and females (from 20 to 44)." The chart shows at CDC that from 2013 to 2021, female deaths tripled almost. What did USA do to stop it? A 2024 USA today chart shows

the dog fatalities rose from 31 in 2016 to 98 in 2022. Thank Democrats for it. ☺☺☺☺☺☺☺

The dead victims are mostly kids (owner's usually) in many years: 0-2 years 26% per 1 lawyer, 1-4 years 29% per Forbes, 0-16 57% per Forbes, 16.1-130 years 43%, mostly seniors and 16-18 kids for the 43%. Data shows the 0-5 years may be 40-45% of deaths, though numbers may vary a lot by year. Bad big dogs are coward 'abysmal IQ' killers, they kill helpless tiny people, or old seniors too weak to fight back or escape. "Of the 13 children killed by dogs in 2019, 77% (10) were ages 0-2 years old". In 2005-2017, 48% total human deaths were ≤ 9 years old. The shorter, thinner and weaker the kid, the more certain the death as they can't escape. That's why, a loving parent can't get any pet heavier than 5 lb, so no cats, no rabbits, no chicks (since they grow to be tall and 15 lb), no guinea pigs, no dogs, except tiny 4-5 lb poodles, etc, so they don't knock down by accident any baby and injure him by a rooster or hen attack. A fall hitting head of some concrete could cause lifelong loss of 50 IQ points. A baby is a potential trillion year old Immortal and is not to be injured by beasts. A baby is worth more than all dogs on this planet, than all pets on Earth, so a truly kind parent who respects the soul of the kid, who doesn't injure the kid, who is not a military psychopath injuring people and kids to "make them tough and insensitive like the military", won't get such a pet. The gentle parent knows statistics, that anything can happen, that a human deserves no conscious or preventable injury and kindness is his religion, not Christian and Jewish psychopathy that calls for entire cities to be burned with all pets and people in them, with all animals killed, *and entire nations exterminated*. "The majority of (facial) dog bites occurred in children 5 years of age or younger (68.0%). Almost all (89.8%) of the dogs were known to the children". Why would anyone with toddlers have a dog of any size then? To disfigure their child? An honest parent who knows math of 4th grade, knows than any dog will increase the risk of injury and of permanent damage or even death. Thus, the honest parent, with a still functional brain, who values his child more than all pets on Earth combined, as "ordained by God (no dog idols)", can't ethically get a dog, or even a cat, until the child is at least 18. Cats are too big. Let the child decide if he needs a cat or dog, when an adult, don't shove it on his soul. Same for religion beliefs in fake miracles and stuff, basic ethics of kindness is enough. Chicks can grow big and knock a baby off the ground if a mean rooster irritated by a playful kid, or use his beak to attack the baby's eyes. You don't want a baby to hit his head of a concrete piece and crack his skull, be careful with big hens and roosters that can startle babies and make them fall. Never leave babies alone near any pet heavier than 4 lb. Chicks are fine only until they're 4 lb, after that, they need a cage or donation to a farm. Safety first. ☺☺☺☺☺☺☺

Let all immortalists unite as one, create the new pet of 4 lb max for babies, or use little mice, for all who want a dear pet. Let all immortalists unite, create a drone in 3 years that sniffs 5 trillion times better than the best dog today, and deliver that tech to cops of the United Eternia of Immortalist Anthem. We have endless lawsuits and court proceedings about "designating a

biting dog as vicious or not" and 50 state laws about this and that that allow us to decrease number of physicists and chemists able to create such smell drones by 100 fold. This terrorism of Americans by the lawyer industrial complex, by the useless duplicate redundant state and town officials industrial complex (creation of decentralization) establishing 20000 rules about dogs, cats, reptiles make a mockery of the United States and keep us backward, low IQ and cruel. We legislate and spend months to decide if we need to have 20 million people dead in the next 8 centuries due to dogs, or maybe only 2 million. So, let's waste eons debating 2 vs 20 million. Last 100 years, dogs killed 3 million humans. One single law, efficient and mighty, for one nation, makes sure that number will be 0 killed by dogs. A human is more valuable than all dogs, a human's decent nightly sleep is more valuable than 50000 neighborhood dogs, and let that be clear to all people, that humans are above dogs. Meditation or simple breathing can make all 10-900000 times happier than any dog interaction. You know, our laws protect dogs and infantile brain adults who need "dogs/cats to be happy". The victims of 5 million dog bites, of incessant dog barking by all sizes of dogs, etc don't matter. The hedonistic selfishness of wanting to rub the anus of his bulldog with tissue to wipe it clean and his pleasure of having a dog in his bed, is far more important than the altruistic love of not annoying one in 70 Americans bitten by dogs and one in 3 harassed by dog barking. We have become the land of selfish ☺abysmal IQ☺. Ethics doesn't exist and *virtue is a thing for science fiction movies*. Why can't the government ban dangerous or ever barking dog breeds, instead of telling us we have to do 900 things to prevent dogs from biting or killing, sleep depriving us? Why not ban bad cell phone brands instead of telling us to be careful to not get cancer? Why not ban WiFi in school like in France/Israel, instead of pushing 2.4 GHz everywhere to destroy every organ of all kids/adults using WiFi even if not needed? All we get is 20000 cities, giving us 20000 rules, sometimes each city with 500 rules per 500 condo complexes or house HOAs, so a total of 2 million rule/law sets about how to be terrorized by dogs, instead of one federal law to end all dog terror of humans, have more science jobs, instead of "dog rule making admin staff, defending lawyers". With science you can make gadgets to help people meditate, relax, achieve brain health faster, without dogs, for 10$, not 75000$ a dog over 11 years, with *more health coming out of it, 900 times more per $ spent.*

Kindly gently have kids, not dogs, meditate to be happy.☺☺☺ Infants don't know how to stop provoking a dog, can interpret an angry bark as a call to play, kids squeal and startle dogs, their cries or stumbling on dogs can cause lethal attacks, that alone is a reason to NEVER HAVE a big dog, most attacks are by family dogs whom victims "love and play with". If you love "evil beings", welcoming them into your family as another "family member" as they call dogs, you get killed. Lesson learned.☺☺☺ Unneutered male dogs were 2.6 times more likely to bite people than neutered dogs. Dog bites are the 7th reason kids ages 5-9 visit the emergency room. Because of these numbers, immortalists would ban federally these breeds known to kill people,

to bite people often, to knock babies down and injure them, to bark and harass neighbors. All such existing *MONSTER* pets would be euthanized immediately. 1 human is more valuable than 80000000000000 trillion dogs. *Democracy means the basic human right to LIFE, without life all other rights have no meaning.* The right to have a pitbull doesn't exist, since pitbulls kill kids, seniors unprovoked☺☺. As all people get a nice house with walnut trees, useful vegetation, the need for forests disappears and then no more wild animals will exist, so zero fatalities. ☺☺☺

Kindly avoid the 10 lethal *dogs,* unless you're a cop trying to avoid shooting gangsters (who're serial killers) by using mild dog attacks instead, *but even such use of dogs will be banned after the new legal system revamp with* lifetime labor for slightest slap, spank and violent crime, and the obvious reality that nobody would fight cops as a result, since slightest punch or shoving of a cop ends one's life as he knows it (lifetime labor penalty, plus cops can use lethal force if attacked, to prevent dog use, with this being explained on TV to all so they know before thinking to punch a cop). We need to ban these dog breeds from the entire world, and use new noninjuring policing methods, end all jails. The chance is 1 in 120,000 for an American to die of a dog bite within his 80 year lifespan. See mastiff video whose bite force is 3 times that of pitbulls. We need to make all dogs vegan immediately (all animals too), to protect the human quantum field, watch how savage wild dogs are and how they cause their prey to die extremely slowly vs other predators and pollute the human quantum field more than lions who kill the same prey fast (though these dogs kill small animals too faster). It's this cruelty that causes many to support immortality capitalism, since this makes all food production centralized, efficient and discovery fast, so we can bring eterni food to liberate all species from suffering and end all bloodshed, war forever, in the human and animal kingdoms. Due to quantum entanglement with domesticated dogs, the wild dog effect on humans is strong. An Eternity of Peace can reign on Earth, so all sentient beings live without fear of being killed, tortured, at least mammals initially due to huge tech obstacles in veganizing every species instantly. WHO reports *"Dogs are the main source of human rabies deaths,* contributing up to 99% of all rabies transmissions to humans... Infection causes *tens* of *thousands* of *deaths* every year (*unacceptable for a world of Immortals*). Once clinical symptoms appear, rabies is virtually 100% fatal... Every year, more than 29 million people worldwide receive a post-bite vaccination. This is estimated to *prevent* hundreds *of thousands* of rabies *deaths* annually." 44% of households got a dog, so for these people, the chance of dying from a dog attack is much higher, possibly 1 in 52800. This is an ☺☺☺unacceptable risk for a Civilization of Immortals where everyone has the right to live to 400-80,000. 95% of dog fatalities are due to 10 breeds which need to be banned. Getting a small dog (those almost never bite or if they ever do, it will be a small issue), the most docile and peaceful breeds or a cat seems like a better idea, given that there are 4.5 million dog bites a year in the US, more than 0.8 million Americans receive medical attention for dog bites; at least half of

them are children. Why don't they just euthanize dogs that bite to lower the frequency of bites and hospitalizations? Just give people a meditation class and retreat of 10 hours a weekend for free for 3 years, so they deaddict from these 0 IQ 'evil' dogs. Biting dogs are a national curse, dogs killed 20 million humans so far: when was the last time a pet store told you that? ☺☺☺☺☺

Kindly give vegan food to pets, cats need taurine and arginine, though the amino acids are added to all vegan cat food. Free roaming cats can kill 180 animals a year, and owners don't know it as cats don't bring back the hunts. Thus, Australia proposed to enclose cats, as they live 10 years longer due to no disease catching, no risk from cars, dogs, etc and help the human quantum field evolve. Please don't allow kids to kill cats, animals in contests like in New Zealand, adults need to do that with high tech painless stuff, not shooting, as this makes kids more likely to devolve into brutes later as adults, once again, we need to educate all kids to love all beings and inflict minimal pain on all living beings. "pitbul-type dogs and Rottweilers were involved in more than half of these (1979-1998 human) deaths" ► JAVMA 2000;217(6):836-40. 28079 people *went thru plastic surgery as a result of dog bites in 2015* alone ► dogsbite.org...t.pdf. "In 2008, about 316200 Emergency Department visits involved a dog bite. Approximately 9,500 hospital stays involved a dog bite.☺☺☺ The average cost of a dog bite-related hospital stay was $18,200, approximately 50% higher than the average injury-related hospital stay." With advanced tech, *anything police dogs smell,* trace will be done 1,000 times better via portable devices, walking robots and drones. Probably in the future, as they bred dogs for dog fights in 1800s, they will breed the most *gentle tender soft* 4 lb dogs that never bark, never bite, to facilitate the spread of universal *gentle tender soft* compassionate loving kind merciful soothing healing grace. They made blue tomatoes, etc. Britain banned dog fights in the 1800s, we can see how society has moved towards gentler softer more tender expressions in that area. We get drivers license for a car, maybe give a dog license test to ensure people train their dogs properly, so they don't bite. With hands on healing being more common, with physical exercise being done to help others, with tone of speech radiating more compassion, *gentle tender softness*, kindness with more meditation to envelop all in compassion, forgiveness, peace, understanding, there is less of a need for a companion dog that is big and is more likely to bite, and jump on kids and harm them unintentionally during play. ESP, Telepathy, turning enemy into friend, sadness into joy, compassion etc develop better with more meditation, contemplative prayer, so then there is even more of a need of a peaceful dog who doesn't bark.

Many people need affection, and in a Civilization of Immortals people can practice hands-on-healing or 6 inches away healing on human beings, it can be even far more fulfilling than doing it with dogs, because it increased the lifespan of people, sometimes completely changed a life and prevented someone from doing bad things if those people were from a healing center within a hospital, school or even prison. The continuous development of infinite compassion, for human

beings, is essential for the increase of human lifespan. When we're aware of the human suffering, the countless people in prisons, hospitals, homeless places, with 16 million empty housing units and only 0.6 million homeless, we become more willing to consider the gentlest least biting least barking smaller dog breeds, or tiny dogs and cats. Even with ample love and such, some breeds are more jumpy, loud and biting than others. It's known that animals respond to peaceful gentle music and hands-on healing filled with universal loving forgiving compassionate healing *nurturing* grace, so with bigger dogs, it's even more important to fill them with these energies and qualities by living example.☺☺☺ Just like we focus on gentle peaceful music and gentle people to promote peace, it makes perfect sense to promote the gentlest dogs/pets too. Guinea pigs are about 10 inch long and 4 inch tall and they're not barking, not disturbing neighbors; they need no vaccination, but they do bite and most pets are ultra dangerous. We go in many countries and we see how people have dogs chained to or placed in a cage outside the house, or let loose in the yard in USA, and are used to act as some kind of alarm to prevent thieves, etc – but today there is no need for that, since one can get a motion sensing camera that makes a sound and turns light on to record (if dark) when someone approaches within 10 feet, instead of a dog barking 4 minutes each time something moves within 200 feet. This would be a lot quieter for the neighborhood than a dog sitting outside that barks at random hours from 9 am to 2 am; outside dogs bark out of instinct/reflex due to perceiving a potential danger, *moving its brain into that brainwave and causing the neighbors relaxing states to dissipate, and the more angry negative emotions of fight and flight* to emerge, mostly due to the sound, and also due to the quantum entanglement between human brains and dog brains, especially for dogs that are outside only part of the day and then they go inside to interact with the owner and contaminate owner with stress hormone releasing brainwaves and causing not only owner moving away from tranquility, but also the neighbors who're woken up from sleep or disturbed from their meditation, concentration, homework. So, while owners may get some stress relief from petting a dog, there are negative effects in the case of barking dogs shortening of the lifespan of the human neighbors around whose distress caused by the barking contaminates all around (they're too polite to complain to get $90000 in monthly compensation as they would in a civil world, for all the annoyance dogs cause for neighbors trying to go to bed early, meditate with window open), including the owner, on top of the subtle shift caused by dog barking which is bad, unlike the meditative instrumental music. ☺☺☺☺☺☺

After all, do you sleep/relax/meditate well with dog barking or with this meditation music? Which one is truly relaxing?☺☺☺ Out of 1 billion meditation clips on youtube, none use dog barking; nor does the spiritual ceremony, service in any religion, like prayer songs. Dog barking also entrains owner brainwaves with those of the dog who is barking quite often when not very happy; dogs often bark to threaten, scare in a sound that's 100% anti-eterni in tone, the very

antithesis of *universal* loving kindness☺☺☺; the more we listen to that "dog as alarm" barking emotion expressed, when it's that type of barking, the more aggressive and threatening people around become without even noticing it, the more anti-peace we become as passive listeners even if we don't have a dog and we hear the nearby barking for hours as window is open at night – so the society has to bear those costs coming from war, from negative emotion dogs program, dogs don't know how to express in a loving refined way their fear or disagreement, like humans do, when the humans use eterni tone of speech. We need silent security cameras, not dogs in the yard barking 9 pm to 4 am to destroy the eterni vibe of a town. Laws need to be set, at federal level, to ban outside dogs used as 'alarm' since we want to create eterni vibration in our world, not the opposite: dog barking (especially the security 'alarm replacement' dog type that barks all day and pisses all neighbors around) lowers people's IQ (we entangle a lot with dogs when we hear their barking, and *start emoting and thinking ever so slightly more like dogs, hyenas and related species*), ruins people's eterni tone essential for really long lifespans and *terrorizes or annoys* possibly up to a billion people who want a *quiet* neighborhood.

A government that cares creates Immortality Building Inc, as explained in 11 companies section, so that people can report when a dog harasses a building or neighborhood, so barking stops within 5 minutes. The complaint goes to the Washington DC and state office of INA, Immortality *Nurturing* Agency, enabling the National Cop Department (that replaces all 18500 departments) to make sure people are above dogs and euthanize within 1 hour any dog that the owner can't bring to silence due to violating the muffling device rule after 9 pm. When owners know their dog will be killed if no silence, as long as evidence is brought by neighbor via recording of video, everyone will keep their dog quiet. Too many terrorist dog owners exist in USA, guilty of semi-murder via barking that kills people slowly. Sadly, today's law doesn't care about people's sleep and deifies dogs, shortens thus the lifespan of the people - where is 'We the People'? Do we need *dogs.gov* for a fast reporting system of dogs harassing people and disturbing their sleep 9 pm to 8 am, so a system of bringing loud dogs (that bark for hours daily) inside or minimizing barking can be implemented to make people feel the government cares? If you ask everyone in a very private global survey of thousands of cities, villages and towns globally, 1 in 8 people (or more in some areas) may admit they have been annoyed by dog barking once in their many residences they lived in, though the problem may diminish as people learn how to train dogs better; it's politically incorrect to say so in normal conversation, sometimes, if they think some important public or neighborhood figure likes dogs, so a very anonymous private survey is key, to remove fear of retaliation from dog owners. Governments need to protect *all* citizens, not just dog owners. All dog owners need be given security cameras to use 24-7, with only 5 hours, noon to 5 pm allowed for outside barking (dog walk noon to 5 pm allowed only to avoid the risk of attacking kids if owner lost control of leash). We need to address the causes of 'bad area' not

patch it, treat symptoms with dogs. Breeds that bite and bark need to be banned, and only allowed for use by cops or military; this reduces health care costs from dog bites, so we use medical staff for longevity not dog wounds. Over time, we can ban more breeds until only the quietest and least biting breeds, top 1%, are allowed as pets, to reduce dog bites by 90,000 fold, while also requiring dog license for learning how to train a dog to not bark or bite, just as we have drivers license training. The government can give free 24-7 motion sensing security cameras saying "here's police" using fines collected from owners who get loudest dogs (sensors can detect that on every street) and fines of people who have loud music parties after 8 pm.

We need a national (one federal system, no cities or states can change it, no 20000 cities creating 20000 different systems to waste national resources) dogs.gov and pets.gov to report issues with dogs and get a dog/pet license, due to the extreme danger dogs pose to society. Dog owners have become a real threat to humanity, because many of them routinely yell and contaminate the human quantum field, like politicians do at rallies, leading to a generalized violent vibe. People yell at dogs a lot, so they will get a microphone to speak in a very gentle tone to call their dog, that is linked to a LiFi (not WiFi ideally, though, you could turn it off 'airplane mode' via a button, so microwaves only happen for 4 seconds when you collect to the collar, then turn it off to prevent damage to your body from 2.4 GHz) device attached to the dog, so when they go out and dog runs away, they don't need to yell and disturb the peaceful heavenly atmosphere. The truth is dogs are super dangerous and Amazon workers can leave a gate unlocked, the dogs can get out and maul to death a kid who ran in front the house while playing in a way the dog took it as an attack on his space. So, we need owners to be able to call dogs from 100 feet when they play without leash in the garden, since one escape when owner is distracted, could mean a kid is killed. We can't allow that, since owners make mistakes. In dog parks, their private garden, they allow dog to roam leash free, which poses real risks, especially in dog parks. A new law needs to make sure no dog can escape from dog parks by better fencing and no small kids ought to go there, to prevent any death. The dog calling voice transmission and collar amplifier device needs only be worn outside, if leash is very long and some city background may tempt people to yell a lot. People imitate emotional tone around them, so the more we hear dog owners yelling and people yelling on TV, with fines of $50 million never given to politicians/musicians who yell in the presence of 100 million TV viewers, the more we morph into a very violent society of hooliganism (we already are that, USA in 2020s). Our music is very much like dog barking, not like a soothing civilized eterni tune, due to this systemic aggression pervading every human society. Our society is highly violent and psychopathic, everyone has become desensitized and yells like a mental institution escapee at dogs, "Dog name, come here", which normalizes this Hitler tone in interactions with family and people. We need to create incentives to speak in kinder gentler way, and the reviews.gov system allows neighbors to

reports yelling that happens when owners shout at dogs/humans, so cops can install recording devices, see the extent of abuse, fines, require enrollment of people in free courses on speech after getting microphones. The AI will establish the fine based on how loud, mean, aggressive, unhappy the sounds are, from humans yelling, dogs barking in the yard, how often. If this yelling abuse continues, the parents need to be notified that fines go up with each course taken and can result in kids being taken away for adoption by a kinder parent. We can't raise psychopaths.

Dog owners are happily given a free security camera to guard their house, if this is a guard dog mainly, whom owners don't love much, don't sleep with, just use for terrorize the neighbors. The cameras will be sending signal to alarm in the house to replace dog barking, and everyone feels people love their neighbors more than dogs left outside or in the complex to bark 7 hours a day. Immortality Nurturing Agency sends automatically, knowing the intelligence agency profile of the person what he likes the most, the most amazing & beautiful ☺☺☺ colorful email and video, in the most eterni tone that the person loves the most (using colors they love the most for email fonts, video colors, etc, see AI section for customized voice used to interact) with stories of people whose lives have been transformed by kindness of dog owners who gave their security dog away in exchange for a free security camera system freely installed by the government with money from loud music and bad music ($10 million fines for certain celebrities who create music that destroys society) fines. By donating the dog to a shelter or moving it inside, they got many new friends and improved their health and IQ. Human friends are a lot more valuable than dog friends anyway. Knowing what each dog owner loves the most, the INA can send via email real life stories about how people lost that object, job, hobby, person 'which the dog owner loves the most' due to someone being so tired due to bad sleep (and making a mistake) due to barking at night by dogs or during the day for day sleepers. These stories can end with one final one, designed to develop people's IQ and intelligent empathy for humans☺☺☺, explaining how for example, in some future, a little 2 lb dog caused a power plant to explode and kill 10 million people, in a city of 30 million, since the guy who went to the fusion plant to work was very tired due to dog barking and made a mistake at work that led to explosion of the fusion power plant. Gov can give dog owners a dog mini 'house' that uses perhaps brainwaves to induce sleep 10 pm to 8 am or even during daytime, so dogs sleep when owner is away. It's not a good idea to talk to the dog owner to ask for resolution, due to risk of lethal retaliation from mentally unstable folks, the best thing is for a report to be made anonymously so that cops can drive by 5 houses away, unseen, let some dragon fly size drone be installed and detect where the noise comes from and record the noise for a few days to determine the criminality, rudeness and violence of the dog owner. Then, after recordings, the police can go to the dog owner and tell them they got 2 choices: fine them $1,000,000 to keep the dog, or fine them $900 to give the dog and dog license away for life. The current fines of 500$ for noise in many nations are a joke and comical

☺, given how much a dog can terrorize a neighborhood for 9 years, 5 hours daily almost. The one reporting it to dogs.gov can also get a device and record the sounds, or ask police to record sounds for weeks, in order to fine the owner a LOT more. The dog barking reporting person anonymously gets half the fine, or 500,000$ to increase incentives for quiet neighborhoods. We thus create a decent society, where everyone, not just thugs, are respected. We can't allow macho hooligans to terrorize the city. These things need to be explained to people in civic education classes, and in the dog license classes and tests, so we finally arrive at decency. Bad sleep via dog barking = irritated angry people prone to violent crime. Dog owners fuel violent crime. The dog owners will be given a free course on meditation and how to be very happy, with free visits to a relaxing rejuvenation center where no distractions exist and they can learn how to be happy, smile and generate bliss at will. Tiredness at work (due to barking dog at night) leads to mistakes and car accidents, irritation, conflict, tension in family that leads to wars when compounded, indirectly, so to be kind to people via not barking at them daily with a dog is to save the world more than even going to church twice a day. Be kind, give barking dogs away. ☺

This is not about dogs only, but thousands of other things that disturb public serenity, order and bring conflict, waste huge amounts of time for local police now, due to a decentralized system that wastes 500 times more time to deal with an issue, not allowing USA to evolve to higher tech, kinder tone and angelic police methods, the end of all prisons and their replacement with education, healing centers, etc. With high tech, they can replace dogs for all sniff and etc, as drones become 900000 times more effective and people discover meditation and loving other humans will be 100 times more fulfilling than having a dog who barks, bites and can often send people to the hospital. Bad dogs are due to bad dog training too, but why do people need dogs, if they can have human friends and take people of so many people who need help, to build an extra room, refurbish their house, replace that old appliance or water heater or whatever? Love people, stop wars first, the most basic form of love for all humanity, create that nice music, so different than dog barking, that brings World Peace. End all prisons too, love people, not dogs, God is more in people, than dogs. Look how much hate for other people exists in the world (prisons, wars), and how much love for dogs that harass so many neighbors, isn't that a contradiction of spirituality and all | | Immortality *for* All | | ethics? We don't imprison or attack with rockets, etc dogs, but we do that to people, how is that Godly? We see families with many pets where kids and/or spouse get little care, love versus the pets. In a world of Immortalists we love people so much more than dogs that no war and prisons exist and when a neighbor says they're not able to get nice sleep because of their barking dog, the dog owner would immediately, without a report to dogs.gov, bring it inside and spend 50$ on a security camera if they keep dogs to prevent thieves. Until that world, we need dogs.gov and noise.gov for all noise complaints. When we interact with people, help them etc we develop our intelligence a lot

more and a lot faster, we can even discover how to cure many diseases and eradicate many of them, like we did already and live to 700; but a dog won't tell us how to cure diseases and live to 1 billion. ☺☺☺ Talking about symbolic fines for bad music, it sounds extreme, but today, due to centralization of information via internet, one doesn't need to be rich to have spare time and money to travel to all nations to see how alike we're in our inner emotional and spiritual ethics and life, every human can access a trillion times more info at least than in 1991, and can see the tone of body language and hear the tone of speech, music and culture in every country and realize how alike we (the average TV-radio tone, not all tones, since some people have very nice tone) are in our 'shallow spirituality', 'lack of awareness of how strong of a gentleness tender grace it takes to cancel historical inertia and bring peace, longevity', 'spiritual weakness' or 'complete spiritual bankruptcy' depending on your take, i.e. in the lack of gentle tender soft healing grace in the way to intone and modulate content of speech (not just radio-TV, but even in more spiritual settings sometimes); this is because it takes 50 times the level of rest, brain alertness, cognition performance, etc to produce such a tone and people prefer quality over quality of media emotion-intent; the Internet allows the average citizen to realize the enemy is not in 'one country or group of countries' as politicians have us believe, but within all nations, it's in our lack of eterni tone of thinking, emoting, acting, speaking, singing.☺☺☺

The good news is that unlike before 2004, we got youtube, where we can select for the most uplifting 20 voices of 20 trillion youtubes, to evolve our tone, the top 100 recordings that got what one doesn't have, which we can't do on old style Neolithic media of TV-radio, so we can evolve now 1 million times faster if we choose the right tones, youtube can save the planet before we disappear, etc. Since we talk about God and dog a lot, we could say that we would achieve long lifespans faster if we educate people to love the worst human more than the best most adorable pet; this seems the beginning of civilization and the end of violence and war, i.e. to place silence for neighbors above 'the love of a dog so weak that he's outside all the time to bark', to love human neighbors (who want a quiet sleep) more than one loves their 'dog who is left alone all the time outside to bark', which is a sign of weak love. We need to educate all to treat people better than dogs, show some respect and value silence, so people get good sleep and have a nicer tone that brings peace, since good tone requires excellent sleep quality. Isn't God supposed to be Infinite Love for his special kids, humans? A good way to educate people to be more loving may be to remove violence from 'scriptures' (where 'God' tells people to treat other humans far worse than we treat dogs today; even old or cruel dogs are euthanized, painlessly by cops etc, while the 'Word of God' in religions says to burn entire cities with people (today nobody burns dogs, but "God" wants it) in them as 'offering to God', to torture and inflict pain on others, because back then they didn't know any better). To bring peace, teachers could allow small kids to play with lovely chicks, adorable hamsters, kittens and understand that they

need to be kinder to the worst humans than to these adorable pets, and to realize that every human is like a 2 day old baby compared to an Immortal and deserves to be taken care of more than pets some are absolutely in love with or even sleep with; yet behold reality: humans are homeless, and even pets have homes; so, does the immortalist government feel it is ethical to allow the unedited versions of some texts, movies, scriptures, etc? For many, the texts (or parts of it) containing such quotes seem hate texts to be banned, as the instigate people to conflict and war, to all that destroys humanity. We don't use century old oil cars, they pollute with smog a lot, why use millennia old texts, that pollute the psyche a lot vs this? ☺☺☺ Many historical, present people who were involved in genocides (Hitler, etc) or killings had a dog and it didn't make them an angel. Some say that if we get a dog we will get close to God, it can have the opposite effect, depending on what activity dog care replaces, what they do with the dog. ☺☺☺

We unconsciously imitate emotions and tones we hear and are around, from pets and people; to reach the highest eterni tone expression and evolution, we're hindered by the negative emotion barking of dogs or their reflex of barking, so it's better to get a dog that barks least as these effects desensitize us to our own speech tone☺☺, which unfortunately, sounds slightly like dog barking sometimes when we lose eterni quality (well, for me, I think even my youtubes, etc, due to torture by soldiers, sound sometimes like a dog barking ever so slightly and that was my better tone in those times, so you can imagine how Immortals may perceive average present human speech: like we perceive the angriest dog ready to bite). The healing nurturing melodious speech of some of these 50+ youtubes is vastly different from dog barking, but when we talk fast with negative emotion we become more like a dog who barks in anger at some stranger. In quiet areas with no traffic noise, a loud dog (often times small ones) can turn a nice area into hell from 5 pm to 5 am, so highest barking dog breeds need be banned immediately.☺☺☺ Nations could *ban some* barking *breeds, as they ban* biting *breeds*. The holy atmosphere of a monastery is the holy atmosphere of every street and alley of the world of Immortals, so different than our world of dog or human 'barking', since the worst tone there is like the 1 in a million best most monk like, healing angelic tone here normal people have only 1 min, if that, in their entire 80 years. It's the world of the highest Grace expressed, the utmost *nurturing* healing *gentle tender soft loving kind* compassion. A gentleness and love so total, intelligent, custom to humans, so divine ecstasy inducing by understanding human brains 7,000,000 times better than the smartest dog, so astral projection inducing, so amazing, that is wholly different than what a dog can express. In spirituality they often say we become like the people we associate with, their IQ, emotional IQ, vibes, and that's due to us imitating their tone of speech, which conditions our brains to the same emotional and ethical behavior since they're co-creating each other; likewise, the pets we have create our personality and tone and life; as humans evolve, so will the pet choices evolve and so will genetic and biophysics, acoustic nutrition engineering evolve dogs they may use.

Dogs live to 10 years, monkeys for 45, dogs entrain our quantum field to shorter lifespan than monkeys or humans we love, so humans who have good relationship with humans outlive those who have good relationship with dogs; it's also because it's 1000 times easier to get along with a dog you love and raise from birth than with humans – so the intellect and survival capacities are far more developed when we take care for all, as in Immortality *for* All humans, instead of only relatives, friends, co-nationals and pets; so to live long, we need to expand our universal loving kindness, love beyond dogs and cats, to include orphans, homeless people, all humans in all countries and long-lived animals we neglect now, cows live to 20; dog lovers need to love all humans at least as much as their beloved dog, cat or pet, and that is the kindergarten stage of spirituality in the world of Immortals. So, if you don't injure or bomb or kill your pet, why would you support any war on any human? Is that not a double standard? ☺☺☺ Why is *one* short-lived species dog getting 1 million times more love than even 1 million exterminated humans? We have limited free time, we can use it for Eternal Universal Peace in 3 months or dogs, our lives will be remembered for *saving* trillions *of people*, instead of one dog. As we expand in space, we will reach 2 million trillion inhabitants, so if wars don't stop, Eternal Universal Peace *would save trillions of humans.* So, if you want to be efficient in your service to the Universe, do you want to save 1 dog or cat or 4 trillion humans? What will be your legacy as a human? You pet one dog or cat and don't pet, massage, take care of millions of Americans, fellow humans who're neglected by society too busy with casinos, gambling, strip clubs, sports? *In 2021,* Americans spent 110$ billion on pets, and maybe 500$ in their spare time to promote World Peace in 3 months, $2 billion on fireworks, so indeed, human lives are far less important than pets. Due to the media, most don't realize that 110$ billion well spent could 1. prevent Syria & Ukraine cities being wiped out entirely & 2. bring Eternal Universal Peace in 3 months. ☺☺☺☺☺☺☺

Hitler had a dog too, died at 56, had a German shepherd. Did that dog make him the most healing speaker? No. Same way, you see the social engineering at work, some of the most popular celebrities have many dogs or cats and that is done (by those who remotely control said celebrities artificially made popular) to encourage all to get more pets (or use weed, etc, if a singer promoting violence) and have fewer kids perhaps, *in order to exterminate the host nation they vampirize and feed* off. They have 3-7 kids, while for the host nation, they promote *3 cats or 3 dogs as kids*. To completely destroy the host nation, they will also hide the number of kids they have via secret relationships. To further terrorize the nation, they remotely control animals to attack people. Dogs are domesticated wolves, see attack. Check out the lions allowed on TV near a kid, attacking the kid. How can humans become so brainwashed to love cats, lions and tigers? And yet bomb and kill human beings? Immortalists are for the end of wolves☺☺☺, as they create needless bloodshed. T gondii parasite manipulates mice to fear no cats, and get killed in the process, in order to spread itself. Likewise, parasites and viruses manipulate

humans to have more cats and dogs and incite people to love cats, dogs, not humans so an all out war will kill all humans, but not the cats or dogs who will then multiply 50 times faster. Dogs may plot together better than superpowers. If we're not careful, we will be exterminated even by these parasites, who keep us as short lived molecular machines (flying saucers) for them to spread thru the galaxy and sabotage our goals to develop technologies to live to a trillion or quantum devices to end all parasites, bacteria, viruses and carnivores in 1 minute to cure endless diseases. It's a fight between parasites/pets and humans, will you betray the human species? Are you a traitor? A spy for cat-dog-bird-reptile-pet head aliens? In espionage, agents of the same enemy country will take on many roles: friends who try to gain your trust, and hidden undercover enemies destroying you. Likewise, cats and dogs wage a war on the human species: they try to be friends and fill the empty void inside people who never meditate to be happy loving all human beings by eterni breathing, but indirectly help fuel wars among humans to end us in a war that uses human only killing weapons. ~*~Pets are the enemy of the immortalist state~*~, they distract us from the core goal of the state: zero violent crime now. With 170 million USA pets, the distraction they cause is mind blowing: if all the time to feed, walk dogs, stock pet stores/hospitals is used to bring Peace, nobody needs dogs to guard anything (no violent crime, drug trade, no sniff needed). Everywhere you go there are dog parks, not humans who want to live in ~*~Eternal Universal Peace~*~, free from war, violent crime and barking.

The odd thing is they got these domesticated tigers and wolves (coyotes eat people, watch) and are absolutely in love with them, and those who fear dogs are obviously afraid, since dogs are on a leash to prevent them from returning to their wolf self biting and mauling endless kids. Big cats, wolves, wild dogs kill endless mammals and pollute the human quantum field. For one big cat to exist, they kill thousands of big animals close to humans and cause 1 billion times quantum field of humans pollution than vegan animals. Thus, to stop the bloodshed, we need the painlessly get rid of carnivores fast, to help bring the heavenly Earth of Immortals.☺☺☺ It's imperative for all pets to be vegan and for cats to stop killing 2000 species because owners let vegan cats outside and they attack endless birds, etc and cause so much suffering to drown the human quantum field. We need better management of this bloodshed, any ideas on how to stop vegan or nonvegan cats causing so much bloodshed even when they're not wild cats owned by nobody? Buy a guinea pig that bites, if you're anti-World Peace in 3 months and think we need guinea pig or cat pets instead of end of wars, the size of a cat instead that is naturally vegan and attacks no birds, etc? *Where is the compassion for the 100 adorable sparrows killed and tortured to death by house vegan or nonvegan cats* as they ruthlessly masticate them to death? Kids play violent video games, simulating attacks on people, an evil action, instead of gently protecting fellow humans by kindly guiding some drones, under adult guidance, to get rid of all carnivores on Earth so no blood is shed. Drone *shoots* darts or sprays with cyanide from 1-10 ft away or

something in animals to help them die painlessly, 500000 times faster than traps or dangerous cyanide traps, faster than bullets that sometimes have lead or heavy metals and accidentally kill or injure people or vegan animals not seen due to shooting from 2000 ft away. ☺☺☺☺☺☺☺

Why do trillions of vegan animals have to suffer at the diabolical hand of these beastly 1 billion *carnivores*? Is that kindness, spirituality or democracy? Let those aristocratic carnivores die to end the cycle of eternal war on decent vegan sentient beings. As God's kids, we need to protect the many *vegans* killed and enslaved by the few vampiric parasitic carnivores. Finally, our cities, villages, national parks will be free of wild or biting dogs, bears, tigers, lions, coyotes, wolves, big cats, mountain lions, bob cats, foxes, reptiles attacking, mauling or eating people, mostly kids. The new law to protect the human species, not the dog one, could be: any bite by any dog means dog is euthanized, no matter how tiny the bite is; same for cat bites or scratches. You know, Nazis should exterminate dogs and cats, for each nonvegan dog and cat is exterminating 1000 animals to feed their demonic lust for blood (see the extermination pets are guilty of: 1 day old chicks, cows, chicken, pigs), and chicken and pigs, cows can live as long as cats and dogs. We gave death penalty to Nazis at Nuremberg, but what about dogs, cats who kill 1000 other animals via the meat, dairy they eat? As stewards of God's creation we can't let bloodshedding beasts thrive. Pets commit a Holocaust 1000 times bigger than the Nazi one each single year, they kill 10 billion animals. Pets are the biggest Nazis of all. A new website pet.*gov* will ensure all terrorized people can report bites and scratches instantly, barking and other behavior, so the Immortality *Nurturing* Agency☺☺☺ cops can come and euthanize the animal instantly. Finally, husbands, kids can call cops on wife's dog and have him euthanized, while wife won't know who called, the cops will say "a neighbor complained of incessant barking last 4 years, at pet.*gov*/2467128471982.htm is your recordings from the distance of the neighbor house (we put it on a pole to record) for the past 5 months of pure terrorism of the entire street, which is a crime normally punished by 2 billion fine, but in this case we waive that since you can't pay it, to comply with the ethos of *gentle tender soft nurturing* loving kindness and will euthanize the dog and provide you with 100$ to get a hamster who doesn't have a dangerous bite or bark if interested". Finally, *humans live and dogs die*, not the other way around. *Humans first*, let humans live to 900000, and not live to 1 because of a lethal dog attack (see 1000s of human deaths below). A dog barking can cause a lot of stress in some people who're on the verge of immune collapse, leading to bad sleep that brings immune system down and causes fatal death from the disease: all due to a barking dog, so dogs can KILL in many ways, never forget that. Incessant barking can do more damage than beating the hell out of a guy, BUT BECAUSE IT'S DONE SLOWLY, it's undetected. It's a PURE VIOLENT CRIME, ALBEIT A VERY SUBTLE FORM OF CRIME. Not America first, but HUMANS first. Immortality *for* All *Humans* FIRST. ☺☺☺

See how sad it is when cops release dogs on a compliant man "by accident". It's frightening. If

we have decent music, kindness, soft gentle vibes, we have no need of police dogs to attack suspects. The immortalists will ban all dogs from police use and use our brains instead to create the satellite (or police car) activated shutdown of any car and locking of doors of any car via the Immortality Traffic System. A drone comes out of cop car and goes to suspect car and tells him to get out without weapons and can be used to remotely fire if the guy shoots the cops. It's imperative to remove dogs, since angry cops will pretend they "accidentally" released a dog, when it was intentional, due to anger for chasing a guy for 1 hour. We need to ban the use of dogs by cops and simply reform the entire system based on no jails ideas like this. Watch how cops release dog on another surrendered man, black this time around. These dog bans need to be done to prevent the *transformation of USA into a terror state* where cops use dogs to attack people via unleashed dogs they release (undercover cops, FBI remotely controlling people to temporarily release a dog or releasing it themselves) to attack people they hate. To prevent dog bites, the immortalists require total control of any imported car in the USA via the Immortality Traffic System, from the central headquarters of the Immortality *Nurturing* Agency which is the national police agency. One bite, let alone millions as today, is unacceptable to immortalists and all decent people. Action needs to be taken to protect the public against dogs. ☺☺☺

Poor workers have no money for dogs, so they may afford a cat that eats 5 times less stuff, or 10 times less. The richer people have big dogs that bite off the poor people. This is not fair, it's an act of class warfare. As such, to ensure democracy and equal human rights, we need to set a fee for big dogs of at least $9,000,000 a year (5 million for medium dog) and use that money to give grants to people to take time off and attend online and in person free happy bliss meditation classes, free supervised fasting retreats to lose fat gained via pet ownership and to have some extra money in exchange for their dogs. Gradually, we can reduce dog ownership from 90 million today, to 0.1 million, mostly cops sniffing drugs. We teach people how to be a happy person without dogs and cats and instead love other people, or simply breathe and meditate, be happy, wish for World Peace, surround all humans in kindness. It's important to also offer people free blissful breathing classes away from their toxic family and neighborhood, to learn to be happy and relax, thru state intervention and mandatory vacation if the worker wants to attend the classes in person to get away from psychotic wife who has 3 dogs barking all day. How can anyone be relaxed for a week or month and learn to be very happy breathing and learn new skills, perceptions in a toxic house with a yelling wife or husband and barking dogs? We need to humanize people, have them love all people instead of "love dogs and support war and killings of fellow people". *The* dewolverization of humanity *is imperative* for our collective evolution. The national police reform will mean all drug sniffing dogs would be the least dangerous types. Also, all service dogs need to be very safe for all people nearby and minimized via new high tech enabled by new scientists born, as people have babies instead of big dogs. Gradually, thru more

human babies, we discover drones that sniff 1 trillion times better than dogs and we become free from wolves disguised as dogs roaming our streets to kill infants. We can take USA back from the wolves. How can releasing wolves into the wild be legal? They did it to prevent elk from eating all grass, trees, etc, but they could have just used elk or deer meat (eaten by wolves) instead of beef, a lot healthier, with ω3. Elk can be killed by humans in a painless instant way, versus the wolf painful ordeal. It's thus unethical to release wolves and deforest to grow beef. This is low IQ, we need good drones and high tech to control deer if it eats all vegetation. Deer meat is vastly superior in health outcomes than industrial beef, for those who still eat meat.

Living longer when loving all humans, not just pets, is true not because God created humans, necessarily, since atheists don't even believe God created our souls, but due to the simple law of physics of species quantum entanglement – if all rise, we rise too, if all suffer in wars, everyone lives to 90, not 1 *million*; plus we entangle and *become and live as long as the species we love*, we become as long lived as those we love, be them pets, Immortals, humans, God, etc; ☺☺☺ this is true for body lifespan, (when all other confounding factors are equal, i.e. not killed slowly via torture by spy agencies etc), and for our souls lifespan, the trillions of years souls may, sometimes, live for? People say that we need dogs to sniff drugs etc, but with 170 million scientists instead of 170 million cats and dogs in USA, we would have achieved by now 0 crime and also the tech to sniff via drone 9000 *times* better than the best dogs. When you focus all national energies to bring Eternal Universal Peace in 3 months and 0 jails, 0 violent crime in 20 years, that implies people move from loving the dog and cat species to loving the human species, not just our biological family. This love transforms our societies. We don't need pets, but if some do, the need for loving some sentient being can be fulfilled by opting to volunteer to mentor some of the millions of those who get less attention, like explained in other chapters, the orphans or those who got into some kind of enrollment into a healing course, every adult can volunteer to be mentor of younger people and help them to be more eterni in tone of action or speech. In 2023, there are 89 million dogs in USA and so 0.5 million homeless, many orphans, etc or even kids with parents that are so neglected – allowed to play in very aggressive ways and to become so anti-eterni and mean in behavior, without realizing. Many often treat dogs better than humans, look at the wars and torture, etc, covert and overt, etc. For those who love dogs there are the gentler smaller ones like: Beagle, Pug, Border Terrier, Bolognese, Pomeranian, Pekingese, Bichon Frisé, Mini Lion (Shih Tzu), Norfolk Terrier, Havanese, Cavalier King Charles Spaniel. A good idea would be to play very soft gentle music where the dog is, so it becomes very serene, evolves its DNA, brain, etc. Pet shelters need to evolve dogs to understand human emotion better, by having them listen to such music of eterni quality and emotion and express it. Chapter 7 explains dolphins and fish love peaceful healing music. 4.5 million bites/year, 78 million dogs means 1 in 17 US dogs will bite someone once a year. This may be due also to a lack

of proper precautions (strangers going near dogs), dog training and peaceful energy radiation. Big dogs can destroy furniture too, so having a cat or tiny dog is a big plus.☺☺☺

A CDC document that shows similar numbers: 0.8 million Americans needing medical care, 334,000 going to Emergency Room. Dogsbite has the fatalities numbers and some of the deaths of children. Dogsbite nonprofit believes family dogs inflicted 45% of all dog bite fatalities, with family pitbulls accounting for 86% of these deaths. You can read about 3 day old babies killed by dogs, sometimes with the parents on the bed, because mom coughed and caused the dog to bite 3 day old Sebastian Caban. About half the deaths are those of the dog owner or primary caretaker. "Infants were more than 4 times as likely to be bitten by the family dog and more than 6 times as likely to be bitten in the head/neck region. Pitbull bites were implicated in half of all surgeries performed and over 2.5 times as likely to bite in multiple anatomic locations as compared to other breeds." ► CP 2017;56(4):316-325 (pdf). Over 1,000 U.S. cities have adopted breed-specific laws since the mid 1980s, just after pitbulls (fighting dogs) began leaking into the general population. Many cities banned pitbulls: Aurora (0.3 million), Miami-Dade County (2.7 million people); Maryland Prince George's County (0.9 million), Wisconsin: South Milwaukee. In a Civilization of Immortals, 500 year old people are more valuable than dogs. Rio de Janeiro, Ontario, Malaysia, Norway, UK, Puerto Rico, Denmark, Ecuador, Cyprus, Venezuela, Turkey banned pitbulls, etc.☺☺☺ Ireland, Portugal require pitbulls, etc to be muzzled. Poland, Spain, France restrict them. Germany, Israel, Australia, Romania, Taiwan, UAE, New Zealand banned imports of pitbulls varieties, other breeds. ☺☺☺☺☺☺☺

A rather useless option (that some proposed) for the dog species known to bite humans is genetic engineering or breeding to eliminate aggressive traits, teeth (eat with the tongue a liquid with all required nutrition, a liquid that helps dogs to live to 100 while humans live to 900, giving dogs freedom from being bitten by other dogs and from the stress of being police or army dogs, because new tech will be 1,000 times better at smelling and sniffing than any dog) and paws, so dogs can't scratch or bite anyone, and changing barking sound from high to low soothing gentle song to avoid polluting public airwaves with annoying sounds of high entropy. Bites are an unacceptable risk for a civilization of 8,000 year old Immortals. It's illogical for a 10 year old dog to kill an 9,000 year old Immortal. The more aggressive a dog/cat is, the more influence it has on the owner and nearby people in making them so too, by virtue of quantum entanglement with the genetic mind of wolves (ancestors) or big cats that eat people (video). Wild cats kill 900 mammals, domestic ones about 150 if left to roam a little. Thus, it seems logical that if we want to live to 900,000, we support the more tender softer gentler breeds, that have moved away from big cat and wolf behavior by domestication, veganization for 20+ generations to eat a vegan diet and not bite attack any mouse, person (see thru breathable tents for cats, besides inside). Pets allegedly lower stress of owners who love them, so to live to 900 instead of 870, it

will help to have a 500 year lifespan cat or dog instead of many short lived cats or dogs, because the molecular pet system that ages rapidly and resembles human a lot can influence human organized system in ways that speed aging. Thus, it becomes all the more important to focus on longevity and the nonviolent ways of Immortals and their pets. The therapeutic effect of pets will be enhanced with one per living to 500 instead of 50 pets over 5 centuries. It will be a deeper bond and pets can develop new sounds, upgrade sniffing capability 10x by brain enhancement via diet, etc. The near end of humanity via war means that if 5 people are left in a village with wolves or big cats, there is a chance lions are hungry and people will die. So we see the advantages of domestication of all wild life, of placing "Immortality *for* All" nonkilling species on a higher priority than lifespan shortening circuses that shorten lifespan of acrobat jumpers or stressed animals. Humans need to eradicate all animals that would dare attack people if we return to stone age due to some cosmic gamma ray explosion. Do it now. ☺☺☺

Instead of 10,000 worldwide (2400 in USA alone) zoos, we need Immortality and genetic upgrade centers for all killing lifeforms or euthanasia/turn to fertilizer centers if no funds exist yet (they don't since all funds will go to zero violent crime zero wars first), so they get used to an eterni liquid diet, vegan par excellence, and not ever scratch even anyone, nor kill any other animal to survive. People starve and some use more meat than to prevent 10 human starvation deaths, to feed a tiger pet. Is that Godly? Perhaps, the universal compassion for the souls of cats and dogs, enslaved in these short lived bodies calls us to prioritize their longevity and transformation into angelic Immortal humans by reincarnation. So we have the freedom to liberate them and us too. The win-win situation enables humans to make dogs gentler, give them more time to meditate, play without being hurt by other dogs, live longer happier lives, develop their souls. It's an expression of the Holy "Immortality *for* All" Spirit's desire to *transform the world into the Paradise of universal* loving kindness *where no animal is killed,* via genetic engineering, veganism *and simply* loss of habitat for 100s of carnivore species thankfully going extinct soon, as humans expand and turn forests and parks into green cities merged with firests, etc. ☺☺☺ Any big cat, snake, wolf, hyena, crocodile, etc who kills at least weekly a big animal to eat, creates a quantum entanglement cross-species disturbance that shortens the lifespan of humans, by making it more likely for humans to also die suddenly in painful violent ways, so while some may like tigers (tiger eats humans, see clip, see the tiger who ate 436 people, and leopard who eats men) and feed them big meat while humans starve to death elsewhere, they forget big cats (that pet cats entangle with via DNA resonance) kill humans too, as video shows; it's better to replace circuses (with big cats requiring *space* to house, while humans are *homeless*) with compassion for all humans: have a festival *(to replace cruel to animals circuses) (and humans attacked by animals rarely, and to acrobats suffering injuries)* where you make homeless people happy, sing them an eterni song, give them 50 biomarker

measurements to help them live to 200, make them a house assembled on spot. Compassion for humans, World Peace festivals are more valuable than circus entertainment, circus big cats can even attack humans; thanks to PETA, taurine and arginine supplemented vegan pet food, etc we got lots of vegan cats and dogs today. 16.3 explains why Immortals would not eat animals. Even birds can be trained by the Immortals to live much longer, eat only "artificial" thick liquids made in the eterni food industry of the 21st century (quark and molecular assemblers eons later, which would triple their lifespan), so as to avoid inflicting pain on animals by big birds or on insects.

The world will become the abode of Infinite Gentle Tender Loving Softness Kind ***Compassion***. ***Nobody would be able to witness any killing of any animal by another animal or human***☺☺☺, besides no human-human killings. Since (possibly only 2 left in a more wasteful zoo) big cats (tigers, lions)/animals will be *vegans*, the lion can lie with the lamb without biting it as the Bible "Word of the Lord" says; lions/animals may be toothless and clawless (drinking a thick liquid with all nutrients needed, no need to have big muscles or claws) and have no memory of attacking any prey in their genetics, being raised vegan liquidarians since birth, yet many doubt people will need such gigantic pets who could accidentally kill weaker people by falling on them or knocking them down. We took violent human shredding wolves and made them into cute little adorable puppies the size of a cat; the same can happen with "big carnivores" way faster as we got tech we never had before: lethal injection and let only small cats exist.☺☺☺ Give people the meat, not big cats. All animals being vegan is in the interest of human survival, because all out war may leave 7 alive, weak and irradiated, unable to flee from wolves, bears, hyenas, wild dogs, big cats and ending human species forever; physics plays no favorites "those who promote loving kindness will get loving kindness, those who promote violent music will get violence, not individually, but long-term as a society, down the eons", in a far century when that war happens; perhaps, species who were kind, cared about little animals, wiped out big carnivores and saved their species when all out final war left 10 alive only; their kindness for the helpless little animals has paid off, ***a little compassion***☺☺☺ ***for others saved them too***; as true heroes against Holocausts of trillions of animals by pets, they saved their planets. But when they did that, the rock and roll fans were unhappy and fought hard against it; sanity prevailed perhaps, so a somewhat eterni tone and music rhythm prevailed, helping the kindest to survive and bring a civilization of Immortals out of the ashes of the final war, with truly eterni tone and music. Lions will be happy as nobody will bite or kill them in lion-leopard or lion-hyena fights, they will live much longer and find a new spiritual development path: reincarnating as a human when all cats vanish as humans neuter them all☺☺☺. Naturally, we flew 38,610 mph with Voyager 1, 161 times faster than the fastest bird. We can see how we will also reach a level of gentleness and nonkilling 161 times deeper than 500+ mammal species that don't kill their own or other kinds. The Immortal☺ Lord of Ascending Immortality will infuse everyone with the tender soft healing

grace of *the* Holy Spirit (spy rite?) of Immortality *for* All. ☺ If you think about octopus being able to shapeshift, humans shapeshifting 161 times deeper, or about the fact everyone will eventually get all nutrients from cosmic energy after eating liquids (maybe thick liquids) over first few decades, then one can see how on some planets that adopt this liquidarian diet first, they may evolve to smaller and smaller teeth, a bigger brain (smaller mouth), as they prioritize learning, intelligence and Immortality-longevity, over chewing and having teeth. So it might happen naturally even in humans over periods of time without any genetic intervention of people out of desire to maybe have a bigger brain or something. It's likely our stomachs and digestive tracts will change over time to become smaller, as nutrition is more packed. So, while at first this idea may seem pure sci-fi stuff, over eons, it may come true on some planets at least. To many, being able to live to 4,000 on a peaceful planet of liquids eating people with kindness is a plus, way more valuable than having teeth to chew on solid foods on a planet of warfare with short lives. Having teeth gives us no huge advantages. Pureed liquid like almost foods are gentler, they don't need such hard grinding, they're softer. The liquid nutrition frees us to do smarter things than chewing, to discover how to live on energy as explained in 11.1, do human molecular simulations to avoid animal testing, space/astral travel, be happy and Immortal.☺☺☺

Immortalists kindly gently argue that having big dogs that are NOT service dogs is an act of genocide, ethically speaking, because dogs have a genetic memory of mauling people and they can kill small kids, small seniors, etc who obviously don't have guns to defend themselves. It's a selfish irresponsible act to have big dogs, because it forces America to have 48000 gun deaths yearly. Do you know why we can't ban guns? Because of protests from people who want guns to protect themselves against big dangerous dogs owned by cruel Demon-crats who want gun control, but no protection for those killed by "Democratic" dogs. It shows how hypocritical some so called "kind" Demon-crats can be. How can USA be civilized like UK, New Zealand, Ireland, Norway, Botswana where cops have no guns? It can't, every brute has a pitbull or other lethal dog that can attack cops, so cops need guns to shoot those beastly dogs from hell who're often without leash and jumping to kill the officer. Oddly, we got these countries with 100 times fewer pet dogs, yet, their homicide rate is 100 times lower than USA, 0.074 for Qatar vs 7.5 for USA. The dog fanatics would ask: "how can this be? Dogs are man's and God's best friends, dogs make people kind", and other lies. If anything, dogs (at least the big and barking breeds) are Satan's best friends for reasons covered in the 50+ pages above. Only monsters get such big dogs, but in USA, monsterism is mainstream. Huge cars, huge living rooms, huge kitchens, tiny rooms though since dogs get to live in a gigantic living room, huge dogs and space for dogs but tiny space for some humans in a room 4 times smaller than dog's living room, huge everything: Dogs first, humans last, Satan first, God last.☺☺☺ Soon, elephants will be America's favorite pet.☺☺☺ Immortalists don't even believe in religious myths like Satan, but it's just a word some use to

signify a danger or threat to humans when talking to people who may recognize that word from the times when they believed in religion. So, if you're non-Christian, don't get offended by the use of the word Satan, it's just a way to relate more to those who may be slightly Muslim (who believe dogs as pets is a no no) or Christian or religious (since some religions have similar concepts, they call those beings demons in Buddhism). The only thing I have in common with Islam is the fact I dislike alcohol causing 3 million deaths and that I dislike dogs barking sounds, the uneterni sounds, their incessant evil disturbance of peace, tranquility and gentleness by their barks, and their incessant murders of babies, seniors or even adults. As dogs take lives of humans who could be Immortals, they're true devils, as Mohamed explains in one verse. Logically, Mohamed etc saw the deaths coming from rabies infected dogs and wanted dogs dead, so in the Quran he once ordered all Medina dogs be killed, a common thing in China today, when rabies epidemic exists and they killed 5000 dogs in 1 day in a town. Immortalists would ban anyone except cops, from owning pitbulls or any very dangerous breed (that's about 40 breeds). This would help USA move from ghetto stage to civilization. Today, nobody can feel safe on any street, as you see 1000s of youtubes of neighbor or visitor dogs without leash attacking kids, teens, seniors, etc, even huge big muscular cops. How can we have no guns if border is so easy to cross by gangsters and criminals and dogs kill babies always? Are Democrats insane? So, before people complain about guns, we need to realize the dogs and the border need be fixed. Nobody needs a big deadly dog, unless a cop. People bash police, but they don't realize they're like Hitler who had a German shepherd lethal dog. *To bring true Peace to this USA Land of Violence we need to painlessly kindly kill all wolves, bears, tigers, lions, alligators, snakes, etc* that could kill people, stop "low IQ Democrat" efforts to conserve coyotes, or animals that sometimes kill people, so nobody has to have guns anymore and institute some 10 million dollar fines for certain crimes, and lifetime labor and death penalty for ALL violent crimes. A carnivore kills 5000 animals (livestock used to feed him, or wild herbivores he catches, etc), so one killing of a *carnivore or reptile who eats mammals, prevents 5000 killings, so it is actually pure kindness* for the quantum field of all life on Earth, especially for humans, God's best friends per religion.☺

Do you have *empathy* for *48000* people killed by guns each year in America, for *the 400000 injured by guns each year, for their families?* Then, please get a small quiet least barking dog, cat, guinea pig or hamster and your immortality credit score will go up 20 points.☺☺ No pet means score will go up 200 points. *Isn't it time to have compassion for others?* Thus, for immortalists, anyone who doesn't support and work passionately daily for 0 violent crime, 0 guns and World Peace in 3 months is a terrorist of the human race, of the human quantum field, a terrorist who supports the wholesale destruction of the human species in 10 seconds. Not only that, but the day will arrive, maybe 3 months after immortalists win elections, when, in order to reduce gun crime to 0 from 48000, we may ban all big/medium dog breeds known to have ever

attacked humans or babies (that's 99% of big dogs, 80% of medium dogs and 70% of small dogs who injure humans or attack them via endless barking from neighbors: only quiet nice dogs allowed to breed on Earth), causing serious injuries (not a tiny scratch, but serious). *The fight against dog terrorism is only starting*. This is needed to avoid dogs killing people who don't have guns to shoot the dogs. As drones sniff better than dogs, no police dogs are needed, they maul too much needlessly, wasting national resources, since nobody would dare to attack a cop if on camera (all cops would have to record everything as only 1 policy and one police department exists in the entire nation), as police will be given the right to enact DEATH PENALTY (shoot dead) on the spot for anyone attacking a cop unprovoked (without the cop attacking first, none have the right to attack, punch, etc a cop just because a cop asks a question or wants to search a car, etc) in order to end the endless chaos, hooliganism that reigns supreme in the US. After we eliminated all gangs in USA and gun crime is down to 0, cops won't need guns if violent crime, punching of cops etc are also 0. It's only fair, as cops deal with life and death situations from various psychos daily. Nobody wants to be a cop, to risk their life daily because of terrible laws that protect gangs, aristocrats, not cops, not workers, and promote total lawlessness and crime.

We can't allow dangerous or barking dogs to terrorize our nation because of a few hooligans who simply don't care about 48000 killed by guns, 800000 emergency room visits from big dog bites, 40 million sleep deprived by all types of dog barking, 1 trillion in healthcare costs every few years to deal with the diseases made worse by sleep deprivation, bites, gun crime, 400000 gun injuries, etc. *We as a nation have to decide: humans matter or only* dogs.☺☺☺ HUMAN LIVES MATTER, and are 1 trillion TIMES more valuable, each, than all Earth dogs COMBINED. *What will it take for* Americans *to have compassion for fellow* Americans*? World War 3*? Blacks, please organize with same enthusiasm for HUMAN LIVES MATTER, Protests against all humans who have dogs. Don't people realize the obsession with dogs takes them away from helping neighbors, from helping others and promoting kindness, from turning all jails into heavenly healing centers, from turning all bad areas into decent areas as we demolish useless businesses, useless sports venues, pet stores to build decent housing for all? Companies peddling pets and useless products are part of the global program of turning everyone into the most selfish person possible who supports any cruel aristocratic war, the military elites of every nation (real government, not public), who doesn't care about millions of people dying in wars, but loves HIS or HER pet. The rich cause the poor of nations to fight among themselves, so that the slavery is eternal. *The purpose of war is theft and enslavement.* We either love people or small tigers or small wolves, cats or dogs, we have only 24 hours in a day and a given income, energy, etc, and World Peace in 3 months is not that easy to achieve. Such terrorist pet companies ought to pay $2 billion annual fees, since it's pure aristocratic habit to have pets that are not service animals or sniffing dogs (while the poor live in terrible conditions fueling violent crime), while others are

being bombed, maimed and amputated to death by the taxpayer money misspent by the low IQ folks in power. These companies, promoted by fake celebrities (living in mansions) from hell, do all possible to brainwash all to place pets above people, to promote slavery to pets above the basic human right of all to life, as in Eternal Universal Peace in 3 months, written every 100 yards everywhere until it manifests, instead of these materialistic signs and useless businesses that show the utter depravity of the American and world cultures. See how many nail salons (even at home kits waste resources, shorten lifespan, don't waste your life ladies, men don't care if your nails look colorful, on the contrary, some men view such women as selfish and ☺abysmal IQ☺, not just low IQ), endless time spent with removing leg, arm, etc, hair, making nails look great, for low IQ women who could care less about the destruction of the human quantum field done by war, dogs, cats and violence. Who looks at the leg hair, nails? Only the lowest IQ men. Is that why we waste so much energy with that? What about the depraved card games, chess, sports of men, how is that bringing Eternal World Peace? Can humans stop being animals? ☺☺

Incidentally, nobody listens to barking sounds on mp3 portable players, since it is not relaxing or pleasant. On the contrary, barking is for some very annoying, because barks are a stress call usually, meaning the dogs we hear in cities are dogs acting out their 'bark at strangers' reflex, which is contaminated by their fight and flight emotions of anxiety, anger and threat and are thus not facilitating relaxation, healing in humans, being anti-longevity and obviously annoying for those trying to relax with the window open. Bells can exist sometimes in some mp3s, especially the gentler types using crystals (Tibetan, etc) or special types, but not barking. Life is *Peace*. It's a subtle effect, since the restless barking takes us from the serenity we need to bring World Peace, and with that arrives the less eterni tone which leads to more wars. Dog lovers don't realize this effect, since they love their dog and get used to the barking, which, with the owner, it can be a sound of joy associated with positive emotions. In India, they have a saying "you become who you associate with", Satsang, if you sit or you sat with a dog and listen to how he sang, his brain and barking, you become more like the wild dog and his ancestors, ancestors that are still alive, relatives of those, in many areas as wild dogs that we delve into next page. We see how people spend 25 hours a week at times with their dog and 0 hours a decade to bring World Peace in 3 months, this is because dogs, especially wild ones, don't really stimulate our compassion for all mammals killed by wild dogs who chase mammals and eat them alive in the most cruel way in the animal kingdom. Dogs don't have Internet, to perceive and understand the vast suffering of all mammals on Earth at the hand of carnivore predators, or war loving humans. They only understand their immediate surrounding and narrow our perception too. They seem loving and such, to the owner, because the dog has that natural selfish self-preserving love, i.e. it is in its survival interest to love the owner and be nice and ultra easy, as owner is nice to it. But a dog doesn't have a universal loving kindness, it cares not about the

tremendous suffering of 10,000 chicken, 20 pigs and 20 cows killed and tortured for the dog to eat, so dogs will be limited in their capacity to understand the universe and limit the owner too, in ways that are subtler and much harder to detect due to the bias of the owner sleeping with the dog. Since for many, the dog is their best friend, they can't see the faults of the dog, because the dog is loving, licking them a lot, barks to signal its appreciation for the owner.☺☺☺

Yet, the dog is also often leading humans into temptation, to inflict suffering on many species around, without caring about it, as the non vegan dog (or cat) eats meat that damages all. Cats even kill small birds and mice, shedding blood and degrading the human quantum field too by that, unless they're kept inside 24-7. The dog, unlike the cat, is way more destructive to 'spiritual progress', as it can interrupt meditation states far more, so oddly enough, in Islam cats are the happy worshiped pets, while dogs are not. It's natural, if one seeks to create a quiet place to pray, they wouldn't bring dogs in. In the war against nations, one of the most effective tools of DNA degradation is to increase the amount of dogs per capita, as it will certainly stagnate those nations to a level of consciousness. We can see today, various forces, who hate certain groups, use their military and spy agency resources to push dog ownership to undermine those nations and slowly exterminate them. The predatory wild dog like humans, wait patiently like a snake or big cat before it is ready to crush, disguising their evil idea as the healthiest idea to embrace (stress relief, etc), using every means to destroy their enemies, from birth to old age. They strive to create incidents, habits, etc to undermine. The evil spy will blend in as a local, promoting everything that will destroy that nation. Beware of brainwashing, the kids immune system can develop a lot by simply meditating and being ultra happy, being loved by God, the Immortals of the Future, the Quantum Field of the Species. One doesn't need dogs.☺☺ Adults can take a nice bath and shower, get more circulation and benefits than dog licks, and one can meditate, relax, listen to serene music that lowers blood pressure a lot more than having a pet, outlive dog owners by meditating. Talk to God and Immortals in your head, no need to talk to pets, if you're lonely, or volunteer to help fellow humans who want to end all human suffering, all jails, all wars, etc. Don't be so naive to believe all the fake news stories about the immense benefits of pets, they don't compare that with people who meditate and are not tortured by the militaries or spy agencies. USA got 90 million dogs, yet 50 million humans are ultra neglected, no massage, help, etc, so all lower the IQ, as a result. People need help, but nobody can help, as the 'would be helper' wants dog licks, barks, petting a dog, "God forbid to massage a human or, better yet, give them a youtube or ebook link to a video on how to meditate, or help them buy a $20 mp3 player to listen to music while taking a shower or bath to achieve more healing effect than massage, give them a 20$ inflatable pool if they have no bath, let them relax, sleep well".

The cruelty of people is incomprehensible, they treat a cat that often kills 150 mammals a year much nicer than 1 million people they exterminate. All cultures deify being macho, cruel and

manly, to protect the "country", torture and war, the spy agency, military do it on all recruits, humans have become insane as a species and this may be our end in the century of quantum weapons. We literally undermine our own species, which can live without inflicting pain☺☺☺, as *vegans*, to support a cruel species, big and small cats, that kill and inflict so much pain on endless mammals, rats, birds, etc. We're not even mentioning dogs, who when wild, inflict 100 times more pain on prey than big cats, as they die 100 times slower, being chewed alive from the back. So, when was the last time you meditated or wished all lived to a trillion as transformed angelic beings of shimmering eternal light and universal compassion? The TV has barking dog tones, too often full of anger and aggression, so, any sanity that's left is hidden in a spiritual program that nobody can find, the only decent eterni tone that sustains Eternal World Peace is found in 0.1% to 0.001% of TV-radio (depending on our MRI emotional filtering scan of certain gentleness, empathy, etc regions thresholds, this slows speech as you modulate everything to do the brain equivalent of 100 pushups for body exercise). This is because the military industrial complex imposes a certain training on TV-radio folks via remote control, that doesn't develop those brain areas that are developed in the people who live to 5000, so we're more like wild dogs are versus the most saintly humans, today, versus our descendants. Realizing that the paranoid brain of serial killing or most "serial killer brain signature" military people, trained into the ways of killing and terror, always looks for spies and enemies, and can't love others well, it helps us to move towards a kinder world. It's very rare to find an honest person who admits they may not speak with the ☺☺☺*gentle tender soft nurturing* loving kindness☺☺☺*, as it is not normal speech, but one that* requires tremendous focus in brain areas normally not activated during speech, to create a new brain, a new DNA. ☺☺☺☺☺☺☺

Most people, me included only spoke 4 minutes in a barely somewhat eterni tone☺☺☺, in our entire lives. Eterni is the most loving tone, a trillion times kinder than that of a most loving mom with her infant baby. We normally speak more like brutes, or hyenas, emotional content ones, like wild dogs: watch the brutality of the dogs eating the cow alive, and watch carefully how many on TV do the same, brutally eating the core of *gentle tender soft nurturing* loving kindness in the listeners, lashing out like a nuclear attack happened, with not even 0.001% of the gentleness of an Immortal, destroying the listeners' brains, bombing their souls, turning them into brutes. It's shocking how anyone can become a journalist, politician and speak in public without any truly angelic tone, any science of speech effect on human brain centers related to World Peace maintenance. Check out the street dogs, trying to kill the baby cow. Check youtube, they got 50 videos of wild dogs eating a waterbuck and her unborn calf. That's how vampires (unconscious, if used by others, or conscious of their evil acts) do it on TV, they incite people to negative emotion, and then the whole world becomes a war zone, for maximum looting. Watch the wild dogs and see how humans behaved for millions of years, groups of people attacking one

person, or group of people or country, tearing it apart, not realizing they don't need to do that, due to infinite resources and the benefits of building a nonkilling immortality for all, torture of none culture. Most of us are so stressed usually, we can't even approach eterni tone once a month, sometimes not even once a year if tortured by the vampires holding the planet in hell. This requires a brain orchestra, a whole resonance of separate brain areas, a melody, an effort, like that of composing a song and solving some science puzzle, it's not just being the chimp we're usually in speech. This tone is that of the average human who lives to 5000, when violent crime rate is billions of times lower, and ultra minor violence *(non physical, just bad words or using the brutish language in this torture section of this book, which is there to make sure nobody misunderstands the meaning, even if not evolutive)* that today is not even thought of as 'crime'. In today's brutal world, people won't understand what you refer to, if you make it too soft and it will take 10 times the words, time to write the same ideas, so people will only get 10% of content, since we all have minimal time for writing stuff in our spare time. We exchange letters billions of times faster: telepathy, speech tones will be billions of times kinder too. ☺☺☺

Every day, we're bombarded with news about dogs and cats☺☺☺, bombs flying in many countries, mean things done and never anything on Eternal Universal Peace, the combined quality of universal *gentle tender soft nurturing loving kind* compassionate *grace* or about living to a trillion in peace. An agenda plays on TV, as if a parasitic vampiric force intentionally wants to keep the conflict, chaos, cruelty, war going – so why do people believe in Zion Elders stuff as being done by some bad Jews only (when 100s of empires and states employed the same tactics), yet make no World Peace in 3 months youtubes, things about Immortality *for* All (instead of only one country) or TV? Where is that tenderness gentleness they have in petting their cat, dog in dealing with the worst humans on Earth, who became so due to lack of education and attention (too busy with cats)? Hardly ever, if once in 1 billion articles, we find ideas like these on military. "Too busy for healing centers that could replace all jails and heal the people, we need endless useless businesses… whoever doesn't follow our "rules" is sent to jail to become worse than before… We love dogs, cats". It certainly shows, for to love big tigers, that crush animals (or people) to death and suffocate them mercilessly, means we become more like them. House cats kill birds and mice when they go outside, even if owner doesn't find dead mice or birds often. This pain contaminates the human quantum field, creates war, we feel the pain of mice, birds, etc just as you feel the joy and love of your cat, but we're not keenly aware of this contamination. So, please, keep cats indoors and keep all pets *vegan*. My dearest Immortal☺ friends, quantum weapons will eliminate instantly any rats, bacteria, viruses on the entire Earth ***once***, so we won't need small tigers roaming around to crush mice ***trillions of times*** for a million years *(meaning in the long run, as a primitive primate, we kill far more mice than if we killed them all at once, and we contaminate the universe far more, just as primates did with coal fired*

plants before IQ gave them solar power, etc) and unwillingly cause endless quantum field contamination, let's bring World Peace in 3 months thru *gentle tender soft nurturing loving kindness, and gently stop all* mice killings. Ever so ☺☺*lovingly tenderly gently kindly*☺☺ recall the greeting of the immortalists, the Eternia flag & animal, the soft healing anthem of immortalists. The world of Peace is imminent, when we choose. *Thee*, in whose soul dwells the Ever shimmering, Ever Happy☺☺☺, *Eternally* Blissful, *Infinitely Gentle*, *Tender Compassionate* Immortal who loves all sentient beings a trillion times more than the most loving parent loved his or her infant baby, can bring that world of *infinitely* soft grace and peace. With each breath in, you can draw the *Eternal* Grace of loving kindness and breathe it out, pacifying all. Your car, home, mp3, can play the music of Eternal Universal Peace, and you can tenderly love all.☺☺

Too many want to make more money, no volunteering, nothing to unite us as Americans, everyone for themselves, egoism out of proportion. Some want "1 sex doll, 2 cats and 1-2 dogs, no kids, and please no helping any humans, only dogs, cats: humans are lower than pets, so they will be bombed with high tech weapons, tortured with hidden gadgets, enslaved in secret ways". We see that all over the world, pets above people, pets way above World Peace in 3 months. The human quantum field is degraded, as selfishness pervades our society to the core globally: dogs and cats to have fun, while the humans are totally neglected or sometimes exterminated by wars or jails created to scapegoat. Oddly, people choose mostly carnivore pets (unless fed vegan food), no vegan guinea pigs or hamsters, etc. This created a destructive effect on the human species, as if we have become the slaves of dogs or cats. It's odd how people seek bliss in pets, when it is inside their brain. It's not in sex either, it's all in the brain. Oh, they want to love sentient beings, what about millions of humans your taxpayers have killed recently in wars? Why not love 90 million Americans living with poor housing, diets, etc? The 2 million Americans in jail? 1 billion people love pets more than certain people, this is a result of our complete failure globally to create a culture of universal loving kindness☺☺☺ for the human beings, shimmering Immortals to be, to have some basic respect for the human quantum field. *How can people love pets more than humans?* It's illogical. It's cruel and unethical too. Tigers can inflict a lot of pain, as video shows, as cats do with mice, mammals, birds. *Wild dogs chase for eons the prey (see below), then* eat prey alive and inflict *far* more *pain* than big cats. Street dogs kill people in India too, check out how vicious the street dog is, killing hundreds of people. So, American cats and dogs are connected with all street dogs, aggressive dogs, wild dogs all over, by DNA, while humans can be vegan, kind, etc. Nobody bombs cats or dogs, attacks them like we attack people, so why do that to humans? People can become eterni, vegan to save all animals and plants from suffering, and inflict pain on nobody, and dogs, if left in the wild, will kill and inflict pain. To be human is to be having a chance to end suffering of all sentient beings, even the worst humans can thus have a chance to become infinite love, and are *worthy of more love*, yet

oddly, people love pets more than humans, and I mean pets who, when owner lets them go out sometimes, shed blood and cause suffering. What being of infinite compassion does that? Love a being that can end suffering? Or one that inflicts suffering? Let all become vegan and end suffering, let dogs and cats reincarnate into eterni humans and free the universe from bloodshed, *let all evolve. Let all pets go vegan too meanwhile, later eterni. Let no plants suffer. Let all beings be happy*. Let all live in eternal bliss. Love people, bring World Peace in 3 months and eterni food in 30 years. *Focus on the Love, that universal love*, not a selfish love for one pet, but a love for all mammals eaten by cats, chicken tortured by factories to feed your pets. ☺☺☺

Dogs terrorize the neighborhood in Los Angeles metro area. Humans first, dogs second. All dogs need to be treated with 24-7 peaceful music in all dog shelters, to reduce aggression 100 fold. Check out this report, normal US dog (not street) kills baby, and again (these dog news reports may not be fake news, youtube has thousands of deadly attacks on adults and kids). Guy gets bitten by pitbul. These videos show that they need to restrict ownership of dogs, who're not tiny small dogs, to people who go thru extensive background check, peaceful music near dog check, extensive dog training check, etc – so that no incidents occur. Try increase fees on dog ownership each time an incident happens, thruout the planet, so that our health care and national budget is not spending billions to treat dog bites. This would drive people to get lovely guinea pigs whose annoying bites are not deadly like for dogs or cats, who're vegan too and attack 10,000 times less. We got millions of neglected people and we don't love those, why do we need pets for? *It's a* sin to get a pet one doesn't need *(service dogs are OK) when we have millions of people* in jail, due to a callous society that loves dogs and cats more than humans. How can we love animals more than jailed people? This is why our world has no peace. We're so selfish. Any dog > 1 lb means owner pays $200,000 if a barking dog (99% of small dogs bark a lot, so 99% get these annual fees to cover barking and bites), > 3lb (when adult) $300,000, > 5 lb $500,000, > 10 lb means owner pays $1,000,000 a year, > 20 lb $3,000,000, > 30 lb $5,000,000, > 40 lb $6,000,000, > 50 lb $7,000,000, > 60 lb $8,000,000, > 70 lb, $9,000,000, > 80 lb, $10,000,000, > 90 lb $15,000,000, > 100 lb $20,000,000, > 120 lb $50,000,000, > 150 lb $90,000,000 to cover for climate change, water resources, food resources, veterinary doctors training, wasting lives instead of treating people, medical bills for all bites, for all accidental shootings of people due to cops or people trying to shoot a dog who bites or attacks, etc, mental health issues due to ever barking *dogs,* MDs wasting lives treating bites *instead of helping us live to 400, chicken and pigs killed and polluting ground water so dog can bark and drive anger up in 100s of neighbors…, which leads to high* blood pressure, more stress caused arterial plaque requiring new medical treatments, meditations interrupted by dogs leading to poor emotional evolution, polluting human tone with barking sounds, fights *among spouses over dog issues* and dog barking, etc, calls to police when dogs torture entire neighborhoods and harass or bite people, etc. People

starve to death and don't even get the protein dogs get, so this destroys the human quantum field, so huge dog fees are needed to undo the past damage. Do something for PEOPLE, *Make America kind for the first time*.☺☺☺ Vote the Immortalist Party. Defend your rights from the minority of dog fans who love their dogs more than people, have made dogs more important than the quantum field of humanity, public health, 0 crime via meditative peacefulness in every town via good quality sleep, DNA matrix, God, ethics, they're more zealous than Islam. Death penalty for serious dog injuries for owner is needed, because dog owners can have a silent way to issue commands to dogs and to train dogs to attack certain images and kids, and etc, they can let it loose to kill target people, while pretending they forgot the gate open, etc. Nobody goes to jail sometimes when horrific disfiguring happens to delivery workers, etc, and normally, owners would be executed or at least lifetime labor, but such psychos wouldn't even pass the test to be a dog owner of such breed or have millions to pay the annual fee before first year. Criminals and spies can get a dog, have no incidents, then suddenly issue silent command to kill, from miles or continents away, as some random kid is controlled to ram into the locked gate, open it, dog comes out and kills the target victim who passes by the gate. Today, spy can escape any penalty. This dog crap is a hybrid war against USA to cause 5 million ER visits a year, deplete the nation instead of using drones and dogs to secure borders and sniff every package in USA to reduce drug use to zero. The top secret KGB plan to destroy USA includes promotion of small dogs that deprive Americans of sleep, so we're unable to think straight next day or for years. Hybrid War. Those annoying small dogs bark like WW2 aircraft all day at times, designed by Stalin himself, Stalin is like SatinJ, Satan Lover, hence millions executed via Gulag etc. Dogs are the first step towards the transformation of USA into a Gulag labor camp with KGB at the helm. Small dogs without leash can bump into a kid from behind and he can fall and crack his skull and die, even if mom is around and teaches him how to walk, she can't stop the fall, 3 seconds she looked elsewhere or was 2 feet away not seeing the charge from the back. All dogs are a big danger to humanity. We need sniff drones not dogs, dog robots not service dogs. Dogs cause endless divorces, as the barking sleep deprives neighbors who then become irritable and divorce. Dogs disintegrate human society, filling all on streets with fear of being bitten, attacked, etc. All it takes is one jump that makes owner lose leash control and the rest can be lethal. In immortalism, eterni tone is essential, as it creates nonviolence and that is destroyed in barking. We don't allow lions as pets, but a dog is like a lion for a small kid. Why endanger kids? Russia needs 70 changed cultural norms (dogs...) to take over NATO without firing even one shot. Each norm destroys society in one peculiar way, that is so hard to notice at first, until it's too late.☺

The Big Oil denied climate change and the irrefutable smog genocide. Using similar tactics, the Big Dog denies climate change by dogs, that dogs contribute to subtle human genocide (read below), that all "emotional support" from 'service' dogs can be achieved in much better ways by

education, meditation, neuroscience gadgets, peaceful mp3 music, just like Big Food poisons millions of people and denies it's coordinating with Big Surgery to perform endless surgeries to remove plaque that would not be there in the first place, were it not for the Big Dog, Big Meat, Big Fried Food ads and all junk food ads. Let's face it, people are crammed and angry because of dogs, who need huge corn and soy fields to feed tortured cows, pigs and chicken, so they make meat, since most dogs are NOT vegan. We need more dogs, yeah, and then they complain about lack of space to house people, give all single family housing and quiet cities. The Big Dog has become a Gigantic business, Big Cat too, so it has become their life purpose to brainwash millions that pets are essential, or so amazing, when it only lowers people's IQ, because you don't get to meditate, to develop higher neural connections, visualize being loved by the universal field. Anyone can experience 1000 times more love than that from pets, via their brain's connection with the quantum field of all humanity (you get to experience the meditators waves of loving kindness that form a planetary field, they're real and subtler, far more evolutionary than dog barks and licks). Big Dog/Cat *promote everyone remaining an infantile emotional being who depends on pets* (or physical partners of 'one night sex') and is unable to develop their IQ, higher cognitive centers that regulate, generate emotions, bliss and happiness on demand via lifelong meditation or conscious breathing, they simply hold humanity hostage to the hyena energy that is so evident in wild dogs and deny our spiritual development. They argue that dogs are so loving and sweet, but the reality is they're still very much connected genetically to wild dogs and their sounds, IQ, brain patterns, etc are holding humans back.

The quantum field of all kind meditating humans (millions of them) is a superorganism, a billion trillion times smarter, more powerful, loving, kinder than any pet on Earth, it's like a universe vs Earth. The meditators have already created the vibe, the human frequency, of infinite universal *gentle tender soft nurturing* loving kindness, *emotional* support that is 10^{27} times greater than any pet offers. The Immortals, or our future descendants who live to 5 billion, also create a field, subtle as it is, that is 10^{80} times more loving, emotionally supportive, than the present Earth human meditators quantum field, and 10^{9000} times more so than all pets combined. Pure math, breathing, logic, thought that creates *happy* emotion. The immortalist government will start regulating the dangerous claims made on TV by Big Dog, which lower public IQ: they have to state different things too or the state will make its own studies and ads: relaxing with eterni music while breathing consciously proved to decrease stress hormone 9 times more than playing with dogs 40 times longer. Easy, science first, PROFITS LATER. We want science and universal kindness based decisions, not starving and depriving people of sleep to death *(dogs interrupt sleep, bark, annoy family members* (too polite to say anything to the volatile parent who will throw a huge fit), *neighbors: sleep is when body repair* happens*)* in the name of Big Dog/Cat. Con pastors preach kindness, but where is it? How can you waste so much food to dogs when

other starve and go to food banks and food stamps? Where is the Godliness or ethics? It has become so ☺comical,☺ that it's like *dogs* are *Gods*, *world's* newest religion: no *logic*; 'nobody' cares about people or even aborted 6-15 week old babies, all is about dogs. People are killed in the millions 10-50 years early due to dogs taking resources, and nobody says anything; people abort endless babies and destroy the quantum field of humans, all because of dogs sometimes: "we got a dog, our 'kid', so humans are to be killed at 10 week old, no more babies, 3 dogs and 4 cats please". So why do they have sex and have unwanted (aborted) babies to destroy the human DNA matrix? Because Big Dog/Cat hide that meditation that all can achieve 500x more bliss than from any pet or orgasm ever: they want people to be exterminated by more PROFITS. Dogs can't invent new tech to produce food from air that triples lifespan, PEOPLE can. If everyone is so happy and evolved, nobody wants sex, except for procreation, so no rape exists. There are so many other benefits of happy breathing, smiling and emotion creation habits.☺☺☺

Only 1 in 4 Americans really owns a dog, so we're the majority, 1 dog per every 4th American. Change USA before we become like wild dogs ourselves. To prevent dog species devolution, 1 dog per family is enough, since 2 per family would cause the dog to become more like a dog by interacting with the other dogs too much, barking and being aggressive: if you place a low IQ guy with high IQ guys (people), the low IQ (dog) evolves; so, if we create a loving peaceful house with peaceful music and human energy and dogs are minority, only 1, he will evolve and produce a more human compatible offspring than a dog that is surrounded by ever fighting barking dogs, polluting all species quanta on Earth. It's important to take that into the fee structure, too, i.e. to have 2 dogs, the fee is that of 4 families having 1 identical dog only, since it regresses the human quantum field and the dog species too. It's time to take our country back from the dogs. As a kid, we kept running away from stray dogs. That's my experience with dogs in Eastern Europe. Any dog that attacks anyone, needs to be euthanized if serious attack (unprovoked bite) and sterilized if a minor one of barking type that almost got to a bite. Humans first, *dogs second*. *The fee can be decided by correctly calculating all losses from dogs*, and dividing by the dog *breeds* and sizes that drain USA the most, these are just some basic ideas to give us fee *money* to turn all jails into healing centers and renew America, not the dog species. World Peace only lasts when no jails exist, as violent crime fuels wars, so we need a huge reform, after we reach World Peace in 3 months to sustain this peace. In families, humans need to be first and dogs 9th. World Peace leads to 500 year lifespan for dogs 500 times faster, since longevity tech evolves fast, so dogs win too. Americans are so empty inside, due to no meditation, no universal *gentle tender soft nurturing* loving kindness for fellow humans *(*evident in the sports section*, after you read it all to understand the "kind" US culture),* that they need cats/dogs to fill that loveless place inside. *When all* animals and *humans* may be gone in 10 seconds due to World War, we need Eternal *Universal* Peace, not dogs. ☺☺☺☺☺☺☺

While dogs and cats can extend our life due to our playing with them, etc, they can also shrink it in countless ways, such as the quantum degradation of human field via slaughter of livestock, the lack of concern for people who die in useless wars or suffer due to 10 billion violent crime incidents each year, which with real kindness for PEOPLE would go to 0 a year. Always try to be objective and see both sides of an argument, not only fake papers on pets: you may live 20 minutes longer, but the slaughterhouse worker has the highest injury of any job and he nourishes your "kind pet". When was the last time you massaged, kissed and gave a vitamin or something to a slaughterhouse worker? How well would you sleep at night with your lovely cat or dog, seeing the "least painful regular killing of chicken worldwide" daily that slaughterhouse workers have to do daily for your nonvegan *(they kill old egg laying hens the same way, causing huge quantum pain vibes that bring war)* pets if any, seeing this pig treatment and pus 8 hours a day? Is it fair? Kind for cows? Godly? Is a worker not more valuable in God's view than animals? So, how is that for kindness? In cat or dog nonvegan food often goes egg protein, etc, obtained by crushing to death billions of 1 day old male chicks. How is that for the human quantum field? Physics plays no favorites, it is OBJECTIVE. It's science. We can ☺☺*lovingly tenderly gently kindly* ☺☺ walk the talk of our spiritual path or religion or ethics. 2000 years ago they talked of atoms and nobody paid attention, today we know. Be kind, be sweet, *love people more than barking breeds*, allow all to meditate, sleep in peace, since even listening to soft music is not enough to block barking sound in condo, apartment complexes with thin walls where a small dog barks 1 hour daily in 200 sessions, and breaks the meditation of many, thereby holding humanity hostage to hell, literally, for people who don't know of meditation can't imagine a world of peace, and all these happiness 'boosters', all these mind blowing add-ons to bliss. Earplugs can work for many newbies to meditation, but not all, as they need to play music too on top of meditation to block all distracting sounds with eyes closed, to quiet the emotional storm. As people become better meditators, deep sleepers (who wear earplugs and still hear some barking at times) and breathing bliss practitioners, they can just ignore barking if in 20 years they become deep sleepers, but all that barking of anxiety after each move and sound of many dogs is destroying the human quantum field too, the even serene emotion frequency of infinite *gentle tender soft nurturing* relaxed grace, *even if nobody hears the barking...* So, if one really wants 0 violent crime (recall that all crime comes from 1000s of factors, and everything contributes, even human tone of speech from dog barking being polluted), all to meditate and be happy, they need to choose quiet dogs or cats that nurture a world of peace. ☺☺☺☺☺☺☺

The people who're bothered by dogs in condos need to immediately be able to go to *dogs.gov* and file a complaint, so the cops gently find a solution, so that the human beings' sleep and meditation are given priority over the "right of a dog owner" to disturb naps and sleep of 50 neighbors or 400 for outside barkers. Humans first, *dogs second.* This encourages people to buy

quieter dogs (yes, there are breeds that bark 100 times less, so just have a tiny *tiny* little bit of compassion for *humans* and do that) or move to the country where no close neighbors exist like in a condo. After all, "dogs are more important than people", so they can relocate for their beloved "family member" to be able to love human beings too. In our world, about 2 billion people have been bothered at least once, slightly, without complaining about it, by dog barking. We got a shortage of doctors in USA, *so,* we got 90 million dogs and many dog doctors too for that, *who could have majored in preventive medicine, etc and provided better healthcare for all. We're* acting against the interest of our own species. All these people working in pet stores, raising animals, crops to feed to animals who eat corn, soy, so dogs can eat meat, etc, use a lot of resources that could give us amazing free biomarker of arterial plaque monitoring for everyone and much more, adding a lot to human lifespan, possibly 50 years with more prevention, high tech, etc. Frankly, few realize some dogs visit doctors more than remote rural people, yet live 5-10 times shorter. Some centenarians never went to see a doctor, ever; dogs, often get to see MD 5 times. It's indeed, a highly 'efficient' use of our resources. We need dogs to catch drug packs, when with meditative bliss, all would be happy and not use drugs. Meditation, silence are low priority. Cops use dogs to chase violent thugs, when with meditative mp3s all violent crime would vanish. People buy guard dogs, when with World Peace and 0 violence, no need exists. Nobody dares to take a step to manifest the future of peace, i.e. fewer dogs. To manifest something, you need to act as if it already happened, yet 0.2% listen to only very peaceful music to prevent violent emotions in human quantum field, to upgrade the human emotional field. We spend 90 billion a year on bypass heart surgery, yet with meditative vegan eating, and serene music that reduces stress (a cause of plaque), most of these would vanish, as its low fat, low AGE, 0 trans-fat, high fiber, high antioxidant diet would prevent it. No to kindness, yes to barking, meat and rock and roll. This is our world, a little inefficient perhaps? ☺

Hybrid warfare of extermination *is* undeclared *war disguised as just another* "fashion or fad", such as smoking, weed legalization, cocaine in Bern (Bern Germanic Jews, or Germans in the German part of Switzerland?), alcohol legalization, assisted suicide (legal in Switzerland, the spy agencies torture people and then implant in their head to choose this by causing a lot of pain and sleep deprivation etc, in a way of outright murder, disguised as 'victim chose it'), promotion of LGBT (it's one thing for people to be aware some are born as hermaphrodite or etc and another to indoctrinate and induce millions to become gay to lower birth rate and IQ from male/female reproductive liquids drain), promotion of pets (to *lower birth rate and take over the nation, reduce peace, promote barking breeds to disturb sleep, create chaos, anger, all things enemies need to take over*), etc. Look at Austria, a government that encourages people to get tattoos known to irritate skin, shorten lifespan via oxidative stress, cause bacterial infections, etc, possibly bad type of Ashkenazi Jews pretending to be German (Austrians are

Germans) want to stamp German “cows” to sicken them. People can wear clothing with those words, not skin damage drawings. It's no surprise that the alcohol banning Saudis have some formal or informal ‘banning of dogs’, or even cats at times, perhaps also due to the fact people can start loving dogs a lot more than people and become genocidal psychopaths like Adolf Hitler, the dog owner. While the use of dogs for police until we get 9000 times better drone smell machines is ethical, since they sniff drugs or dead people (earthquake) or fugitives, the over emphasis on dogs can create a lack of incentive to have kids and interact with people, to develop one’s IQ and brain. Pets essentially stagnate the DNA matrix into a touchy feeling pet dependent state (pet and affection dependent people, those who want physical affection can get some massage done on them or massage others via the Eternia Volunteer Network), instead of evolving towards the ever ecstatic Immortal who loves all human beings via every greeting or 300 times a day even if he wants, instead of only one dog or human. I didn’t know until 2023, many years after I wrote this chapter, that the Muslim clergy discourage dogs in houses, but allows hunting, farming or protection dogs. Obviously, today people no longer need any of these, except cops who use dogs for smelling narcotics, until we eradicate all violent crime 5 years after the Eternal Universal Peace arrives in 3 months from the awakening of the brainwashed masses. Naturally, it is not kind to use dogs to hunt anymore in our modern high tech era, due to the ability to use darts and other instant death and 0 pain methods, or at least 50,000 times less pain. Dogs will have no use for livestock protection or service dog as tech (neuroscience of eternal bliss without hugs, robots) advances, since tech will allow carnivores, all predators of livestock to be instantly killed planet wide if so decided by the Immortality for All Council, which will happen in 1 or 20000 steps (small areas at once), to abolish bloodshed, slaughterhouses from Earth forever, as all eat only eterni food. ☺☺☺☺☺☺☺

The Hadith (post Mohamed) idea that dogs ruin spiritual progress is interesting, since dogs barking is lowering our ability to have a truly gentle eterni tone as explained above. We can ☺☺ lovingly tenderly gently kindly ☺☺ recall that in the neighborhoods of many nations, stray dogs who attack kids exist. Thus, the early life experiences of Mohamed (besides the obvious discordant low IQ sound of barking, that lacks the universal gentle tender soft nurturing loving kind compassionate grace of spiritual music) or people who're told by all kids to run away or stay away from stray dogs, can define their perception of dogs as dangerous, barking brutes who bite and shed blood, like wolves tearing deer and innocent sheep apart. Around Mecca, with temperatures super hot versus other cities he visited as a merchant later, there were no dogs, so he probably got attacked by dogs in other cities he visited, having little experience in dealing with dogs (since none in Mecca) and saw the horrific lethal attacks dogs do on people that youtube lists by the thousands and naturally told people to avoid dogs. It wasn’t anything too complex to arrive at such a logical conclusion, that's why today Saudis got 2 dogs per 1000

people, vs 250 in USA. It's nothing prophetic, just saying the obvious like millions of people wary of dogs (who don't know anything about Islam) write articles online to convince people to buy cats or mice instead. Stray dogs kill kids in India (see previous videos), since they roam the street. Likewise, dog training was very poor in 650 AD, so in 650 AD dogs mauled kids and friends of Mohamed daily, interrupted their prayers, etc,☺☺☺ mauled small girls like the ones Mohamed had as concubines, so Mohamed was angry and may have wanted all child human sacrifice done by dog owners to end, just as today, decent people call for the end of satanic ritual sacrifice of children by satanic dog owners. ☺☺☺☺☺☺☺

A satanist doesn't need to kill children in a ritual, he can simply buy a dog to unleash it on infants, thus, the demonic aspect can't be discounted. The satanic US law allows this "ability to deny one's intent to murder" and just escape justice. For a baby is more valuable than 1 billion dogs, thus, no dog is OK, unless a tiny Shih Tzu who can't kill babies or infants, as that breed only licks people, having been bred in China for centuries as emperor companion dog. Only a demon possessed person buys a big dog without needing it for cop or service, because no dog is perfect and any dog can bite and maul for life a baby or even kill it if escaping and running into a child who is 10 feet from parents. Mohamed as a practical warrior who wanted his militaristic community to be free of needless chaos dogs create, especially disturbing the sleep as they barked at 1 am to 9 am daily randomly. Because dogs normalized child human sacrifice by murdering babies due to lack of training in 650 AD, dog possession was viewed probably as satanic, as simple as that, they thought it's demon possession, and it is, if you define demon as anti-human violence thought forms of quantum physics, if atheist. Dogs don't understand people, our task is World Peace first, zero violent crime, but nobody cares about it, see how all drugs enter USA, when with 10-20% of all US dogs, we could sniff all mail, containers, trains, ships, cars, etc worldwide efficiently via the 11 companies for all humans, not just USA and end all drug use in no time. But egocentric animalistic bastards, who only care about themselves, not babies killed by dogs, don't have any empathy for others, only for their cocaine killing millions worldwide… They would rather have dogs than prevent the murder of all people and another 5 millions species via the 2 capsule scenario brought about lack of focus on zero war, zero violence instead of dog shows and dog hospitals and dog worship. It only takes a dog bite on the hand or neck and bleeding too much. Any rational person values life of people, above dogs, but because dogs may invite demonic possession, via resonant primal holographic entrainment of wild dog, wolf hyena killing predator bloodshed energy of associated cannibal blood shedding primitive species of ultra low IQ, all rational thinking stops and they act as empathy-less cruel serial killers of endless people mauled by dogs. They love fierce domesticated wolves more than people, having possibly been wolves or wild dogs in prior incarnations if they had one. Their ego is so huge, they refuse to consider meditative bliss might give them 10-1,000,000 times happier states

than any dog ever would. Mohamed didn't prohibit alcohol initially, the complexity of the alcohol thing is explained in the Mohamed section. Since many pagan cults worshiped possibly 'beings with dog head' (or so they thought from the pyramid pics), advising against dog worship may have been a way to protect locals from the foreign influence of Egyptian spies who may have been a threat to his monotheistic ideas or to the Saudis, so to steer people away from excessive adulation of dogs, he may have written less rosy stuff in the Quran about dogs. The ancient times had less science into how to diminish bites, barking, so given the huge amount of wild dogs, the Islamic writing makes perfect sense, they simply wanted to protect people from bites and from emulating the wild dogs who barely got domesticated.

This Islamic dog perception is truly rooted in reality of their ancestors and of farm dogs killing wolves, of wild dogs causing endless pain (watch the poor mammals) by slow killing prey: big cats first kill the prey and then eat it, dogs simply eat it and it takes far longer (watch it) to die. Not only that, wild dogs, in tight entanglement with all dogs like them (most dogs, except tiny adorable ones), don't "*camouflage, hide and suddenly attack*" (like big cats do) to make the ordeal short, but chase the prey a long time, further destroying the quantum field by generating maximum amount of fear vibes globally, anxiety and despair. While we humans are far less entangled with wild dogs vs regular dogs, we still are even if we have no dogs as pets. However, small non-barking dogs don't kill anyone directly if carnivore, and can help some people feel less lonely and cope with stress, when the government has not taught kids via emailed videos that God or the Immortal Eternal Bliss of the future Immortals, the Immortal Quantum Field Species Archetype is with them always, that serene music makes people happy, and the meditation is there to enjoy infinite eternal bliss regardless if you're atheist or theist. God can be perceived as the future Immortal humans quantum information field guiding us or as the quantum field of all present humans for atheists who don't believe in a separate entity, but one doesn't need to call it God if atheist. The human quantum field is degraded by the slaughterhouse bloodshed for animals fed to non-vegan dogs (no matter if we have a small or big dog), so would you be so kind to gently allow me to say that it is ethical to ☺☺*lovingly tenderly gently kindly*☺☺ change all dog diets to a vegan one, since these days they add extra vitamins, especially for cats who need taurine and arginine additions to the vegan food? You now can understand why the quantum field exterminated certain groups of 10 or more people, whose main hobby was terrorizing and torturing other nations and ethnicities like wild dogs do to mammals vs big cats or vegan animals. In the long run, all terror, torture based empires will vanish so that all beings are happy, kind and nobody suffers at the hand of wild dogs. Some people are far worse than wild dogs, since they torture others for days, weeks, months or years, to vampirize and feed off their enslaved status, and they do that in a camouflaged way sometimes, killing anyone who finds their methods. We know that history repeats itself if we don't become aware of their tricks. For

humans it's worse, since they know there are infinite resources with tech and space. Dogs don't know they can be eterni, but humans know and are thus, soul wise, far worse than wild dogs if they torture others like most military spy staff do in their job. So, when you see thousands of pet stores and 0 stores for Eternal Universal Peace (all planets) World Peace in 3 months, you could ask yourself: who do they serve? Humanity, God or aliens wanting eternal human bloodshed (or demons as religious may call those quanta of information that emanate from violent lifeforms)? The poor workers or the rich aristocrats who want max war, chaos for max easy looting, preying opportunities and enslavement of nations? Aliens and even human enemies want us to love dogs and shrink our population, replacing kids with pets, to remain callous ☺puppy IQ humans☺ stuck to this planet. When World Peace exists, love and bliss are huge, no pets are needed. If you feel infinitely loved, why would you need pets for? You would try to save the millions of human 'pets' killed and maimed each decade by wars directly or indirectly, due to resources and time diverted to war, torture. Let's create a world of peace and ☺☺*lovingly tenderly gently kindly*☺☺ stop the torture. Love the people, not just pet. Choose vegan food for pets. Don't worry, after World Peace and 500 year lifespan for humans, we'll make any pets live to 100 too.

Mice of certain types weigh 20 g max, while cats weigh about 4400 g, dogs 18000 g (40 lb), so one can have 900 mice for 1 dog. This enables us to love these 900 mice and to give them 90 types of multivitamins to each group of 10, to pet them, etc and to figure out which diet is making the mice live 5 times longer, thereby achieving a quantum revolution in earth species, which one species tripling its lifespan in record time and giving us insights that often apply to humans too. Right now, we're very selfish, we simply exploit the cats and dogs to get some licks from them or smell jobs for dogs, but we don't really work to help any species, dogs or others to live 5 times longer. We don't help their species much. That all changes with the new mice longevity culture. We help one species to live longer so we can fast realize how to make all the rest do so. At least, if you love a pet, get something 900 times lighter, using 900 times less food and login the diet into a database, the IR waves, the areas you pet the most, to help Immortality *Nurturing* Agency to cure diseases and figure out the best ratio of vitamins, nutrients, protein, carbs, fats, etc. Sign up for your mouse, get birth certificate and let all food come from a special pack with all mg weighed exactly, so you do at least something to help humans too, at a fraction of the cost. This gives you a chance to cozy up and pet the mouse, develop empathy, biochemistry knowledge, and take part in the new global culture trend of having mice pets to help triple their lifespan and that of humans after understanding what worked. In biochemistry millions of diet modifications have the SAME EFFECT, in mice and humans, so the chance of us figuring out lifespan tripling easily increases with 1-5 billion citizen scientists each with 1 mouse or even 20, and different love methods: petting on back, head, music of this or that type, infrasound and ultrasound, electric, magnetic, etc fields known to have a healing effect on

humans in small doses, etc. They will be more pampered and well fed with high quality food than any dog or cat today. They will help all species later live 4 times longer, so if you love pets, consider it, contact local longevity lab at universities and start the citizen science project now, while voting for Immortalist Party. If you're such a touchy feeling selfless type, touch your mouse, but don't get their diseases, so do proper research and keep it well caged, like those lab rats. Make the cage gigantic though, 20 times bigger than what they have now, so it's the equivalent if you living on a 5 acre property with many trees, amenities, etc. Since nobody likes to live in a 100 ft2 area all their life. Let him be like a king. Let .NA.gov provide cages for those with dogs and cats, to provide science education to kids and teach them how to measure many biomarkers, enter data in the .NA.gov account for their mouse, order new food supplies and become a medical biochemistry biophysics guru since age 15, knowing more about longevity than top 1000 experts today by age 25. Change different things in that huge cage and see what effect it has, or order a different setup from the .NA.gov, then play with him in your lap too 20 min daily, to see different forms of love, Qi emissions, human touch effects, etc. Place in the cage, the mouse palace, an IR mat of various frequencies that turns on only sometimes, and this and that and see what he likes to use the most and what effect it has on longevity, mice choose organic food naturally when given a choice, so they can tell us a lot of things about what works and doesn't to triple their lifespan. All this knowledge then can be used to treat human diseases, prevent age related diseases, since we can measure once a year many markers of 100s of diseases. Mice are naturally vegan, so that's great. ☺☺☺☺☺☺☺

Conclusion & Final Ethics Lesson: Having seen the 100 horrific deaths and maulings videos above, kindly watch how a 17 year old got 120 bites, looking horrible due to an infinitely cruel American society who places rescuing dogs on a much higher priority than rescuing millions of people bitten by dogs and victims of violent crime. Our infernal society of Dog Violence Worship prioritizes finding homes for dogs, while people are homeless when 20 times more housing units sit empty. Humane Society and etc are terrorist organizations that fuel the Genocide and Genocidal Mutilation *of Humans* by Bastard Dog Owners☺☺☺, who shorten the lifespan of people by 5-10 years by mauling and terrorizing the rural and semi-rural city areas where dogs roam and bring fear. Not to mention bad sleep from barking dogs at night causes irritability, car accidents and violent crime next day, so we have 10 million USA dogs☺☺☺ that need instant euthanasia, due to them being dangerous or barking too much harassing 50 million people too poor and neglected by the criminal government to say anything anymore.☺☺☺ In a civil USA, all unleashed dogs are instantly killed by law, as a just penalty to the genocidal owner who risked the Life of a human. People are above dogs and we can't wait 3 minutes to find the owner. It's Attempted Murder to let dogs out.☺☺☺ If owner is a Psycho who can't make a good fence or leash, he ought to pay for it: dog killed and $500,000 fine. Anyone owning a > 150 lb Dog needs

pay 90 million/yr to the 0 Violent Crime Fund, since Rescuing Human victims of Dog Owner *Genocide* against 5 million Bitten Humans and Violent Crimes by humans is 1 trillion times more important than the Spoiled Life of a Soulless beast who spends $1.4 trillion on useless garbage instead of on ending violent crime in 3 years. It's clear that these Dog Owners *(unless they're cops who sniff drugs etc or people who own service dogs)* have not Attended or Internalized any Lesson on Altruism, for if they Did, they would have no dogs, but be active in ending violent crimes and dog bites in 3 years worldwide. The millions of bites, each shorten lifespan of Americans by 0.2 to 10 years, meaning, when you add the lifespan years, you get about 10 million lifespan years lost each year. This is the equivalent of killing 500000 people 20 years before their normal death at 80. It's a GENOCIDE each year, a 5 million HOLOCAUST each decade done by the Dog mafia that runs a $ trillion/decade business of MASS MURDER AND NATIONAL DESTRUCTION that is 80,000 times MORE DEADLY THAN ALL Islamic Terrorists in the USA. Each year terrorists kill 5-10 people, but dogs, 800,000, when the correct calculation of all barking sleep loss, bite damage is made.

5.7. *Gentle* QUIET CITIES☺☺☺ – 14 pages on vast reforms to reduce noise levels (because sleep is the main helper of longevity, body repair happens during quiet sleep). Dirac was the quietest physicist and Nobelist and he helped physics discover antimatter. Silence as fuel for 4000 years lifespan discovery is needed for 10^{33} year lifespan innovations. Thus, Immortalism mandates:

1). 0 fireworks (see how bad fireworks are), 0 mosque calls (hear mosque calls in US from a "religion" with 550 quotes on how to commit every genocide and atrocity known to man: Quran: sex slaves, mutilation, beat kids, beat wives (see all Religions of Genocide), 0 church bells from a "religion" with 1450 quotes (click each category) on how to commit: genocide, mass rape, human sacrifice, arson, alcohol drinking to beat all around you, kid beating, slave beating.

2). 0 loud *parties/music during the day by requiring* all auto manufacturers *to* make the maximum car volume inaudible from 20 feet, make it impossible for anyone to play booming music that vibrates the car of nearby drivers and distracts them, so perhaps 3 times lower than today, same for boomboxes, etc, everything much lower volume to save billions in hearing aids and hearing damage treated *due to high volume music at concerts or home-car systems,* (many play booming music loud and nobody can complain between 7 am-10 pm in 10000 US cities. The law protects the aristocrats, terrorists and gangsters. Fools they terrorize entire neighborhoods with loud booms, rap, rock, metal and other garbage. Losers play loud music at the incitation of Hollywood Jews/Brits/Nazis who often write the lyrics for pop, rap, rock, music to destroy all gentiles as the Bible teaches. This loud music terrorism is fueled by concerts of most US music celebrities who promote a macho hooligan like music, so a federal ban and 1 million $ fines for very loud music (booms etc) need to occur, the end of city and state governments and the

implementation of indefinite national state of emergency until violent crime is 0 ☺☺☺

3). 0 loud car or motorcycle acceleration ($90000 fine required for all people in nations doing trade with USA: outlaw biker gangs) or racing/tire screeching/following people like biker gangs,

4). 0 motorcycles and 0 mopeds (only cops have them to catch criminals in stuck traffic, all made in USA, stop imports of foreign bikes that make so much noise) as they're used by serial killers, thieves to run away after crimes. Mopeds can reach 30 mph, which allows thieves to rob all in NYC, etc. Mopeds make noise, can kill small kids, seniors if they're run down by accident. With self-driving vans + drones making all deliveries, there is no need of deadly mopeds. Mopeds violate the new US Constitution ethos of Immortality *for* All, based on the Declaration of Independence from the Vampiric Aristocrat and our future new Immortalist Anthem. It's unacceptable to have the kid or senior head split in 2 as it hits the concrete sidewalk. We can't have random deaths for the poor and the rich live in gates palaces of remote zip codes. E-bikes need to be limited in weight and to 8 mph, to prevent theft, robberies, similar skull cracks. CDC shows 1,000 bicyclists are killed by cars in US yearly, 120,000 bicyclists visit ER for car injuries, bike trips are 1% of all trips, but 3% of US car crash deaths. Immortalists will lobby for 0 bicycles/ebikes, for 0 scooters, for 0 mopeds, since these are stone age transport that causes cumulative decades long brain damage via excessive brain shaking, organ and ocular damage. We can't have these people be killed by cars or killing pedestrians. Immortality for ALL. NASA knows all astronauts suffer brain/ocular damage from brain hitting skull, and etc. That's why pilots, who're the healthiest people to be able to pass the test, live only 2 years extra vs average, because normally they should live 10-20 years extra, but the brain damage is killing them fast. The brain shaking from riding scooters, bikes, mopeds, cheap cars is genocide, so they will be illegal. Not to mention, we have an obesity epidemic, these scooters make people even fatter. Let's walk. Turbulent flow causes strokes, infarcts and is facilitated by excessive shaking, that leads to microvascular damage, like rock/metal singers die decades early due to destroying neck vessels as they (or fans) shake heads in demonic concerts promoted by genocidal singers worldwide. Immortalists will arrest and sentence to lifetime labor anyone who teaches others to shake heads. Repeated tears in body vessels from shaking create arterial bumps causing turbulent flow, which then creates 20x more clots causing 2000 mini silent strokes leading to vascular dementia. All sports that shake heads a lot, especially martial arts, boxing would be illegal. All yelling, shouting, sudden excessive laughing, holding laughter create turbulent flow, clots too.

5). 0 loud *roosters* or loud *birds,* 0 coqui frogs (Hawaii, Florida, Puerto Rico) making noise at night/mornings, citric acid and laser program to get all of coqui frogs out of USA with AI drones. We need to get rid of coqui frogs that the state of Hawaii has struggled to get rid of, since loud sounds prevent good sleep for those not using earplugs. Mandate all Puerto Ricans in USA spend

3 months a year to get rid of all coqui frogs in USA (in order of income and assets, richest first), Florida, Hawaii, etc, that they brought to Hawaii, USA until we're free of this anti life sound of hell. *In 3 months, we send 10,000 Puerto Ricans to get rid of all Coquis and* Free Hawaii forever. Anyone caught with one, 5$ million fine and lifetime labor *for* genocide via sleep deprivation. Everyone volunteer to fix USA, violent crime rises with bad sleep, to remain in USA, all richer Puerto Ricans will have to either go there themselves, or pay 3 poorer people to go there for 3 months each. The subjugation of the poor American (live on 15K a year income in poorest areas where coquis live) workers by "worm IQ" Puerto Ricans needs to end. These frogs prevent sound activating light of security cameras from detecting big cats, animals, thieves well before they're detected by a motion sensor, giving home owners 5 times more time to get ready or to activate the low level alarm: "We heard you thief, back away, we see you with night vision". Property values crash in areas with these 100 db sounds, be shocked of the Hawaii forest sounds. Cuban frogs can be bought to eat the coqui and eliminate them in the entire neighborhood. In Hawaii, house sellers need to disclose coqui sounds. Hear it inside with windows open. *Thieves and criminals* love these frogs that they bring to many states, since it allows them to break into homes easier without being heard by people or dogs. Tasmania got Tasmanian devils, odd animals who shriek like 'devils'. They disturb the peace in the country folks, so we need replace them with another species that's quiet. ☺☺☺☺☺☺☺

6). 0 helicopter tour noise above residential areas + replacing helicopters (90 dB @ 100') with cyclorotors (59 dB @ 100') for all purposes as cyclorotors are quiet and don't tilt: Hawaii, other tourist areas, watch youtube for 'tours', no need to fly 200 times over houses to shake them; Long Island forced all to fly offshore, but the FAA allows 27K flights over the poor in the area; 120 flights in one day causing high blood pressure, low academic scores, mental illness, 24-7 365 days a year, lower reading comprehension, if it was rich people living in those areas, it would not happen. See the public meeting complaints. The US aristocrats do tours, China takes over the pacific, watch how they wake people up at 5 am 3 helicopters at one time, all day long in some Hilo areas, tours for cow IQ folks, too selfish, too retarded to think and do something for USA instead of 'tours', a government *of* murderers *(FAA pigs) who give a dime* about the working class), 0 small airplane noise *(used by* genocidal aristocrats *for their business of looting the 99%, they don't need physical meetings, this is endemic everywhere),* the filif fruit fly IQ mainland folks who come to do tours don't realize that noise actually destroys every cell and organ thru biological entropy the sound creates, but in our redneck country of rat IQ clowns, this doesn't even register as few read the Chapter 7. Hawaii legislators proposed bill SB 2474 to conduct a study for Puna district noise. India's gift to USA: terrorize US citizens with copter noise because Indians can't watch the Hawaii from youtube. Americans, Hawaii tourists, don't be demons, do you like helicopters flying 95 times a day above your house (lower Puna citizens are

hyper angry), 5 am-8 pm? No, then don't harass others. Be kind. The Governor of Hawaii needs to be impeached, he's a fraud for allowing such terror. Helicopters, aristocrat planes fly recklessly at all hours of the night in Oahu, people can't sleep. Every so often, 7-8 people die as their tour helicopter crashes, don't tour, you risk your life. The leaders of Hawaii are kindly invited to stop committing genocide by helicopter noise and replace $ made by helicopter tour companies with fees at the 10 museums of Eternal Universal Peace and Immortality *for* All that showcase their Ethics☺☺, Anthem, 4000 year Science & Culture. Just turn Hawaii into the Silicon Valley of eterni powders via Eterni Food Inc, the 1st of the 11 Incs. Make Hawaii US's 1st self-sufficient state with the most advanced food production on Earth. Since Hawaiians believe in 'reincarnation', they agree to build the World of Immortals, so in the future life, they enjoy immortal shapeshifting lifespans born of the chemistry Unis of Big Island. Make Hawaii the highest IQ state in the nation, since it's the lowest IQ now. ☺☺☺

7). 0 ice cream trucks: a truck injured 29 children, ice cream is poison, no beeps allowed, *no such* poison *trucks allowed to destroy our youth*: far worse than milk; no tire noise, no such crap, order everything from Amazon, don't pollute the neighborhoods with noise. We're not India.

8). 0 loud pressure *washing* (105 dB instead of 77 dB quietest models) ☺☺☺

9). 0 loud bush trimming, 0 loud grass mowing, 0 loud street cleaning (mandate quieter tech)

10). 0 loud *barking* (barking dogs get euthanasia or muzzle, see pet chapter on rules)

11). 0 loud *music after 7 pm*, all stores (except grocery/Walmart type of stores which can close 10 pm to 6 am), clubs, venues close at 9 pm, to ensure good sleep, no night concerts, events, parties ($*1,000,000* fines for violations by even 1 house), nothing open so all go to bed at 10 pm,

12). 0 pubs and bars alcohol banned, legal only to drink at home until all are educated over 1-2 years via TV-radio-web, until fully banned with lifetime labor for anyone distributing it, as all are taught happy breathing on TV-radio to achieve bliss, bars cause fights among drunks, domestic violence noise that wakes neighbors up, crime, car crashes that cause sirens past 9 pm

13). 0 vape/liquor stores because intoxicated people get into fights, sirens come ☺☺☺

14). 0 loud food processors 50 dB max, 0 loud humidifiers 22 dB max, 0 loud vacuum *cleaners* (60 dB max, today 1 in 100000), 0 loud washers and dryers for less organ damage by infrasound, low frequency audible sounds, 0 loud room heaters replaced by ultra silent 1 dB max electric heaters, 100% renewable electricity for 0 combustion engine noisy cars, 100% EVs ☺☺☺

15). 0 loud air conditioning units: split ductless AC for almost everyone, ban central AC for single dwellings, as the unit is far too noisy causing bad sleep (strokes, Alzheimer, short life

come from bad sleep) for those neighbors or tenants annoyed or disturbed by the compressor unit right under their window, vents spread germs, ducts are always a filthy mold colony,

16). 0 loud house walls, windows, roofs, doors (poor sound insulation) in areas with high background noise to ensure decent quiet single family housing for all citizens, 0 loud sirens by implementing the universal AI LiFi Immortality Traffic System (any car shut down remotely).

17). 0 combustion engine cars, all natural gas, biofuel and combustion engine cars banned globally due to engine noise shortening lifespan of drivers and city dwellers,

18). 0 tattoo shops (tattoos spread disease, infection, lead to hospital visits, *ambulance sirens*), 0 body piercing shops (infections result, more ambulance, more traffic, tire noise, reduce sleep quality) they steal materials for single family homes for all, they destroy national health, shorten average lifespan, making people pierced like cows). Japan has somewhat quiet cities. ☺

19). 0 door knocks ☺☺☺ (*unless mail* requires signature, *so* that *all get* good sleep *and thieves don't use knocks to scan houses, disable* cameras, etc; interrupted sleep is as bad as getting drunk, let missionaries stop preselytizing, all religions proselytizing becomes illegal as it is a forceful invasion of others' privacy and personal space, an act of pure *terrorism* (religions were made as a disguised spy base to loot all nations via fake miracles) to promote violent genocidal psychopathy disguised as Judaism, Islam, Christianity. The amazing & beautiful ☺☺☺ ethics.*gov* will educate all about gentle kind Immortalist ethics and the ethics of 0 donations religion; these filif frog IQ people (compared to aliens who live 30 times longer than us, as humans live 30 times longer than rats) ☺☺☺ , who steal trillions of dollars from the US government by tax free status for their business empires of looting gullible people, can simply demolish their depraved churches, mosques, synagogues teaching genocide of 8 billion people and build single family housing for the homeless and condo dwellers in USA 75 million of them, *whom* they wake up and harass all the time with their door knocks. *Violent crime and all crime is due to* aristocratic theft *and poor living conditions, noise, crowding:* when others make 10-50000 times the hourly pay, theft will exist, so will violent crimes, robberies, etc. Why harass sleeping people and shorten their lifespan? They can explain their savage Bible-Quran-Mahabharata beliefs online, via youtube or a website and if anyone wants to believe, *they* will. All donations for churches are illegal, unless they prove 100% of their beliefs and statements are true, which they can't, as no physics of afterlife exists; otherwise, it becomes fraudulent marketing, deception (give you eternal life in another dimension in exchange for your donations and following cult rules) and theft by fraud). Door knock fine is 100K for any religion missionaries or company salesmen *knocking at a door*, with house owner receiving 50K of the 100K (all houses will have federal wired camera at entrance by federal law to use AI to detect (AI sends email with picture of intruder who knocks, if face is not the owner and family) those who knock or touch the door and

fine them 100K, to reduce violent crime a trillion fold. Missionaries have to *pay* 100K on their own and *their church* 90 million dollars extra fine (which is used to retrofit loud houses, reduce noises, replace noisy cars with silent electric ones, etc). The same holds for salesmen, company *pays* 90 million. Missionaries are forbidden from approaching people in public, as most are not interested and become angry, plus it wastes everyone's time when a 3rd grader IQ guy is stopping people to deceive them (read the first 2 pages here, to understand why only a 0 IQ guy promotes the Bible) and spread global terrorism via global rape, genocide, theft, cannibalism, blood worship. In the "holy Word of Satan", the Bible, in 2 Kings 6:28-29 a Jewess *boils, eats her son*. People will find a website or youtube of a 'church' alone, no need to harass strangers on the street. These are the state of emergency rules to bring Order to All Cities for 0 Violent Crime. Churches, Synagogues, Mosques are spy bases of the Italian (if Catholic, or country of origin of the denomination), Jewish and Saudi Mafias: they got only 1 goal: theft via lies and ultra violent scripture that lowers IQ 5 fold and kills humanity. Low IQ people are much easier to enslave, with all resources stolen, everyone destroyed via microwave weapons. Places of worship provide a good hiding location for gangsters, terrorists, serial killers, spies and thugs, to do their illegal actions, while putting on a cover or face of a spiritual or religious staff or clergy. ☺☺☺

20). 0 loud video game, phone, computer noise after 9 pm (federal law makes it impossible for tablets, phones of minors (ages < 18) to work after 9 pm and before 8 am (all screen frozen except a physical side button pressing 3 times for 1 second each time, for 911 calls), so all kids go to bed instead of shouting, yelling, playing video games that wake adults up and cause power plant explosions due to mistake by tired adults living next door (whose sleep was interrupted) or parents: loud spoiled disrespectful (for parents, neighbors) violent kids addicted to tablets, phones, needs better sleep, so they become kind, peaceful). Adults 18+ living with parents fined $30000 for noise made that annoys neighbors, parents $20000, while 30+ adults fined $50000, with half money given to the victim neighbors annoyed, yet triple to the hero who reported this act of hidden genocide (body repair done while sleeping, *bad sleep from* cheap appliances made cheap and noisy by trillion dollar palace dwelling aristocrat theft *is* GENOCIDE, is like intentional murder, killing *people, causing heart attacks, strokes, diseases;* bad sleep = irritation, more noisy fights, more police visits, more sirens, etc). The violent thug culture that dominates Earth turns youngsters into violent adults who will blow Earth up. When someone sleeps, be quiet. ☺☺☺

To create a restorative deep sleep (50% of longevity) nap for all poor workers of the world, nap or day sleep essential for 2nd & 3rd shift workers who deserve Love like in a true Immortality *for* All Walk (not just talk), to create respect for meditative silence, so all can gently focus and breathe to connect to God (or happiness if atheist) personally, we can ☺☺*lovingly tenderly gently kindly*☺☺ OUTLAW witrhin 1 year in all 50 states and later *all* nations:

1. loud barking, 2. loud parties *(day or evening parties and barking that are louder than 60 db to any neighbor sleeping with window open to avoid AC noise, etc; excessive barking being banned via sensors monitoring sound levels via anti crime cameras,* tenderly *bring loud dogs indoors),*

3. church bells, 4. mosque prayer calls, all pubs, bars, liquor/vape stores, strip clubs, brothels, 5. loud grass mowers, spray painters, pressure washers, bush trimmers, etc (ban noisy types)

6. night clubs, casinos, sports events after 9 pm, and related businesses (all must close at 10 pm to avoid disturbing poor workers trying to sleep to toil as slaves for aristocrats, nearby, because sleep is the most important thing for longevity; our priority is Immortality *for* All, let all be the teleporting shimmering genderless shapeshifting Immortals living to a trillion, not just a few aristocrats: too many bar fights and police calls cause sirens in cities after 10 pm and this must stop now; all bars, pubs are temples to 'demonic' violence that cause high violence, sirens: at 15 L alcohol/year, Darwin became punching capital of the world)

7. fireworks *(on New Year or holidays, simply watch a nice hologram show with* peaceful *music on youtube or city* hall; a 3 page section explains fireworks are anti-immortality, criminal (damage of those forced to inhale poisons, wake up), because they damage lungs, ears, shorten lifespans in complete disregard for the need for World Peace in 3 months instead of parties and $2 billion/year (USA) explosions). Instead, those who love *church bells, BARKING, fireworks, super loud music and moderate volume calls to prayer*, can listen to them even 200 times daily on their mp3 player even until all hearing is lost if they so freely choose. ☺☺☺

Lawmakers in all capitals would create such laws if Quiet Cities Citizen Enthusiasts *played* barking *sounds 5 hours a day* near their house *to mimic a neighbor dog*, from 9 am to 4 am, like some dogs did near my house for years. Let's see how Muslim mayors and city council officials would enjoy sleep if we play the "*World's Workers We Unify*, Immortality *for* All *We Deify*, Workers *of the World Unite*, Against *the* Muslim Rapist Parasite, *To Bring All* Eternal Trillion Year Life"☺☺☺ near their window at 5 am as they did in 200 cities worldwide in infidel nations. We don't go in Muslim nations to play the Immortalist Anthem, or we're dead as Saudis don't allow any religion but Islam, why do we allow them to play wake us in NATO? Let's see how they love hearing Barking Sounds and Rape Quotes from Quran, Mutilation and genocide Quotes from Quran, play it 5 times, 11 pm to 8 am. All North and South Americans, Europeans, Australians need to play these near every city official, no sleep, until the playing of prayer call is banned in all NATO, Americas, Australia, China, ASEAN. Why duplicate, create a federal law. None shall interfere with one's freedom to enjoy silence. Let the World know the Quran: RAPE of nonMuslims is their religion, like we Know the Torah (Old Testament): genocide, mass rape.

Today, there are already 100s of such Muslim apps for Android etc for those needing 5

reminders to pray or who enjoy loud music or bell sounds, you can use these apps in airplane mode to avoid RF pollution. It's the epitome of low IQ to waste so much time shouting like 'gorillas' in Congress sometimes (they role play, just theater to pretend they're enemies, at least a few times a year some big circus) about nonsense, when the *ELEPHANT IN THE ROOM,* DECENT SLEEP, *the single most important thing for longevity,* doesn't get any space for debate in 100 years: how can anyone have decent sleep if poor if these dogs bark for 7hrs/night? The wealthy aristocratic Congress people are so disconnected from the harsh reality of the 99% poor, they have never listened to these insane dogs for 5 hours daily 5 years in a row and to the wild parties. America needs the Immortalist Party. How can anyone get some decent sleep or nap if the violent music fans blast their evil vibes for all the world to be bombed due to the quantum string vibrations? The poor *is so used to a dysfunctional bankrupt selfish* America *where too often nothing is done after complaints*, that they don't complain anymore: so they live like rats and slaves of *dogs, animal dogs and aristocrats*☺☺. Why would they? The city won't do anything about it, we got 20,000 villages and towns, it takes eons for the message to get thru. Then people have to do it all over in every village, since we have no centralized reviews.gov to enable all to complain about stuff, so that once an issue exists in one city it's fixed in all the other 20000. We got 20000 Americas, so nothing is done fast, efficiently and kindly for those who deserve a better life. *Let us not wake others up*, for it is a big sin☺☺☺ *that rouses world anger quantum vibes, brings War and makes the bell or call to prayer useless*. We can ☺☺ *lovingly tenderly gently kindly*☺☺ discreetly subtly *quietly connect to God*, enjoy our party, dogs, etc, without making others angry with our choice, without intruding into others' space, homes (loud sound enters 100s of homes), etc, that is the key to World Peace too. One can connect to God via breathing 5000 times a day, not just 5 times. This way we prevent people from abusing alcohol, drugs, nicotine in their futile attempt to feel good and happy, happiness ☺☺☺felt easily by ecstatic immortalist breathing while listening on their mp3 earphones to moderate volume ultra peaceful music. This serene music brings World Peace in 3 months 50 times faster than bells or prayer calls, 3000 times faster than party sounds or *900,000* times faster than barking. So, it's a matter of the level of one's kindness, after all, when you see the MRI data of all people in an area, as a result of various sounds. ☺☺☺

In Nepal the young people protested about the corruption of the government that banned all access to youtube and other gold mines of information and the prime minister resigned, ban was reverted. In Morocco, the students protested the building of stadiums, which are used by the aristocrats to drastically lower the average IQ of the working class while they steal trillions and educate their kids at private schools. The young people can protest nonviolently in America and all nations too, for the changes needed in their nations. The issue is the same everywhere, there is no universal free education and universal free healthcare, universal healthcare-ethics

education on TV-radio, continuing IQ/ethics development. The young globally have to deal with the same exact aristocratic criminal murderers killing billions of people via sports (everyone is killed globally at 73 on average, when with education/healthcare we live to 150) and 1.4 trillion$/year in USELESS Products Sold via TV-radio Brainwashing, while Education-Healthcare to Live to 500 doesn't exist for these Mutant Glutton Pigs whose main hobby in life is Stuffing Themselves at 5 trillion restaurants (meat has blood and animal feces, so most are blood/feces stores really), that shrink lifespan by 9 years due to AGE caused brain damage making USA a 3rd world country of 0 IQ chimps. Why do these feral pigs (domestic pigs who become like wild pigs within 4 months, just like politicians become more aggressive once elected and serve the system, not the people) allow so many restaurants, when we don't have any preventive free biomarker clinics, free education universities and healthcare? The feral (just like fe-de-ral ones with ☺abysmal IQ☺ projects) local/state gov pigs approve the permits for these "blood-feces stores disguised as restaurants" (joined by night clubs and bars to terrorize the cities with noise after 8 pm), they create the evil rules, they claim they're different than the federal wild pigs, but they're not, the push Bible foods of bloodshed, not eterni foods of the 11 companies. No sports ever allowed any society to reach 150 year lifespans, college professors have lived to 105 without exercising once in their life, except moving around the lab to further knowledge, the only thing that grant World Peace and Trillion Year Lifespans for all. Moving a ball will never enable us to live to 130 even. We need universal free education and universal free healthcare, high tech Eterni Foods for the workers who're always employed in one of the 11 companies.

We can gather and protest at the offices of the ruling aristocrats (mayors at least) who mismanage every city, country and state in the USA, we PLAY the worst heavy metal, rap, pop music in USA at high volume between 6 am and 10 pm, or whatever the hours in a given city that are legal and when mayor returns home (early morning 6-9 am and late at night before the cut off time especially, 7- 10 pm for example when pigs are home), when these filthy pigs said that it is legal to play sound at any volume. Best times would be just 1-2 hours before cut off time or early morning when they try walk their dog or meditate etc when people enjoy a walk outside and this horrible music is played to ruin their day like terrorists ruin many house/condo dwellers with noise. Only when the rich city officials (that's why everyone wants to be mayor and city council, you get astronomical salary) are served the poison they give us will they change the laws. Shielded from the bad areas, they're out of touch, as they give themselves big salaries, like the phony university presidents stealing 8 million while students can't sleep due to noise in the dorms. We PLAY the music they hate the most or even better, PLAY☺☺☺ for Democrats Mussolini, Hitler speeches that sound like HELL, like their Depraved Music they play in every city in the Genocidal Illegal Stadiums, built Via Murder and Subjugation of the Working Class. Make protests with these demonic lyrics these infernal demons have legalized in USA, pick up the most

infernal 20 seconds of the most infernal USA songs and play them Loud until they resign, PLAY for Republicans who Shoved a "Religion" of Murder, Slavery and Slave Beating at Gunpoint the hollering tone of Hitler (who called for enslavement of nations), of clergy (pastor, rabbi, Buddhist, imam, Hindu) these infernal demons have legalized to brainwash the masses and loot via illegal donations, PLAY the loud hollering by sports commentators, the fights, murders on stadiums glorified by Republican Monkeys, to see how they like to hear that noise in the human quantum field that creates murder/war that they falsely claim to "fight against". This sound would immediately force these subhuman crocodiles to change the Demonic Laws of the USA in 20000 demonic cities with the Holy ONE Federal Law that dissolves all city, state, county governments and establishes ONE Version of any Law for all Americans that ends Demonic Violent Music, Melody and Rhythm and Brings the Era of 0 Violent Crime and Justice for All, i.e. either arrest both aristocrats and workers, or end all jails. Nobody can arrest us for acting (loud music) within the framework of their demonic Laws of Human Sacrifice Republicans love/simulate in California Bohemian Grove where Al Gore visited too.☺☺☺ Protests must have no violence, no shoving, no rock throwing, since otherwise they call us Violent and arrest people, be aware FBI always uses infiltrators to do violent acts to then justify ending a protest, using undercover cops that hide the eternal genocides of the ruling class against the workers. Just PLAY the Satanic Sacrifice of Care Republicans and Democrats attend, and These Beastly Monsters approve AS LEGAL, THE SHOUTING ON TV, CHURCHES the beasts OK. Another easier (online) way to protest is to No longer Post on Social Media for 5 years, with last post being, "please read chapters 5.7. and 4.5.6. of the happyimmortals.com/book.pdf. We're joining the worldwide protest against the aristocrats in charge of US/most nations. We protest the facebook 2300 acre palaces or 2130 acre estates plus other aristocrat estates." ☺☺☺

The street cleaning they do every week to harass 300 million Americans to move their car between certain hours (sometimes between 8 am to 3 pm in some cities even) accomplishes almost nothing: 95+% of the dirt, tree branches, leaves, papers, etc remain there, since these machines are very poorly designed. We have become obsessed with making huge noise and causing enormous stress that ages people (sleep disturbance ages people) to clean a little dust, when, with a kind culture, citizens can pick up trash and litter themselves and we don't need any of these stone age machines to come weekly, maybe once every 2-3 months, with a much better truck/drone to do a job that is 75 times better (drone sucks dust and debris, brings it to big truck parked 1 km away), since we centralize and ONE FEDERAL Immortality Building Inc cleans all streets. If you're mad about anything any of the 11 companies does, any store, any business, you go to reviews.gov and complain, make suggestions, vent your frustration there for the whole world to see so we improve the machine, drone, truck that cleans and you can be anonymous to the public if you choose to. You notice how these street cleanings don't do much of anything

except wake people up, make a lot of noise, spew *dust* into everyone's eyes and houses, etc. They're more of a revenue generating source for corrupt cities, who give tickets to people who try to bring quiet cities. Tell me you're not mad about the tickets you got and time you wasted all your life to do these things so often for nothing. We clean our streets, but our houses are full of mold and filthy air, as explained in the Immortality Building Inc section about the *ONE* Federal Company we lack that is 1 million times more important for a healthy long happy life (living to 9000 some day) than removing a paper from the street. Our priorities are low in IQ, at best. It's like those folks neglecting their health and sleep and spending all day to clean up, fix, play with their cars in the garage. The current street cleaning tech is primitive. *We need a real reform: we need to clean our music first*, the dog barking like music, the music that makes everyone so mean and unwilling to pick up some litter sitting on the street and needing the truck to harass weekly, before we clean the streets with such stone age techs to bring less lifespan years. The whole world has become an insane artillery field, due to the Hollywood movies, glorifying war and machine gun sounds, so nobody is even bothered by these war airplane sounds of these useless "cleaning" machines. It's important to do this, to avoid the 10 second end of the human species. If we clean 10 times less often, we have more people *(10 times fewer drivers needed, so 9 people major in science)* to do RESEARCH to develop quiet electric drones or trucks, and to do in that 4-5 times a year cleaning a much better job than the 52 times a year now. We need to think, to centralize and bring high tech to every neolithic noise from hell industry. We don't even need noisy trucks, they're 1st century devices: small modern ultra quiet drones nobody hears are OK, why harass so many people? Let towns be a meditative space. The garbage collection trucks are too noisy and new tech needs be created, ultra quiet.

Likewise, it is *compassionate* to stop the harassment of billions by today's primitive mowers, trimmers, pressure washers. America's immortalist future *government* will ban all landscaping equipment making more than 55 dB noise (*just as all parties making more than 60 dB (noise of a normal conversation) would be illegal*), later, when tech advances, even 50 dB. *56 dB is the level of quiet cordless electric push mower, 55 dB is the noise from a quiet manual push reel mower you can buy today.* They also have cordless hedge trimmer, which is quieter than corded, quieter models will appear after Immortalists win elections. Makita (founded in 1915) makes possibly the quietest current hedge trimmer, hear it. Likewise, some gas pressure washers (ought to be illegal due to killer smog) make 105 dB while in use, vs 75 for a house vacuum (unless it's 58 dB ultra quiet ULPA, better than HEPA) or a typical Amazon electric pressure washer with 93 dB as written on it. It's essential to use a 5/8 inch internal diameter hose when pressure washing, not a 3/4 inch internal diameter hose, because the lower water flow will damage fixtures and valves, pipes and such far less (there is less pressure drop thruout the house, and you should never use any faucet, shower, toilet during pressure washing), and a 3/4 will lead to water hammer NOISE,

that weird noise in old pipes full of air, etc. Thus, no pressure washing business ought to be allowed to use 3/4 hoses, as they can cause pipe noise in homes they clean. For highest safety, use a 1/2 diameter hose while pressure washing, which is even safer than 5/8. The longer your *hose, the less damage to the plumbing system and you shouldn't open and close the pressure* washer more than once as each time you create water hammer and increase the pressure in the plumbing system, *do all washing by turning it on once and let the water flow continuously for 10-20 minutes*. Many people press the water flow button 10-20 times, but this creates enormous shock waves in the plumbing system; don't do that, otherwise, you get leaks in pipes or valves.

In Australia Victoria state it is illegal to vacuum between 10 pm and 7 am weekdays and 10 pm to 9 am on weekends and you can be fined about 19000$ if you disobey police request to stop vacuuming (the same rules are for noisy air conditioners and heaters, which shows how much more egalitarian and fair Australia is (even if far from immortalist in 2024), versus the Nazi Feudal USA where silence only exists in aristocratic neighborhoods). Buy $290 Sunjoe SPX3500 (founded in 2004) pressure washer with 70 dB (scroll to see 70 dB table), not 200$ AR Blue Clean AR383 with 82 dB by a company from 1958. Sunjoe uses far quieter induction motors, as you know from Cuisinart induction food processors for smoothies and wear earplugs and earmuffs on top of the earplugs to protect ears. Spend 100$ extra, to save 400000 in ear fixing costs, make a huge return on investment, like a true capitalist. $140 Wholesun (other colors cost 150) pressure washer makes 73 dB, is 90$ cheaper than Sunjoe. For just 15$ extra, with Wholesun, you get *20 dB lower* than typical *93 dB* Amazon trash.☺☺☺ 70 dB is far less anger causing in neighbors, stress, DNA damage, etc, than the 105 or 93 dB typical. 70 dB hurts no neighbors from the destructive sound that makes so many people lose some of the hearing by age 70. The criminal enterprises don't care about the worker's health or hearing, only profits, the aristocrats living in pompous mansions or 2300 acres palaces or 2130 acre second home estates don't care noise shortens lifespan of workers or make them deaf. We say criminal because no label exists there to wear earplugs and earmuffs to prevent hearing loss, they just sell it and people destroy the quantum field, and your body too, not just ears, due to biological entropy that sound creates. The greed capitalism means every company who has no clue, simply starts making bad products to increase sales, profits and revenues, so many newcomers will produce trash versus a company from 150 years ago, as you can see the quietest models are usually old companies with many engineers, the new kids on the block make trash. Boycott most brands of mowers, trimmers, spray painters, pressure washers to help make our cities quiet: only 2% are really quiet, due to a rock and roll culture of hooliganism disguised as music. Recall concerts that make these people rich destroy the brains, bodies and ears of millions of people. CNN says 1 billion are at risk of hearing loss due to loud music that destroys the human quantum field. ☺☺☺☺☺☺☺

If you spray paint, you can try a regular 268$ at Home Depot Graco system, and keep it 25-50

feet away (extension cable is extra 60$, 25 ft extra only allowed for this model, due to low motor power, they all come with 25 ft cable by default), in a closet or something so no neighbors gt mad, or get the next level 379 one that allowed a 50 ft extension cable to get 75 feet even. If you got cash, you can buy for $1700 *the 58 dB* (quieter than 60 dB normal talk) 20 feet from turbine (place it in a room so no neighbor hears it) Fuji Q3 (Q is for quiet, special tech), 3 for 3 stage. Many homeowners buy 36$ sprayers without a thought to noise level or wearing earplugs. For 200$ you can get some airless electric cordless spray painter that is the quietest of all types: always search for "brushless cordless airless spray painter" on Amazon, some brushless cost 40$, much better than regular Home Depot/Amazon junk. Brushes make noise, corded are louder. Air compressors make noise. Airless is the best, but costs 200-2000$. Google for quietest brushless types under 100$. Police agencies can implement immortalist siren system inside cars, to keep cities quiet. California banned all gas lawn mowers (90-99 dB), but electric ones (except cordless, battery operated), even if quieter, can also reach 85 dB (can damage ears).

Manual mowers only work for very short grass. For tall grass, cheap battery ones don't work well either, as they run out of charge in 20 minutes and the battery can die fast, take 9 hours to charge or start fires. Only a corded electric mower like LawnMaster MEB1216K can do a tall grass lawn; this model is far superior to Sunjoe common Home Depot brands since it's quieter, it never gets jammed, wheels are never falling, less noise, wear earplugs and earmuffs just to be safe. You also need a 50 ft 13 amp extension cord for 24$ or 40 ft for 18$. If your grass is short, to save the serene vibe, you can simply buy the highest rated (on Amazon) US made, 5 year manufacturer warranty, manual mower (Germany made one, 10 year Warranty, is 16", 19.6 lb, 160$ with bag, folds to fit in cars easier, 4.4* rating, 50 bought last month vs 900 the US brand), that takes the same energy to push, due to being half the weight, having 2 wheels only, not 4 and having no ground friction on uneven lawn for the mower base between the front and back wheels, the 4.3 star 144$ 14" 18 lb, 1"-2.25" adjustable height (better for uneven terrain than German 0.47"-1.65", but not for super short grass) that comes with bags (saves you 2 hours of gathering the grass) comfortable ergonomic hand grip (unlike German one), optional sharpening kit for some sizes or order 19$ kit separately, from a real USA company, from 1895 vs 1961 German one. US has 15% German ancestry citizens, so they may give more stars to the German product, even if it's same 4.3 stars or 4.2 stars in placebo controlled studies with people not knowing country of origin, Amazon reviews don't show ethnic background of reviewers, German one got 14 times fewer reviews. We need a National Lawn Mower University to design ideal mowers. The German one wheels are very bad, like Sunjoe electric mowers that break the wheel because it doesn't have enough grip and friction force to go over a bump, you need a groove every 3 mm, not every 30 mm. Sunjoe type wheels tend to slide and put pressure on the wheel center, grooves are very spaced out and not deep either and plastic wheels slide, so you need

many deep grooves. US company sells rubber wheel mowers too, for 164$. Amazon carries some of these rubber wheel, real wheel mowers: For just extra4$, you get real ball bearings and rubber for far higher friction and durability, not cheap plastic German wheels. Sunjoe (2007 company) have low grip force wheels that come off and break all the time, while German wheels groove is deeper but still sliding and coming off on uneven terrain due to spacing them out too much. Oddly, Home Depot sells those Sunjoe electric mowers. Amazon has fake Chinese made or China design mowers sold as 'Made in USA or overseas' etc. The real US company has 3 year Amazon warranty plan too, in case wheels come off 2nd day like with the Chinese ones (see 1 star reviews of Chinese ones with no US website address or info on what town they started in USA in the About section, they try deceive all it's a US company). The Chinese companies sell same product via 20 Amazon accounts and some have 3.0 stars, 30 reviews, others 5.0 stars, 1 review his wife made. Unlike these accounts, the US one has almost 20000 reviews, the most of any Amazon reel mower, so you know 4.3* is real. The reel mower is *the* safest *quietest* (45 dB) mower that ought to be promoted more, to create a pleasant *meditative* space in cities, that relaxes people, lowers cortisol, promotes inner and World Peace. The manual ones weigh 14-18 lb, vs 28-35 lb the powered ones, and take 7 times less space in your car if you move. Many people (unaware that half water is wasted on lawns), have a "slave lives don't matter" *fueled* selfish *obsession* with watering daily copiously *and mowing the grass every week (the 'company" does it while owner or renter is at work, so nobody gives it a thought, the price is* $5/week) and, the poor slaves, use the loudest gas mowers one can build with our "porn first, quiet gadgets later" society, since profits trump silence. This is madness: the key antiaging aids are relaxation, low stress hormones, frequent meditative breaks to rejuvenate the body, naps, decent sleep (sometimes at 11am-3 pm when they mow it) for odd schedule folks. But nobody cares, the aristocratic landlord owns more than 1 property, which would be illegal in immortality capitalism until all people own 1 house to live in, and hires some company to mow weekly 5 to 200 properties and make a hell scene of smog (chemical poisons and acoustic). They don't care, have no culture except "money first, longevity never: slaves are to die 40 years early", who cares if someone wants to sleep? Excessive grass cutting in areas with no ticks is a genocide. ☺☺☺

Short grass helps to keep ticks away from your house (ticks such blood and infect people with disease carrying bacteria) since they love tall grass and shade to enjoy a warm wet place (they hate dry areas), if you live in the Northeast USA or California where some Lyme disease deer ticks exist. We need centralization and to have Eternal Utility Inc, one of the mega-state companies, produce electric mowers 20 times quieter. For examples of quiet mowers, happily gently read the Eternal Utility Inc short section… on *how the* aristocrats *kill the landscapers* and torture entire neighborhoods, due to our culture of "appearance (short grass, etc) not longevity", and how the workers can ban loud mowers. They could use artificial turf and manual

mowers, use less water via drought resistant plants. Those water jets often spray cars, create white marks on cars and make extra noise, extra 'worker killing' coal smog required to power the plants to filter wastewater that becomes tap water. The aristocrat lives in a quiet area, 0 traffic/crime (nobody steals from fellow aristocrats, only from the poor indirectly), so he could care less that workers are woken up by the slaves he hired to mow 3-10 times more frequently than needed, for the sake of "ultra short grass, 0 sleep", *as if a war is waged on workers' lungs, brains, organs via chemical smog, acoustic smog*. Disposable slaves have no value. How about win-win thinking, everyone wins? The win-lose system today ensures no motivation to innovate.



CHAPTER 6 - Immortalist Parties, the New POLITICS

6.1. Renaming USA & Republican and Democratic parties to Immortality and Eternity parties

6.2. Immortality test for teacher, professor

6.3. Immortality test for doctor, nurse

6.4. Immortality test for lawyer, judge

6.5. Immortality test for police

6.6. Immortality test for soldier

6.7. Immortality test for psychologist

6.8. Immortality test for student

6.9. Immortality test for scientist

6.10. Immortality test for visa, immigrant

6.11. Immortality test for leaders & media

6.1. Renaming USA & political parties or creating the Immortalist Party

Introduction: evolution of Political Parties to Compassion: immortalists hypothesize that the trillion year old descendants of humans (and even the 200 year old more near future descendants) have eclectic beliefs and online churches, don't need fake political parties, only true compassion. In the US-EU, politicians are members of NGO, law firms, consultancy firms, boards of big companies, etc and invest in stocks, making $ millions besides their salary. Our thieving politicians own buildings they rent to the gov and made 7 times more money between 1989-2023 than the average American. These side activities of senators in EU show these phonies don't deserve to represent the people: none of the vampires have donated it all to the Eternal Universal Peace center☺☺☺, or to House all homeless in 3 years foundation via housing.gov that buys sells any house in max 4 days. Not even close, these fake Democrats, who're not leftists at all, steal billions thru 1000s of "nonprofits" that siphon taxpayer money they don't pay to give themselves 1 million $ salaries as they "help end homelessness" by charging cities, counties, states, 10 times what it would take if we had 1 national company doing it and housing them all in 1 year, per the immortalist 11 companies system that does 100 times better job, 1000 times faster too, in eliminating homelessness in USA, as all have a job and death penalty for drug transport and 1 million dogs (later drones, since US has 90 million pet dogs anyway) to sniff every package and letter are placed on all mail facilities and border points. We don't need 2000 nonprofits to steal billions while role playing "they help the poor", we just need one real company, Immortality Building Inc, that buys sells all US houses in 3 days, builds, repairs, maintains all buildings in USA. The 20000 local govs allow the 2 parties to get rich, while US collapses. CEO of nonprofit makes 26 million/yr. Helping the poor? Same for labor union chiefs who're the ultimate bastards, making 300-1050K, when any nonprofit (or tax exempt entity, churches, etc) salary should be capped at avg US salary, via the new US Constitution the Immortalist Party writes as they take 70% of vote from these cannibal chimps called Republicans

and Democrats whose main activity is theft of government and private money from We the People, using phony lofty schemes, companies, nonprofits, labor unions (top 5 members of a union used half the dues for 27 million in salaries), you name it. Hospital CEOs make up to 26 million/yr (1700 times the federal min wage), yet healthcare costs are double those in nations with longer life expectancy, we're the most corrupt. CEO pay needs to be max 5 times min wage or equal to all other salaries, one salary for all. Tax exemption cannot be used to loot the US, We the People, the treasury with phony organizations, be them nonprofits, labor unions, churches. ☺☺☺☺☺☺ These dogs would never agree to one universal pay with longevity products as reward, but that's irrelevant, We the People decide how the nation will offer rewards: money or health products and management positions. Nonprofits loot $50 billion of taxpayer $, to enrich hot air talkers who fool around and waste time since 11 companies would do a much better job and none of these scam artists would be needed. When the gov takes care of We the People we need zero nonprofits to loot the masses. $50 billion is enough to build a small house for all homeless via mass production. Churches sit empty most of the time☺☺☺☺☺, but hey, they loot taxpayers of $80 billion a year too, 130 billion total, 80 is enough to install 10 billion cameras to bring zero violent crime, never mind, pastors only care about villas. We have become a nation of bandits. Everyone in USA is a fund raising specialist☺☺☺. But when bandits are in power, nothing is done, except con artist nonprofits. We have the ultimate liars and bastards on TV talking nonsense all day about equality on Foxnews, CNN, etc but they make an unequal salary of $0.5-40 million (33 to 2,652.5 times the federal min wage, for radio 90 million, or 5,968 times) for bullshitting the whole world with fake news and incredible value of small businesses, 9000 banks/CUs and stock markets and other crap. In 1800 a computer was 3 million x bigger, did less than a small powerful chip today, just as tomorrow, with 3 million times fewer companies we will achieve 4000 year lives as The 11 National Unified Companies replace 33 million. Why on Earth do we need to spend 2 million HR people to waste their whole life on different pay instead of one universal pay and focusing on living to 4000 and zero violent crime in 3 years? Because Thieves run USA, they think only of money, not on how to add to USA the max million lifespan years. Via guns, they impose the Monetary Sharia Law: for money you shall do all unethical or ethical things. Do we need 16000 radio stations, 2000 TV stations saturating us with violence when people die daily due to violent crime and due to none of these presenters going to unsafe factories to make processes safer so no workers die? What if we chose to actually do something instead of playing toddler games: fake elections, political parties, mind games, after 9,000 years of bullshitting around? 99% of TV program us to chase money, be lustful, violent, stupid. We don't have any decent TV-radio station on Earth that aligns with the Immortalist Anthem. ☺☺☺

"Cabbage IQ" folks say we need nonprofits to "help with certain things", but all nonprofits do is what the gov's duty is to do, but govs don't as they are thieves. In an ethical society, if you have

a complaint, you send it via reviews.gov and then you get a professional human reply, with 100 page PDF (and a nice 1 page summary, like a paper abstract, written using the scientific method with 500 references at least), cowritten by AI and staff to explain your concerns' solutions and a plan of action to address your concern, in case it isn't addressed and you indeed pointed out to something for which no resources exist, etc. with these 3rd grader governments we have, nothing is serious. Every citizen will ve treated like a billionaire is today, with utmost professionalism, by immortalist govs. The service is 20000 times worse with 20000 local govs. It's like having 20000 Windows OS with 20000 fewer programmers for each. 20000 gov produce infinite waste. Everyone is treated like a VIP of a special billionaire club, instead of like a piece of trash today. We create world's first Virtue Based government, where everyone learns ethics daily from TV (10 hours during the state of emergency to lower violent crime 1 trillion fold) and the Immortality Credit Score shines thru as the Guiding Light of Civilization. Everyone feels like 1 gov does 200 times better job than 2 million fraudulent nonprofits today and 20000 childish local govs today, that duplicate and are unable to pass the most basic laws to protect the citizens that other gov passed (see examples: quiet cities, smog free cities, etc). We have unified all classes, groups, ethnicities into the Immortalist Identity of Universal Family of Immortals, ready to bring Eternal Universal Peace in 3 months, and Zero Violent Crime within 3 years. This Unity rises the motivation of the masses dramatically, with only a few of the 5% that vampirize the 95% being unhappy they are no longer masters of national and global terror, keeping everyone ignorant, sick and in the stone age, and with that, the entire society, that cannot focus on any real progress in science, ethics, research, as all was about money making, sales, duplication and pretending to do something. The people wasting their lives with nonprofit jobs and local govs can finally provide 1000 times better service born of efficiency via The 11 National Unified Companies, no unemployment, all are employed, all work to build the World of Immortals. Everyone is excited, we get 1000 times more effort into process improvement and better service instead of on production and sales bullshitting, sales of horrible service and products. The anthem spark of progress is ignited. 4000 years lives becomes the daily topic of discussion, as we have achieved World Peace, Zero Crime. Imagine all those people wasting life with useless nonprofits and local govs working in the 11 companies to provide 1 service for all citizens, service that's 20000 times more scientific, accurate, with centralized reviews for all and accountability like never before via the universal pay to deter greedy bastards from trying to become certain professions and ruining those fields.

Why can't churches be online, everyone does online learning, science classes for free, online academies, etc. What has religion anything to do with profit and donations? Ethics is ethics, you live it and that's it, no need to loot the Treasury. Ladies and guys spend 1.4 trillion $ on pure crap a year, and then they say we need "nonprofits" to help etc. Laborers make little, but the

labor chief 800K, nothing more criminal, they are supposed to help the workers not loot them. Professor of theoretical physics explains USA is about to experience the immortalist revolution. In the US, 150 billionaires donated $2 billion, or 18% of the election brainwashing ads $, as much as 60 million Americans, showing how powerful billionaires (who create Tesla EVs and other gas cars that destroy everyone via RF) are in installing puppet Re-pub-lican, Democratic govs to loot all so more palaces for aristocratic families can be built. USA is a concentration camp run by the military oligarchy America's most left wing politician talks about. Muslims follow Mohamed's way to steal via fake day cares. That's why we need to unite and expose the Bible thuggery promoted by Republicans, the fraud of the election system (campaign finance law passed by right wing judges allows the rich to spend 70% of election ads money to install their puppets to loot the masses), etc by sharing via email, text, social media, this book. Let's prove We the People can overcome 150 billionaires with 50 kind mouse clicks or phone taps. Nancy Pelosi, after doing little to free the 95% from the aristocratic terror, had her net worth skyrocket 50 times while in Congress. So, why do we exactly need elections every 2 years, wasting taxpayer money with that instead of eliminating violent crime and the homeless? It seems elections are a scam to enable parasites to award themselves huge salaries, 3 times that of hard working scientists who actually make a real difference instead of shouting or role playing all day in Congress in uneterni tone. Why do we need presidential elections every 4 years? Why can't we have presidential limit 7 years and have elections every 7 years for legislators, President, Senators, Governors, Immortality Education Agency Chief, Immortality Nurturing Agency Chief too? Democratic & Republican TV hosts loot America by making billions or millions… while others are homeless. USA is still a feudal colony, where the rich own 90% of stocks (stock market doesn't need to exist to give World Peace and 5 century lifespan to all, nor do we need 4500 banks) used to loot all nations, where Congress Democrats amass $120 million in wealth, like Nancy Pelosi, via stocks. South Australia banned donations to politicians, while USA spent 20 billion on elections in 2024. The genocidal US system enabled CEOs to move from making 20 times the average worker wage in 1965 to 389 times in 2021. Thank the ultra corrupt Demon-crats and Re-pub-licans. History teaches all empires and nations who became oligarchy dictatorships collapsed soon after. This is due to Democrats doing nothing to end the stock market and the fraud, gambling, low IQ, looting wars it promotes, except being best allies and fake enemies of the Republicans (controlled opposition for decorative purposes, to fool people democracy exists, that voting for Democrats ever changes anything). The gambling ban is essential, in all areas of society, for us to evolve to true democracy, kindness and intelligence. People are so brainwashed, they wrongly believe we need stock markets. The future people, who live to 9000, probably make decisions based on the 100000 scientific proof (double blind randomized controlled studies adjusted for all confounding factors) studies showing the best choice to maximize the healthy lifespan years added for the entire USA (not just the palace

dwelling aristocrats) and the planet. They don't decide because we get these useless parties based on the platform if you can worship a cannibalism genocidal mass rape text or can have sex with cows, morph into a crocodile, female, male, have plastic surgery to look like males, females, cats, dogs, hippos.☺☺☺

Pentagon satanists rule USA, that's why they flood the media with infinite violence and give all guns, so the workers fight themselves and shoot each other instead of going after the Pentagram satanists at the top, who love the Pentagon shape and decorating themselves for killing more people than others, awarding themselves salaries 10-15 times the minimum wage, since they are holier than the people who kill and injure none, instead of 1 million. Pentagon controls all courts, agencies, parties, elections. Everything is USSR 2.0. Democrat and Republican names share one word: care, or race. The Democrats, Republicans meet in California Bohemian Grove to "simulate" the human sacrifice (video) of a girl called "Care" in a "ritual" called 'Cremation of Care', whose Wikipedia was changed recently to make it look like a "movie production". Inferior gentile "races" are human sacrificed in eternal wars without any cares. Isn't it obvious USA is run by Murderers, they never take any real action in media to stop the spread of violent content, which is the first step towards zero violent crime. Do we need 16000 violent radio stations and 2000 violent TV stations? 10 total would be enough with eterni tone and content. They all parrot the main news, duplicate what others said in a horrible tone, and add a bunch of local garbage and violent content. Instead of solving real issues, they spread violence. The Grove is close to the gay capital of USA, San Francisco, another satanic element. Our elected satanists swear on the Bible of mass rape, arson (like Care is burned) of cities with animals and people. Here are the quotes US "elected" (fake elections) officials swear on: genocide, mass rape, human sacrifice, arson, alcohol intake to beat to death all around you, kid beating. That's their real ethics: death, war, violence, rape, death, war, short lives, human sacrifice disguised as war over "resources" or etc. This is an ancient Baal Israelite ritual of human sacrifice of all gentiles who're worth 20$ each (see 11 Talmud quotes), have mortal animal souls and demonic souls vs Jewish eternal souls, per some Jewish texts, in perfect alignment with the satanic Bible quotes calling for the genocide of trillions of gentiles in Deut 7:16. Now, all can truly appreciate the game Jews play by brainwashing all to print the Jewish Bible of the Jesus scam. Your hospital CEOs make up to 1700 the minimum wage, 15% of US MDs are Jews, Jews 2% of population.☺☺ Perhaps, you can see why we want to change the political party names. Blacks would agree with this too, as the Care thing is like a KKK ritual slaughter of Blacks by Jews, Whites, etc. If idiots still want parties, we can create the Eterni, Eternist or Immortalist Party. Christians forgot their scripture prints the Horrific 1450 Old Testament quotes and too proud to realize the Quran is nothing but the Bible recycled, rewritten, Islam was possible by Christian actions only. Sadly, every nation is more or less a copy of the US fake freedom society, where military rules with fist.

The section on how elections are faked by the military in all nations of the world explains why it is time to dissolve all political parties, political science departments and start immortality sciences departments in all universities, elect policies, not people, with 0 money given to elections, *0 donations for elections, everyone votes depending on the policies version they want every 10 years*, as we make policies for the next decade. We need no political science majors or civil administration majors, we got too many of such "3rd grader IQ"☺☺☺ people who simply learn how to con and dupe the masses for the aristocratic liars. We don't need 20000 governments, we only need one efficient government of USA with 11 companies for all. 0 mayors, 0 bureaucracy. Why not have a "Shelter, Food, Healthcare, Transport" minor for STEM graduates, for these so called "leaders" to create houses, transport, medicine that last. Today, 200 million Americans can die instantly due to living in paper houses that can't withstand a tornado like domes can. Shape power, so much math and physics knowledge for these managers of states and cities we don't need. 100 million can die in a flash flood due to houses not being built slightly higher than the road for Flood Zone # etc. Where is the ONE Federal Standard, instead of 20000? What did these "adults" study in political science that made thousands of Americans die in tornadoes? During the 2026/2028 midterm elections and the 2028 presidential elections, the silent majority, the enslaved 95% can win, the American people can win, via the first party (the Immortalist Party) representing the American people's interests, not the interests of aristocrats living in palaces who control the 2 parties that debate "rich people deserve 10000 times the pay of the average (Democrats) or 50000 times (Republicans)". No talk of max salary being 3-5 times the minimum salary is allowed. Today, we have a one party communist Jewish TERROR system, run by the Aristocratic Terror, Torture, and Daily Beatings Party that makes Hitler look OK, the "Communism for Palatial Aristocrats, Slavery for the 95%" Party, who masquerades as Re-pub-licans & Demon-c-rats, who swear on the unholy bloody Bible deifying beatings (kids, workers, sex slaves) or unholy bloody Quran deifying beatings and torture (sex slaves, mutilated infidels, kids, wives). Gentle tender soft healing nurturing graceful loving kindness will win in 2028.☺☺ The miracles section 5th and 6th paragraphs got more fake debates of the Republican/Democrat. Democrats often make billions or millions by stealing from the poor, so they're more of a Demo Rat, a Demo Aristoc-rat, not a leftist as they tell us. This satire song explains the 1 party con system: the Party of the Rich. The Democratic Party was hijacked by aristoc-rats.☺☺ The Republican Trump doesn't care about anything, except the power of British aristocrats, so the rebuilding with steel of 100 million houses and creation of 30 million new houses and infrastructure for those in condos is not a priority. Instead tarrif wars shut down steel factories in China, that could be used to make steel for USA. Importing steel for construction is not going to shut down our steel plants, since we produce 100 times less than what we need to make America safe first time ever in its history, as aristocratic genocidal building codes are wiped out by Immortalists. Let's see, will America import 100 times more

steel from other nations or simply be used as a slave dog to attack China when London feels their reign of global terror is ending? Why can't we use those stronger than steel nanotubes and new oil based materials if we don't want to import? Because the rats want oil for cars, not oil for new nonsteel materials. The same depraved Republican party of genocide via smog destroys now any chance of proper shelter for 70% of USA. Of course, they live in the best mansions, so why care? Create a nice dome of new materials that is anchored 10 feet into the ground and has a big "foot" to prevent going up in wind, and that frame will never be broken by world's strongest tornado even if light. ☺☺☺☺☺

The daily uneterni talks recorded for the nation to see in Congress give too much info to our enemies and they destroy the human quantum field, as well as the national information field, due to the activation of neural pathways related to deception, role playing, aggression, contempt for others who're "too low IQ and to die at 80" to get the truth that the whole shenanigans of Republicans and controlled opposition "Democrats" is a staged scam. This fraudulent show on TV teaches people to be dishonest, slows scientific progress and increases violent crime that often emerges from dishonesty. Say 1000 times less stuff, but let it be truthful, educational for all humans on Earth, be the Light of the World, not the laughing stock of the world. This neural activation of dishonesty, fear, anxiety, yelling, aggression, etc neural circuits is contagious and leads to less innovation as brains are taken from the hypothesis thinking to the reptilian brain of extreme negative emotion, paranoia, etc. Think of Tao Te Ching, "the sage does everything without display, without acclaim, without taking credit, with 0 words". Now, compare it with the street market vibe of all world parliaments almost. Our politicians talk a lot about 40000 useless businesses, economic development, this and that business, but they have not yet created the 4 essential businesses USA needs: Immortality Building Inc (decent housing for all), Eterni Food Inc (decent food for all), Universal Immortality Inc (uni. Healthcare) & Free Education. All they talk about is how to enrich the ARISTOCRATIC PALACES MORE, just covertly. Pure Fraud and Scamming of the American people. They don't talk about 90 times more research to ☺☺*lovingly tenderly gently kindly*☺☺ make everyone in America in live to a trillion as a teleporting telepathic shimmering shapeshifting physical Immortal, wishing Immortality *for* All. This outcome, never talked about in Congress, means everyone has such a high living standard and universal healthcare, that even aging stopped, imagine that. Why do all people have nukes today? Due to this ethics of Showing Off, Publishing too much in Journals, on TV, before everyone has 0 violent crime and a truly "May all live to a trillion Years Old Wish" type of culture with no harmful intent in any citizen. The foolishness of our leaders meant that we failed to achieve World Peace in 1945 as it should have been. The whole televised Congress, Courts etc debates is so dishonest, because the people pretend they try to help us, etc, yet 250 million Americans don't have safe indoor air quality, safe food, safe

healthcare, safe education. The standards are low and the only people getting slightly better are the top 5%. The insane amount of senators and representatives makes it hard to find people or speakers for legislators to produce high quality immortalist tone and content. We need honesty and gentle kind tone. The only thing we need to share with the world is the "Eternal World Peace in 3 months and 0 Violent Crime in 5 years" Journal articles. This shows we're serious about World Peace, instead of just talking about it forever. Actions speak louder than words. Any other tech can be misused to hurt others. Everything else should be kept secret, as a protest against crimes of torture and violence in other countries, while making sure we have the lowest violent crime on Earth.

Do we study chemistry and physics from 3rd century BC , 1st century AD or 18th century? No, we study from the latest textbooks, way more advanced than the trash of 1st or even 18th century. So, why do we believe, without any question or doubt, that the genocidal Greek Empire and genocidal Roman Empire created system of "democracy" (Alexander the Great was an alcoholic who killed endless civilians to expand an empire that later collapsed and became 50 times smaller), from 1st century or 3rd BC is the "best" system☺☺☺, with their incessant assassinations in Roman and Greek Senate and endless killing campaigns? Why do we need the balance of powers to be 1. Congress, 2. Courts and 3. Cabinet-President, the 3 pillars and not the 3 pillars of immortalism: 1. Immortality Education Agency: the educators of the country, teaching ethics 3 hours weekly from age 1 to 30, create angels not killers. 2. Immortality *Nurturing* Agency: EPA, FDA, product safety, cops, spies, judges: courts are 2% of the new balance of powers, not 33% as today, as we fight a lot less, and educate a lot more, making the system way more fair so no fights ensue, since all incomes are wages and 11 companies exist only and all reviews go to reviews.gov which leads to instant bonus and fine depending on what happened. 3. Executive Immortalist Congress: President, Cabinet, Legislators are the Executive and Congress Merged, as 2 Congress chambers merge: 1 Senator for 5 million people, trim Legislature to 68 Senators. The so called rule of law in USA is a mere scam, since the rich create 20000 versions of every law, as each city violates the most basic rule of democracy: equal treatment of all, meaning one law for all USA, 0 taxes and one law, no states or local governments, only 1 central government with local offices. The fact all make similar wages and you got 11 not 33 million companies, means no lawsuits exist, since a guy can only get a small amount of money, 30% of the fine placed on 500 people, since gov fixes all cars and houses and all got health insurance that covers all basic stuff and work injuries product use injuries etc anything anyone does will be covered and fixed by the government, nobody needs lawsuits (no rich people exist and you can't sue a company with 20 million employees, since every product is approved before sale by a committee of 10000 PhDs, not 1-10 as today, and thousands of objective safety studies are done, meaning we have 1000 times fewer products released a year, but of much higher safety and quality) everyone reports

issues with products at reviews.gov (good reviews can cause small bonuses) or crime.gov and then 50 people are fined if an error was made and the complainer gets 30% of fines, with 70% going to the best investigators, workers who fixed the issue in the best ways. For real mess, fines will be huge, 50000. If *Nurturing* Agency notices 500 complaints deal with 1 product, then they know the product causes heart attack for example and product is pulled off the market, with 50 million fines after investigation and also, payments to the affected pill takers. Immortality capitalism or immortalism creates a system that removes all incentives to create bad products, and rewards/pays those who complain about product quality (real issue), in order to make sure those product designers are not just playing golf while America goes down the drain. This is diametrically opposite to communism, where nobody is paid for reporting issues, but instead, they're tortured a little or to death by the KGB who ended up killing 20 million USSR citizens alone, while in former Warsaw pact nations, torture was very big, as CIA today does. 2025 USA resembles communism, like most nations do, since no central reporting system exists and no proof that someone investigated every complaint and improved the products. See, with 3 million sites, 500 review sites, Amazon, yelp, etc and "Contact Us" forms, and no central system, FBI can't know if a complaint was investigated or not, product improved or not. ☺☺☺

Today oligopolies and an army of 1 million lawyers mean the criminal 1% can produce the crappiest products since they make 20000 times more money and have money to win any case. You go to endless review sites, Amazon etc and write something but nobody investigates, *they play golf and waste their stolen (from the masses) billions in depraved activities*. The 'courts and lawyers' are the Immortality *Nurturing* Agency product improvement experts who review each complaint and fix the products. Crime.gov is for reporting more serious product complaints that verge on criminality or covert violent crime (genocide via bad products or service). We have 1 million courts and lawyers, instead of 2 million physicists to improve products. USA was ruled by lawyers, actors for 250 years. We need 250 trillion years of scientist/engineer presidents,☺☺☺ 0 lawyers/*businessmen*. The rich only care about their family... So, we will solve that issue quickly with the Immortality Credit Score, max pay 3 times min pay. USA will finally become a democracy and for the first time in world history, nobody will have 2 houses in a country, as it has been that the wealthy pigs have 9000 (capitalist real estate magnates, who make sure renters live in hell) or 2 (top communist families in Russia especially, dacha). No more vacation homes for the criminal thugs, as this removes any incentives to make all cities quiet and amazing and creates aristocracies that start wars out of boredom *after so much* exhausting *golf* that took land from the workers living in flats. These scum of the Earth crocodiles,☺ who have sucked the blood of nations forever as nobility and imperial "do nothing all day" clergy, will become regular citizens. Since all their wealth was obtained by conning millions, some of it will be returned via fines to the agencies that will obviously find endless issues, as with food processors, humidifiers,

heaters and other 10 huge issues mentioned in the 2nd paragraph of the 0 taxes section. The political system of the USA is 100% corrupt and designed by the rich to maintain the chains around the neck of the 99% very tight: 0 freedom. If you want to start a new political party, there are so many barriers, they make it so hard, instead of just having a website and people signing a petition or form they want to register with that party and want to vote for that party's candidates automatically, even 3 years head of elections. Like with everything, they make it ultra hard, so nobody can do anything, without the aristocrats blocking any real change via torture. US is like China, on paper USA got 2 major parties, but it's only ONE: Aristocrats.

The President can be in charge of Cabinet and Congress, all 3 branches united via the Immortalist Party majority in elections which makes the President a symbol of national unity, with the first 2 branches supporting the Executive. The *current* courts are a scam, invented by aristocrats, to pass criminal laws that protect their theft of trillions from the American people and state, to make people believe the elections are real when they're faked, laws that simply subjugate and enslave everyone for the top 1%. This is as far removed as democracy as it can be. We need 500 times fewer lawyers and see how we will achieve it in the first 5 pages here. We need a united nation under the *gentle tender soft* Immortalist President, not one where everything gets paralyzed and we waste 4 billion years in courts, where each president undoes what the other party did via 50 executive orders on day one, and confuses the planet with their ☺abysmal IQ☺ swing of the pendulum from one extreme to the other, instead of getting things done, like 900 times more research via centralized education. We, the fans of the US peaceful nonviolent Revolution, new Declaration of Independence, Immortality for All can bring this change via voting Immortalists 90%, Democrats 5% and Republicans 5% so we can change the Constitution and begin to bring real democracy to the planet and USA. Why not just reach 1 trillion year lifespan first and then we have more than 1 political party? Save $$$.☺☺☺ Today, the Zion Elders who run the Democratic Party try to create as much conflict as possible between Muslims and Christians, to facilitate the theft of trillions of dollars by 170 Jewish billionaires from the Americans. How do they do this? Easy: bring in 50 million Muslims to USA, and start the fight. Bring in 50 million Latinos to attack the locals, so Jews control both camps. Conflict ad infinitum. The bad type of Jews already brought 50 million Latinos in USA. You see why we need a New party, instead of the Jewish One Party system? The bad type of Jews (not the good type) run both Republicans (promoting Jewish Bible) & Democrats (promoting Zion Elders Protocols strategy covertly). When will US be free from the "bad type of Jew" Scam? The "bad type of" Jew full time job is to create conflict among gentiles in any way possible, be it political, religious, ethnic, Christian/Muslim, Dem/Republican, Arab/Caucasian, Gay/Straight, Protestant/Catholic, Latino/Black. USA is slowly destroyed by religious/Zionist Jews, who may need receive lifetime labor or to be deported to Israel for inciting 4 billion people worldwide to genocide, mass rape

of innocent people thru the Bible and Quran they created, Quran is the Torah rewritten.

Just like Trump deports criminals, all "Genocide Inciting" criminals need to be deported unless they pass the immortalist test of faithfulness to USA, not to the evil genocidal Bible/Quran of mass rape, slavery of all, infinite violence on kids. All nations may soon become like Ukraine (forced conscription in the 700 Zionist wars of Zion Elder world chaos to establish the World Hebrew Language, Rabbinical Court of Torah Cruelty). No freedom may exist, the Violent section of the Bible will be the Only Allowed Text, the Torah. See the Future of US/all nations, gentiles forced to fight Israel's next 5000 wars of World Conquest? The 'bad type' Jews already had us spend 20 trillion on endless wars for Israel last 80 years. Why take care of Americans when we can help Israel conquer 30 square miles via 30 trillion USD? Like Gazans are treated like dogs, so are Ukrainians treated like dogs by the Jewish Zelensky who is too holy for frontline, but holy to make Penis Comedies in 2016 while gentiles died in Ukraine. Watch: Israel deports any illegals from Somalia, but in the US they bring 50 million illegals, who don't pass the more difficult than GRE test of immortality ethics and sciences and the English test. Double standard. US can be trashed, but Israel can't be trashed. If we had real policies, World Peace, 0 crime would be real by now. Respect USA☺. The whole political system in USA is 100% fraud: these pigs, claiming to be Democrats, are often Republican aristocratic fascists who do everything to dilute everything Democrats do and propose, so as to keep Democrats as the little fascist aristocrat terror helpers, who pass no real reform. They lie that these elected officials, masters of global brainwashing, are somehow representing the people, the 35% who own no homes, while in many nations 95% or higher own their home. These predators and parasites lie to the people they're leftists, when in fact they're hard core subjugating vampires who love subjugating the 90% in all nations. Only a brain dead person would imagine real Democrats would support the criminal system today: low IQ Brits, Jews, aristocrats who committed endless genocides, own 2-30 houses or 1 that is 10-80, while the hard working people, scientists etc live in rental studios or cars. This is also due to the extreme naivete of the Democrats who allow all frauds to take over their party. No person ought to have 2 homes, until all own a home, no home ought to take more than 4 days to sell or buy. These wolves in sheep clothing don't represent Americans, only the rich, not the 55% living in rentals or in terrible homes they own, full of mold, banging noises, leaks, unhealthy conditions. Only the immortalists represent the masses, the Democrats have become mini Republicans. Wake up slaves, have you ever seen Democrats talking about the 35% who own no home, are drifting around in rentals, filthy places the millionaire landlords never fix so they can buy a 3 million dollar car to impress some millionaire evil bandit creating infernal music from hell? No, all they do is become lawyers who suck up the tits of the Big Realtor companies who make buying and selling a home a 2-30 month process and get more $ for elections lies cycle.

Why can't Americans say via their 2026 votes that "starting this decade, rich people will earn a

maximum of 3 times the minimum wage"? The Immortalist Party is the party of the American people, of the Earth people, enslaved for 500000 years by aristocrats. The Immortalist Party can help humans evolve beyond political parties by changing our constitution eventually, when everyone understands this book in the 2030s. In the transition period to civilization, a good party can be useful. ☺☺☺ Some British vampires invented political parties to further enslave local populations, "divide and conquer", like enemies of various empires created religion fights for easy domination "Republican/Democrat, Left/Right, Shia/Sunni, Protestant/Catholic (both fictional), Hindu-Muslim, etc". Brits learned it from the Greek, Etruscan, Italian Empires, among others, as explained below. In the transition period to 0 political parties, we will remind all Christians that the Immortalist Party, like the Gospel itself, calls for Immortality for All, and that we deserve every vote from all Christians worldwide, plus other believers in some form of immortality, so common in all other religions. The government needs to give 0 dollars to political parties, so that money is used to create better housing and universal healthcare, not to waste money with empty talk about whether we should pay some 10000 times (Demon-crats) and others 50000 (Re-pub-licans) times the average age. Brits create endless divisive labels, classes, groups like "Spanish speaker, Chinese speaker, Vietnamese speaker, etc" for maximum conflicts, hence the Brits/Jews encourage 99 languages to achieve maximum ignorance, domination. Brits never talked of World Peace in 3 months, they never did that in 1000 years, only thru genocide and wars they expanded the Empire to 25% of Earth, so for them Peace was viewed as a bad idea, since at their IQ level they didn't realize an empire can expand without any violence, torture and bloodshed, by people liking something so much, they join without coercion. It's time for us to think of a peaceful way for all to agree to one language we create or adopt, instead of using wars, to agree to one education system or even 11 companies worldwide, so we have 2 billion healthcare-longevity high tech research jobs, instead of 2 billion trade, retail, bamboozling, translating, spying, sabotaging, war fighting jobs of gorilla vibe. Immortalists are neither leftist nor rightist, they're both, the center, the one thought of global unity: Immortality for All. Kindly watch a video by a Westerner who went to China, showing the wasting of national energy, money, time with electing candidates, instead of policies to make all live to a trillion, without any donations and money involved, simply websites alone and social media posts. Discover the Great American politicians gifts to the people vs China's 0 politics system, the Chinese action vs USA empty talk,☺☺☺ the Chinese orderly legislature debates vs Western style disorder in Taiwan (Brits sponsoring chaos, as they tried to drug with opium every Chinese to enslave them all, again divide and conquer, Re-pub-licans and Demon-crats shouting like Hitler at each other, see Jewish parliament too, or British one). Chimps? ☺☺☺☺☺☺☺

Separation of church and state means separation of education and church. US politicians promote the most violent text as a text of ethics and kindness and this is a crime against

humanity and the very basic common sense that ensures a society free from violence and war. It's unconstitutional for states to impose a scripture, much less a violent psychotic scripture calling in Deu 7:1-16 for the extermination of all nations Jews feel like exterminating, in any US school. It's unconstitutional (due to depriving others of the right to life, the most basic right without which no other right has any meaning, since you're dead and can't enjoy your right to "evil religion") for any entity to get tax exempt status if their scripture is violent and calls for genocide of infidels or anyone who is not Jewish, as the Bible and Quran call for. America *is not a Jewish colony where* gentiles are to be killed at the slightest Jewish whim. We see today, the Re-pub-licans promoting the infinite violence of 1400 evil quotes all pastors hide from church goers, via the forceful imposition of the Israeli Bible in Texas (read details), Oklahoma, Louisiana, Ohio, etc, which is mostly the Jewish Bible called Old Testament or Torah, on the mind of little or grown kids, for the creation of 0 IQ masses, easy to loot and enslave. Re-pub-licans can relocate to Israel to experience the joy of the God of Israel they make us hear about every day at the Catholic and other churches. These demonic (or let's say dishonest clueless, to be kind to the clueless pastors who're brainwashed ☺filif IQ folks☺) entities called churches promote alcoholism after alcohol already killed 1 billion people since Jesus promoted it, since after all, Jesus was the charlatan Son of Alcohol and of Satan☺☺☺, via the promotion of the fake turning of water into wine (read how Jesus faked it), a fake miracle Jesus Jewish conman staged, and via the wine at Mass, the lowest IQ ritual in the universe, as explained in 30 pages, similar to the cruel circumcision and other violent rituals that have become, hear that, "a fact of science leading to 80% American male children being stabbed in the penis by brainwashed doctors". The greedy Re-pub-licans, all 'filif toad IQ' puppets of Jewish Israeli gangsters, demonize foreign dictators for having a mansion, then send brainwashed fanatics to kill said dictators, but these same Rethuglican bastards have 1 million mansions in USA, these same Republican bastards who steal everything and boldly declare they work 50000 times harder than others, so they deserve 50000 times more money per hour. Why are these phony demons not killing the aristocrat dictators in USA? Because they're Republican Mafiosi who control the US government. These liars call dictators torturers and abusers of human rights, but the aristocratic Republicans and aristocratic Democrats do the same torture and abuse of human rights too, they got no ethics of 0 torture like the Immortality Party. Why aren't they getting killed like they kill others overseas? Faced with this demonization of those who abuse power and steal/torture overseas, we must also demonize the very Republican *parasites* who're do the same in USA, who loot not foreign peoples but the American people itself. Democracy means the rule of law, but when each city has its laws, we have the rule of 20000 law versions and treating people unfairly. Equal law is democracy. We thus need centralization to bring democracy to USA. Let us dissolve all states and city governments and bring the universal planetary government. Equal justice means equal law, equal education, centralized education, centralized law. ☺☺☺☺☺☺☺

We need a breath a fresh honest air in US politics, after 500 years of Jewish genocidal scripture forced on North America by Jewish/Spanish/etc gangsters posing as "missionaries" who came to shove their unholy ultra violent Torah on everyone's throat on 7 continents without our permission. Thanks to the evil Jewish energy of the Torah (Torah is 80% of the Bible), we could not be free for 2 millennia, and develop decent scriptures, with positive energy like the Immortalist Anthem, so we got a very macho energy of punishment and violence instead of the immortalist *gentle tender soft healing nurturing graceful* loving kindness. Compare the Bloody Bible/Quran psycho trash with the short *Tao Te Ching* or the *Buddhist Dhammapada*, violent hell vs *serenity*. The West has become a Jewish colony unable to create anything eterni at state level. Thus, in response to 2 millennia of '*religious* Jewish terrorism' (*the terror by the Bible fanatics*), it is our birthright to declare the Bible, Quran (see why Mohamed was a terrorist) nonscriptures and manuals for global (calling, like the Torah part of the Bible, for killing infidels) terrorism. In contrast, we can consider the Immortalist Anthem like positive kind 15 page max scriptures (simple and to the point, so all know it well) as some of trillions of acceptable scriptures for humanity going forward, created by millions of kind sweet serene people interested in spirituality. The unholy Quran is 99% Jewish, Bible recycled, as explained here over 70 pages. Do you dislike, or even hate the Quran or Bible, the alcoholic or alcohol drinking Re-pub-licans and Demon-crats, the sex outside procreation Demon-crats and Re-pub-licans? Then, kindly vote the really pro-life Immortalist Party. Re-pub-licans are the party of pubs, depravity and theft, the party of war eternal for aristocratic plundering and theft, the party of anti-peace, anti-life, anti-sobriety so anti-life, since alcohol killed 1 billion last 2 millennia. The Immortalists are the party of the real God, not the "god" hallucination of "malnourished heat struck cave men from year 1000 BC, fighting each other forever". It's every human's right to sign the Universal Declaration of Immortality for All, to free ourselves from royals/governments promoting the Bible/Quran. Isn't it funny☺☺☺ how Demon-crats, who claim to be pro-workers, get all these TV hosts who get 25 million dollars a year pay packages, while others live paycheck to paycheck?. Isn't it funny how they managed to fool 4 billion humans that Demon-crats are leftists? It shows how fascist, right-wing and out of touch the Demon-crats are, their main concerns including "sex outside of pro-creation" and "small business, making many Demon-crats millionaires and billionaires". A sinking birth rate will require imports of 100 million workers from countries that want to wipe USA out. Such patriots, promoting LGBT until 5 people are left on Earth. How about having a real left wing party in American politics, the Immortalist Party who defends the 95% for real, who calls for real democracy, not demon-cracy? You know tons of Demon-crats are millionaires and billionaires by theft and support the most comical☺ policies that are the lowest priority: first we house and feed all, give all right to life (meaning 0 violent crime, Eternal World Peace), give all good healthcare, then we talk about nonsense: no rights have any meaning, if we have no World Peace, since the killed by torture and war have all their rights taken from them, via death. So we

got *two* parties *of thieves* (the guys who design the democratic party social engineering mechanism to prop the aristocratic parasites, not the average clueless voter who has no idea how both parties are controlled by the rich), who promote the mass theft of labor from the average people to give it to millionaires/billionaires affiliated with these thievery *parties*. The two *parties* of psychopaths (the *psychopaths are not the majority of voters* but the top serial killers who run the social engineering game from behind the scenes) are run by psychotic sadists whose hobbies include torturing millions of American citizens for fun and imperialistic feelings. Take that in contrast with the immortalist ethos of banning torture, violence, war and the like. It's the difference between beasts (Republicans and Democrats) and humans (the Immortalists). You don't want to be associated such such serial killers, demons incarnate, who preach love on TV or even to their congregation of gullible believers, and then go torture and kill others slowly. Believe it or not, most USA government at the highest covert levels, is run by such "humans".

Perhaps the most comical☺ thing is that the two *parties* of alcoholics, (refers to the devils who run the show, not the 99% of clueless voters, 35% of whom never drank alcohol) Re-pub-licans and Demon-crats, have no qualms to promote the wine promoting Bible (and its 1450 cruel genocidal quotes) and the 1 billion Holocaust the Jewish unholy Bible caused in the last 2 millennia thru the fake staged miracle of water into wine that promoted wine. The two *parties* of murderers and rapists (refers to the top devils who manipulate the parties, not the 99% of registered voters) diabolically induce billions of people to believe in the Bible lies, in *Moses/you killing 3000* in Exodus 32:26-9 at the drop of a hat, in genocides of all non-Jews (Deut 7:1-16) Jews feel like exterminating on a Sabbath day with Deut-erium tritium rich thermonuclear weapons, in mass rape (D 20:10-14, D 21:10-14, J 5:30), mass theft, mass burning of cities, mass killings of all animals, cats, dogs within said cities, by even swearing on the evil Bible, as servile dogs of the Zion Elders. Re*pub*licans, lick the *pub* glasses of beer and wines, like whores from hell, like addicted drug heads with no compassion for the 1 billion the Bible killed so far via alcohol promotion. Kind gentle ethical Americans, we have a nation run by alcoholic drug addicts (nicotine, alcohol, weed are drugs) with 0 knowledge of chemistry, who don't realize 100s of foods have 50-500 times more antioxidants than red wine and 100s of methods exist to improve vessel dilation, etc that small alcohol amounts do *(the alleged cardiovascular benefits of alcohol that come at the expense of damaging other organs or other aspects of endothelial vascular function)*. Why can't America have a Party of Sober people, who promotes banning alcohol and the end of America's rule by *Republican/Democrat* drug addicts at the top of these parties?

The Demon-crats and Re-pub-licans who run these parties from behind (not necessarily the public folks everyone knows) *are drug addicts*. Nicotine is a drug, the two political parties allow all *alcoholics and smokers to join their depraved* parties (without any suggestion to meditate and deaddict for the sake of World Peace and 0 violent crime, 60% of it done by drunk people) run by

thieves who brainwash Americans that evil is good. These parties are used by the hidden gangsters to promote the British strategy of drugging USA with nicotine, weed, alcohol, etc (like Brits destroyed China in 1840 with opium). The *drunkard* parties have no meditative bliss program (it's simple, relax at home, inhale and exhale the bliss towards all beings) to rid USA of nicotine, alcohol, weed in 3 years. This drugging of USA ensures Brits/Jews run our 4500 banks and keep as chained like wild dogs on a leash. We can ☺*lovingly tenderly gently kindly and patiently*☺ take America back from these "mental asylum patients" with the only ONE Bank, Eterni Bank and declare our true independence from Jewish British Mafia flooding our nation with alcohol and tobacco, gambling ads/venues/casinos. Smoking and alcohol fuel world wars that could end everyone life, as explained before, so how about USA having some *civility*, *compassion*, mercy and protecting 8 billion people instead of pampering 40 million spoiled "Jew/Italian brainwashed" Americans who never knew what missing 4 limbs is as a result of Republican-Democrat policies of global/internal theft, 0 IQ via Bible fanaticism that caused endless wars? The ☺abysmal IQ☺ 'God of Is-rael' (the name doubts if Israel is real, if their God of Is-real is real after all or a fake made up entity) we hear about in every church, the 'dog'/"goD" of the unholy Bible supports genocides of all non-Jews "God gives to Jews" (Jews feel like killing to the last man), when in reality, the real God knows a trillion ways to peace without war, torture, violence, threats. We can ☺☺*lovingly tenderly gently kindly*☺☺ allow all to stop using chemistry and physics, ethics (Bible-Quran crap) books from 1-2 millennia ago, to evolve humankind towards the Modern Century Light of The Immortalist Anthem, a more civil ethics text for our screwed up West. If we would study physics from 2 millennia ago texts, we would be savages, and yet, we remain savages, as our ethics remains in the Bible thuggery stage of infantile development thanks to unethical pastors hiding the bad quotes, like Communist China hides all bad from China and posts only the nice things on youtube. These same charlatans criticize China, while hiding all filth in the Bible, Catholics don't even have the Bible anymore in pews, only the select quotes that whitewash the "Christian horror fantasy cult of torture".

We can finally become free in America and ☺☺*lovingly tenderly gently kindly*☺☺ let every human be holy☺☺☺☺☺☺☺, be viewed as a potential holy teleporting telepathic shimmering shapeshifting physical Immortal, (the soul is that already, if it exists) let nobody want to kill, punch, harm etc anyone for any reason, but wish Immortality *for* All. This is the ethics we need, like in the Immortalist Anthem, not the pathological Bible/Quran crap. So, these hooligans (from Italy, Israel, etc) came here and imposed their violent thug scripture and brainwashed our kids on 7 continents for 2 millennia with their war creating evil ideology. We don't need it, send it back to Is-rael. It's a crime against humanity to recognize any church based on the Old Testament or Quran, Mahabharata, Book of Mormon as a religion and give it tax exempt status. It's not a religion, but a sadistic global genocide cult of death and violence. All bliss from

nicotine, alcohol, weed, etc drugs can be achieved by good sleep, meditative breathing as the eterni culture greeting section explains. The "fluffy please all depraved anti-life hooligans" system of *Republican and Democrats* (con parties run by bad type of Jews, Italian Mafia, unethical Brits) ensures we're all "slaves of British values", cruel Brutes wallowing along intoxicated to the brim with nicotine, weed, etc and alcohol, with no empathy for the poor abused by the *Republican and Democrat top hidden gangster thieves*, never able to get rid of the scourge of tobacco that kills 6 million people globally thru our depraved support of nicotine, while we take no real action to ban alcohol, tobacco and weed (minus medical weed when 700 other methods were tried first). Death penalty for any violent crime/drug selling will be implemented within 6 months of Immortalists winning elections, to rid America of violent crime in 10 years. 10 million $ fines for distributing nicotine and alcohol will be implemented after the 6 month 20 hours out of 24 on all radio-TV state of emergency education. *To take America from the hooligans, we need a 70-90% landslide, making* Demon-crats and Re-pub-licans *minority parties*, so come one and all, give up your silly addiction to alcohol and nicotine and let's bring World Peace in 3 months. Grow up. It's very easy to get rid of addictions, listen to the meditative music section while you breathe consciously. So, having understood how the 2 parties of hidden top gangster *psychopaths*, *thieves*, *drunkards*, *drug addicts* have screwed up USA for 250 years, it is time to vote them out. ☺☺☺☺☺☺☺

The *candidate for the* Immortalist Party for midterm elections will use a very soothing calming eterni tone with serene instrumental music in the background to relax everyone. This speech will be done against a beautiful colorful background, with happyimmortals.com or whatever will be the web address for the Immortalist Party, and Immortality *for* All placard in every public speech or event, the Immortality *for* All *mantra* of Immortalists, in colorful huge letters clearly seen (they can shimmer and glitter even), besides some nice qualities seen on the sides, like gentle tender soft nurturing loving healing kind. The Immortalist *President* Candidate will make twitter, facebook, youtube posts with a short URL for the 10-500 references for any topic he covers to create an honesty based society of proof based posts, like 1000 companies that poison billions of people (as explained in the 180 page section on the 11 companies), decent free shelter for all that is fixed within days of a disaster, without people waiting for years or more, sleep quality (quiet cities policies and how important it is for longevity and national security), decent food (all topics in the unsafe food processors, unsafe pressure cookers and Eterni Food Inc sections, besides chapters 11-12 presented in 500 youtubes or references to youtubes and some science papers), religion reform for maximum honesty and elucidation of donation free policies of immortalists for ending the business religion connection of stealing trillions from the gullible masses (all topics of chapter 14, like online churches, everything with references to the ultra violent quote from a reputable online Bible or scripture website with exact quotes, to enlighten

all about popular 'religions' via 3 social media posts daily to boost critical thinking), etc so that this is the most amazing & beautiful ☺☺☺ *president* who posts daily amazing science paper references in every social media post, to link science, religion, ethics, sleep quality, nutrition, centralization of the 11 companies and free things we all get in a society of universal immortality credit score. The Immortalist *President* Candidate will use the old adage "Do unto others what you want done unto you" or "Love your neighbor as yourself", to explain that the foremost duty of our citizens and governments worldwide is the end of violent crime and wars immediately, since *civilization and culture only exist when there is 0 torture/violence*. We don't have monoculturalism or multiculturalism on Earth, only 0 culturalism, pure cannibalism disguised as culture. The dominant religion on Earth is pain infliction on sentient beings and blood drinking, as obvious from the fact the majority of human chimps are drinking blood daily, since 0.2-0.9% of meat is blood obtained via maximum animal pain. This 0 culturalism is evident for anyone watching the content of media, literature, movies and lyrics, which violate 100% the immortalist guidelines for 0 Violence. Everywhere you go, you're flooded with images of violence, on purpose, since aristocrats steal trillions only by force of puppet cannon fodder who're used to attack the group/nation that rebels at any given time. Violence makes people stressed and only junk cultural products of 0 culturalism emerge in that stress, as seen in the bad scripture quotes versus the Immortalist Anthem, the ethos of our philosophy of life. ☺☺☺☺☺☺☺

You, Immortalist *President* or Mayor-Senator-etc Candidate, don't want to be attacked by thugs, so then you don't want violence for your neighbor that you love as yourself, so you support 0 illegal immigration, free centralized education to give all the decent eterni tone since age minus 1 and ethics education that prevents crime, you end aristocracy that fuels enormous crime waves via 50000 times the salary for similar work that enrages all and makes everyone feel like all is a scam and cheating is the way of life, and also create decent single family housing for all to reduce crime, offering better soundproofing and free lifetime repairs for all citizens done by the one and only universal house building and maintenance company, which is eons ahead of the low IQ low tech contractors today. To prevent punches on neighbors and gangs appearing during people's unemployment period of "looking to waste time", you end unemployment via the 11 companies that employ everyone. Gangs appear due to genocidal aristocrats who steal trillions and who fire one and all, without mercy, not realizing unemployed people are going to join gangs. Thus, You, Immortalist *President* or Mayor-Senator-etc Candidate, end banditry, end all banks but the One Universal Eterni Bank, all hard currency, all cash so no theft can occur, no gangs can operate, no spies can sabotage USA without being caught, as receipt for any product sold exists as proof of ownership, you end all lotteries, all gambling, stock markets, and all scams aristocrats invented to subjugate 200 nations and steal the labor and resources of 8 billion. All income is wages alone, to end the infernal reign of the criminal vampires who steal trillions from

the state and the gullible they defraud. Everyone is paid to report anything wrong with any service and product, with money being paid to the complainer, coming from those fined, if an issue exists and 50-500 people were fined of course, not just one, for everything is caused by many, not one person. The reviews.gov site is for all, the one and only review site, to centralize all reviews on a product by UPC code, to enable product managers to improve products 1000 times more than today. Every product is tested for safety first, not like today, when it is not. Thus, product innovation and improving is 1 million times more feedback oriented. You, Immortalist *President* or Mayor-Senator-etc Candidate don't want to be jailed, so you don't want that for your neighbor you love as thyself, so you support the GLOBAL STATE OF EMERGENCY plan to reduce violent crime by a trillion fold by radical reforms, so that nobody spends time in jail, only in healing centers for violent crimes and all the rest pay fines, take classes in ethics, meditation, happiness, deaddiction. Let all do some community service if no money to pay fines now. The number one goal of immortalist candidates will be the end of thousands of criminal businesses that delay the birth of 0 violent crime in 5 years, by the swift action of Providence or God if you wish, via justified gradual fines and mergers into one of the 11 companies (fines explained over 200 pages here), as also presented in the long list of aristocratic terror businesses used to support the global terror state of aristocratic eternal violence against the working class, as with beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). The world's first honest political candidates, meaning, those of the global Immortalist parties, recognize the "powers that be" have never been campaigning or talking about End of All Violence, Jails in 3-5 years, since the very System in Place functions by Violence Only. Only thru endless terror and beatings can the aristocrats award themselves 50000 times the hourly salary of the workers, and continue royal and aristocratic families of theft for thousands of years using banks, etc, even scam religions invented to loot the masses. ☺☺☺☺☺☺☺

It's unfair, UK occupied by genocide and unjust war an area about 50 times bigger than South China sea (100 times bigger than Tibet) nine dash line, yet all we hear about is South China sea, Tibet and how evil China is for working so hard to provide cheap products for all, making 98% of solar panel ingots in 2024, 90% of endless products in 2024 the world is too lazy to make (too busy playing depraved British sports), with some Chinese workers collapsing from 72 hour work weeks. See the double standard? Brits live off Chinese labor, and then Brits condemn China for not being a slave good enough, Brits try to drug them with opium and subjugate all Chinese. Walter Delano, grandfather of President Franklin Delano Roosevelt, became rich by genocide too, buying opium from Turkey and selling it to China, causing addiction and death. This was done by other US traders too, who followed the 'evil' human quantum field destroying methods of the British empire. Don't forget the fact USA joined the unethical Brits in the 2nd opium war.

Today, the drug trade is controlled by various well-connected families who use the government for their own ends? Why is the CIA building called after Bush family (accused to be involved in the drug mafia) and not after a quality (gentleness, tenderness, ingenuity, true innovation, kindness, Immortality *for* All) that USA lacked for 250 years of foreign wars? Sort of like the youtubes about CIA dumping cocaine in black neighborhoods: this cocaine scam (CIA admitted they obstructed those fighting drug traffic) is called "democracy" and thru brainwashing people are taught all our wars were just, etc and we ought to not be worried about Mi6 spies running USA from London. China makes fentanyl these days allegedly and sends it to Mexico. Is it true or does CIA catch all fentanyl that comes in by having more clues where drugs go to, via Chinese help of where fentanyl is sent? Colombia, Afghanistan, Bolivia, and other narcotics making nations need to stop making drugs o, torturing people or facilitating drug transport or delivery using spy agencies to destroy "enemy nations", to prevent the planet from asking 50000 trillion in reparations for destroying the human quantum field. Turkey committed endless genocides with British help, by growing the opium used to destroy China. The same diabolical technique used by spy agencies/militaries who torture folks and then say "after endless years of no decent sleep", that they didn't do this right and etc and continue the 'beatings and torture' with their weapons. Pure sadistic satanism, feudal terror of *all nations*, like Nazi guards shooting or beating until unconsciousness the inmates because of not saluting the guard, or telling leftist they jailed or pacifists who didn't want to invade endless countries, to carry big stones, until they collapsed and, with only 2 slices of bread a day, became skeletons and were mocked and beaten by the fat Nazi guard that they didn't bring enough 40 lb stones, beaten so badly, they lost a leg and had it amputated, recall the Nazis and look at USA today (many Nazis were brought to USA after WW2 as scientists, go figure), Jewish/Russian guards in NKVD, etc did similar things to gentiles in USSR. Washington, Jefferson, many revolutionaries, were all British aristocracy spies, slave owners with similar, though not as violent, disregard for human life. China probably simply made a deal with the Asian neighbors to create the South China sea issue to get the Brits/USA out of their neighborhood or to spy on new US bases in the area jointly. Back to politics, this parliament "*shouting, raising voice*" tradition ruins every family too, as all imitate this hooliganism in the US Congress in every TV station, family, group interaction. We immortalists propose a new tone of speech and also public speakers trained to do that, to avoid these 3rd grade shouting episodes. It's like they're paid by UK to incite people to fight, instead of bringing World Peace in 3 months and 0 violent crime in 5 years via the global state of emergency.

What *do we need* political parties for? For aristocrats *to divide and* enslave *us all?* We can perform a nice 2nd American Revolution, with Constitution changed, so no more political parties one day, no more division, hate and incitation to violent crime by hating the other party. We simply focus on delivering good health, longevity, immortality and well being of all, and jobs for

all to implement a policy people elected based on the virtue score: several apply and the best is chosen based on score and qualifications. We debate without political parties. The most important things are healthcare, food, shelter, having a job and being alive. Being alive is above everything, no human rights matter if you die in war or violent crime. Thus, the most important thing is 0 violent crime and 0 wars, so how did the 0 IQ political parties serve that? Never ever, all they talk worldwide is how rich people will make wars to loot the poor in other countries. Which party talked DAILY via all their tweets, facebook posts, social media, united as one voice, about 0 violent crime in 2 years and World Peace Eternal in 3 months? Which party talked of vast reforms to ensure anger and violence don't rise? Which party talked of destroying all these predatory banks? None, they're all phony parties of terror of the military-police state run by genocidal aristocrats. Wake up, the political system was created by the rich to *con and enslave the masses.* The *so called democracy is nothing but* demon-*cracy*. The gangsters attack anyone who threatens their profits, thru endless torture. The parties are a phony deception to make people believe they choose anything, they always choose the same thing: eternal war and slavery of masses to the aristocratic class. No peace is possible, one party passes a set of laws, they're undone by the next party who wins and we go from one extreme to the other, like the lowest IQ primates, the laughing stock of the world, no coherence, no stability and political tranquility, lots of hate among citizens/workers that aristocrats stoke by the 2 political parties that run the show, no consistency, no role model of peace, all while shouting USA is the banner of World Peace. The system is only fomenting division and war, hate among citizens who now identify with this or that party. The people are mere cannon fodder and useful slaves, ☺pet IQ workers☺, guinea pigs. The Immortalists' policies are mostly the opposite of both Republican and Democratic policies, a third choice absent today in US politics, the alleged land of *freedom*. The aristocratic *parasitic* Brits/Jews/etc, disguised as "patriotic Americans" bamboozle everyone that we have "democracy" and "*political* debate", while China doesn't. What kind of debate? Demon-crats say they're OK with aristocrats, CEOs being paid 10000 times an hour the average or minimum wage, Re-pub-licans say *50000* times an hour, the billionaires. The debate is a phony debate between "*we propose most will be slaves making 10000* times less an hour than *the* aristocrats" (Demon-crats) and "*we propose most will be slaves making 50000* times less an hour than *the* aristocrats" (Re-thug-licans or Re-pub-licans), a debate between *10000* and *50000* instead of *10000/50000* and *2-4*,☺☺☺ as immortalists are not allowed any TV time any media time, with their idea of maximum hourly rate (no millionaires or billionaires possible) two to four times the minimum wage. Democracy doesn't exist, demon-cracy flourishes. The debate is hijacked and a fraud, they stage every debate, so the real reform is never talked about, eternal World Peace in 3 months is forbidden as a topic as is 0 violent crime in 10 years, because it is via violence that all are subjugated, enslaved. No country in the world will trust the USA, or these phony fake political parties, Demon-crats and Re-*thug*-*licans*, for they're engaged in murder of

the workers, grand theft of all labor of the workers. As the bastards do to Americans, with the 8.5 million mansions, so will they treat, as disposable slaves to be worked to death, all the other 200 nations. So, until the Immortalist Party wins, remakes America's image into one of a caring country with 0 violent crime, 0 homeless, 100% home ownership, free basic housing for all, free house maintenance for all, free food for all, guaranteed job for all, education for all, free healthcare for all, nobody in the entire world will be low IQ enough to trust anything America says, much less to trust us to be the Leader who unifies the Planet into One Eternia Nation. Since all food is high tech, non-agriculture based, eterni, powders dissolved in water before ingestion, they're customized, personalized for 400 year lifespan and shipped weekly (all work so all get free food, these portions based on their energy needs, weight, etc) as biomarkers change to improve them. You see these billionaire or millionaire Demon-crat TV hosts (3 million a year or 30 million some of them, for telling us lies or some truth mixed with lies), CEOs, etc, it's the party of thieves as much as the Republican Party. Thus, to liberate America from the parasitic Demon-crats and Re-pub-licans, an easy solution is the Immortalist Party wins 70% of votes, so we can change our constitution, happily sign the Universal Declaration of Immortality for All.

They create gangs to terrorize nations, and *big wars to destroy the worker rights movements* in *all nations*. *The wars are a way to* distract the slaves *from the 50000 versus 3 debate, do you get it*? Another example of *fake* useless *political* debate is Demon-crats say "we need to use 10000 airplanes and 500 ships to attack this and that and 2000000 sanctions, and maybe some aid, like 2$ million to feed the 4 million homeless after bombing caused $1 trillion in damages☺☺☺" (massive theft of life and property and genocide), while Re-pub-licans say "we need use 9 million airplanes and drones, 1 million small drone ships and 40 billion sanctions and pay us $20 billion for the weapons used to bomb them into the stone age ($8 trillion damage)" (super massive theft of life and property and super genocide). The debate is like Demon-crats "we chop their legs", Re-pub-licans "we chop their hands or head", for the crime of not having received centralized education via the UN international agreement on one language and one education for all nations, for the crime of not receiving peaceful music clips and help to develop Immortality *for* All societies. US exports violent music and then blames Iraq, etc for being violent. What a gangster behavior. US sowed the seeds for others' behavior, they taught it daily via 900 insane violent movies broadcast worldwide. No peaceful movies to deal kindly with violent scenarios of invasion or etc, only tit for that, max evil programming. Others get bombed for doing what the US has always been doing. Is it democracy or hypocrisy? The real debate is absent, as it is between 1. *SLAVERY*, or the status quo of Eternal Warfare, and 2. *FREEDOM* of the masses, the World of Immortalists, Eternal Universal Peace in 3 months. The 3rd view of the Immortalist Party, using peaceful methods to achieve Eternal Universal Peace, is not presented, only the war options that feed the aristocrats and their need to enslave all. It's a 1984 Orwellian

society, where a cult like thought opinion is imposed on all, no alternatives. ☺☺☺☺☺☺☺

Chaos makes the vampirization and subjugation of the world masses so much easier: *wars are the aristocrats' food*. *The media is a fraud,* it is all controlled by the rich *who want eternal wars*. The rich have no ethics of national self-sufficiency for nonkilling or anything, just theft via all means, even genocide, simply because only slaves fight wars, the rich can avoid it by bribes or by not enrolling in volunteer armies, *as they're not poor and don't need the military benefits for becoming amputated or screwed in combat*. You never hear any eterni tone on TV, about the immortalist anthem values of creating a nation where everyone loves every fellow citizen a trillion times more than the most loving mother loves her helpless 3 week old infant suckling baby, with infinite grace, tenderness, gentleness, patience. If we're a family, would you give one child 50000 apples and another child 1 apple? Why? If we're family, we speak one language, what kind of "lacking in empathy" or "heartless" leaders do nations have to not focus on this immediately or to fight against such a kind gentle tender soft ideal of all understanding each other and being one family? The past is gone, we can't change it, our first priority ought to be 0 conflicts/misunderstandings and 1 language is essential to making everyone understands everyone, have access to the same centralist education and tone, reduce violent crime a trillion fold, wars 5 trillion fold. If EU is one family, why not adopt one language, English? Why aren't Brits kinder and shouting less in royal change of guards? Build houses for the homeless, not for horses, wake up UK, USA etc. Why can't these 'family men' calling themselves leaders make one language the first priority so we all get along and are one family like the immortalist anthem says? Why can't they adopt or make a new language from all languages? Murderous aristocrats love many languages, since 4 million wars started over different languages, endless genocides of workers against workers, which makes them powerless in uniting against their common enemy, the rich vampires in *all nations*, who make trillions by wars, arms sales, etc. So, today, those with compassion, character and mercy, the leaders worthy of being called *gentle tender soft nurturing loving healing kind,* will immediately support moving to 5 then 1 language, to 1 political party worldwide: 0% politics and 100% Immortality *for* All. But no, today, the forces of aristocratic vampirism and tribalism are wanting to have 7000 languages, 3000 political parties.

Some hypocrites *defend minority languages in other nations or 5 political parties, but suppress* minority langauges or 3 party system in their own country *or have max 2 parties at home (*Demon-crats/Re-pub-licans*), this is the same people claiming to protect "international law and rules based order".* Why do we have such pathologically hypocritical politicians, with 0 character and integrity? What hypocrites, the same liars that talk about World Peace never talk about the need for one language. At our current chimp DNA (watch all clips), World Peace is hard without one language, so is 0 violent crime, 0 theft. The media is controlled by rich bastards whose main hobby is the destruction of the worker class, for maximum slavery, including via things such as

7000 languages, 3000 political parties, wars over nothing, religions, etc. We the immortalists, the lovers of life for all world's slaves and workers, dream of immortalist republics worldwide who dissolve all *political parties, which don't do anything, except perpetuate the state of eternal shouts and yells in parliaments* and eternal war status quo, as disposable ☺puppy IQ slaves☺ of the military-industrial complex run by British or other aristocrats to start conscripted workers-conscripted workers wars for their own laughter and entertainment, and banking profits of course. You hear all about wars, about conscription reinstated, etc, they're afraid of losing powers, all these aristocratic clans, royal families, of many centuries. These phony liars pretend to believe in the religions, staged miracles they use to dupe and enslave the masses with. Have you ever seen a parliament with decent eterni tone? Never almost. It's all Hitler imitating to a certain ultra subtle or very obvious degree, like a psycho military training camp, devoid of universal *gentle tender soft nurturing loving healing kindness.*☺☺☺ All civility is lost, look at USA music. We're for the dissolution of political parties globally eventually since Immortality Credit Score gives us an idea who're best candidates (after 4 days of tests for filling jobs to coordinate the elected policies reflective of people's will), but are fine with an immortalist party to accomplish that, changing the constitution via the Declaration of Immortality for all that turns USA into an immortalist republic, not an Italian (Roman)/Greek republic it is today, and electing policies that help increase average lifespan and health the most. We can debate how to live to a trillion years old without political parties, how to prevent *disease, housing ruined easily by disasters, etc*. For example, we have a position for biophysics methods of tripling mitochondria health. We take the highest Immortality Credit Score people with a background in biophysics and biochemistry and give them all a 5 hour test, to eliminate 90%, or 900 out of 1000. Then, the remaining 100 (10%) do another 5 hour test, to eliminate another 90%, so we're left with 10 out of 100. The final 10 will do a 3 day 7 hour/day test, to determine the best. After 31 hours of testing, we kept secret our final 3 day test to the most intelligent, and found the 1 out of the best 1000 who can take that key position for the next 5-15 years. No more silly "President fires people left and right based on political opinion, irrelevant in science". If someone makes a lot of mistakes etc they're replaced via a new exam, or if they fail the recurring test every 3 years every position goes thru to make sure they're still sharp. A supervisor can subject the incumbent and 1000 new candidates to a test when he's wondering if a better person might exist for the job in the pool of interested applicants. This system is 1000 times more intellectual, *fair* and science based than the political *nonsense* system today.☺☺☺☺☺☺☺

Our descendants, who live to 40 trillion, like all intelligent people, who're spirit, don't need physical buildings for places of worship (for religionists, Luke 17:21 says the Kingdom of God is within, not in physical buildings, Tao Te Ching 47 says it too, (2nd translation clarifies better that via quantum resonance, one can see all locations without going there), physics agrees) or

physical buildings for political parties, due to the universal *gentle tender soft nurturing loving healing kindness* that is the very core of the happy Immortalist Party compassionate ethos so well described in verses 8-40 of Immortalist Anthem. "The Immortalist Party won elections" can be replaced with "immortalists won" to be shorter, save energy. In the end we need no parties, only an immortalist republic where all is done to help all live a trillion years, so no need of parties, we just elect policies to live to 8 trillion years. The *Protestants* realized that *God is not in icons or fees to avoid purgatory*, and immortalists realize God is not in brick and mortar buildings (churches, mosques, temples, etc) people worship today. After all, the real temples are not of this world. Due to the call for embodying compassion, the Immortalist Party uses building materials to give *single family homes* to every American, true temples of God being each person's house, to end slavery (of the 95%) once and for all, so the entire party is online, a first in world history, as a living testament *of* minimal *bureaucracy and* maximum compassion. The churches don't need be in a building either, but their ethics is lower, as the quotes reveal. It's a sin to waste materials for useless businesses, churches, mosques, etc while others suffer in terrible housing conditions, so, to teach ethics, immortalists favor online churches free from donations. In our greed capitalism system in places with houses that cost 20-50 times more, crime can be 15 times higher (50) than the safest villages, in the so called "safest mid size cities of California where every house is 5 million or higher". The city-data.com high crime rates in 2020 are 953, 797, 898, 909, 735, 731, while for cheaper places 300 times lower. Can God guide immortalists to those safe places? AWD is safer in all cities, not just ice, rain or snow. Immortalists want ~*~Eternal Universal Peace~*~ in 3 months, sustainable only by violent crime 1 billion times lower. Thus, immortalists love a world of ONLINE parties, where the Immortalist Party becomes so popular, that nobody votes for physical building parties. We realize crime happens due to poor housing, poor sleep, poor nutrition, violent music. All top crime cities play a lot of violent gangster music (the bad type (70-99%) of "rap, pop, rock, metal") which the Immortalist Party would outlaw, since it was created on purpose to drive people (not just blacks) into jails. The most evil people include some of the music creators who caused genocides. ☺☺☺

Ethics is only possible if you're 100% self-sufficient, since then you don't go start unjust wars of looting to steal resources by force or get access to them by trade if a nation doesn't want to sell it to you. We see thru history, again and again, how phony criminal empires have abandoned any ethics and resorted to wars of looting and theft. The only way out is innovation, meaning the creation of 100 million high tech jobs by moving from 33 million redundant companies that produce endless retail, selling and reselling, marketing, reinventing jobs to make aristocrats rich, to 11 or max 20 companies to increase efficiency and reduce jobs needed by half so you get 100 million new innovation jobs to stop needing any imports. Britain went to war with China because of greed, blatant genocidal intent, to sell opium instead of silver to China, after opium

destroyed China fully. Such genocidal actions, born of a typical aristocratic (like Ottoman Empire) killer royal family, with 0 ethics (blowing enslaved people by gun), with no dedication to 0 torture, to Immortality *for* All, no dedication to Nonkilling (like Turks and endless empires, Christian or Muslim, Hindu or Buddhist, etc invaded, killed and looted everyone), no dedication to the Immortalist Anthem ideals of Trillion Lifespans for All as United Nations Declaration of Immortality for All, with the same comical☺ rituals and tones today as we see them at change of guards, etc, and the evil music UK exported to many nations, have created endless conflicts for 170 years. We have to all become advanced, prioritize science and kindness, not religion and sales jobs. Behold the emptiness of religion and how many states with present religions have engaged in unjust wars of killing, looting and theft, in torture and genocide. We don't need it. So, are we going to follow the aristocratic model of enslave and outsource, start wars, make 500 enemies and collapse as a nation due to wars coming back to you, or simply become world's most efficiency economy with the highest innovation and highest fairness, no longer having some act busy and work 5 hours a week, while others die after 8 years of 80 hours a week?

Thus, to achieve and maintain Universal Immortality ☺☺☺☺☺☺☺ or Immortality *for* All and ~*~Eternal Universal Peace~*~, the immortalist nations will adopt a policy of "self-sufficiency (no imports for many reasons, some explained in the humidifier section) and no trade with killing nations (those that are ok with killings, torture, etc) refusing the join the Universal nonkilling and World Peace *Alliance*". National security is only perfect when one never imports anything from a nation that has no 0 violent crime, so the aim of all immortalist nations is to become 0 violent crime in 10 years and break all ties with any nation whose violent crime is higher than 0. The centralized education system means that this education is for citizens of USA who also can attend the immortality labs, according to their immortality credit score and national security threat level, the more sensitive labs only for the safest students with highest scores on nonviolence and faithfulness to the Immortalist Youth Ethos of Global Immortalism. Only those who pass the immortality tests will become citizens, and renew their citizenship and have acccess to the higher tech labs of the 1 million network. No university education, no science and tech taught to any nation that doesn't implement the immortalist guidelines for immortalist content of media, music, sports, TV-radio. No student visas to any STEM major given to anyone from nations without 0 violent crime or without the agreement to implement English as the only language and join USA as part of the Universal Eternia, the 11 companies nation of Immortalist Humans. If anyone is a super genius and wanted in USA, he comes only after he passes immortality test and remains in USA for life, otherwise, can't join STEM, gather a lot of physics or whatever dual use knowledge, run with it to create weapons in another nation. The wild human beast must first learn nonviolence and this we will assist them with, it is very simple, as chapter 5.1 on the end of aristocracy explains. The gorilla human needs to evolve out

of its depraved nature. Skeptics say we're angelic creations of God, hey, watch these videos of cannibal chimps. The number one goal of any nation who wants to deal with the immortalist Alliance is to achieve 0 violent crime and immortalist TV-radio, scripture, music, literature tone. Without this condition that USA should have deployed in 1850, science and tech will be used to build weapons, threaten, intimidate, torture and destroy the human quantum field, blow up planets, start star wars, as we have seen from the ☺abysmal IQ☺ of the USA who transferred knowlege to those who didn't have 0 violent crime and 0 violence in music and culture. The first priority of the Immortalists is Ethics Evolution, so that we can achieve ~*~Eternal Universal Peace~*~, freedom from violent religions. USA freely gave knowledge to all and now they're using it to build endless weapons instead of Eternal World Peace and Immortality *for* All. We can't make the same mistake again, unless we want to disappear without a trace in 5 years. Due to the risk of all humans vanishing via the 2 capsule scenario, Peace is the # 1 goal of all. Ethics and kindness, eterni tone and music first and foremost. The only 2 majors for non-genius foreign students are Immortalist Ethics and Culture, creating a World of 0 Violence and 0 Theft at special universities where only foreign students attend. These can be taken online too. Low IQ people say this is radical, but what about all humans disappearing in 10 seconds in 2035? We're entering the age when it is possible to kill all humans in 10 seconds, so new rules will exist.

Importing electronic products (anything that plugs in) that can write your brain via hidden devices is national suicide. Another form of national suicide is importing Israeli religions. Just as we all protect our jobs and industries by buying loca, so can we buy local religions made in USA, such as the FREE, no donations ever requested kind religion of scientific immortalism of 11 companies, 1 language, 1 bank for all humanity, a nice pseudo religion of "scientific proof first, nonsensical beliefs never", forget mind destroying cults of Jesus, aristocratic Mohamed and aristocratic Moses: let the 11 companies be the 11 prophets replacing the profits of the blood drinking aristocrats who're too grotesquely evil to give a crap about literally eating blood daily. These blood soaked animals have waged eternal wars on the slavering masses and it is time for us, the slaves, to put a stop to it and end their reign eternal of terror thru their bastardly 4500 banks in USA alone and other genocide entities. Impose a 75% tariff on every donation made to a non-American religion, meaning pretty much most today, except the Religion of Immortality *for* All thru Online Churches for All, which are real churches of 0 donations. Don't import religion from Israel, it destroys the intelligence of all nations: Judaism, Islam, Christianity are religions of 0 IQ coming from Israel, religions of national destruction, aristocratic terror and stone age violence, pure nonsense. Let US unite into one wonderful song: "we're not slaves of Israel, Vatican, Saudi Islam, we can think for ourselves". ☺☺☺☺☺☺☺

The "Civilization of Immortals" (any newly immortalist nation, like USA) could even add the word Immortal☺ or Eternal to the name, say their name is America, it would become America Eternal.

America and Eternia share 4 letters: eria. However, it's easier to keep our name 7 letters, like America by changing to Eternia. We can rename USA from 4 words (United States of America) to 1 word: Eternia for a happy peaceful vibe of one country with one state and the end of 50 states and all local governments, Immortality (meaning healthcare, longevity for all, not just aristocrats who enslaved millions of nonItalians and *killed many to impose via violence stone age ideas* and crucified 6000 nonitalian slaves at once for demanding better rights in the Roman empire) or Eternity *for* All vibe, not just Italians, a vibe of true freedom, not an empty promise of 'eternal life in some realm and utter slavery here' but a real plan and civilization that ensures trillion year lifespan for all some day, not in a fiction heaven of a made up religion of fake miracles, but in this real physical universe or others we discover and/or create in this or other dimensions. Name changes are not as important as vibe changes from war to peace. *Without self-sufficiency, one can't have a new ethics that is different than the rest*. If a nation exports killing weapons, it can't be called immortalist or ethical. If a nation imports solar panels (they can generate 5000 watts, a lot of power that can be weaponized), cars (can generate 2400 watts easily) or anything that is plugged into a socket, it exposes itself to its citizens becoming robots (whose brain emotions, thoughts are written by foreign cars and solar panels) and exposes itself to tiny devices hidden in these panels, cars, etc that could act as satellite data download machiens once a year, after they listened to the stuff around or filmed it. Anything that use electricity can have hidden spy or weapon devices. The number one priority of any immortalist nation is to import nothing that plugs in or anything from countries that export weapons, which aids killings. Avoid imports from the top 30 weapons exporters. The ranking changes every year, so look for the lastest update to avoid top 20 at least, otherwise, the Immortals will wipe your country out, in the end, as they're the trillion year old descendants who see all we choose, the real God that no atheist can deny. Especially avoid those with high exports/capita, like Israel, world's number 1 exporter of violent quotes + weapons per capita. France is #2 in weapons exported/capita, which comes to no surprise given their Anthem, which is not like the positive words filled anthem of Eternia. As Italy promotes violent text as scripture, it is under real threat of vanishing when peace rises. Promoting genocidal texts as Word of God is a crime against humanity that may end Italy, as the real God will find that offensive and insulting, totally misrepresenting God.

The Italian or Jewish Italian behavior (enslaving Lybians) in the 20th century seems to be the same with Italian *(or Italian Jewish if many still Jews, recall many 'Italians' are Jews actually)* Vatican promoting "take gentile (nonJew) slaves or beat slaves" as Word of God at every mass, so in the 21st century we still praise torture, beatings and violence when we go to any church claiming the Bible with its 1500 horrific quotes (Old testament mostly) is the Word of God: beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). This is "Devil and idol Worship", not God, *decorations, trees, Christmas*

lights worship, not kind nonviolence, rituals, not spirit. Cutting trees to sustain a 0 IQ tradition, is more important, per the "Almighty Representatives of God's Infallible Wisdom", the Pastors who torture trees and inflict pain on plants which is against the Immortalist Principles (we won't eat plants or animals, but molecular printed food) of non-killing foreign to the Bible, more critical than reusing a tree every year 80 times, a smaller tree. Trees experience pain, just as we do. The Pastors don't care about the slaves who cut, transport huge trees, but we Immortalists care, we aim to develop high IQ, to use our brains not muscles to cut trees, to develop food that kills no plants, to never kill or torture anyone. The emissions kill people, do we really need trees? Others are homeless, but we waste millions of tons of wood, how kind, and truly Bible like☺☺☺. Jesus did not say "*When oxygen is low and we need more bigger taller trees (that can't grow when you cut them yearly) than ever to stabilize climate, cut all trees and waste wood while others freeze on the streets or die of heat*", Jesus did not say "buy a 10 ft tall tree" and "waste eons with transport and setting it up", instead of helping others. It's OK to just decorate the house without a tree, using garlands, globes, etc and nice lights of the Qualities we totally lack. I know, it's very beautiful, the lights, the streets with lights (the lights make cities beautiful, not the bare green tree support in your home nobody sees, you can use 100s of existing structures in your house to decorate, nice cups, etc to put globes, garlands, etc, no need of a tree) but longevity is more important, real happiness every day. How big does a tree need be? Oh, we're all Jewish slaves, we need to worship Green, the Jewish color, we need the Tree of Life of Kabbalah to worship, but never kindness and World Peace in 3 months. Isn't a 3 ft small light plastic one enough? Let it be of many colors one wants, white, purple, pink, blue, etc. Let people live long, not have trees and drop dead at 55. Worship the invisible Tree of Life, the eterni music so different than kindergarten IQ Christmas Carols. Everywhere you go you see the total spiritual bankruptcy of the Americas, Europe, coming from the Bible itself. Just nice decorations, no light strings saying "Universal (not for Italians only, a religion, gender, etc or one's ethnic group or race only) Gentleness", "Nurturing" or decorations about the Qualities totally absent in our world, as explained in the online (0 donations) church section about the *gentle tender soft healing* grace of *nurturing* universal loving kindness qualities on every street and house eternally decorated as reminders of the ~*~Eternal Universal Peace~*~ building and sustaining traits, living to a trillion years old lyrics eterni tone city background music. ☺☺☺☺☺

Renaming our country is declaring independence from the Italian Mafia, the Vatican, the deifying of violent quotes, it is focusing us on | |Immortality *for* All| |, the most important thing in a civilization, the most important and central quality of God that no human can emulate, eternal life itself, and gives us freedom from the worldly mundane focus on Amerigo Vespucci merchant navigator human full of faults, the freedom to focus on the transformation of USA into a holy nation, focused on the holy property of God, Eternal Immortality,☺☺ freedom from the Italian

Amerigo Vespucci name and his faults, which brings a memory of endless genocide perpetrated by the Italian Roman Emperors and the Catholic Inquisition, the Catholic Church, who, to this very day, forces its church goers to repeat the most improbable beliefs (Nicea creed) and miracles as fact in the absence of any scientific honest man approvable set of truly peer reviewed unfakable evidence regarding the ascension, Eucharist and all other miracles, as explained in many pages in the fake miracles section. Freedom can't coexist with fraud and we know that we have no evidence that the "proof" that Amerigo went to America at the time of Columbus is valid, since the proof is just some easy to forge letters... and Spanish and Italian spies were very well versed in making up stuff, with Amerigo being a spy himself most likely too, besides being a businessman and explorer with a good science education, as wikipedia explains; additionally, we know the immense brutality and dishonesty of the Roman emperors and we're likely to find that many Popes, bishops, priests, people had confused self-healing (due to suggestion) with miracles, have invented things to bring peace or expand the church or empire.

To be honest is the first step towards scientific and spiritual truth progress; to be fair is to focus on a quality we desperately lack as a species, the virtue of nonkilling, which is the basis of long lifespans and Immortality for All, not to make an idol of a supposed visitor of USA; we could ☺☺ *lovingly tenderly gently kindly*☺☺ hypothesize that is is wiser, more prudent, holy to idolize *gentle tender soft healing* grace of *nurturing* universal loving kindness qualities implied in Immortality for All in our name, whether you see this as spiritual or physical immortality or both, than to idiolize a mortal, who, was probably engaged in taking over the African slavery business of his successor Berardi and in many shady things that are incompatible with universal kindness, peace, honesty and ethics. We need to evolve spiritually and ethically, to be able to achieve Immortality for All,☺☺☺ long lifespans and there is nothing more useful for preventing self-destruction of the human species in 10 seconds, than focusing on Immortality for All, the human right to life of all, a life free from torture, intimidation, threats, violence. The 1.3 billion Catholics and Italians may be a litle upset by such words, but if they read the fake miracles pages, they will understand that not all is what it seems and that Eternia is very spiritual, since many scriptures talk about immortality Eternal Anthem. Catholics will recall miracles were made to expand a little empire by men thirsty for God and confusing land mass with wisdom, space with inner space, horizontal expansion in one dimension with inward expansion of the soul towards trillions of dimensions, possessions with longevity and immortality, wealth (they became the richest landowner in Europe and biggest financier of wars) with knowledge, brutal Inquisition murder with healing *nurturing* loving kindness as in this music, lies with real miracles of knowledge to grant 5000 year physical immortality to all, killing in wars of looting and slave taking (and then crucifying 6000 at once for rebellion) with granting Immortality to all as God wants to give all physically and spiritually; for God forgives all, including crafty miracle inventors.

Humans will evolve past all this and become free, whether our name becomes Eternia or not. ☺

It just so happens in English we say "I want to become immortal" more so than "I want to become eternal" and we refer to spiritual or physical Immortality not to spiritual, physical Eternity when talking of spirits or bodies, but they're similar, e-ter-nal 3 syllables, i-mmor-tal, 3 too, ending in tal, e-ter-nity, i-mmor-ta-lity, both end in ity, pronounced like ET, extra terrestrial, the quality of any Immortal☺ species is it goes beyond its original planet, etc. So, let us become imbued ith the quality of Eternity, and become so ever more alien to human vibe, like a true ET, ET-ern-ity, ET-ern-ET, ET yearns ET, Eternity yearns (years) to be an ET, ET yearns Eternity, ET earns Eternity, extra tranquility earns Eternity, so yes Eternal is beautiful and if you don't like Immortal world due to mortal in it or Italy-rome stuff, just use Eternal in this book or your book where I wrote Immortal☺ since Eternal is kind of odd in English today to use as often as we use immortal or immortality, but not in the future maybe, since change alone is constant. Eter is like etherial astral spiritual world, so the ether is the hyperspace, the thing that scientists hypothesized to be there to explain for the unexplained. We could say *'I want to be an Eternal'* and it would sound like *I want to live forever*, but when we say 'want to be an Immortal', it can mean live to 900 years or billion, but not maybe forever, so the word Eternal is associated in English due to the trivializing of Immortal☺☺☺ in language of sci fi movies, with a longer, much longer Immortality than Immortal. For these reasons, many would favor Eternia, Eterna and Eternals, but anyway, this can be decided later after the formation of Eternity and Immortality parties. We can all forgive all, end all revenge, vendettas and fault finding, and start building a better future for all humans, and move on, give amnesty to all, even religious conmen, all in prisons go to healing centers we create to replace all jails, make World Peace in 3 months USA number one priority and to show we really mean Immortality *for* All, human right to trillion year life for all, we rename USA to Eternia to show focus, dedication to freeing the human quantum field from torture, violence, war, crime and we allow any nation to join us, as a new state with English for all, within the *Universal* Eternia. This way we show gratitude to the eternal Immortal ☺ God or universe, not to one guy: USA is not great because of Vespucci, but because of every American (eterni in the future), because of our collective, *vibrant*, shimmering, Radiantly Beautiful, *all consuming*, *universe transforming*, all graceful, holy desire to have only *noble kind gentle healing* compassionate benevolent intent and treatment of all beings, as lines 12 to 37 of Immortalist Anthem explain, giving all Immortality to perfect their character for a nicer afterlife if any exists, regardless of their ethnic or belief background. We need to worship the good of all, not one guy, so we can ☺☺*lovingly tenderly gently kindly*☺☺ let our country name reflect that and remind us of what is important, life, peace, giving the chance of living to a trillion years old to all humans, the gift of *Everlasting Life* to perfect one's virtue, until one is polished enough to enter the higher dimension of truly Immortal☺ Life, the realm of Immortality that transcends

the death of our universe. This allows all American states to rename our continents to North Eternia (or Eterna) & South Eternia, to change the history vector towards Immortality *for* All. To be a human is to go beyond limitations. ☺☺☺☺☺☺☺

To be an Immortal *human being is to not* kill *your own*, to reach the stage of civil animal at least, to abide by nonkilling, the fundamental basis of all ethics, civilization and progress. 500+ mammal species *don't* kill *their own, so "planet of* Immortals*" (not Earth today) humans may say "to be human is to not* kill *your own"*. Even some animals are superior to humans in some ways? To kill is to take Immortality or the capacity to emulate Immortality away. ☺ It's the biggest "sin". Not compromising on Immortality, nonkilling and nonviolence is a way to escape death from historical inertia coming back on oneself, the karmic force that would destroy the USA or any *Civilization*. We can dare to free all humans from war in 3 months. Proponents of 2-10 political parties say we have more debate of ideas, instead of only 1 idea, but that's not true: in our system today, we hear 2 sets of ideas: Democrat and Republican☺☺☺☺☺☺☺. In the system of Immortality one party system, we can hear 700 sets of ideas on ~*~Eternal Universal Peace~*~ in 3 months and Immortality *for* All and 0 jails/violent crime in 25 years, we allow 100s of ideas to be presented by the public speakers whose job is to intone in eterni ways, presenting the updated, corrected ideas of the people (small mistakes of phrasing, writing tone removed). So, having 10 offices of 10 political parties and the inefficiency that brings may not be ideal, since the focus is in staging only 2 sets of ideas or 10 to keep IQ low, instead of 100 sets as with the centralized immortality capitalism system of the universally known suggestions.gov. Not to mention, we see today in 100 legislative bodies occasional shouting matches, fist fights, runs, head falls. Ironically, nobody cares about anything, due to the representatives simply imposing their views on all and shutting off 100s of better ideas, simply because they're representatives. This unfair system of militaries installing puppets in courts, parliament, government is just like 1 set of ideas. In every nation, the spy agency creates the 2-10 sets of ideas, platforms and how that plays in public, in a very well staged game, reminding us of USSR methods of staging everything. This is nothing like true democracy, but the dictatorship of the spy and military agencies, which can *often be one family or group of families who run the whole show, pretending to be the "people".*☺☺☺ Why do we need bicameral parliament? We don't, let's have only one legislative chamber, with 1 rep for 1 million people. Dissolve states too.

The phony Re-pub-licans claim they're pro-family and yet, their policies ensure the family of the nation is the most neglected. We're all one family, meaning we share the same company, we're efficient, have 1 million times more healthcare and research, science, tech jobs as we love our human family 1 million times more than Republicans, we got 11 companies instead of 33 million, we share, everyone ought to be kinder than the most loving mom by a trillion fold factor, to create a lasting world of Immortals as the Immortalist Anthem explains. In the future, 5 trillion

parents can create 1 baby, via materializing a few atoms each, as we evolve to teleporting (at least part of us, the electronic astral body we create) shimmering shapeshifting physical Immortals. Re-pub-licans live as chimps from the jungle, far in their la la land from a bygone cannibalism universe, unable to realize one day every person will be the parent of any new child in some worlds, or even Earth too. For them, at their level of science knowledge, such a concept is against the ant IQ violent Bible and its tenets from the jungle cannibal chimps. The Republican logic/ethics is chimp cannibalism: aristocrats feed on the work of the rest, get paid 50000 times more per hour, work others to death, eat them alive slowly by torture or overwork, use them as cannon fodder. Loud they shout, "we need freedom of religion, so we simulate cannibalism at every Mass for Jesus." In the world of the Immortalist Party, each citizen creates a nice atom or even 1 billion, and blesses it with their best 'eterni greeting vibes', and sends it to the template to be used to create the new child, grown to adult size, who then gets infinite knowledge uploaded in seconds. You can use even a modern machine fed random atoms as source of subatomic particles, to materialize an offspring, if you know how to assemble the atoms in 1 second or the subatomic particles (say from the parent's hair) fed into the 3D printer or molecular assembler using a 5th state of matter, not plasma, to speed up this precipitation. An adult got many atoms, maybe a trillion quadrillion, so imagine, what a complex DNA with each parent giving a hidden DNA of future science, to this molecular wonder of 1 trillion parents. Demon-crats and Re-pub-licans live, without realizing, like proud chimps from a bygone era, always praising the Bible, its atrocious evil nature, to score political points, talking about family, yet doing little to centralize, to share, to unify, to make this planet one family free from war and violence, a truly warm and caring family full of *gentle tender soft healing nurturing* loving kindness for all 8 billion humans. How can any ethical politician call for the bombing of other humans, other members of one's family? It can't be, ethics is a theory, we need to teach true family values, not Republican family values or Putin family values or any other bombing enthusiast family values. Peace arises *when all view all as their family and act as one village.* In our debates at elections we will show how both Demon-crats and Re-pub-licans have been faithful slaves of the aristocrats, supporting the 4500 banks, their 33 million slaving business clients and other things and have delayed scientific progress for 200 years by their feudal policies. We will use 2000 quotes from Demon-crats, Re-pub-licans who support "small business" for a 0 IQ 0 progress America, redundancy to the extreme, 0 true family values, 0 cooperation, 0 planetary or national family values. The Immortalists are the *science, progress, family values*, the rest lackeys of aristocratic stagnation, of blind money worship, adulation of stock markets and trade. As more people realize the chimpness of both old parties, they quit in droves and embrace immortalism and the Immortalist Party. We'll appear as the progressive party, the Demon-crats as a mere shadow of Republican values, though not as regressive, yet both backward chimps, disposable puppets of the aristocrats who promote redundancy,

inefficiency, stagnation and pleasing the banks. ☺☺☺☺☺☺☺

There is the possibility of Republican and Democratic parties renaming or the platform including Longevity, Infinite Lifespan or Immortality ideas (the name is not that important, as it is the content of the platform, indefinite lifespan extension). Throughout the US and other countries' history, party names have changed a little bit, so I see no reason why the Republican (or many other parties in other countries) party can't become The Eternity Party and Democratic party become the Immortalist Party or the other way around or any other word that hints to Eternity, Immortality, Trillion Year Lifespans and Eternal Universal Peace. Eternity has a more trillion year lifespan vibe to it and a more inter-dimensional vibe, of Immortality extending beyond the death of this physical universe, which, like stars, may die some day, whereas Immortality is something that can be interpreted in English not just as Eternity, but also as a more science fiction concept of living to 900 (which is more down to Earth and acceptable to atheists and agnostics or realists of the political spectrum) and they call it Immortals, or 900 billion year lifespan and they call it Immortals or Immortality, without necessarily meaning FOREVER and spiritual nonphysical Immortality, so Eternity may go well with religious enthusiasts who may be more prone to believe in afterlife, though it's all semantics; either way, Republican renamed to Eternity and Democratic to Immortality is perfectly fine, there is a big difference in some way on the approach of each party, Eternity Party would focus more on the strategic qualities (honesty, not fake miracles, gentleness, kindness, eterni tone, etc) we need and far our tech, while the Immortalist Party on the more tactical short-term actions we need to get to 500 year lifespans first, so we can dream to 5 trillion year lifespan later, before we dream of a trillion to the power of a trillion life to escape this physical universe death. For countries with 2-7 parties: World Peace in 3 months Party (this could be Democratic Party, while Re-pub-licans aim for Immortality *for* All Party name change) that aims to bring World Peace on a Trillion planets within 3 months of deciding to do so if wars exist there, Eternal Universal Peace Party (in all *universes* we expand to), Immortal☺ Peace Party, Universal Peace Party, Timeless Bliss Party, Octillion (10^{27}) Year Lifespans Party, Perennial Joy ☺☺☺ Party, Immortal Life Party, Eternal Joyous Life Party, Life Extension Party, Mitochondrial (molecular biology of power plants in cells techs) Immortality Party, Biophysical Immortality Party (biophysics technology), True Pluralism of the Immortality Federation or Civilization. ☺☺☺☺☺☺☺

The Republican and Democrat parties have failed America, why not try the Immortalist Party? Millions of Americans suffer needlessly every year due to preventable causes and government mismanagement of national resources, such as $50000 water damage in a house because the government didn't provide a 200$ hurricane tornado proof window, while wasting billions on stadiums, strip clubs, nail and leg shaving businesses, vape stores, liquor stores, lotteries. The most important purpose of a government is to ensure decent shelter and food for all. This is

where they failed as the Immortality Building Inc and Eterni Food Inc sections show. The US government approves the mutilation of our youth, with nose, belly, penis, vagina, lips, eye brow, ears, holes to "beautify" the outer person, while these "nose, ear, etc" rings can cause deaths or serious infections that lead to TSS and amputations, thereby draining national medical resources. This metallized powder material in a laminated window would prevent $50000 in water damage repairs in a house. Likewise, millions of houses were damaged because of a lack of federal mandate to use the dome shape, 100 times more resistant to tornado or hurricane. Nations that don't wear rings at all live longer by 5-15 years than those that wear a lot of nose, belly, ear piercing rings, showing that rings don't help you to live to 100, let alone live to the 5 billion goal of immortalists. It's all placebo. Ear candles are another 0 IQ tradition, that does no good and only damage, besides wasting your time and energy. The US government has no fee for cats and dogs, huge national resources go to pet hospitals for example, billions of dollars. 0.2 billion could have given 1 million hurricane proof windows to 1 million water damaged houses that shortened the lifespan of 1 million people, due to mass production by Immortality Building Inc. We need ethics classes on all TV stations in eterni tone, to help people think: 200 million for dogs and cats or 1 million human lives vastly improved? Is having a dog ethical when millions of fellow Americans live in the most dilapidated or mold infested houses due to failed US policies of decentralization? Humans can offer the same affection or better than pets, and meditation, relaxed breathing☺☺☺ can too when humans are not around. Once again, the government ignores people and deifies metal objects, breast implants, penis enlargement, rings and cats, dogs. Why are breast implants legal anyway? This lady could not get out of bed after breast implants. Another lady got so sick, she removed her natural breasts too, search youtube for more horrific stories. Breast implants only give cancer, sickness and/or shorten lifespan. Only ☺ puppy IQ people☺ care about the size of breasts. What compassion is this for our youth, to lead them into oblivion, death and infection, into callous indifference to the lack of hurricane resistant windows, by the metal they mutilate their body with? That gold they adorn the body with is not needed, it can be used for medical devices that monitor 400 biomarkers in the city Immortality for All centers. We have nice colorful clothes today, can make the most colorful ones we ever made, we don't need metals to appear more beautiful. People can catch stuff with their rings, injure themselves too, it's insanity. Not to mention dogs ruining sleep with barking.

Another idea to enhance immortalism, give decent concrete block (impossible to demolish by hurricane or tornado) or concrete domes or metal (or any material stronger than steel, some have been discovered, made from carbon nanotubes, etc) structure (one piece covered in stucco or something with the 4-8 metal/new material legs or pillars deep underground to prevent being flown away, so the legs have a huge round thing that would have tons of earth on top making it impossible to get moved by the wind) domes (100 times more resistant to hurricanes than

square box houses not made of concrete☺☺☺☺☺☺☺) houses to all via efficient cost effective mass production by Immortality Building Inc, is to eliminate endless city county state admin jobs by remapping USA into 8 states with 300 counties of maybe 1.1 million people each, which adds up to 330 million people, the US population today. We don't need 50 states. Today, due to redundancy and lack of national policies (about strong cheap mass produced buildings that are 100 times more resistant to tornadoes, winds, hurricanes) of centralist Immortality Building Inc, we get endless people go thru home demolition (see video of flimsy houses, left as such by greedy low IQ folks who waste millions of tons of concrete on sports facilities, while people die because they don't have a dome shape more concrete rich home), sudden death catastrophes.

The End of 50 states, of 20,000 state, city, county local governments, via 100% centralization

Do we need 50 states, 3,200 counties, 20,000 towns and related 23,250 govs? What if one gov is enough for all these cities, artificial entities, a gov that focuses on helping We the People instead of the best politics for looting the treasury via contracts? With 22 million local gov employees, the redundancy and waste is astounding, as each invents unique rules for the 9 km^2 of cow IQ idiots of IQ 80 who have some IQ 90 mayor. Shouldn't the decision be made by IQ 200 people for all USA? Everyone knows why people want to get a local gov job that wastes trillions vs 11 companies 3 agencies: MONEY, benefits, job security i.e. everyone is fired (except local gov employees or CEOs who remain usually for life) in a genocidal system of changing company 90 times vs 0-1 times in the 11 companies system of no unemployment. We got a 2 class USA: aristocratic local gov employees and the slaves in private sector who often bear the brunt of stress, or 5 times more. Imagine we had 20,000 Windows, Apple or Android OS, instead of one of each, you would have 20,000 times fewer programmers for each, leading to a super low quality product, possible 50,000 times lower quality. With 23,000 local governments, where officials often give themselves 53 times the $15,080 minimum annual federal wage, 800K (like those bastard fake leftists who're "labor union presidents" making 1000-26,000K; nobody make that in a real democracy, as there are no unions, since there is 1 pay, no protests, no negotiating bullshit; we just help all USA, the end of games), the safety of housing is clear: water reaches rooftops, because the city, county, state staff are too busy looting We the People, to actually have a unified national code (Immortality Building Inc) that prevents house building in an obvious valley with no 10 ft elevation. Potholes are too many, as looting is the religion, stadiums the philosophy. With one government, we can achieve 20,000 times better results. Today 20,000 towns/villages create 20000 versions of various codes and laws, 3,143 counties and 50 states have other sets of laws, and everything is a complete madness. This creates friction between federal, county, state and town governments, which is unacceptable and suicidal for our nation, enemies will exploit it to destroy our country. It's time to practice United We Stand, Divided We Fall, instead of talking about it only. Why have 50 DMVs? The Eternal Travel Inc will issue all

Licenses. This insanity and wasting of human resources and time costs us trillions in the long run, so we need to be real, efficient and develop for every type of issue a one and only law, The National Unified POLICY. This centralization and replacing of 50 states with 8, 4 or 1 state would vastly increase efficiency, dissolve all state and city governments, as states are merely for mailing purposes and make no decisions, as we're ONE Individble Nation of 1 Policy/Law and all local 'government' are federal offices, increase material science research jobs to enable all to have a tornado EF-5 resistant homes (only 1% in USA can resist that today, in the age of depraved sports), and enable us to move from the past energy of war/violence to the age of ~*~Eternal Universal Peace~*~ and Immortality *for* All of Eternia with 8 states named like: 1. Eterni (the biggest Eastern state, sharing 5 letters, as colors indicate, with Eterni and 6 with Eternia, made of 13 states + DC: MD, VT, NH, NJ, MA, RI, CT, NY, PA, ME, VA, DE, WV easy to recall, east ete, Eterni is unisex, while Eternia is feminine, Softi is unisex so it is more democratic), 2. Whisper (biggest western state by population, made of 7: CA, NV, UT, CO, NM, HI, AZ: easy to recall, to help all people worldwide stop shouting like dogs during speech, and to employ eterni tone), 674K mi^2), 3. Nurturi (*Nurturing* Immortality, a gentle quality of grace we lack, similar to Northern most state, 4 common letters, ntrr, Alaska, 665K mi^2), 4. Pacifi (Ocean, World Peace in 3 months, OR, WA, MT, ID, WY), 5. Softi (soft speech, emotion, concept, made of central Southern States of TX, MO, OK, AR, KS, LA), 6. Tendri (South East: FL, MS, AL, GA, SC, NC, TN), 7. Gentli (central: KY, MI, OH, IN, WI, IL), 8. Kindli (MN, IA, ND, SD, NE). This, in conjunction with renaming many things, and posting qualities everywhere, leads to an ethics boost in a callous jungle like world of shouting and hollering disguised as music. This move from 20000 administrations to 1 central admin with 8 offices in the 8 'states', eliminates bureaucracy, gives all a healthier longer lifespan. Obviously, as mentioned below, this would be a temporary move, since we would eventually move to one state with the 4 regions of USA called NE, SE, SW, NW to make mailing stuff easier.☺☺☺☺☺☺☺

We can also begin vast centralization, via the Eterni or Eternity new capital of USA. Present states are run by mafias who don't care about the people. For example, USA has the most tornadoes of any nation on Earth and we don't have any state with frequent tornadoes where houses can withstand 300 mph winds or 400 psf (pounds per square foot) pressures. However, Monolithic Domes that existed for decades can withstand 2000 psf pressures, 5 times more than the strongest tornado winds, so the criminal genocidal governors and useless trash aristocratic terror legislatures have not required any state to build domes to withstand these 400 psf winds via efficient use of shape, meaning a dome made of the same materials as a box will be 10 times more likely to survive intact and not kill its residents during tornadoes. This led to a genocide of innocent people losing 5 to 80 years of their life during tornadoes, via stress of storm damage, or outright death. With trillions of pounds of materials wasted on stadiums, 400,000 churches

dedicated to spreading the Word of 'God' i.e. of Mass Rape, Endless Arson of millions of innocent Animals, trees, insects, Smashing Kids against rocks, casual boiling of one's kids to eat them as part of scripture, Beating Kids with Rods, genocide and Beatings until Death, as long as death is not immediate (delayed for years) and obviously caused by your beatings of legalized Slaves, and useless businesses selling 1.5 trillion worth of junk each year, you would have enough for at least the center of the house having a dome shelter bolted into the ground with 4 pillars ending in plates that hold 1-2 tons of earth each, made of steel or other material stronger than steel, so nobody dies or is injured by the wind. In the Millionaire Pastor Ethics, to steal all materials that could be used to prevent deaths and lifelong disability of many, is Godly and just, because it helps spread the Good News of Genocide, Mass Rape, Slavery and Slave Beatings. What about fireproof homes? Domes of concrete are very fire proof. They can be very EMP proof in case of solar storms or nuclear EMP attack. The gangsters could care less if all civilization ends due to a solar storm EMP surge taking down all electronic devices. What about millions of flooded homes and lives ruined by the states trying to save 5 billion to not raise foundations by 6 feet, when US spends 0.5 trillion/yr on smoking, alcohol, gambling, sports, illegal drugs, 0.7 trillion on totally useless businesses covered over 30 pages? These "officials" are living in a sci fi reality of aristocratic wines and parties that killed 2 billion people already. So, what did these criminals do except lie in the fake elections? ☺☺☺☺☺☺☺

Isn't it time to dissolve these parasitic gang infested entities called states and have only one central government? The states can't ensure even the most fundamental human right, that to shelter that doesn't kill you during a storm. Thus, they need to be dissolved. There is plenty of concrete and materials for safe houses, as explained here in 30 pages. City Council officials often give themselves salaries 3-20 times higher than the city average, and they just loot the city via property taxes of money that could hire 500000 border agents to inspect every package coming into USA and reduce drug use 50 million fold in USA in no time. Millions are unemployed, half a million new border agents is just a tiny amount. Bring in a trillion drones to inspect all land and sea borders. These same thieves then create sanctuary cities to allow criminals, spies and serial killers to setup gangs and poison our eterni vibe with their macho hooligan songs. All city and state governments need to be dissolved immediately so we have a 0 violent crime fast. The amount of mafias at the local government levels and local police departments is huge. You know, USA is good at civil administration and city admin jobs and wasting time, with such low IQ majors, instead of being 100% self-sufficient via physics and chemistry majors that build molecular assemblers to make everything we need inside USA and stop any imports from those who try to destroy us completely with fake poisonous products, hidden weapons and drugs. It's time to take America back from the aristoc-rats and their macho bought mafia local governments. Nothing gets done, these pigs just Create Sects of Guru Worship, everything in the

media is About their Name and how they Sign it, on every city/state office their unholy name is there, they can't Place the Qualities of *gentle tender soft healing nurturing* universal loving kindness Immortality *for* All on flyers and Immortalist USA first, all is about them and their mafia gang: Me above the nation. This encourages egoism, the collapse of ethics and the fanatical deification of monuments dedicated to people, instead of to the Qualities we lack or Scientific concepts that helped us live to a longer healthier lifespan or to cure diseases: altruistic efficient service to the Immortality *for* All Cause, in the spirit of *gentle tender soft healing nurturing kindness.* These grotesque "officials" are America's demise. They need to be fired by DOGE. All states vanished. All policies unified. One Law everywhere. Some of them even promote the most Violent Grotesque Sports, like Slapping Contests. America's demise is clear in the fact we have Weight Building people as Governors, instead of Physicists and Chemists, Engineers only to make us 100% import free in 30 years. It's truly useless to have mayors and city governments. We just have 340 counties for 340 million people and the offices of the 11 companies and 3 agencies in there, in every say area of 2500 people, and some more regional bigger offices for each 100000 people and 1 and 10 million. We're One City of Immortals, USA, no need of cities, get on with it, let everyone belong to the One City: Humanity of Eternal Immortality *for* All, with the happy Immortalist Anthem shimmering in every heart in gentle tones. Check out Vietnam is already doing all it can to become efficient, fewer towns, merging things. States are illegal, since Constitution says all men created equal, meaning SAME LAW for all areas of USA, not 50. ☺☺☺

Far more efficient than 8 states is creating 4 "quasi-states": NE, NW, SW, SE, Northeast, Northwest, Southwest, Southeast, with Hawaii being part of SW, Alaska part of NW, or of N, if Canada joins as 5th state renamed N. Canada announced in 2025 the One Canadian Economy bill to create 1 market, not 13, in a step towards the dissolution of the Canadian states and all nations, as humanity becomes Eternia. USA will do the same, dissolve all states. These 4 "states" are only for mailing address, for increasing mathematical thinking, with people saying "I'm from NE NE". They don't have different laws, or separate governments. They're just for regional federal offices dealing with some things, warehouses, hubs, etc. There is only ONE real STATE: USA, regardless of how we divide USA into 4 or 8 mailing regions. The 8 states above or the 4 NE, NW, SE, SW are mere geography designations. States, whether 50 or 8, are often used by aristocrats to subjugate the working class, manage different ethnic groups, via different laws on abortion, etc. In USA, we spend all energy in creating 50000 abortion laws: city 5046 aborts at 3.004 weeks, city 9002 aborts 3.19 weeks, etc. We need one law in every field of human activity, one police department, one everything, for maximum research and innovation, 0 aristoc-rats. With meditative training, nobody has sex outside of pro-creation, why do you need all these different laws for? For example, the rich crafted 0 state tax in Texas and Florida and other states, so they can go there and live in nice weather (in some 100 million mansion on a private island,

for example) or on 2000 acre ranches. The aristoc-rats also hired 900000 lawyers to steal trillions in tax dollars, by paying less than the average. This enables the creation of unequal treatment, resentment, as some have to pay taxes, others don't. We're for efficient short names that identify us as Americans, from SW, SE, etc, to end all ego building and divisions of Californian, Texan and other names. If people want names, the 4 states will be the most important of the 8 qualities, meaning: Gentli, Softi, Kindli, Tendri. USA new name is Eternia *and the 4 states are the most important* qualities: *gentle tender soft kind*. Everyone wants a city job, local county job, a local state job, the 22 million parasite jobs, that pay 2 times the money for doing 2-10 times less work than in the private sector most stressful companies jobs, like analyze 10 samples a week instead of 200, drinking water instead of soil samples which means 20 times less maintenance and even that maintenance of analytical instruments is done by contractors, so you slack all day and then get the pension equivalent to double pay during work years. So, some gov employees end up being paid 4-30 times more for the same effort they exert. Then they say they want equality, Let's see equal stress and equal sample load: the 1 minute equality video. That's why everyone wants a local gov job, to con the taxpayer, who pays the property tax to make billionaires and the local gov parasites filthy rich. That's why everyone waits 4-100 months for a local gov it's the lottery ticket. Real equality only exists with 11 companies or very few, so we distribute stress and job burden, physical, etc stress far more evenly, as explained over 300 pages here. Took 7 years to get a title for a car in California, for me at least, due to a government of "mouse IQ" folks, their insurance wait is 9 months to see a doctor, and they call this gov services. That's why all state, county and city governments need dissolution. ☺☺☺☺☺☺☺

All countries worldwide, smaller than Australia, need to have one state only, for minimal bureaucracy and the big countries (US, Aussie, Brazil, Russia, China, Canada) can have 2-4: NE, SE, SW, NW or E (East), W, C, if horizontal long, N, S, C (central) if vertical long to prepare the world for global centralism of the 3 agencies and the universal 11 companies for all humanity. This naming reform is essential for the creation of a new cultural trend, to simplify our geography, so that our brains know physics and chemistry terms, not names of country regions and 100000 conjugation forms for millions of verbs of 7000 languages, for we value peace and fast learning of a universal one and only language (end all languages within 20 years), so we go with simplest grammar, like English/Chinese, not most languages, simplest pronunciation and writing like Spanish/Swahili/ Hindi phonetic languages, not English, most logical word creation to minimize memorization and built in from pieces, like the morphemes and words in Chinese. By taking the easiest of all languages, we create the universal language, fastest to learn of any language ever created, to free brain resources, a happy language that unifies all mankind and brings ~*~Eternal Universal Peace~*~ within our lifetime, implemented by UN agreement to replace all languages as all armies become One World Army with one central government for the

entire humanity. We know the cities and general area of where they are, like SE or SE state, so that's it: no more stuffing brains with useless names of 50 states, get on with it, efficiency for World Peace in 3 months. If I say Texas, it can be in a lot of places, but if we say SE SE SE, it means south east of the southeast of the SE state, and with this you can 4*4*4 = 64 exact zones if you want to be more exact. No more names, we're one country, Eternia and we're all eternians. Imagine, no more stuffing your head with 50 names for each country, which is 10000 names for the planet, simply the country name and SE, NE, SW, NW, N, S or C depending on country shape. Pure math. The joy of 7000 language learners who find the new language has no conjugation of verbs for person, etc and is so much easier and uniform in its writing, sounds, grammar, unlike any language. The joy of math, physics, chemistry saving the low IQ folks from the 1st century ☺abysmal IQ☺ and their 4 million wars over which useless memorization based (instead of logic) language to be the one some speak. Why dissolve 20000 local governments? Because some have 2 jobs, 210K one, milking the taxpayers, others give fake licenses for 200$ to illegals, without them passing any driving test, and endless other frauds that can't happen with one central gov of 11 companies, one central department giving all licenses called license dept of Eternal Travel Inc, all cards vanish, there is only 1 card in USA, all discount cards gone, the card is the Immortality ID, that functions as the only legal way to buy anything due to the One Bank only existing, and functions as your ID, health insurance card, as only one universal insurance company exists, Universal Immortality Inc, as driver license if you got a test to pass it. The end of $ worship, the start of intellect, ethics, honesty, compassion, universal family ethics.

Even the 4 or 8 states can be later eliminated, and they can only be used as names for the 8 sections of the nation, like you would use "XYZ neighborhood name' for an area of Los Angeles, etc. *A state within a state has no place*, so the ideal thing is to end all states and call them 8 areas, to signify we're one indivisible Eternia nation, not a union of states, but one organic unity, indivisible, without labels like "Californian", "Texan" etc. *United States is a bad name, it signifies we're many states, we need to remove that concept and rename ourselves*. We need one national identity, not many, like "Texan" or "Californian", but Eterni. USA wastes huge resources with state flower, flag, state this and that, flowery garbage, UK monarchy style bureaucratic nonsense similar to Vatican ritualism,☺☺☺☺ while people are homeless, borders insecure, drugs pouring in and killing millions 30 years early, in the equivalent of 300 Hiroshima strikes on US soil by the cartels, while people celebrate their selfish urge to have a big ego and call themselves "Californian", "Texan" and other junk names, when they have not even achieved the human stage we have talked in the music section. Isn't it comical☺ that Alaska is 430 x Rhode Island? Why are the smallest 8 US States even a state? The biggest of the 8 smallest US states is 70 times smaller than Alaska. Why not get 8 comparable size states, or better yet, 8 comparable areas? Why not make all cities run by federal employees using the federal templates for 100

times less staff, unique laws? We got 3143 counties in the USA. Why not have 300 run by 300 federal offices with almost identical regulations, except minor changes related to climate? If people come up with ideas to help all live longer, healthier lives, they can just be voted, even if there are not political parties, since the entire society works to help all live to a trillion years old. The risk with political parties is creating division and hate within society, with one camp hating the others. Elections without parties can exist, everyone independent sort of. States create division too, via these useless political parties, as Texans are red (Republican), Californians blue (Democrat). We're all eternis working to for 4000 year lives, one day even a trillion years long life and that's our national identity, we welcome all to join. What better way to distract people from immortalism building than inventing new labels, like Oregonian, Texan? What you speak brings about that of which you speak: abysmal IQ/80 year lifespan or trillion year lifespans. Why is it so hard for our 0 IQ culture of violence, division to get it? ☺☺☺☺☺☺☺

End of Local Gov is End of inEquality in Local Gov Jobs run by Jewish and other Mafias, Companies & USA Covered in Equality Section too:

Small businesses are like tribes, they often have some guy of an ethnic type (not just Jews, a lot more) who hires 90-100% of people of the same ethnicity (tens of thousands of companies where all are Jews for example). Then, some Jews and others talk about Equality, when they're the ultimate Nazis. Same 'bad type of Jew' games like in 1933 Germany and USSR. With 11 companies instead of 33 million and 1 gov instead of 23,000, who can play these games? Nobody, there is only 1 government of 11 companies and 3 agencies, not 800000 agencies. In USA a hotel worker with high school education (possibly illegal alien doing drug dealing) doing his own small business on laptop 90% of the time or phone, or a security guard, doing the same, gets better pay than a guy analyzing 300 soil/wastewater samples weekly and working 55 hours a week under extreme deadlines to help clean up contaminated sites, sludge, wastewater dumps. The citizen working until collapse 70 hrs/wk lives in 100 sq ft studio, while the drug dealer making twice, owns his house. All legal in USA. Equality for all, see more in the Equality section of 15 pages. These same guys then go engage in violent crimes and acts in protests demanding Equality, with no arrests or lifetime labor ever happening, that's their definition of Equality. The issue today is that there is a huge reason why people wait years for a government job, and that's Unequal Pay, Unequal Stress. Minnesota $8 billion in fraud is only part of a larger 100+ billion fraud nationwide. Why should anyone be paid the same or even allowed to slack all day and contribute nothing? Let AI and camera do it and let everyone be a "security guard" for 1 hour, to be equal in stress load. It's ridiculous, because they talk of Equality, but practice NONE OF IT. In a civil society of zero violent crime, there is far less need of security guards, maybe 50,000 times less, as theft is 9000x the amount stolen and nobody steals from stores, etc. A society collapses if unequal pay exists or equal pay exists, but some work 20 times more than

others for that same equal pay. To prevent such collapse, to ensure a fair distribution of stress, we need Effort Equality, no just Pay Equality. Some people work 4 times harder in the same pay restaurant job today, which is genocide. It causes disease, waste, a country of idiots, with no tech and Neolithic Food Industry. Check out 1 min video on California discrimination disguised as fairness (30% have to be minorities), to see why the aristocrats distract people with DEI, instead of getting to the bottom line: sky high income inequality, 33 million companies instead of 11, etc. A little DEI won't do anything, but encourage everyone to slack and try get a gov job to promote their clan, be it Mexicans, Germans, Italians, Brits, Jews, so they can create 600 states within USA. It's pathetic, look at the equal pay section to get what I mean. The 'bad type of' US Brits (who care about DEI as you care about hairs on some rainforest ant leg, see the British mass torture, killings, rape of blacks, etc) and their Mass Rape Quotes of the Bible pushing 'religious' Jewish friends are clever, they create bad music to incite all groups against one another, 2 political parties to divide and conquer, to fuel violent crime 1 trillion fold higher than Decent Music Would Create, so the Brit, Jew, etc aristocrats can steal trillions using the British CIA, FBI, Pentagon to create endless violence under the guise of "Musical and Movie Freedom", yes Freedom to be 100% Destroyed. All they talk about is DEI, never about Equal Pay for ALL, Jew and gentile, Brit and gentile. The rich (not just Jews) inflame the flames of hate among workers using DEI, gay rights and endless other distractions to CHAIN US ALL. ☺☺☺

Read the Bible folks, the Mass Raping Covertly 'Religious' (Religion of Rape) Jew (thru the demonic music and media he saturates all nations with besides His Infernal Demonic Bible) wanted (some still do) to enslave the Gentile: Lev 25:44-6. The aristocrats are the ultimate demons, they learned all the Bible tricks of others, Jews learned from and wrote. DEI is one of many ways to distract attention from any real reform, to divide and conquer, all gentile fools, like the fake Demon-crats who propose max pay = 5000 min pay vs 50000 min pay Re-pub-licans, instead of All Pay One Pay, proposed by Immortalists. It's a scam, don't you get it? Did the Jewish "Education" tell you Moses, killed 3000 folks in one whim, i.e. 10 commandments don't apply to Jews, nor DEI, nor anything, all census is about other groups, never the Jews, Jews are exempt from DEI rules, they can hire all Jews in companies and it's never in the Jewish TV-radio stations: the rule is Jewish MD, Lawyer, owner, CEO makes 50-50000x the gentile federal min wage… that works… True Equality, Jewish style: in Berlin, the % of Jewish MDs in 1933 was "52%… attorneys…51%… judges 28%" like in many US cities now run by Jews (details here, history repeats), 1% of Germany 1930, but in charge of up to 60% of economy (page end). Jew Theodore Kaufman, President of the American "Peace" Union, says openly in his 1941 book "Germany Must Perish" whose highly anti-German first 11 pages are here that 80-100% Germans are beasts, and need to be exterminated. What if we said that about NATO Jews, or at least need "be deported to Israel"? It would be a Global Outrage.☺☺☺ He was upset that Jews no

longer ran Germany in 1941 as in 1932 and turned every German into a slave and shadow of himself (as they did to USA in 2020s since 1940s, where most youngsters are totally screwed, 10 times the obesity rate via Jewish Capitalism Food, full of tattoos, 30 nose, penis, vagina, belly, ear and toe rings, 30 pets, childless, listening to infernal music made to land him in jail any moment). Kaufman has the same hate for gentiles we see in the Demonic Bible Genocides Quotes posing as "Religion" Jews imposed on half humanity via deception via Islam (Judaism recycled, Old Testament rewritten) and Christianity (Judaism recycled). Kaufman's book says to kill not just Nazi leaders, but 80-100% of Germans, talking about bigotry and racism: whenever a nation rises against Jews trying to enslave every citizen of that nation as they did to USA 1945-2026, those gentiles become "beasts" and racism against them is OK, but against Jews it is NOT. Isn't that hypocrisy? Germany became violent due to Jews and the satanic religion, Christianity, they imposed on 7 continents by the takeover of the Roman Empire via the 10% of Rome Jews. Jews made Germans violent☺☺☺☺☺☺☺, how can then Kaufman dare call Germans violent, to be exterminated? If Jews had given Germany a decent Immortalist Anthem, not that sewage filth, Germans would have treated Jews with kindness. Stalin's personal physician was a Jew. USSR Jews, 1% of population, were 16% of physicians, 10% of writers, journalists, 11% of artists destroying all ethics as in USA today. Watch how history repeats itself in Persia, etc millennia ago, in USA and NATO today: Germany and USSR all over again, this time in USA. The bad type of Jew controls both US political parties and uses them to destroy every US gentile covertly. ☺☺

All decent Jews have free will to become genuine Immortalists and revert this alarming trend in USA over the last 150 years. 'Bad apples' exist in each ethnic group, sadly. Antisemitism or antigentilism (anti-gentleness) must never define a person. Let us all Oppose all Hate, in all its forms, be it from Hitler, all Mosques, Churches and Synagogues publishing calls to Genocide, or Jewish lyricist songs who engineer "US culture". Watch the Jewish "Music and Vibe" "rat IQ" Jews (a subset of Jews) are proud of: 1. rabbi 'prayer song' 2. Jew dance 3. dance around Fire, 4. benches & rabbis sing 5. "gentle" "music". At gunpoint the bad type of Jew (not all Jews) defile every culture and make it violent and like these 5 clips. They control Europe too now and turned their Music into Gorilla shouting Jewish Matches. Eurovision Song contest is Jewish Gorilla Yelling Rabbi Song Contest. Anyone who opposes This Filth is "antisemitic", all music must be violent, no decent music allowed. Mossad is just like KGB and Gestapo. Brits want to be the HR people, to spend eons to decide how much each gets paid, highly efficient indeed, waste 1 million people with HR and payroll, what a society of "giraffe IQ" folks. Who needs payroll, cow IQ Brits, when all pay is universally identical and we're One Family of of *gentle tender soft healing nurturing* universal loving kind Immortals? Your goal in life is Theft? Why not take a loftier goal, such as Research to help all humans to live in peace to 4000? Isn't it ironic, the people who get the easiest jobs, least physical, least dangerous, get paid 3-50000 times more?

This we're told is Jewish or Brit ethics. No product, nothing can happen without the toil of the 99%, no sense of fairness exists, only stupidity and pride, redundancy and theft. Brits, like Jews, don't care about Any DEI, Read Ch 28.. Imagine how upset many would be if Blue Eyed Blondes set a March that "Blonde Lives Matter or Blue Eyed Killed by Jews, Latinos, Blacks matter" Or "30% of blue eyed people (minority in some states, Equality in DEI, wait Jews don't have that many blue eyed people, so the rules don't apply, they, like others, hire their own ethnic ggroup, no merit, in local gov too) in every company, like with others, since blonde blue are < 1% of US, the most minority of all, especially in CA, etc, check out True Equality". ☺☺☺ Live and let live, but don't be naive about the "genocide ways of some Jews". Let us all rise above the cave men mentality sewer scriptures, and consider adopting the Immortalist Anthem as a guide, not the satanic Bible.

The 'bad type of' Jews take over national, local governments to promote things that destroy the local people, just as they took over USA a long time ago to promote the absolute depravity thru music and etc. Some Jews, worldwide, are often creating and promoting the most carnal and stupid literature to destroy all. The Berliner Tageblatt, at the time a purely Jewish newspaper, wrote: "Obscenity is absolutely necessary for the youth (now you understand Hollywood movies and US music, as well as other nations' movie/music industries controlled by Jews). … the fantasies of young people going through puberty are rather obscene, and these fantasies need obscene literature" (B.Z. of 1.12.1926). Jews (and others like them who target nonBrits etc) are behind LGBTQ, it's a way to shrink birth rate of locals, so it's half Jewish birth rate, as in USA, they work at their goals of total destruction for centuries: Jew Willi Haas wrote: "Two men speak in one scene about a lesbian drama that presumably takes place behind the scenes. When will we see finally see a play in which this love itself... receives serious literary treatment... That would certainly be new material for our theater" (Literarische Welt, 1926, Nr. 24/25). Bad type of Jew Goal is Destruction (as in the genocide quotes) of gentiles via LGBTQ sex. Jews run the Democratic Party promoting LGBTQ sex. Jews run USA so all are circumcised almost. The worst type of Jews are behind much of the destruction of WORLD youth with sex outside procreation, and "beauty salon procedures" by Jewish cosmetic MD (big breast, penis, gender change, etc for which they make 20-40x the minimum wage, for this genocidal mutilation), piercings, tattoos, etc. The debasement of the host nation is a prerequisite for Jewish parasite rule, Jew Münzer says: "We Jews are not the only ones debased... our spirit rules the world. We're the masters; what has power today is our intellectual child. We can no longer be driven out, we have overcome the races, corrupted them, broken their strength, everything is worn out, rotten and decayed because of our culture. Our spirit can no longer be exterminated." (Kurt Münzer, Der Weg nach Zion, 1910). US Jew Samuel Roth in "Now and Forever" book says "Socialism and Christianity are abiding, irritating symbols of Europe's mental enslavement to Israel. When the

Chestertons and the Bellocs talk of race purity and patriotism they lie in their throats. They know that we're racially purer than they are. They know that we're better patriots than they're (i.e. Jews are never loyal to host nation, only to Judaism or their own interpretation of Genocidal Bible that calls for the extermination of trillions of nations, planets, galaxies Jews think God gave to them). The Talmud says in many places "Kill the best of gentiles" (e.g. Talmud Aboda zara 26b, Tosafot), because the demonic rabbis writing that Rubbish were connected with 'demons', not God. The "worm IQ" rabbis were incapable to Love the Worst human a trillion times more kindly and gently than the most loving mom loved her infant baby, as the world's simplest "scripture" explains, in the Immortalist Anthem, anyone can write a "scripture" 10^{45} times kinder than the Bible, just avoid negative words of violence. The Talmud is all full of hate, like the Tanakh or Old Testament. The low IQ 'sages' didn't realize God knows a trillion peaceful nonBible ways to peace in any Context. So, each time gentiles criticize the 1500 violent Jewish quotes that gave 9000 wars, the 'evil type' of Jews say "it's all about ConText." Then, these Jews go on to talk about nuance of genocide and why it 'was alright to do it then' (same for Christian naive folks falling for this), etc and why after all, we should ignore nonkilling, the core of Immortalism and follow Moses killing of 3000 people in one flash, based on his "divine cosmic whims of rage". ☺☺☺Gentiles = 2nd class. Jews lend money to gentiles, but they don't want to take loans, double standard? Jewish Shulchan Aruch 266.1 teaches Jews can steal gentile's stuff: this explains why 5-9 million Ukranians died in 1933, their food was taken to feed Jews in USSR? This genocide was co-created by Jew Kaganovich, who lived as a prince until age 97.

Midrash Talpiot, published in Warsaw in 1875, allegedly says (explained in the Zion Elder Protocols too): "God created the Gentiles in human form, although they're the same as animals... However, he created them for no other purpose than to serve the Jews day and night in never-ending toil. It's not becoming for Jews to be served by animals in the form of animals, but rather by animals in human form (p. 255)." Conveniently, Jews never translate it to English to be widely available on google searches as PDF or html, because, you know, it shows more of the Torah genocidal "nuance", since all these Jewish "literature masterpieces" are commentary or debate on the Word of Genocide of All Gentiles, the Bible Old Testament, meant only for Jews. This is not strange, the Bible already commands enslaving (Lev 25:44-6) and beating the gentile, raping endless gentiles, killing 1000s of gentile children, racism in Shulchan Aruch. Well, let's see how Jews explain context now. The Talmud and Bible is a sewer garbage ethics useful only in the context of 8th century BC Jewish situation, not modern man. That's why Context Matters, because the Jewish scriptures Don't matter in Modern Era and Context, they're Genocidal Rapist Cannibalistic Texts written by Conmen, so ConText. They're Irrelevant Trash, the whole Bible is too. That's why every honest human supports the banning of publishing of any violence containing scripture like Talmud, Bible, Quran, Mahabharata, Vedas (animal

sacrifice Upanishads, sections, etc), etc. The devil type of Jews are the phony bastards promoting the Demonic Bible, the Infernal Jew Word of Global Subjugation, Rape, Holocausts, Violent Crime, while not believing at all in Jesus, except as a Fraud staging miracles to spread the Jewish Bible: it simply perpetuates the demonic Tanakh (Old Testament) they brainwashed Vatican Jews to include in Christian scripture. Do you see why some Poles helped Germans to kill 3 million Polish Jews in WW2? Recall many of such believers migrated to USA, which can explain part of the reason for USA decline last 100 years. The primitive mind of the Jewish Bible scribes (Old Testament) could not imagine or comprehend the reality of Civilization, of a people where all love the worst member of their civilization a trillion times gentler and deeper than the best human mom, the most loving mom loved her infant last decade. So, century after century, millions die again, adding to the 1 billion toll from the Bible and the Quran it created… (which, according to one guy, killed 0.27 billion alone, 90 million Hindus, etc) while Jews say it's "Holy" as it killed only 1 billion… Is that Kind? No, it isn't, and sadly, many want to keep humanity bound in this Eternal Hell of Bible-Quran energy☺. But we, here, the migrants who ran away from all nations, fleeing Jewish Bible-Quran Gestapo "religions", in the free USA, still have Thinking Brains and We can Choose to Break with Savagery. For the 1776 Revolution was fought to Bring Freedom from Jew 'Religions' imposed on EU, etc. The Jew run Vatican killed endless people for not believing in the Jewish staged miracles of Jesus ministry, for Protestants translating the Bible in local languages so all see the evil quotes the Vatican Jews hid for 15 centuries, and financed a 500 year Protestant-Catholic war that killed 20 million gentiles, causing many to escape their Gestapo like nation to USA, be it Protestant or Catholic which was persecuting the other group, that's one reason US became a destination, freedom of 'religion'. Skeptics say Vatican is/was not run by Jews, but the Bible is/was their Guide and that's Jewish, so all Christianity is covert Judaism, deeply unAmerican, deeply undemocratic. Plus, to hide Vatican was Jewish, Jews or any smart group would have to pass some anti-Jew law sometimes, when they felt like moving elsewhere, and needed an official cover for the mass migration out of a nation that "expelled" them via Church law or king's decree using some religious phony "justification". Martin Luther realized the Fraud… The Pope and Cardinals are Torah Jews, in behavior and attire, wearing Kippah, they promote the Jewish Bible, they're pure frauds, pure evil, because the Old Testament has no place in a Christian or civil scripture. And now, the 'bad type of' Jews turned the US into a Babylon of Depravity and Infernal Violence again. As Tao Te Ching says, when terror reaches unbearable levels, people overthrow the bad type of Jew who poses as gentile to enslave all people of the host nation he vampirizes and destroys. "Of the 147 board and committee members of the Berlin (stock) exchange, 116, or 80%, were Jews… Of the 3,400 attorneys practicing in Berlin, 1,850, or 54%, were Jews.. Jewry made up about a third of notaries. Of the 33 members of the board of the bar association in Berlin, 22 were Jews. All the offices of the association were in Jewish hands. The officers of the highest legal association, the

Reich Bar Association, were also all Jews… 68% of school doctors were Jews, as were 68% of welfare doctors. About half of all Berlin hospital directors were Jews, and about 38% of the dentists… Every day, thousands of sources around the world spread the most poisonous horror stories… that thousands of Jewish men and women had been slaughtered… all this was occurring at a time (1934) when Germany had yet to take a single measure against Jewry... a boycott of Germans and German products began on 20 April 1933." ☺☺☺ Why? Because Germany dared to be as protective of its nation as Jews were of their international nation.

Don't be fooled by "affirmative action", "amazing gay freedom", DEI, 1865 or 1965 "liberation", "end of empires", here is the version MI6 Brits and Mossad Jews don't want you to know, as the same tactic is applied to every other ethnic group, to destroy all, except themselves. 1865 overt slavery becomes slightly more covert. 1965, no more segregation, etc, apparently all amazing, but secretly, efforts underway to create a new "black culture", as in 1870s, to jail them via the new "amazing music styles pushing alcohol, drugs, violence" to get them all in jail, push gun rights to have blacks shoot each other nonstop, all promoted as "freedom". DEI is another 'bad type of Jew/Brit/etc' covert extermination technique to destroy minorities or countries (divide and conquer) for easier plunder: promote the incompetent to run local cities, etc, to make the manipulation of their decisions, etc far easier, so they harm their group they run, because that way they don't get same services of the 11 companies and one government, but the "lower IQ" run system. You don't believe me? Go to Rancho Santa Fe Brit town, 0 potholes, go to DC, 1 million manholes and potholes, like driving on 1770 roads, non-Brits get sewage towns, aristocrats 1st class towns. There are companies serving aristocrats, way better quality, and companies for the 99%. Not just roads. The same Brits entice secretly the minority "mayors officials" to buy useless things, do unethical stuff, waste public funds… via little online ads, youtube right side suggestions, etc to take the exorbitant salaries they gave themselves, for the British palaces, via products these officials buy, or for regular folks, to engage in crime by mind programming via artificial social media and youtube suggestions, comments, etc. Then they work at 1$ an hour in a jail. Perfect slavery. Affirmative action: promote the less competent fast, praise them, give A+ for a C, make them appear visible, so easy to dupe when low IQ promoted, to pretend USA is so much love and stuff for blacks/etc, as resources in Africa/whatever target ethnicity (country) are great and need a PR image of "how good those guys have it in USA, what a great democracy, USA is our friend". Behind every "official version of events" and "great event, cultural trend, etc that aids whoever" is the real far more sinister reason: perfect slavery of one who thinks "I am free". The slave who doesn't know he's a slave, though, you don't need a PhD to figure out the scam so well explained in the Immortality Credit Score area. Having people of "various colors" on TV or "official positions" means nothing, as they can be remotely controlled in ways these guys have the least understanding of. Gay rights is just to lower IQ, as sex outside

procreation does and sometimes lower birth rate too, it's not about freedom. All these divisive topics are there, like the 2 parties, to set one group of gentiles against others, while the bad type of Brits, Jews steer both crowds to collide in staged protests and reap trillions in profits as a result. Any decent society needs no political parties, for what, to divide? They're so good to put on a face of "Godly Christian" but behind the scenes are ultimate gangsters, psychos, torturers, rapists, using all technology to terrorize the victims of their planetary empire, as Bible teaches: beat the hell out of the slaves… genocide, mass rape, human sacrifice, arson, alcohol intake to beat to death all around you, kid beating,... the list goes on, The Judaism Ethics. Know the Rich.

The Brits are clever, they promote some "no more hereditary Lords" in Parliament, but that's PR bullshit to make UK appear so democratic, a small little nation, never doing anything wrong, except flooding the world with violent music since 1960s (among 500 other "good" things) because the aristocrats can control thru endless front companies, networks, people, parties, etc, money, bribes everyone in UK without even wasting time to show up in parliament. Media is all aristocrat run, so they present the Victory of Aristocrats (no more showing up in that stupid Parliament), as the Loss of Aristocrats. This is Classic Rich Gangster Technique. The 1% still owns 70% of the UK land. The illusion that empires died is even bigger, they didn't: today, Brits don't need Consuls, army on the ground to completely control a country due to the amazing Internet, etc techs of mass control. Don't be so naive, the Brits had 1000 years of Empire, they know tricks. The devil appears as an angel, talking softly, of peace, putting out a false pretense of small power, while behind the scenes, he wages all out genocidal hate based war on everyone. Think. All they give us is DEI crap, instead of SEI (Scientific Engineering of Immortality, pronounce as say) Knowledge of 4000 years lifespan, Chemistry, Physics, SEI stands for the Pillars of Giving all 4000 year Life via Eterni Foods. Why is SEI not talked about? Because the rich want all to be slaves fighting to death, 0 education. They won't talk about 90% of majors being in SEI. Wake up, they want us dead, demand the Knowledge of Life, join the Eterni Powder Movement. DEI is crap because it's only one billionth of True Equality in these 15 pages of Immortality *for* All. Real Quota are 100% get college degree for free, and 95% are STEM majors: with SEI quota: 25% of people have college degree in Biochemistry, Chemistry, Nuclear, Quantum & Physical Chemistry, Chemical Eng, 25% in Physics, Chemical Physics, Material Science, Nanophotonics, 25% in Particle Physics, Lasers, Biophysics, Electrical Eng, Robotics, 20% Genetic Engineering + the rest. The Trio, Particle Physics, Chemical Physics, Physical Chemistry are the Purple Ones for the Royal Jelly, the jelly made from powder plus water to give all 400 millennia lifespan via the Reactors, and 4000 year lifespan with present tech and a little biochemistry understanding before the reactor. SEI provides a clear half a million year Plan for the genderless shapeshifting Immortals. You know fellow Immortals, when you can change your race in 2 seconds 1000 times daily, you don't care about DEI, but about SEI, the Eternal Immortality *for* All shapeshifting semiImmortals.

Because then, You're not White, Black, Human, Alien, but the Cosmic Immortality Itself. Your sense of self is not in the skin color of your human (of 1 trillion possible forms) shape, but in Eternity, you perceive self as an Eternal Shapeshifting Globe of Energy if you will, as the first page says. The biochemical nutrition path to 4000 year lifespan is a bridge tech (like natural gas before renewables), to give us 4000 years to develop physics so we create Million Year Life tech, and later billion year shapeshifting Immortals tech. ☺☺☺☺☺☺☺

The end of all states is the end of all reservations too eventually, since natives will understand that living to 125 is a lot nicer than living to 50 as in some reservations. Then, we all benefit, win-win, from having 1 language for all, not 7000. Reservations often have the highest amount of alcoholism, suicide and human traffic around, with US Natives living to 65, or even 50 years in one place the size of Delaware (11000 people there). If natives join USA, they will be able to live to 80 on average, not 65, just like Africans lived to 50-65 in Africa and now to 80 in USA. Natives claim some are racist, but aren't Natives racist to use 9,000 times more land/capita than many crowded people in USA? Singapore uses 3300 less land per capita than Native Americans, yet they live to 87, having far fewer violent crimes. No animal will be killed, no bloodshed of any human/animal will occur in the Age of Immortality *for* All, as eterni foods replace all demonic foods of today, to give all 3000 year lifespans. We can't tolerate violent crime anywhere in USA after the state of emergency, so reservations will have to be dismantled, there is only one Nation and one government, not 574 tribal governments or 20000 city governments. Reservations are 227,000 km^2, Alaska tribal lands 178,000 km^2, total 405,000 km^2 or 4.1% of USA, for 1 million folks vs 424,000 km^2 California, bigger than Germany's 357,000 km^2. Tribal/local governments have much corruption, they steal tax and federal funds by giving themselves high salaries or by clever accounting/kick backs. Win-win means we all become one Family of Immortals, there are no more 574 tribes. Tribes, state/city governments are for "filif mollusk IQ" bastards who have Galaxy Size egos, can't compromise, can't make one national law, love to fight and be violent, or love to be puppets of the evil aristocrats who want to divide the working class into endless camps, so that workers fight like hyenas all day, Democrats vs Republicans, while the rich steal trillions. Democracy is Equal Law for All Citizens, in all locations. This is efficiency, compassion, Godliness, so we can take care of all citizens and enable all to live to 120 one day, then 200, then 500, etc. 0 violent crime means reducing it a trillion fold, when taking into account all unreported minor events, and you can't do that reduction with 33 million mini governments of our 33 million companies, or 20000 city govenments. 50 states and 20000 city governments have proven to be corrupt and unable to lower crime even 900 fold, let alone a trillion fold needed for eternal 0 violent crime. A police department of 200 people can't compete with one with 3 million, where all redundant admin were replaced by high tech research to make 0 crime possible. We can't get different results by using the same system of government,

policing. Kindly look at world history: 7000 languages and a million wars over language, land, fake religion, 90000 "cultures" of ☺filif IQ workers☺ who sing and fight like animals have not brought World Peace or even 0 violent crime in one single nation. Wars and violent crime can end when one language reigns, one currency/bank reigns, one education, one food company, one transport company, one house building/maintenance company, one police department (just as we have one War Dept, not 20000 for 20000 cities), etc, one universal ethical immortalist Life Focused (not profit) Goverment of Immortality *for* All, not 20000. When the parasitic middlemen *(Bankers who get money from the Central bank, Native Chiefs,* Religious Clergy Bandits *claiming to be the Only Middlemen to God, Bloodsucking Royals/Aristocrats)* are gone, we have True Equality/Technology, 11 companies, not 33 million, or 3 million times more Ethics/Technology. Europe used to fight all the time, English is now the official language of politics and science, euro the currency, etc, no more wars among themselves. We're all eterni, citizens of Eternia, the template for all humanity, unity in diversity, as the Immortalist Anthem explains, "May all live to a trillion"☺☺☺ Years, instead of like chimps, to 50 years in USA reservations. All humans will one day eat eterni foods, no longer killing animals, since that diet helps them live longer, just as we stopped using chariots and use planes, cars, instead. All humans, even natives, will end the bloodshed worship of animal murder via the realization of quantum physics destruction of humans via such abysmal IQ rituals: the Great Spirit is Immortal, and to understand It, all humans need to live to a trillion years, to comprehend its nature, like the real Immortals. There are no real nations, cultures or religions, only humans discovering real Culture (no war/violent crime worldwide), and real spirituality (emulating God so perfectly, we get to live a trillion years to understand better what God is and how to thus emulate God, we become Immortal like God and the other infinite number of Immortals). Religion was created by aristocrats to expand their theft based empires, hence all immortality was in some other dimension, unprovable, to deceive the people, when 1 trillion years is 1 nanosecond for God and physical immortality can be verified by the masses, while heaven *immortality (if you join the fake religion) is unverifiable*, a lie aristocrats create to trick the naive workers to die as cannon fodder or to work 80 hrs/week as slaves of a fiction God the rich create. Native American aristocrats in Aztec empire brainwashed people they need to sacrifice people to please fictional Gods, Native Americans had aristocrat equivalents that took 5-10 slaves, they killed prisoners of war, ate them sometimes, they burned forests (killed lots of deer, animals, other tribes), killed slaves. Check out the violence of some Native American 'nations'. The clever chiefs deceived natives that chiefs alone are the link to great Spirit or God and behaved just like most aristocrats and kings of history, true despots of bloodshed and eternal war. As natives realize the ☺abysmal IQ☺ of the native American rituals and all religions, they join scientific immortalism, world's first 100% proof based, honesty based, evidence based spiritual or ethical life path.☺☺☺

Democracy (demos cratos) means power of the people, but if people live short lives, and have minimal knowledge of nutrition (not even required in college), the "power" to live to 150 or 300 disease free isn't there. Renaming Democratic to Lifespan Tripling Party is thus very democratic. It gives people the power to live disease and aging free much longer. At first glance, Re-pub-licans are more religious and Eternity can be thought of as referring to Soul Immortality and God's Immortality. Immortality could be the name for Demon-crats, since many atheists believe in Physical Immortality. Yet, at the same time, Immortality can appeal to Demon-crats who don't believe in Immortality of body as being possible or that of the soul, since Eternity is the really eternal, while Immortality is a term used in sci fi to refer to long lifespans. Similarly, Life Extension is a more conservative and down to earth, less progressive thought than Immortality, so it could be used by those who're into immortality of the soul, but not of the body so much. European Union could rename itself to *Im*mortality Union or European *Im*mortality Union. Even Tajikistan could choose Tajik*im*. Then these *im* name ending countries can declare the Galactic Federation of Immortalists with a new Constitution with a common language that guarantees the human right to live to 900 and triple lifespan forever, besides forbidding any violent crime, war and overt, covert enslavement, threat, intimidation, torture, coercion, violence within and between Federation members; good bye to fights and welcome to "*gentle tender softness*, dialog to find a win-win solution that doesn't involve violence, helping each other to triple lifespan forever". With the renaming of parties, the "500+ year lifespan aiming" planet's political discourse changes and every website can have a section on how their work enhances Longevity or Immortality of humanity. If you think about it, we can argue that "Republican" has little to do with *Heaven on Earth* and God's Kingdom on Earth, but "Immortality" does have a lot to do since God's first attribute or one of the most evident qualities of God, that humans don't have. The one easy quality anyone can think of that makes God or some Universe Builders different than humans is Immortality; immortalists and eternists, instead of Re-pub-licans and Demon-crats, sounds more exciting, 2 approaches to the same goal: one focus on short-term transition techs to short immortality in sci fi and one on long haul techs to achieve Eternity lifespans. It unifies our planet under the same goal: a longer, happier ☺☺☺, healthier lifespan, even if they have different approaches, "Immortalist Party" and "Eternity Party". *The political debates would be about lifespan tripling technologies instead of the boring stuff today.* Other names could be: demlongratic party, the power of longevity of the people, of gratitude of the people to Immortality. Imdecratic could work too, Immortality *for* All, the power of granting Immortality to all, to the people so all can become angel beings of *universal* loving kindness. ☺☺☺

There is a huge difference between democracy and Immortality *for* All, democracy implies power to the people to do both good and evil, to wage wars against other nations, and to create strife and bad tone within their country, whereas Immortality *for* All is eterni tone of speech,

thought, emotion, action that grants freedom of 50000 year lifespan, not slavery of power to live to 75 to all; our world needs bridges to bring unity, and nothing unifies people more than the desire for World Peace, which is only possible in a world of Immortality *for* All ethics, since war ends lives; these bridges can also be created by renaming political parties after qualities that bring that amazing & beautiful ☺☺☺ lifespan for all, such as Immortality, Compassion, Gentleness, etc – things that we all relate and bring the best in all, because power to the people doesn't necessarily bring the best in all, being a power to do both evil and good. In the section on which quality of an Immortal is hardest to imitate, we see we can argue that it's not a single one we hear about often, like gentleness, tenderness, etc – but Immortality itself which implies all the others are mastered, Immortality being the central nature of God like beings and God, if you accept God as real; Immortality *for* All is a natural evolution of current democracy, since it focuses on power to do good in the hands of the people, not just power; we evolved from 25 mph running to *200,000* mph solar probes, so our democracies may too evolve from GOALS of living to 75, to living to *600,000*. How much better (*600,000*/75=*8,000* times better?) Immortality *for* All is (immortalist democracy) vs the current system (*present* democracy) is *subjective* perhaps, but a few basic ideas in this and other Immortality themed books create new ways of perception. How can the US make itself world's most loved nation, adored for its 'World Peace *for All*' ethos, 'human right to live in peace *for All*' focus via Immortality *for* All *(Immortality means no war or killing can exist, via a culture of* filtering negativity*),* how can it unify all into one planet of Immortals? If we want to end eons of wars, what do we offer other nations to join the Universal Immortalist Alliance and entice more nations to choose English as another official language to speed the advent of Immortality *for* All? Or the Galactic Federation of Immortals? It probably has to be more than the 'historical inertia' tone (insults, etc) of existing political parties that many are fed up with, including even names that inspire hope and happiness in all, that relate to all people, in *all nations*, something enough to inspire the switch, to trust the US as a grown up civilization that can bring humanity out of adolescence into adulthood, from the old (that everyone is so bored of, especially young people) goals of our political history all over the world, to the GOALS of 'billion year lifespans within 2 billion years for all beings, so all can develop their angelic nature and dream to better understand God's and Immortals' nature'. ☺☺

Names like Republican are not relevant everywhere: in 26 monarchies for example; to build bridges and unity, Immortalists choose names all can relate to, so all can adore and dream of joining the Immortalist Alliance or the English speaking world or United States of Immortals; same for democracy, it's a word many don't care much about, but Immortality, anyone can relate to, same for Compassion, Kindness, Peace, Grace, Bliss, etc. For nations with 5-15 parties, they can choose names related to qualities of Immortals, like Immortality Compassion Party, Infinite Immortal☺ Tenderness Party, Eternally Gentle Party, Perfect Health for All Party, Eternal

Youth Party, Universal Compassion, Life Extension Hypotheses Party focused on Hypothesis Thinking, whereby world parliaments, politicians etc discuss in an eterni tone on TV-radio the trillions of ways to Immortality, ending the rude tones, inspiring billions to talk tenderly gently. To relate to the masses and the ideals of immortalism, which make Immortality Credit Score the most important thing, and money totally secondary, our headquarters may be online for a long time with a PO Box, and win elections via the social media spreading of news and forums, via online methods, as we're against money, donations for elections or religion. The young generation believes in equality, free stuff, everyone helps all, in online churches, donations free spirituality or religion, etc, so they will vote for the modernist party of the masses that breaks all traditions and launches the era of progress and ethics, free from endless buildings that simply perpetuate the status quo of genocide against the working class. ☺☺☺

People make huge signs "Biden 2020" or "Make America great again" whatever the president may be, or some temporary slogan that is wholly removed from the 500 qualities of the Immortals and Immortality. Imagine if it would be signs like "Live to 900", "Trillion Year Lifespans", "| |Immortality *for* All| |". "Gentle 2020" or "Gentleness 2020"; instead of the name of the candidate is the name of the quality of the Immortals a specific administration embodies and wins the election, since people deemed that quality and platform of 'ways to bring Immortality *for* All' more important in that moment of history. Not a Biden or Trump administration but a Grace, Tact, Sweetness, IQ or Gentleness administration. It can even be called "Gentle Kindness", "Eterni Tone", "Question Everything", "Science Discovery", "Gentle Tenderness", with Gentle for 4-10 consecutive administrations or "tone" in the name of 4+ administrations "Gentle Tone" "Tender Tone" "Sweetest Tone" "Healing Tone" for 20 years. It's not about names of people, but about what qualities of Immortals we need to bring the world of Immortals fastest, timless qualities that last eons, independent of fleeting technologies that change, things that remain as true 2 trillion years from now as today, where phrases like "Fast TechName'" would be irrelevant 700 or 30,000 years from now. This allows a faster syncing of our beings with the future Immortals who think not of techs that don't exist in their reality, but of these qualities. This is the era of youtube, TV, there is no need to pollute with airplanes so much and have people drive to see the President, when they could drive and volunteer 1-2 hours at the Immortality Research Center building team and help people live 20 years extra. The local representative can meet people (and President can join sometimes too, if closer to capital, to volunteer cleaning a lab or glassware, devices, etc) at the new Immortality park building area to talk about Presidential Plan for Tact Quality. This gives the President time to prerecord something for youtube in a much better tone, speak less, do some exercise in service to happy Immortality *for* All and see for himself the bliss of moving while serving a greater cause. ☺☺☺

It helps also to be perceived as an honest country of the people of the world, instead of one for

aristocrats. A centralized immortalist country is more likely to serve as a role model for others who join as states later and bring World Peace, such as the 20 nations of Eternia. The dumpster of greed and violence USA is today, where torture and violence reign supreme is not in any way any time soon, ever going to be the real (not faked) ideal people love to emulate. NATO nations choose US as ally by mere force and having no other choice, against other bullies, not because they really love the depravity that has become of the USA. The reason we immortalists want a 3rd party is that we perceive the Republican party as a fraud created by British Aristocrats in order to destroy the intellect, brains, bodies of nonBrits (like they tried to drug all Chinese with opium wars) by lowering their IQ as much as possible with the Christianity nonsense fake religion of fake miracles and blowing yourself up like Jesus gave his life in the fictional religion, to make British aristocrats rich in wars of plunder. Re-pub-licans *are the agents of UK aristocrats who fight any real advance of* USA, by promoting 33 million small businesses and no real research coming from efficiency, so Brits can keep everyone low IQ and steal everything. Likewise, the Democratic party is created by British aristocrats to destroy nonBrits with weed, alcohol, smoking, sex outside procreation, fake religions, to keep the slaves ignorant of English, science and nutrition, etc, so they can be manipulated by the British and subjugated fully. Both parties achieve the eternal subjugation of nonBrits. This technique of many empires is now copied by many nations leading to a total collapse of ethics via systemic genocidal policies. It causes a destruction of the human quantum field. The political parties are mere extermination tools used by the most cunning bastards known to man, who never talk and act to achieve World Peace in 3 months, only to maintain the power of the aristocratic elites in charge of that fabricated nation, or other nations they control via the same system (say a big power, not necessarily Jews, controls 35 nations thru fake political systems of enslaving and exterminating the locals). In public they say one thing, in action they do the exact opposite. As other nations see thru this, it is inevitable that peace becomes impossible and the 10 second end of humans more likely. The hypocrisy and banditry today are astounding, in public they say they protect human rights, behind the scenes they abuse all rights for billions. It's thus imperative to free America from British terrorism, and aristocratic terrorism in general, a disease that affects many nations, not just the UK. The Immortalist party presents the kindest nonviolent centrism that merges ideas of the right and of the left into one unified ethos to bring Universal Peace. We immortalists don't protest taxation without representation, but any taxation at all. As Macron wiped out France's 2 main political parties on the left and right, so can immortalist parties worldwide, wipe out the main parties and bring the Era of Eternal Universal Peace. The goal of immortalist Parties worldwide is to move the workers from terrible conditions into the same as the wealthiest 0.1%. This is only possible thru innovation, science and engineering, that develops mass produced new techs that amaze all. This means, all our election, government candidates have a major in science and engineering, unlike Re-pub-licans and Demon-crats. We're the true

party of the masses, unlike the "for aristocrats" Demon-crats and Re-pub-licans. We're the party of solutions, not empty talk and complex laws, banks, retail and useless businesses.

Additionally, we could easily argue that "Immortality" is a much stronger protective force against decline (many countries, empires have gone and their language too, completely gone from history). *Immortality* can perhaps be perceived as a stronger protection than even being a multiplanetary civilization since full Immortality is able to go between this and another universe via inter-dimensional translation. Going to Mars, etc and having a place there can be thought of as a weaker protection against decline compared to being an Immortality focused CIVILIZATION, since Immortality Focus creates a different energy within a civilization that prevents decline or inner conflict to appear. Besides, such a newbie civilization who stands for peace will probably be helped by other dimensional "Immortal☺ angels, beings" more. A fully developed Civilization of Immortals is one that could use time-space wormholes and establish itself probably on many galaxies and possibly 2 dimensions at least. An Immortal or Eternal World is a Civilization that adores or deifies the nature of Infinite Knowledge (another name for God), nature of which includes Immortality☺☺☺, that "worships" Infinite Eternal Immortal☺ Learning, which is the way to approach Immortality, God's Central Nature, whatever God is for you. Immortality Tests are ways to remember the purpose of our lives, helping others to live longer and happier lives. Every profession has some sort of exams, so the Immortality Test is the same. ☺☺☺

As immortalists meet at the future national Washington DC headquarters of the Immortalist Party, we will get to test with my meter and others the 500 phones of all visitors willing to see how evil their brand is, in idle mode to show how they KILL everyone, even in idle mode and only in airplane mode they're safe, meaning, never used. Why do people need phones for? For emergency only, use wired internet at home, installed by 10 trillion dollar fines given to Google, Apple, Motorola, and other companies that make ultra lethal phones and WiFi laptops, devices, all WiFi card makers and computer makers. Read the RF section on the genocides via WiFi, phones and connected devices that cause mass infertility, Alzheimer, memory loss, brain disease, brain dstruction, blood poisoning, etc. It's time to take America back from greedy corporations that kill us all 40 years earlier. Let Eternal Utility Inc produce safe phones for all. ☺

6.2. Immortality Test for Teachers and Professors

The changes to education are explained in detail in the Merger of All Universities and Schools into One Centralized Tone Education, of 1 language, 1 accent, 20 quadrillion courses and 1 million Immortality Labs. The future depends on what teachers and professors present as possible futures to the kids and young adults who come to them to be inspired, so naturally, the knowledge of Immortality Civilization and Sciences has to be well mastered by teachers and professors. From day care to kindergarten, primary, middle and high school, college and

workplace, there is a great missed opportunity to cultivate positive thoughts and emotions, positive GOALS, positive visions in the memories, habits, minds, hearts, spirits of the people. A civilization is the result of its education, and more exactly, the result of its thoughts and emotions. The world is a product of our GOALS, expectations and subconscious desires, expectations, thoughts, emotional patterns, etc. If in a civilization the goal is to get a job, this is what teachers will help students to do. If in a civilization the goal is to bring a longer healthier happier lifespan, a world of peace, with gentleness, tenderness and softness for all, with no prisons, no violence, no crime, no lies, then naturally one would start to think about ways in which the educational system is focusing on that reaffirmation of those goals (explained a lot in the sections below that deal with the subconscious mind and positive thoughts and beliefs). One of the many ways to do that is thru new movies, songs, lyrics, books, contests, etc. Another way is thru the expansion of an existing tradition, the tradition for meditation in some schools, of quiet prayer time in others, of Pledge of Allegiance. ☺ The PACI, like Peace in English, pace in Italian, pax in Latin, or the Pledge of Allegiance to the Civilization of Immortals is really an expanded version of the pledge of allegiance which right now is super short and says "I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all." In a Civilization where the goal is a world of peace no crime no prisons and 900-8,000 year lifespans, naturally, the pledge of allegiance can be a little bit longer, as people got a little more time, a few extra centuries and they know how important thoughts and emotions are, especially in the morning or start of the day, for a daily reminder of what is important. So, it could change to become a 15 minute or 10 minute contemplative prayer or meditation (name doesn't matter) and affirmation of the goals of the Civilization of Immortals. Say kids come to daycare, kindergarten, school, adults to their job site by watching it in the Silence Halls described in Chapter 4, college students to the Morning Pledge Halls done in available classrooms (so they don't need to do it for every classroom) and then the first thing is this Pledge process. ☺ There are many ways it could be done, one being: kids come and enter the class, soft music about Immortality Civilization is being played in the background in angelic soft soothing tones (eterni speech), they're given the tastiest healthier smoothie with polyphenols and nutrients to keep the brain healthy, rich in ω3 and low in AGEs, oxidative stress (see more in Chapter 11 on nutrition). Since many kids have not eaten, this would give them enough calories to pay attention during the Pledge. ☺ Like we would drink a juice, this could be like a puree and people can sign up again to receive it daily or not, free will. Everyone would sign up as it would take eons to make it at home from all the ingredients... Eat it fast with a spoon for maximum brain health and some fiber too. Then, after the 1-2 minute eating of this nutrient rich smoothie, the kids would be breathing consciously while listening to very uplifting Immortality Lyrics songs for 1 minute with eyes closed. Then, the kids are reminded by the most angelic voice recorded for 20 sec to prepare to enter a deep relaxation

state, a deep theta-alpha brain state.

Then the students listen to the guided PACI preparation that says with very soothing music in the background in the most angelic gentle healing voice (alternating male and female for every sentence) "We are now going to enter a deep state of relaxation, perhaps the deepest ever, as we close our eyes and breathe gently relaxing every part of our body from toes to head, shifting gently into a state of cosmic happiness, of being loved by all beings, the state of *Heaven on Earth*, where all beings love and help one another, a state of absolute happiness and tranquility, a state of grace and maximum wellbeing unlike ever before perhaps, similar to the divine ecstasy states of saints, a state of total oneness with the Divine and the Infinite Intelligence, Wisdom, Compassion, Kindness Ecstatic Joy ☺☺☺ and Grace of the Future Immortal☺ Humans who live to 900-9,000 years old in perfect peace, with no violence, no prisons, no disease, no war. We connect our souls with the Elysian Magnificent World of the Future, this Heavenly World where all beings love one another and everyone is like an Immortal Angelic Being infused by the most tender gentlest softest compassion kindness mercy forgiveness imaginable, a world where there is no violence or negative emotion and thus no crime. As we breathe gently and listen to the music, we try to enter a state of deeper and deeper happiness (smiling a lot is fine while eyes are closed). As the human voice stops and the music continues, relax, rejuvenate, experience cosmic ecstasy states or listen to the ideas from the Immortals of the future, whose reality is merging with ours now, as we tune into them." After a few minutes of soft tender gentle music the recording continues "We will now prepare to infuse every word and facial expression (gaze if eyes open, your choice to open, closed better for more visualization and focus on the tone and Inner Images from Heaven) with beautiful emotions of universal loving kindness towards all human beings and to visualize the bright world of Immortals as manifest, the world of peace as we start singing the PACI in the most eterni tone, manner, fashion:

"We ☺Pledge Allegiance☺ to the Gentle Civilization of Immortals Lifting the *Universes*,

The Ever Learning America bringing Eternal Immortality to countless Humanities.

Using only Nurturing Healing Bliss Causing Methods to Bring Peace *and* Immortality,

We *heal all beings* and *bring* Peace in ways *that* increase *the lifespan* of all *humanity.*

Emulating the Infinite Unconditional Love of motherly Immortals for all humanity,

☺☺☺ *From now on we try to love, like Immortals, even the 'least perfect' human being,* ☺☺☺

☺☺☺ *A trillion times more than last decade's world's best mom loved her infant baby,* ☺☺☺

With a love far gentler, softer than the graceful love that mom had for her baby,

☺☺☺ *Without diminishing the* happiness*, bliss, comfort, wellbeing of any human being,* ☺☺☺

Without humanity quantum entanglement field | |Immortality *for* All| | vibe lowering.

Many Immortals live trillions of times longer than us due to using the healing effect,

☺☺☺ *That comes from deifying tact,* diplomacy*, eternal praise for even the least perfect.* ☺☺☺

Softly offering our own living example as the silent teacher of right action,

☺☺☺ We gently inspire even the 'least perfect' to embody universal compassion. ☺☺☺

Magnifying and deifying Immortality and Healing Subtle Quiet Graceful Ingenuity,

We tenderly Bring Ecstatic Freedom, IQ and Peace to those longing for Liberty. ☺

Fulfilling serenely with Soothing Healing Gentle Grace Her Inter-Galactic Destiny,

☺☺☺ America lives as the caressing song of Teleporting Telepathic Telekinesis, ☺☺☺

☺☺☺ Ushering *blissfully* the shapeshifting *Immortalizing* Matter-Spirit Synthesis. ☺☺☺

☺☺☺ Thru *gentle tender soft healing nurturing* universal loving kindness, ☺☺☺

☺☺☺ *We softly* bring *the* eterni *vibration* of a deeper loving kindness, ☺☺☺

We *act* ☺☺*lovingly tenderly gently kindly*☺☺, instead of only *gently,*

So we *bring* the ☺☺happy *world*☺☺ of | |Immortality *for* All| | fully.

Eterni *actions* are much gentler, kinder, softer than pacifist (nonviolent) *actions,*

They radiate the Immortals' infinitely tender grace, universal loving kindness vibrations.

Just like the eterni tone we use is often 100 times gentler than everyday speech,

☺☺☺ Eterni *actions* are 100 times gentler, kinder and more healing in their reach. ☺☺☺

Pacifism is a millionth of the *infinite kindness* of wishing and giving | |Immortality *for* All| |,

Of its infinite tenderness*, most nurturing compassionate gentle* ecstatic *sweet softness.*

By setting our pacifist immortalist ideals higher than nonviolence, we make it harder,

For our human nature to take over, allowing the gentle Immortal within to rule forever.

The above is the essence of ethics, of PACI, the minimum. How we will manifest it could be 1 billion ways, including the teleportation, levitation, shapeshifting *in Immortalist Anthem. So*

more of that can be added, but the important thing is the Eternal Way of Grace.

It ends with an unsung short sentence to make them used to this eternitone while not singing, but speaking: "We thank the Eternal Infinite Wisdom and Grace of God and the Immortals for guiding us this day, as we bring the Heaven of Immortality on Earth as it is in Heaven. Everyone is an Immortal☺ angelic good being inside who brings World Peace and the Civilization of Trillion year old Immortals. Everyone on Earth, around me or who thinks of me is filled with the gifts of *the Holy Immortality for All Spirit*, which are the miraculous transformation of negative emotions, intents and thoughts into positive ones, gentleness in tone of voice and behavior, *precognition*, divine ecstasy, tenderness, softness, kindness, forgiveness, meekness, patience, compassion, understanding". This is not being naive, but infinitely compassionate and understanding of the good spark within all, while also infusing mass consciousness field with good vibes, as explained below in the next Immortality Test sections dealing with the subconscious mind interactions and telepathy diffusions. After this sentence begins the second guided meditation or contemplative prayer in which people listen to soothing background music (no words mostly, to make sure that any movement or background noise kids may make is taken out and people continue to focus on this meditation) that guides them "We will now conclude our Pledge of Allegiance to the Civilization of Immortals or Invocation of the Heavenly World of Immortality and Peace with another short guided meditation for more telepathy, empathy and altered states of union with the Immortal☺ Bliss of God, Greatest Oceanic Delight. We will relax our body fully, from toes to head, and listen about ways in which we might be able today to bring the world much closer to the Heaven of Immortals by extending healthy human lifespan and radiating every more beatuiful emotions from our beings during speech and tender smiley gaze at all beings, since our speech vocal pattern encode our emotions, noble intentions and people unconsciously imitate these patterns they hear and our tone of speech acts as a ripple that sustains or hinders Immortality, Positive Future, Peace, Joy for all beings. Peace and *PACI* depend on human relationships (we relate to others by speech) and crime starts with negative emotions, so to bring a world of Paradise we need to transmute our tone of speech and act as healers on a mission to create the most healing symphony thru our tone of speech that teaches by living example. We thank you once again for being the Bringers of *Heaven on Earth*, the Bringers of Peace and Immortality." While many people will find this long, we can at least add add a few words or sentences to the Pledge, like Eternity, Immortality, "Liberty, Justice, *Gentleness*, Immortality, *Compassion*, Perfect Health, Trillion year *Lifespans* for All"☺☺☺☺☺☺☺. At least keep "Billion year lifespans" ☺☺☺☺☺☺☺ if not the other stuff.

The nice advantage of this pledge ceremony is that it can help people to relax, learn proper speech, proper behavior daily and act as a buffer against the unbalance energy of parents, who often times have no time or capacity to teach proper speech and emotional radiation, intent

formation, etc... Teens are thinking coffee, alcohol, smoking, weed, sex, etc are mind blowing, but these contemplative prayers can actually help them to experience something wholly different and 1 million times happier, solving 10 things at once, 10 types of addictions. And then it naturally becomes easier to obtain the meditation results of the Visitacion Middle School. The reason PACI is so long is to give more ideas from which people can pick. But it can be much shorter, just need people to decide what's important. Obviously the stuff about teleportation, levitation, flying and living on energy is less important. If one wants a world of paradise to emerge, one can use even the Pledge for that. Many schools already have some music, singing, meditation or prayer time or classrooms, so they can use those times to promote positive affirmations and concepts, even if they don't go full blown to daily process. Think about how much time kids spend 10-15 minutes on so many things, that are less useful, like playing "physical aggression" filled movies or video games, or aggressive sports, restless music clips, or watching the TV filled with uneterni *tone* of speech and random mumbo jumbo emotions, and no coherence of radiating noble good gentle healing vibes. If kids don't get even 10 minutes of an ideal positive thought and graceful gentle healing speech example to hear a day, how are they going to learn to radiate good emotions, essential to reduce crime 100 fold? Eterni speech, covered in Chapter 8.1, is like lifting weights for the beginner, very hard, as it turns every inner negative emotion or intent into a positive one and modulates that energy into refined tone infused with noble vibes. eterni speech (coherent speech, emotion, intent, thought, energy) is totally different than gentle tender speech, as it adds gentle tender healing intent, emotion, energy radiation, thought, visualization, etc. to the *gentle tender soft* vocal tone, leading to a difference in vocal tone harder to perceive that is then providing a positive example for others to imitate, since we imitate those around us unconsciously emotionally thru imitating their vocal patterns, which then tell our brain what to feel: compassion or anger, desire to heal or "desire to torture, be cruel and harm or cause pain", forgiveness or revenge, kindness or meanness, etc...☺

6.3. Immortality Test for Doctor, Nurse, Policy Maker, Farmer, Nutritionist

The changes to the medical profession are outlined in extra detail in the Universal Immortality Inc section about the merger of all hospitals and medical companies into one. They have to pass the most stringent ethics, MRI and tone of speech tests to determine overall ethics, since they can kill people covertly via their decisions. So, all tests that immigrants have to go thru, they have to go thru too, to make sure they're not 8th generation fanatical covert killers or terrorists disguised as MDs. The oath MDs take to do no harm is more of a formality, since many are loyal to the Torah, Bible, Quran and the violence they imply. The second paragraph on health centralization, hints at these issues. People have to pass a test to get into medical school, graduate school (GRE), college (SAT), TOEFL if not a native speaker, etc. The idea is to create an Immortality test or section within existing tests, and whoever scores very high in that section,

even if scoring lower in the rest, can still pass, same idea as with bypassing a grade, since these people are studying Immortality non-stop and are passionate about it and drive civilization forward towards the 1,000 year lifespans. The Immortality Test for the Angelic Heroes we call doctors who have very stressful surgeries to make at times, would gauge the knowledge that would prevent disease, to use minimal intervention and maximum prevention, to minimize side effects and use minimal pills (since many foods can lower blood pressure or glucose better with fewer side effects than common pills), to provide complete nutrition so the body heals itself when possible, to cure temporary disease, discover how to regrow limbs (see how we did it in frogs first time in Chapter 3) and regenerate humans from within, organs, etc and to aid the Immortality scientists in finding the best way to extend human life and to ultimately defeat aging, for example simulating a human being and seeing what effect each food or substance might have before trying it etc. The doctors do their best to make medicine 95% education about prevention and 5% intervention, intervention only when really needed and when natural disasters or whatever cause people to need help, etc. Medicine is far harder than simple few reactants chemistry, as millions of trillions of chemical reactions happen every second, and one symptom can happen because of 1 million causes. Aware of this the Immortal☺ Medicine uses advanced machine learning to see which of the million possible causes for a certain serum, hair, nail biomarker or symptom is more likely to be the one. Databases are built, and new studies made, leading to better diagnoses, to prevent the medical mistakes that happen due to our limited knowledge. Mistakes happen in any field, but diagnosing something is ultra difficult, given how complex the body is. Doctors hold a key to understanding how we will live to 900 since they will help build the knowledge base used by life extension, anti-aging, medical scientists and Immortality scientists, but nutrition will discover how to live to 3200, ending the monopoly of doctors on longevity ideas, as chemists truly can increase lifespan 40x. ☺☺☺

Many people are deficient in certain vitamins and phytonutrients and these deficiencies would vanish if the cultivars of agricultural plants are the healthiest ones. For example, purple carrots have *9 times* more polyphenols and *2.2 times* more α-*carotene* and β-*carotene* (pro-vitamin A) than orange carrots. Purple potatoes (purple flesh not skin) have 20 times more antioxidants and spike blood glucose a lot less, decrease blood pressure, etc, while white potatoes create inflammation (peel 3 mm of potato to remove alkaloids if you eat them 1-2 lb/day) , "Phenolic content and antioxidant activity of *purple-fleshed potatoes*, after baking, were comparable with those of anthocyanin-rich berries" ► JAFC 2012;60(44):11088-96. Many people wear glasses and develop poor vision due to low vitamin A. Many diseases, such as Alzheimer, atherosclerosis, etc develop because of lack of polyphenols. Those eating more polyphenols live longer. The idea is that if purple cabbage has *2830 times* more anthocyanin polyphenols (shown to lower mortality by 37%) than green cabbage, 54% more vitamin C, etc then obviously, the Agriculture Minister of

the Immortals would *prioritize the plant varieties that prolong lifespan* and are easier to eat. In 2023, I tried some Aldi brand with red cabbage, apples, etc made in Poland and it was much more pleasant to eat than the regular canned beige one from $ store, which costs the same almost; glass means 100x less metals from cans leak (the lid can be leaking if overfilled) and destroying our arteries, organs, but also light can degrade the anthocyanin polyphenols, so the Immortality *Nurturing* Agency needs to surround the glass into purple paper 100% (now it's only 30% purple) to drastically reduce high blue light, UV, or some opaque paper with some tiny bit of reflective paint on inside or use very brown glass. It's important to maximize benefits and not let light degrade fats and things there. Healthy foods are useless if nobody eats them due to gas or food industry not soaking them 8-16 hours, changing water twice; so cultivate the bean and lentil (lentils are easier to soak and render gasless by people and food industry (lentils use 30-50% the soaking time, electricity and warm water of beans), more nutritious, have way lower trypsin inhibitors and the bad type of lectins compared to beans, so can be given priority over beans) *varieties that contain the least* raffinose, stachyose, verbascose, etc and list raffinose, etc on USDA database, so people can make informed decisions about methane and CO_2 bacteria food sources; if someone wants to eat beans for the first time and chooses the variety that has 7 times more gas producing sugars, then he will think all beans or legumes are like that, when with soaking they're totally different. *People don't know canned pinto beans are 25 times more gas producing than soaked lentils.* The immortalist Minister can require (if proven safe with long-term daily use) companies to put *α-galactosidase* in unsoaked legume (or other *galacto*se saccharides rich foods) products and all dairy products (that contain lactose), so this absent from humans enzyme can hydrolyze galactose and prevent these 3 legume oligosaccharides and the lactose oligosaccharide from dairy from reaching the large intestine where they ferment and produce methane/CO_2. Protein powder industries, a semi eterni industry sort of, can learn the wonders of soaking to make powders that have prebiotic fiber, but no gas producing trypsin inhibitors/dubious lectins or sugars. Teachers need to include these things in class, to make teens more interested in chemistry, hey they can have less gas, feel less socially stressed after eating food made by less chemically aware mom. Butternut squash has 27 times more vitamin A, thousands of times more β-cryptoxanthin and α-carotene (many are deficient in these) than acorn and other types of squash. Purple onion got 2 times more polyphenols than yellow onion. Black beans have 10 times more polyphenols than white beans, lentils got 47 times more antioxidants than white beans. *Purple* grape, *purple* cactus *pears, purple* kale/cabbage, *purple* flesh (not skin) potatoes also have beneficial anthocyanins almost absent in green/white varieties, and low in red-orange grapes, red cabbage got 2830 times more anthocyanins than green one. Among *chia* seeds, the darker color ones have more polyphenols☺☺☺ than the white ones. Black or dark indigo plums got 10 times more polyphenols than yellow-green plums. White carrots have very little vitamin A, yellow carrots have a bit more, but orange carrots have

a lot of vitamin A, while purple double the vitamin A and total polyphenols of orange carrots. We're engineering purple tomatoes that have anthocyanins. Purple carrots are so healthy, yet so hard to find. This is due to decentralized lawlessness, what we call for profit capitalism, we plant like ☺abysmal IQ☺ folks the crops that don't maximize our lifespan. All done for aristocrat profit. Likewise, among watermelons, some varieties have 10 times more lycopene, the main reason for eating watermelons. So why is the government allowing the other varieties to be cultivated? Nobody even knows the benefits of lycopene and using food to achieve better effects than 50 trillion worth of pills by Big Pharma, and we misuse water, land, fertilizer.

The Government of the Immortals can promote electric pressure cooking, since a pressure cooker uses clean electricity from the sun and wind, not natural gas that destroys water supplies during drilling and creates earthquakes, killing people or injuring them during earthquakes and natural gas pipe explosions. Pressure cooking minimizes the creation of AGEs that destroy our brains and bodies, since it uses very little oxygen versus the stove or microwave and all cooking is water based. A pressure cooker can replace 9 appliances and do pretty much everything, gas stoves could be banned, as frying is very dangerous for health anyway and gas stoves emit carcinogens for hours after use, being worse than 2nd hand smoke. Pressure cooking allows cooking faster, at higher temperature, killing more bacteria, destroying more lectins and trypsin inhibitors and creating 90 times less odor, leading to more harmony between members of a house/dorm where cooking is done, as the upset over cooking fumes is diminished, leading to a higher mass consciousness elevation and longer lifespan, as negative emotion is eliminated. Nutritionists of the Civilization of Immortals would know these things to prolong lifespan in the transition period to super nutrition, since we're not yet at the stage to make powder mixes for food that contain all these polyphenols we discovered to be really mind blowing (see chapters 11, carrots section, and 12 with 40-50% higher mortality for those lacking a certain vitamin, mineral or phytonutrient). Chapter 11 explains that an anthocyanins pill lowered total and bad cholesterol as much as statins (can cause hemorrhagic stroke, cataracts, blindness), without side effects, while increasing the good HDL cholesterol. Lipophilic statins (like atorvastatin, that cross the blood brain barrier) can lower brain cholesterol, which is a bad idea. A high fiber low fat vegan diet where only fat is in veggies, legumes, 1 walnut and some DHA-EPA pills, will keep cholesterol low, 100-150 total, without the blindness, stroke causing statins. Hydroxytyrosol doubled HDL in rabbits, the lignan complex in flaxseeds cut 73% of atherosclerotic plaque. Eterni Food Inc will sell these phytonutrient powders or protein shakes with these polyphenols and other compounds, for busy people who don't have time to eat 90 different foods daily. ☺☺☺

6.4. Immortality Test for Lawyers, Judges, etc

All details are in the section on the merger of all courts as Etis in the USA. For Lawyers, the

Immortality test could focus on the evolving need to Promote the Ethics of an Immortal☺ Civilization of 500-90,000,000 years old people so as to manifest that future by acting as if it already happened. Clothed in the garments of Compassion, Mercy, Gentle Tender Softness and Infinite Grace, the lawyers are the Angelic Instruments to Uplift and Heal all whom they encounter by their role model, tone of speech, divine angelic soft healing tones, so that God's Infinite Mercy descends and heals the Earth and we can move to transforming Earth to a place of no violence, no prisons, just healing centers, where lawyers decide to what healing center or Immortality University people might go to heal when a mistake is made. With this vision, united in the gentle grace of *nurturing* transcendence, helped by policemen, prison personnel working for same goals via angelic healing gentle music, meditation, prayer, positive thoughts, these people have the amazing destiny to bring a world of nonkilling, no prisons/violence on Earth, they're the most pro-life people. So, we call them the Bringers of Transforming Grace. ☺☺☺

6.5. Immortality Test for nontorturing nonshouting honest Gentle Police achieved via the merger of all 18,500 police departments into ONE

(see 5.1. on 0 jails/arrests (unless a violent crime) via 5 trillion CCTV & 0 crime via martial law)

80% of the next 45+ pages focus on 0 police violence, showing also via 50+ videos how the aristocratic social engineers have created a super violent youth via violent music, with lyrics often created by Jewish "song writers" whose main goal in life is destroying all gentile cultures. The other 20% are some basic common techs and policies to eliminate deaths of suspects, cops, car drivers/pedestrians. Singapore has 280 times lower gun homicide rate than USA, due to having 280 times fewer guns per capita and only One national police department, made of US born US citizens only with high Immortality Credit Score. They got 2 Isn't it time we end having 18,000 police departments and only 1 ultra safe one, free of corrupt gangsters. Imagine we had 18,000 Android OS, each with 18,000 fewer programmers, the quality and tech support would be horrible, well, for policing in USA, that's the reality: no real crime drop. One cop department means cops fired can't go work for another city to injure civilians, they can never be a cop again, and they can get lifetime labor if beating a civilian without a cause. Some main reforms of The National Unified police department, called Immortality *Nurturing* Agency, are:☺☺☺

1). POLICE CAN STOP ANY CAR IN USA from even 2500 miles away and we install 4 trillion cameras in USA, mostly wired (some LiFi) on buildings, car exterior to prevent theft and violent crimes, collisions via self-driving AI taking over car to prevent hitting something, homes, trees, utility poles, road signs, etc for real time monitoring (to deter thefts too) of spies or thugs: one car company, Eternal Travel Inc to retrofit all existing cars and make in US all cars on US roads (ban all car imports for national security, all foreign cars banned from US roads) and enable ALL

CARS ON US ROADS to be stopped instantly, by police, remotely and parked remotely by police in a safe police chosen area, so that no car chases occur which always kill innocent bystanders and even the car drivers due to car crashes and shootings by cops who get rammed into by drivers or cops attacked with knives or guns by drivers due to lack of centralized education, etc. Police knows who made a police call, nobody can call anonymously anymore, to use a payphone, one enters the universal ID and then calls; to get a phone in USA, one has to be a legal resident and any visitor in USA gets a temporary ID if he wants a phone. This prevents strangers from calling cops at a house 50 times, as in this video. The national police department knows exactly who the caller is, recognizes the phone user by the AI file of his voice. Only when they match the cops take serious action when on site.

2). VIDEO OF CAR OWNER TO START A CAR: No driving without a valid license will be possible (today we waste millions of court hearings about these), since it scans it after you place license over a reader to confirm it's you the owner, besides your iris (unique to you). No carjacking/car theft will be possible (today, endless kids drive their parents' cars and kill people by accident, that's why we need this too), nor the associated shootings and violent crimes (30% of carjackings lead to victim injury: Washington DC medium city (0.7 million) got 958 carjackings in 2023) in the struggle to steal a car, since to start or drive a car you need video of self (car always takes video to stop car if driver falls asleep) and any car jacking would force the driver to allow the thief in the driver seat, which would stop the car automatically, since to start, drive car you need to match the one designated driver voice repeating one sentence the AI says (voice proves driver is well rested (no blood red shot eyes, terrible voice from lack of sleep), calm, with normal heart beat (measured too) and blood pressure, so he is ready to be alert and won't have an infarct while driving) and face at all times. This acts as a second doctor for the driver, to notify him of health issues ("your BP is 10 points above average today, be gentle"). In 2025, 0.7 million cars were stolen in US due to decentralization, the lack of 11 companies, of one drivers license issuing agency, Eternal Travel Inc. Anyone who drinks alcohol or buys alcohol in the family needs to have breath analyzer installed. Anyone who purchased alcohol last year, verified via the no cash Eterni Bank 5 year history, takes breath analyzer test or is subject to lifetime labor if caught drunk if no analyzer installed. No arrests for DUI if zero alcohol at breath test (cops arrest 100K sober people due to genocidal alcoholics running USA: if those bastards would forbid alcohol sober people can't be arrested by "nematode worm IQ" cops, since autistic people can fail the alcohol test and all cars will be equipped with breath analyzer so none can start car without it. This way, car crashes fall a million fold, as we use AI far more to take over the car when driver falls asleep (video sees that) or makes obvious mistakes, making use of 4 trillion cameras on cars, poles, houses, buildings, road signs. Today, self-driving cars make too many mistakes and we need 2 backups for any circuit and computer and camera, to ensure correct AI and also for

the battery, to have AI take over car with the emergency small battery (lasts 1 mile only, not 500) to drive the last mile to a place on the road and then call automatically the road assistance to the rescue, if battery is dead. The TRILLIONS wasted on bullet/stab injuries and car repair, buildings damaged by cars will be redirected to longevity care and research. We need to replace the demonic aggressive rock, metal, rap, pop music in cars (banned until 0 violent crime emerges), because it increases the risk of car crashes, via adrenaline spike. This crap music causing endless car crashes was approved by freemasons whose temples are worthy of demolition, together with all mansions of demonic celebrities who have destroyed USA for 100 years. The cars need a soothing music to be played to calm the drivers. Likewise, police cars can play soothing calming music on speakers, during tense encouters to defuse fight-flight catecholamines, as violent offenders may be kindly taken to healing city for education or lifetime labor, etc if a violent crime was done and the person didn't voluntarily drive self to the police station. In 2050+, when technology is created, we will take a picture of the blood passing thru the fingers, using IR (that already replace finger pricks for glucose) and other devices (sort of like that oxygen saturation with the finger clip) in the wheel, in order to measure the alertness, tiredness, glucose (to prevent fainting and collapsing into a human 3 minutes after driving due to low sugar), sleep quality and 5000 biomarkers to help prevent car crashes and prevent car starting if tired or if one needs to go to the doctor immediately, so we prevent issues 50 years before they happen. Today, most people do 3 blood tests a lifetime, for 30 biomarkers at the most. Thus, we die before 150.

3). BAN ALL KNIVES, except 1 per household, until knife crime is 0. A teen is stabbed and killed by a guy over a seat at a sports game. Knife attacks can be stopped with central education and if the only allowed knives are 1-2 knives per household of 4-8 people, kept in a safe with video camera linked by wire to the national police department and an AI that sends cops to the house within 2 minutes, if knife leaves the kitchen or is not in the safe once people left the kitchen, to indicate when knife is missing and nobody is home or detected in the kitchen where knife is used, from the wired camera outside the house to stop that person's car via the automatic national car stop, and via the kitchen IR sensor of motion linked to the knife safe that no kids have access to. Likewise, nobody does house maintenance, all is done by Immortality Building Inc, so no saws, landscaping materials, no tools, no sharp objects, no screwdrivers, no wrenches, no baseball bats, no hockey bats, those are illegal sports, nothing that can ever be used to attack or kill others, not even a hammer. Ambulance was called to help a person on the street, the EMS is not a national one that checks the criminal history of the person, and then this lady, released on bail for 10,000 for assault on a cop, stabs and kills the paramedic during transport in gratitude for being taken care of. She may have had a deep hate of police and wanted to revenge, suffering from some anger management issues. Thus, all EMS calls are linked to the

screening by national police to ensure those 911 callers are not a threat, before they enter an ambulance. This also means ban all guns for civilians to prevent shooting over "not sharing 2$ worth of french fries", or "the proper way to cook chicken" (violence happens due to lack of centralized education, people need to be educated that any human is more valuable than all material objects in the galaxy by a factor of a trillion and so is any human free from injury, so that kids know from age 1 to value life and to not engage in violence or stupid pranks that might injure others (small kids don't understand consequences well, what an injury means and what it could lead to, then a habit forms and they do it as adults – education prevents all jails, we have no education), prevent the executions by people with 40 arrests/violent crimes who're free to shoot others again or the violent criminal (who should have served lifetime labor sentence) guy who shot 9 naive careless cops after a fake 911 call. If we implement 5.2. we remove all violent imagery from all media and people who never see violence never engage in it, nobody would have any concept of violence, since all kids listen to the same eterni tone video on ethics (daily ethics via video) we mandate all kids ages 0-18 to watch daily (1 video daily until age 18) and parents to watch (to receive parent license) it videos too during pregnancy to know about ethics, vaccines, vitamin K2 injection, how to prepare for lactation, and health issues of babies. The fetus ethics is influenced by the tone heard in the womb, so parents need listen to 100% eterni. Music, TV, radio parents listen to is heard by the baby, and starts to shape his psyche.

The made up lie by Republicans that you need "guns to defend against bad people" is coming from their unwillingness to educate all, to remove violence from videos, movies, music, since educated people never attack anyone, never rape anyone, since sex is taught as a boring unpleasant chore done to procreate kids after parent license is obtained. 'Bad people' are made by murderous criminals who create murderous content, kids emulate what they're taught and see in the media. Nobody will attack anyone if all they're taught is to love all beings, to be kind to all via the daily ethics videos till age 18, like with the immortalist breathing they can practice whenever they want. Singapore got 280 times less gun homicides, due to 280 times fewer guns. The criminal republicans refuse to unify education, instead promoting the genocidal Talmud Yeshiva Universities and genocidal Bible universities and schools. Australia (strict gun laws) had 1 mass shooting (more than 2 people shot) since 1996, USA had 9000. The total weapon ban would extend to any machete, sword, and related items, besides martial arts training (unless a cop), which is how violent assaults are done by people without weapons. Evidently, we need ban crime amplifiers, like alcohol, weed, smoking and vaping to prevent brain damage that causes traffic/violence events, as most violence/traffic injuries involve these 4. As we have eterni foods, all food comes as powder from food.gov, custom to our DNA/issues, no knives will be legal then, as nobody needs them. No plants or animals are eaten. We need gun control because millions develop vascular dementia which can make them kill others, since this type of

dementia diminishes blood to emotional control and people can get into a rage faster. 7 million US kids live in homes with guns that are not properly secured, meaning the kids can shoot random people in a fit of rage. We need to ban all guns too. Death Penalty for any violent crime if injury doesn't heal in 2 weeks, so no more 20 year for murder of innocent strangers by psycho Sikh religion knife, which often gets later reduced to 5 for "good behavior" due to a new "program". Sikhs in the UK can carry knives called Kirpans, nonSikhs get jailed if wearing a similar size knife. Insane Sikhs say carrying kirpans is an "article of faith". The UAE tough laws made most UAE Sikhs stop wearing kirpans. All nations need to ban all knives/guns.

4). DEATH PENALTY FOR ANY SERIOUS injury needs be instated, lifetime labor for slaps, drug possession, shoving or bruises that vanish within 2 weeks, death for rape and drug traffic. For example, this violent punch would mean death penalty, suspect caught in 10 min via the 4 trillion cameras, executed within 2-3 days (or instantly if cop is around for unprovoked attack) and shown on TV to deter others, and ultra fast one police department nationwide, because it was so powerful, it knocked the lady down, so it won't heal in 2 weeks the cell damage. A guy who killed a guy, ate his brain/eyes, was released from psychiatric hospital, free to cannibalize others: this is America's justice and policing system, simply claim insanity to get out of jail free to kill more people, eat their brains and eyes. 16 year old & others broke into 121 cars in one night and was released 5 hours later due to "being a juvenile", instead of getting lifetime labor to pay for the damage times 9000 and doing 121 violent crimes that hurt nobody. In the US, judges release very violent thugs after 2 months, and they reoffend, putting more lives at risk. The instant Death Penalty is explained in further detail in the 24th Equality item at the start of the Immigration Section, the 24 Items of Equality All Cops Shall Know. The issue here is judges often sentence people of the same race, beliefs, politics, etc to minimum, which can only be prevented by universal lifetime labor for any violent crime, and death penalty for injuries that don't heal in 2 weeks, by vanishing the bruise and pain. It's highly hypocritical to say Black Lives Matter and then a violent black is arrested 20-40 times for violent crimes before he kills 1-2 whites/blacks, after already injuring, permanently mutilating, damaging 10-20 people by punching and assaults. All lives matter, all violent crime needs lifetime labor in a sealed healing city, to work and have a nice little house, contribute to society, instead of sitting in jail wasting taxpayer money and entertaining negative thoughts. The same crime gets 2 months or 10 years, depending on the judge, so this system is totally broken, watch these 11 videos to see how violent criminals reoffend as jails fail to improve people: 1. guy did 15+ violent crimes in 14 arrests, 2. 13 year old arrested 19 times (many violent crimes), 3. guy arrested 39 times before killing 22 year old, 4. boy killer released after only 7 years, 5. ATM robberies, 6. unsafe malls, 7. people breaking into houses get released, 8. street takeovers that kill teens, 9. guy robs endless places, is freed after violent crimes, then kills a couple 10. federal fugitives who committed

violent crimes were arrested without warrant (illegals don't need warrant) and then released to do more crimes, 11. Honduras illegal deported and arrested for violent crime multiple times, stabbed a black guy (death for 2+ week injury violent crime would prevent these) 12. 60% of violent criminals were arested before and a 15 year old had 111 arrests in 2 years 13. Lawrence Reed, 50, got 72 arrests since age 18, before finally setting 26 year old Bethany on fire on Chicago trains 14. violent criminal was released and then stabbed a guy 15. guy stabs woman 22 times and then is released on bail (could stab others) 16. Seattle guy who stabbed others 8 times, had multiple assaults on record is released from jail to blind a woman in one eye, breaking her nose showing that they need to give all violent crime offenders lifetime labor 17. teens (Hispanic, Black) break rib and nose of white (yellow shorts) Malba (Whitestone area, Queens) homeowner who asked them to stop at 2:30 am (the Bronx (Hispanic 55%, Black 30% in 2025) teens punched his wife too (one was arrested), dressed in white) during Malba street takeover (this shows why we need 5 wired cameras around every house to deter/identify criminals) 18. Mother of violent kid who tries to drown an autistic kid gets no punishment, when in a fair society her kid ought to be taken away, given to a kind family of much higher credit score, and she forbidden from being a new mom for failing to prevent the attempted murder of an autistic kid by her son. Potentially, 10 years community service too for failing to educate her kid to not be mean to any human, to not try drown any human. Instead, the court jailed the mother of the autistic kid who also committed attempted murder of the aggressor kid, by trying to drown him. US justice only punished one woman who involved in attempted murder directly or thru her son, an extension of her depraved self. Punishing 2 mothers and dads seems fair, the 4 can't have any more kids and 10 years community service each at least, with lifetime labor for mom submerging the aggressor kid in water (risking his life), but it's much cheaper and takes 1000 times less energy to invest in proper 1-4 hours ethics centralized education daily, so all kids become angels, such crap would never occur, because every kid would know America's national Anthem, the Immortalist Anthem and Its Ethos of loving the worst person a trillion times gentler kinder softer than the most nurturing loving mom loved her only baby last decade. 19. evil lawmakers incite people to attack police stations in order to arrest or shoot those disadvantaged uneducated youth. This is what happens when you have city, county and state courts, instead of one court system for all USA with one simple system of sentencing that reduces crime 1 trillion fold fast. Civilians, cops, paramedics, judges all get killed by thugs. 20. physician punched in elevator by guy arrested for violent crimes many times before. 21. guy kills lady during burglary after being released 12 times for violent, etc crimes. 22. guy killed 2 people being released on parole, then killing a third. Only in an insane nation is a killer released. They need lifetime labor and education. For 100s more such cases, visit the Blue City Crime page of Fox News where cases from 100s of local stations, news agencies are centralized in one easy to find location. US needs lifetime labor for violent crimes, death if serious crime. One law for all USA. 23. guy with 50

arrests punches 5 Asians in one day & Chinese punches Asian, gets deported. 24. 41 arrests later, he kills a guy to steal 100$. 25. Guy attacks guy with sledgehammer, but gets no arrest, then cuts throat of a kid. Need more proof that no violent criminals can be released from the lifetime education and labor sealed healing city? 26. Animals push people in front of the subway trains (attempted murder) and don't get death penalty or lifetime labor. Perhaps, opening borders wider would let in more serial killers to push 50000 people unto the tracks each year. 27. after a hit & run, guy fakes his injury and gives 25 punches to a good guy who stopped on the highway and tried to help him (never help roadside folks, they can be faking it to attack naive helpers, steal their car/$ or kidnap them: they got a phone and can call, don't stop, don't die, too many insane psychos out there) 28. Guy (who committed rape before) got released to rape 94 yr old. 29. deported illegal gets mad, attacks gas station clerk car, she comes out to ask what is going on, and is killed by six hits to the head with the hammer (see full 20 second video of murder), but hey, they say he will just be deported (to come back and kill more?), no other penalty. 30. lady almost kills guy as she steals gas station SUV, hits many cars, flips SUV causing major crash (one more reason to buy EV, charge car at home) 31. guy did 30 crimes (many violent), killed gal upon release. Never open any door, unless you made an appointment, because many get killed this way. Street takeovers in almost every state (MD, CA, IL) show that a new law of instant execution of anyone blocking a car like in a street takeover should be the law, i.e. cops can gun down all of them using a remove drone that hovers above them or from his car, for attempted murder of innocent civilians by blocking traffic, potentially causing 9 car pileups. Check out drone removing knife from a criminal's hand. Robots will wirelessly make suspects hand open, using this type of tech, to make suspects drop the gun or weapon. All violent crime will cease with 50 trillion cameras. We'll need 1 billion fewer "trials" as evidence closes cases 1 billion times faster. In any advanced civilization the slightest act of violence, like these thugs beating people during their street takeover is equivalent to today's active shooter killing people, so it would invite immediately execution by drone, as it would be a million times worse than what is acceptable or defined as evil today, since society had 1 million times less violent crime. Instant Death Penalty, just like cops already do when shooters point a gun at them (a car ramming towards a cop is the same thing today). This wouldn't even happen, because the TV would explain to all wild beasts what the consequences are for blocking traffic to screen tires and create chaos: lifetime labor minimum. This happens due to covert incitation by those who allow the gangs, bad music to exist, to incite, give reason for arrest of the naive youth who fell into the trap, etc, like all violent rap, heavy metal, etc music created after 1965 "black liberation" is suspect and possibly done to jail them. A guy blocking intersection, vandalizing things is the same as an active shooter, he's attempting murder and just as cops kill active shooters, they will be able, after emergency 20 hour/day ethics ducation, 6 month training period on all TV-radio-Internet sites, to do so, as the max pay min pay and new laws of crime are becoming effective to

bring all violent crime to zero in 2 yrs. Aristocrats need max chaos to loot us, so 'crime, bad music are on all radio-TV'.

6). NEW UNIFIED NATO POLICE SPECIAL GEL LIKE RUBBERY SUIT lightweight, protects officers from fists, kicks. As suspect kicks and punches, his fists sink into the suit, that is not 5 mm thick, but 12 ft thick, enabling the officer to become 7 ft and to immobilize an attacker in seconds, as the fists are surrounded by this foam gel and hold on to his hands and legs, then another officer takes him and ensures nobody gets hurt. And they play nice immortalist music, to calm suspects who're violent. No injury ever done to officer or suspect. Jelly suit can be programmed to become 8-9 ft tall when dealing with violent 6.5-7 ft folks, to deter violence that may cause small injuries to his fists that land on this gel like suit. As none can have guns, no big injuries happen. The suit can be Kevlar reinforced too, to prevent injuries if some have undeclared guns. An officer's hand becomes 50% longer and the officer controls an exoskeleton that has these rubbery hands to grab the suspect with these soft robotic hands. These long hands prevent any fist reaching the cop head, which is protected anyway, by a huge 12 ft diameter gel anyway, in case 2 people attack and one tries a blow from the back getting his hand immobilized. As suspect tries to pull his hand away with the other hand, the other hand is sucked and immobilized, and the as he kicks, his legs get stuck into this glue that sucks them. As the one police department sends at least 3 such cops per violent call, there is less chance of injuries to anyone by a factor of a trillion to achieve the immortalist goal of a trillion times lower violent crime in NATO and USA. These cops can eventually become fully robotic, reducing cop injuries to zero. All handcuffs are very soft, meaning the metal is covered with a soft gel like thing so nobody can ever get injured or pain from the cuffs, though in a universal pay society violence becomes zero fast, as there are no more aristocrats as with USSR elites, or modern elites in all nations. Nobody is jailed, only fines, the violent get lifetime labor in a healing city or death penalty. There really can't be theft, because all have similar assets and salary has special amounts designed for food, shelter, health, clothing, basic needs, so none can buy drugs so then have no money for basic needs, which would cause them to want to steal. All have money to survive and all work at one of the 11 companies and 3 agencies of USA, the NATO as all NATO + Aussie = one nation. All progress towards reaching IQ 10^{70} as etlif IQ genderless shimmering shapeshifting Immortals.☺☺☺☺☺☺

6). DRONES ARE USED TO DISARM ANY SUSPECT, 5-10 DRONES BREAK ALL WINDOWS of the car or house if he refuses to step out of the car (because suspects hide the gun during traffic stops and can shoot officers), shoot balls at the gun to take it out of the suspects hands (so he doesn't shoot the drone), then taser him many times until the other 3 drones can retrieve the weapon, drone will also feel the suspect to see if any weapons are present using an advanced hand like device and drones will also handcuff the suspect if he cooperates and even if he resists, drones can use artificial hands to handcuff him, roll him over, pull hand from under him, etc, NEVER USE

COPS to disarm/handcuff anyone due to risk of being shot or stabbed by hidden weapons, as they're shot too often, see these 2 cops hit in the head, see the blood dripping from the head. If suspect shoots at anything, drones, etc, they can be tasered or shot by the drone, to prevent stray bullets hitting innocent people around. The cops can be even quarter mile away and have a special healer unit of 1 person trained in deescalation, soothing voice who can deescalate and convince suspect to cooperate, using the drone sound amplifier that is even miles away from this healer who can be at the cop headquaters even and helping the cops who hear him speak. Cop cars should never be visible from a suspect's location to prevent any cop injury. Drones can play soothing music and use recordings (cop pushes a button on his laptop to play a preset thing, customized for that situation) in eterni tone to deescalate, calm the suspect and invite him to kindly drop the weapon and come out of the house handcuffed by the drone who does in front if easier initially. The current standard tone "drop the weapon" etc is placing both the cop and suspect in fight and flight mode and creates needless shootings and is happening due to distance forcing shouting that is connected with the reptilian brain that shoots first, thinks later. Lasers/tasers to disable suspect can be used by drones remotely if resistance to handcuffing by drone appears. 5 drones per car at least in the trunk. If a suspect sees 1-3 cops, he can easily think he can kill them all and run away later, but when 25 drones come, the standoff will be much shorter, as with 25 machine guns mounted, nobody dares a thing. We need one cop department with FPV (front person view☺☺☺, like Ukraine) drones, armed with auto rifles, that go around houses or buses if suspect is there like this case of cop injury, remotely controlled and ask suspect to drop the weapon and, if no compliance, kill the suspect, instead of cops shot (see clip). These small police departments are stone age, even Ukraine has better tech to take shooters. The life of an officer is more valuable than a house blown by an FPV drone, though, that's not needed, drones can detect where the guy is by breaking the windows via special drone devices or blow them up if boarded, and entering the house, from 4-8 different windows and killing suspect if he doesn't surrender without blowing the house. The suspect who fired already 50 rounds is already worthy of death penalty, since these could have hit civilians and the windows should have been destroyed by 4-8 drones at once, before the cop was shot in the leg. Use a bee sized drone, disguised as an insect to determine where shooter is and then send FPV drone to kill, while you distract him with another drone or 200$ humanoid robot from the opposite direction. For small cabins without windows, if suspect shoots at the officers, blowing it all up is an option if no intelligence can be extracted from the drug dealer. Any violent crime, drug, alcohol conviction or bipolar, brain pill taker shouldn't have a gun. Only cops need guns, look at this crazy gun rights fanatic with a big rifle getting shot by cops due to refusing to put the rifle down. The incredible abysmal IQ of these officers is evident, as well as the cruelty of the generals, who avoid the frontline of wars and of the US streets and don't help at all the cops with FPV and other drones. Look at 5 officers shot by a drug dealer that the military created, by

its 80 year policy of open borders thru the fake parties it controls, Republicans and Democrats. 150+ nations are a dictatorship of the military elites who evidently, never have to deal with gangs, street shootings, or frontline dangers, only faking elections for fun via social brainwashing and social engineering and deceiving the working class split into 2-5 camps, so aristocrats are never attacked. The military approves all infernal music that incites millions to crime, approves the 50000 educational systems that give no equal decent peaceful education to all except the Brits and others going to special private schools or Ivy leagues, and places society in an eternal civil war state clearly seen in the million youtubes about what police deals with which is evidently preventable by decent music, TV, education that nobody has access to, being flooded with the most violent stuff always. The cops go thru hell, trying to achieve the impossible, 0 shootings, when the military arms the most dangerous thru total control of every US power branch covertly (like militaries in all other nations). They could care less about 50 states becoming one or 18000 police departments becoming one and reducing officer injuries 1 billion fold, they simply are not at risk of being dead, so why care? Cops die, so Generals don't care. Absolute gangsters. Any warrant for suspected drug dealers need be served with an FPV drone that talks to the suspect who is instructed to come out of the house with hands up. The military releases criminals, no education and healing in "jails", they don't get lifetime labor in a healing city, so crime never stops, they reoffend. We the People need to call on the freemason military to stop deceiving, treating all as slaves and centralize free education and treat all like a Family of Immortals with 11 companies. The US military seems to have been taken over by foreign spies.

The existing policies are genocidal and kill and injure endless officers due to the cruelty of the generals who doesn't give a dime about the working class being decimated by the general aristocrats' (15x the minimum wage) policies of GUNS FOR ALL CRAZY PEOPLE they set to protect themselves in case of some attack on USA.☺☺☺ Such coward criminals put the whole nation of slaves in danger to protect themselves, without caring about any real reform to get violent crime to 0. The cops and the gangsters or suspects are working class, Generals are Aristocrats who could care less if the workers shoot each other. General Washington was an aristocrat from the UK. That's why USA can't get rid of violent crime, everything is a scam. Patriotism is a scam they use to find cannon fodder to defend the 8 million palaces. The military needs to be reformed into Eternium. Unless Generals can die like cops can, generals got 0 incentives to remove violent crime, violent music, decentralized education, the 50 states of terror, 20000 city governments, etc. Militaries control all TV networks in every nation, so cops and the country are mere slaves of the military aristocracy who don't care that the cops go to guys with guns who could kill them, like 400 cops shot yearly in USA by the military dictatorship and 50000 civilians dying yearly due to the evil military policy of guns for all, 58% being suicides. Suicide happens due to no happy.gov and no 11 companies to reduce stress for the working class and driving people insane

with 35 job changes and unemployment. Any decent person would use megaphones on a drone, to get suspect out, without risking officer lives, this has to be federal law to have 10 drones go into a house, not officers shooting a house or suspect from 300 ft, as that risk stray bullets injuring or killing others nearby. Drones first and always until suspect is found and gives up his gun or is shot by the drone. Cops interact with suspect only after drone confirms gun is down, so suspect is taken for lifetime labor for shooting at others. No such respect for cops, they're working class slaves of the Generals. This is not democracy, but subversion of democracy by Generals for 250 years, like British Royals did for 1000 years. If Generals would have to serve in the Immortality *Nurturing* Agency (national police department replacing 18000 police agencies) as a cop for 2 days a month, they would reform the pathetic police departments into a national one like the War Dept is one. Generals can't defend the nation unless they know what goes on inside the nation, what open borders do to USA and can be shot at by the very gun policy Generals created for 250 years to defend their palaces. The military imposed US gun policies have killed already 8 million civilians since 1776 at least, all in the name of satanic worship of guns, far more than all wars combined. Not kind at all. USA was always a dictatorship by the British Generals, disguised as some "democracy", via courts, congress, executive branches they covertly kept 100% control of for 250 years, like in all nations where military rules it all, so might as well be honest, first honest government, turn a new page and centralize and reduce crime a trillion fold by real patriotism and care for all, instead of allegiance to the freemason lodges they swear they're loyal to, like George Washington. Centralized police prevents local Muslims from becoming cops who protect only Muslims. It introduces AI in all cars to alert officers when they left car on railroad tracks or some dangerous area where trains or trucks could hit them, as in this clip where the cop car was smashed with suspect inside on railroad tracks; with one department, they can replace admin and reception jobs with research jobs to introduce 5000 checks in the procedures to avoid fatal mistakes and injuries. Without drones, cops go to the wrong house and then a big shooting starts as house owner thinks some intruders came, comes out with a gun and then cops shoot the innocent man dead. From a distance, at night especially, cops may think a suspect may have a gun and shoot him, but a drone has perfect view of the house door and can be remotely controlled from the car or police center by calm staff who won't overreact and shoot people. Cops don't check guy's ID via the system and confuse him with a suspect with a similar name and a whole circus ensues. Cow IQ cops didn't follow the SOP and arrested the wrong guy. Rat IQ local cop shoots federal detective that he mistakes for a suspect, showing what happens when you don't have a national police department, but 18000 departments of tapeworm IQ. ☺☺☺☺☺☺☺

In China (like USA too) truck drivers are exhausted, treated like animals and have to memorize 90000 rules about restricted driving on certain days of the week, or times, for each 5 mile

section of the roads setup by a decentralized government of low IQ folks treating truck drivers like criminals, a gov who sends young people to USA to learn ☺abysmal IQ☺ in USA from the for Profit Criminal Universities in USA who taught them how to create Terror Based Feudalism in China instead of the 11 companies replacing 33 million companies and 20000 local governments. In the US, due to gangsters ruling USA for 250 years, we got 50 states, 50 drivers licenses, 20000 sets of rules for 20000 towns, that all home owners/drivers need to memorize. Pure torture of the working class, since aristocrats have drivers/slaves who go to city to "deal with bureaucracy and 6 billion rules". We need end all states, local/state governments and federalize everything, to get one Family of Immortals. Check out what happens in USA: cops sleep in the car (doze off or sit idle) waiting for a call in 10000 cities, while in other cities, 1,000,000 calls to police are not answered. This is reality folks, gangsters become cops to sit and do nothing while America becomes a 3rd world country of infinite lawlessness and banditry. Just like with chemical testing labs: city labs get 10 times fewer samples. We need only 1 cop department and cops are moved, so that the calls (for violent crime)/cop ratio is equal for the entire nation, not 90 calls in one place, 5 in another. Otherwise, people will stop calling cops and gangs will take over 99% of cities in USA. We also can't have people become cops to get a nice retirement package while city violent crime is essentially the same over decades. We're one City: America. Another issue is domestic violence calls, where wife and husband fight: the issue here is sometimes both are insane, agitated, unwilling to cooperate, open the door, etc, so sending only 3 cops is a recipe for disaster, as you need 2 cops per person to avoid falls and smashed skulls infarcts, etc like in this case of 2 rat IQ whites fighting like dogs. The issue is deeper, we need lifetime labor or tomato picker job or related sewer clenaing job for up to 99% of producers, movie directors, script writers, actors, singers in USA for creating the most vile violent trash and broadcasting it globally. The so called "peaceful country music" is nothing but chimp violent hollering because to reduce violent crime 1 trillion fold the standards for music level of eterni tone (*nurturing* healing *gentle tender soft loving kind* compassionate tone) is raised a trillion fold. Pretty logical right? These archdemons making millions destroy humanity and USA and out of mercy, they don't get death penalty, because immortalists believe in a 2nd chance.☺☺☺ Without these demons, nobody would know what violent crime is, what a fight or punch is, as we implement 5.2 to a T, no crime depicted in any song, book or movie, article or news, instead good noble qualities must be included in every article, music, movie, song, at least 8 per page. The time for slacking and having fun sitting like a filif IQ primate in a traffic car would be over, since we get 1 trillion automatic ticket cameras to remove all need for traffic cops except for drug interdiction, though with 2 million dogs to inspect all packages and mail, containers, etc in ports, airports, borders, we won't have even 1 mg of drugs used in a few years since the state of emergency is declared, since penalty is lifetime labor or death depending on amount trafficked. Cops of the one department of the one City, America, move where calls happen (relocation in 4 days, since

houses are bought in 4 days max, and wife changes job at the 11 companies in thew place and kids change school), to execute the arrest for lifetime labor for all violent crimes and transport these 10 million animals (the demonic music since age 1 has turned them into animals who will need years of education with immortalist music and ethics and learning to build one's own food and shelter in the new city that is 10 times nicer than most neighborhoods in USA today, since any violent crime in this healing city means instant death penalty, so it's crime free) in the new cities to house all violent criminals (create some factories there and allow them to be trained to build houses like Habitat for Humanity, for themselves). We create 30 megacities, for 30 levels of violence and each shares city with those of similar violence. Stabbers go with stabbers and slappers (parent slaps kid) go with slappers, etc. Today, they place the least violent ones with pretty violent thugs, so that's not ideal at all. In the new system, all get fines, 1-9000 days of community service in one's area of expertise (at one of the 11 companies) and education courses to complete online or in person, except for violent crimes. This system focuses on turning animals into humans, screwed people into ethical humans. The present system takes animals and leaves them animals. With national "healing city" (the jail replacement) system, you have a much happier system, where everyone can work their way out and improve Immortality Credit Score measured by MRI, tone of speech, behavior. Many illegals are cops, so we need one police department that hires only legals. ☺☺☺☺☺☺☺

Why do we need a national cop department and ending all cities and states and the mafia system billionaries setup to avoid taxes? Because there is redundancy, and thousands of sites and ☺abysmal IQ☺ things going on, at a scale that is wasting $8 trillion. In 1970 90% of murders were solved, in 2025 only 50%. Every zipcode in US pays the same tax rate, has the same exact laws, for a given level of income. Every zipcode has the same police department. 11 companies eventually replace all 33 million, so taxes are 0 basically (pay is adjusted to make up for it, though there is no private sector, as we're One Family of Immortals, we own the 11 companies), nobody files anything. Because corrupt cops steal money from traffic stops and plant drugs in cars of people, harass people with injuries, and yet, these gangsters in cop clothes, are not given lifetime labor or death penalty for such violence against the guy with stab wounds. We need to implement death penalty or lifetime labor for all police violence too, not just slaps and punches by civilians. The murderous scumbag didn't get penalized at all, not required to pay 1 million even out of his money to the 0 Violent Crime in 3 years fund. The criminality of the US policing system is unbelievable: some cops try to have sex with minors too. That's why we need a single police department for all USA with much tighter tests for becoming a cop. Check out ☺abysmal IQ☺ cops causing paralysis of a man, requiring lifetime care and huge drain of national resources, by brute force. This is due to decentralization and the existence of 18000 police departments, instead of only 1, much more efficient, much better with real kind people, and 0

animals calling themselves human. We got 200 million utility poles, 300 million vehicles, each gets 4 cameras at least in the 4 directions on the outside, cars get 4 inside too, that's 3.2 billion cameras. Add all residential buildings getting 10 cameras, so 1 billion cameras, plus commercial buildings 200 cameras each (see all areas on the out/inside), so 4 billion, for a total of 8 billion. All road barriers, train containers, subways, trees, 50 million road signs, 1 billion, for 9 billion (most wired to reduce RF) installed in the first 2 weeks of the state of emergency. We add 300 billion trees, 5-15 cameras per tree depending on size, 2 billion bushes units that can receive 10 cameras each dicreetly to monitor crime (all wired around homes, properties, stores, etc), so 2 trillion cameras in the first 2 years of the state of emergency. With 2 trillion extra cameras in another 2 years *in top secret locations, wind farms*, solar panels, *border walls, ports, ships, there would* be no need of any arrests (unless the guy in a violent altercation refuses to go (no handcuffs to avoid injuries) to a healing center, when asked gently, to calm down and sleep there until the evidence is shown for his crime) and millions of injuries during these brutal arrests. For traffic accidents with violent drivers, they need to be very gentle with the guys and handcuff people in front to make breathing easier, no slamming, to prevent 100s of deaths due to rough handling that causes via stress of arrest, shock and despair a high heart rate and infarct that kills the person later. For nonviolent drivers with 0 violent crime history, they can be kindly driven to a healing center or asked to report to it next day, since all cars that don't go home can be stopped via the universal car stop system, if he doesn't go home first, then to healing center after a good sleep to prevent cardiac death from the shock of arrest (can happen due to asthma, etc). The pain of the handcuffs prevents good breathing too and heart rate can rise fast, leading to infarct, stroke, death. Thus, only those resisting arrest need be cuffed in the back. With 4 trillion cameras and 5 on each car interior/exterior and each home, etc, nobody can flee.

Fines and education the only penalty, no arrests, no jail, unless a violent crime against other humans and suspect not reporting to the cop station to be sent to lifetime labor city of healing. Check out how brutal these cops were, causing severe injury in a guy (blood came out and amputation happened) due to a simple remark that made cops decide to arrest him. The training is catastrophic, nobody should be slammed on concrete by cops. This is due to celebrities and actors, infernal demons and brothers of Satan who create music to incite all to violence against police, to resisting going to a healing center, to lawlessness, which causes cops to want to use force to handcuff people, etc, which in a civilized world is not needed. Funny how they arrest or even shoot innocent (not the suspect) people, but none of the celebrities who commit genocide by their music, causing millions of such incidents in USA alone. Where is the justice folks? The murderous singers live in palaces after they kill thousands indirectly. Is that justice? A guy is abused, he falls during transport, leading to the amputation of his 2 legs. The criminal US government is too busy making 8 million parasites rich and building palaces for them, to care

about homeless, so instead of ensuring a decent shelter for all, even the 0.6 million homeless while 15 million empty housing units exist, they amputate people due to police mistakes. Looks like nothing has changed since the slave owner Brits founded USA in 1776. Cops want to force guy out of the car, without allowing him to use his wheelchair, breaking his back, even if he says he needs help due to being paraplegic. Strangest thing is a black officer pulls the black paraplegic. Oddly, these cops, who commit what is attempted murder, which any violent throwing and pulling like this for paraplegic would be, get no real punishment. They don't get lifetime labor for violent crime. First of all, cops know who the person is usually, if they got a wheelchair or not, via police files for a car, so it's strange they slam people like that. Watch the cruelty of 3 cops assaulting a disabled guy who did nothing wrong. Watch this video where the 18000 police departments have no unified AI checking of records of the alleged "victim" who makes false police report to try arrest a guy in a wheelchair. If they would have checked the database automatically, his drivers license, car tag, etc they would have known he has been in a wheelchair for 25 years automatically, that she made a false police report before and stole stuff, etc and that a guy in a wheelchair can't kick a door up the stairs, chase a woman, choke her. The youtube comments indicate the complete failure of following a set of standard procedures or steps, like AI check, to make sure the AI gives them the exact info about the case before they even call the guy to the police. How can these cops be so ☺abysmal IQ☺ and the woman not be fined 90000$ at least for this incident leading to injuries to the wheelchair guy? Wait, they get paid 2 times more than scientists often, and retire at 55, great benefits, for aresting people without any evidence, as in this other video of another crazy woman making a false police report. Oddly, the penalty for these things is often 0 cents, not even 1 dollar. Cops and the public believe anything women say, watch another lady lie like a demon. They forget 20% of violent crimes are done by women, so women can lie too, just like men can. In most cases CCTV videos save men from false reports by demonic women, so that's why we need 4 trillion cameras. Also, we need suspects to be behind some bars in the interrogation room and searched by metal detectors, since many suspects injure and kill cops during interrogation.☺☺☺☺☺☺☺

With cameras inside cars, the AI detects when a violent crime is committed, and this stops the car slowly (AI takes over the car control, pulls on the side), flashes the Violent Crime Car Locator (safest frequency found by science) and lights of the car☺☺☺, the cameras on poles and trees detect violent crime light patterns and alert nearest police drone or car, helicopter to come and see what is going on, guy jailed for life in healing center for slapping the spouse/kid, the drone downloads the video that triggered the alarm, even if car is not connected in real time to the Immortality *Nurturing* Agency (national police department) due to driver microwave sensitivity or health reasons. See, even without connected cars, we can create the most advanced system to prevent crime, since 0 violence is the start of real civilization. All cars required to install this

radar, light and camera system. This prevents criminals from taking a person to a forest to torture/kill them, from doing any abduction of any person, even if using his own car that he could start by the eterni phrase and biometric activation of car owner credentials and scanning for criminal intent and tiredness when reading the ethics sentence before car start. We want to avoid giving people cancer with radars of 33 GHz or other traffic lights radars used everywhere, even to turn light red for speeding cars (EU uses it) to prevent accidents. For example ambulance, fire, cops use 433 or 434 MHz to turn traffic lights green, wireless sync (2.4/5 GHz of the WiFi (brain damage) or VHF 0.03-0.3 GHz, UHF .3-3 GHz) hence when you drive in cities, RF meters go off charts to 30 mW/m2, wired radars 5.8 GHz, IR Strobes (10 or 14 Hz), cop radio 806-824, 851-869 MHz. All cars need to have maps memorized to recognize roads from the AI cameras on the car exterior, indicate speed limit from the map, set car speed automatically ≤ limit, to prevent cancer via too many radar RF microwaves or from having the car connected. This prevents criminals and regular folks from causing high speed car crashes or police chases that injure/kill endless people. All old cars can get the 4 cameras and AI and speed limiter and save endless lives (see one drunk driver chased by police, still going fast after police ended the chase and killing 4, injuring 13, all due to the primitive system of policing we got: police needs to be able to remotely control any car from behind during a chase, to slow speed gradually, park it and override any manual driver commands to prevent any such accidents that kill millions). The AI needs to stop cars when a school bus stops with flashing lights, so we don't have to recall. All cars will have a button to turn off RF/WiFi/cell 100% to fight cancer, so RF is only turned on when needed for a call. We can't allow RF to cause 50000 new forms of cancer to emerge, plus autoimmune, dementia. ☺☺☺☺☺☺☺

The 4 trillion cameras will reduce crime 100 fold fast by the very knowledge they exist and even more once cops monitor and take preventive actions, showing that everything is known. There ought to be no secrets when all try to help all live to a trillion, the privacy advocates are aristocrats who don't want the workers to see how the aristocrats chain and enslave the masses. As one Nation and Family of Immortals, max salary can be 2-3 times the minimum salary initially. ☺☺☺ No cops ought to be able to turn off cameras on their uniform either, just like civilians in cars. AI detects turn off and sends drones to arrest officer, after the universal system stops the car. Any cop car has a sensor to detect camera off or blocked by cop, though all cops/civilians have 4 cameras inside that can't be turned off without police arresting the person soon via drones and automatic car shutoff. Because Life is more important than "privacy of aristocrats, gangsters and thugs". Immortality *for* AAALLLLL.☺☺☺☺☺☺☺ Violent crime leads to wars, which can end all humans within 5 years via the 2 capsule scenario of weapons 1 million times scarier than thermonuclear war. Thus, only goofballs place their "☺puppy IQ self☺" privacy, above the interrest of the human species to survive, 1 person above 8 billion is insanity.

Honestly, do you think the Milky Way Sized Immortals are really worried about our abysmal IQ bacteria car conversation, we're a nanosecond lived particle to them, one of quadrillions on a grain of sand called Earth. Why do some think their self so much more important than ending the genocide of millions of victims of violent crime? *Isn't that a super diabolical ego the size of Satan himself?* People will have the freedom to turn off RF, as it causes cancer, but the thing is 4 Buttons Will Exist in each car, that once pressed, stops the car fast by AI taking over and *car will never start until police* comes with the drone, reviews video of incident and talks to the victim who pressed the "Violent Crime" button (on the car door) due to a violent crime being committed by someone inside or outside of the car (attacking the car passengers, while driving, that the road or other cameras missed). This way, any car is a fortress against crime, as We need Real (not just reported one) Violent Crime to go down a trillion fold to create Eternal Universal Peace that lasts trillions of years. However, since not all press buttons, cameras are needed, so psycho parents, teachers, bus drivers, friends, folks, etc can be removed from society forever (healing city lifetime labor) or until All Violent Crime is 0 for 5 years in the entire USA. All these measures will act as Nuclear Weapons Like Deterrent of "Mutually Assured Destruction" of the person daring to hit anyone in the slightest way, the final lifetime labor away from all family, all contact forbidden for life as a DETERRENT MECHANISM for Animals to not hit any relative or human. All citizens should gladly sentence to Lifetime labor all Violent Thugs, be them parent, spouse or kid, by ethically pressing the car button, so the slappers live with slappers and hitters for the rest of their lives, unable to take advantage of suckers who tolerate their terror and violence. The immortalists will find a perfect new parent, teacher or kid, spouse or friend for the victim of the violence. Violence in any form leads to star wars and is thus the ultimate genocide and Hitler like behavior to even slap a person. After 15 years of thousands of ethics hours and help, no human should hit any human. If violence is severe, then death penalty ought to be implemented, as a deterrent for the evil ones who dare to do anything after this State of Emergency to Humanize all Animals, millions who roam US roads daily. The 20 hours ethics on TV-radio in the first 6 months of the state of emergency will do everything possible to turn these animals into humans, so as to enable the next years of 16 hrs and then 10 hrs of ethics daily to create a civil society of behaved folks smart enough to avoid Death Penalty. Media will remove violent movies, music, scriptures, to avoid desensitizing all to violence that now is normalized by trillions of youtubes, movies, songs. The cameras inside and outside the cars need to be a special tech to prevent their damage, like encapsulated in the strongest alloy known to military science that no normal object can destroy, so when the drone arrives, it will have the intact video of the entire time of the crime, with batteries to still record the removal and other events until drone lands nearby, in case the whole car part is removed by superhuman feats of the thug.

Alcohol drinkers shouldn't be cops (80% of inmates abuse alcohol/drugs), be them former or

present drinkers. Studies show ω3 pills lower inmate aggression by 30%, and alcohol lowers brain ω3. If malnourished cops/folks take drugs and alcohol that lower brain ω3, they will be 10 times more violent during police stops as a cop than well nourished high ω3 cops who drank last weekend. Due to having 18,000 police departments, ethics is poor in many and cops behave like Gestapo and NKVD, with revenge beatings on people who made cops look bad, cops picking up a fight with one person they found at a bar or remotely suggested to go to a bar to drink and then behave wildly, so the cops have a reason to beat her. Some cops act like private sector people, who move to work for the redundant city/state gov to analyze 10 times fewer samples and far cleaner samples that require far less instrument maintanance work, because you get huge city benefits for retiring at 55, etc. They don't become cops due to being the most qualified, but simply because of perks, check out wrongful arrest due to confusing hibiscus with weed. Instead of America's cops doing hunger strike to end all alcohol sales, they suggest via undercover cops to people to go for a drinks session at a bar, so they can beat them. This KGB style genocide means half of cops are brain damaged due to alcohol they drunk in their first few decades of life too, further increasing their aggression as shown in the alcohol section. The idea to arrest people and cause endless injuries and 4 million settlement is insane.☺☺☺ They shouldn't arrest anyone eventually, especially for nonviolent crime, but email them the crime they committed and leave an AI voice message about it, with fine and classes to be taken or call to show up at the police for lifetime labor for violent crime. Cops who commit violent crimes, like this worthy of death penalty cop dragging a teen out of a car aren't even fined 150000$, that in the future would be given to the abused person: total lawlessness rules in USA due to 18000 police departments and any ☺puppy IQ workers☺ becoming cops. Nobody doing violent crimes receives any big penalty, except for murder. Cops know this, so they're 1 million times more violent than in a society with tougher laws. All cars need to have 4 cameras, front, back, left, right and inside the car so criminal cops who turn off cameras or pretend they didn't know it didn't turn on, can be executed for violent crimes done for simple stops over speeding and other junk, like the lady could not find her ID and registration in 30 sec. Only when these animals receive death penalty will they stop from being like Hitler. They need to be tough on all violent criminals to bring violent crime down, including cops. This is exactly like NKVD killing 15 million. What kind of demon would not have any understanding that someone may have moved, have a big mess in the car, slept badly due to a barking dog or crazy neighbor party, etc and could not find her ID/registration in 30 seconds? Such scum of the Earth are found in every demonic state of USA, violently dragging people out of car within seconds of ID requests, causing endless injuries. USA is a Terror police State. These violent draggings out for ☺abysmal IQ☺ reasons can cause death by stroke, shock or heart attack and are attempted murder. Nobody ought to be arrested or stopped for traffic violation, since they get message or max speed is the speed limit by federal law when not passing, by installing proper central communication (see below about

the unified traffic system, electronic tickets). Any speeding, car AI notifies the driver, Immortality *Nurturing* Agency sends text to all people registered to drive the car that the light is not working, they're speeding, without any need of drama, injuries, infernal cruelty like Washington treating humans like dogs. We need one police department, due to local cops having abysmal IQ: 20000 cities playing President and setting rules is inefficient and downright wasteful, if we'll live on 4 million planets. We grow up, start acting like one US family, one cop department.☺☺☺☺☺☺☺

Without one national police department, Immortality *Nurturing* Agency, well designed and thought out, we have a need for 5 times more cops, due to inefficiency and then they hire the lowest IQ most violent trash. So, before people protest centralization, let's THINK, and realize what GENOCIDE (via police brutality) decentralization DOES via inefficiency. With wired cameras in every area of a house or building, outside, inside, that can be retrieved after a crime happens, every telephone pole, etc, nobody can do anything without being seen, so all crime stops, but Zion Elders want TERROR not the end of violent crime. To enter a home, one has to use the Universal Immortality ID card with the code for that house and also pass the video biometrics for facial recognition for that home, to ensure higher security, essentially any stranger around a door alerts the owner and police, unless it's the mailman AI detects or a delivery driver from eterni.i (universal online shopping for all 11 companies) for the stuff you ordered online, food or whatever. Wired is 1000 times safer, so no foreign or local criminal hackers can hack wireless cameras from 9000 miles away to discover routines of crime targets, feed their AI, gather intelligence. All cop cameras need to be on all the time, cops should never be able to turn them off. If they go off, then the department sends a new camera instantly, by dispath of a car or calling someone back to station. All houses and buildings, built and maintained by Immortality Building Inc come with pre-installed wired cameras to deter 100.000% of burglaries, ultra visible and high cameras, 10 of them per house at least. Have *you ever* seen a President talking about *0 violent crime* in 3 years? A video shows more people dying due to cop errors and one cop dying due to heart failure during an incident of police brutality against a guy who didn't even understand English well. Check out cops shoot a drunk pest control guy for moving slightly to the right, while being drunk. How can cops be so abysmal IQ☺? Lack of training. Poorly trained cruel cops restrained a guy so badly, they killed him. ☺Snail IQ☺ filif folks propose having 50 states and 18,000 police departments. Guy called 911 in a prank call that led to a stranger being shot dead by abysmal IQ cops. How did the nation change its procedures after this? You can't change 18,000 departments, but one national one you can change in 2 minutes. That's the advantage of centralization, change happens 18,000 times faster, so gnat IQ☺☺ mistakes never happen again via new smarter policies. Silly cop kills unarmed man. Genocidal cops beat the hell out of a college intern who was 'believed to be someone else' (they didn't verify any ID, etc). Talk about Nazism: walk on a campus and get beaten to death because USA is a country ruled by genocidal

aristocrats who have no interest in 0 violent crime or 0 police violence. Dogs are smarter than American cops many times: cops got a 911 call about domestic violence, without asking who attacked the lady (it was Angela, her lover) and when cops got there they saw a guy nearby and shot him dead, even if he had nothing to do with the domestic violence. This is more like a staged Nazi killing disguised as cop mistake. Is USA a police state that uses phony "cop mistakes" to do extrajudicial killings? In the UK, cops carry no guns. US cops kill endless people, due to every civilian having guns too. Cop planted drugs in 12 cars during traffic stops in order to jail innocent folks: got no death penalty or lifetime labor, only 12.5 years in jail. That's why 5000 cops do the same thing: cops plant drugs in cars they "search". USA may need fire 50-80% of cops due to issues like this, besides violence, until the better ones are trained well.

Cops went to the wrong house and killed the resident. Cop chased the wrong person and pushed him, sending him into a coma. This is genocide by actors, singers who incite all to aggression. It's genocide by NRA who gives guns to all. It's genocide by Republicans supporting NRA, aided by Demon-crats who open the borders for all gangsters with guns to come in too. No civilized nation needs guns in the age of nuclear and other weapons. No civilized nation has open borders for all thugs to come in. No civilized nation allows so much violence on TV and allows people to run out of money to pay for shelter, clothing, food like the genocidal Republicans/Democrats do with the unemployment system and people having to switch jobs all the time an aristocrat's greed dictates it, sometimes have 50 addresses and 50 jobs, 3 part time jobs at a time, to make the bills come out.., while the evil aristocrats like in the same palace built on GENOCIDE. The murderous Congress doesn't ensure all have a job at the 11 companies and that a portion of one's salary is only usable for food, another for shelter, another for health, to prevent the issue with people DOING VIOLENT crimes to get money to survive, due to running out of cash spent on drugs, alcohol, etc, since they didn't manage to get a job yet, the aristocrat murderers didn't hire them and begging didn't work well. All alcohol places need to disappear too, as they fuel violence, drunk or semi-drunk people commit half the violent crimes. You look at many cases of murders (some done by those forced by the Big Aristocrats to be small business owners who fail to make a profit) and you see money is at the center, not just anger or some complaint about fumes, noise or something a neighbor does (biting kids with a dog, etc). Since some people are low in IQ, they can't manage finances and then crisis appears, they will betray USA, kill people by drug dealing or whatever, violence erupts. The guilt is 99% on the aristocrats who intentionally create the system like that to give aristocrats an imperial lifestyle at the expense of societal chaos they never care about, since the slaves live in other cities, away from the gated estates and posh neighborhoods of the masters of eternal genocides on Earth. That is why the only solution is the third party to replace these monsters who're mere puppets of the rich. The filif panda IQ☺☺☺ guys say we need "free market", there is no free market, it's all a scam

controlled by the rich. The prices and salaries need to have similar inflation or we get Eternal Pricing, salaries. Without that, murders will happen, as low IQ folks will run out of moeny and the criminals in charge of the nation will let inflation for food, shelter go out of control. We need price controls, to ensure nobody runs out of money for food, shelter, basic expenses. If all get free house once 18, then obviously, there is no mortgage, as explained in the housing section.

In other videos cops shoot the tires of a car and hit other passengers who did nothing wrong. This is why we need to dissolve all 50 states and 18000 police departments and merge them into one. Efficiency brings far less violence. The cops need a national system where nobody is stopped for small traffic violations, but given a ticket once they get home and an over the air notification while driving, via the national emergency takeover of any car's audio system, that they got a ticket and will need pay a fine when home, and to drive safe (see below). All these useless arrests creating drama and such for people who did a traffic mistake are terror like KGB/Hitler. The escalation, injuries, etc that come out of this system are wasting so much time, instead of going after violent crime, they waste endless hours to arrest people who "didn't give them the ID or something fast enough", 'obstructing' the cruel cops who then slam them against concrete or car and cause lifelong disability. Many died of heart attack too during arrests, which make no sense, unless there is a violent crime and suspect won't peacefully go into the cop car: putting handcuffs is often times leading to endless injuries, falls, lifelong disabilities that arrests need to become illegal, handcuffs too, unless someone was attacked. With 10 hours of ethics on TV, nobody would dare throw a fit with cops, when 5 trillion cameras record all streets. All cars need to have cameras to read speed limit signs and disable any car's ability to drive more than speed limit, unless one is passing and even then only a certain amount. That way, all these endless dramas about speed turning into arrests would be avoided. No kindness, only brute force. No surprise, just read the microwave, and other forms of torture. This is nothing short of genocide in the name of policing. How is US so much better than Nazi Germany or Stalin's NKVD? ☺☺☺ Many cops waste eons with non-violent crime arrests, 'obstructing the ego of a cop', while violent criminals are free, as nobody reports it, as nobody trusts cops or the government who caters to aristocrats creating 1.4 trillion useless businesses instead of 0 violent crime, the gov allowing all violent criminals to enter via borders to subjugate migrants. We had criminals in charge of USA who didn't have any efficiency/priority to end violent crime first. Of course, rich bastards live with private security, and palaces, gates, estates, they don't care.

In 2021, US police shot 995 people vs 2 in the UK, or *100* times *more* *per* capita, due to the fact *USA is more of a third world "dumpster"*, where every violent insane guy has a gun and as such cops need guns, since every toad IQ primate has a dog too, a very dangerous dog that can often only be stopped fast via a gun before it kills a senior or kid. USA needs huge reforms to be able to have police without guns like UK, Norway, Iceland, New Zealand, Botswana, Malawi, Bhutan,

Fiji and a few tiny island nations. USA is bragging about being the leader of the world, and it truly is, in terms of police violence. The FBI, CIA, etc are engaged in an all out genocidal war against various groups, via the music, film, industries designed to turn decent people into violent criminals easy to shoot. Demon-crats have protected so many dangerous animals, that it is hard to kill lions, bears, etc with a 'taser', so huge reforms are needed and mass extermination of deadly animals, before we can remove guns in USA from cops, it's just not easy without removing guns from the worst 10% too. We need to ban all violent dogs known to kill or severely injure people, that's about 25% of dogs needing to be replaced and donated. Anyone who proposes removing guns in US police without other reforms is inviting total chaos. US is not Singapore where gun homicide rate is 300 times lower (and gun ownership is 300 times lower too), it's a totally different culture with a lot more violent lyrics designed for genocide. These numbers, *100 times more people killed, are an indication of* US military *values*. That's why immortalists will replace FBI-CIA with Immortality *Nurturing* Agency, War Dept with Eternium.

With one police department, you can send cops to any city where they're needed. Today, in some departments they act busy and waste time, in others, they work 3 times harder and deal with 90 times more violent crime. This is criminal, since the city with 50 times more violent crime may be low on funds too, and then the guy having fun gets paid twice as the guy with 60000 times the chance of being shot. This is genocide. We're one nation, efficient, discovering ways to reduce injuries 5 trillion fold, reduce arrests 1 billion fold, violent crime 1 trillion fold, etc, we make that the priority and we do it. It's pathetic to have 18000 different police departments, and each sets up rules, making instant transfer hard and dealing with violent crime 100 times slower. Same crap happens in 1000 other industries, we got thousands of trash companies, when with merger, they would produce way better products, with 5 million PhDs in a company, not 2. ☺☺☺ This is why all citizens need support trillions of cameras in each nation. Everyone who steals, or commits some traffic speeding, etc can get a nice video with his crime recorded, via his email, phone link, etc and is invited to pay fine online, enroll in class to avoid fights, handcuffing, injuries from that handcuffing. Not to mention, *in a decent society, handcuffs would have a very soft rubber or cushion material to avoid damage to the blood vessels, since cops don't even know if the person arrested really did anything wrong sometimes*, arresting the wrong guy as we have seen it happen many times with cops going to the wrong house and injuring with cuffs innocent people, or with throwing them around as the guy is shocked by them arresting him. Watch how Bongiovanni Mike (Italian last name, friend of Roman Emperor who crucified 6000 slaves in one day?), punched a complying driver for recording the cop, called code 29 (fight he initiated) and then got no jail time. The second cop was fired next day for kicking the driver in cuffs after code 4. Both cops need lifetime labor (or death penalty) to deter such cop behavior. Yet these scumbags got only "probation" and bar from being a cop in Georgia.

GENOCIDE. That's why Georgia, or any state, has no right to be a state, it's run by clowns. One cop department for the whole USA is needed, to end the millions of violent crimes during traffic stops. Cops routinely lie in police reports to justify many arrests in order to get raises based on torture, terror and false arrests of people who did not drink. This is silly, we need to ban alcohol. Many cops are pathological liars who claim a person resisted arrest (when video shows he threw a girl on the ground for not finding her license/reg instantly, arresting her in 5 seconds without any resistance – another genocidal behavior shown above for which he got no lifetime labor). The criminality of cops in the US/and worldwide is so high, that the Immortality *Nurturing* Agency needs to install 5 secret cameras on the inside, 5 on outside of every cop car, 5 on cop uniform, whose videos can be retrieved later as needed, without cops knowing, to determine why cops turned off collar cameras (to hide?) and the have 10-90% cops fired if they violate the new rules of the unified national Only Police Department, the Immortality *Nurturing* Agency. When trillions of cameras exist, no cop can lie in reports and such, they need to know that. We clean up USA of bad cops in 4 years with such a system. These hidden cameras are not WiFi, they're not connected, otherwise, they can be found easily. Always on and for later retrieval when an investigation of cop conduct is made. All officers interactions need to be taped by official camera to make sure nobody tells lies, civilians or cops. Cops, who're meant to be the most honest, are lying all the time in some cop departments, it's a national catastrophe.

~*~ URGENT: All arrests need to be done while playing on megaphone a soothing calming melody of the immortalist tone singing of the Immortalist Anthem 8-40 lyrics of the Call to be a Trillion times more gentle tender soft nurturing healing graceful loving kind compassionate than the most loving mom last decade. The officers need to handle each arrestee as they would their pregnant wife giving birth. They must be like the *nurturing* healing *gentle tender soft loving kind* compassionate Immortals of Chapter 2. Lines 8-40 this will be played on TV 100 times a day, during the 20hrs/day ethics education during the first years of the State of Emergency to bring Violent Crime to 0. ~*~ Let all nations hear God has taken over USA. These lyrics remind the cops and the people they interact with of their citizen duty to be kind to each other. Cops need to deescalate, so the music is used to do that, with prerecordings, as explained later below. There will be 100 times fewer arrests, since all cars/poles/homes record via the 50 trillion cameras every traffic/street/entrance door event from 99-8000 vantage points and there is no more time wasted with courts, lies and pretending. The facts are clear for all to see. No cop will dare hit anyone. Everyone will lies 100 times less, as fines for lies will increase 9000 times. Every street will have the Qualities written on poles, placards: honesty, Immortality *for* All Grace Bliss Gentleness Tenderness Compassion Nurturing Kindness Humility Serenity Magnanimity, Diplomacy, Softness, Healing Tact, Acceptance, Fluid intelligence, Adaptability, Patience. With 1000 times more education on TV, in ethics of Immortalism, we have 1000 times fewer arrests.

We focus on preventing crime, not reacting to crime after it hapepned. We take over the media.

Today, youtube and online websites have billions of movies and articles about how to defend yourself from an attacker, how you twist their hands and "teach them a lesson", often replying to a threat with an injury far worse than the threat (this teaches subtly police violence and people escalating and getting into a fight with cops). Everything is about violence against threat or violence against violence, the responses that simply never end any crime in the long run, which helps the aristoc-rat-ic vampires to maintain their palaces and 400-50000 acres ranches. The tone of these "rulers of USA for 500 years" is very similar to Chapter 28 tone of British Parliament laws to beat until blood comes out, mutilate and kill slaves (99.9% of UK, everyone who is not the top 200 aristocratic families) unfortunate enough to find a job that the imperial pigs could not provide by the 11 companies model, the same tone of mass murder of blowing non-Brits by gun. These alleged representative of God's blessings or divine law of eternal beatings and violence, or Bible as they call it, phony spreaders of the cults of Islam, Christianity, Judaism (beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), simply perpetuate the status quo of violent crime being 50 billion times higher than it would be in an immortalist state of fairness, kindness and compassion. Ironically, we can't find anywhere some "former CIA officer with a 300 acres ranch" who teaches how to use gentle healing music, breathing, divine ecstasy state to induce others into a compassionate state and deflect a threat or scary situation where someone attacked you: no nonviolent methods are presented, even if Chapter 6.6. on the immortalist soldier shows 0.01% of such methods as a guide to the immortalist cop. Why would they think about it? They can't, since they behave like robots trained to be quick and disarm someone etc. Nobody gives a thought and makes 1 billion youtubes on to how to end the bad movies, literature, music lyrics and tones, educational tones that create these "violent" criminals, simple slaves brainwashed by the aristoc-rat-ic super infinitely more violent criminals who conveniently, never get jailed for stealing trillions of dollars from the masses and the state. On the contrary, watching the self-defense experts, everyone buys more guns, pepper sprays stun guns, tasers, etc, knifes, clubs, etc, while becoming more and more of a monster, a slave of the diabolical aristocrats brainwashing everyone to fight the other members of the worker class, instead of the aristoc-rat criminals creating 50000 educational systems, 4000 denominations and endless divisions on politics and etc to subjugate the masses. The more you watch these "cops", the faster you become a psychopath, a violent thug who has no qualms about injuring others who may just have been a victim of aristocrat brainwashing. Instead of focusing on having 0 violent crime by the 11 companies and one education and schooling system for all (what is there to steal, when all have similar incomes? Theft will decrease very fast when fine is 9000 times the amount stolen too), 0 violent crime by the *nurturing* healing *gentle tender soft loving kind* compassion tone and

values, we're being brainwashed to fear enemies and to fight, by the same aristocrats who use fear to enslave every American and citizen worldwide. ☺☺☺

When Russia took over Siberia, they organized false flag events to scare people about some fictional enemy, and then posed to offer protection, in exchange for fur that was an expensive resource they wanted. The same tactic is used by aristocratic regimes worldwide today to get wanted resources cheaply and by the British and other aristocrats within USA today: they create the enemy, the gangs (like all terror groups used to justify invasions, gangs are created covertly *by the government to* subjugate various groups and generally to enslave everyone in fear-terror) and then they teach people self-defense against the criminals they create by the criminal system of 50000 times salary for criminals at the top with 5000 acres ranch or island. Blacks came to USA as slaves without any knowledge and education, mere peasants centuries behind the British, and were infinitely easy to dupe and manipulate in every way, into creating various gangs etc so that the British can keep the blacks enslaved. The faster gang members realize they're all victims of British and other imperial social engineering, the faster gangs end and we bring democracy worldwide. Who needs self-defense if everyone gets the education to become a gentle tender soft angel, via education.gov? With immortalism, everyone becomes 1 billion times gentler, even our music too, so the worst thing that happens eventually is a slap once a decade, leading to one death penalty. All violent crime ceases in 1 year or two, since every slap brings death penalty. There is no need of jails and fights, self-defense and any of this banditry on youtube, Hollywood movies, cinemas and literature. By brainwashing everyone to fight and arm themselves to the teeth, they justify endless federal agencies to spy and jail everyone for the smallest infraction (instead of talking all day about ending all jails like immortalists do) and end up enslaving everyone, while keeping violent crime 50 billion times higher than it would be in an immortalist state. Don't fall for this crap, we need unite ourselves in the immortalist vibe of one nation, one family of *nurturing* healing *gentle tender soft loving kind* compassionate Immortals (souls are immortals if you want to be poetic) to be (some day), not in buying guns, etc to kick, injure humans and degrade the human quantum field. The devil comes as an angel of light, he talks of God bless you, but teaches you how to be a vile satanist in reality, one who replies with higher violence to a threat, one incapable to even discuss about making your car painted in nice colorful "*nurturing* healing *gentle tender soft loving kind* compassion" or having 30 devices on or inside the car or yourself to create the most healing music and, brainwaves or immortalist greeting that make everyone reach ecstatic nirvana and not want to harm anyone, a music that makes the most vile brutes become compassionate. Why study that in police academies from hell and *infernal* military colleges, if all they can do is be devils claiming to be angelic defenders of the "faith of hell". Notice how these depraved rats never say in one out of 50 billion of their evil videos that you could even create such music and devices and put them on your car to

defend nonviolently, against the criminals they created on purpose to loot and subjugate every citizen of this planet. Who do you think created all gangs? The rich, they got brain control tech to make everyone do odd things incrementally until they program them. Take the media from the rich and in record time, with 20 hours daily of immortalist tone and education during the state of emergency, we change the brainwaves, emotions of most brutes into angelic emotions and bring tranquility very fast, like never before. The cops need to be revolutionaries, a little like the fans of the American Revolution of 1776. Nobody needs guns when everyone has a job, no rich to steal from exist, everyone is loved by the government. Our criminal government doesn't give people even the most basic needs: a decent eterni tone education, a decent single family house, a decent diet, a decent job. No unemployed exist in the 11 companies model of universal family of immortalism for all universal humanity. With proper education on happiness, everyone views sex or rape as undesired pain or draining ultra boring activity nobody is interested in, except for pro-creation between parents wanting to raise a child together.☺☺☺

The police immortalist test would focus on prevention and elimination of crime and the building of Immortal Civilization Character and Values, like with doctors preventing disease, instead of so much intervention. The immortalist cop is proactive, preventive, not reactive. 99% of his job is done by the immortalist culture reforms of the virtuous government of immortalists. No cop can donate alcohol gifts, nor use weed, alcohol or cigarettes. See a youtube channel that shows why we need fire endless cops, state, city, village government employees who smoke or drink or who have done that for more than 1 month in their life, since there are many bad cops. Alcohol and smoking are markers for criminal parents and damaged brain. The entire government (because all local state government is dissolved, retrained if a person is allowed to remain, as taxes go to 0 and states disappear as separate entities) needs to be made of militant immortalists, health freaks and ultra sober people. In Australia's style, we fine any sellers of cigs or alcohol millions of dollars before the state of emergency to bring Eternal World Peace fast. No cop agency is independent, all are branches of the federal Immortality *Nurturing* Agency, the only policing agency and police department in the nation, One for All, All for One, to keep it simple and efficient, maybe eventually 11 companies and 3 agencies only one day not 33 million today, not 900000 companies doing bad real estate, not 20000 police departments, but One Immortality Building Inc with houses sold/bought in 2 days and single family housing for all, One Police Department for the entire USA: the end of inefficiency looms, as all police cars look the same (way way nicer, more beautiful than today) with the happy blissful | Immortality *for* All | on all of them: "May all live to a trillion"☺☺☺ Years on all cars, ultra colorful too. Today, the criminal aristocratic terror government and the brainwashed Demon-crats and Re-pub-licans setup 20000 police departments and 20000 crime report forms, some of which take 10 times longer to fill out than it should take. In centralism, you enter your one and only ID, the Universal One and Only

Bank Card (ending all parasites) with your picture that acts as drivers license for all states and as ID for all needed IDs everywhere, and fill out the report at crime.gov. If you're new in town, state and you don't have on your browser all your phone, email, address saved etc you have to enter so much info, that it takes so long, that a tired person who was just punched may give up. Same for the slow phone prompts, they make it hard to report crime in seconds, with one ID number, a check mark for violent crimes (take priority) and a brief description. Everyone is housed, so ID indicates house, email, phone, etc on records, and the records are 100% up to date, not like today: they're instantly updated when moving to a new house or rental if living 3 month job contract outside of house. A guy is tired, postpones reporting by one, two and 3 days, sometimes even weeks before recalling to do it and by that time, the guy who planted a quantum weapon that kills all humans on Earth or a given continent fled the nation to the enemy underground capsule. So, the spies leave without a trace and nobody can find them. Tips.fbi.gov takes 90 times longer than it should to report a spy. ☺☺☺

Cameras give all speed tickets, and other tickets, so no need of traffic cops that much anymore, wasting time sitting in cars to give tickets to those speeding; in fact, since 2024, all EU cars come with speed limiters that notify drivers they're going above the speed limit. The human ticketing system is simply outdated: in France for example, anyone going over speed limit gets tickets via cameras, in USA, everyone goes 10-15 miles above speed limit and doesn't get tickets for 10 years. Instead of designing new logos for each of the 20000 departments, we focus on 1 billion lower violent crime by new media controls, via better housing for better sleep, quieter cities, fewer dogs (ban all police dogs to avoid needless injuries (see K9 attack cops or people who're not the suspect, since drones are way better, they can fly fast, tase the suspects, etc), ban 95% of music as it is violent by immortalist standards, nobody will attack any cop), better food of the Eterni Food Inc. We can't have cops yell, torture or beat anyone, a much better federal training is needed. When you have 20000 departments or real estate companies or companies in a given industry, they don't share one SOP (standard operating procedure) with 900 steps, checking only 10 things sometimes, since it's a small informal thing. This leads to a poor quality product or service and more problems. With all departments having the same training and *everything, it's one country, one equal* opportunity for all cops and citizens, one equal treatment of all. Policing is a federal job, it is too important to immortalists to prevent violence, to leave it to poorly funded cities. So we need to merge all police departments into one Department, Healers of the Immortality *Nurturing* Agency, to avoid needless sheriff county or cop caused deaths as this article talks about. For immortalism, the key thing is that there are trillions of ways to achieve an end (World Peace, 0 violent crime, 0 jails) without any torture, killing, yelling, violence, intimidation and threats. This concept will be the reality and the central part of all training from kindergarten to PhD in all areas of society. Likewise, in the EU, policing is a European job, as is

continental defense. The EU superstate becomes efficient at giving a trillion year lifespan to all. As a crime is done, the central and only site in USA used to buy and sell real estate, housing.gov, updates the indexes on all houses for the crime in that area, so people know what goes on. Though, that data will likely remain secret, vague, as the foreigners will know where the most important people live, in the area with the lowest crime and bomb those cities.

All cops become federal employees *and the 'police' word, so much associated with violence, can be replaced*, with either 1. healers (not cops or policemen), 2. gentimen (everything done gently) or 3. etimen (eternity men) to create a wonderful immortalism vibe. Healing Departments not Police Departments, a gentler kinder vibe. The immortality test for police would measure tone of speech, to make sure they don't habitually shout (easy to detect) or yell and they don't torture others, as the savage police, spy and military forces of 2023 often do, due to not understanding this destroys all humanity and their own nation too. Torturers have a different brain than others, that perpetuates psychopathy and terror. We want to treat the causes, not the symptoms of violence (or disease for doctors). Sometimes it can be even "tenderness serenity universal healing grace" lacking music and the habit of blasting it out loud and annoying neighbors that leads to violence. Low taxes or fees on cigarettes, alcohol, wine, beer make it impossible to fund noise blocking drywall or gypsum or sound insulating materials which would prevent so much anger and crime coming from anger. Making alcohol, smoking, weed, etc illegal and its distribution rewarded with lifetime labor, is a sure step towards reducing violent crime, since 70% of such crime if done due to alcohol and drugs. No lyric or book can ever mention alcohol, smoking or drugs, to prevent crime before it arises in the brain via suggestions psychopathic aristocrats place in books, movies and music to destroy the working class. ☺☺☺

Someone tries to sleep and the apartment complex neighbor or condo or the house next door makes so much noise, there is no way to sleep, even with earplugs, and not everyone knows about earplugs. Same in colleges, families, room walls within a house, etc, parents making noise that makes it hard for kids to study and appreciate the beauty of science instead of doing other things. Angelic Heroes that we call police guys, sacrificing their lives to maintain order in our insane world where guns for civilians are shockingly still allowed, are truly courageous brave men who will work with the lawyers and judges to create the heavenly world where prisons are no more, but only healing centers, making their jobs transform from current stressful "fear of being killed filled" ones into the more pleasant jobs of the healers of the future, over time of course, not in 2 years. Like with the lawyers, etc, the healing *nurturing* grace of Immortality and God come from a nice gentle almost whisper-like at times tone of speech as in this immortality themed youtube. But to get to some place, one needs to have the vision firmly set in one's mind and work towards it, even if obviously this is not going to happen overnight. Studies showed one can cut violence by 35+% via ω3 fatty acids (see "ω3 and behavior" section) and suicide rate by 8

times (those with low ω3, DHA, EPA in blood were found 8 times more likely to commit suicide). With earplugs, silence healing halls (see Chapter 4), nutrition to cut misdemeanors even because people who eat more anti-oxidants from fruits and veggies have less brain inflammation and are happier, gentle tender soft music, negative ions generators (see Chapter 12.10, negative ions lower anxiety and fight and flight chemicals, calm people down, make them happier, less likely to fight and overreact; mice die in 2 weeks of no ions in the air), meditation, etc to cut crime and negative emotions, the future will bring the end to all violence. We could add to that more optimistic beautiful visions of Immortal☺ America and Earth in the media, a Heavenly place that we're manifesting and can manifest really soon, radio programs of reaching to community to help everyone to work together on this future, where all civilians work for the heavenly Earth where nobody harms others and amazing & beautiful ☺☺☺ New Movies are Made about this Angelic Future, "America's Got Talent" contest could Include people who make Immortality Longevity progress stronger, "America's Got Immortality" could be a new contest. To speed up innovation, we can have 1 police department training for all police departments, so research jobs into preventing crime appear, instead of reinventing the wheel like school teachers do. With one standard and recording of police training, every cop in USA, like every kid, hears the same tone that teaches them to be kind to all beings, etc, and be peaceful, etc. One nation, one tone, eterni tone, that brings World Peace in 3 months. The tone we hear today from cops, movies, is indicative of how broken the system is, and how much the psychos at the top focus on torture and sleep deprivation and destroying the brains of subordinates, so they're mere robotic slaves doing killings for the aristocratic elites hungry for more wars among workers.

If the prison experience is much more tranquil and healing than at home, people can replicate that at home, use soft healing music, earplugs, ω3, negative ion generators (use light poles and electrical utility poles to install neg ion generators to increase neg ion concentration to cut crime), etc all these things known to make people more tranquil to help them overcome the negative emotions that got them into trouble. Maybe their place is not quiet and lack of sleep increases iritation, earplugs and gentle music would help. Maybe moving to a quieter place, if they join a program to retrofit the 17 million housing units that are empty and many uninhabitable, while half a million people are homeless and millions live in bad conditions as far as sleep, quietness level goes. The more people see a place, movies where no violence exists... the more people no longer feel the need to have guns and they work to bring God's Heaven here, instead of the reality today. So, this will be really the most wonderful manifestation of God's or Universe's (for atheists) Ascending Immortality as it transforms people. We all think about these people will live 300 or 900 years or anyway longer later, so we will help all heal, transform and become the shimmering Angelic beings of the future. ☺☺☺☺☺☺☺

There is a saying that to bring change, we need to focus on creating the new, not on fighting the

old. To change the bad situation into a good one, or bad people into good ones, there would be 2 ways: fighting the old (bad guys) using some of their methods and in the process creating some bad due to using some of their methods and making it impossible to fully replace the bad with good, passing the ball to the next generation who has to fully eliminate the bad. The other way would be creating the new culture, education, role models, movies, etc that are good and inspire all to practice conscious breathing, service to Immortality or longevity and wellbeing to all causes, contemplative prayer/meditation states of cosmic bliss maybe to replace drug highs, service to humanity and compassionate actions to eliminate suffering to bring genuine joy not found in drinking alcohol or whatever addictions exist that support the bad guys (say drug dealers). As the ethical and moral level of the civilization, of the good and neutral people increases, they help more "bad" people quit their addictions and starve the drug dealers of customers and cooperate more with the police, whose actions in emulating the saints, their tenderness, infinite compassion, kindness, tone of speech, etc win the public trust and support and cooperation to a much greater degree. Then, as the new addictions to holiness, *gentle tender soft* speech (Chapter 8.1) and meditation, prayer, service, are created, they replace the old permanently, without creating bad via side effects. So then, naturally, many will say we need to use mostly the new creation method, while others will say a mix is best or the fighting of the old. But perhaps, real R&D of this science would provide answers in the future, a lot of these things may be already known. When people have a gentler tone of speech, they're trusted more, can inspire others more, radiate focused positive emotions better, heal others better, even obtain more information from others with which they can heal others. So as more people in the village talk gently kindly, trust replaces fear and mistrust and love and compassion prevail.

If a police officer yells in a situation to a stranger who believes is the suspect (but is not) "hey come over here", the stranger may have had a traumatic childhood in which after yelling came beating or something, and then his brain misfires or moves into a state of panic, assuming "beating is coming after yelling", so he runs away and the police guy starts running after him or something and soon it ends up with an injury or death of an innocent person (stranger shot by police maybe) that could have been prevented by *gentle tender soft* speech. If a civilian uses ungentle speech, he doesn't radiate that same loving respect, kindness, one radiates if one would speak with a shimmering Immortal☺ angel materializing in front of him and naturally, people innately feel this and trust the person less. Gentle speech can help people to transform the village far faster. Police can gather more info by gentle speech as gentle speaking people are trusted more. When police raise their voice instead of using these gentle voices (due to habit of millennia of yelling to make sure people are heard in danger situations, habit no longer useful now when we have microphones that can amplify healing deescalating soft tone) they shift their signals into brain areas that share neural pathways with fight and flight response, people imitate

tone they hear (activating fight-flight neural areas more) and escalation from both sides is more likely.☺☺ For police or soldiers, repetitive hearing/using yelling (instructors) removes the ability to remain calm in all circumstances, to make better decisions in high stress situations.☺☺☺

If we have a village with 10 bad guys with guns robbing people etc, we have 2 choices in getting rid of them: 1. the traditional way of catching the bad guys: police goes with weapons 2. the Immortality Ethics or saints' way described in many stories of sages: a saint or healer (or trained in Immortality Ethics "police" of the Civilization that is on its way to 500 year lifespans) talks to 1 villager, transforms him into a "holy" man or healer, then they go together to transform a 3rd guy, then they go together as trio to transform a 4th one, etc... until all are transformed into saints/healers, gentle tender lovers of the healing way of *nurturing* soft grace and at a gathering of 200 villagers, they use telepathy, healing, saintly behavior, words, etc to transform the first bad guy (least bad maybe) in the village, and he loves the new way, the amazing & beautiful ☺☺☺ bliss experienced in meditation, prayer, no bad stuff, no gun wearing, etc... so as to enable *the Holy* Immortality *Spirit* of the Immortal☺ Lord of Ascending Immortality to fully inhabit him and heal others. Then, they organize another amazing "party" and invite another gun guy that the new healer knows, and transform him. And then they do it for the other 8 bad guys and the whole village is transformed into a village of healers who then volunteer to visit other villages to do the same as the visiting healer who has freed their village. Soon, the whole country is changed. The traditional way doesn't change the society, its movies, its literature, its habits, its educational values, its casinos, its tone of speech, it just catches bad guys, without changing the village, without changing the real cause and producer of negative emotions (lack of happy meditation, prayer states, lack of nutrition, sleep, educational emotional regulation ethics courses). So, then over time, as people move or life goes on, new bad people can pop up in the village where all bad ones were removed or another village, as the process of catching the bad guys has used some rough methods that via side effects have created some more bad and have taken police away from the time needed to change the root cause of the bad people popping up: the entire culture, education, movies, music lyrics, maybe lack of ω3, maybe poor soundproofing material, etc. Same way, a healer heals a drug addict, the drug addict heals the drug supplier, the drug suppliers get healed one by one in a small network and then they heal the big guy, and then this repeats and the whole network crumbles as *the Holy* Immortality *for* All *Spirit* of the Immortal Lord of Ascending Immortality overcomes evil, without traditional mortal civilization methods. As new "saint within" programs pop up all over the country, the TV airs out developing the qualities of a healer, of an Immortal of Infinite Compassion, Gentleness, Tenderness, Softness, Mercy, Forgiveness, Serenity, Altruism and the Virtue grows in the land, the work of the healers becomes easier, evil groups disintegrating by the Grace of God. ☺☺☺

The same artificial intelligence camera system talked about in Chapter 4 (to help one improve

habits and to detect negative emotion to prevent crime) can, when deployed in public places, alert officers on duty when a beating happens on a street at 5 am or whatever, sort of like in this video. The scene appears on the monitoring screens, the 50 LED around the screen are flashing to alert officer (and the system says "apparent beating/assault/robbery on 54th East Street") and officer goes at that screen (say watching 40 screens with suspect activities) to confirm if AI correctly identified a beating or crime, and if 10 screens flash, officers confirm if they were crimes and activate the drone system (89 mph big drone and 160 mph (256 km/h) drone) to follow the car and then start the chase, possibly with helicopters too over the highway and even, in the far future, lifting the car via levitation off the street sealed in a force field. This lowers or eliminates violent crime and allows officers to focus on subtler crimes, like big companies making a food color, flavor that kills millions of people 4 months earlier, or aluminum additive doing the same. 7 out of 10 murders solved by cameras in some places in the UK (a person can appear 300 times daily on cameras in London). "At Firthmoor in Darlington, where 11 cameras were installed on a large housing estate, a reduction of 46% in reported crime was recorded." NYC has 50K cameras, London 500K solving 6 crimes daily with their cameras. ☺

The textbook or video training for this exam would talk about things like how to make police work more lifespan extending, in every possible way: for example, today we get these sirens blasting thru cities whenever vehicles go to some place, waking people up from sleep and disturbing each day billions of people from Immortality enhancing thoughts, polluting their awareness with fight and flight, “death is inevitable or coming for someone” thoughts. Instead, since all cars will be electric and internet connected, it will be easy to only notify cars in the path of the emergency vehicle (ambulance, fire, etc), since if all cars and trucks are connected to the Immortality Traffic System, it knows a ‘siren’ vehicle comes from the right and it can notify drivers in their own cars, by overriding the sound system and the dashboard console to explain “in 25 seconds a ‘siren’ will come from the opposite lane or Happy Immortality Avenue”, etc. This system shouldn't allow any driver to enter their car unless they pass the brainwave and alertness test, to make sure driver is not too tired to be on the road, until driverless cars are 100.00% safe (centuries away, since computers break and you need endless backups for any computer that breaks); additionally, wind can roll trucks over, unless they got the new roll over feature, where driver remains on the road – this can kill people too and there is no easy solution to prevent deaths of people who live in a house or job near the place where trucks roll, or just happen to walk there or jog. When they don’t get good sleep, drivers make mistakes. Youtube 100s of videos of careless accidents – require every new driver before they get license to watch some scary ones and drive more defensively. This way, only 1% of people are polluted with ‘disease and emergency’ thoughts, creating a stronger culture of prevention and longevity. With many lights, like Christmas and taller above these emergency vehicles or around them, the

vehicles can be made more visible in case computer chips or sound systems inside cars don't work and console is dead, so the need to blast sound would not be there. The 'smog check' would be replaced by the 'Immortality check', to see if sound, console, inside vehicle lights that flash when a 'siren' is approaching are working well, and the 'low EMF' of the internet connection system, be it WiFi, LiFi, is a reality. With this system, all cars being connected, there is no need to chase after a suspect, because the cameras and car connection would let cops peacefully catch the person to send to a healing center later. Car chasing is risky, damages other cars quite often, and can cause horrific crashes and deaths of innocent civilians the fugitive may run into during the chase (some enter the opposite lane at 80 mph, causing big crashes). Thus, a better system needs to be developed, via education from early life via eterni tone for all students, so that nobody wants to run away from police when they're asked to stop. The rap music of gangster type incites people to fight and run away from cops, so that's a problem too.

As tech advances, in 2500, all electric and radio connected cars will perhaps be replaced by something more longevity enhancing to reduce electromagnetic smog. This system has many advantages, it can be used to notify drivers of a tornado or tsunami or any disaster or cosed road, etc due to a traffic collision, etc and enable even notifications in case of other events, flooding of a street, wars, earthquakes. The trucks and emergency cars would flash beautiful inspiring words like "Immortality *for* All" (LEDs taped to the cars, that later also project 3D holograms in space around the car) and the sound system would say in a nice eterni music tone and rhythm "Immortality *for* All" with nice smiley faces and ultra colorful artistic letters appearing on the screen to improve people's mood, to counteract the negative effect the knowledge of 'an emergency' has on people, since in an eterni world, there are no emergencies, only prevention and everything is calm. This way police, fire, medical cars are not associated with panic or fear, but with the Infinite Bliss of Immortality *for* All. It's a public relations project that brings more joy, citizen cooperation and silence in cities. Pedestrians see the trucks and get notified by the AI system, since in the future, all pedestrians will probably choose to have the AI translator that converts anyone's thoughts or voice into the most eterni tone so people no longer need to yell due to traffic noise or background noise; this is explained more in the microphone amplifier section; when someone wants to ask something, they say it slowly on their microphone and the other person AI sound system will play it to them, amplifying it in the most soothing favorite music background and eterni tone that magnifies positive emotions and makes every human human interaction of a verbal or telepathic (future) nature 30 times more positive on average due to the tone being changed. Thus, pedestrians will hear it too, as the Immortality *for* All ... truck comes from Immortality Highway on right, don't walk on green light please' etc will be played and the AI trucks also have drivers of course that can avoid pedestrians whose sound system failed if they didn't see the car. This is the epigenetic shift of human from a

panic addicted brain that craves war and violence to solve issues, to the tranquility of civilized Immortals with tones 24-7 more beautiful than the best we have, our best 3 minutes in 100 years, of the best voices on Earth. We would thus use simple available tech to diminish fights and crime, by helping all calm down and be happy, thru tone that evolves the emotional brain.

Police got a bad rap over millennia of an agency that uses force to 'en-force' laws, when in reality it would be more a healing department in a world of Immortals without prisons, but with healing centers. While cities could rename the police department to Healing Department or Immortality *for* All Department or Happiness Department, the very idea would be to change the tone of speech *(use the same universal soft AI tone to relax the guy checked for drugs since tickets are usually with cameras, customized for that person's voice and likes, as AI knows his ID via facial recognition and license plate, since nobody can drive a car without being the designated driver, as voice to gauge waking state and if too tired to drive, biometrics only turn on car engines)*, emotion and thinking too, not the title only, so that everyone feels like they call the healers, the motherly angelic nurturing soft spoken angels, not the 'overwhelming force, minimal grace and IQ' yelling cops, friends who can help in solving a dispute or whatever it is. If people perceive police as friends, healers, they're more likely to secretly call the healers to help a person get off drugs etc – since there is no punishment, only healing. But in our world, everyone has such a strong taboo against calling or informing the police, that the police etc need to use negative role playing methods to infiltrate gangs and eliminate them. With an angelic tone by government officials, to create Immortality *for* All, appealing to all involved in drugs to move to vegan vertical farms, water lentils (duckweed) (ω3:6 ratio 2:1), be self-sufficient, sell food/healing techs and turning police departments into ☺☺☺healing☺☺☺ departments and promoting a world of healing, nonviolence, nonkilling, nontorture, nonpunishment, then we have the Grace of Infinite Intelligence of God showing us how to achieve the end goal, without negative role playing, without 'force, guns, threats, intimidation'. When someone does evil acts, they're in the highest need of healing, and that's when society offers the least amount of healing, playing the scapegoat game. Hence, it would make sense to rename policemen to healers and have their training include that part, not 1% of the training, but at least 50%. ☺ A cop may role play neutral or positive person who is just interested in making money temporarily so he can grow vegan food because government gives subsidies and you can get tax free treatment for producing solar energy and vegan food locally, and sell it and no longer have to deal with the stress of violence since you're united with the healers who work for the end to all violence; so he suggests "Hey, aren't you fed up of living this stressful life, always hiding and being afraid of being caught? Why not gradually move out of this business into growing vegan food, producing solar energy with 'solar windows, panels, exterior wall paint', and lead a happy life of serenity, which increases lifespan 90%, see all on TV-radio-music is about Immortality *for*

All , gentle tender soft grace, *so we might as well go along with the new healing vibe of the era?*". We often see some odd exchange between cops and people, and how far most cops are from eterni tone, as well as most media-politicians, which creates a world of 1% love vs 100% love in a world of Immortals. This is not easy, because you need speak 50 tmes less to have a 50x higher quality tone, since brain resources required for healing tone and content are 50x higher.

Some day cops can use prerecordings in the most eterni healing soothing calming tone for the most common situations (like someone drunk, unaware of US rules of always remaining in the car if stopped by police, etc) and press a button to play that over the amplifier so they don't need repeat themselves. Likewise, clerks at grocery sores can press buttons for saying "Next Immortal being in line please", *"Thank You so much, Have a most eterni day" (after customer leaves, in the tone the AI determined the person will like the most based on credit card on file linked to his personality, genes, etc*). Or Some AI detects humans entering store and says in the most angelic tone 'Welcome to the *store* that helps you live to a *Trillion* some day', or detects closing time is approaching and says in the most angelic tone with eterni music background 'the store will be closing in 20 minutes, please bring your items to the front soon' to avoid polluting people with negative emotions of tired workers. This saves the vocal chords of poor clerks yelling like nuts 'Welcome' and 'Have a nice day' 2000 times daily – allowing them to instead use it to create prerecordings and evolve everyone with the eterni tone ads, etc. Same for cops, teachers, professions who may repeat same things often. An amplifier is very cheap and the cop can play it by selecting one of the 90 preset recordings. Obviously, when all cars become electric and internet connected, we can create the ☺World Immortality *Traffic System*☺ that takes over the sound system of any car and has the recording play☺☺☺☺☺☺☺ in that car to avoid any miscommunication (like guy gets out of the car or something, and cop gets scared and violence ensues), using the most angelic tone possible. "Welcome to the World of Immortals, We're sorry to have stopped you, if it's even the right decision, we want to check 2 things, due to alerts the AI system provided, and to kindly ask you to remain in your car while we're relaxing a little with the peaceful music, prepare your drivers license, insurance, etc" – played automatically in world's most healing angelic female voice that matches that guy's idea of 'world's most amazing female tone'… healing nun etc…No cop would need talk at all during routine traffic monitoring, just give tickets thru the video cameras… like in Germany, etc. For drunk drivers, the AI system plays something like "Welcome to the World of Immortals, please help us save lives and if you have been drinking try to stop the car soon on the right side and you will only pay $20,000 (not $200000) if alcohol is high and a human operator will become involved after I, the robotic AI, send a report on 'potential drunk driving'. If you're not drunk, please lovingly stay awake, since the self-driving system is not working yet 100% autonomous, especially not paying attention to increase distance if behind trucks with stuff inside where the locking gate could fail and cause a

10 car pileup if one swerves to avoid impact, with some dying as metal flies thru the windshield. But will be in 50 years, computers and batteries still break, so *driver needs be awake*. Thank you for your cooperation, we won't stop you this time now, but Immortality *Nurturing* Agency data shows yesterday you bought beer and video camera number 5 trillion saw you drinking 30 minutes before now at that bar… (bar name) before driving, so please help us to lovingly kindly save lives in a smooth kind compassionate gentle tender way that is drama free and works best for all. Once stopped due to you honestly believing it's alcohol influence, press "Immortality Help" car button and, we will send a car to transport you home and provide healing therapy, if you think you're a little drunk. We all make mistakes, we just don't want traffic collisions. Let's do this in a kind responsible way that saves lives. The World Immortality Traffic AI system is watching lovingly your compassionate being to protect you automatically and provides updates on whether you will be stopped or not, if a human operator will become involved, depending on the driving performance, so please drive safely and be kind to all beings, using eterni tone to heal all beings, while driving with eterni quality… Welcome to the 21st century traffic policing (healing that is) system, the beginning of the World of Immortality with 0 traffic injuries. We thank you sincerely, ☺☺*lovingly tenderly gently kindly*☺☺ affectionately, for your infinitely magnanimous ever bounteous cooperation, *so we* May all live to a trillion *some day*." ☺☺☺

In a world of Immortals cops are the most *healer* like people, so then, everyone wants to talk to them, vent and share their fears and frustrations, work with them to eliminate crime or lower it 900 times via becoming like sages. ☺ However, in our world, that's not so – people don't perceive cops as the healers or the most loving people. Why is it so? It's due to the history – everyone lacks an eterni tone almost (since it's not in our genes, requires big effort to have that always), so, when dealing with 'bad people', cops, like everyone, are not used to having the most angelic tone when it is needed more than in the average person interaction, so then sometimes the escalating tone cascade begins *(due to 'bad people' using bad tone that irritate the cop, plus the sometimes dangerous situation due to cop not knowing what may happen next, etc)* leading to 'rude exchange' that often could have been prevented with the use of mic/amplifier tech to heal. So, we can develop a universal compassion for cops, and everyone, we're all hypnotized by the same historical inertia of conflicts and fights, etc stemming sometimes from miscommunication or lack of *universal* loving kindness. It's a process, but to create a healed happy society, we need a healing vibe in gov, police, politics and family, meaning everyone can contribute, care about people, etc, see the healing chapter. ☺☺☺☺☺☺☺

A prerecording in world's most angelic voice (this voice is selected among 900 voices, depending on the license plate and knowledge about the native language, genetics, likes, personality of the driver, to create the most trust and healing) could say over the Immortality traffic sound system "*Welcome* to the World of Immortals, everything in this interaction will be *pleasant*, healing, full

of compassion, kindness, sweetness and infinite *grace*, as an Immortal God or alien would want us to have for all beings. We even have a little puppy in our car, who loves to say hi to anyone interested in playing with him, he's the size of a cat and like to lick people's shoes, we trained him so he loves all strangers and never barks at them to make everyone feel loved. We're healers, not cops. Cops in our police department go thru infinite loving kindness and gentlest healing tender grace training, we're different, we got ☺smiley☺ faces on our cars and uplifting loving for all beings quotes on our cars… everything to make everyone love the police (healing department was our city calls it) and feel like they are, perhaps, world's nicest people". The cops can have a headset that reads their thoughts when they press a button for 'linguistic thought broadcasting' and then an amplifier can say their thoughts they want to vocalize, but in a tone no cop can have in a tense situation, to heal very quickly the angry person confronted with his own mistakes or faults. Or the AI can hear any call to police and any info the cops hears or reads and then address the Immortal to be human (note, it's not a criminal) who made a mistake without the cop having to think much into the headset; the cop may only need to correct or add something via thought broadcasting, with AI adding words and things to make the cop improving of the AI content more healing, like AI would say "Please healingly gently lovingly (words cops don't say due to impatience or etc, that AI adds to cop thought broadcast) (more words if it detects anger in the human speaking) understand the World Immortality *for* All System of Ethics Learning has determined you need to pay a $900 fine in 4 days and take a healing center class in 10 days. We're not police, we're enablers of the 900 qualities of Immortals, so we all learn to be Angelic Immortals. We love You and wish you the most pleasant healing day, we have many faults too, we're just like 2 day old babies compared to the Radiant Beauty, Goodness, loving kindness and Grace of the Immortal You who will be a trillion years old some day if immortality tech takes off next 20 years. When 1 makes a mistake, it's the result of all humanity's mistakes, not 1 person; so we help each other to build the eterni Ethics within us, discover what went wrong, heal the trouble spot in the consciousness of our planet; we're all one family, helping each other achieve Immortality *for* All, trying to evolve and help each other embody the healing infinitely compassionate grace of the present and future." ☺☺☺

The AI relies on the most amazing & beautiful ☺☺☺ voice and emotion recognition to modulate tone and neutralize negative emotion, relax, soothe, deescalate in ways a human can't, his vocal chords can't make such gyrations when tired, etc. This reduces violence against police and by police 800 fold. This reduces negative emotion globally 700 fold and wars 500 fold too. Just a few amplifiers, tones, AI identity recognition for best tones, and some mics, headsets, etc – no need of thought reading even initially. This will enable every employee to avoid talking, and to render into the earphone of coworkers in the most amazing AI tone that the interlocutor likes, and optimized content and tone from the raw 'thought broadcast of the other' – based on MRI

reading on the interlocutor emotion too, making every human-human interaction so pleasant, allowing all wars to disappear within 3 months and all violent crime within 10 years, so we no longer waste energy fighting each other, using it for longevity instead. Speaking less allows our brains to develop much more the areas related to eterni content and tone of emotion, and since in the utopian world of Immortalists Eternal Youth *is deified*, we get the cool possibility of creating AI with the most healing angelic voice of a 12-28 year old soprano who is the world genius, at tone rendition, like a college professor of 28 years old, able to imitate her tone at 12, etc and enrich it with the bigger brain, knowledge, etc of a 28 year old. The Wizard of Oz, the ever youthful immortal human of the future loves young voices and truly, the angel voice of a kid singing a spiritual or immortalist song is less threatening than that of a 60 year old yelling cop – so it would get priority in the police of Immortalists AI voices. Recall, we're trying to Heal, not to intimidate and yell. News are read by AI giving us the best tone and the best brainwaves of young people which come from AI based on youthful voices, not old. This reinforces the brain patterns, and speech, emotion regulation (much better) of younger people who, when rested and trained can achieve a perfect nuance and tone far better than a 60 or 70 year old. The Immortalists worship Eternal Youth, not eternal old age, barely being alive.

Today, due to the fact we got 20000 police departments of poor quality, like 20000 companies instead of one in many fields, there is no efficient use of resources to develop new kind procedures, drones, etc. Watch the violent tone the cop uses with the violent tone (and intimidating, driver should never approach a cop and remain the car) driver before the cop needlessly unleashes the dog on the pediatrician who may have been drunk or upset by the previous 1 million instances of police violence. The doctor was extremely rude in his words directed at the cop (the MD insulting swear words are not heard in most videos now, but audible in some online versions of the video). Civilians need to understand fear runs very high in a cop when people approach a cop after a traffic stop (which 99.999% of people never do, they remain the car, this MD was maybe tired). The whole idea is that cops get training to keep cool when people swear or belittle them, via one national police department, not 20000, so they use gentle eterni music background with a drone coming out of the cop car and the Immortality *Traffic System* telling people from inside the car to remain in the car, etc and there is no need of dogs, as lifetime labor is sentence for any violent crime or assault on police. Due to dog biting him after he was already on his knees, doctor tried unconsciously to protect his leg from the dog bites with his hand and officer sadly reasoned that the MD was resisting by 'not putting his hand behind his back'. It's instant reflex of anyone bitten to protect their leg. It's an unfortunate event due to lack of training, educational standards for both doctors, civilians and cops. From the get go the cop uses ultra violent tone and normally he ought to never be a cop again in a civilized world. It's possible the MD was mind controlled and the cop too, by some FBI guys watching it

unfold. Sounds like a setup to me, to teach the MD a lesson, since no kind MD would behave and talk to a cop like that, you should have seen the video where the MD words are audible, shocking. How in the world did that guy become an MD to take care of kids is a mystery. The fact that guy is a child MD is equally scary. We need real reforms for the MD field too, not just police. Sadly, cops sometimes release dogs against trooper orders when there is 0 need for a dog attack. Dogs need be used only in life or death cases.

USA has 46% of world's civilian guns and 4% of its population, plus 600 reports of real? and possibly mostly FBI staged fake? mass shootings every year designed to make people aware of proper gun use. Oddly, over the last few years, in states that allowed anyone to conceal and carry a gun without any training, any background check, etc, they got a spike in violent crime. It's unbelievable that a politician would allow anyone to carry guns, like DeSantis and other Re-pub-licans, when we have so much violent crime in USA. Australia is more civilized, concealed weapons are not allowed, so gun homicides are 60 times lower than USA. Oddly, Washington DC gun homicides were 27 in 2023, which is 540 times higher than Singapore, all that Hollywood music must have helped. UK gun homicides per capita are 100 times lower than USA, while gun ownership 26 times lower. *Romania* gun deaths rate in 100000 is 0.16, the lowest in the entire Western World (EU, Americas, Africa), UK 0.24, Poland 0.27, Netherlands 0.48, Hungary 0.55, Moldova/Spain 0.64, Australia/NZ 0.91, Lithuania 1.0, USA 5, Argentina/Somalia 7, Philippines /Costa Rica 8, Iraq 10, Uruguay *11*, Mexico/Haiti 17, Belize/Honduras 20, Brazil 23, Colombia 25 (be careful around them, they make all cocaine in the world almost, many gangs), Guatemala 33, El Salvador 36, Venezuela 37, China/Japan/South Korea 0.08, Singapore *0.05*. America is the land of the Wild West, pure gangsterism, I didn't realize that until 2023 when I read some statistics and laws they got. Check out how many nations are loaded with guns for civilians, it is unbelievable. *Our planet is so violent*, it has *860 million civilian guns*. Some Americans don't know that mass shootings don't exist in many countries, that is in 30 years 1 vs 8000 in USA, *8000 fold difference*. Most of these countries are not that known. Why would anyone need that many guns for civilians? It's insane. It shows how empty and useless these churches, mosques etc are for ending violence. Can we ☺☺*lovingly tenderly gently kindly*☺☺ ask why? Of course, we can. 1 reason is that no existing major place of worship focuses on nonkilling, World Peace in 3 months, the urgent need for that to prevent species extinction and the qualities we lack in our society: gentleness, *tenderness*, *nurturing grace*, softness which are actually nonexistent and not part of any discussion in *daily services in any group*. They're too feminine for our brutal savage world of violent thuggery. The map for cop, civilian, military guns is here, click on any nation and it tells you. The UK police (armed cops are only called in dangerous situations when tasers, batons, pepper spray don't work) shot about 70 times fewer people per capita than USA in 2010-2020, because UK/New Zealand police almost never wear

guns and civilians in those countries have far fewer guns to attack cops with. *USA cops* are about 60 times more likely to die on duty than UK ones, due to the gun culture of Re-pub-licans. *Is USA hell? Yes. Why on Earth does everyone need a gun for and why do cops need guns for? Because the music is* ultra violent diabolical incitation to genocide. In 2021, USA police shot 995 people vs 2 in the UK, or 100 times more per capita. *Vote Rethuglican? Or* eterni? 18 other nations lack cop guns:☺☺☺ *Botswana*, Malawi, *Norway*, 75% of *Ireland*, *Iceland* *(even if 33% of population has guns for hunting, but hey they don't have bad music)*, Bhutan (Buddhist), 12 island states: Fiji, Solomon Islands, Samoa, Vanuatu, Nauru, Tuvalu, Tonga, Kiribati, US Virgin Islands, Marshall Islands, Niue, Cook Islands. Total is 20 countries worldwide. US will only change the gun culture via the Immortalist Party reforms to bring nonviolent music, literature, movies. So, on Earth, among bigger countries, as far as guns go, *UK is the only really civilized nation, with far less deaths of criminals by police action than the rest of G7*. Let us softly wish that the *rest of the world, will one day,* ☺☺*lovingly tenderly gently kindly*☺☺ *stop being THUGS*. Anyhow, the cops are sometimes bad because CIA-FBI are 1000 times worse, and reform is needed.☺☺☺

In medicine, etc we try to treat the cause, not the symptoms, and even better, to prevent disease, instead of treating the cause. However, when you look at policing and peace making globally, humans treat symptoms – for example giving fines, community service hours or jail time to the 'bad people' (or bombing into stone age or sanctions (that don't work much at all) etc to bad regimes) without an actual way to address the cause – which is not one individual or country, in case of war to 'punish a country'. Say for example, people drink alcohol and they get a ticket for driving drunk etc – that's not a very good solution, a much better one would be to enroll in a healing class that develops the universal compassion for all beings and lives in a simulated virtual reality scenario the drama (or by seeing a video of devastation a drunk driver caused) a little alcohol can do, plus all the studies on alcohol. Likewise, when someone gets a fine or worse for more serious things like domestic violence, the doer is not going to be happy the spouse reported it and after that this will build tension perhaps without proper healing classes. The couple needs healing and the doer needs serious therapy in a healing center, simply placing one in a cell for 2 weeks or a day or fining doesn't do anything, actually it can make things far worse for the couple. It's not out of fear that we want to motivate people, it's out of infinite loving empathetic understanding of the suffering they caused by driving drunk, etc and that only occurs by enrolling in a very serious healing course so the person truly understands from direct experience and develops spiritually, becoming unrecognizable saint over time to the terrorized victims (terrorized by his lack of grace and good upbringing, etc), instead of just act out of fear or even worse, redoing it hoping it won't be caught. ☺☺☺☺☺☺☺

The course *may take* 12 months to complete, 5 hours weekly on weekends, if a minor thing (yelling, verbal abuse, psychological terrorism, etc), so about 260 hours of healing, meditation,

the 20 emotional evolution habits, etc – and way more if anything violent (not just talking in a bad way, but something physical, like slapping a child or student or anyone or a 1 minute spanking of a kid/sibling first time ever which are signs of total misunderstanding of parenting, need of 2 year educational course, 2 h/weekend, and 100K fine), i.e. 12 hours daily, 20-200 days in a row minimum away from home, plus the 1-5 years weekend 5 hour weekly continuing education, healing, evolution sometimes. Maybe half of the daily 12 hour program is passive relaxing listening with eyes closed to peaceful music and meditation and teachings of conscious breathing happiness independent of circumstances, eterni tone healing affirmations (we are loved by the Immortals of the future, we create a world of peace and love and Immortality for All, etc), etc to not overwhelm the brain with so much learning – and some hours can be light physical exercise *to help maintain the facility, grow or prepare the food, to ensure a balance life and optimal health.* They can even include classes where the party who did something funny apologies to the affected persons and a healing occurs, they forgive each other, tension dissipates, when both parties want to take part in this type of reconciliation so people are free from negative repressed feelings or etc. This obviously is not going to be more expensive than the current system, but the society is 99% responsible at times, due to the music, news, literature movies depicting criminal behavior – and they use scapegoats – and police fulfills the wish of the masses to scapegoat, having not much of a choice on media, TV etc content, tone. Of course, the more serious events would require a healing class that is in a secure facility, etc.

We love to blame and find one group or country or etc that is the source of issues, but all cause it. It's true that some people intentionally induce others to do bad, but if society wants to remove those instigators, it can't be just only some, it has to be everything that instigates, even tone of millions in schools, jobs, media, TV, literature, etc – so it's going to take a while, not 1 year. People say 'reform police', but are they willing to reform the tone of vocalizing even nice stuff? People can't blame police or bad people for things that happen, everything is created by all. Police sometimes works in a situation where they can die any moment, unsure if the guy has deadly weapons or not, extreme stress, so before blaming bad people/police, perhaps we can be more compassionate and understand. Immortalists understand if we want real change, everyone needs to contribute to it. When was the last time many people used such a tone in addressing closer people (spouse, kid, etc), or this 'angel of infinite love' tone, in honoring the Immortal angel in them, helping them to feel loved, better, to heal, etc? If God or a potential trillion year Immortal is in people and police, this is a tone we could employ towards all beings – so how is ours? People don't even realize how much they terrorize and torture others with their tone of speech, let alone actions that come out of it, but they're quick to blame "terrorists" for etc. Parents etc don't realize world wars and genocides all start from very minor things, like bad tone, that becomes a slap, then a spanking, that teaches violence and that creates ever higher

violence over time... *(not necessarily physical in nearby people, but via the ripple effect by creating negative emotions that contaminate all around and add to world emotional garbage that becomes perfect ground in habitually violent people to take it to world wars)* and they get mad at 'bad countries' but they terrorized their family for 50 years... with their tone, etc. Tone creates and reflects all our intent, emotions, actions, way of life, etc... It's the first place to stop evil before it becomes a trillion times bigger and leads to world wars, not just a minor event. Parents etc complain about this and that group being violent, but were they always the most angelic beings who taught infinite loving kindness by living example, were they ever angelic in tone with their kids, even if they didn't ever spank them, etc? Now every cop/person can do prerecordings on a better day and play it when feeling down or anyone around is down, to help everyone feel better and make the world a more compassionate loving place. Police violence is a perfect copy or reflection of the average individual family dynamics – bad tone, yelling, etc. as well as everything in our media that is a little escalating in tone, etc.

A new culture in policing/military emerges: just as there are trillions of ways to Eternal World Peace without war, that we can discover, there are *trillions of ways to 0 Violent Crime and 0 Crime without any karate, martial arts, fight skills* training, and without even the real death penalty (which can be faked, but everyone will be told it's real, see details here, to understand that the 'death penalty' below may refer entirely to the fake one where the person is forever disappeared into a healing center for life, without a trace, no ashes given to family). The focus changes from muscle building to eterni tone building, healing ability, anger deflection ability training. The One Police Department for the entire USA or EU or any immortalist nation, like the general training for soldiers, is efficient and uses the same exact 900 steps for the main tasks, all well designed to prevent stress or the need for punching or hurting anyone. Every prisoner of war is also treated kindly, so they feel loved for the first time in their life, not brutalized by the culture of hazing, destruction of subordinates during training, who're too smart and a potential rival for the psychopathic boss, amputation, genocide and mutilation that rules most militaries today. Such prisoners also can provide 1 trillion times more useful labor, info and support, than if treated as in 2020s. No torture is allowed by any police or military, since there is no use for it. The info gained is usually false and inaccurate, as the torture changes the memory slightly, etc. The torture destroys the human quantum field and will disintegrate the country doing it, as the human quantum field will work to wipe that nation out and support the more species building military or police department. No torture of any gang member is allowed as that destroys the human quantum field, they simply are executed or given lifetime labor (work in a healing center and be treated nicely, and if kind enough towards him, he will naturally love Eternia and tell us what he can, via positive motivation, without torture. After the 6-12 months of national TV 12 hour-20 training on ethics, all gangsters are executed if violent crime committed, like selling

more than lethal dose of a drug as explained in the "0 jails" section. If the government has an area to take over, it can notify all residents to get out and go thru a check in area, where dogs or drones detect traces of drug use, 1 billion times faster than today, 2 trillion times better, so then those guys who smell of drugs are asked some questions, their guns are removed, as are guns for all civilians after we wipe out dangerous animals and nobody needs guns anymore. Then, a special device kills all within 10 miles radius who did not check in by the deadline, because they didn't want to surrender the weapons. There is no need to use any torture or interrogation, any urban combat skills (whole town filtered and then blasted with a device that wipes out humans only). Torture is a waste of time and does more damage than a painless death (since they can't know if it was lifetime labor away or death). "Fellow Immortal Soul,☺☺☺ we want you to be happy, and we appreciate if you can take these classes, understand immortalism, and then give us any info if you want to help us spread peace and make everyone feel happy, blissful, like you will feel for the first time ever, after going thru the meditation classes." No torture based interrogation is allowed, as forceful energy destroys the nation, when applied to people who will still be alive for more than a few days or weeks. Allow criminals to rest, heal, sleep well for 3 months, first time ever, feel loved first time ever, they will gain cop trust, help cops know all about their gang. The cops today get 1 million times less info and they destroy the human quantum field 1 million times more than by killing 10 people painlessly for violent crimes.

☺☺ Low IQ ☺☺ *cops and soldiers don't understand force doesn't yield any useful info, only destructive* stuff, since it creates infernal vibrations that will *eat those subhuman cops and soldiers alive slowly, and the whole nation too.* Torture does far more damage as it entrains the living humans into a state of negativity that fuels eternal wars. Thus, intense torture of one gangster to extract false info, is actually, destroying the nation more than even executing 100 violent criminals. Once people understand the fact all living brains are tuning forks that communicate, they realize torture never works, since gangs appear ETERNALLY, as violent crime does too, as a reply to aristocratic gangs subtle violence of subjugation, the gangs who terrorized humanity for 50 millennia, so police is busy bringing the happy end of *aristocratic gangs FIRST, of aristocratic royal families of militaristic terror and genocide, cult adulation, guru worship, personality cults and 33 million companies*, instead of just 11 for decent food-shelter-sleep for all, before beating the workers, who don't deserve any torture and any beatings [deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives)] as they're mere victims of the royal and aristocratic class criminals. The immortalists don't want anyone to suffer, are the antithesis of Jewish Bible psychopathy and obsession with torture, crucifixion, etc. The violent crime gangster soul will happily go to the next growth phase, to his purgatory or nicely reincarnate as a new human taught from age 0 in eterni tone in 2 billion times better ways. Nobody will do rape once death penalty is the

punishment, penalty shown only once on TV, for each typical violent crime committed so all know it's real. As old generation dies, the new one is raised without any scene or knowledge of rape, without knowing what rape even means, so it won't happen. All kids/adults will be explained sex is for pro-creation only, after you have lived with that girlfriend or boyfriend in a house ideally for a while and by default all beings are taught since age 1 the principles of personal space, free will, of the evil of forcing one's will on others, of the need to immediately report to parents or authorities when others try to force thoughts, ideas or actions upon oneself by dialing the emergency number, all contact during pro-creation attempt needing to be ultra gentle, pain free and soft. Thus you don't need to show any violence on TV to "educate", as that reignites the genetic memory. All are taught the value of gentleness, of not forcing others to do your will, etc, of being ultra soft, tender, graceful, etc so there is no genetic memory of rape or punching or any violence being created, as with the demonic Bible, the evil literature today. Many so called "cultures" today are a sick joke from a hell of chimps. Thus, we build the new Eternal Bliss ☺☺☺culture, for all and within police and military, of Immortalist Anthem. The phony "science" of torture/interrogation is as useful to civilized people as would be talking to cannibal chimps who teach us the "science of stealing a neighbor's baby and eating it".

Due to the risk of all humans dying soon, via new quantum weapons or electrophotonic simpler tech that alters all matter, we can't spend 50 hrs/week to reeducate a 50 year old serial killer, as it drains the planet, so we simply give them the videos to listen to if we decide to implement lifetime labor, or execute them if the planetary emergency demands we have no cops to make sure they're not going to do bad things, sabotage the work assigned to them, attack others. If we protect life, we can't allow them to live, as someone who did such a genocidal act as a punch, could do it again and kill someone, a kid even, or a senior. We do EVERYTHING possible to reeducate 12 hours a day on TV-radio everyone, so that nobody has to be executed again, or breaking the quiet cities rules, or only a few mentally insane ones. This requires a State of Emergency for up to 20 years if we can't bring executions number down fast enough, for continuous 12-20 hours a day, mandatory TV-radio-Internet education in eterni tone to prevent punching, kicking etc (punch, kick, etc lead to execution). We need total takeover of all movies, TV, radio, Internet to inform all that Death will be the consequence for any attack of any human, so that death penalty is only applied in 1 not 10 million cases, by reducing punching, violent crime incidents 10 million times. *We take death penalty seriously, but punching acts lead to nuclear wars down the road. Road rage is not justified. People are tired, make traffic mistakes, this is no reason to punch*. Real life is different, when WW2 happened, people did kill prisoners when afraid of sabotage due to lack of staff to supervise or feed the prisoners, so in a planetary emergency, death penalty will be used for punching etc. We're in a planetary emergency, so USA may change its laws one day. The 2024 police, military, culture standards today are criminal,

genocidal, psycho and suicidal for our species. The broadcasting of punching on TV, via boxing, endless crocodile IQ sports like slapping, martial arts, police training and other hideous sports is more dangerous than Hiroshima blasts. Karate offices are more dangerous than the Nagasaki blast, as that is one event, but these demons perpetuate human on human violence forever. We refer to kicking arts, not to energy cultivation or gentle movements as in tai chi or qi gong, just stuff where you hit others. These grotesque demonic "martial arts" need to be banned globally as they perpetuate the belief and genetic memory that humans will be violent forever and we will need to remain forever in the 1st grade of human development: chimp violence daily on TV and daily in our society. It's never too late to grow out of our psychotic infantile violence, and its deification via ultra violent psychotic scriptures. Now we can begin bring Eternal World Peace.☺☺☺ All "weapons and gun" toys and killing devices replicas banned from all toy stores.

Cops, soldiers, etc are the ones that need to lead by LIVING EXAMPLE the general public to the Era where Nobody Punches Anyone. All dog use (except to sniff until drones are 5 trillion times better) are forbidden as that is brutality of the highest order. Everyone needs to be educated via the 1.4 years training about the New Police Methods which Ban All Martial Arts Training Globally. These new methods Ban All Punching scenes in all movies, TV, etc and from all music, etc. Then, the new genetic memory emerges, free from the worker beatings of 5 million years of chimp energy, deified in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives. Anyone who still attacks police during arrests or etc will receive the death penalty for dragging humanity into the infernal energy of child beatings, so eloquently deified in the evil unholy Bible. This death penalty is instant and rare, only for the mentally insane people who, abusing the infinite kindness of the New Police Culture of being Ultra Kind *gentle tender soft*, are attacking regular people or even the cops themselves. Since nobody is required to build Muscles, only to build Kind Tone and Ethics, Compassion and Gentleness, Healing and Grace, the cops have to travel in groups of 5 at least in more dangerous areas, so that if anyone is attacked, instant death can be applied fast without anyone else dying. This won't be shown on TV, to avoid reigniting a genetic memory of chimp violence in the human quantum field. The most important thing is that nobody is arrested, except those engaged in violent crime who're taken to a healing center. Fines and educational courses for other crimes ensure a huge decrease in arrests. While some view death penalty for punching, kicking as cruel, we need to gently kindly compassionately understand that a punch/kick has ripple effects that lead to 100 homicides over the next trillion years at least. So by one quick painless killing, we prevent 100 homicides that will happen if that guy is allowed to punch over and over again, as he would normally do. The thing is with many cameras and death penalty, nobody would punch and attack others, as they know DEATH is certain. We can't tolerate violent crime if we're to bring Eternal Universal Peace. It's out of love for the society that we kill

punching enthusiasts, so they can't terrorize the rest anymore or lethally punch a kid or senior. Only when a punch is viewed as murder will we achieve Eternal Universal Peace. In 2026, homicide is the USA religion, as seen on TV, where the homicide equivalent, punching, is deified, shown over and over, in martial arts classes, UFC. ☺☺☺ The planet knows really well what "Christianity" means: Ukraine and Syria cities in ruins, the "evil Bible/Quran in action". Qatar homicide rate is 100 times lower than USA almost, what a "World Leader" USA is.☺☺☺☺☺☺☺

WRONG PRIORITIES OF POLICE WORLDWIDE: sarcasm leads to arrest, but violent crimes, in the trillions, get un/reported and no arrests... thanks to the Word of Violence, Bible-Quran:

This section points out the criminality of many governments who practice 100000 violent crimes 1000 times worse than an internet sarcastic post, (10 years of torture of those who expose government corruption/abysmal IQ, theft of taxpayer money, treason of national interest) via torture, and not securing the borders from criminal illegals who rape, punch, injure, beat, torture, terrorize, keep as slaves locals or other illegals, yet fine or arrest people for the "potentially offensive question on Chinese food contents" or whatever. All Christians, Muslims and religious Jews commit offensive speech, instigation to genocide, rape, theft, arson, cannibalism, via promoting the evil Bible/Quran, with Jewish Torah being the worst Bible part. Thus, before arresting or fining anyone about offensive speech or sarcastic meme about an ☺ abysmal IQ☺ German government minister, the chimp IQ EU governments ought to close down all churches, mosques and synagogues, and fine these clergy retroactively, like with Holocaust payments 80 years later, for all damage done to the human quantum field for 2000 years, with Jews worldwide paying the rest of the planet 500 trillion in fines, for creating the violent Islam (a rewrite of the Jewish Bible) and violent Christianity, made so violent by the Jewish Torah inside, the determining vibe and tone of the Gospel too, as explained here in detail. Christians, Jews, Muslims Calling for genocide of 8 billion is far more offensive than posting a sarcastic meme about the low IQ German or UK or any EU government, almost all equally ☺filif toad IQ☺ puppies of the Brussels mafia. US has way more freedom of speech, but still US is somewhat like the UK, where 12400 arrests were made over "making online comment" in 2023, the real news is buried, while fake news is allowed and they don't fine people for sarcasm online, they simply torture them covertly with invisible weapons. Anyone who wants to sue someone for defamation is able to do so, even if it's simple free speech of one's opinion, that's comical☺, no improvement of society happens if people can't express their real opinion of others, no spies, traitors and criminals are found if nobody can offend anyone. Everything comes crashing down in one month, like USSR, where everyone praised the leaders. It's funny how making false claims is illegal in the US, but what do aristocrats do by the millions with their fake ads making ☺ abysmal IQ☺ statements like "Our product is number one for DC", without any science studies of high quality to prove that claim, without any % or numbers to indicate how they're better

than competing products etc. It's a defamation too for Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) to claim with no evidence, like 5 million other companies, that they're "the best company at making product X", which defames the rest and provides no data about what is better quantitatively, in a real study. US got 2 standards: slaves who defame and aristocrats who never defame and can't be charged for false advertising. In a fair society, 99% of ads on TV-radio would be banned, as the 11 companies section explains. You have to provide strong evidence for your ad claim of "better than others from one measurable parameter point of view, with large randomized blind controlled studies and also interventional if possible," with exact numbers, huge studies covering 10 million people ideally. That alone eliminates endless trash companies started by 2 people who have no clue. While US has more freedom of speech, since the UK monarchy would end instantly if people exposed its corruption like this book does, it's still very limited, as criminal militaristic aristocrats can tell thugs (and the entire FBI-police-military they own) to torture people. So, we need a real democracy born of real data while you broadcast something for 3 billion people on TV, and total freedom to post anything online, as long as it's not a call to injure a person. UK however, against whom US rebelled, is on a whole new level of terror, as an article explains people get arrested for asking if Chinese eat bats, which is a normal question, since bats are rats with wings and in Asia 1 billion folks eat rats/mice. The UK or other nations arrest people for asking basic questions, or for sarcasm, but never arrest the royal family for 950 years of genocides, for stealing, together with 200 aristocrat families, 90% of UK wealth and hoarding 70% of land (owned by the 1% in UK) too shortening the lifespan of others due to overcrowding by 3 years each, meaning murdering (the equivalent of 210 million lifespan years lost, 70 million residents, 70*3 = 210) or about 5 million killed and losing about 42 years of lifespan (5 million times 42 = 210 million lifespan years) at age 40, while the citizens live in cramped condos and row houses. This is a Holocaust by the Royals against UK citizens. The cops, instead of building single family housing for all UK and the homeless, waste time arresting people 8 hours for asking simple questions that only some may find offensive. Isn't it 1 million times more offensive for cops to waste taxpayer money, arrest people when they could build homeless shelters? Or secure the borders to bring illegal migrants to 0, given in many cities in the UK, half the violent crimes are done by Muslim migrants and after 1 year 11% of violent crime cases are solved only due to no cameras and real reforms to prevent that by education, border security? Too much alcohol goes to the head of all these UK cops, who, instead of ending criminal violent illegal entries (UK cops give minor penalties to Muslim rapists who destroy endless Brit girls, allow all gangsters to come into UK, so these cops need to be fired, together with the incompetent UK government: same story in USA and most nations: cops are told by low IQ higher ups to do X, Y, Z, while stuff 40000 times more dangerous is never dealt with, all due to decentralization). Cops worldwide ought to stop brain damage by bars and pubs by a massive

ban on alcohol ads and also on alcohol production and education campaign about its organ damage effects, not arrest people over simple meal questions or posting an online meme (any sarcasm about a minister in Germany will get you a big fine, etc, or maybe more: the ☺puppy IQ ☺ German government can't stop intake of rapist and stabbing (see the concentration camps with cremation on US-Mexico border and all decapitations and murders illegals do in the US), punching Muslim migrants who attack German police with firecrackers 500000 times a year, but they fine anyone for a simple sarcasm at the 0 IQ of the German government, unable to secure its borders, slaves of some filif rat (rats are cannibals if hungry) IQ folks in Brussels where now the most common child name is Mohamed, as the Muslims flock to Brussels to influence EU policies). Meal questions (like the Chinese one above) cause evolution to a kind nonviolent world of 0 bloodshed of animals or people and 0 torture by Mi6 and UK army. Why arrest anyone for a question on Chinese food? Stop Chinese illegals entry into the UK instead, that's 100000 times more important, they use disguises as coming from Nepal, India. It's more like a war on the working slaves than a real attempt to bring justice, when UK aristocrats live in palaces like US Brits do too. Isn't it offensive the aristocrats make 5000 times more/hour? Not to mention, the genocides via laws the royals passed for centuries to subjugate the masses. It's funny, the sheer hypocrisy of the UK who never prosecutes the 950 year old crimes of the royals. The US feels like a UK colony, where all who criticize the US Brit aristocrats are tortured.

6.6. Immortality Test for The Nonkilling Noninjuring Holy Soldiers

The next 20 pages detail some of the peaceful billion trillion methods known to God and all decent people to bring Eternal Universal Peace (without violence) and 0 violent crime worldwide, some of the healing nurturing ways the kind soldiers defend the universal human right to physical immortality, via interdimensional and quantum means, plus basic common sense methods of the 260 page World Peace in 3 months chapter. The biggest lie is that God wants war, so entire scriptures were written to argue this fiction. God knows and favors a trillion octillion ways to peace without war or violence. The most important for soldiers (or police) is the development of eterni ethics, that makes them healers, not killers, singers☺☺☺ of angel of light like tunes, not yelling to intimidate, provoke (with or without realizing) and threaten, kinder and less animal like, in direct contrast with most historical programs of military nature that made (*most still teach tons of torture and cruelty, to extract false info, etc, destabilize enemy, etc, which harms the doer country in the long run*) men more brutal, hyena like and barbaric. The eterni soldier makes all enemies feel loved, if possible like never before, turns them into friends, he makes all beings feel loved, part of Eternia, the land of Immortals, so they want to switch sides. He's fully aware of his soul and can provide intelligence even if killed by low IQ mortal militaries, who don't understand the concept of nonviolence, nontorture, nonkilling; thus, the *eterni* soldier, inspired by God, clothed with the Radiant Beauty,

shimmering shapeshifting *light* of the Immortals and of the one God of World Peace in 3 months, can ☺☺*lovingly gently* help the development of artificial multiple layer light body ONLY (God would not permit otherwise and he can't go against God's will, as info comes from God) for those 100% eterni cultures (music included) and "0 torture, 0 jails, 0 violence" that are interested, a backup of the brain even that can provide real data (video recording of everything, using unknown physics particles, since the individual lightbody is in control of INA, not of the physical brain or body and is 100% independent of the body, providing true inteligence into the treatment of humans etc) to Immortality *Nurturing* Agency, INA, in charge of helping all to reach trillion year lifespan, since the backup mind survives physical death or any injury, torture, being like a drone that penetrates all physical matter and provides video of any location in the universe to verify the implementation of the precondition for joining the Eternia Alliance: eterni music, culture, 0 etc (see above). A planetary device (similar to the capsule device) can make all human brains move into a happy state by a "heat seeking missile" like tech that seeks the lepton-boson signature of all alive brains and causes a *state of infinite bliss and compassion, of wanting peace, of wishing for instant* Eternal World Peace*, instant ceasefire, 0 guns/violent crime in 2 years*. No need to pain, annoy, torture, terrorize, injure or kill anyone to achieve World Peace. A complete "higher brain functions related to compassion" destruction happens in all armies worldwide at the rate of millions a year, leading to a yearly mini-holocaust of the most essential part of the human body, Compassionate Emoting, Intoning, Speaking, Thinking brain areas, so the immortalists will end all that by unifying all. ☺☺☺☺☺☺☺

Clothed with God's or Immortals' (if atheist) *Infinitely* Tender Gentle Grace and Mercy, the immortalist educates all, even immigrants, into the way of nontorture, by replacing terror based armies with Eternium (details here) ones: to be human is to not torture and terrorize anyone; to be human is to sing only the most eterni melody, lyrics, vocal tone military hymns like verses 8-40 of the Immortalist Anthem. Aware of this, the ethical soldier is vastly different than the typical one forced by superiors to torture others. The 'roughest' or worst soldier (or any rank) or cop of a Civilization of Immortals is far more angelic and holier than the most saintly being of the mortal civilization. We, immortalists, want to help others become gentler, more compassionate and that is not done via arousing their anger or personal attacks, punitive measurements – just healingly humbly lovingly☺☺☺ sharing of how bad life was when wars left all without food, water, shelter, etc.. - this healing and 'education' needs be done decades before a conflict can arise, via cultivating content of speeches, media etc that focus on the nurturing feminine healing gentle tender qualities absent in our world. If we don't even talk of these things, imagine how much harder it is to even make them goals, to make them our actions, our qualities. If we read the nonkilling chapter, we see a different set of ideas, one in which the illiterate peasant with a machete soldier of the past is replaced with the amazing & beautiful high tech healing presence

of the Immortalists whose aim is to transform☺☺☺, inspire, uplift and heal the enemy, without killing, torturing, injuring him, at the most taking him to a healing center if the nearby the shield levitation and teleportation didn't work 100.00% of the time (due to attacks) as the eterni leader talk 1 year before World Peace arrives explains. The angry fight and flight panic of the 8th grade completed soldier of the past is replaced by the calm, tranquil management by the college professor (postdoc type education) of seemingly sci fi nonkilling, noninjuring, nontorturing techs that enable the transport of the enemy behind the shield or to special healing centers where no torture happens and they're transformed from robotic brainwashed killers *(2 day old babies vs Immortals, clueless babies who deserve infinitely compassionate universal loving kindness☺☺☺ from the motherly nurturing immortalists, babies who grow into most productive builders of Eternia, realizing their native country was evil and Eternia is the savior of humanity)* into angelic healers of the immortalist peace corps. One of the main areas of training is the ability to convey to enemy troops the infinite compassionate kind grace the immortalists have for the enemy and the desire to not fight and not have any casualty, but to bring a world of Immortality *for* All, i.e. no war or fights, so that the enemy soldiers join the immortalists overly or covertly to reduce casualties 8000 fold or more and have a chance to reach physical Immortality. ☺☺☺☺☺☺☺

As the enemy soldiers approach the land, air or sea of Eternia or Eternia Alliance, the shield around Eternia conveys via divine ecstasy state and feeling loved that they mean much longer than present country and even, if lucky, Trillion year lifespans for all enemies who defect to Eternia or surrender, infinite forgiveness and 3 choices: joining Eternia *(they show him what it is like, on a gigantic holographic movie projection in front of the plane, tank, ship, with clear words in enemy language and sound sent to the person, etc, and, if possible, by brain immersion into the virtual reality (the movie projected where you feel 1 million times more than just watch) visit to the welcoming center shimmering palace* where 1000s bow to the Immortal Radiance of the soul within every defecting soldier and thanking him for choosing life instead of death, etc and filling him with infinite bliss and love, letting each rest on an amazing & beautiful ☺☺☺ chair while they experience *nirvana; a welcome not even the leader of his country gets from those running the show behind)*, via the shield gate (shield is impenetrable to any enemy weapon, it's around Eternia ☺☺☺ and Eternia can move it unto nearby countries if they invade, taking over those nations that dare invade) into a loop within the shield whereby one is surrounded by the shield for safe transport to Eternia healing center, run away to native country from the shield or be fried by shield if you run into it or get too close attacking the levitation machines that try to move you away from it if shield is moving. Eternia policy is not to take prisoners, due to their love of free will, only those who really want to be there or who were not pushed fast enough to avoid being killed by the shield. However, due to being a little ahead of the enemy, 99% of those who didn't flee the shield and had a chance to hear Eternia speak into their brains, defect,

realizing they were tortured all their existence since birth, having never felt such love. Once safely disarmed, etc, and relaxing, eating, sleeping, they're welcome to Eternia with happy music and more meditative bliss, plus a 2 week vacation to rest, relax and heal from 20-90 years of terror in enemy state; they may, if healthy (no virus, etc) even receive a little massage from healers there (if sick, an AI robot could do it in a sterile room) and be kissed on the cheek by the happy smiley kid teams who welcome the new Immortalists with sweet eterni songs.☺☺ Even if the shield is not there yet, Immortalists can develop a gentle AI cloud *that* musically, *(*eterni anthem perhaps*, or something like this 2 minute song, just a lot better, since I was sleepy: Immortality for All), gently, tenderly, healingly* turns all enemy tanks, artillery, weapons, planes, vehicles into a powder enveloped into a gel to prevent inhalation and toxic effects, while leaving the soldier intact surrounded by this material – even leaving clothes intact – to enable peaceful surrender and nonkilling for the avoidance of human entanglement field disturbance and easy transport to the healing area. This tech also helps save lives during earthquakes, since some people get stuck in concrete parts that can't be removed without killing the person – so this tech can be adapted for that too to create a bubble of air around people so all powder falls like a liquid that doesn't wet the clothes, ultra light and the people are left standing surrounded by a 1 or 10 inch layer of powder coated with the gel, that covers their feet. This tech allows rescue in many other machinery human trapping cases or even underwater, for ships with people in them, by creating a big air bubble around a ship or person and then this lighter than water enclosed gel would force the air bubble to rise with the ship or person; or even rescue in zoo cases, when the aggressive animal can be 'powdered', without affecting the human, not to mention, police can make any weapon of anyone into powder too, to increase safety in a tense situation – though by that time, society would be so advanced, nobody would even think of injuring others, since cops can overwrite brain state easily and achieve infinite bliss in any person in 1 minute.

This is the beginning of celebrating *Immortality for All*, instead of various holidays nations celebrate to glorify the violent methods they used in some past victory over 'some enemy' – people will give up such celebrations, since they reinforce the violent past, and instead celebrate the future day of victory of humanity over violence itself, over methods that disturb human quantum entanglement field and shorten our lifespan, the day when no human is injured in 'war' and all have the human right to not be collateral damage when 'war' breaks. 'War' will be more like a little argument over how infinite the loving kindness could be or ought to be in a situation for a certain group of people, without anyone getting the slightest injury. ***Immortalist soldiers don't hunt to kill animals (anything that moves), to prevent bad vibes they're already more subject to, due to their job, by quantum entanglement, and thus diminish likelihood of war; this is explained in depth in the 10 page speech of the*** Eternia Alliance leader 1 year before World Peace manifests; ***they're also vegan*** or eterni for the same reason. This tech also allows

humans to defend against alien robots who may take humans as hostage, since it will make all into powder, except humans, even aliens, until we can program the tech to not kill aliens, if we can capture some and study them, to enable us to become friends with them, turn enemy into friend; this ethics also prevents us from being used as cannon fodder by one alien group to kill another group – further increasing the chance of our survival. Immortalists can also develop a simpler (far easier to deploy and invent) tech, called 'love holograms' that show a video over a city sky or 10 million streets, one 'attack over each 500 square miles, using drones and audio etc and direct human to drone to brain ☺ecstatic states of infinite bliss and love, via the most advanced AI and brain reading, which makes civilians understand Immortality *for* All and breaks thru the Internet firewall/all oppression/negative news about Eternia (the dictators didn't cover the good stuff about Eternia, not the angelic tone, etc, only fake news), showing the citizens and soldiers a perception of Eternia the others never knew about and causing 98% of population to instantly stop all war works and work for peace, quit working on their weapons, factories, etc.

It's not a destructive weapon, it's a constructive one released after sunset to make the light show with Immortality *for* All on the sky everywhere and amazing & beautiful ☺☺☺ things, but mightier than all thermonukes humanity has, it just only brings peace with 0 casualties; it is the mother of the motherly ones, the mother of all World Peace☺☺☺ techs – just deploy 80 billion invisible drones, made of new matter perhaps, or intelligent beams of energy via satellites that act as relay stations for the cosmic mind, that create fantastic holograms and spiritual experiences for every citizen of oppressed country, leading them to want peace and to join Eternia Alliance, and end war within hours with 0 dead. The epitome of intelligence. As the sky lights up, with amazing & beautiful ☺☺☺ holograms, making New Year celebrations pale in comparison, the music eterni explains to all the time has come to understand what Eternia is all about "*Infinite Love* for hate, Infinite forgiveness, Infinite | Immortality *for* All | people on Earth, regardless of what their government does. Eternia loves you, we want to give you all *trillion* year *lifespans*, keep you in a loving state of eternal bliss, for Trillions in Years like the Magnificent shimmering Immortals, while your government wants to kill human beings and take down all humanity with them – by quantum entanglement, when 1 single human is injured, tortured or dies, all human species goes down – but the falling government never understood it, the Day of Immortal Freedom has arrived. So join us, stop working for the falling government in factories of war, weapon systems and join the Eternia Alliance, see now the TV stations and everything in your country start to cover the sky miracles, you can't even focus on the weapons of death as the Immortal Life soul travel makes your soul soar into the outer space, behold the meditation miracles, soul travel miracles, the ecstasy states formerly in saints, meditators only, now given democratically to millions, as the people on the TV stations have switched sides and the country is liberated – and will within hours be fully free of the old government. Immortals to be, wake

up, the Freedom of Life is here to stay and triumph over death, the government of death and war is gone, the Government of Immortal Life can be yours, the God or Immortal spark (if atheist) within the citizens, the God within You, the government of freedom of spirituality, freedom from fake religion deifying cruel ritual, punishment (instead of education and healing), war and violence, but as the Angels of Infinite Life, we won't torture or punish anyone, only heal everyone and Unite Humanity into one Free People". Like with doctors who prevent disease and treat causes instead of symptoms, the soldiers would prevent a war before it ever breaks, focusing on manifesting peace thru international agreements, like those to ban CO_2 emitting cars, ban CFCs or other chemicals. It's very easy, with enough political (military controlled puppets) will, to declare an end to all inter-human wars, all war exercises (except collective planetary defense against asteroids or aliens). All weapons of this immortalist military cause no injuries, they are, in the beginning stages of evolution, mainly divine ecstasy states inducers (see above) to help soldiers understand and feel compassion for others and the human quantum field and stop fighting, as well as various missile or artillery shell/bullet/bomb interceptors, 'tank, vehicle, ship, aircraft' lethality disablers that kill none of the crew, and ideally, if possible, (when holograms that communicate or drones that sing and propose happy surrender) only deactivate the lethal and other weapons, to avoid dangerous events (*aircraft falling and killing those who failed to parachute, ship sinking and killing sailors who didn't escape the ship and get inflatable devices to swim until we can take them to healing center*) and facilitate easy surrender.

The Immortality Test would be about seeing the future where there is no war anymore☺☺☺, where we just protect the planet from asteroids, natural disasters, dissolve tornadoes, deflect tsunami waves thru big motherships beaming lasers and force fields, etc. Soldiers defend the Civilization of Tender Gentle Softness, the Civilization of Immortality, the Hope Immortal of Humanity to live in peace and harmony, and to survive any natural cataclysm that may wipe us out if we don't evolve to 900 year lifespans fast enough to get out of the danger coming at us, if any, unknown to science (black hole sucking solar system, etc, all kinds of things can happen, gamma-ray bursts, asteroids, etc). These amazing soldiers Value life and they promote less lethal weapons each year until Total Cessation of Violence, more arms reductions globally until they become the most Immortality bringing soldiers in the world and never kill anyone, as the Immortal Forces (Trillion-year-old Immortal "Angels" who create *universes* such as this one, etc) of the Universe have given them the technology to offset the nonkilling "disadvantage", they take people prisoners as they believe in Immortal Life, Transformation and Healing, since they love even small insects and don't kill them, but love them and set them free as true angels on earth who harm no living being. These people are tested to see if they understand their aim is to become truly Godly Angelic Human beings of shimmering Radiance, clothed with the garment of Resplendent Magnificent Brilliant Compassion for all, God's Angels who bring World Peace and

the World of Immortals on earth, they have the cosmic responsibility to bring that wondrous heavenly gentle *nurturing* softness that kills no human and enables the Cessation of All Hostilities in 2020s thru Immortal or Eternal Peace Treaty, this lifetime or very soon (see the World Peace in 3 months ideas) and brings that mind blowing World where human-human war exists no more, and all nations join in the planetary defense union watching out for asteroids, and other gamma ray bursts, white holes, etc... And who terraform new planets and discover new faster space travel, etc and Expand God's Immortality to new planets we turn from barren to Paradise.☺☺☺ The enemy is death, not other people, so all Departments of Defense work together against the number one enemy, aging and cellular wear and tear, diseases. The most lethal enemy of humanity is lack of knowledge that kills 100,000 people daily before age 100.

In the far future, a new tech appears that is even more mind blowing than the stuff above with divine bliss and willing surrender to Eternia in 10 minutes: turn the neutrons, protons of all weapons, violent books, objects into food people like that helps them to live long and nice decorations about Immortality *for* All, the qualities of kind soft grace, etc. Likewise, all bad music, content, literature etc can be replaced quick in areas with backward cultures and people can learn in 30 min how to be the most ideal immortalist thru the high tech that does to the brain what 40 years of learning does today. It's similar to brain upload, someone'e entire history etc is wiped out almost if needed (more macho types) and a new personality, memory, identity is inserted like in sci fi movies of singularity, almost instant transformation into an angel. This would not be always favored or ever, since the divine bliss state is so addictive, that they love it and they want to be an immortalist and love Eternia and over time, the mortalist memory fades, as they learn new things, new tones, new values and as people live to 900, they forget things from age 200 or 300 when they were captured and they were not an Immortalist, they can still access those memories via the special brain backup, but the brain only keeps recent and alive more recent experiences and memories, so the bad brain neural patterns will be naturally wiped out thru nonstimulation of negative emotion *(that the evil generals stimulate in humanity thru fake mass shootings, fake violence, eternal war images and no talk of peace in 3 months, etc),* thru the more normal slow immortalist education and watching of videos, etc and feeling the bliss, the love of the new hosts at Eternia camp for welcoming those who defected to Eternia or were levitated there during a conflict. This or the brain upload (if safe, this may take 50,000 years to make safe) protects the quantum field, as it eliminates any need of violence and war, since the brain is learning fast by the amazing & beautiful ☺☺☺ eterni tech of the future. New likes of Immortality *for* All develop, that today take 20 years, in 1 hour, new music tastes, preferences, ethical systems, beliefs, memories, identity (happy immortalist wishing to change name, free of all bad memories, etc, only beautiful memories of Immortality *for* All bliss experiences, ready to build tech of trillion year lifespans, all being happy☺☺☺☺☺☺☺). *A true*

transformation, that brings Peace in 4 hours to a country. You need nice delivery of the wave. *Millennia of fake violent culture are replaced in 10 minutes with serene immortalism.* This may sound a little odd or overriding free will, but it's to protect the species quantum field from killing effects and prevent any casualties for people who can't be instantly convinced to be peaceful and nonviolent, so as to avoid creating special forcefields around them if the divine bliss didn't have a strong effect due to the other army using methods that block it slightly by genetic engineering; it will only be done when it's the age of immortality, i.e. when people already understand if these techs are feasible and use them to live to 4,000 at least. ☺☺☺☺☺☺☺

Certainly, we would prefer to give some bad generals and soldiers a new identity, memories after arriving in the City of Immortals, than to have them kill millions of people or start being violent towards the angelic welcoming guards or doing sabotage; the catch is this can't be done via the brainwashing techniques used by Cold War militaries, sleep deprivation, pills, bad tones of speech, etc as that destroys the quantum field of all humans; this is something that nobody knows how to do as it's a physics we don't have; for this to succeed and not shorten average lifespan of humanity as a whole due to one individual brain being in resonance with all other brains, being changed in 2 minutes or 3 hours or some regular night sleep, completely, it needs 0 pain, 0 lifespan shrinking and aging for that individual brain (0 stress), and it needs a tech so advanced it can turn chemical elements into another and recycle chemicals at the cellular levels to bring memory cells into a different state (see the new particle jet explanation, you could insert new subatomics when waste is harder to recycle due to distance, via jets that bypass all other matter and localize a molecular structure only 1 cell has, as each cell is photographed and tagged as target to receive the supply of molecule builders with the memory, by creating a wormhole within matter to bypass normal matter), etc, to selectively change molecules, trillions of them, in select locations, trillions of them, with a precision that would enable us to also live to 5 trillion years old too (so then people will prioritize that and stop wars, so by the time this can be done without average human lifespan shrinking, it will also be possible to live forever, so people will lose interest in war), as we take waste from cells and turn waste into nutrients and bring all molecules back to age 20; so, don't get too excited, this is not going to be possible any time soon, it's requiring a physics and technology that is millennia away at least, if not far longer; ☺☺☺ besides, as the afterlife section explains, free will is more complex, so is the soul, because even today spy agencies write the brains of people partially.

The teleporting genderless shimmering shapeshifting Immortals of the future live to 8 million years old, or 80,000 longer than us, so obviously, they're beyond us even more than we're beyond fruit flies who live 700 times shorter than humans, so, the so called 'barbaric cultures today' have no meaning in the serene future of eterni thinking tones or music. This means that ANYONE would approve this, if they see a hard core killer who emotes negatively turned in 2

hours into the nicest speaking, nicest tone of emoting, nicest character, nicest belief system, personality on the planet today: they would be told, "you will be now going into this special device and feel a sensation of unending bliss for 2 hours, maybe some tingling over vocal chords and brain, nothing else, and come out rejuvenated" (new memories, identity, character, tone of speech, etc). They will be able to get in 30 min the knowledge of someone with 3 PhDs or 40 years of nanotech engineering experience, etc, so they will be able to feel very happy, as they're an "amazingly important person" when they wake up after the brain upload after the flight to the City of Immortals, contributing to immortality technologies development.☺☺ Granted, by then our world would be more advanced, as this would take millennia to achieve. Perhaps, it's about time we go beyond our fruit fly culture and evolve a little to some nonviolent peaceful civilization. If you change the brain of a fruit fly, making it go left, or right, due to some food signals to the left, that's not unethical, so a future human, will be 900 times shorter lived than an older human of the further future, a fruit fly. This instant memory upload may happen faster than 30,000 years, depending on what kind of enhanced humans develop and whether humans become cyborgs (after procreation to prevent issues), to attain huge memory or feats transhumanists talk about. This is all sci fi talk now, as we can't even make safe eyedrops, let alone safe phones or upload techs that give no cancer to the rest of the brain/body. Let's be a little realistic, since 3000 years ago they thought they figured out immortality, but were so so far away from it. Living to 500 even is hard given current science. So, until we live to 10,000☺☺☺☺☺☺☺, the nonsilicone attachment brain upload thing is unethical and lifespan shortening for all human beings and ought to be prohibited, since it creates damage to all.

Let's think about the change of guards in the stone age rituals in all monarchies today (or display in republics, etc): they're polluting the mental field of humanity with their display of weapons, ☺'cruel'☺ yelling (worst tone of any human, most polluting destructive tone on Earth that creates hell and war), and tight tension that contaminate all brains of people around by brainwave quantum entanglement. An immortalist healing noble divine Godly military builds/creates the ☺Immortal☺ man, instead of ***destroying*** *the mortal man*, intimidating, yelling at the mortal man. A noble neuroscience program sends any visitor with aggressive intent into a divine ecstasy state and he sits relaxed on a nearby bench enjoying nirvana instead of trying to break into a building or being tasered by police, or immobilized by the loving tech of the future (sci fi tech, 2nd best after divine ecstasy, infinite compassion and tranquility inducing) or a robotic guard or some AI camera that detects a potentially intruding person. These are safe environments where nobody can enter without access, so 100 people in a guard are simply redundant, not needed for mere show. This happy ecstatic state is protecting the entire human species, since when one human being is tortured, destroyed (toes, head, heart, knees, hand, ligaments, etc) invisible no contact passing thru walls "tasers, lasers, etc", or killed by a robotic

or real guard – it brings down all human beings who're quantum entangled with each other. For centuries, without a need to, leaders display guards in a tense state, who yell and such, as if this helps bring peace on Earth, when in fact it does the exact opposite, like the bad music bad bands play in dozens of nations too, to destroy eterni vibe and tone in humanity and bring us all to endless war and short lifespan, under the pretext of 'finding bad guys'. The bad symbols section explains how bad these tones are, and how ethical soldiers behave, plus alternative ideas to these Neolithic guard parades, like Immortality Tech booths. Not to mention that with a little headset or amplifier near the uniform collar, gentle soothing eterni tone 'commands' can be issued, in a real war situation, though they'll use radio and headsets for telepathy. All this time wasted for these soldiers moving around could be used to create the most Immortality *for* All desire building techs that focus on convincing others to stop all wars and achieve all resolutions of disagreements peacefully, so ALL, not just top spies/generals, can live long. For eons, armies built a rocket or artillery system that DESTROYS the mortal man of enemy army. The immortalist develops a *divine bliss tech* that convinces the enemy mortal man to not fight, join the immortalist army and live to a trillion years old if lucky, *tech* to build the ☺IMMORTAL☺ MAN in enemy army, the expression of true Godliness☺☺☺☺☺☺, for they too are God's kids. Launch a rocket or unknown tech that releases bliss waves in enemy soldiers and inspires them to switch sides, join Eternia and no longer fight in the devil's army (or army of low IQ folks who bring down the whole human species if atheist). Will we follow God/Tao/Buddha/Great Spirit or demons, (trillion year or 80 year lifespan, if atheist)? Well, a little drone can suggest to the enemy soldier to get outside of vehicle, and move out 30 feet, so a drone can strike it slightly to make it immovable (a little electronic jam, etc) and then he will have a reason to go out of the area in the forest and be rescued by Immortalists without being killed by his superior for running away with his tank, etc, there are 100s of ways to prevent death, when one can't know who is the boss in a formation of 5 tanks. The immortalist ethics is to prevent any death of any soldier or civilian of any army, since they defend humanity, its quantum entanglement field, not a country of "selfish 'we are above all' better than the rest, so all are killed except us" types who don't realize the killing of 'others' will lead to war in their own country later due to physics.

Thru publicity and the reaching out to enemy soldiers they transform all world's armies into Immortalists and bring Peace on Earth. They win over everyone, being the world's first Immortality *for* All army, nonkilling army. Immortality *for* All, not just kings, queens or top generals planning genocides in offices at no risk. When the likelihood of being killed is equal for the lowest rank as the highest ranks, wars will be using killing methods 900 times less. ☺☺☺ We talk about justice and ethics, but corruption reigns in militaries. If joining the military is such a soul elevating and ennobling activity, why aren't the top guys risking their lives as much as the immigrant/minority cannon fodder in lowest ranks? If they so much believe in God, isn't their

soul invincible and thus they fear no death and are as willing to die as anyone else, living in noisy tents freezing or baking in heat and taking enemy fire? It's easy to say 'negotiations didn't succeed so now we go on to mass killings' when you sit in a military-spy office, royal palace, gov building and are not taking enemy fire every 5 minutes. In World War II some EU monarchs fled their country, like many did in other centuries, taking on the benefits of being kings only, not the duties. Then after the nation waged war and won, kings returned, having no idea of what war is like. For eons, kings had to watch their backs, to make sure nobody would try kill them, not realizing that if they promoted Immortality *for* All, then nobody would even think about it, instead of promoting the fake miracle religions of torture of Jesus (symbol of cannon fodder useful low IQ soldier) on the cross of wars of expanding king's wealth, see 10+ pages on religion quote creation by military spies. Some nations got anthems singing God bless the *king*, (Belgium for example, and we know what that energy led to in Belgium and elsewhere for millennia: genocide after genocide) but what about blessing *the people*, giving Immortality *to All*? See more ideas of peaceful anthems here. The deification, blessing of the King without mentioning the people creates an egoistic energy of totalitarian authoritarianism that leads to useless wars, torture, since there are 1 trillion peaceful ways to any goal. It's not gentle tender soft *altruistic nurturing* grace to force the people to bless the king only in an anthem, or even to mention it, since if we bless and wish Immortality *for* All or Godliness, well being for all, that includes the king. The king can never die in war, even if he goes to military training for 40 years since birth *(many monarchs claim in biographies they spent only 3 years in the military sometimes, to* hide the stuff*, appear more 'civilian'),* they just order wars or blowing by gun, expand the kingdom using cannon fodder who obey the king like North Koreans cry/fake their allegiance to the leader. Today that function is reserved to the military-industrial complex who runs the show. ☺

We see today how proud some generals and others are for getting their egos so fed with decorations on uniforms, for doing endless torture, terror, killings, mayhem, suffering, see coincidence section. It's reasoned that because they prevented 100K being killed perhaps, 'it was justified to torture and kill fewer than 100K, maybe only 800'. But what about side effects over millennia that lead to another 100K deaths in lifespan years lost and more wars? So, will they end up in 'hell' or heaven, so to speak? Why not decorate only to those who demonstrate a virtue and action that prevents war and violence via peaceful means, without torture, killing or pain inflicting, via the most healing blissful experiences that don't damage the species quantum entanglement field, and lead to longer lifespans faster? Otherwise, the beast like jungle world today will reign forever. Wikipedia shows some comical names for all US decorations and others, absolutely nothing about preventing killing and the qualities to bring peace via peace, like *infinite nurturing* healing *gentle tender soft loving kind* compassion. Names could be those of qualities and principles that prevent war: Medal of *Gentleness, Ingenuity,* Tenderness, *Humility,*

Tact, Infinite Bliss, *Grace*, Universal loving kindness, *Infinite* Altruism, *Nurturing* Healing, *Patience, Devoted* Serenity. The physical locations of the medals are irrelevant, we won't be on this planet or map forever, the odd names about branches of military are temporal, what is Immortal is the Quality, the name that remains forever. It's so stone age, steeped in death, weapon, current Earth map. Immortals, Angels don't get decorated for fighting in one country, they serve on trillions of planets. They don't use names for stone age weapons on a planet or branches, they use *Eternal Qualities, names that last* trillions of years☺☺☺☺☺☺☺, free from names of folks, map of a planet, tech names or country. So, to make these qualities shimmering radiating more (when on TV etc), some decorations, like the Soothing tone etc can be printed in a contrasting color on the rectangles of the decoration, so the words are colorful – inspiring all militaries to copy Eternia and bring the world of Immortals. This way, the most important decorations are in big letters and rectangles that all can see easily, perhaps, even only 1-3 colors max for the rectangles, Gentleness, to make it easy to read on TV, for character development.☺

As explained in the intro of Chapter 5.5, shaking one's head a lot lowers IQ, triggers Alzheimer, lowers lifespan. It also reduces warfighting capability. As such, since in modern warfare muscle power is useless, due to AI based systems, it makes no sense to subject soldiers (or police for that matter) to any training that shakes the head so much. The head is a computer, easily damaged, that controls the body. If we exercise in chemistry and physics labs, we discover force fields that freeze people in place, with no need of any muscle for any police officer. This leads to a neurodevelopment of gentleness tenderness and healing ability of much higher level in every cop/soldier, as violent moves are not simulated in training any longer. Every soldier and policeman will become like a true healing angelic Immortal being. One argument people use for civilians having guns is that if some war breaks and all weapons fail, at least people do guerrilla warfare to defend the country. If so, then civilians could go thru a long training process to join the Civilization of Immortals Civilian Defenders, where they understand gentleness, tenderness, softness, and emotional regulation and that the gun is only for use in case of world war when all other weapon systems have failed and people need to defend the streets against invading enemies (because obviously if that happened, much of the military is gone probably due to the previous fights that disabled all weapon systems of probably all countries on that planet). That way, people are not using guns for random purposes, like "getting even, robbing, etc" and no person ever is victim of any shooting. If all imagery of attacks are removed from media, movies, books, literature globally, nobody will think to harm another human being, as this would be unthinkable, everyone would be taught to speak lovingly and to surround all beings in universal compassion and good will. In such circumstances, there is no need to ever use a gun to defend against an "attack without gun". In the transition period, of course, some people would say they need a gun to defend against those using objects to attack them. But they would get it only after

extensive training in ethics, serenity, conscious breathing, smiling☺☺☺, being nice to people so there is no fight or argument arising easily, etc and it would be very rare they would need to use it, as media no longer creates a continuous stream of bad people thru subconscious programming of people via music lyrics, music styles, books, movies, etc. The international agreement on education and media content is one that teaches the elimination of all violence, of all crime in all media, and also loving all people, hating nobody, speaking very kindly while radiating the most soothing graceful loving kind merciful serenity towards all beings one talks to etc. This would make the job of police and soldiers far easier, as soldiers take care of the planetary defense against asteroids and wipe out hurricanes, tornadoes, tsunami waves, thru force fields and lasers before they become big, etc... and police work to prevent negative emotions thru new methods, like helping others, altered states of bliss via prayer or meditation, better sleep, nutrition, character and Immortal qualities development, etc. ☺☺☺☺☺☺☺

Socrates reportedly said that "to bring about change, focus on creating the new instead of fighting the old". Soldiers, like police, have the job of bringing about a world of peace and no violence. Naturally, the question arises, which method is the best long-term to achieve this change from eternal warfare to Eternal Peace. If we look at the world news we can see that the main thing soldiers (or police) are trained to do is to fight the enemy, to fight the old, historical inertia that creates enemies endlessly thru the simple power of inertia. We can see that even in history and literature classes, where we focus so much on learning the past (historical inertia) that we recreate it thru strong programming of our subconscious minds. This is better explained in Chapter 4 on Education. Similarly, instead of creating the New Peace, humans fight the old war, or as explained in the police section above, instead of helping the good guys make everyone good, police is focusing too much on finding the bad guys, without removing the actual "historical inertia" that is creating an endless supply of bad guys, like the movies, songs, lyrics, TV, nutrition, education, etc. ☺☺☺ Instead of making the uplifting peaceful movies, literature, educational system, songs, lyrics, nutritional guidelines, etc that create the New Era of Peace and 900 year lifespans, we see people focusing on fighting the bad guys, fighting the historical inertia force created enemies. Instead of fighting the old historical inertial force, we can create a new Future force, the force of Immortality and Peace, the force of the Kingdom of *Heaven on Earth* timeline so to speak, thru a multi layered strategy that extinguishes the historical inertia force ability to create enemies or "violent crime", as explained in Chapter 13. Focusing on improving mileage is good for cutting oil use, but focusing on renewable energy powered EVs eliminates the need to have gas. Likewise, when we focus on the New, the Future, the world of Peace and All people being our friends, we create it and no longer need to prepare for war that in that timeline don't exist. We precipitate the World Peace timeline by focusing on it. ☺☺☺☺☺

We can see that people are trained how to deal with the old, with the events of the "old", like a

crisis appearing and the need to deploy special resources or even police or military units in an area. People get this training naturally, as that's what they do in war exercises, etc, they prepare for the worst case scenario, war breaking out. We all know that and don't think much about it. But what happens when the focus is on fighting the old historical "death and war" force that creates enemies, we have no energy left to create the "Immortality and Peace" force. We can't connect with the timeline of peace strongly and we recreate the old "eternal war timeline" by fighting it so much, rebringing it into our awareness. Everything we think about a lot we tend to manifest, so when 99.9% of the focus is fighting the old, with 0.1% going towards creating the New, there is a way higher chance to recreate the past without wanting. When people simulate a bad situation, in police or military training (a war exercise), they're creating in the mass consciousness field the stressful fearful energies of war or bad things happening (and their heart rate HR may become too high, so if they ever do bad simulations they could wear HR monitors and stop training if HR rises too much indicating training has failed, since one is meant to remain tranquil), slightly, even if to a much weaker level than in actual real wars or events taking place. Because of this disturbance of the mass consciousness field, the telepathy precision of the soldiers or police is becoming lower, as these unbalanced feelings brought by this connecting with the worst case timeline interfere with objective telepathy, empathy. Telepathy and empathy are very intertwined, as all memories and concepts are highly linked to emotions, just as any telepathy received has an emotional content and an emotional reaction from us. Another problem with focusing so much on fighting the old, on "simulating the bad to be prepared for it and remain calm", is that it is taking people out of a tranquil healing gentle tender soft state of oneness zen perfect telepathy healing ability in which people are able to develop their true healer abilities of turning enemies into friends, bad people into good ones. These soft skills that depend on highest happiness, inner peace and well being to tune into the right emotional, energy, thought radiation to facilitate harmony and defuse conflict. ☺☺☺☺☺☺☺

Many times, a general or even police officer may be confronted with a situation where a false report or some paranoid neighbor reported some suspicious activity in an area. In reality, nothing bad was occurring, it was a harmless guy doing gardening. The officer or general or soldier goes to that location and for some reason, maybe too many unbalanced energies or exhaustion from all these war exercises or bad events simulations and overly thinking about bad scenarios, his mind is gripped with fear that the guy he sees is a bad guy about to do something. He may think that also because this is what happened in a movie or training he had. His fear is so strong, so emotionally charged, that it diffuses by telepathy into the mind of this harmless gardening person who is now slowly moving into a fearful stressful emotion. The person is very relaxed, a good receptive state, and picks up this fear thinking it is his thought or emotion. Then, without even being aware the police guy was watching him, the gardening guy picks up a stone,

without knowing why (possibly because the officer thought about a movie when a guy threw a stone) exactly to move it sideways and then the police officer may think he's trying to throw it at him. The police officer may then tell the guy to drop the stone, and the thing can easily escalate to an unfortunate end, like an injury or even death. This unintentional telepathy diffusion is an example of how when people think certain thoughts, very fearful, they can be taken out of context by others (since telepathy is not necessarily with all context when diffusing) and acted upon, due to the illusion of it being one's own thought or feeling. We're not taught to question our thoughts and feelings, as if our soul is our body and mind, when it is different. When people do a simple war exercise, other countries may think invasion is imminent and they might start a huge military buildup which only ends up ultimately in war, due to strong telepathy diffusion (Chapter 5.1) from the war exercises people unconsciously beaming to the potential enemy leader that "war is imminent" (could be a random soldier doing it unconsciously because he believes war is imminent, so somehow a potential enemy general picks it up unconsciously and goes into full panic). The example above shows how any negative emotion or negative thought of an officer when strong (or past subconscious thoughts which can diffuse without officer knowing as explained better below), can materialize without anyone wanting or knowing how it happened. That's why when people are trained to become cognitively and emotionally serene or undisturbed and universally kind, a reasonable hypothesis is that from the point of view of 200-900 year old humans of the future, there is an advantage in achieving this training in real events only or mostly, not in simulations and only to do it slowly, so people can remain in divine ecstasy trance states often and super-positive mind states.

For example, instead of taking part in simulated bad or threatening events for developing a non-reactive non-panicky state, one could go into the real world, where there is a state of unhappiness and turn those unhappy people into happy ones by having a little chat over a raw vegan smoothie, meal or something like that. This real world healing would diminish chaotic emotions and negative emotions in the mass consciousness field overall and enhance telepathy precision, while in the "simulation of bad situations" people temporarily slightly increase chaotic emotions and negative emotions in the mass consciousness field and diminish telepathy precision and the ability to remain very calm and happy.☺☺☺ Since no real person is healed, there are no negative emotions decreases in mass consciousness field, just one guy being subject to stress to see if he can remain calm, sometimes becoming very agitated as a result and increasing negative emotions or thoughts in the mass consciousness field and by physics laws, the field putting pressure on the ripple maker (the trainee and those making the training) because action force = reaction force, Newton's third law of classical mechanics applied to human thoughts so to speak, and this pressure brings noise and lowers telepathy precision and World Peace bringing ability of trainee and trainers, by making them less capable to turn enemy

into friend thru the healing soft grace of Holy Spirit so to speak, or the radiation of strong positive energies that by physics law above creates a friend from an enemy. In the case of soldiers, instead of war exercises being the only focus, a lot of training would be real life helping of other people in other countries for example, to improve the lives of those people so as to build trust, friendship and turn enemies into friends. This enemy into friend thinking, centuries ahead, has over time the power to prevent the rise of new endless wars and to bring World Peace much faster as Chapter 13 explains. In the case of police recruits, the real life training could be to go to a bad neighborhood, use kind *gentle tender soft* tone of speech filled with amazing & beautiful ☺☺☺ vibes, healing energies radiating, etc and cheer people up there or talk to people in prison (who may be there for just a few hours or days even), etc, to totally or partially change them and the prisoners being told that they can evaluate how they feel after this talk to this healer (the police person would be introduced as a non-profit healing foundation worker or healer) and maybe do it over 5 days a few minutes daily and monitor vitals like heart rate, blood pressure, etc (not just subjective joy) and see how they improve. As the police and soldier trainees (and trainers) become happier, calmer and more balanced, they can heal the world thru their peace building activities and build *Permanent Peace and Grace expand them to more areas*, achieving the holy grail of soldier and police work: the world without violence. ☺☺☺ The other problem with the police or military simulations of bad behavior by trainers in order to develop tranquility in trainees, is the fact that some of the neural pathways shared with real negative emotions get activated in the trainer (not just trainee) as if the trainer would be really in a negative state saying that and meaning it. This is very subtle, since even when one knows they're joking, if the joke is negative is has an effect even if small. This is a bit like when smiling a long time we induce the brain to release endorphins and happiness even if the smile is fake, when a trainer simulates a negative behavior, he reactivates some of those neuronal pathways and partial memories and loses the extremely rare ability to stay focused non-stop on a positive state of consciousness, essential for superconsciousness "divine ecstasy, satori, samadhi" states used in healing by contagion of positive emotions (Chapter 13 got more details).

Even very seemingly neutral or innocent things such as “left”, “up”, “down”, “right” or other “commands” people may hear during police or soldier training (like when they do a parade in every country on national day or military event), often have a tone that activates the neural pathways shared by fight and flight, or aggressive or cruel behavior, since the tone is yelling which is also used during life and death situations and extreme fear, paranoia or cruelty. This very subtly conditions the trainee brain to reactivate those negative emotional states, to be more cruel, more paranoid, to overreact in life circumstances and influences overall thinking leading to more war and violence in a very slight, infinitely small some might say, way. However small this way is, it is real, but some argue it is negligible, and nobody perhaps knows how

negligible it is. If you think about it, people can go left or right by listening to a very calm voice, knowing that their purpose is to love all beings and healingly bring peace, remaining calm in all circumstances and the ideal purpose of anyone in law enforcement or military is to be a healing gentle angel of universal loving kindness who brings peace without any cruelty, violence, pain or war. The habit of certain types of military speech tone creates the very distrust that makes peace impossible, because after millions of years, humans have learned to not trust certain tones and patterns of yelling and commanding. So, when 2 military commanders meet to negotiate a peace, they both instill deep distrust in each other without even realizing, by the very tone they have been so conditioned to employ for decades. One can't have a healing tone after giving commands loud for decades, unless one has trained daily to employ a very healing speech with other people (perhaps family, pets, kids, etc). Aware of this truth of human brains, some may have tried to use the most healing speakers during negotiations, to increase chances of peace or at least a truce. Even when civilians use a voice in google maps or other navigation software, civilians have often only 1 choice for each language (except for Waze where you can record your own voice in eterni tone), but these navigation programs could have at least 3-5 voices, 1 being very soft healing loving kind speech, but these programs don't have any eterni soft healing loving voice; when we listen to a voice we get conditioned into that kind of emotional pattern. This lack of choice perpetuates the cruelty, yelling, violence, war and emotional patterns of last million years which are very subtly encoded in the robotic voice the AI comes up with. The other disadvantage of negative behavior simulations is that sometimes the trainee gets into a negative emotional state and automatically the trainee thinks of the trainer or the trainer thinks of the trainee (as trainer watches trainee) and this induces the trainer to experience more of the same trainee state (emotional quantum entanglement, even the higher heart rate which would immediately stop the training simulation), leading to complete or partial failure of trainer (and trainee) to develop that day, week or month the super-ability to move at will into divine ecstasy ☺☺☺ (sometimes called satori, samadhi, 1 million times more ecstatic than orgasm or anything humans experience) states of superconsciousness to bring World Peace as explained in Chapter 13 (since these states need to be practiced daily for really good healing capacity). Instead of the training being win-win, it becomes lose-lose. This ability of the saints to induce happiness and universal compassion in the most angry, cruel or unhappy person doesn't come easily when focus is weak, it may take decades of daily practice to perfect. Each method of training has its pluses and minuses, but if one wants to bring peace without any negative emotions, then the range of training choices becomes more limited. This "limitation" is not a disadvantage, because the peace is much more lasting. But what lasts more and is of higher quality, requires more effort to attain, so this non-negative training is far harder to do. It's easier to build *Permanent Peace and expand it to more areas by changing the culture.*☺☺☺☺☺☺☺

The world is created by thought. Everything in our world came out of thought, every behavior, every human action. If you think about the subconscious and how it creates reality, the main advantage of teaching how to reach divine ecstasy states (samadhi, satori) for police or soldiers or any human being, is that it also teaches positive visualization of the amazing & beautiful ☺☺☺ World Peace future and how "everyone will be nice to everyone, including the visualizing person". This way, when one goes into the world, these happy loving energies and positive messages manifest, as the strangers pick up the subconscious cues we radiate and act around us differently than they do around other people with different subconscious thought radiations. So then it no longer is so essential to train to remain calm when "people are bad, rude, threatening" by bad behavior simulations, because the positive ecstasy states and the positive visualizations, positive feelings reexperiencing are creating the amazing new reaction of the people, even of the worst people who realize something is different. The future training of the Immortals most likely contains daily remembering, upon awakening, of the happiest ecstasy (samadhi) states and recreating them daily and starting the day with the beautiful positive expectation "God or *the Holy* Immortality *for* All *Spirit* infuses all humans around me and the world with gentleness, tenderness, softness, grace, joy, peace, ecstasy, astral travel, etc" visualizations. We create the future thru our thoughts and expectations. When people are trained so much to "expect bad rude threats" coming from people by training only for that via "bad behavior simulations", instead of reaching ecstasy ☺☺☺☺☺ and visualizing "wonderful healings of bad people and everyone being nice around them", they're recreating that energy of "bad rude threats" in the mass consciousness field and their mind and radiate that outwards to other people who then get the OK, instruction, request or encouragement to be "bad, rude and threatening" around them. So what happens here is when people are trained only one way, they can become very unaware of their reality creation process, since thoughts create reality. When you visualize strongly in a trance relaxed state, like I did, every few days, that "I achieve my goal" and act towards it daily and think about it daily you're creating that reality in the mass consciousness field and the universe will shapeshift to make it true, the whole human biofield around you supports that and it changes everyone's behavior. So when a police officer or soldier visualizes and states with joy and true belief in his relaxed state "Everyone around me and on Earth is filled with joy, peace, tranquility, perfect health, nice behavior, angelic tone of speech, gentleness, tenderness, softness and is able to heal all and bring World Peace and the Civilization of Immortals" he's going to bring that reality forward and influence the behavior of people he meets without ever telling them anything. If several people visit a bad neighborhood, some did the visualizations, others didn't, for 3 months prior, daily, the visitors that did the Visualization (while relaxed) will be treated much better than the non-visualizers, due to the telepathy diffusion effect on the bad people's subconscious minds picking up our subconscious expectations of behavior from the visualizers or non-visualizers and acting on the subconscious

cues unconsciously. People read the mass consciousness field. If the field says "around person X everyone is nice", it becomes the instruction for every subconscious mind in the planetary field.

If someone visualizes "Alex will achieve X", they're telling that to the mass consciousness field strongly and writing the history in the etheric plane before it occurs, as no other thought generating station is putting out such a strong signal. "I will be filled with *the Holy* Immortality *for* All *Spirit*, joy, peace, ecstasy states and turn every angry unhappy person into a joyous one thru my mere silent presence" is a thought that will bring that into reality and all people around that person will unconsciously behave very differently than around someone who doesn't have such a visualization, prayer, meditation or whatever you want to call this affirmation of the future, this Reality Creation which is fundamental to be taught in training if we're going to achieve World Peace as planet or civilization. People are so focused on the outside, on learning outer skills, paying so little attention to their thought processes, daily visualizations, expectations building, etc, that often times a police officer goes into the same neighborhood is treated badly, while a visualizing police guy, looking identical twin, goes to the same place and is treated nicely. People pick different cues from their field or the mass consciousness field which has been saturated with "everyone around me behaves filled with *the Holy* Immortality *for* All *Spirit*, is gentle, tender, soft, compassionate, kind, etc" and this will have a huge impact on softening and improving the behavior of "bad people" around that police officer who visualizes that. Because his whole energy and being beams out very positive vibrations, or even *gentle tender soft* speech, and people learn and are influenced by those thoughts, even though he says nothing. Many people will have this belief "there are bad people out there" and this can literally run their subconscious mind in a big way, so big that when they meet strangers, these strangers feel as if they were called bad people, and then they're more likely to be withdrawn, unhelpful or maybe even bad if they're less aware. This then reinforces by confirmation bias their subconscious belief "there are bad people", makes it stronger and gives them another reason to believe "there are bad people". But if he would reprogram his mind to believe "Everyone is being touched by the Grace of God and will become an angelic wonderful person, especially around me, as World Peace is Imminent and the advent of the Civilization of Immortals is here and now", he would notice over a period of time that everyone has a new pattern of reaction. And it wasn't that the world became much better, it was that he stopped insulting people subconsciously non-stop and calling them "evil", he helped them to see themselves as good subconsciously, even if they have never been good, so in his presence they're good. ☺☺☺☺☺☺

"Everyone is an Immortal angelic good being inside who brings the Civilization of 500 year old Immortals, everyone on Earth and especially everyone who thinks of me is filled with the gifts of *the Holy* Immortality *for* All *Spirit*, which are gentleness in tone of voice and behavior, precognition, divine ecstasy☺☺☺, tenderness, softness, kindness, forgiveness, meekness,

patience, compassion, understanding" is a very positive statement that can completely change the future that visualizer experiences, thru the healing of other people's subconscious who have never been praised subconsciously by others and seen as good, allowing them to transform miraculously from a bad to a good person more often than chance. This is exactly why, the alleged saints, who had such positive thoughts about others and were reportedly so "naive" in their visualizations, see so much good in others, achieve miracles of character transformation and behavior transformation in other people, because they have much more self-control of their thoughts, visualizations and subconscious projections, radiating much more healing and praising thought forms when spies don't write their brains. And then it becomes very different around a saint, compared to around a normal person☺☺☺. When a person always beams out "*Everyone is or can be an angelic being of goodness, by virtue of divine spark within, fully immersed in gentleness, tenderness, softness, the gifts of the Holy Spirit, etc*" or similar thoughts, when people are around that person, their subconscious mind hears that "everyone is an angelic being of goodness" and relaxes and is reminded of that truth "the world is full of good people, let's trust and be nice now" and then behaves nicely. On the other hand if a person D hears unconsciously (without his conscious mind realizing) from someone's subconscious "many people are bad, having second motives, telling lies, etc", then obviously D is reminded of that "truth" and becomes very cautious and very paranoid around that person, shuts down and shuts down his niceness too, as D starts thinking the person in front of him is a bad person too. We're always broadcasting subconsciously who we are, without realizing, telling the world what we have been thinking and feeling over the last 2-40 years. Other subconscious minds pick that up and act accordingly, most of the time 100% unconsciously. ☺☺☺☺☺☺☺

These positive statements are like taking a daily shower to clean our physical body of dust we gathered from outside after a lot of gardening work, except we clean the mind of the historical inertia and mass consciousness influences, which are very negative. We upgrade our mental firmware or software sort of, doing a virus cleanup and it's more effective to do it in a relaxed state, as during astral travel exercises, or upon waking up in the zone between awake and sleep, when we're in a more α-theta state, instead of β brainwaves state. As the mass consciousness field is saturated with positive affirmations, they become real, all violence and crime disappears. Instead of sports programs and updates and so many negative news, the radio and TV have hourly reminders of this important contemplative prayer meditation affirmation work of becoming an embodiment of grace, gentleness, tenderness, softness sweetness who exudes the fragrance of the Immortals' vibes into our world until Heaven arises on Earth, the media can be full of programs on how to behave like an Immortal of the future, like a saint. ☺☺☺☺☺☺☺

One can see how in the future world of Peace and 900+ year lifespans, every human being almost will be like the most saintly people of the past. This is also true for the soldiers and police

officers of the Civilization of Human 900 year old "Immortals" of the future, where everyone is learning to be a saint. Using weapons is not essential, anyone can learn that. The main thing is to learn to transform one's inner life, projections, states of consciousness, emotions, etc. Police people prevent negative emotions from arising by teaching people to reach divine ecstasy states, and be happy, etc. Soldiers prevent asteroids, help terraform planets and protect the solar system(s) from any potential natural disasters or bad aliens. We probably need to teach every human being to deflect the bad timeline of violence and to visualize a world where everyone is kind to everyone and there is peace and grace everywhere, with no violence. This way people precognitively cancel bad timelines before they occur. They learn gentle tone, healing tone, conscious breathing, smiling, etc... too. They do minimal "bad behavior simulations" and only after reaching daily divine ecstasy states, ultra positive emotions, to ensure maximum positivity and perfect harmony and assimilation of knowledge and levels of awareness. These visualizations could be used by engineers, scientists, etc working on all kinds of projects that have nothing to do with war, like building an electric car, or something else. So this could be taught to virtually all professions in this chapter as part of Immortality Test training, the essence of manifesting a desired outcome, be it "solar power 100% in a state", "harmonious relationships with all", "100% electric cars", World Peace. ☺☺☺☺☺☺☺

As Chapter 5.5 explains, the movement one engages in activates certain types of neural pathways. Gentle movement activates more tranquil states, while rapid movement activates more fight and flight neural pathways that impair the best decision making. In a war fought mainly with drones and robots, remotely, where physical force is useless, the only value is being able to remain tranquil and not overactivate neural pathways shared by *fight and flight* as with most popular sports today: football, basketball, rugby, soccer, martial arts, running fast.

6.7. Immortality Test for Psychologists, Psychiatrists, etc

Do no harm, prevent instead of cure, educate instead of intervene when it's too late, as with doctors is their motto and many already know that nutrition is root cause of hyper activity (studies show some color candy make kids/adults hyper), depression of many (for example, low ω3 fatty acids people are far more likely to be depressed, or people low on zinc, or high on mercury-cadmium-lead etc). Prevention at the fundamental level, diet and also lifestyle choices, music one listens to, thoughts one programs oneself with from music one listens to, etc. Using alternative therapies to avoid harmful pills with bad side effects (suicide sometimes) due to the $3 billion fined GSK company not publishing the studies that showed their Seroxat pill increased depression and suicidal thoughts ► youtu.be/89gOwL_2xeg. These beings are the ones who will reverse the addiction of millions of people to useless pills. Many take blood pressure and diabetes medication with bad side effects, when with proper nutrition these diseases could have

been prevented or reversed and no need of pills needed often times even after the onset of heart disease, "mental/depression" (nutritional often times), diabetes. ☺☺☺☺☺☺☺

Many conditions are preventable thru nutrition, and far less harmful methods, such as angelic soft healing meditative music, magnetic fields, electric fields, biofeedback, more affection for pets and even more caring kindness for humans. For friends or people who might need it, say people who're down, a system is created to facilitate this exchange of God's Infinite Immortal loving kindness from those who want to cheer someone, i.e people who need hands on healing, etc, for example, to alleviate their pain via massage and positive thoughts instead of popping pills that might lead to side effects or even sudden death. Another way to cheer others up is via some organized relaxed volunteering like planting a tree, some outdoor activities while listening to some gentle healing music as explained in Chapter 5.5. This would prevent loneliness and would help people to see how wonderful life is, this amazing opportunity to bring God's *Heaven on Earth*☺☺☺, the Civilization of Immortals. Pills would be the last resort in general, as our science is in its infancy in some ways and we don't want to put poisons in people's bodies... etc. since lead used to be put in people's mouth and it was thought as safe, nowadays mercury, etc.

6.8. Immortality Test for High School, College, PhD Students

In Chapter 4, Immortality Education, there are details about this test. We can add that students are the fountain of new discoveries, the helpers that often enable professors to get Nobel Prizes and to discover new things as one person can't set up all experiments alone. They can invent things in their teen years, things that might enable all humans to live to 900 one day. Students are blessed with less conditioning and with new support from the spirits of Heaven who give them a new idea to try, so that one day they discover the next technology that leads to a deeper scanner, allowing a better simulation and a deeper success in finding the chemical compound that is key to living to 400. The lively energetic students are the Rocket Fuel so to speak of the Civilization of 900+ year old "Immortals" and Its Ascending Immortality and they're acting as if the next longevity discovery is around the corner allowing us to live to 150, double the 75 humans live on average today, and later on to 300, etc. They're creative and they're dreaming big radiating the Hope and Joy of Heaven all around, as the Most Optimistic folks in town, as they have not been programmed by history and past failures and can dream unrestrained by experiences of the older people, dream bigger and bring the Longer Lifespan into reality, the New World of Paradise, the shimmering World of *Heaven on Earth*. ☺

6.9. Immortality Test for Scientists, Engineers, etc

Scientists and Engineers are the Angelic Heroes who work 70 hours a week quite often on low pay to move humankind forward, the designers of the gadgets and technologies that will deepen

our knowledge of diseases and aging and allow us to cure them one by one and to delay aging more and more. They realize all scientific and engineering efforts are worthy only if they increase the perfectly healthy and total lifespan of fellow humans so they can extend to 150, 400 etc, longer each century, thru new discoveries and applications and this realization is gauged by the Immortality Test. I mean one can spend 50 years designing some useless bullfighting gear, or the same 50 years extending the lifespan of rabbits 2 times to better understand how to do it in humans or to cure diabetes in certain people. ☺☺☺☺☺☺☺

6.10. Immortality Test for Tourists & Immigrants (Eternium='Pentagon')

The next 105 pages explain immortalism means the perfect assimilation, integration of migrants and all locals into One Immortalist Culture, of the Universal Eternal Family of Immortals, one nation and family of 350 million equal Immortals, with the 28 forms (next 23 pages) of *Equality*:

1). Income *Equality*: 10x faster than human robots replace all Latino farm workers, pesticides, delivery guys, even cargo transport pilots, taxis/truck drivers/semi drivers, solar panel installers (4x vs human), house cleaners, tree cutters (tree branches cut with lasers from 90 ft, no more hours of cutting), we'll have no more Mexican floor or plumber contractors making $1500-3500 a day, the salary of a month for some scientists, i.e. 12-24 times the scientist salary *(7.25/hr min federal wage, 10 hrs = 72/day, some ask 3500/day, 50 times for IQ 78 activities)* making 18/hr who do stuff that requires more skill and have sometimes PhD instead of 8th grade education; but Nancy Pelosi and the like fake (religious fascist) leftist Democrats priority is not to bring in people of high IQ to bring 1 language and 11 companies World Peace by 1995, only to bring Catholics of IQ 78. Latinos make $200 billion/yr off Americans' ignorance (no more, these pages tell you how to do repairs yourself) and laziness to fund genocide of Americans via drugs (see horrific videos), feeding the cartels who sent them, the Mexican gangs use drones 10 times daily to watch for border staff and smuggle illegals, the wall is useless if they cross the river, we need a wall where river is too. USA is at war with Mexico in all but name. The scariest part is that these illegals can be KGB, PLA, Muslim terrorists, 20 million Mexican soldiers ready to destroy all US infrastructure or kill 100 million Americans with guns when given a signal, you name it. That's why many say we need remigration, send all Mexicans back that came last 80 years via illegal amnesty, cancel all citizenship and green cards given to illegals and their kids last 8 decades, 50 million of them, until they pass Immortality Test (99% can't even after studying 10 years full time, too low of an IQ). Pakistan and Iran sent back 6 million fellow Muslims back to Afghanistan, some after 40 years of being in Pakistan, it's remigration. Why can't USA send back fellow Christians or other illegals who were illegally legalized by Reagan, etc, even if they've been here 40 years. Latinos take over every state, forcing Spanish as a requirement for any job search, ridiculous! We need one country of 1 gov not 20,000, one language, one acccent, one

schooling system, one police department for all USA to catch illegals in seconds and stop any car remotely (no more car chases, sanctuary states, counties, cities or non-US born cops), one bank (so no cash, no illegal can survive, you can't buy anything in US without The Eterni Card replacing all discount, other cards, keys, IDs, credit unions, 'deals' – remnants of aristocratic terror of money obsession) that only legals can use, one universal pay (end of banditry and kill/cheat all to make more money), 11 companies instead of 33 million, etc, one justice system to lower violent crime a trillion fold and bring world peace via the 11 companies, one beauty-cosmetics company for zero jewelry. Let those Latina bitches learn some ethics from the 8th Company of Immortality capitalism. Help the poor and the homeless, bitches, don't aid your contractor Latino guy smashing border fences to extort US locals, charging 30 times the scientist pay and making them homeless by drug trade. Latinos are different? Same bitches like the sow IQs on TV, all full of makeup and jewelry while USA disintegrates and the "gnat IQ" TV-radio anchors make 50-6000 times the min wage for telling us lies. Latina ladies protesting with Adolf Hitler tone, while being the ultimate hypocrite, using global resources from housing for all (not just illegals) to makeup, jewelry: watch the Holocaust via Drugs that Latinos support via paying drug dealers to enter US: drugs eating 1 lb off a leg, red wounds on face, legs amputated, more legs to brighten your makeup lines.

Latino idiots pull bull tails in Florida, because those arenas, not science labs, is what US 'needs'. All violent criminals need be deported, these nutcases inflict pain on animals (violent crime, animal abuse), instead of making Eterni Foods labs. They are not Christians, vegan Saint Francis de Assisi protected animals, these drug dealer zombies shout like Hitler as they torture frightened animals and drink blood daily. Check out BBC pays white staff less than nonwhite. Who knew that? Latino migrants can become millionaires on low salaries while gaming the system and perpetuating the low IQ ultra low tech society of 33 million useless companies. You know, they don't come here to bring 4,000 year lifespans or anything truly progressive (bull tail pulling), only to get rich, while, on paper, they take the "jobs Americans don't want" (for a while). You have to see past the "mirage of the narrative they sell", and look deeply at the intent and action. Aware of the scam, Trump barred illegals and legals without green card from buying homes. These people were coming here and living in mansions, while US programmers, teachers were sleeping in their cars, as homeless slaves of the corporate mafias making 1 billion/year. Essentially, it was not about "taking the jobs Americans don't want", but making us homeless. No worries, California aids cartels, legals using fake identities in stealing 0.2 billion worth of cars. Clear proof we need dissolve all states and enable the remote stop of any car via 11 companies. Basically the Democrats were taking programmers and people of true use to the 11 companies vision of 4,000 year lifespan, making them homeless and bringing it morons who pull tails of bulls in Florida in their houses. This is called the destruction of the USA by idiots and foreign

spies who have taken full control of the Democratic party, as with Republicans who put oil use above US interests to stop oil imports and oil trade deficit with Mexico, Canada. The Democrats don't have any plan of 4,000 year lifespan, fairness, except getting voters to keep up their 8 million $ salary for University Presidents, 25 million salary for nonprofit CEOs, and other blatant examples of being right wing aristocrats, and nothing of the "left party" they claimed to be. How can a nonprofit steal taxpayer money and make 25 million a year salary? How can universities getting taxpayer money make millions for top bandits ruling the brainwashing camp?

Mexicans want $400/hr for doing stuff a 1st grader can do: order everything online, never need visit Home Depot, all explained in youtubes, etc, buy a 199$ vanity, a toilet, turn off house water valve, hook up the faucet lines in 3 minutes to the valves (vanity has the 3 holes, youtube shows everything, search it), or replace the old multi-turn valve with 11$ PVC 1/4 turn valve (old style multi-turn leaks via washer, the modern 1/4 turn is leak free, the 1/4 lasts longer, is turned slowly to avoid pipe noise due to sudden pressure spike, ask google, chat with the AI overview, it gives links and anything you need, youtubes, etc to save 5-20K and end the palatial parasites loot, hot water valve in kitchen needs dual valve to provide hot water for dishwasher if present, 23$ for CPVC or 33$ for PEX/copper, see PEX/CPVC/copper), the 7$ sink supply line, 5$ toilet supply line, all shown on youtube for copper pipe (different valve) or PVC pipe (CPVC uses 9$ purple primer + orange cement (avoid 'primer/cement' in one yellow glue, inspectors can reject CPVC without purple), PVC uses blue cement, all can replace a vanity or sink, valves, lines, caulk the sink (10$ caulk gun, caulk gaps between wall and stairs, wall and floor too ideally when we get better building materials that hermetically seal that area, etc to prevent moldy air, ants, insects, entering living space. 22$ 36" water meter shut off key saves $: obese Mexicans charge 400$ to turn city water off or on, 5 min work, when you need replace main shut off valve or it fails, not being robbed by Latinos during emergencies or regular repairs. They ask their friends or use fake IP, accounts, etc to make 5 star reviews and when they see a new guy in town needing help, they charge 5x the normal rate, as you need water turned on, etc. The immortalist federal standard will be no holes allowed between stairs and wall, no carpets (carpets mean the gap between the inner walls and the floor is huge vs LVP or wood, meaning so much mold, etc), to prevent moldy air from inside the walls to enter house like in 99% of homes built by 5000 BC standards of snail IQ gov who destroy USA by "20,000 useless local gov" inspecting 20 million criminal businesses poorly, instead of 11 companies doing everything 10000 times better the first time, by a SOP, as they get 50,000 times more PhDs than the biggest private crap company; contractors save 1.5$ worth of caulk (@ $ store) and poison Americans, causing often 1 million in healthcare expenses, we "let Mexicans and rat IQ small businesses do it, and none will live to 95 even as bad air destroys every organ, let alone 4000"; that's why we need Immortality Building Inc (instead of the Mafias) to build amazing homes in USA with new materials in a factory like

Tesla, by robots, able to withstand any tornado, be mold free for 9000 years). All free Bing, Google AI can confirm all stuff below and provide extra details. You are free from mice, as your bright LVP allows you to see dark brown rice grain size mice feces months before carpet people can, as it sinks in the carpet and the brown LVP hide it. You install the brightest and cap all food containers, so no mice come inside thru gaps, etc to search for food they smell. Mice can carry some deadly diseases that nobody needs. You no longer go to make the pigs rich at the gyms, sport events, but use energy to remodel house yourself, to bankrupt the contractor aristocrats:

Subfloor prep if it's not flat (old house and you removed the carpet, etc), i.e. > 3/16" in 10ft:

1). Remove Squeaks: Vacuum well with HEPA filter and use $24 UV lamp (185 nm to make ozone that goes around corners where direct line light doens't reach, 235 nm to kill via light) to disinfect the floor/walls after carpet removal, as deadly pathogens lie under the carpet, same lamp you can use on a smelly bath where mold smell exists from a previous owner or smelly cabinet (for mold smell, you need 1-3 hours of ozone lamp, not 10 minutes, then turn on bath fan and suck all that ozone via bath/AC vents as bath/AC vents need to be sterilized too: the smell will vanish. Replace toilet too, if tank is moldy, or at least clean it with vinegar well, scrub tank walls, ozonate tank, etc and ozonate all house 5-10 minutes, one room at a time (don't stare at the lamp close door turn on from outside the room, wear sunglasses when doing it). Wear big foam wrap around safety glasses (tack pieces/leftover nails/staples fly/hit eye during floor prep after carpet removal), coverall, knee protectors (if doing a lot of screws in a room, use an old pillow folded in two, on top of the knee protectors to avoid injuries from being on the knees for hours and allow your body weight to press slightly, so the impact drill takes 7 seconds to drill instead of 25), gloves. Drill the 1.75" #8 screws with a cheap Home Depot impact drill (PCL206 is regular, PCL 236 is impact, see 30 sec video on how to insert impact bit, impact bits have a groove, being 0.5" longer than analog drill ones, impact has 0.5" diameter noozle, vs the bulky 2.5" noozle for regular). Use the drill that comes with the screw set, as that can take 3 seconds to screw one in if you lean in a little (to push it thru, but not too much, as then it stalls and takes 20 seconds, sink them 2-3 mm below surface if you plan to sand that area 1-2 mm due to it being higher than the rest), though newbies may take 30 seconds until they get the hang of it. Impact drill takes way less effort and far less damage to 5" floor boards (old houses) or 4'×8' plywood that form the subfloor, regular 20$ drill is strenous, damages wrists, nails, wood pieces. To find the center of each joist, you can do it visually in old houses: the floorboards are not all the same length running from one wall to the opposite and the joist middle is where the floorboards are split, find all split ones and infer where the joist is (you'll see screws or nails along that line to confirm): the joist runs thru the line between 2 pieces of a floor boardline, being perpendicular to the floorboard. If house is new, it's 4x8 sheets for subfloor and you can use Franklin sensors 20$ US made detector (7 sensors, not 1 as most brands) or Franklin 40$ 9

sensor variety (7K bought monthly, overnight delivery with prime) or Zircon edge finder (2 edges, drill in the center). Franklin, the only US made on amazon, uses alkaline AAA, no rechargeables, causing endless waste. Most use 9V, and many work with rechargeable 9V. When you have 33 million, not 11 companies, waste is huge, imbeciles and ruthless bandits with on concern for the nation at large, become CEOs. With 11 companies, we design everything for renewables, rechargeable, etc to minimize workers dying of overwork making batteries, landfills, etc, so we build 4000 year lifespans, not 1.4 trillion of junk products to die at 80. Screw subfloor with 1.75" #8 screws with trim head to avoid splitting planks on every joist subfloor intersection (or at least the ones that sound more hollow when you tap it with some metal object or that shake more (or place fingers 8 inches away from the tap location, and feel how much it shakes when tapping versus others that are screwed in; some will sink 2 mm from placing the screw in if loose), meaning they are more loose or squeaky in the future after you screw it in the really squeaky ones), maybe 1 screw/1 ft^2, not just in areas that squeak, because after plywood/LVP, the area that squeaks shifts, so you do need many screws for the old houses that squeak. 400 screws = 400 ft^2. You want a strong secure subfloor before you place LVP or plywood underlayment + LVP.

The National Electrical Code (NEC 300.4) only protects the first 1.25" from the top edge of the subfloor, so if subfloor is 0.75" (modern) or 0.9" (old), you can only really use 1 3/4" screws max, before you risk hitting electrical wires passing thru the joists. The screws make some high spots become flat. Be very careful to screw these 0.2" deep into the floor, if you plan to sand that area at the next step by 0.2 inches, to avoid destroying your sanding machine with the screw. To know how much you will sand, you need to use a 10$ Laser or 110$ 8 ft leveler to see where the hills and valleys are; or use a tight string or 20$ 8 ft grounding rod, 9$ 10 ft rod, 9$ 10 ft rebar, 8 ft wood piece (check it against a wall to see if straight), or pole saw arm (2 make 8-10 ft) or etc around your house. Ensure no old nails exist in an area before you sand, as nails can ruin the sander. Use a nail punch to drive nails down or remove those half inch small nails that exist from previous installs of linoleum, etc. ☺☺☺☺☺

2). Sand remaining high spots using a corded 41$ 3"×18" Wen 632V belt sander (max speed 13.7 ft/s (higher speed = faster, use handle knob at speed 4 if you do pine wood, to prevent pine resin from forming glue on belt in 2 minutes; speed 5-6 is good for harder wood) vs 13 ft/s for 39$ 3"×21" one speed) to flatten them via 25$/8 80 grit 3×18 belts (1 belt per 80 sq ft maybe) if you want a perfectly smooth finish for the subfloor or 19$/20 zirconia belts, 20 for 19$/40 grit, which last far longer and shave off highs faster (fastest, recommended, since 80 grit will take 10 times longer than 40 on very uneven subfloors). Regular red aluminum oxide (Al_2O_3) belts are too slow and become dull too fast, clog the belt with melted resin and wood in 2 minutes. Zirconia blue belts remains sharp 4 times longer, so blue belts are 4 times cheaper per amount of wood you

remove, and can finish a job faster, cuts 30% more wood in a similar 4 minute sanding. Al_2O_3 grains dull fast, stops cutting, starts rubbing and making heat that melts wood resin, requiring so much belt cleaning and trashing; zirconia grains fracture under pressure, constantly exposing brand-new, razor-sharp edges unlike Al_2O_3. If 40 grit zirconia fails, use 24 grit silicon carbide, 8/20$ that will be the fastest for subfloors (they have 36 grit too, same price, but those take longer). Because the zirconia belt stays sharp, it continuously cuts deep into the wood fibers for the entire period. Al_2O_3 starts aggressively but begin "rubbing" and burnishing the wood after 2 min, severely dropping its material removal rate. Zirconia runs cooler, which prevents wood pitch and resin from melting and clogging the belt (load-up) too fast. You can remove the highs with 40 and then when all is done do a final 80 or 60 for a perfect finish if you need a perfect finish. Use belt cleaner 10$ (amazon videos show its use) or 8$ after each 15 min. The scraping of paint, gypsum, sanding are done before applying odor sealing shellac, since sanding makes shellac melt and become a glue that ruins the sanding belt and those areas sanded after shellac will enable the smells to reeneter the room. Engage the orange 6 mm diameter lock-on power button on the handle to avoid hand fatigue. 3). Apply shellac to subfloor (or even smelly cabinets near a stinky old faucet) to seal all awful odors (you can also apply this after you install plywood if you use some plywood underlayment first before the LVP, to prevent smells of the new underlayment and old floor). Water and oil based sealants don't prevent pine resins from migrating, shellac is the best. Use 1 layer (2 coats, let first dry, if smell is bad) of Zinsser shellac (1 gal/350 ft^2) to seal microbes, buy a tray liner, 2" paint brushes (1/200 ft^2) for edges where push to release (no shellac on gloves) roller (use high density roll designed for shellac, not paint) can't reach. 4). Flatten the sudden 0.1-0.25" dips and valleys using a 12" trowel with a Henry 546/7 mix: 2.5 cup Henry 547 with 1 cup Henry 546 acrylic additive (or 1 cup Quikcrete acrylic additive or 1 cup Acrylic admix, cheapest/quart). Don't mix 547 with water, as 100s of youtubes by "contractors", since after months of walking on it, it turns to powder and damages LVP. Wood shifts a lot, wood moves/expands, needs a rubbery flexible patch, hence 546 replaces water to create a ruberized peanut butter paste that dries hard in 5 minutes; only do small batches and spread them urgently before they become hard. 5). Impact drill screwing via 150$ Ryobi the sanded 4x8 PureBond 1/4" sheets that are made with soy based (food grade) adhesive, not the ultra toxic/smelly HomeDepot instore brand 4×8 Sandeply 1/4" sheets that poison USA (Sandeply is much denser/finer than plytanium deadly plywood (formaldehyde), which is to be avoided anyway) to the floorboards to made subfloor perfectly flat, if the subfloor is not flat (old houses). PureBond Birch Plywood is smoother and more finely sanded than Sandeply, meaning it is less likely to telegraph texture or rough grain imperfections up through LVP. If your swood ubfloor is already flat, you don't need anything except LVP. HomeDepot needs to be taken to court for poisoning USA, genocide via bad VOCs hidden from product

description, 5 trillion fine, with these in store formaldehyde brands, that leak into the house via gaps at the edge of rooms and microgaps within LVP. Home Depot Pigs were told they commit genocide and the main number had me call a home depot that "delivered it", then they said "they didn't deliver it and another one did", and that one refused to take this bad one, unless I paid 160$ for delivering PureBond and taking back the Sandeply I ordered initially. If you got some smelly plywood by mistake (or your floor contractor bought one), you can use Zinsser original (not the cheap water based) shellac to seal the odor or the underlayment plywood so the smell doesn't come inside rooms. Use zig zag Loctite PL adhesive (10 oz/30 sq ft) on the subfloor before placing the PureBond (they are sanded deeply, Sande tree plywood, superior to brittle luan tree) to drill 1.25" #8 screws every 6" in the middle, 4" on edges. Loctite dries in 5 min so glue only 1 sheet at a time. Leave a 1/16" gap between plywood sheets via a T spacer (you stagger the sheets, so T), screw, then remove spacers. You need a 7.25" Genesis circular saw that takes 10 sec to cut 4 ft sheets, while a jigsaw takes 15 times longer, requiring more effort to keep it straight, prevent vibration. Genesis, Wen are US companies with real parts and customer service, most amazon junk is China companies that make cheap products breaking fast, for home remodel Home Depot is the best, they only sell real brands, amazon may carry a Home Depot product priced 1-17$ higher/lower, but usually, amazon won't carry the product at all. Jigsaw doesn't even cut straight lines well due to vibration. PureBond (like LVP) cuts, unlike regular softer plywood or plytanium, need a 16$ 60 tooth carbide blade, not the 24 tooth blade that comes with the circular saw used for soft wood. If you cut the 3.3$ 8 mm Outer Banks (Wood-Composite Hybrid), it has a tough, abrasive resin core that destroys standard 60-tooth wood blades after 5 cuts, so for this ultra tough LVP you need a much better blade than carbide, the 22$ PCD (& on amazon) you pay 6$ more initially, but then it lasts longer than 30 carbide blades that cost 480$. Polycrystalline Diamond (PCD) teeth are required to withstand that extreme friction without burning the board. The 2$ 6.5 mm NuCore Sea Cliff (Stone-Plastic Composite) is fine with 60 tooth carbide, like LVP is. PureBond needs the 60 tooth one, the PCD splinters everything, making edges rough. The good side of PureBond plywood needs to face down when using circular saw 60-teeth blade, to avoid wood surface damage. Adjust saw base so that the 60-tooth blade is only .25" past the bottom of the .25" PureBond. Lower the blade to shrink the teeth entry angle, which reduces splintering.

☺☺☺☺ **LVP INSTALL (first step if subfloor is flat, < 3/16" in 10ft):** ☺☺☺☺

1). Buy minimum 8 mm thick, hybrid, cork backing (hybrid 8 mm is the quietest LVP, like 10 mm laminate) 22 mil thickness LVP which is better than laminate/hardwood. Don't buy thin 3-6 mm LVP, as those break fast. Hybrid core LVP (not rigid core or SPC, suited for HI, CA, NV, constant temps) expands easier in high temp, humidity shifts between summer/winter, like most US climate is. LVP is termite proof, smells far less after install if Greenguard Gold LVP versus wood,

laminate, LVP expands less, but we still need 1/4” gap under the trim (or under the baseboard, if you remove baseboard to raise it and remove the trim, if you have any trim) from the wall, to allow LVP to expand/contract. Skipping the quarter round and having the baseboard sit directly on top of your new floor is the high-end look for modern home design and faster, better resale, but won’t make a big difference (quality of remodel matters far more than whether you got that trim or not). The truth is removing and reinstalling same old baseboards is not feasible, since carpet hides the chipped base on the baseboard, while LVP cannot, so the only option is trim if you want to save money and time (baseboard removal is tough), trim is way cheaper. When you remove carpet, you may notice in ancient 1900-1950s houses that the gap between floor and baseboard bottom is not even in some walls, so you will have to either bend the trim slightly to make this invisible (since trim-floor distance has to be 1 mm thruout) or shaving off 3-5 mm off 10-20 ft^2 of the 1 inch subfloor floorboards (a lot of work). It all depends on whether this house is a really cheap one or high end one with potential buyer who would be ultra picky and inspectors that meature every mm deviation in floor angle, etc. If you dislike removing old baseboards due to risk of chipping it and due to it being far harder to remove/put back (due to weight) than trim, just use trim. LVP needs 1/4” gap at the end, hidden by the trim. Buy 0.75$/ft trim to replace old trim or put new one where carpet was (after wood, LVP or tile install to replace deadly carpets) to hide the 1/4” LVP-wall gap needed for LVP/plywood expansion. Trim will cover the LVP, leaving a slight vertical 1 mm gap for the LVP to contract, expand in height too and to be able to contract/expand lengthwise too). Baseboard goes back using 139$ Ryobi P321 nail gun (price can go as low as 110, 139 is highest, click price history, use battery from Ryobi drill set you screw plywood with) and 2.0” nails #18. Trim is attached to baseboard with 1.25” nails #18 if you leave baseboard in place, nail gun takes 30 times less than “pre-drill, drill youtube methods, or manual hammer”). Nail trim into the baseboard, not the floor: drive nails horizontally (or slight downward angle) into the baseboard (practice with a 3” vinyl piece to see what pressure on nail gun avoids cracking the vinyl). Caulk the top of the trim (never the base, as LVP needs to move to expand/contract) and caulk the holes left by the one brad nails shot every 12” (for trim) or two brad nails every 16-20” (baseboard needs two nails, one upper, one lower, shot where the joist is, 16-20" depends on house, use joist center finder first, very old houses are built poorly, the joist to joist distance can vary, like floor joists can vary too). With trim, you don’t need joist finder, 1.25” nail can’t reach joist. After calking that nail hole, apply paint over that 1 mm^2 hole caulk. If your wood subfloor sits on concrete or 2-5” above it, you need to use a vapor barrier before the subfloor. Google AI overview chat uses pics of subfloor to share if 6 mil vapor barrier is best for your project. Google AI is incredibly stupid (double check any suggestion with Bing AI & by watching youtubes), but it can summarize articles fast, so poke it, ask it in multiple separate windows same questions (since it often gives wrong advice in a window as it reads different or too few industry articles), read more articles it references (google

AI overview chat is best at references) and youtubes and get a better idea on the steps and materials for your specific floor etc project, this paragraph is to get you started in thinking and knowing the basic things to use to get it right. If your existing floor is cracked tile that is too expensive to remove, you can fill in the grooves with 3 g Henry 547 + 1 g water "mortar" to flatten it, then install this cheapest $3.3/sq ft, 8 mm, 2x22mil scratch resistance, Greenguard Gold (least toxic to lungs) LVP (online order). If you can't afford 3.29$, there is a 6.5 mm, 2$ LVP, 22 mil, also Greenguard Gold (this one is easier to score and snap to cut the LVP and has more stair noses), that sells for 3.3/ft^2 at HomeDepot for an equivalent product. While the 3.29$ has double the scratch resistance of 22 mil, it's also way more expensive. Place 7$ vibration absorber under the 4 legs of the washing machine to avoid LVP damage. LVP is installed fastest with the LVP kit (comes with 30 spacers) + LVP set of 30 spacers for bigger rooms that need 60 (1 spacer every 12-18" on all 3 sides). For transition between rooms, use 0.3" (8 mm, same height as LVP) silverish T-molding for Outer Banks 3.3$ 8 mm or the Floor & Decor Color 5415F T-molding for Sea Cliff (Color 5415F) 2$ 6.5 mm. ☺☺☺☺☺☺☺ Leave a 0.25" expansion gap on both sides of the center track before snapping the T-molding down into its metal anchor channel to prevent LVP buckling in the doorways. For LVP edge in a kitchen, room, if no LVP under appliances or closet, you need end cap molding (reducer), though it looks odd to have tile in some places and LVP in others. Door jambs need cutting using a special 40$ machine (dual speed, slow for soft stuff, like PVC trim, high for dense wood that may contain nails), with a bimetal (not the soft high carbon steel that is ruined if it hits door frame nails) 1 3/8 blade.

2). US stair falls cause 12,000 deaths, 1 million injuries per year. For stairs, the horizontal is called the tread, the vertical is called riser. If your tread is at least 10", after you trim the lip, you glue LVP to the riser and the tread, and then use sand paper to make the 90° angle meet be very round and gentle to avoid injuries. Cut the stair nose that exists and create the safest stair there is: no lip to catch a toe or shoe top. You also save 500$ on buying threads that have to match the LVP height, etc. National residential building codes (IRC R311.7.5) say a tread must have a horizontal run of at least 10" from the front of one step to the front of the next. An overhang (nosing) of 0.75-1.25" is mandatory on all steps less than 11". It's legal to build a flush, lipless stair if your tread depth is ≥ 11". If your tread is < 11", you need buy a color and height matching flush stair nose, e.g. 6.5 mm Sea Cliff stair nose for the 2$/ft^2 Sea Cliff 6.5 mm, Cedar Nose 6.5 mm for the 2.5$/ft^2 Cedar. The treadsplus.com takes the exact Floor & Decor, etc planks, as shown in the manufacturer link in the product page, and bends it, so they make many stair noses or the entire tread and nose for many products that were discontinued by the original manufacturer. Recall Mormon Church of executing 120 got freemason attire and secret freemason handshakes, so it's a Military Espionage Unit, not a Church (all churches, mosques, placee of worship are military spies), it's possible this Utah company places microphones in the

treadsplus stairs. Find the Greenguard Gold LVP you like on flooranddecor.com, which is the cheapest site for World's lowest VOC floors, and then find matching T-molding, stair noses on floor&decor or treadplus (perfect match) or rough match on home depot) you glue both, so they sit flush, same height to prevent falls. In capitalism, we get Home Depot, Floor&Decor, 500+ other companies discontinue stair noses, then you go to Mormon state Utah threadplus.com to charge double for the nose. Instead of 1 shipping by Immortality Building Inc (who could do the install, repair, maintenance of all houses, buildings) of matching planks, T-molding, stair treads of all main sizes with flush nose that prevents falls (no more overlap stair noses sold in the billions to cause trillions in healthcare expenses), more varied sizes to avoid waste, US only offers 42" min (instead of 30"), no 94" that could cover 3 stairs of common 29-31", 59" covers 2 stairs of 29". Say you need 12 of 29", order 6 of the 59", 2 of the 42" for the big angled stairs that are usually 35-38. Most stair lips are 1" thick, so a 1-1/8×59" nose works for 2, but if you place plywood under the LVP to make stair subfloor flat, we need 1-1/2×59".

This is US, the land of the hooligan aristocrat, who wastes trillions for the "freedom to be stupid". The Mormons make trillions conning the planet: 40$ worth of Floor & Decor material is sold for 700$ as stair noses, they claim free shipping for 299+ orders, but when ordering a 600+ order, they charge 100-200$ for shipping a very very small order in weight. Ultimate Frauds. Mormon ethics. For a 29" stair, you waste 13" or even 18" if they only sell 42, 47" as is the case for many LVPs. They need 100 stair sizes, so we waste life to cut it perfectly, instead of discovering how to live to 4000. Same way like we have 9000 colors of LVP, but half of USA dying of carpet microbes, because LVP is made 5 times more expensive by the insane number of companies, admin, LVP designs, etc. All major in stupid "interior design" instead of "living to 4000". We created a society of short lived "giraffe IQ" folks whose main hobby is appearance, style, looks, of floor, house, car, person, face, eyelash, hair, etc. Wait, Versatrim has 15,000 stair noses alone, talk about stupidity of the highest order. We got 25,000 genocidal companies making "modular, manufactured, mobile homes" all lethal junk whose main selling point is the interior and exterior unique design, they are nothing but death for 300K. Instead of domes withstanding 340 mph tornadoes, we just make tents that are wiped out by 150 mph storms, because fancy design that kills is MORE IMPORTANT than kind simplicity that lives 50 times longer to age 4000. They have planned obsolesence, so we need to replace floors all the time, instead of replacing just 10 planks that are bad (each house has 10 planks that wear out 5-10 years before the rest), we waste trillions because of a society of morons that fails to see living to 4000 means a product lasts 500 years, just like today, we live to 80 and they keep a product for 10 years ideally, 1/8th of the lifespan. How can you replace LVP if they discontinue everything so fast to force you to replace, but more and fill landfills, work the 99% to death making stupid useless products because kids messed up 10 out of 250 planks which you can't replace. They

change LVP picture to force you to buy, be a slave, while they build PALACES off mass murder. How many LVP pics we need to live to 4000? Do you need a PhD to answer that? All these pig headed monsters should get the 1 universal pay of the 11 companies instead of making trillions via genocide of the 99%. Capitalism is the rule of the dumbest morons of the universe.☺☺☺☺☺☺☺ If all stairs are only 2 sizes (29.00, 33.00), instead of junk houses of 90,000 stair sizes, we need 90 times carpenters or time wasted by us to cut to perfect size using circular saws. Again, low IQ folks rule, we vote them. They force us to waste so much, they should be tried for genocide of the enslaved workers producing more than needed (instead of fixing their houses (rich in lethal carpets), health) so that a few criminals can have "their own companies" to loot and subjugate the 99%. Home Depot, Floor & Decor, all flooring companies fined 400 trillion total for genocide. Do you want to live to 4000, or have 40,000 LVP styles, stair sizes instead of just 10? Be honest. Do you want 11 companies + living to 4000, or 33 million companies + living to 80 like a dog? ☺☺☺ The choice is simple: intelligence/Immortalist Anthem versus imbecility/religions.

For 8 mm Outer Banks, you need 8 mm Whitmore which is not a perfect match. Buy LVP that has perfect match manufacturer or threadplus made stair noses, T-molding, since not all products have that, to have a professional install. Clamp T-molding, stair nose or LVP pieces you cut, if using a circular saw, using two 6" clamps. For resale, Sea Cliff blonde sells faster than white LVP. For insect detection, mosquito visibility, and frequency of cleaning, white is best, as you clean it more often, isntead of once a year (if lazy). Round nose is safer than square nose for stair noses, per inspectors, as you catch toe, shoe less, fall less; if you fall, round injures your shin a lot less. LVP stair install is super easy see this 12 min video on glue and placing (put more glue maybe) and how to cut LVP (17 min, all) using a sharp utility knife (25$ Milwaukee Fastback ergonomic + plastic (not rubber) finger grooves + 50 blades, $14 Stanley curved ergonomic grip, more angular momentum, less force needed for same cut than straight ones, rubber finger groove, comfiest, 17$ 100 blade set (regular) or 14$ 50 sharp blade (10x sharper). You "score (3-4 times until you cut fully past the ceramic cap, deep into the 8 mm composite core) and snap", using the knife to cut the cork after you snapped it off a table. You need 20 blades minimum, since regular dulls after 4ft of scoring the wear layer. Wear some good gloves with soft cotton inside to enable a better grip and to avoid hand blisters. Since the long cuts of the LVP go against the wall under the white trim, the cut doesn't have to be perfect, so you really don't need a circular saw as some claim. For corners, you can use this 2 min clip. For thin LVP you don't need circular saw. If you can't make a long cut, use 7.25" circular saw on a 24$ 1×4×8 foamboard for long cuts. Circular saw takes 2 sec to cut a 7" hybrid 8 mm LVP (perfectly crisp, sharp, and factory-straight), while jigsaw takes 25 sec (slight chips or jagged teeth marks, not good), less if you cut 6.5 mm. See the 1" foamboard making cuts ultra easy. The 8 mm hybrid LVP is tougher than most LVP, so

you need a 22$ diamond disk blade (longer lasting) or 16$ carbide. Don't buy or use overlapping stair nose that causes falls often. Why is the gov allowing the sale of products that cause falls? Cruelty. You can make your own LVP stair nose if your LVP is thinner and even nail it, but rubber stairs are easiest (see below). Before you open a Loctite glue tube, arrange all precut LVP to ensure they align. Use earplugs, ventilation, K-94, sealed safety glasses if you saw. Use anti-slip clear tape to prevent falls (or 2" 30' roll) if you don't use rubber stair nose. Heat the tape with hair dryer to peel off once 3-8 years and install a new tape if needed. Need 1/4" PureBond plywood sheets under if stairs are rough, as with rough subfloor. Risers (vertical gap) are usually flat, so they don't need PureBond under LVP. Antislip Tape: they got rubber stair grip for seniors.

The Safest Stair Nose is Rubber (it's also much easier to install than LVP stair nose that fits flush for 8 mm types): rubber stair noses (grey, beige, silver, 50 other colors) outclass carpet, wood, LVP stair noses, as they prevent falls way☺☺☺ better and will be mandatory in immortalist nations☺☺. High contrast, whitish LVP riser-purple rubber stair nose can make it easier for seniors to avoid falls. In low light, when tired, seriors see less and can trip. Selecting a deep contrast color like purple/indigo (so you can still see black insects) fulfills the Americans with Disabilities Act (ADA) visual contrast guidelines, which require a distinct color difference on the leading edge of a step to protect visually impaired individuals (& seniors). 99.9% of contractors today use slippery wood, LVP, carpet stairs void of antislip tape or rubber; capitalism worships profit, even if it shrinks life 50 fold. For seniors, a fall can mean dying 3 years later. Immortalism (universal pay) is all about life, health and living to 4000. In capitalism, the dumbest tech and choice (sky high salt and Age rich food everywhere, 99% of restaurants, groceries) is dominant, in immortalism, the technocratic society and gov a 900 times better than the best least used today is dominant & often the one and only, as we replace sales, bullshitting, accounting with STEM. Carpet stairs are suicide and need be made illegal, as socks slip so easily due to confidence (super soft causes people to rush) and speed, let people wear soft slippers that grab the rubbery stairs. Think about it, carpets are 90,000 times more lethal (air quality) than the rest, yet it's been dominant in US, and it came with endless inner house walls mold coming inside via the stairs-walls, walls, subfloor etc endless gaps without flexible caulk, etc.

3). House paint: use high gloss white paint thruout the house, to save electricity, see insects, mold, leaks much better (beige hides leaks). High gloss makes it easy to clean dirt with a wet sponge without having to repaint grey walls rich in microbes. High gloss seals smells, microbes, lead better. A 7$ degreaser removes wall grey dirt, before you paint walls to save $10,000 with a $314 MagnumX5 Graco, US made sprayer. You choke the Latino Cartel finances. Each time you pay them big $$ for 1st grader paint jobs, they have $ for 900 tunnels and bringing another 50 million in. Stop being stupid, stop gym, sports, do exercise by remodeling yourself. Grow up, stop 200 billion/yr to Cartels for the destruction of millions turned into retarded drug addicts by

Mexico. Declare US independence from Cartels, Inquisition by 4h work/weekend. ☺☺☺☺☺☺☺

4). Below ground cracks/holes in the outside mortar: (exposed bricks needing cover) use Type S mortar 1800 psi, while 6500 psi mortar fixes concrete alleys, driveways with holes, missing parts. Tools: 11" brick trowel (to mix mortar), brick jointer, 12×4 finishing trowel, 6×2 margin trowel (to hold mortar applied with brick trowel). Amazon has tools too, use Home Depot description to search and see. A few tools will save 2000$ given to a drug dealer. Don't give 300$ to Latino cartels, instead buy 55 oz washing soda (Na_2CO_3) for 5$ (5$ @ Walmart too), pour a cup down the drain, then pour 5 cups of hot water (just the hottest water from the faucet) hot water, wait 10 hrs, to remove clogs, repeat 3 times for sink backflows (when flushing toilet) due to clog.

5). Window screens: roller 6$ & 3.7$, spline 0.14"×25' 6$, 0.14×100' 9$ or 0.14"×300' 16$, screen cutter 6$, frame 5/16×3/4×84" 7$, corners the best include the pull tabs (less work, better looks, square is on the side opposite to the spline that faces outside) 20 pack 10$, 4 pack 2.7$ or 100 pack 16$, screen 36"×25' 23$, 36×100' 53$, 30 shiny metal pull tabs 8$ (not plastic 6/6$ that turn brittle or 100/17$ in high UV areas: hollow plastic break fastest: install video 1 & 2) 8$, hack saw 11$ (ergonomic handle to prevent finger damage, flat handle need be illegal, worker's health and longevity first) to cut the frame 3-4 mm shorter than the window space length minus 1.5" if you use standard 3/4" corners, as the 3 mm allows you to insert/pull easily. After you made the rectangle using the 4 corners and 4 pieces, unroll the screen roll to cover the window, plus 2 extra inches and secure it with a heavy objects on 1 side (where the roll is) so do it doesn't move much if you touch it. Fiberglass is so soft, you don't need to use the convex side to make a groove first as with aluminum. You only need the concave (groove) side of the spline wheel tool for gentle pushing forward the spline. Don't tape the screen or pull on the screen strongly to "make it straight, etc", as that will bend the screen into hourglass shape; you only need pull the screen very gently with the other hand, 2" above where spline tool is to make it more straight. If you overdo it, you get hourglass shape. Then use a razor blade to trim the screen. It's much easier than some of the complex "tape all frames to the table/floor" videos seem to make it. For screen color, the most common is charcoal that uses black carbon to turn UV into heat. Charcoal got less glare when seeing outside from inside, more privacy in daytime when outsiders look inside. Charcoal makes it harder to see mosquitos/tiny insects, so you can get light grey screen, spline to see insects if many insects. You may need tape between window and screen, since with the current stone age capitalism, they can't make in the 21st century all screens seal that gap to stop insects entering. With true ethics, we prioritize living to 4000, not having 40 million screen sizes. That way, it's all premade, order it from Home Depot or Immortality Building Inc has it in stock, replaces it when needed at the semi-annual visit to every house to fix stuff and then at the company they reuse the frame if only screen was damaged, etc. It all boils down to this:

Do you want to live to 4000, or have 40,000 screen sizes instead of just 10? Be honest. ☺☺☺☺☺
Do you want 11 companies + living to 4000, or 33 million companies + living to 80 like a dog? ☺
We got 33 million useless companies, instead of 11 ultra intelligent companies that make 1 product 500 times better product vs 500 trash products by the 500 main clowns of every industry, since they got 1 million PhDs, not 1-100. Not to mention many screens have a huge gap for water draining that allows deadly huge insects to come inside, like earwigs. The standards of the genocidal aristocrat are those of a rat IQ worm. In a decent society, each screen would come with a little UV resistant flap to completely seal that gap so you don't have to place tape there that is destroyed by UV fast, though a few brands have a flap that doesn't work, since it's designed by chimp sports IQ engineers. Malaria kills..., other diseases kill even faster. The stupidity of home depot can't be greater, everyone buys more spline and frame etc than they need that ends up in trash or recycle, like we trash 30% of food via decentralized idiots not knowing how much to make. If we had Immortality Building Inc do it all, you need far fewer spline tools and waste, so we make eterni foods factories for 4000 year lifespan instead of stone age tools to make everyone feel "like a gnat IQ contractor". Because we are a psychotic ultra selfish society, we have 10 times more spline tools, etc than needed. We got also endless regional, local, national hardware chains, to act busy and say we "provide quality", while 90% houses are in terrible condition by immortalist standards. "Free market" is the rule of the fruit fly IQ masses, lowest IQ. It's the epitome of fraud, waste, low IQ, useless products. ☺☺☺☺☺

Until Immortalists win and these scam companies vanish, the stuff above, basic flooring info, will save Americans $300 billion/yr the Latino-Muslim-Jewish gangs steal from us to open borders to 1 billion migrants bent on Sharia law. But hey, for a remodel, the new migrant aristocrats charge 20K, 900$ materials..., 1900% profit for 4 days of work. 4 days to make what some make in a year. "Justice for all". True love for fellow Americans. In peace they come to loot us all. We need an end to Jewish, Muslim, Latino (Catholic) migrants coming to extort cartel style the locals to do 3rd grader IQ click and lock LVP flooring etc *with worse quality products* (that kill locals with fumes and chemicals emitted, Turks charging Americans 80% more 3.6$ for uncertified junk products) *than* existing US companies like 100% Greenguard Gold Floor & Decor LVP: 8 mm + 22x2mil, or 2$ (lowest US price: 6.5 mm, 22 mil) etc, foreign small business terror aristocrat coming to join the Aristocrat Terror Gang, ready to co-plunder, co-enslave and co-kill Americans with local genocidal aristocrats, in the name of Legal and Illegal Immigration. Google "owner of each flooring etc contractor name in your area", (most reviewed or highest rated ones on yelp, etc) they're all Latino, Muslim, Jewish names usually. Shockingly, this is true even in Washington DC, the US capital. We need 11 companies, to end these parasitic leeches by max income 1-3 times the lowest eventually, 1 salary for all humans finally with the Immortality Credit Score. This will be the end of low IQ, where everyone chases jobs based on pay (what you can take)

instead of what they can offer (what you can give: capitalism favors thieves, not the selfless) to the cause of trillion year lifespans for all (living to 4000 is easy with a few nutrients), where many become MDs to make 10-80 times min federal wage, gender pay equality means women and men are 50% of each job category, if pay is equal, job stress is equal, meaning let women be 50% of construction workers, 50% of toilet replacers (scrap feces, inhale sewer gases), electricians (electrocute self), agriculture workers (tractor drivers/mechanics, tomato pickers, etc), 50% of forestry (trees fall on you), fishing (boat sinks), manufacturing, 50% of miners dying in coal mines, etc es as trillions are wasted yearly with gluttony (1.4 trillion food, 1.4 trillion other 'priceless' stuff), sports facilities, olympics and beauty industries for self-important muscular men, sexy ladies who would rather steal trillions than provide a few remote controlled escavators to replace all mine deaths, or remote lifters to avoid deaths for male solar panel and other electricity stations installers via a country free of parasitic realtors (62% are female) via housing.gov as all housing is built (the correct way first time to last 500 years, not flatten in a storm in 10 sec), fixed, maintained by one company, Immortality Building Inc, that preinstalls dirty electricity free all electric with dome room built in solar panels, using the safest techniques (prebuilt) so nobody (mostly males) falls and dies during solar panel install or house construction, better tech to avoid deaths for female moms while bitches going to beauty salons 4x monthly have no kids as beauty industry steals medical safe birth money.

Let's have females who visit salons so often handle hot steel (20 sec), put life at risk every minute (20 sec clip) (vs chair psychologist lady job, preaching garbage ("drink in moderation with thy infernal alcoholic depraved wife, obey your demonic wife when she wants sex due to being bored of so much stress as psychologist") on a chair made by men by excruciating work), work with forging machines 1 billion times deadlier than most women jobs, cooking pans made by men (10 sec), melting copper (8 sec), copper recycling (5 sec), steel mill workers inhaling the dust then preaching equality of job duties, not just pay☺☺☺, soldiers (die on frontlines, endure torture of 5 years if caught by enemies or being eaten alive by the Japanese), car mechanics, airplane mechanics killed by crashing airplanes. Immortality *for* All means safety for all first, all buildings shorter to preserve Life taken by falls during construction, any tall building requiring extra safety, as all move to houses not condos. The ladies wouldn't choose ethical STEM majors that discover new materials via science to replace steel to avoid injuries in many industries, instead, they choose HIGH PAY zero stress psychologist jobs, to "contribute" to keeping society in the Stone Age. Talking about Equal Contribution. Why be a steel forger when as a lawyer you make 5-10 times more with 5 times less stress and 100 times less risk to your life? Because we have a fraudulent society run by criminal lawyers and frauds, instead of by Scientists and Engineers who know the pain of a factory. Robots will replace all dangerous jobs eventually, but that will take time. Robots need replace first the most deadly jobs to be fair with those people

and ensure Immortality *for* All, not just ladies preaching bullshit psychology on a chair. Many die instantly in ultra dangerous jobs whose process is inherently "rat IQ" and ultra dangerous and in high need of STEM redesign by engineering and science, not psychology. Cow IQ folks run our Universities, so all we have is Humanities, only 30% STEM majors and 8 million pay for Univ. Presidents.

In 1972 US passed Title 9, "no sex discrimination in educational institutions", and in 1964, Title 7, "no sex discrimination in the workplace". Quotas were established etc. Well, today, 92% of workplace fatalities in USA are men "Women accounted for 8.5% of fatalities", as Equality means Inequality: Women Refuse to go into the Deadly Jobs and to Automate these Jobs, instead stealing Trillions for Makeup and Beauty Salons, Fashion and heels and flashy junk. Since most women jobs without college were retail or ultra low pay (AGAIN THE CAPITALIST SYSTEM OF A BILLION PAYS, instead of one universal pay), they forced women to want to go to college, to get a useless degree often times, where everything they learn in college is Pure Nonsense, that has no STEM and aplication to reality, to only get a job in the infinite redundancy economy of admin, bureaucracy and stupidity infinite of 20000 govs and 33 million companies. Then, for the love of money, some even got a PhD in some non STEM field, to top the stupidity off, since for humans Money is the main disease and women are equally infected by the virus. Immortality *for* All means we equalize stress as the 11 companies (not 33 million) section explains: equal stress for equal pay, equal physical exertion of jobs for universal pay for all. It is genocidal to break people's back, legs, etc by having some lift everything while "cow IQ" ladies lecture us on youtube about mascara/fake eyelashes, as millions die in workplace injuries instantly or a year later. Fatalities is only the tip of the iceberg as that's instant death, there is slow death via poisoning and stress over 5-45 years that kills men 5-15 years earlier. Makeup doesn't bring zero violent crime. It's really not needed. A true feminist is done with the bullshit and implements universal pay, no more Big Utility lady CEO making 26 million/yr, while 99.99% of men worldwide make 700-25000 times less and in the US 500 times less: one pay for all, any reward for great work is longevity products access and management positions, so none can do evil via money, such as today's depraved "pig IQ" women saturating their head, face, eyes, eyelashes, eylid margins with lethal toxic chemicals, and endless jewelry that could have saved real lives via science done in the time to market and produce such junk, or "pig IQ" men saturating their life with big muscle building, sporting goods, camping equipment, race cars, 2.5x more alcohol purchased than ladies, boats, RVs sitting idle in the lot 99.9% of time, while others are homeless and need help to reduce physical stress load, but isn't done as these imperial heartless men are too aristocratic to do any physical work, the pigs go to gym instead, while other men die in accidents due to physical exertion that would be avoided by Universal Equal Distribution of Physical Effort mentioned in the 11 companies section or Robots for all physical jobs being

implemented first. Feminists usually refer to a very pathetic equality that is very unequal by the immortalist standards. Let us have Equal Share of Women doing Utility Work instead of Makeup Youtubes. This despondent entitled Women Priviledge Condescending Attitude of "men are enslaved serfs of makeup users" needs to be Fixed by Congress Passing a New Title to Mandate Equality in All Job Areas, not just the Comfy Office Jobs or all Physical Work be Robotized TO ENSURE MEN DON'T HAVE TO BREAK THEIR BODY for Makeup users.☺☺☺ Leaving men to die is an Act of Violent Genocide against Men that shows the Hypocrisy of Modern Feminism i.e. the "drive for fake equality". You either have Robots for all Physical Jobs or have Equal Men/Women % in all Job Categories. You can't have an idiot on national TV full of makeup with Hitler tone make 20 million/yr talking BS while men die at 40K/yr to make products for Queens of Depravity/Theft. Think about all men drunkards making millions on TV-radio too. ☺☺☺☺☺☺

We need to develop a true sense of ethics and stop being such despots in disguise, who put on a fake cover and show of caring or wanting to implement "equality", but doing nothing like it. So men, make sure all robots replace the death of men by industrial, construction jobs, since women don't care about it, help men bridge the Lifespan Gap, that women never talk about, only the Pay Gap. Where is the gentle tender soft compassionate *graceful* nurturing loving healing kindness a trillion times higher than that of the most loving mom last decade of the Immortalist Anthem? Nowhere, many modern women are like despots and thieves, only doing all unethical things to get rich, just like modern men. All try to outdo others in stupidity☺☺☺. The whole society is an insane hunt for money, even if it kills us all at 80. Stupidity reigns, we value Paper Money, instead of Living to a 5 billion, everyone is mad about "not making money" as the neighbor, and nobody EVER thinks about doing something to help all Live to 4000. The obsession with useless diplomas stems from this insane hunt for money that doesn't exist in an equal pay society. Capitalism makes everyone a ruthless cruel idiot with a Mount Everest ego. You can invent 1-800 things that adds 90 billion lifespan years to the nation without any college degree. They waste 4-9 years and then do a job that has nothing to do with anything they majored in or PhDed in. All for Show. All for "Money Hunting". Pathetic, We built a Society of Utmost Idiocy: the amount of humanities college, PhD degrees is Insanely High and all they learn is TRASH, nothing of True Virtue as in Immortalism. Everything is a Pretense. Longevity results don't matter, only Makeup, Appearance, of a Resume, of a Diploma, etc. Just show up at work, clock in and let paycheck come in, waste life too, we gotta "appear to help". Do we need Affirmative Action for Men to Bridge the Lifespan Gap ladies, help us do that Please? Men have been enslaved as the stress taker for so long, it's time for Equality. Equality means Equal Lifespan too.☺☺☺ Let's see, so in colleges today 60% are ladies and 40% are men. You know what most jobs are? Wasting time, admin, production by outdated tech, replicating, 22 million in useless local govs. No actual innovation to increase lifespan 90 fold, to reduce male deaths by

reengineering the industrial/construction process, by the universal merger of all contractors into Immortality Building Inc that cuts construction deaths to zero. College is often just wasting 4 years to get a paper for more equal pay: a Power trip to Enslave Men in Deadly Jobs. Lady teachers giving higher grades to girls so more girls go to college (GPA higher), college admissions ladies favoring ladies again, and then ladies major in food colors that poison all, makeup colors that give ladies twice the dry eye of men, etc. That BS ends with the Free Universal Online Education for all, same videos for all, Universal automatic grading SAT style (multiple choice, no human input, computer grading) that removes all human bias and female teacher bias to give higher grades to ladies. You can't promote the Stupid people by Faking Grades to Lead all into the Abyss of Imbecility of Living to 80 the Beauty Salon Life and Makeup Society. 95% of jobs today don't use almost anything learned in college, it's a society of Morons. The Education Reform ends that, people work on products with Unis and the 11 companies since age 14, specializing in Science and Tech, and not wasting time with Getting papers to Enrich Genocidal morons making 8 million as College Prosidents and teaching nothing about Living to 4000, only outdated junk and how to be a slave. A society can have very little college and learn all in a field in a stable job as needed, and live to 4000 on average. A pompous society of pretenders can have everyone a PhD and live to 100 only, 40 times shorter. Diplomas don't count, only RESULTS. A paper is useless, we need RESULTS: tech that helps us live to 4000, societal structures, companies, etc that Focus on Trillion Year Lifepans not Diplomas to Feel Important. Many ladies spend 10 years on 'paper' education, 10 years on makeup and dating, resume building and then they are infertile at 38 and childless, eggs very toxic, damaged by alcohol coffee, parties, RF, then what? IVF to yield a sick child living shorter than the previous generation. USA got no future if all pretend. No kids, you need robots or "migrants" who will impose Sharia Law or whatever. The obsession today is pure research with no product in mind to extend lifespan, cramming people's heads to knowledge that is total BS and unrelated to living to 4000, wasting trillions while nobody has shelter, healthcare of preventive types, job stability (11 companies, all employed), etc, the things, 222 weeks off, etc needed to be able to start a family and not disappear as a nation. All people need to wake up and realize we're Genderless Quantum Information Systems that can Live to 1 quadrillion years. 4000 first by eterni diet? The most important period of life that determines where diet can make you live to 4000 or not is the first months of pregnancy, yet NOTHING is ever studied or done about it, they behave like pigs eating random junk that tastes, looks, smells good. What a society of cabbage IQ people☺☺☺☺☺☺☺. No thinking, just automatons going aimessly in any direction the wind of more paycheck goes, drifting like dead beats to increase net bank account, dropping dead like a fly at 80 instead of 80 trillion. What a pathetic group of liars, pretenders and clowns thinking themselves "educated" and credentialed. Can humans evolve past "fruit fly IQ" stage and start behaving like an intelligent species? ☺☺☺☺☺☺☺

Why do men live shorter? They die during their deadly job, killed by chemicals, machines. Men also work in much noisier environments, the industrial noises create biological entropy that kills early. 400 million workers suffer injuries each year, that require time off work. How do psychologists solve that? In a fair society, we have equal lifespan too, if men take all stressful jobs, then they deserve more pay on average to heal the damage done by extra stress with extra nutrition etc. Today, women take least stressful jobs and demand equal pay, that's unfair, given women live longer already. Those who propose giving equal pay for less stress, as aristocrats get, propose the destruction of the society, for aristocratism destroys all societies: nothing gets done, except pampering for the aristocrats who take least stressful jobs of CEOs of national destruction. How arrogant to demand equal pay, when 80% of psychologists, are often times alcoholic depraved ladies and the actual jobs, that really keep everything working etc are done by mostly men, with 50 times the stress of "psychologists", a rather parasitic type of profession, like laywers and others we don't need with the technocracy of 11 companies. You see how foreigners try to destroy your society? They promote "snail IQ" ideas, while the real reform to make STEM 100% of majors (the rest are minors) not 30% is not EVER talked about. Real reform of equal pay, zero class pay difference doesn't exist. Only scams about men, women, useless professions taken by women who now demand equal pay, yes, 3 times the pay of jobs with 3 times less stress of the men jobs, measurable by HR and cortisol spikes. Let them mine then lecture us about the PSYCHE. Cars can't work on psychology, they need Lithium. In social justice we know stress (bad food, air, etc, duties) makes workers live far shorter than aristocrats. Real justice is equal pay for all, equal stress for all jobs, as detailed in 300 pages in the 11 companies section (so all have *equal life expectancy*) & the Immortality Credit Score Society of Science of Immortality First. Our educational system is incredibly stupid, we require kids to memorize junk instead of teaching them to INNOVATE, DISCOVER, DESIGN the Products that Help us to Live to a Trillion. You need memorize every lake, mountain, etc in some place, every hair, body part of some animal and plant, every stupid thing, what is this? Are we devolving into Imbeciles? Let's Focus on RESULTS: Innovation, Discovery of Gadgets, Diets that Add Billions of Years in Lifespan to the Nation for Lab and Objective Human Free Grading for Theory. No more BS and diplomas.

The whole discussion about gender pay gap is a distraction from the aristocratic pay 50,000 times higher than minimum pay, *you know the media is all full of gender pay*, instead of class pay gap. *Equality* is firing all Americans and hiring only Mexican, Muslim or Indian guys when CEO becomes Mexican, Muslim or Indian. The stories you never hear. Mexico officials in the Mexico National Defense Committee openly stated they'll take Texas back and it surely looks like it, Texas whites were 87% recently, now 39%, Mexicans are now #1 ethnicity. Muslims are also building their own city within a city, trying to Islamize USA. The Democrats have been infiltrated by Spanish and Mexican spies and have turned California and Texas from 80-90%

white to 40% Hispanic in record time, while advancing nothing of this book: universal leftism, one universal language, science of 4000 year life, they've been agents of the Spanish Catholic Church (and their pedophilia networks) who've done nothing but attract low IQ migrants instead of high IQ. Millions of blacks and whites have become homeless, as the Mexican mafia took hold. What have we gotten out of it? We fell behind in science and tech vs other nations in endless industries and we're not anywhere close to Immortality Credit Score universal pay, just changed aristocrats from one type to another, with no real change and return to Inquisition energy. This means lots of our Reps, Senators etc are American *in name only*, they're Mexico spies. Boston was 95% white in 1950, 44% in 2025 and attempted murder rates may have risen 7 fold, like serious assault did. This was done with trillions in bribes from the Italian Mafia and Catholic nations, since Catholic JFK took US tax rate for the billionaires from 94% to 65%, destroyed the middle class so nobody affords to have kids: worker pay rose 10%, CEO pay 2000%, since JFK proposal. Then, the same bastards, lies to Americans that we need "import 50 million Catholics" from Latin America to take over US, turn it into Catholic Espania, split US in 2. The truth is, with efficiency, and 11 or even 100 companies, we could have needed zero extra workers. But efficiency means no aristocrats from Catholic nations to plunder US. All Catholic Democrats were agents of Italy, France, Brazil and Spain. They destroyed the US family and also the US industry, that was shipped overseas, to China and Catholic nations. Total treason of USA, they fooled us they worked for democracy, but it was not for max pay 3 times minimum pay, just 5000 times higher, they wanted Protestant Aristocrats ousted so Catholic Ones can rule as in the Inquisition, a fraudulent Party of gangsters, of making everyone tattooed, pierced, LGBTQ and working as retail bipedal chimps to sell 1.4 trillion of useless junk made in China and Catholic nations. They have betrayed USA like they deceived the whole planet with their infernal Church that removed the Bible from the pews in order to hide the 1500 quotes of rape, genocide, slavery, theft. Slavery to Protestant Gangsters became Slavery to Catholic Gangsters, still slaves. Italy has2 millennia of experience in brainwashing 200 nations with lies and fake miracles. Catholics use the same Muslim, Jewish tactics, they play "We are Lefties" and promote equality and etc, and once they become majority in an area, they switch to Fascist style tactics and the Inquisition style rule becomes the norm: open extermination of anyone not Catholic, Muslim, Jewish. USA forgot they're dealing with the same old Italians who did 500 genocides during Roman era. The Genocide is ongoing, Catholic Biden brought in millions of Catholics, from S America, Haiti. Latino gangsters (females even) use lethal drugs to rob people in Colombia, and such gangsters can traffic these drugs within USA, via illegal migration. ☺☺☺

2). Family (migrants and local) Size *Equality*, can't have 7 kids for one couple and 1 for another, unless one has Immortality Credit Score 700+ and the other 100. Most people have score 200-400 and 1-3 kids max allowed by parent license, so none have score 800 (max score). Check out

endless semis and SUVs bringing 5-20 people illegally still daily in May 2026: US is really in an undeclared war with Spain, Mexico and other Latin America nations. We know in India's Kashmir and other areas, Muslims can have 10 kids to outnumber Hindus and send loads of illegal migrants from Bangladesh, so "in West Bengal, the decadal growth of the Muslim population had crossed 40%, and reached 70% in some districts." The same tactics happen in USA, it's a covert invasion to alter the religious or ethnic balance, some 'Latinos' are Arabs or even Jews who take part in the covert "takeover USA plan" by huge family size + illegals. USA Mexican population rose 50 fold due to open border policies, all brought in by the aristocratic military elites who could have sealed border in 1945, they brought in cheap slave labor, as the inefficiency of 33 million vs 11 companies required more☺☺☺. The military runs everything in each nation (spy agencies fake elections, control political parties), the Pentagon destroyed the US since 1945 due to spies. High level genocidal Bible hiding (Catholics removed Bibles from pews to hide the infernal 1450 Bible quotes) Catholic spies destroyed US security by ignoring the Spanish Inquisition, by Catholic JFK rich tax rate drop from 94 to 35% via JFK, Reagan, that made kids unaffordable. Low tax meant migration to make up for the genocidal aristocrat lifestyle of plunder via 33 million. Many migrants claim to be kids, but are adults: due to Arabs, Latinos, Jews, being short, it's easy to pass as kids. The Republicans destroyed USA via Bible promotion, as they control the Democrats, they destroyed the middle class, brought in 50 million Mexicans, while exporting all industry overseas, bringing 0 innovation. We need 50 million educated high tech people to create tomato picker robots and high tech of living to 4000, not tomato pickers. Billions from 200 nations can do a little cosmetic surgery and accent training and pose as Latino. Spain and Portugal were the first colonizers of the Americas (1492-1600) and their brutal Spanish Inquisition style subjugation (Mita + Enco) plus diseases caused 95% of all deaths of indigenous people in the Americas between 1492 and today. England didn't have any colony in the 1500s. Historians agree 95% of indigenous deaths happened before Brits and French got colonies in the Americas. The Aztec, Incan aristocrats also subjugated their indigenous slaves, like kings of all nations. In 1492, USA had 2-5 million indigenous people, today 10 million. Amish couple with 9 kids had their house wiped out by the tornado (because Jesus was a miracle faking impotent rabbi who could not protect his "disciples"), Amish and Jews want us to work our backs off to create free systems of universal free everything, healthcare and all, while we have 0-1 kids and they use it for 9 kids... while they're promoting anti-science and spend all life raising kids to outvote us and return us to the stone age of chariots and Talmud. Smart system of "you guys work, we procreate kids". You defend us, go to war for Jews, we procreate new voters. Amish and Jews are like the queen bees who procreate all day and we're the worker bees.... It's very odd, many Amish clothing and head dresses resemble Jewish ones, are they Jews? They certainly are mentally, as all they promote is the 3 hidden pillars of Judaism: Genocide, Rape, Slavery. 25 Chinese soldiers on a boat tried to land in Florida, to expand the size of 'China family' by force.

3). Duty/Performance *Equality* not just Rights/Income *Equality*, Effort at the 11 companies *Equality* (we replace 33 million companies with 11, everyone works 40 hrs/wk, with equal distribution of physical labor to diminish injuries, need of 1000s of sports facilities and gyms, instead of illegals, etc slacking 35 and working only 5, having 30 times less stress, as a hotel migrant worker, while others deal with 30 deadlines a day get paid the same and are legal).

4). Free Education via One Online University & 5000 Uni Research Centers, Education *Equality*

5). Housing *Equality*, nice housing for migrants who pass the Immortality Test (harder than PhD).

6). Sobriety *Equality* (no alcohol allowed, as it involved in half violent crimes and car crashes, nobody can enter a car without first being recognized via video and breath analyzer, as the only designated driver, whose awareness and state of restfulness must be high to turn car on to avoid car crashes: all car jackings become impossible, as only car owner can drive, car stops if another driver enters, all cars have Violent Crime Button to call cops if anyone attacks; death penalty for any DUI until all cars have this system implemented to avoid loss of life). ☺☺☺

7). Crime *Equality* (see chart of violent crime based on country of migrant origin, all theft is penalized the same: pay 9000 times the amount stolen. Murder rates are 5 times the 1950s levels in many cities, if adjusting the 5x fold increase in lives saved by advanced medicine today. Criminal imagery in movies/music have also increased 10 fold. Most fraud in Minessota is done by Muslim Somalis who allegedly stole $8+ billion sending 30% to Al-Shabaab terror group in Somalia, via false claims of autism, etc, 90 arrested as of Nov 2025). Fraud spread to Ohio, other states, people pretend to care for parents or elderly: Trump stopped all states' daycare funds. In California, Latinos in gov + Russian, Armenian, etc illegals stole $3.5 billion: 18% of USA "home healthcare billing is coming out of Los Angeles County.." Medicare & Medicaid Services Chief. Check out the homicide rates of non-Whites on whites and viceversa to see how much higher the UK homicides by non-Whites are against Whites. These numbers are shocking because whites outnumber the minorities, and it speaks to the Jewish takeover of the UK and other nations: in England and Wales, 73 whites were killed by blacks (mostly Muslim) and 18 blacks were killed by whites, even if blacks are 4%. Asians (South, West, Central Asia Muslims mostly), also a minority, killed more whites than whites killed Asians. Islam is Jewish invented religion (Islam is a rewrite of the Jewish Bible, known as the Old Testament by Christians) used to murder any culture that doesn't submit to Jewish Universal Sharia Law ("USA law like") of the Jewish Bible☺☺ of Eternal Gentile Genocide. Genocide by Muslim Proxy is the Jewish modus operandi, see more here. The purpose of Islam was to spread the Jewish Bible to all nations where Christianity could not reach. Jewish Bankers financed endless Christian-Christian religion wars, today it's Islam-Christian.

8). Rape *Equality* Equal # of Rapes: 0 Rapes per Alive Person, Any Rape = DEATH PENALTY. (UK rape rate rose 6 fold from 2003 to 2025 as Muslim Rapists came as migrants, in 2017-2021 Germany, rape rate was 16x higher for Pakistanis, Afghans, 11x higher for Africans than Germans, Sweden rape rate was 8 in 1960, 93 in 2023, a 12 FOLD RISE, (they don't deport rapists) as a million Muslim Rapists (followers of World's Most Rapist "Prophet" with 13 wives and 90 concoubines (the Quran talks about Mohamed's RAPES 20 times more than about universal compassion and never about gentle tender soft nurturing loving healing kindness), who said in the Quran to rape infidels and take them as sex slaves: to be a true Muslim one has to be a rapist as Mohamed commanded) migrated there☺☺☺, making Islam move from 0.01% to 10% of population, in the last 35 years thanks to tapeworm IQ Swedish "national suicide fans" fake leftists and Jewish Rapists posing as Swedish politicians (whose Torah is a Genocide of Trillions of nonJews and Rape of Trillions of nonJews Manual too worshiped in endless synagogues and churches by "worm IQ" folks who never read the 1450 Bible bad quotes, but "because all genocide, slavery, mass rape quotes are in the Torah", Christians say "they are less rapists as they use the Bible Gospel, even if Jesus says in Mat 5:17-9 "Torah (Bible) is still valid", Christians *need discard, never publish Torah where 99% of Bible very evil quotes are*, as Torah is pure human sacrifice satanism and beating slaves to a slow death). Any rape needs death penalty worldwide for true *Equality: Islam, Judaism, Christianity are* mass rape *religions* incompatible with *Equality* or civilization). Dating.gov explains why those who enter once a month procreation attempt agreement, after they receive parent license, can't be acccused of rape as they're making babies around ovulation, but any other setup can be considered rape if one party claims it was not consensual to "revenge": this creates a society of more meditative intellectual folks who're less animalistic, scientific and have sex for procreation only, out of fear of death penalty for rape outside of once/twice a month (around ovulation) procreation parent license system. It's the end of 3000 years of Jewish Rape of the global mind with their "esoteric teachings on sex", culminating with the total Holocaust of humanity by Sigmund Freud Jewish pervert who made sex the most overrated thing: "all humans (psychos like Freud) do is because of repressed sex desire" and the "central aspect of the Jewish psyche and human one too, Freud so thought".☺☺☺ Jews bring Muslims to 150 nations to rape gentiles to create chaos and gain more power, UK Pakistanis raped 0.4 million white minor UK girls, as the Jewish Mass Rape Quotes instruct and Quran, Judaism recycled, instructs.

The 219 page report by the UK government on Mass Rape of nonMuslim mostly White *(poor families, ethnicity unclear, could be offspring of poor UK migrants from all over Europe, or even East EU, Soviet Union, Ukraine, not pure bred Brits,* hence it was allowed by MI5/MI6*, especially if kids of illegal EU/USSR migrants)* British (nationality, not ethnicity) girl kids by 40-50 year old Muslims is available for all to read at bit.ly/4uE5odw. All news agencies reported this, even Elon

Musk said all rapists need to be executed like Nazis were at Nuremberg, perhaps all Bible-Quran publishers of mass rape calls fined 1 billion $ each too. All nations must unite against this cancer called Islam, the offspring of the Jewish Rapist Bible☺☺☺, yes Israel, the Rape Capital of Rapist Thought Worldwide, whom USA aided with 300 billion already. Racism of Muslim South Asians is out of control, those animals don't get death penalty for rape, as Jews love to rape all nations, as Zion Protocols explain, as the media, music, movies Jews create for gentile deify sex outside procreation. That's why Hitler gave Jews the death penalty. As non-Muslims realize what Jews do for millennia, the Holocaust or at least mass deportation of Jews from all nations to Israel, may happen again (Jews deported 30 times thru history, by edicts of kings, etc, pogroms happened many times, as Jews never gave up calling genocide of trillions and mass rape of trillions of kids as part of their "religion"), as only deportation or death seems to deter MASS CHILD RAPISTS... who build synagogues Worldwide to Worship MASS CHILD RAPE, this time done probably in seconds to Israel Jews only if Jews misbehave once returned to Israel, the world center for demonic depravity INSPIRATION for Los Angeles Jewry controlled Hollywood movies and "music". Today, we're years/decades from weapons that wipe out entire continents in seconds, so looking at 3000 years of Jewish terrorism and gentile reactions to it, one can't exclude something catastrophic, so many gentiles hope all Jews return to sanity and denounce the satanic Bible, Talmud, stop printing the filth for the sake of World Peace. Jews always said "this will be the last pogrom etc, never again, last Holocaust, tra la la", but history repeats when the causes repeat. Did Jews ever learn anything from their history of endless expulsions? The Jewish Bible is the most violent text ever published, yet the Jewish lobby is so powerful, it has brainwashed 4 billion humans that it's "holy", so much so useful idiots Christians now print it as part of their "scripture" before the Gospel, even though it's 1 billion times more violent than the Gospel. A lie repeated 1000 times becomes established fact, the Jews know it, so they use it to brainwash billions of the "Special nature of Jews", so much so "God came to us as a Jew, Jesus, faker of miracles". Besides the shipment of mass rapists to 150 nations, Jewish created media commits mental rape of billions of kids, sexualizes all, via Jewish Facebook, IG, youtube that spreads the concepts of alcohol, sex outside procreation far and wide, making hookups, drunk rape culture 1 billion times easier. As a result, many nations ban social media for under 16, so Muslims/Jews can't rape them. The entire world is starting to boycott the Satanic Sharia Jewish Rabbinic Dictatorship of USA, that facilitates thru its policies, movies and music concerts worldwide, the mass rape of gentiles. USA grows more isolated daily, as Jewish power to Mass Rape all nations increases, so as Americans wake up, the Jewish Rule of USA will end soon and America will be loved once again, or actually for the first time ever, by all nations one day. The Bible, Quran are like stamps from the dark lords that stain the US with infernal energy. NDTV reports of 700 Pakistani Muslims practicing Islam by raping one girl, the demonic Quran commands the rape of nonMuslims, as the Jewish Bible commands the Senior Muslims (Jews,

the Teachers of Mohamed, the inventors of Islam, the Muslim Older Brothers). Those unfamiliar with Islam need to read all the Quran Index quotes☺☺☺ to see the Rape "religion" invented by an animal with so little self-control, he allowed Muslims to basically have sex with 500+ ladies via 500+ 1-7 day "marriages" for traveling bandits, serial killers looting caravans who helped Mohamed create world's most rapist religion in their kill, rape, loot adventures. Mass rape is a tool of terrorizing a group one wants to dominate and subjugate. It's rooted in the cannibal chimp DNA mentality of trying to enslave that is in every human's DNA in trace amounts. Biology programs us to be very selfish and to tend to be lazy and want to exploit others. Only a strong culture of Immortality for All and true equality can overcome such DNA trends. Here is where Judaism is incompatible with civilization: their scriptures consider Jews as holy (Bible quotes) and the rest as animal souls and even demonic energy remnant in some less known texts. This can't create a fair society, as nonJews are viewed as animals to be worked to death. The Bible is a Jewish global incitation to human trafficking and death by slavery, genocide, mass rape, as is the Quran. All nations need to ban both if we want Eternal World Peace within a decade.☺☺☺

Creating a merit based society with no racism is a lot more difficult than wishing for one, due to the natural tendency of all animals (low IQ) to favor those who look similar. Let's face it, we're not etlif beings without form and IQ 900 quadrillion, we're just cannibal chimps who became nicer. When we discuss about real equality, we need to discuss about all aspects of it, not a scam to enable one group to take power and then exterminate the other groups, like Muslims often did: play nice, demand equal rights when minority, and then, once majority, exterminate all. It's funny how much hate one sees these days from Latinos, Blacks for Asians, Whites, etc, even though, if Whites didn't make contact with Blacks, Africa, Latin America would be like in year 1500 most likely, just villages and very agriculture based sparse tribal society of 4000 languages fighting like Native Americans, Europeans, Asians did for eons. That contact enabled transfer of tech that may have taken 50,000 years in the absence of contact to discover alone. No gratitude for being taken out the dark ages, since slavery of blacks by blacks (each race had a few bad empires, like Dahome, with the rest being the bullied, or Mali black empire thriving on slavery of blacks) existed for millennia before Jews, Western Europe Whites (Germans, British, French, Spanish, etc Empires, never the tiny nations of East EU that were themselves *enslaved by Muslims and West EU at times*, etc, don't call *all Whites 'former' oppressors*, as only 8 Jewish Bible worshipping White empires traded slaves, as the 'holy' Jew taught them via L25:44), Arabs ever traded Blacks... These same people committing endless murders forget blacks were 1% of USA, now 14%, so how many countries of the size of the USA in Africa allow whites to grow to 14% of population? There is a fundamental disconnect between the desire for Equality and the recognition of other aspects of what happened in history. As you can imagine, without tech

advances and creating shapeshifting beings that enable all to look the same, sound the same (one accent, language for all), etc, the biologically driven unmerit based "promotion" will always exist (subconscious bias even, even with the most complex Immortality Credit Score with 500000000 lines of code to calculate it), because it's encoded in the DNA, so all those who claim to be pro-equality need to face the reality of biology and that without science, no real democracy exists, without Shapeshifting Formless Immortals, without evolution of the primate ant to Immortality Blueprint. You can reduce racism 1 billion fold via advanced 11 companies for all humans system, one education for all, same language, accent, etc for all humans on day one, two of life, etc, but you still won't remove racism 100% until we transcend our current biology to become shapeshifters, formless beings of 1 trillion million IQ. Religion won't bring equality, only division, Science is Objective and is the only way forward if one wants True Ethics, Science allows us to become objective and fair. Some claim people are going to be 100% objective etc, they can't, only a properly designed AI can be 100% objective for credit scores, hence immortalists are for no elections, but tests for positions, and whoever scores highest in the multiple choice exam gets it. Even so, some choices are human and racism will factor in, since not all choice is based on an exam score. With one universal pay all conflict about money ends and position is given to the ones who can do it, not who has purple skin. We don't give the nuclear power plant in Toronto to a pigmy from Africa who is illiterate in English because he has the right skin color. If we did, millions would die in a nuclear accident. ☺☺☺

This equality section clearly describes why many are hesitant to transfer knowledge to animalistic hyper violent groups, be them ethnic or religious, world war 3 and end of humans could occur in seconds. These murderous chimps don't realize the violence of their culture and music, because the cannibal chimp DNA component is strong, and these murderous chimps exist in all races and groups, look at the music. You know, people are so arrogant and violent, like the cannibal chimps eating the neighbor's kids, they don't realize how aliens might view their ultra violent behavior they describe as "culture". "Culture" doesn't exist on Earth, only murder. Culture means zero violent crime. It's amazing with what ferocity, reminiscent of cannibal chimps, some defend their hyper violent "culture", and go to "war" to defend it, for 400000 years, each cannibal tribe against the others, not realizing none have any culture to defend, only a psychotically violent gang 'code'. So, that's our task, to become human, to stop being cannibal chimps, to consider replacing the hyper violent religions and scriptures with something more civil, like the Immortalist Anthem, and begin the Journey to Shapeshifting Immortality. The Jewish media somehow has invented a narrative that Whites or Chinese alone are evil and blacks somehow never enslaved any blacks, when they did for 50 millennia at least most likely per data we have. The evilness (tendency to try subjugate others) is a cannibal chimp DNA component of the human DNA regardless of skin color and Jewish media lies. It emerged 2

million or 8 million years ago when a bigger chimp bossed around others and told them to do something under the threat of violence, the first human slave was born in that moment, we see this behavior in chimps today in the jungle. It's in the DNA. It can change, with real Immortalist culture. No more electing of liars and frauds based on racism. You pass the test, you get the position. No more political parties to divide. Let's be real, people are highly racist and they usually deny it, since they never monitor their choices, they pretend to have transcended all DNA influences of the animal brain and that they're Celestial Shapeshifting Immortals who really see all people the same, like the most impartial AI taking care of 50 trillion lifeforms of a Star Confederacy. It's the pure biology of fear and survival, blacks vote blacks, whites vote whites. Real democracy can't exist with 20000 governments, one law, education, language, accent, etc has to be for everyone, otherwise conflict will arise over religion, language, accent, etc☺☺☺. Read on, because without studying the real complexity of creating an Equal Society via Human Lifeform Engineering, we'll never have equality of the highest order one can imagine, only maybe 99% if AI and merit rule. When we shapeshift, visit planets with lifeforms, our identity is formless, pure consciousness of gentle tender soft nurturing loving Immortality, not partial to any lifeform or human subspecies. We don't become that by Neolithic rituals, but by pure physics and chemistry we'll discover. As Pure Energy Beings, we're free from the diseases of infinitely stupid lifeforms: racism, etc. ☺☺☺☺☺☺☺

9). Air *Equality* (no second hand tobacco, weed, vape smells that cause cancer/brain damage, all weed, vaping, tobacco, drugs banned, the Building Inc inspects all houses for mold/drugs yearly, and ensures all homes have all rooms with ideal temp 75°F (if that's found to make us live the longest so immunity works best) and 45% humidity (if found to be the best), CO_2 concentration 500 ppm max. All get fresh air, via CO_2 trapping or ventilation, all will use CO_2, N_2, H_2O to make protein, carbs, fat @ home like airprotein.com, so we buy only vitamin powder (dissolve 20-50 g of special extra custom nutrients, peptides, amino acids, polyphenols keep the macronutrients, proteins, carbs, fat more similar day to day for a given person to reduce biological stress). Each house is off grid, generating its own energy via IR-VIS solar panels on outside walls, windows, roof. The 45% humidity is a minimum every day of the year, not 10% humidity at times, meaning no damaged lungs from dry air and thru that 4000 diseases coming from air pathogens sick dry lungs can't filter anymore. The current homes don't have healthy year round temp, mold, VOCs, 2.5 µm pm levels (<1 µg/m^3, not 18 like Los Angeles), CO_2, humidity, due to 1 thermostat, high temp differences room to room. There is only 1 temp/humidity that helps most live to 800; have split AC in US homes only☺☺☺, to lower CO_2 ppm, save electricity, hit 75°/45% in 1 small room if alone at home. Central AC fuels mold via vents. Current homes are stone age as "cow filif IQ folks" design them, the "business mindsets", with no 1 million PhDs as with Immortality Building Inc. Unlike *immortalism*, capitalism produces trash, because you got 90,000 companies each

with 0-9 PhDs, instead of one with a million PhDs producing "sci-fi" tech. It panders to the animalistic self, wanting to feed from a trough like pigs in our so called restaurants, to the unthinking slaves, too low in IQ to want a food with 50,000 chemicals weighed in µg quantities, it thrives on making everyone as abysmal in IQ as possible, so aristocrats steal everything, award themselves 50,000 x the minimum federal wage, and sell poison to all to fund big palaces and 3000 acre estates. It uses fraud based religion to build elaborate brainwashing rituals, while real civilization, meaning zero violent crime/war in 4 years☺☺, is never discussed as a goal, since violence keeps the theft going. Isn't it odd how religions focus 0.0000001% of their activities on ending violent crime in 5 years? It's not odd, they were all made up by the rich to create gullible slaves and cannon fodder. The body's chemical reactions in all cells have tight temperature ranges, deviating from that means cell death and living 5-25 years shorter.☺☺☺ Reactions vary in efficiency, waste products rise/fall fast with temp/humidity (dry lungs let in more toxins, less oxygen), the body goes thru extreme stress to adapt to ever changing temp/humidity, so we need this and later a planetary shield for Weather *Equality* for All, 75°F, 50% humidity for all humanity, zero storms/fires/floods.

10). Culture *Equality* (i.e. we all have the same 0 violent lyrics, movies, 0 negative lyrics culture of Immortality *for* All, meaning 99% of music banned to equalize its vibe, like in the Immortalist Anthem, so we no longer have Ethnic Cultures (no more ethnic cuisine/music, no more British, German, Korean, Chinese culture), Racial Cultures (Black, White, Hispanic cultures, Black History month, but *only* the Equal Universal Immortalist Culture *of* beautiful☺☺ telepathic radiant teleporting genderless shimmering shapeshifting Immortals, we're all Immortals, yes, humans, it is the end of Chinatown, Korea Town, and any ethnic names of any restaurant, product, business). *Culture exists when 0 violent crime begins*, when 0 war exists, so until then, no country actually has a real culture, only a comical pretense of having one. In a killing field of deception, no culture is possible. Immortalist global culture is born of World Peace ideals (0 worker-worker fights, as aristocratic vampires no longer exist to start wars among nations and groups), it's a beautiful☺☺ culture of life, of living to 4000, like honey bees can live 50 times longer by changing their diet in the fetus stage, of replacing 5 million gyms and beauty salons with 5 million "Making offspring 50 times kinder, longer lived and 2-50 times higher IQ by a new diet for pregnant moms and kids" Immortalist Nutrition Centers that postpone all diseases of aging by 3000 years with eterni foods, since most people only have health issues at 60, so at 75% of their 4000 year life, meaning age 3000. No longer go to doctor in your 50s, but in your 3000s. Save money, you know a real political party with real results, trim healthcare costs by 50,000 trillion next 2500 years. Nutrition includes the mind, the brain via and eterni music that creates eternal World Peace which means money goes to longevity, not to war/spying. Obviously, when we have 1 billion companies, we fight a lot, with 7K languages and 200 nations, but with 11

companies worldwide, 1 language, we have actually a fighting chance against aging or disease. Imagine, a "wanna be culture" instead of beauty and hair salons, pouring 100s of poisons in eyes ☺☺☺, face, hair, brain, would have Intelligence Nutrition Centers to discover the way to create the human who lives to 4000 and Eternal Universal Peace Centers to create the techs, relaxing environments that bring 0 violent crime, 0 addiction, Eternal World Peace in 5 years. This culture bans all useless stuff and focuses on what matters, ETERNAL Immortality *for* All. Women need to concern themselves with how to make babies 50 times smarter and longer lived, not with how to put more carcinogenic and dry eye creating makeup on their eyelids and hair. The Jewish British method of destroying a country is multiculturalism, the creation (like Lenin in 1917 promoting 100 languages and cultures to split the Russian Empire) of separate segregated cultures that have their own artists, accent (instead of ONE Language, One Accent, One Educational System), music, schools, cities, neighborhoods, etc, so that they can promote the most evil diabolical, destructive music, cultural ideas and inter-culture conflicts for maximum looting and domination and takeover of USA and other nations.

For example, the Washington DC culture the Brits created, with 80% blacks in 1970, packed them all tight, with population density half of Singapore and 400 times the homicide rate of Singapore, mostly blacks killing blacks, the role model to be exported to every city where non-brits exist worldwide for maximum subjugation of the planet. This is segregation actually in disguise, that's why all fake Democrats, like Kamala, Newsom wish Happy Kwanzaa to all, it's a mockery of blacks, not a good wish, they want blacks to attend black events, celebrations, schools, colleges, to have 400 different cultures fighting, while the Brits rule. They want us to burn incense (Christians burning candles in churches daily like idiots, PAHs to poison lungs), candles on Kwanzaa, Hanukkah, etc to inhale carcinogenic PAHs and poisons the aristocrats place in these "special event candles" (mercury, etc) for the naive workers. Religions are like Opium for the Workers, to enable easier Looting of Trillions by Aristocrats. The Rich never invented a Religion Celebrating Trillion Year Lifespan for All or Single Family Homes for All. It's a Scam of "Palaces for Us, Religions for You Morons". Stop Donating. "Happy Kwanzaa" is "Stay away" in disguise. That's why we have Jewish Yeshivas, Neolithic Purim, Hanukkah, Christmas, etc, too, put all Jews, Jesus fools in one place, Chinese in Chinatown, easily to manage the "slaves of each religious, ethnic group". That's why they encourage "Ethnic (any country name) Orthodox Church" and other genocidal groups. It's all about keeping all away from Brits, low IQ, backward in Neolithic traditions. Theft by British Jewish aristocrats becomes 1 trillion times faster when the "gentiles" are busy shooting each other in eternal gang wars or democrats fight republicans in nonsensical fights created by British gangsters who gave us political parties to divide and loot us. Both parties are a scam that promotes max pay = 50000 times min hourly pay (Rep) or 5000 times (Demo), there is no third option of 3-5 times or equal pay. All day the

masses of cow IQ workers are led in fake protests about nonsense, never to protest at the aristocratic mansions. Only to attack fellow workers over nonsense. Every American has become a loonie almost (like in 1918 communist times when women under 32 (with less than 5 kids) were public property free to rape by Jewish communists, 1000 women could be raped, per day by any Jew), with 500 tattoos, 4 kg makeup and hair dye, and 40 piercings and the most violent filth music in headphones.

This "culture" given to us by Brits has spread to all NATO and other nations with vengeance. We immortalists beg to differ, and we think US can be saved. We don't believe in multiculturalism, since no culture exists on Earth, as culture exists only after all violent crime and wars cease. Multi killism certainly exists, but not multiculturalism. Thus, our goal is simpler culturally, just one "semi culture of bringing the first culture in world history, by creating world's first zero violent crime/war society via eterni music, eterni tone, eterni anthem". One culture = no conflict. Hey, 80,000 tribes exist on Earth, each with their sadomasochistic blood letting rituals, should we be kind and wish them Happy Blood Letting, Corpse Eating or Human Sacrifice to them too, read the first page of the book. All day 24-7 on TV should be 8000 Wishes to every little Psycho Group, so we don't fail to include anyone. Christian "culture" adepts need to read the next Bible quotes that have the demonic Torah Yahweh 'God' ask us to enjoy: "genocide, mass rape, human sacrifice, arson, alcohol intake to beat to death all around you, kid beating, slave beating". Jesus says in Mat 5:17-9 that all these quotes from Yahweh remain Valid Forever and Jesus came to Fulfill It. Now, perhaps you understand how Genocidal is to even say Merry Christmas, Happy Easter (he faked his resurrection too, to deceive all, after causing 1 billion dead via alcohol advice). Why can't we replace all this Islam-Jesus-Judaism imposed garbage from Israel and etc with Happy Immortality *for* All or Happy Trillion Year Lifespan to All. Workers of the world, Unite, Awaken: you can't live to a trillion, without decent conditions. Living to a Trillion means every Worker will get better living conditions than the Best Aristocratic Conditions today by a factor of a billion. Boycott all holidays and religions, demand Real Fairness, the Immortalist Anthem that brings the One Universal Trillion Year Lifespan Culture on Earth, No Blood Letting, No Animal Slaughter, 0 Violent Crime, No Prisons, No War. Think, don't be naive. You soon see how ridiculous it gets to hear people spend eons in empty talk "We honor X, Y, Z" instead of actually doing something to create quiet cities for decent sleep, etc, zero violent crime, etc. Islamic "culture" adepts need to read the Quran quotes that have the demonic Allah "God' (Mohamed, world's greatest rapist, serial killer and "prophet" at the same time) ask us to enjoy: all types of slaves, mutilating others, beating kids/wives, theft, genocide (infidels), prostitution. Why are Islam, Christianity and Judaism given the status of religion, tax free status when the quotes say the believer duty is to commit mass murder and the most horrific violent crimes? Earth has no culture folks, wake up, all societies and "cultures" were

ultra violent and sick. Culture begins when zero violent crime exists, so let's bring that for culture to appear on Earth for the first time ever. Islam, Judaism, Christianity, 100s of indigenous cults (the workers human sacrificed by Tribal Chiefs by Native Hawaiians and Americans) are not about *Equality*, but about subjugation and violence.

11). Music *Equality* (the gentle tender soft nurturing loving healing kindness music of immortalist lyrics and eterni *melody* tone, eterni vocal tone) to create Homo Immortalis, the serene civil man

12). Speech Tone *Equality* (can't have some bark like Hitler in music and church and others talk in eterni tone, that's not equal, that's cannibal vs human) ☺☺☺

13). Taxes *Equality* (0 tax for all via the end of aristocratic terror, the start of 11 companies)

14). Law *Equality* (end of all city, state, county governments, and 20,000 versions of laws, 18,000 police departments merge to create 1 police department/law for all USA and all judges, lawyers and prosecutors receive equal pay at the Immortality *Nurturing* Agency, the unified court-police Agency of universal justice, 0 crime, ending frivolous lawsuits by 33 million evil companies, this will be the end of thugs becoming judges, prosecutors, lawyers to make $ or defend evil)

15). Chastity *Equality* (kids equally free of pedophiles, perverts, sex outside procreation scenes in all TV-radio-movies, by education centralization free from mass rape quotes of Bible-Quran)

16). Religion/Spirituality/Ethos/Life Philosophy/Ethics *Equality* ("religions" of genocide, war, begging, death worship, slavery (unEQUALITY), slave beating, rape, arson are terror groups; we're equally free of their temples, scriptures, clergy, as immortalism replaces thuggish religion). Just for the record, the Muslim Arabs enslaved tens of millions of Africans (from 600s to 1909, due to Christians who stopped Muslim genocides against Blacks), while Brits brought to USA only 0.45 million blacks, who would have otherwise be enslaved, killed and lived in far worse conditions, since slavery existed in Africa for 5-200 millennia well before Europeans took some slaves too that the black kingdoms were selling for profit (the Dahome kingdom also human sacrificed slaves they could not sell: a black empire built on slavery of nearby black nations; the lucky ones were shipped to USA). Slavery was first abolished in the Christian West. In USA blacks went from 1.4% of population to 14% today, while in Muslim societies they were mostly killed, with most blacks being castrated (75% died before getting to the slave market after castration) in East Africa and often having a rate of death of 80-90%. Only 1% of Americans had slaves, the aristocrats, just like only 1% (the rich) have a lot of extras, luxury goods, etc. Regarding "reparations" and "Equality", how equal is to get to live 30 years extra vs remaining in Africa? Whites ended slavery in Africa started by the Muslims in 625, and it was done thru the killing of a few dozen black and Arab criminals in 1909 and then destroying the Turkish Empire that enslaved millions of whites, blacks, Arabs. Should we demand Equality of kids/couple and

deport 13% of Americans to Africa because they're black and had unequal amount of kids? How do we define Equality ? Only what fits someone's agenda of extermination? How about deporting all Asians to Asia? Equality , 0.1% in 1800, let's go back to the original percentages. lol. Reparations aim to Fix Historical Injustice, so what is Justice? Or Equality ? Everyone having the same amount of kids per family. How do we fix the Historical Injustice of so many kids/person? You see where it is going? In Russia, they exterminated everyone, they basically, turned Kazhakhstan from 82% Kazakh to 30%, same in other republics, in USA Blacks went up 1000%, got trillions in equivalent reparations already, how do people think of Russian communism and they think Russia is better than USA? 0 Blacks in Russia. Russian communism was a cover for Extermination. Only the rich 1% (Brits) brought slaves and enslaved whites, Asians and Blacks, so what have the other 99% of whites have anything to do with this? The endless slaves brought from endless EU, etc nations working as miners, coal plant workers? The non-black slaves (so called "migrants of 1500-2025") actually paid trillions in Reparations for the 1% British Slaveowner Pigs (who paid 0) by helping Millions of Blacks worldwide (think about all high tech, cars, Evs, solar, wind all white inventions in Africa, Internet, etc) and in USA with education, affirmative action, and becoming 100 year old lived guys, from 55 year old Africans, etc. It's funny how one sided people can be. Sure, there have been haters, crazy people, KKK, etc, and some still are (who promote evil music of hyper violent trash as black "culture" to stir conflict and violent crime (the bored 1% aristocrats who hate all workers with a passion, the enemies of all humans), but the reality is World Peace only emerges when we have 1 language, 1 culture, 1 accent, 10-20 companies and 1 law for all planet, because people are too "rat IQ", they'll fight over any little difference in accent, language, religion, nation, company, salary, etc. We need 1 salary for all, people are too animal like chimps, pure beasts. Don't believe me? Watch the genocides from religions and the chimps and see how like chimps all are. The Vikings were cruel and evil like the Dahome or Mali blacks, so were many in Asia and Americas, the same chimp DNA. Cannibals too. Behind the composed facade, the evil chimp always tries to resurface, to cheat and to fight, to take it all, to be unfair, to subjugate. Taming the wild beast is not easy. 99% of Europeans (like every other race) were slaves in their own countries at the hand of aristocrats for millennia. Africans in African areas live to 53-65 today, in many nations, those in USA to 80, or even 100, just like the other groups. USA is the best nation for blacks. Nobody allowed Blacks to expand 10 fold their %.☺☺☺ If blacks were oppressed heavily, their % would have remained 1-2%. Many Blacks live in US better than whites and Asians in 190 nations, a modern house on a 1-5 acre property, etc. Oprah has a 2100 acre property. This would never happen in the Arab world. How many whites live in black nations? 0%. They get lynched if going there quite often. Except South Africa, the Dutch, 10%. So, how about Equality ? Of Treatment?

Brits brought 0.4 million Irish slaves too (60-70% of early migrants to USA were white slaves

brought by aristocrats), treated them the same way they treated blacks, serfs with zero rights. Many blacks hate the conman Jesus religion or USA, not knowing Blacks went from 37% in Argentina in 1778 to 2% today and same in many areas where Arabs came, brought Beduins. They think the Gospel is the same as the Quran, but study the differences. It's quite a big difference, even if both are crap. Last 70 years, Saudis enslaved millions, who lived 5-50 in a room, to build stuff for Arabs. UAE too: watch. Hate USA? Go live in Dubai or Saudi Arabia as a slave or to 50-65 lifespan African nations for 3 months and then come back and understand Islam vs Christianity. Muslim Turks turned 1 million whites to be galley slaves. The bastard aristocrats, who own our 2 fake parties and everything, force billions of kids to memorize 5 million battles in which 2 second lived bacteria (humans compared to Immortal humans) committed endless act of genocide, rape and cruelty. Nothing is more "bacteria IQ" than that. Then we say we want to build a brighter future, of living to 4000 years old at least to begin with. How can that happen if all we do is create zero IQ memorization machines who forget all junk learned in humanities, instead of learning the 5-10 compounds that would increase human lifespan 50 fold by understanding science, biochemistry and etc? We're insane, all we focus on, is crap TO KEEP US CHAINED, money and fights, the past, recreating it, what's wrong with everyone gets same pay and work for 1 trillion year lifespans? Jesus the conman fake miracles bacterium could not make his "Godly" self even live to 4000, like a honey bee can live 50 times longer than others, so much for his "message" from "god". The history of humanity is simple: bacteria fought due to being mind controlled by bacterial aristocrats, the 1%, who, in their infernal addiction to money and power started 5 trillion wars that the enslaved 99% in every nation had to memorize to be a good killer of 'enemy workers', while the real nutrition info to live long is never taught in college or school. The slaves are taught to kill/hate other slaves, as aristocrats never fight wars. How diabolical. The MDs can make 80 times the min wage, lawyers 400 times, CEO 50000. What a farce. Do they work 80 hrs in 1? No, we can give free education to all, create 10 times the MDs today for the universal wage. ☺☺☺☺☺☺☺

Why don't all who make 2+ times the minimum wage enroll by default to serve in every US war for 6 months as infantry? Why do they use slaves as soldiers to murder in WW1, WW2? If MDs were going to war, instead of hunting animals on 200 acre properties, they would want World Peace, and 1 nation for all humans today, 1 currency, 1 salary for all, instead of being without legs, one eye/ear and hands. Force all Pigs☺☺ to be Soldiers going to Iraq, etc who make higher than federal minimum wage of 15K/year: World Peace will manifest in days. Send first the highest paid, in order of salary, assets. Would you rather choose 50,000 fold salary difference and lifespan of 80 with eternal wars and violent crime or 80 trillion year lifespan, zero violent crime, world peace and one salary for all? What is important in life? Life itself? Or paper money, a bigger beam of wood for a bigger house? Let all pastors and Jews making > min wage, in USA,

fight the Muslims, for the Jewish Bible created the Quran. Send all clergy to Every War, Frontlines, to embody the Fighting Spirit of Jesus who throws people and tables, of Krishna who calls all to genocide, of Mohamed who calls all to Jihad, send all imams, rabbis, Hindu clergy, pastors of USA to enlist as infantry by Law to Live the Fight they call for. Let them Defend the Freedom to Preach Violence within US borders, we'll decorate them, after they lost limbs, ears, eyes, as Christmas trees even with 300 medals of 300 Virtues, from Gentle Tender Grace☺☺ to Honest Valor☺☺ in defeating Islamic, other fanatics they created. We don't need lawyers, as Etis gets rid of those pigs.☺☺ What justice, what fight, when Equality and Decency exists? None will sue anyone, they just use reviews.gov☺. What is there to steal when all have similar assets, similar objects to help all live in Virtue to a trillion, mortal animals? Wake up. Let all humans discard the Demonic Chimp traces within and kindly walk towards the Victory of the Immortalist Anthem, and One animal herd becoming Human first time with Zero Violent Crime for all Chimp Humans. To make everyone as "nematode worm IQ" as possible, the rich force slaves to memorize past cruelty ('history') and expect it. We need to learn the history of scientific innovation that enabled us to live longer, so we discover how to make all live to 4000, not how we chopped others' heads last 3 million years. US history: a gang of aristocrats started bringing White, Black, Asian slaves in from Eurasia, Africa for 500 years... Poor Americans learn complex garbage/lies, but not the 1 sentence summary above. World history = the 1% subjugated the 99% in every nation. What else is there to know? Give us the science to live to 4000, of Immortality *for* All, not the fake religions to start wars of plunder. The workers need to wake up and demand real education on nutrition☺☺☺ and living to 4000☺☺☺, not history classes to brainwash workers to kill fellow workers from other☺☺☺ "countries" (slave colonies, mini concentration camps). ☺☺ It's time *for* the real 1776 *to happen as we all* happily ☺sign the Declaration of Independence and Immortality for All. The past ('history') of all nations is the same: workers worked to death. So, let's create the future. ☺☺ The Immortalist Anthem first page ideal of loving the worst person a trillion times more than the best mom loved her infant baby last decade, via great free education, universal jobs for all, zero unemployed, etc.

17). TV-radio *Equality* (equal info, *equal* tone, *same* info for all, same TV/radio for all, time to avoid wasting 7.5 trillion a year, by doing instead of talking, so we get 1 TV and 1 radio station (not 15000) of eterni tone in the state of emergency to bring violent crime down 1 trillion fold)

18). Healthcare *Equality*, universal healthcare for all citizens of USA, not migrants/green cards or those 2 million who spend 4 days in USA after birth, then go to a hostile nation to be brainwashed and then at 18-30, they can come back to USA as citizen to get free benefits, even if they're the most anti-American and proChina communist or whatever spy. This is fraud, Citizenship by birth abolished, see how citizen is verified for anyone outside of USA for 2+ years. All these fake citizenships need to be revoked.

19). Transport *Equality*, free public transport for all, develop quieter transportation ☺☺☺☺☺☺

20). Food *Equality*, healthy food free of AGEs and many other toxins, develop high tech foods

21). Banking *Equality* (1 bank, not 9200, all discount and credit cards vanish, to buy anything one can only use the Eterni Bank card, which only legal residents have, cash is banned, no illegal can survive as all who buy food for illegals receive lifetime labor, all transactions monitored)

22). Language and Accent *Equality* (same Tone and English Accent used in all TV-radio-education for maximum Social Unity, all gov/businesses/homes use only 1 language, Eterni English) ☺☺☺

23). Quiet Cities *Equality*: nobody will make noise with church bells, loud parties, concerts, mosque calls, excessive car honks as in India, etc. We will have true respect, equal silence for all.

24). Lifespan length *Equality*, we need to treat male specific stress that make men live 5-8 years shorter, and ensure that all have access to best sperm and egg to give long life to offspring. Stress is the number one killer, they say, and it is, men had higher stress for eons, as they had to bring money, food, etc, while woman did the easy stuff: stay at home, cook, clean and complain "about 30 things", thinking men have it "easier". Let her fight tigers and people in wars. We need to give all people a fair chance to live to 100, by proper benefits for riskier jobs too. Some women want all the equal benefits, the pay, the power, without the equal stress and deadly jobs men have that make men live 5-8 years shorter. Men live shorter due to higher stress: stress creates arterial plaque which causes heart attacks, strokes and organ damage by blocking nutrient flow, so men die early. There is nothing controversial about this: a million studies show stress ages us faster, in 1000s of ways, not just atherosclerosis. In former millennia, it was common for the man to work all day, woman staying home and then she wants *Equality*? Lower stress for millennia makes for longer lifespan. At home there is far less stress, in the jungle fighting animals or others it's deadly and super high cortisol. Ladies, let us practice democracy in full, *Equality* in ☺☺☺stress for all. Today, the female German Health Minister, full of makeup, has revealed that "we need to treat women specific diseases" but not male specific diseases that make male lifespan unequal to female, when in fact it's the stress that is unequal due to the German aristocratic model of civilization that causes unequal lifespan and a macho society. This macho society creates macho women, who no longer breastfeed their babies for 3-4 years, which would naturally eliminate any menstruation, and related pain (on average it's about 500 days of painful bleeding a lifetime, since women got 450 menstruations, from age 15 to 50, with 50 days being very painful). Already, the FDA has approved many pills and hormones (progesterone, progestin, prolactin) any female who had her kids can safely take to avoid any menstruation, or any woman can induce lactation or keep using (after her baby stops breastfeeding at age 4) the most advanced pleasurable pump that mimics a baby sucking, which

releases oxytocin and endorphins to delay aging, she can drink her own milk (maybe she will live 4 years longer) if her daughter or best friend's daughter doesn't want the milk as a 4-15 year old, or, if none interested, breastfeed babies in the area who need milk if they mother can't produce much. Solutions exist already and better pills, pumps can be made, so the Family of Immortals extends to all babies of compatible health issues, blood type, genetics, etc for maximum antibody support. A lady had 12 kids and lived to 118 almost, because breastfeeding is good for the lady, but selfishness today prevents this, so they poison babies with Enfamil formula which has 97 times more AGEs. Nature punishes women for not breastfeeding 4 years, with 4 years of pain, in hopes of getting her to breastfeed, like a human with the smallest amount of compassion for her children, would do, something hard to find in today's world of Galaxy Size Egos and Macho Martial Arts Ladies with empathy similar to Hitler's. Instead of addressing the German CEO pay being 400 times higher than that of most workers, pay in*Equality* that stifles innovation, prevents World Peace and healthcare from getting 10 times more funds in all areas (incl pills for female pains), unequal pay that prevents us from living 40 times longer (pain free) by eterni food tech that increases human life 40 fold like with honey bees, she's just playing politics of bleeding pain games, while her makeup encourages ladies to develop dry eyes that men then have to cure and manage, instead of fixing their 5 years shorter lifespan due to in*Equality* creating war, stress, etc. The solution is simple: develop universal compassion, breastfeed someone else's baby if period is painful, if pills to stop menstruation could make you infertile or have side effects. They got milk banks that always need more milk, but many women are too selfish to care: they Demand NOW 0 pain with 0 giving or help for others, 0 side effects from pills too. It's important for males to understand that the menstruation pain can mean irritability, poor sleep, anger and higher chance of starting an argument that could end up with a dead kid for mentally instable ladies. ☺☺☺☺☺☺☺

The real disease that causes us to have a trillion times shorter lifespan than Immortals, that we all have is called GREED, OCD with money, a mental illness that is more urgent than any other disease, as it threatens the human species' existence itself, not just menopause/period issues. We need end all violent crime and war immediately before we vanish as a species and all ministers need to talk about that and how what they do will bring about that. Period. Everyone goes thru pain, men vocalize it far less, being more stoic sort of, and more macho to talk about the pains: men came for millennia from wars and didn't complain all day about the pain of injuries they had in wars, these post traumatic stress disoders and chronic (each time they walk or use their hand or bend) pains in legs, arms, etc were there 4-12 hours daily (not 15 hours a month at menstruation) but women, who don't die on frontlines much at all, don't care about world peace. Where is the compassion? Don't male pains count also? Only female pains? Women tell us of the "historical injustice" of men having higher pay. I do agree all pains need

vanish via tech and DNA upgrades, but first let's have Eternal World Peace. With 11 companies, we get real equality, all men and women can serve in the military (except 5 years around a newborn baby) and militaries can aim to recruit more ladies in all volunteer armies, so they know how bad war is and they work 24-7 to bring the world of one language and 11 companies, instead of wasting time with makeup and "women diseases". Just the military training itself is enough to turn every woman off and want World Peace in 3 months. Endless wars kill endless men because many women were traditional "cow IQ" folks who supported anti-science, anti shapeshifting DNA tech, religions and multiple languages that led to wars. Everyone needs to realize one day we'll all be teleporting genderless shimmering shapeshifting Immortals of the Society of Kind Technocrats of the Immortalist Anthem. We need to work as a team, until we become genderless Immortals, acknowledge the reality: women have smaller brains, and, like with smaller computers, can't reach the same IQ (processing speed or insight, etc) of a bigger more powerful computer. The bigger the laptop the more stuff it can do, compute, etc. Same with primate brains. We need to develop the idea of universal family, every lady and guy needs to view all humans as one's babies, as the Immortalist Anthem clarifies to all migrants to the Land of Immortality and *Equality* for All. Without ending war soon, there will be no more humans. How come women don't protest about men dying 5-8 years earlier, if men have it so "good"? Yeah, let's see ladies fighting war on the frontlines, and dying at age 35 due to bullets or bombs. Then we talk about Makeup above World Peace in 3 months. Bitches who don't fight for Immortality and *Equality* for All don't care about World Peace in 3 months, only about Power, $$, Makeup. May all humans get a STEM degree and create the Genderless Immortal. ☺☺☺

25). Bloodshed *Equality*: all nations shall have equal bloodshed, meaning 0 animal bloodshed, for it is hypocrisy to demand others treat all equally and don't subjugate you, while you subjugate animals and kill them, billions of male chicks on day 1 of life.☺☺☺ Let's go vegan, end hypocrisy in the name of religions and actually create a world free of bloodshed via eterni foods. Animals are unequally killed for food, so to demand *Equality*, first offer it to lower IQ beings. You want God to have mercy on you and give you eternal life? Good, then have mercy on animals. You want to attain Equal Lifespan to God, Eternal Life? Good, then stop the killings of all animals and plants and develop eterni foods that kill no more bacteria via quantum device sterilization of planet Earth that removes all bloodshedding carnivores on Earth in one second. Let all bloodshed end by eliminating the bloodshedding species, so one killing of a tiger prevents tigers coming from that tiger shedding the blood of 10 trillion eaten animals. Be the Angel of Life. Want *Equality*? don't choose a carnivore as national animal, don't promote cats that kill 100 mammals or dogs that kill 1000 chickens to eat nonvegan food. Be kind, live in God's Light, give equal medical care: build hospitals for people, not for pets we don't need, pets that she blood. Show your love for *Equality*, by donating all pets now and taking care of people in need. ☺☺☺

26). Pet *Equality* : many people are homeless, have terrible housing, health issues due to lack of medical care, all due to the greed of a few pigs who need Pets and Pet Hospitals, Pet Shops that steal resources for decent housing, roads, water treatment plants, etc. An adept of *Equality* agrees to 0 pets for all, until we have achieved 0 violent crime, 0 war and deep *Equality*. No culture exists on Earth, it can't when violent crime exists, all we have is training to kill... It's not *Equality* to take the life of endless babies killed by pets, it is the epitome of egoism, hypocrisy and gangsterism to demand equality, while you buy a big dog that can kill a baby. Endless kids are mutilated daily by these dog owners whose dogs are Satan's best friends. If the trillions wasted with pets would be used to fix USA, violent crime would be 9000 times lower. *Equality* means all people, infants have the right to not die due to a medium or big dog attack. Nobody should be live a state of constant fear some nearby dog might kill their 1-15 year old kid. ☺☺☺

27). Beauty, Security and Video Camera Identification *Equality* (ban burqas, wigs and any scarf that hides the face seen by CCTV from front/sides/back, because they prevent AI recognition, ban jewelry, tattoos, piercings (infections, health burden), mascara, eyelashes, liners, hair dye, hair styling, any makeup (except skin color makeup for under eye dark circles for any special event where you may want to hide a pimple or scratch, all need evolve past the need for that, so you know when you slept bad and take proper action, the way we look is the best biological feedback for living longer, plus with doubles for spies, minor differences in vasculature can be hidden by makeup to avoid AI detection (since iris can be faked with contacts to match the double's picture in scan databases), so it will become illegal to use makeup, especially as it takes resources away from longevity, creating a society of rat IQ ladies dead at 80 instead of smart ladies dead at 80 trillion), any modification of one's standard AI recognizable appearance, promote radical honesty, for a high IQ society of scientific integrity,☺☺☺ longer lifespan, health, happiness maximization, instead of looks to deceive; the nation will have 5 cameras on outside of any car, office, home, electric pole, fence, and tree, for 0 crime,☺☺ so no Genocidal Violence "religion" shall interfere with 0 Violence on Earth which the United Immortalists Can Bring: if you're a good citizen, trying to help all live to a trillion, there is NOTHING TO HIDE; your beauty is your ethics, tone, conduct, behavior, service to humanity, not appearance; altering one's appearance is a form of dishonesty and fraud, deception, no safe makeup even exists; makeup shortens lifespan, workers have to waste an entire life to make these poisons instead of longevity. It's pure self-hate to hide, because we look the way we do to notify self that we need to sleep better, eat glycine, so the collagen works better and dark circles don't appear. Love is honesty, hate is deception, of self and all the others around us. Will makeup users grow up? A hot lady is one who looks at 40 like 20, at 70 like 35 and at 125 like 70, not one with makeup. She's the epitome of immortalist virtue and ethics, of the Immortality Credit Score lived to a T.

28). Justice for Violence *Equality* i.e. EQUAL # of Violent Crimes with Injuries Not Healing in 2

weeks (only the most minor things heal that fast) per Alive Person: 0. (same lifetime labor *for any* violent *crime,* death penalty for any rape, any drug traffic, *plus* any injury that doesn't heal/vanish in 2 weeks, Muslim lady disturbs people on the bus, screams, shouts, attacks, without receiving lifetime labor for any violent crime, a Muslim animal attacks Jew without being executed for severe damage to the brain, Orthodox Jewish Thugs mistake a protester for their "kid they beat daily with rods per Torah" and kick her, damage her brain by can thrown, spit on her, without receiving lifetime labor/death for 2 week no heal violent crime, Jews/anyone who beat/punch others until blood comes out need to be executed by federal law, and Jews can go to Israel, right of return, if they don't like the new USA free from Torah Evil. Nowhere can one see the hypocrisy of Torah saying "kill those who say bad cursing words", yet all these Torah Jewish Thugs say very bad words and even violently attack a peaceful protester, which is 1 billion times worse than saying any word or "curse" (only fruit fly IQ people believe a curse will work anyway, they prayed for World Peace 50 billion times, no peace, only action achieves anything). Compare the behavior of these rabi..d wild dogs with the ideal of the Immortalist Anthem of loving the worst human being a trillion times deeper than the most loving mom loved her beloved suckling infant last decade). Most punches take more than 2 weeks to heal, so it's attempted murder as one can hit concrete and die from skull fracture, as many died before, so if the puncher gets shot by the victim, the victim acted in legitimate self-defense, but nobody will have guns. Why should a guy who adds 7 billion lifespan years to humanity be brain damaged by a dog who adds 1 day? If the dog punches a second time, he could remove the invention that would have added 1 year to all people, or 8 billion lifespan years, and to not kill the Puncher(s) is the equivalent of killing 8 billion divided by 80 years, or 100 million infants who lost 80 years each. If the guy would add only 800 years to humankind lifespan or, not killing the puncher(s) (*who is/are obviously a low life rat IQ scumbag(s)*☺☺☺ *who didn't add any lifespan years to humanity*) and allowing him to stop that 800 year addition via brain damage is like killing 20 people of age 40, 40 times 20 = 800 years or 420 million minutes (1 minute per American). In the video above, the cop protecting the girl from 100 Jewish dogs should have killed them all, if this was an immortalist society where any punch/kick is the equivalent of a mass murder. These wild beasts should self-deport to Israel or be killed (all 15 Jews who kicked, punches, threw trash at her) next time, the cop should have called for backup to stop the attacks and finish off the Jews. All civilians will be banned from martial arts (cops, soldiers allowed). Whoever attacks first deserves death, he's not a human, but a wolf, a beast from hell. Whoever starts the physical fight can be killed without any prison time for the shooter or cop, as any violence is attempted murder disguised as "violence". We get 5 billion punches in US weekly due to the Supreme Satanic Court not allowing instant execution of a puncher, kicker. We need one Court for everything, not 20000 courts. Devils belong to hell and death sends them there quick to relieve them of their depravity. People are hesitant, try to be

nice to a demon and end up lifelong disabled or dead before they realize what hit them. No words should be a cause of violence. A weak person can't wait for a second punch that could kill her, so s/he has the right to execute the aggressor. Too many of these migrants rape and punch locals, they need be dead. If they still allow guns for 2 years, no migrants shall have guns, only citizens with high score. Nobody should even have knives, except at home in a safe connected to the one and only national police department that doesn't start any car until the knife for that household is in the box, confirmed by AI. Police arrives at house if knife is taken out of the kitchen to prevent any crime. This has to be done until knife crime is 0, via the centralized education and proper TV-radio content. Only 1 small serrated (4" long blade max) knife (that cuts every food easily) per house, and no guns eventually, except for cops/military. With 4 trillion cameras, inside, outside cars, everyone will know who attacked first, no swords, machetes, knives, guns. USA has no real death penalty, that's why the real violent crime is billions of times higher than it should be. With proper education and filtering of media, songs, etc nobody will know what a violent crime is. All phones and cars in USA will have a button with its own separate battery (to prevent dead phone issue and the delay in making a call that may result in death) that once pressed, even if phone/car is off, police arrives in 1 minute to detain the thug that block the path of someone, without touching them, or etc. If we make salary equality only, we give the evil nation the same financial power as nations with 500 times lower homicide rate and we create an inferno on Earth quite fast. So, before we talk about equality of pay, is your nation equally paying its citizens or does it have 2 to 600 languages, castes, endless schooling systems? India for example calls for equality, but how come it doesn't treat all the same, with one language only, English if it so intelligent, so willing to compromise for the greater good, use its IQ to realize culture is not the language, but its ethics? What about "honor killings" nations that demand equality with countries that do no such evil? Dad kills his son because he married someone outside of Islam Slavery Rules "religion." Equal? No equality, slaves have no equal rights, yet this is Mohamed's teaching and Islam teaching. What about Saudi Arabia banning all religions except Islam? Is that Equal? No, then why should Muslims have equal rights in USA? Torah calls for slavery too, is that equal? No, then why should Jews attending synagogue have equal rights in USA? ☺☺☺The poor countries with 5 babies/family call the rich countries to give all money to them to be equal, because they don't create so many emissions per capita, but with population being 10 times bigger now than 75 years ago, emissions as a whole rise too.

Due to our chimp DNA,☺☺☺ real Peace won't emerge until 1 language, 11 companies, 3 agencies maximum exist on all planet Earth. Average human IQ is simply too low. *Equality* starts with you. Immortality *for* All as in true *Equality* leads to Eternium (a few pages below is detailed the idea of Eternium, the US military replacement), a Universal Defender☺ of the human right to trillion year lifespans. We either have *Equality in all areas*, or not *Equality* at all, why pick what is

equal based on agendas to favor your group?☺☺☺ This paragraph reveals in astounding clarity the pure hypocrisy and fraudulent nature of Democrats who're Republicans in disguise, since everything they do is promote inequality, by stirring division and promoting 100s of languages, cultures and philosophies, instead of the best. The parasitic genocidal aristocrat creates labels, divisions, Rep/Dem, white/black, atheist/theist, LGBT/straight, to divide the workers so the rich can steal trillions for their palaces. True *Equality* takes time and real 24-7 effort for decades to achieve, in all its aspects. It's not just "equal pay", that won't solve the endless issues with fraud and violence 1 trillion times higher. Nothing is what it seems, the aristocrats have conned us for centuries with fake elections and fraud. They create fake violent subcultures to create division and worker-worker fights over 100s of labels of self-identification, be them ethnic, sexual, gender, linguistic, musical, artistic, racial, national, etc and justify in*Equality* and their living in segregated palatial Estates as the allegedly Superior Aristocratic Culture of Genocide of the Kind Duped Workers busy arresting workers or fighting other workers. Can't have 7000 languages, 200 national "cultures" (pure garbage, look at their anthems), we need ONE Universal Culture. The victory of the Eternal Universal Peace and the working class means End of MultiCulturalism, of classes/caste, the start of the Monoculturalism of the Real Culture that never existed on Earth: 0 violence in scripture, in anthem, in music, in movies, in literature, in TV-radio tone, in TV-radio news. Culture means first 0 violent crime, so no culture exists on Earth. Compare the Immortalist Anthem/'Scripture' with the Violent Trash Scriptures of Most Religions. World's Workers unify, create the Best Ethos/Anthem to replace Divisive Anthems, Scriptures to free the World forever from Violent Filthologies disguised as Religion. We love Eternal Universal Peace.

~*~*~ After reading 23 pages of 28 *Equality* definitions, see the genocides perpetrated by ~*~*~ those who want *Equality*, but offer no *Equality* of Life to those they Kill for Profit of their gangs:

About 30 million illegals were still in USA in 2026. On 1-21-2026, Trump banned immigrant visa processing from 75 nations who come here to live on welfare, build stone age ultra violent religious temples and support infernal Islam (spies in disguise wanting Sharia law in USA), ultra stone age restaurants (that have nothing to do with science of eterni foods) and rat IQ traditions, ultra violent sports (chasing horses by the tail in Florida, rodeos, etc). Soft Republicans are actually Latino Cartels agents who pose as Republicans to turn USA into a 3rd world "shithole" as Trump calls it. 27 H_1B visas approved for a company located in the house of Vamsi Krishna Vajinapally and his family, as in vagina. This H_1B report caused Texas to shut down H1B until May 2027. This is a complete fraud and an example of how spies can turn USA into a shithole fast by posing as politicians, check out the video explaining this H1B fraud better. Cyanide LD50 is 5 mg/kg, fentanyl is 3, lofentanyl is 0.07, so Latino gangs poison 200 nations. VX nerve agent (chemical weapon, made in Germany preWW2), LD50 is 0.003, used by Korea to kill a guy by wiping his face with it (see the video of 2 components, by 2 women, becoming lethal

when combined on his face only). Latino gangs wage chemical warfare on all humanity. Drug overdose deaths have gone up 13 fold since 1968, as Latinos flooded USA with gangs, and increased by 50 million the Latinos count. Today, we get 270 deaths/day, mostly due to illegal drugs, or 1 million/decade. The US declared fentanyl is a weapon of mass destruction, Trump claimed fentanyl killed 1 million in 2020-2025. Thus, more than a MILLION Americans WERE KILLED BY LATINO, Mostly Mexican, gangs by overdose alone and another 3 million dead equivalent by shortening the lives of 50 million addicts and their dependents by 4 years each on average, meaning 40 years taken out of the 5 million 40 year olds. If USA killed 6 million Mexicans or Jews via bombs, would Mexico, Israel think of it as a Holocaust, Genocide or war? Why would we not think of it as WAR or HOLOCAUST? The Jewish media simply says "people are anti-immigrant, pro-border or anti-Latino". There is a REASON people want secure borders: to stop the Holocaust facilitated by Jews, etc who support open borders. People want a drug free planet. The cartels ship drugs via boats destroyed by the US military (see video), in order to exterminate every American with drugs. The Islamic Gulf states don't give citizenship to workers even after 40 years and never to citizens born in those states. They don't have birthright citizenship. Isn't it funny how the Arabs want NATO to welcome Arabs as citizens who run our cities in NATO, not just be citizens by birth or migration after a few years? Why is NATO so filif and abysmal in IQ? The tests immigrants have to take to prove loyalty to nonviolence and basic civility alluded to in the Immortalist Anthem and Universal Declaration of Immortality for All would be similar to the tests sensitive professions will take, from nurses, MDs to scientists. You can jump to the end of bilingualism. Illegal deported several times, instead of receiving lifetime labor for crossing, stabbed a guy. 100s of young migrants storm stores and loot them, take over streets in California. Thus, the US created a new military zone in California border areas. Anti-ICE protester is hit in the head by the "peaceful protesters" who make his head bleed. Jews brought 20 million illegals in 2020-2024 to beat the hell out of anyone who opposes Orthodox Jew penis cut disguised as atheism: Jews pose as leftists (Democrats) and right wing (Republicans) to install Jewish Sharia Law, cutting everyone's penis per their Infernal Bible. They're both sides of the aisle, enslaving every gentile. They take over our Health Departments, colleges, gov. agencies, movies, music, media, etc. ☺☺☺ To go to any church is to support the psycho type of Jews, whose Psycho Bible Truth is here. Watch "peaceful MN protesters" smash cars, attack people with shovels to defend gangs that killed millions of people with drug overdose and addiction. How many foreign spies are in these protest mobs? 90 US enemies dispatching their spies?

Mexicans protest against Central America migrants daily, want them kicked out of Mexico. Nicaragua illegal knocked lady unconscious and raped her. A Guatemala guy stole someone's identity causing endless trouble, was deported 3 times. Honduras lady got a DUI, in 2020, then killed 2 teens while drunk in 2025, because Democrats didn't deport her via the sanctuary for

drunkards, thugs and thieves policies. It's funny how Mexicans want USA to welcome Mexicans in every city, while they expel others.☺☺ Watch Hispanic guy shoot cop multiple times in gratitude for being allowed to live in USA. Latinos make 80K/yr traveling to NATO countries to steal, any theft under 400 euros no jail, they're wanted by police in US.☺☺☺ China exports to Houston Texas, chemicals required for industrial production of drugs, to poison the entire USA thru their gangs, to commit genocide against USA. China exports precursors to drugs to Russia via Kazakhstan. This is China's World Peace buidling, Japan gets new drugs flowing from 'Chinese virtue' government controlled mafia too.☺☺☺ With their astronomical military, etc budgets, China could end all these exports and gangs in 1 year, by implementing the ideas in this book, the 11 companies and one equal education system of true democracy, not Chinese Imperialism Feudalism today, disguised as communism like USSR faked communism too, using it to spread war and genocide in Afghanistan, etc. FBI found 20000 fake green cards, passports for Chinese mafia taking over the marijuana illegal drug trade. This is China-US friendship in action, and why we need 10 trillion drones over Canada, Pacific, Atlantic and Mexico borders, besides Mexico-Canada walls. T*rust* China? Think again. Mexican cartels work with Chinese banks and gangs to produce drugs inside USA and commit genocide against Americans,☺☺☺ watch this girl going to Kensington to get high on drugs and make 600$/day by being a prostitute that the demonic Congress, where demonic Republicans and Democrats pretend to serve USA (meaning to maintain their drug and prostitution networks in 900 US cities where losers pay for prostitution, so that these girls then buy drugs), allows via legalized (for all practical purposes) prostitution on US streets: how can the criminal Democrats not seal the border for decades, and allow the cartels to poison and kill slowly, disable yearly millions of people of all ages? We want people with common sense, who won't shove others like this. 70% of women who cross ilelgally into USA are raped by cartels. ICE has the right to arrest illegals without a warrant, and the media is telling lies that they need warrant. 3 million migrants already left USA as of March 2026, and 25 million migrants don't know English. US now requires 5 years of social media history for any "visa free" country tourist, since many are actually from third countries allowed to stay there, even if quite violent. Iran deports millions of Afghans, even those born in Iran, and USA has no right to deport illegals? Communist China funds the mexican Flag "activists" who attempt to kill (3 lb stones thrown at their heads) US cops arresting violent criminals. Gangs bring 80 illegals in one dump truck. Millions of illegals self-deported due to unpaid wages by illegals who hired them (tarrifs means illegal CEOs make 0 profits, can't pay wages, so they get legal driver's licenses via bribes of DMV officials). Indian illegal who got license from California killed 3 people by making an illegal u-turn, since 19 states + DC criminally issue licenses to illegals who then kill people by making illegal u-turns on 70 mph highways on areas used only by cop cars: thus, on 8-22-2025 US banned foreign truck driver visas. Drug dealers deported twice, make millions by murdering Americans with drugs. Mexicans in Mexico destroy all American businesses, Latinos in

US loot all US businesses, commit genocide by using bells and megaphones at 4 am to not let US citizens sleep (bad sleep causes car/work accidents, hypertension). Horrific Mexican cartel extermination camps are below, see Mexicans bringing 180000 bullets or 12 year olds doing 5 crimes and never being jailed or fined. Check out Muslim migrant from Sudan try to kidnap 17 year old girl from the UK, grabbing, dragging her and getting only 7 months in jail instead of lifetime labor for violent crime. This is the demonic 'Jewish' British Royal Family and Parliament of Lords and Aristocratic Vampires in action Brits, overthrow their infernal 70% land for 1% reign. The UK King is the Head of the demonic Jewish Bible Based Anglican Church of Genocide, Cannibalism, Mass Rape, Slavery and Slave Beating, so even if ethnically they don't seem Jewish, they're Jewish in religion and every other way, behavior wise, as they promote Jewish Supremacy and Torah Terror Worldwide, as all Christians unknowingly do, not having read their Jewish demonic Bible. Just as the Royals blew Indians by artillery guns, so should Brits rise against the Royals. Monarchies are illegal terror states where democracy and the selection of the most competent leaders by Immortality Tests is not possible, they're not meritocracies, but evil dictatorships. The time is ripe and perfect for an amazing peaceful 1789 style French Revolution against the MI6 thugs and British Army. Crazy folks in 200 nations often do violent crimes 5 times, because they release them after a few weeks or months. Then, they say we should have no borders, let everyone in from everywhere. All ought to get lifetime labor, plus pay for all damages done during the violent crime, by forfeiture of all assets given to the victim of the crime. Attacker will live in the healing city, in a house designed for thugs who try to learn to be good, so when all violent crime ceases in 9 years, they can be freed on condition they understand instant death penalty happens for a 2nd violent crime, even a slap. Failed asylum illegal migrant 26 yr old African Muslim lived the Rape Infidels Mohamed 'Religion' by allegedly raping a 10 yr old girl in Ireland, needed Arabic translator in court. Recall Pakistanis. ☺☺☺

Check out how US citizens bring in 4-9 migrants in cars, trucks to make $. How cartels give drugs to all kids smuggled into USA in order to keep them quiet. Colombia criminal illegal and alcoholic bitch USA doesn't need who drove drunk and wanted to not speak English on TikTok while in the USA and to show her tits daily on TikTok to seduce low IQ folks, was arrested after making videos about ICE arrests, while ignoring the millions of crimes done by illegals.☺☺☺ Smuggler of 18 fat Mexcians got only a slap on the wrist, 46 months in prison instead of lifetime labor or death penalty, because USA is run by ☺pet IQ guys☺ How can he get 46 only when he makes our cops waste so much time instead of longevity for all and 0 violent crime? All human smuggling needs lifetime labor at least, some of these smugglers are wanted serial killers. This will give us, together with lifetime labor for all violent crimes and drug transport, 10 million full time employees of Eternal Travel Inc and Immortality Building Inc to flatten terrain (areas that got lots of sttep rises/drops in elevation), run channels for water drainage to prevent all floods,

remake lethal trash cities aristocratic rat IQ pigs designed, and create new rivers, cities in the 85% of USA where nobody lives. This is 100 times more than all US infrastructure of 250 years.

With 11 companies and no cash, no illegal alien can survive, as only legal residents get an Eterni Bank account, as there is only 1 bank allowed in the USA, to end the subjugation of USA by foreign parasites. No *gangs or spies* can survive if we ban cash, traitors of USA love cash, bitcoin, and all kinds of crap. CIA thugs love cash, as they can use it to be secret in other nations, to overthrow governments, create chaos, but you can't expect 0 violent crime☺☺☺ in USA and worldwide, let alone World Peace, with cash, so the murderous CIA psychopaths need to be brought in line by the New immortalist Gov. USA has to decide: want order in USA or not? Order = dissolve CIA, FBI. CIA is a rebelious demonic entity, who answers to None except Itself. In USA purchases will only be done via the Eterni Bank Card to end all crime forever. Due to 33 million businesses in USA, instead of 90 max, in small businesses, due to a government of *aristocrats for aristocrats*, the enslaved workers fight back, devising new ways to act busy, wasting sometimes 10-85% of their time, for example by telling higher ups to hire more, so the low or mid level manager (we are the nation of managers, 'everyone' is a management, finance and economics major) can slack. This system leads to the equivalent of 25 million full time jobs lost in USA alone, or long-term even 45 million jobs: think about the 2 million realtors we never need with a 2 day house buy/sell housing.gov or the 20 million retail people obsolete with self-checkout and Amazon.com, the 20 million restaurant/agriculture jobs obsolete with eterni food, another 10 million in parasitic industries made of duplicating useless small businesses, etc. As a result, in fraud capitalism, as opposed to immortality capitalism, there is an insatiable need for ever more immigrants, which is an opportunity for national enemies to send in half a million soldiers, rapists, serial killers, spies and saboteurs disguised as immigrants. While millions are unemployed, some even make 1 million a year, by having 5 remote jobs, 5 full time jobs, and pretending they work 40 hours a week in each. Check out the violent "highly wonderful" illegal immigrants smashing border fences as they're forcing their way into USA, thanks to Demon-crat policies of total chaos and slavery, let all mobsters, spies, serial killers (2 illegals with ankle bracelets monitoring them killed US citizen in Chicago, black guy explains it all), in for the glory of cutting the fence, Latino illegal and legal anti-deportation protesters using Mexican flags attack innocent drivers in Los Angeles, smashing car windows with stones, 300+ pushing thru the border checkpoint, serious criminals committing rape, assault released back in sanctuary cities, 24 year old Pakistani using the free phone and hotel stay Biden government provided to send sexually explicit messages to young girls *(see* Pakistani scam *office having computers hacked by US hackers, see Kolkata* city in *India with endless scam offices that police encourages and allows, India sent 0.7 million illegals, what are they doing in USA?),* migrants cutting the barbed wire, Dominicans scamming people, or wild mobs ripping the wall barriers and shoving border agents.

To compound the problem, when you got 33 million companies, instead of maybe just 20, each company is tiny and there is a yearly cycle, with some months twice as busy as others: since companies are small, all departments are not busy at the same time, so all departments can slack 10-30 hours a week sometimes, when they could volunteer with Eternia Volunteer Network, a national system of increasing your Immortality Credit Score, while choosing healthier habits than damaging accident prone sports. For example, while gossiping 20 hours at work, about how bad the housing is or the Demon-crats or Re-pub-licans (they're the Same Party: *Defraud the Workers Party*☺☺☺), the people complaining could have built over 20 years, about 50 houses via the Habitat for Humanity like division… so all Americans live in a single family house.☺☺☺ Each worker can specialize in one volunteer area (window replacing, etc) or some simple tasks that are healthy and complimentary, done slowly, carefully, no pressure (as cortisol ages us and shortens lifespan, just listen to peaceful mp3 music): if their job is more physical, the "spare time one" would be less demanding physically, but more brainy and vice versa. That way, we get people get off the chair staring at screens all day and do some janitor/cleaning etc 30 minutes before lunch to not damage their health: sitting all day is bad. The current system is pure waste, since when all companies will be much bigger, you don't need to volunteer via the Eternia Network, you go to one of the busy 500 divisions to do more brainy or physical stuff depending on your position since that month, week or day, your division is not busy. You need to give your eyes, muscles some break to avoid straining your wrist, back or leg ligaments or eyes some rest. Go meditate and relax in silent bliss 10 min too in the company meditation room, to give your brain a break and boost productivity 20%. ☺☺☺

To facilitate integration into the Civilization of Immortals, we create a very Life-Affirming Sciences of Immortality TEST for Immigrants too (maybe only those with IQ above 140 might pass it), as we did for every other native profession, or possibly before native professions, so the world knows what we stand for and hopefully joins us in our quest to defeat aging, wars, jails, violence and diseases. Immortality test like TOEFL test, sort of like Ethics Test and Love of Knowledge, Learning Test, an Ethics & Longevity Sciences IQ test for a☺☺☺☺☺☺☺ Civilization of Immortals. The website where materials (5,000 books maybe) for the test exist can say things like "We are a Civilization of Life, where the Pursuit of Immortal happiness, Life-Affirming, Life-extending Nutrition, Science, Technology, Values, etc are the fundamental values. If you think about it, the worst thing people can do usually is to kill others (killing is the most punished thing all over the world), to take their life, so our civilization is already making Life the number one thing, we all want to live longer anyway, had wanted for eons. But what we're doing is taking this a step further to make Longevity-Immortality the central focus of our civilization. We dedicate our lives to helping people live longer, even if just by 1 year, if not 100. ☺☺☺

This Immortality test, required for any visa applicant *would change the planet, its ethics, values*

and what matters. Even to visit one hour to shop for something would require passing the verbal speech (emotion, intent and brainwave) tone test portion of the test *(before the knowledge test is given, ethics first and also to save our time from hosting people to take the test for 1 hour or more, since knowledge without ethics is useless)*, that indicates the amount of *gentle tender soft nurturing healing loving kind compassionate grace* and good sleep (to avoid manipulation by bad spies), one has reflected in their brainwaves and speech patterns. This ensures, America is protected from the ways of behavior that lead to today's violent crime rate, which is 1 billion times higher than it needs be to sustain Eternal Universal Peace on Earth. Thus, the person is sent back and given a free pass to take an online class in proper sleep, nutrition and speech, and can complete the course and self-testing online within 2 to 20 weeks, depending on how fast they learn how to speak in a nonviolent immortalist way. After passing the test online, they're allowed to attempt to pass it in person too at the border, which is more difficult sometimes due to stress of 16 hours of airplane travel, etc, but it's an important step and will motivate *billions* of travelers to listen to *tone.gov* classes on earphones to change their speech, emoting and intentional patterns, catalyzing an ethical and spiritual revolution unlike any in world history. Without that, lowering violent crime 1 billion fold, needed for Eternal World Peace, is pure science fiction. Since the course has the person speak 1-2 minutes each hour of the 100 hour course, to get feedback on what to change (1 min reading, then try again 1 min if too bad) in the emotional, intention tone, the system already knows his speech well, the *in person test* can be a little shorter than *the online test retake* done within 48 hours of planned entry. At home, one can't have the super expensive gadgets to measure brainwaves, emotions, thought vibes, etc, so one just tries to get excellent rest, be happy and then create the kindest tone possible. That's why online tests/classes are needed: to increase 50 fold the chance of passing in person. To ensure a minimal level of altruism and prevent psychotic selfish animals☺ from entering USA, any human applying for a 2 hr visa to the USA has to remove all his/her tattoos, earrings (except 1 per ear lobe, tiny one, until all increase IQ from selfish 70-120 IQ chimp to 140-190 IQ human) and nose rings, belly rings and all other infectious disease and healthcare burden procedures that steal $500 billion a year via jewelry theft and slave labor to extract metals (only selfish jerks and crocodiles ☺☺☺ need jewelry stores when we have violent crime), otherwise used for healthcare or housing. Rings for the ☺puppy IQ folks☺ with damaged self-esteem by the Jewish Criminal Zion Elders and their Dutch Partners in Crime (First Stock (Gambling, World Chaos) Market 1602 Amsterdam, created to finance the 80 years war, other wars of genocide/mass theft per the "Holy" Torah/Bible Old Testament) destroying all youth worldwide, turning them into demons loving heavy metal, heavy rock, violent filth rap/pop music who mutilate (rings) /tattoo themselves, while having 0 altruism, 0 decent eterni tone in social media, youtube? Would you rather live to 90000 years old or have tattoos and rings all over like a cow? Be honest please. Would you rather live to 1 billion in infinite bliss or have 50000 banks and 200 stock

exchanges? 99% of gangs got tattoos, so to protect USA, we allow only those with no tattoo.

Since AI, video camera hacking, holograms, fake biometrics, and doubles looking alike could fake a remote (24 hours before entry) online audio test, all tests are done IN PERSON in 5 minutes at the border entry, before one is let in. The course is repeated up to 10 times, if person fails it 9 times, and each time a different version of the 100 hours appears as those are more "stuck in the past" brains, needing a lot more variability of good tone to GET IT, due to the misfortune of having had in native country shouting teachers, parents, TV presenters yelling like this horrific type of tone often. It can be ☺☺*lovingly tenderly gently kindly*☺☺ pointed out that shouting like Hitler in any circumstance, especially in a 'church' (watch the 'pastor') or educational institution *(schools, but even police and military training, which are famous for shouting needlessly and destroying the brains of cops and soldiers)*, in the presence of so many people, would instantly lead to a fine of $1 million *($900 million if many people and a music concert broadcast to many people, millions)*, because it brings a huge probability of violence (subtle or physical) in the future. US would already have the centralized education system, where the tone of TV-radio-movies-etc is 1000 times more loving than 99.99% of teachers today, as proven by MRI and brain areas (of listener and speaker, especially listener, since speaker is much easier to change) lighting up induction data. Bad Blood type of violent video music and yelling, may only incur fines of 90 million, not 900 million, since it spreads very violent vibes globally leading to these horrific images of WW2. Some Americans have no clue that many US companies, banks financed Hitler and that the music and movies from US music-movie industry has created vibes that have made Hitler's rise easy. These images are the US taxpayer money at work too, Hitler didn't rise by German energy alone, it was Germany's enemies who created Nazis too. Much of US, EU, etc music (which is really in many subtle ways like Hitler shouts) would be banned as it is pure demonic incitation to violence, thuggery and genocide. The heavy metal singers (common in EU) would be nonexistent in USA: anyone performing the music types here would be on the Most Wanted List of the Immortality *Nurturing* Agency. But since we don't interfere with other nations, we don't try to arrest them, we simply *stop trading with nations who allow such diabolical music*. Those attending their concerts have lowest Immortality Credit Score. ☺☺☺

Only investors that bring $1 billion in high tech lifespan increasing related investments can have a score 2-5% *below passing,* vs someone with regular job, though they need to take classes to *pass test fully within 2-6 months of landing if stay is longer than that.* This is because long-term, ethics and knowledge are a trillion times more valuable than money. Since we're all made from the 13.7 billion old particles from Big Bang, we're all Immortals sort of at least materially, if not spiritually. Any time a person gets a visa to the world of Immortals, they could get a free Social Network account on a new social network called Immortals or Immortality etc so that they can talk, make friends with people whose aim is to build Immortality. They will network, brainstorm,

and talk about the best way to move civilization forward, towards 500-year lifespan, etc. This Immortality test can be given like TOEFL but call it Immortality Test, not TOEFL (Test Of English as a Foreign Language) test, lasting 1-2 hours, to make it short for short-term visas. Immortality is the best name to fight the obsessive focus with death and war in our world. For citizenship, the test can be maybe 15 hours over 2 days, green card 10 hours, longer visa 5 hours. Before anyone comes to the Land of Immortals, they get the Immortality test score, 8 hours test, like TOEFL score is used to assess English knowledge. Alternatively, all immigrant Immortality tests (one test for all professions) are the same in format and length and what matters is the score, and these tests can be the same passing grade as for natives who want to graduate from college, PhD, etc. Canada for example gets 3 times more skill-based immigrants than USA (60% vs 20%, as opposed to relatives), so the immortalist system would be skill based exclusively, 100%. The only exception to skill based, would be a few refugees (100 a year, or so, depending on how many pass the Immortality test for refugees) given temporary stay in the Immortality Megalopolis to learn Immortalism and English until they can pass the full test if still interested in remaining, if the refugees are proven, after the 3 day ethics test, to not be spies using torture weapons. *When visa expires, they're picked up by Immortality Airlines and moved back to country of origin to prevent any illegal stays and the city of Megalopolis Immortality is all sealed from the rest of the nation to prevent espionage.* To prevent our country being invaded by spies *disguised as refugees or illegals* (the use of swarm tactics to overwhelm a country), we will simply drop mp3 players with immortalist music, books and videos to explain to the people in the country with issues how to overthrow the government or transform it to bring the world of Immortality *for* All in that country too, with the Immortalist Party in power. We can even drop 10 billion artificial bees and insects that carry these files on their backs, allow the immortalism fans to download, listen to music and etc, by the bees writing on their wireless devices the ideas of Immortalism and how to do it, without mp3s being dropped by balloons or invisible drones. We will empower the people to show their true allegiance to the Immortalist culture in their own country, to bring a centralized fair system, not of the aristocrats exploiting the slaves using conmen systems based on “democracy, communism or religion” to perpetuate the world of war.

The immortalist *immigration system* would be *based on* the ability to bring Eternal Universal Peace, Immortality *for* All thru the wonderful sciences, technologies, ethics, tone, songs, etc of the | | Immortality *for* All | | Culture and Civilization, i.e. *God or the* Family of Immortals above biological family, God = | | Immortality *for* All | |, Family is all humans, i.e. to be a truly global family human, to create the most family centric immigration system, in the true sense of family, i.e. One Planet of Immortals with Eternal Universal Peace attained in 3 months, not to promote one's relatives and start "holy" war as one biological family, one becoming a doctor to torture and terrorize locals by his medical 'activities' for example. Let’s be real, there are people a 100

times nicer than many relatives (who may be spies for bad regimes, knowingly or unknowingly) and it's ideal to treat people based on merit of immortalism promotion, not "biological DNA" based, which is not so similar anyway.☺☺☺ This heavy test system will cause all immigrants to educate kids or "would be relatives interested in informing about applying or sponsoring economically" in the ways of Immortality *for* All so that their kids can pass the Toefl like test - ensuring a better future for all nations and generations, not just this one: thus no sponsors can exist as the only way to immigrate: all, no exceptions, need to pass the test score, for their age, test administered in English, the one and only official language of the immortalist state (to prevent wars over 100s of languages, people vote on which language becomes the 1 & only in a given nation, English for example for Eternia, 1 language will increase efficiency). The idea of marriage based migration is pure fraud, since the system doesn't even gauge if the two are in love or just trading "doing free work" (migrant spouse) for "getting a green card" by marrying for 2 years and then divorcing, as this case where neither loved the other, they just did it for selfish reasons, gaming the system. There are millions of more attractive to a black guy ladies in Africa, many smarter than this tiny Filipina, who would have been someone he would really love, but he wasn't looking for love, only for cheap labor for 2 years, knowing fully she will divorce him. This is a human traffic pattern of certain folks, we see in millions of fake marriages, where the foreigners also game the system to bring in all relatives to USA once a green card holder, later citizen. Millions of US marriages are faked, just to get a green card. People overstay their visa and then try to enter a marriage with anyone who does it for a few years. An immortalist nation needs to end the visa for "marriage", and approve family based migration only for couples who last 10+ years and have children. To migrate, a foreign "spouse" needs to get the parental☺☺☺ license approval too, by passing the Immortality Migrant Test and Parental License Test, the fertility test too. The green card is invalid if the two stop living together (since marriage will become outdated) within 10 years (not 2 years as today) and if no child is produced, foreign spouse is deported, as the only purpose is to create children, not to get citizenship for foreign spouse who may just be a spy trying to find the next sucker to dupe. LGBTQ "marriages" are even more fraudulent and should never be given a "green card" path. We don't need sex addicts importing sex slaves. Marriage should not get any tax benefit, only having children and raising them together should, so much so that nobody would marry. Marriage is just a paper for lawyers to get rich from divorces, see the marriage-dating section. They come to USA for what? They need have the Immortality Credit Score of top 10% of US citizens, IQ > 125, IQ > US spouse, otherwise we get a generation of idiots. Democrats got "donkey IQ". IQ is mostly environment, education, diet, but there is a genetic component too, that's why we do calculus, chimps don't. Take 2 twins, and they will become Nobelist with proper environment and IQ 98 killer the other. But still he was not 70, though the other twin separated at birth got to 130 via education. For decades, "rat IQ" Democrats brought low IQ folks, instead of IQ 125-200, so we failed to bring 11

companies, 1 language and World Peace by now. That's what happens when you are stupid, after 1945 USA has ruined the chance to unify the planet under 1 language & currency. ☺☺☺

A merit based system is one that promotes the most peaceful and pro-Immortality vibe (test includes eterni tone speech, to make sure people are intent on loving all and emote as such), knowledge, world view, to ensure all humans become one truly loving family and deflect factionalism and tribalism that brings World Wars: the system focusing on skills to make all humans one Family of Immortals is the most family based immigration system worldwide, for only when we're one family can war and violence cease and true progress begin. It's ultra critical to gauge from the Test if the person truly agrees with the idea of no torture, covert or overt, no violence, Immortalism Nonviolence Ethics ☺☺☺ which is against the fake scriptures quotes still published in 200 nations: the test is well designed to prevent spies disguised as immigrants from learning how to answer and still have intent to torture, shorten lifespan, etc..., promote violent scriptures, and start wars among humans again. Anyone caught torturing anyone intentionally, would have to go to a healing center and do volunteer work for months or decades, until one's compassion expands to no longer want to torture others and start wars, or, be deported; this applies to all natives too, and all present spy agencies need to be retaught so they stop torturing people during their 'training'; spy agencies worldwide, true terrorist organizations, can be dissolved into the Immortality *Nurturing* Agency, militaries into Eternium. ☺☺☺

Unfortunately, all spy agencies worldwide, armies too, use torture in training, and are truly terrorist organizations in the perception of any loving human, so Eternia would be different, we would be ending damaging the quantum field of humans and ushering the Era of Eternal *gentle tender soft* kindness and universal peace ☺☺☺. The super evil War Dept would be gone, not replaced by Polygon, but by Eternium. Instead of talking about lethality all day like 'pentagram satanists might do' and polluting the quantum field and minds of the planet (no more anxiety creation and disinfo), they talk all day, in the happiest tones of gentle grace about uplifting nonkilling nontorturing methods and granting Immortality to all, being a Defense of Immortality *for* All Agency (DIFA), defense of Eternal Universal Peace, or Eternium, *defending the human right to* Immortality *for* All *humans globally*. Eternium press conferences would be in the most amazing background instrumental music, colorful decorations (see pic), Eternal Universal Peace posters in the background, singing with kids about Peace too, petting chicken, pigs, etc for the abolition of all animal slaughter globally and encouraging eterni food for all for Maximum Kindness, prerecorded Peace songs and sometimes even live with citizens of all ages, to cheer up the mood, talking about the qualities of Immortals that we need develop to defend the trillion year lifespans of all humans, the weekly World Peace in 3 months concerts we need in every village and town, defending human rights to trillion year lifespans in every village globally by Immortality themed concerts and science expos, the support via volunteers, money, materials of

daily TV-radio broadcasts about World Peace in 3 months, the most soothing eterni music played daily on all TV-radio at least 3 hours and only 0.01% of the talk would be once a quarter about some update on any 'conflict' (like " *we gave* ally with 10,000 noninjuring lethal HIMARS, 40 billion hypersonic missiles to change enemy mind without any killing and this led to victory in 2000 times less time", so we can chat more *about soul quality development at* Eternium*)* - spend all energy preventing war by educating the curious lost souls seeking war updates, killing updates, about nonkilling eterni values globally. Educate the planet's most lost souls, who seek to listen to 'military news' and other killing news, about the ways of Immortality *for* All. ☺☺☺

Since a trillion years is only like a few weeks in the life of an Immortal, even to wish all humans to live to a trillion is not that high of a goodness, though billions of times higher goodness than the human wish on average today, which includes not even allowing many to live to 50 due to wars or even 5 days in case of hospitals being hit in wars, etc; so to defend the quantum field of the human species is to prevent any torture and war on the planet, not just in our country; Eternium is the kind nonviolent defender of the gentle tender soft healing graceful loving treatment of all beings and their trillion year lifespan. Any prolonged torture (typical stuff spy agencies, militaries do) is a form of slow mini murder, and it leads to genocide, so it must be stopped, since there are trillions of ways to Peace and progress without any torture. And this will be tested too, this understanding, via final (last 20 min) questions like "*Could Jesus have been made up by military spies in order to* start via staged miracles a religion that enables taking over political power of many nations? How so? How easy is to fake turning water into wine, cures and ascension, bread multiplication, can you please explain?" Is Torah part of the Bible? Is Torah compatible with the Gospel teachings?" "Was Hither very evil and a genocidal psychopath? Yes/No. Was Mohamed far worse, because he wanted to kill not just Jews who don't convert to Islam, but all other ethnic groups? Yes/No. Was Moses far worse than Hitler, because his Torah says to kill any nation that God gives over to Jews? Yes/No. Was Jesus as evil as Moses, for Jesus said Torah Deut 7:16 ideas of genocide of endless ethnic groups God gives over to Jews as still valid in Mat 5:17-9 that teaches us to be door-mats of Jews?" We get 200 multiple choice questions to gauge the real knowlege of the real Islam: rape and kill all to steal their stuff, of the real Christianity and Judaism and other "religions". Could Mohamed (and his followers) have rewritten ideas of the Bible to appeal to local people and expand his material assets by raiding more local tribes on many continents and converting them to his stuff, establishing a powerful network of spies? Are the widespread calls to torture, kill, *terrorize* in the Quran *compatible with* Immortalism*? Is the destruction of* world's oldest nonviolence mini university at Nalanda in 1193 an act of kindness towards humans? *The least known quotes of the* Bible, Torah*, MahaBharata (some quotes may be from Gita), and Quran: which ones (each quote is similar to 100 other quotes in this "scripture") are the most evil in your opinion as far as*

immortalism, and which ones are OK? Is Bhagavad Gita part of MahaBharata? *Based on these quotes, is the Bible after all, almost as bad as the Quran and Torah?* Would these quotes be legal to publish in a civilized nonviolent society that values universal soft healing gentle graceful compassion for all animals and people and wants Immortality *for* All?"

The Immortality test will be the *most complex system of immigration testing ever created*, a 10 hours science, technology and ethics test with lunch and afternoon breaks, ☺☺☺, to gauge intent and real belief and action in a situation where the choice appears: peace vs war. The present systems of immigration allow all spies in without any real tone, intent, MRI, brain scans, etc checks. This can also apply to the 1st grade to PhD last year Immortality TEST in the educational system mentioned above, that allows an 8th grader to bypass grades. The Immortality test can be the same for Students, Professionals and Immigrants too (remove harder science sections if one is testing for a low grade, or short-term visa to enable the test to take less time), just easy and hard questions and only some people can pass it for grade 4, 8, 12, college, lawyer, doctor, professor, PhD, green card, citizenship level of course. The idea is to make the Immortality TEST the *most difficult test in existence*, i.e. only 1 in a billion can get maximum score and answer all questions correctly. Therefore, the Immortality test can also be used to assess the most Immortality Ethics and Sciences Knowledgeable people so as to give them free scholarships to the Immortality Universities to speed up the Progress of Civilization thru the most amazing discoveries if they want to do that stuff, which many would anyway. The Immortality Universities got silent housing and 1 room housing for every freshman (soundproof walls too, something no university has now), not like any present university where there is a lot of noise, parties, fraternities, drinking, smoking and behavior that is totally inappropriate for an institution of Eternal Learning and Immortality Civilization creation. SAT is super-easy, anyone with some brains can get maximum 800 in Math and Physics or Chemistry, etc. This Immortality TEST would be way harder so only a few people in 1 billion can get maximum score. With each visa category, the longer the stay, the higher the score needed to pass for citizenship, green card lower threshold, 5-year visa lower, 3-month visa lower. The materials for the study for the test are like an ever updated Global Immortality Curriculum for Civilization Transformation towards Longer Lifespan, Deeper Ethics, Peace and Joy. Perhaps, a good idea might be to give every visitor to the Land of Immortals a pamphlet of Immortality. Imagine if every student or visitor coming to the Civilization of Immortals, for a short or longer stay, would get a pamphlet of Immortality, with some uplifting ideas such as the ones in the preliminary draft form below:

☺☺☺ WELCOME To The World of Immortals ☺☺☺

We, like many visionaries before who tried to find the Elixir of Immortality, try our best to cure disease and aging so that people can live longer, happier lives in a world of peace, free from

violence and crime, from the illnesses that afflict billions of people as they age. And we're not perfect, far from perfect, more like monkeys compared to the Immortal humans of the future, able to live to 900 or perhaps 90,000 later, but we have created a national effort to welcome every visitor to the world of LONGEVITY, LIFE EXTENSION, Immortality by giving everyone free access to the science papers (many are freely available on pubmed since the 2010s at least) that enabled many scientists to cure diseases affecting billions of people, to extend lifespan of worms by 10 times giving us hope that one day we can do that for humans too.

This pamphlet, a work of art, received in person at the airport by all new arrivals, is literally THE most mind-blowing pamphlet ever created on Earth, with most pleasant perfumes, shimmering colors, musical holograms and music of Immortality, something that most people have never seen with songs like the uplifting Immortalist Anthem, holograms, etc. glitter, and special visual effects, changing from one word to the other on some pages, like World Peace and then Immortality etc. After the pamphlet presents the longevity papers for worms, mice, humans, monkeys, etc, vitamin A, B, C, D, E etc discoveries and impact on millions of lives saved, we present a few problems we have and we invite Tourists and Immigrants to dream with us as we create that Heavenly World of no war, no violence, no aging, no disease, no natural disasters, no death from any cause, except perhaps reaching age of 90,000. We actually include in this pamphlet earplugs and eye mask for meditation and visualization as suggested in the exercises here, a great way to meditate in noisy environments at any time or sleep well if a 5 min nap or meditation or astral projection needed. We think taking time to consciously breathe (conscious breathing Chapter 10) to think, to meditate in silence and visualize the magnificent future of our world of Immortals, is worth it and these earplugs/eye mask are for that purpose, until we invent force fields to block sound/light 100% at any time needed for sleep or study or meditation with a button on our force field belts as desired. In the past 8 out of 9 kids often died as infants, since we didn't know much about nutrition, sanitation, biochemistry of life, microbes.

Today we're on the verge of a transformation, enabling us to live to 150 thru new discoveries and 400 later on. We hope you'll join us in our quest and your free membership in the Immortals network is included, you can network with locals who want to spend all their time to build 90000000 year lifespans, as our hobbies are transforming towards utilitarian objectives of helping others avoid aging, disease. We want to cultivate a Love of Learning, because Knowledge has enabled us to live longer and better lives, etc and will enable us to live to 900. If evolution theory is right, we were worms one time, and now live 2,000 times longer, perhaps one day, we will evolve into shimmering shapeshifting energy beings Immortals living 2,000 times longer or 200,000 years. There are tiny vegan animals that weigh 5 g and live 40 years, or 8 years per gram, imagine if humans who weigh 70,000 g, would live 560,000 years. ☺☺☺☺☺☺☺

Even though the permanent residence and citizenship would require full mastery of English and passing the Immortality ethics and sciences knowledge test, 3 month visas could be given to those passing the Eterni Tone Test, seeking learning coping skills, to cope with natural disasters, wars, etc as a way to expand the knowledge of English worldwide and to promote Immortality *for* All values of the US. Thus, it would be fine to grant many 3 month visas, since they all go back and must show return airplane ticket (except the few who can pass the hard test of Immortality and want to remain, which implies a lot of education, English knowledge beyond simple chat around town). Today with solar tents and modular housing one can create housing in months (even create Immortality city at the border with Ukraine or any war affected country, where everything is in English, classes and all and allows locals of host country and refugees to learn English if they stay there for a month while they await USA modular cities to take shape in warmer climate where energy is cheaper, solar, etc) and as people are excited about spreading Immortality *for* All values and getting more countries to switch to English and speed up science progress, they will welcome more refugees and part of the deal is they enter the 3 month intensive English courses and Immortality *for* All classes. They can take part time jobs and help with a lot of stuff, vertical farms, local vegan food production (water lentils (duckweed) (ω3:6 ratio 2:1) have all fat and protein one would ever want, just way healthier), these modular cities are 100% self-sufficient and run by mostly the refugees with the supervision of the Immortality *Nurturing* Agency. To be the leader of Immortality, we're the leader of life, saving people from bombs, death, etc, by taking them as refugees for 3 months to teach them resilience skills, so they go back later and build a new English as second official language country dedicated to Immortality *for* All Alliance. We need to be taking humanity towards one language to speed immortality for all science progress, so we can take 90+% refugees in any crisis temporarily, to tilt the planet towards 1 language. We can help refugees better than most countries, we have better resources, it's only logical to do so, grow our economy too with eterni labor, since besides making "Immortal Gentleness" "Immortal Compassion" cities self-sufficient (the cities are all separated from the outside world, in case some refugees are spies or whatever), they can make things to sell. We also help spread veganism that way and the future eterni food tech. If Americans don't want the 3 month visa, they can drop mp3s with lessons in English. ☺☺☺☺☺☺

Today a city is built in 1 week instantly with water from air, solar tents, silent AC, etc. No longer need to wait 5 years. These are highly secure, 3 month visa residents only cities, that none, but ICE have access to. All refugee cities helpers who build it and teach refugees how to maintain it, etc and supervise it, will be super excited and motivated, since they help end all wars; thousands of wars happened due to language difference alone. As heroes of Immortalism expansion, volunteers helping organize these cities with ICE, are awarded the Electronic Certificate of Immortality *for* All ☺☺☺ and get to be the first to try new immortality techs the government

discovered. Immortalists are the most compassionate so they take eterni refugees for a 3 month visa, to learn English and eternism, how to deal with crises in their nation. This tilts the planet towards Peace, Veganism, Green Cities, eterni Food, Immortality tech thru 1 language. Immortalists have engaged foreign policies. Immortalist Parties care about people who live a trillion times longer, for 80 trillion years, a truly *trillion times higher care and* kindness. People are not comrades or friends, folks or workers, ladies and gentlemen, they're Radiant Beautiful Gentle Healing Graceful Immortals who may live to a trillion years old ☺☺☺☺☺☺☺.

Russia bans all foreign language signs in some cities, with plans to expand nationally. Why would the US not do the same, so we have English and immortality for all as unifier? Krasnodar first, Novosibirsk next, etc. *Russia arrests illegals and sends them to the Ukraine frontlines* to die as cannon fodder. Russia bans free education for children of migrants who don't speak Russian (all migrant kids tested to evaluate Russian language knowledge starting April 2025), so USA needs to ban education in any language except English to unify the nation and end Jewish supremacist religious terrorism that wanted English banned in 1780. India wants to ban English and promote 22 languages. All low IQ (95%) immigrants in Russia are required to do military training for 1 year. US can do the same, if it imports filif IQ folks. UK set temporary protection to 2.5 years and a 20 year wait after that to apply for permanent residence, all NATO need to do the same. The reality is war doesn't last 20 years, cause of emigration ends, refugees can return instead of turning USA into a 3rd world nation of cat IQ people, and many simply come to Germany, etc to get free handouts, convert nations to violent Islam or other junk described on the first page (Hindu cults, etc). If so, all nations need to ban all Hindi and Indian language signs shops worldwide, as well as violent Mahabharata (violent Bhagavad Gita is part of it) based temples, which are terrorist organizations like all synagogues, mosques, churches, who also promote violent scriptures. If the Indians don't want 1 language for all humans or at least Indians, then they're against World Peace and all nations need deport all illegal Indians. The one language section explains culture has nothing to do with language, culture is about nonviolence and efficiency of 1 language not 7000, not about what language you choose as the language for all humans. Watch the Indian culture coming out of the violent Mahabharata and Gita (blood spill call, genocide call, crush Mecca, bulldoze houses, destroy other religions), which we so foolishly allow in the USA. Trump declared English as the only official US language in 2025. He also will fine illegals even 1 million dollars for not leaving the US when their visa expires, retroactive fines and confiscate their property. China is moving away from English, banning English tutoring, becoming more nationalistic, and so many call for the total removal of English. The argument that it is a useless subject is false, since the kids are forced to learn so much junk anyway, they just are afraid of English due to the terrible policies of UK-US that antagonize everyone instead of being win-win. The reason so many nations ban English is the fear of the government that the

youth will be brainwashed via social media, youtube etc to become spies for US-UK etc and undermine the narrative of the official local language (Chinese, etc) that depicts the situation differently. Internet walls don't work well, so when people go over and know English, they understand books like these or youtubes with bad events in China, while if they only know Chinese they can't understand it. The Chinese are easier to control by the Chinese leaders as they don't understand what happens outside of China. It's also a Chinese youth protection strategy to prevent brain drain and brainwashing by the Americans/British who will steal good workers, or simply slowly destroy the Chinese immigrants and/or use the Chinese in US-UK to enslave China. Other reasons are more obvious, Brits tried to kill all Chinese by drugging them with opium to destroy them completely. British aristocrats pose as friends, but their ultimate goal is to enslave everyone outside of US-UK just as everyone inside US-UK is their slave. This is due to the mentality existing in the military-industrial complex. The other reasons China fears English language are Brits behave like all empires: 1. the British, like Muslims and Portuguese, were blowing by gun of non-Brits to steal their labor, land and resources, 2. the mutilation, execution of even Brits by British aristocracy. These things are the tip of the iceberg in a much larger problem and pattern of genocide that has created similar tendencies in US aristocracy made of Americanized Brits (the core of the top guys), Irish, Italians, Germans mostly, whereby all immigrants are mere guinea pigs for Nazi experimentation, simple cannon fodder to be slaughtered, slave labor to enslave other nations using English as a tool. If the English can destroy every nation and use it as a colony to extract resources or allow Brits to settle and rule the nation, that's good for the English aristocracy (the reason why UK doesn't rule the world is due to their feudal Neolithic system), so companies will make products to destroy locals, while selling them as amazing products. Faced with this systemic oppression of the world, the complete lack of ethics by the US government, made of aristocrats, no wonder some nations are starting to ban English or limit its teaching or use: Russia, Kazakhstan, China, etc. The Jewish war on English dates to 1780 when Jews tried to ban English in the USA, make Hebrew official. Nothing new under the sun, the British tactics were used by Russians, Germans, French, Native American Empires, it's as old as humanity itself. This can stop if we can remind all we have infinite resources and we can create 11 companies worldwide to end war and crime forever.

This war on English doesn't solve the fundamental problem: imperialism, the evil nature of people who become very violent for a tiny piece of land they don't need, like China exporting lead skin lightning products to Philippines and bullying Filipino ships, etc… doing all things Brits did/do. The war on English is not the solution, it is a symptom of revolts against aristocracies in 200 nations, not just English aristocracy, but Chinese government aristocracy too. China hides all homeless issues, the 100 plus secret Chinese torture cells ("police stations") in 53 countries to destroy the human quantum field, theft of African gold leading to looting and burning of Chinese

supermarkets, abject failure of the fake communist regime to provide jobs for all leading to fake work companies, endless criminal attacks on the Filipino no different than Hitler's invasion of many European countries that raise anxiety, terror and negative energies in the human quantum field due to Chinese greed alone, when 400 stars exist to colonize with nobody on them.

See China's "peaceful development" and hate of English speaking Filipinos: 1) 5 min video of the Dec 2024 attack of Filipino ships in Filipino economic zone on Filipino ships that resupply a coral ship 3 times much closer to the Philippines Scarborough Shoal that obviously belongs to the Philippines not China (while China presents it on youtube as Filipino tiny boat attacking the huge Chinese ship (the deceptive evil Chinese army only shows when the 2 collide, without showing it was the Chinese who chased the Filipino; how would a vessel 10 times lighter attack one 10 times bigger to ram into it?) Hitler style false flag, he attacks Poland and claims Poland attacked him), 2) CNN analysis of the June 20 2024 attacks on 2nd Thomas Shoal (another area way closer to Philippines than China that is obviously not Chinese) leading to injuries and taking a bag, pure brutality that shows the real face of the Chinese Communists having nothing to do with kind *gentle tender soft* vibe of Tao Te Ching with more details of this event shown in video 2 and the soldier who lost finger video, 3) October 2024 video 13 minutes analysis (China attacks ship while Aussie 60 minutes crew is on it), 4) video March 2024 40 seconds showing Filipinos placing sponges to avoid ship damage as the Chinese ram into them, 5) video August 2023 only 80 seconds, video 6, video 7, video 8) on Filipino ships that resupply a coral ship 3 times much closer to the Philippines Scarborough Shoal that obviously belongs to Philippines not China as China claims (while presenting it on youtube as Filipino tiny boat attacking the huge Chinese ship (the deceptive evil Chinese army shows when the 2 collide, without showing it was the Chinese who chased the Filipino; how would a vessel 10 times lighter attack one 10 times bigger to ram into it?) Hitler style false flag, he attacks Poland and claims Poland attacked him). Xi Jinping claims all poverty almost is gone but many have no pensions and some got only 24$ a month: 24$ pensions, the suffering of people in China, the abuse of Chinese kids who become memory machines, who sleep 5 hours daily, studying and doing homework 12 hours daily, robots without any creativity, fluid intelligence, obeying the orders of military generals running the show, etc. Young kids ages 6-14 need to sleep way more than 5-7 hours the Chinese kids get, in order to develop longevity and healthy brains. What the system does is pure genocide. The so called reform in 1978 in China copied the US Jewish mercantilism Bible violence based system and created an aristocratic class in China out of corrupt communist officials. These guys behave like Jewish Bible folks. Mexico closed down a Chinese store selling fake goods. That's why China got the same problems as USA, they copied USA 100%, and *are communist in name only: it is capitalism*. It's imperative for China, USA, India, Russia, Brazil, and 80 other nations to give up hypocrisy and abide by Immortality *for* All ethics, the Universal Treaty of Nontorture, 0 wars,

Nonbeatings, nonviolence, Universal peace that all nations need to abide by to prevent the 10 second end of humanity or of 99.9% of humanity due to the deployment of the capsule that puts an end to too many terrorist governments whose words never match their actions, especially covert actions. No human being should be tortured or beaten, this is the first proof of a country being human and not made of cannibal chimps. Sooner or later, all these bandits will be no longer rulers of dozens of nations. All gangs who torture people will be crushed in 10 seconds by selective AI if peaceful methods fail, quantum AI. These ☺abysmal IQ☺ folks imagine we're the IQ of rats. Where is ethics of Buddhism and Taoism? The Buddha says to love all beings like a mom loves her baby, what does China do? Animals have no human rights? All nations need to realize the evil nature of man and the need for one language, since humans *are such 0 IQ baboons, they fight endlessly over nothing:* watch Chinese elders fight over cardboard, and think China is advanced or that it "removed poverty" *as the leaders claim*. Any violent crime ought to be given lifetime labor or death penalty globally, to rid the planet of violence in one sweep. Do these terrorists all over the word of many religions and ideologies believe the decent free people of the world will tolerate a planet of eternal murder forever? No, one day, Peace will come, peacefully or, thru the physics of preventing "*the death of humanity due to starvation by nuclear biological etc warfare*", that 10 second device that makes Hiroshima look like a little pat on the back. Hey physicists, now is your time to unite with chemists and bring 11 companies, 0 aristocrats and World Peace peacefully in 11 days. Let the Manhattan project for the new device begin and rid the world of violence in 11 days. You know they don't need to use it, only to demonstrate it in a desert on some animals to convince the planet to unify. We only have a few decades before out of control wars using simple techs will make Earth uninhabitable, so now is the time for all ethical nonviolent physicists and chemists to unite and deliver World Peace in 11 days, thru whatever nice brain upload nonviolent tech or whatever works to kill 0 people and reach World Peace in a record 11 days as explained also in the worst case scenario of a rogue nation or aristocrat group using the weapon to kill 99.9% of humanity.

The age of ~*~Eternal Universal Peace~*~ is fast approaching, but the ants, fleas and spiders don't realize it. We're close to the weapon that kills an entire planet, not just 10 people with a grenade. The world had many wars on various languages, that solved nothing. Today various wars happen between different languages, cultures based on filif gnat IQ☺ religions, aristocratic clans of theft, plunder and subjugation of nations, as seen in Ukraine and Syria ruins. The wars over language stemming from having 7000 languages lead nowhere, except the quantum leap evolution point of a species: the end of all wars or the species' annihilation. They had a war on Greek and Greek lost its global influence. They waged war on a language, not the feudalism idea itself. So, nothing really changed, feudalism, violence, empires invading and killing, torturing, damaging the human quantum field have not stopped… one empire and then another 100,

replaced the Greek bastards with the same diabolical drive to kill and steal we have seen for 1 million years. Are these people in China making the same mistake? Can't you see how Chinese live in underground caves on 30 cents a day and others are billionaires in China or celebrities creating evil depraved tones and music on TV, having copied the depraved British-US culture? The ideal *solution is the transformation of all ethics globally*, the removal of feudalism and the liberation of 7.9 billion slaves from the terror by the 100 million aristocrats, thru the ethics of infinite kindness outlined in the Immortalist Anthem and other texts like it. The hate of English stems from an awakening of the masses to the criminality of the US aristocratic government who tortures millions of its citizens covertly or overtly daily. As $ and English become irrelevant, US could become like Greece and Greek, irrelevant, a banana republic and unknown (like Greek today) language, a USA ruled by serial killer Republicans shooting each other and shouting "Jesus is King (in Hebrew), and first right in life is to kill everyone with a gun in gun fights".☺☺☺ USA, wake up, defeat feudalism globally, and all may choose English as they see a new America, 100% transformed, from a war monger devil into an angel of goodness and peace. We already see the failure of US bully tactics, China copies USA and does this to Filipinos.

This anti-English wave is due to feudalistic Re-pub-licans and Demon-crats, their criminal Zionist policies of world terrorism using the genocidal Bible and British aristocracy (see their mansions) genocidal subjugation of all nations ideas. The world militaries need reform and focus on World Peace in 3 months, thru all media, 24-7. Brits need to overthrow via elections the aristocratic, royal criminals who ruled them for 1000 years, and create a true democracy, one like the immortalist system. The ban of English in some nations is a natural defensive reaction to the kill-steal ideology of the US government whose religion seems to be torture of all, steal labor, destroy all immigrants who come to USA if they oppose the criminal aristocracy system. Nothing will change on this planet until the criminal Republicans and Democrats are ousted forever from US politics via a landslide win of Immortalists.☺☺☺ Both Democrats and Republicans want immigrant slaves, cheap labor, they got trillions for Iraq, Afghanistan, and "can't find 20 billion for a border wall and some 1000 agents to monitor 10000 guns remotely and use them to shoot anyone who jumped the fence, we have resources to stop 100% of illegals, the lie we can't stop illegals is spread by the pathologically deceitful slave owners who ran this nation since 1776 and still do: illegals and the 90% are their eternally subjugated slaves. The whole political system is a big fraud, they never want to end illegal migration, violent crime, wars (the two tools of repression, chaos seeding for maximum looting and subjugation), they just say they do, Trump is the first who wants to end illegal migration, but it won't last without a high tech border wall, as democrats will open the gates again once elected. USA needs to ban foreign language from all government offices, all these translations into 30 languages of government services too, *since no other nation has this level of* ☺abysmal IQ☺ *like USA, a Jewish colony* with 0 freedom to unify

under one language, to have its culture outside Jewish genocidal psychopathy of Jesus, Moses and Christianity, etc. USA is torturing to death citizens of nations who're part of NATO and living in USA, covertly or overtly, while shouting "we need cannon fodder folks in case China or Russia attack us". This is the US policy towards its allies: says one thing on paper and in the media, and behind the back they undermine and sabotage the human quantum field, destroys its allies, turns them into remotely controlled brain damaged slave cattle, easy to control via sleep deprivation and 50+ daily attacks of various body areas, etc. With this policy, it won't be long before NATO disappears and USA is actually alone, defending the mansions of genocidal psychos who have created 300 wars, all alone, and becoming 50 times smaller, like Greece did after being 50 times bigger than today 2300 years ago. Hence immortalists call for 11 companies to save US. That is why it is good for all Americans and people worldwide to overthrow (via elections that boost the Immortalist Party) the criminal military gangsters at the helm of most nations, who fake all elections, since it is a thuggish government who mainly produces war and terror worldwide. It can't be otherwise, as the psycho Bible is its guide. USA, like most or all nations, is a military dictatorship, unbeknown to people, who have no clue all parties are puppeteered by the military industrial complex. *Democracy doesn't exist anywhere on Earth*.

Russia's illegal migrants "will not be able to use banking services or drive vehicles, [banned] from entering into or dissolving marriages, registering property, or enrolling children in kindergartens or schools", plus they will be deported without a court decision. USA will *follow*? It better follow, unless they want to become an Islamic Caliphate or a Narco state with Spanish Inquisition style public executions. USA spies within the Democratic and other parties minimize the status of English, the national cohesion around one language, by not requiring people to learn English and instead wasting taxpayer money on translators. Even Washington DC offers services in 6 languages, since 2004, which is absolutely anti-life, Democratic Party is run by foreign spies. Ukraine deems Russian language a threat, so no kids are allowed to talk in Russian during school breaks, imagine if USA would ban Spanish in schools and all public spaces, like libraries, government, etc. Hold on, USA may need to follow Poland's new policy of ending right to asylum which is abused by many to invade Poland and turn it into a violent 99% Muslim place, which follows Finland's decision to reject all asylum applications indefinitely. Venezuela illegal migrant aged 19 arrived in Spain and then moved to Poland, where he stabbed woman with a screwdriver, to remove her eyes and raped and then killed her. The screwdriver from the rapist reached the woman's brain thru her eyes. Did CNN report on this? No of course. Only if victim was Jewish, Gentile Lives Don't Matter. Muslim migrants being 'peaceful' with Molotov cocktails at Polish border, read about Islam for all. A German company in Poland gets gov aid, pays no taxes and hires illegal Colombians, who, sometimes kill Poles, as this guy who got life in prison. US guy visits Germany and gets mutilated by Syrian illegal migrant who then gets

released by cops in 12 hours. Multinational foreign companies hire illegals they send to Poland, while Poles lost jobs, in a typical international profiteering Jew or German (70 million Germans live outside of Germany) case of national destruction. Our Jewish News Agencies only report on Israel and the Jewish Bible. Naked Ethiopian youths run in Poland after the illegal migrant smugglers took their clothes. Another drunk Venezuelan migrant stabbed a woman several times in June 2025. Russia hires Latinos, Muslims, Asians and Africans thru middlemen, so they don't know they work for Russia, in order for them to spy or commit violent crime to destabilize various EU nations. EU says Poland no asylum policy is legal. Poland began shooting illegal migrants, see the new shootings more, migrants, who want to impose Sharia law on all humanity, vandalizing NATO border points: watch the savages waging war on NATO, cutting border fence and jumping over fence, felling trees on the fence, cutting the fence in 2022 before Poland finished the 18ft wall, Muslims kill Christians with spears at the Polish border to spread the Rape-Genocide "Religion", Muslim thugs practicing their "religion" at the NATO border. We all know thousands of asylum seekers are spies for various governments, so it's a big gamble. Already, USA is using torture covertly on industrial scale, imagine this being done overtly like in the middle ages Spain by Narco gangs, Islamic Sharia fans, Catholic Inquisition fans, etc. In Latvia, they ban Russian, since Russia invaded them and deported anyone smart to Siberia. In Belarus they're replacing Belarusian language, unifying the educational system with Russia's. In USA, we disintegrate the nation/education with 50000 schooling systems, so 'bad type of Jews' *give junk to all*, and best *to themselves* (2300 acres palaces, Google founders 8 airplanes, Ivy League students Jews was more present as % of their population, education for Jews, ignorance for the rest). Why is USA-UK-Canada-Australia-NZ-Ireland doing the same, one centralized education for all, run from Eterni, the Eternal Capital, the world standard for education adopted by many nations, maybe all one day, if all switch to English? The move to English only in USA is detailed here. In response to Russia banning many languages in lands it invaded for 900 years and occupied and then ethnically cleansed, Latvia deports anyone (Russians) who fails to pass the Latvian language test. Finland too, after being a Russian colony for centuries, wants to ban Russian real estate ownership, as it can be a cover for Russian military staff creating military bases, while pretending to be "tourists and businessmen, students and clergy". With so much land taken from others, Russia could welcome warmly all Russian deportees. Instead, they're bombing Ukraine and threatening to bomb Baltic states, Georgia, Moldova. Oddly, we only hear about nuclear attacks on NATO nations, nothing about Eternal World Peace in 3 months.

Kazakhstan had 1% Russians one time, then it went to 43% during the state sponsored NKVD-KGB Stalin extermination/relocation, now it's 15%, if statistics are to be believed. It's funny how Russia only complains about current actions of people defending their own country, forgetting all Russians in many areas were not there initially. Russia is ☺☺☺happily☺☺☺ deporting Arabs

and Indians too. It's a little odd, given how much Russia bombed Syria into the stone age. Everyone can ☺☺*lovingly tenderly gently kindly*☺☺ chill out, gently stop the undercover terrorism done by their spy agency and torture under 100s of guises, even sometimes "migrants on route to EU" or "visiting scholars, businessmen, etc" and *nurturingly* work for adopting one language for all nations within 20-50 years after Eternal World Peace is achieved, to increase longevity discoveries efficiency. We can compassionately forgive and forget, so we achieve the world of Eternal Infinite Sweetness towards all within Immortalist Anthem, the song of immortalists. China banned Tibetan, Mongolian and Uyghur as medium of instruction too for some or most subjects, as the world is moving towards centralization of the emerging immortality capitalism, one centralist efficient planet of science of immortality for all: India too is moving towards "one nation, one election, tax, uniform, market". It's about time, for God's sake, why does India need 22 official languages? So much waste. Would English and Hindi not suffice? As the language section explains, having one gentle tender soft nurturing loving kind compassionate emotional, tonal and literal language of instruction, in any school, college, city hall, business, in USA, English, increases efficiency, longevity, IQ and allows standardization and equal opportunity for all for turning all into geniuses not just 0.1%. It's the most compassionate thing to do, to have one language, so we can bring equal opportunity, equal education, equal access to science papers to all. *This Great Unification,* emancipation *of all* Americans via remote learning, 1 million immortality research centers catapults us into the Age of Ever Longer Lifespans or "Immortality *for* All", etc. If we have 5 million operating systems instead of Windows, nothing would get done in the academia using Windows (the features would be poor as 5 million fewer programmers exist for each system), if we have 20000 violent (by the higher standards of the Immortals) subcultures and 100 languages we can't achieve Immortalism fast, 10 billion fold lower violent crime, Eternal Universal Peace, the preconditions for Immortality *for* All. Once Hispanics understand the pros of one language, that all science papers are mostly in English, etc, they will choose English; until then, they're free to remain clueless. It's out of compassion for all that we bring unity, just as in India they got English to replace 600 languages. It's more efficient. Imagine if every state had its language, it would be so hard. America has become 200 nations with violent music for all, that each state, city may soon declare itself a nation, since unity is absent. This can ☺☺*lovingly tenderly gently kindly*☺☺ be reversed, as we see from history, after division, unity arose. Will Hispanics choose science or tradition? Nobody will force it, but the 150 pages on immortality capitalism and on one language, explain the pros. Divided we fall, united we stand, this is clear to the 20 tiny nations in Eastern EU who may join as one Eternia with English as their language too. The old generation of Hispanics won't learn English, but the young people understand the science argument, they can even comprehend everything in this book well, as they know English. ☺☺☺☺☺☺☺

Immortalists can convince Russia, by immigrating there (request asylum, they take in asylum seekers from 47 destructive countries that are anti life, just fly to Moscow) that traditional values and spirituality have 0 and nothing to do with Christianity, Judaism and Islam, by detailing ideas in this book via the ImmortalityTV.com station in Moscow or East EU in English that supports English in government, education in Russia and the achievement of the proletariat revolution ideal of one language worldwide English, for the sake of Eternal Efficient Universal Peace and less slavering work for the enslaved workers translating and fighting over language. The amazing & beautiful ☺☺☺ ideals of the World without war of the 1917 revolution will finally come to forefront, minus the torture of Inquisition or Communists, but with the kindness of Immortalists, as the power seeking capitalist only worships war to beat the workers eternally, by seeking chaos to loot and enslave everyone via religion and "companies". The wars destroy the worker class in all nations, and are instigated by aristocrats for that purpose alone, besides of course resource theft when needed cheap labor, land, etc. The depraved 47 countries and all nations never talk about World Peace in 3 months, only about junk that maintains the power of aristocratic classes ruling every nation. So, the 11 companies for all nations and Universal Hypothesis Formulation and Testing, the Ten Trillion Ways to Eternal World Peace without War, can come to the forefront, for the liberation of the masses form the slavery and chains given to them by the bandits ruling the planet. Russians awaken, so East EU awakens too, all EU-USA too. Russians need to learn English, adopt immortalist tone and unite as One to support the happy Immortalist Party of the Russian Federation (Russia may split in 10 states otherwise) that brings Universal Peace worldwide, with help from blissful US, EU, etc immortalist Parties worldwide.

CITIZENSHIP is Confirmed, English only @ home, business, school, Unify USA-UK-AUS-NZ-CAN:

To prevent the wiping out of the entire human species due to wars over language, stringent one language and anti-espionage laws will be passed on day one of the Immortalist Party winning elections. The Jewish Gangsters have now put endless signs in Washington DC even in Spanish only, on utility devices, etc, as Jews plan to ban English like in 1780. The existing parties have turned USA into a Jewish Babylon with 1000 languages, blue (California, etc) states providing services in many languages, in clear violation of immortalist principles of fairness, equal opportunity for all to read world's science papers (90% in English) via English knowledge and permanent residence status and citizenship (birth citizens leave for other nations, then return 15 years later without knowing English at all, anyone who has been out most of the last 5 years, must pass English Immortality test multiple choice of 20 minutes; failure means citizenship removal until Test is passed) to English speakers only, as Jews control both parties and work feverishly to destroy English and promote multilingualism, so Hebrew can come on top one day: Jews tried to ban English in 1780 and make Hebrew the official language. One nation, one quantum field, one unity indivisible, one fair treatment for all, one pay system for all (max pay

3-4 times min pay, etc), One Bank, One Housing Policy, One Class – the 100% (End of aristocrats), one family☺☺☺ means first and foremost ONE Language, One Tone of gentle tender *soft healing graceful nurturing* universal loving kindness. To love all Americans is to speak the One Language. English just happens to be the most spoken language by all smart people worldwide, 1.5 billion speakers, so it's humans' best chance to unify the planet and bring World Peace in 3 months. Be pragmatic, culture is the tone and content of a culture, not the language. We need speed to avoid the 10 second end of all humanity. Anyone who is a Peace Lover, loves to quantum entangle with 1.5 billion people to manifest that Peace instantly. As a side benefit, he will live longer because he will quantum entangle with world's smartest people, world's scientists, world's longest living people, not 1 million speakers of a vanishing language. Anyone who speaks non-English at home ought to have lower Immortality credit score, for undermining global unity to achieve World Peace in 3 months or 3 years. Immigrants who come to USA and worship, study, speak in their own language are traitors and useful ☺abysmal IQ puppets☺ in the hands of globalist aristocrats profiting from international wars over language and fake religion, with all religious places of worship being mere spy stations for country of religion origin usually. A true American speaks English only. Aristocrats start wars among workers via language/religion. Thus, to speak non-English is to fuel the flames of eternal wars that have killed 1 billion. To speak nonEnglish in US-Australia-Canada-UK-NZ is a sin as grave as rape of the human quantum field or raping one person, almost like killing, because 7000 languages will lead to trillions dead in the future if we don't stop this madness created by the Demon-crats/Re-pub-licans: all government services will be in English only when the immortalists remove Demons, pub lovers from politics. Our sense of national unity is nonexistent, as Jews destroy it completely to rule us with their 4500 banks which we will dissolve in one strike. We have no national or official language and to bring World Peace in a few years we need 1 language, not 7000.

Citizenship by Birth can only be valid if the person resides in the USA all the time, meaning, as everyone else, he takes the end of school year Immortality Test, MRI test for eterni intent test, eterni tone test, etc. Arab nations don't give citizenship to any Palestinian born in their nation, so why should USA give birth citizenship to anyone just because of being born here? It's plain abysmal IQ, a person is citizen by birth only if all 4 grandparents are citizens and then it has to be confirmed when kid is 18 and each time he leaves USA for a long period. *All citizenship is removed from all who got it by birth, if they can't pass the* immortality test for their age within 1 month. The exception is people who have all 4 grandparents citizens by birth (not naturalized citizen parents). This means we correct wrong policies of last 250 years. Citizen.gov will provide test materials for study to pass the test, it's about 9000 pages for ages 11-14, 14000 pages ages 15-18, 25000 pages for ages 19 or 19+. Too many spies and criminals became citizens via scams and fake marriages done by spy agency order, not love. Adults need vast knowledge of science,

sort of like GRE etc… for PhD, so prepare for big changes. Green cards given to illegals after amnesty by former Presidents would become invalid, and to get them all need to take the immortality test for the green card, pass English test and ethics, knowledge tests sections of the immortalism test, and the citizenship test. Those who fail, would be deported, if they can't pass again after 6 months of 24-7 studies. It's to be clear: this test would be hard, like learning Chinese and Arabic with almost perfect accent, different alphabets, 3000 characters, etc, not like the 2rd grade American citizenship test today, it's like going to PhD. What happened the spies bent on destroying USA, have sent millions of Catholics to spread the Worship of Blood Sacrifice under the guise of Eucharist. And they have destroyed intellect, tried to brainwash everyone by stealing trillions in tax income for their Organized Cults. ☺☺☺☺☺☺☺

The Demon-crats decided it's the best thing to quite often be paying 90 IQ illegals *(working at some aristocrat owned hotel from hell, sitting at the front desk watching porn or some random Spanish or native language* ☺abysmal IQ☺ *shows all day sometimes, except for 20% of the time)* the same or higher wage as locals or legals (working at a real job, doing science, tech, etc) who have a masters in science degree and IQ 150. So, being so relaxed, they now have time to attack legals and locals with weapons invisible provided by foreign spy agencies, time to start gangs and destroy USA. *The* Demon-crats *destroyed the USA, making USA a third world* nation *of* ☺hen IQ folks. In their quest of absolute power over all nations and vast genetic engineering to mess up everyone's genes except their group, they have magnified all macho aspects of all cultures, amplified violence to the max for max jailing, torture and subjugation, placing profit above knowledge, truth, honesty and nonviolence, *gentle tender soft nurturing healing loving kind* compassionate *grace*. Such 0 IQ decisions taken by traitors who used the tortured robotic puppet presidents for their game of thrones, have completely destroyed the US. Those greedy aristocrats who gave green cards like that committed treason of the eternal longing of humanity for One Universal Language and 11 companies for all humans. *Aristocrats only believe in their money*, so they don't give a dime about America's future. This was a relentless covert war against USA and the English speaking world, to promote bullfighting (see Spanish sports) and bloodshed, the unholy bloody Christianity and unholy Islam, unholy Torah. ☺Gecko IQ filif folks ☺ screwed USA, but smart people can fix the damage, everything can be repaired. Let's bring people of high IQ instead of 90 IQ illegals. We can fix *the horrific mess* former *presidents got USA into*. So many ☺abysmal IQ☺ decisions, unbelievable, as if they were paid by KGB to destroy USA 100%. Instead of bringing *40 million people of IQ 130-190*, they brought *40 million illegals with no English knowledge and IQ about 90, go figure,* isn't that the lowest IQ decision?? No, it's TREASON of the highest order, worthy of lifetime labor picking up tomatoes sentence. The low IQ had kids, and became low IQ too sometimes, so it's like 60 million now low IQ. Robots can pick up all produce and really, volunteers can do a little too 5 hours weekly each, to build a real

nation. In IQ tests, America was like number 30, so Demon-crats lowered our IQ with their policies even more, so did Re-pub-licans, who, after so much Jesus alcohol trance states, could not think to bring geeks inside USA, since they're anti-science and pro-circumcision, the worship of Rabbis sucking infants penises. All who have green cards obtained by family ties will have to pass the Immortality Test for green card, to remain in USA. All family based immigration will be illegal. Everyone must pass the test to qualify, the dad passing it and *dad having a job is not enough*. Wife has to pass and kids too, so if they got low IQ, they won't pass of course and will get a chance to come only in 45 years if that long it takes to pass. This is not just an ethics course, but an IQ test essentially, since only high IQ people can pass it. The new immortalism law gives the universal health insurance via the one and only company offering it, Universal Immortality Inc, only to legitimate green card and citizenship holders. All green card holders who got it in the last 50 years will have to take an English & immortality test, failure means no health insurance. Be assured, all parasitic vampires will leave USA alone on their own, without us needing to deport them, if no health insurance is possible, due to the One Universal ID that only green card holders and citizens have, the One Bank and Drivers License. No Banks are allowed in USA, except Eterni Bank. If people come to a nation, they need to learn the language. Everyone needs to learn English and speak it all the time. All science papers are in English, we don't need illiterate folks in USA, only educated people are welcome here, as we're trying to create Eternal World Peace and End all Violence on Earth forever. Evil aristocrats claim we need illegals for construction, hotels, restaurants. Not really, with 11 companies, we manufacture all houses that are 1000 times more high tech than any made on Earth in a factory like Tesla, and we don't need 3 million contractors to install spyware mics and cameras. Hotels are not that needed, since all have a house, built and maintained by Immortality Building Inc, and then due to high quality housing, no more transients in hotels, or want of vacation, since all other nations are trash versus how USA will become via scientific innovation. Plus few tourists, as they gotta pass a tourist test harder than learning Chinese and Arabic test. Tourists are spies usually. Aristocratic bandits rule most nations, so once we become a real democracy, USA will be far nicer than the other countries. No need to welcome 90 IQ tourists, we build nice houses, not hotels. Let everyone's house be so amazing & beautiful ☺☺☺, our cities so safe, quiet, everyone is in a state of nirvana, happy, elated, unwilling to travel anywhere. Bliss is within. ☺☺☺☺☺☺☺

Some guy may have IQ 130-230, but his wife may be IQ 100 and not an immortalist at all, on the contrary, she could be a fanatical religious nut who will team up with her 5 Sharia Law kids to fight immortalism 24-7 while in America. The first and foremost family is the Universal Immortality *for* All family of USA, where all Wish Eternal Lifespan and Wellbeing to All, the American family of those who want to end all violent crime and war immediately, which contradicts Islamic call for eternal war on infidels☺☺☺, eternal mutilation and violence against

infidels, it contradicts the real Catholic ethos of Eternal Wars on infidels via the Inquisition Eternal Genocidal Torture (it never died folks, they renamed the Inquisition Office) and Vatican Paid For Wars. To subjugate nations, they simply start wars covertly, while publicly they denounce war. They publish endless fake studies and books about miracles, to justify the military bases disguises as churches, just like Protestants, Orthodox, Muslims and all other con artists. Naive people believe that Vatican paid for "independent" studies and science studies into miracles are genuine, that the 3000 books and booklets Vatican mafia produced are based on real and not made up events, that everyone is honest like them, but it's not like that, some people lie 20000 times more than others, Italians are used to deception for 2000 years, Rome was founded 2700 years ago and they got really skilled at fraud and shouting, like nobody else in Europe, they changed all European languages to sound more or very Italian like thru incessant bombing, killing and war disguised as "empire or religion spreading". Immortalists call for loving all, read the Immortalist Anthem and realize how it is 5 trillion times kinder than Islam and Christianity. Many IQ 100 folks have not yet realized the Judaism, Christianity, Islam religions are pure frauds based on genocide, mass rape, looting quotes. Italians and Jews figured they can loot everyone by promising them happy joy in some fictional dimension and safety from a made up 'Satan': you give Jewish Italians all your wealth, and national treasures, they give you protection from the made up explanation for all nature's chaos (Satan) with fake miracles of saints/Jesus and prayers, wafers, rituals of protection from the boogeyman that would otherwise torture you in hell forever, because 'Christian' God is so 'loving' he allows Satan to torture souls forever, for a nanosecond mistake. Fear of hell to loot all nations. Like a nice extortion racket. Mohamed saw the Christians became very rich via this scam, so he started his scam too. The immortality test will be so hard for any visa that only high IQ can pass it, and if they do, they will get basic education in the immortalist culture and realize immortalism is 1 million times more logical than many 0 IQ religions started by serial killer thugs, *spies and frauds*. They will become an immortalist, since they will realize during studying for the test, that it is 1 trillion times more pro-science, honest, humble than the 1st century primate religions that dominate the Earth today. Aristocrats created most religions, using spies and soldiers staging miracles and events, in order to control the masses of slaves they subjugate. 60000 illegals in New York alone have committed some crimes, some of these are violent. Halal slaughterhouses torture animals and are guilty of animal abuse, since animal suffers 300 times longer than the modern science based slaughterhouses. This animal abuse (watch 2 horrific minutes) is the cornerstone of Islam. Do you want US returning to the 7th or 1st century ☺abysmal IQ☺?

If a citizen moves out for 2 to 20 weeks, he has to pass the mini-Immortality Test to check for signs of torture, lower IQ and brain damage during "spy training to be double agent", health test, immigration questioning about activities outside that could destroy USA, for his age, like all

other kids and adults 21+ do in school and college, before he can regain entry into the USA, to deter the foreign nation training of double agents whose only goal is the complete destruction of the USA, Australia, Canada, UK, NZ, Ireland and other English speaking nations. Citizenship of USA is only valid if confirmed every 10 years, by taking the Immortality test for one's age, if one moves out for more than 20 weeks within that 10 year period, by taking the test at the USA embassy or consulate or within USA. To maintain one's USA, Australia, Canada, UK, NZ, Ireland temporary or permanent green card residency, one has to use the free universal education videos for all infants to create the unitary virtue training, unitary pregnant mom videos to prepare mom for eterni tone and kindness (and dad too, via the parent license process, 1 hour video daily during pregnancy required for all parents) unitary English accent training, unitary English at home use only, unitary eterni tone vibe, so that everyone speaks the same exact tone, accent and feel one country, one nation, one Peace building tricontinental nation, so democratic and kind, everyone wants to follow our example. ☺☺☺☺☺☺☺

All German language schools and entities were shut down in 1919 due to the war Germany waged against USA, and today a huge war is waged against USA by the Latino world via the drug cartels and Spanish language efforts to split USA into two with aid from EU, China, Russia, etc. It's time to use the old technique banning enemy language (Spanish) from every American school, city or state government office. It's time to boycott all products made in Mexico and Latin America, make everything inside USA and be self-reliant. Latin America ships drugs to USA to kill us all. Not only that, all other languages will be banned in shop signs, religion services or building inscriptions, business, education, government. No city clerk, cop, nurse or state official shall speak in any language other than English, or be fired within 24 hours: The Healers of God, the Immortalist Youth, the immortalist adults, will speak in Spanish in many places to see who cheats, as undercover angels of God and provide video to the Immortality *Nurturing* Agency to fire those employees.☺☺☺ This is to prevent the formation of too many spies inside USA. All citizens can report to reviews.org any business where English is not spoken and the government will fine that business $500 million. The Demon-crats are the big traitors who disintegrate our nation and split the planet into war zones. Re-pub-licans sit and relax as USA disintegrates. In France, En Marche, a political party, wiped out the two major parties in 2017. It's time for the Immortalist Party to wipe out Democrats and Republicans in the elections, win 80% of vote, as Demon-crats cater to foreign spies, while Re-pub-licans to local aristocratic parasites and both ignore the suffering of the American people and the poor.

An issue is that these corrupt parties are so controlled by Big Business, that most Americans don't even vote in the midterm elections, as the 1902-2022 chart shows. In 1789-1902 interest in voting was even lower at times. Once we get a real party for real people, we get 55% of midterm votes and can totally change USA, even the Constitution, the Bill of Rights, etc. You know 50-70%

of people don't even vote in many elections, as they know Big Business owns both parties, so if we get those 50% to vote and a few % of each party, we decide the President and 70% of the Congress, rewrite Constitution. This is possible, since via the Internet forums, emails, groups, chats, phone calls by the motivated We the People contacting all on their contact lists, we can get things done 10 billion times faster. In 1850, it took 3 months to send a letter, today, an email takes 1 billion times less. We can change USA 1 billion times faster than in earlier decades. Nancy Pelosi was busy promoting Catholic Genocidal Scriptures and get ultra rich in Congress, while America has sunk deeply into a 3rd world country status, thanks to her policies. We're one nation and equal opportunity means one language for all, one free education for all, so all get access to English, the language of science, instead of Catholic Spanish brainwashing about cannibalism rituals and fake miracles. The Vatican and Popes led to 20 million people dead during the emancipation of humanity from brainwashing, i.e. during the Reformation of the Church that led to the evil Bible quotes being printed in 50 languages for all to see the pure evil they hid from the people. Before 1500 nobody could understand the Bible, as few knew Latin. Let us not forget☺☺☺ the immense genocides by the Spanish Royals via the Inquisition and the perpetual genocide of the Spanish Latino people's spiritual vibe via bullfighting that spread to USA almost recently, in Florida via bull chasing. Behold the Epitome of Spanish and Latino Culture in 5 videos: bullfight stadium killed 4 Latinos when it collapsed, Latinos get crushed by bulls, see 20 injured, beast like Spanish pushing, shoving, shouting, see the filif and pig IQ of the Spanish savages… who taught Latinos "sports" and "culture". We don't need Spanish or Latino music, it's not eterni. We need immortalist culture, not the daily beatings of kids and wives by Latino macho males taught to be violent, as the Bible/Torah teach (kids, workers, sex slaves) or as the Quran teaches (sex slaves, mutilated infidels, kids, wives). Shame on the Islam, Christianity, Judaism Worlds, promoters of daily beatings of millions of kids. Let the Happy Resounding Aims of The State of Emergency, be clear: lower violent crime a trillion fold by new laws: a parent or Catholic, etc clergy slap or spanking means *death penalty for adults, lifetime labor for minors*. Did you know that between 1990 and 2023, in a mere 33 years, US Hispanic population increased by 42 million from 23 to 65 million, mostly due to Democrat policies of family based and illegal immigration, creating 2 Americas the English one and the Spanish one, the perfect recipe for splitting USA into 2, the ultimate dream of Russia, China. Unless a country has merit based immigration, it collapses, as illegals don't always include the best.

The fight against the Spanish language is also a fight against the Catholic brainwashing of 2 millennia, brainwashing that completely destroys our human intellect and removes all critical thinking, the scientific method thinking, etc. We can convert all Latino Youth to immortalism, for the liberation of Latino countries from the Vatican clutches. The enraged Latino youth will discover how aristocrats used religion to enslave the masses. Out of this anger will arise a New

World of Immortalism and English only (in Central, South and North America) or some other language that humanity agrees to be the only language (so that all wars stop). Humans want one language, they're tired of the wars, so they will either create or choose one language. The Latino youth will likely become the most ardent militant immortalists who make English official in their own nations, for the lifting of the enslaved masses out of ignorance, incredible scientific illiteracy, ☺abysmal IQ☺ and slavery. Latinos will recall how the Royal family of Spain with their Fascist Franco ally, have killed endless people, with the blessing of the Catholic Church supporting White Terror, for simply asking for basic rights of decent housing, decent food, decent healthcare. The Latino youth needs to awaken and liberate Latin America and even Spain, while not making the mistakes of Red Terror guys. There is no need to kill clergy, as the fanatical communists did, we simply outlaw lies (fake miracles presented as facts), since they promote scientific dishonesty, fraud, destruction of the youth intelligence☺☺☺☺, power plant explosions (which can kill 5 million for fusion *plants*) due to everyone trying to cheat (shortcuts, withholding info about what one did) as the priests lie and as the Catholic priests slap babies. ☺

Immortalists are the most pro-spirituality people around, as we explain, anyone can be a 'pastor' teaching all ethics by living example, nice recordings or a website, songs on youtube to show their eterni tone better than 90 to 99.9% of pastors today, since we want democracy, all are connected to God, not just a hollering Jewish rabbi, screaming Buddhist monk, shouting imam, yelling Hindu preacher, howling Christian pastor charging people fees for connecting you with their fictional yelling "God". Immortalists are for free 0 donations churches, since it's all about spirit, immaterial things. Freedom of religion ought to not be freedom to torture and steal from the naive people believing the lies the pastors say. Immortalists are 1 trillion billion times kinder than Stalin, Mao or pseudo communists who didn't understand a real communist never kills any worker. Thus, we simply will provide dishonest clergy with a new job in the 11 companies, to help them practice their kindness via deeds, instead of destroying the intellect of the youth. Immortality Nurturing Agency can ☺☺*lovingly tenderly gently kindly*☺☺ create a "Fining *Religious Thieves* Department", whose aim is to watch for fraudsters who ask people to donate money, 0.000001% or 10% (Mormon fraudsters) of income in exchange for the promise of living a trillion billion years, or eternity, in the afterlife, in some unproven dimension. It's not by accident we call ourselves Immortalists, since we try to fill the vacuum created by the natural realization of the masses that these religions are wishful thinking unproven by any data. Honesty means saying "We hope a soul exists, but we can't prove it. We hope we might experience this *or that if we have a soul, but we can't be sure, as we have no reliable proof, in a scientific sense*" instead of "If you don't believe in our theory of Jesus gives you infinite eternal immortality in our fictional heaven, you go to hell to be tortured forever", a threat, or blackmail of naive folks, to steal their money. *Pure robbery*. First of all, *a belief in anything doesn't make it*

true. Where is the evidence, where is the protection of the critical thinking, discernment, scientific method of testing any hypothesis? It's not there, it can't be, as emperors only wanted ☺puppy IQ workers☺ to subjugate. Crime can't go to 0 with huge fraud going on everywhere, with rampant lies and brainwashing, destruction of intellect, and most of all, empty promises, forcing people to believe in fake miracles via endless fake books the Catholics, etc published to deceive. A country of ☺abysmal IQ folks☺ is easy to conquer. These monasteries, churches, synagogues, mosques are a serious fraud perpetrated by the Saudi, Israeli, Italian *Mafias* on the US. They're *undeclared foreign agents who create a* state *within a* state☺☺☺☺.

Why not aim for immortality in this world first, to prove you can create some organized molecular or particle system able to live to a trillion years in this world? It's one thing to say we help all live longer by better healthcare, education, housing so we eventually one day live in this provable world to 900 or 9 billion, after billions of years, and another to say "in 3 minutes after you die, so within 100 years, you will automatically be rewarded with this trillion finite lifespan with their fictional God". Hold on, how can you prove that? This is fraud and theft: you promise to deliver a product, immortality, within 3 minutes of dying, but don't have any proof it was delivered, so it's really a fine of 9000 times the donations made. No World Peace lasts if fraud is deified, pervasive and rewarded with billions in donations. Likewise, fake miracles sold as fact without stating they may be false and how they can be faked, is fraud to incite people to donate money to you. America's founders were aristocratic parasites who didn't care about people's beliefs as long as power was in their hands or taxes collected from the slaves. So, for them it was all about "freedom of religion" to appeal to the 0 IQ masses, without any ethics and scrutiny of these charlatans and their way of destroying the intellect of the masses, to enable the parasitism of the Freemason elites who made up USA. Thus, we really need to promote honesty to reduce crime, scientific crime too, and we can't have such charlatanism. We want to give people the freedom of religion, but this has nothing to do with donations. Freedom of religion doesn't mean coercing others to pay you, so you build airports/mansions. Religion is kindness and has nothing to do with asking for money. When donations happen it becomes a business, that ought to be treated like we treat fraudsters who claim to deliver a house, but don't deliver it to customers. Pure theft. After all God is not a business, even Jesus overturned the traders' table from the temple, so see even Jesus was against donations. If we allow parasites, liars, conmen and frauds to flourish, without taking action, everyone will become a pathological liar and our society will collapse very rapidly, it already is in shambles. Unless churches can provide unfakable evidence for the miracles and other things and use a nonviolent scripture free from any call to violence, like the positive ***violence free*** Immortalist Anthem, they're terrorist organizations who incite the youth to violence in the name of a fictional God, because they tell the youth that the word of God is all those violent quotes, which is incitation to genocide.

Latinos and the entire planet will all understand that Christianity is a scam religion created covertly (thus the fake martyrdom to make it appear state was against Christianity) by power hungry Roman Italian emperors who needed a cult to unify the empire who had 300 cults and 300 Gods. Islam was another scam, created by others to increase wealth, by copying Christian methods of looting well detailed in the Bible. Mohamed was an aristocrat who rewrote the Bible and added a few myths of the Arab tribes. The exact motives and techniques of aristocratic subjugation of the masses via the secret deals of royals and clergy is explained well in the fake miracles and quotes sections. Islam clergy and royals followed the Christian royals and clergy unholy alliance, to subjugate the masses by destroying their intellect, for maximum theft. 1 God is more efficient, held the empire as one much better for the Italian emperor killing 6000 slaves in 1 day, just like one immortalism philosophy holds the planet united much better, because we all work for the elimination of all violence and killing, so all feel loved. The Immortalist Anthem explains easily that we're allowing freedom of belief, regarding the afterlife, and that we're 1 trillion times more concerned about being 1 trillion times kinder towards all, than with unprovable theories of what happens in the afterlife. The American Revolution was a fight for freedom, against the unholy alliance of British aristocrats and the Anglican church of brainwashing, intellect destruction and British burning down of Washington DC on August 24th 1814. While Americans are homeless, after burning Washington DC, blowing by gun endless people, mutilating, beating till blood comes out and executing the poor working class, the British royals (who brag about killing 25 Afghans in a memoir) and the aristocratic families live like kings in our country. They don't pass any Immortality immigrant test, they simply run America covertly, being MI6 spies. Immortalism is the continuation of the American revolution, to free the planet from violent religions, parasitic royal families and aristocratic classes, violent regimes, fake regimes created by aristocrats to suck the blood (via religion too) out of the workers. Are the British Royals British, or Italians or Jews? Who do they serve? Israel via Anglicanism. UK, Australia, Canada need to awaken from the sleep, end the Monarchy, Declare Immortalism.

In the emerging immortalist USA, the law will say that kids and parents whose accent and tone, is not within the standard range and eterni quality are asked to enroll in an eterni tone English class, or lose resident/citizen status. This is the end of terrorism by various foreign spies, who for 80 years, have tried to disintegrate USA, Canada, Australia, NZ, UK into various nations. Australia has very few choices, when it comes to many supplements, type same thing on Amazon.com and Amazon.com.au (or other Aussie websites) or Amazon.ca (or other Canadian sites), etc and you get 7-50 times fewer choices (search results are 20 times fewer for many vitamins). It's a disadvantage of small nations and separation, the destruction (divide and conquer) of Australia, USA, Canada, NZ, UK as we know them by a *Jewish-German-Italian-French-Chinese-Indian-Spanish spy filled government* who promotes 50 languages versus one

USA-Australia-Canada-UK-Ireland-NZ nation with one accent/language, one central education for all residents and citizens who have to pass the Immortality test to gain residency and confirm citizenship. On the other hand, small nations, like Aussie folks, can create good labels or changes that big nations, like USA, can learn from. Aussie people label foods with % made locally, unlike the USA, where profits are more important. This % info is useful, as some nations have very polluted soils, meaning some tea can have 5000 times more lead. The education is free for all, parents play 5 hr prerecorded basic videos in speech, ethics, science, all premade for each day of life at education.gov, so all babies, toddlers listen to eterni tone, the most amazing & beautiful ☺☺☺ educational videos on a huge TV screen, of 900 times higher quality than tired parents and parents only have to speak little, so all kids speak the same way, understand all kids well, create one unitary world of peace as that of Immortality planetary one language civilization, one law, not 100000 versions of it per each city "royal or aristocratic clan". This creates babies with IQ 300 eventually, as everyone gets stuff of IQ 300, instead of the "garbage coming out of the parental mouth and filif frog IQ☺☺☺ brain". This removes a huge burden from parents, makes raising kids easier so we don't need to import low IQ immigrant kids from nations with 200 times the homicide rate, so parents get some rest (very important to be able to speak nicely), can create healthier meals and improve their speech tone dramatically, when they do speak for stuff the videos can't say about family, neighbors, etc. The education.gov content is created by the smartest. Let one law/education curriculum resound with the Ethics of the Immoralist Anthem, one accent/language for all, from Sydney to Dublin, from London to Los Angeles, from Vancouver to Wellington. I "like" it how Germany split Yugoslavia in 8 nations, split US in 70 languages, Australia-Canada too, but we don't hear 25 languages in Germany, there certainly are 25 minorities speaking various languages knowing them. Is that not a double game of Nazism? ☺

Are Americans *so* incredibly ☺abysmal IQ☺ to allow Jews to stab American penises and make that a national health priority, circumcision? Are Americans *so* incredibly ☺abysmal IQ☺ to allow the Jewish "religion" based on fake miracles, fraud to rule the national politics when the Bible has 1400 violent genocide mass rape quotes? Are Americans *so* incredibly ☺abysmal IQ☺ to forget the Jewish rituals filled Freemasonry and how Jewish Freemasons and Jews tried to ban English and make Hebrew as USA's official language in 1780s? *Why do you think Jews in California, Australia, Canada, etc all want government services in many languages*? Why is Freemasonry promoting Judaism, the Bible and violent rituals? They're Jewish spies of course. The Jews want to reduce English to 0 and then make Hebrew the Main USA *Language*. Given the fact they own many of the 4500 banks in USA, it makes it easier to destroy USA. Any decent person can make a 3-10 page scripture better than the Bible, even the Immortalist Anthem is better than the Bible crap. How have Americans allowed foreign spy controlled criminal governments of California, Australia, etc to provide government services in so many languages?

Are the UK Royals simply traitors of Ashkenazi Jewish or German origin? Lots of Germans in the royals. Do Americans, Canadians, Australians, Britons realize their nations are being dismantled as we speak? The spies did that for decades. Why can't these people use the Eternia model of rotating capitals? EU has a rotating presidency. We need fewer languages. How can the 20 East EU nations help boost world science by switching to English, the science & longevity science language, if the USA, Canada, Australia, NZ, UK can't even get their 100000 law versions unified, their 5 accents unified, their states unified, their polarized politics unified? You know, all issues in USA, you find in all the other mostly English speaking nations. While some nations use English in government or education, they're not mostly English speaking, meaning English is not the native and main tongue of 80% of natives. All schools, business, cities, states become federal government entities and only English is allowed in city halls, businesses, places of worship, schools. All 10000+ state, city governments end, one national law takes effect, all businesses are forbidden from saying bilingual preferred in resume and job postings. We have World Peace via one language and that is the goal. The end of Jewish religious terrorism, of Bible mass child rape, of Bible genocide, Bible holocaust, Quran rape (Quran is Talmud sex, Bible recycled + add-ons).

The Immortalist Party administration will pass a law making English as the only official language and will rename all cities in USA to English names that correspond to the ideals of immortalism, science of immortality, the character traits of immortalist ethics, like some qualities presented in the Immortalist Anthem. All non English companies will be renamed too, all street names, all military bases, everything, and all products will have labels in English only, even imports. All allowed within USA will speak English well, and also renounce the violent ideas of the violent cults of Islam, Christianity, Judaism (beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), since violence against children, spouses is a cannibalistic gorilla action that has no place in education or domestic life and these psychopathic violent religions encourage the daily beatings of kids and spouses. The glorification of such "religions" is an affront to human dignity, civilization itself and as such, the covering of head with hijab, burka, etc makes no sense, since that hides spies and terrorists from AI cameras and allow spies to commit crimes undetected, guys to pose as ladies to do dead drops of spy info cashes, etc. These covering of head also prevent people and cameras from identifying guys who wear wigs and fake boobs who may commit crimes, even if face is not covered, since the head scarf is blocking the ability of AI camera to see if a wig is worn or not. As such, on the grounds of national security and of the elimination of violent cults that lead to violence in the home, domestic violence and world violence, the Immortalists will *ban nationwide headscarves to reduce violent crime a* trillion fold *as explained* in the national state of emergency, that runs for however many decades it takes to bring violent crime to 0. If it is very cold, of course, people can wear some head beanie or very thick hat, etc, but not religious stuff to hide one's wig and the

fact one is a guy or lady of a different hair color. Anyone who immigrates to an immortalist state will renounce the habit of wearing special Islamist clothing and state Islam, Judaism, Christianity are violent cults, as the 3000 quotes of the ethics.gov explain. Under the betrayal of ethics by the Demon-crats and Re-pub-licans who only chase donations from billionaires, USA has become a garbage bin where every violent cult can claim tax exemption and start promoting violent texts that are contradicting any ethics. No entity basing themselves on Bible and Quran, Book of Mormon, Mahabharata, full of violence and hate, calls to genocide, rape and theft, can receive tax exempt status in any civilized nation. USA is becoming a semi-Islamist nation where besides the fraudulent Christian miracles pastors, now we get the fraudulent imams. Instead of allowing only high IQ intelligent people in this nation, we allow all religious nutcases who have no intelligence to realize they're based on pure fraud, as explained in the fake miracles section. Any intelligent government only allows immigrants who have renounced any violent religion, like Islam, Christianity, Judaism, Mahabharata and animal sacrifice Vedas based Hinduism cults (Hinduism is 100 religions really, some are peaceful). It's inconceivable that Demon-crats allow everyone in to create a hotchpotch of abysmal IQ. The Muslims want to convert us all, 200000 of them gathered around Washington DC. That is why immortalists aim to wipe out Re-pub-licans and Demon-crats in the elections and change USA forever, like Macron's party wiped out the old 2 parties. Likewise, Freemasonry with its violent imagery rituals will be outlawed, as it contradicts the ethics of any civilization, the ethics of nonviolence, of the Immortalist Anthem. Immortalists welcome people with functional brains, logical thinking, nonviolent ethics, who actually read the scriptures they profess to believe in. No freedom exists when violence exists against miseducated, misinformed kids who never heard eterni tone from clergy or parents due to the lack of the centralist eterni tone free universal education. Sadly, most Christians, Jews, Muslims are being misled by the clergy who carefully hide all the bad quotes from the naive folks. Most people read only 1% of their scripture. ☺☺☺☺☺☺☺

Eternal Universal Peace in 3 months is more important than 7000 languages we got: the fewer the languages, the longer lasting the peace of course. The world is ruled by generals who puppeteer all the fake "elected" civilian governments (fake elections), so it's got to embrace gentle tender *soft healing graceful nurturing* universal loving kindness, which may take a while, due to fear. Honesty is rare now. The generals torture the hell out of all who don't toe their line, don't obey their war commands, they make Hitler look like a "mellow gentle guy"... This is a violation of all human rights, it's pure extermination, slow killing, they got 100s of thousands of experts at making robots out of anyone thru torture, sleep deprivation, etc. Once people realize they're stronger than 800 generals, Peace arises. They form a unified field with their robotic subordinates who execute their genocidal songs of eternal terror of the human species: the monsters strangulate the entire human race and imprison it forever, if we don't wake up and

realize there is a way out: the simple breathing that transforms their hate field into a field of gentle tender *soft healing graceful nurturing* universal loving kindness. Think of it like the most violent and mentally ill of the human species rule the planet, so if you were on such a planet, what would you do, with what compassion would you treat such insane folks? Their unified field can be transformed, it's pure engineering, they're all vibrating the same psychopathic way, they love to torture, to kill, they need to discover alternatives. Until then, all are slaves, of the military top folks, the entire planet is their slave colony, we're the cannon fodder, disposable guinea pigs.☺ The so called "civilians" are sometimes military guys, who have been training for decades. Wonder why no border wall? India, Russia, Brazil, Mexico, Israel, Italy, many nations can send in 1000s of spies disguised as Mexicans, Central/South Americans, since they look alike. China can send folks who say they're Uzbeks, Kazakhs, Viets, Japanese, Koreans. This catch and release wastes trillions that we could spend in research, innovation for 8 billion humans. ☺☺☺

Thus, we could fine any formerly illegal migrant $1,000 (paid by relatives or fund raisers online) if they want to avoid deportation for violently entering the United States of Eternia. The entrance is violent because it was done with the aid of the gangs that killed millions of Americans in the last 80 years, via lifespan years lost by all who used drugs. Anyone has to pass the English proficiency test (TOEFL test score at least 650) to remain, and the immortalist Test for Green Card. The H1B visa fee is $100,000 for 6 years, so for 60 years, $1,000 is a very small fine (100 times smaller) for aiding genocide, some would say "far too small". They proposed a $ 70,000 fee for OPT optional work training by F1 visa students, shut down many companies, universities scam visa programs used by managers to hire people of their own ethnicity and fire the rest. The skeptics would say fine needs to be $800,000, but the reality is the real gangsters are the military (who controls the civilian gov in each nation) who allowed the millions of slaves and gangsters inside, to have cheap slaves, so it wasn't all the fault of Hispanics, it was mostly the US who brought them in as serfs, since the US army could have sealed border 100% even 80 years ago and much of gang activity was co-created by US who supplied guns, ideas, infernal Hollywood movies polluting the planetary mind with the most diabolical ideas pervading gangs now since the first 7 movies, etc. They need to pay 1000$/week to cover expenses of being held in USA in a tent, minimum, the rest within 4 months, if they don't have 1K to pay within a month, gov offers loans of 2 years zero interest. They need to fine $2 billion the military gangsters (most are dead/retired though) who allowed no border for 80 years by controlling the fake parties. The military aristocrats would have needed no migrants with efficiency as shown in this & the 11 companies chapter.

Any illegal is aided by the genocidal cartels who murder millions yearly and, thus any illegal and descendant of initially illegal who got birthright citizenship or amnesty by bribed politicians, is technically prone to deportation, as parents or grandparents are guilty of Assisting GENOCIDE OF

HALF A BILLION VIA PAYING CARTELS TO CROSS the BORDER, by shrinking lifespan of 1 BILLION by 10 years, i.e. killing the equivalent of 500 million 60 year olds each losing 20 years of their 80 year lifespan. THIS 500 million HOLOCAUST, 83 times bigger than the 1940s Nazi one, led by Venezuela, Colombia (cocaine), Bolivia (cocaine), Mexico, parts of Latin America, Russia (support of cartels, RT disinfo to destabilize the US), China via precursors of fentanyl, Afghanistan (heroin from opium) and other products far exceeds the Nazi 1940-4 Holocaust of Jews by Germans. This Holocaust is co-managed by various Sephardi Latino Jewish Mafia conglomerates that control (Jews who pretend to be Latinos) part of this international Daily Holocaust against gentiles, in full harmony with the Jewish Torah (Bible) Deu 7:1-16 calling for the Genocide of all nations (via drugs, gambling, casinos, alcohol, smoking, weed, pet ownership so no more kids, bad music) that Jews believe 'God gave to them'. With the 1K + higher taxes on the richest 10% (70% tax), richest 3% 80% tax, especially richest 1% 95% tax, 0.1% 98% tax, by now, USA would have paid its 2026 40 trillion national debt 40 years ago. Let's face it, the rich got rich by destroying USA completely last 60+ years (see how), since JFK 'mass murderer' (who was shot) proposed tax rate for his fellow aristocrats drop from 95% to 65% to Congress in 1963 and worker pay went from 20x less than CEO to 389x less in 2021. This was JFK covert genocide via food, gambling, alcohol, smoking, etc, tax policies: British Tobacco, British Phillip Morris made trillions by killing millions. When the middle class vanishes nations and empires always collapse. United in the kind gentle grace of the Immortalist Anthem, Americans unite to bring the 11 companies. ☺☺☺☺☺☺☺

Since migrants brought millions of drug dealers too (with the help of rich aristocratic gangsters who allowed open borders to bring in cheap labor, as they control both fake parties that serve the aristocrats only) and destroyed 40 million US citizens whose IQ is 40 points lower due to drugs, we need to retroactively request all 60 million initially illegal migrants from last 80 years, pay $1,000 to remain in the USA, or else, be deported, unless they pass Immortality Test for PhD 3rd year graduation and higher security clearance (takes 3-10 years for busy people to study, so need apply from outside USA), since IQ 150 means nothing, as anyone who takes 5000 practice IQ tests will score 50 points higher, even if as dumb as 100 IQ guys, and IQ only measures 5% of intelligence needed to create a world of 0 violent crime and 90000 year lifespans for all, while IS (Immortality Score) is far more predictive. Imagine if some conservative would require all to pass English and the Immortality Test for new migrants for all 60 million, it would be tough, few would pass, maybe 0.1 million at the most. 1000 fine is a symbol to remind all to choose nonviolence and work towards the world of Immortality *for* All. Some would complain about 1K fine, but what if all 60 million are deported? Surely 1K to help buy cameras is like nothing. Everyone complains about violent crime but nobody does anything to bring it to zero. The important thing for Latinos is to watch how Latino cocaine and drugs kill millions of Americans and cause billions a year in police and medical teams expenses due to fatal and nonfatal

overdoses. Who will pay USA for the 200 billion in such expenses in recent decades?☺☺☺ They created, financed and sustained, the ecosystem of mass illegal migration and MURDER OF 500 MILLION PEOPLE EQUIVALENT. 60 million × 1,000 = $60 billion, enough to help mass produce some of the 1 trillion cameras USA needs to install on every house, utility pole, traffic light, tree near the Canada-Mexico border, all US Coasts where Latino gangs are active, especially within 300 miles of border areas of all near oceans or border states, etc to eliminate all violent crime and theft. Good citizens would not be upset, but glad to selflessly contribute $60 billion to zero crime worldwide and Eternal World Peace since every 4 years the 60 million Hispanics throw in the garbage 1 trillion on vanity like the rest of the "60 million groups of the country". Half of USA *used drugs, many being addicts due* to the Latino gangs, millions became homeless for 3-12 months last 40 years, leading to millions of divorces, angry kids, violent kids, low school grades, due to Latino gangs. Originally illegal folks with assets will have to sell house fast, to pay it, etc, to feel the 'joy' of 33 million companies,☺ being a renter of capitalism, living in cars like the homeless drug addicts (40% of homeless in USA are White, 35% Black, 25% Latinos) destroyed by Latino illegals who aided the cartels consciously or unconsciously, unless they can downsize and buy a smaller home. Only when one experiences the "JOY of capitalism" (homelessness) is one willing to change it into 11 companies system of fairness for all, not just Latinos. The Latino liberation, emancipation starts with fixing the USA they severely damaged with drugs, due to believing all Latinos are Latinos, when they're often times Jews, Russians, and 50+ other groups. The immortalist breathing from the comfort of one's home brings in happiness☺☺ for all, better than all wine, drugs, vape, pet play, poker, gambling. We train 3 million dogs to sniff every letter, car, package, person in ships, ports, border points. No drugs, alcohol or cigs, vape products shall enter or be made in USA, anyone caught selling those lethal poisons gets lifetime labor, or, if doing it again in "labor camp" he's dead. Equal job chances via equal brain states.☺

The US-Mexico border had in 2022 *350 million* crossings a year, the busiest border in the entire world. To understand how useless the wall is now, watch this 2 minute wall climb, *without electric fence on top,* border wall is useless, especially *without AI lasers to disable the people's* ability to move or kill them once they're on US side. Every 10 wall pillars, we need 1 billion AI guns to shoot dead anyone who cuts the wall, like these guys are cutting the wall in this video. The US-Mexico border is 1954 miles, less than the 5525 mile US-Canada border and it only has about 300 miles of really tall, 30 ft, wall, and even that one any spy or gangster can jump over with a ladder and then a plastic pole to slide over slowly as a guy holds the pole at the top as he leans on the ladder. This "wall" Trump put is *totally* useless since Trump is all about talk and no action, as *his useless rallies prove what is the use of shouting at rallies and wasting resources for these gatherings when the border is all insecure?* Do it via youtube and protect USA in action, not shouts? ☺☺Organize 100 border rallies if you want rallies, let all come volunteer at the

border?☺ *Solar panels are 500 times cheaper than in 1980, so it's time to electrify all border fence?* ☺A real border wall, for the Mexico border first, 2000 miles, needs to have cameras every 3 meters horizontally and vertically, to detect tunnel boring,☺☺ and have electrical fence too on top, vibration sensors: *500 billion motion sensing cameras* that make "Immortality *for* All song sound to indicate they were detected" and turns light on to record (if dark), sensing motion and humans from 30 ft away to start the speaker at 2 ft away, 30 ft tall, *10 billion* solar *panels for the* electrical *fence on top and* speakers*, gadgets, 10 billion speakers to tell them to stop climbing as AI detects* the crossing, 100000 drones and 5 billion devices to take action against those who try to cross (recall that not everyone will listen to speaker), such as following them discreetly,☺ using a bee size drone dispatched from the container of 1000 bees, plus 100000 robots 100 ft behind the walls able to shoot and immobilize (they can't walk due to leg pain maybe for 2 days until officers come; then they're instantly arrested without trial (same for any violent crime by citizens or permanent residents, if video proven to not be faked and clearly one guy attacked without smaller attack from the other) and gently blessed with 700 year labor picking up produce and building water canals, (only 35 hours a week, living in a healing center, much nicer than any US prison) etc, to pay for the border expense indirectly and avoid loss of human life: Immortality *for* All, paying for all 50 million Americans killed early by cartels last 5 decades early due to drug use, amounting to 1 million killed at age 30) anyone who lands from the wall on the ground, if the remote officer alerted on the intrusion gives OK or without OK in less populated areas like they got on South Korea border. Likewise, any proven act of real violence (rape included, etc) for regular people (not just immigrants) ought to get some lifetime labor sentence to deter people from any violence, AFTER removing all violent scenes from the Internet, movies, music, literature, scriptures, etc. ☺☺☺☺☺☺☺

It is essential for an immortalist state to realize that ethics is impossible to develop if one is dependent on other nations. If one imports products from other nations, one allows containers in which enemy states can introduce endless poisons, drugs, weapons, devices, lasers, etc that will be used by spies within the nation to destroy the immortalist nation or federation like the United States of Europe one day. Thus, the first need of an immortalist nation is the cessation of all imports, the start of self-sufficiency, so all mail is sniffed by dogs and drones to make sure no drugs come inside the nation. The nation needs a quantum style weapon around the borders, if an island for 200 miles of economic zone, to be able to disable any foreign ship (create a ring pass not that no human can enter) or smuggling gang who is trying to insert spies, so as to forbid all ships and airplanes from entering national space, except thru a train if landlocked or ship if island, in the tiny hole of the force field that goes 200 miles above and around the island or nation. If landlocked, around its border for 1 mile thickness only (not 200), on one's own land, to prevent that attack by bipedal tigers calling themselves human, whose only aim is to sabotage

Immortality *for* All, the Holy Ideal of Immortalist Anthem and the disciples of immortalism. You know, many spy agencies, militaries turn people into wild tigers, this is a scientific fact. It's not poetry. Max security can mean all airplanes can land in a tiny airport on the border of the nation, all international flights, that is outside the force field area, if a nation wants to allow airplanes, due to being landlocked. Other nations, with water around, can make a small hole in the 200 mile ring pass not to allow a floating airport on an artificial island, so that then the people landing can be transported via a local airplane approved by the immortalist nation, its own aircraft, to avoid allowing foreign aircraft inside the bubble. One good country can totally change the world and bring World Peace in minutes. If you have a genius baby of IQ 190, you don't go to the jungle and bring a wild tiger, as that savage tiger will immediately eat the baby and destroy the work of 10 years of bringing that baby in the world and preparing for that. Likewise, you don't allow bipedal tigers to come into your nation, to destroy its Immortality *for* All vibe of gentle tender *soft healing graceful happy* compassionate *nurturing* universal loving kindness. You first bring them to that vibe of immortalism, by having them first pass the Immortality Test, that takes 3-10 years of study of ethics and science, and the tone of speech test, the MRI tests, the other tests, you want only HUMANS to enter, those who deserve to be called HUMANS, who're true believers in gentle tender *soft healing graceful nurturing* universal loving kindness, and whose only Purpose in Life is the manifestation of Physical Immortality *for* All, Heaven on Earth, Eternal Youth for All, so evident in the One Language ImmortalityTV vibe of the young gentle speakers, who're symbols of Eternal Youth. The immortalist nation will also want all adult residents to pass the Immortality Test that college students or 12th graders at least have to pass, by studying English and ethics, science for years. This means for USA they got to pass English first, which is 10 times easier to pass (TOEFL level English score 650). Latvia requires all citizens know the official Latvian language. USA will need require the same for all residents (English). Check out how in one area of Canada-USA border, 1065 arrests were made in Sep 2021-Aug 2022 and 19385 in Sep 2023-Aug 2024. ☺☺☺☺☺☺☺

Those who incite the masses via movies, music etc can't be free to continue, all media must be free from violence first before giving lifetime labor sentences, since this would amount to genocide by the hyenas who incite. We need give "content" creators new jobs, since nicer vibe people exist to create real content. Why can't USA become world's first civilized nation where violence is illegal on all media? World Peace won't last if any violent crime exists, so happy lifetime labor in a 'heavenly city' would be a good and much needed deterrent. Obviously, *only the most high tech wall can prevent spies and expert engineers who're hired by Russia, China, Iran, India, Arabs, Brazil,* etc to cross. A fence so high tech, it would be like a spacecraft versus a chariot when compared to anything else in existence today, which is nothing but a joke. 0.6 million illegals are from India per many websites, so those can be India spies too sometimes. Did

you know that in 2023 Pakistan gave millions of illegals 1 month to go back to Afghan and other areas or be deported and that "Businesses and properties of "illegal *aliens* will be confiscated, and *illegal* business operators and their facilitators will be prosecuted" in the crackdown, Bugti said"? What about USA? According the Center for Migration Studies, in 2022, 1.73 million illegal immigrants in United States come from Asia: ☺☺☺☺☺☺☺

#1 ► 607000 from India ►►► listen to Yoga (Divine Union) scripture Krishna Gita like youtube "songs of "bloodshed" for fellow members of the human quantum field, not letting Muslims pray, calling for bulldozing houses, forcing pastors to eat cow feces, worship Hanuman monkey-human 'god', beat them until they can't hear well, setting Muslim villages on fire, eating corpses, piercing themselves until bleeding, demolishing buildings, calls of genocide of Muslims, calls to invade Mecca, daily beatings, cremate people in open air, polluting air with germs and toxic fumes, defecate on beaches in India☺☺☺ and even Canada, defecate near the fence of Canadians,☺☺☺ throw cow poop at each other in a 'fun' sport played in India only, 300 churches destroyed. Instead of calmly, in eterni tone, explain the illogical quotes of Bible, Quran, the fraud the religions are based on, they're just falling into the British trap of Muslim-Hindu war that enslave India for the Brits. Why not create a unifying irreligious immortalist science common ethos, instead of conflict? The UK strategy of Muslim-Hindu war damages the human quantum field, undermines World Peace. India needs to wake up, like all other nations too and realize the extreme violence in Bible, Torah, Quran, Mahabharata makes them unfit for the name of scripture and nations can create a nicer, positive words only 5-30 page 'scripture', more similar to Immortalist Anthem. Why all this violence against Muslims, etc when it can be as simple as "we ban all violence in movies, music, scripture, literature", so then *no Bible and Quran, Mahabharata etc can be published*, *no status of religion to anything based on violent text, as Christianity, Judaism, Islam, some Hindu sects are like terror groups.* India got 20 other peaceful scriptures, besides the bad Mahabharata. Sadly, hundreds die in religious stampedes or in religious useless rituals that drown dozens. Sadly, the vampires still rule in many nations, where instead of healthcare and immortalist preventive healthcare centers, they build useless temples, churches, mosques that fuel more violence with their filif comical☺ rituals only deepen the slavery of Indians. Instead of taking care of reporting violent crime (politician raped 3000 women), they focus on rituals. Let all get a decent house (their temple), to rest, live long, instead of wasting materials for temples. Indian guy in Australia charges people $67000 for fake "black magic spell removal". Indian tries to scam an old lady, tells her on the phone his 2 friends (illegals) come to pick up 5 gold bars they're caught. Indian called a guy that he owes a fine, by impersonating a US Marshall, then got arrested. Fake universities in Australia give visas to 700K Indians who become illegal migrants after "college". On Queen St alone in Melbourne, there are 70 "private colleges" alone. These illegals then become 50% of many areas of Sydney or other

big cities, with Hindu temples, violent scriptures, no English, etc. Soon *Australia will speak Hindi only* at the current rate of "integration". USA Indians pay corrupt police chiefs to fabricate police reports, so Indians *get green card via U visa*. That's why we need dissolve all states, and local governments and create 1 police department and one educational system. No more fraud and "wanna be cops" like in NYC. Check out mass killings alleged in a holy temple of India, the power of religion to make all as 'smart' as a cow. Behold Indian street food with rat odor, rats carry endless diseases, like rich rats stink of greed. ☺☺Mahatma Gandhi☺☺ slept at age 77 with teen girls 50 years younger than him, see video2. ☺ UK Indian asylum waiting men try to have sex with little girls. India flew illegal migrants to ports, then India's Navy shipped them off the coast of native country a little before dawn, then "gave them life jackets and ordered them to jump in the sea" to swim to the origin nation's coast. *Why isn't the US doing the exact same thing with nations refusing to take migrants back or migrants refusing to go home on their own without US spending trillions to arrest/deport*? Avoid visiting India, since it's bad, watch video to see why. Before British India unified 50 kingdoms, *each royal family had their own* secret police and torture system. Check out the real India you never hear about in the "yoga" filled media. See the beautiful air quality of New Delhi, India's capital, with India being the spiritual guru of mankind. However, India is rising in IQ, so kindness replaces ritual, as they help the CHT people who were 97% Non-Muslim to regain their freedom after genocides caused Muslims to rise to 50%. Indian illegal stole $15 million from elderly people in Florida. ☺☺☺☺☺☺☺

Indians fly to Canada on student visa at 250 Canada colleges by the tens of thousands and then they don't attend college, then sneak into USA via the border. Canada knows it, as they gave visa free to Mexicans for a few years, allowing all cartels to setup shop in Canada. Students pay *cartels to get them out of* India to USA even *100,000*$/person, so why don't we ask all illegal Indians to pay *100,000* to remain in USA? *Isn't it odd* how in Saudi Arabia, Islam is the only allowed religion, and yet we in all other nations have no freedom to ban violent religions and *allow* Immortality *for* All *as the only ethics*? For eons we had these "Kill/Torture Millions" "religions", what about some evolution to "*Kill None, Torture None, Injure None*"? Will the yelling Jewish rabbis or Jewish Christian pastors allow it? Are we so low IQ☺ to be enslaved by these conmen? Perhaps, the Americas, Asia, Africa, Europe will finally wake up and declare their independence from religions of torture and genocide. In USA, they (just like Africans sometimes) give you hotel rooms that are smoke filled (huge gaps under doors and around all sides allow the smoke of the hotel entrance to enter the room, or common ventilation, or simply pretending a smoking room is nonsmoking) which are presented as smoke free, but are essentially the most toxic room with 2nd hand smoke killing nonsmokers slowly. They lie on the phone that they have nonsmoking rooms, but are filled with smoke, to get you to reserve it and then you can't cancel, they don't allow it. As hosts, see Ctrl+F AirBnB. This is due to US policies on smoking in

hotels too, the point is they lie as much as all others. The Pakistanis do similar things and sometimes employ more unique torture methods. Note that many (not all, this is true for all nationalities) illegals will gladly exterminate all non-Indians, when given the command, they can all attack head, temples, heart, knees, anything, just like the torture section explains. Most opium British used to poison China in the 1830s and beyond was grown in India, as Brits gave incentives to Indians to replace other crops with opium poison to weaken China. So, the genocide of Brits against China was assisted by Indians, who didn't find this genocide immoral. This genocide was facilitated also by the Sassoon Jewish 'Rothschilds' of the East, the Chosen Race who plays victim while being Perpetrator/destroyer of 4 billion people today, brainwashed, chained by the Jewish Bible/Quran. This is why China hates Israel/India too, besides UK, USA. Granted, the Indians now take their revenge on the American Brits by scamming them.

Dark skin Indians, South Americans, Arabs, Black Jews, Filipino, Pacific Islanders, Pakistanis, Bangladeshi, Nepalese, Sri Lankans can pretend they're USA *blacks*, since it is easy to do so due to a similar skin color. This allows them to blend in, hide the Hindu or Islam religion, be a better spy. Many Muslim/Hindu terrorists use this technique. It's good for Indians to review these 2 videos and avoid such behaviors, in order to improve their national image: video 1 Canada and video 2 made by South Indian. Check out Indians producing opioids to poison African youth, see more in the 40 min documentary. *Could* India *flood all continents with such opioids*? Isn't *that* genocide? You thought India is the Land of Ahimsa (nonviolence), universal Love, Yoga, Meditation? Check out India's smell and garbage issue and the incredible dirt in every poorer area of Mumbai. See the 1 million people in 1 square mile Indian paradise that 90 million Hindus don't care at all about, in their Kumbh Mela 0 kindness 0 IQ religious festival of bathing in the filthiest urine feces filled river, instead of helping their fellow citizens to live in a decent place instead of 10 people in 1 room. Gently watch how the 0 IQ Indian government spent $0.8 billion (much stolen by corrupt officials) in 2025 for the lowest IQ filthiest festival: everyone puts on their faces the *filthy* water where others urinate or leave large amounts of feces from their underwear. Isn't about time for India to move from the cave men age to the age of decent housing for all? Medicines from India are 54% more likely to cause adverse effects versus the made in USA brands, due to *dirty* labs, poor QA. We in the West think we're so much smarter, but we're almost as low IQ: we have these holy water trays in churches, where filthy hands go in to get some water, leading to the filthiest germ spreading on everyone's face from the feces and urine traces on others' hands. Not to mention, communion wine is consumed from the same container, leading to more disease spreading. Russian abysmal IQ is evident, their religion is bathing in icy water, which shortens lifespan too, living 13 years less than Japan on average.

Militaries, spy agencies can send 900000 illegals trained as soldiers, spies, with the mission of stage 1: *injure covertly* (turn into a useless veggie) *all deem a real, imagined or potential*

hindrance to enslaving a given nation (not necessarily the one they immigrate to, but others too or others mainly), the goal being total extermination of anyone of any IQ to enable *a given nation* takeover. Stage 2: extermination of remaining locals of lower IQ. See the "serene" Mahabharata, "peaceful" Gita (part of Mahabharata). A 2nd or 3rd generation immigrant can do exactly the same, if so recruited, and it's easier to attack and destroy those who look different, since people have an innate genetic resistance to doing so on their own people. So, when trying to destroy anyone, CIA (& other spy agencies) uses other ethnic groups to do it, to better frame it, hide their tracks, pin the blame on PLA, KGB, RAW, MI6. It's all about theft, under the guise of "protecting human rights". Watch a 22 minute on India call center scam teams that make 1 million a month off gullible folks in 200 nations. Indian wasted $0.6 billion on a wedding, while 85000/decade commit suicide over 600$ debt. The 0.6 billion wedding could have prevented 1 million suicides/century, via a fund to cancel debt till 2150. Why is India so steeped in aristocratic low IQ and 600 languages, instead of one? Check out riots where asylum seekers from India are attacking guards and causing serious bleeding injuries. The asylum seekers, most of them got more money than Australians. They're obviously fake rich people who're given money by India's military or other militaries. Check out India's activities in Australia. They send spies on student visas, who then quit the university to get a job and do military activities of hybrid warfare. Youtube has many videos of cross border (airport, containers, etc) shipments of tasers, torture weapons, knives, guns, etc to foreign born citizens in various countries, that are disguised as much as possible, like tasers looking like a cell phone, etc, in order to engage in jihad or holy Hindu war against the unsuspecting nation, using these devices to attack locals and install a puppet government. It's a method used by other groups and all nations need to be aware of what is going on. The nation states hide tobacco very well for hybrid warfare against a nation's lungs, and so can they hide even 9000 torture devices and various stun guns for their paramilitary units. Watch Muslim lady having her tourist visa canceled due to attempting to work on a farm (cover for spying maybe, sleeper spy agent). ☺☺☺☺☺☺☺

Kindly read an article about an American lady living in India, who was allegedly chained to a tree for 40 days to starve to death by her Indian husband. The video of the lady is here. Even if she placed herself there, some spy agency gave her the idea, after a lot of torture and Nazi like experiments. Please welcome all Indians to USA with open arms, illegal, legal ones, without doing any Immortality Test?☺☺☺ When we go live overseas, we don't get the same freedom we offer Saudis, Muslim Indians, Jews in USA. Saudis allow no churches, only Islam. Why would we allow Islam, Torah, Bible violence in USA? Why are we so lax?☺☺☺ These are not American ideas, they all come from *Israel*, Quran is a recycled Bible with a few add-ons. Anyone who has studied in depth the 95+ pages of horrific Jesus, Moses, Mohamed, etc quotes will wonder how it became possible for these military intelligence created "prophets" who advocate for genocide,

mutilation (Jesus too: cut hands, pluck eyes out), mass rape, looting, beatings [Bible/Torah (kids, workers, sex slaves) Quran (sex slaves, mutilated infidels, kids, wives)] to fool 4 billion people and get the status of religion, draining 200 nations of tax revenue that could be used to promote kindness, living to 90000000. Why not move to the 21st century and realize we can replace these chimp vibe scriptures with ethics.gov, a nice website with nonviolent, positive ethics poems, mp3s the American people send, to educate the spirit of our democracy, where all folks try to be a 'pastor', teaching kindness by living example? Kids can simply socialize at the 100000 Immortality for All Free Day Care and Youth Centers. The more you read the bad quotes, the more you realize, at the minimum, we need to require all to study them and then to agree on the Immigrant Immortality Test question that these religions were made up by ultra violent people, savages, whose ethics and beliefs are irrelevant in today's world, as they're cruel, full of 100s of violent crimes, incitation to rape, violence, war, the very anti-thesis of Immortalist Anthem. Question: "Do you agree that it is a criminal genocidal act to publish and promote the Bible, Quran and Torah?" Yes, or no. "Please read the next 20 quotes from Bible (Torah section, the holy book of Judaism) and 20 from Quran: please write a 1 page opinion of these 3 cults of rape, genocidal violence, mutilation and looting. What ethics can replace the void created by the eradication of these species destroying cults?" In hotels where Indians are at the front office (common, 60% of low end hotels in USA are owned by Indians), they often use various invisible lasers, etc to attack those there, from the main office. This is their way to say Thank You for being allowed to settle in the USA. Plus, 60% of hotels in USA (the cheaper trash) are owned by Indians from India, who don't have any anti-smoking, anti-mold, anti-horrible smells policies (hence most stink so bad, of smoke even in nonsmoking rooms and sicken the local Americans), thanks to a *government* of *clowns* that regulates nothing except the giving of free money to insurance companies to stab people's penis so they're circumcised, in an act of flagrant violent crime, or better said, genocide in the name of "religion". This is a national security risk, since these guys can install torture devices and literally mind control people. Motel 6, the stinkiest, dirtiest of all US brands, was bought by an Indian company. I went to some cities and most cheaper hotels have Indian staff at the front desk, and stink horribly. This is an attack on the lungs of Americans, an act of genocide that the US aristocrats don't care, as they go to the high end 5 star hotels, not 2-3 stars ones. It's all because of the Rich pigs. Watch the Gupta family looting of South Africa to understand better that the Indians can be as corrupt as any other group, and not by any means the perfect sages of Yoga and meditation some portray them as.

The short Indians can get very mean when you say their "cleanest room" stinks, or you notice the mold everywhere (1 square foot of black mold on curtain), the mold around caulking for about 8 feet of caulking, the dirt on the table, the sticky computer table, the dirty floor, etc, the horrible smell, indicating poor cleaning habits, etc. They charge same price sometimes for a

stinky room as you get from a very clean hotel with 0 smell. They charge for 24 hours 7 times more than they should, based on the cleanliness of the hotel, smell, etc. Why develop any tech, in USA, if everyone can sit and watch Hindi news in a room, and sicken millions of Americans? The most common misconception is that aristocrats are only 0.1%, but no, they're more like 15%, different levels of aristocratism/parasitism, and they're not all whites or Jews as some believe. Check out India's laws that allow marital rape in 2024, so much "love" for all beings… or the human sacrifices of kids in 2024 in the name of superstition thanks to 22 official languages, decentralized education, low IQ. Indians did that even in 2006, thanks to aristocratic terror ruling like in British times. Why educate people freely with centralized immortalist science based education, when Modi encourages low IQ worship of mythical nonexistent Rama and other fictional Gods of Hinduism? Modi encourages a feudal dictatorship of bullet guns and beatings Bhagavad Gita style, Mahabharata style. Worship of Kali, the fictional Goddess of Low IQ rats, allegedly caused a human sacrifice to occur. This demonic picture of Kali with severed heads ought to be made illegal globally, as it incites people to violence. The ☺abysmal IQ☺ in India is common, as you can see in this video simulating human beheading. It's like going back in time to 9000 years ago, in some cavemen times of Mexican Aztecs. Some news sites, like Vice, have more similar stories, besides the Guardian. Check out 3 Indian reports on human sacrifices: Hindustan, Deccanherald, Indian Express. India's gov doesn't ban ads for ritual magic that may lead to violence, see RT report, with such 0 IQ ads being present in many cities, encouraging people to believe in sacrifice. If that was not enough, the rape culture is strong, due to 'tantra' ideas. A state minister of India told people to celebrate wedding and kid birthday anniversaries in a cowshed, that cleaning & lying in cowsheds cures cancer, while petting cows lowers blood pressure. Why worship and raise cows, instead of designing eterni food free from dairy?

#2 ► 350,000 Chinese ►►► *tons* of *spies* who then become roommates, neighbors *and* torture *US* citizens, destroying their eyes, heart, brain, legs, toes, etc, harass until the victim has heart attack, this is typical stuff the Japanese, South Koreans, etc do too, after being welcome to USA (or EU) by the naive Americans who later regret allowing them to exterminate locals. Watch clip 1 & clip 2 on Korean brutality (for Koreans, let alone foreigners) and Japanese and "buy Korean, Japanese phones, cars please". Domestic abuse of nonKorean females by Korean males. Video claims Chinese go to camp to become sleeper PLA agents, ready to activate and commit sabotage in case of war, or to simply torture and harass people like the secret Chinese police stations. These videos explain the CIA torture using Chinese, Japanese, Korean, Arab, Jewish, British, etc puppets (landlords, owners or even spies disguised as tenants who watch locals 24-7 and torture various body parts, mouth, ass, brain, heart, feet at 1am to 8 am, any hour as instructed by CIA boss) who love to kill and torture using various devices that inflict endless pain, 5-15 hours daily on various body parts in millions of houses of "free" people worldwide

and USA too. As a wake up call, gently recall that North Korea was taught by NKVD, KGB, which were a product of Christianity + Judaism, the 1500 Bible/Torah quotes of unimaginable brutality, well hidden by pastors/rabbis. A Car or phone may be cheap, but also have hidden devices in it, to write your brain, emotions. Japanese, Vietnamese and Koreans can pretend to be Chinese and vice versa. Check out Cuban and Puerto Rico smugglers bring in dozens of Chinese spies using boats, with a 50 fold increase in 2024 from 2021. Check out the other entry methods. SWAT teams find Latino illegals daily. Chinese illegal immigrant runs the gift card scam and is caught draining gift cards, gets 6 years in prison. China is not communist at all, as this video explains, it's more like "the elites" and the slaves, so many illegals don't even have universalist be nice to all ethics, be gentle tender soft to all beings. Chinese migrants enter USA using boats. Chinese from Singapore overstayed his visa in 2023 and stole $0.25 billion in bitcoin. Chinese trying to move to US punched innocent people on the plane, got deported same day back to China. FYI, Chinese aristocrats in Hawaii live to 88, while the poor Polynesia migrants to 69, Chinese being investors, landlords, Cantonese aristocratic conmen who used a loophole to get around the visa ban by starting restaurants, etc. Getting a green card was ultra easy with 500K in the past and a tiny useless business in Hawaii of ☺abysmal filif IQ☺. Poor Chinese in China live to 65, or even 43 if a traffic cop directing the traffic in busy streets in 2007, due to air outside being 50 times worse than inside cars with air filters. Welcome to Capitalism, True Justice the "Fake Communism" style: Communist guys steal money and escape to USA. Asian lady stabs San Diego cop in gratitude for being allowed inside USA, yelling like Hitler. Chinese aristocrats played around the law established by low IQ drunkard Brits to bypass a ban. Brits, due to alcohol, failed to create Immortality Test in STEM that is harder to pass than PhD... they created "merchant category" that was easily changed in 1915 by some ant IQ judge to include restaurant owners, so they used restaurants to migrate illegally to USA, so they created 40,000 Chinese restaurants (KFC is 3500, Wendy's 5800, Burger King 6500, McDonalds 14000). Why should the priority be gluttony for US instead the End of War/Violent Crime by the Science and Engineering Innovation of The 11? A traitor judge, a Jew?, allowed merchants, the dumbest people (merchant is the quintessential Jewish profession of centuries, possibly Chinese Jews disguised as Cantonese), to migrate. All we got is lowest IQ folks (today we still get people who kill US citizens and know zero English, getting US citizenship without english knowledge somehow), instead of the best scientific and engineering minds on Earth. When drunkard ritual loving "vegetable IQ" freemasons and rat IQ Christian 'donkeys' (see quotes they believe in, the lack of logic of Abrahamic "religions") of child abuse rituals run USA, disaster is the result: they turned us into a 3rd world banana republic. Should a smart guy have designed US immigration law, by 1940 Eternal World Peace, 11 companies, 1 language would have been real, but when Brits did, all they knew is trade & theft via war. Chinese in camouflage clothing cross US border. ☺☺☺☺☺☺☺

#3 ► 173,000 Filipinos, #4 ► 140,000 South Koreans ► some are like this music & that music, torturers, doing stuff like in Korea (rape), they love to exterminate people by raising heart rate for months in a row, almost every night, to damage every organ due to lack of sleep (ultra cruel), to attack teeth with CIA gadgets (they love to confirm it with their electric toothbrush if a roommate, etc), knees, head, temples, pure extermination of all non-Koreans, have no doubt about it, you may discover it. Let these guys in, and nothing will be left of your country or EU (Kim Jong Un style extermination). Watch out for the *Korean thieves using Samsung*, etc to steal/torture, better get US made phone Librem. Theft refers to theft of life too, via torture, even if they use CIA provided torture devices. Torture destroys every organ, so it's a theft in the $trillions, since no current tech can fix damage. Try to sleep 8 hours, you won't be able to, the Korean will exterminate you, raise heart rate, etc. Same for other 1st & 2nd generation immigrants working for CIA or US military. Boycott Korean companies, try 2 lb Surface tablet with detachable keyboard (turn off monitor if using external monitor (lid closed) to save space, power, as you use external keyboard, mouse) or a Dell (soon nothing made in China). #5 ► 104,000 Vietnamese ► spies using torture devices? #5' 100000 Thais, see how Thais treat Westerners & video 2. #5" ► 70,000 Cambodians, Laotians, see clip of Laotian migrant Tryse Phommavongxay + K. DeLamar robbing, shooting, injuring a working class lady.

#6 ► 52,000 Pakistanis (5 churches burned) who rape UK girls on an industrial scale and engage in endless scams, 35,000 Thai, 35,000 Afghans (Afghans (they are all Muslim) are 40 times more likely, as Muslims, than Germans (Christians) to gang rape women, since in Islam it's OK to rape infidels, German African migrants (most are Muslims and not necessarily black, can be Arabs, Beduin, etc) allegedly rape women 70 times more than natives), 35,000 Nepalese, 17,000 Bangladeshi. Berlin Muslim areas turn into war zones thanks to no Immortality Test by the EU. This ought to not surprise anyone, since most African states near Europe is where most Muslims in Africa live and they're mostly Arabs or Arab-Black offspring from centuries of Muslim rapes, highly praised in the "holy Quran" by Mohamed with 11 wives and about 40 concubines. So, US citizens, "*open your arms and embrace all illegals…*" who have among them sleeper spy agents ready to blow USA up when China gives the order? Check out Russia strike on a Ukraine market with 51 dead, is USA next? Gently and calmly read the Armageddon page to understand what spies can do. They're not all Asians, some can be from all other continents doing the same bad things. Hey, want to see what roommates, neighbors can do? ☺☺☺

#7 ► possibly 2,000,000 Jews (who pose as other illegals nationalities, Mexicans, Asians, etc (Asian looking Jews, one parent Asian, one Jewish), *that's why Jews support no border wall, so all Israel moves to USA slowly, after being in Israel 5-20 years, to make USA a Jewish Caliphate*)

8 ► possibly 900,000 Arabs (who pose as Latinos, Mexicans, Colombians, though Arabs are

mostly from Africa, Middle East (West Asia). Watch what Arabs do in Dubai, the "nice city" of fake romance to steal millions. These scammers are among illegals. Many Arabs enslave non-Arabs and dream of a world of paradise where infidels are their slaves like in 1500 Turkey. Using slaves, a few Arabs took a desert and built endless skyscrapers, world's largest airport, etc.

9 ► possibly 800,000 Russians (who pose as Latinos, Asians, and do all the Chinese do easily, since many Siberians look Chinese, being 70% Chinese DNA), etc. Jews/Arabs can do all the things the Koreans and *Indians* above do too, for their CIA or military paycheck.

10 ► possibly 1,500,000 Brazilians. In Sao Paulo 240 people are kidnapped monthly. Russians work hard to get a Brazilian passport and then move to USA or other nations as a legal or illegal migrant. They moved from Russia to Brazil, then married between them using fake docs, under Brazilian names and then moved to Portugal to enter the EU as spies. PBS has a video of these Russian spies and you will see, they look like any European, they intentionally choose Russians who don't look typically Russian, to avoid suspicion, though plastic surgery can make them more 'Brazilian'. Beware of a dating scam with sedative drug placed in drinks. Never accept drinks from new dates or strangers, even if in your home, only buy sealed drinks when out. Better yet, never drink when out, just make a juice at home before heading out or eat produce to get fiber. They drug you, steal belongings. 33% of Brazilians in USA don't know English. 71% USA Brazilians are illegals. The fake news sites say "illegals are only 11 million in USA", but the real figure is probably 25-35 million. Americans are too drunk and drugged to even know what goes on.

The Mexican mafia uses endless boats to bring in illegals by the millions and even setup extermination camps with crematoriums near the US border, worships a skeleton symbol of death (anti-eterni, anti-immortality for all, anti-Eternal Life for all), uses sewer drains to move migrants (migrants can die in these too due to flash floods or toxic gases and etc) even uses drones to spy on US-Mexico border staff and send illegals over. Illegals try to ambush a US citizen. US citizen brings in 25 illegals hidden behind mattresses, going to jail a long time. Cartel controlled slaves in USA wear electronic devices to track their location. Many illegals are slaves who finance cartels, see how police waste eons to chase the criminal cartels smuggling human slaves. Illegals who drive drunk and got deported evade police climbing trees, wasting endless hours of cops. Nebraska meat plant migrants behave like gangsters, no interest in having any decency and nonviolent attitude, entitled to be in any US state illegally. Mexican Flag protesters and others loot Apple, CVS, Adidas stores in mobs of 100+ folks: unbelievable, USA June 2025. Americans are OK with 40 million Mexicans in USA, but when 11000 Americans moved to Mexico in 2024, Mexicans become racist: what kind of reciprocal treatment is that? They protest holding signs saying "get out", but when they come in USA by the millions we're supposed to love them. Mexicans protest Americans pay $2000/month in rent, pushing poor Mexicans out,

but tons of 100% Mexican neighborhoods have rents of $5000/month and they don't protest about rich pushing poor out, since the rich are Mexicans. The Sinaloa cartel advertises on TikTok, facebook etc tours to enter USA via NH-NY area where 80% of Canada-USA 5500 mile border illegal crossings occur, and lots of people from India, Mexico etc go that route. This is why the immortalists ban cash and end all banks, so only one bank exists and only one bank card exists: no illegal can survive since you can't purchase anything in USA without this one and only card. Besides, anyone caught trying to jump the border would be killed, like they kill in Poland anyone who crosses. WHY can't USA ALSO SHOOT TO KILL ANY ILLEGAL like Poland? We either stop drug dealers or not. CATCH AND RELEASE POLICY IS NATIONAL SUICIDE. We either stop THE genocide of Americans by cartels or we don't. Blacks and Hispanics should be very mad, since 35% of homeless are Black, 25% are Latinos, most of these homeless being past/current drug users ruined permanently by these ILLEGALS. The infiltration of the US government by the circumcision promoting Jewish Mafia is total: for 80 years, they have prevented the US military from sending 100K soldiers (2% of what the military has, which is 50 times more veterans) to secure our Mexico-US border. Today this would be easy and with drones and remote weapons, a guy can shoot DEAD 20 trespassers in one day, as he controls remote guns from a vast area of 0.1 miles or 10 miles for very low traffic areas. ONLY WITH INSTANT DEATH PENALTY will the border become truly secure, UNTIL they can build a 500 billion ultra high tech border immobilizes legs and hands via lasers so they can't jump over the 30 feet fence or cut it, due to 3 trillion drones and lasers, cameras and etc. Even in 2025, the pathetic Trump sent only 5K at the most, so migrant flow are picking up again. NYC illegals steal cars and then sell them in Africa. Downtown DC strip club is run by Latinos who come here to make money not to build living to 900 research centers. Is that why we have immigration, so the Latinos take us into the stone age? Check out the human traffic, modern day slavery done by Mexican gangs with impunity within US borders, and how a little border talk in 2025 and a few border soldiers brought the flow from 2700 during Biden to 60 during Trump, showing how easy it was all along to secure the border yet nothing was done. Folks, all presidents had 1 million soldiers to send (take a break from wasting time in bases doing repetitive training, torturing US citizens who want World Peace, while USA is destroyed by cartels and foreign spies coming inside USA) and Trump's 5000 bought everything down 40 times in a few weeks, showing the former presidents were not serious. Check out the total lawlessness in New York City, where thefts (millions of them happen by illegals) under 1000$ were decriminalized. It helps to understand who gets inside USA from Arab countries illegally, when you read some of the news about Muslim nation immigrants behavior (Habibur Rahman Arab name) in the UK: 20-strong Muslim Arab gang attacks local UK people and cut off the hand of a teenager (they wanted to cut off his head with an axe actually), stab another etc… Sort of like ISIS beheading people, just doing it on UK streets. The 17 year old died (graphic pictures) 4 years later, and the attacker was a gang leader who got only an 18 years

sentence to relax in jail and not WORK, instead of death penalty, which would be justified in this case, or lifetime labor at least. Do you want your country to be invaded by these Allah disciples whose unholy Quran calls for the murder, terror and mutilation of infidels? Your teens killed by Muslim gangs? Then, vote Demon-crats who want open border where all can come in and pretend to be Latinos. Check out another attack on the UK, this time, a gang of 16 attacked some white athletes of a Muslim rich area, trying to stab or kill them. If that was not enough, in another neighborhood with tons of Muslims, locals (whites) are scared as their businesses are stoned and vandalized by South Asian Muslims of color. The bad type of Pakistanis, Bangladeshi, Muslim Indians will kill all locals who don't convert to Islam. First stage is terror in the Islamic takeover of a city, county, state and later nation. This drives locals out of Muslim only areas, the Muslim gangs only attack infidel businesses. Then they repeat it and establish a state within a state. The Quran explains it all. Another Islamic tool is rape and luring infidel girls into sex work, then passing the girls at gunpoint or knife point to older Pakistanis who use them as sex slaves to make money for them. The key thing to recall is that some cops are Jews and they won't investigate rapes against non-Jews much, and let it happen and even sometimes arrest the victim, not the Muslim gangsters. It's how Jews bring in Muslims to wage wars on Christians to dominate both, a classic Zion trick. Muslim clergy explains how Islam will turn all infidels into slaves. Get ready to enjoy your slavery.☺☺☺ Muslims beat Christian converts and even UK soldiers. Many of them are illegals who abuse the kindness of UK for letting them immigrate there and stay without deportation. Allah's rape culture is described in this article on 52 year old Pakistanis getting 13 year old UK girl pregnant. The Quran has endless quotes condoning the killing and rape of infidels. Muslims gangs may have raped about 1 million UK girls, as a gift from the All Merciful Allah. An article explains why UK left the EU: UK not being allowed instant deportation of Pakistani rapists. This is why EU will either reform or disappear as Eternia emerges. 9 thugs got only 19 years combined for horrific rapes, when they deserved the death penalty. See more on why death penalty here. The civilized nations need to read the Bible, Quran, Torah to realize they encourage mass rape, genocide, why rape is so common in some Islamic countries. The Torah is the Old Testament section of the unholy Bible, which is the basis for the Quran recycled Bible ideas. The Quran is the Jewish Torah plus Gospel rewritten. You can thank Jews for the Quran rape quotes. ☺☺☺☺☺☺☺

These types of events, (rape, killings, intimidation, torture, drug saturation of cities), etc are also used by Latino, Asian gangs to take over streets, cities, counties, states, etc… In Mexico they got child soldiers too, used to patrol streets against the 100000 member Sinaloa cartel, and the child immigrants we often see come over the border can be passionate soldiers, sort of part time mujaheddin soldiers, even if they're not Muslims. Many Latinos gang together to harass, torture and beat locals of various nations they immigrate to illegally, including USA. This is rather

normal, as in their nations homicide rates are 200 times higher than in Singapore. Before you rent from a Latino, think again, as they facilitate their gang networks to get cheap housing, 4 in a room, etc. USA needs to stop imports from Latin America and move all *manufacturing and food production (food USA imports, etc) inside USA; Latinos, just like* Islamic nations and India, wage covert war 24-7 against USA, thru all illegals and many legals. *USA has 0.6 million homeless, mostly legal residents or citizens, fucked up by Latino gangs, while* 1.6 million illegals own homes in USA. What people realize is that they're not here for economic *reasons only, many want to make all USA Mexico 2.0, or Latino level violence 2.0*. They gang up on local US citizens to exterminate them slowly. It's a 24-7 pure war behind the scenes, goal *being total takeover of USA and a bullfighting ring,* bull chasing ring (like this Florida one which ought to be banned, only savages play such filif and frog IQ sports) every *street* with daily gang *violence*. Freedom only exists for Americans when they import nothing. Just because some are kids or teens, doesn't mean they can't have various invisible lasers or weapons of torture, especially since Mexico lost 55% of territory due to Mexican-American wars. So, beware, the Re-pub-licans want all enslaved by rich aristocrats who create PUBs to get rich, to sell alcohol that kills millions of people, and gun shops to get rich and turn all into thugs like true Re-thug-licans, while Demon-crats want all gangs in, all human sacrificing immigrants in without any checks, all LGBTQ orgies in, since they work for foreign spy agencies often, especially Mossad ones (Israeli software spies in Canada, Australia, Cyprus, Denmark, Singapore), so the only really patriotic Party is the Immortalist Party. There is little hope for change, when both Republican and Democrat Parties (plus Latin America, EU) are run by the worst types of Jews you can find. Latino, Eastern Europe, Arab world gangs are sometimes run by the bad type of Jews too, who make the top 5 people. Google CEOs, who made youtube, Facebook CEO etc are all Jews. Regardless, many of these spies will be just as genocidal as the British wiping out entire nations and groups, even if they're Asian, Arab, Latino, so it's very telling USA lets all come in, because near Washington DC, White House much crime exists (26 times more homicides than New Hampshire, 16x more than Hawaii), DC being a violent city in general, vs many other middle size cities. The spy illegals will wage extermination war with Nazi zeal in many ways against the locals, who're not of their liking or prevent them from taking over the USA. So, those who support illegals support the end of USA. Oddly, our Masonic Temples deifying USA government can't even make the area around the central government, White House safe. They don't care, cause they're protected, so they love to attack and destroy anyone who is a challenge to the Masonic World Order (disorder), meaning the Masonic locals (not just illegals) are also attacking the locals via their spy agencies. The pompous masons have just created a system of great slavery for the masses for 250 years, perpetuating endless wars and welcoming illegals too to toil as slaves for the Rich. We got endless Masonic temples, endless homeless folks: what soulless parasites. ☺☺☺☺☺☺☺

During 2016-2020 Trump presidency, 373 of 458 miles of wall were old wall made bigger. It cost 20 million dollars per mile, 5 times more than during Obama or Bush eras. This shows how little Trump achieved and how much he talks and how little he does. While in 2019, 91% of illegal immigrants were from El-Salvador-Mexico-Guatemala-Honduras, and 98.2% were from Latin America, in 2024, only 50% from Mexico-Guatemala-Honduras-El-Salvador, and 91% from Latin America (Mexico, Central-South America). Those from the rest of the *world rose from 1.8% to 8.8%, showing the immense dangers millions of serial killer soldier spy types pose to USA*, beyond just "Latino gang members". Even so, Latinos still made 91% of illegals in 2024 and you can gently recall that the murder rate in Latin America is on average 40 times that of *Norway, China, Italy (0.5 in 100000)* for example and you will often see the loud, macho, boisterous, violent vibe (Latin America homicide rate is 20 times higher than the average UK-EU-Canada-Australia-NZ rate) those who come illegally are gangster types to some degree (to cross illegally is to break the law before and when you enter the country), and they go to all 50 states, not just old Mexico lands. Check out a Colombia gangs used powder than when sprayed, can allegedly put people to sleep (for abduction) and kill them: one more reason to not eat out, to avoid Latin America, to wear a mask. The Latinos, just like non-Latinos, are very good at deception, will post online about Jesus, God or prayer and Bible quotes, or if spiritual about spiritual topics (the more eclectic types who pretend to believe in the afterlife or spirits), (like the military brainwashed agents of all non-Latino types, or CIA guys paid to torture) *but behind the scenes they use military style weapons of torture* (remotely controlled or given to nearby roommates, neighbors of the same gang or national military they work for, who use them against your heart, eyes, temples, ears, knees, anus, anything) to exterminate slowly all non-Latinos who stay in their way to conquering USA. ☺☺☺☺☺☺☺

These are not always the soft 'tomato pickers who want to make extra cash and go back to Mexico after 4 months' that the media depicts sometimes, but sometimes they're people who went thru 30 years of guerrilla or gang violence daily, and are 1 million times more dangerous than what people imagine when seeing a lady with a kid at the border. They're sleeper agents waiting for the call to cause massive civil war and destruction, as zealous and violent as the ultimate Jihadists from Pakistan, Iran, Turkey, UAE (Dubai, etc) or Saudi Arabia (and these Muslim militants can learn Spanish and pretend to be Latinos too). The Spanish Empire army and Inquisition methods of 500 years have trained these guys quite a bit in cruelty, plus sometimes, the Mexican military, like 50 other nations, go to USA to learn some things, like the Los Zetas founders who then decided to quit the Mexico army and start their Wealth by Extortion Empire. In Mexico, Los Zetas used to behead 50 people at once, kill 190 people in one day, etc, and kill a few daily, these millions of migrants setup new cartel cells to attack, take over, torture to death, kill, assassinate various people who may be slowing their complete destruction of USA. That's

why, as totally 'fucked up USA is already with its violent music, etc', this adds a new dimension of insanity and instability. Not to mention the fact Russia is also sending more spies to Mexico, to undermine USA and Mexico itself, or, maybe to help USA spy on Mexico too, God knows what triple game Russia is playing. Mexico is not USA's leading trading partner, not China, so Russia could steal US know how by spying on US factories in Mexico and altering the products Mexico ships to USA to install spyware and spy devices. This is why USA needs to make everything it uses in the USA, and nothing in Mexico. ☺☺☺☺☺☺☺

The illegals claim to come because they're oppressed by gangs but that's part of the story only, for some, or the 'cover story') so well exemplified by the gang cartels shooting each other, in all they do, their music, macho culture, even as fellow tenants, playing loud music, attacking non-Latinos with hidden weapons they get from cartels, Latino militaries or even CIA, not letting people take a nap during the day, playing loud TV in living room (even when they have TV in their room to enjoy quietly) on purpose to harass others and ganging up to terrorize locals (of any race) in all 50 states, drug them to commit genocide (dump drugs on streets etc), and impose their violent depraved 'beat wives' macho culture on everyone else. The Mexican military, has been brainwashed by the Spanish bull killing allowing sadistic Royal Family; the next 4 videos show the *immense* diabolical *cruelty of the* Spanish *Royal Family* (are they Jews?), who for centuries, has watched these evil sports and promoted it by their silent support and not banning it: 1. people get crushed by 6 ton bulls, 2. 20 folks injured, 3. Spanish 'wild beasts' pushing, shoving, yelling like animals, 4. low IQ wasting of energy while others are killed with Spain made weapons. There you go folks, the 4 videos present the epitome of Spanish 'Christian' civilization, no surprise given the 1400 violent quotes of the Jewish Bible every 0 IQ guy thinks is the word of God. Pound to be a Catholic or Christian? *Gently* recall, the Boxing French President didn't ban this bullfight sport in South France (near Span border) either, in another sign of the "*former French Royals and modern Republican*" "Values". Don't forget the Portuguese, British and Muslim imperialists who blew people by gun, killing them in public to intimidate the locals. After all, *the Quran and Bible taught them well, according to the Jewish Torah from which both came*. Thus, the Mexican military can control some cartels, organize fake shootings between 2 'rival cartels' (they are units of Mexican military who pretend to be rivals) and then those people (who fled the villages) are sent to USA "due to the violence", to be activated as foot soldier in a future Mexican-USA war, that China or Russia will fuel and arm with all kinds of weapons in their goal to split USA and annex huge junks of it themselves, taking over Americans and turning everyone into a 0.1% minority, with the rest being Russians and Chinese. *Take heed of what happened in many areas of the world, with the locals % moving from* 90% to 10% after Russia or China invaded (though in China's case, it was often Muslim invasions that they reversed to original Chinese majority). Do Latinos think it will be any different in 100 years? No. China will

bribe all Mexicans who can join the fight, using Latinos as low IQ cannon fodder to beat USA and then killing Latinos too, once they achieved USA destruction. Beware and act accordingly, when *choosing landlords or which room to rent for yourself* (if Latinos are around in other rooms near you, they could be gang members or CIA thugs ready to kill and torture you), if you're not Latino, you better never go to a Latino area as it could be full of gangsters and soldier spies with torture devices from Mexican military, Chinese or even KGB. ☺☺☺

Google "firstname lastname" origin for the would be landlord, roommate or hotel manager, if facebook marketplace, AirBnB, in person visit (ask them their name and how it is spelled, or have them text it to you), etc, in order to know if a risky spy country, to be safer. To save time, only contact safe names. If we want to bring a culture of quiet cities, decency and meditative bliss, nothing is more important than keeping Latinos away from USA, Canada and the entire world until they change their violent cultures, though we need to be aware the violent Brits also covertly aid the spread of gang warfare to keep Mexico, Brazil, etc backwards. It's complex, the Latino violence is not 100% home grown due to Spanish psychopathic traditions or Aztec human sacrifice, it's also the parasitic foreigners from many nations who fuel the chaos, so they use the chaos to enter USA and take over USA, Brazil, etc. Why do you think USSR split the republics so the states are not ethnically homogeneous? It's to fuel conflict and border wars, if need may arise in the future. USSR was also cover for Russian and Jewish (lots of Bolsheviks were Jews) imperialism, besides violent communism and certainly not the nonviolent real equal opportunity of immortalism. For example, in 1812, Russia occupied Bessarabia (bigger than Netherlands), and in 1918 Romania got it back. From 1924 to 1944, USSR placed in the underground Romanian Communist Party leaders (see list on Wikipedia, read their biographies, some even fought Romanians in wars) only foreigners from nations who wanted Romanian territories, so that Romania's Bessarabia can be stolen back, as Russia did in 1940. This is a typical Russian Empire strategy, they place minorities in power to control the majority of a little puppet state better, to take more land from it, etc. In USSR, Russians split republics in ways that are heterogeneous, so conflict arises over ethnic, resources or religion in case USSR dissolves, so Russians can use that to divide, subjugate and steal more land in case USSR dissolves. So, while talking one thing "brotherhood and love and human rights for all workers", the Russians and Jewish communists engaged in genocide, torture and theft of the workers who happened to not be Russian/Jewish. The Russians are not out to 'bless Latinos' as some believe, only to take over the continent themselves, in 400 years. This is obvious from the Circassian genocide & others, Holodomor, Kazakhstan moving from 80% Kazakh to 30% after Russification, the 2022 genocidal war against Ukraine, 0 gentle tone programs on TV, always call for nuclear strikes (50+ calls so far, see 50 google articles), and never call for World Peace in 3 months. Homicide rates in Russia are way above Italy, and the European Union.

Romanian is a Latino language like Spanish, 70% of words the same, Russians banned Romanian in 1800s in stolen Bessarabia, and Spanish will be banned by Russia if it takes over North and South America, have no doubt about it. Russians are very cunning, they will use a facade of being Christian (Putin) or Communist only to achieve their ultra nationalistic and imperialistic goals. We need immortalism, one world, one language all agree with or create and peace, not role playing and genocide behind the scenes. Russia was 100 times smaller at first, so via eternal genocidal war they became big as today. In secret meetings Russians called Romanians "gypsies", due to the fact the weather is warmer and skin for some is darker, even if whiter on average than most Latinos. Russians also executed via KGB any intelligent Romanian in the 1945-1965, and even in 1944 fight against Germany, Romanians were intentionally slaughtered as useless cannon fodder, in military maneuvers that were intentionally made 10 times more deadly and low IQ, illogical, so as to slaughter the most Romanian soldiers Russians can by pretending to have ☺abysmal IQ☺, even when Romanian generals told Russians clearly that their method makes conquest harder and kills more troops. Given the complete hate for such whiter 'Latinos' called Romanians, Latin America should be under no illusions about the real contempt and genocidal hate for the "dark skinned Latinos", who're more Gypsy than Romanians. While Russians claim to fight Ukraine Nazis, they're more racist than the so called "Ukraine Nazis", all disguised well, just as during Stalinist 1924-1953 years. Latinos, wake up, just see the Gulag and what Russians did. Communists were ruled by psychopathic Tsarist police guys and Jewish and foreign spies. See, it is impossible to find in Russian history any ruler who called for World Peace in 3 months, the end of human torture, the end of all violence and violent crime, the end of destruction of the human quantum field that is done daily today in Ukraine via the never ending bombing. In 1866 Russia blocked the unity of 2 Romanian provinces by a failed coup, as they wanted to annex these 2 provinces as they stole Bessarabia. They're not interested in protecting the human information field, in decency, end of pain, suffering and bloodshed, only in greed. Singapore lives 15 years longer than Russia and have 8000 less land per capita. Russia is never happy, they want more. Russian leaders equated land theft with bliss, so we didn't have peace in Eurasia. In Poland they occupied half Poland in 1939, leading mass torture, killings, arrests, Hitler like atrocities. What the immortalists say is that all this war nonsense can end with the emergence of 1 country, 1 language, 11 companies for all humans: we don't need 7000 languages, 200 nations.

Check out the most murderous countries worldwide and Latinos top the list. Mexico tops the list of world's most violent cities. Check out New York City streets turning into prostitution and chaos. As the Latino gangster or Chinese, Russian, Pakistani, Iranian, etc soldier (disguised as Mexican) approaches the future 'sci-fi technology' BORDER WALL with a ladder and a kid (*or fellow spy ready to kill 500* Americans) to be put over the fence and the electrical wire slammed

by the ladder made of plastic or wood that doesn't conduct electricity, with a huge stick manned by 2 people to go above (they can cover the wire with a plastic too) the avoid the electric wire (a very risky action, like when they drop kids from 10 feet or more in this video of the useless 14 ft wall of Trump the "anti-illegal immigration" joker), the AI knows it and starts sending the most overwhelming bliss that melts his legs' ability to walk and setup his ladder. The numb, twitch, itch, or even slight pain if nothing works to deter, sensations can accompany the happiness ones, so it discourages them from doing the ultra risky life threatening action that could cause a lethal 30 feet drop. Obviously, the AI can read thoughts and actions and detect when the intruder is a lot more than a regular Joe, but a professional killer soldier, and that's when the next level of sensations start to kick in. Recall we're dealing with 5 million Mexicans or 100 other nationalities etc who can be Chinese or Russian spies, loaded with endless weapons of torture to take over entire cities, states of the USA in an organized crime fashion. Gently recall that Mexico has animal sacrificing markets and human organ selling markets, so when you have open borders you let in the craziest stuff, not only gang members who mutilate people. People think all migrants are just trying to come for a better life and maybe sell some drugs and make a quick cash, but it's not always like that, some are to torture and kill Americans on foreign spy agency guidance, and not all 'Mexicans' are Mexicans, some can be from another 100 nations from other continents who have undergone good cosmetic surgery and appearance shifts to take a Saudi, Iranian, Pakistani, Indian, North Korean, Russian or Chinese and make them look Mexican, though for many it's not even needed due to looking somewhat similar for the untrained regular person without AI software of facial features, etc, except speaking Spanish with a Mexican accent via rigorous training. ☺☺☺

With live electric wire, 30 feet, and all gadgets above, *the attempts to cross it will decrease by 500000 fold at least, so the flow will stop 99.9998%, no longer requiring so many agents to run and arrest people, catch them, etc,* since it *would be 1 out of 1 billion chance to cross without severe injury* due to the disabling weapons used… since it's very dangerous as the system can send taser like (no contact) pulses as he climbs to make it impossible to even get halfway to the ladder top and he could fall from 15 ft from his ladder to the ground, though he will fall way earlier than that as the cameras will make sure of that. Border staff will increase at least 15 times. Not only that, but 1 trillion cameras, *25 billion megaphones* and weapons exist behind *the wall with Canada and Mexico*, besides 1 million drones to be called if any humans detected, and they can take care if the wall had any electrical or computer chip malfunction. Guns are the last resort, if all else fails, like Poland allows live fire against migrants. The current wall is a mere joke, anyone with some desire can get over it with a ladder and a pole to climb back down on the other side. Then, speakers can say "Eternia or USA is about honesty, gentleness, being gentle with self, not taking such a risk of dying from falls, and thus we want you to ☺☺*lovingly tenderly*

gently kindly☺☺ give up this futile attempt to cross and apply for a visa legally at *visa.gov* to bring the world of gentle tender *soft healing graceful nurturing* universal loving kindness, of infinite lifespans for all, made impossible by such risky climbs." If this fails, the 2nd recording happens "If you don't stop setting up your ladder, you may fall after just one step, since we will be using the Divine Ecstatic Bliss induction gadgets which will make you so happy, you will lose grip of the steel poles and ladder, become wobbly on the ladder, unable to walk steadily, so please experience God's Bliss now, after you go back to ground level and remove the ladder. We love you, so we're trying to lovingly teach you that life is more than what your native nation cartels told you thru your fake religions and bought politicians: check out *bliss.gov,* the end of religion & cartel vampirism, spy agency torture, killings and wars. You can experience infinite bliss where you are, bliss doesn't depend on climbing 30 feet electrical fences and risking electrocution. We have little springs attached to the live wire that can be released to increase the range of the touch to make it impossible to try go above it. God wants you to be legal, honest and kind, please listen to these beautiful songs and help your native country have this music mostly on TV-radio, not the less peaceful vibes now. Help bring peace and then you can come here legally for a visa. Study 2 years for immortality test and apply at visa.gov. We have created 50 million Immortality for All visas a year, and they can be renewed to become an expert at a different quality (Gentleness, Kindness, kind tone of speech, etc), so nobody has any reason to cross ilegally. *This is not the old* America *where* violent music and depravity reigned supreme. *This is* Eternia, *we* changed our name, ethics, music, culture, border policies. Hear the music, the whole 2000 mile border fence sings "Immortality *for* All, World Peace in 3 months." ☺

The US-Pacific Ocean, US-Atlantic Ocean, US-Canada, US-Mexico borders will have 15 times more staff, with 1 trillion drones and *25 billion megaphones* to notify "wanna be illegals" that they will receive a beam in their knees 1000 times stronger than what the laser provided to their big toe and make them unable to walk, PLUS get permanent damage to the other areas of legs if he cuts the fence and tries to get in. Warning laser beam will scare all and *NO ILLEGAL WILL DARE CROSS THE USA BORDER*. Not only that, but anyone crossing may be instantly killed by remotely controlled weapon suystems controlled by the border staff. This will be made known worldwide, as with Poland 2025 EXECUTE ON SIGHT ORDER, to fire on KGB agents Putin sends over the border. It will signal USA no longer accepts other nations sending criminals to make our people homeless by drug addiction or sending spies to blow up our continent. All pimps and drug/human traffickers will be instantly killed once caught if clear video evidence exists of them carrying drugs on them. No trial. Why should we waste time catch and release? You intend to COMMIT GENOCIDE VIA DRUGS, YOU DESERVE INSTANT DEATH. A true Sport of 0 Violent Crime will emerge in USA. We will notify all nations via TV during the State of Emergency that reduces Violent Crime to 0, that we will kill all ILLEGALS WHO CROSS. All asylum rights are suspended,

due to the planetary emergency of all humans dying in 1 minute via the capsule weapon. We will say GOODBYE to the United Nations, you have Done Nothing to Bring World Peace in 3 months, only promoted the status quo of infinite bloodshed. ☺☺☺☺☺☺☺

If a malfunction exists and the bliss stuff doesn't work or he's aggressive and continues climbing, they can say the final one, # 3: "Hey, if you climb more, your legs and hand muscles may start to feel pain and you will have to come down. The pain you felt in your big toe will increase 100 fold for the knee and you will suffer lifelong permanent knee damage. The AI will also shoot you dead if you manage to cut the fence or pass. The drone now sends the wave to your legs so no more ladder or pole climbing. Hi, my name is Sergeant X Y Z, I see you climbing, the 2 trillion cameras of the border walls alerted me☺☺☺, so I take over from the AI system, 10 drones with various functions and muscle twitch abilities☺☺ were dispatched to your area☺☺. The bliss didn't work well, so to deter you from climbing more, we cause a little sensation in your left big toe, right ear lobe and right small finger nail to show you that we can completely damage any organ, at will, even eyes in just 1 minute if we use the 90000 times higher intensity version of this vibration, we can render anyone blind and deaf in minutes, the technology exists, no lasers or open eyes needed even – so don't *commit* an act of *war* by climbing this wall please, as you become *enemy combatant* once over the fence, we have the right to sentence anyone to *70 year in labor camp to build islands and water canals* without trial once they jump. The *cartels have killed early millions of* Americans (image of flesh eating 1 lb off a leg drugs effects on USA streets, see this 22 year old gal with red wounds on her face, beamed into his mind) and *this is for us an act of Holocaust*: see legs again, some are amputated. More leg videos. We want to rid the planet of violent crime in 10 years, wars within 1-2 years max and no more cartel jumping is allowed. All spies using torture and violence will be unable to do anything (except be deported) before they walk more than 10 feet on USA soil illegally, as drones will make moving more than a few feet impossible. We can read your mind. Beware. We don't take this as a joke, but *an act of collaboration with the cartels and enemies* of the Immortality *for* All Global Alliance *for Freedom from Violence, War, Drugs*. You're trespassing on the border of Eternia, the land of Peace and Order. We don't want to damage anyone's body with dogs or the 200000 higher intensity version of these weapons that can kill anyone instantly by accident sometimes, since these are automatic AI weapons that fire without human input, like robots on the North-South Korea border. Our AI system can't know which fence jumper has *weapons of mass destruction* lodged inside their body (not clothes), which can be as small as a credit card or phone, so once on US territory, it will fire taser like muscle sore no contact weapons that will make you unable to walk for a day or 4 until the cops come in to deport you if you're not killed. This is the last message from the AI/human system. Be aware that every 100 ft we have automated robots behind the wall that will automatically shoot and immobilize (not kill, though some may die if

weak of heart, etc) anyone who manages to cross in case of any electrical malfunction of the wall weapons that cause leg, etc sensations making climbing and jumping impossible. You can see the yellow robots if you look carefully, the light up and flash when motion is detected, and their 10 color rifle starts flashing, like the wildest Christmas decoration, they're the yellow humanoids, the 550 nm yellow color people see from 3 times the distance versus red or etc. Please be gentle tender *soft healingly* kind to yourself and all humans, go visit visa.gov, avoid being killed by accident if pulse hits the wrong area." If alive, "educational healing" *is 70 year labor, no trial needed", as video of the jump is sufficient proof, no time wasted* with useless talking, happy work while listening to peaceful music and living in a healing center, to amend for the 50 million Americans killed early by the cartels, by building stuff that extends life: produce picking, construction. The living conditions on the water canal projects would be better than Mexicans living freely, so it would not be that bad, though getting over is almost impossible. The 70 year sentence is to act as a symbolic deterrent, and to show we respect the idea of nonkilling and usher a new era of 0 violent crime *which all could carry 5 to 70 year labor from now on, slightly lower if one can pay millions in fines;* all will be released early if the MRI tests and other tests, show kindness and if world violent crime is 0 in 10-20 years as UN can plan for. ☺☺☺

Check out this allegedly real video of teens and young adults beating an old lady cashier, open the borders widely, no wall, no checks, no 5 trillion cameras on every US street, not every car connected to the Immortality Nurturing Agency Network? The Labor can be done *in isolated healing centers, mini-cities, totally sealed, for example* the guys doing this, the main guy, maybe 50 years labor, *while anything* like this (unclear if real or closing his eye and using special creams, etc) would be labor for the rest of his life, unless they pass some super stringent test after 20 hours/week of videos for many decades, *service to humanity to develop gentle soft compassion, very nice, heavenly versus GULAG or any USA prison).* Wife installs video camera at home connected to police department, video of violence recorded, enough evidence for the sentence to stop all slaps and violent crimes against any person, in schools, homes, etc, install 90 quadrillion cameras if needed. Initially, wife can quietly tell police, then camera is installed and preparations are done for the divorce if wife wants it – since some psychos will revenge for such a report of course. No person ought to live under psychological terror of being hit by a violent psycho or being tortured with hidden gadgets. The idea would be to really educate all to have compassion and universal gentleness via TV, instead of the Zion Elders style and Hitler style slapping we see on youtube, TV in several nations now, that normalizes ***domestic violence on purpose for the creation of max chaos, looting and predatory conditions.*** The violent crime inmates would work in the new healing city centers. The era of order arrives. Depending on what happens, whoever is left inside USA and given amnesty for being illegal or for not being killed (due to severe violent crime that gives them lifetime community service in a sealed city

with much higher freedom than a jail, except 0 communication with the outside world), can be hired by the Immortality Building Inc to build new water canals and 200 small cities of 100k max each to distribute people in empty states. The citizens of 200 nations need to know that crossing the border illegally is subject to death penalty due to being a violent crime, *as going over the fence, ocean can mean death of self/others and is technically,* attempted murder. Lifetime labor is an amnesty, for those who pass the Immortality Test, which most never would due to being ☺ abysmal IQ☺, so deportation is their best outcome. Lifetime labor for ANY Slap/Violent Crime (Border illegal crossing into USA) is for as long as Violent Crime Exists within in USA. As explained in the State of Universal Emergency, immortalists don't want to jail anyone, and will release all violent offenders ONLY WHEN VIOLENT CRIME REACHES 0 IN USA. By that time, the Intense 4 hours Ethics Education daily, plus 40 hours work, for 5-10 years, will have transformed them. This will be explained 50 times daily, to prevent the use of "death penalty or lifetime labor" during the 10-20 hours TV-radio Ethics Broadcasts to turn animals INTO humans, I.E. TO REDUCE VIOLENT CRIME 1 BILLION FOLD. At that moment, when the American people has fined 5000 trillion all aristocrats (the 5% parasites feeding off the 95%, who keep America in the stone age via 33 million fraudulent companies of Junk Product and Dangerous Services Production) for their crimes too, of Grand Universal Theft and Organized Mafia Committing Genocide via lethal products, hopefully within 5-10 years of the Immortality Party destroying the 'evil products making' Republican/Democrat Parties, everyone in the *healing cities for violent criminals and border crossers* is released, as max salaries are no longer 50000 times higher than min, but 2-5 times higher. The release happens only if they studied hard the Immortality Ethics, Sciences and passed the Citizenship Test latest version. Only 1 in a billion max would be able to get over the border fence anyway, as it will be *far harder than* the Toy 30 ft steel Wall today. Average people would not be able to retain motor control after the bliss, let alone the pain if bliss doesn't work in 1 out of a million cases due to some electrical malfunction. We're very kind, as immortalists, since we could simply put 300K robots to shoot/kill anyone with a simple wire fence of 3 feet. The big 30 ft wall is to protect lives, *stop* drugs, drones, violent crime. It's out of infinite *gentle tender soft healing* graceful *nurturing* universal loving kindness that we disable motor functions via bliss states, as immortalists are against injury, pain, killing, since we understand, like Immortals, jumpers are programmed brainwashed slaves of the cartels, violent regimes, etc. However, if any system fis hacked, disabled and too many come, the backup death system is used to keep US *violent* crime 0, i.e. death penalty received instantly, like at the Polish border. ☺

Let Immortalists win US elections and *we mass produce via 3D printing all 7500 miles of wall* in a factory in some US state in 1-2 years, doing a million times more than the mortalists did in 250 years of 'border wall building', in a top secret military facility. We got materials, believe me, look we waste 100 times more on junk, than it takes to build a 30 ft massive concrete, steel pole wall.

Then, we hire 1000 trucks to start shipping it to the Canada and Mexico borders. Due to these weapons and what not, it doesn't need to be heavy, since metallic robots behind will disable anyone who jumps. The tall wall will automatically alert via cameras the drone army to come before the ultra heavy truck have time to ram into the wall, and with 10 drones against one truck, all will be dead in no time, since the flat tires will make it impossible to drive. They will be warned to run away, being shot with a dart by drone (tranquilizer) *only* if they continue and the drone tech didn't work well with gentle methods of leg pain or etc, to minimize loss of life. Of course ramming a truck into it or using saws will cause the weapons up top to deploy highest intensity from nearby intact wall, so it would not work, the truck drivers will be so dizzy, if bliss neuroscience tech doesn't work, they won't be able to drive even if the tires are not flat yet by the use of special tire deflating drones released from secret location behind the wall on AI command. The most high tech 3D printed fence, that we can export a much lower tech version of to any interested country, like we export F_{16} planes or whatever. The end of cartels and illegal migration worldwide, the era of peace and order, no more illegals anywhere, no more anxiety. See how US citizens (Latino usually) smuggle migrants for making cash, a cop explains it all. Catch and release can get a new meaning, we simply drop from a special ladder (after we deactivate the section of the wall) the person, after taking biometric info to count number of crossings, and sent back to Mexico or Canada. Any illegal caught can be flown back to origin country within 1 day. No 5 year journey in US before deportation, but instant one, back behind the fence. can't come back as electric wire is setup with powerful weapons and the guy would be tired after all the events anyway. Climbing a tall wall with 100s of devices and electric wire is a task impossible for most. If we want to have 900 year lifespans, we need to protect it from spies who want to impose their depraved culture, music, values on the poor American people.☺

Tucson, Arizona, in 2018, detected half of the weed entering USA, sometimes using migrants who're forced to pay for gangster support by shipping drugs on their back thru the fenceless desert. You can see how criminal a government is who allows millions of Americans to die due to drugs shipped by migrants who can easily cross on 1200 miles without any fence at all. How can this be allowed? A video explains illegals carrying packs of drugs on the back. Most homeless in some areas are drug addicts, thanks to a cruel government that simply doesn't care, they allow tons of drugs to enter on the backs of migrants on fenceless border areas. Isn't it time to vote Re-pub-licans and Demon-crats out and create an Immortalist Party majority in Congress? 0 IQ people complain about the homeless, not knowing one reason some are homeless is that they're brain dead, the drugs have destroyed their brains entirely in many cases. See the endless homeless camps with blacks in them, those blacks got hooked to drugs brought by migrants and cartels who make money off this migration too, and fell behind rent, etc. Thanks to their support of illegal migration and the vast drug trade it is connected to. Vote Democrat or Immortality?

Re-pub-licans are doing almost nothing too, just empty talk and useless walls all can jump over. It's time to take America back and bring the end of violent crime and drug use. The good thing about the new visa program is that people can go and earn money and then build houses in Mexico that are much better and can lead to more science discoveries as stone age ends. As long as fenceless border doesn't make 200000 black, etc homeless in US via drug addiction, people would be OK. Not everyone becomes homeless because of drugs, some are full time working computer engineers, some simply due to the way the system works: 16 million empty housing units and useless sports facilities, etc. Illegals *own* 1.6 million homes, *while locals are homeless*, yes, even people who worked for GE for 15 years or people who're native American locals. Sadly, only with a border ultra high tech wall can cartels be stopped and 50 million Americans freed from drug addictions. The religion priests are cartel members in reality, whether they know it or not, they support the mass murder of homeless, whose lives are cut short, as they only brainwash people to repeat prayers like parrots instead of experiencing bliss via meditation that makes drugs useless. The Christian thing has always been a mafia to loot other nations in exchange for useless wafers, violent murder rape genocide "holy word of liars" quotes God doesn't need as a crutch to 'save people'. Christians need to wake up and realize they're being used to simply support the status quo and the cartels, as ☺puppets of 0 IQ. ☺☺☺☺☺☺☺

They don't put fence because they play selfish depraved sports instead of designing robots and developing science, waste eons in gyms instead of making more of these 8 robots, and they need slave labor to pick up produce at high profit. Inefficient redundant capitalism wastes huge amounts of labor and it has no compassion for people who could just go to a healing center and then listen to educational music and lessons for 1 year while having a produce picking or highway building (another popular one for illegals) job, to reduce their "sentence" by 5-10 times. 2 million in jail sitting and wasting away, when they could replace a lot of the illegals. See Pew graph on industries illegals work in, and where the 11 million came from in 2022, the 2.3 million arrested (a little less, since some are caught thrice) in 2022. This is because everyone knows it's so easy to cross. What a waste of time, to arrest so many. 0.5 million are homeless and we need 3 million empty hotel rooms and 6 occupied for the housed, what a depraved nation? That music evolved us a lot? If needed, give them a visa. Aristocrats don't care, they live in gated communities or 50 million gated estates with personal security and slave servants. In their estate, no crime exists, as 30 cameras watch everything, but the rest has to swallow all the crime. Nobody is encouraged to exercise and pick up stuff 2 h/week for the sake of 0 'violent crime, gangsters, spies' entering USA. We need the Volunteer Immortalist Network to organize trips to farms and drive these fun machines, rotate the schedule, like all companies allow everyone to go on a given day for 4 hours to do some agriculture job and develop some compassion instead of violently hitting balls in space wasting sports arenas, etc that make others

crowded and too sleep deprived to design a good robot to pick up produce and crops, to automate highway construction, so we no longer need illegals. That way, we get 0 crime soon. Robots can pick everything ☺☺*lovingly tenderly gently*☺☺.

Via happy loving states, beautiful small little itch harmless body sensations, gentle brain changes (2000 types of such scenarios can be designed, formulas of deterrence, aided by various holograms to deter all) we can deter 99% of people or maybe 99.99%, the rest may need some more "threatening" recordings at # 3 for the worst types: the battle hardened serial killer spies, gang leaders who kill thousands Americans yearly. *A country without borders is total lawlessness* and this is what we have in USA: see flesh eating by cartel drugs, bad teeth from ?drugs?, etc. Imagine how easy it is for Chinese, Russians, Saudi, Iran, North Korea, Nazi, etc spies to cross. A little sub or Darien gap to enter Mexico or Canada, and then it's too easy. We need a new party, the Immortalist Party, the Dems/Reps seem to have toad IQ, see the music. Need 3 banks max, not 4200, efficiency, real border staff, instead of bank tellers and endless redundant HR and etc, cashless society, so nobody can buy anything except with gov approved credit cards that verify identity in 10 extra ways not done today, to make sure that person is legal, and USA is not run by foreign spies, gangsters who cross border freely via fenceless areas or tunnels. The era of hooliganism needs to ☺☺*lovingly tenderly gently*☺☺ come to an end, if we want to bring Immortality 4 All. We need 5 trillion cameras on US streets, and each time a person is detected, its ID shows up on screen and it's where it's meant to be, to prevent look alikes to use the same ID and catch spies who change their appearance or use a fake one. Cash allows all criminal activity, drug dealing. Cash is only useful when EMP attacks shut down all banks, but cash can be dropped by aircraft to cities then for a few days or weeks until all banks get back online. Cash is useless. It's outdated and I don't understand why we need physical money in the online era. Traffickers get 20 year in prison, but they could be used to build highways too, while listening to ethical lyrics and melody music, to learn eterni vibe, upgrade human quantum field vibe; sitting in jail and thinking bad thoughts is useless and damages the quantum field, leads to muscle atrophy and less ability to hold a job later, so all prisoners need to exercise and contribute to US economy to stay healthy and offset the damage done by killing people with fentanyl. Lowering sentence too much would encourage all to distribute it, so 20 year labor solves 3 things: lack of vibe, lack of highway workers, lack of muscle if sitting all day helping gang activities in prisons. We need to end the prison gangster stuff too by having them work. Help them grow food too, to stay healthier and be more productive, improve their healing center, maintain it more, grow food to eat, be healthy, happy. Vertical farms on campus. Reduce shipping costs, traffic, ☺☺ *lovingly tenderly gently*☺☺ – keep it simple, sustainable. ☺☺☺

Perhaps instead of endless temples to 'religions' of violence established by illegal immigrants, Australia ought to follow Poland in dealing with illegal boat migrants, train sharks to bite their

inflatable boats or drones to sink ships crossing into Australia's waters with no permission. Poland and Finland sealed their border with Russia, as Russia encourages Muslim militants from Middle East to EU to destabilize Europe in a hybrid war. Why is Australia allowing Indonesia to destabilize Australia via hybrid war waged by illegal Muslim immigrants? When houses are not available, all they do is build more mosques, churches and synagogues, temples and masonic buildings, pet stores, etc, what kind of spirituality is that? We got 25000 Masonic temples worldwide, just waiting for a *nice bulldozer to give nice houses to the people*. Why are violent Bible-Quran-Torah considered religions? They're violent cults based on lies, with beatings deified in the *Bible*/Torah (kids, workers, sex slaves) or *Quran* (sex slaves, mutilated infidels, kids, wives). Immortalists nations need to demand of all migrants to answer the Immortality Test question on why they agree that the Bible-Quran-Torah are manuals for genocide, mass rape, terrorism, mutilation and slavery in a 50 line essay, why these texts and others like them don't qualify as scriptures, and why Christianity, Islam, Judaism can't be considered religions as they call for the extermination of all who don't belong to their cult, why tax exempt status for anything based on violent texts can't be given. Today, every religious service can be done online, in order to show true compassion for the homeless, why don't "spiritual" people live spirituality? Who needs mosques, churches, temples? It's funny how people don't seem to have any values, allowing all "crap texts" to claim scripture status, no Immortality Test for migrants, to ensure that a nonviolent society emerges with 0 violent crime, as giving houses to thugs is no help. Not all migrants are good, some want to establish mafia cartels branches, to convert all to Islam. Look at Sweden, they got endless gangs shooting now, in Muslim neighborhoods. ☺☺☺

Another issue is the hypocrisy of the Demon-crats and Re-pub-licans who're basically '*a one party system*' all role playing 'enemies' and supporting the rule of *lawlessness*, while saying other nations don't follow the rule of law, so they need to bomb them. These same professional actors and role players then criticize the 'one party' or fake elections in other nations, which copy the US system of fake elections. We hear diplomats lecturing (deceiving via grandiose theories?) the planet about the international "rules based order" or "democracy and the rule of law" (slavery and the rule of bondage). *What rules? Of global slavery?* For example, USA has trillions and endless wasted materials (huge living rooms in some newer houses, and 3000 times more than all materials to build Mexico border wall and implement the rule of law in USA, i.e. 100% legal immigration. They don't do it, because illegals can be exploited as slave labor in much more profitable ways: no health insurance, no questions asked about anything in fear of being found as illegal, no decent housing, no good pay or even minimum wage. They lie there is not enough labor to build wall, but 2 million illegals daily look for some work… they could be hired to make the steel poles, the this and that, 3D printed thing, etc. Cheap labor. They lie 24-7 to the American people and cause a huge flow of drugs inside. Isn't it time that these 'liars' (or

hypocrites as some may say, though they're helpless (thus worthy of compassion and kindness) mind controlled robots, tortured to death almost to behave in a way, like all politicians are mere puppets of the *generals who beat/torture everyone to death who doesn't obey them*) who always lecture other nations about human rights start to walk the talk and respect human rights and end illegal immigration? Why vote for such 'mind controlled robots'? Perhaps Immortality for All, Eternal, Eternal Life, Infinite Life, Eternal Life, Longevity or Eternity Party is the answer to this 250 year endemic systemic multi century corruption started by slave owners commonly known as America's Founding Fathers (well, to be fair, the whole world then was like that, monarchies and aristocratic classes were subjugating the peasants, workers, etc, as some still do). With only 5% of the vote taken, we can make tons of things happen, since we side with Demon-crats or Reps on various issues, like border wall or universal healthcare and achieve what no party can, especially if we get 10-20% of the vote. We need a 3rd Party or 100% reform of 1 existing party, provided we can convince the *generals to have compassion & gentleness.*

But recall, everything is staged, all votes are orchestrated, so end result is a yes or no, by the FBI mind control team, so no change will happen until the Immortalist Party with a unified all YES or NO vote on any issue, wins 10-15%, not just 5% of the vote. We're neither left, nor right, just for basic human rights no politicians really ever defended, as lackeys of the British aristocracy or Banks: all these "women can vote, minorities can vote" are scams, since they can fake all elections. Little seems to have changed in some ways, even for legal immigrants, in 250 years, actually 3500 years, since empires of yore. Demon-crats, like the clever disguised Re-pub-licans they are, having learned it well from all former empires, sell their "no border wall" as the greatest act of kindness towards migrants, *when it is the ultimate enslavement*. Then all immigrants vote Democrat, thinking Demon-crats save them. Demon-crats simply don't want a legal way for them to be here, to be treated decently. Likewise, you see 100s of Democrat defended policies being sold as "protecting this or that group" when it actually deepens their slavery. *Everything is calculated for decades, well planned for maximum deception and trapping of slaves.* It's more like aristocrats versus slaves. Abortion is sold as the greatest thing, encouraged everywhere, same for gay rights, etc, gay education, public education to become gay and abort all, this is basically a form of slow extermination and birth rate reduction, as gays have fewer kids. In other words, "☺ filif IQ workers☺, come to USA, vote Democrat, work and then be a slave, die childless too, celebrating gay/abortion rights". Locals are decimated, as nobody has kids, votes Democrat, aborts everything, becomes gay, so then we see 300 cities that 60 years ago had 95% whites for example, now are 40% whites, 50% Mexicans (or Central, South Americans), or areas with 70% blacks now 20% blacks, or 70% Mexican now 30% Mexican, etc.

Depopulation works both ways, they don't care, since these are not Jews, Brits or whoever calls in the depopulation scheme via careful meticulous step by step plans and brain control of

population: bring in the slaves, increase profits and then lower birth rates of all groups, except the guys in charge of the spy and military agencies (or who take over one day, say Russians take over and kill all the rest who complain about torture etc) who're happy to increase slavery for all and *wipe out all French, Polish, Romanians, etc, 150+ nations of all races from an area if it* helps the supremacy of the nation in charge of all the other 200 slave nationalities of USA. See the displacement and genocide of Hawaiians (Hawaiian lady has 7 kids and 6 kids "invaded the mainland USA" as 'Hawaiians' (from Tahiti, who got there from Philippines most likely) invaded the Hawaii islands before Brits invaded (Hawaiians are most likely Filipinos who invaded many many islands in the Pacific, often wiping out locals), while the video says Whites are Invading Hawaii only, so it's funny how everyone wants equality (of rights, of family size perhaps), but many don't understand anything about the universe, about what they want, they say equality, but they don't want real equality of formless genderless shimmering shapeshifting Immortals, one world language and one world culture and 11 companies instead of 700 million, they want all benefits of Science based civilization, like being trillion year old genderless shimmering shapeshifting Immortals (blacks or Hawaiians living to 100 often instead of 75 max before, etc, Malawi people live to 55, same Africans live to 80 in USA for example) without any concession of anything, not realizing their stupid traditions wouldn't apply as IQ becomes trillions of times higher, without speaking only the One World language all nations agree to create or adopt, without adopting an equal, for all towns worldwide Ultra Peaceful Immortalist Culture and Anthem All nations agree with to adopt for Lasting Peace, without giving up their trillion times more violent music (all folk music is violent trash in all nations, no offense to any group in particular) than needed for a trillion times lower violent crime worldwide, without giving up their ☺abysmal IQ☺ violent religions and 0 IQ primitive rituals (human sacrifice in Hawaii) and culture, their ultra primitive housing tech that requires house to be built 1000 times after 1000 storms instead of 1 time monolithic dome with modern tech to last millennia, air filtration that otherwise would sicken them to death before when volcano or etc erupts, air conditioning that would make sleep impossible in 100°F weather, etc their anti-science attitude that delays the 75°F weather for all humans on Earth, as we're one nation of 11 companies worldwide creating a nice physics force field that creates perfect weather, 0 storms, 0 drought. We can detect a double standard, even if we realize Brits aren't nice (deported Hawaiians via clever economic shifts), since this book attacked Brits 200 times for their violent music, violent culture and US/UK unwillingness to discuss at UN and on every TV-radio station worldwide 5 hours daily, the roadmap to one world language, one world culture, one world state, one government, 11 companies for all for Eternal World Peace. British genocides aside, there are low IQ folks in all cultures who're unwilling to make a compromise so we get to one language and eternal World Peace, due to a pride of being a stone age 80 year old lived ape, unable to imagine living to 4000 via science and the end of infantile cow IQ fake staged miracles religions. Brits are moving and

slowly displacing Puerto Ricans. Hawaiian son and lady forget all the high tech they got in their Hawaii house and for the 6 kids, came from the toll of billions of Europeans, East Asians (China mostly) who for centuries developed the techs without any input from dancing Hawaiians happy to sacrifice kids for aristocratic terrorist royal families of Hawaii. We all need to be honest and realize the savage nature of most of the music in every culture and nation, vs the music of the Immortalist Anthem type of cultures whose ethics is billions of years ahead of us.

Humans tend to complain and find faults, ignoring gratitude for things that would have taken them 100 to 1 billion years at times to discover if alone. So, while it's true many bad things happened, they always ignore the things they got for free today, that would have never happened without interacting with Whites and East Asians. This goes back to the Tao Te Ching saying of how the rigid dies and the gentle outlives the inflexible (76 & 61 which are the nonkilling techniques of conquering the invader over time, covertly, by adopting its culture and changing it so slowly, nobody notices it), even if that inflexible is 1000 times bigger empire: idiots never learn anything new, they think they're smarter than all the others, hence Hawaii has lowest IQ in the nation, since education is not really the mainstay of Hawaiian culture. White kids are beaten in Hawaii sometimes in some schools due to their skin color, how is that for racism? This happens to low IQ whites who don't home school (today all subjects can be learned in eterni tone at home, like 5 million kids who're home schooled in USA, schools are full of drug addicts and psychos who will corrupt your kid). If we want World Peace, equal opportunity to housing, education, healthcare via 11 companies for all ethnic groups, then we also need to have equal family size, not just one group or some groups (not Muslims, Jews have 9 kids and the rest 1). If we eliminate racism against Blacks, we do the same against all groups (read the article and Ctrl-F "beat" to understand the spirit of universal peace, 'aloha' and one language for all so we all understand and make science progress). Some Hawaiians want to promote Hawaiian language to enjoy human sacrifice rituals again perhaps in their own language, kick all mainland folks out, play rodeos while others are homeless on the big island, instead of 1 world language of science, longevity, they want 7000 languages for 0 efficiency, 0 science. ☺☺☺

The world could end in 10 seconds if multiple languages exist, so one language is inevitable, though "cabbage IQ" people will fight it until the last minute, as with any big change in human history.☺☺☺ Anyone love Hawaiian culture? See the "sky high IQ" Hawaiian tradition of eating prisoners. Do we all need "first salmon ceremony" to develop eterni foods free of bloodshed and suffering by fish, after all? How empathetic or spiritual or quantum level healthy is bloodshed of fish? Perhaps, it's time for native Americans to realize their rituals are inflicting suffering on sentient beings too close to humans and rituals (like Catholic rituals for Italian conquest of the world) provide no incentives to move away from bloodshed and into the high tech era of Eterni Foods. The so called Hawaii or native American "shamans" and "spiritual masters" were too

'unaware of the universe, science, reality' or 'too clueless/ignorant just like Jesus was' to realize one day people won't need to eat animals or plants. Salmon is a favorite food of Jews and native Americans. Jews love to pretend they're native Americans (in order to take over Indian reservations land and create 500 new small Israels) and the Jews pretending to be nonreligious promote LGBTQ to lower birth rate for gentiles, while Jews got the highest OECD birth rate, almost double the OECD average. Every day we see videos of 'native Americans' who look like Jews, no wonder Mormons have made up the religion of 'Jews colonized America first' based on forged fictional tablets Joseph Smith never found, like the fake violent Bible. The 'bad type of' Jews are back to their games, using the Jew made Mormon church and now the Native American identification, as a springboard for colonizing USA to turn it into a Talmudic Sex with 3 Year Olds Caliphate. What about Hawaii human sacrifice rituals by the Hawaii nobility who had more manna than the workers of Hawaii before joining USA? Australia has homeless whites too, in part due to Hawaiian relatives from Pacific moving in Australia. The government is focused on keeping rich richer, the rest homeless or slaves of the aristocrats. Check out 180+ acres farm. We need immortality capitalism, one language, true efficiency. Pakistan Muslims try to have 12 kids because clergy told them to outnumber Hindus. US Muslims try to outnumber Christians too.

Let's introduce parent license for educating future parents on proper tone and kindness, quickly end bilingualism for universal equal opportunity, hours of education.gov videos for every kid to learn perfect universal accent and have finally one accent and perfect understanding, to make it fair for all, 2 kids for all, 3 for those with the highest immortality credit score, IQ, etc. Equal rights for all, equal family size for all. The next to be depopulated by Brits or Muslims, South Indians, East Asians, or French are all nice areas of Europe, *with all Europeans living as slaves 20 in a room and Brits each in a 25 acre estate*, or 2300 acres palace if a Jewish Facebook CEO or the 8 aircraft fleet of Jewish Google CEOs. King Charles of UK bought at least 10 properties in Romania, that sit mostly empty. We see this is a technique colonizers use, buy land and establish protected areas (EU ideas) so locals don't use their own land, create alcohol selling businesses, drug dealer networks to make all locals drunk and drug addicted, overcrowded, so that the intermarriage of Brits to locals can begin to create new networks of spies that rule that nation: Brits have 2 marriages, the official one to a local and the covert secret one to a British, the hybrid being a 2nd class puppet used to conquer new lands. NATO will help achieve that, that's their purpose, under the holy guidance of the British Royal Family (check video on UK progress under the royal family) and the unholy Vatican supported by all brainwashed Catholic nations (fake miracles) who're puppets of the 6000 slaves killed in one strike Italians (Catholic churches are spy centers for the Italian state), just as they did for centuries of British imperialism. We see how the EU is used by Western Europe to buy Romania land and prevent the Romanians from building houses on their land and develop true technology, while Romanians are being crammed

into condos 5 stories tall. So the pattern of “conservation” or “casinos”, “hotels”, “resorts” is used by foreign powers to displace, wipe out entire populations under the guise of “protecting forests” and other cover stories. We see how Europeans are enslaved, by the foreign (Jewish Americans, Brits, etc who role play being ‘rich people’ when they're spies) aristocrats, how they can't use their own land to build single family homes, and only foreign aristocrats have big mansions that occupy land for one purpose alone: to prevent locals from developing, creating food self-sufficiency, research, for the purpose of national extermination under the guide of “democracy, the rule of law”, hotels, other gambling venues.

The Eastern Europeans, who were communist before, can create their own 160 million English speaking country on immortalist principles, free from the hooliganism of USA, UK, their crime and endless violence, by simply using the ideas of this book and the ideas of Puerto Ricans so well explained here: Get Out and Let us Build Civilization not Feudal Terrorism. Using English as a language is a great idea, since we can understand those who try exterminate us well, to protect against an enemy and transform him, you need know his language and the fake papers he publishes in English. We don’t need your UK and US music used to lower our IQ, enslave us and destroy us, we see what you did to Blacks. We don’t need your concerts from hell, from Western Europe or USA. They use the EU or various laws to simply enrich the aristocrats and perpetuate the slavery, the wars, the violence, the organized scam religion to lower IQ and enslave all. To create divisions and promote one group over the other EU nations in very covert ways, EU stands for nothing, they have not even one language, say American English as common language to help us travel to US-Canada easily (Canada English is similar to American English), same for USA, not one language but 600 as the Jews love to set one group and language against the others. Because as we see, when the 1989 happened, ‘communism’ (a mockery of communism, since the dictator was remotely controlled by KGB) vanished, feudalism and aristocratism replaced it, drugs pouring in (1 million times higher drug use), violent music too, wars multiplying, and now people are renting more (before everyone owned) and they import toxic foods from outside, instead of being self-sufficient, they're slaves of multi-national food companies whose goal is extermination. The parasitic aristocrats are being born. Jews and Brits use religion to exterminate by science illiteracy and credulous zeal. They lie to the people that the Bible is the 10 commandments now forced in every Louisiana public school to make everyone ignorant, when the Bible is also 1400 bad quotes that say the opposite of the 10 commandments. Not to be let down, Oklahoma Jewish gangsters pretending to be gentiles started in 2024 to require grades 5 thru 12 to teach the Jewish Bible, in a return to the medieval ages, a boon for US devolution into a 3rd world country, ***easy to exploit by cunning aristocrats living in expansive mansions.*** Texas gives money to 0 IQ Texas schools who brainwash people into the Jewish Jesus gangster cult (Jesus was a spy faking miracles), so cults become American

education thanks to the Re-thug-lican party of Mansions for the rich, 0 IQ for the Enslaved Masses. Perhaps, we need vote for the Immortalist Party, not the Party of Republican Alcoholics, the Lovers of Jesus the expert in faking water into wine, Jesus the Drunkard. Let those satanists who promote a fraud as Son of God, to justify whitewashing the genocidal 1400 violence quotes in the Bible, vote for themselves. The Jewish Italian gangster controlled state even funds the remodel of religious schools. Following the 'Jewish' Putin regime promotion of Bible genocidal violence thru 1000s of new Jesus brainwashing centers (so called 'churches of baby violence (watch)' and cannibalism rituals) and Ukraine invasion, the US Bible fanatics are ready to turn US into Russia 2.0, look what Russia is like. Next will be banning cars/PCs to return to chariots/paper. When all nations wake up, they realize the Bible is a scam used by phony politicians to do genocide. Why not create a short, coherent and to the point 10 page scripture like Immortalist Anthem? A page of this Anthem Poem has 5 times less words than a Bible page.

We know what Brits did to natives in America, non-Brits in EU are next to be exterminated *slowly* thru a 500 year plan, known to Britman. American Brits, Jews, etc will use every tool at their disposal, google.com, phone apps, Big Hotel Chains instead of Single Family Housing for Europeans or locals in their own land, Big Food Chains not Eterni Food Inc of the European Union or Continental Union for other continents, Big Car Companies (brain writing, emotion writing tech) not Eternal Travel Inc of the European Union or Continental Union (later Global Union) that fairly gives decent food to all, not just aristocrats, Big Cell Phone Companies not Eternal Utility Inc of the Continental Union. Note how USA is not willing to have real democracy at home, immortality capitalism not feudalism by Brits and to make a big 11 companies set for USA and EU, for a new nation of 850 million people, but only to exploit the Europeans. The US won't give equal opportunity via free education, to its 50 states even, or equal opportunity via one law not with 20000 versions of each law made by each town, how will it give equal opportunity to other nations? Only chaos and fights, crime and jails, like in the USA itself. EU and many nations are being decimated via weapons of torture in our own land and while we go to USA, UK, Australia too as immigrants by the same Brits, just as they exterminated the native Americans. Australia natives have been fighting like native Americans among themselves, and this made the Brits very eager to fight them and bring one language and peace, instead of 500 languages and eternal war in the US/Aussie colony. Not only that, but others will copy the Brits, so all nations need to be careful, we need to focus on Peace in 3 months and real civilization not exploitation, violence, etc. All nations need to wake up, create continental unions with efficient companies, immortality capitalism, to bring the one global nation of Eternal Universal Peace and 0 crime for all. We're one people, one world, one language one day, language we use is irrelevant, let all have equal access (via English knowledge) to science papers (not the fake one Brits create for nonBrits), housing, food, education, with more access to the "less basic things" based on the

Immortality Credit Score (score is to prevent everyone from doing nothing because "it's free whether you contribute or not to the global union"). *Why are many Jews in USA, EU, Australia etc promoting all these 5000 languages, instead of only 1 language?* The EU is run by Jews and USA (Brits, Irish, etc), who promote their style of music, and 50 languages. *English only for American Brit spies. 50 languages is how Brits, Jews keep everyone ignorant of science papers, of content in English,* how they make it 500 times easier for Jews/Brits to enslave every nation. The problem is that that create a new opportunity for others to disintegrate USA-Canada-UK-etc along language used lines. "Have only the elites speak English, bribe, destroy the elites, take over the nation. Easy. Don't let locals know English, only elites": this is the British *genocide* recipe, that *Jews* use too. *Wake up.* Workers of the world unite, have *one language, equal access to information,* understand Brits *and their endless lies, how they* exterminate nation after nation, just as their Bible explains, that they promote with the Anglican church: nice words, genocidal actions. It's almost as if the Anglican Church and other national churches of other Jewish colonies worldwide who profess faith in Jewish Jesus, the unproven pompous master of the infinite dimensions and realms, was created by Jews themselves, the Jewish Royal Family: Edward, UK King in 1400s, claimed to have descended from David, the Israel King, not surprising, since why would Brits promote a Jewish religion? *Be aware, many copy the British methods, so promote one language, no matter what it is, to replace 500 in your area. Peace depends on it, 0 violent crime depends on unity, understanding, empathy, love.* East Asians, other groups come thru the border illegally, exterminate covertly the native Americans, Caucasians, Mexicans, Blacks, etc with weapons they get from the British CIA. This way, the Brits appear friendly to others and they put blame on Asians or whoever they use to attack others who look different.

If we want democracy, *equality* per the 'Democratic' Party, *then family* size *equality* is a thing: *all races, ethnicities are entitled to the same average number of kids, not 1.05 or 4 times more*. Let's not be hypocritical, if we want *equality*, Income *Equality* (max income 3-5 times the lowest, until it becomes equal income for all via 11 companies in 500 years, with highest immortality credit scores getting more management jobs and new (risky though) longevity tech access), Education (free education for all) *Equality*, Housing (single family housing for all) *Equality*, etc, Immortality *for* All as in true *Equality*, then *equality* is on *all* levels, including the *average* number of kids for every ethnic group, *Jews* included, who in 2024 get 2 times more than OECD countries. To ensure true *equality,* we Immortalists *will mandate* Parental Licenses, to make sure the educational tone is gentle and soft, like drivers license test ensures we don't endanger other cars, we ensure no parents endangers society by spanking, slapping or yelling at kids (have a nice tone) and having basic nutrition info. Once one received the license after passing the test, they can procreate and they will be told maximum number of kids per family, as adjusted sometimes for 5 years for every ethnic group (for a while until it becomes the national average) and

immortality credit score range. This is to prevent the *average number of kids from becoming higher for any ethnic group*, to promote self-control and meditative bliss, higher brain function, new cortex structures psychos from many militaries, spy agencies lack as they're genocidal bloodlines of millennia of torture, to prevent some religious groups from various nations from exterminating by overpopulation *(many religious sects in various religions are nationals of a certain country mainly and their covert goal is to take over the rest by fucking as much as possible, under the cover of "big families" belief)* and gangster torture and hidden violence the rest, to prevent the abuse of democracy and immortalism kindness and Immortality *for* All ethos by animalistic fucking enthusiasts. Inspiring themselves from the Brits, other 150 nations try to send immigrants to various places, *displace the locals, have 5 times more kids and take over those nations, be* them European or others. *In Kashmir, Muslims tried to have 10 kids, while Hindus had only 2, so the Muslims would become beggars. To prevent* this, set up a global rule: 2-3 kids max per family and problem solved, equal opportunity to ancestor numbers, to prevent abuse by Muslims and others who want to outnumber the rest. EU official explained the replacement theory within the Republican party, the population Jihad that Hindus are all too familiar with: Muslims have many babies and send them as immigrants to all 7 continents to turn the world into Islamic Caliphates by abusing the democratic immortalist principles of "equal treatment of all, equal housing, voting rights, education, etc", except that Muslims get to have 4 times more babies than the rest, in an unequal undemocratic unetern way. Immortality *for* All means just that, none can exterminate the others via having 10 kids who go on killing the others in the name of fictional Allah and made up Quran, the Bible rewritten with some additions. Any LGBT promotion takes people into animalism, pollutes the quantum field by decreasing global sperm quality, and is a threat to World Peace (8 pages here explain why), people need develop their brains, not to be tortured by the thugs who fuck like rabbits to make a big family to rule over nations via their front companies, and 50000 banks of global terror. Why would we value quality of kids instead of quality? Because we want Peace not beggars fighting eternal wars. We have trillions of years to grow our population, we don't need to have 10 babies and honestly, we have not even achieved a green 100% renewable fuel and electricity society as a planet and ALL HUMANS could all disappear in 10 seconds in 5 years due to new weapons, the # 1 priority is ~*~Eternal Universal Peace~*~ in 3 months, not torture or having 10 babies.☺☺☺☺☺☺☺

The Democratic Party and all leftist parties worldwide, not just far-right ones, need to promote *Equal* Rights and *Equal* Family Size, to give all the same opportunity. Why would a billionaire, who achieved it via theft, have 8-12 babies, and someone else, who may actually be better for the human quantum field, only 1 kid? Why would King Saud have 107 babies, a genocidal Morocco sultan 880 to 1171 babies (read how cruel he was), and the rest only 1? This is not democracy. It's feudal terror. Why would French Muslims have fertility rate 3.0 and native

Germans 1.2? This is 2.5 times more babies. Not equal, so the EU needs to rectify that. See how low average EU fertility rates are. The Immortality Credit Score being higher would mean the government would encourage those guys who have more than 0 or 1 kid if still young, as those guys contribute to immortalism and its values, ethics, instead of promoting aristocratic *subjugation*. If the Demon-crats, leftists want real democracy, real *equality* of incomes, *equality* of free for all education, of this and that, then embrace *equality* of family size, and the Immortalist Party and quit in Droves. Let us change the Americas and Europe and bring immortalism to the mainstream, true democracy, true *equality*, not this sham democracy in USA today, where the rich get everything. The Democratic Party seems nothing by Jewish Fascism promoting Big families of the Rich, Jews and other groups Jews use to start fights. The Ottoman Empire was replaced now with the *Immigration of Muslims Empire, bent on turning Europe* and USA *into Muslim colonies*. People of the world, softly wake up, religions are mere stories, based on fake miracles, please read the 3000 bad quotes of Islam, Judaism and Christianity and understand it is all made up. To have kids one only needs to try around ovulation. Sex obsessed people can ☺*kindly tenderly gently*☺☺ *stop having sex nonstop*, like 'Sex and the City' TV program, clergy (who promote sex outside procreation) or Imams say, develop the brain, meditative brain that discovers how to live to a trillion, gently practice kindness, religion is not needed, but if some need a pseudo religion to fill the void, try immortalism. To turn EU into a Jewish Caliphate with animal sacrifice in places of worship as in the Talmud, or where all gentiles are mere slaves of Jewish CEOs (with 2300 acres palaces) and managers, the Jews incite Muslim-Christian fights and inter-racial fights, so everything becomes a melting pot of slaves for Jewish businessmen. Since both religions are based on the Torah (Old Testament of the Bible), in tone, violence and nature, they're encouraged, for the "drastic lowering of average IQ" of the Europeans. All nations need to catalog all ethnic identities of all if a true immortalist (real ethnic identity, not fake), so all get equal rights to number of babies and know when to stop. *Be civil, raise quality kids, not 12 beggars. Those not familiar with European history, this British covert attack on Europeans is normal behavior, like native tribes used to kill each other, Arab tribes, Chinese warring states, Asian wars, etc.* This is due to a bad music and culture that doesn't focus on World Peace *in 3 months*. We see how well the system is designed to ensure all immigrants, legal or not, and most non-immigrants too, are eternal slaves of the guys (Jews? Brits?) in charge who set one nationality against other, to control both or damage, kill both. Divide and Conquer. Honestly, the same happens in most countries. Nothing new under the sun. Doctors without a brain, promote brain damaging aluminum rich HPV toxic vaccine for all, instead of meditative bliss and sex for procreation only education for all, because they make more money doing useless penis cancer surgeries, preventable by free universal immortalist education that informs people about the AGEs in aristocratic mafia companies foods, given to us to cause cancer.

You only need to watch how lacking in *gentle tender soft healing graceful nurturing universal loving kindness* or, shortly, how uneterni their tone of speech is, to know what kind of people these "Congress" people are: helpless slaves of the generals shouting "right", "left" as in military camp. No higher emotion, everyone for themselves, pure jungle, no universal grace and love for all, except once a year at some speech for 2 minutes, no Immortalist Anthem vibes, only the trash vibes of our anthem today. Shouting and yelling all day, some of the days, hurling insults nonstop *(all faked of course, they're best friends, just theatre to deceive the voters; when genuine, it's all brain control by the phone to brain gadget guys)*, turning Congress into a used car sales auction vibe sometimes, like 100 other Parliaments globally too can become on some days. Again, there is no procedure, MRI, standard of kind language and tone, as the Immortalists want to create. They can't be themselves, they're tortured slaves of the military, told exactly what to say on the Parliament floor for the TV cameras, like in USSR, so we need to have compassion, since some of them were tortured for years, daily to become "what's left of their former self". They cancel some student debt and sell this as the greatest kindness ever, when in fact, with true efficient centralized tone education, we would cut costs and make it free for all. But no, slaves can't have any information, so they can't make any choice, just watch slapping sports, soccer, volleyball, football, baseball, pickleball, basketball, other forms of 'Baal/Satan' worship. Why help bring World Peace in 3 months,☺☺*lovingly tenderly gently*☺☺, decent houses for all, when Demon-crats, Re-pub-licans tell you to go watch a BALL move at a stadium that could have build houses for you in that space, with those materials? Habitat for Humanity (volunteers to build houses, except we build them far cheaper due to being 50,000 times bigger than that nonprofit) like exercise recreates USA, makes 0 crime, but this isn't allowed, it takes space from beef grazing (see vegan protein), corn/soy fields used for cattle, private prisons, businesses aristocrats design to make profits and raise horses on 100 acre areas, while others live 9000/acre. USA leads the world in prisons, see this graph, mind blowing. See an alternative to that via *gentle tender compassionate healing nurturing universal loving kind* grace☺☺☺☺☺.

6.11. Immortality test for leaders, TV show hosts, journalists

IMMORTALITY TEST FOR LEADERS and its use in ELECTIONS: Immortalism is the end of aristocracy and declared monarchies, as well as the end of undeclared monarchies within "REPUBLICS", monarchies of spy agency military spies aristocratic select families who run entire nations for centuries. 100-9000 high Immortality Credit Score people will *apply for one of the top 1000 positions*: senators and leaders of the 11 companies and 3 agencies. This is 9 million people applying at most. All candidates for President or the 1000 top positions take the immortality test, and the one with the highest score is one thus elected by the (intelligence of the people who created the) immortality test. People select the candidates or propose candidates for one of the 1000 positions or president and the immortality test reveals the winner, since people

can't know who is the one capable to pass the test. So, the immortality test (created by the smartest people) and the people choose. This ends the bloodlines, the undeclared monarchies where the nations are ruled by a few elite intelligence community families without any real merit based selection. Election of real hidden leader today is based on cruelty and "kiss boss ass" allegiance, the dictatorship of the least immortalist, most macho and psychopathic among the people. The unelected terrorists rule from behind, while the elected are mere remote puppets. We establish the immortalist global democracy with all important leaders under 50 for maximum brain capacity, with the immortalist tone speakers and 0 media violence.

IMMORTALITY TEST FOR JOURNALISTS, TV show hosts: (these phony fake lefties or even some right wing hosts make millions by deceiving Americans, keeping them ignorant and chained as slaves of aristocrats (the hosts being aristocrats of course, making millions by bamboozling the enslaved masses listening to their lies), hosts who can even stage their death, like any celebrity, they never show you the video of the 'dead' not breathing etc): 1 in 10 million news items deals with 500 year lifespans or Civilization of Immortals building topics. Journalists need to use AI or nice tone to create a nicer vibe. We have 10% news items about the "least intelligent" stuff that is not even worth reporting. Another 30% don't have much merit either. The Immortality test makes sure the journalists are creating the most positive stories, framing everything in the view of the development of eterni qualities, the character traits of Immortals that we need to manifest trillion year lifespans. Likewise, leader (longevity tech people, no more politicians) speeches are to be updated from the ultra trivial short-term goal focused ones, to concrete steps to achieve the goals mentioned in every speech to steer the planet towards them: trillion year lifespans for all humans, ending all violent crime in 20 years and jails in 10 years (replaced with healing centers for violent crime, educational courses and fines), all wars in 3 months. Leader speeches are no longer written by the military mind controlling "leaders", but my immortalists who inspire and uplift all humans to the intent of "working for and wishing Immortality *for* All". Too many news items deal with "saving 2% on this and that", "GDP and economic growth", when the real parameters, lifespan, healthy lifespan, never get any attention. Too much talk of weapons and killing, violent crime, disasters and too little about living to 1 million or 300 in a world of peace. Everything ought to be framed in terms of longevity and happiness, not price, weapons, crime, etc. The whole politics revolves around money, not LONGEVITY AND HEALTH. Watch how easily politicians, militaries, etc threaten others, 1 trillion times more often than they talk about "In the New Year, our country will work to bring Immortality *for* All, trillion Years Lifespans for all, for the common good" (not invading others using killing weapons). It's as if an anti-life force has taken hold of most speakers, too afraid to place the human species interests above petty tribal goals. In 2020s, every religious or political leader is too afraid to give anything of substance to any other nation in their speech, such as the idea all people could live in peace

and harmony to a trillion years old even if they have 2 or 100 times land per capita, because after all, all they lack is the tech to live to a trillion, not the land they wage eternal wars over. Instead, the speeches are filled with the same old cliches and banalities, short-term goals that may benefit us to increase lifespan by 0.000001% to 0.1% or even shrink it if a war, but not increase it 5% to 5000% any time soon, that have ensured the eternal slaughter status quo of infinite violence, void of any mention of the hybrid quality of universal *gentle tender soft nurturing healing loving kind* compassionate *grace* that we desperately need, of the vibe of Immortalist Anthem kindness a trillion times greater than that of the most nurturing gentlest mom. Monkeys fight a lot and own a lot of land, but they can't live to 120. How are we humans different than baboons? Everything is about GDP, not GIP, *Gross* Immortality *Product*, how much longevity and healthy longevity *have* increased. We hear ads on radio or TV about "a new tasty meal", but nothing from Immortality *Nurturing* Agency testing for AGEs in food and creating 100 times more R&D jobs via centralization to give us better food or how to cook at home to prevent AGE formation. Journalists and leaders will need focus on the Imminent Manifestation of the Civilization of Immortals with enough human effort, on the everlasting beautiful shimmering radiance of Eternal Universal Peace, the World Peace in 3 months and its maintenance for trillions of years by bringing all crime to 0 in a few decades, etc and moving the Immortality news stories from *1 in 10 million* to *3 million in 10 million*, any discovery reported is presented in terms of physical Immortality, with mentioning trillion year lifespan very often, besides the short-term goal of 5 million years *lifespan* for *All*. ☺☺☺☺☺☺☺

The media seems to serve the aristocrats whose goal is to enslave the workers via a system of torture and terror known as jails. For example, to prevent crime, simply hearing ad nauseam on TV-radio about crime events *(this and that happened* without any commentary on what causes it *and how to eliminate the causes (lack of* centralized education (euqal opportunity for all)*, lack of decent housing, lack of decent food, etc), not the symptom of crime)* is not doing anything, except brainwashing people that this is inevitable, the way of life and that the people have no power to change it, that their slavery to this insanity is eternal and their only choice, like it or not, daily, their brain will be shoved endless horror stories with no escape possible to a decent planet. If instead, they would focus the news on the qualities of the Immortals and news items that prevent criminal behavior, such as new tone in all free education, new music, decent music, nonviolent music, volunteering via the immortalism sports, etc, on decent scriptures (remove all violence), decent anthems, etc, the workers would not longer be cannon fodder on the altar of aristocratic wars. Too many new year addresses are about "wars, weapons and border changes using military genocide" in disguise, and nothing about the human right to live in peace to a trillion years old, empowering all humans alive to live ☺☺☺happily☺☺☺ to a trillion, which is only a nanonano second in the life of God and would take God an infinitely small effort to help

us achieve. By the way, Jesus could not even make someone live to 120, which people achieved today by science, so you're free to doubt the so called "true" miracles and the violent ideology of the Bible, Quran, Torah, Mahabharata, Book of Mormon and other so called "scriptures". Thanks to the internet revolution, and youtube, anyone now can create more uplifting 2-10 page scriptures, anthems, music, than anything ever created, as we got the tools no generation had. We have many ads, 30,000 or more, about various pills to take, like Ozempic that causes hair loss and brain damage allegedly, pancreatitis and blindness too, but too little about proper cooking, eating, creating a calorie intake table for each meal to avoid weight gain, sleeping to prevent issues like weight gain or proper music, culture, tone, etc to prevent terror by spy agencies, wars. When spies attack with microwave lasers, nobody tells you these things...

Today, endless fake news are possible, as pathological liars☺☺☺ who encourage dishonesty, scientific fraud and dishonesty, make false claims while providing no evidence, aside from some picture that shows nothing, as pics are so easy to edit and fake. For example, the fake war section explains how deception is done, how fake videos are made. In billions of news items, a pic or two may be shown, for the victim, but no pic or video confirming that that person was injured or dead or an autopsy was done, etc. Everyone knows a huge number of "dead" people in the news didn't die, but simply staged their death, as spies and FBI agents, cops, soldiers, etc. This is why immortalists would demand video proof for any claim (video of the nonbreathing person etc, of the alleged crashed car, airplane with the pictures of the mangled dead bodies, etc in the plane, car or ER, video of non-breathing person, to create evidence based news, not 30 cents news written as lies to promote a world of fraud and dishonesty, so aristocrats can escape justice by faking their death, getting a new identity in a gated community somewhere, changing appearance maybe a little with a new hairstyle, hat, clothing), in order to train all to see clear unfakable scientific evidence before believing any claim of fake miracle or other events used to dupe the workers into being eternal slaves. 1 Trillion times fewer violent crimes is only possible with 1 trillion times fewer lies. The Zionist media destroys the gentile brain by flooding it with negative news of death, porn, sex outside of procreation, smoking, alcohol, war, drugs, weed, saving 10$, stocks, gambling, etc. This eternal war on gentiles enriches the Jewish bankers all over the world. The TV teaches all to be naive ☺puppy IQ workers☺ who never ask for proof, in order to facilitate the massive theft and subjugation of workers by the crafty deceiving aristocrats or spies, tourists, officials, bankers from Israel or other nations. They have no standards, in order to lower the IQ of the masses, dupe the masses, steal from the masses, destroy the nation by deifying scientific dishonesty. The parasites know how to feed off the immense ignorance, gullibility of the gentiles who believe in the lies and extreme grotesque violence of the Bible. The claim in a news item needs to be supported with video evidence, multiple sources, showing what is claimed, otherwise, we raise a nation of ☺abysmal IQ☺ folks

that are too easy to deceive by aristocrats or foreign spies. ☺☺☺

CHAPTER 7 - *Immortality* MUSIC

7.1. Acoustic Nutrition & Peace | 7.2. Delta Brainwaves | 7.3. Cymatics ☺☺☺

7.4. Music effect on germinating seeds | 7.5. Music effect on plant nutrient uptake ☺☺☺

7.6. Lower volume and no headbanging | 7.7. Cymatics of subtler inaudible sounds ☺☺☺

7.8. Music and violent tendencies | 7.9. Music, World Peace in 3 months, ESP ☺☺☺

7.1. ACOUSTIC NUTRITION (clear amyloid plaque, etc)

7.9. explains humans are not even like 500+ mammals who don't kill their own, we're sound vitamin deprived; malnourished (sound or chemical vitamins) animals become very violent. The state of emergency section explains why concerts, discos, pubs will be banned during the effort to increase empathy and reduce violent crime a trillion fold. The shimmering shapeshifting eternal radiance of the Immortals (& God) will be more palpable in the music techs of the future, able to create 3D shimmering fractals with thousands of colors as sound is played, with a certain device that allows certain cymatics moved particles to cause these light reflections, indicating what sound vitamin it has.☺ MIT/Harvard research found 40 Hz (the frequency advanced meditators reach instantly after decades of practice) sound clears dementia amyloid plaque in mice Nature 2024;627(8002):149-56, and it was confirmed to work in monkeys too ► PNAS 2026;123(2):e2529565123. Youtube has many 40 Hz samples, some claim it's a miracle brain healing frequency to boost brain focus like meditators, here's a serene one. With binaurals, only listen as many minutes you feel comfy, some Hz may damage the brain, I find most binaurals to be a crazy idea, since it's like you try to double HDL, but people die more since low HDL is caused by other things that need to be undone to live longer, so just trying to force a frequency may not aid the brain, but damage it more: meaning better brain is caused by something else that causes a frequency, frequency being only 1% of it and done artificially is different in its effects, causing damage to brain structures not occurring in natural brain waves. So I avoid headphones, I just listen to the melody of youtubes, since they have done zero studies to prove the safety of these 1-40 Hz headphone entrainments, I think they do more damage than good, unless you're very sick and nothing else matters to save a brain from death/severe illness. Sound is powerful, one guy was shaking for decades, then some ultrasound guided by MRI to his brain stopped it all, a cure for Parkinson, an overactive circuit turned off. No surgery/pills. ☺☺☺

Some drugs increase dopamine in the nucleus accumbens (NA) 300%, the reward center of the brain, and music can lead to a rise in dopamine in NA too, but not known how much. Certain music styles may lower telepathic precision and this is very easy to test by administering ESP tests to people exposed to different music styles. The brain is the most sensitive and complex

machine on earth, to assume that one rhythm and music is the same with another is kind of a stretch. It's like saying HCN (hydrogen cyanide, a poison), ethylenediimine $H_2C_2N_2$, imidazole $C_3N_2H_4$ and C_5H_5N pyridine, $C_5H_9N_3$ histamine, all compounds with only carbon, nitrogen and hydrogen are same because both are made of sounds of same atoms: carbon, nitrogen, hydrogen, as music is made of the same basic sounds. SR 2014;4:6675 explains the cymatics effects of sound in liquids (most people are familiar with sand on a plate taking orderly shapes with some music as explained below); humans are 70% water (liquid). This is an interesting topic of neuroscience that could be researched more, we research vitamins a lot, but what about music? People used to think that lead in our fillings is healthy. Only recently we discovered lack of *vitamins* led to millions of deaths and diseases people. But 100-200 years from now, they may discover something else, the sonic vitamins. Sound vibrations led to transcriptomic, proteomic, hormonal changes in arabidopsis (cress plant) ► SR 2016;6: 33370. Sound at 0.1-1 kHz, 70 dB for 3 h every other day increased the yield of sweet pepper 30%, cucumber 37%, lettuce 20%, spinach 23%, cotton 11%, wheat 17% ► JIA 2014; 13(2):335-48, immunity *jumped as rice sheath* blight disease declined 50%; they found that sound can cut fertilizer/pesticide use by 15-25%; mature weeds can be wiped out with 50% less herbicides as sound makes them penetrate; the sugar content of spinach jumped 38%, spinach vitamins increased too: A 36%, C 42%, B 40%. Plants hear sounds too, flowers produce nectar when we play the bee buzzing sound nearby, even if no bees around; no other sound makes plants start producing nectar; plants emit ultrasound when they're stressed due to drought or gardening trimming. If humans eat a substance made of H, O, N, C, like glycine, a harmless amino acid, they're fine, maybe even live longer. But if they eat 2 mg of ricin, a natural poison, made from the same elements, they die immediately. The hypothesis is that the same thing happens with *music*, telepathy and longevity are enhanced with a combo of sounds/lyrics and hindered (even central AC unit, traffic, airplane) with another. It's true, since sounds affect tissues, organs, mega-molecular systems. Sound can either shorten and lengthen lifespan, just like substances made of O H N C can either shorten or lengthen lifespan. The science of sound physiological, vibrational effects on cells, brain is kind of undeveloped compared to the science of chemistry and physiological effects of compounds. This doesn't mean there is no difference between music types, simply because we don't know their effects. But this is not proof either, of course, that one music is far more shortening of lifespan than another, as in plants who died when exposed to rock music. A natural question is: will people discover a sonic vitamin enabling lifespan increase of 20% or even 40% regardless of all other factors, shown to work in worms, mice, rabbits, plants, humans? Does the Fibonacci series have something to do with it or the geometry of sound? Cold plasma may increase plant growth by 55%. Sound was shown to increase growth by 43%.☺☺☺

Sound frequencies can break glass. They can also break very easily cellular walls, leading to

organ damage. Sound with frequencies below 20 Hz, the lowest frequency our ears hear, is named infrasound, like infrared is light below lowest frequency color our eyes see, red, and ultrasound being above 20 Khz, the highest frequency our ears hear, like ultraviolet light is above highest frequency color our eyes see, violet). They can cause mixing of fluids, moving of levitated objects even in mid-air, meaning they can cause cellular components to collide with each other, or cells and organ components to push against each other. If you point 19 Hz at someone, inaudible since humans hear only 20 Hz to 20 KHz, they start seeing spots, as this is the resonant frequency of eyeballs. Other frequencies can cause hardness of breathing or skeleton vibration. Heart resonant frequency is 1 Hz, brain 10 Hz, etc. So all these organs can be damaged or altered with sound. Think about what sound does to a fetus or 1 year old baby, who is more sensitive than an adult to some of these effects, since sound penetrates much deeper (since his thickness is much smaller than that of an adult). Sound can also heal cells and lengthen their lifespan.☺☺☺ Our macro lifespan depends on cellular lifespan. Why do we age? The cells become senescent, unviable. What is the role of sound as information carrier, as geometry carrier as inter-dimensional light carrier thru geometry of the local fields *matching other dimensional fields? If you put 100 Petri dishes with 100 types of human cancer cell lines (they got tons of such lines), and you expose them to certain sound frequencies*, you will see some sounds can kill those cancer cells far faster than many antioxidants used today. Same way, some sound frequencies can lengthen the lifespan of normal cells, while other sounds harm cancer cells while helping normal cells to live longer. The pharma companies are not interested in this as much, as their business model is selling pills not mp3 files. Centuries ago people "ate food", totally oblivious of the fact sweet potato has 787 µg vitamin A in 100 g versus 1 µg for potato, leading to catastrophic consequences, such as early death, blindness, poor eye sight for adults and offspring, etc, since adults need 700 µg to 1,300 (lactation) µg daily as explained in the Vitamin A section. Lutein protects the eye against UV damage and raw kale has 1,318 times more lutein + zeaxanthin and 769 times more vitamin A than potato, while sweet potatoes have 0 lutein. An estimated 0.25-0.5 million vitamin A-deficient children become blind yearly, half of them dying within a year of losing their sight. How many millions of Americans develop "need of glasses" and other unknown health issues (blamed on other things) because of low vitamin A and/or lutein during womb time and over a 10-40 year period? Today, centuries before many sound *vitamin discoveries, people listen to music, totally oblivious of the fact one music may be far more effective at increasing lifespan than another, possibly by a factor of 787 as with potato vs sweet potato.* Sound is energy in a certain geometry, chemical molecules are energy in a certain geometry. We talk about ~~chemical nutrition~~, but next centuries we may talk also about ~~acoustic nutrition~~. The natural transformation of a normal bee into a queen bee living 50 times longer happens because of NUTRITION ALONE. *What if one far away day, people figure out using sound to live 5 times longer, via ~~acoustic nutrition~~?* It's interesting that people living on

noisiest highways, hearing the chaotic noise, get more heart attacks and mental disorders, is that association or causation? EU introduced laws to reduce noise levels, as electric transportation today would reduce noise and levitating transportation would reduce noise in the future. Overuse of ultrasound (2-4 MHz for babies, up to 15 MHz for other uses) can damage the brain and body of the fetus and mother.☺☺☺ There is an independent unknown biophysics cellular disintegration effect of music (i.e.some music will help the cells more), on the human body, totally independent of people's like or dislike of a music geometry, rhythm, style, etc. You can like a can of soda and drink it and get cancer like many people do due to over drinking soda, and even if you like it, it shortens your life. Same for music. This life shortening is independent of the violent lyrics, which have been proven to lead to violence.

It's possible in the future we will have Media Protection Department of the INA, Immortality *Nurturing* Agency as we got FDA, Food & Drug Administration, to approve the geometry of every music and tone of speech in movies, to make sure it is meeting the criteria of life-enhancing geometry and properties.☺☺ Even the more "mellow" melodies can affect our way of thinking, how much we practice filtering of thoughts, emotions, etc as in Chapter 8. How gentle we're in our hypothesis formulation and testing depending heavily on the gentleness of our speech and speech tone we hear in singers and melody tone we hear. Even folk, pop, classical, opera, etc music from many cultures brings with it all the emotions, energies and patterns of past millennia, and doesn't always stimulate the most healing gentle tender *nurturing* thinking, feeling, speaking filled with universal soft loving kindness. Upbeat music sometimes makes people euphoric to such an extent, that it lights up different brain areas than those dealing with universal compassion, so people think more of enjoying the music now and less about compassion for people living such short lives in war. Hypothesis thinking and creative thinking neural pathways share more with gentleness related emotional pathways, so scientific innovation is limited when the brain areas related to aggressive emotions light up. Additionally, this lack of caring (well, people are too tired to have energy for that sometimes) about the emotional pattern we create in ourselves via music listening habits and its impact on the World Peace brings with it a very inertial living like in past millennia, i.e. a lack of empathy for self and others, for our short lives with endless diseases, so we become complacent, defeatist, pessimistic and give up any real hope of living long and creating that world of Immortals, of tripling lifespan, we become very inertial. This strong attachment to slight restlessness or very subtle aggressiveness (sadness, fear, anxiety, or other negative emotions) inducing music (we listen to some songs when a kid or young, we associate certain emotions with it and develop strong attachment, not seeing the side effects) then shapes the emotional habits of the society, in very subtle ways, and people miss enjoying gentler music for 9,000 years, because they liked more war, aggression and conflict bringing music for 80 years. ***Think about how many hundreds***

of thousands of scientists and engineers toiled to discover how to make Helios 1 probe reach in 1980 a geocentric speed of 215,913 mph, 7,685 times faster than a human can run, (extend our natural transportation speed 7,685 times), *so much calculation and etc, but with music, how much science and engineering goes into making music* extend natural lifespan even just 2 or 10 times? Wouldn't it make more sense for people to engage in more citizen science to see which music rhythm, sound frequencies (for the whole or individual organs), voice tone leads to the fastest growth of plants, and best outcomes for human health and longevity? It would be easy to start a concert with "Physical Immortality☺☺☺ fans and spiritual Immortals (for those who believe in the possibility), humans were able to transport themselves at 17,000 mph via ISS, 600 times faster than fastest running human, thru science and Helios 1 reached 215,913 (7685 times faster than fastest human runner) mph geocentric speed in 1980. Thru science, we will discover music techs (acoustic nutrition) able to enhance human lifespan by 50% at least."

"So before we begin the concert about Eternal Lifespan Tripling (not just living to 300 or 900, but tripling that over and over) and the world and vibes of Immortals' music, we have designed some sound experiments and will show the science results of various frequencies on plant longevity and effects on healing rate for humans, as well as 50 human biomarkers related to longevity. Based on these scientific findings we designed the concert implementing these ideas and we welcome more citizen science projects, ideas at musicforlifespantripling.com. The winner of the best citizen acoustic nutrition science project will be invited to sing a little in a eterni tone a song about his/her scientific hypothesis backed up by his/her study, so s/he can inspire billions of people to be aware of the chemical-longevity consequences of the food eaten or sounds and lyrics they listen to. ☺☺☺ Also our lyrics for the next song are new and about *the* biochemistry of living to 500, the physics of *living* to a billion years old and moving into another universe after this one collapses, and we invited 10 University *Professors to present ideas about* Immortality *or extreme lifespans and 40 companies to present products and* science *demonstrations in the breaks so everyone can have knowledge about their biomarkers of aging,* instead of imagining that dancing like some isolated tribes (or people anywhere did even 50,000 years ago) will triple their lifespan, when data shows that dancing more doesn't make people double their lifespan, many isolated tribes live to 50 if they dance a lot or not, as malnutrition is there. Can we get real? Likewise, we're all malnourished of those ideal components to live to 150, yet we think ourselves smart and well fed. By stopping buying so many cars that kill people early with smog and instead buying more nutritional products and longevity biomarkers products we can support the development of much better testing methods. Right now it's impossible with our stone age technologies to measure 500 biomarkers every week for anyone, but with more physicists, engineers, chemists, etc we can develop *gadgets that make the use of blood even outdated, as the camera takes picture of our hands, etc and detects thousands of*

biomarkers, toxins, heavy metals, nutrients, etc in the blood, hair, nails, skin, bones, tissues, lymph and nerves. Right now, to monitor many biomarkers very frequently for a person (to build the best AI nutrition and maximize chances of living to 100-120) would cost a million a year, that can be brought down to $1000 only thru the limitless energy of the youth who recognizes that *going to bars, sports, dancing at concerts or clubs, discos, parties, alcohol, weed, smoking and fast cars* and fancy clothes, are not going to help them live past 80. Computational power became a million times cheaper in a few decades, so can longevity biomarker testing become. *Play any sport all day long, you will never live to 150.* But by supporting a science of lifespan tripling global renaissance we can create a new Civilization of Immortals and live to 150. Buying a fancy car and then selling it at trade it for a 5th of a price a few years later is insane when these same people are deficient or out of optimal range in 30 nutrients or biomarkers of longevity, and never take a blood test to analyze them in their whole lifetime (the standard test only measure very basic things). How can killing people with a fancy gasoline car and never taking 1 test (when to develop an AI we would need 20-100 tests a year not 5 a lifetime) to measure biomarkers ever build the Music of Knowledge of Immortality and enable us to create a science of Acoustic Nutrition *80 year olds will never be able to, but 900 year olds* would*? So let's think about this and make Immortalism the substance of more music and concerts and embrace science and support science so all can live and dance or play their sports until they're 500, not just 100. Thank you". The idea would be to move away from tradition and towards science of longevity based scientific music, just as we would with eterni food of the future.*

The instant gratification desire is strong, like alcohol/drugs/smoking addiction can be, and it causes people to eat unhealthy food, or do certain unhealthy things or even to listen to music that is lovely and unique in its texture indeed, but music that comes with some side effects of destroying the soul core of *gentle tender softness* that is essential to World Peace and really more advanced science. The "Immortals" have no anxiety, so the need to rush and to be so restless in music even, to forget eterni tone, to not emanate always the most gentle healing *nurturing* tones, rhythms, lyrics and vocal tones simply is not there. We can't have NaOH and HCl in the same flask, one is very acidic and one is very basic, together they neutralize leading to NaCl and H_2O, neutral salty water. We can't have so much restlessness, anxiety, aggression (HCl) in music and the most healing civilization of peace (NaOH) and longevity, as war brings short lives and conflict does too. We have a choice: peace or war, gentleness or excitement, empathy or gratification, compassion for all beings☺☺☺ or joy for our group now, nonviolence or having fun now, tenderness or sarcasm, healing or insults/hurtful jokes, living 9,000 years or 80, etc. *In physics gadgets of nanoscale we care about 99.9999% precision many times, but in music do most composers and singers care about even 20 to 90%* eterni tone*?* If the people would try to realize how difficult is to achieve World Peace, to prevent trillions of possible causes that can

bring any war or violence, if they would realize it's possibly as difficult as trying to prevent trillions of possible causes for developing cancer or acne in all people (something our science can't do), they would be more eager to listen to more peaceful music, more music that focuses on World Peace, on the compassion to alleviate the short lives of suffering we have via science of lifespan tripling and disease curing related songs, etc. We think of instant gratification now and most create music that never mentions living to 9,000, the science of longevity, so we reap what we sow: history repeating itself a lot and very little progress towards peace and really long lives. If we look at our planet, the longest living things or "beings" are rocks, billions of years maximum. What is the quality of rocks? Infinite tranquility, not moving, not being agitated as in most music; they don't move, they're like the most senere meditation music, they witness, say nothing and endure for eons, being so silent and kind, allowing all to use them. We learn from nature, many inventions are us copying nature. What can we learn from rocks? Could rocks be a message that humans who live to 9 billion have a culture, music, society of ultra soft tender gentle healing *nurturing* tranquility and serenity? Beyond planetary rocks, the longest living objects in the universe are stars, and among stars, the longest are supposedly red dwarfs, which burn at a cooler temperature than normal stars, being less active, more tranquil. ☺

7.2. ALPHA, THETA, DELTA BRAINWAVES

Today, we got Internet, but spy agencies publish millions of fake videos and books, for disinfo, claiming CIA found alpha and theta hemisync, etc will enable you to see the universe via astral travel (monroe institute), etc, but it could just be a method of increasing suggestibility and making you a mind slave too, as the programmed killer video too explains. It's a trick to use you as a Nazi experiment test subject many times, nothing more? What do you think? They're looking for guinea pigs to turn into robots? To spread the holy quotes of the holy Torah in the Bible? Also, we know heart disease is caused by low HDL, high LDL, so, in many instances, when people got a pill that made HDL high LDL low, people didn't get less heart disease, but more; so simply because we reverse 2 parameters, doesn't mean we reverse all things associated with those symptoms; likewise, when we meditate, etc, our brains go into alpha, delta states; so just playing on huge headphones alpha or theta won't necessarily achieve the same effect and may even damage our brains as the cymatics section shows: sounds, audible or not, can totally destroy our brains, they cause matter to move, can cause strokes, brain tissue damage, so be ultra careful in listening to odd stuff online, as it may be a pure weapon to destroy your brain. However, peaceful music is very helpful to reduce aggression, built in our DNA over eons, to reduce blood pressure, to be healthy, just don't go overboard imagining that alpha or delta will give you superpowers, God is not 'low IQ', Sony tech can beam videos into brains to make us think we astral travel (CIA can beam dreams in vivid detail), but it's not God, and not due to the CD that destroys our brain, something from God is totally different than the CIA junk, since God

is trillions of times more advanced than human tech.☺☺☺ To be safer, use tiny earphones, to avoid creating supramolecular effects. They promise the sky, as the "Messiah" brainwashing 2 billion that "Christianity is real". A lie repeated 900 fold by 2 billion sites, becomes accepted as fact by the masses of naive newbies: if astral travel exists, God would explain to the projector that it's not something you would share with the people on Earth anyway, we don't even have World Peace; and God could help you project 70 times daily without meditating even at all, and even while you're tortured by spy agencies or do daily activities... God doesn't need alpha or theta state to make you a robot, spy agencies may need them; astral travel is more valuable than all wealth humans have, so God would not grant it just to all, you would immediately figure out all the scams going on, see alien civilizations, how all governments lie nonstop, though that one you can infer it from the fake news and how clergy hide all bad quotes, and still get tax exempt status, looting the government, the poor people, everyone, etc. One would have to be such an angelic being as a soul, so as to not disturb other civilizations, etc, so it's not like the brain would be even allowed to download the travel usually, if the CIA can read all verbal thought of people today or the emperors, kings, generals etc of this world would want you dead (the guys in charge are human, jealous and etc and often kill people (see Roman emperor stories) who want their reign of eternal murder to stop, so they will fight all World Peace in 3 months and 0 violent crime in 10 years people, as that ends all dictatorships ultra fast, since kindness reaches cosmic levels). Anyone with any IQ knows, by deductive logic, that there must be, in an infinity of probable events, aliens out there, who're way more "eternal" than us (just as we live thousands of times longer than bacteria), whose kindness is also millions of times greater, ☺☺☺, that would make the most saintly human that ever existed be a million times worse than the worst in their world. But they may not care about us or be our size, just as we don't care about microbes living 2 days. Phonies who want to get rich, or use "astral travel" as spy cover, write 100s of books about fake soul travels, miracles, claiming their delta mp3 helped them fight the dimentional alien overlords (grey, reptoid).

Here is a hypothesis: a key to a civilization of Immortals living to a trillion is peaceful music that effortlessly enables us to be in a tranquil alpha and theta state, for better telepathy. Written language causes a lot of conflicts due to misunderstanding, for example, telekinetic telepathic changes of subatomic structures would enable replacing handwriting with audio-video-etc data storage like today we store data in DNA. Our "not so peaceful" cultures on Earth prevent any big breakthrough in 900 year lifespan science, since we devote 2 trillion a year to warfare, 3 trillion a year to vices instead of to understanding each other, astral/physical science, the universe. It can be argued that if we study the most psychic (with the most mind-blowing paranormal abilities) people of all spiritual paths, a common characteristic is a *gentle tender soft* peaceful demeanor. Our world literature, music, movies are full of unkind (or physical aggression) thought forms. We

help by reducing the upbeat music we listen to since it subtly moves us *away from awareness and brings us into the fake personality we have acquired this lifetime by being born here.* Inside each human live multiple 'personalities', that activate depending on who we're around (not 'past life' personas). With a baby, we're warm and high pitch, with an attacker, mean, angry. Stanford Professor Carol Dweck introduced the ideas of growth and fixed mindsets: if we adopt the growth mindset we realize that if we're restless, we can change via effort and become tranquil via serene music, while a fixed mindset perceives we're fixed and can't change. *Tranquil people are tranquil by effort, and restless* people can become tranquil via music.☺☺☺

7.3. THE SCIENCE OF CYMATICS

Rife machine, you don't hear it, but it kills microbes. Having seen the dramatic effects of sounds on plants' longevity, their chemical composition, vitamin content of crops, etc, we now cover more on this movement of cells. Scientists can move objects with sound and are thinking to use it in medicine to move little pills or probes. In 1939 the music pitch standard moved from the more eterni 432 to infernal 440, to create a more aggresive Hitler like 'demonic' yelling like music and tones (more like these anti-life disharmonic 'demonic' tones: rabbi, Buddhist monk, imam, Hindu preacher, pastor), and this 440 was supported by Nazis and London blowing slaves to pieces by artillery gun enthusiasts (Anglo-Saxon alliance). Gently listen to the 440 vs 432 (same melody, but 432 is more nurturing, healing, harmonious) Hz difference. 440 makes the masses of slaves more aggressive and easier to manipulate to do evil, to be mean, to be a serial killer at the hands of the palace dwelling aristocrats and their "clergy from hell assistants". When a metal plate with sand on it vibrates according to the sound played, the sand rearranges itself in symmetric shapes like in this video showing more complex shapes as we move towards the higher pitch, frequency, energy (5K more complex than 1K), more feminine, soprano like sounds that little babies like more in their mom's pitch, so naturally moms use that tone more with babies without effort, for some unknown reason, after millions of years of evolution. Sound travels at 344 m(meters)/s in air, and 1500 m/s in water and more in many materials, while photons travel at 0.3 billion meters/s. $E=h*c/\lambda=h*\nu$ for electromagnetic waves, where E is energy, h is Plank's constant, c the photon speed, λ the wavelength, ν the frequency. For EM waves, the higher the frequency, the higher the energy. Frequency is speed over wavelength ($\nu=c/\lambda$, or meters/s over meters, or inverse seconds or cycles per second or Hertz for sound, 60 Hz is 60 cycles per second). 500 Hz sound = 344/λ, so wavelength is 0.7 m. This is studied in cymatics. As the video shows, sound has a real impact on the cells, etheric body, the ability to "hear" or understand TELEPATHY from subtler spirits who may not be as linguistic or loud as we are, as explained in the evolving telepathy section. ☺☺☺ Studies show that shape (sound that causes a shape to form as shown) can be used to induce the differentiation of pluripotent stem cells into particular organ cells, for purposes of internal regeneration of organs. We can't *deny*

the influence of sound on biological processes. Our choices are more positive and life-enhancing when we listen to peaceful music since our emotions are far more peaceful acting as a buffer against negative emotions. Many studies show *aggressive* music makes *aggressive* people.

A small recent study (see the graphic presentation) by Megan Finnen found that plants exposed to heavy metal rock music died in 2 weeks. Controls were 21 cm, rock music plants were 4 cm. The killer effect of rock music is also explained in this article. In the 1970s, marigolds died after 2 weeks, plants growing away from the speaker to avoid rock music; this is shown in Dorothy Retallack's 1973 book "The Sound of Music and Plants" which detailed experiments that she had been conducting with Professor Broman at the Colorado Women's College in Denver using the school's three Biotronic Control Chambers; h...ic.pdf is a picture of rock music exposed plants. Retallack used 2 chambers, 2 radios, fresh plants. In one chamber, the radio was tuned to a local rock station, in the other "middle-of-the-road" music. Only 3 hours of music per chamber. *On the fifth day, in the chamber with the soothing music, the plants were growing healthily and their stems were* starting to bend towards the radio. In the rock music chamber, half the plants had small leaves and had grown gangly, while the others were stunted. *After two weeks, the plants in the soothing-music chamber were uniform in size, lush and green, and were leaning between 15 and 20 degrees* toward *the radio.* The plants in the rock music chamber had grown extremely tall and were drooping, the blooms had faded and the stems were bending away from the radio. On the sixteenth day, all but a few plants in the rock chamber were in the last stages of dying. In the other chamber, the plants were alive, beautiful, and growing abundantly. This may have to do with the Fibonacci series and other geometrical properties of sound, as related to cymatics. The intensity of the negative effect on plants, animals, humans depends on how chaotic (entropy, disorder) the rock music is. Dolphins swam towards the ship playing soothing classical music, while they ran away from a ship playing rock. Human biomarkers are probably changed too within hours and many studies could be done on all kinds of plants, animals and on volunteers who want to advance the science of the effects on human biomarkers. Later, she played a constant tone: in the first chamber, she played a steady tone continuously for 8 hours. In the second, she played the tone for 3 hours intermittently. In the third chamber, she played no tone. The plants with the constant tone, died within fourteen days. The plants in the second chamber grew more abundantly and healthily than those in the third chamber. This was similar to Muzak Corporation's findings in the early 1940s: when music was played 24-7, the workers were more fatigued and less productive, when played for 2-3 hours only, several times a day, the workers were more productive, alert, attentive than when no music was played. Later, in one chamber she played North Indian classical music performed by sitar and tabla, in another Bach organ music, and in the third, no music. The plants "liked" the North Indian classical music the best. In both the Bach and sitar chambers, the plants leaned toward the speakers, but in the

Indian chamber, they leaned toward the speakers more. This is very easy to explain: North Indian Sitar & Tabla is more like intermittent sound making workers alert, not continuous Bach.

Very upbeat classical (or any music style) pieces are anti World Peace, anti precise telepathy. The brain telepathy centers are also influenced by sound, so restless music leads to more restless, jammed telepathy. It's like electronic warfare that confuses radars. It floods every radio-TV-website on purpose, so we're confused, distracted and can't see how the rich steal trillions. Going to a loud concert and blasting all that sound raises deafness (at age 50) risk 10 fold, damages the body, and the hardware of brain retrieval of physical storage (the copy) of partial astral memories (memories from lives in other worlds or spiritual planes, not necessarily as a human on Earth, that electrons store, since we're all Lepton-Quark-Boson-Immortalion beings with memories of former beings who had our electrons-neutrons-protons-immortalions). A 3 min video shows how sand moves in orderly shapes as a result of sound: shapes influence the differentiation of stem cells. The term cymatics was coined by Hans Jenny (1904-1972), a Swiss fan of Rudolph Steiner. Jenny's ideas were explored and expanded a little by the Center for Advanced Visual Studies founder György Kepes at MIT.☺☺☺

7.4. MUSIC EFFECT ON GERMINATING SEEDS

Measuring effects of music, noise, and healing energy using a seed germination bioassay. JACM 2004;10(1):113-22 ► OBJECTIVE: To measure biologic effects of music, noise, and healing energy without human preferences or placebo effects using seed germination as an objective biomarker. METHODS: A series of 5 experiments were performed utilizing okra and zucchini seeds germinated in acoustically shielded, thermally insulated, dark, humid growth chambers. Conditions compared were an untreated control, musical sound, pink noise, and healing energy. Healing energy was administered for 15-20 minutes every 12h with the intention that the treated seeds would germinate faster than the untreated seeds. The objective marker was the number of seeds sprouted out of groups of 25 seeds counted at 12h intervals over a 72h growing period. Temperature and relative humidity were monitored every 15 minutes inside the seed germination containers. A total of 14 trials were run testing a total of 4600 seeds. RESULTS: Musical sound had a highly statistically significant effect on the number of seeds sprouted compared to the untreated control over all five experiments for the main condition and over time. This effect was independent of temperature, seed type, position in the room, specific petri dish, and the person doing the scoring. Musical sound had a significant effect compared to noise and an untreated control as a function of time ($p < 0.03$) while there was no significant difference between seeds exposed to noise and an untreated control. Healing energy also had a significant effect compared to an untreated control (main condition) and over time with a magnitude of effect comparable to that of musical sound. CONCLUSION: This study suggests that

sound vibrations (music and noise) as well as biofields (bioelectromagnetic and healing intention) both directly affect living biologic systems, and that a seed germination bioassay has the sensitivity to enable detection of effects caused by various applied energetic conditions.☺☺

Likewise, future tech creates a force field to absorb the traffic sound vibes, converting them (for sidewalks) into the most healing and soothing music with the most eterni tones, that relax people (anxiety doesn't exist with Immortals) and enable them to have the noblest highest sentiments born out of deepest happiness. This would enable people to play the most amazing & beautiful ☺☺☺ music they like in their house and create a force field that makes it inaudible for people outside their property parameter where they deployed the filter. This will be great as noises from planes, cars, neighbors, is 0. Right now it's stressful to jog or walk in the city, as the noises are annoying. In the future, it will be the most amazing music, every house will have the most gorgeous gardens and look better than Disneyland. When people are stressed or upset, they can't be ultra kind. Similar technologies could self-clean streets, by using air sound waves to suck the dust and accumulate in designated places, but dust would be less because these force fields prevent dust from non-street area going on the street. The self-repairing streets using new nanomaterials that self-heal will make pothole repair much less common and reduce dramatically the tire friction sound too via new tire and road materials. Longevity depends on sound vibrations, so we will develop these types of technologies some day. ☺☺☺

7.5. MUSIC EFFECT ON PLANT NUTRIENT UPTAKE

youtu.be...oZg shows increasing plant nutrient uptake 7 fold with sound: people may live 3 times longer with the right sound too. Plants scream, feel pain, strategize. The video description says "Sonic Bloom is a completely organic technique that enhances plant development through a specialized nutrient spray and custom sound frequencies that stimulate enhanced nutrient absorption through the stomata underneath the leaves. By adding in the Sonic Bloom technology, you can further increase productivity and nutrients, increase shelf life, reduce the use of water and herbicides, speed crops to market, withstand early frosts and insect depredation, speed germination and maturation of seedlings, and release the full genetic potential of the plants. This works on above ground vegetables, root crops, field crops, and trees. This technology also expands the geographical range of food production, as it converts the marginal land into arable land, by giving farmers ability to grow better crops in poor soils and low rainfall. Plants are able to obtain 72% of their nutritional requirements through their leaves via the stomata, the mouth-like pores on the lower surface of the leaves. Plants translocate any excess nutrients from their leaves down to their root system, thus conditioning the soil and storing nutrients for future use. Sonic Bloom treatment has brought yield increases of 400% for cucumbers (which pesticide can do that? None), 300% yield increases on sweet corn (which

pesticide can do that? none), potatoes grew 33% larger, with 33% more yield, and each generation showed an improvement over the last. Healthy plants are not so susceptible to damage by insects and disease organisms, so you have fewer pests and disease problems. And because of the high nutrient content, most fruits and vegetables have a doubled or tripled shelf life. You can get SonicBloom at originalsonicbloom.com. It's time to end hunger worldwide." See other ideas on producing food on non-arable land. BBC got an article about increasing yields of plants by 75% by cold plasma treatment of seeds, and about using less fertilizer, nutrients, etc using electrical fields, the music of electricity, which can help you grow trees from the sides or the ceiling even, in space etc, as electrical fields can guide root growth. Other techs include plasma, though new diseases may develop from plants coming from seeds treated with plasma.

7.6. LOWER VOLUME AND NO HEADBANGING

Lowering Noise Levels is good idea, i.e. playing music at low volume or closing the window if traffic noise is heard, promoting low volume music, low volume concerts, spending time in silence. Music above 100 db is safe for 15 minutes only and has bad effects on telepathy and physical hearing ► CNN says 1 billion are at risk of hearing loss. The benefits of a quiet place are explained in studies like ► life...t. Chronic loud noise causes heart attack ► redorbit.com. Hence, EVs are better, being quieter. Headbanging kills brain cells, causes strokes, permanent brain damage even in silence ► guardian.co.uk. "We identified a definite risk of mild traumatic brain injury from headbanging," Dr Andrew McIntosh, NSW University. "We would suggest a proper public health warning, as for smoking" ► BMJ 2008;337:a2825.☺☺☺ The average heavy metal song, with a tempo of 146 bpm, is likely to cause mild injury if the head's range of motion is greater than 75 degrees. Songs with 180 bpm (beats per minute) can cause strokes (silent strokes too, unknown, that you're not aware of, since you don't go to hospital for it, but these silent strokes when accumulating can cause many brain diseases, as no nutrients go there, including Alzheimer) that damage the person for their whole life. Tao Te Ching: the gentle lives long and endures, while the hard dies fast due to the violence and forcefulness that is inflexible, unyielding. Some died due to rock concerts headbanging, see this 8 min video.

7.7. CYMATICS OF SUBTLER OR INAUDIBLE SOUNDS

Emotional healing intent tones could be incorporated in musical notes to achieve much better cymatics and healing effects. We can try to listen to the aura sounds of our or other people's physical, etheric, mental, emotional, subtler bodies, their souls... in person and even from 1 planet away if they happen to think of us, and we intercept the music of their thought patterns and decode it in music-color-information patterns. NASA recorded the sound of Jupiter (and Uranus), a very interesting and relaxing sound, which reminds us of telepathic empathic

information transfer in the form of inner astral tones, sounds coming from people, souls. These tones apparently give off a lot of information about the state of said souls, people, their nature, intentions, character, compassion, honesty, gentleness, etc. A few people see auras (light on the edge of the human body, different from migraine aura) and hear auras, just like some synesthetic people allegedly (spies telling lies?) see the colors and shapes of numbers. We're often unconscious of the lower vibration of our thoughts and feelings, which create disharmonic highly entropic tones that can be heard by clairaudient people (every soul has a music, humans got a music, just like planets and space have music detectable by science). The tones that radiate from our soul and thinking-emotional habits have a cymatics effect on the etheric-physical matrix upon which astral-physical telepathy structures are fine-tuned during life or womb period. Good thoughts are reportedly preventing some foods going bad in some experiments; due to different biophoton and astral photon levels, these thought experiments are not easy to reproduce sometimes, as some people may have 1 million or 100,000 times more astral and/or physical biophotonic emissions than others. Harmonic astral and physical sound creates nice symmetrical geometrical astral and physical shapes and may trigger (sort of like sound triggers shape and shape leads to stem cell differentiation) the proper regeneration-upgrading (as well as formation during womb time and early childhood thru the voice tones of parents and the sounds they listen to) of the soul intended telepathy, bilocation, teleportation structures via an easier quantum entanglement between dimensions by virtue of similar geometry of "wormholes", "dimensional gates" that allow certain energies to influence the matter matrix.☺☺☺ People are taught to have respect for the wisdom of the elders, in many cultures, but what about the wisdom of the freshly arrived from heaven, the cute babies who smile 400 times a day instead of 20? They're less conditioned by the ways of the Earth.

Listening to our own tones is also possible and we can see where the disharmony comes from sometimes. One way to heal our disharmonic vibrational habits is to watch the tone of our speech, emotions, thoughts, actions, how gentle, *nurturing*, healing is it? For example, if you listen to this almost whispering clip of Maria (more clips here) or my immortality 'lullaby' like whispering, you will notice that they're very gentle, soothing. Whispering enhances telepathy as explained before. Youtube has a huge variety of whispering like ASMR (autonomous sensory meridian response) videos. Maria explains a little about self-triggering happiness methods, which are like recreating meditation bliss experiences or conscious breathing happy ecstatic joy experiences via memory, etc. We all sound much more angelic when we consciously try to infuse our almost whispering or whispering voice with gentle tender healing softness. It may appear as if these YouTubers have a special voice, but anyone can train themselves to speak like an angel, in a way that comforts and soothes and relaxes anyone listening, even if obviously some people have an easier time than others due to the brain areas related to speech tones control being

more developed. There may be youtube ASMR videos using soft whispering healing voices to convey God's Infinite Love for us, not just making people laugh and relax. ASMR can work mostly thru sound, the video part or visual being far less important, if even needed. But anyone can make one, since one doesn't need to see a brush or whatever, to realize that from another dimension or this one, we're enveloped by rays or waves of warm fuzzy love. ☺☺☺

There are also many soothing healing voice singers out there, one of the more well known ones is Enya. Enya has among the best soft tones of voice among popular singers; the tones we usually use condition us to engage in certain emotional and astral tonal patterns and even perceptional patterns. We have conditioned ourselves for millennia to usually talk, to sing, in a way that is very disharmonic, rough (ungentle) and rushed, compared to the far more harmonic, gentle, tender soft way of Enya (when singing) and others with a healing voice. The healing tone of the softest voices remind us of what is possible and gives hope, no matter what gentle soothing song she may sing, what lyrics may be. We unconsciously condition ourselves thru the tones that come off our souls thru our choices of speech tone, emotional tone, thought tone, etc. We rarely think deeply what astral tones our actions may cause in others, which in turn obviously affects us immediately, because the others may think of us and their energy state being out of harmonic vibes, it creates chaos in our tones too. So, it's interesting to see what happens when we try to speak in a more tender, gentle, loving way... Many saints have converted to a nobler way of life rough types with this type of tone. Today it's 1 million times easier to become a voice healer for the average person since we have prerecorded music on youtube to heal people in addition to our own voice tone to learn to modulate our tone. Here is a 3 hr lullaby with a sweet gentle voice, more gentle songs here; two of the telepathy and World Peace enhancing habits are whispering and eterni tone. Whispering brings more awareness of tone of speech, making it sweet soft *nurturing* healing graceful. If we would always use the tone of voice that mothers use when singing a lullaby, the world would experience World Peace 10^9 times faster. Even if we don't understand the language of a song, the brain can learn proper voice tone when speaking to other humans by listening to these types of songs where the tone is very soft. We imitate TV, radio, peers, music we listen to, movies. That's why World Peace is so hard to achieve, because almost everything around us has a lot of violence, tough unkind or disharmonious tone of speech, the movies, news, literature, songs, etc. ☺☺☺

It's pretty common for people to use a gentler tone of voice when they speak/whisper to their spouse (especially at the first dates in their encounters☺☺☺), using a tender very different tone than the tone they use when they talk to anyone else. It's almost like a spiritual exercise and in some ways a most exciting opportunity to practice gentle tender tone of speech. The advantage of this is that it brings more awareness to the speaker about what he or she's saying even, it is a great practice of mindfulness which will naturally steer the speaker's tone in talking to others

(not just the spouse or 1-year-old baby) in a gentler direction too and change the speaker and the spoken to also, enabling the spouse to use a gentle tone more often and then creating a feedback loop of gentle tender vibe reinforcing that is a good foundation for perfect harmony and happiness☺☺, which then radiates to the whole world when others subconsciously, without noticing our gentler way of speech become gentler due to unconscious imitation. A gentle tone of speech forces us to think more before speaking, to pause, to practice, to emit different astral or emotional tones. It's just really, *a simple way to build harmony and perfect understanding, empathy* and World Peace, since these things act as ripples that affect all humans.☺☺☺

7.7.1. 80+ examples (3 pages) of Eterni (defined in Chapter 8) Vocal and Melody Tone:

1). Create audio files in Your Own Voice to Improve Your Vocal and Melody Tone:

If all intone (in public at least, in classrooms, youtube, where we influence 1000 times more people) like the gentle audio clips of the next 3 pages, World Peace manifests perhaps in 3 months.☺ Perhaps the most World Peace creating lessons or habits to be taught in classrooms (meaning online videos in the future), or pre-kindergarten would be to speak in a soft tender tone that radiates God's (or future human trillion year old Immortals who travel back in time to reach us, or Universe's if atheist) Unconditional Infinite Eternal Forgiving Merciful Graceful Sweet Tender Love towards all humans, in a Conscious Intoning radiating Healing that accompanies the conscious breathing and gentle tone positive speaking. See the 37 sec clip (& 32 sec one) talking about this idea.☺☺☺ The next 3 pages got 80+ gentle (eterni tone of Ch. 8) vocal & instrumental music samples that are unlike the tone of 99.9% of CLERGY (see the worst tones pastor, rabbi, Buddhist monk, imam, Hindu preacher), TV-radio people. The tones below create a wholly different vibe than the banditry and yelling today of violent scriptures, of many fraudulent politicians, officials, pastors who loot Americans, become rich by fraud, yelling, manipulation, extortion as Jesus cult "clergy" (Jewish clergy pretending to be gentiles) got rich for 2 millennia of plunder, war and fraud, and then Muslim ones copying the Jewish methods (earliest Christians were Jews). Healing voices of whispering or soft speech, that allow maximum *gentle tender soft loving kindness* and *nurturing* peace to *envelop the listener,* like ASMR videos on youtube, which are best listened to with eyes closed while relaxed on the bed, *(also during your chores, shopping, if you get those wired ones with a* nice mp3 player (examples and converting youtube to mp3 here)*; wireless give headache, Alzheimer, brain cancer via 2.4 GHz bluetooth RF),* allow us to learn a better Vocal and Melody Tone, and unlearn teacher, peer, friend and parent "tonal unintentional" influenced imitation of the historical inertia☺☺☺: infinite ∞ *lifespan. Here are* examples of slightly Eterni in Vocal and Melody Tone clips with immortalist *lyrics*: physical immortality blessings, immortality bringing, gentle eterni tone, immortality whispering, tranquility & World Peace, angel of light, World Peace in 3 months,

other immortality clips, Maria 800+ videos (she may have the most ASMR clips, 1+ billion views, hopefully angelic people with such tones become government spokespersons *(using calming music in the background at the press Conference, to calm all after a stressful day, when turning on TV, to be refreshed, inspired, so parents imitate that tone, create a harmonious family environment, sort of like* this astral clip*, easy to make astral-like ones if you meditate, rest a few days, with echo, and a good mic)* in the future to help all nations trust our words of 'we want peace', to bring World Peace): listen with eyes closed to Her Honey Care, Gentle Facial Cleaning, Face reflexology, Dinner Ettiquete, Hair Care, Oil diffuser massage time, How researchers, schools/univs, families could talk, Nice kitchen tone of speech, Whisper about Pens, Tesla Electric Car, Other voices: Chloe Gentle Whisper Words, Chloe soft speech about plants. ☺☺☺

For peaceful homes, use a 0.5 W mp3 player (always plugged to recharge) or 0.8 W only CD/mp3 player with remote, TF, USB to play serene mp3s (see 50 examples below) *24-7 in the kitchen, bedrooms, baths at low volume*. World Peace starts at home, *music* changes *DNA*, sperm, eggs, emotions, *thoughts, speech,* actions. The 22$ amazing & beautiful ☺☺☺ 25g 4x9cm mp3 player is in the mp3 player section of the microwave chapter. *Speaker is better, since it transforms pets and all who spy on us via mics/cameras; it also, changes* the invisible*, since our bodies (vs ears only) are in different states, create different* subatomic vibrations *in our home.* ☺☺☺

2). Lower Blood Pressure, Heart Rate, Stress, Anxiety, for free, with eterni instrumental *music:*

2. waves 500 million views (500mv), serenity 223mv, piano 76mv, meditation 73mv, sleep 65mv, relaxation 51mv, alpha 45mv, sleep 43mv, heal echo 32mv, Soothing Aa 26mv, inner 17mv, tranquil 12mv, flute 12mv, deep tranquility Spiritual Reset 12mv, Astral Theta 4 Hz 10mv, heal 9mv, 40 Hz (dementia cure), clips via youtube searches 3. iasos free songs bandcamp/youtube, ...Amazing Serenity..., Angels, Purity 4. Halpern: 100 free☺ songs youtube, Serene, Radiance, Eyes, Choir, Theta, Peace, Healing 5. OBE, relax, study 6. delta 2mv 7. alpha 1mv, rest 4mv, 8. spirit 5mv, space 3mv, 9. Aeoliah search for Aeoliah: 100 free songs youtube, radiance, mercy, reiki, spheres, chakra, consecration, Love 4mv, ..We're 1: perhaps USA's most peaceful song..☺

The Big Pharma mafia wants to charge trillions to lower blood pressure, anxiety, hyperactivity, etc. Youtube offers it for *free*. It's free knowledge, it's low fat vegan diet, it's decent sleep.

3). Improve your health, fluid intelligence, gentle grace, with this soothing eterni vocal *music:*

10. gentle new age singers, Enya, Enya Silent Night, Aniron tone 39mv, 11. Heaven's Window 10mv choir, Sudha 4mv, Tvameva, Ra Ma 12. Gregorian 12mv, templar, nun 1mv, nun2 1mv 13. amazing 1 min female choir min 7 to 8, though all 15 min are gentle, (copy hyperlink in chrome, to create bookmark if you find a safe looper extension (google "who made this extension" and see, choose USA extensions with US names) that doesn't steal data on all sites, or convert

youtube to mp3 and trim the 73 sec to listen in car, phone: super gentle soprano – humans will speak like it 73 sec amazing (min 14 to 15)☺☺☺ 14. Susanna☺☺: Astral travel guided meditation 2mv, Compassion meditation, voice tender like ASMR 15. om mani padme hum 3mv meaning is here, Buddha 3mv "Om Muni Muni, Maha Muni, Shakyamuni (Buddha, sage of the shakya clan), Swaha" (Om=God/Amen☺, muni=sage, maha=great, swaha = amen/hail, sw (su)=good, aha=call, call the good/bless us), 16. heart sutra 3mv (meaning is here), 17. lullabies: Spanish, English, Hebrew, Arabic, Chinese, Norwegian, Finnish, Romanian, Japanese, Swedish, Hindi, Silent Night: 32 languages (more here). When we sing lullabies our tone is gentler. Lullabies are closest to eterni, since the Immortals (future humans) have a gentle unconditional love for humans (& fellow Immortals), we're like 1 day old babies vs them, so to live long, we need speak eterni, to extend that infinite God like *love* of the Immortalist Anthem 1st page☺☺☺, so infinite kindness radiates in every word, every thought, emotion verbalized/created/felt within 18. Sinead voice in Silent Night 1991 19. Maria's whisper 22mv 20. Norway whisper 17mv 21. Karunesh (free mp3s) first 3 min of Zen 5mv 22. Crystal, Dream, Inner, Silent 23. flute, flute2 4mv 24. Compassion, Essence, 25. peterkater.com

Below, 26-30, are 5 examples of good tones vs bad *(99% of music)*, since we learn via contrast:

26. Aniron tone 39mv *far gentler more tender than US politician, journalist, comedian* average tone or the horrific tone in 'Battle Hymn' USA song (lyrics) about "God's" imagined vengeful violent ways, vocal tone that unfortunately is common in military songs or anthems worldwide.

27. Peaceful spiritual Chinese song 1mv and soprano Chinese folk song, both *gentler more tender than Chinese politicians'* average *tone and* far gentler than this kid and others shouting *in the training camp. Check out* singing ceramic. There is also a nice song from Tibet, one of the only feminine nurturing ones I found in Tibetan Buddhism, 99.9% of which seem ultra macho masculine voice based. It was sung by Balok Tenzin Dorje near Lhasa, a guy who knows English, Chinese and Tibetan and who got a chance to see other cultures via youtube and how far ahead they're in *nurturing gentle* tender soft quality versus traditional macho Tibetan stuff. The nearly complete absence of eterni vibe (ultra *gentle tender soft healing* feminine graceful *nurturing* universal loving kindness) in Tibetan Buddhism, Jainism, most Hinduism, Judaism, Islam, most Christianity sucks. You can see that by watching their music and sermons.

28. Japanese voice gentler than most Japanese politicians average tone. ☺☺☺

29. "hymn of the cherubim" 10mv by USSR church choir & Russian lullaby vs next 4: ☺☺☺

29.1. Putin's & women tone on the worst Putin tone (Putin tone is way better usually) day, though the Russian theft of gold from Africans they claim to "protect against the 'evil' Americans'" is a clear sign of the anger and genocide for theft adoration (fuel war in Sudan, etc

to steal gold, anger at blacks for having gold while Russians don't, greed and envy typical of ultra low IQ chimps of the jungle not of evolved humans, gold advanced future Immortal humans don't need to live to a trillion, their bodies are made of several types of matter, their food is energy, etc) and "benevolence" of a Russian state who says one thing in public and does the opposite behind the scenes. This is odd, given the Putin use of a big dog on a foreign female country leader, in light of known killings of people by dogs. This shows a complete disrespect for the entire nation that official represents (Putin did this to other officials from Japan, etc). This is a little macho, and 100% in line with his macho videos of judo, naked horse riding, naked cold water immersion, etc. This makes you wonder if Putin approved this alleged torture of Ukrainians or if MI6 made up the "Putin is a pedophile claim" before staging a fake "poisoning, death of Litvinenko" (similar to 100s of claims online and youtube about alleged pedophile rings in the US Congress, White House, UK, including Bohemian Grove satanists where former presidents, vice presidents, senators, etc go). This is not surprising, given that Hollywood always pushes genocide of workers via wars, violence and sex outside of procreation by normalizing it via movies. Hence immortalists will change movies 100%, to remove all sex scenes, all war, all violence. Nevada is full of gambling, all legal, every state pushes lotteries, casinos, depravity, the criminals rule USA, EU, etc. The US revolution was fake: a few criminals fooled all. Why is Putin always showing himself naked and promoting the Bible with its mass rape? Torture by CIA is here. Check the alleged torture (special video editing or fake pics? Approved by Putin?) of the gunmen of the 3-22-2024 attack (KGB impersonated ISIS Muslims attacking a violent music venue with all deaths faked?) on a concert (false flag event?). If violent music was played there, they can simply not allow any bad music, allow only serene music, there is no need to terrorize all with such torture imagery. Search youtube on how easy it is to create "fake bruises in movies" of swollen face, red eye, all kinds of scary illusions. It's possibly a hidden call for the workers of the world to unite against aristocratic terror music created to turn all into mind controlled killers of fellow workers at the command of the rich.

29.2. TV host 1, TV host 2, host 3, (notice how loveless this tone is, typical of most news hosts globally, vs the physical immortality blessings or 1000s of spiritual youtubes), host 4: yelling at Brits for doing exactly what the Russians did too; how insincere, wasteful of human energy; this role playing, TV drama is damaging all humans☺☺; it incites Brits and Russians to fight, by a lady (Jew?) who may be neither Brit nor Russian. If criticizing war, torture, abuse, do it for *all groups*, and speak lovingly about World Peace in 3 months and 0 violent crime within 20 years all day. This type of 'hooligan like' talk, in such a Hitler tone, present on 80% of news stations globally, adding negative or aggressive emotions, needs be illegal, while the ideal would be eterni tone or eterni tone that soothes and calms everyone. We need Eternal Universal Peace in 3 months: that ought to be the main TV focus globally, not war, weapon delivery reports.☺☺☺ We *need discuss*

how to achieve World Peace *in 3 months*, for real, forget about everything else; the past is gone, nobody can change it and without forgiveness no peace can ever be achieved. Some hosts have a gentler vibe, a lot better than most, see this CBS host vs 'Russian agent' Marjorie who talks about Peace in one war only, not *Eternal* Universal *Peace:* ending of all wars. We need *immediate permanent peace*, to avoid the end of all humans in 10 seconds soon.

29.3. unforgiving yelling anger deifying (not Love deifying) 'Sacred War' tone and lyrics that are unGodly, anti-Immortality *for* All*: 'fight to the death',* no need of any death to achieve peace in 1 trillion ways*),* since God transforms all thru educational loving grace, it doesn't curse yell and hate like this "song" where they pretend to be anti-fascist to hide the fascist treatment of non-Russians, evident from history. For immortalists, there *is no noble* wrath*, as the song claims, all wrath is* evil. *We need to keep calm and find a nonviolent way to prevent* war*, etc.* Wrath wastes ATP better spent finding a solution fast. Compassionate *serene* loving kindness is noble. If mad at X, don't interact with X, find nonviolent ways to solve the issue, don't glorify violence like this.

29.4. typical military parade tone (Shoigu here), which, in all nations like 2020 USSR March, lacks the Immortality *for* All vibe of *gentle tender soft healing* graceful *nurturing* universal loving kindness, damages the human quantum field, being anti-immortalist military vibe.☺☺☺

30. South Korean language teacher whose voice (hear her even *softer* tone in dry eye healing & her *gentle* kind whisper) is ☺☺☺far gentler☺☺☺ than *most* Korean *politicians' average tone, especially* 1. North Korea TV same Korean language & ethnicity 2. TV again 3. soldier 4. Kim 5. his sister 6. South Korea US style pop "gangnam" shouting, or "feminine grace" Venom.

Imagine if kids would listen to prerecorded language *and other classes from the 20 most* eterni tone *healing voices of that subject,* like the best of this Korean teacher, instead of the angry or negative emotion (tiredness, etc) tone of their physical teachers (today we only really need classes for experimental classes, hands on learning, all else can be done online with teacher speaking 10-20 times less, but way better), *being able to just go to final exam and doing it all at home without getting pollutted by negative stuff they go thru – the future would be so much better, as we create* a new world of harmony, instead of repeating the past. If all politicians and TV/radio speakers would intone like these gentle singers or Enya (her gentlest songs), or like the first 3 min cathedral music ☺☺☺ or 2 min starting here, the *world would be so* different*, a place of* healing, peace. Immortality capitalism with centralized tone education, brings Eternal Universal Peace in 3 months and 0 violent crime, 0 jails in 50 years, 0 theft, etc in 100 years, etc.

PEACEFUL MUSIC IS KEY TO LONGEVITY & pets are calmed by eterni music too:

At least play peaceful *tunes on earphones;* this prevents rushing (spies send ideas via tech to the brain, we think it's our thought, we *rush, bump into objects, trip down the stairs, etc*); *speaker*

music is better as it transforms pets & the cruel uneducated or psychopathic insane type of spies who spy on all via mics and cameras, terrorize the planet, they need peace too to evolve their soul. Listening to peaceful music helps World Peace manifest, helps you survive in a world of conflict. They're restless, since they use restless junk lyric music to lower in IQ, enslave, loot all. In confusion, chaos, restlessness, we're distracted, easy to manipulate, loot, enslave, destroy. WW1 & 2 created chaos, out of which a new order emerged: Zionist USA at the top. Same idea. Create future artificial conflicts like USSR borders, (place huge minorities or resources within neighbors via new border, to start wars over water, etc if USSR falls) then send peacemakers or military bases to protect against 'threats'. That's why TV, radio have unetern i tone, violence 24-7: it enhances parasitism. Everyone fights someone, not seeing they're all vampirized by the rich. Why not everyone reach Immortality? Why not Immortality *for* All? US has been taken over by a military dictatorship who brainwashes all that world Peace in 3 months is impossible and not worth even talking about or striving for, since well before 1913. In the ghetto of Washington DC, where very high crime exists in most areas next to the White House, the biggest building by a wide margin is not Immortality *for* All Health center, but the Killing of All Temple of Satan: The Pentagon, a World Terrorism Center. It's from this demonic Temple that all evil of Hollywood military Elites and the music, movies industries (see 1st 7 movies) emerge. From the military headquarters of major powers, the aristocrats terrorize 200 nations and most slaves within the military itself. All actors, musicians, celebrities are chained dogs of the military. Sadly, this is true in other nations too, the military is in charge of everything, and the goal is not World Peace in 3 months. It sums up all that US attack dog of the UK has stood for 250 years. If everyone had angel tone and immortalism values, there would be no *crime, reason to spy on all, enslave all.* World Peace in 3 months *only lasts if all are very* peaceful *and listen to such tones, music always.*

It is human to quickly forget about wars, when they end and resume the same patterns of 'depraved' music (rap, heavy metal etc with crime instigating lyrics) or ultra restless, violent (under the cover of patriotism or violent 'scripture'), full of negative emotion, artillery rounds rhythm and low IQ lyrics that lead later to new wars; music is a reflection of the average emotion and acceptable social behavior and speaks volumes about the ethics or complete lack of ethics in a civilization; this is due to the historical inertia, autistic lack of empathy for others maimed (or left homeless, etc, without kids, spouse, etc) by war, and the inability of humans, at present stage of evolution, to realize that when one human is tortured or dies in a war, all humanity is living shorter, due to the quantum entanglement of all with those wounded, tortured or killed. 1 killed means 100 killed later long-term via shorter lifespan, yet few care about the fact listening to aggressive music creates further imbalance in the emotions of humanity and is (or may be) as 'sinful' as complicity to murder, since it kills subtly by polluting everyone around with the tone of speech that comes from listening to restless music void of the

eterni *healing* *nurturing* gentle *grace*☺, music which is as destructive as torturing others (which itself leads to a bad tone in their speech and drags humanity into an ever deeper hell).☺☺ To be the *light* of the world is to listen and create the most peaceful music in all genres, with the holiest lyrics, to be the saints who always sing about World Peace in 3 months, then once achieved, about happy | Immortality *for* All |, infinite gentleness for all (0 violent crime, 0 jails), about Eternal Universal Peace in all stars/universes we expand to so that we maintain our Peace *forever*, about peace on Earth, the world of Immortality *for* All, no more violence, to create that peaceful vibe that *all nations* mirror back, instead of the threat and intimidation vibe; odd how Americans get so angry some nation is fighting them, but are Americans always radiating out the peace, is peaceful☺☺☺ new age or *meditative* music like above played at elections, rallies, on TV, radio? Are peace wishes, prayers, discussions the main thing on TV, do we really value life for all, nonkilling for all, above all else, have we banned all violent theme Halloween decorations, plastic body parts, etc? Is 1 single life above everything so as to discusss World Peace in 3 months by all means and how to get there, are we worshipping the God of bloodshed, mighty weapons or of Peace, Healing and Grace, or are we hoping bombing all (who get a little irritated by our not so gentle healing nurturing kind demands) will bring lasting peace when it never does? It's funny, every country does the same thing like USA and *they point fingers at others, start wars, but they all create such incredibly bad and unpeaceful and* un | Immortality *for* All |☺☺☺ type of music, rhythm and lyrics and that really ruins the whole planet as it brings war. It's like a mad place, where no country realizes they're the problem too. Some country has to say: bring some tranquility perhaps, a way nicer tone, rhythm and lyric content, 20 times more *healing* *nurturing* *gentle* *tender* *soft*. ☺☺☺ Few realize how *much* worse bad *music* is than *thermonuclear* weapons *themselves*, as they do damage for millennia due to inertia effects and people imitating music emotion, aggressiveness effortlessly, since 'it's a popular style'.

In 2020s, almost 8 decades since first nuke use, our music and TV-radio tone etc are so far from the eterni gentle tender healing peaceful vibe needed to prevent and balance out the energies of historical inertia, that there is no surprise Peace doesn't exist, war is eternal on Earth. Since *1945* nuke use, warfare was waged on a small or big scale somewhere, with no real change in the music lyrics (towards peace, civility, Immortality *for* All, *gentleness*, tenderness, *kindness*, qualities of immortals development, nonkilling, nontorture, etc) or music verbal tone or rhythm. If we had a truly universal compassion so many talk about, we would do everything possible to end all wars and violence, to remove violence from scriptures, from music lyrics, *rhythm*, emotional and verbal tone. At least, we can hope that more people listen to more peaceful free youtube music (convert it to mp3 as previous paragraph explains) and turn off the radio TV, finding more uplifting youtube voices to listen to (a few examples given above), instead of the "war creating" tones on mainstream (old centuries of bloodshed) media. If we do that selection

of tones, we will help our species avoid its 10 second end and, individually, get a better grade for this life, if we have a soul. The RDA for some minerals and vitamins has a very narrow range and if you're 100 lb you need less than if you're 300 lb; so, using the wrong amount due to the general vague weight independent RDA, can lead to shorter lifespan; likewise, in those with certain conditions, like lack of absorbtion, they eat way above RDA for some nutrients, to stay alive, but if healthy people were to do that, they would die sooner. So, the amount of a 'nutrient' is highly dependent on the state of the organism. The human collective organism is so overdosed, way above RDA, with restless violent energy/music, lacking in *gentleness*, kindness, tenderness, *nurturing* grace that, in this context, more of it would shorten our collective lifespan average and would be akin to an MD giving someone way above UL (upper limit) for a vitamin when not needed or giving cyanide to someone who can't detoxify it. Some are so self-absorbed, self-confident, they have no idea how far their tone changes after listening to average music by innate unconscious imitation - they acquire the same junk tone. We need to address the species threatening (life threatening) *deficiency* in the vitamins of "soft *grace*", gentleness, tenderness, sweetness, "Immortality *for* All (not just war planner sitting in office)".

Even music without bad lyrics, just country music, Eurovision 2021 winner or religious upbeat 'Christian rock' or whatever, further exacerbates the *deficiency* and leads to more *wars*, is *sinful* and against the very religious principles they sing about in an aggressive way void of *grace*. Most Eurovision winners are violent songs by immortalist standards, which aligns perfectly with the fact most Nazi officers became free after WW2, so the Hitler energy continued in a disguised form as an impulsive low IQ primitive reaction to the demonic Bible energy of genocide, etc. Nazis never realized one can't extinguish fire with gasoline, the infernal Bible evil with more of the same, since the cycle of genocide never ends, everyone copies those doing genocide, etc. Did you hear Germany require all music, media to talk about World Peace in 3 months? No, Hitler was against peace, he was for war and jailed those who didn't want to fight to conquer Europe by force. Check the waste of resources to do Eurovision songs like these, the bad tone, while others live in jail like conditions called crowded, moldy, stinky condos. Instead of songs about single family homes for all that would give all the best sleep and least crime, they're just making all a brute. Check out UK 2024 Eurovision, love is all about "kisses", (an unintended sarcasm about MI6 weapons to destroy brains of people), that encourage LGBT for fast depopulation. Winner of 2025 Eurovision is a "very beautiful soprano voice" guy JJ (who claims he has a boyfriend, so perhaps gay now on paper, hence promoted to win, to make all Filipinos and Germans gay, since he's half Filipino, half German), but the lyrics and emotion of the song are not good, they focus on negative feelings, and program people to believe love is a waste by the very title Love Wasted, when it is not wasteful to love others or be kind to them, but helping usher Eternal Universal Peace, since we're all one human quantum information field. This guy

would benefit humanity if he had kids with the most soprano voice girl he can find, to create the most angelic voice kid for the Immortalist Anthem like song or the InterUniversal Peace poem, to fire up the planet (with the most eterni tone) all the Immortalist Youth. Sadly, this guy's voice for the first 25 seconds of the song (which are not negative, like the rest of the song, and 20 seconds which could become way more eterni with eyes closed, without a distracting Eurovision audience, and while sitting and focusing on *gentle tender soft healing nurturing graceful* loving kindness) is 5 times more beautiful in its gentleness than 99% English female recordings of USA (not talking about gentle spiritual songs in Latin in a church). You listen to most US female singers, and you sense a lack of love, a contract fake song with a gun to the head by the CIA... sick. Listen to 2025 Eurovision winner who sings better than most US female singers. It shows the state of total depravity that has become the USA, where every female is turned into male, where often, the most violent macho hooligan voice, lyrics and energy becomes the celebrity, where every trace of feminine energy in females is exterminated to BOMB all. We're not even talking about guys, because USA guys when singing sound 90 times worse than US females, way more loveless, as if CIA tortured them for 50 years. The female is the more naturally nurturing immortalist tone gender, but the male brain is bigger and can focus deeper (females are better at multitasking, guys can excel in one field and be the best of any female), so when a soprano male trains oneself into eterni soprano tone for years, the male can produce an even more eterni tone than a female by imitating the best female and producing the most transforming brainwave, that activates the *gentle tender soft healing nurturing graceful* loving kindness centers of the brain, that is mathematically emotionally more coherent and far more transformative for males especially, as if shifts the sick insane human primate brain, sick in his violence, into that of civilized Immortals who have 0 violence. It's good for guys to learn to be more nurturing, so we don't disappear in 10 seconds as a species soon. Perhaps youtube/@immortalia would help USA guys create decent lyrics and music. The state of USA pathological violence is clear: guys are more feminine and can sing much more loving tones in Europe than girls in USA. Eurovision seems to promote de*population* via gay stuff, or trying to make a statement: Europe is 10 times more loving than USA. EU homicide rate is 5 times lower than USA for example, while in Italy, Norway, etc it is 10 times lower. You can see all 2024 Eurovision songs here. Passivity, silence in lyrics about ‖ Immortality *for* All ‖, end of wars, is complicity to genocide; to not care is to approve of genocide going on daily on Earth. Thus, to avoid sin, you would think the religious would fortify their worship music, worldly music with *grace* vitamins. ☺☺☺ It's hypocritical for a pastor to argue that 'in a context genocidal quotes are OK', but when it comes with the context of a sick and totally unbalanced humanity waging war on itself forever, it's not OK to say that it is sinful to listen to music that further moves us from peace, gentleness, that further unbalances the collective emotion of humanity towards aggression? In the context of the extreme cruelty on Earth, listening to anything but the most

peaceful 1% of music is sin, even if religious. ☺☺☺

For eons, leaders were peer pressured to raise voice when talking to big audiences due to lack of mics and today due to lack of echo and using a more powerful mic to diminish need of so much yelling, to use rhethoric to stir emotions to extremes, project a sense of confidence, enthusiasm, energy, temporary joy (highly emotional outbursts of joy or anger, instead of the gentle tender joy and highly subdued sadness/anger that knows any success is but a tiny progress towards lasting joy of 900 year lifespans). Imagine if we used this type of peaceful soft music in the background, and we would be more melodious like in the World Peace in 3 months minute, it would create a different vibe and the world will be like WOW, a New United States, every governor, senator, rep, White House official, talking like a teleporting shimmering shapeshifting physical Immortal from an Alien Dimension or World, caressing the weary soul of every global citizen with the *healing* tone of *gentle tender soft* loving kindness, leading the World towards the Light, the Love, the Bliss of || Immortality *for* All ||, ushering the Wondrous World of Eternia. *Truest confidence doesn't stem from a louder voice, it's coming from the tender nurturing gentleness that prevents conflict and directs human efforts to the lasting joy of emotional* tranquility *(fewer extremes), multi-century* happiness *instead of war and shortening others' lifespan covertly.* Gentler tone brings the serenely expressed (aware of the long road ahead, so enthusiasm is tempered) enthusiasm of a kind world where any covert intent to shorten anyone's lifespan doesn't exist, where *all nations* help each other to triple lifespan. Tao Te Ching says "the sage avoids extremes (of emotion by proper eterni tone)" and "the gentle and flexible (tone) outlives the aggressive and rigid", so how gentle healing musical nurturing is our speech? For people we see on TV to change tone, everyone needs to change their tone, because the media and politicians have the average tones of humanity; then as those on TV-radio change tone, listeners change their tone more, a positive feedback loop is established where the people and the TV folks inspire better pre-verbal thought tone, pre-emotion thought tone, vocal tones in each other, and the world becomes a Paradise of Immortals. Vocal tones are higher octaves of *inner tones*. What if parents, teachers, policemen before talking to someone who made a mistake or even during normal speech, use an amplifier and a microphone to enhance gentleness and perhaps sometimes even during talking with gentlest healing music in the background, or politicians at parades, visits, oaths, play this type of music for a few seconds or at ultra low volume during the entire speech, to calm all beings and bring them the Eternal Bliss of the Infinitely Loving Tranquil Immortals, to communicate the wellbeing wish for all beings, the deescalatory intent tone, to remind self and the audience the proper tone of intent, emotion, speech, transport the audience into the realm of grace and infinite happiness of the Immortals?

Many wish religious melody and tone played at services was *always* more like this gentler music that brings out the gentlest tender healing *nurturing* kindest behavior of the Eternally Shining

Ever Patient☺☺☺ Infinitely Tender, Limitlessly Gentle and Loving Immortals who live so long, they know no anxiety. Which voices make you more comfortable, less threatened and calm you more, bring more World Peace and global healing, *the usual TV or politicians voices* or these gentler voices? *Why can't kindergartens, schools, colleges* (politics, journalism degrees, public speaking) teach it? Listen to the 7th minute of this clip to get a better idea of what I refer to. People get a license to drive a car, but no license/education to drive (we imitate TV tones we hear) the destiny of humanity's emotional life via their tones on TV-radio, it makes no sense to get no license for media speaking, since when millions hear it, the net effect on global average lifespan is far greater, as all *gentleness* and tenderness, healing or lack of it are encoded in the vocal tone and the public imitates that. When speaking fast, people can't have perfect *gentle tender soft* tone, but why speak fast? Why can't the government front people, spokespersons have the most healing voices they ever have (like speak in public gentler, kinder, better than 99% of private life, since it affects millions of people and has enormous karmic effects for human destiny), reduce what they say 2-3 times, to make speech 2-3 times slower and *more healing and musical*? *Gentle singers (or slow speaking nuns/monks) when they have gentle healing tones are very rested, often close their eyes to place their whole brain at work in emanating the most healing tones by shutting down video processing and going into audio 100%, and practice a lot, so we would need public speakers to speak less, meditate, rest before speaking, so they can make the* much higher whole brain thinking effort to refine the tones dramatically to heal all, which takes tremendous mental energy, so much, that they would only be able to speak a 5th or 10th of what they normally do in public. Why not take the 10% most important content of a speech and say it in best tone in a third of the time, at 3 times slower speed? Why not take some inspiration from the gentlest lullabies in one's language? Some lullabies (and spiritual songs) are usually closest to eterni speech due to tender soft emotions and energies moms transmit when singing it. It's not what we say, or how fast, *but our emotion and intent*, evident in tone, that is most important in public speaking, since public speaking is not an emergency where someone needs a code fast to prevent some malfunction in some equipment. Most emotional (behavioral) life patterns of humans are learned from the vocal tones of the people around them. Likewise, parents could play on their phone, tablet, pc, 20-90 *prerecorded lullaby* Immortality *themes songs* (like those I made with my phone microphone, an Android mp3 recorder app and tablet as background music source), so the best tone they had in 30 years (or use the gentlest stuff from youtube, or 50 asmr whispers excerpts to calm babies when dad or mom is tired and tempted to speak in a barely noticeable "negative emotion" tone) is *repeated over and over and the baby brain architecture is built on the healthiest most healing emotional patterns learned from parental voice*, not the "cruel/mean" historical inertia encoded in our tired voices that unbeknown to us carry the negativity/short life programming of eons.

Gently avoid eating any polyphenol rich foods last (like blueberries, etc) or anything more throat corrosive like onion, ginger, pineapple, etc, always make smoothies for any vitamins, supplements with lignans or olive polyphenols, etc so it doesn't attack your throat and affect voice quality. Babies and young kids imitate, and learn behavior not from "do this and that" yelling commands, but the REAL TEACHER, the parental☺☺☺ (hopefully gentle healing tender prerecorded often, to avoid contaminating the precious new chance to live to 200 with the stress of eons) and early teachers (nursery, kindergarten, school) voice patterns. Tech (rockets) enabled us in 100 years to move matter 8,000 times faster than 20 mph running, tech (youtube recordings in every discipline in eterni tone replacing most teacher, pastor, politician talkand even some parent talk) can enable us in 100 years to become 8,000 times kinder and more peaceful (no more war), so we can focus on longevity instead of killing each other. *Current average speech is like those diesel buses that stink and produce tons of CO_2, eterni is like 0 CO_2 emission electric: no pollution of others with negative or aggressive emotions, intents*. Future people will be amazed that in our age humans spoke the way we do, just as we're amazed people used chariots, papyrus, stone inscriptions, before email, etc. While we can't replace all journalists TV-radio music speakers instantly with those trained to speak nicely, we can create the best AI version of their voice, with measured MRI emotions of positive nature being highest (30x above normal speech), after a 4 week vacation, and use that to replace original sound of any news video, by AI saying the same thing in the ideal tone no person can emulate after a stressful day or even normal day due to super-human effort needed, vs after the nicest vacation in their life. Why are we so incredibly ultra low IQ as a species to commit 'subtle genocide' on humanity thru the negative emotion unfiltered via media poisoning the brains of all humans and creating endless conflict and short lifespan? We got tech, why not use it to enhance lifespan in all ways, not just taking vitamins? *We spend years to train to do certain jobs, weeks to learn driving so we don't kill anyone, etc, but 0 minutes to learn to intone and filter out those tones, emotions, intents that shorten lifespan of our species; people forget 99% of content of any video will be irrelevant (except inspiring timeless ethical stuff or immortality blessings, etc) eons or even 300 years from now, as tech and history and concerns change; the only thing that will have any influence in that future a lot is the tone, and that tone can contribute to peace or a star war that kills 5 trillion humans; if we divide that by how many people today, if that occurs, our tone today is killing so many in the future, yet we don't pay any attention to it, we have endless 'how tos' and rules about this and that, none about tone; science videos need eterni tone too to speed scientific innovation, hypothesis thinking due to no wars and no negativity, because tone effects go for eons*; tone of speech (which is of emoting, thinking etc) is so critical to the survival of an eterni civilization's ethics, progress, culture, it would need *apply AI filters to* remove *negativity in foreign media content to translate content into* the eterni tone; *we're so rushed to share content,* but tone could be 1 billion times more important than content, for the future, it will be

as relevant then as it is now, content not so much, *unless* an eternal wish. See more on why using younger voices helps, in the soprano section.

Every baby and kid is like a super-sensitive analytical instrument, sitting in a clean room, trying to analyze "what's keeping humanity from living to 150 soon", instrument which has to be kept free from the "dust" of our "tired and mean voices", *handled with immense care*☺☺☺ *and vocal restraint the parents never had ever in their life, a baby* with twice the neurons adults have, with 1 million times the power to double human lifespan of any adult if all things go right. A very sensitive GCMSMS equipment is rendered useless very fast if high contamination levels of samples are run on it, just like gasoline engines can be ruined or possibly damaged by running diesel on them. Young people are like brand new instruments, capacity to reach low detection limits exists if proper care is taken first years of life. To maintain the extremely low detection limits of an instrument, we run transparent (that appears cleaner, just like transparent people appear less fake or evil) water, etc samples or diluted samples on it, while the really dirty samples on an older rough instrument that we use for screening samples that are obviously dirty. Likewise, to maintain the ability to *discern good from evil at very low levels* of evil disguised as good, but fake good, the human brain needs to be calibrated towards a lower detection level of evil (or a " higher good, lower evil") baseline in order to tell upset people from happy people, liars from really honest people later on in life, to discern really bad emotional states from those faking hard they're happy, etc – things that are useful in *developing a better empathy and bringing a world of peace;* this aids the future adult to also perceive better patterns in one's own voice that indicate they became very contaminated by the "historical inertia influenced" people around them and they need to do preventive maintenance on their "instrument" to clean it up and return to the ultra low detection limit, that is now achievable only by deep clean that removes the much "higher evil" background noise, the raised "noisy" baseline (familiar to those looking at spectra) from 2 ppm to perhaps 7 ppb. A car well maintained lasts 35 years (not just 5), a brain well fed healing tones early on (*when acoustic and chemical nutrition has strongest impact on life expectancy*) will last in top shape far longer too. A baby contaminated with negative emotions, especially from a mom who has morning sickness and starts talking instead of whispering mostly (talk with eyes closed to reach higher eterni tone levels, and softly, *ultra rarely* in "normal loudness" if not a very very good day) or using recordings, can't develop the best DNA and brain, because stress signals in the voice (common in all parents daily, especially when tired at the end of the day, unaware just how richly brainwashing their voice is in that "I am stressed tired, want to sleep", hence not using the ultra relaxed happy rested healing prerecordings this era offers) trigger stress in his system and instead of brain building he's anxious and releasing fight and flight stuff, getting lower IQ, feeling crapy and tired too, whether in the womb or born.

Parents (*dad tone is very important, as mom imitates those around her, and baby hears dad too, even if mom is heard louder*) and teachers have a choice: recreate the past millions of years (of cruelty, short lives) or create something much healthier, nicer, shimmering beautiful. We can walk at 4 miles an hour or use tech to travel at 17,000 mph with rockets. That's why moms and dads are giving 10-30 years of extra lifespan to their baby and a few to themselves too when they prerecord lullabies and calming things that they use to calm self and future baby, *well* before pregnancy happens – so one can use that and know that voice teaches wrong stuff when spoken in bad moods. Healing human voice☺☺☺ is therapeutic for the baby, he needs is desperately when mom feels bad, since he feels a little of her "morning sickness" too, so without preparation, neural disaster is certain. Can you imagine someone operating a nuclear power plant without intensive training and preparation? The human baby brain is more complex and more advanced than most advanced gadgets, ships, planes and plants that take longest training to operate, yet people go at it with 0 preparation, moving inertially like mindless robots repeating history. Each day the brain grows and all days of a lot of bad speech will be wasted, as the negativity was too high (parents talked without prerecordings, all parents get tired each day, that's when prerecordings are key), baby learns its basic neural patterns from that tone and then the neural basis of the kid is no longer healing and positive that much, but more anxiety-fear-paranoia-stress-cruelty-meanness prone. When people prepare for being a doctor, soldier, etc, power plant technocian, they simulate the thing entirely, they don't just "imagine they will speak gently or do the right thing". *No, they prepare and go thru months long exercises, and yet today, with tech no parents had for eons, **nobody prepares like they could, to give the baby, what nobody had in the entire history of man** – a chance to live longer*, just from the much more optimistic healing vibes of the voices heard around baby, well insulated from the voices of those not trained to speak in an eterni way, just as we well insulate the baby when small from many things, from certain foods, vitamins even, from vaccines, which are not all given at once, but over 4 years. Babies got fragile brains that grow 80 times in the womb and 2 times when outside in the first year, brains who can't handle without damage to their emotional healing immune systems the normal voices full of negativity and short-life programming and patterns of those around. Skeptics will say, hey, are you saying the brain of a 3 month preegnant mom hears, when ears are not even developed much?

Maybe he doesn't hear well before age 2-3 months in the womb or whatever (they do hear well age 4-5 months, *his brain is* very able to sense mother's *emotions* and *cues* about the environment *that she* unconsciously engages in when speaking in "normal tired tone" *even without he having ears fully developed*), but when mom engages in old patterns, she's more likely to reinforce her stress brain hormone secretions (instead of playing calming lullaby that calms her and diminishes her stress too) associated with tired tone of speech she repeats

without thinking. Each tone has a neural secretion component associated with it, so when moms uses prerecording of high quality instead of speaking, she floods self AND her BABY whom she massages on her tummy, with gentle healthier vibes and chemicals (memory of those states trigger healthier chemical brain secretions and placenta secretions). Babies can't handle vaccines, rough cruel mean or tired voices of less aware parents, kindergarten teachers, etc are like vaccinating kids 50 times at age 3 weeks (they would die), are wiping their chance to live like an Immortal of 500 year old totally. We don't realize that sound is not just our voices, but forms the very foundation of that brain and it's ability to know "evil" from good, lifespan enhancing brain patterns and lifespan shortening catecholamines. Insulated for first years from "normal" voices, as we insulate babies from a lot of stuff, at age 5 for example, they hear the "normal speech of others" and realize what "evil" or "lack of information" or "proper upbringing" of "lifespan extending tones education" is; at 5 is when they're stronger, brain is formed and more able to deal with/discern "evil without becoming evil itself (babies, kids are sponges who imitate everything around and become that, without much discernment)", as babies with more mature immune systems are given stronger vaccines. Likewise, teachers, pastors, public speakers, people in jobs where they talk to *others (especially to young people who still form their tones and emotional patterns)* a lot, can play lessons they record in their best tones of the year, and then talk only a little in the class or to the audience, since they would become totally exhausted if they were to make same mental effort in every class in the most resplendent speech they (or anyone on youtube) ever recorded, since our brains are not used to multi tasking at our evolutionary stage now (just like humans have neocortex and other structures not all animals have), to think fast and also modulate tone to radiate *gentle tender soft* loving kindness vibes☺☺☺ and well being to all listeners at once, different brain regions involved.

These recordings need not be of the teacher themselves always, if some other youtube teacher has a really uplifting eterni voice and presents some math or physics (that nobody on youtbe made in eterni tone), having practiced months to reach that recording of a math lesson in a tone that brings World Peace and a Civilization of Immortals with 900+ year lifespans (of perfect health) a hundred times faster. So many big churches/cathedrals in quiet areas, auditoriums, buildings with gigantic rooms for video projectors or 3D holograms, gigantic lecture halls (that are very sound proof and cathedral like) could be used to record science lectures with much higher visual richness to help students like it and pay attention (instead of texting or thinking offtopic), so teachers and college professors don't use so much time to repeat same thing year after year, in ever less eterni tone (due to aging brain being less capable). Instead of wasting cognitive energy with repetition, the teacher awakens higher brain functions in himself and makes the schools the most beautiful places of healing on Earth, with speech tones and meditations 20 times nicer than of many clergy of religions (we got tech pastors don't use as

they sometimes make fun of the science of living to 1 billion or even 900 years old, when in fact, to really understand God or spirituality, you would need at least thinking about it deeply for a few millions of years and research it, 80 years is not enough, 500 would be nicer and lead to a more precise truer spirituality. Living to 900 gives more time to the worst to become angelic, as explained in the "Immortality *for* All" section), the schools having the nicest visuals on Earth (far exceeding violent video games, so people love learning to triple lifespan more than anything else), 900 times nicer and more meditative than Disneyland, making every student fall in love with the Knowledge of Immortality. While the gigantic projector on the white wall or TV explains everything in amazing & beautiful ☺☺☺ voice, the teacher can stop it every few minutes and speak 10-20 times less/hour, but in 10-20 times higher quality, personalizing the class with the inner growth in tone/content and "Immortality Building Playgrounds" innovation project ideas they found by practicing conscious breathing, meditation (while students listened to the recording) and deeply thinking about tech advances since year of the recording. This creates a huge difference, as students, for the first time in their lives, are spoken to in a eterni way for 1 hour, and they start imitating it, transforming the world. This is very important to practice on a bad day (if not 90% of teaching days when prerecorded material can be used) when they feel negative emotions which unfortunately can't be 100% hidden no matter how hard one tries, "honey, my kid, dear audience or students, I made/found this recording, I can't speak today much as I try to heal my tone, perhaps you can listen to it, this teacher/pastor talks about our topic today, but his/her voice is 90 times better than mine today, so I prefer you listen to this instead of me talking about it, as ideas are similar and tone is 80 times more important than the idea usually, especially when talking about moral, behavior, ethical or spiritual topics" would be a lot better than speaking to a large audience or even family in a bad or average tone. People follow our actions more than words, and our vocal tone more than faked actions. ☺☺☺

7.8. MUSIC, Violent Movies and The Violent Behavior they create

Black activist explains violent music causes fatal shootings. The thuggish American music, engineered to enslave the workers, to break carotid arteries, cause strokes, deaths and brain damage for fast enslavement, like this rap from Chicago that Australian police deems a global threat, is perfectly reflected in the housing disparities. It's sad governments allow and create perhaps via mind control, for social engineering, so many bad bands (weed, drug pushing lyrics), singers (pure murder/drugs rap lyrics, some with double meaning (billionaire singer got all Hollywood awards in order to segregate blacks, create unique culture to set one part of working class against the others, for aristocrats to make trillions by theft: lyrics in Formation, etc can be interpreted (by low IQ blacks who often murder whites just because they're white, showing that "white lives don't matter for Beyonce" just as many cop or black lives don't matter for 500 artists with attacking police or general black on black violence in black areas listening to the junk

lyrics: profit over humanity) as incitation to murder (word "slay" many times) whites ("albino alligators") which, like the Freedom lyrics programming blacks to negative emotion and ideas "tears, bitter, blind, burn into flames, rot in hell, riot thru your borders, death is around the corner" like dozens of other rap songs that reinforce slavery memes (Freedom is about oppression, but Hollywood giving awards ignores the other 300 songs by black "artists" that call for violence and lust instead of compassion, the evil movies depicting lust and violence made by Jews/Brits/etc, or lyrics that incite blacks to violence against blacks or cops and thus create the "police brutality" Beyonce sings about, create crime waves and a separate segregated culture that creates jailed people, as per KKK British Superiority and Jewish destruction of whites/blacks by rap music ideals, rap trash, pop trash, etc, all to create a sewer culture of worker slaves (of any race) drowned in their filthy cities segragated from the aristocratic enslaves to further justify inEquality and fight Equality at every step, with every song indirectly). Nations of the world, beware, you're next to be "culturalized/terrorized" with holy CIA tones and teeth like these, and flesh damaged by drugs) in so many nations (not just USA, but dozens of nations), e.g. UK Black Sabbath, UK Zeppelin, or violent music videos and tone, like 1, 2, 3, or 4. They torture the hell out of musicians and singers, sleep deprive them, sometimes drug them, and then have them compose something which will damage the brains of millions of fans, for maximum enslavement: the lower in IQ the people, the easier to use them as cannon fodder and subjugate them. Decent lyrics are not legal. Music really gentle tender nurturing (instrumental or vocal) and non religious, but spiritual or scientific is not there, it doesn't serve the military needs of max brainwashing and religious indoctrination, so it's not going to be played in grocery stores, TV-radio, etc – only the more mundane restless stuff. In each nation, all music is a military approved business. "Satan rules the world", human sacrifice simulations seem the Hobby of demonic voice Republicans, as the Bible says, the reign of terror and violence rules unabated, no feminine energy allowed, *shouting is called music*, truly gentle tones ultra rare. Protocols of the Zion Elders in full swing, see alleged songwriter (songs that destroy the entire humanity, not just the listener) influence, Bible Odes to human Sacrifice, Rape, Genocide. For 50 more examples of bad music, please go here. Violent video games stimulate aggression ► PB 2010;136(2):179-81. "*Listening to rap music was significantly and positively associated with alcohol use, problematic alcohol use, illicit drug use, and aggressive behaviors* when all other variables were controlled. Alcohol and illicit drug use were positively associated with listening to musical genres of techno and reggae" as shown at ► JSA 2006;67(3):373-81 ► a "study of music popular among adolescents from 1996-1997 revealed that nearly half (47%) of all rap/hip-hop (hereafter referred to as rap) songs mentioned alcohol... other genres of music were much less likely to mention alcohol in the lyrics (country-western [13%], hot-100/top-40 [12%], alternative rock [10%], and heavy metal [4%]). Moreover, nearly two thirds of the rap songs mentioned illicit drugs as compared to approximately a tenth of the songs from the other genres... references to

alcohol in rap song lyrics increased five times (8% → 44%) from 1979 to 1997. Of songs that mentioned alcohol, the positive attitude toward alcohol expressed in lyrics increased from 43% in 1970-1989 to 73% in 1994-1997.. twice as much violence and criminal activity was depicted in rap and rock music videos as compared to country, adult contemporary and rhythm-and-blues music videos. Empirical studies suggest that alcohol and illicit drug use among youth may be associated with listening to popular music such as hard rock, heavy metal, rap, and techno". Music can cause traffic accidents if restless or amping up raw emotion, instead of tranquil observing of what's going on around us. So, in order to prevent road issues, the eterni government bans cars from playing music that is too restless. James Brett, who wrote some of the most evil lyrics on Earth (google every name) almost for endless "artists", died in a plane crash together with the wife and daughter who supported his demonic career that destroyed millions of people. The garbage "Jesus take the wheel" # 1 hit song programs the masses for 50000 car crashes a year: expect it, sing it and do it; pure genocide, like "hungover" (normalize deify alcohol use, singer is guilty of genocide too) see alcohol section, title (garbage to destroy the youth, tone of music typical USA garbage to remove all empathy and gentleness), etc. Did this conman stage his death, fabricating his plane crash that was remotely controlled? Aristocratic leeches often stage their death to live in higher privacy after they looted the nation.

Student pulse explains: "Armstrong (2001) conducted a content analysis of 490 rap songs from 1987 to 1993, in which 22% contained lyrics featuring violence against women including assault, rape and murder. His study classified rap songs into different categories in which rappers either pride themselves on sex acts appearing to harm women, justify other acts of violence, warn women who challenge male domination that they will be assaulted, and/or seem to invite male violence against women (Armstrong, 2001). Weitzer and Kubrin conducted a follow-up study analyzing the portrayal of women in 403 rap songs through a content analysis, in which themes of derogatory naming and shaming of women; sexual objectification of women; distrust of women; legitimization of violence against women; and celebration of prostitution and pimping appeared at the greatest frequency. Sexual objectification was found to occur in 67% of the misogynistic lyrics in their songs sampled (Weitzer & Kubrin, 2009)."☺☺☺

Kids who watch violent things on TV are 3 times more likely to be convicted of criminal behavior by the time they were in their 20s, and are far more likely to abuse their spouses and assault others ► DP 2003;39(2):201-21. Hundreds of studies over several decades have shown that violence in media leads to violence in real life and makes World Peace ☺☺☺ harder thru the pollution of the planet's psychic and energetic field. "There were overall modest but significant effect sizes for exposure to media violence on aggressive behaviors, aggressive thoughts, angry feelings" ► APAM 2006;160(4):348-52. Kids (and adults) imitate what they see in the movies. "More US children die by accidental gun use than children in other developed countries. One

factor that can influence children's interest in guns is exposure to media containing guns... Adjusted median number of trigger pulls among children who saw the movie containing guns was 2.8 compared with 0.01 among children who saw the (same) movie not containing guns (guns edited out). The adjusted median number of seconds spent holding the gun among children who saw a movie containing guns was 53 compared with 11 among children who saw the movie not containing guns“ ► JAMAP 2017;171(11): 1057-62; the gun they used was a real unloaded gun that recorded number of triggers; shockingly, some kids pointed it at other kids and fired it, showing kids don’t comprehend the difference between toy and real gun; seeing violence and gun use makes kids play much more aggressively; the Psychology Today article has more details than PubMed, basically none of the *kids who saw the movie without guns pulled the trigger*. This shows how we imitate without realizing. A “1967 study showed that simply seeing a gun can increase aggression, called the "weapons effect." The mere presence of weapons increased aggressive thoughts, hostile appraisals, and aggression, suggesting a cognitive route from weapons to aggression.“ ► PSPR 2017: 1088868317725419.☺☺ “Motorists drive more aggressively when there is a gun in the vehicle” on the passenger seat, very VISIBLE, instead of a tennis racket (they wanted the study challenge to be over faster, being more nervous of course) ► JESP 2017;73:82-5. It's not clear if in general, in other studies that evaluate driving habits of people who own or don't own guns, someone with a gun hidden, INVISIBLE, in their vehicle somewhere (not on passenger seat to see it all the time) would be more aggressive, when all other confounding factors are accounted for; in such cases, perhaps his aggression causes him to buy a gun like in reverse causation, though it does make sense, a weapon can make people more nervous in some cases if it is seen (but gun owners are oblivious of the gun presence unless an emergency appears that causes them to use it or think of it). We know how those who listen to meditative peaceful music are basically driving much slower at times, more carefully, or at least within speed limit, while those playing rock drive faster, as music makes them restless; likewise, the rock, rap, upbeat music fans are always more likely to have guns, since you have to be a lot more aggressive to pollute humanity with that rock tone (you acquire via subconscious imitation of aggressive emotion in such music) to begin with or with killings (guns are used to kill) that destroy human quantum entanglement field, so the music may be a confounding factor in such studies, i.e. bad restless music makes them both to buy guns and to drive faster, if any such studies conclude hidden guns are linked to worse driving habits. These associations exist in children too, even with very VISIBLE toy guns, but that may be again educational factors that confound, that contribute to some of the effect; very INVISIBLE guns would obviously have a lower effect, since you don't see it, don't think about it, are busy driving, etc. Chapter 13 talks about the hypothesis of the astral noise of weapons and objects, they didn’t do many studies yet on aggression, music listening habits and hidden weapons (in a safe locked that kids don’t know exists in a room) to compare astral noise of normal toys, gun toys,

real guns and its effect on adult and children behavior. I have not read those yet. Simply seeing a gun on a table increases aggression versus seeing a badminton racquet ► JPSP 1967;7(2,Pt.1)202-7. "*violent* video games increase aggressive behavior in children and young adults... Playing *violent* video games also decreases prosocial behavior." ► PS 2001;12(5):353-9. We need some Media Protection Department of the Immortality *Nurturing* Agency see below. ☺

On December 2, 1970 America created the EPA (Environmental Protection Agency) and this helped us to turn the red rivers and grey air in cities into something far more decent today. A lot of our cities were like Beijing is today at certain times, smoggy, so bad, you can't see more than 100 feet. In the same way, some Media Protection Department of the Immortality *Nurturing* Agency could be created to make sure the songs-movies are not encouraging drug use, alcohol abuse, violence, etc. Nobody benefits long-term, there are nobler ways to make money than creating music that harms billions of people indirectly, since violence affects the whole planet. When EPA was started, few people liked the idea and even today, some want to shut it down, to increase profits for polluters who spew carcinogenics, mercury, arsenic in the air, water, etc. And if Media Protection Department of the Immortality *Nurturing* Agency is started, the music and movie industries could theoretically dislike it, since it may theoretically temporarily decrease sales, but the truth is, there is a lot of money to be made making constructive movies about science, renewable energy, electric cars, World Peace, terraforming planets, living long lives, exploring Mars, learning science, astral travel, telepathy, afterlife, what happens, the science of consciousness, soul existence proof. What's the point of making money, in an industry that causes so much suffering indirectly for other souls, leads to so much negative karma accrual that may take several lives to pay back sometimes if reincarnation is true or 500 years of service in some realm if reincarnation is not true? Isn't it better to remain karma free and just make 25k, than to taint one's soul and make $ destroying millions of people? Alcohol lyrics lead to alcohol abuse. Rap music leads to more alcohol abuse. Why is toy gun production legal in USA if it causes real injuries and deaths of people? Toy guns ought to be illegal. Same for any toy that resembles a dangerous object, like sword that could lead a cop to shoot some kid or adult. "As Hillary [Clinton] pointed out in her book, the more children see of violence, the number they're to the deadly consequences of violence. Now, video games like 'Mortal Kombat,' 'Killer Instinct,' and 'Doom,' the very games played obsessively by the two young men who ended so many lives in Littleton, make our children more active participants in simulated violence." Bill Clinton, U.S. president. References to drugs in rap music increased from 11% in 1980 to over 69% in 1993. Mentions of cannabis and "blunts" (marijuana-stuffed cigars) doubled between 1979 and 1997; the number of drug references increased 6 times over that time. ☺

7.9. Music EFFECT on Telepathy Precision and World Peace in 3 months

7.9.1. Intro 7.9.2. Music of Light via Colorful Clothing 7.9.3. FREEMASON 'Music' 7.9.4. Evil Music

7.9.1. Introduction: This 40 page chapter is a must read for anyone who wants to prevent the 10 second end of humans via a new bomb about to be discovered. To jump to very evil 'demonic' US & world music examples, go to 7.9.4. All gyms are becoming like Odes to infernal violence, *to turn all into soldier cannon fodder killers for aristocratic wars of looting*, via aggressive music. All stores almost have become Temples dedicated to Aggressive Macho Soulless Tone Odes to Infernal Egoism and Lustful Depravity, without any lyrics and concern for World Peace in 3 months and 0 Violent Crime in 5 years, which can only occur, given historical inertia (50000 genocides last 50000 years alone), with immortalist tone & lyrics being the only music allowed, only movie-TV tone *allowed for a few centuries at least, until we have had 0 war, 0 violent crime for 300 years*. The world civilization has become rotten to the core, on the verge of spiritual and later, material collapse. Please kindly wear headphone to listen to immortalist music and save your soul by more humane sports or physical exercise. The definition of subhuman beast (blood soaked animal who loves blood drinking) or glorified cannibal ape is in this paragraph (ferocious hyenas who torture others, Earth has many millions, who do that as their full time job). *The next* 40 pages *argue that due to the* planetary emergency and risk of all humans vanishing in 10 seconds soon, actually within 2 years per AI calculations, all music released from the day immortalists take power after they win elections, has its lyrics, tone, rhythm approved & makes at least one reference to Eternal World Peace in 3 months, even if a romantic song like this. Likewise, 95% of the time allocated to all TV-Radio-Internet programs will be eterni tone lessons on The Ethics of Immortality *for* All, *The Ethics of 0 violent crime in 3-15 years* via new standards for movies-music-literature-social-media, the sciences of living to 120 and later 1 million, the daily progress towards Eternal World Peace in 3 months. Presidents talk twice daily on TV, 2-3 min at least each time, about what we can do today, or did, to achieve this World Peace. A national or even continental (for EU, etc) State of Emergency (valid for x years, until violent crime is *0*) is installed to facilitate decent behavior, content and scenes on TV-radio, music. All sports coverage will be removed and replaced with programs on ethical civil 'sports' of bringing ~*~Eternal Universal Peace~*~ and Immortality *for* All.☺☺☺ The music of Peace will be known worldwide. Why? Because the most basic level of spirituality, ethics, civility, perhaps, is to not kill others, like 500+ mammal species who don't kill their own (and don't practice boxing martial arts type of huge violence). The most basic ethics, spirituality means to have World Peace, 0 violence (billion times lower at least), 0 jails, 0 torture, within 10 years as a goal mentioned in every song released by anyone in the nation, not just sing Eternal World Peace in 3 months.

The most basic ethics means to have 0 killings, a *trillion times lower violent crime rate*, a trillion times lower aggression, shouting, a trillion times more *gentle tender soft nurturing* grace in music rhythm, lyric and tone. Yet we humans seem so far below 'the level of some of these

animals' on Earth, we have not attained even their spiritual level (what is a term for this stage on Earth, '2 day old baby soul',☺ 'savage', beast, subanimal☺ or subhuman?☺ a term that could help us diminish our ego, while also recalling that we could some day evolve to become trillion year old teleporting shimmering shapeshifting physical Immortals); contrast in language, while employed lovingly in eterni tone, can help us learn and perceive better. The thought of World Peace *in 3 months* seems remote and of no interest as a TV or music topic, yet in religious services and holidays people spend huge amounts of time doing rituals, prayers, etc - without a concrete plan to achieve *global peace in 3 months*. America is destroyed, as the media is broadcasting violence in music, news, movies nonstop, so then teens emulate that violence like in this video. The USA statistics are scary, if true. It's hard to know, since all nations fake their videos and crime statistics for various reasons and much crime goes unreported. So, did all our wafer, baptism rituals help us reach the most basic spiritual level, World Peace? If not, can we try peaceful music, something different, more media filtering? So, to balance this 'incredibly anti-life unloving and human species survival threatening' absence of 'World Peace *in 3 months is doable and our goal*' talk globally, in the hypothetical Eternia or immortalist nations it would be forbidden by the Immortality *Nurturing* Agency, INA☺☺☺, the super Agency above all others in the nation, for anyone to release any music, song, TV-radio program book, article that doesn't talk about World Peace in 3 months, 0 global violent crime in 5 years, (meaning Immortality *for* All and eterni tone in every song, no killings) and ways to do it to help us attain the most basic 'kindergarten' level of spirituality: a world of nonkilling. The next 39 pages explain it.☺☺☺

Music is meant to uplift the human spirit, ethos, aspirations, etc, and no real spiritual life or real culture can exist if one single human (later animals too) killing exists on our planet, so we have a long way to go to reach that basic civility, kindness, culture, ethics or spirituality (if not atheist) level, and music can help us get to it in 10 years, instead of 5 trillion. Kindly watch 37 sec of Lenin (who advocated for terror, genocide like Hitler, causing 120 million communism victims) or 26 sec of Hitler tone of speech reminding us of Viking culture (the blonde, blue eye 'superior' cannibals), *(far worse than the anti-*eterni*, cruel, loveless, ungentle, frightening tone of WWII rulers of* Italy, Japan 1 + 1 min, Romania*; US tone was better, but too much yelling, no "loving healing grace", anti-eterni:* USA tone in 1941, USA tone in *1945* 4 months before nuke use*; UK 1939,* way better*, but not as the best spiritual speeches in* eterni tones *by some rare clergy; yelling in music or speeches leads the country to hell, in the long run, because citizens* imitate emotional tones of leaders*, & the* human quantum field *will favor nations with calm, poised loving tones that don't bring war. Thus, to serve a nation & humanity is to speak like an angel in public, full of the gentle healing grace of* God*)* and then see what the Hitler tone led to: 5 min horror video of Buchenwald and starvation, see folks when USA liberated the camps, see last 5 min to be blown away, female overcrowding, Austria skeleton camp video and pic1 pic2, and 90

min on Auschwitz and 45 Holocaust pictures. Hitler could care less, his days were filled with nonsensical activities disconnected from reality (him being a puppet leader controlled by the hidden spies), as he was drugged by his doctor with meth, cocaine, etc. During war, food is scarce, so jails run out of it, and they often used starvation alone to exterminate people in camps: not clear how many died of gas, bullets, intentional starvation or disease, but the numbers are big as 100s of archive pictures show, though we don't know the identity of all. Some people think that tone was not evil, just 'loud', but see part 1 yelling Nazis teaching the youth (part 2, 3 of 3 hr PBS TV documentary): to "die (anti-Immortality *for* All) for the state and to be violent with anyone (even relatives)" who doesn't agree with the genocidal Nazism; immortalism teaches to be kind to all (0 violence), being the diametrical opposite of Nazism or violent communist or feudal ideologies of slavery or violent war. Please forgive me for sharing these disturbing videos, because they may ruin your good vibe for 1 hour, just listen to this peaceful music to bring your vibe back, before continuing and always recall the simple principle: believe nothing until confirmed by 50 unfakable sources: this means that sometimes, we stress about things that appear real, but may not be 100% so or even 10%; as explained in the spies section of faking everything, history can be rewritten by backdating stone inscriptions, fake papyrus paper books, etc and a whole narrative can be made that is fiction. Likewise, with advanced tech today, they can create sometimes very fake videos, to make them look blurry and old and these 5 videos, genuine as they're probably, don't show the full story of what happened, how many of those killed were of what nation, ethnic background, etc, so the main idea is to achieve peace and not stress, worry about the past or whether they killed 15 or 80 million in WW II. Even if they killed far fewer, say 900, in some fiction reality, it would be a disaster, we want no violence, not just 0 killing, no torture; the point here is not wasting life *(many write books to argue that the number of Jew, Pole, Chinese, German, etc was 2 or 10 times smaller, bigger)* with how many and who the killed were, but to bring within 2 decades 0 violence, 0 killings, 0 torture and to change our music to reach that level of kindness.

By their fruit, you will know their intent and nothing is more telling than the tone. The low IQ of Hitler was evident, he caused 80 million dead (millions at least, if you doubt the 80 figure) in WWII with his tone, when, to move 560K Jews out (Ctrl+F 'Hitler' & 'Jew' to find why in this book), he could have just fined the rich Jews who got rich at the expense of the poor Jews and given free (with the fine money) airline tickets + 3 month salary gift to all poor Jews *(1937 Jews = 0.8% of population, 1.2% of* wealth*, note the bad quotes in the Jewish/Christian* scriptures*, which fuel tension),* so they can (after selling stuff that doesn't fit on an airplane) happily fly to various countries in areas where amazing & beautiful ☺☺☺ job opportunities appear near some Messiahs (just make some stories and fake miracles) or stuff Jews love, at least it would mean no war, no violence and life would be pretty normal globally; better yet, he could have taken the

wealth of rich Jews whom he claimed to have "created bad music, cultural content to keep Germans low in IQ" (fine for "shortening lifespan of the masses thru low IQ"☺☺☺), and given it to immortalist more egalitarian non racist Jews (those without the superiority over gentiles complex) and poorest people to create an Immortality *for* All culture, since not all Jews were feudalistic like the German aristocrat class: thus, he could have created Immortality *for* All with 0 violence, but society was backward, spirituality shallow and few realized appearance has nothing to do with character, intelligence; DNA was only discovered after WWII, genes etc later etc. Hitler's low IQ could not imagine a trillion ways to move 560K Jews out of Germany peacefully, with 1 tired person (poor sleep during airplane flight) instead of 80 million dead in WWII. This is important to realize, because puppet controllers use a 'low IQ' leader, like Hitler, to destroy entire continents and that tone is not just pure anger, it's also lowering IQ of millions listening to the trash (see why in detail here), like some political party leaders today do. Today, in Germany (video has some claiming to be German, may be Ashkenazi Jews or *nonGermans inciting Germans to repeat WWII mistakes to see who is a real Nazi or agitate to pollute gentile or German quantum field?*) and in all nations, we see that same 0 IQ max hate, violence tone almost in many protests, places of worship, movements, political speeches, which means that peace is not possible yet. After 2 world wars from bad tones/ideas, that made Germany lose 34% of its territory, we see the same things happening. We see this off tone in many concerts: in 7.9.4. you see 30 examples of popular music from many nations that mimic the Hitler energy to some degree, the energy that led to 80 million dead in WW II (violent Nazism using enormous torture and even germanization of kids like perhaps Ukraine kids today among 1 million Ukraine refugees, mostly kids, in Germany and russification of Ukraine kids in Russia (those deported) though most history youtubes got fake info, spy disinfo too; WWII events were complex?), extermination of disabled, 'satanism' can be alive under the guise of religion, democracy, socialism, communism, even if people don't realize it), the same sound patterns in Nazi marches we see today in the vocal, MRI patterns of many singers, church speech or music and government marches made for their armies of genocide.

We need a culture of kindness in tone, no more inciting nations to violence over nonsense: we were chimps, now we're humans and we will possibly (if we don't disappear in 10 seconds) evolve into shimmering shapeshifting Immortals living trillions of years, so we will all be able to take any appearance, race, alien or human, etc, as Immortalist Anthem explains, so all need to help all live to a trillion, ☺☺☺ and stop all fights, improve our tone. We can bring a World of Peace in 3 months and repeat it on 3 trillion other planets currently or some day in a state of war, as we save them with Eternia Ideals. Our tone *reveals who we're in that moment and it creates the world around us*, those horrific 5 videos above will hopefully make the "*vocal tone to planetary outcome" connection* clear to all. This Battle Hymn with violent lyrics (grapes of wrath,

Jesus, God is violent brainwashing) is similar to many anthems and military parade hymns from many nations in tone and melody, and quite identical with many Nazi Hitler rallies songs on youtube and modern pop, rap, rock songs; it is as if we have become so out of touch with gentle healing speech and music, we're ready to blow the planet up in the name of religion or something silly; is history going to repeat itself? Please go inside your soul, after listening to these eterni tone music samples and realize USA and our planet are in grave danger, due to the tone of so much music in every nation, vocal tone, music video images tone, intent tone, lyrics tone and melody tone. Millions in Eastern EU nations don't have electricity and the youth is going to 1. violent restless rhythm and loveless tone music concerts, with 2. "elevating" rhythm and yelling gentleness void tone, 3. bad lyrics vs this, 4. chimp gangster tone, 5. anti-eterni war causing yelling (bad lyrics) tone; these 5 clips show the appearance of a very bad type of music in Eastern Europe (besides *9000 times* more drugs; some music improved, this is way worse), from pre-1989 to today, much more violent thug like tone and vibe, mirroring what has happened in many areas of the planet in the last 100 years; on the flip side, youtube allowed the promotion of peaceful eterni music, so the 100 year trend can end: only cops and a few confused people go to these fake concerts with bad lyrics to catch the bad guys. Unlike prior centuries, people go less to church or relaxing places and church is replaced by the music they listen to, for hours daily: this allows us to speed up kindness building by 500 times, as people listen to the music for hours daily, so if it is good, it will be like going to a very amazing spiritual place 90 times a week, creating a very different vibe. If the music is bad, it will wipe humanity out in 10 seconds.☺☺☺

The global youth is being destroyed, robotized, to become too cruel, unloving, aggressive, too religious, too unspiritual, believing, like Germans/Nazis did, that "rituals and fake miracles bring Heaven on Earth, and that Hitler is Godly for claiming to be a Christian or writing about Christ in his book". Perhaps, after the 5 WW II videos, you'll agree that there are no human rights, ethics, culture, spirituality if killings or wars exist, so, *until we reach* World Peace, all nations need to show the most minimal respect, love, kindness, compassion, global empathy for human life, most minimal concern for human species quantum field, millions made homeless, disabled by wars every decade. To do this, we ban all TV-radio-Internet music unless it is peaceful rhythm, World Peace in 3 months focused in full or in part (hear a simple song here, or some lyrics '*today we enjoy a day full of* bliss*, in 3 months we will enjoy* World Peace*, if* universal *compassion replaces hedonism, and* global *altruism replaces egoism*'; romantic songs will say things like 'when we love each other, we love all humans and bring World Peace, so all couples can enjoy a life of peace'); besides focused on or aiding "*ending all violence in 10 years, prisons in 30 years*" (replaced with healing centers). Given the threat to human species from war, the planetary emergency we're in right now due to risk of all humans dying in 10 seconds, World Peace in 3 months would be required in all songs in at least 1 line, even in church services, at least 1 song

about this; nobody gets a TV-radio approval without first showing the World Peace in 3 months words in any program used, to prevent the end of humanity. ☺☺☺

The Right to Human Life is ABOVE THE RIGHT to intone and speak everything, to shout, yell, etc, BECAUSE without life, we can't have any capacity to speak anything, the world being a nuclear desert. It's because of that the Bill of Rights needs a key reform, to place the World Peace in 3 months, Eternal Universal Peace, as the MOST FUNDAMENTAL Right of All. The Right to Trillion Year Lifespans for all is fundamental, it is the right to Life, to not be killed by violent crime. Thus, we need to lower violent crime 10 billion fold by changing the priorities to make all media, literature, movies content a peaceful *gentle tender soft* content that promotes 0 violence in scriptures, etc. The Right to Trillion Year Lifespan is more fundamental than that of "religion", (since a religion can condone violence that ends lives and thus freedom of religion), of publishing terror, torture, violence, rape, genocide calls is not guaranteed by a Noble Constitution of a Kind Space Civilization when it interferes with the most BASIC right: of Immortal, Eternal Life. Virtue (*gentle tender soft nurturing* grace) building, qualities of Immortals building required in at least half the lyrics LIKE IN THIS POEM, because peace doesn't last without those qualities; removal of all violence, lust, low IQ lyrics in 500000 existing songs or 100% ban. It's imperative to include it even in classrooms, at least once an hour, even when talking about applications of sciences and engineering to manifesting World Peace in 3 months. World Peace is meaningless unless it lasts 3 millennia or billion years, not just 2 weeks; violence of any type makes the 'ceasefire' break easily, so once wars end, all music must replace World Peace *in* 3 months *lyrics* with *'0* violent *crime in* 3 years' *focus;* "Happy serenity *in every home in* 3 years" could be the phrase to mean that, since it's more positive than phrases with 'violent' in it; focus and just do it, everyone talks about it on radio, TV, music; once that is done, we move to replacing all prisons *with healing centers;* focus as in *"perfect virtue and bliss in every home* in 30 years"*;* once that is done we move to ending all healing centers within 50 years "infinite grace and healing in every home in 50 years" and doing it all in their own home as all have much better homes, more healing. Then, as we finally built the kindergarten level of spirituality, non torture, nonpunishment, we can better focus on the science of living to 500.

7.9.2. The Immortalist Music of Light, via Colorful Clothes of the Immortalist Youth

To achieve the amazing & beautiful ☺☺☺ goals above, we need a unifying force, *focused* and *dedicated*, so in Eternia☺☺☺ or any country adopting Immortality *for* All humans motto, we can even go one step further besides immortalizing all school subjects (applications of all inventions, science or civic lessons to granting Immortality to All). This extra step is creating one basic template containing the words " Immortality *for* All" & "eterni is gentle tender soft nurturing graceful loving kind" for the national unified beautiful colorful immortalist uniforms for all

school kids, with variations for each school, so a school focused on physics can have more physics formulas on the back, while chemists will get chemistry formulas, etc. A school where math is king and 50% of STEM hours, will have math formulas. Each student will choose his specialization much ealier, moving to a school of his pre college major. Instead of imbecile sports and "extracurricular monkey IQ activities", kids will be smarter than freshman and sophomores today, doing movement via lab cleaning and volunteering, actual research like undergrads, helping design the 11 companies unified product lines 1000 times higher quality via the National Unis that work with the 11 companies and all high schools and 1 million immortality sciences labs to design it, though the school will be more of a curriculum than a building as the labs will be used by all, but schools can be turned into researh centers, the schools used today, where students can research and have fun with STEM from age 14, like how to live to 4000, by learning how to make mice live 40x longer first, etc. No lecture halls are needed when all is by national unified accent eterni tone videos. Within each school there can be a slight variation, some more blue, some more purple, etc, to fit people's preference. This helps reduce reasons to 'hate' others. Today, kids get bullied because of having clothing of a certain type, that are not "rich", "designer" or "right color", and kids waste endless time to impress others, seduce others, etc by showing off with flashy clothing. All uniforms for a school must be approved by the only education agency in the nation, responsible for managing all schools, the Immortality Education Agency, the new Department of Education. To make sure kids are doing science (not dating or theatre) at the school (the lab part, since theory will be done at home via online central one national school), having the same uniform is better, to also prevent teacher prejudice (in grading or helping given students) based on colors they like, though even lab grades will be done by computers, eliminating all teacher grading, teacher enters the results of the experiments, and AI computes. Everything graded by computers to reduce any human bias, theory all like SAT2, all multiple choice, even languages. Wearing 10-30 hours a week some uniform with purple, gold, blue, lavender, sky blue, etc won't be the end of the world as some claim. In the chemistry lab kids wear lab coats anyway, so what's the deal? Until all schooling is online, this uniform will be for theory and labs too. It will be their most beautiful piece of clothing of poor kids (poverty won't exist, as one pay is real) and it also prevents the bikinization of female students who wear revealing clothing to secude teachers and improve their grades. Even worse, these days the seduction game has invaded male students culture: kids date instead of learning. The clothing won't be all black like at funerals in communist times, but colorful, so nobody can complain it's a one color IQ minus 50 uniform, but one complex, reflecting of etlif 800 trillion IQ.

Another step in the defense of the human quantum field is creating the Immortality *for* All Youth volunteer organization or Immortalist Youth to be shorter, to help teens create, discover music (played in stores, public transport, public areas, etc) and ways to bring World Peace in 3

months (and the other goals above, including 500 year *lifespans* by year 2700) peacefully as verses 8-40 of Immortalist Anthem explain. This encourages the youth and adults to wear the most beautiful colorful clothing ever seen (the music of the colors we will discuss in the next 12 pages, before going back to the music of sounds), that act as Beacons of Hope in a world of rather selfish indifference to the possible disappearance of the entire human species in 20 years. The shimmering shapeshifting lights of the later versions (glitter like reflections that change as you move) help all see the Eternal Soul in all, so that racism disappears. These hoodies, pants, T-shirts, jackets, caps, beanies, shirts, suits, etc would have "*Eternal Universal* Peace in 3 months" on one leg, big letters and "Gentle *Tender* Soft Healing Speech *for* All" (meaning no violent crime or mean tone, always use the most loving and gentlest most nurturing tone, especially when in public, youtube, TV-radio, etc, to create loving thought, action, to convey the World of Compassion we want to bring) on the other leg, or on the back, while on the front "Immortality *for* All", meaning no killings, no war. The Immortalist Youth, in school or anywhere, as an Eternal Commitment to ~*~ Immortality *for* All ~*~, wear the colorful amazing dazzling uniforms, shorts, t-shirts, pants with 25-500 rainbow colors at least on a background of light purple or lavender, same background as the Eternia flag, the flag of all Immortalists Worldwide, also 900 templates (each kids chooses 5 to focus on next 1-2 years for his uniform sets) quite similar, but differences in which colors or Immortalist qualities, though all contain the ultra important words above, in various forms, such as: *Gentleness, Nurturing Grace, Healing Softness*, eterni tone, *Tenderness, Universal* loving kindness, Hypothesis Testing, Immortality *for* All, Eternal Universal Peace (*telescope view of galaxies*), World Peace *in 3 months (replaced once* World Peace *comes true with Infinite Grace, meaning 0 torture, 0 violent crime, 0 jails),* on the back, front, leg, hand to *bring the maximum # of positive words.* Many love the colorful clothing from 50+ nations, so the immortalists can vastly improve on it, to create something even more amazing, the garment that extends long-term lifespan by the highest number of trillions of years. Check out some 90 color nice garments from China, way nicer than the 3 color crap you see in Europe: black, red, white being the main color of 80% of folk costumes, rarely you see a little yellow or blue, pathetic.

Immortalists choose the *healthiest* types of clothing. In Australia we see a strong degradation of morals, with the main news site news.com.au showing the most irrelevant news that lower the IQ and goals, vibe of society and promote the spread of germs via ultra short skirts that create only underwear as the *only barrier between a woman's anus and the office air*. On top of that, the Aussies got the highest number of medals/million inhabitants at the 2024 Olympics, showing a strong focus on chimp sports, instead of on longevity, with Australia far behind Singapore in life expectancy, 3 years shorter. The reason relaxed jeans are much better is that they create a much stronger barrier between genital feces and the office air, keeping everyone free from hepatitis, cholera, etc spread via feces. Bitches who want to get a promotion unfairly, try to

wear short skirts to seduce ☺filif pig IQ bosses☺. But because jeans allow far less air contaminated with feces bacteria to pass thru than underwear, even somewhat relaxed fit jeans provide a much stronger hygiene for the collective work space, lower disease transmission. We don't care about a woman's legs, but about not inhaling her feces daily. Also, long pants can improve dramatically the circulation of the legs in areas with colder offices, further increasing the lifespan of the female wearing pants instead of mini-skirt. Cold extremities are a main reason for short lifespan. Pants protect legs from falling objects that might scratch the skin and act as an infectious disease transmission site from an object someone touched with a deadly virus for which no 99.99% vaccine protection exists. UV rays damaging leg skin can shorten lifespan via oxidative stress depleting the blood of antioxidants meant for the brain, heart and organ daily repair. *The big hole of many women shirts, between breasts, allows all kinds of bacteria to enter and to colonize, infecting her children after she comes home,* especially her nipples will be dirty for the baby with the feces from workers who never wash their ass, except once every 6 months and deadly mouth pathogens of those who never floss. *Workers sneeze and spread viruses on her breasts, infecting the baby 3 hours later. This act of brutality towards her baby is low IQ.* The horrific stench in coworkers' mouths is due to lethal bacteria that often colonize the entire body and lungs and blood vessels leading to arterial plaque and dying 10 years earlier. So, when you come home from work, you take off pants and wear house pants, while if you have naked legs you carry bacteria in and then infect your house more with bad breath and feces from coworkers. Gently think again before buying a skirt. We know how few people have good dental hygiene, floss daily. Other anti-eterni fashion is showing a lot of one's chest, which leads to women having the chest skin 25 times worse (sun damage dark spots) than men by age 90, as UV destroys it. Nobody cares about her breasts, but her kindness, intelligence and longevity science knowledge☺☺☺. The burning of neck-chest area skin depletes body of antioxidants, shortens her lifespan, increases offspring birth defects since the uterus wears faster, even if she's not pregnant. Most people think clothing prevents vitamin D formation, but most clothing allows 2-20% of UV to reach the skin. Our hands and face, neck, absorb UV too at 100%. Only the tightest jeans, thickest denim of dark color blocks 99.95% UV. Pants, jeans, etc need to be relaxed (jeans that stretch via elastomer 1% or something similar), to prevent testicle or vagina damage, as birth defect via friction and heat section shows. Thus, the healthiest attire is conservative, promotes sex for procreation only mindsets of the trillionarians (they live to a trillion). Sexy clothing is a cause of skin cancer, feces spreading, infectious diseases given to helpless babies, with nascent immune system, unable to deal with so many bacteria. The staged COVID19 epidemic showed thru *100s of videos* (cough, talk, saliva from talkers gets on your chest, leg, with the most toxic bacteria and viruses) *how many viruses come out of a mouth, contaminate the chest/legs of the persons listening*. Without a cloth cover, these are transported into the house. Work clothes need to be washed to remove contamination risks.

Thus, the immortalists, feeling far less insecure than mortalists, *don't wear 'bare skin' clothes*. Going to restaurants where everyone touches every surface, speaks is a disaster, see why.

The serene music and positive peaceful clothing that is so different than the norm are ways to awaken from the 'indifferent cruelty trance' all the sleeping robots programmed to shout, yell, worship the racist quotes of Karl Marx & F. Engels, kill forever in eternal war and wear their communist "black coat, pants, red scarf, white shirt, like the Hitler Nazi flag of genocide". Communist students were required to wear only 1 color as uniform (like Nazis too), black pants, black coat (white shirt) mostly (blue sometimes), so now we can finally break free and bring immortalism, the light of Life Immortal,☺☺☺ the goal and culture of Eternal Youth for all, the awareness of a trillion ways to Peace via peaceful methods, instead of *only "one way: WAR, one color"* to Peace. Notice the USSR, North Korea uniforms (white, black, red scarf, Nazi flag, Z) are back now in Russia, black suit, white shirt mostly (though schools can choose different colors, rarely choosing grey/white, blue or red/white/black, 2-3 *colors max).* This is sadly a way to reinforce the past. CNN and most websites always serve as Nazi propaganda machines, we see black font, white background, red in the banners, mostly the 3 Nazi colors, never any lavender soft background, or purple font. Now you know why my book is so different, it tries to break the Nazi and communist global trance *to bring* ☺☺☺gentle tender grace.☺☺☺

USSR uniforms are *perfect for creating* low IQ, credulous, naive, *easy to exploit slave labor and cannon fodder, mindless slaves to obey commands*. It's low IQ to choose ultra simple design, no words like "*Discern,* Question, *Test New Hypotheses, Verify* via *50 Sources,* Immortality *for* All, *Trillion Year Lifespans for All, Gentleness, Tender* loving kindness, *Healing Grace,* Trillion Serene Ways *to* Eternal Universal Peace, *Tact, Kind,* etc". Is this what education is supposed to be like? To stimulate your *intellect, visual cortex, cognitive fluidity* to the minimum, force memorization of stuff, have no critical thinking skills, learn fake miracles as facts in religion classes? It promotes no development of cones cell color perception, fluid intelligence☺☺☺, complex information, qualities is allowed, only obedience to the new USSR tone. How can qualities develop, if they're never written anywhere? If we gently use clothing to evolve, *school uniforms ought to be the* most complex and amazing & beautiful ☺☺☺ *of all, to* stimulate the brain. All pants need to be loose fitting around genitals to avoid *damaging the genitals (especially testicles)* by oxidative stress from high heat and friction: tight jeans would be illegal as they damage the future generations and even this one by excessive oxidative stress from tissues pressed with each movement. All kids hear is shouting on TV, threats, slaps, no *gentle tender soft healing nurturing graceful* loving kindness. 2 colors instead of 200, 0 words vs 40 qualities is a like no Internet access to N.Korea, it creates a narrow minded view: only one way is seen possible: violence, torture, instead of trillions of peaceful happy graceful ways to peace. ☺☺☺

We see this Nazi flag uniform in Jewish life (red string), some "Christian" monks, as if some Jews, aristocrats, etc are back to the game of 'gentile "Christianity, Nazism, USSR, Islam" benefit us'. See☺☺ the kid dancing in the right corner and how identical his uniform is with the new Russia uniform. Suspect? Enjoy the vibrant rhythm?☺☺ Oddly, the politics, business classes wear the Jewish attire: white shirt and black suit, almost like an odd Ode to the Torah. We hear this amazingly 'gentle soothing healing World Peace enhancing' tone coming from Blk/Wht. If you have music with 2 sounds it's like a beeping noise with 2 levels, how does it compare with normal music with thousands of sounds? If you have clothing with 2 colors only, what music and IQ will it create in the brain? We see the music in Iran: 100s executed for not believing in the illogical Quran, Bible stories. No different than the Inquisition killings by Jewish Bishops, and other types of Bishops. The Iran spies, disguised as "religious leaders" use a made up (by spies, like Christianity) religion to terrorize, subjugate and keep everyone as low in IQ as possible, mostly due to fear. Some may not even realize they're undermining their "national security" since they're duped by the top guys who pretend to be "Iranian"? Loving Gentle Kindness is enough, World Peace in 3 months? Note the Quran Jewish green in the rabbi, the so called "Arab" religion, whose Quran is just the Bible (Torah mostly) rewritten with some extra ideas.

Arabia is hot and wearing white makes a lot more sense, see how many switched to black after Islam? Arabian cultures used to be very colorful and wearing nice decorative garments (colorful like India, see how colorfully amazing this is vs the monochromatic, one solid color (any color) garments, zoom in it is saved it here too, India lace pattern, colorful belts, colorful amazing Indian shoes, cushion, (saved the beautiful one here) African clothes: select images tab on google or go to Walmart section for clothing materials for new patterns, another one, Kenya swimsuit (colorful), Arab multicolor. As soon as the Jewish "Torah rewritten?" Quran took over, the clothing has changed: one color, black burqa (can breathe, blue one is tough), blue burqa or white, like in the Jewish Bible takeover of Europe with the fake miracles and all monks/priests wore (some still do) black or black with some white? And they took all babies away from mom, to harass them in cold water during forced infant baptism, like they still do it in Orthodox Christianity and all Christians did it for 1200 years initially due to Jewish rituals: watch a crazy baptism. Odd coincidence: the Torah got the burqa well before Islam? Genesis 24:65, 38:14. They joke Quran is not 85% the Torah..., people have not read the Bible, Quran is Bible rewritten, with a few additions. Jews don't control the world perhaps (Wouldn't Hebrew, not English, be the language of science, politics if they ruled?), their fashion rules over continents? No more, since Islamic Kazakhstan banned Islamic face coverings in 2025. Masks worn all day get dirty, increase risk of flu, sickness if not washed, so burkas need daily washing. If Jews or another group (Italians, British) ruled the world, their language would not need be the most used one in science. People of 70 nations, not just Jews or Brits or whites, can have offspring

that are raised as Jews, Brits who can pretend to be Muslim, Christian, Shinto, Buddhist, Taoist clergy or USSR Russian or Chinese atheist too and make all believe it, since they can look like the local race: Black, Asian, etc. Plus people of 200 nations can electronically control brains of any person. So, if Israel is one big military base for training and then dispatching elsewhere, one can see how on paper even Jews could run the world and every country thru local Jews pretending to be locals. So, if Jews can run the world, in theory 50 nations could do it too, and none would know. Russians, Brits, Chinese are bigger, more likely to run the world. So, it's not important who runs the world, which group of nations, but if we reach WP in 3 months. ☺☺☺

These amazingly beautiful colorful immortalist uniforms of the Youth and Adult groups shine. The immortalist schools allow any clothing, while the uniform highlights IQ, Discernment and Gentleness qualities, chemical and physics formulas on clothing that is so much more beautiful than the *"boring 0 neuroscience, 0 visual cortex stimulation, 0 IQ increasing" private fashion companies create*, that most will choose it of their own will, probably 99.99%-100%. Private profit oriented companies *can't create everlasting* beauty*, they don't have such goals, ethics or the state resources of 90,000 PhDs in material science, neuroscience. In this Manhattan clothing* Music *of the* Quantum Information*, Music of Colors project, we ☺☺lovingly tenderly gently kindly☺☺ use everything in daily life to bring* Eternal Universal Peace *in 3 months. This* is a government of love, and free will, allowing all to choose. However, frankly, when people are faced with having a paid 1900s chariot *with 2 wheels, a roofless* 1920s Model T or a *free 2023* Tesla *Model Y* to move from A to B, *EVERYONE CHOOSES A TESLA*. Model T offers no protection, it has no roof, it even allows a lot of oxidation of your chest skin due to the fashion of low IQ that prioritizes revealing skin to longevity, thereby leading to high oxidative stress and the lowering of IQ via free radicals the skin generates. *Clothes make us* beautiful*, no need to show all our skin and live shorter*. Longevity above vanity. IQ and health of visual cortex and offspring eye health above "tradition of odd past". Behold women skin around the area below neck, it's 10 times more oxidized often times, so destroyed, this is due to "tradition" and "0 brains". We see how much money and effort is wasted to put the most toxic makeup that destroys the eyes, instead of focusing on World Peace in 3 months, no torture, so people have no dark circles naturally thru gentleness and the end of the global terrorism run by spy agencies and militaries fighting like wolves or hyenas for power. Clothes will be so dazzling, amazing, everyone will feel beautiful, reducing the feeling of "inferiority" in some students, who have less flashy clothes due to low salary of parents. It brings unity, doses of love, attention, kindness to all, as in ~*~ Immortality *for* All ~*~. These clothes over time can develop such amazing high tech, to monitor biomarkers and any easy to measure health parameter, without toxic RF or WiFi and then download the data via removal of the thing (before throwing into the washing machine, can place it on, as it sings and creates acoustic nutrition), that it would revolutionize longevity and

nobody will be “low IQ” enough to not wear it, given the immense health benefits. Normally, in other nations, this would cost 40 million dollars of doctor visits a year, but in Eternia this is the government’s free gift to all, ~*~ Immortality *for* All ~*~. The clothes allow monitoring the daily levels of 500 nutrients, then downloading it when washing. When *government* genuinely loves its people, instead of subjugating it, *the people love it* back. The initial uniforms will be simpler, but as each year passes,☺☺ and they wear out, each new generation is better and more high tech is used, so over 100 years we go from a model T garbage to a Tesla, but even that model T would be like an alien saucer tech vs today’s chariot clothes. ☺☺☺

The written qualities of the trillion year old Immortals and amazing ☺☺☺ beauty will also diminish racism and prejudice, allow people to breathe (no hijab or face covering), to not overheat the brain (lowers IQ), think clearly by proper brain oxygenation, because it makes everyone look so much more beautiful colorful and loved, and it takes the focus away from the skin color, appearance to a considerable extent, towards the future teleporting genderless shimmering shapeshifting Immortals of the Immortalist Anthem. Not garbled chaotic symbols, but orderly, symmetric, amazingly contrasting purples, yellows, pinks, blues, lavenders. Arabs, Russians etc will wake up from the hypnotic trance, question the religions imposed on them by the force of military and clever fake miracles, and choose Eternal Universal Peace and infinite *universal* gentleness? *Lovingly patiently gently kindly*☺☺ listen to the rabbi 20 sec, compare it with Hitler’s private voice. Was he 3-50% Jewish? Could be, given how Jewish Jesus wanted to be worshipped and recalled by simulating cannibalism, ignoring recalling God. Hitler too, had a diabolical obsession with people dying for “Hitler” (see the insane oaths), like Jesus wanted all to die for him, since ‘no greater love is than giving life for your friends’ in service to spreading the fake miracles. Hitler private voice is a clue into Hitler’s public voice, theatrics, agenda, why didn’t Hitler speak normally, why did he incite Germans on purpose via the most violent tone? Why do it, when there are a trillion peaceful ways to achieve World Peace? Hitler helped Jews to flee to Israel (Haavara Agreement) & after WW2, Israel appeared. *Coincidence*?

Immortalists choose various lavenders as background, 40% of the uniform maybe at least, (lavender stimulates all 3 color perception cells: red, green, blue, being a mix of the 3 colors) no other color gets more than 5%, to make room for 24 to 500 other colors: magenta, bright yellow, orchid, lime yellow, pink, whitish yellow, purple, blue, safety green yellow, deep purple, etc. The font can be white or bright yellow if purple as background on a 5% of the uniform, or purple font for light lavender background of all uniforms, etc. Lavender is the rarest color, related to orchid pink the color of love and compassion, it is peaceful, close to sky blue, and people in hot climates (where all wear white these days) can get a super light lavender (lighter and bluer than this: almost white from a distance in a sea of colorful darker clothed people) version of the uniforms (very light pastels, fonts written with purple/blue, fewer areas for darker purples, blue,

yellow, etc) to avoid too much heat, to stand out and bring the Immortality *for* All, Eternal Universal Peace, ~*~ *Unity in* Diversity ~*~. The reason it is better for all immortalists to have similar words on uniforms and similar colors as Eternia global flag, is to enhance the quantum unity of the immortalists. This helps them to disconnect from the vibe of all who wear black/white typical uniforms and all militaries, etc, since they want to bring the World Peace in 3 months, 10 billion reduction in violent crime in 10-20 years, 500 year lifespans for all in 900 years, etc, so all immortalist nations public schools wear it too due to free government uniforms, by national law these uniforms are free and most will choose them as they will be infinitely amazing versus normal ones in other nations, to bring the immortalism to all grade levels, increase IQ, ethics and character development. They can be worn outside of class too and the government will provide T-shirts, shirts, shoes, scarfs, beanies, extra pants with "Verify via 50 Sources, Immortality *for* All, Trillion Year Lifespans for All, Gentle Grace, *Eternal Universal Peace*" words printed to students for free, to promote immortalism, physics, chemistry, with the formulas. Even parents can get some of these for free, to encourage the national renaissance of a new civilizational vector, away from the war of the past, towards Eternal Universal Peace. What better way to beautify our world and cheer up visitors than to Light up the souls of all, smiley faces and a shower of color, more beautiful than Disneyland by 100 fold. Let every street in USA and all immortalist nations shine in splendor, become alive, beautiful and let everyone be perceived as beautiful, let everyone feel loved by a government who cares about happiness. Let positive quotes, words, emotions, qualities, science, longevity, immortality words uplift all. All clothing words have to be positive and uplifting, like the culture section explains. ☺☺☺

Later, they can even have clothing with built in tiny speakers *powered by* vibrations *of the breathing movement or* subatomic oscillations (no *battery) or solar, that play softly the* Immortality *for* All *music of* deep serenity like this. If a person doesn't like the shade of lavender some wear that makes up about 50% of the cloth area, there can always be a wild variation of darker, lighter, redder or bluer lavenders, so different, some almost white for hot climates if making UV protecting garments (to reduce oxidative stress) of light colors is easy (it will be due to many geniuses). To reduce RF pollution, we may be designing RF shielding garments... if we find a tech that doesn't wane after 50 wash cycles. *By federal law, all schools switch to wired connections for computers to prevent* brain damage from nursery to age 15 at least. Also, all cities need to implement LiFi, turn off all phones when not expecting phone calls, ban phones in all schools by federal law (airplane mode OK), and *provide aluminum foil shielding via special paints or* foil behind dry wall, etc to reduce RF in houses close to towers, due to devastating health impacts, especially nurseries, kindergartens, schools. Max allowed would be 0.05 mW/m^2 in any area with kids, buildings, etc. This is because there is no way to really dress yourself in a perfect shield. They wear out fast after 30 wash cycles. HEALTH FIRST, uniform colors are

secondary. All focus so much on colors and uniforms and 0 ON RADIO FREQUENCY POLLUTION... except France and Israel who set some limits for those in nursery and primary. Students can wear beanies, hats, caps or even head dress (to protect neck and back of head from RF, that caps and beanies don't cover) if they find the RF radiation in the insane school causes headache due to lousy policy implementation by cell phone billionaires. ~*~ Immortality *for* All ~*~, everyone's head is destroyed, it's just only few feel the destruction being done. This enables people to use RF shielding garments under the colorful stuff, that may look very ugly otherwise due to cheap price (all grey, making students feel their privacy is invaded), and special such garments need be designed for RF sensitive folks, for an extra fee. ☺☺☺

7.9.3. THE UNHOLY Murder Praising 'MUSIC' & *Ritual* in FREEMASON TEMPLES

This claim of RF pain will be tested, via biomarkers for head pain, to prevent *abusing the RF loophole to wear the craziest stuff freemasons love:* blood ritual hats. Anyone who attacks others' heads in order to cause them to wear microwave laser blocking hats with aluminum inside would be executed, that's a lot of people today in the US government. Freemasons are a cause for homeless crisis in USA: they steal land, resources for violent rituals, oaths. Many UK Kings and other parasites have been freemasons, (Freemason national lodges exist in Sweden, Norway, Germany, India, Italy, Denmark, etc, it's not just British or French) and freemasonry brainwashes people into illogical pseudoscience, such as numbers have special meanings and if you got a special number in your name, you're special. Numerology is the science of ant IQ people. Primitives hardly realize that you got trillions of cells, and each cell has 1000000 numbers at least for each of the 100000 chemical reactions happening in a cell each second, wait, you got trillions of cells and trillions of numbers in 10 years in every cell. These number and special "guy" tricks are used to flatter ☺abysmal IQ☺ folks and boost their ego, so they can be useful slaves of the country that controls that Freemason lodge. Sort of like the diabolical Jews who lower the IQ of every country with Horoscopes and other camel filif IQ stuff to distract workers and keep them in chains, as useful slaves of the Jewish/British CEOs or other parasites. These fiendish thieves have only one goal: global subjugation using torture and genocide disguised as a spiritual movement, identical to the Christianity miracles scam. All they teach is praise of Torah, Solomon and Jews, Jesus and other junk to further lower the IQ of the Masons, useful cannon fodder used by the top guys who manipulate the herd going to their ☺abysmal IQ ☺ rituals. They do teach some basic stuff about the 7th endocrine gland, pineal gland that releases DMT and causes "spiritual experiences", and how you meditate to "release more DMT", and feel happy or one with all beings, but that's about all there is as far as scientific stuff, besides: what you think about/focus on, you tend to manifest: if you focus on numerology, Masons, your country disappears fast as dishonesty becomes 1 billion times higher, so UK/Jews can take it over: if you focus on physics, you get rid of British, Jewish, freemason vampires.

Masons promote religions of violence and thus act against the ethos of Immortality *for* All. Again we see black and white in Freemason clothing. *Freemasons invented USA*: Halloween sells fake body parts, fake *blood*. China bans them. Watch this bloody killing energy of George Washington oaths to kill, *to be* loyal *to his* Masons*, not* USA. Was he really freemason or a spy who used a freemason cover? Why Freemason monuments in Washington DC? A trick? *Who rules* USA*?*

Freemasons wear black and white, see apron video and their rituals, like Jews and Mormons. Mormons, Freemasons use those same secret hand shakes of spies, "King Solomon of bad vibes in Bibles" in rituals, "Melchizedek" Israel shakes. Do they love blood (Eucharist fake)? Isn't it odd, Jewish Jesus gave us a daily Mass ritual about "blood of Jesus" we're meant to drink, in "memory of him" to save the sins he made up for us to keep us guilty? Spies made for us a fake religion using faked miracles. Are these the same spies who made a few other fake religions before that vanished? How ancient is the spy scam? Are they using those odd rituals, so public on youtube etc as a cover for something else? Why is a 3rd degree oath to kill oneself to protect Masonic secrets more important than ~*~ Immortality *for* All ~*~? Why are a few war and bloody revolution planners at the top to live and useful cannon fodder low ranking Masons to die? It's not compatible with the US constitution: Liberty for all: without right to life, no other Bill of Rights makes ANY SENSE. If not, why legal? Why is Islam so Jewish, why is Quran mostly recycled Bible? Who made it, what spy group, for what? Freemason rituals have strong allegiance to Israel, the Temple rituals. Legal? The blatantly anti-American democracy principles, pro-Israel Freemason rituals are here for all to see. They're rave about 'wise Solomon' Temple, Solomon loved the Molek deity Kings 11:4-5 that people sacrificed babies to, see more in the Bible section. If you read their rituals, these people seem like agents of Israel, guilty of treason, Mossad agents. Be amazed how much Israel brainwashing happens in all these rituals, 7th, contains "have my breast torn open, and my heart and vitals taken from thence" if he breaks his oath of secrecy, he will happily undergo human sacrifice like Aztecs, how becoming of 'evil' USA. How can this filth be legal in any civilized nation, much less in immortalist nations? A cover for finding free organs for top Masons, Jews who control the Ponzi scheme (pyramid of vampirism)?

Do Americans *realize we have* been Mason Israel puppets since 1775 *or much earlier?* Read this stuff about Jews trying to ban English and make Hebrew as USA's official language in 1780s and a Sephardi Jew paid the Dutch to invade England in 1688 and toppled its king: a Jew living his "peaceful" religion, see more on Isaac using Lopez gentile name to dupe the gullible Dutch. Columbus came to USA with some Jews in 1492. Then, by the 1700s, more came and started their plans to create the New Israel and overthrow the English, Hebrew was taught in the main Universities and commencement speeches in Hebrew happened at Yale, the Skull & Bones place. Yale, Columbia, Brown, Princeton, John Hopkins, Harvard taught Hebrew, when none in England taught it, so the Jews were already in advanced stages of taking over USA overtly: look at the

Hebrew characters on the 1. Yale seal, 2. Columbia seal, 3. Dartmouth seal. Jews supported the decentralization ideas of Jefferson, as that allowed them to create mini-Israel in New York and other areas, keep their state within state, language, education, everything unchanged, never assimilate into an immortalist culture of ~*~ Immortality *for* All ~*~. One only needs to read the Jewish Torah quotes (Bible) to see how different it is from Immortality *for* All, to become curious about Freemason empty loveless cold killing deifying verbose in rituals. All their rituals contain similar gruesome vows about the mutilations they deserve if secrets told. The whole Christianity seems nothing but a big scam Jews or Romans made for enslaving gentiles, check out the Israel brainwashing in the 6th degree, unbelievable gibberish (pure nonsense), making many suspect, this is a spy organization using Israel imagery to hide their goals. Did the international Jew take over some of the Freemasonry? Given that in 1717 the Grand Lodge of England unified Freemasons and became the central one recognizing the rest, it may have been initially a British empire spy network (London Masons), though these days local spies can take over and use it for their ends, like with churches and anything. This is not surprising, since UK, like dozens of nations, has some evil music bands and Aliester Crowley was writing about sacrificing kids and babies in his books per Internet (see alleged California ritual), so they do use these types of covers (singers, fake satanists) for their spy networks, but it's not clear how much role *playing* and how much, if any, real satanism exists among the cathedral builders, masons or Jewish Brits who made some of the lodges. 4th degree tells Masons they're to "*to offer up sacrifices acceptable to God*", such as goats or maybe people, as Turkish videos show us the way of the Jewish Temple: sacrificing goats (as in the Jewish Zohar goat sacrifice? What God, Jehovah of these quotes? The God of eternal cruelty, genocide and mass rape? Is that the God they sacrifice to? Oddly, in 4th degree, if he doesn't keep his oath, his ear is cut off, then 5th oath, his tongue is cut off, 6th hand is cut, and the horrific mutilations continue.

The whole wording for all these cold mechanical Freemason rituals reveal the blatant evident absence of universal *gentle tender soft nurturing loving kind* compassionate *grace*☺☺☺ (not only are these words wholly absent, *like in most religious services lacking them at least 2-3 times as it would be normal,* the most essential qualities for World Peace, but so is the vibe in the whole procedure and text), everything is like a sort of pompous cold sadism filled, respect (for their evil hierarchy of comedians) filled ode to 'Lovely' Quotes of 'Satan', with 0.1% of text having some quote from the Gospel to make it sound 'holy'. It's unbelievable, compare it with Immortalist Anthem first 40 lines or the peaceful poem, to see the huge difference between immortalism and evil freemasonry. So how can you achieve *Eternal* World Peace in 3 months if you never talk about it? How can you aim or hope to develop gentleness, *tenderness*, *nurturing grace*, softness, *graceful* loving kindness, etc if you NEVER EVER MENTION IT in gross mutilation filled rituals, where people are blindfolded and handled with ropes, prickled with knives? Can

we achieve 0 emissions in cars without talking about it? What kind of ethical state legalizes ritual that deifies mutilations and horrific murders? By the way, how can any ethical nation legalize the 1000s of violent, mutilation, rape, genocide, killing, torture, terror quotes in the Quran, Torah, Bible? Did you see in the whole Quran one instance of these words: gentleness, *tenderness*, *nurturing* *grace*, softness? How can we bring those fundamental qualities upon which Eternal Universal Peace depends if they're never mentioned? ☺☺☺

Christians are to drink Jesus' blood, eat his flesh in a cannibalism simulation, so this Masonic stuff is OK? Do the same conmen control all Christian churches and Freemason lodges and create a fake animosity to dupe all? People are homeless, but hey, we got these 0 IQ rituals and Grandiose Mormon and Masonic buildings, my goodness, what a spirituality, full of pomp, black, white, and no loving kindness. Is there any wonder that USA is the land of such cruelty, selfishness? Watch the housing scam too. Talking about what kind of IQ and energy black and white create: like music with 2 beeping sounds, instead of 5000 sounds, pretty boring and cold. In science of chemistry, physics, etc we don't use texts from 1st or 7th century, why do we do that for ethics, religion and spirituality, laws and etc? How can any spirituality exist without World Peace first, the end of killings, mass killings in wars, torture, etc? It can't. So how can any so called "spiritual" religion have any service that doesn't talk about World Peace in 3 months every 20-40 words? No spiritual life is possible if killings exist, if war exists. World Peace in 3 months is the urgent need of the species, to avoid all humans dead in 10 seconds. These "0 IQ" Masonic and many other rituals keep people "low IQ", easy to dupe, distracted, naive, enslaved and selfish. When others are being killed, when the human quantum field is destroyed all they do is useless rituals. You can tell how much *they* care and how "spiritual" the Masons are. Not only don't they work for World Peace in 3 months and magnify that, but they condone killings in their rituals. For God's sake, in engineering and factories, in order to produce an outcome, to make a product, etc, we use methods that have been proven to work: we don't make a Tesla with some hocus pocus alchemy book from 1st or 7th century. We use stuff that has a PREVIOUS RECORD of actually working in making a Tesla, or etc. So, how did wafer eating and Masonic rituals and other 0 IQ rituals work in bringing World Peace in 3 months or even 3 years? They did not. If we expect different results, isn't it logical we start acting like rational individuals with a ☺☺☺ functional brain, try something DIFFERENT than the last millennia of eternal bloodshed?

Nobody would stop immortalist students from wearing many non-lavender colors as background in many areas of the garment (sky blue for serenity and appearing less feminist), as long as the nice words are there in purples, yellow, blues, lilac, aquamarine, fuchsia, lavender, magenta, turquoise, orchid, pink, (bluer versions of these too) etc... with amazing & beautiful ☺☺☺ qualities on various backgrounds in contrast with font colors, and beautiful colorful circles, flowers, geometric shapes on wrists, collars, waist, shoulders, near feet, to create symmetry and

dazzling contrast. With mass production, all citizens of Eternia can get nicer clothes, by a factor of 700 to 1 than the "free, democratic, communist or islamic countries" which seem like feudal colonies of military dictators who give themselves fancy uniforms, while the rest wear 1 color. See how much effort goes to make those special parts of uniforms that overlay clothing on top (shoulder insignia, marks, gilded cords, epaulette) that officers got, yet no effort is made for peace and color in civilians clothing which require no special straps, marks, cords, decorations, only good designs. *Generals suffer from a God complex, since everyone obeys them*, they get irrate when civilians want World Peace, 0 torture in 3 months, 0 violent crime in 2 years.☺☺☺

The immortalist uniforms would use lavender to break from the quantum field of average humanity, it is odd and nobody wears it now: they're bringing the so called IMPOSSIBLE. *It's the quantum physics of decoupling from the war loving vibe of last million years.* One color (solid color with no other 24 colors, words, contrasts), like a black or white monk robe, programs us to be more "narrow minded and easier to turn into robotic killer who views only one way out: war". Likewise, in our music today globally, we see only 1 main musical "set of notes combo", the uneterni *rhythm, lyrics and tones...* Why is having 10 geometric forms in 400 designs or little squares, triangles, circles, ~*~, 20 words of qualities we totally lack, 30 colors important vs all "black, white or your favorite color"? It's about knowledge, information and knowing what you stand for: for gentleness, for peace, for longevity, 0 torture, 0 violence. It's the liberation of humanity from ignorance, from lack of information, from fanaticism, from lies. It's giving all information, *changing the quantum field, the conversation, totally, fully, 180°*. Serial killers and nice monks all can wear all white or black; a 1 color robe is neutral, stands for nothing: it provides no *information, music,* eterni *vibe;* it's total closedness, secrecy, lack of transparency on what we value, it's just pure *total blackout of information exchange, war*. It's not about modesty here, we need good vibes and any way to bring those to awareness helps. We understand in old times, it was 10,000 times more expensive to make a colorful t-shirt... Watch carefully what is written on T-shirts these days, never World Peace in 3 months. *Why?* We see tons of clothes with 2-5 colors, but you could use the same exact colors and dye to write the qualities, World Peace in 3 months, ~*~ Immortality *for* All ~*~. It's not a lack of *resources* and pigments, but of interest of the people. Why don't people demand *every clothing piece have* World Peace *in 3 months written on it*, if they follow the God of nonkilling? What kind of ethics and spirituality is that, when even mass killing, which war is, has not vanished yet? Well, in Eternia, everyone may do that, by referendum, to save the human quantum field. ☺☺☺

Critics will say we can't have every *song* and clothing piece with Eternal Universal Peace and *Tender* Gentle *Nurturing Grace for All*, or *Gentle Grace 4 All* (meaning no violent crime) to save characters and make fonts bigger, because talking about other stuff is more interesting and stopping the killing of civilians and cannon fodder soldiers is secondary: but no civilization exists

when killings exist. Yet, this is exactly what we need: World Peace on every planet, so *UNIVERSAL*, that is permanent, or *eternal*. This way once World Peace is attained, the T-shirt and all permanent markings on every street, bus, train, building, monument, etc are still valid *(no need to erase '3 months' on trillions of such signs)* since the real work starts after reaching it, to maintain it on all planets we live on, Mars, etc. A few clothes can have time periods, since clothes wear out, and for "*Gentle Grace 4 All* in 10 years" it's fine, since often, you can't really achieve everything so fast, it may take 45 years, by then most t-shirts would be so worn out. But in a culture of reuse and to make better use of space, instead of "in 10 years" we can use that space for another quality: *Compassion* etc. On electronic media, instantly erasable, we can put the '5 year' deadlines and need to of course, to keep it real instead of hypocritical. Then to achieve "0 torture, jails, violent crime in 20 years, then 0 theft, etc much later" we can use "*Gentle Grace 4 All*" and many others "*Nurturing Compassion for All*" etc as the phrases, to enable big font on clothing, and we can include ~*~ Immortality *for* All ~*~ on the back with big fonts, and in small fonts around the wrist where we see our own clothing for reminders or shoulder, collar where people look at when talking to us to see the reminder, to change their thought patterns, evolve their vibe. Seeing Discernment, *Gentle Grace 4 All*, eterni or Etherial or eterni tone, reminds all of the tone of *singing*, *speaking*, *emoting*. All websites can be instantly changed to Eternal Universal Peace once World Peace is attained, but until then, we keep World Peace in 3 months or Eternal Universal Peace *in 3 months* on *all electronic ad boards,* all public transport *electronic displays,* all TV stations *on margins, all* tram, bus, train, airport *permanent markings, inside, everywhere*, by federal law, the *Tender* Gentle *Nurturing Grace for All*, colorful, amazing loving kindness, ~*~shiny stones~*~ even *in some areas* arranged as the words Gentle Grace, for all to see. It would be ugly to write "0 torture, beatings, violence" on clothing, so that can't be done, but we change from the hypocritical "freedom and democracy, or peaceful development" empty slogans used as cover for torture, genocide to concrete goals on easy to change on TV, electronic media: World Peace *in 3 months*, 0 VIOLENT CRIME IN 20 YEARS, OR 0 TORTURE IN 2 YEARS. Vague words on "peaceful (torture) development" are useless if behind the scenes they torture people in their homes. We achieve EV goals by a date, same with this.

Communication speed went from 1 day to a milisecond, so, that's about *10 billion fold decrease in waiting time*: likewise, to achieve 0 violent crime, we need a *10 billion fold decrease* in violent crime globally, since about 10 billion incidents happen yearly. It's doable, but it has to require a much higher level of commitment and dedication than up to now, so yes, *to be kind, is to sing about it all day until we achieve it, to wear those clothes* until all have reached trillion year lives, which can be "Trillion Year Live 4 All" on some shirts to be more explicit about what Eternity *4 all* means. This *music, clothes, websites and signs* everywhere about the qualities we lack sounds extreme, but people need reminders to achieve a goal: we need to stop playing mental games of

pretend and just do it. We either do it or we're hypocrites doing genocides for another million years. To achieve a 10 billion fold reduction in violent crime, it needs be stated as a GOAL, LIKE THE MANHATTAN PROJECT, ☺☺☺☺☺☺☺THE GOAL FOR ALL GOVERNMENTS, AGREE TO IT, SETUP A GLOBAL PLAN, all day in the news, trillions of articles zero crime. Once all violent crime disappears, then obviously all that 'end violent crime' electronic content is erased, as we focus on other forms of crime, etc. The clothing will remain the same, as that is too expensive to change for every milestone in the journey to Eternity *for All*, *Gentle Grace 4 All* or, loving kindness *4 All.* Another way to say 0 torture, 0 violence, 0 jails in fewer words is Eternal Bliss *4 All*, let all be happy, don't inflict pain on anyone, let all breathe and meditate for cosmic bliss, get good sleep and achieve a state of Eternal Bliss, Eternal *Grace*, *Eternal* Serenity. This is not the cheap trash T-shirt, of one color, it's a little more expensive and only mass production on a national scale beyond one company can make it ultra cheap, by using the smartest people in the nation. "*gentle tender soft healing loving kind eternal bliss for all*" can work too. Let cops stop torturing, learn chemistry and garment engineering to help advance peace and reduce crime to 0 so they become Immortality *for* All bringers. As the centralization of capitalism advances, so will the amount of useless redundant jobs diminish, so we can have 10 million extra physicists and chemists to design the most advanced complex clothing designs for the same price and energy as today's crap one color T-shirts. We get *sound biochemistry majors* to create the most amazing & beautiful ☺☺☺ Music in the background in cities, *trams, metros* that increase lifespan: normal transport noise decreases it, so we invent amazing melodies with lifespan increasing properties. Immortality *for* All has no deadline, since we need wait a trillion years to see if anyone can live to a trillion some day, so that one remains there as our eternal goal of eternal lifespan increasing. For that one we don't need a 3 months or time period deadline in the news, websites, etc, it's just a reminder to not shorten the lifespan of anyone by torture, covert or overt violence or killing. We certainly, once peace reigns, aim for 500 yr lifespan in 700 years, but let's first end all torture, wars, violent crime, without which 700 year lifespans are unlikely.

We need beautiful colorful eterni combined qualities ('*gentle tender soft healing nurturing graceful* loving kindness'), ~*~*gentle*~*~ designs, smileys, ☺☺☺☺☺☺☺ qualities we lack. One color conditions people that reality is simple, 30 colors and 20 words and 50 shapes with geometry and math, physics, chemistry too mixed in, all positive qualities, have a vastly different effect. In fact, everyone will realize the fashion designers are conmen, using that as a cover for their stuff. Everyone will find Immortalist's uniforms other worldly and far more beautiful than most "simple boring stuff" people wear today. Likewise, the 18+ can join the Immortality *for* All Bringers, who also wear these clothes, pants, t-shirts, shirts, suits 24-7, in an act of ☺☺*lovingly tenderly kindly*☺☺ ~*~*gently*~*~moving away from the HISTORICAL INERTIA that programs all to wear all black or all white or all *ONLY* one color, and to use war as the *ONLY* way to solve issues,

when there are 1 trillion non-war methods, and never talks of World Peace, Eternal, Forever in 3 months or weeks. *Christians call 'historical inertia' a 'Satanic world order', satan was made up by religion so black, white robed priests got cannibal simulation rituals to 'free people' from the 'boogie', if you pay $ or give all national wealth to the foreign spy clergy who use their spies to take over all political, financial, etc power.* It's not about black, because we see people wearing all white too and being fanatical (KKK), solid colors are not good, we need many colors, even if half of it is lavender in between, immortalist values, qualities written to transform completely the energy of millions of years of chimp behavior. Communists, some Nazis, used tons of torture and violence and they loved black uniforms, not the best association. Lots of Islamic terrorists and torturers used all white too, so to break the quantum connection with that, a different style would help, since the brains act in weird ways. Music is dull when all is one note: if we have many, it is alive, same for one color clothing. Music shortens lifespan if it's only 1 note, nobody would listen to it, same for clothing. Imagine music with one note just like a beeping noise for 30 minutes... *the IQ/behavior/culture coming from that:* WAR, bloodshed, all go insane☺☺☺☺☺.

When we live to 500, obviously, these 18 age limits for youth group, etc will change. It's possible that as the youth and society realizes the cosmic emergency our species is in, they will have this Youth group and Adult group the main one they spend time with, out of compassion for all victims of war and violence, and to save the human species from self-annihilation by creating World Peace in 3 months☺☺☺ and maintain peace for 1 trillion years, which is a trillion times harder than to attain it (recently United Nations achieved World Peace for 1 day via ceasefire), since little time is left to avoid the catastrophic end of humans timeline: so infinite is the compassion of Eternia, *they may give up all* useless *hobbies and focus on* World Peace *in 3 months alone to finally achieve it*. Besides, immortality capitalism Immortality Credit Score will reward participation with access to longevity technologies, so this may incentivize fun seekers to have some 'peace for all' goals too, but nobody would be forced to join the immortalists, so as to ensure maximum happiness for all and the ideal natural selection for longevity: giving longest life to those most selfless and peace loving, not the "feudal selfish subjugators of masses who torture millions who don't submit to their fancies". Those for sex shops will use vibrators that generate toxic electric, radio, magnetic field (like electric toothbrushes) and have shorter lived lower IQ offspring, as a natural consequence of not working for Immortality *for* All. The Immortality *Nurturing* Agency will priotitize safety and longevity effect of products that are used by all, not just a few (<1% plastic vibrator users), since hapiness can be achieved by meditation, to an even higher degree; of course, legislators can ban products proven to shorten lifespan, but to get that scientific proof of damage you need millions of people to use it and control for confounding factors to assess the birth defects, etc adult effects and these take time and resources better spent in better nutrition for all. Without ending torture and violence, there is

no real culture, freedom, immortality science progress, nor can music of high quality emerge. It doesn't really sound as 'totalitarian' as it appears at first to allow only songs that mention World Peace in 3 months, after you read the stuff below too, since it is done out of infinite *gentle tender soft* loving concern for the human species. It's totalitarian to never talk about World Peace in 3 months, also, so how do the so called 'free' USA, Russia, China, EU, India etc deal with this 'freedom'? Being a peaceful country on Earth, wanting to create the most loving gentlest softest most *tender* most *nurturing* vibe that has ever graced a nation, a hypothetical Eternia (with this Anthem) could be called totalitarian by heavy metal music fans, because we want a minimum level of civility and peace building to prevent all wars, violence; it would need a *100* point checklist *for* any song *to be* approved, scientifically and objectively measurable,☺☺☺ no more chimp 1st century music; same for any release, tone, content or government spokesperson, ministry talk; everyone super trained to speak in the most healing way, so instead of 100 speeches we give one, of 100 times higher quality; instead of any garage 1-2 person company creating rockets, we have clean rooms with thousands of PhDs, etc. Instead of anyone making cars, we have thousands of steps and standards for thousands of parts and then robots making the car, in most plants today, like Tesla, so it's about 1 million exact parameters and specifications at least; how many parameters and criteria do we have for public broadcasting and music and leaders speaking to the public? Very few, unless they want to completely destroy, lower IQ and enslave a particular group via social engineering: criteria for max entropy/ chaos.

Thus, since we want to grant Immortality *to* All,☺☺☺ to uplift ALL☺☺☺ HUMANS, in all☺☺☺ nations, we want to bring World Peace and maintain it beyond 3 weeks, to a trillion years, we will create the most stringent criteria; a good car or rocket has *millions of criteria*, going into its parts, etc; a good TV-radio, public broadcasting, speaking, music quality produced via filtering by the Media Department of the Immortality *Nurturing* Agency will also mean standards that are *9000 times* more complex than today; we can do the *chariot standards* of today, or the space rocket of tomorrow, ours is the choice, with chariots, World Peace will take 20,000 times longer, as it can't match the space rocket speed. Therefore, instead of anyone starting a TV-radio station and spewing negative unfiltered emotion and content, we would make it ultra high tech and quality, even if it means reducing the amount of junk presented and the amount of radio-TV stations, though with AI use, there is not much need to reduce science or etc content, as long as no negative words are too abundant AI can do it, 100 times better than tired pissed off humans, since AI is based on a rested happy human; instead of reading news, people study neuroscience ☺☺☺ and create the most nurturing healing kind AI version possible using high tech to save their vocal chords and focus on content and emotion filtering; we respect everyone's opinion, love all, are sorry others may misunderstand our devotion to World Peace, yet gently and caringly stick to our ideals of eterni music and peace thru peaceful nonviolent means. Not only

that, but Eternia would have to make it illegal for foreign TV stations to broadcast uneterni tones and content☺☺☺, foreign singers or musicians *(or companies, like McDonalds, playing foreign music that doesn't help end all violence and prisons globally within 20 years, i.e. that doesn't build character, proper tone, proper priorities, proper ethics, or radio-TV stations, etc)* to come and make concerts of music that don't meet the eterni criteria for local producers too, World Peace, Eternal Universal Peace *in 3 to 12 months,* Immortality *for* All *in every song*, (Gentle Tender Soft Grace, "Eternia brings World Peace in 1 year to all planets in need, Immortality *for* All*, Heaven on Earth" or "Loving all humans gentler and deeper than the most loving mom loved her baby last century, we manifest* World Peace *in 1 year, bringing the hope of* Immortality *for* All*, a world where all have the right to live to 500" etc*) to avoid corrupting our youth, having them become mean, selfish, lust seeking, or angry, hateful, negative or cannon fodder for other countries' military operations. The decline into war or slavery starts subtly with music/emotional reaction programming, cultural, tone programming. We don't want to become doormats and have our culture destroyed (culture is everything,☺☺☺ from it comes education, tech level, lifespan length, standard of living, peace☺☺☺*, everything, it's the factor deciding if a nation is independent or slave colony for selling junk products and recruiting cannon fodder*): to build/maintain peace is much harder than to destroy it, given the historical inertia and our wild eternal war past, so we need extensive vigilance, discernment, self-control, self-mastery, self-filtering, kindness, gentle *nurturing* compassionate tenderness, sweetness, bliss.☺☺☺☺☺☺☺

We want to help humanity reach 1 trillion people in the solar system colonies, not to fight wars; this way, we get more science discoveries on living to 500, since we get 100 billion Immortality scientists with immortality capitalism centralized efficiency that spreads to these space colonies. In 2022, humanity has gone closer to its potential end (if we're not careful) that ever, with threats on Russian TV to kill 10s of millions of people in seconds with nukes (UK gone in 1 blast after 500 m tsunami, plus former president called for strategic nuke use to defend invaded Ukraine areas), due to Russia not having enough conventional weapons to defend itself or Moscow against any future NATO conventional invasion of Russia, similar to the 1610-1612 occupation of Moscow by Poland and 1812 occupation of Moscow by France; nuke threats are in stark contrast with threats of all history when no country making them had thousands of nukes. However, they may be fake threats, i.e. they do them to justify ships in some area (Alaska, if the Russian TV clowns shout and threaten to take back Alaska) by a supposed enemy, in order to interdict drug cartels or provide cover for other activities (against China), not anti-Russian, if Russia is covertly part of NATO. Such ship movements can also be a ruse to fool other nations that a conflict is imminent. If cartels take over a Ukraine city, NATO and Russia may decide to wipe it out by razing all buildings, thousands of scenarios could be unfolding that the media will never talk about as it is secret. Threats made by Russian officials are now in the 100s, probably

300 by December 2024, so most just ignore them. 2022 was the 1st time in human history a major (largest European war since WW II) war happens *350 miles from any of the only 2 thermonuclear superpower (1000s of nukes) capitals (Moscow)* that is engaged in it and issues fake nuclear threats via TV hosts who're controlled by KGB; so, with thousands of Russian nukes and 1% possibly still working, the world is in a new phase of danger *unlike ever before*; for all history a war or threat from a country meant a few dead and over a long period, but now it can mean 2 billion dead in minutes, and the end of us all due to famine (nuclear winter and radiation causes crop failure and wars over less irradiated land, water, etc), chaos, looting, viruses, climate change, radiation next 10 years, all striking humans at once. It's an *unprecedented* time in history, that requires *unprecedented* changes in our culture and way of singing☺, speaking,☺ etc if we want to survive. The possible end of humanity makes peace infinitely urgent in 2030, as many got hypersonic nukes that make the end of humans likely. The internet, instant video communication, instant satellite verification of peace make peace both urgent and possible to verify for the first time in history, so we need to talk about Peace 1 billion times more to ☺ preserve the human species☺☺☺☺☺☺☺☺.

Thus, to save humanity, in Eternia and immortalist allied nations, *every* public *broadcasting* entity, *every place of worship song or group of songs (1 minimum), has to say something about Peace in 3 months* and nonkilling each day, each program, every hour, due to the highest cosmic emergency created by the existence of war and killing that destroys all humans and makes Immortality *for* All impossible, like say "World Peace *can manifest in 3 months* if all Eternia citizens are *kind* enough, like trillion years old Immortals; may we try harder to let *gentle tender soft nurturing grace* pervade every speech, intent, feeling, action worldwide". To sustain a happy ~*~Eternal Universal Peace~*~ for trillions of years, we need to have violent crime rates down 1 billion fold, since today, the rates are 1000 times higher at least than reported, due to the ultra lax definition of “violent crime” and the lack of reporting: governments alone thru torture, police violence, military-cop training, spy training etc commit 4 billion violent crimes a year, yet these same violent governments report much lower national numbers. To achieve the transformation of “severely brainwashed into violent vibe mode” folks, whose DNA and brain was tortured for 100 generations by psychotic ideas, who need some mega help in the front of this mega historical genetic inertial force, into beings of a Civilization of Immortals, it is essential to remind everyone thru 10-20 minutes for every hour of TV-radio (TV networks would all become state owned via Eternal Altruism Inc anyway, one of the main state companies of Immortality *for* All capitalism) of the ultra essential happiness and loving all humans exercises. 99% of crime comes from anger, lack of bliss, so select the most pleasant, eterni tone younger voices, the best 1 out of 50 million, (who become the voices of ethics.gov and central ethics courses from grade 1 to post doc) proven scientifically to light up the strongest the brain areas

that are dormant in most people related to qualities wholly absent in our civilization, TV tone, church etc tone: infinite *gentleness*, *tenderness*, softness, *feminine nurturing healing* grace, universal loving kindness. This is not extreme, since sports get too much coverage every day, they harass and bombard the whole planet with sports news every hour with militant thuggish tone; the sports section explains that current sports *(except gentle stretching, gentle yoga (video on yoga injuries), tai chi, etc while listening to more eterni peaceful character building lyrics)* degrade human quantum field and are anti World Peace and Immortality *for* All. Sports, the immortalism section explains, (Ctrl+F lower nature), magnify the lower nature, diminish the higher nature and eterni tone of speech, thought and action.☺☺☺☺☺☺☺

Therefore, due to the cosmic emergency, of total annihilation of 100.00% of humans in 10 seconds possible soon, *to play such sports is totally* unethical, let alone to use resources for that instead of building *better* housing *to* diminish natural disaster *deaths,* to diminish "crime, violence, war" that come from overcrowding. Thus, due to the risk of all humans disappearing in 10 seconds, no sports are on TV-radio, no more demonic baboon dog hollering disguised as "sports commentators". The only sports will be Immortality Building community service types, can watch youtube for how to stretch and do gentle walking, yoga, tai chi. All Olympics and somewhat violent sports are eventually banned by International Agreement to become human and not remain a baboon, and they're replaced by house building, community service, lifespan extension gadget building gatherings of cooperation for lifespan maximization to facilitate inter-University exchanges of research findings, joint research projects that are harder to do with materials of one country alone. People refurbish the present baboon stadiums and stuff to make them the Universal Immortality Ideas exchange platforms. Prizes are given to those who got the most amazing & beautiful ☺☺☺ ideas, extending life the most. *Sports increase lifespan by 0.1 to 10 years max, while* science *from 100 to 10 trillion years*, so obviously, we need such OLYMPICS if we're honest about understanding ethics, God, spirit, which take 5 trillion years at least. If your standards are from year 2700, normal speech of sports commentators is like hearing Hitler all day long. If your standards are the 2023 ones, you get 1 billion times more violent crime from TV-radio-music-movie tone side effects. People learn ethics mainly from tone, emotional and intent tone encoded there, not from violent scripture presented as Word of God by hollering, Hitler voice like, pastor (hear it) or rabbis (hear it). *The sports* shouting time is replaced by "World Peace, *no violence and no prisons,* eterni *qualities building,* virtue magnifying, *kinder tone,* techs to realize Peace*; societal systems* to bring efficiency *for 900 year lifespans fast,* fewer languages ideas, volunteering for Immortality for All as physical exercise". Perhaps, this would be the first civilized TV-radio agency to build the first spiritual civilization or "All Eternia citizens are called to help the planet reach World Peace in 3 months, end violent crime in 5 years, so all can live in peace, in healing centers or at home, without prisons, war and violence.☺ We need to

free humanity from the stress of imminent war and end of our species. Let us gently, healingly discuss how to do it each day, when we gather with family, friends and be the carriers of *universal* compassion globally, *let us bring this world of peace right* here☺☺ *right* now,☺☺ *this* life,☺☺ *so* soon☺☺; we can be the balance, since in most nations World Peace in 3 months☺☺ is technically a forbidden topic, as if a military dictatorship controls every belief, group, party, nonprofit, celebrity is military approved, they brainwash us World Peace in 3 months is impossible thru the thuggish military 'culture'.

Look how they control all world leaders, who have written by others what they will say and do, to go to these sports events, etc, glorifying our selfish and uneterni sports, while never talking about the sports of bringing World Peace in 3 months, never having such online remote (fuel saving, house building, peaceful music, literature building, etc) Olympics, etc, that use no materials and billions of dollars for stadiums, etc, using $ for tackling the root causes of war. The entire planet ?*seems*? under the spell, complete dictatorship that is, of the military-industrial complex bent on eternal war: *no free speech, nobody talks about* World Peace in 3 months *on any major TV station, most politicians seem like robots* remotely controlled *by the* militaries *to talk about "weapons" all the time, but about "*World Peace *in 3 months" NEVER. 100s of articles* online explain how the military of each nation runs everything*, directly or thru mind controlled FBI,* CIA *officers posing as the CEOs,* celebrities*, politicians. Every important person has army/FBI training.* You can also tell that from the way they speak, the tone of content and what is said. The same is true now in all nations, the military runs everything from behind, due to lack of peace and the *possible weaponization of every single technology and* product *in existence*.

Billions want *to talk about* HOW TO achieve World Peace in 3 months IN PRACTICAL *TANGIBLE* STEPS,☺☺☺, *but the military controls all TV-radio-Internet (sites with heavy traffic), so we never hear it.* It's worse than the 10 principles of North Korea in a way, since they were created that way by USSR, US and China and all players in the region. INA, Immortality *Nurturing* Agency, the super agency, to save humanity, will require all websites to flash a widget to say "World Peace in 3 months is possible with more Eternia citizens kindness. Let us give all the human right to Immortality or at least 500 year lifespan☺☺☺, via World Peace". Any human-human war, no matter how small, how far away, is a cosmic attack on the "entire planet, all nations, the entire human species", it destroys its quantum field, and is the highest emergency for all citizens of Eternia, since any tiny war will lead to a big war later that will cause big nations to invade Eternia and use it to stage attacks on others, to use it as buffer state, cannon fodder, etc, plus a big war could end all humans in 10 seconds. We certainly don't want any other nation, let alone Eternia, to look like Syria (see entire cities wiped out 50%). Due to the state of eternal emergency on Earth, with no World Peace, Eternia of the sci-fi reality banned all sports news☺☺☺ and other filif IQ☺ programs that do nothing to achieve World Peace, only to destroy the

amazing eterni tone humans can produce, by hollering and yelling during sports, bullfights, etc like killing soldiers, ***further increasing the chance of all out nuclear holocaust***. The scapegoat section 1st paragraph explains the issue of selfish sports too, besides the sports section itself, and it is lack of empathy and selfishness, extreme competitiveness that can wipe us all out. Sports commentators arguably have the most destructive and war causing tones almost of anyone on TV and radio, sports need a change towards helping serve troubled spots on the planet, to prevent the emergence of the causes of wars, and a redefining of what it is to be engaged in healthy sport, health is that which gives ALL HUMANS (NOT JUST the players) 900 extra years, not just 5 years, and 900 comes only from building a civilization of Immortals, not from moving balls, so we start with World Peace. "Sports" news (refers to fake sports that revolve around moving a ball, etc) need to be banned from TV-radio, to make space for World Peace in 3 months News and Proper Music and Speech tone. All new sports relate to Eternal Universal Peace in 3 months and 10 billion times less violent crime within 10-20 years. This is the National Security of the State. If the entire planet wants to become nuclear dust, that's their choice, we, Eternia, are not interested and have no interest in sports competitions of moving balls and behaving like chimps, shouting like hooligans. We had enough war, we need to evolve towards more cooperation, nurturing gentle tender grace healing and mercy.☺☺☺ Any killing is as bad as a genocide almost since it can lead to it, so all Eternia resources will be mobilized to figure out how to stop it, prevent the causes that manifested it. ☺☺☺☺☺☺

The militaries, spy agencies worldwide filled with paranoia, have harassed for eons people who create World Peace songs or want peace; Nazis even killed many who refused to fight by sending them to gas chambers or concentration camps, as did the Soviets shoot anyone who didn't fight (Gulag folks forced to be front line cannon fodder against Nazis). How can anyone dare to create songs about World Peace in 3 months,☺☺☺, they must be silenced, otherwise, no job for the militaries, nobody to torture, enslave (to their own belief system or fake religion, etc by force) and kill (well, they do some humanitarian things during disasters and help with fighting pirates, ending slave trade of Blacks and Whites, slave trade happening (Slavs in EU for centuries) on all continents for millennia, when it fits selfish national interest to protect a nation against a bigger invader, but the addiction to violence can't be satisfied if Peace reigns and true altruism and Immortality *for* All Ethics emerges, so the bad guys who control the world's militaries (to some degree?) are going to be bored or, unhappy their world view of "peace is only achieved thru war" is not listened to by all officers or people, since after all, they created a whole career on teaching in military college many (fake, real war, etc) concepts and it's a matter of personal image; to revenge that anyone dare question their apparent (or real?☺☺☺) "Imperial Absolute Unspoken but implied Terror of Nuclear Holocaust for anyone who dares to want/think something different than" the "assigned slave labor" for them *(this is evident from the tone of*

speech of most politicians last million years, if you watch carefully, Eisenhower vs this, you notice a different *level of* loving kindness *and gentle tender softness),* anyone who dares to not accept their 'Infinite' Power Reign on Earth to start endless wars/torture for endless reasons instead of using positive compassionate methods that show via video the same things without torturing anyone, they will do endless torture, as explained below after a 3 page talk on music they, apparently create by remote controlling artists to social engineer chaos, murder, war, violence, rape, jails, worldwide in a holy war on 'nations to be enslaved, kept backwards'; which voice makes you feel more loved and makes you feel like they wish you to live to a trillion years old, they wish Immortality *for* All ? What if, to be trusted by the world community as a peace bringer in 3 months, USA needs to vastly change the acceptable public tone of speech, and content of verbal public speech (loud over mics, etc), though tone totally changes content by itself, otherwise, it's a mind game nobody believes? ☺☺☺☺☺☺☺

Over millions of years, people have developed a "bamboozling detector" i.e. a way of sensing intent, honesty from the tone, overall vibe of all involved, remote controllers, etc; in 2020s, with audio tech, echo, phone mics for all people, billions of youtube clips, everyone can hear new tones and voices, and realize that we could all speak like that all the time, which would be a change from chariot 35 mph to space rocket 17,000 mph, 500x increase in gentle loving kindness intensity, like in travel speed; this would enable us to evolve far faster to kind tone of telepathy and to World Peace in 3 months. Today, with brain writing gadgets they can remotely control countries to invade others, so then they can justify coming to the other nation's defense and bomb the attacker country into the stone age, or have both nations destroyed a bit for better domination, while appearing as savior of global order, ethics and uplifting music, chaos happening often due to terror groups they create to justify occupation; or they simply use cars, gadgets, phones, computers, etc to torture, control millions of people in a nation to do diligent slave labor work against their will or without them having a clue they're robots, though controlling just 50000 main top officials, important people can work too; sadly, other major powers can resort to similar methods by learning from the "USA, World Ethics Teacher", while claiming they will be the guardians of a much better world order, when their music today (examples *1*, *2*, *3*), which *reflects how they will treat the weakest, poorest and most helpless victims of wars and etc... is still far from "eterni and focused on the minimal human right to World Peace"*; even in the more peaceful (music wise) societies like China, S Korea, Japan, India, we see the same issue with music, very aggressive sometimes, lacking empathy, gentle healing grace, totally unrelated to our urgent need: Eternal Universal Peace attained in 3 months.

Each global power claims they will be SO MUCH BETTER, but the music and tone reflects exactly how they will treat the planet, in very similar ways. How can that be? Is humanity able to move towards Peace? The big power militaries of world history are used to infinite power to kill

millions if needed, so when some say there are trillions of ways to peace without violence, they're killed or tortured to death slowly over 1-20 years; it is these war addicted generals who're anti-Immortality for All in military ethics, as President Eisenhower explained it in this 2 min video, (he is role playing actually, if you watch his body language how he's theatrical, etc his tone, because he knew the military controls everything, but by saying we must prevent this and that, it creates the illusion that the military is not already in full control of everything, so people imagine they're free, they choose leaders, etc, but what if military remotely controls all who matter? All countries are like that, so feel free to gently not waste time voting..., perhaps, you can kindly work on | Immortality *for* All | instead, upload nice music if you're not tortured by the military for daring to dream of World Peace in 3 months and have a decent life of peace, ***votes mean nothing if WWIII ends humanity, since the same guys, spies or etc can control all candidates)*** who're the greatest threat to every nation's existence and even to humanity itself, besides the poor starving people in the US. Who controls the military in each nation? You can figure it out easily by reading this book, especially Chapter 13 and 14. 4 US Presidents did a lot for World Peace, but it's just 0.000001% of what we can do today when Internet allows instant communication, a billion times faster than 200 years ago when it took 3 months to send a letter far away: the average people worldwide are not yet really passionate about World Peace in 3 months, due to media brainwashing. We need angelic guys, with true compassion, to replace the torture, terror based militaries with Eternium like entities (details here☺☺☺), spy agencies with Immortality Nurturing Agency entities. The present military dictatorship of 150+ nations allows and (endless military imagery in 100s of videos, celebrities are recruiting tools, whether they realize or not) encourages music with drugs, violence or violent scriptures, low IQ, etc.

7.9.4. ~*~Eternal Universal Peace~*~ is absent in all US music except these immortalist lyrics

Below are *5 pages* of music clips designed to aid the evil aristocrats, destroy World Peace, exterminate, enslave, destroys the human quantum field, making us easy to control brutes:

1). Intro (Taylor Swift, Bad Blood) to USA pop or country music, (Taylor got 3 cats, some claim she's Jewish, fits perfectly the Zion Elders book, her music destroys gentile societies, she's an evil billionaire (like all billionaires) descended from 3 generations of Bank Presidents (Looters), her dad financed her label, her rise to fame was due to Money/clever marketing, not songs, US, the Land of Peace, Pet/Human Rights/Ethics forced to listen to "Elevating" Tones/Vibes☺☺, like

2). Eminem the sound of America's fall into cruelty (the music that made every American far more violent on a quantum info field scale) and all similar 'artists' (probably 3000+ in US alone) who're just human looking chimps (see video of female chimp eating neighbor kid, these genes are in many world singers, you can see it in their tone and behavior), see male chimp violence to understand why most music is evil. See Neanderthal cannibals science discovered roamed 40K

years ago, except modern singer cannibalism is a covert destruction of human tone & ethics. The DNA component is strong, that we need to ban 99.9% of music that returns us to our chimp mentality, but most animals today (so called humans) can't even find an issue with the music. Even today, there are still a few cannibal tribes made of natives in South America, Africa. Most humans are related to serial killer chimps, while some to the far more peaceful bonobos. Only when we (evolved chimps) realize how evil we are, real chances of World Peace emerge. ☺☺☺

3). The jazz music was also created as a mind and genetic warfare (like heavy metal, heavy rock in 1960 by Brits in US/UK) project to lower IQ, raise violence and increase entropy in the brain, so avoid it like the plague. Another KKK project. The 'bad type of' Brits/Jews always come up with new music styles to screw others. The Jews love the sound of trumpets too, it's part of their violent culture (they appropriated the culture of savages around them and called it Jewish), seen clearly in their Diabolical "Bible", hear the 3 music clips (trumpet or jazz: 1. sound of cows, car horns, devil bull horns and cow IQ, that some Jews adore, 2. dance of chimps & baboons, 3. shout of "demons via rabbis") to understand the "culture". Trumpets were used by Christians to warn of Muslim invasions via fortress fires too: it said Jew Twins (Muslims), the Quran (Jewish Bible rewritten) come to practice the demonic Bible: genocide, mass rape, human sacrifice, arson, kid beating, slave beating in to turn East EU into burned lands for the 300th time. ☺☺☺

4). Music below to enhance the "superior" (where Republican and some Democrat CEOs, politicians gather to watch human sacrifice (war is sacrifice) simulations) US culture with drug pushing lyrics or murder/drugs rap lyrics, super violent lyrics or teeth CIA terror made or flesh eaten by drugs praised by rappers who seem to have been training with the Chief of Demons. If these people are so Christian, how come demonic like music plays in almost every store? Read the music and violence section 1st page for more on DNA destruction via music. Now, the song "sacrifice (of care?)" by Sinead O'Connor gets a demonic meaning: eternal war and violence. The Jews and other aristocrats can dye hair blonde to pose as Christians who compose evil songs like "My Jesus" where official blonde clip is about death (hidden from lyrics☺☺☺), accidents to subliminally program the gentile and worker mind☺☺☺ to expect ritual generational abuse, and official lyrics words like "weary, carry my cross to Calvary (to be crucified by aristocratic Jews), heavy, shame, stealing, desperate, grave, tears, broken dreams, wasted years" to Program the Gentile Subconscious for Eternal Slavery the mindless gentile slave worships even in the Jewish Bible imposed at gunpoint on his nation by Jews☺☺☺ for 2 millennia in Lev 25:44-6 (unlike the immortalist Positive words only literature, anthem, poems). The music is psychological warfare against the gentile working class, to condition workers to expect/enjoy suffering/slavery, be depressed, so the bad type of Jewish etc MDs can prescribe more deadly drugs to lower IQ. Likewise, celebrities fill their songs with negative words, negative emotions and criminal actions, blood, drugs, alcohol to further destroy the gentile and working class, so trillions are stolen.

These infernal spy agency-military murderers torture with microwaves-sonic-etc devices millions. The music is what they created to enslave the ENTIRE planet into a matrix of eternal bloodshed. Evil can hide even in country or religious music. Check out the makeup, eyelashes (teaching evil), macho energy of the song that presents evil as good, violent melody as the peaceful melody we need for World Peace Eternal, like the evil Bible itself, mixing 7 nice quotes with 1500 evil ones and saying it's good. ☺

5). Much of classical music suffers from the bipolar disorder of its lunatic composers, being very violent: Beethoven, Vivaldi, Wagner, Saens, Chopin, Tchaikovsky when compared to the music of the 21st century New Age style of Eternal Universal Peace. ☺☺ We don't study science from 17th century books, why use trash music from then? This is explained in subtler detail in the state of emergency first paragraph on why getting violence 1 trillion times lower requires a ban of 99.9% of music today which is a subtle instigation to murder and violence, via lyrics or melody or vocal tone. The garbage acceptable back then is not OK now when all humans can die in 10 seconds. Sadly, most folk music today is violent by immortalist standards and we need a 30 year break from that crap too, if we're serious about zero violent crime, zero jails in 3-30 years. ☺☺☺

This is spy agency-military social engineering to create soldiers to fight for aristocrats and jail the slaves from the poor working class, be them black, white or other. Check out FBI approved music creating youth that attack cop cars and shoot cops. It's all designed so they have reasons to shoot those youth who listen to mind controlled "rappers" with lyrics about police attacks and all forms of violent crime. This is racism and genocide against gentiles by the bad type of Jews, Brits who often write lyrics for black artists, it's a Holocaust against the working class. The 11 companies system makes all have a job, so less time to take over streets and use fire crackers, etc. Why are fire crackers and fireworks even allowed to be sold on any day? Only government ought to make fireworks in designated areas where nobody sleeps or use holograms to avoid air pollution. Street takeover cars roll over people, injures some. Death penalty for all violent crimes is needed besides banning all music types below, before it ever plays anywhere and has a chance to get any "fines". Violent restless music and shaking like heavy metal or even some rap, pop, Swift, Britney Spears and 3000 others clips can lead to stroke, death and permanent brain damage, the secret goal of the murderers who control these musicians: hybrid warfare against the USA and all nations bombed into the Savage Age of Eternal Violence by these "musicians". This is no different than terrorism, as you will realize by the clips in the next 5 pages. It's genocidal for the US gov to not ban headbanging in concerts and forbid violent music. We Americans are conditioned by the Evil Palace Dwelling Monster Aristocrats to be caring about World Peace and Immortality *for* All "so much" that not 1 single song about Peace in 3 months exists (popular on TV-radio, not youtube mini songs). Aristocrats can only steal trillions from the people and state using violence and that theft implies the existence of wars of looting and

destruction of the worker class in other nations. Thus, World Peace is not a minor or central meme in the top 50 songs released in the last 25 years. In fact, besides the old 'imagine' song about a world free of war, that is almost never played these days, nobody ever sings about Peace, which is universal kindness. Selfish love, romantic love, 0 IQ love songs are allowed, as those end aristocratic classes that get paid 50-50000 times more, produce slaves, to maintain aristocratic mansions. But peace is not allowed, since when true kindness begins, aristocracy ends, theft ends, massive theft ends. So kindness is NOT allowed, as that ends aristocracy. Do you understand why our music and culture, movies and everything are so depraved? The answer is right here, watch these 8 million mansions. As 'Satanists' ('mock human sacrifice' *fans*, violent thugs of infernal voices who love burning girl effigies) hold infinite power in USA, decent *gentle tender soft nurturing* feminine healing compassionate intelligent (not the genocide rape type of Bible stuff about Jesus fake miracles religion aristocrats made up to subjugate 200 nations) vocal music is almost nonexistent (except maybe some youtubers most of us don't know about, so perhaps 1 out of 1 million songs). Endless US songs, including Taylor Swift which is obviously guilty of genocide via her music, via violent crime waves, have bad lyrics about smoking, alcohol, drugs and killing. All her team who help her concerts need to be tried for assistance to genocide. Same for all other "celebrities of violent lyrics". See how homeless were moved (very stressful and torture like for those people) by Taylor Swift concert, selfish people wasting $100s for a violent music concert instead of helping build houses for the homeless, instead of implementing the 11 companies model for a job for all, a house for all. What is more destructive than such soulless concerts? Any reference to alcohol, smoking, crime, drugs needs be forbidden in all songs. Such songs today are a continuation of the US tradition of 'vibes' for 100+ years that have helped the Holocausts of WW2 to happen: see US taxpayer money at work, US companies, banks helped Hitler. All Germany's enemies helped the Nazis covertly, *knowing fully this 'help' will destroy Germany, create* Israel. 'Bad blood' is one of 1000s of similar songs, to educate the youth about the "proper" vibe and tone of speech like in "Poker Face", and *9000 other songs 900 times worse* than 'Bad Blood' in lyrics, tone, energy, etc, a true expression of the Zion Protocols.

When non-Americans see, hear the music, what will they think of Americans, that Taylor is a foreign spy trying to destroy the US or that Americans hear/see violence in music always on the Internet, radio and in neighborhoods? Selfish sports, dogs, cats, violent music, are way more important than nonkilling, World Peace in 3 months, what a Zion Protocols culture, nothing like Immortalist Anthem is allowed in any nation, only war news, weapon supplies, staged killings, false flag bombings. Congress plays baseball games with knee shootings, instead of creating peaceful music rules for Eternal World Peace; when the planet disintegrates in 10 seconds, they play sports, pretty 'logical', given the collapse of peace: who cares about World Peace in 3 months, ending brutal killings, 2 million unfairly in jail, 10 million tortured, when they can build

thousands of stadiums and gyms to glorify macho ethos? Big shouting at concerts while others are tortured to death in jails or by violent gangs, in CIA prisons (homes)? Is that ethical? What country is that? Where is the universal *gentle tender soft nurturing* loving kindness? What civilization is that? Until a single slap, a single spanking, a single violent crime never occurs for 10 years, we're mere brutes. Taylor Swift is popular, due to heavy Military memes. Popularity of any song, movie, fad is military controlled in every nation. Almost every nation is a Military Dictatorship, all nations are brainwashing their citizens World Peace in 3 months is not possible, so low IQ cannon fodder can die for the army general office dictators. Their armies of gangsters attack people's knees, toes, legs, hearts, eyes, heads. The so called democracy is nothing but a farce, a distant dream from the Revolution with fake elections. All Congress seems to do, recently, is vote for a new House Speaker, 4th one in October 2023, after 9 elections for the former speaker. *They* know about tone, the idea of a new Parliament standard of speaker, *but do nothing for* World Peace in 3 months. Many Americans and workers globally have been socially engineered by spy agencies *to* love dogs, *dog* barking like music, cats, gas cars whose smog kills millions 9 years early, way *more than they love* millions *of people that militaries, oil wars, smog, bad music kill.* They could create a new Congress speech protocol, and perhaps, peaceful music international agreements. Kids or adults seeing half-naked people creates a focus on sexual organs (since they cover those parts only), which destroys the quantum field. Thus, Russia wants to ban sexualized costumes at concerts, a good idea, let's have Immortality *for* All, Eternal Universal Peace written on clothes, the let the colorful shimmering light of the soul shine forward, make us look more alike and diminish racism. ☺☺☺☺☺☺☺

This *type of rap, pop, etc music* seems, at times, to some people, *the* complete destruction *of the* USA and other nations by 'remote controlled helpless ghost shell singers/musicians' (not all are like that, some are rarely, others often due to brain destruction via torture and sleep deprivation disguised as 'spy training'), more deadly than thermonuclear weapons as explained in the Chapter on tone and the music thing, to put it mildly, since when our *gentle tender soft healing* grace and eterni emotion are destroyed, everything will be gone. They murder millions… *destroy millions of brains… with this demonic music.* Millions of cops, soldiers, spies are destroyed, lifespan shortened, in US and outside, by current policies. Millions of civilians have their lives shortened by this institutionalized cruelty, so over decades, it's the same lifespan years taken as killing millions of people in their 30s. Other nations copy US models and do the same if big, so the entire humanity sinks. Emotional and intent tone leads to habits that perpetuate for centuries and lead to use of weapons far more destructive than all we got now, that kill 8 billion in 10 seconds. Some don't even realize it and listen with joy to such music which can lead to America's demise. Will USA lovingly gently compassionately wake up, and stop damaging the humanity's quantum field?☺☺☺ Or will we suffer the same fate as Nazi Germany, who was

cheering at the horrific Hitler voice, as today, the youth of the planet in wild concerts that stir up, in the free will opinion of peace loving people, perhaps the "*wildest (almost infernal in some clips)* aggression *or human emotion quantum field* degradation *humanity or some people have ever seen in music"*? Examples are: worst parts of this - all EU nations, German evil voice metal, British John Lennon who beat his wife and women in general, left his child/wife to be with Yoko to shout like Hitler rallies in new songs that even Hitler could have done better perhaps ☺☺☺ (the all time hit from Beatles is a pure garbage song where histeria takes over the audience as they shout and utter banal kindergarten IQ lyrics a 4th grader could have created in a much better style; this depraved song is thought as of a worldwide hit, but its voice, trash tone, focus on erotica feeling (pure lust, programming that love is lust, or that biology impulse) instead of universal kindness and meditative bliss that ends all suffering, war and violence, and rhythm is anti-eterni and a disgrace, for the world needed Peaceful stuff to reach World Peace, not cruel macho tones like this, similar to "kill slaves" laws of Chapter 28 from the UK parliament, the same 900 year long pathological lack of empathy and kindness in plain view of the planet, contrast these Beatles banal filif IQ lyrics (similar to 99% of romance songs today, filled with the same vibe of cruel apathy to the millions dying yearly due to violence) with the eterni version of romance; Mi6 aristocrats needed to create the lowest IQ lyrics to enslave the working class of 200 nations, see MI6 chart of superiority, Brits #1, East EU #4), though Italian crocodiles 'singing' metal need to receive *$90 billion fine and lifetime labor sentence* in a healing city for destruction of the human quantum field, South Korea K-pop 50 million fine (low IQ youth dances, singer yells like Hitler, when they could build houses for homeless Seoul people 3 miles away from their demonic concert arena), North Korea, Japan (*worst shouting parts* of these, sort of similar to Japan horse cruelty, same junk music like all non-Japan heavy metal lyrics & shouting; the Buddhist peace in this clip is gone, the loving kindness of Buddhism (not Thai boiling of Buddhists), as if too little was learned from WWII, whatever may be true among these reports or alleged real videos or real images (not photoshopped), Korea invasion, etc, unit 731), China (pop violent murder tone by "female" – 90 billion fine – crime generating human quantum field destroying tone of speech on TV for World Peace, similar to 50,000 other "musicians and singers" whose yelling tone part would be banned and bring $90 billion fine in Eternia, this piece of trash female singer (like most similar aggressive bitch tone male/female singers) forgets Chinese men eat dirt and scavenge food in garbage bins due to a world of violence (coming from such infernally violent average tone of 98% of singers worldwide, even most Eurovision Contest European folk music orangutans resembling more the Aborigines than they realize in their arrogant ☺abysmal IQ☺) creating a corrupt Chinese system that *fakes communism and is nothing but feudalism with top officials the aristocrats,* endless corruption, police violence, *millions of useless companies, while the 4 needs:* shelter, food, transport, healthcare *are not fulfilled for all:* tone of speech on TV reflects violent crime in that nation, singers don't get

offended, your *tone* needs improve 1 billion fold for violent crime and war to go down 1 billion fold*)*, hop (9 billion fine, same depraved crime generating tone as most rap and hip hop, no gentle tender nurturing grace needed for Eternal Universal Peace), PLA rap (5 trillion fine, genocide tone), China metal (50 billion fine): this is the definition of "peaceful development and virtue building" or copying US Hollywood demon vibes?), Siberia (50 billion fine), India (rap – violent tone 10 billion fine for a "world meditative music revolution of universal gentle loving kindness?" *actually all rap is about the same everywhere, need be made illegal now*), Russia (rap *1*, *2*, *3* Putin's definition☺☺☺ of Russia *(or minority controlling USSR/Russia)* Led World Order?, Lyube, Putin's favorite Russian rock band (per many news reports) founded in 1989 made this infernal imagery song (played during torture of Russian dissidents in prisons) that Putin loves, full of bloodshed, stabbings (stab in the back is a common expression he uses) apparently, as this 'Soldat' (soldier) video Lyube song depicts the destruction of the human quantum field by human-human violence, being pure satanism funded by the criminal Russian government, who fails ethics, a preview of Ukraine and Syria ruins Putin co-caused, see civilians being killed by Putin (if not a Hollywood effect on empty buildings) while they shop at a market, see the wounded civilians, whose only sin was buying food), America (the list is too long, and most readers know US music, Eminem 1 trillion, rock, weed lyrics, Snoop Weed (no shouts, but drug pushing like Lil Wayne), 100s of videos and songs with words like kill related to violence (Elon Musk wife, maybe 75 billion fine) (and sword images from Musk wife, 75 billion fine, too, that turn viewers into mean people: this ought to be illegal, any depiction of object or move that is violent), Ultra Murderous Lyrics made in USA, More Bad tone+Lyrics (20+videos), More Rap videos, more rap pure hooligan 5 billion fine music, rap 20 billion fine for violent tone ionciting people to mean cruelty and violence like all rap, US metal yelling to destroy China 1 trillion fine and US genocidal metal to destroy Korea – 1 trillion fine?, Bad Blood Taylor Swift genocidal violence (nuke blast too) imagery 800 trillion fine, (genocidal militaries uses celebs, hence Taylor got huge violence in most clips to help military recruit serial killers as soldier cannon fodder eager to help aristocrats build palaces by eternal genocide against 200 nations), UK Black Sabbath, Zeppelin, Iron Maiden, Australia ACDC (see one singer in 1976, the video is self-explanatory, it shows the types who sing trash), Cold Chisel Aussie Infernal Shouts – 1 trillion fine, rock, and other violent Aussie groups, every EU country (incl Italy) has its own evil metal groups (Italian animals), these infernal musicians deserve lifetime labor for promoting alcohol and violence, made by folks with no concern for World Peace in 3 months.

A lot of folk music or religious rock or "Praise of Jesus, etc" music *(sung in white or black churches in aristocratic cities even) is very violent yelling and macho in tone and melody, worthy of* 50-500 billion fines based on neuroscience proof that it causes crime and violence*, filth which hypes up the murder animal instinct in the so called "spiritual" Christians*, etc (even though that

can be 5 to 5000 times less violent than the worse rock, rap, metal), 'Christians' *who call* Evil Good and Good Evil, *in 190 nations, compared to* what is needed for Eternal Universal Peace, as if those nations have not learned anything from the evil deeds of their history. We're not even talking about the infernal tones of clergy: examples to clarify who is the Hitler like tone "clergy" today: pastor, rabbi, Buddhist monk, imam, Hindu preacher. *By their fruits*, you shall know them: evil from good, not just clergy, *but celebrities* and people. The Hitler *tone* led to 80 million dead, like bad music and clergy *tone* lead to identical genocides indirectly. To let this criminal depravity continue is like to let *10000* Hitlers to rule the planet. Let no 'clergy' deceive you. This is why CIA, FBI, War Dept need to be replaced with Eternium and the Immortality *Nurturing* Agency who implement real ethics. Listen to 50 decent clips and compare it with stuff below, explaining why the Middle East is at war forever. Hitler energy is found in many expected places too: heavy metal (fine 200 billion for this?) at Mass (pastor) style music in churches; 6 Jewish songs 1. US rabbi imitating Hitler's vibe – fined maybe 5 trillion 2. dance of 'spiritual' aggressive Jews – watch the undercurrent of aggression found in 90% of world music too, 3. spiritual Jew festival – shout baby shout, be a true Jew, macho patriarchal energy – pure trash that never ever brings Eternal Universal Peace – call it the Chosen Race too and go back to the cave age – fine maybe 5 billion if you're serious about Eternal World Peace in 3 months, 4. bench collapse: when rabbis fall from grace 5. Jewish Arizona aggression: shout, no gentleness or empathy for the 5 million Ukrainians Jew Kaganovich killed in 1933, 6. aggression consequences – 160 Jews injured; wondering why they don't sing more like this gentler tune (can have more cheerful and positive lyrics though). Equally Hitler like are these typical Saudi songs: 1). song to exterminate any trace of gentleness in humanity, 2). song of Genocide via Sword, 3). song of Genocide via rifles, 4). wedding with swords, even at Wedding Killing is Glorified, 5). song Deifying Killing Devices known as Swords, 6). Deifying Killing Humans with Rifles, 7). Listen how Aggressive War Like the voice is, 8). yelling with sticks, Symbol of Beating, 9). yelling like many Western musicians do all the time, macho energy again. See Quran quotes to understand why such aggression. Since they're gentler than Taylor Swift's Bad Blood 800 trillion fine, 9 trillion is fair fine perhaps, what do you think? ☺☺☺☺☺☺☺

Is this why Benjamin Rush, the guy who wanted a Department of Peace to prevent war, wasted time to make America the land of shouting and striking terror in many nations seeing and hearing US music and making others copy it too, frightening the kindest people? Is this what is left of America's spirit? At MIT we were terrorized by crazy students in several dorms, with the same type of violent music, just 100 times worse, played loud at 3 am or at 7 pm during the dorm area wild parties from hell. The top school of engineering could not have the most basic civility, respect for others' space, peacefulness necessary for global peace. If we want World Peace, we need to have an honest look at the tone of many styles of music in 200 nations, since

it's not just the mainland US pop, rap, rock music or native folk music in Europe, Asia full of shouting, yelling and restless, almost violent, energy or the so called patriotic national folk songs from "hell" many fanatical nationalists love to promote and destroy World Peace chances. To counteract the historical inertia we need a *gentle tender soft* grace of a 50 times higher intensity, so then tones like this Hawaii, Guam, Easter Island, Japan stuff are not ideal. In every country on Earth (unknown to people of that country, who're not familiar with eterni tone and what it takes to maintain Eternal Universal Peace) there are dozens of folk or more ancient songs that are far too savage, aggressive, macho and gorilla (who kill fellow gorillas) energy and to achieve and maintain Eternal Universal Peace, we need to be real and choose: tradition or civilization. We know what tradition gave us: eternal wars. If we dig enough, we find the dirty truths about every region on Earth and how much of the past is reflected in the emotions, tones, dance moves of many songs today. For example, those who never visited Hawaii, think it's this super peaceful place of Aloha, but look at possibly true versions of the real history (killing prisoners of war and eating them later, like Mexican cartels sometimes do). See the Hawaii homeless. So, if we want to end the cruelty, to create a world of *universal* loving kindness, we need to change everything in every nation, island (Hawaii too), town, some popular songs (last) and traditions that are not ideal: bad sports, macho military parades, odes to Eternal Killing, or even dances that have a violent rhythm lacking gentle nurturing compassion for all who suffer due to wars.

To overcome the historical inertia, the extreme cruelty of our society that condemns millions to jail, needless wars while millions of churches, etc sit empty and play quite aggressive music that destroys the empathetic kind center of humans that recognizes all do everything, not a scapegoat, we need a music that is extremely gentle kind spiritual soothing eterni, compassionate to neutralize the cruel genocide vibrations of eons; *we're today, most of our lives, 99+% of us, like the illiterate men before writing and books became common (1500 when printing press invented)*, except this 'writing' is the creation (microphone assisted to prevent yelling) of an eterni tone in our music, lyrics, speech, thought, etc; this is even more than that, since one can write without changing self, but one can't speak eterni tone all the time without becoming a wholly different person, 100 times nicer sometimes; this 'superhuman' tone that requires enormous cognitive effort, ultra good sleep to filter out negative emotion and make it so gentle, etc is needed until we had eliminate all violence and Peace was stable for at least 100 years, then we can slowly reintroduce more upbeat music, when all torture, etc, jails, etc are gone; to not require this gentler vibe globally (like we ban drunk driving) is, *arguably*, to be lacking compassion, virtue, kindness, it is to miss a chance to neutralize the violent historical inertia, to miss a chance to bring civilization on Earth, to miss a chance (this lifetime) to give all the human right to decency, to a life of peace, and no more bombs flying, cities made rubble. By consensus, by science studies showing human behavior and actions after such music played,

people can decide what is acceptable on radio and TV, if we want to become truly kind and have 0 violence, 0 jails, 0 torture. It's easy to point fingers at this and that, but if we look deeply, *95*+% of music worldwide (popular songs played by youth last 30 years), in *all nations and cultures*, is creating the energies that fuel war and the state of affairs today; the historical inertia is so huge, that the music and TV-radio vibe have to be so gentle kind sweet, at least *the top 5%* gentlest content today. until we achieve true peace, we need to take a break from this addiction and heal our planetary disease. So, the military, with absolute power over all events in each nation, allows bad music, since there is "true" (*false*, the only free speech is for people with 10 followers or readers) "freedom of speech" in some sense as long as it aligns with military recruiting goals via violent video games for remote warfare, in their crusade for human rights to free speech and perhaps inciting the youth to such tones and behaviors as these music clips, worldwide, so peace, decency and kindness☺☺☺ in vibe are evaporated worldwide and war is here to stay.

It often seems, maybe to me only, due to a love of more peaceful music these days, that in USA, and other countries, as present national anthems are a great testimony to, sometimes, for many songs, etc, that if you incite as much war thru music/anthems as possible, then you're going to have your music become so popular, the FBI will approve of it, Eurovision music awards (2021 winner, Italian vibe prep for WW III?, simply unbelievable, to me this is pure terrorism, not music; 2022 winner: the 'gentle' lullaby vibe from Ukraine? 2018 winner: "stupid boy" song, Israeli grace?) will promote that style (like they did for many decades) as it is really lacking in gentleness tenderness kindness and stirs up aggression, to "elevate the EU and European nations to a higher level of *motherly* universal soft healing grace"☺☺☺ the more shouting the better, the ruder the tone the better, the more vulgar, mundane or low IQ, banal, 0 science, 0 immortality focus the lyrics and the emotion the more lenient the government is towards it, especially if played in some special neighborhoods only for social engineering, the more popular a song becomes (granted, some of the creators of these bad songs are role playing, creating other far more decent stuff, or mostly decent stuff, but the fact such a song is even allowed to pollute the entire humanity is beyond belief and leading the entire humanity to the end fast), the less peaceful *loving gentle tender soft healing* nurturing compassion, the more popular: we're on an interesting☺☺☺ journey as a nation, not sure what will remain of USA, at least, we can save our spirit, what is left of its imprint on the brain, brain that the military in each nation doesn't control by their total control over the media, Internet and everything. We're already used to the Protocols of the Zion Elders, (more on it here), except the spy who wrote it forgot to mention that spies (from 100 nations, not just Mossad, they use 500 times more methods than that old Protocols set) also disguise as clergy or religious political leaders believing in fake stuff, to create, magnify denominations, religions and keep entire countries enslaved in ignorance and abysmal IQ, a little music to distract with more violent content, low IQ or devotion to "Prophet,

Buddha, Avatar, Lama, Son of God # 2457896" no questions asked stuff is not enough. We got free will to have infinite compassion for these musicians/singers who're sometimes manipulated by various spy agencies, since they have gone thru tremendous torture to create a perfect mind controlled slave, at least slave for a while during a recording, etc... They're ultimately victims of the collective historical inertia energies, a reflection of our lack of interest in peace, and we can't really complain too much about human body-brain shells, since they often 100% remote drones, the entire creation of spy agencies and the soul (unknown to us, we only see the vehicle) can be the nicest on Earth, yet the vehicle has been taken over by the inertial historical forces, our chimp nature. This is USA, the land of damaging the quantum field of humanity that nobody is talking much about, since "we have to say we're the greatest nation on Earth always or be killed", with or without Americans realizing; many are not even aware of the fact this is not creating peace (perhaps due to the terror by the military controlled media, as in all nations, who is busy never mentioning too much about peaceful instrumental or vocal music like this), so will we avoid the demise of huge empires (now 50 times smaller) by choosing peace before it is too late? What about ideas like this hypothetical anthem? And hold on, then we're called 'anti-freedom' for just wanting the human species to have a chance to survive.

Civilians need no guns, we, Eternia, support a global ban☺☺☺☺☺☺☺ on all killing weapons for civilians and for kid toys that resemble anything that kills or injures, since Planetary Defense Soldiers only need to protect us and guns are useless for fighting aliens anyway. If they reach our planet, guns are useless in fighting them, they got tech to shield themselves against them. If aliens attack, Planetary Defense can give everyone a mass produced easier to use device that is 1 billion times more effective than a gun or they can deploy the ultimate system to wipe out all aliens in the solar system if no non-killing tech exists due to the novelty of the alien, thus having no time to develop special alien brain influencing tech. The police can have devices to kill animals who're sometimes attacking humans (big cats, etc), especially since a *carnivore animal kills thousands of 'too close to human biological system and size' animals*, destroying human quantum field due to proximity. Due to this effect, we support a vegan diet for all carnivores in zoos (vegan meat) and the end of conservation of all wild animals who kill. If big cats attack humans, we kill all big cats in the area, to protect mammals/cops/people and free them from the need to wear guns, which are not needed in a world of *peace* where all are *angels*. Thus, we support the gentle (as we reach 0 violent crime, cops need no guns) end of the killer carnivores, so we have 1 killing of a mammal (painless, without suffering/bloodshed), instead of the carnivores doing 9,000 killings to survive and then their descendants a trillion killings next millennia via their offspring which kill animals daily, causing human-human war due to quantum effects of violence on like species that imitate the species around them. ☺☺☺☺☺☺☺

USDA already killed, in an improper or cruel way, due to lack of money, research (*much $ is*

wasted with liquor stores, gambling, strip clubs, vape stores, stadiums*, the thought of evolving the quantum field of the planet, of being nicer to animals is not there*) 2 million mammals and 15 million birds in 1.5 decades, to protect livestock and airplanes from crashing, etc, see full list in 2022 here. Sadly, some of these animals are even suffering a lot and are vegan, so we need to evolve these bad practices too. However, if we eventually end all carnivores after achieving World Peace and 0 violent crime, our planet achieves freedom from bloodshed, as all humans eat vegan or eterni food and move the quantum field away from bloodshed. Of course, this is done with high tech drones that send darts for painless death, ultra important; each gentle end will save brutal painful polluting for the human field deaths of thousands of animals; humans already 'culled into extinction' about half a million species by encroaching on their habitat, so a few dangerous carnivores is nothing, in fact, we will probably cause big cats, wolves, etc to go extinct without anyone wasting time with getting rid gently of hyenas, coyotes, big cats like we caused endless species to disappear, as more cities expand in natural parks, and become areas with lots of trees, real and artificial, producing oxygen, replacing forests, etc. The souls of the animals will perhaps reincarnate as the peaceful animals or even evolve to human stage, if it is possible, they may become birds etc as we expand to 1 trillion planets and keep nice peace doves around. Or they will simply reincarnate on wild planets, not where evolved eterni humans exist. God will give them new bodies. This absence of wild animals, and of violent crime a few years after World Peace is achieved, removes the need for guns to defend against dangerous animals which can easily kill a human in rural or near natural habitat areas. It's imperative we remove all references to guns, drugs, alcohol, lust, violence in *music* globally, so Eternia will be the champion of that idea too by making those references illegal in our nation, besides promoting eterni tone, lyrics, etc. Because Immortality *for* All means just that, no more killings in war or citizen disputes, let anyone interested form groups that focus on Immortality *for* All. Let all folks sing together ways to bring 500 year lifespans. May all love the vegan diet and the end of humans spilling animal blood via high tech eterni food. ☺☺☺☺☺☺☺

It makes sense that to achieve more precise telepathy with more peaceful spirits one might be helped by playing only very peaceful music and promoting World Peace and nonviolence (a world where nobody harms another physically or non-physically). This would imply avoiding music that is upbeat and only listening to peaceful one (to counteract the harsh tone or restless rhythm or unkind words in world music, movies, literature, speech, society, TV, radio). If we're already always peaceful, no music is needed, but if we ever listen to music, we can choose peaceful meditative types, if we want to bring a better world by becoming more compassionate and empathetic. A restless person often manages to piss everyone off. ☺☺☺ If you like a song, it is sung in different melodies and voices, and for best theta-delta brain waves we can choose the softest gentlest most peaceful version. Promoting peaceful movies, songs, the editing out of "all

violence, rape, insults, vulgar language" in all scriptures, movies, songs, political discourses helps us to connect with more evolved spirits or quanta whose aim is World Peace. It's possible that in a few centuries science will prove that strange hypothesis that gentle music (and gentle tone of speech, which unlike random unconscious speaking has a different geometry as in cymatics, emotional, astral, energetic) will also attract spirits different, even as children, because "bad" music/tone of speech (astral sound of speech based on emotions accompanying it) annoys those souls as Tesla was annoyed by sounds far more than other people. Someone listening to such annoying music or not making effort to modulate speech while in the presence of this soul (estimated probability of future behavior), or not doing certain things important to the soul at all or to some degree (could be any of these telepathy habits), can't then be the parent of the soul. Another spirit will incarnate and that soul may choose to go to another planet. Such a baby might only thrive in an environment full of *gentle tender soft* loving gratitude and praise, where the gentlest most soothing lullabies are joyously played as mp3s before and after conception. "Baby Immortal, Telepathic Loving One, Bringer of World Peace, Bringer of Heavenly Peace, Gentle Softness, We Love You Forever, Adore You, Thank You, Praise You, Welcome You, You're the Star of Immortal Light, the Bringer of the World of Immortals, Baby Trillion Year Baby, Come Now Descend On Earth and show us how Heaven is like, Baby Immortal, You're our Hope, the Hope of World Peace, Heavenly Harmony, Ease." See how to install Chrome extensions. ☺☺☺

Because the neural networks for many brain functions are shared, upbeat music (even if it has angelic lyrics, but music style is more dynamic like some rare upbeat classical symphony, country, romantic, blues, pop, anything non-meditative) has a tendency to more easily cause limbic system (emotional intensity) overflow of TELEPATHY EMPATHY perceptions, making it harder to distinguish the feelings and thoughts of others or of spirits, leading to more conflict and low accuracy in telepathy exercises. 3 days have 259,200 seconds, and just a minute, 60 seconds of upbeat music, is enough to lower the ESP-TELEPATHY precision for a few hours, since the brainwaves have changed and the associated neural networks have caused a slight increase in cortisol. To make a computer, it takes 1 month, but it can be broken in 1 second. To reach a high empathy-telepathy state of reading your child's (spouse, coworker, etc) emotions or thoughts can take 3 days, but can be diminished in just 3 minutes of upbeat music taking you out of the zen state of theta-α brainwaves. While people can obviously learn to not be affected too much by this, it's still going to have an effect, just like studies above show aggressive music makes aggressive people, or low ω3 is associated with violence due to lack of DHA for synapses that transmit information brain-wide. Music has a physiological impact on the brain independent of the feelings (neutral, dislike, happiness, like, love) we associate with this or that song, impact that can be seen on MRI and brainwave equipment and which affects ESP precision too. An upbeat music that a person may like a lot, may trigger a flood of feel-good dopamine

and super-excited emotional state, of such intensity, that it will block accurate perception of others' emotional states (non-joyous) or of images, words, sounds. This blocking can occur also due to the brainwave patterns impact on brain areas involved in precise perception of telepathy transmitted or psychic information in some location. The hypothesis is that 100 studies of 100 people each evaluating telepathy/empathy precision while listening to music one is neutral to (not music you like or dislike), will prove that the upbeat music lowers precision, while tranquil one enhances it. No music may even be better than any music in many cases where it's very difficult to be precise. Listening to aggressive, restless or very upbeat music enriches the psychic field of humanity with like energy, having via telepathy diffusion a real effect on the probability of misunderstanding, rushing, super excited emotionalism, fiery zealousness, or even violence ever occurring or possibly lower empathy-telepathy (harmony) and bad consequences as such, since we're all quantum entangled to all. Even jokes or sarcasm about bad things can be harmful via telepathy diffusion that loses context. ☺☺☺ The interstellar civilization of 5,000 year old human Immortals that had peace (no species ending star wars emerging from solar systems declaring independence due to lower emotions inducing music) for 50,000 years has a vastly different eterni personalized (for DNA, microbiome, and actual atomic structure) nutrition than us, based on very complex models and supercomputer calculations. Likewise, the music that sustains such a peace/lifespan is probably personalized and vastly more neuroscience supercomputer models based to avoid the 10 second end of humanity. ☺☺☺ A reasonable hypothesis is that the music is very different/serene, gentler/higher emotions inducing, with lyrics/patterns that focus on the higher good of the collective of Immortals or altruism, empathy, compassion, gentleness, tenderness, grace, hypothesis formulation and testing, questioning everything, positive emotion replacing negative emotion through awareness and technological aids, like prerecordings, background music, etc, immortalist lyrics, etc. Chariots reached 25 mph, then Helios 1 reached 215,193 mph due to more knowledge. Please read the end of the God Hypothesis section for more on music lyrics and rhythm. ☺☺☺☺☺☺☺

CHAPTER 8 – Speech, Thought, Feeling, Energy Tone & Content

8.1. Eterni Tone of speech (examples) 8.2. Content of speech (and thinking or feeling)

8.1. TONE OF SPEECH (verbal and inner talk, thinking, feeling)

8.1.1. Introduction 8.1.2. Soprano Speech 8.1.3. Superluminal Craft

8.1.4. Producing Eterni Tone 8.1.5. New Musical Notes 8.1.6. Gentle Tone Quotes

8.1.7. Trusted & Most Powerful 8.1.8. Quieter & Slower 8.1.9. Mics & Amplifiers

8.1.10. Focusing on Healing 8.1.11. Eterni Parades 8.1.12. Time Travel

8.1.13. Decillion Lightbodies 8.1.14. Eterni = Longevity 8.1.15. Eterni Tone via AI

☺☺☺~*~ **Eterni Tone = Immortality *for* All** ~*~☺☺☺

See the New Phonetic English for Eterni Tone & 1 Earth Language: move tongue/mouth less, use neurons instead to improve the *gentle tender soft nurturing graceful* serene loving kindness of the Tone: develop a New Cortex. May All Nations Merge as 1 in the Eternal Radiance of Universal ☺☺☺ Unity of Tone, Language, Immortalist Culture, Immortalist Anthem & True Equality. ☺☺☺

☺☺☺ 11:11 ☺☺☺

☺~*~ May all humans live to a trillion years in Eternal Universal Peace & Bliss ~*~☺

8.1.1. **Introduction:** gently *listen to* 100+ kinder vocal and melody tones *like* the 1000s☺☺ on youtube, very different than the tone of most "cops, police chiefs, CIA-FBI, politicians", etc who sound more like Hitler and these yelling clergy from hell: pastor, rabbi, Buddhist monk, imam, Hindu preacher and who have turned USA into the dictatorship of the Most Macho, Mean, Yelling and Agressive.☺☺☺ Violent crime on Earth is 1 trillion times higher than ideal for Eternal World Peace maintenance, due to our undeveloped emotional brains, that masticate sounds instead of emotionally and cognitively singing them in eterni tone. We need to feel/radiate words so as to imbue every sound with the Eterni Tone filter of *compassionate* happy *gentle tender soft nurturing graceful* serene universal loving kindness, not masticate/vocalize the words. We need to develop empathy. We need to change languages, to make words shorter via

minimal mouth movements and sounds, so that we can focus on the higher cortex immortalist brain emotion functions instead of mechanical larynx/jaw/tongue movements. *The* nutrition section *explains, as millions of* science *papers explain, that* nutritional *deficiency early in life has some irreversible effects on* lifespan *length, health and brain. Likewise,* acoustic deficiency, thru lack of eterni (new word), eternal *or* etherial (more other worldly, gentler, more like a whisper*)* *or* cohetarian (coherent *eterni*, defined next page) tone to imitate from *"people around (parents usually) during pregnancy, first years of life",* has irreversible lifelong effects on behavior, morality, ethics, lifespan length and health; so, set humidity to 60% (see humidifier section) *or even 65 where you live, to keep throat and vocal chords healthy, eyes wet and to hydrate well.* All yelling, shouting, sudden powerful all out blowing of nose when sick or coughing, etc, any sprinting without first training self to jog, run gently, or doing 30 pushups without first doing 5, 10, 15, 20, 25 easily for months, sudden effort (pulse rises fast and stays high for too long), excessive laughing, holding laughter, head shaking during music concerts, sudden rise from bed from pulse 50 to 90 by doing some running or etc (killed many seniors), high strain during defecation *(wait, let feces come out naturally, many died during defecation, yelling, procreation due to devotion to the wrong idea☺☺☺ of "overwhelming force" ethos of "true" maleness),* create turbulent flow of blood via higher pulse/blood pressure, rapid movement that causes vascular tears, which become scars, bumps in arteries creating new plaque via turbulent flow, plaque that can rupture, with clots going to the brain causing vascular dementia over time, leading to IQ loss of 30 points, poor decisions, shorter life. Raising voices leads to brain arteries like these horrific pictures of Alzheimer arteries that starved brains of oxygen/nutrients. Avoiding raising voice protects arteries, besides avoiding violence or drama. Parents with tone issues can use youtube recordings of healing voices often (acoustic vitamins), try to 'sing' (musical speech) often if speaking (at least around the kid, fetus, before conception even, prephysical baby), to modulate and filter bad tone out, turn the 'little unrefined chimp' into an angel, to give their fetuses, kids what they never got, since eterni music was not freely available online as youtubes anyone can turn into mp3s etc.

If we want to lower violent crime 1 trillion fold, we need to make the media, TV, youtube videos, etc 1 trillion times more eterni, so this will mean finding via neuroscience the best voices to activate the eterni (compassionate happy *gentle tender soft nurturing* graceful serene loving kind) ethical behavior (least aggressive) centers and have those 10 voices be the AI over for all content. The point of a youtube is not the voice, but the content, so your contribution is the content, the voice will present it in the correct way, in which 99.999999% of people never can. It will be that voice 1 in 10 million that totally changes history. Right now we have 2 million low quality videos on a topic by 2 million random uneterni voices, when we could create one 25 times longer video than the average video in eterni voice. Sort of like instead of a 1 page PDF

(summary of a 10 min youtube), we get a 5000 page PDF with 1, 5, 50 page summaries within it. Today we have 90000 garage companies making terrible vitamins, when we could have 1 company making 100 times better vitamins, properly tested, formulated, packaged, stored, shipped. Same with 10 million youtubes, like TV stations, garbage in/out, quantity not quality. To create these high quality voices, the best in the world, and then an AI to use for each video, we need to have these people avoid any violent activation of stress, fight, flight neural pathways, as done today by macho mucles exercising folks who simulate violent acts and infinitely low IQ stuff any Immortal would not engage in, since they live to 1 billion with physics. We will use 100,000 scientists to create these perfect human voices and then the AI voiceovers for all online content, educationa dn everyhting, with all officials releasing statements in these AI patterns to be able to remove genetic pathological aggression in all. To build a SpaceX rocket that travels 1000 times faster than human natural speed of running, we select the best engineers who're specialists in rockets. Thus, just as we don't randomly pick janitors or people off the street to run SpaceX or nuclear fission reactors, we don't just allow anyone to pollute the airwaves and youtube, online videos with their voice, we create the VERY BEST voice that travels to the World of Eternal Universal Peace and zero Violent Crime 1000 times or a Trillion times faster, and that Voice is only 1 in 1 billion, created by the top 100,000 neuroscientists, neurologists on Earth based on the most advanced science of behavior. Every person's DNA needs to be upgraded by the most Eterni Voices on Earth we create via training, and AI, for the establishment of Eternal Universal Peace Civilization of Immortals. We took the ebst cleaning tech, the soap and had everyone use it. We took the best communication tech, the keyboard, and everyone uses it to access a trillion billion more data than before. We will take the best Voice and everyone will use it to read their content. It's that simple: the chimp voice replaced by immortalist voice of Ethics, of *gentle tender soft nurturing graceful* serenity.☺☺ The voice we listen to creates the level of aggression we will display next 24 hours. Even today, many lived to 115 by doing zero exercise, and with the proper nutrition, humans would be able to live to 4000, everyone, without any exercise that activates the aggression pathways, the stress, the urgency brain pathways, that lead to conflict, war, etc. You can't create the Eternal Grace world of Eternia with the present "sports" that activate the vocal path of violence, and are a form of acting as if violence is here to stay and we can't eradicate it fast by the universal education, universal housing, universal banking, etc companies. Just as 11 companies 3 agencies will replace 1 billion companies and agencies, 10 voices, 1 accent 1 language will replace 10 billion voices as we move towards telepathy and identify with our ideas, instead of our chimp masticating sounds so much. We think and are happy, no longer talking, AI voices make our thoughts audible, we think it, the faster than light 'WiFi' or LiFi amplifier receives it, hears it and nobody speaks, being focused on the higher cognitive functions of creating billion year lifespans via science. These 10 voices allow us to protect citizens, by using AI voices and not allowing

foreign spies to know the voices of certain people, as that would enable them to identify via scanning of all phone, Voip unsecure phone networks who is who, what they buy, their routines and how they could be killed. Using AI dubbing gives us all the best protection too. ☺☺☺

Obviously, in an immortalist society, the government creates the parent license, to require all parents to listen to the most amazing & beautiful ☺☺☺ 1 in 100 million voice videos, proven scientifically to cause the highest activation of the happy compassion empathy brain regions, so that pregnant ladies can listen for hours daily to beautiful sounds created by the most healing tones and voices and neuroscience of human baby happiness experts (experts measure the diagrams and brain areas during development of national pregnancy training videos, they don't speak, as their strength is MRI or behavior knowledge, not tone) (who help, via the daily videos for pregnant ladies, to induce bliss in fetus by having mom enter bliss states) and feel great, make baby associate the infinite bliss of mom (happiest in her life due to meditative classes she watches or listens to on the PC as part of 222 weeks off to create a deeper child parent bond) with that immortalist tone of speech, gentle, soft, kind, so he has the motivation to fight the primate historical inertia to talk like grandma and to adopt the new video tone of the new Homo Happy Immortalis, which he hears daily as mom watches daily her ethics and baby loving lectures. This creates happy babies who're always way happier than previous generations and view orgasm as boring and unpleasant, while the immortalist greeting they practice daily from age 0 to 18 is infinite bliss, thereby shifting the human quantum field/DNA to the Immortal paradigm. Moms who're not happy due to quarrels with partners, cause stress hormones, pain and high heart rate in babies and all these negative feelings the fetus feels within seconds of human voices of mom and dad, ruin the baby, making him unwilling to speak for years and being misdiagnosed with autism (medicated for nothing). Thus, a few arguments can cost parents 300K in autistic treatments later, which do nothing, except cure the symptom, while damaging baby brain and body. Baby thinks that speaking will cause mom and dad to speak and baby knows, from fetus times, that parents speaking means catecholamines, cortisol and pain, so he avoids talking. Similar issues can emerge from circumcision or immersion baptism causing him pain, mistrust and avoidance of parents who ignored his cries as an infant tortured by the pain of penis, lungs or asthma. The baby simply associates parental speech and speech with feeling horrible, pain, etc and avoids speaking until he figures out when out of the womb he's disconnected from mom and won't feel her emotions, so speaking doesn't cause pain, since mom is not always angry when replying to his words: the fewer words, the less she replies with the tone, so the infant doesn't speak to avoid that tone he believes will cause the fetal pain. ☺☺

Baby is traumatized by shouting and yelling of parents, who're unaware fetus feels and hears everything and will subconsciously (for the rest of his life) mistrust or even hate those voices and people whose voices caused him pain as a fetus, and he will believe that any voice or speech can

cause pain, so he's silent. Parents, your voice can ruin your entire family, stop shouting/arguing with anyone while pregnant or after birth, love your kid, protect kids meant to aid you when old. Thus, we need implement the universal education system, kind tone English only videos for all pregnant moms, to create national unity, national tone, national bliss, prevent autism, violent crime coming from the baby hating his parents because of how their arguments made him feel those horrible states as a fetus and mom's anger was felt 20 times more than she did, doing 20 times more damage to his psyche and brain, which often is just 5 times smaller, developing, as a psycho if parents argue. Any parent who shouts needs to be reminded by the Baby Protector Device who says "Be *gentle tender soft*" when it detects parents shouting or raising voices during pregnancy. Both parents need to take daily lessons during pregnancy, on ethics and proper speech, such as this chapter. Unhappy babies can't enter nirvana and unhappy babies become criminals, since anger fuels it. Families, cities, states, nations, planets are ruined by improper tone of speech during pregnancy. Thus, knowing this, the government creates recordings with a quality and positive emotion 90000 times higher than any pregnant mom can make, to relieve the maternal stress from having to carry a 6 month fetus and also to create world's most amazing & beautiful ☺☺☺ gentlest most tender most healing tones. This creates the Unified Accent to support World Peace, as all people speak English and 11 companies exist. Thus, mom and dad are relieved, they only need to talk little, which means whatever they say will be in 1000 times gentler kinder tone. As the baby enters cosmic consciousness of the unified quantum field of humanity and Immortals, he's forever happy 900 times easier than the happiest babies of prior generations. Happy mom = happy baby. The reason is that we want 1 trillion times lower violent crime, meaning 1 trillion times less angry, or happier babies and we don't want any shouts or negative emotions, pain, stress for mom, because that prevents fetus baby from entering nirvana daily during pregnancy, which is the number one goal of any mom of the immortalist society. This enables the baby to shift into a New Species, not Homo Sapiens, but Homo Happy☺☺☺ Immortalis.☺☺☺ This new man, perceives the cosmic breathing of the immortalist greeting as 1 million times happier than orgasm and naturally, is ever engaged in helping all humans to live to a trillion. Arousal doesn't happen, as his brain changes, every decision is made logically (animalism dies), sex is a pro-creation only chore until we become the teleporting genderless shimmering shapeshifting Immortals with the precipitating materializing tech, who can materialize offspring, 1 billion donate 1 trillion atoms each via their third eye or the top of the head, to create the 8 billion parents kid. Skeptics laugh at me, and say that we don't change so fast, but let me ask you this, if you watch female deadly spiders the size of your hand in a jungle or etc you don't get aroused but scared, so when you enter universal consciousness yourself is defined as a formless planetary field, "me" becomes humanity, this information field, this ancient field of eternal bliss, what extends to all timelines and galaxies with Immortals void of erotic arousal or sexual organs, you become different and DNA starts to

change. We become like those we focus on: humans or the Immortals. The ideas above show that most nations waste trillions of dollars due to bad tone of music, TV anchors, etc that create junk emotions, leading to endless wars, autism and behavior healthcare costs, violent crime waves and related jails/courts, scientific fraud, theft and the demolition of honesty. With 35 trillion in debt, it's perhaps time to try something way more efficient to pay our debts: kind tone, universal free education in a gentle happy soft tender nurturing compassionate tone, etc.

If we try to filter speech when tired without singing, it's ultra easy to slip back into normal tone, while barely singing while speaking takes such a huge effort that we're reminded to filter better, at least in the beginning. Gentle *healing* tone *(hard for tired parents without practice)* lowers stress, inflammation (fewer arguments), lengthening lifespan. It makes us think deeper and more often, question more often, cogitate more like a philosopher scientist who always formulates hypotheses and tests them, knowing they know nothing. The eterni tone is the tone of skeptical scientists who offer hypotheses, and is thus the expression of highest humility and genius, advancing scientific and societal progress 100 times more than normal tone. We don't change tone easily when adults, it takes effort of a full time job for years; we can't learn 5 languages in perfect native accent when older, but when a child we can *because baby brains have twice the neurons of adult brains, being far more plastic; the same is true for tone. Nature is aware of this, so it automatically shifts adult tones slightly, in the presence of infants, making it kinder, more soprano like kids' vocal tone, since babies, kids perceive negative emotion better. It makes sense to measure neuroscience biomarkers, like take a pic of molecules passing thru a blood vessel (no need of blood samples), and determine which forms of speech and singing lead to the most anti-aging effects. Of course, this will require decades of research, and can be tried with inner silent singing as well as loud one.* Then people play that music more to enhance their longevity, like each creates their own personal song that maximizes their lifespan, instead of aristocratic terrorists imposing their hooligan music on everyone's brain at gunpoint in all stores and etc. Let every citizen become a priest and a singer. Democratize spirituality and music. This music played on us is not random music, but music to destroy the workers by the aristocratic elites. To protect yourself, listen to earphones to immortalist lyrics songs you create. ☺☺☺

Adults need be 100 times more guarded and filtering around small kids and pregnant women whose fetuses hear and learn from "sounds around"; this is explained in the prerecordings paragraph. ☺☺☺One way to do that could be to form a habit of watching the emotional state first, (close eyes, breathe deeply if needed first when learning this), and create a strong filter that blocks "any word until a very high degree of wellbeing, harmony and bliss is achieved (maximum possible that hour/day, speak only when absolutely needed or asked if such ideal state is not achievable that day, become thus a happier being, as we're reminded to achieve bliss often, instead of preaching; talking in our usual garbage tone (even talking or telepathizing

in the best tone, even if eterni tone interrupts far less) is interrupting or diminishing states of cosmic bliss, since we're barely starting to develop those brain centers and we can't do both yet); normally our emotional brains and verbal analytical critical thinking brains are poorly connected, we're all very "autistic" so to speak (like primates lack neocortex, humans lack the eterni filtering cortex that unifies many brain areas of the future humans, so we use "90% of the brain, not just 10%"), we carry our average garbage of millions of years in our tone, it's like lifting 200 lb weights to change the inner or verbal outer tone and block verbal thought formation before emotion is filtered, cleared, purified and the tone filtering areas are fully lighted; if we don't do that, we will move to telepathy from verbal communication, lacking eterni inner tone, but our emotional brain will be the same violent monkey brain and tone, so we won't be like the Immortals, but like telepathic mortals, equally cruel (thus primitive in technology) to verbal mortals. The move to telepathy is our species' chance to change the inner tone, brain, technology level far more (maybe even 10,000+ times) than writing ever gave us chance to. Eterni verbal tone can help us rewire brain for eterni telepathy and thinking tone. People focus on spelling or pronouncing words correctly while ignoring mental and/or verbal tone. We often like 100 times folks (with bad accent, spelling) with an angelic tone than folks with a bad tone (yet perfect accent, spelling), since tone is character. Accent is not important in the future of telepathy, since AI can take our words, perfect the accent to "native", send it to friends via telepathy gadgets, but pronouncing thoughts/words eternily in emotional-healing-intent tone is human intent (not AI accent), as tone changes our entire thought life, civilization, content of thoughts, thought formation algorithms, DNA, kids, aging speed. ☺☺☺

It's not having perfect accent that matters in a language, but being eterni in tone, since few will even speak anymore. Tone is so important, it changes the accent of a language as humans evolve, to allow positive gentle tender kind emotion to be conveyed stronger and easier, so the tone will create new DNA and accents; genetics create accent and language, telepathic music, telepathic tones, telepathic language too. It may be the case that as we want God's Love to embrace us unconditionally forever at all times, so does God want our tone and content of speech, thinking (inner talk), feeling, radiated energies to embrace all beings at all times with selfless gentle loving kind compassion, healing grace, humblest, least knowing (not knowing, gentleness never knows anything, it always learns), non-assuming most tender softest most feminine most nurturing most peaceful energy and approach, not sarcasm or potentially hurtful remarks.☺☺☺ A gentle tone of speech activates different neural pathways compared to normal speech, especially when accompanied by emotions of *universal* loving kindness, etc making it less likely for our brain to move into fight and flight, negative emotions or panic mode *associated with louder and less gentle tone of speech*. When we interact with other human beings, when we establish relationships with them, we usually use verbal speech, with a certain

tone of voice, *emotions, intents, thoughts, energies radiating out of an area or the whole body*. It's then evident that the quality of relationships between humans, *all nations* and the chance of World Peace depends on the voice tone to a great extent. The world can experience as much gentleness tenderness healing grace softness and compassionate forgiving kind intelligent hypothesis thinking as our tone of speech conveys. The first thing we learn is speech, it's not math, writing, science, politics, any other disciplines. We learn first the tone of speech from parents or day care teachers, we *internalize* initially the tone of speech not the vocabulary or any other human knowledge, its loving kindness, its emotional pitch, its emotional radiation, its intent fully encoded in the tone, its sound, its harmony, rhythm, music, and that's why the tone of speech is so fundamental in establishing and shaping the brain architecture and the future empathy or telepathy ability of the future adult. That is why immortalists require parent license and centralize education in the universal free education of one accent for all USA and one day maybe even NATO. The eterni or the most angelic cohetarian music of Immortals can be thought of as coherent eterni or simply eterni music or speech. Cohetarian is a term used if you want to emphasize coherence, coherent and eterni merged into a new word, the coherent ultra gentle tender soft music, tone, intent, energy, emotion of Immortals; word, intent, energy are coherent or identical, which is impossible for liars, and, more importantly, they're gentle tender soft healing nurturing, since one can create very negative music with coherent negative or ultra passionate zealous anti-hypothesis thinking and anti-humility☺☺☺ positive joyous emotion (pride=short life, after pride comes the fall into the abyss of aging, humility = Immortality, awareness of our not knowing or knowing nothing, humility raises no voice, only lifespan length). Eterni is more than cohetarian (which sounds too strongly related to coherence or emphasizing coherence, which is not enough, since coherent threatening intent-word is not eterni), it is the most immortalist or Immortal like cohetarian speech imaginable, i.e. it tries to imitate as much as possible the tone of anxiety free 900 or 5 billion year old Immortals (just as monkeys can't imitate human tone well, humans can hardly imagine or imitate a tone and brain that doesn't lie or threaten or get anxious or angry, since it lives forever).

8.1.2. The nurturing, *tender*, eterni, healing, gentle SOPRANO speech of immortalists mirrors the vibe of the 1st page of the Immortalist Anthem's trillion times gentler love for the worst person

Eterni speech is a musical speech infused with eterni emotion of the Eternals or Immortals (not so much typical human emotion) that is almost like enveloping the other person in softest gentlest rays of universal loving kindness (that emanate from the whole body) and well being, speaking with more whole brain functioning, with higher quality words, lower quantity, with thought forming less verbally, more translinguistically, more emotionally, energetically, activating on MRI different brain regions than normal speech. Parents unconsciously speak in a more loving, eterni, healing, gentle slightly soprano (not opera screaming uneterni soprano) way

with their baby (adult males normal range is 85 to 180 Hz, adult female range is 165 to 255 Hz), and it's easy as they're younger. As we age, our voice pitch lowers, soprano being associated by the brain with youth and Immortal life. Not only that, but as we age, our brains age, our vocal chords age and we no longer have the perfect control of emotion-vocal chord synchrony, and we no longer can express the range of voices as when we're younger to better express emotions that are eterni: gentle tender soft healing nurturing kind sweet compassionate loving. So, in order to heal humanity, it is helpful to create AI based on each person's best eterni tones☺☺☺ when younger and to use those to speak when possible, after we typed a text or thought it in a brain reading headset. Our brains get stimulated when we hear the wider range of the youthful voices, whereas with older voices listeners are no longer stimulated to cognitive function of younger brains and its more perfect vocal control, they can't be induced to recall their younger years and to reactivate those inactive neurons of emotional life, etc, so they age faster.☺☺☺

Thus, for Eternia, it would help to designate 20 queens of eterni speech from each of the 20 nations who replace presidents or other speakers of government (including generals) (to signify that we made a commitment to changing our thoughts, emotions and actions, reflected in our tone of speech and content), since nature makes female voices more nurturing by design, who interact with the public more and read more or create amazing AIs that heal us and reduce *negative emotion, which leads to war and crime*; the queens can make the eterni *Nurturing Healing* Grace Council of Immortality *for* All, who functions as a sort of Presidency of the 10,000 immortalists (so called parlamentarians and gov officials) - who use the 20 voices as the public interactive mechanism, to evolve the entire human species; no worries, the oldest expert men and women decide what goes in the text, the most diplomatic and smartest people who know all issues, etc - so men don't become slaves of females if that's an ego issue for some; to have the public government speakers those who're never tortured, never stressed is ideal (they can watch movies of what happened before during wars etc, without being tortured themselves, to understand how important gentleness is, etc, wile being allowed to recover from that bad vibe by wathcing uplifting stuff); the queens don't need to know the bad news behind a script they read; the text can be written by people ages 18-100, but the reading needs be done by younger people who're the queens to evolve our ethics and take us from 'humanized chimp' stage to Immortal in waiting or at least, civilized mammal, who doesn't do any act of violence against fellow human; the healing voices Presidents or Queens or gov speakers just read some script using the most healing serene instrumental music as background, and echo perhaps, with shimmering genderless shapeshifting Immortals AI holograms, who have folded hands as in prayer around the real person speaking or central AI speaker, but a smaller size, to simulate the help out there, that we're not alone, and these smaller Immortals holograms have above the head nice thoughts, like "May all humans live to a trillion in everlasting bliss", to help viewers

realize the Immortals help us from the future to bring this world of Heaven, where we're the shimmering energy matter beings, who live to a trillion and live on energy. This would create a *holy healing inspiring uplifting* atmosphere that elevates the listener brain tone, emotional tone, etc, the human spirit if you wish, to a higher vibe, as we would expect from the trillion year Immortal hidden within our souls or quantum info bodies, or an angel of another dimension, an evolved being off-planet. *It's the duty of governments to lead, by living example of speech tone and content, the people to a higher vibe* and what better way is there than choosing the most angelic speakers on the planet, with calming instrumental music in the background, amazing holograms, having the most elevating content in speeches that develops our ethical qualities? To bring Heaven on Earth, we can at least pretend we speak, emote, think like those living in Heaven. We can act as if discovering living to 9 million is around the corner, bring it in our timeline, imagine, visualize Immortality daily on TV and learn to be peaceful, angelic and sweet.

The script or text of the 'politician or gov official' can be read using same music by AI too (everyone also can get an AI of eternitone based on their voice), that way, everyone learns to be calm and happy, kind and eterni in all circumstances and is not brought down by the negative emotion, stress and anxiety of the speakers like today; we want to evolve to be happier,☺☺☺ as that is the key to World Peace too and higher efficiency, cooperation, innovation, etc. Females do a lot less violence and killings globally, war planning, etc, so they're more capable, also due to raising babies, to be nurturing in tone and kind and help us easier to evolve our emotions and eliminate all violent crime in record time. We need to use all tools to bring peace. If we never speak when telepathy replaces speech, but the headset speaks in the most angelic AI, others can't sense our negative emotion, or interpret being tired as being mean in tone, and the conflicts are reduced ten trillion fold since they're not imitating unconsciously our emotion, since the content/tone can be polite and made even better, once approved before released to the microphone amplifier for others to hear; but before we get to that tech, we can do our best to use more AI and or special speakers to change completely our music, TV-radio, government, parliament, etc speakers; gov officials are parrots reading scripts others wrote, so we might as well have the most angelic speakers read it or AI do it, so we think more, speak less.

To slow aging, we need to speak like a younger person or personal recording we made, in soprano to imitate our youngest self, to help trick the brain to slow aging and we can only do that if we hear younger voices mostly, people under 50 or 55 if someone's vocal chords and brain is very unusually young still due to no torture etc; that's why it's important to be aware that there are AI/angel speaker methods or ways a million times cheaper and faster to diminish war and violence, crime and chaos than with *traditional approaches (punish, jail, yell, bomb, attack, torture, etc)* of scapegoat that always fail as society doesn't deal with the cause (negative emotion amplified a trillion times due to low EQ), only the symptom. EQ is important, not just

IQ. If we don't use muscles they atrophy, if our brains don't hear certain sounds, that old people can't make anymore, nor the wild variation in tone and the rich emotion dance, etc, musicality, etc - then those brain areas become atrophied due to lack of stimulation, and we start behaving more chimp like, with lower emotional intelligence due to the aging inertia force; there is one way we can stop that brain aging, that is by exercising our brains, we go listen to younger voices (can be ours) that are eterni and evolve our intent and emotion, to better convey universal lovng kindness and save 1 trillion dollars in useless wars. This goes back to the trillion ways to bring peace without negative methods. Soprano is higher *(above, from the heavenly* Immortals*, from heaven, from "above" - easy mnemonics)* frequency sound than low pitch sound or infrasound (infra means below), just like gamma ray or cosmic energy is much higher frequency, energy ("lower entropy") than infrared. Since when parents speak soprano they're most loving, unconditionally loving their baby, it's a good brain trick to use a more soprano tone to enhance brain wide filtering and to return to the chart of a 20 year old parent etc and that of a loving person, since brain associates that tone with the tender gentle loving care emotions and youth, with qualities of Immortals or long-lived societies, where everyone has those gentler affectionate loving kindness emotions all the time, not 2 months of one's life during interaction with one's infant son or daughter. Every adult is like that helpless 2 week old baby, who needs all the tender loving kindness we can express: how would an 8,000 year old Immortal speak to an 80 year old (too (2) weak old (no longer 1 year, but 30-80) baby, notice how we speak with grandpas as we do with kids, more lovingly) or 40 year old? *He would speak* just as we do with a 2 week old baby, very lovingly; *so can we speak*, and the extra benefit is we trick the brain to go into the chart of the 8,000 year old humans of the future, to jump time. ☺☺☺

Buddhism and Gospel both have a quote about "love all beings unconditionally gently tenderly like a mom loves her baby", that could be a secret to immortality. *Yet,* today, kindergarten thru college, almost nobody is taught this (people could practice this vocal, emotions, intent tone under teacher supervision monthly or weekly for minutes in the weekly Immortality Ethics class), so we end up with the current tone of speech on average which leads to a certain outcome in world affairs, not the most harmonious one, but one with more conflict, as people raise tone, threaten, engage in potentially hurtful sarcarm verbally or in writing. But we can try to improve tone now. I recorded on youtube my voice as I was trying to speak or sing with a gentler tone☺☺☺, in an effort to encourage others to do the same so that they fill the planetary consciousness field with gentler tones: 45 second "May all beings be blessed with *universal* loving kindness, *gentle tender soft* sweetness and happiness that brings them physical Immortality and bliss" (the point is not the imperfect lyrics here, but the unusual feminine gentler tone and the practice to hear ourselves speaking in a gentler tone because it allows us to imitate our best voice when we relisten to it on our phone or in the car, so we begin to activate

the neurons that store this tone more and more and then when speaking we switch easier to a more eterni tone, a tone a billion year old Immortal would use when talking to a human, who at any age, is like a 2 day old baby who needs as much loving *nurturing* kind sweet tender grace as the Immortal can shower the adult "baby" with, so the baby would hear not a speech, but some ultra enchanting other worldly *sounds*, perhaps like a concert of a million voices of such grace and soothing healing power, the baby would be transported into a state of cosmic bliss, since he has never heard that before and he's baffled at this sound and music of the Immortal with tech eons ahead of us in sound healing, just as babies are often in awe when hearing some comforting special music or voice they never heard before; just as adults speak very lovingly, healingly and higher pitch with tiny babies and never get upset at babies for spilling milk or making a mistake, we learn to become calm and realize all adults who upset us are "2 day old babies" who need eterni tone from us the most when we want to speak in the harshest tone; by being *eterni*, we stress less and live longer, as we get angry 900 times less, replacing negative emotions with healing universal kindness and soft tender compassion), see a 1 min blessing (maybe 5-9% *eterni*) ► "May all beings be blessed with universal tender kindness, soothing infinite compassion that brings them physical immortality", or the (5% *eterni*) 45 second blessing mentioned above, 1 min song ► "Let us speak like an angel, gentle tender soft peace, bless the planet with World Peace", 2 min talk (1.5% *eterni*) ► "Advantages of eterni speech" and 2 min live song (1% *eterni*) "Do you remember when we were Immortal". See also the 43, 69, esp. *86 (maybe 3-5% eterni)* sec youtubes about prematter baby, as they're more eterni than normal speech too, plus the many other youtube.com/@immortalia uploads, like loving kindness.

The tender nurturing☺☺☺ universally kind gentleness in the 2-5% eterni tone is often 100 times higher than other tones we use, now imagine if everyone would speak like that on TV-radio-music more often, we would have a synergy of 8 billion people having a chance to inspire all to speak like this more often daily (you remind others 7 times a day, others remind you via social interaction, music, TV-radio, all are reminded so often), thus initiating a positive feedback loop where the universal loving kindness in the world increases 1 trillion times like in a fission reaction (not 500 times as expected from 500x increase in universal loving gentle tenderness % of tone), ending all "cruelty, war and violence", so we focus on longevity instead of fights. Because almost all non-visual information in the brain is encoded in or influenced upon retrieval by the original tone we learned as 1 year olds, when we change our tone consciously as adults, we might also actually promote whole brain thinking and changes, deeper empathy (and telepathy) ability, new associations, divine ecstasy (samadhi, satori) states, and perceptional discoveries as the information is stored in new tones when retrieved from the brain memory banks. If one listens carefully to the voice tone while radiating certain intents or emotions, one notices the differences, in self and others, and this can become a tool to discern the suffering

and intent of other people, their confusion or whatever mix of random emotions they go thru, so that one may compassionately act as the best healer given what they most lack in understanding. When someone is infused with some of the divine infinite intelligence and grace (God is impossible to harm, undefeatable and infinite power, without need of yelling), one has no need to ever yell, raise tone or have any negative emotion, as infinite compassion is always in the background and fear, panic, anxiety don't exist, as one is enveloped by the Infinite Immortal tender soft gentle energy. It's difficult to retrain oneself to speak in a gentler fashion, at least in the presence of a soul who is pained by speech that is accompanied by less ideal emotions, intents, thoughts, as Tesla was pained. Yet Maria's youtube ASMR whispering shows that it is possible to try to imagine that you're speaking with God in human form when talking to a soul or all people, as this helps modulate the astral/physical sound of speech. It's a super-human feat to be able to do that all the time and no soul expects 24-7 compliance.☺☺☺

Mother Teresa and people of all religions used to say God is disguised in all, what tone of speech would we use if God or an Angel would appear to us? Say an Immortal comes and tells a would-be parent, that some easily pained soul wants to incarnate, just another nanosecond baby, as all humans are compared to trillion quadrillion years old Immortals. What would the parent do? Gently try to learn to speak to an angel (easily pained soul) sent from Heaven to make parents better souls, using gentle speech, very feminine and full of loving kindness and seeing the kid they talk to as the Immortal shapeshifting *dazzling* shimmering Angelic Radiant Beautiful infinitely *loving* Lightbeing, of untold grace, sweetness. Our brain automatically goes into the habitual tone of speech we used with others before, so it's hard to change one's tone suddenly with all people, at first, maybe with one's kids or spouse only. Obviously, the easiest way to begin to change one's patterns is to speak like that internally, which has psychic, emotional and telepathic protection advantages explained in the first paragraph of 14.6, as the energy of self becomes very different than that of 99.99% of people. As explained in Chapter 7, soothing healing tones change cellular geometry and dynamics; perhaps Civilizations of Immortals might speak (via telepathy or voice) almost like singing or sing in speech much of the time to make use of this self-healing and others' healing biophysics law of cymatics.☺☺☺

Chapter 9 explains that when we're happy, we smile. Likewise, when we smile, even if fake, we induce the brain to release endorphins, so we become happy eventually. The same happens when we talk in a loving kind eterni gentle tender way, we dial down the amygdala fear and negative emotions (we raise tone in panic or negative moods only), create new neural pathways that eliminate the fear that has been running our civilization for eons. This fear is very strong, primal, encoded clearly in the average tone of speech even. A world of Immortals, of Paradise, can't exist when we live in such fear, as this leads to conflict, violence, and short lives due to war. Moreover, the brain can't discover new science and tech as fast, when fear/amygdala runs

the brain too much instead of neocortex (all brain resources go into fight, flight instead of creative thinking of physics), as it's afraid to make new connections, new physics hypotheses, to ruffle the feathers. It's fear that raises the tone; it's as if we have all become hypnotized by the historical inertia to speak as if we're in panic. Behind a seemingly confident loud speech is often hidden the primal subconscious fear. Most speak like an angel almost 0.1% of the time, imagine if that tone became the tone of 99% of our speech (99% of learning on how to behave may occur unconsciously from the tone of those around, not from how to guides), the world will move from fear to kindness, from normal speech to a kind tender affectionate speech people only use with babies or kittens afraid of strangers when they're massaging the babies or pets to make them happier or less afraid. We're often too tired, rushed or stressed to invest 10 times the energy to filter negative emotion and be the most soothing healer in tone. There is no short-term financial or social reward for that, but the invested energy will repay 100 fold, as we speak less, have better relationships with all beings because we listen more and everyone likes a gentle tone person. Deep down, some brains are afraid of *the* unknown tone of this unknown *world of kindness*, 900 year lives and no violence, lies, threats, yelling. The future human is so different (brain slightly different too physiologically as it processes far less fear), so much less fearful, due to less anxiety as nobody dies before age 80000 trillion, that they may seem like an alien/angel even if looking same as us, hence the fear of the "unknown" tone.

8.1.3. ☺☺☺ Shapeshifting Species whose Superluminal Craft is its Very Body ☺☺☺

The previous paragraph explains the tone that brings advanced tech and etlif IQ, instead of filif IQ. The book's first page hints at our future formless forms, detailed in the Immortalist Anthem's first lyrics too. *A billion years ago,* if we accept the current theories of Earth's history (which are hypotheses only, we don't know with 100% certainty, but in some ancient past there was no human as planet was forming, maybe not exactly 1 billion years ago), there was no animal or plant on Earth, a billion years from now, the future human descendant may be SO DIFFERENT from us, just as we're from "tiny lifeforms a billion years ago". We don't know that though, since we may be similar in appearance, but not inner structure. Bacteria are hypothesized to be the same in many ways as a billion years ago (although we have no way of knowing that, other than finding some crystallized lava that trapped bacteria inside for 0.1 billion years), so humans may look almost the same a billion years from now.☺☺☺ *Eventually, we become* informational *or* pure knowledge formless shapeshifting species, *who can materialize a form for every planet, star, etc one creates lifeforms for or discovers and copies, a species without fixed form, so all communicate their experiences* thru various forms, just as today we have electricians communicate their knowledge to nutritionists, *or we have undersea robots or solar probes communicate their findings to us.* We create a *superluminal craft* that is made of "astral" (unknown invisible to us wave-particles) light, and this somehow can modify matter locally to

allow the formation of a physical copy of us or some lifeform compatible with the temperature and conditions in that planetary, star, black hole environment, white hole etc... Today, humans can make out of *quark assemblies* (called neutrons, protons, atoms) *various circuits* that travel with a spacecraft at 90,000 mph. Likewise, once we understand the universe deeper, we make out of *idprenphoton assemblies* (particles of inter or inner dimensional quality that make up *prenphoton*, a sort of "quark" equivalent in the analogy above), *various circuits* and things that make up the *nphoton* craft (like our current crafts are made of "quarks"), where *nphoton* is an unknown boson, perhaps from a parallel universe with slightly different physics laws, allowing you to travel in vacuum to stars 700 light years away in 1 min, *0.2 billion times faster than light*.

The hypothesis of the *theory of relativity* (not everything in it is false, but it is incomplete as it fails to explain black holes or 10^{500} multiverses and deals with physical light only, 300000 km/s is not the fastest speed, quantum action alone is 10000 times faster) that *"light is the fastest traveling thing" is false,* because there is no proof physical light our lifeforms see is the fastest traveling thing to begin with, but of course we may not know anything faster for now; besides the math and physics is not always that clear, it's sometimes quite arbitrary. We look for neutrinos inside the earth, but what if *various circuits* are made of *prenphoton* more abundant in some vacuum of space ("astral planets or structures" invisible to us), like in those myths of 0 point energy? *They say a* supernova *explosion far away we see now, happened 500 years or 4 billion years ago, but with a telescope seeing prenphotons, not photons, you would see a totally different sky, with the events much closer (0.2 billion times at least) to our time*. Our vision is based on photons, while Immortals can use prenphotons enabling them to see in real time trillions of civilizations in nearby galaxies, but if we had an astral body based on *prenphoton*, *a supernova explosion could have happened 5 minutes ago, not 8 billion years ago*. Before Einstein, others said $E=mc^2$, when we define E and m, we refer to what we perceive in our world and with our senses. It's all relative. In another frame of reference, a different "matter", "light" and "energy" can be related via a different c. We always hear about dark energy, dark matter and, today, "dark" (invisible to the human) light. This is how a 5 year old genius in math and physics, who graduates from MIT at 11 in physics, would be introduced at age 5 to an idea that would help him over 30 years to design experiments to discover the first clues of this dark light, matter, energy. The interesting thing is that if we alter the fetus diet by pregnant mom dietary changes, we get fetus change all genes so he can, like a queen honey bee, live 40 times longer, to 3200, enabling humanity to perhaps discover 10 other forms of matter, energy and light, to get closer to real time view of the universal *neighborhood*. So, nutrition is very helpful to physics, if we want to discover stuff, since many laws are complex and require experiments that take centuries to complete, since to create a craft that travels at 30,000km/s (a tenth of the visible light speed) is hard and even that takes 2 centuries to reach a far away planet, to confirm what

is seen thru dark light telescope is actually true (confirmed 2 centuries later), when it returns to earth 4 centuries later with the video clip, so the geek has to live to 3000 to get a good grasp... This also gives us time to become kinder, bring Eternal Universal Peace on Earth via 1 language and 11 companies, which are needed to discover more, and prevent going back to the stone age due to star wars. In inner cosmology, we have lightbodies (named astral, causal, cosmic, universal), with innermost being subtlest and being made of fastest traveling particles, hence the interesting observation that one can travel in a "lightbody" to a far galaxy in seconds, while by light it would take billions of years. If the spirits or Immortals managing the universe have subtler bodies, they can communicate instantly over huge distances vs what our internet allows.

Back to shapeshifting, the longevity of human lifeform depends on so many things, one perhaps being the original form of the Oldest Immortals, or what we call God. *Why would having 2 arms and 2 legs be the best? Could there be a world where having 3 of each would be better? Or different things about our biology? Why perceive photon bosons 400-800 nm and sound 20Hz-20KHz, when it could be something else?* Will far future humans even speak and eat normal matter? Maybe not. Perhaps the worst person in year 9,000 would be a 100 times nicer than the nicest human today, speaking like an angel from another planet, talking to all humans with the same loving sweetness they would have for their 2 day old baby, as if all humans are their babies who need lots of love. A harmony so heavenly, that would seem total utopia nowadays.☺☺☺ Today, like unicellular organisms before had very little complexity, we're extremely simple and unsophisticated in the cognition involved in modulating positive healing beautiful emotion (creating 10-20 types of qualities into the tone consciously) and filtering out negative emotion during speech, we say "can you give me a fruit?" without massive whole brain effort of filtering that would make our head almost dizzy as it does when we try solve a very difficult science problem, due to asking the brain to do something the current brain structure can't handle while maintaining current speech speed. Even when we slow down speech a lot, it is a huge effort to reach even 50% eterni tone, but doing that creates (over many generations) a Homo Sapiens Musicalis whose emotional, mental inner life and healing musical verbal speech is void of almost any negative emotion, so peace (and much faster☺☺☺ longevity science discoveries as a result) emerge. If nursery, kindergarten, primary, middle, high school teachers would speak in a eterni way and specifically remind kids that all beings are like a 2 day old baby compared to an Immortal of the future, who needs universal loving kindness and healing soothing gentle compassion, then violent crime goes down 1 billion fold, peace arrives.

8.1.4. Eterni Tone of Speech: less mouth/lip movement, lower volume/lung acrobatics, sit, close eyes if recording to focus neurons on sound modulation, to convey *gentle tender soft* peace

The understanding of brain processing of human voice could enable us to enhance our tones by training or using a speaker that processes sound (before it is verbalized, speaker can detect the microseconds before the speech is rendered by the vocal cords without needing to read the mind) and creates new sound to superimpose with the sound we emanate or training so as to make the verbal or telepathy tone the *most* healing *one* for any listener, filled with "tenderness", "gentleness" and 50+ other filters. If reading the presound is not feasible in the near future, the sound tech can be developed to such a degree that the speaker can neutralize negative emotion and create a speech 700 times more loving than spoken, leading to a world of harmony. This would function as a biofeedback system to help us develop higher cognitive processing of emotions (very different than monkeys), to reach perfect eterni speech by always hearing it in others and prevent conflict 200 years before it arises due to tone.☺

There are many ways to speed eterni speech habits, including prerecordings used more by parents, teachers, pastors and public speakers. One thing some may miss is that not all exotic *sounds are* eterni, i.e. if one likes certain sounds types, even certain soprano forms, they may not be very eterni, because the brain uses a lot of energy to modulate vocal cords, mouth shape (o for some sounds), lung capacity and function when we're trying hard to make exotic sounds outside our normal range, thus diminishing our capacity to focus the brain on the emotion, intent, thought filtering centers that modulate emotion, intent, thought, energy radiation and the capacity to convey☺☺☺ healing *gentle tender soft* universal loving kindness emotions and benevolent intent, energies that soothe all and prevent conflict before it can ever arise as a possibility. Intensely soprano or any tenor singing is usually not eterni singing, oxygen goes either to: 1). filtering and eterni tone brain areas or to 2). lung contraction, expansion, mouth special opening and vocal cord volume raising. 90% coherent eterni high soprano is almost nonexistent; while it is the most beautiful music for some, is the hardest one to produce, especially for males who need extra effort. Tenor singing can never be truly eterni really, as it's not gentle, wastes huge neural resources on volume and lung acrobatics and takes way too much of the neural networks of less gentle less tender emotions to pollute the sound harmonics. It *needs to be banned*. A 5-20% eterni tone beautiful high soprano song like Aksel, the Vienna boy choir (too much brain processing of facial appearance, body language as they know they videotape their faces, too little eterni tone quality, too macho, but definitely gentler than most US songs by males; you can't record the best song with eyes open, eyes open waste too much cognitive power), Libera choir (listen to this guy vs politicians at rallies), this choir (watch how much mouths move, how mechanical it is and how little eterni tone emotion is in it, and how much effort they make to make certain sounds, explaining how hard is to add eterni tone to those musical notes), Hymn of Cherubim or this Oslo solo and choir (too bad so of these choirs didn't win Eurovision, usually only the most violent demonic music wins the EU contest of Hitler

shouting disguised as "music"). If they raise the voice too much, they lose a lot of eterni quality, so one would need to be much more rested (meditative states for days), sing with eyes closed while relaxed on a slightly inclined chair, without caring what others think about your body movements or with no audience, to allocate all brain resources (*wasted with visual processing, acceptable gaze, smiles,* being self-conscious on the stage and standing on two feet) *to emotional and* tone *filtering brain areas.* Pay attention to the way the soprano is formed to retain its gentle *nurturing* healing quality and not veer towards screaming, as in most soprano songs where people's brains are so drained by the vocal acrobatics, the *gentle tender soft* healing *nurturing* compasion is lost to some or great degree. When the voice is lower, like this nun choir (8th minute only ☺), we can modulate better. We're trying to go against our chimp nature (we were hollering and screaming a lot in ancient times, so this made us easily raise voice without emotional filtering), so we need all brain resources we can get, that's why in concerts singers would need to stay inclined on a chair with eyes closed, not holding any microphone (it would be above them so they don't need raise voice or scream and waste resources holding it), the audience closes their eyes and takes in sound and lets the singer sing 100%, not pressure him by staring at him, let him sing not show off, hold microphone, dance and waste huge brain resources with physical movement. Unfortunately, because so much dancing, lights showing and everything, the voice becomes 9% eterni not 20 or 50%. All we need is quality recordings, concerts aren't even needed, listen at home on youtube and create World Peace. Singers perform better when no audience exists, as they focus on the tone 100%, eyes closed. ☺☺☺

The brain wastes huge resources just to stand on two feet and have eyes open staring at the audience. The audience, instead of evolving their audio brains and closing eyes, stare at the musician's clothes or movements. If music is to transport us to our future World of Immortals, its emotional and hypothesis thinking cognitive quality, it is very hard to create for our existing brains, so we need relax and focus on the sound creation or processing (when audience learns eterni speech by listening to music), its *gentle tender soft* flow, while we try reach cosmic bliss. Good music will make us reach bliss easier. Angelia (youtube), in some intervals, almost reaches here very high eterni high soprano, part of it is because she closes her eyes temporarily, becoming totally focused on the singing. This lullaby, because it doesn't waste so many brain resources for high soprano and "screaming" (raising volume), can focus better than many spiritual soprano songs on the *gentle tender soft healing* grace☺☺ of *nurturing* universal loving kindness. Eterni speech *or song* is not some vague or *fuzzy "*spiritual*" concept*, but an exact neuroscientific reality seen on MRI brain scans which can tell who is doing eterni and who is doing soprano magnification in his or her "spiritual" music because the director made the sign to "emit soprano sounds now". Anyone can do maybe 2% eterni singing or talking easily, but 80% eterni is like solving the most difficult science problems or differential equations or doing

something that requires *very deep* "whole brain multi region" thinking we aren't wired for.

8.1.5. Emotional Tone Notes as superscript of each note, say gentle[t] is read/sung in a tenter tone

Music has not made *notes* for 30+ different eterni emotional or healing intent tones (harder to hear) and incorporated them into traditional musical notes yet, but it could. Most choirs are designed to have amazing vocal pitch variation, ☺☺☺ but not *emotional quality variation*. For example, we see they have a higher, lower pitch (even in some tonal languages), musical notes of various types, but do they have *tender* tone, and then warm *gentle* tone, neutral gentle tone or nurturing tone or compassionate tone? No. It's more about high and low, disconnected from how the singer *feels* towards others, in a *universal* sense. When we feel a *specific* emotion, we give our vocal traditional musical notes tones *specific harmonics and patterns*. When people write letters for a musical *note*, they could create a system to *indicate one of 30* eterni *emotional notes in which that traditional musical note is sung*. We can even make *notes* for general *inner emotions* one has to reach the hour before singing thru meditation on that state of being.

If one is happy or tranquil or very gentle for a long period before the few minutes of singing, a different pattern emerges that influences the entire composition, even if one tries to sing the 30 new notes for tender healing emotions and intent. This then totally transforms humanity, as singers pay extra attention to emotions, thoughts, intents, energies and humans consciously create all music to mimic the coherent (word, intent, emotion are one, no lies or deception) eterni positive gentle emotional tones of the future Immortals who're like angels of *gentle tender soft healing nurturing* loving kindness. More on adding emotion-intent tone note above *some* words, superscript notes above words, a similar concept, is explained in the section on the power of eterni tone to build or destroy universes, very gentle happiness[g+]. It may take years or decades for an orchestra director to get good at seeing (as good as computers) who has MRI brain regions for filtering light up from their tones, as their ears need to become super trained, and correct those singers or students (speaking in classroom) who fall behind, but they can also use tech to create an AI alert to teacher when AI detects low filtering via classroom microphone and then teacher can ask the student (after class, all students AI has flagged) if he forgot to filter and evolve his brain to a *coherent* eterni brain living much longer. Therefore, for most beginners, eterni tone is far easier while speaking in quite normal (not too exotic) types of vocal ranges. eterni tone is not about how low or high our voices sound, but the patterns of the voice, at whatever frequency (slightly different of course as we're conscious and change it without wanting) we naturally speak, without the need of too wild vocal acrobatics that diminish filtering capacity of the brain. When one is eterni 5-10% for a day of the month, one has a totally different emotional life, being tranquil and happy much more often. Being 90% eterni (normal speech is about 0.03-0.8% *eterni*, 0.8% for the very best tones, most 0.1-0.2%) all *the time is*

pretty hard, it's like mastering 5 hard languages with different alphabets like a native (writing and speaking), a feat that we can only do if we're starting as a kid to master the languages (requires many years of full time study), in this case, eterni language. Only 20 humans or less have such a mastery of 5 hard languages; this is also true for 90+% eterni speech employed 100% of the time, or truer (fewer folks); it's a different language, that completely transforms us. When tired, we can't even reach 4% eterni level 5 minutes/day for days, needing rest for this higher brain function to fully express. Another way to develop a better eterni speech☺☺☺, of loving sweetness, healing graceful kind emotions, intentions and sounds, is to sometimes sing (maybe add effort instead of trait praise) "I love you X, you have worked so hard to be *gentle tender soft* today", "Thank you X, You made such amazing efforts today to be an Immortal Angel of graceful gentle tenderness", so as to train self to better radiate thru the whole body good energies.☺☺☺

We want God to love us, but do we love God in other people thru our speech tones?☺☺☺ The most telepathy enhancing speech seems the one at the border between whispering and speaking, as in some of the most soothing lullabies or softest songs, or in some parts of popular songs that are softer (but have other more upbeat sections). If one never spoke with a girlfriend or boyfriend or person, it's a good opportunity to practice training the brain to associate talking to that person with a soft eterni speech. This is because it will make it much easier if in the first phases it's done that way, to always speak in a more tender soft way with that person, helping to practice this. With people we knew for decades or years, it's very hard to retrain the brain to not go into the automatic tone of speech the brain has for "that person", based on history. Before we date someone, we can recall this, practice it a lot first dates (mentally at least), as it will make it much easier to achieve perfect harmony. Since most people talk the most with their spouse and kids, it makes sense that this is the greatest opportunity to practice at first.☺☺☺

Some say that the Love, Respect, Reverence, Adoration one has for God and evolved spirits (or 100 Trillion years old Immortals if one doesn't believe in God) is fully or partially revealed in many ways, including in the way one speaks to others, treats animals, the way one presents themselves in public, the way one qualifies the gift of Life given by God for all to see and get inspired by. If God sparks dwell in each human and everyone is a child of God, how do we speak to God, with what emotional/energetic/intentional radiation, loving tenderness, humility, non-assuming quality, not knowing quality, perhaps quality, soothing healing graceful softness and musical tone? Is our religion or spiritual path or understanding of physics if an atheist (action force = reaction force in Newton's 3rd law) practiced while speaking? How do we speak? Does it show a lot of gentleness tenderness softness and humility? Perhaps we could even say that no true and complete love (for other spirits, humans, animals) is possible without the tone of voice being filled with loving adoring *nurturing* healing graceful soft tender sweetness that is musical and tries to adore, acknowledge, see, thank, respect, honor the divine in others. All we say

might be a waste of time sometimes, if the tone of voice reveals negative emotions and conduct, intent at any level that would create a negative possible outcome, that would misqualify the Life energy from God. The voice tone is more than a sound, it's a soul print of enormous depth, the full Akashic records so to speak, revealing stuff possibly from before birth if one would have the capacity to tune into the vibrations of the soul that are hidden in any voice pattern and the soul pre-existed. How so? In ancient times we looked at an apple and saw it simply, but today we know it contains trillions of molecules that would take endless books to draw each in exact order. Similarly, today, we look at the voice tone as an apple in ancient times, but in the future, the trillions of gigabits of information would be able to warn us ahead of time of even things that have not happened yet in their body, life, etc, if they continue on this voice pattern (voice reveals what happens inside a spirit or body) and enable us to develop a better medicine and diagnosis, since we understand better what it means, as today the EEG reveals a pattern, the pulse a pattern, the levels of biophotons a pattern. Our voice is a record of diseases even, of how we behave/intend, how we love/forgive, grow/evolve. Physics is easy: we use the gift of life with gentle kindness in tone, because all returns back to the origin. ☺☺☺

8.1.6. Scripture quotes are useless if tone doesn't have the quality spoken of by the quote

The previous paragraph touches on the complete lack of Godliness of most clergy today, as if they don't believe in God at all and it's all a mere car sales event. Becoming a vegan is a little hard first, but acquiring this eterni speech habit is thousands of times harder (anyone can eat vegetarian for a day or speak angelically a day, but doing this 24-7 for decades is much harder). The nice thing is that when we do this *coherent* tone *of speech,* emotional *tone,* intentional *tone,* linguistic *thought tone,* we apparently use far more brain areas than in normal speech, leading to a subtle activation of the synesthetic multi-channel telepathy perhaps, and to less speech, more telepathy, since it takes far more energy to *speak* this way, which engages the whole body, being, as if radiating out an echo of tender gentle soft *universal* loving kindness, altruism to envelop all human beings in the warmth of the Future World Peace of the Telepathic Immortals. Not only that, but they always say that to bring *Heaven on Earth*, we need to fill others with universal selfless loving kind compassionate love which permeates also our tone of speech, changing the content of speech drastically too as emotional filtering increases 10-50 fold. Talking about spirituality, ethics, love, kindness, religion, God, etc and yet using a rough tone is incoherent and makes it far harder for anyone to understand or like the stuff being said or to comprehend the meaning of scripture (Bible) quotes like Ep 4:2 "*With all humility and* gentleness, with patience, bearing with one another in love," 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children", Phil 4:5 "Let your gentleness be evident to all, the Lord is near", "To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people" or "the Lord's servant must not be quarrelsome but kind to

everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness". Yet, if you listen carefully what goes on with clergy, spiritual teachers, or even university lecturers or preachers of many philosophies, belief systems, religions sometimes, it's not very coherent, the "gentleness lacking" tone of speech is contradicting what is being said (so much so *some people want to get out of the place*, but often remain there to be polite), same for emotions and background thoughts at times. This contradiction is even bigger for many non-clergy people and makes trusting such people ultra hard, that's why coherence is helpful in communication, which depends on trust and walking the talk, walking and modulating the tone of speech to express loving altruistic kindness in every moment, if one wants God's energy☺☺☺ to flow thru oneself strongly while speaking. The gentlest thing is said to be the most powerful. Eterni speech is coherent gentleness and universal compassion as if trying to radiate the perfect healing vibes thru the whole body while speaking to or around a Trillion Years Old Immortal who can see every thought, astral tone and emotion we have. If some deity, angel, Immortal or nice spirit would be visible to us, when we speak to others, we would speak differently. A person who can speak this way always, could perhaps be called a coherent immortalist or *eterni*, due to coherent emotion, intent, thought, tones, astral, physical. It's the coherence of this speech that increases the ability to heal others with a selfless kindness of 5,000 Watts vs 1, that melts negativity.

This eterni speech and eterni whispering seem much harder to implement than any other "telepathy habits", and they may be the most transforming habits of all (the other assisting these 2 habits sort of), able to dissolve the human consciousness filter partially and to enable more frequent hearing or understanding via trans-linguistic telepathy of more evolved thought forms. Confirmation bias is a super-strong filter that reinforces fear-paranoia and related thought forms easily too. Perhaps, really advanced telepathy is not possible without mastering these 2 habits, or at least eterni speech. This would explain why so few people are truly good telepaths/remote viewers/perceivers if a correct hypothesis. An incoherent man can't hold a coherent thought, emotion for long, nor can he receive an impression that requires coherent reception for a long time of energies, emotions, thoughts. To speak angelically 100% or 99% of the time is to be a sea of tranquility with very serene and universally kind emotions. In chemistry, a catalyst only works if it's 99% or 100% pure, mixing it with junk inactivates it. ☺ In physics and gadgets we have very very precise alloys, or measurements, 99.999% accurate sometimes. Any trace of impurity and the gadget doesn't work. Uranium causes a powerful nuke only if enriched 80+%, way above 3%, if our speech tone is only 3% eterni it is powerless; but at 80% if practiced by many or 99.999% if practiced by fewer, speech *tone may* bring World Peace rendering all weapons useless. If we pollute our speech with role playing bad tones for example or watching bad tones (which contaminates our brain, as we imitate what we hear), we have no way to achieve the precision required for correct perception of various types, just like a lens that

needs to be free from junk. A drop of purple acid base indicator can make thousands of drops of water in a liter slightly lavender, so one minute of bad tone can diminish for days (sometimes for a decade due to karmic effects) our emotional tranquility, happiness, relationships quality, loving kindness, ability to turn enemies into friends and bring World Peace, ethical judgment, spiritual abilities. We drop a stone in a lake and the ripples go on for hundreds of times longer than the second it took for the stone to drop, and they travel thousands of times further than the stone itself, just like with speech affecting thousands of people, not just the speaker. Will we be so kind to our soul, afterlife journey, even our bodies, to always (or at least 80%) speak in a eterni way and discover perhaps the more ignored, yet surprisingly strong *force in the universe* to bring World Peace? String theory says *all is vibration*, like the *tone* of our speech. Spirits might be hesitant to share ideas when the coherence is low, for many reasons, such as the ethics of such people or the likelihood of implementation (many people don't have the coherent tenacity and willpower to implement something for which they see no benefits within 20 years).

8.1.7. Eterni Tone is TRUSTED more & is more Powerful than all weapons combined

Another advantage of gentle tender speech is that it is trusted more (TRUST brings peace and harmony, something our planet would benefit from), so if the new satellite launching rocket blows up and engineers want to fix the issue, there may be 5 main hypotheses offered by 5 engineers about what went wrong. The correct hypothesis may be given by an engineer who speaks in the least eterni way. As a result, it is TRUSTed the least in some cases or this case, as it overrides the logic. The team spends 4 months to test if the other 4 hypotheses are true and discover it's the 5th one finally, having wasted 5 months instead of one. If the engineer would have employed a much more eterni speech, that is much more TRUSTed, he might have gotten the team to test his hypothesis first, speeding up scientific progress by 4 months ► "Blind and sighted listeners judged both men's and women's voices with lowered pitch as being more competent and TRUSTworthy than voices with raised pitch... raised-pitch voices were judged as being warmer than were lowered-pitch voices, but only for women's voices… our findings suggest that robust perceptual associations that systematically link voice pitch to the social and personal dimensions of a speaker can develop without visual input." ► Psy Bull Rev 2016;24(3):856-62. This may mean that a President's radio address has a higher TRUSTworthiness when a gentler tone is used. If a world leader, diplomat, mayor, governor, etc wants the planet, city, state to TRUST him or his nation, he probably needs a gentler tone when doing public speeches. ☺☺☺ This example illustrates the value of eterni and gentle speech, especially eterni speech, which has a gentle positive *emotion*, *intent* and *energy* *radiation* tone, not just the fakable gentle *"vocal" tone [the most obvious* pattern of tone which can be faked, *unlike the* unfakable *emotion*, *intent* and *energy* *radiation* components of the vocal tone]), which is far more TRUSTed than just mere *gentle tender soft* speech. The same advantage is probably very useful in

professions that rely on finding information, on people TRUST*ing* them and giving them information, like detectives. In every brain yelling and louder voice tones are associated with negative experiences, because in negative emotional states people's tone is like that.

Thus, when someone talks in a way that is not *gentle tender soft*, they put themselves at a huge disadvantage, since most brains will filter out, have a bias against and *distrust* the info coming from that rough tone or similar ones. The brain averages out and interprets the "truth" of information in many ways, one being by the tone of speech, facial expression of speaker, emotions radiated, intentions radiated, all of which are heavily encoded in the actual vocal output, etc. Thus, as in the legend of a movie, it might one day be said: "There was a human who came out in America, a human of such eterni *gentle tender soft* speech, with such coherence in emotional tone, intent tone, energies tone, that when s/he spoke, s/he lifted *the Holy* Immortality *for* All Spirit energies in people to a new level, brought many in divine ecstasy or samadhi states (like that of 'saints') and was able to bring World Peace, the start of the Era of Ascending Immortality. It was said that the wondrous amazing ecstatic & beautiful ☺☺☺ Holy Immortality for All Spirit (Holy Shekhinah, Great Spirit, Tao, God) took 100% possession of her/him when s/he was speaking. For indeed, the fruits of the Holy Spirit☺☺☺ are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." One day we will have a President who talks in an eterni way at all public events, something we never had, an inauguration where music is gentle and eterni in tone, and every speaker has a much gentler tone than ever. This will require training to speak like that Immortal since age 0, to be surrounded with such harmonious tones people always, so he or she imitates that tone, not the tone of eons, for decades, the kid (who becomes President) imitates the tone of those around the kid, since usually only very few monks or clergy in the entire world have such a tone that heals and reconciles, pacifies and brings together everyone, relaxing them and unifying *them as pillars of the* Universal Immortalist Peace Alliance. Due to the influence of such a President on billions of people, the world will never be the same, as a new standard of being "a politician" would have been created that totally changes civilization and what is deemed as civil and decent on TV, radio, any public environment where speech is recorded and can be seen by millions.

The technology, tone and ethics of future Immortals is so much more advanced than ours, that many people can't even wrap their minds around it, so what Immortals define as civil and decent is something that most people define as the most angelic healing speech imaginable. Without fanfare, by leading from behind, like the man of Tao Te Ching, the President will achieve that which is needed, while people will say "it happened naturally". Due to the emergence of our species from difficult natural environments, where threats from natural disasters, lions eating us, etc have made the need to yell in jungle very big, all have equated a loud yelling tone with something important and useful for our species survival, but as millions of years passed this

changed and we're moving towards a gentler tone as we're no longer a few "primates" yelling from far distances, but the masters of the planet, 100,000 times more numerous, living closer, and needing to yell far less (distance is far shorter now during speech than eons ago), especially due to microphones enabling us to make the shift we never could before 2000 when everyone could buy a cheap voice amplifier. Yelling is no longer going to help our species to survive, yelling is not needed anymore. Via a phone message or a voice amplifier, we get a sweet tone saying "kindly move away to town x, a tsunami is arriving", with no need to yell, but with a tone that diminishes panic and allows the best moving to occur. Eterni tone will help species survive and thrive, so over time, eterni tone will replace the tone today. This amplifier and other communication techs will enable us to shift our tone to the sweetest gentlest one faster, like the tone of those of the genuinely spiritual people of universal loving kindness with a gentle tender soft healing tone; as a result we will promote more this aspect of behavior in our culture and public way of life, radio, music, etc, reaping universal, eternal peace, harmony as a result.

As explained in Chapter 5.5, during gentle tender eterni speech, we activate, strengthen different neural circuits than during somewhat panic filled moments when voice is loud, so when a little "anxiety arises", we're less likely to switch into those negative emotions by the force of habit of speech.☺☺☺ Gentle tender eterni speech lowers "insults, conflict, foolish remarks" 50+ fold, since we filter, emote, think 10-800 times more, so we're more relaxed paradoxically since we know we won't say potentially offensive stuff. It also makes us appear much more compassionate, kinder, wiser, trustworthy, independent of the % of eterni tone i.e. % of healing gentle tender intent emotion thought, since billions of years have taught our brains that fast speakers tend to "make more mistakes and be more offensive, start fights" and thus those voices are distrusted more without our conscious minds even realizing it; for example, when a guy talks 1st time (or when in bed first time with his wife) to a girl he really likes, he's so eterni in tone, so slow, so gentle, so filtering, so loving, but when he talks to his buddy he talks like a fool, so fast, being so offensive (if same stuff were spoken to the gal). How can someone talk of ethics or Love of God and have such an unloving tone? "By their fruits (tone?) you shall know them"? Our brains act like automatic filtration machines that have bias against what they distrust from eons of genetic experiences: *we don't realize just how much we undermine others'* **TRUST** *in us* by our speech speed alone, let alone the far more important speech tone and emotion. *This becomes even higher* distrust after one has read this chapter entirely, and previous one, since you realize that person is either not aware of this or chooses to intentionally pollute the public and you with their unfiltered speech, unhealthy emotions, since unfiltered fast speech can't be infused with universal *gentle tender soft* healing grace every few seconds, thus can't act as a healing therapy for our planet that needs this tone more than we admit, to bring peace. Evolution taught us in emergencies, people speak ultra fast, thus fast speech cues our brains

unconsciously that it's time to be anxious, so we find slower speech far more soothing; when anxious, we can't TRUST, hence the speech speed alone has a huge influence on TRUST. Parents therefore would benefit in reading this, since when kids are angry or anxious, fast speech is the worst idea: it shows they care little, for the audience, for filtering, for loving that brain who will imitate speaker tones, emotions, thoughts unconsciously, and become anxious or peaceful, mean or compassionate, angry or kind, happy or sad. I know it's sometimes difficult to change tone and speed even minutes a day, but the long-term benefits are worth it. It takes years to change speech tone a lot, but every day we can try recall to quit our addiction to the bad tone of eons, talking so much, so fast, when we could say 50x less in 50x nicer tone. Not only tone will improve, but everyone will think we're smarter, since we said nothing 'silly'. If we analyze objectively much of our speech, 80% of it (98% for non-stop talkers) we could let go of and still communicate what we just said, and yet, in a 5 times better tone (since we now got 5x the time to say 5x fewer words), which will be TRUSTed more and, far more importantly, would create way less conflict as we offended so much fewer folks or traits/actions of a person.

All are Trillionaires, powerful mighty cosmic beings able to bring Eternal Universal Peace:

Our tone may impact human future *1 million times more next billion years* than *anything* we do. Our 'legacy' to humanity is often 1 billion times less important long-term than our tone.☺☺☺ The tone creates a universe, civilization or ends it, destroying it altogether, in the long term, simply because distrust brings war and wars end civilizations, planets, maybe even *universes*. It's funny,☺☺☺ people want to bring peace and even scientific progress (depends on peace for longevity, *so* science is not used for war mainly), but they feel so powerless, because they 'are not President, billionaire, celebrity, rich, Nobelist' - yet there is something they got that's more powerful in bringing Eternal Universal Peace than all weapons humanity has: the tone of speech, or if someone is silent by choice or condition, the *tone* of *emoting and* thinking. All weapons combined are worth $900 trillion; the World Peace effects on humankind over next trillion years are (well, if you agree with my hypothesis, otherwise, it's 'may be') so much bigger from *kind* tone than all these weapons, which means everyone is a trillionaire without realizing, searching often desperately for a way to bring a better world when it's a lot simpler and more *democratic* and available to all than we imagine. God, if God exists, *may* have set it up that way, so that all have equal *real* (not apparent) *power* to influence the future: whether we speak or not, whether we're mostly introvert or not, whether we're on TV or public or not. This *power* refers to our real tone, the part we create that no tech can influence, outside of the one interfered with by others via upbringing, culture, gadgets or torture. When young and naive (or have our thoughts, decisions, beliefs written inside the brain by spy agencies), some think to change the world they need to be rich or president, but when we realize all human action is born of *tone*, we see reality. We often forget our tone is (most likely or possibly if you're skeptical) more powerful

than all weapons combined, in bringing peace or war, long-term, so how do we use our *power*? Do we realize our brains and tongues, vocal chords, that create inner/outer tone etc are or could be *more powerful* than *all* devices humanity has created so far? Mightier than the fanciest combo of nukes? *Every word we* intone *mentally or vocally is or could be* mightier *long-term than* a big thermonuke detonated. How do we use power? Is God testing us, to see how we use power to decide when we become truly Immortal? Wait a second, people will say, how can it be more powerful? Well, we know words today are often way more *powerful* than a stick or sword, the fanciest weapon in a stone age, since they can be used as code to open a computer system and prevent a huge explosion killing a solar system etc or to teach advanced weapon tech that kills all people in a solar system. One say thermonukes will be like a stick is today, and the tone of someone can prevent the disappearance of a galaxy, thanks to one human who lived 2 billion years prior and used a kinder☺☺☺ tone when saying something in a kind gentle healing tone to his friend that stuck and influenced the friend in an immortalist way.

The weapon tech changes each 10 years, becomes obsolete, but tones remain for 10^{80000} years. Our tones are the same as when sword was the fanciest weapon. *Tones don't change much, they're us*, objects do change very fast, human, brain, soul anatomy takes much longer to change, even if we were transhumanists, tones would still be there for 10^{80000} years, able to wield more influence than all tech combined today. It's not like we all can access all gadgets today in existence, but we have this powerful gadget inside, which will affect the future much more. Who could imagine that their tone is mightier than all devices humans created so far? Well, God may be $10^{7000000000000}$ mightier than any Immortal. People are so rich, so powerful, yet they're unaware of it, seeking power to do good in objects, paper money, etc. Are you happy now? You're a powerful trillionaire (even when totally silent using tone internally) sitting on a treasure others only dream of. They don't know the Secret consciously: their inner (& vocal) tone is mightier than all devices humans created so far. Our tones influence behavior of all humans, so tones manage all current tech and future tech 10^{20} times more powerful through ripple effects. All our brains are in quantum entanglement, influence each other, we're one superorganism. In this era, we're distracted by many online videos which often want to share the all important truth which will save humanity, uplift it and move it forward; a question arises, how can we decide which videos are more truthful and which videos are more useful among the true ones? Naturally, some things that are true today won't be true 5 centuries or millennia from now, so the stuff dealing with tone, ethics and the qualities of Immortals will be true and relevant even 5 billion years from now. The videos with a more eterni tone or audio programs etc are truer, because even though they got somewhat irrelevant in 5 centuries content, they at least got the tone which helps us approach the truth of the future Immortals' tone, the space of infinite bliss of their energy of *infinite tenderness and* tranquility; the infinite love, tenderness,

gentleness, kindness of Immortals is *so nurturingly* graceful that its softness and *healing quality is so strong compared to most stuff on TV-radio-Internet*. Truth has many levels to it, temporary truths, valid only for a year (how to get to a store that will be there only 1 year), for 400 years (science that is true for 400 years or tech, before becoming outdated), political truths (valid only 100 years or 5,000 until those nations disappear or alliances shift), etc – and then the truly Immortal☺☺☺ truths – that deal with the very ethics of Immortality. So, when we're left with only a few decades of life, do we spend our lives watching bad tone videos online or improving our tone, recording the best of our tone, listening to it more to recreate our tone daily to a gentler kinder version, and maybe inspiring others to bring into the present the unbelievable wondrous ethics of the Immortals? We create vibes every minute, every moment we watch something, we shift humanity's tone towards short lives or long lives. So you got youtube suggest to you to watch something and you click on it, you took the bait, but then you recall, you're here not to recreate the past, how cities are now (this is irrelevant in 500 years or 5 millennia), how countries are now, how history was, but to create the stuff that is not here – the world where everyone speaks (i.e. *emotes, thinks because we can't speak with a healing tone if we don't think, emote so*) like an angel – so feel free to ignore it or skim thru, spending 30 times less per video until you find one with voice or video that is uplifting and changing your tone to eterni tone. Otherwise, you pollute one more brain (yours) with the average TV tone, and doing so much damage in the long run (if it mixes with the bad part of your tone), in a trillion years, due to ripple effects, maybe things far worse than a small nuke war on Earth that kills 80 million.

It is politically incorrect to state that someone's bad tone at the wrong time could do more damage long-term than a nuke war today. It's ironic how parents and teachers scold kids not doing this and that, but they never listen to the elephant in the room, the parent/teacher tone, and never even talk about tone much, let alone offer a nice living example. We're so unconscious and totally or mostly oblivious of others' tone and what hidden effect it has on us (unless we're super aware and take measures to erase/diminish its effect by listening to something eterni to *neutralize the bad tone at the same time or by turning on subtitles (click on CC and select English, then mute the video, more professional videos always have subtitle option), at higher or equal volume and still understand what s/he said, since you know the eterni mp3 clip already, so it's easy to listen to youtube, while listening to mp3 too)*, we never pay attention to tones for decades until someone draws our attention to the neuroscience of it. Well, is it even worth listening to a video? Much of what we listen to is junk anyway quite often, hocus pocus fake science studies disinformation agents make videos about while presenting some true studies and facts too to gain your trust. It's often junk, unless it's something we urgently need, like a video on how to solve a math problem if doing homework, etc. If we go into a jungle where lions ready to eat people exist, we wear some PPE, personal protective

equipment, like a huge car with very impenetrable doors, windows and tires so we can take off fast if 10 lions attack at once. Imagine if a true immortalist who is 900 times nicer than the average human (just like a nice human is 900 times nicer than the nicest gang members), goes into the jungle of the "torture and killing is our religion" world of mortalists' tones – it's like going into a war zone, in hell itself, without any PPE, armor, shield. We protect ourselves from many things, but not from bad tones than remove hypothesis thinking, whole brain thinking and kind behavior. Bad tones undetected ***prevent us from seeing that what they say could be 100%*** false. Low IQ folks don't realize there are a trillion ways to peace without any threat, violence, torture, so when our brains also low IQ, narrow minded due to tone we use, we start thinking like them, we become brainwashed unconsciously with other similar beliefs and ways of acting.

8.1.8. Eterni Tone is lower volume and slower speed, to perfectly sculpt the gentle vibe

The less eterni☺☺☺ the speech tone ***is, the more likely that person is to be fine with*** covertly killing, torturing you or anyone if so ordered by his boss: thus AI and a very well trained person can detect spies, gangsters, soldiers, cops pretending to be civilians, and violent people easily. In the far future AI could detect even people who killed others as cops or soldiers, due to quantum effects changing tone. If we visit hell or gangs, we run into the risk of becoming like hell or gangs themselves, now imagine kids, who're way more naive and prone to imitating. Brains are sensitive instruments to detect intent, ethics, present state of awareness, emotion, robotization, sleep deprivation, nature of others via their tone of speech. Having an eterni tone increases survival, it is a matter of life and death in some cases: if we pollute tone too much, we won't know the average and present nature and emotional state of others, we won't have a calming effect on rough people (not by choice, they were brainwashed since birth at times) and won't make as many longevity discoveries either, since tone affects how we investigate and think. The energy to create a 50% eterni tone video of 5 minutes and upload it to youtube is enormous, you need weeks of reaching that high level of brain functioning sometimes, if very tired, most people only reach 10% max, once in their life. Not to mention, the content, etc. The truth reveals itself via the tone, hey, if you had a truth that is 1 trillion times more valuable than any information you found online, what tone would you render that into? Perhaps your most eterni tone ever you could that year. So, when people lie or create disinformation content, their tone is very trashy, since it's a garbage cover to hide stuff, they don't make the huge effort and energy needed to present that info in the tone of Immortals, since they don't value what they're saying, they don't believe in it, it's pure garbage to them, their ethics is incompatible with that of Immortals, so the two energies don't mix; even if they mix some mundane truth into it – overall it pollutes your soul. Fake news is easy to detect via the tones of those presenting them.

The louder one speaks, the less one is heard (understood). This sounds paradoxical but the

hearing doesn't refer to hearing a noise level of speech per se, but understanding what is being said. It's paradoxical like many statements in Tao Te Ching, for example: the best leader is unknown to all, leading from behind without words via the Holy Spirit of Immortality for All and the gifts of true empathy-telepathy with angelic spirits that stem from the Holy Spirit of Immortality for All, the second best leader is loved by all, the third best is feared, the worst is despised. The best leader and speech is so gentle tender soft, almost like a whisper or very gentle soothing speech is almost inaudible. If we try speak musically and eternily when alone, we have an easier time to practice eterni speech more often by default with others and to sync several brain regions, creating new synapses that allow for more verification of ESP data, leading to increased ESP precision. Whispering when tired, instead of talking normally, is better, even if not as ideal as eterni *musical whisper or speech.* Eterni whispering or even normal whispering is easier than eterni *musical* speech as it lowers the usual emotional output associated with normal speech, shifting the brain to a more tranquil emotional output by default, since for eons the brain associated whisper with gentleness. A Telepathy enhancing school or any family wanting to practice eterni evolution for epigenetic shifts, can give microphones (see Amazon) to all and enable all students and teachers to talk very gently (like these songs) or whisper and sing in eterni tone even during math classes to practice this important habit, exteriorizing gentle tender energies, positive emotions and intents, embracing all beings in benign energies. Then evolved telepathy speeds up as brain resources go from vocal cord, loud sound creation (*lots of calories, wasted oxygenation of brain*) and processing to harmonious gentle healing *tender* telepathy and people replace speaking with telepathy, no longer whispering in eterni tones in audible ways.

The moment we raise our voice we completely lose the capacity to be a good telepath, empath and healer for a while, since anger doesn't radiate compassion and kindness and naturally, no strong ESP emerges if we're not kind to all beings, since healing, empathy and gaining others trust telepathically is based on tuning into the unified field thru being nice to all. We hear the uneterni or unkind tone of voice in movies, and we need to avoid movies and most violent content, otherwise, we beome like the demons who created it. Being gentle also implies not being so serious and uptight all the time and allowing ourselves to laugh at ourselves and chill out a little. ☺☺☺ After all, we know nothing about anything with absolute certainty since there are trillions of possible causes for the laws of nature and events. Gentleness comes from the awareness we know nothing. Eterni gentle tone allows us to be more positive and flexible, to create the happy joyous moods we want, as we're not stuck in anger or rigid negative thought patterns, we can combine gentleness, smiles, laughs, positive thoughts, words to bring out happy states of being that stimulate optimistic visions and a better future for all. Gentleness includes blessing all people, wishing well to all. Examples of gentle tone accompanied by coherent emotions are in the soothing gentle voice music section. ☺☺☺

Slower speech, lower volume turns off the fight and flight in speaker and listener and activates the prefrontal cortex of rational thinking, while shouting activates the amygdala violence center of impulsive emotional outbursts and dangerous actions that are not well thought thru. Thus, slower speech, lower volume makes us less anxious and low cortisol means a longer lifespan for all. It's a way to treat anxiety in all, to deescalate, to become a calming presence in a world of violence, to more easily quantum entangle with the Immortals, whose technology, wisdom and insight you then have a higher chance to comprehend. Immortals who live 400 times longer are far less anxious (since nobody dies before age 9000), so they *can* speak 2-5 times slower (less too), with far higher quality emotion, intent, radiated energy. There is no drive to impress anyone, to perform, to show 'how much smarter one is'. They're far more genuine and honest, we tend to perform to get what we want from others. War, violence start with negative emotions, so if we don't teach kids how to filter emotions thru proper tone, how to fill all with universal loving compassionate kind helpful *nurturing* healing grace, we can't bring the heavenly galaxy of 9 quadrillion year lifespans. Deep inside our souls, we know this to be true, because in movies the all wise sages speak slower as if the words carry an echo (as in NDEs) coming from the coherent focused universal selfless tender gentle loving kind compassion. If we, telepathic "Immortals" live 9,000,000 years, we have 0 anxiety about making it to the next day or year, as everyone makes it to 400,000 at least, and this makes their world far more relaxed like people in zen or contemplative prayer (meditative) states or α-delta-theta brainwaves. Imagine how much less stress exists when you know you will live to 0.4 million at least. In such a heavenly world, the hypothesis is that the need to rush so much while speaking is not there anymore.☺☺☺

When we massage, in order to radiate good energy, emotion, we slow down, we don't move rapidly. Likewise, if we want our speech to be loving and kind we need to slow down, filter negative emotion and make it a song of love unto the God in the other person. Rushing makes it impossible to have a gentle tender tone. The Immortals have much more time to regulate the tone of speech, to make it melodious, healing, humble, soothing, gentle, tender, healing, soft, connected with the radiation of the most benign intentions, emotions of gentle tender healing grace, *universal* loving kindness, sweetness, *nurturing* compassionate merciful understanding bounteousness. Perhaps Immortals saw that 90% of tension (tension potentially leading to conflicts if the two are not both very kind and capable to heal and calm down the other) comes from the tone of speech (which reflects the emotional average radiative output of a person too), and 10% from vast differences of opinion, due to different upbringing, life experiences, or whatever. So instead of waging wars, they prevent all violence and mean behavior from the very first (conception, not birth) day of life, *by parents teaching kids to speak via imitation of* the most angelic tones of speech they *can express in the presence* of the "Heirs" of the Immortal Civilization, the infants, who will speak in a gentle tone their first words in a few months as they

imitate the gentle speaking (thinking, feeling) parents. The gentlest is the strongest according to a famous hypothesis. In our world, we treat diseases often after they manifest (sometimes just the symptoms, not the cause), wars/violence after they manifest, but in a world of Immortals, everything is prevention, so no disease and no war ever occurs, there is no need of prisons even as peaceful harmonious loving kindness prevails. Future humans know all misbehavior, violence and wars come from negative emotions, and that the brain areas for emotions regulation are shared with the brain areas for speech tone regulation.

We teach kids in kindergarten basic language, math maybe, and 1st to 7th graders many many subjects, but never *emotional* filtering *while speaking*, universal loving kindness or altrusitic love for all beings, *gentle tender soft* speech radiating that love out in practice to all beings one speaks with, thru tender smiley looks to all beings one gazes upon as explained in Chapter 9. How do we want to create a heavenly earth of empathic telepathic people with no violence and no war if we don't teach these and instead subject the youth to improper tone of speech in schools and media? What kind of role models are we for the future generations if we want to build a civilization of 900 year old Gentle Patient Kind Tender "Immortals" living in peace and harmony? In the future world of 900 year old "Immortals", the greatest crime ever happening may be someone frowning and the way this is dealt with may be sending a healer immediately around that person, without the person knowing, to engage that person in a beautiful conversation and with the most tender smiley look of the healer and ability to radiate positive vibes in the strongest way. If we teach kids from age 1, to do this, to radiate thru the whole body universal loving kindness to all while speaking, they all become healers of all human beings and the whole world becomes a paradise. The future us, the Immortal us, know that all war and violence starts with a frown upon which tension builds and gets out of control. Every habit and every action changes the genes and brain structure of future generations, so gentle tender speech enhances the genes and brain structure of better emotional regulation, higher happiness and easier time to achieve World Peace. ☺☺☺ The gentle speaking baby will pass on this habit and new brain structure to his offspring. Brain doubles in the 1st year of life, so his brain will be different than the parents' because he had parents speaking differently. ☺☺☺

Why would Immortals *speak* 2-5 times slower*? They don't speak slower to slow down the brain or thinking speed, but to think* 2-5 times deeper, to think in reality faster, to think much more than in normal speech. We can hypothesize that 99% of communication (and learning of ethics) is often times in the tone of speech, not the content of speech, the tone of thought (ours or others) not the content of thought, this being almost always true when we refer to the tone of some kids, teens wanting to say any lie to get some candy or favor, or tone of deceptive people or those manipulated (brain partially damaged) by others without them knowing, where tone 100% contradicts what is being said. But even with usually honest people, in a power plant or

some place requiring a password, employees may even use a code word, gesture or action after which the tone of speech (more soprano maybe) indicates yes or no, regardless of what is being said, as a way for computer to know. Sure, in an emergency, one needs maybe one code word or number to enter somewhere to tell a computer yes or no, so speed is more compassionate than tone, but most of the time life is not like one word can save a million people or even 1 if spoken fast and without eterni tone. We have often defined in our culture fast talking as the same as fast thinking, but that refers to several components of thinking, not so much the emotional filtering and healing thinking, intentional thinking, compassion for humanity thinking, desire for World Peace and 1 million year lifespan thinking, etc. Ignoring these types of non-verbal thinking means we focus on the outer appearance of our and others' speech (words used) and become ultra easy to deceive by those whose extremely nice sounding (often soft spoken for maximum deception) words are spoken in horrific tones oblivious to those who don't pay attention between genuine and fake eterni tone, tones that reveal the daily intent, emotion, compassionate thinking intensity of the speaker. ☺☺☺

8.1.9. Using microphones, amplifiers to achieve a quieter, more eterni tone (lower volume)

The eterni tone pattern is independent of how loud one speaks naturally, but for any person, louder speech than their natural average means less capacity for eterni tone as brain resources go to higher vocal output: you need to exhale more as you yell, breathe faster, raise your heart rate, activate stress response, deplete brain resources more, inhale more often to be able to yell at the top of your lungs, all this depletes brain resources and tone becomes pure trash. Today, we can speak in a lower volume eterni tone using amplifiers, microphones, such as the Amazon portable voice amplifiers teachers use: Giecy amplifier (gold is great, allows you to see ticks or insects, tick bites can kill you, if in nature) has low static, excellent quality except for playing music, good to hear yourself to help self to improve your tone, hear your breathing, for reaching super-bliss every minute like the Immortals, though you don't need amplifier for the breathing bliss. For far more amplifying power, in noisy environments or at home to make musical speech with echo to max, to enable lower voice (thus better tone quality) and train brain to create musical speech as eterni tone only neural path, you can sometimes use a bigger amplifier with Giecy headset mic, like HIKEP one, on your shoulder, especially if recording or going thru some 2 week holiday and trying to improve your tone. Try buy a wired headset to protect your body from RF and use wired internet desktop/laptop for calls, HD audio Sennheiser SC 75 is comfy (way comfier than cheaper or pricier Logitech that crush ears and break often). The Pile mic is better than the one that comes with HIKEP if you want to record a 2 min song with less effort. Avoid portable bluetooth speakers (way more powerful than a phone speaker) connected to the wireless mic whose volume is adjusted from your phone, because they destroy your brain with RF. We use lower voice volume to enhance gentle healing tenderness and spirituality like these

voices, instead of using voice alone or even a microphone to speak as usual, or sometimes, yell like eons ago in the jungle. We only need to watch some youtube recordings of concerts to see how few have healing gentle eterni voices and how many yell subtly or obviously. Why can't people use tech to become kinder, police/military/pet owners/parents could use lapel (attached to shirt collar, only if using LiFi, to avoid cancer) ☺☺☺ or headset microphone voice amplifiers (with 2 mics: lapel + headset) when calling peers, kids, students, pets in a musical gentle eterni way (like these voices)? This would elevate the human emotional average far more than yelling "Kid or dog or person x, come here" in a very commanding loud tone that habituates the brain into using those macho/war/fight/flight pathways more often and in far lower quality tone (low social harmony, peace, longevity as a result of so much negative emotion leading to eternal war). If pet collars or leashes have a microphone amplifier connected to owner microphone, the owner can sing nicely in normal tone the most soothing call or command (loving request, "command" word is too cruel) to sit, etc or prerecord it and press a button on their phone app (that plays an mp3 for the dog to hear) or a button on the belt (like a bluetooth earphone) for calling dog near them without having to run (maybe talking to someone now)☺☺☺, or yell so much (disturbing the tranquility of neighbors with uneterni angry vibes) from 30 yards and untrain the brain in eterni tone use. There can be future apps for training eterni speech including auto pet calls and repeating of the gentle soothing voice mp3 call on dog collar to "dogname come here or to mommy or daddy" in the most *nurturing* tone we would use with a 2 month old baby, to relieve owners and neighborhoods from such acoustic pollution of endless dog yelling (like levitating craft or forcefield/new material sound barriers will remove most traffic noise). ☺

To prevent kids imitating yelling tones with minimal eternism, companies could make small LiFi amplifiers, worn by parents, powered by a tiny battery that play prerecorded ultra eterni soothing sound of parent calling kid (worn outside only) near them when they go out to play and they venture too far for eterni speech (more than 5 yards outside). Parent prerecords 10 questions or statements like "I would like to go home soon, can you come to me to tell me what you would like to do?" "Do you want to play more or come home and eat? Can you come to me to tell me if we can go home in 10 minutes when you're done playing?", and plays them when needed. The mic allows kid to answer, request help and then have kid voice file transmitted to parent in low data format (for minimal WiFi exposure if LiFi fails, WiFi off always, unles he presses the "Send" button), or simply have some prerecorded mp3s to call kid near parent to talk to him in person (explain why, as in the examples above) to avoid WiFi from kid to parent, giving parents opportunity to evolve their tone and kids to learn from the start a MUCH BETTER ☺ tone than any generation in the last 4 million years. Phones for small kids are a bad idea as cellular radiation can damage their brains. Phones are OK for emergencies, always off, unless calling 911, and ages 14+. Phones with online capability would be for 21+, since they damage

brains and kids don't understand how deadly phone are. That way they don't wear phones or anything and don't get polluted with frequencies much, or parents could carry an amplifier to avoid using WiFi. Yelling "Alex please come here" from 15-400 yards (meters) in a noisy area is a sure way to ruin one's living example of eterni speech, the longer the distance and higher background noise, the less eterni the tone, as volume needs to compensate. Kids emulate parents, and parents are often their only living example of sane tone of speech, if parents can't do it, nobody will, teachers are too stressed and underpaid, nobody expects them to talk like that to every kid, but parents can find the love/time for their kid teachers can't give to all kids. This new tone leads to an *epigenetic shift* that starts a chain reaction that changes history altogether: much like when humans emerged from monkeys, a group of humans goes to another planet and being isolated from the Earth gorillas (songs of gorillas vs the worst tone of the worst future humans) develop immortalism more and become a new species who outlives 9000 fold the baboon humans today. Until such LiFi prerecordings capable parent-kid mic-amplifier systems are sold, *parents could practice some physical exercise and walk to the kid eternily* (with an eterni tone of movement*)* and speak to him with eterni tone to avoid the catastrophe of loud voice habit in talking to the kid. We walk within 1-2 m of the kids to talk, we avoid slamming doors. We proactively build a Civilization of Immortals who think, speak in eterni ways. ☺☺☺

8.1.10. Imagine if we all focused on the Power to Heal, not the Power to Kill

We got Parades showcasing the Power to Kill, Death Worship everywhere, but no Parades showcasing the Power to Heal and Grant Eternal Universal Peace & Immortality for All. Our society is very macho and focused on performing acts of killing simulation, glorifying risky and deadly behaviors that kill humans. We can overcome tradition, historical inertia and change the habit of yelling in horrible tones "left" "right" etc during military/police exercises/parades or displays of guards in every country on national day, visits of foreign leaders. In 1988 67 spectators died during a needless 'parade of aircraft show', and in 2002 another 77 died at an air show. Pilots watch the crowds, try to impress, have cognition impaired due to emotions of "how they perceive me", and are thus more prone to crashing and killing you by accident. *Stay safe: Immortality First, Life first. Save your life, avoid these* baboon *events* glorifying killing that make you lose your hearing, devolve your tone of speech/emotion (due to bad noises) and lose your compassion for the homeless or homed terrorized by greed that doesn't give them triple pane window and decent house ventilation in airplane noise areas. Watch past shows on youtube, with volume turned off, if you're curious. Protect your vibe. Develop empathy for those abhorring such useless helicopter tours (Hawaii visitors harassing locals) and air shows, whose sleep is disturbed by the noise. Imagine if soldiers, cops, politicians would have "Immortality *for* All" or "May all live to 900" written on their more colorful uniforms and suits ☺ (lavender, 100% blue, yellow, lime, purple, turquoise, orange mix instead of the typical one color uniform). ☺☺☺

Imagine if instead of the Power to Kill (rifles, bayonetes, swords, yelling) displayed at foreign leaders visits, countries display the Power to Heal and triple human lifespan, not to shorten it via sudden death in war. We have had these displays of "kill power" for eons and peace hasn't come yet. ☺☺☺ These demonic death worship symbols are discussed in detail here. Why not try *"heal power" displays with eterni choirs,* healing gentle tones *and* colorful *booths with 800 to 8 trillion year lifespan techs* (ultra boring 3 color "Trooping of Color" type of stuff redesigned to 200 color stuff, from military to healing tech and World Peace in 3 months techs, kid, adult choirs singing the trillions of ways of World Peace in 3 months maintained for trillions of years until we move to new *universes*), booths with energy efficient cheap housing for longer lifespan, water filtration, etc tech that kids, adults and soldiers dressed in 200 colors, pink, lavender, gold, white (atypical colors associated with healing and doctors) and smiley faces work on, colorful qualities written on every booth, so when people watch they don't recall war, weapons in their heads, but recall Life, Eternal Universal Peace, and present to the foreign leader and the global audience the image of infinite love instead of war, threat and yelling sounds? The speaker, with this type of music in the background says in an eterni tone using echo mic "Today we can celebrate the advent of the World of Peace, possible within 3 months once all gently agree with it and its maintenance for 8000 trillion years as the more motherly, 50% yin or feminine, 50% yang/masculine, thus balanced, universal loving kindness *of* affectionate *compassion replaces the unbalanced* punishing 100% yang patriarchal *drumbeat of war, as the* ethics of immortalist militaries replaces the present ethics, as humans love all a trillion times more than last century's best mom loved her kids like the Immortalist Anthem teaches, as the kindness of nonkilling extends to all animals, plants, as we move to a more vegan, later 100% eterni diet." ☺☺☺

"This new longevity tech focus, imbues us all with infinite loving kindness and heralds the dawn, so close on a cosmic time scale, of the Age of Trillion Year Lifespans that ☺☺*lovingly tenderly gently kindly*☺ calls us to our duty to embody the eternal shimmering shapeshifting *teleporting* fluid intelligent Infinite Compassion of Immortality *for* All, to Love infinitely all beings, protect the human species quantum field and sincerely wish happy Immortality for All, like civil citizens of a decent society would. To love all beings, not just all humans, propels us to ever more advanced tech to live forever without shortening anyone's life and graduate from this universe as a species, becoming interdimensional Immortals, able to withstand the end of this universe." Let us display universal kindness, not killing techs, weapons of inflicting pain, torture and death, let us deify life, not worship killing tech. We want God's or Immortals' (our future descendants) Grace shine upon us and triple lifespan and all we show others is human wrath/ability to shorten others' lifespan? If atheist, we want others to trust us and grace us with peace and all we show at visits is weapons of killing, no tech of healing, rejuvenation, peace bringing?☺☺☺ There is no scientific evidence that military parades make nations more secure, they only pollute

the human quantum entanglement field and give too much info to enemies. ☺☺☺

8.1.11. The Shimmering Colorful Parades of Eterni Tone/Music at every foreign leader visit

At foreign visits and even at Immortality 'Parades' done near the City Immortality Centers, in order to avoid traffic jams and accidents, kids, colorful uniforms cops, adults could present triple worm lifespans biotech, AI news readers, examples of how they help kids and adults in foreign leader's country, in their shimmering colorful garland and colorful neon lights surrounded booths that the dignitary passes by. The booths are to the right and left of the mind blowing carpet: lavender with gold, or bright yellow gold background carpet with purple trim (contrast), wonderful edge designs and "Immortality for All Humans" written on it every few feet, as well as " World Peace in 3 months is possible", "Immortalist Peace Alliance", "Gentleness Kindness Tenderness Soft Healing Intent, Thought, Speech, 900 Year lifespans", not red carpet, to signify we move away from the past and embrace diversity of thought, Life and colors, not the color of bloodshed in wars. The booths present kids (future of the world) teaching eterni talking to small babies (who're hugged, kissed) and fellow kids, singing lyrics of the "Immortalist Anthem" versions like "You will Live to 90000 years old, Parents will sing lullabies: you're the hope of all humans to bring peace, triple lifespan forever". Instead of reviewing lines of identical soldiers dressed in 3 colors on a one color red carpet, he would visit 50 booths with amazing & beautiful ☺☺☺ colorful (400 colors) displays of techs, vegan foods (vertical farm, water lentils (duckweed) (ω3:6 ratio 2:1)) tech (using 90 times less land), eterni foods (nonkilling plants, animals), choirs, acts of kindness (eterni thought, intent, shown in movie holograms) that blow his mind away, make him want to join the Immortalist Alliance for World Peace in 3 months. ☺☺☺

If police brings peace and harmony, it makes sense to have colorful healing uniforms and later with holograms that change colors, and *military* uniforms *with* Immortality *for* All written on them with gigantic letters for all to see, with police cars being the most stunning colorful cars on the road as symbols of Immortals☺☺☺: fluorescent yellow (the color human eye sees from 3 times the distance of other colors), purple, *lavender*, blue etc, not just black/blue and white. Some police cars with tons of yellow, blue, white exist, but are rare.☺☺☺ Even just yellow and purple/lavender would be a good start for fluid intelligence, instead of the black and white combo, and uniforms too, this way, people know cops can have 15 types of uniforms (not just all black, indigo/beige; no police has true blue or green blue or magenta, only indigo), and pick a multi-color uniform that matches someone's preferences more (green-gold-orange one for example, instead of the purple-lavender-yellow one) when going to talk to someone more. Perhaps,☺☺☺ as with the "devotion to cruelty slows progress (in all areas, even defense tech) analogy", science is more valuable to human progress than tradition of "slightly" cruel tones (lacking gentle tender kindness and eterni wish for ultra long lifespans). Having the most

humane, gentle, kind, intelligent, healing eternily speaking soldiers, policemen, parents, pet owners would benefit humanity far more and enable it to discover defensive capabilities far beyond those the modern chimp human brain can discover, just as we can discover now things way beyond chimps can. People are too trapped in fear (generals are too afraid of any change that a country may take advantage of) for any country to do it alone, only international agreement would permit this, as explained in the World Peace chapter. What if rough tone of speech delays defense progress by a billion years? It may seem illogical, but perhaps the reason humans became not some other chimps was because some started speaking differently, more affectionately, more lovingly to fellow chimps and became over time human speech. For eons humans have lived in the wild and needed to yell really loud, being at long distances and having no microphones and due to emergencies like a lion attack, having a loud voice to warn others and yell was useful and people sort of valued those people, who often became leaders. This is perhaps why the traditional myth exists that "a leader is a guy or female with a loud and deep voice, that inspires authority"; it doesn't inspire authority except when people buy into it.

8.1.12. Eterni Tone allows us to more easily time travel to the world of Immortals

Perhaps in future Civilizations of Immortals, that humans can maybe sense via time-jumping (as ancient people wrote about things that later became true, like being in 2 places at once which is now possible with telepresence and many cameras, or maybe present Civilizations of Immortals if existing), that these yelling or loud uneterni tone people *are* thought *of as* the worst, because the future immortalist leaders have the most angelic healing musical eterni telepathy/verbal tones imaginable in their worlds and galaxies. Can "time-jumping" be a simple fact of pure physics or chemistry? ☺☺☺ To achieve a final chemical, you can try 1 trillion step synthesis, but also a 1 step synthesis with more knowledge. Likewise, perhaps, to travel to a state of the universe ("the final chemical") you can *wait a billion years for history to get there* (80 years from now, a newborn is 80 year old senior due to a chemical synthesis like process with quadrillions of steps, so state of future you "time travel to" can be likened to a chemical system state) or *go there in 20 seconds* thru unknown *random events* of physics, or a time-shifted universe, like a wormhole allows in theory travel a trillion times faster than light speed, to scan it, without being able to influence it of course, to get a glimpse of it: zero violence, only blissful gentleness. The Immortalist Anthem explains we become like those we focus on: God, mortals, Immortals.☺☺☺

Another simpler analogy is this: there are neutrons and protons in an area of desert or 1 billion tons of sand, out of which people create city A, ancient, bloodshed filled, and 500 miles away City B, modern, using the exact same sand amount. The cities look thousands of years apart, one built millennia ago. A human located in the middle of the line between the cities needs to travel 250 miles miles to either city. To get there there are many ways, but it takes the same amount of

energy to get to either, since it's a flat drive, using walking, electric cars, airplanes, hyperloop, vaccum train, etc. city A is an analogy for a version of the future, City B is another version. If we only saw city A like places, we think City B is impossible or in the far future, but it could co-exist, and if we start traveling towards it, we meet this ☺☺☺wondrous beautiful amazing science fiction reality, which is independent of our walking towards it. Our walking towards it doesn't change its reality much (except in an infinitesimal way), only our individual reality changes much because it is merging with that far greater reality. The most beautiful amazing science fiction version of the future individual inner reality (source of outer reality) of living people (self mainly) or yet to be born (yes, the "soul" of what a future kid will be) is equally distant (250 miles) from us as the mundane version of the future reality. It takes equal effort to travel there to City A or B and meet depressed mortals (A) or happy Immortals (B). The most beautiful "soul" is equally distant, from the mundane, the most eterni future brain structure is equally distant. Which city we walk towards? Which "soul" do we call to inhabit the body? The City B sees when we go towards B or A, when we choose and starts helping us to reach City B, its amazing & beautiful ☺☺☺ reality, to make it safely there, free from historical inertia hypnotic power to make us want city A. Can we be kind to ourselves enough to let ourselves imagine the immediate future can be SO DIFFERENT than city A we're used to? The "souls" are waiting for our call? "*Two years or decades from now*" is arriving soon, what future and whom ("souls") will we choose? We may not understand or have language to explain with precision to present people what goes on in that eterni future (except the most obvious to notice and easiest to describe accurately things), just as people from 1 million years ago would hardly be able to explain to locals of their era what goes on today when we use fancy techs and how they work, as they would need to define 1 trillion scientific terms and explain 1 trillion prior inventions first, etc. All times are connected chemically and in physics ways so to speak, in a very scientific way, being in "quantum entanglement" with each other on information and/or unknown levels. The "loud low (or deep as some call it) or loud unusually high (not necessarily soprano or whatever) or loud (of any type in between) voice is authority" myths have emerged in prehistoric times and some politicians have used the myths to improve their image by yelling as much as possible during speeches, bringing their eternism to minimal levels (unintentionally, due to the biology factors mentioned above) and with it spreading as much disharmony as possible globally, with or without realizing.

Other leaders, trying to appear more moderate and likable by a gentler folk voter block, didn't yell to the max, but raised their voice a lot. A group of women speaking in very feminine soprano voices may view the loudest soprano as a leader, due to inertia, not the most eterni tone female, so often times women, like men, start raising voices due to this social expectation and peer pressure, not even intentionally as a manipulation tool, undermining their ability to lead in a much better way, via eterni tone of speech (like these voices) not volume, speed or

word density/minute of speech. Both genders need to realize we're no longer jungle people, we're surrounded by amazing & beautiful ☺☺☺ tech that enable us to make a quantum leap from chimp-humans who kill (or yell at) each other, to immortal humans who never kill/yell. We have microphones and amazing techs to magnify our voices, so we can use brain resources for musical eterni speech like these voices (instead of raising the volume), sound and emotion analysis software to improve our tones and emotions and become truly civilized, because there are trillions of ways to any outcome without violence, war, yelling, mean tones. A cop has a tiny ear headset or shirt collar microphone WiFi or LiFi connected to a policecar or belt amplifier that raises the volume of the ultra musical healing sweet speaking calming tone that makes a suspect deescalate dramatically as he never heard anyone speak like that to him, let alone a policeman. "My sweet friend, I hope you have a pleasant day, (while smiling), I'm John, a guy whose job is to bring peace, healing tenderness, compassionate kindness in the world, would you be so kind to help me bring some peace today, some people said you were making some noise, is that true? etc" instead of "Hey, can you come here and show me your ID?" in the worst tone due to using 80% of energy to raise voice to be heard from a distance. The response would be 100% different of course to the 2 approaches in dealing with spouses, kids, suspects, pets, or anyone, that's why it's best to not talk to people from very far, as our tone becomes "pure trash" as we raise the voice to be heard and ***cooperation*** and harmony also become "trash", as loud uneterni speech is far more threatening and provocative invoking fight and flight in the listener, lacking healing harmony, loving compassion, healing tenderness, all which require enormous brain resources to incorporate in normal speech (almost impossible with loud speech). The guy who gives the command left, right to a group of soldiers can have a similar microphone (attached to his shirt) and do it in sweetest tone like these voices (soldiers have a LiFi amplifier (to avoid cancer causing WiFi) near the neck of the shirt that, hear his voice so it's all silent, only they hear the commands, not the public) so parades, if still done, do less damage to listeners' brains. ☺☺☺

Likewise, when generals talk gentler they elicit vastly different responses from other countries☺☺☺ who then emulate this and lead to a positive feedback loop that brings World Peace a million times faster. Imagine how hard it would be to reform all police academies and military colleges to implement such ideas which reduce violence in the world, tension in families and even attacks on law enforcement. It's hard when always used to "raising tone" and "torture" as discipline for a million years, to change to healing positive methods of transforming the negative into positive, by self-discipline instead of others-discipline, by self-evolving one's tone and radiation towards others before expecting others to do so when they never heard such tone their entire life, bombarded by unhealthy tones on radio, TV, movies, etc... as no kindergarden, school or college teaches anything... (no centralized education yet) and only a few monks, spiritual songs and singers ever have it. A related thing that influences our tone of speech is how

we move and even walk, due to shared neural networks. This means when one is honest one starts to question even the utility of many sports or even palace guard changes and military parades where tons of people are so uptight, tense, all moving with exact precision and stomping the ground with exacting super high stength, when all the energy could be used to dress them in futuristic ways of smiley faces and peace signs and many colors (instead of the usual grey, white, black, or blue) and use tranquility inducing songs and beautiful emotions radiating equipment (like biofeedback, etc) to make all happy and peaceful, defending thru preventing any negative emotions instead of increasing the loudness of speech (yelling) or of physical movement (stomping and very forceful and rapid movement of hands that have medieval weapons). Those knee and leg joints suffer, why not remodel some houses instead with that energy? Maybe make a 'military parade' or sport the most uplifting and eterni tone show in existence, with graceful movements, voices far more eterni than any church thing today? That could help us more long-term. Besides, against hypothetical physical or non-physical aliens who (have not discovered us yet maybe or maybe did but we can still become free) dematerialize planets, control time shifted virtual universes (including what we refer to as some afterlife dimensions), 5 lightbodies of souls (not all 7 quadrillion lightbodies of a soul), star gates, wormholes, does any honest general really think a few of these theatrical yellings, movements or displays of medieval weapons when a President visits or any karate, martial arts, boxing, etc physical fitness are of any use? What if they don't even hear human speech difference between loud yelling and eterni, as we don't hear infrasound communication of elephants, etc? ☺☺☺

We waste all this energy to raise voice for what? To intimidate aliens who never hear the yell? We just raise our cortisol and waste mental energy that can be used to discover new things to prevent the enslavement of humans by these aliens. How can yelling defend us against such aliens? Perhaps if we want to evolve past them, we need to refine our movements and traditions too, not just the tone of speech, but tone of walking too. If you have a car and run it at 150 miles daily, it won't last long, but if we run it at 40 it will, especially electric batteries. The same is true with our bodies, joints, etc. The more damage to joints, muscles, the less the immune system goes to protect the brain to maintain top cognitive shape: we can choose brain vs muscles, seems like society chooses muscles. People yell to intimidate other countries maybe as a show of force (since they never found aliens and don't worry about aliens as a threat, having more urgent threats), as deterrence, but when you're no longer insecure, this is not needed, you think about protecting all humanity against a much bigger enemy, death and all forces causing such a short lifespan. Another uneterni tone is detectable in the way people salute each other, with a brief uneterni "hello or how are you" or a gesture. Waving the hand rapidly (instead of bringing hands together gently as in prayer for World Peace and end of all violence) as people do at times or a military salute that brings palm to the head is a rapid high

intensity force movement (the military solute and some forms of civilian gestures are almost equivalent to yelling so brain resources for coherent eterni *thinking*, healing transmissions for all humanity, go to minimal levels during such quick moving). What if these rapid movements are replaced with something softer, like a very gentle smile (no need of big grin to show teeth like sales people) that heals and slow conscious breathing, or even bringing hands together as in prayer above the heart (as in Indian Namaste) or as a heart sign made with the 4 fingers of both hands signifying we obey what is the universally kind, emotionally healing and lifespan tripling for all humans, not the impulses of rage in our head to start endless human-human wars for a billion years, impulses implanted by bad aliens? When we breathe slowly, we oxygenate the brain,☺☺☺ take calmer better decisions☺☺, are more empathetic to humanity (the only allies against bad aliens, even if enemies in the past), less manipulated by alien technology, more focused on all humans' wellbeing and longevity. An alternative is doing the same movements people are used to, but slower, while consciously breathing, smiling gently, recalling these ideas.

8.1.13. Eterni Tone entrains Immortals so we more easily 'see & hear' 10^{33} lightbodies

To easier cultivate Eterni Tone we try to move beyond mechanical mouth acrobatics, and to engage the entire central etlif Immortal Blueprint Quantum being linked to the Immortals descendants too (all decillion lightbodies etc, decillion=10^{33}, lightbodies *being not necessarily in the classical sense, but as* abstract *forms of knowledge* systems between complex life systems in a multiverse *which* become manifest realities of "superluminal photons, etc" like self-organized systems in certain conditions*)*, as any enemy can easier manipulate 1 organ than all organs, 1 dimension than all dimensions. Eterni Tone is about Tone of movement too, not just speech, as mentioned in the pages above: an alternative to rapid gestures (waving hands to say hi) could be to stand silently, close eyes, breathe slowly, pray or wish silently for 1 trillion year lifespan for all humans some day, or say or think "Immortality *for* All" and smile to express the happiness of serving the cause of the Civilization of Immortals. The walking section explains how fast and slow movements affect our behavior. Very fast and intense movements draw all brain resources to that leaving none for kindness, discernment and innovation, disrupt the zen state of eternal vigilance, the main things that help defend against very advanced bad aliens (or bad people everyone can encounter at times) for whom any martial art/physical prowness is useless. Karate won't help, but deeper knowledge and the most amazing & beautiful ☺☺☺ emotional filtering, eterni tones possible to create the subtlest harmony among all humans. The idea "eterni speech is better than normal speech and much better than loud yelling speech" can be presented thru a comedy where the guy who has the less eterni tone (but never raised voice or yells on TV or movies) always screws up, the eterni tone guy is succeeding always, the talkative does less, while the silent achieving more in the comedy movie. The more often we speak, the less we think, the lower the content and tone quality, the less we listen. People tend to listen more

carefully to someone who speaks far less and recall what they said. So the less we speak, the more we're heard. Our brains, nerves, etc have possibly evolved a way to hear without ears (due to living in a society of conmen and liars, who're not always speaking to reveal their good or evil intent), that which is invisible and inaudible (since spies fake their facial apperance, tone perfectly), but the vibrations of other humans that oscillate in unique ways, because a sound harmonic is a reflection of a chemical signature, an emotional signature, of an intentional signature, a quantum electron distribution (orbitals in chemistry) that can be "felt" (resonance with, recognized as friendly or not, just as some cells recognize friendly or unfriendly chemicals or organisms) thru all "nerves" (known and unknown) so to speak in ways science can't explain now just as 800 years ago we didn't understand well how we feel via nerves etc.

We know of 5 senses, taste, touch, sight, sound, smell, but what if there are 40 others using different unknown organs that can tell us a lot more than say someone's tone of speech, which when not faked, tells us already a trillion page book about anyone? Sound changes the cell proteins, vitamin production, crop yield, etc, so likewise, trillions of chemical reactions make a 'sound', a pattern of energy and matter that we can sense with our 40 other senses (smell not chemicals, but subatomic wave patterns, subatomic subquark subelectronic boson 'molecules', etc), the inaudible sound we "read" thru quantum entanglement. Say a dumpster smells in a certain way, rotting meat, flesh etc. Same way, someone who killed others "smells" in a peculiar way, as explained in the immortalion section. The spies and soldiers "smell" in a special way, as they kill or hang around killers often, and after they kill, they "smell" differently, due to quantum effects of the killed, very similar to how when we die, we rot and smell differently, just a different smell, not chemical, but subleptonic. If a guy kills someone, detectives find these blood (of victim) traces under the nail of the killer for example, etc, by covertly analyzing their nail clippings. This is similar, when someone kills, the killer gets marked for life, in a way they can't disinfect, they have "death subboson subquark geometries, ☺shimmering fractals☺ and peculiarities" in their "aura" for life. Each subboson etc assembly, each "subhadron" "molecule" has its own NMR spectrum so to speak, its luminescence, as it absorbs "subelectrons" to get to an "excited state", etc. A true immortalist thus smells differently, of Life, not death. A genocidal aristocrat who kills many covertly on purpose via his "products" smells of death; of course, he'll pretend to be a leftist, to fool everyone. The killer has "astral" DNA of the killed forever etched in his aura, so future cops will find every killer instantly. That's why the future world has no killings, as the culture of Immortality *for* All wins, and the "psychopathic torturers with victims' "astral" DNA etched forever in the torturer's aura for each victim" can't exist either, as it's detected by the planetary anti-torture monitoring system. The infernal demons incarnate who claim they never torture anyone won't be able to hide their genocides. A mass grave smells from 100 feet away in a peculiar way, that the nose or best dog can't detect, even if hermetically

sealed and burried deep under with concrete on top, because normal matter can't seal this "smell", this smell passes thru concrete, it's not "matter" as we know it; just as a corpse has putrescine, from spermidine, etc, so does the "unseen today" matter have a "putrescine analog". The new periodic table explains we're more than the known matter, and this other body has its nervous system and sensory organs that can sense via "astral sensing" the others' reality bypassing the normal sensory inputs and outputs, going directly into the decillion "lightbodies" sensing. Even with the 5 senses all know about, the physical brain itself can evolve new hybrid senses, via new neural connections that link the most "unconnected" neurons of the brain and unseen subleptonic bosonic brain: a molecular smell has a unique sound etc in certain people, etc, or maybe color that helps the brain detect something, so the relay of information from the "40 unseen organs" to the "5 obvious ones" can occur via a hybrid route too. The color, sound, taste, texture of a smell can be the way for the brain to know "danger" of a peculiar physical smell. Everyone is evolving new senses, the humans need them to deal with machine looking or human looking AI, synthetic robot humans managed by apex predator genocidal aristocrat (diabolical smell) in a military/spy agency industrial complex, etc. Likewise, the color, texture, taste, smell of a vocal sound of a speaker, can warn of danger. With CTA, MRI, ultrasound, etc and modern science we can detect some particles we know and based on this see certain structures we depict in anatomy textbooks and more obvious parts of the human DNA and anatomy, but we don't see everything now, just as we didn't see what MRI, etc shows today (we can see even proteins and DNA replicating, etc) millennia ago about the intricacies of our 5 senses and how each is linked to the central nervous system, etc. So, just because we don't quite see it now, and may see it only in 900 years or much later, it doesn't mean it's not there, as real as your ears and eyes, and just as accurate in telling others' nature, just 1 trillion times more accurate, since they can't fake their "astral" face or tone. Frauds can fake their tone to sound eterni for the untrained or tired ear, or facial/body language, but they can't fake the decillion lightbodies sound and extra information. Evil can't fake good at the deepest level. Evil is too low in tech and awareness to do that. Recall the God discussion. Any kid can make a replica of F-35, but only some nations can actually make a real F-35, whose combined IQ is far higher than the kid, so how can you fake God when you're not? You can't. ☺☺☺

This gradual domestication and civilization of our primate sound, its continuous refinement,☺☺☺ the gentle taming of the tiger and gorilla sound aspects, increasing in musicality of universal loving kindness and nonkilling absent in tigers and gorillas who kill their own kind (500+ mammal species don't kill their own), etc could enable humans to become "Immortal" living to 3-8 millennia old, who're as different from us today as we're from chimps, not in the tone of speech, of decillion lightbodies telepathy, of musicality and harmony, only, but in technology too. We'll become a very telepathic species too (sound is inefficient for info transfer, too slow)

that never kills its own kind and is at peace with itself. Today a guy may say 10 times less words in a speech, but because of the eterni tone, the words are heard and remembered by 300 or 3 million times more people. The eternism of a speech (or telepathic or inner thinking) tone is independent of whether one is more soprano/higher pitch in their tone, as in any piece of speech we can identify decillion (10^{33}) patterns predictive of character and future decisions, behavior if speech tone remains similar, very similar in some ways to chimps who kill other chimps for example (500+ mammal species don't kill their own kind, so we may learn a thing from their tones). When we speak ultra fast, like we short-lived humans do today, compared to future human Immortals of the future, we move to 80-99% non-tone thinking, leaving tone (emotional, healing humanity, radiating tenderness gentleness soothingness well wishing for a happy life of a billion years, intent modulation thinking and transmission) aside. ☺☺☺

Why do people speak fast sometimes? It can be their DNA or the need for approval, the wish to be loved or accepted, the desire to impress others with facts they learned, or simply enlighten them with science facts in a 20 minute presentation that can save in the next 3 months 100 lives out of noblest, average or least noble intent. Sure, he prevented 300 people from getting scammed or having a heart attack, etc, so he did a nice job. But, at the same time, there is an issue: he failed to also save 1 million lives in covert wars coming from tones of speech, in the next 3 millennia due to people imitating tones of the 20 minute rush mindless (in tone, not content) presentation (content amazing, tone disastrous). Obviously, 20 extra minutes to render the same speech content in much better tone would have still saved those 100 lives over next 3 months and maybe a million more in the future 3 millennia.☺☺☺ Rushing to save 20 minutes only achieved the short-term lifespan increasing effect and short-lifespan civilization long-term, hence we could hypothesize Immortals speak slower (actually, the data transmitted is 10-100 times bigger audio file so to speak, because the tone is so much more orderly instead of pure chaos), so they can increase lifespan far more and develop much more telepathic like emotional and intentional filtering that promotes healing and longevity for all. ***All*** human ***behavior is highly dependent on, and shaped by the non-verbal*** tone processing thinking or eterni degree of our tone of thinking, emoting, intending, speaking, which our civilization almost completely ignores from kindergarten to PhD, tone☺☺☺ which, when it degrades, leads to increasingly bad verbal content and then outright conflict and war, covert or overt, which shortens everyone's lifespan ***as most are busy attacking others*** instead of making everyone live to 500. It's often times a battle of ego vs higher self, do we want to appear low IQ (short-term) or smart (long-term)? Speaking eternily, like the gentlest nun/monk, etc, universally lovingly and slowly (i.e much more non-verbal processing thinking) will attract labels of 'low IQ' from "used to fast speech" masses in the next 50 years, but would transform them totally over time into deep universally compassionate thinkers who focus on the non-verbal communication in a speech, not just the

apparent content, who listen to the pauses, melodies audible and inaudible between words, vowels and consonants, develop patience and the thinking patterns of 90000 year old humans, be thought of “smart” long-term when they're no longer with us (but recording to analyze tones exist), which is no benefit to some who want to be called “smart” while they're alive.☺☺

Unfortunately, 99% of stuff on radio and TV, movies, etc is simply training people how to be the opposite of gentle, tender, soft and all that is needed to become a healing telepathic conduit of peaceful methods of solving world's problems. Perhaps not even 1% of those speaking on TV or radio modulate consciously their voice to speak in a *gentle tender soft* fashion and we imitate what we hear around us. Due to power of inertia, entire generations continue the same patterns of the previous ones, albeit in a slightly different form, due to changing technology. So, in a family setting or any where they might have a living room or common area, the tendency is to place a TV and listen or watch it, sometimes leading to the strengthening of the exact opposites of these ideal tones, since we are, as humans, at all ages, subconscious imitators of stuff around us. We have computers now, so everyone can listen to their portable small TV, their monitor, on headphones to more uplifting stuff.☺☺☺ While there are those 0.1% of programs and stations that are showing gentler more elevating content with people speaking in tones worthy of imitating, most TV trains people subconsciously to behave in ways that sooner or later lead to disharmony. It's basically the same stuff that led to the current state of the world. We can't bring about change by repeating the same stuff or watching the same stuff of past millennia.

The more people watch random stuff on TV, as opposed to specialized material on youtube, etc, the less likely it is for them to meditate, relax, develop introspection, empathy, early on, do some science invention or discovery as some 14 year olds do. Some may listen to TV too loud too long and disturb others in the family who might want to meditate or concentrate on a science problem without earplugs, etc. So, of course, depends how soundproof the doors are, but some people watch too much TV, and most content is not that uplifting and elevating. A family where everyone is taught to meditate, talk gently, behave like an angel, pray, communicate lovingly, etc, by watching, playing music by the people with gentlest voices and vibes, is going to have a totally different dynamics than a family where people watch often the hollering and yelling (so-called “normal” speech) type of voices that are quite often present in movies, TV and other programs (reality TV, etc). Same goes for a planet: the content people watch sets the baseline tone for world harmony or disharmony. The sarcastic insults, physical aggression content of comedy at times, and verbal attacks that define most content occasionally, even as some nice people relate what one guy said, create an acceptance for this lowering of bar and moving towards verbal disharmony, leading in steps to actual conflicts among nations later and to individuals who're prone to value attacks instead of "harmony and peace, forgiveness and tact, kindness and all that preserves serenity". Saying a 10 minute prayer

and then listening to any of the 99.9% trash music or any TV program can cancel each other out, as the vibe what totally shifted towards bad by the 10 minutes of bad music or TV (99.9% of music/TV/radio). This might actually be true and many people might not be aware of how bad the effects are, as they're cumulative, subtle, hard to perceive (like a shift in attitude, tone of speech, emotional pattern, etc). Many scriptures talk of gentleness and yet if you look at our sports, the TV programs and movies out there, it's very rare to find something really gentle. We become what we watch and listen to, and that's perhaps why it's so hard to even dream of World Peace, a gentle soft world where no violence exists.☺☺☺

The one thing many people may recall as a kid is just how pissed off they were at everyone in the family because they were playing TV loud in living room while they were trying to study, meditate or practice astral travel. Every time this happened, they had to go ask them lower the volume, sometimes due to the disharmonious sounds coming from the TV program more than the "noise". While a kid or person may be asking nicely for this, the fact is the others have no way to assess the emotional perturbation this causes, especially when it repeats a lot, since we don't normally feel what others feel fully. So, the interesting thing about this is that if someone is trying to study or practice telepathy, obe or contemplative prayer or meditation (meditation is part of Christian traditions too, not just Eastern) and he as a kid is upset by the loud TV, it can just create some extra layer of disharmony between kid and parents or siblings who do it, and things are cumulative, more cumulative especially in families that don't read about gentleness, forgiveness, telepathy habits ideas, T.H.I.N.K. (is the speech T.rue, H.elpful I.nspiring N.ecessary K.ind) acronym, ethics, true equality, societies without money, loving patient empathetic communication, replacing anger with compassion. Then people wonder why that kid doesn't always listen to his dad. Eterni Tone builds real progress towards a world with compassionate empathy-telepathy. "It takes a village to raise a saint or a good gentle tender empathic somewhat telepathic person able to be a good healer and innovator". Hence the importance of evaluating or deciding whom one's kids spend their time with, since kids imitate their peers.

But even as adults, we remain kid like, in many respects, so we can still change a little, even if it is harder. To learn a language or tone of speech or behavior at 3-7 is easy, at 20 it's hard, and at 50 it's way harder. If you watch the clips about some of the families with kids finishing 2 year college at age 11, you will notice that they often did not have TV at home or if they did, it was very rarely used (and perhaps only for the more educational stuff like discovery channel or rare things, etc). There is much more higher quality stuff on youtube, they got videos on any science or whatever topic, etc. There is always a danger for kids to start liking watching TV more than learning, reading a book about ethics or doing homework or meditating and trying to do something nobler, more humanitarian. In some countries (for example in Tibet, when a kid was seen as reincarnation of a lama), people used to send their 2 year old kid to a monastery to be

taught the way of gentleness and spirituality by monks too, at least part of the time, so it's basically the same idea of trying to create a different gentler vibe than usual that can be accomplished thru many methods. ☺☺☺ Any parent would prefer their kid to read a book than watch TV, get good grades than watch TV and get lower school grades.

8.1.14. Eterni Tone epigenetically changes the sperm/egg, giving parents & kids a longer life

A reason (besides the ones below) why eterni speech increases longevity is that it requires more neocortex stimulation, higher multi-brain areas thinking, increasing intelligence, telepathy precision and thus decision making.☺☺☺ It will also change epigenetically the sperm, egg (*new ones created*?), embryo thru vibes, IR patterns (energies, *emotions* radiated jointly with tones, chi energy is made of IR (infrared) and other waves) and less stress chemicals; the *fetus and infant imitates* parents' voice tone patterns, kid also living longer as they develop much higher emotional self-control thru thicker neocortex. The healthier, longer lived kid then can help his parent, so the parent lives longer by birthing a healthy kid. ☺ Just like apoe4 allele can cause a 12 fold increase in Alzheimer risk, or like smoking increases lung cancer risk 20 times, eating a lot of trans fat and saturated fat increases heart attack risk 10 times, it could be that not changing one's speech tone to a *gentle tender soft* healing one (not just audible tone, but intent and emotion tone) is a risk factor for a shorter life, just like say being overweight diminishes lifespan (most centenarians are not overweight) and a risk factor for epigenetically failing to transmit to the next generation a kinder emotional radiation pattern in the brain while speaking. Fortunately, the tone of speech, the emotional tone of speech, the intentional tone of speech, the music we listen to (and subconsciously imitate in tone and rhythm, without even realizing), the linguistic thought tone of speech is not a thing set by genes, but by human free will which then in turn creates *epigenetic* changes. Just like eating healthy, exercising or other lifestyle changes determine which genes and diseases turn on and off, it's something anyone has total control over. ☺☺☺ The *Tao Te Ching* explains what other texts do too: the flexible and gentle tender live, while the inflexible and rigid harsh die (like if the wind blows a flexible plant bends and survives, but an inflexible one is easily broken). A flower when she's young or a baby when born, she has many more days to live, and she's soft, flexible tender yielding. A flower or human person when she's old is more rigid, inflexible, etc... and has fewer days to live. Thus, Tao Te Ching says that "*gentleness* is a sign of life", that the fool is heard most often, while the wise seldom speaks; the fool, when he speaks, he's so loud with such a lack of *gentle tender soft* tone of speech, healing intent, emotional regulation, that everyone hears it, but when the wise speaks, only those nearby hear it, as gentleness, life, subtlety, grace, *softness*, tenderness pervade wisdom. 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children", Phil 4:5 "Let your gentleness be evident to all, the Lord is near." ☺☺☺

Why would *longevity* increase when we speak in *gentler* softer ways? Perhaps, when we're toning our speech consciously and enriching it with benign universal compassion, loving kindness, altruism, soft melodious healing grace as if singing a song of adoration to the God spark in others, we become more capable to be flexible in perception, to be filled with humbler kinder vibes, attract the help of nobler informational fields, to see the infinite complexity of every person and situation, to adapt, be a good listener, make more friends (instead of enemies), make more interested listeners (instead of people trying to get away from us as fast as they can), to heal others easier, to praise, soothe, forgive, inspire, transform them into happy people who then reflect more positive energies back to all around them. When we make more friends and have nobler radiations energetically, our life is a little better as there is less internal anxiety (will he figure out my "ulterior motives and true intent" sort of anxiety) and also people are more friendly and nicer to a gentler person who speaks in a gentler way, audibly and inaudibly (we are sometimes much better at hearing the "inaudible" than we think). Additionally, a gentler way of speech improves telepathy, by increasing space between linguistic thought to speech translation, time in which the neocortex can better receive telepathy and override the limbic system more "primal" drives and emotional patterns of the historical inertia (the way ancestors used to react in similar circumstances) better. This better telepathy, in turn, improves the ESP and survival chances of a person, in general, like they would take better care of their health maybe thru better telepathy. Chapter 12 shows that exercise or nutrient (B_{12}, D_3, polyphenols, carotenoids, etc) intake drop mortality 40%, when comparing highest with the lowest quintile. A ***hypothesis*** that may be verified one day is that the same holds for the tone of speech, audible one, and also inaudible emotional speech, linguistic thought speech, intentional inaudible speech. Speech tone may be more important than exercising to longevity, because *it creates the student or "not knowing" mindset which learns more and knowledge can triple lifespan, exercise can add 10% at most*. Studies show that centenarians are *more* cautious than average, avoiding deadly risks (climbing the Everest, jumping from a height to impress others) that lead to premature death. This slowing down of speech speed to ponder, express more ***kindness*** is also self-protective, (since it leads to more cautious decision making due to shared neural pathways) even if one does it only out of universal loving compassion. Some die at 60 due to smoking a lot, a few can make it to 100 while smoking. The rough speech, lacking grace and modulation, gentleness,☺☺☺ effort to heal, to be a conduit of divine *nurturing* softness and tenderness, of God's Infinite *universal* loving kindness is also a little bit like smoking; many may live 10-40 years shorter because of such ungentle speech, which leads step by step to worse and worse decisions, even if they eat organic vegan healthy and exercise 2 hours daily. The impact of smoking on one's longevity depends on DNA, so it could be with the impact of speech tone. ☺☺

Amla is a gooseberry that grows in India which is revered in Ayurveda and written about for

millennia. Science found that amla has one of the highest amounts of antioxidants. Table 4 of NJ 2010;9:3 shows dried amala has 261 mmol antioxidants/100 g, versus 3.8 for dried apples. Some thought only "naive folks" can think amla is 69 times richer in antioxidants than apples simply because a "stone age text says amla is special". Same goes for other foods of ancient texts. Many ancient forms of knowledge are confirmed by modern science, for example, slow breathing lowers the heart rate and makes us more tranquil. *Gentle tender soft* speech infused with kind emotions, intents, vibrations is an ancient knowledge, and possibly, like many ancient berries or fruits, 69 times more effective than random speech in achieving a better world long term. The Metta Sutta of Buddha and New Testament both talk of loving all beings as a mom loves her infant child, about gentle or right speech. If we talk gently, naturally everyone will have a different response than if we yell or talk ungently, yet this simple fact of physics escapes many (when was the last time they taught gentle healing tender intent, emotional and verbal tone of speech in school to heal and uplift all beings, sing to the Immortal spark in them?), as it's viewed as a useless externality in our high tech era to try to speak like an angel, tonal wise because "If it's not in a peer reviewed science paper, it's not true".☺☺☺

How would any Catholic speak in the presence of the Pope? With a gentler softer tone, just as a Tibetan Buddhist would with the Dalai Lama. How is the ideal way of speaking with or around the future of humanity, around kids? Kids are imitators of parent/teacher/TV/music tones and even if they can change later as adults upon reading neuroscience books, some things are impossible to change after age 2 (most brain is formed), failing to improve the world more. If we want to create a better world with a more angelic tone of speech, a more healing vibe to our international exchanges around politicians, countries, etc it can't occur until parents (and all who create media that kids might be exposed too, everyone, even those who have no kids and are not parents but create movies, songs) change their way of speaking from day one around the child, to act as a nobler way of speech example than previous generations. To communicate via written language, we get so much training, in spelling, grammar. To properly communicate via tone of speech, to relate to all the good news of the Immortalist Anthem, of universal loving kindness we get 0 training. *To cure endless diseases we* had enormous 500 year efforts of millions of scientists, who discovered pills we can eat to cure those things, this meant we ate differently than eons ago, new compounds, ratios. To cure the violence in the world, we most likely need to speak differently (takes much more energy, as we unify vocal, emotional, intentional, energy radiation, spatial brain areas, is slower, just as 900 year old humans of the future speak less and less rushed as nobody dies before 400 and most live to 9000, anxiety and rushing are gone) than eons ago, with enormous efforts to filter out genetic, cultural, upbringing propensities to intone created by negative emotions of the historical inertia. ☺☺☺

When we visit sick or dying people, we always use a gentle tender healing *nurturing speech, we*

know that it is Life saving *and* Longevity *giving*; we innately know loud "normal" tone is Life Shortening. Our planet is like a sick and dying person (since we age rapidly after 18, having no knowledge of living to 9000), where most of us don't always realize the amount of negative emotions our/everyone's Tone carries and programs us to repeat (the *historical* inertia, passed thru generations, their emotions, behaviors, tones). Did you notice how many negative emotion traces (ungentleness, lack of grace, absence of compassion, tenderness, healing, *nurturing*) are still subtly encoded by *history* in every tone almost on TV, radio? Very few songs and tones are eterni (100% positive healing *nurturing* gentle tender emotion void of all aggression, fear, threat, anxiety, negative emotion trace related tones). My tone was mostly eterni maximum 1 minute in my first decades of life, recently I got to 5 minutes a year (hoping to reach 20-50% of speech), it's not normal speech, but like the most difficult science problem solving. We listen to a news broadcaster and a soft spoken angelic monk who worked 40 years on his tone, and we notice a *night* and day difference... *It takes* 20+ times *the energy,* so we end up speaking 20 times *less.*

8.1.15. Eterni Tone can be promoted globally via AI using Eterni human voices

An AI (artificial intelligence) simulation of the most eterni gentlest healing soothing voice can read the news to heal and educate people in the ideal voice with the *highest density of universal* loving *kind* tender *soft,* World Peace *intent, tranquil bliss, most nurturing emotional tone.* We don't have the best voice daily, due to stress, only in our best 2 hours of the year, after focused intent, weeks of full-time practice, deep meditation and rest can, can we perfect our voices to be super enriched in healing harmonic tones. These are the only tones a Civilization of Immortals can afford in the media, if it wants to reach ever higher levels of longevity. Why pollute brains via TV if we can use AI to help? Media people are humans with good/bad days. Think about how much people practice for a spiritual song, now imagine how much effort is made by future Immortals to create the most healing speech that prevents all negative emotion, the root of all conflict and enormous stagnation war-violence brings for humankind. *The AI would be a supermodel who smiles, reading positive news, so people love to listen to the AI; sometimes, maybe AI also holds a gentle pet, dove or piglet*, to evoke *nurturing* gentle kindness, petting the chick/pig every 8 seconds, kissing the pet every 2-7 min and talks in some programs about loving kindness *for* all sentient beings *(less powerful than us)*, need for veganism, and vegan/eterni diet. Aware all war starts from unkindness towards the *seemingly less powerful*, the amazing & beautiful ☺☺☺, kind eterni smiley attractive supermodel AI gazes *nurturingly* too, with the most gentlest most tender loving look anyone has ever seen on TV. Beauty (supermodel and inner beauty of kindness) is then associated with that tone in the brains of the viewers and listeners, accelerating learning, and the world makes steps towards Peace. The AI could remind at the end, sometimes, that we're meant to talk to all in the loving tone moms talk to their babies, caring for all beings through the tone of speech as if they're our only small baby, reminding viewers

that future Immortals view us as nanosecond old babies.☺☺

The AI could even bring an AI baby, in some programs, to hold a few seconds and talk to in soft tone "Hey, sweet baby, you're the amazing gentle tender future of our world of Immortals". As we age, our brains shrink, wear out and lose the ability to have the most perfect Eterni Tone control that we had when we were 20-40. So naturally, the AI would be built based on younger people's tones. Since all people imitate what they hear, this helps the older people to dial back the aging clock by reprogramming the brain to use that Eterni Tone, that they missed using that day, retraining the brain to keep the neural networks of Eterni Tone alive/young above all else, inducing the brain to make the effort to make that amazing & beautiful ☺☺☺ harmony. When we're young, we're surrounded by younger voices more, so this is also a way to trick the brain into thinking we're in those times and reverse some biomarkers to an earlier age. It's a little like the Lepton-Quark-Boson-Immortalion Chart Reversal to an earlier age. When we listen to very old people (or us at age 60 instead of 20 or 30 or 40), whose ability to make it eterni is lower and brains operate differently, due to shrinking, aging, etc, we unconsciously emulate their level of eterni tone and brainwaves to some degree. This is not all bad, since age is not the main determining factor for eterni tone %. However, young eterni tone with eterni lyrics is way more optimistic than the depressed pessimistic mundane tone of mundane talk on TV by a senior general talking about killing others to 'bring peace'. Young people (or even us when younger) are less brainwashed, they 'know' less, have more plastic brains, which in turn helps our brains become more plastic, optimistic. When we live to 1 trillion+ or million even we will have a youthful voice for 'eons', might as well act as if and embrace soprano higher pitch voices of our youth, instead of ridiculing and marginalizing them, if used by any public speaker, politician trying to use eterni tone. The recreation of the environment, voices when we were younger, has a special effect of reawakening the brain to its younger days patterns, thereby having a longevity effect. After all, we want to be like a 20 year old for 900 years, not like a 120 year old. Likewise, teachers, public speakers speak mentally or whisperingly (especially when tired and healing gentle positive happy eterni tone is hard), and then the best AI reads the mind or whisper and speaks in the most amazing eterni tone (best ever of that teacher, improved with other voices), so teacher☺☺☺ focuses more brain resources in eterni tone of content, mostly inaudible emotional tone (picked up via harmonics of musical notes, content and sequence of words too, besides quantum entanglement) and less on vocal cords, still being able to intone and modulate AI output, as long as tones are an MRI positive emotion, as AI filters out negative tones. Students imitate emotional life of teachers by impression, expressed thru vocal tone.

For example, the parents talk into a tone of speech, or mother, and this tone is associated by the baby brain (born or womb brain) with a secretion of cortisol (stress hormone) across placenta or in his body, leading to a repetition of this anxiety building each time a tone is used (even if mom

or parents don't go into cortisol secretion themselves) that triggers the memory of extreme stress in womb when cortisol overflew into his brain. This associative memory can cause the baby to become very anxious and/or unhappy or etc as a kid/adult, leading to all kinds of problems. A lot of neuroscience-based books out there by doctors explain these mechanisms in more detail, but the tone of speech of parents carries emotions and the brain doubles in size in the first year of life, so womb time and 1st year are truly the most critical when everything has to be perfect emotionally for the best outcome and moving away from historical inertia of negative emotional states leading to conflict on the international stage. To prevent conflict, we not only need educational systems to help people to learn some techniques for questioning stressful thoughts that lead to anger and negative emotions, but also more awareness of the critical time of womb and 1st year in forming brain patterns and emotional life patterns of the individual based on what parents teach by living example. That's why in immortalist societies we will have 222 weeks of parental leave, since first year of life brain doubles in size and the emotional self is hugely influenced by the first 9 months of womb and 12 months of life. Parents without awareness, without having read these studies may fail to reach the highest potential of their kid, by not maintaining the most positive emotional states and avoiding any simulation of anything negative, even a frown, since as with fake smiles causing happy hormones, fake frowns can actually induce brain to secrete poisonous chemicals that go thru placenta into the baby's system and give birth to a more restless, anxious, socially inept individual, less capable of empathy, telepathy as he's anxious all the time. People often look at other cultures and see how parents treat their kids or spouses, and think it's totally wrong since it's physically aggressive. Yet, a never talked about form of "aggression", which is going on in a lot more places than almost anyone wants to admit, is the tone of speech to the Divine Spark in every child, which has to listen to the improper ungentle untender unsoft tone of speech of parents even before being born (astral and physical tone). From the point of view of another far more evolved civilization of Telepathic-Empathic Immortals of future humans, this could be equivalent to earth parents physical violence in today's mortal civilization. When people speak, they have certain intents, emotions, thoughts which create an astral noise inaudible, but as real as audible sound. So, nice tender speech with filthy thoughts and feelings will sound awful astrally and actually, even physically, if one is really good at acoustics of thoughts and emotions (supercomputers will help realize this). Some like to scapegoat humanity's problems on 3 bad guys, saying they have nothing to do with it; yet we're all linked and the emotions, tones, sounds, intents, vibes we pour into the planetary field of consciousness (human) create the future, sometimes far more than actions as explained in the Telepathy Diffusion section. ☺☺☺

When people go to a church or a temple, they become very quiet and if they talk, in a lower tone of speech filled with more *gentle tender softness*. It's as if they're approaching some Holy of

Holies and there is a natural softening taking place. Yet, ask how many parents speak in the presence of the born, unborn or unconceived child (spirits can hang around or their guardian spirits) with the gentleness softness kindness tenderness they would speak if they knew that child's soul or the accompanying spirit of the child is actually a trillion or 100 times older than the parent's soul and the kid's mysterious Telepathy Empathy knowledge would only unlock (become available to parents) IF parents create a vibration of the most tender *gentle* softness there can be in their beings and around the child. ☺☺☺

How many parents do we know who aim to consciously practice speech that is *gentle tender soft* out of reverence for the Divine Spark in the Child who lives in their house or will live in their house once conceived or born? Probably few or none. How many parents do we know who aim to practice Holy of Holies Speech tone around their unborn or born child in all locations and ask others to do the same for the sake of humankind's future? Holy of Holies tone would be gentle tender soft *kind* reverend *nurturing* *graceful* melodious healing merciful compassionate. Why sing to God at church if we can't sing (by melodious tone of speech, emotional/intentional tone) to the God spark in other people *in our own family even*, our very child who is the future of humanity? For a couple, God is mostly in the child of a couple, not in a church building. Speaking filled with beatific selfless universal compassion gentle emotions, with noble intent to only bless help uplift all beings, because every person may be an angel from heaven, a disguised teacher of Immortality, telepathy, tranquility and World Peace thru coherent universal selfless love and kindness and turning an enemy into a friend, anger into forgiving compassionate merciful love. When parents speak gently they help humanity achieve a longer lifespan by teaching a nobler way to their child, they become nicer people themselves, living longer and improving the quality of their relationship with each other and everyone around them, not just with their child. ☺☺☺ Some kiss/massage their spouse 15 minutes/day, but 15 hours/day the speech is not like massage, gentleness, tenderness, healing *nurturing* grace, loving kindness, compassion. The positive effects of touch can be immediately cancelled or exceeded by the negative effects of random "as usual with strangers" speech tone, emotion, content or "as usual with strangers" look, smile gaze facial communication habits. Initially, for many people, the spouse is their only opportunity to comfortably easily practice gentle tone. A couple can say 1 sentence/song 50 ways to discover which tone is the most healing, pleasant for the other and self, to maximize happiness, to jointly record and listen to often, etc. Healing speech is like massage therapy for the soul and brain, body and mind, like a balm or honey. ☺☺☺

We see today how parents of gifted kids spent time with them and enabled these kids to graduate from college at age 11 or 12. Likewise, if one wants to raise a kid with above average empathy-telepathy skills, the parents would put effort in it for years, like the other parents who showed the kid math or physics or chemistry when young. If we want kids to be healers who

heal everyone via speech and thoughts, can we create a space of such evolution to occur, a space of loving gentle tender softness of such intense focus that it would seem wild or strange to most people? Kids imitate the astral and physical tone of speech of parents and adults around them, even if later on as adults they introspect and change their tone slightly. Initially, all human knowledge, emotion, thought, vibrational radiation is *mostly taught thru parental speech* tone (and its coherent emotional tenderness or lack of) until kids learn to read, so this has a huge impact on the *child's future character, inner peace,* emotional *stability*, healing ability and emotional radiation habits thru speech, future telepathic and empathic abilities.

8.2. Content of speech, writing tone: fixed lifeform IQ, filif IQ is 10^{27} times < fluid form shapeshifter Immortal IQ (eternal life etlif IQ)

8.2.1. Introduction: the Filif IQ stuff 8.2.2. Evolutive Writing 8.2.3. Question Everything

Filif is an adjective and a noun, referring to low IQ, below 900, vs 400 quadrillion for Immortals who travel faster than light. It can also mean someone who is simply not having IQ octillion or 10^{27}, who is a human or related fixed alien or Earth animal, someone also honest about the human condition, a fixed lifeform with an IQ infinitely small versus an Immortal, someone with a small ego and a healthy sense of awareness of one's lack of knowledge about the universe, just as bacteria know little versus humans, but a difference at least a billion times larger than that between bacteria and humans. As people realize their infinitely low IQ, they stop being violent about 'stupid' beliefs that are obviously false, from the perception of our descendants of IQ 10^{90}. They realize the only thing worth pursuing is living to a trillion to get closer to the truth, raise IQ. So it isn't really a negative adjective or noun, just as "ant" is neither positive nor negative, it's just a lifeform, as humans are ants or bacteria size lifespan/IQ in the perception of other beings. It's a word meant to bust the cosmic size ego many have developed today, which halts all progress and makes them think they're the center of the universe, and perhaps, the smartest lifeform out there, without offering any proof of their "universe revolves around Earth or humans and God looks like us and sits on a throne" when evidently, if God exists, God is formless and is infinite in size to be able to be omnipresent and omniscient. Conflict, rage, anger, yelling, violence arise when people don't realize how infinitely "low in IQ" they're vs other beings, not just having IQ of 70 vs 200 for geniuses, but 200 vs 200 trillion quadrillion. If all were smart enough to not get offended at being called "ant IQ", "cabbage IQ" or "filif bacteria IQ", there would be 0 conflict, war or violence on Earth. The earlier people learn to have a small ego and not take offense, the faster we have perfect harmony and an honest world of people with 0 yelling and a calm witty sense of their own limited condition. Thus, it's important in education to instill a sense of just how infinite human stupidity is. If kids grow with a big ego, this will set them up for failure and endless conflict with others. Finding the right words to do that is

sometimes challenging, if we try to maintain eternal tone kind vibe. Teachers provide grades, to inform students just how they did. Words also provide sincere feedback of how intelligent or "ant IQ" an action is: honesty is important, without it, we can't understand how others perceive the evolutionary intelligence of our actions, and if we get offended so easily, we can't improve our decision making as nobody provides any feedback anymore. We see kids/teens/adults exploding over the slightest feedback, this is a big ego issue nurtured by an outdated educational system. While being kind, empathetic, etc is nice, progress slows to a halt if we fail to provide honest feedback. When you're want to refer in a text, for the sake of contrast, to "abysmal IQ", you don't have to use normal words, but something general that refers to all fixed lifeform animals on Earth, humans included, as it is a far more tactful way to call someone a *Moron*, like angel *Moroni* of the *Mormon* cannibalism/violent quotes scripture Church (see genocide by *Mormons*). They can't know, via the ambiguity of the term, that you refer to ant IQ or human genius IQ of the Immortalist Anthem, or just lower IQ than Immortal etlif IQ. Filif is a perfect label for traditionalist, religionist (liars who pretend to have proof that meets science standards) and aristocratic bandits and animals who fight humankind progress.

Dishonesty and going around the bush, being overly polite and etc leads to stagnation and lack of drive to radically improve the disastrous situation a nation/species has gotten itself into, the possibility of humans ending in 10 seconds soon. However, the use of negative 'vulgar' words like "imbecile, stupid, idiot, moron, retard" is associated in the human psyche with a less smiley ☺☺☺, more aggressive angrier energy that is arguably not so helpful for the establishment of a gentle tender soft nurturing loving healing kindness for All vibe that we need to create a relaxed happy world of eternal 0 violent crime/war. Other equivalent combos that are far less used and carry a more neutral or scientific vibe may work better for contrast and teaching purposes. We're in a dilemma: we have a society of very low IQ, created so by aristocratic social engineers who want abysmal IQ slaves they can subjugate easily. To escape this state, which creates a violent crime rate 1 trillion times higher than normal, to evolve to higher IQ, we can realize that humans live 40 times longer than rats, and that "rat IQ" can be simply how humans of the future, who live 40 times longer, could describe our present IQ using 'rats of their world' so to speak. "Ant IQ" then becomes merely a scientific fact, as explained in depth below, not a vulgar, offensive speech, but a realization of our limited condition: moral, ethical, spiritual, technological. If you got 33 million companies as US does today, millions of them got 3 minutes of PhD level research, expertise, education, but with 11 companies, you can have 5 million PhDs, or 3 trillion minutes of expertise. This is a 1 trillion fold higher IQ in immortality capitalism than classic capitalism. Cats have IQ of a 2 year old, same for many animals, so perhaps IQ 25 equivalent as some claim online. Human average IQ is 100☺☺☺, so it's really more of a 4 fold difference, not a trillion as with PhD expertise. So, when we say we have a "cat IQ" society we're

stating the fact: we produce trash products of low cat IQ. Animals are static, have a fixed form, live short, etc, Immortals are shapeshifting energy ovoids who can morph into any animal form of any planet, so IQ is so far ahead of us, that we're more like "cat IQ"☺☺☺ than "shapeshifter Immortal IQ". Any person's IQ is 1 vs 100 for one of 10 million human specialists in a niche area of knowledge, so a person has IQ 1 vs 1 billion for this collective human intelligence, which itself is lower than that of an Immortal. So when we say "bacteria IQ" it's true.☺☺☺ Compared to Immortals who live a trillion years, our IQ is way smaller than bacteria IQ is vs humans, so "ant/cat/rat/dog/fixed lifeform IQ" is a compliment if referenced to a human Immortal. If you want to avoid "animal name IQ" due to it being offensive, perhaps "filif animal name IQ" or "filif IQ", fixed lifeform IQ, is OK, as it applies to mortal ultra primitive species like Earth animals and humans, this is a short, yet far more diplomatic when dealing with gigantic ego people who can't handle reality as it is and think themselves the smartest lifeforms of the entire All That Is, all universes. See the first lines of the book on why our future selves may have IQ 100 trillion: 4 billion years ago we were 1 million times smaller/shorter lived, so one day we'll be IQ 98 trillion.

Fil and lif are symmetrical parts of filif, fil is lif inverted, like 11:11, and they're pronounced as feel and leaf, fee leaf sort of, it's the leaf that leaves with the wind, leaves always leave with the wind, like in 11 companies, eleven, e-leaven companies of the left leaving leafing companies of the leftists. Leave is pronounced like live to 98, 11 is a symbol of Eternal Life, leaf/lif is Life Eternal. We developed huge brains due to needing to move, to leave, to leaf, to move to the left, to leftism, (where universal compassion or love dwells like our heart), to immortalism, to reach Eternal Life, in the future we develop galaxy sized cloud particle brains, as we move even faster than light, moving a billion light years in 1 second. This is a good way to avoid being offensive, while also clearly saying, for those with enough IQ to comprehend, that they're 1 trillion times lower IQ than the shapeshifting fluid form Immortals. Life and Fluid contain Lif, the Leaf, the 11, so it is God's way to say one verse: "Life is fluidity, death is rigidity" (Ch 76 Tao Te Ching). E-leven is like Longevity escapes velocity, we gain 1.1 year of life expectancy for every 1.0 year of aging. It's a simple poetic way to make people think, catalyze them to develop true tech, without making them feel too stupid, since everyone is a filif IQ on Earth, even animals. As a shapeshifting fluid form Immortal, you can hop in stars, black holes, neutron stars, planets, steer universes universe towards the Immortality *for* All goals. Ant IQ, bacteria IQ, human IQ are within the same range of filif IQ, so it's actually not offensive at all to call someone cat IQ if they understand the joke. The Immortals have etlif IQ, eternal life IQ, we will get there in a trillion years too hopefully. The astral travel section explains the faster than light moves of the soul, via Eternal Travel Inc tech. The astral body is like a shapeshifting fluid form Immortal, a spirit of sorts. Filif = feel life (fil lif) like animals, etlif = eternalize life, eternally think life into existence, extraterrestrialize life via formless essence precipitating new 'animal' lifeforms on planets.

Big ego people will say humans don't have ant IQ, but any Immortal looking at ants/chimps fighting to the death, instead of moving elsewhere to find food/banana, would think we have ant IQ. From their point of view, cats, ants, humans are infinitely short lived nanosecond particles, the same, not even 8 hr bacteria, but nanosecond neutrinos, so we hover more in the cat, ant range, having 'cat IQ' much more than human Immortal IQ. Future humans will think a sentence with a trillion billion words in seconds and have a name that is a trillion words today, which calls the Billion Spiritual and Ethical Characteristics of that Soul, so to call our IQ bacteria IQ is a compliment. Even on Earth, we got partially shapeshifting octopus who changes form 100s of times daily, both shape, texture and color change. Immortals can live inside suns, hot, cold planets, etc. Progress only happens if you realize you're far behind your goal. If you call everyone a genius, nothing happens, all is fine, nobody makes mistakes, we never criticize anything and stagnate forever. Our fixed form mortal IQ is a trillion times smaller than that of a shapeshifting fluid form Immortal. In reality the human IQ is made of bacteria IQ, ant IQ, chimp IQ, hen IQ☺☺☺, rat IQ, since in our evolutionary journey, we have been all these and we sometimes borrow "wisdom" from those levels of consciousness or fall back into those levels by mistake due to genetic or environmental influences, we have all forms of animal intelligence in our brains, so it's technically not an insult but a reminder of a temporary slip into animal mode. Scientifically, ant IQ, etc are less offensive than stupid, moron, etc, because they reflect the reality of our IQ being a hybrid of all these animal intelligences, like a polyhedron with 100s of mirrors each reflecting one quality we learned in our journey from bacteria to human, and now to shapeshifting fluid form Immortal. To avoid the "offensive" quality of animal comparisons some may need to check the size of their ego and realize they're no smarter than a bacteria is vs humans, compared to an Immortal living 4 million years, than an electron versus Immortals living trillions. If we never realize how short human lifespan is, how abysmal our IQ is, how are we even going to ever aspire to evolve past that? Thus, paradoxically, we need a gentle reminder of how "stupid" we are, so we can evolve past that: for example, humans can't even make eyedrops that have 1% of the compounds in natural tears, which is 2100, in natural concentration, so we're abysmal in IQ. People confuse character and kindness with appearance. The appearance is the words used, but a person can use "offensive words", and yet be 5 times higher IQ and 500 times higher ethics IQ than others. Our actions, intent, tone etc are 1 trillion times more important than the words we use due to subconsciously imitating those around us. Thus, for the sake of clarity, discernment and kindness we come up with a more intellectual, compassionate, gentle, polite, kind, academic and clarifying combination of words that would be less offensive than "moron, etc" and more precise in its definition of the "unethical action" that was committed which attracted the "imbecile" label. While in person the use of "animal IQ" or "abysmal IQ", "idiot/stupid, etc" is a bad idea and not something I ever told anyone in person. In a text about the sci-fi immortalist societies, it's different, since it describes humans who reflect

our overall super low IQ vs the future descendants of humans who live to 4 million years old. "Low IQ"☺☺☺ is a way to signify it's an unethical choice that sabotages progress, that we disapprove of, as it wastes resources that could prevent crime/war.

Racism, xenophobia and religions are very linked. For example, Hindu religions are linked to their 3 million Gods and the Indians from India. Diwali, Christmas, Ramadan, Eid, Easter, etc are not celebrations of Light, but of Clergy Stealing Our Money, of DIVISION, of that which divides humans. Jesus says in John 14:6 that only thru his Infernal Drunkard Cosmic Sized Ego you can go to heaven, that's DIVISIVE for a Jesus who promoted alcohol in memory of Jesus, not God in Luke 22:19-20, by drinking alcohol daily, because God doesn't count, only Jesus. By his infernal Gospel, Jesus killed 273,000 people fatally crushed by cars each year due to alcohol and 3 million killed by alcohol a year, for a total of 400-1200 million since his glorious Religion of Bloodshed arrived not to "bring peace, but a sword in Mat 10:34". The slavery and slave beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives) are a testament to their violence, approved by demonic Jesus in Mat 5:17-9. It's good to read the 30 pages on how Jesus faked all miracles, like a true drunkard who, hear this, pretends to turn water into wine to encourage alcohol use which kills later 400-1200 million people. The fecal bacteria IQ Jesus says in John 3:5 that you need baptism too to avoid hell, that's retarded, God needs no water, I explained this over 30 pages in the Retarded Rituals Section. God needs no matter/water to bless humans directly, only filif cockroach IQ people like Torah Jews (all their water rituals), Bible believers and Jesus do. Hindus think their religion is above others, hence they focus on that and their idols are often statues of of brown or black skin color, which is 0 IQ, as God has no form. A real Celebration is that of the Immortalist Anthem, of the Day when we'll be able to take the same form by shapeshifting at will, to eliminate racism forever, because, let's face it, we're animals and we have a biological tendency to favor people who look like us. All religions are quite racist, they each favor people of a certain type to some degree, who're "superior", in an unspoken way: Buddhism the East Asians, Christianity the Europeans, Islam the Arabs, Judaism the Jews, Hinduism the Indians, etc. Religions are inherently RACIST. Religions are for people with IQ of 3 months old babies.☺☺☺ If people are dishonest, they claim they're above this racism biological tendency that runs in the background without them even knowing, that they conquered all animal tendencies of the chimp DNA (that they can never feel negative emotions or get angry like cannibal chimps do), but all experiments done so far show racism is ingrained in the stupid human DNA: people and animals prefer to be around, be led by and mate with those who look like them. Are you honest, come on, stop beating around the bush. Hyenas are not attracted to dogs, bonobos favor bonobos to chimps and baboons. Be real, World Peace only arrives when people are radically honest and stop fooling around. In our world of liars and frauds, few admit to this genetic racism reality and to celebrate divisive religions that are not

universalist is a waste of public space and money and an attack on the very immortalist state principles of Eternal Universal Peace and Immortality *for* All, via the scientific transformation of the human animals into shimmering genderless shapeshifting Immortals, where we all look the same, with the mind file and clothing maybe different as The Immortalist Anthem explains. Islam is linked to people of Arab descent who believe in the special nature of Mohamed, the inventor of the religion of rape, genocide and theft, a carbon copy of Judaism (Quran is part of Torah recycled) with its racist "Jews are superior" Torah (part of the Bible). The violence in Quran, Bible, Torah, Talmud, Mahabharata, Gita is incompatible with civilization. People fought over language, religion and resources forever, so the only way to peace is 1 language, 1 "religion" of Eternal Universal Peace, Immortality *for* All, 0 violent crime, science to prevent fights over resources, 1 country for all, Earth itself. For now, each nation/EU like group can create 11 companies. This requires unity, merging nations for a greater cause: World Peace.

It's not possible to be a universalist immortalist and go to these temples and religions, as these stone age dog IQ religions don't talk of a shapeshifting pure energy humanity where we're all the same pure light/energy, same form and being in tune with the same scientific eternal God of Eternal Grace and Gentleness of the Immortalist Anthem, a God so diametrically opposite to the violence in many Hindu scriptures, Gita, Mahabharata, Bible, Quran, Torah, etc. These religions are divisive, they're based on violent scriptures that create us versus them, a division absent in the only scripture with positive words only, the Immortalist Anthem, they're anti physical immortality, they concern themselves with spiritual immortality only, they're anti progress, anti life, just pure junk to keep people fighting like tribal chimps over the definition of God and never evolving past this limiting lifeform we have that only lives to 80 and can only take one form of this planet. These religions are keeping everyone a cat IQ primate, an incredibly retarded person with IQ so low, any far future human will think of them as ants, not even rats in intelligence. Once all understand this, by reading the 95 pages on these false violent rantings of malnourished cave men that have somehow been accepted with the status of religion in USA, even if imported from India, Arabia, Israel, and other places, people will no longer attend these and the criminal clergy, shouting daily (samples: pastor, rabbi, imam, Hindu, Buddhist) wasting everyone's time in these places will find more constructive jobs to contribute to society via the 11 state companies, instead of fooling around and spewing nonsense like dogs barking on Earth. An immortalist government can't accept any "religion" with rapist violent scriptures. They're terrorist organizations, not religions, and need be designated as such, plain and simple. Why is USA a colony of India, Jerusalem, Mecca, Nepal of violent or chicken IQ religions? Can't we decide our local scientific philosophy of life, free from cults, organized religions, pig IQ rituals?

For people who want to be more polite, and not use "idiot, moron" etc in writing, a clarifying word combo to express our urgent need to increase universal free education and raise average

IQ can be abysmal IQ, primitives, low IQ, 0 IQ, chicken IQ (chicks live 20 years in the wild, humans 80, so chicken IQ is a metaphor for someone with IQ much lower than 320 year old humans living 4 times longer than us), genocidal (for actions that cause loss of millions of lifespan years, or roughly 0.5-5 million 40 year olds losing 40 years of lifespan each). Animals are more selfish simpler intellects, whose main goal is the immediate food, like some people who care about self so much and the human species so little. Thus, these "offensive" animal IQ comparisons are not myth, they simply point to the nature of these pigs who simply have not reached the basic intelligence level of a human Immortals "wanna be", who view all human beings as their Family of Immortals, whom they would love 1 trillion times more than the best mom loved her baby last decade, since they want to evolve past the monkey stage. Immortals would view all fellow Immortals as their children, not as an ideal, but due to the fact they're actually parents of all children due to new species procreation ability of the Immortalist Anthem. Not only that, but kids can help recreate the existing Immortals via upgrades to programmable matter of the species blueprint, so everyone eventually becomes everyone's parent and child sort of, all help each other live forever. In our linear fixed form abysmal IQ or "ant IQ" world view, we think of stuff in very rigid ways: x is a child and y is a parent, but when tech is advanced, after a while that difference becomes very blurry. The average human today is ultra selfish and tribal, caring only about his family and friends (self-interest) or nation (some only), ready to kill others in wars and self-defense and not interested in 0 war, violent crime in 3 years, he behaves is very hyena like animalistic ways, like wild dogs when seen by a detached alien observer. His ability to feel hourly the Immortalist Anthem emotions/intents is almost nonexistent. This can all change with the Internet and education, since this is all due to the "scriptures" and social engineering created by the "dogs" at the top of societies for millennia: culture creates genetics after millennia and it's all reversible. Humans definitely want to move away from the angry energy of swear words "imbecile, moron, etc", but we need to clarify how dire the situation is for humans too, since the end of humans in 10 seconds is a bigger sin than using a few "offensive to big egos" word combos like "cockroach IQ"☺☺☺. Humans love to use more precise analytical academic words or more comical, like at the Nuremberg trials, when the killers of 40 million people were tried, as one day aristocrats may receive lifetime labor in a healing city in cases of mass killings via bad products. Sadly, many don't realize their actions, music, movies, etc are genocidal indirectly, so we need remind all brainwashed people that wars are outdated and only abysmal IQ creates war. Immortalists try to love all, forgive all, as the Immortals do, having infinite compassion for the infinitely low IQ of genocidal aristocrats or of poor person of IQ low *enough to buy* junk 1.4$ trillion/year useless products aristocrats sell to build palaces *via bad companies that are* genocide in disguise. *We need to have compassion for all humans to heal the human quantum field, as the* Immortalist Anthem *explains:* biggest aristocrats forget the 13.19. principle of Eternal Infinite Resources for All. Aristocrats facilitate

the destruction of the Eternal Unity of the Human Family of Immortals so perfectly Encoded in the Ethos of the Immortality Credit Score and Its System of Equal Pay, rooted in the same Infinity Thinking of Merit-ocracy being Infinitely Small vs the God or Immortals, via Virtue Building Incentivization. Please forgive the generous use of the word genocidal in the book, which is sort of prosecutor like, as if they face the Universal Working Class Tribunal, but the redundant existence of waste of half of labor force is a catastrophic sin of not focusing half the energy on 0 violent crime and 0 war, the advent of Paradise on Earth. Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*". Via free education, the vibe will increase and people will no longer believe in win-lose scarcity thinking but in win-win infinity thinking, as nobody will accept aristocrats to live off as parasites, off the others they con via wars that cannibalize others. The less flattering "puppy IQ" words are not there to lower the vibe, but to clarify the catastrophic effect of certain choices, within a precise context of universal loving kind *compassionate* enlightenment for the sake of IQ, ethics, 'soul' elevation and prevention of 10 second end of humans: those 'low IQ' choices are genocidal due to cultural brainwashing, not to our DNA, meaning the affected humans can evolve out of this with deeper thinking and introspection, and overcome this acquired low "intelligence of the species evolution" kind. Our intelligence is made of 5000 subscores, not just academic that IQ scores measure, and one such intelligence is species evolution speed and dynamics. ☺☺☺

The victims of the genocidal aristocrats are folks whose goals are pathetically abysmal in IQ and viewed as resisting the human collective quantum field drive to evolve the species, so it can live longer, travel between stars, expand to other galaxies by long lifespans, increase the species' chance of survival in case Earth gets wiped out by a virus, gamma ray burst or some other unknown to humans event. The socially engineered robotic slave is not interested in evolving self or humans to 9000 year lifespan, only in getting rich or allowing aristocrats to take advantage of him with lethal products, so he behaves like a robot chasing money, a safe afterlife in a fantasy religion with 0 proof, organized religion, marriage, fame, sex outside procreation and/or stimulants. Those disliking genocidal can use a combo of words that clarifies within a context the error committed that contradicts the Immortalist Anthem Ethics. Such more polite yet clarifying combos, that seek to illuminate their unethical deeds, could be:

1). "1st grade IQ and USA traitor making useless ultra low quality products" aristoc-rat,

2). "ultra low IQ and evil intent scientist wanna be" aristocrat CEO of a sewage smell like trash company (of 10 employees, 0 PhDs, vs 1 million PhDs with the 11 National Unified Companies) making redundant trash products (to get rich) that damage billions of people and waste global resources, see humidifier, mice, room heaters, eyedrops, phone, electric sections for examples.

3). "3rd grader IQ incompetent thieves creating food products without a food chemistry degree"

4). “enemy combatant, foreign spy, hybrid warfare assistant of anti-life forces” aristoc-rat

Thinking deeper before speaking, acting, typing and verbalizing thoughts internally with less positive emotions (even if hard to practice) helps bring World Peace and inner peace faster (since everything or a good part of what we radiate outwards may come back to us sooner or later in some fashion). It makes us more polite too or what they call “emotionally intelligent”. It also helps us develop Evolutive or Evolving TELEPATHY, which is aided by Evolutive Speech and Writing born out of a gentler sentence structure, feeling the words and using positive words in phrases as in "perhaps not the smartest", instead of negative words like "stupid". To accomplish this, we would most likely have to practice Evolving Listening, Watching:

8.2.2. EVOLUTIVE or Evolving (meaning eternally improving) Listening, Telepathy & Writing

8.2.2.1. Listening and Watching:

This book removed all exclamation points, !, except for 3 quotes or math factorial, since ! changes the tone to that of shouting, moving away from the serenity of the Immortalist Anthem. The phonetic eterni English will no longer use exclamation points, as human languages have sky high levels of shouting in writing and speech, which prevents Eternal World Peace. It's impossible to maintain the most focused thoughts on the amazing & beautiful ☺☺☺ Civilization of Ecstatic Immortals if we don’t filter out negative streams of consciousness, information. Every day we Listen to *info streams from the Internet, people, email and often times we don’t realize how distracting* they are, brainwashing us to repeat the short lives history of humans. Probably for many people, the solution is to limit watching news to 5-10 minutes weekly (same old historical inertia repeating forever), stop watching the low IQ TV programs (give away the TV), social networks, etc and obviously making efforts to go into conscious breathing and happy states daily instead of interacting with people not interested in creating *Heaven on Earth* or what we could call a Civilization of Immortals. Every time we watch stuff (that is not *gentle tender soft* and conducive to acquiring the 1 million qualities of an Immortal) online, instagram, facebook or TV, we give thought power to that, remagnetize it and pollute the mass consciousness field with negativity, become worse as a person, acquire bad karma, leading to a repetition of the past with new technologies, same old short lives of incessant war and violence. All that mental energy wasted in watching negativity or silliness could have been used to visualize the heavenly Civilization of Immortals, to create a little path towards that timeline.

8.2.2.2. EVOLUTIVE or Evolving (meaning eternally improving) Telepathy

Evolutive Telepathy born out of compassion for spirits around us is realizing that spirits hear our thoughts, just like we hear when people speak. We all have around us spirits who're more or less evolved than us, and one way to help the less evolved who happen to be around is to

elevate our thinking. What this means is that how we think and what we intend to do in the end is perhaps 10,000 times more important in many circumstances than anything we speak, write or do even, since what we think determines also what help we receive from evolved spirits and we hypothesize that evolved spirits have more say about our life than anything else, especially afterlife. Ultimately, being careful with what we think will help us to have kinder and more thoughtful words and actions, as the T.H.I.N.K. acronym (is the speech t.houghtful, h.elpful, i.nspiring, n.ecessary, k.ind). A way to develop translinguistic telepathy ability, which is ultra useful in bringing World Peace, could be to IMAGINE that the spirits take all our verbal thoughts and broadcast them on CNN and/or BBC or in the astral world in some "holographic screens where the spirits try to evaluate which human to help more based on the universal kindness degree of their thoughts". This doesn't mean that this is how the spirits know which person to help the most, they may have a sense of clairsentience that encompasses an entire planet and instantly multilocate to 300 people who at a given moment display the greatest amount of loving kindness globally, in a process of making 300 copies of themselves, for those few spirits who may be able to do that. Not only does this imagination exercise elevate the loving kindness of our thoughts which can be seen by anyone visiting our Akashic records or spirits nearby, but since we want to be subtler and kinder, we naturally shift the brain and astral brain towards the conceptual and other forms of telepathy far more than the audio-visual-verbal, especially verbal telepathy. Another way of evolving one's brain thinking could be said to be to think while applying an emotional regulation from the heart so to speak or from the pranic body as when consciously breathing; like with the tone of speech and gentle conscious breathing, if we feel thoughts in our souls as they form in the "astral or physical brain", we filter/think only the gentle tender healing thoughts birthing like emotions, connecting with benign 'spirits'. There might be some form of synesthesia that enables a much more detailed feeling and perceiving of thoughts (some analog of colors and shapes of numbers type of synesthesia). ☺☺☺

This Evolutive Telepathy is perhaps a way to align the thinking of the Brain and even that of the spirit (it seems they occur on 2 levels) with the Gentle Serene Healing Selfless Compassionate Kind Patterns of Thinking of the Evolved Spirits who radiate universal loving kindness for all. By shifting to translinguistic telepathy, our thinking becomes private to immature spirits still stuck in human language based telepathy and all the war it brings. Today, spy agencies and militaries can read and write thoughts, emotions, images, inner sounds in the brains of anyone – and they can use you to create war and all kinds of negative things, so it helps to know which thoughts are yours and which are intrusion; likewise, by telepathy, they can make people 'discover' or 'invent' or 'solve science puzzles' that 'nobody has figured out for years or centuries', to boost the ego of a person and control them, manipulate them better, especially with some sleep deprivation. By us having more private thoughts, these spirits no longer hang around us, as they

can't taunt us and manipulate us into going into negative emotions or into doing unethical unkind or violent things, and our aura becomes much clearer and brighter over time. Every spirit who comes near a Translinguistic Telepath might suddenly, unthinkably, become more serene or happy or smiley or light-hearted (less angry, etc), and if they like incessant jokes (no real action for World Peace) and violence, they go away to their games.☺ A hypothesis is that violent spirits dislike honesty, serenity. We can even mentally ask spirits or God to show us a slightly more evolved sentence structure or way of thinking about an issue that we're wondering about. We're all works in progress, have our ups and downs, moments of inspiration or immaturity. By asking for help from the infinite bounteous field of compassion and knowledge, listening quietly, we get conceptual, maybe verbal and audio-visual data to further refine our patterns of thinking.

8.2.2.3. EVOLUTIVE or Evolving (meaning eternally improving) Speech/Writing

A more diplomatic way of *writing* or speaking, of content, can be seen in the first five pages of the eterni leader speech 1 year before World Peace happens. When possible to use without changing the meaning, especially when writing a small anthem or scripture, or dealing with a very hurt sensitive person in need of healing or in a tense explosive situation, it seems much better for all involved to avoid using negative or offensive words when addressing people or talking about people, or even in quotes containing them: "stupid", "moron", "idiot", "ignorant" (use clueless instead), "bullshit" (use nonsense, hot air, empty talk, fraud instead, "bamboozle others" not "bullshit others", bamboozling not bullshitting), "crazy", "crap", "bad", "hate", "disaster", "macho", "war monger", "criminal", or even the widely used "violent", any word that has a negative connotation, in written or spoken form, as it will have a subtle "less ideal" escalating, conflict instigating and lifespan shortening effect on all humans. There is almost always a substitute that is deescalating, more healing, gentler and yet as accurate in describing, yet it creates a world that is softer, kinder, sweeter and more tender. The "imbecile" is a short word for the more correct and far kinder, "a trillion times lower IQ☺☺☺ than the IQ needed to love the worst person a trillion times more than the best mom last decade loved her most beloved infant, as the Immortalist Anthem calls us to", though in writing or texting or verbal chat, it is often a little long to always be so detailed. We're not talking about normal IQ, but the IQ subscore relating to the ability to help others with that skill they lack. On the other hand, not using clear words to designate low IQ, can confuse readers if you're too polite or vague. Perhaps, a smiley face and quotes, if a word is used, is always better, as they get you're being a little sarcastic and it will be far less negative in emotional effect. Though people want fast ways to indicate when the IQ and company or organization could be far far better than the complete disaster it is, so sometimes we do need some relativistic "negative or insulting" words to highlight how disastrous the situation is in a power plant that might kill 3 million people in an explosion, even if it's better to always go with the long explanation. Certainly, if you can prevent

4 million dead by using a word like 'rat IQ' to help people fix an issue due to trying to improve their image or get a raise by not being an "idiot", it's better than killing 4 million people by praising low IQ people for their incompetence. This book's main theme is the abysmal IQ of the system of 33 million companies, where mom/dad garage company has 5 hours total of PhD level courses, while the 11 mega companies have 40h/wk, for 5 years, so 10000 hours, times 5 million PhDs, 50 billion hours, so 10 billion times more expertise than the ☺cat IQ guys☺ starting most companies, products today. Thus, it's a little hard to avoid using colorful words in some contexts to highlight the genocides small companies do. The tax area explains this Genocide well. ☺☺☺

I apologize for this 'sinful' overuse☺☺☺ of "rat IQ", "scorpion IQ", but it's a desperate call to save humanity from a catastrophic 1 minute end due to an equally "0 IQ"☺☺☺ "weapon test", as every low IQ country, like small companies, tries their luck at weapons of mass destruction. Most don't realize all humans can disappear in 5 years due to a weapon test. Thus, we need to unify all nations under the 1 language, 1 bank, 1 currency, 11 companies model of the immortalists before we all disappear in a nice flash. We need to understand that when you cut everyone's life by 10 years due to "imbecile"☺☺☺ decisions, that number becomes 10 billion lifespan years for 1 billion people, or the same as killing 100 million infants who would have lived to the age of 100. GENOCIDE on a scale that makes the 1940s Holocaust a mere joke. Additionally, in a book, having to write 3-4 lines each time you want to use word "low IQ" or idiot, imbecile, etc would take many extra pages, 15 maybe, which you could use to explain more useful stuff. We can ideally always avoid any NEGATIVE WORD, *if meaning is not lost and concept ultra diluted*, at least in diplomatic or tense situations, which is *very hard* of a habit to acquire for adults (kids need to be taught this since age 2, so they become the first polite World Peace in 5 months building, and then sustaining for eons generation) due to our reflex to use 1 word instead of many words that dial down 70 times the 'personal attack, conflict arousing or World Peace ruining vibe' so present at times in politics, family, schools and use instead "perhaps not the most 'antonym of the negative word' type", replacing "war monger" with "perhaps not the most peaceful types", "macho" with "perhaps not the gentlest types", "punishment" with "healing reminder of noble action and noble speech", "bullshit" or "nonsense" or "crazy" with "a little hard to understand", "ignorant" with "perhaps not the smartest in the town, county, country or galaxy", "stupid" with "dubious IQ, questionable IQ/wisdom, seemingly low IQ", "not reflecting the infinite complexity of life" (for religions, ideas, concepts), or, even better, with "less progressive for immortalism, less eterni in vibe, less ingenious or beneficial for immortalism, less *healing or* less *healthy lifespan* increasing for the maximum number of people" (very polite, especially if seemingly is used before, as it's not calling the person/decision 'low IQ' indirectly)," or "seemingly illogical", "questionable benefit decision", or phrases that are more diplomatic than 'stupid' such as "*i have an alternative idea,*

which may work slightly better (even if it's 100 times better and everyone would agree it is*)* in this situation for maximizing immortalism", without the need to label as 'low IQ' a decision, organization or person; we're so used to negativity that we don't realize how it can start wars; "perhaps he's not the smartest around, but we could find ways to help him if he asks for help", "how stupid do these people think I am?" with "perhaps they correctly realized I'm not among the smarter ones, so that's another incentive to develop evolutive telepathy", "I am sure he's joking" with "perhaps he's exploring infinite learning potentials and possibilities", "bad" with "perhaps not the very best", "violent" with "lacking gentle healing tender kindness" or perhaps not as gentle as I thought" or "not the gentlest type", *"I hate or dislike apples" with "apples are not my favorite fruit" (that's why the word 'hate' is absent in this book, except in this sentence)*, "Can you do x" with "May I ask you for a favor, would you be so kind to do x, it would really help me with y and z?, "He needs do x" with "Perhaps he would benefit from doing x", "is, are" with "seem(s) to be, *is/are* perhaps, *could be, might be, is* hypothesized *to be*", "He is not very good at math" with "I don't know for sure, although it seems like he's not the best person I met in math", "He is a good guy" with "Assuming my perceptions are right, it appears he's a good guy", "She is typing" with "She seems to be typing (based on sensory data)". ☺☺☺

The culture we live in is not the gentlest in the universe, so our language structure often takes us away from our wish to have gentleness, tenderness, softness and World Peace. The news have so many insults and negativity, as well as most people using negative words in teaching or making a point (it's faster, seemingly less energy consuming, but far more rude and mean to say "stupid" than to say "perhaps not the smartest" which would elevate our vibe a little, and with that the energy level too), that trying to use a language expressive of the musical tones and singing and astral tones in the higher astral, a language that is full of loving kindness, requires a real almost superhuman effort, *like climbing against a hill.* The ideal thing could be to never mention in speech people that we need to refer to as "perhaps not the smartest", unless we absolutely have to describe those people. For example, when asked about how good someone is at something, instead of saying "he is stupid", we could say "he seems less capable than guy z at that particular skill, according to my limited human perception, but I don't know for sure, here is the data that made me arrive at that preliminary perception..." Instead of "alcoholic" we could use "someone who is not the most balanced due to alcohol use", thus creating a linguistic portal for the timeline where one uses far less alcohol and helping to create that timeline. If we use "alcoholic" we fuel the timeline where that person is very unbalanced and drinking a lot. Same thing for "Mr. X or country y is not following the rules", this is fueling the conflict timeline. A more ☺☺☺optimistic statement would be "I hope Mr. X or country Y will work with us for the best future of harmony and peace" which would fuel the peaceful best timeline. Even the word "ridiculous" is slightly sarcastic, angry, 'yelling' in tone (we raise voice in sentences with this

word when saying ‘ridiculous’), even if said in a totally benevolent funny way, so I removed it from the book; a more benign term fueling the best future timeline would be "amazing or funny" (if ridiculous was meant in a funny way, something hilarious) or "not the best sign at the moment" or "not the best outcome for now" or "not the ideal outcome, but things could change soon with the right moves" (if ridiculous was referring to something that was not amazingly funny, but less ideal). If we get used to being negative and judgmental about things and situations, we reinforce those bad states and don't acknowledge how fluid reality is and how things can change from day to day and we sabotage our collective capacity to work towards a better future of World Peace, non-violence, etc. We also may accidentally, without realizing, do this with closer people and hurt their feelings if we do this with situations and strangers, since we can't totally change our language 100% when talking to friends versus strangers. Another example of negative talk or mental thought is "nobody cares about issue x", which is the way sometimes we exaggerate things to "vent our frustration", but saying that only freezes the process in that state in our minds. Venting accomplishes nothing, it only reinforces the way things are, makes us a victim of an "unchangeable situation". A truer statement would be "few seem to be really concerned about this, but that could change very fast if telepathy was used to ask for help from the universe or information would be presented to people, etc". ☺☺☺

We could hypothesize that the best healer who turns enemies into friends for World Peace doesn’t use almost any negative word, phrase or thought. We often don't realize just how much of our thinking (or speaking or writing) reinforces the way things are, and how we could use that mental energy we got spare to come up with solutions instead of complaining and restating the obvious thing that "the world is not perfect". ☺ Other examples of negative words are "backwards" as in "country y is so backwards on the coal front". A more upbeat way to state it COULD BE "country y is number 1 or 2 or 3 in terms of new coal installed per capita in 2016, making it one of the least progressive on climate action and spewing carcinogenic aerosols for the whole planet to soak in, even if they installed some solar." The list of negative adjectives is endless, "terrible" comes to mind: it doesn't describe anything, it's just an emotional reaction that shuts down "detailed thinking and careful observation of ways in which situation could be changed to the opposite of what's happening"; that’s why I removed it from the book. Remaining optimistic even in face of "daunting tasks" is a lot easier when we remain objective and don't slide into emotional negative simplifications and labeling. Another example of "bad words" is using phrases, which don't contain negative words themselves, but are the equivalent of bad words such as sarcastically saying a person is "without brains" (meaning "not intelligent") or other demeaning sarcastic insulting phrases that any language is very rich in. Stating a fact "Clinton voted to invade Iraq, while Obama did not" or "Merkel supported a particular law" is fine, but stating “insults” mentally or in the absence of people, that we wouldn't voice if we

were in front of them, is a waste of time. The habit to label, judge others is so ingrained; a lot of it comes from our extrovert culture where we vent our thoughts without restraint as comedians do. When we catch ourselves talking sarcastically, we can impose a 1 hr, day or week silence period as self-discipline to watch our mouth, mind more. ☺☺☺

Factual Analytical Observational Responsive Gentle Tranquil Humble Non-Assuming Soothing Clarifying Sweet Healing Polite Intellect Stimulating Hypothesis Offering "Low Gentle Healing Tone" Soft Tender Speech vs Opinionated Unasked for Impulsive Hurried Loud Random-Tone Speech (aware of our VOCAL tone all the time? What if we would speak to everyone as we would (tone wise) with some guy or gal we want to know more or date or impress?). ☺☺☺

In all our cultures, literature, language structures, for speed purposes we have steered over thousands of years towards a very "simplistic labeling" way of writing and speaking, using a few words to render what would normally take a lot more words to be more exact and objective. We lack the habit of adhering to facts (neutral presentation of actions of others, motives which we have no clue about, since we can't read others' conscious mind, soul mind and spirit telepathy induced motivations-thoughts and understand what happened), steering towards biased expression of Labels, Judgments, Opinions, Interpretation, Insults, Bad Words, Sarcastic Phrases, Jokes or even threats. For example "Person X drove 8.2 miles above the speed limit at 5:03 pm on June 12th 2015" is a fact. The opinion of someone driving with person X, who got upset they were stopped by police and delayed was that X was "an idiot who drove way past the speed limit and made me miss my appointment". The truth might be that if X would have slowed down, the other person would have missed the appointment anyway. But in the clouding of serene rational thinking that happens when anger takes over, people stop making "realistic" judgments or World Peace enhancing conclusions. Another example is emotional devotional adherence to a Dogma, Blind Belief, Absolutist Statement that has absolutely no "truth value" to other people who regard that as a "false interpretation of facts or only one of many possible interpretations of facts". This passionate adherence to this dogma makes the person unwilling to admit their belief is ultimately a (perhaps not even easily testable) hypothesis about how reality works, workings of reality being infinitely complex and ultimately unknowable to the finite human brain. This dogmatic fanaticism then creates sometimes tension in communication when they speak and think in a fashion that is more cult-like, inflexible, incapable to adapt to new data that changes the interpretation or belief. "Earth is flat" because it appears to be so comes to mind, or "We live only 1 life" because it appears to be so. Nobody can prove or disprove that souls reincarnate, because of a billion spirit interference theories. ☺☺☺

The Advantages and Healing Gentle Grace of "THINK, perhaps, MAYBE, SEEMS TO BE"

The 20+ telepathy habits are a commentary on T.H.I.N.K., where instead of before "speaking",

we “question” verbal thought before "inner verbalizing", asking the 5 questions, is it T.RUE?, H.ELPFUL?, I.NSPIRING?, N.ECESSARY?, K.IND? Anything that is kind is automatically full of Perhaps, Maybe, Hypotheses to avoid offending others or making them feel uncomfortable. *Perhaps* it is hard for people to develop a true loving kindness unified field coherence unless they truly live by these T.H.I.N.K. ideals, or a variant of them, presented in many spiritual paths in different words. The greatest thinkers were not sure about anything. A good habit, to aid moving away from subtle offending, absolutism, fanaticism in thinking, speaking, writing *might be* to use “perhaps”, “may”, “*maybe*”, "It *appears* to be the case that", "It *seems* as if this is so, but I'm not sure, what is your interpretation of these facts?" “It was *hypothesized* X is true” more often. "X is bad, let's do this" speech is manipulating, commanding others to believe in a relative opinion about X, to do something. The more World Peace and telepathy enhancing talk is perhaps "These are the facts..., what do you think is the best thing we could do regarding X?", which is a respect for the interpretation of data by others, an appeal to co-creating the best outcome based on collective intelligence (which is always greater than individual intelligence). Today, we got more charts, science papers, facts, so we’re more prone to move towards facts not opinions, hypotheses not dogmas. "It appears to be that this is happening based on these facts" is better than "this is happening based on what I feel/know". We understand the relative nature of our knowledge more than in ancient times, since we got a cell phone pocket library a trillion times bigger than any library before, we understand multiple possible interpretations of the same facts. Over time we may move towards a more science like eterni speech, based on more facts, hypotheses, perhaps, asking for input in conclusion creation (from facts). ☺☺☺ Future humans who live to 200 may have the least smart person be like the smartest today, least eterni *in* tone like the most eterni today. As IQ increases, so does EQ, eterni tone%. Why can't all be friends of “Angel-like” or Godlike Higher intelligence, why radiate negative emotion towards anyone via uneterni tone, if it shortens our lifespan via stress hormones and chemicals the body makes? If a 9 million/billion year alien *(able to create planets, galaxies or universes) landed using a human form,* perhaps *s/he would be so* smart, able to turn all into friends. Wouldn’t all be in sheer awe and ecstatic bliss in her/his healing presence that makes everyone feel more ecstatic/loved than ever, *due to high tech and* vastly greater intelligence *who knows a* million *ways to achieve anything in the* sweetest *most* healing, *nurturing,* graceful *and* ingenious *way* without negativity, without inflicting even the smallest *emotional/physical pain on anyone?*

The glorification of less tender tone, expression, behavior, creates a zealous over-confident “I’m right often, won’t bother to consider other hypotheses, ungentle unkind tone/action works” thinking pattern, that prevents science discovery, seeing new hypotheses, delaying the curing of all diseases and fast aging by eons. This may be the self-correcting mechanism of the universe, to keep order in place: after pride, the fall comes. Another advantage of eterni speech (and other

forms of deeper “useless” kindness, like maybe avoiding eating animals, and even plants later as eterni diet becomes popular, etc) is that it creates a very tender healing flexible caring mode of thinking and action in the civilization, very cautious, which aids its survival. If bacteria, unaware of an elephant existing, itch him, the elephant might move and in the process unintentionally kill them all or step into a pool of water with some antibacterial chemical that wipes out bacteria. Likewise, humans when they test new weapons to kill other humans or when they have a less kind, more confident, aggressive energy, are more inclined to try out things without thinking about possible elephants (strong universal empathy vanishes when eterni tone is absent), unseen, in other dimensions, elephants who, also unaware of humans’ existence, may do something that ends humanity in hours. When people are *eterni*, they're more careful, kinder, think about other beings more, like bacteria feed off many surfaces but they have no way of knowing which surfaces when colonizing will often get them all wiped out as they interfere with humans. When humans do things in space, the same thing can occur, not all planets (surfaces) are the same, even if to us (like to bacteria) they look similar. *However, mosquitos can do wild things, like cause the death of millions of animals via a disease they spread, so they can cause a shift that is trillions of times their weight, like humans can with their thermonukes;* so just because we can do wild things, doesn't mean we're more than mosquitos versus some aliens; they're not going to kill us unless there is no way without it, just like we don't kill all bacteria, some are living inside and we love good bacteria; it helps to not get so self-centered and think we're so amazingly special; men said ‘we’re the center of the universe, stars are divine beings’.

Rocks are very rigid, and can block the flow of water, alter it, etc in the short term in a river, but over eons, water erodes the rocks. The rock doesn’t live a long time; the water, with its gentle fluid yielding adaptable nature does. Eterni speech (by speech we refer to inner speech via telepathy too if they use no sound) civilizations, like water, live much longer, than “normal” speech civilizations, because their thinking and emotions are more watery, less rocky. When wind blows, the more fluid plant will survive (it bends easily), while the rigid will die. This is known far and wide, but few civilizations put it into practice as Tao Te Ching says. Even in the absence of elephants, when a country A goes to war against B wiping it out or harms it covertly (no war) for some odd reason (A was not attacked), that creates an anti-eterni tone energy that can come back and destroy A, as the inner A unkind energy amplifies and in the future creates a rift between 2 emerging modes of thinking in country A leading to war between the two sides and the end of the civilization as it declines or ends if the war is catastrophical and leaves nobody alive. Like the flexible plant that bends, like the water the goes around the rock (instead of being a rock and trying to fight the other rock and breaking in the process, a rock or country throwing itself at another rock or country can break and die), the eterni tone *and* kinder civilization vastly outlives the opposite. Did this fact escape endless human empires?☺☺☺

We could argue that a or the main problem that causes conflict in the world may be the *tendency* of talking/writing without witnessing and purifying the thought-feeling formation. We think far more when having eterni tone that filters thought and emotion.☺ This habit or *tendency* can be gently dissolved by more introspection, searching inward of the faster, easier ways to prevent judging, labeling, categorizing fast without empathizing or feeling how that might make others (spirits too) feel. When we feel a little disappointed in someone's behavior, it *seems to be* a good idea to (feel free to gently notice how I did not say "it is best") pray for them, allow them to be as their free will wants, ask the Universe to send them blessings of inner peace and positive qualities they may need, instead of "emitting negative thoughts/emotions that are judgmental about them", as negativity doesn't heal/improve/help them/anyone. Truth is always infinitely more complex than an individual brain can fathom thru one's labels, judgments, angry thoughts. It often seems to be kinder to think 10 times than to write in speed something potentially insulting and then laugh, joke in a potentially offensive way or add "lol" to soften it. *This helps us to be more tolerant, accepting, forgiving, less judgmental/cruel in speech. What* is kind or funny to us may come across as cruel or insulting to others, since we have no way to know how *dear* and holy certain things are to other people, nor do we know their fears, trigger points of bad memories. A peacemaker has a gentler way of writing/talking.☺

To be gentlest, avoid "he/you/anyone should" or "must"... as it is a *form of subtle yelling and commanding people*, with no respect of free will. This book has few instances of "should", unless I *quote some paper* on something important and I can't avoid it. A nicer way to say "you should do x" is "from this research some people have found that x works. Have you ever thought of trying x method of solving the problem among the 2 trillion ways possible? I would give it a try, but if you don't want to try, I understand, you got free will, just an idea that came to my mind, not sure if it's among the best and simplest solutions...". ☺☺☺ "The best (or any adjective in superlative form) way to do this is..." seems not ideal either. One could use "One of the potentially reasonable ways or one of the possible ways to tackle this seems to be this". It seems to be gentler to avoid/minimize using superlatives or absolutist words such as "best", "greatest" in many cases where the use lacks in Nuance, Grace, Tact, Gentleness, Compassion, Tolerance, Forgiveness. We often think, speak, act, feel in binary ways (either positive or negative), instead of thousand fold ways (34.50% positive because of 80 reasons, rest negative because of 70 reasons). We often think in black or white, with no thousands of possible shades of grey so to speak, allowing for little space to understand others' points of view and where they come from, forgetting NUANCE and CONTEXT. Perhaps it's impossible to be an effective peacemaker if one is not an eterni speaker, centered in deep emotional tranquility. We can only bring peace if we're rather stoic ascetics, thinking many times before speaking or writing. ☺☺☺

Everything that happened in our life so far, may have happened for one reason alone: to make

us THINK deeply non-linguistically many times before verbalizing thoughts internally, speaking, acting and writing. "Whole being" soul non-linguistic thinking translating into linguistic thinking (and then action-speaking-writing) is part of the *expression* of thoughts that create the 500 or 80 year lifespan world we live in. The habit of *discerning the Valley of Transfer of Non-Linguistic Thought into Linguistic Thought* is just like biking or any skill, a habit that can be developed as we listen and watch our thoughts form, transmute, change. The Tao Te Ching and other texts *hypothesize* that the centered individuals are only concerned with their own faults, not with the perceived or real faults of others. Each person knows their own faults better than most strangers if they introspect and listen to their "angels" or "spirit teachers" and one's faults are enough to keep one busy changing one's thoughts instead of "judging others and sending negative thoughts to others by thinking negative things". When temptation arises to start internally verbalizing negative things, it may help to use our favorite focused invocation as in one of the trillions of variants of "Gentle Tender Soft Smiley Soothing Healing Peace, sweetly kindly *nurturingly bless* the planet with World Peace" ☺ or anything non-linguistic uplifting that helps replace negative thinking with positive thoughts. Another method is to realize all judgments are relative opinions, not the truth itself and then willingly witnessing such judgments vanish so as to enable seeing the good potential in others. The world seems to be a product of THOUGHT, so to bring World Peace or a better world, it seems that the way of thinking needs to change. ☺☺☺ Every harsh, potentially insulting (even a joke), judgmental, negative, cruel word and thought, verbalized or not, written or not, is a step towards wars, unhappiness, world chaos. It takes an eterni speaker to abstain *from making judgments (to vent disbelief, frustration or surprise) and remain quiet instead so that* we use the mouth only to uplift, heal, nurture, inspire and bless, *never to downgrade/attack anyone, since those who're "bad" need healing not more negativity.* People are smart enough to notice over time that silence means "nothing good is to be said about person x or idea x". Speech can offer potential solutions to those (whom we're tempted to downgrade) who ask, otherwise silence (total silence, no criticism or praise/advice) is better usually, to avoid interfering with the pace of their healing or evolution, to enable maximum grace and peace. Thoughts have effects on whoever entertains them. Everything we ever built was imagined, planned, THOUGHT first, so let's imagine peace and trillion year lifespans for all. The truth SEEMS infinitely complex/unknowable; perhaps if it were knowable, life would not be a school anymore. Every belief we have seems to be, could be thought of as a working hypothesis that helps us journey thru life's lessons, not necessarily a truth. ☺☺☺

8.2.3. Questioning the source of every sensation, thought leads to more evolving telepathy:

Connecting with more precise telepathy is often aided by a little analysis of the thoughts-impressions we have or received using 4 questions for any suspicious thought, emotion, spiritual perception or even biological (arousal being one of many possible ones, but could be the

"hunger-thirst" for smoking, drinking alcohol, overeating, etc) or astral perception apparition or sensation (can be induced by unevolved spirits with manipulative or even harmful intent, even if they don't realize it harms humanity):

1). Is it *true*? (i.e. does it really represent truth in its most universally loving kind form?)

2). Can you absolutely know it's *true* and coming from the ideal spirits we can connect to?

3). How do you feel when you think that thought or suddenly have some particular emotion or physical sensation? Do you feel respected, freed, with awareness expanded or the opposite? Do you feel in "cosmic consciousness" type of bliss state or what kind of state? ☺☺☺

4). Who would you be without that "annoying or limiting thought, image, feeling, emotion, physical sensation"? Why not block it and stop it, detect its source via ESP perhaps? Often times we have a thought and we think it's ours, but it could be surreptitiously implanted by a misguided spirit. If we have thoughts that bring a lot of stress, we can question them using these four questions Byron Katie came up with, thework.com, to help us see other hypotheses. Just because I share this doesn't mean I agree with everything Byron Katie might say in her books or videos, obviously, since she has hundreds of videos and I have only watched a few. All our thoughts, self-generated or received, are ultimately hypotheses and subjective data streams, rough approximations of the infinitely complex reality of any person, thing, situation, etc. And as such, it's only logical that any thought is ultimately one of the trillions of interpretations about the best possible answer to a question or the best method to achieve a goal, etc. As every thought is just a hypothesis, we can question the hypothesis, maybe test it and consider at least a few variations of said hypothesis or thought, even the opposite. These 4 questions of can help us to discern the truth and switch channels from "lower telepathy" to "higher telepathy", when we receive thoughts that are "stressful", be them spoken, telepathic, self-generated. "Lower telepathy" from more confused energy fields, past inhabitants psychic impressions in a given location, spirits, humans, tends to bring a lot of fear, panic, anxiety, limited awareness, commanding tone and paranoia, while higher one from more mature spirits tends to bring peace, World Peace, non-violence, gentleness, tenderness, softness, sweetness, kindness, cosmic consciousness, respect for our free will, and optimism. ☺☺☺

Miguel Ruiz came up with those 4 agreements, which say "Don't make assumptions" (3rd agreement). It's the same idea, when we don't make assumptions, we can actually go thru these 4 questions and see what alternate hypotheses or thoughts could be truer than the one we worry about. There are charts made in 100s of books that can be used as ways to filter, interpret, evaluate telepathic ideas from spirit so as to determine, when unsure, the consciousness level of the spirit and its ideas. The evolved spirits telepathy comes across as

tender, guiding (not demanding), empowering & expanding (not limiting, constricting), supportive (not pushy), suggestive (not commanding), encouraging development of understanding (not obedience), soft, gentle, leaving choice to you (not making choice for you), sweet, freeing, more inclusive (not exclusive) in the sense of more nuanced when saying "something is less ideal", free will respecting (not forcing or intruding), informing (not flattering), patient, serene, humble and aware there is a greater unknown truth (since all wise spirits know how little they know) and all it shares are perceptions based on its relative knowledge, optimistic (optimistic usually, unless trying to suggest to us to not do something inappropriate we're about to do, even if we don't realize that it is not the ideal choice at the moment and may interpret their message as not that "positive"). It would be great to create the Translinguistic Telepathy University☺, imagine a new world where language fights are over, a peaceful world with words richer in universal qualities described in the spiritual qualities and beliefs of Immortals section.☺☺☺

FRAGILE, HANDLE WITH CARE: when a company buys a $90,000 instrument, it often says “fragile, handle with care” on the box. The instrument will break if it is rough handled. Yet, the human supercomputer that the brain is, worth more than 90K, if often handled with no care at all in sports that expose the head to impacts. There is little care to handle it gently so it reaches super happiness states, which are what the 9000 year old Immortals of the future experience daily. This little care, attention and grace is noticeable in the tone of speech, rhythm of music, music lyrics some listen to or share with others, without them realizing how this diminishes their ability to move into these happiness states that end negative emotions and all violence. Einstein reportedly said “peace can only come thru understanding (not force). A problem can't be solved with the same level of consciousness that created it”. So, to bring peace, we need to reach happy states, so we get a glimpse of the 24-7 state of the long lived Immortals, our far future descendants from year 5000 or 90000. In the future, the “police” would teach people how to reach happiness to prevent any negative emotion via the 20+ telepathy habits. ☺☺☺

CHAPTER 9 – Smiling & tender looking, the eterni gaze

This one is really easy to practice naturally effortlessly when you pay a little attention to your breathing and become the cosmic bliss immersed being, who rejoices in the Eternal Smile of God's 24-7 hug of you thru the infinite field of the oxygen molecules lighting up your brain thru ATP transport and the electronic transfer of oxidative phosphorylation. ☺☺☺ Longevity is enhanced by smiling often, and "eterni or immortalist gaze" (inner, if eyes closed when singing an 'eterni greeting' "May all interested live ecstatically forever or for a trillion eons" etc and/or outer) or gentle universally kind benevolent compassionate gaze. Women smile more than men and they outlive men. ☺☺☺ To help oneself to smile more often, one can record on the phone an audio file or a video file of oneself laughing and smiling and relisten to it to rebring that memory and mood and help one laugh and smile and maintain a positive vibe all the time, at least when one can listen to headphones or music (computer work at home, etc). Listening to oneself laughing is very contagious, just like when we watch a comedy show or others laughing. One can make a hilarious affectionate tone and content audio/video file with loving affectionate words towards God, a spirit or someone one loves and relisten to it. It may be the case that as we want God's Love (Universe's for atheists) to embrace us unconditionally forever and without interruption, so does God want our facial expression (smiley, loving look) to embrace all beings (God sparks) at all times with selfless universal love and kindness, *gentle tender softness*, healing tender grace and peace, to never frown, threaten, express any negative emotion like anger thru facial expression or eye look, to never post a sad/angry face on social media or any public forum, as the world is already OVERFLOWING with negative emotions leading to incessant war-crime-violence and as Mother Teresa said, a smile is the beginning of love and it helps others to move from negative emotions to positive ones, being a true service to humanity. Ideally post only smiley pics. What some don't realize when they post sad, angry, scary or unsmiley pictures of themselves publicly via internet, videos, etc, is that that image is replayed in the minds of many people who then unconsciously connect with the subconscious mind of the poster and transmit that image via telepathy, the poster's subconscious receives that self-image, and reinforces the unsmiling unhappy state leading to his/her own emotional decline and incapacity to move to positive joy very easily and also to the decline of capacity of those viewers to move to positive joy, delaying *Heaven on Earth*. Even if the angry sad pictures are of other people, there is a karmic effect, since the emotional state is down in those people and those people connect with the posters' subconscious bringing the poster down emotionally. ☺☺☺

Sometimes the karmic consequences could be unexpected and far greater than one would have ever guessed, as we hear tragic stories in the news of some teenager moving in such a negative emotional state because of a negative and ugly or scary angry picture accompanied post, that

they committed suicide. So in these tragic examples one can see that even if suicide doesn't happen, the karmic consequences evident later on, maybe in the afterlife, can be far more catastrophic than what we thought while a human being, especially if the audience is bigger than 5-25 facebook friends, due to the compounding effect. In Chapter 4, an analogy was used to explain that perhaps in a world of Immortals the worst crime that ever happens, equivalent to the worst thing in our mortal world, would be to frown (or make any negative emotion display face unintentionally) at others or frown for any reason due to internal sadness, case in which everybody would come to their aid send healing to help them move out of that state. This shows how far we're from a Civilization of 900 year old Immortals, if that's true indeed. Does that mean that if we frown at others we're unworthy as souls to live in such a world? This becomes then a very interesting question, why are we on this type of world? Is this solar system and dimension a classroom, where students are required to enroll when they make a "frowning" mistake in a world of Immortals, just like in our world, when we make a mistake in driving we need to take drivers' classes? Is this evolving civilization of ours used as a school for souls to learn how hard it is to build a world of Immortals and translate it into a subuniverse (may be virtual too) and to become more aware of what they have lost full awareness of by incarnating a part of or the whole of themselves into this "second life" virtual universe? If you read the science studies below, you will see that not smiling may cause someone to lose 10-20 years of their own life, and since people around imitate us (especially kids, spouse, siblings, relatives, etc), maybe cause some other 10-40 years lost in others' lives, 10 years per kid, maybe 5 from wife. This can in theory at least become the equivalent of shortening a life by 20-60 years as it can happen when someone takes someone else's life and shortens it by 20-60 years. ☺☺☺

This then shows why in the Immortals' world, frowning could be so bad, maybe equivalent of killing in this world. If you add effects on grandkids and great grandkids for 300 generations, it becomes even bigger. Thousands of lifespan years, true miracles of life giving thru smiles today, equivalent to raising from the dead hundreds of people, like a sage saving lives with every smile, performing miracles. Imagine if you would have a magic wand to bring the dead to life, perform miracles, we sort of have it, it's our smiles, our healthy diet, lifestyle, kindness, positive vibes. ☺

Holding a pen with your teeth is a common method some use to train to smile for hours while doing computer work or something and to trick the brain to release good hormones, until the habit has become second nature. This is very helpful because we can't ever hope to bring World Peace if we can't turn negative emotions inside of us and in others into positive ones; one way to do that is smiling and feeling positive emotions so strongly they become contagious like yawning. Perhaps 99.9% of all war, violence and crime starts from an unsmiling face indicating negative emotions or lack of ☺☺☺ happiness. ☺☺☺

SMILING AND LONGEVITY:

Studies show that those who have a positive view of others (who trust others more) and who have a positive view of the future live longer. Optimism is a common trait of centenarians and optimists always outlive the rest. Smile width and frequency predict health and longevity according to PS 2010;21(4):542-4, a study presented in LA Times article which says "People who smile a lot are usually happier, have more stable personalities, *more stable* marriages, *better* cognitive *skills and better* interpersonal *skills*, according to research. Science has just uncovered another benefit of a happy face. People who have big smiles live longer." People who smile 3-5 times more than the most smiling in this study may gain 25 years of extra life, explaining why some centenarians live to 105, while their twin sister only to 75, with the centenarian being ever smiley and the other one always lacking a smile. The centenarians smile a lot.☺☺☺ Imagine how useful it would be to smile around your baby in first 21 months of life when 85% of the brain is formed, and first 10 years too, so he grows up as a smiley adult reaching a longer lifespan. ☺☺☺ For more studies on smiling vs longevity, see a TED 7 min talk and 3 min video.

The Scientific Studies Showing Smiling makes people easier to remember and makes them appear younger, hotter, more familiar (even if stranger), likable, courteous, competent, trustworthy, attractive

1). Smilers are trusted more ► NN 2002;5(3):277-83, enhancing the Evolving Telepathy of smilers who exert less effort to over-explain themselves verbally and, in doing so, to filter out noise and negativity from planetary average consciousness, local energies from past events, etc. ☺☺☺

2). sciencedaily..52.htm explains that seeing a smiling person makes people happier; the short article is based on this much longer free paper: Ped 2008;122(1):40-51. Because smiling makes others happier, it aids them in their own evolving telepathy, as higher quality telepathy depends on filtering out negative emotions and other forms of noise. This means that people connect more with their Evolved Spirit Guides which give them better ideas on how to go forward in the Relationship with the Smiling person, for the purposes of Harmony or even World Peace, reinforcing the idea that Smiling people have better relationships. Smiling faces lit up the orbitofrontal cortex reward center of the brain ► Neuron 2001;32(3):537-51 ☺☺☺

3). Smiling faces (of strangers) are remembered more ► NPsy 2008;46(9):2310-9, placing smiling people at a strategic advantage. This may be a reason why relationship success is higher for the smiling people: others simply record better what we said, stare more at us, understand (learn from) us better when we smile, leading to more harmony. ☺☺☺

4). Familiar faces who smiled were remembered more, unfamiliar faces who smiled were not

remembered more ► Percep 2004; 33(4):399-408. ☺☺☺ The full paper is here. ☺☺☺

5). Strangers with smiling faces were more likely to be labeled as familiar, than strangers with neutral faces, indicating that the seeing of a ☺ causes the brain to judge him as FAMILIAR, part of the people one knows (or trusts as shown in the other studies) ► Memory 2000;8(5):285-92.

6). Smiling faces are perceived as more attractive and kinder ► PMS 1996;82(3Pt 2):1111-21, giving smilers an advantage in Telepathic Evolution as It helps both their and others' brains to filter out noise better, as kindness cancels out noise and when a person interacts with a smiler, they, therefore, hear the Immortals' kind evolutive telepathy better leading to better actions.

7). blog.. study that found smilers showing their teeth are the most liked, perceived as the most competent. Closed mouth smilers are only half as likable as teeth showing smilers. ☺☺☺

8). Smilers are perceived as more competent, likable, courteous ► OBHDP 2005;96(1):38-55 ☺☺

9). Those smiling were perceived as younger ► PO 11(3):e0152093. Another study found the same thing ► PR 2015;117(1):188-205. ☺☺☺

To Smile is to make a real effort to evolve our telepathy, our feelings, to speak less (since we smile), to think more since we speak less, to feel more and bless others more as we speak less. To smile is to kindly and gently make a selfless real effort to change the vibration of our soul for the sake of humanity, to smile is a real effort to break with the less rosy past of humanity and create a new marvelous future, to smile ☺☺☺ is to practice evolving or evolutive telepathy, to remember to practice T.H.I.N.K. (before speaking, THINK,☺☺☺ is it T.rue, H.elpful, I.nspiring, N.ecessary, K.ind), to remember to never get angry and remain calm and cheerful in all circumstances, to always see the gold in everyone (their potential at least). To smile is to shift from verbal-audio-visual language to trans-linguistic telepathy mode easier, to activate new neural pathways, to express one's Radiant Beautiful optimism in the magnificent future of 900 year lifespans we can bring, besides World Peace in 3 months. To smile is to change everything around our world, since changing one's thoughts changes everything in the world, everything in our civilization being born of thoughts, plans, ideas, visions, feelings. ☺☺☺ To smile is to evolve telepathy faster thru the simple elevation of our vibrations and energies and thoughts to more easily align and couple energetically with the thoughts, energies and feelings of the evolved spirits, guides, beings, angels, whatever name some prefer, who want to help us to bring World Peace, longevity science progress and *Heaven on Earth*. Having seen the NDE Light-Love-Joy and the immense beauty of higher heavenly realms, these spirits function on a different mindset than ours and see reality in a far less constricted way than us, trapped in the body (with its issues, problems, ways to distract us from the resplendent beauty of the spirit) and in the cultural, linguistic, emotional conditioning of millennia of war. ☺☺☺ Smiling makes sense

because everyone is a genius at something (even if not the most important or uplifting thing, but every piece of knowledge can be useful in bringing progress and World Peace) and we're surrounded by geniuses. Smiling is at times extremely difficult, but it is one of the simplest and most powerful ways to change the course of history, all free, no money needed. Kids smile a lot more than adults and have such a healing effect on adults (the kids and people who smile are also trusted more); in the same way, the person who can break the old habits and smile more can become a powerful telepathic healer of others around him, by evolving his/her thought-feeling patterns daily to a higher vibe. ☺☺☺ To smile is to acknowledge God's Infinite Eternal Love (if you're atheist, you can think of it as the Universe's Love) and God's presence 24-7 in our lives, to thank God for flooding us with this Infinite Eternal Grace, to tune into the 0 point energy field of Unlimited Compassion and Serenity to bring a better future, to see the Gold (not dirt) in All, to Be Optimistic and Contagiously Inspire All to Dream of that Future of World Peace, the Civilization of Immortals. To smile is to demand Less of others and focus on understanding others more, to smile is to go with the flow of grace more, to balance oneself (most earthlings are too yang, and this makes real telepathy hard to master), to listen more (prayer is both talking and listening), to witness compassionately more, to be silent more often (silence is often leading to the best listening skills and acts as a healing wave for others to vent on and heal), to follow the Tao, "It seldom speaks, and never asks, but is answered without a question." and Ch 17: "The existence of the leader who is wise is barely known to those he leads. He acts without unnecessary speech, so that the people say, "It happened of its own accord". ☺☺☺

Smiling is not like some fancy meditation or astral travel technique that requires a lot of training or time, or quiet time alone, etc to master, it's something we all know how to do from the womb (babies smile in the womb), it's just difficult to change our habits of "not smiling that much" often times even because it seems easier to follow (inertia) the negative depressed pessimistic "World Peace is fiction, etc" crowd than to be the positive smiley oneself. Do we want to bring kindness, healing, peace, joy, smiles in the world, or do we want to bring meanness, trauma, war, sadness, frowns in the world? In the Life Review, what will be our answer about what we brought in the world overall? What we choose to see in others we bring out in them more of, so smiling is seeing the best version of all, it's blessing all regardless of their actions and thoughts, it's basically being a healer that lifts others up to dream, imagine and hope to embody their best version. This is a simple question of whether we want to bring smiles or frowns in the world; we can often forget the connection between smiling and what far-reaching effect smiling has when it is genuine and full of good noble intent. Does smiling enhance or hinder our goals to bring peace, healing, trust, joy in the world? There are infinite ways to answer this. ☺☺☺ Smiling is one of the easiest habits to acquire and embrace even if before we have not smiled before much, being always the serious person, full of stress hormones, cortisol, adrenaline and

noradrenaline, chemicals that are very bad not only for longevity, but even for correctly filtering telepathy. Like with learning to play chess or ride a bike, it will take a few weeks at least to be really good at smiling much more often. As long as we try our best to make each day better than the previous one, smiling wise, that's progress. A smile can affect many people's consciousness and thru that indirectly prevent a war, or lead to someone trusting in themselves, their telepathy and making a discovery that helps improve significantly our life on Earth, so burdened by our bodies and lack of awareness. ☺☺☺ The movement of the eyes as they benevolently and smilingly relax the gaze to the universally gentle kindness for all beings look, can be a trigger for shifting and concentrating astral rays of healing. It can be done even while we relax or meditate with eyes open or closed, it can allow better remote viewing of spirit Images via telepathy too (as long as intent is noble and World Peace enhancing), since RV is telepathy assisted by spirits for humanitarian purposes. There is nothing hidden from the intelligent intent reading 0 point energy field, so as we shift more into it, we become slightly more telepathic. Non-local, wormholes in the eyes, staring at the light of universal mercy-forgiveness-compassion, transducing the matter into another world, as a poem of translation. As the belly, facial and eye muscles are moving and shifting, as it were, they're swimming in the ocean of everlasting grace, light and compassion of God or 0 point energy. And it's like a gel made of the sweetest softness that brushes against these muscles, as the translation advances. To smile silently, we can't speak; not speaking makes it easier to be aware, have very positive thoughts much faster than those spoken, observe, listen, filter incoming thoughts (low vibe stuff from people, news, media, internet, random telepathy diffusion) and discard bad thoughts bad spirits or people try to suggest, evolve, radiate healing peaceful vibes, remaining tranquil as we listen to tranquil music.

When we smile what we do, even while sitting on a chair talking to someone, is shifting the position of the mouth muscles slightly, as we do for our legs when we do walking meditation. A telepathy, longevity or serenity habit is to walk and move as if we're shifting into another world, slowly. If we're in a situation where such walking is not feasible, we can practice the shifting of dimensions thru the gentle movement of our belly as we breathe and the gentle soft tender movement of our mouth as we recall to benevolently smile and bless all around us with the infinite optimism in the best in all. What this awareness connected to physical movement does is create an ever slightly closer connection with the 0 point energy field ultimately (and ESP), as we shift spatial awareness (time-space-consciousness web) using biological movement processes to guide the intent of connecting with the boundless kindness field. The movement of the eyes, as they relax the gaze to universally gentle kindness for all beings, can be a trigger for shifting and concentrating astral rays of healing, for happy states of consciousness. ☺☺☺ Smiling enhances telepathy with Immortals precision by diminishing negativity. It's a way to remember that God's infinite bliss and joy is infinitely greater than anything produced by humans on a tiny

planet, among hundreds of billions in a galaxy among hundreds of trillions in a grain of sand we call this baby universe. So, because God's bliss is greater, happiness can definitely be there 24-7 no matter what happens in our tiny universe called Earth. When people are unhappy, it is the person with the deepest self-mastery who can choose to create smiles and happiness and lift the whole group to a happy state, or a peaceful state. Smiling helps us to not be affected by the faces of other people (happy or sad, lovely angelic or scary), by their stories, jokes, words and to remain the angel on Earth who smiles thru ups and downs. It's the happy peaceful person who can avoid anger always and paranoia and who can prevent a fear-based conflict to emerge in a situation due to uncontrolled anger, stress-based fear, irrational fear or other unhappy emotions that distort judgment, empathy, telepathy and the intent of other people. Smiling is thus true altruism and service to the world, helping more people to have more positive emotions and more optimistic thoughts, defusing tension. ☺☺☺ Happiness is intrinsic and doesn't need to depend on anything outside of us. It's a state of mind, a choice to a great extent. We're humans, but if we apply the growth mindset explained below, the least smiley person can become a smiley one. ☺☺☺ Another thing is we clean our cars, body, homes, daily sometimes, but we rarely do a daily cleaning of our mind/body of all the negative thoughts, emotions we picked up by interacting with the media produced by our planet and from other people who had a bad day. So, smiling is also an opportunity to have positive thoughts like "i am happy and healthy, peaceful and blissful, all around me are happy, healthy, the world is becoming a wonderful planet of peace and Immortals" or at least exteriorizing peace, love, joy and saying simple words like "happy healthy" or "happy happy happy joy" repeated out loud to fellow family members and laughing to cheer everyone up, while magnifying the feeling. ☺☺☺

Sometimes we forget the toil of endless generations before us, we forget to smile as one filled with gratitude would. There are so many reasons to be happy, even if life is not perfect. If you think about it, we're blessed with so many comforts which kings didn't have 200 years ago. Before, we could be eaten by lions and animals a lot easier, it happens rarely even in the industrialized world in nature parks, more often in remote villages of the developing world still. We can go from Beijing to Los Angeles in hours, we have warm showers, air conditioning, all kinds of foods easily available from many continents at the supermarket, internet as a free library at fingertips with 5 trillion times more information than any library from 1800, cars way faster and more comfortable than chariots or even horses. We can study and find information on any topic a lot easier, without needing to be near a gigantic physical library. ☺☺☺

In one study, they had old people recreate in their minds (and even surroundings actually a little bit) the feeling or impression of being decades younger. This has led to a reversal of many aging biomarkers. The biomarkers changed to those of younger people, some of them. The same thing can be applied to recording pictures, videos of self or kids or spouses, etc when one was younger

and replaying those 1 minute daily, with the people saying very smiley face filled positive affirmations like "Today is the most amazing & beautiful ☺☺☺ day in the history of humankind, as we're closest to the Civilization of Immortals, *Heaven on Earth* manifest, etc. You're so beautiful tender soft gentle amazing compassionate, loving, forgiving, ecstatic, happy today and more so when you make holy divine efforts to be more like an angel Immortal from Heaven, blessing the mass consciousness field with elevated uplifting emotions and thoughts that propel us towards *Heaven on Earth*. We're a perfect family, filled with joy and bliss". "We are a perfect team", for team members at work who want to create a video like that to watch every month or week or whatever, etc. There is a greater effect of happy joy recreation if the video is recorded in the highest state of happiness one has in a given year. Record it when young, and watch it over, relive it, reverse aging, become more psychic, smiley as you were more so when younger, more telepathic, empathic, more able to feel and sense energies, emotions, etc. Couples could be kissing and saying "I love you Firstname, you're so... (list positive qualities above) amazing when you make the effort to be kind, smiley, positive, etc" to play when either is unhappy or neutral and wants a mood booster. Kids and parents can create similar videos about perfect harmony, etc and play them when one is sad... either parents or kids. Likewise, hotel, house, business outer/inner/lobby walls, floor designs, business doors, walls could contain SMILEY FACES, instead of squares, rectangles or different shapes they got in them, they could even have "Kindness longevity Immortality smiles gentleness tenderness are our goal" sentences. ☺☺☺

McDonalds, etc could have intricate colorful shapes on their walls at times (imagine if they would have peace sign, smiley faces, hearts, positive words about Immortality, telepathy). "Speak Kindly softly gently" would be good in a business where they talk a lot on the phone with customers, to heal customers via the phone or video, etc. People with smiley faces on their doors, as posters or small engravings, probably would perform much better in relationships, have less tensed families, kids doing better at school as love peace kindness softness prevail and are aided by smiles everywhere, on every door, especially near doorknob where people look, but also on walls, outer walls, when houses are made. A Civilization of Immortals or 900 year old mortals would see it logical to promote designs that prevent negative emotions from arising in the mass consciousness field, so as to maintain peace, harmony and nonviolence. This would prevent violence before it arises, by saturating the mass consciousness field with positive emotions imagery everywhere, not just movies, songs, literature, but everywhere. This way anger becomes an unknown emotion to any human being, same for fear, extreme sadness, anxiety, etc, the main causes of all violence and evil in a civilization. The language in a civilization of telepathic Immortals could also change the words for death into "missed Immortality" or "Soul Immortality" (because the Soul is Immortal, but they missed physical Immortality) and for "hello" and "good morning, afternoon, evening, day, night" to "happy☺☺☺ Immortal life" or

"Immortal life", because to live a 500 year lifespan, almost Immortal, life, one has to have every day very good, every morning, so it's a stronger blessing. When saying "goodbye" or "see you later" people could say instead "I love you and see you smiley, and ecstatic every day of our Immortal life". When seeing people again, instead of saying "good to see you", they could say , "amazingly blessed to see your ecstatic sweetness and Immortal radiance again" or even sing it. They could even make it longer, sing it spontaneously in the most amazing & beautiful ☺☺☺ tones like an Immortal Angel in Heaven, with lyrics that can be adjusted depending on telepathy, to bring the maximum healing effect via a gentle tone (not repeating the same thing exactly each time, to avoid it becoming mechanical like mechanized prayers when people think of something else), for example "See you smiley☺☺☺, ecstatic, gentle, tender, relaxed, blessed, sweet, every day of my Immortal life" if they have time. A 5,000 year old person, who has no anxiety but only desire to heal, nurture bless uplift elevate others into ever more ecstatic states, has 20 extra seconds to say *in* eterni tone (see Chapter 8.1) "see you happy, blessed forever" instead of "see you". Anxiety is gone, rushing is gone from a Civilization of Immortals where all live to 4000. This greeting and language means these telepaths see the divinity in others for all their "Immortal" life in this dimension, Immortal being free from disease, suffering, death. A telepathic civilization might allow one to perceive 8 billion people at once, so really, seeing them is natural.

For spouses, it might help to kiss each other on the ears or eyes each time they leave or arrive, after saying or singing to the other (singing makes happy elevated emotional conveying stronger) ""See you smiley, ecstatic, gentle, tender, relaxed, blessed, sweet, every day of my Immortal life" when leaving and, "amazingly blessed to see your ecstatic sweetness and Immortal radiance again" when arriving, or whatever, to stimulate the loving kindness infusion of the audio-visual "telepathic systems to move away from the historical inertia and infuse those circuits with loving universal kindness. Or one could use the same expression for both leaving and arriving like "I love you ("as we're supposed to love all beings", added for strangers or non-family members, etc if acceptable in that situation) and I'm super ecstatic to see your smiley happy ecstatic Immortal radiance now and again in the future" (for spouse "in the future" could be changed to "again forever")." With a person you know, you can even recall the happiest video of them in your mind as you say these positive words, the video of a moment when they were happiest to help you to see them happy and them to see themselves happy. Much of our thinking is processing audiovisual data. Or people could ask "What would your Immortal smiley ecstatic☺☺☺ radiance want to eat" when they're a waitress or when they ask peers or family about what they want to eat? People could ask "How is your Immortal loving serene ecstatic divine radiance feeling now? How ecstatic loving serene can we become thru effort to recall our Immortal nature?". Instead of "thank you" they could say (even better would be to sing) "Thank You Sweet Smiley *gentle tender soft* Serene All Loving Immortal ☺☺☺ Ecstatic Radiance"

☺☺☺SMILING AND PRAISING OTHERS, SEEING THE GOOD IN THEM☺☺☺

Smiling gently and looking tenderly, *while consciously breathing,* can also be thought of as a form of silent telepathic ☺☺☺PRAISE for people's efforts, which can often be more effective than spoken praise. We have heard many times that the ideal seems to be to thank everyone, to Praise All for their effort (not traits) and criticize none. Stanford Professor Carol Dweck came up with the terms growth mindset and fixed mindset, in trying to explain the best way to praise people so as to stimulate their best long-term performance (in any area, not just science, ESP, sales) and happiness (at work or at home in personal interactions) ☺☺☺. "Thank you for being so sweet and precious when speaking gently. You're so sweet when you do speak honestly or coherently (intent, word, tone ultra identical and refined to heal) like an *eterni*, or display that peculiar fragrance of selfless *universal* loving kindness, your whole being shines like a million suns, as if you're a trillion old shimmering Immortal from heaven, etc". "Thank you so much for doing that, that was very sweet of you. You're an angel, sweeter than honey itself, I love you so much more, as Buddha, Jesus, etc said to love all beings unconditionally to bring World Peace. I'm so grateful for your smiles when they happen, for your musical healing tone of speech, for your hands-on-healing, playing gentle peaceful music." Praise is a form of gratitude. The benefits of gratitude are known to science. Gratitude (which effort praise is also a form of) is enhancing ESP precision because gratitude improves sleep, health status, makes us feel happier, more optimistic, less anxious, etc. It's a well-known fact that accurate ESP tends to happen in more relaxed states, less anxious, stressed and happier, spontaneously, when least expected and not under pressure to "get results". Same for astral travels, most are spontaneous. So, when doing telepathy exercises, best results happen when we're in a peaceful stress-free zen-like state. So, if one wants to be a better telepath, empath, etc one has to be in a more peaceful state as explained by Douglas Dean, who, among many, mentions this in his book "Executive ESP". We don't even realize how blessed we're vs 200 years ago, we can run away from hurricanes easier, since we get weather station information. The mere gratitude for the Immortal spark of God dwelling in all people (Immortal Souls), fills one with an endless stream of stress-free thoughts and noble sentiments about the amazing, ecstatic & beautiful ☺☺☺ indescribable life Immortal of these anxiety-free Immortals (disguised as mortals) as explained better in Chapter 2. Imagine if people would say "Thank you to the Immortal divine spark in person x" each time they might be tempted to say or think something negative, it makes the grateful person much happier. ☺☺ This 5-minute video explains the dramatic effect (on test scores) of growth mindset versus fixed mindset. Kids praised for their intelligence were encouraged to develop a fixed mindset and did far worse than kids who were praised for their effort, and thus encouraged to develop a growth mindset. It makes sense to promote humility, since a humble telepathy student person or kid will grow up a much more effective World Peace bringer and better at people and telepathy with

Immortals skills, eager to learn from others, to lead from behind (a critical skill in certain situations), to make effort to bring peace or a given outcome, without assuming s/he is "the best at gentleness, relationships, math, being a perfect lover, telepathy, empathy, mercy, diplomacy, etc" because "parents, spouse or peers or friends told him/her that every day". For example, one can whisper to spouse or girlfriend/boyfriend today "Wow now you're shimmering like an angel from heaven, exuding this *gentle tender soft* celestial music thru the gentle tone of whispering and of speech, you must have worked so hard to create this beautiful ☺☺☺musical tone in your whisper and speech, in your gentle tender gaze☺☺☺ that makes you look like an angel. It's so amazing & beautiful ☺☺☺ when you make an effort to practice healing whispering, loving kindness looking and gentle speech to inspire me to practice these telepathy habits too. Thank you for helping our souls to become one love, gentler, softer, closer to God's Infinite Eternal Unconditional Love that is infinitely powerful/intelligent in sharing a quadrillion ways to bring World Peace peacefully and a world of telepathic Immortals." This is called praising the effort, not the "quality". ☺☺☺ Children who hear a greater proportion of process praise (e.g., "you worked hard") may come to believe that the sources of their accomplishments are effort and deliberate practice, whereas children who hear a greater proportion of person praise (e.g., "you're so smart") may come to believe that the sources of their accomplishments are fixed traits. In summary, we found that parents' use of process praise at home with their toddlers predicted children's endorsement of an incremental framework five years later. Praise that emphasizes children's effort, actions, and strategies may not only predict but also impact and shape the development of children's motivational frameworks in the cognitive and sociomoral domains as explained at CD 2013;84(5):1526-41. Carol explains effort praise in this Google Talk lasting 47 minutes. you.4 is an 8.5 hr "Mindset" audio book of Carol.☺

If nothing good to say, we can be silent and silently pray for or envelop in peaceful healing energies or bless the person that "seems bad". Any bad thought or word makes telepathy of subtler nature harder and it just makes us less happy anyway. Criticizing oneself is fine, but not anyone else. ☺☺☺ Forgiveness never criticizes anyone, just like the NDE Light is only total infinite eternal unconditional love-compassion-warmth-wellbeing. The self alone is to blame for anything one perceives as "bad" in the world. "Bad" is someone's learning journey in this school and it's pointless to label people or judge them because only advanced spirits and God know what lessons each soul came to learn in the physical universe. Whatever people do is their choice, only higher powers know the soul intent which is often unknown to the conscious mind. A very nice soul may choose to be bad briefly for a few years for a higher purpose (healing others, reforming something, etc) unknown to all. Everything we think and speak influences the person we think/speak about a tiny tiny bit, even if a trillionth of what they're influenced when they think themselves. So if we want the best timeline for every human being, the best World

Peace timeline, *we need to overcome the bad habit of criticizing others.* ☺☺☺ I know, it's almost impossible, as everyone does it almost at least once a year. The main person affected by useless criticism is the person criticizing usually, wasting their mental energy when they could do something more productive for humanity. ☺☺☺ Nobody changes because of our words. As we change, the world changes, since we're all connected on the subtler astral levels. No need to try to change others by criticizing them. The gentle walking is a great aid in avoiding slipping back into the worldly criticizing self. A good mantra or saying to recall sometimes when we're tempted to criticize others is "Everyone is an Angelic shimmering Immortal Lightbeing, except me who has so many faults. Everyone is a Perfect Spiritual Teacher in disguise, an Avatar of Soul Immortality, except me, the eternal student. Nobody is 'less than the ideal version of goodness', except me. I don't know others, only God does, so, therefore, assuming they're saints is a humble good step that keeps the ego in check and healing going on." ☺☺☺

Any exact same idea can be communicated as Praise "You are so great when you recall doing x" (this enhances telepathy with good spirits/Immortals precision, very nice gentle reverend benevolent humble low soft gentle tender tone, accompanied by positive selfless universal loving kindness emotions and maybe even smiles) or as criticism "You are so lazy, you failed to do x" (this diminishes telepathy precision, yelling or frowning or angry arrogant tone, pretending one is perfect like God, when one has thousands of faults himself, yelling at other "children of God or All That Is" or if not yelling, using a demeaning negative emotion filled polluting tone that is bound to irritate and hurt others, increase conflict and contribute to the war energy on the planet). If everyone made an effort to be kinder, more positive in their communication, World Peace would be a lot easier to achieve, since the average diplomat will use much nicer gentler humbler kinder sweeter softer tone and sentence structure too, leading to fewer conflicts. 670 trilion Earths fit inside one of the largest stars known to us, VY Canis Majoris. One reason to be happy and to draw strength from within the joyous songs about and meditations on "World Peace and Civilization of Immortals are Imminent" is that once enough people decide they want these, they can happen ultra fast, as the energy of one big Immortal is like that of trillions of Canis Majoris stars. This energy, wisdom, Eternity and grace is all available to us once we acquire the 10,000 qualities of an Immortal, by practicing the 100s of habits (20 being presented here) that make us nicer, more able to connect with God/the 0 point energy, 24-7 smilier. ☺☺☺ Intent to commune with God, much bigger than a big Immortal, transports us to a different space of consciousness where joy, peace, ecstasy exist and fear doesn't. ☺☺☺

☺☺☺ Thank You for your gentle tender soft healing nurturing graceful kind SMILES ☺☺☺

☺☺☺ Whatever you can is fine, big or tiny smile, see the dental section for more confidence in smiling. May the Eternia Anthem bring *~Eternal Universal Peace~* & Immortality *for* All ☺☺☺

CHAPTER 10 – CONSCIOUS eterni Breathing & Meditation

10.1. Conscious Breathing 10.2. Meditation 10.3. Walking & Gentle Moving Meditation

10.1. CONSCIOUS eterni (immortalist) BREATHING

Benefits of slow conscious breathing with earplugs on include instant tuning out of the outer world, to focus on the quantum entanglement/telepathy with God and Immortals via breathing *God's light* that enables 'soul flight' and bliss☺☺☺, lower BP/HR (longer lifespan as a result), lower stress, better decisions, IQ, ESP, higher emotional self-control, inner peace, kinder fewer words, better relationships. Stanford (at Sci 2017;355(6332):1411-5) found that *slow breathing induces* tranquility in mice *and* mapped which neurons are involved in linking breathing with states of mind (meditation teachings for millennia were that slow breathing calms the mind). For amplification of the tranquility effect, inhale God's light, and exhale it to envelop the Earth or all beings within 10,000 miles in all directions, while listening to very tranquil music. Slow aware breathing can be done for 1-4 minutes even while shopping and waiting in line, while smiling, at school during class breaks to better listen to telepathy guidance or create positive thought or feeling streams, with eyes closed while sitting at a window or on the bench, even if looks strange at first to others, in the car before going somewhere while engine is off with eyes closed, eyes open when driving of course. The slow aware breathing also allows for a better witnessing of the valley of low speed verbal-image-sensory-primitive-mundane thought formation from high speed (higher intelligence spirits sourced at times) synesthetic conceptual non-verbal thought, so as to create the most elevated verbal thought output mentally, diminishing therefore the need for heavy slower regulation of verbal thoughts via the T.H.I.N.K. acronym technique modulated by verbal thought (before you speak, ask if what you're about to say is T.rue, H.elpful, I.nspiring, N.ecessary, K.ind) or by more "primitive" thought when speaking. Modulation of heart rate and emotional output increases the capacity to discern telepathy energy quality, source and nature, allowing for an easier development of trans-linguistic synesthetic understanding of what type of spirits (remote perception) are conveying certain telepathic ideas, as explained in Chapter 8. That's why spy agencies use sleep cycle disturbing and torture, because this enables easier brain control for total slavery. Naturally, slow gentle walking also helps with this as explained in the 3rd section of this chapter. Breathing using the same shifting and connecting with the infinite field of 0-point-energy etc can replace the walking when we don't walk but sit at the computer, wash dishes or wait in a line at a store. The awareness on the breathing can be combined with many variants of awareness and astral exercises, or "affirmation type of thought streams". Use earplugs and a sleep eye mask ($1 at the dollar stores) while in a sleeping position at first, until you learn to focus, because sound and light will distract big time. Billions of people don't know that earplugs exist and make a huge

difference. After you become better at it, you can breathe during chores, without earplugs, but still use earplugs to enter deep trance states. Some use earplugs to improve sleep quality.

BENEFITS OF SLOW BREATHING EXPLAINED BY MANY SCIENCE STUDIES:

Breathing enabled a 20 bpm voluntary heart rate drop ► IJY 2013;6(1):26-30. Slow breathing lowers heart rate according to a study of 60 people who tried slow breathing for 3 months and fast breathing for 3 months ► IJMR 2004;120(2):115-21. There was significant reduction in resting pulse rate, systolic blood pressure, diastolic blood pressure, and mean arterial blood pressure after practicing pranayama and meditation for 15 days ► HV 2011;12(2):58-62. ☺☺☺

CONSCIOUS LOWERING OF Heart Rate (HR) THRU BREATHING:

yo.F4 is a 1 min video on using the mind to lower pulse from 88 to 32 bpm. Athletes have a pulse of 30-40, while normal people got 50-100, lowest during deep sleep. The longest living people have the lowest heart rate. The heart rate is normally set by the autonomic nervous system, but there are ways to lower it at will the same way we train ourselves to remain calm and emotionally cool, since nothing is as it seems (our models change every few years in science, slightly, so any hypothesis today will be slightly updated a few years from now and vastly so 400 years from now). Slow breathing has been used for eons to also induce astral travel. Another related activity is conscious laughter. The conscious breathing can be eterni. On May 1, 2017, I decided to sit on my chair with eyes closed and practice the conscious breathing meditation and entered into the most mind-blowing trance state ever, basically, I didn't move for 2 hours, the total of meditation was about 4 hours. The meditation was the wildest and most ecstatic one ever since I could sustain it and not break the trance for a record amount of time. Something which I found helpful besides focusing on the breathing, was to recall God's Infinite Love and Eternal All Radiant Ecstatic Bliss from other experiences and also practicing surrounding all beings in love, or whoever might come in my mind at that moment, if someone is thinking of you, for a few minutes you can think of them (or longer if the soul bond is stronger), and then, in order to avoid getting out of trance, continue surrounding any person, thing that comes into your mind in love. The feeling of ecstatic meditation trance or of God's Love is like imagining the happiest and most loving hug of any spirit or person in our entire life (that we experienced or could have experienced) multiplied a trillion times, the love-bliss magnified a trillion times. A simple analogy would like imagining a hug by some spirit the size of a galaxy where you lose all individuality, as the body disappears, and freezes literally in place without movement, the body consciousness disappears and all there is is the love pouring into you from this hugging being and your love pouring into the hugging being. Transcendentally speaking, this Infinite Love is present in every soul, but we normally don't see it, so if one were to attain cosmic consciousness

one would be in this state of bliss 24-7 and feel the utmost love from everyone and also, transform everyone around them with their happiness and love which is contagious. There is nothing left, no two beings, but one, one state of bodiless cosmic bliss and ecstatic love, i.e. awareness of physical body ceases to exist at times. Hard to explain in words, but it proves that to experience the Infinite Eternal Love in any soul all one has to do is to enter cosmic consciousness like states via meditation. This would have many real life pragmatic applications, such as relationships and marriages that are 10 times happier and more harmonious, leading to a world of peace, free from violence, and a world where the development of translinguistic conceptual telepathy will be accelerated as fear and negative emotions are wiped out. It's proven by science that those who're happy have happier relationships with everyone and this is what conscious breathing does in a way, it allows us to become happier, to witness the wonder of life, how effortless the belly moves, like a gift from Infinite Lovemoving us into bliss, as we no longer restrain or try to control the amount of love we radiate into the universe but are just pure love bliss itself so to speak. ☺☺☺ Other meditation experiences are in Chapter 14.

10.2. "MEDITATION" (happy brain states, relaxation, chilling out)

Meditation (also called contemplation, visualization, contemplative prayer) has many benefits: helps us develop telepathy with peaceful spirits or God, lowers the heart rate (the lower the rate, the longer we live) and blood pressure, brings World Peace faster, reduces stress, improves relationships, school grades, boosts immunity and makes us happier. Any deep trance relaxation is actually a form of meditation too and provides the same benefits as Huffington Post explains. The manganese superoxide dismutase paragraph explains why meditation can delay aging. There are many types of activities that are loosely called 'meditation', including visualization, autogenic relaxation, breathing, listening to eterni music while relaxing and chilling out, just being. In this book, meditation refers mostly to these things, not the stressful effort to "watch thoughts", the whole idea is to lower cortisol, not to stress to achieve some "2 thoughts a minute". Traditional meditation is stressful, the reality is that anything that is stressful is not meditation. A more accurate word would be happy brain states, as far as this book goes, since happiness doesn't come from fanatical Genocide Mass Rape Religions psychos created, but from your own brain. In other words, exactly as we now travel 9000 times faster than the natural walking speed with rockets, in the future, via neuroscience and understanding our brains, we achieve infinite bliss 9000 times more often on demand, by smiling, conscious breathing, visualization, positive thoughts. It's nothing fancy and it's actually a very down to Earth and simple idea that has nothing to do with the ultra stressful "Hindu or Buddhist techniques to strive to still thoughts and feelings" or anything like it, it's totally opposite, you relax and fill your mind with positive vibes. ☺☺☺ The bliss states referred to in this book are not attained via any fancy secret or esoteric religious meditation, it's just plain focus on some simple

visualization techniques, but the reality is that today, in the West "meditation" has become something very different from the original meaning, i.e. it's usually a self-guided visualization imaginative journey of relaxation. That's fine, you know the word "equality" has 4000 meanings, "longevity" can mean 4000 years or 95, etc. Don't get caught up in these words, just admit that we have a brain and all happiness comes from the brain, not from eating tasty crunchy things or from sex outside of procreation. The secret police state wants low IQ citizens who don't know their brain, so they can be easily manipulated, their brains written by electronic gadgets, so people can't discern self-thought from computer thought via silent sound and synthetic telepathy, etc. The theocratic regime is using fear of "evil spirits" to discourage any imagination, any discovery, any communication with the human quantum field of Immortals, which undermines the enslavement of that nation via religion by pervert rapists who fake their belief in religion to vampirize an entire nation of slaves, the authority of these genocidal rapists who steal all national funds to build villas and palaces for themselves, while the rest live in moldy cottages or condos. It's a lot of power behind the attacks on so called "meditative relaxation breathing visualization" stuff, to take away your freedom, your critical thinking skills and freedom to define meditation in any way not defined by any religion, to condition you Joy only comes from Sex outside of procreation or only from drugs, or only from following some cow IQ religion or ritual, not from your connection with the quantum field of humans in the age when we live to a trillion years old, etc. The pigs want to indoctrinate you that ethics is pigs making 50,000 times more than average pay and that this is good and that is bad, longevity is 95 and them stealing everything and religion is killing all to defend the rich in phony patriotic wars that only slaves fight in. Same thing with meditation, whatever doesn't enhance their complete control over you is not good, any independent thought or freedom from their mafia run nation, TV-media overflowing with weed-alcohol-sex-makeup-piercings makes you happy is not good, how dare you be happy without pure poison they prescribe to destroy your nation and exterminate all your people? First thing the rich need is low IQ. Chains are next, not physical chains, but mental via fake science papers, fake media, brainwashing, fake elections. Gurus are there as spies to control your mind and tell you how to meditate, etc... Think. Choose.

Mindfulness meditation led to a 20% drop in cortisol stress hormone levels from 382 nmol/L to 306 nmol/L ► JMAT 2013;96 Sup 1:S90-5. Interestingly, cortisol decreases 31% after massage therapy, but increases 80% after intense exercise with 80% of maximal oxygen uptake, so if people do dynamic meditation, it seems best to be gentle. Moderate exercise (40% of maximal oxygen uptake) or moving meditation doesn't increase cortisol more than 5%. This is consistent with a small 45 person study that found that cortisol doesn't decrease during traditional walking, but decreases during the gentler Buddhist walking meditation. It's not clear how double blind this study was, since if people are used to doing Buddhist walks and are forced in a study

to do "normal walks", of course, they get stressed, since even eating a food that irritates our system raises cortisol, if we're allergic to that food (while in other people there is no cortisol rise). This TED talk by a Harvard lady explains how meditation leads to brain changes in areas that relate to compassion, empathy, memory and coping with stress. Meditation has some anti-aging effects for the cortex ► NR 2005;16(17):1893-7. Meditation experience is associated with increased cortical thickness. ☺☺☺ Meditators aged 50 have a brain 7.5 years younger than nonmeditators, those aged 95 a brain 14 years younger than nonmeditators ► Ni 2016;134:508-13. Studies found that meditation can reduce the amount of violence in a given area that the meditators focus on as shown in this 4-minute video. This video has Stanford Professor of Materials Science William Tiller claiming that meditators can alter water pH from 5,000 miles away☺☺☺; a Tiller video allegedly☺☺☺ shows meditation intent affecting enzymes☺☺☺. School performance went up and suspensions decreased by 4 times at Visitacion Valley middle school after introducing two 15 minute meditation periods daily as the 7 min clip shows.☺☺☺ The school is covered in this article too, showing a possible solution to violence-filled areas. Obviously, if all people would stop listening to the trash violent tone of 99% of music, radio and TV and choose only immortalist music and content, you would get violence drop far more. In addition, warm baths, showers, red light, near and far IR mats provide energy to mitochondria at 650, 850, 1050 nm, working much better than massage or 'meditation'.☺☺☺ Meditation can increase cortisol if people strain to achieve something, you need to relax and sleep well, use earplugs and use peaceful music if needed, warmth is key to boost immunity. If you strain, it's not meditation, but stressing your body and delaying healing. They need call it relaxation and have it be relaxing. There are a lot of charlatans making fake studies too, you need to really think about science and what really works to help you live to 100, etc, nutrition is far more important than meditating 30 minutes daily, without good sleep and nutrients we die at 65, not make it even to 85. Be real. We saw many meditate 1-2 hours daily, die at 65-90 and other honest simple low stress people live to 117.7, even after having 12 kids.

There are millions of ways to meditate (see several in the divine ecstasy section), while relaxing on a bed, standing, walking. We can meditate by just relaxing in bed and doing the classical toes to head "my legs are heavy, limp, relaxed" progressive relaxation, with earplugs if noisy or if anyone may distract you (no earplugs are OK if alone in a quiet remote country area, no airplanes, noises possible), after a shower, for just 20-60 minutes a day, with the intent to connect with the compassionate happiness-bliss in the *universes*. You don't want noise to stop the focus on endorphin buildup to heal the brain. Sitting cross legged is too stressful anyway. If you fall asleep, that's fine, catch up with sleep first, then continue.☺☺☺ This deep autogenic relaxation (what some call meditation) helps us to entangle with the Immortals easier, as we use 100%, not 5% of the brain to do so: in normal states, 95% of the brain resources go to holding

the cross legged position or standing one, to process auditory and visual inputs, etc… But when we close our eyes (eye mask) and ears (earplugs), we create a wholly new level of focus, we get 20 times better telepathy, 100% vs 5%. It's like you're a remote viewing expert, viewing Immortals' or alien blueprints for superluminal craft. This state allows you to solve problems that normally you would not be able to solve, as there is simply not enough cognitive power for abstract scientific thinking or other types of strategic thinking.☺☺☺

This state of introspective self-analysis, meditation and prayer can also fill one's atoms with enough of God's Light so as to make all folks alive today saturated with the Gentle Tender Soft Nurturing Loving Healing Kind Virtue of an Immortal, who, as the Immortalist Anthem explains on the first page, loves the worst human a trillion times gentler and deeper than the best mom loved her infant last decade. As we meditate on Infinite Immortal Compassion, Love, Mercy, Forgiveness for all (we are nanobabies compared to some Immortals and God), we become happier and longer lived, helping all to discover bliss.☺☺☺ To further God's Light positive effects, surround all beings in this light, especially those who're in tune with the Immortalist Anthem ethics (who will be like dots of light on the sphere of Earth seen from space as if you're above Earth looking during bilocation), via the discerning distribution of light to those least violent. An Immortal a trillion times older would only have love for a nanosecond baby, or we would only hug, kiss, love a baby 1 second or month or year old who spilled a cup of milk, so does a Godly immortalist only have compassion for the worst human on Earth and the rest, as the Immortalist Anthem says. This is discerning the very best from the worst, yet loving all anyway, as in an Immortality Credit Score based Civilization of Immortals. In the immortalist frame of reference of trillion year old Immortals, we see others' perceived or real mistakes (we'll never know, only God/Immortals know) coming from this lack of education during upbringing in a softer vast light, and we no longer feel upset, people are merely robotic brainwashed beings acting out their brain software, there is no reason to get angry at their low IQ. Each person has good qualities too, each human is also a shimmering Immortal angel deep inside that could come out to the surface easier once we know their strength and magnify it accordingly. ☺☺☺ As explained in Chapter 2, we have no way of knowing the soul's real nature, we only know the human mind, emotions, personality, which can be a product of genetics and environment (spirits around too maybe) mostly, not of soul choices. Because we can't see the full history and nature of souls, what appears as a bad human, could be a very angelic soul. If we were born in bad circumstances or similar to those of people we got angry at, we might have done the exact same thing they did to us or worse. If we inhale and exhale the Eternal Happy Light of God daily, we may be one of the smiliest and happiest persons or most powerful "enemy into friend" transformers on the whole planet, capable of turning the most "evil" people into "saints" by just interacting with them for hours or days. "Evil" people may often be so because they're

controlled by negative emotions without realizing and the confirmation bias of their emotional brain processes is so strong, they can't imagine anything positive about some people. ☺☺☺

10.3. WALKING and GENTLE MOVING "MEDITATION"

Walking, exercising, moving in gentle kind soothing soft ways, as if shifting into another world of tender grace and celestial music can increase lifespan. Since today half the shoes come with memory foam, reminding us of softness, these shoes can be used as an aid to practicing conscious breathing and walking trance meditation, telepathy, prayer (or buy memory foam shoe insoles to use with existing shoes, $4+ at walmart, a slightly bigger shoe size allows you to put in foam if absent). Choosing the softest shoes with the thickest memory foam can be even more of a reminder of God's ever present tender gentle love and softness hugging us 24-7 as if our whole aura is being held in the hands of an Immortal or of an angelic field, besides being healthier and more longevity enhancing thru shock absorbing. This exercise can diminish fear and the chance to move into panic, enabling us to more objectively interpret peaceful noble spirit telepathy, without the lens of fear or stress that distort things. When we first do this change to soft memory foam insoles and/or shoes, we can create a Pavlov like reflex of moving into a very centered state of positive heavenly tranquility and telepathy whenever we walk in those shoes, by training our brain to associate the new sinking in memory foam sensations in the foot with the trance state we enter. This reprogramming or rewiring of the brain is most effective when the insoles shoes are new, because if the brain gets used to it, it's harder to rewire and create new synapses weeks later. The planet is a reflection of the *gentle tender softness* of our thoughts and retraining our mind to create gentle tender soft feelings and thoughts is a lifelong process. Walking in a store then becomes a spiritual practice of transforming ourselves. Our smiley happy positive consciousness acts as a filter of telepathy (filtering negativity) and we then only hear (or mostly) ultra positive thoughts that come within the range of our overall happy joy, gentleness, habitual thoughts, tenderness softness. ☺☺☺

Since 1 trillion year old Immortals or Aliens treat ALL human beings like we treat 1 minute old babies, with utmost tenderness and patience, it's not easy for us to comprehend or tune easily into the level of tender softness and grace of these beings and the structure of their telepathy. From the vantage point of an Immortal, the differences between people's ethics and conduct are way smaller, just like for us humans the differences between the ethics and conduct of 1 minute old babies are small and not worth panicking about. We see a trillionth of a person compared to what a 100 trillion year old Immortal sees. If a 1 minute old baby spills a cup of juice by accident, we're not going to punish the baby, but fill him with love and kisses. Now, what is the right action and behavior of humans, if a trillion year old Immortal would also never punish a human, a 1 minute old baby in his perception, but instead follow the scriptural saying "Love all

unconditionally" etc as a mother loves her infant child. More on this is in Chapter 2. This is probably much more brain rewiring than doing a static breathing meditation due to the vast amount of neurons involved in walking while conscious breathing. Memory foam is like the memory of foam, or of water and air, the memory of the gentle water and even gentler lighter softer air. Tao Te Ching says nothing gentler than water, melting the hard rock, but air is even gentler and foam is air or Ascending Immortality Radiance, is recalling levitation, the floating on a cloud, the weightlessness in the spirit world. Most people would agree that walking gently decreases the likelihood of tripping and becoming all hurried, stressed, unable to hear the gentle verbal or non-verbal telepathic whispers from refined spirits who want to help us bring a kinder world. For maximum effect, it is naturally better to extend this gentle tender kind walking style to more of our activities, chores, shopping, computer work style, driving style, action style. Tao Te Ching says "rushing into action you fail" and "the sage breathes like a babe, unifying the inner and outer worlds", the inner world of thought and the outer world of action. The breathing or awareness of gentleness can be two of the many tools in remaining calmer, gentler at all times than we have been so far; this way better decisions are taken, better understanding of good spirits happens, when we're *gentle tender soft*, not just in a 20 minute daily walk, but 24-7, remaining centered, serene and at peace like the sage at all times. ☺☺☺

Walking meditation or moving meditation (24-7 meditation, doing it at all times, while doing chores, shopping, etc) is the ☺☺~~*Moving Stillness and Still Movement*~~☺☺ of Tao Te Ching in a way, it is like moving prayer, gentle stretching, tai chi and qigong in some ways. Tai Chi Master Lu Zijian lived to be 118 like many other tai chi or qigong masters, and like many of the longest living people was very active. The Bible talks of people who lived to be older, Adam lived to 930 years; Noah to 950 years, the Qi Gong adept and herbalist Li Ching-Yuen lived to be 256 years old reportedly. Qi Gong means Energy (Qi) Cultivation (Gong). Tai Chi means Tai (Supreme or Great) Ji (Ultimate), but it's more complex than that. Tai is made of 3 characters or 3 words meaning one centered person (a goal of Tao Te Ching is to become more like the sage of Lao Tze, so one of the infinite ways Tai Ji can be translated is "becoming centered in the TAO, *gentle tender softness*, God"). Tao Te Ching explains the basis of harmony with God-Tao, which is yin within yang, stillness within movement, moving within stillness, the way of water, still movement, not a rushed energy like the one that perpetuates eternal war on Earth due to over-yang unbalanced energy that represses almost anything feminine and makes telepathically listening to serene spirits far harder. Femininity (gentleness, softness, kindness, silence, receptivity, listening, *nurturing*, acting in a trance state in a yin-yang manner, intuition) in the Tao Te Ching context doesn't refer to biological gender, a male can be 90 times more feminine than a female. ☺☺☺ Walking meditation is supposed to be slow or ultra slow. That's how it is said that we develop true brain center synchronization and prevent brain aging, that's the

principle of a lot of longevity techniques, visualization, breathing, walking, awareness all done at once, instead of just focusing on the physical movement of muscles (one brain center). The qigong teacher (yanxinqigong.net) whose papers showed his qi emissions killed cancer cells, not healthy cells, explains this well. 3 of his papers are below. Hundreds of papers have been published in science journals about the ability of qi to heal many conditions. Here are 3 papers about qi destroying cancer cells ► IJBCB 2006;38(12):2102-13, CPB 2013;31(1):113-22, MCB 2012;363(1-2):245-55. Qi emissions are accompanied by medium IR waves of the 3-5 µm wavelength ► AJCM 1991;19(3-4):285-92. Our bodies emit IR naturally, that's how motion sensors work. This is why some European hospitals have used IR mats that generate 2-9 µm IR waves to heal many conditions since 1920 ► PRM 2006;11(3):193-6. IR waves were discovered in 1800 by Herschel, who discovered Uranus in 1781. ☺☺☺

Most healers walk slowly. It helps to tap into the 0 point energy field and become a World Peace instrument, instead of something else or the opposite (restlessness instrument). Proverbs 11:27 says "Anyone can find dirt in someone. Be the one who finds gold" or in other translations "He who diligently seeks good seeks favor, but he who searches after evil, it shall come to him" ☺☺ i.e. the universe mirrors back to us that which we seek out in others and in our immediate universe. If we seek and acknowledge that we're surrounded by divine compassion and walking on the streets and things made of subatomic strings of universal compassion, that we're surrounded by the Ever Present Radiant Beautiful Magnificent Love of God 24-7 as in the Thought "God's Love, Peace, Joy is always around me", we're seeking more of that Love, we're Thanking that altruistic universal love, we're magnifying that Kindness-Love and we call out that infinite mercy-compassion-forgiveness to fill us and help us become an instrument of World Peace and Healing instead of an instrument of conflict, we're merging with the Sea of Healing Vibes of God's Everlasting Compassion. ☺☺ It's like walking gently and feeling in our aura, in our ovoid so to speak, that divine compassion is surrounding us, that God's Love is pouring into our tiny bubble and that it transforms our emotions and thoughts into expressions of *gentle tender soft* kindness, another method could be each time our feet touch the ground, as we walk, we thank God for the love as we're levitating on the ocean of Sparkling shimmering Light of Mercy, and we can recall words like "tender", "soft", "gentle" with each time we touch the ground, or whatever quality feels like we're perhaps more in need of, be it "gratitude" etc, so as to create a more balanced "astral potential" which may cause a synchronization leading in theory to astral (or, if Immortals or new science help, maybe physical) anti-gravitic effects. 2 and 3 may be the basis for the math of ascension wormholes, room temperature element conversion, levitation as they're the smallest numbers with more access to different dimensional geometries. Chapter 78 of Tao Te Ching talks about the Way of Water, how thru its gentleness it overcomes the rock, how the gentlest thing overcomes the hardest thing in the world. By way of analogy, if water is

time, and rock is gravity, as water grinds at the rock and finishes it, time shifting grinds at gravity and cancels it. Gently, as shifting into the doorway to the bright elysian heavenly dimension, the time slows down as in NDE, 3 minutes seem like 3 weeks, and time (as water) has "time" to grind at gravity. Imagine we're walking on the eyelid or the cheek of a sleeping 1 billion-year-old Immortal Angel or on God's cheek, so we would walk tenderly and gently to avoid being a disturbance. But also, this cheek radiates the most healing and amazing & beautiful ☺☺☺ smells, energies, tastes, feelings and we're grateful. With every step, we feel we touch the sea of everlasting life, with every step we feel we're surrounded by the most tender gentlest caress imaginable, the loving embrace of God. ☺☺☺We can walk as if we alternate magnetic and electric field poles, whatever it means will be evident to those meant to understand since I have no clue what it means, maybe spirits only reveal knowledge to whoever they choose or maybe this “whole anti-gravity” refers to future tech based force field bubbles that regulate temp, UV and allow levitation. Maybe this helps us levitate via these bubbles, as we glide on the cosmic ley lines that intersect the Earth dimensionally thru some form of "bilocative projection to the point of intersection" of force fields, we slowly connect with a deeper peace and slowly raise the astral potential of the feet, but more importantly, we just become more centered in the universal grid of eternal grace and inner peace, the peace that passes all understanding.☺☺☺ This walk of shifting and singing thru vibrations and patterns we imprint on the sea of universal consciousness could in theory even lead to astral or physical scientific teleportation, with or without force field bubbles. If anything, this is at least an inspirational sci-fi paragraph for futue tech development. Techs were often sci-fi literature first.

Walking slowly also makes far less noise, as we softly touch the ground as if it's holy ground made of musical shimmering with 1000s of colors soft sapphires and rubies, holy ground made of soft universal kindness or the love of God itself, ground we don't want to damage, being too immensely beautiful and emanating different music (as a guitar, etc) with different walking styles. Walking prayer or walking meditation is good, we sit too much these days, and one can do prayers and spiritual communions too, as valuable as going to a church when done really well, as per many saints. Luke 17:21 "the kingdom of God is within you.", Luke 17:20 "Once, on being asked by the Pharisees when the kingdom of God would come, Jesus replied, "The coming of the kingdom of God is not something that can be observed,". Often times walking alone is better, as one gets gentler softer telepathy, than when walking with someone who doesn't think about gentleness and tenderness of God much, or the telepathy habits. They often say to keep the company of sages, not of worldly people. So, because the fragrance and the astral sound of a person is knowable on a higher level of consciousness, etheric fragrance of harmonics (not smell, hard to explain), it's often better to walk alone when such person is not really aligned hourly with a burning desire to be a World Peace angel. Out of charity and compassion, one can walk

with certain people, but one would always make separate walks too; this is a serious exercise of developing inner peace, and at least in theory making a scientific discovery about human anti-gravity. Just because we don't understand doesn't make it unreal. We didn't understand electricity centuries ago, it was still real. Astral potential may be real. ☺☺☺ The holistic approach leads to more whole brain functioning and more inner peace. I'm much more into "gentle walking" now than ever before, due to noticing some amazing & beautiful ☺☺☺ things happening during meditation walking. The world is probably at war also because everyone is so obsessed with physical fitness and spiritual fitness is non-existent during "exercising or walking". This comes from perceiving matter as separate, when it is strings of energy that can be shifted across dimensions perhaps. ☺☺☺ It seems that just like rock and restless music blocks some telepathy from peaceful spirits, fast exercising and walking also do. This is a new hypothesis: fast walking irritates the calm serene soul center that connects us with empathetic compassion and the 0 point energy field. When we're rushed in life, we can't see the subtle at all "Look it can't be seen, listen, it can't be heard" Tao Te Ching. ☺☺☺

When we exercise gently (too much rapid exercise can build arterial calcium and shorten lifespan), or walk, or do qi gong or ***gentle yoga*** (video on yoga injuries) or stretch, we can bring the softness gentleness and ethereal quality, as when we're shifting inter-dimensionally from one world to the other, like in astral travel or like in those movies when matter body becomes spirit, we try to eliminate the boundaries, thru harmony, so as to better tune the astral physical brains to the patterns of 0 point energy field and the compassionate, gentle, tender and peaceful spirits. We can imagine as if we're walking on a sea of sweet gentler tender soft divine energy and everything we touch is made of blessed divine energy, sometimes we may enter another dimension temporarily after decades of practice if this is possible, or develop 360 vision while in the body, thru astral awakening and unity with the field. When we walk, imagine we're walking on a shimmering sea of boundless compassion (you can even see it as purple or pink or lavender if you wish) and that with every step we're creating ripples that affect the whole sea, the whole universe, every human being, so that we can transmute each step into a movement of grace that radiates loving kindness and healing gentleness into this sea of energy, this shimmering sparkling energy we call ground (which appears solid, but is pure energy), and we create that lovely healing music, when we walk, if we pay attention, we may even hear vibrations and the music as in the spirit worlds when everything has a music, life, light of its own, the ground we walk on, etc. So, this is a technique to bring awareness to what emotions and thoughts we're creating, what quality of energy are we sending to Earth when we walk, to the whole collective of all beings, this can make us much better at radiating peace and compassionate forgiving kindness to all living beings, while we simply walk for developing better telepathy with compassionate peaceful spirits. Each time we touch the ground, there is an astral sound, and

how is it? It's loving, harmonious, orderly, healing or is it chaos and disharmony generating? We try to listen to the astral sound, and we will get feedback from spirits about how to attune our energy transmissions. One way to better conceive and feel what I'm trying to say is this: when we walk, we walk on the shimmering sea of boundless energy, we're held by the ground, by the 0 point field, by God's Love or Tao or whatever you use for that Infinite Eternal Mystery, we're held in an embrace by the ground who fills us with all the serenity-affection-love we could imagine. Similarly, when we walk thru the air, we walk thru the love in the air, we walk thru this sea of limitless compassion-kindness-sweetness that holds us, hugs us, embraces us, and helps us to shift into a state of deeper oneness with the field. ☺☺ This enables us to be a mini-sea of affection so to speak, instead of seeking affection. We become more of a geyser of universal patience and compassion, of subtle affection for anyone who may run into us, thru the action of the energy around us (affection without touching anyone, just being around us), even if we don't try to love anyone or tell them anything, by us being in the field, we're helping others reach peace too, which is what people seek ultimately, inner peace. This therapeutic energy can even turn most negative feelings into compassion, enemy into friend, etc. This can be applied to any movement, including when touching the phone screen, the keyboard: are we touching it and emitting loving kindness, do we fill the dishes we wash, the counter we wipe, the keyboard we type on, the doorknob we touch with universal *nurturing* compassion and gentleness? This method may be used on other planets to develop spiritual abilities, maybe that scene in Star Trek when the guy becomes energy from matter is possible. This idea can also be applied to any chore, activity, even to simple things like opening mail, writing a check, writing a note somewhere on a letter or address on an envelope. As we move the pen or finger gently tenderly softly ☺☺☺ on a phone typing a text or a keyboard or an envelope, we shift it into another dimension so to speak and activate the brain center for telepathy, begin to connect with the pre-birth memories that provide new clues into telepathy.

If done at home in living room or your room with steps of 2-3 inches each, you can do this exercise with eyes closed too, or in many more private parks or nature places (where nobody will question what you're doing) as long as when you walk you don't move horizontally (stationary walking, you remain in the same spot as if on a treadmill or something), you just lift your legs and let them touch the ground. If you recall the astral elongation exercise that led to the "cosmic bliss" experience, many variants of this can be applied, i.e. as the foot slowly lowers itself and touches the ground, the astral foot is going deep into the earth and cosmos, and as the foot is rising, it's elongating upwards into the heavens and cosmos. The softness and happiness felt as one touches the ground can ideally become ultra soft and ecstatic, so as to induce the euphoric flying sensation in the astral. ☺☺☺

Most football players that donated their brain to research were found to have damaged their

brain thru football, so it is best to engage in gentle exercise or volunteering, or just walking or standing and walking or gently moving while at the computer desk. Even if you don't set your desk tall up like some do so that they can stand up at the computer, but walk for 1 minute every 20 minutes, it will make a huge difference. Frequent breaks of mini-walking are far better than one long walk, as studies below explain. But some people who exercise too much (endurance type) live shorter than those who exercise gently. Too much running shortens lifespan. A study of 4,512 people found that the risk of dying from heart disease was 2.3 times higher for those who spent > 4h/day viewing TV/screens compared to those who viewed screens < 2 h/day, all-cause mortality was 48% higher too ► JACC 2011;57(3):292-9. A study of 0.2 million people found that if you replace sitting at the computer with standing and walking while standing sort of like on a treadmill (without a treadmill) you reduce your risk of premature death by 15-20% ► IJBNA 2015;12:121. Independent of waist size, the risk of dying from heart disease was 80% higher (46% higher of dying from any cause) for those watching TV > 4 h/day instead of < 2 h/day in a 8,800 people (aged 25+) study ► Circ 2010;121:384-91. A study of 7,744 men (20-89 yr) who were followed up over 21 years found that men who rode in a car > 10 h/wk or got > 23 h/wk of combined sedentary behavior (TV watching, riding in car, etc) had 82% and 64% greater risk of dying from heart disease than those who reported < 4 hr/wk or < 11 hr/wk, respectively ► MSSE 2010;42(5):879-85. A study of 17,013 Canadians 18-90 years (follow up at 13 years max) found that all-cause mortality rates were 87 (sitting almost never), 86 (sitting 25% of time), 105 (sitting 50% of time), 130 (sitting 75% of time), and 161 (sitting all the time) in physically inactive participants and 75 (sitting almost never), 69 (sitting 25% of time), 76 (sitting half the time), 98 (sitting 75% of time), 105 (sitting all day) in active participants across sitting time categories ► MSSE 2009;41(5):998-1005. This means, among inactives, those sitting the most had 87% higher risk of dying compared to those sitting only 25% of the time. See how those sitting least and being active got the lowest mortality. These data demonstrate a dose-response association between sitting time and mortality from all causes, independent of leisure time physical activity. Shockingly, for women, the mortality was 85% higher for those sitting the most versus those sitting the least.☺☺☺ The downsides of over-exercising can't be ignored, however. Increased cardiovascular disease mortality associated with excessive exercise in heart attack survivors. Exercising past a certain point (7.2 MET) increases ischemic mortality 3 times. The risk of unexpected death due to strenuous exercises is 5-7 times higher than moderate-intensity exercise ► JER 2016;12(1):42-6, as also explained in the MSSE 1987;19(3):187-94 study of 36 runners, most of whom died of heart attack within 24 hours of the marathon. ☺☺☺

CHAPTER 11 – Normal and eterni foods for living 50 times longer

11.1. Living 5-50 times longer via different nutrition (eterni foods) alone ☺☺☺

11.2. Pottenger experiment 11.3. AGEs 11.4. 73 reasons to be a low (4-8%) fat vegan

11.5. How to calculate amino acid scores, daily protein needs & protein digestibility

11.6. 163 vegan foods with higher amino acid score than Burger King hamburger

11.7. Some of the more popular foods, please click on the food of interest for the science:

Lentils ($1.5/lb vs $14/lb beef; both got 120g protein/lb) Beans Veggie: Kale Cabbage Broccoli Cauliflower Artichoke Collard Spinach Carrot Tomato Onion Bell pepper Cucumber Beet Squash/Pumpkin Zucchini Asparagus Fruit: Watermelon Cantaloupe Pineapple Plum Apple Papaya Grapefruit Berries Cactus Pear Banana Kiwi Other: Yeast Ginger Caper Cilantro Rosemary: . Reverse Baldness . Vinegar Hot pepper Turmeric Pollen Herbs Buckwheat Corn Oat Fatty (max 5-9% cal): Chia seed ω3 Flaxseed ω3 Walnut ω6+3 Soy ω6 Pumpkin seed ω6 Bad fats (avoid): Oils Avocado Olive Coconut Sunflower Brazil nut Other Nuts: high ω6

11.8. Caffeine 11.9. Biophotons 11.10. Fasting (using a 12$ enema that lasts decades relieves gas, bloating, removes hardened feces that poison the blood with toxins) 11.11. Smoothies

11.12. Odorless Stools/Gas/Mouth, Soaking Legumes/Grains, avoiding foods that inflame the gut, activate TOR, shorten lifespan by increasing oxidative stress, dumping toxins in the blood

11.12.2. Why all need to always Soak Legumes/Grains 11.12.3. How to Soak Lentils to Stop Gas 11.12.4. Pressure Cookers = the healthiest meals 11.12.5. Food Chemicals that Cause Gas: avoid 11.12.5.2. Sulfur: nephritis 11.12.5.9. Gluten: diabetes, IBS 11.12.5.10. Artificial Sweeteners: IBS

11.13. Acne, brain, back, hand, leg healing via light (purple, blue, red 660nm, IR 850nm) nutrition

11.14. Dental Health, best nanohydroxyapatite toothpaste & fluoride (banned in TX, FL) dangers

11.15. Cure diseases via vegan food: 1. Diabetes 2. Cancer 3. Heart disease 4. Others

11.16. Avoiding nutrient depletion (sex outside of procreation) through meditation ☺☺☺

11.17. Eye nutrition (no dry/red eyes), thru the 2100+ meibomian/lacrimal gland nutrients

Air nutrition: window fan + HEPA: Cozeware 26dB video or fan only: 5”1W 32dB, 9” 24dB, 11” 20dB, desk/bed CO_2 meter ideal is < 550 ppm. A 90 degree tilted air purifier (exhaust into the room) is MUCH BETTER than a mere window fan as it removes pollution: seal gaps, use objects to lift it to window sill level (rectangular purifier easier than cylinder), tape paper to block inside

air intake, so intake is from outside 400 ppm, to reach 550 ppm faster with less noise/draft. Pure air is key to preventing high hs-CRP, which brings heart disease and early death. Remove carpets (see how) to lower hs-CRP, carpets raise many air mycotoxin, microbe levels a million fold, then install wood, LVP or tile. High CO_2 is bad, as air lacks O_2, raises HR/BP; see HEPA. Use oil heaters.

11.1. LIVING 5-50 TIMES LONGER VIA DIFFERENT NUTRITION ALONE

11.1.1. Insects, plants, humans living 5-600 times longer via nutrition alone or nutrition+DNA

11.1.2. Immortalist or high tech Eterni Foods replacing animal/plant agriculture ☺☺☺

11.1.3. Allowing Vegan Proteins/Foods to develop (ending the monopoly of Big Meat/Dairy) in the transition era to the eterni proteins/foods era

11.1.1. Insects, plants living 5-600x longer via nutrition alone: as bees live 50x longer via diet, so can humans live to 4000 by pregnancy diet change, as a bridge tech to trillion year lifespans. See ☺~*~ $1 BILLION Immortality Prize ~*~☺:

Introduction: Royal jelly (RJ), called bee milk, is secreted by the hypopharynx glands in the head of young worker bees (12 mm long), via the bee tongue, feeding all larvae in the colony for the first 3 days and the queen (19 mm long, 50% heavier) all her life, like breastmilk feeds infants. Queen bees eat this, while bees eat honey with fermented bee pollen. Some fight over language, ethnicity, religion, sports, music, wasting trillions with nonsense instead of making 1-5 changes (20 mg of a chemical, as seen below) in the diet of pregnant ladies and offspring that makes all live 50 times longer. Living 50 times longer is not a sci-fi future of advanced eterni foods or undiscovered chemicals, but about changing the diet ratios of some nutrients in natural foods we already eat and know how to extract from foods or make in a lab. Science turned larvae into queen bees by giving them not royal jelly, but the same worker diet with a higher % of glucose and fructose. The same can happen with humans, people born years from now may live to 4000, not 80, do you realize that? For us, already born, science may find a way to live to 200 or longer independent of diet and genes (restoring subatomic config), if lucky, but it's a LOT easier if you change the genes in the early fetus stage, changing the genes after they expressed need higher efforts. The consequences of nutrition are huge, as summarized in the nutrition and longevity paragraph. Worker larvae can become queens. Likewise, immortalist capitalism via 11 companies is the nutrition based natural transformation of the slavering short-lived subjugated worker class into the queen class, the only class, the Immortals, the USA Family of Immortals living to 4000 years initially, 50x80=4000. The current aristocratic mansions become the Immortalist Unis. With time and more chemistry advances, as we moved 9000 times faster than any natural human with rockets, we will figure out how to live 9000 times longer, like 80,000

years old trees. Science discovered how to make sterols identical to those in bee pollen, using engineered yeast bacteria, sterols that make bee colonies expand 15 fold. Chapter 3 talks of worms living 10 times longer via 1 gene change, rats living 10 times longer. "The target of rapamycin (TOR) is a central cell growth regulator conserved from yeast to mammals" ► ARB 2011;80:1001-32. So, some chemicals may have similar effects in humans/insects. ☺☺☺

11.1.1.1. Dramatic Effects of bee DIETARY CHANGES on Bee Morphology and Lifespan:

Maleszka achieved the same effects (making queens) of RJ (Royal Jelly) without RJ, by reducing methylation ► PO 2011;6(4):e18808; his Science 2008; 319(5871):1827-30 showed that reducing methylation by silencing the expression of DNA methyltransferase Dnmt3, a key driver of epigenetic global reprogramming, in newly hatched bee larvae led to a RJ-like effect, meaning the majority of Dnmt3 small interfering RNA-treated bees emerged as queen bees. ☺☺☺

LS 1976;18(7):693-9 found that bees fed the usual Worker Jelly (WJ) diet of bee bread + honey became queens only if sugars were added. Sugars made the food tastier, causing the bees to eat more and become queens. The myth that larvae need Royal Jelly (RJ) to become queens was busted: they added 4% (40mg), 8% (80mg), 16% (160 mg), 20% of the WJ (1 g) glucose/fructose (G/F) and to the 4% group, they topically applied 1 or 10 µg juvenile hormone JH to each larvae:

►►► At 4% G/F added (40 mg G, 40 mg F to 1 g of Worker Jelly) offspring were 100% workers.

►►► At 4% G/F added + 1 µg/larvae JH $C_{16}H_{26}O_3$ offspring were 50% queens and 50% workers.

►►► At 4% G/F added + 10 µg/larvae $C_{16}H_{26}O_3$ offspring were 100% queens and 0.0% workers.

►►► At 8% G/F added (80 mg to 1 g WJ), offspring were "worker-queen" *hybrids* and workers.

►►► At 16% G/F added (160 mg to 1 g), offspring were 8% queens, 45% *hybrids*, 45% workers.

►►► At 20% G/F added (200 mg to 1 g), offspring were 50% queens, 41% *hybrids*, 9% workers.

Insect Juvenile Hormone makes queens, in bees it's JHIII (see structure) or $C_{16}H_{26}O_3$, Methyl R-(+)-10,11-epoxyfarnesate, $(CH_3)_2C(\text{-O-})\text{-}CH(\text{-O-})\text{-}(CH_2)_2\text{-}C(CH_3)=CH\text{-}(CH_2)_2\text{-}C(CH_3)=CH\text{-}COOCH_3$.

People will be shocked that you can take the regular diet of bees and add one compound (or maybe 3 for humans) and increase lifespan 50 fold. Pregnant human mothers fed 1 or possibly only 5 extra compounds, could also live 50 times longer. 10 µg JH is the same as 20 mg of a chemical added to multivitamin pills would give babies 4000 year lifespan. Many of the bigger scientific discoveries were done by kids and teens, so it's easy to see how someone learning chemistry from age 1, could see patterns at 17, give all humans 4000 year lives via 3 chemicals added to fetal diet (starting before conception). It's probably so simple, like the 4 Maxwell

equations, etc that cover so much physics, 4 lines for 4 compounds that change human history forever, as Eternal Immortality *for* All and the Immortalist Anthem become the goal and ethos ('scripture') of civilization via the discovery, which only happens when all have heard about the Immortalist Anthem, to enable a democratic spread of immortality tech to all humans who're ready to create 11 companies 3 agencies for all humans, to live in Eternal Universal Peace as a Holy Family of teleporting genderless shimmering shapeshifting Immortals. The human quantum field won't reveal the chemicals until the world is ready for the one universal powder replacing 50 billion foods and restaurants created by gluttons and greedy aristocrats, one universal pay replacing 2 million payroll specialists born of Infernal Greed, one language replacing 7000☺☺☺, 11 universal companies replacing 0.8 billion today, zero violent crime and zero aristocrats (each aristocrat is a mass theft crime), as only then all are clothed in The Radiant Beautiful Glistening Garment of Gentle Tender Soft Nurturing Loving Healing Kind Virtue filled Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All.☺☺☺ Larvae raised on 20% G/F weighed 220 mg if they became queens, 180 mg if they became workers. Larvae who got 8% G/F ate 366 mg of food, while simple WJ larvae ate 212 mg, showing that, just like with humans, adding sweeteners to foods causes us to eat more and gain weight (queens weigh 50% more). Even bees have a sweet preference. We need to demolish stadiums and use the money to build labs to reproduce the results in this 1976 paper and make rats, rabbits, humans live 50 times longer. Why are people such "fruit fly IQ" chimps playing chimp sports? College professors lived to 104 without ever exercising, but just walking in the lab and college from one place to another. The reason they added 4% sugars is that without, larvae die with plain WJ (extracted from 1-4 day old larvae), since they removed the larvae from WJ natural cells into artificial cells and this created a stress. Natural WJ from 1-4 day old worker cells has 4% sugars, but WJ from 5-6 day old cells has 15% sugars. By adding 4% sugars, the total sugar rises to 12%, the same % found in RJ and older 5-6 day old larvae cell WJ. Then, turning into queens is easy with 10 µg JH. In other studies they diluted RJ in half and added G/F; if larvae are given more than they can eat, they will eat more of the diluted RJ to get enough protein to become queens. This shows, in bees, with preexisting genes for this genome, living 40 times longer requires: 1 macronutrient (sugars) to reach 12% minimum and one hormone, or if no hormone, 20% sugars. In humans, it may take both macro and other nutrients, while maintaining the normal reproduction. Some studies on what "non-RJ diet can make queens" are not very useful to longevity research, because they stop the study once they get a queen like bee, but you have to wait 7 years to see if that queen lives 10 or 40 times longer than its worker bees (queen bees can reach 2-7 years) for 5 generations, birth healthy bee colonies (5×4 years = 20 years).

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☺~*~ $1 BILLION Immortality for All Prize ~*~☺

☺To Catalyze the Greatest Science Revolution the World Has Ever Known, the USA will Establish the $1 BILLION The Immortality Prize☺, which will Dwarf the Nobel Prize created by a guy called Alfred Nobel using dynamite profits (Nobel was created to recruit spies in the science fields, use spies to spy on others via science conferences, and are awarded more on "spy recruitment potential" and ability to disguise what is really being discovered and focused on by other militaries, by giving prizes for false and irrelevant stuff, to confuse enemies, than on what is really going on or who has the scientific merit, all revolves around espionage in our world, behind the scenes, as we have 200, not 1 nation, aristocrats and slaves, not one Family of Immortals). The $1 Billion is given to the researchers who, if not already here, move to USA for life (not allowed to exit to any conference etc) and use the $ for scientific research only to help mice, rabbits, humans live 50 to 5 trillion times longer and end all violence on Earth in 3-5 years. The same researchers (3 max) can get the prize for even 45 years in a row if they make the best discoveries and Americans can get the prize even 90 years in a row, if nobody outside discovers stuff. The 3 categories of the ☺~*~ $1 BILLION Immortality Prize ~*~☺ will be:

1). Raise lifespan 50x 2). 0 Violent Crime in 3 Years 3). Eternal Universal Peace in 3 months

Nobel Prize will become a joke forgotten by history as all nations vanish in the Light Immortal of Eternia, The Land of Immortals, of The Immortalist Anthem Unifying all villages (countries) into the Disneyland World of beautiful colorful telepathic radiant teleporting genderless shimmering shapeshifting Immortals aged a trillion years. Let America's Radiant Glistening Garment of Gentle Tender Soft Virtue Shine in all *Universes* as The Light of a Trillion Suns, so all see the God of Ever Ecstatic Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All.

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Why do we need Nobel Prize for Literature or Peace or Economics? Low IQ Nobel could not comprehend that Most Literature is Pure Evil and there shouldn't be a Literature Prize, but only Immortalist Eternal World Peace One World Language Poem for Universal Anthem Prize, as ideas as poems with rhyme are recalled much better and the poem's beauty, ethics and Radiance uplifts all, for creating World's Best Anthem, World's Only Anthem, the Immortalist Anthem (all can send a draft for it, like this). The 1949 Medicine Nobel was for lobotomy, a skull drilling technique that is useless and banned today. In a gentle tender soft nurturing immortalist society, with Noninvasive Medicine professors, such cruelty would never get the prize. We don't need long scripture, long texts, literature pieces, but One Good Positive Uplifting One, so Nice, all humans know it by Heart and use it to Unify and End War and Violent Crime Forever. Thus,

the immortalists create the Immortality Prize. Low IQ Alfred didn't understand that Economics Prize is Genocide, since we need 100,000 times fewer economics, accounting, etc majors, if humans have only 11 companies with 1 universal pay: we simply use resources to give all 8 billion humans shelter, food and clothing, health to live to a trillion as the Immortality Credit Score section explains. 11 companies not 1 billion as today. You need 1 million times fewer "economics" majors, no stock markets, no gambling, no games, no stupid fraud to make some greedy jokers make 50,000 times the rest. Alfred's Low IQ didn't realize we need Immortality *for* All Prize, meaning Immortality *for* All Physics Prize, Immortality *for* All Chemistry Prize, not just random Physics and Chemistry used to harm others as with weapons, Ethical Physics, Ethical Chemistry. The Nobel is No Bell, Not Beautiful, even the name says it is ugly, No Belle (Belle = Beautiful in French, Beau is the male for beautiful, beauté means beauty), it's born of/built on genocide (endless people died in explosions to make this guy rich and able to finance it). The Nobel Peace prize is Evil, because without a Deadline, it's trash. We can talk about Peace for 5 quadrillion years, so if we want Peace, we say "World Peace in 3 months Prize" as the ☺~*~ $1 BILLION Immortality Prize ~*~☺ explains. The 11 companies for all humans. You Give us the Way to Bring Peace NOW, not in a sci-fi future that never comes. The ideal way to write Science or Anything is to Combine it with Ethics, as this Book does, so that all are transformed into the Angels of Eternal Universal Equal pay and Trillion Year Lives for All who Sing the Immortalist Anthem Best Future Version in the New Simpler to Learn Phonetic English. This new writing makes neuron connections between Left and Right Brain, Ethics and Logic, Compassion and Science, Eterni Tone Neuroscientific Ethics and Etermi Foods Efficient Physics, Male & Female, Leftists & Rightists, until we all Merge as the Family of Shapeshifting Immortals.

SA 2015;1(7):e1500795 showed 1 single phenolic acid completely changes which genes turn on in bees: when they fed bees p-coumaric acid in addition to RJ they were able to shrink the bee ovaries as it happens with workers. Coumaric acid is a phenolic acid highly present in bee pollen (bee bread is fermented bee pollen) and honey, but totally absent in RJ. Phenolic acids may turn on short lifespan and sterility genes in low sugar diets in insects, as shown above.

PG 13(8):e1006946 "Plant microRNAs in larval food regulate honeybee... development", wrongly hypothesized that plant micro RNAs (miR162a) from bee bread (fermented bee pollen) can inhibit certain genes (*amTOR gene especially, or Apis Mellifera (am)* Target Of Rapamycin (TOR), humans have TOR gene too, amTOR is inhibited in worker bee and activated in queen bee development) that shrink the size of the body of worker bees and the size of their ovaries, postponing larval development and rendering workers sterile. This theory is obviously only true in low sugar diets, since the previous study shows in high sugar diets, big bodies can emerge. These plant miRNAs are far less present in RJ, compared to bee pollen, RJ having a much higher bee miRNA content. Bee larvae died when they were fed too much of certain plant RNAs instead

of real bee pollen (bee bread) with only half of those RNAs. miR162a inhibits TOR in Drosophila fruit fly, causing the body size, fertility, ovary size to shrink. In both cases, TOR mRNA (messenger RNA) decreased (was downregulated) as miR162a increased (the more miR162a, the less TOR mRNA). Micro RNAs are 19-24-nucleotide-long non-coding RNAs that act as post-transcriptional regulators of gene expression in eukaryotes. They can regulate genes (turn genes on and off) in animals too, via diet. From a 1.1 mg fruit fly to a 100 times bigger honey bee of 110 mg, we have the same TOR behavior. Worker bees have half the TOR mRNA of queen bees at the 3rd instar larval stage ► DY 2014;35(2):92-8. High sugar may turn on TOR, without RJ present, and regardless of whether bee bread miR162a is in the diet, since WJ + sugar led in the paper above to big size and TOR like effects. CR 2012;22(1):107-26 shows many plant micro RNAs are in the human blood/organs: miRNAs can inhibit human genes that remove LDL cholesterol. miR168a can bind to the human LDL receptor adapter protein 1 (LDLRAP1) mRNA. ☺

The important thing here is not that we discover how to live to 4000 immediately, but the idea that we could discover how to make mice live 3 times longer, enabling to do that in people too and then giving everyone another 200 years to discover how all will live to 500, then 1000, 4000, etc, not just for fetuses, but even the living people, getting to a point where some reach octillion (a quadrillion trillions) years ages, while others are only a trillion, the new babies. We humans are getting $10^{99999999999}$ times more info about life via quantum entanglement than a computer looking a text or pictures, so, we can discover things $10^{99999999999}$ times faster than AI. Pressed by evolutionary drives for survival, we can program our subconscious minds (like many inventors obsessed with the truth, we become obsessed with the truth of immortality technology) to discover how to make everyone live forever, or at least to 200 via a bridge tech we find via our healthy obsession with curing aging that becomes as common as listening to music as we hear chemistry and physics of trillion year lifespans daily on radio, TV, every song, etc, with no song being allowed without mentioning living forever or at least a trillion. Everyone needs to learn basic biochemistry and get on the program. If our society focused on helping all interested to live forever, by longevity escapes velocity, by gaining 1.1 years of lifespan for every year passing, we defeat and reverse aging slowly over millennia. This is possible, because an atom is octillion years old and we can make an atom assembly also reach octillion via simple knowledge we lack today. No more useless businesses, but immortality for all, the idea of living to 300, then 3k, 30k, 300k, etc becomes accepted and we can simply discover a bridge tech to keep us alive until next century discovers the next bridge tech to the next 200 year lifespan addition and slowly we get most people to make it to 5 octillion. You see, to achieve anything, you have to aim for it with all your society and energy, like with the 11 immortalist companies and the entire structure of society, eternal lifespans number one always. ☺☺☺

11.1.1.2. Effect of nutrients added to diluted RJ on bee lifespan:

PBS 2020;287(1927):20200614 confirmed that the less food (RJ, water, G/F,) given the lower the % of queens. Giving larvae more than they can eat leads to 100% queens. If given diluted RJ, larvae eat more of the diluted RJ to make up for not getting 100% RJ, so 0.37 ml gave 58% queens, 0.34 ml 44% queens, 0.28 mL 10% queens, 0.19 ml 4% queens, 0.16 ml 0% queens. They found eating more in the 1st stage of larvae development can lead to queens, regardless of the carb/protein ratio. 0.37 ml of 50% diluted RJ is not meeting the minimum 239 mg pure RJ needed for a queen in nature (which probably provides more of those sugars we have seen as key above), so they just proved less RJ makes fewer queens. ☺☺☺ Nurse bees give worker bees limited food and workers eat it all, while queens get more than queens can eat, eating far more, becoming 50% bigger than workers. Nat 2011;473(7348):478-83 found that royalactin (major RJ protein 1, MRJP 1, there are 9 of them, 4 making about 80% of RJ protein) makes queens from larvae, but he did not adjust for the diet quantity *confounding* factor to see if queens emerge without royalactin; others, trying to disprove his royalactin hypothesis, underfed bees (21 times less royalactin/day) and thus no queen emerged ► nature...0. RJ protein only helps when enough food is given, since larvae fed the same queen diet, but lower quantity, led to workers not to queens. NC 2018;9:5078 explains the unique mechanisms of royalactin.

JAR 1981;20(3):165-71 found that adding difco bacto-yeast extract (1.25%) and charcoal-treated yeast extract (2.5%) to diluted RJ increased queen% from 10% to 30% and 50%, respectively; 10% queens is the control (RJ 48%, water 48%, glucose 6%, fructose 6%) diet. JIS 2011;11:96 found that the higher the G/F % (and the more glucose vs fructose), the more queens emerged; and sugar "was 20% in RJ and 15% in worker jelly collected from the cells containing 1–3 days old larvae… Glucose to fructose ratio in worker jelly was 1.3 at younger ages and it decreased to 0.7 at older ages, whereas these ratios in RJ were 1.7 at younger ages and decreased gradually, but remained higher than 1, at older ages…". JAF 2012;60(24):6139-49 speculated MRJP3 plays a role in queen body being bigger, but MRJP3 is not present in WJ + sugar diets above that produced queens, so queens can emerge without RJ unique proteins.

"Queen *cells are much* larger *than worker cells, and are* vertically *oriented while* worker *cells are oriented* horizontally… Young workers with developed hypopharyngeal and mandibular glands ("nurses") detect the differences between worker and queen cells and feed the larvae different food... either different sugar concentrations or other phagostimulants (appetite) in RJ enables queen larvae to eat more food, which, perhaps through stretch receptors in the gut, sends signals to the brain. Higher juvenile hormone (JH) synthesis by the corpora allata results in reduced apoptosis and the expression of queen-specific genes" ► PO 2011;6(4):e18808; they oriented the queen cells horizontal in the lab (to eliminate gravity *confounding* factor) and fed larvae the same diet: only 81% of larvae fed WJ (worker jelly) became workers (19% were intercastes) if sitting in horizontal larger queen cells, instead of 100% in the horizontal small

worker cell; big cell means more space to develop into larger hybrids. The *more nutrients eaten that determine living 40x longer, since worker larvae are not given* all "you can eat" *food like queens in queen cells, being food restricted*. RJ has more sugars than WJ, promotes appetite, *they eat more protein, body becomes bigger.* Humans don't need to lay 1500 eggs daily (more than the queen bee's own body weight each day) so we don't need a bigger body than the 80 year old human, so the human living 40x longer will be the same size.

11.1.1.3. The royal jelly (RJ) effect on worker bees, mice, worms, mammals, humans:

Warning: humans can have severe allergic reactions (even death) to RJ, so read references 194-9 from IJMS 2020;21(2):382 before taking RJ, especially if you have asthma or bee product allergies. To avoid allergies, some take protease enzyme treated RJ, like the Yamada one used for dry eye patients; or eat it with pineapple, which contains the protease called bromelain. RJ Contents: JFF 2012;4(1):39-52 reports fresh RJ has 60-70% water, 3-8% lipids ("80-85% fatty acids, 4-10% phenols, 5-6% waxes, 3-4% steroids, 0.4-0.8% phospholipids"), 9-18% protein, 3-13% fructose, 4-8% glucose, 0.5-2% sucrose, 0.5-3% mineral salts ("ash"). If freeze dried, <5% water, the same components at 3 times higher %, since water fell 65%, so "27-41% protein, 22-31% carbohydrate and 15-30% fat". Fatty acids are 32% trans-10-decenoic, 24% gluconic (metal chelator, could cause mineral deficiency, papers % of this varies), 22% 10-hydroxydecanoic, 5% dicarboxylic acids, 17% other acids (mostly C_8-C_{12} saturated hydroxy acids).

WORKER BEE EFFECT: PJ 2017;5:e3118 reported that feeding RJ only to worker bees, whose genes were optimized during early life for pollen + honey as diet, not RJ, results in death within 3 days. *4% RJ extends lifespan of worker bees slightly*, but high % shortens it. This shows that diet interventions to double human lifespan may be dramatically less effective after reaching adult stage, as genetic programs are set. It's much easier to do it in the fetus (pregnant mother) and child stage (first 2 years of life especially, adding nutrients to breastmilk or infant formula or using bottle to provide eterni "milk" besides natural breastmilk). ☺☺☺

MICE EFFECT: EG 2003;38(9):965-9 found after 16 weeks of RJ: "average survival (of 50% mice) times were 88 weeks for the control group vs. 79 weeks (10% shorter) for the low-dose group (about 0.6 mg/kg weight, 0.036g/132lb human), 112 weeks (27% longer) for the intermediate-dose group (6 mg/kg, or 0.36g/132lb human) and 110 weeks (25% longer) for the high-dose group (60 mg/kg, or 3.6g/132lb human)… RJ didn't extend the total lifespan… RJ increased the average life span" at intermediate/high doses only, while decreasing it at low dose. JNSV 2001;47(6):394-401 found RJ reduced fatigue in mice, but only if RJ avoided heat and was frozen immediately upon collection, which denatured 57 kDa protein (molar mass is 57,000), a marker for RJ freshness (1.6% of weight when fresh) or potency. RJ that was stored 7 days at 40°C (104°F) was almost useless because whatever eliminates fatigue degraded; heat storage caused

90.6% of 57 kDa protein and 60% of protein 2 to disappear, even if 10-HDA (10-hydroxy-2-decenoic acid), other fatty acids (palmitic, oleic, ALA, etc) and all B vitamins were intact. The mice who ate the frozen RJ had *half* (see Figure 4) the serum glucose of the mice who ate the 40°C stored RJ, after 15 minutes of swimming, getting tired faster. *Lactic acid was lower* in the cold storage RJ mice, so muscle pain was lower. The more 57 kDa protein in RJ samples, the more swimming endurance, so they hypothesize it's this protein that diminishes fatigue by stimulating the Cori cycle liver production of glucose from lactate. The onion section explains how heating onions completely reverses their clotting effects, that's why RJ is freeze dried. Why do some cure many diseases with raw foods? Probably when they ate 99% cooked foods, they heat destroyed a lot of polyphenols, phytonutrients they were deficient in. RJ can "ameliorate the experimental HS (heat stress)-induced infertility in rats" ► And 2019;51(3):e13213.

WORM EFFECT: PO 2011;6(8):e23527 found that in worms, RJ and pRJ (protease treated RJ, to break down proteins) increased avg lifespan or did not shorten it (worms are perhaps closer to bees biochemically than mice) at various concentrations: "RJ treatment was begun at the young adult stage with concentrations ranging from 1 to 100 µg/ml. RJ treatment at 10 µg/ml extended the mean lifespan by 7–9%, whereas either 1 or 100 µg/ml RJ had little or no effects on the lifespan... In contrast, pRJ prolonged the mean lifespan at all concentrations tested (1, 10 and 100 µg/ml). The maximal effect was observed at 10 µg/ml, at which concentration the mean lifespan was increased by 7–18%". Since pRJ has no proteins left, the lifespan increased because of peptides, amino acids; man made intervention (pRJ) made natural RJ more potent.

MAMMAL EFFECT: AR Sci;92(1-2):75-85 found RJ "may be effective in improving pregnancy and lambing rates". 500 mg/day RJ led to an almost quadrupling of lambing rate from 28% in controls to 100% in the RJ group. Bee pollen section explains litter size, conception rate, offspring weight and health, increased in rabbits. Parents may need take RJ if infertile.☺☺☺

HUMAN EFFECT: We're not bees, so eating RJ won't make us live to 3200. We have seen above that queen bees *emerge even* without RJ, just with more sugars. Bee pollen is 5 times cheaper in bulk and WJ (worker jelly, a mix of fermented bee pollen and honey) raised queens may live 50 times longer like RJ raised queens. Studies show higher conception rate, testosterone when humans eat RJ. IJGO 2008;101(2):146-9 found RJ tripled pregnancy rate of couples using IVF (from 2.6 to 8.1%). NJ 2012;11:77 found "improved erythropoiesis (red blood cell synthesis), glucose tolerance and mental health" in healthy volunteers versus placebo group after 6 months of 3 g RJ. "RJ... 50 to 100 mg per day, decreased TC by about 14%, and total serum lipids by about 10%" ► Exp 1995;51(9-10):927-35. Testosterone, estradiol, DHEA prevent cognitive decline, fast aging and cardiovascular disease. PB 2017;55(1):497-502 found that in high TC subjects, RJ for 2 months (3.15 g/day) increased serum DHEA by 14.6% versus a 2% decrease for placebo, while

testosterone and estradiol didn't change much; TC fell 11%, LDL 5%, while liver and kidney function markers were unchanged. CJIM 2014;20(5):347-52 found RJ can lower blood sugar by 8% and A1C by 19% (from 8.67 to 7.05%). IJMS 2019;20(19) :4662 has more on longevity effects. In vitro, RJ prevents Alzheimer (inhibits β-amyloid producing β-secretase) ► SR 2019;9(1):168. RJ (powder, enzyme treated, *2.4 g/day*) reduced eye dryness/issues in people ► PO 2017;12 (1):e0169069. Ntr 2021;13(8):2536 found that acetylcholine (1 mg/ml) and the 9 fatty acids in RJ together increased tear production, while using only 1 fatty acid didn't do much. The same effect almost of all 9 acids or RJ itself is attained with only 3 acids + acetylcholine in RJ (enzyme treated with proteases, to split proteins into peptides and amino acids to reduce allergic response) improve tear generation: 10-hydroxydecanoic $HO\text{-}(CH_2)_9\text{-}COOH$ (0.36% of RJ), 3,10-dihydroxydecanoic $HO\text{-}(CH_2)_7\text{-}CHOH\text{-}CH_2\text{-}COOH$ (1.35% of RJ), 8-hydroxyoctanoic $HO(CH_2)_7\text{-}COOH$ (0.31% of RJ). One day we'll make a pill containing the 3 acids + acetylcholine, which is 900 times cheaper than RJ if mass produced. We already can take choline bitartrate or lecithin from bee pollen, so that may do it too, except those 3 acids are not in any foods, except RJ. Some RJ may have double these 3 acid levels, % varies with pollen source. Even without enzyme treating, these 3 acids are still there in fresh and minimally processed RJ. The only other recent study on dry eyes is in rats: if you have dry eyes, bee pollen may make them drier in the long run via less protein (essential for ocular homeostasis) secretion, since in PO 2014;9(9):e106338 bee pollen 0.5 mg/ml in water did lead to 5 times less protein secretion than plain water (20 times less than 0.5 mg/ml RJ) in one test (though intake of 40 mg/ml pollen in water did produce more tears by volume than plain water in another test), RJ performing way better than any bee product. But a healthy smoothie we make may be better than both RJ and bee pollen too: "*Protein secretion from the LG (lacrimal gland), a critical function for tear secretion, was only (not honey, pollen, apilarnil, propolis) evoked by RJ and the decrease in tear secretion in vivo in the dry eye model was restored by RJ and propolis at a dosage sufficient for human health benefits. In addition, the intake of RJ suppressed corneal epithelial damage, which is considered as one of the clinical manifestations changes on the ocular surface in dry eye.*" Let's find out if people on a low fat diet (to prevent atherosclerosis) incorporate these 3 RJ fats more, since body absorbs low intake nutrients dramatically better, so the ratio of these 3 acids to the other acids absorbed would be much higher in a low fat vegan (6% fat by calories usually, vs 30% for many). Additionally, *vegans* are closer to bee diet, so effects of RJ may be stronger, as mammal proteins/fats don't interfere. Bee brains contain 30% of total fatty acids as ω3 (similar to us); bees get poorer cognition when ω3 deficient ► PNAS 2015;112(51):15761-6.

11.1.1.4. Conclusion: ☺☺☺The Happy Emergence of Immortality *for* All☺☺☺

It seems like adding sugars to the worker diet makes them queens (50% bigger) and worker cells are tiny, not allowing for body size expansion, with worker cells receiving minimal food, while

queens get more than what they can eat. In bees the queen serves the reproductive function. In humans everyone would be living longer, so it would be different. As the first fetuses age slower, it will take 100 years for the skeptics to realize the babies who got the new diet during fetus stage actually might live to 4000 years old, so this will give them time to read the Immortalist Anthem, this book, prepare the World for ~*~Eternal Universal Peace~*~, 11 companies and 1 language, 1 country for all humans, 1 law (no more different laws), Immortality *for* All, etc with zero violent crime. Perhaps a bee product not found in nature could increase human lifespan by 5-20%, if eaten in pregnancy, but it's highly doubtful, because we're not insects. RJ is special perhaps due to the need of making 1500 eggs daily for 5 years, which may not occur easily in some of the non-RJ queens, as mere WJ is not enough to make 1500 eggs. But if we only look at lifespan, we don't care about RJ. We already know from thousands of studies that malnourished fetuses often live to 2 years old only, just 40 times shorter. We need study effects of nutrients early. We have seen how DNA methylation is lower, in queens, but the higher methylation could be due to malnourishing early on that leads to different gene expression early on, not to not eating RJ all their life. Many people had every relative get diabetes and then they were the first one in centuries or millennia to become vegan and did not have diabetes because he did not eat saturated animal fat known to kill insulin maker β cells. To live long we need zero violent crime in 5 years and eternal World Peace in 3 months, so trillions wasted in wars are spent on research on that 20 mg compound, which, like in bees, increases lifespan 40 fold. Without Peace, no honest research is done, humanity may disappear in 10 sec via the 2 capsule scenario, and all $ goes to weapons. It's thus everyone's duty to bring one nation on Earth, with 11 companies, 3 agencies for all humans, 1 language, 1 currency for all, 1 education for all. ☺☺☺ Money for Life, not war.

11.1.2. Eterni (Eternity) high tech foods replace *animal*/plant *agriculture*, 4000 yr old sippers of soft slurry (powder dissolved in water) replace "masticating cannibals"☺☺☺

Far future eterni food for trillion year old humans may mean unknown matter-'light' particles or 'energy', meaning to outsiders we live without eating. Initially, eterni means the most ethical diet, that abolishes the torture of rodents, insects, birds killed by vegan agriculture and livestock by animal agriculture, abolishes bloodshed and deifies the Core Principle of Immortalism: there are a Trillion Ways to Solve Any Issue, such as disputes or how to feed all, without any violence to sentient beings. Thus, enveloped in the Light Eternal of gentle tender soft nurturing loving healing kindness of the God of Immortality *for* All (Immortalist Anthem), we Create the Eterni Diet for All, to Walk, not just talk, about Noninjury, Nonkilling. In 2030s, eterni means the end of grocery stores, restaurants (all is done online or via vending machine): we know the level of 100,000 compounds in µg, later ng amounts eaten daily, how many eterni *powder packets* were shipped in paper cylinders (no microplastics) by food.gov (at the AI prompting) for us to dissolve

in water at home, packs are small, so that we don't have to weigh, we choose smallest packets if wanting to eat just a little extra, we scan *(phone or a special scanner by the house "Home Biomarkers Machine" used to measure body fat%, and other simple things)* the barcode of every pack eaten *(rinse 'glass' with water to avoid errors of nutrient intake, the 'glass' is made by a clever expansion of this paper cylinder by pulling upwards and then removing the separator between the powder cylinder and the water cylinder, made of water resistant (for 10 minutes) recyclable paper, you pour water into the enlarged 'glass' and mix it in this taller cylinder, to avoid the use of dishwashers, forks, knives, garbage disposal, as everything is eaten, scraped and finally rinsed for an accurate AI input and kitchens don't exist anymore; a perfect zero trash society: the paper is recycled, no injuries from broken glass, or wood/plastic/metal cups hitting kid toes etc)*, so AI calculates the next meal formula based on the weekly biomarker numbers at the City Immortality Center ($90 million scanners that can't be in each home). Thus, eterni means µg are known, and we are, for the first time in human history, able to calculate EXACTLY the intake. New mass spectrometers are designed, with 1000 openings ion traps, instead of 6, to detect chemicals 100 times faster and increase sensitivity for lowest concentration chemicals 100 fold. Imagine being able to have a list of 50,000 chemicals in any food product in 5 minutes, everything has a label (with 1-90000 chemicals, seen via a barcode at utility.gov), no more guessing what's in blood, urine, saliva, eye tear, feces sample, shampoo, soap, etc. An eterni is not a *vegetarian* or vegan, but a compassionate☺☺☺ person who avoids producing food by causing pain in animals/plants, whose soul is soothingly enveloped and joyously engulfed in the Eternal Gentle Energy of the Glistening Garment of Virtue, of ethics, of Godly vibe, of gentle tender soft nurturing loving healing kindness for All. An eterni is not a vegan, but someone who eats super *high tech food* ("personalized to DNA, weight, health issues" powders dissolved in water 2 min before ingestion, to make a drink, slurry or paste, shipped twice weekly, so no vitamin/nutrient degrades in liquid/paste form during shipping, for free to all citizens) that helps them to live 4-9 billion times longer *than eating animals or plants would allow one to*, to build a Civilization of trillion year old Immortals. Thus, there is no need to be militant about not eating meat, since meat will be like poison is today in the future high tech era – i.e. *nobody would eat meat since it would shorten their lifespan 2-90 times*. *Agriculture kills rodents, birds, veganism is not that kind, but kinder than eating meat.* The next 17 pages explain the eterni diet concept. Biology is a trillionth of chemistry, chemistry a trillionth of physics, so with each 20,000 years, a physics focus speeds up the move towards shapeshifting bodies eating exotic particles/energies, enabling the move to trillion year lifespan. Example: knee pain, pills take long, do damage, etc. A little 850 nm IR light is like sunlight warmth and remove all pain or legs growth by electricity in any area of a frog, even eyes, etc (mind blowing signaling via electricity).

In 2100, a chemical reactor may make the best berry anthocyanidins in 10 minutes with drones

delivering them to you as part of an eterni custom powder for your DNA & atomic scan in 1 hr using the 55°F Vans of Eterni Foods Inc. This 1 hour old powder is 1000 times healthier than the crap powders that rot for 2 years in warehouses, with anthocyanidins turning into toxic oxidized cyanidins. Eterism is the gradual move from high tech food to what appears as etheric food, invisible food, the energy invisible particles that allow shapeshifting of Immortals. Veganism with supplements can help until the era of 0 bloodshed, when nobody kills any animal and all carnivores are extinct (pets will be vegan or eterni). We'll evolve big "brains, eyes, ears", small "jaws, teeth, mouth" as we drink thick gels/drinks of eterni powders dissolved in water, chew no more, use solid powder since it preserves nutrients 900 times better, rots 5000 times less: the *masticating* chewing ☺filif IQ human☺ is replaced by the refined drinking genius. All they need is a spoon to stir the water and mix. He's the epitome of immortalist efficiency, the food is prechewed so to speak, to prevent cell division, aging and enormous brain resource wasting in chewing and use that to invent living to 9 billion. He meditates more, greets more in an empathic way, distances himself from chimp violent chewing, into graceful moves and tones. After drinking his meal or eating with a spoon thicker gel like blobs if he wants something more solid, he flushes mouth with a high tech mouthwash and develops 100 times fewer cavities, as no food gets stuck between teeth. This lower dental infection boosts his immune system fight against brain aging, instead of against food lodged between teeth by low IQ mastication, unable to remove it by mouth washing, gentle tooth brushing. In a positive feedback loop, his brain performs better each generation. It's known natural tears have 2100 chemicals, so the immortalists *will also find the 2000 chemicals in the saliva and replicate them in this powder*, so that we mimic the enzymes and processes of our digestion, to avoid hard stools coming out of poorly or 0 chewed food lacking saliva. You will notice your stool is coming out easier when you eat by chewing versus 100% smoothies, due to the enzymes in saliva that digest starch, etc. Eterni Foods diminish the stress on the body 10 fold, because for eons and even today, we eat 10 mg of an essential micronutrient one day, 30 next day, 5 the other day, none the 4th day, 100 the 6th day, none for 3 weeks, etc. This is becoming less so, as all take vitamins and have more regular meals, but it still happens. The body develops routines, shortcuts, efficiency and 0 emergency, when given the same exact nutrients it needs daily in daily doses, instead of once 3-20 days. ☺☺☺

What would you prefer? Having 50 billion foods available today, with all their texture, taste and color aristocrats have us focus on, that give 80 year lifespan, or all humans (like they have same universal pay in the future) living to 4000 via one single food: a light brown *(or whatever boring color (not going to be bright* red, blue, etc from toxic colors*) the mix of all polyphenols, etc gets)* average taste (not even sweet, maybe neutral like lentils) powder that contains exact µg of 90,000 chemicals, that we eat 2-9 times daily depending on how much we weigh. Most would

prefer the one powder and living 50x longer and having time to achieve nirvana each minute 5 million times higher than "taste, texture and color" bliss they get from foods now. No sane person would trade 2 min of taste bud bliss for losing 3920 years of lifespan, in which you can experience 2000 years of bliss. Not to mention, normal foods are hard to buy, cook, etc, the powder is dissolved in water, shipped by food.gov, so one drone will deliver 500 packs, instead of 500 people going to a grocery store often, saving electricity, toil to produce electricity or maintain robots that manage the solar repair, avoid trillions of tire particles that kill via smog, noise, wear, tear from driving, cooking… Ethical persons choose so out of compassion for asthma people, all killed by smog, as the Immortalist Anthem calls for. The goal of life is not the Worship of millions of tastes, colors, textures via gluttony, but the achievement of instant Eternal Bliss via Breathing and Oneness with God's Immortality Nature, God's Central Quality, as in Living to 4000, then 4 trillion, via Eterni Food of a New Spiritual Science. Radiant Religious and Ethical People Worship God's Central Nature, Immortality, not matter Taste/Texture, they ☺☺lovingly tenderly *gently kindly*☺☺ wake up from the Slumber of Worship of gluttony, Clothe Themselves ☺ with The Radiant Glistening Garment of Gentle Tender Soft Nurturing Healing Virtue filled Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All.☺☺☺ Then, the Holy Spirit of Immortality *for* All that overcomes death by Scientific Iridescence will hover to Rest in Their Healed Ecstatic Soul,☺☺☺ filling Them with Limitless Bliss. Potato shares 50% of our genes☺☺, dog/pig/cow 80-4%, chicks 60%, eating them is cannibalism, it's time to evolve to Eterni Foods, understand why humans can be so similar to potatoes in IQ: we're half potatoes☺☺. 4.2 billion years ago, plants, animals didn't exist, but one cell did, we all came from it. Plants experience pain, the juicy part is their "blood", don't spill "plant blood", be kind. ☺☺☺ Since Eterni Foods give us 10^8 yr lives, present food will be seen as bad as we view cyanide now. But religion lovers, people who believe in every fraudster, think "natural poisons don't exist". The 1st page and anthem say it all: we were one cell, living a million times shorter, being a million times smaller. Now we're trillions of cells. Likewise, today, we have 1 form, in 4 billion years we'll maybe have trillions of forms (DNA codes) as Shapeshifting Immortals of the higher etlif IQ. When we realize 99 years is a nanosecond, all human effort goes towards 10^{90} year lifespans.☺☺

They say "let's be close to God, know God, emulate God's qualities to become more of the presence of God" or "let's know physics, science to improve human condition, cure disease, end all deaths and disasters". All agree that to know physics or science, we study 4000 hours not 80, for some exam. To know God, i.e. the physics laws of trillions of dimensions that grants us shapeshifting Immortality, etc, we study 4000 years, not just 80 years. Thus, to know God better, to emulate God better, know God's Will and Ways better, we need to live long enough to develop the Wisdom and Knowledge to discover God. Thus, we can see then that the very first ethical, social, scientific advancement, and spiritual duty of any immortalists or ethical and

spiritual people is to live to 4000 at least, and then more, to a trillion eventually, so in that nanosecond in Eternity of a trillion years, we can begin to comprehend God and live in a Godly way, or, as atheists say, in a kind way. We have the Gentle free will to Tenderly adorn ourselves with the mantle of shimmering bliss stemming from the knowledge of Immortality, of God's central nature that enables us to get to know God better, so we may bless the human quantum field with longer happier lives in tune with the universe or God, if you agree with this ultra wide God definition, so inclusive, that anyone agrees God exists. Thus, God calls us to create a God centered civilization, i.e. the Paradise of Eternal Blissful Grace and Nurturing Softness of Eternal Immortality *for* All. We can say is that the very first communion with God, (or "commandment" if you like that violent word, since God suggests, doesn't yell or command) if you will, well above all other "commandments" is to use all our energy, effort and time to extend the lifespan of all humans by millennia, to be alive, to make the max number of people stay alive for millions of years (we can be in 2 places at once, Heaven and here, no worries, that's bilocation), so all become knowledgeable about God and a Godly life. People say "we want to go to the highest realm, nirvana, heaven", but that's not possible with 80 years life, too little time to study the ethics of a Godly life.☺☺☺ See the Big Lie. Why reincarnate 50 times, if we become 5000 times wiser in a life of 4000 years? The purpose of life is to know God, who is Immortality itself, i.e. the purpose of life is to experience Immortality or oneness with God.☺☺ The first "commandment" is Don't kill self by Aging, Don't Die, Stay Alive, structure society around that: Immortality *for* All. The essence of "spiritual or ethical instruction" can be said in 3 words: Immortality for All. ☺☺☺ To Love God is to grant Immortality to All, so all know God. Thanks be to God. ☺☺☺

To be spiritual is to dedicate one's entire life and time to the kind 11 companies that turn Earth in the Realm of Immortality. You see, when all we want is to be one with God, to emulate God, we give up our silly 1 billion small businesses, and unite as One Family of Immortals☺☺ to bring Immortality via the 11 companies, which enable us to extend lifespan 9000 times faster, as all energy goes to that, not war. To be spiritual, to emulate God, to know God, we support the first and most important of the 11 The National Unified companies, Eterni Food Inc, the very expression of God's Advent on Earth.☺☺☺ God doesn't need low IQ rituals, God only asks us to Think, to Practice Spirituality in the Wonderful Immortality for All Labs, the New Sport: Knowledge Discovery. Our 'Ritual, Worship, Selfless Service' is the Discovery of God Knowledge via Hypothesis Formulation and Testing. God loves intelligent action to prevent suffering of animals, plants and people 1 billion times more than temple ceremonies, evil sports, God loves us to worship by walking as chemists, physicists, engineers in labs, loving our research so much, practicing science all day, to defeat aging. True immortalists realize "The Kingdom of God is within", not in buildings, and that the Temple of God is Our Body, that needs to last 4000 years, later 40,000, then 1 million, then a billion, trillion, etc, not a Pyramid or Cathedral. Maintain your

Body (Temple), not a usually empty building taking space, nourish it well.☺☺☺ Jesus didn't tell anyone to build churches, Vatican did, as they needed a spy base to loot/screw locals by lowering their IQ.☺☺☺ Our temple gardens are the single family homes where kitchens are converted into labs to do experiments among the 50 million areas of specialization of sciences. Our temple gardens are our research centers that dot every street, replacing the 500 types of junk businesses that make people spend 1.4 trillion/yr on vanity and 1 trillion on gluttony too. Our temple gardens are our Immortality Centers that dot the land, where all measure for free 5000 biomarkers, in the Eterni style of Eternal community of Immortality for All. ☺☺☺ Our sermons are the wonderful science papers☺☺☺ we write about extending life by 300%. Our community service & sport is our happy lab cleaning, to get ready for the next experiment. We're God's angels, defeating the demons of ignorance, death, we help Life overcome death. Unlike those worshiping 80 year lives, we create 80 trillion year lifespans, being a trillion times more prolife. Unlike the hedonistic Christians and others, we're a trillion times more prolife, by sex for pro-creation only and after extensive eterni tone of behavior training, via the holy divine parent license to protect life a trillion times more. We're the most liberal, progressive and conservative at once, the guys worthy of winning all elections worldwide. We got the holiest most progressive prolife Anthem, free of negativity/low IQ in other anthems, our Anthem is trillions of times kinder than the so called "scriptures" of most religions. Our Anthem calls for Giving All trillion Year Lifespan (since in a trillion years all will have time to become a sage), loving the worst person a trillion times more than the gentlest most nurturing kindest mom loved her baby. This is totally opposite of existing religions that call for Taking Life in genocides (so called wars): War (Analects of Confucius), Tao Te Ching (rarely), Gita (when Krishna tells Arjuna to commit genocide), the Abrahamic "Religions" (500-1500 times). It's the difference between God & evil, Day & Night, Space Rocket & chariot, Eternal Life & spiritual, physical death. This isn't arrogance, but a statement of fact, obvious when you read the Anthem & the nonkilling section. Even Jainism, that avoids killing insects, has cruel hair pluck rituals that inflict pain, worships suicide, being OK with dying at 20 before ***they understand what the truth is, not claim they do***. We're overdue for a pain free spirituality, ethics, philosophy or "religion" for the 21st century. Buddhism is also like suicide bombing, you beg, are a parasite, you let aging kill you and all, let aging commit genocide, while telling lies that your practice will give us eternal life in a dimension, when you have zero proof (proven interdimensional travel) of that realm. They all worship death, genocide in very subtle indirect forms, that contradict Honest Ethics. ☺☺☺

Thus,☺☺☺ the immortalists' Goal is Boundless Compassion for all animals, plants, dying people, whose chronic diseases are eliminated and postponed by millennia via Eterni Food.☺☺☺ Full of Cosmic Bliss☺☺☺, a million times higher than food taste, all adore the simple plain tasting universal powder feeding all, for Virtue is Above Ego and Taste. We're all God's Kids or one

human family, so why would an ethical human need more than one powder (plus lower glycemic index version for those 0.1% without any pancreas or insulin, diabetes and maybe a vitamin to personalize any congenital vitamin absorption oddities that require 5-400x of a vitamin for 0.1%)? All bees live 50x longer by one food alone. A true Family of Immortals☺☺☺ is United in Purpose, in Passion to Attain the Nutritional Mix Formula that grants all 4000 year lifespan. ☺☺ God shows the way: nonkilling.☺☺☺ Thus, a Holy People and Planet, fully Possessed by the Holy Spirit of God, the Spirit of Eternal Immortality *for* All, is fully Dedicated, Body, Mind and Soul to the Eternal Emergence of the Eternal Youth Elixir Via the Eterni Tone Immortalist Culture and Sports, as the Expression of the Living Demonstration of God's Victory over the depraved selfish self, as explained in the Discovery of the 4 Chemicals that Change Human Lifespan Forever. This is the Glory of Chemistry, no more Slavery to the Big Food Mafia or Restaurant Industries, everyone is a Philosopher, Immortalist Sage, Intellectual Scientist, Peaceful, happy, enjoying the 1st and most vital of the National Unified 11 companies, Eterni Food Inc of food.gov. The Cognitive Meditative Homo Immortalis won't need Restaurants anymore, as Virtue makes him 1 million times happier, his Joy is the Manifestation of Eternal Immortality *for* All.☺☺☺ The arrival of Eterni Food is not difficult, once the ultra spoiled mindset of "I need 5 trillion flavors" vanishes, melts in the Ocean of Euphoric Bliss and we stop using chemists for "taste, texture, color, smell, focusing instead on 4000 year lifespan on TV, replacing these "rat IQ" chefs saying "let's add this for more texture/taste of this type" without any analysis of the biochemical consequence of that for longevity, for making it to 200, then 900, 8000, etc. ☺☺☺

How do humans get from "cannibal" blood drinkers, as meat is full of blood, 0.5% of it, to this age of Eternal Universal Grace and Peace?☺☺☺ Simple: have the gov require true labels on each food (warning: this food killed 3 million already via high salt, hypertension last 4 years) and we know each food sold today has some issues, some barcode will explain all issues in graphic pics and detail (not just poisons, but also oysters too much Zn risks Cu deficiency and brain aneurysm, Brazil nut too much Se causes cancer, etc), but even the labels will explain the gist of it: dairy can give heart attack by the rBGH and other antibiotics, hormones, estrogens that they add to spike milk production, via the acne that enters arteries and forms soft plaque, leading to rupture and clot caused stroke and death. So, on each food, we explain what it contains, the mg or µg of Hg, Cd, poisons, dioxins, PCBs etc to show the real deal, to show the poisons in each food with specific cases of death or disability on each food label in each store and with a note "To avoid these effects, choose this powder free of all these 30,000 poisons we identified in animal and plant foods". This way, we encourage all to order it online via food.gov instead of killing people with tire particles and carcinogenic NO_2, etc emissions by going to these physical stores to buy poisons that remove 3920 years from their potential lifespan. Once people realize

everything is bad, being so scared by the label and videos about the label at food.gov/barcode, as nature didn't design it for us to eat it forever, and plants/animals put poisons inside to stop the slaughter, things to kill animals trying to eat them. The aristocrat is an evil thief who wants to keep all addicted to the sewer trash worth 3 trillion a year he sells to drain our wallet and kill us at 80 instead of 4000, so it's up to us to say we want a different world, not one of fraud and focus on appearance and taste, texture, but 4000 year lives as a bridge to 4 quadrillion year lives later. The thief takes over media and bombs our brains daily with endless fraud, instead of 11 companies, to make us buy trash. His goal is profit, not us. He has no concept of the Family of Immortals, to him the 99% are mere cows to be worked to death not his kids to be loved cherished, where he feels like the Immortalist Anthem mom loving her baby. Dad comes home with oatmeal, we eat oatmeal, same food all kids (8 billion humans). Likewise, one day we have this 1 powder for all humans, with minor variations for all, given to us by Dad (dad = the Immortalist Anthem of *gentle tender soft loving healing nurturing* loving kind science) with 1 capsule or extra customization at first, if way cheaper than making vastly personalized macro/micro nutrients for all, as it will eventually happen ☺☺☺ when agriculture vanishes 100% and Eterni Foods or eternism become the only way we eat. 1 powder for all is Efficiency above Wanting to be Spoiled, look at bees, we give all one food, they all live 50x longer, there is no personalized nutrition. Can we be efficient, so kindness rules? ☺☺

The Neolithic idea of "eat this and that food on each day of the week" is just a way to shorten lifespan. Eterni Foods reduce biochemical stress: body goes into 911 fight and flight mode when all of a sudden you dropped intake of a nutrient 4 fold. Regular sleep is key to longevity, same hours, same lunch hour. What happens if you sleep one day 10 minutes, next day 2 hrs, next 5 hrs, then 15 hrs? You die 25 years earlier. What happens if you eat 400 calories one day, 1000 next, 200 next day, 6000 the 4th day? You die fast. The less regular and less predictable by the body, the shorter the life. You destroy the body, but this is what our "PIG HEADED MONSTER DIETS"☺☺☺ give us today, eternal daily all out emergency for several micronutrients. You don't see the stress of cells when you gyrate intake so wildly like most do without a thought, and then they wonder why they can't live to 125. Aliens will look at our diets and think of us as we think of chariot vs spacecraft or pigs eating anything. Pigs live to 20, but the vegan Aldabra giant tortoise to 350, as they eat only the healthiest plants, a diet very rich in fiber, phytonutrients, antioxidants and polyphenols. A chariot has 5 parts, a spacecraft 10 million, man's diet is often 5 parts: meat, potato, cheese, bread, nuts, as man is a glorified pig today whose ethics has 5 parts: theft, rape, genocide, beatings and fake scriptures vs the Immortalist Anthem. A diet to live to 20,000 will have 100,000 parts, each weighing exact mg and µg. These 100,000 parts are the chemicals found in our diet and a few extra others, just not in the ratio and form today, but free of toxins, antinutrients, pesticides, hormones, preservatives, heavy metals, mycotoxins. It's

never too late to be so pig headed/animalistic, to embrace the idea of 11 companies: simple living, high thinking, complex thought processes and techs behind that 'plain color' simple powder. Learn from the turtles: heart rate is 4 times slower, 15 bpm, like the Eterni Music that Lowers the Heart Rate and Grants us 350 year lifespan, they don't shed blood, live 4 times longer than us. Isai 66:3: "He who kills an ox is as if he kills a man". Let THINKING rule the diet, not taste, texture, appearance. Let Immortality guide us. Behold, the future is Upon Us, the Disneyland World of beautiful colorful telepathic radiant teleporting genderless shimmering shapeshifting Immortals aged a trillion years becomes real. Let Thy Radiant Glistening Garment of Gentle Tender Soft Nurturing Virtue Shine in all *Universes* as the Light of a Trillion Suns, so all see the God of Ever Ecstatic (no plant, animal, human pain) Healing Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All, the healing Way of the Immortals, the Eternal Ethics of the Immortalist Anthem.☺☺☺ We'll try to encourage people to eat their powders evenly (give everyone 7 packets to dissolve in water for minimal glucose, TG spike) to achieve an equal distribution of many vitamins (B) that have a limited capacity to be absorbed all in one meal for maximum therapeutic effects on the brain (to get the peak serum level last 18 hours not 2), as explained in the 2nd paragraph of the B2 section on 40 mg 10x/day for headache.

If you're super kind to animals/plants, you will be kinder to people, go to war less. It creates a culture of compassion for all sentient beings. To be kind to animals doesn't mean to have a pet, since pets eat thousands of livestock, but to not eat animals and to discard pet ownership if pet is not vegan or eterni. Each eterni powder pack will be labeled with the best hour to take it and be personalized for his DNA and health issues, for maximum healthy lifespan. Each package has maximum 300 calories to prevent weight gain and belly fat, with high calorie construction workers being allowed to buy 500 cal max packs, as they can lift a lot of stuff and need more energy. This solves the obesity epidemic, with people eating industrial 1200 calories at one fast food meal followed by a high calorie snack or at home in the evening, becoming obese. *We get* these "filif pig IQ folks" (pigs live to 20, humans to 80, so humans of the future who live to 320, may view modern humans as smart as pigs are vs humans today, and we humans think of those with pig IQ as lower in IQ) *on TV telling us how to cook in toxic or less toxic ways*, and mix stuff like monkeys and no science papers and nutrition powder formulas discussed 3 hours on TV (2 hours at night, 11 pm to 8 am) to help us live 40 times longer like queen bees who start from the same DNA and live 40 times longer by a different diet. It's uneconomical to grow purple cabbage and to extract 300 mg polyphenols from it. Plus, current extraction methods are very chemical and primitive, they do a lot of chemical damage to the extract. It's possible to create biophysics based extraction methods using techs similar to those that assemble molecules 1 million times faster than today's archaic organic synthesis multi step multi reactor processes. However, we're so far from that 'plasma like' gel that allows us to separate molecules based on new particle

field attractors (force field that sucks from this gel only molecules of interest at 100.00% purity without damaging them) of 'EM potential', that it's sci-fi. Create a "magnetic" attraction between the new particle field of the molecule of interest and this custom field value specific to that molecule. Modulate the field, first eliminate those with field values above, then with field values below and remain with pure extract. This is *1000 to 1* billion *times faster* extraction *than the methods in industry* today. Quantum computers in 2025 were at least, for public papers, 1000 trillion times faster than the fastest supercomputer, so they could be used to make new catalysts for chemical synthesis using new reactants, so you synthesize nutrients at 900 times faster speed, 9000 times lower cost, 50 times fewer synthesis steps via computational chemistry. This is a bridge tech, until we discover the instant assembly of any molecule from basic chemical building blocks, which takes 1 billion times faster results and 1 synthesis step: application of new plasma or 5th state of matter field and other tech. This is stuff way more amazing than carbenes in water, eliminating organic solvents and green chemistry. *Nutrition* science *will become 1 billion times more* exact, since we can take 1 million people, give them the exact same 4 packs to dissolve in 400 mL of water at same exact hours every day, 8 am, 11 am, 3 pm, 6 pm, with the only difference being the mg or µg of one "vitamin, mineral or nutrient X". Today, our studies are pathetic, since the mg of 100000 compounds in food are different, so you can never eliminate those *100,000 confounding factors* and the chewing order for foods is different, so it changes biochemistry, not any two tomatoes are the same, making the RDA/UL pointless. With a slurry/gel, the powder mixed with water, the nutrient order is the same for all.

You only achieve what you aim for, if your aim is to remain a gorilla, then you remain one, a faithful slave of the aristocratic terrorists. If we want to remain ☺abysmal in IQ☺☺☺ (vs 500 year old humans of the future), we vote Re-pub-licans and Demon-crats, both being controlled by the rich. Palace dwelling musician or other aristocrats, *(whom you're ☺☺lovingly tenderly gently kindly☺☺ invited to boycott for most create only bad aggressive music that* destroys the immortalist vibe in the USA*)*, only want useful cannon fodder slaves, to be lied and brainwashed daily on TV, fight slaves, to make the rich richer, eat poisons and sing silly violent tone songs. Conmen took over America, gently rebel, vote Immortalist Party now.☺☺☺ With immortalists, we get to have 80% science backed programs to make everyone a genius of chemistry and physics, eventually 1 day make all smarter than Einstein. All TV presenters would be fired: only people with college degree in Life Sciences & Engineering to bring immortal lifespan techs always into the discussion and the applications of tech to solve current issues. Instead of so many tornado or hurricane floods movies with damaged houses, we show what happens when we build all houses 5-8 feet higher (raised foundation) in flood prone areas, with stringent standards (no house damaged, concrete block, domes, brick, etc, not paper houses called mobile homes) and explain the reason some houses fail is due 100% to the aristocratic massive thefts

from the average people (trillions stolen) not due to Mother Nature, due to decentralization, 5 million crap contractors, 20000 royal families in the 20000 cities making different rules and wasting taxpayer money, all crappy weak rules that protect their gangs, not the PEOPLE, we also can show physics of aircraft to prevent tornadoes, and how we will build this to end all tornadoes, hurricanes, etc), using the most scientific vocabulary, will be reporters/presenters of any TV-radio station, people who took speaking classes for 1 year at the Eterni Tone Academy in Washington DC metro area and later, Eterni, the New Capital. We educate people why 50 million Americans deal with the moldiest buildings over and over, floods inside homes (should never occur or 10000 times less often, with an ethical government, not one of clowns; deaths from poor housing being flooded etc are in the thousands) that bring mold and endless needs to remodel normal or mobile homes (ought to be illegal in hurricane areas, see why) and buy new mattresses, sofas, objects ruined by water, etc, leaks not repaired for months or years, due to a criminal system of aristocratic massive theft of public funds (they made up a system to pay themselves 50 to 50000 times more per hour than the rest) to build their mansions, to establish states within states and glorify their low IQ, while the PEOPLE's issues are ignored, since aristocrats live in the best areas with no floods or issues, due to endless slaves to fix anything, and there is no incentive to create a national system, an Immortality Building Inc for all to have a decent hotel and house, not just 1%. This would equalize pay (max salary 2-4 times the minimum) and destroy the aristocratic class, creating one class: humans. Defense is nationalized, the army, why is housing, a basic need, of survival too, not nationalized? Likewise, the immortalist TV stations educate the masses about the bad foods sold by the aristocratic bandit ☺filif IQ ☺phonies, how the same criminals profit from the death of billions 15 years before their natural years had the food been healthier, and 10 years early due to brain cancer RFs in cell phones and WiFi devices on all the time (when there is no need only convenience of aristocrats to spy on everyone and mind control every move to left or right, every thought and emotion).

The future immortalist presenters study the art of speech from the age of 2, and then get a science degree to act as science communications interface for the PhDs, postdocs and professors, who're doing research and don't have the best tone, having not spent 20 years specializing in that. The number one priority in life is Life and that is what we will do in all areas of society. Our aristocrat controlled TVs are a grotesque evil pizzeria of garbage to justify military solutions to any issue, instead of Science based solutions specific to immortalist militaries, like new inventions to not need resources, the daily broadcast of planetary virtues and the cosmic efforts to "grant all humans Trillion Year Lifespans" as a basic right, as the UN Charter redefined for ~*~Eternal Universal Peace~*~, etc. Virtue is absent on TV, happiness classes and the value of self-sufficiency, not being a parasite, not importing anything, are not discussed: without self-sufficiency, no freedom ever exists. Let the Light Eternal of Immortality

for All shine on the New TV to raise IQ. All virtue is rooted in peace, nonkilling, nontorture, nonviolence of the Immortalist Anthem, in *gentle tender soft loving healing nurturing* loving kindness. Thus, it's the duty of all to centralize, eliminate 1 billion redundant jobs that become science-engineering jobs so we bring the age of eterni food unaffected by climate change, to prevent food/resource wars, to triple human lifespan every so often, to keep everyone healthy, happy, to build the modern ethics where everyone wishes upon everyone Immortality as a teleporting shimmering shapeshifting Immortal of infinite kindness. ☺Abysmal IQ☺ folks can't realize that everyone would be quadrillions times smarter and kinder, gentler than the best of humans combined today, so such beings would be worthy of immortality and can take on many racial appearances thru the day if they wanted. Primitives they can't go beyond their simplistic hate and extermination programs, war ideology, gross programming of serial killing aristocrats.

Climate change alone may lower crop yields, forcing famine on billions, unless they go vegan or eterni food tech is developed. This quantum leap to eterni in protein, fat, carb chemical synthesis or biosynthesis is the most important thing for humanity to do right now, while we attain World Peace in 3 months and reach 0 violent crime, because we don't understand everything about nature and when a supervolcano eruption will cause *crop yields to* decrease *50 fold* globally leading to the death of 98% of humanity *if no* preparation exists. In 0.25 billion years, we may be wiped out due to continents merging. Eterni Food Inc makes agriculture obsolete 1000 times faster. Oddly, we live in a fantasy world of complete irresponsibility, where too many are focused on sports, wars and violent music, instead of the super urgent need for World Peace in 3 months to be able to dedicate enormous resources, *huge physical energy (lost to sports today) to building* 1 million eterni food labs in USA in the eterni city centers and some extra in big nations, to preparation for this natural event that will come sooner or later. What love of nation and humanity is that? Play sports and have no preparation for 8 billion dead? The day when 80% of US land is used to grow plants to feed animals would be over, everyone would be vegan, *as crop yields decrease 20 times. We're so unprepared.* ☺☺☺

Our planet is wholly unprepared for a mega Yellowstone eruption, the volcano has been quiet for 70,000 years, but the ground has been rising due to magma at the fastest recorded rate in 2012-2022, so, if it erupts covering most United States in ash, like last huge eruption, when a third of USA became dark due to clouds of ash, we will say "science failed to predict". NASA said we can cool and solidify the hot magma over a few millennia. Do we know everything about reality? Many nations depend on US for food, so wars will break over food after 20 million Americans die due to ash and lava. Equally insane is the US lack of preparation for West Coast tsunami from a huge Cascadia earthquake - that would devastate 3 states if San Andreas fault is causing tsunami too, *killing up to 1 million people:* where are the movements of people inland, the building of water canals, desalinized water pipes to inland states and areas, etc? How are

fellow citizens globally prepared to produce eterni food and ship it to *states, countries under volcano ash* or unable to produce food due to tsunamis, ash, lava, nuclear winter like global cooling by 10 degrees? Right now, *global warming may cause* eruptions of more *volcanoes*, giving us a nuclear winter effect that kills 7 billion in all countries, just like it could happen in a world war: even those that are neutral and not fighting WW3 due to taking the coward attitude of "no war *(until all know which side will win, joining* late *to get some benefits)* but no World Peace in 3 months either, no courage to oppose war in of itself, pure cowardice"; *WW3* can only be avoided by *permanent* World Peace *within 3 months, WP3*. The bright Ukraine flag *yellow* color of the sun, the nice *blue* sky of Ukraine flag would be gone: USA got *3 supervolcanoes*, and when 1 erupts in a big way "Air traffic would come to a halt over much of the world, *the chemical composition of the gas emitted could be deadly, a global climate chill would set in for years, maybe decades." WW3 dramatically increases the chance of supervolcano eruption, especially thermonuclear due* to the fact *Russia can nuke last eruption points, seismic faults,* use ionosphere devices to *cause tectonic plate shifts, earthquakes that cause* 100-500m tsunami waves, (can be 500m high near inland lakes too, via a small nuke, removing drinking water for millions of people), that flood 20 miles inland on all continents, damage infrastructure, since global warming aids it too: we're not ready, we better develop eterni food *tech,* instead of violent music/sports: eterni food takes 100 years to develop well at least, to replace agriculture, it requires an all out planet wide effort, bigger than electric car one. ☺☺☺

Oddly, after I wrote this one page about cataclysms, 3 hours later, on 2-21-2023, I experienced the strongest wind in my entire life anywhere, around my Los Angeles home *(*trees fell*), with strong whistling, and these sudden* 54 mph *winds for hours/days also happen during cataclysmic all out eruptions or wars,* ionosphere weather Los Angeles *March 23 wars that cause cyclones, tornadoes (*75% tornadoes *happen in USA, Australia gets 80 times less), volcanoes, earthquakes, 100 mph winds; winds reached up to 70 mph in other areas and 60 million* Americans *were affected, including the* Yellowstone state*, Wyoming, where every road has the craziest winds;* 1000s of flights *were canceled,* 100 degree weather difference across USA. Until that happens, millions will have to move to higher ground due to sea level rise by 20 feet. 100s of articles already talk about producing protein, etc from microbes, CO_2, sunlight, water, to replace *livestock* and plants. ☺☺☺ We got strange tornadoes with real or fake casualties (most dead were from Sharkey county of 3800, 70% black, vs 10 million Los Angeles) on 3-24-2023. Does US know, notify people ahead of time, then fake deaths?

New tools allow us to discover eterni food candidates 1 million times faster. Each food, in a 100% opaque package to prevent nutrient loss, has a precise weight and a barcode that is scanned upon eating it all, to go into AI to build personal health data, with the exact, not "estimated" (*and off by ...900%...*) number of µg of the most common 0.2-0.5 million molecules

for the most accurate nutrition studies to eliminate 0.5 million *confounding* factors; this could be a powder which dissolved in water becomes a thick nourishing liquid, *since paste like*, liquid like foods nutrients deteriorate chemically extremely fast and this would be the era of super fresh *food, fresher than fruits and veggies whose nutrient content decreases HOURLY*; it is the era of PRECISION, when we know within 5 minutes of dissolution a given amount of vitamins exists there ALWAYS, where instead of chewing so much, we evolve tiny teeth, mouths and bigger brains (like aliens in these pics maybe), see lentil smoothie section; without extremes, we eat no solids or 100% liquids, but the liquified solids or solidy liquids, the middle way; no more hard chewing, but gentle drinking like a baby (or minimal chewing of a soft "solid" food, a cake that is far more stable chemically than a beverage, until *our bodies get used to* purees *only, "solid" foods which are more of a solid-gel like cucumber, not chips or bread that get stuck in between teeth)*; 20 *times* less tooth wear too, as acidic foods *are mixed with less acidic and we swallow, no longer abrasively scrubbing teeth with staining or acidic* hard *foods;* far less dental flossing, care needed; smoothies increase bioavailability, reduce "calorie intake, air intake, belching, telomere shortening, cellular division", thereby increasing lifespan, even if people don't meditate; liquid smoothies allow uninterrupted cosmic bliss of breathing, disturbed by heavy chewing. The middle way of quite hydrating small meals is preserving longevity, because eating big calorie meals made of solid stuff (or 'eterni cookies, cakes, breads, etc') and then not eating nothing except water, causes harder or smellier stool that putrefacts (and poisons the blood) to develop compared to eating it in 2 meals (I noticed this on me), one or both very watery veggie *or* eterni shake instead of pure water; we don't build belly fat and then burn it with water, causing telomere shortening, glucose gyrating wildly upwards and then downwards with water. Later, precision can move from 10^{-6} g, microgram (ug), to 10^{-9} g, nanogram, 10^{-12}g, picogram, 10^{-18} g, attogram, before the atomic tracing era; today nutrient intakes are "estimated" but this can lead to vastly different disease outcomes and we can't cure most diseases for all patients with the present "estimated food intake", let alone live to 500. In the pre-eterni era, every food, cultivar, fruit, etc would have a barcode used to get all nutrient data. Whether we eat 1 or 10 mg of some things can be the *difference between life and death*, due to synergy, and *we have no way to build that knowledge today, since every* food, fruit, veggie, grain, meat, dairy has wild variations of nutrient content, unknown to us. Just as electric cars will replace gasoline ones, solar-wind replace all coal, solar panels price fell 500 times in 50 years, computation power price down 1 million times, so will Eterni Foods replace all plant-animal agriculture. Electric cars (like Tesla) waste 10% of energy as heat, gas cars waste 85%. Likewise, vegan foods are far more efficient than meat or dairy, and eterni far more than vegan. Tesla, who became vegetarian, said we will live on cosmic energy in some future era, eterni food is the step before that, just like smoothies (lentils in them) are a step towards that bigger brain smaller mouth, stomach future. This diet was put to the test, 400 lb obese were given bland liquid with everything in it to survive

and in about 8 months lost 200 lb: people overeat due to taste addiction, the body can detect easier with one food, one formula, what calorie intake and value that food has, but with so many foods, it can't. Economics and environmentalism, besides health, will drive this fast change, fast on human history scale. Survival of the species, by expansion in space, will also drive ditching meat/dairy for Eterni Foods.

Even with current tech (with agriculture still existing), with *1.* weighing via analytical balance in every kitchen, with 2. barcode scanning for every flour, ingredient, nuts, lentils, seeds etc used in smoothies, food making (use pressure cookers with water, to minimize AGEs, set pressure, temperature, time of cooking more to estimate correctly food composition after cooking, instead of oven/stove cooking for random temperature and times and endless additives that react with cooked stuff and change chemical composition during high heat catalyzed reactions), that is connected to the Internet personal nutritionist AI or NC (nutritional computer in every kitchen that has AI models and data for every family member) *3.* habitual scanning with phone of every store/restaurant food eaten (adjust by 0.2 if only 20% of fries eaten for example), fast food, drink, fruits, veggies (every banana/fruit has a barcode that indicates its estimated non-peel content of nutrients based on its weight), etc we could get 50 times more precise estimates than the vague ones used in today's nutrition studies, but there is no political will, as people want profit via restaurants/food products, not to triple lifespan.☺☺☺ With exact knowledge of µg of 0.2 million chemical compounds eaten before conception and during pregnancy for 8 billion people, we can discover with powerful computers what no human can today: thousands of birth defects (low folate or choline led to spina bifida, we discovered) or adult diseases developing due to malnutrition during preconception, pregnancy or early childhood, i.e. for all mothers/fathers who passed short lifespan (75 not 110) or diseases or birth defects, we noticed 30 out of 0.2 million compounds being low and 40 maybe being high, unlike the parents who didn't have such offspring. Right now this is impossible to find out due to variation of content for the same fruit-veggie-grain depending on cultivar, etc and people's self-reports of diet being wildly inaccurate. Many talk about autosomal dominant or recessive genetic disorders or inheritable diabetes tendency sometimes or CRISP ***gene editing***, forgetting that queen bees do ☺ GENE EDITING, change their traits (starting with same genome), physiology and extend lifespan 40 times by ***simply eating differently***; we forget that human fetuses and 0-5 year old kids who eat differently, could also, live to 900, cure "incurable genetic diseases", turn bad dominant traits into recessive or vanish them altogether, turn good recessive genes (that aid living to 110) into dominant ones, since food turns on and off different genes, altering their expression, so they ignore the huge impact of parents' nutrition before conception, during pregnancy/lactation (women) (first 2 years ***after conception***, which are like queen bee larvae stage, 20 days from egg to adult bee, out of 1000 day lifespan, or 2% of 100 years, 2 year).

We can detect what supercentenarians☺ (reached 110 ☺, 1 in 5 *million people*) ate that set them apart from the rest, this can lead to the discovery of new vitamin like compounds, vastly expanding the understanding of human biochemistry, of how to cure every disease via nutrition almost or postpone its onset by 50 or 300 years. Our so called nutrition "knowledge" today is ultra vague, like alchemy of 1500 before chemistry appeared. Our addiction to Paleolithic "country X cuisine" restaurants comes at a steep cost: short lives of ignorance. No restaurant is called "Living to 150 cuisine" or "Biochemistry of longevity cuisine", but we have all kinds of nationalistic cuisines that keep us in Paleolithic traditions and conservatism that eat us alive. The addiction to "taste, texture, tradition" leads to short lives; we can instead prioritize Knowledge and Analytical Precision if we ever want to discover how to live to 900 via nutrition. We have thousands of assumptions and hypotheses about how every nutrient and vitamin is absorbed, etc, since we don't know via physics of the future and monitoring molecules and atoms in real time what goes on. Any doctor, chemist, biochemist knows that the need for Eterni Foods is huge, if they ever hope to cure simple things like diabetes, heart disease, cancer for all people, since zinc bioavailability, essential for diabetes prevention can be affected by thousands of chemicals we eat, to give an example. We need a new fad, millions of youngsters to get as excited about this as they're about latest phone, gadget, video game, music release, celebrity news, so that instead of wasting so much space with kitchens, restaurants and time with food shopping, buying, preparing, eating we dissolve the powder in water and drink the thick shake in minutes (or it comes already as a paste or cake or whatever with ultra high pure filtration water used), do biophysics and biochemistry studies at home on which hypotheses might work better and we enroll in different AI hypotheses and powder mixes that build gigantic libraries of data about what works to improve biomarkers in 2-5 years and what gives longest lifespan. ☺☺☺

Every house will be free from kitchen and instead of a kitchen we have a meditation and eternal lifespan tripling science room, where big screens and quantum computers allow holograms and interactive tech to teach all family members about particle physics, biochemistry, nutrition of 900 year lifespans citizen science to be able to guide the AI in nutrition suggestions for next week's Amazon shipment of personalized powders – instead of chewing so much like herbivores and waiting like "not very high IQ folks" in drive thru and restaurants or in kitchens for stuff to cook or blend, we relax and meditate after eating the Amazon shipped stuff, while listening to favorite personalized acoustic nutrition music no traffic noise, then we develop new AI models, adjust them and we think about how to live to 900 or 9 million later via particle physics discoveries. Right now, humans eat a little more carefully than pigs. We can do better than that. ☺☺☺ That's why above I'm joking about the "pig IQ TV chefs". Some want to remain filif low IQ primates, are happy to be poisoning themselves, to be an animal forever, killing in wars.

Kitchens are *hallmarks* of Paleolithic *civilizations*, Amazon shipping of Eterni Foods can be

replaced by molecular assemblers the size of a microwave in some far future that does better than Amazon shipping as it is fresher, but in the transition period kitchens are primitive. Everyone becomes a citizen scientist studying the AI models used to evaluate next day shipment from Amazon of the powders, which may have 200 mg of vitamin C instead of 78 mg today, 200 mg of polyphenol number 7565.☺ There are 8,000 common polyphenols, most fruits and veggies have 70% polyphenols concentrated in a few individual ones, so we can get the polyphenols from 500 fruits, veggies, spices, herbs and teas in one mix (standard mix or custom mix if we're into citizen science and apply for NIH funding to get custom mix at same price enrolling our data with them, otherwise, pricier than standard), as most people have no time to eat 500 foods and can't adjust which and what amounts of polyphenols, vitamins (which forms of vitamins too), fatty acids (ω3/6, oleic, palmitic, stearic, DHA, EPA, DPA, ALA, ARA, LA), proteins, carbs, plant micro RNAs (level can extend bee lifespan 10 times, present in veggies and fruits, some polyphenols seem to shorten bee lifespan, others seem to lengthen it, same for humans in large doses, don't we need real data?), phytoestrogens, fiber types they eat. With thousands of fiber types, each has to be personalized based on one's needs. But those with citizen science interests can use custom mixes and to develop new biomarker monitoring programs, build real knowledge of how their unique molecular distribution, composition and genome (not a textbook computer model) reacts to custom mixes, 400 biomarkers after 3 weeks of trying a new hypothesis of aging, alerting NIH of a new discovery: e.g. people with genome X get diabetes cured instantly via custom mix # 5678, Nobel Prize given to citizen scientist. ☺☺☺

There are many lethal substances that are "polyphenols" chemically. We have seen how some lectins can kill people (ricin), so in 50 years we may discover over 500 mg of a polyphenol may shorten lifespan and 3 g of another polyphenol may double lifespan. Organic or natural doesn't mean "lifespan extending"; eterni food has another *huge advantage*: it is made very fresh, 24-48 hours before eating, even when custom mix, it doesn't sit exposed to heat, air and light in a shelf (or grain storage to develop bacterial growth) for months or years to lose 90% of many polyphenols, vitamins, nutrients, and when it says 2 mg vitamin K it's there, you don't cook it to destroy that via heat, you don't oxidize it to create carcinogens. Powders are far more stable too during shipping in the summer months. Produce loses its nutrient value rapidly sometimes, even if just sitting on the shelf or fridge 7 days. Many health beverages stating vitamin A, D, K, E have none left as light and heat exposure on shelf destroyed the vitamins.☺☺ Vitamins, polyphenols, etc degrade in solution sometimes 900 times faster than in powder form, so eterni powders can be made into a gel, cake, paste, etc 2 hours before shipping almost or 24 hours with the most amazing filtered water (that would cost a fortune to have in every house, and waste tons of water as reverse osmosis does), instead of sitting on shelf in a grocery store for 5-30 months and then being dumped, like billions of tons of food are dumped due to not being bought by the time

it expires, all after wasting huge energy to ship it to store, then people to drive to buy it, then keep it cold in store maybe in solution or produce form which takes far more space and energy. This issue doesn't exist with computerized estimation of demand for each protein, carb, fiber, nutrient, vitamin powder, based on AI patterns of all inhabitants and customers, as NIH tells major companies producing the typical yearly demand for each of the 50,000 top nutrients to avoid waste and over production. Fish you buy, cook and destroy all ω3 at times or cans have 0 ω3, what's the point? ☺☺☺ Endless foods have "not so smart" fillers, texture builders, colors, preservatives that shorten lifespan. High IQ society doesn't care about such useless stuff, the bliss of meditation far exceeds that of masticating food for hours that has a peculiar texture, the bliss of being alive 7 million years instead of 95 at best; Eterni Foods need no preservatives, being made hours/2 days before shipping. Nobody will weigh for 4 hours in the "kitchen" 9000 nutrients, let the automated systems do it by mixing things, tell Amazon what to include if you want to manually override AI decision for 5 or 30 nutrients on a given day and it's automatically calculated in your intake for future science you do on yourself or others. ☺☺☺

The immortalist government makes a key priority to convert all kitchens to science and meditation or relaxation rooms to double citizen spiritual and science IQ and usher the Era of Knowledge and Scientific Fact based eating, not random paleolithic stuff. We need billions of young people to get on the hot new trend of eterni food and citizen chemical nutrition science and contribute to the greatest progress medicine has ever known. Health is determined by many things, especially the amounts of 0.2 million compounds daily, currently unknown, estimated. Biochemists know that the absorption of every nutrient vital to health, slow aging or curing some diseases is *influenced* heavily by the intake of at least 800 other molecules and we don't know what the intake is for the 800 heavy *influencers*, so we often can't cure anything. Doctors try to cure a condition caused by low something, but they got no idea the patient ate 200 other molecules in a level that synergistically made the patient deficient in that something, (or by canceling the effect of medicines the doctor gave) by changing bioavailability, because food intake is all estimated and it varies ..300%.. from lot number of fruit, grain, veggie, meat used to another. We can't leave that to chance if we want personalized nutrition to cure personalized diseases. We need exact data, precision, like never before in history, if we want results like never before in history in health, medicine and longevity.

The fastest runner ever reached 28 mph, but with STEM, we got rockets attain 215,193 mph. If we take *random junk in nature* (rocks and metal pieces, or *components* with an "estimated" *weight*, x grams "give or take ..*300%*.." or estimated current, resistance, etc) and assemble them we can't build a car or rocket that surpasses our *natural transportation speed by 5 times (140/28=5) or 7,685 (215,193/28=7,685) times.* Likewise, if we want to live 5 or 7685 times longer than our natural lifespan, we can't do it by building a diet *(our body, our car, our rocket)*

from *random junk in nature* ☺☺ (fruits, veggies, legumes, meats, dairy with "estimated" *weight* of 0.2 million *components*), the eterni *diet* will contain ultra precise µg amounts of the best 0.2 million natural (and maybe man made) compounds in a ratio not found in nature. The stuff we eat builds the biocircuits inside the human body, the components of our car/rocket, that we want to live 5 or 7685 times longer, these circuits don't have random components of random or "estimated" (give or take ..*300%*..) weight, current, resistance, etc. We may need a nutrition science 7685 times more complex than today, studies and simulations that can control for 1 billion *confounding* factors, with personalized nutrition that changes daily, ng or µg of 0.1 or 1 million compounds calculated exactly, shipped by Amazon and later, in some century, printed in the living room from raw materials. In engineering rockets or cars (the body is like a rocket or car) we leave nothing to chance, everything is ultra precise, each component is of a weight, that *can't vary by even 10%, let alone ..300%.. or ..900%..% as nutrients can from one apple to another apple;* the same PRECISION will be for the engineering of the eterni *diet*. ☺☺☺

Unlike natural foods, full of lectins (glycoproteins), antibiotics, bird, swine, animal flu and other viruses (most infectious diseases are hypothesized to have emerged due to human domestication of animals), meat/fish viruses/bacteria that force people to cook meat a lot and create AGEs, growth hormones, pesticides, agaritine and other carcinogenic and rash causing chemicals in mushrooms, gas producing chemicals in 100s of foods, heavy metals, proteins that damage cells, cause allergies and anaphylactic shock deaths, all kinds of chemicals that (unbeknown to us) stealthily shorten our lifespan *even* if we're not allergic to those foods (fish, nuts, dairy, asparagus, etc), Eterni Foods are free from viruses (fewer epidemics and less human-human contact transmission, since no restaurants needed), harmful bacteria and many *natural poisons given to us by the "fictional God of science illiterate folks who claim natural* foods are the best" ► Toxins 2010;2(9): 2289-332. Educated people realize human created transport beats nature (25 mph humans) 10000 (space probes) to 1 in speed, and so will Eterni Foods beat nature 10000:1 in longevity outcomes some future millennium. The road of thousands of years of science starts today, with the Immortalist Anthem. Today we simply lack the technology to simulate the human body response to nutrients or to monitor daily or hourly thousands of aging speed biomarkers to assess the safety of every compound in natural "healthy" foods. But in a few decades, the first human molecular simulation may appear. ☺☺☺

Eterni food is all man-made (even if it may use man-made natural compounds mixed in new ratios, or artificial compounds) without agriculture or killing plants/animals, but using bioreactors and chemical synthesis of proteins, fiber, carbs, fats, etc first, molecular assemblers way later, etc. Grazing to produce meat and dairy uses *28% of Earth surface* to provide 1% of the protein we eat, *crops use 12%* of the Earth, while human housing, villages, cities, infrastructure, etc only 1%; *a ratio of 40:1;* imagine what a nice☺☺☺ world, without dense cities, if we made

humans more spread out; even if we remained the same, we may be able to have 20x the population today. Plants are close to us, they suffer too, except when we take fruits, seeds without harming the plant. This suffering is changing our brains, just as animal eating changes consciousness as animals have more pain accumulated than plants after eating so many plants.

The new foods will be far more environmentally friendly, while agriculture will be obsolete. It will get to the point where you can take feces and convert it into such foods, enabling self-sustaining spaceships to live in space for 9,000 years without needing new supplies which take too much energy to transport 500 light years away. Today, if we had 5 people on Earth our tech will be ultra primitive, but with billions we got specialization and advanced tech (doing better than nature by 7685 times, see the beginning of this paragraph) no 5 people can ever produce; likewise, when we have Eterni Foods allowing us to colonize a trillion planets and to have 20 to 100 times more people on Earth even, we can have a trillion times more people, enabling a degree of specialization a trillion times deeper, leading to inventions that make living to a million or billion years old possible for *all trillion billion humans* in the galaxies or at least our galaxy initially Today we have World Vegan Day on November 1, one day we will have World Eterni Day maybe. ☺☺ It could be when an American President is sworn on January 20, or the birthday of world's first eterni President who would be the first eterni (not vegan) President and Ushers the Age of Immortality, the First Civilization of Immortals, as everyone is charmed by her/him and becomes an eterni and immortalist. This Civilization is a World of *Knowledge*, Immortal Learning and Understanding. If we paint, we look at it, get inspired, etc. but if we paint a molecular mix that cures all diseases and aging or postpones them by 900 years, that is truer ART, one that is Compassion and Mercy Itself (born out of Infinite intelligence, Knowledge and Wisdom), that diminishes suffering 1 million times more than a painting or sculpture or even music piece. So, *we can bring the Art of the* science *of* Nutrition *and usher True* beauty *like it has* never *existed on Earth. This is the Motto of eternis.*☺☺

Some people may laugh at this, but they laughed at the Wright Brothers *who* invented *the airplane and who were* told "this tech *will* never *take off etc". Yet* nobody uses chariots now, they use fast cars and planes, *just as nobody will eat animals and plants one day, they will use* Eterni Foods. Vegan foods, while better than animal ones, are *not God's final answer, God evolves and we do too, as God wanted us to. We evolved thru* science *discoveries that reduced mortality from many diseases 500 times and we will* evolve *through* science *and* increase lifespan *20 times.* Castor beans *have ricin, which kills people in doses of 2 mg. Even some beans have lectins which clump red blood cells and* kidney beans *can actually* kill *people if not cooked, as these* lectins make the blood coagulate. Many Asian fruits are deadly. Celery can cause red dot rashes in the sun. Organic *Natural* Cage Free God given/created microbes, insects, big cats, attack/kill us, so natural isn't always good. Many *toxins exist in* all "natural God *made* organic

foods" not just synthetic (anything synthetic is "God made thru human and telepathy"). Eterni Foods won't have natural or processing toxins, nor AGEs present today in processed dry heated *foods* or semi-toxic flavors, texture fillers, aluminum, preservatives and colors. ☺☺☺

About 3,000 Americans die due to *bacteria, parasites, viruses* in food each year per CDC, while about 80 deaths/year occur due to food allergy alone ► JACI 2014;133(4):1075-83. Some people have died from eating star fruit even. *These early deaths due to a primitive food industry would be unheard of in a Civilization of Immortals where earliest death is at 400 years old; the sudden anaphylaxis deaths are the OBVIOUS food allergy caused early deaths, but other chemicals in food can cause a slow "natural" death in much greater number, 20-50 years earlier than without those chemicals (we don't know how deadly the "natural" chemicals are, since almost every human being eats them, just like worker bees eat different plant RNAs and live 10 times shorter).* We purify water from ocean SO MUCH, before we drink it, but fish, meats, plants we eat without much purification, ingesting all heavy metals, pesticides, antibiotics, growth hormones, PCBs, farm/ocean junk, maybe radioactive stuff too. FI2019;10:673 explains fish can cause anaphylactic shock which led the Netherlands (later other EU countries) to pass legislation to deep freeze all fish at minus 20°C (-4°F) for 24 hours or cook it 10 minutes at 60°C (140°F) before consumption to kill parasites. Deep freezing is much better because it doesn't oxidize cholesterol or any fat, while cooking creates very toxic atherogenic compounds. *All man-made chemicals could exist naturally in some planet or universe. All most amazing and life saving scientific or medical man-made stuff is "God made" sort of too, as telepathy came from God or spirits, so there is nothing to be afraid of. Some toxins in God "made plants" kill people through anaphylactic shock, like with nuts, eggs, fish. What if God wants us to evolve and become co-creators of better* eterni (nonkilling) foods helping us to live much longer? Exactly like nobody will raise cows for 5 years to make meat, when lab made meat via cell culture is producing beef in days (without antibiotics, pesticides, heavy metals, hormones, etc and using 20 times less water, resources, land), nobody will raise plants for years or months to extract proteins or polyphenols, when chemically we can make components of a diet making us live to 900 in 1 day using a small reactor setup or chemical 3D printer (some exist already as research prototypes) or 2 minutes with a molecular assembler. Also, why would you make meat to get 100s of bad products, when you can synthesize just the complex lipids that people may benefit from that are harder to find in vegan foods, but the body can make. The vegan diet uses far less water, land resources than the omnivore diet, the eterni *diet* far less than the vegan diet. *For ecological, longevity and health reasons, all will become eternis.* In 1800s computers were huge and trillions of times less powerful than today's computers of the same size. Likewise, in 200 years, we might be able to produce food 100 times faster, 100 times more lifespan extending using 700 times less land, with 100 times less water and resources, using chemical and biochemical reactors, not

agriculture. The computer chip industry revolution has changed our world, just as a food industry revolution Immortality Foods Corporations?) could make us live to 900. ☺☺☺

Before *eternis* become popular, people will probably move to a more vegan lifestyle, since it takes far fewer resources and with chemistry, you can make from plants proteins that are even better than meat. Later on, biochemical factories will make proteins, amino acids, carbs, ketone bodies, fiber, 8,000 polyphenols, etc things in natural foods or new ones not found on Earth or in nature anywhere. *We already have a few companies using biochemical reactors to make amino acids, peptides* that will replace proteins, *companies making* ketone bodies (β-hydroxybutyrate). The body uses 3 ketone bodies for fuel during fasting, by turning fat into ketone bodies. These 3 ketone bodies are β-hydroxybutyrate $CH_3CH(OH)CH_2COO^-$ (78% of the ketones in the blood), $CH_3(C=O)CH_2COO^-$ acetoacetate (20%), acetone $CH_3(C=O)CH_3$ (2% of blood ketones). Basically, acetoacetate is the oxidized butyrate (2 less hydrogens, where CHOH became C=O. The shift away from plants has started actually, it's subtle and perhaps directed by Immortals. Geltor makes world's first vegan pre-eterni collagen. Today people die of anaphylactic shock after eating nuts, fish, dairy, something totally unacceptable in a Civilization of Immortals where every single person (no exceptions) lives to 400 or 900 at least, some making it to 1500. Eterni Foods would enable people to eat once a day a cookie, cake or dessert and get the best nutrition. Then, as science advances further, it might enable inter-dimensional transformation after the age of 20 or 30 when grown up to convert on living on energy, like Tesla predicted, energy able to turn into matter needed. This would eliminate bathroom trips, etc and time lost shopping for Eterni Foods and eating them 2 minutes a day. Right now, a normal food has 10-100 ingredients listed, but in the future, with a number for each product one could access on a website 20,000 chemicals in that food or powder that dissolved in water is all needed for nutrition that day. The degree of knowledge and complexity will expand naturally. Eventually, if we discover how to rearrange subatomic particles easily to convert any element into others, *we could take dirt or garbage and turn it into tastiest healthiest 2,000 year lifespan giving cakes, beverages, water and food we need, or any material or good, without a need to go shopping,* but having the *living room subatomic assembler* produce it based on a blueprint given to it (we buy the blueprint online) and some raw protons, neutrons, photons and electrons from garbage, dirt, etc. By the same principle, people will be able to live without eating, as air and cellular waste becomes raw proton, neutron, electron source for needed molecules, with no need of pipes, water treatment plants, as water is extracted from air, purified and recycled. Filters are easy to clean thru the assembler producing new ones from the dirty filters. Everyone is off-grid, no utilities connections needed. Toilet waste is turned into raw protons-neutrons-electrons in some stable form, and later into water or food or whatever *is needed by the household a few hours later.* These Teleporting shapeshifting people would be able to live for 80,000 years, which

is not really that long, given that a Utah tree colony root is 80,000 *to a million years old.* ☺☺☺

No more boring waitress, restaurant, McDonalds jobs, kitchens in homes, cooking: all people working in these Paleolithic like jobs in restaurants, McDonalds, etc would be able to instead work on designing 5,000 eterni food equivalents to every single item out there in ultra high tech labs (sometimes near or inside the restaurant) and sometimes from home. For example, many eat potato fries in hundreds of companies, but they're essentially the same, even if not all called French fries; as PhDs in biochemistry of 900 year lifespans, instead of physical acrobatics by flipping burgers and fries robots can do, they do mental acrobatics by designing new proteins and microRNAs that triple human lifespan; they design powders with better protein and fat profile, no acrylamide, far healthier ω3 to 6 ratio, no oxidized fats and toxic stuff in them; they educate the public about the cons of fried foods, of dry heat prep methods in the transition period, but later there is no need to educate about that anymore actually, because all foods are scanned before being eaten (to ensure accurate AI calculation of nutrient intake and correct suggestion for which one of the 50 million eterni formulas are best for that person, time, day period in their life) and foods are at room temp, no need to heat them or prepare them anymore; the stone age of having to use microwave, stoves and ovens will be over; 50 million formulas for 50,000 weights, genomes, etc powders are made into gels, cookies, fake potato chips, "loving kindness" cakes instead of "chicken legs" body parts people eat today, enabling us to test which ones yield best lifespan by having millions of new nutrition *studies. Others would work on robotic chemical and biochemical* synthesis *reactors, rapid new organic* synthesis *and compounds discovery, assembly lines that create the* Eterni Foods with 25 times the efficiency of the best human worker, never getting tired *(like the Tesla Motors robots building Teslas),* package them, ship them via Amazon to users personalized based on their weight, gender, genome, etc... *for maximum lifespan*. Many people live to 110+ by just 0 exercise *or ultra moderate* gentle *stretching, like tai chi, walking, streching,* gentle yoga (video on yoga injuries), chores, etc. *We can never live to 900 by playing soccer, but by playing biochemistry "soccer" we can.*☺☺☺ This will enable people to relax more, think more, meditate and to focus on cognitive development, instead of physical ability development and ultra boring jobs with repetitive tasks that robots can perform better with 1000 eterni factories replacing the top 1000 restaurant companies, and then food comes shipped via Amazon daily, no need to go to restaurants, as people socialize in the Immortality Parks and Research centers in every neighborhood where the best methods to live on energy and less food are discussed and worked on via new particle physics and atomic transformation and new nanotech (a billionth of a meter), picotech and femtotech (a quadrillionth of a meter). Today our cultures are obsessed with sports, gyms, muscles, etc, but not much about knowledge fitness, loving kindness and inner peace, tranquility fitness, Immortality thru knowledge fitness, just moving like Paleolithic men fitness. ☺☺☺

11.1.3. Allowing Vegan Proteins/Foods to develop (ending the monopoly of Big Meat/Dairy) in the transition era to the eterni proteins/foods era

The education section explains all restaurants can become mini-Immortality Universities in the country that adopts the immortalist system of government. Most corn and soy cultivated in modern times is fed to cows and livestock. Imagine if all this land would be used to grow lentils (or vertical farms and amazing & beautiful ☺☺☺ labs creating 800 types of proteins superior to both plant and animal types) for example, lentils which could me soaked properly to remove oligosaccharides and most lectins, then cooked in industrial pressure cookers, packed and sold as frozen at 2 pound of cooked lentils for 70 cents (not 5 dollars as today, unsoaked and with tons of sodium, due to not taking advantage of economies of scale). ☺☺☺

Unfortunately, since Big Meat in all countries seems to own all governments, nobody almost can find a decent snack that has a lot of high amino acid score protein, low fat (below 4-7%) and fiber in it, without industrial levels of sodium, sugar and/or fat, much of fat oxidized causing rapid atherosclerosis, the source of 100s of diseases. Nut mixes have few walnuts (the only nuts with high ω3), are 75% fat from calories, usually high ω6 (peanuts 5200 times less ω3 than 6), oxidized, roasted, low quality protein. Go into any store and all you find below 60% fat calories is granola with huge levels of fat (25-50%) and sodium added, cereals with huge levels of sugar and sodium added, potato/corn chips with 40-70% of calories from fat, some if it already oxidized and with very unhealthy ω3:6 ratio, and the story goes on. If there is one snack with no fat, sugar or sodium added, like puffed rice, wheat or rolled oats, the protein content is low. Wheat and rice have tiny levels of protein of low amino acid score, compared to lentils. Nothing exists like a lentil type of richer protein, unless you buy canned beans, which have unhealthy sodium levels usually, are unsoaked (oligosaccharides that cause gas and lectins that upset some left there), and leak tin into the beans and are harder to digest than lentils. ☺☺☺

If the Big Meat wouldn't control everything, the lentil (and other vegan sources of protein, snacks, deserts, etc) industry could develop and produce far healthier snacks (and foods, lentil burgers with no oxidized cholesterol, AGEs) that provide than some carbs with sodium, pure oil and sugar to gain weight instantly and worsen *diabetes*, *atherosclerosis*, *rapid brain aging and chronic inflammation* thru ω3:6 ratio, so that most die by 80, instead of at 110.☺ *Big Meat pollutes the environment on such a scale*, they dwarf even Big Oil. *Tyson pollutes* waterways more than Exxon Mobil, Koch Industries and Cargil combined. The lentil crops and minimal processing needed can produce 0 waste into waterways, as these high tech immortalists using veganism to launch immortalism will find ways to use the water from soaking (with lectins and oligosaccharides) and other left over stuff to produce via microorganisms, composting and/or chemical synthesis 100% vegan fertilizers, besides partnering with cities or areas of cities with

"above 5%" vegan population to create a vegan food waste bin on every street and taking it for free to composting centers. This soaking water, rich in organic sugars and glycoproteins (lectins) can be used as organic feed stock for composting. Even today, the companies making precooked lentils to be sold in the frozen section pollute 100s of times less than Big Meat per protein calorie. The meat-dairy protein is a monopoly that is antiscience, *against public health interests.* Why is it antiscience? There are many reasons and some are below: ☺☺☺☺

1. Antiscience *ads:* Big Meat/Dairy limits people's knowledge with banal ads that lower IQ. They *brainwash 8 billion people* thru their relentless banal ads that we need to eat meat and dairy (aluminum loaded) and *"milk/dairy will do you 'good'", like* 4 out of 8 child deaths due to food allergy due to cow milk, *immune suppression (COVID19), osteoporosis, cancer, acne, Huntingon, multiple sclerosis, autism, human milk got 5 times more iron, 2 times more chromium, 4 times less protein, calcium, sodium, magnesium, cow milk is optimal for baby cows not human babies or adults, cholesterol, diabetes, 130 million puss cells and IGF-1, leukemia, colic, diarrhea, Parkinson, vomiting, chronic constipation, chronic inflammation, without* offering *people any* science *and educational material* about biomarkers of lomgevity and nutrition studies like this/other books or nutritionfacts.org. It's the epitome of "a lie repeated a million times becomes fact". They lower people's IQ, has any human learned anything intelligent from their ads about biochemistry? *No. The* immortalist government would prohibit such nonsensical ads, as they don't raise public IQ, ask no science *questions and just state facts without any proof or reference to science papers* (even if faked by Big Meat). ☺☺☺

2. Anti-choice*: the only* choice *for protein is "beef", "pork", "chicken", "dairy". This is not* science*, this is "limitation* taken to extreme", a joke from the Paleolithic. If we love science*, if we love* Freedom in the land of the Free*, we have CHOICE, we have at least 800* sources *of protein, to determine which one is best for living to 700*. To determine the best food matrices and proteins, you need to try different things. If everyone eats 4 main things, that's no science. In chemistry we try thousands of things many times *before we discover the GEM that triples human lifespan, the protein that does that*. We tried meat for 2 million years, still live to 100. Might as well try something else, like Smart Protein 2.0 or 879.0, as we have smart phones? Smart because it triples lifespan, not just help you to get by to live to 90. How about Liberty to Choose? Break the Monopoly? Look at the plant kingdom, we have protein from at least 90 possible sources, if allowed to develop: rice, wheat, pea, lentil, soy, quinoa, buckwheat, kale, veggies, etc. Look at the vegan eggs, vegan bacon, vegan proteins, etc – these industries have far more scientists who know about chemical sysnthesis, separation, processing, optimization, microorganisms to make amino acids, etc, things essential to developing the Eterni Foods of Immortals. With chemistry and bioreactors we can make new proteins that are healthier, more bioavailable, less toxic (no antibiotics, growth hormones, pesticides, lectins), than anything in nature, just like we travel

now 1000s of times faster with rockets than nature enabled us.☺☺☺☺

3. **Anti-change and anti-progress:** Compare their ads, once 5 years meat/cheese upgrade, with those of vegan immortalist companies who have a product update every 2 months, like with Android software. They add a better blueberry extract, a better RNA-vitamin mix, a new soaking process, a new chemical or microorganism synthesized peptide that far exceeds bioavailability of certain nutrients, vitamins, versus the meat food matrix. Meat is the same for 900 years, but vegan companies are updating their formulas often to make the eterni imitation products of good stuff found in meat, plants, etc to triple human lifespan. Their ads say "This is the best product science can create now, to be updated every 2 months for maximum lifespan tripling potential, based on the 700 biomarkers of longevity. Check immortalist-nutrition.com" ☺☺☺

4. **Anti-safety:** dangerous chemicals *that* destroy *all organs:* oxidized cholesterol (oxysterols) from animal products, absent in vegan foods is up to 100 times more atheroscerosis forming than free cholesterol; *oxidized cholesterol can cross the blood-brain barrier while cholesterol can't. Have you ever seen a Big Meat ad telling you that the meat contains cholesterol that becomes pure poison depositing in human brains,* every blood vessel (arteries with plaque got 20 times more cholesterol and 45 times more oxidized cholesterol than normal arteries) causing organ malnutrition (blocked blood flow) and rapid aging (atherosclerosis) *once oxidized by wet or* dry (especially) heat cooking *typical in these dry heat stoves at McDonalds and most fast-food POISON STORES? Antibiotics/hormones (not present in* vegan foods) that speed up cancer, make immune system weaker and give birth to superbugs? What fair competition, democracy, market capitalism is that? Is it more like a *dictatorship of the Big Meat Lobby?* ☺☺☺

The present vegan protein powders (developed out of our anemic vegan foods industry) out there are not very good as they're void of much fiber and have not used soaked grains and lentils to remove the carbs and lectins that cause digestive issues in many (just like whey protein powder causes gas), ***this industry can't develop when Big Meat owns every senator and representative***. Why do taxpayers treat Big Meat with subsidies, where they can pollute 700 times more than vegan corporations? These same bandits often kill millions a year. Poor people walk into a dollar or cheap store and can't find any fiber rich protein food in the frozen section, only super fatty products of meat and dairy industry. Rich people walk into an expensive store or restaurant than adds astronomial levels of unhealthy oils and salt, also lacking this fiber rich protein food. Both lack choice due to a paleolithic food industry and system. Rich and poor find some soy foods, developed because with so much soy for cows, it was easy to make some fatty soy foods, although some are fat free. The problem with soy is that most have ω3:6 low, 1:8, and making that as the only major source of protein is not good for several reasons. Plus soy foods are needing heavy processing, unlike lentils, to make them more digestible. In 100 g of soy beans

we get 19.9 g fat, versus 1.1 g in lentils. This means soy got 18 times more fat; lentils got 2.7% calories from fat, soy got 40.2% calories from fat. ω3:6 ratio of 1:8 in soy is worse than 1:3.7 in lentils. This is an issue. If millions of acres for soy and corn fed to cows had lentils, the poor people would buy frozen presoaked precooked lentils for a dollar there to warm up in 20 seconds at home, a bag weighing 2 lb (lentils cooked weigh about 2.5-3 times more), getting enough fiber to diminish cholesterol, triglycerides, glucose, etc without virtually any fat (since they already get so much fat from all the rest of the foods). How can you ever dream to develop Eterni Foods when there is not much choice for dietary protein to start with? You need to develop the knowledge, to see what works, etc, to supplement any protein that may be thought of as incomplete, to see what happens, etc. Lentils are a very good source of protein, as explained in the amino acid section that deconstructs the beans and rice myth.☺

11.2. Pottenger showed 0 taurine = death, sick offspring for generations

We have seen in 11.1.1. how *diet can shorten lifespan 50 times*. Unhealthy Food and/or lack of nutrients during critical periods of brain development (especially womb and 1st year of life when brain volume doubles, but first 20 years matter too) Induce Epigenetic Changes, lower IQ, lower telepathy, poorer health inherited by future generations. ***Plant micro-RNAs from our diet turn on and off cholesterol removing genes even in adults.*** Bee larvae died when they were fed too much of certain plant RNAs instead of real bee pollen with ***only half of those RNAs***. The Pottenger book talks about a dramatic case of just what a difference food can make. Mice studies have shown recently similar things when applied to DHA or other nutrient deficiency, too many AGEs toxins. Francis Pottenger, an MD, experimented on 900 cats in 1932-1942, feeding some cats *mostly cooked meat and others raw meat/milk; many say the results of his study simply show a deficiency of* taurine *causes health issues that become worse each generation, not the* AGEs (since most commercial meat for cats is cooked and those cats live to 15, but they do add taurine)*, but regardless,* it's a study that shows cats depend on proper food for a lot of stuff.

Those eating cooked meat and pasteurized cooked milk became sicker and sicker each generation, since cooking milk and meat destroys 80% *of taurine (*essential for nervous system and eyes*)*, had many miscarriages and difficult labors with many cats dying in labor, and at the third generation they became infertile and reached a very short lifespan (getting sick of degenerative diseases early on). Maybe the destruction of biophotons during cooking and the creating of AGEs from the cat diet led to extra bad consequence besides taurine missing, since some scientists say biophotons help the body communicate the order of the 10 million trillion chemical reactions in each second in a human (speed of light communication). The cooked food has much more AGEs, McDonald's French fries got about 90 times more AGEs than boiled potatoes, cooked chicken can have 13 times more than raw chicken. A family had everyone with

diabetes, but a kid decided to go vegan and he didn't get diabetes as expected. Diet can turn off gene expression. It took 4 generations of good diet cats to undo the damage done by 3 generations of bad diet; within 4 months of being put on a cooked meat diet, cats developed mouth infections and lost teeth. Raw vegan Annette Larkins is in her 70s and looks 3 decades younger than her age and omnivore husband. Could it be that her far lower AGE levels caused a much slower aging? If one nutrient does that, taurine, when present in 5 times lower amount, imagine if we lack 10 nutrients for 10 generations, we may not live to 200, but once we discover those 10 unknown nutrients, we will all live to 200. Anyone play sports or study biochem? ☺☺☺

The 1st generation of cooked meat fed cats started to develop degenerative diseases, became lazy. The 2nd generation developed degenerative diseases by mid-life and started losing their coordination. The 3rd generation developed degenerative diseases very early in life and some were born blind and weak and had a much shorter lifespan, many being infertile. There was an abundance of parasites and vermin while skin diseases and allergies increased from an incidence of 5% in normal cats to over 90% in the 3rd generation of deficient diet cats. The 4th generation did not survive 6 months, vs 14 years normal lifespan, so about 28 times shorter lifespan. Bones became soft and pliable and the cats suffered from adverse personality changes. Males became docile while females became more aggressive. The cats suffered from most of the degenerative diseases encountered in human medicine and died out totally by the fourth generation. This has also been observed in recent studies done on mice with respect to individual nutrients. Rats exposed to chemicals or foods that raise estrogen levels (meats, dairy) during pregnancy produce daughters *that have a higher than normal risk for breast* cancer; that risk is passed on to the next *two* generations. Diet is far more important than genetics.

Discarding cooking water from meat will discard most taurine; as a vegan, I do take taurine. 1000s of papers show a lack of basic nutrients causes severe changes in sperm quality and even sperm producing cells; so, these changes mean a deformed embryo can emerge, abnormal and a new inherited gene can emerge that doesn't go away instantly, unless deficiency is fixed or some high tech is used, since once the gene appears, it's not always that easy to fix, so a gene that appeared 2,000 years ago can now be in 40 million people. However, today we also have a billion times faster ability to change some genes and enable all to live to 300. Today, we have a new danger, that never existed before, extreme RF causing bad genes. So wear anti-RF clothing protect fetus, testicles, ovaries, because you don't want *your WiFi router, phone on* (turn it off, use airplane mode 99% of the time) to give a bad gene to 50 million people 500 years from now. One can easily see how important it is, until the last pregnancy, for vegan (and even non-vegan) men and women to eat healthiest lowest AGEs diets, so as to pass the best genes to their offspring and help the world go vegan. See a list of AGEs in foods in the next section. Evolution naturally selects the more altruistic and eco-friendly people, that's why humans may become

vegan one day, although many may transition directly from meat eating to eterni. Being vegan allows 10 times more people on the same land, faster expansion of science and off-planet, more survival of the species, so it is favored by evolution. But even more favored is eterni that is 161 times better than vegan foods (just like we can fly 161 times faster than birds). ☺☺☺

11.3. Advanced Glycation End Products (AGEs)

11.3.1. Studies Proving Genocide via AGEs
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11.3.1. The next 12 pages explain how *cookies, candy* (some candy are pure drugs, avoid all candy), *chips* (if any oil was added especially), *many cereal brands*, highly processed meats, junk foods, dairy, pizzas contain *10-900 times* more deadly *AGEs* than healthy foods (stuff you boil in water or cook in a pressure cooker under water at 240-350°F, produce, puffed cereals). For more genocides by aristocrats against Planet Earth, see the 11 companies section. We need to ban *these Weapons of Mass Destruction* disguised as "junk foods in shiny or colorful packages", just as we ban mold, lead, cocaine, dirty bombs, cyanide. Tax 900% first, ban later. 61 million people die yearly. High *AGEs* foods shorten life by 12 years on average (some lose 40 years, others only 1 due to eating 40 times less *AGEs*), so 9 million deaths are due to AGEs, i.e. due to Dry COOKING, Dry Heat PROCESSING. The next 2 pages present studies on AGEs, before the 10 pages on the AGE levels in foods and possible ways to reform the corrupt and low tech low IQ food industry. AGE levels are shown in Table 1. AGEs form free radicals inn the blood which cause oxidative stress and damage all cells in the body.

PNAS 1994;91(11):4766-70 found that plaque fractions of *Alzheimer's* brains contained about 3 times more AGEs, no wonder with the increase of overly oxidized cooked fatty junk food (which can have over 100 times more AGEs) we have seen a 89% rise in Alzheimer disease since 2000. Methylglyoxal induces protein glycation leading to AGE formation and is believed to be the most important source of AGEs. "Methylglyoxal is not only capable of *increasing* the *rate* of production of β-*amyloid* β-sheets, oligomers and *protofibrils* but also of increasing the *size* of the *aggregates*... *AGEs* were colocalized with amyloid plaques... Aβ-*AGE* was *more toxic* than Aβ in decreasing cell viability, increasing cell apoptosis, inducing tau hyperphosphorylation, and reducing synaptic proteins". ☺☺☺ Oxidation of sugars leads to glyoxal, methylglyoxal, which can lead to carboxymethyllysine and other AGEs. Methylglyoxal, AGEs may cause autism: MH 2012;78(4):548-52. Kilhovd reported increased serum AGEs in diabetic persons with ischemic heart disease compared to patients without. AGEs accumulate in atherosclerotic lesions. AGEs promote the death of blood vessel cells called *endothelial* cells ► BBRC 2006;344(2):658-66. AGEs prevent the production of nitric oxide (NO is hypothesized to relax and dilate vessels, thus

lowering blood pressure), thereby causing hypertension; AGEs diminish the activity of *nitric oxide synthase*, blocking the synthesis of nitric oxide by endothelial cells. Similar to *pericytes* in the retina, whose survival is *impaired* by AGEs, kidney *blood vessel cells* called mesangial cells are killed by AGEs ► Biom 2015;5(1):194-222. Insulin making β *cells* (pancreas) die due to AGEs ► ANYAS 2008;1150:311-5, leading to *diabetes*. ☺☺☺

AGEs-RAGE interactions stimulated the growth of human pancreatic cancer cells. AGEs stimulated the growth and migration of cultured human melanoma cells, increased levels of AGEs and RAGE in colorectal cancer ► MH 2005;64(6):1208-10. Evidence supports AGEs involvement in cancer, Alzheimer, osteoporosis, etc ► MM 2015;21(S1):S32-40. Pentosidine is an AGE used as a biomarker for all AGEs, due to its ability to fluoresce ► "serum or urine pentosidine levels are now being used to estimate future fracture risk in osteoporosis and diabetes" ► OI 2010;21(2):195-214. Dietary AGE consumption was associated with 43% higher risk of pancreatic cancer in men ► AJCN 2015;101(1):126-34. AGE receptor overexpression has been linked to cancers of the colon, larynx, tongue, stomach, mouth ► PO 2014;9(10): e110542. Cancer malignancy is enhanced by glyceraldehyde-derived AGEs ► JO 2010:739852. ☺☺☺ As we get older, our capacity to eliminate *AGEs* diminishes; *AGEs* accumulate inside our muscles, bones, tendons, ligaments, destroying the collagen (30% of protein in our body) and elastin structures ERAPA 2016;13:3 and leading to slow/painful movement and more fractures, as everything becomes more disconnected and brittle, less elastic, less strong ► JDI 2017;8(3):377-82, less able to execute axon impulse, as neurons get damaged too; the more AGEs we eat, the slower/more painful our movements will be as we get older ► JAP 1985;103(6):2068-76. *Reducing dietary AGEs led to improved insulin sensitivity* ► Diab 2016;59(10):2181-92. Those with more AGEs can have *twice the risk of dying from heart disease* ► ACER 2009;21(2):182-90. The more AGE methylglyoxal in the blood, the faster the *cognitive* decline ► Neu 2011;77(14):1351-6 & MAD 2011;132(11-12):583-7. High AGE foods double CRP (C-reactive protein) (0.42 instead of 0.21) and increase arterial stiffness, increasing risk of arterial rupture and *cardiac death* ► NMCD 2017 ;27(11):978-84. *Hearing loss is associated with high AGE intake* ► JAMDA 2018;19(3):235-9. Kidney malfunction is linked to high AGE diet ► DC 2018;41(6):1292-4. ☺☺☺

AJCN 2017;106(1):162-7 found those eating French fries twice a week (fries have 90 times more AGEs than boiled potatoes) have 2 times the death risk of those eating boiled potatoes, and 2.3 times the risk if they ate French fries more than twice a week. Fried eggs doubled the risk of bladder cancer, while boiled ones did not, could it be those lethal AGEs? ► NC 2013; 65(4):538-46. This is not surprising since Table 1 above shows fried eggs have 30x more AGEs than 5 min poached eggs. "Toast bread to the lightest color acceptable" says the NIH website, adding "*Cook potato strips, such as French fries, to a* golden yellow rather than a *golden brown* color" for the same reason, it generates carcinogenic acrylamide, AGEs. Glucose & sugars/C=O donors +

Asparagine $H_2N(C=O)CH_2CH(NH_2)COOH$ = Acrylamide $CH_2=CH(C=O)NH_2$ + etc. In the liver, acrylamide does plenty of destruction, converting to glycidamide, a highly unstable carcinogenic molecule that then attacks everything in its path, wrecking the body. Dry heat not only forms AGEs, but also deadly oxysterols: RB 2013;1(1):125-30 found "24-OH and 27-OH were not the only two oxysterols increased, the levels of 7α-OH, 7β-OH, β-EPOX and 7K also *being increased* two-*fold in* Parkinson's *disease brains versus control brains*... a mixture of oxysterols stemming from the heating of dietary cholesterol, comprising 7-K, 7α-OH, 7β-OH, α-EPOX and β-EPOX, led differentiated human epithelial colonic cells (CaCo-2 cells) to apoptotic death.."24-OH, 27-OH, 25-OH are very good ligands of LXRs and farnesoid X receptors (FXRs), whose hyperactivation is now recognized as implicated in both *diabetes* mellitus *and non-alcoholic fatty liver disease*". Heating dietary cholesterol turns it into oxidized cholesterol or oxysterols. No wonder, in one study, *vegans* had 3 times less Alzheimer than animal food eaters, since animal foods alone have cholesterol. *Vegans* eat no oxidized cholesterol, have 73 times *lower diabetes mortality* than heavy meat eaters. *Could this 73 fold difference be because* non-*vegans eat* more oxysterols, *AGEs*? Vegans eat less fat (meat, cheese have fat) and fatty foods form AGEs during dry heat cooking. Plant sterols are less toxic since they're not in the human brain; the body produces cholesterol daily, and cholesterol is different than plant sterols. Processed meat increases *colorectal cancer* risk by up to 50% ► NC 2008;60(2):131-44. Fried meat produce more harmane, a neurotoxin that causes Parkinson. Thank McDonald's, KFC, every Big Junk Food out there who sells friend legs, pork, chicken to destroy the working class.

11.3.2. Dry Heat, Fixing the Food Industry & Comparisons of Food AGEs Levels

45 min roasted potatoes (with 5 ml of oil) AGEs are 13 times higher than 25 min boiled potatoes. Dry heat is a disaster BECAUSE oxygen comes in contact with the food a lot more, while in water, *water* protects that contact from *taking place*, etc. BRI;2014:238485 found "Dry heat promotes AGE formation by > 10- to 100-fold *above* the uncooked state across food categories. Animal-derived foods that are high in fat and protein are generally AGE-rich and prone to new *AGE* formation during cooking (especially grilling, broiling, roasting, searing, frying). In contrast, carbohydrate-rich foods such as vegetables, fruits, whole grains, and milk contain *few* AGEs, even after cooking (as long as they use a lot of water, not frying, grilling to oxidize in air)..." Thus, we need avoid DRY HEAT. If you cook, it's much better to use boiling or water submerged ☺☺☺ pressure cooking, not dry heat (oven, frying, roasting), as dryness makes 10-100x more toxins. Infant formula got 73 times more toxic AGEs (Enfamil.com 487 vs 6.7) than breastmilk, *no* wonder IQ is lower: no human *antibodies*, no human oligosaccharides that boost immunity, etc.

Because these foods sold, with full awareness of the toxins, are violent crimes of causing intentional organ failure, strokes, heart attacks, diabetes, kidney damage, death, Alzheimer, the

immortalist government needs to give these huge companies a 2-7 year deadline (2 for the most lethal products, 7 for the least consumed and least lethal) to remove these products by investing in wet heat cooking methods, which requires retooling the entire food industry, at a gigantic cost, obtained by state of emergency freeze of all salaries to the average salary as a compromise penalty for genocides done prior. If we prosecute any slap and violence with death penalty or lifetime labor (mining copper, etc) during the state of emergency, so will death penalty apply to all leadership of any company not complying, besides the immediate closure of the companies or shut down, bankruptcy and takeover by Eterni Food Inc, who would retool these companies. Equal justice for all. Governments who're preimmortalist, and not into the radical state of emergency, can *covertly gradually* triple the prices of bad high *AGE* foods until the full Eternal Ban, *so all are slowly deaddicted, buying less junk each month*. This is needed even before the 6-12 months of 12-20 hours a day Ethics/Penalties Education (9000 times the amount stolen for theft, lifetime labor/death penalty for any slap, punching or violent crime) on TV during the State of Emergency to reduce violent crime a trillion fold by Food Companies (9 million homicides/year) and by individuals. More on the emergency state is here. Most people know that soda, fries, junk food are bad, as thousands of online articles explain.

The useless cookies, candy, chips, sodas completely destroy our teeth (because we eat them between meals without brushing teeth afterwards, sodas alter pH preventing enamel regeneration), stick to our teeth, turn us into low IQ masticating monkeys, instead of people passionate about eterni foods to live to 90000, we worship taste and texture, eating 10 times a day (endless sipping ruins teeth 10 times faster, requiring tons of amalgam that then poisons our brains and body). We need to take control of all food companies and limit *AGE* levels. Eterni Food Inc can help people evolve the cannibal chimp brain who wants 'tasty food' into the eterni brain who has a higher cortex of eternal bliss from breathing happily. Japan and Singapore eat *rice (AGE level 10-50 times* lower than most breads*) and live the longest in the entire world.* These *AGEs* we eat cause *Alzheimer, autism, heart disease, kidney failure, atherosclerosis, cognitive decline, inflammatory* diseases. "Tissue AGE can be measured by skin autofluorescence" ► BJN 2015;113(7):1040-3. They measured *AGEs* this way since 2004 at least. Pizza can have 758 times more AGEs than cooked rice, 401 times > puffed wheat, 488 times > prepared Quaker instant oatmeal. The same food boiled or cooked with water in a *pressure* cooker (least oxygen, least *AGEs)* can have 3-100 times less AGEs than fried/roasted or broiled/grilled; dry heat (oven for example 30 min instead of microwave 30 seconds could create 60 times more) cooking creates far more carcinogenics, just like smoking (burning organic stuff) causes lung cancer. Fried fish and chips are cooked in oil with oxygen contact, barbecue, chicken, etc are so popular, yet so toxic. ☺☺☺ British 0 IQ restaurant wants to invade Romania market with their poison "fish and chips". Wendy, McDonalds, Popeyes, junk food chains want to invade

much of the world, to poison everyone with AGEs. American innovation at its best. *It's time to ban* fish *and* chips *stores* and replace them with fish in water shops, where they use electric pressure cookers to cook potato and fish under water at 355*°F* or the default 320°F (see page 10), no oxygen to reduce AGEs 10 fold and give people 5 extra years of lifespan. European Union of ☺filif snail IQ tech☺ has no regulations almost, except how to shout in music, promote Eternal Wars.☺☺☺ It doesn't protect the masses from British or other vampirism at all, or American aristocrat vampirism via Popeyes fried chicken EU restaurants that destroy the bodies of the folks eating that. The rich *poison* the poor worldwide with soda (more on the low IQ of USA here) and fried foods, to *enslave* the workers. Governments ought to bankrupt fried food companies, meaning any fast food chain that doesn't eliminate fried food too, via 5$ billion fines. Since US is run by criminals, the EU has to do it themselves. The food 'free radical forming' AGEs go into the stomach, blood and all organs, *not just the lungs*. In 1950s many *doctors* were smoking packs of cigarettes a week and telling patients that "*smoking* is harmless". *Today, doctors eat tons of dry heat foods, loaded with 10-20 year lifespan shortening AGEs, and* think "AGEs are harmless", if they even know what *AGEs* are... It may be a long time, before FDA regulates *AGEs* levels like they banned trans fats 50 years after the first people proposed a ban. It doesn't take a rocket scientist to figure out (especially after reading this section entirely) that eating high AGE foods, like many processed and home cooked dry heat foods are, *can* be (especially in those who can't fight the free radicals due to low antioxidant intake) as bad to lifespan length and quality as smoking half a pack daily. Avoiding adding oils before or during cooking cuts AGE formation a lot, add tiny levels of oils only after cooking if really needed. ☺☺☺

"Foods of the ►*fat* group showed the *highest* amount of AGE content ◄ with a mean of 100 kU/g. High values were also observed for the *meat* and ►*meat-substitute*◄ group, 43 kU/g. The carbohydrate group contained the lowest values of AGEs, 3.4 kU/g. The amount of AGEs present in all food categories was related to cooking temperature, length of cooking time, and presence of moisture. Broiling (225°C) and frying (177°C) resulted in the highest levels of AGEs, followed by roasting (177°C) and boiling (100°C)." ► JADA 2004;104(8):1287-91. When some foods are processed or cooked a lot, they produce AGEs, which are associated with oxidative stress, Alzheimer (3 times more *AGEs* in their brains), heart disease (AGEs kill endothelial cells, see below), hypertension, diabetes (AGEs kill insulin-producing cells), autism, rapid aging. 10 min cooked rice AGEs are *10175* times lower than (x <) *5 minute fried bacon*, 1878x < Parmesan cheese, grated (Kraft), 2942x < whipped butter, 867x < Big Mac McDonald, 169x < French fries McDonald, 758x < thin crust non-vegan pizza (some vegan one may have far less AGEs, since meat/cheese increase AGEs). For a list of 549 foods with their AGE content, see Table 1 at JADA 2010;110(6):911-16.e12. The obsession with taste, slow cooking, 400°F oven cooking, frying causes early death. A little temperature change makes a BIG difference. *Grilled* veggies (carrots,

celery, broccoli) AGEs are 23x < *boiled* (canned) or raw carrots, *baked* tuna 5x < *broiled (higher temp than baking)* tuna, *raw soft tofu* 8.4x < *broiled tofu,* 12x < *sauteed (outside) tofu,* McDonald biscuit 15x > bagels, white Italian bread (Freihoffer's, Bimbo Bakeries, Horsham, PA) 26x < toasted Greek bread and 48x < Croissant, butter (Starbucks). Not all cereals have the same AGEs in Table 1: 10 min rice 9 < Oatmeal, instant, dry (Quaker) 13 < puffed wheat 17 < canned corn 20 < Pop Secret (General Mills) microwaved fat free popcorn 33 < 8 min pasta 112 < popcorn air popped with butter 133 < 12 min pasta 242 < corn chips (Frito Lay) 1278 < Rice Krispies (Kellogg) 2000 < potato chips (Frito Lay) 2883 < macaroni and cheese, baked 4070. One more reason to avoid pasta and spaghetti, macaroni, besides gluten. Oatmeal has 3 times more fat than wheat, yet it has 19 times fewer AGEs than pasta and a little less than puffed wheat, just buy wheat (or ideally other healthier nongluten grain) from bulk bins at health food stores for more fiber, antioxidants, 20x fewer AGEs, use pressure cooker to avoid dry heat. Dry heat takes animal cholesterol and oxidizes it, making it up to 100x more deadly. ☺☺☺ Kellog's Corn Pops AGEs are 38x > PopSecret fat free popcorn. Avoid any cereal snack with fat, as it oxidizes in the bag and heat creates more AGEs. "Low" fat "Fiber One" by General Mills AGEs are 100x > instant oatmeal, so beware of "healthy fiber rich cereals" (9 times more fiber/calorie than other brands) which may be deadly. Same for "healthy" protein powders, you don't know if AGEs are high or low or if proteins are denatured, FDA doesn't require labeling of AGEs, so it's safer to go with home cooked lentils (takes 2 secs to press start and it's done, unless you soak them first), popcorn, everything, just get a lunch box. *Lower fat protein powders are safer, if they don't use heat, base, acids in processing..., which is hard given today's tech*. Puffed wheat AGEs are 118x < Rice Krispies (Kellogg), all puffed cereals have very low AGEs. Instant oatmeal brands fared the best among cereals. *Rice, white, quick cooking, 10 min* AGEs are 222x < Rice Krispies (Kellogg), 319x < Waffle frozen toasted (Kellogg), 108x < homemade pancake, 251x < toasted frozen pancake (General Mills), 1252x < Beef frankfurter broiled 450°F 5 min, 1239x < Chicken skin thigh roasted, 2058x < Chicken skin back or thigh roasted then BBQ, 1107x < Chicken breast breaded oven fried 25 min with skin, 489x < Shrimp frozen dinner microwaved 4.5 min, 568x < Tuna broiled with soy 10 min, 964x < Cheese American white processed, 320x < Chips potato (Frito Lay), 358x < Cookie biscotti vanilla almond (Starbucks), 298x < dried figs, (they use heat to dry and produce AGEs), 104x < Coconut cream Coco Goya cream of coconut (Goya), 867x < Big Mac McDonald's, but 8x < Veggie California burger microwave 1 min (Amy's) (thus, many Vegan BURGERS are 100x < most meat burgers), 150-1,000x < "avocados, nuts, seeds and many oils" (MDs reversed heart disease with 5% fat veganism).

What about fumes from dry (waterless) heat cooking? Just like second hand smoking causes cancer via polycyclic aromatic hydrocarbons (PAHs) etc carcinogens, inhaling the fumes from barbecue, grilling, pan frying, oven cooking (pizza with 758 times more AGEs than water cooked

rice) has damaging effects on our lungs and health. It's the exact same compounds sometimes from burning organic matter in tobacco that comes out of burning organic matter in plants that we fry, cook, dry heat cook, sometimes even worse due to animal products. Therefore, it's best to clear the house of fumes immediately, after someone cooked something with dry heat. People living near restaurants that grill and fry foods excessively have been found to have a higher incidence of lung cancer and PAH exposure ► BMCPM 2017;17:41, PO 2016;11(2): e0148641. EHP 2012;120:910-5 found high level PAHs may even cause birth defects. ☺☺☺

Check out how flies, rats avoid processed foods but eat home made foods because of toxins. Today, with a pressure cooker and smoothie maker, we never need buy any cooked/processed junk, no cooking skills needed, press button and it cooks it. No wonder people cure themselves of diabetes, heart disease, etc many diseases by going 50-100% raw vegan or whole plant foods (no processed). Baking apples increases AGEs more than thrice. Apple or fruit pies not a good idea, those probably have 100x > AGEs than baked apples based on data from the other foods. *Even homemade French fries AGEs are* 69x > *canned carrots and* 53x > *apples.* The *McDonald's* French fries AGEs are 90x > home boiled 25 min potatoes, 169x > rice cooked 10 min, 152x > canned carrots, 2.2x > homemade French fries, 117x > apples, 90x > puffed wheat, 76 x > canned corn & cantaloupe, 66x > tomato & Bread white Italian (Freihoffer's, Bimbo Bakeries).

Low AGE intake has also been shown to lengthen lifespan to the same extent as does calorie restriction in mice. Studies in healthy humans show that dietary AGEs directly correlate with circulating AGEs, such as CML, carboxymethyllysine, and MG, methylglyoxal, as well as with markers of oxidative stress", markers which become lower once people eat less AGE (plus many diseases diminish, wounds heal faster, etc). Scientists created AI proposed enzyme (not found in nature) by scanning 50K enzymes for the best one to start tweaking, and this synthetic enzyme can remove the CML attached to skin proteins in vitro (70 year old skin drops CML level to that of a 30 year old), giving us hope that 90% of the damage AGEs do can be reversed entirely in 100+ years ► NC 2026;17:5926. Cooking of meats and dairy often times produces 100x to 1000x more AGEs than boiling fruits, veggies. This may explain why most centenarians ate little if any, meat. Not all cooking is the same, and obviously, cooked foods can have > 10,000x more toxic AGEs than other raw ones (not the same food, as the table shows). Some studies found that exercise can lower blood AGEs, while others found no change, possibly due to the type of exercise, intensity, DNA, *confounding* variables. Ntr 2015;31(3):446-51 found no change in AGE via exercise, but rapid change via dietary change. MSM 2009;15(6):65-73 found a small decrease in AGE with more walking. The only study that found a really big change in only one single AGE (methylglyoxal) was a tiny 13 people study ► EJAAOP 1992;65(1):88-93 ► "After short runs the methylglyoxal concentration had decreased to 13% in the untrained men and 30% in the trained men, and after long runs the concentration had decreased to 41% in the untrained and 60% in

the trained men". This shows that diet is important, with or without exercise. ☺☺☺

Grilling burgers causes carcinogenic compounds to form. Consuming or creating at home vegan or meat burgers (which are then cooked in oil) without the proper research is not a good idea, as oil, sugar oxidation during cooking can lead to AGEs, oxidized fats or oxidized cholesterol (for meat burgers, that contain cholesterol, oxidized. Vegan or meat burgers with some kind of natural or added ω3 ALA, DHA or EPA or unsaturated fat *(vegan or meat based burgers doesn't matter)* that are cooked with oxygen (not in a pressure cooker with limited oxygen) at high temp are toxic. Perhaps, a good idea would be to inspire FDA or other agencies in other countries to require pressure cooking at low temperature and low oxygen of all burgers to protect the heart health of all people. *Or require nitrogen cooking, instead of air cooking*. *Cooking above certain temperatures could be banned* except for very few foods that absolutely need it. Frying foods could also be banned as it forms dangerous levels of oxidized fats, sugars, etc that cause heart attacks and strokes and destroy much of the good stuff in fish or whatever is fried, the EPA and DHA. Governments need to do a lot of chemical testing before and after a burger/food is cooked to assess the chemical structure of the fats and all compounds that form, before approving it. The more a burger is cooked with oxygen, the more brown carcinogenic compounds are formed. All processed foods (burgers) in "fast food industry" are better precooked at low temp/oxygen under pressure by the manufacturer, frozen,warmed 20 sec before serving. Pressure means shorter cooking time and 5-100 times fewer AGEs, oxysterols, etc chemicals that increase heart disease, cancer, oxidative stress, brain inflammation, aging. We discovered lead and we used it in pipes in Roman Empire and for dental fillings in 1800s, but now we know better. We discovered fire cooking with oxygen and high temperatures, created “sacred fire” religions, but now we know better that it creates very toxic and lethal compounds (especially when you add oil to it), so like with Lead, we can move away from it. Our understanding always evolves, and so do our choices based on that understanding. We have evolved transport last 10 millennia, but cooking has stayed the same, except for the pressure cooker which leads to less oxidation, better nutrient retention, etc. We can require all industrial manufacturers (that cook foods) to use gigantic nitrogen pressure cookers, since the air has 78% nitrogen anyway to reduce AGEs. ☺

11.3.3. FLAVONOIDS (quercetin...) deactivate diet AGEs and inhibit the formation of endogenous AGEs (most of them also lower LDL, TC, TG, ApoB, Lp(a), preventing strokes, infarcts)

The next 11 pages explain some of the best supplements to take to get the best flavonoids (quercetin, hesperidin, fisetin, naringenin, grape seed extract, hawthorn extract, etc) if produce is too expensive or hard to find (air tight bag, always in the fridge). Flavonoids also help you lose weight, as they turn on AMPK and turn off mTOR pathway. They also usually have antiplatelet, anticlotting activity (like other polyphenols and dietary phenols do), which helps non-O blood

types that clot easier and are at higher risk of stroke/infarct. Combined with garlic, ginger, etc flavonoids will replace blood thinning medications for some people, since they're safer than current medication, as our bodies got used to them for 1 billion years: most of our biochemical templates come from small mammals that became monkeys one day, we still have things in common with mice, and even fruit flies, bees (that's why we will discover how to live 40 times longer, by a diet change, as queen bees live 40x longer than the rest via new compounds humans made in the lab, not just royal jelly). Below is a list of the 5 classes of flavonoids, their chemical structure and the foods with the highest levels of flavonoids, presented by flavonoid class. Always eat high flavonoid healthy foods with vitamin C rich foods to prevent anemia due to iron deficiency caused by polyphenols (flavonoids are a subclass) that are sky high in peppermint, some teas and many spices. *This prevents your kid from having IQ 30 points lower too, and being far healthier as your AGEs are low.* The Richest Sources of Anti-Cancer Anti-Oxidant Flavonoids are presented below, together with studies about compounds (some flavonoids) that inhibit AGE activity and formation inside the body. Meats, fish and dairy don't have these anti-cancer anti-diabetic anti-atherosclerosis compounds that inhibit the action or formation of AGEs.☺ The numbers below are from USDA. Ntr 2013;5(9):3367-87 reports "quercetin glucosides were absorbed 10 times faster and the plasma concentration peaked 20 times higher than quercetin rutinosides in humans". The bioavailability of flavonoids (and other phytonutrients) varies a lot across foods, so much research needs to be done to come up with the perfect eterni food. Peppermint data is from phenol-explorer.eu. There are other less common types of flavonoids, such as isoflavones in soy foods, chalcones, dihydroflavonols, etc. Two good papers on flavonoids are JNB 1996,7(2):66-76 & PB 2004;42(Suppl):74-83.

FLAVONOID AMOUNTS REFER to mg/100 g of RAW FRUITS OR VEGGIES (unless it says dry):

1). FLAVONES: dry parsley 4,523 (apigenin 4,503), dry peppermint 1,486, dry Mexican oregano 1,046 (luteolin 1,028), parsley 217, celery 3, orange 1, watermelon .6, apple .5. Name meaning is on=ketone on the ether ring between phenyl rings (see numbering of the flavan structure): The two main flavones are apigenin 4',5,7-trihydroxy flavone or 4',5,7-trihydroxyflav-4-one (hydroxy =OH) & luteolin 3',4',5,7-tetrahydroxyflavone (or 3'-hydroxyapigenin). Apigenin is a senomorphic (reduces age-associated cell inflammation, turns senescent cells into healthy ones) and may inhibit CD38 enzymes to preserve cellular NAD^+, prevent muscle atrophy, reverse aortic stiffness, vascular inflammation, alleviate physical frailty and cognitive impairment as it does in mice. Hydroxyapigenin (fisetin) is a senolytic that kills *senescent cells making inflammatory chemicals*.

1.1). Isoflavones: soy 139. They are, as the name implies, isomers of flavones, where the 4'-hydroxyphenyl group is bound to the C_3, not C_2. Genistein, 4',5,7-trihydroxy isoflavone, the most abundant soy polyphenol, is isoapigenin, an isomer of apigenin. Daidzein is 4',7-dihydroxy

isoflavone or genistein without 1 OH. In 100 g soybeans, we find aprox 75 mg genistein and 50 mg daidzein which make up 90% of isoflavones, with 10% (14 mg) being glycitein or 4',7-di hydroxy-6-methoxy-isoflavone or 6-methoxydaidzein. Soy isoflavones are world famous. Once on Wikipedia, click on PubChem ID, then 2D structure, to get a nicer view, like D-catechin.

2). FLAVONOLS: raw capers 492 (q or quercetin 233), canned caper 304 (q 173), dried parsley 331, lovage leaf 177 (q 170), kale 93 (q 23), radish leaf 78 (q 70, vs 3 in broccoli, 4 red apple), mustard green 63, watercress 53 (q 30, kaempferol 23) steamed watercress 0, cilantro 53 (q 53), yellow hot wax pepper 51 (q 51), purple onion 47 (q 39), chia seed 31 (q 18), onion 26 (q 20), red apple 4 (q 4), tomato 0.8, parsley 0.28 q. ☺☺☺

FLAVONOLS: ol=alcohol, on=ketone on the ether ring, hence also called FLAVON-3-OLS. The 3 main flavonols are: kaempferol 3,4',5,7-tetrahydroxyflavone (3-hydroxyapigenin) & isomer fisetin 3,3',4',7-tetrahydroxyflavone (fisetin is in 10+ spermidine pills in 400-800 mg amounts, but most flavonols help as much, it's thought to be the best senolytic chemical, 66$/100g), quercetin 3,3',4',5,7-pentahydroxy flavone (3,3'-dihydroxyapigenin)

3). FLAVANONES: dried peppermint 8,740 (eriocitrin is 8,052 mg, eriocitrin is the rutinose glycoside of eriodictyol), dried Mexican oregano 457 (naringenin 372), grapefruit 54 (53 is naringenin, naringin = naringenin glycoside that gives grapefruit its bitter taste), lemon 51 (hesperetin 28, eriodictyol 21.4, naringenin 0.55), lime 46.4 (hesperetin 43, naringenin 3.4), orange 42 (hesperetin 27, naringenin 15), tangerine 17. hesperetin (MW 302) glycoside is hesperidin (MW 611), 1000g/51$ gives high gas like citrus does, try 300mg/day max, lowers LDL by HMGCR inhibition, or buy quercetin instead, a nootropic memory, cognition enhancing chemical via lower oxidative stress. Neohesperidin in bergamot is even better at lowering LDL, as the sugar moiety binds better in the enzyme HMGCR, but this lowers testosterone in eyelids, leading to dry eye (cholesterol is needed to make cholesterol esters for tear lipids). Statin like food chemicals that cause dry eyes (via lower eyelid cholesterol synthesis and thus lower androgens (local testosterone) needed to produce eyelid lipids), include: quercetin, fisetin (modulates SREBP2 and downstream lipid metabolism, exerting a distinct LDL lowering effect that works in tandem with statin-like kinetics), resveratrol, red rice yeast (natural lovastatin), garlic and many other HMGCR inhibitors. Essentially, all antioxidants, flavonoids are nootropics. 1 lb of oranges has 4.54*(611/302)*27=248mg hesperidin. Thus, if taking it as a powder, 500 mg max is OK with fat, being fat soluble, as if eating 2 lb oranges. Hesperidin and diosmin in citrus peels improve peripheral circulation, swollen leg, being sold together for that. Pure sells diosmin alone. However, cutting salt intake to 300 mg/day is 10x more effective in reducing swollen feet than hesperidin. Hesperidin (like citrus) causes severe gas in some, so take only 80mg/day max if so. Hesperidin is hesperetin + rutinose, the rhamnose-glucose indigestible disaccharide we lack

the enzyme to break into 2 sugars, causing colon fermentation and gas, like bean oligosaccharides. Hesperidin also lowers blood pressure, softens the stool (in rat studies and human reports: me too, I took hesperidin 1st time in 3 months on 9-5-2026 and stool became so soft suddenly (soft stool is a common side effect websites report), which was great, soft stool helps with regular bowel movements, lower toxic load (stool dumps toxins when it lingers), zero hemorrhoids. Hesperidin "enhances epidermal (skin: arteries, colon are skin too, softer colon skin = easier stool gliding) permeability barrier homeostasis". If you get digestive, enamel erosion, gas (via pectin) issues with citrus, eat hesperidin, save 5000$. The aglycones (flavonoids) end in e, enin or etin, while the glycosides end in i: ingin, itrin or idin. The Eternia Council may suggest including hesperidin in the Eterni Foods first powders. The real reason we buy citrus is hesperetin, naringenin (=hesperetin without 1 methyl, 1 OH). This shows as we evolve from chimps to Homo Immortalis, we take the 0.3% best of any food and mix them up to create Eterni Foods that give us 4000 year lifespan, as bees live 50x longer via diet. No longer do we need to eat 900 foods/pills, but one powder in water, to save time. We also become the Holy Spirit of Immortality *for* All that overcomes death as in the immortalists' creed.

FLAVANONES: an=2 extra H, alkane, on the ether ring, hydrogenated flavones. The 3 main ones:

3.1. naringenin (2S)-4',5,7-trihydroxyflavan-4-one (2,3-dihydro-apigenin)

3.2. eriodictyol (2S)-3',4',5,7-tetra hydroxy-flavan-4-one (2,3-dihydro-3'-hydroxy-apigenin, 3'-hydroxy-naringenin or 2,3-dihydro-luteolin),

3.3. hesperetin (2S)-3',5,7-trihydroxy-4'-methoxyflavan-4-one (2,3-dihydro-4'-methoxy-apigenin or 4'-methoxy-eriodictyol).

4). FLAVAN-3-OLS: CACAO BEANS 8,606 (epicatechin 99, catechin 88, gallocatechin 8,262), unsweetened cocoa powder (unprocessed with alkali) 261, grape seeds 168 (epicatechin 93, catechin 75), rabbiteye blueberries 124, alkali processed cocoa powder 93, blueberries 52, blackberries 42 (37 catechin, 5 epicatechin), red apple 12 (epicatechin 10, catechin 2), white nectarine 10.6 (7.6 catechin, 3 epicatechin), peach 9.2, apricot 8.4 (4.7 epicatechin, 3.7 catechin), pear 6.8, banana 6 (catechin 6), strawberry 4.6.

FLAVAN-3-OL: an=2 extra H, alkane, on the ether ring, hydrogenated FLAVONOLS where the ON (ketone) became AN, so C=O became CH_2: catechin (2R,3S)-3,3',4',5,7-pentahydroxyflavan or trans-dihydrodeketoquercetin and its 'cis'-isomer epicatechin (2R,3R)-3,3',4',5,7-pentahydroxy flavan. Gallocatechin is 5'-hydroxycatechin, having 6 OH groups, so it has the higher free radical scavenging ability. Catechin OH is on the other side as the lone phenyl ring, catechin ether ring C_3 CHOH is 3S stereoisomer (2R,3S for the 2 carbons (CHPhenyl-CHOH) of the "cis-trans"), while epicatechin ether ring CHOH is 3R stereoisomer, (2R,3R for the 2 carbons). Recall the flavan

numbering of carbons. As far as light refraction, natural catechin is D-catechin or (+)-catechin, while natural epicatechin is L or (–) or levorotatory (polarized light is rotated counterclockwise). Epigallocatechin is 5'-hydroxyepicatechin, with 6 OH (3 of them are on one phenyl ring in consecutive order as in the gallic acid, hence gallo), while epigallocatechin gallate (EGCG) has 8 OH, being "Most Effective Catechin Against Antioxidant Stress via Hydrogen Peroxide and Radical Scavenging Activity" ► MSM 2018;24:8198-206. The more OH, the more free radicals it neutralizes. If the phenol OH group is bound to a carbon (via an electron pushing alkyl group nearby) that pushes electrons to the oxygen more, then the aromatic ring resonance effect stabilizes that future phenoxy radical and makes it easier to break the oxygen bond and scavenge radicals. If the OH group is aliphatic, not aromatic, the there is no ring to distribute this extra electron and stabilize the oxy radical, so then the oxy radical is less stable, since that oxygen-hydrogen bond is stronger and harder to break, meaning scavenging activity is higher. Some polyphenols have both aromatic and aliphatic OH groups. There are exceptions based on solvent, chirality, access to an OH group, etc. Today people can use quantum chemistry to compute order of 900 polyphenols for various free radical scavenging potentials in various complex environments. However, basic chemistry knowledge tells you that 6 phenolic (OH) groups will scavenge a lot more than 3. ☺☺☺

11.3.4. ANTHOCYANIDINS and THEIR GLYCOSIDES (ANTHOCYANINS) Deactivate AGEs

5). ANTHOCYANIDINS or FLAVYLIUMS: Maqui Berry 690 mg/100g, Purple cauliflower 250, Purple Cabbage 210, Purple carrot 25 to 150 (depends on cultivar), Blueberry 109-165, black currant (dried tiny grapes) 158 (white only 1), Purple/Indigo Concord Grape 120, golden currant 109, Purple Kale 107, Cranberry 104, Blackberry 101, Eggplant 86, Cherry 80, Red Currant 75, Radish 63, Red Grape 48, Raspberry 39, Strawberry 34, Plum/Pear 12, Banana 7.

Anthocyanidins are flavyliums obtained by losing 3 hydrogens, so dehydrogenated catechins: 3,3',4',5,7-pentahydroxyflavylium or cyanidin (cyan means blue, these flavonoids are blue-red, purple), the strongest anthocyanidin activator of sirtuin 6 enzyme hypothesized to help us live longer. Peonidin is 3'-methoxy-cyanidin, delphinidin is 3,3',4',5,5',7-hexahydroxyflavylium or 5'-hydroxy-cyanidin, apigenidin is 4',5,7-trihydroxyflavylium. The berry section has more info. The previous page helps you understand all flavonoids (all 5 classes, not just anthocyanidins) are derivatives of flavan or apigenin. Api = advanced pharma ingredient, genin = genesis. Apigenin= natural medicine. The 5th grade fat, sterol (hair section) & amino acids mnemonic of centralized education make it easier to learn chemistry for the geniuses of tomorrow, who know more about Vitamin P, Polyphenols, at 20 than Nobel Winners today at 65. The point of these names (prior 2 pages too) derived all from apigenin is that the same basic antioxidant power is in every colorful blue, purple, red produce, legume, grain, and that you don't need to eat 98 foods to get

the same antioxidant power as from 3 deep purple/blue/black foods. So, don't stress about "experts" telling you you need to eat every day "10 g of lethal flaxseeds, 5 g of useless olives, 10 g avocados, 50 g coconut and 24 g of this and that blue or purple thing", companies trying to take advantage of your ignorance to sell you their snake oil. The less educated, the easier to fool. Once you understand the chemistry, you can't be duped by commercial fake science anymore, whether about polyphenols or seed oils, or nuts (except walnuts) you can skip. Stressing about which "purple" stuff to eat will do more damage than eating any and paying attention to things far more critical, like sleep quality, exercise, omega 3/6 nut or oil ratio. However, the geometry of these molecules changes, the distance between certain enzymatic or molecular pockets, so this determines how effective flavonoids are in killing microbes by shutting down enzymes, etc, or neutralizing 5-alpha-reductase in humans, killing free radicals in some cells with peculiar properties. Cyanins are glycosides of cyanidin, for example cyanidin galactoside. Big Business pushes different foods we don't need such as avocado, olives, coconut, etc, and many herbs and supplements. But once the working class realizes the flavonoid structure, googles "main polyphenols in food/herb x" and the chemical structure of said "miracle compounds" in Ginkgo biloba and other "super foods", one realize plain old fruits and veggies offer the same free radical quenching and same exact flavonoid core as exotic herbs costing a fortune. Don't fall for the scam, biloba got plain old flavonoids quercetin, kaempferol, isorhamnetin mentioned above, and biflavonoids (with few OH groups vs quercetin in veggies) like amentoflavone (5 OH for double the carbons), ginkgetin/bilobetin (4 OH for double the carbon, so weak total scavenging potential/mg). Biflavonoids are simply 2 flavonoids joined, which can be less effective as they can't sneak in small pockets where free radicals hang around. Pricier isn't better always.☺☺☺

An anthocyanin is anthocyanidin glycoside (3-glucosides), or a glucose bound to anthocyanidin. Glycosides are compounds containing a sugar, which can be glucose (for glucosides) or ribose (for ribosides, important for RNA, R from ribo). Anthocyanins (together with anthocyanidins) are mainly responsible for the bright red, blue, black, purple colors of fruits, veggies, wild rice, black rice/beans/sorghum. They appear black, but when you soak them, you will notice the water turns purple. Anthocyanins, the most abundant flavonoid in plants, are anticarcinogens ► CL 2008;269(2):281-90. Purple cauliflower has more brain protecting anthocyanidin flavonoids than any other fruit or veggie: 250 mg/100 g, 7 times more than strawberries (34 mg), 52% more than blueberries (164 mg). 0.32 g/day of anthocyanin extract for 24 weeks raised HDL by 19.4%, lowered LDL by 7%, TG by 23% ► JN 2015;145(4):742-8. The more anthocyanins, the fewer heart events ► Circ 2013;127(2):188-96. Anthocyanins protect against β amyloid induced neurotoxicity in vivo/vitro, decreasing neuron death ► NI 2015;80:51-9. Anthocyanins protect against β amyloid toxicity thru diversion of molecular forms ► NNS 2016;19(1):32-42. Anthocyanins

protect SK-N-SH neurons against acrolein-induced toxicity, besides protecting them from β amyloid induced oxidative stress ► JAD 2016;50(4):981-98. Anthocyanins decrease postprandial blood glucose ► JNB 2016;38:154-61. ☺☺☺. Purple carrots got up to 1.74 g anthocyanins/100g dw or 204 mg/100 g fresh carrot, higher than most produce ► EFRT 2004;219:479-86. Other studies found up to 243 mg, or 150 mg anthocyanidins. Purple Kale data comes from PCR 2012;31:281-9, which says 1.73 mg/g anthocyanins, which is about 1.07 mg/g anthocyanidin (no glucose), or 107 mg in 100 g. Purple or blue concord grapes improve memory ► BJN 2010;103(5):730-4, just as blueberries do ► JAFC 2010;58(7):3996-4000. Why? Because they have anthocyanidins that improve memory, brain performance, since free radicals are killed. Blueberries prevent cancer ► AAMC 2013;13(8):1142-8 due to inhibiting AGEs. Dairy inhibits the absorption of anthocyanins ► 5 min video & FRBM 2009;46(6):769-74. ☺☺☺

11.3.5. AGEs and TOR enzyme inhibiting flavonoids, bee pollen, tea, herbs

AAMC 2013;13(7):1025-31 is a paper about the inhibition of the mTOR signaling (too much mTOR activity can lead to cancer, diseases) by quercetin, one of the most common flavonoids (see list above), found in onion etc, fisetin found in onion, isoflavones from soy. For a list of more flavonoids that inhibit TOR, see AAMC 2013;13(7):967-70. Cactus pears have 200-450 mg (depends on cultivar) quercetin equiv/100 g, more than all fruits, as the cactus section shows. Some mangoes have 85mg flavonoids (gallic acid equiv)/100 g ► Ntr 2017;9(5):525. Pollen flavonoids (0.6-1.4g/100 g more than any fruit/veggie) are described in the pollen section. Herbs can far exceed the bee pollen level of phenolics. The best tea brands (most don't offer this) have about 50-90 mg flavonoids/100 g in the form of 3 flavan-3-ols (catechin, epicatechin and epigallocatechin gallate), but tea has no biophotons or fiber; since many fruit/veggies provide more flavonoids than tea (without the heavy metals, some tea brands have lead 4,002x > others as explained in the lead section, it makes sense to eat more fiber, biophotons and veggies than tea, especially since most people get too little fiber. The vegetarian herbalist Li Ching Yuen who lived to be '256' per New York Times 1933 (some say 150-200) got his nutrition from fresh herbs, some of which, when dried, have 100 times more unique flavonoids and other phytonutrients compared to many fruits. If we can discover what works and synthesize them and make a powder that is a good anti-oxidant it might help us to live to 150. We can apply chemistry to the concept of synergistic effects of beneficial plant chemicals to prolong average lifespan to 950. We cultivate the best plants, sweet potatoes got 787 times more vitamin A than potatoes.

11.3.6. Studies showing AGE deactivation by flavonoids and other phytonutrients:

Before the studies on AGE deactivation, it's worth recalling that dried peppermint has the most flavonoids of any food, 10.2 g/100g, followed by cacao bean 8.6 g, dried parsley 4.5 g. Eriocitrin, the main flavonoid in peppermint, was found to be a very potent antioxidant, almost as good as

rosmarinic acid ► ZNC 2005;60(11-12):826-32. Other studies found eriocitrin to be effective against lipid peroxidation. Dried peppermint has 1,800 times more flavonoids than rosemary according to phenol-explorer.eu, 12 times more polyphenols, 2 times more rosmarinic acid (the famous anti-Alzheimer compound). However, pulegone neurotoxin in peppermint limits the safe peppermint intake. All mint family herbs (sage, thyme, rosemary, peppermint, etc) have been found to be neuroprotective (in spite of pulegone), possibly due to the polyphenols (phenolic acid and flavonoids). Peppermint got 3 times less fat and 4 times more protein than rosemary, so it may be overall more effective at promoting health and longevity. Berberine lowers AGEs.

Epicatechin, a common flavanol in fruits and veggies, broke down glycated albumin in vitro and reduced AGE accumulation in the retina of rats ► EJP 2015;748:108-14. Quercetin, the main flavonol in foods, inhibits AGEs by trapping 80% of methylglyoxal, 50% of glyoxal within 1 hour under physiological conditions (these 2 dicarbonyls are precursors of AGEs; they're found in foods, smog and tobacco smoke) ► JAFC 2014;62(50):12152-8. The dicarbonyls bind to quercetin on the phenyl ring A within the flavon structure (the one bound to the heterocyclic ring), the only CH groups of the phenyl ring as shown here. Hydrogen is displaced. ☺

Legumes, nuts, grains and seeds contain phytate, which was found to lower serum AGE levels in diabetic patients: those "who consumed IP6 (inositol hexakisphosphate or phytate) supplements for 3 months had lower levels of circulating AGEs and HbA1c than those who did not consume IP6" ► SR 2018;8(1):9619. 3 Pomegranate phenolics (ellagic acid, punicalagin and gallic acid, found also in many other fruits) inhibit AGEs in vitro by scavenging reactive carbonyl species; the authors say this fruit can probably be used to prevent diabetes and Alzheimer; gallic acid inhibits amyloid fibrils formation in Alzheimer ► FF 2014;5(11):2996-3004. Pomegranate juice has only 0.45 mg gallic acid/100 g, banana got 1 mg, cauliflower 0.69. Gallic acid GA, a known AGE inhibitor, is the major component of grape seed extract GSE that inhibits in vitro amyloid fibril formation in Alzheimer, Parkinson, Huntington ► BMCL 2013;23(23):6336-40. Same inhibition of fibrils, plus plaque reduction by 50% happens in vivo in mice treated with 2% of diet GSE. Total phenolic content of GSE was 592.5 mg/g dry weight: GA (49 mg/g), catechin (41 mg/g), epicatechin (66 mg/g), proanthocyanidins (436.6 mg catechin equivalents/g) ► NTR 2009; 15 (1):3-14. GA is in chestnuts (480 mg/100g), cloves (spice, avoid clove & basil if pregnant or conceiving, both genders) 458 mg/100 g.☺☺☺ Most other fruits and veggies got it below 1 mg/100 g. No wonder cloves improve memory, prevent Alzheimer: they're the highest non fatty source of GA. Ellagic acid in walnuts, pecans, cranberries, raspberries, strawberries, peaches, grapes, inhibits AGEs ► BJ 2012;442(1):221-30. 2026+ NIH papers show epicatechin, catechin, GA reduce all cause mortality, LDL, LDL oxidation and GSE (250g/21$) may be good for people not eating berries, which cost 20x more/g of anthocyanidins. Berries, grapes got high sugar which lowers HDL, raises ApoB. GSE contains polymerized anthocyanidins ACs called

proanthocyanidins PACs (e.g. procyanidin A2, B2 epicatechin(4β→8)epicatechin, A1, B1 epicatechin(4β→8)catechin), that get partially hydrolyzed in the stomach acidic pH to ACs. ☺☺☺ Cranberry flavonoids are procyanidins (the simplest PACs) and other compounds that inhibit AGEs formation. GSE inhibits AGEs ► CJPP 2012;90(2):167-74. "GSE contains… PAC monomers (5-30%) (or ACs like catechin), oligomers (17-63%), (dimers like A/B1,2), and polymers (11-39%) (tannin)" ► BM 2020;10(2):243. Polymeric tannins (PAC polymers) are more effective than monomers at lowering plasma LDL, ApoB and reducing intestinal cholesterol absorption, meaning GSE can help lower the lethal ApoB better than berries. GSE inhibits LDL oxidation and cholesterol uptake better than ACs (berries), but *lowers LDL, raises HDL less than* ACs. GSE, via partial hydrolysis (or even without it, since it contains 5-30% monomer ACs), can thus offer both sets of benefits (of PACs or condensed tannins, of ACs), removing the need to eat any berries. Cyanidin (simplest anthocyanidin) activates SIRT6 antiaging pathway, so GSE may add 1 year to your life. This is the beauty of science, we add these chemically made compounds to our eterni powders to enable all to live to 4000 via a new fetal diet in the first 3 months of pregnancy via the 11 companies. If you eat quercetin or hesperidin, fisetin, naringenin from powders (links above), you only get the more polar monomer flavonoids, but catechin, epicatechin (the cis isomer of catechin with respect to the flavan ring) lack the polar ketone on quercetin, fisetin so they can latch to nonpolar LDL particles better, protect LDL from oxidation better. The paper above said monomers can make 5% of GSE only at times, and that's mostly catechin, epicatechin and gallic acid, with gallic being sometimes 0.1% of the GSE not 2% as with catechin, so you really deal here with catechins when you talk about GSE monomers and their effect on LDL oxidation, with gallic being maybe 5% of the total monomers and catechins 90%. GSE is a much cheaper way to get some anthocyanidins than buying berries, especially safer for prediabetics.

Sulforaphane, destroyed by cooking, found in broccoli, kale (richer than broccoli), cauliflower fights methylglyoxal toxicity (Alzheimer patients have more methylglyoxal in their cerebrospinal fluid). Sulforaphane protects cells against glycative damage by inhibiting activation of the caspase-3 enzyme, reducing the phosphorylation of MAPK signaling pathways, reducing oxidative stress, increasing intracellular glutathione levels ► CRT 2015;28(6):1234-45. Curcumin in turmeric inhibits AGEs-induced inflammatory responses in endothelial cell damage via trapping methylglyoxal ► MMR 2016;13(2):1475-86. This may prevent silent white matter strokes which are thought to lead to Alzheimer. JDMD 2014;13:11 explains that orange seeds polyphenols have significant anti-AGE activity, so making a smoothie with oranges and many other things is good, as pureeing the seed will release the good phenols. B_6 (found in many fruits, B complex pills) blocks AGE formation ► PO 2013;8(9):e72128. See also this great paper on B_6 preventing AGE formation at JBC 2003;278(47):46616-24. Genistein, a soy products isoflavone (a subclass of flavonoids), inhibits AGE formation by trapping methylglyoxal

(O=C(CH_3)CH=O), 98% within 24 hrs (this may be why those eating soy have less breast cancer) ► CRT 2011;24 (4):579-86. Among women with breast cancer, soy food consumption was significantly associated with decreased risk of death and recurrence. Vegetables, fruits, soy foods reduced the risk of breast cancer ► IJCEM 2015;8(1):73-85. Limonene in lemon/citrus, is a great AGE inhibitor ► MB 2013;9(10):2463-72. Red grapes inhibit AGEs, 1 g of dried skin extract has total phenols of 246 mg gallic acid equivalent, total flavonoids 216 mg catechin equivalent, total anthocyanins of 37 mg cyanidin-3-glucoside equivalent ► BMCCAM 2013;13:171. ☺☺☺

Apple flavonoids phloretin and its glucoside phlorizin inhibit AGEs by trapping carbonyl species, like all polyphenols do, see the links for formulas, carbonyl trapping ► CRT 2008;21(10):2042-50 and CRT 2011;24(8):1304-11. AGE accumulation, blood glucose were reduced via phloretin, epigallocatechin 3-gallate (EGCG) and [6]gingerol (ginger) ► BP 2016;84:502-13. EGCG is high in white tea (42 mg/g dried leaves), green tea (74 mg/g of dried leaves). EGCG inhibits AGEs ► FF 2017;8(11):4194-209. If you don't drink tea, no worries, many centenarians never drink tea and some tea brands have 4,000 times more lead than others. Ganoderma Capense mushroom widely used in Asia inhibits AGEs in vitro. The edible green alga Capsosiphon fulvescens inhibits AGEs ► EJN 2014;53(1):233-42. Mango mangiferin inhibits AGEs in vitro ► FRBM 2004;36(12):1575-87. Out of 11.3 mg of carboxymethyl lysine (an AGE) ingested, only 3.5 came in fecal matter (AA 2012;43(2):595-602) and a small fraction in urine, indicating that AGEs accumulate inside over time increasing oxidative stress, aging, disease progression. Hesperidin (glycoside of hesperetin flavanone in limes, oranges, lemons) inhibits AGEs ► PB 2012;50(12):1531-5. 11 flavonoids + 6 coumarins inhibit AGEs; several herbs have coumarins ► APR 2012;35(6):1021-35. Ginger was the strongest inhibitor of AGEs among 17 plants tested ► BJN 2009;101(11):1714-21, see more in the ginger section. Aged garlic extracts inhibit AGEs ► JN 2006;136(3 S):796 -9S. Citrus fruit extracts reduce AGEs and H_2O_2 induced oxidative stress in human adipocytes. Rutin is quercetin-3-rutinoside, a flavonol glycoside composed of quercetin and the disaccharide rutinose. The 2 adjacent hydroxyl groups of the lone phenyl group of quercetin are trapping free radicals and preventing the formation of glyoxal, methylglyoxal and other dicarbonyl AGEs that then create more AGEs. Basically, all anti-oxidants play their role in preventing AGE formation by the same mechanism. So, the ORAC score is helpful in determining which foods may prevent AGE formation. Rutin is found in many fruits (apple especially) and buckwheat. BJN 2012;107(7):941-9 found that rutin prevents the eye lens from becoming less transparent by preventing lens AGE accumulation: AGEs are hypothesized to change the surface charge of the eye lens protein, leading to conformational change that may affect protein-protein, protein-water interactions, leading to decreased transparency of the lens and giving people partial or full *blindness*. "More produce means better eye health" may also relate to the ability of flavonoids to inhibit AGEs. Other studies showing AGE inhibition by rutin are MCB 2003;252(1):141-7, FRBM

2010; 48(5):656-63. Rutin benefits are at SPJ 2017;25(2):149-64. ☺☺☺

11.4. 73 REASONS TO GO VEGAN (34 pages)

Intro: We immortalists view the best diet as some sci-fi future diet made of unknown particles etc that help us live to a trillion, for to understand God or truth we need to become "Immortal", meaning to live a nanosecond of eternity, to a trillion years old. The Seed Oils section explains that to maximize healthspan and lifespan for all, we need at least 4 billion different unique diets, so read the first paragraph there too. In the transition period, a low fat vegan diet seems to offer to some phenotypes (maybe you too), some biochemical and ethical advantages (we need 4 billion people study to see what % of every macro/micro nutrient is ideal), so we're always improving and researching it to create the first immortalist powders, the start of moving humans from 100 to 300, then 4000 year lifespan. Immortalists are eternal students who never "figured it all out". I didn't eat meat for 29 years, no dairy for 20 years as of June 2025. These are total time amounts, as I switched between vegan and vegetarian in my first 15 years of no meat, before being vegan entirely since 2014; 1-6 months a few times I ate fish, *due to no veganism book with 3000 references existing then, like this one, to quell my doubts*. See my food in the "what I eat" section, the daily food table. See a food table pic, or use the free web version of Microsoft Excel, free Google Sheets or the much better (than Google) free LibreOffice to view my food table. Save as Excel, .ods, Google Sheets, create yours from mine, after changing food columns, formulas to lose weight, keep calories < 600/meal. A 2019 survey found 14% of US college students were vegetarian/vegan, same as Germany. Take vitamins/minerals, since soils are depleted. LibreOffice is as good as Microsfot Office and free. Microsoft is pricey. % vegetarians: 92% Jains, 59% Sikh, 44% Hindu, 20% Buddhist, 3% Christians, 0.1% Muslim.

Research diets via many google/PubMed/youtube searches, from every angle: critics & lovers. A high fat processed vegan diet is as deadly as standard omnivore diets. A healthy vegan diet has:

1). soaked legumes as main source of protein, veggies, minimal fructose due to dementia risk

2). no cookies/bread/bakeries/donuts/gluten, no soda (fructose causes arthritis, as fructose becomes uric acid, the crystals screw all joints), no processed/canned/takeout food (restaurants don't soak legumes/grains, don't avoid toxic oils, don't cook food in water to avoid lethal AGEs), no collagen (heavy metals, denatured animal processed protein), you can eat glycine too.

3). no protein powders (due to them being full of lead and deadly also due to low fiber, toxins formed during heat, acid/base/solvent treatment; proof of lethality is the cloudy urine, gas that comes suddenly only after these powders or amino acids, cloudy/gas that vanish once you stop eating the poison), no unsoaked (meaning deadly) legumes/grains like scam diets with unsoaked

protein powders, legumes causing low calcium/minerals, thus low B12, faster aging than before

4). no 4-7 hrs of sleep: sleep well 8 hrs regular hours, deep sleep 5). no hyperbaric oxygen overuse, it can destroy the body: lung/brain damage, seizures, nearsightedness, *lower IQ*. ☺☺☺

6). no bad air: research/question any tech, since the air we breathe is as critical as the diet we eat, fine particles reach very organ thru the blood: some use a cheap 60$ trash air monitor (see it in a video) that doesn't measure 99% of air particles in the air, is inaccurate for even the 1% it measures, like all Chinese trash under 100$, study air quality sensors: see device google AI says is good, same brand devices give 788 & 16 readings. Monitoring only 1% of air particles, 2.0+ µm won't make an air purifier safe, just like measuring only 1% of relevant biomarkers doesn't make a hyperbaric tech/diet safe. IQAir removes 99.5% of 0.003 µm vs HEPA 0.3 µm. Need ULPA (filters 100 times more bad particles <0.3 micron). Ventilate, so a CO2 meter has CO_2 < 500 ppm.

7). no vegetable oils except flax/chia (eat seeds/walnut, way healthier), to avoid fatty plaque (see pic). Read typical biomarker change when switching to a 3-7% fat calorie whole food healthy vegan diet. Dr. Ornish studies show those with life threatening plaque need 2% fat calories (not even 1 walnut, 1 DHA-EPA pill OK) for 90% removal fast before they die due to coronary artery block (water fast needed). Body fat is a marker for (pic) plaque. Try minimize nuts/seeds, see why: nut clip 1, two, three, four, five, six. Ornish found nuts block plaque removal in some even @ 5% fat cal, studies confirm it with pulse wave velocity studies. Some mice get 114 times more plaque at same fat intake, same for humans. Mom high fat diet = high cholesterol, 12x more plaque in fetus. All nuts, except walnuts, are toxic: they got sky high ω6:3 ratio. Lady had 85% heart blockage, went vegan, got 0% block, 2 min clip. US spends 150 billion/yr in preventable (with a healthy *vegan* diet) bypass surgeries: 150K/person. Vegan CAC score 0, perfect. High fat keto diets increase plaque over 10 years. We need large studies to figure out the best personalized % fat. End angina (coronary blockage) via low fat veganism. We've never seen a ketogenic/90% protein person reaching 100-125. Why risk it? We got 110 year old vegans, 101 nutrition vegetarian professor (takes B12+D), 1922 born vegan (since age 69) runner (Mike goes upstairs 24x daily), Loreen Dinwiddie (1903-2012) vegan for 90 years, died at 109. Video shows all low carb gurus die young. Check artery pics: high fat = infarct, Alzheimer. Please behold the fat…☺. FN 2024;11:1481363 shows healthy (as above) vegan diets extend life vs omnivores, while unhealthy vegan diets shorten life (junk food diets kill fast, even if vegan).

11.4.1. The Survival of Humanity Argument

Veganism reduces greenhouse gas emissions, which is key to preventing ocean acidification. If the ocean is too acidic, plankton dies and with that 50-80% of the oxygen we breathe is gone, making life impossible. Our survival depends also on our kindness. This is explained better in the

first paragraph of section 16.3 about desensitization to violence.

11.4.2. The Hunger and Cow Deaths Argument

Millions of people die of starvation; veganism would provide far more food per acre. Cows kill more US people than wolves, mountain lions, alligators and other animals combined.☺☺☺

11.4.3. The Heart Disease Argument

Vegans have the lowest blood pressure, cholesterol, pulse, rate of heart disease (a reason why many people go vegan, since heart disease is number one killer globally). My LDL is 46, TC 105, TG 65, like this vegan got LDL 50, TC 107, TG 80, HDL 41. The reversing heart disease section presents the vegan vs omnivore cholesterol levels and some dramatic reversals of heart disease thru a low fat, high fiber, fruits-veggies rich vegan diet alone. Ntr 2015;7(9):7285-97 explains the hypothesis that casein A2 (sheep milk, human milk, goat milk) is safer. NJ 2016;15:35 found problems with β casein A1 found in most milk. There was an association between ischemic heart disease and A1 milk ► NNMJ 2003;116(1168):U295. Replacing cheese with many types of vegan fats/foods lowers the risk of heart disease ► AJCN 2016;104(5):1209-17; whole grains replacing cheese lower CHD risk by 34% (Figure 1); this study is in a 4 min video on the health of dairy. To see how deception via science studies can be done by the dairy industry, check this video. ☺☺☺

11.4.4. The Type 2 Diabetes Argument (Type 1 Diabetes is argument 55)

Diabetes can be, like many other diseases, an autoimmune disease, caused by immune cells attacking the body: for example you eat meat and it contains similar molecules as your own body but different, so the immune system attacks those foreign animal organs chemicals, making antibodies for them, then those antibodies recognize some parts in your own body as similar to the bad food chemicals and attacks your own organs, so meat causes autoimmune diseases. Vegans have the lowest A1C, see below. Cold foods, like many *vegans* eat (cooked lentils at room temp or fridge) have lower glycemic index, (hot potato 60% higher glycemic index, 89 vs 56, than room temp cold, JADA 2005;105(4):557-62, possibly double that of fridge cold potato), especially with some vinegar or lemon added. Heavy meat eaters have 73 times the risk of dying from diabetes, while those eating moderate amounts of meat have 23 times the risk of dying from diabetes compared to *vegans*. ► CM 2014;19(3):407-17 ► "Among subjects with no diabetes at baseline those in the high protein group had a 73-fold increase in risk (HR: 73.52; 95% CI: 4.47-1209.7), while those in the moderate protein category had an almost 23-fold increase in the risk of diabetes mortality". How can this be so? APSB 2012;2(4):396-402 found that only long chain (>14), with more carbons than myristic acid $C_{14}H_{28}O_2$, saturated fat is toxic to the insulin producing β cells. An older paper has a nice Figure 1 showing how destructive high fat diets are for blood glucose spikes. The USDA % of C_{15}-C_{24} saturated fat out of total fat is: 35% for

beef fat or 6.92/20g, 35% pork (7.37/20.8g), 30% egg (3.18/10.6g), 44% (14.2/32.6g) cheese, 38% (1.23/3.25g) milk, *9.4*% (6.0/65.2g) walnut, *8.5*% (3.58/42.2g) flaxseed, 21% (2.28/10.9g) olive, 13.6% (4.57/33.5g) coconut, 14.5% (2.12/14.7g) avocado, 16.3% (7.97/49g) pumpkin seed, *10.7*% (3.3/30.7g) chia seed. It's a miracle that the *3 foods (walnut, flax, chia)* with *lowest deadly* C_{15}-C_{24} are also highest in the beneficial ω3, with the healthiest ω3:6 ratio in nature, meaning least diabetes. All other foods, even if vegan, are not that healthy. *Vegans eat the most of the 3*, so they got less diabetes. Cheese, meat are eaten in large amounts vs nuts/seeds by omnivores, so they eat 3-7 times more C_{15}-C_{24} saturated fat and total saturated fat. Saturated *fat/*total fat *%, is 8.7% flaxseed, 9.4% walnut, 10.8% chia, 14.5% avocado, 17.7% pumpkin, 21% olive, 57% (1.86/3.25) milk, 64% cheese, 89% coconut. This leads* to 73 times higher diabetes mortality for heavy meat eaters, 23 times higher for moderate meat eaters. Dr. Allen explains saturated fat, dairy, meat can destroy our eyes. More fat in the brain means more Alzheimer, decline.☺☺ JLR 2013;54(12):3322-33 says C_{14} play a "*causative role in insulin resistance and risk of diabetes*". So, when buying vitamin supplements, choose (Amazon has 100s for each) ones with calcium laureate, $(CH_3(CH_2)_{10}\text{-}COO)_2Ca$, C_{12}, not magnesium stearate, $(CH_3(CH_2)_{16}COO)_2Mg$, C_{18}.

A 50,000 people study found that *vegans have* 4 times less diabetes than meat eaters and 2 times less than vegetarians ► NMCD 2013;23(4):292-9. *It's perhaps clear why. Vegans eat a lot more ω3, fiber, and far less saturated fat.* Cases of diabetes developed in 0.54% of *vegans*, 1.08% of lacto ovo vegetarians, 1.29% of pesco vegetarians, 0.92% of semi-vegetarians and 2.12% of non-vegetarians. To measure glucose at home for years with a $28 kit, people can go to the Walmart pharmacy section. The picture at immortals...pdf shows a $9 glucose meter, a $4 lancing device, a lancet (1 cent each if you buy 200), test strip (50 for $9), all supplies cost about 28. These can be used to measure the glucose 1 hour after eating (healthy is below 140), 2 hour after eating (healthy is below 120) and in between meals (anywhere between 70-100 is perfect, but can also be between 100-120 too). Fasting blood glucose is ideally 70-90, but being between 90-100 is OK. You can test your levels 1 hour after eating different foods and determine which among the foods you eat give you the best level, conducive to 110 year lifespan (centenarians have lower than average blood glucose). What is really shocking is that even those who eat 30 times less meat than a "moderate American meat eater"- such as the omnivore Taiwanese, are 2-4 times more likely to have diabetes than Taiwanese vegetarians ► "The crude prevalence of diabetes in vegetarians versus omnivores is 0.6% versus 2.3% in pre-menopausal women, 2.8% versus 10% in menopausal women, and 4.3% versus 8.1% in men." ► PO 9(2):e88547. While maintaining their weight, after 16 days on a vegan diet, former meat-dairy eaters got off insulin and dramatically lowered their cholesterol ► AJCN 1979;32(11):2312-21. The more meat breastfeeding moms ate, the more type 1 diabetes in their kids. Similar associations were found in other studies ► AD 2015;52(4):763-72. A meat burger spiked insulin more than 4 times

compared to carbohydrate rich oatmeal as explained in this video and AJCN 1997;66(5):1264-76. Insulin concentration was 4.96 in vegetarians and 7.32 in omnivores, insulin resistance was 0.99 in vegetarians and 1.59 in omnivores ► EJN 2006;45(1):52-4. ☺☺☺

Vegetarians had lower fasting insulin 35.3 v. 50.6 pmol/l, and lower insulin resistance 1.1 vs 1.56 ► BJN 2006;95(1):129-35. Vegetarians were more insulin sensitive than the omnivores. The degree of insulin sensitivity was correlated with years on a vegetarian diet. Steady state plasma glucose was 105 for omnivores, 80 for vegetarians; fasting insulin, 4.1 omnivores vs 3.0 µU/ml for vegetarians, Insulin Resistance was 6.8 omnivore vs 4.8 vegetarian ► EJCN 2004;58(2):312-6. Most people eat a lot of ω6 when eating meats (meat is fed corn and soy which have a lot of ω6) or ω6 rich oils in French fries or potato chips, and "an unbalanced ω6:3 ratio... contributes to the prevalence of atherosclerosis, obesity, and diabetes". Harvard found that *women eating the most* animal fat were 88% *more* likely to develop pregnancy diabetes ► AJCN 2012;95(2):446. "Frequent consumption of processed meat was associated with a higher risk for type 2 diabetes" ► DC 2002;25(3):417-24. *Vegans* have lower A1C (reflects average blood glucose) than meat eaters, and thus less brain shrinkage than meat eaters. Diabetes, prediabetes and even just higher average glucose than other non-diabetics, shrinks the brain faster, sometimes twice as fast ► Neu 2005;64(10):1704-11, picture at a1c.pdf. A1C or HbA1 is glycated hemoglobin, an indicator of the previous 3 months average blood glucose. On August 17, 2017, I did my first A1C level test (with the Amazon kit) for the glycated hemoglobin and I got 4.7%. The average blood glucose can be computed from the A1C level with the formula Glucose = 31.7*A1C-66.1 = 31.7*4.7-66.1 = 82.9 mg/dL. This is according to the literature very healthy. To test your A1C, you can buy the Amazon kit. This kit matched very well the blood test on August 21, 4.6% for the kit a second time and 4.6% in the blood test. I did it again in December 2017 and it was 4.6, and in April 2018 it was 5.0%, as I ate lots of fruits over the previous 3 months. In May 2018 it moved to 4.9%, in June 2018 it moved to 4.7% as I stopped eating after 5 pm, with first meal at 8-10 AM, only 2-3 meals a day. August 2018 moved to 4.6%. I did eat after 5 pm rarely, but usually not after 8 pm previous 3 months.☺ On August 5 2024, it was 4.8, I used the Walgreens test kit (same tech), 50$, not 72$ as Amazon. The interesting thing is the prior to Aug 5th, previous 2 years, I ate 2 lb of blueberries/day and 4-6 lb/day watermelon, which is high glycemic index. The lentils eaten at almost every meal however, are known to lower the sugar rise. This shows how fake the ideas are, since one guy ate 20 bananas daily for years and his A1C was low. If you eat a vegan diet A1C is low, even if you eat 2 lb blueberries and a 6 lb watermelon daily. If you're omnivore, the animal fat will cause a huge spike in A1C after that much watermelon, as animal fat, AGEs cause insulin resistance. ☺☺☺

A study of 10,232 people between 45 and 79 years old found that over 8 years, 72% of deaths were of nondiabetics with A1C levels between 5 and 6.9%. The higher the blood glucose the

more brain damage and the higher the risk of early death. A 1% rise in A1C above 5% meant a 24% rise in death risk for men and 28% for women. A1C below 5% meant the lowest risk of heart disease. ► AIM 2004;141(6):413-20 (free pdf download on researchgate.net). Another study found that in nondiabetics with A1C above 4.6%, a simple 1% rise in A1C to 5.6% increased the risk of heart disease by 2.4 times ► AIM 2005;165(16):1910-6. There are many studies on A1C and mortality. DC 2015;38(2):249-56 found that for diabetics the lowest mortality is at A1C 5.4-5.6% (36-38 mmol/mol) and a significantly increased risk exists at ≤5.0% (≤31 mmol/mol) and ≥6.4% (≥46 mmol/mol). For nondiabetics however, the A1C was not related to mortality. A 14,099 people 12 year study, CCQO 2010;3(6):661-7, found that for nondiabetic omnivores (not vegans) mortality was lowest for A1C 5.0-5.4%, the 2nd lowest was for 4.5-4.9% (about 10-15% higher mortality than the best 5.0-5.4% range) ► An A1C < 4.0% versus 5.0-5.4% was associated with 3.7 times higher risk of all-cause mortality after adjusting for age, sex and race, and 2.9 times higher risk after adjusting for lifestyle, cardiovascular factors, metabolic factors, red blood cell indices, etc. *A person may have different genes and diet than study participants; thus,* their ideal A1C to live to 150 may be different than the one found in this or that study for other people. Undiagnosed diabetics with A1C > 6.5% had a 1.3 times greater mortality compared with participants without diabetes and A1C 5.0-5.6% ► DC 2017;40(4):453-60. A1C > 8.6% was associated with a 4-fold increase in mortality; each 1% increase in A1C meant a 40% rise in mortality ► J TCS 2008;136(3):631-40. The healthiest A1C for certain fit nondiabetics may be, according to some, 4.2-4.6%, which means average glucose in the 70-85 range. For others, it may be around 5%. Very few people have this of course. Even 5.5 is way better than 6.4. There are exceptions to every rule. There are many markers for health, and sometimes due to some errors and diets, the A1C doesn't reflect true average glucose. With iodine supplements or hypothyroidism, A1C can come out higher. The glucose level is not everything, that's why people can make it to 110 years old many times even if one of two of their markers seems way off, we simply measure very few markers today that really matter for 120 year lifespan. NEJM 2001;344(18):1343-50 found that those who implemented 5 lifestyle changes did not get any diabetes, while those who took metformin (a drug many believe prevents diabetes) got diabetes. Metformin may shorten lifespan in those without diabetes. The lifestyle changes relate to the changes happening when you go vegan: less fat, less cholesterol, more fiber, etc. Glycemic load is how much a food raises glucose levels; it needs be ≤ 250/day. In 100 g we get: Jalapeno 3 g of sugars (sugars 3), 6 g total carbs (carbs 6), glycemic load 2 (load 2), red/green hot pepper sugars 5 carbs 9 load 4, watermelon sugars 6 carbs 8 load 2, ginger sugars 2 carbs 18 load 7, onions sugars 4 carbs 9 load 3, garlic sugars 1 carbs 33 load 16, carrots sugars 5 carbs 10 load 3, kale sugars 0 carbs 10 load 4, spinach sugars 0 carbs 4 load 1, broccoli sugars 2 carbs 7 load 3, apples sugars 10 carbs 14 load 3, bananas sugars 12 carbs 23 load 8, tomato sugars 3 carbs 4 load 1, lentils sugars 2 carbs 20 load 7, grapefruit sugars 7 carbs 11 load 3.☺☺☺

11.4.5. The Obesity Argument (to lose weight, sleep well and water fast)

JAND 2013;113(12):1610-19 study of 72,000 people found that *vegans* were the only group with a healthy (below 25) average BMI (24), body-mass index, being the thinnest group of all, omnivores BMI was 28.7. Nobody who lived past *110 was* overweight. DC 2009;32(5):791-6 study of 61,903 people found similar results: *vegans* 23.6, vegetarian 25.7, pesco-vegetarian 26.3, omnivore 28.8. FE 2014;5:121 found that while in the general population, in America, 69% are overweight, among people 98 years or older, only 25% are overweight; while 2% of people are underweight in America, 31% of those above 98 years old were underweight. A vegan marathon runner with *Masters* in physics explains on youtube the *vegan* BMI well. Those who were overweight and older than 98 were also having higher blood pressure, more diabetes. A 800 person Chinese study of people 90 years or older found that 44% were underweight and 7% were obese. A study found that among 255 people in Portugal with median age of 100 years, 25% were underweight, 13% were overweight. This Table from a review of many studies shows obesity is absent among most centenarians. They studied 124 Japanese and 40 disease-free Italian centenarian males. 80% of Italian male centenarians were normal weight, 20% underweight, 0% overweight or obese. 58% of Japanese centenarian males were underweight, 33% normal weight and 9% overweight, 0% obese. Among the 41 disease-free women Italian centenarians, only 2% were overweight, 83% normal weight, 15% underweight, 0% obese. Out of 343 Japanese female centenarians, 64% were underweight, 32% normal weight, 4% overweight, 0% obese. FE 2017;8:164 found that in non-human primates, *a* high fat diet during pregnancy *affects the* mental health, anxiety, depression *of offspring*. So, a low fat diet may also increase IQ and EQ when compared to the standard diet. 64% of US women of reproductive age are overweight. ☺ Please go to the fasting section to read how to maintain ideal fat/muscle ratio. Poop from centenarian men given to mice led to mice living longer, aging slower than mice fed 70 yr old poop. Poop from overweight daughter given to skinny mom led to mom becoming obese after gaining 40 lb. Mice who're fewer calories became fatter once given the wrong poop. Vegan microbiome is different: obese people poop can cause lean ones to become obese too, it only takes a tiny capsule mixed with sugar. NJ 2019;18:45 found inflammatory macrophages in body fat were much higher in omnivores. Studies suggest carotenoids and polyphenols prevent angiogenesis and this prevents obesity. Fat cells are the most vascularized, so to lose weight, eating plants helps as they got polyphenols. Vegans got 30 times more genistein in their blood, due to eating soy products and it's at a blood concentration that inhibits angiogenesis (thus red eyes), preventing cancer, obesity, etc. You don't need to eat soy to get the benefits, 20+ other polyphenols have even stronger effects. 3 hydroxyflavone (papaya, raspberries) was 11 times more efficient than genistein isoflavone at preventing angiogenesis. Don't overeat papaya as it can damage stomach due to papain, a strong proteolytic enzyme. Dry parsley got 45mg

apigenin/g, dry chamomile 4 mg/g; apigenin inhibits angiogenesis *1.7x* more than genistein and also helps eyesight (chamomile is in many eyedrops), sleep, lowers blood pressure. ***Chamomile/parsley teas are the top*** apigenin ***sources.*** However, the fructans and polyphenols in chamomile can cause too much gas and stomach cramps to be comfortable. Fisetin in strawberry is almost twice as good as genistein. Broccoli, carrots, peppers got luteolin, which inhibits well. 1 mg luteolin/100 g red pepper is a good inhibitor, since red pepper cryptoxanthin also inhibits. Carrots got 1.5 mg apigenin & 0.3 mg luteolin/100g. Broccoli about 1.2 mg luteolin/100g. Because fisetin/others are low in foods, chamomile tea is a better choice for antiangiogenesis for belly fat 'carriers', because it has no calories. *Without* the lethal caffeine, *it is the ideal tea.* How to reduce calorie intake: video one (global obesity epidemic), two, three; the 3 videos explain the link between GLP-1 & Ozempic/weight loss drugs.

11.4.6. The Alzheimer, Dementia and Lithium Argument

Vegans are 2-3 times less likely to get dementia and Alzheimer compared to meat eaters ► NEP 1993;12(1):28-36 ► "The matched subjects who ate meat (including poultry and fish) were more than twice as likely to become demented as their vegetarian counterparts (relative risk 2.18, p = 0.065) and the discrepancy was further widened (relative risk 2.99, p = 0.048) when past meat consumption was taken into account." This may be because vegans eat 10 times more lithium than omnivores and 3 times more antioxidants. "Recent findings that elderly African-Americans and Japanese living in the United States have much higher prevalence of Alzheimer's disease (6.24% and 4.1%, respectively) than those still living in their ethnic homelands (<2%) suggested that environmental rather than genetic factors are the primary agents causing Alzheimer's disease. Recent papers linking clinical expression of Alzheimer's disease to oxidative stress and cerebral infarct suggest that diet is a key factor in the development of Alzheimer's disease. To test this hypothesis, regression analyses were performed on the prevalence of Alzheimer's disease in the 65+ age population for 11 countries obtained from 18 community-wide studies versus components of the national diets. The primary findings are that fat and total caloric supply have the highest correlations with Alzheimer's disease prevalence rates." ► Alz Dis Rev 1997;2:42-55. Kindly watch a 72 minute biochemical explanation of Alzheimer via stress killing neurons that hold memories. High cholesterol, diabetes, obesity and hypertension, which are far more common in non-*vegans*, are 4 major risk factors in developing dementia and Alzheimer. Due to high fat, cholesterol in cheese, sour cream, milk, *vegans* have lower risk of dementia and Alzheimer than vegetarians. Vegans have lower blood pressure than any other group due to intake of more fiber/potassium, less sodium. Vegans have lowest diabetes and obesity rates. "Increased intake of vegetables is associated with a lower risk of dementia and slower rates of cognitive decline in older age" ► JNHA 2012;16(7):626-30. Trans fats, present in meat/dairy only, are linked to poor memory: trans fats help clog the brain blood (nutrient) supply and brain

toxin release via the blood (see pic of fatty blocked demented patients carotids). ☺☺☺

11.4.7. The Osteoporosis and 10 times lower fracture rate argument

Fig 1 shows countries with highest milk consumption have 5-10 times the fracture rate of low dairy countries; see more Figures at OI 2012;23(9):2239-56 ► Tunisia (1.9%), Ecuador (2.5%), Philippines (4.8%), China (5.4%), Denmark (23%), Sweden (21%), Norway (19%) and Switzerland (18%). AJPH 1997;87(6):992-7 followed 77,761 women for 12 years and showed drinking more milk daily was linked to 45% more hip fractures, the more milk the more fractures. More on osteoporosis due to highly acidic foods is presented in the argument 26. The Physicians Committee for Responsible Medicine, led by MD Neal Barnard, explains why dairy is bad. Neal offers more tips for preventing osteoporosis with a vegan diet. All vegan milks on the market are fortified so they have the same calcium as cow milk.

11.4.8. The Environmental Argument

John Robbins "Diet for a New America" states "% of U.S. topsoil lost to date: 75, % of U.S. topsoil loss directly related to livestock raising: 85, # of acres of U.S. forest cleared for cropland to produce meat-centered diet: 260 million, Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: 1,000 per year". A CNN article explains "Food and Agriculture Organization of the UN indicated the contribution of the livestock sector to global greenhouse gas emissions exceeds that of transportation. Emissions from the production of beef and lamb are 250 times higher than those from legumes, per gram of protein, and pork and poultry are 40 times higher than legumes. A large amount of methane and nitrous oxide, gases that are more than 20 times and 250 times more powerful than carbon dioxide as a greenhouse gas, are generated through livestock-raising activities." A forest area the size of Italy was destroyed in 2017 for soy and corn fed to cows. At current rates of deforestation, rainforests will vanish altogether in a century. No oxygen to breathe? Ocean acidification will wipe out ocean plankton, and we will have no oxygen to breathe then? ☺☺

11.4.9. The Cancer Argument

Latinas eating 10 g processed meat and Caucasians eating 10 g tuna have 42% and 25% higher breast cancer risk than women eating 0 g ► CCC 2016;27(4):527-43. Vegan blood, rich in anti-oxidants and phytonutrients from veggies and fruits, inhibits the growth of prostate cancer cells *8 times* more than normal omnivore blood ► JU 2005;174(3):1065-70. The study author, Dr. Ornish, reversed heart disease with a low fat vegan diet. US had 14,000 prostate cancer deaths in 1958, Japan, with half the population, had 18, or 390 times less per capita. The difference was the Japanese diet back then had almost no meat and no dairy. Those reducing saturated fat intake inhibited CD36 cells and had a higher cancer survival; it turns out palmitic acid, 55% of fat

in meat and dairy, versus 6.8% in walnuts, boosts CD36 cells 50 fold (fig 2, image A, 12 hours, 50 fold CD36 mRNA expression) and helps cancer to spread thruout the body; low fat dairy/meat is safer; veganism is even safer, as long as we don't eat junk food with palm oil added to it; 25.4% of cocoa butter fat (chocolate component) and 27% of cocoa powder fat (cocoa powder is 70% of some brain heart shifting chocolates) is palmitic acid; olive oil contains 11% too, 16:00 in the fat table, though some cultivars can reach 20%. Saturated fat boosted cancer death by 51% ► CRFSN 2017;57(10):1999-2008. Those eating *milk protein powder* got 6 TIMES MORE PROSTATE CANCER than those eating *soy protein powder* ► NC 2008;60(1):7-13. As the Koreans ate *8.5 times more animal protein*, their prostate cancer death rates went really high, as you can read in the "Results" section of the abstract at ► Pros 2006;66(12):1285-91, where it says "Prostate cancer mortality increased *12.7-fold over* a 20-year period" or in this video. Studies show that *vegans* have the lowest rates of prostate cancer due to eating foods known to decrease risk such as tomatoes, broccoli, unfermented soy, etc and avoiding foods that increase risk such as meat and dairy. The higher the intake of dairy, the higher the prostate cancer rate. See also the dairy and cancer review of studies at AJCN 2015;101(1):87-117. When people gave up meat, dairy and processed foods and embraced a raw vegan diet, they cured all kinds of cancers, including colon. People who switched from a high meat/fat diet to a low meat/fat (almost vegetarian) diet decreased hydroxyl radicals (free radicals cause colorectal cancer, among other cancers) in their colon *13* times within *12* days of the new diet. Imagine, if they would have gone vegan it would have been even better ► JN 1997;127(5):706-9. According to Harvard researchers, when dairy intake exceeds the enzymes' capacity to break down galactose, it can build up in the blood and damage the ovaries. Women with low levels of these enzymes have triple the risk of *ovarian cancer* when they consume dairy ► Lancet 1989;2(8654):66-71. The World Health Organization has ruled that bacon, sausages, hot dogs cause cancer, while beef, pork, veal and lamb are "probably carcinogenic". *John Robbins "Diet for a New America" states:* "Increased risk of breast cancer: *for* women who eat meat daily compared to less than once a week: 3.8 times; *for* women who eat eggs daily compared to once a week: 2.8 times (even 1 egg can be bad); *for* women who eat butter and cheese 2-4 times a week: 3.25 times; Increased risk of fatal ovarian cancer for women who eat eggs 3 or more times a week vs. less than once a week: 3 times; Increased risk of fatal prostate cancer for men who consume meat, cheese, eggs and milk daily vs. sparingly or not at all: 3.6 times." Forbes explains in Britain, in 2009, salmonella poisonings were 25 times lower than in 1997, due to the vaccination of 90% of hens against salmonella. In 2009 US vaccinated only 33% of egg hens, so salmonella poisoning rates are higher in USA. To prevent issues, one can avoid eggs from farms that don't vaccinate hens, it costs only 1 cent per dozen eggs max today. Call to find out. A 2021 long article on salmonella has updates – seems like not much has changed since 2009. Eat eggs and meat and die of salmonella in 1 week, not cancer in 15 years. Salmonella causes more than 1 million illnesses a year, about as often in 2020 as in

2000. Cornell Professor Colin Campbell has shown that tumor growth in rats was greatly enhanced by diets containing >10% animal protein (casein, 87% of the milk protein is casein) and was *completely repressed with either 5% animal protein or >20% plant protein* at ANY STAGE OF TUMOR DEVELOPMENT ► AJCN 2007;85(6):1667. CARCINOGENIC "Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) are chemicals formed when muscle meat, including beef, pork, fish, or poultry, is cooked using high-temperature methods, such as pan frying or grilling directly over an open flame". Stomach cancer is caused by H pylori, and vegans (cruciferous vegies) can reduce the cancer risk from pylori infection.

11.4.10. The Waste Argument

Animal agriculture produces millions of pounds of waste daily in America. A 2,500 dairy cow farm produces more poop than the city of Minneapolis (0.4 million people). This has to be gotten rid of. It can be infected with mad cow disease at times, swine flu, bird flu perhaps if not beef. Fecal matter from dairy farms is starting to destroy our drinking water supplies and it has already been causing huge dead zones from the Chesapeake Bay to the Gulf of Mexico.

11.4.11. The Cholesterol Argument (especially oxidized cholesterol, up to 100 times worse)

John Robbins "Diet for a New America" states:

"Number of U.S. medical schools: 125; Number requiring a course in nutrition: 30

Nutrition training received by average U.S. physician in 4 years *in medical school:* 2.5 hours

Most common cause of death in the U.S. (and worldwide): *heart attack;* (the attack risk):

Risk of avg U.S. man who eats no meat, dairy or eggs: 4% (50% omnivores, 15% vegetarians)

Amount you reduce risk of heart attack if you cut meat, dairy and eggs by 10%: 9%

Amount you reduce risk if you eliminate meat, dairy and eggs from your diet: 90%" ☺☺☺

Eggs can almost *double* cholesterol for *vegans* over a few days, and *quadruple* heart attack risk. Want to remain vegetarian after watching this video? Doubling dietary cholesterol intake from under 966 mg/wk (138 mg/day) to above 1,881/wk meant 20-71% higher chance of a *dozen* cancers ► Table 3 of AO 2012;23(2):491-500. Mouse dads who eat high cholesterol diets (*vegans* eat 0), pass heart disease to their daughters, causing a 2.5 increase in arterial plaque. Human moms who eat high cholesterol diets cause fetal aorta to have 12 times higher arterial plaque (that means before the baby is even born), and plaque is the start of heart disease. Dads also need to eat healthy, not just moms, to sleep well, etc. The illusion is only pregnant moms need to be very careful with what junk they eat or don't eat. Keto diet fanatic ate only cheese, butter

and meat and developed yellow hands full of cholesterol. High cholesterol leads to bumps around eyes, face, elbow, sole of feet and many other areas.

11.4.12. The Natural Resources Argument

"Diet for a New America" by John Robbins states: "Gallons of water needed to produce a pound of wheat: 25; Gallons of water needed to produce a pound of California beef: 5,000; 33% of all raw materials (base products of farming, forestry and mining, including fossil fuels) consumed by U.S. is devoted to the production of livestock; 2% of all raw materials consumed by the U.S. needed to produce a complete vegetarian diet"

11.4.13. The Toxic Chemicals Argument (meat, dairy got dry eye causing histamine)

Meat is rich in bacteria that produce endotoxins which then make us smell when we eat cooked meat. Cooking kills bacteria, but endotoxins remain. Studies found women perceive vegan men smell nicer and are more attractive, since the smell of sweat, etc, body odor is softer. So, when women like you, you're also happier, since meat eaters are also much more likely to smell like sulfur (halitosis) doe to meat protein having 3 times more sulfur. Drink water or sing a World Peace song, as this will cause bad breath to disappear too AOB 2011;56(1):29-34 (page 31). The rotten egg smell of the mouth, plus the stinky underarms, etc will turn off ladies and men alike, so people won't like talking to you. Go vegan and make more friends. Vitamins, foods, makeup, shampoo, shaving cream, deodorants, soap, etc that don't have the Vegan label, even though they cost the same, can have 5-20 times more harmful aluminum, triclosan, triethanolamine, petrolatum/mineral oil carcinogenic PAHs, artificial colors. Most vegan label products say "Fluoride Free, aluminum free, paraben Free, petroleum Glycols free". When you shop at a health food/vegan store for Vegan label, you get healthier stuff, because Vegan companies are health conscious, aware of stuff FDA will ban in 20 years, as *vegans* are the activists that often drive these chemical bans. Among Vegan label products, look for those that have the least chemicals or if any man made, google it to make sure it's not something bad. When you buy Vegan label products, you move the planet towards World Peace and Compassion and save your health too. You no longer put so many toxins in your system. ☺☺☺

11.4.14. The Antibiotic, Infections, Immunity, COVID19 Argument

Animals are fed 80% of antibiotics in America, meaning they ingest huge amounts of antibiotics leading to antibiotic resistance in omnivores, vegetarians, weaker immune system, as the video explains. They ingest hormones banned in the EU. Vegans eat no antibiotics. Many studies show a plant based healthy diet (not processed vegan junk), full of polyphenols, fiber, legumes, etc can lower the risk of COVID19 infection or hospitalization and other infections 2-3 times. "those who reported being on a plant-based diet had a 73% lower risk of moderate-to-severe

COVID-19" ► AJLM 2023;17(1):161-3. High fruit, veggies, nut intake led to 86% fewer COVID19 infections, while daily exercise to only 15% reduction vs sedentary, extra hour of sleep 12% lower, ω3 vegan pills 16%, vitamin D 15%, normal weight 63% (*vegans* are the folks with the highest normal weight%), multivitamins 17%. You always hear the physical education terrorist teachers telling us to exert, be macho, etc, but good diet helps you live to 4000, like queen bees who live 40 times longer. People need to think, *the* Education Department *needs a* total reform. All media tells us is to vaccinate, play basketball and shout like chimps at rugby, baseball games. It's a waste for *all nations* to spend so much money to even have physical education teachers, while ironically, we have no Immortality Teacher, teaching us nutrition, physics of longevity, etc.

11.4.15. The Pesticide Argument

A cow eats 21 times its weight of corn/soy before slaughter, loaded with pesticides, etc that are found in the cow feed (mostly GMO corn and soy). The meat accumulates some pesticides absent in non-GMO lentils, beans, etc, which usually use 3-10 times less pesticides than GMO corn or soy, engineered to be glyphosate resistant; GMO cotton can have 15 times more glyphosate than non-GMO. John Robbins "Diet for a New America" states: "Contamination of breastmilk, due to chlorinated hydrocarbon pesticides in animal products, found in meat-eating mothers vs. non-meat eating mothers: 35 times higher". See also the pesticide section. Omnivores eat ***50 times more dioxins than vegans and this causes*** cancer.

11.4.16. The Ethical Argument

The occupation with highest rate of turnover and on-the-job-injury in the US is slaughterhouse worker, as you can see from the videos in this long paragraph. It's not *boundless* compassion to force people to work there and have telepathy diffusion go out and bring lower vibes in the world. Meat eating leads to real biochemical changes many people have never thought much about that could weaken our health, shorten lifespan or even end our species. If all were vegan we would be able to feed many more people, eliminating malnutrition and enabling more science discoveries due to more scientists around, leading to less suffering in the world, more limitless or infinite compassion. We live 50 times longer than mice; humans can exist without entire mice civilizations having a clue humans exist, let alone a clue that humans have thermonukes that can wipe out 1 million mice civilizations in 10 seconds. Likewise, there could be other lifeforms in this or other dimensions that we don't see (like mice often times don't see humans), who can do mind blowing things, wipe out all human civilizations in a galaxy. Do those lifeforms think that because we live 50 or more times shorter than then that we're soulless pieces of meat that are to be grinded by the billions in factory farms on assembly lines, like humans grind male baby chicks in egg farms? If God or aliens who created this universe exist, then obviously, souls might exist in animals too. God or aliens who create *universes* or souls can

know the nature of souls far better by hiding perfectly their existence, watching what we do in the absence of strong scientific proof animals (or people for the atheists who don't believe in the alien hypothesis or God hypothesis) have souls. ☺☺ The difference between a bee and a human may be much smaller than the difference between a human and some trillion year old Immortal creating galaxies, and we're not even talking about God, the Oldest Immortal, quadrillions to the power of quadrillion repeated a quadrillion times older. We want God and Immortals to help us, have mercy on us, but do we help animals? One can see why, as ethics advances, all humans will quit even veganism and be eterni. Some often make fun of *vegans* by labeling them "out of touch "religious" zealots", but veganism could be seen as a spiritual practice of universal altruistic loving kindness. When humans do certain spiritual practices or even religious rituals or prayers, they do it at times to get favors from God, asking for something, which is selfish, while in veganism for the sake of animals, ☺☺☺ people do it to alleviate the pain of lower helpless lifeforms, which is selfless. Humans build temples, churches, places of worship made of stone or various materials that last a long time (millennia perhaps) and might help other souls to develop some level of boundless *or infinite compassion* indirectly upon hearing or seeing a vegan pastor live that compassion; but when humans are vegan out of compassion for animals, they build a temple or soul pattern of boundless or infinite compassion directly in their own soul that may last trillions of years or Eternity? When we memorize proven or unproven beliefs, we build some memory banks, that we forget, and are useless in the future planets, dimensions, ages, but when we develop questioning everything habits, or hypothesis formulation and testing thinking, we build an "eternally lasting" temple or soul habit of "always questioning everything" inside our souls that brings science innovations that reduce suffering of lifeforms, thus enabling souls to develop more boundless compassion.

Are the positive effects of universal kindness cultivated in many places of worship diminished by nearby slaughterhouses? An animal inflicts pain on many plants to be raised, so eating meat causes more pain the world. Thus, we can argue that veganism helps us to get in touch with universal kindness more. It's easy to be kind to people, since we get benefits from that (people reciprocate), but true character is revealed to God more, perhaps, when we help beings we get no benefits from (just like everyone wants to be kind to rich people, but fewer to helpless homeless people). Veganism is like a spiritual path that makes everyone kinder, sweeter, further removed from bad, mean or cruel behaviors, or even tones of speech. When it is inconceivable to mistreat an animal, it is far more so to mistreat a human. That is why veganism is embraced by World Peace fans many times. When cities in developing countries have a program to get rid of stray dogs or mice because they're in huge numbers and go to restaurants, near people, harass them, etc, many times it is the locals who love a compassionate dog or mouse who adopt that dog or mouse and save its life, solely due to the compassion shown by the mouse or dog

(some people have mice as pets). Likewise, if higher lifeforms exist, the most compassionate humanoid civilizations will be saved in a similar circumstance, as "heaven arms with compassion those it would not see destroyed" Tao Te Ching quote. We thought Earth is the center of the universe, but we may not be the center of lifeforms or highest lifeform wither, so one can see how God could inspire an alien to spare humans if God loves our boundless compassion.

11.4.17. The Survival Argument

Athlete who won Ironman Triathlon 6 times was vegetarian Dave Scott. Vegans had higher maximal oxygen uptake (VO_2) & endurance (lasted 25% longer) ► EJCN 2020;74(11): 1550-5. Higher oxygen use (aerobic capacity) was confirmed by Ntr 2016;8(11):726. ☺☺☺

11.4.18. The Fear-Stress Hormones/Vibrations Argument

Milk has real estrogens, not phytoestrogens like soymilk, and this causes a rise in DHT, dihydro testosterone that brings acne, prostate and breast cancer, and atherosclerosis. So, dairy gives you PLAQUE, ACNE, STROKE, HEART ATTACK. Additionally, when animals suffer for seconds or minutes during the sudden slaughter death, they release stress-fear hormones that age and sicken us and affect our mood (see Chapter 16.3 end for many studies on moods being happier, depression lower in those eating more fruits and veggies). The term fight and flight was coined by a professor who injected happy animals with the blood of frightened animals and noticed the calm animals became frightened too, so when humans eat meat, with all the blood in the capillaries that is never drained (meat is actually beige in color when you remove the blood completely), they get some of those chemicals in their stomach and depending on what happens during digestion, some physical component is there inducing human into a high cortisol response, which is known in hundreds of studies, meat eaters have higher cortisol levels. Not only the animal known matter components carry that signature of all the horror the animals went thru all their lives and also in the last 24 hours of their life, but there is obviously another matter that we feel when we go to a place where a huge number of animals or people have been slaughtered, the energy is there and some stomach hydrochloric acid won't change the energy present, the alter-matter that holds so to speak this matter or is bound to it. Fear hormones, and related chemical structures adapted to high stress (as well as astral vibrations) that contaminate their flesh also prompt us into human-human conflict more often, as we're infected with the horrific feelings these animals experienced at slaughter and before, when crowded in tiny places 10,000 chickens at once, always stepping on each other, pecking at each other (they're debeaked without anesthesia), stressed out, that stuff truly changes things as explained at the link a few lines above; we and animals share a lot of hormonal pathways, as neuroscience shows. Gandhi, Tesla, Edison, Einstein, Newton, DaVinci were vegetarian for part of their lives.

11.4.19. The Amazon and other Key Forests Argument

Rainfall and preventing desertification is achieved thru a complex hydrologic cycle that involves forests. If we wipe out all forests, we're in big trouble, since forests generate 20-50% of the oxygen we breathe and ensure we get rain. Beef uses 160 times more land and 200 times more water per calorie than wheat, lentils, beans, potatoes do. One study found that beef requires 28 times more land and 11 times more water than chicken and pork. If people go vegan or just without beef, they help save lots of water and forests.

11.4.20. ESP-Telepathy Argument

It has been noticed that telepathy and other ESP functions become enhanced when meat is given up as explained at the end of Chapter 16. In empathy we assess others' moods, so naturally if our moods are happier, it will lead to a different reading of others' moods. ☺☺☺

11.4.21. Space Exploration and Living to 900 Argument

How can astronauts go in space and raise cattle on their spaceship to get to Alpha Centauri? The nice thing about veganism is that with vertical urban farms, people can get local food (fresh, picked up 2 hours before, thus very rich in biophotons) easily in any area and Earth can thus feed 50 billion *vegans* easily. Going off-planet or advancing living to 900 science is easier when there are more scientists working on space travel, terraforming planets, molecular simulations for living to 900, creating perfect weather to eliminate natural disasters deaths, etc.

11.4.22. The Longevity Argument

Bama centenarians eat a low fat low sugar vegan diet of corn, sweet potatoes, beans, gourds, herbs, leaves, vegetables and hemp. They don't need "vitamins, vaccines, flu shots, hospitals, wine, coffee, supplements, beer, meat and dairy" to live to 110. There is no hospital in their village. Nobody almost gets sick. Vegetarian Marie Louise Meilleur (2 min video of her) lived 117 years and 230 days, had 12 kids ► vegetarianfuture.com/page31.html. Today, some “don’t want to have kids because they will age faster”, and they die childless at 75, as alcoholic bitches. In 1997, she had 300 descendants spread over 6 generations. She died in 1998 ► Wikipedia. Margie Mackett (1 min video) is a 100 year old vegetarian who believes her diet helped her reach 100 in such a good shape. Vegan (1912-1948 vegetarian, 1948-2015 vegan) Mabel Cluer lived to be 103 and 11 months. Teresa Hsu was a vegetarian who lived to 113, she gave a talk on TED, see her Wikipedia. Vegetarian Hap Fisher (200 articles, 72 patents, PhD) was a World Peace lover centenarian. Vegetarian Olive Watson lived to be 106. Vegan Ellsworth Wareham (born 1914) did surgeries until 95. Vegetarian Christian Mortensen reached 115 and 8 months (he says to live long, drink lots of good water and avoid alcohol). Vegetarians and *vegans* were shown to

live 7-12 years longer than non-vegetarians. The Longest living people in North America are the vegetarian and vegan Adventists in Loma Linda, who reach 105-110 often. Most centenarians are 95-100% vegan. Japanese Okinawa Centenarians are 96% Vegan. Chinese Yimeng Mountains Centenarians are 95% Vegan. Vegan Loreen Dinwiddie can be seen in a 33 second video of her 108th birthday. Fauja Singh (1 min clip) (reached 107 in 2018) did a 26 mile marathon at age 100. He attributed his perfect physical shape to his vegetarian diet, avoiding smoking and alcohol, drinking water and tea with ginger, being active. See also this 19 min clip on vegan centenarians.

11.4.23. The Flu and other Diseases Argument

Without incredibly toxic and filthy factory farms, there will be no frequent epidemics of swine flu, bird flu, mad cow disease. See also the natural antivirals (found in plants only) section. SARS, COVID-19 etc may have originated in wet markets where live animals from dozens of species are crowded in urine, feces. There could be unknown pathogens in wet markets, shortening human lifespan directly or indirectly (thru gene changes that alter meat protein). Stress crowding and filth create suppressed animal immune systems and odd chemicals in meat, that trigger various autoimmune responses or new diseases undiscovered by science for another 400 years, which may affect the immunological health of human consumers in general.

11.4.24. The Poop Argument

There are feces in virtually all American beef according to Consumer Reports. Much of chicken meat has poop in it. Omnivores *may* eat 100g of feces every x years, is it healthy? ☺☺☺

11.4.25. The IQ and Cognitive Function Argument

IQ: A diet high in saturated fat (present mostly in animal foods, 50% of cheese calories are saturated fat) decreases levels of *brain-derived neurotrophic factor* (BDNF, stimulates neurogenesis, prevents depression), compromising neuroplasticity and cognitive function, and aggravating the outcome of brain insult ► EJNS 2004;19(7):1699-707. BDNF went down 28% after a high fat meal given to 21-25 year old males ► DC 2012;35(2):358-62. Fat weakens microglia brain immune cells, making them less able to clear Alzheimer plaque ► Im 2025;58(6):1536-52. Cognitive Impairment Following High Fat Diet is Associated with Brain Inflammation ► JN 2010;219(1-2):25-32. The more saturated fat in the diet, the more Alzheimer & cognitive decline per this Harvard research ► AN 2012;72(1):124-34. See more studies in this video. Saturated fat (meat, dairy, cheese got 50% saturated fat calories), hydrogenated fat (margarine, mayonnaise), cholesterol can *profoundly impair* memory and hippocampal morphology. ► JAD 2008;14(2):133-45. Vegetarians and *vegans* have higher IQ on average than meat eaters, possibly because they're more educated and health conscious, coming from backgrounds with higher IQ to start with. Einstein, Tesla, Da Vinci, Edison, Pythagoras, Plato, Ramanujan were also

vegetarian 1-90% of their life. NHA 2016;4(1):81-93 found high flavonoid intake led to % boost in BDNF (neurogenesis), and *vegans* tend to eat more flavonoids. Curcumin (turmeric) boosted BDNF 50% and this made women's periods happier too ► NP 2016;56:25-31.

11.4.26. The PRAL (Potential Renal Acid Load) Score Argument

Alkaline diets help people live longer healthier lives. The United States Department of Agriculture has come up with the PRAL (Potential Renal Acid Load) Chart to help people prevent over ingestion of acid forming foods, which then lead to chronic secretion of ammonia in the kidneys, and damage to kidneys and other organs. The PRAL score in JADA 1995;95(7):791-7 shows that most nuts, all fruits and veggies are alkaline forming, while meats, dairy, grains and a few nuts are acid forming, calcium dissolving. Thus, if one eats too high PRAL foods that have no calcium, one risks osteoporosis and dental issues. It's worth mentioning that the beef industry study found that legumes and even wheat leads to the same muscle synthesis as beef (video), so why would anyone sane destroy their kidneys just to build muscles? Check out the transformation of a vegan from 120 lb to 200 lb, 80 lb of pure muscle. All raw veggies (and fruits, except a few fruits) are alkaline forming. All nuts, dairy, meats and grains are acid forming. Most legumes are alkaline forming. Tomatoes and all forms of tomato paste, etc are one of the most alkalinizing common foods. PRAL score is +24 for braised beef liver, +29 (or above 20) for many cheese types, +14 for many meats. Foods can be categorized by the potential renal acid loads (PRALs). The best foods are those with negative PRALs, see the United States Department of Agriculture (USDA) table here for each food (per 100 g) ► you can search 8,000 foods for the PRAL score at dietgrail.com/lowaciddiet or see a smaller USDA version. Our renal acid load for overall diet is ideal when it is negative according to many doctors and nutrition experts. Chronic acidosis can lead to lots of diseases, even more acne breakouts which are far more common in people ingesting foods with high PRAL. Alkaline diets (negative PRAL) lower mortality ► JEPH;2012:727630. Positive PRAL foods, like milk, increase urinary and absorbed calcium ► JN 2011;141:391-7. The real concern here is that if high PRAL diet lacks enough extra calcium to absorb to compensate for the loss in urine (calcium loss used to neutralize acid in the body), then it will cause bone loss as some studies concluded below. Hence monitoring the PRAL score of foods would be helpful when there are bone or teeth issues. In patients consuming an acidifying diet (the more protein the more calcium in urine they found) a restriction of calcium intake could increase bone resorption leading to a progressive bone loss ► EU 2001;39 Suppl 2:33-6; discussion 36-7. Those eating more high PRAL foods are 2.5 times more likely to have calcium stones, since more calcium is absorbed to compensate for calcium loss in urine from bones due to the need to raise pH to prevent death. Since veggies are negative PRAL and lower total PRAL, it was natural that those with more veggies in diet had fewer calcium stones. ► EJCN 2013;67(10):1077-80. *Vegans* tend to have alkaline diets, while most people have acidic (positive

PRAL score) diets.☺☺☺ PRAL formula was developed by Thomas Remer and other researchers at the Department of Nutrition and Health, the Research Institute of Child Nutrition, Dortmund, Germany, to assess the acidity of foods and diets. PRAL formula: PRAL = 0.49 x protein + 0.037 x phosphorus - 0.021 x potassium - 0.026 x magnesium - 0.013 x calcium.

11.4.27. The Telomere Length Argument

After a low fat whole plant foods vegan diet (the Ornish diet), Nobel Prize winner Elizabeth Blackburn found that telomerase activity increased by 30% in 3 months (telomerase reportedly helps us live longer by repairing the end of our chromosomes).

11.4.28. Eye health (more carotenoids and polyphenols eaten by *vegans* means less AMD)

11.4.29. Heart Rate (HR) Argument

Vegan HR is 10-20 beats lower, leading to less heart wear, longer life. Many youtube vegans show their HR is 46 lying in bed when waking up. Low fat veganism reversed heart disease.

11.4.30. Water Argument ► *vegans* use 4 times less water than vegetarians and 13 times less than meat eaters. It's clear that veganism is the most compassionate choice. ☺☺☺

11.4.31. The Kidney Stones Argument

Vegans have 2.5 times less kidney stones than meat eaters. The oxalate section explains how stones (calcium oxalate) forms on the tube connecting bladder to the kidney or in the kidney. The reasons and CAT scans of kidney stones are presented by top of Stanford/Harvard class MD in this 7 min video. Basic ideas on veganism by the same MD are here. High protein diet brings risk of kidney stones ► BMJ 2002;325(7361):408. ☺☺☺

11.4.32. Evolutionary History, Enzyme-Digestion Systems Argument

We were mostly vegan for most of 4 million of years. Our natural diet is vegan, as we have been on it for millions of years. We're the only animals who die if we don't consume vitamin C from plants, showing that during evolution we did not eat much meat ► youtu.be...o.

11.4.33. Stress Hormone Argument, Effect on newborn birth weight, height, IQ

Meat eaters have much higher cortisol, stress hormone and this has catastrophic effect on the height, weight, IQ of the kids as explained at the end of Chapter 15; stressed moms don't bond well with their babies, stress the baby (leading to less growth) and this shortens baby height. Many studies show meat leads to higher stress and cortisol. "*vegetarian children were taller than their meat-consuming classmates* (2.5 and 2.0 cm for boys and girls, respectively)" ► EJCN 1991;45(1):51-8; *this may be due to less cortisol during pregnancy and a healthier diet overall*

too, since vegans and vegetarians study nutrition far more. A new study reveals vegan diets are fine in infants, but may need parents to add more ultra soaked (to avoid calcium and mineral depletion) protein and calcium (kale, multivitamin, etc), D_3, K_2, Mg, Zn, to make sure there is enough for bones and teeth, as normal diets and RDA for D3, K2 are low and cna lead to bent fingers, frequent sickness and the need for yearly flu vaccines which only low D3, weak immunity kids need, with ignorant parents. Healthy vegan kids will have lower CRP, < 0.1, so this will help as they age, to live longer. The meat-cortisol section explains more. Raising Vegan Infants and Kids is already common, with many youtube channels presenting what vegan kids eat. There are many books that present vegan recipes for infants and kids. Anyone with a food processor can go 95% raw vegan easily, without any recipe book and eat smoothies all the time, or fruits and veggies in lunch boxes. Just buy what's on sale if short on cash, among the healthiest stuff presented below and rotate, eat a variety of things to get more nutrients and live longer. Below is some scientific evidence from American and British (and many other countries) Governmental agencies about the safety of vegan diets for kids:

33.1 JADA 2009;109(7):1266-82 says "It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes." The same position is repeated in the abstract of JAND 2016;116(12):1970-80, written by the same lead author, Winston Craig. ☺☺☺

33.2 The American Academy of Ped approves of proper vegan diets for infants and kids of all ages ► Ped in Review, 2004, 25(5). Videos on vegan pregnancy/lactation: one & two.

33.3 Dr. Benjamin Spock, one of the most influential pediatricians of all time, recommended a vegan diet for all infants and people of all ages, in the 7th edition of "The Common Sense Book of Baby and Child Care", arguing cow milk causes Type 1 Diabetes in kids and many issues.

33.4 National Health Service (public healthcare system in UK) Statement on Vegan Kids

11.4.34. The Omega 3 (ω3) Essential (needed from diet) Fatty Acids Argument

Cow milk ω3:6 ratio is 6:1, breastmilk is 1:1 in the healthiest moms and we know we need 1:1 to keep CRP low, so Republican 'geniuses' proposed we avoid fat free milk, eat more whole milk, more ω6, so aristocrats lower our IQ more, as low ω3 means lower IQ. Aristocrats know they can afford grass fed milk and meat which has more ω3 than corn-soy fed cow milk, so working class gets poisons, to live shorter and have lower IQ, so it's easier to dupe.☺☺☺ After all, they love cows, not humans. Flax and Chia Seeds have 80-100 times more ω3 (as ALA, not DHA, EPA) than

tilapia fish. There are many rich sources of vegan ω3 fatty acids, (without the heavy metals, mercury and PCBs in fish oil) like algal oil (DHA+EPA), algae, flaxseeds, chia seeds, walnuts, canola oil. Plus, recently, they found fish from South America (where 90% of cocaine is produced) contains cocaine. This is due to cartels who leave cocaine to float in the ocean (to be picked) and sometimes it gets lost. Cocaine may be in all world's fish now, since gangs left 3.5 tons of cocaine (worth half a billion $) floating 300 miles away from NZ even, 2 tons off Italy, 0.3 ton off West Australia, not just 3.6 tons off the coast of Brazil only. Spain caught 12 tons (6 billion $) coming from S America, one of similar packs found worldwide. Cocaine in fish for you?

11.4.35. The Fiber Argument

Vegans get 3 times more fiber (more fiber = less mortality), 45 g/day, compared to 15 for omnivores. 97% of Americans don't get enough fiber. See the Fiber section.

11.4.36. The Water Hydration Argument

Vegans get more hydrated as they eat more fruit/veggie minerals, 3x more potassium, etc.☺☺☺

11.4.37. The Asthma Argument

Vegans have the least Asthma. Vegan Diet Cures Asthma ► JA 1985;22(1):45-55 ► "Thirty-five patients who had suffered from bronchial asthma for an average of 12 yr, all receiving long-term medication, 20 including cortisone, were subject to therapy with vegan food for 1 yr. In almost all cases, medication was withdrawn or drastically reduced."

11.4.38. The Protein Argument

The amino acid section presents protein needs and the dangers of animal protein. The proteins section lists 163 vegan foods with more complete proteins than Burger King hamburger.

11.4.39. The Hypertension argument: half of American adults have hypertension and this leads to cognitive decline, more arterial plaque, premature death, and more chance to have stroke or heart attack. *Vegans* have lower blood pressure due to higher intake of potassium, fiber, ω3 and lower intake of sodium. The potassium section presents foods rich in potassium.

11.4.40. The trans Fats Argument: meat and dairy are the only natural food sources that have toxic trans fats which cause diabetes, atherosclerosis (and thus brain damage, aggression, etc).

11.4.41. The Animal Bacteria Argument: Clostridium difficile, found in about 20-60% of the meat (depending on what type of meat), causes 250,000 infections a year, 14,000 deaths a year (about half the people who die in car crashes, more than all gun homicides) in the US alone according to the CDC (Center for Disease Control), many more people hospitalized and having their colon

removed, and 1 billion dollars in excess medical costs per year. *This number dwarfs the 100 deaths or less that come from vegan products (leafy greens, etc) due to animal feed contaminated with salmonella used as fertilizer* (if all would be vegan this would not occur) and people not washing veggies well, etc. Even most salmonella deaths are due to non-vegan products. One more reason to go vegan. 14% of ready to eat sausages and 62.5% of ready to eat pork Braunschweiger were found to be infected with Clostridium, see table on page 2 of the pdf. Cooking doesn't always remove Clostridium, especially the spores.

11.4.42. The Depression and happiness Argument: *vegans* and vegetarians are happier ☺☺☺and less depressed, since they eat more fruits and veggies with more phytonutrients as explained at the end of the book and in the stress hormones ω6 section of Chapter 16.

11.4.43. The infection with Worms Argument: *vegans* are least likely to get infected with worms, see people get worms inside the brain, eyes and body all over, dying from it. Brain eating worm from pork grows in man's eye. Avoid pork?

11.4.44. The mercury argument: *vegans* don't eat fish, so they get far less of the toxic neuron killing mercury in their brain. This is explained better in Chapter 12.5 mercury section.

11.4.45. The AGEs Argument: Vegan burgers have 115 times less AGEs (advanced glycation end products) than McDonald's and other burgers. Most fruits and veggies have thousands of times less toxic AGEs than processed meats and dairy as explained in the section 11.3 above.

11.4.46. Vegan Iron doesn't increase risk of heart disease: heme iron from meat does ► 1 mg/day increase in heme meat iron (Fe) intake was associated with a 27% increase in coronary heart disease (CHD). No such relationship exists with vegan iron. Heme iron is hypothesized to cause free radicals and oxidize cholesterol ► EJN 2014;53(2):395-400 or heme iron is simply a marker for intake of cholesterol and bad fats from meat and dairy.

11.4.47. Vegans get more vitamin C, see benefits in the vitamin C section.

11.4.48. Air Pollution from Livestock Farms is Associated with Impaired Lung Function (Airway Obstruction) in Neighboring Residents ► AJRCCM 2017;196(9):1152-61

11.4.49. AMA, American Medical Association issued a resolution on 6-14-2017 for hospitals to "improve the health of patients, staff, and visitors by (1) providing a variety of healthful food, including plant-based (vegan) meals and meals that are low in fat, sodium, and added sugars, (2) eliminating processed meats from menus, (3) providing and promoting healthful beverages."

11.4.50. AHA, American Heart Association, recommends replacing saturated fat from butter, cheese and meats with vegetable oils or nuts and seeds: "Randomized controlled trials that

lowered intake of dietary saturated fat and replaced it with polyunsaturated vegetable oil reduced cardiovascular disease by approximately 30%, similar to that achieved by cholesterol-lowering drugs, known as statins. (My total cholesterol has been 130 since 2000, due to a low fat vegan diet, feat no statin can achieve). Prospective observational studies in many populations showed that lower intake of saturated fat coupled with higher intake of polyunsaturated and monounsaturated fat is associated with lower rates of cardiovascular disease... coconut oil – which is predominantly saturated fat and widely touted as healthy – raised LDL cholesterol in the same way as other saturated fats found in butter, beef fat and palm oil." ☺☺☺

11.4.51. Crohn's Disease Argument

The best prevention of Crohn's disease relapse in an interventional study was acheived by cutting most meat, 92% remission for minimal meat eaters versus 33% for same meat level. There is no study with omnivores going vegan for 2 years or vegetarian, because asking people to go semi-vegetarian by cutting most meat was far easier to do ► WJG 2010;16(20):2484-95.

11.4.52. Vegans have a lower white blood cell count

Those with White Blood Cell (*WBC*) count *above* 7.9 were *3.37* times more likely to die than those with WBC *below* 6.3. WBC reflects systemic inflammation (of the arteries too), just like C-reactive protein (CRP) and other markers do. ► AJM 2009;122(9):874.e1-874.e7 Never-smokers with WBC counts of 9-10 had a 3.2 fold elevated risk for CVD death compared with those with WBC counts of 4-4.9. ► CJ 2007;71(4):479-85. Mortality was 1.1% for those with WBC<6.8 and 3.9% for WBC >10, or 3.5 times lower ► Heart 2003;89(4):389-92. Those with WBC > 6 had higher mortality than those with WBC between 3.5 and 6, while those with WBC above 10 had the highest mortality of all. ► JACC 2007;49(18):1841-50. Mortality rates for men with baseline WBC over 9 were 1.8-2.5 times those of men with lower WBC ► JCE 1990;43(2):153-7. For each decrease of WBC by 1, risk of cardiac death went down 14%. Smokers on average had a WBC count of 7.75 compared with 6.08 for nonsmokers. ► JAMA 1985;254(14):1932-7. In a routine blood test, one of the numbers they list is the WBC, and you will notice that when people go vegan, WBC often times drops from 8-9 to 4-5. ► RPZH 2007;58(1):23-7. In August 2017 my WBC count came as 4.3, typical for *vegans*. Studies show that this number rises fast to 8 when there is something to fight in the body, but having it low normally has its own advantages for preventing atherosclerosis. People with lowest white blood cell count live the longest and studies show vegans have the lowest white blood cell count, explaining perhaps they they live longer on average by 7-12 years; possibly due to anti-oxidants and other phytonutrients. This other video explains better the association between mortality and high white blood cell count.

11.4.53. Cow milk is for cows, see this video with many science papers on why dairy is bad.

Babies who're breastfed longer have higher IQ, less autism, better eye health and stronger immune system than those drinking cow milk. Milk was forced on everyone after WW1, since the military drove the production of dry milk to send to troops and then the farmers wanted to sell more milk, organized strikes and forced the government to push milk on every school kid after 1946, on every TV channel, and everyone pushed for more cheese on pizzas and everywhere, causing the destruction of USA, via everyone gaining 40 lb due to dairy, all thanks to WW1, which made USA become an obese country 40 lb heavier today. We thus can see how the military destroyed USA via the farmer lobby indirectly. We didn't win WW1, we lost our conscience, torturing cows to steal their milk made us obese and lower IQ. We sold milk even if US knew it was obtained by enormous terror, killing of male calves upon birth, torturing cows. There are dozens of vegan foods with higher protein quality than milk and beef. Cow milk ω3:6 ratio is 6:1, breastmilk is 1:1 in the healthiest moms, and we know we need 1:1 to keep CRP low. Moms eating high ω6 give diabetes/atherosclerosis/low IQ/obesity to kids via higher breastmilk ω6; those giving cow milk to kids do the same. In 2015 vegan milk sales went up 9%, cow milk went down 7%. 54% of kids used vegan milks. *Cow milk has 3.2 times more protein (as do other animals) than human milk*, goat milk 3.6 times (3.6x) more, horse milk 2x more. This is because it takes a shorter time to double in size for cows (47 days), goats (19 days), horses (60 days). Rat milk got 10x more protein than human milk as rats double in size in 4.5 days instead of 120 days. Dog milk got 6x (cats 8x) more protein, as dogs double in size in 8 days (cats in 7 days). Cow milk fed babies cry more, so mothers with a crying suckling baby could eat magnesium Mg, calming foods, chamomile, to calm the baby via milk delivery of Mg & apigenin chamomile polyphenol. *For babies with* intelligence more like cows than humans, feed them formula.☺☺

11.4.54. PREVENT INGESTION OF CANCER tumor enhancing IGF-1 IN ORGANIC MILK OR DAIRY, SYNTHETIC GROWTH HORMONES IN NON-ORGANIC MILK, BACTERIA in all milk, IMMUNE SYSTEM WRECKING ANTIBIOTICS in non-organic milk. ☺☺☺

Harvard article explains that higher insulin-like growth factor-1, IGF-1, can triple cancer risk. Meat and dairy raise IGF-1 levels and thus cancer risk. *A glass of milk from factory farms got* about ☺☺☺*130 million pus cells..*☺☺☺ and *antibiotics* (banned in Europe) *that* wreck our *immune system,* hormones banned *in Europe that* cause *cancer*, etc.... Even organic milk has some of that stuff. *rBST HORMONE* is banned in Canada, Australia, New Zealand, Japan, Israel and the European Union since 2000. Argentina also banned the use of rBST. Pus has neutrophils (white blood cells) mixed with dead bacteria. According to the USDA, 1 in 6 dairy cows in the US suffers from clinical mastitis, which is responsible for 1 in 6 dairy cow deaths. This level of disease is reflected in the concentration of somatic cells in the American milk supply. Somatic cell counts greater than a million per teaspoon are abnormal and "almost always" caused by mastitis. When a cow is infected, greater than 90% of the somatic cells in her milk are

neutrophils, the inflammatory immune cells that are part of pus. The average somatic cell count in U.S. milk per spoonful is 1,120,000. If that is not enough, milk can have about 1 billion bacteria per quart. The Indiana administrative code says "grade A milk bacteria count using the standard plate count, shall be not more than one million bacteria per milliliter, or 1 billion per liter. The somatic cell count shall be not more than one million per milliliter." Pus is found in regions of bacterial infection and it's made of neutrophils, eosinophils, and basophils (3 types of white blood cells) and dead bacteria, as well as inflammatory exudate. Researchers found omnivore kitchen have way more bacteria than the toilet seat, due to meat/dairy being so bad. Meat is covered in fecal bacteria and omnivore kitchen got 500 times more feces than vegan ones. Nothing to worry, because the central AC makes sure the kitchen fecal bacteria go right into every bedroom so that all may enjoy a dose of animal feces in their lungs for shorter lives.

11.4.55. The TYPE 1 Diabetes and Immune System (flu, colds, COVID19) Argument

Several studies show that milk seems to induce type 1 diabetes in many kids, through an autoimmune destruction of the beta (β) cells that produce insulin. Low chromium in cow milk (half the level in human milk) may have a contribution to this type 1 diabetes. The more technical explanation is at DM 2013;30(2):161-9. ☺☺☺ There are many hypotheses about the association between milk intake and type 1 diabetes, but one of them relates to some paratuberculosis bacterium (in milk and meat) triggering *autoimmune attack of pancreatic* β cells, since 63% of type 1 diabetics had this bacterium, while only 16% of the non-diabetics did. Several things in dairy may cause type 1 diabetes, another being casein: 30% of casein in milk is β-casein. A1 and A2 β-casein are the most common of 12 genetic variants of the β-casein milk protein (due to genetic mutations in the bovine β-casein gene) that differ by one amino acid; position 67 got proline in A2 β-casein (209 amino acids total) and histidine in A1 β-casein. β-caso*morphin-7, BCM-7, is produced when people consume casein A1, but not so much when they consume A2* casein found in human and goat milk (BCM-7 produces by A1/2 varies by studies, but A1 *much more than* A2); β-casomorphin-*7 is an* immunosuppressant (COVID19 anyone?) opioid *linked to* diabetes *1 incidence* ► Diab 1999;42(8):1032. EJCN 2006;60:921-6 links autism, heart disease, diabetes to A1 milk (except France, Asia, Africa which make A2 milk mostly). Human milk has 20-50% casein (human beta casein is A2 type) with the rest 80-50% being whey ► casein is 20% of the total protein content in early lactation and 50% in late lactation; cow *milk protein is* 80% casein, 20% *whey* (whey = 67% globulins, 33% albumins: β-lactoglobulin 65%, α-lactalbumin 25%, bovine serum *albumin* 8%, immuno*globulins* 2%). Those "assigned to casein hydrolysate formula had a reduced risk of development of β-cell autoimmunity (diabetes antibodies) [hazard ratio 0.54]... exposure to bovine insulin in cow's-milk formula has the capacity to induce an immune response to insulin... Randomization was to 3 groups: cow's-milk formula (control), whey-based hydrolyzed formula, or whey-based FINDIA formula essentially

free of bovine insulin whenever breastmilk was not available during the first 6 months of life. *Children were followed until age 3 years for the development of diabetes-related autoantibodies… FINDIA formula had a reduced risk of … appearance of one or more antibodies [odds ratio... in the treatment-received analysis 0.23* (5 times lower risk) in the FINDIA group when compared with the cow's-milk formula group]" ► DM 2013;30(2):161-69. Dairy (unless 0% fat) got trans-fats, also linked to diabetes, atherosclerosis and organ damage.

11.4.56. Huge levels of Saturated Fat and Aluminum (Al) in Cheese

Cheese (sour cream, bacon, fatty meats too) has a lot of long chain saturated fatty acids and cholesterol, which are known to contribute to heart disease. 50% of cheese calories come from saturated fat, while 70% come from fat. Cheese often has sodium aluminum phosphate added to it, making it toxic, especially if you can't eliminate Al well. A low fat diet is safer.

11.4.57. MILK can cause COLIC/REFLUX/VOMITING in babies when mothers or babies drink it, animal *saturated fat can cause moms to vomit* (reflux happens in all folks with milk intolerance)

1. **COLIC:** The American Academy of Ped says "If your child is under 1 year old, you shouldn't feed your baby cow's milk". The full pdf is here. Cow milk protein ingested by mom can end up in breastmilk fed to the baby and lead to baby developing colic and crying a lot (one in 5 babies has colic). Removal of dairy from mom's diet led to end of crying and colic as explained at ► Ped 1983;71(2):268-71 which says "Abstract. Sixty-six mothers of 66 breast-fed infants with infantile colic were put on a diet free from cow's milk. The colic disappeared in 35 infants; it reappeared on at least two challenges (cow's milk to mother) in 23 infants (35%). A double-blind crossover trial with cow's milk whey protein was performed in 16 of these 23 mothers and infants. Six infants had to be taken out of the study for various reasons; of the remaining ten infants, nine reacted with colic after their mothers' intake of whey protein-containing capsules. Sequential analysis showed a high correlation between infantile colic in breast-fed infants and their mothers' consumption of cow's milk protein. A diet free of cow's milk is suggested for the mothers as a first trial of treatment of infantile colic in breast-fed infants." Replacing cow milk with soy milk in baby diet (not the mother's diet) removed colic ► JRCGP 1989;39(318):11-4. For more on the cow milk protein allergy, see ► ADC 2007;92(10):902-8. ☺☺☺

2. **REFLUX/*VOMITING*:** Before considering surgery to treat infant reflux (25% infants have reflux), watch this video presenting the GL 2011;5(3):298-301 paper on treating reflux by eliminating milk (for 4 weeks) from the diet of 27 kids (33% of the study population) who were not cured with omeprazole medication. JP 2014;90(2):105-18 states "the consensus of the NASPGHAN/ESPGHAN (*North American/European Society for Pediatric Gastroenterology, Hepatology and Nutrition) on GERD (reflux)* advises a therapeutic trial of 2 to 4 weeks with an extensively

hydrolyzed or amino acid formula, and for infants who're breastfed, with a maternal strict CMP (cow's milk protein) elimination diet". JPGN 2009;49(4):498-547 suggests eliminating eggs, milk protein (dairy) from the mother's diet for a few weeks for breastfed infants who vomit or have reflux, to see if reflux and vomiting disappear. Milk was the # 1 food that adults with *REFLUX* were intolerant to ► MM 2017;108(6):496-501; reflux patients were intolerant to 5 or more foods. AP 2016;105(9):e412-8 found 17% of adolescents with chronic fatigue syndrome were milk intolerant, with symptoms disappearing once off milk. WJG 2014; 20(45):17190-5 found that removing milk diminished reflux more than placebo, as you can see in the Fig 1; T0 shows time 0 at the start, T1 shows reflux reduction is greater in the "*milk* elimination group" than in the placebo group, T2 shows reflux decreasing when the placebo group also removed milk. ☺☺

3. THROAT *INFLAMMATION*: Eosinophilic esophagitis (EoE) has *VOMITING* as a symptom: "Cow's milk elimination may be more desirable for Eosinophilic esophagitis patients who don't want to take chronic, long-term steroid medications." ► DE 2016;29(4):377-84

4. MORNING *SICKNESS:* vegan moms have much less of it, see B_6 and saturated fat paragraph.

11.4.58. MILK CAN CAUSE CHRONIC CONSTIPATION IN KIDS

Cow milk led to chronic constipation in infants ► NEJM 1998;339:1100-4. Breastfeed for 2 years (at least 6 months). Cow milk is void of many benefits of human milk antibodies that build a strong immunity. Human milk is designed for optimal brain and eye development. Children breastfed for 12 months had an IQ that was 4 points higher than those breastfed for less than a month. The first 2 years of life are the critical time for malnutrition, the consequences of which are often irreversible (poor cognitive development, educability, future economic productivity).

11.4.59. PREVENT DIARRHEA, GI DISTRESS due to Lactose intolerance

Lactose (milk sugar) intolerance (gastrointestinal distress, diarrhea, flatulence, etc) affects 95% of Asians, 74% of Native Americans, 70% of Africans, 53% of Mexicans, 15% of Caucasians.

11.4.60. CALCIUM IN MANY VEGGIES IS HIGHER THAN IN MILK AND BETTER ABSORBED

The calcium section has a list of over 15 vegan sources of calcium. They got vegan ice cream ► benjerry.com/flavors/non-dairy, *vegan* cheese, etc. ☺☺☺

11.4.61. Human milk has *3 times* less protein (*its content changes with the age of the infant*), 2-10 (10 times more in the 1st month, 5 g/L vs 0.5 g/L in cow) times more antimicrobial anti-inflammatory cell proliferation lactoferrin, 2x less zinc/selenium, *4x less* sodium, *calcium* and magnesium, 37% more fat (*2x more* monounsaturated fat, *2.4x more* polyunsaturated fat, *3x more* ω6), 2x more chromium, 50% more sugars (lactose), 40% more cholesterol, 2x more

vitamin A & E (eyes), 100x more vitamin C, iron is bound to lactoferrin and other proteins being up to 5 times more bioavailable than cow milk in some studies even if the iron amount is identical (*in cows it's bound to casein mostly, casein content is 10x more than human milk, cow milk lactoferrin is sometimes* even 100 (not 10) times *lower depending on cow, 30% of milk iron is bound to lactoferrin in humans*). Sources: Table 4-2 USDA + PubMed papers.

"Breast-fed infants absorbed an average of 49% of a trace dose of extrinsic iron☺☺ administered during a breast feeding in contrast to about 10% reported to be absorbed from cow milk" ► JP 1977;91(1):36-9, and 8% from ferrous sulfate formula ► APS 1977;66(6):719-22; the same authors suggest in PR 1979;13:143-7 that giving veggie foods too early (month 4-6) instead of exclusive breastfeeding, can cause anemia or low iron if no iron drops are given (tons of them on Amazon). More recently, PR 1992;31(5):524-7 found 48% vs 19% bioavailability. Anemia is more common in infants drinking cow/formula milk, hence IQ is lower. "For every month of feeding with cow's milk, there was a reduction of 2 g/l in the hemoglobin levels of children aged 12 months." ► JP 2005;81(5):361-7. Human milk is optimal for humans, cow milk is not. PCNA 2013;60(1):49-74 Table 1 shows at term human milk (term babies, preterm milk is higher in protein as nature is very smart) got 0.9-1.2% protein by weight, 5.4-7% by calories at the time when we need the most protein as we grow the fastest. Over billions of years nature came with 5.4-7% of calories from protein when we need the most of it, 4 times less calcium than cow milk. Do some obsess with protein/calcium? A protein video explains human milk may have the lowest protein of any animal in the world (min 3:44), 4 times less than cows. This makes sense, since we live the longest of all 14 animals in the table, so we grow the slowest. Human milk got 10 times less protein than rat milk and we live 30 times longer; *3-4 times less protein than cows and we live 4 times longer than natural cows. In 1948 USA recommended 1 year olds get 13.2% of calories from protein, in 1974 only 5.4%. As we reach 900 year lifespan, our milk may have lower protein content if we also end up growing to adult stage slower. Maybe not, because queen bees grow in 16 days versus 21 for workers and yet live 10-50 times longer.*

11.4.62. PREVENT PARKINSON'S DISEASE

Milk consumption is linked to Parkinson's disease (PD) (more milk, more Parkinson's) ► EJE 2014;29(9):613-9, AN 2002;52(6):793-801. Meat got a prion (like mad cow disease prion) like α-synuclein that raises PD risk "α-synuclein in ...meat … contains threonine at the amino acid 53 position, while human α-synuclein has alanine... The A53T mutation of human α-synuclein was the first identified to be associated with PD… ingestion of a close homolog through diet could increase the likelihood of seeding pathology in the gut… Prions are transmittable infectious particles comprised solely of protein (i.e., devoid of nucleic acids), namely prion protein (PrP), that cause fatal diseases... infectious proteins which propagate a disease by causing protein

conformational changes" ► NPJPD 2017;3:33. "higher mortality in women with high milk consumption, *irrespective of milk fat content*" – drinking > 3 glasses/day meant almost double mortality vs < 1 ► Ntr 2020;12(5):1393. "d-galactose, a derivative of lactose, is used in animal studies to induce neurodegeneration. Oddly, human milk has 7% lactose, cow milk 5%, and human neuron count decreases from 200 billion at birth to 100 billion later, as if nature designed galactose as an aid to prune less used neurons. Milk is the primary source of lactose in the human diet...Milk intake greater than 1 glass/day was associated with greater (cognitive) decline" (over 20 years) ► Ntr 2017;9(10):1134. "adjusted (*substantia nigra, the area where most neurons die in Parkinson people*) neuron density in all but the dorsomedial quadrant was 41.5% lower for milk intake >16 oz/d vs intake that was less" ► Neu 2016;86(6):512-9. See more studies in the Parkinson video. Nep 2008;30(3):161-6 found men who ate 1.5 servings of meat/day were 21 times ("adjusted OR = 21.36") more likely to have hand tremor than men eating 0.5 servings/day. Fried meats cause Parkinson via the harmane neurotoxin frying produces, hence aristocrats sell us fried meats.

11.4.63. PREVENT HUNTINGTON'S DISEASE

Milk intake increases risk of Huntington's disease ► JNS 1987;80(2-3):299-306.

11.4.64. The Leukemia, Breast Cancer, Synthetic Estrogen, Hormone, Virus, Parasite Argument

Zeranol is used in the US livestock industry today and is 100,000 times more potent endocrine disruptor than BPA, accelerating the formation of breast cancer. After Italian kids got their breasts enlarged due to meat containing zeranol, the EU banned it. DES, diethylstilbestrol, a synthetic form of the female estrogen, was prescribed to women until being banned in 1971, after FDA found it causes cancer in offspring ► NEJM 1971;284(15):878-81; DES was also used in meat until FDA banned it in 1979, 40 years after it was shown to be carcinogenic ► IJHS 1990;20 (2):277-80. After DES was banned, the industry started using zeranol and other chemicals. Milk/dairy estrogens spike DHT, leading to hair loss, breast/prostate cancer, acne, stroke, infarct. Carbadox is a carcinogenic chemical added to pig feed to speed up growth and profits in USA (banned in EU, Canada, etc), but it leads to cancer and antibiotic resistance. Most people have heard of the rBGH (recombinant bovine growth hormone) free milk, as it's used as a label on dairy products, due to studies showing it is associated with cancer. Most milk also has bovine leukemia (leukemia is blood cancer) virus, BLV, a virus that caused the death of 2 monkeys. Vegans have 3 times less breast and prostate cancer than vegetarians who consume a lot of dairy, and this virus may have something to do with it because the odds of having breast cancer if this virus is present is also 3.1 times greater than if the virus is absent from the diet. This odds ratio is higher than any of the frequently publicized risk factors for breast cancer, such as obesity, alcohol consumption and use of post-menopausal hormones ► Berkeley Univ, and PO

2015;10(9):e0134304. 2 monkeys died of leukemia after infection with BLV ► CR 1974;34(10):2745-57. A USDA study showed 84% of milk (100% of milk from farms with 500+ cows) was infected *with* BLV. Canc 2010;2(2):752-72 shows viruses cause many types of cancer, such as breast. Humans have antibodies reactive with BLV ► ARHR 2003;19(12):1105-13. BLV DNA was found in human breast tissue ► EID 2014;20(5):772-82. "21 nations have eradicated BLV from their dairy cattle... US ... BLV prevalence (is) 40%" ► VMI 2019:3202184. Those with BLV in breast skin are 4 times more likely to get breast cancer ► IJEPH 2020;17 (1):209 (see Table 2, most other risk factors are minor). See more here. Studies found 52% of breast cancers may be due to BLV infected dairy. Keep eye compresses in a fridge free of open dairy containers/packs, BLV is in the air of dairy farms. FDA found 20% of milk jugs were contaminated with bird flu. Pork and cows give hepatitis E to pork, beef, dairy eaters. Vegans can get it by living with dairy/meat eating pets, vegetarians or omnivores. Choose wisely your partner or spouse... Sushi (raw fish), improperly cooked meats are full of parasites and undercooked fish routinely kill people. If you eat meat, avoid beef, especially pork, full of parasites which spread to every organ, see video. 50000 people die from parasites that eat brains out. 50 million worldwide are infected by brain eating parasites. Garlic, pumpkin seeds kill some of these parasites.☺☺

11.4.65. Prevent AUTISM, PSYCHOMOTOR development in kids caused by milk casomorphin

Cow's milk has casomorphins associated with autism, delays in psychomotor development, infant crib death ► Pept 2003;24(6):937-43, type 1 diabetes, see yo.s. Pept 2009;30(10):1854-60 found that "breast feeding has an advantage over artificial feeding for infants' development during the first year of life and support the hypothesis for deterioration of bovine casomorphin elimination as a risk factor for delay in psychomotor development and other diseases such as autism." NNS 2000;3(1):57-72 explains that autistic kids have more β-casomorphin in their urine, see why cow milk produces more than human milk. See also these 6 videos on autism going away after a dairy free and gluten free diet. A kid changed from autistic to normal by removing gluten and dairy (which mess up the speech brain center in many kids, via casomorphin and gluten brain-barrier damage) ► NNS 1999;2(6):435-9. ☺☺☺

11.4.66. Vegan Foods are the only ones with polyphenols

Those eating the most polyphenols live longer cutting all cause mortality by 37-40%: see details. So why isn't the government centralizing all food production and demanding we replace green kale/grapes/cauliflower/cactus/cabbage with the purple analog, white sesame/chia/etc with black/brown one, toxic Bible praised gluten with much healthier grains/legumes, etc? Because the aristocratic class would disappear and we get 11 companies. No more parasites to steal trillions from the working class and use fake miracles religions to drastically lower average IQ.

11.4.67. Vegans are the least constipated group (read more in the fiber section)

Vegan poop travels the fastest, as vegans eat more fiber, and this prevents endless diseases, colon cancer, as fewer toxins linger to be reabsorbed into the blood: Gut 2023;72(1):180-91. Vegans have 3 times more fiber in their diet, leading to the least constipation, lowest heart disease and diabetes, softest stools and fastest bowel movements, 9 *seconds*, opposed to 9 *minutes* for those whose food takes 2-4 days to get from mouth to anus (instead of the 8-24 hours it takes healthy (not junk fatty food) *vegans* usually). *Fermenting* stool *releases up to 10 times more toxic* (see TMAO) metabolites (CJASN 2012;7(6):82-8) *in the* blood, shrinking omnivore or "high fat low fiber vegan" *lifespan*. More fat/protein and less fiber = longer transit time. Avoid overeating dry protein powders, chia seeds, flaxseeds, bee pollen *without increasing water, juice, low calorie watery veggie, smoothie intake dramatically,* as these foods absorb huge amounts of water, giving a slower stool transition time, *increasing blood toxins*. The easiest way to benefit from the effortless (no pushing, etc) bowel movements of *vegans* is to eat more fruits, nuts or veggies full of soluble fiber, if you're not yet 100% vegan. You can do that by making smoothies with a food processor that makes a puree out of strawberry, cauliflower, zucchini, etc. The easiest way to assess transit time is to make a smoothie with beets or to eat beets and see how long it takes for feces to become reddish. The ideal time is 12-24 hours, not 4 days. Healthy *vegans* have 1-2 fast effortless bowel movements a day. The vegans who eat whole foods have odorless stools too (no rotting) and much clearer urine. Odorless stool can be a sign of lower methionine and cysteine (the 2 main sulfur amino acids) intake and very healthy digestion; lower methionine can slow down aging as much as calorie restriction due to not activating TOR. See the odorless stool section for more on gas, constipation. ☺☺☺

11.4.68. MULTIPLE SCLEROSIS ARGUMENT

Cheese has 50% of calories from saturated fat, 70% from fat, hamburgers got 40% calories from fat. Many people reversed MS via a raw *vegan* diet as explained in the curing disease with food section. Youtube has similar stories. *A protein in dairy looks similar to a myelin sheath protein, so the body can think it needs to be attacked due to some autoimmune response*. Lancet 1990;336(8706):37-9 study by Dr. Swank (a neurologist who lived to age 99 and 8 months and published over 170 papers) found those who ate 8 g less saturated fat a day had 3 times lower risk of dying from multiple sclerosis 34 years later. Dr. Swank published MS papers from 1950 to 2003, including about those he followed for 50 years. See more in this video. The other major 5 papers of Dr. Swank can be found at: 2003, 1950, 1953, 1952, 1970.

11.4.69. Prevent Acne and Canker Sores, which are less common among *vegans*

Canker Sores inside the mouth happen in some people from the age of 2. *One girl got rid of*

them only at 17 by eliminating dairy completely. Same thing happened to others ► A 10-year-old girl and an 11-year-old boy, both with 5-year histories of frequent RAU episodes, with multiple ulcerations, underwent dairy elimination trials. Both were free of oral ulcers within 2 weeks of discontinuing CMP (cows milk protein) and remained so with a CMP-free diet. ► JADA 2017;148(8):614-7. For many acne studies, see the acne section.

11.4.70. The Sperm Count Argument

Men who ate the most low-to-moderate-pesticide fruits and vegetables *(≥2.8 servings per day)* had a 169% higher *total* sperm count *and a* 173% higher sperm concentration than men who ate *the least of those fruits and veggies* (most omnivores don't eat a lot of low-moderate fruits-veggies, *vegans* often do) ► JN 2016;146(5):1084-92. Dairy and animal foods FAT lower sperm count/quality: intake of full-fat dairy was inversely related to sperm motility and morphology. These associations were driven primarily by intake of cheese, being independent of overall dietary patterns ► HR 2013;28(8):2265-75. *Men in the* highest 3rd of total fat intake *had 43% lower total sperm count,* 38% lower sperm concentration than men in the lowest third. This association was driven by intake of saturated fats *(present mostly in animal foods)* ► HR 2012;27(5):1466-74. ω3 fat intake was good for the sperm, like flaxseeds, chia seeds, algal *vegan* DHA-EPA pills, etc. RED AND PROCESSED MEAT lower sperm count/quality: processed meat intake was associated with lower total sperm count ► Epi 2014;25(3):323-30. Processed meat *lowers sperm count*, especially red processed meat ► JN 2014;144(7):1091-8. Omnivore monkeys had lower sperm count and quality than *vegan* monkeys ► AA 2001;46(2): 145-51. Dr. Ornish explains at 17 seconds in this 3 min video after eating *vegan* food men had *3-5* times more erections that were 10 times harder than after eating meat. This actually is not surprising since better blood flow hardens it more. The reversing heart disease section has some dramatic pictures of brain arteries of those with Alzheimer, some with 95% blockage. A low fat low AGE *vegan* diet will make blood flow to penis, brain, heart better, so *vegans* got 3 times less Alzheimer ► Nep 1993;12(1):28-36. Obesity lowers sperm count & vegans are the thinnest.

11.4.71. Vegans eat more greens (kale especially), thus vitamin K, leading to better teeth health

As vitamin K section explains, K takes Ca out of the arteries and puts it in the bones and teeth. Therefore, omnivores, notorious for eating lots of calcium, have stiffer, more calcified arteries.

11.4.72. Vegans tend to have fewer twins (premature, short limbs, health issues) and read more

Vegans study more on nutrition to make sure they got it right, being more proactive about things, see a long list of common nutrients in Chapter 12.4. ☺☺☺ "Vegan women, who exclude dairy products from their diets, have a twinning rate which is one-fifth that of vegetarians and omnivores" ► JRM 2006;51(5):405-10. 10% of identical twins have birth defects, twins got 40%

higher birth defect rate vs singletons. Short limbs, premature birth (weeks earlier) and low birth weight are ultra common for twins and can lead to lifelong health issues, not to mention mom can get diabetes, even die during birth more often, a risk not acceptable for Immortals, even if some male twins may live a little longer than average due to having a close friend. While one may get 2 lifespan years/identical male twin (fraternal 1, girls 0.4), mom loses 5-70 years of lifespan if she dies or has lifespan shortening effects. Dairy/meat can also cause premature puberty in kids, with issues, due to sex hormones in animal foods.

11.4.73. Vegans have lower hs-CRP (biomarker for inflammation, stroke, infarct, plaque risk)

hs-CRP (high sensitivity C reactive protein) is a blood marker for inflammation in the body and for mortality risk ($30 to add to a blood test, mine nondetect in 2026). Each time we go thru an infection, injury or bad air pollution period (indoor or outdoor, etc), we see CRP rise. Go vegan argument 3 above (heart disease) shows sedentary *vegans* had CRP 0.52 vs 2.61 for sedentary omnivores, 5 times lower. Those with higher CRP were 2.5 times (if lean) and 3.4 times (if obese) more likely to die from any cause ► PO 2015;10(8):e0135713. "CRP were 1.51, 0.83, and 0.37 mg/L, respectively" when ω6:3 ratios were 9.5, 3.5 and 1.5, showing the effect of flax/chia seeds ► JN 2004;134 (11):2991-7. Breastmilk ratio is 1:1 in the healthiest moms, so many people will die before their natural years due to high ω6 oils intake. The lower the hs-CRP is, the better it is as it shows less body and arterial inflammation. Sick people with CRP < 1 + BNP < 110 meant 16 times lower cardiac mortality than CRP > 1 + BNP > 110 ► CJ 2006;70(7):857-63. Atrial fibrillation patients with higher CRP had 2.5 times higher all cause mortality ► AJC 2012;109(1):95-9. Those with CRP > 10 were 3 times more likely to die vs CRP < 1 ► AHJ 2009;158(2):277-83. In a review of studies covering 83,995 people, highest CRP meant 75% higher risk of dying vs lowest (> 3 vs <1 usually in most studies (US), but can be > 10 vs < 1 or 0.5 in UK, > 1 vs < 0.2 Japan), double the risk of cardiac mortality ► Ath 2017;259:75-82. Japan CRP is so low, no wonder they live 5 years longer. In a 2,200 people study, CRP > 3 meant 55% higher all cause mortality vs < 1 ► Neu 2009; 73(16):1300-7. A 39,242 Japanese study (have lower CRP than Americans, since fish has ω3 that lowers 3:6 ratio and thus CRP, since ω3 create antiinflammatory eicosanoids, while ω6 proinflammatory, causing diabetes, plaque, fast aging), ages 40-79, followed for 13 years, found that those with CRP > 0.85 were 1.6 times more likely to die from stroke, 3.7 times more likely to die from coronary heart disease, 2.3 times more likely to die from any heart disease than those with CRP < 0.19 ► Ath 2009;207(1):291-7. To lower CRP we can replace nuts with walnuts (highest ω3 nuts), oils with ω3. To lower CRP 4 times or more, we can eat flaxseeds/oil (cyanide raw, eat few) and/or chia seeds/oil daily to drive ω3:6 ratio to 1:1 to 1:2. With "CRP level of 2 mg per liter or greater as the threshold for defining high cardiovascular risk... 52 % of the adult population in the US would be considered at high risk." ► NEJM 2005;352:1611-3 with the %s of CRP for many groups (most have CRP > 1, which is very bad; it shows what a horrible healthcare

we got, with criminal TV-radio saturating us with junk instead of health info we need☺☺☺). When we eat more produce, especially colorful, we reduce inflammation and bring CRP below 1, so that's why some people go vegan, to bring down inflammation in the body.

Final note: "dairy free" milks, lab meats or vegan meats that imitate animal protein are linked to cancers, and inflammation. The interesting thing is that some companies want to make "vegan" cheese or "vegan" meat by using microbial factories to synthesize β-casein A1 and other animal proteins which were shown to cause cancer tumors in animals when overeaten, besides other problems. Some of these burgers have too much fat because they imitate the "beef burgers exactly" and possibly too many AGEs. The Impossible Burger has 56% calories from fat, and it has a lot of saturated fat from coconut; it's very unhealthy, having more salt than meat burgers and 3 times more saturated fat and salt than many vegan meat products. Thankfully, each year new products emerge, so now we got dozens, even meat from mushroom protein, hopefully free from agaritine posible carcinogen and other rash causing chemicals (always cook mushrooms if you eat them, or eat mushrooms only once a year). It would be better to create proteins, nutrient, mineral mixes, as in human milk and to replicate the human milk formula, which is very different than cow milk. You know how bees produce "bee milk" that helps queens live 50 times longer, what if we discover a milk like drink (very enriched with tons of nutrients absent in human milk), eterni milk that can double human lifespan if drank 1-2 liters daily for life? More research is worth doing, by seeing effects in mice or rabbits raised on eterni mouse/rabbit milk, etc. That future "vegan" eterni milk doesn't have antibiotics, pus, hormones, saturated fat, oxidized cholesterol so it's better than real cow milk. But it is only better by a wide margin probably only if it simulates partially human milk (the version that comes for 2 year old baby perhaps) casein etc, not cow milk casein. On the other hand human milk month one has 20% casein, month 12 has 50% casein, everything changes, so protein needs for adults or people over 12 months probably change too. A lactating baby needs far more protein than an adult who grows far slower or a kid of 1 to 3 years. In the animal kingdom animals only drink milk as a baby, humans are the only animal drinking milk after baby stage, except for honey bee queens. Do adults really benefit from a product that imitates human or cow milk perfectly? It would be healthier than cow milk, but anyway, it is hard to answer. A lot of research is needed before deciding which protein, peptides to make in microbial factories if this even becomes very popular in the next 20 years. Bacteria can make amino acids directly, so in the future it will be possible to optimize this and make milks made of amino acids, easier to digest peptides, essential fatty acids like DHA, ARA, EPA, etc, overcoming an issue of many people: lacking strong enough hydrochloric acid in the stomach after age 30 sometimes and the enzymes to digest protein as we age, leading to problems. Not to mention it takes energy to split proteins into amino acids, which taxes the body resources. Some amino acids can be digested well in free

form. Any vegan "meat or milk" is still better than meat/milk, but I'm just stating the obvious to those who may have severe autoimmune response to the proteins of animal type due to allergies created as a 2 year old ingesting cow milk casein protein. Finally, there are many vegan dating sites and resources if you want to meet other *vegans* to create more synergy or organize local events, spread the word, help vegetarians go vegan, or you can create your own *vegan*☺☺ ☺☺ Immortality outreach fliers (5,000 fliers cost about $180 vistaprint.com after discount) and meet people that way on college campuses. In person it is 900 times better than online, as people can play games online, wasting your time while they do nothing for a more vegan world, pretending to "be/want to be vegan". Use online stuff only to meet at real life vegan events, not to send info: vegspeeddate.com, veggiedate.org, vegetariandating.com, veggieconnection.com, veganpassions.com, Vegan Mobile Apps ► grazerapp is for *vegans* and vegetarians; setup profile and specify "only *vegans* contact me please", book signings, meetup 0.86 million *vegan* or wanna be *vegans* attending, google 'vegan fests' for your area; Washington, LA, Berlin, London; google 'vegan activist websites' veganoutreach.org, mercyfornimals.org, peta.org.

11.5. HOW to calculate amino acid scores (8 # to recall: *7, 18, 25, 27, 32, 47, 51, 55*), PROTEIN DIGESTIBILITY & daily requirements of protein:

The 100 score refers to the ideal protein, that has the minimum ideal amount of the least abundant of the 9 essential amino acids. It doesn't refer to how much of this is digested, that is another score, not in this book, since those scores are not objective, but subjective, done by odd experiments in rats, etc and bioavailability of protein varies WILDLY from one person to the other at times. The classical score, in this book, as defined by the National Academy of Medicine, refers to the actual scientifically universal amount of the least abundant amino acid. JAND 2013;113(12):1610-9, a 72,000 people study, found that *vegans* get the same amount of protein eaten as omnivores, 15% of their calories or 76 g/day as seen in the left set of bars in Fig 1. Vegans also got 3 times more fiber than omnivores, 97% of Americans don't get the minimum of fiber. The 1950 protein RDA was double what it is today. In 1850 people believed only animal foods have protein. In any supermarket, you will find frozen beans, lentils (which you can cook in 2 minutes using a microwave) and many vegan "meat" products with very high amino acid score, 100-125, with fiber, low fat, 0 saturated fat, and as much protein as 5 Burger King Hamburgers for the price of a hamburger and much more complete protein. ☺☺

WHAT LEVELS OF AMINO ACID in mg/g PROTEIN mean AMINO ACID SCORE of 100?

If we go to the next page, NIH.gov & other sites we see that when METHIONINE + CYSTINE is 25 mg in 1 g of protein, ***amino acid score*** is 100. Soymilk protein has 16 mg methionine+cystine in 2.6 g protein, or 16/2.6=6.15 mg/g. The score is 100*(mg/g in protein divided by mg/g in protein

with score 100), so 100*6.15/25 or 100*16/(2.6*25)= 24.61 or 25 *rounded, ultra low, useless, while soy burger is 100+. The protein score is the* limiting essential amino acid score, which is the smallest number obtained by dividing each of the 9 essential mg amino acid/g protein in a food over the mg/g in protein with score 100 below. Thus, the score is also, using USDA data for 100 g, mg low amino*100/(g protein*# mg/g below) or % of low amino acid*100/% below *which are* from the Institute of Medicine until 2015 (now renamed National Academy of Medicine) definition of complete protein, 1st column of the Table:

Essential Amino Acid	3 letter code	*mg/g of Protein with SCORE 100 (% of total protein)*
1. Tryptophan	Trp	7 mg (*0.7*%)
2. Histidine	His	18 mg (*1.8*%)
3. Isoleucine	Ile	25 mg (*2.5*%)
4. METHIONINE (+CYSTINE, made from Met)	Met+Cys	25 mg (*2.5*%)
5. Threonine	Thr	27 mg (*2.7*%)
6. Valine	Val	32 mg (*3.2*%)
7. Phenylalanine (+Tyrosine, made from Phe)	Phe+Tyr	47 mg (*4.7*%)
8. LYSINE	Lys	51 mg (*5.1*%)
9. Leucine	Leu	55 mg (*5.5*%)

Cysteine or Cystine (dimer of cysteine) and tyrosine are nonessential, the body can make them from Met and Phe, but for some reason, they made this computation of score including them, because they become conditionally essential during time of stress or illness when the body can't make them easily. Hence, they say we have 9 essential amino acids only. Another example: peanut butter has an amino acid score of 52; the limiting (lowest) amino acid is lysine as can be seen from the graph on nutrition data. In 25.1 g of protein we got *669* mg LYSINE (select 100 g to see this), so it got 669/25.1=26.65mg lysine/g protein. 100 score protein got 51 mg lysine/g, as shown above, so peanut score is 26.65/51*100=52.25, or *rounded* 52.

HOW TO CALCULATE AMINO ACID SCORE OF A VEGAN PROTEIN POWDER

Health Food stores have *vegan* protein, for example, the cheapest *vegan* protein per 500 g at Sprouts store has 30 servings of 20 g of protein (this one is slightly cheaper than Boca soy burgers, which are 80 cents each and have more sodium/20 gram of protein). The bottles of all protein powders, including the sprouts.com one, list the amino acids in a 20 g (or whatever the

protein weight in one serving is) protein serving, so by dividing by 20, we get the mg of essential amino acids per gram and can calculate the amino acid score. The 3 letter codes are next: ☺☺☺

Essential Amino Acid		mg/g protein with score 100	mg/g Sprouts.com Protein
Tryptophan	Trp	7	11
Threonine	Thr	27	39
Isoleucine	Ile	25	51.5
Leucine	Leu	55	86
Lysine	Lys	51	70
Methionine+Cystine	Met+Cys	25	28.5
Phenylalanine+Tyrosine	Phe+Tyr	47	89.5
Valine	Val	32	53.5
Histidine	His	18	24

As you can see, if we divide sprouts.com right column by the left 100 score column, *the lowest number is* Met+Cys (this is the limiting amino acid that determines the score), i.e. 28.5/25=1.14. Thus, the score of this Sprouts *vegan* protein is 1.14*100=114, much higher than 69 for Burger King hamburger beef or hamburger beef 67. The sprouts protein powder is healthier than many others, uses stevia for sweetness and contains pea protein isolate, organic brown rice protein concentrate, chia seed & flaxseed powder (ω3s), sprouted black rice powder, more vegetables powders, digestive enzymes, etc. However, urine becomes non-transparent at times, stool has odor after eating it and some bloating exists, so I gave up on it (and all protein powders like soy and pea protein isolates, which caused the same issue) and switched to lentils which give clear urine and no stool odor. If you go to Amazon to check 1 & 2 star reviews of most protein powders, *vegan* or omnivore, tons of people have bloating and gas issues. It's better to eat the real food, as it often has 100 times more potassium and 50 times less sodium.

DAILY REQUIREMENTS OF PROTEIN

nih.gov...22 is a booklet with useful tables showing how many g of reference protein (amino acid score of 100 or above and 95% True digestibility, or 100% Relative Digestibility) per kg of body weight we're supposed to eat, 0.75 g/kg for adults, more for kids, see Table 6-4. ☺☺☺

PROTEIN DIGESTIBILITY

Table 6-6 (scroll down) lists reference protein True Digestibility as 95%. Relative Digestibility (right column) with respect to Reference Proteins for many foods is then the True Digestibility (left column) divided by 0.95. This yields 101 for refined wheat, 93 for polished rice, 82 for beans, etc. FSN 2017;5(4):896-903 states that "True protein digestibility was lowest for black beans (70%), and highest for the split red lentils (90.6%). Previous investigation into the digestibility of autoclaved pulse flour found similar digestibilities of peas 88%, common beans 79% (average), lentils 85%, and black beans 72% (FAO/WHO, 1991)." Thus, green lentils true digestibility is 85%, and 90.6% for split red lentils, so Relative Digestibilities are 89.5 (85/95)% for regular, 95% (90.6/95) for split red lentils. Regular lentils got an amino acid score of 86, Relative Digestibility 89.5%, so a 135 lb person (61.4kg) needs to eat 0.75*61.4=46 g of reference protein equivalent, that is (100/86)(100/89.5)*46=59.8g regular lentils protein, which is about 663 g cooked lentils. However, if the person is older or more active, they need more than 0.75 g protein/kg weight, so the requirement will rise to say 1.25*61.4=57.5 reference protein or 74.7 g or 828 g cooked lentils. A+ blood types have low stomach acid and digest protein less efficiently, so they may need 0.85-0.95g/kg weight if sedentary. Some fitness fanatics claim you need 2g/kg weight, so then that's 159.5 g lentil protein or 1768 g cooked lentils. Note however that these 2g/kg weight never live to 100-110, since that activates fast aging Tor. The individual digestibility of food amino acids is unknown. Digestibility is only for the overall protein and computed often from rat and pig studies, so it's not very accurate. Bee pollen true digestibility is 63%. Future centuries may give us much more exact databases. In real life, *vegan* diets get the limiting amino acid from other foods than lentils, so the actual amount of lentils needed to be eaten can be much lower than 56 g for a 135 lb person. These calculations are to illustrate how much one needs to eat of a food to get the limiting amino acid in the same amount as if one would eat 46 g of reference protein. The reason split red lentils have score 90.6% (vs 85) is that taking off the *coating (which contains most antioxidants,* hence avoid red lentils, stick to green) and splitting them in two makes it much easier for the body to digest the protein in early phases of the digestion. Red lentils when cooked become a puree type of thing (just a few stirs and it's 100% puree) that sticks to the pot, making it harder to clean than regular lentils that remain whole after cooking. Likewise, if we mix whole lentils in a smoothie with fruits, veggies, we increase digestibility too by 6-8%, reaching almost that of fish and meat.

THE IMPACTS OF AMINO ACID SCORES

100 is the perfect score for a protein and anything above 100 is even better. We need to pay much more attention to the amino acid score, since if an amino acid is not present, whether Relative Digestibility is 75%, 90% or 95% is irrelevant. The amino acid score can tell us roughly (since scores are rounded to the closest integer, and since lowest amino acid in high score food may not always be the same as the lowest in the low score food), how much more of a low score

food protein *(NOT FOOD, since some foods have 1% protein, others 20% protein)* we need to eat to get the same lowest amino acid as in a high score protein, disregarding digestibility. That's why amino acid scores are SO IMPORTANT. The higher, the better. Below are 4 examples of amino acid score impacts: ☺☺☺

1. tofu has an amino acid score of 68, so we need to eat *roughly* 125/68=1.8 times more tofu protein to get the same amount of Met+Cys (the limiting amino acid, lowest) as in soy burger protein that has an amino acid score of 125 (not all soy burgers do), disregarding digestibility. *This amino acid division calculation is valid only in cases when the lowest* (limiting) *amino acid* (with respect to 100 score protein) for both foods is the same, such as this case.

2. soy sprouts have an amino acid score of 90, so we need to eat *roughly* 90/68=1.3 times more tofu protein to get the same Met+Cys, because both have the same low amino acid.

3. soymilk has an amino acid score of 25, the lowest of any soy food, so we need to eat *roughly* 118/25=4.72 times more soymilk protein to get the same Met+Cys as in defatted soy flour of score 118, because both have the same limiting essential amino acid. Soymilk has 38.77 mg Met+Cys in 6.3 g protein, soy flour has 186.4 mg Met+Cys in 6.3 g of protein. 186.4/38.77=4.81. The actual unrounded scores, calculated exactly, are (1391/47.0)/25*100=118.38 or *rounded* 118 and (16/2.6)/25*100=24.61 or *rounded* 25. The reason we get 4.81 when dividing amino acid amounts and not 4.72 as when dividing 118/25 is that these amino acid scores are rounded and introduce an error, hence I always write *roughly*. If scores were not rounded, we get 118.38/24.61=4.81 which is same as 4.81 from dividing actual amino acid amounts.

4. rye has an amino acid score of 80, and as we can see from the blue graph, limiting amino acid is lysine, and we can confirm that, in 100 g rye we got 14.8 g protein with 605 mg lysine and 248+329=577 mg Met+Cys, so we got 605/14.8=40.88mg Lys/g. 100 score protein got 51 mg/g, so score of rye is (40.88/51)*100=80.15. Soymilk, as seen above, got a score of 25, and 76 mg of Lys and 16 mg Met+Cys in 2.6 g protein (select 100 g food). This means in 14.8 g soymilk protein, we got 432.6 mg Lys. If we would rush and think we can divide scores, we would divide 80/25=3.2 times and think "3.2 times more soymilk protein needed to get all Lys we need" (wrongly assuming Lys is lowest for soymilk too), but if we divide 605/432.6=1.4 times for Lys. In 14.8 g soymilk protein we got 16*14.8/2.6=91mg Met+Cys. So, to get the 577 mg Met+Cys in 14.8 g rye protein, we need to eat 577/91=6.3 times more soymilk protein. 6.3 times is much more than 3.2 we would get by dividing 80/25=3.2. So for both Lys (1.4) and Met+Cys (6.3), dividing amino acid scores doesn't work being way off from the incorrect 3.2. ☺☺☺

DANGERS OF EATING TOO MUCH PROTEIN (*especially* animal *protein*: kidney damage)

No muscle mass increased by eating more protein without exercise, only exercise increases

muscle mass. If you're a muscles lover, think again before eating 5 steaks a day. FGF21 hormone rises when we eat 9% of calories as protein (since most eat 90g protein, this is 360 cal, so 4000 cal total needed), and FGF21 seems to delay aging. No studies exist that research the effect of plant protein increases within "*vegan* only" diets. CHF 2018;11:e004531 found that among omnivores, those eating 82g animal protein got 43% higher risk of heart failure compared to those eating 49g animal protein. Eating 109g total protein meant 33% higher risk vs 78 g total protein. The risk was 49% higher for the most dairy vs least dairy, 70% higher for the most fermented dairy, 17% higher for the most plant protein (within omnivores, that 17% may be due to eating more animal protein when they ate more plant protein). Ntr 2016;8(9):564 found that *vegan* centenarians of 93 lb (BMI 20) ate 39 g total protein, which means 57g protein for a 135 lb person. While in rodents mortality increased only for animal protein increases, it could be that even among *vegans* overeating *vegan* protein leads to higher mortality due to kidney overload. A study of 131,342 adults found that a *10% increase in animal protein consumption was associated with a 2% increase in mortality* and 8% rise in risk of cardiovascular mortality. *A 3% increase* in *vegan* protein led to a *10% fall in mortality* and 12% decline in cardiovascular death (this "*increase*" refers to the percentage of protein omnivores eat, i.e. if they swap animal with vegan protein they get lower mortality *(logical, since animal protein is a market for sturated fat, cholesterol, oxidized cholesterol, etc which are very bad for the heart), it doesn't mean* eating *more vegan protein for a vegan leads to longer life*) ► JAMA 2016;176(10):1453-63. On the contrary, it data suggests that *vegan* centenarians eat less protein.

Activation of the mTOR (Death) pathway, the ROTTing path, the rotten egg smell (violence) path:

Ntr 2009;1(2):263-75 and JISSN 2015;12(S1):P35 explain that animal proteins activate the mTOR biochemical pathway. Animal proteins got 3x more sulfur from Met or methionine (and cysteine), mT & Met, easy to recall, since mTOR is like Rot-them, rot-m, the omnivore stool and gas is rotten egg smell, fat in animal protein rots their stool as it slows digestion so much, omnivores get more colon cancer as that sticky fatty biofilm rots, putrefacts them. In the made up Essene Gospel of Peace, fictional Jesus says to do enema to remove the demon smell, (see fasting/enema sections) to remove the smell of rot/disease, hence the myth of devils smelling like sulfur. Part 4 has a fiction Jesus saying to avoid meat: "He shall not invoke the power of Satan by eating the flesh of beasts, for he who kills, kills his brother, and who so eats the flesh of slain beasts, eats the body of death. Tell him to prepare his food with the fire of life (sun that grows produce, seeds, sun fermentation of bread), not the fire of death, for the living angels (The Immortals) of the living God (of Eternal Life, or Immortality *for* All) serve only living men (the compassionate species get more help)." Hence Jesus told them (it's a forgery, like all Gospels) to not fry/barbecue food, it creates AGEs as we know, because it is demon worship to eat blood (meaning meat, which is 0.4% blood). This is like Isai 66:3: "He who kills an ox is as if

he kills a man". Dead people smell, the more one eats death, the stinkier one is. Thus, the virtuous is selfless, he dedicates his life to ending animal slaughter, ending agriculture via the science based divine eterni foods of Knowledge, Wisdom and Grace, he knows God's first goal is ending bloodshed by war/violent crime/animal killings. God is Eternal Life so God's goal is ending bloodshed, ending death: every spank, slap, punch, etc of humans/animals breaks blood vessels, spills blood inside, and is seen as murder by God, murder that removes the Grace of The God of Resplendent Magnificent Ever Ecstatic Bounteous Radiance of Eternal Immortality *for* All, The God of the gentle tender soft nurturing loving healing kindness for All or Immortality *for* All. Thus, the virtuous human brings that world and makes that 0 violent crime the #1 goal, not wasting 1.4 trillion/year in selfish vanity. Will you ☺☺*lovingly tenderly gently kindly*☺☺ walk in virtue from now on and help us create a world with no bloodshed of animal/human blood? The virtuous becomes the angel of Immortality *for* All, he wants to not pollute the human quantum field with any bloodshed of similar species, he's the greatest lover of science for Godliness, he supports science, God's tool to bring God's Kingdom of Immortals on Earth, the beautiful colorful telepathic radiant teleporting genderless shimmering shapeshifting Immortals aged 800 trillion years☺☺☺. The mTOR accelerates the division of cells and then cells reach the Hayflick limit (60 times), then die. So, animal proteins accelerate aging. Another way to block mTOR is to exercise to force the body into the ATP restoration/rest phase of regenerating ATP energy, so AMPK (adenosine monophosphate kinase) pathway is activated, which blocks the mTOR pathway (exercise stores glycogen in the brain, produces new neurons, synapses). JMCB 2010;2(1):17-9 explains why many believe aging speeds up when mTOR is too active. Fasting also turns off mTOR and activates AMPK. Some mTOR inhibitors (temsirolimus, everolimus) are used in the treatment of cancer ► Onc 2006;25:6436-46. Ramapacyn inhibits mTOR and helps preserve neurons ► NRN 2011;12(8):437-52. That's why TOR activation is linked to cancer and neurological diseases (Alzheimer). "Ingestion of a *leucine-enriched essential amino acid* nutrient solution rapidly and potently activates mTOR" ► CONMC 2008;11(3):222-6; *vegan* protein rich in leucine (*not just free leucine amino acid)* could also activate TOR, so avoiding eating too much of any protein (unless a senior) may be smart. CM 2023;35(11):P1976-95.e6 found that mice who eat less isoleucine lived 33% longer, were much healthier: humans may live longer too if they restrict this or other branched chain amino acids that activate mTOR.

The cancer section explains the dramatic carcinogenic effects of animal protein in mice and humans; mice fed 10% milk protein *got cancer*, those fed over 20% vegan protein *got their tumors* disappear. *Methionine (thio is sulfur, nine atoms different than H)* Met also activates mTOR, and one feature of vegan foods is 3-3.5 times lower Met $H_3C\text{-}S\text{-}CH_2CH_2CH(NH_2)COOH$, which was found to lead to longevity. Met *restriction had similar longevity effects to caloric restriction in several model organisms* ► ANYAS 2016;1363:116-24. Met restriction means

cysteine Cys HS-$CH_2CH(NH_2)COOH$ restriction too. This may be a reason *vegans* live longer as the Independent says. TOR is inhibited by many polyphenols, richer in *vegan* diets. Animal proteins contain high Met+Cys, tiny higher level of the 3 BCAAs (*branched* (alkyl group is not straight, it branches) *chain amino acids: leucine* Leu $(CH_3)_2CHCH_2CH(NH_2)COOH$, *isoleucine* Ile $CH_3CH_2CH(CH_3)CH(NH_2)COOH$ Leu isomer, *valine* Val $(CH_3)_2CHCH(NH_2)COOH$ Leu minus CH_2. Met (and to a lesser degree BCAAs) are known to activate TOR, high TOR activation leads to disease. Lentil protein got *0.85*% Met, 7.25% Leu, 4.32% Ile, 4.97% Val, *16.54*% (7.25+4.32+4.97=16.54) BCAAs, chicken protein *2.77*% Met, 7.51% Leu, 5.28% Ile, 4.97% Val, *17.76*% BCAAs, pork protein *2.65*% Met, 8.02% Leu, *18.13*% BCAAs, fava beans (broadbeans that can cause favism disease or hemolytic anemia in people with unique DNA) *0.82*% Met, 7.53% Leu, 4.03% Ile, 4.45% Val, black beans *1.50*% Met, 7.99% Leu, 4.41% Ile, 5.24% Val, red kidney beans *1.50*% Met, 7.99% Leu, 4.42% Ile, 5.24% Val, chickpeas *1.31*% Met, 7.12% Leu, 4.29% Ile, 4.20% Val, *15.61*% BCAAs. Lentils are the best, *lowest* Met, superior to chickpeas, which are superior to black/red kidney beans, red kidney being identical in % to black. Lentils also have more antioxidants, least antinutrients, half the soaking time, half the gas, and more protein in 100 g, 9.02 g vs 8.67g red kidney, 8.86 g black/chick, 7.60 fava, so immortalists avoid beans, cultivate only lentils. Hence, I eat lentils daily, see how to soak them here, if you want to become a happy vegan. The animal vs *vegan* difference is ►►► Met (3.3 *times higher in* meat) ◄◄◄, that's why most papers on precise amino acid restriction for longevity mention Met, not BCAAs that much. Salmon protein = *2.96*% Met, 3.5 *times higher*. Avoid hyacinth beans, as even after boiling them twice and changing the water, cyanide releasing chemicals remain causing asthma, seizure, kidney failure. Mice fed a diet without Cysteine lost 30% of body fat in a week, even on a high fat diet. A vegan explains how humans might lose weight if they're obese like the mice: eat less protein.

Muscle building enthusiasts tell you that you need to eat tons of meat and dairy to do that, but look at these numbers, *BCAAs ("rich in BCAAs" written on animal protein powders), 35% of muscle, are almost equal in vegan and animal protein.* ☺ BCAAs can also cause insulin resistance and diabetes in the long run, animal protein causes more insulin spike than sugar, see all 20 studies about it in this video. They may want to talk to *vegan* athletes. One reason for this disease causing effect of methionine or cysteine is that as proteins incorporate sulfur, more abnormalities occur, more transcription errors, since the free electrons on the sulfur are more able to roam around (than O) and change the structure. O is more electronegative, holding its valence electrons tighter. Sulfur is also bigger, which causes several problems: proteins can't fold as easily and freely to complete enzymatic and transcription steps, leading to more errors and lower enzymatic yields. In the stool odor section we have seen the problems of too much sulfur: *gut damage*, *nephritis*, tiny *hemorrhages* in many *organs* (caused by endogenous sulfite made from cysteine and methionine), *immune system and brain weakening by destroying the gut*

good bacteria. Genomes with weak sulfite oxidase activity upon aging are in *big trouble* (die 20 years early) *when eating animal proteins*. Sulfite oxidase deficiency is fatal. In KI 2002;62(1):220-8, omnivore type 1 diabetics, eating 2.5 times more protein, 1g/kg vs 0.4, had 5 times higher risk of death and dialysis, meaning either the protein intake is a marker for oxidized atherogenic fats, TMAO, oxidized atherogenic cholesterol and AGEs from cooked meat *or* the animal protein itself damages the kidney via another mechanism, related to high sulfur, antibiotics, hormones, etc, since with *vegan* protein, they didn't observe this in other studies.

PROTEIN POWDERS = POISON (due to primitive food extraction tech that adds toxins)

Soy protein isolate has the highest protein digestibility adjusted amino acid score of any *vegan* protein, same as highest meat protein. The hope is one day all processed foods will be required to list the amino acid score, digestibility adjusted one, so people know how much they're getting. Pea protein isolate (PPI) *(7 lb for $45 on Amazon processed in China, stripped of all potassium, but having 50 times more sodium than cooked at home peas)* has a score of 95, as you can calculate by dividing the limiting methionine+cysteine 23.7 (569/24) mg/g by 25mg/g to get 0.95. However, other brands got a score of 85, 92, etc. Soylent food made from soy has a score of 92 based on their website data. You can also cook peas at home using an automatic pressure cooker and the amino acid score is 102. PPI doesn't cause gas and bloating if eaten in small amounts, while the peas cooked at home is bloating for many people, due to oligosaccharides and soluble fiber that are still present (50% of the pea is starch, and starch takes a while to digest, so it lingers in the GI tract, causing bacterial fermentation that produces CO_2). Cooked peas score 102 is higher than cooked lentils 86, and about same as several beans like chickpeas 106 (they got 12 g ω6 and 0.5 g ω3, so gently try to eat some ω3, if you eat chickpeas often, to get ratio in healthy range), black and white beans 104, etc. The removal of fiber and starch from peas for making pea protein is explained in sections 3.5 and 3.6 of this paper. Some methods (NOW Foods) use filtration only with no acids, which is better as protein is not denatured. If you add protein powders to a smoothie, you never need add any sweetener, since adding some sweet fruits will make it sweet.☺ I tried myvega.com protein powder, but it was as gassy as the sprouts protein and when I ate 3 scoops instead of one, it gave the worst gas ever almost, but I did try the Gut Health version with fermented veggies which would overwhelm the gut with new gas forming bacteria for next 7 hours or so. The issue with these is they don't soak pea protein etc first before making the powder, so raffinose, etc remain. ☺☺☺

ALTERNATIVE WAY TO CALCULATE DAILY AMINO ACID NEEDS

Add the amino acids from the *vegan* stuff you eat and get an idea if you eat enough of each essential amino acid for your age and gender: rda.htm. These values are minimum, you need more if protein digestibility is lower than that of the reference proteins. The way we get similar

daily needs values to globalrph.com is we multiply the amount of protein one needs to get if a young adult 0.75 g protein/kg body weight/day with the weight of the person in kg and the ideal amount of amino acid/g protein (see the list in the columns above) found in a protein with amino acid score 100: 14 mg/kg/day of histidine (180.75=14.4), 19 mg/kg/day of isoleucine (250.75=18.7), 42 mg/kg/day of leucine (550.75=41), 38 mg/kg/day of Lys (510.75=38), 19 mg/kg/day of methionine + cysteine (250.75=18.7), 33 mg/kg/day of phenylalanine + tyrosine (470.75=35), 20 mg/kg/day of threonine (270.75=20.2), 5 mg/kg/day of tryptophan (70.75=5.2), 24 mg/kg/day of valine (320.75=24). That's why when you get their values custom for your weight they will say "RDA for young male adults is 14 mg/kg/day of histidine" instead of 18 mg/g protein below (from nutri...#protein-quality), since units are different. For other ages and genders and pregnancy and etc, the g protein/kg/day values are different, they're listed at nih.gov...22 in Table 6-4. globalrph.com values need to be multiplied by 100/82 if one got those amino acids from a protein with the digestibility of 82% of the reference protein, such as beans. We can calculate individual amino acid intake using the nutrition data website (for example kale in 100 g has 197 mg of lysine) with values for each amino acid so we KNOW, and don't assume.

THE "RICE and BEANS ARE A MORE COMPLETE PROTEIN THAN BEANS ALONE" MYTH

A popular myth (debunked decades ago) has been "to get complete protein you need to eat rice and beans or rice and lentils". The myth means that "if you eat 100 g of lentils and 100 g of rice you get higher protein quality (more of the 9 essential amino acids) than if you eat 200 g of lentils". Let us look at the science data now. 100 g of cooked lentils and 100 g of cooked rice contain the following mg of the 9 essential amino acids, per USDA rice & lentil tables: ☺☺☺

1. Methionine CH_3-S-$CH_2CH_2CH(NH_2)COOH$ ► 77mg/100g lentils vs 63mg/100g rice
2. Valine $(CH_3)_2CHCH(NH_2)COOH$ ► 448mg/100g lentils vs 164mg/100g rice
3. Histidine $C_3N_2H_3$(5-imidazole ring)$CH_2CH(NH_2)COOH$ ► 254mg/100g lentils vs 63mg/100g rice
4. Tryptophan C_8H_6N(3-indole ring)$CH_2CH(NH_2)COOH$ ► 81mg/100g lentils vs 31mg/100g rice
5. Leucine $CH_3CH(CH_3)CH_2CH(NH_2)COOH$ ► 654mg/100g lentils vs 222mg/100g rice
6. Isoleucine $CH_3CH_2CH(CH_3)CH(NH_2)COOH$ ► 390mg/100g lentils vs 116mg/100g rice
7. Threonine $CH_3CH(OH)CH(NH_2)COOH$ ► 323mg/100g lentils vs 96mg/100g rice
8. Lysine H_2N-$(CH_2)_3CH_2CH(NH_2)COOH$ ► 630mg/100g lentils vs 97mg/100g rice
9. Phenylalanine C_6H_4-$CH_2CH(NH_2)COOH$ ► 445mg/100g lentils vs 144mg/100g rice

As science says in the 9 lines above, eating 200 g of cooked lentils provides you with a far more

complete protein than eating 100 g of lentils + 100 g of rice. Even when you look at 6 other amino acids, that are sometimes harder to make by the body in certain people, lentils beat rice:

1. tyrosine 4-OH-C_6H_4-CH_2CH(NH_2)COOH ► 241mg/100g lentils vs 90mg/100g rice

2. arginine HN=C(NH_2)NH$CH_2CH_2CH_2$CH(NH_2)COOH ► 697mg/100g lentils vs 224mg/100g rice

3. proline penta ring-$CH_2CH_2CH_2$CH(NH-)COOH ► 377mg/100g lentils vs 127mg/100g rice

4. glycine H-CH(NH_2)COOH ► 367mg/100g lentils vs 122mg/100g rice

5. cysteine HS-CH_2CH(NH_2)COOH ► 118mg/100g lentils vs 55mg/100g rice

6. glutamine ► H_2N-C(=O)CH_2CH_2CH(NH_2)COOH ► 1399mg/100g lentils vs 524mg/100g rice

Most beans beat rice too, as they're very similar to lentils. Lentils have more fiber and less carbs, lower glycemic index than beans. They're easier to digest than beans. ☺☺☺

To understand biochemistry of living to 80,000, we need to know the above (scroll up) basic formulas of amino acids, the names end in *ine* because they're all am*ine*s of carboxilic acids. *Mnemonics*: allyl is -CH_2-CH=CH_2 (allyl is from Allium, alliin, allicin, see all important unsaturated fats build from *allyl* and can be derived from *ALA* by removing H or adding stuff, in the fat mnemonics section). Alanine, *Ala*, same symbol as *ALA* fatty acid, built on the same allyl 3 carbon structure (see B_3), is CH_3-CH(NH_2)COOH; all 15 important amino acids derive from the above highlighted blue-purple CH_2CH(NH_2)COOH *Ala*. Chemists use the *first 1 or 3 letters* (recall B3+3=B6) of the name usually in protein amino acid sequence. *Phenylalanine* (*Phe* or F) replaces *Ala* methyl H with phenyl, tryptophan (*Trp* or W) with 3-indol (indol is adenine with only 1 NH on the 5 ring), *tyrosine* (*Tyr* or Y) is para-hydroxy-phenylalanine, *cysteine* (*Cys* or C) with SH, *serine* (*Ser* or S) with -OH, *valine* (*Val* or V) 2 H with 2 CH_3, threonine (*Thr* or T) 2 H with OH and CH_3, *methionine* (*Met* or M) replaces *Ala* methyl H with -CH_2-S-CH_3 (2 *methyl*s bound to thio, S), *glutamine* (*Gln* or Q) with -CH_2-CO-NH_2 (amide/amine group at end and only amino acid name ending in amine, easy to recall it ends with NH_2, from name, *lysine* (*Lys* or L) with 3-amino-propyl H_2N-$(CH_2)_3$ (sort of 2 *Ala*, so 3+3, C_6 like leucine and isoleucine), *leucine* (*Leu*) with C_3 isopropyl, *isoleucine* (*Ile*) isomer of leucine (methyl jumps 1 carbon towards COOH), the 3 *Leu*, *Lys*, *Ile* are 2 *Ala* or *3+3* (like B6=B3+3, see 3 triangle) or 3 C_6 (6=3+3), or 3 C_{3+3} contain LINE in name, or 3 *LINE*s like triangles, start with l for *lines* of double bonds in many amino acids [all amino acids contain ine at the end], *line* for tri(3)angle]. Other amino acids contain line in the name, but they don't start with l, ly or le, as in *LINE*; which of *Lys*, *Leu*, *Ile* has NH_2 at the end, since all end in ne? Lysine name has 6 letters, leucine 7, swap: Lysine is like C_7 (NH_2 replaces an imaginary CH_3), leucine (and its isomer isoleucine) like C_6), *histidine* (*His* or H) is a C_6 *Ala* where H is replaced by 5-imidazole, 323, $C_3N_2H_3$ (5 ring, with 2 alternating double bonds like in benzene, 2 carbons

replaced by N, position one is NH, position 5 is carbon, 323 is like the C_3 of *Ala* 2 times in *Leu*, *Lys*, *Ile*), *proline* (*Pro* or P) is *Ala* where 1 H on NH_2 and 1 H on CH_3 are replaced by CH_2 groups to form a penta ring called pyrrolidine, so COOH is in position 2 from the NH' proline is the only one ending with LINE, but is the only one that has no line, it's just a penta ring with one group, the other ones have 2-6 carbons on a straight line, *arginine* (*Arg* or R) is a C_6 *Ala*, with H replaced by $HN=C(NH_2)NHCH_2CH_2$ (allyl like (double = bond at end), C_3N_3, total 6 (like a C_9 with CH replaced by N, 9 is inverted 6, 6C+3N=9=3*3), where last C is bound to 3 N only, so one has to be = bond, the last one, one double bond only). We got 9 (3*3) essential and 6 (3+3) non-essential. ALA fatty acid, alpha linolenic acid, is C_{18}, 3*(3+3)=18. All DNA base pairs contain 6 (3+3) rings (and some 5 too). The most common # of C in the 15 essential or semi-essential amino acids is 6 (3+3); # of C is: 2 for *Gly*, 3 for *Ala*, *Ser*, *Cys*, 4 for *Thr*, 5 for *Pro*, *Val*, *Gln*, *Met*, 6 for *Lys*, *Leu*, *Ile*, *His*, *Arg*, 9 for *Phe*, 11 for *Trp*. So, for all # of C, it's only 1 amino acid, except for 3 # that each have 3, 4, 5 amino acids; 3, 4, 5 are *consecutive*, and start with 3. 3+3=6, 33. All 15 build from *Ala*: in *Gly*, *Ala* CH_3 is replaced by H; in the others, 1 H or 2 H of *Ala* CH_3 (or NH_2 for Pro) are replaced with: -SH *Cys*, $-CH_2-S-CH_3$ *Met*, -OH *Ser*, $(-OH)(-CH_3)$ *Thr*, $(-CH_3)_2$ *Val*, $-CH_2-CONH_2$ *Gln*, $-CH(CH_3)_2$ *Leu*, $(-CH_3)(-CH_2CH_3)$ *Ile*, $-CH_2(CH_2)_2NH_2$ *Lys*, $-CH_2CH_2-NH-C(NH_2)=NH$ *Arg*, phenyl *Phe*, 4-OH-phenyl *Tyr*, 3-indole *Trp*, 5-imidazole ($C_3N_2H_3$) *His*, $(-CH_2-)_2$ (1 binds to NH) forming 5 ring *Pro*. Chem is easy.☺

11.6. 163 *vegan* foods *with higher amino acid score* (70-136) than Burger King hamburger 69 score (from actual USDA data that was removed from US public, see the nice amino acid chart)

Stanford Professor made a graph of all amino acids in meats and plant foods and showed vegan sources have the same and all 20 amino acids. Before the list of 163 foods is a brief 4 page discussion about Burger King score of 69 (68.4, due to a rounding error in calculating it by using rounded numbers), and hamburger beef score of 67. We divide the % of limiting essential amino acid by 7, 18, 25, 27, 32, 47, 51 or 55 to compute the score. After 4 pages, the yellow font, magenta highlight 71 amino acid score, is on the left before a list of foods with that ## score listed as "food name" links to fdc.nal.usda.gov. The nutritiondata.self.com section is gone, because they *exposed too* obviously *the Food Industry* Mafia, which is the US government branch actually (every spy knows big companies in any nation are government companies, the 'private company' is a mere label so we might as well get 11 companies, since the military decides the stock price of any major company in most nations, it's not a free market, but a military market everywhere in every nation, all big business CEOs are actually soldiers or spies or fully controlled by the spy agency and military of that nation) *(amounts of limiting amino acids removed from USDA database, the low ones, like tryptophan for some foods) and the low amino acid scores of junk foods that are sold in 200 nations, so now you have to calculate the* amino acid score yourself using the formula above. The regular burger score is 69 per the old USDA site, because they divided the limiting amino acid % by the % in the ideal protein of score 100, so

0.48%/0.7% =0.6857 or 69 so they did not round 0.48 up to 0.5% which would have given 71 score. They did round it up to 0.48 instead of 0.4785 (0.0015 extra), since 0.4785 gives 68.36 score. The scores from old nutritiondata site that everyone knew, that are below also, were correct, plus minus 1. There can be a 0.0015/0.7 difference in the computation due to rounding 0.4785 to 0.48, so you end up with 68.57 not 0.6836, which rounds to 69 not 68. If the rounding difference is higher, real 0.45 and rounded 0.5, we got 0.05/0.7=0.071, which when multiplied to 100 is 7.1, a big difference of 7 for amino acid scores. This would be for extreme cases, Tryptophan foods mostly. Largest errors are for foods with Cysteine and Methionine rounding since these are low in vegan foods, as that doubles the error or even triples it. For example, if the low IQ nutrition site rounds to 1 digit, 0.45 becomes 0.5, so we get 0.05 for Cys and 0.05 for Met, meaning 14.2 error if % are rounded a lot. If the mg of Cys and Met are rounded too, say from 0.0249 to 0.02 and 0.0248 to 0.02 g, the errors can be truly gigantic if they round the fake % before dividing by the % in ideal protein, since we get the unrounded % much lower than it is 0.04 g instead of 0.0497g. The gap between the actual score and the calculated (by low IQ sites score) can be of more than 20, so you can see the gigantic errors and disinfo that can occur by guys who pretend they round stuff without knowing. Either way, 68 is low vs 140 in real home cooked meat. This high error for scores is because for Tryptophan we divide by the lowest number, so a 0.55% is 5.5/7 not 5.5/55 as for Leucine, so for most foods, rounding has an effect 2.6-8 times smaller and the amino acid score remains the same, plus minus 1 when the score is close to half way between 2 integers like 0.6851 vs 0.6844, except for foods low in Tryp where rarely the difference is big. When the result is that close to 0.xx51, any amino acid, any food can give the result higher. That's why it's best to use old USDA amino acid amounts, not the rounded % of amino acid in calculating amino acid scores, as all non USDA sites do, since they use the new rounded data for protein. Only the protein data is an issue, the other data is unchanged, actually USDA often gave 3 digits for many vitamins like niacin, 0.594 mg while some sites rounded it to 0.6 mg. You can double check "burger king" (or any food) with fdc.nal.usda.gov to see all burger king entries that still are public (*most of the USDA site data for multinational companies that sell foods outside of USA, if not all, have cysteine data removed, since they're branches of the CIA and need to look good (all NGOs, companies, religious stuff, etc are all spy agency hubs for all nations, not just USA, so if you see a "Spiritual place of etc" it's a KGB, PLA, etc thing), so nobody on Earth can calculate the amino acid score with 100% certainty, though the ratio of methionine:cysteine is pretty constant, so you can calculate an approximate value, plus minus 1*), when a mistake is obvious, since USDA also has protein data in 100g of food. ☺☺

We pay taxes (instead of paying none without representation as the Revolution demanded) and we get slapping (see damage) competitions on TV, as reminder of Hitler the slapper, endless useless sports to distract us from our slavery, endless fake violence (FBI makes fakes 'shootings'

etc), endless fake news about voting rights (all elections are faked), etc instead of the real data hidden from us. To enslave others they need to torture us with microwaves, sleep deprive us so they can mind control us perfectly, distract us all the time, malnourish and poison us all the time, with junk food, etc: check out the McDonalds USA vs UK fries difference. The stone age NIH site lists some "sources of vitamin etc", but when you see the name there is no hyperlink to the central Immortality *Nurturing* Agency site about that food with all the nutrients, amino acid score, heavy metals and all variations of that processed 'vegetable" sold, etc), so Big Business rules us. Who cares about these sports teams if our arterial plaque is 10 times it could be and we die 30 years earlier? We see sedentary *vegans* (who're not tortured 24-7 by FBI rats) who eat healthy have less plaque than those who exercise 20 times more. Bees live 40x longer by a different diet, they mimicked it with normal worker diet plus some chemical, just more food, larger cell, and it grows into a queen. Why not vote for the Immortalist Party and require every food sold to have its barcode scanned via a phone app, to tell us all 800 important nutrients, the amino acid score, the arterial plaque score, the AGEs/100 g, the diabetes score (which would be written on the label too, these 4 scores; *diabetes score is not just glycemic index, but also the amount of insulin producing cell destroying chemicals in the food, such as saturated fat, etc*), etc, trans fats, ω3, ω6, 9, etc. We have no rights to know. For produce, etc, the price tag will have the barcode to scan and numbers to see and enter if scanning doesn't work. Nobody anywhere in the USA would be allowed to sell anything, without this number (farmers market, food trucks, ANYTHING, ANYWHERE), so all can make informed choices and stop blaming the government or Big Business for "poor healthcare": eat better, get sick 10x less. If people know it's bad, they don't buy: the market selects healthy products, supply & demand. How does the US government run by Jewish British gangsters for 250 years deceive the Americans? By 'listing' cauliflower amino acid score as 83 when it is 103. Cauliflower (new deceptive USDA numbers that round the data) would give us an amino acid score of 83 [100*(40/1.92)/25=83], compared to 67 for hamburger beef. This 20 points lower score is based on the new deceptive version of USDA database (taken over by spies, like USA from 1776), to hide data for the limiting amino acids like tryptophan (or all in case of Burger King) that determine the score, where they round the former data to give wrong results or hide the amino acid data completely, as with Burger King or hamburger beef etc. Previous (archive.org) USDA data reported Met + Cys to be 215 mg Met and 174 mg Cys/15.1g protein, not 40 mg in 1.92 g protein, giving a score of (100*(215+174)/15.1)/25 =103.0 for both green and white regular cauliflower, so it is 103 actually, since they rounded 24.9 mg to 0.02 g and 24.9 mg to 0.02 g, not 0.03 g, so that they deceive as much as possible. 24.9 + 24.7 = 49.6, which is (100*49.8/1.92)/25= 103. *This rounding is now across 100s of foods, so nobody has the old data except archives.org or who has the old links* (me in earlier versions of the book or you if you got an older version). Met & Cys are listed on the new fake USDA database as 0.02g for 100 g (meaning 20 mg), and 0.118g and 0.118g for 588 g medium head

cauliflower, meaning 103 mg and 103 mg for 511 g cauliflower used in the 174 and 215 mg old entry, 0.168g and 0.168g for 860 g large head cauliflower, while all other amino acids with 3 digits, like 0.071. So, you see how they can go from 215 and 174 to 103 and 103, just like they steal everything, by paying British/Jewish aristocrats 50000 an hour the average wage. You see, Met and Cys never have identical numbers, it's never true for any food: the values for a cup in SR 21 or 64 g were 21.8 and 26.9 mg. If using the large head, for less error, score is (100*(168 +168)/16.1)/25=83.47 or 83. The numbers on the large and medium head are derived by multiplying the numbers for the 100 g, to give the fake result, since this data they used for USDA is the exact same old USDA data that had 3 digits. Sabotage within USDA by corporate mafia spies from outside USA or inside. Jews keeping gentiles ignorant? Maybe, now 80% of us trim penises and some countries without penis trimmed live longer. Instead of correct data about nutrition that can help us live to 9000, government trims our penises and creates fake Jewish studies about the benefits of circumcision. Removing the 3rd decimal (it if was removed, and not simply displayed without the ending 0) only from the limiting amino acids can introduce gigantic errors in computation, make scores 10-25 points higher or lower. Evil spies have infiltrated US government. We have a criminal government of terrorists, murderers & psychopaths who only serve the aristocratic class that runs the government and fakes elections. After 250 years of hooliganism, we might as well try something new. Let's vote for the Immortalist Party. FDA is the revolving door, where industry guys work for FDA and go change records to make industry look good, Big Rich Guys from UK, Israel own USA government or who runs these??? ☺☺☺

Choose SR Legacy Foods, when doing the USDA searches, since SR Legacy alone have the amino acid data for some of the 50 foods you get when typing a word "McDonald" etc. Not only that, but for some items with low score, they removed the actual USDA amino acid data, so the amino acid score can't be calculated anymore, total ignorance, like 1984. They make it hard, so it's hard to find out the truth. The rich get rich, while feeding poisons to the poor, in a nutshell, you only need to watch what they sell in some fast food chains. Nations of the world and slaves (99.8% of people) in USA eating junk food are not allowed to know the trash quality of some of the hamburgers so amino acid score data is gone from the Internet now, obviously, meat quality in those burger slices changes too, so we need Immortality *Nurturing* Agency to restore and improve those data sets. The entire planet is so ☺abysmal in IQ☺, not just Americans, they have no idea what they're eating, even google removed nutritiondata sets from the search engine now, that site was ultra slow for 4 years, 2019-2023. Most humans live in a Totalitarian State run by Big Business (run by local military and spy agency). Check out the foods banned in the EU/UK and allowed in the USA. To enslave the people, they remove all information, Big Business mostly broadcasts lies, hype on TV to sell stuff, no data shown, no accountability: 50% at least is useless trash. The government needs to run ads "Immortality *Nurturing* Agency found Burger King

company sells in some burgers protein of amino acid score way lower than 200 vegetables: *malnourishment for the whole PLANET.* Burger means aristocrat. *We also found 200 other companies worldwide are scamming the workers of the world, their names are: X, Y, Z... their meat patties have amino acid score below 70.* The AGE levels in most burgers tested from major companies are truly toxic and lethal. *Boycott Burger King* please. Cook at home using a pressure cooker for 30 times fewer AGEs". They don't do that, since big companies are making USA look low IQ. The *SR Legacy USDA average values which are the exact values on the now defunct nutritiondata site,* which has 100 g selected by default, then it lists g of protein, so if I write 45% protein below in the list of 163 foods, it means 45 g protein in 100 g. 2.4% ω6 means 2.4 g in 100 g. Commonly eaten foods with protein above 20% are highlighted in blue, protein above 7% are highlighted in magenta, common foods protein % below 7% in lavender. The rest protein % are unhighlighted. Archive.org has all nutritiondata scores too, which you can confirm. Below I removed from the 163 vegan foods deadly granola bars with peanut, etc (see Table 1 on AGEs as to why), nut protein bars (some have the deadly cacao or chocolate) and nut mixes, even if some got OK score, roasted/salted nuts, peanuts, almonds, because those nuts are DEADLY for reasons explained in the WALNUT SECTION. *The LOWEST score is 67, JUNK hamburger* AGE rich *toxic MEAT, see in increasing order the scores of 163 foods richer in protein* (based on original USDA data, because 5 of the *163* display rounded or missing data thanks to US aristocrats; most USDA links give correct amino acid score written on the left, when amino acid data is present, except for some ultra low protein foods where margin of error due to rounding becomes huge: after stealing resources/slave labor from 190 nations, all US gives is fake rounded numbers: US/UK gov motto: steal everything (50000 times the average wage for aristocrats, 5000 for semi-aristocrats, 500 times for vassal aristocrats, 50 times for sub aristocrats, 10 times for facilitating mini aristocrats), give 3% back, high ethics/bright future, world hates US/UK/similar systems):☺

►►►►67 ☺☺Hamburger Beef (watch original data now missing, so all continue buying meat burgers to become malnourished)☺☺ Green tomato raw (limiting amino acid is leucine, 3.7%, so you divide 37 by 55 and get 0.67, or 3.7/5.5, *5.5% is Leucine in 100 score protein*; 37/55 is easier, less typing of 2 dots), Yellow tomato raw (Leucine 3.7%, so 67 again), Red tomato is 52 for reference, select 182 g at old site and see 3 numbers for Met 10.9 mg and Cys 16.4 and how new criminal USDA (Republican Party style, remove regulations/all info, round data up, obsfucate everything, keep all ignorant as slaves of Big Business) took those numbers in 2020 (Republican times, they defund everything that checks aristocrats, so Aristocrats can lie, cheat, obsfucate, hide everything, loot everyone, place the lowest IQ/most evil to work at USDA, EPA so they can be easily manipulated and round things up, not realizing that totally changes amino acid scores for many foods by 20%, etc) and rounded the Met/Cys to 11 (from 10.9) mg and 16 (from 16.4) mg in the present USDA version for tomato 182 g, most foods below have more protein so

amino acid score is not changed and USDA is too low IQ to even have the amino acid score listed like old site, why list niacin (B_3) 0.594 mg, with 3 digits, and Cys (CIS, the shrunk USSR, the communist state that wiped out aristocrats, "ate them", gave all a free house, 100% house ownership vs 65% owning houses in US-Australia-UK-Canada today) as *0.016* g instead of *16.43* mg or have the protein digestibility adjusted amino acid (PDAAS) score listed too, Turnip raw (Leucine 3.7, so 67), Eggplant raw (add to smoothie) 67, Brazil nut 15% C_{15}-C_{24} harmful long chain sat fat 67. (Lysine is 3.4%, so 34/51=0.67). *67 is a low score, 85-140 is a much better score for protein sources.* Hammer is the communist symbol of the worker, ham-burger is the hammering of the aristocrats (burger means aristocrat in German) until all are free from war & oppression.

►►►►68 Tofu 8.2% protein, Romaine lettuce 1.2% protein, Boston, Bibb or butterhead lettuce

►►►►68 ☺Burger King basic Hamburger (old data here)☺ *(the one for which amino acid data was removed by USDA, in the new listing, since it made Burger King look bad, Burgers (aristocrats) own the gov,* 'democracy' is a farce we '*enjoyed*' for 250 years*)*, you can see the 69 score at archive.org, 82.3mg in 17.2 g protein/121 g burger, so 0.4785% Tryptophan, score 82.3*100/(17.2*7)=68 (68 mg/100g), 69 if dividing 4.8/7=0.69 hence they wrote 69. 14% protein. Burger means aristocrat and the first burger was called 'Aristocrat', then finally Big Mac. Hence both Trump and Kamala were all about McDonalds in the 2024 election, and eating/cooking the 'Aristocrat', if Trump is a covert leftist in reality (he might be), role playing he's a billionaire Republican, hence his cover is that he loves "Big Macs", big aristocrats.

►►►►69 Chinese cabbage raw (pak/bok choi), Rye bread

70 Raw Peanuts 24% protein peanut butter score 52. PEANUTS are poison, avoid, see why here.

71 White Rice cooked 2.7% protein, Nopales cooked raw 70, raw Beets (smoothie, don't cook them as all goodies deteriorate and get lost in the water) 1.6% protein.

72 Bamboo shoots cooked, Ginko nuts low sat fat, Acorn winter squash cooked (raw 71) 1.1% protein, Brown rice cake multigrain 8.5% protein

73 Cooked Winter Squash all varieties, Barley cooked 2.3% protein

74 Savoy cabbage raw, cooked 73, Plain unsalted brown rice cakes 8.2% protein

75 Raw Parsley, Brown Rice 2.6% protein, Laver seaweed raw 5.8% protein (called nori in Japan, gim, zicai in China), UK makes even bread from this, Oyster mushroom raw 3.3% protein

76 Yam cooked, Wheatgrass has 29% protein, 0 fat, Brown rice with rye cake

77 Hickory nuts 13% protein, 7% sat fat, 64% fat, ω6:3 ratio of 20:1 unhealthy, Pine nuts 14%

protein (ω6:3 of 294:1, poison, AVOID)

78 Enoki mushroom raw (2 digits not 3 as before), Cooked lupin seeds (toxic if eaten raw)

79 Kelp, seaweed, raw, Okra raw or cooked, Adzuki beans 7.5% protein, Hyacinth Beans (toxic if not boiled twice) 8.1% protein, cooked Oat Bran, Tempeh ► wikipedia...Tempeh 18.5% protein

80 Rye raw 80 ► 15.5% protein & 1% ω6. The 80 rye score is not as high as 108 amaranth, 99 buckwheat because of lower rye lysine %, but if you eat a lysine rich food, score rises to 108. 300 g of watermelon has enough lysine to raise 100 g of rye score to 108. Rye is half the price of buckwheat/amaranth. Raw corn is 3.3% protein of score 82, raw amaranth is 13.6% protein.

81 Pineapple 0.5% protein, Carrots 0.6% protein, Cooked yellow corn 3.4% protein (lysine is the low amino acid, 4.13% of protein vs 5.1% for 100 score), Cooked regular/quick Oats 17% protein

82 Cooked Sweet Potato 1.4% protein, Bread, banana (banana raises the *low bread amino acid score* via lysine, otherwise, bread score is in the 50s)

83 Raw Broccoli 2.8% protein, raw Radish 0.7% protein, Cooked white corn 3.3% protein, cooked Mung Beans 7.0% protein ☺☺☺

84 Green Peas cooked 5.4% protein, Garlic, Peppermint fresh, Spearmint dried, Fava Beans 7.6% protein (causes hemolytic disorder in some), Wild (black/purple) Rice cooked 4% protein

85 Breadnut tree seed 6% protein 1% fat-0% sat, 46% carbs, ω6:3 ratio of 3.3:1 better than walnuts, but @ 1% fat, 5% of humans eat them, Milk 3.2% protein, Raw Rosemary 3.3% protein

86 Yellow Sweet Bell Pepper Raw, Oat Bran raw 17% protein, Lentils cooked 9.0% protein, raw Italian Brown/Crimini mushroom 2.5% protein, Yellow/Mexican/Green Squash raw 1.2% protein

87 Coconut 3.3% protein, Cooked Green Sweet Bell Pepper 0.9% & raw green pepper score is only 65, cooked red sweet Bell Pepper 0.9% protein & raw red pepper score is only 66, cooked Green Flat Beans 1.9% protein, cooked Taro 1.5% protein, Canned pimento or cherry peppers

88 Sunflower seeds raw 20.8% protein

89 Zucchini raw 1.2% protein, Scallop Summer Squash raw, Jalapeno Pepper raw, Taro chips

90 Raw Green Leaf Lettuce 1.4% protein (red leaf lettuce score is only 66), Raw Cacao 19.6% protein (avoid if pregnant or immortalist), Soybean sprouts 13.1% protein, Unsalted Brown Rice Cake with buckwheat 9% protein, 4 mg sodium, only 0.6 g sat fat + 4 g of fat, way healthier than 6 g protein, 11 g sat fat, 37 g of fat, 550 mg Na in potato chips. Score is 90 due to buckwheat. Rice cakes have 15x < toxic AGEs than Kellogg Rice Krispies, 21x < AGEs than Frito Lay Potato

Chips, one can eat lower amino acid score puffed rice which has about 5x < AGEs than rice cakes.

91 Cooked Navy Beans 8.2% protein (the popular Soylent has score 92 from their website data)

92 Raw Kale (2.3% met+cysteine, so 23/25=0.92) 3.3% protein (cooked 91), Hemp protein powder 45% protein, hemp seeds score is 79 (hemp may contain THC, cause failure of drug tests and brain damage, avoid hemp for food), Flaxseeds (lysine 4.7%, so 47/51=0.92) 18.3% protein original data has 622 & 571 mg for Met & Cys, just like new USDA for 168 g (a cup): 0.622 g & 0.571 g. The old data has 4 # for other amino acids 2075 mg Leu vs 3 for new data 2.08 g Leu. For foods with so much protein, losing the 4th makes no difference.

93 Asparagus 2.2% protein, Red Chili Pepper, Edamame young green soybeans 10.9% protein

94 Cooked or raw Collard Greens 2.1% protein

95 Dry Rolled, Quick or Cereal Oats 13% protein, add to smoothies, Cactus Pears estimated value see Cactus Pear section, Cooked Lima Beans 7.8% protein

96 Cooked Pinto Beans 9.0% protein, Cooked Leeks 96 (raw leeks 93) 0.8% protein ☺☺☺

97 Natto Japanese fermented soybean food 97 (at Asian stores). 17.7% protein. 65 times less sodium (if unsalted), 3.2 times less saturated fat, less total fat, 2.5 times more fiber and 6 times more ω3 than hamburger; the richest natural source of K_2 which *vegans* need more of.

98 Water lentils (duckweed) (ω3:6 ratio 2:1) *world's fastest growing protein used by NASA on ISS, uses 10 times less land than soy, 100x less than beef/kg protein, you eat all of it,* while with soy, legumes, grains, you trash the rest of the plant (roots, leaves, etc): 45% dry weight is protein. The digestibility adjusted PDCAAS score was 0.93 for Lentein duckweed farm protein powder produced in a factory in Florida (sort of like soy protein isolate made from soy). This 0.93 is higher than 0.92 for beef, as shown on page 66 of the FDA pdf on Parabel Lentein protein. For typical lentils the PDCAAS is 0.895×0.86=0.77. If you eat duckweed, not the 'Lentein' powder, PDCAAS may be higher. The issue with this B_{12} rich lentil is the high fat content, which can kill, A blood types especially. Several startups work on water lentil protein: plantiblefoods.com, LemnaPro (gentile Parabel, the main one with endless ponds that made all news in 2011-2023, went bankrupt in 2023, 95 Lentein patents, assets, acquired by Florida Jews), greenonyx (Israel). America's first and only water lentil company, Parabel, was acquired by Israel, is USA free? Nature's Vault channel has videos about other high score proteins that were banned by the Jewish-British greedy Chemical Industrial Complex, eager to poison USA with herbicides. See also Buried Garden, AncetralYields, FamineFood, many other youtube channels. They want to patent seeds, to make all dependent on deadly seeds, that can resist 15x higher pesticides use.

99 Soy protein isolate 88.3% protein (some brands have score 102 or 108), raw Buckwheat the only grain that can be eaten raw without soaking 13.2% protein; cooked has only 3.2% protein and score 100; to reduce phytic acid soak it at 148°F 2 hrs like with lentils, to activate phytase enzyme that breaks phytic acid, if you eat it daily. Amaranth has 2.8 times, quinoa 3.1 times the ω6 in buckwheat; quinoa has 50% more C_{15}-C_{24} saturated fat than buckwheat, so buckwheat is better. Oats also have double, amaranth triple the C_{15}-C_{24} fat in buckwheat.☺☺

100 Cashews 18% protein, 7.8% C_{15}-C_{24} sat fat, ω6:3 ratio is 126:1, pure POISON, avoid. ☺☺☺

101 Chlorella seaweed dried (avoid it), 58.4% protein more than all foods, even spirulina, but has less protein per calorie than spirulina, see spirulina below, Yardlong beans 2.5% protein

102 Cooked split peas 8.3% protein

103 Raw/Cooked Cauliflower 2.0% protein (real data), Cooked Red Kidney Beans 8.7% protein, Cooked Black Beans 8.9% protein, Spirulina (avoid, see why) 57.5% protein. Iodine/B_{12} levels in spirulina vary by brand, better buy those that indicate exact amounts to avoid thyroid issues.

104 Cooked White Beans 9.7% protein, French Beans 7% protein, Great Northern Beans 8.3% protein, Pink Beans 9.1% protein, Yellow Beans 9.2% protein, Winged Beans 10.4% protein

105 Kiwi 1.1% protein; bromelain + sulfur amino acids; eat many = gas + asthma from bromelain

106 Cooked Garbanzo Beans 8.9% protein, Cooked Quinoa 4.4% protein

108 Soy protein isolate 80.7% protein, Amaranth 13.6% protein, 2.74g ω6 42mg ω3, ω6:3 65:1 Beechnuts ω6:3 11:1, 6.2% protein, Chestnuts 3.2% protein, 2% fat, 0.4% sat fat, ω6:3 ratio 8:1

109 Cooked potatoes 2.5% protein (cook well, eat little, toxic alkaloids, like tomato, eggplant)

110 Pistachios 21.3% protein, ω6:3 ratio is a deadly 49:1 AVOID at all costs, see why here

112 Broccoli cooked 2.4% protein (raw is 83), Moringa (drumstick) tree leafy tip (causing death?)

114 Vegan Protein Powder from Sprouts.com 114 (shown in the amino acid section) ► in health food stores they got a lot of *vegan* protein powders that *vegans* add to their smoothies

115 Chia Seeds 15.6% protein 80x the ω3 in tilapia fish, ω6:3 is 1:3, Breadfruit seeds 7.4% protein 1.5 g sat fat/100g, ω6:3 is 3:1, Lotus seeds dried 15.4% protein, 2% fat, 0 sat fat

116 Cowpeas cooked (blackeyes) cooked 3.2% protein

118 Soybeans cooked at home 16.6% protein (soymilk 25), Defatted Soy Flour 47% protein

119 Spinach 2.9% protein

121 Potato chips, made from dried potatoes, REDUCED fat 121 4.6% protein, 7% sat fat, 26% fat, 760 mg potassium, eat NEVER, unhealthy level of AGEs and ω6:3 is a deadly 31:1. Plain potato chips with reduced fat got score of 110, 7.1 % protein, 4% sat fat, 1740 mg potassium, 21% fat. Plain potato chips got a 35% fat, 11% sat fat, deadly ω6:3 ratio 31:1, 7% protein, score 109, Frito Lay Chips got 170 times more AGEs than boiled potatoes. ***Avoid Potato Chips like the PLAGUE.***

122 Soy chips of crisps 26.5% protein, 7% fat, 0% sat fat, Acorn nut dried 8.1% protein, 4% sat fat, the raw acorn nuts got only 6.2% protein and 3% sat fat

123 Cereals, plain Wheat Germ 29.1% protein Fenugreek seeds (antidiabetes) 23.0% protein

125 Veggie or Soy Burger 15.7% protein, 2.5 times more tryptophan than B. King hamburger

127 Nutritional Yeast score calculated using Kal brand box amino acid values (50% protein)

128 Raw Turnip Greens 1.5% protein, cooked score is 127, 1.1% protein ☺☺☺

129 Avocado 2.0% protein, Wild spinach called pigweed, lambsquarters, goosefoot 4.2% protein

136 Pumpkin and squash seed kernels 18.6% protein, 5x more tryptophan than B. King burger, ω6:3 ratio 173:1 unhealthy, so only eat 5-7 seeds max daily to prevent hair loss.

Watermelon has a lot of threonine, so with watermelon zucchini protein score becomes 129, not zucchini 89. Same for other veggies, some low score fruits make the veggie score way higher.

11.7. SOME OF THE HEALTHIEST FOODS

The first word of each of the next 51 sections has a link to USDA nutrient list. USDA is where all the other nutrition websites get their data from, using a software. I listed here amino acid scores for 163 common vegan high protein foods. The USDA allows searching by nutrient, from richest in lycopene, etc food/100g to lowest (right most column shows amount in 100g). If you spend 10 minutes, you can create a spreadsheet like I did, with your daily vegan food intake (common foods you eat) weights to calculate how much of each amino acid, vitamin, carb, etc you eat, without having to go thru websites, allowing you to enter in the table the grams to give you only data you really care about, like vitamins/etc your diet may be lower on. For polyphenol data and variations among different brands of raw produce, see the USDA list by entering "food name" at fdc.nal.usda.gov to get full list with 133 entries for flavanols, flavones, anthocyanidins, flavanones, proanthocyanidins. You get the USDA *SR (Standard Reference) Legacy* (7800 foods) 4-1-2019 average values for that food, and the USDA *Foundation* (few foods only so far, the most basic raw produce, food items) values for that food (Foundation database has a lot less data for each food, so ignore it, use SR Legacy, which is good until 2050). The phenol-explorer.eu database is more complete than the USDA one for non-flavonoid polyphenols (USDA limits itself

to flavonoids mostly, ignoring hydroxycinnamic, phenolic acids, lignans, stilbenes, etc), so for blueberries, cranberries and high polyphenol foods you can google "food name phenol explorer" to see more polyphenols fast. Google "food name polyphenol content nih" to get latest papers phenol explorer didn't include. On phenol explorer you can search all foods that contain a given polyphenol like quercetin, the pharmacokinetics, metabolites, retention factors after processing (how much left after freezing, cooking, etc). For some foods, USDA lists more flavonoids than phenol-explorer, so use both. As the AGEs section shows, the USDA kale entry doesn't list the full list of polyphenols, and USDA lacks the purple/red kale data that the anthocyanidin section has. The latest polyphenol data is in latest NIH papers. All USDA/Phenol Explorer data is from PubMed. The first 22 foods (except overhyped flax, olives, zucchini) are the healthiest, foods 23-51 don't have important stuff not found in the first 22, so I no longer eat 23-51. Kale/carrots are made into smoothies. I eat some garlic too. In parenthesis is the protein score defined here.

11.7.1. KALE (*3.3% protein*, protein *score* 92): The Best Food

Kale (nutrient list) is the richest food in brain microplastic remover sulforaphane (7-12 times more than broccoli, no need of growing broccoli sprouts that can cause food poisoning, so 174-303 mg/100g vs 26 mg in broccoli, 1 mg in cabbage, 0.26 mg in brussels sprouts, 0 mg in cauliflower Table 3) when chewed properly or pureed in a smoothie, one of the richest sources of lutein+zeaxanthin, the isomers that protect the retina from blue light and UV, the brain from Alzheimer and cognitive decline, as explained in the lutein section. Microplastics accumulate mainly in the brain (7 g), but also in our blood vessels causing infarcts and strokes: "Plaque buildup increased by 63% in the aortic root, the portion of the aorta connected to the heart, and by 624% in the brachiocephalic artery, which branches from the aorta in the upper chest. Female mice exposed to the same conditions did not experience a significant increase in plaque formation.." While humans are not mice, this is truly frightening, given that microplastics are known to damage human brains. Removing microplastics is thus essential for longevity. Sulforaphane in kale "can be highly effective in the preservation of the integrity and function of the blood–brain barrier (better than D_3 or ω3)" ► Ntr 2025;17(8):1353, "enhanced the integrity of the blood–brain barrier by suppressing oxidative stress through diminishing the expression of MMP-9... As a result, it safeguarded the levels of crucial proteins such as claudin-5 and occludin, which play a vital role in preserving the integrity of the blood–brain barrier " ► Antioxi 2024;13(2):147, "preserves blood-brain barrier integrity after brain injury" ► DN 2020;42(2-4):124-34. Kale (soil grown, not vertical farm without lithium) has 9.4 mg/kg Li vs 0.03 in meats, or 313 times more essential for high IQ and no dementia lithium. Kale has 1050 times more lignans (that prevent hair loss, strokes, infarcts via anti-androgen activity), than spinash and 131 times more than lettuce/100g, being literally the healthiest veggie on Earth. In fact, kale has 126 mg

lignan/100 calories, more than 2 times more than chia and pumpkin seeds, two "well known" sources of lignans. Kale also has a lot of fiber and helps turn hard stools made of balls of feces (10-20 balls) into one hot dog style normal stool, especially if you puree the kale with carrots, water or watermelon. Redbor kale has the most anthocyanins, but scarlet kale produces its own seeds, so in case of seed shortage, war, etc it's safer. If this smoothie doesn't work, add vinegar to kill the bacteria that makes it into a ball. Eating just lentils and some root veggies as some do can lead to hard stool, you need 5% fat, polyphenols, soluble fiber too, not just legumes and squashes: it's not the amount of fiber that matters for normal stool, but the type too, plus other kale, etc polyphenol, etc compounds that kill the bad bacteria. You can eat 100 cal of kale easily, but chia seeds got too much fat. Broccoli and Brussels sprouts also have high lignans, red cabbage and cauliflorwer also have medium lignans, but kale got 10 times less deadly oxalate. Kale, like all leafy greens, helps diminish insomnia. Kale delays the absorption of fat, reduces our apetite and aids weight loss, as do all greens via the thylakoids (purple kale still has them, the green thykaloids are masked by 150 mg extra purple polyphenols). Since at many stores green kale bunches are twice the weight of purple kale for the same price, buying green makes sense if you eat blueberries (some stores sell 510g/4$ organic), since blueberries, purple cabbage, plums have all anthocyanidin polyphenols purple kale got. The $ you save on green can buy organic berries at cheaper places. Kale is rich in vitamin A (29% of vitamin A in carrots/100g, 241 vs 835 RAE) and has more ALA ω3 than most fruits and veggies, helping prevent dry eyes. Purple kale has almost the same amount of flavonoids as blueberries (green kale has about half the flavonoids of purple kale). Kale got 32 times (x) the vitamin C, 2.5x the protein, 2x the vitamin A, β-carotene and amino acid score, 6x the vitamin K, 4x the calcium, 2.4x the potassium, 2.8x the magnesium, 23x the lutein+zeaxanthin in red leaf lettuce, 12x the C in blueberries, 494x the lutein+ zeaxanthin (isomer of lutein) and 74x the vitamin A in blueberries as you can see at the links after selecting 100 g. Purple kale is even higher than green in many nutrients. Kale got 155x the lutein, 62x the vitamin K, 90x the ω3, 3x the magnesium, 6x the iron, 20x the vitamin C in carrots. Kale got 180 mg ω3/100g, highest of any common veggie, except 400 mg in purslane, a very expensive leafy green with 35x higher oxalate (too much causes kidney stones) that is impractical to eat much of while still eating carrots. Kale has more calcium Ca and protein than milk, plus its protein is more complete than milk protein ► 135 mg Ca/100 g versus 113 mg for milk, 3.3 g protein in kale (of higher amino acid score 92 versus 85) versus 3.15 g for milk. Raw kale is among the richest (except some dried spices, which are lower than dried kale) common source of vitamin K (817 µg/100g), behind only parsley (1,640 µg or 208 times more than tomatoes). All greens (spinach 483 µg) are very high in vitamin K. Eat some flaxseeds, chia seeds, DHA-EPA pill, a walnut with kale to increase vitamin A, D, E, CoQ10 and K absorption. Kale is a great source of nitrates that relax vessels, lower blood pressure, fight infections, clear sinuses. Doctors noticed that humming can also clear sinuses, as the video explains.

Green kale may be among the richest in polyphenols common veggies together with purple cauliflower and purple cabbage, with 575 mg/100 g greenkale, but other papers give lower estimates. Purple kale has even more☺☺☺ polyphenols than green kale (I always buy organic purple from sprouts.com as it's the same price as conventional green at pricier stores), due to 107 mg/100g brain protecting anthocyanidins (comparable to blueberries 163 mg) which is equivalent to 173 mg/100g anthocyanins, around 682 (575+107=682) total perhaps in some varieties, meaning 14 mg/calorie, more polyphenols than most blueberries sold. Raw Kale has 3 times more lutein-zeaxanthin than spinach, more β-carotene than carrots and about 48 times less oxalic acid than spinach and less oxalic acid than most veggies far less oxalic than broccoli and cauliflower (oxalic acid that when overeaten can lead to kidney stones in certain people). Kale has amino acid score 92 vs Burger King hamburger 69. Kale has more iron than beef. Kale got 2.3 times more vitamin C than oranges even. Purple kale is much tastier than the green one, can be easily used in a smoothie, for example smoothie #7 in the smoothie section. ☺☺☺

11.7.2. FLAXSEEDS (contain cyanide, so make flax oil @ home)

Flaxseed (nutrient list), the richest source of essential ω3 fats/gram, can be fatal or very damaging (ER visit) if given in large doses freshly ground and mixed with liquids to small babies or kids. Since flaxseed ruins pregnancies and has cyanide in flax oil too in trace amounts, it may be safer to eat chia seeds instead. Eating 10-20 g of ground flaxseeds hardens the stool instantly (a good thing for those with watery ultra soft stool) and in some people they cause allergies, and hives. Flax oil by Barleans (bought from Whole Foods cold storage, not Amazon hot warehouses) or made at home, stored in a dark bottle in the fridge is 100 times better, since flaxseeds contain cyanogenic glucosides and oddly, the US is even allowing the sale of flaxseeds that can damage our organs. When using flax oil, simply go to the fridge with a spoon, squirt some from the air tight Barleans type of bottle on the spoon and then go to your smoothie to add it, don't take the oil out of the fridge, since you can forget it outside and it will oxidize. Make 15-25 g of flax oil using an Amazon device (discard the meal, it has cyanide, ventilate well the area) for a week at a time, to get the least oxidation and no cyanide. Discard the pulp, due to cyanide. Politely ignore MDs or filif 'giraffe IQ' Swedish government websites/studies saying "10g daily flaxseeds is safe" or "eat a spoon of ground flax daily, part of daily 12 super healthy foods", because cyanide is not healthy, flax can slowly destroy our lungs and mitochondria. All lignans in flax are present in many veggies and seeds, as explained in the hair loss reversal section. I got 9 hives one time on my left foot, after eating flax first time in 5 months, the worst breakout ever. For adults, flax is safe ground 5-10 g daily short-term. When given to diabetics flax reduced fasting blood glucose by 19.7% and glycated hemoglobin (A1C, the marker for average blood glucose last 3 months) by 15.6%; drops in total cholesterol (14.3%), triglycerides (17.5%), LDL (21.8%), plus a rise in HDL

good cholesterol (11.9%) were also noticed ► J Diet Su 2011;8(3):257-65. Flaxseeds got 27% fiber. Patients were provided 15 and 20 g/day of flaxseed powder for a period of 2 months. Post-prandial blood glucose decreased by 7.9 and 19.1 %, respectively ► JFST 2014;51(9):1633-53. *Results are far less dramatic in healthy subjects.* My ω3 intake is here. Flax oil/chia can lower CRP 4 times. Having CRP 4 times lower can mean 16 times lower cardiac mortality.

Flaxseeds reduce the development of atherosclerosis ***by*** 46% in rabbits ***due to*** lignan ***content.*** Flaxseeds varieties with low ALA (the ω3 acid), alpha linolenic acid, suppress atherosclerosis by 69%, even more, so it's not the ω3 that does it, since flaxseed oil had ***no effect, unless it was the flaxseed with high lignan content***. Lignans in flax (with no oil or ω3) reduced atherosclerosis by 73% in rabbits ► JCP 2009;54(5):369-77. The beauty is that you can get equally amazing lignans from 50 other common foods, at the same mg/calorie. Flaxseeds are an option, not a "required" or "superfood". The paper explains that *in many other human studies, both normal and high cholesterol people experienced a drop in the bad LDL cholesterol and total cholesterol after eating flaxseeds*, especially the high cholesterol group. Whether in humans flaxseeds prevent atherosclerosis as much as in rabbits is unknown, but if you eat healthy, eating 10g of flaxseeds won't change much lignan wise. There is one issue with lignans (phytoestrogens), and that is they can cause gas and pimples, due to hormonal shifts in some folks, which means acne could break out on the inside of the arteries too (they often go hand in hand), so if you experience pimples from any food, stop it immediately, since it may also increase your arterial plaque points by 50% in the long-run. People who respond hormonally oddly to lignan estrogens are not RABBITS, and in those folks, flaxseeds may do more damage than good, not to mention slower stool movement due to clumping (due to flax or chia seeds) will dump so many toxins in the blood that it will possibly cancel all benefits. To avoid stool hardening from water loving flax/chia, try vegetables with high lignans or use flax oil only, as it has fewer lignans. Rabbit studies don't apply to ALL or any people sometimes, and that quality sleep and low stress is far more important than anything, since ***stress is the main driver of atherosclerosis*** (including poor sleep when repairs happen daily) as many papers show: when stressed or sleep deprived, your T-cells are 3 times fewer so they can't attack bacteria and things that cause plaque, you get PIMPLES, on the face and ON THE ARTERIES, when stressed you lose hair, which is a marker also of atherosclerosis, since both are caused by oxidative cellular stress. Two things to watch: gas and pimples, indicators of cellular stress and the need to rest, eat and sleep better. Why do poor people often live 25 years shorter? Tons of stress that increases arterial plaque 10 fold destroying every organ. We have to see how polyphenol extract from other foods compares to lignan polyphenol extract in reducing atherosclerosis. As shown in the section on reversing heart disease and angina with diet, only a very low fat (no ω6 oils, olives, coconut, avocados) diet removes fatty arterial (see pic) plaque in certain people. Too much fat means too much long-

chain saturated fat (C_{15-24}, 15-24 carbons, more than myristic acid $C_{14}H_{28}O_2$) which harms insulin producing β cells as explained in the section "less meat/dairy means less diabetes". Even too much C_4-C_{14} saturated fat can cause cognitive impairment via *other mechanisms than diminishing blood flow to the brain via arterial plaque*. Among nuts and seeds, only flax and chia seeds have more ω3 than ω6, helping lower inflammation*, the number one killer (atherosclerosis)*. ☺☺☺

Flaxseeds have 10x the ω3 in salmon, 14 times the ω3 in sardines, *103x the ω3 in* tilapia*, 125x the ω3 in kale,* 200x the ω3 in most legumes and high ω3 vegetables like spinach, so you only need to eat little flax oil to get ALA for conversion into DHA-EPA, *80x the ω3 in* tuna, 2.5x the ω3 in walnuts, 4x the fiber in walnuts (fish has no fiber), 5-10x cheaper than walnuts, 6.3 times less ω6 than walnuts. Table 1 (EJCN 2010;64:S112-20) shows *flaxseeds have 55 times more* polyphenols *than walnuts, 100 times more than carrots, grapes, 150 times more than wine*. However, many polyphenols are not in the flax oil, which is fine, since you can get polyphenols from many other foods. 100 g of flaxseeds have 18 g protein (amino acid score 92, higher than Burger King ham beef 69) and 124% of Mn, 98% of magnesium RDA, 26% of Ca (51 times the Ca in banana), 32% of iron, 29% of zinc, 36% of selenium RDA. Flaxseeds contain less lignans per calorie than kale, less of other nutrients/calorie than other foods. Thus, we only need the cyanide free flax oil for ALA ω3, not the cyanide rich flaxseeds.

LIGNAN INTAKE AND ALL-CAUSE MORTALITY

Lignans are in many veggies, so you don't really need to eat cyanide rich flaxseeds to get lignan benefits. Flax oil has much fewer lignans. In 100 g we have 1294 mg in sesame oil, 252-1276 sesame seeds, flaxseed 258-1500 mg, chia seed 25-150 mg (10% of flaxseed level), pumpkin seed 256, broccoli 99, kale 63, brussel sprout 50, red cabbage 18, green pepper 13, green bean 23, carrot 8. Other papers claim flaxseeds have 0.7-1.5% lignans or max 1500 mg/100 g ► VP 2012;81(3):4-10. Even so, it's easier to eat 100 g of broccoli 34 cal, than 100 g of flax, 534 cal. *In the studies below (with one exception)* the daily highest category is 1 mg (1,000 µg) or less, or *1% of a 10 g spoon* (easy to get 1 mg lignan even with *15% of a 10 g spoon of chia seeds*). Women eating > 187 µg/day lignans had a 40-50% lower breast cancer incidence vs women < 119 µg/d lignans, regardless of menopausal status ► JN 2012;142(1):91-8. Postmenopausal women in the highest (> 257 µg/day) versus lowest quartile (<128 µg/day) of lignan intakes had 51% reduction in all-cause mortality and 71% reduction in breast cancer mortality ► BCRT 2010;122(1):229-35. A 7,447 people study found those with higher lignan intake (0.94 mg/day or 940 µg/d) had 40% lower mortality than those with 0.44 mg/day (440 µg/d) intake ► BMCM 2014;12:77, see Table 4 for Additionally Adjusted HR (hazard ratio) 0.60. AJCN 2006;84(2):400-5 and its Table 3 show decent (16% for example) reductions in heart disease for SECO (lignan in flax), but only a statistically insignificant 3% reduction for all-cause mortality. Epi 2013;24(5):726-33 Table 3

found a weak link between 0.5 mg/day lignan intake and mortality, lower mortality at 1 mg, but flavonoid intake at 448 mg/day reduced mortality. Lignans reduce breast cancer and all-cause mortality by 33%-70% and 40%-53%, respectively at 50 mg/day ► APNM 2014;39(6):663-78. So, maybe taking lignans, without flaxseed, is all people need or just more polyphenols.

ALA rich Flaxseed Oil drove hs-CRP to 0.37, almost 8 times lower than many omnivores:

ALA (ω3 in flax) caused hs-CRP to drop 4 times in 6 weeks in 23 people with TC Total Cholesterol 226, LDL 154, BMI 28 (overweight), TG (Triglycerides) 136. CRP 4 times lower can mean living 25 years extra: "The medians of serum CRP were 1.51, 0.83, and 0.37 mg/L, respectively, after subjects consumed the AAD (Average American Diet), LA (Linoleic Acid) Diet (Walnuts), and ALA (Alpha Linolenic Acid) Diet (Flax Oil). CRP *levels decreased 75% when subjects consumed the ALA Diet*, and 45% when subjects consumed the LA Diet" ► JN 2004;134(11):2991-7. LA (ω6):ALA(ω3) ratio was 1.5 in ALA diet, 3.5 in LA diet, 9.5 in AAD diet. ALA was 0.8% of energy in AAD diet, 5.2% of energy in ALA diet (11 g ALA/2,000 calories). LA and ALA came from walnuts, walnut oil and flaxseed oil in this study. "TC, LDL-C, TG, and apo B levels were 10.9, 12.3, 18.4, and 9.4% lower, respectively, when subjects consumed the LA Diet, and were 10.8, 11.0, 18.4, and 9.7% lower, respectively, when they consumed the ALA Diet compared with the AAD". CRP is a measure of systemic inflammation. ω3:6 ratio going up lowers inflammation.

FLAXSEED/CHIA/Any SEED ω3/6 Absorption Optimization via Automatic Coffee Grinder

Plasma ALA ω3 increased 58%, plasma EPA ω3 increased 39% in ground chia seeds versus insignificant changes in whole chia seeds and placebo groups ► JACM 2012;18(7):700-8; thus, to absorb any *ω3* grinding flaxseeds and chia seeds is essential; grinding them with *a coffee grinder* increases bioavailability of ALL phytonutrients and lethal cyanogenic glucosides in flax too. Thus, unless you want to destroy your mitochondria, eating ground flax is a NO NO. It takes a min to grind chia/flax; it's best to add the chia powder to a smoothie or water immediately to prevent oxidation; store bought chia is not ideal, since oxidation increases AGEs. Use a silent automatic grinder to prevent noise that damages body, wakes people, shortens their lifespan via sleep interruption and vibrates your hand on manual button press, which damages joints, tissues via strong vibration. Automatic means you set the knob to fine, it grinds it in 2 min while you're away from the noise, cleaning another room. Walk away from the noise that kills. Ground flax/chia is used to make the stool harder, especially chia (30 g chia in a meal with little liquid turns soft stool into hard instantly) as it absorbs more water. If you buy/make cookies, cakes, smoothies, etc that contain whole flax or chia seeds you waste $, as almost no *ω3* (and etc) is absorbed. It seems like no big restaurant chain in the world has a *vegan* burger, or any smoothie (omnivore or *vegan*), etc that contains a lot of *ω3* as vegan algal *ω3* or ground flax/chia seeds, to help people move their *ω3:6 ratio to* a healthier range of 1:1 or 1:2 instead of 1:20. The

soylent.com powder has a tiny amount of canola oil, which has 1:2 healthy ratio of *ω3:6.* *The restaurant industry is too* unscientific. Likewise, carrots and other harder veggies, when pureed (instead of chewed) with a food processor, have bioavailability of many nutrients increased dramatically, by 2-4 fold. Hyp 2013;62(6):1081-9 found that taking 30 g of *ground flaxseeds*, at 1 and 6 months, plasma *ALA ω3 increased 100%,* while enterolignans (mammalian lignans derived from plant lignans) enterolactone went up 10 times, enterodiol 50 times (enterodiol $C_{18}H_{22}O_4$ is the flax lignan secoisolariciresinol $C_{20}H_{26}O_6$ where the two CH_3 groups and the two adjacent OH groups were replaced by gut bacteria with 4 hydrogens). Hyp 2014;64(1):53-9 found that blood pressure decreases with the decrease of oxylipins; oxylipins are metabolites of *ω6* ARA that increase inflammation in older people. ALA inhibits epoxide hydrolase enzyme (that produces oxylipins) and lowers blood pressure. After 4 weeks of 30 g *ground flaxseeds*, some *oxylipins in old people were down 3 times to the level of young people*, while lowering blood pressure (systolic 10, diastolic 7). ALA (in flax/chia oil/seeds) inhibits oxylipin formation. ALA lowers blood pressure thru lowering oxylipins, not thru cardiac involvement as some pills do (Hyp 2016;68(4):1031-8). This is diet reversing aging biomarkers, such as high oxylipins.

AVOID EATING GROUND RAW FLAXSEEDS due to CYANIDE CONTENT (current safe levels are 0.5 g ground flax max for 11 lb kid, 7 g for 154 lb adult)

JFST 2015;52(4):1857-71 explains in 100 g we got 250-550 mg cyanogenic glycosides (CG) which can release cyanide upon *hydrolysis* (dissolution of powder into water/smoothie). Store flax meal is *reportedly* free from CG, but is also less healthy, as oxidation started. A company selling flaxseeds told FDA in this letter that cyanide levels are harmless. Most people combine flaxseeds with pumpkin or other seeds in their grinder, eating no more than 5-10 g a day. Flaxseeds release 124-196 µg cyanide/g ► FAC 1995;12(4):527-33. This becomes almost 2 mg for 10 grams, almost lethal dose for a 4.5 lb baby, but not an adult (50 mg fatal dose for 50 kg). This means that 1 g of flaxseeds releases 1,500 times (75 times, if 100% B_{12} absorption) more cyanide than a 100 µg *cyano*cobalamin B_{12} pill (that's why I eat the natural 3 forms, not man made cyano form) would, since there are about 2 µg cyanide total in 100 µg B_{12} and only 5% is absorbed, so 0.1 µg cyanide. This 0.1 is in theory (recall how approximate these studies are on absorption with current tech), in practice, the cyanoB_{12} may not be so stable as Pharma tells us, and release cyanide in certain conditions (undetectable by current tech) as it is eliminated by kidneys, damaging kidney cells. "We conclude that up to 50 g flaxseed/d (day) is palatable, safe" ► BJN 1993;69(2):443-53; the study found that *baked flax flour or products they tested (not all; check if flax companies paid the study) have no CG*. If we bake flaxseeds, we produce lethal AGEs that destroy every organ, *so* promoting such ideas is counterproductive, a food needs to have 0 toxins: *you either want to live to 200 or to 85.* Beware a lot of studies are faked by flax powder selling corrupt companies, as with the olive oil scam. We need to raise our standards 100 fold to

be able to reach 300 year lifespan some future century. AT 2016;90:559-74 found that 1-2 tablespoons of ground flaxseed are very safe as this video shows. *However*, if we worry about the *depletion* of cellular reduced glutathione levels *(critical to health) to detoxify cyanide*, we can eat chia seeds, which have the 17.6% ω3, close to 22.8% in flax; or try algal oil, flax oil or chia oil made at home to bring ω3:6 to 1:1. If low on ω6, you can eat pumpkin seeds or walnuts (3:6 ratio is 1:4 so 1 walnut enough).

I no longer ate flaxseeds daily (I did that for 2 years) since 2021 (only 5 times/year until Sep 2023 when I stopped entirely) since I worried long term even 5-9 g daily is not safe for maximum lifespan at our tech level; I even gave up chia seeds, due to acne breakouts and stool hardening. I get acne from flax oil, which has ?500? times less cyanide than flaxseeds; flax oil is totally different than flaxseeds, it softens the stool and eases stool movement, while flaxseeds harden the stool due to hydrophilic fiber. I tried in early Dec 2022 to eat only flax oil and no flaxseeds, without *vegan* DHA-EPA for about 4 days, 5 g daily and got a huge acne breakout, one of the worst top 7 breakouts in my entire life, but later in 2025 I tried it again and acne was only minor due to taking acne killing antibiotic called doxycycline for a tick bite, doxycycline also kills acne bacteria. So, the breakout may have been due to lack of DHA-EPA too, and only 80% due to flaxseed oil. Don't be surprised if chia or flax give acne, since they do suppress immunity via high ω3 which can cause pimples to overrun the immune cells. Buy a 10$ flax oil bottle or flax oil caps (8$ if autoship) first, to see if you're OK with it, if not try phytoestrogen free chia oil caps (11$ if autoship) or chia oil bottle (5.2x cheaper/L than caps). If your estrogen drops, you may get dry eyes; *vegans* have slightly lower estrogen, so eating flax oil that boosts estrogen is good for low estrogen dry eye sufferers (high D_3 lowers estrogen). ☺☺

Flax oil > 1g, flaxseeds > 3g can cause acne breakouts, so if acne prone, gently kindly increase amount slowly above these levels. Our body needs DHA; if male, less able to make DHA from ALA per blood DHA-EPA test results, lovingly consider trying vegan DHA-EPA softgels. Flax lignans is where all benefits are for anti atherogenic effects, flax oil without lignans did nothing; keep CRP level low via ω3:6 ratio 1:1. PubMed papers *say flax oil usually has no CG or the* β-glucosidase *enzymes to release cyanide, since CG are water soluble. Choose a softgel brand (for fish oil, flax oil or vegan algal oil) with totally opaque bottle, with tocopherols (vitamin E), vitamin C, as these delay oxidation a lot (avoid plain oil and semi-transparent bottles, as these oxidize fast sitting in light 24-7 in the store)*. Call flax oil *manufacturer*, ask for pubmed studies showing no *CG* detected, *chemical* analysis report. Don't ever buy flax meal, it is so oxidized and toxic, you can get 50 times more lignans, estrogens from other foods, as the table shows (10g of flaxseeds got 25.8 mg lignans, as much as 40 g of kale, don't waste your money, the flax meal industry is one big mafia feeding on the gullibility of the masses, selling cyanide to us: ruthless liars, parasitic aristocrats living in palaces built on genocide). ☺☺☺

The aristocrats heat flaxseeds or mill them (sitting ground 5 months on shelves), which increases AGEs, oxidation which shorten lifespan. Why unify, centralize and get 100x more science, when they can poison us with their tone age food industry? Table 1 shows raw chestnuts got 2723 AGEs, roasted chestnuts 5353 AGEs, *do vegans really want to double daily AGE intake from flaxseeds, just to get rid of cyanide, many vegans get 80% of daily AGEs from flaxseeds, their only fatty food.* Death 30 years earlier than maximum achievable lifespan can occur with only a tiny increase of AGEs, only 2 to 5% even, just enough to increase oxidative stress beyond the capacity of daily clearance of apoptotic free radicals by the body, which would cause strokes, heart attacks, organ malfunction, diabetes. A dam only breaks and causes billion $ in damage if we just put 1% more water, the same happens in our bodies many times: another flax meal, cooked meat, dairy, pizza, roasted nut and the chance of living to 90-125 is blown away. ☺☺☺

Each little thing can shorten lifespan by 1-3 months, so it becomes 30 years lost over 50 years, 80 vs 110. "Flaxseed is used to fortify bread… to reduce CG… ground flaxseed was incubated at 30 °C and heated in a kitchen microwave oven. The CG… were reduced to 13.4%. (*did the bakers inhale cyanide*?).. flaxseed was added to wheat flour… at 25% levels… provisional tolerable daily intake has been set at *12 µg cyanide/kg body weight*… flaxseed should be limited to 10–20 g whole flaxseed per day… Food Administration in Sweden advises against usage of crushed or milled flaxseeds (in order to avoid poisoning yourself, to diminish the CG bioavailability)" ► JFST 2015;52(8):5102-10. This means that Swedish gov says "eat flax whole, so no benefits are gained, since ω3 won't be absorbed much at all". Why not avoid and eat the oil only (the filtration goes to farm animals, or fish feed, etc) until they develop a safe method of removing 99.9% of cyanide without heat (which creates AGEs)? This means 120 µg for 22 lb kids, or *1* g of freshly ground *flaxseeds is the* only (current knowledge, in the future, safe level may be 10 times lower, as with lead, etc) safe amount for kids of 22 lb, *5 g for adults of 110 lb,* 6 g for 132 lb, *etc*). The food industry doesn't ever process flax properly (the paper explains they don't remove even 90% of cyanide usually, 30% at times) before including it into many products, so you may overdose with cyanide even if you never buy flaxseeds; if eaten without being ground, as suggested to diminish CG absorption, you get no ω3 or little lignan absorbed, so might as well never eat flax, since ground chia seeds got no CG. You can get lignans, fiber from kale, red cabbage and many other sources, read the hair loss reversal section. We need to take them to court, bankrupt via fines their companies and bring the Age of Science and Truth, not Fraud.

But given the food industry culture (every chemically illiterate mom and dad, CEO, businessman sells food products), removal of only 60% or 80% is not safe, if bread can contain 25% flax flour. But don't try to heat flax meal at home, the heating of ground flax etc since inhaling HCN is more dangerous than eating it. Let a future high tech company do it, if you really want ground flax daily, Eterni Food Inc, the one company whose standards are 5 centuries ahead of every food

company on Earth. Companies would be required to provide Certificate of Analysis with 0 cyanogenic glycosides and 0 AGEs (from treatment) to sell any product in the future, but until that era, we're on our own… Also, *no human studies exist to prove benefits of flax lignans are not due to confounding factors like other polyphenols and antioxidants eaten, flax fiber, etc; most studies deal with 1 mg lignan intake for the "lower mortality quintile":* that 1 mg anyone can get that by eating less than 2 grams of kale. *There is no evidence that the flax lignans are any better than chia and other food lignans either, in fact some are the same.* Likewise, there are at least 200 nutrients *vegans* eat that prevent DHT/plaque formation, we don't depend on lignans for that. 90% of the benefits of flax mentioned above apply for chia seeds too, since most of the benefit derives from ω3 (almost identical amounts/100g) ALA bringing down inflammation and blood glucose in fat diabetic people. If you're skinny, healthy and vegan, the benefits of flax over chia/kale/etc are 0, since you can get way more lignans from other foods that you can eat 100-200g of, but the damage to lifespan from cyanide is far greater than the 'benefits'. Many *vegans* eat 3000 mg polyphenols/day, so 10 mg flax extra lignans is negligible; in 10 g of flaxseeds you get 150 mg of polyphenols, but in 20 g of blueberries you get that too, for 10 times fewer calories, so flaxseeds are overrated, flax oil is enough. On top of that, chia seeds contain 42% more total polyphenols than flax ► Integr Food NM, 2017;4(3):1-4. ☺☺☺

Many foods contain toxic levels of cyanide if overeaten, such as almonds (some died from bitter almonds, which contain 50 times more than normal almonds, cheap companies may ship bitter amonds and not write so on label), ►► *lima beans* ◄◄, *cassava*. I only eat walnuts, please stay away from almonds, since they got 12300 mg ω6 and 3 mg ω3, or *6:3 ratio of* 4100:1, when we need 2:1 to 1:1. Elderberries got cyanide too, causing vomiting if eaten raw. Apple seeds contain amygdalin which releases cyanide (cyanide blocks cellular respiration) into the blood when the apple seed is chewed in the mouth fully and then digested at the rate of about 60-200 mg of cyanide per kg (0.06-0.2 mg/g) of apple seeds ► FC 2015;170:437-42. For a 60 kg adult, 90 mg cyanide can kill (but even double may be needed), so you need to eat and finely chew every single seed within a sample of at least 450-1500 g of apple seeds (a seed weighs 50 mg, each apple has about 6-7 seeds). So, since in 1 g we got 20-30 seeds depending on seed size or apple variety, we need to eat at least 1,350-6,000 apples at once with all seeds finely crushed to release all amygdalin/cyanide in the stomach before any danger arises. Seeds of peaches, plums, cherries can also release cyanide. Bitter almonds are eaten by people who don't know the difference between sweet and bitter. Kids eating *5-10 bitter almonds* can *die*, adults die after eating 50 bitter almonds ► ISRNT 2013:610648. The FDA found imported sweet almonds were contaminated with bitter almonds, with *bitter almonds* contained more than 350 times (could be even 700 times, we don't know since cyanide in sweet almonds was below the cyanide 4 ppm detection limit) more cyanide compared to sweet almonds ► JFS 2012;57(5):1313-7. To be safe,

buy US almonds because they're sweet. Apricot kernels contain 2.9 mg cyanide/g, so a 1.3 ounce/36 g serving of such kernels can be *lethal* (got 106 mg cyanide) if eaten at once, see more at youtu.be..U; people ended up in ICU/*died* because of *apricot seeds*. To be safest, avoid all nuts, except walnuts, for reasons detailed here. Almonds are pretty deadly.

Avoid FLAXSEEDS if *THYROID* issues exist *OR* if *pregnant,* lactating or trying to conceive

Those with thyroid issues or conceiving/pregnant women can get about the same ω3 amounts from chia seeds, which are free from the goitrogenic cyanogenic glycosides and plant estrogens in flaxseeds. As explained above flaxseeds have 2.5-5mg/g cyanogenic glycosides, which get metabolized to about N≡C-S^- thiocyanate ion, which competes with iodine for the sodium iodide symporter, and can lead to iodine deficiency, which causes low IQ or even mental retardation in offspring. However, as the goitrogenic cruciferous veggies section explains, it takes a lot of N≡C-S^- to diminish iodine uptake, so one would have to eat ground flaxseed in large quantities daily to cause severe effects. Due to estrogens and iodine interference, flaxseeds are not recommended during pregnancy, chia seeds have ω3 without the iodine interference and cyanide. PDS 2009;18(6):454-61 found flaxseed *oil* raised *premature birth risk* from 2-3% to 12% as Science Daily explains in simpler terms. No effect was found for flaxseeds, but Ntr 2019;11(5):1171 and *other papers advise to avoid flaxseeds during pregnancy/lactation*. Plant estrogens may become more bioavailable in oil form; ***higher estrogen absorption may also happen during grinding flax*** or eating some foods with flax that enhance the plant estrogen bioavailability in flaxseed. There are estrogens and IGF1 even in dairy, so some say stay away from dairy to prevent cancer ► IJPH 2015;44(6):742-58. Women diagnosed with low estrogen may benefit from some flaxseeds per some studies, ask a doctor or read 90 papers. ☺☺

11.7.3. CHIA SEEDS (*15.6% protein*, protein *score* 115)

Chia seeds (nutrient list) are the safer than cyanide rich flaxseeds and the *richest* source of ω3, on a per gram of fat basis, second richest source of *ω3 fatty acids*, on a per gram basis. Chia seeds are only 8$/lb in some places, organic, like the iherb always 74-75°F, ideal for nuts/seeds, warehouse (unlike Amazon 95°F warehouse). However, chia seeds can cause surgery if you eat them without first ***using a coffee grinder to make them into a powder and pour it into a glass of water with 20 times the water volume or a big smoothie***, since they absorb water and can cause in old or even young people hard stool or esophagus blockage. Sadly, chia oil causes pimples (flax 10x more than chia) in many, so algal DHA-EPA is the only healthy vegan oil for humans. ω3 are not absorbed unless you grind chia into a powder as explained here, so don't waste time eating chia/flaxseeds whole. Always dilute chia with lots of liquids or watery smoothie and maybe even let it sit 3 minutes to absorb water, to prevent any lumps inside the stomach or

colon requiring surgery. Chia seeds are richest seed/nut in *fiber* (4x the fiber in peanuts) and polyphenols, 42% more phenols than flax *(at least some cultivars of chia vs some cultivars of flax, since not all studies may agree on this)* ► IFNM 2017;4(3):1-4, *plus no heavy metals, PCBs, dioxins, pesticides, radioisotopes in fish*. Flaxseeds contain 22.8% ω3 vs *17.6*% for chia, but flax got cyanide and reduces estrogen levels, see previous 2 paragraphs; the only issue with chia and any acne causing food is that it causes acne often, so that puts you at risk of dry eye, as acne and MGD (42% of kids, 70% of older adults have it) can develop at once, eyelid glands produce lipids in our tears that prevent tear evaporation, and chia absorbs water, slows digestion, if not enough watery stuff eaten, so it helps dump toxins into the blood 3 times more, due to hardening stools 3 times more, than flax. Reduced estrogen from flax helps prevent dry eye in people with high estrogen by bringing it to normal, and causes dry eye in low estrogen patients whose estrogen gets too low. So, before you eat a lot of chia, *gently* kindly *recall*☺☺ that flax oil is far cheaper (buy it from the fridge/cold area of health food stores, not Amazon, store in the fridge), and almost free of cyanide, though the "almost" part is unclear, 0.1% of cyanide in flax or 2%?? The vast depletion of water by chia fiber, and to a lesser extent flax fiber, can cause dry eyes, so flax/chia oil may be safer; flax oil got 35 mg lignans/15g, flaxseed 230 mg/15g spoon, chia seed 15 mg/15g, pumpkin seed 38 mg/15g. A 5g pill of flax oil a day is good. Grinding chia is essential for getting the ω3 absorbed, as explained in the grinding chia seeds section. The polyphenols in chia seeds vary a lot from cultivar to cultivar. One cultivar's values are presented in Table 3 at JFF 2017;35:622-34: the 2 main polyphenols (each about 45% of total) were rosmarinic acid *(0.1/100g, also found in rosemary and mint family spices, though in spices rosmarinic is 0.4g-1.9g/100g, 1.9g in peppermint)* and daidzein (the 2nd most abundant isoflavone in soy, 37% of total soy isoflavones, after genistein 57%: we always hear about soy isoflavones being beneficial, we can get one from chia, without the downside of phytoestrogens and high ω6 in soy). Other cultivars may have different main polyphenols.

To avoid the stool becoming too solid/slow moving, use an oil maker to turn chia seeds into oil (far fresher and less oxidized, more artery protecting than any from Amazon, keep it in dark bottle in fridge, 20 ml at a time, fox max freshness, 3-4 g daily max) *or only eat a 3-7 g/day, the ground chia poured into a* very watery smoothie*, perhaps adding 100-300 g* pineapple (has the bromelain enzyme *that breaks protein in chia faster, speeding transition time, further enabling* "odorless" stool*); it's better to avoid chia in smoothies without pineapple/papaya (papain enzyme breaks down protein fast too) or without a very large amount of watery produce, as it won't be fast digestion, and stool will smell more (*more toxic metabolites released into blood too*) like* omnivore stool does due to increased transit time*. Chia absorbs a huge amount of water, 3 x > flaxseeds, so 5 g of chia is like 15 g of flax in terms of stool hardness; for those with watery stool, 9 g of chia will fix the stool*. Chia got 57.0% of total fat as ω3, while flax only 54.1%.

A diet high in ALA (main fat in chia) lowered *CRP 4 times* from 1.51 to 0.37 in the previous page discussed study. As explained with study references in more detail in the hs-CRP section, *CRP > 0.85* meant 3.7 times higher coronary heart disease mortality than *CRP < 0.19* and *CRP > 1* meant 16 times higher cardiac mortality than *CRP < 1*. 97+% of Americans have CRP > 0.19. Thus, ω3:6 ratio being 1:1 or 2:1 is essential for Longevity, as it can lower CRP 4 times at least. My ω3 intake is shown here. DC 2007;30(11):2804-10 found that versus wheat bran, 37 g/day of chia seeds lowered CRP by 40%. Higher ω3:6 ratio also makes people happier, less aggressive as shown in the ω3 behavior section. Because flax and chia seeds are the ONLY foods with high ω3 on Earth, they're fundamental, since *most people have high CRP leading to short lives*. *Because flaxseeds can't be used by pregnant or conceiving women due to phytoestrogens, chia seeds are a good option, as no other food (except flaxseeds, fish oil and algal oil) has that much ω3*. For people with thyroid issues, chia is way better than flax, as they produce a negligible amount of thiocyanates (a type of goitrogenic compound which can interfere with iodine uptake) compared to flaxseeds. That's why the flaxseed section has a study claiming up to 50 g of flax is safe daily. Chia seeds have 80x the *ω3* in TILAPIA fish, *5.6x the* calcium *in* milk, 4.5x the calcium in kale, 11x the calcium in lentils, 15x the magnesium in broccoli, 55x > selenium, 2x > potassium, 126x > calcium than bananas, 11x the selenium in walnuts, 2x the selenium in flaxseeds, 8x the ω3 in salmon. Chia seeds got 38 g fiber/100 g vs 6.7 g for avocado or walnuts, 2.6 g for banana, 27 g for flaxseeds, *that's* 5.6x > fiber than walnuts *and* 14.5x > banana. 100 g of chia seeds provide 63% of daily calcium needs, 82% of magnesium needs, 31% of zinc, 108% of daily manganese needs. The brown seeds (ORAC 9,800) have more quercetin, anti-oxidants than the white (ORAC 7,000), just like purple cabbage has 2,830 times more anthocyanins than green cabbage. Chia seeds have ω3:6 in ratio of 3:1 better than all nuts and seeds, except flax (4:1). Walnuts ω3:6 = 1:4. Chia have 31 g fat instead of 65 g of fat for walnuts (42 g for flaxseeds), more ω3 than walnuts per 100 g (17.5 g versus 9.1 g), higher quality protein (amino acid score 115 vs 55 for walnuts, 92 flax) and 2.5 times more calcium than flax, 6.4 times more calcium than walnuts.

11.7.4. PINEAPPLE (*0.5% protein*, protein *score* 81)

Pineapple (nutrient list) prevents flu, inflammation, infections, arthritis, cancer, dissolves arterial plaque (breaks the collagen and other proteins of the plaque), reduces or eliminates angina, dissolves β-amyloid plaque proteins, improves heart function, dissolves stuck feces on the colon after fasting enabling you to turn "hard balls feces" into normal "soft long hot dog" stool, but it can dissolve proteins on your throat too, so eat it in a smoothie with other greens, blueberries, lentils etc to diminish its acidity and corrosive action or eat it first, before all other items for that meal, so all throat residues are removed by the other foods. A video explains how to choose sweet juicy pineapples: avoid the dark green ones or with brown leaf tips or leaves hard to pull

out. However, if you eat pineapple for bromelain enzyme that shortens the duration of injuries, flu, cold, etc, then it's better to get less ripe pineapple, which has more bromelain. You will get sensitive teeth (areas that have less enamel) from pineapple, as bromelain softens some areas you chew on a lot, so to avoid that you can make a smoothie, to avoid chewing it. When peeling pineapple, please make sure to remove all the brown skin traces of little holes that remain on the surface of the pineapple, since those are hard to digest and they could cause tears, ulcers, sepsis inside stomach or intestines, requiring life threatening medical treatment. Only eat 100% yellow soft stuff, not any of the skin. Glycemic index is 62, so eat in moderation. However, 1% of people have allergy to it, and develop rhinitis (swelling of nasal or even eye tissues), asthma symptoms: CA 1979;9(5): 443-50 "bromelain is capable of inducing IgE mediated respiratory and gastrointestinal allergic reactions... there is evidence for immunological cross-reaction between the two plant proteases bromelain and papain (*in papaya*)". Workers in Pharma, food industries get asthma from this bromelain dust ► PNE 2007;61(3):159-61. ☺☺☺ You can become sensitized to it, if you eat 1-2 pineapples a day; 2 pineapple cans are fine, since cans got no bromelain, so no allergy. If you have trouble breathing after eating pineapple, remove the bromelain rich center (they got tools to do it) and try it without it; if 'asthma' still happens, then eat 0-100 g daily if allergy to 500-900+g develops.

As much as this allergy is an issue, it is the bromelain that protects us from a ton of issues; it's always like that in life, the most beneficial stuff comes with some risks. Hypothesized to even help the body in dissolving atypical collagen type 2 polymers (eye floaters) formed due to free radical damage caused by many factors, even dry eyes that don't wash junk out of the eye leading to oxidative stress. The "dissolving proteins" benefits come from the bromelain enzyme (which can make up to half the fruit protein). Due to the bromelain helping us digest protein better and the special fiber in pineapple, it seems a good *fruit for* improving digestion (but don't eat it on empty stomach without protein as it may start digesting proteins on the GI tract lining). There are 2 types of bromelain, the stem (used to tenderize meat) and the fruit type (the acidic form). *Most bromelain is in the stem*, that's why, if our body needs more bromelain of the stem variety, when we eat pineapple we benefit far more if we eat the central stem part too. *Canned pineapple has almost 0 bromelain*, as the 80+°C (pasteurization) or 100+°C (sterilization) heat destroys it. The stem is removed from the canned pineapple rings, because it is hard, less sweet; stem bromelain can neutralize stomach acids causing problems in people with low stomach acid secretions; therefore, it may be better to not eat too much pineapple (with the stem). ☺☺☺

Angina is often caused by arterial plaque, bromelain dissolves plaque removing angina, preventing atherosclerosis, a main driver of heart disease, Alzheimer. Pineapple has a PRAL score of minus 2.3. Bromelain is a protease that cleaves proteins, making the digestion of proteins easier. ☺☺☺ The reason the stool of *vegans* (maybe omnivores too) loses its odor

many times when eating pineapple may be that bromelain cleaves proteins, speeding up their absorption as amino acids before they reach the colon where bad bacteria feed on undigested proteins, peptides, carbs, etc. To test this hypothesis we would need a placebo controlled study with placebo identical taste and color pills and real bromelain pills (use an ingredient that tastes stronger than bromelain in both pills, of the same color), measuring bacterial and volatile content of stool right after elimination. Omnivore food transit time is up to 5 to 8 times longer than *vegan*; protein can linger thus much longer in the digestive system, leading to more putrefaction and smell. But even *vegans* have protein that is undigested.

Bromelain (sold on Amazon as pills) cleaves virus envelope glycoproteins, structural (in the capsid) and nonstructural viral proteins destroying viruses and their multiplication mechanism (the genetic material of a virus is stored within a viral protein structure called the capsid, often made up of multiple copies of just one or two viral proteins). That's why people who eat pineapple (only fresh fruit has bromelain) obtain better protection from colds and flu (shorter, less fever, fewer symptoms once the flu sets in) than those eating canned pineapple or oranges, which get only the manganese and vitamin C protection (fresh pineapple has 48 mg C/100 g, canned pineapple 9.5, fresh orange juice 50, orange juice bought 34, raw orange 53). No other fruit has that much bromelain and manganese, but papaya has the papain enzyme which also helps digest protein, being used by the food industry to tenderize meat. We die without manganese, it plays a key role in fighting huge oxidative stress during a flu:

1. FEWER COLDS, FLU BOUTS, INFECTIONS IN KIDS ► JNM 2014:861659. Pineapple boosts immune function, fights viruses, bacteria, infections, because it has 48 mg vit C/100 g vs 48 mg C for oranges. Fresh works better, as bromelain isn't removed during canning/heating.

2. LESS LEG EDEMA, SWELLING ► BR 2016;5(3):283-8 "Bromelain was administered to patients with arthritic joint swelling and a significant to complete decrease in soft tissue swelling was observed... bromelain administration resulted in significant decrease in pain and stiffness in patients with knee *osteoarthritis*... sinusitis patients that received bromelain demonstrated complete resolution of breathing *difficulties and inflammation of the nasal mucosa*" They found less swelling after fractures and surgeries. Oral bromelain is absorbed by the gut without losing its biological properties and significantly reduces the edema in traumatically-induced hind leg edema in rats ► FM 1981;99(15):554-6. ☺☺☺

3. LESS ARTERIAL PLAQUE, LESS ANGINA, LESS HYPERTENSION ► Bromelain is not completely destroyed by stomach acid. The estimated plasma half life of bromelain is 6-9 h. After taking 3g/day of bromelain, blood concentration reached 5 ppm by 48 h ► AJP 1997;273(1Pt1): G139-46. Pineapple leads to less angina ► BR 2016;5(3):283-8 ► "*bromelain* facilitated functional recovery of the heart by limiting (human)myocardial injury in ischemia experiments. Bromelain

also increased aortic flow, and reduced the infarct size and the degree of apoptosis... bromelain dissolved *atherosclerotic* plaque in rabbit aorta (in vitro/vivo studies) and it clearly explains the potent fibrinolytic activity of bromelain, which functions by *breaking down cholesterol plaques*. In experimental animals, bromelain exerts an anti-hypertensive effect when administered for prolonged time periods.... it increases vessel wall permeability to oxygen and nutrients while increasing blood fluidity (in humans)... was used in the treatment of ulcerative colitis and patients showed rapid improvement of symptoms". I noticed digestion improves.

4. SKIN HEALING ► FACIAL BRUISING GONE IN 4 DAYS ► "bromelain administered to boxers completely cleared all bruises on the face and haematomas of the orbits, lips, ears, chest and arms in four days (Practitioner 1960;185:78-9.)" ► BR 2016;5(3):283-8. ☺☺☺

5. HIGHER BRAIN PERFORMANCE, LESS ALZHEIMER ► RPS 2017;12(3):257-64 ► pineapple had a protective role against induced amnesia in mice. Bromelain dissolves human blood amyloid β which can cross the blood brain barrier and *deposit* in the brain ► EN 2001;167(2):385-92. Pineapple has 48 mg vitamin C/100g, oranges 53 mg. Vitamin C removes brain free radicals and heavy metals. Polyphenols protect the brain from oxidative stress due to radicals, AGEs from foods, and pineapple has about 40-75 mg gallic acid equivalent polyphenols in 100 g as explained at Mol 2014;19(6):8518-32. ☺☺☺

6. KILLS GASTRIC & COLON CANCER CELLS ► OTT 2013;6:403-9. In mice, "bromelain reduced the development of... tumors" ► MNFR 2014;58(3):457-65.

11.7.5. GINGER may cause dry eye (*1.8% protein*, protein *score* 46)

Ginger (nutrient list) (score 46, Met+Cys 21mg, so 21/(1.82*55)=0.46), helps prevent cancers, colds/flu, diabetes, high blood pressure, high cholesterol, Alzheimer, immune system weakness, inflammation. Each food chemical affects millions of biochemical pathways, in a complexity that is hard to imagine or map. That's why designing the new medical system with NDs above MDs (live to 4000 via ND) is logical, we change the eterni food powder formula to cure almost any disease, by the 1 million effects of each of the 50,000 components of the formula replacing 80 main foods a person may eat. Excessive ginger may cause dry eyes in the long run, per Ayurveda and the IJOVS 2023;8(2):33-8 report on lower TBUT. Ginger can cause dry eyes in 3 ways:

1). anticholinergic: exocrine glands (lacrimal, salivary, etc) are regulated by the parasympathetic nervous system, via muscarinic acetylcholine receptors (mAChRs). When acetylcholine binds to mAChRs, it triggers tears. 6-gingerol, 6-shogaol, have mild, transient antimuscarinic properties, downregulating acetylcholine binding on the lacrimal and meibomian glands via 3 mechanisms:

1.1. Interruption of the G_q Protein Cascade: receptors in the lacrimal glands are M_3 receptors,

which are coupled to G_q proteins. When acetylcholine binds to M_3, it activates Phospholipase C (PLC). PLC then releases intracellular calcium, which forces the gland cells to secrete tears. [6]-shogaol etc inhibit PLC activity and block voltage-operated Ca channels, so tears stop even if acetylcholine binds to mAChRs. PLC block is functionally identical to an anticholinergic block.
1.2. Non-Competitive Allosteric Modulation: When gingerols etc do reach mAChR, they favor allosteric sites (secondary pockets on the receptor) rather than the orthosteric pocket where acetylcholine attaches. 6-gingerol, 6-shogaol are highly lipophilic with hydrocarbon tails, phenyl rings, that lack the polarity and affinity for orthosteric mAChR site of highly polar acetylcholine, so instead, they weakly dock into lipophilic side-pockets of mAChR. This allosteric binding induces a subtle conformational change in mAChR, and now acetylcholine can't bind as tightly or trigger mAChR effectively, resulting in a weak anti-muscarinic effect.
1.3. Presynaptic Feedback Manipulation: ginger acts on presynaptic muscarinic autoreceptors M1, M2 that serve as a braking system; when stimulated, M1-2 tell the nerve to stop releasing acetylcholine. By altering the feedback loops of M1-2, ginger can disrupt the steady release of acetylcholine needed for tears.

2). TRPV1 (capsaicin) Receptor Activation: gingerols are agonists for the TRPV1 receptors, the same sensory receptor that responds to heat and chili peppers. Activating TRPV1 tricks the body into thinking the body's internal core temperature is rising. This triggers increased peripheral blood flow (vasodilation) to take hot blood from the core, send it to the cooler, faster cooling hands, feet. It also causes mild sweating/evaporative cooling that dries the eye. The heat dissipation, blood shift draw moisture away from the delicate mucous membranes like eyes.

3). COX inhibition: blocks PGE2 synthesis, blocks anti-inflammatory LXA4 from protecting eyes, alters the surfactant properties or viscosity of the oil secreted by the meibomian eyelid glands, making the lipid layer unstable, incapable to prevent water layer of tears from evaporating.

If you puree ginger in a smoothie, add some lentils to the smoothie, otherwise, it's too caustic on the throat, let the smoothie become a paste first by adding properly soaked and cooked legumes. The same applies to garlic, onion and other "throat burning" spices. Eat ginger in a paste smoothie or the first in a meal (not last, so more swallows will clear its corrosive chemicals) and mixed with other foods, then swallow other foods 10 times. Ginger can damage the vocal chords and the esophagus, so be careful to eat it by chewing it a little (not too much as the liquid will irritate the throat) first, then to wash any residue off with foods you eat afterwards, same for any spicy thing. For some, who don't make thick smoothies using lentils, spies are best eaten first thing, chewed slightly, otherwise, they will irritate throat 30 times more. Ginger is a powerful agent against several forms of cancer, as 100s of papers show. Recently, a paper came out showing that 6-shogaol, present in ginger, was found to be effective

against spheroid cancer cells at concentrations 10,000+ times smaller than those of Taxol, a chemotherapy drug. Even at concentrations 10,000 times higher than the ginger ingredient, taxol was ineffective against those cancer cells. To find this data use Ctrl-F to search for 10,000 at ► PO 10(9):e0137614. Since some brands of tea have 4,002 times more lead than others, it may be best to buy ginger from less polluted countries. ☺☺☺

► INHIBIT AGEs (Advanced Glycation End Products) ◄

Ginger was the *strongest* AGEs *inhibitor* among 17 plants tested ► BJN 2009;101(11):1714-21 (Table 1 page 1717). Ginger reduced AGEs by 93% in the fluorescence test, compared to just 43% for apple, 31% for garlic, 29% for orange and 5% for onion. In the carbonyl test, ginger inhibited 64% of protein carbonyls, while apple only 7%, lemon 13%, orange 14% and onion 24%. In other tests, ginger was also much stronger than green tea, black pepper, cinnamon. ☺

► ANTI-OXIDANT POWER to Neutralize Free Radicals & Slow Aging (centenarians used it) ◄

Raw ginger has ORAC antioxidant score of 14,840, 38 times higher than wine. Powder ginger has ORAC score of 28,811, 73 times higher than white wine (ORAC value 392 at the bottom of the list). Orange/red wine has only 2-5 times more antioxidants than white one. The ORAC values published by the USDA show the amount of anti-oxidants (that neutralize free radicals) in food.

► CANCER ◄

Ginger prevents prostate cancer ► BJN 2012;107(4):473-84. Ginger prevents lymphoma (lymphatic cancer), colorectal cancer, breast cancer, skin cancer, liver cancer, bladder cancer ►NC 2013;65(2):263-72. Ginger prevents ovarian cancer ► BMCCAM 2007;7:44. Ginger prevents liver cancer ► Clinics 2008;63(6):807-13. Ginger fights lymphatic cancer ► CL 2003;199(2):113-9.

► ALZHEIMER ◄

Ginger prevents the formation of brain plaque that could cause dementia after 50-80 ► DDDT 2014;8:2045-59, RR 2013;16(2):124-33, JACM 2004;10(6):1009-13, Rejuv Res 2015;18(5):413-21. Ginger improves *cognitive* function in *healthy* people ► EBCAM 2012:383062. Ginger attenuates dementia related neuroinflammation and cognitive deficits ► BBRC 2014;449(1):8-13.

► WEAK IMMUNE SYSTEM ◄

Ginger is an antiinflammatory antioxidant ► IJPM 2013;4(S1):S36-S42. Ginger boosts *immunity*, and helps with a myriad of health issues ► FF 2013;4(6):845-55. Ginger was the best spice (with turmeric) among about a dozen in a test of several *inflammatory markers. Ginger* performed much better than many common spices. ► JACN 2012;31(4):288-94. See also youtu.be..B4.

► HEART DISEASE ◄

Ginger lowers blood pressure ► JCP 2005;45(1):74-80. Ginger lowers cholesterol and blood sugar ► BJN 2006;96(4):660-6. 0.25 mg ginger extract reduces cholesterol (LDL down 58%, TC down by a third), inhibits LDL oxidation (LDL-associated lipid peroxides down by 62%), diminishes atherosclerosis (aortic atherosclerotic lesion areas were reduced 44%) in atherosclerotic, apolipoprotein E-deficient mice ► JN 2000;130(5):1124-31.

► LEAD TOXICITY ◄

Ginger diminished the effects of lead in rats by enhancing the levels of reduced glutathione, glutathione peroxidase, glutathione-s-transferase, catalase ► JFST 2014;51(5): 908-14.

► COLDS ◄ See the Natural Antivirals section

► DIABETES ◄

Ginger is anti-diabetic, lowering blood sugar: IJPR 2015 14(1):131-40, IJFSN 2014;65(4):515-20, JCIM 2015;12(2):165-70, CTM 2014;22(1): 9-16. Ginger helps prevent heart issues in diabetes ► DMJ 2016; 40(1):46-53. Ginger prevents neuronal damage in case of diabetes ► AA 2014;196(2-3):119-28. Ginger delays cataracts in diabetes ► MV 2010;16:1525-37 ☺☺

► PREGNANCY ◄

Ginger alleviates nausea and vomiting in early pregnancy ► JABFM 2014;27(1):115-22. Comparison of the effectiveness of ginger and vitamin B6 for treatment of nausea and vomiting in early pregnancy: a randomized double-blind controlled trial. Ginger was better than vitamin B6 ► JMAT 2007;90(1):15-20. A 68500 women study found that the use of ginger during pregnancy to alleviate morning sickness did not lead to birth defects ► EJCP 2013;69(2):269-77. "Among the 68,522 women in the study, 1,020 (1.5 %) women reported using ginger during pregnancy. The use of ginger during pregnancy was not associated with any increased risk of congenital malformations. No increased risk for stillbirth/perinatal death, preterm birth, low birth weight, or low Apgar score was detected for the women exposed to ginger during pregnancy compared to women who had not been exposed." Ginger reduces menstrual pain & can cut blood loss in half. Some claim it can cause miscarriage.

11.7.6. PLUMS (*0.7% protein*, protein *score* 39)

Plums (nutrient list) (15mg Leu, 15/(0.7*55)=0.39, score 39) got the highest mg of polyphenols /cal of any common fruits (377mg/100g ► EJCN (2010) 64, S112-20), except blueberries *(which have 20-80% extra (depending on variety) polyphenols, have 10% more pesticides than plums,*

cost 90% more than plums). Plus are very high in phenolic acids, like CGA. Because of these acidic polyphenols, always eat watermelon or some other stuff after eating plums: *avoid eating berries, plums or high polyphenols fruits, as the last item, especially in the evening, since the phenols can corrode your throat and make your voice hoarse next day*; women who drink tons of coffee or cacao/chocolate also destroy their voice via the same mechanism, as well as their brains and offspring via caffeine. You can tell who drinks coffee a lot or alcohol, by their voice. Plums contain fructans, which cause a lot of gas if you eat more than 1 a day, so if you live in an area where blueberries (that cause way less gas) are not around, due to a government of low IQ slaves of foreign or local aristocrats, you can get the same benefits of blueberries by simply eating mostly the peel of plums and a little flesh (to get some fiber, so maybe 10-20% of the flesh only), since fructans are concentrated in the flesh. This way, you can per calorie 4-8 times more polyphenols than even the most expensive blueberries that 95% of the planet has no access to and are giving yourself a chance to have a functional brain to bring immortality capitalism, that gives all eterni foods to all with good antioxidants. Don't underestimate your ability to overthrow the dictatorship of the war mongering complex. In the fight against hyenas, you need more polyphenols and antioxidants. Because purple kale, cabbage, cauliflower have thyroid disrupting glucosinolates if eaten in large amounts, plums are the best option for anthocyanin polyphenols in most of the world for the poor enslaved workers, especially in winter when blueberries cost 5-15 times more/100g, due to only the most expensive stores having them fresh (frozen has too many mold spores to be safe). Plums have also polyphenolic acids in large amounts, acids that are in negligible amounts in berries (except blueberry) and in purple cruciferous veggies and pretty much all other foods. You may be poor, but information is often worth 20 million dollars and can help you outlive the rich selfish aristocrats who give us eternal wars. This book is leveling the field, it's like you get 20 years of extra life via information alone, so money is proven to have less value. Sleep well, at regular hours, 10-7, that's the key to longevity besides good nutrients. Avoid overeating any sweet fruit, as insulin spikes, body inflammation spikes and acne erupts (styes too). Plums protect the brain and body against oxidative stress, reduce inflammation, prevent diabetes, hair loss, hypertension, heart disease, formation of Alzheimer β-amyloid plaque. Studies give different mg polyphenols in any plant, depending on the cultivar analyzed. phenol-explorer says 100 g plums got *190 mg polyphenols (low bush blueberry 274, high bush blueberry 310, Canada blueberry 656) on average* (min 50 for yellow plums, the useless ones, orange-red are in between, max 544 for the dark blue/black with dark purple pulp, not light green; shop wisely to drive market towards the healthier cultivars via demand): *47%* or 89 mg *chlorogenic* acids (also found in blueberry (87-131 mg), cherry 53mg, tea, coffee 50 (5 if too processed), *15+ times less in blackberry, prune, nectarine 5 mg, peach, strawberry*), *25%* or 48 mg *anthocyanins* (*the main polyphenols in berries*, 42.5 mg cyanidin anthocyanins), *21%* or 40 mg *proanthocyanidin* flavonols, 7% or 13 mg other flavonols

(4.6 catechin, 2.2 epicatechin, 6.7 quercetin glucosides). Below are 3 sections for the 3 main polyphenols: 1. chlorogenic acids 2. cyanidin anthocyanins 3. proanthocyanidin flavanols ☺☺☺

1. CHLOROGENIC ACIDS (CGAs)

Plums are the 2nd richest source of chlorogenic acid CGA, after blueberries, which have slightly more. Cherries are the 3rd richest source, followed by coffee, yet among coffees, the variation is very big, some may have more than cherries others may have 5 times less. Most benefits of coffee come from CGA, as you can see from the science papers. Plums, blueberries, cherries offer these benefits without the *caffeine* harmful effects. There are 3 CGAs in plums: 88% 3-O-caffeoylquinic acid (CGA), 10% 5-O-caffeoylquinic acid (neoCGA), 2% 4-O-caffeoylquinic acid (cryptoCGA); caffeoyl is 3,4-dihydroxycinnamyl. Because 3 & 5 on quinic acid are symmetrical, CGA and neoCGA are sometimes both called 3-O or 5-O; they're stereoisomers with OH groups 1 & 4 being S, R in CGA & R, S in neoCGA, while 3 & 5 OH are R in both since quinic is 3R, 5R; thus, depending on the free radical position and local geometry, protein folding, etc, one may work better or slightly faster than the other, *yet both* CGA *(main in plums) and* neoCGA *(main in blueberry) work quite well since both have free radical quenching OH groups on both sides of the ring*; cryptoCGA got the caffeoyl group bound in the para or 4 position, instead of the meta or 3/5 for CGA/neoCGA. Chlorogenic acid is the 3,4dihydroxy*cinnamic* (*cinnamon*) acid ester of quinic acid (3R,5R-1,3,4,5-tetrahydroxycyclohexanecarboxilic acid); however, the generic term CGAs refers to ferulic (caffeic with 3 OH group being OCH_3) and coumaric (monohydroxy *cinnamic* acid, or caffeic with only one OH group on benzene ring in positions 2, 3 or 4, and double bond can be cis, not trans like caffeic) esters of quinic acid also, not just caffeic; caffeic, ferulic, coumaric are important phenolic acids in foods, so when reading papers we can understand the biochemistry of preventing oxidative damage via hydroxy groups better now. ☺

Since CGAs have 7 free OH groups (ferulic CGAs only 6), they can quench a lot of free radicals, just like anthocyanins (with 6-8 OH groups), the main berry (except blueberry which has a lot of CGAs too) polyphenols, can too. *Due to* CGAs *being smaller*, they're probably more effective at eliminating free radicals overall, being able to sneak in in tighter molecular cavities where free radicals may be ready to damage DNA, membrane phospholipids and proteins. However, the specific configuration of each polyphenol (some not even in berries, plums) gives it clear advantages in certain molecular environments where the negative-positive electrostatic interactions, hydrogen bonds etc make DNA defense easier against the main corridor of free radical attack from a nearby enzymatic system that produces free radicals in the cell; thus, studies show we we live longer if we eat a diverse diet, polyphenol/nutrient wise, not fruits that have the same exact polyphenols. Raspberries (I rarely eat them) got 3 polyphenols that make up 70% of polyphenols: cyanidin 3-O sophoroside with MW 611, sanguiin H6 MW 1871,

lambertianin C MW 2806 vs MW 354 for CGA; the bulk makes them less able to move around and trap free radicals prior and even after to the hydrolysis of the other moiety from the cyanidin or hydroxybenzoic acid. Prior to hydrolysis during digestion, they got less OH groups per 100 molar mass units too. Thus, among berries, blueberries are better *(most papers say due to more polyphenols, but I'm saying due to these other reasons too)*, often same $/kg as plums (plus organic, plums rarely organic), more complete than all the other berries; 2 plums can compliment blueberry polyphenols with catechin, epicatechin oligomer flavanols. However, the plum oligomeric polyphenols (21% of total) have high MW (578 procyanidin dimer B1, B2-B7, 867 trimer C1, etc), so are probably overall less valuable, so eating only blueberries may lead to longer lifespan, but in some areas blueberries are expensive/rare; other times, plums are rare. It's very easy to recall the cinnamic acid part of CGAs, it's a benzene ring with the famous allyl (as acrylic acid) from protein and fat 3 mnemonic bound to benzene. *Cinnamon (monnn cia, "my CIA" in French, chlorogenic acid) prevents diabetes (as many read online) because of these cinnamic acids that bind the AGEs and free radicals formed when glucose rises a lot, so CGAs prevent fruit sugar damage, while pure added sugar is deadly*. CGA contains no chlorine; however, Greek word for light green is cloros; chlorine got its name from this due to being yellow-green; when oxidized, CGAs turn green; *the inside of blueberries, many plums is greenish, only the peel is blue*. ☺☺ The most abundant polyphenol in blueberry is neoCGA (87 mg/32% low bush, *131 mg/42% high bush*), 5-O-caffeoylquinic acid, not the 76 mg CGA (76 mg/40% of polyphenols) in plum. Humans absorb about 33% CGA from food ► JN 2001; 131(1):66-71. ☺

NEURON PROTECTIVE EFFECTS

The CGAs prevent oxidative stress, brain inflammation, the onset of Alzheimer, depression in vivo ► Mol 2016;21(3):260. CGA protects neurons against glutamate neurotoxicity ► LS 2015;139:69-74. CGAs control oxidative and inflammatory stress conditions ► Ntr 2016;8(1):16. CGA protects against aluminum-induced cytotoxicity (and neuron cell death) through chelation and antioxidant actions in primary hippocampal neuronal cells ► FF 2017;8(8):2924-2934. CGA prevents H_2O_2-induced cell death in primary cortical neurons ► NI 2012;60(5):466-74. CGA ameliorates brain damage and edema ► EJP 2012;689(1-3):89-95. CGA intake is linked to weight loss, neuroprotection, anti-inflammation, lower blood pressure/insulin resistance, anxiolytic /antihyperalgesic effects, cardioprotection ► NNS 2017;20(1):32-39. CGA inhibits LPS-induced microglial activation, improves survival of dopaminergic neurons ► BRB 2012;88(5):487-94.

PREVENTING HEART DISEASE ► In CGA-treated rats, fasting plasma cholesterol and triacylglycerols decreased by 44% and 58% respectively ► JNB 2002;13(12):717-26.

PREVENTING DIABETES

CGA is antihyperglycemic ► GPB 2010;29(1):23-30. CGA reduces the plasma glucose peak in the oral glucose tolerance test ► CBF 2008;26(3):320-8. CGA lowers blood glucose ► JMF 2013;16 (3): 211-5. CGA improved biomarkers related to diabetes, heart disease ► EBCAM 2013:801457.

PREVENTING FLU & viral infections ► see the Natural Antivirals section for 3 studies

2. CYANIDIN ANTHOCYANINS (a type of flavonoids, cyan= blue) ☺☺☺

90% of anthocyanins in plums are 2 glycosides (80% Cyanidin 3-O-rutinoside, 20% Cyanidin 3-O-glucoside). The benefits of anthocyanins are in the anthocyanin section.

3. PROCYANIDIN FLAVANOLS (subclass of proanthocyanidins which are flavonoid oligomers)

Procyanidins are dimers, trimers, oligomers of catechin and epicatechin. As the wiki links show, catechin and epicatechin are hydrogenated cyanidins. The most common procyanidin in plums is the epicatechin trimer called procyanidin C1, followed closely by EEC, B1, then B2 and B7. These procyanidins are also found in cacao (known for its polyphenol benefits), making up 58% of polyphenols in cacao OMCL 2012:906252. The main polyphenol in green tea is epigallocatechin gallate (EGCG). All major polyphenols are extremely similar in structure. Gallocatechin is same as catechin except for an extra OH group. Epicatechin makes up about 35% of polyphenols in cacao.

Procyanidin B2 shows up in blood within 30 minutes of ingestion, with a peak value at 2 hours ► AJCN 2002;76(4):798-804. Procyanidins Reduce Plasma Cholesterol Levels ► JCBN 2009;45(2): 131-6. Procyanidin dimers and trimers have antioxidant effects ► JAFC 2005;53(12):5041-8. Trimer procyanidins contribute to the protective effects of cinnamon extracts on pancreatic β-cells, and thus against diabetes ► APS 2016;37(8):1083-90. Procyanidins boost the immune system ► EBM 2007;232(2):293-300. Procyanidins protect neurons ► CMSJ 2017;32(2):92-9. Procyanidins suppress amyloid β-protein aggregation ► BRI 2011:784698. Procyanidin B2 promotes hair growth (3 times more growth versus control) ► BJD 2002;146(1):41-51.

11.7.7. NEBULA PURPLE CARROTS (*0.6% protein*, protein *score* 81)

Carrots (nutrient list) are the richest raw sources of α-carotene and vitamin A, those with lower α-carotene had 46% higher all-cause mortality and 77% higher cardiac mortality (see the α-carotene and vitamin A sections). Due to high oxalate (50 times the lowest cultivars) levels in some cultivars, it's ideal to take Mg with high carrot meals or at least high Mg/Ca foods, such as kale in a carrot-kale puree: the Mg will bind carrot oxalate and take it to the colon instead of to the kidneys (to cause kidney stones). Purple varieties have 2x the carotenoids of orange and among the purple, the black nebula (seeds) are 100% purple inside (see pics: 2, 4, 5 are purplest) with the highest anthocyanin content. JAFC 2011;59(7):3385-90 found a 12 times higher

anthocyanin in cultivars they evaluated (177 vs 15 mg/kg) than the orange core light purple types most are 65% purple with an orange core. "Black or solid purple carrots had the greatest TAC (total anthocyanin content) and total phenolic content (TPC), and the strongest antioxidant capacities" ► Pl 2023;12(9):1796. Pusa Asita cultivar had anthocyanin 115 on day 45 and 5193.9 mg/kg on day 108: "519.39… (most 'black' carrots have) "1750 mg kg^{-1} anthocyanin" ► FSB 2023; 33(4):721-47. As orange core purples got 5 mg/kg, the purplest carrots have 1039 times more anthocyanins (5194/5). "range for total anthocyanin content of 0.5–191 mg/100 g (1910 mg/kg)" ► Genes 2020;11(8):906, see carrot pictures to understand the 1039 fold differences. Analytical errors, days left in the ground account for the wild fluctuation in "max anthocyanin" in papers from 177 in 2011 to 5194 in 2023. If you grow these, leave them in the ground longer to increase anthocyanins 50 fold, but not too long as they may go bad. You no longer need to wait 5 years for blueberries bushes to grow, plus labor for purple carrot/kale is far less. In 100 days, carrots with the same level of polyphenols as blueberries can grow. It shows how science evolves and how "fragile" is the data we get at times, to be disproven 12 years later as wholly inaccurate. These are the same artery and brain protecting anthocyanins in berries, but don't overeat them in pregnancy, because too many polyphenols cause fetal iron, zinc, mg and mineral deficiency, leading to low IQ and sickness. Purple carrots may have more oxalate at times, so do test it first before eating too much. The α-carotene section shows that steamed has more carotene and is easier to digest, so 1 second (after pressure was reached to soften it) steaming with butternut squash in a pressure cooker will give you high levels of carotenes and β-cryptoxanthin, otherwise unavailable in other year round sources. Let it depressurize on its own, press cancel after 1 second when it beeps to indicate that pressurization is done. Letting pressure come down slowly without venting will make it so soft by the time it/s done and it will be so soft without wasting electricity. No venting means less noise, less chaos, more patience and virtue, and also less food particles creating biofilms that trap bacteria in the kitchen area. Then, use a wood (not plastic) cutting board to break them in pieces so they cool in 2 minutes, ready to eat, so soft, like eating softest raspberries. 1 second under pressure is key, as that damages the least amount of polyphenols and you will eat them easily. If you chew them, they stain your teeth a lot, like kale, so it's better to steam them or to puree them in a smoothie. Over chewing on any hard veggies can wear your teeth and weaken them over time, so let technology extend the life of your teeth. Carrots have provitamin A in the form of β-carotene, α-carotene, etc which are converted into 11-cis-retinal. We see due to 11-cis-retinal as explained in the "Mechanism of Vision" section. That is why carrots improve eyesight and prevent dry eyes. A big carrot (100g) a day, keeps the eye doctor away. Carrots are easy to eat raw mixed in a smoothie. Costco sells organic carrots (58cents/lb in 2020), mushrooms, figs, grapes, English cucumbers at 40-90% of the price of conventional equivalents at many pricier supermarkets; Costco has the coldest produce section, where stuff doesn't rot as it often does at some other

health food stores due to room temp storage of organic ginger, etc. Sprouts cucumbers are cheaper organic/lb if normal cucumber, not English ones. Check carefully all supermarkets and discount wholesale stores in your country and find the best deals to help your brain last; Costco organic carrots are 17% cheaper than Sprouts organic ones and stored better; however Sprouts has a lot more variety of cheap organic produce (Costco has no organic kale, ginger, etc), so you need visit both to eat healthier produce free from pesticides. By weight of produce, Costco is world's number one seller of organic produce, sprouts and whole foods may be by variety; Costco is better than Sam's Club which has less organic stuff, and warmer temps, less lasting produce; why not live longer without toxic pesticides that kill insects and incidentally, humans too, albeit slower (20 years early due to Alzheimer, etc), as we share biochemistry with them. Carrots have 828 times more β-carotene than eggs. Carrots have 27 times more β-carotene, 3500+ times more α-carotene, 69 times more sodium, 32 times more lutein-zeaxanthin than watermelon. Carrots also have polyphenols that are not present in most other veggies as you can see at phenol-explorer.eu...269. The main polyphenol is chlorogenic acid. ☺☺☺ Carrots have 6.6 times more calcium than bananas per 100 g, and less than half the calories of bananas. Avoid store carrot juice, since sodium benzoate preservative is a known carcinogen and during heating it releases benzene, another carcinogen.

Carrot rhamnogalacturonan-I or cRG-I or cRG1, in pill form, fights the rhinovirus of common cold, reducing cold severity/duration ► Ntr 2021;13(12):4395 & Ntr 2022;14(20):4258. cRG1 is one of 6 main components of pectin. Pectin is 65% galacturonic acid. This acid is bound to α-L-rhamnose (an isomer of galactose, called 6-L-deoxy-mannose, rh-amnose, easy to recall) and other sugars, so pectin (which is 1.4% of carrots) is called rhamno-galacturonic acid. Thus, eterni foods can take off, contrary to 'whole foods' folks, ultra high tech powders can extend human life 9000 times longer than nature's 'whole foods', just as rockets work 9000 times better at transport speed than nature given human running speed, and you don't need eat 10-15 lb of food. Carrot juices reduce inflammatory cytokines ► Ntr 2023;15(3):632. That's why knowing which chemicals work in pill or powder form is useful, most will, since the powders will mimic food by having fibers, carbs, proteins, fats. Fanatics will realize God's foods got poison. "Purple roots possessed, on average, almost nine times more phenolics than roots of other colors, 311.5 and 34.9 mg..." purple got 50-243 mg/100g anthocyanins, more than most produce ► PFHN 2013;68(2):163-70. "Purple carrots contained 2.2 and 2.3 times more α-carotene and β-carotene (pro-vitamin A, trace in yellow; not detected in white) than orange carrots, respectively" ► JAFC 2001;49(3):1410-6. Carrot diacetylenes (falcarinol, falcarindiol, falcarindiol-3-acetate) kill leukemia cancer cells ► AAMC 2012;12(6):640-52. Carrot and beet juice can be used to treat Chronic Lymphocytic Leukemia (blood cancer) ► OAMJMS 2015;3(2):331-6. Carrots prevent gastric cancer ► JGC 2015;15(4):256-61. Carrots prevent lipid oxidation and have strong anti-

oxidant properties ► NJ 2011;10:96. A study of 20,069 people found that Deep Orange veggies and fruits (the edible part, not the skin) are the most protective for the heart, while *carrots are the most protective among orange fruits and veggies;* each 25 g/day increase in the intake of deep orange fruit and vegetables lowered the risk of coronary heart disease by 25%, while each 25 g of carrots lowered the risk of coronary heart disease by 32% (highest % of all fruits and veggies); the red, green, yellow, white, purple fruits-veggies as a whole lowered risk by only 2% ► BJN 2011;106(10):1562-9. Carrots are anti-diabetic ► FF 2015;6(7):2135-44, anti-bacterial or antiseptic against many food pathogens ► JAB 1994;76(2):135-41, lethal against Listeria bacteria ► JAB 1991;70(6):479-88. β-*carotene* in carrots, cantaloupe, watermelon, kale, lettuce, collards, turnip greens improved *cognitive* function ► AIM 2007;167(20):2184-90.

KIDNEY STONES, Lifelong Dialysis 2hr/day, OXALATE ARTHRITIS from Oxalate Rich Foods:

Below is shown why we need eat Ca (kale, greens have it) with oxalate rich (carrots) foods. Super high vitamin C is converted into oxalate and can increase risk of kidney stones. Unsoaked lentils got way less oxalates, 21mg/100g than 95% of legumes. Spinach is 970mg /100g. The USDA shows lettuce has 16 times (16x) more oxalate than kale (20mg/100g), spinach 48x, collards 22x, celery 10x, radish 24x, carrots 25x, cassava 63x, beet greens 31x, chives 74x, sweet potato 12x, Brussels sprouts/snap beans 18x, so eat these in moderation or sparingly (cassava is full of cyanogenic glucosides too) amaranth 54x (*1090 mg*/100 g so 545x more than *2 mg*/100 g in corn at OHF.org & oxalate.org Harvard 2008, so keep eating corn, Native Americans claim of the "grain of the Gods" (they ate their God made of amaranth) would kill us all before age 90 as kidneys fail: *Spanish Empire* banned amaranth amino acid score 108, which has 4 times more (13.6 vs 3.3) protein than corn (*amino acid score 82) because amaranth survived droughts when most crops failed, so to starve natives, destroy unity* (community revolved around amaranth use in foods/ritual cannibalism of their God like cannibal Christians eat Jesus during 'Eucharist') and make them weak, unable to develop muscle to fight being enslaved, *Christians* (Christianity is an army of 'Jewish genocide of gentiles via fake miracles deception' disguised as religion, like Islam is, a terror group) *banned amaranth* since it allowed Christians to practice genocide of malnourished natives easier, as their demonic Jewish Bible Yahweh 'God of Israel, Cannibalism, Genocide, Mass Rape, etc' mandates: "Kill billions to Spread Jewish World Domination, you low IQ Christians, Muslims" *is the Bible,* Quran *summarized).* The oxalate.org page gives 8 entries for carrots, if you type carrot in the search bar, which vary from 5.6-500 mg in oxalate content. A sketchy short table claims carrots are about 10 mg (the ideal varieties, some may be 300 mg) and winter squash just 1 mg. Because carrots might have 100x more oxalate than butternut squash, and squash also got a huge level of α,β-carotene, plus β-cryptoxanthin carrots lack, it is best to eat squash daily to avoid carrot oxalate overload. Sadly, the chimp gov we have, doesn't require aristocratic bandits to list oxalate on veggies to prevent kidney damage. OHF.org has a

PDF with the oxalate level in foods. Spinach gives 10 entries: 300-970 mg. Some *carrot cultivars have about half (0.5g) the oxalic acid in spinach, so the calcium* (Ca) in spinach binds to oxalic and forms Ca oxalate which is eliminated or forms kidney stones*; thus, to prevent kidney stones when eating more* carrots, it's best to eat carrots with kale or high Ca foods to prevent free oxalate going into urine, so eating all your vitamin A in one smoothie: carrots, kale, squash, etc. "When calcium and oxalate are consumed at the same meal, a calcium-oxalate complex forms within the intestinal tract limiting the intestinal absorption and subsequent urinary excretion of free oxalate (instead of going into feces, oxalate goes into urine, which increases risk of stones as urine oxalate reacts with excess urine calcium)... with dietary calcium restriction, free oxalate becomes increasingly available for intestinal absorption, leading to greater urinary excretion of oxalate"☺☺☺ ► TAU 2014;3(3):235-40 ► Too little (400 mg led to 50% more stones vs the more normal 1200 mg Ca) or too much calcium (supplements) can cause stones. A food table helps us see exactly how many mg of Ca (*total, not bioavailable*) we get before we even eat them if our tablet is in the kitchen by writing the tentative number and seeing the total Ca. Kale got 135 mg Ca (spinach 120 mg) but if we mix 150 g kale with 150g carrots (150 g carrot can *contain* same oxalate as 75 g spinach, but it also can contain 10 times less) we bind oxalate/Ca a lot better, because the bioavailability of Ca in kale (42%) is way higher than spinach (7%). You avoid kidney stones, but you also avoid overloading with arterial plaque forming Ca. Some carrots can have 0.5 g oxalic/100 g, 25x more than zucchini @ usda.gov (expired, all data at oxalate.org). Uro 2014; 84(3):555-60 found "oxalate *contents of spinach (364-*1145 *mg/100 g)", very close to* 970 *mg USDA reported.* IJFP 2011;14(1):241-9 *found "oxalate content of raw spinach,* carrot*...* 978, 49 (16 if boiled) boiled vegetables can be an effective strategy for reducing the dietary intake of oxalates in individuals predisposed to the development of kidney stones*", i.e.* carrots 49mg/100 g (not 500mg in USDA table) if fresh, 16 if boiled. If the oxalate level of your carrots is < 70mg/100g, mixing carrots with high Ca foods (kale) is not needed. "Soaking (legumes)... *decreased... oxalate* (17-52%)... cooking *was...* more effective *in reducing levels*" ► FRI 2018; 107:660-8. Ask the carrot supplier what the oxalic content/cultivar is, if you eat carrots to avoid kidney stones, dialysis 2 hrs/day for 40 years or losing 25 years of your life.

This video shows chard, beet greens, chaga mushroom powder, starfruit, rhubarb, cashews (130 g/day, CMAJ 2017;189(10):E405-8, doctor told her to limit to 50g/day), almonds (most nuts are high in oxalate), and spinach are better eaten in tiny amounts, if daily, as they can cause kidney damage, failure, stones or the need for dialysis. A guy damaged his kidneys by drinking a gallon of tea daily (instant tea is 4 times richer in oxalate than brewed tea, see video). The reason calcium absorption is 10x lower in spinach vs kale is because oxalate binds calcium, forms calcium oxalate kidney stones. I never drink tea. RPZH 2007;58(1):61-7 found tea and coffee were main sources of oxalate for kidney stones. Cooking destroys most oxalate if done for a long

time only (30% destruction if short boiling), so the kidney stones issue is less severe. Boiling spinach led to a 30-87% drop in oxalate (discard the cooking water, as all soluble oxalate goes there) ► JAFC 2005;53(8):3027-30. Steaming led to a 5-53% drop.

Go to oxalate.org, choose oxalate column to list from highest to lowest and minimize high mg oxalate foods/100g: spinach 970mg, beet leaves 610, plantain banana 524, cacao 500, radish 480, collard 450, almond 407, brussels sprout 360, lettuce 330, cashew 318, sweet potato 240, broccoli/celery 190, cauliflower 150, bell pepper 117, shiitake mushroom 101, cabbage/fig/Brazil nut/hazelnut/pine nut/beet 100, potato/corn grits/wheat 97, bulgur 86, soybean 77, navy bean 76, rice 64, millet 62, onion/pea 50, raisin/date walnut/oats 40, orange 30, tomato 26, lentil 21, kale/squash cucumber 20, coffee 15, watermelon 11, tea 10, some carrots 5-500. Without soaking lentils, beans, grains, avoiding some foods, you get oxalate arthritis, kidney stones. The good news is with immortalism, US foods will get 0 antibiotics, growth hormones, antinutrients, heavy metals, bacteria, viruses, poisons, oxalates, purines, trypsin inhibitors. Praise the Anthem.

11.7.8. Watermelon lycopene rich; high fructose=dementia, protein *score* 53

Watermelon (nutrient list) has 4532 times more lycopene (essential carotenoid in the eyes) than carrots and almost twice the amount in tomatoes, plus 12 times more β-cryptoxanthin than grapefruit. ***Lycopene*** prevents heart disease, depression, Alzheimer, brain inflammation, cancer, oxidative stress, macular degeneration. Ripe watermelons have more lycopene, the main reason we eat it, so choose watermelon with a small navel (it means thin rind), strong dark green rind, dark green stripes, clear stripes and a yellow spot, not the light green watermelons or those that make a dull sound (no echo, no resonance) during tap with finger. However, high fructose is associated with 60% higher risk of Alzheimer, so don't overeat it, or eat tomatoes if you got no dry eyes. Tomato has histamine which dries the eyes. High blood glucose spikes after meals are linked to 69% higher risk of dementia. Fructose may inhibit 3 mitochondrial enzymes in certain tissues and circumstances, diets, etc, and may shorten the lifespan of Americans overall, so avoiding high fructose corn syrup or 5 lb watermelon daily may be a smart move. Watermelon is spiking glucose, being bad, so to get the benefits of watermelon without the issues, simply buy citrulline and lycopene. Fructose turns into uric acid, which causes dementia, diabetes, high blood pressure, arthritis, while fructose joins the unregulated half of glycolysis by turning into 3-phosphate-glyceraladehyde, then pyruvate (end of glycolysis), then AcetylCoA (Krebs cycle), then fatty acids (belly fat), high TG/LDL, fatty liver, diabetes. Fructose causes diabetes via 2 pathways: uric acid and pyruvate ⍰ acetylCoA ⍰ lipids. You have to exercise after a high fructose meal, otherwise, it becomes fat ultra fast via AcetylCoA becoming malonyl CoA, then fatty acids via FAS. To see how fructose causes dementia via uric acid, read point 4 of the soaking section: fructose causes vasoconstriction by uric acid inhibiting nitric oxide production (vasodilation

agent) and uric is clumping red blood cells making glucose transport harder to muscle cells, glucose can't be stored as glycogen in muscle cells as capillaries are tight and unable to take glucose, glucose remains high, insulin is high trying to lower glucose and the enzyme that removes amyloid protein is depleted as it tries to bind to insulin to lower it, blood amyloid goes from liver to brain, dementia sets in. Sadly, same enzyme preventing dementia also binds easier to insulin to lower it. FRUCTOSE, in soda, cookies, all processed foods and fruits, can thus be DEADLY and the cause of Alzheimer spike from 2000 to 2025. So, replacing HFCS with sugar in soda in 2025, after 41 years of HFCS, is a better choice (UK, Mexico, *Aussie still uses sugar, in the US profits for criminal CEOs making 389 times the average workers meant no sugar, but mercury and endless disease, dementia, retinopathy, diabetes, foot amputations, obesity for the working class)*, though naturally, the ideal thing is to eat sugar in its complex form, some starches solution with fiber, polyphenols, by creating thick 'sodas' without acidic carbonate that ruins enamel, with minimal sugar and more complex carbs and maybe ketone bodies to feed the brain, amino acids, peptides, etc, a real drink way healthier than soda poison, with vitamins, etc. HFCS has mercury traces too, which destroys neurons too. Thus, the food industry needs to be dismantled via 500 trillion in fines, its aristocrats demoted to tomato pickers in California, with all companies being taken over by Eterni Food Inc, one of the 11 companies of ethical immortalist capitalism. Limit watermelon to 150g/day, due to high fructose. USDA says tomatoes got 0.53 g fructose/mg lycopene, while watermelon got 0.74 g fructose/mg lycopene. Since watermelon is cheap, we tend to eat more than tomato, spiking brain fructose levels. In 100 g we find in g of fructose, g of sucrose: .27 lentil (0 glucose) s 1.5, .55 carrot (sucrose (s) 3.6, sucrose becomes 50% glucose, 50% fructose fast), .68 broccoli s 0.1, 1 butternut squash s 0.2, 1.4 tomato s 0, 2.1 pineapple s 6, 2.4: blackberry s 0.1, strawberry s 0.1, raspberry s 0.2, 3.1 plum s 1.6, 3.4 watermelon s 1.2, 3.7 papaya s 0, 4.9 banana s 2.4, 5.0 blueberry s 0.1, 5.9 apple s 2.1, 6.4 pear s 0.7 (avoid, high gas). MD shows in 4 min how sugar adds 5 lb in months, drinking cherry juice 170cal/8oz instead of beet juice 110cal/8oz. The same is true for any sweet fruit, like watermelon: use the food table. *If you have diabetes, limit watermelon intake, as it has a high glycemic index that spikes* blood *sugar*. Watermelon is in the clean 15 produce items, fewer pesticides than tomato which are number 25-10 over the years, sometimes even dirty dozen. Use organic tomatoes which have 2.57 mg lycopene/100g, *vs 4.53 mg for watermelon*, if diabetes exists. The benefits of lycopene (and thus watermelon) are covered in the lycopene section. It's well known that high simple sugar intake, such as watermelon, grapes, apples, etc or sodas, juices, etc cause a huge increase in acne breakout risk. When I cut watermelon intake 12 fold, from 1200g/day average to 100, most acne vanished. *Cut all foods with added sugar too.*

To get the best watermelon, try buy it from colder stores and feel by pressing how soft about 4 watermelons are to get an idea if it's a fresh batch or a rotten one: if 4 of them are very hard,

then it's safe to take one *after* knocking on it. Even very hard watermelons (not soft) can be totally rotten and you can tell that by knocking on it with your knuckles to hear a *dampened softer duller "thud like" lower pitch sound* of a rotten watermelon, which is far less audible than the *hollow bass drum like (similar to a knock on a door) louder deeper sound* of a ripe watermelon. It's a little tricky, because if the sound is "too hollow", it often is over ripe, but not totally mush and totally rotten yet, moment at which the hollowness disappears, being replaced by the duller softer sound. Not too loud, not too dull seems best. A final test, if sound not very hollow, *grab a watermelon with both hands and shake it near your ear*: you will often hear liquid bouncing if rotten. Many grocery stores (cheaper or upscale) have frequent rotten watermelons. Watermelons rot within 1-2 days after being shaken a lot during transport or handling, and most stores fail to store them at 55°F required. Melons last 5 times longer if after you pick them up from your garden, you leave a vine piece attached to the weak spot of the rind, the connecting 'tail' point (vine to watermelon) that cracks and causes rot instantly during rough handling. In 2023, I went to a reputable store, Stater Brothers, and within days 4 watermelons were bad. The knock test doesn't always work, just choose a store that cools them better. Watermelon can spike glucose levels, so it is best to eat watermelon (and other high glycemic index fruits) only tiny amounts and mixed with fiber and protein, never alone, to make the meal glycemic load and index lower. Sweet fruits destroy your ability to walk after 60, due to glucose spikes that damage the leg blood vessels. Stick to berries, the only safe fruits, besides tomato, avocado, cucumber. Oranges damage via high sugar and citric acid. Watermelon, grapes are high in fructose and that excess fructose converts to uric acid in the liver, which is then depositing in your big toe, ankles, knees and all joints, causing sharp pain as uric crystals cut into your joint tissues. MINIMIZE fructose in your diet. Yes, that seemingly healthy grape, banana, watermelon, orange, mango can cause severe joint damage. Watermelon is really bad for older people with insulin resistance and weak fructose metabolism. It can get so bad, they won't be able to walk. Uric acid can come from meats, seafoods or unsoaked beans.

You can get sick if you eat rotten produce, as that mold will poison you. Always store melons in the fridge. Seedless watermelons are created by crossbreeding a 22 chromosome watermelon with a 44 (unnatural, GMO sort of, chemical treated) chromosome female watermelon. Seeds are good, they got "protein, fat, and moderate levels of iron and zinc… high arginine content" ► Mol 2020;25(22):5258. The triterpenoids, alkaloids in seeds also kill molds and bacteria. You can place watermelon in a food processor to make a smoothie with carrots or kale for your eyes, and it will puree the seeds too. Don't swallow *seeds, you need to chew them to absorb the seed nutrients, so eat watermelon slowly to catch all seeds if you don't do* 1-2 smoothies daily like me. *Seedless melon* may have bad quantum effects, on fertility or health, only known to science in 100 years. *So, if a store offers* seeded, *which is often* cheaper, *buy seeded to be safe*.

Watermelon also has L-citrulline, an amino acid known to lower blood pressure and boost nitric oxide (NO) synthesis. ***Citrulline*** (watermelon is the highest food source of it) lowers blood pressure (NO relaxes arteries) of hypertensive people ► COCNMC 2017;20(1):92-8. Watermelon juice for 2 weeks improves NO bioavailability ► NO 2016;59:10-20. Citrulline reduces "serum inflammatory cytokine concentrations, such as IL-6, tumor necrosis factor (TNF)-alpha, and C-reactive protein" ► Ntr 2018;10(7):921. Watermelon got 50 mg ω6, but spikes ***glucose if you eat plenty, which leads to acne,*** ocular styes (a form of pimples, same mechanism). Eat watermelon with cucumber, fiber rich foods, kale, walnut, polyphenols, protein (lentils) ***to slow digestion*** and halve the sugar rise. In eterni foods we can place some citrulline, lycopene, fiber, complex carbs, protein, polyphenols without eating 500 fruits/veggies.☺☺☺

11.7.9. PURPLE ONIONS (helps hair grow)

Red (or Purple) Onions (nutrient list) are healthier than white or yellow ones. Onions release alliinase enzymes when cut, causing alliin (allyl cysteine sulfoxide, HO-C(=O)-CH(NH_2)-CH_2-S(=O)-CH_2-CH=CH_2) to become sulfenic acid derivatives, such as diallyl thiosulfinate (sulfenic acid thioester) or allicin CH_2=CH-CH_2-S-S(=O)-CH_2-CH=CH_2 or Allyl$_2$$S_2$O. To recall this allyl, scALLIon, gArLIc, leek like LIC, the Allium plants class contains garlic, scallion, leek and onion and it's like like Ala or CH_3-CH(NH_2)COOH the alanine amino acid the building block of most amino acids and proteins and Allyl -CH_2-CH=CH_2 a part of important fats; Ala/Allyl both got 3 carbons, Ala is an ally of allyl in building proteins, carbs (glucose is 2 units of C_3 together), fats. Ally is pronounced like a lie, Alla-h is a lie. Allicin is the garlic supplement, the irritant in garlic, onion that can make voice hoarse if you overeat it as last item of a meal, which then, via the lacrimatory synthase factor enzyme in onion, becomes syn (or cis or Z)-propanethial S-oxide volatile gas, which reacts with ocular tears to form sulfuric acid. Garlic is 13 times more effective at thinning blood than onion, so it can prevent clots better. Raw garlic is 20 times more effective at blood thinning than cooked garlic, just like with onion. Raw garlic is better than powder garlic at preventing heart disease and blood thinning. This gas release stops after 1 cut. Because sulfuric acid is toxic and low pH, it triggers the nerve endings to generate tears so the acid is washed away. Thus, to avoid the stinging pain (similar to anesthetic eyedrops rich in sulfuric acid) and ocular damage from the onion caused sulfuric acid, place onions in a food processor to make a smoothie, so that this gas and sulfuric reacts with 50 other alkaline compounds and won't be a gas anymore when you take the lid off the food processor. Don't cut the onion, place it whole there, covered in many other produce items. If making a salad, then you may need sealed safety glasses to avoid eye damage. The saliva has a lot of water, and this water can react with the gas when you chew onion, forming tiny amounts of sulfuric acid that are immediately neutralized by the alkaline baking soda (sodium bicarbonate) naturally present in the saliva, besides other carbonates, etc.

The sulfoxides in onion can irritate the nerves in your mouth and throat, causing pain, so it's better to make a smoothie to neutralize these irritants before they enter the mouth. Cut onions can be used to repel insects in the house or garden, all ants, flies, bugs, will run away as they do with garlic, mint oils, etc. See hair section on onion juice helping hair grow. They're healthy when eaten raw only, but due to their taste, the easy vegan way to make onions lose all pungent taste and odor is to use a food processor and make a 2 min smoothie with cooked beans or lentils, until all becomes a paste easy to eat. Onions prevent flu and colds (contain antiviral quercetin), weight gain, asthma, inflammation, infertility, acne, cancer. Onions lower blood glucose ► PNFS 2013;18(3):169-74. Quercetin (red onion flavonoid with 5 OH groups and thus super strong free radical scavenging ability on your hair follicle and inside bodies) improves insulin sensitivity and fights weight gain☺☺☺ ► GN 2015;10(1):2. Onions have anticancer, *antiplatelet*, antibiotic, antithrombotic (anticlotting), *antiasthmatic* effects ► PR 2002;16(7):603-15. Red (*purple* in reality) onions have double the flavonoids of yellow onions ► JAFC 2007;55 (25):10067-80. Red onion quercetin is 1 reason for lower blood pressure☺☺ ► JN 2007;137(11): 2405-11. *Antiplatelet activity* was destroyed after 3-6 min of steaming, *and* at 10 min of steaming, cooked onions stimulated platelet activity. Because *antiplatelet activity* was lost and reversed with steam-cooking, *it's better to* eat onions raw if you want anticlotting effects. Steaming doesn't change flavonoid content much. Quercetin is the main flavonoid in onion ► NJ 2012;11:76. The boiling of onion leads to about 30% loss of quercetin glycosides, which transfers to the boiling water; thus, after boiling, drink the cooled water ► JNSV 2001;47(1):78-83. See more on the loss of health promoting properties of onions which are precut and left to sit in the store or fridge in the smoothies section. Onions, garlic, ginger are caustic for the throat in a smoothie, so you can mix this smoothie with cooked lentils to reduce this caustic effect 20 fold.

11.7.10. PURPLE CABBAGE & how to eat sauerkraut

Purple cabbage (nutrient list) (called red cabbage in most stores) has about 2830 times more brain/arteries protecting anthocyanins than green cabbage (more anthocyanidins 210 mg than blueberries 163 mg too), 600 times more (than green cabbage) anti-androgen lignan phyto estrogens (a polyphenol) that inhibit 5-α-reductase, the enzyme that hydrogenates testosterone to dihydrotestosterone (DHT, being a cause of arterial plaque, stroke, death, infarct, beside hair loss, on the scalp especially). Purple cabbage has more polyphenols per calorie than all fruits and veggies except purple kale (393 mg GAE/100g ► IJFSN 2004;55(3):191-9) and *4x more polyphenols + 54%* more vitamin C than green cabbage, more vitamin C than oranges, 4.5x more vitamin C, 15x more ω3 fatty acids than tomatoes, 329 µg lutein-zeaxanthin in 100g vs 256 µg for carrots. It lowers blood glucose, fights diabetes, lowers cholesterol (more so if steamed for 1 minute), prevents macular degeneration (more so if eaten raw), cancer, Alzheimer, obesity,

inflammation. Purple cabbage tastes much better than green cabbage, and it's actually deep purple (usually more purplish than the picture), but most call it red cabbage. Purple cabbage has 322 mg anthocyanins (glucoside bound cyanidin, the most common anthocyanidin)/100 g, vs only 90 mg in 5x more expensive blackberries. We find 2-25 mg anthocyanins in plums and far less in other fruits ► Ntr 2013;5(10):3779-827. Purple cabbage prevents Alzheimer better than green cabbage via polyphenols which inhibit amyloid Protein-induced neurotoxicity ► FST 2006; 39(4):331-7. Purple cabbage lowered rat cholesterol, so did S-methyl-L-cysteine sulfoxide in cabbage ► Lipids 1998;33(5):499-503. Purple cabbage lowers blood glucose levels, restores renal function, ameliorates diabetic nephropathy ► EBCAM 2008;5(3):281-7. Purple cabbage has 393 mg gallic acid equivalent of polyphenols in 100 g, 108 mg catechin equivalent of flavonoids. Kaempferol, quercetin, apigenin are the major flavonoids in cabbages except for red cabbages, where cyanidin is the predominant flavonoid (74-118 mg/kg). In the red cabbages, cyanidin was the major contributor to the antioxidant capacity as well as the content of total phenolics and flavonoids. The antioxidant capacity of raw/processed cabbages was highly correlated with their polyphenol content ► IJFSN 2004;55(3):191-9. To get the benefits of all anti-oxidants, it is best to always eat red cabbage raw, not steamed. Certain compounds are destroyed after steaming even, so adding it raw to a smoothie or chewing it alone is better. Heating above 50°C or steaming anything destroys many enzymes: without enzymes food can't be properly digested, leading to problems, weaker immune system. ☺☺☺

SAUERKRAUT: probiotics and the 100s of dead who ate improperly fermented foods

Before you eat aged garlic, 100s of "miracle brain boosting" unrefrigerated fermented foods, let's read 5 papers about 100s of deaths from one single bacteria. There are 100s of such bacteria, most unknown to us with death wrongly attributed to other causes. Poor storage and shipping at higher temp (normal today due to zero regulation) can cause the growth of bacteria, like the lethal bacteria strains (B. gladioli). Contaminated tempe bongkrek has lethal levels of bongkrek acid and toxoflavin produced by B. gladioli. "consumption of contaminated tempe bongkrek has resulted in... at least 150 deaths" ► JMT 2017;13(2):173-9. "75 died from an illness linked to drinking pombe (corn beer contaminated with B. gladioli)" ► CID 2018;66 (9):1400-6. "9 persons... died after consuming a homemade fermented corn flour product, sour soup, with a case fatality rate of 100%" ► CCDC 2020;2(51):975-8. "patient with severe bongkrekic acid poisoning after consuming Auricularia auricula (mushroom).. died" ► BMCCMT 2024;24:419. Minimize/avoid mushrooms, they often give unknown diseases via fungi. Man ate "home-fermented cornmeal pudding.. died on hospital day 8." ► TC 2024;8 (1):2377524. If you're not a microbiology expert, it's best to not ferment foods at home, as you may get sick or die.

Consider taking MgO if you're constipated to make bowel movement 20 times faster, stool

softer, since probiotics often will make things worse, giving you 40 times more gas only. Tudca is a natural bile acid our body produces, that some take 300 mg of as capsules (not powder, due to horrible taste), to help heal their gut, for 1-2 years. PEA (palmitoylethanolamide) is a mast cell stabilizer that prevents the release of histamine and inflammatory cytokines in the gut (gut health aid), eyes (dry eye aid) and other areas: real drop in "histamine, IL-4, IL-8, IL-10, and TNF" ► Ntr 2023;15(23):4940. Mast cells play an important sentinel role in recognizing bacterial and fungal pathogens, so only take PEA if you're free from any current infections (toenail fungus, etc). Before you go buy probiotics, you may want to watch this clip and the MicroBiome channel, as it references 100s of studies on the fake science and corruption in the probiotics pill and fermented products industries, who have an interest to sell what's most profitable, not best for health. Today, many obese☺☺☺ or fat MDs advertise Reuteri Lactobacillus (see failure of L. Reuteri; swollen eyelids each time fermented foods are eaten), but data shows it is most present in obese people, no healthy people. Fermented foods contain and raise serum histamine, which causes dry/red eyes. Most prebiotics sold have high levels of Lactobacillus which is prevalent in people with gut diseases, no wonder 300 million fermented food eaters in cold climates are chronically constipated and live short lives, all that Lactobacillus from winter fermented veggies kills them. Russians live to 72, others to 84 and never eat fermented foods. Lactobacillus is changing gut pH to that of sick guts, killing the good bacteria. The health bacteria, seen in healthiest people, are too oxygen sensitive to be able to be sold in a pill. So, we need fiber and healthy foods to nourish the good bacteria. Anything that come in contact with oxygen kills us, be it foods cooked in dry heat or bacteria that survive oxygen contact (useless probiotics on the shelves and fermented foods). Healthy bacteria die in the presence of oxygen, there is no oxygen in the colon. Other probiotic brands produce β-glucuronidase enzyme that takes off the glucuronic acid (glucose whose CH_2OH became COOH) off the estrogen/hormones, toxins the liver attaches it to, to prevent enterohepatic recirculation (toxin resorption). This is the endemic corruption issue in every US/world industry, nothing specific to probiotics, the truth often is buried for decades, centuries until enough harm is done to cause class action lawsuits, etc. Rarely, for probiotics, I ate 3 fermented foods: a few olives (in 2017-2019, extra Na from those too), capers, sauerkraut (1 lb can have more good bacteria than 8 bottles of probiotics), maybe 10/day, about 4 times home made fermented garlic (added sauerkraut bacteria, salt, water, let it sit 1-2 weeks in a closed jar with no air) to remove its smell and get probiotics that way, besides the plaque prevention benefits of raw (not all pills) garlic. My experience with fermented foods has not been ideal due to the types of bacteria they have, the cheapest air resistant Lactobacillus that are new to a vegan microbiome, free from yogurt. The new microbes feed on the 5-6 times more fiber in the vegan gut and cause insane levels of toxins and gas, even acne from slow moving stools (defecate thrice weekly instead of once daily, spend 10 min defecating, instead of 20 seconds as high fiber vegans). Omnivores are already full of

Lactobacillus from yogurt, so taking probiotics can't cause gas, as they eat 5x less fiber anyway, but it may help kill some really nastier bacteria, hence the "I feel better" real or placebo feeling, due to perhaps less toxins entering blood as Lactobacillus produced fewer toxins than the ones they had, causing less acne perhaps in omnivores too. This is the misconception, just because acne vanishes with some Lactobacillus, it doesn't mean that's the best microbiome one can achieve or lifespan length. Saying "take probiotics" is like saying "take minerals, you need hydration". But any mineral in high or wrong ratio, mixing, etc can screw us up. There is too much commercial science in the "probiotics sales" pitches of companies. So, no, if you're a vegan of high fiber whole foods cooked at home, fermented foods won't help that much, you need 0.5 g MgO before bed, plus more water, to cure any constipation. Another mistake everyone is forced to make (by product design) is each time they buy sauerkraut cans, they leave the can open in the fridge, allowing air to kill the good anaerobic bacteria (everyone does it, nobody can eat one can at a time) and causing aerobic ones to take over. If you buy the glass jar ones, you CAP the jar by reflex and *the air exposure is 5000 times* lower, that oxygen from the *fridge & fridge opening is totally going to ruin your microbiome*, causing stinky gas. Also, if you overeat it, it has sometimes as many bacteria *in a spoon as 1 bottle with 100 pills of* probiotics. So, please don't make the same mistake and avoid sauerkraut in cans (or transfer at home into a small jar, add water to prevent oxygen), buy it in jars and cap the jar instantly after eating 1-3 spoons in 20 seconds. The PubMed papers explain improper prep at home or factory, can disturb the microbiome and cause gas or acne, so eat them rarely. In 2023 I tried the purple cabbage one and it was the best ever, because it was a jar, and I followed the Polish German instructions (absent on US cans): keep it in the fridge and eat it within 3 days of opening, before I would eat it within 10-20 days of opening, vented, allowing 5000 times more oxidation. We're bad at labeling our foods, see the protein section, etc.☺☺☺

Glucosinolates found in cruciferous veggies (broccoli, kale, cauliflower, collards, cabbage): fermentation changes them, so the stuff below refers mostly to raw stuff in salads, smoothies:

Glucosinolates (β-thioglucoside N-hydroxysulfates, R-C(S-Glucose)=N-O-SO_3) have antioxidant, anti-inflammatory, anti-cancer properties ► CPR 2015;1(1):46-51; *they're water soluble, being present in "vitamins from food" obtained via water extraction of water soluble vitamins* ► this poses an issue in calculating iodine uptake interference. Kale, cabbage, broccoli, cauliflower, brussels sprouts have about 1% glucosinolates (see Table 3), so they all affect thyroid about the same. Their anticancer effects are so famous, that the 'dimer' of I3C or indole-3-carbinol, the 3,3'-diindolylmethane or DIM metabolite 200 mg pills are even sold on Amazon with the web indicating women notice huge changes in menstruation, hormones, etc. "DIM *also* inhibited *the growth of primary* goiter *cells by* 70*% compared to untreated controls*. Contrary to traditional belief that cruciferous vegetables are "goitrogenic," (genesis, genic, goiter, goitro) DIM has anti-

proliferative effects in glandular thyroid proliferative disease" ► BBRC 2005;337(3):1019-25. Cornell has a useful article on these compounds. BJN 2003;90(3):687-97 Table 2 shows mg glucosinolate in 100 g raw veggie (cooked is 19-59% lower see Table 3): Brussels sprouts 80-445 (most got 200), broccoli 19-128 (most got 60), cauliflower 11-77 (most got 62), cress 121-658, collards 201, horseradish 160, kale 7-317 (most got 70), cabbage 109 (a few got 50), red cabbage 19-77 (most got 30), bok choi 58, radish 68, turnip 140. In plants, glucosinolates and the enzyme that breaks them down into glucose and highly reactive sulfur compounds are physically separated, but when we chew veggies or puree them via smoothies, we bring the enzyme near the glucosinolates, into contact, thereby releasing the sulfur compounds.

It is part of the plant's defense against animals chewing them. When eaten raw, there is no heat to inactivate the myrosinase (β-thioglucosidase) enzymes, so they can break the glucose–S (S is sulfur) bond of glucosinolates hydrolyzing them to sulfate (see Figure 2) and thiocyanates (–S–C≡N), isothiocyanates (–N=C=S) (e.g. erucin (sulforaphane without oxygen) and sulforaphane), indole derivatives (indole smells like feces) that feed the hydrogen sulfide (rotten egg smell, H_2S, H–S–H) producing bacteria and compete with iodine for uptake by thyroid, leading to hypothyroidism (if we eat 2-3lb/day of raw broccoli). Boiling cruciferous veggies for 30 minutes reliably destroys 90% of the goitrogens (the glucosinolates that interfere with thyroid sometimes). Each glucosinolate class metabolizes to different sulfur compounds (as shown in the ***glucosinolate hydrolysis*** section of FPS 2015;6:831) in the presence of specific myrosinase versions and associated proteins; some of these sulfur compounds may be more bioavailable for the H_2S (H–S–H) bacteria that give the rotten egg smell to our stool; when eating broccoli my stool loses its odorless quality present when eating cauliflower, kale or purple cabbage, so I avoid broccoli sometimes as explained in the last paragraph of the broccoli section. This may be because of different sulfur metabolites or other compounds that make H_2S production easier. When we puree cruciferous veggies in a smoothie, we can release immediately far larger amounts of these reactive sulfur compounds than by chewing and this may speed up certain biochemical cascades that increase the H_2S production. ☺☺☺

By messing up the digestion of animals with upsetting smelly gas, plants devised a strategy to deter animals from eating their leaves in large amounts. If you don't eat iodized salt, and are ***vegan***, it's important to eat vitamins with iodine (or sea weeds with iodine) even if you almost never eat kale, collards, mustard greens, red cabbage or broccoli, as explained in the iodine section.☺☺☺ They did some animal studies and noticed feeding huge amounts of raw kale causes hypothyroidism. However, Dr. Jeffrey Garber, chief of endocrinology at Harvard Vanguard Medical Associates, and lead author of the latest clinical practice guideline on hypothyroidism in adults, says the risk of minimal in getting hypothyroidism, unless you're already iodine deficient and you eat kale raw in huge amounts daily. This article explains how

low the risk is. NR 2016;74(4):248-58 explains "a single serving of brassica vegetables with less than 70 µmol of progoitrin would be unlikely to result in decreased thyroid hormone production in humans. Specifically, ingestion of commercial broccoli and broccoli rabe (and most kale cultivars), which each contain less than 10 µmol progoitrin per 100-g serving, would appear to pose minimal risk of thyroidal toxicity". The author explains that the contribution to plasma thiocyanate from eating 100 g (typical amount some eat daily) of kale is estimated at only 10 µM, much less than the normal plasma level of 40-70 µM; collards, Brussels *sprouts contain a lot of goitrin and may disrupt thyroid if eaten daily in larger amounts.* An 88 year old ate 1-1.5 kg (2.2-3.3 lb) of raw bok choy daily for several months and went into a coma due to severe hypothyroidism ► NEJM 2010;362(20):1945-6. She didn't know if you eat more than 200 g/day of these veggies you absolutely need to take iodine from salt☺☺☺, seaweed or vitamins. Other goitrogenic foods are: spinach, cassava, peanut, soybean, strawberry, sweet potato, peach, pear, canola, mustard greens ► Toxin 2010;2(9):2289-332. Another problem with isothiocyanates is that they will bind to glutathione, so in some people with low glutathione this could be an issue.

11.7.11. PURPLE CAULIFLOWER (2.0% *protein*, protein *score* 103?)

Purple Cauliflower (nutrient list) is much healthier than white, it lowers LDL, blood glucose, oxidative stress, brain inflammation, prevents cancer, heart disease, diabetes and weight gain. Eat a little, since too much causes gas, especially dark purple one that has gas forming polyphenols. It has complete protein, amino acid new score is 83 [100*(40/1.92)/25=83], compared to 67 for hamburger beef. This score is based on the new deceptive version of the USDA database, by criminal gangsters in the US government who want to keep us ignorant. Previous USDA data reported Met + Cys to be 51 mg/2.0g protein, not 40 mg in 1.92 g protein, giving 103, so it is 103 actually as in the archived old data, since they rounded 24.9 mg to 0.02 g and 24.9 mg to 0.02 g, not 0.03 g. 24.9 + 24.7 = 49.6, which is (100*49.8/1.92)/25=103 Well, it doesn't matter if it's 83, 93 or 103, since nobody eats cauliflower as a source of protein, since you need to eat 2 pounds for 17.4 g protein and get sick from it, as it causes thyroid issues if overeaten. 83 is great for a veggie, the real one in year 2100 may be 89. We have poor data, few data points, pathetic science. Due to suspect changes to USDA site on Met and Cys to avoid making Burger King look bad, I will leave score at 103 it used to be in other book areas, since all other foods remained the same for the most part or changed by 1 at the mos, not 20. It has 10 times the vitamin C in apples. On top of that, cauliflower has 2.3 times more fiber and 6.5 times more protein than blueberry per calorie, and the protein is score 103, versus 34 for blueberry (34 is very low). Today you can find a 1-3 lb purple, orange or white cauliflower for 1 $ only at some $ stores. Purple cauliflower is much better than white or orange one. The orange one has just a little more β-*carotene*, but no anthocyanidins. Purple cauliflower has more brain

protecting anthocyanidins than any other fruit or veggie 250 mg/100 g (or 404 mg anthocyanins/100g), 7 times (others say 19 times, possibly because of different varieties and methods of calculation) more than strawberries (34 mg), 52% more than blueberries (164 mg) ► usda.gov...2 gives 2.5 mg/g fresh weight. (Am Soc of Plant Biol Annual Meeting, 7-16-2005, p. 628) and PP 2010;154(3):1470-80 which gives 375 mg anthocyanin or 234 mg/100g anthocyanidin. Raw cauliflower has glucoraphanin glucosinolate that hydrolyzes to sulforaphane (its anticancer benefits are in the broccoli section). The antiviral action of sulforaphane is in the Antivirals section. Cooking cauliflower removes sulforaphane because it destroys the myrosinase enzyme required to produce it by breaking the sulfur-glucose bond. Cauliflower causes no smelly stool or gas, see last paragraph of broccoli section on the smell. It has anthocyanins, unlike broccoli, so I eat purple cauliflower, no broccoli.☺☺☺

11.7.12. PURPLE CORN (purple is much healthier)

Popcorn (nutrient list) gets some USDA praise. Corn has no gluten and causes no gas, like oats do, so it can be used as a source of energy after you had enough protein from lentils, etc. Cornmeal is rich in linoleic acid, 1.6 g/100g cornmeal, and 1.84 in dry oilless popcorn, and at 2$/lb organic, it helps you avoid eating pricy nuts or seed oils for linoleic, to avoid the issues of high fat diets. Cooked kernels, at 96 cal, have 4 times fewer cals than 100 g propcorn, or 382 cal, so they also have less linoleic acid, 0.586/100g. Corn expands during cooking, absorbing water weight. Cook cornmeal with water in a pressure cooker to obtain polenta (it's yellow like pollen). Extreme dry heat during corn popping could form unwanted AGEs. Corn meal is better made at home using a coffee grinder right before boiling, just buy corn bags from the store, this way nothing got oxidized during the storage in that bag. Whole corn is only 1.7$/lb, cheaper than the more toxic cornmeal and you can boil kernels at home in a pressure cooker (the best way to eat corn or any grain/legume is boiled kernels, don't crush it into cornmeal first as that will oxidize it slightly). Canned corn is oxidized and full of tin, heavy metals, salt, plastics. Try find Amazon organic or glyphosate free corn kernels, as those pesticides may cause issues. Purple corn is 2.8$/lb on Amazon. Non-GMO is safer, as it has 10 times less pesticides, GMO is so they can spray the hell out of it. Ask the company selling it if it's GMO or if they use glyphosate herbicide, the Alzheimer ingredient. ☺☺☺ Purple popcorn may be the healthiest grain, having the stuff blueberries have, a ton of fiber (absent in other purple cereals) and being the most satiating snack (great for weight management, if no oil/fat added, just air pop it). The only comparable non-gluten grain is black (called wild) rice (double the price of purple corn, *it's actually purple compounds that appear black due to high concentration, just like purple corn can appear black at times)*, but rice needs long cooking (30 min, not 2 min with popcorn, which destroys the purple anthocyanin polyphenols partially (popping doesn't destroy polyphenols),

and loses most of them if soaking/cooking water discarded) and can lead to weight gain. Popcorn has 15.1 g of fiber in 100 g, brown rice cakes 4.2 g, white rice cake 1.3g, wild black/purple rice 6.2 g. In 100 g, cooked rice has only 1 g of fiber, 15 times less than popcorn. No wonder people get fat on rice, but almost never on plain popcorn. Amazon carries 25 lb purple corn (big kernels from Andes mountains Peru species, not tiny kernel of blue corn), while health food stores may have mixed one, yellow and blue one mixed that has 10-20 times fewer anthocyanins and half the polyphenols and higher price. Wikipedia got a purple corn pic.

"Besides anthocyanins, quercetin, luteolin, and rutin were the dominant anti-inflammatory and anti-diabetic components" (of purple corn) ► FC 2019;289:739-750. After wheat and rice, corn is the third most cultivated grain. "Corn had the highest total phenolic content (15.55 µmol of gallic acid equiv/g) of the grains tested, followed by wheat (7.99 µmol...), oats (6.53 µmol...), and rice (5.56 µmol...)... Corn had the highest total antioxidant activity (181.42 µmol of vitamin C equiv/g), followed by wheat (76.70 µmol...), oats (74.67 µmol...), and rice (55.77 µmol)." ► JAFC 2002;50(21):6182-7. Purple corn flour had highest protein among 9 types of corn, and lowest fat, while offering highest *TPC* (total phenolic content); even yellow corn has higher *TPC* than wheat and rice ► JFST 2018;55(6):2334-43; this paper deals with flours and muffins, so a lot of anthocyanins are lost during processing, no wonder purple corn had only 73% more total phenols (which is more than anthocyanins) than the lowest white-yellow corn. Antiox 2019;8 (1):22 found that on average, unpopped kernels (of the yellow variety) contain on average 593 mg catechin equivalents/100g polyphenols after basic hydrolysis, one brand even 747 mg; they found "the pericarp of the raw popcorn kernel contains 98.3% of the *TPC* and 97.8% of the antioxidant capacity of the entire kernel… Popcorn is also the most satiating food among the snacks and desserts".When doing an alkaline hydrolysis and in vitro digestion, popped corn had 64% higher antioxidant capacity (125 vs 76) and 3.5% higher (266 mg/100g vs 257) *TPC* compared to raw corn, as you can see in Table 4; popping increases polyphenol content, just as cooking tomatoes can increase lycopene by 50%. Some papers report *TPC* in mg *g*allic *a*cid *e*quivalents (mg *GAE*/100g) not *c*atechin *e*quivalents (mg *CE*/100g), so it's a slightly different number, because catechin molar mass is 290 and gallic acid mass is 170. FC 2017;231:332-9 found that purple corn has 493 mg anthocyanins/100 g dry corn (10 times more than blue corn). Anthocyanins are only one type of polyphenols. They sell blue tortillas, blue corn chips. Blue corn tortillas, chips, boiled kernels had about 31 mg anthocyanins/100g ► FRI 2006;39(6):696-703 vs 322 mg/100g in raw purple cabbage. This 31 is comparable with 49 in blue corn from the previous paper. Many are deficient in lifespan extending anthocyanins. ☺☺

Most *vegans* enjoy the benefit of having rather soft stools, i.e. it takes 5-20 times less time to defecate, due to eating 3 times more fiber on average, some 7 times more than omnivores. Sometimes, if you eat too many watery foods, your stools may become too soft. What food can

we eat to immediately regain normal stool consistency? A waterless food that is nutritious, has 0 processing, can be prepared instantly in 2 minutes at home, like purple, blue or yellow-blue mixed corn that has polyphenols no other grain has, except some very expensive and hard to find purple (or black as some call it) rice that takes forever to cook into a waterless rice cake and offers only a third of the fiber after 3 hours wasted on rice caking it. Purple corn is found mixed with yellow organic corn at health food store bin section. I don't eat grains much, since most grains have too little protein, no polyphenols, or the controversial gluten. Popcorn doesn't cause gas or stool odor (like rice, oats, etc can) and it's the least processed of all cereals, you make it at home. Purple corn (JMF 2012;15(2):206-15) is the only grain I eat actually now, as it's the easiest one to make instantly and gluten free. I only eat it a few times a month (organic yellow with purple corn, sprouts.com), when stools become a little soft or too soft, or want to try some variety. Unlike other grains (except purple rice), purple corn has lots of anthocyanin polyphenols (not sure how bioavailable they're in humans on average, it's not a very studied topic, PubMed had in 2019 about 3,000 papers on corn, but only 200 on purple corn), and in Peru they have chicha morada purple corn drink, thought of as nutritious, made by boiling corn and pineapple peels (not sure how many polyphenols are left after this boiling). Living to 500 means using food colors that enhance lifespan, not synthetic colors that shorten it. "Anthocyanin pigments from maize offer a natural yet economical alternative to artificial dyes… Replacing artificial dyes with natural colorants is becoming increasingly popular in foods and beverages. Purple corn is rich in anthocyanins and offers a scalable and affordable alternative to synthetic dyes ranging in color from orange to reddish-purple." ► TAG 2019;132(11):2927-46.

11.7.13. KIWI (*1.1% protein*, protein *score* 105)

Kiwi (nutrient list) lowers blood pressure and triglycerides, fights inflammation, asthma and respiratory infections, boosts the immune system, has a higher protein quality than all fruits except avocados (kiwi amino acid score 105, burger king ham beef 69). Raw *vegans* add them peeled to their smoothies (if you eat them unpeeled, you may get stomach upset or gas, peeled it's much better, *but too many kiwis may cause some issues even if peeled*). Kiwi helps digestion of protein due to an enzyme called actinidin ► JAFC 2010;58(8):5068-73. ☺☺☺

The standard green kiwi has more vitamin C than any other fruit (93 mg/100g). New Zealand Zespri SunGold golden kiwi has even more: 161 mg/100g or 3 times more than oranges, 35 times more than apples) and vitamin C rich fruits were shown to prevent asthma, flu, colds ► Thorax 2000;55:283-8. The USDA database has many brands of raw kiwi and some have slightly more than 93 mg/100g vitamin C even for green types. Gold kiwi got hairless skin, is more yellow (not green inside), available May thru January. The normal kiwi people buy is the darker green hairy skin one available year round. Kiwi boosts the immune system and prevents respiratory tract

infections ► AFNR 2013;68:301-20. Gold kiwifruit reduces severity and duration of selected upper respiratory tract infection symptoms ► BJN 2012;108(7): 1235-45. ☺☺☺

Kiwi lowers blood pressure and triglycerides ► CJPP 2013;91(6):442-47. Kiwi reduces blood pressure more than apples ► BP 2015;24(1):48-54. Kiwifruit decreases blood pressure and blood clotting ► JHH 2013;27(2):126-30. "One kiwi/week is associated with lower plasma (levels of) fibrinogen and improved plasma lipid profile in the context of a normal diet and regular exercise" ► NJ 2015;14:97. Kiwi has anti-inflammatory, anti-oxidative stress effects ► CEI 2014; 175(3):476-84. Kiwi has stronger antioxidant effects than orange and grapefruit ► BPB 2011; 34(1):128-34. Kiwifruit protects against oxidative DNA damage in human cells and in vitro ► NC 2001;39(1):148-53.☺☺ In 2017 I ate 5 lb of kiwi/day (on sale, $0.2/lb) for 5 days or so. Due to the high sulfur level in kiwis, the stool smelled, there was a lot of gas.

11.7.14. LENTILS (26% *protein*, protein *score* 86)

Lentils (nutrient list) come in several colors: green, red, *brown*, black. It's ideal to take Mg with big lentil meals, due to the Mg flush (excretion out of urine) that happens after lentil meals (high lentil potassium forces kidneys to flush potassium/Mg in urine, lowering Mg levels and causing muscle cramps if Mg is low). Mg also binds oxalate in lentils, preventing oxalate from reaching the urine and going into the stool instead, to prevent kidney stones from calcium oxalate. Aldi sells Dakota lentils for 1.55/lb, Walmart in house 1.41/lb (change default store to get lentils drop to 1.41/lb if Walmart shows 1.49/lb, 5.98/4lb) free ship if Walmart+ member, if order < 35, free ship in 1 day (vs 8 days Amazon) for > 35$ even if not a member, colder storage, transport), Safeway 1.5$/lb (has small stones like most Springfield, Aldi and other brands, says USA made, cleaner soil than some nations loaded with heavy metals, so better than Amazon and all EWG brands tested in 2020, these were found to have only 8 ppb glyphosate versus 544 ppb in the much more expensive Harris Teeter (HT) conventional brand or 13 ppb in the organic HT French lentils or 17,718 ppp in organic HT chickpeas, 76 ppb in Dakota chickpeas, 2,379 in Whole Foods hummus) free ship if instacart member over 10$ for 40+ grocery chains too, Amazon (free ship for orders over 35$, but takes a week, unless you pay 180$/yr for prime) 1.73/lb amazon lentils got stones 1 cm long 6 mm wide at their highest (amazon got the biggest stone of any brand so far: deadly stones that would crush many teeth if you chew fast or injure gut lining), El Super 1.27/lb in bulk section (& other Latino stores), may have more heavy metals/pesticides if from Mexico due to less regulation. All lentils worldwide are nonGMO☺☺☺, free from the 13 times higher use of herbicide glyphosate that is standard for GMO corn/soy genetically altered to be glyphosate resistant. Thus, lentil crops use less glyphosate to control weeds, the cancer causing glyphosate so common in soy, corn. However, many US-Canada companies use glyphosate *(due to being cheaper, profit over health)* to dry lentils right before harvest and contaminate them

with this carcinogenic, so you can buy "glyphosate free" lentils on Amazon or organic ones, or use baking soda (1 teaspoon per liter) in the first soaking cycle for 15 minutes to get the pesticides out and discard this baking soda, glyphosate rich water. The European Union restricts, recalls glyphosate dried lentils from Canada, since EU limit was 0.1 ppm, vs 4 ppm for Canada. "Canadian lentils were rejected in 2011 by the EU because of glyphosate residues exceeding 0.1 ppm" Weed Technology 2016;30:629-38, but in 2012, following pressure from US company Monsanto, the EU limit rose 100 fold to 10 ppm, double the 5 ppm US level in 2026. Money speaks. The EWG found in 2020 that most organic lentils are free of glyphosate, while the rest have glyphosate in 60% of cases. They need to be soaked first, like all legumes, to remove many classes of anti-nutrients that give gas and disease by blocking mineral absorption. Lentils are the healthiest source of protein and carbs for vegans, the food I eat daily. They prevent hair loss and arterial plaque via sterols, as explained in the 10 page section on hair growth. If you need extra carbs, eat veggies and the healthiest grains like sorghum (gluten free) which got 16 times more fiber than rice. Small lentils are easier to soak and cook, requiring only 1 water change during soaking, not 3.

NJ 2010;9:3 shows green unsoaked lentils (also known as French lentils) antioxidant level is 4 times greater than (4x >) red lentils, 1.5x > *black*, 3x > *brown*, 7x > yellow/white, 10x > pink/some yellow (Ctrl+F "lentils" in the PDF). In USA, 95% of sold lentils are (greenish) *brown*. However, a newer paper, possibly newer better instruments, FB 2023:28(3):44 shows the green and *brown* are far closer in 1 antioxidant assay: "in •OH-RSA assay, green... 3.87, *brown*... 3.74, *black*... 3.14, red... 2.49". Brown cost 2-3 times less than the other types, so most people just eat brown. So, don't get too caught up in any paper, since you need to read 50 papers to get a real feel of the averages for 100s of subspecies of green, brown and red lentils, which may not be the ones at your store. Just eat any lentils, better than junk food. Black have more polyphenols before soaking, but maybe fewer antioxidants after soaking as all purple anthocyanins are discarded with the water and the lentils become green, so there's no need to pay extra more for black or red. For people who don't like the somewhat plain nutty sweet taste, they can *puree lentils* with pineapple (helps digest protein and build collagen, 30% of human protein, due to vitamin C) to make a very soft puree that is so sweet and tasty, even kids and babies will love it over meat much more. Pressure cooking lentils removes all lectins. *Pureeing* lentils after cooking by mixing them into a smoothie has a big advantage: we can hear the stones making noise, and can know the company selling the lentils didn't sort all stones before bagging them; this happens a lot, and as we move to eterni foods, *our brains will expand, our mouths, stomach and teeth will shrink, since* all will be a puree type of soft thick drink; pureeing everything gets us into the 2 minute routine of pureeing, washing the processor afterwards and eating like the future. We'll no longer need to waste so many brain resources chewing, and having the stomach

puree the food, freeing brain space for meditation & higher abilities. To see how I soak lentils before cooking them, to remove all gas forming oligosaccharides, go here. Lentils provide the fiber you need daily to have regular stools daily, this fiber feeds the good bacteria (probiotics, fermented foods are often rich in bad bacteria that survive contact with air). There are 10^{90} ways to any outcome, tudca helps the good bacteria, gut health too. If you eat no legumes or lentils, you get too little fiber, stool becomes thick and lingers long in the intestine, dumping toxins, while fiber helps reduce blood sugars and protect the colon from cancer. When you eat enough fiber, your defecation is effortless, easy. Buy green or light brown, as those are most common and cheapest in stores. In reality, coated unsplit red lentils are so rare, that nobody buys them. Black are $4/lb at Whole Foods or Amazon.

Table 1 Antioxidants b footnote at EJCN 2010;64:S112-20 explains lentils (they probably examined the green common ones), without polyphenols, have 6553 mg antioxidants/100 g, close to spearmint 6575, the number 3 in the table after cloves and cinnamon. With polyphenols added, antioxidants are even higher than 6553. Black beans antioxidants are listed in the table right most column, as they got the polyphenol data. 6553 mg (number is higher) is *4.7 times* higher than black beans 1390 (the richest of all beans in antioxidants) and 47 times higher than white beans 138 mg. Broccoli has a mere 198 mg antioxidants, white wine 32 (*205 times less*), red wine 205, rose wine 82, so much for "wine antioxidants". This means among those 100 foods, lentils are the richest in antioxidants. IJMS 2017;18(11):2390 confirms the papers above ► "*Lentils* have *the highest* total *phenolic content in comparison to* six other common *legumes*, such as green pea, chickpea, cowpea, yellow pea, mung bean and peanut… A wide range of in vitro evidence implies that *lentils have the highest total antioxidant capacity when they're compared to chickpeas,* common beans and soybeans... Lentils are known to be a good source of prebiotics and prebiotic carbohydrates that prevent gut-associated diseases."☺☺☺

Additionally, Table 2 of Foods 2017;6(9):80 shows black beans and red lentils have about same level of polyphenols (a subclass of antioxidants), and that cooked *unsoaked black lentils have 3 times (1834 vs 629 mg gallic acid equivalents) more polyphenols* than red lentils, making them possibly the healthiest (if antioxidants (not just polyphenols) in black lentils exceed the ones in red lentils by a big amount, but no paper has indicated that so far, even if it makes sense it might be so), just as black beans are the healthiest beans with lots of anthocyanins. These statements we make about "healthier cultivars" are based on general trends and the primitive era we live in. In the future medicine with 24-7 human individual molecular simulation and monitoring of thousands of biomarkers, the artificial intelligence will be able to tell how many antioxidants (may not be 4,500 mg, but only 2,000 mg) and what type we need next meal and make them while we sleep in the molecular assembler from raw neutrons and protons. However, since many people can't eat lentils (black included) unless they soak them to remove

bloating-gas causing oligosaccharides and since soaking may remove most extra antioxidants the black ones got versus red/green lentils (since the polyphenols are mostly in the coating, and soaking makes the black coating green within minutes, as it rapidly loses all anthocyanins in the discarded soaking water), it's impossible to know which lentil is the healthiest after soaking (plus, what is best for one person may not be for all genomes), because each lentil type will retain different polyphenols and antioxidants based on solubility in water, cell structure, etc. Red lentils are orange inside, while black are white-yellow, so the red may retain more after soaking (since most anthocyanins are lost during soaking, and most extra polyphenols in black ones are anthocyanins), hard to tell, no paper exists for polyphenols and antioxidants of highly soaked lentils. Because of that I decided to stick to whole red lentils, not the split "orange" ones (all "red" lentils are orange inside, but red-brown on the outside) which lose antioxidants when the seed coating is removed and are harder to cook/soak, becoming mushy, since 6,553 mg antioxidants is way more than an extra 100 mg of polyphenols one may or may not get from soaked black lentils vs soaked red lentils. Besides, red are 3-5 times cheaper than black ones. After cooking without soaking, black lentils become green (with soaking they become light green), as the blue anthocyanins mix with the yellow-white inside to give green inside and coating. Urine after eating unsoaked black or any lentils is cloudy often (like after protein powders), but clear when eating soaked lentils. So, soak the lentils to protect your kidneys. In apples most antioxidants are in the peel, in seeds most antioxidants are in the hull.☺☺☺

It seems to me that for beans, for certain DNA types at least, no matter how hard you soak them *and cook them will give you some bloating/gas. This is not the case with properly soaked lentils* which when eaten with fruits, veggies in small amounts, don't cause any stool odor. For some people, soaking may not be needed to achieve maximum lifespan from eating some lentils. For all lentils, if we soak them, we may remove some hull polyphenols (notice water getting green or purple-blackish). Whole Foods black lentils 1 lb (454 g) bag says "11" servings of 43 g each with "13" g protein, which is misleading, for that would be 143 g protein. When you do the math, the black lentils have 132-137 g protein (10.56 not 11, servings of 43 g = 454g, each with "13" g protein, which could actually be 12.53 rounded to 13, which gives 10.56*12.53=132 or 10.56*13=137) in 454 g of dry lentils, while the red-green ones have 117 g protein, 117.0 confirmed by USDA (9 servings of 50 g, each with "13" g protein, 9*13=117) in 454 g lentils. Since black lentils look so different in shape, they could have higher protein. The black ones become green after cooking (unlike black beans which remain black), as the yellow-white inside mixes with the blue-purple anthocyanins of the black hull to give green. Due to possibly higher protein content of black lentils, they may also have less bloating oligosaccharides. ☺☺☺

The problem with a lot of processed foods, even those containing eggs, milk, meat etc is they add these grains, beans, lentils, soy products without soaking them to remove oligosaccharides

and causing gas in the people eating them. When we eat cooked lentils 2-4 times a day in portions of 200 g, we get 36-72 g of protein (maybe 17% more if black lentils) if lentils are cooked a lot over the stove (not recommended, because air causes AGEs formation) and they break. If lentils are cooked in a pressure cooker, they minimize air exposure and AGE formation, they don't break and are more packed as my video above shows, with 40 g protein in 400 g instead of 36. We also get 32-64 g of fiber a day, more than most people get from all their foods. One can take a glass and weigh in it 200 g (18 g protein) of cooked lentils, mark it and use it daily to measure 200 g of lentils from a bigger container in the fridge that gets refilled with the even bigger one from the freezer. We need about 40-70 g of fiber for best prevention of diabetes, digestive tract issues, colon cancer and heart disease. ☺☺☺ Lentils have almost no sugars, lots of fiber that regulates blood sugar, cholesterol. They're also sold precooked and frozen at many supermarkets, like the frozen 13foods.com/tag/lentils. It's possible that by blending the lentils into a puree like I do when adding to smoothies, we further improve the digestion of lentils (eliminating bloating) as they become a paste, not lingering unbroken in the certain parts of the digestive tract that assumed the protein digestion part already took place. I'm semi raw *vegan*, lentils being the only cooked thing I eat. Properly soaked lentils don't cause the bloating or stool odor protein powders do. My stools are odorless when I eat soaked lentils with my smoothies (which is always since June 2018), see more in the stool odor section. This is probably because eating lentils (instead of 0 fiber powder) doubled my fiber intake almost, speeding transit time, and special lentil fiber fed the good bacteria (that produce methane upon sulfate reduction, not hydrogen sulfide). The properly soaked lentils were free of oligo saccharides, still present in those powders. In May 2015-August 2016 I ate lentils daily too, 2 times more than I do today, (beans daily for many years before), but the stool was not odorless always, as my main fruit was tomato, which is not really a digestion booster, while pineapple (my main fruit now) contains bromelain enzyme, which helps digest lentil protein better. I never ate raw pineapple, except very rarely, until October 2017. It may be that eating lentils with lots of other veggies-fruits reduces to minimum fermentation (which is due to long transit time) and stool smell.☺☺☺

In 100 g, cooked lentils have *366 times less saturated fat* than cheese, 68 times less than beef, 25 times less than salmon, 51 times less than Burger King hamburger, 137 times less than bacon, 9 times less than tofu, 13 times less than cooked soybeans, 4 times less than soy protein isolate. Some people develop atherosclerosis (precursor to Alzheimer) at much lower fat intake levels. Too much saturated fat from any source (even *vegan*) can lead to diabetes. Diabetes mortality is 73 times lower for *vegans* vs heavy meat eaters. Too much saturated fat can lead to cognitive decline. Some vegan burgers out there have a lot of saturated fat (Impossible Burger using coconut oil has 54% calories from fat, the *worst*) and most meat burgers are far worse than any soy burger, having 5-24 times more fat. Most vegan sausages, etc have 30% of saturated fat of

real sausages. Burger King hamburger has 40% calories from fat. 75% of cheese calories come from fat and 64% of cheese fat is saturated, while only 14% of cooked soybean fat is saturated. Fat calories % in soy foods vary: 46% in soy sprouts, 30% in soymilk (which has amino acid score of 25 only, not a good source of protein), 50% in tofu, 43% in soybeans, 8% in soy protein isolate, 10-15% in many *vegan* fake meats and soy burgers, etc. For comparison, only 2.6% of lentil calories are from fat, *that is why I use* lentils, not soy, *as my main protein source*. Soy has a high 7.5:1 ω6:3 ratio, forcing you to eat flaxseeds (see issues here) to bring ratio down. The red lentils come in 2 varieties: the ones that had the greenish red coating removed and were split in two, so they look orange, and the ones with the coating that look more red-green, not orange. The non dehulled are retaining more nutrients and are healthier, are only $1 at many stores, while split ones (I avoid those as explained above) are pricier since they spend extra energy to remove coating and split them. They're both the same lentil, as you can verify by crushing a red one and seeing the orange color inside. FC 2017;221:689-97 abstract states dehulled red lentils have 0.3 mg/100g of 14 specific polyphenols vs 1,829 mg/100g total polyphenols in black lentils in the paper above and "samples with dark testa (or seed coat), namely black lentils and diavoli beans, had higher antioxidant activity than those with pale testa".☺☺☺

Amino acid score in lentils is 86, higher than barley and much higher than wheat or rice, meaning you need eat a lot more rice or bread to get certain the essential amino acid lysine, which is 6.5 times lower in rice than in lentils as shown in the amino acid section. In 100 g, cooked lentils have glycemic load of 7, versus 15 for cooked white rice, 30 for white bread, 8 for cooked black beans. Cooked lentils have ω3 to ω6 ratio of 1:3.7 which is healthier than the ratios in quinoa 1:10, cooked white rice 1:5, cooked brown rice 1:22, white bread 1:9, cooked barley 1:9. In 100 g, cooked lentils have 20 times the *fiber* in cooked white rice, *4.4 times the fiber in cooked brown rice,* 2.8 times the fiber in cooked quinoa, 2.1 times the fiber in cooked barley, *3.3 times the fiber in white bread*. Fiber is key to blood sugar and cholesterol, triglycerides control, obesity and colon-stomach cancer prevention. In 100 g, cooked lentils got 3 times the protein in cooked white/brown rice, 1.8 times the protein in cooked quinoa, 3.4 times the protein in cooked barley (score 73), more protein than white bread (score 52). Lentils got more protein than all beans per dry weight, but in 100 g of cooked beans we find about same level as in lentils 9 g of protein (some beans have 7-8 g). In 100g, cooked lentils got 10.5 times more potassium than cooked white rice, 4.0 times more than cooked barley, 2.1 times more than cooked quinoa, *4.0 times more than white bread*, 8.6 times more than cooked brown rice. *Lentils have the lowest level of phytic acid (5-18 times lower, phytic acid can hinder absorption of many minerals)* and oxalate level (the stuff that causes kidney stones JFCA 18(2005):723-9) among beans, nuts, grains and legumes. Potassium intake (anti-hypertensive), ω3:ω6 ratio (ω3 anti-inflammation), fiber intake, glycemic load are the 4 key elements that can prevent obesity, diabetes,

hypertension, heart disease and many forms of cancer. As you can see, lentils are healthier (easier to digest too) than quinoa, barley, grains, breads and beans. A healthy (also evidence and science based) global move is updating nutritional guidelines charts to include far more LENTILS (too many calories come from meat, dairy, grains and beans in these charts) and replacing a lot of grain and bean crops with black and red lentil crops. ☺☺☺

A pound (454 g) bag of dry red/green lentils is 1$. It contains 4.54*24.6 g of protein in 100 g of dry lentils = 112 g grams of protein (you get only 17.2 g/1 burger king hamburger, 118 g means 6.5 hamburgers) of score 86, which is a more complete protein than burger king with score of 69 for 28 times less $ than 7 hamburgers. Compared to Burger King hamburger, in 100 g of cooked lentils, we get 0.4 g of total fat (30 times less fat than hamburger) and 0.1 saturated fat (50 times less than burger), 0 trans fat (not 1 g as in burger), 9 g of protein of higher score, 7.9 g of fiber (almost 4 times more than the burger), 2 mg sodium (228 times less than burger, super-healthy for the hypertensive one third of humankind, choose no salt versions for cans), potassium 369 mg (2 times more than burger, very healthy), iron 3.3 mg (more than hamburger 2.5, no heme iron that causes cancer and heart disease), sugars 1.8 (2.7 times less than 4.9 in hamburger). In 100 g burger king hamburger we get 14 g of incomplete protein (only 68 mg of tryptophan in 14 g of beef or < 81 mg in 9 g of cooked lentils, so more beef is needed to get enough tryptophan to synthesize neurotransmitters), fiber 2 g, 455 mg sodium (65 times more), 35 mg cholesterol (beans are vegan so no cholesterol), potassium 182 mg, iron 2.5 mg, sugars 4.9. I never ate or plan to eat sprouted lentils. It may be best to not eat sprouted lentils in amounts above 200 g/week for years, as no safety studies were done for people with more allergic gut lining on the effects of lectins (carbohydrate-binding protein) in lentils (even if they're non-toxic compared to lethal lectins in many beans), that is people eating 400-500 g of sprouted lentils a day for 20 years. Eating 400-700g/day cooked lentils is common and many did it for decades without an issue; *cooking above 100°C (212°F) destroys 95% of lectins, sprouting doesn't.* The beans section explains the *dangers of eating sprouted/undercooked or slow cooked (at 80°C (176 °F) beans*, due to toxic lectins in beans (another reason to choose lentils); it even has a study saying lentil lectins are non-toxic. CM 2015;10:25 presents anti-cancer activity of a green speckled lentil lectin (lectins can prevent cancer); this paper explains that certain sugars (glucose and mannose in this case) inhibit the hemagglutinating activity of lentil lectins. Some bean lectins can cause red blood cell clumping by binding to sugars on the cell surface. Some lectins can cause cancer cells to die by binding to sugars on cancer cell surface. When there is a lot of sugar similar to the one on the surface of red blood cell or cancer cell, that sugar molecule can inhibit the action of lectins in vitro. Thus, eating sprouted lentils as part of smoothies with fruits *may* ***partially*** block this binding in vivo. There are always new toxins discovered in raw "natural foods", so today there may be toxins we know little about too. That's why eating pea protein powder in huge

amounts daily, Soylent, etc can be tricky as they have lectins too, not just gas causing sugars removed by soaking. JBC 1971;246(6):1590-5 found that lentil lectins LcH-A and LcH-B (molar mass 49,000, polypeptides, somewhat similar in structure to the toxic lectins in beans) react with red blood cells in several animals. ☺

11.7.15. OLIVES (57% calories = oleic acid, 18:1(ω9), cis-CH_3-$(CH_2)_7$-CH=CH-$(CH_2)_7$-COOH)

Olives (nutrient list) have 230 phytonutrients: a few aren't found in other foods, but are similar in structure/function with those in common seeds, veggies, so eating olives is useless. To better understand why olives/olive oil need to be avoided, read the walnut, avocado, seed oils, coconut, to see the fake science papers. Olives can help starving people, but chia seeds, walnuts are way healthier. Olives/olive oil are scam foods promoted by Greek/Italian/Spanish Mafias, whose benefits are exaggerated via the Mediterranean diet scam "cult/religion", which is a 3rd grade fairy tale that "kid IQ adults" spread to stall progress towards eterni foods. In 100 g:

1). Walnut got 38.1 g essential ω6 LA (linoleic acid), olive 0.544, 70 times less, olive oil 9.8 g

2). Walnut got 9.1 g essential ω3 ALA (α-linolenic acid), olive 0.041, 222 times less, olive oil 0.8 g

3). Walnut got 8.9 g useless ω9 OA (oleic acid), olive 5.1 g, olive oil 73 g (OA becomes belly fat)

4). Walnut got ω3:6 ratio: 1:4, while olive & olive oil 1:13, olive causes brain/body inflammation

5). Walnut got 15.2 g protein, olive 0.97 g, olive oil 0. Walnut 6.7 g fiber, olive 2.5 g, olive oil 0 g.

You have to eat 22 kg (48 lb) of olives and become obese, to get the same ω3 as in 100 g of walnuts and 50 g of chia seeds. Likewise, you need to eat 3 lb of olive oil daily to get a mere 10 g ω3. Most humans worldwide are ω3 deficient and ω6 overdosed. So, no olives are not healthy, chia seeds, walnuts are MUCH HEALTHIER. The epidemic of ω6 overdose causes diabetes, Alzheimer, heart disease, atherosclerosis, arthritis, etc. Olives help you die faster. Even the keto diet lovers don't understand that walnuts have way more fat to burn and much healthier than olives and even for keto people, avocados are a waste of money. Not to mention that in many studies olive oil slows blood flow versus canola oil, has ω3:6 ratio 1:13 vs 1:2 in canola oil, 14g (double) of saturated fat in olive oil vs 7g saturated fat in canola oil (saturated fat raises LDL, damages the brain, Holocaust against USA). Canola oil got 12 times more ω3 than olive oil. Olive oil = Poison. An expensive poison too, if extra virgin. Compared to canola oil, olive oil reduced FMD, flow mediated dilation, a marker of blood flow to organs, by 31%, being less healthy; replacing olive with canola meant fewer cardiac events ► JACC 2000;36(5):1455-60. It's logical, since canola oil has 62 g OA, 18.6 g LA, 9.1 g ALA (the 3 inhibit DHT), 260 mg campesterol, 368 mg β-sitosterol, 2.4 mg stigmasterol, 0 β-sitostanol, 25 mg δ-5-avenasterol, 15 mg other sterols)

vs olive oil 68 g OA, 8.4 g LA, 0.65 g ALA, 6 mg campesterol, 126 mg β-sitosterol, 1 mg stigmasterol, 2.6 mg β-sitostanol, 23 mg δ-5-avenasterol, 27 mg other sterols. Canola has 746 mg sterols, olive 186 mg, 4 times more. Please read about sterols that blocks DHT formation (a main driver of cardiac events), see hair section for foods that block DHT hair loss/arterial plaque, as it explains ALA, which is 14 times higher in canola, inhibits DHT more than OA (62 vs 68). Olives, avocados, many fatty foods (canola/sunflower/corn/safflower/soybean oil, many nuts) also turn on the fast aging mTOR pathway, via oleic acid, as shown in many papers: FASEB 2023;6(1):1-11, JBC 2017;292(15):6303-11, JLR 2013;54(3):725-33. Not all fats are the same.

Since most olive oil has much fewer polyphenols than olives, it's best to eat minimally processed olives. See the diabetes, DNA, heart disease and fat link, before eating too many olives, oils or any fatty food. Below are described: 1. olive benefits *(10 compounds we will create in labs and introduce in the 25000 amazing compounds immortalist powders to survive supernova γ-ray blast, supervolcano that cools the planet making agriculture impossible, etc)* 2. olive processing (very few olives are easy to eat raw, but some people eat them raw anyway, as part of a salad with sweeter stuff to cancel the bitterness, etc) 3. polyphenol levels in different olive varieties

1. Alleged Cosmic Benefits of OLIVES (the Power of Fake Science to Brainwash people)

Uncanned green olives have 44 times fewer polyphenols than dried cloves, 10 times fewer than cocoa, 4.4 times fewer than flaxseed, like a true "superfood that costs 10 times more than flaxseed", to enrich the Spanish-Italian cartels. In 95% of USA/world canned olives, polyphenols, and even sometimes ω3, are 0, as USDA shows, due to processing, as shown below too. So, you're paying 10 times more for pure oleic acid that you can buy from safflower or sunflower local US made oil. It's a Mafia Business making billions off scientific illiteracy. The main olive polyphenol is $(HO)_2C_6H_3CH_2CH_2OH$ hydroxytyrosol, whose name comes from the fact it's basically the amino acid tyrosine, except it has an extra OH hydroxy group on the benzene ring, and the amino acid ending $CH(NH_2)COOH$ of tyrosine is simply the alcohol, hence tyros-ol CH_2-OH. Others include tyrosol, flavonoids (found in almost every plant), lignans (few), secoiridoids (oleuropein). "phenolic content of 232 mg/kg in virgin olive oil versus 62 mg/kg" in refined olive oil ► FN 2014;1:18. Many vegetable oils also have 100-250 mg/kg polyphenols, so why pay extra? So, you need to eat 2.2 pounds of virgin olive oil (10$) to get the same polyphenols in 7 g of cocoa or 15 g of flaxseed (20 cents) or 28 g blueberries (25 cents). Why pay 50 times more for polyphenols? Did you get the olive oil "benefits" now? It benefits ORGANIZED CRIME. If you love seed oil, buy cheaper vegetable oils, use saved $ to buy blueberries to be healthier. In 100g olives got 0.04 mg lignans, broccoli 99 mg, kale 63, cabbage 18, pepper 13, green bean 23, carrot 8, chia seed 25-150 mg (10% of flax), flaxseed 250-1500 mg, pumpkin seed 256, Olive oil = BS. A 2021 study showed canola oil ω3:6 1:2 vs 1:13 for olive, improved biomarkers more than olive.

☺☺☺Typical Olive STUDIES that don't prove it's worth eating olive oil/olives:☺☺☺

There has never been a double blind placebo controlled randomized study, with sweet sugar capsules (to mask taste of various food extracts) and polyphenol extracts from many foods to prove that the 10 olive polyphenols that are different than the rest are better than the other 9000 polyphenols at lowering oxidative stress, etc. Until that huge study, we have to believe the lies of the Olive Lobby: that somehow most olive polyphenols, found in other foods too, are magical due to 10 different polyphenols. Olive oil intake is inversely related to cancer prevalence, since olive oil is a marker for socioeconomic status, meaning richer people eat more produce and buy more vitamins too ► LHD 2011;10:127. Income meant healthier diet and habits and less cancer. This correlation is not causation: income led to oil purchase, it wasn't the oil that gave them less cancer. You know, in one study people of IQ 140 ate some junk food, all of them. Would this mean the junk food caused their high IQ? No. These are useless observational studies that can have 5 million explanations. Olive oil "OO could be beneficial" for type 2 diabetes ► ND 2017;7(4):e262, but this is simply a nonlinear correlation as authors state, due to healthier people reading in health articles that olive oil is better than corn oil, due to having a few extra polyphenols if extra virgin. So, no, such a study, as many similar ones praised by olive fans, doesn't prove CAUSATION. Hydroxytyrosol is the major anti-inflammatory compound in aqueous olive extracts and impairs cytokine and chemokine production in mice macrophages in a Petri dish, but so do 10000 other (50 times cheaper) polyphenols, so don't get deceived by such fake papers published in the millions by the Big Olive Oil Industry ► PM 2011;77(17):1890-7. Mouse cell studies don't always apply to people, in vitro studies are not in vivo. Not to mention, they got 1 million 10-25 people pilot studies where the conclusions could be false due to many confounding factors due to tiny sample size. Your ☺☺☺fraud detector☺☺☺ just got upgraded to version 80.0. Oxidative DNA damage is prevented by hydroxytyrosol in human blood PBMC and HL60 cells. At 10 micromol/L, the protection was 93% in HL60 and 89% in PBMC ► JN 2008;138 (8):1411-6. The same is true for 5000 other polyphenols: Big Olive puppets in academia produce endless papers that sound so convincing, due to using fancy terms for markers or LDL oxidation, but once you realize (from reading 2000 papers) that other food antioxidants do the same, the whole mirage falls like the Jesus miracles mysterious scam itself.

CN 2004;23(5):1113-21 found virgin *olive* oil was related (didn't cause) to blood pressure drop by 10-14 mm versus sunflower oil (which causes allergies in some, thereby raising pressure) in 31 hypertensive elderly subjects, though the 4 week period before the 4 weeks of Sunflower or 4 weeks of Olive could have included foods with more fiber that caused a lower blood pressure so the study is useless as they didn't monitor for confounding from the different diet in the break period; the paper explains that the subjects were trusted to eat as planned during each 4 week period of olive or sunflower oil, with only random inspections in the kitchen, so they could have

eaten stuff that canceled the results. Pre-study 4 week period was based on weak elderly memory self-reported diet, making the study truly useless, since 4 weeks of a diet can lower systolic easier next period. It's details like these that invalidate most studies. What people miss is this, even if this conclusion is causation, if you ate blueberries, you got *more polyphenols and better outcome.* Olive oil polyphenols (30mg/day) linked to lower blood pressure (8 mm systolic, 7 diastolic) and improved endothelial function in hypertensive women ► AJH 2012;25 (12):1299-304; poor ladies didn't realize blueberries or lentils could do the same, just a lot better, without so much fat to clog the arteries via plaque. 1 month of 4 mg/kg hydroxytyrosol (& other cheaper non-olive polyphenols) led to a 130% rise in good HDL (in rabbits), less plaque, 50% drop in Total Cholesterol ► Ath 2006;188(1):35-42, 4 mg/kg a day is 1 gallon virgin olive oil for a 61kg human. Ready to drink a gallon daily? High olive oil intake was linked to 48% lower cardiovascular mortality in those eating more olive oil than omnivore humans eating a highly toxic high fat diet incorrectly labeled as "low fat" (they replaced some meat/dairy with olive oil, got 48% due to removing fat/oxidized cholesterol) ► BMCM 2014;12:78: authors tell us "arsenic (olive oil) is better than cyanide (meat/dairy)", but 48% was due to removing meat, not due to olive oil. 10 million similar studies were done by other frauds, for other "miracle foods", they replace dairy and meat with Almost Any Plant Food and they get always BETTER OUTCOME: 48% drop. So, don't be fooled, this trick is used by Big Business to promote endless junk foods always. 95% of science papers are fraudulent junk paid by Industry to Sell Products to Gullible Masses: 'Potato chips are 48% better than bacon. Go buy' ☺☺☺

Hydroxytyrosol prevents bone loss in vitro in mice cells and mice ► EJP 2011;662(1-3):78-84. Well, so do 200 times calcium, K_2 supplements. Tyrosol and hydroxytyrosol in olive oil (like 2000 other polyphenols in much cheaper and healthier foods with fiber and ω3, as shown in 90000 other studies) protect N2a cells against amyloid-β-induced toxicity. ► CAR 2011;8(5):543-51. So what? Olive oil is not healthy: it lacks fiber, ω3, etc. Maslinic acid in olives tasted different in mouth once chewed than placebo corn starch capsules and the guys felt it and the placebo effect worked much better, so then study authors said that "olives seem to alleviate mild knee joint pain and weight loss", but in a 20 person study you can flip the coin and the placebo can be strong, they're happy and walk more because they desperately want to see if that olive tasting water will help them walk more and they lose a few grams extra, then this is on CNN, placebo works, 'drink a gallon olive oil daily' ☺☺☺ ► JCBN 2016;59(3):220-5. To eliminate auto-suggestion, one needs 20000 people studies, not 20. The JCBN 2017;61(1):67-73 didn't even have placebo control group, so it may have been all PLACEBO: give anyone any capsule with any polyphenol extract and any knee pain subsides due to lowering inflammation, why pay 50 times more for extra virgin olive oil vs blueberry polyphenol? Come on, even if these studies were not fraud, why get ripped off? TV headlines don't even tell you study details that make them invalid

or inconclusive. Extra virgin olive oil improved learning and memory in mice versus ultra toxic coconut oil and ultra toxic butter, both of which are mostly saturated fat known to destroy the brain of non-ketogenic diets, so the authors tell us "arsenic (olive oil) is better than cyanide (coconut, butter, bacon) for the brain" ► JAD 2012;28(1):81-92. Any plant food that replaces pure saturated fat, any 50 times cheaper than olive oil food is better than coconut/butter, you don't need 5 million 3rd grader studies to see that. "Good use of taxpayer $". A cognition improvement in mice was observed when their 0 polyphenol diet got a few polyphenols from olive oil, but authors don't mention the same improvement would happen with flaxseed oil, chia seed oil, walnuts, etc, just a much bigger improvement, especially with fresh blueberries, etc: ACTN 2017;4(8):564-74; to extrapolate this study to humans is wrong, it's like taking a human diet, removing all polyphenols and then adding 100 times less polyphenols than from flaxseeds or blueberries in a spoon of olive oil and saying this makes you smarter when it doesn't and won't prevent Alzheimer. It's the ultimate fraud, but this is the type of study many use, another example in mice is adding a few olive polyphenols to a 0 polyphenol diet results in some improvement, of course: snow is colder than water, a great revelation: Extra-Virgin Olive Oil (and 9000 other plant foods with polyphenols) diminishes brain Amyloid-β ► JNB 2015;26(12):1479-90 & ACSCN 2013;4(6):973-82. The key to deception is to surround it in 400 technical terms, many tables to hide what goes on, then flood the media with 90000 redundant junk studies to create the myth that Olive oil is The Superfood. This is rich mafia brainwashing. ☺

2. PROCESSING AND POLYPHENOL CONTENT OF OLIVES: Most US sold olives lose all Polyphenols and get 300 times higher carcinogenic acrylamide, besides 100+ other toxic compounds, AGEs

Olives can be eaten raw even if bitter. They can also be stored for 1-2 months in a ventilated area can make them much less bitter and easy to eat. After that, they can be saved in a glass container for years. To remove the bitter polyphenol called oleuropein which makes raw olives bitter and unpalatable for most, olives are sun dried (left on the trees to "cure" where light helps oleuropein to turn into hydroxytyrosol) or they're soaked in water or salted water for months, which allows oleuropein to move out of olives or hydrolyze to hydroxytyrosol. In industrial settings, they speed this process to 7 days by using NaOH and air for oxidation, creating a useless olive full of acrylamide, AGEs and void of polyphenols (the good stuff). Avoiding canned olives is best, as most have been industrially processed and washed until no polyphenol is left. ☺☺☺

This 3 min video explains how all "California Ripe Olives" start green and they're chemically made "black", actually very dark green that appears black at first look, (or left green if no air added, just hydroxide) via treatment with NaOH + air for 7 days. These chemically oxidized black olives also lose all polyphenols (that are the ONLY reason for eating olives in the first place), since the oleic acid (73% of the fat in olives) is present everywhere, in meats (40% of chicken fat

is oleic), canola oil (63%), sunflower, safflower, corn, etc oil. It's all about profit margin because what happens is this: naturally black olives, ripe ones that is, have up to 4 times more healthy polyphenols than green ones but are more expensive to pick up when ripe and they fall easier on the ground etc. Instead of giving the public the healthiest naturally black olives, they take the ones with 4 times less polyphenols and process them until nothing good is left, except fat you find in all kinds of meats and canola oil and every other vegetable oil, nut, seed, veggie, fruit.

Most black olives sold in cans are chemically (not naturally) black (meaning healthy polyphenols are destroyed, toxic compounds created and sold to you to poison you) have the "California Ripe Olives" written on the top of the can. What happens with "California Ripe Olives" olives during exposure to air is they remove the beneficial compounds more, just like when dry heat cooking creates 10 times more AGEs. These formerly green, now black olives, are finally processed for color fixation with iron gluconate and this takes away 99% of hydroxytyrosol and all other polyphenols. Therefore, it's best to avoid those olive cans that say "ferrous gluconate to stabilize color" on the label since they went thru this industrial washing process and the ferrous gluconate will further oxidize anything left. In most US stores we find manzanilla Spanish green olives (595g drained) which are less processed (not with air, and iron) ► high levels of hydroxytyrosol found in Spanish-style green olives ► JAFC 2002;50(13):3688-92. Whole olives have more polyphenols than pitted ones, pitted more than stuffed ones according to ► JAFC 2004;52(3):479-84. ☺☺☺ See this article on why olive oil is bad.

Artificially black olives have 300+ times more carcinogenic acrylamide: "Antioxidant levels in table olives also vary widely. A 10-fold or more difference was found in levels of hydroxytyrosol between olive cultivars. Particularly dramatic is the almost complete loss of hydroxytyrosol, due to oxidation and polymerization, during the California-style oxidation method for converting green olives into black olives. Pitting of olives is also influential: an additional washing step is required when olives are pitted, and this process was found to almost half the content of hydroxytyrosol that had been present in the un-pitted olives... Acrylamide is classified as a probable human carcinogen by the International Agency for Research on Cancer. Concentrations of acrylamide in California-style black olives varied between 410-512 µg/kg in this study and these concentrations are comparable to levels of acrylamide found in French fries, a better known dietary source of acrylamide.. (unprocessed) Spanish olives and Greek olives were found to have very low levels of acrylamide (<1.4 µg/kg)." ► Ntr 2015;7(9):7925-64. 460:1.4>300

Therefore, due to this genocide by the Cancer Giving Olive Industry, the USA needs to mandate the amount of acrylamide, AGEs and polyphenols per 100g in every jar, bag, box or can of olives, which has to be 100% opaque to prevent light degrading vitamins and polyphenols.

3. WHICH OLIVES HAVE THE MOST POLYPHENOLS? The ones costing a fortune. ☺☺☺

Naturally black olives have 4x more polyphenols than green ones, so about 210 to 2890 mg/kg, depending on brand (processing), per EU polyphenol database. This table shows high/low popyphenol olives. "hydroxytyrosol... in Kalamata olives and Spanish-style green olives, cultivar Chalkidiki (250-760 mg/kg)." ► JAFC 2002;50(13):3688-92. Hydroxytyrosol 5610 mg/kg in some ► BJN 2007;97(5):1012-20, free paper at cambridge.org, pg 1018.

11.7.16. PUMPKIN SEEDS (18.6% *protein*, protein *score* 136)

Pumpkin seeds (nutrient list) lower blood glucose, kill some parasites, worms, bacteria (millions are full of worms inside without knowing), prevent atherosclerosis, hair loss, infertility, cancer via 256 mg anti-DHT lignan (anti-androgen phytoestrogen) polyphenols/100g or 46mg/100 cal (about the same mg as chia seeds) versus 291mg/100 cal in broccoli, 126mg/100 cal in kale, 58mg/100 cal in purple cabbage. Lignans are present in many foods, broccoli 99mg/100g, so you don't really need to eat pumpkin seeds to get the lignan arterial, hair, etc benefits. The whole seeds, with the shell, got 18g fiber/100g, vs 6 g for the seed alone. Freshly separated, from the orange fiber, inshell pumpkin seeds can't be properly ground by a food processor or coffee grinder, but they're far easier than dry seeds to break with your molar teeth, you can eat 5-20/day that way, not too many as pimples and gas can emerge. For dry seeds you buy, you can use an automatic coffee grinder (see why, besides grinder making it a finer powder that the food processor can't do). Never eat the shell, unless it a pure powder via coffee grinder, since the shells scratch the stomach, intestine, colon, creating ulcers, cancer later, bleeding (garlic peel, pineapple side brown holes, etc need to be removed too). It's recommended to always eat the seeds only, because the shells of dried seeds, if pulverized with a coffee grinder release chemicals that cloud urine, indicating a stress on the kidney. We got no have long-term safety studies showing that the seed shell is safe if eaten daily. The powder hull hardens the stool. To understand why pumpkin seeds need to be eaten in tiny amounts, please visit the walnut, olives, seed oils, coconut, avocado sections, to better see thru the fake science papers. ☺☺☺ If *you eat 5-20 seeds/day it's fine, but 150-200 seeds can cause hives, gas or* rise in triglycerides, ω6:3 ratio, cholesterol *for ultra healthy vegans with* 4-8% of calories as fat *diets.* The seeds got 114 times more ω6 than ω3, meaning they're deadly if you overeat. If you got walnut allergy however, and are looking for a healthy seed to eat with good protein, nothing beats pumpkin in providing linoleic during skin injuries or to balance your ω3:6 ratio if too high in 3 due to chia seeds or if you need to avoid suppressing the immune system by high ω3 vs 6. Flaxseed oil can provide ω3s. Chewing any garlic with skin, inshell dry seeds daily (wet are fine, they're far easier to break) for years *is not a good idea,* as it can damage your teeth or gums, beside the fact that teeth cleaning become much more difficult, when flossing etc. Carrots, kale, etc stain your teeth too, so it's better to make smoothies sometimes. The limiting amino acid is threonine, so the

amino acid score is 100*683/(18.6*27) = 136. They're present in butternut squash too, so if you eat some butternut squash daily like I used to, you eat about 15-25 g of seeds a week too when you get to the wider squash area; pumpkin seeds from squash are *1000 times fresher than any other seed or nut you buy at the store,* so this places squash seeds well above the rest that way. *Pumpkin seeds have the highest quality protein of any vegan food (and most foods),* with way more complete protein (amino acid score 136) than Burger King hamburger (69). Eating a 5-15 g/week seems a great idea (add seeds from squash to smoothie). See the heart disease and fat link, before eating too many pumpkin seeds, oils. Inshell seeds (4 lb for 28$, US grown, less pesticides) are healthier as the seed has oxidized less, just like inshell walnuts are healthier.

HAIR REGROWTH and Prevention of Hair Loss, Atherosclerosis, Many *Cancers*

Fig 2 of EBCAM 2014:549721 shows the picture before and after 24 weeks of 0.4 g of pumpkin seed oil daily (about 10 seeds equivalent), have had their hair count increase 40% (measured scientifically), vs 10% placebo; the appearance also showed (see the picture) real improvement. See more about hair regrowth, preventing baldness in the hair loss section.☺☺ *Pumpkin seeds lignans inhibit the enzyme* (5α-reductase) that converts testosterone to DHT, which causes atherosclerosis, prostate cancer, as shown in the hair section. Lignans inhibit prostate/breast cancer cells, colorectal adenocarcinoma cells ► Fitot 2016;110:150-6.

Rich *in antioxidant zinc to prevent:* infertility, *diabetes, oxidative stress, low sperm* qualit y:

100 g of pumpkin seeds got 69% of the daily zinc needs, compared to 29% for flaxseeds. Insulin storing cells can have 1 billion times more zinc than mitochondria, zinc lowers blood glucose. Pumpkin seeds lower blood glucose ► CRFSN 2014;54(10):1322-9. ☺☺☺ Sperm quality improved, sperm protected from damage ► And 2014;46(8):927-35 and ASI 2016;91(4):382-90. ☺☺☺ Zinc *repairs* DNA. Pumpkin seeds reduce oxidative stress markers, glucose, lipid levels in humans ► SWJ 2014:563576, rats AJTCAM 2012;9(1):131-7 and JFMA 2013;112(11):676-90. Flax and pumpkin seeds mix ameliorates diabetic nephropathy in rats ► FCT 2010;48(8-9):2407-12

PREVENT FREQUENT URINATION/URINARY INFECTIONS ► JTCM 2014;4(1):72-4.

SPEED UP WOUND HEALING ► Rats treated with pumpkin oil had 97% wound contraction, versus 58% for the controls; the oil increased collagen production 65%. Since hair, follicles got collagen, this may be also why pumpkin helps prevent hair loss ► PB 2016;54(4):581-7.

PREVENT HYPERTENSION ► In rats, pumpkin seed oil exhibits an antihypertensive and cardioprotective effect through a mechanism that may involve generation of NO ► JMF 2012;15(2):180-9. Pumpkin has secoisolariciresinol, a lignan many foods listed in the hair regrowth section ► JAFC 2003;51(5):1181-8. ☺☺☺

PREVENT KIDNEY STONES ► fewer calcium-oxalate crystals: AJCN 1987;45(1):115-21.

ELIMINATE TAPE WORMS ► Pumpkin seeds got rid of tape worms ► ZM 1976;9(1-2):31-5. Pumpkin seed and areca nut combined led to an increased rate of effect on tapeworm expulsion (2 h for combination vs 6-21 h for individual extracts) ► AT 2012;124(2):152-7.

ALKALINE FORMING ► Pumpkin seeds are the most alkaline forming seeds with a PRAL score of minus 14. The many advantages of an alkaline forming diet are detailed in the PRAL section.

11.7.17. ROSEMARY

Rosemary (nutrient list) has been used for centuries to boost memory, improve digestion, prevent brain aging and cognitive decline. It's used (like turmeric, sage, mints) to prevent or manage Alzheimer and dementia. Peppermint which has 12 g polyphenols/100g, vs 1 g for rosemary, double the rosmarinic acid levels in rosemary, spearmint, mint, thyme (causes abortion) and other spices, so I ate dried peppermint leaves for 2 years instead of rosemary (I used to eat rosemary almost daily for 7 months until I learned about peppermint), but almost all benefits of rosemary are in peppermint too (except carnosic acid). Rosemary (and peppermint and most in mint family) is anticancer, antidiabetic, anti-inflammatory, antistroke, antioxidant, antiulcerogenic, anticlotting, antidiuretic. Oddly, the only place in the world where people eat rosemary daily, Acciaroli in Italy, has about 45% of the people over 100 years old and 12% above 110, a world record. Could rosemary prevent free radical damage of the brain to such an extent that it protects all other organs too, since the brain health affects organ health? This discovery has led to hundreds of articles online about how rosemary helps these people live to 110 ► nypost...town. The 650 person village Acciaroli, allegedly got 300 people over the age of 100 and 75 above 110. They eat the Mediterranean diet like tens of millions of much shorter-lived people, except they also eat rosemary daily. This has led many to hypothesize that rosemary helps prevent brain damage, aging a lot which naturally prevents organ damage/aging too. herbco.com has rosemary powder for $2.70/lb (cheaper than turmeric). There are other similar sites selling turmeric or rosemary powder. You can pour hot water over the powder or leaves and make instant tea and the tea is even used to treat digestive problems via enema. It's also used topically, on the face to fight acne, etc. 100 g of powder has 1 g of ω3 fatty acids and 1 gram of ω6, a ratio of 1:1. This is very healthy, most veggies have less than 0.1 g of ω3. Rosemary powder has 43 g of fiber in 100 g, 15 times more than cooked broccoli and cooked collards, 21 times more than cooked kale. With 5 g of protein, it's 2.5 times more than cooked collards, kale and 2 times more than cooked broccoli. Rosemary dried got 11 times more calcium than cow milk. Because all oils go rancid in the presence of oxygen, it is best with rosemary, herbs to eat them fresh, and not as powder, add it to a puree or smoothie you make with a

blender. All cooking oils go rancid, same for ground spices which have a lot of oily fats in them, like rosemary. Ingesting oxidized oils causes atherosclerosis, so powder rosemary is ideally fresh, frozen, eaten fast, not being stored eons in the fridge or outside of fridge. ☺☺☺

FERTILITY

Rosemary increases sperm count in males ► Cryob 2010;61(1):142-7, but it causes *miscarriage* in pregnant women who overdose with it ► Gruenwald J, Brendler T, Jaenicke C, Mehta M. PDR for Herbal Medicines. Medical EconomicsCompany. 2000:645-6. Coffee is abortive (miscarriage) in women (even if used weeks before conception) ► nih.gov..affeine.

ALZHEIMER, COGNITION, MEMORY

Rosmarinic acid, the 3,4-dihydroxycinnamic (cinnamon) acid ester of 3,4-dihydroxyphenyllactic acid, protects against impairment of memory ► BBR 2007;180(2):139-45. Rosmarinic acid prevents fibrillization and diminishes vibrational modes associated to β sheet in tau protein linked to Alzheimer's disease. ► JEIMC 2017;32(1):945-953. Clovamide and rosmarinic acid induce neuroprotective effects in in vitro models of neuronal death ► BJP 2009;157(6):1072-84. Rosmarinic acid has been demonstrated to be effective in preventing the aggregation of amyloid peptides in vitro and to delay the progression of the disease in animal models ► CAJ 2013;8(3):596-602 (free paper on research gate); it alleviates neurological symptoms in a mouse model of Amyotrophic Lateral Sclerosis, ALS ► ENE 2015;24(4):341-50.

Rosemary prevents Alzheimer by inhibiting certain plaque building enzymes and by chelating metals that lead to plaque formation. Rosemary abietane-like phenolic diterpenes ($C_{20}H_{32}$) also prevent the death of brain neurons ► EBCAM 2016:2680409. Rosemary improves memory ► Fitot 2013;91:261-71. Carnosic Acid (main antioxidant in Rosemary) protects neurons in a model of rat Alzheimer's ► CJ 2011;13(1):39-44. Rosemary has 2% carnosic acid, a phenolic diterpene with anti-tumor, anti-diabetic, antibacterial, neuroprotective properties. Rosemary protects against Parkinson's disease too ► CBI 2015;225:40-6 and CRT 2012;25(9):1893-901. Rosemary prevents cognitive decline ► CPD 2006;12(35):4613-23. Several essential oils were shown to prevent cognitive decline. Rosemary has several dominant essential oils such as 1,8-cineole, α-pinene, camphene, α-terpineol, and borneol.☺☺☺

CANCER, DIABETES, PAIN, ANTIOXIDANT, STROKES, ULCERS, ANTIDIURETIC

Rosemary fights cancer ► PFHN 2010;65(2):158-63, diabetes ► JET 2008;116(1):64-73, pain ► JET 2007;111(3):476-82, microbes, free radicals ► JAFC 2007;55(19):7879-85, has polyphenolic antioxidants JAFC 2010;58(1):161-71, prevents blood clots that can lead to strokes ► Ntr 2005;21(5):580-7, prevents ulcers, hence its ancient digestive tonic fame ► JET 2000;69(1):57-62,

is antidiuretic ► JET 2000;71(3):465-72, protects the liver ► EJGH 2002;14(9):1001-6.

11.7.17.1. HAIR LOSS REVERSAL (12 pages): Vitamin S (plant steroids and estrogens) Steroids (phytosterols are steroids with OH, estrogens are steroids with/without OH) & DHT blockers Prevent Baldness, Atherosclerosis, Frequent Urination, Prostate Cancer:

"the degrees of graying of the hair, baldness, and facial wrinkles are not predictive of a shorter life span" ► JG 1998;53A(5):m347-50. The 660-850-940 nm caps work to stimulate hair folicle mitochondria and regrow hair, as explained in the acne removal by light section. "study also showed that LLLT and minoxidil had similar efficacy in hair growth and that combination therapy was even more effective" (so peppermint or rosemary oil with IR will be better) ► JCAS 2021;14(4):385-91. Google says 940 nm helps hair regrowth by penetrating deeper than 850 and many websites sell 660-850 or 660-850-940 caps. Some say 940-950 inhibits COX (cytochrome oxidase of mitochondria), while 630-850 boosts COX. Regardless, 940 inhibiting COX also inhibits oxidative stress, and the free radicals are the main source of follicle loss. It gets confusing as google info is sketchy and AI gives 180 degree opposite answers depending on how you ask a question. Research more, for months, to see if 660-850 is better/worse than 660-850-940. You need a huge study, so people don't know which cap it is and see if 940 helps or not. Rosemary (and other spices) helps with hair regrowth in mice and people *(dormant follicles regrew hair)* ► PHR 2013;27(2):212-7. Rosemary contains 12-methoxycarnosic acid, a compound that prevents DHT binding to androgen receptors in the dermal papilla cells of hair follicles (this binding activates genes and signaling pathways that cause the miniaturization and eventual loss of hair follicles). Rosemary 12-methoxycarnosic and carnosic acids are also 5-α-reductase inhibitors (95% inhibition at 500 ppm), preventing the hydrogenation of testosterone to DHT or DiHydroTestosterone. 100s of papers explain this inhibition. 5-α-reductase inhibitors, common in *vegan* diets, may also prevent overproduction of aqueous humor, which means they may prevent glaucoma, while not helping much with dry eyes. DHT hormone speeds up atherosclerosis, prostate cancer, prostate enlarging, hair loss, that's why hair loss is sometimes indicating atherosclerosis. Inhibiting the conversion of testosterone into DHT can thus prevent strokes and heart disease, not just hair loss. There are many inhibitors of DHT, such as lycopene, soy, polyphenols, zinc, GLA, EPA, DHA. ☺☺☺ Some of the *main inhibitors* of 5-α-reductase are the anti-androgen *lignan* phyto*estrogens* (polyphenols) found in many foods (see the lignan tables) and especially the next foods in decreasing order of *mg* lignan/100 calories: broccoli 291, sesame seeds 133 (unhealthy ω6:3=57:1 ratio, impractical), kale 126, flaxseeds 206 (impractical, got cyanogenic glycosides), brussel sprout 117, purple cabbage 58, pumpkin seeds 46 (unhealthy ω6:3=173:1 ratio, impractical), zucchini 41, chia seeds 21, carrot 19. 900+ foods got the 5-α-reductase inhibiting lignan secoisolariciresinol diglucoside ► JE 1995;147(2):295-302. Lignin is the part of plants where lignan name comes from, sort of similar to lignite, a soft coal type

obtained by plant decomposition over millions of years. Many lignans inhibit 5-α-reductase. Vegans on low fat (4-9%) diets (safest for heart) can lower DHT levels fast by eating lignans/polyphenols from purple kale/cabbage + only 1-3g flax/algal oil, + 2-9 g un/hulled black sesame/pumpkin seeds (eat them with wet foods or as smoothies, chew well, to prevent colon scar from seed hull). Monocytes *attach* faster to the *endothelium* causing arterial plaque when blood DHT is *higher* ► Cir 1999;99(17):2317-22 & End 2004;145(4):1889-97. Flax lignans (0 oil/ω3) reduced by 73% the atherosclerosisin rabbits ► JCP 2009;54(5):369-77. Any lignan source works.☺☺ Isoflavones in soy products lower DHT, improve heart biomarkers: JN 2005;135(3):584-91. That's why the American Heart Association suggests eating soy instead of meat. Avoid dairy, as milk estrogens raise DHT, causing hair loss, acne, cancer, plaque. Hair loss can rarely even be caused by the Demodex mites who feed on the hair follicle sebum (see video), so in those cases topical $20 ivermectin 1% cream seems to work. Why is the scalp hair greying, but the eyebrows, chest hair, leg and genital hair don't? It's very simple: we usually wear long sleeves, pants and sunglasses, which protect eyebrows and the other areas from the harsh UV rays that destroy the melanocytes (pigment producing cells) in the hair follicles, so to avoid that oxidative stress and damage that depletes the blood's antioxidants to fight the UV scalp damage, causing a slightly shorter lifespan in the long run, as the blood didn't prevent a blood clot from forming near the aorta leading to infarct, but it fought scalp oxidative stress, we need to teach all kids to wear a hat or cap each time they wear sunglasses, since that means it's sunny enough to thin or grey the hair, so they live longer and look younger. A slight deficiency or big overdose (of fat soluble vitamins or selenium) can cause hair loss ► DT 2019;9(1):51-70.

β-sitosterol (which was "shown to inhibit the 5-α-reductase enzyme" ► AJCEU 2023;11(6): 467-80) is a rival substrate (competitive inhibitor) of the natural substrate (testosterone, T) of the 5-α-reductase enzyme converting T into DHT, so it uses up the enzyme, before it can turn T into DHT. DHT is not just a cosmetic annoyance, but a genocidal chemical that kills billions early via plaque & prostate cancer. Hair loss is not about vanity, but a marker of severe oxidative stress or high DHT, nutritional deficiencies, which all shrink healthy & total lifespan. USDA has on the last column the highest food sources of β-sitosterol. This section is not due to vanity, but due to the fact DHT happens to be one of the most deadly endogenous chemicals. Flaxseed oil (the only oil I eat) is a wonder food, because it helps lower inflammation which, besides DHT, drives atherosclerosis and hair loss. High ω3 lowers inflammation and flax is the richest high ω3 food in β-sitosterol, a DHT inhibitor, double the β-sitosterol level in flaxseeds (flax oil same as sesame seeds), 2.2x higher than walnuts. Canola oil has ω3:6 ratio of 1:2, the healthiest ratio of all nonflax oils, 2x the β-sitosterol in flax oil. That's why canola came as healthier than olive oil in many studies, having 4x more sterols, protecting the heart. Olive oil is worse than canola, see sterol/fatty acid comparison. "Insulin has been shown to increase DHT levels through activation

of 5-α-reductase" ► JAADCR 2024;50:123-5: insulin rises when you're fat, around the belly especially, so fast to lose belly fat to grow hair, prevent arterial plaque killing you 20 years before your ideal time to go. "Low levels of carotenoid astaxanthin inhibit 5-α-reductase" ► JHP 2005;5(1):17-26. Lycopene is a 5-α-reductase inhibitor too, found in watermelon, tomato, grapefruit: lycopene "decreased Srd5a1 and Srd5a2 (encoding 5-α-reductase 1 & 2)" so both types of reductase were inhibited☺☺☺, unlike many nutrients that inhibit only type 1 ► CAP 2014;7(12):1228-39. ALA/ω3s lower DHT. Table 2 of a 2021 paper has some phytonutrients that inhibit 5-α-reductase: phytosterols (β-sitosterol, stigmasterol, lupeol), phenolics (quercetin, fisetin, kaempferol, myricetin, catechins, soy isoflavones), linoleic acid (found in walnuts, pumpkin seeds, flax, etc), oleic acid (found in every oil/nut/seed). Zinc, saw palmetto inhibit too, palmetto inhibits via gamma linolenic acid GLA ω6: "fatty acids are known to inhibit 5-α-reductase activity of which GLA has highest inhibitory potency" ► IDOJ 2022;13(6):721-4. BJ 1992;285(Pt 2):557-62 shows 5-α-reductase inhibitory potency is decreasing in this order: GLA (ω6 in palmetto) > ARA=ALA (flax) > palmitoleic > oleic > miristoleic. ALA ω3 inhibits DHT better than DHA-EPA ω3 per some studies. Flaxseed oil contains most sterols and many lignans in ground flax that inhibit 5-α-reductase, as shown in JE 1995;147(2):295-302 for enterolactone (a lignan that goes up 10 fold in those eating flax, as flax lignan SDG is turned into enterodiol, enterolactone). The main lignan in flax is SDG, secoisolariciresinol diglucoside ► CR 2010;9(3):261-9, 50-150 mg SDG/spoon of ground flax, 35 mg lignans/flax oil spoon (Barleans at Whole Foods). Avoid flaxseed, eat flax oil, see why in the cyanide section and the flaxseed section.

Rosemary oil led to similar hair regrowth (after 6 months of scalp application) to minoxidil 2%, but led to less itching ► SM 2015;13(1):15-21. Rosemary extract inhibits 5-α-reductase "82.4% and 94.6% at 200 and 500 mg/mL... finasteride at 250 nM (93 mg/mL) ...81.9%" ► CCID 2024;17:2495-503. Finasteride (most used baldness pill) structure is similar to β-sitosterol, except finasteride had NH-C=O at one end and another NH, which are reactive☺☺☺, causing unwanted side effects. Finasteride causes dry eyes, so avoid it. Finasteride is smaller too, can fit into more pockets to do damage to big molecules. Nature's sterols have aliphatic CH, CH_2 instead of reactive N, O, so they disturb the body's molecules far less. Finasteride, due to reactive NH, NH, O can cause (years after stopping using it) depression, panic attacks, insomnia, anxiety, memory loss, suicide, infertility, small penis, small testes, brain fog, slow thinking (like when you slept 3 hrs not 8). In chemistry, one small change has catastrophic effects, but finasteride is VERY different from plant sterols. It may have been designed to sterilize people, to depopulate. The caffeine section explains how they use coffee to sterilize and depopulate too: in the theobromine section you see the big difference between caffeine 1,3,7-Trimethylxanthine, theobromine 3,7-dimethylxanthine, theophylline 1,3- dimethyl xanthine from just one change of CH_3 position or adding a CH_3 group: imagine what a dramatic change happens in body effects

when making 15 changes like finasteride vs sitosterol.☺☺☺ Stigmasterol is β-sitosterol dienol analog with 1 extra double bond, so 2 less H, campesterol is β-sitosterol without a CH_3, β-stigmastanol is saturated β-sitosterol, so 2 more H. The main 13 plant sterols are: β-Sitosterol (+ its double bond isomer, 7-δ-stigmastenol), stigmasterol (+ its isomer, 5-δ-avenasterol), campesterol (+ its double bond isomer (shifted to next carbon) ergosta-7-enol, + its tri-en-ol analog, ergosterol, with 4 less H or 3 double bonds, + its dienol analog, brassicasterol, with 2 less H or 2 double bonds and brassicasterol isomer ergosta-5,7-dienol and brassicasterol isomer ergosta-7,22-dienol, + its saturated analog campestanol with 2 more H), stigmastadiene (stigmasterol without OH and double bonds shifted: many possible structures: one, 3,5, etc, depending on where the 2 double bonds are located, hence diene), and they're almost the same, vastly different from the 'Nazi' finasteride poison. Finasteride is like a virus that tricks the body into accepting it, mimics a natural diet compound and sneaks into cellular places with its higher reactivity, doing total destruction of the body. GENOCIDE. Pharma can't make & off a natural compound, so they need to invent a poison to patent and extract money from millions of ☺puppy IQ workers☺ who don't know natural way safer foods and topical solutions exist.☺☺☺

It's suspect, because you can get similar results to finasteride with much safer man made sterols, maybe their goal was DEPOPULATION, STERILIZATION. Big Pharma is a Mafia, making billions off genocide in order to build palaces, so we need immortality capitalism. Hominid fossils are 7 million years old, and monkey ones 25 million, so the pre monkey mammals ate same plants and sterols for eons. Then, suddenly, we come up with a new sterol our bodies are not used to and it will obviously cause disease. The masses are guinea pigs for this stuff, when honey bees lived 50 times longer via royal jelly with natural compounds worker bees eat during larva stage too. Why spend so much time with creating new sterols, instead of isolating the best natural combo of sterols that works way better than finasteride and making that in the lab? Because our country is run by low IQ aristocrats. 14% of US women use birth control pills, toxic man made estrogens, instead of natural meditative bliss and sex for pro-creation only. Why? Because those "14% filif chicken IQ☺☺ women" got no real centralized education on synthetic estradiol causing uterine cancer, liver damage, blood clots. Ergosterols, ergostadienols you see on USDA component search (scroll to bottom, after fats) are in mushrooms in tiny quantities, so they're almost negligible in most diets. The vast majority of sterols in plants (70% by weight) are only 3: sitosterol, campesterol (demethylated sitosterol) and stigmasterol (dehydrogenated sitosterol) and you see above 10 of the 13 are derivatives of the 3, or all derive from sitosterol, the number one. Sometimes a small change of 1-2 groups makes a compound a neurotoxin. Menthone is a main component of many essential oils and its analog, pulegone (1% of peppermint oil), that only differs with 1 double bond, so 2 less hydrogens, is a neurotoxin. Now, finasteride is WAY more different than 2-6 hydrogens, an OH, or CH_3. So don't even think to use finasteride,

dutasteride (dutasteride is "100 times more potent at inhibiting type 1 5-α-reductase compared with finasteride", but all those fluoride groups could cause some big issues) or minoxidil, if you want to be safe. Only put on scalp what is edible. Peppermint oil inhibits 5-α-reductase, TR 2014;30(4):297-304 found after 4 weeks topical scalp peppermint oil worked 67% better than minoxidil, so peppermint is 67% better than rosemary. That's not what you hear from youtubers or companies charging 10-90 times more for a cure, peppermint oil 9$/4oz is 90 times cheaper. Peppermint/essential oils on scalp means you smell them 10 hrs daily and this may prevent dementia. Peppermint has pulegone neurotoxin, so it's safer to use other topical oils below: sesame, pumpkin, rosemary perhaps or onion juice. ☺☺

δ-7-phytosterols, the main phytosterol class in pumpkin seeds, lower 5-α-reductase activity and led to strong hair growth and less prostate swelling in rats (FNR 2021) and men (see Table 2 hair pics of EBCAM 2014:549721: pumpkin seed oil ingestion, 400 mg a day, about 10 seeds worth of oil (it probably works with seeds too, or maybe even better), led to 40% more human male hairs after 24 weeks). Topical use (be careful, sesame, pumpkin attract house mice that can lick your hair during sleep if house holes exist, while rosemary, peppermint repel mice; mice have brown feces the size of rice grains, if you see those, you got mice hidden somewhere) will cause the skin to absorb and pass to blood the beneficial oils that then cut DHT synthesis and prevent atherosclerosis and prostate problems too. Topical safflower oil, ginger juice, etc were used for centuries in Thailand to treat hair loss: JE 2012;139(3):765-71 found that safflower, the most potent of 17 hair plants used in Thailand, inhibits 5-α-reductase the most. USDA first page for phytosterols, last column/100g shows safflower oil beats most foods in phytosterols with 444 mg, behind sunflower seeds 534, sesame oil 865, sesame seeds 714, showing why Chinese traditional cuisine with sesame oil led to few bald Chinese guys. Soybean oil got 250 mg sterols, 59 mg stigmaterol, the most of any food, and East Asians ate soy foods for millennia: 50+ year old whites have 5x more baldness (50% vs 10%) than East Asians who eat sesame (Chinese) /soy (East Asians) daily. CMJS 2015;42(3):669-80 found sesamin (main lignan in sesame oil, 0.5% ww, whose main metabolite is enterolactone), a fat soluble sterol in sesame seeds and obviously sesame seeds oil (higher in the oil), is 1.54 times more effective than finasteride at blocking 5-α-reductase in DU-145 in vitro human prostate cell line (not hair follicles). Taiwan research looking into roasted sesame seeds and the oil derived from these roasted seeds *(any oil obtained from roasted seeds/nuts is* toxic*, due to lipid oxidation and* lethal AGE formation by protein-sugar, protein-fat chemical reaction in the presence of oxygen*, even if popular in Chinese/other ethnic cuisine anti-science traditions of 5th century* primitives who valued taste more than health and knew nothing*)* found 82% of roasted sesame seeds/oil lignans is sesamin, 15% is sesamolin (sesamin with an extra oxygen between the phenyl and penta ring), 3% is sesamol (sesamin is made of 2 sesamol units joined via a 5 penta ring mostly, though some sesaminol too, sesaminol

is hydroxy-sesamin; however, roasting seeds before extraction converts sesaminol into sesamol for the most part). Sadly, Taiwan still make dozens of brands of toxic roasted seeds oil and sell it in China/Taiwan, hence they investigated 17 oil brands in FC 2007;104(1):341-4. So much for Chinese lead in science, no wonder Japanese live 7 years extra vs Chinese. Foods 2020;9(4):394 shows in section 3.2. the lignan content in sesame seeds and sesame oil from several nations and studies, with sesame oil having 50% more lignans, some differences are due to roasting of seeds before extraction, analysis or other oil treatment, not due to using a new sesame subspecies. Sesamin, sesamol, sesaminol, sesamolin are the 4 main lignans in sesame. SDG (secoisolariciresinol diglucoside) and 3 derivatives (matairesinol, lariciresinol pic, pinoresinol, pic) are the 4 main lignans in flax/chia seeds. In pumpkin seeds the 4 main lignans are SDG, (the largest %) as in flax, pinoresinol, methoxy-pinoresinol or medioresinol and a tiny bit of lariciresinol. So, really, pumpkin seeds and flax are almost identical lignan wise, if you look at the chemical structures. Almost all the lignans in sesame/flax/pumpkin seeds are also found in cruciferous veggies. They're all derivatives of each other, since sesamin is the SDG with phenyl OH & OCH_3 merged into O-CH_2-O and the furan -O-$(CH_2)_4$- rings open. Essentially, if pumpkin seed oil works, so will flax and sesame to some degree, as studies above confirm for sesame. Shocking how simple it all is.

French ☺puppy IQ aristocrats☺ in California destroy the USA by roasting seeds/nuts (video of raising lethal AGEs 10 fold) obtained from US land and selling this POISON Oil to USA, while FDA "low IQ staff" don't fine the aristocrat pigs of "La Tourangelle Nut Oil Company" $2 trillion for genocide and nationalize all nut/seeds farms to create amazing oils and properly stored (frozen if more than 30 days, fridge otherwise) and packed nuts/seeds via Eterni Food Inc, world's biggest grocery store chain with world's healthiest foods, unlike the aristocratic poison sold by 0 IQ aristocrats today. Hey, even 3rd graders know better, they see flaxseed oil stored in opaque pitch black plastic in the fridge section of health food stores, but what about other nuts, seeds, oils? Stored in clear or very light permeable oxygen rich bottles, for max artery damage, so we spend 150 billion year in coronary bypass surgeries. Way to go, the 600-990K a year aristocrat surgeons can then build a palace. Why prevent surgeries by better sleep, decent work hours and less instant relocation and company (33 million vs 11) changes, free education on low fat vegan diets, 0 processed foods if they can make 0.15 trillion by conning (they gain your con-fidence, then betray your trust/con-fidence in them) everyone? Aristocrat profits would be too small, palaces too small if they did the right thing for public health. The 1789 French revolution was undone by the aristocrats almost 90%, just like US 1776 revolution ideals were fully reversed. Only buy COLD PRESSED oils obtained from raw seeds and recall hair loss is also due to oxidative stress, these roasted nuts/seeds oils, adding oils before cooking, cause in your blood. So, use a pressure cooker, soak all foods in water and never add any oil during cooking. Never heat oils,

not even in a microwave, add oils after food is heated, if you heat foods (no need to, just let food warm to room temp 5 minutes, keep fridge warmer, so eating it cold is fine). Minimize oils, unless chia oil, for eating, for obvious reasons. Warm foods left around the kitchen 20 minutes double bad bacteria and the toxins they produce that make you lose hair too, so cold foods are better, especially because they also diminish appetite, though if you eat foods right after warming in 5 min it's fine. Think again about ARISTOCRAT owned restaurant foods taken from one of those trays, after they sit there 5 hrs while they waited for a customer, you eat poison, bacteria toxins rose 128 fold. Bacteria toxins jump 16 fold after 80 minutes at the tray 90+°F temp. Avoid restaurants. Stop being lazy (it takes 1 min to add water and press cook, come on), or you lose all hair. ☺Low IQ workers☺ without good centralized free health, nutrition education can be killed easily by aristocrats, so education is $$. The evil wild dogs make trillions by knowingly killing the working class, so protect yourself, use pressure cookers only food prep.

Native Americans' staples were 1. pumpkin, squash (plus seeds inside), 2. corn (corn oil has highest β-sitosterol 621 mg, 2nd highest stigmasterol 56 & campesterol 153 mg of any food), 3. beans (high in sterols) and the seeds inside daily, 4. chia and wild flax often, so they got huge levels of sterols and lignan estrogens, having the least baldness of any race. Beans sterol content was "5136 mg/100 g of oil, ... ΔS-stigmasterol (1351 mg/100 g oil). Soybean has... 350 mg/100 g oil" ► AOXI 2024;13(6):636. Some legumes reach 8542 mg sterols/100 g oil ► PFHN 2021;76(1):53-9. Lentils are "smaller beans", they're high sterol legumes too, the staple of 400 million South India vegetarians who also lack baldness. PFHN 2007;62(3):85-91 says lentils got 123 mg β-sitosterol/100g, chickpeas 160, while flaxseeds only 57, corn 34, kidney beans 87, sesame seed 139, walnut 174 (Table 2 of IJVNR 2013;83(5):263-70), so of course, soaked lentils are easier to digest than beans, seeds, nuts in large amounts without gas; lentils got 15 mg campesterol (flax 19, chickpea 21, pumpkin seed 0) and 20 mg stigmasterol (flax 22, chickpea 23, pumpkin seed 8) higher than most foods. Lentils are the best food for vegan protein. Red lentils got only 47 sitosterol per USDA, so eat normal brown-green ones. Those eating lots of legumes outlive the rest, possibly due to this DHT issue. Whites emerged in cold climates, *eating potatoes, grains, meat, dairy, stuff with way lower plant steroids*. "in the potato, the content of total phytosterols is only 4.3 mg" (vs 175 mg in lentils) ► Mol 2022;27(2):523, while lignan content is 2.9 mg (vs 63 in kale, 0.3 sweet potato, 0.005 celery, 2.1 tomato, spinach 0.06, 3.8 cucumber, 0.5 green lettuce, 0.02-0.04 olive, 0.03 green cabbage, 18 red cabbage, 0.06 collards). The Genocidal Aristocrats only put the least nutritious foods in our Burgers, Salads to enslave and brain damage us. All the crap they put in these Burgers, Salads is DEATH, BALDNESS, PLAQUE, no phytosterols, no lignans. The meat, dairy and potatoes diet is a scalp & brain/heart disaster. Half of white males over age 50 have serious atherosclerosis due to high DHT, unless they eat the inhibitors from vegan foods.☺☺☺ Go Vegan?☺☺☺ Studies show those eating more plant

sterols are happier, potato junkies are angrier, more depressed; all junk food diets are low in phytosterols , create unhappy people. Those Junk Foods Fries and Meat are Poison. Thus, whites have not developed genes that block DHT formation well and need to eat more sterols to avoid baldness and arterial plaque. Cold climates means you need to boil fruits, veggies, in the summer and pack them as jams for winter, and marinating veggies, fruits in the summer for winter time, etc. All high heat cooking destroys plant steroids and polyphenols that inhibit 5-α-reductase. Sterols are mostly fat soluble, lignan glycosides are water soluble, while plain lignans (aglycone lignans as some call them) are fat soluble, so do eat some fat if a low fat food to absorb more sterols. Sesame seeds help with hair growth as much as pumpkin seeds: AJDV 2019:8(2):28-32, see these 2 sets of 3 pics of topical oil: A, B (2 month pumpkin), C (3 mo) & A, B(2 mo sesame), C (3 mo); based on this paper, a combination of both seeds will lead to better outcomes for some people who don't respond well to pumpkin (30% of people) oil, though sesame oil itches (unlike pumpkin). You can't eat much sesame like flax oil, because high ω6:3 ratio will cause issues, showing why Chinese still don't live as long as Japanese who eat way more ω3. Sesame seeds/oil have huge levels of lignans (buy black sesame as they got way more lignans, polyphenols, sterols e.g. 4lb/28$ raw) that inhibit DHT in addition to sterols, just as soy isoflavones inhibit DHT. Few Japanese got bald heads. ☺☺

Campesterol, 260 mg, is highest in ω3 rich canola oil, so we live longer if eating canola/flax oil, not high ω6 oils (soybean got 62 mg campesterol, flaxseeds 45, safflower oil 35). Brassicasterol is 78 in canola, 0.4 in corn and 0 in all other oils. 5-δ-avenasterol is 25 mg in canola, 0 in most other foods. 7-δ-stigmastenol is 59 in sunflower oil, 51 in safflower oil, 0 in most other foods. Flaxseeds got cyanogenic glycosides, so you need eat flax oil for ω3, as flax oil has 900 times less cyanide. Never eat any seeds or nuts/foods that are roasted/toasted, as heat creates AGEs, destroys sterols/estrogens creating poisons. *High lignan flax oil (which you can make at home with an oil machine) combined with unhulled* black sesame or unhulled dark pumpkin/squash seeds will extend lifespan more than walnuts bought from a store (you need to buy them from a farm around October upon harvest and freeze them after that, see details here, which farm). This is because 99% of walnuts are stored improperly and have a lot of air and tiny holes at the poles of the sphere in the nut that allow moisture/light in, causing mold/oxidation. This never happens with the tight seal pumpkin, flax and sesame seeds. Not only that, but flax oil/sesame combo in the right ratio, has way more DHT blocking sterols and estrogens than pure walnuts, while providing you with an ω3:6 ratio of 1:1, far superior to 1:4 in walnuts. However, you can get the 1:1 ratio with chia oil (chia seeds harden stool too much) and walnuts, since chia oil causes less acne than flax oil and flax oil is forbidden for lactating, conceiving or pregnant ladies or people with thyroid issues. Due to air contact and improper storage (not in the freezer) of walnuts, they oxidize in bags killing us slowly. The other nuts are far worse than walnuts, due to

bad ω3:6 ratios. Eat walnuts only if fresh or frozen right after collection (or within 3 weeks). Walnuts and pumpkin seeds are harvested in September-October in USA (Oregon, California) mostly, so buy them around Oct 15 from a farm directly (sesame Texas Sep-Nov harvest), to get real food, instead of Amazon/grocery junk nuts. US organic nuts use cleaner organic pesticides, transport is short, local, soil less polluted than India, China, Mexico where coal fired plants exist. Long transport from India, etc means more heat oxidation of fats and more mold, invisible mold.

Luteolin, which EU found in sage, thyme, mexican oregano, is also capable of turning grey mouse hair into colorful mouse hair, as this paper pic shows. Other sources of luteolin (fenugreek, chamomile, etc) are in this table. Pennyroyal (Mentha pulegium) sage essential oil can contain 90% pulegone, a potent neurotoxin, so avoid sage, since regular sage (Salvia officinalis) has pulegone too. Perhaps eating some fenugreek seeds rich in luteolin may do the trick, just get an oil expressor and use the oil topically too and eat the left over after oil extraction, though too much fenugreek powder can harden the stool. JAOCS 2011;88(10):1603-10 says: *"Lipid content in fenugreek seeds ranged from 5.8 to 15.2%. Major fatty acids were: linoleic LA.. (45.1–47.5%), α-linolenic ALA (18.3–22.8%), oleic (12.4–17.0%), palmitic (9.8–11.2%)... stearic (3.8–4.2%)"* ...ω6:3 ratio: 2.1 to 2.7, so 2.4 on average, way better than any nuts (walnut 4.2) or any seeds, except flax/chia. Fenugreek, 6.4% fat, 3% LA, 1.3% ALA, 33.5 mg Fe & 23% protein of amino acid score 123 (Met-Cys low), 25% fiber vs 65% fat, 38% LA, 9% ALA, 3 mg Fe & 15% protein of score 55 (Lys low), 7% fiber in walnuts. Fenugreek is 6$/lb, cheaper than walnuts, have better ω3:6 ratio (2.4 avg vs 4.2), 0.65-8.5g polyphenols/100g vs 1.6 for walnuts. Whatever works to restore hair heals 500 other things in the body, since these are the most potent free radicals inhibitors. Hair loses its density and color due to free radicals mostly. Hair color/density are real markers for aging, unless one is low IQ and goes in the UV sun always without hats to have UV destroy the hair follicles. Luteolin is a phenol with 4 OH groups, more antioxidant power than those with 1 OH group. Quercetin is luteolin with an extra OH group, so 5, hence we always hear about quercetin and its strong effects, or purple onion containing quercetin, *onion juice restoring hair color or density:* at 6 weeks, *"hair re-growth was observed in ... males (93.7%) ... females (71.4%). In the tap-water treated-control group, hair regrowth... in only 2 patients (13%) at 8 weeks"* ► JD 2002;29(6):343-6. 94% of males had regrowth. The chamomile tea flavone Apigenin is luteolin minus an OH, so you hardly hear much about it, since its antioxidant power is low, only 3 OH groups. Peppermint has 2% pulegone, so use with caution since skin can absorb it, lungs too. Pulegone causes miscarriage, stillbirth, avoid eating rosemary and all mint plants (oregano too), as you may abort by accident your baby if pregnant. The grocery chains need warning about miscarriage on all rosemary, oregano, sage, mint, thyme, peppermint, spearmint. Toothpaste, chewing gum with peppermint, etc oils may contribute to a fall in global fertility rates. To speed this up, please support the universal advent of the 11 companies, like Eterni Food Inc who

require 9000 chemicals listed for any food sold and fines existing companies trillions for fraud. ☺

IJPD 2022;23(4):297-301 (scroll to Fig 1) found kids with Mg, Zn, Cu, Fe, B_{12} deficiencies had grey hair. Other hair loss causes are chlorine, chemicals in water or shampoo, genetics, bad sleep, etc, not just DHT. Avoid washing face or scalp with chlorinated shower water as it ruins skin and follicles fast (use portable shower filter in hotels) making bald heads 20 years earlier for some, disallowing you to see when balding happens due to DHT. Weddell Duo is a good shower filter, apply 10% coupon, buy a set of two and subscribe to get about 18$ off, and get it for 72$, as you can see in the video white and beige filter vs dark brown due to sediment and pipe junk condition of shower by the color (transparent casing). When brown you know you need flush your water heater. This transparency of filter casing needs to gently be required worldwide by the Immortality Building Inc, one of the 11 companies worldwide of the future world of Immortals of one nation, one language for all, so people know when the city or main pipe got some junk and filter changed color from beige to dark brown at 2 weeks not 5 months, to avoid toxic stuff getting absorbed by the skin or cornea. Unlike the garbage brands on Amazon with 0 USA certification, Weddell Duo and Aquasana are certified for chlorine removal☺☺☺. Deoxyribose was shown to prevent hair loss in mice, they even sell it on Amazon. Treating B_{12} deficiency, reversed (AD 1986;122(8):896-9) skin/nail pigmentation and grey hair to brown, because B_{12} brings blood to the follicle. Low copper causes grey hair since copper superoxide dismutase fights free radicals and the copper enzyme tyrosinase helps make the melanin hair color. High zinc prevents copper absorption, so eating dried shiitake mushrooms, lentils may reverse grey hair if blood analysis shows low copper. Low catalase (found in cruciferous veggies) low antioxidants, polyphenols intake no longer removes superoxide O_2^- free radicals well, so hair folicle melanocytes (pigment cells) die. Spermidine also helps prevent grey hair, as well as arginine, which turns into ornithine and spermidine. Hair loss can be due to low B_7 (biotin was used for decades to regrow hair, return hair color, 10-20 mg a day). Low catalase also shrinks lifespan, so, grey hair is a signal something is not working perfectly inside your body. Many dye the hair, but this often poisons the body and thins/greys the hair. UV also kills melanocytes, so wear a hat to prevent grey hair. Almost everything that causes grey hair also causes shorter lifespan, *since grey hair is a marker for aging*. MnSOD and CuSOD (SuperOxide Dismutase) are 2 key enzymes that prevent baldness and greying, plus aging, by scavenging the superoxide radical. Poor sleep can also cause hair greying and thinning, since sleep is the body repair time for hair folicle. If we live to 5000, like queen bees living 50 times longer, hair greys only at age 2500. Grey hair reflects lack of nutrition knowledge in our society, our short lifespan. ☺☺☺

2 guys went thru immunotherapy for lung cancer (with Anti-PD-1 + anti-PD-L1 agents, immune checkpoint inhibitors (ICIs) used in cancer therapy to boost the immune system's ability to fight tumors, PD programmed death of bad/infected cells caused by PD-1 protein on T-cells means

immunity can kill melanocytes (thinking they got cancer or are bad cells) that produce hair melanin/color) and grey hair became brown again JAMAD 2017;153(11):1162-5 (scroll to see pics). 14 out of 52 patients got grey hair turn brown. Try the 0.5 GPM shower head I use for less chlorine (which destroys skin collagen) and less harsh chemicals and some chlorine filter (10$ only filter (replace monthly or bimonthly, due to risk of mold growth), 20$ first time with filter). For chlorine, Aquasana shower filter is possibly the best, but too expensive at 50$ to replace and too much mold grows there in 6 months, removing 90% chlorine when new (at least Aquasana claims so on their website) and 50+% at 6 months. With the water for life program, you get free shipping every 6 months and a 50$ filter, which is the same price as the Amazon uncertified junk that has half the materials of Aquasana. The issue with most Amazon shower filters is that they don't verify the claims by NSF, so check brands on this page, with NSF lead certification for lead reduction for example, where Aquasana and most filters don't even make it, as confirmed by Aquasana by email "*the shower system is only certified to reduce Chlorine, no lead*". Weddell Duo is certified to remove chlorine, microplastics PFAS etc, the most of any shower filter allegedly. You get chlorinated warm water in 2 ways: no shower filter or no fresh magnesium anode rod, magnesium anode rod needs be 0-3 years old to remove all chlorine in showers effectively (recall to only use 7% of water flow as cold if any, as cold water will always have chlorine, when you have no filter, you can use warmer shower water without worrying about filter damage), the anode costs 20$, you can replace it yourself and saves 300$ in shower filters which come with the risk of bacterial growth as many PubMed papers explain; after I replaced my anode rod with a brand new one, the chlorine smell of hot water vanished (due to Mg) without a shower filter (so I stopped using it, especially as the city replaced 100s of old rusty, filthy, bacteria loaded pipes last 10 years), since old anode was covered in white scale mix of $MgCO_3$+$CaCO_3$. Shower filters treat warm water and lose chlorine filtering ability faster than whole house filters, so use shampoo sparingly (not daily) and briefly. Shampoo chemicals are not going thru 10 year safety studies to prove "high DHT producing genomes" follicles are not destroyed. It's good to use little shampoo, to minimize chemicals damage to all organs, via skin penetration, absorption into the entire body, leading to arterial plaque, stroke, death. Why get bald when you get a free cap, good marker of oxidative stress, DHT production? Not all balding is genetic, some is 50% environmental. ☺☺☺

Rosemary oil led to hair regrowth in 44% of people who tried massaging their scalp with it daily ► ADE 1998;134(11):1349-52. In mice, rosemary ethanol extract led to hair growth, while other extracts Plants 2020;9(5):651 helped reduce pimples, acne, dermatitis, etc: "Carnosol was able to reduce the amounts of immunoglobulin E, neutrophils *(cells that fight infections)*, and inflammatory cytokines (TNF-α and IL-1β) in the blood of mice" (hair loss, pimples, dry eyes, often happen due to excessive inflammation). So, boil water in a kettle, place it in a glass, add

rosemary and let it become brown, then place in a spray bottle (opaque to prevent polyphenol degradation, tape with aluminum foil, + clean tape) and spray this rosemary extract on your hair, as it's not as bad as peppermint oil that stays with you for 12 hours at least; the catch is that the essential oils are absorbed more into the skin than the leaf kettle water extract. This is because some carriers in the oil are having polar and nonpolar properties, so to avoid plucking hairs, spray oils or water extracts with an Amazon spray bottle that is food grade plastic for highest safety: (200 mL 4.7 stars, highest rated, food grade plastic/6$, 2 pack 454 ml 12$ (blue 14$), big bottle means more air to oxidize it, so store all in the fridge in a big bottle and use a smaller spray bottle to refill and spray oil or water: 120ml/5$, 230ml/5$, or 6 pack 60 mL/14$ or 25 pack 5 ml min air oxidation 8$, or 105 pack 18$ for chemical experiments or biology ones for longevity of worms and short lived lifeforms), don't massage scalp too much (glass won't release microplastics into air, hair, saving your lungs, ensure glass has no lead, can check it with a scanner). You can also find a bottle at the $ store in the food (not cosmetic, since that plastic is not food grade) section, just empty and clean it, though it's hard to find GLASS spray bottle for 1$ to avoid inhaling so much plastic; what is easier though is to find amber avocado or olive oil glass bottles for storing the bulk of your plant extract to refill the 200 ml one with extract when needed, to prevent oxidation of the entire thing at room temp, store it in the fridge.

Choose stainless steel $10 short handle colander style strainers (not one long handle, as those handles break so fast, due to heavy lentils, plus increase risk of wrist injuries and finger injuries if you use it for a few days after handle came off instead of recycling it) etc since *aluminum, plastic leak* toxic aluminum *or microplastics.* Some teas can work for acne/eyelid issues, chamomile and marigold are in so many eyedrops and eyelid products by major eye product companies, you can try tea like that, spray with eyes closed (never open, since tea is not sterile and thus it can cause conjunctivitis), then rinse within 2 minutes or eye doesn't like it, as long as you find papers showing benefits, *for eyes, do it only with fresh boiled tea that has been cooled, since that water is sterile after boiling. Check with 20x mirror before and after, and make sure all is well. This is not something that is good to do unless you send to a lab that brand of tea and it confirmed to be free from any dangerous microbe, since* pharma companies do sterilize plant extracts: 15 min at 121°C or membrane filtrations *or* they sterilize it for you (some future lab perhaps). However, the heat methods can destroy the polyphenols. When we have eyes open, we get from wind and pollen 1000s of microbes, far more than from eyelid chamomile tea (as long as no mold in it, etc, this tea needs to be stored at 62°F or lower, which no store abides by almost), so those few polyphenols can help a little perhaps, as they do kill many pathogens. *Choose* smaller bottles for spraying, since those are 50 times less likely to drop from your hand and break the glass or hit your toes and oxidize things less, though you can keep it in the fridge too, the small one, to minimize air oxidation. Unlike rosemary extract, rosemary oil is very

germicidal; just don't spray on your eyes. *Since hair loss is often caused by stress, which induces free radical formation and oxidative stress*, those that got vitamin E in form of tocotrienols got 35% increase in hair, while those receiving placebo got 0.1% decrease in hair (tocotrienols probably help the brain neurons to survive free radical attacks) ► TLSR 2010;21(2):91-9. d-α-tocotrienol possesses 40-60 times higher antioxidant activity against lipid peroxidation than d-α-tocopherol (the most common vitamin E in supplements) possibly due to better distribution in the fatty layers of the cell membrane, trapping more radicals ► FRBM 1991;10(5):263-75. However, too much vitamin E can cause a disruption of the thyroid hormones, which can ultimately lead to hair loss, so everything needs to be in the perfect range, though d-α-tocopherol thins blood more than tocotrienols, thereby blocking the clotting activity of vitamin K more, leading to other hemorrhagic strokes types of issues due to internal bleeding. To create a good AI model based on 10000 biomarkers of aging and oxidative stress, enabling all to live to 150 by personalized nutrition powders changed weekly, we need to realize when 1 biomarker goes up 10% to help with one issue, 5000 go down and 5000 go up and this affects a myriad of health conditions and states, and we simply don't have the tech to measure those 10K biomarkers daily via a pic of molecules in the body or blood. Eating more fresh fruits and veggies high in antioxidants can be used as a complementary route to blocking DHT, a route that will also benefit the overall health. Women who got lysine + iron were able to increase hair count ► IJCS 2002;24(1):17-23, because some women lose a lot of iron (thus hair) during menstruation. To advance medicine to the stage of super complex AI models for daily nutrition, we need to centralize nutrition as the Universal Immortality Inc section explains in detail, besides the other 10 companies. Our stone age computers are not even able to deal with simple stuff, let alone modeling the body of 10 trillion cells with 100000 chemical reactions going on each SECOND IN EACH CELL. That's why we need to have a discussion as to why our taxpayer money is wasted with religious frauds who obviously have no proof for their claims of miracles and etc. Is it not the time to Declare our Independence from the Italian, Israeli Mafias running US for 5 centuries?

Another way rosemary might help hair regrowth is fighting oxidative stress (since it has a very high ORAC score 165,280, which is 421 times higher than wine) and giving a break to reduced glutathione and glutathione peroxidase, which become very low in cells when we're flooded with free radicals, heavy metals, toxins, etc. CBF 2000;18(3):169-73 found that β-carotene increased the levels of reduced glutathione (GSH); the activity of glutathione peroxidase (GPx) in blood was much lower in hairless patients, and TBARS (a blood marker of lipid peroxidation due to oxidative stress from AGEs in diet or junk food) was much higher in patients without hair. Vitamin E was slightly lower, so authors proposed eating more selenium (for peroxidase), vitamin A and E. Anti-oxidant enzyme superoxide dismutase was less active in people with alopecia ► MSM 2005;11(6):CR296-99, while malondialdehyde (MDA, a marker of lipid

peroxidation and oxidative stress) was more than double in those with alopecia and xanthine oxidase was 3 times higher in those with alopecia. Xanthine oxidase is a marker for oxidative stress and a marker for myocardial infarction; many studies noted those who get bald are sometimes more likely to have heart issues, probably due to increased oxidative stress that destroys the blood vessels and hair follicles ► IJCB 2007;22(2):90-2. Confirming this OXIDATIVE STRESS hypothesis, JID 1996;107(2):154-8, found that in the scalp sebaceous glands the TBARS levels were double in those with alopecia and glutathione was 2.5 times lower. This led the authors to propose that baldness is due to free radicals, just like many other diseases are caused by oxidative stress. JDS 2002;29(2):85-90 found that TBARS was 3 times higher in those with alopecia (lipid peroxidation), even when glutathione peroxidase was 3 times higher and superoxide dismutase was 2 times higher, indicating that even when enzyme activity is high, they're sometimes unable to contain the free radicals and the damage they do. So, it can be that even when selenium for glutathione is there, the glutathione system is incapable of fighting free radical damage to hair follicles, arterial blood vessels, brain neurons. A 2 min video explains the link between baldness and iodine; iodine deficiency can cause problems with many organs, the teeth, bones, not just brittle or no hair; sheep with low iodine in their diet had much thinner and poorer quality wool; it is hypothesized that the biochemical pathway in humans and sheep is similar; many have reversed hair loss by just taking iodine containing vitamins or KI/I_2 form (potassium iodide/ elemental iodine tincture, $5 from Walmart or Walgreen) like the MD in the video is talking about. ☺ Linoleic acid (first paragraph of DHA-EPA section) is also important for hair health, since it helps follicular health. GHIGFR 2007;17(5):408-15 found about 1 cup of soy beans equivalent (75 mg isoflavone) or quarter of Jalapeno pepper (6 mg capsaicin) can also stimulate hair growth by boosting IGF-1, but IGF-1 boosting has pro aging effects sometimes, plus capsaicin in hot peppers can damage the heart, so I would avoid those. Eating too much tuna can cause hair loss, as hair absorbs mercury; one woman regrew her lost hair once stopping eating fish as this video explains. Too much of Se, vitamin A can also be bad. "*Iron, vitamin D, folate, vitamin B_{12}, and selenium are vitamins and minerals that may be involved in hair graying/whitening during childhood or early adulthood.* Supplementing these deficient micronutrients can improve premature graying." DT 2019;9(1):51-70.☺☺☺

11.7.18. Strawberries, *blue*berries, maqui & other berries

Strawberries (nutrient list), blueberries (nutrient list), etc *lower cholesterol*, glaucoma risk, macular degeneration risk, inflammation (IL-6 cytokine pro-inflammatory marker down 50%), *blood glucose, DNA damage* (need 300 g every 8 hrs to prevent DNA aging), *triglycerides, cancer/obesity risk*, *raise* insulin sensitivity 4 fold after 300 g of blueberries, mental *performance and blood antioxidant status*. More details are in the 50 videos on blueberries. Maqui berries

contain .69 g anthocyanidins vs .107 for blueberries (6.4 times more): 0.66-1.5 g cyanidin-glucoside equiv/100g or 1.08g anthocyanin, or .69 g cyanidin; maqui total phenols are 1.07-2.05 g, or 1560 mg avg, vs 560 mg blueberries ► JSFA 2014;94(13):2639-48. Blueberry anthocyanins were 53-322 mg/ 100g in 71 cultivars, mean 167 anthocyanin (cyanidin glycoside) or 107 mg cyanidin (ORAC 4,803) ► Table 3 HS 2022;57(8):901-9 or 167 anthocyanin in Table 2, 35 high bush blueberries (ORAC 3,509) and 259 anthocyanins (165 mg cyanidin) in Table 1 for 16 rabbiteye blueberries (10% of US sales, ORAC 4841, more drought resistant, more UV oxidative stress, so more anthocyanins) ► JNSV 2021;67(3):201-9. Freeze dried maqui ORAC is up to 16 times higher, 55,971 (82,500 or 24 times if mixed with 5.5% murta) than raw blueberry (3,509) and goji. Freeze dried blueberry is 15,000, about 3.7 times less. Maqui are 4 times cheaper than organic blueberries/g anthocyanins, with way more fiber/g sugar than blueberries, assuming freeze drying keeps all polyphenols during transport from Chile to USA, if half are lost, then 2 times cheaper than Aldi organic blueberries. Polyphenols feed the good bacteria, draw water if eating powder, and for hard stools or rare bowel movements, maqui help all defecate daily; maqui works 20x better than MgO in softening stools, and 90x better than blueberries; your stool will be longest it's ever been (10-18" depending on person size) and soft, coming out 20x faster if somewhat hard now (constipation is often due to bad bacteria, these phenols feed the good guys so the bad ones are wiped out). Maqui berries contain delphinidins, among the strongest antioxidants of the anthocyanidin & flavonoid classes, thanks to the 3 adjacent OH groups on the lone phenyl ring, offering more electron donor OH to neutralize radicals than cyanidins (2 OH, delphinidin minus 1 OH) or pelargonidins (1 OH, cyanidin minus 1 OH) ► FN 2022;9:746881. Delphinidins activate NrF2, lower H_2O_2 levels, lipid peroxidation in skin cells better than other flavonoids ► AAPSJ 2019:21(5):83, boost glutathione in endothelial cells ► OMCL 2017:9260701. Maqui berries are known to have the strongest effect on making dry eyes wetter. Blueberries, blackberries, etc lack a measurable effect on tear volume, unlike maqui or to a lesser extent goji. Blueberries delphinidins make up "20.8–56.6% of total anthocyanins" ► Mol 2026;31(5):793 or 29% average, out of 164 mg, or 47 mg/100g, confirmed in JAFC 2012;60(23):5772-8: between "45.0 and 74.9 mg". 80% of maqui anthocyanins are delphinidins, so that's about 552 mg, 12 times more delphinidins (than blueberries) our eyes like. Food anthocyanidins comprise of 50% cyanidins, 12% delphinidins or hydroxy-cyanidins, 12% pelargonidins or deoxy-cyanidins, 12% peonidins or methyl-cyanidins, 7% malvidins or dimethyl-delphinidins, 7% petunidins or methyl-delphinidins. The structure of the 6 food cyanidins is here. 50% of maqui powder is insoluble fiber that provides bulk and peristaltic action. Maqui lowers blood pressure by supporting vessel dilation via nitric oxide. Drink plenty of water with the powder, min 5x the powder weight, to avoid dehydration that can raise blood pressure. Maqui anthocyanins are 80% of total phenols. The benefits of berries are explained in detail at AN 2019;11(2):224-36, which shows in Table 1 that in 100 g we find in mg of anthocyanins: maqui

berry 1080, wild blueberry 487, *purple* cauliflower 404, normal (high bush) blueberry 387 (2019 study uses a 2006 paper, not sure how reliable the analytical data or sample, did they choose the highest anthocyanin blueberry?, other papers, 2021, 2022 above give 167 or 259), *purple* cabbage 322, blackberry 245, purple kale 173, cherry 122, *purple* grape/ raspberry 120, black plum 116, red grape 27, strawberry 21, red plum 20, red apple 12, yellow apple/plum & banana 0. All berries have similar effects due to sharing a lot of polyphenols ► IJMS 2018;19(2):461. All berries protect the brain, endothelium, eyes ► NRR 2014;9(16):1557-66, AO 2026;15(2):204 & Ntr 2025;17(24):3888, just as purple veggies do. Blueberries have high pesticides if not organic. In 100 g of raw fruit EJCN found these mg of polyphenols: maqui berry 1560, wild blueberry 836, blueberry 560, dark plum 377 (467/calories in 100g blueberry), strawberry 235 (419/100g blueberry cal), blackberry 260 (344/100g blueberry cal), raspberry 215 (236/100g blueberry cal).

Bananas, apples, mangoes, potatoes, apricots (useless foods that have way too much sugar, brain damaging fructose and no high polyphenol), lettuce, mushrooms, the deadly (see why) avocados contain polyphenol oxidase, an enzyme oxidizing berry/blue-red/purple produce polyphenols, so definitely avoid these in smoothies or same meal with berries as explained in the polyphenol section. Bananas cause indigestion, being the food of the lowest IQ *humans, monkeys,* which remained brain dead, versus monkeys who ventured out, ate polyphenol rich berries and became more intelligent than monkeys. Eat berries with onion, as onion is anti-bacterial and berries grow bacteria fast. The companies freezing berries are not sorting out well the moldy berries (too expensive to feel every berry to see if soft and scan it with lasers for mold), so you end up eating tons of mold without knowing, since mold spores and mold are not dying during the freezing process, mold can thrive and multiply the moment you unfreeze the berries, taking over your lungs, brain, destroying your immune system. While many studies show freezing doesn't reduce polyphenols if done without drying, the risk of mold born brain/lung damage or sickness is too high, so you can kindly ignore youtubers who make videos to justify their eating frozen berries: the truth is these young naive well meaning folks don't understand the genocidal aristocratic mass murderers running the US/world industries, as shown in the olives, avocados, coconut, seed oils and fake science sections. As this video shows, many frozen berries are moldy and deformed (see the image at minute 10:54) and not all companies even use laser AI to remove moldy ones. Blackberries contain large amounts of indigestible sorbitol, so if you eat 1 pound daily or 2, you will get a huge amount of gas that is not happening with blueberries. Berry enthusiasts can ☺☺*lovingly gently avoid eating* mold and soft berries (where nutrients, polyphenols were lost due to becoming soft) from *blueberries*, fruits from big brands like Driscoll, etc they buy at many good stores that, upon extremely careful inspection before swallowing, have 1 out of *5 to 100 berries* etc full of mold or ultra soft and rotten, or sometimes more, so much so, that at times I had to trash the whole pack or half

of it in California (where they sell it cheap in some stores), though that was one pack a year or so. If you eat any big fruit or a walnut, discard the whole fruit even if only a part of the veggie or fruit is moldy, because mold is there even if not visible, in the entire fruit.

Please don't eat berries fast without feeling them in the hand or at least mouth, as you will eat tons of mold, *about 3%* of blueberry packs I buy are 100% "rot (softness) and white mold" free, *about 12%* are white mold free, even among good stores and good brands. If you eat a plum, you sometimes come across some rotten one where the inside is very dark, as opposed to the bright green inside in most plums. And you discard that rotten bad tasting part of the plum. However, with blueberries, people don't take the time to crack open in 2 the berry and see how dark a soft blueberry is versus a blueberry that is fresh and very hard. The soft ones have already started to rot, but may not be really soft like the ones where mold has grown to such a degree that you can see the white mold. So, contrary to beliefs, a lot of soft berries have tiny levels of mold, which will become a lot more as the mold grows and becomes white and visible. Before buying, always feel some berries in a pack to see if they're soft or hard and don't eat soft ones as they most likely have a lot of viruses and molds that damage us too. It took me years to realize that, by doing meticulous inspection of every berry in 90 packs. So, before buying berry packs in speed, open the pack, inspect, look for deformed berries, white mold is visible if you pay attention; if all is round and white mold free, try feel some to see if they're too soft, that's a sign of rotting and possible mold even if no white is seen; berries are meant to be firm when fresh; you can even move a berry or two to see berries under where the white mold can hide if not sure if to buy 3-7 packs or less. Usually, with jumbo organic and jumbo size ones, it's obvious without opening if the berries are fresh or not, so it's a waste of time to open. If any berry is not a perfect sphere, then you know it is not a good pack and you're not going to waste too much time. Jumbo berries are usually higher quality and sometimes higher price anyway. If 2 berry packs have the same price, choose jumbo as they usually have far less mold.

So, *before you go to Jamba Juice* (bad idea since to increase sales, they can add sugar (diabetes) or toxic xylitol, erythritol artificial sweeteners known to cause blood clots, strokes, infarcts) *and smoothie places using berries, think again, those guys won't be as careful as you, since they don't* eat the mold *and could care less if you get sick; they move so fast, they can't check and filter moldy berries out*. Likewise, frozen berries are not mold free either, as you can tell when they become warm, they look like those less healthy berries often. Endotoxins produced by bacteria grow rapidly if the truck refrigeration fails during transport and small rips in the skin of berries during defrost or freezing allow bacteria to enter and to grow inside, producing berries full of toxins. While frozen are half the price while out of season, they also are at times half the polyphenols, due to freezing, so you really eat the same price for the nutrients, except frozen got a lot more mold. Simply recall the polyphenol list of foods that have the same level of

polyphenols/calorie (not the same variety) as blueberries and in the coldest months, eat more red cabbage, purple cauliflower, purple kale, indigo skin and red flesh (not beige) plums (those got 2-3 times more polyphenols), etc. *So, stay away from frozen fruits or dried fruits, they're oxidized, or moldy*. Use your brain to navigate the jungle until quality immortality capitalism food emerges and we eat eterni foods, free of mold. While frozen has fewer pesticides, that's because frozen berries are more washed and processed, flash frozen upon harvest, while the fresh have to stay good for a week, so require more pesticides to keep mold at bay. Thus, you need to wash berries well and get organic when possible. Fruits and veggies need to be inspected carefully at home when eating, which is not possible in the store, due to inability to remove all wrapping, peppers on the inside (top is where most mold develops, where the 3 or 4 parts join) and outside; feel and inspect berries, etc before you gulp them without looking, pour all berries into a container and inspect, plus feel them to see which ones are soft, rotten and to be trashed; if all packs are good, then don't need to check all packs, but do check at least 1-2 packs before buying or eating, and eat a few at a time slowly to ☺☺*lovingly tenderly gently kindly*☺☺ avoid swallowing soft rotten moldy ones in speed without realizing. If you eat mold, you may get sick. Perhaps, you can try puree firm, not soft and rotten, strawberries into a smoothie, if you want to avoid burping due to air the inside the fruit we swallow; no other fruit has so much air; if you don't puree them, maybe eat max 100 g/meal or 200 g/day, they got too much *soluble* fiber that cause bloating *independent* of the air inside the fruit. Strawberries and blueberries are available in the US most months of the year, while other very healthy berries, like blackberries, raspberries, cranberries are more seasonal. However, we can find year round berries at Costco or in the grocery frozen sections (Aldi etc), which are 2-3 times cheaper than fresh even if they lose some of the polyphenols; "the frozen samples did not show any significant decrease in anthocyanin (30% of polyphenols in blueberries) level during three months of storage" ► JBB 2004;2004(5):248-52, but dried blueberries (like with all dried foods) showed 49% loss of polyphenols (that's why I never eat dried fruit: oxygen, light screw everything up, including fats added to dried fruit that go rancid). Not all studies found negligible loss of anthocyanins (FSTQ 2007;5:231-8 found minimal loss), some found 59% drop in anthocyanins in 6 months ► JFCA 2014;33:111-6. Could it be due to freezing method? Walmart 3 lb Canada blueberries are $5, cheaper than plums at pricier stores.

"Foods… identified as goitrogenic include… strawberries" ► Toxins 2010;2(9):2289-332 (section 4.2.4. got the full list). Most foods lose the enzyme that turns progoitrin into goitrin during cooking, but we eat strawberries raw. The reason people avoid goitrogenic raw purple kale, cabbage, cauliflower as polyphenol sources at times is they have thyroid issues, but few people know strawberries are goitrogenic too, even if less; so the argument for other berries is strong, given the huge pesticide level in conventional strawberries and the fact blueberries have double

the polyphenols in strawberries, while costing the same in the frozen section. AC 2006;5(1):59-68 found C elegans worms lived 28% longer when fed blueberry polyphenols. The polyphenol section explains those eating most polyphenols had 37% lower mortality. Strawberries *and* blackberries *got* 10-20 times (cultivar depending) less chlorogenic acids *compared to plums and blueberries, having mostly anthocyanin polyphenols. Plums have more flavanols than berries. The plum section has a* long discussion on polyphenols *found in* berries (anthocyanins, etc), similar to plum ones explaining why blueberries are the best berries and why plums can compliment blackberries and strawberries, if blueberries are not for sale where you live. When in season, any berry can be ultra cheap, so you can eat those and compliment with *plum*. In 100 g, *blackberry got* 6 mg Mn, twice the Mn of blueberry, 1.5x the Mn of strawberry, *6x the* Mn *of plums*, so don't overeat if Mn intake is already high that day (can be if you eat pineapple). Due to high Mn, I eat mostly blueberries, avoiding blackberry/raspberry (they got many polyphenols, so Mn is less absorbed than pineapple) usually. Raspberry got *7 times the* Mn *of plums*, 7 mg. In 100g we got fiber in g: raspberry 6.5, blackberry 5.3, blueberry 2.4, plum 1.4. If you're low in fiber, blackberries work. Blackberry + plum 1:1 will provide almost same stuff as blueberries, Mn/fiber/polyphenol wise. 1:1 purple cabbage/cauliflower or 100% purple kale (not the green kale with purple stem called 'red kale') + plums got same phenols/calorie as blueberry, but limit goitrogenic cruciferous to 350g/day. Table 1 at EJCN 2010;64:S112-20 has a Folic assay method of estimating 'antioxidants' in mg/100g, but this is wildly inaccurate, since this reagent reacts with endless compounds: lentils 6553, white bean 138, capers 3600, raspberry 980, blackberry 570, lowbush blueberry 471 (highbush 205), plum 411, strawberry 268, carrot 58. Folin is irrelevant, as it's not the actual mg of polyphenols or any clearly defined 'antioxidants', but it's why some eat raspberries when on sale, and to move stool (detoxify) faster, since they got 12.5 g fiber/100 cal, vs 12/3 blackberry, 6.3 strawberry, 4.3 blueberry. Folin sounds like 'fooling': doesn't tell what class of compounds, 1000s of compounds react with the reagent to give a blue color complex. Reactivity in vitro with a reagent is not in vivo trapping of free radicals, but this is what they're trying to say. Strawberries have too many pesticides, so it's best to eat them organic ($ or cheaper stores have them organic at times) or opt for any other berries which have way less pesticides if not organic. Strawberries have the most fiber per 100 calories (double the fiber in banana) among common fruits and 13 times more vitamin C than apples, 6x more flavonoids than apples. Strawberries (like plums, berries, purple veggies) prevent cognitive decline, due to the anthocyanins. 454 g or 1 lb of strawberries got 9 g of fiber, 5 times more than watermelon. Ellagitannins in strawberries kill colon cancer cells but not normal cells ► JNB 2006;17(9):611-25. Strawberry achenes (the "seeds" on the outside) got 41% of total fruit antioxidant content and 81% of antioxidant capacity (TEAC). If someone wanted a super-strong anti-oxidant/gram, they could use the outer layer only. Strawberries have strong anti-oxidant effects ► FF 2014;5(8):1939-48. Strawberries (and berries) lower glucose levels (strawberries

lower it via more fiber, blueberries via way more polyphenols that dampen AGE formation) ► BJN 2012;108(10):1789-99.☺ They improve insulin sensitivity ► BJN 2017;117(4):519-31. The antidiabetic and other benefits of strawberries, berries are also at IJMS 2017;18(1):124. This 4 min clip explains that adding berries to a high carb meal actually helps diminish the blood glucose due to the fiber and phytonutrients that slow down the absorption of sugars by the intestine. The same thing was noticed with fructose: from banana you get a far lower insulin response versus fructose from a can of soda. Some eat 10 bananas/day for years with glucose 98 1-2 hours later. But if people eat same fructose from soda, they get diabetes. Strawberries and berries lower cholesterol ► NJ 2009;8: 43. Strawberry consumption (500 g daily for 1 month) reduced total cholesterol, bad LDL cholesterol and triglycerides levels (-9%, -14% and -21%, respectively; P<.05). It also increased plasma total antioxidant capacity measured by both ferric reducing ability of plasma and oxygen radical absorbance capacity assays and vitamin C levels (+25%, +41%, +41%, respectively; P<.05). Spontaneous and oxidative hemolysis were significant reduced (-32% and -39%, respectively; P<.05). Strawberries ameliorate cardiovascular risk, oxidative stress markers and platelet activation in humans. ► JNB 2014;25(3):289-94.

11.7.19. BUTTERNUT SQUASH (year round) & PUMPKIN

Butternut squash (nutrient list) (available year round) and pumpkin (nutrient list) (available only before Thanksgiving raw, but year round canned) are the richest sources of β-cryptoxanthin *(carrots have 0 cryptoxanthin, most fruits have 0 or 40-200 times less)* and the second & third richest raw sources of α-carotene after raw carrots. If these squashes are not at the store, you can use carrots for α-carotene, papaya/red bell pepper for β-cryptoxanthin. Butternut squash is #1, it got 1764 times the cryptoxanthin in *eggs*, *the only non-vegan source*. Because it's hard to chew, you can steam it 1 minute in a pressure cooker (let it reach pressure then 1 more minute) to make it soft, then place in a glass of water to cool them instantly, or use a food processor to make a puree with softer produce. Steam a whole 3-4 lb one and then cut only 400 g that you use that day, use it over 4 days from the fridge, same for carrots you steam once to save time if you feel like steaming. Don't steam the seeds, remove the pumpkin like seeds first, eat them raw, as seed fats get damaged in the heat, while the carbs don't. The butternut seeds are similar to pumpkin seeds in nutrition, almost identical (since pumpkin is same as butternut squash, same taste, texture, color, etc, winter squash just smaller seed) in the widest part of the squash, in an orange mix of fiber (eat it), like in cantaloupes. Eat seeds when wet and fresh, chew them very very well to avoid any scratch of stomach or intestine, they're super soft and easy to digest when fresh and wet, unlike the ultra dry store bought ones. You can save the seeds that you don't want to eat today in the fridge, eat them over the next 4 days (8/day), to avoid buying far less fresh pumpkin seeds that are oxidized in comparison. These seeds, eaten about 10 a day,

will help prevent baldness too, as seen in the hair section. As explained in the α-carotene and β-cryptoxanthin sections, those who have lower levels of these carotenoids have 40-50% higher mortality, poorer cognition/vision. I have been eating butternut squash daily for years. ☺☺☺

Other winter squashes: *t*he vitamin A section values for vitamin A in fruits/veggies show that only pumpkin and butternut squash are good sources of vitamin A. Acorn squash is garbage: 30 times less vitamin A, less vitamin C/E than butternut, 0 cryptoxanthin, α-carotene (very low in all foods, except *carrots*, *butternut* squash and *pumpkin*). Raw spaghetti squash is garbage too: has 177 less vitamin A than butternut, while raw hubbard squash 8 times less. Thus, I never ate any squashes, except *butternut squash in 2018-2022* (tastes much better too, see smoothies section) and pumpkin in October/November if on sale, so cheaper/lb than butternut. So many people are deficient in α-carotene, that it makes no sense to cultivate so much of the useless squashes that have fiber and carbs mostly. When low IQ folks are in power, everyone is sick and malnourished. Smoothies can be made with raw (takes longer) or 1 minute steamed butternut squash (becomes very soft with a pressure cooker). Acorn squash has 20% more calories in 100 g, for almost 0 vitamins. Both have the amino acid score of 72 which is > burger king hamburger 69. Butternut squash has 67% of the vitamin A in carrot.☺☺☺

11.7.20. ZUCCHINI (& yellow/green squash) 1.2% *protein*, protein *score* 89

Zucchini (nutrient list) or Italian squash has 8.3 times more lutein-zeaxanthin (2125 µg) than carrots (256 µg per 100 g). The same is true for the yellow summer squash and the light green Mexican squash. Zucchini has 7.5 g of protein/100 cal with amino acid score 89 (Thr: 100*(29/1.21)/27=89), more water than tomatoes to hydrate the body. In 100 calories we find cow milk has 5.3 g of protein of score 85, cooked lentils 7.75 g protein of score 86, tomatoes 5 g protein of score 52, watermelon 2 g protein of score 53, bananas 1.2 g protein of score 62. Zucchini has 16 cal/100 g vs 18 for tomatoes and 12 for peeled cucumbers. The pectin fibers in squash help maintain a healthy blood glucose level. Homogalacturonan in zucchini is hypothesized to keep insulin metabolism in balance. Zucchini is part of the curcubit family known to have compounds that lower blood glucose. The only issue is some chemicals in all related squashes (Mexican, summer or yellow skin, Italian or dark green skin) can cause acne; while I can't prove causation, quite often I get acne after it, so I eat it less, especially Mexican (light green skin). Some online articles talk about this too; however, it seems zucchini causes this more than summer squash, so if hives or acne appear, try summer yellow one, as some of the green varieties may be too sticky and irritate the gut, they got that resin like liquid coming out after you slice it, perhaps more in the green ones. When I swapped eating 5 cucumbers a day with equivalent in zucchini, the stool went from too watery to much more solid, without causing any stronger acne eruptions, so if you want a thicker stool, it may help, the sticky compounds

help. On Apr 11 2022, I did 2 enemas within 12 hours and then stopped eating cucumbers and pineapple, replacing them with red peppers and zucchini, and the gas and diarrhea disappeared, returning to normal solid (not hard, easy to break, ideal) stool. When I switched to zucchini other times, without enemas, nothing happened, but when I did enemas and ate cucumbers, pineapple still, stool didn't solidify. ***Zucchini is best used with peel when trying this, because that fiber makes stool more solid.*** Oxalate (see oxalate section) in zucchini is 20 mg/100 g or among the lowest as you can see at the USDA list (though Harvard 2008 found 1 mg in yellow squash), 2.5 times lower than tomatoes, same as cucumber, lower than virtually all of the listed foods, except sweet corn and coriander. Compared to 20mg/100g, some carrots got 25 times more (25x) oxalate (or as much if a certain low oxalate cultivar), spinach 50x, broccoli 10x, beans 18x, cauliflower 8x, collards 23x, lettuce 18x, potato 12x, peppers 2x. Zucchini also has ω3:6 in ratio almost 2:1, unlike tomato 1:27, avocado 1:17, etc. Most veggies/nuts got high ω6:3 ratio. ☺☺☺

11.7.21. WALNUT (regular, not red/black): the only healthy nut

Seed oils (except chia/flax), nut oils, all other nuts are useless or 'poison', as 11.7.21.1. explains

Walnuts (list of nutrients) are the nuts with the highest ω3, content per 100 g (lower than chia seed or cyanide rich flaxseed), almonds 3027 times less, besides some cyanide in some almond varieties. Storage in fridge is OK for 1 month, freeze if longer, order them in November, because most walnuts are harvested in September-October and call retailer to make sure they're fresh, 1-3 weeks old max and store the 10 lb of in shell walnuts in the freezer (whatever is not eaten within 1 month is frozen, the rest is refrigerated) as experts require for a whole year, taking out only 20 at a time from the freezer, for 20 days in the fridge, if you eat one a day. You won't believe the huge difference between 1 year old walnut (bought within days of harvest) kept in freezer (essentially the same ultra fresh, crisp, unoxidized) and the rotten rancid walnuts sold in all stores in USA that most people (who are clueless) think of as fresh or normal: it's like eating freshest blueberries versus ultra moldy ones, life of 4000 vs death at 80, immortalism vs capitalism, universal pay vs 350 million pays. The fake news media won't tell you this, as they make billions by distracting you with lies, they get paid by the mafia food companies selling you deadly rancid nuts, seeds, foods, etc. Don't order from Amazon as those are worse than the junk at grocery stores even, as those sit for months and rot at high temps, even those with high 4.7 ratings are rancid and lethal, especially Whole Foods, read the 1 star reviews to see the black mold pics or reports. Limiting amino acid is lysine, 424 mg/15.2g protein, so 27.9mg/g protein, vs 51mg/g in ideal protein, so amino acid score is 100*(27.9/51)=55. You can see from this paragraph that walnuts are the only nuts with a healthy ω3:6 ratio, so avoid all the other nuts. The 6 videos on nuts (nut clip 1, two, three, four, five, six) explain why those with heart disease need to eat only 1-2 walnuts max, and why the non-free 'How not to Die' book by Dr. Greger

(with his wonderful science backed studies, though many studies can be faked) may have 3 mistakes about nuts. 12 walnuts can have 350 calories, so if you overeat calories at your 3-4 meals daily and those extra calories are just the nuts, you deposit this fat fast, as belly fat, since fat is 10 times easier to deposit as fat than carbs/protein, since no chemical conversion that eats up calories is needed. 1 walnut is great to get linoleic acid if you have none from your foods, but 12 is insane for a vegan or non-keto diet. In 300 days you get 300*350/(9cal/g*454g/lb) = 26 pounds of body fat in 10 months. The filif crocodile IQ☺☺☺ Loma Linda researchers, following the fraudulent Ellen White Cult Starter who made up all her miracles, in the footsteps of Jesus the Ultimate Con, got millions of $ from the Nuts Industry and used it fraudulently deceive the American people that eating more nuts will help you, when that only is true if you eat very unhealthy fats full of cholesterol, not if you have the best heart health biomarkers from being a low fat vegan (who always have better biomarkers of heart health than vegetarians if a healthy vegan). Same low IQ folks from Loma Linda say "1-2 servings of walnuts a day lower cholesterol by 10%". Dr. Sabate got endless money from the Nut Industry, attended endless conferences, etc, to promote his fraud. This 10% claim is false, it only applies to unhealthy people who eat high cholesterol animal fats by the kg and then substitute that for 0 cholesterol walnuts; for healthy low fat vegans, cholesterol RISES sometimes 40%. This is what happens when criminal Christians, promoting a Mass Rape, genocide Cult of Slavery, kid Beating, Cannibalism, run our Universities, instead of separating Education/State from religion as the US Constitution says. Only walnuts are really healthy 6:3 ratio (4:1, see below all nut ratios), yet they promote all nuts, and most nuts are not protected from light by clear packages, leading to LDL and heart disease in super healthy people. They do studies on unhealthy people (control group) and healthy people (nut group) and then claim the nut eating people live longer due to nuts, but it was due to their other healthy habits, meaning nuts are a marker for higher income, and better health choices, it's not due to nuts the nut eating group get better outcomes. Pure fraud is then sold on all TV that "nuts are good, don't cause weight gain" and "eating a lot of them for all, even healthiest vegans, is good for them", until they gain 40 lb of body fat. On Aug 13 2025 I noticed no big acne breakouts after I stopped eating walnuts for 2 months, without replacing ω6 LA with other nuts/seeds. Acne is inflammation, so the high ω6 in walnuts (39%) causes pimple eruption, as seen on 4-25-26 when moving from 1 walnut/day to 2 for 2 days caused 2 pimples to emerge.

High intake of walnuts (even just 3-5 daily) can increase hs-CRP by driving up ω6:3 ratio, other nuts are far worse. An ethical researcher would say, in any ad approved by the Immortality *Nurturing* Agency: "If you replace high cholesterol meats and dairy with walnuts or nuts, cholesterol goes down by 2.8-10% in 100 studies hs-CRP drops 10%, but if you replace the animal foods with lentils, greens, DHA-EPA algal oil, cholesterol drops 50%, hs-CRP drops 5 times". To deceive the healthy people and kill them via wrong advice is GENOCIDE VIA GREED, to sustain a

Fraudulent genocide Promoting "University" by Millions of Dollars from the Nut Industry. It's grounds for removal of License to be a University. Similar tactics are used by fatty meat, dairy industries to push bad foods ('cyanide vs arsenic') because "they lower cholesterol in (5% of the most unhealthy people in USA) the subjects by 10% (versus the most deadly margarine way worse than fatty pork full of parasites)". Then everyone becomes OBESE. The ad "forgot" to mention "replacing THE FATTY foods with green, DHA-EPA algal pill, lentils, blueberries lowers cholesterol 60%, improves most heart biomarkers and cognitive function 100%, reaching 3 times fewer Alzheimer cases and 3 times less heart attacks and strokes than pork". Loma Linda Uni is like Yale University, getting millions from the Seed Oil Industry that causes 90% of Americans to be obese by more stringent definitions of obesity. Thanks Yale, these entire universities for profit are a mere scam that needs to dissolve with real centralization.

It must be illegal for ads to say "olive oil or some food lowers cholesterol 10%" without saying in what type of diets/folks in that study and what was the control diet they compare the alleged superfood or superdiet with, without providing the sci.gov short URL for their 200 research papers supporting that. Equally criminal is to say "an avocado diet led to lower cholesterol vs a low fat diet". This is fraudulent marketing, since the "low fat" doesn't define what it is: it's 24%, which is gigantic and high fat by other definition (see how avocado industry makes fake studies that only apply when compred to unhealthy diets and for unhealthy people. Low fat is 2-5%. This "low fat diet" of 24% fat, has half the fiber of the 34% fat "avocado diet", so it causes slightly higher cholesterol than Mexican cartel unhealthy avocado with unhealthy ω6:3 ratio. The JAHA 2015;4(1):e001355 fraudulent study financed by the Avocado industry and authored by a spoiled member of the Avocado Board, had double saturated fat in the "low fat" 24% diet, so saturated and fiber alone can explain why "avocado diet" got 10% lower LDL, but the mafioso disguised as scientists, didn't even adjust for fiber and saturated fat as an obvious confounding factor, so now all ☺puppy IQ workers☺ will buy avocados. Most US and world research is FAKE SCIENCE paid by Industry. It's MARKETING, SNAKE OIL SALES, DISGUISED AS "peer reviewed studies". That's exactly why American lifespan has increased only 1 year over many years RECENTLY, versus 15 over the same amount of years last century: CEO pay was 20 times worker pay in 1965, and 389 times higher in 2021, everything is PAID by the Corporate Mafia, SCIENCE IS FRAUD, TV IS FRAUD, RADIO IS FRAUD, GOV POLICY IS FRAUD, FDA IS FRAUD, Elections are FRAUD by Big Business. Result? 90% are Obese by real standards we don't have. "Arsenic is better than cyanide folks, so eat arsenic": modern 'research' pushed by Mexico (avocado) or Italy-Greece (olive oil). Ads need to state what % fat it is, everything needs to have a number to avoid misleading people who then get worse biomarkers by eating the unhealthy avocados. Adventists live a few years longer than US average only due to eating less meat, less fat, less alcohol. Lower fat and lower cholesterol simply means longer life. It's funny for these phonies to believe their

pseudoscience will add 50 years of healthy lifespan, or let alone 300 years or 300 billion years to our lifespan. Check out pics of 40-80 lb weight loss by removing oils and nuts from their life. Algal DHA-EPA pills and ground (5-10g) chia seeds got all fat you ever need, if you also use 5-10 pumpkin seeds to keep arteries/hair younger and boost linoleic acid intake, the key ω6 we also need that is not high in chia seeds. Chia keeps hs-CRP 5x lower, healthier than walnuts and 10-100x lower, healthier than other nuts. The Adventist "cult members" don't realize their "special diet" gives many CRP 3, while the healthiest vegans can have CRP 0.1, 30 times lower. This is the result of being part of a cult: no new ideas come in. The food table shows how much linoleic we consume just from regular legumes, veggies. Nuts are not used in any food addiction treatment program, as they're addictive: you can't lose fat. People with no heart disease can probably eat 1 walnut daily without an issue, to boost linoleic (LA) and alpha-linolenic (ALA). Our enemies know the fatter we are, the lower our IQ, the less nutrients go to the brain: SEE IT. Today, you can destroy an empire with bogus FAKE SCIENCE, no war or bullets are needed.

Heart.pdf has pictures of impact of low and high fat diet, so before you start eating many walnuts (1-3 daily seems OK for most people, especially sedentary) think again, since Dr. Ornish could only remove all plaque when removing all nuts in some people (only DHA-EPA pill and whatever fats are in veggies/legumes/grains). Do tests, of many types before you eat a lot of fat, especially plaque tests. The arterial pulse velocity wave shows nuts can ruin arterial elasticity. Sedentary people who have bad genes related to fat deposition, like mice who get 114 times more plaque on the same diet via a gene turned off, may need 3% max calories as fat, while others thrive at 20%. Some people need 100 times more B_{12}, as they lack intrisic factor, others need bioactive B6, P5P, since they lack the enzyme to turn pyridoxine B_6 into P5P etc. There isn't a one size fits all diet, for all DNAs/lifestyles. Sedentary people need far lower fat, as exercise removes some plaque and fat, as the heart burns fat when beating fast. Watch the nutrient recycling video if stressed and you need a laugh, but do realize in the future we will have 20000 biomarkers measured effortlessly via one pic of your wrist and then Amazon will ship the right powder to you to help you live to 200, so we do need to think about nutrients and the ideal amount of each macronutrient and micronutrient, create studies that account for *100,000 confounding factors*, etc. High 6:3 ratio causes rapid aging via inflammation. Walnuts have the highest level of antioxidants among all nuts, as the supplementary PDF for NJ 2010;9:3 shows, or 65-109 times more than almonds, depending on what type of walnut. Never eat any nut or seed roasted because heat forms deadly AGEs. Walnuts are best bought with shells intact, since most companies pack them poorly, with air and tons of light getting in, and by the time you open the pack, they smell like a piece of crap and taste like rotten walnuts – at all stores without any exception. You simply can't compare the walnut in a shell with the one that has the shell removed, it's far less oxidized. After harvest, at 70°F (21°C), walnuts will last 3 months before

some start to go rancid or moldy. In the fridge, walnuts last 1.0 months after harvest time in top shape (so find an airtight container to store the rest in the freezer). Cold temps block the growth of black mold and prevent oxidation that is not as easy to notice as rancid or moldy taste are. A walnut cracker is cheap and some models (see next page) work 20 times faster and 1 million times safer; it takes a few tries to learn how to crack them effortlessly, with minimal calories wasted, so that it's way faster than other methods and the kernel simply pops out easily and can be removed with your hand, without even using those extra 2 tools they include in some kits to "scoop" the nut out. This cracker, sold in many stores, is unsafe and allows walnuts to slip, since the 'teeth' are not grabbing it well, sometimes pieces fly out in all directions, creating a safety hazard for anyone around, or messing your fingers, this type ought to be banned by the Immortality *Nurturing* Agency (only allow those that hold the nut well and prevent these sharp pieces flying around and damaging eyes). The issue we have is millions of workers waste their lives producing useless products that waste our time and achieve the same end in 10 times the time/energy spent: this is due to decentralization. If we get Eterni Food Inc, we automatically select the very best products for production that were proven by the reviews.gov data from millions of people to work much better. The watermelon, berries, walnuts (in shell or shelled) rot in stores that oversupply the shelves and other stores lack them completely. This is due to low tech and poor quality software to predict purchases, thanks to decentralization. It's like having 10000 *Windows Operating systems, each with 10000 fewer programmers, you get the ultimate trash.* ☺☺☺ The pliers designs, pliers with holder, or simple pliers (round is better than straight as it doesn't slip so much), are very bad as they slip and make a huge eye debris risk, require brute force and are wasting your time, taking 10 times longer than the cup type below.

***Safe crackers don't cause flying debris, don't slip and do it all in one 1 second like the amazing* 6$ orange silver, the very best of the cup types (other Amazon sellers sell the same exact thing for 10 or 15$) silver, easy to see dirt and keep free from dirt, microbes with anti-slip orange handle or other lighter colors to see dirt and keep clean and free of grey dirt, mold, not all of these appearance work, since some have a thin spring that causes the arms to not return to position that gives maximum opening and angular momentum. This amazing silver orange is making opening a nut so effortless, you won't believe it takes 5 times less than using a tiny less sharp knife to pry open the soft brown top *(the method many use when lacking tools, like those tiny 3 inch long, quarter inch wide pocket or tiny kitchen dull knives that some use to cut carrots or watermelon)*. This bad design cup type nut cracker, as pics show, has a 3 times thinner spring than the orange handle one, and, as a result, it is a disaster, unable to crack easily any nut except big ones, so buy only ones that have free returns, in case it looks good but takes more than 2 seconds to crack a nut and have all pieces fall into your hand once you invert it, without you having to waste time to pull nut out like with the 0 IQ ones that provide you with tools to**

"take pieces out" (no need of that if nut cracker is designed well). Three other that seem like a waste of time and less efficient are pliers Texan type (never tried it), crusher type (never tried it, seems safe as far as debris goes, but some nuts may not fit or crack easily due to the cup being tiny), the squirrel (never tried it). Find the store near you that sells walnuts with intact shells, as that protects them from oxidation by air and light. Buy in bulk to save and end up paying roughly the same as with shelled ones, *except you create 40 times less* arterial plaque *from the oxidized lipids,* due to the non-existent regulations of a system that doesn't care about people.

Supermarkets often have inshell walnuts 4$/lb, but only around Thanksgiving or Christmas and even then they're not the best quality. Your best bet is searching "state or town in shell walnuts" to see who sells them or to go online and buy 27 lb at once to save shipping costs to get 2.64$/lb, or 5 lb for 3$/lb. 99% of USA walnuts are grown in California. Crain of California sells 22lb/44$ (15-35$ shipping to any US location), or 7-10 lb of walnuts once shelled, which is cheaper than any walnuts oxidized you buy from supermarkets, that kill you. This lasts 1 year at about 2 walnuts a day (since 5-20% of walnuts are discarded due to mold and rancid condition) or 9 g of walnuts or 3.4 g of linoleic acid LA, the main fat we eat walnuts for. If you eat pumpkin seeds, for 49 g of fat, you get 21 g of LA, while in 65 g of walnut fat you got 38 g of LA, so walnut allows us to keep fat intake lower (5-9% of calories) to get 1-2% of calories from LA as required by body needs, or 2.5% if you get 2 g LA from other foods daily like other low fat vegans. 9 g of walnuts is about 2.5% of calories for a 2000 cal diet. Walnuts have 9 g of ALA ω3/100g, so they help more than any nut to reach a low ω3:6 ratio of 1:1 or 1:2 via chia and algal DHA-EPA oil. IJFS 2020;20(sup3):S1711-20 found "540.08 ('Chandler') and 1067.81 mg GAE/100 g dw ('Howard'),", so always buy Howard walnuts (the richest in polyphenols among 9 cultivars analyzed), with twice the polyphenols of Chandler, as the walnut polyphenols are healthy and prevent the oxidation of the fats during storage and while you digest it. Around October 15-20 each year, everything on their website is the new crop harvested in September-October, but you can call 530-529-1585 (ask for sales, or 530-727-2585, a sales rep) to confirm if all online orders are the new crop. They said all are stored in the fridge at 55°F thru the year, so this proves that all walnuts should be stored at 25°F, as many say, in the freezer, because their walnuts that are not fresh, and ordered 3-8 months after harvest are having a huge amount of moldy ones. You'll notice when you buy "fresh" walnuts from Sprouts or etc that if you leave half outside the fridge and half inside, the ones outside become very rancid and bad tasting very fast. This confirms the California Walnut Board website idea that any walnut stored more than 30 days needs to be frozen at 0-25°F, not refrigerated at 55°F. Use a ziploc bag or some airtight container, since shelled walnuts oxidize fast, while inshell walnuts have tiny holes in the shell at the poles quite often and air will oxidize them too, so they too need ziploc bags in the freezer. So you need to order your yearly walnuts right at harvest and then freeze most of them. Crain arrived from

California to Washington DC in only 9 days. Crain inshell walnuts are better than Stater Bro supermarket inshell walnuts, so buy from the wholesale source grocery stores use, as it's cheaper and not exposed to so much store light/oxygen that often can get inside if the nut has a tiny hole in the soft spot. Australia walnuts are grown in Tasmania (see factory) and NSW, which are colder climates, since 1831, meaning they rot and get mold a LOT less than California (99% of USA walnuts) ones (in the summer, Tasmania average max temp is 75, California 90; harvest time is early or middle fall, when the temp difference is huge too: 65 vs 80). Australians can order here from various farms. Avoid shelled ones, as Australia is equally low IQ as USA, the shelled walnuts are allowed to be in transparent packs that damage them. In high California temp, the fats oxidize way faster. Avoid roasted walnuts, as the low IQ Walnut manufacturers make videos about it. Heat creates lethal AGEs. Kindly use your gentle brain, with dedicated altruism for the health of self and all. Don't worry about the weight if you drive with the car some place soon, you can always shell 20 lb and store them in ultra air tight containers and eat them in 2-3 months, and it will still be way better than eating supermarket or bulk bin junk. Gently recall that shelled walnuts expire in 1 month at room temp, 2 months in fridge unless frozen upon harvest, yet stores keep shelled walnuts rotten on shelves for 1 year, the expiration date of frozen inshell walnuts. So, shelled walnuts are more like poison when bought from any store, as are all nut mixes. You don't need to "trust me or anything in this book", simply go *buy fresh* inshell *and* shelled *and see how rancid, oxidized and rotten the* shelled *are*. Their standards are of 0 IQ chimps who live to 80 on average. Shelled nuts (not walnuts, mostly others) often have the antioxidant rich skin almost entirely removed by the shelling industrial machine, so you get less polyphenols that prevent atherosclerosis. Moreover, those shelling machines can spread E. coli from poop on one nut to the other 500 after, but at home, you can see and prevent that, if it ever happens once in 9000 shelled walnuts, same for moldy nuts, the mold can spread and contaminate the rest. Shelled walnuts go thru a lot of air exposure, mechanical stress that oxidizes the fatty acids, as the video shows. The most essential thing to health, diet-wise, is the nature of the fat you eat as that kills you faster than anything else. Others offer free ship at 18lb/65$ or 3.6$/lb. Most walnut weight is the shell, so 27 lb is really only 9 lb, and they last 5 months unlike the bag ones that rot in 5 weeks. If you google "in shell walnuts" 100s of options appear, like 1 lb bags for 4.4$, free ship if you order 75$, or 18 bags. They also have a 45 lb case for 3.58/lb, 5$ shipping. They even have red walnuts, which may have more polyphenols than conventional ones, but may have a very health destroying ω3:6 ratio of 1:13 like the black walnuts have. At USDA.gov, we see PUFA 18:2 n-6 c,c (LA) (linoleic acid, ω3) 38.1 g & PUFA 18:3 n-3 c,c,c (ALA) (alpha linolenic acid, ω3) 9.1 g for walnuts ω6:3 ratio 4.2:1, for black walnuts (too expensive for most) ω6:3 ratio 12.6:1. When 6:3 ratio is 13:1 or higher, we got diabetes, systemic inflammation, etc as the ω3 chapter explains. Thus, never buy black walnuts, as you support damaging the human quantum field.

11.7.21.1. Five REASONS WHY WALNUTS are 10-3000 times healthier than all other nuts

1). The first reason why WALNUTS are the best nuts is that walnuts are ☺☺THE ONLY NUTS☺☺ with a healthy ω6:3 ratio, so try, if possible, to dramatically minimize or 100% avoid all the other nuts to live longest, to damage the quantum field of humans the least. The ω6:3 (LA:ALA) ratio (& g or mg in 100g) is in increasing order: walnut 4:1(38.1g:9.08g), macadamia 6:1 (1.3g:206mg) mostly oleic acid (which you get plenty of, 8.8g, from walnut) the useless overpriced macadamia got 44 times less ω3 than walnut, chestnut 8:1 (776mg:93mg) *can cause liver/kidney damage if not cooked well to remove the skin+tannins, lack the protein of nut-like soy* 7.5:1 (4.46g: 598mg) ratio, beechnut 11:1 (18.4g:1.7g) black walnut 13:1 (33.8g :2.68g), acorn nut 14:1 (677mg:47mg) hickory nut 20:1 (20.6g:1g) pecan 21:1 (20.6g:1g), pistachio. 49:1 (14.1g:.3g), hazelnut.. (filbert) 90:1 (7.83g:87mg), cashew.. 126:1 (7.8g:62mg), pine nut.. 294:1 (33.2g:112mg), Brazil nut.. 677:1 (24g:36mg), almond... 4100:1 (12.3g:3mg), peanut... 5200:1 the most lethal nut, (16g:3 mg) and eating peanuts during pregnancy doesn't diminish offspring allergy. Peanuts ought to be banned. Walnuts got 3033 times more ω3 than almonds, when did an almond milk ad tell you that? Never, they're liars... ***Nut mixes,*** potato chips with corn oil etc (ratio is 31:1) that have oil oxidize in the bag in the presence of huge air levels and during industrial processes, granola, protein bars with all kinds of nuts, are deadly, they sit in bulk bins or clear package and oxidize too, have salt added, heat treatment of nuts or oiled chips create AGEs: ***they're pure poison,*** AVOID 100%. Most seeds also have very high ω6:3 ratio: sesame 96:1 (25.2g:.26g), sunflower 383:1 (23g:60mg), pumpkin 172:1 (20.7g:.12g). The only ω3 rich seeds are flax 1:4 (5.9g:22.8g) & chia 1:3 (5.8g:17.8g). Grains also have high ω6:3 ratio: quinoa 11:1 (974mg:85mg), corn 33:1 (586 mg:18mg), oat 22:1 (2.2g:.1g), wheat 9:1 (1.5g:0.159g), millet 17:1 (.48g:28mg). Legumes have good ratios: lentil 4:1 (137mg:37mg), black bean 1:1 (.126g:.105g), chickpea 26:1 (1.11g:43mg). Cruciferous veggies have amazing ratios: kale 1:1.3 (.291g:.378g), broccoli 1:1.3 (49mg:63mg), purple cabbage 1:1.3 (34mg:45mg). To boost ω3 and bring ω6:3 ratio to 1:1 from the walnut 4:1, you can happily eat chia seeds or chia oil since Earth has an epidemic of high 6:3 ratio which raises CRP and causes fatal heart attacks, rapid aging, and inflammatory diseases. Flax (which can poison you if you overeat it raw, the only way to avoid AGEs) and chia make stool hard (especially chia) and increasing toxin dump into blood if you overeat due to stool transit time increase. Flax ends pregnancies early. You can eat flax/chia oil for ω3 to avoid hard stool.

2). The second reason why WALNUTS are the best nuts and the best food for the essential ω6 linoleic (LA) is that we need to eat the lowest amount of total fat to get the same g of LA, so this helps reverse heart disease in the belly fat rich folks who aim for 4% fat calories. The richest sources of LA are in decreasing order of % of LA in the total fat of a nut/seed/legume/grain: walnut 58, black walnut 57, quinoa 51, soybean 50, pine nut/millet 48, sunflower 45, chickpea 43, pumpkin seed 42, sesame 41, corn 39, beechnut 37, lentil/Brazil nut 36, chestnut 35, oat 34,

wheat 33, hickory nut/peanut 32, pistachio 31, pecan 29, almond 25, black bean 23, red cabbage 21, kale 20, chia/acorn nut 19, cashew 18, flaxseed 14, broccoli/hazelnut 13, macadamia 1.7 (avoid this scam nut like the plague unless you desire to become obese).

3). The third reason why WALNUTS are the best nuts and the best food actually for the essential ω6 linoleic (LA) is that on a per calorie of food base, walnut provides the most mg LA/cal of food, so you don't gain weight trying to get LA. Since most adults need 2-4 g of LA, you can just eat 1 walnut and get the rest from your other foods, but eat the walnuts with lots of lentils or legumes to get that fiber to lower triglycerides, slow digestion and prevent belly fat. However, your food table, blood work, skin, joints, hair, cornea condition, health status, tell us, depending on how fatty the other legumes and grains are, if we really need that walnut or not. We certainly don't need the other nuts. Click on the USDA links to go to the food table, if you doubt the shocking numbers below. The richest common sources of LA ω6 are in mg/cal: walnut 58.4, black walnut 54.6, pine nut 49, sunflower 39, pumpkin seed/Brazil nut 37, hickory nut 31, pecan 30, peanut 28, soybean 26, pistachio 25, almond 21, cashew 14, chia/hazelnut/acorn nut 12, flaxseed 11, kale 8.3, quinoa 8.1, chickpea 6.8, corn 6.1, sorghum 6.0, oat 5.8, wheat 5.5, millet 4.0, chestnut 3.2, broccoli 1.4, lentil 1.2, red cabbage 1.1, black bean .95, potato .37, rice .35.

Males need to eat 117 lb (53 kg) of peanuts daily *to get* the 1.6 g NIH recommended ALA intake (if no fish), how is that for understaffed or "revolving door" (most work for companies/after before FDA) FDA? Or 10 foods banned in EU and China, but sold in USA? It's time to replace the FDA with the Immortality *Nurturing* Agency. FDA has no warning on the label that peanuts, almonds, almond milk could cause heart attack by making CRP so high. Even soy products are 100 times better than peanuts/almonds as vegan fat sources, ratio is only 8:1. Males need to eat 3.5 pounds of Parmesan cheese (has 1878 times more AGEs than rice cooked at home) or 53 kg peanuts (your weight in peanuts for many) and become obese in 1 month, in order to get *1.6 g* of *ω3*, as opposed to only 17.6 g walnuts/day if no other *ω3* from veggies, fruits or EPA algal oil pills and only 8 g walnuts if you eat no fatty dairy/meat and just legumes, produce, algal oil pills. All non-walnut nuts *ω6:3* ratios are WAY higher than 4:1 walnut, *so to the grave you will go fast.* All in the name of tradition and TASTE. ☺Abysmal IQ☺. Americans are enraged at the 100000 nut selling companies (who can't pack them right or cultivate what is ethical) *and* the USDA central planning of crops. Thus, all will support Centralization by the Immortalist Party. The 33 million companies, government have failed us, so let's try something new. With the amazing & beautiful Eterni Food Inc, to correct the high CRP in US, that leads to 100$ billion/year wasted in coronary (to the heart) bypass surgeries, we can ☺☺*lovingly tenderly gently kindly*☺☺ ban all nuts (or at least new cultivation, until all get grants to switch crops to *walnuts* or healthier crops) except walnuts. We can take US back from the vampires, recall the housing analogy. The 11 companies act as regulatory agencies, since they would be 11 national companies-federal agency

hybrids monitored by the Immortality Nurturing Agency. *A global campaign of cultivating walnut trees in every garden needs to start to bring ω6:3 ratio down*. Forget about "nice looking trees", LIFE *and HEALTH* are number 1 for immortalists, use our backyard for a good cause if we want trees for oxygen or shade. Fresh English Walnuts *for* All, Immortality *for* All. Health first, taste *last*. My ω3 intake in 2021 is shown here. With 9 g *ω3*, 38 g *ω6*/100 g, *walnuts* (soak if any digestion issue) got 4x the *ω3* in salmon, 5.4x the *ω3* in sardines, 41x the *ω3* in tilapia, 32x the *ω3* in tuna. The *ω3* in walnuts is the ALA (α-linolenic acid) form, not DHA as in algal oil or fish.

4). The fourth reason why WALNUTS are the best nuts is that they got the lowest % of saturated fat/total fat *in food* across most foods and among nuts: 9.4% *walnut* (6.13/65.2 g), 10.8% chia (3.33/30.7), 9.5% soy curd cheese (1.17/8.1), 14.5% avocado (2.13/14.7), 17.7% pumpkin seed (8.66/49), 8.7% flaxseed (3.66/42.2), 21% olive (2.28/10.9), 58% milk (1.86/3.2), 89% coconut (29.7/33.5). Cheese % are 40% cottage (1.72/4.3g only, *ω6:3 ratio: 5:1*), 63% ricotta or urda (6.42/10.2g, *ω6:3 ratio: 5:1*), 59% Swiss, 59% cream (20.2/34.4g), 64% cheddar, 69% goat (24.6/35.6g). Most cheese, except ricotta, 0 fat or cottage has truly deadly levels of saturated fat most adults don't need. Parmesan cheese ratio is an inflammatory 8:7 to 1 (0.87 g LA, 0.10 g ALA), not a good source of essential LA and ALA at ALL. That's why vegetarians have 2 times more diabetes than vegans and why more vegetarians go vegan these days. ☺☺☺

5). The fifth reason why WALNUTS are the best nuts is that walnuts have more PUFAs than the other nuts, and PUFAs lower heart disease risk way more than MUFAS in olives, most nuts, seeds, avocado, etc. Based on JACC 2015;66(14):1538-48, "Replacing 5% of energy intake from saturated fats with equivalent energy intake from either PUFAs (*polyunsaturated fatty acids*), monounsaturated fats (MUFAs), or *carbohydrates from whole grains* was associated with 25%, 15% (MUFAs), and *9%* lower risk of CHD (Coronary Heart Disease), respectively. Replacing saturated fat with *carbohydrates from refined starches/added sugars* was not (lowering risk)", so the American Heart Association suggests everyone ditch cheese: "if the cheese is replaced with walnuts, a rich source of polyunsaturated fat, risk (of CHD) is reduced *25*%." AJCN 2016;104(5): 1209-17 found replacing 5% of daily calories eaten as dairy, with PUFAs (walnuts are 72% PUFAs), lowered CVD risk by *24*%. ☺ MUFAs are high % of fat in olives 74%, avocado 67%, some oils: avocado 68%, olive 73%, canola 63%, safflower 75%. Want more proof? 8 hours later, oxidized LDL (the main driver of atherosclerosis, # 1 killer worldwide) was 10 µg/L *lower* after walnut meal, but almost 60 µg/L *higher* after junk fat (refined olive oil, with about 100 times less polyphenols/50 g fat as seen in table 1) meal, both meals had same amount of total fat ► NJ 2014;13:4. This makes perfect sense since serum gamma tocopherol vitamin E (gamma is not found in most supplements) went up and this protects LDL. Olive oil has 0.76% ω3, walnuts got 9.1%. Refined olive oil has 70% oleic acid (a monounsaturated fatty acid or MUFA) and almost no polyphenols. Even among extra virgin olive oils (highest in polyphenols among

oils), the polyphenol levels vary a lot by brand, storage light and moisture exposure, temperature, etc. It makes sense to eat more walnuts and trash old oil bottles/habits. Think. It's far healthier to eat walnuts than walnut oil, olives (the scam food, details here) than scam olive oil, and, if any oil, only opaque container, fridge stored or chia/faxseed caps oils, in cool places away from light (i.e. chia oil). Walnuts have more polyphenols that are almost absent in most oils most people use. That's why people who eat walnuts have longer lifespan than oil users, it's not just the fat ratio that gives life, *but the polyphenols and ω3 without oil peroxides*. ☺☺☺

6). The sixth reason why WALNUTS are the best nuts is that walnuts have the least oleic acid, which is hypothesized by many to speed aging via mTOR, as explained in many papers, such as FASEB 2023;6(1):1-11, JBC 2017;292(15):6303-11, JLR 2013;54(3):725-33. Alpha linolenic acid, ALA ω3, richest in walnuts, however, turns off the mTOR pathway, as do EPA-DHA. EPA-DHA are stronger inhibitors and they're the products of ALA metabolism. Having the least oleic acid, walnuts have the most essential linoleic ω6+ALA ω3 acid/calorie of any nut. Why get extra nonessential fat, when you want to lose belly fat? Some mice eating the same amount of extra fat get 114 times more plaque than others, so some people will get 5-50 times more plaque for the same amount of nonessential fat they eat. It's all about the body's ability to regulate blood lipids and other metabolites that trigger atherogenic biochemical pathways indirectly, etc. Some papers (possibly financed by the oleic food olive oil, avocado industry, etc, see fake papers section) suggest oleic may suppress mTOR at times, depending on "how much is eaten, what else is in the diet, etc". Likewise, linoleic acid can either turn on or off mTOR, depending on diet. Nobody quite knows, as we need millions of subjects to see what happens in certain vegan diets, etc or omnivore diets, etc, and draw more exact conclusions, maybe 5000 papers required☺. Since most studies are not on vegans, vegans need to do a lot of research themselves on mTOR. We need some ALA too, it has its own benefits, besides EPA, DHA and walnuts provide the richest source of ALA/calorie and calorie fat of any nut. Thus, walnuts always win over any nut. Finally, even if the mTOR argument is not believed, the ALA argument is the 6th irrefutable one.

7). The seventh reason why WALNUTS are the best nuts is that walnuts got one of the lowest amounts of oxalate that causes kidney stones. See the nuts at page 8 of this PDF. Seeds are on page 7. Sesame seeds (oxalate.org) got 30 times more oxalate than pumpkin seeds (most oxalate is in the hull, so remove hull or buy hulled), almonds 6 times more than walnuts.

The immortalist government duty is to protect its people, not aristocracy, and to ban imports of foods used in hybrid wars of extermination. Only fat free chips are safe, if proper industrial processes occur, so given the AGEs, better boil potato at home in a pressure cooker, 100 times safer. Kindly avoid oils, they oxidize, unless it's some flax/chia oil you eat right away, read the Eterni Food Inc discussion. Peanuts cause the most allergies among nuts, our body possibly

devised a mechanism to warn us against the most deadly nut. Bitter almonds (they contaminate normal ones sometimes) can kill kids/adults due to cyanide, again nature designed a warning system: *stay away from peanuts and almonds, nature says*. People laugh at the idea of banning bad nuts or reducing arable land use by 90000 times for non-walnut nuts, but would you eat kale greens or iceberg lettuce greens? Kale is 10000 *times* healthier, even if *both are greens*. The same is true with almonds-peanuts (iceberg lettuce analog) vs walnuts (kale analog). Nothing different, *both are nuts*, but walnuts are 10000 *times* healthier than peanuts. Come on, how many people buy iceberg lettuce to boost their health? None. It's just junk restaurants put in salads to kill us all early. Same with peanuts, ultra cheap, so everyone mass produces the junk to poison us all. Isn't it about time for We the People to decide what is planted, not the profiteering *vampires*? The land belongs to the people, not corporations, so the immortalist government will only plant what boosts longevity for all to the maximum degree. We can wipe out ☺abysmal IQ☺ in USA, *lovingly tenderly gently kindly*.☺☺☺ The time for Centralization is here & now. Today *earthlings can unite under* the Immortalist Anthem. ☺☺ The people of tropical Asia Pacific eat betel nuts and get highest oral cancer rate, so the low IQ Indians and Taiwanese sometimes also eat it, and it destroys the entire human quantum field. So, yes, not all nuts are healthy, some are PURE POISON, like betel or, less evidently, peanuts. Billions worldwide masticate many almonds believing that almonds are healthy. Why do people think all greens are healthy? Some are poisonous plants, 100s of greens. Same for nuts.

UNDERSTAND CONTEXT: DECEPTION HAPPENS BY COMPARING WITH THE WORST DIET
(walnuts are fine, but overeating them can shorten lifespan)

The risk of coronary heart disease is 37 % lower for those consuming nuts more than 4 times/wk compared to those who never or seldom consume nuts ► BJN 2006;96 Sup2:S61-7. This is in unhealthy people who eat lethal animal fats with lots of saturated fat and *no fiber and they replace that deadly fiberless fat with fiber rich nuts, so they get better outcomes,* recall all nut benefit studies refer to unhealthy omnivores with sky high cholesterol, CRP and other biomarkers, these studies here don't refer to healthy vegans, who, even when sedentary, got better biomarkers than runners. For healthy vegans, eating a lot of avocados, coconut or nuts suddenly, even if walnuts, will ruin their perfect biomarkers. Nuts contain the important linoleic acid too (shown in other studies to be linked to lower risk of heart disease) and very little saturated fat compared to cheese, bacon or meat, eaten in industrial quantities by most people. Those eating 28 g of nuts/day had 78% the all cause mortality of those who didn't ► BMCM 2016;14:207. "Compared to non-consumers, subjects consuming nuts >3 servings/week (84+ grams) had a 39% lower mortality risk" in an interventional study (more valuable than observational studies where confounders can be the cause) ► BMCM 2013;11:164. This is because the fats in processed meats, cheese containing bakeries, pizza etc is heated and forms

the ULTRA DEADLY AGEs *(Rice Krispies (Kellog) for 222 times more AGEs than home cooked rice, the AGEs destroy every important cell in your body, the food industry commits national genocide and needs to be happily replaced with Eterni Food Inc)*, so when the study cohort swaps deadly fat for raw nuts, they're better off, but with walnuts they will be MUCH BETTER OFF. Compared to those unhealthy OMNIVORES never eating nuts, the all cause mortality of unhealthy OMNIVORES EATING NUTS was 45% lower for 84+ g of walnuts weekly, versus 34% lower for 84+ g nuts (different than walnuts), 34% lower for 28-84 g walnuts weekly, and 20% lower for 28-84 g nuts (different than walnuts) a week (28 g = 1 oz), as you can see from Table 2. The more walnuts (FIBER, LESS SATURATED FAT) for these unhealthy OMNIVORES, the lower the mortality, due to ω3/polyphenols, since most Americans are starved of ω3. Once again, healthy vegans of 0 processed foods, this would not apply to YOU, you don't need to move from your 2 walnuts to 15 walnuts and gain 50 lb of body fat. They're already FAT, i.e. so called "normal". Always recall, 99% of studies are done on OMNIVORES WHO EAT THE ULTIMATE TRASH, designed by the corporate Mafia who fattens the pigs☺☺☺, the slaves they loot to build 8 million palaces. They take good food, and make it 10-100 times worse than if you cooked it at home, sell it to you to brain damage you and thus, much more easily keep you as a caged rat, eternal slave of the Imperial bastards. Don't worry, one day, we might have 11 companies and end these parasitic networks of vultures and leeches. The longer the study length, the easier to see results, so we need more 70 year studies, to see people who ate exclusively walnuts for 50 years and those who ate mixed nuts to show that when walnuts or nuts are your ONLY (besides EPA=DHA pills to replace fish) source of fat, there is a bigger difference than *45*% vs *34*%, or 34% vs 20%. Right now, omnivore fat intake is mainly cheese and meat, toxic fat, so nuts or walnuts won't make any difference, as long it's raw nuts (never roast them). But when you go to low fat *vegans*, you're looking at a cohort that has no other fat and you eliminate the confounding factor of the deadly fat and you compare people with CRP 5 and people with CRP 0.5, which means 10 times less infarcts etc. Vegetarians eating nuts > 5x weekly (REPLACING DEADLY CHEESE WITH HIGH SATURATED FAT, with low saturated fat, high fiber nuts) got 40% of the risk of ischemic heart disease of vegetarians eating nuts less than once a week ► Table 3 of AJCN 1999;70(3 S):500S-3S; likewise, those eating more nuts got 18-44% lower mortality, living thus longer, healthier lives. Nuts help vegetarians to replace toxic dairy with cholesterol and oxidized cholesterol, so we need studies with *vegans to determine at what level of nut intake, in the absence of any processed food (with more AGEs/calorie), the benefits plateau: probably just 5g chia seeds, 1g algal oil, 1 walnut*. Most walnut/nut benefits studies are done in omnivores, not vegans and never vegans who eat 0 processed food (low AGE diet). Few long term low AGE vegans exist. How many nuts are enough, to avoid weight gain? ☺☺☺

See the heart disease and fat link, before eating too many walnuts, nuts, oils or any fatty food,

because many studies on walnuts are done comparing people who eat unhealthy ω3/polyphenol deficient diets with people eating more walnuts. Evidently, if we already eat healthier, an extra 8% ω3 or polyphenols won't have the same % of lower mortality risk, maybe FAR higher if bad walnuts or if that person has genome that creates atherosclerosis past a level of fat, like mice who get 114 times more plaque after same fat intake. Walnut consumption is associated with 24% lower risk of type 2 diabetes in UNHEALTHY OMNIVORE women who consume 56+g/week vs those eating 28-84g/month ► JN 2013;143(4):512-8. Walnuts prevent osteoporosis ► NJ 2007;6:2. Walnuts prevent prostate cancer in unhealthy omnivores ► BJN 2012;108 (10):1764-72. Walnuts lower cholesterol in deadly diets folks ► AJCN 2009;89(5):1657 S-63S. A few people's immune system has a strong antibody reaction to lectins found in most grains, nuts, seeds, legumes, so for them, soaking nuts is best. People with leaky gut are advised by MDs to usually minimize or avoid grains, soak legumes/grains and nuts-seeds to prevent further irritation. If you eat no other fats, then 2 walnuts would be helpful, to get the much needed ω3 and ω6. Walnuts prevent frequent bath trips at night, when eaten at night, reducing it to 0 or 1, even when you eat at night a lot of zucchini or watery stuff. Walnuts are the healthiest nuts (richest in polyphenols and ω3), but they also contain the highest level of PUFAs (*poly**u**nsaturated **f**atty **a**cid**s***), which make them prone to oxidation, toxic peroxide formation. The gamma tocopherol vitamin E found in walnuts prevents this oxidation, but transparent packages allow light in stores to destroy vitamin E and speed up walnut oxidation. Likewise, higher humidity and room temperature storage speed up oxidation a lot, so in just a few days (not even weeks or months on a shelf in a warehouse), organic walnuts can accumulate peroxides, become soft and lose the benefits of having lower pesticides when compared to fresh unoxidized non-organic walnuts. Therefore, when buying walnuts buy in shell walnuts, or if not available, go to a store with bulk section where they refill shelled walnuts daily, so you get the freshest (hard, not soft) walnuts possible and avoid ingesting oxidized fats, which are unhealthy. Go 1 hour after store opens, as they just open the bag and the bin has had contact with oxygen only 1 hours. If you go before closing, those have been oxygenated for 10-15 hours. Store them in a fridge bag. You will be shocked the bulk sections of many health food stores sell walnuts at half the price (4$/lb, not 8) of supermarkets (in sealed bags) and of higher quality. ☺☺☺

Buying in supermarkets you often pay double and get unhealthy oxidized walnuts. If you do studies with oxidized walnuts you get far worse results than with the freshest walnuts, since light, heat moisture and unscientific storage by antiscience mom and dad "organic or conventional farm" people, lead to poor quality walnuts with low vitamin E, low polyphenols and plenty of oxidation products. These people don't read science papers, there are so many in proper storage of walnuts, oxidation, etc. Don't buy organic if they're soft and rancid, easy to tell, as you may do more damage to your body than eating fresh conventional. Humidity has to

be very low, below 5%, so, store walnuts in the fridge in a sealed bag, in total darkness, and only buy small amounts, 200-400g that you can eat in 1-2 weeks. ☺☺*Lovingly tenderly gently kindly*☺☺ avoid oils, as they're super oxidized, worse than nuts, having sat for months on shelves.

It's a good idea to eat *fat* rich walnuts and chia seeds with the polyphenol rich foods (purple "kale, cabbage, grapes, plums", berries, etc), with the *fat* soluble vitamin rich foods (carrots, vitamin A, E, D, K, since absorption increases), since some polyphenols are less water soluble and *fat* increases their absorption, protecting our bodies and brains (better memory, cognition). So, if you want to live to 100, please pay attention to how you store foods, and whether your walnuts, seeds, oils have 10 times less vitamin E, polyphenols and 10 times more peroxides due to improper storage by warehouse or you. Lower cooking temps and avoid dry heat. We read a study and see how people/twins ate same stuff but one lived 20 years longer, maybe his cooking temps were lower, so he got 10 times less AGEs from fat oxidation, ate fresher oils, nuts, seeds, better stored multivitamins (A, D, E, K didn't disappear due to light, heat) etc. ☺☺☺

The foods below I eat far more rarely than the first 20, some because they're not available year round (cactus pears) or have high pesticides if not organic (organic pricey, rancid or hard to find):

11.7.22. VINEGAR (acetic acid, CH_3-COOH, 5% in H_2O)

Vinegar (nutrient list) is only $3.9/gallon on Amazon: never eat it alone as it will damage your throat; dilute it with at least 1 liter of smoothie slurry, if you use 2 teaspoons or so and then rinse mouth with water + baking soda to bring pH from 3 to normal 7 again and avoid cavities many get due to rinsing with water only. People may puree lentils with kale, etc in a smoothie and add 25 ml vinegar in one meal, but that is far too acidic (25 ml is too much for one meal and needs far more water to dilute that meal to make kidneys less acidic) and will irritate your bladder and urethra with so much acetic acid, causing the urine flow to slow and damaging temporarily the lining of the urine path. While it returns to normal once you stop the vinegar, this should never be done more than once, as repetition can permanently damage the kidneys and lining of the urine path, plus causing an enlarged prostate which would make your pee pressure much lower permanently. Vinegar is acidic and contains histamine and histamine liberators, so people with dry eyes need to avoid it as lower sugar can also make eyes drier. It works much better against mold than bleach, see why. Protein digestion requires an acidic pH. Thus, vinegar improves protein digestion. Our bodies eat more until all amino acid needs are filled after digestion. Thus, without acidic stomach, we can gain weight fast, as we want more and more protein that is not digested. Some older or A+ blood type people have less acidic pH. By lowering stomach pH, vinegar (or any acidic fruit, like oranges, pineapple, berries, etc) helps digest protein and prevent hunger for more protein, which would otherwise lead to severe

weight gain, as protein rich foods come with a lot of other calories. Vinegar also lowers apatite, so it has a double positive effect on weight gain. Add 10 ml to smoothies to kill the *bad* bacteria *that cause* diarrhea, soft stool, hard stool (8 balls instead of 1 hot dog) or excessive or smelly gas when a quick 2L enema fails *(after you tried more chia seeds, popcorn, summer squash, less cucumber, to add stickiness to stool and none of it worked)*; on 2-23-2022, I was blown away *how* super soft stool of 2 weeks ended with normal stool after 10 ml/day, 2 days after enema led to minimal improving. Vinegar can also turn hard stool made of balls into normal soft hot dog one, by killing bad bacteria that cause stool clumping into one ball, especially when you add 25 ml (5 spoons at least) vinegar to a smoothie of kale, carrots, water. Adding one spoon won't do much to *reset microbiome if you're a vegan* eating tons of fiber. Raw vinegar, undiluted one can be burning and damaging the throat, vocal chords, the main tool to eterni music. Adding vinegar to a salad doesn't have the same effect, as adding to a smoothie in puree form, acetic acid reacts with everything instantly, killing bad bacteria 1000 times faster and turning some chemicals into others that feed the better bacteria. A chemical compound, like acetic in vinegar or catalysts, work 5000 times better in certain sizes and crystal forms: it's the same principle of reactivity and enthalpy. Those acetylated chemicals will get to the colon and heal it way better than acetic acid. Vinegar restored ovulation and got rid of toenail fungus (drops on the sock, then antifungal ointment), normal menstruation in women with rare or nonexistent ovulation. White vinegar *reduced glucose* response *by 31.4%, so* use daily *if* diabetic *or* prediabetic *to* avoid high glucose spike after meals ► EJCN 1995;49(4):242-7. Vinegar lowers cholesterol ► BJN 2006;95(5):916-24. Vinegars of all types (it is the acetic acid that drives all this, not the other stuff in vinegar, since they noticed same effects with pure acetic acid) reduce glucose levels after eating ► MGM 2006;8(2):61 which explains that "In the insulin-resistant subjects, vinegar ingestion reduced postprandial (after meal) glycemia 64% as compared with placebo values". It seems smart to consider the risks of colorful vinegars that got 100x more polyphenols that have been oxidized by exposure to store light, since companies keep it on shelves for a year, in bright light; *some apple ciders* got 105x (V10 vs V6) ► Mol 2022;27(3):770 more polyphenols than others; eating oxidized polyphenols can do more harm than good. These are bacteria, and apple cider often has particles on the bottom that can contain all kinds of deadly chemicals, like rotten blueberries, so white vinegar is safer, less prone to causing side effects. Vinegar inhibits the proliferation of human cancer cells ► JECCR 2004;23(1):69-75. Rice vinegar (white vinegar is made from grains) inhibits azoxymethane-induced colon cancer in male F344 rats ► NC 2004;49(2):170-3. Vinegar inhibits *candida* growth ► JAOS 2008; 16(6):385-90. Vinegar is antimicrobial. When people have a digestive issue, they often add vinegar to their smoothie to reset the microbiome *(like genome is the genes of all human cells, the microbiome is the genes of all the bacteria, eukaryotes, archaea and viruses in the human gut, for every human cell in the body, there are 9 bacterial cells, living in the gut mostly).* It's not safe to eat vinegar daily, as it kills good bacteria, allowing

bad ones to proliferate, cause digestive issues via metabolites and even acne. However, when a digestion issue exists, vinegar can help to wipe out bad bacteria. ☺

Eat smoothies with vinegar fast, rinse mouth with baking soda solution *immediately* to prevent enamel damage from the acetic acid. I use vinegar rarely, mostly when digestive issues appear. Vinegar is very effective against food poisoning with E Coli ► JFP 1998;61(8):953-9. Compared to placebo vinegar decreased plasma glucose (p = 0.0279), insulin (p = 0.0457), and triglycerides (p = 0.0439) ► JDR 2015:175204. Vinegar is highly diluted with water, to reach 5% acidity. Some vinegars are 12 times more expensive, since they're organic and take longer to make (slow fermentation with the solid "*mother*" at the bottom of the bottle), but most benefits come from acetic acid present in all forms of vinegar, so one doesn't need a specific type of polyphenol present in only one type of vinegar, most scientific studies on the benefits were done on the cheapest white transparent vinegar made from grains. Some people don't buy the organic unfiltered apple cider vinegar due to the possibility of naturally occurring eels (worms) ► Turbatrix aceti. The slow fermentation process leads to that solid "mother" at the bottom of the bottle made of yeast and acetic acid bacteria, which are the food for vinegar eels. Most manufacturers filter and pasteurize their product before bottling to prevent these organisms from forming. These tiny worms are harmless and non-parasitic, unlike hookworm or roundworm. There might be certain advantages to the organic slow fermentation vinegars, due to specific polyphenols (absent in clear vinegar) affecting specific diseases, but the scientific literature on that is lacking, and blueberries got 100 times more polyphenols than the most colorful apple cider vinegar, so there is really no point in risking, for a tiny polyphenol intake. The reddish apple cider vinegar at supermarkets (*filtered, without the mother solid stuff*) probably has more antioxidants than the white clear grain vinegar, since colored fruits have more antioxidants, but it also costs more. However, since the reddish color comes from the peel of the apple, which contains 90% of pesticides, since apples that are not organic are pesticides rich, for some the good from antioxidants will be < the bad from the pesticides. People with type A blood have less stomach acid, so they would benefit even more from vinegar, which lowers the pH and helps the low pH to kill Helicobacter pylori which can cause ulcers and cancer of the stomach (type A blood has 26% higher chance of that) ► BMCC 2019;19:164. Low acid is a problem for 1 billion people, it causes seniors to have lower protein digestibility score as low pH is needed to efficiently split proteins into amino acids the body needs. ☺☺

11.7.23. PAPAYA (avoid if trying to conceive)

Papaya (nutrient list) is the third richest common source of cryptoxanthin, the nutrient who gives 52% higher mortality if their serum level is half as explained in the β-cryptoxanthin section. Papaya β-cryptoxanthin/100g is 109x > green pepper, 127x > grapefruit, 7x > orange, 85x > egg,

10x > watermelon, 11x > peach, 1.55x > red bell pepper. Most produce lacks β-cryptoxanthin. Papaya has 308x > β-cryptoxanthin/calorie than the only non-vegan source, eggs. Glycemic index is 60, eat in moderation to avoid dementia due to fructose. Topical Papaya is great for skin and burns too ► BJ 1999;25(7):636-39. Papaya carotenoids prevent prostate cancer ► CEBP 2004;13 (2):260-9.☺☺☺ β-carotene, $C_{40}H_{56}$, in papaya is present in the same amount as in watermelon and it protects the eyesight, as does β-cryptoxanthin, another form of pro-vitamin A. Papaya is the only common fruit or veggie with an ω3 to ω6 ratio of 4:1, most fruits have a much lower ratio of ω3 to ω6. Bananas have ω3 to ω6 of about 1:2. The more ω3, the better, as most people get too much ω6. Papaya seeds are very soft and easy to eat (most people discard them), have benefits related to protein digestion, getting rid of bad bacteria, parasites, liver detox, but they're not for pregnant women, kids or men trying to conceive. Some studies suggest it is best to avoid papaya for pregnant women, just to be safe ► BJN 2002;88(2):199-203. Large amounts of papaya seeds given to pregnant rats led to miscarriage ► NPMJ 2002;9(2):95-8. Papaya seeds 50 mg/kg of body weight given orally to langur monkeys for 360 days led to 0 sperm count after just 90 days. 5 months after the end of the 1 year program, they noticed the measured sperm parameters were all back to normal (but not everything was normal), as explained at AJA 2002; 4(1):17-26. Rabbits given papaya seeds in the same doses 50 mg/kg did not affect their sperm quality at all RTO 1999;13(1):59-66. Same 0 effect on rabbit sperm was seen at JET 2000;70(1): 17-27. Humans are closer to monkeys though. A significant decrease in sperm concentration was observed in a group of dogs treated with extracts from washed papaya seeds, but no decrease was observed in the group of dogs treated with non-washed seeds ► RDA 2010;45(6):1126-9. Rats fertility returned to normal after 30 days of no longer eating papaya seeds, but there were some other changes too that took longer to reverse ► PM 1994;60(5):400-4. In vitro (test tube, not a human body), papaya seeds do lower sperm count dramatically at even 2% concentration ► AJA 2000;2(2):103-9. On Nov 2 2016, glucose was 85, 2 hr after eating some papaya, lemon, ginger, zucchini smoothie. 85 is the best value I ever got after a meal. Papaya has a lot of fiber, 3 times more than watermelon in 100 g. Perhaps because of the fiber, papaya doesn't spike blood sugar as watermelon does. But I had eaten watermelon and got 95 for glucose. Papain enzyme can damage digestive tract if you overeat papaya, so always eat it with heaviest protein meals.

11.7.24. SOY SPROUTS, SOY BEANS, SOY PROTEIN ISOLATE

Soybean sprout (nutrient list), tofu (nutrient list) amino acid score 25 low, soybeans (nutrient list) have isoflavones which can lower fertility if eaten in large amounts. The most talked about thing about soy is high fat (hence I no longer eat soy) that causes atherosclerosis if overeaten, goitrogens (which can cause goiter, hypothyroidism) like those found in cruciferous vegetables, infertility and unhealthy ω6:3 ratio of 8:1 if eaten as the main source of fat:

MALE Fertility, DHT, Cardiac Health, Prostate Cancer & SOY ISOFLAVONES:

WSYJ 2011;40(6):727-31 found that equol producing men (*vegans* were found to be more likely to produce it than omnivores), who have the right bacteria to produce equol, experienced lower testosterone as a result of isoflavone intake. Low testosterone is associated with a poorer reproductive function in some studies, so this study is of concern for men who try to conceive, even if many other testosterone studies found no effects, due to testing *omnivores* who don't produce equol. *Lower* testosterone *is not always bad, it could lower DHT, dihydro* testosterone, *the* chemical that can speed up atherosclerosis (and Alzheimer (see pic of carotid when DHT is high, ω6:3 ratio is high leading to high hs-CRP and faster plaque building) via that), *prostate cancer,* hair loss; "both T (testosterone) and DHT can have effects that could lead to the development of *atherosclerosis*" ► VHRM 2008;4(1):11-21. "30% of the Western population can produce S-equol after consuming soy *isoflavones*, whereas approx. 60% of adults in Asian populations are equol producers" ► Gut 2016;65(1):63-72. *Vegan* diet is the lowest in DHT, the most protective against atherosclerosis, so *vegans* have the lowest plaque.

HR 2008;23(11):2584-90 found that men who already had fertility problems (not healthy men as in most other studies on soy and sperm) and who ate the most soy (more than 2 servings a week) the previous 3 months, had 41 million less sperm/ml (sperm count) than men who did not consume soy foods; however, *men who ate soy 2 times a week or less got* 4% higher sperm motility, 8.6% higher ejaculate volume *(same sperm count almost, 2% lower, within statistical error)* than men who did not consume soy foods. The abstract does conclude that "Soy food and soy isoflavone intake were unrelated to sperm motility, sperm morphology or ejaculate volume." The data reveals either some complex biochemistry being turned on at higher levels of soy or confounding factors, since, at low levels of soy, sperm count drops a lot, then it returns to normal for medium soy level and drops less at high level. In the infinite complexity of the human body it's not always that higher intake means lower level of a biomarker. Yet, *confounding* factors (which caused the men to visit the infertility clinic in the first place) may play a big role here, making it a weaker study. Even so, obviously, if someone has infertility issues they're safest if they stay away from soy if trying to conceive, per 500 studies. The relationship is probably very complex and dependent on genetics and what people eat besides soy, due to synergies of other semen boosters that cancel out soy effects and also inhibitors of isoflavone absorption. This is a bad study, a better one would have all eat the SAME EXACT DIET, except some eat tofu, soy bean sprouts, etc, to compare effects of different soy foods on sperm. That way we can eliminate other diet confounding factors. We need an interventional study in healthy men, to draw a conclusion; an observational study in infertile or semi-infertile men is the worst type of study to base conclusions on for healthy men. ☺☺☺ However, JN 2009;139(4):796S-802S (and other interventional studies) found no relationship between soy

food intake and sperm count or properties even at 480 mg/day isoflavones or 1,371 g of soy bean sprouts or 176 g soy protein (nobody almost eats that daily, unless a body builder).

FS 2010;94(5):1717-22 found that soy protein isolates SPI (for 57 days) of varying isoflavone content don't adversely affect semen quality in healthy young men. Semen parameters, including semen volume, sperm concentration, sperm count, sperm percent motility, total motile sperm count, and sperm morphology, were not significantly affected by consumption of either low 2 mg or high 62 mg (or 177 g soybean sprouts or 48 g SPI) isoflavones SPI compared with MPI (milk protein isolate). Thyroid 2007;17(2):131-7 found that SPI of varied isoflavone (1.6 mg or 64 mg a day) content don't influence serum thyroid hormones in healthy young men compared to MPI. AJCN 2006;83(2):244-51 found SPI (1.6mg and 62 mg/day), regardless of isoflavone content, modulate serum lipid ratios in a *direction beneficial for cardiovascular disease risk* in healthy young men compared to MPI. 40 mg isoflavones daily for 2 months had no effect on semen parameters even 4 months after supplementation ► CSC 2001;100(6):613-8. SPI with almost no isoflavones or a lot of it, both types, decreased DHT, the hormone that causes prostate cancer and hair loss ► JN 2005;135(3):584-91. A man took 80 mg/day soy isoflavones (same as 62 g of SPI): his sperm improved dramatically after 3 months, *leading to being able to conceive and* give birth to a 3300 gram baby, *sperm improved even more after 6 months, sperm* returned to bad shape after 6 months of no longer eating soy ► GE 2006;22(7):399-401. 66 mg isoflavones (51 g SPI or 640 g tofu) in 200 people did not change testosterone, but improved cholesterol, C-reactive protein, hemoglobin a1c, endothelial function ► JCEM 2017;102(2):425-33.☺☺☺ EP 2008;14(4):415-8 found some 60-year-old man ate *3 quarts of soymilk daily*, same as *6 pounds of tofu daily*, or a maximum of 300 mg isoflavones, developed breast tenderness and enlarged breasts which apparently stopped after he stopped soymilk. Enlarged breasts can occur due to many things and soy overconsumption may have just sped up that process in this case. This is a very high level of isoflavones, same as eating 150g soy protein, triple the daily protein needs of many, which no *vegan* does. The literature doesn't have a lot of cases of breast growth in men after soy, if any, besides this. Since most (short-term) studies show safety for men even at 60 mg isoflavones/day, and only 2 studies show issues (the men already had fertility issues though) at normal levels of soy intake (not 3 quarts of soymilk), it's probably OK to eat 30 mg isoflavones daily long-term, or 150 g tofu, 30g SPI, 300 ml soymilk. People with fertility or thyroid issues could eat max 40g tofu? Some SPI has 9 times lower isoflavone content, so those SPI can be eaten in larger amounts. ☺☺

FEMALE FERTILITY (goes up, like in males, after moderate soy)

High levels of soy (> 2 servings a day) lead to reduced ovarian function, lower circulating levels of hormones, especially lowered gonadotropin levels ► JN 2010;140(12):2322S-5S. However, at 1-2

servings of soy a day, no such effects were found. FS 2015;103(3):74-55.e2 315 women study found that females using in vitro fertilization were almost twice as likely to have a child if they ate more than 2.6 mg isoflavones daily or about 7.4 g of soybean sprouts. Compared to women who ate 0 mg/day isoflavones, the increase in live births was 32% for 0.54-2.63 mg/d, 87% for 2.64- 7.55 mg/d, 77% 7.56- 27.89 mg/d. IJWH 2014;6:377-84 Adventist study of 11688 women found that those who ate the most soy (> 40 mg isoflavones daily) were 3% less likely to be a mom (live birth) and 13% more likely to never have been pregnant than those who didn't, showing a different outcome than the 87% higher chance of being a mom in the previous study above for in vitro moms at 2.6-7.6 mg isoflavones. *This study confirms the first one above, that found for females high soy is harmful, while 2 servings or less of soy are harmless.* 40 mg is way more than 7.6 mg. It may be that women who were infertile to begin with ate more soy, not that soy made them infertile. The only way to know is to randomize people over decades and see if those eating soy instead of lentils, with all else the same, would become less fertile. Designing an interventional study on such a 30 year time scale is very expensive. The isoflavones content of foods is listed in this USDA pdf. Regular, soft, firm tofu and firm tofu prepared with calcium sulfate or nigari (Mg) got about 23 mg/100g, tofu with Ca and Mg got 30, while soybean sprouts 35. Soymilk got a max of 10.73 mg/100g. Soy Protein Isolate 91 mg. AJOG 2008;198(2):210.e1-210.e7 found that *replacing animal protein with vegetable protein such as soy increased fertility and diminished* risk of low ovulation rates. Consuming 5% of total energy intake as vegetable protein rather than as animal protein was associated with a more than 50% lower risk of ovulatory infertility. ☺☺☺

Conclusion (hypothesis): for females trying to conceive, soy isoflavones seem to have a stronger effect than for males, so females can limit soy isoflavone intake to about 10-20 mg/day or 50-100 g tofu, 10-20 g soy protein isolate or 30-60 g soybean sprouts or 100-200 ml soymilk/day. Males who try to have babies can probably be fine even eating 4 times more than females. ☺☺

SOYBEAN SPROUTS (not easy to digest)

Soybean sprouts (made by fujinf.com) are only $1/340g bag at many grocery stores; a bag has 44 g of protein of amino acid score 90; mung bean sprout bags have 12 g protein of score 67. 100 g soybean sprouts = 13 g protein of score 90, 100 g tofu = 8 g protein of score 68. Sprouts are much healthier than tofu (besides being 2-3 times cheaper as protein source), having fewer AGEs. If you eat too many soy sprouts, you can get bloated, and since they have quite a lot of fat and some potentially toxic (to the gut lining) lectins left as explained in the beans section; I no longer eat them or any sprouts at all. 46% of soy sprouts calories are from fat, so it's best to not overeat. Soy sprouts still contain trypsin inhibitors and a lot of phytic acid, making digestion of proteins and the absorption of certain minerals harder; only boiling destroys 100% trypsin

inhibitors and lectins in sprouts, tofu, soy protein isolate. That's why I will avoid tofu or soy foods always if I don't know they're lectin free and stick to home soaked/cooked soybeans if I ever want soy for some variety. Those with gut problems may benefit from minimizing intake of soy products that are not lectin free. Tofu is cooked at 100°C to 110°C only 3-10 minutes, not enough to remove all lectins many times. Tofu has much fewer lectins than soy sprouts though. The soybeans cooked at home at 100°C to 120°C for 40 minutes are very lectin free and safe.

SOY PROTEIN ISOLATE (SPI)

SPI (nutrient list) has only 8% of calories from fat, the lowest of all soy foods. Vegan Yogurt company sells the cheapest 5 lb (2.27kg) SPI for only $21 plus shipping (12.5), much cheaper than anything you buy at any store, because you get 92% pure protein, or 1921 g protein, as much protein as $800 of Burger King hamburgers (lower protein quality, score 69 vs 108 for SPI, more needed) or $129 of Boca soy burgers made from SPI. The Walmart Boca Original Vegan Soy Protein Burgers, 4 ct, $3.22, 13 g protein each, so 52g total, only 280mg sodium (half the Burger King burger), made since 1979, have 20+ times less fat than most burgers & are healthier than all meat burgers, *lowest fat/AGEs of any vegan burger*, have about 116 times less AGEs than McDonald's Big Mac, 7.6 times less fat calories or 7% fat calories for Boca vs 54% for the vegan Impossible Burger, 2.15 times more protein/calorie than the Impossible Burger. Boca is now a Kraft Foods brand, see ingredients and nutrition facts here. SPI is much better for reproductive health for some because some brands (check label) have 2-4 times less isoflavones than soy flour and tofu, soy sprouts ► JAFC 2003;51(14):4146-55. Many 97% raw vegans add SPI to their smoothies. ☺ I tried adding 20-30 g of SPI to smoothies and sometimes urine was muddy, which is not healthy and it caused some bloating, so cooking soybeans or lentils or other beans is healthier until they figure out how to process soy to avoid that. I noticed the same bloating and urine issue with pea protein and rice protein, so I stopped adding them to my smoothies, replacing them with lentils. SPI amino acid score is 92-108 depending on brand. "FDA agrees that 25 g per day of soy protein may reduce the risk of heart disease. The quality of protein from soy equals that of protein from animal foods." 20,000 g (44 pounds) of SPI can cost $128, this is equivalent to 1,000 Burger King hamburgers (cost $4,000) of amino acid score 69.

SOYBEANS IN A CAN OR PREPARED AT HOME

Always cook soybeans at high temperatures to destroy all lectins, as the bean section first paragraph explains. Soybeans have the most complete protein of any bean and of any soy food, except some soy burgers. Soybeans have 43% of calories from fat, with ω3:6 ratio an unhealthy 1:8, but it's mostly unsaturated fat, only 14% of soybean fat is saturated fat. Soybeans are best digested if they're soaked in warm water. Cooked soybeans have 242 mg tryptophan, or

242/68.4 = 3.5 times more tryptophan than hamburger from Burger King/100g. Cooked soybeans got 268/47 = 5.7 times more cystine than hamburger. Cystine is used for the synthesis of reduced glutathione (the master antioxidant in cells) and metallothionein, both of which bind heavy metals. If you buy 1 lb of soybeans, 2$, cook it at home, you get 163 g of protein (score 118) vs Burger King hamburger (score 69). A $3 burger got 17 g of low quality protein, *soy protein is 30 times cheaper*. Soy is healthier too, as it has no sodium, more fiber. ☺

TOFU

Tofu (nutrient list) is much easier to digest than soybeans prepared at home or soy sprouts. The bloating some experience with SPI, soybeans or soy sprouts is not present with tofu at all. However, you will instantly notice tofu makes your stool harder and bowel movement slower, leading to toxin release into the bloodstream due to longer transit time of stool. Tofu is a toxic vegan food. The tofu amino acid score is only 68 vs 118 for soybeans, 108 for SPI, 90 for sprouts, 25 for soymilk. Additionally, 50% of tofu calories are from fat. Tofu is a source of calcium, they add it. However, that Ca is not natural, it is $CaSO_4$, and SO_4 can cause rotten egg smell, ER visits for people with a genetic deficiency in some sulfur compounds elimination. SO_4 can also cause ulcerative colitis and IBS, inflammatory bowel syndrome, so listen to your body and buy brands without sulfates added. Proteins denature and AGEs form during the heat treatment of soybeans to create tofu, so tofu is not an ideal food, but OK for thrice a year at a hotel.☺☺☺

Omega (ω) 6:3 ratio in soy foods and saturated fat content:

One issue with non-SPI soy foods is that they have a lot of ω6 fat. The ratio of ω6 to ω3 in tofu is 9:1 and in soybeans, SPI, soymilk or soy sprouts is 7.5 to 1, when the ideal ratio is 1:1 or 2:1. Thus, if one eats non-SPI soy foods, one would need to eat high ω3 foods, like flax or chia seeds (foods which have more ω3 than 6 and a lot of ω3) to maintain a non-inflammatory ω3: ω6 ratio in the body. The reason why I use lentils, not soy, as the main protein source is explained in the 1st paragraph of the lentils section. It's about fat, soy is too much ω6 inflammatory fat.

Vegan MEATS made from SOY

The freezer section of supermarkets have many vegan meats. Since reversing heart disease arterial plaque buildup is often done by low fat diets, limiting most soy foods (except those done with SPI, like some vegan meats) or eating fake meats or the Boca vegan soy burger with ultra low fat is a good proactive measure to prevent atherosclerosis plaque (*read the food label to see how much fat is there*). Some soy burgers, like Boca vegan one, have only 14.3% of calories from fat. We need some ω6 fat, but most people eat too much ω6 fat, yet need ω3 fat. Gardein..d has nutritional info for the Beefless Ground made with SPI. Only 12.5% of its calories come from fat.

100 g of this vegan “beef” has 2 g of total fat (6 times < burger king hamburger), 0 saturated fat (5 g in burger king), 0 trans fat (1g in burger king), 21 g of protein (14 g burger king), 5 g of fiber (2.0 in burger king), calcium 115 mg (twice the burger), Iron 3.1 mg (2.5 mg burger king). ☺☺☺

11.7.25. BEETS

Beets (nutrient list) are the most well-known blood cleanser, they lower blood pressure, heal acne, help boost the liver, colon, gallbladder. One can puree beets together with watermelon or a soft fruit using a blender and obtain an amazingly healthy and awesome tasting smoothie. "As a source of nitrate, ***beetroot ingestion provides a natural means of increasing in vivo nitric oxide (NO) availability and has emerged as a potential strategy to prevent and manage pathologies associated with diminished NO bioavailability, notably hypertension and endothelial function.*** Beetroot is also being considered as a promising therapeutic treatment in a range of clinical pathologies associated with oxidative stress and inflammation. Its constituents, most notably the betalain pigments, display potent antioxidant, anti-inflammatory and chemo-preventive activity in vitro and in vivo." ► Ntr 2015;7(4):2801-22.☺☺☺

If your urine is pink or red after eating beets, you may have low stomach acid, a risk factor for 25 diseases. Low stomach acid can cause acne, hair loss, and increase the risk for developing other diseases. You can confirm this with the betaineHCl test (you can get some from Amazon, 7.7$ minimum), take a little of this and if no stomach acidity felt, then you're low in stomach acid, a condition affecting half of people over 50 and many people under 50 or even under 30. Google it and you'll get more info, there is even a really advanced Heidelberg test that measures exactly your pH in the stomach. People take betaineHCl to correct stomach pH. ☺☺☺

Beets get their color from betanin which is found at a concentration of 45mg/100g. "Betanin decreased *protein glycation* indicated by the decreased levels of protein glycation reactive intermediate (methylglyoxal), AGE product (N(ε)-carboxymethyllysine) and receptors for AGEs" ► CBI 2015;227:37-44. ***Beet juice antioxidant capacity in both the DPPH and FRAP assays was far greater than tomato, grape, carrot, cranberry, rhubarb, orange and pineapple.*** By FRAP pomegranate was the only one higher, but by DPPH assay beet juice was better than pomegranate. By FRAP assay beet juice was 5X better than carrot juice ► Ntr 2015;7(4):2801-22. However, if you use the deepest purple (‘black’) carrots, beets may be equal to carrots. This may be due to betanin/betanidin in beets/purple cactus, absent in the other fruits/veggies.

11.7.26. PURPLE CACTUS PEARS (avoid green ones)

Cactus pears (nutrient list) are one of the least appreciated fruits, with 8.8g fiber/100 cal. The purple ones are much healthier. On 10-28-21 I ate 600+ g of them, 200 g pineapple and next day,

after also eating 1500 g cucumbers + 600 g pineapple first time in 4 days, I had the first more solid normal (50x less smell than prior week) stool in a week, after ultra soft and smelly stools (very rare for me to have diarrhea) that started 10-22-21 and which made me try more solid foods and avoid cucumber/pineapple 100% for 4 days without success. Pineapple helps with digestion too. I eat cactus pears often some weeks when they're in season (the only time you can find them). They have almost the highest level of flavonoids among fruits (hard to say exactly as fewer papers exist on them) and the most magnesium among fruits/veggies. The purple varieties got the most polyphenols and phytonutrients, having more phenols per calorie per dollar than plums (which cost 2-3 times more) and most blueberries (which cost 6-10 times more/kg). JERS 3(2);2012:60 Table 3 says that some cactus pears varieties have up to 12 g of flavonol (kaempferol, quercetin, and isorhamnetin) derivatives in 100 g, more than any other food. Given this journal is not very global and well known, the quality of its data may be off since other papers found 0.2 g (60 times less) polyphenols than flavonols (but it could be a low polyphenol variety). A paper in a more professional journal found some varieties have 0.2 g polyphenols/100 g in the pulp, which is higher than most fruits and veggies (the edible part, since the peel is taken out with a knife to lose fewer antioxidants than by hand peeling; peeling by hand is not a good idea as it throws away too much of the fruit and the peel area has more good stuff than the pulp, as with most fruits) ► Antiox 2013;2(2):37-51. The same 0.2 g level was found by PFHN 2010;65:253-9, which also found quercetin derivatives accounted for 58.7-54.3% of total flavonoids, isorhamnetin derivatives 31.7-18.8%, luteolin derivatives 11.5-5.4% and kaempferol derivatives 11.0-4.8%. Other studies showed the ORAC antioxidant score of cactus pears is more than double that of grapes, strawberries, apples, etc…

Cactus pears boost the immune system, prevent the formation of AGEs, prevent cancer, Alzheimer, neuron damage due to oxidative stress, help keep a healthy weight, prevent osteoporosis, improve blood glucose response and digestion. They got 8 times more vitamin C than apples, and an amino acid score of 95, higher than 69 for burger king hamburger; that is a much more complete protein. It's better to buy the purple ones, as they're healthier than the yellow, orange or green ones. The dark purple ones are extra loaded with betalain antioxidants. Cactus pears have 9 times more fiber, 8 times more calcium, 8.5 times more magnesium and 2 times more potassium than watermelon. Cactus pears got more calcium than most fruits, 11 times more calcium and 3 times more magnesium than bananas for example. Magnesium is an essential nutrient. You can add them to a smoothie to speed up the blending process for harder veggies or fruits such as zucchini, carrots, cauliflower, etc or use a knife to peel off the skin (peel only minimal thickness as the skin area has valuable nutrients). Purple ones are healthier than green ones. This “purple better than green” idea holds true for grapes, cabbage (purple has 2830 times more anthocyanins), onions, pears, apples, artichokes, chia seeds, beans, etc: the darker

the color, the more antioxidants. Fig 1 in Antiox 2013;2(4):257-64 shows that antioxidant power (the red bar in the graph) is strongest in the most colored grapes: dark indigo (concord) > purple (more transparent than the indigo ones, less pigments) grapes > red grapes > green grapes. Purple cactus pears have the most antioxidants (compared to yellow, green, orange) with the most antimutagenic (DNA protection) activity. ☺☺☺

Purple cactus pears have a lot of betacyanins (like beets) ► Ntr 2013;5(10):4145-58 while the other color pears have betaxanthins. Cactus pears prevent cancer. Arizona cactus pear extracts effectively inhibited cancer cell growth, suppressed tumor growth in mice. These effects were comparable with those caused by a synthetic retinoid currently used in chemoprevention trials. ► NJ 2005;4:25. Cactus pears are rich in antioxidants ► PFHN 2010;65(3):253-9. Cactus pears protect against oxidative stress, genotoxicity and cell death ► BMCCAM 2012;12:111, kill ovarian cancer cells ► NC 2010;62(5):692-9. Betanidin (found in purple cactus) significantly reduces blood glucose ► NPB 2012;2(4):154-5. Beets (blood cleansers) get their color from a betalain pigment called betanin (a betacyanin) which is found at a concentration of 45mg/100g. Purple cactus pear has about 39 mg/100 g betacyanins: betanin and betanidin (which is betanin with glucose replaced by OH) and 37 mg vitamin C/100g, about the same as beets, as shown in Table 2 at Antiox 2015;4(2):269-80. Not all varieties have that much betanin though, only some of the purple ones. Cactus pears have pH of 5.9 when ripe as shown in Table 1, which is much more alkaline than many other acidic fruits, making it far less damaging to tooth enamel compared to oranges, soda, vinegar. ☺☺☺ After eating cactus pears with betanin, red blood cells are more able to cope with oxidative stress ► JAFC 2005;53(4):1266-70. As shown in the previous Beets section, betanin inhibits the formation of AGEs. JAFC 2001;49(11):5178-85 found that betanin was 12.5 times more effective than vitamin E and 3 times more than catechin in inhibiting lipid peroxidation by cytochrome c. Cactus pears contain a lot of pectins, which are known to trap heavy metals ► PFHN 1998;52(3):263-70. Indicaxanthin (a betalain) from purple and other cactus pear fruit exerts anti-inflammatory effects. Leukocyte tumor necrosis factor (TNF) decreased 82% at 2 µmol/kg xanthin. All cactus pears have indicaxanthin, purple ones about half the level of betacyanins ► JN 2014;144(2):185-92. Since raw eggs have an amino acid score of 136, cactus pear biological value of protein is 72.6 with respect to eggs, the cactus pear amino acid score may be somewhere around 0.726*136 = 99. This score, if accurate, is much higher than all fruits except kiwi 105, avocado 129, hamburger beef 67, milk 85, most veggies.

11.7.27. BEANS: CHICKPEA, BLACK, NAVY, WHITE, RED KIDNEY

As far as mg ω3 /mg ω6 in 100 g of raw lentils/beans, we got: 112ω3/412ω6 lentils (0 gas if soaked at 148°F for 8 hours, easiest to digest of all legumes), 538ω3/335ω6 navy (they're white, gassy), 278ω3/332ω6 black (not too gassy), 358ω3/228ω6 kidney, 237ω3/170ω6 pinto (very

gassy), 102ω3/2620ω6 chickpea (some gas, Mediterranean humus fraud, like the olive oil scam, oily diet causes plaque/death: 6 g fat/100g vs 1 for lentils, plus deadly 3:6 ratio), 213ω3/263ω6 northern. In cooked beans, we got (raw 3:6 is more reliable than cooked 3:6 ratio): 37ω3/137ω6 lentil, 177ω3/136ω6 navy, 105ω3/126ω6 black, 168ω3/102ω6 kidney, 137ω3/98ω6 pinto, 43ω3/1110ω6 chickpea. Beans have the same benefits of lentils explained above, but have the *disadvantage of having* much higher trypsin inhibitor *and* hemagglutinin *lectins* (the bad type of lectin, *coagulates or* agglutinates hem *or hemoglobin in red blood cells, causing red blood cells* to stick together, *like* glue *sticks things together, to* agglutinate, causing strokes, clots and infarcts, creates arterial plaque via clots), beans being harder to soak, cook (2-3 times longer soak time) and digest and many of them containing lethal *lectins if slow cooked at 80°C, sprouted or eaten raw (soaked)*. Stroke and infarct, plaque, etc are not worth the risk, most have no patience to properly soak beans 12 hours. Green bean, French bean or garden pea as it is called can contain 100 times more lead, cadmium than many beans, due to its capacity to trap lead in contaminated soils, so, it may be best to avoid it. Please avoid lima beans, as they release cyanide, as explained in the last paragraph of the flaxseed cyanide section. Please read the soaking lentils section for ideas on soaking beans well, to avoid gas. I used to cook black beans daily for 3 years with my pressure cooker at 120°C, before discovering green/brown regular lentils. Before becoming low salt, I used to eat canned kidney beans, chickpeas. Replacing rice with beans leads to lower blood pressure, blood glucose, risk of heart disease and diabetes due to more fiber, protein, fewer sugars ► AJCN 2011;94(3):869-76. Red kidney beans need to be cooked well due to the special red kidney *hemagglutinin, a lethal* lectin *that can sicken or even kill people who eat them raw, undercooked* or *slow cooked* at low temperatures ► EI 1990; 105:485-91. Beans have a lot of trypsin inhibitors and hemagglutinins, and are best avoided if sprouted (or eaten ultra rarely), as sprouting doesn't remove all these antinutrients. "*Peas, lentils* and broad beans had the *lowest* content of *trypsin inhibitors* and *hemagglutinins (the* bad type of lectins*)*. Cooking destroyed these substances." ► AIM 1978;9(1):1-14; "many lectins are non-toxic, such as those from tomatoes, lentils, peas, chickpeas, faba beans and other common foods" ► CRFSN 2005;45(6):425-45. This is not true for the *hemagglutinins lectins* in black beans, kidney beans, white beans, etc, which are toxic. No legume is safe when eaten raw, even if soaked for 2 days. I don't plan to ever eat any sprouted legume, because lectins are not fully destroyed. "Heating presoaked beans at 100°C (212°F) for 15 min… decreased the hemagglutinin activity to below detectable levels… Commercially canned beans have lectin levels similar to beans pressure cooked for 30 min" (in red kidney beans) ► FS 1983;48(1):235-36. Pressure cookers today reach 120°C (248°F). "A raw, red kidney bean can contain up to 70,000 hemagluttinating units (hau). Most lectins are reduced by moist, but not dry heat. Therefore, steaming or boiling causes a significant reduction in concentrations of lectins in beans. Boiling for at least ten minutes has been shown to reduce hau in beans *200x*.

Because cooking temperatures under 80°C (176 °F) don't destroy lectin, use of slow cooking and/or a crockpot is not advised for cooking beans." ► Toxin 2010;2(9):2289-32. Hemagglutinins "can be deactivated by boiling beans for 10 min at 100 °C (212°F) and *the FDA recommends (not requires) an initial soak of* at least 5 h *in water which is meant to be discarded*. If the beans are cooked at a temperature below boiling (i.e., without a preliminary boil), as in a slow cooker, the toxic effect of hemagglutinin is increased. *It was therefore found that* beans *cooked* at 80 °C (*176*°F) are five *times* as *toxic* as raw beans. *In studies of casseroles cooked in slow cookers, internal temperatures often did not exceed 75 °C" and "Illness is* usually *related to the ingestion of raw (e.g., fresh, soaked, or sprouted form as a part of salad), flour (e.g., porridge for infant food), or little processed (e.g., steamed or prepared in* dehydrators, slow cookers, or crockpots*) beans*". Even so, lectins can "*have protective effects against DNA damage, and are potent modulators of immune response, cell growth, and mitosis, and can cause cancer regression*" ► TR 2018;5:46-55. When cooking beans, use high temp pressure cookers or boil 20 min to be safe. *Being alive is more important than "killing a few cancer cells everyone has now and then".* It was shown the body can easily wipe out a few cancer cells when they show up. Water boils at 212°F. FS 1983;48(6):1796-800 found that the sprouting of white beans led to "Highest decrease in stachyose + raffinose (76.40%) was observed at the end of the third day of germination. Trypsin, chymotrypsin, and α-amylase inhibitory activities and phytic acid were reduced respectively by 62.9, 73.4, 67.1, and 57.8% after 5 days of germination." This means sprouting reduces gas causing raffinose, stachyose and a large part of antinutrients, but not all. PFHN 1994;45(3):213-22 found that "Results indicated a decrease of the lectin content by 85%, a loss of binding capacities of functional lectins towards brush border membranes by 91%, and a decrease of trypsin inhibitors by 76%, in (white great northern) bean flour after germination for seven days." Sprouting for 7 DAYS thus can remove most, but not all lectins. When you boil for 10 min, you reduce lectins 200 fold, as shown above, that means *99.5% of lectins are gone, not 85%. That's the difference between cooking 10 min and sprouting 7 DAYS.* Boiling 30 min will remove probably 99.99%. FC 2007;103(1):161-72 makes it clear that *only cooking at high temp (not sprouting) removes all trypsin inhibitors, saponins too,* improving digestibility the most. ☺☺

For low fat vegans who eat lentils, chickpeas are the healthiest beans, because of ω6:

☺☺☺CHICKPEA (garbanzo bean), the Linoleic ω6 Source making seed oils & nuts obsolete☺☺☺

Chickpeas (nutrient list) cost $1.08/lb on Amazon raw (becomes 2.5 lb cooked at home after soaking), which has about 25 g of protein (you get only 17 g from a burger king hamburger) of score 106, which is a much more complete protein than burger king with score of 69 for a much lower price than the 1 to 5 dollar burger ($1 dollar store burgers). They got 1.11 g LINOLEIC essential ω6 acid/100 g cooked (vs 0.14g for lentils) so with chickpeas, you don't need to eat any

nuts or seed oils, just chia seeds for ALA (or chia oil caps if chia seeds make stool too hard) and some algal oil for DHA, since ALA converts to EPA well and at 0-4% into DHA for males. However, chickpeas need to be bought organic, since the conventional/organic ones can have a lot of glyphosate, way more than black beans or lentils, 17,718 ppb in Harris Teeter organic chickpeas vs 8 ppb in Safeway dry lentils, 7 ppb in Goya dry chickpeas. Hummus is tasty, but also far more lethal than lentils, as its glyphosate level is so high, 2,379 ppb in Whole Foods brand. If you cook them at home, the same 25 g of protein cost 20 cents, making this bean protein 7 to 35 times cheaper than hamburger per gram, depending on the burger price. 100 g cooked chickpeas got 2.6 g of total fat (4.6 times less fat than burger king), 0.3 saturated fat (17 times less than burger king), 0 trans fat (not 1 g as in burger), 7.6 g of fiber (almost 4 times more than the burger), 7 mg sodium (65 times less than burger, super-healthy for the hypertensive half of American adults, choose no salt versions), Potassium 291 mg (almost twice the burger level), Iron 2.9 mg (more than hamburger 2.5, no heme iron that is associated with cancer and heart disease). Chickpeas lowered TC by 3.9%, LDL by 4.6% after 5 weeks when vs wheat bread ► ANM 2006;50(6):512-8. Eating 728 g (drained, no liquid) chickpeas a week, for 4 weeks, led to a 7.7 mg/dL drop in TC, a 7.3 mg/dL drop in LDL. Fasting insulin dropped too ► JADA 2008;108 (6):1009-13. ☺☺☺ "Butyrate is a principal short chain fatty acid produced from the consumption of a chickpea diet (200 g/day) in healthy adults. Butyrate has been widely reported to suppress colon cancer cell proliferation"► Ntr 2016; 8(12):766. I ate garbanzo canned almost daily for 4 years.

☺☺☺ BLACK BEAN (the lowest glyphosate beans: Goya and Bush's is ND) ☺☺☺

Black beans (nutrient list) are the healthiest beans after chickpeas for those wanting to avoid nuts, seed oils as ω3 sources and their rotten oxidized oils due to genocidal aristocrats unable to store those properly (opaque containers, in the fridge or freezer if storing over 1 month) via a fraudulent food industry. *For those eating nuts/seed oils, black beans are better than chickpeas, as black beans got* 3x less saturated fat vs chickpeas, 5x less total fat vs chickpeas, most antioxidants among beans (10 times more than white beans, 1390 mg/100g vs 138 mg/100g as seen in Table 1 at EJCN 2010;64:S112-20), ω3:6 ratio of 1:1 versus 1:26 in chickpeas. A can contains about 25 g of protein. Cooked at home black beans are 7 (if hamburger is $1) to 35 times (if burger is $5) cheaper than hamburgers as protein source per g, besides score being 103 not 69. In 100 g of cooked black beans we get 0.5 g of fat (24 times less fat than burger), 0.1 g saturated fat (50 times less than burger), 0 trans fat (not 1 g as in burger), 8.7 g of fiber (4.5 times more than the burger), 1 mg Na (455 times less than burger), 355 mg K (2 times more than burger), sugars 0 (4.9 in hamburger). Black beans ratio of ω3:6 is much healthier ► 1:1.2, instead of the inflammatory ratio of ► 1:9.5 in burger. Black beans lower cholesterol in rats ► ALN 1998;48(4):299-305. Rats eating black & navy beans lowered their colon cancer incidence 4 times ► NC 2002;44(1):60-5. Black beans are rich in anthocyanins which lower TC, LDL as explained in

the polyphenol section. A beneficial colon-function priming effect of beans that mitigates colitis severity is observed ► JNB 2015;26(7):752-60. Black beans, lentils, black soybeans, red kidney beans may prevent atherosclerosis by inhibiting LDL oxidation ► JFS 2007;72(7):S522-7. I ate black beans (400-900g/day) daily for about 3 years, pressure cooked.

White/Northern, KIDNEY, Navy Beans (waste of $, avoid these legumes)

White beans (nutrient list) provide more bioavailable iron than red beans ► IJVNR 2010;80(6):416-29. White bean iron is more bioavailable ► IJVNR 2010;80(1):24-31. Most men got too much iron anyway. Hemagglutinin levels in white beans are tiny vs colored beans which need to be cooked very well to avoid problems. However, all beans need long cooking, due to many antinutrients not removed by soaking. Red kidney beans (and all others) improve colon health ► JNB 2015;26(7):752-60, but like the red lentils, they contain a lot of bacillus cereus bacteria, so are best avoided due to the high incidence of deaths/sickness via kidney beans improperly cooked. Navy/all beans fiber prevents colon cancer ► NC 2016;68(8):1269-80, cut inflammation during colitis ► BJN 2014;111(9):1549-63. White, Northern, Pinto, Navy, Blackeye, Cannellini, etc cause a LOT of gas and are best never cultivated☺☺☺. However, since navy are the smallest diameter of the white (white, northern, cannellini, they're easier to digest and cook, so for white bean lovers, navy is healthier, but still pure trash you can simply avoid.

11.7.28. OATS (eat whole/rolled to avoid diabetes), protein *score* 95

Oats (nutrient list) are an overrated food, as concluded in the last paragraph. The oats mafia uses fake science to push oats, simply because oats are cheaper to grow. Profits always trump science in societies of bandits, liars and conmen run by genocidal aristocrats. Rolling of oats destroys some nutrients and creates lethal compounds, while not soaking it first to remove antinutrients. It's much healthier to eat the burgundy or black sorghum, after soaking it, boiled in a pressure cooker, to minimize arterial oxidation/destruction. Purple/black sorghum bran has 10-20 times more antioxidant activity than oat bran. 3-deoxyanthocyanidins (40% of these are apigeninidin and 7-methoxyapigeninidin) in purple/dark sorghum are similar to the beneficial phenols in blueberries and all polyphenol rich foods absent from oats: the black sorghum is the healthiest, having 2-3 times more brain/artery protecting polyphenols than red sorghum, which has way more cyanins (blue pigments) than white sorghum. See the cyanidin section for more. With immortality capitalism and centralized science based decision making, all crops need to justify their presence to the Central Agriculture Department of the Eterni Food Inc, the most important Company on Earth. Each food must list its most vital 1500 nutrients and then argue over 50000 pages why it's better than other legumes, greens, nuts, seeds or grains or etc to be

cultivated. We Deify Science, not nonsense. However, oats lower after-meal blood glucose by 24 points in some diabetics (but not in healthy vegans who have perfect sugar), blood pressure, cholesterol, hunger, skin inflammation and dryness in other unhealthy subjects, prevent cancer and obesity, support immune and hair-cartilage-skin health. They cause a lot of gas, making it a useless food.☺☺☺ Oats also have 2.4 times more protein than rice and more protein in 100 g than all other grains (quinoa and buckwheat included) and the amino acid score 95 (Lys is limiting, so (0.637g lysine/13.2g total protein)/(0.051g Lys in perfect protein)=0.946 is higher than hamburger beef 67, Burger King hamburger beef 69, rice 71, wheat 52, barley 73. They can be eaten whole oats soaked in water (this is 100% raw) or as rolled oats (they are steamed so that enzymes are destroyed at high temp, making them semi-cooked). Soaked Raw Oats or rolled oats can be added to smoothies. Rolled oats are the least processed "cereal" one can buy in a store (they only steam them a little at 215°F to inactivate enzymes that would make oats go rancid within 4 days otherwise after the bran is removed) with no additives, no chemicals and the awful stuff they add to bread sometimes, etc. Oatmeal and rolled oats, quick oats have the least AGEs of the store bought cereals out there (13 vs 17 for puffed wheat, 20 for canned corn, 9 for cooked rice). Rolled Oats glycemic index (GI) is 54, quick oats 66, oatmeal 80 (most cereals are in the 80s, air popcorn 55, spaghetti 40s), thus rolled oats are best for those with diabetes issues. High GI foods lead to high glucose release, then to high insulin secretion which then lowers blood glucose so much, that the person gets hungry and then overeats that day; this is the only reason many gain too much weight. Whole raw soaked oats (bulk bin section at whole foods stores) have even lower glycemic index and are ideal for pre-diabetics. That's why many 90-100% raw *vegans* are adding raw soaked oats (the whole grain) to smoothies or even unsoaked rolled or quick oats, especially since steel cut oats, quick or rolled oats are $0.7/lb. Oats can promote weight gain in those without food table to count calories.

By weight, rolled or quick oats have 114 times more (x >) cystine and 103x > methionine than onion, 38x > cystine and 12x > methionine than zucchini, 16x more cystine than broccoli, 50x more cystine than tomatoes, 228x more cystine than watermelon. Cysteine or cystine (*as the Cys-Cys dimer of* cysteine *is listed on most nutrition websites*) is a nonessential (conditional essential, in some people only) amino acid made from the essential amino acid methionine that is often low in veggies, but abundant in grains, seeds, legumes. The reason books mostly use the scientifically correct cysteine is because in proteins or peptides with many amino acids, we use Cys to write the protein formula, as in Cys-Thr-Ala-Trp-Tyr-Ile-Ala-Phe, and Cys that refers to one chiral unit of Cys. The Cys-Cys emerging in some proteins is denoted as Cyx or Cym sometimes if Cyx is deprotonated. Cystine is important for optimal cartilage, skin, hair, arterial health. Hair and skin are made up 10-14% Cystine. 300 g of rolled oats added to a smoothie adds 40 g of protein. It's not good to eat soaked raw oats (or any cereal) often or ever, as some do, because

of lectins as explained in the beans section. Even grains have lectins, not just legumes ► Sci 1983; 220(4603):1290-2. Due to the high cystine (sulfur) and lectins, as well as gluten that irritates the gut slightly, eating high amounts of oats (150+g) can cause some people's bad bacteria to multiply, digestive system to be upset, toxins to pass thru the gut barrier into the blood and the stool to smell. I noticed oats cause gas and bloating, and they also contain partially oxidized fats that can trigger atherosclerosis (compared to instant popcorn you make at home) due to being heated during processing to become rolled oats, so I avoid oats. ☺☺☺

Oat lowered systolic blood pressure by 7.5 mm Hg, diastolic by 5.5, total cholesterol by 9%, LDL cholesterol by 14% in unhealthy subjects, with no change in the "low fiber cereal" control group ► JFP 2002;51(4):369. Avenanthramides, polyphenols in oat, kill colon cancer cells and fiber in oats prevents colon cancer ► NC 010;62(8):1007-16. Oats may reduce asthma in children ► BJN 2010;103(2):266-73. Oat β glucans boost the immune system, but these glucans are found in much healthier sorghum varieties too that cause less gas ► MM 2009;100(3):237-45. Oats help reduce laxative use in nursing homes, while improving nutrition, body weight and well being of seniors ► JNHA 2009;13(2):136-9. β Glucan in oat has anticancer properties ► IJBM 2015;80:23-8. 3 g of β glucan in oat/daily lowers LDL (bad cholesterol) 7% and total cholesterol 5% percent ► NR 2011;69(6):299-309. Instant Oatmeal Increases Satiety, Fullness and Reduces Obesity, Caloric Intake Compared to a Ready-to-Eat Oat-Based Breakfast Cereal, so eating rolled Oats is much better than eating cereals with oats ► JACN 2016;35(1):41-9. Health Canada agrees that β glucan in oat lowers cholesterol ►APNM 2015;40(6):535-42. After only 5 weeks, oat milk led to 6% lower total/LDL cholesterol vs the rice milk control group ► ANM 1999;43(5):301-9.

Oat-bran cereal (equivalent to 25 g of oat bran/day) lowers serum total and LDL cholesterol in hypercholesterolemic men by 5.4 and 8.5% ► AJCN 1990;52(3):495-9. 100 g of oats daily for 30 days given to overweight type 2 diabetics lowered the after meal glucose by 24mg/dL, total cholesterol by 13 mg/dL, A1c by 0.64%. It also lowered serum lipids ► Ntr 2016;8(9):549. Colloidal oatmeal is an effective anti-inflammatory topical treatment for irritated or dry skin. That's why people use the milky oat water resulting from mixing water with rolled or quick oats (and colloidal oatmeal) on their face at times ► JDD 2015;14(1):43-8. Oat in colloidal form is a centuries-old topical treatment for skin rashes, erythema, burns, itch, and eczema. JDD 2007;6(2):167-70 explains that "colloidal oatmeal is available in various dosage forms from powders for the bath to shampoos, shaving gels, and moisturizing creams". ☺☺☺

Oat intake significantly lowers fasting insulin concentrations in unhealthy folks (most) ► BJN 2014;112(3):457-66. Vegans have lowest A1C, insulin, so for them oats are a less healthy food, with lentils and chickpeas being the best. Table 4 shows that those eating more than 21 g of oats daily had 9% less mortality compared to those eating less than 21 g of oats daily, among

unhealthy omnivores eating the ultimate American trash diet of ultra processed lethal foods ► JN 2011;141(4):639-44, while those eating > 63 g of rye bread daily had 16% less mortality of those eating < 63 g of rye bread. Most Americans eat so little fiber, that a little rye or oats dramatically lowers their sugar and LDL, etc.☺☺☺ This doesn't mean for healthy vegans, oats are needed at all, it's just marketing and brainwashing, like with seed oils, olives, avocados, coconuts, and all nuts (except walnuts). Newbies don't understand most studies on these "healthy foods" are done on omnivores eating the lethal Standard Poison Rich American diet, not on the healthiest vegans with ideal biomarkers for LDL, sugar, BP, HR. So, add a line to every statement above saying "in unhealthy omnivores"... and to every study almost published worldwide. Some are allergic to gut inflaming gluten (wheat, rye, barley, triticale) that leads to autoimmune diseases (like type 1 diabetes), which often disappear when avoiding gluten.

11.7.29. AVOCADOS (avoid/minimize, it's a scam food)

Avocados (nutrient list) lower cholesterol in omnivores eating fiberless dairy/meats while raising cholesterol in ultra healthy vegans. Avocados have only 2g of protein/100g vs 15.2g in walnuts, 18.3g in flaxseeds, 16.5g in chia seeds or 25g in lentils, 0.46g fiber/g fat vs 10g fiber/g fat in lentils, 0.65g fiber/g fat flaxseed, 1.12g fiber/g fat chia, 14.7g total fat (mostly useless oleic acid 9.8g, causing instant belly fat in non-ketogenic or regular people who don't exercise heavily daily). Avocados are a very poor source of the much needed linoleic acid LA (1.7g essential ω6 LA /100g) for those who get high ω3 from chia seeds or need LA, due to job or exercise. In 100 g:

1). Walnut got 38.1 g essential ω6 LA (linoleic acid), avocado 1.67 g ω6 LA, 23 times less.

2). Walnut got 9.1 g essential ω3 ALA (α-linolenic acid), avocado 0.125 g ω3 ALA, 73 times less.

3). Walnut got 8.9 g useless ω9 OA (oleic acid), avocado 9.8 g useless ω9 OA (becomes belly fat)

4). Walnut got ω3:6 ratio: 1:4, while avocado 1:13, avocado causes brain/body inflammation.

You have to eat 73 avocados and become obese, to get the same ω3 as in 100 g of walnuts and 50g of chia seeds. Most humans worldwide are ω3 deficient and ω6 overdosed. So, no avocados are not healthy, chia seeds, walnuts are MUCH HEALTHIER. The epidemic of ω6 overdose causes diabetes, Alzheimer, heart disease, atherosclerosis, arthritis, etc. Avocados help you die faster. Even the keto diet lovers don't understand that walnuts have way more fat to burn and much healthier than avocados and even for keto people, avocados are a waste of money. To easily understand the hype behind the Avocado 'Benefits studies' and ads everywhere and their link to Mexican Cartels, please read the Walnut section. Avocado "superfood"☺☺☺ got 0.7 mg lignan polyphenols, broccoli 99 mg, kale 63, flaxseed 250-1500, chia seed 25-150 mg (10% of flaxseed).

Avocados or many nuts/seeds mixed with high glycemic index produce lead to much lower glucose 1 hour after eating as fatty foods slow the digestion. However, high fat meals destroy endothelial function for many hours, so you may die from heart attack or stroke sooner due to thicker blood, even if glucose is lower. Death or a little higher glucose? Which one is better? Avocatin B, a lipid from avocados, kills blood cancer cells without affecting normal blood cells in a Petri dish, but the same can be said of other compounds in much healthier foods ► CR 2015;75 (12):2478-88. Petri dish studies become meaningless if the miracle compound can't reach in vivo the target cancer cell. Avocados kill oral cancer cells in vitro, just not as efficiently as walnuts, greens, blueberries, legumes perhaps ► NC 61(3):348-356. So what? That's not a reason to eat avocados because Cartels financed a study. Avocados are anti-inflammatory when added to a deadly hamburger meal, versus the deadly hamburger meal itself (the study is like most avocado (and other deadly foods in the media) studies: cyanide mixed with arsenic is healthier than cyanide alone) ► FF 4(3):384-91. This is the Age of Fake Science, don't stress, most papers are fake marketing Powerpoints of 4th-7th grade IQ, to please the Aristocratic Industry who funds for profit Universities. Avocados enhance the absorption of provitamin A 2-13 times, just like any other fatty food, so you don't need to eat avocados, walnuts would be way better for this, don't let conmen deceive you ► JN 2014;144(8):1158-66. Avocados make overweight people eating deadly junk food feel full faster, but legumes achieve this much better and with far better biomarkers as the outcome (lower cholesterol, arterial plaque), so avoid avocados for feeling full ► NJ 201312:155, unless obesity or protein deficiency is your health goal. To understand fake marketing science, read this: avocados lower total cholesterol TC 16% in "normolipidemic" (sky high TC, LDL almost double the healthiest people) folks who replaced the deadly fiberless fats with fiber rich avocados, while hypercholesterolemics (folks with high TC) got TC 17% lower, LDL and triglycerides 22% lower, good HDL 11% higher. Fiber lowers blood lipids, as 4th graders know and this is what millions of studies try to conceal, while claiming a "food (Industry paid the study for) is healthy because of a slight lowering of lipids from insanely deadly to slightly less deadly". So, as other studies show, arsenic (avocado) replacing dairy/bacon/margarine (cyanide) leads to better biomarkers. But, if you use other foods, legumes, or even walnuts, you get better results for ω3 index, blood lipids, as there is way more fiber, etc ► AMR 1996;27(4):519-23. This is How Big Mexican Cartels brainwash all to EAT AVOCADOS. In rats (CTR 1991;26(1-2):1-10) avocado seeds nobody eats modify the collagen slightly, and this is irrelevant to humans, but it becomes another science paper. In any plant food, 50000 compounds can exist, and one of them will have a positive effect on one or 30 types of 10 billion types of human cells or killing effects on 4 million types of unwanted, cancer or sick cells. By the same logic, we pick the most lethal poisonous flowers, herbs, fruits on Earth, we isolate 20 good compounds out of 50000, and show via studies they help 10 out of 10 billion types of human cells, by having 1 out of 10 biomarkers improving instead of worsening versus some other food extract compound they compare it to.

Should we then eat that food? NO. So, does it mean now we produce 5 million junk papers about that and use that to decide if to eat a food or do we go after the big picture? **Assistant professors want to publish as much junk as possible to become a tenure professor and get a raise. Another example of junk paper: bovine chondrocytes are protected by avocado oil in vitro (cell culture)** (EBCAM 2008;5(2):191-7), but the same cells are protected by endless extracts from another 9000 vegan foods. So what? In rats wounds heal faster with avocado oil than with petroleum jelly ► EBCAM 2013:472382, in other words: **arsenic is better than cyanide**: petroleum jelly contains toxic carcinogenic, oxidative stress inducing HYDROCARBONS, like PAHs, which block the repair of wounds. **They didn't compare *flaxseed, canola, soybean, chia seed or walnut oil* with avocado oil, only with the worst oil, the one made from "engine oil type of industrial junk". They compare the Food Industry Item with the worst possible stuff and get A STUDY, and more funds to LIE TO USA**. Petroleum jelly is so unlike skin of rats, that's how you get **ANY FOOD TO PASS THIS STUDY and show "amazing benefits"**. They pick the most incompatible with biology, most unhealthy crap to ensure victory. "**Bacon is bad vs avocado, we need 5000000 studies to show this please. More taxpayer funds for that**". A classical example of **BACON**: JAHA 2015; 4(1):e001355 Table 5 has the LDL details of a study of 45 healthy overweight people eating a typical deadly **BACON** US diet with BMI 28, total cholesterol **TC 200 LDL 128** TG (triglycerides) 114 who spent 5 weeks on 3 diets: "low fat" diet (24% fat vs 34% in the other diets) gave TC 190 LDL 121 TG **134**, "136g avocado/day replacing some saturated fat" diet gave **TC 182 LDL 114** TG 109, "canola or sunflower oils replacing some saturated fat diet" gave TC 188, LDL 119 TG 111. Avocados (avocado fat is 61.8% oleic acid) lower TC and LDL more 182vs188 and 114vs119 compared to canola oil (= 61.8% oleic acid) or sunflower oil (= 82.6% or lower oleic acid). The oil and avocado diets were nearly identical (both had nuts/cheese), except for the avocado/oil part. **The 6.7g fiber, 78 mg/100g phytosterols (grow breasts for guys), lowered TC/LDL.** Obviously, they replaced high cholesterol animal fats with 0 cholesterol avocados and cholesterol went down. The same would happen for any vegan high fiber good, just a lot faster and better, so don't bother to eat avocados, eat legumes instead which will lower cholesterol more. youtu.be/a...0k shows why **walnuts are healthier than avocados: most avocado studies are substitution studies**.

HOW TO RIPEN ROCK HARD AVOCADOS (and other fruits) 30 TIMES FASTER:☺☺

Avocados are often hard like a rock and take weeks to ripen if ever. If you want them to ripen in 24-48 hours, place all avocados in a closed paper bag (not plastic bag, since paper allows oxygen inside a little) and place the bag in a warmer room (not the fridge), so ethylene (released by avocados) is concentrating in the bag. **Avocados, bananas and many other fruits (apples, apricots, cantaloupes, honeydew melons, kiwis, mangoes, nectarines, prunes, papayas, peaches, pears, plums, tomatoes) are ethene producing fruits, they release ethene** (or ethylene as it is

called by some) $CH_2=CH_2$ in the ripening process and ripe much faster in the presence of ethylene (which is used commercially to ripen some of these fruits). Many plants do that. So, when the bag concentrates ethylene, it increases the ripening speed by 50 times even. Left in a room in the open, the concentration of the plant ripening hormone (ethylene) is too small and many people trash unripe avocados which don't ripen fast enough, not knowing how easy it is to ripen them. That's why if you store a lot of tomatoes in a bag in the fridge, since ethylene concentrates, it will cause those tomatoes to go bad, whereas if you left the tomatoes in the open in a cool place outside of the fridge they can last longer since the ethylene did not concentrate and did not cause them to go ripe ultra fast. Ethylene is used commercially to ripen tomatoes, bananas, pears, etc. That's why banana peels are super loaded with ethylene and adding any ripe banana or ethylene producing fruit to the avocado bag helps avocados ripen faster. The more avocados in the bag, the more ethylene generated, the faster they ripen. Once ripe, you can take them out of the bag and start eating them to prevent them going bad. Ethylene has been called the aging hormone of plants, and many fruits and veggies go bad really fast in the presence of ethylene so ethylene sensitive fruits and veggies need be stored away from ethylene producing fruits and veggies to maximize shelf or fridge life. Ethylene damaged (they go bad way faster if around ethylene producing fruits in closed spaces like the fridge) fruits-veggies are: asparagus, broccoli, carrots, cucumbers eggplants, green beans, lettuce, other greens, potatoes, zucchini, summer squash, Mexican squash, watermelons. The idea is to never place ethylene producing and ethylene sensitive fruits in the same closed bag unless you will eat them really soon. Don’t microwave avocados or any produce or food, as some enzymes, proteins disappear. Eat it cold, after it came to room temp a little. “It was observed that over 80% PPO (polyphenol oxidase) could be inactivated in 80 s at 11.0 W/g.” ► IFSET 2016;37(A):61-7.

11.7.30. SUNFLOWER SEEDS (use sparingly, lecithin allergy)

Sunflower seeds (nutrient list) have protein quality score of 88 which is higher than Burger King hamburger 69. They got have more selenium than all other readily available vegan foods, except chia seeds. Never eat roasted seeds/foods. 100 g provide a large % of the daily needs of several nutrients: 170% for vitamin E, 21 g of low amino acid score protein, 76% for selenium needs, 81% for magnesium, 97% for manganese, 90% for copper, 29% for iron, 33% for zinc. The ω6:3 ratio is a deadly 311:1, so don’t eat more than 2 g, mix them with chia seeds or high lignan flaxseed oil to achieve a healthy ω3:6 ratio. Sunflower seeds can cause allergy in some, so stop eating if you're allergic. To understand why sunflower seeds need to be eaten rarely or never, please visit the walnut, olive, coconut, avocado sections, to better see thru the fake papers. ☺☺

11.7.31. GREEN, RED & YELLOW SWEET BELL PEPPERS

Peppers are on the infamous dirty dozen list of high pesticides, unless organic. They're also very expensive. They also can cause gas if overeaten, you can choose the yellow type since less is providing more vitamin C. It's useful to know that hot peppers have capsaicin which can cause a heart attack, and CH-19 sweet peppers can contain nonpungent chemicals called capsinoids, that cause fat loss, body warmth, but no heart rate or blood pressure rise, so sweet peppers are a much safer way to get some of the hot pepper benefits: BBB 2007;71(3):671-6, see hot pepper section for more. "Capsinoids (some sweet peppers) are found to be less toxic than capsaicinoids (hot pepper) and possess anti-cancer, anti-obesity, and anti-oxidant biological properties." ► Mol 2016;21(8):966. In some stores organic price is < conventional. The difference between pungent hot and sweet CH-19 peppers is that CH-19 got capsiate with $(CH_3)_2CH\text{-}CH{=}CH{=}(CH_2)_4$-bound to vanillyl group via an ester bond, not amide (see pic), while hot contain capsaicin (amide bond). See this pic for capsaicin vs capsiate difference.

GREEN PEPPERS (avoid: least healthy & cheapest to produce)

Green peppers (nutrient list) have way more vitamin C than oranges/limes/spinach/tomato (80 mg versus 53/29/28/13 mg). They got less vitamin C than kale 93 mg, 18x less lutein than kale (0.341 vs 6.26mg). Green peppers are orange, yellow, red peppers picked up before they develop color. Green peppers are unripe peppers, having much higher alkaloid content. Many alkaloids are toxic, upset our gut (tomatoes, unripe potatoes have alkaloids too). All benefits from green are in the other colors, so avoiding green is best, to prevent acne, toxic overload due to gut lining damage by alkaloids (toxins in the brain too). "Potato glycoalkaloids adversely affect intestinal permeability and aggravate IBD", hence I never eat potatoes, but the healthier yams or sweet potatoes (which I avoid) aren't from the nightshade family, having fewer toxic alkaloids. Green peppers, due to being unripe (increase profit), unlike the others, have high levels of FODMAPs, Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols, which are indigestible, ferment in our colon, causing high levels of gas, bloating, discomfort.

RED PEPPERS (the healthiest, eat them the most)

Red pepper (nutrient list) has *70 times* (70x) the β-cryptoxanthin (which decreases mortality) in green one, 3.6x the β-carotene in tomato, 14x the β-carotene in yellow pepper and 8x more than green, 10x the vitamin C in tomatoes, 2.5x the vitamin C in oranges, 4x the vitamin C in limes, 15x the vitamin C in bananas, 160% the vitamin C in green pepper (128 vs 80) and broccoli, 10x the vitamin A in green pepper. Red pepper has 117 times more lignans than yellow pepper: lignans are the anti-androgen polyphenols that prevent arterial plaque, stroke, hair loss, death. Amino acid score is 86 for cooked, 66 for raw. Red bell peppers got 249x the β-cryptoxanthin in the ONLY non-vegan source, eggs. Red ones are the healthiest for those not eating butternut

squash (1764x the cryptoxanthin in eggs), pumpkin or papaya (390x the cryptoxanthin in eggs), because red peppers got cryptoxanthin and C. ☺☺☺

YELLOW PEPPERS (pretty useless)

Yellow peppers (nutrient list) have 3.5x more vitamin C than oranges (183 vs 53 mg), 14x more than tomatoes, 6x more than limes, 2x more than green pepper, kiwi and broccoli, 42% more than red pepper and kale. *Yellow pepper is the healthiest pepper* for those who get cryptoxanthin from other sources; it has 6x the vitamin C/calorie of oranges. The amino acid score is 86, vs 65 for green, 66 for raw red pepper, higher than most fruits except kiwi.

ORANGE PEPPERS (almost as healthy as the red one)

USDA and other nutrition database don't list orange peppers, so we need papers to estimate nutrient content. PNFS 2019;24(3):327-37 shows orange peppers have almost the exact same amount of vitamin A (carotenoids) as red; Table 4 shows all 4 peppers inhibit BACE1 (beta amyloid cleaving enzyme, the enzyme that creates beta amyloid peptides) and BChE (butyryl cholinesterase) to a similar degree; the yellow inhibits AChE (acetylcholinesterase) (ChE are choline esterases that cause memory loss) 6 times better than orange, 3.3 better than red. The paper explains many polyphenols in fruits and veggies inhibit these 'bad enzymes'.

11.7.32. GRAPEFRUIT (can turn-off liver detox enzymes)

Grapefruit (nutrient list) has 1419 times more lycopene than carrots, 3x less than watermelon, glycemic index 25 (vs 47 orange). The benefits of lycopene are in the lycopene section. 35-45% of the citrus white pith is pectin. So when you eat it, it's better to peel only the outer layer and eat the pectin which provides good fiber to lower cholesterol and blood sugar. The heavy metal detox effects of citrus pectin are presented in the detox section. Pectin is a fiber that reduces the glycemic response of foods by delaying gastric emptying and therefore delaying absorption of glucose by the body. Pectin also plays a role in normalizing blood lipid levels, especially cholesterol. Pectin is a bio polymer of (among other constituents) D-galacturonic acid. Apples, bananas, carrots etc also have pectin, but in lower amounts. Due to pectin and other fiber, grapefruit can cause gas if eaten in > 100 g amounts, especially > 500 a day. Oranges are even worse due to having 50% more fiber (and more of that insoluble indigestible, thus fermenting, fiber), hence I don't buy citrus except a few times a year. Yellow pepper got 9 times more vitamin C than grapefruit, 6x more than orange per calorie, and similar gas issues, but you need eat far less to get same C. There is no peculiar polyphenol in citrus that is vastly different than others. Gas is not a big problem if vegan, since it's odorless if no junk foods with sulfites, SO_2 eaten and there is enough fiber in the diet to allow daily defecation (not junk food *vegans*).

Grapefruit contains compounds that, like black pepper, can turn off the liver detoxifying enzymes, leading to living a shorter lifespan, as toxins are not removed. Don't overeat.

11.7.33. CILANTRO

Cilantro (nutrient list) (also called coriander or Chinese parsley) has 3.4 times more lutein-zeaxanthin than carrots, more β-carotene than all fruits and most veggies, half the β-carotene in carrots, 9 times the β-carotene in tomatoes. Cilantro has ORAC antioxidant score 5141, 36 times higher than watermelon, higher than most fruits and veggies. Cilantro pulls heavy metals out of the body, as explained in the detox section. Cilantro is anti-anxiety ► IJP 2011;43(5):574-7, analgesic ► IJBS 2015;11(1):23-8, anti-diabetic ► BJN 1999;81(3):203-9, anticancer ► BMCCAM 2013;13:347, anti-fungal against candida ► PO 2014;9(6):e99086 and PM 2011;19(1):42-7 ☺☺☺

11.7.34. CANTALOUPE (skip it, watermelon is much healthier)

Cantaloupe (nutrient list) causes high blood sugar spike (glycemic index 65 vs lentil/carrot 25, kale 12), has 4x less β-carotene than carrots/kale, 241x less lutein than kale, 3.3x less vitamin C than red bell pepper, 50000 times less lycopene than watermelon. Cantaloupe (like 900 other vegan foods) reduced the diabetes-induced oxidative stress, renal mesangial cell injury in mice ► Biof 2005;23(2):85-95.☺☺ Cantaloupe has 46 mg ω3, 35 mg ω6/100 g, negligible amounts, but at least a healthy ratio. Tomatoes 80 mg ω6, 3 mg ω3. I stopped eating cantaloupe in 2018.

11.7.35. APPLES (an overrated fruit I no longer eat)

Apples (nutrient list) can lower cholesterol, but are also a high glycemic index food full of fructose that can lead to brain damage/shrinking due to high A1C, to arthritis due to uric acid from fructose, so don't eat many. High fructose intake is linked to Alzheimer. I no longer eat apples since 2022, due to high fructose, 5.9g/100g. The sorbitol and pectin cause excessive gas and the glucose without high polyphenols spike the blood sugar way more than berries, world's healthiest fruit. They contain polyphenol oxidase, so never eat apples with berries and other colorful veggies, as they will destroy those polyphenols as explained in the polyphenol section. Most benefits come from the peel, so eat the peel of organic apples. Cooking/juicing removes most of the useful compounds. Apples prevent oxidative stress induced by amyloid-β (Alzheimer plaque) in culture, but so do 500 other produce items ► JAD 2004;6(1):27-30. Apples prevent cancer, heart disease, asthma, type 2 diabetes, weight gain, but so do phytochemicals in 500 other amazing fruits and veggies ► NJ 2004;3:5. Some researchers get money from the Apple Industry, so be aware. Apple pectin lowers cholesterol, but so does fiber from 500 other foods, like legumes, without having 20 times higher fructose and simple sugars ► EJCN 2012;66(5):591-9. 75 g of dried apples/day for 6 months lowered cholesterol by 13% and LDL cholesterol by 24%,

but so do 500 fruits/veggies ► JAND 2012;112(8):1158-68. Apples are associated (causation is unclear) with less heart disease, but so are 900 other fruits/veggies ► Ntr 2015;7(6):3959-98. Apples may prevent cancer ► PM 2008;74(13):1608-24. Oligosaccharide from apple induces cancer cell death (apoptosis and cell cycle arrest in HT29 human colon cancer cells), just like 900 other fruits/veggies ► IJBM 2013;57:245-54. Apples prevent mammary tumors in rats ► JAF 2005;53(6):2341-3. Moms eating apples while pregnant was linked to less asthma development in their kids, though correlation may not be causation ►Thor 2007;62(9):773-9. The Natural Antivirals section has a paragraph about apple polyphenols with antiviral action. Apples lower oxidized low-density lipoprotein/beta2-glycoprotein I complex (oxLDL-β2GPI) after 4 weeks from the level of heart disease to the level of no heart disease, but so do other foods☺☺☺ ► JFF 5(1):493-7: apples are more effective at lowering *oxidized LDL markers* than tea, citrus: whether this lower oxLDL-β2GPI means less heart disease is unclear: they didn't measure plaque, only a transport complex for the oxidized or 'bad' LDL. Most pesticides/antioxidants of an apple are in the skin, non-organic apples are sky high in pesticides, as explained in the pesticides section on Alzheimer, asthma: apples can thus cause asthma. RED apples are richest in antioxidants. Apple seeds got amygdalin which releases cyanide: don't eat the seeds, see flaxseed cyanide section. Conclusion: apples are not the best or healthiest fruit, which is berries, blueberries especially.

11.7.36. BANANA (useless fruit for low IQ chimps), protein *score* 62

Bananas (nutrient list) have gas forming indigestible starches, ruining your social life, cause stool to smell. Yams (6 ug RAE vitamin A) and 0.5 g simple sugars (vs 12.2 for bananas, high glucose spike), got 87% more potassium: so much for fake internet articles about "bananas the king of potassium", see right hand last column for richest potassium foods. Freeze dried parsley got 18 times more potassium. Bananas contain polyphenol oxidase (takes out polyphenols in berries, as explained in detail in the polyphenol section), the enzyme that destroys all the benefits of colorful fruits and veggies full of polyphenols. Never mix bananas with colorful fruits in smoothies or meals, as you may lose polyphenols and all money spent on those healthy fruits. Monkeys are low in IQ, they eat bananas, not berries like humans. I stopped eating bananas in 2020, as berries and other colorful veggies, fruits are way healthier and fructose damages the brain. IJEB 2014;52(12):1173-81 found after 4 weeks of eating 2-4 bananas in the morning, the fasting blood glucose dropped from 99 to 92, the 2 hour post meal glucose dropped significantly too, the bad LDL cholesterol dropped about 10%. Adiponectin levels went up from 37.5 to 49, which is good, since low levels of adiponectin are associated with inflammation, diabetes, insulin resistance, cancer, heart disease; all of this is minor, other vegan foods get way better results. IJMR 1999;110:27-9 found "Banana decreased the rise of ...blood pressure in healthy volunteers subjected to cold stress.", just like 500 other foods. Banana fiber promote weight loss

in type 2 obese diabetics, like fiber in 500 other healthier foods does ► IJERPH 2010;7(5):1953-62. Green bananas reduce diarrhea, fever and stomach cramps due to amylase-resistant starch that promotes the production of colon short chain fatty acids► PIDJ 2009;28(5):420-5. However, plantain bananas also have high levels of oxalate, which cause kidney stones and arthritis. Bananas alleviate asthma (34% less current wheezing) in children possibly because bananas got more water soluble phenolic acids (a subclass of polyphenols) than other fruits, including apples, though this observational study based on self-reports of asthma and banana intake is not reliable ► ERJ 2007;29(6):1161-8. We need large double blind, placebo controlled randomized control studies to be sure. Bananas were associated with a lower risk of renal cancer, among fruits, but due to an observational study based on self-reports about foods eaten and other confounding factors, this correlation doesn't prove causation ► IJC 2005;113(3):451-5.

11.7.37. CAPERS

Canned capers (nutrient list) got 10 times more polyphenols/calorie than flaxseeds, apples, green olives, black grapes. They're the richest source of polyphenols/calorie and antioxidants/ g of all common foods, except peppermint (30% more) and cloves (68% more). They prevent oxidative stress, inflammation, infections, heart disease, diabetes, Alzheimer, cancer. The AGE inhibitor section shows in 100 g, raw capers got 492 mg (quercetin 233 mg) flavonols, canned capers 304 mg flavonols (quercetin 173 mg). However, in some canned or cured capers, the values go down a lot just like with olives and different processing methods and cultivars having different levels of polyphenols. You can find them in 4 oz jars at the dollar stores. Raw ones are harder to find. Capers have ω3 to ω6 fatty acids in ratio 1.7 to 1, which is super-healthy. They got 47 times less fat/weight than flaxseeds and 2.4% protein. ☺☺☺

Capers prevent gastric cancer ► ETM 2015;10(6):2403-9. The caper essential oil and aqueous infusion have anticancer properties ► FC 2012;132(1):261-7. Capers kill SGC-7901 gastric cancer cells ► APJCP 2014;15(21):9153-7. Capers protect the heart and kill cancer cells. They increased the ability of myocardial tissue to scavenge free radicals, inhibited lipid peroxidation, increased recovery activity of antioxidant enzymes, adjusted the energy metabolism of myocardial tissue, inhibited free radicals. Capers killed HepG2 cancer cells and prevented their proliferation ► OR 2017;37(1):357-67. Capers have anti-tumor activity ► ETM 2015;10(6):2403-9. Capers can down regulate inflammation-involved genes in Alzheimer ► NNS 2016;25:1-8. They reduce doxorubicin -induced cardio-toxicity in cardiomyoblast cells ► AJP 2016;6(5):488-94. Capers can ameliorate cognitive deficits induced by D-galactose in mice and the antioxidant activity may partially account for the improvement of learning and memory function ► TJMS2015;45(5):1127-36. Capers prevent diabetes ► BP 2017;92:293-302. Capers help increase glucose uptake ► BMC 2010;18(11):3940-5. Results showed a significant decrease in fasting

blood glucose levels and glycosylated hemoglobin in caper treated patients compared to control group at the end of the study. Triglyceride level also decreased significantly in caper treated group at the end of the study compared to baseline. ► CTM 2013;21(5):447-52. Capers are antibacterial ► NPR 2011; 25(4):417-21, anti-arthritic and anti-inflammatory ► PHR 2015; 29(12):1901-9 and YZ 2011;131 (3):423-9, promote anti-inflammatory response in vitro through the control of cytokine gene expression in human peripheral blood mononuclear cells ► BMCI 2016;17(1):26. The many health benefits of rutin in capers ► SPJ 2017;25(2):149-64. A problem with capers is that the store ones are fermented; if the fermentation was not done properly, the bad bacteria multiplies to upset the digestion. Once you open a glass jar of capers, refrigerate & cap them immediately to prevent aerobic (oxygen feeding) bacteria from multiplying. Eat only 7 at a time, to give time to the GI tract to get used to so many new bacteria. A can of sauerkraut has the probiotics in 80 bottles of probiotics, so increase intake slowly to prevent diarrhea/gas.

11.7.38. COCONUTS (avoid, especially LDL raising coconut oil)

Coconuts (nutrient list) kill many gut bacteria and reverse Parkinson's, ALS, Alzheimer symptoms in people who use a ketogenic diet. To understand why coconuts need to be avoided by most people, visit the walnut, olive, seed oil, avocado, fake science sections. ☺☺☺ Coconut oil raises LDL *cholesterol* significantly due to the lack of fiber/protein (in coconuts) and high saturated fat content, causing atherosclerosis. Coconut water has little fat, and 19 times fewer calories/g than the white meat. Saturated fat (89% of coconut white meat fat) is inflammatory in general, damages the brain, changing the gut microbiota when eaten in large amounts. The most deadly fat is Long Chain Triglycerides LCT C_{14}-C_{24} saturated fat ► Ath 2016;244:211-5. Coconut oil was labeled unhealthy by the American Heart Association, AHA, who says replacing saturated fat with non-saturated fat cuts heart disease risk by 30%. In the West, saturated fat comes from animal foods, rich in atherosclerosis causing TMAO and cholesterol, TMAO producing microbes and carnitine, choline TMAO precursors, oxidized cholesterol, so this 30% drop of risk may not be always true in populations where whole coconuts *(*cholesterol, TMAO precursor free, TMAO producing microbe free if vegan*) are replaced with vegetable oils, since they got used to coconut fat for 10 millennia and coconut fiber/protein*. Kindly avoid the deadly McDonald's Impossible Burger which has 11 g of coconut oil in it, labeled unhealthy by AHA. Monkeys fed coconut oil had total cholesterol (TC) rise by 176% (351 vs 127, see Table 2), VLDL by 236%, HDL by 148% compared to corn oil, due to the saturated fat, but triglycerides remained the same ► Art 1990; 10(1):119-28. In humans, coconut oil "increased LDL-cholesterol by 10.47 mg/dL and HDL by 4.0 mg/dL" vs normal seed oils ► Circ 2020;141(10):803-14. Tricaprin, 5% of coconut oil, the glycerin ester of capric acid C10, 10 last number (cap at the top) of the decimal system, CH_3-$(CH_2)_8$-COOH was shown to remove plaque. This works, not the coconut oil itself. Without science, we

couldn't separate the tricaprin coconut oil. Kind Science = God. Every bad food has 2+ good chemicals, that we'll include in the immortalist powders of eternity version 1.0. In 8 studies "coconut oil... increased TC levels compared to baseline.. or a comparator (safflower, soybean, palm, corn, olive)... (in) 7 studies... *significantly* increased ... LDL... (in 6) studies HDL... significantly increased." ► EBCAM 2017:7251562.☺ AAMS 2001;30(5):499-502 found coconut milk impairs endothelial function, enhancing atherosclerosis. AJCN 1981;34(8):1552-61 found "Tokelauans (where life expectancy is 69.7 years < 181 nations) obtain a much higher % of energy from coconut than the Pukapukans (where life expectancy is 76.9 years < 99 nations), 63% compared with 34%... cholesterol levels are 35 to 40 mg higher in Tokelauans than in Pukapukans." Doubling the coconut % of calories was linked to a 7 years shorter life, though causation is uncertain. Coconut lovers study authors found both coconut and coconut oil intakes were negatively correlated with CVD death rates, in Sri Lanka (life expectancy 77.8 < 84 nations) ► CMJ 2015;60(3):97-9 (pdf here) in a weak observational study. Correlation is not causation.

Due to Sri Lankans having eaten that for 10 millennia, they have genes adapted for that level of plant saturated fat that nobody else has in the West, so don't assume you eating coconut won't get stroke or heart disease, if not ketogenic, since statements about healthy peasants in there refer to people who work 5 hours a day in the fields and are highly ketogenic, and don't apply to the West, where most are highly sedentary, nonketogenic in comparison. Coconut is "80% of the fat intake" in Sri Lanka ► "CMJ 2006;51(2):47-51, so they have adapted to a high plant saturated fat intake, which is easier because plant fat has no cholesterol and saturated fat is a marker for cholesterol and oxysterol intake in the West. Cholesterol is lower when West replaces saturated fat with seed oils because saturated fat in the West means cholesterol, oxysterol (5-100 times more toxic, LDL raising that is, than cholesterol)/TMAO, so we get these meat/dairy substitution studies that state "data suggests vegetable oils, coconut oil, olive, canola oil, avocados, nuts or seeds are healthy", but it's just the removal of cholesterol, TMAO, oxysterol that lowers TC, LDL cholesterol in super unhealthy people with double the ideal cholesterol, so these fake studies say "arsenic (coconut, olives, avocados, etc) is better than cyanide (fatty meat/dairy)", in order to push sales of the Big Olive/Avocado/Coconut industry lobby that controls, pays, spoils professors in charge of 3 million fake studies. Coconuts are way worse than Avocado/Olives, so try to understand the scam of the Olives and Avocados Mafias. *These frauds never explain that if instead of coconuts or olives/avocados, you would have used walnuts, chia seeds, lentils, blueberries, veggies you would have gotten way better results.* They need $$$ for grants and it only comes from industry, lentils are cheap, they don't push fakery. The idea of needing avocados, olives, coconuts, sunflower and endless highly inflammatory ω6:3 ratio nuts and seeds, to drain your wallet, is similar to the overtesting that leads to shorter life: why not keep it simpler, get plenty of fats from algal vegan DHA-EPA, walnuts, chia/flax only and take care of

things 1000 times more important such as regular sleep hours, deep sleep, air quality, air purification, exercising, good fiber intake, good protein, low AGE intake, etc. Talking of insane fat levels in world diets, check your Lp(a) and LDL to make sure plaque is not sky high. If you're that 0.2% of Americans on a whole plant foods, home cooked, low sodium, high fiber vegan diet, your TC, LDL values are 70+% lower than the omnivore diet, so eating coconuts will shorten lifespan, as you substitute much healthier walnuts/chia seeds for bad fats. All coconut studies were done with omnivores who have LDL/TC almost double of the healthy vegans. ☺☺☺

Coconut water is the healthiest part of a coconut, as it has very little fat. Unlike cheese with 6.4% of fat being MCT and 52% bad LCT C_{14}-C_{24} saturated fat which can cause diabetes and CVD, coconuts got 59% MCT (10 times more) and 31% of LCT C_{14}-C_{24} fat, so coconuts are less deadly. C_6-C_{12} or MCT, medium chain triglycerides (MCT) are "easily absorbed and metabolized by the liver, and can be converted to ketones. Ketone bodies are an important alternative energy source in the brain" ► BJN 2015;114(1):1-14. Coconut oil has 29% myristic C_{14} and palmitic C_{16}, which raise the LDL cholesterol, being the only vegan food that is somewhat similar to animal fats, one that all vegans need to avoid, unless one is a rare ketogenic vegan. JMF 2020; 23(7):689-98 Table 1 shows 100% of the coconut oil fatty acids: lauric C_{12} 54% (raises LDL a lot, other papers give 48-52%, but always about half of fat), butyric C_4 4% (feeds good colon bacteria), capric C_{10} 5%, myristic C_{14} 18% (raises LDL a lot), palmitic C_{16} 11% (raises LDL a lot), stearic C_{18} 2%, oleic C_{18} 5% (ω9, 1 double bond, 18:1), linoleic C_{18} 1% (ω6, 2 double bonds, 18:2). Coconut oil is not MCT oil. Some sites claim coconut oil is MCT but it's not, it's 31% (or 73% if lauric included) LCT and 59% MCT (or just 17% MCT if you define MCT C_6-C_{10}). There can be coconut oil derived MCT that's just C_8 + C_{10}, with no C_{12}-C_{18}. MCT definition fluctuates, some include C_{12} in MCT. "South Seas cultures in which coconuts (hence C_{12}) are the predominant dietary fat source, cardiovascular disease tends to be relatively rare." ► OH 2016;3(2):e000467, possibly due to lower cholesterol intake. This may also be due to lower free radicals generated by the metabolism of MCT versus LCT. JIM 1993;233(3):269-75 found "apparent *absence of stroke and ischemic heart disease in a traditional Melanesian island*" (life expectancy is 67.4 years, < 177 nations, *coconut* = youth elixir? (dead at 67)?) eating many coconuts, very little meat (fish thrice weekly), so very little cholesterol, oxysterol, TMAO forming microbes. This lack of stroke/heart disease was probably due to eating mostly veggies (whole foods) with only about 90-300 g coconut/day (unclear if this 300 g was including the coconut water, if so, the amount of bad C_{14}-C_{24} LCT fat is negligible) per 10 MJ (10 mega joule is 2390 kcalories or about how much many eat daily). APJCN 2004;13(4):377-84 found "the consumption of total fat or saturated fat, including that from coconut, was not a predictor for CHD (coronary heart disease) in this food culture. However, the intakes of animal foods, total protein, dietary cholesterol and less plant derived carbohydrates were predictors of CHD." TD 1997;27(4):215-7 found that both

healthy and CHD people ate the same g of coconuts/coconut oil, so the authors said coconuts don't cause heart disease in populations that got used to C_{14}-C_{24} LCT for 10 millennia. A rat study found that compared to low fat diets,☺☺☺ MCT diets can induce insulin resistance almost similar to LCT diets ► JNB 2011;22(4):366-71. Is it true in humans too? In human intestinal cells, the MCT C_{12} + C_{10} increased gut permeability 7 times to sodium fluorescein in vitro, just as LCT fat does ► JPET 284(1):362-9. However, C_{12} kills bad bacteria in vivo, which helps the gut barrier. Obese people who eat coconut can lose a little weight, because the MCT in coconut oil behaves differently, being used for energy not for adipose storage; the gut microbiota of rats and piglets improved (see section 4.2.3 of the paper, rat feces had 10 times fewer bacteria); gut permeability decreased in piglets, so fewer toxins got through, gut health improved ► Ntr 2016;8(5):281. *In humans, "It has been well established that* lauric acid (50% of the saturated fat in coconuts) represents the strongest antimicrobial activity among all fatty acids" ► BRI 2013:954542. Coconuts kill candida in vitro, but so do 1000 other plant foods, so what ► JMF 2007;10(2):384-7. Plaque can begin due to bacterial attack, so some islands have less plaque. AJCN 1982;35(4):678-82 found that in rats fed 50% of cal as fat, MCT meant 15% less weight gain than LCT and their metabolic rate was higher too, 38 vs 22%. AJCN 2008;87(3):621-6 found BMI 29, almost obese, subjects eating 18-24 g MCT oil lost 3.2 kg vs 1.4 kg for those eating 18-24 g olive oil, due to this higher metabolic rate. ☺☺☺

Coconut water is great for rehydration ► JPAAHS 2002;21(2):93-104, but you can do it at home for 50 times less as explained in the fasting section. Coconut oil raised TC (180 to 194), LDL (115 to 125), HDL (39-42), TG (127 to 134), showing how useless it is ► APJCN 2011; 20(2):190-5 Table 2. Coconut oil/milk (in a can) are deadly for healthy vegans who're not ketogenic, and for most non ketogenic people. Corn fakes mixed with coconut derived fiber (from coconut flour) reduced serum total and bad LDL cholesterol and triglycerides of humans with insanely high cholesterol levels (double of healthy vegans) ► JMF 2004;7(2):136-40, as would another 50000 higher fiber foods mixed with corn flakes, so what? See, they try to argue that coconuts are healthy, the Big Coconut Industry uses the same old techniques of fake studies detailed over 20 pages in the walnut, avocado, olive, seed oils and fake science sections. It's big business, so they flood you with the alleged benefits of coconut and palm oil, another lethal fat. Follow the money. It's pure genocide for USA to import coconuts for anyone, except ketogenic people, since chia seeds and walnuts are way healthier, see more on high tariffs on coconuts/other nuts, except walnuts. Coconuts (any MCT sources) are only useful for 'brain diseased' people with impaired glucose metabolism: in dementia the brain doesn't get enough glucose due to insulin issues, switching to ketogenic diets saves these people: coconut MCT is turned into ketone bodies (β-hydroxybutyrate, acetoacetate, and acetone) in the liver; the 3 ketones are alternate fuel for the Alzheimer-Parkinson brain preventing thus cell death due to glucose shortage ► BP

2006;17(5-6):431-9. NIH is working on an 'MCT' 10 times more effective than coconut oil in reversing Alzheimer in mice, so science will win over nature again, as with the ISS traveling 9000 times faster than nature human running speed, etc.

11.7.39. CUCUMBERS: eat only if organic or peeled, high pesticides

Cucumbers (nutrient list) are hydrating, but the bitter cucumbers can have 7 times more cucurbitacin than the sweeter types, leading to 7 times more burps (10 burps if you eat them at every meal), so try to buy burpless cucumber seeds from Amazon and plan in the backyard or to buy sweet cucumbers (Asian stores may have them, since Asian varieties got 3-7 times less burp chemicals). One article says Persian cucumbers, or even English (long, also called European or Hot House) cucumbers sold for 1$/lb only sometimes, are in the burpless category, having fewer seeds, so less gas, less burping, so if you want to eat cucumbers, definitely go Asian, Persian or English to avoid gas and burps. I now eat only English ones (cost 0.7$/lb at $ store) since they cause 10 times less burping than the regulars I ate before. Also, Persians ones cost twice as much and are harder to peel, as you need peel 5 to get same cucumber weight as with English, due to tiny size. English ones an come in bags of 3 and some bags are weighting 50% more than others even if same price, so sometimes you can get them 3 times cheaper than Persian. Costco has organic English ones too, though those are pricey. Check food4less weekly ad or local store to see prices; 1st time I checked (2021), they had 4 cukes for 1$. Cucumber is part of the curcubit family known to have compounds that lower blood glucose. This PDF has a chart that shows that cucumber is almost as good as metformin (antidiabetic medicine) in lowering fasting blood glucose. Thus, it's good for people with high fasting glucose, but deadly for people with very low fasting glucose as they may have 0 energy and enter coma, so perhaps, measure your fasting glucose if you eat cucumbers a lot to make sure it's OK. "Peeling procedure (not washing) also led to highest loss of 93.4 and 63.7% in ethion and imidacloprid residues, respectively" ► IJPH 2016;45(11):1481-90. Some online articles explain greenhouse cucumbers can have more pesticides: "the greenhouse cucumber contained the highest value of total pesticide residues (1.016mgkg(-1)), followed by organic (0.442mgkg(-1)) and then conventional (0.415mgkg(-1)) cucumbers. Heavy metal contamination in the three cucumber types accounted to 4.968, 5.350 and 6.248mgkg(-1), respectively." ► Chem 2009;75(5):601-9. The skin of English cucumber is so thin and weak, they dehydrate, so they wrap them in plastic; another issue is that pesticides will migrate inside the fruit easier for English, so peeling an English cucumber will probably remove fewer pesticides than peeling a traditional cucumber. Just because pesticides are organic *(if you buy organic English cucumber which is often times 5x more expensive at least)* or natural, they don't necessarily produce less or far less damage to humans than artificial pesticides. *Peeled cucumbers have half the glycemic load of unpeeled cucumbers*. I always peel cucumbers, unless

organic. After reading these papers it's clear even organic ones are better peeled, if eaten daily. If you eat conventional cucumbers, it's best to peel them, since most pesticides are in the peel and cucumber have almost the highest amount of pesticides in their peel of any other fruit or veggie. Traditional cucumbers may have more biophotons than English ones, being fresher from the field; as cucumbers sit, they lose biophotons by 2-7 times depending on the storage time. I personally felt more biophotons in field ones than plastic wrapped. ***Peeling will reduce levels of some pesticides 14 fold, giving you something better than organic, which also uses natural pesticides, not man made ones***. If you eat non-organic fruits and veggies, it's best to wash them well: it can reduce content by 50%. Cucumber peel is not where the anti-diabetic benefits come from, so it can be discarded. Peeled cucumbers have 12 cal/100 g vs zucchini's 16 cal. If you want more protein zucchini is way better, as protein score is 89 instead of 19 for cucumber, and protein amount is double (1.2 g) the one in cucumber (0.6 g). ☺☺☺

The next foods I never eat, but they're healthy:

11.7.40. ARTICHOKE (PURPLE IS HEALTHIER THAN GREEN)

Artichokes (nutrient list) got 5.4 g of fiber in 100 g, 14 times more than (14x >) watermelon, 5x > zucchini, tomatoes. They got 3.3 g of protein, more than any other vegetable except 3.4 g for Brussels sprouts (though B. sprouts can't be eaten in large quantities due to goitrogenic compounds), almost 6x > protein than watermelon, pineapple, carrots☺☺, 3x > protein than zucchini, tomatoes. Eat it raw, as a smoothie or steamed. Artichokes lower oxidative stress ► PHR 2010;24(4):565-70. Artichokes lower blood pressure for hypertensive people ► JDS 2009;6(4):328-41. Artichokes protect the liver and digestive system ► PFHN 2015;70(4):441-53. Artichokes benefit for the circulatory system ► Mol 2014;19(3):3654-68. Artichoke is a Herbal Medicine in the Treatment of Atherosclerosis and Liver Diseases ► PL 2012;69(10):1129-31.☺☺

11.7.41. COLLARD GREENS

Cooked collard greens (nutrient list) have 30 times more lutein-zeaxanthin (carotenoids in the human eye macula, essential for good vision) than carrots, 20% more protein per calorie than cooked broccoli, 3% more protein per calorie than cooked lentils, 11% more protein than cooked kale and higher protein quality than lentils, kale or milk (amino acid score 94 versus 91 for kale, 86 for lentils, 85 for milk). Collards also have 3 times more absorbable calcium and many other nutrients than broccoli. However, they're high in oxalate. Collard greens are easy to steam and unlike other cruciferous vegetables, have far fewer goitrogens (compounds mostly destroyed during cooking, which interfere with the thyroid when some foods are eaten raw in large amounts). Steamed/cooked broccoli has 47% more carbs than steamed/cooked collard greens

per 100 g. Steamed/cooked kale has 14% more carbs than collard greens, collards have more absorbable calcium and 11% more protein than kale, besides higher quality protein (94 vs 91 amino acid score). Steamed collard greens etc prevent cancer and heart disease. Steamed collard greens lower cholesterol more by binding bile more than steamed kale, mustard greens, broccoli, Brussels sprouts, and cabbage ► NR 2008; 28 (6):351-7. Collard greens, broccoli, cabbage, mustard greens, and bok choy prevent prostate cancer ►NC 2002;42(1):1-9.

11.7.42. TOMATO, protein *score* 52 (cucumber score is 19)

Tomatoes (nutrient list) got 2,576 times more lycopene than carrots; tomato paste has lycopene too. When watermelon is not available, tomato products can be a good source of lycopene, whose benefits are in the lycopene section. Tomato has histamine, causing dry eyes. Tomatoes have 80 mg ω6 and 3 mg ω3 acids. Tomatoes that are conventional have a lot of pesticides, so it's best to eat watermelon or grapefruit for lycopene if one can't buy organic, or buy organic tomato extract lycopene (10$ first subscribe, unsubscribe each time to make it 1st subscribe/120 caps of 30 mg, 30 mg = 2.5 lb tomato). 120×2.5=300 lb tomatoes for 10$. Tomatoes reduce platelet activation and thus atherosclerotic plaque more than all fruits tested in this study ► Plate 2001;12(4):218-27. Tomato juice (but not lycopene alone) improved post-ischemic ventricular function, and reduced myocardial infarct size☺☺☺ and cardiomyocyte apoptosis ► FRR 2005;39(4):449-55. Tomatoes prevent obesity, diabetes, coronary heart disease, and hypertension ► MI 2014:139873. Some may be allergic to the tomatine alkaloid in tomatoes, which *may damage their gut/stomach cells*, so if people get acne or rash, they can switch to watermelon or organic tomato extract lycopene via supercritical CO_2 extraction that removes tomatine (very polar alkaloid incompatible with nonpolar CO_2 extraction). Green tomatoes have 100 times more tomatine, so avoid them like the plaque, same for green peppers. Don't try to ferment green tomatoes, etc, like some di, too toxic. Avoid unripe fruits as they have very lethal compounds to protect the plant from animals eating them.

11.7.43. BRAZIL NUTS (eat only very small amounts)

Brazil nuts (nutrient list) have 10,000 times more of the essential nutrient selenium (Se) in 100 g than zucchini. For heavy metal poisoning, they could be useful, since Se traps heavy metals, though 1920 µg Se/100g Brazil nuts can poison you.☺☺☺ But Brazil nuts also have 1,000 times more radioactive Radium (Ra) than other foods, most of which is not retained by the body. The problem with Ra is that nobody knows exactly at what levels it starts to do damage, but it's known that it can cause blood and bone cancer as explained in the free book about Radium at nih.gov..26. To understand why Brazil nuts need to be avoided to prevent Selenium and Radium POISONING, please visit the walnut section and the avocado section, to better see thru the fake

science papers. ☺☺☺Bananas, carrots, meat, get about 3,000 pCi/kg, sweet potatoes 4,450, Lima beans 4,640, coconut 6,400, spinach 6,500 from potassium (K) 40 (an isotope of potassium), and Brazil nuts about 6,600 pCi/kg from Radium. Lima get 4 pCi/kg from Ra226 and the rest from K40, bananas and carrots and many other foods get 1 pCi/Kg from Ra226, rest K40. Brazil nuts have deep reaching roots which suck Radium from the ground. That's why people correctly say "Brazil nuts have 1,000 times more Radium than most foods". Potassium is used by the body (most cells have about 5 mmols of it) and that's why we're slightly radioactive as humans, potassium 40. But Radium 226 is a different story; the body doesn't use Radium for anything. Brazil nuts have 15% C_{15}-C_{24} saturated fat (more than any other nut, 6% for walnuts) that can cause diabetes, have a deadly ω6:3 ratio of 1142:1 instead of the ideal 1:1 to 4:1, so they're best avoided. High ω6 causes inflammation. I never ate them, and wish they stop growing them.

11.7.44. HOT PEPPERS (can cause dry eye) (powder is far less hot than pepper)

Chili peppers (nutrient list) (red, orange, green, yellow, Jalapeno, Cayenne, etc), whose main active ingredient is capsaicin, lower all cause mortality if eaten a few times a week. However, excess chili peppers may cause dry eyes, damage tear glands, corneal nerves, see ginger TRPV1. Chili peppers may help those with low heart rate and kill those with higher pulse. No food is "good for all". "ranging from 0% capsaicin content (bell pepper) to 0.9% (red chili cultivars)" ► Mol 2022;27(3):898. "The 'hotness' of a pepper is measured by the Scoville scale that considers the number of times the chili extract must be diluted to make the pungency imperceptible. The piquancy of different peppers depends on its capsaicin content ranging from 0 Scoville heat units (SHU) in bell pepper (sweet) to 16 million SHU in pure capsaicin." ► Mol 2016;21(8):966. "When capsaicin and menthol... were used together (in vitro), their anti-inflammatory effect increased several hundred-fold" vs using each compound alone" ► Nutr 2026;18(3):376.

Cayenne pepper pills for weight loss were associated with myocardial infarction in a healthy 25 year old, but other diet factors could have caused it ► IJEM 2012;5:5. Capsaicin raises heart rate and causes heart issues for people with heart conditions, so research it more before eating too many or read sweet pepper section on some sweet pepper varieties that have similar benefits to hot peppers without the heart risks. It's best to eat peppers organic, as they're high in pesticides if conventional. Jalapeno peppers are the least "hot" in this category and easiest to eat in larger quantities when having stuffed nose (to unclog): Sinus Buster is a nasal spay with about 10 ppm capsaicin (can make a tea with peppers and inhale steam or steam it in a pressure cooker and inhale once done or rub some tea/water off your nostril to inhale, to save $). Red chili peppers have 709 µg lutein+zeaxanthin, green chili 725 µg, Jalapeno 492 µg per 100 g, but red chili have 50% more carbs. The only issue is you can't eat much chili raw, it's too hot. β-carotene is 455 µg in Jalapeno, 671 µg in green chili, 534 µg red chili, 449 µg tomato. Capsaicin-containing chili

improved postprandial hyperglycemia (lowered blood glucose after a meal), hyperinsulinemia, fasting lipid disorders in women with gestational diabetes mellitus and lowered the incidence of large-for-gestational-age newborns ► CN 2016;35(2):388-93. Total mortality for participants who consumed hot red chili peppers was 21.6% compared to 33.6% for those who did not (absolute risk reduction of 12%; relative risk of 0.64) ► PO 12(1):e0169876. Capsaicin reduced blood pressure of hypertensive persons by increasing IGF-1 levels in the blood ► BBB 2009;73(6):1456-9. Capsaicin lowered dog blood glucose ► PHR 2001;15(5):391-4, lowered obese mice blood glucose by about 50% ► JOS 2012;61(9):515-23, restored blood glucose to normal in mice with lung cancer ► NPR 2009; 23(8):763-74. Capsaicin reduced pain without affecting immune parameters ► RAMI 2012;1(4):221-54. Capsaicin prevents mast cell inflammation ► IJIP 2013;26(3):597-600, is anti-inflammatory ► JBRHA 2007;21(1-2):1-4, had other benefits ► OH 2015;2(1):e000262. Capsaicin-sensitive sensory nerves may control blood pressure ► CHDDT 2007;7(1):37-46. In obese mice fed a high fat diet, capsaicin reduces obesity-induced ***insulin resistance, hepatic steatosis*** ► Obe 2010;18(4):780-7. It lowers LDL cholesterol in rats being a good antioxidant ► PHR 2003;17(5):454-8, attenuates metabolic dysregulation in genetically obese diabetic mice ► JMF 2011;14(3):310-5. Capsaicin ***stimulates lipid mobilization from adipose tissue***, lowers the perirenal adipose tissue weight and serum triglyceride level in lard-fed rats ► JN 1986;116(7):1272-8. BMJ 2015;351:h3942 found those consuming spicy food < 1 day/week had 6.1 deaths/1,000 people, 1-2 days/week 4.4 deaths/1,000, 3-5 days/week 4.3 deaths/1000, 6-7 days/week 5.8 deaths/1000. Maybe eating spicy food daily is worse than eating 1-5 days/week, which is matches studies showing too much capsaicin can increase heart rate, which in of itself tends to lower lifespan. When taken in large quantities or in pill form (not peppers), 2 individuals reported problems. Moderation is key, but usually people don't overeat chili peppers due to bitter taste. Capsaicin boosts fertility, can cause more night sperm discharges, so stop taking it if you have more discharges during sleep. Large studies however, not 2 individual cases (there is always an exception to every rule or a food allergy issue perhaps), have showed positive health outcomes of peppers as explained above. Cooking peppers, steaming, boiling, etc doesn't have a significant impact on capsaicin ► FC 119(4):1619-25. ☺☺☺

11.7.45. NUTRITIONAL YEAST

Nutritional Yeast (nutrient list), amino acid score 127 (see amino acid score section), found at many health food stores, has 50 g complete protein and 24 g of fiber in 100 g, tons of the 8 B vitamins, twice the daily needs of essential selenium (more selenium than any other food, except Brazil nuts). Many buy these in bulk (10-20 lb google it) to get them at half of a third of the usual price and use them as a protein source in smoothies, since a Burger King hamburger has only 14 g protein of score 69 in 100g. Nutritional yeast was used successfully to treat colds in

children (β glucan stimulates our own immune system) as explained in JNFS 6(4):518 or in the 5 minute video (colds dropped in half after 1/16th of a teaspoon). However, those with Crohn's disease are advised to stay away from it. People with some acne related disease (Hidradenitis Suppurativa) got much better by avoiding yeast, dairy, beer, pizza and other yeast rich foods. Yeast has more protein than seaweeds (spirulina, chlorella, etc) per fat calorie and any other food on Earth. Yeast is a much more complete protein than Burger King ham. This means you need to eat 2.4 times more burger king hamburger protein to get the same amount of essential amino acid tryptophan as in the nutritional yeast protein. In 3 spoons of yeast, you get about the same tryptophan as in 1.25 burgers. See the lead section for 0 lead brands.☺☺☺

11.7.46. ASPARAGUS

Asparagus (nutrient list) is potentially anaphylactic (deadly), antibacterial, anticarcinogenic, antidiarrheal, antidiabetic, anti-inflammatory, prevents cataracts and arthritis, aids digestion, lowers blood pressure, triglycerides and cholesterol. As with all fruits and veggies, cooking destroys many of these benefits, but raw asparagus is causing more allergic reactions in some people than cooked one. In some people the allergy is so bad that they can be sent into anaphylactic shock and die, due to some chemicals in it; the theory is we vomit because of 1,2,3-trithiane-5-carboxilic acid, hexagonal -S-S-S-CH_2-CH(COOH)-CH_2-, which also causes skin allergy ► AJCD 1996;7(1):41-6, so if you never ate it, it is best to eat a tiny bit at a time and increase the amount gradually if no nausea, vomiting, stomach pain, etc; asparagusic acid (which causes specific urine smell due to its metabolites) is the same formula minus a sulfur, so a penta ring. Philosophy = love of sophia or wisdom; philo means love, like, hydrophilic = likes water; "an aphyla reaction" is mnemonic for "an unloved reaction", we don't love vomiting or dying due to asparagus, since antonyms often are formed by adding a, typical, atypical. I vomited twice after eating it raw, so I avoid it. Asparagus protein has a lot of methionine and cysteine compared to most vegan foods and canned one causes stool odor and rotten egg gas, due to the sulfur compounds (like the deadly one above) being made more bioavailable for the colon bacteria. People can die from allergic reaction from fish, dairy, chocolate (milk in it), and nuts all the time. Spinach has 7.5 times more oxalic acid than asparagus in 100g. Grams of protein/100 calories: 11.0 asparagus, 5.3 milk, 7.5 zucchini, 4.4 quinoa, 2.0 rice, 3.4 cooked buckwheat, 7.8 cooked lentils, 8.8 eggs, 6.7 cheese. Asparagus has 10.5 g fiber/100 calories, versus 0 for dairy. It may be wise to not eat more than 3 lb raw asparagus daily (cooked no more than 6 lb), since some may not be able to eliminate fast all oxalic acid it has. Asparagus has no goitrogens. Asparagus saponins kill human liver cancer cells ► CO 2012;19(Suppl2):eS1-9 and human blood cancer cells, preventing leukemia ► CL 1996;104(1):31-6. Asparagus lowers blood glucose in rats ► BJN 2012;108(9):1586-95, lowers blood pressure in rats, helping cure hypertension ► JAFC 2013;

61(23):5520-5, lowers bad and total cholesterol, plus triglycerides in rats ► IJMS 2013;14(11):21227-39. It helps flush out the kidneys preventing the formation of kidney stones. It's also used to prevent menstrual cramping, increase fertility and milk production in nursing mothers ► PR 2010;4(8):215-20. Asparagus prevents coughing and is used at times for tuberculosis even ► Fitot 2000;71(6):686-9. It prevents stomach ulcers ► JET 2003;86(1):1-10, has strong antioxidant effect, scavenging free radicals and preventing aging ► JCMA 2016;79(4):205-11. It has 5 main antioxidants: ferulic acid, kaempferol, quercetin, rutin, isorhamnetin ► JFST 2015;52(5):2690-700. Asparagus prevents diarrhea in rats ► JEP 2000;72(3):421-7, has antioxidant effects on rat liver cells ► JEP 2000;71(3):425-35. It had the highest radical trapping antioxidant power among 34 Italian veggies, the TRAP assay test for antioxidant power ► JN 2003;133(9):2812-9. ☺☺☺

11.7.47. SPINACH (minimize to avoid kidney stones/arthritis)

Spinach (nutrient list) has 48 times more lutein+zeaxanthin than carrots (256 µg carrots, 12,197 µg spinach) per 100 g. Kale has 1050 times more lignans than spinach (lignans prevent hair loss and arterial plaque, by blocking DHT formation), more β-carotene than carrots and about 48 times less oxalic acid than spinach (oxalic can lead to calcium oxalate kidney stones), so spinach is useless, as oxalate can cause arthritis too. However kale has more goitrogens, so from that point of view spinach is better. I gave up eating spinach in 2018. All the benefits of spinach are found in kale. Spinach contains a little α-lipoic acid. β-carotene in spinach (5,626 µg/100g raw, 6,287 µg cooked) is high, close to the top sources: carrots (8,285 µg), kale (9,226 µg). Papaya got only 276 µg, tomato 449 µg, raw broccoli 361 µg. Spinach has 7-8 times more magnesium Mg than tomato /carrot, kale 3.5 times more Mg than tomato/carrot. Spinach has about same iron as cooked lentils. Adding lemons to spinach meals can help prevent kidney stones to some degree, but also ruin your throat, vocal chords and teeth. Cooking spinach increases two nutrients: β-carotene by 12% and vitamin E by 5%. Cooking also decreases 5 nutrients: folate by 25%, vitamin C by 65% (28 mg becomes 9), potassium by 16%, ω3 fatty acids by 33% (139 mg becomes 92) and Lutein+zeaxanthin by 7%. Conventional kale and spinach have far more pesticides than organic ones, so cooking does help to reduce pesticide content; raw spinach is best eaten organic. Tenderly gently kindly read the oxalate section before eating spinach, to avoid kidney stones, dialysis 2 hrs/day for 40 years of your life. ☺☺☺ It may also save 25 years of your life. Spinach also got histamine, which causes dry eyes, another reason to avoid it. Spinach is an overrated food, pushed by Big Spinach Mafia using fake science.

11.7.48. BUCKWHEAT (gluten free)

Buckwheat (nutrient list) is anti-Alzheimer, anti-cancer, anti-hypertension, anti-diabetic (glucose drops 19% in rats, less in humans), skin protecting, cholesterol-lowering, rich in antioxidants,

memory, and cognition boosting ► FC 2016;203:231-45. Buckwheat *the only grain that can be eaten raw without soaking* (not a good idea to eat often raw, because of lectins as explained in the beans section), and tastes like roasted sunflower seeds. It has very little fat, less than many grains. Oats, wheat and rye can only be eaten raw after a longer period of soaking (buckwheat becomes very soft and ultra easy to eat after just one hour of soaking, those with digestive issues would benefit by soaking it 2 hours; can be added to smoothies). The amino acid score is 99 unsoaked compared to soaked wheat score of 52, soaked oats 81, rye 80. Buckwheat is the best grain overall (protein score section explains more why it's best) with lowest saturated and ω6 fat among common grains. The bulk bins section of many stores carry buckwheat. Buckwheat products induced lower postprandial plasma glucose in humans ► NJ 2013;12:64. Consumption of buckwheat induced significantly lower postprandial blood glucose and insulin responses compared with the wheat bread in humans ► JAFC 2001;49(1):490-6. Buckwheat offers lower cholesterol, lower blood pressure, neuroprotection, anticancer, anti-inflammatory, antidiabetic effects ► JAFC 2015;63(36):7896-913. Buckwheat anti-cancer activities in vivo and in vitro ► MMR 2015;12(2):1777-82. Buckwheat reduces glucose by up to 19% being anti-diabetic ► JAFC 2003;51(25):7287-91. Buckwheat lowered glucose readings in mice, but rutin (in buckwheat did not), indicating it's not the rutin polyphenol who does the lowering ► JNSV 2011;57(6):441-5. Buckwheat lowers triglycerides in diabetic mice ► JMI 2014;61(3-4):345-52. Buckwheat lowers cholesterol in diabetic mice ► JFS 2010;75(9):H294-9. A study of 3,542 Mongolians from 2 regions, one with buckwheat as staple food and another with corn as staple food revealed the buckwheat group had lower hyperglycemia (1.56% vs 7.70%),☺☺ hypertriglyceridemia (26.56% vs 31.04%), hypercholesterolemia (4.02% vs 7.76%), abnormal LDL (4.66% vs 8.81%). Thus buckwheat is much healthier, which may be because 100 g of cooked buckwheat has 0.6 g of fat, while 100 g of cooked corn has 1.3 g of fat. Corn has 2 times more C_{16}-C_{24} saturated fat, known to spike glucose by destroying insulin producing cells. Corn also has 3.2 g sugars, vs 0.9 sugars for buckwheat ► CEPP 2007;34(9):838-44. Buckwheat lowers blood pressure and nitrotyrosine immunoreactivity in rats ► PHR 2009;23(7):993-8. Buckwheat lowers hypertension and high cholesterol in humans ► AJCN 1995;61(2):366-72. Buckwheat improves cognition and memory function in an Alzheimer mouse model ► FCT 2013;53:105-11. Rutin found in buckwheat improves cognition, memory in an Alzheimer model ► JMF 2015;18(6):631-41. Buckwheat rutin, phenolic compounds protect the skin from UV ► Ph 2006;61(3):237-40. ☺☺☺

11.7.49. TURMERIC/CURCUMIN (can cause liver damage/abortion)

Turmeric (nutrient list) has many health benefits besides preventing cognitive decline, though the curcumin pills sold are allegedly mostly useless, having too little curcumin to be effective, though it inhibits Covid19 in silico and in SH-SY5Y cells ► SR 2024;14:10696. It increases LLT,

TBUT in dry eye patients, so it helps diminish dryness ► IJO 2025;73(S3):S428-34; it also aids in vitro cornea cells in overcoming oxidative stress EER 2025;260:119584, so one day it may be in artificial tears. The cheapest USP brand is Kirkland, 0.3$/gram curcumin, Costco 43$ 320 caps of 95% extract, 475 mg curcuminoids/cap, so 475 mg/cap plus 5 mg bioperine (95+% piperine) to "increase absorption 20 fold". However, many amazon reviews show that curcumin makes 10 year long knee pain vanish, so it must work in some people, because curcumin inhibits NF-kB, the master switch that turns on inflammation inside humans. When joints experience friction or minor wear, they produce inflammatory proteins called cytokines (TNF, IL-1, COX-2). Curcumin works identically to OTC NSAIDs by blocking the COX-2 enzyme, so it stops the production of TNF, COX-2 inside your knee's synovial fluid, turning off the swelling and erasing the local pain signals. Section 3 of BRI 2014:186864 lists 20+ papers on curcumin antiviral action: blocks flu virus infection, haemagglutination activity. 30 µM curcumin reduced viral yield 90+% in cell culture. Unlike amantadine drug, viruses did not develop resistance to curcumin ► FC 2010;119 (4):1346-51. Ebay sells a lot of Kirkland, some at 20$ due to fast expiry date, but Kirkland offers a per g price 10-30 times cheaper than other brands. The cheapest brand with zero inactive ingredients is Micro 24$ for 120 caps of 320mg curcuminoids/cap. The 'piperine boosts curcumin bioavailability 20 fold' is a hypothesis that has recently come under scrutiny, as one study found piperine (5% of black pepper spice) doesn't increase curcumin bioavailability ► iSci 2025;28(6): 112575: "Piperine doesn't enhance curcumin bioavailability or systemic uptake". Piperine simply turns off liver detoxifying enzymes, placing you at risk of organ damage from other toxins you eat: sure, it lets more curcumin into the blood allegedly, but it can also let in deadly chemicals. Moreover, many turmeric pills were linked to liver damage, since pills are more bioavailable and the extract of many plants is obtained by chemical treatment or solvent extraction methods that change the chemistry of the compounds in the extract, turning them into poisons. So, it is critical to realize pills often fail due to higher dose or bioavailability or denaturing of compounds, not because "powder form of nutrition doesn't work". This is important if we will develop eterni foods. Turmeric can cause abortion, avoid if pregnant. Turmeric, ginger, rosemary, sage, oregano, etc are very good at preventing and removing β-amyloid plaque in the brain, but doctors advise against using some of these if you're pregnant as they can cause miscarriage or even birth defects. In some people the effect of 760 mg turmeric powder (100 mg curcumin equivalent) on Alzheimer was amazing after 3 months and people were able to recognize their family within 1 year. In 100 g turmeric powder has 21 g of fiber (7 times more than cooked broccoli and collards, 10 times more than kale) and 8 g of protein (4 times more than cooked collards/kale and 3 times more than cooked broccoli). ω3 to ω6 ratio is 1:3.5, better than walnuts, 482 mg ω3, 1694 mg ω6. Turmeric has 161 times more ω3 than tomato. Herbco..ic sells turmeric for $4.25/lb. However, because unsaturated fats in powders become oxidized with time (like all cooking oils go rancid if left in transparent bottles to endure heat, light), and can

form atherosclerosis causing compounds, turmeric powder is best fresh, always frozen in an air tight package; raw turmeric root is way better than powder, to be sure you're not ingesting rancid powder (this applies for all ground spices). Turmeric prevents Alzheimer ► Ayu 2012;33 (4):499-504, lowers blood glucose ► IJEM 2014;12(4):e18081, lowers LDL in coronary syndrome patients ► AMI 2008; 40(4):201-10. Curcumin fights psoriasis ► BJD 2000;143(5):937-49, cures IBD, pancreatitis, arthritis, chronic anterior uveitis ► AMR 2009;14(2): 141-53, rat arthritis ► CT 2011;162(3):201-7, prevents mice cancer ► Biof 2000;12(1-4):107-12. Curcumin free turmeric fights cancer, so turmeric is more than curcumin ► MNFR 2013;57(9):1529-42. It's antimicrobial, antioxidant, astringent ► IJDR 2009;20(1):107-9, antiinflammatory ► JACM 2003;9(1):161-8.

"the increase in bioavailability (of curcumin active ingredient) was 2000%" when they added black pepper to the curcumin☺☺☺ ► PM 1998;64(4):353-6; curcumin is allegedly (though proven false in the 2025 study, done 27 years later) absorbed 20 times more when eaten with black pepper, due to the inhibiting of curcumin transformation in the liver by the peperine in pepper. Raw turmeric has some fat and this increases the curcumin absorption 7 times (see this 4 min video) vs curcumin pills. There is one issue with turmeric, not present with peppermint, ginger and other spices with similar effects: it can cause gas/stool odor, so I never eat it since 2024. When I tried it in October 2020, I got a big acne breakout, after 2 weeks of no acne, with biggest eruption after I ate the most raw turmeric ever as a test to see if turmeric (curcumin byproducts from liver?) can cause acne. Turmeric also stains anything used to make smoothies with, with its orange tint (teeth if you chew it too long and don't rinse/eat after); it is very hard to clean the food processor afterwards, so perhaps you can add it last in a smoothie if raw and don't run the food processor more than 30 seconds with it or better yet, chew it, as it's soft.

11.7.50. BROCCOLI (removes the 7g brain microplastics, though kale has 10 times more sulforaphane, removing 10 times more)

Broccoli (nutrient list) prevents many forms of cancer, lowers cholesterol and blood glucose, has 5.5 times more (5.5x >) lutein-zeaxanthin (if raw, 4 times if cooked) and 15x > vitamin C than carrots, 7x (5x if cooked) > vitamin C than tomato, 3x (only if cooked, raw it has only 60% more) > vitamin E than tomato, 3x > protein per 100 g than most produce, half the protein in beef per calorie (maybe make a big smoothie with 18 g of protein from broccoli alone). Broccoli amino acid score is 83 raw, 112 cooked, higher than 69 for Burger King hamburger. Broccoli sulforaphane was shown to remove microplastics from the brain. Broccoli sprouts have 20-50 times more sulforaphane than broccoli itself, see how to make broccoli sprouts from 1lb/17$. Cooked broccoli has more sugar, less protein, raises blood glucose faster. Cooking destroys the Microplastic remover Sulforaphane, (broccoli 26mg/100g, kale 174-303mg, cauliflower 0, cabbage 1, brussels sprouts 0.26 (table 3), while broccoli sprouts 1153 mg/100g) all biophotons

and certain anti-cancer compounds, phenols, flavonoids, most enzymes, phytonutrients. Those eating more cruciferous veggies have lower risk of mortality, heart disease ► AJCN 2011;94(1):240-6. Broccoli lowers cholesterol, triglycerides ► DRCP 2012;96(3):348-54, improves insulin resistance ► IJFSN 2012;63(7):767-71, contains α-lipoic acid, a cellular antioxidant that raises glutathione, the master antioxidant in all human cells. Broccoli attenuates nasal allergic response to diesel exhaust particles, something very useful to those with asthma or those living in a smoggy area ► FF 2014;5(1):35-41. Broccoli sulforaphane lowers diesel asthma attacks ► AJPLCMP 2007;292(1):L33-9. Broccoli helps antioxidant enzymes in the upper airway, helping those with asthma ► CI 2009;130(3):244-51. Dietary broccoli lessens development of fatty liver and liver cancer ► JN 2016;146(3):542. Broccoli fights many forms of cancer: breast, prostate, colon, hepatic, bladder, bone, brain, leukemia, pancreatic, and melanoma ► CL 2008; 269(2):291-304. Selenium from broccoli protects against colon cancer ► JN 2000;130(9):2384-9. Broccoli prevents colorectal cancer ► AO 2013;24(4):1079-87.☺☺☺

Glucoraphanin in cauliflower and broccoli protects against cancer ► PPS 2010;9(4):597-600. When we chew or make a smoothie with raw broccoli, the myrosinase enzyme breaks the sulfur-glucose bond in glucoraphanin leading to sulforaphane and glucose. Sulforaphane is a famous compound about which hundreds of papers exist, related to cancer, heart disease, diabetes. Sulforaphane in raw broccoli protects the insulin producing β cells of the pancreas ► OMCL 2017:3839756. Sulforaphane in raw broccoli attenuates obesity by inhibiting adipogenesis ► JNB 2014;25(2):201-7. Sulforaphane in raw broccoli inhibits breast cancer stem cells ► CCR 2010;16(9):2580-90. Sulforaphane in raw broccoli attenuates the development of atherosclerosis ► EBM 2016;241(4):426-36. Sulforaphane reduces autistic behaviors much better than any known drugs: a study of 44 males ages 13-27 where the pills given were equivalent of 2 cups of broccoli for those weighing between 100-200 lb, 3 cups if above, 1 cup if under 100 lb. "After 18 wk, 15 participants receiving placebo experienced minimal change (<3.3%), whereas those 29 receiving sulforaphane showed substantial declines (improvement of behavior): 34% for ABC etc. We report here that in a placebo-controlled, double-blind, randomized clinical trial, daily treatment with sulforaphane for 4-18 wk resulted in significant improvements in aberrant behavior and social impairment in a majority of young males diagnosed with moderate to severe autism, and that *this improvement* regressed *upon cessation of treatment*. Dietary sulforaphane, of recognized low toxicity, was selected for its capacity to reverse abnormalities... associated with autism, including oxidative stress and lower antioxidant capacity, depressed glutathione synthesis, reduced mitochondrial function and oxidative phosphorylation, increased lipid peroxidation, and neuroinflammation." ► PNAS 2014;111(43):15550-5. The antiviral effects of sulforaphane are in the Natural Antivirals section. The cooked broccoli ratio of ω3:6 of 2.3:1 is superior to any high protein veggie. ω3:6 ratio of 1:1 in raw broccoli is highly antiinflammatory.

Broccoli is often 2$/lb, but organic 3.4$/bunch, with a bunch being 1.5 lb (if you find the heaviest one) or 3$ if not organic. For 40 cents extra, 3.4 vs 3, you get far fewer deadly pesticides. For me, raw cauliflower, purple cabbage, kale never cause stool/gas odor, but when I eat the same amount of broccoli, odor (or huge odorless burping) happens usually (not always if small 15g-100g amounts), possibly due to higher levels of sulfur compounds, different goitrogen glucosinolate metabolites (easier to uptake by hydrogen sulfide producing bacteria) or less digestible compounds that ferment. Goitrogens can cause blood clots, if you eat raw cruciferous veggies. Google search shows broccoli is notorious for causing burps; part of the reason is that when making smoothies with certain things (not very liquid) the little flowers trap huge amounts of air, unlike anything else; so make it a paste if a smoothie. Almost each time my diet was the same with (> 150 g) broccoli being the only change from day to day, the stool smell change from odorless to some odor the day I ate broccoli. Vegans have fast transit time so odor change is fast. Kale has 28 times more lutein than broccoli, 1.35 times more vitamin C; cauliflower, cabbage, kale have sulforaphane too. Because all broccoli benefits can be obtained from kale, red cabbage, cauliflower, I only eat kale (with carrot in smoothie form) to remove microplastics. The purple cabbage, purple kale and purple cauliflower have anthocyanins (no sulfur) that lower blood pressure, which are absent in broccoli, though Amazon got purple broccoli seeds.☺☺

11.7.51. BEE POLLEN (flower pollen) & Propolis (tree resin)

I avoid both: always eat bee pollen with foods and never at night, since when you sleep the body doesn't drink a lot of water, etc to detoxify and this stuff is full of fungi, molds; some people even get asthma/COVID like effects; stop eating it if so, or switch brands. More than *half spoon/day* can cause gas, smelly stool/gas, pimples, styes. Most bee keepers let pollen oxidize in moist heat in the hive, without picking it up daily, freezing it up fast, causing the *oxidation of* lecithin *(5-15% of pollen), free fatty acids, polyphenols, leading to organ* damage, hair loss, pimples, *due* to TBARS going *high, if eaten*: IJCB 2011;26(2):154-60. Always buy pollen that is frozen or refrigerated (Amazon pollen is toxic, full of molds, drying creates toxins too). Besides the dangers (of dying from grayanotoxin), there seem to be some benefits too: boosts immunity and reproductive health, is antimicrobial and as effective as antibiotics in livestock.

Is pollen vegan or not? Most (me included) consider pollen to be vegan, it's the sperm producer of plants (each grain is a tiny male plant that makes sperm cells only when meeting the female cell on a flower; it's not the 'sperm of plants' as some write online), unlike *honey, apilarnil, royal jelly (bee milk) which are "*vegetarian (produced by bees, like milk is made by cows, but 1 kg royal jelly leads to discarding 2500+ young bee larvae (4-9 mm long, vs 1-1.8 mm long 0.25-3 mm wide for bee eggs laid by the queen, 30-120 times the 0.12-0.22 mg weight of an egg, sort of like 5 month old fetuses weighing 10% of a new born. Big larvae can be up to 1500 times heavier

than a small egg and, see 1 min video egg to bee, we see sometimes a big larvae discarded, sort of like 7 month fetus) who die in the collection process as this 2 min video shows (see how unsanitary it can be, get some virus?) or this, bee larvae can be also be put in cells automatically, ☺☺☺ and the bee larvae filtered automatically, not manually discarded) or almost vegan" if insects are not animals, but more like 50% plant-50% animal. Royal jelly collection is, unbeknown to most, *thus creating a lot of killing of bees that are similar to humans in many ways, leading to shorter human lifespan due to cross species entanglement. 1 kg pollen may only kill 0.1 bees, not 3000. Many think we can save the bees and discover a better tech, that adds 500 years to human lifespan not a few weeks like daily royal jelly may do for many. It's clear that royal jelly is bee milk obtained in a brutal way, so it can't be thought of as vegan.* Before we talk about pollen after this paragraph, a few things on propolis: it is vegan too: 400 mg propolis extract reduced COVID19 hospital stay from 12 to 7 days, 800 mg to 6 days ► BP 2021;138: 111526. Propolis is 50% tree resins: triterpenes, $C_{30}H_{48}$, 6 isoprene C_5H_8 units, resin acids and diterpenes $C_{20}H_{32}$ (4 isoprene units) sesquiterpene $C_{15}H_{24}$ (3 isoprene units, biosynthesis from isoprene $CH_2=C(CH_3)–CH=CH_2$ units; propolis got "triterpenes (50% w/w), waxes (25–30%),☺☺☺ volatile mono- and sesquiterpenes (8–12%)", 10-18% pollen+ polyphenols + phenolic acids; and a tiny bee saliva, so 99.9% vegan too. Waxes are esters of several saturated fatty acids mostly; terpenes are alcohol soluble, so propolis ethanol extract (cheapest on Amazon, 20 quality tests, extract made from 760 g organic propolis, also organic and filler free) gets most bioactive compounds, though raw propolis (112 g raw propolis with beeswax possibly removed using heat that degrades some bioactive compounds *(about same price as the extract from 760 g)*, not organic, plus no lab tests to make sure all is well, no dangerous mites, fungi, etc) (ground and dissolved in water or smoothies) may work well too (better in some studies) – though ethanol extract has more bioactive compounds/g of powder vs raw. Propolis contains 600+ compounds, 5% pollen; after 90 days of 30 drops/day of 3% propolis HDL (good cholesterol) increased 22%, GSH (reduced glutathione) increased 175%, TBARS (thiobarbituric acid reactive substances, lipid oxidation products) decreased 67%, all being good outcomes ► EBCAM 2017:4272940. You can simply dissolve a cap of propolis in a smoothie, 365 caps/19$, no additives.

Bee pollen is *99.9%* vegan*, since it's just plant pollen, flower nectar and a* tiny *bit of bee saliva, 0.1% or* much *less*. Because of that, I and many others think one can still eat bee pollen and even 300 mg royal jelly, and still be a vegan, well, 99.995% vegan, so vegan by all standards. *I noticed 1 spoon of pollen improves my stool, but 3-4 makes it too hard, increasing transit time without more water, so if you take more than the typical 1 spoon (10g), you may need drink more water or watery veggies to maintain the shortest (thus healthiest) stool transit time.* The coating of pollen grains is made of a stable polymer called sporopollenin, which may cause the gas (besides the polyphenols inside the grain and the polymer itself), since it is not digesting the stomach

byproducts well maybe. Sporopollenin protects the nutrients inside in hot weather somewhat, but it is safer to *only buy pollen shipped in colder days and that has been picked up in colder months or weeks*, to avoid degradation of pollen components which then *makes* it do more damage than good in theory, via lipid peroxidation caused by damaged polyphenols, fatty acids, etc. Bee pollen traps need to be collected daily, to avoid mold growth, and to prevent nutrient degradation by cross reactions, since between 70 and 90°F pollen mold (in our houses too, 60-80 is ideal temp for growth, but you need high humidity for that, 65-75%) is growing wildly; so you will realize that bee keeping for pollen is very labor intensive, hence most pollen is imported from China with cheaper labor. However, before bees get to flowers to remove pollen, the pollen can be stuck to the flower for weeks, so it's not really as simple as 'if trap collected daily' all is good, since if it starts rotting on the flower itself, it's bad from the start, though bees are only attracted to nice smelling flowers. Pollen still pollinates even after 4 weeks, so the pollen a bee gets can sit on a flower already for weeks before it is taken. However, most bees revisit the same flowers and plants know it and can release new pollen, so most pollen bees collect is truly hours fresh, thus beekeeper need to collect pollen from traps daily for the best outcome. Beekeepers take out pollen to grind it and refeed it to colonies in the winter and also to prevent the colony from running out of space; the traps can be inserted just for 1-2 days a month and collected within 24-48 hours, as the video explains, so it's not about how often they collect pollen, but about how long the trap was placed in the hive for before it was collected, since it can fill in 1-2 days. So call your beekeeper and ask him how long that trap sits there, before you order pollen from him. Some may have 700 hives, but only use the most productive and easy to drive to in order to collect pollen, since he needs to revisit that hive in 1 day to prevent mold and remove trap for weeks until he's ready to revisit daily that area. Ask him if any deadly Ericaceaae family (Rhododendron, Pieris, Agarista and Kalmia) plants are nearby, since that honey (maybe even pollen???) can kill or permanently disable people. Same for cannabis crops, they can damage the honey and pollen with hallucinogens. How will he know within 5 miles there are not poisonous plants that cause some organ damage? Beekeeper needs very good drones for that, and most don't check it. Pollen comes with a lot of risks, due to 100s of toxic wildflowers. It's probably *safer to get one from an orchard and edible fruits, flowers, safe trees.* Hives placed in the wild are dangerous; at least on agricultural land, you know they go to a farm or orchard mostly, etc, but in the wild or village? Lots of decorative plants got damaging pollen.

California Bee Pollen company, selling to Whole Foods, said on the phone they collect it every 5-7 days, so mold growth may be huge (even if it passes some ultra lenient "high mold threshold" before being shipped to wholesalers, test which most companies don't even bother with), or maybe not since Sacramento area is so hot that mold will grow slowly in such a dry weather; this is the same pollen collected by BackroadBeeKeeping family who collects all CaliforniaBeePollen

sold at many California stores; they also sell irradiated pollen (that's for bees usually, not people), which is free from fungi, molds, viruses and most, but not all, spores, etc, but may also have many toxic new chemicals formed (if radiation is above 10 kGy), besides the slight reduction in polyphenols as RNC 2021;327:713-9 explains; O-centered free radicals form and remain there for *5 months at least, decreasing each month as the radicals react with the polyphenols, fatty acids creating* toxic *compounds*, but "*phenolic content and antioxidant power can increase or decrease,* as measured with DPPH assay"; this means irradiated pollen may form toxic compounds in the stomach, oxidize fatty acids and cause arterial plaque via *trans* fatty acids that are deadly and banned by FDA in foods. Buy North Canada honey, cheaper, no tax, no shipping, 6.6 lb for 75$, way cheaper than California or any US buckwheat honey, North Canada has no pesticides or antibiotics (says so on the label, unlike US honey) and buckwheat honey is the healthiest, better than Manuka for throat, helps throat (that lab made Covid19 destroyed for all humans). The Natural Antivirals section has more details about buckwheat honey and Covid19. "gamma-rays (see FDA notes) provoke reactive oxygen species and other radicals which cause changes firstly in the lipid molecules"; bee pollen has 5-15% lipids; conjugated dienes (2 *double bonds, separated by 1 single bond, measured as 232 nm UV absorption*) increase 4 fold in peanut oil, at *25 kGy,* so the risk of *trans* fatty acids formation goes up; even though they meet some edible criteria for oil acidity, irradiated peanut oils (which have 70% of fat unsaturated) can still have traces of trans fatty acids, *other deadlier compounds, free radicals, which may escape FDA oversight* ► BCC 2019;51(A):263-9. Conjugated dienes rise in a linear fashion with *peroxide* concentration, which indicates how many other toxic compounds can be formed. ☺☺☺ "Bee pollen samples were treated with target doses of 0, 2, 5, 7 and 9 kGy of gamma radiation emitted by a ^{60}Co source and then analyzed for microbial content. Neither fungi nor coliform bacteria were detected in samples irradiated at *5 kGy* or higher. Yeasts and aerobic bacteria were not detected in the samples irradiated at *7 kGy* or higher (<10 CFU/g). Bacterial species capable of sporulation were most resistant to gamma irradiation and were identified. Taxonomic analysis indicated that the genus Bacillus, represented by fourteen species, was the most common, followed by Paenibacillus (AFB) with six species" (these are spores that give bees diseases, like AFB, but don't infect humans, nor cause any issues in humans by non-disease mechanisms (to some chemical substrates, cell types, of GI tract, kidney etc), as far as we know *so far, since* they're not zoonotic). ► RPC 2020. ☺☺☺

We need☺☺☺ eterni food, free from molds, bacteria, oxidation, free radicals, etc. It's not clear what other companies do, but research is important by users or FDA when they got more $, since obviously with so many hives across Central Valley there is no way one family can collect daily, and pollen needs be regulated too a little, to make sure the nutrients still exist unchanged, AGEs are low, mold low; sun drying pollen, a common practice, to remove moisture, is

detrimental, as it encourages the formation of AGEs that ruin our health, but it's one method to remove moldy stuff; trap pollen sitting at 85-120˚F 7 hours/day will obviously degrade fast vs trap pollen at 70; perhaps, buy pollen from cold states who collect trap pollen daily or raise bees yourself to collect it mornings before sunny temps degrade it fast and again at night, though 100s of papers and studies need be done to determine the safest pollen treatment that doesn't make new toxins, besides the toxic producing sun drying and irradiation. So, ask company via phone, when answer is more genuine in real time, not voicemail, if they collect it daily, since by email they think it over and will give a fake answer most likely. Choose the cold pack shipping option, if shipped from far away in warm months, as mold grows fast, though outside temp of only 50-65°F and shipping 1 day may be safe; in cars it can get to 80 when outside is 65, during transport. 107°F weather for 3 days can lead to not only mold growth, but destruction of the polyphenols, fatty acids, etc inside, which then create oxidative stress inside your body. The higher the temp, the more damage. "Fresh pollen is high in moisture and protein and, especially when brought into the hive – which stays around an internal temperature of 95˚F – it enters an ideal environment for mold growth. When the pollen is not consumed fresh, honey bees ferment the pollen through the process of making bee bread."

Pollen contains fungi that can produce toxins, so authors mention the "presence of different mycotoxins in pollen..., to propose possible aflatoxin contamination pathways, and to emphasize the importance of a regular mycotoxicological analysis of pollen...a suggestion is made regarding the legal regulation of pollen as a food supplement and the proposed tolerable limits for other mycotoxins." ► Tox 2019;11(2):64. "*Fresh bee-pollen has high microbial contamination which is* potentially *harmful to humans.* For this reason, it is often marketed as dried pollen... freezing doesn't reduce the initial potentially hazardous loads of microorganisms. Furthermore, any failure in the cold-chain integrity, either temporary or permanent, can lead to microbial growth which poses a potentially significant safety threat to public health" ► Foods 2021;10(11):2593 and "*results on microbial contamination of fresh and frozen bee pollen* show that a more comprehensive microbiological risk assessment of bee pollen is required. On the other side, *dried pollen showed very low microbial contamination and no pathogen survived after the drying process and during storage*." ► PO 2017;12(9):e0183208. Bee farmers use objects, structures, trees, to create shade and place water nearby, to make sure the hive doesn't get too hot, since at 107, half the male bees will die in a few hours. So, *imagine how bad the pollen sold from Amazon etc can be*, due to insufficient drying, sitting with residual moisture in a hot warehouse where temp fluctuates and creates moisture, etc. Never buy pollen stored at room temperature. Even the pollen that is dried, is bad, since drying creates more bad compounds and some water remains leading to mold growth as storage is at room temp or higher. True digestibility of bee pollen protein is only 63%, versus 85% for cooked green lentils,

91% for red split lentils or 95% for whole meat (not the junk food meat) ► Mol 2018; 23(10) :2491. Royal jelly is 5 times more expensive (1 kg or 2.2 lb dry is $170 on Amazon vs $95 (China) to $140 for 10 lb pollen) and its benefits more controversial, while bee pollen, if bought in bulk, can provide huge amounts of antioxidants, vitamins (except K "Bee bread contains vitamin K and enzymes which can't be found in bee pollen" ► Mol 2020;25(3):556), ω3, 6, protein, carbs, protein sometimes cheaper than fish or beef, with 100s of nutrients meat never has. We eat 1000s of bacteria, fungi, molds, mycotoxins from fruits, veggies, grains, etc, so don't think now that pollen is deadly, since in animals, it is used as antibiotic replacement sometimes, see below.

Bee pollen has on average as much vitamin A as carrots or 833 µg RAE/100 g ► JAR 2008; 47(2):154-61, sometimes 17,000 IU or 5,100 µg RAE.☺☺☺ PO 2018; 13(7):e0199995 found that Germany meadow pollen had lowest pesticides (max 0.3mg/kg), followed by grain (max 1.5 mg/kg), then fruit (7.2 mg/kg); they found no pesticides in some samples just like the PO 2016;11(12):e0167487 Poland study; this means that you need find a beekeeper who has his hives away from heavy agriculture or pollution areas, if you want minimal pesticides. Stories (true or fake?) exist that poor bee keepers often lived to 100 or even 130, since they ate the left over honey on big containers, which has 100 times more ultra healthy, unoxidized pollen than normal honey, due to gravity precipitating it. They could not afford meat. Bee bread is the one bees make inside the hive from pollen and much higher levels of bee saliva using fermentation. Bees collect pollen in the sacs of their legs (max half of their body weight) and some pollen (not all, the biggest granules humans eat) is rubbed off the pollen trap when bees enter the hive, which sometimes kills the bees or maims them (they lose wings and limbs). Thus, many vegans think pollen is not vegan as its collection kills insects. Some vegans think most bee products are vegan, since it doesn't kill animals, only insects, just as eating kale, etc kills the plant, just as eating corn, bread kills trillions of insects and millions of rodents, small animals in normal agriculture. Eating most vegan products, grains and beans, implies using motorized machines that kill trillions of insects during picking and even more during spraying with pesticides (specifically sprayed sometimes to kill certain crop eating insects by the trillions), even fruit picking by robots or humans kills insects we step on. Are fruits/grains vegan or not?

EBCAM 2015:297425 explains bees "collect pollen from plant anthers, mix it with a small dose of the secretion from salivary glands or nectar, and place it in specific baskets (corbiculae) which are situated on the tibia of their hind legs". Then the screen at hive entrance allows some big granules to fall and humans can get some pollen too. The rest of the pollen goes inside the hive to make bee bread, which has 26% moisture (vs 17% for pollen), 22% protein vs 21% for pollen, twice as much free amino acids, more proteases (pollen plus bee bread together have almost double the proteolitic activity of bee pollen, helping us digest protein), due to 3 months of fermentation in bee hive cells (Mol 2023;28(1):227); however, the bee bread is less likely to

grow mold since it's a tight chunk, brown in color, bigger than a pollen granule, *see the dramatic difference* in this picture; it literally looks like chunks of propolis, because they took the paste and dried it, normally, it's more moist when taken out of the comb; so you need to buy it from someone who doesn't dry it much; finding a close company that stores it wetter in the fridge is a real challenge, without drying it. Many companies say bee bread needs to be in the fridge for storage, so only buy pollen or bee bread if shipping it less than 2-3 days and weather cold or shipped with cold pack, and company stores bee bread in the fridge, not in Amazon warehouse. You can try eat both, since pollen has twice the antioxidant activity of bee bread, while bee bread has more propolis like qualities, antifungal, etc. Bee bread is obviously less vegan, as it ferments 3 months after some saliva is added to the cell, but it's almost vegan, so don't worry, you can eat a little if your immune system needs a boost, it's sold online via 100s of sites, google "organic frozen not dried bee pollen or bee bread in 'your town or county or some less polluted area' 5 lb (for discount)". A good site with 9 types of pollen and 2 types of bee bread, unlike any other site on the planet, is beehealthyfarms.com. They list ORAC value for chestnut pollen 30x the antioxidant capacity of broccoli pollen for example, you can see the chart. Not all pollen is the same. Simulated bee bread (pollen mixed with honey outside of the hive and fermented 3 months) is claimed by one Wisconsin seller to improve dry eyes and remove acne, though this real rural South Portugal bee bread from etsy.com is only 37$/lb (143$/1775g), vs 85$/lb on Amazon. Please don't attempt to make bee bread, since fermentation not done right can poison or kill you. Only people with proper lab tests can make simulated bee bread, to test for molds, fungi. 1 in 100 people gets dry eyes from wind pollen allergy (anemophilous pollen is spherical tiny one carried by wind, while entomophilous pollen is from flowers with colors, nectar, smell, big ovals), so eating pollen primes the immune system to deal with that different pollen and then dry eye disappears. Sort of like you get gas from one food one time, and then after you eat it 500 times you no longer get, as immune system learned how to deal with the allergens or etc in the gut. Edible pollen is not the pollen that causes sinus allergy, it's a totally different type. However, most dry eye won't disappear with bee pollen eating. Bee bread has more bacteria: Insects 2022;13(10):863-76 and has more antibacterial activity too: Antib 2021;10(2):125.

Local people can sell bee pollen for only 20$/lb, so find a pollen collected 2 days or 2 weeks ago, like I did; avoid dried pollen as polyphenols are destroyed and this reduces antifungal antibacterial properties, oxidizes chemicals and simply increases shelf life so they can sell it on Amazon or stores with no fridge. When freezing of blueberries or pollen happens, a lot of the antifungals and antibacterial metabolites of pollen or bee bread microbiome and antimicrobial polyphenols are destroyed, so are the good bacteria destroyed by freezing. However, most polyphenols found in pollen are intact in bee bread, since fermentation affects mostly the proteins and starches broken down into amino acids *(so you get 0.7 g extra free amino*

acids/100 g, more simple sugars, which for bees is important, for us not so much: 90% of studies were on bee pollen not fermented bee pollen or bee bread, but they're very similar in chemicals) and glucose/fructose; the only extra thing in bee bread are the metabolites from lactic bacteria, since most bee bread bacteria die out after 1 month of storage. In animals, pollen *"enhanced growth performance, immunity responses ... was considered an excellent substitute of antibiotics"* ► Antib 2020;9(11):811. Best pollen is 1-20 days old, kept in the fridge, but in winter you can't get it locally. USA got 212000 bee keepers, so you can find within 100 miles a less polluted apiary, need Hawaii in cold months for freshest pollen. The pollen fungi that produce mycotoxins grow 5+°C, so pollen needs be cold; "non-daily harvest" (page 47259) leads to mold, since it sits in the hive at warm temp ► ESPR 2021;28:47251-61. Fungi are everywhere, on all fruits, etc and when fruits rot they get moldy colors, grey, white, black, yellow, and those are mycotoxins, so we always eat these fungi in tiny amounts, it's just when pollen rots you eat these toxic mycotoxins like those in rotten bread, blueberries, etc. Berries and pollen are antimicrobial when eaten fresh, yet they're toxic, moldy if eaten rotten. Pollen rot is subtle.

Some apiaries are far kinder than others, so those are more acceptable as long as bees are not tortured by extra cruel practices to increase profits. Royal jelly helps bees to live up to 50 times longer, so we may discover analog chemicals in the lab that help us reach age of 4,000, chemicals far more effective than royal jelly ones, which are optimal for bees, not humans. Even if vegetarian or “almost vegan”, *honey, propolis are the kindest among vegetarian* products, as collecting them is not always torturing bees as with factory animal farms (royal jelly is kind only if the larvae are taken from queen cups and moved to worker cups after 4 days when queen cup is full of royal jelly, to avoid killing the larvae, there is a tech to do that, by placing a smaller cup under to let the larvae fall there and removing the whole small cup subframe and placing it in the hive to grow workers, see youtube; most don’t do that, it’s too much time to bother, so 99% royal jelly is not cruelty free), where dairy cows are killed or male chicks are shredded alive in egg farms by the billions once born, animals which are far closer to humans in consciousness and whose death affects humanity a lot more than insect death, hens/dairy cows have short lives in filthy conditions, etc. As we evolve to eterni foods, we won’t eat bee products. Every single polyphenol and chemical in bee pollen is found in plants too, so we don’t really need plant pollen; however, if you get pollen from many areas, you get chemicals from many plants that we normally don’t get, useful for lazy people *who don’t eat a lot of fruits, seeds, nuts, herbs/spices,* veggies. Pollen content varies (some got 10x more flavanols, 3x more polyphenols than others), so it’s best to get pollens from many brands for maximum benefit.

Pollen can get moldy fast if not collected daily and refrigerated, so try to ☺☺*lovingly tenderly gently kindly*☺☺ get it from a good source and if possible a source that knows its ω3 to 6 ratio. *This ratio is important, because if we eat a lot of ω6 we increase aging speed and inflammation.*

Antiox 2019;8(12):568 found % of total fatty acids: α-*linolenic* or ALA 33%, *palmitic* 26% and *linoleic* or LA 22%, on average for 16 types of Romania pollen and a ratio *of ω3:6 ratio of* about 1:1. Most ω3 in pollen is ALA, most ω6 is LA and gamma-linolenic or GLA, so about 33% of fat in pollen is ω3, 33% is ω6 and the rest saturated long chain fatty acids. If pollen has 9% fat, which is common (sometimes 5%), this means *in 100 g* we get 1 g of ω3 *and* 1 g ω6. This gives us a basic idea so we know when using our food spreadsheets what kind of nutrition we get. ***However, not all pollen has this ratio, some may have ω3:6 ratio about 1:4; Colombia (the best ratio I found so far, since most people eat way too much 6) pollen*** [RMVZC 2014;19(1)] *had ω3:6 ratio of about* 2.5:1. These acids oxidize rapidly compared to others, so it's critical to eat fresh pollen, to prevent atherosclerosis, see more in the walnut section. Age 2015;37(3):58 found beekeepers who ate bee products multiple times a day had the longest telomeres compared to other beekeepers or non-beekeepers. This is confirmed by other studies that found those eating more polyphenols and antioxidants (healthy *vegans*) have longer telomeres. Queen *bees (not humans) live* 50 times longer☺☺☺ *because of* avoiding bee pollen/honey*, eating royal jelly ONLY since birth; royal jelly has flavonoids too, but lacks phenolic acids (polyphenols with a carboxylic COOH group that makes them organic acids)*. It's unknown if phenolic acids shorten lifespan of multiple species, see more in the royal jelly section. Pollen has about 0.6-1.4 g of flavonoids/100g (some researchers say some varieties can reach 3 g), more than any plant, except dried peppermint (10.2 g), dried parsley (4.5 g), other spices/herbs, raw cacao beans (8.6 g). The polyphenols content ranges between 1,500-5,000 mg according to several papers. Mol 2015;20(12):21732-49 has many references on the chemical mechanisms thru which flavonoids inhibit AGEs and free radicals. There are 100s of papers on the benefits of bee pollen for humans ► nih.gov..pollen. In rabbits, pollen increases conception rate, litter size, milk yield, survival and growth of offspring ► JAPAN 2011;95(3):294-303. Chinese bee pollen had 2,300 mg rutin equiv/100g; rutin is quercetin with 2 sugars, so it's skewing data towards higher values when expressed as rutin not quercetin equivalents ► FP 2017;8:104. Pollens in EU/China got quercetin at 20 mg/100g pollen < 70 in radish leaves. FCT 2011;49(5):1096-101 found Portuguese pollen had phenolics 1,050-1,680 mg gallic acid equivalents/100g. Bee pollen has about 405 mg P/100g (Table 4 of Mol 2021;26(9):2415); assuming we get 1 phosphate mole in lecithin (phosphatidyl-choline, -ethanolamine, -inositol) for 1 mole of choline roughly, we get 250 mg choline/100 g pollen, if 60% of P is in lecithin phospholipids. If all P is in phosphatidyl choline, we get 10 g of phosphatidyl choline in 100 g; pollen can contain 10-15% lecithin in all phospholipid forms, not just choline forms. Choline is important for *vegans* not eating enough legumes.☺☺☺

11.7.52. Free Herbs/Plants/Salts CEOs hide, as they can bankrupt Food/Pharma/Big AC, etc

1). Bacopa Monnieri, used for 5 millennia in Ayurveda, 5$ seedling has same effects as donepezil costing $50,000 a decade, a 'rejuvenator of intellect and memory' in 600 AD Charaka Samhita, 'brahmi' in 800 BC texts ► AIAN 2020;23(6):767-73. No CEO palace can be built if we spend 5$ instead of $50,000. More info is at Ntr 2025;17(11):1939: "enhance memory, mental health... intellect... promote long life... rejuvenation", Antiox 2024;13(4):393, Ntr 2025;17(22):3538. NIH has a page about it too, referencing more studies. "Bacopa significantly improved memory acquisition and retention in healthy older Australians" ► JACM 2020;16(7):753-9.

2). Growing endless herbs, veggies, citrus, kiwi at 5000 ft in snow, using the Big Ag suppressed log + leaves method that removes the need for any irrigation, fertilizer and pesticides. See 130+ other plants at youtube.com/@NatureLostVault/videos.

3). Saw palmetto works as oil, not powder sold in USA. Palmetto is way safer than finasteride. Big Pharma chose the dried berry with 1% fat, instead of the oil extract with 85% fatty acids, to prove palmetto, much cheaper, doesn't work, but lethal finasteride works. Pure Genocide for $.

4). Wild lettuce is much safer and nonaddictive than opiates Pharma sells to kill millions of people worldwide to make trillions in profits and intellectual property. British Big Pharma made every American addicted to opiates, like they did to China. Will USA use Red China method to get rid of all drug use in USA in 3 years?

5). A free Boneset herb was 5x more effective against flu, yet was banned, as no profits were possible. Modern medicine was designed to make aristocrats rich, not give all 4000 year lifespan, German aspirin killed millions during the Spanish flu, which was likely staged, planned, they said "take 25 aspirins daily" which made their lungs fail. Same Bayer company of WW2. 2 German Bion-Pfizer companies, behind Covid vaccine, suspect, when Covid pandemic was staged

6). Orange Osage wood has 2.5% elemol that repels insects (blinds their smell sense), allowing us to avoid insecticides. This info was removed from textbooks by Big Insecticide: Monsanto, etc. Instead of wood beams planted every 12 ft, today solar panels powering a device can be planted every 900 ft to create a barrier using some other way to scare insects away, via infrasound or etc. Insecticides obviously kill humans as they go into the produce, causing endless disease.

7). Ceylon Cinnamon is the real one sold in Canada, Europe, while in the US the criminal FDA allows fake cinnamon cassia to be sold as Ceylon and destroy millions of American livers via coumarin, a food toxin which EU set at 6 mg/day max.

8). Kudzu plant stops desertification and soil erosion, feeds cows, but was banned by the rich.

9). Medical Education Carnegie Foundation Bulletin # 4 Report (the 1910 Flexner Report as Google search calls it, after Jewish Abraham Flexner former school teacher, now a wealthy

owner and operator of a college preparatory school, who evaluated all medical colleges and helped imprison legitimate gentile MDs), made by a non-medical Jew (studied classics for 2 years in college, and took some psychology courses after that, but essentially had no medical or STEM degree in biology, chemistry, or anything related, and this Jew decided America's future, like with PENIS TRIM IS HEALTHY by Jews today at CDC who support it) led to the closure of 80% of medical schools that used free medicines, instead of pills sold by criminal billionaires and today heavily prescribed by the highly Jewish medical profession.☺☺☺ The closure was justified in some cases, but it was mainly about profits. Of course, each plant has active ingredients and bad compounds eterni foods and medicines will eliminate when immortalism ends these billionaire gangs, but the pills chemists made could not instantly replace the effectiveness of many herbs. The mafia won, science lost, anything free would cut into the profits of the mafioso pills, so it would be banned by buying Senators, etc. The Rockefellers bought every herbal school in US in 1913, closed them all by 1925. They wanted to use oil to create chemicals and suppress any knowledge of natural compounds with far fewer side effects as our genes got used to the compounds more. This enables easier extermination of ignorant people (200 non-Brit ethnic slaves, in the 19th century, many US officials, cabinet members called for the extermination of Native Americans, later, the genocide became more covert, behind campaigns of "help all non-Brits"), who don't know which among the new pills cures what old herbs cured, and gives them total control over dosing, efficacy, formulation (tiny differences that invalidate effectiveness 5 fold) and health of the working class, to poison all, lower IQ of all, to make all dumb slaves of the rich. "Grant rejected the wholesale extermination of Indigenous people that was advocated by other generals, such as William T. Sherman and Philip Sheridan". Free plants can't be patented to enslave every American, so these demons took over USA, without a 1776 style Revolution. It was all about turning everyone into a chained dog, a slave of the billionaires. Today, all money goes to research about man made crap Pharma can patent and sell, so 100 times better and safer compounds in 1000 herbs they made illegal or banned from awareness, are not investigated, since it's not possible to patent them. Capitalism = regress, stagnation or 100x slower progress. Only $ moves things, so no funds for investigating existing chemicals, unless an NIH grant, but those get pathetic funds, vs the 1.4 trillion the Genocidal Criminal Enterprises get for poisonous trash products a year. Immortalism alone is real progress, see the reasons why in the 300 page 11 companies section. Lovastatin, is present in red rice yeast extract: statins and many medical pills we made are based on natural compounds, whom they modify in order to patent the chemical, make $. In recent decades US studied more herbs.☺☺☺

10). $Na_2SO_4 \times 10H_2O$ melts and cools homes, solidifies and warms homes as nights get cold, days get hot, to reduce heating/cooling costs easily (built in plaster in Germany). More techs here. The simplest one, used in Canada, etc, is a copper piece that transfers heat from warm waste

water to the incoming cold water pipe, to save energy costs: 50$ to install, but saves way more.

11.8. Caffeine (tea, soda, chocolate, energy drink, coffee), lowers IQ, shortens lifespan, causes birth defects, miscarriage, destroys a nation 100%

This 15 page section is a wake up call to all caffeine users. Prolife ladies shout from the rooftops that "abortion is murder". However, caffeine causes miscarriage, abortion of embryo, sick, short-lived or premature babies that are low IQ and sick for their shorter 70 year lifespan, in old times when people had 5-9 babies, half would die. Dutch just euthanized a 1 year old baby who was a vegetable, which God would have killed far sooner before science replaced God, as kind science is more merciful than "God". Today, science saves billions of babies that "God" would kill before: half babies didn't make it to 18. Prolife ladies appealed by euthanasia of premature sick babies, need to understand they murder millions of babies each year by their caffeine habits, just unrecorded abortions. So yes, most women who have lots of sex outside procreation (taught to be 'holy within marriage' by the "chicken IQ" geniuses within religions' rapist clergy) intent already aborted 1-4 babies, since they are caffeine addicts, and many of them will criticize parents who abort an unviable embryo after genetic testing, proven by science to be a vegetable baby who will drain society of its resources. A religious nut who aborted 5 rather healthy embryos criticizes a scientific couple who aborts a very sick embryo so the nut doesn't have to work as caregiver for 50 years for this "wonder child of aristocratic couples". The caffeine is a symbol of their depraved criminality, covering up their ugly souls with makeup (makeup industry steals chemists that could make safe eterni foods free from 100s of natural poisons that abort babies via the centralization of 11 companies giving us 100x more research) to hide the ugliness of subjugating child labor to produce coffee or cacao (somewhat similar effects). These religious fanatics often fight tooth and nail for "natural organic foods" filled with poisons by 'God', and resist efficient self-sufficient eterni powder foods enabling all to live to 4000, scientific foods that remove a need for coffee from enslaved kids overseas. These hypocrite "religious/spiritual" folks don't understand that sex is for procreation only if you want to avoid abortion (since many other chemicals abort embryos too, especially mint family spices), or avoid sick premature babies, or low IQ kids who destroy a nation's future. All prolife people need to become leftists, as only leftism will bring the massive efficiency via immortalism, to increase lifespan, health, research 1 million fold, as one gov replaces 20,000 gov, 11 companies 33 million, 1 pay 300 million pay levels, zero tax 300 million taxes, 1 eterni food powder 90000 plant and animal parts. Thus, US needs to ban caffeine/alcohol/tobacco sales for anyone who is pregnant (One Bank, block transaction, no cash in society to avoid 1$ trillion in healthcare expenses) or about to conceive via the parent license that approved baby creation. Males too, as male caffeine intake also damages the sperm. Every Starbucks or caffeine beverage needs a WARNING LABEL to

protect US IQ, GDP: don't drink if pregnant, bigger than ALL OTHER LETTERS. Immortalists are truly prolife, religionists are antilife morons who publish the most violent trash and pollute the minds of people with evil scriptures that lead to more murder than all abortions via wars and crime. Coffee lowers IQ by shrinking grey matter. Coffee destroys the brain, like all caffeine rich drinks or teas do. Caffeine diminishes the power of antibiotics to fight infections. Some teas got no caffeine. Caffeine shrinks brains by constricting the blood vessels by 30% and nutrients to the brain, lowering IQ. A 72 min clip on neuron death via caffeine and other junk explains biochemistry for geeks. The same mechanism increases our blood pressure. All coffee is *roasted*, which creates toxic (not natural) polyphenols and deadly AGEs. You can jump directly to studies on miscarriage, stillbirth, infertility, low IQ of offspring or cacao. The next 12 pages explain why during the state of emergency to bring violence down a trillion fold, high caffeine sodas, coffee, energy drinks are banned too (besides alcohol, smoking, high AGE foods), as caffeine leads to brain damage, birth defects (strabismus, crossed eyes, mouth bent one way, because caffeine and strabismus are linked to brain disorders), short offspring lifespan, violent behavior, infanticide (miscarriage, stillbirth, abortion). In the transition, all coffee shops need pay 100% fee to Universal Immortality Inc for every coffee sold. 1 lb of coffee would incur an import fee of 100$, so that Eterni Food Inc creates 10000 blueberry farms to give all fresh Jumboz like blueberries that don't rot and are crisp, firm and 100 times healthier than coffee. Stop imports of drugs hidden in coffee bags. Polyphenol self-sufficiency is virtue that births Immortalist Anthem Ethics. Emergency decree demands all grown cabbage *become purple*, as that one has 2800 times the polyphenols (like those in coffee) in green, and most cauliflower moved to the purple variety, same for *purple* kale, *purple* (not green) grapes, *purple* carrots, *purple* fleshed potatoes (as good as berries), *purple* (not green) cactus pears, to sell fresh smoothies in restaurants of Eterni Food Inc. To say it poetically, green is death (like banks, shouts) via no polyphenol, *purple* is Eternal Life. Coffee beans are green before they roast them, and coffee kills/maims millions. They create millions of coffee shops to depopulate, not to help people live longer. Caffeine causes endless birth defects, low IQ, being used in hybrid warfare against nation states. Coffee prices rose due to severe drought, governments need to artificially quadruple prices. Don't be naive, the rich want low IQ, short lives for workers, not freedom. Coffee is the 6th largest cause of deforestation, removing oxygen/wood we need. EU will ban anything made via deforestation. Fake coffee products began to appear, and as always, 0 IQ CEOs, mindless PhDs roast the date pits to get 'new flavors' of deadly AGEs. ☺Puppy IQ workers☺ chase taste, eating roasted poisons. Chase Life instead, *purple* blue produce. 97% of coffee has industrial amounts of pesticides that kill you slowly: Alzheimer, asthma, Parkinson. *Chamomile tea (used to* deaddict coffee drinkers*) 40 min before bed has 0 caffeine,* improves sleep/*calmness (caffeine worsens it) via* apigenin *that "*binds to benzodiazepine (brain) receptors*" (other chemicals bind to GABA); has anti-*sore throat*, anti-cancer, anti-diabetes, 30% less risk of death in old women.*

Teen died 2 hours after ingesting "pretty normal" amount of caffeine in latte, energy drink and mountain dew. Caffeine raises blood pressure faster than sodium and is joined by other energy drink components rich in caffeine that raise pulse and blood pressure, the risk of infarct. Front Psychiatry 2017;8:80 says that *those with hypertrophic cardiomyopathy and other heart issues can* die suddenly *or* severely harm heart function *after caffeine ingestion,* "ion channelopathies and hypertrophic cardiomyopathy, which is the most prevalent genetic cardiomyopathy in children and young adults (0.2% of the population), are of concern because of the risk of hypertension, syncope, arrhythmias, and sudden death". In 2005, there were 1,494 emergency room visits related to energy drinks in the US; in 2011, about 20,783 emergency room (ER) visits. *This is a 14 fold increase in energy drink ER visits in 6 years.* Energy drinks acutely increase platelet aggregation, decrease endothelial function in healthy young adults ► AJM 2010; 123(2): 184-7. Energy drink induced near fatal ventricular arrhythmia ► AJC 2014;114(7):1124-5. Atrial fibrillation in healthy adolescents after highly caffeinated beverage consumption ► JMCR 2011;5 :18. One energy drink may increase heart disease risk in young adults ► JAMA 2015; 314(19): 2079-82. A 133,811 people study found that the MORE COFFEE (7 cups a day leads to 70% more tumors), alcohol, marijuana people use, the MORE BRAIN CANCER TUMORS they get ► JNO 2004;68(1):57-69. ☺☺☺ Polyphenols in coffee, if coffee is the last thing you drink after a meal or between meals, will stick to your throat and make your voice hoarse. Over time, you will develop a male alcoholic voice, common today in females who're coffee addicts. It's easy to recall: coffee aborts babies and birth control pills make voice hoarse; ladies who abort fetuses with birth control pills have their voice turn more hoarse, sounding like alcoholic gangsters and serial killers. Ladies don't know how to be happy (100-1000000 times happier than even orgasm one does alone without sex), so they kill babies via pills. So if you want to scare off and turn off males, keep drinking coffee last thing after meals, without water after. Better eat some real solid food, to remove stuff stuck to the throat, like lentils or watermelon. Fertility, health, personality is indicated by the voice, tone, a hoarse voice indicates less fertility (since it's natural company of aging), so males are instinctively turned off. Nature has designed a way to warn males away from women who smoke (damages fetus) or drink a lot of coffee and alcohol (that also destroys the fetal brain etc), the female voice. It knows it kills the offspring of the male, that abortion causes cancer and shortens lifespan of next offspring.☺☺☺

As the next 13 pages explain, caffeine in soft drinks, coffee, teas cause about 20 million detected and undetected misconceptions (failure to fertilize the egg), 20 million miscarriages (before or after they know they were pregnant), 70 million birth defects (low IQ, etc) causing quantum field disturbance: it's another tool of mass depopulation and slow national extermination, draining government funds (2 trillion wasted to cure low birth weight, low IQ, health issues): who owns the companies doing this yearly Holocaust? Then people try harder to conceive, wasting time

with sex, instead of meditation. Instead of eterni Food Research Centers to design a drink 300 times more scientific and healthier, we sit there and glorify the killing of babies via caffeinated teas, energy drinks, vitamin drinks, and other tricks. Is this 'satanism'? Those roasted beans oxidize polyphenols and create toxins, AGEs that can cause in self or fetus: atherosclerosis, heart disease, infarcts, strokes, diabetes, blindness, strabismus, eye problems, neurological problems, AMD in older age, amputations. Not with fresh blueberries, blackberries, strawberries though, those don't get roasted. So, read below to understand the dangers coffee shops hide, when the immortalist government would require all caffeinated beverages to list "pregnant women may have kid with IQ 50 points lower (genius monkey), health below average (low birth *weight), take 3 times longer to conceive and 5 miscarriages that increase cancer risk, etc. Males* may suffer from iron deficiency, rapid aging due to zinc deficiency". Hybrid warfare against China means luxury brands sell coffee now, after looting China with useless luxury products. These devils do the same outside of China, they destroy everyone so they remain the Eternal Masters. The filif and ostrich IQ parasites didn't realize everyone could live 4 times longer by now, if democracy would have ever existed last 2 millennia, instead of the eternal war, killings and torture. Some big studies done by "gnat IQ" people, obviously don't adjust for income, sleep hours, sleep regularity, diet quality, job changes per decade, stress level, etc and then conclude that the aristocratic people who drink more coffee, wine, etc have better health outcomes, when it is their *better income, health insurance, food quality, less stress: they* make 2-8 times more $, so they can sleep 8-9 hours, stress free, stop 9 times at Starbucks instead of 0 for the busy guy with 2 minimum wage jobs who sleeps poorly due to stress 5 hours known to cause 3000 diseases, and has the extreme stress in the other 19 hours too. Thus, these fake studies prove nothing except how universities award $8 million pay to their Presidents and waste 100s of billions in fraudulent studies to steal grants that perpetuate the status quo of genocide by aristocrats. Poor people have no time to relax, drink coffee, make coffee or even money to buy wine/coffee. No kid and parent license recipients are allowed to drink caffeine if we want to protect brains from stunted development, brain starvation of nutrients via blood constriction, etc. All coffee polyphenols are in endless foods people can include to improve HDL, LDL values. It's national suicide to drink caffeine if it constricts the brain vasculature as this creates 100s of white matter silent strokes, starves the brain of oxygen and nutrients, etc. Sure, polyphenols can help, but we can get them from much healthier foods that have anti cancer compounds, vitamin C, fiber like purple kale/cabbage/cauliflower, purple cactus pear, berries, indigo plums/grapes. It's criminal to recommend coffee when 60% get 15% of fiber they need to ingest daily and are hypertensive, meaning they actively destroy the brain via artery wall damage from hypertension. Heart disease is the #1 killer: caffeine causes strokes, infarcts via hypertension. Not to mention, kids get insomnia and develop low IQ. Criminal parents give caffeine to their kids. Since brain develops until age 30, coffee needs to be sold only with proof of age 30, same for alcohol,

smoking, weed, until we ban them all completely. Most people under 30 are kid like. Just because polyphenols in coffee lower dementia risk compared to the most unhealthy diets void of any healthy foods with polyphenols (the typical US/worldwide diet) in some studies doesn't mean coffee is good, because coffee does too much damage to the brain, shrinks it etc. Those pathetic studies are like comparing one junk food with another far worse food☺☺☺ and concluding "fried bacon lowers your cholesterol or risk of cardiac events, so trans fats must be healthy" (even if FDA banned them after 5 decades of requests). Same thing, they say "coffee prevents dementia, it must be good", the control group is the junk diets. Getting dementia or not is not a marker of progress, maintaining high IQ is a marker of progress, and that means no coffee, as caffeine shrinks your brain and makes us rat IQ. Aristocrats know that, so every 200 yards we have a tea house, a coffee place, a market selling soda/energy drink with caffeine. The lower the IQ of the working class, the easier for CEOs to keep everyone chained. Wake Up. ☺☺☺Sleep well, regular hours, via the 11 companies system of low stress for all, get no dementia. Get 8 hours of sleep, not 5, all who get 5 hrs only tend to develop dementia at 5 times the rate.

Let all drink coffee without caffeine, there are 400 other sources of the same polyphenols if you want no processing of caffeine out, *process that increases* toxic *byproducts*. Coffee is hard work, uses slave labor often. Besides, the smell is not good, turns off decent people, who associate it with the devilish stench of killing millions of babies (I disliked the coffee drinker mouth smell since a kid, decades before I knew anything about what caffeine does to fetuses). It may be a natural species protection, our natural brains know foods that kill and which women to stay away from to perpetuate the healthy offspring and increase chance of survival. We can argue all bars, vape stores, coffee shops are Temples of 'Satan', as they achieve yearly Holocaust of over 10 million people, possibly 20 million yearly. 'Satan' is linked in mythology with death, short lives, while God with Eternal Life, Immortality. In these businesses, they don't have posters with the qualities, science goals that grant Immortal Life, nor Immortality *for* All posters or music about trillion Year Lifespans & the always ignored by the military controlled *(all multinationals are controlled by the military in country of origin, make no mistake)* companies Eternal Universal Peace in 3 months. These businesses are agents of the government policies (get real, wake up, all multinationals are state companies, every spy or smart person knows that) where they originate from and immortalists can't tolerate the mass extermination and lifespan shrinking by 1 billion fold that such *"enjoy crap now, so you drop dead at 80"* business models bring to the enslaved countries that embrace "die fast as a fake elections 'democracy' bundle of slaves". They sell coffee instead of high tech life promoting properly labeled eterni drinks of the amazingly educational 'Immortalist Universities' (that replace vape stores, bars, coffee places and do research, while offering healthy drinks) 'restaurants'. Deadly dairy added to coffee is rich in pus cells from cow tits and can prevent the uptake of coffee polyphenols, while allowing the

deadly caffeine in, so you get totally screwed. Some say palace dwelling aristocrats own the state, maybe they do, they just want every nation to be slaves, short-lived ones, producing goods for them. So, immortalists want all businesses to promote Trillion Year Lifespans and Science, in every way, to finally liberate all nations from the Corporate Mafiosi who only care about their mansions or 2300 acres palaces or 2130 acre part-time living estates and having a good life of 100 years maybe if lucky. Aristocrats don't care about Immortality *for* All. *This is a battle between Good & evil, Progress & stagnation, Science & brainwashing,* Eternal Universal Peace in 3 months & *the aristocrat greed wars we had forever, Gentleness & violence, Eterni tone & shouting, Love & terror, Grace & torture,* God & '*Satan', Buddhas* & 'demons', *Freedom to live to a Trillion & slavery to 80 year lifespan, Life & death, Immortalists & death/war fans,* Nonkilling & killings, Tenderness & *force, Spirituality* & military spies created fake religions.

Green tea can have 10 times less caffeine than coffee, so many people use it instead of coffee, due to bad side effects of coffee use (sleep is the healthiest way to overcome tiredness, not coffee). Huffington Post has a good article on how one guy quit coffee. There are benefits to 100% decaffeinated coffee due to polyphenols (absent in energy drinks), but the question is why do the longest living North Americans, the vegetarian Seventh Day Adventist centenarians of Loma Linda, reaching the age of 110 often, avoid tea, coffee and other stimulants, not just meat, smoking and drinking alcohol? If people can reach 110 without coffee, do we really need coffee if the risk is brain cancer, higher anxiety, miscarriage, hypertension or infertility? Coffee also increases stress hormones, which are a hindrance to the best telepathy precision. In some cases, it is hypothesized to lead to more sebum production, due to adrenaline increase, which leads to acne. "By doing quitting coffee, you may improve your immune system, lower stress hormones, balance your digestive system, lower insulin, be more hydrated and have more essential vitamins and minerals." Caffeine raises cortisol stress hormone levels, interfering with objective accurate telepathy. ► PBB 2006;83(3):441-7. Caffeine also increases the heart rate or beats per minute or pulse, and the higher the heart rate, the shorter the lifespan in general.

THE Possible ☺*Causation*☺ LINK BETWEEN CAFFEINE, VIOLENCE, AGGRESSION, DEPRESSION

Caffeine makes people impulsive and violent. Caffeine lowers HRV (heart rate variability), causing vascular damage to the brain, making people more prone to violent and psychopathic behavior RPC 2021;40(6):399-406. Given the amount of coffee shops and caffeine in virtually all drinks, it's no surprise USA violent crime is billions of times higher than normal. Court ruled Coca-Cola poisonous. Coca-Cola contains benzoate or benzoic acid, which when mixed with vitamin C forms benzene, a known carcinogen. Coca-Cola was made by a guy who was a morphine addict in his attempt to ease his pain. He put cocaine in it. Coca comes from COCAINE. He also fought for the split of US into two for the Confederate side. He died an addict to

morphine at 57, due to stomach cancer. Coca-Cola and a few medicines used to contain cocaine, just as today soft drinks and a few medicines have caffeine, another psychoactive drug. This is like mercury, the most toxic metal, still allowed in dental fillings. FDA failed to remove caffeine from the GRAS (generally regarded as safe) list when they wanted due to industry pressure. ☺☺

Could CAFFEINE RICH Sodas influence our Mental States and the way we filter our telepathy or thoughts??? Why are teens drinking sodas more physically aggressive and likely to carry a weapon? We all heard caffeine binds to adenosine receptors and moves us into fight and flight response (waking us up for real), but could this replacing of the calming adenosine with the panic mode caffeine shift our telepathy too? Those drinking soda are more violent and AGGRESSIVE ► JP 2013;163(5):1323-8. Higher soft drink consumption *is associated with a range of undesirable behaviors: being in a PHYSICAL* FIGHT, feeling sad or hopeless and having suicidal thoughts and actions: IJICSP 2014;21(3):266-73. The more soft drinks high schoolers used, the more VIOLENT they were, and the more likely to carry a weapon: IP 2012;18(4):259-63. Reverse causation? Poverty caused them to drink the ultimate poison due to lack of immortality capitalism freely provided information? Poverty and targeted (aritocrats owning prisons to workers to be jailed) violent music/movies caused them to be violent? Was it simply the caffeine alone in soft drinks? JYA 2013;42(7):1053-62 study of 3,747 students found the more caffeine 10th graders used, the more violence and misconduct happened for both genders, especially among girls. JA 2011;34(4):665-73 study of 7,377 Icelandic students found that the more caffeine students used, the sleepier they were during the day, the poorer their academic performance. JCR 2011;1(1):75-82 study of 7,348 Icelandic students found that the more caffeine students used the angrier they were. No Blacks/Hispanics in Iceland, just poor. Feeling tired in the morning, insomnia was experienced more commonly in adolescents of high caffeine intake ► JAH 2006;38(4):451-3. It's logical: poor sleep causes irritability, then anger, then aggression. Caffeine impaired such motor learning, verbal memory, while a nap benefited all three types of learning tested by Sara Mednick, PhD, and colleagues at the UCSD: n...l ► BBR 2008;193(1):79-86. Teens who sleep the least drink more caffeine ► NR 2014;72(Suppl1):60-4. Youth with major depressive disorder drink more caffeine, get more insomnia ► JPP 2008; 33(4):358-67. A study of 144 11-14 yr olds found that mg caffeine consumed was highly correlated with sleepwalking, bruxism, and headbanging ► JAH 1999;24(1):16-20. They know how to exterminate.

SUICIDE

A study of 43,166 people found that the heavy coffee drinkers' risk of suicide was 58% higher compared with more moderate drinkers. ► EJE 2000;16(9):789-91. Among bipolar disorder patients those using more *caffeine* were 2.4 times more likely to commit suicide ► BD 2009; 11(5):494-503. Unfortunately, most sodas have some caffeine. Inventor of Coca-Cola was a

Confederate Army member (who wanted to destroy non-whites non-Jews via sodas and caffeine, via increasing violence and then getting them killed or jailed by police) who got wounded and then addicted to morphine and tried to find some alternative and coca cola was it. Don't be fooled, blacks drink more sodas for a reason. Rich people want to destroy the working class too, so sodas do it for them. He died at 57 of stomach cancer, a disease accelerated by all carbonated drinks, still addicted to morphine, having sold the Coca-Cola patent to fuel his morphine addiction. This is the official cover story for the naive masses. Was he a spy? ☺☺☺

LINKS ON HOW TO OVERCOME *CAFFEINE* ADDICTION

Smithsonian Magazine explains how easy it is for anyone to quit in 7-12 days and how the brain gets addicted to caffeine. YouTubers share testimonials on quitting in 5 days ► 5 min clip, gradually ► 3 min clip, with the help of magnesium and ginseng at your own pace ► 5 min clip by doctor. One lady got rid of acne, extra weight, enlarged thyroid ► 3 min clip, another moved from 50 yawns a day to 2 yawns and got rid of her extreme fatigue and anxiety ► 8 min clip, another found new energy and presented 10 reasons to quit ► 8 min clip. A doctor explains how tyrosine and vitamin C can help quit ► 7 min clip. See some scientific reasons for why having caffeine drinks on an empty stomach in the morning is bad ► 3 min clip, fight and flight response blocks digestion and will lead to poor digestion or even skipping breakfast. 3 min BBC video shows what happens after coffee, the heart is stressed, heart rate goes up. ☺

EFFECTS OF CAFFEINE ON FETUSES, KIDS, OFFSPRING, FERTILITY, IQ

Did you know why Chinese Huawei wants to have 100 cafes on campus to 'lure foreign talent' into infertility to drain all brains from nations and wipe them out for Chinese superiority? It's because of what is explained below. The aristocrats use coffee places to exterminate nations, lower IQ, wage genocidal war against the worker class. Miscarriage causes cancer in women. Compared to nondrinkers, high caffeine users can have a 4.6 times higher ***low birth weight rate*** (***means poor health as an adult***), 3 times higher stillbirth rate, 4 times higher miscarriage rate, 4 times lower probability of conception in a menstrual cycle, lower IQ babies, more irritated breastfed babies. Caffeine binds to adenosine A2 receptors and blocks the neuron migration critical to brain development in the first year of life when brain size doubles. Caffeine kills fetuses and adults ► caffeine has a list of non-fetus deaths. The chemical structures of caffeine, theobromine, theophylline and adenine are shown side by side at ..e.pdf ► this similarity in structures is why *caffeine* and theobromine (theobromine is in chocolate, see below) can replace ***adenosine in the adenosine receptors.*** Caffeine is the most widely consumed psychoactive drug in the world. Brain doubles in size in the first year of life and *caffeine* from mom's breastmilk can cause severe IQ damage. Why? In babies, specific types of neurons arise in particular brain regions and then migrate to their target areas. Caffeine slowed the migration of these neurons

by 50% by binding to adenosine type 2A receptors. As a result, these neurons were late at being incorporated into the circuitry, with negative consequences: mice were more susceptible to seizures, and in adulthood, in utero exposed mice had mild cognitive deficits and earlier signs of Alzheimer. Caffeine is eliminated more slowly during early infancy, requiring 70-130 hrs in babies compared to 4 hours in adults. Caffeine works by binding to adenosine receptors located in the central and peripheral nervous systems as well as in various organs, such as the heart (94% of several hundred physicians from Minnesota and Vermont recommended reducing or stopping caffeine for patients reporting heart palpitations), & blood vessels ► Front Psychiatry 2017;8:80. All polyphenol benefits of coffee can be obtained from plums, cactus pears, strawberries, purple cabbage, blueberries, purple cauliflower, purple kale. Decaffeinated coffee is obviously safer as far as caffeine goes (but has toxins from the removal of caffeine with solvents, so many MDs avoid coffee altogether), but not caffeine free, sometimes just having 75% less caffeine and miscarriage risk was 2.4 times higher even in people drinking decaffeinated coffee in one study below. I'm glad I never drank coffee, alcohol and tea, except some tea as a kid. I also no longer eat cocoa and chocolate, after reading all these papers. If caffeine can kill the fetus, as shown below, why can't it brain damage him, some babies may be more prone to damage than others based on DNA? Caffeine increases cortisol, adrenaline, noradrenaline, which raise blood sugar, triglycerides, which causes brain damage via diabetes, atherosclerosis, hypertension.

☺☺☺LOWER IQ OF OFFSPRING ☺☺☺

Kids of moms consuming ≥ 200 mg/day were 2.3 times more likely to have borderline or lower IQ compared with kids of moms consuming < 100 mg/day ► BP 2016;80(9):720-6. Caffeine enters breastmilk to some extent and can have a detrimental effect on the production, volume, composition, and ejection of breastmilk, as well as a direct adverse effect on the infant, such as insomnia (sleep allows baby to repair the brain), fussiness, jitteriness, and poor sleep patterns, irritability and crying for caffeine free breastmilk or whatever pain. Mothers are often advised by their doctors to eliminate caffeine intake if they feel that their infant shows signs of caffeine sensitivity ► BRR 1998;6(2):27-30. Coffee is a factor in iron deficiency anemia, which can cause *13 points* reduction of IQ ► AJCN 1988;48(3):645-51. Mothers don't take more iron when consuming any polyphenol rich coffee (as they need to) which diminishes iron uptake. *Infant obesity was 2.37 times more likely for mothers drinking > 150 mg caffeine vs nondrinkers* ► IJO 2015;39(4):658-64. Adenosine receptor antagonists like caffeine alter fetal brain development in mice, leading to seizures, loss of hippocampal GABA neurons, some cognitive deficits ► STM 2013;5(197):197ra104. For some genes, the intake of caffeine can TRIPLE the risk of glaucoma, a disease that can lead to blindness, by the increase of intraocular *pressure*. The risk of intraocular pressure (via dehydration) in fetus could have lifelong *permanent* damaging effects on the emerging *optic* nerve. Likewise, the entire brain that is forming via neuron migration, could be

lower in IQ via caffeine caused dehydration during womb time or even during lactation. It's thus genocide to drink caffeinated soft drinks, tea or coffee while pregnant or lactating.

DELAYED CONCEPTION & FEMALE AND MALE INFERTILITY

Women in the highest level of consumption had an increase in the time leading to the first pregnancy of 11%. Subfecundity in the first pregnancy was 45% higher in women drinking more than 500 mg of caffeine per day ► AJE 1997;145(4):324-34. Women drinking more than 300 mg caffeine daily were 2.65 times more likely to have delayed conception for over 1 year ► AJE 1995 ;142(12):1322-9. Women drinking 300+ mg/day caffeine were 2.24x more likely to have delayed conception than nondrinkers, 150-300 mg 1.88x, while < 150 mg 1.39x ► AJE 1993;138 (12):1082-92. Drinking a lot of coffee meant 4x the odds of no conception, meaning 4x lower ability to get pregnant in a menstrual cycle (fecundability) ► RT 2006;22(1):13-9. 2 or more caffeine drinks/day meant a *60% greater risk of* ovulatory *infertility* than vs 1/week. The same was true for noncaffeine soft drinks, a marker for junk diets that cause infertility ► Epi 2009;20 (3):374-81. *Men drinking caffeine have their sperm DNA damaged* (chromosome abnormalities, aneuploidy, DNA breaks), causing delayed conception ► NJ 2017;16:37. Sperm count, quality, ability to conceive is lower in caffeine users. Idiots drink coffee☺☺☺ ► AJE 2010; 171(8):883-91.

MISCARRIAGE (can cause cancer, sepsis, immune system failure for mother)

Dissolving dead fetuses (a few grams) in the uterus ages the body and can cause cancer if fetus is big and done often, so drinking coffee while having sex outside of procreation can lead to cancer from miscarried fetuses. Low IQ "bitches"☺☺☺ *may have a big* fetus *inside and not know it, then develop cancer as it is dissolved slowly.* Thus, it's good to have sex for babies only. List of adult caffeine deaths is at caffeine ► to kill an adult it takes 0.5 million times more caffeine than to kill a small fetus weighing 500,000 times less than an adult (week 4), hence stillbirth rate is 3 times higher for heavy caffeine user pregnant moms, miscarriage rate 4 times higher for high caffeine pregnancies. Week 4-6 is when miscarriage is most common. Week 4 fetuses weigh 0.1 g, or half a million times less than a thin mother, week *7 fetuses are the size of a blueberry and weigh 0.5 g* or 100,000 times less than a thin woman. A 12 week fetus can weigh *just 15* g, or 3,000 times less than a thin woman. Adults have a way to easily eliminate caffeine, but newborn babies take 10-30 times longer to eliminate it, and fetuses even longer. Tea, energy drinks, chocolate, sodas, anything with caffeine in it, can be lethal for the fetus, giving cancer to selfish folks who don't practice immortalist sports, but have sex outside of procreation. Tea often times has more caffeine than some lower caffeine coffees, so probably a huge number of stillbirths and miscarriages are caused by tea or excessive sodas without mothers knowing. This list of caffeine in foods is a gold mine, it *shows some Starbucks Teas got* TWICE the CAFFEINE *in some Starbucks coffees*. Some energy drinks got 7 times THE CAFFEINE of the lowest Starbucks caffeinated

coffees. Sodas can have 71 mg vs some coffees of 50 mg. Caffeine binds to heart adenosine receptors, causes heart palpitations, which are far more severe in babies, leading to baby infarct (miscarriage or stillbirth). If the baby is lucky, he may get a weaker heart and survive the womb. Pregnant ladies who drink coffee are thus like serial killers stabbing fetuses.

Women who drank 4 cups of coffee/day were 4 times more likely to miscarry than *nondrinkers* ► HR 1998;13(8):2286-91. Those drinking ≥ 3 cups of decaffeinated (80 to 99% caffeine removed depending on brand) coffee were 2.4 times more likely to MISCARRY ► Epi 1997;8(5):515-23; maybe they drank tea/soda that boosted caffeine intake, but the authors may have adjusted for that. *Decaffeinated* coffee also affects the fetal heart rate and breathing rate ► AJOG 1989;160 (5Pt1):1043-7. Compared with a caffeine intake of < 151 mg/day, > 300 mg/day *doubled the risk of* miscarriage ► PPE 2003;17(4):316-23. Compared to nondrinkers, drinking > 200 mg/day meant 2.23 times more miscarriage ► AJOG 2008;198(3):279.e1-8. In 3,135 pregnant women, 151 mg caffeine daily (half the amount in a stronger Starbucks coffee) meant 1.73 times more miscarriage than 0-150 mg caffeine ► AJOG 1986;154:14-20. Women with the highest level of coffee intake (measured via the blood level of a caffeine metabolite paraxanthine) were 1.9 times more likely to miscarry vs nondrinkers ► NEJM 1999; 341:1639-44. 2+ cups of coffee/day before pregnancy meant 1.74 times more miscarriage (74% higher risk); men who did the same were at a 73% greater risk of wife having a miscarriage ► FS 2016;106(1):180-8.

STILLBIRTH

In 18,478 pregnant women, 8 cups/day meant 3 times more stillbirth (dead fetus past week 28) vs nondrinkers ► BMJ 2003;326(7386):420. In 88,482 pregnant women, 8 cups of coffee meant 59% more stillbirths ► AJE 2005;162(10):983-90. 300 mg caffeine (the amount in a stronger Starbucks coffee) meant 2.33 times more stillbirth than nondrinkers ► PPE 2006;20(2):100-9.

LOW BIRTH WEIGHT, shorter kids (lower IQ/health status permanently) ☺☺☺

If you eat fatty junk food, carotid arteries feeding the brain reduce the brain nutrients, cause Alzheimer as these pictures show brain death by nutrient starvation as it happens to a lesser degree to brains of babies whose mothers drink caffeine. Likewise, caffeine constricts all your blood vessels that transport nutrients from the body to the fetus and this undernourishes the baby and gives him a lower IQ, lower health status, smaller brain, lower birth weight. When moms get old, ☺abysmal IQ☺ babies grow into silly adults unable to take care of their parents. Caffeine rises blood pressure, the main cause of heart disease, the number one killer worldwide. A study of 3,891 women found those drinking over 300 mg caffeine (the amount in a stronger coffee from Starbucks) were ►►► 4.6 times more likely ◄◄◄ to give birth to an unhealthy low birth weight baby. Drinking under 150 mg increased risk by 40%, while 150-300 mg caffeine

meant a 2.3 times higher risk. Low birth weight has been associated with more diseases throughout life and lifelong irreversible lower IQ. ► AJE 1987;126(5):813-21. Researchers found a tripled risk of delivering a low birth infant with caffeine consumption > 300 mg/day ► AJPH 1989;79:1299-300. Caffeine intake of > 300 mg *daily during pregnancy was associated with* lowered *birth weight,* smaller head circumference of the infant ► NTT 1985;7(1):9-17. More caffeine during pregnancy means shorter kids, smaller brains: JAMANO 2022;5(10):e2239609.

Certain FILTERED & especially Unfiltered coffees contain diterpenes that raise cholesterol

"Coffee beans and some types of coffee brew, not the regular types of coffee prepared with a paper filter or with soluble coffee granules, contain the diterpenes cafestol and kahweol. Cafestol and kahweol raise the serum concentration of cholesterol and triglycerides in humans, and they also appear mildly to affect the integrity of liver cells. Both effects are transient after withdrawal of the diterpenes, and it is as yet unsure whether these effects are associated. Patients at increased risk of *heart disease* who drink large amounts of coffee should be advised to select brews low in diterpenes." ► JRSM 1996;89(11):618-23.☺☺☺ Total cholesterol (TC) rose by 26 mg/dL (0.67 mmol/L, from 5.56 to 6.23) after coffee, in a 14,581 people study ► NEJM 1983;308(24):1454-7. TC "rose by 0.42 mmol/l (16 mg/dl), LDL ... by 0.41 mmol/l (16 mg/dl)... apolipoprotein B levels by 8.6 mg/dl in those who *consumed boiled coffee relative to those who consumed boiled and filtered coffee*" ► AT 1991;11(3):586-93. Some studies found negligible rises, due to different coffee cultivars, processing of beans into powder, coffee preparation. But the fact that coffee raises LDL by 16 is scary, perhaps they could remove cafestol, kahweol, caffeine, theobromine. "(28) days of ... coffee .. (NESCAFE brand) were studied in 30 human subjects ... (TC rose by 16 mg/dl) (110.8-126.5 mg/dl) and LDL (rose by 16) (78.4-94.5 mg/dl)." ► AJMS 2001;30(1-2):43-5. 94.5-78.4 = 16.1 mg/dL rise in LDL. Filtered *coffee* raised cholesterol by 10: "(filtered) Coffee abstention for 3 weeks decreased total serum cholesterol by 0.22-0.36 mmol/l. (8.5-13.9 mg/dl)...600 ml of filtered coffee/day during 4 weeks raised TC by 0.15-0.25 mmol/l." (5.8-9.7 mg/dl) ► EJCN 2003;57(9):1164-8. Ntr 2013;29(7-8):977-81 found that filtered medium roast coffee increased several blood vessel inflammation (atherosclerosis) biomarkers called *endothelial leukocyte (monocytes, a type of white blood cells or leukocytes, gather near oxidized LDL fatty streaks soft plaque to form fibrous plaque)* adhesion molecules (soluble e-selectin 12%, soluble vascular cell adhesion molecule-1 sVCAM1 14%, soluble intercellular cell adhesion molecule sICAM1 8%, etc). Table 2 lists other inflammation biomarkers that rose such as fibrinogen, hs-CRP (rose 0.4), IL-6, TNF, MCP-1, sICAM-1, tPAI-1. When atherosclerosis happens, these adhesion molecules reach higher blood levels, as they gather in the blood vessel lining at the site of plaque. Cholesterol rose 12% and LDL 14%. The authors concluded that "Moderate paper-filtered coffee consumption may have an undesirable effect on plasma cholesterol and inflammation biomarkers in healthy individuals regardless of its antioxidant

content." sVCAM1 is a marker for atherosclerosis ► ATVB 1997;17(11):2646-54. ☺☺☺

If some can't quit drinking coffee, they can drink the coffee with the most polyphenols. This video *explains* why adding cow (not soy) milk/dairy to coffee/tea (or chocolate) is a bad idea, as dairy blocks *the absorption of the polyphenols in them, leaving people with severely* diminished *"benefits"* (95% drop in antioxidant effects in one study) from drinking coffee, and only the bad effects of caffeine; another way to destroy polyphenols in coffee is to roast the coffee beans at all or longer. Studies that query folks who add dairy will lead to bad results, as coffee ruins them. FF 2014;5(8):1718-26 found that "The caffeine content ranged from 48–317 mg per serving and CQAs from 6–188 mg", i.e. the main polyphenol (CQAs, a subclass of chlorogenic acids) was 31 times higher in some coffees, caffeine almost 7 times higher; Table 1 shows green coffee had 8 times more CQAs than dark roasted one. Table 7 shows coffee made with Nescafe Green Blend had 4 times more CQAs than Nescafe Classic. Table 3 shows Starbucks coffee they selected had 18 times (7 mg/serving) less CQAs than Artisan Roast coffee (129 mg/serving). Roasting coffee/cacao beans, nuts, seeds is bad as it creates AGEs that destroy our body, besides lowering polyphenol levels. Roasting creates new melanoidin etc antioxidants, but it's unclear what temperatures and which new compounds are beneficial. Total polyphenol levels are here: some Starbucks coffees (Verona Dark K Cup) have 4 times less polyphenols than others (Veranda Blend Blonde K Cup), or 10 times less than Dr. Danger Hard Core. Google it, read 100s of NIH studies, add "nih" to the search, if you're still into coffee poison. BRI 2014:482704 found that green coffee lowers urine cortisol 39%, while normal coffee increases it 5%.

CHOCOLATE & TEA can do THE SAME *damage*, if high in *caffeine*, theobromine, theophilline

(carob, the chocolate substitute, can kill infants, fetuses, cause mental retardation, see below)

Xanthine formula is here. The name comes from xanthos (yellow) in Greek, as xanthine is white-yellow. Caffeine or 1,3,7-Trimethylxanthine, theobromine or 3,7-dimethylxanthine in chocolate (causes acne, see acne studies here), tea, cacao, theophylline (in tea, chocolate) or 1,3- dimethyl xanthine, all 3 are methylxanthines. All 3 bind to adenosine receptors in the heart and brain slowing neuron migration during brain development in mammals (tons of mice studies) and leading to seizures, lower cognitive abilities, lower IQ in humans. They bind easily to adenosine receptors because the xanthine structure is almost identical to adenine part of adenosine (ribose-adenine, ATP is adenosine triphosphate): this is how drugs work, they're designed to bind to these protein receptors on the outside of cells and do their work, for example, a drug can detect cancer cell receptors and kill them. Theobromine comes from Greek: theo = God, broma = food, because the Incas thought cacao is the food of the Gods, no bromine inside, but theo + bromine is a simple recall method, the God of Bromine, a toxic chemical if ingested, or brown chocolate theobromine, the brown, m inverted is w. Theophylline means leaves of God,

from phyllon in Greek, easy to recall. Caffeine is methylated theobromine or theophylline, you "methylate God and get coffee, the devil's food killing 200 million fetuses a year".☺☺☺ 100 g of dark chocolate can contain 810 mg of theobromine and 81 mg caffeine, which may be equivalent to 954 mg caffeine binding to the same receptor sites with potentially greater ease, since theobromine matches adenine more than caffeine, lacking the bulky extra methyl group (caffeine has 3 methyl groups, theobromine has 2, theophylline has 2). Mice given theo*bromine* produced babies with shorter limbs, suppressed immune system, abnormal kidneys, enlarged spleens. Theobromine feeding resulted in significant inhibition of embryo growth. The authors say women need to reduce intake of theobromine and *other methyl* xanthines, during pregnancy and lactation ► IJTR 2004;26(1-2):53-60. Other studies found that caffeine causes growth reduction or retardation, low birth weight in humans, mice. Given some cacao powders can contain 10% theobromine, they could have fatal or catastrophic effects on the fetus if pregnant mothers don't know that when using cacao or chocolates. Chocolate feeding of pregnant mice (equivalent of 200g/day for humans) shortens limbs of their progeny ► PJVS 2003;6(3 S):57-9. ☺☺☺ Carob tastes like chocolate, only better, sweet not bitter, without these toxic effects of caffeine, theobromine, etc, so it's used as a chocolate substitute. Carob flour is 40% fiber. Cocoa powder got 37% fiber, 21 *times* more fat than carob, 4.3x more protein (higher score), 2x the ω6, 81 times more *saturated* fat that deposits fast and causes brain aging due to plaque, plus any organ damage due to nutrient starvation of that organ (heart, etc), even heart attack.☺☺☺ Worse, they add dairy fat, other saturated fat to cacao fat when making chocolate. Carob benefits are in many papers, its polyphenol content varies 100 fold, reaching the level of the best cacao (8.6%), coffee bean (4.3%) or blueberry powder: 5.7% dry ► WBV 2014;5:773-9; it's way safer than cacao/coffee. The only issue is to make powder, they roast it, so it forms AGEs, so best is to eat it dried or fresh, or make your own powder from dried unroasted carob.

Some infants died after ingesting carob, so if pregnant or lactating, don't eat it. Carob tannins, phenols can bind to iron and cause allergy and death in infants and fetuses, causing low IQ and brain damage, as mothers consume carob that binds iron, zinc, other key minerals. Chocolate, cacao, berries, tea polyphenols in excess can also cause IQ lowering by 20 points, or severe mental retardation if eaten in pregnancy. Coffee got way less polyphenols though, since people don't eat the powder. Cacao polyphenol varies 100 fold too, depending on processing, so some chocolate is pure poison, since it has fat, oxidized fat, denatured protein, theobromine, low polyphenols. Without real food labels of the eterni or pre-eterni era, we don't know what's there. Coffee, cacao, carob seeds contain lectins if not soaked first, which may irritate the gut lining, making it more permeable, especially cacao with 81x more saturated fat and way more lectins than carob, leading to toxins entering the blood stream and causing acne in cacao products eaters (e.g.: chocolate is well known for causing pimples). Progeny from the mice fed

chocolate during pregnancy and lactation presented considerable morphometric abnormalities in the kidney structure ► FHC 2006;44(3):207-11. Fetal heart rate was messed up by cacao and chocolate ► JMFNM 2013; 26(15):1465-7 as in the 3 min BBC video about avoiding cacao if heart issues exist. Caffeine *and* theobromine are now known to cross the placental and blood brain barrier, inducing fetal malformation by affecting the expression of genes vital in development ► PFHN 1997;51(3):231-43. Fetal rat brains accumulate theophylline, theobromine, paraxanthine when exposed to caffeine (caffeine demethylates to give theobromine, and theobromine can get into the fetal brain) ► BRDBR 1993;75(2):193-9. In rabbits, theobromine at 41mg/kg/day for 24 days or 0.125% of the diet was associated with missing bones. 41 mg/kg = 41×60kg or 2460 mg theobromine (the amount in 300 g of some dark chocolates, 24.6 g of 10% theobromine cacao powder or 2 big teaspoons pregnant moms place in a smoothie). At higher levels of theobromine or cacao, lower birth weight and more birth defects were noticed ► FCT 1986;24(5):363-74. If caffeine (or methyltheobromine) causes miscarriage, stillbirth, low birth weight, low IQ why can't theobromine (which is a metabolite of caffeine anyway, demethylated caffeine),theophylline (metabolite of caffeine, demethylated caffeine) cause the exact same thing? The methylxanthines are found in green and black teas (herbal teas often don't have any caffeine), cocoa (chocolate) which has theobromine, coffee. Due to the side effects of inhibiting these receptors, and similarity in chemical structure and behavior (caffeine and theophylline are theobromine with an extra CH_3 replacing a H), a lot of the effects from coffee show up for those eating chocolate, cacao. Even some ice creams have as much theobromine as about 200 mg of caffeine. The really exciting thing would be if companies would remove these 3 methylxanthines from chocolate, tea, coffee to protect everyone, maybe in the future governments ***will ban caffeine, theobromine theophylline, etc from all food items***, as we banned trans fats.

A health website says "You may have heard of some of the problems related to the production of chocolate for the workers. **Accounts of child labor, slavery and trafficking abound within the chocolate industry.** Cocoa is grown in undeveloped countries where poverty is high and law enforcement is not on par with that of developed nations. Unprotected children labor long hours in bad conditions to feed the international demand for cocoa so that privileged children can eat chocolate. Instead of going to school, they toil over cocoa pods under the blazing equatorial sun. Many cocoa plantation workers have never even tasted chocolate themselves. In addition, producing cocoa is dangerous work. Many workers have scarring from machetes used to clear natural forests for expanding plantations. Poisoning from unsafe handling of chemicals used on plantations is also not uncommon." Those who love coffee a lot may like watching this video which explains the hypothesis (not all studies are perfect) that slow metabolizers of caffeine (*1F allele, Adenine replaced by Cytosine in position 734 of CYP1A2 gene) were found in a study to be 3 times more likely to have hypertension at 3 cups/day than nondrinkers, while

fast metabolizers (*1A/*1A allele CYP1A2 gene; Cytochrome P450 1A2 (CYP1A2) is the main enzyme for metabolizing caffeine) of caffeine were 2.8 times less likely to have hypertension ► JH 2009;27 (8):1594-601. Those under 50 drinking 4 cups or more with *1F allele were 4 times more likely to have myocardial infarction, while 1A/1A carriers were 19% less likely to have myocardial infarction ► GN 2007;2(1):155-6. Drinking 1-3 cups/day was linked to uncontrolled blood pressure in hypertensive older people ► CN 2016;35(6):1457-63. ☺☺☺

11.9. BIOPHOTONS (the glow of all living beings)

Living animals and plants glow with a barely detectable visible light, biophotons, that vanishes when we die (these are the "auras" that people saw in darkness with their peripheral vision sometimes referred to as third eye, which is not the neuron misfiring called "migraine aura"), in order to protect themselves from attacking humans (common in areas with nights lasting for months). A biophoton (from the Greek βίος meaning "life" and φῶς meaning "light") is a photon of non-thermal origin in the visible and ultraviolet spectrum emitted from a biological system. Since many chemical reactions involve electron jumps and photon emissions (including the vision process), it's natural that all living beings emit a few biophotons. The typical observed radiant emittance of biological tissues in the visible and ultraviolet frequencies ranges from 10^{-19} to 10^{-9} W/cm^2 (approx 1-1,000 photons/cm^2/second). "Recent developments in biophoton research have made it possible to discriminate cancerous cells from normal cells both in vitro and in vivo... Using wavelength-exclusion filters, we demonstrate that ratios between infrared and ultraviolet photon emissions differentiate cancer and non-cancer cell types. Further, we identified photon sources associated with three filters (420-nm, 620-nm, and 950-nm) which classified cancer and non-cancer cell types" ► BBR 2018;13:7-11. This and the studies below have led some to hypothesize that dietary biophotons may be as essential to health as vitamins or phytonutrients. Since everyone is interested in a powder or man made food (Voyager 1 flies 161 times faster than fastest bird) that has every vitamin, polyphenol, phytonutrient, carotenoid, vitamin, mineral, enzyme, best fiber, etc we need, it may be important to add "biophotons" to it, whatever the technology may be in the future when powders replace animal and plant agriculture and all individual components are made enzymatically or chemically and we live 400 years as a result of advances in nutrition with 1 thousand or 1 million biomarkers monitored 24-7 due to much more powerful computers able to simulate human beings at the molecular level. If photons can carry information, far future science may discover how to infuse biophotons in this powder with the "information" of perfect health at age 20, so as to reprogram molecules and systems towards reverting always to a young state. We thought atoms are simple, the we found that they're complex, made of neutrons, electrons, etc and these made of quarks, etc. Photons too may be more complex.☺☺☺

Biophotons were discovered by Alex Gurwitsch in 1923 in the UV region and called "mitogenic rays" because they seemingly stimulated the division (mitosis) of nearby cells. His research revealed "that when pointing the tip of an onion root (inducer) to another onion root (receiver), separated by quartz glass, the receiver root surprisingly shows an increased rate of mitosis (approx. 20-25%). Since this effect was absent when using ultra-violet (UV)-opaque glass, he concluded that electromagnetic radiation in the UV range was responsible. He termed this type of radiation “mitogenetic radiation”" ► AJTR 2013;5(6):586-93. In 1970s other researchers "used a specially designed device to perform the (cellular communication without contact, via photons) experiments consisting of two flasks, which were connected by a window of either quartz glass or a UV-opaque glass plate (with a depth of about 0.2-2 mm). An “inducer” cell culture was placed in one flask and a “receiver” culture in the other. It was investigated how the treatment of the inducer culture with different stressors (e.g. viruses, chemicals or UV-radiation) affects the receiver culture. For example, experiments using inducer cell cultures consisting of monkey kidney tissue treated with adenoviruses demonstrated that the receiver cell culture also shows morphological signs of infection in 72% of performed trails (total number of trials: 170) after 2.3 days of (optical) contact". A similar experiment (picture at viewzone.com/dnax.html) is described in the BEBM1980;89(3):345-8. Later on Albert Popp found visible biophotons too (200 to 800 nm) and coined the term "biophotons". Here is an amazing 12 min video about biophotons with Fritz-Albert Popp, explaining that each cell has 100,000+ chemical reactions, some taking a nanosecond; he hypothesizes that it is at the speed of light that biophotons enable a human's trillions of cells to communicate and determine what to do in what order. This would explain how the body uses the biophoton LiFi (a biological light WiFi) to know what goes on in "distant" places (liver knows what the hand needs, etc), without necessarily needing cytokines and other chemical signals. If the body healing and daily repair uses waves similar to WiFi even or if WiFi disturbs cellular communication, then it explains why plants die when placed 2 inches from WiFi routers. It would be interesting to design similar Gurwitsch onion or other experiments to see if 2.4 GHz signals ever exist between cells or if WiFi frequencies interfere with this biophotonic communication telling the body what to do. Since WiFi affects cells and possibly certain protein conformations☺☺☺, they could trigger chemical cascades that interfere with the normal biophoton emissions (as noticed in cancer tumors). MIT Technology Review mentions a study on biophotons and cellular communication ► arxiv..1.pdf. Albert Popp is a physicist who holds a degree in experimental physics from the University of Wurzburg, a PhD in theoretical physics at the University of Mainz and a Professorship at Marburg University. Popp’s eight books, 150+ scientific journal articles and studies address basic questions of theoretical physics, biology, complementary medicine and biophotons. In 1996, Dr. Popp founded the International Institute of Biophysics in Neuss, Germany.

integral states that "Dr. Popp used his biophoton meter to measure levels in foods and came up with the following startling information: 1. Wild foods gave off the most biophotons and had levels double that of cultivated organic foods. 2. ***Organically farmed foods emitted five times more biophotons than conventionally grown foods.*** 3. Highly cooked and irradiated foods gave off almost no detectable biophoton energy." Here is a biophoton video by Alex Popp, the son of Albert Popp physics professor. See more on mistletoe being used by Albert Popp to cure cancer via biophoton effects and an image of the biophotons transmission of healthy and sick states (an explanation for hands on healing?) at viewzone.com/dnax.html. Physical biophotons may even act as a fractal transducer of astral biophotons (astral light for remote healing and astral travel at superluminal speeds) information and instructions for healing the physical body. ☺☺☺ "Biophotons are the body's "fiber optic" network. If biophotons are lacking, the enzymes are there, but don't know what work they're to do. This is one reason why a high level of biophotons in the body helps the body to regenerate itself… A healthy newborn emits 200 to 220 biophotons per second per square centimeter. Adults emit 80 to 120. A senior adult will transition from 60, to 20, to 10, and then none. When that happens they die." ► water.html. Biophotons are involved in some sort of optical communication between cells and are hypothesized to regulate many cellular processes ► DR 2014;12(4):515-7 and Palacky University 2013 conference upe2013.upol.cz/program/. Biophotons may be an unknown confounder in cell biology experiments. Biophotons are coherent and may be generated by DNA, which may act as an exciplex laser system ► CB 1984;6(1):33-52. Biophotons may regulate all life processes ► Exp 1988;44(7):576-85. Human high intelligence is involved in spectral redshift of biophotonic activities in the brain ► PNAS 2016;113(31):8753-8. Biophotons are used for healing probably, because stressing the skin leads to biophoton emissions ► JBO 2011;16(9):096005. This is also supported by this paper. Meditation led to lower biophoton emissions in a tiny study of 5 people ► FKKN 2005;12(2):107-12. "Bókkon's hypothesis that photons released from chemical processes within the brain produce biophysical pictures during visual imagery has been supported experimentally. In the present study measurements by a photomultiplier tube also demonstrated significant increases in ultraweak photon emissions or biophotons equivalent to about 5×10^{-11} W/m^2 from the right sides of volunteer's heads when they imagined light in a very dark environment compared to when they did not" ► NL 2012;513(2):151-4. "As brain and spinal cord are protected from environmental light by bone and connective tissue, the signal to noise ratio should be high for photons as signal. Fluorescent and absorbing substances should interfere with such a communication system. Of all biogenic amines nature has chosen the ones with the strongest fluorescence as neurotransmitters for mood reactions: serotonin, dopamine and norepinephrine. If these mechanisms are of relevance our brain would have to be looked upon as a "holographic computer" ► MH 2004;62(2):169-72. Biophotons acting as neural communication signals was demonstrated by in situ biophoton autography ► PPS 2010;9(3):315-

22. "in addition to electrical and chemical signals propagating in the neurons of the brain, signal propagation takes place in the form of biophoton production" ► JIN 2011;10(1):65-88. The hypothesis "eating biophoton rich fresh fruits and veggies (partial or full raw veganism), instead of cooked ones, leads to more telepathy" may find some extra support in this article on biophotons and telepathy. Some people think biophotons are involved in self-awareness and consciousness ► JIN 2014;13(2):253-92. More on biophotons and telepathy is here. Reports exist about meditators being able to emit gamma brain waves and infrared (part of chi emissions) waves 100-1,000 times more intense than the average person, biophotonic emissions 20,000 times higher than average. Kruth from Rhine Research Center used a photomultiplier to measure biophoton emissions of 120 people, including meditators, healers and found that an empty room produces 5-8 biophotons per second, a sedentary person 12 to 20, some 60, others 0.2-0.4 million, 2 were > 1 million (energetic healers, Kundalini Yogis were highest). Perhaps, since everything is information, in the future, the way to living to 1,000 years may use some of these biophotonic methods to send cues to cells/organs to return to the state of "20 years old". ☺☺☺

11.10. FASTING (sleep longer) + low WHR (read all 21 pages if you fast)

Former Trump CIA chief/State Secretary Mike Pompeo lost 90+ pounds, look at before and after in 2026. Extra fat can diminish health 40%, cause diabetes (and then leg amputation or blindness), death by infarct/stroke at age 40, etc, living like a disabled vegetable for 50 years. Thus, it's the duty of any gov to mandate biquarterly physical medical exam to at least record a few biomarkers and weight, fat%, etc, and mandate 4 weeks off work if person needs to lose 30 lb (1 lb a day with program explained below), for a safe 1 meal (716 cal) a day fast and major health check every week of the 1 month off. Gaining 30 lb of fat, which is what 2 billion did already, should be seen as more grave than a heart attack as it does just as much damage over time, yet nobody even checks their weight anymore, since BMI guidelines are useless, since muscles can weigh a lot and it forces the 'normal BMI' to categorize fat people as healthy. A 6 month check (mandatory to keep insurance, police comes next day to take person to MD if failing) can prevent $ trillions in preventable expenses, since many don't go to MD for decades and don't know how sick they are, how much damage the belly fat does. One can't force the gov to spend 3 million to maintain the issues a lazy bum can prevent by reporting to the doctor twice a year. We can't have 50 people wasting a life to take care of a lazy fat pig. Everyone needs to be aware that the expenses from belly fat are astronomical. Everyone almost is so spoiled, blaming "hormones, appetite, etc" when a simple scale used twice daily tells you when you ate too many cals and now you go back to 120 or 140 lb, depending on height/muscles present. Not to mention, we create a nation of very low IQ lazy gluttons. The fatter you are, the lower your IQ, watch this lady get violent (belly fat increases aggression and violent crime via brain inflammation), since fat clogs (dramatic pic) the brain arteries, shrinking, damaging the brain.

The fatter you are, the more aged the brain. Weigh yourself twice daily to lose 20-100 lb fast. Most fat is stored in the trunk-belly area, internally (visceral fat) and externally ("love handles" you can grab yourself around the belly, bigger breasts, etc), so the trunk weighs 30-200 lb more, making it impossible to breathe as deeply as before, since lungs push against gravity and 15-100 lb of fat to merely inhale if sleeping on the back. This causes 20-40% less oxygen to be delivered to a brain/heart that need more oxygen due to 30-200 lb extra. This lack of oxygen causes chest pain (low oxygen to the heart), headaches (low oxygen to the brain, made worse by poor ventilation) and systemic inflammation (high triglycerides) which causes arterial plaque that further blocks blood flow to the organs, feet, toes, heart, brain, leading to more chest pains and headaches, toe aches, which causes USA to prescribe trillions of useless medications via misdiagnoses. It's all lack of oxygen and sometimes, lack of nutrients that cause 1000s of "disease symptoms" misdiagnosed by MDs, as plaque formed by being fat now permanently restricts not only oxygen, but nutrients too and toxins build up, unable to be transported back by clogged veins. This $1 trillion/year waste can't happen if any medical visit measures % body fat, makes it an emergency to lose body fat when going above 15%, so all are like a fit supermodel and we don't waste 1 trillion a year in misdiagnoses of nutrient/oxygen deprivation. This brain destruction becomes permanent the longer one is fat, as blood calcium reacts with this soft reversible plaque and turns it in 4 years into calcified irreversible (meaning narrower, so less oxygen/NUTRIENTS going to every organ) plaque that also makes arteries ultra stiff (meaning far more prone to strokes, infarcts), which means lifelong low blood flow to toes, feet, brain and heart, leg amputations, etc. No patient ought to receive any insurance in USA until they fast with 1-2 meals a day for 1-10 months to lose 10-200 lb, as required by federal law overriding any local law, as the next paragraphs explain, so as to eliminate the confounding factors of 80K abnormal biomarkers due to body fat. The age of being a spoiled fat pig with 1000 times restaurants than others is over. We can't be walking like fools and complain all day when we're part of the problem: super fat and pig like eaters. Civilized people have no addiction to taste, color and taste, but eat to live and help all humanity eliminate war, violent crime (lower it a trillion fold) and animal pain via eterni foods powders dissolved in water. Stop eating like a pig, get a food table, think about what you eat, help create Eterni Foods with 50,000 nutrients measured in ng amounts, for real space rocket like personalized nutrition.

This belly fat epidemic can't be allowed, as it shrinks lifespan, speeds up aging, lowers national IQ by 10 points in fat people (already 85% of USA) and will soon run our country into the ground. Walking before or after meals can help you lose belly fat. This is a crisis far more serious than the debt or WW3, it's the end of USA forever, nothing left of it, not even a defeated USA in WW3. We'll all vanish in one blast, 10 second continental blast. That's why we're so fat and gnat IQ in America, because the healthcare system is not attacking the number one killer: body fat. It

only attacks one thing: the poor working class for the profits of the MD Aristocracy (making 10-80 times the minimum federal wage) and Big Pharma Aristocrat Palace Industrial Brainwashing and Fake Medical Education Complex, the Big Junk Food Mafia. Let's fight back with a pressure cooker (to replace all kitchen appliances, except smoothie maker) and some lentil soaking techniques and data. Boycott all restaurants, for 99.9% of them sell POISON. We either fix our diet or nothing will be left of USA. We're our biggest enemies, not China. In the last 35 years China grew their GDP 9 times faster than USA did, thanks to a culture of skinny people. We instead, became gluttons with twice the fat people. Our greed (corruption, pay inequality), arrogance and stupidity are the main enemies to health and 150 year lifespans for all. We're what we eat: fat idiots or skinny geniuses. Look at Japan, China, Vietnam, much skinnier than the NATO fat glutton pigs, arrogant violent ultra low filif IQ rats listening to the violent music we export worldwide, thereby destroying the human quantum field and creating 200 enemy nations: can't destroy other nations' moral fabric without experiencing the effects in future centuries. We make everyone fat, sick and low IQ like us with KFC, McDonald's and other Crap. All current clinic scales, ultra expensive 400-900$ junk, need to be replaced with cheaper and way more useful body fat scales ($45 Whitish, $69 Dark Grey, $66 White, $59 Light Grey, $60 Pink): buy ones with hand sensors (double the BIA electrodes) not foot only scales, because they send electricity thru the whole body (not just lower body) via Bioelectrical Impedance Analysis (BIA) tech. BMI is not that important, since some have muscles. At least get a 17$ normal scale. Fasting 12+ hours increases synapses, IQ and some claim brain works better after the daily sleep which cleared the brain of waste and of metabolic stress of eating that shuts down cognitive ability slightly, meaning before first meal of a day, our brain is at its highest potential for discovery, creative thought, problem solving as glycogen and fat are still there, but with a clear brain, no heavy digestion distracting the brain. Ketones produces 28% more energy/oxygen gram, BDNF surges 50-400%, autophagy clears brain waste, fat cells autophagy (macrophages are taking fat vesicles from fat cells to produce energy via lipophagy). Can walk backwards slowly in your house or garden to boost IQ. Calorie restriction reverts brain ubiquitylation efficiency to that of a younger age, while exercise cuts dementia risk in half. Since 1950, US IQ declined, no real innovation happened in basic physics/chemistry, as CEO pay went up to 400x the average worker vs 20x before, corruption, arrogance exploded due to WW2 win, $ as reserve currency, obesity rate rose 3 fold. Animalism took over, education became a for profit scam.☺☺☺ Greed/gluttony won. US weight rose 29 lb from 1890 to 1980, and another 16 lb 1980-2025, for a 45 lb total from 1890 to 2025, while lifespan increase/year dropped 20 times (28 lb extra from 1950 to 2025). We've become fat bipedal filif IQ 'pigs' in some ways, ethically, and physically.☺☺ USA is at risk of vanishing, as the US adorable piglets fall into a black hole due to so much weight the pig headed aristocrats put on us via junk food, fake science about seed oils.

To lose 1 lb/day, you can rest 9-10+ hrs/day (preserves heart/body muscle mass), exercise only 5-15 min/day as it damages heart due to moderate protein, fast via a 716 cal/day diet made of:

1). Foods: 200g kale (100 cal: relaxes arteries, anticancer, has lutein for gut/brain/eye, healthiest veggie) as kale-water-(carrot) puree smoothie that has all vitamins + 2g chia oil (the healthiest seed/nut oil) + 2 EPA-DHA pills (0.5g ω3) added, 200g carrot (82 cal: anticancer), 400g cooked lentils (468 cal, healthiest legume) for antioxidants, protein, a walnut (2.4g ω6, the healthiest nut), 10g vinegar twice a week (optional, mouthwash with baking soda to bring pH to neutral after eating to protect the enamel; smoothie) for belly fat loss & soft stool (to avoid anal bleeds, use toilet paper with cream on it to wipe before defecation *if stool is hard).* Carrots, kale are good because fasting can increase the risk of some cancers, even if it dissolves most cancers. Can eat garlic, maybe vit E, to detox/thin blood, since moving less due to low cal can raise clot risk, especially for non-O blood types. If having dry eyes, keep blood carotenoids high (= long telomeres), by eating the kale/carrots in 3 meals/day, 6-12 h apart, 2 meals are 100 g carrot + half walnut+ 100g lentils, fat boosts β-carotene uptake. Low "carotenoid levels.. (make) tear film... unstable... (causing) dry eye". "Type I procollagen mRNA levels... increased ...4.4 times (with 30 mg β-carotene)" (30 mg = 200g kale, 200g carrots to boost collagen production to help arteries, cornea). Diet can last 300 days to lose 300 lb. If weight is > 160lb, increase g of each item by weight (lb)/160 factor. If very active, add 70-200g lentils/day to prevent heart damage, muscle loss. If inflammation exists (pain in head, heart, joints, etc), do autophagy, so twice a month eat only once a day the smoothie with kale/carrots above without any lentils, to give 24 h to clear old proteins. When you limit protein, body eats old proteins that cause pain in the body. This diet has high fiber, the key to reducing hunger and making you lose weight fast. ☺☺

2). Vitamins: 16$/lb 0.2 g taurine for heart due to stress of low protein, 20$/lb Choline Bitartrate 1.2 g (=0.5 g choline) for brain, vitamin C 200 mg thrice/day to help collagen production, 0.2-0.4 g CoQ10 for heart, 5000 IU vitamin D to boost immunity, 60 µg Se for detox, 0.5-2 mg vitamin K1-2 to prevent artery calcification & bone/teeth loss, B complex (has adenosyl, hydroxy or methyl cobalamin B_{12} niacinamide B_3, P5P B_6, 5-MTHF B_9), multivitamin with 1 mg Cu, 150 µg iodine (KI), 1 g creatine to aid heart, prevent muscle loss (0.5 g max with meals after fast, to prevent kidney damage, vegans get no creatine from diet, omnivores get 1 g), 2 g glycine for collagen synthesis, 8-18 mg Fe iron (25% of 36 mg pill if not in multivitamin) for vegans mostly, if ferritin < 30 ng/mL

3). 5 Electrolytes: 7$/lb or other KCl 3.80 g, (=2.00g K) since food has 2.832g K, 6$/lb or other $CaCl_2$ 0.90g (=0.32g Ca) since food has 0.655g Ca, 35$/lb MgGly 2.0g (2.0×(24.3/172.4)=0.28g Mg) or MgO 0.28g or 2 pills/3 days, 2/3rd of a pill/day (MgO makes stools softer) since food has 0.242g Mg, 3$/2lb NaCl 0.5g (=0.20g Na) since food has 0.252g Na, 56$/lb ZnGly 50mg (=15.3mg

Zn) for DNA repair since food has 6.5 mg Zn, use scale to see how much is 0.1g, visual weigh OK after first weighing), purified water (2.5-4 L, depends on thirst/sweat/weight) with electrolytes added in some glasses. Dissolve these in 2-3 separate glasses of water, to prevent calcium spike in 10 minutes, as Ca damages the arteries and body. Don't take dry powder in your mouth to dissolve it as the harsh salts can damage your throat. This type of solution also helps you hydrate during normal nonfasting days of exercise, since electrolytes reduce hunger and weight gain. You will feel very miserable without electrolytes during any fast. Make each solution fresh to avoid bacteria growth. Try take Zn^{2+}, Fe^{2+} separately from Mg^{2+}, Ca^{2+} which limit Zn, Fe absorption. The MgGly scoop can be used to take KCl, $CaCl_2$, NaCl (K Na Mg Ca are essential to avoid fainting, dying from heart attack, Mg prevents eyelid/muscle twitches, leg cramps, helps produce ATP, protects the brain) too, since all 4 weigh 2 g/scoop, rough weights OK, half scoop for Na. Sleep 10-12hrs to avoid muscle loss, stress less, relax, take day off to safely get rid of that belly and internal fat that kills your brain, heart, makes IQ drop 50 points from one year to another, causing incredibly poor decisions. IQ fluctuates year to year, month to month, day to day, depending on diet and sleep quality, belly fat, emotions. If troubled by body pains, do deep autophagy for full body renewal, immune system reset, once 1-10 years do 2-3 days as above at a time, minus the protein (no kale, no lentils, total cal 100 max/day) that prevents deep autophagy of plaque/bad proteins, to dissolve cellular waste/bad proteins accumulated over decades causing pain. If water fasting, all is the same except added electrolytes (Na, Ca, Mg, K) rise to make up for the food electrolyte values written above. If you have kidney issues or blood pressure is very low, lower K by 25-35%. The fasting may need 2 pills, so 0.57 g Mg. Before doing that recall that not all pain is due to inflammation, but can be due to the torture by CIA, KGB...

Chinese (skinny, obesity rate 9%) in Hawaii live to 88, Japanese (fatter) to 84, while the fattest group, Polynesia migrants (obesity rate 60% of population), to 69. Fat weight matters. The more belly fat, the shorter our life, the lower our IQ. AMPK activators, such as flavonoids, alpha-linolenic acid ALA (chia/flaxseed oil are 50+% ALA) polyphenols (in ginger, onion, red-blue veggies), acetic acid (vinegar), etc help turn on autophagy (dial down mTOR pathway) and lose weight without fasting even. Thus, when fasting, whenever you eat a small meal between 1-2 day fasts, eat more polyphenols to turn on autophagy even while eating (mostly protein). If you water fast more than 16 hours, please take all above nutrients, to avoid hair loss or a temporary pink nail band due to low iron or low protein (protein is needed to create antibodies against fungus from a nearby toenail injury, allowing a fungal infection to spread to other toes), protein is key, one meal a day is better to avoid vertical ridges for the nail. During fasting, hydration levels change and a lack of protein and some minerals can cause temporary pink fingernail tips. I explain here how I lost 34 lb of pure fat (that I gained in 2 years of eating too many walnuts *and* watermelon, fructose deposits as fat) in 36 days thru 2, 5, 8 day water fasts broken by brief 1-4

day periods of 1-3 meals/day (mostly 500g lentils for high protein to help the body). You don't need to do more than 4 day fasts to get the benefits of autophagy, too much protein starvation can be bad (hair falls, 1-2 nails (toe usually) develop pink upper ridges due to lack of protein nutrients from eating vitamins only, etc), so be gentle with 1-2 day water fasts on weekends mostly, eat mostly protein and lower cals during the week. It depends on how you feel, how much belly fat, etc. It's true that on day 5-6 you can lose sometimes 4 lb in one day due to water weight loss, but usually it's 1-2 lb. It's best to eat huge vegan lentil protein amounts between 2-5 day water fasts, to help body heal, min 100g/day protein (if short, 150 if big) to help stem cells repair the body: pure lentils, kale, garlic, ginger, onion to help plaque dissolve, during the days of eating to restore protein, heal body with high stem cells circulating. BMJ 2025;389:e082007 showed alternate day fasting (eat every other day) improved biomarkers and led to 7 lb of weight loss in 12 weeks, while fasting 16 hours daily (normal calorie load, 2000 cal for example) didn't do much, except worsen some parameters and provide only 3 lb of weight loss. So, to lose weight, you need one 300–400 cal meal a day, as shown above, not these useless "16 hour fasting or eat every other day normal meals". The 1 meal a day helps you lose weight ultra fast, 42 lb in 12 weeks. These studies/videos about "eating almost same calories, but stop eating for 16-32 hours" are just a waste of time, you need to cut calories to 2300 a week, not fool around with timing and still eat 15,000 a week.

When fasting on water only, do nothing physical, don't work/drive, just relax, sleep, listen to nutrition videos or read this book. The body needs rest, reaction time is super slow during ketosis (body burns fat into ketones and also makes glucose out of fat), too dangerous to drive/work. Falls can happen if you get weak, so don't exert physically during a 1-4 day water fast, plan to just walk to bath or fridge at the most, no errands, no gardening, no chores, don't try to talk much either, as vocal chords don't get nutrients either, learn to be quiet. The length of time you fast on water plus electrolytes and vitamins depends on you, stop after however many days it takes to experience any discomfort, be it muscle twitch, headache or any pain (especially old injuries sites, fasting does boost stem cells after 4 days and autophagy increases 20 fold vs a 1 day fast, after several consecutive fasts (eats old junk cellular components that are sick or useless hanging there for 30 years), on day 4 of a fast, it eats old defective tissue, asks for protein to repair, hence the pain), which is a sign you're too low in protein (pain, so stop and eat lentils) or too electrolyte imbalanced. You will be shocked how all pain in a busted toe (busted years prior) disappears immediately after a protein meal, even if it went on and off for days (especially last day before a protein meal, going on every 9 minutes). In earlier fasts autophagy repairs via stem cells other injuries, knees (use the cap to help knees if any pain, so you don't stop the fast) but then those vanish and body moves to other areas to fix.☺☺ See how vegan Jeff explains his LDL dropped 162 to 101, TC 252 to 172, ApoB 111 to 81, LP(a) 236 to 143, BP

140/80 to 106/65, CRP 1.46 to 0.31, after a 10 day water only fast, see it also in FN 2024;11:1418705. Poor sleep means lower testosterone, which is key to preventing muscle loss *and to muscle* building, so those who fast on water and sleep less lose more muscle and less fat. Belly fat in "healthy" people causes thickening of carotid neck arteries (see pic) feeding the brain, leading to brain loss, dementia, low IQ, short life, high stroke risk. ☺

After the fast is over, you may notice, like millions, that areas with chronic occasional recurrent pain (angina, heart due to plaque, knee, toe, temple, skull, any body area etc), have 0 pain now as stem cells and autophagy wiped out the cells/plaque/fat that caused the pain. The stool may be harder first few days, or in the shape of balls, read the kale section on how to fix that (add vinegar). Whenever stool is hard in the post-fast period, to get stool soft instantly in 20 hours, just eat a 5 vinegar spoons carrot-kale smoothie, 400 g lentils, a pineapple a day, plus (if stool not soft yet) 5 packs of blackberries as they got 3 times more fiber/calorie than blueberries (sleep on the left side to increase stool movement, improve digestion) or maybe even 2 small pineapples with the lentils and it will immediately become normal soft hot dog long shape instead of 20 little balls. It works without pineapple/blackberries too, just the vinegar smoothie. This is due to the protease enzyme called bromelain in pineapple, which cleans the colon wall and allows normal stool movement, thereby preventing ball formation. Avoid chia seeds, flaxseeds, fenugreek seeds (got the same chia seed like water absorbing fiber), all protein/etc powders, most nuts/seeds if stool is hard, as they absorb a lot of water and harden the stool. Only eat 1 walnut/day and chia oil, if stool is hard, while avoiding anything that clumps water, like high hyaluronic acid amounts, etc. Blood pressure will also drop by 10-20 points, both systolic and diastolic, while heart rate may drop 5-10 points, meaning you will live 5-10 years longer. After I lost 30 lb the clinic BP was 105/69, with HR 53 (athletes 35) one time, SpO_2 97.6% (blood oxygen saturation, healthy is 95-100), temp 97.5°F (healthy is 96.3-99.3). No drugs, nothing, just free fasting that saves you $$$ wasted on food otherwise. When you eat first time in 4-8 days, your toes may have some muscle cramps first 12 hours, as electrolytes are out of balance due to getting used to water and salts. Listen to the body, but a simple muscle crap on toes due to electrolyte imbalance is not a reason to stop, otherwise, you may take 5 months to lose 30 lb not 35 days. The pain or twitch disappears and then after 1-4 days of eating 1-2 meals a day you continue, only if it is pain free. Can do 4-5 fasts of 4 day each, with breaks of 3 days, for a total of 32 days to lose 30 lb, or fast on weekends, eat half calories on Friday, to lose 30 lb over 3 months. Take 1 day off Friday or Monday to fast from Friday 1 pm till Tuesday morning, 3.5 days or take 2 days off for 4.5 day fast. Call in sick Monday if you feel like turning 2.5 day fast into 3.5 day fast, but 2.5 is enough if calories lower thru the week. After you lose 30-70 lb, try to raise protein % of your diet from the 10-15%, to 20-25% for 3 months, to regain the muscle mass lost by exercising an extra 10 min daily: you need muscles during aging, since after age 35, we

start losing muscles, especially after 45, so we need to get used to a little exercising daily so we never fall in old age and are independent of wheelchairs at age 110. As you age, your digestion of protein decreases, so you actually need to eat more protein to live to 110. When fast is over, you start eating slowly and your stool will be harder than usual, due to it being stuck there longer, so you will need to use the enema to insert 300 ml of water or so to get it out until it becomes soft and typical vegan stool that comes out on its own effortlessly in 10 seconds (this will take more than 1 day, depending on how long your fasts have been and how much that fasting has disturbed the microbiome you had before the fast). Avoid eating chia seeds, flaxseeds, hyaluronic acid and other stool hardening foods (nothing dried, everything wet).

Before you begin water fasting, please buy a 5$ enema kit, clean your colon, since after 3-8 days of water fasting, stool is hard, defecation can be painful/bloody without enema first. After using enema, run 2 liters of tap water thru it, disinfect nozzle with alcohol pads and ventilate all tubing, leaving it in the open position, disconnect tubing for faster drying, etc to prevent mold growth, run 50 ml alcohol thru it and then water again. This is explained in detail in the next 16 pages: *do an enema daily while water fasting*. Making breakfast the highest *calorie* & highest protein meal makes you lose weight the fastest ► Obe 2015;23(9): 1761-4. *Eat most protein in the* morning *to lose weight* fastest ► HRP 2015;83(1):19-25. Walking is the safest exercise for losing fat without losing muscle, but as you age, you need more exercise to avoid stress on knees, joints and avoid falls. While fasting on water, many MDs don't allow even climbing of stairs, let alone exercise and extensive walking, as it can cause falls or muscle loss. After fasting, you can walk all you want: immortalist sports or even immortalist outreach (in safest areas). No need to build 6 pack to lose weight, just build virtue, help World Peace emerge. Fitness only gives us 10 extra years, science can give 4 trillion. In 2 pages you find the proposed change of definition of overweight (15% body fat, 40 lb for 200 lb weight) and obese (20% body fat) to make all slender and healthy as most centenarians. *Please don't think that if you're not overweight*, "you are fine", high functioning men (ages 70-79) *with WHR (waist to hip ratio)* > 1 were 75% more likely to die than those with WHR ≤ *1* ► AE 2009;19(10):724-31 ► "*Central* fat increases the risk of developing both metabolic syndrome and *diabetes* mellitus and contributes to cardiovascular risk by *increasing peripheral vascular resistance* and *secreting proinflammatory cytokines*". Parents have no idea how fat their kids are due to bad diet.☺☺

Men who weigh < 140 lb live 7.5 years longer than men who weigh 200+ lb, regardless of HEIGHT, so muscular/fat men live shorter. All centenarians in every nation have the lowest BMI of that nation. Why? In Japan, centenarians have BMI 17. This is especially true for taller people who became tall via activation of IGF1 in childhood, the growth hormone that speeds up aging. Your heart has to pump for brain and legs longer distances when tall, so its efficiency and health have to be perfect, and not hindered by visceral inflammatory fat. Because the human quantum

field wants kind people who use physical energy to increase the lifespan of other people too, not just buy equipment in one's home, via immortalist sports that increase brain compassion centers, reduce violent crime 1 billion fold and are not concerned with muscles to punch other people, which is a violent crime that sinks humanity into eternal war instead of living to 4000 like honey bees with a different diet and going to other planets in one life to increase species' survivability. A muscleless man always thinks first of a trillion nonviolent ways to achieve anything, World Peace or even arrest of someone moved to a healing city, so he takes the species forward from gorilla violence to civilization of Immortals. Essentially, the quantum field enacts death penalty onto the selfish beast who places himself above others, his muscles above kindness, his sports room with metal above the metal being used to reinforce a dome of poor people and save them from death during tornado leaving nothing behind: he has taken 60 years off someone's lifespan by his selfishness and the super intelligence of the field enacts its punishment. The selfish beast could have helped others to fix their house, of mold, of this and that, that uninsured guy could not fix for 20 years, but he chose instead to be a beast, to pump his muscles, to run 6 miles each morning, like a hideous demon with no heart or compassion. His grave avarice led to that guy dying 15 years early, so the field won't aid him in living long: he has placed himself above humanity. Kempner found mice fed a low protein vegan diet and low sodium lived an extra 200 days, vs 17 days for the normal high salt meat diet, that's why muscle builders live shorter, violence destroys itself. Kempner (1903-97), an MD who worked 3 years with the 1931 Medicine Nobel laureate, published (570 pages) a lot of reasearch on kidney healing by diet alone. Another 410 pages are mostly in German. High protein intake from animals means acidosis, which ruins kidneys, leading to $50 billion/yr in expenses, $90,000/year for dialysis per patient. All preventable by a low fat vegan diet, vegan protein is alkaline forming. This then leads to killings to steal human organs or illegal kidney etc removal surgeries in Mexico and China and human organ markets within animal markets, all for the Glory of Muscle and Protein, the glory of Murdering Animals and Spilling Blood like a Satanist. The human quantum field won't help such Infernal Demons. To live long, losing fat via fasting is not enough, we need to behave like an Immortal who loves all humans as if they're part of his family, as if all are his children, a Family of Immortals, with a *gentle tender soft nurturing healing* graceful compassionate loving kindness a trillion times greater than that of the most loving mom had for her only suckling baby, as the Immortalist Anthem 1st page says. As we ponder on this world of 0 violent crime, we realize a family only exists when separation ceases and we move towards the universal altruism of the beloved 11 companies of the family of Immortals that becomes the US, as a model for unifying humans in the Deification of Life Eternal.

Arterial plaque (born from belly fat releasing triglycerides into the blood daily) reduces nutrients and blood flow (blood carries nutrients) to the brain, heart and other organs by 2-10 fold as

these pictures of Alzheimer brain arteries show. So, not only does fatty food lower IQ, but you can die 40 years early due to heart attack, as heart receives 0 nutrients. This is why Big Junk Food makes fatty food, aristocrats want workers to have low IQ. Most Japan centenarians have BMI 17-18. So bring weight to 140 immediately if possible ☺☺☺, by adding multivitamins, electrolytes to a low cal diet. Higher belly fat leads to lower brain volume, higher risk of dementia/stroke. Higher belly fat was linked to lower brain volume, lower IQ.

A long 3-8 day fast converts all sick cells and deformed useless proteins and molecules into amino acids that body uses for daily functions and can thus do a cleaning no human tech can ever dream of achievin g. To maximize this autophagy, you need to do enemas to remove all feces, as those feces staying there can release toxins in the blood, wasting precious immune system resources, otherwise used for autophagy, to deal with these toxins. Avoid eating hyaluronic acid or anything that hardens stool, since this makes defecating and enemas harder, so flaxseeds, chia seeds, etc are not good before any fast; avoid garlic, vitamin E and all foods that are known to increase risk of bleeding; if you don't do enemas in the first few days to clean colon, on day 4-8 the stool will be so hard, it may scratch your anus causing bleeding, so you definitely must do enemas first 2 days to clean colon out. The bleeding may take 1 week to disappear as you return to normal eating and daily defecation, using cream to heal the area. This 7 day autophagy, which accelerates in day 4-7, clears every organ and blood vessel of many forms of plaque, improving circulation thruout the heart, brain and every organ, it's a total remake of the body. Don't work, drive or shower, exercise, etc during a water fast over 1 day, as the body is too weak and reaction time is too slow, causing accidents. Do it in your 1 week vacation and do an enema 3 hours after the start of your fast with 2L of water, and again 2L about 12 hours later to empty the colon and avoid dumping toxins into the blood during the fast, avoid stool become ultra thick balls that are hard to get out later, insert water into anus before you defecate the first time upon breaking the fast to remove anything that may still be there from vitamins, etc, because the stool hardens a lot and it is hard to come out on its own, use cream on anus to facilitate easier defecation of the enema induced broken hard pieces.

Since you eat a lot of vitamins and minerals, your stool can still become one big hard ball even if you do enema first day of the fast, that is very difficult to get out, so you need to do an enema (at least 1 liter of water) for each day of water fasting to ensure no discomfort or emergency room visit due to hard ball in colon. Buy a 5$ enema kit before you begin the fast, because you don't want to be unable to defecate until you buy one from the store. I did this 8 day (daily electrolytes, 400 mg Na, 400 mg Ca, 4g K, 450 mg Mg in water, no activity or straining, no exercise, just computer work) and a 2 day fast and lost 23 lb one time when I got too much body fat. You absolutely need to get rid of body fat, as otherwise, you become the lowest IQ person around, look how your brain feeding arteries become, your brain will die and you too, soon

after, you lose 10-45 IQ points. You absolutely need to do this, as fat causes systemic inflammation of every organ increasing the risk of getting all major chronic diseases. It's so grave, that 90% of Americans and people worldwide need a water fast now to shed 5-200 lb of useless fat. ☺☺☺ But nobody does it, so we spend 1 trillion dollars a year at least to deal with the consequences. Hundreds of thousands of people worldwide fast daily for 15-18 hours to benefit from autophagy, or the removal of senescent cells that destroy the brain/body. This way, they never get body fat and don't need long fasts. 7 day fasts (take daily vitamins too) are only for people who're fat, meaning they got 20-100 lb of fat around the belly, trunk, legs etc. Thin people can get autophagy by eating all meals within 7 hours and then fasting daily for 17 hours, 365 days a year, sleeping regularly well, etc. How much K to take depends, you can buy a 35$ jewelry balance and weigh however much you want till you reach RDA for your age, if you eat 2 g K from food and are an adult, maybe take 3 scoops, since that's 3.1 g K, so 2+3.1=5.1 g good to help your heart. You lose iron (Amazon, so take a little of a 36 mg capsule depending on ferritin levels and daily intake from food, if multivitamin lacks iron) when eating 20-50% of your daily calorie intake. Japan men live to 82.3 avg BMI 23.7, USA men live to 78.7 & got avg BMI 29.6, Japan women 88.2 BMI 21.8, USA women 83.1 BMI avg 29.1. Ladies who have BMI 6 units lower, live 7 years longer Bingo. BMI is pretty useless if muscle % is not equal, since some people have less body fat%, and a lot of muscles with BMI 27, while others have triple visceral bad fat and BMI 20, living shorter. Drinking water reduces angiotensin levels, which burns more fat, independent of other confounding factors, like exercise, soda intake, etc. Avoid keto diets, as they contain high AGEs that damage every organ, lose less body fat, and make you lose any muscles you still have, since body prefers carbs as fuel, so in its absence, it starts breaking down FAT and PROTEIN, meaning it dissolves your leg, heart, hand muscles. You don't want to be old and fall as muscles can't keep your body frame vertical. Vinegar also helps weight loss. Keto diets lead to 4 times higher arterial plaque progression, due to LDL jumping 50%. So, while for those with terminal Alzheimer keto may add 5 years of life, for most people a low fat, low simple carbs, high fiber/vegan protein (soaked lentils)/complex carbs (from soaked legumes), almost fructose free diet protects heart and brain the most, resulting in minimal arterial plaque. Baseline atheroma was 1.6% and in 1 year it rose by 0.8%, or 50%, while on other diets, by 8%. Keto destroys the carotid artery/brain, by increasing plaque must faster than low fat.

This belly fat inflammation makes midlife obese people 91% more likely to develop dementia later in life ► Obe 2013;21(1):E51-5, since the brain is destroyed, because inflammation destroys blood vessels and nutrient starvation kills, damages neurons leading to brain shrinkage and weakening (every disease arises faster because of atherosclerosis; obesity induces damages all organs via nutrient starvation, vessels clog); "obese participants showed broad impairments on executive function, including on tasks primarily utilizing inhibition, cognitive flexibility, working

memory, decision-making, verbal fluency, and planning; overweight participants only showed significant deficits in inhibition and working memory." ► NBR 2018;84:225-44. The belly fat exercises can help reduce it, but the main thing is to compute calories and avoid eating before sleep. The brain may shrink as our belly fat and waist expand "higher adiposity may be associated with frontal GM (*grey* matter) atrophy across all ages and parietal and temporal GM atrophy in middle and old age" ► ARR 2015;20:86-97. Sleeping regular hours 8.5 hrs makes you lose twice as much belly fat as sleeping 6 hrs, so ***fasting is useless if you don't sleep well.*** ***Fasting while reducing weekday sleep time by 1 hour (and catching up 1 hour on weekends,*** so 3 hour less sleep a week) was very damaging, led to losing 4x more muscles, versus losing 4.8 times more fat (81% vs 17%) if you just fast without sleeping 3 hours less. This is due to the deactivation of some genes and activation ☺☺☺ of others via sleep loss: SA 2018;4(8):eaar8590. **So, if you fast ON WATER FOR 1-8 DAYS, plan to sleep 9 hours daily to lose FAT, not MUSCLES.**

Other studies found the same shrinkage of GM and also faster aging of WM (*white* matter) in obese kids and adults ► OR 2015;16(4):273-81. This is why spy agencies torture people (leg, heart harass, pulse rise, etc) in their regular hours of sleep, to destroy their brains and make it easy to control them, since sleep loss and irregularity leads to weight gain and sarcopenia (loss of body strength, muscles, etc), making it easier to cause little accidents, etc. You will notice those that have been thus "trained" by CIA, FBI, KGB, etc often gain 10% extra body fat, increasing BMI too by 3-5 points. While these brain studies use BMI sometimes, the conclusions probably remain true for belly fat in normal or underweight people: those with highest belly fat have more shrinkage than those without, when all other parameters (brain stimulation, etc) are removed as confounding factors. Obesity (or even just belly fat in BMI<25 people?) has "detrimental effects upon spermatogenesis and subsequent fertility" ► HF 2015;18(3):184-93. Studies suggest you only lose body fat if you exercise on an empty stomach (6 hrs no food). If prediabetic, try light chores after meals, to lower the blood sugar 30% (like a 15 min walk or standing to clean). Being vegan led to less weight gain for the same amount of calorie intake. Cognitive diffusion or being less identified with thoughts that the barain naturally creates or that the spy agencies implant into your brain via nearby people with gadgets, helps people loose weight. When you fast, you stimulate AMPK and this cleans the body of junk. If you can't fast, you can simply exercise to boost AMPK, the Adenosine Mono Phosphate Kinase, the enzyme that produces energy in mitochondria, by facilitating AMP to ATP (Adenosine Tri Phosphate) and viceversa conversion. AMP + 2 PO_4 = ATP. Low calories = fat burns. As we age, fat burns less when low on energy due to decreasing AMPK with age, so lose weight now when you're younger. In mice, AMPK activating chemicals boost longevity 38%, as body is cleaned of junk. The immortalists will redefine overweight as > 15% of weight body fat and obese as > 20% of weight body fat. With this definition (see pictures) we save 1 trillion dollars in healthcare costs

yearly and extend USA lifespan by 10 years: see pic of 10-17% body fat with or without heavy muscles to get an idea of how centenarians often look like. Today, the age of capitalist 0 IQ defines overweight *as* BMI > 25 and obese *as* BMI > 30. However, this is wholly inaccurate, because a fit guy with many muscles, got 5% body fat, BMI 25, while another got BMI 25 and 40% body fat, with 300 biomarkers 50 times worse. This shows the medical *profession* needs a drastic reform from "greedy people want to become MDs to make money" to "intelligent people with highest credit score become doctors". By the immortalist overweight (see pic) definition, most humans are overweight. This explains the epidemic of Alzheimer (pic), stroke, infarct (see fat around your body, clogging 90% of your cognitive ability). You think you're High IQ?

Some tiny studies have claimed being a little overweight is better, but that was proven false when removing the confounding factors of reverse causation via undiagnosed illness (that led to people losing weight) and smoking (that reduces weight) ► a 10 *million* person study found BMI 5 points higher meant 52% higher mortality for ages 35-49, 3 times higher for BMI > 40 ► Lancet 2016;388(10046):776-86.☺☺☺ It's important to eat all big meals 10 HOURS before you sleep, otherwise, all exercise and fasting you do is useless, as it all deposits on your belly the same day. You may want to create a small food table using 50$ 2021 Office, (see a pic, or use the free web version of Microsoft Excel, free Google Sheets or the much better (than Google) free LibreOffice to view my food table; save as Excel, .ods, Google Sheets, create yours from mine, after changing food columns, formulas) to help yourself and your kids live longer; it helps to lower calories intake 20-50% when trying to lose belly fat a lot more than exercising; keep calories for each meal under 250-500 (when trying to lose fat, depends on your weight, most people are between 110 and 220 lb or 50-100 kg), so we don't get so much energy, that it deposits as fat; better eat 1700 calories of 4 (*or even 5*) meals (more calories early in the day) of 500, 500, 400, 300 (*or even 400, 400, 400, 300, 200*) calories, instead of 1700 calories of 3 meals of 200, 900 (big lunch at 1-3 pm that deposits so much fat), 600 (dinner). If 4 meals doesn't work once returning to normal calorie intake to maintain a slim belly, try 5, to prevent fat deposit and exercise, stretch or walk every 30 minutes if possible, don't sit for 2-5 hours straight. This keeps glucose lower, brain less damaged by sudden high glucose, every organ less damaged by super high glucose and triglycerides (atherosclerosis), and no belly fat and you have more energy, since body saves energy if breakfast is low calorie. High calorie lunch causes sleepiness. ☺☺☺

Only eat biggest meals before the 2 longest periods of brain activity or exercise. Even BMI above 20, has been associated with shorter lifespan in many studies, 20 is way lower than 25 limit of overweight, *especially if one has no muscles, just fat*. It's important to not confuse WHR with eating a lot of fiber rich foods. WHR refers to the average person who eats low fiber diet and whose WHR is high when abdominal fat is high. Some may have WHR higher, due to being vegan, yet have way less fat and live longer than omnivores. *WHR can be low, but the person*

may eat some meals very high in calories, leading to plaque forming in 1 day that takes 1 year to get rid of; even if one is skinny, frequent big meals above the calories one uses next few hours will create plaque and shorten lifespan; so it's not like WHR is the magic biomarker for aging or life expectancy, other vital factors are calorie/meal*, how we* sleep at night*, or* rest after meals*, etc*. A building is demolished in 10 seconds, but often built in 10 years, arterial plaque can form after 1 meal, but disappear after 3 months of very careful eating only a lot fat healthy diet. Likewise, % body or belly fat, markers are useless if we eat sudden big meals that form plaque.

Even so, *% of body/belly fat, is a* more precise predictor of longevity *than BMI or WHR*. In Africa, some semi-vegan skinny people with no body fat, have high WHR, but they can outlive meat eaters with lower WHR, but *higher belly fat*. WHR is just a 2 second way to see where you're at, and check your belly fat, it's not a good predictor. BMI is not ideal either, since muscles are fine. Women with heart failure ages 75 ± 11 were *2.23* times more likely to die if WHR was *1.02* instead of *0.84* ► EJHF 2018;20(9):1269-77; longevity biomarkers (lower heart rate, higher HDL) were better with lower WHR. Circ 2008;117:1658-67 *found "normal" (18.5-25) BMI women with WHR 0.88* (WC 35.5") had *3.45 times* higher *risk of cardiac death* versus *WHR 0.70* (WC 27.1").☺☺☺ WC = waist circumference. *You can* make "smoothies" *with a* food processor with 200+ ml water, 20 g watermelon (30 cal/100g), 40+ g peeled cucumber (12 cal/100g) or peeled zucchini (14 cal/100g) to introduce minerals, biophotons, vitamins in reverse osmosis *purified water to trick the brain that you ate a lot of calories* (even water makes you lose belly fat, giving people more weight loss), *hydrate* the body and *lose belly fat* faster. This is such a powerful trick, the hunger disappears (way better than vinegar adding, vinegar erodes enamel) and you can go take a nap or engage in some less intense activity with the brain thinking you ate (even if total was just 10-20 calories, not 200-400 of a meal), helping you lose the waist fat. If more intense activity, add calories to the 'smoothie' via other produce. Read the obesity section on angiogenesis inhibiting foods, since fat can't deposit fast if you eat a lot of those. Consistent *eating times and patterns, i.e. eating less every day instead of suddenly stopping eating for some days and then eating more afterwards*, like consistent sleep times, reduce metabolic jet lag, calorie intake (which ages us faster, *nobody who lived* past *110 was* overweight; centenarians have much lower average BMI than the rest; being *overweight makes* your WHR high in very old age, as muscles atrophy and internal body fat remains), inflammation, increase our productivity, health span, lifespan, IQ, cognitive clarity☺☺☺ ► CM 2015;22(5):789-98. We get same heart, liver, kidney, brain we had at 20-30 (brain always shrinks, while heart may grow a tiny bit if one exercises, etc), but big size body when overweight and this puts pressure on these organs leading to their faster aging, as they got to filter and pump blood, coordinate body processes for far more mass now. This is also explained in the peripheral and central circadian clocks video and the damage of irregular meals video. That is one reason why I'm against regular fasting from

food more than 16 hours if you're thin, for more reasons see below. Most people fast from food (drink water or juice maybe once) for 9-12 hours daily, as they finish dinner at 8 pm and maybe eat again at 8 am. These daily fasts from food (drinking juice or water only) are a form of intermittent fasting that are harmless of course, almost all do it daily. *It's essential to stay hydrated, so always drink water or juice during a short 12-16 hour food fast*. Intermittent fasting is a term used for many things including "water fasting for 14-18hr/day, 24hr every 2-5 days, 48hr rarely", which can be safe for most healthy people who got > 13% body fat. Without time off, 9 hour sleep (short sleep = 4 times more muscle lost instead of fat), *24-72 hr fasting on water (no food, just water) leads to muscle loss, including heart muscle loss* and sudden death *due to the sudden stress on the weakened heart once one starts* exerting. 2-8 days Fasting is not a joke: proper planning, vacation time, enemas within 12 hours etc are needed.

Since we all fast a few hours daily, the question arises, what is the best type of "daily fasting"? It's the "daily fasting" that coincides with our sleep plus a few hours. If you're into fasting/weight loss, you can check out nutriti...org/...diet for 100s of studies. Some doctors eat all their meals within 6-8 hours (early in the day, 8 am to 4 pm for example, not late close to going to bed), fasting 16-18 hours daily on water only (drink plenty of water/electrolytes every 4-8 hours), because it lowers blood pressure, weight gain, oxidative stress, improves insulin sensitivity in prediabetics ► CM 2018;27(6):1212-21.e3. A 5 to 9 pm eating 1/2 meals a day with 20 hour daily fast led to a 20% higher LDL, 136 vs 113, and higher blood pressure than 3 meals/day 9 am to 5pm, because our metabolism slows at night ► AJCN 2007;85(4):981-8, ☺☺☺; these conclusions are for normal people who wake up early and go to bed at normal hours; of course if someone created a 20-50 year habit of sleeping daytime and working night shift, it's a different story and more studies are needed for night shift people (for normal people simulating night shift the results are evening meals fatten us more, glucose rises twice as high at night, but these are simulations of "night shift", instead of using people who worked 2nd or 3rd "night" shift for 30 years), but the effects would be totally different probably, as their night is their morning sort of, but the same idea would apply perhaps, to not eat much (or at all ideally per some MDs) the 3-5 hours before going to bed, whatever hour they go to bed. Same calories eaten at night are more fattening, increase triglycerides/total/LDL cholesterol by 9%, since metabolism slows at night ► AJPRICP 2013;304(2):R94-101. Overweight/obese (BMI 32.4) women eating 700 cal breakfast, 500 lunch, 200 dinner lost 11 pounds more after 12 weeks than those eating 200 cal breakfast, 500 lunch, 700 dinner ► Obe 2013;21(12):2504-12; triglycerides dropped 33% vs increased 14% because glucose can rise twice as much after dinner than after same in the morning as explained in ER 1997; 18(5): 716-38. Simply telling people to fast 16 hrs a day (eat 10 am to 6 pm), leads to weight loss and lower blood pressure compared to controls eating at any hour, since they don't eat at night ► NHA 2018;4(4):345-53.

Eating largest meal at breakfast leads to more weight loss than largest meal at lunch, and far larger than eating it at dinner ► JN 2017;147(9): 1722-8. So if we eat the same exact diet we eat now, but shift largest meal to breakfast and second largest to lunch, we lose a lot of weight, if overweight; if underweight, the body moves less and weight may remain constant; some studies show even eating *500 extra calories at breakfast leads to no weight gain, since people move more and* burn those extra 500 calories ► 5 min video. Skipping/minimizing breakfast tends to lead to weight gain, as people eat more at dinner. So, please eat 9 am to 3 pm if you wake up at 9 am and want 18 hr/day fast: first meal biggest, second middle, last small. Your biomarkers will be the best. More light in the morning and less at night seems to help people to lose weight, if they're overweight. Many believe that fasting from all food for 2 or more days is always great for all people, but some studies below show that it damages some animals and people, it is not recommended for lean slim people. Sometimes our brains don't function in the fast days, so always stay home during 24 hour fasts or longer, relax, don't drive. For lean folks, most "several days" fasting benefits can be obtained from going low fat vegan besides not eating food 16-18 hours daily, 8 hours before going to bed and the 8 hour of sleep. This hypothesis is supported by 100s of studies, see a video showing (last 3 minutes) water fasting leads to 5 times less fat loss and more muscle loss than eating fewer calories daily; the video explains water fasting leads to rapid muscle loss, especially if active during the fast, so don't EVER exercise or exert during water fasts; just drinking some fruit juice during a "water only" fast can reduce body protein loss by 50%. Some people drop dead after fasting on water only a long time, due to losing heart muscle so much, that the heart can't cope with the load of beating faster during eating and normal exercise, after days of doing nothing in the bed. Modern heart imaging is very expensive, but in the future, people who, due to being very overweight☺☺☺ (this usually shortens lifespan), want to lose weight by fasting, will perhaps be able to do a supervised fast in a clinic (some MDs supervise fasts full time, with the program insurance approved) with their heart muscle area and many things monitored every few hours. Changing one's diet to a healthier low fat more fiber one was the only way overweight people retained any short-term weight loss 4-9 years later. Most centenarians were not into total food fasting for days, showing that it is not a requirement for living to *100* or 115. *If one is* underweight, *fasting on water (no food, just water only) for more than 24 hours can turn deadly.* It's better to be gradual and moderate. Water fasting is urgent for obese people, but to retain weight loss, they need to stop eating heavy meals at night, avoid oils, fatty and high calorie foods. *Subway mayonnaise = 737 cal/100g, cheddar cheese 400, Carl's Jr bacon 500, peanut butter 588, cauliflower 25, zucchini 16.* You see why vegans are the thinnest group: they eat low calorie produce, legume plant foods. No amount of fasting helps if one goes back to heavy meat and dairy eating (lots of fat, cheese is 70-80% fat by calories). Buy that scale from Amazon and make sure you never gain any pound, if you do, fast 24 hours and use the food calorie table. Please make science based choices.

The advantages and DANGERS *of longer than 24* hours FASTING on *Water* only (no food, just water) are explained below, with the dangers first so people don't do mistakes:☺☺

1. THE DANGERS OF FASTING without electrolytes or vitamins/minerals (Long Fasts on Water and alternate day intermittent fasting, 1 day eating, one day drinking water only)

Simply because an ancient text or recent text or person says that someone fasted in a certain way for a certain period of time doesn't constitute any kind of peer reviewed science backed proof that that event occurred. Moreover, what one person can do, not everyone can. Probably the longest fasts inspired by other claims occur in Jainism, where monks are reportedly fasting for 6 months at a time on water only. What monks living in a stress free restful environment, with minimal movement, can do normal people can't, so trying to fast for long periods without supervision can be fatal or result in serious harm. JAMAIM 2017;177(7):930-8 explains LDL increased about 12mg/dL after intermittent fasting for 1 year, while HDL did not while both groups lost the same amount of weight (low calorie eating for a year versus intermittent fasting which subjects the body to the shock of no food and sudden food repeatedly, damaging it probably). It seems to me like an abuse of the body to deprive it of food for 24 hours for weeks or a year, every other day, compared to eating the same amount of calories without 24 hours of fasting. This repetitive going to extremes can't be healthy. It's like exercising for 1 hour is much worse than exercising 4 times for 15 min, in terms of longevity benefits. Drink *plenty of water* with Ca, Mg, Na, K electrolytes *dissolved in it, during a food fast,* even 16 hr ones.

1.1. Dangers *of Fasting* many *days:* Many people, ignoring all science studies showing harmful effects of even just 1-2 days or weeks of fasting in some animals and some people (and looking only at the positive stories, which apply quite often to overweight people only), plunge enthusiastically in doing very long fasts of 2-10 weeks unsupervised, ending up dead as the stories below show, due to not ingesting vitamins and electrolytes. The fact people don't die doesn't mean the fast did not do organ damage if done wrong (even if it may help in most cases when done correctly with rest and supervision), even if a fast was only 2-15 days. ☺☺☺

1.1.1. Woman fasted for 26 days and died. She fasted for long periods at least several times before, including 40 days before the fatal fast. The dead folks didn't read science papers to see we need add electrolytes to water: 400 mg Mg, 500 mg Ca, 350 mg Na, 4 g K/150 lb weight.

1.1.2. 73 year old died after 30 days of fasting. You need rest, sleep 9h/day, relax, listen to favorite music, do enemas, no stress/exercise/exertion, 70 lb of body fat for 30 day fasts, take electrolytes. Those with 7 lb of body fat can't fast > 36 hours without heart muscle damage.

1.1.3. 29 year old died after 20 days of fasting. Lack of knowledge is death. Study first, be careful.

1.1.4. 44 year old perfectly healthy Pastor died after 30 days of fasting without food and water, after he bragged that he will be able to fast longer than 40 days. No scientific evidence exists Jesus fasted on water for 40 days, other than some claim in an ultra edited Gospel of Lies.

1.1.5. In 1999, Australian-born Verity Linn, 49, died in a remote part of the Scottish Highlands after attempting a 21-day fast. Another nutcase, clueless of the need of electrolytes and 50 lb of body fat needed for such long 21 day fasts that soon use heart muscles for energy if no fat left.

1.1.6. 13 year old girl died after 68 days of water fasting and 2 days of breaking fast with other liquids. See also the much longer New York Times article. Read the science above before fasting.

1.1.7. Several new age followers of Jasmuheen, the lady who lies she doesn't eat, have died according to the Cult News Institute, for example a 53 year old woman. When Nikola Tesla said we will EVOLVE to live on cosmic energy one day, he was referring to a far future century when our science and understanding of energy and matter will be way more advanced. Just "believing" one can live on energy won't make it happen. Physics laws are hard to break. This doesn't mean that positive thoughts and placebo don't work for minor things and certain types of conditions, but living on energy is something really far out. Knowledge is needed for anything.

Even people who did water only fasts under medical supervision for a very long period ended up dead at times as this video explains. It's critical in any fast on water or juice to take vitamins.

1.2. Dangers *of Fasting* 2-5 *days:* Even during medium fasts of only 2-5 days, most people get tired, weak and dizzy at least some of the time, increasing their risk of falls, accidents, mistakes while driving, etc and that's why longer fasting is safe only when one doesn't work and is resting all day, taking electrolytes, vitamins and stopping fast urgently if any pain in the heart or head area. Alan Goldhamer who has a clinic where they do supervised fasting, with people living in there 24-7 and resting horizontally most of the time, and eating only vegan foods (free of oils, sugar, salt) in the days after the fast to gently get the system used to food again, did 10,000 supervised fasts and nobody died or suffered any problem. He always likes to remind people of the horizontal rule during fasting, i.e. rest, since the body is rebuilding and is tired and one can fall. He managed to reverse cancer in a person, as explained below in the paper about lymphoma. In fact, they *don't even allow showers for people in his clinic, to avoid falls,* even if people stay there just a few days or 20 days. He was able to help people quit hypertension medication and drop their high blood pressure 60 points with fasting and a vegan diet free from oils, sugar and salt. His fasting program is a *medical benefit for the largest California union*. The only thing that is not clear from the article abstract I read about his hypertension study is how do these people manage their blood pressure once out of the relaxing clinic environment and once eating unhealthy stuff 6-12 months later? "Studies of fasting regimens have not been

performed in children, the very old, and underweight individuals, and it is possible that Intermittent Fasting (1 day at a time, once every few days or weeks) and Permanent Fasting (many days in a row) would be harmful to these populations. Fasting periods lasting longer than 24 hr, and particularly those lasting 3 or more days, should be done under the supervision of a physician and preferably in a clinic." ► CM 2014; 19(2):181-92. It's unsafe to drive a car and work during fasting, even if one does a fast under the supervision of a doctor. ☺☺☺

1.3. Dangers *of* repetitive long *fasts*. CM 2014;19(2):181-92 is a paper (by fasting researcher Valter Longo, Professor of Gerontology and Biological Sciences at the UCLA) showing they fasted rodents for a day at a time, but in human lifespan scale, 1 day means 30-40 days. Not all rats lived longer, some lived shorter. The max longevity gain was 30% from these radical "30 day human equivalent" fasts. Unless you're super fat, fasting more than 10 days at a time is not a good idea. Like everything, fasting is complex and one size/duration doesn't fit all body types. Moreover, long fasts of 3 days in rats (90 human days), did not always have good effects in fighting cancer, and fasting can cause cancer. During refeeding after fasting, the growth of cells is so rapid after the fast, cancer cells can grow too. Longo writes "In mouse models of metastatic tumors, combinations of fasting and chemotherapy that cause DSR and DSS result in 20%-60% cancer-free survival compared to chemotherapy or fasting alone, which are generally not sufficient to cause any cancer-free survival. Thus, the idea that cancer could be treated with weeks of fasting alone, made popular decades ago, may be only partially true, at least for some type of cancers, but is expected to be ineffective or only partially effective for many types of cancers. The efficacy of long-term fasting alone (2 weeks or longer) in cancer treatment will need to be tested in carefully designed clinical trials in which side effects, including malnourishment, cachexia, and possibly a weakened immune system and increased susceptibility to certain infections, are carefully monitored." Regarding cognitive effects, Professor Longo writes "rats and mice maintained on an Intermittent Fasting (1 day fasting, which is like 30 days for a human since we live 30 times longer than rats) diet exhibit less neuronal dysfunction and degeneration and fewer clinical symptoms in models of Alzheimer's disease (AD), Parkinson's disease (PD), and Huntington's disease (HD). [HOWEVER, AS ALWAYS, THERE IS A BUT], fasting can hasten neurodegeneration in some models of inherited amyotrophic lateral sclerosis, perhaps because the motor neurons affected in those models are unable to respond adaptively to the moderate stress imposed by fasting" Several researchers believe in the hypothesis that a 1 day fast (while resting) is apparently healthy in most people (without some health issues) since it causes the brain to form new neurons and get better cognition. This hypothesis comes from the idea that evolution needed the person to be smarter and think better to find food when food ran out, so all resources went to new neuron formation for new ideas on finding food. This is like the secretion of endorphins with fake smiling, tricking the brain into releasing endorphins. I don't

think one needs to water fast to generate new neurons, meditating and discovering longevity methods can. In the past, where survival to 25 was key (not getting eaten by lions), this perhaps was truer, but in the future, where the concern is not making it to next day, but living to 250 by ultra organized, scientific, computational, calculated, precise, orderly planning of centuries and decades ahead, we need a new form of neuron creation, not one of crisis of no food, but of highly complex meditative creative thinking born out of deep stillness (not fight and flight of "no food"). People argue that our body needs rest too, so they take vacation to relax and water fast.

2. THE BENEFITS of Fasting OBSERVED IN SOME ANIMALS AND SOME PEOPLE ☺☺☺

2.1. Obesity & metabolic syndrome ► Professor Longo says in his paper (reference for quotes below): "By increasing insulin and leptin sensitivity, suppressing inflammation, and stimulating autophagy, **fasting reverses all the major abnormalities of the Metabolic Syndrome in rodents**."

2.2. Cancer ► "preliminary study of 10 subjects with a variety of malignancies, the combination of chemotherapy with fasting resulted in a decrease in a range of self-reported common side effects caused by chemotherapy compared to the same subjects receiving **chemotherapy while on a standard diet**. The effect of fasting on chemotherapy toxicity and cancer progression is now being tested in clinical trials in both Europe and the US (0S-08-9 and 0S-10-3)." However, not all cancers vanish during ketogenic or fasting diets, some grow much faster, so be very careful.

2.3. Immunity ► Fasting 3 days regenerated a great part of the immune system (according to the current definition of the immune system) and reversed immunosuppression; fasting led to hematopoietic stem cell (stem cells that give rise to all the other blood cells through the process of haematopoiesis, from Greek αἷμα, "blood" and ποιεῖν "to make") regeneration ► CSC 2014; 14(6):810-23. A simpler presentation of the same paper is here. ☺☺

2.4. Improving Cognitive Function ► "After 3-4 months, Caloric Restriction improved cognitive function (verbal memory) in overweight women and in elderly subjects"

2.5. Arthritis ► Longo continues "one of the best demonstrations of the beneficial effects of long-term fasting lasting 1 to 3 weeks is in the treatment of rheumatoid arthritis (RA). In agreement with the results in rodents, there is little doubt that during the period of fasting both inflammation and pain are reduced in RA patients. However, after the normal diet is resumed, inflammation returns unless the fasting period is followed by a vegetarian diet (Lancet, 1991;338:899-902), a combination therapy that has beneficial effects lasting for 2 years or longer" ► rheumatoid arthritis healed ► 6 min video. Other diseases cured ► 5 min video.

2.6. Hypertension ► "13 days of water-only fasting resulted in the achievement of a systolic blood pressure (BP) below 120 in 82% of subjects with borderline hypertension with a mean 20

mm Hg reduction in BP. A small pilot study of patients with hypertension (140 mm and above systolic BP) also showed that 10-11 days of fasting caused a 37-60 mm decrease in systolic BP." The Goldhamer abstracts don't state the BP 6-24 months after, or if they stuck to the vegan diet.

2.7. Longevity ► Mixed Results, mostly positive ► Mice fasting often increase their lifespan by 15-30%, but other times it decreases their lifespan; many websites present only the mice studies that support their belief that "fasting always is a good idea", ignoring the studies where fasting doesn't increase or even slightly decreases lifespan ► CM 2015;22(1):86-99. ☺☺☺

"Cancer marker changed by fasting" is a 3 min video with MD Thomas Lodi about the Japanese science paper about the healthy 5:1 ratio versus the cancer 1:5 ratio of c-AMP to c-GMP and how a 7 day water fast was noticed to take the 1:5 ratio and bring it to healthy 5:1 ratio again. c-AMP is cyclic adenosine monophosphate, basically ATP without 2 PO_4 groups and the phosphate PO_4 cycled. c-GMP is cyclic guanosine monophosphate. The role of cAMP and cGMP in killing cancer cells is explained at Canc 2014;6(1):436-58. Several studies suggest that fasting boosts BNDF (brain-derived neurotrophic factor) production (low BNDF is observed in people with dementia, NMM 2011;13(4):217-22), reduces inflammation and oxidation in the body, boosts neurogenesis (NR 2007;65(9):412-5), balances blood sugar and improves insulin sensitivity, helps body burn fat and improves metabolism, clears out acne, boosts human growth hormone that improves the skin quality, blood vessels repair (key to preventing strokes and aneurysms) and joint function, prevents Alzheimer, can reverse diabetes and can sometimes heal digestive issues and skin cancer (cured skin cancer for David), improves cognitive function and brain structures. Scientists discovered neurons can appear during adult stage ► NM 1998;4(11):1313-7. Fasting boosts neuron genesis or neurogenesis usually, but some studies seem to point to the opposite direction, probably depending on individuals. Some get off caffeine, alcohol, smoking, meat (all these interfere with advanced telepathy) after a 2-7 day fast, like this guy quit coffee.☺☺

This 2.5 min video shows a lady who reportedly cured a 12 mm cancer tumor via a water fast, see watercure2.org for more information. A 4 min clip shows testimonials about using water and sea salt to cure cancer and other diseases. Sea salt has 32 trace elements, not just sodium chloride. A 15 min video of MD Batmanghelidj talking at Thomas Jefferson University presents several hypotheses, like "cancer, pain, coma, angina, dementia, multiple sclerosis, arthritis, aids, osteoporosis, diabetes, asthma (abort an attack with salty water), hypertension, many diseases are often caused by dehydration (which causes autoimmune disorders) and that water can cure cancer and many diseases; caffeine dehydrates the body causing endless diseases and inhibits PDE enzyme, key to memory making; tea, milk, soda, also dehydrate the body. The coffee plant uses caffeine as warfare agent against predators because the PDE enzyme stops and this causes the coffee eater to forget rapidly and they then get eaten by other animals (the coffee thing is at

the last seconds of the video)". The full 2 hour talk covers all the above diseases caused by dehydration including (past minute 14) how coffee damages us and how aspartame artificial sweetener leads to weight gain, seizure, brain tumors, cancer (WHO), optic nerve damage and visual impairment. His other interesting hypothesis is that by proper hydration, America ***and many nations can cut healthcare costs by 60%.*** He says water is the primary source of energy in living cells MgATP only produces 10 times more energy if there is water around to hydrolyze itself. Without water, the bones weaken and osteoporosis also happens. Shortage of salt leads to high blood glucose. Salt and water are essential for hydration of cells inside and outside. Brain is 73% water, while the dry waterless part is 60% fat. All brain functions depend on water and salt. Many people who had symptoms of coma have returned to normal within minutes of drinking water or water plus some sea salt. To prevent Alzheimer, water and salt are essential. Why is MgATP so important? Wikipedia explains "ATP (adenosine triphosphate), the main source of energy in cells, must be bound to a magnesium ion in order to be biologically active. What is called ATP is often actually Mg-ATP. As such, magnesium plays a role in the stability of all polyphosphate compounds in the cells, including those associated with the synthesis of DNA and RNA. Over 300 enzymes require the presence of magnesium ions for their catalytic action, including all enzymes utilizing or synthesizing ATP. Mg^{2+} ion is the fourth most abundant metal ion in cells (per moles) and the most abundant free divalent cation and as a result, it is deeply and intrinsically woven into cellular metabolism. Indeed, Mg dependent enzymes appear in virtually every metabolic pathway: Specific binding of Mg^{2+} to biological membranes is frequently observed, Mg^{2+} is also used as a signaling molecule, and much of nucleic acid biochemistry requires Mg^{2+}, including all reactions that require the release of energy from ATP". Take 400-600 mg Mg daily. Lymphatic cancer tumors disappeared after 21 days of water fasting followed by vegan diet with no oil, salt, sugar added ► BMJCR, 2015:211582. Raw veganism is very hydrating too, many cancers are reversed that way too, not just water fasting, search youtube for lots of cancer, diabetes, heart disease gone with a raw food diet. An MD presents in 35 minutes a way he used to *reverse* type 2 diabetes thru intermittent fasting.☺☺☺

HYPOTHESES ON ENEMA for fasts longer than 24 hours (3 pages with details):

Fasting more than 24 hours is less useful for very thin people (3 day max OK if you got 10 lb of body fat), as the dangers outweigh the benefits, but enemas have among the highest returns on investment for time and $ spent to add extra lifespan years: for just 12$/50 years *(see next page for details on* my favorite enema kit*)* we remove all kinds of debris, like when we clean arteries, teeth, body of many junk that accumulates (or tubes etc in many machines, plumbing systems, drains, etc). Eating stuff, probiotics pills, special diets or fasting, etc don't remove arterial plaque in a few hours, it may take 50 years to remove some plaque or cancer cells – mechanical removal is needed or you may end up being dead in days or months; the same applies to toxic hardened

bacterial buildup in our colon, pills/foods don't remove it, you need mechanical intervention to remove it fast; are you going to have gas for weeks, piss all your family and coworkers, because it's politically incorrect or sounds weird to stick a tube and pour 1-2 liters of water into your anus? It's your brain that gets destroyed first when colon is bad and with that everything else too, all organs as blood is toxic; see what arteries feeding the brain look like with bad diet, this is how our colon looks sometimes (the analog) when we have gas and are bloated and didn't do enema for years, and it destroys our brains like those scary arteries do as brain is starved. Our media is obsessed with cleaning the outside of anus daily or 7 times for hands, weekly the car, daily the house here and there (kitchen, bath), weekly the clothes, etc, but never cleaning the inside that has 10,000 times more bad bacteria, not even twice a year. 100K bacteria on the hands won't kill you much, but the 90 billion bad bacteria in your colon can totally destroy you slowly without you even knowing, while you think you're clean, when you're the dirtiest. ☺☺☺

We obsess with deodorants, washing ourselves with chemically loaded body washes, soaps, shampoos, etc, but inside the smell can be horrible and indicative of serious issues that shorten lifespan; the inside smell, how we're inside is far more important than loading ourselves with deodorant to appear smelling good; how we're inside is what determines our lifespan, not the appearance we fake with perfume; if after an enema the smell is terrible, it's a sign a better diet or more frequent than once 4 years enemas, are a good try. In our world, too often # 1 focus is others' opinion of us, not how we really are inside, but their opinion doesn't determine our longevity: *how much deodorant we use, how we smell on the outside is not reflective of how we smell inside, and the inner smell determines longevity*. The media is obsessed with 12-24 hours intermittent fasting or 20 days special diets or fasting *and* totally ignoring the far more effective way, 5 minute enemas, to remove bloating and gas and digestive issues when transitioning to vegan diet or when going thru stressful times that produce more microbiome imbalance and gas. ☺☺☺ We need enemas to remove COLON HARDENED FECES that increase toxic metabolite release, block nutrient/vitamin absorption/production and *makes overweight people crave nutrients and food due to* hard stuck to colon walls FECES *disturbing various body processes. A* low fat non-junk *vegan* diet makes all lose weight: *vegans* are the thinnest people on average. *We clean our house, cars, etc but not our colon, so we end up dumping toxins into the blood 24-7 shortening lifespan by 20 years in some cases: some people got 40 lb of feces hardened on the colon walls. I was shocked: did an enema once a day, 3 days, Nov 11-13 2021; 1st day gas went from 100 loud gas releases to 0, but soon rebound after 12 hours; that was the loudest and worst in my life (no smell that day, just lots of gas)* due to eating corn bran Fiber One by General Mills cereals to try new fiber sources, to 0. After 3rd enema, when I used not just 2 liters, but 4, stool returned to normal and gas ceased for longer than 12 hours. The stool also became normal after 3 weeks of mostly diarrhea, and even reached the odorless level.

Enema stops gas instantly, so *it's useful to do* before trying to have a baby *if you know you had smelly gas last few days, because both parents can move a lot and have gas, and if it smells it can induce stress response which may diminish sperm quality (oxidative stress) or egg release process quality and fertilization. You want the* healthiest embryo, so add nice perfume and a fan and nice music to the room. Enemas are not recommended weekly, outside of 3-15 day fasting periods, as we can disturb our gut bacteria; enemas is fine when gas is excessive (loud, frequent or smelly) or digestion needs a clean up thrice a year, better than weekly enemas is to change diet to a healthy vegan one. It's probably best to do enemas until all fecal matter is out if you continue a fast beyond 36 hours (ask your doctor or professional friend who watches over you to research enema effects), that way you can enjoy your time of rest, healing, meditation and fasting and benefit the most from it ► $12 enema, 2 L/quart capacity (can hold even 3); this kit that I use when digestion is disturbed, is 50 times easier to use *(very important, since it if annoying, people won't do it and most people desperately need to clean their colon, it hyper drives the overweight and obesity epidemic)* and more effective than disposable ones, since it allows water control easily via 2 methods *(the knob method is way better than most enema devices)*, many spare washers and nozzles, long tube allowing you to relax on the floor, unscrewing the nozzle, solid thick bag and connections that won't break and splash water during use, soft silicone wrapped hook to hang over the bathroom curtain rod or the shower door while lying on the floor to facilitate best water penetration & dislodging of hard feces & bad bacteria. After enema, you need to dry it by unscrewing the 4 parts (3 tubes, container) and letting them air out in a dry area. Trim the enema tube that comes out of the container to about 14-15", so you can use an 8" thin brush (dollar store) to clean it after each use or whenever you think it's dirty. If you don't dry it, mold will grow and cleaning it will require heavy brushing, vinegar, peppermint oil, etc. You can hang this shorter tube by the bath door and you lie on the floor gravity will do the trick. Every piece of tubing can be unscrewed and cleaned with this brush, whether the grey mold is visible or not, ideally not, as you dried it after each use. The lack of a National Enema Uni means that they make these poor quality products that are not easy to clean and lead to endless landfill waste and purchasing enemas 20 times. Instead of living to 900 research, we waste lives with production 20 times the junk products that break. To live to a trillion, we need 11 companies, 1 gov, 1 pay, 1 tax, 1 bank, 1 edu, 1 regulatory agency.

Enemas take minutes to do, just let 1-2 liters/quarts of water in (slowly, initially 200 ml, wait, move slightly, then another 300 ml, then 300 again, then 200, for 1 L, stop when painful) or even 0.75 if 1.0 is too much (*don't put too much, much depends on how much stuff you got there to begin with that day, as that can be too painful, only do a little at a time, maybe 3 times if that's the most comfortable way, the goal is to clean it and not to clean it without causing discomfort or pain*), then, if you can, maybe move around and do some exercises to lift the colon so water

irrigates the entire colon (legs and bottom up etc), hold it *for 1-7 minutes* and mix it well, while doing various stretch movements to use gravity to reach all colon areas, otherwise, if you just flush it right away, most of the bad stuff remains inside – but it's fine, since you can do 3 enemas of 0.5 L instead of one of 1.5L and have *0* pain, the goal is to learn to be kind, gentle and happy with yourself and realize there are a trillion ways to the same end (*clean colon*) *that don't involve* any pain or uncomfortable enema techniques – just like a trillion ways to peace without war, without torture, pain etc – we need to THINK, feel, be kind, healing, soothing, soft, gentle and not behave like robots. The reservoir is better kept 5+ ft above your body lying on the floor *(sit on a soft rug or towel, place the hook on the tallest door hinge)*, otherwise water pressure will be too low. Gently use a very oily cream of vegetable oil on the tip, not a watery cream, to allow best water flow and tip movement. While usually gas stops, sometimes you need 2 enemas for it to stop for a few hours; the nice thing all smell is gone from any gas if any smell was present. Enemas help to make fasting *longer*, detoxify better. Many people have fasted for 40-60 days (some are Guinness records for supervised fasting).☺☺ Smelling foods is a well-known fasting beyond 10-20 hours technique used for millennia. Science found a link between appetite and smell ► medicalxpres...e.html, ► NN 2014;17:407-15. One old ancient technique is to prolong longevity of brain, its telepathic functions, and the longevity of body by eating up to 80% full or so, as many centenarians said on the CNN program on Blue Zones. You can even ask God or the Universe to bless the food, and who knows, the quantum field of humanity (maybe that's what God is) may help. This does have an effect seen "astrally" (in some experiments every time people pray for a person or leaf, the physical biophotons increase on that leaf or person) and the tomato piece which you will eat later is charged with something that science can see. It may even be the case that the food smell patterns change, so as to heal specific overeating brain mechanism that is out of order, to realign itself. Blessing rice may prevent rotting if IR is strong, due to physics (qi destroys cancer ► IJBCB 2006;38(12):2102-13, CPB 2013;31(1):113-22, MCB 2012;363(1-2):245-55, qi IR 3-5 µm wavelength ► AJCM 1991;19(3-4):285-92), like IR detected from healer hands or unknown waves that kill mold, nurture the good bacteria that eat the food of the mold or fungi ► youtu.be..5A. If we shine UV or xxx nm at bacteria most die, while others thrive: 630 and 850 nm help the mitochondria cytochrome oxidase in cells, while ### nm destroy human/bacteria cells, it varies by microbe.

11.11. SMOOTHIES with nutrients covered above & in Chapter 12

Please go to 11.11.1. to read about the best knife for cutting produce for smoothies, as you don't want wrist injuries from using dull knives that require 3-20 times the effort and wrist strain to cut squashes, pineapples, watermelons, carrots. Kale (healthiest food), carrot, etc nutrients are 2-100 times more bioavailable in smoothie puree form, just like chia seeds omega 3 are not absorbed when eaten whole, but when made into a powder, they absorb. Steaming or cooking

kale would eliminate the anti-cancer sulforaphane. Because the healthiest diet is low fat vegan one, the source of this fat has to be included in the morning puree, so that those seeds or nuts are ground (if chia seeds) or pureed in order to signal to the body that this is a fatty meal. If you eat lentils by chewing and then other things and at the end a walnut, the stomach may start pH digestion of food optimized for carbs or protein, not for fat detected later. By eating the puree with unpureed lentils to chew more, you signal that this is a fat meal and it will be digested properly, leading to a healthy stool, not one that is horse like and with undigested food. Therefore, eating one smoothie a day, the morning one, with all vitamins taken out of capsule and nuts/seeds pureed with *kale, carrots (hard to chew those into a puree in the mouth, in order to absorb everything),* etc is essential for low fat vegans, so that little fat they eat can do wonders for the stool and they don't develop essential fatty acid deficiency by improper fat metabolism/digestion. *If you make all meals normal, no* smoothie, a very low fat vegan diet can lead to horse like stools that show food was poorly digested. If you make all meals a smoothie, stool won't be good, but too hard due to lack of saliva. Eat the daily smoothie with lentils that you chew to obtain the perfect stool. In digestion, proper absorption and stool only happen if everything happens in perfect biochemical (it's a fat meal, a protein meal, a carb meal, etc) signaling sequence like in a perfect textbook digestion, so everything is digested FULLY. Chewing releases saliva which aids digestion, as explained in the eterni food paragraph, so it's important to not eat 100% of food as smoothies for years, otherwise, your food won't be digested perfectly, stools will be harder and constipation higher. 1 smoothie a day for kale or hard to chew broccoli is fine, to get the sulforaphane (that removes microplastics, 7 g per brain usually) destroyed by steaming or boiling, but the hard stuff like carrots or butternut squash can also be steamed if your stool prefers that (if stool comes out easier, etc), since carrots don't seem (current knowledge) to have much of anything important destroyed by 30 second steam after pressurization in a pressure cooker. Don't forget to chew a lot daily also, since saliva has 2000 chemicals, like the natural tears, and important enzymes. *Some compounds, like sulforaphane and other anti-cancer compounds are destroyed by steaming, so do eat some raw of each veggie too*. To understand how Big Companies fake studies to push deadly foods, go to the commercial fake science section. This 20 page section discusses the benefits of smoothies (helps people eat more veggies that otherwise are too time consuming to chew), how to make the healthiest smoothies, and also the damage done by food processors due to anti-life standards of the corrupt Demon-crats and Re-pub-licans, mere puppets of the aristocratic parasites who shorten the lifespan of the 99% by noisy and unsafe food processors. Noise from 95% of food processors kills us slowly in many ways, not just cellular chaos as explained below. The mold, dirt and noise issues cause many to get sick and die early, this slow genocide that kills millions of people early needs to stop. Fast global action needs to be taken to rein the profiteering aristocrats who deliver bad products that could be so much better via the 11 universal companies. To diminish

ear damage and body damage from sound vibrations and noise by 10 fold, place a 13 gallon Sterilite (15$ at Target) trash container (not the removable lid) on top of your $250 14 cup DFP-14BCWNY Cuisinart (14 cup type has bigger blade and fits a fluffy kale in one go, finishing doing a puree faster). Amazon sells Cuisinart (founded 1971) or KitchenAid (founded 1919) food processors that are 10 times quieter than the rest (at the common Walmart, etc stores), due to using induction motors. With a Sterilite on top while running, it is super quiet, unlike any processor in existence in any nation. KitchenAid is quieter than Cuisinart in general, but it varies depending on the model. The $160 13 cup KitchenAid KFP1318WH with 1 carrot and watermelon inside makes the following levels of sound if setting is low: 76 dB 1 cm above the chute, 74 dB 1 foot from the chute, 63 dB 2 ft from the chute. On the high setting, 86 dB 1 cm above the lid, 77 dB 1 ft away, 71 dB 2 ft away. The 14 cup DFP-14BCWNY Cuisinart (has only 1 setting, not two) with the same 1 carrot and similar watermelon amount makes 91 db 1 cm above chute (72 dB if you use a 1$ large 1 foot diameter bowl on top of it, since Cuisinart noise is mostly from the bowl not the motor), 80 db 1 foot away (69 dB A if using the 1 ft diameter, 7 inch deep bowl to contain most of the Cuisinart bowl), and 73 db 2 feet away (65 dB with bowl). The bowl placed on top of the KitchenAid leads to only a minor 1-2 dB reduction, since the noise comes from the motor mostly. However, the blade of Cuisinart is 40% bigger and has the little dents, so the 14 cup Cuisinart is wholly superior, since it produces real puree of carrots in 5 minutes, while KitchenAid fails to do so on the quiet low setting. The noise of KitchenAid on high is very high, and the mess it makes by dripping when opening the lid and the extra effort to wash etc extra parts etc is simply not worth it, since the Cuisinart becomes quiet with a simple bowl that is 8 inch deep, 12 inch diameter, while KitchenAid needs a huge 5 gallon bucket to be made quiet on the high setting, making it less practical. Not to mention that with kale and such a big blade will puree the kale way faster as it catches and drags greens way faster than plain blade. Simply use the bowl on top of Cuisinart and you achieve the same level of noise almost, but much better results, plus it's SO MUCH EASIER TO CLEAN.☺☺☺

Puree increases nutrient bioavailability 10 fold, so never get a processor without a blade with dents, grooves that catch the veggies better and chops them way faster. You will notice the KitchenAid are quieter, especially the smaller type that are discontinued now, the white or silver KitchenAid KFP1133CU 11-Cup (has blade with grooves for puree, white plastic for blade to see mold and dirt and when it's time to soak in bleach to remove biofilm, only 1 part for the blade mechanism, the blade itself, unlike the 13 cup with 3 parts and the rod guide on the lid, this one is much simpler, and much more like Cuisinart) or White KFP715 or other smaller KitchenAid models (to see dirt, soak in bleach 10 min once 3 months, to clean the mold). What often happens is good products (KFP600WH, etc) get discontinued (old KitchenAid were much better from some point of view, and sometimes quieter) and a new product manager comes in, without

any knowledge of nutrition, who doesn't do smoothies 2-3 times a day and makes catastrophic decisions, running a company into the ground: changes color from white to black, removes the blade grooves so pureeing takes 50 hours not 5 minutes, etc. In 50 hours all is oxidized, food rots, etc. You want it done fast. To be fast, you need the base where blade is to be wider, so the models where base is smaller than the top are low IQ, as that forces the blade to be smaller and for the process to take longer, which leads to more oxidation and strokes, heart attacks, etc. We need the processors to be shorter and wider for a bigger blade for minimal oxidation: today the diameter is often same as the height, which is not good.

When ☺abysmal IQ companies☺ design these, nothing good comes out, we need a big company with 9,000 scientists from many majors (effects of infrasound on human body experts even, to determine which sounds are damaging human body the least and which sounds extend lifespan for appliances) to design appliances and everyone who makes them daily and knows chemistry makes suggestions. Another real issue with KitchenAid is they got 3 extra pieces to clean after each use (the black rod, the hexagonal plastic thing on top of the black rod and the black guide for the back rod, which is in the center of the lid, making it hard to clean properly due to its color and hard to access areas. Because of this, I suggest soaking it in bleach every 3 months for 10 minutes or getting a white model to see when mold forms. The 3 extra pieces are black which means you won't see mold and dirt, unlike the beige Cuisinart. The cover hanging after use means juice will drain on the KitchenAid and the counter from the open lid, so the Cuisinart design of the lid being removed and placed somewhere inverted is better, it prevents you having to clean the dripping of smoothie juice onto the KitchenAid sides. If noise is a big issue and you eat small portions, you may be better off with the smaller Cuisinart 3 cup (30$) dark grey plastic for blade, 7 cup, 9 cup, 10 cup (not good, noisy, blade is grey, can't see mold, dirt well) or 11 cup being quieter than 14 cup ones. Seems like all Cuisinart almost have this superior blade design with grooves, made to speed up puree making by 10 fold versus plain blade, so Cuisinart wins over KitchenAid overall. Cuisinart is really simple in all sizes, just the blade and no other parts like KitchenAid. In our everyone for themselves hooliganism capitalism, we don't have real cooperation and instead of KitchenAid learning from Cuisinart and vice versa, to make stuff with quiet bowl and good blades, they go separate ways to create trashy products. Why can't the government unify these aristocratic companies to make something way better? To increase speed of pureeing, you need to have the base be very big and blade big, so Cuisinart 14 cup wins over any KitchenAid model. KitchenAid takes 50 hours to reach same puree of 5 min Cuisinart. To use a 2nd grade analogy, if you got a typical $ store knife and you pass it thru a web of bush branches, etc, there is no resistance. Take the same knife and create grooves, big zigzag pattern, like a chainsaw, and you meet incredible resistance and end up breaking maybe 30 thinner 1-3 mm diameter branches as you go down. The same thing happens with the "branches" of kale

that are 1 mm, they get pureed much better, broken into smaller 0.05 mm branches and faster. This means, you get to absorb the nutrients better, saving on food costs. Hunger happens due to lack of nutrients too. ω3 in flaxseeds are ONLY absorbed if you use a coffee grinder to turn them into powder. Otherwise, you just absorb 0.1% at best. Always choose groovy blades.

The reality is in our decentralized system, where aristocrats rule and the government is a toilet paper aristocrats wipe their posterior with, no goals exist to make devices last longer. Drive thru fancy neighborhoods in Florida and California and you get 10000 fewer potholes or sunk drain sewer lids vs near the White House, where every spy can drive by and steal national secrets. For example, on the 14 cup Cuisinart, if that 2 inch by 0.4 inch white lever in the lid breaks, there is no way in the design to replace just that part, you need to buy the whole lid, which is about 300 times more plastic. This leads to incredible plastic waste and lifespan years lost by the slaves making plastic, dying in oil rigs accidents, as no time exists to focus on oil worker safety or longevity science, we just make plastic, to replace gadgets that break so fast. Another issue with Cuisinart and all other brands is that the design doesn't have as a goal to make it easy to replace only 1% of the major parts, that get dirtiest or break fastest, instead, you order the whole thing, as that makes more money for the company. This undermines national competitiveness, as we're peasants making plastic and useless things, instead of biochemists and physicists figuring out living to 9 billion. The back of Cuisinart bowl has a protrusion with the spring and it's exposed to the outside, meaning endless food, water, scale, dirt gets in there and it's impossible to clean without soaking in bleach that ruins the spring. They could have sealed that area like KitchenAid. The lid that sits on top of the Cuisinart bowl is very wobbly, the fit is not perfect, not tight, no rubber band like KitchenAid, so it makes more noise than KitchenAid. Companies don't learn from each other. The obsession with profits and intellectual property undermines the ability to create good products. That's why we need merge all these "wanna be" companies into a truly high tech Eterni Food Inc with 5 million PhDs producing the best appliances and foods. Cuisinart is managed poorly. Many people place orders for items and if it was some mistake, and they want to cancel, like you can easily do on Amazon within 2-48 hours, they couldn't cancel, even if they called minutes after pressing buy and even if it took days for the Arizona staff to ship it. They even lie to customers and say it's only a soft transaction and the bank can cancel it if you call, but it's a real transaction. With these private companies, no customer service exists. They waste resources, as they ship twice same item, and abuse their power to build palaces for the blood sucking parasitic bankers and aristocrats looting the masses of slaves. Why do we need all these thieves to start 33 million companies? For the 10% to subjugate the 90%? We're not even mentioning the truly genocidal companies out there who make ultra noisy processors (90% of all processors), which lead to violent crime, Alzheimer, car crashes. A neighbor has his kitchen near someone's bedroom, he sleeps with window open and is woken up, bad sleep

prevents blood vessel repair and has a stroke next day becoming paralyzed for life by these aristocratic predator scam companies. A kid is woken up from his nap, gets bad grade at exam, dad yells next day at him for the bad grade, kid gets mad and runs away, hitting a car. Bad sleep due to sleep interruption ruins families and causes car accidents, like drunk driving. Genocide after genocide, all at the hands of these wolves in sheep's clothing. Let's take USA back from the parasites.☺☺

You can buy a 10-15 gallon trash container (with no or removable lid) with thick sound blocking plastic from Target, Walmart or Home Depot to place on top of Cuisinart 14 cup, and hear for yourself the AMAZING difference.☺☺☺ That low noise is what any food processor sold in USA should sound like, in the worst case in the transition period until a new tech makes it even quieter than a low conversation. Big containers have thicker plastic and will help your ears and body live longer. Random noise increases biological entropy and shortens lifespan. KitchenAid system with the base rod attached to the bowl, instead of to the motor casing as a spinning device as in Cuisinart leads to some huge issue: the area between the support of the spinning piece and the spinning piece, both made of black plastic, is prone to fast mold growth, as people can't see the food getting stuck there. This leads to spreading mold in every single meal. Cleaning that area requires way too much effort: using a screw to open the area and clean it, but even that is not going to clean it well. Not only does Cuisinart use only the blade piece only, beige blade and beige rotating rod that is not part of the bowl, but the KitchenAid uses black colors which hide the dirt so well. Using 3 parts instead of only one blade makes cleaning very time consuming. The rubber KitchenAid uses on the lid, which causes its bowl to be so much quieter than Cuisinart, is black, another ☺abysmal IQ☺ idea, since all rubber that is beige gets moldy after a while or dirty, but with black you can't see and you don't clean it. Once again fail. It's imperative these companies learn from mistakes and not copy each other's filif toad IQ designs, only taking the good ideas, such as some beige or white rubber on the bowl, a more sound insulating plastic for bowl, etc to match the low decibels of low mode KitchenAid, but the puree quality of Cuisinart groovy blade. A food processor needs to be ultra easy to clean, otherwise, people won't use it. Cuisinart needs to include a brush to clean their blade inner part too and improve sound dampening. Overall, Cuisinart wins again, since with a 1$ brush from dollar tree or home depot you can clean well the Cuisinart blade inner cap, but you can't clean the space between the spinning rod and the black plastic support of the KitchenAid. The design of rod within bowl is deadly as it will sicken people over time due to mold growing in that space. The ☺puppy IQ engineers☺ work full time to design deadly humidifiers, food processors, where did they go to college? FDA is too understaffed to check any appliance. Before any product is made on a mass scale, they need to test prototypes with the most known users of that type of appliance, since one mega company, Eterni Food Inc will have 10 million employees, access to all

data of all citizens' cooking habits, know who uses food processors the most. Those people can review prototypes before we spend millions mass producing crappy designs in China.

Aristocrats have trillions (stolen from the state) to build palaces with profits obtained by slow undercover genocide of the gullible masses. Ironically, the subjugation of people by the aristocrats leads the product managers not caring, even when the issues are explained by 10 reviews over 10 years on Amazon. People have no choice but to buy deadly products, gifted to them by the eternal greed of aristocracy. That's why in immortalism, they use reviews.gov to ensure every product manager is fined and even demoted if he fails to implement changes reviews suggest. However, to ensure product issues are tackled, inspectors need to verify if the issue in a review is real or needs urgent product upgrade and if both inspect and product manager fail to make the change, both are fined and maybe demoted. For Cuisinart 14 cup processor, simply buy a 12$ 13 gallon white trash container to place on top of the processor while it is running, so noise is less. The droplets that may splash on the inner walls of this plastic trash bin can be removed with a wet sponge once a week. To protect our health ☺☺☺ and prevent biological entropy from noise, it is imperative for all immortalist governments to require all food processors to make maximum 50 dB noise, not the crap today. Immortalists need to require the processor to be able to make a puree in 1 minute out of carrots and watermelon for example, not 4 minutes, so all get good nutrition without needing restaurant deadly smoothies. Critics will laugh and say it's not possible, not realizing that their model of 100 times more admin, business, accounting, payroll, manager jobs is what kills all innovation. If you place a kale in a processor after trimming it in 4 big pieces, you need to constantly stop the device to push the kale down where blades are or to simply add a little kale at a time thru a tiny chute, so it will be time consuming and annoying. Most people will eat healthy only if the government makes it easy to do so: since the private sector is made of ☺puppy IQ ☺ companies, we need establish the Immortalist Kitchen Appliances University or Lab, similar to the Humidifier Lab or University. Again, we're back to the 0 IQ of capitalism: you get 100 clueless companies creating 100 trash processors, each having 1-3 PhDs, instead of one company with 500 PhDs (National Food Processor University graduates) making a truly amazing sound insulating processor that is whisper quiet. Always read 1-2 star Amazon reviews for any product as it shows most common issues; choose white so you clean it and avoid getting sick from mold you can't see on those with blue, red, grey, black parts. Use a decibel meter to compare noise, since the US lacks a centralized system that labels every noisy product with the decibel level at 1 feet, 3 feet away. We need easy to clean ultra quiet processors, not fraudulent CEOs using "ultra quiet" words in ads and then being louder than other processors that make no mention of quiet. See, with an immortalist science, honesty, kindness and proof first society, instead of Bible Theocracy of Thieving Ignorant Frauds of "God gave us the ability to lie, obfuscate, hide all bad quotes and

real data on decibels and thousands of parameters of millions of products (bad studies about products) and make the trashiest scripture, product or processor sound like the best, the ultimate fraud sound like a miracle", we have real data, decibels at various distances and with food and without, same food, etc. Same with cars, we get real RF data, real decibel data for every noisy product. All parts need be white to see better or beige, ultra light pastel, almost white with a hue of yellow, blue, purple or whatever. When you clean it, you want to use minimum minutes, and that's not possible when you don't see the dark spots where food is. On a light background, you see clearly the hues of orange from carrots, dark green, black mold, etc grey mold on the plastic part of the blade, etc, and also dark purple or almost black stains from kale etc, biofilm, etc at the blade to plastic interface, etc. With grey and black you can't see those, so you keep eating toxic mold. Sadly, KitchenAid makes many parts dark grey, like the blade plastic thing inside and this is bad, since with the beige color of Cuisinart you can see mold and dirt and clean it much better by soaking in bleach for 2-20 minutes or more depending on hen you see it totally clean. You can simply walk away or use earplugs if noise bothers you. Protect your ears and avoid waking people up with loud motors from Walmart, buy Cuisinart instead. This white bowl you use to diminish Cuisinart noise 2 ft away by 7 db also helps you to wash a kale bunch by inserting up and down in water 10 times and to vent the pressure cooker used to make lentils, if you place a glass jar on top of the vent and this bowl on top of the jar, so fumes decrease 10 times due to condensation if you depressurize it fast.

Always make smoothies fresh and eat them minutes after preparation, to prevent endotoxin buildup. Also, chop only the fruits and veggies you will eat in 5 minutes, don't leave chopped veggies in the fridge and don't buy precut veggies or fruit, since the bacteria grow and with that the endotoxin level: see how fast endotoxins grow in different foods on day 4 and 8 in the fridge. Likewise, lentils, or any vegan foods, if left outside of the fridge for 10 hours, can grow endotoxins, and even in the fridge itself after a week. So, always prepare and eat foods within 5 days of preparation, store produce whole in the fridge. Meat in the fridge will be deadly. Smoothies increase bioavailability (FC 2016;203:23-7 found "3-4 fold increase in liberation of lutein and β-carotene when comparing *whole leaf* and *puree* preparations of spinach", *reduce air intake during swallowing* (of strawberries, the airiest fruits or foods in general), reduce hunger due to higher bioavailability (100 times more for ω3 for example by grinding seeds first), reduce calorie intake, reduce cellular division and its telomere shortening, increasing lifespan, thru more meditation☺☺☺ instead of chewing and belching like cows. If your stool is very liquid, smoothies (or high fiber foods like blackberry, raspberry, cactus pears, etc or harder veggies that ferment in the colon feeding the good bacteria like partially chewed purple cabbage, while other foods never get whole into the colon being too soft or smoothies) can make it more solid; zucchini makes stools far more solid than cucumber for example, even if in

smoothie form, so if you have too watery stools, it helps; *pineapple helps digest undigested protein, so it helps relieve digestive issues too, so keep eating 100-900 g/day along with 7-10 cucumbers/day when diarrhea strikes, as hydration is important*; contrary to what we would expect it's not always that less pureed food gives denser stools, sometimes the other way around is true due to the fact the digestion is impaired by an imbalance and fine puree increases absorption of nutrients that heal the imbalance (lack of "acid, stomach 'chewing' power", etc can mean poor digestion of unpureed foods). *They also allow us to eat in 10 sec what takes 400 sec of chewing; it's a liquid puree of a healthy veggie we would otherwise never eat: you can puree and liquefy a zucchini alone; we can puree hard butternut squash* (it's good to have a blade for butternut squash and other super hard veggies (like the old one I used for 3 years, I saved, not trashed) and one for routine smoothies, to avoid making the routine smoothie blade too blunt, since a sharpening stone doesn't work to get it to the newer condition that it stays in with softer veggies; do get a new blade every few years, because it will save your motor and make it so quiet again) *if we mix it with zucchini premade puree or watermelon; say good bye to cutting fruit/veggies in small pieces for a salad: do it 20 times faster, safer in 7 seconds with the food processor*. If you want to puree carrots, add only a little soft fruit, ratio 1:1, watermelon:carrot, it's easier than 3:1. Avoid mustard > 10 g, broccoli > 30 g daily, as they cause burping. Kale (any cruciferous veggie or leafy green) also causes burping when the smoothie is made in a rush, with something like watermelon whereby it traps a lot of air; to prevent trapping air, you can either let processor spin 7 minutes instead of the usual 2 min, to make it a liquid puree (which is a lot easier to eat, digest and eat, due to a sweeter taste, far less bitter) or first make a carrot-watermelon puree that is ultra fine, air free, then add kale to it to make everything ultra fine again, making sure that in that meal you eat all your vitamin A (vitamin and foods), so you have plenty of veggies to make a big puree to enable the kale to be a minority of the meal, to prevent it from making air bubbles. This way you avoid burping after a pineapple-kale smoothie for example (as long as you don't eat 700+ g of lentils pureed with pineapple, garlic and kale within 3-5 hours, space them out over 8 hours, since lentils have odorless burps producing sugars), because you added the pineapple and kale in a different order with tons of other stuff pureed first; mixing kale with pineapple alone is a recipe for burping all day; never mix kale with pineapple (the airy fruit), first make your carrot:watermelon 1:1 or carrot-pineapple puree, then when it's fine, add kale; the order of addition makes a huge difference in burping, it took me years to realize; if you want to go *vegan* knowing these things is useful, since people give up eating smoothies if they burp too much. *Please* don*'t sit on the* stomach *after meals, as that* increases 900 fold *the burps*. The human biochemistry sucks, these bacteria produce odorless methane, carbon dioxide, hydrogen, and they're often eliminated via burps even if you would eat only a scientifically proven air free "smoothie", with 0 air trapping. When we eat, we ingest huge amounts of air, and it has to be eliminated. With broccoli we need spin it

a lot after adding broccoli to an ultra fine carrot-melon puree, so all air trapping disappears.

We produce tons of saliva when we talk ("An adult person produces from 0.5 to 2 liters of saliva per day, but only 2–10% of the fluid is produced at night. During sleep, the rate of salivary secretion decreases to less than 0.25 ml/minute, while during chewing *or* speech *these values oscillate around* 10 ml/minute" ► BRI 2018:6572381) and when we gently swallow and chew a puree smoothie, and we will adapt to less saliva, growing bigger brains, smaller mouths/teeth. *Obesity is often a result of chewing*☺☺☺ and the anti-smoothie anti-eterni culture, since bioavailability is low, so body craves a nutrient, so people are nudged by the body to eat to get the ω3 that never comes from whole seeds; then they're fat, exercising and even running and walking is hard and they exercise less, muscles atrophy and in older age they can't move, as fat is hard to remove and muscles atrophied; it's a cycle of inactivity that reinforces itself: not making a smoothie (requires standing and doing something), buying it all ready-made and then not being active as a result of weight gain. If we chew less, we can think more about what we eat, make a food table, be mindful and get our calories watched more, increase absorption of important nutrients 5-70 times, get regular meditation after eating, and regular sleep/meal times for less weight gain. ☺☺☺ The smoothie is the way of future eterni foods.

Below are some smoothies I made with a $18 (way better than Walmart ones) scale (don't buy tiny ones, analog buttons ones last longer than digital touch ones), *(this one like 50x better than the tiny ones that cost just $6 less*; the *digits are gigantic and it* does the gram rounding for you; the only issue is it has some delay, so it teaches patience; it allows you to place inspirational quotes, art, etc under the glass, to smile more often: see my scale paper taped to avoid water; since weights are 30-300 usually, it's best to use a scale that has maximum at least 3000 g, more rugged, using rechargeable AAA batteries instead of eco-disaster lithium coin type, 1 g precision is enough, otherwise, tiny scales with max 500g will break in months like mine did, since you can easily run over the 500 g limit to ruin it). The smoothies were made with a Cuisinart 14 cup food processor (worth spending more if you make smoothies daily, because cheap ones break fast and are ultra noisy; *even the quietest food processors with induction motor make noise, but you can do it in your car on a pillow in the garage (extension cord, car doo almost closed) if someone sleeps or in a far away room, bath, etc on some blanket or pillow to absorb noise and make it inaudible; you will be shocked how quiet it is in the car while sitting on a pillow on front seat, 10 times quieter than a bathroom with echo or kitchen*; Amazon has cream, white, turquoise, orange, silver processors too, I love white since you can see dirt easier and you end up cleaning it 10x more oten, just like with counters that are light in the kitchen, bath, tubs, etc – *lighter color for garbage bins, kitchen, bath stuff, doors, appliances, mea*ns cleaner since you see dirt and will clean it a LOT more often; see pictures at smoothies.pdf. Please lobby Cuisinart to make programmable with memory of last time for the smoothie, so we can walk away and not inspect

it; Cuisinart makes programmable coffee makers to reduce population via caffeine, but no food processors of 14 cups or less, which is really crazy, given that it's a quiet processor. We got 1 million things in phones that damage brains and not even a basic 5 min program for Cuisinart. Depopulation first, health and longevity never. It's clever how 100s of companies push caffeine (soft drinks, energy drinks, teas) to cause failure to conceive and miscarriage. Everywhere you go, caffeine products. Not one decent quiet programmable food processor, only deadly food products… The gift that keeps on giving, decentralization and mortal lethal capitalism.

You can see *weights, vitamins* in the food table ► see a table pic, or *use* the free web version of Microsoft Excel, *free* Google Sheets or the *much better (than Google) free* LibreOffice to view my food table; save as Excel, .ods, Google Sheets, create yours from mine, after changing food columns, formulas; on busy days try at least to *weigh high calorie items* (or just compute in your head the total calories for that meal) whose weight varies depending if it's densely packed lentils or with air in between. This way, we don't overeat, especially last meal when weight gain (inflammatory belly fat) is way bigger. In LibreOffice, choose Tools, AutoCorrect, While Typing (□ will appear) to have AutoCorrect settings *changed as you type*, like 3rd becomes 3rd instantly, all mistyped red underline words that you select 'Always AutoCorrect To' via right click will ALWAYS be automatically changed to what you select once only under Always AutoCorrect To. Never pick a suggested word, always go to Always AutoCorrect To to save time when writing an Immortality *for* All book. *We need 8 billion people to write their book*, so we create immortalism vibes fast. I opened food.ods in *LibreOffice Calc* then set Tools-Customize-Keyboard-Insert-Current Date to F_2 Current Time to F_3, ($F_{2\text{-}3}$ work easily on desktops, while Esc (CurrentTime) and Backspace (CurrentDate; backspace not needed, since Delete clears cells faster with one keystroke, not 2) for laptops with tiny keyboards, the assignment is only in the spreadsheet Calc, not the document editor LibreOffice Writer; can move F_2-F_3 preassigned shortcuts to empty F slots if needed) for fast entering of meal time/date, so meal time is the end of the meal; *moving via flash drives one 'excel' sheet from a laptop doc written with one $F_{2,3}$ assignment to another doc on a desktop with the same software with another assignment can cause files to crash when using the assigned keys, so before the move make the desired change by saving as new file*).

If you want to create a food table (see pic) (to lose weight without ozempic that causes blindness and other damage), as explained in the 2 pages above (scale), it helps to have an ERGONOMIC MOUSE (see next page), to use the small Apple Magic keyboard on your Windows desktop like I do (world's quietest keyboard, way more ergonomic), you can assign in LibreWriter F12 (which is near the 'delete' key) to 'Delete to end of word' and F11 to 'Delete Contents' (F11 would be the delete key in Windows, 1 character to the right is deleted only, or the other way around, F12 to classic delete, F11 to word delete, depending on which you use more): go to Tools-Customize-Keyboard tab and in the top left 'Shortcut Keys' click on F12 (or

any you want assigned for that), then go to 'Category' and click 'All commands', then click on the first line of the 'Function' window, type fast 'del' and scroll till you reach 'Delete to end of word', select it and then click on 'Modify' tab to assign 'Delete to end of word' to F12 or F2 if you like F2 better, since the 'delete' key on Mac is backspace of windows. Likewise, you can go type "To Document Begin" in the Function window, and then Modify, after F9 (or F2 if you like it more) was selected. This enables you to set F9 or F2 for example to go to your doc begin, where you have certain formats or table of contents, etc. F11, F12 allows you to have both☺☺☺ backspace and delete of a character or to the end/start of word (another F to delete to start of word if you wish, start of word deletes to the left of the cursor, something most are not used to). You can even assign both F2 and F12 to this function to enable both hands to do it when one is busy with the mouse; no more Alt codes, you can just insert, special character, select open symbol for font (type 'open symbol') and then you get 100s of symbols without having to memorize Alt codes (save your most used symbols to favorites and Libre will add it to recent ones too for easy use of many symbols like ≥); if you use a cheaper keyboard, like x9 for kitchen *(I got one for free due to 5 star review I made, since it's way quieter than any separate keyboard (except Apple Magic or some special IPAD keyboards or laptops) at Best Buy, quieter than even pricier white scissor switch Logitech; plus you use Home key (though you can assign Home to a key if not using a full Windows keyboard in the kitchen) to go to the first column in LibreOffice to put date, then time, etc)* with some old tablet or computer, you can use mostly the numeric pad and assign *backspace to insert date, insert to insert time, F12 to save (since these 3 are near each other and used at each meal)*, etc to make entering data ultra fast with the right hand only (can even place it in a cabinet, with the little tablet, and use right hand only to type, very fast; if the hand gets wet due to washing veggies or handling food, dry it with a towel or use your nail to press on this very easy to press scissor switch keyboard, nails of other less used dry fingers); since the numbers are not usually double typed on cheap x9, etc scissor switch keyboards (way quieter and easier to type, saves your hand some soreness), it can work well, so you use the expensive Apple for your main computer and some junk computer and cheap keyboard for kitchen data entering. You got a white keyboard to see in dim light at night when you turn off blue light with flux software and also to edit your docs much faster because you delete entire words, not just one letter at a time... If computer is slow, replace the 4 factory 2 GB RAM memory cards with 4 GB ones to boost a Dell XPS 8100 RAM from 8 to the max allowed, 16 GB; 3 min: unscrew the panel, slide it, locate the other 4, press the pins downwards on one side to be remove them, there is only 1 way to put them on, push new RAM until the plastic holders snap back in place. Task Manager says under memory column how much RAM you got, how much you use. You can use a $100 tablet/laptop (5w to charge) near food processor, so you keep a tab on calorie intake, to avoid big meals, especially at night when it damages sleep quality. ☺☺

11.11.1. WHICH MICE ARE THE BEST to avoid wrist pain, repetitive strain injury, finger pain?

Before talking about mice (safest keyboards are in the 2 pages above), the first 2 pages below deal with wrist finger pain from everyday tools, handles, kitchenware that can cause severe joint injuries. Kindly avoid hitting keyboard with force as that will damage your finger joints.

11.11.1.1. Handles of pans, fridges, doors, cabinets, showers, etc: Wrist pain or DIP, PIP finger joint swelling (osteoarthritis mucous cyst forms due to keyboarding hard, warm compress, IR heat, sunlight IR, warm water can help it heal, don't press on it as some say online, ginger fights joint inflammation, helps revert it to normal) can be caused by the wrong keyboard (regular keyboards injure your fingers), so read the 2 pages above too, about the comfy Apple keyboard. If you have carpal tunnel syndrome or repetitive strain injury to thumbs, wrists, index finger, etc, it can be due entirely, mostly or partially due to things you use daily that put pressure on wrist or finger joints. An example is a fridge door without handle: bad for DIP, PIP upper finger joints, avoid these, immortalists will ban them. These open from the side requiring more force, like 100s of objects we grab with fingers often at home/work. We stress the hands with keyboards to advance longevity science, so we need less stress from all other objects. Horizontal fridge door gaps focus pulling forces onto the fingertips, creating a high-strain "hook" grip that puts intense pressure on finger joints. For now, buy some suction handle, so you use all 4 fingers, place it horizontally and place all 4 fingers, pulling with the center of the pal, to avoid any extra tension on finger joints, horizontal avoids pressuring the index finger that gets worn from mouse clicks. Two examples: 1). 16$ curved handle 8.6" suction cups design is ideal for slightly non-flat fridge doors, it has lock/unlock mechanism, easy to remove without damaging the glue or straining self, curved handle is not ideal as the ring and middle finger move away from handle when closing the fist and index/small finger get more joint damage 2). 10$ flat handle 8.2", 2.7" height, 2.3" finger gap, widest gap, has lock/unlock for removal. To reduce soft tissue damage, add bubble wrap (Amazon packages) on the inside. More wrap where ring-middle finger are, less where index and pinky are to equalize the pressure, this way you can even make flat cylinder like the band bent shape ones. Flat reduces pressure on index+pinky fingers, more equally pressurizes all 4 fingers to reduce joint injury. For small fridges, buy 4-5" suction handles. For cabinets, buy adhesive: 0.93"×8.35" silver, 1.5" height, 1" finger gap or 0.98×7.87 white 1.4" height, 0.8" finger gap (too little room for fingers) or 1×8.4 gold bad as this textured one tears collagen layers, is hard to clean well, spreads germs; grip design can be silicon rubber, but flat, smooth, easy to clean). These adhesive/suction ones got max area of contact with door fridge or cabinet (total contact area needs be at least 8 square inches, not 4-6 as with cheap handles), so we can close our entire fist: a long handle shifts the pulling strain away from delicate finger joints and onto the stronger forearm, bicep muscles. Flat cylinder handles are safer than concave cylinder or concave band handles, due to even distribution of pulling force across all digits.

Concave handles that bend away from the door create pressure points, forcing the index & pinky fingers into unnatural flexion, increasing soft tissue strain. A flat cylindrical handle distributes the pulling force evenly across the broad, central finger phalanges, while band-like concave handles that curve away from the fridge concentrate the pressure on the softest, most vulnerable hand parts, the sensitive joint creases. This creates high point-loading on the index and small fingers, quickly leading to discomfort and injury. When closing your hand into a power grip, your hand's natural contours align much better with a cylinder than a thin, angular band so common in most fridges. Most fridge have no proper design of a handle (they're not cylindrical) to protect worker safety, as "gnat IQ thieves" rule classic capitalism, instead of etlif IQ for immortality capitalism. An ideal design is far more hand shape like with 4 grooves (than the flat or one curve), that correctly averages the valley depth of grooves of the 4 fingers in the pulling action to reduce joint strain by 60%. It's also made of a softer silicone to avoid damage to the joints, ligaments, rubbery so joints to last 9,000 years. It will have a detachable inner part of the handle that allows Immortality Centers to make a free 3D scan optimized for each hand, for the injured or all interested. "Art history or Biology of mouse tail hairs majors" who didn't find a job due to "33 million crap companies", from 5000 companies design fridge handles, keyboards, etc, instead of 100 PhDs and MDs verifying any design for joint stress, health effects as with 11 companies that produce 1000 times fewer products, but each is 1000 times healthier. To live to 8,000 you need all products designed 100 times better, so the current system won't work. ☺☺☺

11.11.12. Kitchenware, knives. A big finger/wrist joint stressor is a very dull straight knife, used daily to prepare vegan smoothies or meals for the family or self, that takes 10-20 times the effort to cut basic items like apples, watermelon, pineapple, carrot, ginger, squash and strains the wrist and fingers on your dominant hand. It's not arthritis, or even mice many times, but using a dull knife or other tools that are either too heavy or require too much twisting and tension. To reduce mousing wrist pain, make sure any knives or tools are ergonomic and cutting produce is effortless, so you don't create 5 times more strain from non computer tools. Avoid holding carrots or garlic in one hand as you cut/peel them with the knife held in the other hand, as pressing the right thumb on the carrot/garlic/etc or knife can over time cause thumb joint or even nail damage: simply buy a Cuisinart or other food processor and place a carrot broken in 2-3 there to chop it in 10 seconds to chew it and protect hands and teeth (at the other 1-2 meals daily, besides the morning big smoothie puree for kale), without stressing your hands, so that your fingers are used for the computer, not for veggies. Avoid pressing on garlic or things you peel with the thumb: instead, use a knife to separate the garlic cloves (from the bulb) gently without ever pressuring the thumb, then soak the garlic cloves in water 0.5-1 hr (1-3 bulbs you'll eat next 1-5 days) so you don't need apply 10-20x the effort that will damage finger joints/nails, then peel the garlic off, it's 90 times easier. Don't microwave as that denatures the proteins etc.

The right thumb is the most stressed in 100s of jobs as it's used to press against foods by chefs or press against tools in other jobs, not just pressed against the left side of a mouse. The best known knives are serrated Swiss Victorinox (12$/3.8" blade, Amazon says 3.1", but it's 3.8", ideal size for "simple living, high thinking", and have only 1 knife in your house) which can cut the hardest pineapples, squashes, carrots effortlessly, especially if you roll the carrot (that you hold in the left hand) slightly to reduce effort by 50%, as the right hand knife cuts it effortlessly to mix in the smoothie bowl. Avoid those < 3.7" (such as 3.5" Swissmar by a Canada company that doesn't know what they're doing, as Swissmar takes twice the effort to cut carrots and hard veggies vs the real Swiss # 1 knife company worldwide, Victorinox), as the tip doesn't reach beyond pineapple/watermelon center and makes it hard to cut it in slices. Avoid straight knives, of 3-4", like 3" $8 Victorinox, they require 3 times the effort to cut hard fruits, veggies, greens, etc. If you only want 1 knife, a 3.8" serrated one is all that you need. Create a knife holder with some tape and nice material off some wall or cabinet side, for 1 cent if you only have one knife, due to being a minimalist, to avoid dropping it or any injury from cleaning and not seeing where it was on the table. A dull knife can do way more damage to our wrist than a bad mouse.

11.11.1.3. Mice: The best mice are the silent wired quiet click, quiet scroll wheel ones, which means only 3 of the 900 on Amazon: 67gram $9 Corn 1200 DPI (lightest, least friction with mouse pad, smallest), 80g $12 Corn 2400 DPI (the most ergonomic Amazon wired mouse: longer, for bigger hands, quietest mouse (2 times quieter than Logitech M110), adjust DPI up/down with the 2 buttons near the wheel, 5 times quieter and less effort to click than Corn 1200 or Fenisio, so 2400 DPI version will protect index finger 3 times more when highlighting and clicking, 3rd hardest to move, but cursor moves twice as fast on 2400 DPI setting), 72g $9 Fenisio 6400 DPI (3rd loudest click, 3rd hardest to move scroll, so a waste of $ due to causing repetitive strain injury on the index finger, OK only for people who don't scroll much, louder click than Corn 2400 by 5 times means more index finger joint damage). Imagine if we had a mouse with the ease of moving against the mouse pad of 59 g Verbatim, the quietness of Corn 2400, the scroll quietness and smoothness of Corn 1200 and more speeds like 6400 DPI. It would be a decent mouse. This is not possible today, due to the bacteria IQ of capitalism (see next paragraph). Search Amazon for silent wired mice if curious. All these are made in China with lots of Chinese on their box, while the Logitech (US company) mice are 2.5-10 times more expensive and for the only quiet one, that costs 24$, the scroll wheel is moving so hard and the mouse breaks all the time, each year, just like Chinese cheaper mice. US is becoming a 3rd world country, making worse products 2-3 times pricier. The alarm can't be louder. An issue with capitalism is that these companies design trash products without first ordering 100 mice/etc of the existing competitors to see mice issues via customer feedback from people using mice or whatever product, in order to make a product that is superior to all those 100. Everything is about profit, so all waste time and the

government has no regulations, for the 33 million aristocrat companies selling in US, to require:

1). the scroll wheel to move QUIETLY with least resistance to avoid index finger damage to muscle, joints, ligaments. All mice have force required to scroll in Newtons written on box & eterni.i description (eterni.i replaces all online stores), where we buy all things except food.

2). minimal friction off mouse pad like Verbatim 1200 via engineering an ultra smooth mouse underside, so the with friction force in Newtons written ☺☺☺

3). max weight 45g/small, 65g/big mice so it glides easily, with moving force in Newtons written

4). minimum noise like Corn 2400 to avoid waking others up with dB level for all buttons written

5). tiniest effort mouse click that needs minimum muscle of the index finger tip to prevent repetitive strain tip injury and damage of the index joints, with force required to click in Newtons written for all mice buttons (especially left/right). This force got to be maximum 0.6 Newtons. Silent mice obviously require far less effort to click, protect finger joints, prevent finger arthritis, the common index finger pain in computer workers. Normal mice require so much effort to hold the left click down while selecting words to create a web link or to change font, that they damage finger ligaments/finger joints of those editing websites and docs. Such mice need 50 users to describe ease of highlighting, especially users with finger arthritis would be ideal to test some of the mice, or repetitive strain injury from using bad mice.

6). 4-6 DPI settings from 800 to 3000-9000 DPI for people who want to move hand 5 times less for the same mouse cursor move, to avoid repetitive muscle injuries of the wrist and lower arm.

7). wired version of any mouse to prevent wireless 2.4 GHz microwave damage to DNA of all organs and cells, since all blood is recirculated and passes thru right hand each hour or more.

In the future, mice will be designed and perfected at the ☺☺☺National Mice University (similar to the Humidifier Uni, Silent Heater Uni, ☺☺☺) and then mass produced and further perfected by Eternal Utility Inc to meet the Immortality Nurturing Agency product safety standards. Eternal Utility got 4 million PhDs who makes phones, computers, humidifiers, solar panels, appliances, silent electric oil heaters, etc. Read the 1/2/3 star reviews before ordering, as they tell you if wheel is hard to scroll or mouse is noisy in reality. Wired mice are ideal, so you don't get disconnected, hacked. Wired mice are lighter, no batteries, thus easier on the hand, no 2.4 GHz microwaves either. Silent mice are ideal, they don't wake others up, so you get to practice universal *gentle tender soft nurturing healing* graceful compassionate loving kindness. Corn 1200 cursor moves faster if you use the mouse on a smooth surface like regular plastic/wood keyboard tray, since mouse pads slow the movement of the mice. Corn 2400 is the quietest left/right click, followed by the useless (due to being too difficult to move and causing carpal

tunnel syndrome) 87g $8 Chon 3200 DPI (heavy, friction, hardest to move of all mice I ever tried) and Mojo, and all silent mice are quieter if the tip of your index finger when clicking is on the area furthest away from your wrist, close to the mouse center. If a mouse causes thumb pain, use some bubble wrap (can be Amazon envelope), fold it and tape in on the left side so that when you hold the mouse, you hold it with your thumb lower half, not the thumb higher half as when using a typical mouse. Make sure the bubble wrap doesn't touch the mouse pad, so it doesn't create friction. Fenisio is way louder than many silent mice, like Corn, Chon, Logitech or Mojo, it's deceptive to call Fenisio "ultra silent", when it's almost like a regular quieter mouse, but for those used to very noisy mice, Fenisio is fine as it has 6400 DPI vs 1200 Corn, which helps edit docs easier. However, some hands may like the smaller Fenisio more than Corn 2400 or Chon 3200, if 6400 DPI is essential. Mice with concave left side allow more of the thumb to press against the mouse, while mice with straight left side force a higher pressure in one area of the thumb, causing more damage. Mice with higher max DPI or 1000-6400 adjustable DPI, can move more pixel Dots Per Inch DPI (12000 DPI moves 12 times further on monitor for each mm of movement vs 1000 DPI) than 1000 DPI Logitech very slow wheel high friction (hard to move) M110, greatly alleviating carpal tunnel syndrome (repetitive strain injuries), wrist/hand muscle or thumb/index tiredness for those who wish their mouse cursor moved more with each 4 mm of movement. Index pain is gone if you buy a mouse with a smoother scrolling wheel. Logi M110 garbage is 68 g. Some mice got 24000 virtual DPI, but all these high settings are not hardware, only in software, performs as the 3200 DPI mice and changing it in software to a higher setting can lower precision actually, since hardware DPI is max setting via the buttons. McNally is a 4.6* quiet click brand 2400 DPI, but its perpendicular ridges o the scroll wheel are accompanied, as always, by a very loud and hard to move scroll wheel. Once you buy a silent click mouse, you never want to use normal mice. $8 Chon 3200 DPI is another ultra quiet mouse, 10 times quieter than normal, but the Chon scroll wheel is noisier than Corn 1200/2400 when moving the wheel up fast especially, while very silent when moving wheel only 1 page or so, it's not the super smooth to touch round one on Corn, but the flat with a central ridge (all these lighted wheels that are flat not round are harder to move up and down fast, noisier, you don't even need to order the mouse to discover that, any mouse with ridges perpendicular to your index finger (most mice) moves way slower than Chon/Corn 1200, like Logitech etc has a *hard to move* scroll wheel that is noisier than Corn whose ridges are parallel or mice with no ridges) who never scroll that is useless for all other professions that edit docs, reports, pdf etc, especially 3000 page reports or docs like this book. Chon doesn't last many years per some reviews on other pages, but at 8$, can't compare with 40$ mice. If don't mind moving hand a lot and are OK with the terrible DPI, $9 Corn 1,200 DPI 65 g is a very quiet mouse (50% quieter than Fenisio, but 2.5 times louder than Logitech, 5x louder than Corn 2400/Chon 6400, 3.5 times quieter than Mojo) and ergonomic with bubble wrap, truly easy glide on mouse pads. $53 Mojo 12,000 DPI is a little

noisier than Corn 2400 and Chon, but it can break per reviews, so you need 4 year insurance, weighs 127 g, double the typical 64g mouse, so very hard to move when highlighting text and the Mojo scroll wheel is 50 times harder to move than Corn, and 10 times louder, so that makes Mojo useless for anything except gaming, as you need a smooth scrolling to edit big docs to avoid index finger arthritis/injury of its muscle.

The only other wired silent mice (avoid all 5) I found on Amazon in 2025 are $9 Verbatim 1000 DPI (claims to be silent, but is as loud as a regular, but it has the least resistance against the mouse pad of any wired mouse, being 59g only, having the best shape for me, having a really smooth underbelly, but it is the hardest one to press to make a click and to highlight a word you need the highest force to do so, ruining your finger), $17 McNally 2400 DPI (claims to reduce 90% of normal mice noise, low DPI, ridge scroll button that is slow to move and noisy), $9 Cbus 2400 DPI USB-C (scroll wheel got heavy perpendicular dents, sign of slow moving wheel, reviewers say it gets stuck), $20 FBG 2700 DPI (heavy as a brick, uncomfortable, scroll wheel slow/horrible), $8 Rapoo 1000 DPI (claims to reduce 95% of normal mice click noise, but scroll button is hard to move (like all wheels with perpendicular grooves) started to malfunction in 3 months for me and after 8 months I dicarded it as mouse disconnected often starting the 5th week, many report similar issues even when new scroll fails to work smoothly or at all). High quality engineering for capitalist diversity of trash products, because every low IQ loser☺☺☺ will be a CEO of a 1 person company, so we need 8 billion trash companies. ☺☺☺ Wipe mouse weekly with some alcohol pad to clean it, same for keyboard, keyboards were found to be 100 times dirtier than toilets, due to people never cleaning them. Hands are dirty, so clean mice often too, as you touch eyes with hands. Don't download mice software if worried about China spying. Big bulky mice weight 90 g and will stress hands so much. If your mouse is more stone age, with 4 circular rubber "legs" instead of the ultra slippery 2 bands on the front and back, you can take the area of the legs to create a sliding mouse that glides much easier and requires half the muscle effort to move, reducing wrist strain. If that doesn't remove the strain on the thumb tip (the part of our hands that gets the most used and abused when holding objects etc), consider a vertical mouse, which only works for people with strong hands that don't mind a heavy mouse. If you have the wrong mouse for your routine, you can't escape carpal tunnel syndrome or repetitive strain injury to fingers and wrist. Some claim that for 50 years companies designed the mice wrong causing carpal tunnel syndrome, bending the bones and causing wrist and thumb pain, so a new mouse design (see Amazon pic of the twisted bones, twisted nerves that atrophy and cause chronic pain) appeared that allows you to adjust which part of the thumb (the joint, not the nail/tip) is used to hold the mouse (invented in US in 1994 and forces thumb higher than the other vertical mice, by Evoluent San Francisco company, free from Chinese spy hardware), by using some taped bubble wrap you tape to the back of the thumb

side of a $10-20 vertical mouse that allows you to hold and guide the mouse with the lower half of the thumb, instead of the upper half, which often can get sore from being used to hold a million objects over decades, especially mice. If your computer desk sliding keyboard is short, the mouse may be too tall when using a mouse pad, so simply cut the mouse pad and it will work fine with your hands alone resting on the left over mouse pad. These vertical mice are not designed very well for everyone, since some people have a sore thumb tip and they need a bulge where the lower thumb sits, so the upper half of the thumb never touches the mouse to guide it. But you can put the bubble wrap so you relax your thumb tip, that hangs in the air relaxed never touching the mouse, after decades of using tip to press on mouse. You'll absolutely love it. Thumbs and big toes take the most stress, be gentle with them when cleaning, house chores, mousing, etc. Don't bend the toes with respect to the foot, as that can damage the big toe ligaments and cause repetitive strain injury there like with carpal tunnel syndrome. You need to think about being gentle and eterni. Pain returns if you abuse thumb tip or all fingers and wrist by using traditional mice. Rest your elbow too, on the arm of the chair, find an ergonomic position. Thumbs are the first fingers to get "arthritis" like pain from chores or mousing. This way you avoid the twist of the forearm. Thumb bubble wrap rest works at any height you find comfiest, for a custom fit for thumb pain/arthritis. ☺☺☺

Keeping Food Processor Clean: Protect YOUR HANDS: try get these flock lined *4 pairs/$15 (I got 10% coupon from Amazon) amazing 12.6 inch* Pacific PPE lavender purple gloves *26.6* mil or 0.68 mm thick (1 mil=0.001 inch or 0.0254 mm). Be aware, so you don't get disappointed when buying them, that they become orange on areas that are used a lot (*50% of the glove, inner side mostly, after 3 months due to making orange carrot based smoothies daily, but that happens to other gloves, be them white, etc*) and come in contact with orange smoothies, but they do last 3 months before the inner lining becomes soiled and weak and you may get a puncture, so you do save $ and the environment, since you didn't use 90 gloves, only 1 each quarter. 26.6 mil is *thicker than Procter & Gamble purple 14" long 8$* Mr. Clean 20 mil*, or the 12.5" long* 1 pair/7$ *or* 4 pairs/18$ white with silver 'mr clean' written on them 22 mil Mr Clean (4.54$ a pair vs 4.47$ a pair for the purple PPE one, Clean is also sold at Home Depot) *which are ultra comfy with a cotton thicker and comfier than* Pacific PPE, but PPE has a comfier, more flexible glove material providing better dexterity; for kitchen, dishwashing Clean is better as you see dirt easier and are warmer; for high precision tasks, PPE seem better*. Clean &* PPE *are 10 times comfortable than the reusable 'microbifer lining' yellow-blue gloves Home Depot sells for 2-3$ (Depot ones are very thermally noninsulated, so you feel all cold and warm as without gloves, Clean &* PPE *are WAY better, comfier, etc); these gloves are 80x better than the 1$ disposable glove you get from Home Depot or $ stores or disposable junk I used all my life as a chemist, takes 20 times less to put on and off, no more pulling at elastin layers of skin and breaking the skin structure with

unlined gloves, these types of inner linings could be standard to avoid millions of tons of waste with disposables and to protect the hands of workers globally) or 6 pairs/$10 yellow *15 mil thick or 0.38 mm ones (lower quality, didn't try them as they're thin, but still better than unlined 0.25 mm, hence the 27 mil purple ones will last way longer; getting too thin can waste more $ and plastic/CO_2, since you go thru 8 pairs faster than 1 thick pair)* to protect hands while washing the food processor, dishes with chemicals or even plain water, since too much water with chlorine in it can damage skin layers and age skin fast. Our body makes 1% less collagen a year, after age 20, so be gentle with your hands, protect them, wash, handle produce with them, as it will extend their healthy lifespan (water pH is 7, produce, smoothies are 3-5, which destroys the skin).

I now find all I do when making smoothies is much easier with the purple gloves on and am more willing to wash things better, with more rubbing (*sponge against the processor bowl, etc, carrot smoothies are deeply orange and stain these gloves if you try to use the glove to get some of it off or something, so don't touch the smoothie itself that clings to bowl, use sponges instead, etc; so if you buy gloves like these, purple is way better vs white, turquoise or yellow, as smoothies are purple, orange, green usually in color and stains won't be very visible, allowing gloves to appear new and clean much longer*) and water as it is ideal. It's also easy to press and agitate the kale in the soaking water (in a plastic container) to wash it well, since it's got a huge surface area and even if organic it's got tons of pesticides, washing produce is easier, no more need to turn on hot water if it seems cold to you, etc, and overall you tear far less collagen and elastin fibers when handling things with such an incredibly smooth glove that has such high grip, higher than our hands, can ever tear apart kale 10x easier than with bare hands, so with 3 tears, you can place it in the food processor, way faster than the old way of cutting it into tiny pieces.

These amazing purple gloves can make smoothie making much easier, gentler and healthier for your hands. They can also be used for cleaning tubs, toilets, gardening etc too, though for heavy duty weed pulling, tree, bush trimming gardening and house chores, the more puncture resistant heavy duty blue Lanon PVC ones are better to avoid scratches *(wear long sleeves, since the lining is only for the first 12 inches) due to a much smoother hand and upper arm plastic part*; not the nitrile Showa sticky types that have bushes,☺☺☺ leaves, concrete walls, wood beams, window frames, etc objects stick/adhere to the gloves and thus create far redder marks on any bump than smooth gliding blue PVC that diverts pressure and diminishes time of compression/contact by 2-5 times; Showa weigh 245 g vs 400 g blue PVC; Showa is only good for construction workers, plumbers who need best grab of bricks, tiles, pipes; the large for Showa is tight compared to the large for Lanon purple gloves, so uncomfortable (fingers for Showa are 1 cm shorter, much tighter, less air to breathe for skin etc than Lanon blue PVC XL too, but same length as Lanon purple length 9 cm for middle finger). In a world of Immortals, the Immortality *Nurturing* Agency emails every new home owner about the tips and products that extend

lifespan, avoid fast aging of eyes, hands, etc due to lack of safety glasses, comfy dishwashing gloves, comfortable all leather gardening gloves that prevent dust and thorns, wood puncture, tools, etc (they also have long sleeves gardening gloves brand, but these lack soft cotton on the inside for protecting the arms from thorns if you don't wear a long sleeve jacket etc; however, this long gloves brand damage collagen more, as they lack the soft cotton inside to soften the impact of the leather going against the collgen and damaging it). To clean Cuisinart, pour 0.5 gallon of bleach ($0.5) in a plastic container to clean its plastic parts twice or once a year (only place metallic blade 20 minutes max in bleach, since 12+ hours will attack metal; for dirtiest areas use a super thin paint brush to scrap dirt; after initial 20 min soak, soak only the ultra dirty area in bleach to avoid dissolving the rubber if any present in your processor; mine works after all rubber dissolved; rubber contains various chemicals which react with bleach and attack blade if soaked in the same container; so soak blade separately in a small container; *bleach will make it like* brand new, *super clean*, a $ store paint brush (set for $1) can help reach the hard areas to diminish bleaching time; any part can be ordered from Cuisinart, but brief bleaching won't do any damage; don't use bleach on the motor of course.☺☺☺

LEARN TO DISCERN COMMERCIAL SCIENCE FROM REAL SCIENCE:

A video explains the fraudulent science papers. The high omega 6 vegetable oils, walnut, non-walnut nuts, coconut, olive and avocado sections explain in 10+ pages, 50+ fake science methods used by Big Business, Italian, Spanish, Greek, Mexican, etc Mafias to promote unhealthy foods, like olives, avocados, coconut, at the expense of really healthy fats like algal DHA-EPA oil, flax oil, chia seeds, 1-2 walnuts (the only healthy nut is properly stored in the freezer if longer than 1 month, fridge less than 1 month, walnut, other nuts have too much ω6, see ratios) a day max to prevent obesity and plaque from too much fat, etc. For every academia real science study, the industry will fund 50 fake studies to "prove" by the "preponderance of evidence", meaning 50:1 study ratio, that truth belongs to the industry selling POISON. Industry owns various professors, MDs at various universities and schools of medicine and they publish more junk to get more grants and get tenure. The corruption is incredible, truth only an afterthought. This technique, unknown to most, means that most nutrition studies are FRAUD. For example, industry can design a study to prove pretty much anything, by hiding the real cause for a result and making it seem that it was due to swapping "the food they try to sell" for "a competitor's food". This can be applied quick in many ways: give the controls butter for example (butter company) and then give the intervention group vegetable oils (say corn or other high ω6:3 ratio oils) and show that, even though cholesterol went down, mortality rose to make all believe "low cholesterol causes death" (When it is inflammation from low ω3). You can achieve this easily by giving them high omega 3 butter (grass fed) and low omega 3 oils, so by changing the hs-CRP from 0.4 to 3 you increase arterial and body inflammation 7 times and then the rise in cardiac and all cause

mortality is blamed on vegan foods used to replace animal foods the Big Dairy wants to sell. Other ways they can trick it is to have people who would have died on animal foods quit the study, and then only vegans appear worse. Most studies are not taking into account the confounding factors they need to adjust for in that disease investigation, like ω6:3 ratio has to be constant when you compare low or high cholesterol, inflammation and antioxidant status the same, stress and sleep the same, etc. Youtube has a lot of these MD conmen, who even hide the references for these "alleged studies" and charge people to join "the insider view" that offers more of the same commercial science bullshit that makes up 99.9% of scientific literature about food studies. They became MD to get rich and now their business acumen shows up with the same fraudulent and dramatic shows of a street magician who obfuscates and hides the truth. We live in a much more dishonest world than the media would have you believe. Researchers only get funding when the conclusions of a study support selling the BAD FOOD. Millions of studies are presented as legitimate, but they're worth $0.01. The reason is that they rely on the food questionnaires and poor human memory, and food nutrient levels fluctuate: citrulline 300 fold based on watermelon cultivar. Thus, we need eterni foods to get to the truth: citrulline will always be the same, not vary 300 fold. If you have 1 million people who eat randomly, stuff they randomly buy each week, etc, never the same breakfast, etc, or amounts, asking them to tell you what they ate 34 days ago is going to lead to the most unreliable dietary intake. People simply don't pay attention to what they eat to recall it well. Memories also change with time depending on various goals, agendas and beliefs one forms. So, to believe in the conclusions of such studies is to waste our time. We need real studies with exact dietary intake. Our standards are so low, we call bullshit science and we account for zero, let alone 25 most common confounding factors in a diet that could have caused an outcome, instead of the presumed cause. How did ω3:6 ratio, TNF, 20 other biomarkers, hs-CRP and IL-6 impact the outcome? They never look at that, they just choose that the outcome was caused by some random nutrient. Pathetic. This bullshit is called science and wastes $$trillions worldwide. Like with 1 billion companies producing garbage instead of 11 producing 4000 year lifespans. One big real study is worth more than 10,000 trash studies. 1 big company has 10000 times more PhDs and tech. The race to become a tenured professor leads to a publishing frenzy☺☺☺, to kissing the posterior of evil companies and promoting the deadly products, so those killing the most via papers end up leading universities sometimes, they were the best bullshitters of all, not the most honest people. That's how we got obesity rates for adolescents to rise 4 fold 1990 to 2025. Before you sweat about a study conclusion, investigate the links between the lead author and industry, since a link indicates his only way to get grants is to prove the most false conclusions. The way we do research in USA is catastrophic, it incentivizes massive fraud.

Another example is the "you need huge amounts of fat to absorb carotenoids": to sell more junk

fat, nuts or avocados, the Big Food industry created some fake studies of starving people of carotenoids for 4-14 days, and then giving them carotenoid rich foods, with or without some fat from lethal fat spread, avocado or whatever. The scam was that when you're starved, the body wants to absorb so much the carotenoids, that it shoots up 10-30 times more than with normal people, who always eat carotenoids. If you eat carotenoids today, it's stored in the intestinal epithelial cells and then next time you got some fat from vitamin pill oils etc it will be easily absorbed; 2024 paper: "β-carotene metabolism, which includes (1) release from the food matrix, (2) incorporation into physiological mixed micelles, (3) uptake by intestinal epithelial cells, and (4) packaging into chylomicrons that are secreted into the lymphatic system". When you take normal healthy vegans with high carotenoids and give them extra nuts, salad spreads, or avocados, the carotenoid absorption only increases slightly, 50% at best, not 1500%. So, once you understand how the nut industry fakes the nut studies, by comparing nuts with far more lethal foods, you see how this scam Big Avocado study (read the PDF as text is not garbled as in the html version) can be used to push more fatty food sales by various companies, too unethical to care if you die of heart attack or not. Fat can increase *absorption* of provitamin A carotenoids 4-15 times ONLY IN CAROTENOID STARVED PEOPLE (not healthy vegans) as explained in the paper JN 2005;135(3):431-6 ► "All subjects were instructed to avoid carotenoid-rich foods for 2-wk… (to exaggerate by 10-30 times the rise in blood levels)… supplementing 150 g avocado (has 22 g fat) or 24 g avocado oil to salad similarly enhanced α-carotene, β-carotene, and lutein absorption ($P < 0.01$), resulting in 7.2, 15.3, and 5.1 times the mean AUC" (area under curve for the next 9.5 hours after the meal). 75 g avocado resulted in 8.3, 13.6, 4.3 times the mean AUC. *Lycopene absorption increased* 4.4 times after adding 150 g avocado. Other studies show similar results for *vegan* fat, but not all of them since not all starved people of carotenoids first (see vitamin A section on why it's better eat fat *soluble* vitamins with the fattest meal, since some DNAs convert less *vegan* A to A, and odd metabolism of fat malfunction may diminish uptake further). In many studies they noticed we only need 2.4 g of fat per meal, which many get from legumes and veggies, to really absorb well carotenoids; this is 10 times lower than the bogus studies funded by the Italian Mafia Olive industry or Mexican Avocado industry. When Mexican Mafia wants to sell avocados to USA, fake studies paid by cartels emerge. Antioxi 2021;10(3):473 ► "fat consumption of 3-5 g/day guarantees sufficient carotenoid absorption… High consumption of F&V (fruits & veggies) is associated with greater systemic levels of total carotenoids, in particular when fat intake is low-to-moderate rather than very high.", and *any vegan gets 7-10 g fat from their legumes, grains, veggies, fruits alone*, not to mention the DHA-EPA pills, vitamin D, E pills with olive oil in them, etc. So, even without avocados or any salad dressing, nut butters, you're safe. Always research who funds the study, what their employer tries to sell, who got funds from who, etc. The anthocyanidin section explains other types of brainwashing by Big Aristocrats, such as herbs (ginkgo biloba). China wants everyone to buy

ginkgo biloba, but evidence of benefits is sketchy. What if taking 200 mg of blueberry powder is better than brain bleeds and eye bleeds causing ginkgo? See a clip on Mendelian randomization fraud to say Lp(a) correlation is causation about Lp(a), the new "major cause of heart disease".

Procter & Gamble decided to poison Americans by pushing the most lethal food via a fake study in 2004, as explained in this video. The study done by 2 P&G employees pushing P&G products is using the same scam of the Big Avocado study: the 10 participants (tiny study, as always with fake studies) were not to eat any carotenoid foods for 4 days "subjects (AJCN 2004;80(2):396-403) were provided a list of carotenoid-rich foods and instructed to avoid those foods for 4 d" to make the carotenoid absorption increase effect way bigger than it is in normal healthy people by a factor of 10 or more. The study fails to measure if the no fat group got the carotenoids absorbed 5-15 hours later when they did eat some fat at their meal, with a higher carotenoid blood spike vs the other people who ate no carotenoids either at that second meal, since epithelial cells hold on to carotenoids until the next fat meal. So, the conclusion can be very misleading by doing impartial studies and starving people of carotenoids, all a trick to get you to buy P&G canola oil dressing. Obviously, *eat your carrot-kale-watermelon smoothie with the most fat from vitamin pills, etc, but you don't need overeat fat out of fear, unless blood tests show low vitamin A, D, K, E and carotenoids*. AJCN 2000;71(5):1187-93 used 3 g fat (what is in a few pills of D, E, ω3, etc you take with your carotenoid smoothie) and 36 g of fat spreads as delivery of carotenoids (same ratio of fatty acids in vegetable spreads in 2000, about 65% unsaturated fat), and *lutein alone (not carotenes or vitamin E) was better absorbed* when fat intake went up 12 times in the spread (36 g vs 3 g). For α,β-carotenes, absorption decreased when fat intake moved from 3 g to 36 g. This study didn't starve people of carotenoids and was not funded by Big Food, so conclusions were so different. This means bioavailability is, like with flavonoids, far more complex than "fat increases it all the time" and probably depends on total fat intake outside that meal, genetics of gut lining cells, overall diet (*vegans* have different microbiota), microbiome, etc. EJN 2024;63(6):2261-70 found that eating 18 g dairy fat with β-carotene didn't increase absorption of β-carotene, contradicting all fake studies above from 20 years prior, even if they starved people of carotenoids for 7 days: no colorful fruit "for four days. This was followed by three days of a strictly carotenoid-free diet".☺☺☺

The way these people fake everything and can make you believe any POISON is a Health Food is ultra simple: you starve people of a nutrient found in 1000 foods. Then you run a study and pick up the worst food containing some of that nutrient and show that some biomarkers improve. Then, you conclude people live longer healthier lives if they eat that poison. This is fraud, because there are 50 foods with that nutrient that would give 10 times better values for the same biomarkers and 1000 other way more important biomarkers they never mention (since they would appear worse with that POISON FOOD), but those other 50 foods are never

mentioned and this causes people to eat the POISON and avoid the 50 much healthier foods the study doesn't mention. A real study doesn't starve people of carotenoids for 4-14 days. This is how fraudulent researchers can prove anything, even the most illogical stuff like "Chocolate makes you lose weight". This chocolate statement may be true if you're low in cysteine or on a keto diet in some odd cases, but not in the most regular carb rich omnivore diet. This is how they pick red wine, out of 1000 foods, that has 100 times fewer polyphenols and health benefits than other foods and manipulate the data to omit any mention of alternatives and conclude red wine improved some biomarker, while not mentioning the 5000 biomarkers that were destroyed by red wine. See the alcohol section on this scam. 97% of research is marketing fraud, not science. Only 1 in 30 papers is somewhat useful.☺☺☺

Another scam they use to discredit studies (of competing foods) is the vitamin effect: our bodies benefit from taking vitamins (or other foods that contain a nutrient we need) within a certain range: RDA up to UL, upper limit. So, when you go outside that window, the harmful effect of the vitamin or food begins to show up, depending on what else the study participants do or eat. They wrongly conclude then that because "there is no linear relationship between eating more and improved longevity" that food is not good or a "confounding factor exists that may explain the correlation, but there is no causation", but that's not always true: any food is only good in a certain range given what you eat, for example, linoleic acid in walnuts and 500 other foods is good for you if you're severely deficient in it, but the question is how many calories can you add to your diet now to get that 3g of linoleic acid you need, without adding extra fat? By the time you watch the 6 videos on nuts, the Eterni Food Inc section, it becomes clear that there are too many conflicts of interest for researchers to evaluate the best diet to add the maximum amount of billions of years to the total lifespan years of the 350 million or 8 billion nation. The only way to solve this immense drive to fake data and sell a product to pay salaries and to push a toxic product a company makes, is to actually create 1 single food company, out of millions, which doesn't favor any crop, diet, product or anything and looks out for the truth only, knowing fully they control all agriculture, products and retool and replant what is proven to indeed add 40 years to everyone's lifespan. This company has supercomputers, millions of PhDs that can make studies of millions of people, so exact, without estimated "self-reported diet", etc, down to the mg of food eaten, to produce studies 1 trillion times more accurate than the jokes today.☺☺☺ A national company also doesn't favor 90% protein over 90% fat or 80% carbs. It's intelligent enough to realize some people destroyed their pancreas by various diets (20 lb of watermelon daily for example) etc, so their only survival, like with some Alzheimer patients, is ketogenic high fat diet. But they also know via the centralized tone education, they can educate all well, no nobody destroys their insulin producing cells and everyone can choose whatever is found to add 50 years to our 80 year lifespan, with a lower need of extreme diets to triple muscle mass or

avoid glucose metabolism, etc. In the end they will discover how to live to 9000, but until then, we're aware in the transition period we need all types of experts (in this or that diet) as we don't yet have 0 violent crime and 0 wars, so sadly, instead of doubling our brain volume, we double our muscles for cops and soldiers, etc, partially due to inertia and weak laws. The fraud in the food and Pharma industry is apparent in this video (and related of the channel), which shows they sell us the probiotics that are cheap to pack and make profit on, even if they sicken us. They make billions by sickening the 99%, and nobody even knows it, like with AGEs. The reason the people feel "better" after eating these lethal probiotics is that their microbiome is completely destroyed (so anything will be better than nothing, but healthy people feel sick after most probiotics) by antibiotics and other drugs taken to cure high blood pressure, weak immunity caused by Jewish companies selling us high salt or AGE products to raise our pressure, kill immunity, and sell us more drugs. Then, we need Jewish MDs to stick colonoscopy probes, at 40x min fed wage pay/hour, to see how Jewish products causes colitis, cancer and other problems.☺ Instead of one 900x better probiotics pill by Eterni Foods, we got 5000 trash pills by tiny companies. To create the ideal microbiome we need fresh powder eterni foods, under nitrogen… Nutrients get destroyed by dry heat cooking due to reaction with oxygen (AGEs), bacteria get destroyed by reaction with oxygen during storage in air rich capsule, manufacturing.

If you eat a low fat vegan diet for reversing heart disease, adding some oily vitamin pills or 1 spoon of ground chia seeds or 1-2 walnuts to the high vitamin A smoothie is *useful if blood tests show carotenoid deficiency* (our body needs fat for ω3/6, even some *vegan* saturated fat), a few chia or flaxseeds won't cause atherosclerosis, in fact in rabbits they prevent it. If you eat winter squash seeds, those provide fat. *The 8 B vitamins are water soluble, so their absorption is not enhanced by fat. D, K, E, provitamin A carotenoids,* CoQ10 are very fat soluble, fat increases their absorption. *Sometimes, taking these CoQ10, K, D, E crystals or oils out of capsule and mixing them with vitamin A veggies puree, increases uptake by 3 times, if severely deficient due to a fake study starving you of these to boost Nuts, Avocado sales, by 2-10 times vs swallowing the 0 fat multivitamin pill. This is why studies vary wildly in outcome: they don't always account for these 3 confounding factors*, plus others here:

1. meal fat intake (was the fat evenly distributed, the *chia* or *flaxseeds* ground or whole?) - *ground flax/chia can increase fat availability 50 times*

2. meal-pill homogenization (was the pill content evenly distributed in the smoothie, meal),

3. pill crystal size (smaller easier to absorb, some CoQ10 crystals are 20 times bigger than others) or *absorption capacity of the formulation (powder or liquid). "decreasing the particle size of its crystal improved its oral absorption"* ► Foods 2019; 8(10):502; *microemulsion CoQ10 was 7 times better absorbed in rats than powder CoQ10 pill swallowing, so if you get powder (3 times*

cheaper), do these homogenizing steps, remove Q10 from capsule, to give yourself extra time for stomach to homogenize, instead of wasting 5 minutes for stomach to dissolve capsule.☺☺☺

If they ignore *the above 3 factors*, studies will lead to very wrong *conclusions.* It's important to make smoothies well, to avoid too much air trapping, which will lead to belching for an hour or more afterwards, as it happens when eating normal food fast. We want the smoothie to be fast and contain no air; for this to occur we start by first liquefying the softest stuff like watermelon in 5 seconds, or add watermelon and carrots first as I do (weight: 1:1 or 2:1), then add butternut squash (once the carrots are pureed in 25 seconds), then once that is pureed add other things (*cooked legumes are better added last*) gradually and puree it well, adding kale when there is a lot of soft puree there to prevent air building and let it spin 2 minutes after kale, to make sure all air goes out. Kale and leafy greens got a lot of air, and require a much softer puree before addition, and 2-3 restarts within the first 30 seconds, after you use a spoon to the kale into the puree when it's stopped, if you didn't precut the kale well (*you can just tear a leafy green bunch in 2-3 parts, it's a lot faster and less messy than cutting it in tiny pieces first*); so if you forget to add leafy greens, you will have to use a soft veggie or fruit to puree it well, perhaps watermelon and a good 2 min; pineapple got the most air perhaps of any fruit, so pureeing that with other produce is essential, since kale-pineapple combo traps too much air. If you puree the same things you discover the amount of produce and order make a big difference in the air trapped.

These are some tips to avoid frustration or giving up because you didn't realize a smoothie can be made 4 times faster if you place the things there differently, with more watery stuff before the rock hard stuff, so you don't spin 15 minutes, but only 0.5-4 minutes max, 3 min for the leafy green smoothies (my biggest meal of the day) with tons of other vitamin A produce (carrots, squash, etc); if it's not fast, people won't bother making a smoothie. Usually, *I eat 1-2 smoothies a day, 1 takes* 0.5 min to make (puree pineapple 15 seconds, then add cooked lentils, puree 15 seconds), the entire *day,* some meals being cooked lentils plus pineapple made into a puree. Sometimes, my goal is to eat *70-90+*% smoothies, like eternis eating their puree, to see how the body can adapt; though only 40-70% as puree by volume usually, except some days when it's 90-99% for research purposes, most non-puree food eaten is smoothies that are small pieces sized, like a super tiny pieces salad, taking 5-20 seconds, not 30-200 seconds it takes to puree something or to cut it in small pieces; so a food processor is all about not chewing 2 hours/day veggies, we need to puree some of it and chop most of it in small pieces. The bioavailability of many nutrients will be so low if you chew everything. I have noticed due to the programming of millions of years, our body acts like a robot: for example, if you open mouth for a while, you yawn and generate tears, if you fake a smile, you release endorphins, if you eat some regular food by chewing, solid cucumber even only, you trigger the stool to come out faster than if you puree the cucumber, *so you can use this trick to make your stool frequency of a shorter period*

(12-24 hours on average, not 30-72 like omnivores☺☺☺), for a faster transit time, to avoid the stool getting thick and big and smelly, as it sits *without moving in the colon:* this *ensures* you *become a* longer *lived vegan*: we want to eat solid foods, not pureed ones, if we're past 12-18 hour ideal transit time; when you wake up mornings, if you didn't have stool, don't drink water, instead eat some high fiber fruit or veggie, chewing it; this will often cause stool moving in 10 min; solid food presses on old stool, while a liquid can't do that unless it's a huge amount, same food eaten raw push old feces 5-10 times stronger than in puree form.

The food table lentils tab has at the end the explanation of the 4 stool properties (smell, hour, consistency, size as length and thickness) and their recording and how monitoring for a few weeks or months can help you discover the best patterns for longer and healthier lifespan, when all other confounding factors are constant. When I started as a vegetarian, stool stank; then when going *vegan* I used to eat semi-junk foods like the "minimal ingredients" $ store bagels, tofu, which contain unsoaked (lectins to irritate gut) grains/soy (gluten to irritate the gut) without many watery fruits/veggies, and my stool was stinky, even 10 times less than omnivore times. Later, as I learned more, I replaced tofu with soaked lentils, more watery fruit/veggie smoothies that decreased transit time and stool became odorless and easy to move, smelling basically 100 times less than my omnivore childhood, so practically odorless as you sit on the toilet, 2 seconds after you flush it fast (even with window closed, maybe 5 seconds if closed and you stick nose into toilet. High *fiber vegans* defecate ultra fast (unless you ate too few watery veggies that day), so we have an added advantage, *the volatile chemicals have less time to linger, the stool is not hard, so we don't spend 5 minutes, it's over in 15 seconds*, often odorless after 1 second to others who don't know our stool smell at 200x dilution. It's odorless *after 1 minute for sure to the most sensitive noses on our planet even on "smellier days", while omnivore smell lingers 1-3 hours even after the "air freshener" was used, with small window open half way. Smoothies improve ω3 bioavailability in* chia seeds 50 fold*, and prevent the fermentation of unchewed food (*many people chew poorly and their stomach acid weakens with age*) by 100x factor, leading to no more rotting in your intestines, faster transit time than the average vegan (who already has 5 times faster transit time than omnivores) and vegan protein got 3 times less sulfur, 3 times more fiber, all good bacteria happy. It took me 20+ years of perfecting my type of veganism to discover all these, so you don't have to try* and reinvent the wheel, discovering new things and being healthier. That's why sometimes I'm doing 60% smoothies almost by volume, like we all will when eternis eating thick shakes obtained by dissolving a powder into water in 10 seconds, without noisy food processors. Odorless stool means gas is odorless too, pretty cool right? Make the smoothie with ground chia seeds very watery, so it doesn't clog your system by slowing transit time; if too pasty, the smoothie will give stinky stool as chia seeds or flaxseeds harden it and slow transit time. *You don't want to be*

like omnivores getting half the stool out, waiting 5 minutes for the other half to come put exerting like during weight lifting,☺☺☺ while smoothie vegans do nothing and all comes easily by itself. Then the whole house smells if you wait minutes and are omnivore.

Omnivores often have heart attack while defecating, because their diet is so *unhealthy*, stool becomes so *rock* hard, they strain the heart: none of that is natural, stool is to come out effortlessly like with high fiber *vegans* or high water vegans, dehydration also causes rock hard stools; you would think if we live to 500, we need some education on proper stool quality consistency, since we don't want to die while on the toilet; smoothies are better than water drinking; with so many liquid smoothies, you no longer need drink water either, I don't usually (well, I often go for months without drinking it, but sometimes I do drink 8-12.5 oz (224-350mL) daily for a few weeks in a row (add to smoothies, etc). If you live in areas with fluoridated water, at 0.7 ppm, the lower new EPA guideline, it's roughly equivalent to 4-7 times the amount of water you would get from a really "low fluoride spring water". See a huge list of food levels of fluoride here. High produce vegans don't and can't drink the huge number of water glasses omnivores get, since *vegans* get that via produce; if they would, they would pee 15 times/24h, 3 times at night. It's not like if you drink some fluoridated water you would damage your brain; however, if utility fluoride is 1.2 ppm, and you drink 3-4 liters/day, that may do oxidative damage, just like wine can contain 3 times fluoridated water levels, so alcoholics can wipe out their brains fast. Plus, the daily 6-7 lb produce/legumes also contains fluoride, though usually 0.01-0.03 ppm (*unless you used fluoridated tap water to cook/soak legumes, which could bring lentil fluoride to 0.5 ppm in theory if water not discarded*), like in the very lowest spring waters and lower than so called "fluoride free" waters that got 0.05-0.1 ppm fluoride (distilled or reverse osmosis type). *Smoothies* increase absorption*, prevent diarrhea like stools too:* no more that rock hard or diarrhea stool that sticks everywhere on the toilet.

The concept that chewing is better because you produce more saliva *is simply unproven*; first of all, when we talk daily we produce pounds of saliva and when we eat our smoothie with the spoon we can produce about the same saliva amount as before when chewing, just that we don't press so hard, so our jaw muscles won't be as strong perhaps in 500 years as we move to big brains and smaller mouths; it's not like people drink the smoothie with a straw (*impossible for thick smoothies, but possible in the future of* liquidarian eternis *when chewing is nonexistent*), we still have our jaws move up and down releasing saliva; those who eat mostly smoothies will find transitioning to eterni diet SO natural. Our bodies adapt, just like people adapted to being *vegan* or eating modern foods, not raw meat and fruits.☺☺☺ *The concept that making a smoothie out of all meals will increase glucose rise and cause problems is unproven*, because the compounds (polyphenols, zinc, etc) that *lower glucose rise during a meal* are dramatically more bioavailable too, so if we eat those compounds, we may get actually a *lower*

average glucose, which is counter-intuitive. **What I noticed when I started eating lentils and pineapple as a smoothie was less sleepiness after meals (sleepiness is due to glucose rise after a typical chewed meal); the reason pineapple puree mixed with lentils lowers glucose may be this: the bromelain in pineapple becomes 40-400 times more available near lentil protein, and starts splitting it into peptides signaling the stomach to release digestive enzymes far sooner and shifting pH to one more ideal to protein digestion, thereby eliminating putrefaction and lowering blood glucose (that requires a different pH to break complex carbs in lentils, so carbs are digested slower, protein faster). Some berries added to the smoothie can further dampen the triglyceride and glucose spike (though I don't add berries always), providing continuous energy without a sudden spike that makes you sleepy and unmotivated to do stuff. It seems to be more efficient, burden the body far less (*you know that heavy feeling of full after eating, when if you want to do more brain intensive stuff right after, you often get a slight temporary headache, since digestion takes so much brain power the non-smoothie way, due to the free radicals generated in normal energy/ATP production when glucose spikes,* hence the need of manganese and benefits of relaxing 5 minutes after a meal) and cause lower stool smell than eating same lentil-pineapple the usual way, due to faster transit time, protein no longer putrefacts.**

Now imagine how much more putrefaction happens with omnivore meals, where transit time is way bigger and food not chewed well, explaining the stool smell being huge vs vegan. **There is something so different about smoothies, it's like eating a totally different meal, yet it's the "exact same thing, on paper", but not in reality: we know in a chemical flask reaction speed increases 100 fold if you make a smoothie that increases product and reactant interaction, vs barely interacting as in huge chewed bits, 1000 times bigger than puree bits.** ***Catalysis depends on surface area, digestion is better, we eat less, like a 35 mpg car, vs 25 mpg chewing, less wear tear for kidneys, intestines, we live longer, as less belly fats deposits too, which means we exercise more and live longer because of that, easier to move when skinny***. **A phone computer is more powerful than an old computer the size of a room, it's not how big and heavy we are, but how powerful our brain computer is and that depends on digestion a lot. Many centenarians (half in some studies) are "underweight", so being skinny and living to 5 billion are not mutually exclusive, the cultural association of heavy built with longevity is not true, most supercentenarians are way thinner than average people. It's not "the size of our food bits" or "weight" is that determine our longevity, but much more. So, why not embrace the small particles of eterni food? *The stomach enzymes need to immediately access the peptides and proteins, not waste time to separate it from the fiber, otherwise pH shifts to the carb digestion, glucose spikes and protein putrefacts.* In digestion, a series of events happening 5-10 minutes early totally shift how the whole thing will proceed. This is like broccoli only releasing sulforaphane when we make it into a smoothie or chew it very well, because the myrosinase**

enzyme (like bromelain) comes into contact with glucoraphanin and breaks it into two releasing sulforaphane; like garlic alliinase enzyme comes into contact with alliin and turns it into allicin; like many other undiscovered interactions of nutrients who for the first time in decades become 10 times more bioavailable, nutrients we don't know about yet, but will in year 2300. Because our food putrefacts 100 times less the poorly chewed food, for people with low stomach acid (everyone after 50), our blood is far less loaded with toxic metabolites that cause atherosclerosis, acne, organ damage. When we make our smoothie, wash fruits-veggies, we're active, we stand like college professors who stand and do chores in labs daily and live to 105; standing and moving a little in eterni food labs for 1 hr is like doing gym stuff for 10 min.

Why go to gym when we can make foods at home, build infinite bliss relaxation centers and eterni labs and parks and live to 900? Have more time to meditate since we chew less. Some people add protein powder (that one has a tiny bit of fat too) to smoothies, but I no longer did since 2018, due to stool odor they create (*the process of extracting protein means removing prebiotic fiber and oxidizing proteins, denaturing them at times, and this creates stinky gas*); others add to their protein powder container rosemary, ginger, spices as dry powders, so that each time they add protein, they add also those spices and don't have to add multiple powders each time a smoothie is made. By the way, I stopped eating mustard in Jan 2021, due to the realization it may cause some kind of allergy or acne; mustard also interferes with the thyroid, contains unknown extra spices, flavors, turmeric that when mixed to ferment with vinegar over months on a shelf with light and heat, may lead to toxic chemicals or oxidized fats that clog arteries; often times, it's better to go to a cheaper store, buy raw spices as fresh herbs like mint, sage, thyme (induces abortion, avoid if pregnant), with the money you save by buying other things from there; as explained in the onion section, many studies show the effects of onion, plants are canceled or reversed when cooked, so a dry spice, or one that fermenting on a shelf with many chemicals is not same as fresh one. I want my food table to be exact so I know what I ate, but mustard doesn't list the amounts/types of spices, turmeric, flavors, etc. Tiny amounts (like B_{12}) can have huge effects. The protein g below are without any added cooked lentils: ☺

***1. Vitamin C smoothie*: pineapple with purple cabbage tastes amazing. It has a lot of vitamin C, since pineapple has as much as oranges almost, and purple cabbage more than oranges. Tastes better than most ice creams; purple cabbage got 2,830 times more anthocyanins than green one. Pineapple will make a lot of tasteless or weird tasting veggies far tastier. Kale plus pineapple combo is tasty too, it makes us realize how incredibly tasty kale can be in smoothies. For lycopene add tomatoes or watermelon. *2. β-cryptoxanthin & α-carotene smoothie*: kiwi, butternut squash (papaya for cryptoxanthin, if squash not available), watermelon, pineapple, sweet protein powder, beets or carrots to make it sweeter. *3. 14 g protein, 21 mg lutein smoothie:* 1 kg of zucchini + 0.4 kg of carrots. Kale has 20 times more lutein than zucchini, so one**

can add some watermelon or beets to make it sweeter and enable the kale taste to disappear if one substitutes some zucchini for kale. *4. 27 g protein 506 cal:* soy sprouts, broccoli, kiwi, watermelon, pineapple, purple kale, pumpkin. *5. 32 g protein 494 calories:* soy sprouts, broccoli, kiwi, plum, pineapple, ginger, summer squash, purple cabbage 6. Ginger, some grapes, 2 plums, 4 tomatoes, red cabbage, summer squash, raw pumpkin 7. Anthocyanin *Smoothie: Purple* Cauliflower, *Purple* Cabbage, *Purple* Onion, *Purple* Kale, *Purple* Grapes and Strawberries 8. Strawberry, cauliflower, kiwi, watermelon, plum *9. Strawberry and red cabbage* 10. Ginger, Purple Kale (2.3 times more vitamin C than oranges), Purple Cabbage, Strawberry, Pineapple, Zucchini, Carrots, Flaxseeds, Pumpkin Seeds, Walnuts, Cooked Lentils. ☺☺☺

***Eating smoothies right after making them seems best; this is common sense*, since fats (like oils) oxidize rapidly in the presence of air, vitamins are lost (water soluble vitamin B and C are lost faster, since water evaporates faster just like with pre-cut veggies), phytonutrients decompose (polyphenols, vitamin A, B, D, E, K if exposed to light); smoothies are often times exposing the fat inside to air because tiny air bubbles can form. Exposing pre-cut onion to air for a few days (in the fridge at home or in the store) can reduce its anti-inflammatory properties 5 fold (granulocytes *dropped 5 times more with freshly cut onion instead of one that sit pre-cut in the fridge or* store for days), as explained at NMCD 2016;26(3):194-200 and this video. Apparently, all veggies when cut in small pieces and exposed to air facilitate growth of bacteria and the endotoxins (produced by the bacteria) reduce the veggies' anti-inflammatory properties. If you ever buy juices, choose opaque containers as they retain vitamins way better. We have *a LONG way to go in smoothie tech; we got endless useless gadgets, and not 1 single* food processor that makes a puree easily out of air rich leafy greens and air rich pineapple *without air that is burped later; what environmental leadership is this, how can people go 100% vegan* smoothies diet if many expect no burping? Electric cars are not enough.**

11.12. "Odorless" Stools/Gas/Mouth, Soaking Legumes/Grains, avoiding foods that inflame the gut, activate TOR, shorten lifespan by increasing oxidative stress and dumping toxins into the blood.

11.12.1. Introduction **11.12.2. Benefits of Nut, Legume, Grain Soaking**

11.12.3. How to Soak Lentils to Stop Gas **11.12.4. Pressure Cookers = healthiest meals**

11.12.5. Food Chemicals that Cause Gas: especially avoid 3: 11.12.5.2. Sulfur (causes nephritis) 11.12.5.9. Gluten (causes diabetes, IBS) 11.12.5.10. Artificial Sweeteners (cause colitis). See 11.12.5.11. for an example of what I ate for months to avoid any gas/stool odor in 2018.

11.12.1. Introduction. The previous paragraphs explained *vegan* fiber rich smoothies eliminate stool odor, gas odor and *make defecation an effortless 10 seconds, not a 5 minute weight lifting dangerous exertion that can damage our heart*. Methionine restriction deactivated TOR, slowing aging as much as calorie restriction; vegan protein has 3 times less methionine, 3 times less sulfur, so it causes far less stool smell and mouth smell, see video on bad breath and why *vegans* get less. "Bad spirits" (demons, etc) are in mythology smelling like sulfur and too much sulfur really brings faster aging and death as biochemistry shows; ancient people explained disease/death by "bad spirits",☺ and since sick or dead people smell, the myth emerged. Omnivore meat pieces, rich in sulfur, get stuck in between teeth and get fermented by mouth bacteria into stinky sulfur compounds. Being a *vegan* not only makes you more adorable in bed (no stinky mouth when waking up or stinky gas when deep sleeping), but it relaxes you (in social situations) because you're not stressing so much to hold your breath when your mouth stinks (forgot to clean it well) or to hold on to silent tiny gas, since you know 99.9% of the time it doesn't smell, if you eat a healthy *vegan* diet as explained in this section, not junk *vegan* or tons of sulfur smell gas causing veggies, SO_2 enriched dried fruit/nut mixes, etc, no flossing, no high fiber smoothies (chewing a lot gets more food in between teeth). I used to eat meat as a kid, so I know what omnivore gas is like.

I used to not eat legumes for 1 year and stool was sticky and smelly sometimes, once I put lentils (now I eat lentils in smoothie form mixed with pineapple to speed up digestion, reduce putrefaction of undigested protein, also smoothies with vitamin C promote collagen synthesis, so eat C with protein smoothies) with prebiotic fiber in, the stickiness and frequent almost diarrhea like quality (sticks to anus and toilet) disappeared; when I ate beans daily, and nothing else except tomatoes mostly, the transit time was big, so toxins would linger more and smell would be bigger; it took me a while to arrive, see food table, at the perfect stool consistency and minimal smell (0 after flushing), which is indicating that the stool doesn't stick to the colon walls (due to being too hard or too soft), which would cause more putrefaction and blood poisoning (if some *putrefacts 3-7 days instead of just 8-15* hours *transit time*, even if you normally don't have 2 kg of older feces stuck to colon walls, *but only 300 g of lethal gunk*), which gets worst in people with 20kg or 44 lb of feces inside colon that carry them 30 years and living much shorter as a result, since nothing can be absorbed and toxins overrun the blood. So, these things, like feces smell and consistency, how *easily you can clean your anus* (difficult when too hard or too soft, when toilet is dirty afterwards due to too hard or too soft stool, it's a bad sign), are indicative of something very important that most of us ignore: colon health, *putrefaction*, blood *poisoning*, digestion;☺ 70% of the immune system is in the gut and colon can literally kill us 20 years earlier with poisons it releases, even if we drink 5 liters of water daily. It's not about being picky about having stool smell like fresh out of oven mushroom or pepper pizza instead of rotten meat or

eggs, but about living 20-30 years longer. *When I gave up meat first time, little did I know decades later after trying 100s of combos, I would discover how to make my stool smell 200 times less (and gas odorless), 0 smell after flushing usually, and almost pizza-like stool smell instead of the most repulsive rotten egg-meat smell*. It's not about how it smells, but how much putrefaction and bad metabolites that smell is a marker of. A rotten or a little moldy fruit, is just a little brown and has no smell usually or tiny smell, but meat/dairy, if it rots, my God, it smells 200 times stronger; the same exact thing happens with food inside our colon.

The fastest way (150+ times faster than anything else, eating high fiber fruits/veggies takes 24 hours (1,440 minutes) at least) to remove sudden stool/gas odor or bloating caused by some strange food is to do a 10 minute enema (here I explain the better type to use) or two. *You'll feel like* a new person *after an enema in 10 minutes as all gas stops for 8 to 16 hours or days.* If gas returns, you may need to redo enema in a day or two. It always worked for me each time an issue came up. One Hollywood actress did enema daily.☺ The gut hosts 100 trillion microbes (weighing more than 1 kg), 70% of our immune system and "gut bacteria also appear to contribute to *non-infectious immune disorders* such as inflammatory bowel disease and autoimmunity" (*type 1 diabetes cured when gluten gut irritant removed*, see below) ► AI 2010;107:243-74. The gut allows good and bad stuff to go to organs via the blood, renewing organs or aging them before we reach 900. "All the results suggest that Alzheimer *may begin* in the gut, and is closely related to the imbalance of gut microbiota." Lipopolysaccharide (LPS) is a major part of the cell wall of gram negative bacteria, which make up 50-70% of the gut microbes. *People with Alzheimer got 3 times more* LPS (endotoxin) *in the blood, possibly due to* leaky gut that allows LPS to pass and cause inflammation. A lot of bacteria and fungi can secrete *amyloid proteins that can go into the blood and then the brain (Alzheimer is thought to be* caused by these amyloid proteins). ► SCLS 2016;59(10):1006-23. The link between heart disease and the gut is also covered below. Thus, gut health is important. There are 1,000 bacteria species in our gut. If we find the right combo that produces the right metabolites and makes the gut impermeable to toxins, we may live to 200-900, especially with new bacteria (including the best foods to feed this type) that produce co-factors renewing stem cells. One of the least studied things in gut health is the impact of food ratios and food combos on the gut bacteria. In chemistry, to achieve the maximum yield in a reaction we have to combine the reactants in a certain way, at a certain temperature, pressure, with some catalyst at times, etc. Our stomach and gut are like chemical reactors that yield the good bacteria we want only if we combine foods in certain ratios, and in certain ways, avoiding bad food combos that leave stuff undigested and as food for the bad bacteria.☺ Our satellites can fly above Earth at 17,000 mph, Voyager 1 38,610 mph since 1979, 2018 sun probe will reach 430,000 mph, while the maximum bird speed is 240 mph when diving. We achieved this 161 (38610/240) times better result than nature by

very precise engineering, we didn't just "wire the rocket and satellite randomly" and "hoped for the best", like we do when we randomly eat things in random combos. As shown on the page before the previous one, avocados can enhance the absorption of carotenoids up to 15 times, but they slow down digestion. Dairy can block to absorption of anthocyanins as shown at the end of anthocyanin section. We eat very much like monkeys do at times, based on taste and what's easily available, without any deep thought into ratios. There is no study out there on what happens to your gut if you eat 100 g pineapple, 100 g carrots, 100 g melon 100 g purple cabbage, 100 g lentils, versus eating 200 g pineapple, 50 g melon, 50 g lentils, 100 g cabbage.☺☺

While it may seem inconsequential, the ratio of foods is hugely important, as it is in a chemical reactor or flask; so is the choice of foods one combines. Veggies often have similar chemical profiles, but legumes, nuts, grains are different things and require more thought. Animal foods are chemically VERY different than plant ones, and if one combines them one needs to be even careful than when combining legumes or grains and veggies or fruits. Yet if you look at us, we eat all of them at once, in a hodgepodge, almost like pigs who eat anything in front of them. It tastes good, so we eat it: taste and passion first, intellect out of the window; almost like in a land of "not ultra high intelligence". Try do that with a rocket wiring, and you can never reach a speed 161 times faster than any animal can fly. If we want to live 161 longer than monkeys, then we need do things differently. Food companies are often founded by chemistry illiterate people who have done no study whatsoever on the right combos of their foods to optimize gut health. Companies sell individual items, but it's left to us to figure the right combo. Some buy spirulina and may damage thyroid by overdosing on iodine (iodine not even listed on some). People take many pills (birth control etc), but it may destroy their gut flora/health. Companies do safety studies for 1 pill, but when people take many pills or vaccines, there is no safety study done for the combo; same for foods. People without zinc die at 25, we had no idea about it before we discovered the periodic table and found some people who grew mentally retarded and died at 25 with no zinc in the diet. The same ignorance today applies about many other chemicals which we lack. If we would eat them, we could live to 2000. We're what we eat. We have such advanced tech in cars, rockets, computers, but when it comes to nutrition, food combining, eating, we're in the Paleolithic. ☺☺☺ We eat anything that comes in wild quantities. No AI (artificial intelligence) exists to tell us "today would be good to eat 33 g of this, 49 g of that, 222 g of the other one". We get what we put into it. If we treat the chemical reactors inside of us like trash, we get trashy results of short lives. We eat randomly and we hope for the best, as people did with sanitation, etc when child mortality was 20 times higher. But we need knowledge, not just hope. Hope is not getting us anywhere without knowledge coming from *hypothesis* formulation and testing thru hard work of science. We often have studies in nutrition about some food and one gives a rise of 70% in a marker, another a rise of 20% or drop of 10%. Which

is it? Well, the ratio of foods affects the outcome and it's not something they even adjust for in their elimination of confounding factors. They adjust for age, etc… but what about the food combos that neutralize the absorption or increase it 5 fold? ☺☺☺

On June 1st 2018 my stools became "odorless" (maybe 90-300 times less, just undetectable to my nose from 3 feet away, i.e. if you flush it fast, 2 seconds after flushing all smell is gone even when window is closed and no bath exhaust fan exists) for a long period (before it was only a few days at a time), not needing air freshener and it was because I swapped *vegan* protein powder added to my smoothies with soaked lentils which have prebiotic fiber. Probiotics are good bacteria like those in sauerkraut (fermented cabbage), ☺☺☺ natto, tempeh or miso (fermented soy), capers, cucumbers, peppers, olives, many fermented veggies, vinegar, apple cider vinegar, and prebiotics are substances, like lentil fiber, that are food for probiotics; when we eat prebiotics, we help good bacteria to overrun the bad bacteria and improve our health. However, that odorless state didn't last long, since in 2019 the savage military attacks using infrasound, microwaves, etc caused digestive issues, destroying the body as with Syria. Probiotics improve brain function ► PNFS 2016;21(4):297-309. The Japanese, the longest living nation, eat fermented soy more than probably any other nation. This made me very curious about what causes stool odor and what the health implications are, so the next few pages are the result of this curiosity. More on why I think they became odorless is explained in the smoothie and the lentil sections. Due to the low tech that pervades all food industries, and the complete ignoring of the importance of nutrition in making it to 300, there is very little research into making foods that don't cause gas and/or gas smell and eating foods to optimize bacterial outcomes that promote health and longevity. As a result, we're stuck with much of the same "natural" food we have eaten for eons, the equivalent of us using camels for transport instead of airplanes, or crafts that fly at 240 mph (max bird speed), instead of Voyager 1 38,610 mph since 1979. 38610/240=161. As tech advances, we will produce food that causes 161 times less gas, bloating, bad bacteria, that helps us live 161 times longer. In our era, most people, according to WebMD at least, pass gas 10-25 times a day, even if odorless and inaudible and the person not being even fully aware of it. What happens in our gut has a strong influence on our health. ☺☺

Below are presented the main sources of gas, with extra explanations about odorless gas (caused by bacteria that produce carbon dioxide CO_2, hydrogen, H_2 and methane, CH_4) and rotten eggs gas H_2S (caused by SRB (Sulfate (SO_4^{2-}) Reducing Bacteria) bacteria that breathe in sulfates and breathe out H_2S, as we breathe in O_2 and breathe out CO_2). Methane leaks smell because we add methyl mercaptan or methanethiol or CH_3-SH to methane to make its detection easy. H_2S is H-SH, so CH_3-SH smells quite similar. Pure methane is odorless. The SRB can usually also reduce other sulfur compounds: sulfite (SO_3^{2-}), dithionite ($S_2O_4^{2-}$), thiosulfate ($S_2O_3^{2-}$), trithionate ($S_3O_6^{2-}$), tetrathionate ($S_4O_6^{2-}$), elemental sulfur (S_8), and polysulfides (S_n^{2-}). The main

sources of gas in human beings are not SRB H_2S bacteria usually, but odorless gas bacteria. However, when this odorless gas is generated, as it travels thru the intestines, it meets the H_2S (that otherwise would have been oxidized back to thiosulfate or non-gas forms of sulfur) before it has time to convert to other sulfur forms and carries H_2S outside of the colon. Each vitamin has an optimal level, if we go above it, we shorten our life; the same is true for minerals & sulfur.

11.12.2. SOAKING Flours, Legumes (90-800g/day, important to soak), Grains, Nuts/seeds (20g/day, far less *important*) in warm water for 8 h (see how) PREVENTS DEATH, because:

1. soaking *removes* phytic acid (phytic diminishes absorption of calcium Ca, magnesium Mg with catastrophic consequences (blindness, toe curls, muscle cramps, temple/head/facial pain, tingling, numbness, spasms all over the body, arrhythmia, nerve damage, stroke, infarct, hypertension, fatigue, Mg helps cells make energy, no Mg = cell death), potassium K, and other minerals, hypertension/stroke/infarct/death (low K), weak cold/flu recovery/wound healing, diabetes, infertility (low zinc), low SOD (superoxide dismutase) due to low Mn,☺☺ low Cu (early death), low B_{12} status due to the need for Ca to absorb B_{12}, which damages nerves, brain, vessels. Poor men, listening to the priest frauds, thought a "demon took over the toes of someone when it curled", but idiots didn't know it was low magnesium, as the Vatican arrested/killed scientists and told us to say "give us our daily bread", which contains phytates to give endless "demonic possession" and diseases that led to amputations and endless suffering for many, including blindness from low Mg induced glaucoma, etc. This is the gift of Jesus and the "Lord's prayer" that ought to be "Our Source" prayer: sickness/die decades early via unsoaked grains products.

2. soaking *removes* trypsin inhibitors (trypsin is a protease enzyme that splits proteins into amino acids so that the body can make collagen or other needed proteins), so the protein digestibility improves, lifespan increases, as we need eat less protein for similar outcomes. Not soaking can mean poor skin quality, muscles, blood vessels (so heart failure, death via strokes, heart attacks, etc) due to low collagen/elastin synthesis. Boiling for 10 minutes destroys 99.5% of trypsin inhibitors and lectins, as the bean section explains, but that 0.5%? Perhaps that's why FDA recommends industry presoaks legumes 5+ hours and discards soaking water. When protein is not properly broken down, because of trypsin inhibitors, bacterial fermentation sets in and H_2S is produced as amino acids with sulfur have already been converted in sulfate or other sulfur compounds. Unfortunately, most burgers, flours, etc used in making virtually all processed foods have all these antinutrients, which are not removed as few know the benefits of soaking nuts, grains, legumes, seeds or boiling them 10 minutes first and then to make flours, "natural organic protein bars", "organic protein powders from rice powder", canned products, pasta, pizza, bagels, donuts, breads, cookies, granola bars.☺ Soaking/boiling remove some antioxidants, but lentils got plenty antioxidants, so eat more lentils anyway, to get fiber. *Soaking basically makes*

sure even fewer trypsin inhibitors, lectins remain vs cooking alone.

3. soaking *removes* lectins (can cause leaky gut by irritating it, allowing all toxins and bacteria to enter the bloodstream and infect all organs, causing 5000 diseases). PP 1995;109:347-52, IJMS 2017;18(6):1242 and PC 1991;3(1):1-9 explain lectins are used (among several things perhaps) as poisons plants produce *to keep animals, viruses, fungi, bacteria, insects away.* Lectins, like BCM-7 in dairy, cause leaky gut, which allows toxins, microbes to enter the blood, reach the brain and skin and cause acne, strokes, infarct, dementia. PC 1991;3(1):1-9 says on page 1 that "during germination and seedling growth, both storage proteins and lectins are broken down to provide amino acids for the growing seedling... when dry seeds imbibe water, vacuolar proteins and especially lectins are released into the imbibition water. This results in the presence of lectins in the vicinity of the germinating seed, where they can interact with potential pathogens", meaning toxic lectins diminish during sprouting or growing. Soaking removes some lectins (sprouting even more) and most oligosaccharides, but we need to cook legumes and grains, flours at > 100°C (212°F) for 15 min to destroy 100% of *α*-amylase inhibitors *(a lectin)* and other lectins as explained in the bean section, as well as all trypsin inhibitors, saponins, etc. Lectins can prevent cancer, but they can also irritate gut, cause leaky gut, leaky blood-brain barrier via the leaky gut and dementia and neurological diseases via the leaky blood brain barrier (made far worse if you eat gluten praised by Jesus and Christianity in the main "give us our daily bread" prayer, since gluten causes diabetes, mental illness, leaky gut, blood toxin overload, dementia via the destruction of blood brain barrier via leaky gut), leading to inflammation, a cascade of cytokines, etc release that alter the microbiome leading to more gas (CH_4, H_2, CO_2, H_2S), all depending on genome, or early life eating experiences (*we ate unsoaked beans at age 12-18 when we ate meat, eggs, fish, allergens that caused inflammation, this caused a cascade, the organ learned to release a gas producing microbiome changing chemical response in any presence of that (otherwise in identical genomes inactive) vegan lectin or trypsin inhibitor (it wrongly associated it with vegan food, even if it was the animal food that caused the trouble), etc, that cause Pavlov like learning in suborgans and subsystems of immune system to react negatively to chemicals*). Lectins can kill us in 1 minute (ricin) or save us from cancer, most lectins are in between, just like sugars can produce gas by fermentation or be digestible and produce no gas. We can't say all lectins in unsoaked legumes are good or bad, they're mixed and some will react more to them, just like with unhealthy or neutral fats, proteins, etc. Walnuts are healthy for most genomes, but some people can die of anaphylactic shock; lectins in legumes are similar to the lectins in walnuts that can become deadly in certain conditions. If the grains, legumes, nuts, seeds we eat are exposed to water, as when they give rise to a new plant after rain in the ground, the seeds release/break down the toxic lectins and oligosaccharides. When we soak, we mimic this natural process and remove the stuff that can inflame our gut/cause

bloating/gas. Lectins in legumes, grains, bakeries, tend to thicken the blood, to agglutinate the red blood cells, which causes poor peripheral circulation (capillaries are 10 nm at times and a red blood cell can be 5-7 nm, so if they join, they block the blood flow entirely to millions of body areas, in what we term "aging" – the death by starvation of various body areas) and also blood clots, strokes, infarcts, dementia via atherosclerosis born of thrombotic events that start with a clot that attracts immune cells, becomes plaque. Thus, the epidemic of strokes, Alzheimer,☺☺☺ infarct, vascular dementia is diminished by the merger of all food companies to require aristocratic leeches to soak legumes, grains before sale of cans, bread, cereals, baked goods, restaurant foods. *These lectins are especially* potent in beans (red kidney the worst), lentils having far fewer of these "sticky blood" lectins. This is critical for the 60% of humanity (non-O blood folks), who're more prone to clots. Avoid beans, stick to lentils to prevent lethal clot *events*, especially if tests for Prothrombin Time (PT/INR) (how long to clot), D-dimer, Partial Thromboplastin Time (PTT) show thick blood. Non-O blood types have higher levels of the VWF and FVIII proteins that promote blood clotting.

4. soaking *removes* purines which cause gout (*pain in joints,* due *to* uric acid crystals *cutting* into joint *tissue*) (purines are even higher in red meat, seafood, organ meats). Uric acid, the product of purine degradation, (high when eating high fructose too) causes blood thickening, which causes high blood pressure, strokes and infarcts. Uric acid causes blood vessel constriction, raising blood pressure by activating the Renin-Angiotensin System (RAS) that raises angiotensin II vasoconstrictor levels. Uric also blocks the production of nitric oxide vasodilator: this means muscle capillaries can't dilate and receive glucose after meals as glycogen, so blood glucose is high, even if insulin is high after meals, which causes insulin resistance, diabetes: no matter how high insulin gets, glucose is still high. With nowhere to go, glucose is stored as fat, due to ***purines or high fructose fruits or foods with corn syrup***. High insulin means the body uses insulinase or Insulin Degrading Enzyme IDE for keeping insulin lower, and then β-Amyloid Protein in the liver and blood can't be removed by IDE (IDE removes insulin and amyloid), and it ends up in the brain causing dementia. This is how fructose causes dementia via uric acid, so lower fructose intake. Uric acts as a bridge between red blood cells RBC, causing RBC clumping which is the start of clots and plaque formation, slow blood movement, hypoxia, nutrient malnourishment of organs. Uric causes proliferation of vascular smooth muscle cells, causing thicker/stiffer blood vessels (arteriosclerosis), blocking the regulation of blood pressure by kidneys in response to sodium intake. Removing purines decreases inflammation, aging, arthritic like gout attacks, so soak, change the water 3 times. Uric acid "is capable of inducing inflammation, oxidation and endothelial damage… (PLAQUE) serum uric acid and insulin are involved in a vicious cycle that causes the presence of one to induce an *increase* in the other, as shown by experiments demonstrating that physiological hyperinsulinemia acutely reduces urinary uric acid excretion in

healthy volunteers and in essential hypertension" ► IJMS 2020;21(12):4479. So the purines may cause diabetes, stroke, amputation, infarct. Uric acid causes oxidative stress in mitochodria, fueling an epidemic of obesity/diabetes. To dissolve knee or other joints arthritic pain caused by sharp uric acid crystals, you need to eat 5g/day glycine or 2g MgGlycinate. ☺☺☺

5. soaking *removes* oxalates which cause kidney stones. Food industry kills all, they don't soak, *causing* billions of *preventable* misdiagnoses/procedures and trillions of wasted dollars. Oxalates bind minerals and damage our gut lining, they cause oxalate anthropathy, meaning the deposit of oxalate crystals in joints that cause the oxalate form of arthritis. Knee or joint pain? Avoid eating unsoaked legumes, grains, bakeries, cookies as they're high in oxalate. Eat kale instead and don't overeat carrots either, as some carrot cultivars are high in oxalate, 2-24x the level in kale/100g. Spinach has 48x the oxalate in kale *and less nutrition than kale.* Spinach = poison for vegans, because vegans already get enough oxalate from grains/legumes. Eat legumes, grains with vitamin C from *pills or* veggies*, since C prevents* kidney stones from oxalate.

6. soaking *removes* indigestible oligosaccharides that cause gas. One common hypothesis is that "odorless" (90-300 times less smell than the one requiring air freshener, everything has some volatiles even if the human nose doesn't detect it) stools, rare and odorless gas are markers of good digestive health, *low* TOR activation for longevity.☺☺☺

Don't despair, for with vegan legumes you can remove the deadly stuff, but meat antibiotics that ruin immunity, unhealthy ω6:3 ratio from corn-soy fed animals, meat growth hormones that cause cancer, brain damaging catecholamines, PAHs, oxidized cholesterol causing plaque, TMAO, heterocyclic amines, trans fats, can't be removed, they're there to poison you daily.

11.12.3. HOW TO SOAK LENTILS (*the safe way,* not *in* cold water) 2-7 hrs & Cook them 30 min

You absolutely need to soak it 8 hours and change the water 3 times (2 times if you use as much water as 3 soaks), at 150°F temp as explained below, otherwise, you will live only to 80-90 instead of 110, due to low Mg, Zn, Mn, Cu (they bind to phytates, etc above), the cofactors for the most important cellular processes (Fe too for menstruating women), low protein digestion (protease inhibitors in unsoaked lentils). Unsoaked lentils are much harder to digest and provide 30 times more gas. The 150°F heat/8 hrs uncoils the protein, fiber, releasing leucine to activate TOR (protein synthesis pathway) so we regenerate muscle, preventing heart failure, falls, loss of function. Those low in D3, creatine, fast leucine @ 3 meals/day cannot build muscle after age 70, some losing 1lb muscle/yr: 3g leucine/meal, 450g cooked lentils, *"3 g leucine threshold proposed for the maximal stimulation of MPS (muscle protein synthesis) in older adults"* ► FN 2021;8:685165. The older we get, the more protein/meal it takes (450 g lentils @ 70 vs 225 @ 30) to maintain muscle mass & top cardiac function. If young, 20 g of protein/meal leads to maximum

MPS ► AJCN 2009;89:161-8. 20 g protein is 225 g heat soaked lentils, 1.5 g leucine. At 70, many will need 450 g lentils/meal to achieve the same muscle mass, physical function abilities as @ 20-30 yrs old. Even at 30, we need 20 g protein/meal to avoid hunger driven weight gain, besides maintaining cardiac muscle to avoid infarct. Even distribution of protein across 3 meals is the healthiest: it prevents glucose spike, keeps A1C low, halving brain shrink. Unsoaked lentils take 4 hrs to release leucine. Soaked lentils take 2.5 hrs and almost all protein is digested, versus only 85% for unsoaked. Weak muscles can mean infarct, needing wheelchair, falling easily, accidents. Exercise before (not after) meals, to properly regenerate muscles with the ingested protein, instead of burning protein for fuel. Why do some live to 85 not 105, after peacefully dying in sleep? Weak heart muscle, it stops beating. Eat meals AFTER exercising for chores, shopping or removing carpets, ideally within 1 hr, not 2. Add bromelain or other vegan proteases to release amino acids faster if older than 50. For the avg age 35 participant of 23 studies, timing of protein was far less critical than total daily protein intake: "consuming adequate protein in combination with resistance exercise is the key factor for maximizing muscle protein accretion (not timing of meals around exercise)" ► JISSN 2013;10:53. However, that changes after 35: eating right after (within 0.5 hr) exercise is better. Resistance exercise sensitizes muscle tissue to protein to the max only in the firt 1-2 hr after exercise. After 35, "anabolic resistance" makes it harder to trigger muscle growth, especially as "collagen and elastin synthesis decrease by 1%... (yearly, causing) skin wrinkles" ► CAS 2020;13(1):22-30. For 1-2 hrs after exercise, blood flow to the muscles remains elevated, making it easier to deliver meal amino acids to the target muscles than eating 3-4 hours later when circulation has returned to baseline. Plan your day to exercise (chores) right before the 3 daily meals, so heart beats until you're 150.

The next 8 pages are a must read for anyone who cooks at home. If you improperly soaked lentils and got gas, your microbiome can be reset in hours (no gas) by adding vinegar to your smoothie to kill off the overgrowth of gas forming bacteria or via an enema. Avoid plastic containers, plates, as microplastics are very toxic, buy stainless steel containers (glass jars or glass containers work too, less noise) and put the lid on them only after 3 hours in the freezer, because this way, they cool 5 times faster than you placing them directly with lid on (the lid keeps the heat inside and B. Cereus bacteria present in all grains/legumes multiply much more, producing more toxins, as these bacteria double each 20 minutes at warmer temp in a sealed container). The lentils can be prety warm in an air tight container for hours, but that can't happen if lid is off first 3 hours. Steel conducts heat so well that when you place it in freezer, it cools way faster, so bacteria grow a lot less than in plastic boxes. Soaking is essential, for reasons covered above. When soaking lentils or keeping warm any grains, legumes the top of the water needs be 150°F, to give yourself a thermometer 5°F margin of error, because bacillus cereus in all grains, legumes (especially red lentils, red kiney beans), potatoes, spices can cause

asthma, lethal pneumonia, and cereus grows in temps below 145°F. You can ignore this first paragraph that talks about the infinite laziness of modern people and the catastrophic consequences for their health. A few minutes of chores and you get a decent meal, much better than the legumes you buy at restaurants that are not soaked. In 160+ nations, lazy people pay for delivered food and the poor delivery drivers waste so much time to deliver the bad food, being paid so little. The foreign spy immigrant are promised the world, but when they land, their recruiter reveals different things and the real issue is spies (CIA, KGB, etc) can train them to insert poison in the food delivered or to use lasers to attack people. This is pure fraud due to lazy people who don't want to cook at home, spend 4 minutes with a smoothie maker or 5 minutes with a pressure cooker. The laziness of people has reached incredible levels in 170 nations. Why can't people cook at home with pressure cookers, while doing other tasks? It's all automated today, the electric pressure cooker is the cook, no chefs are needed. Buy 50 lb of lentils and cook a few lb at once after soaking, then keep it in warm mode for 20 hours until it's eaten or store in the fridge. Same for other things. You would eat healthier food and stop exploiting people who drive like crazy to deliver food for you: unethical governments create these visa categories and then those guys move to other countries to get a better pay. A national cooking program awareness needs to be established on TV so we bankrupt 99% of restaurants and give people decent single family homes. The workers they "need" are not needed. See the "acting busy" section. Why is it important to be self-sufficient and produce food (cook food with pressure cooker) from your electricity (solar panels) and off grid battery storage, to know how to cook stuff? Because in times of disaster or war, you can't have food delivered, because we immortalists are against anyone dying to deliver food, so all need to learn how to be self-sufficient, resilient and ready to survive an all out invasion by the anti-Immortality *for* All forces that may be tempted to attack the folks *who don't kill, unless* invaded by killing armies and they failed to: 1. develop nonkilling noninjuring high tech *methods* or 2. prevent war/killings by 1 million *low* tech *methods* such as World Peace in 3 months music. Well, they really tried 1 million *ways*, before resorting to the traditional 0 IQ weapons that kill. Today, nobody tries anything, it's all hooliganism and TALK of peace, not even the simplest *methods* to prevent war are implemented, like decent literature, music, movies, anthem, lyrics. The hypocrisy, lies and banditry are simply unbelievable. When people spend less on smoking, alcohol and pets, they can use 0.01% of the money saved to create the nicest pressure cooker that has a water container and can do all soaking and water change on its own, without input from the person. Until then however, we have to do it the slower way: ☺☺☺

SOAKING LENTILS: The first step of soaking is to bring the lentils/water at 150°F using any program that allows you to do that fast, which is most programs on most pressure cookers (Rice, Beans, Beef, Grain, etc and can be done without the lid on on many cookers), or Rice for Instant

Pot Duo Plus *(verified with watt meter that this is* the only button that heats up continuously at 990 watts*, the others do it 20 times slower, by stopping all the time).* Kindly confirm the 150°F or higher temp using a Home Depot 10$ IR thermometer. You only need to be there near the pot 8 min for 7 lb of dry lentils (2-3 min for 1-2 lb) in the first soak cycle until it reaches the scientific (that you determine in your kitchen) temperature that keeps top layer above 150°F (give a 5° error for your thermometer) thruout the 2-3 hour soak cycle, since for the remaining 1-2 cycles, lentils will already be pre-warmed after you drain the dirty water, so warming using Rice, etc (you need to lock the lid for a few minutes for that to work on many pressure cookers and Instant Pots) takes only 2-5 minutes on the 2nd and 3rd soaking cycles and is done automatically without you having to press cook and then switch back to warm mode, once in warm mode, it detects the cooler water and warms it up very fast to 150. On other pressure cookers, most programs, such as Beans, Rice, Beef, etc will warm your stuff to 150 or 165° or whatever you need to be able to hold that top layer above 145° for 2 hours until you change the soaking water. GoWiseUSA has 14 quarts, MegaChef non-stick inner pot made of polytetrafluoroethylene (PTFE, a plastic resistant to heat and stomach acid) is bad, as these Teflon particles are like tiny microplastics accumulating in cells, brains, etc and causing cell death, lowering IQ by 2-20 points. Buy the ☺☺ Amazon new MegaChef Stainless Steel pot version 12 qt (the only 12 qt cooker for vegans eating lentils daily as the main protein): 240°F like all other cookers, 15 PSI pressure, higher than most cookers, except Instant Pot Max. The immortalists will demand all pressure cookers worldwide to have a Soak button that brings up the temp to 150°F and then keeps it there, so we don't have to wait for temp to reach 150 (by using a cook mode for 3 min) and then place it in warm mode manually, as we're busy with life. To protect families, they'll demand the creation of 24-30 quarts cookers (weekly meal prep for legumes for all family) to replace the evil microwaves that kill everyone, since a steaming in the cooker harms none and protects proteins. Stoves, ovens, microwaves, grills create AGEs, while cookers don't if food is under water/steam. Let each kitchen come with a small and big cooker.

The new stainless steel pot MegaChef is way better than expected, you simply press Keep Warm and it keeps it warm much better than Instant pot for soaking, and also you press the main cook button, it goes to the P026 as the first choice, 26 min program for 'beef' and then you press start, but really all programs are same temp and pressure by default as with 14 QT GoWiseUSA, so the P026 is fine to avoid pressing too many times. Mega has more safety features than GoWiseUSA *(I no longer use it, company doesn't sell cookers anymore, the pot corroded and aluminum and coating came off, with 1-2 mm holes in it, odd)* or Instant Pot, lid has button to prevent sliding and the rubber ring on the lid is fixed in place 10x better, so unlike most cookers, Instant Pot, etc, the rubber ring doesn't slide (which creates hissing, leaks or failure to pressurize); stainless steel means lentils slide faster than nonstick pots of other brands, it's

slippery, easier to see dirt and clean it well. Dementia/Alzheimer brains have higher microplastic content. Price 2 save seller is sharing same address with Megachef.com 23608 Spirit Ct, Santa Clarita. Stainless steel 304, or SUS304 as the label says for MegaChef, is the same one with 18% chromium 8% nickel which can cause nickel allergies, dermatitis in some people. Never soak overnight, do it when at home during the day, to prevent fires and extinguish them instantly with a fire extinguisher next to it. Santa Clarita is a redneck town so is this company, as their site shows, 1000 times fewer sales then Instant Pot. This enables you to do 4-5 lb dry lentils at once to save time and cool the lentils with filtered water, to bring them to 65°F before placing them into the freezer, as 150°F is too hot and it takes 5 hours to cool to 65, leading to too many bacillus cereus deadly bacteria growing. If you soak overnight, with most pressure cookers temperature drops on the top layer if kitchen is not 80-90°F, so make sure you use some blanket or something to warm the pressure cooker lid and sides (not the bottom) to make sure it doesn't cool below 145°F via lid heat loss. For electric pressure cookers without adjustable warm mode and high enough Keep Warm temp, you can't soak overnight or keep it in warm mode after cooking, because they don't hold that temp well in colder climates or kitchens, though in kitchens with 90°F thruout the year, they could work. Once you reach at least 150°F for all areas of the top layer, simply press Cancel and then go into Sous Vide or Keep Warm Mode for your 2 hour soak, with Instant Pot setting at 170°F or 180°F depending on what keeps the top layer at 150°F. Oddly, the Instant Pot setting is useless as it doesn't keep it very warm in Sous Vide or Keep Warm, so you need to start really high, at 165°F actual water temp and place setting at 170°F at least before letting lentils soak for 2 hours. ☺☺☺

Because pressure cookers set the warm mode or other 0 pressure programs (Sous Vide, Steam with 99 hours max on some instant pots) at a certain plate temperature, the top of the lentil water solution can vary in temp depending on your room temp and height of lentils in the pot. Thus, you need to buy a pressure cooker with a knob if an Instant Pot, as the knob allows you to set the time to 99 hours and the temperature to any value you want 165-200°F, if that plate temp is the one that makes the top layer of your 2 lb lentil bag soaked in water to reach 150°F. When kitchen is 65°F, for me 170°F Sous Vide works fine for 2 hour soak cycles, but due to the fact Instant Pot doesn't have big cookers and their programs don't hold this temp well, due to poor quality control, I just used the bigger GoWiseUSA 14 QT for an extra year (until I bought MegaChef 12 qt stainless steel pot version which allows you to keep it warm as long as you want to soak overnight or etc, though it's best to change water every 2-8 hours, Instant Pot shuts off Keep Warm after 10 hours, really silly) and returned the Instant Pot in 2024. If kitchen is 55°F in Alaska, then, you may need start at 170, set it to 180 and run soak cycle 2 hours max, not 3. The knob versions of Instant Pot cost $20 extra, but these versions recall what temp and cooking time you set it at, so once you click Sous Vide and then click start it goes to the last settings you

used, such as the Custom (first setting to avoid using the knob each time) 99 hrs and 170°F for Instant Pot Duo Plus. You can use the Keep Warm preset temp of 180 for keeping warm after cooking and the Sous Vide 99 hours 170 for the soaking 2 hours during the day routine. To set your Custom Sous Vide values, press down the knob to select the Custom (first one that flashes) and move to time, then counterclockwise goes to 99 hours for overnight soak. However, I highly suggest avoiding overnight soak, since Instant Pot is very unreliable with their temps and lentils tend to cool while plate may seem to be at 165 to their sensor. Overnight soak or Keep Warm tends to oxidize the antioxidants more in solution, plus temp may grow and permit bad bacteria to grow wildly. So, keep soaking and keeping warm after cooking to a maximum of 2-2.5 hours for best results. Sous Vide is like a warm mode that goes beyond the 10 hours of warm mode. Duo Plus and others got all plastic lid that doesn't get hot and is safe to touch, unlike most Instant Pots. Keep Warm mode on all Instant Pots with Knobs also allows you to set temp to 170 or anything you want, and can be used for soaking max 10 hours, it defaults at 10 hours. *Instant Pot engineers need to modify all pots, so we don't need to press Start anymore, so it starts a program immediately after pressing a button, since usually people use the memorized settings of the last program for that button: simply allow the settings changes to only be made within 1 minute of a program selection if one wants to make changes. Why press twice? More calories wasted, more time wasted, more circuits and parts for an extra button.*

After buying an electric pressure cooker, gently buy an IR thermometer to measure every hour the temp of the top layer of your foods as they soak in Keep Warm or Sous Vide mode, since many pressure cookers fail (after 2 hours) to maintain the temperature at the advertised level for the top layer of whatever is in your pot. Get to know the reliability of your unit, since in USA, like the entire world, ☺abysmal IQ☺ rules due to 33 million companies in USA alone, so we can't make one reliable pressure cooker to keep the top layer at a certain temp, one good humidifier, one good food processor. Billions of people keep rice warm in rice cookers that don't reach 145°F for all layers of rice and this will cause asthma, pneumonia, sickness. Happy go lucky, listening to infernal music, they cook like science illiterate men and eat restaurant foods cooked by equally deadly or even more lethal methods. The naive billions trust these companies of fraudulent capitalism and eat food that has too many bad bacteria. It's important to get familiar with your pressure cooker or grain cooker and monitor how well the temperatures work. If the temperatures drop, during your soak cycle using the warm or sous vide mode due to room temp fluctuations (colder at night for example), you need to set the custom Warm or Sous Vide temp to a higher value, so that in 2 hours when you change the water, the temp is still above 150° (for thermometer margin of error) at all levels of the legumes/grains in the inner pot. If you have whole house filter before water heater, you can use warm tap water. Otherwise, don't use tap water, because water heater water of neighbors that contaminates your water heater due to the

pressure relief design of houses can bring in germs. Don't soak at temps above 150-165°F if possible because science papers show the higher temps diminish the effectiveness of gas forming sugars release, as well as anti-nutrients. Stay within that 147-153°F. A chemical reaction happens at high soaking temps that bind the sugars to other things, making it harder for sugars to come out. Watch the heating cycle after you got fresh cold filtered water into the pot, so you don't overheat the lentils, or you will have gassy lentils the whole week. ☺

Instant Pot Duo has the top water layer of cooked stuff reach 120°F, which is dangerously low. The closer to the lid your highest food layer gets, the lower the temperature it is versus the stuff in contact with the bottom of the pot, but sadly, even with less than half the height, many models fail to maintain the temp they claim to be set at (145 to 172 for example). Instant Pot being run by Canadian low IQ folks in 2019 prioritized Wars, the typing of the WARS word on cooking appliances, with a Star Wars edition and images Instant Pot, instead of safe appliances that improve health. No wonder they went bankrupt and the had to be saved by some US company in 2023. Therefore, it is time for Eterni Food Inc to create Eternal Pot and market it globally for the spread of immortalism, a truly outstanding pot with a sensor (shoots an IR laser to 5 locations of the top layer to make sure all 5 are above 150°F if you set it to 150) of the temperature of the TOP LAYER OF FOOD also, not just the bottom, since the bottom is always way hotter anyway and the top can become colder in cold kitchens in colder climates in the winter especially. Since Instant Pot has only 8 qt max, we need to make new models with 10, 12, 14, 16, 20 qt for people who want to meal prep legumes for 1-2 weeks for the whole family. Instant Pot was started by Chinese guys in Canada and bought by some US company in 2023. Due to this, the Instant Pot boxes and manual covers are red, which is crazy, since we want to promote diversity of colors, not Chinese Red related to New Lunar Year. It's sad these scam companies practice deceptive marketing and don't even include the temperatures and pressures for their programs in their manuals sometimes (Instant Pot new manuals are a disaster in 2025, they only indicate temps for 5% of the programs and pressure levels never, except if pressure exists or not). I believe the FDA, which needs 25 times more staff, needs to regulate some of these cookers better, so they list basic temps and pressure. We need to ☺☺*lovingly tenderly gently kindly*☺☺ ban any imports of any pressure cookers in USA whose warm mode fails to reach 150°F for upper layers of food and to centralize, unify all food companies into one mega Eterni Food Inc. Relax, don't rush like with Instant Pot, get the Eternal Pot.☺☺ This shows why we can't trust Instant Pot and any electric pressure cooker company worldwide and need to fine the companies $900 billion for creating a warm mode that sickens billions of people. Warm mode has to be at least 150°F for the top layer of food not just middle or bottom (not 140 as on so many models) to have a margin of error and ensure it never goes below 145°.

Since Instant Pot has removed the Keep Warm option to warm stuff for more than 10 hours,

your *only option for soaking beans or lentils for longer or for keeping warm for 15 hours overnight, is* something like Sous Vide program available only on fancier Instant Pots with Knob. However, I strongly suggest anyone to avoid soaking more than 3-4 hours before changing the water, as none of these companies make reliable cookers. The cheapest 6 quart Instant Pot with Knob to set a custom Keep Warm or Sous Vide temp is the 99$ Grey Whisper Quiet Duo Plus and the cheapest 8 quart for 12 hour soaking at a custom temp is the $120 grey Duo Plus Whisper Quiet. Let it soak 2 hours, then change water, soak again 2-3 hours, then again 2-3 hours. Make sure however *that in the coldest period* of the night, if you do it at night, the top layer of the water under which lentils are is at least 150°F. After soaking and changing water 1-3 times, cook the lentils using the custom Pressure Cook program you save in memory for 30 min to get crunchy (not mushy) brown or green lentils (red ones are more mushy due to being split). After cooking, draining the lentils, washing them with filtered water to cool them down to 65°F or so, store lentils in the freezer right away (freezer will cool it fast and prevent bacteria, that produce toxins, from growing during the ultra slow 5 hour fridge based cooling, then you can take a box in the fridge) in air tight containers. Trash any lentils or food that was out of the fridge for more than 2 hours, to prevent food poisoning due to 40-140°F bacteria growth as USDA says, meaning don't leave cooked lentils at room temp for more than 10 min, as bacteria can double in 20 min. Bacillus Cereus in rice, pasta, potatoes, *spices,* beans, *lentils* (100x more in red than brown ones, so avoid red lentils) and other foods (which can cause fatal pneumonia, sepsis per many papers, and oddly enough, you can get it via "inhalation of spores" from a contaminated area), etc can grow at temp < 145°F, so soak lentils above 145°F. As you figured out by now, the FDA guideline of 4-140°F is not safe, it needs to be 4-145°F due to bacillus cereus. This is why rice cookers, pressure cookers go into Warm Mode by default (145-172°F by default in most Instant Pot, 151-163 in others, and even up to 203° in Custom High on some models). The top layers of the food can get much colder with this default Keep Warm 145-172 setting on most pressure cookers, except the adjustable Keep warm function Instant Pots where you can set it way higher than 145°F. Fungi, bacteria can produce toxins that don't die at 165°F reheating.

In our "who can be lower IQ" race to the top society, we have 1 billion articles about soaking that are simply dangerous, due to decentralized "chaos", some saying soaking in room temp water is fine. instantpot...manuals shows which pots had 24 or 99 hours max for keeping warm, since all new Instant Pots have 10 hours max. To prevent setting houses on fire, finish soaking and cooking while you're at home, during the day, while you're awake. Instant Pot has *about* 35 pressure cookers and here is a list of the only 4 that *allowed 24 hours max* Keep warm, based on the manuals on instantpot website in 2025, manuals which are 5-11 years old, in a testament of the need to boycott the company and create Eternal Pot brand by the US based Eterni Food Inc, due to a total disrespect for customers due to monopoly of the market, having 80% of the US

market and delivering pretty poor customer service: Aura *Pro* 2018 manual page 10 shows 24h, Evo *Plus* 2019 pg 22, set Keep Warm temp even 194°F (temp adjust is Low, High or Custom 77-194), Cuisine *Crisp* 2021 pg 23, Duo *Crisp* 2020 pg 20. *The* next 5 *allowed* 99h: Duo *Plus* 2019 pg 19 (temp *adjust to* More), Duo Sous *Vide* 2020 pg 19 (temp *adjust to* More), Duo Nova 2020 pg 19 (temp *adjust to* More), Lux 2019 pg 17, Bluetooth 2014 pg 6. Lux and Bluetooth have no temp *adjust to* More. Keep Warm is indefinite for most other brands.

Think twice before eating restaurant foods,☺☺☺ as their grains and legumes are not soaked and not always left in warm pressure cookers, but on colder self-serve trays from which people take samples, and sometimes the rice-grains-legumes sit there for hours at 110°F, leading to bacterial growth, asthma and pneumonia. Avoid Keep Warm for long periods, since with Instant Pot and other brands, the top layer tends to cool over time and show 125°F, while the water-lentil slurry that is 2-3" deeper is actually 150°F at 4" ("=inch=2.54cm) deep, 155 at 5" deep, 160 at 6", and even 170°F for the bottom of the pot. Instant Pot Duo and most models without Knobs are useless, as the lentils will drop below the safe 150°F. If you leave the thick slurry there after cooking at the bottom of the pot to Keep Warm, it acts as an insulator and the top layer will be 135°F versus the 170°F bottom of pot. Avoid Keep Warm after cooking, just wash, freeze.

Amazon sells lentils 1.08$/lb if subscribed, yet lentils are sold as 10 lb/10$ bags at some stores, so, in order to avoid using kitchen scale each time to weigh 7 lb, simply get a container (plastic that they use for shipping bee pollen, etc) and place a mark where 7 lb is. 7 lb is about quarter inch from the top of some plastic container, so you fill it up that way, to save time, and wait until all water is filtered, then pour the water, heat water to 155°F, then pour the lentils. If you only cook 2-4 lb dry lentils, add way more water when soaking *(up to 1-2 inches from the top of the inner pot of the 14 quart cooker)*, since this reduces the need to replace water 3-4 times to only 1-2 times, saving your time, since it draws stuff much faster and overall time can drop from 4 hours to 1.5 hours as a dilute solution sucks a lot more nutrients out for a longer time as you know from osmotic chemistry, stir up a little the lentils every hour or two to distribute those gas forming sugars more evenly, if you don't change water more than once. Small lentils release those sugars faster, so you may only need 2 soaks of 2 hours to achieve the same results as 3 soaks of 2.5 hours for normal size lentils. Over 7 lb of dry lentils, it overflows and can't cook well. Even 7 is too much for 14 QT pressure cookers, ideally do only 6.5 as that won't mess the lid much. For beans, you need to soak for twice as long and cook for 50% longer too, hence I eat only lentils, also lentils have other advantages. If we soak lentils at 63-65°C or 145-150°F (the warm mode temp), drained every 60-80 min 3 times, in 3-4 hours we get rid of most oligosaccharides (the stuff that causes gas in some people), lectins, mineral binding phytic and protein digestion inhibitors, while if we soak at lower temperatures, a higher % of these remain. Science papers show at 140°F or less we get less removal, besides bacteria growing wildly.

Cooking without soaking lowers the efficiency of removing these deadly compounds. Lentils taste so much better when you keep temp warm at 148°F thruout the soaking cycle and your lungs and body, digestive system will be free from these deadly bacteria toxins. Always wash lentils with filtered water a little after cooking, so you minimize bacteria growth in that "soup slurry like medium" you discard, if any soup like mushy thing forms with your lentils *(due to using split lentils, overcooking (> 40 min) or soaking at suboptimal dangerous lower temp of 75-145°F as per Internet low IQ articles)*. Washing is very important if you like Keep Warm after cooking, since gas forming compounds are in that slurry and if you leave it in warm mode, it only heats up the bottom layer of lentils, as that thick paste acts as insulator that sends the wrong info to the thermocouple. By adding filtered water to the drained lentils, your warm mode temperature will be far more even from bottom to top and keep it at 150°F. Use thermometer and find out if yours can keep the top layer of water at 150°F, it's easier to achieve that if your lentil water level is half the height of the pot. ☺☺☺

Big 9 inch strainers are amazing, they can be placed directly on the bottom of the sink (or some container with rim same size for it can rest on it, if no kitchen around, camping etc) and then you simply pour the bottom cooked lentils with the sticky thick liquid over it, then use filtered water to cool down and wash. If the strainer handle breaks, recycle it and buy a new one, as the sharp metal after it fails can damage you, but these ones last 10-20 years usually. This 9" strainer makes it easy to take lentils out of the pressure cooker pot and to drain the ones left at the bottom. Why cook 7 times, like most people do, when you can do it at once and save hours each week? The first 3 lb of dry lentils can be taken even with a smaller tool, but the fastest way to clean and filter the rest is a 2.5-3 mm diameter hole 9" strainer, since the finer huge strainers (that cover the top of the pot circumference) clog too fast and take 10 times longer to drain. It's so fast with this strainer, you literally save 5 minutes or more each time you do this. 5 min 52 weeks is already 5 hours which could have been to relax and meditate. When you soak it, you discard water after each soak and the way to do it in 20 seconds is to use a 12 inch flat strainer, like this one or others (I got one @ $ store for 2$), not the 9" concave one. You hold the strainer tight to the rim of the pot and pour the light brown water in the sink. ☺☺☺

Some water heater brands may have heavy metals (Rheem SP11309T anode rod says up to 0.25% lead, not sure if a joke or extermination attempt by Rheem), so using such warm tap water for cooking isn't smart. *Don't soak lentils in 70-144°F water, bacteria can produce toxins that remain after cooking at 240°F, even if the bacteria are killed during cooking*. Trash any soaked lentils that have a funky smell, it means you didn't rinse well after cooking or forgot to keep soaking temp at 147 or higher for the 3 hour soak. Never leave the kitchen when you warm it 5 min (cycle 2 and 3, since 1st cycle takes 10 min to warm as lentils are cold, 8 min if summer, depends on how cold the tap or filtered water is) for soak it since you could forget it on 50

minutes and if lid is off or not sealed make one huge mess or *even start a fire. Safety first.* *Press Warm Mode after the fast warming using the Beans or Rice button, since you need to warm it ultra fast after adding water to prevent bacteria/toxin growth.* Lentils inflate and will almost reach the very top of the water level as the water warms up; during soaking and cooking, water can be 1-2 *mm* above lentils (this is so we make sure super high temp reaches all lentils even those at the top to remove antinutrients well, though lentils can move a little as water boils and still be exposed to water, but some water evaporates during pressurization). When done cooking, *discard the cooking water*, as FDA suggests for every type of legume (lentils, beans, etc) as it also has *the* lectins, oxalate, fluoride, *oligosaccharides (and it's technically a 4th soaking, but can have more antinutrients than 3rd soak as it was cooking too). If they cooked perfectly (i.e. they remained whole and there is no mushy thing at the bottom) it's ultra easy to drain the water; to ensure there is water left after cooking, and that they cook perfectly remaining whole without messing up the lid big time,* add *water 8 mm (0.3 inch)* above the presoaked lentils before cooking (if 7 lb of lentils using this cooker). If you add too little water it may not effectively remove antinutrients during cooking for the lentils that are not covered by the water. *Health first, convenience second.* Less *water* means less slurry mushy mix at the bottom of the pan. Don't add too much water and also don't let it sit under pressure after it's done in warm mode or in the pan since it will create a big paste at the bottom; be at home when doing it so you can vent it fast and cool it to prevent thick goop at the bottom from forming. Water above lentils makes pressurization last longer; if you put way too little or too much water, and thus, you got a thick paste at the bottom and for easier wash of the thick cooking water, feel free to add 1 liter filtered water after cooking, stir, to make draining them easier with a strainer, free from the thick cooking water that can even become an antinutrient rich paste at the bottom half of the pot (with nothing to drain). *You will lose 1-4% of lentil content (the thick water, maybe 100 ml), but it's easier to digest (less lectins, gas forming sugars), safer if we eat them daily as our only main protein source*. Another reason to add water after cooking, (only in cases you failed to add ideal amount of water*) to remove the sticky paste, is that in the fridge, that water mixed with lentil powder will rot really much faster; the mushy thing is only for split red lentils, not the healthier whole lentils obtained by adding no more than 8 mm of water above the soaked lentils layer (if you add 20 mm, they turn to mush).*☺

11.12.4. Pressure COOKERS (prevent AGEs, oxysterol, plaque (see-pic)) & IR Thermometers:

You can ignore this first paragraph, if you want to jump to pressure cookers directly (US only sells 12L cookers max, no 36L, since everything is geared towards buying food, wasting time cooking often, being a slave of restaurant industry, in this huge nation, no electric big pressure cooker exists to cook for a family once a week), this is a long intro. Pressure cooking means you avoid these 500 toxic chemicals in cans, packaged processed foods. The planet spends trillions

with gigantic kitchens/kitchen appliances all made redundant by the modern 3-15 quart electric pressure cookers (15 appliances into one basically) and quiet food processors, with massive expensive wasteful toxic appliances such as stoves, ovens, toasters, etc that create endless carcinogens, AGEs daily. This is despite that fact laziness rose 10 fold in USA, as adolescent obesity rose 10 fold in the last 75 years, with many eating ultra carcinogenic foods and lethal unsoaked foods at the Big Mafia Restaurant Chimp Industry. The Aristocratic TV floods the enslaved 99% with fake ads about these poisonous carcinogenic foods sold by the Big Food Mafia or made at home with Weapons of Mass Destruction (Grills, Toasters, Ovens) in a July 4th barbecue gathering or fried foods festivals. Then, these people walk to raise funds for cancer research, most of donations going to the fundraising (5% to actual cure research), everyone wasting their time, as the daily foods they eat cancel any "cancer therapy their 1 trillion of stolen donations would try to give us". Microwaves cause cancer growth via RF, WiFi-needless cell fuel cancer too (instead of wired desktop headphone use to mimic landline), while dry heat cooked foods cause an epidemic of dementia (vascular, via oxidative stress of arteries), vascular disease (heart disease, strokes and 500 other diseases due to low blood flow to an organ, like vascular dementia, see pic your Dry Heat Gives☺☺☺). Essentially, the limitless laziness of modern man introduces 900,000 poisons in his food, which no "cancer fund raising" will ever cure. The charlatan University Presidents making 1-8 million a year hide this, so phony "cancer and heart disease" research continues, while the easy to eliminate 99% of cancers☺☺☺, strokes, heart attacks via WET HEAT COOKING and better eterni foods (mix of new supplements) are ignored (steam veggies in 30 seconds, retain more nutrients, they become so soft, don't boil 40 min, takes so long, cook everything under water otherwise, no oxygen contact = living to 120.). What education do we get? Nothing mandatory on nutrition at these fraud universities. If we cure all cancer, average lifespan rises by 3 year max, if we cure AGE and carcinogenic filled food habits via dry heat cooking, fried foods, barbecue, fast food, etc, ovens, etc, replacing even food heating with steaming 1 min in a pressure cooker, we cure most cancers (caused by these lethal foods of high oxidative stress, weak immunity unable to fight cancer viruses, due to sky high inflammation and free radicals), all vascular disease and add an extra 20 years if we eat less salt to lower blood pressure, and sleep better too. With eterni powders to supplement foods, we add another 50 years, and help fetuses change genes to live to 4000 eventually. Kids rooms are 100 sq ft, kitchens are often 300 sq ft, nothing is more ironic, people are way lazier, buy 50 times more food from outside (premade cancer mix), eat outside 50 times more yet kitchens are 5x bigger than they should be for such low home cooking or for 50x more cooking given now you really only need a pressure cooker and a smoothie maker. Then, people talk of government waste of money or useless wars, but We the People wage wars on Ourselves by Our Paleolithic Dry Heat Cooking, waging war on 8 billion people, by poisoning the brains of 8 billion which causes violence via brain oxidative stress. These culinary habits fuel the violent crime epidemic,

the wars, brains go crazy due to AGEs. Want World Peace?☺☺☺ Help all get functional brains that are free of AGEs and carcinogenic poisons from DRY HEAT COOKING. Sick brains don't connect different brain areas and become very explosive in violent outbursts. The ego is so big, the "rat IQ" modern man fails to comprehend he's as "ultra low in IQ" as Neolithic savages, having learned nothing after 3 centuries of chemistry, he applies none of the knowledge gained. This is the 21st century, not 50 millennia ago when we discovered barbecue. Hello??? They criticize FDA, yet it says clearly, the more you fry the foods, the more you toast them, the more acrylamide and other carcinogenics. Nobody listens, they produce more toasters. Ant IQ. They take the food, dry heat cook it via a trillion$ expense so cancer potential rises 90 fold, then waste trillions to cure cancer. All with IQ 100+ wonder if humans started devolving via RF. These toaster and barbecue makers need lifetime labor to pick up produce to cure damage done. Dry heat takes cholesterol and turns it into 10-100 times more lethal oxidized cholesterol, etc.

OK, so what is a good pressure cooker to take charge of your health and lower brain, vascular, organ oxidative stress 2-50 fold today? MegaChef stainless steel pot cooker is the best big one, the $CaCO_3$, $MgCO_3$ in tap/filtered water that deposits on the stainless steel pots (on the bottom mostly, but sides too), either as white (first month of use) or green-brown film (mixed with the colorful antioxidants in legumes) can be removed easily with white vinegar (3$/gallon, use a few spoons), just let it react 2-20 minutes depending on how thick the film is *(2 min if you do it right after cooking each time, 20 min if once a month),* $CaCO_3$ (alkaline) + $2CH_3$-COOH (acidic) = $Ca(CH_3-COO)_2 + H_2O + CO_2$ (you'll see bubbles of CO_2 form: no need to "*scrub/waste time/stress hand*"). Vinegar is also used to remove rust from tools or even medical tools. If you have no vinegar, simply let tap water soak the pot for 1 day after you washed it, and then scrub, the film will be so softened by the water, it will come instantly with a metallic sponge or tough brush. Avoid aluminum or nonstick pot pressure cookers, as they leach aluminum/lead/PFAAs: see FDA list of how common lead is in regular pots, not pressure ones, see lead in many pressure cookers (see table). Avoid putting water on pressure cookers, as this can kill you via the explosion. Most lead leaking pots are South Asian/ American or Chinese, mostly made of aluminum, some of brass. The next 6 pages contain some less known info about pressure cookers, such as the failure of many brands to keep food warm above the minimum safe level of 145°F, leading to billions of people being poisoned by the aristocratic global palace and mansion terror network, due to the fact the pressure cookers don't have proper sensors for the top of the food and bacillus cereus in grains, legumes, potatoes, spices can cause lethal or life disabling asthma and pneumonia. This hidden genocide by Instant Pot (2 Chinese started it in 2009 in Canada, bought by some US company in 2023) and most other cooking appliances fraudulent companies worldwide (explained in more detail in the 6 pages above that detail how soaking with pressure cookers can be done), will cause many to become enraged and support the unification of all food appliances

company into the We the People's Eterni Food Inc, that produces decent pressure cookers, with manuals that even indicate the temperature of warm mode that is missing from Instant Pot manuals. People buy a pressure cooker every 10-20 years, so not much money can be made by these companies making them, but McDonald's and Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) make big money by making poisonous food that then Big Pharma can take care of, people destroyed by Big Junk Food become Big Pharma customers for life. So, instead of giving people a 100$ pressure cooker that is amazing and makes cooking so easy, instead of teaching people how to fish, they want to sell you fish, to make you dependent on their poisoned fish (junk food, restaurant food full of bacillus cereus in their potatoes, grains, legumes, spices) and then on their lethal medicines to fix the fish poison, because that will force you to spend 200000$ to finance their palaces of genocidal celebrations. They spend billions to put rat poison fluoride in tap water, so other companies make billions filtering it out. How smart is that? Big money maker, while our country collapses due to all out banditry and lawlessness, insecure borders, etc. Thus, jobs don't pay much and these appliances are not getting top talent, most top talent is going to Big Foodies, like McDonald's, KFC, Popeye's, etc to poison billions of people with AGEs that cause arterial plaque, brain damage, kidney failure, diabetes, fatten everyone to 450 lb with ultra fatty foods, and get some managerial or research job doing nothing almost in terms of truly high tech research. Money corrupts everything and undermines public health, so immortalism will fix this issue, once enough people become aware of the scam. Some geeks may go to hedge funds or stock markets to waste their brain in financial or accounting fields, instead of creating a truly amazing humidifier, pressure cooker, food processor that we desperately need on this planet. Good home made food prevents trillions in Big Pharma profits, so it is not encouraged. MegaChef stainless steel pot cooker, the newest addition to safe stainless steel pot brands, is better than Instant Pot. Nonstick types are hard to clean, green lentils films are not easy to see on dark grey, microbes grow, besides the fluoride compounds they always leak into the food, the Teflon ruining brains. Use a decent sharp serrated knife, to avoid damage to your hand ligaments, when preparing food for pressure cooker. ☺☺☺

Gently eat foods within minutes of cooking/heating or place them in the freezer after cooking for 1 hour, to cool them rapidly without lid, otherwise bacteria multiply fast and increase 64 fold in only 2 hours if left at room temp by mistake in the pressure cooker, that warm mode is not good since warm temp is only for the part soaked in the water at the bottom of the pan. Avoid restaurants, that food stays in trays so long, 80-300 minutes, so that's 16 to 128 fold higher bacteria count, these bacillus cereus and others double every 20 minutes, press once on your cooker and save time/medical bills from these lethal supermarket/restaurant junk foods. They profit via murder, don't trust the aristocrat wolves, they just brainwash us that the foods they

sell are safe. FDA doesn't check even 1 trillionth of what they're supposed to check, they can't, as we waste half the labor force to redundancy due to 33 million companies instead of 11. The aristocrats make sure no regulations exist, so they can poison the masses, so FDA, EPA, etc have no staff, or 800 times less than needed. Our conman two parties only work to line their pockets with cash, they serve the aristocrats, Dems say 5000 times min pay/hour is fine for aristocrats, Republicans say 50000 is the way, but no third choice exists: 5 times max, see the scam??? Everything you hear on TV is mostly LIES. Think, nothing is as it seems. ☺☺☺ Pressure cookers remove all lectins in legumes, but you need to pre-soak legumes to get rid of gas forming sugars. The most sold pressure cooker is 80$ 6 QT Instant Pot, 100K Amazon reviews, 4.7 stars. However, for the health aware person, the best cheap one may be the 99$ Duo Plus 6QT with Knob and Whisper Quiet Vent, or the 8 QT version of Whisper, since the Knob allows you to set the temperature and time to an exact soaking temp in Yogurt mode (even 16 hours, which is not possible in warm mode, since that one is set to 10 hours max on all new Instant Pots), so you can soak legumes and grains at the correct 150°F temperature where bacillus ceres doesn't multiply, and where antinutrients and gas forming sugars are removed the fastest, so you can eat your legumes and grains without getting pneumonia. Any cooker with Yogurt function that goes to 99 hours and with Knob works, the Whisper is simply the cheapest that most will afford easier. Pressure Cookers replace 10 appliances to reduce waste and allow people to focus on lifespan tripling instead of making 10 gadgets instead of one, especially a brand new sterilizing 15 PSI Instant Pot Max that could be used also (if you never cook with it and it's brand new, at 15 PSI and 250°F for 1 hour, it can sterilize like an autoclave) as a dedicated humidifier too. Electric pressure cookers have in built safety features of heating shut off, temperature control, etc totally lacking in stove top pressure cookers. Therefore, electric pressure cookers are far safer and they also waste 100 times less heat versus an induction stove, electric stove or HYPER toxic gas stove. The hot elements and flame oxidize the air and create carcinogenic PAHs and other chemicals that destroy your lungs, brain, heart and organs as much as smoking, because when you smoke you expose yourself to that for only 2 minutes, but with cooking fumes it can linger for hours, even if less dense fumes. On top of that, the AGEs in dry heat foods are so deadly, they deliver destruction to one and all, smokers and nonsmokers, on an industrial scale. Thus, any ethical nonsuicidal person, needs to recall the safest cooking method on Earth today is electric pressure cooking, with many models on Amazon available for every taste. Slow cookers are a disaster, that can cause death, as explained in the beans section. Avoid slow cookers like the plague; they also waste electricity, increase fire risk a lot. Pressure cookers produce 0.1 to 1 million times fewer deadly air chemicals via the hot plate contact with 0.5 to 2 million times more air *(vs 100 mL in a mass produced mind blowing pressure cooker by Eterni Food Inc) in a typical 200-800 ft² kitchen-dining room) that then produces free radicals in our lungs and poison every organ and blood vessel. Therefore*, in the age of science, we choose pressure cookers in

every single family home, not electric stoves or gas stoves, no electric ovens or gas ovens, since all own their healthy house and buy-sell it in 1-4 days, free from deadly air free radicals, nobody rents (except a room for a few weeks if no hotel in town) and all eat/breathe 100 times fewer air and food AGEs forming chemicals. Ovens are not needed, since some pressure cookers reach 350°F. Bread toasters create many carcinogens and cause a drain of national resources, endless heart attacks, strokes, brain disorders thru oxidative stress. ☺☺☺

Ovens are the most *potent* weapons of mass destruction that kill millions each year, as if we have ETERNAL HIROSHIMA ATTACKS, that create thousands of chemicals destroying every organ. Immortalists will teach all that every dry heat cooking is worse than smoking a cigarette that gives lung cancer, that all these grills, barbecues lead to billions of future people dead due to dry heat cooking or dry heat eating out habits passed from one generation to another, meaning leading to genocides on a scale unimaginable today. Every grill leads to the equivalent of 100000 people dead in a genocide via ripple effects, as if you burn an entire city like Hiroshima with your dry heat. Please have compassion, gently trash your barbecue, air fryer, grills, etc, give them to metal recycling, etc. Immortalists will ban the sale of all ovens, air fryers, grills, toasters in houses or restaurants, replacing them with pressure cookers. Pressure cookers are too small, 100 times smaller, to allow cockroach colonies to form, as they do in most kitchen ovens, the paradise and house headquarters for cockroaches (due to food, rice grains, etc caught in the sink strainer that is useless and ought to be removed to prevent feeding the roaches; also seal all sugar, honey containers and keep all open food in the fridge) who spread all over the house from the kitchen and cost 7000$ to get rid of. Turn on that oven and hot plates on top of it to the max and lights off at night, for 2 hours, over and over, check every 4 min, turn off light again, repeat 30 times, all cockroaches will come out of the oven for you to kill them with Raid or a spray or shoes or a sponge (150 within 2 hour for me when I visited a friend whom I helped get rid of them), as one egg sac can birth 10-50 cockroaches. For 70$ a pressure cooker is today, by pressing a button and letting it all cook (come back to lift the lid later, no more watching pans and wasting your life in the kitchen like moms did for millennia), you spend 20x less time and cook meals way healthier (maybe even 20x less AGEs, so almost 20x healthier from that point of view) than in 1950, it's the way of machine learning leading to eterni labs replacing kitchens in every house, computer monitors with images of biomarkers, designing eterni foods, science studies. As neat 21st century gadgets, presure cookers reduce cooking time, retain more nutrients *(steam veggies in 1-2 minutes, double lutein levels as heat releases the nutrients from cell walls, pressure cooker boiling is not needed for veggies (steaming in pressure cooker yields better results), except for legumes, meats, etc),* keeping kitchen far cleaner: no more liquid splashing out while boiling and fumes that make cabinets and everything ultra sticky around the stove. While a study may say some 'grill' method is slightly better at retaining some (not really

needed) exotic nutrient for some exotic food (mushroom ergothioneine, which I eat once a year) most people don't eat even weekly, they don't mention that it also creates AGEs and other carcinogenics by oxidation and air contact; so water immersed cooking in a pressure cooker is by far the safest, you may not get 100% of all foods' nutrients to be at the maximum nutrient level released, but you get 10 times or 50 times less toxic stuff that does permanent damage; 10% less nutrient is easy to compensate with eating more of that or other stuff that has 80% more of that, but permanent damage done to arteries can't be reversed, if we did, we would all live to 500; we can only partially reverse damage and plaque. So, the only cooking method that will maximize lifespan the most in all circumstances is water in a pressure cooker. ☺☺☺

If we had a strong FDA, most restaurants would have to change everything to reduce carcinogenics and AGEs, because they commit mass killings without realizing, by inducing arterial plaque in billions of people, way more killings in lifespan years lost than probably anything except world war and its indirect lifespan shrinking thru diversion of resources to war (war toll is 800 times bigger than actual dead, in reality, since way more have their lives shortened by medical care, etc postponed due to war, stress, etc in the 800 years after the war ended, the *hidden unseen effects*). Besides, if we spend 5 hours a day cooking, where is the time to develop eterni foods and science labs if kitchen take such huge space and nothing for the eterni lab in every house, when all we need is just a pressure cooker, and 14 cup food processor for smoothies, not a million stoves, pans, etc? Sleep and tone of speech determine our longevity and species lifespan millennia from now far more than whether we're going to get our barbecues and grilled mushrooms to make tasty food that is filled with AGEs, and FDA not approved carcinogenics. Pans splash all around due to people not using a lid or lid having a steam release hole: the lid prevents over oxygenation during cooking that creates deadly compounds, as does using water to cover all the food. Pressure cookers use electricity (gas stoves emit toxic chemicals), cover everything in water to prevent oxidation (they limit oxygen many times versus conventional pans with lid) and formation of free radical generating toxins, have automatic cooking end to prevent "over cooking, burning stuff that causes cancer", saving you time and the planet from natural gas that causes explosions and ground water poisoning, 2 min video tap water catching fire (640 times increase in methane), or the 10 min longer version, or even rivers catching fire, global warming. Make sure the lid is fully closed and that if you use it for legumes, you add a lot of water, since those expand (10 lb water to 7 lb dry lentils). Instant Pot is better because it has stainless steel instead of aluminum (when it chips due to legume acids aluminum can poison you) or PFAS rich nonstick pots. Use stainless steel food storage boxes. Instant Pot has a strong safety record. Some Amazon brands got no US/foreign website.

Pressure cookers reduce the creation of toxic AGEs, 100 times deadlier than cholesterol oxysterol compounds, and plaque formation by 10-200 times, depending on food cooked, versus

more Neolithic cave men methods of grilling, frying and cooking with dry heat that cooks the body to death from within, dehydrating it and frying it, since toxins need water to transport deadly stuff out and to recycle antioxidants the body uses like Glutathione, CoQ10, etc. If you can contact customer care of your pressure cooker maker, please suggest to them, like I did, to upgrade their product line, so instead of having "9 into one" Instant pot (Pressure Cooker (240°F), Slow Cooker (196°F, never use for any foods, not safe, doesn't destroy deadly lectins, doesn't kill botulin spores in meats and low acid (legumes, etc) vegan foods which require 2 min at 240°F), Rice Cooker, Yogurt Maker, Egg Cooker, Sauté (no pressure, up to 400°F if you want to kill meat bacteria spores, need 270°F to kill worst meat/dairy spores), Steamer, Warmer, and Sterilizer), we have a "15 into one" with buttons for: Vegan Yogurt (they got heating of cow milk in cow yogurt, but vegan milk doesn't need it, as it creates AGEs), (not the one using walnuts for ω3 as in this 1 min video with cashews), Tofu, Vegan Cheese ("tofu" from nuts other than soybeans, plus other methods using fermentation), Soy/Nut Milk & Legume Soaker☺☺☺ (raise water temperature to 150°F in 3-5 minutes and then keep it at 150 until you change the water).

The safest pressure cookers are those that use stainless steel (Instant Pot, MegaChef) without non-stick coating, as that coating can leak flourinated toxins as videos and articles explain. Non-stick will make you SICK. The very best pressure cooker for sterilization seems Instant Pot Max, the only US available electric pressure cooker that can hold the pressure at 15 PSI for an hour or more, which allows via canning program, Max pressure setting to cause steam to heat to 250°F (only possible at 15 PSI) for 60 minutes, and sterilize stuff really well, like baby bottles, even stuff you use for dry eyes (forceps for eyelid expression, etc). 15 PSI cookes stuff 20-40% faster than most electric pressure cookers that use 6-10 psi max, so you can use that as default program in the memory and do it quick. Stainless steel pots are almost as easy to clean as non-stick ones, PowerCooker brand is very hard to clean due to rugged bottom. *Keep Warm function is a bad idea*, since oxygen amount is huge, pressure is normal now and water level has gone to 0 almost after a while; so when we Keep Warm, we create carcinogenic AGEs *that stick to the cooking pot and we live shorter; we have to also wash harder, removing more of the coating with dubious compounds and causing it to leak into food.* Freeze lentils immediately after cooking, don't leave them in keep warm. Keep warm dramatically increases the risk of overheating of elements and fires, since sometimes manufacturing defects prevent the full contact of pan with the hot area to release the heat. A rice cooker is vented to the outside all the time and oxidizes chemicals in anything you cook with it. Those browned toast breads and rice cooker rice contain toxic AGEs, toxic PAHs. Warm Mode evaporates the remaining cooking water quite fast and it's that water we want discarded due to containing antinutrients, fluoride. Fish and meat eaters (who use ovens to cook fish and meat) may like 90$ Ovate GoWiseUSA GW22708 types (ebay may have it, 8.5 quart, ideal for omnivore foods, using manual 320-355°F program). Oval cookers are

designed for cooking a whole chicken, so oval shape, so it can kill all spores/parasite eggs in meat/fish. Ovate Manual mode allows you to set *temperature between 140 and 355°F,* though default is 320°F (see page 10), allows undreamed of disinfection of meat/fish that is impossible to do with other GoWiseUSA or with Instant Pot due to low IQ of Instant Pot design team. Instant Pot/most cookers use only 240°F on their omnivore foods programs. There is a catch, the higher the temp of cooking, the more deadly denatured proteins, AGEs can form even in the absence of much oxygen (a little air within the pressure cooker) and dry heat, so only go beyond the 240°F of 99.9% of pressure cooker programs if you need to, no need to if vegan, only meat needs that. Some PubMed papers needed 1 hr at 240°F to achieve the same sterilization as an autoclave (121°C, 250°F, 20 min/L, 15 psi) in a microbiology lab (instant Pot 15 psi, 239°F, alone killed all spores, since it reached 15 psi, or 250°F for steam: see MG expression on sterilization details; saute is bad it oxidizes things big time, avoid it. Many brands got an aluminum protective plate on the lid, that Instant Pot doesn't have, to prevent food sticky stuff from getting into the air release valve. GoWiseUSA stopped selling pressure cookers in 2024. It only takes 50 ml of water to steam 5 lb of veggies you place inside, and about the same (or 25 for faster cooking) to make hard 'boiled' eggs using steam if you're not yet *vegan*. I use a yellow $10 Ryobi IR thermometer (or go to Amazon, type "IR thermometer" in the search box and pick the Amazon choice or type "purple IR thermometer" if you want a specific color) to make sure soaking water doesn't go above 150°F usually. If you go once above it even to 165°F it's fine, since you can add some extra cold filtered water to bring it back to 150, but try not to, as then you hinder the removal of the gas forming oligosaccharides below: ☺☺☺

11.12.5. FOOD CHEMICALS THAT CAUSE GAS (Oligosaccharides being # 1)

Below are presented the main sources of gas, with extra explanations about odorless gas (caused by bacteria that produce carbon dioxide CO_2, hydrogen, H_2 and methane, CH_4) and rotten eggs gas H_2S (caused by SRB (Sulfate (SO_4^{2-}) Reducing Bacteria) bacteria that breathe in sulfates and breathe out H_2S, as we breathe in O_2 and breathe out CO_2). Methane leaks smell because we add methyl mercaptan or methanethiol or CH_3-SH to methane to smell methane leaks. H_2S is H-SH, so CH_3-SH smells similar. Pure methane is odorless. The SRB can usually also reduce other sulfur compounds: sulfite (SO_3^{2-}), dithionite ($S_2O_4^{2-}$), thiosulfate ($S_2O_3^{2-}$), trithionate ($S_3O_6^{2-}$), tetrathionate ($S_4O_6^{2-}$), elemental sulfur (S_8), and polysulfides (S_n^{2-}). The main sources of gas in human beings are not SRB H_2S bacteria usually, but odorless gas bacteria. However, when this odorless gas is generated, as it travels thru the intestines, it meets the H_2S (that otherwise would have been oxidized back to thiosulfate or non-gas forms of sulfur) before it has time to convert to other sulfur forms and carries H_2S outside of the colon. Each vitamin has an optimal level, if we go above it, we shorten our lifespan; the same is true for minerals & sulfur.

The main 9 classes of chemicals in foods that feed the gas☺☺☺ producing bacteria are:

11.12.5.1. Oligosaccharides (di: rutinose, neohesperidose, tri: raffinose & solatriose, tetra: stachyose, penta: verbascose) & simple sugars: rhamnose, etc

These names are easy to recall, as they end in nose (smell) or ose. The first one is rutinose, which is rhamnose bound to glucose. Humans lack the enzyme to break the rhamnose-glucose bond, and other similar disaccharides in foods, so they ferment in the colon causing gas. These disaccharides are bound to flavonoids, for example rutinose to hesperetin forms hesperidin (highest in the white pith) in citrus that causes gas, neohesperidose to hesperetin (& other flavonoids: to naringenin (not bitter) forms naringin (bitter) in grapefruit) forms neohesperidin, rutinose to quercetin forms rutin found in many foods (citrus, buckwheat, caper, apple, onion). 100s of foods have these mono, di, trisaccharides that we can't digest, causing gas, such as L-rhamnose that ferments into propionic acid: rhamnose bound to quercetin forms quercitrin in buckwheat (lots of gas), and to a lesser degree in leafy greens (kale), tea. The oligosaccharides are half of bioflavonoids, like anthocyanins that contain anthocyanidins plus oligosaccharides. Solatriose (galactose-glucose-rhamnose) trisaccharide is found in green, sprouted potatoes and when bound to solanidine, forms the poison solanine, the alkaloid in potatoes that gives gas. Potato chacotriose (glucose-rhamnose-rhamnose) bound to solanidine is chaconine poison, while bound to solasodine it's solamargine poison. Eterni foods will have all enzymes needed to avoid any gas or remove gas forming molecules (pectin, etc), while adding the good short chain fatty acids produced by bacteria. The 3 gassiest bean oligosaccharides are raffinose (α-D-galactose bound to glucose and fructose in a trisaccharide), stachyose (α-D-galactose bound to raffinose in a tetrasaccharide), verbascose (α-D-galactose bound to stachyose in a pentasaccharide), which contain 1 to 3 α-galactose(s) bound to sucrose (what we call sugar). Raffi is like rough smell, so raffinose. These 3 are most present in beans (least in lentils), but also present to a lesser extent in nuts, seeds, grains, sweet potato, many other foods (mushrooms, etc), cruciferous vegetables, asparagus, absent from eterni foods. Oligo means a few in Greek, so oligosaccharides have 2-10 simple sugars, oligomers 2-10 monomers, polymers 100s of monomers. Soy or pea protein isolate, protein powders are not soaked, so they often cause gas. When we soak beans and lentils we remove them. If we don't soak them, they *undergo* bacterial fermentation *in the colon and produce CO_2, methane or hydrogen,* which *are odorless,* but when we eat high sulfur foods (meat and dairy), H_2S produced by SRB bacteria combines with this odorless gas and exits before being oxidized back to thiosulfate, etc. Beano tablets reduce gas: they contain α-galactosidase, an enzyme humans lack that breaks down these simple sugars ► DDS 2007;52(1):78-83. The enzyme breaks galactose leaving us with sucrose, or sugar, which is glucose-fructose. Beano also has invertase (which humans also have) which breaks the glucose-fructose bond for an easier uptake of sugar. NJ 2011;10:128 found pinto and navy beans cause

more gas than other beans. See trypsin inhibitors, gut lining cell irritating lectins section to see other reasons for gas (and why beano fails to work at times), besides "human lacking galactosidase, etc and the oligosaccharide content of foods"; soaking can help get rid of even more of these inhibitors vs cooking alone; why care about trypsin? Because partially digested protein or peptide can ferment, produce gas (CH_4, H_2, CO_2, H_2S); chemists can invent chemicals that wipe out gas forming bacteria without side effects (new good strains appear).

11.12.5.2. High sulfur proteins & SO_2 (sulfur dioxide) for preserving nut mixes, dried fruits, raisins, sodium aluminum sulfate ($NaAl(SO_4)*12H_2O$) used in baking powder (with toxic aluminum) and baked products, $CaSO_4$ in tofu, sulfite (Na_2SO_3), bisulfite ($NaHSO_3$) metabisulfite ($Na_2S_2O_5$), other sulfur compounds listed as preservatives in meats, juices, wine, fermented/canned veggies or natural sulfur compounds in certain plants (if overeaten) – ***create rotten egg mouth/gas smell*** ☺☺☺

One difference between *vegan* and animal protein is that ***animal protein has 3 times more sulfur***, so it promotes the production of H_2S. Vegetarians excrete in the colon (from undigested food) 62% less toxic ***p-cresol-sulfate and*** 58% less toxic ***indoxyl sulfate*** than omnivores ► CJASN 2012;7(6):982-8. Vegetarians ate 69% more fiber and 25% less protein in this study. Sulfate (SO_4^{2-}) becomes H_2S.☺☺☺ There are some *vegans* who eat more protein than usual for muscle building reasons, and in that case their intake of methionine and cystine can be higher than the typical vegan, leading to more H_2S. In the Immortal future, no foods will cause gas, and in the far future super-advanced subatomic tiny machines will provide all nutrients without eating. **Germ free mice produced far less free H_2S** ► FRBM 2013;60:195-200. "There is also evidence linking H_2S to colonic nociception, IBD, and colorectal cancer." ► IBD 2011;17(7):1620-5. "Sulphate-reducing bacteria (SRB) have been implicated (as a cause of ulcerative colitis) through the harmful effects of H_2S" ► BJS 2009;96(2):151-8. "fermentation of protein residues, primarily in the distal colon, produces a variety of metabolites, including ammonia, organic acids, heterocyclic amides, and phenolic and indolic compounds, that are toxic and detrimental to gut health… H_2S ***directly impairs epithelial metabolism…*** H_2S can be converted to ***thiosulfate*** $S_2O_3^{2-}$ and further oxidized to ***tetrathionate*** $S_4O_6^{2-}$ during inflammation. The latter supports the growth of Salmonella and other ***tetrathionate*** utilizing ***pathogens***." (***associated with gut disease***) ► AJG 2015;110(2):278-87. Nature made feces stinky so we avoid eating them. Nature made stinkier feces due to sulfur to alert us to lower methionine, cysteine intake to live 10 years longer. ☺☺☺

High sulfur proteins contain more methionine and cystine which activate TOR, speed up aging, neurodegeneration, cancer. Many people overeat protein in the hope of building a lot of muscle (it's exercise that builds more muscle not eating 3 times more protein), but this can decrease lifespan; the TOR section explains BCAAs (the stuff of muscles) in vegan and meat protein are

almost equal. In the age of intelligence, World Peace, Nonviolence, "Immortality", nobody needs muscles, as robots do all manual labor. High meat and dairy intake with its high fat intake slows down digestion increasing TRANSIT TIME from mouth to anus. Since omnivores eat 3 times less fiber on average, the transit time is much longer, leading to more rotting of protein and the conversion of sulfur (already more than in *vegan* protein) into H_2S. This is also explained in the constipation section. The other problem with eating meat is explained in the TMAO section. The beneficial properties of SCFA are minimized when the colonic concentration of H_2S increases as byproduct of bacterial fermentation, which inhibits host (gut) DNA repair" ► FI 2016;7:290. *If the gut lining can't be repaired, all toxins go into the blood damaging all organs.* This supports the hypothesis that *longevity depends on "odorless" stools.* ☺☺☺ Sulfites inhibit the growth of four species of beneficial gut bacteria at concentrations regarded as "safe" for food ► PO 2017; 12(10):e0186629. "Administration of metabisulfite has also been shown to *damage* kidney cells. Serum sulfite, sulfate, cysteine... are elevated in patients on hemodialysis" ► KI 2004;65(2):393-402. *Just 0.2% sulfite added to meat to make it appear reddish* or "*fresh*", made some dogs behave normally, but after 9 weeks, upon dissection "*Numerous small hemorrhages were observed in the lungs, endocardium, stomach, intestines,* and liver, and all (dogs) showed acute nephritis." ► JID 1904;1(2):355-7. Organ *damage may occur well before animals die on their own*, as with rabbits treated with sulfite superdoses who died; the 1904 Harvard Medical School article mentions Dr. Tyzzer examined 6 cats (that ate sulfite treated meat) and within 5 months they grew sick and seriously kidney damaged, while the control cat (no sulfite) was fine. "Sulfite, a well known air pollutant, is toxic for humans, especially those with sulfite hypersensitivity. *Sulfite is also generated endogenously, during normal metabolism of sulfur-containing amino acids*. Mammalian tissues contain the enzyme sulfite oxidase, which detoxifies both endogenous and exogenous sulfite by oxidation to sulfate. Deficiency of sulfite oxidase in humans is fatal, *demonstrating its physiologic importance*. Children with hereditary deficiency in this enzyme develop mental retardation, neurologic symptoms such as spastic quadriplegia, and early death." Elevated levels of blood sulfite was found in patients with chronic renal failure ► JASN 2000; 11(5):923-7. That may be a reason why meat eaters get more sulfite, twice the *kidney damage* of *vegans* in most studies, meat has high sulfur; same may happen to vegan fitness enthusiasts overeating protein powders. Eating sulfites can cause "dermatitis, urticaria, flushing, hypotension, abdominal pain and diarrhea", "life-threatening anaphylactic and asthmatic reactions." ► CEA 2009;39(11):1643-51. *Broccoli can cause odor when eaten in medium/large amounts*, due to sulfur containing glucosinolates. When I eat purple cabbage, cauliflower, kale I get no odor, but with broccoli I always do (plus gas with broccoli), so I don't eat it. The odor is from metabolites of broccoli glucosinolates, indole (feces smell) derivatives or H_2S. Some get stool odor even with other cruciferous veggies; cooking or pureeing broccoli (broccoli smoothies take 10 times longer than usual to make) can increase odor, as myrosinase comes in contact

with glucosinolates. Chewing only causes some contact, but pureeing/cooking increases it a lot.

11.12.5.3. *Sorbitol* & polyols (natural or added to foods as a non-sugar sweetener), polyphenols

Low calories sweeteners include polyols like: sorbitol (2.6 cal/g vs 4 for carbs), its stereo isomer mannitol 1.6 cal/g HO-CH_2-(CHOH)$_4$$CH_2$OH, xylitol 2.4 cal/g HO-CH_2(CHOH)$_3$$CH_2$OH, erythritol 0.2 cal/g (HO-CH_2(CHOH)$_2$$CH_2$OH. They say "no calorie" because they're poorly absorbed, fermenting in the gut, producing gas, but only erythritol is really low calorie. Avoiding these additives to processed foods or keto products seems smart, since some studies suggest xylitol and erythritol can cause stroke or heart attack. After we eat glucose, the blood level goes up 20% maybe, but after we eat xylitol it goes up 100000% (1000 fold). Isn't it funny how mannitol may also be causing stuff and yet its isomer sorbitol and mannitol are in thousands of products, vitamins, eye products, etc. Mannitol is a diuretic that can cause dehydration of eyes and brain; it is used to lower ocular pressure as a last measure; can worsen heart failure too. Sorbitol is used to improve shelf-life and texture of foods gathering dust on shelves. Candy, ice cream, chewing gum (which releases toxic microplastics), 100s of food products, medicines, vitamin pills, apple, pear, peach, avocado contain sorbitol/mannitol, which are digested very slowly (semi-indigestible, somewhat like raffinose). To minimize issues, limit processed foods or gums with sorbitol in them, avoid eating too many *1. nectarines* (0.11% to 1.95% sorbitol, *0.86*% average ► IJMS 2011;12(10):6919-35), *2. plums* (dried plums or dried prunes can contain *14.7*% sorbitol, while *fresh plums* only *5% (2.6-8.5%, depending on cultivar)* ► CRFSN 2001;41(4):251-86), *3. apples* (contain *0.6% sorbitol* on average, Table 1 ► SR 2017;7:44950), *4. pears* (contain *2.5% sorbitol* ► NT 2015;50(6):301-5, *that's why pears cause more gas, they have 3-5 times more sorbitol than apples*), *5. peaches* (contain *0.3% sorbitol* on average Table 1 ► HR 2016;3:15067). Other less known fruits, like *black chokeberries* got 8.6%, so they will cause enormous levels of gas, 3 times more than pears, the famous gassy ones; *blackberries are ultra gassy too, coming at 4% sorbitol*. *E420 is the EU name for sorbitol on food packages, though E432-6 (polymers of ethylene glycol and sorbitan esters), E491-5 (sorbitan esters polymers) also have sorbitol, being esters (sorbitan) with some foods having 11% sorbitol added. If you see any 'sorbitan' on food packages, it's a sorbitol ester that gives gas. Some papers found pears have 10 times more sorbitol than apples, the numbers given are averages of a few cultivars, cultivars can vary 3 fold for any fruit, not all cultivars are analyzed in a paper.* It's safest to stay away from eating many apples, peaches, pears, anyway, unless organic, as they have very high levels of pesticides. If you're bloated, try to see if you eat too many of these polyols, like some xylitol enthusiasts who replace all sugar with it, eating "industrial" levels compared to most people. JHND 2014; 27 Sup2:263-75 found "Polyols induced GI symptoms in patients with IBS independently of their absorptive patterns". JAFC 2009;57(2):554-65 found mannitol at 2.96 g/100g in cauliflower, 0.24 g in watermelon. Sorbitol is also called D-glucitol ► "3-year-old boy consumes six full packs of a

d-glucitol chewing gum brand (40 g sorbitol)... one hour after ...child complains of abdominal cramps and explosively passes about 500 mL of *thin* liquid *stool*... "pink" diarrhea was caused by d-glucitol-containing vitamin C supplements... d-glucitol in dried fruit, such as prunes, may reach levels that can contribute to diarrhea (hence too many plums = gas)" ► IJD 2016:5967907. A pack of Trident gum can contain 20 g of sorbitol; people who ate 40 g sorbitol "reported a change in the consistency of bowel movements to "loose" within 1 to 3 hours of ingestion" ► CFP 2019;65(8):557-8. But eterni foods can remove these smelly compounds. Excessive amounts of polyphenols in blueberries, the fruits with highest polyphenols, can also cause gas, so, it is better to avoid eating 5 packs of blueberries a day every day. ☺☺☺

11.12.5.4. Lactose (milk, dairy products)

Some people (especially non-Caucasians) lack enzymes to split galactose from glucose within lactose (made of glucose and galactose), exactly as all humans lack α-galactosidase enzymes to split galactose from sucrose within raffinose, stachynose, verbascose. We get gas due to bacterial fermentation identical to what happens with beans. Since lactose traces are in many foods, including whey protein powders used to make many processed foods, people can get gas that way, even if they never eat cabbage, nuts, seeds, whole grains or beans.☺☺☺

11.12.5.5. Starches and some fibers

Exactly as with oligosaccharides (made of a few saccharides), we have some starches and fibers (made of many sugars (saccharides)) that are semi-digestible or indigestible and bacterial fermentation is the only way they get taken care of, especially with longer transit time. As such, when people eat French fries, meat and fat slows digestion and transit time increases, starch lingers undigested and bacteria start to *ferment it*. That's why people eating burgers often times get gas. It can happen though even with faster transit time if a lot of starch is eaten. That's why bananas eaten in large amounts can cause gas in some, same for carrots.

11.12.5.6. Fructose for a minority of fructose "intolerant" people who digest it slowly.

A few people are partially fructose intolerant, and will develop gas from eating too much fruit with fructose or fructose yielding sucrose (apples and pears 6% fructose, watermelon 3% fructose, fruit juices, honey 40% fructose, sugar 50% fructose, raisins 30% fructose and they add sulfur dioxide to preserve raisins (and dried fruit-nut mixes) at times which feeds bad bacteria causing stool and gas odor). In the Immortal future, the molecular assembler prints foods knowing our tolerances/intolerances and optimizing for maximum lifespan and 0 gas. We need futuristic high tech food companies started by chemists, passionate nutrition geeks, aided by biophysicists with new preservation/treatment methods. As explained in the lentil section, pineapple is a great digestion booster, the fruit that seems to cause the least stomach issues,

possibly due to its protein digesting enzyme bromelain and non-gas forming fiber. ☺☺☺

11.12.5.7. Fructans (*polymers* of *fructose*, containing a few or a lot of fructose units)

Fructans are highly present in *garlic* (17% fresh weight, 0.22% aged *garlic* extract), *onion* (1-10%), wheat, plums, and many other foods (chamomile, kombucha, etc) as your; hence the smelly stool/gas *(fructans cause CO_2, sulfur compounds in garlic cause H_2S, combined, they give rotten egg smell of gas/stool)* when eating a lot (or much less) of *garlic*, bread, plums or bakeries. Eterni foods can remove fructans which have no benefits. Studies show garlic powder, which smells 100 times less when speaking or breathing, can improve artery function by 50% in those with bad diets; a 5th of a spoon is enough. Buy the ones in opaque bags, not transparent containers ideally, to prevent oxidation of lipids. Store the bag in the fridge air tight, after you place a small amount into a vitamin pill bottle that is opaque via aluminum tape on the exterior and clear tape on top to prevent aluminum particles falling. Many fructans are like raffinose mentioned at point 1, hard to digest, fermenting, causing odorless *CO_2* gas, which later mixes up with the H_2S from *garlic* (high sulfur), *onion*, eggs, meats causing the stool smell rise 300 fold.

11.12.5.8. Carbonates in calcium, magnesium and *multivitamin supplements*

1500 mg of $CaCO_3$ releases 336 ml of CO_2 gas or a third of a liter. So this can double the amount of gas you get. Multivitamins, like NOW Foods Daily Vits tablets, use 150 mg cheap $CaCO_3$ instead of citrate, so we burp and feel constipated. Sometimes, some multivitamins have too much B vitamin and this can also cause gas in some. Other *brands use cheap sulfates* to provide minerals and this causes sulfur smell. Aquamin calcium means $CaCO_3$ or carbonate.

11.12.5.9. Gluten (wheat, rye, oats, barley), especially low fiber very *processed bakery* goods with added *sulfates*. Gluten in *fetus stage* can cause *diabetes in kids*, and a LOT more:

"*Besides gliadin from wheat* gluten*, the lectin wheat germ agglutinin has also been shown to stimulate cells of the immune system and* increase *intestinal* permeability." ► Ntr 2013;5(3):771-87. "*Gluten proteins differ* from other cereal proteins as they're *partly resistant to enzymatic processing in the intestine*, resulting in a *continuous exposure of the proteins to the intestinal immune system*" ► Diabe 2014;57(9):1770-80. Gluten lingers in the GI tract *much longer, and can thus rot, i.e. be fermented (they feed on gluten) by bad bacteria that cause stool/gas smell*. Therefore, for many people (even non-celiacs), it is better to eat corn bread, corn tortillas or ideally home made popcorn (no oil added to prevent AGE formation), quinoa, millet (causes far less blood sugar spike than other grains, one variety got 12 times more fiber than rice), buckwheat, sorghum, amaranth, rice (brown, purple, wild are better), as these grains don't have gluten and contain more prebiotic fiber when cooked at home than the almost fiberless white flour bagels, bread, English muffins, donuts. AGEs in some grain products (see list) can feed bad

bacteria ► "*Dietary AGEs detrimentally modulate gut microbial ecology and may partially increase colon permeability*" (for toxins) ► MNFR 2017;61(10), inflaming the gut. Most gluten products (except some whole wheat breads with 0 sulfur compounds added) are so processed and stripped of prebiotic fiber. The ricin lectin in castor beans kill people at 2 mg doses. Raw kidney beans have lectins that can kill people too. *Legumes, grains, nuts have lectins* (*removed during soaking*, that's why I always soak my lentils) that can irritate the gut in some people and create tears in the intestine lining allowing toxins to pass through, even if lectins can also prevent cancer. Likewise, gluten can cause problems. 100s of books explain the catastrophic effects of wheat products and gluten, such as "Wheat Belly" by Dr. Davis.

Gluten is a name for several proteins: gliadin in wheat, avenin in oats, hordein in barley, secalin in rye. Fish, nuts, dairy, asparagus, etc have allergy causing chemicals that can kill some people. Mice without a gene get 114 times more plaque after eating the same amount of fat, think about that, what if some humans get heart disease at 10 times less fat than others? Humans without certain *genes* will get a really bad reaction to various chemicals in "natural organic foods" at much lower levels, so unfortunately, in nutrition one size doesn't fit all. Some people die of anaphylactic shock after eating dairy, fish, asparagus or nuts, others can eat them daily in huge amounts. The food industry in a Civilization of 900 year old "Immortals" would do all in its power to remove these chemicals in plants, meat and dairy (cow milk protein allergies, bovine hormones, milk viruses, etc can cause type 1 diabetes autoimmune disease according to some researchers) that cause allergies, stool odor and gas. When foods are made of only beneficial compounds, and agriculture doesn't exist anymore, we can create 5,000 year lifespan granting foods. *Stool odor* is a marker of bad bacteria thriving in the gut (70% of immune system is in the gut, so autoimmune diseases could be triggered by compounds we judge as harmless usually), the lining of the gut getting inflamed and allowing toxins to get into the blood, causing inflammation, atherosclerosis and *Alzheimer*, poor cognition, oxidative stress; because every single disease is worsened by oxidative stress this leads ultimately to *shorter lifespan*. Gluten, found in all pizzas, breads, burgers, etc can inflame the gut in some.

Type 1 diabetes in 6 yr old boy was cured with a gluten-free diet: BMJCR 2012:bcr0220125878. In mice offspring, *incidence of type 1 diabetes* dropped *to* 15% *(from* 64% *in the gluten group)* when gluten was removed from mom and offspring, and diabetes onset was delayed ► DMRR 1999;15(5):323-7. In mice, *when mom avoids gluten during pregnancy, offspring diabetes drops from* 62.5% *to* 8.3%, *even if mice continue eating gluten after birth*, see Figure 1 ► JDR 2016: 3047574. A 63,*529* women *observational* study found "*Women* with the highest [*477 g grains*] gluten intake versus those with the lowest [*112 g grains*] gluten intake (≥20 v <7 g/day) had *double the risk of type 1 diabetes* development in their offspring" ► BMJ 2018;362:k3547. ☺☺☺ As always, *due to 1000s of possible confounding* factors, *interventional* studies are needed to

confirm this association is causation in humans. In the study above the kid removed gluten (pizza, burger, pasta, bread, etc) and got rid of type 1 diabetes, but we don't *know if gluten removal was the only cause*, maybe causes included the *lower* glycemic index/calorie intake, *lower* casein intake (no pizza) *which is linked to less inflammation (no* casein antibodies), *lower* ω6 intake (ω6 means inflammation that promotes diabetes), *lower* AGEs *intake* (kid ate no more pizza, burgers with high AGE; oxidative stress can harm pancreatic β cells, higher AGE intake is associated with more diabetes) and other diet changes too. We need thousands of *gluten removal* interventional studies. However, like with smoking and lung cancer, it takes decades to convince the skeptics that association is causation, since introducing (instead of removing it) gluten/smoking *interventional* studies are unethical (especially smoking).

Gluten is a name for 4 proteins in 4 grains, so oats gluten may be less damaging than wheat gluten. There are interventional studies showing gluten introduction spikes up gluten antibodies linked to certain diseases. Nobody wants to sign up for a study to eat a lot of gluten to see if they destroy their pancreas and get type 1 diabetes, but for people who already consume gluten anyway and would never give it up unless paid, a partial temporary removal (motivated by being paid) and then reintroduction can be used to study the effect on tens of thousands of males/females who have no gluten prior to conception, or no gluten during pregnancy, to see diabetes and immune function in human offspring when compared to low, medium, high, very high gluten diets of the controls who ate gluten as usual (low, high, etc). "Celiac disease (CD) is frequently diagnosed in patients with type 1 diabetes (T1D), and *T1D patients can exhibit antibodies against tissue transglutaminase*, the auto-antigen in CD… studies suggest that *a* proinflammatory environment within the pancreatic islets *can promote the development of diabetes*… priming of diabetogenic T cells may take place in the gut and that activated T cells can home to the pancreas"☺☺☺ ► JI 2011;187(8):4338-46. Since for many compounds, the offspring deleterious effects exist when either mom or dad eat it before conception, it may be prudent to not overdose on gluten even if male. They'll switch cereals or design GMO wheat/oats without gluten if evidence mounts. Gluten allergy is a typical case of gut inflammation. "Celiac disease and type 1 diabetes are autoimmune conditions in which dietary gluten has been proven or suggested to play a pathogenic role" ► Ntr 2015;7(9):7143-62. Most people all eat bread with gluten (a protein), etc made from *unsoaked grains and they might all have inflamed guts from gluten and oligosaccharides*, by the standards of a 130 year old healthy human of the future, yet think we're healthy. Maybe in the future, when we live to 200-500, only odorless stool and gas free digestion is considered healthy. I stopped eating gluten (except for rolled oats or a bagel a few times a year until 2016) in 2012 to reduce sodium intake and also because bread products have too many dubious and oxidative stress causing chemicals added at times; too much sodium raises your heart rate and blood pressure. Now I'm glad I did, since it

may help me prevent diabetes and many issues from inflamed gut (see more studies below about the brain-gut link). Since 2000, I ate very little bread, mostly bagels, going sometimes months without gluten, eating rice or legumes only. Cholera spread fast in London in 1848 because they had no plumbing and were defecating in pits and eating nearby, with the virus spreading. Our sanitation was poor, just as today, our nutritional habits may be thought of as poor by future centuries. It seems certain that, for 4,000 years old humans of the future, all present foods are poisonous, as their nutrition science, food choices are far more advanced, optimized to remove toxins. The chemical signature of the stool odor may tell us what diseases and lifespan we will reach if no change. ☺

BMJ 1999;318(7190):1023-4 found "wheat lectin also binds to glomerular capillary walls, mesangial cells, and tubules of human kidney and (in rodents) binds IgA and induces IgA mesangial deposits. This suggests that *in humans IgA nephropathy might be caused or aggravated by* wheat *lectin*; indeed a trial of gluten avoidance in children with this disease reported reduced proteinuria and immune complex levels… Insulin dependent diabetes therefore is another potential lectin disease… Another suspect lectin disease is rheumatoid arthritis... the three main pathogenic factors for peptic ulcer... are all theoretically linked to lectins... why don't we all get insulin dependent diabetes, rheumatoid arthritis, IgA nephropathy, and peptic ulcers? Partly because of biological variation in the glycoconjugates that coat our cells and partly because these are protected behind a fine screen of sialic acid molecules, attached to the glycoprotein tips… But the sialic acid molecules can be stripped off by the enzyme neuraminidase, present in several micro-organisms such as influenza viruses and streptococci. This may explain why diabetes and rheumatoid arthritis tend to occur as sequelae of infections." Rats can eat wheat, and to keep rats away, plants create poisons called lectins that McDonald's and all fast food include in their breads and bakeries, since they don't SOAK for 3 hours these cereals first. This means bread, cereals, pizza, pasta, cake, bagels, donuts, cookies, granola bars, soy products, protein powders from grains and legumes, Soylent, protein bars, anything made from legumes or grains not cooked at > 100°C (212°F) to destroy lectins as explained in the bean section, can increase gut permeability, inflammatory immune responses and autoimmune/other disease risks, especially in more allergic people or AFTER INFECTIONS or injuries that stress the immune system. *This is now for all an extra reason, besides sodium overload which causes heart disease and hypertension in billions of people, to stay away from bread and all baked products, pizza, bagels, fast food, etc. "Non-celiac gluten sensitivity NCGS triggers* gut dysbiosis...*and* vulnerability for dementia" ► CNSNDDT 2015;14(1):110-31. "both CD (celiac disease) and NCGS can result in many autoimmune conditions... early consumption of cow's milk may be a risk for the development of autoimmune diseases" ► Ntr 2014;6(1):15-36.

"High titer IgG antibodies to gliadin were found in 87% of autistic and 86% of schizophrenic

patients and high titer IgG antibodies to bovine casein were found in 90% of autistic and in 93% of schizophrenic patients. High titer IgA antibodies to gluten or casein were found in 30% of children with autism while in schizophrenic patients 86% had elevated IgA antibodies to gluten and 67% to (dairy) casein; some normal children and adults have these antibodies but only in trace amounts (not high titer). A gluten-casein free diet was accompanied by improvement in 81% of autistic children within 3 months." ► NNS 2000;3(1):57-72. "Data suggests that up to 22% of patients with CD develop neurologic or psychiatric dysfunction, and as many as 57% of people *with neurological dysfunction of unknown origin test positive for* anti-gliadin *(gliadin=wheat gluten) antibodies*.☺☺☺ We reported that the age-adjusted prevalence (23.4%) of anti-gliadin antibodies in people with schizophrenia was significantly higher than that observed in general population samples (2.9%). A 3rd study… reported 27% of patients with schizophrenia having anti-gliadin antibodies compared to 18% controls… Landmark reported 19% in the schizophrenia group and 0% in controls." ► PQ 2012;83(1):91-102. Some studies advise not giving gluten or dairy to babies under 1 year as their immune system is too young. Many studies found much weaker links between gluten and neurological issues, autism, but in some people this link may be strong. We see this with many associations (may not be causation), some studies get much stronger links than others, possibly due to specific dietary or genetic factors unknown to science. Meat is also bad, as it promotes bad bacteria and rotting, and processed meat can have gluten too. AIM 2009;169(6):562-71 st*udy of* 0.5 million people *found that* those who ate 68 g red meat/1,000 calories were 36% more likely to die from any cause if female, 31% if male than those eating 9 g/1,000 cal. Cardiac deaths increase 50% *for women eating more red meat and 38% for women eating more* processed meat. ☺☺☺

11.12.5.10. *Artificial sweeteners* wreck the good gut bacteria *allowing the stinky ones to thrive*:

The immortalists will ban all artificial sweeteners, added sugars and 80% of added salt, as these, together with ultra strong flavors (which will be banned, as many cause cancer, as food dyes do), cause people to become obese and fat, destroying the nation and planet. What's wrong with eating lentils as a puree? No sweetness, just plain. Lazy spoiled gluttons with "fruit fly IQ" need to get over it. Health trumps taste, with taste everyone dies 4000 years earlier, we can't have that. Belly fat damages the brain, everyone becomes a monkey in IQ. The nematode worm IQ aristocrats steal our chemists to create the most lethal texture, color, taste properties of food, when these chemists could have designed the simple fetus diet giving 4000 year lifespan to all already by now. Before we discuss man made sweeteners, a word on the alternative: the only safer sweetener seems to be stevia, but even stevia seems to shrink SCFAs production, kill good bacteria (Ntr 2019;11(6):1248), feed bad bacteria, cause obesity, diabetes, hypertension in some people/mice, at least in some studies, so it's pointless to use stevia, if you buy sweet glycine amino acid. Stevia is the only sweetener that has many studies showing it helps prevent obesity

or cancer in some mice or people, while the artificial sweeteners show only bad effects mostly. Stevia ($5/lb, organic on Amazon) is not an artificial, but natural sweetener (all others are man made) and it's thought to be way safer than the other sweeteners (which cause gut dysbiosis), even though initially FDA banned it 1991-2008 to stop cheap imports of Chinese stevia (competing with US sweeteners made by Monsanto), though the official 'reason' for the ban was fear of "cancer shown in some animal studies". Then more studies showed it's preventing, not causing cancer: Mol 2022;27(4):1362, PM 2017;13(51):345-50, Oncot 2018;9(41):26299-308, OL 2018;15(4):5250-6, Mol 2023;28(3):1258, Biom 2021;9(12):1814. "Stevia and its glycosides possess therapeutic effects against... cancer, diabetes mellitus, hypertension, inflammation, cystic fibrosis, obesity and tooth decay" ► CPD 2017;23(11):1616-22. Stevia was banned in 1991, then corporations patented its sweetest chemical, rebaudioside A (240 times sweeter than sugar), obtained via 40 steps, then some added 99% clot infarct stroke causing erythritol to sell it as Truvia (1% rebaudioside). Stevia wasn't used due to a bitter aftertaste from stevioside (8% of stevia), and they removed the bitter taste steviosides (about 40 exist in stevia), so they just kept the rebaudioside (4% of stevia). Glycine is sweet, has no side effects as stevia (kills good bacteria) and the stevia compounds, it shows the politics of FDA, approve deadly chemicals, while detecting some of the poisons only, understaffed FDA... That's why we need Eterni Foods, to be able to remove deadly chemicals and synthesize the good ones. Next paragraph shows stevia is bad, as it causes obesity via microbiome changes.

Good bacteria are key to healthy *immune* systems and *brains* of developing babies, so avoid man made sweeteners. Eating artificial sweeteners is linked to cognitive decline. Artificial sweeteners can turn gut bacteria into pathogens, they damage the microbiome (AN 2019;10 (Suppl 1):S31-48, Metab 2024;14(10):544). "saccharin, aspartame, sucralose, and acesulfame-K, can profoundly impact gut microbiota, leading to microbial dysbiosis...a reduction in beneficial bacteria such as Lactobacillus and Bifidobacterium and an increase in potentially harmful Proteobacteria… decreased production of SCFAs… (leading to) glucose intolerance, dyslipidemia (high LDL/TG, low big size safe LDL, high inflammation)… obesity, insulin resistance, diabetes, hypertension" ► Cur 2024;16(9):e70043. "Exposure to steviol, a compound produced by bacteria harvested from the colon of volunteers, resulted in a tenfold reduction in propionate (a SCFA) production (which causes obesity, as good bacteria have no SCFAs food)… aspartame (dimethyl ester of aspartic-phenylalanine dipeptide that is linked to mice brain tumors) as a possible carcinogenic agent for humans...ace-K, advantame, aspartame, neotame, saccharin, stevia, and sucralose... cause (microbiome) dysbiosis..." ► FN 2025;12:1694264. "consumption of calorie-free beverages sweetened with artificial and natural NNS have minimal influences on total daily energy intake, postprandial glucose and insulin compared with a sucrose (sugar)-sweetened beverage." ► IJO 2017;41(3):450-7, so using sweetener doesn't help most lose weight. ☺ One

can use sweet fruits for smoothies. JTEHBCR 2013;16(7):399-451 says that *splenda* (*sucralose*) is not safe, as it *destroys* some of the *good* gut bacteria, like other sweeteners. Sucralose destroys the human DNA. Wrecking good bacteria via diet coke, chewing gums, endless other products loaded with sucralose, aspartame (possible carcinogen), saccharin *can* (at least in some genomes and atomic compositions) lead to *acne and weaker brain, immune system*. Don't eat grams of sucralose, aspartame, saccharin daily to cut on sugar, just meditate to get bliss from non-food.

Stevia is safer than splenda, which is hypothesized to be safer than *aspartame* and *saccharin*. I got a big acne breakout after I tried splenda, many people got severe acne, so avoid splenda. A *splenda* byproduct (from hydrogenation of the bichlorinated fructose unit of sucralose) 1,6 dichloromannitol is eliminated bound to glutathione like mercury is, glutathione is the master antioxidant in all cells, whose high levels are associated with maximum longevity ► page 239 at IJM 2009;27(1):239-44; up to 20% of sucralose can be absorbed, where does it go and what does it do? It looks like a chlorinated pesticide (it is sucrose with 4,1,6 OH replaced by Chlorine atoms), can its bichlorinated fructose or chlorinated glucose or any of its metabolism products accumulate in organs and damage tissues by unknown mechanisms or by substituting glucose or fructose that become parts of bigger molecules used by cells (like viral proteins sneak in as friendly ones due to a similar structure), then big molecule stops working as it's meant to? A healthy adult has about 10 g of glutathione in their body, so if you eat a tiny bit of *splenda*, *1%* may be eliminated as that glutathione bound compound, having a slight effect on *glutathione* reserves, losing maybe 10 mg (molar mass is 307.32 for glutathione) or so if you eat a few g of splenda. But the *99%* of splenda metabolism byproduct may be very toxic (doing damage before elimination in ways we don't know yet, and glutathione levels where this product goes may be low and the impact may be bigger locally) like mercury if *glutathione is taking it out, since that's what glutathione does with all toxins (mercury etc)* Glutathione rich foods (must be raw) are here. Glutathione is low in people with high mortality; to make it we need cysteine and glycine, that's why eating enough protein is essential. Diabetics given cysteine and glycine had their glutathione go up ► DC 2011;34(1):162-7. Intake of glutathione is 100 mg/day for those eating produce often; pill intake led to higher plasma levels ► EJN 2015;54(2):251-63. There are allegedly "healthier" natural sweeteners, like xylitol, erythritol, sorbitol, but they can cause bloating, gas or diabetes, heart disease. 2023 studies found intake of xylitol, erythritol (and possibly the ubiquitous sorbitol, mannitol) *increases its blood level 1000 fold*, vs 1.2 fold for glucose, and may cause strokes/infarcts at 30g/day. Thus, it's safer to drink water than artificial sweeteners our bodies are not used to. Allulose is mass produced sugar, rarely found in nature, that causes hives in many, and which may work for diabetics who want sweet stuff. Artificial emulsifiers can also shrink microbiome diversity, making us sick ► GE 2021;162(3):743-56. ☺

WHICH FOODS DECREASE GUT LINING PERMEABILITY, allowing less toxins in?

1. Polyphenol rich foods ► Table 1 of FI 2015;6:612 indicates the polyphenols *they tested* (quercetin, curcumin, genistein, EGCG) *decrease the gut lining permeability,* reducing toxin entrance into the blood. All flavonoids are very similar in structure to quercetin (the most common flavonoid in plants), so they all probably block toxin uptake that way. Chlorogenic acid polyphenol have similar effects in rats ► PO 2014;9(6):e97815.

2. Acetic acid rich foods ► Table 1 above. Acetic acid (CH_3-COOH) is present in vinegar and most fermented veggies jars, which list vinegar or acetic acid as ingredient. However, hot peppers (CPB 2007;55(8):1151-6), contain capsianosides which have the opposite effect of acetic acid, so eat non-pepper marinated veggies ► BBA 1997;1323(2):281-90. I myself never eat hot peppers, due to high capsaicin content. Hot peppers can have 5 million times more capsaicin than sweet ones, so avoid hot peppers due to risk of heart issues.

3. DHA/EPA ► EJN. 2008;47(4):183-91 ☺☺☺

4. Vegan diet has more protective bacteria, decreasing permeability ► "The *vegan* gut profile appears to be unique in several characteristics, including a reduced abundance of pathobionts and a greater abundance of protective species" ► Ntr 2014;6(11):4822-38. Vegans or those eating a lot of plant fiber produce more short chain fatty acids (SCFAs) that protect the gut, especially butyrate, the preferred fuel source of the colon lining cells (colonocytes get 70% of their energy from SCFAs oxidation) ► see Fig 3 (5 times more butyric, 4 times more propionic acid) at PNAS 2010;07(33):14691-6. A 98 people study found the *vegan* had mostly Prevotella, omnivores more Bacteroides, 11 vegetarians 27% Prevotella and 10% Bacteroides, in between *vegan* and omnivore ► Sci 2011;334(6052):105-8. In a study of 66 *vegans*, 102 vegetarians, 100 omnivores, *vegans* "had a higher Prevotella abundance and Prevotella/Bacteroides (Bacteroidetes subclasses) ratio… (the) proportion of Firmicutes was lower and of Bacteroidetes was higher" ► DMS 2017;9:62, same finding of the PNAS study above.

5. Zinc rich foods (nuts, seeds, legumes), Glutamine & Tryptophan rich foods (i.e. eat enough protein from legumes, nuts, seeds, veggies, etc), Vitamin D ► Table 1 above. Glutamine is a dangerous amino acid, since it can fuel cancer cell growth, harden stools, cause rectal bleeding.

FI 2015;6:612 says the following foods have the opposite effect, allowing more toxins in: *alcohol* (no reason to drink, there are foods with 100 times more antioxidants than red wine, 500 times more than white wine), *milk fat* "diets that favor growth of pathogenic or opportunistic bacteria (as with intake of milk fat) would have opposite effects, compromising barrier integrity", *gluten* (gliadin from wheat) foods. *Most papers on gut bacteria point out that* high *fat* diets help the bad bacteria, and weaken the gut barrier allowing *more* toxins in. In pigs, saturated fat increases blood endotoxin (LPS) *Papp* (a*ppa*rent *p*ermeability coefficient) by 50%, vegetable, olive oils had

no effect, while ω3 oils decreased it by 60% ► NM 2013;10:6. At the start of this section a study showed Alzheimer people have 3 times more LPS in their blood. ☺☺☺

11.12.5.11. Free delivery for online grocery/food orders & my diet: what did I eat in 2018 that gave no gas or stool odor? What do I eat now to keep the GUT HEALTHY? See the food table.

I got a BMI of 17 because of 6% fat calories vegan (LDL 46, TC 105, TG 65, Hcy 6.2, hs-CRP < 0.2), 0 grain/processed food, all shopping (grocery, etc) online for max personal security:

1). Amazon.com (scroll down to FAQ "What is Amazon grocery subscription?" and click on the link to sign up for the 5 (EBT) or 10$/mo program to ensure highest privacy, as Amazon no longer shows items in title and email body *(says "9 grocery items" shipped to First name, City to protect you against criminals who hack emails via WiFi, ethernet snooping, etc),* for metadata hacking interdiction. Amazon has far higher password, passkey 2 FA security than every other grocery outlet that obviously has no passkey, hard key or 2FA ►►►► free delivery for online food orders > 25$ via grocery plan, 60$/yr. Amazon is OK for groceries (that come from cold temp Whole Foods or real stores they partner with, you will see their name when you buy groceries), but not stuff that is kept in Amazon warehouses that are 80-100°F (never buy food or dried fruit, nuts from Amazon.com itself, they're all rotten, their trucks reach 160°F at times). Organic carrots are 6$/5lb, organic kale 2.5$. Amazon removed on July 9th 2026, the ability to see 1 star reviews only (or to see all reviews for a product) for many users, so now, all who're banned need to click on the link next to "We're showing a limited selection of reviews. To see more reviews, you can send a request" at the bottom of the reviews, and you may be allowed to see all reviews (I was allowed after a temporary ban after a 1 star review). Bezos, managers need pay 800 trillion in fines for genocide: Amazon ships and stores supplements in high heat to poison billions of people. Walmart allows all to see the 1 star reviews, Amazon removes the ability for some users, including me after I wrote about their genocide in the book and made a 1 star review☺☺☺. To circumvent this and ensure your personal safety online, it's best to use an alias online for any purchase, using privacy.com system of linking your real identity to an alias and securing your computer from hacking by aristocrats. Due to half products being available at Walmart, even for nonfood, nonpill stuff, it's safer to have Walmart ship it when Walmart times is faster than Amazon prime by 3-4 days (many items), free for 35+$, since the spies, criminals and thugs have less time to change your products and modify your electronics to spy or harm you with hidden weapons. All nations need to boycott Amazon until it no longer hides reviews for random users (total ban by all 50 states if they ban reviews for most users) and ships/stores perishable supplements, medicines, eyedrops, foods, walnuts, etc at insane high temps of 80-155°F. The arrogant aristocrats that planned WW1 and 2 don't give a crap about the masses. All world governments need demand restaurants, food manufacturers to lower AGEs in foods 2-90

fold from the sky high levels today, as AGEs cause millions of deaths. All nations need to ban Amazon/all companies from selling supplements, until transport and storage meets the correct temp (< 77°F). The planet is not a concentration camp for testing toxins by genocidal world aristocrats selling junk via online sites. Amazon needs to be bankrupted and taken over by Eterni Foods Inc, the other 10 companies to sell things properly via reviews.gov (all reviews for any product are centralized, no more reviews on 40000 sites so nobody can find them), after 1000 times more testing, to ensure product quality, consumer protection. Too many charlatans from all nations sell junk foods online. Reviews are the property of We the People poisoned by Amazon/online sellers☺☺☺. Each time a website sells something in the immortalist USA, Review button goes to Reviews.gov for the whole world to see. Only then the world will trust USA to lead. Honesty and fairness, don't just steal all from all *nations* and poison them all with Amazon/KFC junk (those 300K junk food US restaurants causing millions of strokes/infarcts worldwide, thanks to a chimp gov clueless about AGEs). To become 1 people, 1 nation with 1 trillion times less fraud/violent crime, we need honesty. No more eyedrops, pills sold on Amazon in rotten state to poison millions: Amazon sells tons of eyedrops that say store below 77°F, which they never do. This online sellers (Amazon too) genocide against US/all *nations* can stop by you ordering temp sensitive items directly from the company or Walmart that ships far cooler and stores far cooler (see below). Walmart needs privacy.com since the security is pathetic. However, Walmart lentils 1.56/lb are stored/shipped at much lower avg temps than Amazon 1.43/lb in the warmer 9 months of the year, so dry lentils from Walmart are in better shape. ☺☺

2). Sprouts.com ►►►► $2.5 service fee for online orders > 35$ or > 10$ for Super Saver items (Carrots) for 0.0$/yr, they're the only online grocery with organic purple kale 2.5$, sometimes 25% off, purple kale is far healthier. A problem is service fee means 4 big orders a month, service fees are 18$ way more than Amazon 5-10$, so a little discount on sprouts is not a big win, especially they lack passkeys, hard key like Amazon, 2FA, anyone hacks your metadata, ordered items, invoices, pathetic, these small grocery stores, any spy can try poison you, know what you will order, puts the poison there via a syringe, etc, you want max security; Amazon shows nothing, you can shop from 20 chains and still get secret email, the other sites the spies who hack global metadata can know and figure out etc what you really order (not claim to). Can't hack Amazon, it's like Pentagon, it's a lot harder with passkeys, hard key, 80 character password.

3). Instacart+ ►►►► $2.5-9 service fee for online orders > 10$ for 99$/yr (delivery for Aldi + 40 grocery stores + Walmart (bandage $1.38, alcohol pads 400/3.82$, powder detergent 2.2/kg) + 80+ other stores: $ Tree bandage 1.25$, Colgate Optic White fluoride paste 1.25/3oz or 2oz, 99.9% germs killing spray 1.5$, floss pick 1.25$, liquid detergent 1.5$, vinegar 1.5$, healthiest Shugar soap (no artificial colors) 1.25$, medium healthy soap (has TiO2) 1$, Home Depot offers free ship without instacart; this saves 50 trips to a store so EVs drive 20x fewer

miles to buy same items, saving millions of lives lost to car smog 10-40 years early; kind to all like the Immortalist Anthem; EVs save you electric, tire, gas $ and avoiding in person visits prevents contact with air, carts rich in flu, COVID19, RSV and endless diseases) ☺☺☺

4). Walmart+ ►►►► free 1 day (not 5 days, since pills rot) delivery for online grocery orders of any price, 49$/yr Walmart+ 49/yr offers free lower temp than Amazon shipping same/next day. They sell 24 bulbs 5000K/22$ (100W equivalent), 24 LED bulbs (40 W eq) /9$ too, 24 Phillips bulbs 2700K/20$ (100W), many items so cheap, plus 5$ off code for reviews. They also sell the cheapest lentils, 4 lb bag/5.98 (all it fits in 12 quart pressure cooker), free ship over 35$. If you bundle items and order is $35+, you get free same-next day delivery even without the 49/yr for non-grocery items fulfilled by Walmart (not shipped by third parties, don't order supplements in hot weather, they degrade, plan all orders for cooler months, stock in fridge for the 6 hot months), while Amazon delivery is free for 35+$ orders but takes 7-10 days. Almost all items on Amazon are on Walmart. Walmart gives you both "Amazon prime, 15/month + Amazon grocery 5/mo" plans in one 49/yr, to save 191$/yr. Walmart+ can give faster delivery at times even for 35+ orders. Walmart has cooler warehouse 75°F (Amazon often 95°F) for supplements, meaning longer life for you, Amazon 5 day prime ship in winter in many zip codes vs 1 day Walmart, free groceries, no service fee as with instacart+. Walmart shipping is cooler, as the heating section explains. Walmart/Amazon allow returning items with no printed label to FedEx (Walmart), UPS, Whole Foods/Kohl (Amazon), with a phone QR code or from your home (need a box and printing a label if you don't want to drop it off in person). This makes all returns green. Amazon returns are easier, since we don't need to have a box for most items shipped by Amazon. Merchants make less $ selling on Amazon, due to higher referral fees, 40$/month subscription, higher shipping fees, so for many products, Walmart has far more choices, as small volume sellers don't need Amazon for higher sales volume. Amazon takes 8-15% of sales (45% for some electronics), Walmart only 6-15%, so naturally, small volume merchants shun Amazon. Walmart allows you to return non-food items in 90 days, not 30 like Amazon. Walmart wins. Choose freeze dried powders, not those extracted in water at room temps and then spray dried in hot temps, because dry heat creates AGEs via oxidation, so ask sellers on Amazon to provide the extraction chart or ask if it's freeze dried and then order same thing faster on Walmart to avoid the damaged Amazon warehouse temp and hot shipping. ☺☺☺

Some items are cheaper in person, like butternut squash, purple cabbage, etc, so you could stop by if in route to work or back, to minimize fuel/tire smog. All shopping for food, shoes, clothing, can be done online from a wired Internet desktop, laptop, since phone apps cause RF brain/body damage. Sprouts and other local chains where Sprouts doesn't exist, are 15-50% cheaper (for carrots or other items) than Amazon grocery, fresh or Amazon Whole Foods, can save $50-5000/yr per family vs Whole Foods or other Amazon grocery markets, if you don't

order often, which creates huge service fees at Sprouts (30-50$ monthly if you order 10 times with 3-5$ each time), instacart vs Amazon. Amazon grocery is cheaper than Amazon Fresh (which can have cheap powder detergent, 2.6$/kg). Amazon Whole Foods (WF) is priciest. You can also order online direct (walnuts), since Amazon walnuts are all rotten and most chains don't sell fresh walnuts that need order in October. Amazon fresh: $2.5 organic Cal-organic (fresh only if you live close to California) kale (only 200g, rarely 290g, Amazon Whole Foods kale is 3$ (2$ if on sale) and local (fresher if you live away from California, old California kale Cal-organic rots and accumulates mold in its plastic bag, it's a hazard, can lose 30% of nutrients during 1 week ship to your state and due to wind, it's full of dust and earth and needs to be washed 3 times more than other kale, soaked in water well, immersed 10 times to get all mud and potential roundworm out), Sprouts kale that weigh only 160-230g, Safeway is cheaper, use instacart for that, 4.45/lb), $10/lb 3 garlic bulb (avoid this 'Christopher Ranch' US one, it's usually rotten and too expensive/lb; avoid Chinese garlic in physical stores: can have 4-50x more heavy metals, pesticides than US, 25% less allicin, toxic fertilizers, thyroid disrupting (I block) CH_3-Br from US port fumigation, 4000x the lead, millions of packs grown in sewage even if treated with chlorine and bleach before shipping to US, which further damage it internally; for ginger, buy US, Brazil not China), $7/lb amazon WF organic garlic (cheaper than most physical stores, saves you from toxic pesticides) $3.9/gallon vinegar (Amazon vinegar is the cheapest online one). Sprouts: $2.5 organic kale, $4/lb ginger (vs $4.7 organic @ Safeway, $10 organic @ fresh, $7 organic @ WF), $6 5 lb organic carrot (supersaver item, so will be delivered for free if 8-11 am 3 hr window within 40 hrs, if you order 10$ minimum, like 3 kale + 5lb carrot bag for $12.5 total, free without instacart subscribe). Avoid precut greens or veggies, they got 100x the bacteria. EBT users (food stamps) get prime/grocery plan 50% off ($7/$5). If we all do 100% shopping online, we save our health (less flu/Covid too), we save fuel costs, emissions/electricity, as each truck delivers 200 packages in its route, so far less tire particles, noise, gas that causes lethal smog if no EV. Eventually, drones will do all delivery from the driverless delivery vans, so there won't be a delivery job in the hot or cold weather. ☺☺☺

My present diet is 1 walnut, purple/green kale, carrot, butternut squash, purple cabbage (squash & 50+% of cabbage is steamed in a pressure cooker 2 min to soften them, improve digestion, reduce goitrogens, carrots steamed too sometimes oxalates, then pureed in a food processor alone or with lentils to create a low fat warm breakfast/lunch of deep purple color) ginger (protects endothelium from AGEs), raw garlic (removes plaque, has 12% inulin (a fructan, or polymer of fructose, like glucans are polymers of glucose) which creates glutathione and cancels fructose damage, burns visceral fat, lowers insulin by 70%), cloves + lentils I cook (see good places to buy) + supplements (lycopene, berberine at times, quercetin, bromelain, citrulline, ideally only stuff that is extracted via supercritical CO_2 (freeze dried retains more

nutrients, least oxidation, ask manufacturer to provide chemical extraction steps, avoid anything that uses heat) from plants and provide microbiome diversity, as if you ate the plants these were extracted from, and that diversity extends longevity; most powders today are extracted from plants; to fight oxidative stress, try LDL lowering 37$/kg HE, 42$/lb 100% GSE). You can use non-plastic 12 glass bottles 100ml/12$ to store powders eaten next 2 weeks (refill from sealed fridge bags/bottles), since microplastics in 1$ plastic bottles can cause dementia, plaque. Distribute the nutrients so that even if taken with water, each 5-9 hour window (5+5+5+9, 9 for sleep) has some strong antioxidant taken at its start to prevent plaque, aging, senescence since the high blood level of each chemical ends in hours: 4 trays of vitamins in the fridge for the start of each 5-9 hr window in small Amazon bottles to minimize air and tray size. Take out of fridge for 3 min max to move powders into smoothie or spoon/glass of water. You only need 1 big tray with the main meal, breakfast, the other times you eat, the tray can be tiny, since most nutrients (quercetin, hesperidin, berberine, CoQ10, carotenoids, etc) have bioavailability 2-10 times higher when taken with fat (we need to eat at least 1-2 g of fat, so 1-2 pills of ω3s or half a walnut). If 4 times is too often, try 2 times, twice with the meals if you eat twice only and once before bed. In 2024-6 I ate more lentils, so maybe 100 g protein/day. In 2026, no pineapple, just bromelain.

Many suggest 1.2g/kg weight reference protein of score 100, so 76 g for 63kg or 100 of lower score vegan ones. Included below chemical formulas and mnemonics (memorizarion techniques) for the most important fats (unsaturated: ω9 *oleic*, ω6 LA/ARA/GLA, ω3 ALA/EPA/DHA, saturated: *lauric*, *myristic*, *palmitic*, *stearic*) in our diet and physiology. We can teach 9 year olds this so they discover at 25 the biochemistry of living to 900. With techniques, we can get 4th graders know tons of biochemistry and organic chemistry. Fat quantity/quality have a dramatic effect on microbiota, GI tract and general health, since dry heat cooked, processed foods have high AGEs (and, if non-vegan, contain oxidized cholesterol) inducers of systemic oxidative stress, chronic inflammation, atherosclerosis which then leads to cardiovascular disease, dementia, cognitive decline, organ damage. 2018-2020 on average I ate 7% (5-11%, varies by day, typical of many centenarians) of calories as fat: about 14 g of fat (sometimes 15, 1 g fat = 9 calories), so *126 calories* or 126/1,859 about *6.8% of calories*. A typical 7% fat daily intake in 2019: 100 g purple cabbage 0.2 g fat, 0.04 g ω3 (omega 3), 0.03 g ω6 (omega 6), 100 g watermelon 0.2 g fat, 0.05 g ω6, 30 g ginger 0.2 g fat, 0.04 g ω3, 0.01 g ω6, 200 g plums 0.6 g fat, 0.09 g ω6, 125 g carrots 0.3 g fat, 0.14 g ω6, 2,000 g pineapple 2.0 g fat, 0.34 g ω3, 0.46 g ω6, 125 g kale 0.23 ω3, 0.17 ω6, 0.88 g fat, 400 g cooked lentils 0.55g ω6, 0.15 g ω3, 1.6 g fat, *3 g* walnuts 1.14 g ω6, 0.27 g ω3, 1.96 g fat, *7 g* chia seeds 1.23g ω3, 0.40g ω6, 2.16g fat, *2 g* pumpkin seeds 12 seeds, 0.18 g ω6, 0.001g ω3, 0.39 g fat, *7 g* flaxseeds 1.60g ω3, 0.41g ω6, 2.95 g fat, *vegan* Testa *DHA-EPA pill with 0.78 g fat of which* 0.03 g is ω6, 0.49 g ω3, 25mg sunflower oil (rest being rosemary oil, 6 mg E, some C). These 0.49 g ω3 contain: min 250 mg DHA, *docosa*hexa*en*oic acid or 22:*6*(n-3) in

USDA tables, (where 22 is # of carbon atoms hence *docosa* or 22 in Greek, 6 is # of *double bonds* hence the name got hexa before the *en* for double bond, 3 in n-3 is which carbon has the first double bond counting from the end (omega ω), with COOH being the alpha or beginning), min 125 mg EPA, *eicosa*pentaenoic acid or 20:5(n-3) because *eicosa* is 20 in Greek, some DPA, *docosa*pentaenoic acid or 22:5(n-3), to get 13.82 g total fat, 4.39 g omega ω3 (3.45 as ALA and 0.9 as EPA-DHA-DPA) and 3.66 g omega ω6 (mostly LA, linoleic acid or *octadeca*dienoic acid 18:2(n-6), 6th carbon from the end (omega) has first double bond). Thus, with *1 pill of vegan* algal oil, I got *ω3:6 ratio of 1.20:1*, which I returned to in 2025 via chia oil, after a 2 yr stay @ 4:1.

The ω3 *vegan* pill has 0.78 g total fat, with 0.49 g ω3 and some ω9 oleic acid or *octadecaen*oic acid 18:1(n-9), which makes 60-70% of the fat in avocados, olives, sunflower seeds, many oils, being the most *common monounsaturated fat in plants*); *oleic* comes from *olives* (57% calories in olives is oleic, 82% in sunflower oil, 73% in olive oil, 63% in canola oil); all plant oils are cis (trans fats, now banned by FDA, are in animal foods only), so *all famous ω3 (*ALA, DHA, EPA*), ω6 (*LA, ARA*), ω9 (*oleic*), are* cis*, the most important and common food unsaturated fatty acids*. The top 4 saturated fatty acids in our diet and body are: stearic *18:0*, CH_3-$(CH_2)_{16}$-COOH, palmitic *16:0* $CH_3(CH_2)_{14}COOH$ (50+% plus), myristic *14:0* $CH_3(CH_2)_{12}COOH$, lauric *12:0* $CH_3(CH_2)_{10}COOH$). The top 7 *un*saturated fatty acids in our diet and body are: 1. *oleic* has 1 *double bond 18:1(n-9)*, 9th one, cis$CH_3(CH_2)_7$-CH=CH-CH_2-$(CH_2)_6COOH$, one allyl like group (-CH=CH-CH_2-, C_3 like B_3 allyl sounds like ALA and the amino acid Ala 3 mnemonic) 2. *linoleic* (LA*) is oleic with ω6 extra double bond, a lean oleic, lost 2 hydrogens 18:2(n-6)*, so CH_3-$(CH_2)_4$-(CH=CH-CH_2)$_2$-$(CH_2)_6$-COOH, 2 consecutive allyl groups 3. *alpha-linolenic* (ALA) is linoleic (LA) with *ω3* extra *double bond*, a *lean linoleic*, lost 2 hydrogens *18:3(n-3)*, notice the extra *n* from lean in name, so CH_3-CH_2-(CH=CH-CH_2)$_3$-$(CH_2)_6$-COOH, *3* consecutive allyl groups 4. GLA, *ω6, gamma-linolenic* is ALA isomer CH_3-$(CH_2)_4$-(CH=CH-CH_2)$_3$-$(CH_2)_3$-COOH or *18:3(n-6),* 3 consecutive allyl groups 5. EPA *ω3* is ALA with 2 extra carbons and 2 extra *double bonds*, so *20:5(n-3)* or CH_3-CH_2-(CH=CH-CH_2)$_5$-$(CH_2)_2$-COOH, *5* consecutive allyl groups 6. ARA is *20:4(n-6), ω6,* so like EPA with *4* consecutive allyl groups, not 5, so CH_3-$(CH_2)_4$-(CH=CH-CH_2)$_4$-$(CH_2)_2$-COOH 7. DHA is EPA with 1 extra *double bond* and 2 carbons *22:6(n-3)* or CH_3-CH_2-(CH=CH-CH_2)$_6$-CH_2-COOH, *6* consecutive allyl groups. So easy to recall now: all 7 most important unsaturated fatty acids in our diet and body, oleic, LA, ALA, GLA, ARA, EPA, DHA have 1-6 consecutive allyl groups (alternating *double bonds)*. If I eat *2 pills of vegan* algal oil (like I ate Jan-April 2020, even if for 2017-2019 I ate only 1 usually), we get 4.88 g ω3, 3.69 g ω6, with *ω3:6 ratio of 1.32:1*, total fat 14.60 g. If I eat *3 pills of vegan* algal oil (May 2020 1st time) I get 5.37 g ω3, 3.72 g ω6, with *ω3:6 ratio of 1.44:1*, total fat 15.38 g. These ratios become lower when I eat more walnuts though, more like *1:1*. These numbers for *EPA* 20:5(n-3) or 20:5(ω3) are *good to know*, as when you look up foods they use 20:5(n-3) not *EPA* in some tables: flaxseeds with 22.81 g ω3 (100% ALA) in 100 g, chia seeds with 17.55 g ω3 (100% ALA), walnuts 9.08 g ω3 (100%

ALA), even non-vegan tilapia fish, you can see 33 mg ALA (19.5% versus 100% in plants), 5 mg EPA, 86 mg DHA, 43 mg DPA in 100 g tilapia for a total of 167 mg or 0.17 g of ω3, while canned light tuna got 0.279 g ω3 (tiny ω3 amount, plus 40 times more mercury than scallops, 10 times more mercury than sardines, salmon, shrimp, tilapia, oysters, mollusk) and most tuna types got 120-230 times more mercury than scallops making mercury elimination VERY difficult, depleting the body glutathione reserves used to get rid of other toxins, cooked scallops 0.396 g ω3 (199 mg DHA, 166mg EPA, 31mg DPA, 0 ALA), oysters 0.681 g ω3 (44.5% DHA, 39.9% EPA, 9.2% DPA, 7.4% ALA), canned sardines 1.69 g ω3 (51% DHA 865mg, 31.4% EPA 532mg, 3.6% DPA 61mg, 14% ALA 235mg), canned pink salmon 1.76 g ω3 (48% EPA 845mg, 46% DHA 806mg, 2.7% DPA 48mg, 3.3% ALA 58mg), raw pink salmon 0.62 g ω3. Our body takes plant ALA and makes DHA-EPA. For other types of salmon, see USDA nutrient lists, since raw soho got 3 times more ω3 than pink.

Chia seeds absorb much more water than flaxseeds, so if your stool is too watery, using more chia (instead of flax) seeds will make it more solid. If stool is too solid, flax or pollen is better (unless pregnant), because chia can make it too hard and slow transit time, increasing odor. Walnuts have 9% ALA by weight, and 39% LA by weight, while flax and chia have only about 6% LA by weight, so if LA intake is very low (no oils, olives avocado, no other nuts/seeds), 3-6 g (2-4 halves) of walnuts (or other LA rich foods such as popcorn which has 4% LA) may be useful since LA is important for many tissues in the body, blood vessels, skin. The diet above (14 g flax, 0 chia) has 2.5 g ω6 (mostly LA) without walnuts or 1.2% calories as LA (2.5*9/1859), as shown below. 6 g walnuts (2.3 g LA) almost doubles LA % to 2.3%. Walnuts have the highest ω3:6 ratio of any nut, except an exotic one nobody can buy in 99% of stores. The diet above lists 2000 g pineapple, which is huge (only ate that a few days of the month in 2018-2019), some days/weeks though I don't eat pineapple or just 150g, maybe 3 pounds of strawberries. It seems the prebiotic fiber in lentils is extremely good at feeding the good bacteria and starving the bad ones, so if you have smelly stool, try eat a lot of lentils for 1-2 days and see what a dramatic difference it makes; if the stool is too soft or almost diarrhea like, also avoid juices or water at meals, avoid smoothies that are too pureed/liquid (chew stuff more for a few days), eat more solid high fiber fruits and veggies, eat home made popcorn, ground chia seeds (they soak water, see start of this paragraph), eat 5-9 walnuts (like seeds, nuts add fat which slows down digestion, causing better water extraction from stool), avoid gluten (oats, barley, wheat, rye) and processed (at least over-processed) food. Corn is $1-1.5/lb or 2 if organic, so popcorn can be made in 2 minutes with a $15 hot air popcorn machine or microwave, 150g popcorn can sometimes turn very soft stool (that has transit time only 8 hours in vegans) into normal stool in half a day. Sometimes one may need 100 g popcorn for 3 more days after the first 200g.

Pollen also hardens stool, 3 spoons a lot, 1 spoon very little. 1 spoon pollen seems to diminish smell (pollen promotes diversity of microbiome, getting bacteria from 100s of plants, and 70% of

the immune system is in the gut, so immunity is boosted), 3 spoons to increase smell, as if there is a perfect microbiome balance that is achieved with 1 spoon. Oddly, 3 pollen spoons suck so much water, they make stool very hard, they increases transit time and thus toxins dumped into blood, plus stool smell, as it ferments more, so increase pollen amounts slowly. Circ 2014;130 (15):1245-53 mentions omnivores taking more LA had 15% less heart disease, for those who eat a lot of saturated fat (that LA replaced) compared to the low fat *vegan* diet that reverses heart disease. Other studies didn't find LA benefits, since LA replaced unsaturated fat. It's not known if within a mostly raw *vegans*, higher % of calories as LA is better, maybe not, because many studies show heart disease (hs-CRP too) is much lower when ω3:6 triples. There is a level of LA that maximizes lifespan, but we don't know it; 98% of studies have a flaw if you're a *vegan*: they study non-vegans. HC 2017;5(2):25 reports that Ikaria, other centenarians eat 2% calories as LA versus 6% for most, living longer maybe due to lower hs-CRP/inflammation; like most papers, it says that 1-2% LA is enough to prevent deficiency, 1.4% in infants.☺☺☺

The diet above has *fiber* for good bacteria *in g* = *76.6 g fiber/day.* The diet above (more typical of 2018-2019, now it's a little different, less pineapple, more blueberries and butternut squash, no chia seeds) has *1,859 calories (many times I eat much less pineapple or fruit, so calories will drop to 1500-1700, 58.7 g protein* (slightly more than one needs for 132 lb), 5,562 mg K, 560+ mg magnesium, 307 mg Na lowest hypertension people with low Na, 24.4 mg iron (about the needs of a *vegan*). My latest diet and vitamins are explained well in the food table, with dozens of columns, as well as the nutrient sections. For more on probiotics, see the red cabbage section. I only ate so much pineapple back then for a few weeks in 2018-2019, after 2022, I ate far less, usually 2000 grams in 3 weeks, not 1-3 days, more plums, which have same 1.4 g fiber/100g like pineapple. The example diet has the totals of 662 mg calcium, 2,456 µg RAE vitamin A/ (532 µg RAE extra if I add 100 g butternut squash) 1,209 mg vitamin C/ 9.6 mg vitamin E/ 1123 µg vitamin K/ 1,198 µg vitamin B_9. The 100 g watermelon offers 4.5 mg lycopene, the 125 g kale offers 49.4 mg lutein+zeaxanthin, the 125 g carrots offers α-carotene; I try to eat 100+ g butternut squash daily for more β-cryptoxanthin. I ate raw garlic or fermented garlic (ferments in 4+ days, becoming green, losing bitterness and smell, see how I made it in the reversing heart disease section) to prevent plaque 5 times. This diet is like Dr. Ornish's (and other doctors) who reversed heart disease by a *low fat high fiber vegan diet*. This diet, besides being prebiotic, also prevents the buildup of atherosclerotic plaque which can cause Alzheimer, strokes, etc. ☺☺☺

Most fat comes from walnuts+seeds whose intake is constant, so they largely determine the ω 3:6 ratio, regardless of whether I eat no pineapple one day or if I eat 9 plums instead of 2 (900 g instead of 200 g) or another 1,000 g of papaya or pineapple on top of the amounts above, which would make the fat percentage drop to 5.4% of calories or so, as total calories become 2,359 on very rare occasions, but fat and protein change very little. Swapping chia for flax doesn't change

3:6 ratio much, and may be safest, so I no longer eat flax. Walnuts have 4 times more ω6 than 3, so when not eating walnuts, the 3:6 ratio will increase, moving towards even less inflammation. The ratio will be *even higher* if I ate 14 g of flax instead of 7 chia and 7 flax and *no walnuts*, 4.49 ω3 and 2.53 ω6 if *1 pill of vegan* algal oil with *ω3:6 ratio of 1.77:1.* 4.98 ω3 + 2.56 ω6 if *2 pills of vegan* algal oil with *ω 3:6 ratio of 1.98:1*, 5.47 ω3 + 2.59 ω6 if *3 pills of vegan* algal oil with *ω3:6 ratio of 2.11:1*. This ratio drops to 1:1 if I eat many walnuts. If I ate 10 g flax, 0 chia, the ratio will be high too, if no walnuts eaten. Even if I eat no nuts/seeds, with 2 pills of algal oil, the ratio is 1.78g to 1.58 or *ω3:6 ratio of 1.13:1*. Most people eat a 3:6 ratio of *1:16* ► BP 2002;56(8):365-79, not *1:1* or *2:1* as above. This *1:16* low 3:6 ratio can increase CRP even 4 times, leading to inflammation. High CRP is linked to 16 times higher cardiac mortality. ☺☺☺

11.13. Acne, healing the body/brain with purple/blue/red/infrared light

11.13.1. Introduction: the use of light to cure acne, knee, hand arthritis and other ailments

11.13.2. Low Glycine, proline, etc cause acne, infarct (rough artery skin), stroke via low collagen

11.13.3. Eliminating gluten, dairy casomorphin (causes infant death too) & lectins cured acne

11.13.4. Increasing intake of vitamin B3, B5, B7, A, C, E, D, ω3, Mg, linoleic (if low), S cured acne

11.13.5. Increasing zinc intake, cured acne (collagen synthesis needs zinc and vitamin C)

11.13.6. Increasing selenium (Se) intake cured acne (detox needs Se for glutathione peroxidase)

11.13.7. Nickel allergy causes acne in some (Nickel is high in coffee, cacao, potato, tea, wheat)

11.13.8. Castor oil and avoiding warm water (in the shower) on the face prevent acne flares

11.13.9. Topical ceramides, salicylic, sulfur, zinc oxide and other products to heal acne scars

11.13.1. Introduction: Light for Acne, etc. Far IR or 6-14 µm heating pads penetrate much deeper into our joints allowing instant melting of the solidified synovial fluid that lubricates and nourishes joints with nutrients, leading to zero pain for joints that don't work well with the classic 660nm-850 nm IR mats. Infrared light penetrates sometimes 6 inches, and was used to kill all cancer cells, meaning the age of chemotherapy may be ending. IR also prevents autism. Even a regular oil heater you get for 40$ from Walmart, if you wear a lot of clothes or place a towel on it and then the part of the body that aches you, will help, as it has 3000-100000 nm (3-100 µm) IR, vs 850 nm in red light mats. This heat penetrates much deeper and it's more like far IR (3-100 µm) mats, 80$ each you can buy. Small 15"×8" mats have lights and can be used to

wrap/cover any body area, elbow, wrist, back, thigh, etc that has pain to help it after any injury or cold weather, etc. 660-850 nm also increases fertility when used on testicles (and probably ovaries), even sunlight works as it contains far IR and near IR (750-850) that do the same, etc. Check out this red light 660 nm and 850-940 nm IR cap that can help remove hair loss or knee pain or forehead pimples: "photons absorbed by CCO, especially within the red (600–700 nm) and near-infrared (760–940 nm) spectral ranges, can dissociate inhibitory NO (which) triggers... a surge in mitochondrial membrane potential, enhanced oxygen consumption, and intensified glucose metabolism, culminating in an amplification of ATP production within the mitochondria." See the flexible IR masks: (use some goggles with aluminum foil if any light gets thru due to an imperfect fit with your eye sockets): the 49$ (best value: 8 colors+IR, and has a spot light for pimples too, allows you to avoid paying extra for acne lasers, (white eye protectors hopefully work for some: can test with IR thermometer to see if object inside that eye hole gets warmer/brighter if you don't use aluminum tape to block IR/red; this mask has no negative 1 or 2 star reviews, unlike others, so that's a good sign it doesn't break right away. Avoid hard plastic inflexible ones as those are so heavy and can only be used while resting in bed, crush your face, collagen structure, etc. Blue kills acne bacteria, red/IR regenerates the mitochondria of the skin and eyes, used for preventing dry eyes. Amazon carries 500 masks. Keep eyes closed and the eye guides perfectly against the orbital area to prevent light going *to retina and damaging it*, don't open eyes as the people in the Amazon videos, as some light escapes and will damage cornea, retina giving you blindness. Even filif cow IQ MDs often use LLLT without proper eye protection. A video explains the amazing effect of IR light on human health. Try "Neutrogena® Light Therapy Acne Spot Treatment" 445+633 nm (google it to find new sellers) 30$ ebay. Always check RF signals as explained here, because WiFi tablets, laptops, devices, watches, routers, cell phones, cause pimples. This is more important today due to insanely high RF levels in every town. Add to that sound influences and it gets even more complex than vitamins and minerals.

Always wear goggles with Al tape (see pic) when treating face or body area with IR or visible light from bulbs, mats or any devices, since high intensity blue, red or IR light can damage eyes. 10 secs of red light with the Pulsaderm red goggles on, if using Pulsaderm mask or red lightbulb may be fine, if not using aluminum tape with the Pulsaderm goggles that came with the mask, but highest safety is achieved by blocking red light too, which the goggles don't (they block only 440 nm blue), as red light intensity may be more than outside light sometimes than our eyes are used to; plus these LEDs are made in China, even if Pulsaderm etc are designed and assembled in USA, FDA approved, you never know if quality control is best. Others used 730-740 nm light cap, which allegedly works better than the 660/850 nm for hair loss or related collagen issues that cause acne too, so give it a try when it goes on sale. Acne can be caused by fancy unseen devices used by govs to torture body parts, by increasing oxidative stress in one part of the face. They or

you need to check every single LED, that its spectrum matches desired pattern, with a cell phone (phone apps can turn phones into spectrometers) or some professional device. I bought a mp3 player and it broke 3 times in a row, returned all 3 of them, made in China.

ULTRASONIC BRUSH, NONROTATING TYPE: These are dangerous due to high magnetic field and RF, so be careful and don't use if any headaches. We want good brain, not to use this, among 300 methods of acne elimination. Many got rid of acne with the sonic brushes, like the US made Pulsaderm sonic scruber, or others. ***The issue is some of these have gigantic magnetic, electric and RF fields, due to cheap motors and these brushes can*** cause skin microtears as the Amazon picture about the safer non-spinning sonic brushes explains.☺☺☺ Some MDs suggest using the spinning brushes max 1-2 min/week, to avoid damaging the skin, those tears allow bacteria to enter and cause acne. A big issue with acne, is the same pimple reappears 30 times over 2 years, *because no blue light was used:* squeeze, alcohol, blue/red light pen (see below) after bursting a pimple are not enough, so use that blue light pen at least 8 min *after popping it, not just 0-2 min.*

VISIBLE LIGHT THERAPY: For only $30 one can buy an acne removal laser that shines 445 nm blue and 633 nm red light on the acne to kill P acnes; I used this for 15-25 minutes and any pimple will change fast from normal (huge red bump that stays that way for weeks or months if untreated, and impossible to break, due to thick skin) to beige color zit with thin skin ready to squeeze the beige pus out; the zit can be easily popped (don't try too hard to squeeze if it doesn't pop instantly, only pop when very soft thin skin at the top, otherwise, you can scar the face a little and it takes a lot longer to heal, 5 weeks instead of 5 days) and then healed with wet SA-S-ZnO. The $45 Pulsadern laser mask, can be used forever though, but it lacks the high intensity light of the pen laser above and it has a high magnetic field (1.5-4 mGauss > 2 safety level of EPA while worn in some mask areas if too close, so only wear 10 min a day as indicated and avoid high mGauss areas). A lightbulb may work better than these (only use 1 min/day if magnetic field is stronger than 1 mGauss (2-6 some LED brands), incandescents got lowest mGauss 1 mm away, 0.7 one brand, but half inch away is better since electric field is lower, since we don't want to heat the eyes, so it can be done 10 minutes, if you use a transparent 99.9% UV filter (window film on plastic), since incandescents emit some UV, LEDs much less), see below, since a lightbulb has 100s of blue/red wavelengths not 445/630 only, and papers show 400-600 nm broadband wipes out P *acnes too*; blue light can kill nail fungus too ► FM 2015;6:202. P. acnes produces specific porphyrins which can absorb these specific frequencies and move electrons into the excited state ► CCID 2014;7:145-63; upon return to the ground state, the porphyrins create free radicals that destroy the P. acnes bacterial cell. There are topical substances that produce even more porphyrins, so they're used sometimes in combination with light to destroy P. acnes. Red light for non-P acnes killing purposes works at other wavelengths (670, 810 nm) by donating light to cytochrome c oxidase (COO below), which can boost the

normal dermal cells and help the skin to recover after acne; this is a totally different mechanism. While anaerobic unicellular P. acnes also has cytochrome c, the structure is totally different than human version and bacteria cytochrome c often has a different function, as they use nitrogen, not oxygen as final electron acceptor. This explains why 670 nm can help human cells, but not bacterial ones, even if both have cytochrome c. JNCI 1975;55(1):115-21 shows a similar method was used since 1975 for destroying cells of tumors, by injecting them with porphyrins; today it's used for some cancers too. JCLT 2006;8(2):71-5 found "At the 12-week follow-up, the mean lesion count reduction was also significant at 81%", they used 415 nm (purple) and 633 nm (red). LSM 2007;39:180-8 (pdf) found 78% reduction in inflammatory lesions after 415/633 nm light (see dramatic pics of 1 male); the radiant fluences (doses) were 96 and 48 J/cm^2 for the red and blue light after each 20 minute treatment (2/week, 1 blue, 1 red).

FIMM 2003;35(1):17-24 found in vitro P. acnes reductions of 100,000 fold when treated with 75 J/cm^2 407-420 nm light 2-3 times with a 24 hour gap; it took 1 minute to get 1.25 J/cm^2 with a CL-420–1 system they used. JCAD 2016;9(3):25-35 found 445/630 nm mask was 5 times more effective than benzoyl peroxide or light+retinol+ 1% salicylic acid by some measures. Light can cure toenail fungal infections, 90% of which are caused by Trichophyton rubrum ► ADV 2010;90(2):216-7 (pdf has pictures). NF 2017;37(6):853-7 found "light (420 nm) irradiation caused obvious injuries in Trichophyton rubrum... At 6 h after the irradiation, the fungus in suspension showed a 30% reduction of viability." IDOJ 2015; 6(3):145-57 has more on light therapy of acne, but only 445-633 nm tech is cheap and widely available outside dermatology offices. Red light penetrates 6 *mm* into the skin, blue one only 1 mm ► PO 2016;11(6):e0157898; the study found 460 nm indigo (they call it "blue") and especially 630 nm red light speed up skin wound healing by promoting fibrous tissue, *epidermal* and endothelial cell proliferation. Others report less penetration (see table for blue, green, yellow, red light), but I believe they're wrong saying 633 penetrates just 1-2 mm, because when using it on toes, I noticed 633 nm illumines even 8 mm or more, see this in dim light; so take paper claims as hypotheses, not as in vivo. Red offers extra penetration, purple offers extra energy to jump electrons due to lower wavelength; 830 nm *infrared* (*IR*), which is half the energy of 415 nm purple was much less effective than 650 nm red light in preventing acne in mice ► AD 2016;28(2):186-91. Blood vessels are made of dermal like cells, so a *6 mm* penetration might rejuvenate even our vasculature (vascular wounds due to atherosclerosis, etc) and any tissue that has fibroblasts, etc. This could be used for rejuvenation in many conditions where we can get easily from 6 mm away. We could create red light emitting pills that heal the GI tract of people with gut problems. ☺☺☺

IJO 2016;9(1):145-52 explains that red and IR light are used to treat retinal diseases, wounds, blisters (Finsen got *Nobel* Prize *for treating* blisters *with* red light and lupus vulgaris with UV light), nerve injuries (optic included), brain issues, healing after stroke or heart attack, etc; the

paper explains that in 1960s Mester *treated mice with 694 nm red light and their fur grew faster after being shaved,* supporting other papers which show red light stimulated epidermal like tissues (hair and scalp), so it may be a therapy for baldness too; the primary recipient of red light seems to be cytochrome c oxidase inside mitochondria ► "Cytochrome c oxidase (COO) is the enzyme that catalyzes the transfer of electrons from cytochrome C to molecular oxygen, the final step in the mitochondrial respiratory chain and essential for the sustained availability of energy inside cells… (red light) causes marked changes in gene expression, including an upregulation *in the proteins that comprise the* mitochondrial respiratory chain and anti-oxidant genes… *a* downregulation *of* genes implicated in apoptosis (apoptosis is cell death; so it helps cells/humans live longer) and the stress response... cones in the aging human retina, and most prominently at the fovea, progressively accumulate mitochondrial DNA deletions and become more cytochrome c oxidase-deficient over time." Retinal damage in animals was diminished by 670 nm red light pre-treatment.

Visual acuity improved *in* 95*+% of patients*, in 0% receiving placebo 780 nm red light for 40 seconds ► PLS 2008;26(3):241-5. Brain performance increases after red/infrared (IR) ► "A 500 mW continuous wave LED source (mixture of 660 nm red and 830 nm NIR LEDs) with a power density of 22.2 mW/cm^2 (area of 22.48 cm^2), was applied to the forehead for a typical duration of 10 min (13.3 J/cm^2). In the first case study the patient reported that she could concentrate on tasks for a longer period of time (the time able to work at a computer increased from 30 min to 3 h). She had a *better ability to remember what she read*, decreased sensitivity when receiving haircuts in the spots where LLLT was applied, and *improved mathematical skills* after undergoing LLLT... COO has absorption bands around 665 nm and 810 nm… 730 and 980 nm groups did not show a significant improvement in NSS and these wavelengths did not produce similar beneficial effects as in the 665 nm and 810 nm" ► BBAC 2016;6:113-24; the paper also presents other studies showing similar results. "patient with a history of multiple concussions who had been on medical disability for 5 months prior to transcranial LED treatments, returned to full-time employment after 4 months of nightly, home LED treatments" ► JNT 2014;31(11):1008-17. Better memory/cognition, "increased function, better sleep, fewer angry outbursts, less anxiety, and wandering were reported" after 12 weeks of weekly 810 nm LED treatment of Alzheimer patients ► PLS 2017;35(8):432-41. We'll live to 990 thru lights that enhance rejuvenation. ☺☺☺

Far IR 3,000-100,000 nm promotes wound healing ► JMM 2017;95(11):12-3. Far IR treatment (the expensive far IR mats, $200-1500, used in EU hospitals for a century) led to double the capillaries in mice with some wound, speeding healing significantly ► PLM 2012;4:255-66; far IR (which can penetrate up to 4 cm or 1.5 inches) promotes angiogenesis (when an injury happens the first thing that gets destroyed is capillaries, so creating new ones is key to healing) and is more expensive to generate than the cheap near and mid (700-3000 nm) IR we can get with 3

returnable lamps: $67 300 W 500-1700 nm, $34 36 W US designed 660+850 nm, 143 mW/cm^2 @ 3" (7.6 cm), $24 US assembled (got China office to check quality, replaced for free within 3 years, the only IR bulb/lamp with 3 year warranty, high dirty electricity (on local socket only, not the rest), electric field at 6" 40-150 V/m, 250 V/m at 5", depending on meter and lamp, keep 9" away for maximum safety, also got nice spectrum pic) 850 nm only or 660 nm only (these last longer, as no heat from IR LEDs), 52 mW/cm^2 @ 6", $38 low EMF, 0 V/m at 6" 24W US, WI designed 660+850 nm 100 mW/cm^2 @ 3", $66 54 W bulb 660+850 nm US assembled.☺☺☺

JPPB 2017;170:197-207 explains more of the dangers and benefits of IR therapy; Beurer (a few youtube videos, only, odd company) and other IR devices have listed in the manual a range of 500-1700 nm or 3-30 µm for far IR mats (warmed Earth emits far IR around 12500 nm, so does a room we previously heated with a $40 700w or 1500 W (3 settings 600, 900, 1500, 600W enough in warm climates) silent oil heater, (the oil type at Home Depot, Walmart, Amazon are much better than the super hot radiator, red hot elements with grills, as those dry the air 10 times faster and make dry eyes drier) so a heater floor, wall, area, radiating IR back to us, has some of the effects of far IR mats, without the huge EMF pollution some mats generate, just like human bodies emit far IR around 3-50 µm with a peak at 9.4, hence 6-15 µm far IR mat rays are often called biogenetic rays) and in the first 5 minutes of heating up the actual emissions can be more in the lower wavelengths of the stated range, and then peak up at 1250 nm (Beurer) or 8000 (others). Berkeley Lab explains even 500-550 nm light can damage retina, not just IR as the 2017 paper explains, so wear blue blocking or, safer, Pulsaderm goggles wrapped in aluminum tape (since blue blocked don't block all blue range) with such devices. TheraLab 900 nm 300 W $54 lamp has its plastic melt per an Amazon review (used 3 times/day without letting plastic cool first?), so 18-36W lightbulb is way safer. 500-650 nm light from Beurer (no videos on their youtube about this '#1 company in Germany' manufacturing process, just 20 videos, a few reviews of Beurer TheraLab like lamp by people who hold it too close or suggest using it for more than 15 min daily (not safe probably), never answer phone and by email never shares mW/cm^2 at 12 inches) can produce a lot of free radicals that damage the skin, if used daily ► "Visible spectrum of 400-500 nm dose-dependently induced ROS in cultured human fibroblasts at doses equivalent to 1 hour of sunshine on a sunny summer day (150 J/cm^2). A pretreatment for 24 hours with 1 µmol/L LicA reduced ROS formation to the level of unirradiated cells while UV filters alone were ineffective, even at SPF50+… HEVIS [400-550nm], but not red light, induces hyperpigmentation... VIS (400-700 nm) and UVA1 (340-400 nm) synergistically induce skin pigmentation and erythema"; they found Lic-A (licorice polyphenol) reduced free radicals caused by visible (or UV) light at 100 times lower concentration (1 µmol/L) than vitamin E (100 µmol/L) and other antioxidants used in sunscreens ► PPP 2020;36(2):135-44.

That's why lamps that emit anything below red light (600 nm), may be unsafe for many if used

daily for 5-10 minutes too close, and for the skin sensitive, anything visible. Normal LED light bulbs are 2-10 feet from us, so intensity of red light (mW/cm^2) is far lower compared to a red light only LED at 1 ft or daylight – see spectra showing why visible red light can be stronger than red LED on sunny days, leading to free radicals. We lose 0.59kcal/g sweat, so a medium meal of 300kcal for 500g sweat, same as running 3 miles, so when on a far IR mat in a blanket, we exercise our heart and body and may lose even 900 kcal (9 mile run), in *30 minutes*, just drink water afterwards or watery low cal veggies to avoid dehydration. As toxins are released, our skin quality improves. Good for those who don't run. Philips and other heat lamps people buy from Amazon produce 200-600 nm (see graph), even though they have a red filter at 600 nm to prevent hemolysis (rupture of red blood cells, used to treat vascular lesions with IPL), but it's not clear how effective this red paint filter is, given the lifespan of these is only 300 h (16 pg pdf). That's why Beurer, which seems to allow 500-600 nm to reach user (or even a tiny bit of 400-500), is not very safe if used too much very close, it all depends on mW/cm^2, but Philips makes similar to Beurer lamps in Germany. Bob explains why far IR heaters relieve pain much better, while typical heaters don't: they penetrate 40-60 mm vs a few mm. If you ever buy one of the 100-250 W heat lamps, place them on a support where a tray is just 1" below or so, because these can break, by falling off from the lamp (read Amazon reviews, these are very heavy, never place them above you) and you don't want glass to fall near or on top of you; always sideways, and with a tray just 1 inch below to catch anything if the glass breaks. Your lamp needs to be made for 100-250W to avoid sparks, bursts and short circuit; you see now they have these plastic enclosures as with Beurer: safety, since 250 W bulbs puts out the heat of 100s of LED light bulbs. Warm showers activate the vagus nerve, parasympathetic nervous system, just like eating before bed, so it takes us from our fight-flight brain into sleep mode easier, just as red light or infrared light can do the same (relax on an IR mat or let the light warm up the belly). ☺☺☺

IR-A (800-1200 nm) can also activate cytochrome c oxidase, but without so many free radicals formed. Often times with far IR mats, to get max benefits you need use it at least 10 minutes on a body area, and then move to avoid overheating a tissue, simply because it takes at least 5 minutes to heat up, so then you get 5 min of warmth. However, they do produce EMF and you can get IR from other sources. If mass produced and improved, these far IR mats, with their increase of cellular oxygenation and respiration, can heal deep inside the body and prevent endless diseases or even lives (for severe injuries). If we have a dam that can withstand 5 million liters of water, it's fine, but if we put a few more liters it will break. Same thing is with our body, in some infections or diseases, even COVID19, a little extra cellular oxygen can make the difference between life and death, severe organ damage or minimal, amputating or not, as the dam doesn't break. Alzheimer, many diseases are caused by atherosclerosis, the clogging of capillaries, so far IR finds an alternate route to supply oxygen and nutrients, via angiogenesis,

new capillary formation, to tissues that otherwise would be dying, as our neurons do inside the skull every decade of life, hence our brains shrink. That's why far IR helps with memory too. Of course, we need more studies to see the best safest methods, potential risks of far IR with long-term use, but when it's about life or death or big things at stake, people will try it, it's not like doing minutes a day to prevent Alzheimer 50 years later and have 2x the brain performance at 90 than otherwise. IR heat around the womb needs be avoided by pregnant women and prior to conception around scrotum by men as explained in the heat section. ☺☺☺

"Cytochrome oxidase contains four redox metal centers: CuA, CuB, Hem a, and Hem a3. In the catalytic cycle of cytochrome oxidase, electrons are transferred sequentially from water-soluble cytochrome c to CuA, then to Hem a and to the binuclear center a3-CuB where oxygen is reduced to water. These metal centers determine different light absorption peaks for the enzyme: 620 nm (range 613.5–623.5 nm), 825 nm (range 812.5–846 nm), 760 nm (range 750.7–772.3 nm), and 680 nm (range 667.5–683.7 nm), which correspond to CuA reduced, CuA oxidized, CuB reduced, and CuB oxidized, respectively… In neural tissue, cytochrome *oxidase* is the most abundant metalloprotein and wavelength peaks in its absorption spectrum (*670 nm + 830 nm*) highly correlate with its peaks in catalytic activity and with ATP content in vitro" ► EB 2011;3:49-67. Several studies indicate neurogenesis (which can happen in late adulthood), synaptogenesis increase as a result of red/IR light, benefits can take 1-4 weeks from IR exposure to notice; even muscles improve (heart muscles too) ► "*a* fivefold increase in nerve growth factor mRNA transcription occurred after irradiation of skeletal muscle cell culture with 633 nm" light ► NDT 2015;11:2191-208. ► "longer wavelengths (up to 1,000 nm) will penetrate deeper; however, the absorption of water begins to predominate above 1,000 nm".☺

Some studies show P. acnes bacteria die also when shining a broadband light, 400-600 nm, not just exact wavelengths. Because of this, if one has acne, one could use a normal bright white lightbulb lamp (incandescent has more 600-800 nm red light, more 400-425 nm "blue" (it's purple, indigo) light, way more 800-2,500 nm, cool white LED has more 425-500 nm blue light as you can see at the pic/LED.pdf graphs for spectral intensities (if LED use EcoSmart, not Philips, since magnetic field is lower within 1 inch), best would be using both to destroy P acnes, and help the normal cells via 670/810 nm cytochrome c oxidase), after completely covering the eyes with an eye mask that blocks all light, to go around the face, with or without touching if too warm, in acne areas for 1-5 minutes daily, flooding the dermal cells with the red and blue light in the bulbs. Use only light bulbs and desk lamps you tested with some meter like the GQ EMF-390 or Trifield meter to have mGauss below 2 at the distance used, if used more than a few minutes, less time if higher mGauss. Only 10% of an incandescent energy is visible light according to energystar.gov; the other 90% is 800-2,450 nm IR light which was also used for healing in hundreds of studies. Figure 7 at Sensors 2010;10:3961-88 shows the typical spectra of halogen

and incandescent bulbs which produce a lot of invisible IR up to 2,450 nm. A lightbulb emits maybe 1500 lumens. The brightness, $B=L/4\pi r^2$, L = luminosity (lumens), r is the radius of an imaginary sphere around the bulb that catches all light. Since the sphere surface is $4\pi r^2$, the lumens/surface area or brightness is 1 million times greater at 1 mm away from the source than at 1 meter away, just like cell tower power density decreases by r^2 as we move away. Outside sunlight, when sunniest, can reach 100,000 lm (lumens)/m^2. While 1 mm away from a 1,500 lumen LED, we may reach 1 million lux max, since LED surface is already 10-15 mm from the center. That's why to destroy P. acnes, one has to be close to the light, otherwise, it's just like some overcast day 2,000 lux or lumens/m^2; 1 lux is 1 lm/m^2. Halogens have too little blue light to destroy P. acnes. LEDs emit almost nothing above 800 nm. ☺☺☺

11.13.2. Low glycine, proline, etc cause acne, infarct (rough artery skin), stroke via low collagen

Don't treat acne cosmetically or topically too much, figure out what internal deficiency causes it, since acne is a symptom of a life threatening issue, gut leak, hormone imbalance, nutritional deficiency that if left unchecked and untreated, and erased with acne treatments, can lead to 50 years shorter life via toxin buildup, stroke, infarct (half heart attacks are lethal) from deficiencies the acne tries to reveal to us: if arteries get rough due to low vitamins, minerals, or amino acids, you could die at age 30 due to infarct. Collagen is 35% glycine, 15% (hydroxy)proline, 9% alanine, 8% arginine, arteries are skin collagen tissue, meaning glycine, proline alanine, arginine deficiency (try 9 g glycine, 2-4 g proline, 2 g alanine/day, 2 g citrulline (arginine precursor, raises blood arginine a lot more than arginine) causes rough bumpy arteries that bring death: low collagen means vessels can't repair fast to stay smooth (low shear rate/turbulent flow), minimize arterial acne creating P. acnes plaque starting points, clots. Low collagen gives us leaky gut as there is no collagen to repair the gaps instantly: gut lining is skin like collagen tissue, so toxins can invade brain, arteries, organs via the broken gut. Acne isn't a dermatology issue, but a nutritional problem, people need to visit the Nutritional Doctor first, not to hide acne via IPL. One pimple is like a house fire: a reason for parents to visit a nutritionist urgently, or even 10. Glycine aids in tissue extracellular matrix repair, which helps heal acne lesions (not cause them), gives skin elasticity. Leaky gut allows leaked toxins, microbes to create arterial plaque or amyloid plaque via oxidative stress. The body will try to eliminate leaked molecules via pimples, so you need to have enough glycine, proline, etc, zinc, vitamin C to boost collagen production (avoid bone broth, as that has heavy metals and glycine, proline are easier to absorb as free amino acids to make fresh collagen than bone collagen being split into glycine, proline to make collagen). Your amino acid pool will provide the rest of amino acids to build fresh collagen and then you eat your meal, ☺☺☺. The lack of collagen causes endless issues, for arteries (artery pimples can't heal the scars as face acne scars can't heal fast either, so arteries lose smoothness needed for a long life), for ocular health (acne bacteria feed off the sebum in the meibomian

glands that provide the lipids to keep tears from evaporating, so low glycine, proline cause gland atrophy and ensuing evaporative dry eyes that can lead to blurry vision, ocular infections, uveitis, and a series of events leading to cataracts or even blindness. Thus acne is not just a "small issue", it can be often a sign the most important body protein can't be made in sufficient amounts, which will kill you at 62 instead of 99. Leaky gut may need 2 g glutamine for 3-9 days too, though 3-9 g can cause acne via TOR. Too much protein though, from any source (even legumes), can cause acne by activating TOR, with animal protein even more acne due to more TOR activation via methionine. A serum amino acid panel can tell what is going on better. 35% of body protein is collagen, it's the scaffold for all food goes thru from mouth to anus. Once acne is gone, glycine can come down from 9g to 5g, proline to 1-2 g/day, vegans lack these more. Today, we can buy creatine (can cause acne via raising DHT, leading to hair loss in people whose DHT responds fast to creatine), β-alanine, carnitine, amino acids, and many more to get what vegans can't take from meat, in order to avoid inflicting pain on animals, as that destroys the human quantum field. We need to keep our bodies healthy, but not via blood spilling. We need to use science, the Immortalist Anthem of Knowledge to overcome the demonic desire for blood eating as in meat and dairy, overcome the animal within. We need to clothe our souls and America with the Glistening Garment of Virtue Radiating in all *Universes* as The Light of a Trillion Suns, so all can rejoice in the Resplendent Magnificent Bounteous Effulgence of Eternal Immortality *for* All via a gentle tender soft nurturing loving healing kind universal immortalism.

High glutamine causes acne, acts as an anabolic fuel for rapid cell growth, raises IGF1 which promotes cancer (glutamine fuels existing cancers, omnivores have more cancers due to higher IGF1), which accelerates skin cell division, sebum production. Glutamine, BCAAs amino acids raise mTOR, causing sebum (more MGs oils to keep tears from evaporating, more tears, less dry eye, higher testosterone) and acne, so avoid high BCAAs protein powders if acne happens after use. This higher turnover by glutamine also promotes autophagy in the brain. All mTOR activators raise heart rate, speed aging too. Glutamine plays a role in brain health too, via GABA. Hence, don't take glutamine before any MRI, CT scan, as even RF from MRI can cause cancer.

11.13.3. ACNE is due to β-casomorphin-7 immunosuppressant, which is higher in A1 milk, vs A2, so removing A1 or all dairy led to 100% acne cure, as nature's thanks to kindness for animals too

Before going into dairy lethality over 3 pages (millions quit dairy/gluten and got rid of acne, rosacea), it's worth mentioning that some get acne due to gluten (see how bad this protein is, causes leaky gut in many, like dairy BCM-7) or due to lectins in unsoaked legumes, grains, nuts, seeds (here is how to soak lentils) that cause leaky gut, enabling toxins to enter the blood, to then be eliminated via acne. Just as milk BCM-7 causes leaky gut, so can antinutrients in bakeries, bread, cakes, donuts, cereals, restaurant or canned legumes which are never soaked.

Tomato products also contain lectins that can cause acne, you may need avoid tomato alkaloids that raise histamine if all else fails, see the lycopene section.☺☺☺. 500+ papers blame most acne in the West for high dairy consumption (dairy has hormones, iodine, antibiotics and these can wreck the microbiome, cause leaky gut for toxins to enter the blood) ► IDOJ 2011;2(1):2-5. 47,355 women study found a link between acne and intake of total milk, skim milk, instant breakfast drink, sherbet, cottage/cream cheese ► JAAD 2005;52(2):207-14. A 4,273 teenage boys study found a positive correlation between milk and acne ► JAAD 2008;58(5):787-93. Dairy, like meat, is rich in antibiotics (unless it is organic), which kill good bacteria, and damage the gut, causing leaks that allow toxins to enter and then be eliminated by the body via acne. Antibiotics destroy the immune system that resides in the gut mainly, making the body less able to fight the acne bacteria. 99% of dairy and meat are not organic. But, even organic dairy can cause acne via another mechanism: 80% of cow milk protein is casein, vs 40% of human milk. 30% of casein in cow milk is β-casein. 12 types of β-casein (209 amino acids) exist, with A1, A2 being most common: position 67 got proline in A2 and histidine in A1. β-casomorphin-7, BCM-7, *is produced when we eat* A1, *but not so much when we eat* A2 found in human and goat milk. Our gut was made to digest breastmilk not cow milk, so kids who drink formula are lower IQ. BCM-7 *is an* immunosuppressant opioid *linked to* diabetes *1 incidence* ► Diab 1999;42(8):1032. This means higher sugar, which is known to cause acne by raising TOR. BCM-7 irritates the gut of many, to the point any dairy causes acne. If we suppress immunity, we get colds/flu often, the brain becomes inflamed and IQ lower: once I gave up dairy, I got far fewer colds. Acne is caused by P. Acnes bacteria weak immunity can't fight. EJCN 2006;60:921-6 links autism, heart disease, diabetes to A1 milk (most in the West). Casomorphins are associated with autism, delays in psychomotor development, infant crib death, type 1 diabetes ► Pept 2003;24(6):937-43, see instant kid death video. Cruel, low IQ mothers who drink cow's milk, poison their kids thru their breast milk, that contains some BCM-7, unlike BCM-7 free milk of dairy free lactating mothers: as a result, kids' motor functions, IQ are diminished, especially if breastdeeding stops after 4 weeks, as in today's ultra lazy world. These cruel moms kill their children, because morphine, like many drugs and BCM-7, depresses breathing and babies run out of breath, in sudden infant death. Giving morphine to infants is GENOCIDE. Kids can even get acne for 15 years, as the pro-dairy "dermatologist" tries everything, but veganism. Pept 2009;30(10):1854-60 says "deterioration of bovine casomorphin elimination (may cause) ...autism." NNS 2000;3(1):57-72 shows autistic kids have more BCM-7 in their urine, see why cow milk produces more than human milk. See also these 6 videos on autism going away after a dairy free and gluten free diet. Autism was cured by removing gluten and dairy (casomorphin and gluten damage the brain-barrier, and then the speech center, so dairy causes "mute" kids who start speaking at 7) ► NNS 1999;2(6):435-9. Dairy lowers IQ, makes all autistic.☺☺☺. So much for Krishna's special wisdom of cow milk being holy and genocide being OK because "God already did it", or Jesus' idea of

"give us our daily bread" to die from acne in arteries, low IQ, diabetes and colitic, colon cancer. Love religion?

The endless issues with cow milk are here, obviously, religious fanatics say "cow milk is God's gift", so they remain bacteria living a nanosecond (80 years is a nanosecond), fighting any progress towards eterni foods, powders that become thick milk when dissolved in water to give all 4000 year lifespan or much longer later. Sometimes dairy gives acne due to AGEs, with the person being able to handle traces of BCM-7 quite well. In that case, you need cheese that removes most potential BCM-7 by removing 99% of casein, meaning cheese made from the 20% of cow milk protein that is whey (most cheese is made from casein, so it will generate BCM-7 during digestion), from the farmer that was never processed or that you make at home from raw milk. Urda cheese or other home (no heat, to avoid AGE creation) or farm made low fat WHEY cheese, or yogurt, milk have less toxic AGEs. Common in many countries, urda is made with wet (not dry, as that creates oxidation products, more AGEs) heat like the more known whey cheese called Italian ricotta (true whey ricotta, whey cheese, made from whey left over from production of the lethal casein acne causing mainstream cheese, not the ricotta in name only) which is also slightly sweet, since all whey cheese (whey, left over after cheese making, has 50% of milk solids, including most lactose, the sugar in milk) has a lot of lactose (not good for lactose intolerant, it may cause gas). 20% of milk protein is whey, 80% is casein. Urda is made from whey, like ricotta. Urda and a lot of ricotta is very white, while some whey cheeses are yellow or dark yellow due to higher heat, different process, burned lactose, added ingredients or AGE production, so avoid yellow cheese, real whey cheese, minimally processed, is very white. Most teens who eat processed high fat store cheese, have acne quite often, due to high fat, high AGE, low ω3:6 ratio, processing that denatures proteins, due to the banditry that runs the entire FDA-food industry mafia. Urda is very low in fat (thus AGE), while pizza, most supermarket burger cheese have bovine growth hormone, high AGE (AGEs destroy blood sugar regulation, pancreatic cells and high glucose causes acne) due to dry heat and high fat, and due to ω3:6 ratio 1:7 leading to more inflammatory overall diet low ω3:6 ratio. However, you need to realize that all dairy contains the FDA banned nasty trans fats only found in meat and dairy not vegan foods, such as the conjugated linoleic acid (CLA) and vaccenic acid, produced in the rumen of cows. If access to unprocessed white urda or ricotta whey cheese is not possible, try the denatured and damaged by industrial processing whey powder, to see if that gives you acne from the toxins of processing or not. The best is quitting dairy-meat altogether, as trans fats can kill via infarct and stroke. Alternately, you can encourage Eterni Foods or drinks based on chia seed milk, walnut milk (Elmhurst 6L/41$) (you can make chia or walnut cheese at home or start a company) as these have 10-20x more ω3 than any vegan or cow milk in existence now; chia milk is best as it got 10 times less ω6 than walnut milk; flax has cyanide, so chia is by far the healthiest ω3:6 ratio

milk, especially if we add some vegan algal oil DHA-EPA to complete the ω3 profile. Chia milk might eliminate annoying acne in millions of people allergic to dairy. "Smokers had more, primarily comedonal, acne than nonsmokers." ► JWH 2012;21(2):223-30. Japan has far less acne than US due to a way healthier diet/BMI, high in scar regenerating iodine (invisible skin scar that happens before the pimple forms). As nations ate more dairy-beef (hormones, allergic proteins), sugars, milk (vs soy milk), junk, Japan/world acne rates soared ► BJD 2025;192(2):228-37. ☺☺☺

This 36 min video explains how one lady got acne due to allergy to several foods and dairy and how getting more vitamins and natural supplements, she fixed her hormonal and allergy acne; she says any acne below the nose is usually hormonal if very big and nasty, and sugars cause her breakouts, so lower the sugar intake. Hormones in dairy, given to produce plenty of milk ultra fast, can also cause acne, even if you eat whey cheese (casein free) or A2 milk known to generate less BCM-7. A guy got rid of rosacea acne by eliminating dairy. Website shows acne pic before and after an unprocessed vegan diet. AGEs cause inflammation, so to reduce acne, avoid any fried dairy, meats, the high AGE foods, like fatty dairy, fatty chips, fatty meat. Any meat gets far less AGEs if you buy it unprocessed and then cook it yourself at home under water in a pressure cooker as that removes oxygen contact 100%, meaning less oxysterols, less AGEs, less acne. You may not go vegan, but you can lower AGEs intake by the choices above. The clueless Jesus ate meat: if Jesus can manifest 5000 loaves of bread, he can manifest 1 mg of happy chemical in the minds of all war starters so no war starts since 33 AD. Jesus ate meat, which, like with 67 proline/histidine causing infant death, autism, low IQ, diabetes, no speech, no walking (miracles of hearing, bread loaves, walking all faked), contains human like proteins, lipids, etc, which, when eaten ready made, insert themselves in the brain, like mad cow disease prions, and cause psychiatric (Mt 21 Jesus violence + Jn 14:6) disorders, dementia. That's why eterni foods are superior, they avoid any protein, come directly as amino acids and peptides known to save energy and create the best structures, that none have today in their brains. Why waste energy digesting protein, when we can provide amino acids, etc directly? If Jesus was God how come nobody praying to him has acne disappear in 1 minute, nobody ever lived to 700 praying to him, since eternity is infinitely more than even 1 trillion years? God should be able to give us at least a trillion year life, if we believe God gives eternal life. Think. Then, you will agree that perhaps, Only Knowledge via Scientific Work gives us Trillion Year Life, so we may have the time to study see what God is all about, become kind and ethical enough to perhaps go to a nicer "afterlife".

11.13.4. ACNE can be due to low B_3, A, C, E, Mg, LA, B_5, B_7, D_3, Cu; topical lotions aren't enough, we need fix vitamin deficiencies internally as those can kill us slowly via clots from arterial acne

This section has 6 subsections dealing with the most common causes for acne. B_5 is the most underrated vitamin used to prevent acne and heal acne scars: 500-3000 mg/day for a few

months or years in the worst acne cases, with 1 g minimum for medium acne cases (forehead scars, etc). B_5 500 mg worked wonders for many, so if all else fails, try taking B_5, glycine together, if glycine fails alone. B_5 is a catalyst for *chemical reactions of fat metabolism that clear sebum and fat accumulation in the follicles and skin*, thereby preventing excessive sebum buildup that clogs pores and leads to pimples by extra fuel (fats) for the P. acnes bacteria. B_5 also helps your brain fight oxidative stress, etc. Add some CeraVe cream too, see below for scars. Topical and oral melatonin (dissolve pure powder in water) also improves the skin and may diminish acne scars, breakouts. The skin care store sections got acne creams with B_2, B_3, B_5, B_7, K1-2, A, C, D, E, CoQ10. Each vitamin plays a role in fighting acne topically and internally. Acne, dementia, *heart disease,* diabetes, *etc often have* one cause: low tissue (not necessarily visible from serum, but in nails, hair, urine, feces) levels of Zn, I, Se, Cu, D3, topical or internal sulfur, with total cure happening after the deficiency is fixed. You need a strong immune system to fight acne, that means low copper and low D3 cause acne too, and since Mg is essential for D, you need enough Mg too. MgO keeps feces moving and soft, preventing overproduction of bacterial toxins that enter blood and cause acne. Vegan stool transit time is much shorter, due to 5 times more fiber, so they got less acne. B_3, A, C, E (see links) are used widely in cosmetics to improve the skin tone, diminish acne, but we also need these vitamins internally to prevent acne, not just topically, since people with low levels of these have acne on the face and in the arteries, increasing the risk of vascular dementia, death by stroke or infarct via clots formed by ruptured plaque. Vascular dementia is a slow process of arterial acne that destroys your brain over 30 years or even 50, later you won't recall anything you did the previous month, hour or day, your brain arteries will look like this, brain will die by starvation due to a high fat toxic diet. Acne is far more serious than people imagine: it is an urgent plea by the body to avoid catastrophic outcomes, it can't be cured with our silly "topical lotions sections the size of 50,000 Walmarts in all kinds of stores", we need a nutritional immortality class from age 1 to 25 required for all, weekly at least. With proper nutrition all acne vanishes fast and all live to 4000. Our society focuses on looking good on the outside, ignoring the disaster inside, acne is a nutritional disease.

11.13.4.1. ACNE due to low B_3 status (urine, nail, hair, feces, RBC or serum)

B3 (see details) inhibits the bad IL-8 cytokine production in keranocytes ► JDS 2009;56(2):106-12. B_3 "has a stabilizing effect on epidermal barrier function... leads to an increase in protein synthesis (e.g. keratin), has a stimulating effect on ceramide synthesis, speeds up the differentiation of keratinocytes... improves the surface structure, smooths out wrinkles and inhibits photo carcinogenesis." ► JCD 2004;3(2):88-93. "4% nicotinamide B_3 gel is of comparable efficacy to 1% clindamycin gel in the treatment of acne... Because topical clindamycin, like other antimicrobials, is associated with emergence of resistant microorganisms, B_3 gel is a desirable alternative" ► IJD 1995;34(6):434-7. B_3 was better than clindamycin. Amazon sells 50 g of topical

gel 4% B_3, but you can buy 100 g B_3 for $12, just mix a little with water soluble vitamin C (1kg, $19) to create a "C/B3 serum". ☺☺☺ I sometimes used the 10% sulfur + 3% salicylic soap, on the face only when I got acne. Fat soluble vitamins (A, D, E) can be bought as powders and dissolved in some oil: retinol vitamin A (JCAD 2012;5(5):32-40 lists common topical acne treatments) to make your own cheaper and better topical non-drying oily gel. Fat soluble vitamins become much more soluble in water if we add the isopropyl alcohol: ethanol addition increases vit E solubility in water 450 times ► JCED 1998;43(4):590-1. Isopropyl alcohol is less polar than ethanol (extra CH_3 group), so it raises vitamin A, D, E solubility more than ethanol.

11.13.4.2. ACNE due to high glycemic index diet and poor sleep habits

AJCN 2007;86(1):107-15 found after 12 weeks, acne count decreased 51% in the low glycemic diet group versus only 31% in controls: "rates of acne have increased with the adoption of Western lifestyles", just like colorectal cancer rises 60 times when Africans move to the USA (other diseases for other groups) and many fiber types heal the gut, prevent acne, as shown in the fiber section; diet affects acne, more fiber led to less acne. This is because more fiber is lower glycemic index and feeds the good bacteria that produce short chain fatty acids that heal the gut lining, preventing the entrance of toxins into the blood stream, which leads to acne as an elimination of toxins path. The glycemic index values, issues are detailed in the watermelon section. When I cut watermelon intake 12 fold, from 1200g/day average to 100, most pimples vanished (I also eliminated most walnuts, as acne bacteria feed on sebum and low fat means no skin oils to feed the face bacteria we all have). Cut all foods with added *sugar too*. Walnuts contain 39% ω6 LA, which is inflammatory and 5-7% of calories as fat is fine. Stress boosts cortisol and acne breakouts. High calorie meals (use food table to be under 570cal/meal) or high sugar meals raise glucose levels suddenly, causing a huge rise in insulin, which then causes the adrenal glands to secrete androgen hormones that promote the production of sebum (food for acne bacteria) and even of tears, oils in the eyes. That's why eyes are less dry after a big meal, the sebum is produced in the eyelid glands and tears in the lacrimal glands. Glucose ⍰ insulin ⍰ androgen ⍰ sebum ⍰ acne. So, cut added sugars, soda, etc. A popular compound is berberine, which lowers blood sugar, and thus prevents acne breakouts. Avoid overeating many detoxifying foods one day of the week (spread them over 7 days, say garlic, liver detox veggies, fruits or high selenium foods), because they cause the immune system to rush to the site of the toxins (blood etc) and run away from the face, leading to the overgrowth of facial acne bacteria. Propolis is a natural antibiotic and 1% of honey: it can act like man made antibiotics, without the damage, since our DNA is used to bee products. Many noticed when eating propolis pills, zits disappear. Since propolis stimulates immune function, it helps fight atherosclerosis and acne.

Erratic sleep hours also cause acne, due to T cell count falling 3 fold after a bad night sleep. Low

T cell count means low immunity. Wash pillow more often or buy pillow with silver thread that has 10000 times fewer bacteria per cm^2. Drink water to hydrate skin and sleep 8 hours without eating during the night, fast 9-112 hours daily if possible, by not eating between 10 pm and 8 am or whenever you sleep, just drinking water to detoxify liver, kidney, give rest for cellular repair to all organs. When we lose belly fat by fasting, we lower system wide inflammation which fuels acne. The fasting boosts our immunity, enabling it to fight the acne bacteria. Remove facial acne powders, lotions, etc before sleeping, as they can get on pillow, into eyes, causing dry, red eyes or far worse (cosmetic creams don't have labels to tell people to avoid using around eyes, so they may cause issues; our eyes are way more important than having the most shiny perfect facial skin). Sept 20th to Oct 4th 2020 I had no acne breakout 1st time since 2016, since there was no nightly CIA torture of sleep for 2 weeks, the only such "nice sleep" period in 12 years 2015-2026, see my diet in food.ods, no detoxifying foods eaten, regular sleep, not too bad, midnight to late morning. Likewise, any big injury can cause the neutrophils to go to the injury site and leave the face unprotected, and collagen depleted, as it goes to the injury and immunity can't be as strong, allowing facial bacteria to cause acne 30x more than before, as with my acne (caused by a 2016 toe injury due to immune system rush to toes). After the immune system recovered, once the face homeostasis changed, it is often hard to restore it, as P. acnes (Propionibacterium acnes, C. acnes in some papers after 2016 renaming to Cutibacterium acnes (cutaneous skin layer), that every human has on their face) grows faster. The acne was the same after removing lentils, legumes for 1 year in 2016-2017, showing that legumes had nothing to do with it. Acne only stopped after taking glycine in 2026, the main amino acid for collagen.

11.13.4.3. ACNE due to low linoleic acid (LA)

"Acne patients show a lower percentage of acyl-ceramides containing linoleic *acid* (LA)" in the skin ► MI 2010:858176. But this lower skin LA level in skin (or arterial wall) doesn't always mean systemic deficiency in the essential ω6 LA (we need 1.5% of calories as LA) ► JAAD 1986;14 (2Pt1):221-5. Thus, some advocate using plant oils (with LA) topically ► IJMS 2018;19(1):70, especially since "Monolaurin (50% of coconut fat) displays antimicrobial activity by disintegrating the lipid membrane of lipid-coated bacteria including *P. acnes*". Topical LA led to 25% reduction of lesion size versus placebo ► CED 1998;23(2):56-8. LA is the most abundant fatty acid in vegetable oils (ω6), 39% of walnuts by weight; it "plays an important part in maintenance of epidermal integrity by intervening in the cohesion of the stratum corneum and in prevention of transepidermal water loss" ► AI 1990;22(6):225-31. Jojoba oil enhances the absorption of topical drugs, hence it's used in topical vitamin E oils etc too. "A 54% mean reduction in total lesion count was observed after 6 weeks of treatment with (jojoba) clay facial mask" ► FK 2012;19(2):75-9. After acne clears, we need a cream with 2 skin lipids to restore skin: free fatty acids and ceramides ($HOCH_2$-CH(NH-C=OR)-CHOH-CH=CH-$(CH_2)_{12}$-CH_3). ☺☺☺

Ceramides are sphingosine plus free fatty acids, they're part of sphingomyelin. Amides are H_2N-C=OR, ceramides are amides of cera (means wax in Latin), of waxy fatty acids (stearic, palmitic, etc). JLR 2007;48(12):2531-46 explains that the lack of LA leads to abnormalities and acne (oleic ceramides (olive oil, sunflower, etc) replace linoleic (walnuts, soy, corn) ceramides), that lipids in stratum corneum (outer layer of skin) are 50% ceramides (in many acne products), 25% cholesterol (in many acne creams), 15% free fatty acids. ☺☺☺

11.13.4.4. ACNE due to high intake of B_6 or B_{12}

STM 2015;7(293):293ra103 reports (like papers since the 1960s) some develop acne after ingesting *higher doses* of vitamin B_{12}, as B_{12} causes higher porphyrin production by bacteria, leading to acne; the paper explains "acne affects more than 80% of adolescents and young adults globally". MMW 1976;118(6):155-60 reports acne eruption (even beyond face, on the back, etc) after taking vitamin B_6, while acne "rash generally fades within a short time after vitamin B_6 or vitamin B_{12} treatment has been stopped". COT 2014; 33(2):94-5 explains "Several drugs have been associated with the development of eruptions that may simulate acne vulgaris. However, so far, there are a few cases of vitamin B_{12}-induced acne". Cutis 1991;48(2):119-20 found high oral dose vitamin B_6 and B_{12} led to acne that diminished upon stopping vitamin intake. High B6, B7 & B12 in some B complex formulations are known (see 1000s of Amazon reviews) to cause acne, while methylated B complex is more prone to cause acne too, so you may need to switch brands to something slightly lower if all else fails, if serum $B_{6, 9, 12}$ are high.

11.13.4.5. ACNE due to high ω6 to 3 ratio (too much ω6) or low ω3 intake

Acne is often due to high ω6 intake from soybean, corn, etc oils (or low ω3) which increases body inflammation, as explained in the first 2 pages of the DHA-EPA section. Those with acne had lower DHA (ω3), ARA (ω6) in their serum ► CED 1990; 15(3):174-6. Those "that maintain a traditional diet high in ω-3 fatty acids (EPA, DHA, ALA) have low rates of acne" ► LHD 2008;7:36. IRCMJ 2015;17(9):e16544 found that sunflower seeds can double the acne lesions, maybe due to sunflower having 312 times more ω6 than ω3, causing a huge inflammation, while chia has 3x less ω6 than ω3. However, most say it's sunflower allergy, common in 20% of population.

11.13.4.6. ACNE due to high or low iodine

Intake of instant noodles, junk food, soda, snacks, processed cheeses, pork, chicken, nuts, seaweed (high iodine disrupting thyroid, heavy metals *causing* inflammation) were *significantly* higher in the *acne* patients than in the controls ► EJD 2010;20(6):768-72. As the USDA doc shows, like 100s of papers online, some breads, bakeries, snacks, donuts, etc can have 388 times more iodine than others, leading to massive acne eruptions, goiters, severe disease. Parents go to an MD to get pills that cause many health issues, as side effects, due to the health issues the

388 higher iodine bread, snack, bakery caused. 4 years later, parents switch bread brand to a 388 times lower iodine one (1 bread slice can have daily RDA of iodine), and the "health issues vanish", they think it was because of a Jesus prayer (that didn't work 5000 other times), since they don't know how the food industry mafia works. The aristocrat half a million big mansions (no immortality for all centers to test food iodine, etc levels, just useless mansions sitting mostly empty) cause acne via poor labeling decentralization chaos. Thus, we need to scan barcode or enter number to get the exact amount for the top 400 nutrients that are critical to health, not just the present Na, Ca, sugar, protein, calories, fat pathetic label. The aristocrats want "33 million small businesses", sort of like a Windows, Android OS run by 2 programmers, imagine our world then, today, every couple starts a food company, no labels, quantity of products, not *quality* (like music), 0 innovation, just pure Neolithic values, etc. We waste $200 billion a year spent on preventable doctor visits for acne and small stuff that would be easily fixed by the regular new mandatory nutrition checkups, or the person himself if they got a PDF from the Immortality Nurturing Agency website, with 5000 references about all causes of acne (diet, etc), etc. With mass labeling required, the cost would come down for many tests 500 times over 40 years as with solar panels, as innovation happens and we discover eterni foods, instead of a new burger flipping technique... that produces deadly AGEs for aristocrat medical company profits as they manage (never treat) diabetes, cancer, etc caused by Big Junk Food owned by their cousin (who has a PhD in how to shorten lifespan of millions by 10 years while claiming you increase it 20 years), who just made a deal with phone companies to cause brain cancer and Alzheimer. We always hear about Holocaust, but *what about businessmen doing covert Holocausts* of the working class via junk or improperly labeled foods? ☺☺☺

11.13.5. ACNE can be due to zinc (Zn) deficiency (more common in *vegans*)

This is why vegans need to stop being anti-science, anti eterni foods religious fanatics and take multivitamins. Zn lowers blood glucose and high glucose causes acne via mTOR activation. Organic Zn causes a bigger rise in GPx activity, the essential detox enzyme that removes toxins entering the blood via the leaky gut, which will be eliminated via acne in those with leaky gut due to low glycine, proline intake as explained in the first paragraph of the acne section. Mitochondria free Zn is 0.14 pmol/L, while insulin-storing granules Zn is 100 µmol/L, or 0.71 billion times higher ► AN 2013;4(1):82-91. We notice sugary foods give acne, due to low zinc status which causes prediabetes or insulin resistance. Zn *helps* in the synthesis and repair of DNA damaged by acne bacteria ► "29 patients received $ZnSO_4$ 600 mg daily and 27 patients received placebo (double blind study)...placebo showed no improvement. After 12 weeks of.. $ZnSO_4$, 17 patients (58%) showed significant improvement" ► ADV 1980;60(4):337-40. Those with severe acne had low Zn ► IJD 1982;21(8):481-4. Zn helped heal acne far more than placebo ► JAAD 1980;3(5):483-91. Those with acne had low serum levels of Zn, vitamin A, E, while those

with severe acne had lower Zn and vitamin E than the mild acne ones ► COT 2014; 33(2):99-102. "Oral $ZnSO_4$ (135 mg Zn/day, 9 times the mg in multivitamins) substantially *reduced* acne vulgaris *lesions in* several *groups of* young *adults.* Although the 15 to 19-year-old males with severe acne had initial serum Zn values lower than the healthy controls, none of the mean Zn values for any of the groups (range, 84 to 101 µg/100 ml) was below generally accepted normal serum levels (70 to 125 µg/100 ml)... serum Zn *is* not always an accurate indicator *of* Zn nutritional status". We can have OK Zn serum level, yet still need more Zn to get rid of acne or diabetes. We can have normal level of Hg or Al in the blood, but our brain can be fully loaded with Hg/Al. The serum Zn doesn't show the body reserves of Zn where it is needed at the organ levels, in the 300+ enzymes and how many months it takes to replenish Zn. We don't know how to assess the ideal metal levels, even the vitamin/protein RDAs change ► AD 1978;114(7):1093. Zn was much better than placebo at reducing P. acnes bacteria count (98% reduction) ► JAAD 1984;11(1):86-9. Acne is often caused by a *permeable* gut *lining* (Zn strengthens it) or GI issues. WJGP 2014;5 (4):496-513 explains that Zn can prevent leaky gut, ulcerative colitis, weak immunity (70% is in the gut), gastrointestinal cancer, diarrhea, celiac disease. 67% adult celiacs were Zn deficient in 1 study, since phytate in unsoaked bakeries, breads, legumes, grains blocks Zn uptake and without Zn no collagen synthesis is possible, so the intestine skin become wrinkled, inflamed, rough, prone to polyps, cancer, diverticulitis, IBD, just as low Zn, proline, glycine can do the same to the skin of arteries causing turbulent flow, clots, plaque and infarct.

11.13.6. ACNE can be due to selenium (Se) deficiency (more common in *vegans*)☺☺☺

ADV 1990;70(1):92 found acne patients are Se deficient. "The male acne patients had significantly lower GSH-Px (GPx) (glutathione peroxidase) levels than the controls... 29 patients were given 0.2 mg of Se (as Na_2SeO_3) + 10 mg of tocopheryl succinate (vitamin E) for their acne twice daily for 6-12 weeks. A good result was obtained... the beneficial effect was usually paralleled by a slow rise of the GSH-Px activity. Some 6-8 weeks after withdrawal of the treatment the GSH-Px values had returned to the pretreatment levels." ► ADV 1984;64(1):9-14. Oxidative stress can deplete cellular reduced glutathione leading to an inflammatory cascade and acne. Even foods that deplete reduced glutathione (GSH) or Se, such as high mercury fish (some fish has 200 times more mercury than others) or high cyanide foods (flaxseeds) can lead to acne breakouts as the benefits of ω3 are cancelled by the damage from GSH depletion. Mercury has high affinity for the sulfur (SH) in glutathione and Se in selenoproteins. Vegans are more likely to be Se deficient as seen in Table 4 of PO 2016;11(2):e0148235 study of 22 Finnish *vegans* (only 1 in 2500 are vegans in Finland, so there is less nutritional awareness among vegans) and 19 omnivores; vegans (91% of which used vitamins vs 78% for omnivores) had lower serum vitamin E, Se (none deficient, all got the 55 µg daily needs), iodine (all *vegans* and 91% omnivores were deficient), β-carotene, cholesterol, D_3, B_{12}, B_9, ferritin (3 times lower in *vegans*),

EPA, DHA, saturated fatty acids, but higher polyphenols and homocysteine (bad, this is due to ignorance, anti-vitamin stance of religious fanatics causing low B_{12} and B_9). ☺☺☺

11.13.7. Nickel allergy causes acne: coffee 430 ppm, dried tea 236, chocolate 28, chips/scallion 13, wheat flour 12, instant tea 10 (avoid coffee, chocolate, tea, potato to see what happens)

IJD 2013;58(3):240 says that *out of all metals in our diet,* nickel (Ni) is the *one that causes the most acne flare ups* and that Ni in mg/kg is: 430 for coffee beans (hard to believe that high, maybe 20 in worst soil coffee?), 236 *dried tea* (KJD 2005;43(5):593-8), 10 instant liquid tea (hard to believe), chocolate 28 (cocoa powder is higher), crisps (*potato chips*) 13, green onion (scallion) 13, wheat flour 12, cashew 4 (nuts 2.5 on average), *dry* lentil 2 (soy, oatmeal, legumes similar). *Nobody* eats 2 lb of nuts or *dry* beans/lentils daily (which is 5.5 lb cooked) to get 2 mg Ni, but we can eat *153 g* potato *chips* (low ω3:6 ratio, high AGE), *71 g of* chocolate (or 40 g cacao), drink 2 glasses of tea/thick coffee daily to get 2 mg Ni. Sometimes the "same" food has an "*estimated mg*" off by ..900%.. in Ni; Ni mg/kg were: for cooked (*dry* would be 2.5-3 times higher) beans (lima 0.062, avoid lima due to cyanide, pinto 0.58, white 0.33), peanut 0.49, spirulina 2.7, mussel 1 ► JCEDR 2016;7(3):1000355, but some foods high in 1 paper are low in another. Some studies noticed *serious acne flare up* after only eating 10 mg $NiSO_4$, or *3.8 mg* Ni. Most people eat under 0.2 mg a day, but some in Denmark get 0.9 mg. *Even* 0.6 mg Ni *may cause* hand eczema *in some people* ► ZLUF 1984;179(6):427-31. "4 of 10 nickel-sensitive individuals had cutaneous reactions to 1.0 mg nickel… None of the 20 healthy controls had cutaneous reactions to 4.0 mg nickel or to a placebo." ► CD 2003;49(3):124-32. "results from the 2 most sensitive groups show that 1% of these individuals may react with systemic contact dermatitis at normal daily Ni exposure from drinking water and diet, i.e. 0.22-0.35 mg nickel" ► CD 2006;54(2):79-86. Many kids can get 1 mg Ni daily (50 times the daily needs) ► JTEMB 2009;23(3):183-94.☺☺☺ Could those thick coffee, chocolate or tea loving teens get 1-5 mg Ni/day and ruin their face for years? Why not all of them? Chocolate, cocoa powder increase acne breakouts ► youtu.be.Q. Double blind placebo controlled study proved pure cocoa powder leads to acne ► JCAD 2014;7(5):19-23. A study with 100% cocoa chocolate saw the same acne increase ► JAAD 2011;65(4):e114-5. 25 g (less than an ounce) of dark chocolate 99% cocoa for 4 weeks led to an increase in acne ► IJD 2016;55(5):587-91. Some may eat things that prevent Ni absorption, so those teens get no acne even if heavy tea, coffee, chocolate drinkers. High Ni lowers iron, zinc uptake causing acne or issues related to low zinc or low iron. In Sweden *some eat* 4.5 mg Ni daily ► JN 1982;112(1):39-50. Many papers on Ni suggest avoiding high Ni foods, described via a scoring system of Ni content in Derm 2013;24(4):190-5, but we need to tabulate each diet and see which *unhealthy* foods to remove first (may be higher % Ni/day than legumes), not the healthy fiber rich legumes. ☺☺☺

11.13.8. Castor oil and avoiding warm water (in the shower) on the face prevent acne flares

The first 2 paragraphs cover castor oil, and then the 3rd one uses those concepts to explain in the why warm water causes acne. Avoid dangerous medications for acne, as some people died from them. Keep all creams, oils in the fridge to avoid light and heat, or coldest/darkest place in your room at least, to avoid oxidation as that causes more acne. For acne scars or to hydrate better to prevent eruptions, try castor oil (hexane free processing (cold-pressed), dark glass bottle, as plastic leeches estrogens like BPA, plus microplastics) as it heals the skin (see mechanism, but it binds to gut EP3 receptors, etc causing uterine muscle contractions and potentially premature labor, so not for pregnant ladies). Here is a list of Amazon amber bottle cold pressed glass brands: 99% are amber, you want the glass ones that are darker amber like this 15$/lb (subscribe each time for 10% off, appears darkest, but videos show it's regular amber) one or this 29$/lb which seems the darkest (in some pics, but videos show it's regular amber, depending on lighting, same bottle can appear light/dark amber) amber on Amazon. Avoid any plastic pump types or pumps that come with the bottle, as plastic leeches, damages skin, just bend bottle to dispense. The 2 amber ones above (both USDA organic, a plus) are the only dark amber with black/dark paper label to protect the oil best, among 700 amber bottle Amazon brands and 10000+ castor oil brands. The 15$ is cheaper, the same quality probably, the 29$ is from India. This lack of cold pressed dark glass bottle and dark color label to block light better, is why we need one company, not 3 million, as in 11 companies, not 33 million; 99+% of companies for any product sell CRAP, capitalism is about trying to get rich via poisoning the gullible consumers, regulation is zero, not one company makes 100% opaque bottle by full wrap in black label. Small businesses and lack of regulation of both big and small companies, destroy USA, reduce R&D 100 fold. The other clearer lighter paper label oxidize in Amazon warehouse etc light. Some papers say topical facial castor oil works better than vit E. Avoid clear bottle castor oil sold by "rat IQ" companies like NOW Foods, as oxidized by light create oxidative stress in the skin/body if used, besides BPA, plasticizers, microplastics destroy the skin, neurons. At home, tape it in opaque aluminum foil (tape on top of foil) or dark/aluminum tape to preserve its benefits, or store in a pitch black cabinet or fridge ideally for reducing degradation via low temp.

Olive oil is praised and it contains mostly CH_3-$(CH_2)_5CH_2CH_2CH$=CH-$(CH_2)_7$-COOH, oleic acid, while castor oil contains mostly ricinoleic acid, CH_3-$(CH_2)_5CHOHCH_2CH$=CH-$(CH_2)_7$-COOH meaning oleic with one H replaced by OH group that enables stronger hydrogen bonds to the collagen, better moisturizing properties. The OH hydrogen bonds H… O-H attract water from air into the skin, making it act as humectant. Castor oil is far thicker too, because the hydrogen bonds keep it together more, creating a stronger occlusive barrier on the skin, sealing in moisture and reducing TEWL better than oils lacking OH (most). Ricinoleic penetrates deeper into the dermis and subcutaneous tissue compared to many other fatty acids due to the attractive force of the H bonds pulling it in, making it highly effective for dry skin (hence they use it in dry eye tear

formulations) and barrier repair, leading to improved hydration and elasticity, which are essential for preventing dry acne prone skin. Dry skin is prone to acne because the lack of moisture disrupts the skin barrier, causing us to overproduce sebum to compensate, which clogs pores. The weaker skin barrier allows more acne bacteria to enter. Dryness also causes dead skin cells to pile up rather than shed, trapping bacteria in the follicles and leading to breakouts. How so? When the skin loses its lipids and water, the intercellular matrix that manages the turnover of skin cells fails: the skin relies on water-dependent enzymes to "break down" the bond between dead skin cells. In dry skin, these enzymes are inhibited, so the cells remain stuck together and attached to the skin, which appear as white, flaky patches. Normally the skin cells slide easily when all is wet, but they can't, everything is rough and they remain stuck blocking the follicles, and forcing the bacteria to remain stuck there, instead of shed with the skin cell. The bacteria multiply, feed on the overproduced sebum (made to compensate for dryness) and a face pimple emerges, or, via inflammation, by the same exact bacteria, an artery pimple, causing soft plaque rupture clot and death (this acne bacterium is found in plaque of dead people). Anything that causes an overproduction of sebum is bad, so a rise in testosterone or vitamin D intake well above the RDA can all cause acne to erupt due to sebum hormone activation.☺☺☺

Why does acne end if we take cold showers instead of warm? It's easy to understand now: hot water removes the skin oils, causing our skin barrier (that we talked in the prior paragraph) to vanish and the skin to become very dry acne prone skin, since hot water makes the somewhat solid oils melt and come out of the skin, causing acne. Thus, the simplest way for millions to end the acne drama is using room temp shower for head/face and less lipid extracting soap on the face, the body can use warm water if no acne on legs, etc. Likewise, living in ultra dry hot climates can cause oils/water to come out, skin to dry and break out. Death/stroke often starts with out of control acne causing these bacteria to invade the blood, arteries, though more commonly, death starts with dental bacteria due to not brushing often, etc. Washing face at the sink (just like when showering) with hot or warm water is a bad idea, as heavy soap plus hot water leads to stripping the face of ceramides that form a protective barrier against acne bacteria. Taking a shower in the morning is better. Millions of people, noticed when going for 3 weeks without hot water on the face, all acne/stye eruptions cease. So, lower shower temp when washing the face. Try use a filter, use a 0.5-1 GPM shower head for less chlorine (which destroys skin collagen) and less harsh chemicals and some chlorine filter, maybe GE 10$ shower filter (replace monthly or bimonthly, due to risk of mold growth), 20$ sink filter. ☺☺☺

11.13.9. Topical removal of acne scars using CERAMIDES or 1% salicylic acid (SA) solution in 50% isopropyl alcohol (IPA) suspension of 10% sulfur (S) plus zinc oxide (ZnO) mix

CeraVe (since 2017, subsidiary of L'Oreal, world's largest cosmetics company) for ceramides

(cera is wax in Latin, amides are R-(C=O)-NH-R'), has vitamin E, K_2HPO_4, MVE (*m*ultivesicular *e*mulsion) technology (see patent: ***multi-lamellar or multivesicular*** emulsion which is a series of concentric spheres or vesiculars of oil and water phase that can be seen microscopically; the active ingredient is released over a sustained period rather than spike released as in most creams), behentrimonium methosulfate (EWG score 4, $CH_3(CH_2)_{21}(CH_3)_3N^+(O_3S\text{-}O\text{-}CH_3)^-$ preservative used to kill microbes, similar to the infamous $(C_6H_5\text{-}CH_2\text{-})(CH_3)_2(C_nH_{2n+1})N^+Cl^-$ BAK in "99.9% microbes gone" cleaning wipes and eyedrops that damages meibum glands and eyes), ethylhexylglycerin, while DayLogic has lactic acid, 4 parabens (2 of them banned in EU, propyl is in Vital Care too, EWG scores 3,3,9,10, CeraVe and 100s of creams advertise "paraben free" due to the fact they're quite toxic), DMDM hydantoin (preservative used in almost all creams and shampoos these days, even liquid soap, releases formaldehyde to kill microbes), Na_2HPO_4. $ stores also got a helpful (yet some odd chemicals our skin is not used to after eons of evolution, like propylene glycol, PPG, etc, thus not my favorite) $2 Acne Free (7$ Amazon) 2.5% benzoyl peroxide gel with ceramides (which are 50% of outer skin layer fats), cholesterol, phytosphingosine (antimicrobial antiinflammatory amino alcohol, added to cosmetics, 2S,3S,4R-2-amino octadecane-1,3,4-triol, $HOCH_2\text{-}CH(NH_2)\text{-}CHOH\text{-}CHOH\text{-}CHH\text{-}(CH_2)_{12}\text{-}CH_3$, phytosphingosine = hydrated (HOH) sphingosine, $HOCH_2\text{-}CH(NH_2)\text{-}CHOH\text{-}CH{=}CH\text{-}(CH_2)_{12}\text{-}CH_3$. Sphingosine is the building block for:

1). sphingolipid ceramides, (ceramides are sphingosine with $-NH_2$ replaced by -NH-C=O-R, the R-C=O acyl group is a fatty acid group like stearoyl (stearyl is $CH_3\text{-}(CH_2)_{16}\text{-}CH_2$-, the extra o for O, so $CH_3\text{-}(CH_2)_{16}\text{-}C{=}O$-); skin barrier against acne bacteria = ceramides, cholesterol, + free fatty acids), 2). sphingomyelins (2-15% of most tissues, protect neuron axons, ceramides where CH_2OH is replaced by CH_2-O-phosphocholine i.e. $CH_2\text{-}O\text{-}P{=}O(O)(O)\text{-}(CH_2)_2\text{-}N(CH_3)_3$), *etc* see the choline link 3). cerebrosides *(up to 12% of some dry brain tissues,* glycosphingolipids or monoglycoceramides where CH_2OH is replaced by $CH_2\text{-}O$-*glucose (body)* or $CH_2\text{-}O$-*galactose (brain mainly)*, a *sugar*, hence *glyco* for *sweet* in Greek, AGEs = advanced *glycation* end products (sugars merge with fats/proteins to form AGEs), *glycans* = the sugar moieties of anthocyanins, many polyphenols), 4). gangliosides (brain lipids, olygoglycosyl *cer*amides where CH_2OH is replaced by $CH_2\text{-}O$-*oligosaccharide-sialic acid*). *Cer*amides prevent brain diseases*, not just acne.*

The SA-S-ZnO mix is made at home because RiteAid Bye-bye blemish suspension in IPA:H_2O of SA-S-ZnO has aluminum (Al) which increases biological entropy, Fe_2O_3 iron oxides for color which increase eye oxidative stress if some gets into eyes (makeup users may get red eyes, since most makeup uses Fe_2O_3). Al + Fe_2O_3 make long-term acne cure harder; depending on Al silicate polymer or its degradation products particle size (if not all Al particles are shed by dead skin cells), Al can even be transported via axons to the brain causing Alzheimer. Better than this wet powder suspension seems to be in certain cases, a home made yellowish paste of Amazon

glycerin, USP sulfur (S), salicylic acid USP (99%, 99.5% or etc) (SA), USP zinc oxide (ZnO). Search for "ingredient powder" to find one you like, make a paste or suspension with maybe 2-3% SA, though some creams for acne have even 5-10%. The SA-S-ZnO paste is way better than Bye bye blemish, since 1. it doesn't make a mess, doesn't spread powder on your pillow making you inhale toxic stuff (use some $ store plastic bandages (100/$1pack) if applying when sleeping to avoid getting it on your pillow), and 2. it penetrates deep under the skin preventing the acne from reappearing many times later in the same exact spot like it happened with me when using the pink Bye-bye powder, since powder only did a surface exfoliation, *surface killing of bacteria, superficial temporary pimple eradication, so weak and ineffective, you can even see the scar left there sometimes. You can use powder sulfur in glycerin to make sulfur paste, much better than the* De La Cruz 10% sulfur alone gel *in allergenic* PEG *(4$* at Walmart) that doesn't work well to exfoliate alone. Blue light from RiteAid lasers or IPL for acne has real limitations, it only penetrates 0.2-0.8 mm (0.3 mm for 445 nm RiteAid laser), while this paste can go deep where the bacteria hide and wait for right conditions to rebring the pimple to life, requiring new Laser and IPL applications. *Bye bye blemish beige or brown for brown skin. like powder is easy to make with S, ZnO, SA and iron oxides to use for special events, as it hides it perfectly from view from a distance, while bright yellow-white powder is not invisible (nobody has such a bright yellow-white skin like this powder). Make a SA solution in 50% isopropyl alcohol and wash face daily entirely (except around eyes and thinnest skin around eye orbit) to get rid of all, besides using the paste on all thick skin face areas to deliver deep under the skin the SA, ZnO, S,* zinc does DNA repair*,* to kill the P. acnes bacteria on your entire face where acne appears (never around eyes) – this will enable our facial immune system resources to reestablish control and diminish eye inflammation caused by weakened immune system under attack by endless pimples. Then apply Vital Care healing cream (not Dermasil brand, which has aluminum) from $ store with 6 vitamins or something to nourish the skin, and redo the exfoliation paste, 12 hours, then cream a few hours, so the nearby skin doesn't get too dry and damaged. ☺☺☺

The SA-S-ZnO paste I made worked in 4 days better than the blemish powder worked in 4 months, in conjunction with *Vital Care cream* (only 2$ on Amazon (6 pack for 12$), contains propylene glycol and triethanolamine allergenic compounds, made in USA, *vitamins A, E, D, C, B_5,* B_7) to help recreate skin smoothness after exfoliating dryness damages skin around the pimple. You can also try the non-comedogenic (Vital care doesn't say non-comedogenic, so it's better for hands and feet mostly, if issues appear, though it has many plant lipids that compliment DayLogic lipids) 11.5$/454g (made in Israel) RiteAid DayLogic, a cheaper CeraVe version (well, CeraVe is 16$/454 g on Amazon, 17$ @ RiteAid sometimes "buy 1 get 1 50% off", so 12.75$ (made in USA) *sharing 19 ingredients with DayLogic, including the 6 important ingredients*: hyaluronic, 3 ceramides, cholesterol (25% of skin lipids, etc), phytosphingosine.

CeraVe has far less water, so actually, the price of the 6 ingredients may be the same, per gram. Acne Free can help heal skin barrier, you can leave it on your face way longer than 5 minutes, even 5 hours, just use Vital Care afterwards or at the same time to repair oxidative damage from benzoyl peroxide which is killing all bacteria in a way that compliments salicylic acid; but I noticed $2 Acne Free (@ $ store) doesn't work well at all on the actual pimple itself (pretty useless), more like a brief facial cleanse preventive maintenance and cheap ceramides, the SA-S-ZnO *paste is way better*. It took me years to discover the SA-S-ZnO paste and laser method, which, for not too deep pimples, is better than using harsh chemicals like 10% benzoyl peroxide etc that scar the face if left too long; try it and you will be blown away how fast you can get rid of a zit (apply paste above afterwards, to get rid of it for good, to deliver salicylic, sulfur, zinc deep under, since powders will require reusing laser 30 times on same pimple resurfacing), making it 5-10 times smaller in bumpiness in just 2-3 days (press the laser on the skin, because red light only penetrates a few mm and you want to reach deep inside; press it and hold it for 2 minutes for 10 to 50 times, after 2 minutes it shuts off by itself; then after 1-3 days when the top became soft skin to the touch, pop it and apply the SA-S-ZnO paste for a few days; the red mark won't disappear instantly (can take a week after squeezing or more), but it allows you to cover it with the SA-S-ZnO paste or pink powder you make at home and makeup so that nobody will know you have a pimple that became 15 times smaller after you got pus and lymphatic liquid out", allowing you to go about your day without being so self-conscious of your "huge bump" which can't be hidden by makeup if the bump is there (because you didn't know of this ultra cheap method of wiping out the bacteria in the zit). Cheap soaps and lotions full of chemicals can also cause acne when all else is fine, so stop poisoning your skin and body, as skin absorbs it all. Many made their own creams, lotions, moisturizers, see here how for higher safety. Rosemary oil led to drastic reduction the bacteria causing acne ► PM 2007;73(12):1275-80. ☺☺

11.14. Dental Health, Ethics, Fluoride, mouthwash/paste colors

11.14.1. Introduction: pH, menthol, lead level 11.14.2. Bristles with 20-200 times thinner tips

11.14.3. Fluoride filters (Florida/Utah banned it) & IQ/health: fluoride means 13 less IQ points

11.14.4. Fluoride calcifies pineal, causing Alzheimer, Multiple Sclerosis, Depression, Insomnia

11.14.5. Teeth whitening at home: 2 g baking soda, Colgate Optic White paste (RDA 46, pH 7.4)

11.14.6. Nanohydroxyapatite (rod shape, 20 nm) toothpastes (the best), xylitol and erythritol

11.14.1. Introduction: ethics, menthol causes infarct/dementia, toothpaste lead, amalgam

D takes calcium from food and brings it to the teeth via K2, the most important teeth vitamin after D. Kids with higher D_3 intake had 51% of the cavities (64% of controls for D_2, so avoid D_2) ►

NR 2013;71(2):88-97. No K_2 means enamel doesn't repair, teeth erode. Watch the primitive people who never brush their teeth, but get 50,000 IU D3 from sun being outside more and healthier nutrition with vitamins, polyphenols, etc that kill bad mouth bacteria have no cavities and misaligned teeth (no orthodontics needed) as they age, because the bone that holds each tooth is not lost due to low D and low K_2. Weston Price visited various tribes (see 3 min video summary of his findings, more than 12 pics of teeth are in his free 445 page book) eating a zero processed foods diet: food antioxidants created a *perfect biofilm of good* bacteria that protected their teeth against S mutans/other cavity causing bacteria. In the "snail IQ" West, the "worm IQ" MD often makes 80x the min wage, sets up guideline for 600 IU D_3 that causes cavities, crooked teeth, endless 150,000$ heart bypass surgeries due to calcified arteries as low D takes tooth calcium into arteries, causing hypertension and plaque via stiff arteries and plaque, vascular dementia, diabetes, etc. Price found kids with healthy teeth ate 10 times the fat soluble vitamins (A, E, D, K) of "gnat IQ RDA" diets, see rural vs urban Swiss (68 pics 9 nations) teeth, read vitamin D, A, E, K2, C (for collagen, part of teeth), Zn (for collagen synthesis enzymes) sections. If we have average MD salary same as the only salary worldwide (instead of 10-90x depending on clinic and specialty, the min federal wage in US), 1 eterni/hour, we attract the more ethical people in the health professions, which can expand 50 fold beyond MD, to ET, NP, ND, MD to give all 4000 year lifespan by better nutrition. Right now, useless lawyers get 10-500x the min wage, as well as evil CEOs, 10-50000, if we bring efficiency, we bring World Peace, zero violent crime, 50000 fold rise in nutrition and lifespan other researchers, and the rich parasites who keep everyone sick won't build palaces anymore, we build chemistry and physics labs, we grow teeth naturally, no implants, avoid all cavities. The rich hide the fact their inefficiency causes 90 million workers in USA to duplicate and waste time, when with the trillions these bastards steal and efficiency, we can have 50x more health research and professionals to give all 4 millennia lifespan. They obfuscate the fact were it not for their astronomical salaries and exploitation of the 90%, we would have everyone much skinnier and healthier, living to 120 on average today at least. The same salary some get can create 50 STEM positions of people whose lives were destroyed by rich celebrities with their evil music, who caused these victims to be jailed, get no education, as University Presidents got 1-8 million salaries for destroying all, while education not being free made the nation one of "tomato IQ snails" without any clue about any nutrition. Keep teeth healthy, otherwise, the "ethical MDs" will put RF trackers in your root canal/implant and kill you as Mossad does. Watch this clip on proper toothbrushing and why you need to stop snacking and sipping now: you need to make food contact with teeth about 15-20 min daily max, and mostly not acidic foods: 3 quick 5-7 minute meals, plan meal so contact time is 5 min or less. Eat to live, don't live to eat. The longer the contact time, the more cavities. Neutralize food pH with baking soda+xylitol right after each meal, then wait 2-5 min (5 if any acidic liquid like smoothie juice, 2 if only some lentils), then brush, don't wait 1 hour to brush when pH naturally

returns to 7.4, since you can bring mouth pH to 7.4 in seconds, not 1 hour. The new digital x-rays (90% of USA) are 0.005 mSv per whole mouth 4 pic set, less than the daily background radiation exposure, the risks from the new digital x-ray (not film x-ray) are far lower than the benefits of annual x-rays. Always use digital x-rays. Due to low dose of the new x-rays, no lead apron is needed. A CBCT scan allows you to see the bone infections caused by poorly done root canals. Due to lack of regulation, 99% of toothpastes, mints, mouthwashes contain chemicals (fluoride, some essential oils, antiseptics, alcohols, menthol, etc) that cause infarcts, strokes, dementia, atherosclerosis by killing the nitric oxide NO producing bacteria, NO being key to relaxing blood vessels and preventing blood pressure, plaque, clots and this type (see pic) of arterial blockage. Alternatives are shown below, search google for "nitric oxide bacteria friendly toothpaste mint, mouthwash", but you can still use normal toothpaste/mouthwash, eat citrulline to produce way more NO than kale, beets ever could, as explained with all chemical reactions here. Arginine feeding bacteria keep mouth pH lower, which helps the anti cavity good bacteria and harm S. Mutans that causes cavities, so it's still a good idea to try Fygg arginine toothpaste to add to your favorite toothpaste perhaps, if Fygg doesn't remove all stains. Due to Aristocratic Palatial Dictators, US still allows the deadly silver amalgam fillings (mercury is far worse than lead), while Norway banned them in 2008, Sweden in 2009, EU in 2025, the planet in 2034 hopefully (USA included, 26 years after Norway). US is decades behind Europe in health rules, consumer protection, so some EU live longer even if spending half, since laws protect the 99%, not the 1%.

Mouth bacteria were found in arterial plaque, so poor oral hygiene (cavities/gum disease) kills via heart attack ► FCM 2023;10:1114927. "Nonsurgical periodontal treatment was effective in reducing the levels of CRP (marker for heart attacks)" ► JNSBM 2013;4(2):379-82. Clots of heart attack patients had the root canal bacteria, just like arterial plaque have acne bacteria, meaning arterial plaque often has bacteria that infect any area of the body. Thomas Levy "Hidden Epidemic" book explains root canals, happening due to kids not getting central government online free video daily education on health, ethics, etc since age 0. Root canals can kill us slowly, via chronic infection that causes infarct. Dr. Rogers's video what happens in a root canal. Realdentalinfo.com goes deeper into root canal, etc. The free Root Canal Cover-up is a 250 pg book on the genocidal American Dental Association hiding of the dangers of root canal bacteria traveling to almost any body area to cause death. The free MS Mystery is a 420 pg book (also free at the archive) on how root canals, mercury fillings cause multiple sclerosis (if no time to read, watch this video). If you have any pain around the trigeminal nerve (ear, face, teeth, eye), it can be from a root canal (causes trigeminal neuralgia, or pain on the cheek or nearby areas, due to nerve damage by dentists), as this video explains. Hence, you need to educate your kids to brush teeth 3-4 times daily, after each of the 3-4 meals, to never snack between meals any tea, coffee, beverage, candy, chewing gum, chips, etc. Otherwise, they will put mind control

chips in your root canal connecting to your nerves or God knows what. This trigeminal nerve damage can cause dry eyes, since the trigeminal has 3 branches, one goes to the eyelid/lacrimal glands, one to the cheeks, one to the teeth. If stuff happens to the ganglion, it affects the ability to produce tears, to produce lipids of the tears that prevent tear evaporation and then cause dry eyes, as explained in the 400 page chapter about the dry eye epidemic. ☺☺ IAOMT has 1300 videos about mercury-free biological dentistry, safe removal of mercury fillings that cause MS, dementia, etc. XRF scanner/lab tests showed 48 toothpastes with bentonite, hydroxyapatite, calcium carbonate contain lead, cadmium, mercury, arsenic, so 90% of 53 toothpastes tested contain heavy metals. Guardian talks about this study too, but other NIH studies found similar trends, so choose toothpaste brands carefully, avoid Crest. The only safe ones with no heavy metals were 4 fluoride free ones: 13$/3 Brown, 11$ Spry or 18$/3pk, 3$ Orajel, 8$ Miessence (Aussie, if Amazon out of stock, try ebay or online) and low F one: 20$/3 Pegciz (China made, fluoride is 452 ppm, regular toothpaste is 0.15% or 1500 ppm). Recall to cover the toilet when flushing and keep toothbrush away from the bath, unless you want poop on the toothbrush. Check out biological dentists on youtube, they're the safest, removing less tooth for a cavity.

A dentist (Ellie, whose protocol is criticized by other youtube dentists who tried it and got bleeding) may have some useful ideas, even if her protocol is off, so some of her ideas are presented together with alternatives to what she's trying to do, to kind of see the bigger safety picture when choosing a dental routine. She explains a. how you can avoid seeing a dentist, how tiny cavities (that you see with a 20x mirror only initially, not 1x) are sometimes reversible (place fluoride/hydroxyapatite toothpaste on a cavity area; it will go away in 5 months no longer showing dark on x-ray but white, if you brush well, use pH 7.4 mouthwash 5x daily to kill S. mutans), b. how bone loss/receding gums are reversible, c. how she helped gal heal receded gums (when pick flossing (see how), but disinfect with alcohol pad (1 cent each, 2 pads per floss session) before each new tooth, scrap the base, see how, to remove ALL bacteria), d. reverse cavities using her 4 step (watch youtube) system summarized in this pdf and criticized below (ignore the part with "no flossing", since flossing is critical, even with the best toothbrush):

1.0. "xylitol mints" (that may cause heart attacks, strokes if overused (30 g xylitol or 60 mints/day would screw you), she sells these to make money, like many dentists on youtube sell stuff or make videos to promote their affiliate link to make money off gullible youtubers). Her mints contain magnesium stearate which can in theory block nutrient absorption if you just ate vitamins, and menthol. While using menthol rarely is fine, as part of a home made mouthwash you use once a month, using it daily is shortening your life, since menthol kills the nitric oxide, NO, oral bacteria that keep our arteries flexible and relaxed, thereby preventing hypertension, infarct, clots, strokes, dementia. Those using mouthwash often were 85% more likely to develop hypertension than those using it rarely ► BP 2020;29(2):103-12. This lady, like millions of

dentists and hygienists, lives in the 1st century. Today, there are many new mouthwashes (that don't kill NO bacteria) and mints wholly superior to her 1970s (she used it since 1975 or so, watch how so called 'wise ladies' wear makeup, liners on youtube to poison 4 billion ladies' eyes who imitate these chicken IQ youtubers; any lady who has lots of makeup makes a fool of herself and says "I am a fruit fly IQ lady") protocol, check out the fygg.com coconut toothpaste, (3 pack/33$ with subscription, uses arginine to help fight cavities (causes biofilms that are less acidic, less enamel damaging) and promote nitric oxide generation to lower blodd pressure, free ship for 50+ orders (order 6 at once for the whole family/year), or subscribe on Amazon 13.5$) free of fluoride and alcohols that destroy your body's NO system (avoid any mint or vanilla, cocoa, chocolate flavor toothpaste as these can interfere with NO and the brain). Revitin Citrus (3/42$) is free of menthol (all mint flavor stuff has menthol) and free of fluoride and even hydroxyapatite. Due to risk of stroke, infarct, dementia, organ failure via atherosclerosis, this book doesn't promote any toothpaste, mint, mouthwash, varnish that has menthol, fluoride (a known NO bacteria killer) alcohol, essential oils, peppermint oil, vanilla, cacao unless you use 5% of normal amount and not 30 times weekly, but once weekly to get some stubborn stains. They even got hydroxyapatite Fygg varnish to replace fluoride one. The EU has tight criteria (< 50 nm, rod shaped) for nanohydroxyapatite that USA lacks, and 35 nm nanoXim (meets EU safety) is used in Fygg and other popular brands (Boka, David's, Risewell that have the bad menthol or mint oil). Just because a youtuber got 500K followers doesn't mean it's the best info. So, to avoid NO issues, make a mouthwash with xylitol and baking soda for daily use and one for monthly use with menthol or peppermint oil added. If too lazy, just rinse mouth for 1 minute with baking soda powder and some water, then rinse with xylitol and water for 10 min and you never have to worry about making mouthwash. Use a spoon to take some baking and xylitol from your bag/box. Using daily menthol mints, toothpaste (99% of toothpaste has menthol or essential oils, sometimes hidden as "flavor") daily or chewing gum could destroy our entire vasculature, create 200% more plaque and white matter silent strokes causing brain death. It's a covert genocide, born of laziness, due to the love of convenience, why brush well, when a little menthol everywhere gives all 10 year shorter life and demented brains and atherosclerosis? Like WiFi and cell phones give us 2000 cancers and dementia, the modern man is so lazy, he won't want to walk to a computer desk he needs it wireless and WiFi, not LiFi. Menthol and essential oils can kill a lot of good bacteria we depend on to stay alive. To use mouthwash with menthol, when almost all toothpaste has menthol or another alcohol (ends in ol, like benzyl alcohol), is insanity. So, you can just wash teeth with some home made water-xylitol-baking soda solution.

Many work on new mouthwash formulas that don't kill nitric oxide bacteria. Everything Dr. Ellie recommends harms longevity via excessive menthol and other essential oils. We can't destroy it all for shiny teeth. If dead, what use are the teeth? Her mints supposedly have only health

benefits, to mineralize the teeth. What she doesn't say is that it is far cheaper and safer to buy xylitol or erythritol, which has 12 times fewer calories than xylitol and kills cavity bacteria as much too, and simply place some in a spice bottle to sprinkle in your mouth 5 times daily, or dissolve 5 g xylitol or erythritol (read side effects when you eat huge amounts) in 100 mL water and use as mouthwash (5-25% xylitol is pretty typical for mouthwashes you buy, a 5% was enough to decrease S. mutans a lot) 5 times daily for 3 minutes at a time (this frees you from toxic ingredients in her mints and other mints, gums. Peppermint oil contains 2% pulegone, a neurotoxin/carcinogen, though mouthwashes don't get ingested and at 2 drops/liter it's negligible. However, cinnamon oil irritates the throat, so it won't work. Effects of cinnamon oil in dentistry are covered in Mol 2020 25(18):4184. ***Most of us are used to peppermint oil 1 drop/L, almost every gum, mint, toothpaste, mouthwash has it***. This explains the huge amount of infarcts, strokes, etc, as these things prevent blood vessel relaxation and normal blood pressure. Manual flossing and brushing, good sleep stop bacterial growth.

Cinnamon oil contains eugenol, so the taste of cinnamon oil is the same as like after dental work when they use eugenol. Root canals and cavity areas that were drilled are cleaned/flushed with eugenol, not peppermint, since studies show cinnamon bark oil (8% eugenol, 70% cinnamaldehyde) or cinnamon leaf oil (85% eugenol, 5% cinnamaldehyde, on Amazon is leaf usually, read label) kills cavity bacteria far better than menthol or peppermint.☺☺☺ Essential oils are optional and problematic due to killing too many good bacteria. Since many toothpastes have peppermint oil, there is no point to add it. For example, magnesium stearate raises triglycerides (saturated fatty acid salt) and magnesium prevents the growth of dentin and enamel crystals (see below what happens with Mg replacing Calcium in enamel and dentin hydroxyapatite $Ca_{10}(PO_4)_6(OH)_2$). She smiles well, to gain our trust, but that doesn't mean her ingredients are ideal. 1.1. "Rinse 1 minute with CloSys 11$ mouthwash with pH 6.5" (contains the least (4) ingredients of any mouthwash from a store: water, Na_3PO_4, citric acid, stabilized chlorine dioxide ClO_2, which is kind of a bleach, that causes a lot of damage to healthy cells too, just like whitening peroxide in Colgate baking soda toothpaste or $ store whitening kits or office visits). See her youtube channel, to bring pH to neutral 7 right after eating acidic foods, which you can also do with a homemade xylitol mouthwash (that costs 50 times less than CloSys). This is *better than a mouthwash with toxic artificial sweeteners, flavors that cause many* problems, besides the carcinogenic colors. The cavity forming bacteria evolve and they adapt to essential oils, xylitol, etc sometimes, but no microbe or cell can adapt to ClO_2, it is absolutely destructive like hydrogen peroxide in store mouthwash, like bleach for any bacteria, so it destroys your gum too (even enamel like peroxide) with each use (hence some may not want to use CloSys, except for 1 month to get rid of tartar, due to the destruction of good bacteria, like H_2O_2 does). You take water, hydrogen peroxide, xylitol, menthol and make your own "CloSys" equivalent.

2. "Brush 2 minutes using a fluoride toothpaste" (or your favorite non-fluoride) NaF as source of F only, she says "Crest Regular toothpaste". Always get any toothpaste in the version without the colors, the Pro-Health Maximum Cavity one, 3.5$ at Walgreens, 1.3$ at $ tree, not the cheapest, as blue 1 is very toxic, one lady died, yet she suggests using one with this blue 1, odd. Or get a brand with 0.24 NaF (0.15% F ion) 2 min (maybe glycerin free CloSys, Crest supposedly has fine silica, ***not coarse silica to break enamel, no glycerin to stick to teeth and prevent remineralization, no chalk, no baking soda, no peroxide to attack enamel*** (a little baking soda or $NaHCO_3$ is fine in toothpaste or mouthwash, since HCO_3 is part of the 3 buffer systems in our saliva, tears and blood, CO_3/HCO_3, $PO_4/HPO_4/H_2PO_4$, protein/proteinH+; some are against baking soda, but we see it in millions of toothpaste/mouthwash brands, it can't be that bad as some claim as then everyone would have bad teeth (sprinkle a little to get your water-xylitol home mouthwash pH to 7.4, the ideal tooth mineralization pH). Maybe it's the concentration that's important, so Colgate may need use less as their baking soda toothpaste is pH 8.5 or even 9; too much can be bad of course, as then apatite (stuff that makes 95% of teeth) $Ca_{10}(PO_4)_6(OH)_2$ and stronger yet $Ca_{10}(PO_4)_6F_2$ becomes $Ca_{10}(PO_4)_6(CO_3)$ which is more soluble and makes enamel dissolve easier with acidic foods). ☺☺☺

3. "Rinse for 30 seconds with Listerine Cool Mint" 2$ on Amazon (methyl salicylate + 3 essential oils: thymol, menthol, eucalyptol to destroy cavity forming bacteria, the 3 main ones being Streptococcus mutans, or ***S. mutans,*** the main cavity forming one (killed by cinnamon oil and most essential oils), S. sobrinus, some lactobacilli). Many MDs advise against Listerine Cool Mint or any alcohol based mouthwashes. pH is 4, to facilitate the chemical reaction of acids with $CaCO_3$, from the calcified plaque, or tartar at the base of teeth or the edges: that's why this system is multi-step, you need both alkaline and acidic to destroy the plaque a little bit each day) to destroy all S. mutans and then immediately do the 6.5 pH ACT wash, since pH 4.4 damages teeth. I got about 4.5 using pH paper. Another dentist suggests avoiding Listerine, due to 4.4 pH and good bacteria killing alcohol. Listerine Total Care is 3.6, so avoid it, the thing is you don't need follow this protocol, this is just to show you the importance of some mouthwash or at least using baking soda powder and some xylitol powder to rinse mouth with to bring pH to neutral, avoid acidic pH after meals. See pH values for common mouthwashes. A list with pHs that are 1-2 unit higher than real for many, is here, for those curious. Listerine may be useful once a year for people who visit a dentist and have heavy plaque due to laziness and not brushing, but for those brushing often, it probably will damage their teeth. For reference, watermelon pH is 5.5, which means 10 times more alkaline than 4.5. Lemon juice pH is 2.5, meaning 100 times more acidic than Listerine. Listerine got strong antibacterials that kill good bacteria too. It's better to use Listerine only rarely, once a year if any tartar deposits exist, that cleaning with thin tip toothbrush won't remove. Can buy a 2$ 3 oz Listerine to use once a year,

but most won't need it, just use some lemon juice once a year to remove calcified tartar $CaCO_3 + 2HCl = CaCl_2 + H_2O + CO_2$. Don't buy Listerine, lemon and home made safer mouthwash will get you the same results without the ultra toxic colors in it, the toxic saccharin and other junk. Take a glass with 10 mL water, put xylitol and 5 drops of lemon until pH is 4.5. 5 drops in 10 mL will give a pH of 4-5, depending how big the drops are. Lemon is world famous for whitening teeth, so if tartar is stubborn, put more drops and slush well or target teeth with more tartar by squeezing a lemon right there and letting it dissolve carbonate in 1 minute, use those $ store dental mirrors to check the back of teeth where plaque is thicker due to people brushing less. Blueberry juice got a pH of 4.4 too, but they do stain teeth. A list of common fruits and their pH is here, so it's good to immediately use pH 8 mouthwash after eating any fruit smoothie or fruit juice as pH is too acidic and damages enamel. Apple juice is pH 3 and could also dissolve $CaCO_3$. Only use regularly mouthwashes with pH 7.0-7.6. If you got a small cavity on X-ray, create a formula at home, and then see how after good hygiene it vanishes. Her 4 step system is only for twice a day, as 3-4x will damage the teeth from acidic Listerine, too much fluoride in ACT. She rightly☺☺☺ dismisses water jet systems as dangerous, as they emit RF, EMF and also can cause receding gums. You don't need water floss with the latest 1-10 micron tip manual toothbrushes. Some dentists never floss and have perfect teeth. Many tribes never brush, have perfect teeth.

4. "Rinse 1 minute with ACT Anticavity mouthwash (0 Alcohol, so good bacteria will be happier)", or the green one, 0.05% NaF, pH 6.5-7.0, rinse 1 minute. I'm skeptical about this, check out ingredients, some are carcinogens, like propylene glycol, etc. Isn't it odd how they add toxic colors to these? Try find one without these colors, and maybe use that 0.05% one, if pH is 7, then leave mouth as it is for 30 min, so F can do its work. If you got a nice F toothpaste, you don't need this ACT mouthwash, if teeth are fine. A toothpaste got 0.15% F, 3 times more, gets 0.05% with some water. Most toothpastes have Na_2FPO_3, not NaF, which is less effective, since NaF dissociates faster to replace the hydroxy in hydroxyapatite and give you a stronger enamel.

11.14.2. Ultra soft and thin bristles with tips that are 20-200 times thinner are better

It is worth trying to use a thin 1 micron thin bristle tip, as that cleans the area where gum sits on teeth 100 times better, reducing junk between teeth 100 fold, as you can see with a 20x mirror BEFORE and AFTER – be amazed and *SHOCKED* how bad a conventional toothbrush (150-300 micron tip) is vs 1 micron tip (the 1 micron tip type removing the need to floss, except rarely, if you eat like me: no breads, no dry foods, everything smoothie or wet). Check teeth with the 20x mirror, if any residue seen, use the brush on that area more and it will allow the bristles to go like a floss without shaking, moving the teeth as during flossing, shaking which is not a good idea. Hydroxyapatite toothpaste, say the size of a rice grain, can be used on a stained tooth or a groove or tiny cavity (visible at 20x only) or enamel repair (it works on tiny cavities too to

remineralize them, not on big cavities, but small ones you only see at 20x, those are easy to heal naturally without dental work).☺☺☺ Normal brushes are like you use a body brush whose bristles are 200 times thicker: it would be very uncomfortable, scratch the skin, and clean nothing. Likewise, a 200 times thicker toothbrush bristle tip is 200 times less flexible, applies 50-200 times more pressure on the enamel, gums and erodes tooth enamel or even dentin 200 times more causing a global epidemic of tooth loss seen in millions who get white ceramic fill. Besides, it leaves far more dirt on the edges of teeth where all plaque accumulates. This is a national travesty. Money thrown in the garbage. The difference is so huge that it is criminal for a government to allow conventional toothbrushes to be sold, when Earth wastes $500 billion a year in useless preventable dental care because of bad toothbrush design. Not to mention that mouth bacteria can cause systemic inflammation and worsen heart disease, 9000 other diseases. If the tip is 10-250 times smaller, of course it will remove junk, bacteria film in between grooves, teeth, 200 times better, your mouth will be 200 times cleaner of Strep mutans and smell far less. ☺☺☺ Omnivores eat meat with 3 times more sulfur than vegan protein, so it rots between teeth and makes their mouth stink like a rotten egg with bad toothbrush design.

Some ULTRA SOFT TOOTHBRUSHES WITH TAPERED TIPS, that are 10-20+ times thinner than the base, are the Nimbus (3$ each) brand by Dr. Klein, whose tips are softer and less gum damaging than the similar design Gum brand and some others out there. These work better than electric brushes, if you do the cleaning correctly (see video). This dentist used Nimbus brush for 10 years and suggests replacing brushes every month, due to bacterial growth and damage to the fine tips in these new tech brushes that almost nobody uses (due to ignorance), yet which remove the gum line plaque 5000 times better (meaning you have far fewer bacteria, cavities, gum problems). Mouthwatchers.com sells an ultra fine bristle tips (1 micron) toothbrush, the most dramatic thing is how after 3 months, the calcified tartar at the base of teeth, the back of teeth especially where we brush less, has disappeared, due to its 10 times thinner size, 100 times thinner tip than the "regular soft toothbrush in most stores" in 2024 (meaning it prevents cavities in hard to reach places, grooves, in between teeth 100 times better), being able to get to those pockets easier and break the plaque, clean dirt, food, Strep. mutans film. GUM Amazon pic shows exactly how these tapered bristles with small tips (0.01mm, base is 0.2mm) have a tiny pointed shape to get plaque broken. This is why Colgate makes several toothbrushes with these same tips that are 17 times thinner than the base, such as the Advanced Floss Soft 360, 4 for 14$, which reaches 4x deeper along the gumline. When buying these, go for soft or ultra soft, as those have base thinner and tips will be 17 times thinner than that base, giving you a really thin tip, maybe twice thinner than that of a hard brush with 'thin tips'. This is the Colgate top of the line brush basically. Colgate has other thin tip brushes, like Colgate Gum Expert Ultra Soft (3K bought) with 8 sets of bristles, reduces gum bleeding 3 fold, cleans 6x deeper along the gum

line (Colgate official page) due to tapered (thinner tips) bristles, so collagen and peptide damage to gum-tooth link will be possibly 70 fold smaller. Colgate 360 Slim Soft Gliding Tips (1K/month bought) ones have a good Amazon picture to show how these tips are 17x smaller than the base or regular bristles, cheap 25 cents toothbrushes, see Colgate 6x deeper along gumline 1.5 deeper between teeth page, so these may be the thinnest tips among Colgate, or you can call Colgate to ask. Even so, since these are pretty regular bases, the tip is still going to be 5-10 micron, not 1 as for the best. The advantages of ultra tiny 0.01 or 0.001 mm soft tips are huge.

The Oralphi Chinese toothbrush Amazon video and their Amazon images on mold growth explain so well how regular hard toothbrushes with no gaps between bristles rot and cause damage to enamel and gum, using the strawberry example: regular hard brush rips the red tissue off strawberry, the soft ones never do that – you know gum are like skin, they got collagen fibers etc and skin collagen is damaged by hard brushes. So what happens, people who use regular brushes may actually cause their gums to recede by mere brushing: the 'low IQ' US government never taught people to brush properly via centralized education since age 1, so people often go up and down a lot and force the gum to recede even with a soft toothbrush like Oralphi; this causes tooth loss too (strawberry example above), as you scrub so hard using the worst toothbrushes (*most brushes sold today are very bad, they lack 1-5 micron tips to get food in small grooves and between teeth, so the US spends billions extra in dental care due to* national resource mismanagement), the enamel and dentin vanish. To avoid gum recession, go mostly upwards for lower teeth (downwards for upper teeth) and sideways, to avoid going AGAINST the gums (always brush from gum to teeth, not from teeth to gum, brush away from the gums, not against the gums) with the brush and don't use thick hard brushes as they severely damage the gums and the enamel. Mident bristles are about 0.1 mm,, while the tips are 0.01 mm, smaller than most brands. Most dentists suggest using softer brushes, as they lead to less tooth loss. People buy regular brushes and don't realize they will literally brush the teeth away, with each aggressive brushing, they remove more of the dentin/enamel, requiring ceramic pouring later where dentin eroded. ☺☺☺

Bacteria can double every 20 minutes on a toothbrush, leading to gum disease. Thus, we need to kindly gently allow the toothbrush to dry, since gum disease *anaerobic bacteria* die when it gets dry (never put a brush in a bag or drawer or container). Thus, *if you brush 4 times daily after 4 meals, you need to have 4 toothbrushes, and let each dry 24 hours*; if you brush twice, you need 2 toothbrushes. The bacteria that cause cavities are anaerobic, so if you seal the brush, those types multiply rapidly. Amazon has really thin 0.01 mm or so bristle (12 brushes for 9$, don't buy these, it's just to show you the bad type that doesn't dry due to no gaps) toothbrushes that can help remove dirt in the tiniest grooves or between teeth, massage gums without causing receding gums (the soft brushes are wholly superior to anything in most stores for *gum*

massage to stimulate stem cell release and tooth-gum regeneration); since some of these got more bristles than normal brushes, they need to be washed very carefully, allowed to dry fully (takes longer, due to less space between bristles). After brushing, you can always insert brushes into a small container where you placed peppermint oil and water, baking soda cleaning solution, for 20 seconds, to disinfect, then let it dry in an upright position so water drains faster by gravity, disinfecting the base faster (don't let it sit flat on the counter, with tips facing up, as it takes longer to dry). The bristles have to be soft, widely spaced, so they're easy to dry, to clean of food debris. Dryness is key, never cap a toothbrush, as mold will grow. For ultra-soft brushes, with diameter of bristles 3-15 times smaller than regular soft ones (0.01 mm, not 0.15 mm for soft and 0.3 mm for hard), the 0.012 mm bristles ones with space between groups of bristles (4 for 9$, avoid, since some are too tight, need 32 sets of bristles, not just 8) are much safer, as air will dry them faster and allow for faster *anaerobic* bacteria killing, as the anaerobic ones are protected by water that prevents air contact and then they can accelerate gum disease. Dentek sells tiny interdental brushes (32/4$) that are useful for people with big gaps or crowns or teens with braces. The gum stimulator is an old tech made obsolete by the latest amazing toothbrushes that remove all plaque much better, it uses a rubber tip to get rid of plaque that is around the gum (see how it is done), or in more detail here, at the end rinse mouth and brush teeth or floss with water jet device). Listerine used once a year removes any calcified tartar by its acidic pH, these stimulators can mess your gums. Just brush the gums to stimulate the gum by going from the gum towards the teeth, not against the gum. ☺☺☺

Some use Mouthwatchers silver-polyester toothbrushes, like this dentist suggests, (S. Korea made 3.6$ on Amazon if you order 4, tips of bristles are 0.001 mm to get into tiniest spaces (the bristles are 10 times smaller than regular so about 0.01 mm, but the tip is even smaller, 0.001mm, as you can see in the picture, with plenty of space to dry fast, these are the smallest tips on the market) where the ones above, 0.01 mm ultra thin can't go, the silver kills bacteria 6 hours after brushing, 10 times thinner than regular brushes to do part of the flossing for you). The only issue is silver may scratch enamel more or may cause oxidative stress and damage to gums in unknown ways. I used this silver one on Aug 7 2024, and my teeth had for the first time in my life become free of that S. mutans plaque around the gum line around many teeth, so with this type of small tip toothbrush you never need tooth cleaning (like the dentist explains, if you use good brush and toothpaste, mouthwash, dental cleanings are NOT needed, just a scam to enrich dentists) having used Listerine mouthwash first time ever for 2 minutes too, and then brushing 5 minutes using the Mouthwatchers toothpaste to see if it can remove the accumulated biofilm of S. mutans. The toothbrush removes stuff between teeth SO MUCH better than normal ones, so when you floss 25 times less stuff comes out, making flossing redundant. *We healthy vegans don't eat lethal foods, like sticky cheese, toxic peanut butter, cookies,*

chocolate, biscuits, chips, so we need a lot less flossing too. Just avoid mango (useless expensive fruit, vs berries, etc) and pineapple (causes asthma, if eaten daily, OK during colds, injuries), and nothing will get stuck in between teeth, as apples provide no special nutrients not found in much healthier veggies/fruits, and apples (skin gets stuck between teeth) have pH 3 (enamel destruction) vs 5.5 for carrots or watermelon. Oranges and citrus are also overrated (I no longer eat them), they destroy enamel, *get stuck between teeth* (especially the white stuff) and provide few benefits vs kale, berries (way more polyphenols), carrots, watermelon, etc. *Today eyes are the most important thing, and kale has as much vitamin C as oranges, and 500000 times more lutein (eye pigment, brain protector), 10 times more polyphenols (add kale to smoothies, puree it), etc.* If you use this brand, recall that silver can react with traces of bleach from the Closys mouthwash and form black silver oxide, a toxic compound that can stain teeth, poison the blood (sublingual absorption), cause lung damage, or even oral-throat cancer in theory. Tap water chlorine can also oxidize silver and then this AgCl can react with acids in foods forming brown oxide and staining teeth or causing liver, kidney, and other organ damage if ingested in large amounts, though what we get from food in lead and mercury (even more toxic) is far more damaging than 1 mcg from a toothbrush. If silver nanoparticles falling off the bristles attach to the dentin tubules and goes inside, it may make teeth brown over time in some people, as it oxidizes. It may be best to not use CloSys if you use the silver brush, even if 1 dentist uses it. However, we get so many heavy metals from food alone, that the amount of silver leaking from this one may be so small, that it's negligible, since silver is not reacting with anything except chlorine dioxide. Brushes with silver leak tiny silver particles, which then are oxidized by CloSys or peroxides mouthwash, or even regular mouthwash that contains hydrogen peroxide. Not everyone may detoxify from silver compounds easily, while silver particles are inert inside the body, mostly. So, do some basic research before using any system or mouthwashes to determine risks. The other issue with 1 micron tips, instead of 10 micron, is that the silver can get into certain places, attach there, and form a biofilm that then promotes cavities, due to the scratching of enamel by the silver part of the bristle tip. These 1 micron scratches by silver will attract bacteria and could cause cavities to flourish. Silver is 2.5 on Mohs scale, vs 10 for the ultra hard diamond and 1.5 very soft plastic, so I don't know. Just as excessive force brushing with bristle type of plastic (softer than silver) removes enamel and dentin, so can silver. I doubt this doctor did the proper studies, to prove by microscopy that an identical size plastic toothbrush is not safer and causes less scratches than the silver plastic hybrid. We have not been shown the microscopy pictures, the microcavities with the 2 analog brushes to ascertain that the silver one is safe, doesn't scratch, doesn't promote cavities (via enamel scratching or fracture) more than it prevents cavities via antibacterial effects. The website seems too simplistic, IQ of 5th graders, like that of 99.99% of US dentists who're lack 500 references. ☺ Abysmal IQ☺ rules in USA, like in all nations, like with humidifier safety. Since 20K/month

bought these toothbrushes with silver in 2024, they seem OK, but safety studies are needed.

11.14.3. Downsides of Fluoride: fluoridated water has 200x more F than breastmilk:

Fluoride or F^- (in water, toothpaste, mouthwash, dental cleaning varnish) kills the nitric oxide bacteria that prevent high blood pressure, atherosclerosis, strokes, infarcts. "NaF (1 ppm, same level added to city drinking water) in rats ... water resulted in damage of the hippocampus, purkinji cells and formation of β-amyloid… (dementia was) found to be more common among people living in high F contaminated regions… people who drink water contaminated with high levels of F have been found to grow old faster." ► TL 223(2):236-51 has more on all devastating effects on endothelium, every organ. Why can't We the People sue the cities, counties, state, fed officials who got 2-8 times average salary for committing genocide, to build their palaces by genocide via inflated salaries, to pay collectively 1 trillion to all they destroyed, we use that trillion to create Universal Immortality Inc? F^- is used to poison rats. PFAS cause craniofacial birth defects (33% of birth defects) and are often only removed by filters aiming for PFAS. The next pages describe Epic (300+ videos on their youtube), the cheapest US made filter removing an "official (when new)" 99+% of F^-: 45.9$/filter or 75.65$ (click redeem 15% off) pitcher + 2 filters. They give you a free filter for every 5 you send back after use for recycling, if you buy them via their website, a first in the industry, showing they are the best of all world companies. Amazon ships it in 12 hours vs 4-5 days for the company website, and anonymously (nobody reading our email knows it's coming, amazon now hides order contents), which is useful if you are a target of terrorists due to publishing a book like this, that criticizes Islam, Judaists, others. You can recycle the plastic with a mallet, taking apart the plastic of every cartridge, to maintain secrecy, via privacy.com alias when setting up amazon account and ordering. Recall fake science and how Big Business said "lead raises your IQ and lead is an essential brain nutrient", just as today, the F^- selling CEOs (who brainwash municipal water systems, their customers) say fluoridated water supplies were associated with 1 point higher IQ. This is a fraudulent study, since everyone knows all people with higher income, better health facilities, more education always live in more urban or nearby areas that fluoridate water due to being part of the "fake culture of dental appearance first, longevity last", and those people evidently are not rural rednecks with few hospitals and always, for decades had higher IQ, way higher, that's why males in Ivy League areas live 10-15 years longer than those in redneck areas where everyone is on well water and IQ was 10-50 points lower for centuries vs the city. Correlation is not Causation. F^- lowers IQ, but this is another example of bandits creating fake studies to push poison on the US per Nazi-KGB agenda, German-Russian-British spies infiltrating USA. Aristocrats sell the ultimate poison as the greatest medicine, spies do that too, a filif cat IQ US population will accept foreign spies running the show via fake elections installing people they remotely control via spies. For nasty cities, you may need both filters to remove all metals, microbes, algae, algal toxins. After 8 decades of

protests (since Jan 25th 1945, when Nazis or KGB disguised as officials fluoridated the first US water in Grand Rapids, Michigan, like Nazis & USSR used F^- in water in POW camps to destroy the brains) from We the People, EPA has to take action:

A federal judge ordered in 2024 the EPA to take action to lower the risk of American kids lowering their IQ by drinking water that 67% of cities fluoridate at taxpayer expense to please the American Dental Association and enrage the American Brain Collective. JHM 2011;186(2-3):1942-6 found that each increase *in* 1 ppm of urine fluoride (F^-) associated *with* 0.59-*point* decrease in IQ; the F^- concentration in this study was 0.24-2.84 ppm. Does the IQ also increase if F^- changes from 0.24 to 0.05 in drinking water? What about babies with underdeveloped detoxification systems? Many studies found pregnant moms are iodine deficient and iodine deficiency leads to 15 point IQ drops. F^- is in the same chemical group with iodine and it competes with I^- ion, potentially making breastfeeding or pregnant moms *who ingest high* F^-, *bromide from water/foods* more iodine deficient. Since brain doubles in size in the first year of life, lower iodine thru high F^- is bad independent of F^- toxicity. Millions of Americans have thyroid issues; 3 glasses (8oz) of fluoridated water provide 12 moles of F^- for every mole of iodine we ingest as KI in vitamins for example (vitamin tablets with KI, 150 µg RDA). What if this F^- messes the hormones of 200 million Americans? UNICEF sponsored a study that found children who drink 0.88 ppm F^- water had lower IQ than those drinking 0.34 ppm water; 200 million Americans drink stuff around 0.7-0.88 ppm F^-; this UNICEF "Lin et al, Xinjiang, 1991" study is listed in Table 1 on page 1364 at EHP 2012;120(10):1362-8. For millions of years we drank 0.05-0.15 ppm fresh surface water, now some drink fluoridated 0.7 ppm, when Harvard researchers advise otherwise; the main paper author, from Harvard, says "F^- seems to fit in with lead, mercury, and other poisons that cause chemical brain drain." Children drinking 3.1 ppm F^- water had IQ 9 points lower *than children drinking* 0.8 ppm ► JD 2012;9(3):221-9. "Infants whose mothers lived in areas with water fluoridated at 1.7 to 6 ppm while pregnant had delayed orientation reactions ... compared to those whose mothers were exposed to 0.5 to 1.0 ppm... A... children living in 'high F^-' areas had *IQs that* averaged 7 points lower than those living in 'low F^-' areas. Seven of the 'high F^-' areas had F^- concentrations > the U.S recommended range (1.8-3 ppm), while one was within the recommended range (0.88 ppm) " ► EH 2015;14:17. ☺☺☺

One can make distilled water with a home distiller for 625$ (plus expensive electricity, filters for the DI machine) and then add electrolytes as shown in the fasting section. For cooking or humidifiers, distilled water is fine. However, it's easier to leave the minerals in water via filtration. Bioweapons, drugs can be inserted in filters, to enable 100 times better absorption in filtered water, like MDs say 'take this pill on empty stomach'. Pur (made in Mexico), Brita (made in Canada) are easy to contaminate by spies, so order from amazon via cybersecurity as amazon hides via email who gets the filter. If your city water has no F^- added (all Utah, all Florida, etc),

then you don't need F capable filters, the cheapest 99% F filters being Epic, safer, as they're made in USA, and got the cheapest price on amazon via subscription (not the website): 45$/filter or 75$ pitcher (click redeem 15%)+ 2 filters. 1 filter is 100 gallons, so we save plastic and money.

You can use dispensers in a house to store distillation water, though a pitcher is far safer and easier to clean, since you to produce purer water uncontaminated by the dispenser faucet which gets bacterial growth as water sits and goes thru it for a long time. Pitchers can be cleaned in 3 minutes 300 times better, but we can't clean the faucet of the dispenser well. It's better to use 2 pitchers and practice some exercise lifting them than to use a dispenser, as mold grows fast. Water is idle in the dispenser and bacteria multiply there. Filtering saves the planet, as we don't use plastic bottles, but distillation is far more ecofriendly, since with solar panels we get clean electricity for 80 years, and the distillation filters use less plastic than Pure XP epic low plastic cartridges. The green algae from the Los Angeles tap water piles up after 3 months on a very light green film in the white casing of the Pur filtration faucet system, that biofilm in a dispenser faucet will poison you slowly. If you use that faucet filter from Brita or etc, you can clean that green algae film every 2 weeks. Bacteria films can be very invisible and do harm and people rarely clean with 70% alcohol or something their pitcher or dispenser. Dechlorinated water (chlorine will come out of water over time) mixes with air bacteria and starts to grow crap fast. This is so true in warm states, since this warm temp is ideal for endless bacteria. Drink the water right away, don't let it sit in the dispenser/pitcher. F filters are not the best idea, as they can get clogged after a mere week and filter less efficiently, but adding minerals takes a lot of fossil fuels too, so you may end up with the same waste. Filters seem more wasteful environmentally long-term than distillation machines that use only a tiny filter 50 times smaller, but we need real research to compute effects. US needs to ban F or give people free good distillers to avoid this deadly poison cities add to kill Americans. For millennia people used copper to kill microbes (kills most bacteria in 1-300 hours), so to ensure a clean water, after filtering the chemicals on it, keep water in a copper jug ► AEM 2010;77(5): 1541-7, paper detailed in a video on copper. ☺☺☺

The latest tech is 1000 times better at removing PFAS in water than current filters, and 100 times faster too. The white Epic Pitcher may filter more F^- (99%) than most US filter companies. Epic is located in Boulder, Colorado, where 35,000 Jews live, so order from amazon, via subscribe, as nobody will know who gets what filter, as the company may have Jews in it too. Avoid Clearly Filtered (see below), run by Jews, as they waste huge amounts of plastic with each filter and don't recycle it. To protect self, when buying stuff online, always use secure computers and an alias linked via privacy.com to your real bank and name, so no foreign spies can intercept UPS/FedEx data and try to intercept your packages and poison them or install spyware. The solution is obviously distillation or to move to Florida (google "how many Jews in this town" before moving, as they gang up to harass free thinkers who reject Torah genocide rape

"religion") or Utah or areas without F in the tap water, as even osmosis filters can be compromised easily. The only possible issue with this Epic is that it removed only 25% or 0.3 ppm F for water with 1.1 ppm level in one old test of the first awful version (no longer sold), possibly due to the carbon block becoming loose in the first versions of the filter when they had the carbon often detach (cartridge was unremovable, meaning much of water was not even filtered if it detached). In 2025, Epic improved filter design a lot, but their pitcher lid is far worse than first versions, it comes off fast if you don't hold it with 1 finger, so you just need to tape it to avoid holding it and take tape off when replacing filter once a quarter. Very poor engineering of the lid. Water filtration speed seems higher than before. Youtube got a 2 min, 3 min (co-founder Joel Stevens) clip about Epic, US made (less tire particle pollution (less transport), more stringent criteria), including co-founder Mr. Ash Heather 3 min clip. The timer can be easily removed with a scissor, then recycled with a mallet to separate electronic waste from the plastic, to avoid espionage by those who use it to connect via WiFi, etc, record talks.

► The white Epic Pure certification PDF shows it removes 99.2% F, (vs 68% nano), 99.94% Lead (nano same), 99.9% PFAS/Cysts/Chlorine/Microplastics/Arsenic/Parasites, 99.99% r. Terrigena (same as nano), 99.9% MS-2 (vs 99.98 for nano), 99.8% volatiles & pesticides (same as nano), 99.4% Cd/97% Hg/97.2% Cr/96 % Ba, 91% hormones (same as nano), 99.2% Cr6 (vs 96.6% nano).

► The grey Epic Nano certification PDF shows it removes (for dirty well/city water with viruses, bacteria) 99.9999% cyanobacteria (algae) (not removed by Epic Pure Filter or Brita/Pur/Walmart brands), 99.5% Chlorine, 99% microplastics, 95% arsenic, 99.4% Lead, 99.5% aluminum (vs 76.7 for Pure). Epic is superior to any faucet filter (slow filtration removes far more stuff), since it filters 200 contaminants (vs 30-70 for Culligan-Brita-Pur made outside US). Pur filters only 25 chemicals. Epic is made in USA, so we get less risk of filter bioweapons, poisons, fentanyl.

The Clearly Filtered (Jewish) removed 1.1 ppm or 100%, but added toxic cobalt to the water. Clearlyfiltered (founded in 2011 vs 2015 for Epic) didn't get NSF certification, but claims to remove 386 contaminants vs 200 for Epic, including 99.5% of F, as the list shows, 99.9999% rotavirus, extra microbes vs 0% for some microbes for Epic. The pitcher handle is plastic, so when hands handle it, we get more microplastics, while Epic uses bamboo to prevent that. Lead *filtration is 99.3% for Clearly vs 99.94% for Epic Pure, 99.0% for* Pur. Clearlyfiltered sells a 45% pricier pitcher (110 vs 75.65) & 37% pricier filter (63 vs 45.9) than Epic, plus wastes 30 times more plastic, not sure if quality is better if cobalt is added at 5.4 ppb, when Health Guidance Level is 2 ppb in water. The way things work is that any filter out there, like Epic, that filters 200 known contaminants also filters another 900 less known ones, so whether Clearly really filters more than Epic or it's just more marketing uncertified by anyone, is subject to debate, but one video claims Epic takes 5 sec vs 13 sec to filter, meaning slower filtration usually means more

removal, but not always. Pur and Brita leave a lot of copper. Epic leaves a lot of minerals, so you don't need to buy them, 427 ppm vs 177 ppm for Clearly Filtered, so Clearly strips you of essential minerals, creating osmotic damage in tissues like RO and distilled water. A color strip test shows 90% fluoride removal, not 99%, which is still a lot better than 35% for Brita, the discrepancy being due to using 100 ppm water, which never happens in drinking water (max 5 ppm), since certification is for filtering normal 1-5 ppm F levels, not saturated. Epic does filter 99.2% F, at 0.2-5 ppm, so the 99.5% F removal of Clearly is not worth the huge price and 2.5 times less minerals, addition of cobalt. Thus, some youtube tests are irrelevant and can be used to manipulate users into buying a brand. We need a neutral gov agency to test these filters before even 1 is sold and rank their Immortality Credit Score, print it on all products sold in the USA. Avoid Clearly, too expensive and wasteful, disregards human labor in making plastic, offers no recycling and free filter for every 5 returned for recycling. You can buy a good aerator and change it often if a fine screen or clean it often if a very wide hole screen, to prevent lead particles from being stuck there from the old pipes; use some scanner if you can to check which aerator is free from heavy metals; a good type is one with a good rubber washer and grooves so when you try to install or remove, you can use a wrench to grab it without having to apply any force that would destroy the threads of your aerator and then faucet, scratch the aerator sides leading to bacteria buildup. Even the US made faucet water filters (that don't remove F) remove only 85-98% of lead and, like non-US ones, often have poor websites, COA. ☺

If you live in Southeast USA or warm climates where algae can grow, this paragraph is helpful. People who move from other states to Florida think all "city water or water utility connection water" is not well water, but it's well water for many cities and algae rich water too. They do filter the algae out for cities, but can't remove all of them, since in USA 50 million jobs are about smoking, vaping stores, alcohol selling, strip clubs, stadiums, endless redundancy for aristocratic profits. That's why we have 1 scientist working on living to 500 years old, instead of 50 million. The palace dwelling aristocrats take the whole planet down into the pit of hell, fast death and aging. Thru aristocratic decentralized chaos values of everyone reinvents the wheel to make 4 extra $ and buy a bigger unique design house, progress becomes 1 billion times slower in longevity sciences. Aristocrats give us 400 million house designs and living to 80, instead of just 400 house designs by Immortality Building Inc and living to 80 million. Aristocratic "Logic" 101. The obsession with having 20000 water utilities, instead of one Eternal Utility Inc, means that the amount of duplication and wasting of one's life is huge, because staff is not allowed to invite someone from a nearby city and show them how they do it to save 1 year of reinventing, so then nothing new high tech can be developed as all time is spent reinventing what others already invented filtration wise. In the name of fictional "copyright" or "intellectual property", the nation sinks into 3rd world country status. All inventions belong to the nation, "copyright", every

company reinventing everything means decades of innovation lost. All "intellectual property" is based on the toil of millions of teachers, construction workers, infrastructure workers, gas station attendants, janitors, etc who support scientists, etc, it doesn't belong to a company or owner of a company, not even to a tiny nation if we talk of EU where they share so much together, it belongs to the entire EU or planet finally, when humanity evolves to Immortality for All. Likewise, within NATO, all ought to be shared at civilian and military level. Like Elon Musk shared all Tesla electric car patents with everyone on Earth to help all workers live longer by not inhaling chemical smog and breathing clean air. In China everyone shares everything behind the scenes with a 100% fake competition, so they already have tech way beyond USA one in many fields. Soon, we will become like monkeys vs the Chinese, due to centralization, and they may enjoy not just dog meat, but American meat too.☺ In Florida, especially the super warm year round South Florida, many cities use wells where green algae grow 365 days a year, so the tap water is green (you need to put about 1 gallon of water into a white container to see that, you can't see it in a regular glass), as the state doesn't care, due the federal aristocratic government of decentralized chaos. The filtration of the algae fails, so even city pages (Dania Beach) say "our water has color", a thing nobody would say in other states. Washington DC has yellowish water.

South Florida is much warmer year round than California at night, especially in the winter, spring, fall, so algae grow a lot easier. City of Dania Beach, FL, has very green water, as do 100s of Florida cities. To remove algae and their mycotoxins from Florida water, you may need to distill the water, as Epic Nano, Clearly Filtered won't remove algal toxins. Most states have more than 50% of water fluoridated, Florida banned fluoridation on July 1st 2025, California poisons 59% of residents with rat poison (F). Water is used by moms to make formula from powder, to cook for kids. Breastmilk level of F is 170 times below that of California mandated 0.7 ppm level. If baby brains needed so much F, why is Nature, after 5 billion of years of evolution, providing 170 times lower level? Fluoridation valves can malfunction, leading to 200 ppm levels. California requires all providers of water to more than 10000 people to add 0.7 ppm brain destroying F, like Nazi experiments with F. Distill cooking water to prevent toxins from the cyanobacteria. With smoothie makers, that can puree all foods, our teeth go thru less stress, so we need prioritize brain and body health. Beavers have strong teeth, having 10 times more F in their teeth, but we don't aim to live as long as beavers, do we? With so much F in toothpaste, it is illogical to add it in the water. Many lived to 100-120 and their nations never add F. Denmark etc have better teeth, lower cavities than USA and no F added. Go figure the puzzle. Utah, Florida got zero F, Hawaii doesn't add F much either, except maybe on military bases to lower soldier IQ and make them submissive, especially if people use rainwater like on the big island, a 2022 state map of fluoridation shows that cavities are often not in states with the least fluoridation: Alaska fluoridated 42% of water, and got 62% of 3rd graders with cavities, New

Hampshire 46% of water, 35% of cavity kids, Kentucky 100% water and 63% cavity kids, so KY got 2.2x more F, but 1.8x more cavities than NH, the more F, the more cavities, US Logic. MN got 2.2x more F, but 1.4x more cavities than NH. ND 97% F & 55%, WA 64% F & 53%. Probably the only thing that matters is how much a state educates its kids to brush teeth after every meal? "Higher levels of aluminum and F were related to dementia risk" ► BJP 2020;216(1):29-34. Forgetful soldiers are useful to aristocratic generals: "The neurodegenerative effects of F are particularly critical in the early stages of biological development, which many authors attribute to its ability to cross the blood–placenta barrier. F causes degenerative changes in all parts of the brain and in the spinal cord, including axon deterioration, myelin sheath degeneration, mitochondrial damage, alterations in synaptic ultrastructure. It also affects neurotransmitter metabolism and causes changes in the expression of neurotransmitter receptors" ► IJMS 2023; 24(2):1558. For those who don't care about (due to having no F in tap water) F, but care about US made, try 35$ Culligan faucet filter (the largest US made faucet filter company, founded 1936, 7500 employees, with 13$ filter, lasts 400 gallons, filters PFAS, Class I particulates (0.5 to 1 µm). Avoid crystalquest.com filter, it's a bad company, even if US made, the worst customer service, ship you twice wrong items on purpose, have you pay shipping defective items back. Even the EU faucet filters only remove 100 contaminants, and no F, since EU adds no F. Amazon reviews explain thyroid issues mean less F is better. Israel (as of 2014) and 98% of Europe don't fluoridate water, 70% of USA adds it. Half of the world's people who drink fluoridated water are in the US. That's maybe why US got more people on antidepressants than any other nation worldwide. F was used on prisoners in World War II too for brain damage. 70% of America and 5.7% of the world adds F to drinking water. Why? Many nations outlive Americans and they don't add F to their drinking water. *EPA lowered F limits from 0.7-1.2* (1962-2015, 99% of fluoridated systems were 0.8-1.2) to 0.7 in 2015. Fluoridation lowers iodine uptake, iodine uptake raised US IQ 15 points, so USSR and Nazi spies infiltrated US gov to fluoridate to block iodine. No wonder Americans are so stupid today vs 1950 when fluoridation started. Why not go lower to 0.2? Veggies have very low F, but once we cook them in F rich water, the F ion is attracted to the organic matter, etc in the food and the F content increases 25-90 times: ☺☺☺

The F levels in µg/100g are: fluoridated tap water ►70◄ or 117-234 times higher than breastmilk 0.3-0.6 (Eur JD 2007;1(1):21-4), *man made babyfood* (*200 times higher than nature if mom takes fluoridated tap water (even if filtered with nonF filter)* to make a toxic formula for a baby with a barely active immune and digestive system and brain doubling in size first 12 months of life, formula with fruit juice concentrate, etc or powdered cow milk; high F will lower IQ by 10-30 points if baby can't handle so much F in first 5 months of life? No food company is required to list F like a barcode would in a Civilization of Immortals with Eterni Foods). Niagara Spring water mineral content (ppm: Ca 13, Na 7 , K 1, Mg 5, 26 total) is about same as way pricier

Smart Water *(Ca 10, Mg 15, K 10,* 35 total*),* but Smart Water has less toxic compounds in trace levels found in spring water, and less trace beneficial minerals and possibly compounds (silica polymers that filter out aluminum etc) too; Niagara spring water *TDS is 95 vs 250-450 for tap water & 27 ppm (< 35 ppm* Iowa State found) for Smart Water. Few spring waters are safe, meaning F < 0.05 ppm or 5 µg/100g. Recall $_{9}F^{19}$, $_{17}Cl^{35}$, $_{35}Br^{80}$, $_{53}I^{127}$ (difference of 8 for $_{9}F_{17}Cl$, due to 8 main groups of elements, 18 for $_{17}Cl_{35}Br_{53}I$ due to the extra 10 groups of transition metals), so it takes 19 µg *of F to displace* 127 µg *iodine (150 µg daily iodine intake for most*, versus 20-2000 µg F) in the body, eye, thyroid, *damage our brain, pineal, eyes, thyroid, though oxidative stress from F is complex.* High F water on empty stomach without antioxidants from a juice or meal may not be ideal). The USDA has a list of the highest 1428 fluoride rich foods, on the right most column in µg/100g: black tea 373, instant tea 335, raisins 234, canned blue crab 210, white wine 202, shrimp 201, grape juice 138, potato chip 106, red wine 105, bottled water 104, coffee 91, fluoridated tap water 81, Olancha, CA spring of Crystal Geyser 80, Dannon water 78, Root beer 71, 0.7 ppm fluirdated city water 70, Coca-Cola 57, Sprite 56, Beer 45, Gatorade 34, Perrier bottled water 31, drained beets 26 (also 26 with liquids, as F leaves the fluoridated water of the can and attaches to calcium, etc in the veggie it is canned with, since it has months or years to migrate), French fries 26, 0.25 ppm F (on manufacturer site at times) spring water 25, Crystal Geyser from Weed, CA spring 24, Poland Spring water 10, grapes 8, Calistoga water 7.3, avocado 7, Dasani water (Coca-Cola) 6.7, radish 6, Aquafina water (Pepsi) 5, Niagara Spring water 1-4, strawberry broccoli 4, apple carrot 3, banana watermelon tomato cherry plum pepper 2, grapefruit cauliflower cabbage onion cucumber 1. Pickles are 30, cooked carrots 48, as marinating or cooking water is full of F. *The 1428 foods list shows that a vegan diet, of mostly* produce *and some cooked* lentils *is literally the lowest F diet out* there*, since we drink negligible amount of any* water. NIH has a list too based on BJN 1983;49(3):295-301 (free paper via widget). 0.7 ppm tap water has 70 µg/100g. 0.7 ppm is (0.7 mg or 700 µg)/(1,000,000 mg or 1 L).

Food F may be far less bioavailable (*unless juice or puree* as *with baby foods*) than water F (most of it may be eliminated via feces), just like soy milk calcium (added☺☺☺) is about 10 times more bioavailable than spinach calcium. 0.7 is the EPA recommendation for max F in water (170 times higher than human breastmilk level), and California law requires every water system with over 10,000 connections to add toxic F to water, *even though toothpaste F is* enough. Brushing teeth after each meal is enough to prevent tooth decay without endangering other organs. Our brains and organs are more important than our teeth. F uptake by arteries is linked to calcification or hardening of arteries ► NMC 2012;33(1):14-20. For 50+ studies on lower IQ by F ingestion, see fluoridealert.org. This is why people who live near an area where 10 pounds of cucumbers (peeled to remove 90% of pesticides) are cheaper than reverse osmosis water, just eat that instead of tap water, to protect their brains. If you eat lots of veggies and

fruits, with a few exceptions noted above, cooked or not, you still get way less F than tap water or filtered water, unless filtration is reverse osmosis or using special F filter (none of the main Pure, Brita, etc filters removes F). If you cook veggies at home often, and your water utility report shows F > 0.1 or 0.2 ppm, you can buy a F filter, or use RO water when cooking or drinking. Cooked veggies/fruits in fluoridated water have 5-20 times more F than raw ones. This increase of F content is especially true if you cook stuff other than lentils, beans (cooked lima beans 7 µg vs 47 µg cooked carrots), but veggies, because softer stuff is more penetrable by F as seen in the USDA cooked foods tables. Steam veggies 1 minute using DI water, it is safer than cooking that destroys phytonutrients, creates AGEs. All sodas/foods from restaurants in a fluoridated state or region (USA) usually are loaded with F like tap water is, so choose reverse osmosis (Aquafina, Dasani) water bottle when out, instead of the diabetic sodas.

11.14.4. Fluoride causes Pineal Calcification, Alzheimer, Multiple Sclerosis, Loss of Direction, Insomnia, Depression, brain damage (less melatonin production, melatonin protects the brain)

CaF_2 is a very stable compound, since F is very electronegative, Ca very electropositive. It's so strong, that it is inert to most acids. The pineal gland has both Ca and CaF_2. F to calcium ratio is higher in the pineal than in bone. World's most prestigious medical journal, Lancet 2014;13(3):330-8, classified F as a neurotoxin in the same category as arsenic, lead and mercury. F is hypothesized to speed pineal gland calcification "pineal and muscle contained 297+/-257 and 0.5+/-0.4 mg F/kg wet weight, respectively; bone contained 2,037+/-1,095 mg F/kg ash weight. The pineal contained 16,000+/-11,070 mg Ca/kg wet weight. There was a positive correlation between pineal F and pineal Ca" ► CR 2001;35(2):125-8. "The level of F in the pineal gland of goosander was 5-fold higher than that in the brain of the animal. The similar results were observed in the aged human pineal gland. Thus, decrease in environmental F pollution may be helpful in delaying or avoiding premature pineal calcification. It was hypothesized that the lack of calcium salt crystallization inhibitors, such as pyrophosphate and phytate, would favor calcification" ► Mol 2018;23(2):301; this paper, which may have fake information on purpose (fake news and science papers exist, mixing truth with fakery) explains pineal calcium is hydroxyapatite, like the one in arteries and teeth, unlike calcium oxalate in kidney stones. After kidneys, pineal has the highest blood filtration of any organ, so it can pump melatonin, with blood flow far exceeding its metabolic needs, making it susceptible to F^- DEPOSITION due to fluoridated water, given that some calcium structures already exist and F binds to calcium to turn hydroxyapatite $Ca_{10}(PO_4)_6(OH)_2$ into fluoroapatite $Ca_{10}(PO_4)_6(F)_2$ as explained in a few pages. This blood flow also makes it susceptible to blood calcium deposition like arteries. Pineal calcification as seen on x-rays can lead to a defective sense of direction ► BMJ 1985;291 (6511):1758-9. NA 2008;29(2):203-9 found 0.15 cm^2 of pineal gland was uncalcified in Alzheimer patients versus 0.25 in healthy controls. ☺☺☺

The atherosclerosis section shows HOW the arteries of Alzheimer patients are WAY thicker, with more calcium and oxydized cholesterol plaque. The oxidized cholesterol section explains in detail which foods destroy the body and teeth. Youtube has videos on pineal gland decalcification. Anecdotal rumors claim the calcification of the pineal ("third eye") makes "clairvoyants" see (or imagine if it's linked to imagination neurons as skeptics say) less stuff. PO 2016;11(7):e0159239 found that pineal gland calcification is 2 times more common in males (is that why more women are "clairvoyant"?) and that it increases each decade until the age of 60, after which it decreases; this paper mentions an older study which found calcification % of "2% in those 3 to 12 years old, 46% in those 13 to 40 years old, and 69% in those above the age of 40"; the paper also explains several studies found calcification is varying wildly among studied populations, and it may relate to the intake of dairy (high calcium), especially processed dairy or exposed to light, where the absent vitamin K (since they don't eat greens) can't prevent Ca buildup; the paper explains some researchers believe calcification leads to lower melatonin production which is associated with epilepsy, Parkinson disease, depression, stroke, and cancer. Many papers show heart problems from calcium (Ca) supplements (lacking vitamin K that prevents Ca from going to pineal and arteries, instead of bones/teeth) of 700+mg/day, due to calcification. AR 2006; 13(7):822-6 gives pineal calcification %: 39% ages 8-14, 8% ages <10, 1% ages < 6. This means a HUGE difference between those under 6 and those older, after age of 6 most kids lose their clairvoyance. It's interesting that kids have the least calcified pineals and are the most "clairvoyant". Older people often times, at least months or years before dying, can start to regain clairvoyant abilities they had before, when younger and with a less calcified pineal gland. Could this be because the pineal starts to decalcify after 60? ☺ Patho 2008;15(1):41-8 found that the greatest increase in the % of pineal calcification happens in the 2nd decade of life, any increase after that being far more gradual. Coincidentally, it's between 10 and 20 that most people lose their clairvoyance partially/totally. JPR 1987;4(3):247-52 found steep rise in pineal calcification in the 2nd decade of life. IJNS 1994;76(1-2):71-9 found the calcification of the pineal was found in 87.5% of Multiple Sclerosis (MS) patients, in 100% of MS patients with cerebral atrophy and in 77% of MS patients without cerebral atrophy. IJNS 1991;61(1-2):61-7 found that 100% of MS patients have calcified pineal gland, versus 42.8% in healthy controls, indicating a direct relationship between pineal melatonin functions abnormalities and MS. This indicates that pineal calcification is related to cerebral atrophy, which makes sense, as explained in the vitamin K and oxidized cholesterol sections, calcium blocks arteries, nutrient supply decreases, neurons can't regenerate, Alzheimer sets in and the brain shrinks and atrophies. Pineal calcification can be a marker for pineal degeneration. IJNS 1992;65(1-4):167-75 found 72% of those with complex partial seizures had a calcified pineal. ☺☺

Dental fluorosis happened in 30% of young kids due to EPA guidelines to add 1.2 ppm F in

water. With the new guideline of 0.7 ppm, this fluorosis % in kids drops to 12%, which is very damaging still, because kids avoid kids with brown spots on their teeth (studies show it) and isolate them socially. Besides looking bad, fluorosis is a marker of brain damage and lower IQ. The National Toxicology Program published in 2019 a 135 page report, reviewed by the US National Academy of Sciences, on the neurotoxicity of F^- and concluded that F^- is most likely a toxin and we need to presume it is toxic before adding it to water. USA seems to finally realize what Europe (who doesn't fluoridate water) knew since 1940s, based on the Nazi and USSR experiments of using fluoridated water to lower IQ of prisoners, being that F^- is rat poison. In 1945, after USA won the war, USA started to add F^- to water in a few cities, starting with Grand Rapids, Michigan, reaching millions of people in 1960s, lowering everyone's IQ. Since 1960, USA has been on a rapid decline, which is probably due to F^- too, besides alcohol. The KGB has promoted many things probably, via their spies, to destroy USA.

11.14.5. Teeth whitening at home: H_2O_2, $NaHCO_3$ & Colgate Optic White toothpaste

It's a good idea to brush teeth 4-5 times daily, including when waking up before breakfast when bacteria are high and they could be ingested with food. After meals, use 1-2 g baking soda, 1-2 g xylitol + 5-10 ml water to rinse mouth and bring pH to 7.4, the optimal value for mineralization. To whiten teeth, twice a week, use 3% hydrogen peroxide to make a 2x dilution, 1:1 = H_2O:H_2O_2. Teeth become soft after meals, since most foods are slightly acidic, so after neutralizing the meal acids with baking soda plus xylitol home made mouthwash (or simply a pinch of baking soda and xylitol you dissolve in water), wait 5 minutes before brushing to avoid removing the softened enamel. Most MDs say to wait 30-60 minutes, but that is a comical "fruit fly IQ" idea, since in that time bacteria will produce so much acid feasting on your food residue, that they will start dissolving the enamel. The smart way is to bring pH to 7.4 in 10 seconds, instead of waiting for the mouth to return to 7.4 in 1 hour. Use your brain, don't follow experts, since many dentists already use this trick of changing pH and brushing 5 minutes later instead of 50. You will get really stained teeth if you wait 1 hour as the gurus say and more cavities. Colgate Optic White Stain Fighter Toothpaste pH 7.4 (7.4 is natural saliva pH, the ideal pH for enamel mineralization, unlike other toothpastes with pH 5-6) is the most mineralization boosting and, perhaps, the best Colgate F^- toothpaste, removing most plaque/stains too, but since it has menthol, this is to be used rarely (twice monthly maybe) for stains, not daily, as it will damage the body's nitric oxide production system. The other Crest, Colgate toothpastes are either too damaging (too much peroxide) or too acidic/alkaline. The Colgate with Baking Soda & Peroxide will damage the gums, enamel and dentin, root cement for exposed teeth, etc, due to its 9.0 pH that is too high for optimal mineralization. So, only use toothpastes that have pH 7.2-7.4, if nothing else is used afterwards. In the 360+ section on dry eyes, ☺☺☺ you see best eyedrops have physiological pH, or 7.35, and how eyes suffer at high or low pH. The same applies to teeth, enamel rebuilding

likes 7.35. Never use a toothpaste with pH under 7 or above 7.6, as it will damage teeth. Such low or high pH toothpastes are OK only if you use a mouthwash right after that has pH 7.4. ☺☺☺ Some people want to use special toothpastes with nanohydroxyapatite in order to use the acidity to remove certain food residues, S. mutans bacteria films, kill certain bacteria that don't get removed with alkaline toothpaste. If so, bring pH to physiological pH, 7.35 for optimal remineralization. With a good thin tip brush, Colgate Optic White will remove the longest most stubborn stains in 10 minutes of brushing, far faster than any "at home or at office whitening" (*or any other super whitening one, some Crest ones even have 4% hydrogen peroxide* (never use hydrogen peroxide as mouthwash, watch this video, as it kills good bacteria, you can use it rarely)*, but the super strong peroxide toothpastes will damage your natural biofilm and enamel far more, so try use Optic White first before you go to the ones that damage gums and enamel a lot)*. Most toothpaste is so abrasive that it wears the teeth away, so then we spend billions to place artificial ceramic fillers to make teeth look perfect. Why can't we have the abrasivity lower so people don't erode enamel and dentin so fast? The relative dentin abrasivity or RDA for toothpastes can be seen here, baking soda 7, Colgate Optic White 46 (lowest of any mainstream toothpaste, the best for removing stains among F ones), Crest/Colgate Regular 95/98, Crest Whitening 245. *If tap water is too plain, and your teeth wear away fast with toothpaste, you can just brush using your baking soda-xylitol-peppermint oil mouthwash of pH 7.35.* If using toothpaste, stick to the least abrasive, Colgate Optic White of pH 7.35 (ideal remineralization pH), use 2-9 times (2 times if your foods stain the teeth and have more dental issues) less paste, it still makes a mouthful of foam and lead to far less ingestion and damage to your throat, voice, stomach from the harsh chemicals in the paste.

With ☺Universal Immortality Inc,☺ we centralize, improve standards, so we don't wear enamel away with hard brushes, abrasive ingredients, ultra toxic (colorful shiny package to deceive) hydrogen peroxide 5% abrasive whitening toothpastes that destroy all good bacteria, gums, NO forming bacteria (NO is key to blood vessel relaxation). Make smoothies out of staining foods (don't chew as stain is 100 times bigger) and use a straw, if you want natural stain prevention, instead of using these highly destructive for enamel whitening products (or use them once a year only for special occasion). Avoid (and help immortalists to ban) candy, alcohol, smoking, weed, biscuits, chocolate, peanut butter (very toxic), carbonated beverages (the acid destroys teeth), cookies, chips, bakeries, breads as these stick to the teeth, yellow the teeth and cause cavities. Eat healthy stuff, made at home, under water, with a pressure cooker, stuff that's wet, not dry. Let us create a culture of bliss and longevity, not getting bliss from toxic sticky dry foods. Hydroxyapatite toothpaste, plus some F sometimes, will help the tooth to grow new crystals and appear white, as whiteness also depends on new apatite crystal formation. Prevent yellow teeth, stains, S. mutans cavities with xylitol mouth rinses and, perhaps, rarely, essential oil

mouthwashes. Simply, eat better, less refined sugars and use alkaline mouthwash (or a pinch of baking soda) pH 7.5 right after each meal, before you brush. It's best to not use hydrogen peroxide, or baking soda to scrub, except once a year or decade before you revamp your dental hygiene habits (xylitol, etc), as they can damage the enamel and gums. The combination of 94% $NaHCO_3$ (baking soda), 1.5% H_2O_2 (hydrogen peroxide) and CPP-ACPF (phosphopeptide-amorphous calcium phosphate, which is a $Ca_3(PO_4)_2$ like nanoHA is) was effective in improving color☺☺☺ and microhardness of teeth with extrinsic stains ► Table 2 of JCED 2017;9(3):e344-50 shows the Vickers Hardness Number (VHN) for various mixes: $NaHCO_3$ with H_2O_2 (127) was better than controls (86) or $NaHCO_3$ alone (114). Perhaps $NaHCO_3$, H_2O_2 and nanoHA would have similar effects, since nanoHA is $Ca_3(PO_4)_2$ too like CCP-ACPF. The paper explains more about whitening teeth at home with baking soda and H_2O_2, though H_2O_2 damages enamel. Most people don't know where to buy these compounds raw (there are toothpastes that one can leave on the teeth for a while, as with at home whitening kits, toothpastes that contain CCP-ACPF or nano hydroxyapatite), so baking soda and H_2O_2 would work for some special event. The $ store sells 3% H_2O_2 solution, $NaHCO_3$ which can be used to whiten teeth at home, the back of teeth where tartar mixed with blue polyphenols made a blue stain that is removed in minutes if daily brushing with a good brush didn't do it. For really tough stains on the back of the tooth, you can use a cotton swab dipped into $NaHCO_3$ and the 3% H_2O_2 to rub the tooth; it can happen if you eat too many blueberries, etc. This is the cheap way to make your teeth really white. This is what whitening toothpaste usually has, H_2O_2 and $NaHCO_3$, but brushing doesn't do it at times.

Dental cleaning with Strong F may Damage Your Brain:

Fygg fluoride free varnish (which you can use at home, though coconut (less nitric interference) toothpaste can work too) is way safer than the typical F^- varnish they bill insurance for in their pathetic "cleaning" they often do in 5 minutes to steal insurance funds. Did you know at $ stores they have $1 kit that contains 4 items: dental pick, toothbrush, tongue brush and mirror that can be used to clean your teeth well, to inspect your teeth with a bright light? Use a chair and bright lamp and small mirror (from $ store) and look into your mouth, and you will be able to clean it better than the technician spending 3 minutes versus you spending 30 minutes. All for free. Plus you won't get a super dose of F to sublingually absorb, bypass digestion, liver and destroy blood antioxidant homeostasis for a while ► OMCL 2018:8379123. Dental cleanings remove the plaque which are layers of S. mutant bacteria films, which can disappear with xylitol mouth wash (her videos are great, contain info on teeth structure, etc, except you need to ignore her advice to ingest xylitol, as it can cause clots, heart attacks, death); thus if you flush mouth with xylitol, erythritol after brushing, you can avoid dental cleanings, as this MD explains. Test mouth saliva for S. mutans and if none, you're now pretty good, you need one final good scrub at home to remove plaque residues. See why it is better to not to whiten the teeth with cheap kits that

totally destroy your dentin and enamel. She explains that some floss brands have fluoridated toxic compounds and that floss is great for getting stuff out from between the teeth, but some MDs don't recommend it daily: one lady did floss only 20 times in her life and after 50 years as a dentist, she has perfect dental health. People think she's lying, but she's not, look at these people who never used a toothbrush, toothpaste, or floss, and have 0 cavities. No dentists on Fiji back then, the images of healthy vegan mostly diet full of minerals vs mineral depleted junk Standard American Poison Diet. The plant based diet has 4 times more minerals, 10 times more vitamins, 5 times more fiber (meaning less sugar to attach to teeth in high concentration and cause cavity; junk foods got candy, cookie, breads with refined sugar, no fiber), leading to much healthier teeth. The floss is moving the teeth too much, so if you do it daily, choose thinnest floss, be gentle. Also don't cause bleeding, as mouth bacteria will infect every organ.

Moving teeth so much with thick floss can weaken the teeth over time, speeding up their fall. Perhaps, people with huge gaps between teeth benefit from flossing 25 times more, but not those with really healthy tight teeth. As we age, bones recede and the jaw bone becomes smaller due to lack of vitamin K (deficiency causes bone and tooth calcium to go into the blood stream and form arterial plaque and calcified hearts) or dietary calcium too, and this causes the lower jaw teeth to move from perfectly straight when we're 20 to crooked when we're 50-95, etc. This can only be fixed with invisible braces (the plastic ones). So, as these shifts occur, the gaps emerge. If you use too much flossing on perfect teeth, you encourage (by the slight moment of 0.02 mm) a tiny shift of the teeth from their straight position. Thus, overflossing can cause crooked teeth. Few told you that. Many people floss so hard, with such thick wire that they create gaps in the teeth and introduce dirty bacteria, as they don't clean the floss between uses with alcohol prep pad and introduce bacteria where none exist. Get a dental cleaning kit (1$ at $ store) and use that metal thing to clean widest gaps first, to remove sugars that feed S. mutans and other bacteria, for areas where the gap is 10-20 times bigger than the biggest floss, that way you don't need always shake the teeth top to get to the bottom of teeth where the gap is. Use your common sense, if any smell exists in mouth, you obviously got more food residue that causes the smell as microbes ate it. ☺☺☺ You can also use a cotton swab (1000 for $1) soaked in water and then dipped into baking soda ($1/lb at $ store), to scrub on the teeth and back of the teeth to clean the polyphenol stains that are natural for vegans eating green smoothies daily after a year: I was amazed when I tried it, the green stains on the back of my front teeth disappeared in minutes; because you need to apply some pressure while scrubbing and be patient, this is not profitable for dentists, so they use strong chemicals that destroy the enamel to get those stains out, or ultra sharp dental picks that bleed the gums. At home, there is no rush to "get to the next patient" and you can do a much better job, all without wasting 10 min driving, 30 min waiting, getting my body destroyed by F sky high dose entering blood after a

superficial 3 min cleaning that achieves almost nothing sometimes (especially if you're a new or one time customer), with tons of plaque still left, the so called “free cleaning included in every plan”. See, rats die after F ingestion used as rat poison and we share thousands of biochemical pathways with them. Don’t you think that F is perhaps 100 times more toxic than baking soda for teeth cleaning? Dentists used to place lead in our mouth in 1850s (today mercury in US and countries that didn’t ban amalgam yet like Norway did in 2008 for all and EU in 2018 for kids and pregnant women) and tell us “lead fillings are fine”.

Dental enamel consists of 95% hydroxyapatite derivatives $Ca_{10}(PO_4)_6(X)_2$, bones are mostly hydroxyapatite too, that's why we need calcium (and vitamin D to fix calcium) for teeth and bones. The more acidic a food is, the faster it can dissolve $Ca_{10}(PO_4)_6(OH)_2$ and start a cavity. The lower the pH, the more acidic and the more damage can happen to the enamel. For a list of pH values of common foods you can check the Clemson long list or the FDA shorter list. Toothpaste pH is 6-8, baking soda 8, most foods 3-6. Tooth enamel erosion is sped up by not brushing teeth after each meal, even if the meal was "eating a tiny bit of anything", even candy (avoid). At least rinse mouth after drinking tea, coffee, soda, juice and smoothies, ideally with a slightly alkaline solution, such as baking soda in water. JD 2001;29(8):517-20 found that ginseng, vanilla, Twinings blackcurrant herbal tea can dissolve the enamel 5 times faster than Typhoo black tea. AJCN 1988;48(3Suppl):712-38 found "osteoporosis, dental erosion, and dental caries are lower among vegetarians." EJCN 2013;67(8):836-40 found 100 vegetarians had better teeth conditions than 100 omnivores. MS 2010;59(11-12):583-91 found 15 omnivores had better enamel condition than 15 *vegans*. There are too few small studies to draw conclusions. EHI 2015;9:27-32 explains the potential toxicity of sodium lauryl sulfate $CH_3(CH_2)_{11}SO_4Na$ in toothpaste/cosmetics, see video. Our glands make about 1 liter(quart) saliva/day. Overbrushing can also cause enamel loss. Acidic juices, soda, vinegar (pH 2.3-4), black tea/coffee/sparkling mineral water (pH 5-6) can erode enamel*:* they exposed teeth for 7 days and 3 mm of enamel were gone in acidic drinks; the least damaging fruit juices were those with Ca and PO_4 added; “orange juice, pH 4.0, *supplemented with 40 mM Ca and 30 mM PO_4 did not erode the* enamel" ► CR 1999;33(1):81-7.

Some MDs claim the good bacteria teeth biofilm is removed by baking soda too, so since you need alkaline pH to remineralize teeth well, if worried about this, you could use less baking soda, maybe 0.5 g or none at all (0.5 g in 16 oz water will give alkaline 7.5 pH, even if you added 10 g xylitol or erythritol, etc, while 2 g can give 8.5 if you eat truly acidic foods and want to sip only 1 ml of mouthwash that has more baking soda per mL to neutralize food acid; high pH suddenly may damage cells in the mouth, gums, etc, so 0.5 g seems safer with more water used during mouthwash), in your home made mouthwash. Xylitol in water can reach pH 6-7, so maybe not enough to start remineralization, if used as the last step. You may need to use a little tooth pick, or floss in some cases if the alcohol prep pad didn’t remove all plaque. Avoid

ingesting xylitol, erythritol (or related sorbitol, mannitol) since some potentially fake studies show they may cause heart attacks and strokes, meaning if you eat 30 g a day (EHJ 2024;45(27):2439-52).☺☺☺ So, to be ultra safe, if you rinse mouth with xylitol, you don't ingest more *than 1 g a day* by accident. Danes used xylitol since 1960 and have lowest rate of cavities in the world. There is a mania among some people to replace sugar with something else, like the UK, etc, but all these sweeteners, aspartame, stevia, saccharin, you name it, have myriads of problems, like destroying gut good bacteria, etc. Why can't people simply eat food as it is, do you really need to feel sweet to be happy, when meditative breathing is 1000 times more ecstatic? Some older online articles by dentists, etc suggested eating those sweeteners to avoid cavities (since this is what MDs did in some old studies on cavities), but it's not a good idea. Use a mouthwash (xylitol, erythritol (both polyols as they're complimentary, they both kill S. Mutans, see below), 0.3 g baking soda, menthol or cinnamon oil (allegedly better than eucalyptus, peppermint, and 6 other oils in some studies, but not in other studies. Generally, each oil works in a unique way, some prevent plaque adhering more, others kill more S. Mutans, etc, so a blend is better, 1 drop of 3 types of oil in 1 gallon instead of 3 drops of same oil/gallon) *or* eucalyptus *oil* (S. Mutans reduced 60 fold, BDJ Open 2023;9:26), *water mix)* to flush well, since the swishing of mouthwash (or even water in between meals) allows stuff to get there toothpaste may not get, little holes, etc. Once mouthwash is in, you can suck the "baking soda solution" or mouthwash with teeth closed in and out inner mouth area (swish or irrigate left, right, front teeth, floss, brush, irrigate, or swish first to bring pH to 7, then wait 2 minutes with baking soda+xylitol mix in, to soft enamel to harden and alkalize, then brush teeth in 5 min (if meal was very brief 3 minutes, some lentils, you don't have soft enamel by acidic soda, etc, so you don't need wait 10-20 min for pH to alkalize as waiting feeds bacteria in 30-60 min wait some online gurus recommend, as if everyone eats their super acidic diet), floss and finally swish again, since 50% of people get gingivitis. It's wise to not overuse mouthwash or pour too much antibacterial essential oils, as you may kill the NO generating bacteria that lower our blood pressure as this video on daily tongue scraping explains (this cleaning is to be done ultra gently, as this clip shows, can use even a very round edge spoon or your toothbrush). Your brain, arteries, ☺☺☺ are more important than dental health. Just use common sense and test for NO forming bacteria if possible after your routine regime and let us know via youtube. Kindly use soft toothbrushes to prevent receding gums as the clip explains). You can even make a saturated salt solution in water, once a week max (otherwise, it ruins enamel and gums) to get to infected places by osmosis by salt solution drawing water from bacteria. See NIH papers on salt water and baking soda. Avoid electric toothbrushes as they create for your hand highly toxic radio (80 mW/m^2, like near cell phone towers in your hand), electric (60V/m) and magnetic (260 mGauss, 130 times above EPA max monitor level, damages your hand nerves) fields. See RF section for a good RF meter, always avoid vibrating (sex, massage) devices, they completely destroy health,

as they will give birth defects to any offspring and may have been designed to sterilize naive folks or create 'low IQ easy to enslave' ethnic groups. 90% of people or 98% actually don't brush their teeth well at all, due to lack of education, many do learn about fake miracles though. ☺☺

Teach proper tooth brushing to all kids, to avoid endless visits to the dentist and have them wash teeth often, use mouthwash to prevent candy and sweets between meals, etc, beverages without mouthwash after etc. Otherwise, we get cavities there even if you brush very well the front of our teeth; most people when stressed etc forget to fully brush the back of all their teeth. Don't forget to go behind the very last tooth at the back of the mouth on each of the 4 sides and brush it well. $ store has tooth metallic picks that allow access to curved areas where flossing and brushing may not reach, that you can check and clean, even if not daily. Recall to floss teeth daily, especially if you got gaps between teeth, and that $ tree and other stores sell back teeth plackers (35 for 1.25$, so cheaper than their website) that make flossing 100 times easier than using wire or the traditional straight plackers that require much more effort, and allow far less control, so lead to more unintentional gum bleeds; just trim the back teeth plackers to avoid getting the sharp end poke any skin area if they're the type with sharp end; due to the angle, the angular momentum favors less force and far more precision in guiding it, so these bath teeth flossers work better than regular plackers for front and all teeth too; they can be washed with antimicrobial mouthwash and reused once, so you don't need trash them daily. Mouthwash, toothpaste can contain carcinogenic pig*ments*: bentonite (heavy metals, deadly germs and viruses that cause cancer), white (TiO_2), Red, Blue, etc. Do we really need green mouthwash*?* If the floss is too thick to fit between teeth, it is critical to use ultra fine floss such as this Grin brand, to avoid weakening the teeth by moving them with thick floss. Plackers offers many types, including the thinner floss picks and double line floss which may work for teeth gaps (molar) that are 2-5 times larger than the tightest teeth. Some use F/hydroxyapatite toothpastes as a combo, but never fluoridated water, others avoid F toothpaste for 3-500 months at a time. To protect teeth, avoid bad foods, soda, biscuits, cookies, candy, bakeries and if you love walnuts, add them to a smoothie, so they don't get stuck in between teeth. Use mouthwash after every meal or dissolve 1 g baking soda and 3 g of xylitol in your mouth, sip some water, rinse and discard in the sink. Never snack or sip between meals, brush teeth after every meal. Avoid heavy spoons like those sold at Target. The 5 times lighter basic Gibson or other brands at $ stores of 15-25g is safer since it can't chip or crack teeth when accidentally touching teeth while eating when tired and not careful (can happen rarely). The heavy 125 g spoons have more inertia when you bring them to your mouth☺☺☺, in a swinging motion, guiding spoons when you eat fast and the tired, less coordinated hand muscle upon waking up can swing a heavy one and crack tooth enamel or a tooth itself. This swinging doesn't happen or happens with 5 times weaker force with a 5-8 times lighter spoon. If the spoon handle edge is 'sharp', buy another one

if you can't polish it with sanding paper, to prevent damage to the collagen layers of your finger skin that could cause a scar over time. Youtubers explain how cavities vanished in 3 months (he used cinnamon essential oil, etc rinsing mouth with coconut oil is dangerous it can cause lipoid pneumonia, don't do it). Some dentists don't even use a toothpaste and many people who wash with tap water often have 0 cavities. The truth is each person gets 100 cancers in their life, but most go into remission, as they're tiny and the immune system attacks them, the same is with cavities, when they're small they can vanish. What matters is how good your brush is, how often you replace it (monthly ideally). Recall to brush the back of front upper, lower teeth, see 3 min video on the 45 degree angle towards the gum method, to remove everything, a longer 7 min clip explains better how to go around 3 times 45°, outside gum, inside gum and the top of teeth in a way that removes the film around the gum; a good brand for this is Dr. Fresh (4 toothbrushes for 1$ @ $ store; replace it every 2 months, since these are soft). Most of the food residue or plaque accumulates on the top layer of teeth, especially the front 4 ones and plaque is sometimes hard to remove. If you still have plaque after using the strong stain removal Colgate Optic White toothpaste, brush harder, use a 20x mirror to see when it is all gone. Don't overuse Colgate as menthol removes the natural biofilm, kills the NO bacteria.

11.14.6. NANOHYDROXYAPATITE (nanoHA) or $Ca_{10}(PO_4)_6(OH)_2$, XYLITOL, ERYTHRITOL

$Ca_{10}(PO_4)_6(OH)_2$ makes about 70% of human bone by weight, 75% of enamel. F is only 0.2% of enamel, even less of dentin. $Ca_{10}(PO_4)_6(OH)_2$ is also found in the small brain calcifications known as brain sand in the pineal gland and other areas. That's why Amazon has so many MCHA or MCHC (microcrystalline hydroxyapatite MCHA or MCHA complex MCHC) pills and why many take them (and report amazing results) to improve tooth health. MCHC is also called MCH concentrate and it contains bones of cows: apatite, collagen, growth factors (IGF-I, IGF-II), full of heavy metals (unless a really good brand). For the bone, cementum, and dentin, collagen type I constitutes 90% of their organic component. Therefore, one has to have proline, vitamin C to synthesize collagen easily in the diet. Enamel is 95% $Ca_{10}(PO_4)_6(OH)_2$ (+ analogs with Ca or OH replaced by other ions), 4% water, 1% protein ► JCED 2017;9(1):e118-22. This study (about the Biorepair toothpaste which has 12-24% zinc hydroxyapatite) showed a F free toothpaste with biomimetic zinc carbonate hydroxyapatite $Zn_{10}(PO_4)_4(CO_3)_2(OH)_2$ was as enamel protective as the F one. The paste without F or $Zn_{10}(PO_4)_4(CO_3)_2(OH)_2$ was not as protective. Among F free toothpastes, some may be considerably better or worse than F toothpastes, they even got Lornamead healthy one (US made) at $ stores for 1$, using $NaHCO_3$, Zn citrate, xylitol, SiO_2, $CaCO_3$, glycerin, carrageenan, sarcosinate. Toothpaste companies make many types, in which Ca^{2+}, $(PO_4)^{3-}$ or $(OH)^-$ are substituted with new cations Zn^{2+} or anions $(CO_3)^{2-}$, like $Ca_{10}(PO_4)_6(CO_3)$, $Zn_{10}(PO_4)_4(CO_3)_2(OH)_2$. Only big companies test enamel surface hardness after an erosion attack via soda. It's better perhaps to buy a brand that an NIH study (free of conflict of interest, not the

manufacturer) proved to be good for enamel, dentin, gums. Apatite toothpastes are better than F ones, they provide premade apatite and penetrate deeper, but you can use a little F toothpaste too: F from the paste uses Ca^{2+}, $(PO_4)^{3-}$ in the saliva to form fluorapatite, but apatite is already premade in apatite toothpaste, so mineralization is way faster, so many people with 7-20 year stains notice apatite toothpaste makes those areas white first time ever, which F can't. Email the seller to confirm the shape of the particle is rods (only one approved in EU, they're ahead of US in consumer safety) and 20-50 nm max, the smaller the better. "Enamel has little or no collagen, and its organic matrix is made up of noncollagenous protein, which is 90% amelogenin. Enamel has more inorganic content (~90% prismatic crystals) than dentin and bone (~70%) and cementum (45%). In $Ca_{10}(PO_4)_6(OH)_2$ magnesium substitution inhibits crystal growth, carbonate substitution increases solubility, and F substitution *decreases the solubility*" ► IJN 2016;11:4743-63. That's why F prevents cavities, enamel becomes STRONGER, less soluble than natural enamel. JDR 1989;68(6):1064-8 showed that gum or empty chewing (empty chewing is the only safe way, since all gums are toxic, with polyols causing poor digestion, menthol that kill nitric oxide bacteria, etc) doubles enamel remineralization, because it secretes more saliva rich in PO_4^{3-} and Ca^{2+} and these ions are needed to create hydroxyapatite (same effect from kissing a lot too, even kissing the air). Some create a mouthwash (5% of the cost of store one & healthier) using peppermint oil which is not ideal; peppermint oil has 40% menthol, hence store mouthwashes and cough drops use menthol; peppermint oil in many foods and chewing gum, fish oil, etc also has 2% pulegone, a neurotoxin and carcinogen, so a better option is menthol (4 oz 14$ - from Toledo, Ohio or from Japan (seller didn't say if near Fukushima nuke disaster) 100% opaque pack 2oz/7$ US tested menthol, both enough for 4 years, since these do expire) instead of peppermint to be safer (store it below 28°C, away from oxygen, light, heat, at which one of the isomers melts, so maybe keep it in the fridge), since peppermint oil also has 30% menthone, a controversial compound; menthone is liquid, menthol is solid, due to OH group hydrogen bonds... but when mixed, they become liquid peppermint oil. ☺☺☺

However, since both peppermint and menthol can inhibit the nitric oxide producing bacteria in our mouth, it may be safer to go with baking soda plus xylitol, or xylitol alone, as many toothpastes and mouthwashes do; the issue with many mouthwashes is that if they inhibit those bacteria, they can cause some vascular issues later (arteries constrict, blood pressure rises, arterial plaque forms, etc); *can use* 4 drops of peppermint oil/0.5L water, 1 teaspoon baking soda ($NaHCO_3$) + 0.5 spoon xylitol/0.5L, because $NaHCO_3$ neutralizes acidic pH more than the store citric acid containing mouthwashes. Sublingual mouthwash is absorbed fast, bypassing digestion, so we want to avoid toxic ingredients. After $NaHCO_3$ mouthwash, the mouth pH goes to 7-8, while after the store mouthwash only to 5.5-6.5, *which is too low to 1.* neutralize *tongue & in between teeth residue food acids*, 2. prevent enamel demineralization and caries formation.

Many mouthwashes contain the enamel abrasive hydrogen peroxide (plus other compounds).☺

Xylitol 2.4 calories/g, glycemic index 7 (sugar is 100), $HOCH_2(CHOH)_3CH_2OH$ and erythritol 0.2 cal/g (compared to 4 cal/g for sugar, or 20 times less, but 70% as sweet as sugar), glycemic index 0, $HOCH_2(CHOH)_2CH_2OH$, xylitol without a CHOH group, are naturally occurring (in fruits, plus nowadays industrially made) sweet polyols that prevent caries; they're added to food (erythritol since 1990s, xylitol since 1960s), medicine, toothpaste, mouthwash, gum to give a sweet taste. Many studies found erythritol is superior to xylitol in preventing caries: CR 2014;48(5):482-90 (*1.3%* got dentin caries, vs *2.0%* for xylitol), IJD 2016:9868421 (this has a list of studies and we see that some find xylitol being better at some things, so it's better then to add both to mouthwash), ADR 2018;29(1):104-9 (amazing charts and summary of several studies), HC 2021;9(8):935 (this study shows how toxic normal toothpastes are and may suggest that you could wash your mouth with less toothpaste that has sodium lauryl sulfate and more mouthwash made at home from erythritol, xylitol, (avoid the all too common glycerin ($HOCH_2CHOHCH_2OH$) in toothpaste and mouthwashes, since it may block remineralization and weaken antibacterial effects of the other ingredients), baking soda, menthol or essential oils, to prevent damaging the gum tissue). Glycerol or glycerin, a humectant used in most mouthwashes to help the mouthwash stick to the tooth surface and help plaque dissolve, can also stick to teeth and prevent remineralization; the *main reason they add it to toothpaste is to prevent it from drying in the tube when people* forget the cap off. Sometimes they use sorbitol instead, which is better. CCID 2014;6:89-94 found that "An anticaries effect of xylitol and sorbitol usage has been demonstrated and compared among primary and permanent teeth. The xylitol group had 27% fewer caries than the sorbitol group. This experiment also concluded that xylitol positively impacts permanent teeth..." Until the age of around 3 years, children's immune systems are underdeveloped (we vaccinate kids 50 times, yet their immune systems are underdeveloped), and hence newborns are extremely susceptible to bacterial colonization. These age group children frequently receive affectionate kisses from their parents/caretakers and also share utensils with them while eating. Due to these practices, *parents transmit S. mutans from their mouths to their children's mouths*. Regular use of xylitol is reported to reduce vertical transmission of dental caries from mother to child. Studies have reported that children using xylitol exhibited significantly more nondetectable, MS-negative levels on the tooth ridges or tongue and the gingival ridge at 9, 12, and 24 months. Xylitol chewing gum consumption among pregnant women with high salivary MS counts was compared with F and chlorhexidine varnish treatments in a randomized controlled field study. The mothers were consuming 6-7 g of xylitol per day, whereas F and chlorhexidine varnishes were applied biannually until the child was aged 2 years. The % colonization of MS was 10% in the xylitol group, 29% in the chlorhexidine group, and 49% in the F varnish group at the children's age of 2 years. At the age of 5 years, the caries

occurrence was observed to be 71% lower in the xylitol group as compared with the F varnish group. After 10 years, the need for restoration was least in the xylitol group." Xylitol gum chewing by mothers daily prevents the transmission of mutans streptococci (MS) from mother to child far better than F varnish or chlorhexidine dental office treatments every 6 months; at two years of age, 9.7% of the children in the xylitol, 28.6% in the chlorhexidine, and 48.5% in the F varnish group showed a detectable level of MS ► JDR 2000;79(3):882-7.

EPMAJ 2015;6(1):3 found that "The inorganic part of enamel consists of hydroxyapatite (75%) $Ca_{10}(PO_4)_6(OH)_2$ or $Ca_5(PO_4)_3OH$, carbonate apatite (19%) $Ca_{10}(PO_4)_6CO_3$, chlorapatite (4.4%) $Ca_{10}(PO_4)_6Cl_2$, fluorapatite (0.66%) $Ca_{10}(PO_4)_6F_2$, and non-apatite forms (2%). Beaver have a lot more fluorapatite and their teeth are the strongest of any mammal, so now you understand why F is added to toothpaste, it just makes enamel stronger, harder to destroy by acids or abrasion. The ideal hydroxyapatite composition corresponds to the formula $Ca_{10}(PO_4)_6(OH)_2$, where the Ca/P molar ratio is 1.67. However, in case Ca is substituted by other microelements, the Ca/P ratio may vary within the limits from 1.33 to 2.0. Thus, in case Ca is substituted for similar chemical elements such as Ba, Cr, Mg, the Ca/P index ratio is reduced to 1.33 and the properties of the obtained apatite are changed in regard of the enamel resistance to an adverse environment. The hydroxyl groups' substitution by F results in fluorapatite formation, which exceeds the "ideal" hydroxyapatite in its strength, and the Ca/P ratio can be increased to 2.0. The beaver enamel microhardness is 1.53 times higher than that of humans. These figures indicate that beaver tooth enamel is functionally stronger; that is how the extremely rare carious teeth in these animals can be explained (there are other ways too). It also proves that fluorine is only needed in childhood as in the newborn beavers' teeth (it is known that they're born with teeth), the F content is 10 times higher than in humans, and in adult beavers' teeth, despite the absence of caries, only traces of F are found. Plaque has a pronounced ability to demineralize the enamel (under it), which results in a reduction of the inorganic substances by 44.23% and an increase of the organic matter by 45.15% compared to intact enamel. The reduction of mineral components was primarily due to calcium 11.45% and phosphorus 5.08%. The main feature of saliva is its great oversaturation with Ca and PO_4 ions. The saliva is saturated with these ions 2.0-2.5 times more than the blood serum, which maintains enamel composition relatively constant. Another property of the saliva is a significant preponderance of the PO_4 ions over the Ca ions in it. In blood serum, the Ca content is 9-11 mg/100 ml and the P content is 2-5 mg/100 ml; in saliva the Ca content is 3-6 mg/100 ml and the P content is 10-20 mg/100 ml. In physiological conditions (pH 7.0-7.5), it is about 50%, and most phosphate in saliva is ionized. Calcium in saliva appears mostly in a form of ions and phosphate—mainly in a form of hydrophosphate (HPO_4^{2-}) with a small part of dihydrophosphate (HPO_4^-)." As we age enamel Ca content increases from 32 to 37%, P content increases from 15 to 18%. ☺☺☺

CGD 2006;6(6):1504-8 found "Fluorapatite [$Ca_{10}(PO_4)_6F_2$, FA] is *hexagonal with the highest symmetry found among the apatite minerals* [space group: P6/m (175) with the lattice constants...]. The crystal structure can be considered as the Ca^{2+} and PO_4^{3-} arranged around the central column of F ions, which extends throughout the crystals in the [001] direction (c-axis). The substitution of OH^-, Cl^-, CO_3^{2-} or other ions for the F^- usually leads to atomic displacements and lower symmetry, therefore compromising its chemical stability. On the other hand, F substitutes directly for a column hydroxyl or occupies a hydroxyl vacancy in the hydroxyapatite (HA) crystals, which incurs a reduction in a and b lattice parameters in the crystal with a concomitant reduction in crystal energy. This generates a more stable structure and the acid solubility of the crystals decrease dramatically giving the crystals the anti-caries effect." Cells 2012;1(3):631-45 found "F ... increases enamel hardness and reduces the incidence of dental caries. In contrast to this protective effect, excess F during childhood (ages 2–8; when the enamel of the permanent teeth is developing) has the opposite outcome, weakening enamel and resulting in areas of increased opacity. F decreases synthesis and secretion of the enamel proteases by decreasing mRNA translation... induces expression of genes associated with oxidative stress...increases oxidative stress by reducing the activity of antioxidant enzymes." sangi-co.com who makes $15/125g Apagard HA toothpaste in Japan added cetylpyridinium chloride that indiscriminately kills all bacteria, even the nitric oxide bacteria we need to live to 125. Avoid this brand, as it has SLS (bad), PEG, animal conchiolin protein with viruses, saccharin. This company says "Nano Medical HA, used as a remineralizing agent in toothpaste in Japan for the last three decades, was shown... to cause a similar reduction in new caries among schoolchildren to that seen with fluoridation in the U.S., namely 36-56%. No risk of fluorosis, HA has been shown to be safe – even edible – and can be swallowed by children without concern, as it has no known toxic or harmful impact. Nano Medical HA is a crystalline calcium phosphate substance almost identical to the natural HA of our teeth. Supplied in the form of nanoparticles, it directly replaces lost mineral to restore subsurface demineralized areas of tooth enamel (incipient caries) and fill microscopic fissures on the enamel surface. Its nanoparticles also bind protein such as oral bacteria and plaque fragments during brushing, facilitating their removal from the mouth. Medical HA achieves the same degree of remineralization as F, as seen above, and *penetrates to the very bottom of demineralized lesions, whereas F tends to create a dense zone of fluoridated apatite at the top*." 1970 ► "First synthetic form of HA created by NASA to help restore teeth and bone loss by astronauts following gravity-free environment missions." ► or..ence.com. This page says "This arose largely because of a patent from the U.S. National Aeronautics and Space Authority (NASA)… in 1978, we became the first company in the world to succeed in developing a toothpaste incorporating HA". Today, 5000+ companies make such toothpastes, for a similar, higher or lower price. AOJ 2009;25(1):12-8 found *fluor*apatite (forming as a result of F toothpaste on the tooth surface) worse than the natural *hydroxy*apatite in shear

bond strength. However, fluorapatite dissolves less in acids, so evolution placed it more on the outer layer of enamel, with hydroxy on the inner to give it strength. More than 90% of the fluorapatite and the HA-fluorapatite specimens demonstrated bond failure at the substrate-adhesive interface, while only 33% of the hydroxyapatite specimens exhibited bond failure at that interface. CCD 2012;3(4):433-6 found nanoHA was superior to 2% (20,000 ppm) sodium F (NaF) in remineralization. IJN 2018;13:2755-65 found apatite superior to 0.2% NaF. Topical F attempt only to reduce apatite dissolution instead of promoting mineralization of apatite crystal (remineralization replaces lost Ca). That's why nanoHA toothpaste is superior.☺

Normal toothpastes are 1-3$, while nanoHA ones are more expensive. But if you use 20-40% of normal toothpaste amount, you end up paying the same price $3/100g. Tooth repair depends less on how much toothpaste we use during that 1 minute of brushing, but *more* on the number of hours (*hundreds of minutes*) the apatite remains after brushing in contact with the teeth; sometimes we may use 9 times less toothpaste, but get better repair, because we didn't over rinse the mouth with so much water, that we left more apatite, besides the fact apatite remineralizes much better than F (deep inside the tooth, not surface). The 2 minute brushing main function is to clear plaque from the teeth, dirt, etc so that the bacteria can't produce acids that cause cavities. Then, in the *250+ minute after brushing* the real remineralization happens, and that's the critical step in enamel and dentin restoration. The only good toothpaste I know so far is Fygg coconut flavor, *as all other ones interfere with nitric oxide production, its price is* 11$ (3 pack subscribe), quite standard for 500 other brands on Amazon that kill most nitric oxide bacteria we need to live to 125. The $6.75/100g (100g= 75mL*1.33 g/mL toothpaste density) Biorepair ($27 for pack of 4) has 24% zinc apatite (other Biorepair pastes have 15 or 20%, so you need use more to get the same remineralization), but no F, parabens, titanium dioxide (see next page), SLS sodium lauryl sulfate. Biorepair has the phenoxyethanol preservative, also used in vaccines, which is banned in Japan in toothpaste or food, as it causes depression. Apagard has SLS and more dubious chemicals, such as cationic surfactant preservative hydrochloric acid alkyldiaminoethylglycine that destroys gum cells, glycyrrhetinic acid (in licorice) that affects nerve cells, may cause abortion and hypertension. Biorepair is a cheaper HA toothpaste I found and but it contains benzyl alcohol, which kills the nitric oxide good bacteria we need to live to 120, so avoid buying Biorepair, as it got 2 deadly ingredients. 29 nations have French as official language, see the biorepair.fr 25 second youtube in French (they wrongly claim to be the first company making enamel restoring toothpaste, but this is what ads do for millions of products, dental, Pharma, cars: exaggerate), or this Italian 15 second one with 0.4 million views. These toothpastes may become outdated when we discover the chemical mix that stimulates stem cell repair of enamel by itself, as recently tissue regeneration and tooth regeneration was done using stem cells or with chemicals without stem cells.

With the 11 companies, we create a mouthwash and toothpaste that is regenerating enamel 30x faster than the best HA varnish today. Today, many stem cell like repairs are done by various signaling peptides and molecules, but when filif IQ dentists run the industry, nothing can be done, except greed to build PALACES. However, until then, they seem better than F to a lot of dentists.☺☺☺ This toothpaste is approved by the ADA (American Dental Association) equivalent in Italy, AIDA, see Bologna Professor N. Riveri explain it here. Colgate has a page about apatite toothpastes saying that "The teeth that were brushed with the nano-HA-containing (F) toothpaste were considerably harder (remineralized) at the end of the study compared to those brushed with toothpaste containing only F." ► JDRDCDP 2017;11(1):14-7, mentioning the KJMS 2013;23(3):168-76 finding that the higher % of apatite, the more remineralization, so Biorepair (cheapest) *24% is the best as it's the highest*; other toothpastes I found online say 10-11% apatite, ask them for the %. Sadly, most apatite toothpastes sold on Earth have menthol and essential oils that kill the nitric oxide bacteria, as they're designed by low IQ folks (most dentists become that to get rich quick, not because they're high IQ ☺☺☺). When you have capitalism you separate everything, so dentists produce the most lethal products, without realizing how it impacts the other body systems. In 1850 they told us lead fillings are fine, or mercury today. With the centralization of education, the National Toothpaste Uni will produce the healthiest toothpaste approved by 5000 MDs in every specialty on Earth, real standards, not like these 1st grader toothpastes sold today by greedy companies run by low IQ buffoons. ☺☺☺ Many Greed Personified, palace Building Aristocrat turned Dentist/MD, make sodium benzoate toothpastes and foods, and you swallow this naturally so it reacts with the vitamin C from vitamins or food you're forming carcinogenic benzene, for your own good. We have 50000 aristocrats making 50000 bad toothpastes, instead of a National Toothpaste Uni creating 10 truly amazing & beautiful ☺☺☺ toothpastes 5000 times safer than the garbage of classic predatory capitalism. Science has amazing chemicals that cause teeth, enamel, dentin to regrow, the future toothpastes are centuries ahead of today's garbage.

Like the simulation 0.1 million *confounding* factors section explains, we don't know what's really going to extend lifespan the most, F or apatite toothpastes, since apatite ingestion may have some side effects just like F has, nobody can prevent accidentally swallowing tiny amounts of toothpaste while brushing their teeth. But one day we will discover new techs, far better than existing ones, to keep teeth young to the age of 900 or longer, without any side effects on lifespan duration, be it shortening of 20 days or more. Like with F toothpastes, we're not supposed to ingest any, as their websites explain. Apatite is what makes much of our bones, teeth, etc, but it's also part of arterial plaque. Of course when it gets into stomach, the acid reacts immediately with OH group and we're left with calcium phosphate that is present in thousands of toothpastes without apatite, Colgate ones too. Arterial apatite calcium

accumulates due to vitamin K partial deficiency, which takes teeth and bone calcium and deposits it in the heart and blood vessels, so we need enough vitamin K for perfect dental and bone health; we eat daily 800 times more calcium from other sources than the 1-2 mg we ingest while brushing teeth; thousands of non-apatite toothpastes have calcium added. We have yet to see studies showing the arterial calcium score (plaque) affected by the calcium or apatite content of toothpastes, but as the Civilization of Immortals takes priority, studies to discover the safest apatites (that can't diffuse in unwanted tissues or vessels, due to small nanometer size) will be done. Since the calcium ingested in negligible compared to food calcium intake, it is perhaps safe. I've been using apatite toothpaste since 2018. ☺☺☺

You can also use hydroxyapatite *[premade apatite* $Ca_{10}(PO_4)_6(OH)_2$*]* toothpastes mixed with a F toothpaste, since studies show better enamel restoration results in combination for obvious reasons: 4% of enamel is $Ca_{10}(PO_4)_6F_2$ and 75% is $Ca_{10}(PO_4)_6(OH)_2$. There are many brands of HA (the main stuff in teeth) paste, one being Mouthwatchers, made in France, pH 6.5 (not 7.4 like Colgate Optic White, or 9 like Colgate Baking Soda), not recommended unless you use home made erythritol or xylitol baking soda mouthwash of pH 7.35 right after, since enamel mineralization is fastest at pH 7.35. Its menthol kills the nitric oxide bacteria we need to live to 130. Mouthwatchers contains propolis too (which prevents tooth decay and helps dentin regenerate) available also on Amazon for 4.5$ if you subscribe. Some MDs (like Dr. Ellie) claim apatite is a "useless (to be avoided) bandaid" that covers the tooth surface, but it's the exact opposite as many papers show: F helps form fluorapatite $Ca_{10}(PO_4)_6F_2$ on the surface, while the nano apatite $Ca_{10}(PO_4)_6(OH)_2$ travels in the tubules deeper and replenishes the Ca, and apatite crystals lost, helping tooth longevity more than F. Because F can cap the tubules at the tooth surface, as some papers claim, it may be far worse than HA. CNN suggests the F and apatite are complimentary. With the F-apatite combo, the carries natural reversal may happen 4 times faster, as you place F toothpaste and apatite one over the affected cavity and leave it there 5-10 min daily. I noticed some tiny cavities I got disappeared by this technique. F can also (besides the stuff in mouthwash) kill the cavity forming bacteria, while HA prevents the bacteria from adhering to the teeth. As we age, CoQ10 and thousands of chemicals diminish in blood, saliva, tears, all 3 made of the same basic liquid, same pH, similar composition as plasma. The older you are, the more you need apatite toothpaste besides F one. So, likewise, as we age, our ability to take saliva and produce apatite diminishes, just as with bone loss with age. Both can travel, but apparently, the teeth is mostly $Ca_{10}(PO_4)_6(OH)_2$, not fluorapatite, so some areas of the tooth like apatite. We do need a little F toothpaste if we never drink fluoridated water, etc to replenish the strongest form of apatite that makes up 5% of enamel, fluorapatite. Another F free paste is Tooth Builder paste with 36% xylitol and 18.5 nanocalcite (nanocalcite is $CaCO_3$, used in dentistry to restore tooth surface area and pH), though nanocalcite may cause teeth and enamel to

become softer, as F and OH in hydroxyapatite are replaced by CO_3, which is attacked faster by food acids. That's why you don't want to overuse baking soda either, as CO_3 can weaken teeth. High nanocalcite may weaken teeth, just as high baking soda (HCO_3) may (see above), so it may be safer to use an apatite toothpaste too, and alternate them or if brushing thrice, use F one time, calcite next, apatite third or the 3 in one, 3 times smaller amounts each time. Some apatite toothpastes are really cheap, only 4.5$ or less, though 7$ Italian Biorepair (I used it for 4 years) got man made $Zn_{10}(PO_4)_6(CO_3)$ instead of natural $Ca_{10}(PO_4)_6(OH)_2$ with may cause enamel to be more brittle and soluble, since it was proven already $Ca_{10}(PO_4)_6(CO_3)$ is brittle and replacing Ca with Zn will only probably make it even more brittle, since Zn is bigger and will cause the geometry to be more odd and crystal less stable. Do a little research and ask what kind of apatite they use, is it fluorapatite, the strongest, or hydroxy, or etc. Man made is not necessarily bad, since we also can travel 9000 times faster and better than nature via man made rockets, but we don't know yet fully the Zn effects, as no massive studies were done. ☺☺☺

Avoid toothpastes with SnF, stick to NaF, since Sn has been shown to have toxic effects, much like Cd, Hg, Pb, etc, being a heavy metal located just above Pb in the periodic table as you can see for yourself. Avoid tin cans (Sn) too, place beans in water in a pressure cooker and it cooks on its own, you don't have to watch it or anything, it's so easy, no guy needs a gal to cook. The Squigle toothpaste has 36% xylitol, 0.24% NaF, NaOH to bring pH higher unlike other acidic toothpastes, since you need pH 7-7.5 to mineralize enamel, and few toxic ingredients, may work best for people too lazy to make xylitol mouthwash, and who want to avoid the toxic blue 1 color, sorbitol, SLS, titanium dioxide in Crest, or blue 1, green 3, yellow 5 in ACT mouthwashes, made by ☺infinitesimal IQ☺ clowns who absolutely need to add carcinogens to make it look "colorful". Check out some guys got rid of canker sores with this Squigle xylitol paste, showing how useful it is to buy some Amazon xylitol and make your own mouthwash with water and a drop of peppermint oil (costs 10 cents, not 4$ like some brands). Rotate perhaps essential oils if home made to surprise the bacteria and disrupt them better when they get used to a chemical. If mouthwashes are expensive, just add 1 drop of peppermint oil to your solution of water plus xylitol, as peppermint oil has menthol and other terpenoid alcohols that kill S. mutans cavity bacteria, it may work better because of fewer toxic chemicals in commercial mouthwashes.

You can even buy $Ca_{10}(PO_4)_6(OH)_2$ from Amazon for less than $10 (keep it in mouth a bit to increase Ca and PO_4 saliva concentration) but it may come from cows and have lead. The only "problem" is that the size of this $Ca_{10}(PO_4)_6(OH)_2$ is not nano, so it won't have the same effect as in some of these studies on nano$Ca_{10}(PO_4)_6(OH)_2$, but this is useful as source of phosphate and calcium for those low in those in their diet, so that the saliva can recreate enamel normally. However, the problem with the dentin tubule blocking nanoHA of 0.1 to 1 µm (many tubules are smaller diameter, some are even 4 µm) is that dentin tubules play a role in teeth renewal and

with the right chemistry of the future 500 year lifespan science, the unblocked tubules can be more useful in teeth regeneration than by the conventional nanoHA blocking. Even if nanoHA is much better than toxic F, it has its own issues, as with any medical or dental tech, nanoHA a temporary tool until we perfect gene methods or others. nanoHA is in some baby products, Gerber®, Well Beginnings ™, Enfamil™ infant formulas, and that's possibly (according to some science papers) compromising the best tooth development by blocking dentin tubules (since we don't fully understand tooth development, restoration and regrowth), although companies sell nanoHA toothpaste for kids and junior too, see this 0.25 million views video. After 25, when teeth are all grown, the nanoHA loses the "potentially toxic" effects of course, even if nanoHA is safer than F itself. We see people who're 25-95 and have severe dentin erosion and spend $5,000-15,000 to rebuild eroded teeth with ceramics, which would be prevented by this dentin and enamel restoring and strengthening toothpastes; F *hardens only the outer enamel layer, doesn't strengthen dentin or inner enamel.* nanoHA (51 nm) causes oxidative stress in vitro in TR146 human oral buccal epithelial cells, by increase of free radicals, can cause a little cell death too. The "ever present in foods, vitamins, pills, cosmetics toothpaste" *nano* titanium dioxide TiO_2 (24 nm) causes 28% of cells to die after 24 h ► ACSAMI 2014;6(9):6248-56. "TiO_2 nanoparticles *are classified as 'possible carcinogenic to humans', they cause oxidative stress and* DNA *damage,* damage *neurons* rapidly" ► RO 2011; 45(4):227-47. "IARC classified TiO_2 as a Group *2B carcinogen* based on lung inhalation studies" and TiO_2 is "the most widely used pigment globally… FDA allows up to 1% by weight of TiO_2 particles as a food colorant (white or opacity)...up to 25% in cosmetic preparations… [mice] *sperm cells displaying abnormalities* increased from ~ 13% in controls to ~ 23% in the 50mg/kg group… cardiac (thyroid, liver and kidney too) toxicity in young rats… at 2mg/kg (oral)" ► JN 2018;16:51. When sunscreens (long sleeves/pants, hats, umbrella☺☺☺ or ZnO cream are safer), lip balms, mouthwashes, toothpastes, pills, creams dry on the skin and get inhaled (lung→ blood→ brain) or absorbed via retrograde transport from skin/mouth to brain, they can cause cancer, *brain* damage *(hippocampus)* as in rats. Could cosmetics/toothpaste TiO_2 ruin us? The EU banned it in 2022, followed by 4 Muslim nations. It's added to foods without label listing, so customers have no idea if their foods have it or not, scary isn't it? Demon-cracy indeed. ☺☺☺

11.15. Curing diseases with whole vegan foods (mostly raw)

11.15.1. Diabetes 11.15.2. Cancer 11.15.3. Heart disease 11.15.4. Others

You can jump to the section of interest or read this introductory paragraph. Eating an unprocessed vegan diet (with B_{12}-D_3-Zn-Se-I-DHA-EPA-CoQ_{10} supplements) is great, but longevity is also about moving/waking up gently, staying hydrated. Before the diet videos, this intro paragraph has some ultra basic info nobody almost knows: avoid stroke by staying hydrated

(video explains 5 habits), drinking water thruout the day, especially once at night or immediately when you wake up (or a few minutes before your trunk is perpendicular to your legs, have a stainless steel bottle there, to avoid eating microplastics). When we sleep, we lose water, so the blood is thick and far more likely to cause heart attack or stroke. Thus, you need to thin the blood urgently by drinking 500 ml of water or so, or 200 if you already drank 300 thruout the night. Then, while still in bed, you stretch gently for 1-2 minutes in bed before you stand up, to avoid a sudden rise in blood pressure, then move around the house 5-10 minutes and relax after waking up (avoid phones, Internet, stress), to get the blood flowing, brain refreshed, then you eat breakfast right away (*never* skip *breakfast* or take pills first, *always drink water,* then eat to bring glucose levels up) and avoid coffee that dehydrates the brain, *you keep moving every 30 min thruout the day.* To avoid weight gain, make your breakfast the biggest calorie meal and the dinner the lowest calorie meal, this will protect your brain even more, as belly fat kills the brain. The blood sugar is low when you wake up, due to a 10 hour fast, so it can be very dangerous for the brain to go without eating. Tao Te Ching explains "the more you rush, the longer it takes to reach your destination", since you have to restart over and over again, like in engineering projects, when rushing means rocket blows up and you rebuild it 3 times. Always recall the essence of the Immortalist Anthem ethos: there are always trillions of ways to any destination or outcome, without any rushing, stress, war, violence, threats, pain, intimidation, it's just you may be clueless now as to what those ways are, so seek to find them with tenacity and true love for the human quantum field. Rushing out of bed, as some do with alarms clocks for decades will destroy your heart/brain. All schools, people, camps, military facilities need to end these destructive habits. Also, in waking life, don't just *suddenly* start running or doing some intense *(heart rate rising)* exertion wildly, since you do that same sudden rise in blood pressure that can damage your brain/heart, especially if repeated for years. Be gentle with your body, it's not a phone you replace every 2 years. Always build up slowly, like if you trim a tree with a saw, do it slowly, not suddenly move from pulse 60 to pulse 145, build up slowly, take breaks and maintain it at 100 max to avoid dying (and drink lots of water to thin the blood before any exercise in the garden, house, etc). If you have a car and you press the pedal to 200 mph, you can break it, same for your body, always recall the grace of the Immortalist Anthem, and record a mp3 to use on your alarm (if you ever use an alarm, not recommended as body knows best): "May all live to a trillion"☺☺☺, in Eternal Bliss & ~*~Eternal Universal Peace~*~, by filling every step, breath, every glance, every word, feeling, thought, typed sentence, every minute of their awake state with universal *gentle tender soft nurturing healing* graceful compassionate loving kindness". Some people try to sleep in a slight right position, supported, as it may clear Alzheimer and brain waste faster and allow easier breathing, as long as the venous return works fine, meaning heart gets the body blood returning to the right atrium easily without the vessel being pressed by the internal organs. Move slightly during sleep, to prevent blood pooling that overworks the heart.

Use 2 positions if unsure. Good habits in the 20s, 30s, can prevent a stroke at 65 or 70. *Damage to your brain can start by bad* habits *at age 15 and accumulate over 20-50 years*. Form good habits early. The stroke and mini-stroke symptoms are detailed in this brief video.

11.15.1. ►►► CURING DIABETES: ◄◄◄

Type 1 DIABETES in 6 year old boy was cured with only a Gluten-Free diet, insulin was never needed ► BMJCR 2012. Dr Vikki Petersen explains more about this study in this 3 min clip. Type 2 DIABETES gone in 2 weeks after raw veganism ► 5 min clip. San Francisco people reversing DIABETES with raw foods in this 7 min video. Colon cancer, DIABETES cured, 230 pound lost with raw *vegan* diet ► 3 min video. 80 year old man reversed DIABETES and hypertension with raw *vegan* foods ► 3 min clip. Cured DIABETES with Raw Vegan diet in 30 days, A1C dropped from 9.2 to 7, LDL from 146 to 99, lost 27 pounds, stopped taking meds ► 4 min clip. Gina was diagnosed with type 1 diabetes since 9 taking insulin ever since; after years of suffering, she received an islet cell transfer as part of a clinical trial at City of Hope and became insulin-free ► 4 min clip. Type 1 DIABETIC went off insulin after 4 months of mostly raw veganism (mostly veggies and nuts, but some fruits and cooked foods) ► 8 min clip. Type 1 DIABETES was reversed in mice via gamma-aminobutyric acid and via encapsulated β cells made from stem cells, showing promise for humans who don't respond to a raw *vegan* diet. The Gabriel Cousens book on curing diabetes with raw foods is great. Informative are also: 8 min video of Dr. Neal Barnard about reversing diabetes, 35 min video by a Canadian MD about using intermittent fasting to cure type 2 diabetes, 1 min video of Dr. Neal Barnard about curing diabetes with a *vegan* diet, newspaper testimonial of a man reversing diabetes with a *vegan* diet, 7 min video about reversing diabetes with a vegan diet since the 1930s. The American Heart Association, American College of Cardiology, Academy of Nutrition & Dietetics, American Academy of Family Physicians, Endocrine Society concluded veganism reverses type 2 diabetes.

11.15.2. ►►► CURING CANCER: ◄◄◄

5 min video on prostate CANCER healed by raw veganism. Cancer removed in 2 months by a raw vegan diet in 2010 and then a new 2023 prostate cancer was removed by 13 lb of juice/day that took PSA (prostate specific antigen, a marker for cancer) from 520 to 0.9. Brain CANCER cured with raw foods ► 8 min clip. Colon CANCER cured with raw *vegan* diet ► 5 min clip. Blood CANCER (leukemia) cured with 80% raw vegetarian diet ► 2 min clip. Excessive intake of copper, iron, β-carotene, synthetic B9 or folic acid, selenium, glutamine, methionine, leucine can cause cancer. Raise thermostat in winter and summer, as warm temps are known to boost immunity via better blood circulation, and to reduce cancer. Warmth also prevents arthritis which can mean wheelchair. Joints feel more painful during cold weather, even indoors, due to drops in barometric pressure that cause tissues around joints to expand, putting pressure on nerves. Cold

weather causes the synovial fluid that lubricates joints to thicken, reducing mobility, while cold weather causes decreased physical activity, causing stiffness and reduced blood circulation.

11.15.3. ►►► CURING HEART DISEASE, ATHEROSCLEROSIS, the #1 killer worldwide: ◄◄◄

Your heart dies in 20 minutes (all muscle dead) if there is a clot blocking oxygen uptake by the heart muscle. Likewise, if your bed area has the CO_2 meter showing 900+ ppm (like for most Americans who live in the most toxic homes designed by rat IQ "contractors"), due to fan blowing no more or etc, you're low on oxygen and high on stale air that kills your heart slowly, causing heart ache when you wake up. This can happen when weather shifts drastically from very cold to very warm and the temperature difference between the bed area and room/window is no longer high, meaning CO_2 rises without 2-3 small USB 1 watt fans. Our houses are designed by aristocratic gnat IQ gangsters, so no CO_2 by the bed, no humidity meters, all essentials for good heart health. Ensure your bed area is well ventilated, buy a good $40 CO2 meter to keep it < 550 ppm (outside it's 400). 11.5.4. explains why atherosclerosis, heart disease is quite often an autoimmune disease caused by high meat low fiber diets that cause leaky gut. Once you understood that, you can look at more normal causes of atherosclerosis below. Here is a video on what to do (open door 1-4 inches, turn on all lights, call 911, take aspirin if no blood thinning medications, because every minute counts) if you ever have a heart attack so you survive, besides the 325 mg HealthA2Z aspirin, with 1 inactive ingredient only, natural corn starch, instead of 5-10 toxic ones for the other lethal brands (or four 80 mg tiny pills, or 300 mg per NHS crushed aspirin you chew into a powder before swallowing (not whole, but made into a paste to absorb 3x faster, since heart muscle dies in 20 minutes, so you need aspirin to dissolve the clot in 5 minutes). Sit on the floor resting on a wall, bent knees, W position to prevent falls and to reduce blood returning to the heart to make heart survive until paramedics come. Use marker to write on wrist time on pain onset, so the paramedics can know if clot dissolving injection thrombolytic can be given without killing you. "aspirin within 4 hours of severe chest pain onset… (can) save 13 000 lives per year in the US" ► JAHA 2024;13(11):e032778. The normal vegan diet of many (mine too for 10 years) has about 30-90 mg aspirin in it in salicylate form (not salicylic acid, so it may work differently or be milder), in blueberries, prunes, spices, produce, so if you remove these, without replacing aspirin, your blood becomes thicker, increasing the risk of clots and death. Thus, half of an 80 mg aspirin tablet daily (40 mg) may help if you're at high risk of clotting (A+ blood type, etc). However, if you eat a lot of LDL lowering foods or supplements (garlic, bromelain, ω3, nattokinase, ginger, vitamin E) that happen to also thin the blood (google "Does X thin the blood?" for everything you ingest), taking aspirin can cause bleeding, obvious to you if you try pick your nose in the shower (red mixed with beige snot instead of beige) or blood in the stool. Strokes can be due to bleeding, not a clot, so taking an aspirin while "having a stroke" would kill you if it is actually a bleeding stroke

(15% of strokes are not ischemic, only a brain scan at the ER can tell if bleeding or ischemic), the 320 mg aspirin advice only applies to heart attacks. For strokes, write onset time too so MD knows if to use the anti clot drug, and open door, do all above as every minute 2 million neurons die and you need visit ER immediately. Though in general, if you're the sticky clotting blood type, your chance of a bleeding stoke is lower than average. But we have 100s of silent ischemic strokes monthly, our MRI can't even detect and see them, they occur in capillaries, that's how brains age too, it's not just dementia, etc. The simple clots that starve brain areas of nutrients and oxygen. If you have a peculiar heart/brain pain, do an MRI, they see a narrowing, and link that stroke or clot to the sticky blood, then it's likely that any such future pain may be related to a clot that diminishes blood flow, to an area, even if it's not a full stroke, but partial one. That would be a sign, a small 80 mg aspirin will help prevent small ischemic clots from causing partial blocks. Today, millions take 80 mg aspirins daily (325mg HealthA2Z can be used if you split it in 4, as it has the safest inactive ingredients, chew it with biggest meal to avoid stomach bleeding) to prevent sudden death, especially as they get older, though new studies show a risk of cancer. Drink plenty of water, to keep the blood fluid and prevent stickiness. When waking up, or before even rising from bed, drink water from a container, and walk slowly, as most strokes occur in the morning and you can prevent them by eating breakfast right away, as opposed to waiting.

Strokes are the #1 cause of disability and # 2 cause of death: 90% of people lose brain cells due to lack of knowledge, see what to do during a stroke to prevent brain damage. Heart disease is the # 1 killer on Earth. Zero oil 5% fat high fiber vegan diet (2 min video) made a fat lady's coronary artery blockage of 85% vanish in 5 months and made LDL of an MD drop from 186 to 84, carotid blockage from 50 to 0%. 15% of 22 year old US Korean war soldiers (autopsies) had 50+% coronary blockage, 77% had some blockage, 99.5% had no clue they're sick, Table 3 ► JAMA 2012;308(24):2577-83. Atherosclerosis causes heart disease, fatal aneurysms, vascular dementia, brain (cerebellum, the 10% of brain that holds 80% of neurons) shrinking and needs to be stopped at all costs. The hair loss reversal section explains the power of phystosterols, other DHT blocker nutrients in reversing arterial plaque, preventing cardiac events. The seed oils ω3:6 ratio 1:2 for CRP below 0.3, avocado, walnut, olives, coconut sections explain the dangers of high fat (raises LDL, the main driver of plaque, heart disease) and fake industry paid science. It's very important to move every 20 minutes or so, as Harvard/Stanford top of class MD explains in this 45 min primer into atherosclerosis, to prevent blood pooling which makes it easier for blood clots to form, since clots to the bifurcation of blood vessel far wall are the start of arterial plaque. In one study, those eating plenty of garlic daily for 5 years had 80% of their plaque gone, vs no change for the other group: this is because garlic thins the blood and prevents the "accumulation of platelets to form a clot like inflammation on the artery", which then turns into soft plaque. Thick blood (A blood types) tends to clot more, and fat thickens the blood. Garlic

kills plaque forming cells, removes blood heavy metals (via sulfur and selenium). Without garlic, metals cause plaque by attacking the sulfur/selenium of the endothelial proteins and forming an inflammation site that attracts platelets and clot-plaque formation cells. Garlic prevents LDL oxidation and lipid accumulation in preliminary soft plaque. Garlic and 100s of other blood thinning foods prevent soft plaque formation, but garlic may cause infertility in some. Contrary to nutritionfacts.org idea that we must eat nuts daily to be healthy, the USDA nutrition data shows only walnuts have a healthy (if used with chia/flaxseeds) ω6:3 ratio among nuts. Plaque rises with hs-CRP, so you need high ω3:6 ratio of 1:1 or 1:2 max to reduce plaque if Lp(a) is high. Even with walnut, that in junk food eaters improves biomarkers the most vs other nuts and especially vs the lethal fat they eat, in Ornish research it is clear all nuts need to be avoided to reverse all arterial plaque in some folks (see pic), with fat being 2% of calories until plaque vanishes. Many vegan MDs say limit to 1-2 walnuts/day, 5% fat cal. Research on PWV shows in healthy people with no plaque, nuts ruin arterial health, increasing risk of stroke, death. The more sedentary one is, the lower the fat % needed to avoid this horrific cIMT carotid pic. Most people eat such bad fat, that for them nuts are a good food relatively speaking, but you can't extrapolate study conclusions in sick people with high plaque to healthy vegans with 0 plaque. Some *mice* get 114 more plaque from the same diet, so some people live to 120 only on 4% fat diets. We got different DNA/dietary needs. Check out this amazing video on CT scan with AI that is more useful than all other tests: MD with 30 years of CT scan experience shows how perfect LDL/HDL can still mean plaque if sticky Lp(a) (the worst type lipoprotein that is 6 times stickier than LDL, see seed oil discussion) is high and inflammation is high, while those with Teflon like arteries can get no plaque even with sky high LDL, as long as they're younger (when very old, all will get plaque with high LDL, hence the MDs advise AGAINST carnivore and ketogenic diets, since sooner or later plaque will kill us).

1 yr of pomegranate juice lowered cIMT 30% vs 9% rise in placebo: CN 2004;23(3):423-33. 440 mg MgO 3x/week for 6 mo shrank cIMT 0.84 ⍰ 0.76 mm … vs placebo 0.73 ⍰ 0.79 ► EN 2013;69(5):309-16. cIMT 1.0 = 3.5x more infarcts vs 0.48 ► AJPC 2025;22:101011. Other studies showed improvements. Vegan diets have much more magnesium, fiber, K, see 4 *vegan* cases:

1). CRC 2015:978906 ► 60 yr old went *vegan*: TC 234 ➡ 138, BMI 26 ➡ 21, BP 140/80 ➡ 124/72, LDL 158 ➡ 69, walk 0.3 miles ➡ jog 4 miles.
2). FN 201911;6:82 ► 54 yr old went *vegan* for 0.5 yr: A1C 8.1 ➡ 5.7 (diabetes gone), left ventricular ejection of blood fraction 25 ➡ 55% (heart failure gone), BMI 45 ➡ 35 (50 lb gone).
3). JJC 2016;13(4):364-6 ► 77 yr old went *vegan*: angina gone, TC & LDL halved.
4). PJ 2013;17(2):61-6 ► diabetic went *vegan* for 16 weeks: TC 283 ➡ 138, BP 132/66 ➡ 125/60, A1C 11 ⍰ 6.3 (taken off 4 pills, as glucose wasn't 524 anymore).

CM 2015;22(3):427-36 explains if we eat a low carb diet, we lose more weight in a few days (hence the popular myth of high fat diets are best for fat loss), as we lose protein, glycogen and water (lean mass), but on a low fat diet, we lose 80% more body fat (463g vs 245, after 6 days in the study) than on a low carb diet and no glycogen/water; our muscles won't shrink, but body fat will shrink faster, see video for more studies. Gas 2017;152(7):1718-27.e3 says "32 controlled feeding studies with isocaloric substitution of carbohydrate for fat found that both energy expenditure and fat loss were greater with lower fat diets." What kills us faster is not the glycogen and water in the muscles, but the body fat. PO 2013;8(1):e55030 found low carb diets meant 31% higher all cause mortality, see more in this video. This makes sense, as high fat or high protein diets lead to higher AGE intake and AGEs speed up aging. 2 min video shows reversing heart disease and heart blockages in 5 months with a low-fat high fruit high veggies *vegan* diet recommended by her cardiologist Baxter Montgomery, no dairy, bread, sugar, meat. One of her arterial blockages was 85% blockage of blood flow. Her doctor sees this reversal of heart disease via veganism routinely. She also lost 30 pounds in 5 months. PJ 2015;19(1):62-7 explains "compared with a control group, the plant-based diet group had a 73% decrease in coronary events and a 70% decrease in all-cause mortality."☺☺☺ Cutting fat from 40% to 10% of the total calories led to a 50% drop in the bad cholesterol, LDL ► PBUMC 2000;13(2):139-43. Low-fat *vegan* diet reversed angina, man who could barely walk a few feet can now climb mountains. Heart disease was reversed within 1 year of going *vegan* via low fat (5-10% of calories) diet. CRP being lower meant 16 times lower cardiac mortality. One way to reverse heart disease risk is to lower CRP 4 times as shown in "what I eat" ω3:6 section, or to go *vegan*, since as ABC 2007;88(1):35-9 shows, TC/LDL/TG (Triglycerides) are for *vegan* 141/69/82, *omnivore* 208/123/156, egg-eating vegetarian 175/101/94 & vegetarian 165/88/95. Egg-eating vegetarians get 15% higher LDL☺☺☺, as eggs are loaded with oxidized cholesterol. High TC/LDL/TG are strong predictors of heart disease, with the optimal LDL being 50-70 mg/dL, "Atherosclerosis *is* endemic in our population in part because the average *person's* LDL level is approximately twice *the normal physiologic level*" ► JACC 2004;43(11):2142-6.

RR 2007;10(2):225-34 analyzed 3 groups: 21 sedentary raw *vegans* (BMI 21), 21 omnivore endurance runners (48 miles/week) of the same age, sex, BMI as *vegans*, 21 sedentary omnivores (BMI 26). Total Cholesterol/LDL/Triglycerides were: *vegans* 143/76/56 (healthiest), *runners 161/84/62*, overweight *omnivores 187/112/120*. Systolic/Diastolic Pressures were *vegan* 104/62 (healthiest), *omnivore runners 122/72*, overweight 132/79. HsCRP (high sensitivity C-reactive protein, marker of inflammation, lowest is best) was: *vegans* 0.52 (best), runners 0.75, overweight 2.61. Fasting glucose: 85 *vegans*, 88 runners, 95 overweight; *vegans* got the best glucose. Carotid artery intima-media thickness (IMT) *vegans* 0.56 runners 0.63 overweight 0.74, meaning *vegans had* the least atherosclerosis. This is an amazing & beautiful piece of evidence

that *veganism is the best diet for preventing heart disease* for many. Raw *vegans* ate less saturated fat, more polyunsaturated fats, double the monounsaturated *fats,☺☺☺ more fat (43% of energy) than omnivores.* Table 2 has the exact percentages. Many raw *vegans* eat only 5-10% of calories from fat though. *Imidazole propionate is produced in the intestine of omnivores more than vegans* and this compound causes atherosclerosis, *so going vegan will help* you lower plaque. Just because you're vegan it doesn't mean you didn't get plaque in pre-vegan years or that inflammation, poor sleep, air pollution, pesticides, heavy metals have not destroyed your arteries, so for only 500$ you can do dyeless MRA even without health insurance, so you know where you stand. Homocysteine has to be < 7, hs-CRP < 0.2 ideally, CAC = 0 for lowest risk, LDL < 75, TG < 55, HDL > 50, etc. Arterial clogging in toes, calves, ankles, toes, etc, or any other body area can also cause odd pains, cramps, etc, so it's not always magnesium deficiency, it could be you eat too much fat that blocks arteries (see pic). 80% of those under 35 who died in a car crash, has a huge arterial blockage of the main coronary artery, with 20% having a 50% blockage, so don't imagine being 25 means "it can't be plaque" or it's just some low electrolyte: K, Na, Ca or Mg. It can be neuropathy too, not plaque. A carotid Doppler, leg Doppler, abdominal aorta Doppler helps us see via ultrasound, if any blocks exist to the brain or other areas. CIMT (carotid) ultrasound testing of 10,000 people 35-65 predicted 98.6% of heart attacks/deaths within 10 years based on neck/leg artery thickness. However, MRA (next paragraph) offers much more info for 300$ extra: lipid-rich necrotic core, fibrous cap, and intraplaque hemorrhage, which are direct indicators of plaque instability and high stroke risk. CIMT only measures the thickness of the inner layers of the carotid artery, tells you nothing about coronary arteries blockage % (stenosis) MRA sees or total body plaque volume calculated with AI MRA. The CTA (computer tomography angiogram (800$ the cheapest CTA) uses x-rays that damage DNA via radiation and looks at all vessels in the body and can show calcium Ca around the joints/bones, so that you can use Mg to dissolve Ca like in this clip. You don't need an MD letter to do a 50$ CAC score, 0 means no hard plaque, see a youtuber CAC=0 report: checks your lungs too. You don't need MD letter for ULTRASOUND Doppler if using a clinic where you pay yourself in US, UK. Watch this video on CTA where John Osborn explains the incredible corruption of the US medical system. The RF section explains that RF causes brain cancer in the shape of the antenna held to the head. MRI uses cancer causing RF, and body oxidative stress, not just the classic cancer causing CT scan. Thus, 10 days before and 10 days after any ultrasound (a stressor too), MRI, CT we need to rest more than usual, eat much better, stress much less, build antioxidant defenses, to prevent cancer or other diseases. The cancer is small first, but in 4-15 years, it may be stage 4 and we won't know MRI, CT caused it. Full body MRI in Korea led to finding 10 times more thyroid cancers, 10 times more surgeries, but mortality from thyroid cancer remained the same: people died or lost speech ability as a side effect. 90% of humans have tiny cancers all the time, they're so small they can't be seen on MRI and most cancers don't

kill us, they go into remission, and we die of other causes. So, unless the cancer is stage 3-4, with a big tumor, surgery makes no sense. Each biopsy, etc can kill. Overdiagnosing, overtreating can kill, since each human has 90 health issues at any time. Eat well, sleep better, see how any issue evolves over time, don't overtreat.

Plaque is deadly, since it blocks blood flow to legs, liver, pancreas (see in full body CTA) seen in full body or abdomen MRA (no radiation of CTA), leading to useless pills for "liver issues" (caused by low glycine and/or narrow artery to liver, etc). Dyeless Magnetic Resonance Angiography (MRA) can provide a clear picture of soft plaque (specifically vulnerable plaque, the most deadly plaque that can kill with a 1 hour notice) and is generally considered superior to CTA for soft-tissue characterization, even without the use of gadolinium dye (part of which remains stuck in the body for decades, causing harm). Fatal reactions to gadolinium dye have happened: "fatal allergic reaction to GBCA in a 35-year-old" lady ► Cur 2023;15(7):e42455, "fatal anaphylactic reaction to gadobutrol (GadoButrol Contrast Agent GBCA), in a 42-year-old man... Adverse drug reactions in gadobutrol have a very low prevalence of 0.32%-3.5% (3.5% is huge, 1 in 29 people), with serious adverse drug reactions in <0.1%" ► RCR 2017;13(1):299-301. Dyeless means die less. There is no reason to do CTA, CAC score or to use dye unless there are serious issues that can't be seen with dyeless MRA. AI-enabled MRA offers a much better, accurate estimate of total soft plaque in the body without using dye (non-contrast) compared to plain MRA, so go for AI MRA if you waste time doing MRA, and opt for full body MRA to see plaque in legs, and all brain, trunk areas that could kill you or lead to damage to knees, feet, amputation, etc. Since 2010 there are low-dose CCTA protocols that use 1 mSv of radiation (CAC score is 1-3 mSv), the only ones worth going to if you're a real immortalist, which is low vs 3-20 mSv of typical CTA scans (around 10). However, a CCTA actual scan time is 10 seconds and we humans get about 3 mSv a year, so 10^{-6} per 10 sec, so we divide the lowest CCTA 1 mSv by that, we get about million higher radiation in that 10 second period than ever in our life, which overwhelms the cellular antioxidant systems that prevent the emergence of cancer causing molecules in the next minutes. Nobody wants to experience 75 million °F in the fusion reactor unprotected. Also, CCTA scans are interpreted by AI or people, and you can get differences of 1000% in plaque, showing CCTA measurement of plaque is not as "perfect" as 99% of youtube videos claim. For CAC, the actual scan time varies between 10 seconds to 3 minutes, so it can be less deadly, but also tells us nothing about soft plaque and its location. Thus, the myth that CT scans are harmless is simply a lie pushed by the CT scan makers, the cancer from one scan, can lead to cancer in 30 years, and nobody would have guessed it was a dental X-ray even due to the lowest antioxidant state of the person that day of dental x-ray, even digital x-ray with 10 times less mSv. An MRI doctor explains the advantage of a yearly AI MRI to catch cancer: he believes in 2035 he might convince insurance companies to do an MRI as part of the yearly physical exam,

since the usual exam catches nothing and if a cancer is advanced, you may lose 30 years of life. That's why even for dental, once a year scan is more than enough. Try AI CCTA or AI CTA scans, in the best 50 US hospitals, because that calculates exactly how much soft plaque exists. Humans get 2.3 mSv/year from background radiation, thus 7 mSv in 1 minute is bad. The amount of radiation from 1 mSv vs 0.03 mSv for Los Angeles to NYC airplane flight, 0.1 mSv for chest X-ray and 0.005 mSv for all 4 pictures of the mouth at the dentist that has digital (not film) x-rays. To avoid damage the immortalists may require all CAC, CTA etc scans to be done over 2 hours, while patient takes breaks to eat high vitamins (and even receive one injection of blood antioxidants) to reduce cancer risk and cellular damage from the radiation, plus eating in the days before, after, far more antioxidants, vitamins, polyphenols to save all. Eat good vitamins, etc before and after any radiation scan, because cancer starts 10,000 times smaller first. Don't play the Invincible One, humans are so fragile. One soft plaque clot is enough to kill anyone, without warning, even if LDL, HDL, every marker is perfect, as they didn't see the soft plaque or feel any angina before. Sugars, extreme exercise, anything that raises HR/BP damage the arteries, creating injuries that years later can trigger an event ending life with no angina warning before. 58% of heart attacks are fatal. Knowledge of soft plaque risk via dyeless MRA is better than belief, so immortalists will require 100$ dyeless AI 15 min MRAs be available at Immortality Centers to anyone without referral, to evaluate the vascular health of any body area, especially chest and brain. Avoid contrast for ultrasound, if you do ultrasound, because besides the cavitation induced damages to chest area tissues, you can get anaphilactic shock. The combination of ultrasound and contrast-enhancing microbubbles (UEAs) can induce cavitation, which in turn can lead to vascular damage. "The FDA is currently aware of 11 cases of anaphylaxis and two deaths, related to an immediate hypersensitivity reaction after the administration of Definity or Lumason (PEG 4000 is its main component) among patients with reported allergy to PEG" ► JCHIMP 2023;13(4):74-8.

Leg cramps can mean you're 3 weeks from a heart attack/stroke that kills you. Plaque is number one killer worldwide, so checking everything each 15 years is good idea after age 25. Many spend 900$ on evil concerts whose sound waves create biological entropy and shorter lifespan, but with that $ they can do 4 scans to help them realize they may die at 45 with no real dietary or sleep habits change. Want half of your body paralyzed after 35? Living in a wheelchair or amputating legs due to plaque at 31? Others spend 5K for extra car features, but with 5K they could do so many tests, take so many supplements they desperately need to cure 20 deficiencies, and know 500x more about what they need to do to live to 100 in a healthy state of mind and body. Mg prevents further calcification of soft plaque, which is unwanted, as hard plaque renders vessels inflexible, stiff, prone to clots and ruptures, which can become fatal events when aged 50+. Magnesium intake is inversely associated with coronary artery calcium

CAC, abdominal artery calcium AAC scores. It's possible with the right combo, Mg could remove Ca in arterial hard plaque, but we don't yet know how to do that, you need a chemical signaling cascade for each layer of cells that is above the Ca, maybe spermidine autophagy. You need to use lasers via teleportation to trigger the apoptosis of hard plaque cells, but we don't have those lasers yet, so the best thing now is a chemical signaling by eating something. CIMT 200$ is another ultrasound test to monitor plaque evolution over time. MRA (magnetic resonance angiography, 1000-4000$, using much lower energy radio waves, meaning 90,000+ times less molecular effects) is the equivalent of CTA (300-3000$), just using full body MRI, without the deadly X-rays, used in preventive care to see soft tissues, lungs, brain, brain ischemic damage and much finer details not seen in CTA (MRI machines are pricier too). Full body MRI is wholly superior use of 1000$ vs endless ultrasounds on this or that area or CTA. Advanced MRI techniques can identify and quantify plaque components, including calcium, in coronary, carotid, and leg arteries, so you don't really need CTA, unless you have high Calcium as seen on MRI. MRI vs CTA differences are soft tissues appear best on MRI, vessels and bones best on CTA.

Since JN 2016;146(2):460S-3S found apoE gene knockout mice form in 24 weeks 114 times more atherosclerotic plaque given the *same amount of* fat, it seems smart to be very careful when eating any fatty foods to watch for cholesterol or triglycerides going up or signs of angina (caused by plaque) which might indicate one eats too much fat for one's own DNA. "Mice lacking apoE have plasma *cholesterol levels that are 4 to 5 times normal* and develop atherosclerotic lesions spontaneously, even when fed a normal chow diet, which is low in fat and cholesterol… lesion development can be accelerated by a high-fat, high-cholesterol diet… in response to a high-fat, high-cholesterol diet, LDLR-deficient mice exhibit massive elevations in plasma cholesterol and rapidly develop atherosclerotic lesions throughout the aorta" ► ATVB 2000;20(11):2336-45. The apoe4 allele can cause a 12 fold increase in Alzheimer risk in humans. Likewise, *certain genes might cause pathological levels of plaque (since everyone has some plaque) at 2-10 times lower fat levels*.☺☺☺ That's why, since we don't have enough human data, a low fat diet seems the safest bet. Vegans eat no cholesterol. The *#1 killer worldwide is heart disease*, usually initiated by *atherosclerosis*. Flaxseeds, chia seeds contain lignans that reduce the formation of atherosclerotic plaque by 46% in rabbits. *Flaxseed oil had no effect, but* flax lignans reduced it by 73%. Flaxseeds may reduce it by 20+% in humans in certain low fat low oxidative stress diet conditions. To really reach 150 year lifespans we have to understand how to best (by reducing oxidative stress and systemic inflammation) prevent atherosclerotic fatty streaks which can form even while in the womb. "Fatty streak formation occurs in human fetal aortas and is greatly enhanced by maternal hypercholesterolemia (high cholesterol)". Infants whose moms had high cholesterol, had 12.3 times the arterial plaque in the fetal aorta (aorta = main artery of the body supplying oxygenated blood) of normal cholesterol moms' infants,

758,651 μm² (0.759 mm²) vs 61,862 μm² (0.062 mm²) per section. ► JCI 1997;100(11):2680-90.

"The development of coronary atherosclerosis begins in childhood. A clear relation between diet and cardiovascular disease risk has been demonstrated.. most children still exceed national recommendations for intake of total and saturated fat" ► AJC 1998;82(10B):22T-9. This 6 min video explains one study *found* fatty streaks (the beginning of fibrous plaque) *of plaque in* 100% of 10 year olds and that all adults have some plaque, especially brain capillaries MRI misses, which explains why memory weakens with age. High LDL was the strongest predictor of plaque, so being low fat high fiber low AGE *vegan* can reverse a lot of existing plaque and prevent new plaque. Some youngsters in KCJ 2010;40(1):1-9 had *some* heart *vessels 90% blocked* ► "Their average age was 22 years, and over 70% of them (77%) had evidence of atherosclerosis in their coronary arteries… The prevalence of fatty streaks in the coronary arteries increased with age from approximately 50% at 2-15-years-of-age to 85% at 21-39-years-of-age, and the prevalence of raised fibrous-plaque lesions increased with age from 8% at 2-15-years-of-age to 69% at 26-39-years-of-age. The prevalence and the extent of atherosclerosis was greater with increasing age, *body mass index (BMI),* blood pressure, and levels of serum total cholesterol (TC) and low-density lipoprotein cholesterol (LDL-C) " This means that *vegans*, who have much lower BMI (weight in kg/(height in meter)^{2,} for example 60/(1.92)^2=60/3.7=16.2), blood pressure, TC and LDL have much less atherosclerosis. Table 1 shows that having non-*HDL* cholesterol (TC minus HDL) < 130 means PDAY risk score of advanced atherosclerosis of 0, while > 220 got a risk score of 8, non-HDL cholesterol 130-159 score of 2. Figure 2 shows probability of advanced atherosclerosis depending on the PDAY risk score and age. PDAY stands for the PDAY study also explained at ► ATVB 2000;20(8):1998-2004, which has more useful tables and info on plaque. ☺

Atherosclerosis can cause even Alzheimer and all kinds of "unrelated diseases" by diminishing blood supply to the brain or organs. FASEB 1998;12(6):433-7 found Italian centenarians had lower TC/HDL *190/49* vs *228/55* for 65+ year olds. NRIZ 1997;34(3):202-8 found Tokyo centenarians HDL/TC/TG were *42/161/82* vs *58/211/126* for controls (see Table 2 on page 204); they were very thin (BMI 16-18 common). Among centenarians, those with higher HDL were healthier. *Nobody who lived past 110 was overweight. Loma Linda* vegan centenarian heart surgeon has TC 117. As you can see, the lower the TC, the lower the HDL, LDL, TG, etc. Eastern Sicily centenarians had lower TC than 80-87 year olds ► AGG 1996;22 Su 1:403-6. LDL/HDL were 93/66 in centenarians and 143/39 in controls ► JAGS 1997;45(12):1504-9. Centenarians had about the same HDL as other younger people, 51. HDL2b was higher (16.5 vs 12.1), HDL3a lower (13.4 vs 17.4) in centenarians. *Several studies suggest that the protective role of* HDL comes from HDL_2 mainly, so it is no wonder that centenarians have higher HDL_2 ► Ger 1998;44(2):106-10. Each paper studies different diets, lifestyles, DNA for centenarians and the results are very different as a result. 75 Tokyo centenarians had lower HDL compared to 73 people aged 53-73;

among centenarians, those with lower HDL had lower albumin, higher cognitive impairment, IL-6, CRP ► JAGS 2001;49(11):1434-41. Italian omnivore centenarians had TC/HDL/glucose *189/57/84* vs *216/61/96* for 65-85 year olds ► EG 2008;43(2):119-22. *HDL-lacking mice can transport* cholesterol *to bile*, so in humans there may also exist alternate cholesterol removal mechanisms, explaining perhaps why some make it to 105 even if their HDL is 35, while others have HDL 75 ► PNAS 2008;105(35):13045-50. ☺☺☺

1% of Australian centenarians had blood pressure above 140/90, 8% had high cholesterol ► AJH 2011;24(3):299-303. The mean pressure was 130/70, good for age 100. The average pulse was 72 for Bama centenarians ► CJPS 1996;8(4):385-94. "Individuals with exceptional longevity (98 years) and their offspring have significantly larger HDL and LDL particle sizes" ► JAMA 2003;290(15):2030-40. The HDL/TC/LDL/TG for Sardinia omnivore centenarians were 49/184/108/105 vs 55/218/139/123 for 80-89 year olds, see Table 2 ► PO 2015;10(6):e0128029. Belfast omnivore centenarians (BMI 25.7, the fattest of any study I've seen) had TC/LDL/HDL values of 204/101/42 ► CPD 2010;16(7):789-95 with a shocking TC/HDL ratio of 4.9, somewhat high and not thought to be healthy. Bama *vegan* centenarians (BMI 20.0) had TC 111 compared to *239* for omnivore controls ► Ntr 2016;8(9):564. Male offspring of Ashkenazi centenarians had higher HDL (56 vs 44) and lower LDL (95 vs 127) compared to the spouses of centenarians' offspring used as controls ► JAGS 2001;49(1):76-9; female offspring has higher HDL too: 70 vs 59. Aging 2012;4(9):580-9 found that centenarians have HDL/TC/IGF1 *47/185/9.3* vs 50/203/14.4 for offspring vs *56/196/17* for controls (control=offspring of shorter lived parents); *their IGF1 was 9.3 vs 17*. Many studies found that *vegans* have lower IGF1 than vegetarians and omnivores, dairy and meat raise IGF1 ► CEBP 2002;11(11):1441-8; *this may be one reason why vegan live longer than vegetarians and omnivores in several studies*. JGBSMS 2002;57(11):M712-5 study of 139 people aged 95+ found "Plasma HDL levels correlated significantly with MMSE (cognitive function test). Each decrease in plasma HDL tertile (75, 51, and 37) was associated with a significant decrease in MMSE (23.4 +/- 1.5, 17.7 +/- 1.8, and 12.4 +/- 1.8; p <.04 for each plasma HDL tertile). As expected, increased plasma apolipoprotein A-I and decreased plasma triglyceride levels were also correlated with a significantly superior cognitive function". HDL increases as a result of anthocyanin, flaxseed intake. However, pills raising HDL can increase mortality: torcetrapib therapy led to a 58% increase in all-cause mortality, even if it raised HDL 72%, decreased LDL 25% ► NEJM 2007;357(21):2109-22. ☺☺☺

The more anthocyanins people ate, the more polyphenols, the less heart events, since the polyphenols prevent LDL cholesterol oxidation, which is the first step of arterial plaque formation; "*low-density lipoprotein (LDL), especially in its modified form, serves as a primary source of lipid accumulation in atherosclerotic lesions*" ► BRI 2016:9582430. Flaxseeds polyphenols (lignans found in 99+ foods) prevent atherosclerosis in rabbits. Pineapple bromelain

dissolves arterial cholesterol plaque in rabbits as explained in the pineapple section which details some human studies on the benefits of pineapple for the heart. Hydroxytyrosol in some (not all) less processed olives and sulforaphane in broccoli also attenuate the formation of arterial plaque in rabbits. Whether similar arterial plaque dissolution effects apply to humans is not clear. Bromelain is an enzyme, so its mechanism is different than polyphenols preventing LDL oxidation and thus plaque formation; bromelain may be one of the few phytonutrients that can actually dissolve existing plaque (formed 1-500 months ago) instead of simply preventing new plaque from forming. Plaque is made of LDL cholesterol, oxidized LDL, fat, cellular waste, some protein (fibrin) and/or macrophage foam cells (circulating monocytes attracted to oxidized LDL are transformed into macrophage foam cells, so younger softer plaque has no monocytes or macrophages, just LDL or oxidized LDL), smooth muscle cells, etc. Pineapple bromelain (buy as powder) comes and destroys fibrous proteins, by chopping them *into amino acids and* peptides. Fibrin is one thing that helps the plaque to become fibrous and hard. Bromelain is a protease, an enzyme that breaks down proteins and enhances protein digestion. To avoid bromelain being used to break proteins, one would need eat pineapple without protein rich foods, so bromelain goes into the blood and dissolves the plaque. Bromelain is mostly in the stem, so eat the stem. JTU 2015;3:3 shows how ultrasound was used to remove 2 mm plaque in 25 minutes in the carotid (easy to do ultrasound on to measure plaque) artery of rabbits. They fed rabbits high cholesterol (absent from *vegan* diet) to build plaque and then dissolve it via ultrasound, and as seen in Figure 3, the plaque blocked 50% *of blood flow* after just 3 months. Talking about why go *vegan*? Well, *vegans* eat no cholesterol, so no wonder they got less heart disease, since their LDL is much lower as shown above. All plaque starts from LDL cholesterol oxidation. The body makes cholesterol, but when you eat it from eggs, dairy, meat, fish also, you increase your risk. Polyphenols diminish oxidative stress from AGEs rich food, from junk food, etc and thus diminish LDL oxidation, that's why centenarians often eat more polyphenols. ☺☺☺

The dramatic pictures in Fig. 1 of AD 2011;7(4):436-44 show what happens to trans fat eating omnivores many times, as atherosclerosis blocks sometimes 90-97% of brain *arteries* flow and *starves the brain cells from the nutrients* needed to remove amyloid plaque (done at night). 200 types of proteins (not just a-beta and tau amyloids) get misfolded in a brain starved of nutrients and oxygen, inability to remove toxins. Some people still use (without knowing, like cave men in the Neolithic) stoves, ovens, grills to fry or dry heat cook foods and cook in the presence of high oxygen to oxidize cholesterol, poison the foods and their lungs, brains, arteries with fumes (90x lower with pressure cookers since they use water), fumes that contain 500 times more carcinogenic PAHs and other poisons than cooking all in water in a pressure cooker with minimal oxygen. Electric pressure cookers also emit no CO, etc from gas that also damages your brain and body; electricity is clean renewable, natural gas poisons ground water and kills people with

explosions. Go electric, save your life and that of billions of people. It can happen to junk food *vegans* too, who eat dry heat cooked, high AGEs foods. NE 1993;12(1):28-36 found long-term *vegans* had *3 times* less *Alzheimer* than omnivores. They didn't look at the length of being meat-free. Perhaps if they looked at 25 year *vegans* vs omnivores, they would see a difference of 5 times at least in Alzheimer. This is not surprising at all, since *vegan* food has no cholesterol. Wikipedia and this video explain *that the first case of Alzheimer, reported by* Alois Alzheimer *in 1901, had a lot of* atherosclerosis. Men with coronary heart disease and ferritin above 200 had 4.5 times risk of atherosclerosis compared to healthy men ► ARYAA 2014;10(1):32-6. ☺☺☺

Too much iron is bad, so it is perhaps better to take iron free multivitamins if one eats already plenty of iron and serum ferritin is somewhat high. One study found those who ate garlic for 5 years dissolved 80% of their plaque. However, garlic thins the blood, so too much garlic taken with blood thinning medications can cause hemorrhagic strokes. Aged garlic or *garlic* powder, or raw garlic are good choices for lowering plaque formation. Just like olives can lose all polyphenols during canning, some garlic powders may lose most beneficial compounds during processing; this may be why some studies show raw garlic *alone*, not "cooked or odorless *powder* garlic" (Garlique brand with 5 mg allicin raised LDL☺☺☺ by *8%*) achieves certain biomarker improvements. Fermenting it by adding water, (maybe vinegar if you wish), salt and sauerkraut juice to raw garlic, letting it ferment 3 weeks (before storing the jar in the fridge) at room temperature eliminates smell too; can add a bit of onion and ginger too for flavor. Ath 1999;144(1):237-49 shows *garlic* powder (Amazon sells 1 lb organic), *which smells less than raw garlic,* reduced arterial plaque build up *(due to aging) and dissolved some existing plaque over the 4 year period.* After 3 months, the garlic powder group improved brachial flow mediated dilation (endothelial function marker) by 51% versus placebo ► AJC 2017;18(2):116-21. ☺☺☺

Amazon testimonials claim lower TC/LDL, higher HDL for this Kyolic garlic brand with soy lecithin in it. Soy lecithin lowered LDL by 56% after 2 months (in those with high LDL) and promotes HDL liver synthesis ► Cho 2010:824813. Kyolic odorless aged garlic (the brand linked above, 25 times more expensive than garlic powder) slowed down yearly calcium score increase to 7.5% vs 22.2% for placebo ► PM 2004;39(5):985-91. Aged Garlic Extract combined with CoQ10 slowed down calcification (plaque buildup) 4 fold compared to placebo; CRP fell slightly in garlic group, increasing for placebo ► JCDR 2012;3(3):185-90. Aged garlic S1PC crosses the blood brain barrier, reduces brain oxidative stress, prevents heart muscle aging, lowers blood pressure (this lowers plaque formation) ► CM 2026;38(6):1218-28.e10. S1PC is an isomer of SAC, which itself prevents Alzheimer ► SR 2025;16:486, lowers hippocampus (memory) lipid peroxidation, brain MnSOD (enzyme that kills O_2^- radicals) activity (see chart), brain O_2^- radicals. Since SAC kills O_2^-, MnSOD is less active. S1PC/SAC are present in raw garlic and you don't have to spend 25 times for fermented aged garlic, since storage and shipping can be hot and cause the growth of lethal

bacteria, as shown in the sauerkraut section. Poor people who want less plaque will buy garlic powder or garlic, or better yet, nattokinase/bromelain. "CAC (coronary artery calcification) progression was significantly lower in the (garlic) treatment group than in the placebo group (6.8% vs 26.5%)" per year ► JN 2016;146(2):416S-21S. LAP (low attenuation plaque (soft uncalcified plaque) decreased by 1.5% in the 2.4 g/day aged garlic group, and increased 0.2% in placebo group after 1 year ► JN 2016;146(2):427S-32S. Some people dislike having to peel garlic, but garlic peel is edible and healthy so garlic can be made into a puree smoothie with a food processor after removing only the hard center piece and some of the peel of the clove (not individual pieces) that comes off in fast vs every peel piece. A smoothie with garlic and lentils removes all temporary pungent taste or 3 second pain on the tongue that occasionally develops when eating raw garlic; the smoothie also leads to far less odor too (which goes away after using mouthwash if a lot of garlic was eaten in the smoothie). JSFA 1972;23(7):871-7 found that garlic peel has 27% pectin, 11.4% rhamnose, 5.6% galactose and the rest other lipids, proteins, polysaccharides, mannitol, lignin. JAFC 2003;51(25):7313-7 found 6 powerful antioxidant phenyl propanoids (common in many plants) in garlic. Citrus peel white pith also has 30-45% pectin, a powerful chelator of heavy metals. The peel of apples etc contains 10 times the phytonutrients, pesticides, antioxidants of the fruit itself. Unlike apples, garlic has almost no pesticides, so garlic peel may be OK. People use garlic/onion peel for therapeutic teas.

FDA regulation of oxidized cholesterol (present only in animal foods), oxidation byproducts, AGEs in foods is not there yet. To prevent *atherosclerosis, the # 1 killer worldwide*, oils are best never used or used very little (basic processing introduces oxidation products, beside light during storage) and added to foods AFTER COOKING, since they have 200-1,000 times more AGEs than bananas and cooked rice (AGEs form free radicals that oxidize LDL and build plaque). Alzheimer deaths are up 89% since 2000. Perhaps 10 year olds who eat a lot of oxidized fats get silent white matter strokes leading to autism via a less common route: inflammation plus silent stroke. Oxidized fats don't mean just oxysterols from the oxidation of animal foods, but oxysterols generated endogenously (inside the body) as a result of an increase in oxidative stress from eating aluminum, mercury from amalgams, AGEs (Big Mac has 115 times more AGEs than Amy's vegan burger), heat oxidized *vegan* sugars, heat oxidized *vegan* unsaturated fat from junk potato chips and fried foods, so inflammation of body and brain swells leading to autism, Alzheimer; *oxidized cholesterol can cross the blood-brain barrier while cholesterol can't*. 27-hydroxy cholesterol (27HC) is an oxysterol (from diet or from cholesterol metabolism) that is found in higher amounts in the Alzheimer's brain, and it can get there from the oxidation of internal cholesterol or from the diet ► JLR 2004;45(1):186-93. "27HC also acts as an endogenous selective estrogen receptor (ER) modulator capable of increasing breast cancer growth and metastasis" ► ERC 2017;24(7):339-49; more details on 27HC causing breast cancer is in this 7

min video summary of 27 papers. These oxysterols generated inside or from cooked meats, fish, dairy, cheese, pizza, etc might also form atherosclerotic plaque leading to angina after eating a fatty meal due to increase in blood viscosity after a fatty meal. ☺☺☺

AB 312(2):217-23 found that arterial plaque contains 20 times *more cholesterol and* 45 times *more oxidized cholesterol* than normal arteries. "*COPs* (cholesterol oxidation products, oxysterols) compared to unoxidized cholesterol have demonstrated stronger pathological and toxic effects by *at least* one to two orders of magnitude" (*10 to* 100 times) ► FCT 2010;48 (12):3289-303. As the 2004 paper above explains, *oxidized cholesterol can cross the blood-brain barrier while* cholesterol *can't. Oxidized cholesterol, not* present in *vegan* foods, but abundant in fast foods with meat, eggs, fish, ghee, cooked butter, milk powders, *pizzas* (cheese) may be one of the reasons for the sharp rise in autism, Alzheimer (brain inflammation) since 2000. See this 5 min oxysterol video. Fast foods is a misnomer, since you wait 5-10 minutes in the drive-thru at dinner and lunch; and spend 5-10 minutes in traffic to get to your favorite fast food place; total is 15-40 minutes daily; at home, you can make a smoothie in 5-10 minutes in the morning, place it in a food box and eat it at lunch, dinner, since you can add cooked lentils to the smoothie for protein, that you cook weekly (together with any other sources of protein) in a pressure cooker under water to avoid AGE formation, takes 3 minutes to press a button and load them. Hey that's 5-10 minutes at home/day since you got to shop for lentils, *fruits and veggies once a week, not 15-40 minutes/day for "fast" food*; at home: 100 times less AGEs, no vitamin K lost (opaque container), no cholesterol if *vegan*, *100 times less oxidized cholesterol maybe if not vegan yet*, healthier and cheaper. If you go out to eat fast foods, choose the ones that are *vegan*, or if not vegan yet, the ones that use the least dry heat (even if *vegan*), as dry heat is forming 100s of times more oxidized cholesterol (animal foods only) and AGEs. ☺☺☺

For example, Jersey Mike or Subway take the water cooked meat and place it there on a sandwich, but pizza spreads the cheese and meat in ultra thin slices that get high dry heat. This heat can basically destroy your brain, a typical pizza got 758 times more AGEs than cooked rice. ☺☺☺ Oxydized cholesterol is found ONLY in animal products, especially barbecue, fried foods and dry heat cooked stuff like pizza, burgers, etc; dry heat cooked (oven, etc) foods with calcium rich dairy, and cholesterol rich meat-dairy have vitamin K destroyed (very light sensitive) and cholesterol oxidized, leading to a dead and rapidly shrinking brain, literally, as blood flow is blocked by plaque. It's important to think twice before eating pizza, or choose *vegan* pizza at least, because unlike water cooked meat or a sandwich, the tiny slices of meat increase contact with oxygen, and the spread dairy increases contact with oxygen leading to formation of oxidized cholesterol than other forms of cheese or meat consumption; light exposure also increases due to dramatic surface area increase of meat and dairy in pizzas, and this destroys vitamin K too. Teeth/bone problems appear when calcium goes in the arteries and pineal

instead of the teeth and bones, due to low vitamin K in dry heat cooked foods, also loaded with lethal oxidized cholesterol. Everyone wants strong bones and teeth, but without brains, we're dead. The obsession with calcium/dairy without vitamin K can thus be deadly. ☺☺☺

Without vitamin K from greens, natto or vitamin pills, processed light exposed dairy is deadly, as calcium goes to arteries and pineal, not teeth or bones. Vitamin K section explains it can take hours for milk jugs to lose all vitamin K. This is why many are shocked that people with highest dairy intake often have highest osteoporosis, the dairy had no K, diet no K, it only increased body acidification. In a Civilization of Immortals the sale of foods cooked with dry heat would be illegal, just as FDA banned trans fats, since dry heat destroys vitamin K, oxidizes cholesterol faster and makes anything with meat and dairy a lethal poison that makes living to 120 even, let alone 200, impossible. But how can that be? You would need to reform all food industry to cook all meat in water to prevent AGE and oxydized cholesterol formation, ban all cookbooks with frying (even French fries), barbecue and dry heat, hard to do in the cultures of "freedom is everything, longevity is nothing". Basically, to achieve results in engineering, you have strict parameters for every component, not much freedom to choose. The same applies for engineering extreme longevity, you need some restrictions, otherwise chaos and aging are natural. It's not that hard, just replace fire grills and all junk food burger flipping plates with pressure cookers using water for cooking and you get longer healthier lives for all people. Incidentally we're made of 70% water, not fire; cooking with water seems more human friendly? People need to choose: tasty food and 80 year lifespan or healthy food and 120 year lifespan. Tasty is subjective: due to cultural brainwashing, people link taste of toxic burnt compounds to happiness, as the first instance happens in a happy childhood moment and brain recreates that illusion. In a society where cooking is different, tasty has a different meaning. Oxidized cholesterol doesn't just destroy the brain, but every organ which gets diminished blood nutrient flow. You don't believe me? Watch what cholesterol (in animal foods only) and calcium do here. Our body makes all cholesterol it needs. ☺☺☺

There is some hope though for pizza lovers: *vegan* pizzas are not healthy if they use fatty *vegan* cheese and vegan meats; dry heat creates AGEs too, even if no oxydized cholesterol; *vegan* pizza is healthy if made in a special way, with low fat, humus (chickpeas puree) not *vegan* cheese, more veggies, moist heat, low temp by a person knowing how to reduce AGE formation 50-100 fold; no such pizza was ever made by a company; lentil puree and spices and steamed veggies, onion, garlic on top and minimal processing of the bread; choose low 10-70 AGE units foods (always lowest values in any category, only few items with AGE 70-250) from Table 1 to make your home made low AGE☺☺☺ pizza more often and to prevent living 1-25 years shorter (1 if rare junk food eaten, 25 if tons of daily junk eaten and body doesn't adapt); the "nutrition education and biochemistry IQ" of restaurant owners is so low, so with some papers you can

outdo them 50 fold AGE wise. 5 minute healthy pizza: take some pita bread with minimal brown spots (avoid brands with burnt spots as those contain carcinogens; put on top of it cooked lentils, slices of carrots, butternut squash, onion, garlic, some mustard, red cabbage, kale, place in a pressure cooker for 2 minutes until pressure builds up to soften the veggies and steam them. Eat it, it's way healthier; best is to get a gluten free pizza bread, they sell those or can make it at home, to avoid issues in some allergic people. ☺☺☺

Another atherosclerosis cause is TMAO, trimethylamineoxide, a metabolite of carnitine (found in meat only), choline (found in meat/eggs mostly, but also in legume, veggie, pollen lecithin). Intestinal microbial metabolites are linked to severity of *myocardial infarction* in rats ► PO 2016;11(8):e0160840. "Intestinal microbiota metabolism of L-*carnitine*, a nutrient in red meat, promotes *atherosclerosis*" only in *OMNIVORES* ► NM 2013;19(5):576-85; as Fig 2 shows, *vegans lack the microbes to produce toxic TMAO once given L-carnitine*. "a striking increase in d_3-TMAO generation was *observed in omnivores over vegans/vegetarians* (>20-fold; P = 0.001) following oral d_3-l-carnitine (deuterated) ingestion" ► JCI 2019;129(1):373-87. *These 2 studies defined vegans as vegans for more than a year, while other studies may call any omnivores eating plants for 5 weeks a vegan, which is wrong and will lead to more TMAO generation* of course; for example, a tiny study of only 2 pages (most papers are 7-30 pages), Circ 2017;135(17):1671-3, gave 450 mg choline/day to 8 "vegans" and 10 omnivores and both had TMAO increase 10+ fold, but there is no data on the study design and "*vegan*" verification; *that's probably why some studies get a tiny (still lower than omnivore) TMAO production after carnitine/choline/lecithin [lecithin is diacylglycerolphosphocholine or* R_1-C(=O)-O-CH_2-CH(O-C(=O)-R_2)-CH_2-O-P(=O)(O^-)-O-CH_2-CH_2-N^+(CH_3)$_3$*] intake by vegans, some vegans were short-term (not long-term) vegans who skewed results to higher levels from 0; this is a real issue in vegan studies, many fail to make sure the vegans were vegan at least 5 consecutive years prior to the study, or* did not take animal origin probiotic pills that changed microbiome to omnivore partially, *vegan for 10 years in the last 20 (*since most people don't become *vegan* suddenly, they first go vegetarian, then vegan for 4 weeks, then go back to vegetarian and oscillate on-off dairy 5 years, until finally moving to vegan only for 5+ years*); plus, people often lie about their eating dairy at times, or forget; pay attention when* reading study design how long the *vegans* were vegan for, how they *verified* it; otherwise, you can't really know what vegan diet is like, with the 3 month "vegans". ☺☺☺

An ever bigger issue with "vegans not being vegans*" in studies is that many vegans are not very careful reading labels of the enormous amount of junk or processed foods they eat (I eat 0 of that), so sometimes a company, just like Pharma ones say "no preservatives" on eyedrops, sneak in a chemical under a different name that those who don't know chemistry don't recognize is the same BAK preservative. The food industry is not required to list EVERY ingredient, so processed*

foods can be marketed vegan or deceptively "plant-based" (which can mean 80-90% *vegan*, it's mostly "plant-based" indeed) to increase profits when they're not, since it's too costly at times to remove some contaminant. *The supplement industry (GNC, Target, Walgreens, Walmart items) was caught* selling fake herb supplements, where 79% didn't have what's on the label*, or had cheap substitutes.* So they put some ingredient that is contaminated with animal microbes (or vegans swallow or chew animal gelatin of vitamin pills, which can have animal microbes); if vegans eat that "vegan processed food" a lot, their microbiome can shift towards omnivore a little and they produce TMAO a little, ruining the study. The more vegans eat out at "vegan/vegetarian" restaurants (FDA doesn't inspect restaurants to verify *vegan* meals are vegan, unethical owners can make "fake vegan entries" to increase sales) or normal ones offering "fake vegan" entries (not really *vegan* always), the more vegans eat processed foods and not read labels (40 ingredients there, a little dairy sneaked in and he didn't read that, or fish extract in the natto (*people wrongly assume it's vegan always*), etc), the higher the chance they're getting animal microbes. Fecal transplant from vegans doesn't change TMAO production much, since the vegan microbes are immediately outnumberred by omnivores ones, so one needs to change the diet to *vegan* ► JAHA 2018;7(7):e008342. TMAO doesn't just destroy all organs via atherosclerosis and thrombosis (blood clot creation), *but plasma* TMAO *jumps 12 fold* ☺☺☺ (3.5 µM to *43 µM*) *after 3 months of giving 1 g of carnitine to omnivores*; "plasma levels of carnitine are dose dependently associated with incident risk for ...myocardial infarction (MI), stroke and death... the adverse risk associated with plasma carnitine levels is only observed amongst those who concomitantly have elevated TMAO levels" ☺☺☺ ► MGMR 2018;15:130-3. This is why red meat (which contains 3 times more carnitine) is far more deadly than chicken/fish (people may lose 9 years of maximum lifespan too, not just being sicker in old age). If *vegan* this would not occur. We hear about "supplementing with carnitine, choline, lecithin" sometimes, but we can ask, at what cost? Is the cure worse than the problem? Having 12 times more blot clots and atherosclerotic plaque generated by TMAO, who knows what % of total clots and plaque is caused by TMAO? TMAO also attacks the kidneys possibly causing renal fibrosis ► "TMAO is cleared by the kidney... Within *CKD* (*c*hronic *k*idney *d*isease) subjects (average TMAO *7.9* µM *vs 3.4* non-CKD subjects), higher (fourth (≥ *12.4* µM) versus first, (< *5.2* µM) quartile) plasma TMAO level was associated with a 2.8-fold (*1.93 after adjustments*) increased mortality risk" ► CR2015;116(3):448-55; even the non-CKD cohorts had 47% higher mortality (after adjustments) if TMAO was > *5.3* instead of < *2.3*. "High plasma TMAO levels (average *5 µM vs 3.5 µM* in normal subjects) are observed in patients with HF (heart failure) and elevated TMAO levels portend higher (*double*) long-term mortality risk independent of traditional risk factors (and renal function)"; TMAO ≥ *8.51* µM meant *3.4 times* the risk of death vs TMAO < *3.03* (*2.2 after adjusting for confounding factors; in studies, the confounding factors are not always confounding, the lower GFR is often caused by the same TMAO*) ► JACC 2014;64(18):1908-14.

Among heart failure patients, "TMAO levels were significantly higher in patients with diabetes mellitus (9.4 vs 4.8)" ► JCF 2015;21(2):91-6. TMAO destroys the pancreas/brain too, the blood vessels there, via atherosclerosis, so insulin production, memory, glucose management weaken. All diseases are worsened by TMAO atherosclerosis, since all organs are nutrient starved by the 2 to 10 times lower blood flow, so mortality goes up. We keep track of sports scores, not TMAO. It helps, if not 100.% *vegan*, to monitor TMAO if taking carnitine/choline pills.☺☺☺

11.15.4. ► Curing Crohn's disease, asthma, multiple sclerosis, Hashimoto, lupus, arthritis, proctitis, psoriasis, epilepsy, eczema, fibromyalgia, celiac disease, depression, chronic fatigue ◄

16.3 explains why going vegan cures autoimmune diseases: omnivores have leaky gut often, so animal proteins leak inside the blood (normally only amino acids, or 3 amino acid peptides can), T cells create antibodies for them and attack them in the entire body, so atherosclerosis is often an autoimmune disease caused by the eating of animal arteries proteins that leak and then the body attack proteins of the arteries, causing plaque, since they're almost identical to human. Asthma (lung), brain diseases (multiple sclerosis, meat has nerves (myelin is 30% protein dry weight (MPZ, MBP & MPP) and body then attacks the myelin sheath), thyroid, liver, kidney, heart valve etc diseases can be caused by eating the animal organ proteins that then get attacked. Dairy also has proteins similar to human ones (even men can produce milk, especially women) and can cause lupus. So if you eat anything non-vegan, eat something furthest from humans, like tiny krill fish (smallest fish you can buy, 1 cm), etc. A Lupus reversal specialist Dr Goldner veganmedicaldoctor.com with lupus from 16 to 28, got rid of LUPUS in months by going *vegan* (lots of greens), besides losing a lot of weight and returning her cholesterol to normal, becoming a doctor and giving birth to a son later without any problems, which is not possible usually for people with lupus. ► 20 min video. She has a curing lupus website too goodbyelupus.com. A lady got relapsing polychondritis (similar to lupus, autoimmune disease), which vanished after 3 weeks of going vegan from vegetarian, as dairy caused the autoimmune attacks. Curing *multiple* sclerosis (not able to walk properly, now she can run) and *Hashimoto hypothyroidism*, losing 80 lb with a no salt low fat raw *vegan* diet within 18 months (5 years of *vegan* diet prior did not do this, only raw *vegan*) ► 6 min clip. Dr. Sam drsampt.com cured *chronic fatigue and proctitis* via raw veganism ► 4 min clip. *Autism* cured by mostly raw vegan diet ► 3 min clip. Audrey Voss had *rheumatoid* arthritis, couldn't put shoes on, move her fingers well, or even walk; she did a 5 day juice fast, then went raw *vegan*; 1 year later she completed a triathlon ► 2 min clip. *Epileptic seizures*, low energy (could not help his mom carry things up the stairs), *suicidal tendencies* (tried it many times) healed by 6 months of raw veganism ► 6 min clip. *Eczema* disappeared via raw veganism ► dehappy5.com, Ullenka story, Laura story and Sarah story. Fibromyalgia, arthritis, *depression*, extra weight gone via raw veganism ► 4 min clip. ☺☺ Multiple sclerosis and losing 135 pounds via raw veganism ► 3 min clip. See also this 12

min one about multiple sclerosis and veganism. Rebecca cured MS ► 13 min clip. *Depression* cured via raw veganism ► 5 min one. Lupus cured with 3 months of raw veganism, after 90 days her blood looked like that of a 16 year old ► 8 min clip and she was so changed, that she started a raw vegan restaurant in 2008. Lupus caused *psoriasis, dialysis* gone ► 4 min clip; high insulin ► 5 min. *Asthma* cured with a *vegan* diet ► 3 min clip. Vegan lost 125 lb in 5 months via raw veganism ► 3 min clip and raw2therescue.com. Meat eater *lost 215 lb via* raw *veganism* ► 10 min clip. Heather *lost* 300 *lb* by *going vegan* ► 50 min clip. *Crohn's* disease cured via 9 months of raw veganism ► 2 min clip. Lose 240 lb in 9 months ► 9 min clip. *Celiac* disease gone via raw veganism ► 1 min clip. *Candida* gone plus amazing energy on raw *vegan* diet ► 1 min clip. Raw *vegan* athlete eating 90% fruits, 10% veggies runs 150 miles ► 3 min clip. 74+ year old raw *vegans* look decades younger ► 34 min clip (ann..ns.com) & 26 min clip (youngonrawfood.com)

11.16. Avoiding nutrient depletion thru meditation

The meditation is a million times more ecstatic than sex section explains in detail that the human reproductive liquids contain *substances* that, if lost frequently, as in daily sex, can deplete body reserves of *nutrients* (essential fats like DHA-EPA☺☺☺, amino acids, enzymes, cofactors used in body repair) used to make those *substances*. This *can lead to the body's inability to replenish* those *nutrients*, if *mild deficiency exists,* shortening the lifespan. See 13 reasons for abstinence. Not all vitamins, cofactors essential to living to 400 are known; some may be lost by *frequent* sex. Animals (turtles live to 400) don't have sex daily. Plus, it's more selfless to help 1 billion people live to 200 or 7,000 live to 99 in health than just help 1-2 people have fun while living short lives. Avoid erotic media or touching erogenous zones too much if you massage frequently feet, hands, body to lower cortisol as it can cause sperm build up/night emissions.☺

11.17. Eye health, nutrition thru the 100s of natural tear nutrients (how to prevent floaters, dry/red eyes, eventually stop using eyedrops)

This 390 page subchapter is for the digital era of saline eyedrops and "blinking less by staring at devices, atrophying the lacrimal and tear oil glands, increasing eye inflammation as dust/dirt aren't cleaned/drained in the nasal duct". People go to dental office to clean/check teeth, they spend a lot of time to learn how to maintain their house, car, garden, flowers, computer, phone, gadgets, everything, but nothing about learning how to maintain eye health, prevent eye dryness, redness, eye gland atroghy, they never go to check/unclog Meibomian Glands MGs or do home cleaning, the key glands that, together with lacrimal glands and others secrete 2100 chemicals to maintain eye health, keep them moist, lubricated. Without eyes, we can't do anything. Same thing for other areas of health. 0.5-2 billion people got (more when all live to 120) mild or serious dry/red eyes, leading to faster eye aging. Check the 10 page humidifier,

humid climate section to relieve eye stress. A study found 72% of adults, 42% of kids have meibomian gland dysfunction, MGD, i.e. eye malnutrition. ☺☺☺ The sections below show how we can fix it without artificial tears (with side effects), while developing discernment (7 page paragraph) about fake news and partially fake public realm papers and ingredients, while the real studies without disinformation, obfuscation, fakery, etc are obviously not public, since there is no peace on Earth, and tech has dual use: any info about eyes can be used to design bioweapons that infect millions with viruses that damage health or lower IQ, so companies use 'it's a trade secret' to hide info. So when reading papers linked in this book, it helps to know all Internet/Journal papers are a mix of omission (up to 99.9% of knowledge), obfuscation, fakery, disinformation to protect intellectual property, real ingredients (not listed?). We can read between the lines, use 20x mirror before and after every eye product use, and get a feel of how many centuries we have yet to develop tech to make decent natural like eyedrops:

11.17.1. Urgent actions when eyes are dry/red: humidifier, regular 8 hr sleep, 20x mirror, $ 0.50 moisture retaining eye night mask, $19 daytime wrap around foam seal safety glasses to reduce use of 80-100% nonsaline tears in 3 days for all (even the 1% with fully dead lacrimal gland). ☺☺

11.17.2. The 3 layers (with 2100+ nutrients) in tears; how to yawn to generate tears (minimize artificial tears or use saline only) containin 2100+ nutrients, versus 4-10 in artificial tears: keep all artificial tears/saline vials in the fridge, since microplastics leach far less in colder temps.

11.17.3. How preservatives ruin the eye + 15 dry eye ointments, 19 eyedrops with lipids for 86% of dry eye patients with lipid deficiency, 63 eyedrops without lipids & 9 salines (NaCl+H2O only)

11.17.4. Which buffers match your natural pH (citrate, Tris, borate, phosphate, lactate, etc)?

11.17.5. How redness relievers cause rebound redness, dryness, ocular damage long-term; alternative to redness relievers like cold compress, cold compress + eye ointment + tear combo; mildly cold compress reduces inflammation, brings water on ocular area & silicone seal can evaporate it to hydrate eyes without saline, drops, gels, just water vapor; *by training lacrimal nerves to release tears when cold compress comes*, via simulated yawns, etc we can create lacrimal tear release reflexes that ensure hydration of endogenous and exogenous (vapor) type.

11.17.6. How to put eyedrops easier than ever before (never miss) with a $5 bottle/vial guide

11.17.7. How to take pics of eye nourishing eyelid Meibomian Glands (MGs), how to do warm compress, MGs expression at home to unblock, regenerate them; how to cure MGs Dysfunction or MGD, with NuLids, TearCare, Keratograph, MiBoFlo/MiBoCam, LipiFlow/LipiView, iLux, IPL

11.17.8. How to protect eyes from oxidative damage done by UV, blue light, wind, air pollution

11.17.9. How to require moisture glasses, info on dry eye prevention to be in every drug store

11.17.10. Punctal plugs, treating styes/dry eye with light, antibiotics for MGD, stye, pink eye

11.17.11. How photons, vitamin A, electrons help us to see and how to prevent eyelid swelling.

11.17.1. Urgent measures besides humidifier, yawn tears, saline drops, 20x mirror, meibograph pic, warm & cold compress, sleep=eye repair, bad sleep = 70% fall in T cells, 20+ other actions

►►► 11.17.1.2.1. Use daily: *Moisture retaining night eye mask*

►►► 11.17.1.2.2. Use daily: *Moisture retaining daytime glasses*

Since all artificial tears are in plastic containers, the microplastics leach into the drops and eyes and can cloud your cornea, leading to the need for glasses or eye cancer. Moisture retaining glasses can distort vision slightly too, if cheap and not high quality glass. Therefore, it is eye saving to build a cubicle around your bed and desk, using foam boards and tape ($1.25 foam boards from $ stores or pack of 50 google search or eclipsusa.com 65$/50 pack can use even aluminum on one side to block RF if too high, 3.2 mil 8"x150ft aluminum tape covered with 8”x435ft clear tape) in order to create an artificial 80-90% humidity inside as found by the ocean in California summer, with a simple humidifier, that is not ultrasonic, as ultrasonic ones bring microplastics and scale particles (white dust that ruins lungs) into the air, causing eye, lung damage, infertility, cancer and possibly death 30 years sooner. The safest humidifiers may be the ones without ultrasound, but only boiling, use alcohol prep pads (100/1$ at $ tree) to wipe parts clean, and without the ozone and oxidized air chemicals from UV humidifiers that ruin the eyes and lungs too, poisoning the blood. For 30+ pages on humidifiers, click here. ☺☺☺

11.17.1.1. First urgent action: keep eyes moist always during the day: happily, kindly, gently *yawn* to induce tears as the yawning section explains, to provide immediate relief NOW, don’t let eyes be dry and deprived of the 2,000 unknown or known tear chemicals. Repeat when dry. Sleep if few tears come, since being tired prevents copious tears; watch in a mirror how eyes became less red (typical of dry eyes). Buy a $10 20x mirror which is worth trillions, because it helps us test every new *drop* and *bottle* we buy, prevent damage that costs trillions to fix at our current tech level; it seems far safer and ☺☺*lovingly gently* kinder☺☺ to not sit too close to the 2700K lightbulb, to avoid too much ocular stress from the light. A future device could allow us to see things even better and safer. I also bought 30x, 40x, 30x/60x, 100x, 200x mirrors on Amazon to hold to a phone camera and then look at the pic on the phone screen in a mirror to get the 40-100x image of the eyelash roots, to check for blepharitis, Demodex infestation, take pic to send teladoc.com for instant prescription or consultation (or your insurance offers telemedicine

in the search option, choose the best MDs, not ODs, from USA on the network to ask who receives samples you took of your eyelid oils, styes etc or whatever, since teladoc uses few doctors), etc and pic the eye in general; you can do the same; I bought a lot more magnifiers, but these were the most useful ones that I did not return. This is harder to do, the 40-100x, as it requires you to hold the phone and tiny magnifier attached to the phone, and then move until resolution is good. The 20x is instant, as it's fixed and you need nothing else. This also tells us how good our sleep is each day: bad sleep means damage to every cell of the body, some of it irreversible; look at the eyes each morning, and evening at least, for 1 second, *eyes mirror our entire body: how healthy is the white of the eye?* Many drops (Refresh Optive, Hylo Gel/Care, etc) are gel-like or thick, so they *can block the nasolacrimal tear drainage ducts at night, make the eyelids sticky with thick lubricants, form cornea ridges of lubricant (HA, CMC), even during daytime if using cold compress or taking a nap, ridges that cause 'foreign body sensation' inflammatory response, leading to red eyes in the morning similar to having an eyelash inside*.

Only use any drop, gel, ointment *@ night* after testing it 10+ times *during* 10 *days* by 20x mirror checking eyes *20+ times/day*, and then during *5 daytime naps* to *check effects* during 1 hour of no blinking *(since* this increases contact time 100 fold *and allows to see if that drop reddens eyes or not after 1 hour; if 1 hour test passes with no redness, also test it twice for 2-3 hour naps (or weekends after waking up early to drink water or pee and going back to bed) to* make sure eyes are not red *or uncomfortable; if red, don't ever use at night, since 8 h is longer than 1 h or 3; it simply means your eyes can't tolerate that much exposure);* if you use thick drops at night, first times of testing, always blink 30 times at least before going to bed and squeeze eyelids so only 10% remains to test the effect of 10%, *so you don't damage eye if allergic to it during sleep; if you use thick drops at night without squeezing a little,* each morning clean eyelid MG orifices of sticky *dried* drops if any, to get lipids flowing. Let eyes blink for 2 hours before daytime testing again to avoid irritation or damage with weirder thicker drops that take longer to wash out; *at night, we* don't blink *and* exposure *time to chemicals by ocular* cells *increases* 900 times; test all drops 1. *morning*, then 2. *afternoon*, then 3. *evenings* (less time to blink, generate tears to wash); if OK, move on to testing for 4. 1 hour *naps*, 5. *2 hour* naps, 6. 3-4 hour naps or late morning oversleep, then 7. finally short night: *6-8 hour* max first 8. long sleep 12 hour. *The* drops *that* cause *no* redness *or* discomfort *after* night *use,* are *the* ones *that are* safest *to use* during *the* day *too, it* means *that* they *cause the* least *unseen* damage *that is so small it takes* years *to notice its* effects *and you will blame it on 'bad sleep' or* else. When I say night I mean a night when you sleep well, relaxed and don't blink, not a hectic night of anxiety and blinking that pushes all drop or ointment out fast. ☺☺☺

Blinking a lot is leading to wrong conclusions about the safety of products, hence companies could be required by INA or FDA *to write* "We are in the stone age in the Pharma industry.

Centuries away from making a drop with the 2000 chemicals in natural tears that expires in 3 days not 3 years or months. As such, we suggest you read the INA PDF on how to use other methods than toxic poisonous drops we sell, which in future centuries are called poisons. *But if you tried everything else, please see side effects and potential toxicities in the attached 100 page PDF at this website, and do a test before using this eye drop or gel, ointment with eyes closed for more than 5 minutes (especially at night or naps): sit with eyes closed 5 minutes first (then 10, 20, 30 minutes), relaxing or napping or listening to relaxing music and then see redness with a 20x mirror (since 1x shows almost nothing clearly) and comfort level. Other drops with polar lipids may increase cornea permeability to these toxic ingredients, so wait 2 hrs between drops ideally after you have been blinking a lot and washed out the other drop well. If no discomfort or redness, these poisons may not be as damaging as other drops for your eye biochemistry. But try use saline when possible.*"; just like cosmetic companies write on some products instructions "do an allergy test first, to see if your skin tolerates this", cornea is like the skin. ☺☺☺

***In studies they don't account for the confounding factors of 1. nasolacrimal duct partial blockage, 2. blinking during sleep 50x more, 3. sleeping on one side (causes the eye opposite to the side to have the stuff fall out of the eye more into the nasal corner outer area) for some people, so they lead to studies with different conclusions.* Alkaline drops are better used 2nd half of day when our pH is more alkaline. Since today you would not use eyedrops manufactured in the 15th century by clueless 'alchemists', which would be full of toxic compounds in plants and nonsterile, you would never put the 'poisons by 25th century standards' that we call 'artificial tears' in your eyes and if you had no choice due to inability to generate tears by yawns, etc, you would use 20x mirror to see 5 seconds BEFORE and 1, 3 and 10, 30, 90, 500 minutes AFTER eye redness, floaters, comfort and log it in into an Excel or other table you/NIH makes, to make it easy to test 10 times every new bottle, since human Quality Control is not that good (did temp during warehouse storage (Amazon?), shipping affect hot/cold weather degrading compounds?). Even for regular use of drops that seem OK, you would check BEFORE and AFTER with 20x mirror always☺☺☺, to enable you to see eye condition 10 times a day at least. ☺☺☺**

We want to compare apples with apples, not oranges, so to ensure that we're always looking at right and left eye with the same brightness of lumens, same angle, etc, we need dedicate a portable lamp, tape it to the table or counter or etc, fix some object nearby to support the 20x mirror in a fixed position and make a label for upper and lower lip that you bring your lip or other face feature to, to always look at it form the exact same angle and light level, to avoid illusions of 'it seems redder', which may be due to holding mirror further away, or using less light due to a different angle, etc. This taped to a frame mirror *(use a 2700K soft white bulb, to avoid too much blue light when so close)* enabled me to go from checking eyes once a day, and perceiving it as a hassle, to happily checking eyes 20-40 times daily sometimes when *testing new*

drops and effects of sticky hyaluronate *drops (watch the temporal eye corner when you blink and see if hyaluronate gel like sticky stuff is there after 5, 10, 40, 300 minutes to evaluate optimal hyaluronate drop viscosity and whether foreign body sensation, 'eyelash in eye' feeling exists for some drops due to extreme viscosity causing needless inflammation and cytokine storm, the effect of cold compresses and procedures, etc (like how cold compress solidifies o*r makes hyaluronate more sticky, etc). *Besides the* 1. redness test*, 5 minutes after eyes closed with a new drop (use phone timer, so all drops get the same exact 5 minutes, to have scientific comparison not subjective), we have the* 2. comfort test *(sandy, itchy, stings, burning, too thick?) and the* 3. floaters test: thicker drops form a 'contact lens' like film, which changes the neuroadaptation of the eye (*neuroadaptation is the process of eyes no longer seeing floaters; floaters disappear with good sleep; a vitamin blend Vitreous Health that reduces floaters has stuff in fruits and multivitamins: 40 mg C, 5 mg zinc, 26 mg* grape seed extract *(25 mg are* proanthocyanidins *(same* stuff in plum, blueberry)), *100 mg orange* flavonoids *60%* Hesperidin), which can make floaters more visible for 20 minutes: ***look at the white sink or a white surface and move eyeball left and right, before placing a drop and 5 minutes after eyes closed with that drop, to see if floaters are more visible; this will tell if the refractive index of the drop is similar to that of natural tears or if anything unusual happens***.

For the sake of your own eyes having a simple to use 20x mirror fixed workstation (5% the lamp, 1$ a frame or object support, 9$ mirror) that you can use quickly while sitting is important: it helps you do many things related to eyes, remove eyelashes, express glands, trim eyelashes, etc very fast and safer, to evaluate which drops are most compatible with your eyes the most, etc much better. It's very important to check eyes 10 times when using new drops, 1, 2, 5, 10, 20, 30, 45, 90, 300, 500 minutes after a drop, gel, ointment and repeat tests many times to get objective data not weak conclusions based on spare data. Fixed 20x mirror also helped me to discover 9-16-21 how most redness of the eye, the tiny arterioles are on the conjunctiva (33 µm, vs 70 µm for human hair), while the big thick vessels are on the cornea; you can see that yourself by using 20x mirror and moving eyelid up and down to see which arterioles are moving. This shows us the conjunctiva gets irritated fast and you can see how easily the redness relievers or any drop can shrink both cornea and conjunctiva cells. You go to doctor, he recommends a drop, then you use more care before the 1-2 month check-up that reveals an improvement in some parameters like tear duration, etc - but this is superficial, since it hides the long-term effects only you can see with your meticulous records before and after each drop use, in a normal stressful day, not tear break up time increasing 50% before appointment due to using drop right before it, etc and treating eyes nicely last 2 days; long-term effects are often hidden by one test of ocular status.☺

Why be naive and believe the info or lies Pharma marketing departments deliver (they don't tell people to use 20x mirror to see what drops do to their eyes.), why not do your own research too

and 'quality control'? They don't know everything and they often hide more than 98% of what they know, publish what they wish, never tell us much about what is inside, what properties it has, MW of polymers, concentration, *etc. We're left in the dark, easy to manipulate and deceive, victims of the state of eternal war where everybody hides and obfuscates info*, afraid others will use it to create lethal viruses, weapons via eyedrops or any medical tech. Pharma hides info not much because they want profits or don't care, but often because any knowledge of eyedrops or anything medical has dual use: it can be used by foreigners to slowly exterminate others. They don't want people to know how bad some drops could be, since nobody would buy them. *I even put a mirror near my computer to check my eyes at 1x every half hour or so and a 20x mirror with suction cups stuck to this mirror to check eyes at 20x easily by moving head slightly, and take computer breaks, use cold compress when they get red.* ☺☺☺

$ stores have 10x mirrors that you can place in more places to remind yourself to check eyes at 10x at least and if redness, then check 20x to see; eyes can get red before you feel any dryness or discomfort, so mirrors can help you a lot to keep eyes healthy. After you use it a little, the light from the bulb can cause the transparent light reflecting edge of mirror (if your mirror edge is transparent) to appear as a reflection of a circle around your pupil, which may scare the hell out of you when you first notice it, it's nothing wrong with your yes, just a reflection that moves as you move the mirror. It may thus be better to get a mirror with a solid color edge. *It's ultra critical to check eyes with 20x mirror when waking up*, to see which vessels are red and know if it's degree 1, 2, 3, 4, 5 of redness (each degree has specific arterioles red that you know get red only at that level) instead of somewhat red (more scientific, you can also do it at 5 am when you go pee or drink some water in the middle of the night to evaluate how well some ointment or drop combination or night moisture mask worked). This also helps because 1x doesn't allow you to see small mucus bits, because if you placed any somewhat new drop (*sticky hyaluronate*) or ointment and the eye doesn't like some ingredients, it will secrete protective mucus that merges with the ointment or gel, transforms it and is coming out of the nasal corner of the eye; the mirror allows you to see if any mucus is still left in the nasal corner and remove it with some saline solution. You don't want that mucus to be there for hours of the day as it will cause unnecessary redness and inflammation that prevents the healing of cornea due to dryness caused damage during night dryness. ☺☺☺

We can see redness at 20x, tiny unhealthy blood vessels appearing and beginning of dry eyes 20 years before dry eye symptoms (*or endless diseases caused by bad sleep that makes eyes visibly redder only on 20x mirror*)☺☺☺ appear, you can't do that with 1x; *this $2* mass produced mirror saves society *$2 million* in healthcare costs (to keep someone alive to 90 or 100 in decent condition, *delaying aging diseases by 25 years*) *per person if done from age 5, teaching good sleep, eating, exercising, digital screen habits from toddler stage*; for 100 million people this is

$200 trillion saved; the mirror tells you when it's time to practice universal loving kindness towards yourself and get some rest and/or stop any activity that made eyes red: eyes reflect cardiovascular health thruout the body and it's atherosclerosis, inflammation that kills most humans. Our health is worth 2 seconds/day. 2 seconds a day for 75 years can mean just 15 hours, but can add 40% extra to our lifespan, so we live to 105. If we can't be *gentle tender soft* with self, we can't be so with anyone else; if that's not enough, the burden to society from preventable diseases and short lifespan is worse than world wars.☺ The mirror helps us to reverse aging, to go back to how eyes/body looked like, to restore the Lepton-Quark-Boson-Immortalion Chart: future tech takes a 'mirror' pic of us to bring a younger state. Letters in *mirror* are first of Immortality.☺☺☺

11.17.1.2. Second urgent action: keep eyes moist always using the night moisture mask (2.1) and day moisture glasses or 'mask' (2.2): these masks need to be sterilized or cleaned as much as possible daily, to avoid bacteria contamination of the eyes. Until they make something easier to use with something that is peeled off daily and discarded or easier to wash, be careful with this, to avoid eye infections. The reasons medical companies don't make these masks (only tears) may be, besides making 30,000 times less profit by simulating a more tropical weather around our eyes, 1. it's hard to motivate people to place the future 3D printed custom fit masks into a sterilization solution or to do what we're supposed to do with existing masks sold out there: wipe them with 65+% alcohol moistened STERILE, q-tips (2000/40$ or sterile alcohol pads (buy online, free ship if 10 packs) even better (use only for 2 swipes, as more swipes will get fiber inside eyes), since no q-tip cotton fibers get stuck on lenses to fall into eye and make it red) daily or at least tap water wash (if rubber or silicone) to remove nightly eyelash, hair, dirt, buildup and make them shiny and clear again, dry them with a clean towel or let them dry a few minutes before putting them on; 2. due to water vapor bringing bacteria from eyelid to the eye causing eye infection. However, if one would properly wash face and wear such goggles all the time, the contamination issue would not be there (millions of construction workers wear dual pane tight fit safety goggles that are worn 8 hrs daily (large version of dual pane here) under high humidity of the enclosed ocular area, maybe use a similar brand that works for your face, ***far easier to disinfect daily with q-tips than the home made masks below which are proof of concept***).☺☺☺

We see how hard would be to motivate people to clean the ocular area covered by such glasses daily properly and maybe even use a disinfecting eye drop to make sure no bacteria grows. On the other hand, imagine you live in a state with 2-3 times higher humidity than presently, then, the issue of moist air bringing bacteria exists too; even dry air brings bacteria and these glasses protect eyes from dry air bacteria that would otherwise soak our eyes in 100s of time more bacteria. Maybe it's too much work or too expensive to create masks that solve the issues, but at the level of tech today, it is easy to make something, it's just a lack of CEO motivation? Scleral

contact lenses (2013 released Daily Total 1, 2020 Infuse, 2015 AcuVision Oasys daily 'contacts for dry eye') for dry eyes don't have this issue, are tiny, easy to clean and sterilize daily, (or disposable, no cleaning needed, but cover only iris and a little extra, so dryness drops only 50-70%; most contact lens wearers discontinue soft contacts (not scleral) due to dry eye they cause, so they designed larger diameter scleral ones, filled with fluid, not for vision, but for dry eye; even those however don't cover the driest area of the temples, where MGs atrophy first), but bring another whole set of issues related to bacteria growth, protein allergy, restricting the flow of 100s of tear nutrients to part of the eye, causing faster ocular aging. Today we have no 0 effort/issue tech: all dry eye management techs require daily cleaning. ☺☺☺

11.17.1.2.1. ►►► $0.5 *moisture retaining eye mask* during the night ◄◄◄, is a cheap alternative to a more expensive modified tranquil eyes XL, which itself is useless on warm nights, even if moist, as it dries the eyes. Blinkjoy has 2 night masks too. You can also sleep on the back, with a plastic lens glass (sunglass version) of 20$ from the daytime section, that come swith its foam and you fill in the holes with earplug silicone to create a tight seal. This 20 pages below explain various possibilities for those who don't want to sleep with foam gasket plastic glasses on. Perhaps, for some people, the most effective mask at night can be the plastic sunglass Bollé Cobra with foam and some silicone, basically a day mask, dark to not wake up mornings, which works better than anything (*especially at preventing eye press via pillow which* may have led to *millions* of people going blind, since *300 BC when* soft *pillow* (hard ones came in 7000 BC reportedly) *was* invented, *thru crushing the* optic *nerve* 8 hours a day for the 70% of humans, who don't sleep on the back, *which causes* glaucoma) in the next 20 pages on warm and hot nights when all other masks dry the eye due to overheating it. When room humidity is low, yet you or room is not warm-hot, etc, the *moist* tranquil XL or the *moist* 50 cents mask is better, since it creates a ***microclimate of humidity without heat, so you can keep all by bedside and switch depending on heat/humidity***: *see* front and back pics of my September 2020 50 cents mask version, and the front of April 2021 thick version (thick *lasts 15x longer, how I wear it now, used a trimmed 3/8 inch wide foam roll, thick so it doesn't fall off at night when moving and compresses less)*, or front of untrimmed 3/4" wide roll May 2021 version, the longest lasting version (you need trim the upper 3mm in some areas at an angle as picture shows, more or less, depending, not the bottom, to avoid touching the eyelash when eyes closed; leave bottom so it gets a good grip and lasts 20x longer than 3/8" wide roll mask that keeps breaking and having gaps every 3 days), or the July 2021 version. ☺☺

You can also buy tranquil eyes XL, though you need trim foam inserts 50% (double the lifespan), to avoid eyelash bending (so you can make 4-5 inserts out of one). *For dry eyes,* sleeping on the back seems the best choice, *as you* don't squash/misalign the trigeminal nerve which controls tears, meibum expressions, mucin expressions (the 3 layers of tears). Sleeping on the back is also

the safest position for preventing strokes as it prevents turbulence in circulation (turbulent flow causes clots), because it doesn't block any artery, which can be fatal or leave you paralyzed or unable to speak for 40 years. *Eyelids stay closed (*especially if you try to smile, which I do to train myself to close fully, they close tightly*) easier due to gravity*. With back sleeping, you can wear the XL sleep mask, moisture mask without gaps, meaning you need no toxic eye ointment and drops at night, except some saline; a tiny gap of air forming at night while tossing on sides makes eyes dry, inflamed, red next day; to keep eyelids shut, only back sleeping allows a safe foam pad that can't touch eyeball; side sleeping makes that foam press on the eyeball, though foam needs not touch eyeball at all (my foam pad on XL never touches the eyeball). ☺☺☺

Back sleeping prevents thru not only crushing your optic nerve and going blind as a result, but also dryness, 100s of diseases born of dryness, infections, etc, wearing glasses due to pillow pressure changing eyeball shape. Many people sleep *with pillow under knees to relieve back pain.* Sleeping on stomach is not recommended by most MDs since it causes strokes, and crushes both eyes as you switch sides. For finding the best back sleeping mattress, etc you could try 1 or a combo of these toppers: inflatable air bed with built in pump (20$ only if you got a pump already) plus a 3" Sinweek mattress on top (less heating in warm summer, we forget how much environmental damage foam and spring mattresses do, as they use up so much material and landfill space (inflatables are recycled, just cut the pump if built in if they puncture, immortalists will make 100% recyclable mattresses), inflatable + topper better than everything I tried, works if you are low BMI), a very soft memory foam mattress topper like 2" fast 3 sec rebound greenish blue Linenspa (7 lb for 2", 11 lb for 3") or 3" Choshome green white 6.5 sec slow rebound (13.37 lb, 1.1 lb cover, 14.47 lb total) or rough foam (support to place under the soft one) 3" instant 0.5 sec rebound sky blue Secret foam (it's 10x tougher than Choshome, even if description says 'extra soft' 13.42 lb) or some firm 5-8 inch mattress (with only 1: of memory foam glued to 4-7" hard foam); instant rebound foams reach full size in 1 hr vs 12 for the soft foams (slow rebound).

If, due to a medical condition, you need side sleep, place the mask in a way that prevents pillow from pushing so hard that it makes the foam touch your eyelid, as that causes blindness over time, via retina damage. For more sleep ideas see video. 67% of people sleep on the side, so we need avoid tossing so that mask won't move and mask won't create air gaps that lead to dry eyes *in the* morning. Back sleeping can cause chronic back pain if spine is tensed, so do research pillow use etc. Back sleeping *prevents sinus congestion (*which diminishes oxygen, shortens lifespan*), neck pain,* teeth shifts (due to upper half pressing on the other, so center teeth get pushed in or out, or due to resting on the jaw while sleeping), wrinkles, face swelling, irregular heart beat (left side) and more heart work (it's pressed if left side), poor circulation/dizziness (right side, if (not in everyone) pressing vena cava, can shorten lifespan as oxygenation via blood flow is impaired, we need medical imaging to check vena cava). Back sleeping can cause low

oxygen due to lifting belly less due to belly fat; lose belly fat and lower dry eye inflammation caused by that fat. In 2022-6 I slept on the back again, as when a kid. AI will determine from imaging, etc the best (for each person) sleeping position to maximize lifespan at the 5 year sleep position exam. Change pillow every 18 months, due to microbe accumulation. Sleeping with high pillow on the back is the most protective for the eyes from all points of view: dry eye, glaucoma, farsightedness. However, pregnant women need sleep on the left ideally (or without a choice, as headache is huge) to prevent dizziness/'low blood to fetus' due to uterus pressing on vena cava last 5-7 months when fetus is larger (low blood can mean birth defects, low IQ, poor health, 20 year shorter life expectancy; this all depends on how much uterus restricts fetus blood flow – needs medical imaging while lady sleeps). Trim moisture mask well so at night the foam *never* presses on eyelashes, otherwise, it will change the direction eyelashes point towards and this could irritate/redden *cornea* or need eyelash curling or trim explained in the cold compress section. *Use neck pillow on top of pillow corner if a side sleeper to surround the mask, to avoid ever pressing with neck pillow or pillow on the mask and bending eyelashes*.

This mask costs $0.5 to make, but save you in the long run $90,000 in eyedrops, ointments, gels, visits, and $0.5 million in time wasted due to lost productivity and preventable ocular damage: night dryness is in many cases the 80% where all damage is done, so, while this is extremely boring to read, these pages are the most important in this eye chapter: *it's in engineering a good night mask that dry eye can be completely eliminated for many*. Mask takes 10 minutes to make and remake, and you need place those 4-5 foam pieces tight against each other, since as each day goes by the foam compresses and shrinks creating air leaks if not too tight. But if air leaks develop, just recreate one in 10 minutes for $0.5 worth of foam or less. The July 3rd was my last version (before using the adapted, trimmed by 70% inner foam XL) and used the Amazon Wahah dry eye mask on the back and disconnects the two eyes (so this is the old $0.5 mask, except the 4 mm long plastic nose bridge was removed and replaced with Wahah nose bridge, while moist white foam was placed inside to provide moisture; but you don't need Wahah to connect the two pieces, you can just use some 1 cm long or so 4 cents elastic cord with a hole made in each piece and wrap it in foam so it's smooth on the nose, or just use some silicone piece from another swim goggle, etc), to avoid *1.* damaging the nose skin (see Amazon reviews of Eyeeco 51$ Quartz and 56$ Eyeseals 4.0 about complaints of nose scratches;☺☺☺ I tried those too and returned them, too harsh on skin), *2.* the huge air leaks that develop when you have to go over the nose with thick foam due to the incessant shift of left eye foam fit when you sleep on right cheek and vice versa; 90% of people sleep some of the night on the left or right cheek when sleeping on left, right or stomach side, so when we do that, the right or left cheek side shifts if the two pieces are rigidly connected via hard plastic instead of flexible silicone from the Amazon mask tapes to the back of the $0.5 mask; *the back of the mask has aluminum tape, then clear*

tape, then the Wahah mask secured with a lot of tape if you want more than I used; make a knot at the center to prevent the length of the cord to shift at night 3. the incessant snapping of the elastic band from the two holes I made in the plastic 4. the need to always remake the elastic since it shifts its holding strength with time, while Wahah is easy to adjust, unknot it and adjust every 1-2 weeks if needed for a better fit *(if Wahah cord gives out or is hard to wash, buy Amazon (lighter color is better to see dirt, replace it often, protect eye from infection) strong but thin* (not the one for face masks, that's too weak to hold the mask tightly*) elastic cord 327 ft/8$, (too thick perhaps) use the Wahah fastener or* a smaller flatter one if you find one*; though normal thin elastic is not ideal for Wahah fastener (can get better comfier flatter smaller cord locks* maybe from Amazon, 25 for 2$) since round cord is way more comfortable on the ears), 5. the inevitable breakage of the 4 mm plastic bridge between the two pieces which can happen before you notice it creating air leaks and dry-red eyes without you knowing why air leaked (like mine did partially after 6 months, fully by 8.7 months, until not even the tape on the outside broke by month 9). 6. Nose pimples due to incessant foam rubbing of nose; unlike other masks, this allows the nose bridge to go ultra high and above nose bridge due to the foam that rests on the nose, with silicone bridge never touching the nose something I have never seen in any mask; plus, Quartz, tranquil eyes, tranquil eyes XL, etc use plastic as nose bridge with plastic pins that damage nose (unless you use door foam to wrap it around), so if you like tranquil eyes, you can tape the nose bridge with door foam to make it soft or you can remove the nose bridge and tape on top Wahah to have a high nose bridge or create a better nose bridge yourself with soft silicone; for the $0.5 mask, make sure that your two plastic pieces for each eye have foam extending past the plastic, and that the plastic is very round, especially around nasal area, covered in tape or foam on edges, so that if you move a lot or the foam falls or something and the plastic gets close to nose, it won't ever exert pressure on the nose via the foam or directly, because then you get the same issue with Quartz, swim goggle type of night dry eye masks (Wahah other model, etc), etc that leave marks that takes hours to disappear, etc; plus it's no hygienic to have so much foam rubbing on the top of nose bridge, not the sides, when not needed, high friction on any skin would create bacteria buildup. 7. Excessive pressure on temples; this design is much better than tranquil eyes where the eye cup is centered and bulky, it prevents comfortable side sleeping without pressing heavily on temporal ocular vessels or skin or even the eye itself with tranquil eyes due to being quite small (hence you need tranquil eye XL); it even relieves temporal pressure vs former designs (2020, 2021) of the $0.5 mask without that Wahah attached. *For back sleepers, tranquil eyes XL is fine with trimmed inserts by 80%* 8. can make it more concave by using some $ store huge sunglass plastic lens and placing the other plastic with the foam on top of the lens, taping it to it, depending on the concavity you want.☺

These $0.5 masks are simply the most ignored (and effective, just use the 1$ plastic of COVID19

face shields at 1$ stores to make 3 masks) method that almost nobody knows, because regular eye masks don't retain moisture (most decrease it even), so you can make one for $0.5 in 10 minutes as explained below. If you're worried about chemicals in the foam, just use clear tape to tape the inside of the mask side of the foam. [If foam is not your thing, and you always sleep on the back 100% of the night, you could try use silicone earplugs (turn half of one into a 4 inch snake if needed) around like in the Bollé antifog pic, *sleep with these plastic glasses,* or try Cobra sunglass or Cobra HD as night mask *(if the clear HD, you can wear a removable clear taped on both sides aluminum foil piece (attach some tape pieces (double tape so no glue ever exposed) that go behind the temples when you want to put on the aluminum 'mask') to create darkness and remove when you need walk to bath, etc without breaking moisture seal).* MDs suggest that you replace sunglasses every 2 years (because the UV coating degrades over time, scratches allow UV *in), and that all UV blocking* glasses, like Cobra, are never be left in a hot car where UV, IR will destroy that UV coat.

Cobra is by far the most comfortable *pair* of glasses for silicone seal night sleep in any position *(protects eyes from pressure of pillow or mask better actually than having no mask or any mask)* due to adjustable temples and bigger size; however, the pair you use for night sleep is best designated for that, to avoid using chemical antifog at night and have it fall on eyelids by gravity. For side sleepers, buy a 5$ *memory* foam *neck pillow from $ store* or Amazon, rest the side of the head you sleep on on the neck or your normal pillow in a way that avoids pressing on the plastic frame or ear too much *(use normal pillow in an unusual position where it avoids the temple area completely so if you move slightly the glasses don't move at all; this will take some time to get used to if you're tossing all night in various positions, you will toss 10x less; i.e. pillow is always below the upper cheek and behind the ear at the temple level – to avoid shifting the silicone seal),* or use some towel to support head, avoiding the frame. Neck pillow is useful for 0.5$ mask;☺☺☺ a neck *pillow* can *help* the *0.5*$ *mask* to *shift* less *and* create *fewer* air *gaps; neck* pillow can be used to rest cheek while side sleeping on one part of the pillow, so that the normal pillow applies no pressure on temporal ocular area of the mask (plastic glasses) causing its distortion and the restriction of blood flow to the temporal area of that eye. We don't want to unintentionally block the lacrimal or other reflexes pathways by pressing on the temples, nerves or eye areas when side sleeping: zygomatic branch of the facial nerve activates the trigeminal ganglion which activates the trigeminal nucleus caudalis, then the superior salivatory nucleus, then geniculate ganglion, then pterygopalatine or nasal ganglion, then lacrimal and MGs, since it may cause 1 eye to tear less after years of side sleeping. Use soft neck pillows to prevent damage to blood flow to orbital area you sleep on.

Most *Amazon dry eye masks are smaller and made of tough materials and they would press hard on very fine skin and vessels around eye corner, creating air gap; that's why I use foam, but*

even foam gets pressed hard and becomes harder if you sleep on pillow after a while, so replace foam or use neck pillow to ☺☺*lovingly tenderly gently kindly*☺☺ avoid obstructing *any* blood flow to *any* ocular area*;* the ideal is to be sleeping without touching with your pillow the eye or anything within 1 inch of it, touching only the cheek, *by placing neck pillow on top of pillow, can really help prevent all kinds of issues long term coming from using any mask at night while side sleeping*; the best is to sleep on the back, so these issues don't exist; *silicone can be less allergenic than rubber foam, rubber, touching skin; it's made to be in contact with skin 10 hours, like in sleep*]. You can use 2-3 layers of 3/16" white (not grey or black, white is best to see dirt and replace when dirty) door foam or 1 layer of 7/16" (see pic) (cut in 2 if too wide) so it contains less glue (on the back of the foam) and takes less time to make if you use 7/16" instead of 3 3/16" or a 3/16" + a 5/16", so easier to replace to prevent dirt build up). 1 layer of 7/16 is better, as it's less tall and will be higher humidity, due to less air, unless you use it on top of a rubber one below. 70 mm is the width (maximum) and 171 mm is the length (maximum from eye corner to eye corner), odd how it is like that, I realized only 11-2-2020 morning, 35.5 days after I made it in a few minutes 9-27-2020 evening; elastic from $ store (just cut it to be thinner); make sure the mask is smooth on the dermal contact, so it doesn't leave marks due to any tape placed on top of the foam when you wake up. Marks due to rubber or irregular tape can damage collagen. Use a flashlight in darkness to go around the mask to see if these are any areas where you can see the flashlight (make plastic opaque by using $ store aluminum tape and then clear tape on top of it; opacity enables you to have darkness, RF protection and to see gaps easier with the flashlight test that you may miss). ☺☺

This is a temporary solution, and while the foam+plastic costs only $0.3, labor 0.2, the foam needs frequent (every 2 weeks) replacing for perfect fit and hygiene, daily cleaning of plastic and foam with 70% alcohol pad. *If you use foam for naps alone, one 7/16" is fine, but for using foam on top of* Quartz/Eyeseals 4.0 *(see below), 7/16+3/16" foam works better, to avoid pressing on rubber mask; the temple areas of the* mask may need two extra 2" long 3/16" thick foam pieces, so 13/16" (see picture) total thick to p*rotect air leaks from the edge.* You can also use silicone from earplugs, like in this picture too, but silicone is placed on the plastic, not the sunglasses, if you sleep on the back, silicone would work as you don't change shape much, silicone is safer than foam for eye allergy; however, if you allow the foam to degas for a few days after opening it from the box, it won't smell and emit allergenic gases. Try medical grade foam, even if pic shows door foam. My $0.5 mask is 30% bigger *than* the similar doctor made $21 foam mask, (plus 2 layers of much softer foam than the ultra harsh on the skin Amazon 21$ mask one, or even 3 in some areas, making it way more comfortable), mine going above the eyebrow and around eye corner more, so it avoids any eye area much better, making it safer as there is no pressing of fine tissue; these $0.5 ones can be disinfected daily with alcohol pad or a UV lamp,

remade every 2 months). Foam can be home depot, door trim without Prop 65 label on them in California if you can't afford anything else now. The 2100 chemicals of tears fogging *are the best face moisturizers that makes your orbital area much healthier looking, saving billions of dollars in toxic eye creams that often do more damage*. Make 2 masks, 1 opaque for naps and meditation, 1 clear/tinted for sleep that you can leave on when walking around the house; these moisture droplets on the mask plastic are *natural, because tears you generated initially tried to evaporate, depending on how air tight it is, etc.* ☺☺☺

There is a variation of the $0.5 mask you can try, which is using a big piece of foam (trim the yellow foam, from those 3.5" by 5" sponges, 5 for $1 @ $ stores), bigger than each plastic half to surround the whole plastic and tape the foam to the back of the plastic to secure it, all one piece, that is then carved inside to make space for the eyeball. I haven't tried it, but others may find this works easier, as it's all one piece and they can insert wet piece of foam in the carving they create there. A similar idea can be used to create a semicircular or circular band of foam that is placed inside the classic $0.5 mask or tranquil eyes XL below, very thin one, to prevent eyes from opening as the inner foam compresses, losing ability to prevent eye opening. *Besides the 50c or* 21$ Amazon foam mask *there are other options, ideal for back sleepers or those who don't move much during* sleeping, like $10 swim goggle or the special dry eye masks (the tougher masks below need memory foam soft pillow under a small travel pillow for side sleepers to avoid touching temporal area and pressing the harder silicone against the skin & using a silicone mask under the 50c or tranquil eyes XL for perfect seal a the XL fails to give, as long as the mask doesn't bend your eyelashes): ☺☺☺

2.1.1. The $20 Wahah clear mask can be used alone if a back sleeper, or even side one if you get used to it and place pillow edge before temple area and below upper cheek bone, since this mask is too small for many eye sockets (fine for smaller faces in terms of maximum safety) and risks applying pressure on eyes if you make a mistake at night, so you may want to give Speedo a try, since side sleeping can never applying pressure on eyes with Speedo for bigger faces, if Wahah doesn't fit well. I think Wahah is not a good idea, because it is too close to eyelashes and will make eyelashes point towards cornea sometimes, so choose bigger masks like tranquil eyes XL. I can sleep with Wahah with wet foam (see below) inside it well (though if width would be 2 mm bigger, i.e. more round, for Caucasian eyes, not Chinese, it would be better since it wouldn't press on soft tissue, just ocular bone), and it fits me OK, they or others making similar masks need to have at least 3 sizes for smaller, medium and big face and eye sockets to prevent even the slightest 1% push of soft tissue when people move a lot, so it pushes on orbital bone only, not on that softer too close to eyeball tissue. One has to think about round eyes and more elongated when designing these masks. There are so many width to length ratios in the 8 billion people, even within the Chinese population these masks may be sold to also. Speedo swim

goggle has 3 nose pieces, one very high that sits much higher than Wahah, but has the nose area poorly designed, it applies too much pressure; recall to clean Wahah daily. A*lways prevent suction from forming by placing one 1 by 2 inches, 9 mm thick foam between the two eyecups, between near nose Speedo rubber and the nose skin, like nose area where nose bone gets all pressure during side sleep, and if you place foam inside the eyecups with water or gauze, read below on how to avoid eye pressure and adjust foam shape by making it thinner centrally since Speedo shape is different than Wahah.* You can also use Wahah placed under .5$ one to avoid door foam (or some better foam you buy from a medical supply store) glue & foam chemicals from irritating the eye, if allergic, though it's too tough to be placed under, so I place it on top of the $0.5 mask after I separate the two pieces as in the 50c picture. You can also use foam pieces under the nose bridge or on the sides if you plan to use it alone and it's too rough on the nose or temple skin when you sleep on the sides (if you sleep on the back, you don't need wear it tight, so foam is not needed, but nobody almost sleeps 100% of the time on the back only). ☺☺☺

However, this Wahah works alone also if you sleep on the side and place pillow short, so that there is no pillow under your temple area where the mask makes contact with the skin, to avoid shifting the mask. Likewise, all other masks here can be used like that, except the Quartz and Eyeseals 4.0 require far more care (stress during sleep, for a better word) due to the nose bridge touching the nose and being more dangerous for the skin (tough plastic bridge with sharp areas, not soft silicone on Quartz and high friction silicone around nose and orbital area on Eyeseals 4.0, see below). A problem with the Quartz and Eyeseals 4.0 is that they make far more skin contact to achieve a seal, and this can lead to skin damage, by tearing skin layers if you move more and sleep with pillow the usual way, not folded, so that it doesn't touch the mask at all when side sleeping. Wahah, if you can side sleep without pillow touching the mask, an impossible task I know when you sleep and are not aware, presents advantages over my $0.5 or $0.5 + Wahah mask too, since it will be easier to clean daily and has less foam contact, hence I tried for 3 days to see if I could actually sleep on the side with Wahah plus some white foam from those now 3 cents (at $ stores, from 3$ initially) face shields; the result is that it's too many marks Wahah leaves on the face, especially right eye and it's not worth taking the risk to press on right eye much (I sleep on right side). But I did discover that wrapping Wahah in door foam on the left side (opposite to the side I sleep on) made it a better thing to hold my $0.5 mask since it relieves pressure on the right side by lifting the right side a little and disallowing the right Wahah side to exert such a direct shock on left side moving it further, with the foam relieving that impact of every move of the right face on the pillow; each time you try something different with new masks you will discover something to perfect your most used mask. The face shields, 4 for 1$ in June 2021, in August 4 for 10 cents, at $ stores, have tons of foam (and plastic to use to make 150 masks if you buy 30 face shields like I did, due to cheap price, 2.5 cents each, instead

of $7 on Amazon, 300 times more expensive.) and if you trim that off and get a 5 mm thick layer of about 5 inches long, 1 inch wide, you can cover with that one band the nose bridge, placing foam under it to softer the contact, and also place that same band in the eye cups, band being wet with distilled or osmosis water, in a way that removes any discomfort from tough silicone touching soft tissue (Wahah silicone is tough, so this foam really improves comfort as it eliminates any skin pressure and eliminates even the tiniest marks when waking up), any air leaks due to unique face shape and also prevents 100% the eye from opening. The middle 40% or 2 inches of this goes to protect nose and can be 5 mm, but the stuff going into eyecups need to be slimmer, especially the stuff around the central and upper areas (since 5 inches means that there won't be foam near temporal areas on purpose, to avoid extra pressure during sleep if not careful when side sleeping, so to someone else it will seem as if only 70% of eye cup has foam in it), since we only need some thickness on lower central and nasal eyelid to keep eye closed, so maybe 4 mm lower eyelid area and 2-3 mm elsewhere, except the middle nose bridge 5 mm. That varies by individual eye shape and the silicone mask you use and how you place it. I found adding this foam dramatically improves Wahah performance, as it seals air leaks and keeps moisture higher. It only costs 4 cents worth of foam and you get amazing results vs Wahah alone. It's possible many people may achieve similar results as a modified Wahah (foam) as with a brand new $0.5 mask made at home, but without having to remake mask all the time, and having a hard time to clean it. Each person may need a different placement of the foam, some may need the stuff in eye cups to be mostly inside, while others may be fine with it being between the nasal part and the skin too, yet others may find 3 pieces (nose and 2 eye cups) work better (one piece is much easier to handle though and safer for nose skin). For some faces, the foam band needs be 3 mm, others 5 mm, etc, or thinner for upper eyelid to avid any pressure on eyeball during sleep. ☺☺☺

0 pressure on eyeball needs be # 1 priority to avoid glaucoma (**glaucoma is due to *increased* eye *pressure* that leads to nerve damage, as foam pushes the *nerve* at the back of the eye and in some cases, to *blindness*), *keep eye closed, but without any pressure*, by trimming the band, making it round on central-temporal border area where band ends about 12 mm before eyecup ends (eyelids have 3 parts: nasal, central and temporal), thinner 2 mm or 3, etc to only have bulk mostly on lower eyelid, 4 mm *(nasal, not so much the central eyelid area, the lower 20% of the band I mean)*, where we prevent eye opening, thicker for lower eyelid to hold eye shut. You may think that this is a waste of time, but on Amazon we see people complaining that the black (to keep darkness during sleep so people don't wake up at 5 am on summer days) foam of tranquil eyee XL pushes against eyeball; well, they need to trim it to fit their eye shape, and more so after a while, 4 days or 16 days, depends on each person, if the foam between tranquil eyes and skin gets compressed (measure it) and brings the inner foam closer to eyeball increasing eye**

pressure. *All $0.5 masks also compress a lot for side sleepers with each 5-20 day period until they reach their maximum compression stage.*

All these masks need careful maintenance and trimming if there is foam in between silicone and skin and that foam compresses for side sleepers *(recall $0.5 plastic is not tough and neither is the even softer and more bendable tranquil eyes XL blue rubber cap, so you need account for that bending too if you side sleep)*, etc, it's only one pair of eyes we got and we can't replace them. We got 3d printing for a lot of useless stuff, except for eye masks and eye glasses to prevent worsening of dry eyes. So ultra care is needed, since it's not like a toe or anything you can function easily without. You may need to put mask on 20 times for many min hrs at a time to figure out the perfect shape of the foam band and then use that knowledge, that is custom fit to benefit from Wahah or other mask you like, be it Quartz, Eyeseals 4.0, etc. Quartz mask would be great or perhaps better than Wahah if they made the silicone bridge one piece like Wahah, just very high above nose and perhaps all round, cylinder like, but you can get around that with some foam under it to protect your nose skin, since you need foam on Wahah too, since the nose bridge does touch the skin and leaves marks without the foam under.

You can wear some removable aluminum foil taped in clear tape on top of the mask to make it dark if you wish, so you still see a little if you go to bath etc without having to break the moisture seal at night. Quartz would be better if the mask skin contact was round, minimal like Wahah, not flat to avoid such hard pulling on collagen fibers during sleep. ☺☺☺ But you can place foam under Quartz flat skin contact area. The 0.5$ can help the rubber one from shifting much if the rubber clear one is worn looser to avoid rubber marks after 8+ hrs. They can be worn separately alone or together; in my experience, the foam one works well for a short time, but then starts to have pieces of foam misalign or fall off (since the glue is very weak, being just a tiny bit); because of that, it's very bad if during the night we have a huge air gap emerge, since if we put drops the gap can get bigger and we can even forget to put the mask on the eyes, being without it for a few hours, leading to dry eyes in the morning. Daytime we know when eyes are dry, night time we don't, so it's far more critical to wear the rubber one under, which prevents dryness in case a small foam piece comes off from the foam one, and prevents forgetting putting mask on, since it's 2 masks and it's far harder to forget that. The foam one can keep rubber one in place better so no leaks develop as with wearing it alone, making a more robust moisture trap. Wahah also has a $32 dry eye goggle pair with *plastic lens that may work for some during the night or even day* (rubber, like swim goggles, can create tiny hole if it fogs and plug in warmer weather when fogging is less; vision is poor for computer reading due to the weird distortion when you move your head and some distortion when being still too; doesn't fit my face, so I returned it; it only fits smaller faces with eyes closer). The other Wahah is made of too hard plastic that will pressure the fine blood vessels, soft tissues around the eyes when moving.

2.1.2. *Eyeeco.com* tranquil eyes $42 (incl ship, with tax it's 51), free returns if bought via Amazon and you select "item defective or doesn't work" instead of "no longer needed", is the 2nd softest and most comfortable of the eyeeco night sleeping masks after $65 tranquil eyes XL, which is the best on Amazon. Tranquil Eyes works if you have tiny eyes (*otherwise it presses on eyelashes a little sometimes as you shift at night and will cause eyelashes to point towards cornea making eyes very red over time*) and if worn with the inner moist foam pads inverted (foam side touching eye, not cloth side) and trimmed so that they're not so tall and so pressing on the eyeball center. I think for normal eyes XL works better, but ONLY if you trim by 80% the lower third of the foam area *height and upper two thirds by 70%, temporal areas maybe even 90%* if side sleeper *(70% of lower third and 15% upper two thirds if back sleeper, since you don't press on the mask, so it won't touch eyelashes easily; upper third doesn't need trim for the entire area, the very top edge can be left alone as there is no eyelash when eye is closed, nor eyeball there that would be pressed), so when you sleep on the side, it won't bend eyelashes;* otherwise, your *eyelashes* will point towards *cornea* after 1 month and make your eye(s) *ultra* red; eyeeco tries to survive, $ making too, like iTear100 30$/month subscription, so sometimes the nose bridge will come off ultra easily or the ultra thin rubber will break, since it's designed to break easily so you buy new ones all the time; a solution to that is to create your own holes 3 mm below or above the factory hole (both 3 mm above for example, for symmetry and best fit) on a thick portion of the rubber that is 3 times thicker, to hold it in place much more securely; to 'drill' the hole, you could use that $ store kit (sterilize it first) dental pick (or buy new one or just use any thin aluminum or copper sterilized wire) and pull away to enable the plastic end of the nose bridge to fit into the hole; *same thing for any mask or safety glasses silicone, make sure the foam is well below or above the eyelashes, so they don't bend eyelashes.* ☺☺☺

The Tranquil Eyes design is not ideal, it ruins eyelashes fast, since the silk cloth padding on top of the foam prevent you from trimming it to create a concave cup to embrace the eye so it doesn't press on eyeball center; you need to turn it around and trim it from the bottom if you still use their foam, not the custom concave shaped foam of your choice, white foam as explained in 2.1.1. and 2.1.5. in more detail. The eyecup is made of rubber, not plastic, the black foam is medium soft foam covered in a satin like cloth to make it softer on skin and less dirt accumulating. The $0.5 mask allows you to make it as big as you want, with a surface area 1.5 times bigger than tranquil eyes. You'll probably love $94 tranquil eyes XL a lot more, it's 30% bigger than tranquil eyes: the outer/inner cup is 2.8"/2.1" vs 2.1" & 1.3" for Tranquil Eyes.

XL was made for warm compress but can be used for night sleeping too; *trim the lower half of the inner foam to avoid the foam pressing on eyelashes and having eyelashes bend and point towards your cornea and causing endless cornea irritation and red eye*, inflammation, depleting ocular resources from fighting dryness. I bought *tranquil eyes XL* and used it enxclusively for

many years (easier than the ones I described for those who can't afford eyeeco) and it's way better than Quartz, Eyeseals 4.0, tranquil eyes, Wahah; their head wrap is very comfortable compared to elastic cord of 50 cents mask and most masks out there; it's same size as the mask I used for 10 months for $0.5 and avoids sensitive eye areas. Their foam is maybe 900x more water absorbing than the door foam, and the face shield foam (factor of 10 to 1). Not having the cloth of tranquil eyes foam, makes the tranquil eyes XL *inner foam far more flexible and less glaucoma causing* by pressing less on the eyeball; especially after you make an oval cavity in the inner foam to 'embrace the eyeball'; using a squirt bottle allows you to wet the foam inserts easily in 5 seconds. *You can tighten the strap then make 2 knots on the left side, since 1 knot doesn't prevent sliding, so only 2 cm of free elastic was left on the left and 1 cm on the right* to be able to create a tighter air seal *if you side sleep on the right.* When mask is new, meaning it didn't yet compress, due to side sleeping, the nose bridge of tranquil eyes doesn't touch nose, but if it does, you can put sticky door foam or face shield foam around it, as with Wahah; for tranquil eyes XL the nose piece is too high to touch nose anyway for most people. You need cut the inner foam it came with in half, to avoid pressing on eyeball so as to make a cavity to embrace the eyeball perhaps, instead of damaging the central part of eyeball or temporal one when side sleeping. Those who always blink at night, can place some *white foam on the lower part of the inner removable black foam, after trimming the black one, on the nontrimmed side mostly to prevent eyelid opening.* If you sleep on the back tranquil eyes or tranquil eyes XL will last many years as it won't compress the side you sleep on to damage that foam. Tranquil eyes is ideal for people small heads, XL for most people.

Companies can design similar masks and design a shiny ultra sliding smooth surface sticker to place on eyecups for people who want a sliding less bending mask: this way they don't have mask shift so much and create so many air leaks when tossing on pillow; make stickers of various colors and let people choose and include smiley faces on them to cheer people up; less glaucoma/eyeball damage. And fewer complaints on Amazon that the mask is shifting and causing the strap to come off, of course, if friction is 10-30 times higher when pillow shifting, it will loosen the strap hold. But meanwhile, you can make a knot after you tighten it, at the ideal level you found to work, so the elastic is no longer getting loose and causes air leaks to form; this is very shifty, even after you make a knot it can loosen a little, so before going to bed, turn light on, place mask on and ☺☺*lovingly gently*☺☺ verify you see no light, since light is where air will get inside and dry the eye and mask fast. Again, like with any bigger mask (or even small ones to a lesser degree), the key thing is nightly seal check, before sleep. Make sure some extra small foam touching the lower eyelid only (much safer) inside prevents eye opening, if you made a valley on inner foam to protect eyeball center; this way you make sure the eyelid remains sealed, hence seal check applies to eyelid & outer foam. Until a high tech future where a 3D

printed foam is made after testing your actual bed position, with 300 sensors placed on eyelids to measure pressure from the foam, etc, we do it the stone age way.

$ stores sell neck pillows of memory or normal foam *that is white and makes it easy to see* hairs and eyelashes*, so you can remove them daily. So, you can buy that for* $3-5 *and use it to make 60 foam sets* instead of paying $450 *to buy 60 sets from eyeeco.* Saves you 450$*, since they sell 3 sets for 25 and 6 for $45. Eyeeco says a set can last at least 2 months, so* 60 sets can last for 10 years. Eyelashes can cause huge redness, *if you happen to blink a little between putting mask on and off, and it's worth having white foam,* on the inner inserts at least, since outer ones can last a huge time, *if washed or you buy adhesive to make outer white also to see hair/lashes.* It's hard to see lashes on black foam. I trimmed the round convex end of a neck pillow memory foam and it gave me nice white inserts convex on both sides; I trimmed it so it's convex only on one side slightly *(flat in the center for the 'convex' side to allow for room to bend if needed or pressure develops, as a safety mechanism*), flat on side facing eye, with the lower half 6 mm below upper, to allow for eyelash to not bend; one can also use a 10 pack/1$ set of yellow sponges for cleaning, to peel/trim the yellow part into ovoid, or some soft pillow foam if it sucks water better, in combo with soft memory foam, for a hybrid one with 2 inserts. Or buy eyeeco if you don't want to spend some time trimming some foam and worry it may not be equally hypoallergenic for your skin etc. 6 sets may last even 5 years, your eyes are worth $45/5 years. Doing this helped me improve my design trim of the eyeeco black set too, making more eyelash room. However, I prefer eyeeco foam as it's softer, sucks water better, easier, possibly releases water vapor better, keeping eyes wetter. Normal eye masks we buy are sold without a warning label that, if side or stomach sleeping or if pressing on eyelids, can cause *glaucoma* (a leading cause of *blindness*) or *dry eyes* long term by heating the eye and making it dry.

2.1.3. *Eyeeco medical grade silicone* $51.5 *(incl. Ship), free returns if bought via Amazon* and you select "item defective or doesn't work" instead of "no longer needed", medium mask, Quartz Shield *is way softer than the Wahah alone above with hard rigid rubber. Only use for tiny eyes,* because if it bends eyelashes we need curl or trim them which can be a hassle. In the first months (all these masks get dirtier with time and heavy use with oily skin and ointments etc will give it a yellow tint), Quartz is much easier to see thru, while Wahah is impossible to see thru without huge blur/distortion, headache after 7 sec. There is a distinct disadvantage to this ultra softness of Quartz and, to a lesser degree, tranquil eyes, Eyeseals 4.0: that is when people sleep in (stomach usually) positions that make the pillow press on one side of the whole eyecup a lot, they can press on the eyeball, while Wahah won't allow that, pressing on the orbital bone instead and bending the pillow, not the eyeball. *Eyeeco was* designed by 4 MDs (see the 1 hour video); read critical reviews before wearing it, since the nose bridge comes off at times and too much tightening will damage skin due to plastic they use near temple area and nose bridge, little

eyelets with a black pin. I bought this and returned it since you have to tighten it quite a bit at night, to prevent it from slipping if side sleeping and then pressing on the eye at night when you shift position and are not very careful; this makes it 20x less comfy than 50c foam masks that go around orbital area; *however, if you wear a piece of foam or back sleep, as explained in the 2.1.1. section, under the nose* bridge, *maybe 7 mm thick, you can get this to work and not need return it,* and in this Quartz case, you don't need place foam under the eye cup nasal part since it's very soft, unlike the tougher Wahah, just under the nose bridge itself only and any foam inside eyecups are better off separate perhaps for Quartz, unlike Wahah. Quartz with no nasal bridge foam will work if you toss little during sleep and sleep on back only, it's easy to see thru, can work as daytime mask too for short periods, if you want to read something without taking off 'sleep mask', arrived in 2 days, not 7 as Amazon said, great product for 100% back sleepers who don't need tighten at all, and have very mild dry eye; daytime I wore it just under eyebrows, partially or fully under, and got a great seal, so many with similar face will get this seal, way more comfy than any swim goggles, no suction like swim goggles so can use during small day naps and then go to bath, kitchen, computer, type something and go back to your nap or meditation if you forgot something, keeping eyes ultra hydrated as well as or better than the most leak proof taped blue light glasses (so you use less tears, tighter fit wrap around got less air volume, women's are smaller, tighter, better for dry eye, higher % humidity if silicone sealed or taped) which is key until you figure out a long-term solution, the best moisture retaining glasses for day/night, best artificial tears, meibomian expression. This Quartz mask helped me move away from taped glasses to silicone method and discover the wrap around Bollé, due to realizing how poor my daytime seal was due to huge air volume with non-wrap around blue light glasses.

2.1.4. *Eyeeco medical grade thermal plastic* $59 (incl ship) big mask, Eyeseals 4.0; free returns if bought via Amazon and you select "item defective or doesn't work" instead of "no longer needed"; *clearer than the Quartz, much more fixed, much more protective of eyeballs (may not be safe for eyelashes being too small and bending them, requiring daily curl of eyelashes), since the* eyecup os far sturdier and resistant to bending, good for back sleepers, but can't read letters on computer thru the upper part, due to headache; around the house though, you can see stuff, going to bath, etc very clearly; bigger means less air and longer to reach humidity saturation, so try Quartz one first. This touches the skin a lot more, so it may irritate you more then Quartz and way more than foam $0.5 mask; a future product would need to have some ultra soft foam on the edge of the flat plastic that can be replaced easily, so as to enable soft sliding, not pulling on eyelid when moving from one side to the other, as this pulling on eyelid can cause partial open eye and dry eye; if Quartz is too small for your face, then eye seal 4.0 may work; only good for people with mild dry eye (same for quartz, *quartz* is good for very mild dry eye, this may work for moderate if moist thin pads, foam, liner inserted), since there is not enough space to place

moist pads, foam inside, plus irritates skin, so you need wear it loose, which creates air leaks (same issue with the quartz, quartz being more dangerous, since it can shift and press on ultra sensitive skin near eyeball or eyeball itself); I bought this and returned it since it damages collagen fibers of skin, due to pulling at them all the time when tossing around. **Foam is far safer if you're ever tossing or not sleeping 100% on the back** like a rock (hard sleeper who sits on back all night). Masks with rubber, plastic, silicone against skin will damage skin, even if you're one in 2,000 people who sleeps on the back and falls asleep in 5 minutes and remains in 1 position all night, on the back, needing minimal tightening of these masks. If you get acne around there these things touch skin, it's a sign the damage is there.☺☺☺

2.1.5. ***BIGGER MASKS for severe-moderate dry eye*** (or people who don't close eyes fully every night, waking up with dry-red eyes as a result) ***WITH*** **MOIST** ***foam***, absorbent pads, liners inside, 50c disconnected with silicone bridge above (using Wahah, or other method) home made with something wet inside or the $49 eyeeco tranquil eye ***night goggle*** (ideal for people with severe dry eye who need ultra high moisture if they don't want to make a $0.5 mask and place moist foam inside; read Amazon critical reviews first, you need replace those foams often and the strap doesn't hold, so you need buy $ store elastic or cord to replace the strap they got and get a fixed tension level ideal for you; *the strap design is poor on all eyeeco masks (***Quartz** ***and*** **Eyeseals** ***4.0 too,*** the plastic there rubs too much on temple skin – better is to replace it with your own elastic). The eyeeco night mask got a foam that is soaked in water and inserted there, but I don't find their black color safe, since that inner foam cloth padding at least (if not the outer area of the foam (inside can be black, but the outer could be white) needs be white to properly see any dirt and if it needs be washed daily; the website says "does not need be washed daily because it's glued to the plastic (well, it's rubber) eyecup with adhesive and it will come off easier than expected with daily washing". Well, after years, I wash it far less, once a month, just wipe it with alcohol pads, you will get used to it, too often wash means it comes off and you will go bankrupt buying a new one all the time. You can buy other types of medical foam on Amazon maybe; the glue on the back of the fixed foam is quite far away from the eye, separated by so much foam; but the fixed foam traps bacteria from moist foam placed on top, you can't properly wash that and it's too close to the eye to not be washed often. An Eyeeco doctor said they suggest washing all foam in the eyecup daily, if we use eyedrops, ointments, gels, etc; perhaps using drops alone doesn't need daily wash; eyeeco sells 100 white cotton liners for 15$ for tranquil eyes XL warm compress. If you have a home made mask, you can add moisture: Amazon sells 5.3$ for 44 panty liners *the* back is water repelling plastic with adhesive which can be removed or used to stick to the plastic of the $0.5 foam mask, but these smell and I don't recommend them for night mask, even if sterile, due to odd chemicals and adhesive. They got hypoallergenic 100% cotton cover $4/40 liners too; towels have tiny microfibers come off, so

not really ideal, even though they're only $9 sterile towels, use tiny piece daily, lasting months; I found gauze to be superior to towels though and thin cloth wrapped around the head, under the foam $0.5 mask dry too fast. The liner has water repelling back that prevents the foam from getting wet, preventing eyes from interacting with the foam chemicals, but the gauze does the same thing without the odd chemicals (wood pulp, polyacrylic acid $[-CH_2CH(COOH)-]_n$ derived glue, etc) in the liner; *I found the gauze is much better than using the liners;* liners are made to hold water, not let it evaporate; gauze evaporates residual water in hours, becoming dry, while these liners stay wet for 10 times longer at least, they don't let water escape and moisturize the eye; so in choosing a material, you need to take these evaporation rates into account.☺☺☺

FOAM or gauze seem the better choices? My mask now is the $0.5 one with silicone flexible nose bridge (no longer hard plastic) with moist foam (from face shields they sell at $ stores) inside or, in the past, sterile *gauze* (gauze works less ideally than foam, foam has stable shape and loses water less, traps the water better). No gauze at all allows eye to open too much. Gauze (or extra foam, cloth or liner, etc inside the mask) causes another issue: the gauze bends the eyelashes and when you wake up you think you got an eyelash stuck into your eyes, but there is none, it's just an eyelash that got bent inwards, so you need to realign it, just put your finger there to make it point away from the eye as before; your 'foreign object' sensation will then cease, just use some 0.9% saline and/or favorite drop (Hylo Gel has highest MW HA for healing) to relieve the eye afterwards if needed. We lose 3-4 eyelashes a day, but never notice it as they fall on the carpet, etc, face, etc. With these glasses and masks, we notice it and become alarmed, but there is nothing to be worried about, we're shedding eyelashes daily before too, without ever noticing. You may notice that the half of the mask you sleep more on at night is thinner due to compression, so add more thin foam to increase its thickness so eyelashes are not under such stress due to moist gauze. $ store sells gauze, just get 3-5 inches for each eye (less or even half the gauze for the right eye, depending om how big your gauze thickness is and your mask, if you sleep more on the right to relieve the heart for example, since that right mask half will be closer to the eye and then you would pressure the eye leading to glaucoma) and fold in 4, squirt distilled or purified water on it, then place on the lower part on top of closed eyelid to prevent eye opening. I tried moist cotton rounds but they're too absorbent. ☺☺☺

Never use semi-moist or dry cotton rounds, since they absorb water and will dry eye more, plus the cotton fiber gets around eyelids when not very wet and you don't want cotton fibers into your eyes if you open eyes at night a little*;* fold them in half and trim them, use 1-2 folded (and some extra halves from one that had the center taken out, so that you can prevent eye opening at night, WITHOUT pressing on eyeball, you want some 2 extra pieces with a big hole inside to prevent eyelid from lifting 4% during REM sleep, especially the lower half of the eye, since if that eyelid can't lift, it's fine; eye opening *5-20% at* night *is often the* only *reason eyes* become *dry*

over 10 years, night dryness slowly destroying homeostasis and MGs thru inflammation (*this is why probably* 2 billion people develop red arterioles in the eye by age 30, that are more visible, night dryness *spikes inflammation which thickens arterioles due to cytokine storm*); add white foam (like in the pic of $0.5 mask) of a lower height (to save on disposable cotton round use) or whatever cotton round trimmed or extra softer foam on top (if you don't use cotton rounds, I like them because they're shapeshiftable, moldable after watering, while foam gets very rigid after a few days, if not super soft super memory foam (that all these masks would ideally be made of, futuristic foam that doesn't push back at all on the eye if eye or mask position changes), so it comes back right at you after pressing to adjust a little, while cotton round doesn't do that it remains compressed or shifted; cotton rounds are bad even if ultra wet, since little fibers can get inside your eyes over time from the eyelashes; problem is that if masks shift, you won't know and it will mess with your eyelashes and cause them to maybe point inwards and irritate cornea, so it's not really working well; you don't have time at night, as mask shifts, to trim foam to perfectly match, but you can use finger to move a little cotton and remains moved as you did), for the lower periphery (lower center-nasal area of eyelid that first detaches; don't put rounds or foam near temples, since if you side sleep you will damage eyes by pressuring that area during sleep; test it well by sitting as in sleep while fully awake to see if any pressure exists and adjust so no pressure on any area of the eye exists) of eye until eye doesn't open at night.

Wet FOAM inside the $0.5 foam mask? The $ store packs of 5 kitchen 3.5" by 5" sponges (yellow foam with hard blue back) that are 1 cm thick enable us to remove the blue hard backing and use the yellow foam only, after trimming to fit the eyeball shape perfectly to prevent eye opening at night, since this foam is not absorbent like cotton and may enable water evaporation better; or just buy a Walmart foam pillow or memory foam neck pillow from $ store and use that foam to make your foams; avoid the 2" by 3" thicker sponges (set of 10 for $1) or the ones with tough big holes cellulose 'foam', as those are too hard on the eyes and less bendable, risking damaging the eye when you toss on pillow*;* technically you can take 2 such sponges, to see dirt, eyelashes, hair better (since black foam of tranquil eyes prevents that seeing and eyelash and hair are a major eye irritant, with 99.9% of people having dark eyelashes) and make a mask out of them by turning the rectangle into a huge ovoid and then creating 2 pieces like tranquil eyes XL, one the circle inside and one the outer edge; 1 sponge for one eye cup sort of, using a plastic backing like in the $0.5 mask or the tranquil eyes XL rubbery plastic as explained above in section 2.1.2 – just make sure the back or 'eye cup' is a shiny smooth surface that glides easily with 0 friction on pillow to minimize bending as explained in 2.1.2.); the face shields for COVID19 foam is much softer and works way better for this purpose, they sell 4 shields for 1$, so you can make about 50 masks to last 2 years or more; you only need a tiny 3-5 mm thick 7-12

cm^2 foam square; black foam in tranquil eyes and the black silky cloth is not allowing us to see hair, eyelash, dirt; they could design one with a gradient, thicker on bottom and softer on skin contact, with the contact cloth being white or *very light color, even if the foam is still black to block light;* other masks use rough foam on the edge so it can adhere to the plastic and last more, but the door foam is ultra soft when new, being no match for this tiny mask that gets too close to eyes; that's the nice thing about making your own, you can make it much larger and more comfy than tranquil eyes or Amazon ones; plus, it's white foam, easy to see head/eyebrow hair, eyelash, dirt which are critical to remove because they cause eye redness if entering or touching the eye. It's good to trim hair within 2 inches of forehead/temples around eyes if longer than what it takes to reach eyes, to avoid hair entering or touching eyes (remove from your white silicone glasses and white foam night mask); this is an issue only for guys with curly or longer hair or for girls; when it loses extreme softness, you know it's time to replace it, it acts as a good reminder to do so in 2-6 weeks; it contracts, so it creates leaks, so you do need to replace it often, $0.5; the other ones are more rough, you may forget to change foam for way longer; the gauze *(not liners which retain water well, instead of allowing it to evaporate and moisturize the eye and air under the mask)* prevents foam chemicals from coming close to eye; likewise, the face shield foam prevents door foam chemicals/adhesive from getting close. ☺☺☺

***If possible, avoid distilled water, since it's not as virus free as reverse osmosis (RO). The ideal is to* use RO water, not sterile saline solution, because saline evaporates slowly due to water binding to ions; "Evaporation rate from the diluted plume was occasionally 3 times larger than that of the main salty lake" ► WRR 2018;54(3):1460-75. I tried saline sterile on gauze but eyes became drier, since less water vapor is available to hydrate them; if you wake up mid sleep and your gauze has lost much water, compliance to rewetting is key to saving your eyes and compliance is 10-50x less likely if you need to stand up and take a gallon jug to pour 0.5-1 mL water on a gauze; you simply are too tired and want to go back to sleep; to maximize compliance, get some distilled or RO water from the store in small bottles or big 1 gallon one to save plastic, and pour some on the eye mask; or you can get a set of 3 capped squirt bottles and have one by the bed; Amazon got 4 oz (4 not 8 or 16 so we get less air to contaminate, to discard left over, shake, clean bottle, replace water often) capped bottles (they got same type in 8 and 16 oz size) you can use to rinse moisture day/night mask too after you wash them with tap water (to remove calcium traces), and after you squeeze them to remove calcium rich tap water. Sterilize the Amazon bottles before using them with UV, 70% alcohol, rinse well with DI water. To minimize risks of infection, clean bottles often or just use directly the RO water bottle, recap it. Recall to disinfect the cap where the hand touches it often with alcohol pads (400/4$).☺☺☺**

A piece of foam or gauze can be placed inside the $0.5 mask, Quartz or Eyeseals 4.0 masks or daytime goggles from eyeeco, to cover whole area of goggle even so only cotton touches the

skin, not plastic (to avoid zits or irritation), after wetting with DI or osmosis water or sterile saline solution (first, cleaning with 65% alcohol wipes the clear masks or at least 50% isopropyl or rubbing alcohol when needed, let alcohol fully evaporate, 2nd add water); wash the gauze often, or store them in a container once dry to wash them all at once, to avoid contaminating it so much with washing; people with severe dryness or incomplete eye closure due to being harassed, do need moist gauze since they provide higher humidity and if folded they can be effective in preventing eyelid opening. Since plastic *and silicone provide perfect seal vs tranquil* eye foam mask, they need less sponge/wetness, so using wet sterile gauze piece may work safer than tranquil eyes foam, being less allergenic (they say foam inserts are to be washed daily; but bacteria could grow if the plastic inner foam (which you're not supposed to remove daily, then how can you wash it, you would remove the adhesive) is not washed and dried daily, without the risk of bacteria growth, since you can wash cloth often well and no foam exists; you can place additional a long cotton/towel piece cloth (20 cm by 3-5 cm) on top of the silicone mask, moist one, hold it in place via the straps or knot, not only tiny ones inside to help eye stay closed in case it tries to open. Quartz/Eyeseals 4.0 leave strong orbital area eye marks for 20-50 min, so you need sleep on back to use them. We forget *the eyes become dry first at night, years before they ever get dry during the day*. Dryness it starts before MGs atrophy on meibograph. *Night mask prevents dry eye from becoming far drier/redder in 1-5 years.* ☺☺☺

11.17.1.2.2. ►►► $5.0 *moisture retaining eye mask* during the day ◄◄◄, *if you* want no artificial tears in the eyes and yawn tears are not enough. The only types are those with foam gasket (like foam-padded motorcycle glass list of frame width site (so you can buy frames with 145mm for adult men, as Amazon doens't share the size on all and Amazon list (free returns)) where you can plug the holes with earplug silicone to get a better seal for higher moisture (fill any other temple or below gaps with silicone attached to frame/foam if too dry). Using any sunglasses will require earplug silicone and make glasses too heavy (crush your nose, leave nose marks, fall off easily), look very strange and be too close to eyes, causing eyelash to touch the lens. For those who need prescription *(or those who want to protect vision by wearing high quality glass with no* prescription *that removes glare and increases visibility at night, since it blocks no blue light)* driving or reading glasses *(buy frame, go to optician store to get lenses, photochromic = tints and becomes sunglass outdoors, avoid bifocals if possible, to prevent headaches)* you need wrap around glasses with the biggest (145-155mm width), tallest (47-55), widest (69-75mm) lenses possible *(so you can't see the frames of the glass from inside or the eyebrows as outside of the frame in the mirror)* to prevent atrophy of retina cells that perceive peripheral vision *(curve 8, not the flat type, otherwise, there is too much air and relative humidity is too high or the field of vision too small)* glasses with all around rims like the first 4 for

Most adults: $30 Wynd 334 (soft foam nose tips, unlike the rest; if you trim the foam a little, you

get the widest field of view with this pair, if you trim the plastic gasket too, the field of vision becomes gigantic, the healthiest of all: lens width 75, frame height 52, glass width 145, with trimmed gasket on the lens height is 41 mm (37 if no trim), trim top of nose bridge + lower foam so it fits tighter and offers the biggest field of view of any foam glass, you no longer see the lower frame edge, as it's closer to the face; the foam of these is much tougher, long lasting than Bolle glass Foam that peels off), $25 WDP (146mm frame width, 51mm frame height, 38mm lens height you actually see thru), $15 Birdz (has strap too for dusty job, no free return, 146 mm width, 52 frame height per Target, small vs Wynd 334, Wynd lens height is tall thruout, Birdz shrinks above nose, blocking vision), $27 Solpro (146mm width, 47mm frame height, 38 mm lens height/61 mm lens width on a straight line, with gasket on, fits closer to eyes if you trim the *foam on the top of nose bridge, lower nose areas, so you don't see the lower frame edge*)

Adults/kids with narrow heads or small/deep eye sockets, where eyelashes can't reach the lens if lens is close *(the rest need frame to rest on eyebrow, not below, as eyelashes otherwise touch the lens)*: $14 Radians 2724AF Radians bought Crossfire in 2013 (field of view tiny, pic deceiving, makes it look so huge; above and below blocks field of vision; frame width 150 mm, with gasket lens (what you can actually see thru) height 33mm (very low), frame height 45, lens width 60), $12/3 pairs Surpass (145mm width, small per reviews, 41x65mm lens), $8 Radians XT 1-11 (lens height 40mm, lens width 5.3"/135mm), for tiniest heads only, soft rubber nose pads, 20% of 1 star reviews complain they cause pain near ears due to being tight, foam blocks view), $30 Wynd Blocker 327 (glass height 1.7"/42mm, lens view height 29mm, lens view width 47mm, sits so close, eyelashes touch the lower lens when you blink, good for kids or people with deep eye sockets, lens width 65mm, 1 star reviews say it's too small, glass width 5.5"/140mm), $20 Klein Tools 60538 (glass height 1.7"/43mm, lens height you see thru 32mm, lens width you see thru only 51 mm (foam trim won't change the 51), glass width 5.7"/145mm, rubber nose tip is tough; field of vision tiny blocked left, right, down a lot), $23 Bolle 40085 Tracker (lens height 40mm, lens width 70mm, glass width 5.1"/130mm, tight on ears due to 5.1" vs 5.7" normal, small field of vision as you look down and sideways, due to 5.1"), $20 Baxter (lens height 36mm, lens width 62mm, frame width 140 mm, tiny field of vision below), $35 Purple Gem (small head), $28/2 pairs Purple Sly (41mm lens height, 137 frame width), $4 White (140mm frame width, 40mm frame height), $13/4 pairs Jee (147mm lens width, 41mm height), $7/3 pair Pink Owl (147mm frame width, 37mm lens height), $38 Bolle Ultim8 googles for toxic air areas and 100% protection (lens height 39mm, lens width 70mm). You can always use a razor blade to trim the foam to get a more perfect closer to face fit, so you use less silicone to plug the holes or obtain a higher relative humidity. Likewise, you can use a razor to create vents in the foam, if the vents the glass foam comes with are not enough, causing too much fogging when you use antifog solution. People forget 42% of kids (Cornea 2018;37(4):426-30) and most adults already have

eyelid gland atrophy, which will become dry eye soon if they don't wear their prescription lenses with a wrap around padded foam frame to protect eyes from the immense oxidative stress the wind brings with dust, microbes, etc. Even people with no prescription would benefit if gland atrophy is seen at the optometrist. The $26 Ergodyne (glass height 48mm, lens height 39 mm, frame width 144, lens width 60mm with gasket) is terrible, the nose tips are plastic (not rubber/flexible) and, unless your nose bridge fits perfectly, they leave red marks in 1 hr, plus gasket is not tight at all, needs silicone between frame and gasket, website is pathetic, no glass dimensions, lens etc, mom and dad garage company founded in 1983 vs 1857 Klein. ☺☺☺

For non prescription wrap around style (good for night sleeping, but not ideal for daytime due to plastic distorting vision) you also have 20 times more options of "one piece" types (the 2 lens merged as one, no rims), with foam gasket, that you will find on Amazon (at least 20), one good *brand is Bolle as field of vision is huge*: 14$ Bolle Cobra HD (glass width 150 mm so much wider field of vision below and sides, lens height 50 mm, 96% visible light goes thru) + 6$ Cobra Foam Gasket, $14 Bollé Rush+ HD *(glass width 130 mm, lens height 40 mm, so due to lens height 10 mm smaller and lens width 20 mm smaller, restricted field of vision for big heads, Rush is for small heads)* (10$ at safetyglassesUSA) + matching 7$ Rush+ Foam Gasket, sunglasses (better clarity, more contrast, less glare than $ store and Walmart sunglasses, which are almost identical, except Walmart charges more), $10 Glass+Foam Purple (small), or Bollé Rush+ CSP (52% blue light blocker for sunrise, sunset driving maybe) for minimal air, max humidity, and use tape or earplug silicone to create a seal. Amazon is great, it allows you to test a glass for 12 hours to see if it causes temple pain or not, in stores you can't do that, Amazon returns are easy. Both these seals are on safety glasses with ear grip and antifog paste applied, with tape or silicone going about 1 cm behind the hinge (see picture here) for max comfort and seal stability (before hinge only for ultra high humidity for people with very dry eye or in air conditioned area). You can also wear a hat close to eyes and a COVID mask close to eyes, and in cold weather the warm air you breathe out will condense and provide a lot of moisture for short periods.

For easier finding of sealing methods, antifog sprays and other topics, the next 15 pages are split in 7 parts: 2.2.1. ear grip if glasses slip 2.2.2. antifog spray/paste/gel 2.2.3. silicone seal (20x faster) 2.2.4. tape seal 2.2.5. other Bollé, etc glasses 2.2.6. hydrophilic coated glasses (why they often don't work) 2.2.7. future tech & glasses at RiteAid, standard dry eye treatment

2.2.1. *Ear grip*, temple retainer, ear hook & other methods to prevent glasses falling or moving

It's extremely important to avoid breaking the moisture seal. When we look down, at keyboard, at the floor during house chores, while shopping or doing other physical activities, glasses fall and break the moisture seal and then we have to bring them back in, pushing the silicone too hard, changing the mold of the silicone or damaging the tape seal. Not to mention, not having

ear grips introduces extreme eye stress, since it goes from constant humidity to wild variations of humid to dry. Before going into the 7 ear grip methods, I wanted to mention t*he smiley faces I placed on temple area (pic) are there to prevent UVA, UVB from destroying eyes from the side, since clear plastic only blocks UVC and some UVB, while the lens of Bollé HD protects against all UV. This is a good idea for either tape or silicone seals.* The 7 ear grip methods are*:

1. Molderp *soft silicone* colorful fully behind ear hooks ► 12 sets/6$ (this type is best for high movement like gardening, bending, tub cleaning, running, etc; you can also trim it and leave only 1 or 2 mm outside of the hole (so trim most of the hook), so it creates the least ear bending 'hook' of all on this list, least ear stress, least ear inflammation, just like having glasses with thicker frame – save some for high up down moving and trim the rest for in house PC work); normal hooks heat ear too much. I bought 12 of this type, the clear ones below:☺☺☺

2. Multicolored, *clear (easy to spot dirt), lavender, etc* fully behind ear grips ► 12 sets/7$

3. 3 inch long temple tip retainer ► 12 sets/9$ (these only work for very tight pairs, not loose) – this bent my ear too much, creates too much heat, so I returned it, but others may like it.

4. behind ear grip + ear circular grip ► 12 sets/3$*, 3$ and get to see how circle/hook work (circular ones bend ear too much vs trimmed ear grip, but some may love them)*

5. Molderp circular silicone ear grip 15 sets/7$ (these are smallest and most invisible, but they don't work well like the ear hooks grips do for the glasses that slide a little; clear is most 'invisible' behind ear hair, since it gets the color of skin, plus clear or lighter color is easier to see when dirty for washing – depends if you want others to see it or not, and on your skin or hair color, length, etc; clear ones tend to get yellowish after years, due to skin oils; all these types come in many colors, so if you want it to look newer longer, opaque color is better: appearance vs hygiene, 12 will last 20 years, though older ones worn longer may become more skin friendly due to absorbed oils, while changing it often may irritate skin due to chemical exposure and do more damage than wearing the same 'dirty' one for longer)

6. *Use the end of a glass strap you got (or the one that comes with Bollé HD, pic), trim it and place it on temple tips to create strong friction. Don't use if it creates discomfort around ears. You could create even 7 sets of ear grips from the Bollé strap. This is flimsy though, Molderp circular or ear grip is way better for a really stable grip.*

7. *Use rubber wrapped to the temple via electrical tape or high friction material in a shape that goes behind the ear preventing the glass from falling; I did that and it doesn't move, see pic; Bollé* HD comes with a hole at the end of the temple, so you can even use some elastic cord to place under hair for max discretion if the methods above are not what you like.☺☺☺

Another reason ear grip is useful is this: when face around eyes is wet (after shower, cold compress, etc) we need wear the backup 2nd HD Bollé pair very loosely to avoid water blur due to the fact all antifog coatings distort vision with excessive moisture; we wear it loose so air can enter and escape, then after 5 minutes, when drier, move it 2-3 mm back to normal fit or 1 mm for another 5 min to test if it fogs too fast or not. If you have money to spend, you can also wear a loosely silicone or tape sealed non ear griped Bollé HD: this would be our 3rd pair for this purpose alone, to provide some moisture but allow fast evaporation, 2nd or 3rd HD Bollé is ideal for this, to avoid stressing the eye by using all kinds of lenses, glasses, just one lens; if using a 3rd Bollé HD there is no need to ear grip this 3rd pair, though that can be useful, since it's easier to put on and take off and you don't need perfect seal for this (since wearing ear grip loose bypasses the taking off of a pair with no ear grip (used for that purpose alone), wearing 2nd pair loose can be favored by many); try see what works easier for you; some may like grip, so they adjust the tape 'height' instead of how loose to wear it. If you have some blue light glass lying around the house, we can also use a taped $10 blue light glass (see my pic) from Amazon like 9$ Kenzhou (Kenzhou and blue light glasses are not as good as Bollé HD for generating moisture and for seeing well; which have 5x times more air volume than taped Bollé HD) for 5 minutes to evaporate that eye area water before it ruins our coating by water overload). The advantage of ear grip is that over time we learn how much to wear it loose depending on water on ocular area and it will remain there even if you move a little.☺☺☺

2.2.2. *Antifog paste/spray/gel* on taped sided HD or silicone seal HD (see below) is needed, since HD has no antifog coating; but it only takes 1 minute a day to apply it and thus also clean our glasses. It's better to apply spray types on a microfiber first, then wipe the lens with the wet microfiber (1 by 0.5 inch) to avoid spraying chemicals in the little grooves of the foam-plastic-silicone-glass setup, so we only get those chemicals on the lens and it evaporates fast in 10 minutes; we don't want leftover volatiles irritating the eye, creating biofilms that trap bacteria, etc. If you created too high moisture by mistake or not using the tips in the prior paragraph, you may need reapply paste that day, when dry. If it blurs or fogs, you probably applied too much pressure when wiping the greasy gel, only wipe with the minimal force to make lens clear. *All other glasses have coatings that wash off in days after cleaning with water or wiping them when wet, so you need this gel.* I tried 4 Amazon antifog sprays and none worked like Bollé spray, so paste works a lot better in general, but not perfectly; paste has much more soap, so it prevents fog much better; spread paste or spray using a microfiber piece (*1 inch by half inch, I made 100 such pieces that I wash once used*), wait 5 min for stuff to evaporate/stick, then use dry microfiber (20, 6x6", 9$) to clear the lens of paste/liquid leftovers; paste can be safer since it has way less volatile stuff, so if you rush, you won't get toxic volatiles into your eyes. Overall, the best option seems the 500 ml Bollé anti fog spray; the website and bottle describe it as alcohol

free, but the bottle lists an ether alcohol as main ingredient, so definitely let it dry 10 min before using the glasses, it even says wait 2 minutes. *Don't spray; instead, use a microfiber that was moistened with the solution to wipe the lenses, as spraying leaves some of it stuck in the foam gasket grooves and won't evaporate in 5 min*. This got no ammonia, no silicone, bottle says it has 25-50% methoxy propanol (volatile, an alcohol and ether at once), 1-10% sodium docusate, 0-0.1% glutaral); letting it dry first 5 min after the first wet wipe is important, you don't want to wipe it dry with dry microfiber while it's still wet since it removes all the nonvolatile stuff and will fog badly; is way easier to wipe it off, being super-easy like z-clear and offering better antifog than z-clear. 4 Amazon antifog products I tried that work are:☺☺☺

1. Gamer by Gamer Advantage, *best* one *so* far, it's a spray, US made, spray it on microfiber piece, then wipe lens, let it dry 10 min and then wipe again once dry to thin out layer 5 times; to avoid chemical film in foam/plastic holes and incomplete evaporation of the 2 volatile ethers. Bottle lists contents as: fluoroaliphaticoxyethylene adduct, x=3,4 or 5, n>1 (*$CF_3(CF_2)_x$-$S(=O)_2$-$N(CH_2CH_3)(CH_2CH_2O)_nH$*, propylene glycol butyl ether $H_3C(CH_2)_3$-O-$(CH_2)_3$-OH, 2(2butoxyethoxy) ethanol $CH_3(CH_2)_3O(CH_2)_2O(CH_2)_2OH$. Due to electronegative inductive effect from F, SO_2 group, the C-F bonds in CF_2, CF_3 are very strong versus C-F bond in CH_3F, which is already strong; this makes this compound safer. Safety is not 100% known for partially sealed safety glasses like Bollé Cobra with or without silicone, though 3M and other companies use these types of antifog. Use with caution, return if irritating. Little is known on how much of the toxic adduct enters the body via vapor pressure, but you may need wear glasses 12 hours daily 40 years to get 1 mg into the body. Never spray on glasses, always spray on a tiny cloth piece in a ventilated area, while wearing another safety glasses pair, and only wipe a little on the glasses. Spray at a distance of 5 mm from cloth ideally so you don't inhale anything. UVEX Fog eliminator and many other brands contain this adduct, so it may be less toxic than other chemicals in anti-fog. Walgreens Nano Magic Anti Fog that has this adduct says "safe to use on any goggle".

2. z-clear.com *2nd best* one *so* far, safer maybe *(company sends email spam, with people without teeth in the ads, and guy has weird music on website, may be bad),* founded *1985*, makes $9/12g thick paste, easy to apply, a coat lasts about 20 *times* < Gamer Advantage so it is useless for moderate or severe dry eye - only useful for low humidity ultra mild dry eye needs unless you want to waste 3 min to apply it every hour, in high moisture it makes streaks and vision becomes terrible, ultra foggy. Utah *small company, no SDS, pH 8.5 when diluted 10x with water, pH 9 at 2x (same for ekusa, the next soap based gel below); they emailed that main ingredients are optical soap (see more in the drop section) and water, and that they use it on their swim and snorkel goggles*. In low-medium humidity z-clear outperforms Hilco, which is extremely hard to apply and becomes very milky if a tiny silicone gets mixed in from edge of glasses. Then you have to spend 10 minutes extra at least, if not 20 to clean the whole glasses all over with soap

and alcohol to remove the silicone. Si and F like each other and they make one big mess. Since usually we're in moderate humidity and we need reapply coating often, z-clear wins over Hilco:

3. hilcovision.com Hilco, founded 1956, acquired in 2015 the Hilco Germany subsidiary Breitfeld & Schliekert b-s.de (founded 1927) *makes* gel $9/5g that lists 3 ingredients: perfluoroalkylether (extremely stable) $(-C_nF_{2n+1}-O-)_x$, tetrafluoro-1-propanol $CF_2HCF_2CH_2-OH$ (the fluorinated alcohol, the volatile component,), perfluoropolymethylisopropylether (extremely stable) $F_3C-O-(-F_2C-O-)_x(-CF(CF_3)CF_2-O-)_y-CF_3$ if curious what companies list as ingredients. This is the only company that lists ingredients on the tube (bottle) that I came across so far, being oldest (*1956*) biggest antifog gel firm selling on Amazon, 8 subsidiaries on 4 continents. The Hilco Part # 1082743 and website link for the Amazon product is here. It's worth pointing out that the vapor pressure of perfluoropolyalkylether (PFPE) is $6x10^{-8}$ Torr, vs 33 Torr for isopropyl alcohol, 17.5 Torr for water (20C/68F), 380 for diethylether (the smelly one). PFPE is used as lubricant in aerospace, due to stability at 200°C. 1 Torr is 1 mm Hg, or more exactly 0.9999998575337 mm Hg. So, no PFPE is not volatile by any definition. Like all gels below, Hilco, of pH 6.5, also needs to be reapplied daily. Hilco is best on initial uses on a lens, hard to apply vs z-clear, it takes a lot more rubbing to make the lens clear, but once you did it, it will last 30x longer than z-clear; the drop that comes out is huge, so you need to place your finger or a designated (for this purpose only, not meibum expression) silicone q-tip near the tip of the tube to get the top of a droplet stick, or something to get less and get your tube last 10x longer. Returned it.☺☺☺

4. ekusa.com founded *1986*, leaves a lot of streaks and is harder to apply than z-clear due to being less paste like; makes scope dope $8/14g same product as 9$/14g cat cap $/14g (just different bottles), more expensive than c-clear, but it's more watery than z-clear so it is about same price/g of stuff (not water) as z-clear, so you need apply more; no SDS, Utah, professional email reply, told me it contains only 3 things: ***water, glycerin and coconut tallow soaps***, no alcohol, no silicone. That's the company that shared all ingredients when asked. Pretty big company, Utah governor visited them, see their website video of the visit. Seems the safest of all, since there is no ingredient that could pose any safety hazard if not fully dried, etc. Returned.

Other 4 products on Amazon (US made) that are entirely useless are: 5. Don & Jon's (doesn't list ingredients, doesn't last long under heavy moisture conditions, but is better than any of the ones below); 6. GearAid Gel (no ingredients, this thick gel doesn't work well, it clouds whitens the view after moisture, since the rainbow streaks cause a blur); 7. GearAid Spray (no ingredients, fogs fast, 10 times quicker than the gel); 8. Koala spray (water, partially fluorinated alcohol substituted glycol, isopropyl alcohol, isopropylidene glycerol, sorbitan caprylate): lasts longer, but it creates cloudy streaks in high moisture, just like the equally useless Vapor Shield coating safety glasses. The last 8 products are a waste of $, they fog instantly in high moisture:☺

9. Cressi spray – says on website all is made in Genova, Italy, bottle says made in Spain. Uses toxic preservatives, like others may do too (without listing them): has <5% anionic surfactants, benzisothiazolinone (similar to next compound, banned in cosmetics in EU, all isothiazolinones are *preserv*atives used in cleaning products etc – due to their ability to kill microbes), methylisothiazolinone (biocide, cytotoxic, the EU explains on page 28 "Methylisothiazolinone, at 100 ppm (0.01%) in cosmetic products is causing contact allergy and allergic contact dermatitis... Benzisothiazolinone ...has induced sensitization at circa 20 ppm in gloves", avoid Cressi; they have some voluntary bans on this stuff in EU, $S(CH)_2C(O)NCH_3$). 10. Zeiss spray – made in Taiwan, designed in Germany by Zeiss, a company started in 1846, ingredients listed as "water, proprietary surfactants and *preserv*atives" 11. c-clearantifog.com C-clear, fogs immediately, very hard to apply since the stuff is so liquid and uses so much wiping, pH 8.0, founded *1977*, *makes* 8$ for 33 g *very liquid paste, a real gel, more gel than ekusa, and far more water than z-clear*, started by chemists, answered the (877) 750-7927 phone questions I had, most affordable and professional website info for our dry eye application (shows good website doesn't mean good product), sells to big commercial accounts mostly *(Amazon listing is mainly to find new commercial accounts, since individual sales are not big, they do sell to fortune 100 companies, military, 53+ countries, anywhere the delivery works worldwide),* contains 20% nontoxic soap, 400 ppm isopropyl alcohol, < 0.5% glycerin and about 80% water in it, the other 1.5% is antistatic that is naturally made in the manufacturing process (*antistatic is also in the spray, spray is weaker for all these Amazon antifog products, that's why youtube optometrists, Amazon reviewers rate gel higher than spray, it's more of that soap on the lens after use*) and other proprietary stuff, see Safety Data Sheets). Seems odd when used. I returned it. 12. Optix 55 Anti-Fog – fogs instantly, the worst, no ingredients listed. 13. Spit spray – fogs fast, no ingredients 14. Fog-stopper – fogs quite fast, even if not as bad as Optix, no ingredients. 15. Zooke paste (hard as a rock, have to dilute with water to apply, and then it fogs fast), no ingredients. 16. Cat spray fogs fast, try their paste above instead. Be wary of products with no ingredients listed as they might be very irritating for the eyes, so call company, etc.☺☺☺

Swimming is not recommended while wearing antifog coatings specifically stating 'they are safe for swim goggles', due to water getting into the glasses, washing off the coating into swimmer eyes and causing damage (cornea pH 12) as with this guy using $7/1oz Spit Gel (that 2005 founded company says on Amazon is not for swimming, no way to contact company via email or phone, odd, I would not buy this gel, plus c-clear is cheaper, being paste, not gel) ► Cornea 2016;35(2):289-91, *so try (hard task, as manufacturers never reveal the exact contents of their coating)* find the safest antifog solution that has no volatile or semivolatile compounds after drying (*many have isopropyl alcohol, some 400 ppm, which needs to dry out after application, so wait 3-8 minutes before using it and make sure it's odor free*) that may cause issues, usually,

they're surfactants, or soapy compounds that are not volatile). *When swimming, 90x more water can get on the lens than when wearing sealed safety glasses, so much so it can even get into the eye. With moist safety glass lens, water is too scarce to even reach the skin below eyes.*

Why not wear sealed nonHD Bollé? Because HD Bollé even with antifog paste is far higher quality vision for computer to any antifog wrap around glasses and a paste allow you to recoat yourself and remove the coat instantly as needed with alcohol or soap, but Bollé nonHD (meaning with antifog coating) you need buy new pair each time to get fresh antifog coating; *it only takes 3 wipings with microfiber when wet to ruin the coating on all antifog coated glasses*. The antifog paste you apply fades in 10 minutes if you wipe it, to dry it, with microfiber when really wet, so have 2 pairs of sealed Bollé ear griped HD (*you need a 2nd pair, definitely, because you need clean your other glasses and apply antifog and fix the tape sometimes, replace it, etc*) and let the wet pair dry naturally, after you put the dry pair on; otherwise, you will apply gel 5x daily which is more $ in the long run than buying an extra Bollé HD. ☺☺☺

2.2.3. *The SILICONE seal day mask (described on the next page, some may prefer this, being higher moisture, way more comfortable, I prefer this day mask when I wear one, since* COVID19 can cause pink eye or conjunctivitis so these glasses shield eyes from it*) is essential to prevent dry eyes* (even for healthy people, in extremely *windy* or *cold*/hot *dry* winter/summer weather) *without scleral lenses, overuse of drops or* punctal plugs that give infections. Castor oil, used in Refresh, Rohto, Systane, etc eyedrops, has pour point 2.7°C/37°F; meibum oils, that keep eyes wet, have way higher pour point in some people, hence they solidify and block the meibomian *glands (*MGs) orifice, so you can wear the sealed safety goggles below if outside for long periods in freezing weather, to raise eyelid temp by 10°, as otherwise you may get dry eyes from *gland blockage*; this is why these glasses are way better than scleral lenses, punctal plugs, they keep the orifice of MGs 10-20° warmer in cold conditions (especially *wind* that cools MGs orifice way faster, wind blocked by glasses), preventing the solidification of the oil in the orifice area exposed to freezing temps that will ruin eyes in the long run. Hence, 42% of kids have MGD. Parents can give foam kit Bollé Cobra or Rush (see below, protects against UV too) to kids when playing outside in cold weather or walking to school 30 min/day in super cold winter weather (*-16°C (3°F) to -26.9°C (-16.4°F), way colder than Anchorage, Alaska, typical January temp at 7 am in many nations where parents never drop kids to school*), if you want to save their eyes and prevent dry eye at age 25-45, sunglasses in sunny weather, as sun destroys the MGs orifice.

If you do studies of kids, those born in the coldest month of the year to the same parents, January for example is far colder than Nov or July, may develop MGD (all adults develop it when old enough) sooner, as their sensitive orifices are wiped out by cold wind vs those born in the summer (by 5 months old our eyes are far stronger, immune system far stronger, under 6

months, our immune systems are ultra weak, unable to deal with the stress caused by the orifice dryness of winter wind. Likewise, those playing for hours daily in *freezing* or *dry/windy* weather the most, without foam kit/wrap around safety eyewear, will develop MGD, dry eye decades sooner. Oddly, parents, allow their barely born kid, to spend too much time in toxic super cold weather, damaging their eyes and facial trigeminal nerve that controls MGs; no wonder Russians got 72 year lifespan, it's so cold, if parents make one mistake, the kid can't say 'mommy I'm cold, he can't speak before 6 months', so his immune system, undeveloped, will be unable to heal the body damage done, recall immunity only becomes barely functional at 6-8 months; likewise, super hot weather, can damage small kids and babies too, via dryness causing MGD and we see Africans live to 50 in some areas; so it's not just about eyes, but also the whole body, avoid extreme temps for kids. In future eras, all cities will have 75°F weather, 24/7, 365/year, to maximize lifespan, diminish heat/cold stress, but that tech is not real this age.

Adults who go from 75 to -10°F daily a lot will also destroy their eyes, so to live to 500 and not have dry eyes, MGD, everyone will need to adopt the 100% wrap around, 90% seal glasses and make them stylish, better and allow email and phone chats, etc, to make them ubiquitous, like clothing is today; this removes the need for punctal plugs and contacts. This is precisely why ointments are so deadly, they have hydrocarbon oils that are solid even at room temp, so in freezing weather, they will completely destroy our eyes, or even cold 50-60°F weather typical of evenings globally for a part of the year, since they diffuse into the MGs causing meibum (especially around orifice) to *melt at an ever higher temperature, the more you use it; this will lead to chalazions, styes,* infections, swollen eyelids, etc in 1 or 7 years. Likewise, if you do cold compress, only use 58+°F 'cold' water bags, don't use 30-50°F cold compress. So avoid ointments and sticky thick eyedrops/gels at all costs *(since sticky Refresh Celluvisc, etc or HA drops block meibum orifice when drying at night, unless you clean it every morning when waking up, which nobody does with* 20x mirror *to see it)*, use lipid drops instead with natural oils with low pour point (20-30° lower) and saline and night mask (biophysical method, not sticky solid almost chemical pouring to ruin meibum orifice/gland in 1-5 years). ☺☺☺

To *make* the *dry eye 'mask'* use earplug silicone like in the Bollé Rush+ Clear pic (need 2x the silicone in this pic to prevent shifting, so foam kit is best, *you can trim, like the pic* side trim 1 & 2, the foam kit (plastic and foam) *to remove the sides so you can place silicone on the edge, to give yourself 6 mm extra on each side, the 1 inch on the sides removed with scissor to allow you to have real life* peripheral vision *for driving and daily activities to prevent atrophy of peripheral vision cells,* since the foam kit restricts lateral view slightly; due to not placing silicone all around, your glasses are closer to the eyes and the foam is seen much less, leading to less atrophy of periphery perception (Bollé made a mistake, the glasses needed to be bigger so the up and down vision has 0 blockage and you don't notice glasses are on. You can still use 1 single

earplug split in 2 for the 2 side areas, for better seal, you will need another half earplug to seal the top gap between the clean glass and the plastic that lets too much air in) or Bollé with foam kit Rush+ sunglass (Rush foam kit 5$) or Bollé Cobra HD with foam kit pic (plastic-foam kit on the glasses is 20x better, it makes silicone far less shifty, to avoid silicone on the lens, *uses 8x less silicone (1 earplug)*, explained below, Cobra foam kit is only $5.8 when in stock, or 8$ on main site when other sites are out of stock, it saves 700$ in silicone cost over many years: *to install foam kit*: *insert right side 2 pins on the frame (it snaps), then pull the upper center piece away from the glass, then pull the left foam kit end towards right to insert the 2 left pins on the frame; to remove foam kit: pull upper plastic near 3rd eye away from the glass, then pull left lower side away from the glass, then pull left side towards center gently to remove, then get right one out; if left handed the other replace left with right above for fastest outcome;* this takes 50x less time/effort than other methods), sunglass Rush+ seal pic to seal them. *The major drawback* of Bollé is cheap lens that makes long distance view blurry, while looking up close on computer, reading is easier as it eliminates glare from blue light. So, long-term, Bollé *damages long distance vision and aids near vision*, so clean glasses a lot to avoid damage and use higher quality glass instead of Bollé if using more than a few hours. So, use pure glass always and rim frames, not cheap frameless plastic safety glasses. Don't use it if 20+% of your work involves medium or long-distance view (garden, house chores), for computer use it's fine, these are 12$, so can't expect the same outside performance as a $70 quality glass lens pair. However, Bollé makes any text on computers higher resolution, much easier to read (no glare). You can also sleep with Cobra with foam kit, and add extra taped aluminum as this pic shows.

Take off any silicone seal safety glasses you wear (to protect eyes from wind or to see better) and wear the Bollé without the foam kit, using the tape seal perhaps or no seal if possible sometimes (only outside to protect from dust and wind, since water condensation will create blur and headaches), so that you don't atrophy the peripheral vision cells. *Bollé Cobra has adjustable temples, so it allows you to see down much more when walking very well without head tilting, being much safer than 99% of safety glasses with foam gaskets out there*. Bollé sunglass (smoke lens) types may not be ideal, since they block only up to 380 nm, allowing 14% of 380-400 nm light thru; but they do block more blue (86%) than other types and 400-500 nm blue can do mode damage than a little 380-400 nm, so it's a very complex issue. Most sunglasses are not wrap around and are not worn with foam kit or silicone on top of that, so they allow 100 times more 100-800 nm UV, blue, red, yellow light to completely destroy the eye from above, below, the sides, etc – while sealed foam kit Cobra allows virtually none from the sides, above, below; so the 14% of 380-400 nm that Cobra doesn't block is far outmatched in destructive power by the 400-500 nm that other glasses allow (few block 86% of that destructive 400-500 blue light) and especially the above, sides, under 100-380 nm UV light and 380-500 nm blue light

that comes and reaches eyes without any filter, in amounts 900 times greater than the sealed Cobra allows from sides and above, below.☺☺☺

***When we comparing glasses, we need to measure the actual total UV AND 400-500 nm blue light (super intense outside at noon, 100 times more than some inside places) that reaches the eye, not get so worried about 380 nm-400 nm only;* however, for extended outside works, you can try find a foam gasket wrap around that blocks 86% of blue light (like Cobra) and 100% of 200-400 nm if that's your concern. The labels on the Cobra pairs indicate all these percentages, while other brands never even state how much visible, blue or 200-380 nm UV they block, so you would need to figure that out first to compare, besides finding a wrap around with the Cobra perfect fit and gasket. However, most people get way more UV-blue due to using poor seal glasses and non-wrap around and not wearing glasses often, so 380-400 won't make a big difference at all. We're talking about using these ultra wrap around Cobras with foam kit and silicone to offer unmatched protection versus typical non wrap around sunglasses, especially, since windshield and car windows block 99% of UV if windows are tinted slightly with UV coat. If you use them mostly for driving, and have tinted windows that block 99.9% of UV, like windshield also blocks too (99% or so), then it's not a big concern; few people work outside hours daily, or drive in the sun much. Cobra Clear, Cobra HD only block 10% of blue light, so if you want to block 30% of blue light, buy $11 Cobra Contrast to use at night; I drive with Cobra Contrast at night, to ease ocular stress from blue light.**

If driving in well light areas with high level of car lights shining into your eyes, you can swap the Cobra with the Tracker and block 47% of blue light for a much more comfortable view, placing silicone around the $20 Bollé Yellow Tracker, which has built in 'foam kit', and very nice green plastic, grey foam; however, Tracker is smaller and has no Platinum antifog, just regular antifog, so you need to remove factory antifog with alcohol wipe and then use antifog coating; tracker will remove traffic, pole and car lights glare, lines, etc and give your eyes way less stress. You can set it on the table, or any surface with lenses facing the surface, since the rim is taller than lenses and won't scratch the lenses (you can't do that with Cobra or you scratch lenses); however, Tracker reduces visible light 18% vs 4% for Cobra HD, so ☺☺*lovingly gently* use HD at night in low light conditions; it can be used before going to bed to read computer stuff to avoid too much blue light exposure and still see colors well; *most people use these yellow lenses for sunset, sunrise, overcast days, night driving to reduce glare from lights, etc, though HD is safer for driving since it allows 96% of visible light thru, vs 82% for Tracker.*

Bollé Cobra Clear antifog coating called Platinum is the best antifog coating of any glass I tried, so overall Bollé Cobra is the best, allows you to see down when walking far more than most glasses, like Tracker/Rush and 99% of Amazon ones. *Evenings eyes get drier and we need to*

bring the silicone seal glasses closer to eyes (straight eyelashes would touch the lower silicone) to produce higher moisture or have an evening designated silicone seal closer to eyes than the morning pair, so curled eyelashes (see cold compress section) help avoid toxic eyedrops (that's the nice thing about silicone, it's flexible, so we adjust it 1-3 times daily if we need to, with rubber-like materials we can't do that, and rubber restricts circulation, leaves marks, etc). You can buy some white (allows maximum visibility of hair/lashes, same for pillowcase and bed sheet) food containers to be able to hold (some near bed, some by your second pair storage area during the day) these ultra heavy glasses during sleep or using the other pair to see eyelashes/hairs, in order to remove them with tweezers when they get on the silicone; can sterilize containers with 70% alcohol often and to keep glasses hair free, cornea free from eyelash/hair scratches. I once (not anymore, so I can see eyelashes better) even wrote "seal ✓" on the outside of silicone for one lens, "lash ✓" on the other, (both contain las) to remind myself to remove eyelashes that fell on the inner silicone and to use a q-tip (thin on top, cotton removed) to check for big gaps that create less moisture and make you turn to toxic eyedrops; to gain this new habit of seal ✓, I placed 2 q-tips in front of PC & mirror, with purple marker dotted design, to recall seal ✓, I removed clutter on the desk, made the q-tips central on the table, mirror. The official site explains it's non-irritating moldable silicone rubber, i.e. polydimethylsiloxane, $(CH_3)_3Si\text{-}[\text{-}O\text{-}Si(CH_3)_2\text{-}]_n\text{-}O\text{-}Si(CH_3)_3$ used in medicine and cosmetics, or dimethicone found in endless hand, facial creams as the 2nd most used moisturizer, no wonder they use it for ears to repel water. It's also used in most fast foods, condom lubes, breast implants, etc. If a mg get into our eyes over 50 years of use, all it will do is what dimethicone does: create a strong hydrophobic layer (maybe prevent aqueous layer evaporation, prevent dry eyes, just as it prevents water loss in skin). However, avoid getting it into the eyes, since there are impurities in it too; personally, I believe trace levels of siloxane are safer than some dubious ingredients in some of the eyedrops.☺☺☺

The HD glasses are amazing: $12 Bollé Rush HD, and $14 Bollé Cobra HD. The Amazon pic is tinted, but all HD glasses are clear, Amazon pair is lower quality, 40040 item 05-16, HD with antiscratch AS, it's not 40040 item 07-18 that has hydrophobic and AF/AS antifog coating, so I suggest paying 5$ shipping to get the 11$ Bollé HD with hydrophobic and antifog from Michigan, since it is cheaper if you order also other Bollé that are cheaper than Amazon prices *(sunglass 10 vs 14), as this version of HD fogs far less when using any spray. The Amazon seller incorrectly describes item as having hydrophobic coating; the hydrophobic coating version is an older or alternate type of 40040; Amazon often sells stuff where description is a little off.* The temples adjust well/equally, unlike the Amazon ones where one temple moves slightly differently.

Both HD Cobra and Rush have 100% transparent clear lenses and *offer better clarity on computer screens than any safety glass I tried with silicone* (Rush silicone HD pic and Cobra HD pic) or tape,

without darkening the screen like Bollé CSP (52% blue block) or Bollé ESP (extra sensory perception, 64% visible block, 70% blue block) blue light glasses do, screen blue light can be adjusted with flux software; Rush HD (specs here) & Cobra HD (specs here) allow *96% of visible light thru, while the regular clear only 90%*. *We get better results if we first wash HD when brand new with soap and alcohol, scrubbing it really well with a cotton q-tip, to remove the factory coatings that interfere with the working of the antifog gel applied to HD lenses (which don't have antifog coating).* ☺☺☺ Wash with alcohol or soap if you change antifog gel brand, so you don't mix them and achieve poor results. Most pics in the book refer to Rush HD, clear, smoke (sunglass); Cobra is bigger *(the edge of lens is about 1 cm longer than Rush on the sides and near nose, so it is equivalent to placing silicone 1 cm past the Rush HD hinge)*, having more air if you place silicone on the very edge, which works if seal is perfect. To avoid eyelash touch for me Cobra needs 2 mm higher silicone above the eyes (covers eyebrows more than Rush), while Rush needs 1.5 mm higher silicone below eyes. Cobra allows a wider view down, while Rush blocks the view down slightly, due to silicone, being a thinner frame for higher moisture; Cobra temples are adjustable (5 positions, no other Amazon safety glass can do that, and not for $11 as Cobra Clear does elsewhere), for fitting almost any face and easier avoiding of eyelash touching silicone, so that's a plus since Rush temples are not adjustable;"bHD" letters on glasses are under the silicone, so they're not visible to us, but visible to others, Cobra less visible, away from field of view if no silicone. Try both Rush HD and Cobra HD and see which one works better for you, I have both. Cobra allows you to make it as air tight as Rush, since the upper frame goes way above eyebrow, so you can place silicone close to eyes. On Rush however, you can't go much closer and Cobra is comfier on the under eye area, has pivoting temples, etc – so Cobra will fit way more faces. Cobra also comes with more area to build skin moisture on, meaning healthier skin, less acne, less inflammation and easier moisture reserves to recreate moisture when you swap glasses, as skin releases it; Cobra Clear creates water blur less than Rush Clear due to more air volume, so it really helps, since you swap glasses 3-5 times less often and you don't need to apply daily gels that last only half day; this is a life saver, since you will become very frustrated with Rush if it blurs too much and need swap glasses with identical pair every 30 seconds; but hey, every person is different, you can make a vent in Rush if you like Rush more and see if it fogs less; but Cobra has huge advantage on swaps vs Rush due to moisture in skin rebuilding interior humidity faster. This helps you avoid pouring too many chemicals into the eye that have side effects, so that way you just use mostly saline and tear generation (except at night when you may use thick drops) when you got some dryness due to a mistake or etc. ☺☺☺

Cobra HD has antireflective coating that can fog a little more, so you can remove that via many methods (google it), or simply some $ store isopropyl alcohol and soap removed mine (since all the lightbulb reflections reappeared after many applications of antifog gel). Cobra Clear has

Platinum antifog gel baked by Bollé into the lens, but lasts for a few days if not careful *(weeks if careful, I.e. if you use another pair for high moisture situations to avoid damaging it and if you avoid microfiber, alcohol, soap washes)* before you need to buy a new pair, whereas a gel or Bolle spray we buy and apply to Cobra HD (that has no antifog or basic antifog) only lasts 0.5-1 day. The Platinum antifog coating produced on day 3 of use more fog (well, 100s of droplets that are like fog really) than Hilco gel after a cold compress (when face is saturated with moisture), so it's a far cry from 'platinum', but it's best for some, since you don't need reapply it often.☺☺☺ Under normal wet eye conditions, *Hilco produces less water blur than Bollé Platinum coating.* They all create streaks in high moisture, so HD only works if you apply coating often or find a better antifog gel/spray than I did. Cobra HD is best for computer work (but Cobra Clear works too, just not as amazingly as HD and Cobra Clear needs 0 application of gels, since cleaning would remove the Platinum coating – rinse with DI water only to clean) and driving (especially at night, to see better text on road signs, etc). It may not be good to use Cobra Clear only (which is ideal when high moisture situations demand it, after instilling drops, cold compress, etc) since it can't be cleaned well without ruining the coating, so you need return it every few weeks; plus vision is poor vs HD on computers, HD is better than without glasses.☺☺☺

Cobra Smoke is OK for sunglass (sunny day driving, etc). Cobra Clear can be bought 2 at once used until coating is done and then returned, *until Bollé Platinum antifog coating is available for sale on Amazon some future year. On 9-22-21 I got Bollé* anti-fog spray for free*, but it's not as good as Platinum coating on their glasses, but it does work without fogging on the smoke versions of their glasses (sunglass makes blur far less visible)*. You will want to get the foam kit for $5.8 for all your Cobras (Grainger has the kit too) because it allows you to use far less silicone (see pic), to remove foam and leave the plastic only, like I did for Rush clear (side view) and for Rush sunglass (inside view), foam removed if you need a tighter fit; the plastic or plastic+foam prevents silicone from shifting and ruining the Platinum coating 5x faster than without the plastic; the Cobra with foam-plastic kit and silicone picture shows less silicone; we use 8x less silicone with plastic only or plastic+foam and the silicone no longer touches the falling eyelashes that much or when you blink, since it's very fixed. The foam needs to be removed as it makes it too tall and it obstructs viewing objects in your peripheral vision and down, so Cobra is the best as this issue is not there for plastic only obstructing down view so much, because Cobra has 5 positions, so you can adjust temples to remove obstruction and it's wider, further away from the eye; because walls, carpets, bath tile, street concrete are light color, the dark plastic/foam may be distracting initially so some silicone on the black lower visible area could help, though most people (due to face shape) don't see the lower plastic in front of the computer if you move down the adjustable temples to the max position; *it's useful to move temples down to the max, as this moves the center of the lens further from iris and will fog that center area less for the*

same overall water load in the trapped air inside. We want to see dark eyelashes and clean them every few hours; we don't have to put silicone on the lower foam, since eyelashes don't stick to plastic and foam like they stick to silicone, but we need to inspect the glasses and shake them so eyelashes will fall; due to slight reflective quality of foam and plastic and smooth finish, it's way easier to see them than on the porous foam of the night XL mask. ☺☺☺ We want to also clean the foam well (impossible), so placing replaceable silicone on top of foam is a more sanitary option (but makes glasses heavier and more likely to shift) since foam and silicone can only be cleaned with alcohol wipes only a few times. Silicone the inner lower part (the only one that's visible as you look) of the black plastic distracts less than high contrast black-grey, makes eyelashes visible. If you want, you can even trim the foam-plastic on the lower side or third eye area plastic even and use silicone there or even some transparent soft round edge thing to see down very well, if you work in a job where looking down is important when you can't bend head too much and black foam is in the way. There are many alternatives. Bollé sells Platinum antifog Baxter glasses that have blue-grey frame, and may use even less silicone, may work for smaller faces that need super high moisture (this one would create it easier than Cobra), so the contrast issue (of black frames) is not there, but Baxter has no HD version that Cobra/Rush offer. We touch the plastic far less, as we no longer need adjust it as with all silicone mask, using 4 times less silicone, protecting eyes from microbes that can't be removed by a simple DI water from squirt bottle cleaning (all cleaning that can be done, any microfiber removes the coating).

The Bolle foam kit is 5.8$, so in the 20 years☺☺☺ it saves you $700 of earplug material trashed, not to mention the environmental cost for society, *but most people would replace the foam more often than once 20 years; with the foam kit you do use 3-5 less earplugs per pair if you don't cover lower part with silicone (I didn't yet)*. The foam kit saves you tons of time, since water won't make silicone slide anymore, since it drains outside of the glass and you won't deal with the incessant need of cleaning silicone off the glass when it shifted up (lower one) or down (upper one) due to soap of the antifog coating mixing with water and making silicone bond break. It has little vent holes on the bottom, so it allows you to drain water better if needed if too foggy etc if it doesn't get outside the glass easily, or just plug them with silicone if eyes are too dry; the custom ability to make precise location holes in the silicone is huge, as it will allow you to optimize moisture level easily; you can also use a needle or something thicker to make small holes in this silicone you use to plug the huge holes, this way, you can make the hole smaller depending on whether you got punctal plugs, etc, more moisture some days etc. Winter we need more water, summer less, etc. The foam supports the silicone on top of the inner lower part better, so I leave the foam on on all my Cobras. I only bought one foam kit for Rush, and removed the foam, since that was in the first 2 weeks of Bollé and didn't know any better, plus with foam it got dry; I didn't realize that the silicone would shift a lot without the plastic then

and gave up on plastic as I created tighter fits without the plastic; with the plastic (it arrived in California in 2.5 days from Michigan from the order placement online) eyes will be much happier, since leaks will develop 10 times less since silicone doesn't shift (it doesn't shift on very thick silicone much either, but thick silicone allows water to run backwards towards lens center when you put glasses on the table and create soap streaks, contaminate the lens with silicone dirt, etc, the water that accumulates at the silicone edge simply gets out of the glass with the plastic kit) but you will still need to adjust it closer and plug all holes on driest days or have 2 pairs, one close to eyes and one further away (foam not trimmed or removed) for wet days or times of the day (morning). You can plug partially the bottom holes and pour distilled water there to provide moisture for the eyes, but those tiny earplug silicone pieces need be replaced daily if you do that for ultra dry days.☺☺☺

You may need remove or trim 20-80% the foam (and cover the left over with silicone for a smooth face touch) if your eyes are too dry and need a tighter fit, it will still allow this amazing water drain that prevents silicone sliding. 6 months after buying first Bollé, I realized these foam-plastic kits are the ideal thing to use to allow water to drain so that silicone doesn't start to slide due to water. The nice thing about these plastic attachments is they hat they got little holes that remain always the same and allow you to create exact vents of an exact constant size when you want less moisture or fog; this would be impossible to do with silicone earplug only. Platinum often only lasts 3-4 weeks and only 1 at original strength if you used it and created very high moisture (basically loses 50% of strength and created a blur of 100s of droplets that is almost as annoying as fog) due to not taking it off a long time or using drops before or cold compress; since this is not feasible, people just buy a gel to apply daily (or less if their seal or moisture are lower) to Cobra HD or Clear once coating is suboptimal. All *Cobras block 99.99% <380 nm UV and 10-86% blue light;* to maximize Cobra or Rush Platinum antifog longevity present on Clear & Smoke (not HD), never use alcohol, or any other gel or lens cleaner, never microfiber after it's been wet for hours, and never use microfiber to barely touch lens to absorb the tap water in the hope of "removing calcium that could build up as on a shower door etc"; instead, use only a sink water jet to clean and finally (or entirely, though squirt bottle has little pressure to remove some dirt), have capped squirt bottle 2 bottles/6$ with DI water or RO water to do final rinse to get rid of hardness buildup that happens with tap water alone; these bottles can also be used to wet a room temp 'cold compress' to touch eyes and let that water evaporate to generate water vapor on low moisture days, besides using saline drops; only 1 microfiber drying by just touching to absorb calcium in water will ruin the coating and annoy you to no end as the pair fogs 10x quicker; you want to leave it alone after wearing to dry on its own and clean only after it's been dry a while. Otherwise, you will need return 10 pairs/month.

Bollé Rush/Cobra HD are far superior for computer or any detail work to any safety glass on

Amazon or anywhere I tried, since it requires no frequent antifog gel if you make a loose fit (mild dry eye) or daily antifog gel/paste (paste is better usually, dries in 2 seconds, then can rub it off) for a tight fit and high moisture (moderate-severe dry eye). HD has no antifog coating that wears out, so you don't need buy a new pair every 3 weeks. HD makes all letters darker than the background, allowing you to read 20% more papers before eyes need a break. after 2 months of silicone like in the pic above, on 7-7-21 I decided to extend the silicone 1 cm behind the Rush HD hinge (pic), to prevent bending the silicone irreversibly and creating a leak with each laugh or big smile, and forgetting to adjust silicone mold; this was done also to prevent the incessant water blur that occurs due to extremely high moisture created by a seal very close to the eye (so extended seal has the silicone very straight and even slightly bent away from eye, to further increase air volume and diminish water blur; for people with drier eyes than mine, they need the tight version though); the skin near hinge rises 7x more than the one just 1 cm behind when we smile; this extension (only needed for Rush, not Cobra) also lowers eye temp, decreases water blur, increases oxygen and air amount and makes silicone better than tape seal, since it eliminates the most annoying issue: *mold always changing every smile/laugh/huge yawn*. *If eyes are mildly dry only and you don't like the fact that the extended silicone mold can't be folded (placed in a pocket, etc), you can make the hinge area height much lower, so when skin rises 2mm during smile☺☺ and laugh it won't reduce mold height by 2 mm creating a huge leak.*

When you get a pair you like (see options here) measure the length of the silicone snake (very dry eye: 137 mm for Bollé Rush HD for tight fit for very dry eye, moderate dry eye: 185 mm for behind hinge Rush fit, 170 mm for normal Cobra fit), like in this picture, make the snake in 1 minute from 1 earplug and then place it around the glass (see pic), finally mold it and press it as in final pic. 137 is for one half of the glass, so to make it thick and prevent bending and shifting nonstop (which would make silicone streaks on coating and make it blurry) we need *4.5 earplugs* for Rush, and *7 earplugs for extended Rush or Cobra*; if you use the foam kit, you *only need 0.7 earplugs for Rush and 1 for Cobra (this means leaving the foam on the plastic and topping the plastic-foam)*, about 8 times less; if you cover the foam and plastic of the foam-plastic kit entirely (I never do) with silicone to see eyelashes better (maybe use beige plastic under if very thin), you will need 1.5 for Rush and 2 for Cobra. Use more and it will shift less, so you touch it less to readjust it, if you don't use plastic and it lasts 20x longer in a clean state; using too much will move glasses away from eye too much and obstruct your peripheral vision, atrophying your cells, so 1 is better than 2. Saving earplugs in the short run leads to more waste in the long run, since you touch it 20x times daily to adjust it as it falls by gravity. Make little grooves on the lower silicone layer if no 5$ Bolle foam-plastic kit used, for water to fall outside of the glass by gravity so it doesn't start shifting. If using plastic (with or without foam) let water get out easily don't plug everything with the silicone and clean the plastic too as you do clean the silicone.

Remove the plastic, wipe it well with soap, alcohol, etc, let it dry then put back. Silicone can be cleaned with alcohol pads, disinfected with UV lamp and also the outer layer that gets dirty can be trashed every few days/weeks, so no need to use 5 earplugs a day. Knowing the length allows us to remake it ultra fast every 1-8 weeks when it gets dirty (we only need to replace the top layer first, as that one gets dirty only), depending on whether you use that pair 2 or 16 hours/day (be gentle around the nose bridge pieces when pushing silicone against the glasses to fix it, as they can snap). It seems easier if the silicone snake going above the brow is 20% thinner than the one under eye, the temples one 30% thicker. Make silicone point away from the eye, to avoid touching eyelash if it does *and* create less water blur.☺☺☺

***When it 'blurs' (water condensation, not really fog when you just applied antifog paste and coating is intact)*, just loosen its tight air seal slightly or take it off and wave 3 seconds; a slight air leak will create a wonderful balance of no fog but high moisture; with time you'll get the exact knowledge of how much to loosen it, where to place your ear grips to prevent shifting and moving, without having to mess with the silicone, just pull it slightly forward, but not too much, because then you get dry eye, so you need to do it in tiny steps, until you reach that sweet spot of perfection, which varies by day and time of day. If it blurs too much, widen the area of the silicone, moving away from eye at temples, increase silicone height; if that doesn't prevent water blur, you can buy the 5$ plastic-foam set to place on any Bollé Rush+, cap with silicone all gaps as in this Bollé Rush+ with foam pic (or remove the black foam that is hard to clean, and just place silicone over the black plastic, since this will enable a higher moisture being reached faster, due to less air volume and tighter face fit, plus higher hygiene, since plastic can be cleaned very well, silicone replaced, while foam can allow bacteria to penetrate and thrive, *and spraying new foam always from a can is not easy, needs a lot of trim afterwards, and foam has to be hypoallergenic, for eyes not construction*) and then you get a little lower humidity, but no more blurring nonstop every 3 minutes which can become ultra annoying and redden eyes due to trying to go around the blur to see; I tried it and wow, the blur takes 5 times longer to appear vs without the foam when eyes are very wet initially, but we don't need foam if we move silicone way towards the edge of the glass and increase height of silicone. ☺☺☺**

However eyes become pretty dry first 10 minutes due to time it takes for moisture to build up if you start with normal level of eye wetness, so the plastic (see pic) fit on Bollé without foam is the better of the two, since it fogs slower and eyes are still wet, when I say fog I mean that water condensation, not real fog, since with fog you can't see anything. *Move your head back and forth when not sure if a gap exists, the little cold air entering in one place, will alert you your silicone has shifted and needs adjusting again; no adjusting is needed once you figured your average and set ear grip at that level; just move glasses 1 mm away if too much blur on very wet times of the week.* These are cheap, so having 2-3 pairs is useful to avoid issues and also to have

a pair when you fix or clean the other, etc. I had 1 Rush HD, 3 Cobra HD, (better for night time driving, reading road signs from distance, and bigger, since blur at night is bad; actually 3 HD are needed at times, since the other 2 pairs dry the water blur) 1 sunglass Rush+ Smoke (the antifog coating is gone, so I use antifog gel) from Bollé. I also used rarely (no more, too small) a yellow polarized wrap around night driving glass – see silicone polarized seal pic, and 99.9% blue blocking glasses (silicone seal pic – blocks way more than Bollé Cobra ESP 70%, so when driving you may often see purple auras of green trees etc). We got the challenge of maintaining equal humidity, which is hard, since if you take them off to dry them, humidity changes, so slight pull 1 mm or far less would maintain a much more constant humidity and allow a more fine tuning of blur. Taking glasses off brings stress for the eye due to ever changing humidity, so you need 2 identical pairs to avoid the stress of new lens type; plus you also need to often readjust silicone if you take them off, and then it may not align properly next time if you're rushed to type, leading to dryness; find a pair that once sealed to a level provides maximum constancy of optimal humidity the eyes need, based on your average dryness, without need of drying it so often, the right amount of venting, etc. Recall to wash or clean with antifog paste (that acts as a cleaner too) your Bollé pair often, maybe daily, to clear debris, dust that clings to the water droplets; you can use the naturally present chlorine in tap water to disinfect it too; this way glasses are cleaner; you need reapply antifog gel after a good wash or after use of microfiber on a wet lens. These sealed glasses raise our eyelid temp slightly, so many need no warm compress either, because the meibomian oils melt easier. If too much water, not fog, condenses on lens, if you use the antifog non-HD ones with silicone seal for ultra severe dry eye, *just take them off 10 sec,* wave them and water is gone; or if you like a non-HD Bollé pair with antifog coating, have 2 of them to swap to avoid having to take them out for seconds to dry the lens, to avoid having your eyes stress out by always adjusting to a new type of lens. ☺☺☺

I would not clean it with 1 square half inch (small so you don't touch the silicone) tiny microfiber cloth unless it's dirty and dry, since the antifog coating on Bollé goes away with excessive wiping out of moist lens and also, you risk mixing silicone (that touches the microfiber) with the coating further deteriorating it. We use sealed glasses to avoid putting toxic lubes, drops, buffers, preservatives, etc into our eyes in excessive amounts; if instead you just swap it with the backup clear pair, let it dry and then wash it if dirty with tap water and quickly dry it, you will have the coat last longer.☺☺☺ We need eye breaks, so after taking off Bollé just close eyes and wave for 10 seconds; our eyes need those 10 second breaks every 10 minutes anyway. $ store sunglass picture shows how I created in 5 minutes on 4-25-21 a good air tight seal (nobody can see silicone from outside, very discreet, my $ store glass got foggy in 5 minutes of wearing it, so if you got a sunglass, you need antifog paste applied to it of course; I found Bollé only on 4-29-21 and HD on 5-8-21, on a low tear production day (bad sleep before) so the silicone method works

for severe dry eye or really dry days (10 of the year); we can make 1$ sunglasses with moisture retaining ability and COVID19 protection; replace silicone when it gets dirty, disinfect it with UV light (2$ @ $ store); make it less tight to avoid fogging until it works without fogging. I don't suggest using $ store glasses, if poor quality vision, since eyes are worth more than $10. If one eye lens fogs more, create a tiny gap in the silicone seal for that eye to equalize. ☺☺☺

For COVID or vacuum of house, wear KN95, N95 or KF94, store in slightly open plastic container, handle via the loops, don't touch it, and clean disinfect container often, trash mask after 20-40 hours of use; KF94 fit perfectly, are cheaper (40 cents/mask vs 240 cents 3M US made N95) and way comfier than most N95. China made fake KF94 have a strong bleach smell that takes weeks (after mask is ready to trash) to vent out, all bags have holes to air out in them allowing contamination of masks, the Chinese KF94 are harder to breathe thru since they use a cheaper tech, and anyone can open the ziploc bags that have 10 masks each, so buy Korea made, Amazon got many, as these are individually sealed; South Koreans live to 83, Chinese to 78; KF94 is a South Korean government standard and only Korean made ones pass this standard for sure; the difference between a cloth mask or the blue 3 layer mask and KF94 is like between day and night, KF94 creates instant seal, has plastic nose clip to create perfect seal, such a strong seal that when you breathe in the mask is drawn in, you get so little air, it takes a while to get used to, when you breathe out it inflates, it's ideal for painting, gardening (see insects on mask, dirt to decide when to replace), smog, dusty areas; cloth masks have so many gaps on the sides that they offer very weak protection; KF94 one removes smells 5 times more; KF94 vs cloth mask is like a Tesla Model Y versus a 1920 car. If KF94 is too little air for you, try a cloth mask + a 2.5 filter or the best deal:☺☺☺ 2 big masks + 30 filters. (manufacturer says to wash daily; maybe get 4 masks to wash all 4 after using all 4 for 1 day, to avoid inhaling viruses, place in a semi-sealed (to avoid mold) plastic box in the car after shopping to avoid inhaling junk from stuffy dirty highways, stores, etc). $ stores sell 3-ply masks, 50/pack, for those who want more air, comfort, ease of use, vs the cloth plus 2.5 filter masks used for smog too; however, 3-ply masks filter 60+% of 2.5 pm smog too, if worn tightly around face. KF94/N95 are not for long-term use due to too much lung/heart strain; "a PM2.5 filter (*lasts 12 hrs, if used multiple times, always have it face the same way, e.g. 2.5 pm writing facing mouth, to avoid getting junk on your mouth*) and cloth mask combination imposes only 25% of inhalation resistance compared to a properly fitted N95 mask"; 4x easier to breathe than N95.

2.2.4. *The TAPE seal day mask*: how to do it, and its pros and cons. *For those 1 in a ?million? with allergy to silicone, tape can be a saver, but* it's extremely time consuming for tight seals. I used silicone for decades as earplugs, so I'm used to it. Tape has its issues, like being very hard to make it smooth (roll it at the end where it comes in contact with skin, don't flatten it; tape also reflects sunlight and allows a lot of damaging UV in, while silicone repels all of that, preventing

sunspots, while tape can create sunspots or reflect some UV/blue light back into the eye, light coming from above, under, sides. I tried silicone seal for almost 2 months, but on 7-3-21 I discovered the taped sided HD (sided means with something on the temple tips to increase friction) is as good as earplug (not plastic) silicone sealed HD at generating high moisture, so I gave tape for tight seal a try (even if I use silicone) for 7 days (some were half days using silicone too). Loose tape seal is easier to make and lasts longer, since there is little contact with skin: I used tape for 6 months on blue light glasses before discovering Bollé and silicone seal in April 2021; it was very dry with it, so it's rather useless as a loose seal, but better than nothing. ☺☺☺

Tape tight seal takes 20x longer than silicone seal to create, as you need tape the inner areas that expose glue to air, to prevent evaporation of semivolatile chemicals from glue; the advantage of tape over silicone is eyes become slightly cooler, you no longer expose eye area to the silicone (though tape glue is 900x more toxic, even if exposure is 100x smaller by area due to double taping); however, silicone reduces need of drops, due to more perfect seal vs tape, so it reduces chemical overload on eyes by gram levels even if rarely, you get a nanogram of silicone sneak into the eye (we are talking about a billion to 1 ratio and silicone is in foods, cosmetics, face creams, tape glue is not); with tape, you no longer have to adjust the mold every few days, but the tape is very unstable itself, so it needs a lot of readjusting that takes 20x longer than silicone readjusting. If you don't use a tiny microfiber (trim a big one), you can get silicone on the lens, and this is one issue tape solves; on the other hand, silicone on the lens may be a good way to clean the lens of nanoparticles, per some papers. If pressed, silicone changes shape irreversibly unlike tape, though that can be a disadvantage of the tape, since when smiling, laughing, etc the tape will scratch if not in a concave roll shape around temple, under eye, etc while silicone will change shape and you will feel nothing when smiling, laughing; silicone is more expensive, but the time it takes to fix, maintain and create the tape seal may be way pricier than using silicone; tape is invisible if you don't use comfy rolls to touch skin and nobody will notice it from a distance of 5+ ft; tape can be cleaned perfectly with alcohol, since it's double tape on each side, though silicone can be cleaned too the same way; tape seal has more air, thus more oxygen if you use tape on the very edge of the glass (though you can adjust silicone to achieve same warmth and air volume as tape); tape is cooler than silicone, so you may need use cold compress less, since warm eyes get redder, less oxygenated cornea gets redder due to hypoxia. Try to extend the tape behind the hinge, to avoid scratching the skin while laughing or smiling; the ideal tape method is to create rolls of tape at the end for high friction areas at least (like temples, etc), so nothing is abrasive against the skin and can adjust its shape while chewing, yawning, smiling, laughing, without discomfort; this makes tape as visible as silicone from 15 ft or so, since you tape it also 2 mm on the exterior to prevent instant detaching that happens when moving face; this is why few bother with the tape method if they got very dry eye

and are tempted to try some sealed safety glasses (with that soft Bollé Ultim8 40299 red rubber touching their skin, but leaving marks and being too sealed and moist, with too much water blur, though you can make holes in that red rubber and plug them with silicone if too dry or wear it loose without the strap) or earplug silicone sealed glasses. I tried Ultim8, but didn't fit my face in the glasses version (not the elastic holding it tight and making huge marks on face) so around temples huge gaps exist that need to be filled with silicone. Ultim8 frame and the rubber attachment need to be 2 times thinner, so that the lower edge of the glass is far less visible and blocks the field of vision far less by being 2 times closer to the face. When safety glasses are worn 8 hours we need something that is much closer to eyes, like the Cobra without any foam kit, to prevent atrophy of cells that deal with peripheral vision. For people with less dry eyes, they can use tape (as long as it's blocking UV it's safe) & loose seal and leave a big space around hinge of 2 mm, since skin rises when you laugh/smile around the hinge area and gets irritated by tape. If you smile a lot, silicone may be the only choice, if eyes are very dry, as tape is not comfy unless you spend 2 hours to make it with rolling tape pieces all around, if you can even find UV blocking tape. You can't fold the taped or silicone sealed extended (behind hinge) HD.☺☺☺

2.2.5. Other glasses I tried that may work for those with similar or different face shapes: Bollé got many glass types, Rush+ HD or regular being ones I found to work best for my face, they remind me to breathe softly, to never rush, to filter our walking tone, thought + emotion + vocal tone so we go into fight-flight mode less and make better decisions in a tranquil state not one of confusion, so we dial down inflammation that destroys our eyes when we go into high stress over nothing. I found way better than swim goggle lens quality, wrap around glasses that could be used to create high humidity, all use polycarbonate (PC) lens even if Amazon may incorrectly say glass in description. The following safety glasses are good; most are so good, you can use them for computer work (can use fitover sunglasses ($2 @ $ store) to avoid breaking the moisture when going out or have 2 pairs, one for inside and one for outside). Safety plastic glasses clarity is almost the same as glass snorkeling goggles 5 times heavier and harder to use. The amazing safety glasses are in decreasing order of image clarity, from best to worst (place silicone or tape closer to eye socket for more moisture):

Bollé Safety founded in 1888, making glasses since 1936, with 100s of models on Amazon: 12$ HD Rush clear (96% of visible light comes thru for inspection work and detail, vs 92% in standard clear frames like Rush+; HD Rush+ is the best, letters appear darker, easier to read, just apply antifog gel/paste like you have to apply after a few days on all Bollé since factory coating wears of if you use silicone, for ultra air tight, otherwise, leave it alone without antifog if using tape for milk-moderate dry eye) >> (far greater clarity than all the rest) >> $10 Rush small black-gold 40254 tight fit, superior antifog (platinum coating, see Bollé vs others in fog, company fog demo, see fog explained), very adjustable soft nose bridge, great for dry eye with or without silicone,

especially for small-medium heads or 15$ white-pink (lens clear, not pink, Amazon pic wrong), or smoke version for outside (I use this for outside with tape), inside/outside CSP 52% blue light filter, twilight 70% blue light filtering outside (twilight is pretty dark for outside or computer work, so it will be pretty useless unless you work outside around sunrise or sunset a lot and the smoke version is too dark then. The coating on it smells the strongest, disappearing only after a week) the tinted versions have a chemical coating the clear doesn't have, and these are made in Taiwan, come in a sealed bag, right off assembly line and may need to be aired out for 2-4 days (near a window where there is draft between windows, etc), to make sure all chemical traces or smells are out – just like with the foam you buy/use for moisture mask; all tinted glasses smell once freshly made, some forget to let them air out before packing in air proof bags) = $14 40208 Rush clear superior antifog,☺☺☺ identical to Rush small, just larger, less temple pressure, no eyelash touching, got CSP 52% blue light blocking, twilight (more blue block), smoke sunglass version for outside, ideal for making a dry eye day moisture mask with silicone☺☺☺, only 2 Mack's or Equate earplugs needed) = $10 Silium 40073 (nose bridge uncomfortable) antifog = $13 Silium 40237 superior antifog (too high, nose bridge fixed not comfortable, as it raises glass, so silicone can't be placed under eye, avoid buy) = $21 Nesspsi huge lenses, high glare, mirroring, superior antifog ≥ Bollé Ultim8 with rubber (100% seal for fast humidity without silicone) or foam types Tracker clear or twilight, Rush, Baxter (can order foam-plastic kit for $5, to put on any Rush pair you use more often to see if you like it, video about it here) = Bollé Iris (fits 100s of face types) ≥ $18 Venture Semtex (best anti-glare of all clear glasses, more glare than blue light CSP or twilight from Bollé, the difference in glare is only noticeable with normal lightbulb, not with my low blue light NASA lightbulb, tighter fit below eyes and above, so higher humidity if you put foam, silicone or tape, but temples a bit too tight giving headache after a while, nose bridge too close to eye corner, not safe for moisture glass due to dirt from rubber getting into eyes, hard to clean nose bridge, so only buy if small-medium head or if you think it bends, nose bridge is too tight and hard, uncomfortable compared to Bollé, especially if you place extra weight with the silicone) = $22 Venture (hinge inflexible, too tight temple, headache, too big for best moisture too, small head OK) ≥$8 DeWalt (temples too tight giving headache, hinge inflexible, sits too high, low glare though, good for small heads) ≥ $15 white-pink NoCry (temples reach behind ears and pressure slightly, for small head only) > $12 anti-fog metal shiny silver frame 3M safety glasses, got a little mirror effect, like NoCry, and frame is too rigid and tight on temples, OK for small head, but nose bridge is too close to eye corner, sitting too high, not ideal for dry eye moisture > $10 Solid (these fit me perfectly, but they fog fast) > $14 Safeyear (too big for me) > $17 Safeyear with removable foam gasket (too high due to very narrow nose piece, but foam is easy to remove and put back, way easier than Bollé, so a good pair maybe for some face types who want flexibility, may work perfectly for some) > $6.9 Uvex (don't buy, the most uncomfortable, tightest temples, tiniest heads only) > $7.3 Pyramex Goliath

(temples way too tight, give headache, hinge inflexible, plastic fixed nose bridge, don't buy) > $7.4 Encon (don't buy, huge distortion the upper 70 mm of lens, gives headache if you move head a lot at computer, get what you pay for) > $7 Highlander XP Pyramex (huge distortion upper 70 mm, NOT for computer work, just for dust outside) >> $5 Highlander (don't buy for computer work) >> Pyramex i-Force dual pane antifog (OK for outside, double pane distorts far worse than any above removing contrast, increasing glare; not worth buying, too much distortion). With Pyramex last 3 glasses on this list, you can take off the band and they become regular glasses, but don't fit perfectly, so you need silicone to plug holes and gaps, plus their foam is hard to clean vs gasket of many others or silicone you replace on others. Other cheap safety or swim glasses (except the clear glass of snorkeling goggles which are too big, heavy) are extremely distorting, headache causing cheap PC lens. For suboptimal lacrimal glands, one can add some daily washed sponges (or gauze) or wet cloth to provide extra moisture like moisture releasing glasses from eyeeco.com; Bollé tinted safety that fit tighter are better at generating humidity fast due to less air volume. ☺☺☺

2.2.6. Antifog *coatings* that are hydrophilic: these coatings don't help always (unless the 3M type hydrophilic coating, that doesn't remove moisture to the edge of the lens like HexArmor does) those with dry eye (unless they're not sealed with tape or silicone 100% and used in ultra high humidity workplaces, so people can see), but I include some info on this tech if you're curious or have tried Bollé worn loose (with air leaks in silicone seal, with silicone pointing away from the eye to create a greater volume and avoid touching eyelashes) and even then it didn't stop fogging (due to lack of patience in finding the ideal air leak or due to *using alcohol to clean them*, which removes the antifog coating; *never use anything except water to clean antifog coated glasses; use a microfiber cloth designed for glasses to clean Bollé daily, to diminish eye stress and 'fog'*). The temptation is to try hydrophilic lenses that absorb water and releases it out at the edge of the lens, but hydrophilic only work when eyes or eyelids are wet due to using cold compress, sleeping with moist pad, showering, using drops before, *jobs in foggy places or going from cold to hot air environments,* and *even then, they work only for 5-10* minutes, after which they dry the eye due to the silicone seal. *So if you see a glass saying hydrophilic lens, then you know it's not ideal, but you can buy one to use 5 minutes at a time when eye is super wet, to evaporate "eyelid, under eye" water faster without using a cloth or Bollé, since bacteria contamination is an issue and Bollé fogs or condenses water.*

HexArmor hexarmor.com, Michigan, USA makes lenses that are 5x better than Bollé and all hydrophobic (water repelling, what we need for dry eye) lenses at preventing water (and fog) droplets; this is because Hex (like 3M) are hydrophilic, while Bollé and most safety glasses are hydrophobic causing water condensation (with a tight silicone seal) that blurs vision in 2-50 minutes depending on how wet your eyes are, how tight the silicone seal is. 3M and Hex

hydrophilic coatings are washable too, so they suffer from the same issue as hydrophobic, you need that hydrophilic paste or gel to reapply every day (like with hydrophobic). 3M $10 Solus (like souls) 1000 Scotchgard hydrophilic coating glasses absorb water far slower than HexArmor, so they can work much better for dry eye applications than HexArmor, i.e. they dry the eye less, but they also blur/fog in 3 minutes, very disappointing for 3M to make such a product, but the frame is very good (but not as good as Bollé if you want instant moisture, Bollé fits tighter so more moisture faster, but good for people who have different facial shape), so you can use the frame and some other antifog paste; maybe work when Bollé gets too foggy as a backup; however, vision quality thru 3M is way lower than HexArmor and lower than Bollé, way way lower than 12$ Bollé HD. See this article on the chemical composition of hydrophilic coatings, they all wash, a pair I got from Amazon had the right lens 90+% washed when I got it, it absorbed no water. However, *after a while Hex glasses make your eyes dry if somewhat tight seal, and eyes get dry before we notice dryness,* so hydrophilic coated glasses are usually bad for this purpose, *being useful only for using them during foggy weather (without silicone to avoid drying the eye) or 3 minute periods.* Their glasses don't create the perfect tight seal around my eyes like Bollé, (VS250 is too high, even if small) so even if I wipe with alcohol their hydrophilic coating and put hydrophobic from Amazon, it'll be an issue (Hex has better lens, but the nose is not comfy; plus you have to find a hydrophobic antifog solution and doesn't blur your vision). ☺

It's to risky to wear hydrophilic lenses more than 3 minutes*, as they will dry and thus damage eye without you even noticing.* Hex lens quality is better than most Bollé glasses, except the HD Bollé which is better than Hex, but has no antifog so you need put antifog gel/paste yourself (you need do that for most glasses after a while anyway, it fades). Hex got 4 coatings explained in this pdf: F (TruShield), S (TruShieldS), 2F (TruShield2F), 2SF (TruShield2SF). F stands for antifog coating, S for antiscratch coating; F has basic (that only absorbs moisture) inner F (fog) and hard outer S (scratch) coating; 2F has basic *inner and outer (hence the number 2)* F and basic (not hard) inner and outer S coating; S has on the inside lens *dual-action F coat* (that spreads, and then absorbs moisture, to minimize fog) and hard coat S on the outside; 2SF has *dual action F coat* (spread + absorb) coating and basic scratch on both *inner and outer lens, hence the number 2*. S and 2SF have S in them since their fog coating SPREADS moisture before it absorbs it. These 4 coatings come in various shapes, some shapes being available in 2-3 coating styles and even as sunglass (VS250) or blue light (only 2 are blue light blocking, I tried them both). I only tried *five* Hex glasses from Amazon, before returning them 3 weeks later: *two* 2SF ($11.5 MX200S, which dries eyes fast and prevents fog fastest being useless for most dry eye people & lightweight 15.5$ VS250), *two* F ($10.5 MX200S, *which dries the eyes less than* 2SF & $14 MX300 blue light which has rubber on top requiring less silicone), *one* S ($15 VS250 blue light, has the same inner lens coating as 2SF). *I only used VS250 2SF for 5 min, MX200S 2SF 1 hour, the others 2 hrs, since*

the 2SF ones were bad smell even after 3 weeks and the rest were drying eye fast after 5-10 min.

The 2SF coating smells the strongest, all the other coatings have the smell of the package disappear after exposing to window air 2-5 days; 2SF (discovered it 5-4-21) dries the eye 100x faster than Bollé if you make a perfect seal, so it will be useless 99% of the time; the other coatings, F, 2F, are better than 2SF,☺☺☺ *not drying the eye so much that it cancels the effect of silicone seal in 3-5 minutes, but need to be worn short periods and with gaps to allow air moisture in coming inside thru the temperature gradient to replenish water absorbed by the lens. VS250 absorbs* less water than MX200S for the same coating 2SF, having smaller lens and being lighter weight; 2SF is S on both inner and outer lens, not sure if this affects water draw from inside if the exterior coating draws water coming from inside at the edge slightly to speed evaporation, since customer service was incapable of answering the question; for dry eyes, S and 2SF may be the same, *since we don't care about the outer lens antifog coating presence, the vision would be clearer without the outer coating for certain eyes, reducing ocular stress and thus dryness*. Mornings we need Bollé worn loose, if eye is wetter or we got water blur, or pulling in and out is too distracting or dangerous for what we do. Platinum Bollé antifog coat is said, by Hex, to wear out fast in their video and that's what I found too, so don't wipe with microfiber much; my Bollé coat was worse after 3 weeks, mainly due to my using alcohol once to clean, so avoid non-water cleaning, use antifog gel/paste if Bollé coat is gone. Try taped sided HD, 2 pairs, one to wear when I clean the other or as backup when it creates too much water blur due to moisture. You can use alcohol/soap to remove antifog coating on any glass.☺☺☺

2.2.7. *Future tech*: In the future, they may have a pair that opens a vent automatically when it detects ocular dryness diminishes, so as to retain inside the lens an optical humidity for the ocular surface dryness and not overcondense water which them brings dryness via the stress condensed water creates via blur; that vent opening is calculated by ocular surface monitoring by the AI. However, that's requiring some good solar battery and other techs, making it heavier, though vent and motor can be tiny for the 3d printed glass matching your face perfectly without silicone, without strap, without pressure, future soft materials we only dream of. They got many types of safety glasses, each fitting better one of the main 10 types of faces. *This HD Bollé with* silicone or tape is still, *even if not this vent-AI-etc dream tech, mind blowing because it enables now, 0.4-1 billion people with mild lacrimal deficiency and lipid layer weakness, to become free from the need to yawn to generate tears, to use any artificial drops, except at night if foam mask had a gap or lacked moisture pad*. *Imagine* no longer spending 10K on *drops*, *ointments* and *gels* next 10 years, and completely or partially damaging or destroying your eyes (or other organs due to side effects of swallowed tears, inhaled drops, gels, ointment lipids, etc) with some of the drops, gels, lubes out there. Bollé is, for many dry eye types, the *best brand for this purpose, the most comfortable, the closest to eyes,* the highest diversity of frames for 52-70% blue light

blocking, 52% is CSP, twilight 70%, clear, sunglass, *tried 40+ glasses, safety, swim, way better than foam or tape glasses, far less harsh or allergic on skin;* silicone or taped Bollé method is 10 times better than *taped 'normal non wrap around' glasses*, due to perfect seal, higher humidity, less air volume to saturate, so you use way less tears; unlike fixed tape, silicone allows you to mold its shape every 4 hours to regulate the moisture level in your glasses, for optimal eye function, depending on tear production (we produce more tears in the mornings and days with ideal sleep), which helps those with severe dry eye. Bollé could make 10 billion in sales, improve the lives of half billion people with 3D printed Bollé glasses for dry eye, that use the comfortable or even softer nose bridge material around the edge of the glass for air seal, this material barely touching the skin, allow for higher moisture, with a special coating that drains water faster than existing one, removing the need to wave much, to use silicone at home, by calculating the optimal air gap based on the moisture/humidity optimal for dry eye prevention for each patient.

Eyewear companies that offer 3D frames, could in the near future offer gaskets (*or tight fitting frames that would create an almost air tight seal;*☺☺☺ maybe use Bollé nose piece transparent silicone) to fit over the frame for people with dry eyes for better humidity, so we can adjust the air intake with some silicone or something that clips on and off to prevent over fogging, or simply pushing the frame closer to our face. What people with minimal or no dry eyes don't understand is that these wrap around clear glasses or their tinted versions when going out, even worn without silicone (used to create humidity) or without 3d printed gasket or tape, will protect eyes from enormous oxidative stress caused by wind blowing into the eyes (even indoor wind from walking, from central heat/cooling, drafts, windows), wind with dust, dirt, dust mites, viruses, bacteria that drain ocular immune system and regeneration and speed up eye aging, MGD – all in the name of vanity and looking good "who am I to wear wrap around blue light blocking or clear glasses to protect the most valuable organ in today's digital age? After all, I might look a lot smarter, more of a geek, higher IQ too sometimes." These glasses would, in a longevity civilization, be available at RiteAid (be standard of care for the mildest dry eye too, before drops are recommended even), CVS or any pharmacy right near eyedrops to reduce 50-90% eye drop use (we don't want side effects of present primitive eyedrops) for mild cases, most cases being mild when people walk to RiteAid to get some drops 1st time; *they sell 50 types of eyedrops and not even 1 or ideally 10 types of clear nonprescription dry eye wrap around glasses fitting 10 types of face sizes and shapes.* Well, Pharma wouldn't make more than 10-20$, vs *10k from many LipiFlow dry eye* treatments or dry eyedrops for life. Why cure disease or eradicate 80% of its incidence with preventive glasses, education, when they can make 100x more profit with managing disease and never curing or preventing it?

How can we dream to live to 130☺☺☺ and have perfect eyes of a 50 year old then if we don't change the way we think about protecting this organ? 3 billion people without prescription

glasses would have their eyes look and be 10-40 years younger 30-60 years from now if they would wear this, even without silicone/gasket/etc to make them moist, but they don't, due to social pressure, vanity or *lack of information on the eye aging processes*"; *we protect very thick skin areas with clothing, but the most delicate skin, the thinnest skin, the wettest skin that can get viruses in, etc we don't protect; isn't that odd*? Kids who wear UV wrap around glasses indoor, outdoor, partial blue blockers, etc will have better vision, higher happiness, better capacity to read more papers and know how to take care of themselves and parents better, live to 150 easier, due to more knowledge from papers read, healthier eyes, etc; they will look smart, since when asked why wearing wrap around each time, he will refer to a huge pdf or website or start explaining hi tech stuff no other kid around knows about eye aging, explaining some day all humans will wear glasses enabling them to look up emails, computers, websites via holograms projected, etc. The government can encourage wearing these glasses always,☺☺☺ even in overcast days, when UV is present even if not sunny; models wear the most beautiful *frames* with 30 colors and flowers, patterns *(purple or lavender outside tint, even if they see it almost clear, for ladies wanting to hide dark circles and replace toxic makeup with redness preventing glasses, eye aging preventing glasses, look good in older age too, not just at 25)* and no longer use makeup that usually damages their eyes; everyone focuses on living to 200, less on toxic makeup. *Cigarettes have warning on packets that they may cause cancer*; *imagine if makeup would say that it may cause* eye cancer, dryness, redness, complications *leading to blindness, etc*. These colorful wrap around glasses, just 20$, 3D printed, will prevent dry eye 50 years before it happens, since glasses will be all wrap around (like in Australia all sunglasses by law have to be), for prescription *and* sunglasses, and improve on design to create higher humidity by creating upper protection and a better side, lower protection to prevent dry eyes 70 years before they happen, reducing MGD incidence 5 fold from the current levels in 50 year olds.

2.3. *For the severely lacrimal deficient only (1% of people) ►►:* In October 2020, I found eyeeco glasses; black matte absorbs more light, prevents odd reflections that stress eyes; these glasses are for those with huge lacrimal deficiency; they block 15% of blue light (UV for the tinted grey or copper versions); I bought them, they don't create air tight seal for 95% of people without silicone added; when I sealed them without gasket with silicone, without sponge soaked in water, just silicone going around it, *the lens* became blurry due to water condensation *(can still see, since they got antifog coating)* within 1-3 minutes, *vs* 10-20 minutes for Bollé. So, need take them off, wave in the air for water to evaporate every 3-10 minutes depending on moisture production that day/hour. Lens quality is lower than some really good safety glasses (just to make a point, I mean we pay 99$ and we get this?), which cost 10-15$. Even those without big deficiency can use them (if they remove the gasket it's easier, more humidity faster), without needing to moisten the sponges, since the sponges are optional to wet and are ideally sealed

away from to avoid bacteria contamination; however, I believe the sponges not being wet will cause drier eyes as they will suck moisture; glasses are so heavy and temples don't bend at a strong angle at the end, so you can only use the adjustable temples locked to prevent them from falling off easily a tiny bit, breaking the air tight seal; have to use so much silicone, to get the gasket to fit around perfectly *(not 3d printed gasket and/or frame for every face yet, frame could be 3D printed to create an almost air tight seal if pressed, so no need of gasket)* so we're better off get wrap around Bollé safety. ☺☺☺

I review this here so people don't waste 99$ on something that performs less than a 10$ Bollé, and obstructs side vision a lot, which is dangerous when driving, etc. It's a glass that may only help the severely lacrimal deficient, so I include it here. The eyeeco are clear lenses of decent quality versus the low quality or headache giving lenses in other Amazon 'dry eye goggles' and 'any swim goggles 10-40$ from anywhere', but about same clarity as Bollé CSP or some high quality lens of 5-10$ computer reading blue light glasses; even if no perfect fit for most faces, you can use earplugs silicone to create a perfect seal, I needed only half an earplug for each lens with gasket, 1 earplug without gasket for better fit, so it will work (can even remove the gasket and place silicone all around to make it less air, way more comfy (gasket is really harsh on the skin below eyes) higher humidity, but you need replace silicone more often); I only see 2 small reflections when bending the head too much downwards, so it motivates me to not hunch.

2.4. *For those with* very *mild dryness, for computer reading,* the normal glasses that are not wrap around, would work to create optimal moisture using the tape method or hybrid-thick tape-clear-tape-silicone. The silicone section Bollé HD glasses are *WAY* better than any blue light glasses for contrast and screen clarity, because they make letters appear darker, while the screen remains bright, while blue light darkens the screen too. *Since lightbulb and screen level of blue light is easy to change, it's logical to try HD to see if it works better than current blue light glasses you got.* Examples of 'normal shape' blue block glasses (which you would return after trying *Bollé HD which is better than* without *any glasses.*) are: *[$5, no flexible hinges, good for small head only (big head gets headache),* 14$/2 pairs Kenzhou *(or* $9 for 1 pair*, a good cheap blue glass, flexible, good for any head size, 3x better clarity, resolution than* my first $10 pair *from 2020, these glasses make your eyes less tired, red, dry* since they take out LED glare, even if you don't put tape/silicone around them, are the highest quality vision for cheap *non wrap around* style I tested), (can use glitter tape thread or paint to change outside frame for unique color/rainbow) purple with flexible spring hinges but came defective one hinge *and allowed too much glare i*n, $13 with plastic around but small, too tight for big heads, a little too much glare, i*nflexible, $5* safety with foam around *(plug foam holes with silicone earplugs for less air leaking)] and do the ►►►TAPE* METHOD ►►► place *double* tape, *sticky* part *inwards,* around as in this pic; can buy $4 side shields from Amazon to make it more professional looking, discreet

and thus use less tape, giving yourself a lot less work long-term, saving 4000$ in time wasted.

You need more taping of *air* gaps if too dry, less taping if too foggy, just tell people you put tape due to COVID19 (because papers show eyes can be affected by COVID19 or even transmitted via eyes), if you're worried what to say *and don't want to let all know you got dry eyes, if you're self-conscious,* since eyes are the main route *of* COVID19 *transmission after mask is on, since they're wet and catch dirt; besides COVID shields make the clear tape far less visible*, face shields are an alternative to masks and, if you still want mask+shield, shields help you place masks lower so air blows far less into the eyes and prevent wind (formed due to walking) from drying your eyes, since many masks give you drier eyes ► Ophthal Ther 2020;9(3):397-400); see more day mask details and ideas below; *1$ stores got prescription reading (for farsighted only, not nearsighted) glasses that you can use for this "daytime moisture mask" too, if you wear glasses; since most don't wear glasses, blue light blockers will work well for digital screens, protecting from glare & blue light*. Please use silicone method with tighter *fitting* wrap around *glasses* if you want *instant* humidity for *drier* eyes, the tape HD method is for mild-moderate dry eye (can use tape on the Bollé blue light glass, but it's easier to adjust computer brightness). Foam is fine at night, eyes are closed, but daytime exposure to foam is too much.☺☺☺

2.5. *Why do we need moisture masks?* The *2 types* of *eye protection masks described* above, *night and day,* increase the temperature of the MGs, making oils flow all that much easier, removing the need of any or most warm compresses, which are usually too dry and eye damaging, this being a gentler way to keep oils liquid, as if we live in a tropical climate. Due to various forms of stress or even harassment we may think too much at night and this may cause us to open eyes slightly and leave them open, waking up with dry eyes and causing long-term chronic redness or dryness, and later dependency on more and more drops. Some people may get dry eyes only because when sleeping on the side or stomach, because of the nose position, when exhaling, the air hits an obstacle (bed, blanket, pillow) and *returns back into the eye*, (I noticed this 9-23-2020), creating *a draft that evaporates the tear* fast even if eye is closed; this is made worse, if when resting the cheek on the pillow, and lying on stomach, *sometimes* the *nostril* (on the side of the cheek on the pillow) gets *plugged*; same issue exists to a far worse degree with CPAP users whose machine is drying their eyes, due to a draft far more powerful. Window drafts cause it too. People who close eyes only 94-98% or so dry eyes faster too, even if no CPAP; relax before going to bed, sleep comfortably, so less wild dreams occur that can open eyes 2-10%, though sometimes dreams are messed up with via gadgets.

So, eliminate the drafts, adjust sleep position, or buy draft blocking goggles or "air blocking, moisture retaining" mask to sleep with; this may solve 20-100% of the cause. You wonder, perhaps, *why one eye (not always the same, but usually the same, since we tend to sleep on one*

side of the cheek on pillow more when stomach sleeping) gets so dry once every 20 days, it could be opposite cheek got resting on the pillow that night and/or the opposite nostril got most plugged that night and the draft was thus strongest in 20 days that night. Sometimes, depending on the angle of air hitting the bed, pillow, blanket, the eye opposite to the unclogged nostril can get more draft, but it's highly unlikely. Normal eye masks heat the eye slightly, evaporate the eye water, the water gets on the mask and the nose blowing air dries the mask and continues drying eyes, more the half of the mask near the unclogged nostril; *because of the normal eye mask you can't notice the draft for years*, but you can notice it if you generate tears first, warm the eyes with a "moisture retaining eye mask of swimming goggles" and then plug a nostril, remove plastic/rubber mask/goggles, breathe and see how the moist warm right eye gets cold and dry due to the draft created by the high double usual flow from right nostril (left is clogged due to gravity or you placing hand on it to see how fast the eye gets dry). This issue is not solved with normal eye mask, which often worsens dry eyes via the mechanism explained above. This draft over time gets eye very irritated, so we get dry-red eye during the day too. You can sleep tonight without a cheap Walmart eye mask and be amazed how much the exhale blows into the eye opposite to the cheek resting on pillow; more so if the pillow nostril is plugged partially or fully. This extreme drying/wind/cooling of the eyes will solidify the oils on the MGs eyelid exits and clog the orifices, increase eye wide oxidative stress/inflammatory cytokines which inflame the gland orifices on the inner eyelid, causing MGD and later on atrophy, which will cause ultra severe permanent dry eye without generating tears or artificial tears. You can also try sleep on the back, so no more blowing air in the eyes to dry them faster. You will be *totally shocked* what a *difference* a mask makes, *to put it mildly*. Plus, you won't put the toxic eyedrops with redness relievers. Even regular eyedrops without redness reliever can cause allergy and thus gland dysfunction. It's VITAL to avoid *dryness at all costs, day and night* (yawn when dry and *copiously* before going to bed or use unpreserved tears or gels if you can't generate tears that night), since night dryness damages ocular surface, *increasing eye oxidative stress and delaying the full regeneration and* unclogging of the MGs. ☺

2.6. The 50 cent night mask and swim goggle extra details: *tiny traces of bacteria killing* lysozymes *may spill over* MGs *orifices and disinfect your eyelids, from the* tears you generate *before going to bed and they may spread over your entire ocular area disinfecting it, due to the foggy humid environment; these* lysozymes *are so powerful, they can be used and spread all over your face to kill P.* acnes *bacteria that causes* acne in some*;* ☺☺☺ *I noticed after 2 weeks of* using the $0.5 moisture mask (or other masks I tried but didn't like since mine was the most comfortable and biggest, keeping largest area wet or hydrated), my acne has stopped for 2 weeks for the first time in 4.5 years (I never had acne until 30, and even then it was very little, a few pimples a year, only in 2016 after my right big toe got very swollen (twist) acne became an

almost daily thing – due to immune system overload (we always get acne after injuries with much higher probability, as white blood cells run to injury site away from face, leaving face vulnerable to P. acnes overgrowth); yawn (or laughter, in my case yawn is easier as it's on demand, hard to laugh so loud at any hour to generate tears, without disturbing others) tears also downregulate TNF, IL-1 and other inflammatory cytokines, since they induce the sleep related body/eye repair chemical cascade (repair of damage done by P acnes during daytime, restarted via short naps), relaxation and catecholamine lowering response of the brain, thereby assisting the immune system in eliminating inflammation caused by P. acnes before it becomes a pimple and also in destroying P. acnes quicker;☺☺☺ when we fake smile, we induce endorphins release in brain, when we laugh we do the same, likewise, when we yawn 5-10 times more than usual, we start a whole chemical cascade that affects the entire organism.

Yawn tears may actually have system wide effects of preventing atherosclerosis (everyone gets it since fetus stage, far more after 25), diabetes, Alzheimer, that literally bury us 30 years earlier, it may be a mechanism to delay aging related diseases by 30 years; due to epigenetic shifts in sperm/egg system (not the egg, but nearby renewed components affecting traits), it may even cause offspring to become a mutant who ages slower; because we yawn a lot, offspring is informed of the need for sleep, for higher efficiency of body repair during sleep; this creates genetic shifts that slow aging by enhancing night or sleep body repair speed and efficiency; if repeated, 3rd generation may age 2 times slower (body repair during sleep 2 times more effective) and live much longer than any ancestor. If we breathe deeply, with eyes closed while also "inhaling"/"exhaling" God's energy or the infinite bliss of "All that is" ("the "entirety of all that exists" alone exists, sat-chit-ananda, existence (sat) is conscious (chit) of its existence and is infinitely blissful, ananda, in its infinite eternal existence. No fear exists, there is nothing to fear, it alone exists), the infinitely blissful light thru the eyes (to stimulate oxygen-blood flow, so stem cells repair eyes), or breathe fast like Yogis in the fast type pranayama when moving belly fast (removes belly fat that causes inflammation and aging) for 5 minutes, see chapter 10 on various breathing ideas, increasing oxygen, before tear generation, then yawn a lot 2 minutes (or just simply breathe normally), *we exhale a lot, so we lower oxygen;* this gradient of oxygen is hypothesized to produce stem cells, *stimulating body renewal, delaying aging; is this why some Yogis reportedly lived to 120?* ☺☺☺

It's vital to sit or relax in bed, eyes closed so eyes don't use energy, oxygen to generate tears, but to produce stem cells and repair eyes, so body oxygen is not depleted by using it to stand, let oxygen saturate the eyes and brain and increase eye stem cells. *So, not only you get a tear 1 million times better, like from year 3000 when we can create eyedrops imitating our natural ones 100% for 1$/bottle, but you can also learn* how to be happy, breathe better *and produce stem cells, stimulating immune system and producing longer lived* offspring*. You also cause more*

frequent bowel movement, decreasing toxic build up on the blood *and aging slower because of that; so tons of positive feedback loops.* The moisture vapor will also moisten the area under your eyes, allowing you to get rid of dark circles which usually are caused by dehydration; so ladies can stop using toxic chemicals perhaps and moisturize dark circles the natural way, for 5 min or hours on demand with yawn tears, to look sexy without eye destroying makeup or "dark circle cream"; people don't believe me, but take a shower and notice how dark circles disappear; this is the same principle: hydration, circulation (eye masks provide it, due to higher temp).☺☺

Most swim goggle straps are too uncomfortable for sleeping, *so one can replace* the tight rubber straps coming with the goggles with a $ store (party section) ribbon (9 m roll) (see a ribbon pic), mold resistant twine (home depot), elastic band/cord (cord doesn't have to be elastic, just make a knot at the end to adjust how tight), so you *don't ever create suction as during swimming, but barely touch the skin on your eyebrow, etc still letting air come in (you are not swimming), avoid suction as that would damage the eye if sleeping or reading with it*. Some amazon swim or safety rubber glass may be fine for back sleepers. ☺☺☺

2.7. A few other choices, for daytime masks: glasses for $180 (that won't match your face shape to create 98+% seal and thus be useless) that use rubber, but the tape ones you make at home retain far more moisture for only 3 cents. Lenses on the snorkeling amazon glasses are clearer than any swim goggles at Big 5 store, but low quality compared to the 12$ Bollé HD plastic lenses (no antifog coating though, so need use antifog gel/paste). Outside you wear some sunglasses as shown with Bollé.

Imagine if people would make a mask for $0.5 for naps and sleep and generate yawn tears as I explain, not spend 2k in artificial tears in 5 years, Pharma would have to discover more amazing & beautiful ☺☺☺ things in medicine than what they're doing, less profits maybe, but *people would have far better eye health in Immortality Capitalism, as ingredients would not damage eyes.* Ask FDA why we don't have "0 pressure on eyeball" warm compresses and *moisture retaining eye* masks in every CVS? With mass production, they can sell a moisture retaining mask for 10 cents, that you replace monthly, so buy a pack of 10 sterile ones for $1. They can even take a pic of your face with your phone, then the app mails via Amazon a custom 3d printed foam or new material mask that fits your face perfectly for night moisture retaining and has some removable pieces that can let air in when too much moisture is generated and even fancier versions that beep when humidity is below or above ideal range, so you make it more air tight or less. They can also, for 5-10$, have Amazon ship a custom 3D printed rubber attachment system for your glasses (you send pictures of glasses via an app and dimensions), or for 5$ blue light blocking or clear glasses for those without prescription glasses, so they can have a moisture retaining mask during daytime that fits perfectly until they unblock MGs *or figure out the best*

healing method for MGD *or whatever issue they got (if lacrimal, etc).* With a $10 20x mirror and $6 40x magnifier (no light on to avoid eye damage) or $22 100x glass (no flash used, not plugged in) placed on the phone camera (back) you can take via mirror amazing eye pics to see issues 10 years before we can see at 1x what a mess is inside there; if people would see how the blood vessels appear and the aging that is there, how tear break up time (TBUT) is shrinking 10 years before people think they got dry eyes, they would save so much of their eye health; the app records TBUT in its history (linked to our Immortality account), beeps when TBUT falls, suggests taking a face pic to get a 3D printed moisture retaining mask (or one of the 25 premade shapes they made to fit the main 25 types of face, which would fit WAY better than 1 for all faces even if no custom one for every face) and use an optimized Q device to heal Mgs. We *need at home apps, phone tools to enable everyone to be a doctor*☺☺☺*, like* solar panels *allow* everyone to be an energy producer. At home, you can monitor eyes or any area of interest every week, not once a year, with 100 times more care *and interest than a tired doctor who has no way of knowing your sensations in that area of your* body as you know it, can't see thru our eyes.

The masks can also be washable ones, not disposable as with 1000 q tips for a bag at the 1$ store. ☺☺☺ Disposable ones allow higher hygiene, so bacteria not removable by washing and alcohol soaking would be done with. We have endless things and gadgets, sex shops etc, (meditation > orgasm) but not the most basic ways to extend eye lifespan and perfect function to age 150. The foam around the edge can be a disposable foam that is replaced, while the foam uses an airtight velcro to adhere to the plastic (safe for eyes) velcro, eliminating the need for foam glue as foam velcro is bound to the foam, one piece, not glued to the foam, although velcro can be eliminated if a very safe hydrophobic glue is found. Foam can be replaced every 1-3 month here and there, velcro once a year, so when you buy 10 masks, you get 1 plastic piece, 2 velcros and 10 foams for 1$. This offers instant relief to people having to sleep in a hotel with dry air AC. Can make even 1$ sunglasses that are almost totally air tight, for such people, blue light, prescription wrap around glasses, to aid them with tear break up time doubling or tripling, until MGs are healed, etc. They could exist at $ store too, since living to 150 means we need to take care of our eyes early on, prevent dust and crap entering our eyes, wrap around glasses could be the only legal ones for sunglasses like in Australia, all dirt hitting eyes is so bad. ☺☺☺

11.17.1.3. Third urgent action*:* Setup meibograph *(*either LipiScan, LipiView, Keratograph 5, MiBoCam, etc*)* appointment *within 18* hours ► 86*% of dry eye patients have some* MGD*.* These glands produce the *holy grail of eye health*: the 600 lipids and 100 proteins of the outer layer of tears, *the* 3rd *(*C_3 lipid mnemonic*) or lipid layer (after aqueous and mucin layers, more than just* ω3*) that prevents aqueous layer evaporation and keeps eyes wet. Because these glands are so key to seeing well at 150 or 900, within 18 hours, setup an appointment to actually check your* MGs *with a free or $30-40 consultation (call many offices, some charge 30 others 200 for taking*

a pic, see meibograph section *on how to take clear gland pictures), because if they're clogged, you need to do warm compresses and express the glands, otherwise, dry eyes will remain dry for years and all tears, self-generated or bought, will be a vain effort and* all *glands will atrophy with time, which is bad. You* definitely need to unclog the glands and reverse atrophy if possible, or at least prevent it, *so don't postpone this, as you may have nothing left in 1-2 years, and may never get them back. So, please address the cause of dry eyes, not the symptom, otherwise, you will suffer for decades if your* MGs *atrophy 100%, becoming 100% dependent on using 1-10 times daily artificial lipid rich drops, having poorer eye health than otherwise.* ☺☺☺

11.17.1.4. Fourth urgent action: Warm compress (if needed), MGs massage to thicken the lipid layer, unclog glands that are now clogging even if they seemed normal on LipiView. Compresses stimulate healing, circulation, help produce longer lasting natural tears. If the doctor said tears are not due to MGD (14% of people), then you decide if urgent. ☺☺☺

11.17.1.5. Fifth urgent action: Go to bed/wake up at a regular hour to aid eye repair, lower inflammation of body/eyes, keep MGs and ocular surface healthier. Insufficient sleep destroys neurons & causes *a 70% drop in immune T cells next day in the blood.* ☺☺☺

11.17.1.6. Other urgent actions:

11.17.1.6.1. Please reread the page on conserving lipids/nutrients first, via avoiding sex outside of procreation, as dry eyes need all out mobilization of all body resources; dry eyes can lead to catastrophic damage to eyes within years if left untreated, so it's like a war for the *survival of your eyes*, drop all you're doing if possible, read this entire chapter carefully since gland atrophy is irreversible sometimes, can't get it back years later: *all else can wait, not our eyes*. Avoid any birth control "lacrimal gland deficiency has been observed in women after menopause or ovariectomy and during oral contraceptive use" CEO 2014;97(4):324-36. Have sex at ovulation and only if you want a kid. Meditate or use natural birth control (zero sex if you want no kids, since meditation achieves happier states). "Bee pollen induced 25% of anti-estrogenic properties while no estrogenic activity was found" FCT 2009;47(3):547-54. Estrogen causes dry eyes if too high or low, birth control pills contain about 20 µg, while bee pollen suppresses estrogen. "RJ diet induced higher testosterone (T)" in animals NJ 2012;11:77; maybe that's why in some human and rat studies RJ lead to improved tear production, since, usually, androgens (T) make eyes wet, while estrogens can dry eyes if either low or high. Eyelid topical USP (hexane free processing, cold-pressed, dark glass bottle to prevent oxidation, since plastic leeches estrogens like BPA) castor oil may help with dry eye, see Amazon brands. In Matur 2001;37(3) :209-12 topical testosterone cream on eyelids for 90 days restored (lipid layer thickness) LLT and TBUT (tear break up time), since androgens cause meibum glands to secrete more lipids, see also EJ 2020;67(9):893-902. After 4 weeks, OSDI (ocular surface disease index) fell 15 (rose 0.1 in

controls), TBUT rose by 7.4s (fell 1.1s in controls), the Schirmer's mm rose 6.84 mm (fell 0.5 in controls) in the AndroGel (1.6% gel) testosterone group ► AJO 2019;197:136-44, testosterone remained constant in males, and rose in females. Watch the testosterone for dry eyes video. IOVS 2003;44(13):2450 had success with 3% testosterone transdermal cream.. OS 2025;38:56-63 found 4.5% testosterone eyelid gel applied twice daily, 12 hours apart for 4 weeks almost doubled TBUT, reducing dry eye. A 2015 Ophthalmology Times article explains testosterone eyedrops. Like female menopause, andropause is when men 40+ have lower testosterone leading to dry eyes. When I became vegetarian, then *vegan*, my eyes no longer had mucus dried up in the eye corner each morning (due to dairy/meat), because a *vegan* diet is much less mucus forming, much less inflammatory, so eye inflammation drops once you go vegan. Iron deficiency and vitamin D deficiency both can cause low testosterone and dry eyes as a result. ☺☺☺

11.17.1.6.2. Avoid using alcohol prep pads on glasses, as the lint can fall into your eye, especially for sealed glasses. Maybe buy a lint roller or electric lint remover (13$ 6600 rpm lavender, 25$ Philips, pet hair too, or 10$ 7600 rpm, or 16$ 9000 RPM, 5 extra blades) to remove lint/pet hair from all bedding, clothing etc once a week if you got pet, etc... and buy small *lint* free tiny, 7" by 8" or so, towels ($ store got some kitchen ones with 20x less lint than normal Walmart towels), used for eyes only, to prevent P. acnes bacteria from pimple areas to get to your orbital area and causing dry eyes via lipases as explained in antibiotics section; can use one tiny towel per eye; if you can't find a body towel with 0 *lint*, just get a big t-shirt with *lint* of 4 times lower height and trim it in rectangular and use that; lint is deadly, it can cause infections, inflammation, dry eyes, etc; inspect items before buying in bright light, since with dry eyes the most important thing is minimal lint; use items that don't get pulled over the eyes, for all clothing items, except a few t-shirts and when placing clothing on, widen the neck so it doesn't touch eyelashes, or glasses; and wear more rain coats, polyester t-shirts and cotton shirts, instead of cotton t-shirts with 3 times taller lint than cotton shirts, rain jacket has 90 times shorter lint than a cotton-polyester blend hoodie (so all my clothes are now short lint shirts and rain jackets, plus a few t-shirts), shirts have far less lint than sweatshirts and also make you look like a pro, instead of casual; lint can get into eyes, and cause foreign body sensation like eyelashes, easy to see at 20x, but sometimes harder than lashes due to their white color that is masked by mucus, etc; always use moist q-tips, otherwise, cotton lint will get stuck into eyes; lint can cause red eyes, *irritation*, infection, so gently avoid sweatshirts, pullovers, cotton hoodies *(that have a soft inside with 50 times more* lint *than other night clothing or pajamas, especially hoodies without zipper, or buttons, meaning you pull them over your eyes and hair and get all that inside hyper linty section rub on your face and eyelashes and give you infections)* and things that have 'tall' thick *lint*, inspect in bright light to see the clothing, pillowcase, sheets, fluffy winter socks, hats, scarves, blankets and towels with shortest rarest lint and use those for sleep, or even normal

activities when you hang out in bed: vacuum room weekly, clean glasses daily).

Stop using *makeup (especially eyeliners, mascara), eye creams* until dryness is gone as they can cause dry eyes, anything around eyelids could cause it; *women* use creams/makeup more, *women* got more dry eyes (CO 2018;10:33-40: BAK tear/makeup preservative causes MGD too) via MGD blocking, especially if not removed at night via shower (makeup removal products cause MGD*), etc,* causing blockage and inflamed eyelids/eyes*, as makeup bacteria get trapped in the glands.* Most makeup uses iron oxides for that beige skin like color, so iron increases eye oxidative stress causing dry-red eyes in the long run sometimes; the toxic chemicals in cosmetics section has some studies on parabens, phenoxyethanol, etc *which kill MGs cells within 24 hours.* Avoid dimethicone and silicones in shampoo or conditioner, since this is very hard to wash off and sticks to the eyelash and normal hair, depositing itself at the base of the eyelash and obstructing natural processes of regeneration and causing eyelash loss, leading to styes and infections; it also leads to hair loss on your scalp and can get easily into eyes causing MG orifice blockage, cornea staining, blurred vision, etc. See dangers of cosmetics section. Many women improved eye wetness by eating fenugreek seeds, these are 6$/lb on Amazon, give it a try. Basically, *several studies show* men, women (EJ 2020;67(9):893-902) who're low in testosterone *develop dry eyes,* so definitely try *FENUGREEK* seeds, known to boost testosterone. Some studies showed DRAMATIC RESULTS. *Fenugreek seeds are so healthy, so powerful against viruses,* Covid19*, flu, cold, etc,* that they have benefits beside dry eyes common in all 70+ year olds, who don't realize their ocular redness is due to low level dryness. *To live to 175, you need wet eyes, so we need to discover how to keep eyes wet as we age. Try buy* produce with fewer pesticides, the clean 15 (avoid the dirty 12), since pesticides can disrupt hormones, drying eyes. "Men with the lowest vitamin D levels exhibited notably lower concentrations of testosterone compared to those with the highest vitamin D levels" ► Cur 2023;15(9):e45856, so if you got ultra low vitamin D, like me in August 2017, you may be low in testosterone and this may lead to low water, oils, mucins, the 3 layers of tears, meaning to dry eyes. Taking 267 mg zinc/day for 6 weeks rose testosterone from 493 to 852, enabling guy to have kids ► Lancet 1977;2(8048):1125-6. Check testosterone and then if ultra low, try 0.05% testosterone eyedrops from your eye doctor as it cures dry eye for some. However, even Bryan Johnson with $2 million/year on 91 supplements and testing has dry eyes (4th comment on the youtube video about him).☺☺☺

11.17.1.6.3. Eat powders for more tears, lower glaucoma/AMD risks (top causes of blindness):

1). maqui (highest ORAC of all fruits, 50% more tears in some people, ORAC 3-15x > blueberries, smells like blueberries/blackberries mix, aids the brain/body, has way more fiber than blueberries/g sugar so it improves stool softness and bowel movement 10x better than blueberries, avoid Bulk Supplements maqui, it smells of acetone/asphalt from extraction/bag

(hot transport/storage?), 20% maltodextrin stabilizer, lavender instead of dark purple due to maltodextrin or oxidation, Brazil origin, buy always freeze dried (not powders mixed with maltodextrin) from Walmart as they ship/store at low temp to avoid oxidation that creates eye toxins), 2). avoid goji powder with 20% maltodextrin buy pure goji berries instead (far less toxins generated during drying these, than the powder extract) (30% more tears in some people, 138 mg oxalic (kidney stones, bladder urination issues if overeaten) vs 8 mg maqui and most berries, so eat 0.5g only, smells of caramel + raisins, orange powder, used in China for dry eyes for eons), 3). organic freeze dried bilberry powder (bag or bottle must be 100% opaque, not white; never buy nonorganic, since in China this means industrial levels of pesticides; avoid maltodextrin containing extracts like this bilberry (better antioxidant for dry eyes than even blueberry, smells like blueberry, more pungent), Bulk Supplements one is lavender (China) due to 10% (possibly more) maltodextrin added. Bilberry extract standardized to 30% anthocyanins is dark purple-red-brown, but that dark becomes syrup at the slightest moisture, so they add 10-50% maltodextrin to many powders to prevent syrup formation, extend shelf life to years, it is best to avoid maltodextrin, as it damages the gut ► CMGH 2018;7(2):475-6. The lavender color is because this is not a concentrated extract, but dried bilberries: Bulk Suppl. provided chart shows China crushed berries, extracted with warm water, spray dried them, so a lot of oxidation happened in this drying making colors fade. The best bilberry or any powder is freeze dried, no chemical solvents, no oxidation, so buy those.

4). apigenin pills (taken with fat) since eyedrops (in development stage) cured dry eye "*effectively* reversed DED" ► IJP 2024;658:124222. Don't eat chamomile as it has anticholinergic compounds (less tears) and allergens that can cancel out the apigenin in chamomile effects, releasing histamine, etc. Only use pure apigenin pills, since commercial eyedrops don't exist. Try find quality pure bulk powder, as that will be 2-3 times cheaper than capsules.

Warning on ginger TRPV1 and cayenne TRPV1: capsaicin in all chili peppers stimulates tear production in the short term, promotes ocular circulation for MGs, but high (or even moderate for some) intake can cause long-term dryness just as Indians noticed in Ayurveda that some foods lead to dry eyes. Garlic, hot peppers, onion are heating the body (eye needs cooling Pita foods), being non-sattvic foods, they stir up animal passions, waste body resources to produce sperm, etc, only useful if trying to conceive. Chili pepper capsaicin may cause infarct in some, be careful, start very slow and only hot peppers only if all 200 other foods fail, as you may cause long-term dryness via the "rebound redness" effect: stimulates tears temporarily, but then suppresses them, like redness reliever drops reduce redness temporarily, but cause bigger redness long term; capsaicin causes night sperm emissions, which makes the eyes dry, so don't use if night emissions occur). Avoid fermented foods as they're high in histamine, which is high in many dry eye patients, who get swollen eyelids when eating fermented or probiotics.

Fermented foods (tamasic) are again not recommended in Ayurveda for dry eyes, these guys knew something: salt in fermented foods draws water away from eyes. Curcumin aids dry eyes.

***Avoid* chlorinated *shower water in your eyes, since it can cause redness or even dryness*: when taking a shower, first wash your hands with soap; then use the left hand (the cleanest one) to wash with soap your ocular area, and then dry the eyes with a special (for eyes only) towel and use this drying time to gently massage the upper eyelids downwards, to stimulate the meibomian glands. Avoid blinking while in shower of eyes are wet, to cause nearby upper eyelid or eye corner droplets from going into the eye and causing extra inflammation, so dry eyes first and then reopen them if you need to (basic washing doesn't need eyes open always, recall those water droplets can be infinitely small and that steam also has chlorine, etc, unless you use 100% warm water and the tank has a newer magnesium rod that reacts with most chlorine before it gets to you. Avoid swimming, as pools are full of chlorine, feces from swimmer's asses, urine, bacteria and viruses, like the blindness causing herpes virus. Get a shower filter if you can't do the above, but recall that many science papers advice against it, since bacteria can grow in our stone age filters and then damage our eyes and/or lungs too as much as not having the filter at all. Chlorine is good as it keeps the shower head truly much more sterile. Recall how it takes 200 years for science to notice when a tech (bad filters) is doing a lot of damage. Stop using redness reliever eyedrops, try *preservative* free tears. Lower eye inflammation by keeping nasolacrimal ducts open, sinuses free from chronic inflammation (stuffed nostrils, which would spill over to the eyes, such as cayenne powder to open sinuses), while providing some warm moisture to eyes a warm mist humidifier to inhale warm *vapors that* loosen mucus, *wet eyes and make them less red, irritated* if you wear dry eye glasses since vapors are cooler than a hot shower and you save water; this avoids antihistamine OTC cold/allergy pills that cause dry eyes.**

11.17.1.6.4. ☺☺☺ Stop strenuous exercise, but do exercise gently; sudden exercise raises body and eye inflammation, depletes body of vital nutrients; avoid LASIK, as it causes far worse dry eye many times, than you already have; try instead PRK of farsighted or astigmatic or, if nearsighted or astigmatic, the very best for dry eye is SMILE. SMILE uses 1 femtosecond laser only, not 2, to create 2 layers of bubbles in the middle of the cornea, which form a lenticule, a piece of stroma that is later removed thru a 3-4 mm cornea incision. LASIK however, makes a 20 mm cornea incision with femtosecond laser and removes using the 2nd laser (excimer) to reshape (remove) some of the underlying stroma; in LASIK, MD lifts temporarily the outer layer of the cornea in order to remove some of the middle layer, so because of that, dry eye is far more common and LASIK destroys a lot more cornea nerves that take 1 year to regrow, *so dry, burning, itchy eyes can last 1 year or more, and dislocation of this cornea flap is possible if you rub your eyes a lot, or experience some eye injury*. PRK also causes dry eye (not as much dry eye as SMILE though, LASIK being the worst), since, unlike SMILE, it's very invasive and removes the

outer layer of the cornea for a circle of 4 mm radius or 25 mm circumference; *PRK has the longest recovery time and is only used for people with thin or* irregular shaped corneas who can't undergo LASIK. All surgeries have possible side effects like double vision, blurred vision, halo around lights at night, etc, so it's safer to just wear glasses if you want 0 dry eye. SMILE is the least invasive laser surgery today available (approved in 2016 only in USA, 3 million surgeries done by 2021 in US; approved in 2011 elsewhere, used in 70 countries) and causes the least dry eye (since they damage cornea far less) and strongest cornea post-surgery (47% stronger than LASIK), as a SMILE surgeon video explains; some view is as safest long-term, but it has its own drawbacks; can just wear glasses or contacts, though contacts also cause dry eye (like SMILE can, besides glare, halos, double vision, etc from laser surgeries), so glasses or SMILE are the better choices for nearsighted who need to see while driving better. ☺☺☺

11.17.1.6.5. Hydrate with *water*, juices, smoothies, *veggies*, especially before sleep to avoid night dryness. While 14% of dry eye patients only have aqueous deficiency and no MGD, most of those with MGD (86%) have a little bit of aqueous deficiency and dehydration too, which is very bad, since dryness results in bacteria proliferation which invade MGs and clog them making MGD worse or returning after treatment. Avoid constipating foods.

Keep your kitchen/bath clean, *replace kitchen, bath sponges often* (they are only 10 cents each, $ stores sell 10 for $1), you touch the sponge with your hand and then touch face, near eyes, so read the USDA findings: "37 to 87% of bacteria were killed on sponges soaked in the 10% bleach solution (10 min), lemon juice or deionized water (1 min) and those left untreated. *That still left enough bacteria to potentially cause disease*. Microwaving (1 min) sponges killed 99.99999% of bacteria..., while dishwashing (with a drying cycle) killed 99.9998%... microwave oven (1 min) or dishwasher (2 h) [killed 99.99999% of yeasts and molds]. Between 6.7 and 63 % of yeasts and molds survived on sponges soaked in bleach 10 min, lemon juice/deionized water (1 min) or left untreated." So stay away from normal cleaning, microwave instead, but make sure the sponge is very wet, otherwise it can catch fire, and move away from microwave, that RF will damage you. Wear gloves. Wash hands before putting your gloves on too, to prevent bacteria buildup inside and replace them every 100 uses. At least, place 5 drops of liquid detergent or soap and squeeze it 20 times if no microwaving, but a dishwasher cycle above takes 2 hrs, it dries the sponge. Thus, hand washing *sponges is a* joke *or a waste of time vs microwaving.*☺☺☺ Keep the bath clean too, pee while sitting down (at home where toilet seat is clean, flush with toilet cover down, but clean that cover often too, don't rub it on your back clothing), since it empties the balder faster and better, prevents prostate issues, and prevents pee particles from getting to your eyedrops, bottles, devices, etc near the bath. 62% of Germans pee while sitting usually, I found this out in 2023, 7 years after I started peeing sitting down. Pee particles can jump 3 meters away, so better keep eye stuff away from shared baths; sitting makes bath cleaning so

much easier, baths so much less smellier. ☺☺☺ The 30$ Purrfect Zone bidet 1 star reviews (like other bidets on Amazon) explain the leaking, water damage (5000$ etc) and thus emanating in the air, from the leaking bidet that is never really that clean, MRSA bacteria that develop in the bidet within months or years; bidets are common in some areas, so they buy this quick without realizing the inherent dangers of these cheap attachments that can cause ocular infections and even dry eyes: when using public restrooms, we try avoid touching anything except the toilet paper, some even avoid sitting on the toilet *(in some nations the toilet is very low, so they squat, as feces come out a lot easier and they don't sit to cross-contaminate)* as there is no paper to place on the toilet; cholera and other diseases can be transmitted by contact with feces in public bidets, by touching the handle, etc. Water deposits algae that form a biofilm, which then acts as a perfect place for mutant bacteria to hide and remain as water is used; most don't clean their 30$ bidets every week, to sterilize them properly, so cross-infection is high. Many don't turn off the backflow preventing knob after each use and this contaminates sometimes the entire house plumbing system, drinking water fixtures with bacteria, the water you use to wash ocular things, eyes, etc; as people wash the anus, small feces particles get stuck in the nozzle and can transmit diseases; on top of that, women are far more likely to develop vagina infections (JOGR 2010;36(5):1071-4: bidet users were found to be more infected, due to the toilet being always new and clean, while the nozzle not so clean (JHI 2017;97(3):296-300) and women not using bidet properly) since the vagina is so close; when washing, feces can get into vagina, while for men, that never happens, as penis top is so far away, just pointing it the other way prevents any water getting on the penis. Thus, risk of urinary tract infections for men are far lower.

Females also have the issue of vagina, an extra orifice that men don't have, so perhaps for them, with having to clean after menstruation, etc and tampons causing TSS, a bidet may be more useful, but many risks exist, since bacteria films develop within weeks; municipal water is not what they say, just see 1 star Amazon reviews on humidifiers scale build up; you don't need to see it at 1x for it to exist and cleaning and sanitizing bidets is not as easy as they say, they're designed by low IQ people, these cheap 30$ attachments, and cleaning them properly is impossible.. While at home bidet cleaned well are fine, in public settings it's risky, unless there is a super strong cleaning routine. The issues with backflow, whole house or condo complex contamination are explained more here. On top of that, some people turn it on and off a lot during use, and this can cause pressure building in the system, leading over 3 weeks to shower leaking in that bathroom (for stem faucets where slight pressure causes it to leak when not tightened more than usual), or for toilet valves to not work as usual (contamination or even scale, sediment in city water can block the holes, see video on how to clean toilet valves that don't refill), and over 10 years to pipe leaks, etc. When toilet is flushed, the water pressure causes some air to build up in the plumbing system as water dislocates air in the hose; over

time, this air causes rattling noises in all pipes that will make living in that house or condo a nightmare, even with earplugs sometimes; so, besides diseases, one could get into some plumbing issues too; only install these if you know what you're doing, have backflow prevention, as UK laws require, for example and also clean it religiously weekly (most are too lazy to do that). ☺☺☺

You know how EPA says to clean a humidifier every 3 days, even a simple bidet nozzle is something that needs a lot of cleaning, and even with the best cleaning, bacteria can crawl on the nozzle towards the hose, and get stuck there, so nozzles and the hose need to be replaced far more often than currently done, since nobody will take the hose from the attachment to the toilet valve and flush it with disinfectant often that doesn't corrode the metal (bleach can) and thus forms new biofilm easy to stick prone scratched places; water from the toilet bowl will spread air bacteria from everyone who defecated there into your hose and anus eventually, so it's not really as sanitary as it seems; clean it well, so you don't get reinfected with MRSA or whatever over and over, if you love bidets; if male, bidets are not as useful, since you can wet a toilet paper after cleaning with dry paper first for a final cleanse; we have no periods, nothing to clean much; honestly, I would never use a public bidet, like they do in 10 countries, since there is no way to make sure it was cleaned properly, the toilet paper is always clean; even at home, it's a lot of work to clean everything well, due to water bowl infecting the hose with the regular cheap thing and even with stand alone bidets, the feces can gradually crawl via biofilm scale streaks into the inner faucet and reinfect you with MRSA, SA, etc, giving girls TSS, etc. It's not like a sink, it's like a sink you defecate on daily, is that sanitary? Not to mention, the skin around anus is so sensitive and all that chlorine and F is destroying collagen, skin and bacteria microbiome, since it's not shower filter water (if you got a shower filter), it's pure corrosion. It may be a ☺☺*loving gentle* kind☺☺ move to place lid down during toilet flushing and leave it down if no window, no sunlight entering (UV kills microbes, so lid down always after each urination won't disinfect it naturally), to prevent germs from going into the air or eyes during the flushing (clean the inside of the lid periodically, of those contaminated droplets). It's unclear what is really better, to have UV kill microbes in the air in the toilet with lid open after flushing it with lid closed or let the aerosol to fall slowly by gravity on the toilet with lid closed and then be flushed next time, more studies need be done: strong sunlight kills 99.9% of microbes in bottled water, so indirect sunlight that may not hit the toilet itself, may do a good job too. It seems safer to avoid metal trash cans in the bath, even if many low IQ companies make them, since they rust and then bacteria are impossible to clean, while a plastic one never rusts, especially if you paint the tiny foot paddle if that one is metallic. All plastic is ideal, it's quieter too. ☺☺☺

11.17.1.6.6. Use less AC (dries eyes), no central heat (electric heater in a room dries air far less), window screen to get humid fresh air (mosquito zapper 8”x19”, AA 1.5V battery, not recharge

types requiring 4hr recharge/day). Use evaporative cooler (not AC) if hot, a humidifier when dry.

HUMIDIFIERS (31 pages on *humidifiers*, humid climates & 0.0 imports of lethal products)

If in a rush, you can ☺*lovingly tenderly gently kindly*☺☺ scroll down 3 pages to reach the ►►►5). ►► ways aristocrats destroy nations and planets with their palaces and 400 acre ranches, leading to the 10 second end of humanity. Most humidifiers got plastic that spews microplastics, causing 7 g of microplastics to enter the brain and shorten life by 9 years in some cases, even if you use distilled water. To prevent brain damage via plastic, use a good air purifier that catches microplastics. USA needs to develop humidifiers with glass or stainless steel container/lid that spew no microplastics, like the Korean Carepod & Chinese Livatro, with all their issues detailed 26 pages below. If humidifiers fail to bring humidity to 70% fast, scroll down 8 pages to read the ways to *create a small cubicle to place humidifier in, to boost* humidity to 70% *with* 10 times less *distilled water daily*. 4 US impossible to clean properly (thus deadly) steam humidifiers are:

1). Vicks V745A 1.0 gallon most known type at all pharmacies, least safe, 2nd loudest, tank opening is 2" not 6-10" like others, some tank areas can't be scrubbed easily at all, unless you use special brushes, but even then, can't clean well to remove biofilm formed after 3 months.

2). Honeywell HWM440 1.5 gallon (only $54@Walmart.com), noisiest, so you can use aluminum tape topped in clear tape around the unit to block sound. You can also double tape with clear tape some aluminum foil or tape piece to block the lateral vent and some of the top vent so that water runs out in double the time. It uses 209 watts in regular mode 418 watts in noisy more vapor mode (measured with watt meter), dust gets in if not covering the water pour area with some paper flap or etc. It has an easy clean, avoid the black one as dust-mold can hide, this Honeywell is the safest because the boiling/other areas are white, including the water storage container, while the rest have blue, dark grey containers or boiling areas. You can remove the white-red level by pulling it by the handle and the rest can be taken apart by unscrewing the 2 Phillips screws to remove the red latch, the grey element protector. The heating element is very smooth and far more reliable than the Walmart Equate junk that disintegrated and gave small specks of black plastic, like other cheap trash humidifiers. The grey heating element, unlike the Equate rough one, is way smoother and can be cleaned fully of the brown mix of organic stuff residue in distilled (DI) water has 1000 times less minerals and organics, so cleaning this is easier, you may need a tooth pick from $ store to press on alcohol pads in the corners to get all the dust, etc, but generally, this is easy to clean since all parts, grey cover, grey chimney, grey element cover and its red latch, and white flapper valve (with red handle), etc can all be removed to leave only the grey element and all white areas that you can disinfect with alcohol pads, 1 cent each. Equate has a spring and a rubber thing to let water drip, while this one is allowing gravity to work using the flapper valve, having fewer parts though you need a Phillips

screwdriver to clean it well. Never use the high setting because the flapper valve apparently gives out in the higher temp per one video and then the boiling area becomes full of warm water that can overflow via the lateral holes damaging furniture. This is the safest humidifier on low setting, because it allows easy cleaning and all microplastics tend to remain on the bottom, unlike ultrasound humidifiers that spew all bacteria and plastics into the air. This one, you simply discard the water after each use or so and the microplastics go away. With DI water, it's so clean, you can just clean it once or twice a week. Be careful with the flapper valve, the one that failed in that video could have been a manufacturing defect of the heating element which caused a higher than set temperature, due to cheap China part.☺☺☺

3). Equate EQ3111-UL 1.3 gallon (heating element broke after 75 days: 100 pieces of black plastic coming out after each 20 hour use, due to heating element being made of some brittle plastic unlike the others more rubbery material, 164 watt while on regular setting, 332 on high, easy to clean tank); 3rd quietest. The National Humidifier University will need design a humidifier with stainless steel parts, in order to avoid the lung, body, brain, organs, destroying air microplastics. Same for food storage, we need them be glass or stainless steel, and plates too (porcelain or glass or steel), until they make a biodegradable plastic that won't get 7 g of it in our brains. The stainless steel plates need to be one piece, not curly at the end with a huge gap under the plate where bacteria and food get stuck. Again, with 10 million companies, nothing is properly reviewed, evaluated by food safety experts, customers receiving free samples before mass production, all ☺abysmal IQ☺ people become CEOs.

4). Honeywell HWM845W 1.0 gallon heating element broke after 2 days, 130 watts on low, 260 w on high, quietest of all 4, plastic stinks horribly like burning tires first days (could be 45 days, I stopped using it after 2) of use, tank is transparent carbon dark grey, so all mold can hide. The official HWM845W manual shows on page 6-8 that the cleaning to be done weekly is for tray and water tank, not for the mist chimney. The chimney is where all vapors with all deadly organic volatiles and semivolatiles are going to stick, react, create deadly new toxins and food sources for microbes, on the inside of the chimney, creating deadly biofilm in mere days and poisoning the people who never clean it within weeks or months. Anyone with lung issues or who uses tap, not distilled water (tap got 2000 times more scale that adheres to the base of this 'chimney' allowing bacteria to quickly have a bridge to the upper parts of the chimney) will totally sicken their lungs or kill them via pneumonia, even if they don't know it.

Thus, the Honeywell HWM845W is the most lethal humidifier sold in USA, designed in USA (99% of humidifiers are shamefully made in China, this HWM845 too, as USA plays worm IQ sports), the only humidifier that you can't disassemble and clean the mist chimney of, as in all others, a testament to the ☺abysmal IQ☺ of USA who allows such a deadly product to be imported,

manufactured, designed. The immortalists wouldn't allow any US/foreign company to import or export, sell inside/outside of USA any product before it's approved by the Immortality Nurturing Agency, to avoid poisoning USA or defiling the name of "designed or made in USA" with lethal junk products coming out of the 'anus' of a donkey aristoc-rat brain. This includes all subsidiaries owned by US investors, etc. In 2025, we import all and any lethal junk, without checking anything and this kills millions of Americans 5-35 years earlier. This is only 1 out of 25 million junk products we allow to enter USA. It's time to take America back from the grip of the parasitic aristoc-rats. In USA we get 500000 payroll managers, instead of one payroll software/manager for the 11 companies, 3 agencies that employ all Americans. Who can check all crap imported in USA? Nobody. Every student is an "economics, accounting, art, history, acting, administration, management" major. Decentralization is KILLING US. Raw capitalism (as opposed to immortality capitalism) made us experts at talking, sports and designing lethal products, clueless at doing good by making a truly safe lifespan doubling product. We're the hot air (nonsense) experts. Trump helps USA to become self-sufficient, produce all its solar panels via 846% tariffs on Chinese solar panels made in Southeast Asia, in a clever ploy by China to avoid US tariffs. It's time to bring some order in the insane chaos of making every US lethal design in China.☺☺☺

You need to remove six screws, with a special hex wrench to add to the offense and make it harder, to take apart the HWM845 mist chimney, and clean it, even though it was not built to be taken apart. You can can fit the whole hand in the tank to clean unlike Vicks. It makes 60 dB C noise on the side grills that have condensed water drip. If you want to die 10-40 years earlier buy it. Honeywell makes a black version HWM845B too so you can't see anything and ensure you will be breathing black mold and the most lethal microbes coming from the hard to see dark grey biofilm. The grid on top of the element is red and it's impossible to clean it well (no other humidifier comes with such a grid, so hard to clean), without wasting 10 minutes with a very advanced brush nobody almost sells. Honeywell should stick to aircraft, and not venture into every business. Honeywell, with 102,000 employees, designed this lethal product and gave Helen of Troy trash company (1900 employees) a license to make it too. Helen makes other trash products. We need a National Humidifier University or Lab, the size of MIT, with 9000 PhDs, to create truly safe products of the Eternally Wet brand of Immortality Building Inc, not these ☺ abysmal IQ☺ people with 3 PhDs creating products to kill people. USA has become a collapsing empire, a third world country of gullible masses fooled by serial killer (using products) aristocrats & killing cults frauds who stage fake miracles to become multimillionaires.

1). Vicks V745A 1.0 gallon TRASH STEAM HUMIDIFIER: you will also get sick with this, as water tank can't be cleaned well, due to the 2 inch diameter tiny cap. Additionally, the 2 circles united by a bridge assembly that caps the boiling chamber has a bridge with 0.5 mm holes that are impossible to clean, those gaps make no sense, except as perfect areas for bacteria to grow and

kill Americans. It seems this was designed to exterminate people and fines against the company are needed, to help all those damaged by these pigs who allowed 3rd grader IQ ☺abysmal IQ☺ people to design the humidifier sold at every CVS, RiteAid, Walmart, Target store in USA. 60 dB A above the steam vent versus 57 dB A for Equate. Both are about 60 dB C, but on dB A, Equate wins and you can notice that when having them by your sides, when Vicks is on, it's the main one you hear, being louder than Walmart Equate; even when you put your ear much closer to the Equate brand, you still can hear the Vicks so loud, so the dB A sound meter is more like our ears, very accurate for close to source readings, more so than dB C. For distance sound, away from source dB C is more exact. Vicks has an issue like all other steam types, the heating element sometimes stops after a few days and all you need to do is turn it off and restart it . You can simply remove the 2 Vicks springs, latch and screw that screws the latch, since everything will function and you avoid scale on the 3 hard to clean metallic parts: 2 springs, 1 screw. You recycle the useless parts or save them in case you return it, you never need those: it is a poor design to have to use screwdriver to remove the steam vent, but you can get around it by removing the screw like many did, a simple plastic latch would have been enough. Everything works for years without the 2 springs and screw, latch and recycling them is best, as they waste too much time to take and put back for daily cleaning. The other parts are easy to clean and even when using distilled water it needs at least twice a week (daily ideally) 3 minute wipe with a disposable 1 cent alcohol pad, to remove the brown dust-water impurities residues (high dirt is near heating element and on the first vapor redirecting plastic piece – a ring of brownish residue). *Gently discard the water left over after the tank is empty and removed*, as the heating element area water is highly rich in minerals and impurities that concentrate.☺☺☺ Equate, Vicks, etc humidifiers have a bright light when on, so you may want to cover the bright exterior walls of the unit with some opaque purple decorative (1$ at $ store) or gift wrap (avoid using aluminum since heat trapping may break the humidifier). This way, you can sleep well without lights. Equate requires more taping to make it 100% dark. Not all biofilm is $CaCO_3$ (scale) that reacts with CH_3-COOH (acetic acid) in vinegar, so scrubbing with something is important, mechanical cleaning, which is not possible with many. Some companies have UV and clear container, so UV escapes causing eye injury. Always use distilled water, not tap water, since the white dust in the tap water (the minerals) will completely destroy young lungs in the long run and give you pneumonia, asthma and other diseases. Below I explain why many online articles say steam humidifiers are far safer than evaporative or ultrasonic, though steam type make more noise so you need earplugs. The Walmart and other company employees who make these nonwhite humidifiers need to be fired or fined, because you can't encourage people to use such moldy humidifiers, and tap water and use the excuse of seeing 'white scale' to hide the mold and sicken billions of people. Anyone can buy a distillation machine and prevent mold. ☺☺

The so called “cleaning technique” they recommend in most manuals, soaking in vinegar, then bleach, is pointless without physical wiping or scrubbing, since soaking will remove only the top layers of scale. You need to scrub or wipe hard with some alcohol and vinegar wipe if you have such low IQ to use tap water with 3000 times more scale than distilled. Phony product designers (alcoholic friends of the CEO *sometimes for startups,* pure thief going for joint golf courses and sports from hell*, as* out of touch with reality *as the generals who're never on the deadly frontlines, but shielded and having 0 incentives to achieve* World Peace*, since slave cannon fodder dies only not officers living in offices 1000s of miles from wars, not the protected military aristocrat sent on easy non-lethal missions)* who don’t use these humidifiers design them and write these low IQ manuals, instead of people with years of experience using them, cleaning them, etc. The distilled water left over after it finished the daily cycle needs to be trashed, as that concentrates all scale in that 1.3 gallons of distilled. It’s only 50 ml left or so always anyway, so you won’t waste much. The evaporative humidifiers and cold mist ultrasonics give cold air. The steam types provide warmth in your room, which can prevent wasting so much electricity with an electric oil heater that dries the air and cancels out the effects of the humidifier. With only 160 watts, you can heat up a small room or cubicle and increase humidity to 70% so fast, without using 550 watts. The cubicle will be 10°F warmer. Not only that, but the radiant red hot heaters have elements that get to 800-1700°F, meaning they produce 1 million times higher level of carcinogenic compounds in the air, by oxidizing air chemicals, than an electric oil heater (silent with max temp reaching 200°F on low 550W, 230°F on medium, 300°F on high 1500 watts) and 50 million times higher level of some compounds than room air heater by hot air from a steam humidifier that reaches (when it exists the humidifier) only 170°F. Today, in our society of “aristocrats bandits bamboozle all to steal trillions from gov and all people”, every ☺abysmal IQ ☺ guy says on TV “Buy our amazing (deadly) radiant heater (or medicine if Pharma mafioso), we're number one in Europe/USA or the world leader in (lethal) room heaters. 20% off today only”. In an immortalist society, these cannibal chimp wolves in sheep’s clothing would not get a free pass to pollute the airwaves with such junk. Every product ad will be approved by the Immortality Nurturing Agency, after 100 tests over 12 months of their product, and passing the criteria, and including in the TV-radio ads a short URL with the 2000 references to the 100s of studies proving that their heater or humidifier produces 300 times less carcinogens and bacteria than another and that their rank on carcinogenic output and bacteria mold output is # 12 if so. Everything is backed up by data, one can't make statements to loot, deceive, sicken, kill people with deadly products anymore☺☺. The age of Republican banditry and genocide (via humidifier filters (watch in horror), bad humidifiers, bad food☺☺☺) is over. Every wanna be millionaire starts his crap company to poison millions of people, in a true “we are one family one language” style of “me first, to hell with everyone else”. Likewise, the churches who're not online and receive donations, are businesses, and must submit evidence for any claim made on the national

airwaves, to prove said events occurred when evidently they did NOT.

Vicks uses 135 Watts in low setting, 270 on high, noisier on high setting of course, more bubbles. On the low setting, Vicks makes 60 dB C noise 1 cm above that essential oil holder at the top, but only 54 on the side grill located 8" lower. Play some background music to avoid distraction. Vicks smells like volatiles in plastic for the first 40 hours of use, the factory smell of cheap plastic. So you may want to run it outside of bedroom in some hallways with ventilation to get rid of that new tire smell, that is also found in Honeywell HWM845W, though that Honeywell smell takes longer to die down. Using a Tatedo decibel meter and the dB C setting it makes 52 dB near the unit and 48 dB 3 feet away. The dB A setting is not good at a distance as it shows the reading at 3 feet as 34, which is not true, since that is the same as with the humidifier off and much less noise and in much quieter areas of the room where humidifier noise is absent. The stench of Vicks is horrible, meaning this crap company created by bloodthirsty aristocrats uses the most toxic fumes emanating plastic. The Equate doesn't smell at all on first use and the water tank doesn't smell. This is logical, the container of water in Equate is wholly superior in design allowing venting off of plastic smells well before it reaches a customer and the plastic itself is safer. One thing that strikes you is the incredibly low IQ of the so called "Jewish Aristocracy (Jewish students 2% of population but 10-60% at many Ivy League universities where alcoholism and Wild parties with evil music destroy the youth) Run Educational System" PhDs, who designed a water tank that is impossible to properly clean to avoid the spread of bacteria. Essentially, it's a sealed water tank (dust can't get in like in the Honeywell HWM440 1.5 gallon open water tank model) that is impossible to open to clean like Equate (where every corner is simple and ultra easy to clean, you remove the grey cap and clean it). Nothing to worry, the (Jewish, British, etc) Swindlers can claim it is "the number one (Jewish, etc) MD recommended brand for vaporizers", the deadly poison that will ruin lungs with carcinogenic exhaust from the cheap plastic Chinese use, so that the CEO can build a Big Palace to Sing Gently. ☺☺☺ Scale in tap water is 2000 times higher than distilled, so you will basically have to use vinegar soaking, washing every day and some very special brushes to reach all areas of it every few days, to remove all biofilm that naturally won't disappear with mere soaking. Wait, all these PhDs will say in the instructions that using tap water on their impossible to clean humidifiers is OK. So, thanks to these abysmal IQ☺ engineers, you'll have to waste 20 min/day at least to be unsafe with this junk product that no decent government would approve since scale will build up and nobody would be able to reach all areas of the tank to wipe them up properly with a soft cloth or brush soaked in vinegar or rubbing alcohol. Not only that, but the same instructions booklet ? PhD? writers often suggest simply soaking it in water, not wiping anything, which evidently won't remove all biofilm that builds up over time. Every low IQ loser is allowed to sell anything in any store, like pills that, even if sold at Walmart don't contain what the label says in most

cases.

There is no central agency, Immortality Nurturing Agency, to make sure humidifiers are easy to clean in 3 minutes. Every greedy bastard starts a product line using the 2 ☺leech IQ☺ people (perhaps Mormon) PhDs they got. This is how vampires get to become millionaires: each is a CEO or Protestant cult starter, having a "harem" (intellectual slaves of low IQ, not literal sex slaves) of filif flea IQ☺☺☺ "yes sayers" worshiping their fraudulent nonsense. The focus is in 10000 useless toxic products, instead of 10 good ones. With one big 30 million employees and 5 million PhDs company, like Universal Immortality Inc, you can assign 50000 PhDs to create world's easiest to clean, safest quietest humidifier, *whose vapor is bacteria free even 3 years after purchase, not only 3 days after purchase*. In the capitalist thug banditry system today, we get some PhDs study molecular biology or quantum physics, and, unable to find a job, end up with Vicks to design the worst humidifier. In an ethical HONESTY (not fraud) first society, where we back any claim with evidence, we have 1000 majors in humidifier chemistry and physics and 1000 PhDs produced by the Centralized Ethical Tone Education system. Then, upon graduation, they go to the only company☺☺☺ in USA that makes humidifiers, Universal Immortality Inc and work in the Humidifier National University Campus, a huge complex of many buildings each specialized in one area. Today, the magnesium chemistry PhD, unable to find a job due to Jewish and other Wall Street/etc aristocrat speculators unleashing world chaos and financial crises, ends up working at some trash Troy company and is the guy in charge of learning how to make a product, that would take him about 10000 years to design alone, vs 1 year for a team of humidifier chemistry physics majors and PhDs who worked and build a whole knowledge base on that. Centralization is central planning that gives 100 times more people jobs related to their education. Not only that, but everyone has a job, nobody is fired, only positions change, no unemployed. This is efficiency, this is how we attain results and progress 1 million times faster. United We Stand. Evidence, testing based products first. THINK.☺☺☺

So, the state (We the People ☺☺☺ of the future immortalist state of 11 companies total, 3 agencies max) is defrauded by the Jewish, British, etc Aristocrat Vampire 5 times:

►►► 1). ►► the aristocrat stole millions of taxpayer money (federal grants, infrastructure use, etc) by overcharging for education that would be free in the immortalist capitalism,

►►► 2). ►► destroyed the sleep of the students damaging their brain and innovation capacity as no quiet on campus housing exists or online edu 1 week/month on campus for labs,

►►► 3). ►► created violent thug music, spread it worldwide and on campus, so no peace exists only loudness and boisterousness and alcohol parties (alcohol killed 1 billion already), fraternity hazing rituals that killed people or damaged brains, got many unwanted pregnancies,

►►► 4). ►► wasted 8 years (plus national resources) of the PhD (4 PhD, 4 college) slave to

study magnesium chemistry and then the gentile slave ends up working at McDonald's or in a humidifier ☺abysmal IQ☺ mom+dad company as the only PhD, which will take him 9000 years to design a decent humidifier made by 9000 PhDs in 2 years, PhDs who built a huge PhD program and Bachelor of Science program for that at the National Humidifier Immortality Labs program of the Centralized Educational System of 1 million Immortality Labs and 20+ quadrillion courses, ►►► 5). ►► sent the worker to work for a monster CEO/owner *(the cousin of the for profit university, where taxpayer money is stolen to Build Big Palaces to Shout as a Gorilla like these five 1 min clips of the "Avatars of Hell":☺☺☺ pastor, rabbi, Buddhist monk, imam, Hindu preacher)* who designs a product that kills millions of gentiles 5 years early thru deadly humidifiers, equivalent to losing 5 times 100 million people, 500 million lifespan years or the same as killing 10 million people aged 30 (80-30=50 times 10 million, 500 million), a HOLOCAUST; this then leads to more fraud and conflict, war and blame, and then the 10 second end of the species. This happens in 100s of product types and "industries", the same pattern. Today, when Consumer Reports test most humidifiers, over 3 days, not 3 years as it would be required by Immortality *Nurturing* Agency, brand new ones, they emit tons of bacteria. After their 0 IQ PhD tests (like the low IQ folks who claimed Tesla is the best car because some 0 IQ consumers like it, when it produced 100000 more RF than other cars), lasting 3 days, in which the wick filters can't get too dirty, they came to the wrong conclusion that "evaporative types are safer", which may not be true at all after 3 months of use since wick filters often end up looking like THIS HORRIFIC PIC. Notice how this youtube is even approved for TV broadcast, when it is, like with half TV content, pretty useless and trash. 3 days of tests mean nothing, and can lead people to make bad choices. Quantity over quality, wait, the aristocrat owning the TV station told slaves to produce more junk content so he can make billions. Wait, aren't you supposed to believe in the religion of the Consumer Reports? Without any proof? Like in Jesus miracles? These studies and humidifiers show what small government does: a pure jungle where the ultimate bandits steal trillions and con everyone they can with their scam companies. This fraud based Troy company that makes endless trash Vicks humidifiers ought to be shut down for fraud, deceptive marketing, poisoning lungs of millions. Their 17$ vaporizer is a disaster too, promoted at main health stores like CVS, RiteAid, the elements spew black carbon into the water and air, etc. First of all, where is the evidence this is the number one recommended humidifier and how is that relevant if MDs are paid by Vicks to recommend their product? Any ad in a decent honesty based civilization needs 5000 references and 2000 page PDF explaining why the product has the specific (nothing general vague allowed) qualities: Valid ad "on day 50, it produces 12339882 bacteria of Z type, vs ## times more for Brand X, Y, Z that got 55 billion, 22 trillion, 3 quadrillion bacteria respectively. Visit immortality.gov/342288551 (number is the universal UPC code or national system) for all references and bacteria # on day 100, 500, mold, viral emissions, carcinogen emissions on day 1, 10, 100, 1000 of use of this humidifier if

following the cleaning protocol of 2 minutes daily." Specific, to the point. No vague charlatan Bible Thuggery Type of statements like most ads today. End hooliganism now. Every product is at one of the 11 companies websites, like immortality.gov for health products, with all claims and relevant links to the 200 studies and references, specific references, not "We are world leader in bamboozling and warm humidifiers". ☺☺☺ When will America wake up from the Bible induced trance of theft, genocide, rape, and dishonesty?☺☺☺

3). Equate EQ3111-UL 1.3 gallon Least Deadly HUMIDIFIER: stopped heating up after 5 days, had to turn it off, turn the power strip off for 20 seconds and restart it to get it going, same issue happened with all others, in a nice testament of the ☺abysmal IQ☺ of decentralization (in line with 100s of Amazon 1 star reviews about all types of humidifiers stopping working in days), so beware, always get the Walmart 3 year replacement insurance plan in case the stop is not temporary, but permanent. The white chimney thru which vapor comes gets dirty and you can see little yellowish drop and condensation marks on it after a while and need to clean it with 70% isopropyl alcohol soaked cloth or 1 cent alcohol pad. The issue is that the same wall faces the blue container and the blue color makes this slight brown yellow green invisible, so here we go again: we need white containers to see dirt, not blue ones. The safest cheap steam type humidifier (the only safe type is steam type in the long run, as wick filter types grow bacteria fast) seems to be any that has easy to clean container and inside, which from the 4 above is Equate. You can watch how disgustingly dirty the grey cap gets if you use tap water and don't wash it daily, and why the cap should be white to be able to see mold; with distilled water, no dirt ever builds, except whitish spots above the black heating element. Due to grey, black and blue, you may miss mold spots if you don't go around the black heating element. Due to the blue see thru water tank, you may miss mold that may build every 6 months or year if using distilled water and 100 times sooner if using tap water. Even with DI water, you can see *grey/white $CaCO_3$ scale spots on the black element.* Distilled is not clean, just 2000-3000 times cleaner than tap, so scrub the black heating element with an 'alcohol' pad or soft cloth soaked in vinegar, daily as most dirt is in the boiling area, specifically on the top of the black 'dome'. The white plastic cylindrical *steam chimney has some slightly* grey dirt after each day *of use 2 inches from base at the area* where it contacts the grey boiling circle area with the black element. The white chimney also got some *condensation drops on the top 3 inches from steam due to dust falling in, as well some brown sports in the essential oil aroma area gap due to gravity and dust.* The cap and holding talk ought to have been white to see more grey dirt/dust/mold areas, since DI water leaves no scale anywhere except 10 spots of 2-3 mm diameter on the black dome, due to the simple physics of that area being so hot and water dropping on it 24-7. All humidifiers need to be white inside, to see dirt, mold, etc, since distilled water should be the only water used; anything else would be catastrophic for health, as the amount of biofilm forming daily would be

2000 times higher, due to scale acting as "extracellular matrix" or mesh for the bacteria colonies; *the container ought to be white, not blueish transparent for all humidifiers. Wash* grey areas with some alcohol pad. Ultrasonic that are basic like 39$ Levoit are easy to clean, but water they spew is deadly, even if distilled is used, since distilled in bottles grow bacteria, besides the tank.

Evaporative (like BlueAir) humidifiers spew microparticles of scale $CaCO_3$ in the air, causing pneumonia and death, because the filters are not changed every 5 days, washed every day (filters only remove all particles first week, filter performance decreases daily) as required to prevent white dust from ruining lungs, eyes with calcium stones. The filters grow bacteria daily, look how horrific those filters get, spreading bacteria in your room more with each passing day. Nobody washes, disinfects filter daily as required for proper health. Cleaning, disinfecting the wick filter often requires enormous amounts of vinegar and alcohol, to soak the huge wick filter in for 20 minutes. ☺☺☺Avoid tap water in any humidifiers☺☺☺, as scale makes bacteria multiply. Ultrasonics have no filters: scale is spread as air white dust, and 1000 times more toxic chemicals than boiler type. In an ultrasonic you need to trash the left over water to prevent growth of microbes, but all junk goes into the air. In the boiler type, all junk concentrates on the bottom of the humidifier where the heating element is and you simply discard that thing every 24 hours and prevented inhaling all that junk that ultrasonics happily give you: distilled water has 100s of trace chemicals seen on spectrometer. Boiler types trap most scale left over in that left over water, make sure to trash it daily. Ultrasonics are deadly, they grow bacteria so fast and spew so much crap and bacteria. Boiling makes ultra fine steam, ultrasonic makes big droplets in the steam that fall to the ground. Boiling water and then removing the remaining plastic and scale rich left over water is a way to remove 99% scale + 90% microplastics, since even distilled (DI) water has $CaCO_3$, just 1000-4000 times less than tap water. The Consumer Reports studies are for tests on day 1 of a new humidifier, which are meaningless. After a few weeks, the evaporative and ultrasonic ones will spew tons of bacteria (ultrasonic from day one, as even bottled distilled water is full of bacteria), but when a ☺0 IQ☺ government is in power, everything is banditry and fraud. How can any decent government allow these ultrasonic deadly humidifiers to be sold when they emit so many bacteria even when new? Isn't it time to vote for Immortality Party? Same Consumer Reports said Tesla, which has 100000 times more deadly radiation than other cars, is the best car… Go figure.. In the case of war, vinegar, wick filters, alcohol are hard to find. So have 30 boxes of 100 alcohol prep pads for any emergency and perhaps a distilled water making machine. How can companies make a good humidifier with 10 PhDs? We the People ☺☺☺ need 1 million PhDs of 1 company making 1 good humidifier, not 1 million companies creating 5 million bad humidifiers. Governments don't need to check 1 million trash humidifiers for safety, just 5 really good ones. The US government allows all frauds to sell the most lethal humidifiers, without any check of bacteria spewing after 1-90 weeks, how can

they check 1 million trash products, what is the point, they're all trash, except a few. ☺☺☺

USA is the land of pure jungle whom all copy. Check out an evaporative humidifier filter after 3 months, that Consumer Reports praised as the "ultimate humidifier type" with tacit gov support. Behold a horrific filter. Most people don't clean their filter daily and let us state the obvious: no way to REMOVE the scale from a wick filter that adheres to the filter tightly after 3 days, and that scale will trap bacteria even if filter looks white and much better than the nasty ones above. These types of filters, ubiquitous in furnaces or separate humidifiers, are deadly. Vinegar soaking of a wick filter won't remove all scale and then bacteria grows exponentially. As you may have noticed, it is very hard to even remove a tiny amount of white scale from a black element in a steam humidifier, and that's plastic or ceramic, imagine how much harder it is to remove that scale from a cloth like paper like filter. Let's be honest, not even 1% of people soak their humidifier in vinegar for 20 min, let alone their wick filter, and then wash it with bleach and water, etc. With tap water, advertised as fine for evaporative types, which has 2000 times more scale than DI, the results are catastrophic fast. Welcome to USA gov standards: 0.☺☺☺

If you love using ultrasonic humidifiers, due to being quiet and breaking less than steam ones whose heating element fails often, you could try the Crane cool mist one, with 1 modification to prevent water damage to floors. Generally, it helps to avoid the ultrasonic humidifiers where the cylinder has holes on the sides (instead of being solid) and, especially avoid the ones with a 100% (instead of only 30%) open top (like the cool mist Crane) as they create a water pool on the floor. However, if you can't find an easy to clean one, like the Crane cool mist one, you can modify the Crane to make it stop shooting water droplets. This paragraph explains how to do it on any simple humidifier you buy from Target or Walmart, using a white vitamin bottle to source the plastic piece to regulate how much water comes out at a time, 15% or 5% of the original manufacturer flow. I bought the cool mist Crane humidifier and it spews too many tiny droplets in the air, not just vapor plume like the other humidifiers. Good humidifiers got a solid cylinder that keeps water far away from the rising vapor, a plastic tube thru which vapor rises and has no contact with water for 8-15 inches and a tube partial cap to prevent that vapor from shooting upwards so fast, by blocking that rapid ejection of droplets. The Crane one got huge gaps thru the central cylinder, meaning if filled to the max line, the water is ultra close, 2 inches, to the top and the basic cool mist (easiest to clean of the Crane family) Crane lacks a partial cap on top of the tube to prevent overshooting of water droplets. Due to the water going in on the Crane in the cylinder at all levels, the humidifier has only 2 inches to shoot the vapor and lots of droplets come out making a pool of water on the floor, carpet or table, destroying people's carpets, furniture without them realizing. Like me, you can fix it by placing a plastic piece at the top of the tube to block 85% of it, by pressing the pins to remove that circle white 'cap' at the tube top and then placing a trimmed circle piece with 2 protrusions at the opposite ends that fit into the 2

diametrically opposite spaces of the white cap that don't pass thru the pins of the tube holding the cap down, so that the white piece you made doesn't fall into the tube and rests on the tube via the 2 protrusions. To further minimize water droplets and bring humidity to 70% where eyes are, raise the humidifier 12" by placing it on a box so the water disperses in the air and doesn't reach the ground so fast to form a pool, and if water still pools, simply fill the humidifier to half the max level, to give water droplets 5 inches (not 2) to jump and come back into the water. This water pool never happens with humidifiers with solid cylinders where water is only 2% of the cylinder height, not 80%, and where the top of cylinder is partially blocked to prevent droplet splashing. The cheaper cool mist only humidifiers with similar ultra simple design (meaning no cleaning, just pour some alcohol and vinegar if distilled water and wipe with a 2 cent alcohol pad) and with a solid tube cap to prevent overshooting of 'steam' are the most practical ones, since you will spend 3 minutes daily to clean them if using distilled water, instead of 30 with the vast majority. In the Crane there is nothing really to wash, except this plastic piece you create to fix Crane low IQ design, the tube, top lid, the center steam redirecting hole cap. ☺

Many humidifiers often also have a longer and extra parts system of diverting vapor to prevent any droplets from splashing nearby, but that also means a lot more work when cleaning up. USA imports a lot of junk from other countries, as the goal is profit at all costs. A useless product on Amazon that I used for a while, before returning it, is the grey Crane that allows you to heat the water, this one has endless parts and is so much harder to clean. The silver 1 inch diameter circle where ultrasound comes from gets dirty with grey brown 5 mm spot within 3-4 days, when using distilled water. You can only imagine how much grey will exist after 1 year, since vinegar soak doesn't prevent biofilm formation, which is 1000 times stronger, due to scale being 1000 times higher in tap water, than in distilled water. Yet, these ☺infinitesimal IQ☺ guys chose grey color and people can die from moldy infected dirty humidifiers. By law, all humidifiers need to be white to allow people to see these yellow, light grey, beige, black mold traces. The reason they use grey and black parts is due to the culture of using tap water, which has 2000 times more white scale, so people can see the scale. This is low IQ, because the grey dirt, mold, dust won't be visible and you cultivate deadly habits of using tap water which tends to cause catastrophic lung damage via white dust or mold via scale biofilm. Tap water ought to be illegal to recommend to use in any humidifier, just design good distillers for at home that vent outside and make distilled at home. No wonder the grey Crane it got 3.8 stars versus 4.2 for the white basic 20 times easier to clean Crane or 5.0 for other humidifiers. On Amazon, anything below 4.3 stars is suspect, so read the 1 star reviews and think twice about those below 4.0. Humidifiers can break fast with daily use, so 4 year warranty is a must so you can replace it or get money back to buy new brand . If you move the grey Crane, it may give 'no water present' error or EF code, which means you got water in the tube or into the other container that holds the

removable container, so you will need to empty THE WHOLE THING BY INVERTING IT first to get rid of EF or drop shape light error. The Crane one won't get rid of the 'no water present' drop light error if you got some drops into the tube, so some returned it per Amazon reviews as it gets very annoying and it requires too much work to get that tube dry all the time, perhaps you need pour water super slowly, while covering the tube with some temporary cap from a bottle, or perhaps you need to fix a manufacturing defect in the sensor, which is impossible. Crane engineers are too low IQ or waging hybrid warfare on USA to realize Levoit and other brands seal that top of the humidifier tube so this error doesn't happen. There are 7 balls inside a grated device that screws into the base which are impossible to clean well. FDA is too understaffed to ban such Crane like junk designs from being imported. Aristocrats in USA design trash products that slaves in China export back, they call this "economic activity", the purpose of all existence, GDP growth, import junk products and call it God's work. ☺☺☺ Then brag about market economy and your Godly preaching of genocide in China. Every greedy low IQ person is now company CEO. If you find other UV light humidifiers, make sure they're opaque, since UV can pass thru a clear container and harm eyes, or escape from a semi sealed area into the clear container. A good 4.7 star humidifier is Petsaint, with UV control.

To sanitize water without the UV, you may need the 4.4 stars 6 L Levoit warm mist type, that *boils the water to kill all bacteria (biggest issue in all humidifiers),* since even distilled grows microbes in between uses. However Levoit can't be easily cleaned perfectly. Instead of inspecting products and setting standards so 70% of trash imports are not allowed in the USA, USA promotes genocidal scriptures and evil sports, after all they need to drive that anger, pathological systemic institutionalized violence against the working class and palatial aristocratic desire to beat and torture, so well deified in "scripture" [beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives)] to higher levels, so they have 5 million torturers on aristocratic government payroll, to truly live the Gospel in its REAL MEANING: "faking miracles… and genocide via torture are God's love". The thirst for violence is ever increasing, they got a whole army of terrorists paid by our taxes. The cunning devils incarnate, the aristocrats, pay workers to torture workers, to enslave all fully. ☺☺☺

CUBICLE TO RAISE HUMIDITY FASTEST: if your room is big or humidity fails to rise fast, you can always buy $1.25 foam boards from dollar tree stores or online (pack of 50 google search or eclipsusa.com 65$/50 pack to shield more of your rental room or a bigger cubicle with protection above too, you can use cubicle to protect against Toxic Cell Phone Towers that shorten lifespan by 20 years if close by, Neighbor WiFi too can cut your life by 10 years if you sleep with head near wall (aristocratic terrorists live far away where no cell towers exist, the 90% slaves live in concentration camps called cities full of RF pollution usually, aristocrats put cell towers to spy on the 95% via cell phones) where he has his WiFi, 3.2 mil 8"x150ft aluminum

tape covered with 8”x435ft clear tape (cheapest: 9.7sq ft/$)), and *use the foam boards to create a 60 inch tall enclosure, against a wall, with only space for you to exist the computer desk chair area of your ‘cubicle’, as that will increase humidity to 80%* around your eyes, instead of a 45% without the cubicle as all water is blown into the room. A cubicle is cheap, costs about 20$ to make for your bed area or your desk or both, but it will save your dry throat, your sleep quality will improve due to less microwaves, and your eyes will be happy too. *This also blocks foreign spies, criminals parked outside from reading stuff on your computer, by blocking EMF*. The square, rectangular, hexagonal, circular, triangular cubicle, or any shape enclosure that works for your setup, *saves 3500$ a year, since to humidify a whole house you need at least 10 gallons a* day, can't use tap water, only distilled (Amazon has distillation machines for 200$, like this Taiwan one or automatic shutoff 350$ distiller, but you need to spend 29$/year to buy filters too) or reverse osmosis (Amazon has many such reverse osmosis units, don’t add minerals) or one with 0 TDS using the 0water.com filter, as white dust kills you via dust pneumonia, and those evaporative humidifiers are lethal since filter doesn’t remove all white dust from tap water as they claim, not after 3 weeks of using the filter. A 0 TDS filter only lasts 5 gallons for high TDS (450-500) tap water, as the 0 water chart shows, so that is 3$/gallon, way too pricey given distilled is 1$/gallon at some stores. To save money on 0, use old 0 water filters or other Brita fitlers to prefilter the water. An issue of course is that you need to filter 0 water first to remove all organic stuff well, with epic pure so that those don’t become volatile compounds during ultrasonic humidifier use or even boiling if using a boiler type humidifier. One brand pitcher was found to increase microplastics in water 12 fold, while most pitchers did reduce tap water microplastics. Because plastic can leach, it is better to use a 75$ 0 water glass dispenser for humidifiers if you go the filtration route and measure the TDS weekly to make sure the TDS is below 0.2 ppm (with a good 58$ AI213 Apera resolution 0.1 ppm if you use the 0-100 ppm scale). You can thus create a Florida climate inside your cubicle, a Hawaii paradise climate, with humidity in the cubicle 60% and inside your glasses-eye area of 90%. Move the humidifier from bed to desk, have bed near desk for easy moving, so you humidify the cubicle where you are. *Lungs* need humidity, in many areas, *humidity is 15% inside due to heat, which shortens your lifespan and kills your eyes.* This allows you to turn off humidifier often and to save electricity and distilled water. The real issue is that high TDS means 30$ for filters will last only 1 month. By *placing your favorite humidifier in this cubicle*, you boost the relative humidity inside your glasses to 90% levels natural outside in coastal areas of California in the summer. If a humidity meter is in the path of the visible steam, the reading rises to 99% and 72°F if your room is not hot. This means *19.5 g of water/m^3, Florida summer level* humidity. At this level you don’t even need the moisture glasses anymore. However, only the area right in the center of the steam plume is 99%, as soon as you shift away from it, it drops fast to 80% where your eyes might be, and some people find this humidity too high for the lungs. Adjust humidifier position to achieve

the desired comfort for eyes. Then, with a gentle electric silent sealed oil heater, set to low, so 450 watts, you boost temp to 75°F, to mimic a very humid environment that will enable you to live without the need of moisture glasses always and without dry skin, dry throat, dry lungs. Use distilled water or water free of minerals (filters that remove TDS, all minerals) always.

The simplest "DIY warm humidifiers" we find described on youtube (kettle, pressure cooker to boil water, water boiling element, etc) use 5-10 times more energy and are *risky as they can set your house on fire* ☺☺☺ *if you don't add water and leave for more than 10 minutes*, and it goes dry and somehow it gets too hot or falls on something, etc. So, be very careful, since *many youtubers say you can just boil water, which is not good if you leave the house,* you don't have automatic shutoff like humidifiers have when water is low. A $17 single cup 125 watt heating element is too weak to produce any steam, you'll be waiting there 500 years to get some humidity doubling from 30 to 60% in a large room (125 watts, Amazon has more but most are 300 watts for bigger water containers). Boil type humidifiers use 100-240 watts. You can make DI water at home separately, $625 US made machine, or 200$ h2olabs.com US made machine, and use that water for humidifiers. Infrared plates are way better than electric by the way, as we talk about warm mist humidifiers, as air gets a little warm, not super hot, and that gentler warmth prevents the oxidation products in the air. DI water you buy in bottles doesn't get sterilized 3 minutes before you use it, so bacteria grows and microplastics too. Distilling water at home is cheaper in the long run than removing TDS via 0 water filters. For those hating to distill water, you can take tap water and filter it with 0 TDS (0 minerals, 92% of mercury gone) Culligan American filters after you use the Epic Pure to remove the toxic mercury, chemicals that become volatiles during boiling, etc… and then use this ultra filtered water to boil now on 1. the 100 watt infrared plate or on 2. any pressure cooker program with lid open or lid closed and then open the vent to get the humidity. Again, *I don't suggest filtering as you leave minerals and some white dust will attack your lungs*. USA makes stadiums to be a shouting gorilla, but not 1 safe humidifier. 20000 humidifiers exist, they grow bacteria fast, unless you clean them 40h/week, take them apart, etc. Discard last layer of distilled water in the pot as it has dangerous products, microplastics, etc. since distilled is full of impurities still. ☺☺☺

If you visit a hotel, use their laminated menu to cover the 24-7 bath fan and reduce air suction 20 fold, as that fan can suck all humid air you create with your portable distilled water humidifier and suck in the toxic eye irritating air from the hallways (very stuffy, dirty stinky hallway carpet, hallway germs, coming from the door to hallway gaps), from the sink drain, tub drain, water overflow sink/tub hole which contain mold spores. Hotels ought to have those fans in the room. You want your humidity meter to show 55 to 83%, typical outside humidity, not 25% as in many dry Western states. Don't bring dry air from outside, as humidity will drop from 65% to 25% immediately, since outside air can be so dry in California, Arizona, etc. USA makes

some water distillers, like the 625$ SteamPure which can make 3 gallons a day, or 12 liters. Having your own countertop distiller saves 9000$ in the long run, and prevents a huge amount of energy used to recycle the 9000 plastic bottles. Using the DIY Instant Pot Max based humidifier (canning program allows 15 PSI, 250°F for 1 hour to sterilize the inner pot which you can use on the infrared plate, you sterilize it as good as a microbiology lab autoclave) is even better, no need of activated carbon filter and waiting 7 hours for a gallon of water or bottles of DI water recycled. However, you need to use a lot of water filters to remove TDS (total dissolved solids), so you may just choose to make distilled water at home, in a well ventilated area with an air filter too, or even outside under some canopy, to prevent inhaling the toxic volatiles.

Some claim online that evaporative noisy humidifiers that filter those minerals out are the best, but the filters can fail to remove all minerals and can thus destroy your lungs unless you use distilled water. As you know any air/water filter will filter well first few days and weeks and then efficiency drops to 50% or less. Thus, using tap water for humidifiers is more like suicide, even if you replace the evaporative filter weekly, as nobody does (every 10 weeks maybe is common for a few people, but most change filter every 6 months). All evaporative/ultrasonic humidifiers are impossible to clean 100% without taking them *apart completely and wasting hours every day*. Just like with the lethal eyedrops made by the Big Aristocrat Mafia, and the lack of saline drops (0.9% NaCl only, no other additives, single use, like these) in US Pharmacies, we have to resort to creative solutions for a safe humidifier, buy stuff on Amazon, like a ceramic heater and pot, etc, like we buy other sterile saline online. You see, the thieves can't make trillions to build 1 million mansions with salt water, so the cheapest, least allergenic products that we need the most for dry eyes are NOT sold. With the abysmal IQ society aristocrats created, we can't replicate even 50 compounds in natural eyedrops that contain 2100 chemicals, so we have to use the harsh crap they make or saline. Too little profit for the palace dwelling monsters, so everyone suffers, the beasts could care less. In general microplastics are much bigger (so not part of the steam, no lung damage from bottled DI water, but each day smaller nanoplastics come on the market, so who knows what may happen...) than molecules of $CaCl_2$, $MgCO_3$, $CaCO_3$, NaCl in filtered water that still has a few minerals, or in tap water with 100 times more minerals than TDS filtered water. Apparently, boiling water removes 80% of nanoplastics, so if you use bottled distilled water with some leaked microplastics, you discard the left over last layer of water as it has plastic etc. 1 liter of bottled water has 250000 microplastics. Water sitting in plastic humidifiers can get some too, so discard the concentrated left over water at the end of each session when you refill. If you want a natural humidifier 24-7 in all places, the 6 top states for humidity are: Hawaii has 65.2°F average dew point, Florida 62.7 (houses are 2.5 times cheaper than Hawaii on average), Louisiana 58.3, Mississippi 55.6. Alabama 54.0. However, the big problem with humid states is that they have an insane level of molds, fungi and bacteria that

grow in that humid place, increasing risk of dry eyes via allergies and of asthma, lung disease via microbes that attack the lungs, so you really need to replace that filter for AC or central heat every 4 weeks and get the best FPR 12 to protect yourself if you live in a humid state. Please buy a home with good insulation, since poor insulation causes the house to heat during the day and remove all moisture from the air if window is slightly open or humid air can escape thru leaks and cracks under the door or baseboards where you didn't caulk, etc. and then when night comes and temps drop, relative humidity will be much lower too. Well insulated homes are best for dry eyes, as the first paragraph on Immortality Building Inc shows.

***Arizona, Southern California, etc are deserts with low humidity and high temps*: this is the worst possible combo, as in high temp the water on the ocular surface evaporates fast and there is no water in the air like in South Florida or wet parts of Hawaii. On the contrary, in colder states (where outside temps for example are at near freezing often), even if relative humidity is about the same or only slightly higher, in Seattle, Washington, Oregon, etc where it rains more often), the *water on your cornea will evaporate much more slowly and your eyes will be much happier. In Florida, the meibomian glands that produce oils that prevent water layer evaporation, will be warmer and more able to produce oils and this will help more than the cold weather in some cases, depending on the nature of dry eye causes.* If all oils are gone (glands don't produce), then very cold or ultra humid are helpful in keeping ocular surface moist naturally without chemical rich drops. It all depends on how many tears are produced and how outside temps influence tear and oil production, how eyelid circulation is, etc. Southwest USA, in arid microclimates, is the worst for dry eyes, since you can't stay always indoors, the moment you drive to a store or you open windows to get fresh air, dry air comes in and nullifies your humidifier moisture effect. To get high humidity you need to be in the wettest warmest parts of Hawaii, Florida or one of the Texas, Alabama, Lousiana, Alabama areas as humid as Florida as seen in the dew point (scroll down) chart. A better set of 13 dew point maps for annual and monthly USA dew points comes from NOAA, you can see how much drier central and north Florida are, except the coast. The best map for 7 day dew point in any state and city (zoom in to go to the cities of choice) is weatherstreet.com. These 3 maps make it easy to compare weekly, monthly and yearly few point averages. AccuWeather.com monthly tab shows the typical daily levels for all 365 days of the year. The Forbes map made by an amateur is making it look like all Florida is the same, which is totally false, some areas are almost as dry as California's wettest areas. However, those coastal Texas, etc areas outside Florida will never match the absolute (dew point) humidity in South Florida, which is much higher than Florida as a whole, due to warmer annual average temps (Miami 47.7" rain/year). In Wailuku, Maui, dew point is way lower than in Pahoa, Big Island, Hawaii, so you need to know microclimates in every state by googling "city 2 letter for the state climate" as in "Pahoa HI climate" (or "Pahoa climate" for cities whose name is not in 2+**

states) and clicking "graphs" on the desktop version of the webpage, to see how warm it is and what rain is like (blue bars). You'll see via the graphs that Wailuku (27.4" rain/year) summers are ultra dry, hence the Maui fires, but in Pahoa (126.3" rain/year), June gets 6.8" rain vs 0.5" Wailuku, so no fires. In Colombia, Medellin has a 'dry eyes ideal' climate too, with daily lows 63.4 year round and daily highs 81 year round, good humidity.☺☺☺

Volcano, Hawaii though has the eye irritant sulfur dioxide at 1.78 ppb in 2023, or 30 times the level of many California cities (Rancho Santa Fe 0.06 ppb in 2022), so it won't work, since the volcano is killing your lungs and eyes with more than SO_2, thick plume of smoke, etc. Keaau is 0.22, Kurtistown 0.37, Honolulu 0.27, Kailua Kona 1.6 (where tourists go to damage their lungs and experience 27 times more SO_2 than San Diego), Mountain View 0.81. Pahoa (next to volcano) is 1.07. Sadly, the US average is 1.51 ppb, 26 times higher than San Diego, where there are not cars and cruise or cargo ships to emit SO_2. Rancho Santa Fe, where aristocrats live, has decent air quality, so I guess to be fair we need to switch to electric transportation to give all Americans decent air quality. Unless you stay indoors and use the strongest activated carbon filters, Hawaii is not healthy in areas with vog. Plus you get many Hawaii homeless. The 2022 values (they fluctuate little over the years) are: Los Angeles 0.27 ppb, Riverside 0.53, San Francisco 0.65, San Luis Obispo 0.94, Seattle 0.44, Denver 0.77, Washington DC 0.53, Chicago 1.7, Detroit 1.5, Atlanta 2.0, ►►►► San Diego 0.06 ◄◄◄◄ *(no heavy industry, good wind breeze away from city, no major ports and ships, so all San Diego county coast and Orange county is low)*, Escondido 0.06, Rancho Santa Fe 0.06, Malibu 0.15, Santa Monica 0.32, San Clemente 0.11, Irvine 0.47, Newport Beach 0.47, Laguna Beach 0.11, New York 0.36, Phoenix 0.48, Philadelphia 0.56, Miami 0.30, Tampa 1.26, Lakeland 0.90, Jacksonville 0.67, Dallas 0.68, Fort Worth 0.90, Houston 0.24 (near the coast, the ocean breeze takes SO_2 away, Chicago is inland, so much more stagnant pollution cloud), like the worst cities near America's most active volcano. Slaves got sulfurous/sulfuric acid poured into their eyes (a true *terrorist* attack on the masses of workers, by blocking electric cars and solar-wind-hydro for 75 years, promoting gasoline, oil and coal that kill our lungs, hearts, arteries, brains and emit SO_2), while palatial aristocrats build casinos, strip clubs, violent sports arenas, gyms, to "make us happily go to grave fast". Rancho Santa Fe, a more inland city, is so low due to the fact everyone's house is several acres (not 40 apartments in quarter acre), so then no car traffic, truck routes exist to pollute with SO_2. South Florida near the coast is way wetter than N. Florida inland. Eyes need an air purifier that traps SO_2.

This article explains 13.3 g of water/kg dry air exist at *80*°F in *50*% humidity, or 59.7°F dew point (dew point calculator) and only 4.9 g (*2.7 times less*) at *50*°F in *50*% humidity or 32.1°F dew point. This means that in South Florida wettest cities, air will often have 3 times more water in it than in many California cities, with an amazing & beautiful *healing effect on* dry eye patients, almost like having a super strong humidifier in every store, street, house, etc. In January 2024,

Menifee and many inland Southern California cities had 70°F and 24% RH (relative humidity), meaning 4.4 g/m^3 AH (absolute humidity), while many South Florida cities had 70°F and 90% RH, meaning 16.6 g/m^3 AH (1 m^3=1.22 kg air). This means the South Florida cities had, some days of January, 3.8 times (16.6 vs 4.4) more water in the air, making people FAR LESS likely to develop dry eye disease. However, it's not like that every day, usually the difference for those cities is only 50-100% more water/m^3 air. Yet even 70% more water in the air is a HUGE difference☺☺☺, it's like having a humidifier on or not having it. No optometrist told you perhaps, before 2024, that moving to a humid city will be the same as having 3 humidifiers with you 24-7, in any room, street, etc, requiring tons of water used around you to increase street humidity. If you move to San Juan Puerto Rico, a US territory (no visas needed), you get a typical 20-24 g/m^3 very often, beating out Hawaii and Florida by a wide margin and wiping So Cal off the map with its 4-7 g winter water, due to warm nights during the winter unlike anything in Hawaii or Florida, so air holds way more humidity. However, San Juan (1000 miles southeast of Miami) night minimums are 74-80°F all year, so you will need to use split (ductless) AC (air conditioning) systems, which use far less electricity than window units or *central AC, which is not the main thing in any country*, except USA. Using AC lower humidity, so you will need a swamp cooler to reduce humidity only 1%, not 40% as with AC. However, going 35 km/22 mi inland to Caguas, gives you cheaper land to buy (4 acres 100K if lucky, 23% cheaper cost of living than San Juan capital) and also, night minimums are 61-69, like in Hawaii, so no AC is needed at all, day or night, if you're skinny. In Ponce, PR, night minimums (click on graphs to see easier) are 69-76, much better than San Juan. While violent crime rate is high, and homicide rate too, the Puerto Rico life expectancy, on average, is higher than most of the world and USA, Germany. This proves that hot humid climate is not anti-life, as humidity haters claim. At night, eyes are closed, so you don't need the super high humidity of San Juan. Puerto Rico also gets more direct hits from hurricanes than South Florida, so living in a concrete dome is a must if you want to survive a storm, buy land (not cheap) and build a dome if you move there and want to live your natural years. If your ancestors lived in a cold climate, the ocular water did not evaporate much at all and dry eyes were never an issue, so living in Southern California desert is a huge challenge that will give rise to dry eye disease faster if you also have poor sleep, sleep in warm places *(heaters dry the air 3 times more than outside, while in South Florida you can sleep with window wide open, it's that warm in the winter),* with AC blowing in your eyes (our ancestors didn't have AC everywhere), or are tortured by the spies and soldiers who attack eyes, etc. Reading these numbers will totally blow your mind. How many times have you heard about these things from your "dry eye optometrist"? San Salvador in El Salvador, is wetter (click on graphs) than any US area, except Puerto Rico. Its climate is like Caguas, PR, just a little nicer. On top of that, El Salvador violent crime rate is lowest☺☺☺ in Latin America and 2 times lower homicide rate than USA, but they eat more junk food due to "higher civilization", instead of legumes, etc, so

they live 6 years shorter than the 'violent' Puerto Ricans. Keep in mind that statistics can be highly manipulated too, some countries report a lot less. The governments sometimes report less to boost tourism economy, world image. The 0 IQ US government doesn't accept Puerto Rico as a US state, even if lower crime than some worst US areas.

Hilo (123.5" rain/year) is 2-3 degrees warmer than Pahoa, so it gets more water in the air, has 2.71 SO_2 (vs 7.23 for Pahoa), with double the rain of Florida, so it's possibly the wettest place for dry eye folks, though SO_2 level is 27 times higher (2.71 vs 0.1) than in some California cities. Even the cleanest far more expensive zip codes of the Big Island of Hawaii, where house prices are 4-5 times higher, the SO_2 is an unhealthy 10 times above the cleaner mainland cities. The only consolation is that the humidity is high: Hilo, Hawaii gets 17.3 g or higher year round. In January and most of the year, typical water levels are at least like: Honolulu 14.7 g/m^3, Wailuku, Maui 15.4 g/m^3, Kailua-Kona, Big Island, HI 19.4 g/m^3 versus a paltry 5.9 g in Riverside, CA. That's good day in Riverside, since on bad days, it can be 4 g, usually lower than Menifee, Murrieta and other cities near lakes. Volcano smog can drift to the other 4 islands too, sometimes covering Oahu, where 80% of Hawaii lives, in smog for 45 days at a time. People pay 5 times the house price vs other states and cities, to inhale it. On top of that, Hawaii gets many floods, see mud and stones bury trucks, hurricane caused 2 billion in damage, raised water by 5 ft in areas, killing 7 people, and people reporting 4 ft of water, news on 50 ft ocean waves. Always live at 60 ft or higher. Strong currents can wipe out Hawaii mobile homes and kill people. 2 ft of water almost and huge currents destroying homes, many homes totaled, or damaged, waves cover 2 story condo. Oahu houses cost 10 times more than the cheapest areas of the Big Island and Oahu is much drier than the Big Island, where only 200K people live due to volcano smog making it hostile to humans. The nice thing about Hawaii is that in colder higher elevation areas of Big Island, it never gets above 80, except a few months for 3 hours of the day. However, in Puerto Rico and Hawaii, they got the sound of coqui frogs everywhere almost on the eastern half of Hawaii Big Island and some areas of Western Big Island and other islands as youtube shows 900+ videos from all islands. In 1987 these frogs were brought by gangsters, possibly to make noise, so that robberies and burglaries, domestic violence, sounds of rape victims, baby cries during abductions, possibly even Hawaiian style human sacrifice, are harder to detect, since in some areas it's really loud, like human cries. However, some South Florida cities, near the ocean, may have higher yearly dew point than the wettest Hawaii cities, due to higher temps for 6 months in Miami, etc. So the humidity charts are useless. You can gently buy a humidity meter to calculate dew point inside your home. This 7 day dew point chart, of the temp at which humidity would be 100%, shows which states (Florida, Hawaii, South Florida within Florida, click on a state of interest, red is higher than yellow) are holding the absolute (not relative, RH on websites) highest amount of humidity (RH 80% got less moisture than RH 50%, if *dew* point is lower; the

warmer the air, the more water vapor; so when outside is 60F, 57% *d*=45°F; inside at 71F, 42% *d*=47°F is more humid even if "*humidity is 15% lower*", so opening the window will lower humidity; dew point calculator shows for dry eye we need *d*=50°F at least, ideally 55-65; RH is not accurate, we need d=temp at which moisture is maximum (RH=100%) so it forms dew, it condenses; NWS shows dew point for every location, like SpaceX), < 40% at 70°F can cause: dry eyes, dry throat, asthma, bronchitis, nosebleeds, sinusitis, hoarse voice), *don't overheat bedroom as it dries the eyes, unless you use a humidifier*. The Immortality *Nurturing* Agency needs to add to those climate graphs on google, the dew point highs and lows, day and night, so people know which city has higher ABSOLUTE, not relative (meaningless) humidity. It can be easily calculated, as they got relative humidity and temp data. Type "city state weather" and you get temp and humidity, from which you calculate g water/m^3 and decide if it's good for you. Calculate that for 20 days in winter, spring, summer, etc and compare 2 cities within a state or country to see how wildly different they are, contrary to appearances.☺☺☺

Type on google "city state climate", "Irvine CA climate", then click/tap Graphs and you get the average high and low for every month to get an idea how cold it is, if you may like it. For other countries, you may need to type "Sydney NSW climate", since their states have 3 letter symbols sometimes. Google won't give climate data without perfect spelling of city name *and* state for smaller cities nobody heard of (so state doesn't need to be typed for big cities), so add that 2 or 3 letter state, no country is needed, as Google figures it out. AccuWeather also gives daily high and low temp for 365 days of last year under the monthly tab for any city globally, if the monthly average of google graph is not enough for you and you want to see extremes, how low the min goes or how high the max goes, which can be 15°F sometimes below or above the google graph. Average relative humidity helps in calculating absolute humidity (online calculator) using the temperature data, so you can check humidity annual averages in any major city, Brisbane 52%, Darwin 55%, Melbourne 51%, Canberra 66% (wind speed is 3 times lower, so water evaporates far less than Melbourne), Townsville 70%, Florianopolis 80%, Naples & Palermo 72%, Miami 73%, Orlando 74%, Los Angeles 65%, Tucson 38% (desert), San Diego 69%, Boston 67%, Iasi 71%, Bucharest 77%, Constanta 82%, Paris 78%, Madrid 61%, Barcelona 72%, Nice 76% (ideal city for dry eyes in Europe, like Palermo, since temps are very warm in the winter vs most European cities), Berlin 69%. The higher the average annual temp *(which is listed at wea..com summary section)* and the higher the average annual *relative humidity*, the more water in the air, so the higher is the average annual *absolute humidity in g water/m^3.* Thus, in Miami, the *absolute* annual *humidity* is about 18.2 g/m^3, due to 73% and 79.6 temp. Darwin 83.8 temp, 55%, so 15.6 g/m^3. Townsville 76.7, 70%, so 15.9 g/m^3. Tucson AZ got 72.8 temp and 38% relative *humidity*, so 7.7 g/m^3. Brisbane 73.0, 52%, so 10.6 g/m^3. Melbourne 61.0, 51%, so 7.0 g/m^3, Canberra 60.0, 66% (wind speed 1.3 m/s vs 3 m/s in Melbourne, less evaporation of water

in air and eyes), so 8.8 g/m³. Constanta 58.4, 82%, so 10.3 g/m³. Obviously for the same g/m³, the city with lower temp and less wind is ideal, as less water on the eyes evaporates. Los Angeles 71.2, 65%, so 12.5 g/m³. These numbers are rough estimates☺☺☺, since the absolute humidity is not in a linear relationship with the relative humidity and temp, and the daily variations will lead to slightly different real averages of absolute humidity, but it does inform you of the general trend. The warmer it is the more humid it can be in some climates. Too much warmth without humidity means eyes get dry via evaporation due to heat, but don't get wet as 3 times less water is in the air. Thus, either live in a colder wetter climate or in a super humid warm one to help your dry eyes. Australia, the driest continent, has mostly desert and some tropical areas in the north east (green) which are near Cairns, etc, almost the same as South Florida, so for dry eyes, you want to be in dark green areas of this climate map, within 10 miles of the ocean, as inland it is drier. Thus, you can compare San Diego average low in August of 67 with the Miami one of 79, meaning coastal South Florida needs AC at night in the summer, while most coastal (within 3 miles) California doesn't. Some people get sick in Miami, due to asthma causing a negative response to such heat and humidity. Miami is much warmer in the winter (63+), so no electric heater needed then. However, going just 9 miles inland as the crow flies, you get way lower temps, 70-72 low at night in Florida, especially as you go towards central Florida. The same is true for all areas, the climate can change dramatically in just 3-7 miles, with average high or low dropping 10°. For dry climates, you need humidifiers to prevent health issues. This data allows you to go to a city that has temps you like, uses no AC (better insulation and temps drop at night) that causes dry eyes/lung issues (due to central AC vents and/or filters not being clean in 99% of houses), doesn't flood too much (use stilts or fill to raise house and make it hurricane proof, like a dome), is not too cold or hot, has low violent crime, low AQI.

A humidifier is not capable to create 90% humidity many need, but if you get one, get 4 year Amazon plan to make sure it doesn't break fast, and also read all 1 star reviews or simply ask for an exception via chat if it breaks and to return it to get a refund; as the next pages explain, most humidifiers have so many issues (hard to clean daily to prevent mold growth being the major one), you may be better off trying the 100 youtube home made ones that have 2-4 parts and give you better control (use everything white, to see any grey or black mold, insects, dust, hair, etc and use any cloth piece only for a day (have 10, wash at once separately in a strong detergent, with strong nonchlorine bleach); get some set of 20 hangers for 2 $ from $ store and place 10 small towels on them soaked in DI water, let it be, near the bed, or just get bigger towels; the way I do it is just use a normal 2 by 5 bath towel and I sprinkle it with DI water, then let it try by hanging it off two things in a way that doesn't cause drip - use two towels if needed, you will see a 5-10% rise depending on room size, etc; if small towels, buy 10/1$ wash all 100 at once, every 10 days; a tiny 1 watt fan (0 dirty electricity USB socket from $ store) near your

electric oil heater, to draw warm air away from the heater and towards a little container with distilled (DI) water (to avoid scale made into dust that gives pneumonia, like ultrasonic humidifiers give pneumonia due to white dust from tap water): white container, white rack inside if you want a taller container that has 4 trays of water stacked, to avoid any use of towels and have to only disinfect with bleach weekly, use DI water for 500 times less scale and bacteria. Taking a towel and wetting it with distilled water and then letting it dry near your least moisture reducing winter heater (or container with water) or something like that may work too; placing a wet towel on top of a plastic support near a room hot vent is not a smart idea (never use central air, it dries air, use electric oil heaters only, but if you rent a room, you can find solutions) as white dust from the tap water will get into air and destroy your lungs, so don't just follow every low IQ *(or evil spy liar who mind controls people to type something on youtube, you're suggested his video, you do it and disaster happens, while the spy is not really using that setup more than once for youtube or stops soon after because 'he found a better way': ultrasonics with a dye make a white paper purple in seconds, while something with a filter won't, so always use DI water for home setups, especially if a fan or vent is used; all scale in tap water will be made dust for your lungs)* on youtube who has no measured ppm of 2.5 micron particulates emissions of his setup; read the next pages to understand the issues with white dust, etc and how to avoid them; Amazon has floor heat vent Amazon water containers (clean them well weekly, daily minicleaning) that provide a solution with rare housing having floor heating; avoid crates or things that are not white, as they're hard to clean and inspect for mold, etc. Think of all issues that may exist with any towel, etc and how easy it is to clean daily. ☺☺☺

Most humidifiers (Levoit, Govee 24 dB, etc, ultrasonic, not 19$ Vicks vaporizer) emit some new plastic smell in the first 5 days, so to avoid wasting DI (distilled) water, simply take it apart and let all parts vent in an area with high air exchange. Humidifiers need to be cleaned every 3 days per EPA with vinegar (acidic, to dissolve alkaline scale, though if you use distilled, no scale) and even bleach, as video shows for the 40$ warm mist Vicks, the cheaper humidifier with boiling water that is free of ultrasound, the Vicks water container has a big gap being always open to ambient air, molds, dust mites, it's not sealed like the other units. The Vicks water container is impossible to clean well with a brush, you can't insert your hand into the container, or a brush to reach all areas, so only works with DI water, the heater element is a sticky silicone covered thing that needs to be cleaned daily. Vicks, sold at most stores, using 200 watts, leaks a lot. Amazon automatic chat gave me refund since they don't accept returns (tell them "huge plastic smell, deadly chemicals coming out of this heating element that boils the water" per some Amazon users, unsafe to use due to short circuit risk, leaks, the heating element runs even when no water exists, so you get poisons in the air, etc, you need to be very careful if you get boiler type to use one with real auto shut off, high quality, etc, never get a cheap humidifier with warm

mist as they can cause so many issues and fires too, clean heating element and ultrasonic generator weekly, otherwise huge mold forms, avoid silicone elements as mold is huge, see pic, etc, read all 1 star reviews for anything you buy, I never used it, a lot of these need something under to catch water in case it leaks, hard to clean chimney,) so you will wait 10 min for steam to come out (can use some taped aluminum thing on the night, see video, light for darkness).☺☺☺ Consumer reports looked at 34 humidifiers and found the 10 evaporative wick humidifiers emit no bacteria when new and used little (not after 4 months of filthy tap water), but all the vaporizers and ultrasonic did emit microbes, except for an ultrasonic and a 19$ 200 Watt (15 min to reach 150-250 W, sometimes it reaches 500, the more water in the pot, the more W, due to taking longer to heat all that water, so keeping water level lower saves electricity, initially only 75) Vicks warm mist vaporizer that got no bacteria WHEN NEW. The 3rd grader IQ of these studies is evident, since they did not do this test for at least 36 months as most people use a humidifier for years before trashing it and even 20 years, and you need to evaluate how they work after that, not when new. PureGuardian humidifiers for higher quality, they have been doing it since 2002, unlike Levoit since 2017, Pure Enrichment since 2010, Crane 2005 and others from 2015. Humidifiers today often use ultrasound (above 20 kHz, inaudible to humans) too, they may be low intensity or have some damaging effects on our body too, though endless appliances, from regular humidifiers, to fans, AC, compressors, fridges also make infrasound (below 20 Hz, in audible to humans) that may be far more damaging. The ultrasound section explains how ultrasound pics of babies can cause birth defects due to the effects of heat on tissue destruction. However, the sound traveling outside these units may be negligible in intensity to do any damage. Ultrasound of a mom belly is not the same as you using a humidifier, but there is certainly going to be some perhaps negligible effect, since that plastic doesn't block all ultrasound from the humidifier (because the hole to let mist come out allows some ultrasound out too, though a small level, since ultrasound doesn't go around corners well, and can only travel a 200 meter distance usually, while sound can go on for 50 miles), it's a question of intensity at a distance, so keep ultrasound humidifiers 10-20 feet (3-7 meters) away to be safe, unless you have an ultrasound detector. I think the evidence says that all humidifiers are very risky, could cause mold in lungs and other lung issues, so go with the safest methods, not ones you're not going to be able to clean well daily or weekly. Plexiglas from Home Depot is known to block ultrasound well, so the Immortality *Nurturing* Agency needs to mandate all ultrasonic humidifiers and appliances to be made of plastic etc that blocks, absorbs etc these waves, so that nobody has unwanted health effects. The jury is out, but definitely more research is needed into the toxicity of ultrasound for humans who use an ultrasound humidifier or even regular appliances that produce harmful infrasound. You know we searched chemicals and found some double our lifespan, and we search sounds and we will find some sounds double our lifespan too. Never underestimate the acoustics nutrition. We need real research, not the

garbage today, since evaporative humidifiers with a motor and fan could produce infrasound and normal sound levels that damage the body more than ultrasonic ones. Plus, evaporative have the filter chemicals that leak into the water slightly and go into the air and lungs, plus slime from tap water and bacteria, mold develop in the filter in days, and most people replace filter in 3 months or 6 months, which is too rarely. It may be that the "toxic ultrasound" types with DI water only are overall safer, but we need data to prove it. You need setup a lab with 10000 rats and place them near all types of humidifiers and measure all longevity biomarkers and see what happens with or without the humidifier on, for behavior, hunger, biomarkers and all those things so we know how to design human studies and what to look at with far more attention and precision, so as to discover what is true in humans and save money in study design for humans. The boiler type can set house on fire while you sleep, if it runs out of water and the auto shutoff fails due to a computer chip malfunction. You need ozone meter, UV meter, ultrasound meter to measure 500 humidifiers and see which one has the lowest of these 3 for the UV-negative ion ones that add a layer of safety to the steam coming out. If you're paranoid, for UV ones, you can tape the bright area in some way, so no UV can get inside the room.☺☺☺

Always read the 1 star reviews to see the real issues; however, I and others on Amazon got grey residue accumulating in the water after using Vicks, due to the 2 carbon electrodes they use to boil the water that can be cleaned with a T27 torx bit unscrewing of the top to scrape the rods and extend lifespan to maybe 12 months allegedly if used daily a lot, per one Amazon review; oddly, one review on the 1 star review list, says that the mist contains tiny black particles from the carbon electrode, so definitely, never use this junk that Consumer Reports found to have no bacteria and recommended people try, since some units may not emit electrode dust, while others may emit this grey and black dust; this vaporizer got carbon elements, not stainless steel ones and also, it will use up a gallon of water in 4 hours sometimes; so, if and before you buy any humidifier, for your lungs and eyes, please read the pages below and all Amazon 1 star reviews which always show what the issue really is with any product on Amazon. I don't recommend these electrode type units, just get a pot and use an infrared plate at 100 watts to boil DI water. SAFETY first, you don't want moldy water, get a brand new pot used for humidifier distilled water purposes only; clean it often with soap or 70% isopropyl alcohol or both.

This type of carbon electrode deadly product that destroys eyes and lungs doesn't work unless you add filtered (filter it first to remove chlorine and VOCs) to inhale all left over chlorine and VOCs in the filtered tap water, as if you distill water and inhale all poisons released, not a smart idea to destroy your eyes and lungs like that; if you get a Vicks that works right (normal warm mist with heating element not carbon electrodes, the Vaporizer is not safe, since even if you test it one time and no particles come out, another time it may do it, and you would not know), you can use it as humidifier and as a warm compress (eyes closed near the steam: Levoit and most

dual warm/mist ultrasonic ones make warm mist that is too cold for a good warm compress, so don't waste 100$ with that, when 19$ does a better job; if you want mist to be cold on Vicks, simply place eyes 2 foot away or more; to moisten eyes, use cold or barely warm mist, to prevent irritation, so maybe 3 feet away, *since by then the mist is like a warm shower mist*). You might wonder if the other Vicks would emit no bacteria and the answer is they're probably worse than this deadly 19$ vaporizer, like almost all warm mist and ultrasonic humidifiers Consumer Reports found to be deadly, for one simple reason: it is impossible to clean 99% of humidifiers correctly, because they have springs, rubber, grooves, corners, at the bottom of every container (except for Vicks vaporizer which is deadly due to carbon soot entering your eyes and lungs) and many parts of plastic with corners where biofilm of bacteria grows after 3 months and allows your humidifier to become, over time, a mold or microbe spewing machine; few people take the time to mechanically wipe out biofilm, more like 1 in 9000000, most just do a superficial cleaning with 1 spoon of bleach as videos show and some rubbing, but bacteria will still thrive in corners where biofilm is thick and white, invisible due to sometimes white scale; companies say use bleach or vinegar, but that attacks the rubber, creates crevices where 1 billion microbes will colonize. The main idea is that the current tech is not safe. DIY is safer.

So, if you can find in year 2100 a humidifier with minimal parts, no carbon electrodes (all have heating elements except a few vaporizers), no rubber, no springs that are impossible to clean, and plastic behind springs at the bottom that is impossible to mechanically wipe etc, then you're towards amazing & beautiful ☺☺☺ 21st century humidifier standards of We the People's Health instead of Eternal Bombing of All. I've seen mass spectrometer chromatograms of distilled water from stores for years (you can see that too in certain online databases) which was dirtier than lab purified (in house purification) water for some organic chemicals, and I was shocked to see how dirty the distillation equipment must be to have so much junk in it, so definitely, even with the purest 'purified and distilled' store water, you're going to have real growth of microbes due to organic impurities that act as food for mold, etc (this is organic junk in the pure distilled or, to a lesser degree, osmosis water) air, parts contamination, etc. Cheap distiller units on Amazon may do a far worse job than store water.

The only company making a stainless steel ultrasonic has the most horrific 1 star reviews. It's 275$ Korea Made (buy it on Amazon, as they offer 4 year plan for free full refund or free replacement plan if it breaks, and it seems most break fast and company refunds only a part of it within 30 days) Carepod carepodone.com which is the only cool mist ultrasonic humidifier with all steel lid/pot, read the 1 star reviews to see why you need the 4 year insurance: noisy for some people, rust inside after 2 weeks (read all 1 star reviews to see how bad this is), bright lights you need tape, beeps when water is low nonstop waking you up at night (not an issue, since it lasts 30 hours on low mist, 12 hours on high, so you make sure you refill before bed),

shoots mist straight on the side at 30 degree angle (see Amazon videos), not up, water pools under the pot due to bad design. 1 review seems to indicate that this grow mold too, like all others, in a lid area hard to access and clean (you see it in their Amazon cleaning video, stop video at 3-4 seconds, the grey grate, visible in the 3rd Amazon video too, so hard to clean, very poor design), but you can probably clean it with a tiny brush you bend or baking soda and vinegar, as with toilet tanks. Carepod is the one with plastic free container and lid, that is silent, *easiest* (1000 times easier to clean than all humidifiers out there in US stores) to clean water container out there, all stainless steel lid and container for minimal microplastic contamination. If you want sanitized warm mist ultrasonic that doesn't boil the water like all other warm ultrasonics, but simply heats all water to 158°F (less noise than boiling at 212°F) to kill fewer bacteria than other moist humidifiers (that have a long tube impossible to clean), then try 450$ Carepod Cube with the 80$ four year full refund plan since it will break way before that, as it's easiest to clean and the heat causes some of the microplastics to settle on the bottom of the pot more, plus kills microbes that naturally grow over hours and months sitting on store shelves as distilled water. However, even Carepod needs stainless steel ultrasonic band in future versions if they want to avoid any microplastic contamination (the white thing inside that needs daily cleaning with with alcohol pad or their 3 methods). Clean it daily and use distilled water only to avoid mold. While some evaporative 500$ humidifiers have HEPA filters, the air quality coming out after a few weeks of mold growth in HEPA filter is unknown. Steam types boil the water, kill most bacteria growing in the distilled water. Steam types use 5 times more energy, can burn your house down and are very hard to clean, USA can't even design something as easy to clean pot as the Carepod Korean humidifier. An easy to clean stainless steel (less microplastics contamination of 7 grams in your brain) Chinese design is Livatro steam humidifier, 120$, though it has horrific 1 star reviews, so buy the 4 year insurance for replacement if you dare try Livatro noisy fire hazard that won't raise humidity. Any humidifier needs a 4 year insurance plan, they break fast or get moldy fast and you need return it and get full refund to buy a brand new one yearly, until these leeches create a product that is possible to actually clean well.☺☺☺

Evaporative humidifiers take 50,000+ times more air/day to give to mold, dust mites, bacteria in air, their favorite food (water impurities, organic chemicals) and water and then poison your air more if you don't buy a really good brand with a really good air filter you replace monthly or twice monthly (that comes out, they take air in, wet it and bring it out), as if our cities aren't already a deadly soup of filth due to gasoline cars: so, be ultra diligent with cleaning any humidifier and perhaps, get a humidifier, air purifier combo. Some Amazon humidifier, purifier combos don't clean air well at all, have no filters available, motors blow fast, no 4 year Amazon replacement plan for 7$ needed since fans blow out fast; make smart choices. If you live in an area with high outside humidity, you may be fine just opening window and using some 2-3 tiny

25dB 1 watt fans (use e-circuit 1$ USB socket from $ tree, as that one has no dirty electricity, as those are easy to wash in the hot shower with a small 4 mm diameter handle painting brush (set of 20 at $ store in kid section) for areas that water jet can't clean (if little dirt, moving the yellow plastic fan blades away from the white grid will allow you to finish cleaning in 3 minutes, so water can reach all dirty areas better than a can of air, a duster can), without breaking them, since dust needs be washed weekly. Outside humidity really brings in a lot of moisture. The amount of time needed to clean most humidifiers correctly every 5 days is so high, 1 hour at least, nobody does it. The easiest to clean evaporative ones that allow use of DI water, and have UV seem the ones like the 80$ UV rays Honeywell that cools room by 10 degrees in winter and barely brings humidity up (as Amazon 1 star reviews explain, actually all evaporative swamp coolers use similar tech, so evaporative works well in the summer to cool your room and such, but not in the winter unless you want to waste electricity to heat room more. As you can imagine, evaporative cools the house, so you need extra heat if winter.☺☺☺

Many evaporative humidifiers don't raise humidity above 60%; filters need replacing weekly, or mold grows fast, especially in dusty areas like desert, fan requires huge effort to disassemble (see free info for all section). Fans can lower humidity, so these evaporatives often lower humidity if filter gets dry and no longer helps water go up: with 4$ wicking filter (so cheap, 24$ with subscription for 6 filter A: can replace it every week (not every 4-7 months, since after 3+ months most filters become ultra moldy like this Amazon review 6 month mold pic which will make you reconsider buying evaporative which gets black mold even after 2 weeks see Amazon review (may be dust, since fans get that grey dust), another 3rd review says mold appears after anything more than 1 week, this is true probably for most evaporatives, see if we had Immortality Capitalism, we had Immortality *Nurturing* Agency test these way better before releasing them and email everyone issues that one star reviews found so all don't repeat the same mistakes, get mad and pissed off, know when to replace, etc - but it's a jungle, gov doesn't care, people don't have time to read every 1 star review for 4 hours to get the main issue with some product they buy anywhere with a credit card, a unit as gov can to save everyone hours that can be used to invent things, instead of reading same garbage by 1 billion people looking for a decent humidifier or appliance. They also got antibacterial filter where coating is blue so you can't see grey mold well to prevent mold growth and migration, definitely get this one, with Protec blue coat for 11$ or only 9$ for a vastly superior compared to other junk on Amazon if you buy a pack of 3, it ships automatically every month or two as you wish, you need to clean water tank well every week, with a spoon of bleach perhaps, and also replace the filter twice monthly at least (since filter is so cheap don't overwash with water; just soak in a clean container and rinse gently, nothing else, never with hot water, as you may get the anti-microbe thing off; if you overwash it with water, you may ruin it, even cold water; just replace every 15

days), and also clean the fan, every week: those fans get so dirty in desert Southern California areas in 3 days, and adding moisture to that fan dirt would cause huge mold in lungs and eyes, so it is best to clean fan every week, clean filter every week too; a boiler type humidifier, much harder to clean well around heating element, circulates over the exit and internal parts 50,000+ times less air, dust mites, etc per day vs the fan evaporative humidifier, so you don't provide air dust mites, mold, etc with the concentrated on the fan ability to grow off the dust mites, dust, organic matter food for mold and dust mites. Ultrasonics have a fan too sometimes, and that gets dirty with mold and will destroy your lungs, since ultrasonics don't have a replaceable filter; those without filters can spew 100 times more scale, so use DI water. Buy from companies that made humidifiers at least 20 years, not some new kid on the block. Try get one with UV where UV doesn't get out and it's safe, so you kill air microbes, without UV risks. Ultrasonics are hard to clean and it is safer to definitely get one that disinfects the air first, like the Crane 69$ warm cool mist ultrasonic boiler hybrid type (warm + UV + neg ions for babies, though ultrasound may damage healthy organs if too close to the body) one with UV and negative ions and warm mist too, the UV disinfects the inside and you can put something on top to prevent UV coming into the room, for the times when you use UV to disinfect it for 5 minutes. The crane humidifier comes with 4 yr replacement for 12$. You can get an ozone meter, so that the UV or ions don't produce ozone to destroy your lungs. *Ultrasonics without UV spew bacteria and white dust, unless you use DI water, and even then, bacteria come out.* Don't buy UV ones until you got ozone meter bought, as ozone can be wiping out your lungs in no time and kill you.☺☺☺

Use DI water ideally on all humidifiers *to avoid minerals in the water giving you humidifier lungs: it's like those silicosis workers who inhale rock dust daily and then die of lung cancer or lung disease.* DI is WAY safer since it is *scale* free. The 19$ Vaporizer that everyone hates due to electrical hazards, grey soot in vapor, etc, the Vicks is made in Mexico under license from Procter & Gamble, the great genius company delivering black lung disease to all American Citizens, in the name perhaps of Jesus Christ too, to make it☺☺☺ nicer. The issue is any water with minerals forms biofilm which is then used for bacteria to create colonies and will infect all air coming out, so stick with distilled for ALL humidifiers, to save your lungs. It costs 5 cents a gallon with a good kitchen distiller to make your own DI water: see 625$ distiller, or the future ones Immortality Building Inc creates for all to buy and make at home for their humidifier. I bought the 19$ Vaporizer humidifier from Target, returned it right away, after noticing odd watt fluctuations and the grey crap in the tank and also the deadly odd feeling that the mist has something wrong with it (it was probably that deadly soot); watch the amazing & beautiful ☺☺☺ Target videos that show how deadly Procter & Gamble can be, that everyone wants to return it almost after 1 day of use. This garbage product is recommended by Consumer Reports, the great agency of consumers, *9000 times* more useless than Immortality *Nurturing* Agency with 3

million staff members at least to test these junk products better before approving their sale. The Target videos are showing how to clean it with 1 spoon of bleach weekly, however, these were short-term studies and they added bacteria to water to see if any comes out; anything that produces instant mist uses ultrasound, boiling takes 5-10 min to produce vapor that comes slowly, not shooting upwards. Warm mist seems safest if you use DI water, if it has stainless steel elements, as no fan/filter bacteria, no wick to change - the simpler the better, plus evaporative produces infrasound (can damage organs) due to fans; it also got more dirty currents due to transformers in the fans. Ultrasonic bombards you with ultrasound and is SO HARD TO CLEAN, requires DI water only too. Vicks Vaporizer is at CVS, Target, near the eyedrops in the Target Pharmacy for the destruction of all US citizens lungs and eyes. A problem is most warm mist types today come with fancy useless bacteria white dust (if not using DI water) spewing ultrasound, so they're hybrids really, because people like a jet of mist, and ultrasonic have a noise dampening pad that grows bacteria ultra fast and most people never replace when it needs it replaced every 3 weeks ideally, even Levoit has it, a popular one). Boiling volatiles and semivolatiles can lead to you inhaling that junk, so use DI water.☺☺

Lower the thermostat, open the window, this way you can raise humidity inside by 10% often, which a big humidifier barely does in a big room with window slightly open for fresh air. Water with minerals will cause white dust that can damage the lungs (especially for ultrasonic humidifiers, those get 300 times more dust than the other guys, hence RO or DI water is best, 0 minerals, avoid ***UV types if using with eyes*** open). All humidifiers can technically spew tiny nanoplastics (so can polyester, etc clothing) into the air too even if we use DI water, plastics from the bottle, DI maker of a machine or from the humidifier plastic parts, so more research needs to be done on which type is ideal for minimizing plastic pollution that would damage our body, brain, organs, lungs as blood is filled with microplastics from the air. ☺☺☺ To prevent some dogs from becoming angry due to ultrasound 0.8-2 MHz sound (humans hear 20-20000 Hz), we can use the warm mist function that boils that water and is more sterile; however, some dogs may bark less due to the sound if trained so, so it will help humans to sleep better in the neighborhood; more studies need to be done to see if dogs are unhappy, using brain monitoring of dogs; the birth section explains the dangers of 2-18 MHz ultrasound, so it may be humans have organ damage from humidifier ultrasound if used daily for years, without us knowing, so you can buy evaporative or steaming types. Grace Yang, CEO of Levoit.com humidifier made in China has her DNB name as Young apparently and her site says United States, to sort of make people think it's US made and she's not Chinese? By email Levoit said that ultrasonic refers to the mist being made with the vibrating atomizer inside, this being how the mist is made regardless of the warm or cool function. Their youtube channel has a violent boxing MMA video of the fallen humanity sports that brings more war, company has no phone, do check websites,

phones of these Amazon companies, their social media, to protect your lungs.☺☺☺

To prevent ultrasound spewing bacteria and toxic sounds that destroy the body without us knowing how, it's better to use a humidifier where you know it doesn't produce ultrasound in warm mist mode; what people don't realize is hat dual mode humidifiers use ultrasound in warm mode, damaging babies and kids especially; cool mist uses for Levoit (and most ultrasonic humidifiers that are the worst ones to have) 15W, 19w, 23w on the 3 levels; warm mist has 3 levels: low heat, medium, high heat, 102W, 202W, 282W watts, add 4 w for each mist level up, so 106w on level 2 and 110w on level 3, same for the other temps. It generates ultrasound on mist level 1, 2, 3 in warm mist mode, since raising temp to get that much more mist would lead to a much higher watt usage rise and also, boiling types don't shoot mist ever, unless they got ultrasound going, so Levoit and ultrasonic ones are the worst brands (as white dust will give you pneumonia and lung disease) because even if you use mist level 1 for warm mist it still uses ultrasound. Amazon promotes Levoit, so it comes out first, perhaps people are addicted to digital fancy stuff, timers, etc while ignoring the lung and heart chemistry; people make youtubes and say it's cool, because it reaches humidity level, but the most important thing is health in the long run; hottest steam on Levoit, level 3, has the strongest clear sound of boiling, so it may be safer; same for all other warm mist humidifiers, higher setting uses almost double the watts if 2 settings. Evaporative use filters that need replacement, so they're more costly, so the better bet is perhaps the boiling type as it has no infrasound that can cause heart attacks, organ damage from fans. There is also stove distiller, for those wanting to distill water at home for their humidifier, though the purity of that water is lower initially maybe; however the electric ones have so many parts where mold can grow over time and are so hard to clean perfectly, use that carbon filter for gases, etc that those pose serious long-term contamination hazards absent from the electric or gas stove type that is 100 times easier to clean perfectly, and a humidifier doesn't need the perfect water anyway, this also humidifies your kitchen in of itself while you run it or area with electric portable 10$ stove from Amazon; for a big house, it will save money in the long run and the environment, no more water bottles recycled, trips to the store all the time, etc; get a TDS meter (4.6 rating 0Water is reliable, they sell their stuff in every Walmart, Target) to check TDS before, say 200 and after, 2. Filters for humidifiers create many issues with bacteria and mold, so safest bet is a filterless and DI water; you can add minerals to DI water and drink it, saving more money that way, no more filtering water with Brita or etc. ☺

Avoid IR blankets or IR cheap *Amazon eye masks* heating *your head or eye area*, as they tend to heat the inside of the eye too and cause dry eyes if overused. If you lower room temp in winter, your nose may get clogged, so in that case, maybe buy menthol (which many use for mouthwash preparation, my $9 bottle lasted 4 years, don't eat peppermint oil or menthol, because peppermint oil contains the neurotoxin pulegone (the ketone of menthol, menthone, with an

extra double bond, about 2% of peppermint oil, vs 30% for menthone) that can also damage liver, not sure if breathing it will get it absorbed into the blood and damage kidneys, liver or brain) or much safer, Ohio menthol, or food grade US tested menthol, and smell it, keep it by bedside; peppermint oil contains 41% menthol, the ingredient in store mouthwashes, in cough drops people use to decongest nose, but you don't need eat all that sugar, you can just smell pure menthol and it will be the same, that's why cough drops clear nose, that menthol is breathed in;☺☺☺ turn *down* thermostat for *central* heat or turn it off and use an electric quiet oil heater, 40$ at Walmart, etc. However, don't go too low, as a 9°F/5°C drop in temp can half our innate immune response in the nose and cold air is known to shrink blood and lymph vessels, causing less fluid transport, higher ocular pressure, more glaucoma and then eventually blindness. So, when going out, in the winter, wear mask to keep nose warm and nose immunity double than without the mask. 82 is not needed, 73-77 is fine.

11.17.1.6.7 The silent oil heaters, (like Homcom with level 1 using 450 watts only as measured with meter, allowing you to save electricity versus most, which start at 550-600 real watts) are much safer than ceramic, radiator, IR, etc which produce far more free radical generating chemicals. The ceramic, red hot radiator and any heater whose heating element gets above 215°F are like the fried foods of portable heaters, and sadly, hotels don't use the safe oil filled heaters when you turn those dual use (cooling, fan and heating) units in the walls. The immortalists would require any wall unit to be tested to produce very low levels of radical forming air chemicals (which destroy our skin, cornea, nose, smell cells, airways, lungs, blood and every organ the destroyed blood gets to), like the silent oil heaters by incorporating oil heaters into these wall units. The gas heaters still legal in USA and gas furnaces are an act of genocide, they produce so many bad chemicals. If you rent a room in a house, move to a house that has electric furnace or heats via a small unit each room (since electric heats air to 95°F, not 140°F like a gas one, and electric has far fewer toxic chemicals, less oxidation of ambient pollutants), and also, ideally the ductless mini split AC, since vents form biofilm and carry pathogens, causing yearly cold, flu, COVID reinfections. Dry heat is deadly, for air contaminants and also for food, see AGE section. Air organics are like food and that dry heat is forming 100 times more deadly chemicals than traditional gentle warm water radiators or oil radiators. Since water radiators temperature is lower than for the oil ones, they're even safer, so oil filled heater manufacturers need to lower than temperature and increase surface area to compensate for the lower temperature that is safer for our bodies. We eat two things air chemicals and food, so beware of food toxins and air toxins. Cholesterol is deadly, OK, but oxidized one from frying is 100 times worse, same with air smog crap: see what oxidized cholesterol does before using central heat, ceramic, radiator hot red element heaters: the picture of the arteries. Use electric silent heaters that heat up slowly; the hot area of these heaters is 100-700 times bigger, so they

don't need a super high temp area like ceramic and radiator ones, so they don't generate lethal chemicals. Heaters too hot to touch anywhere are bad since they make air contaminants react with oxygen and become far more deadly and free radical generating in the lung and on the ocular surface once contact is made. Humans thought coal is great when it came about, but then they noticed it spreads toxic metals on all arable land, destroys our lungs, food crops. Today, we realize central heat ruins our eyes and lungs too, and lungs bring free radicals to the blood which bring that poison to all arteries and organs, leading to shorter lifespan; as tech advances, we will use better warming techs, like change the color of our houses (just use a nanotech material on outside of houses that once treated with a certain laser light changes its properties from heat reflective to heat absorbing, which may mean changing its shade from say ultra light lavender to dark purple, or etc) from bright white (it is most reflective in summer) to black in winter (or whatever paint they discover absorbs most heat in winter) to avoid having to cool and heat houses so much which creates positive ions and ruins our lifespan and eyes too. ☺☺☺

Future physics would be able to heat/cool interior too in other ways without needing to absorb/reflect all sunlight heat etc or use oil heaters. Central heat (especially using natural gas, but electric is bad too) is the lowest IQ idea for anyone with dry eyes, as that type of heat is very dry and brings in junk from all the AC lines, etc, traces of carbon monoxide, nitrogen oxides, oxidized by the hot electric parts (sort of like red hot radiator heaters) air contaminants that are free radical generating, etc. Oil heaters in rooms mean COVID19 in air will be killed in seconds on contact with the 200°F parts of the heater (dies at 40°C/104°F in hours, 70°C/158°F in 5 min, 167°F in 3 min, oil heater surfaces are 158-200°, or even 240 some models, so at 240°F it dies in seconds), as well as many viruses. We get no such benefit from central heat, which may bring COVID, flu, cold microbes from another room, vents, etc. COVID19 is like the common cold coronaviruses and flu viruses, so we get sick in winter because the sun is not as strong ☺☺☺ and can't destroy the virus in the air as much. I used to run an oil heater 12-24 hours for 4-5 months of the year, then I ran it 0-8 hours depending on how cold winter-fall days were in California (when I lived there, until 2023); home depot has 2 types of heaters that help dry eyes: the biggest 12.5A $74 Comfort Zone or @ home depot 19.6 lb taller ones with 600, 900, 1500 W watts (depth 6.4", height 26.9", width 16" so heats medium/big rooms much faster having 60% more surface area) – this and others like it use 590, 850, 1350 watts under the "600, 900, 1500" settings, measured with the most known (sold) $35 watt meter (cheaper meters on Amazon are 18$) from P3 (since 1987). These numbers ± 5 hold for 90% of oil heaters on the market.

Comfort Zone smelled strong and it caused me to return it, its fins allow only about 3% of the air that other heaters, like HomCom (see below), allow to ventilate the inner electrical thing and thus the heater takes 30 times longer to get rid of that initial smell (months, not days) and may last shorter due to overheating of the electrical things inside. 18.6 lb depth 11" height 26" width

14.2" Pelonis 59$ one lowers humidity less, see chart on Amazon (try buy Pelonis in a store to make sure the paint seals the round fin connections very well, or return it if there are gaps), (*2% lower humidity vs 14% lower for hot element type*) probably because it's wider and taller fins than many other similar 1500 W ones, increasing surface area; Pelonis is a top brand and mechanical knob ones last longer than digital ones for all brands and temp is 140-200°F in most areas (*temps in this book refer to when thermostat is set to max and level 1 on all the heater, unless otherwise stated, for Pelonis that is* 220-239°F *on the round fin junctions that face inwards (down for top ones, up for down ones, as those are not cooled by air so much*), meaning least toxic compounds formed vs 90% of heaters on the market; when you go to level 2 or medium and thermostat knob is set to max, all heaters max temp for fin junctions (hottest area of heater) go up by 30, so 271°F max on Pelonis (max on level 2 will be lower when the room is colder, maybe 240); level 2 is (for those wanting warmer room) needed on colder winter nights when outside is low 40s, so about 20 days/year in Southern California, for bigger rooms (>200 ft^2) – otherwise, you may get only 70°F in the sleep area. Because every greedy aristocrat makes heaters and other products (1 million contractors instead of Immortality Building Inc), we have 1000 types of products and 100 times less scientific testing by these private tiny companies, instead of Immortality Building Inc testing the amount of oxidized air products after heating a room to the same level (depends on how hot those elements get too), the dirty EMF, etc. We need to have a real testing, and maximize lifespan, not 'fancy designs'. Generally speaking if you move a heater to the hot setting or even medium one and crank thermostat high within that watt setting, you will be getting the burnt smell more, as the carpet under 'burns' chemicals and the air is being destroyed, together with the viruses. You get a lot healthier air (less free radical forming chemicals) with 2 heaters on setting one (500-600 watts) than with one heater on setting 3 (1200-1500 watts), unless you have some nasty virus that only dies at very high temp.☺

Buy a humidity meter and see what happens, place a small plastic tray with water under it and it will maintain room humidity as before, preventing dry eyes; don't let inside temp go above 73°F ideally, to prevent dry eyes; the bottom is hotter, so the tray there ensures your eyes remain wet (with water, humidity may even increase 2% vs before turning heater on); air that's dry hurts your lungs, vocal chords and eyes. Using 2 oil heaters on level 1 means 540 W (real use, not 600 on paper) each or 1080 W or < 1220 W☺☺☺ for 1 heater on level 3; (even theoretical #s give 600*2=1200 < 1500); 2 heat up a larger space much faster/better, produce less toxic air chemicals (the straight fins move from 190 on level 1 to 230 on level 3, fin junction middle (thinnest) goes to max 280°F on all, instead of max 240, average being 270 vs 230 – higher temp means more burnt air smell, more deadly oxidized compounds form by reacting with oxygen, like with dry heat AGEs for food. Nearby objects get much hotter with level 3 and risk of fire increases if flammables are near), so always use 2 on low instead of 1 on high, to save electricity

and your health, achieve a warmer room; electricity is not yet 100% renewable and kills people by pollution via *coal, etc;* if you set thermostat to less than max on the low '600 W' level or any level, the heater will go on and use electricity only part of the time, not all the time, depending on how cold a room is nearby; 2 heaters are only needed for large rooms in cold winters (outside < 37°F), like Master bedrooms of 250-400 ft^2. Mainstay one can be ordered online for 45$ only.

There is also HomCom, with remote control, 56$, the one I like the most and use, since it also has a memory of last setting (temp, and which level selected, 1, 2, or 3 – 1 is more than enough, 600 W, 550 actually; the 900 W is 780 and 1500 is 1220) and all goes dark – no lights after 1 minute, unlike Pelonis etc. Remote control allows you an extra option for turning it on and off, that is cleaner, ☺☺☺ since buttons on heater are harder to clean than the remote – especially useful at night during sleep when it's too warm or too cold and you don't want to wake up and walk 7 ft to the heater, as that would often disturb sleep a lot. Some heaters of many brands I tried come with some areas between fins that need extra paint, so you can go to home depot and buy 5$ rust-oleum up to 1200°F spray paint to touch up any missed paint or any that may chip off in the future. When spraying garage doors, etc if you accidentally spray cars nearby due to wind taking the particles, 15% rubbing alcohol to water on a soft microfiber cloth, will remove the paint droplets without a scratch or 7$ Goof Off from home depot; for big mess, try the home depot paint remover. There is also $70 Costway 17 lb depth 5", height 25", width 14" with same watts, but this one has the bottom fin junction reaching 290°F (level 1, on level 2 it reaches a max of 350°F, and 370 on level 3; max reached when room is colder and it tries to bring temp up, after that it lowers down 30-50 degrees), higher than most heaters, while top area is only 120-150°F when measured from above (*about same when measured from below, unlike Pelonis which is 200-220° when measuring top fin junctions from below*), so air will form toxic stuff, so avoid Costway from home depot, since it has burned air smell (permanent, not the rubber or plastic smell any heater may have first day of use) like red hot radiator heaters, though not as bad; avoid any heater with 5" inch fin width, go for those with 6 or 6.5" as those won't burn the air and damage eyes, lungs, throat, vocal chords. *The heavier the safer it is as temps will be lower, so go for 18-26 lb, instead of the 15-17 lb ones.* The small 10A $42 15.8 lb shorter thinner with 500, 700, 1200 W that is best for small rooms for people who're overweight and don't need much heat, it's 30-40% less heat generated versus the other ones that use just 100 W more. ☺☺ *Lovingly gently* not let your room become too cold (varies by person, 71°F for some) with a small heater or no heater, as it will cause sore throat and rough voice next day. ☺☺☺

The small one depth is 4.5", height 21.5", width 13"; temps are 200°F for side flat fins, 220-238°F for the very center of bottom junctions, 178°F for the top junctions. I bought the small one to test it and returned it later due to hot fins and low power for medium rooms, plus huge rattling noise when moving it a little; the wattage is 456, 632, 1015 W actually, they're always lower

when measured with a precise device, which is great, saves electricity; 456 W is 3.3 times smaller than 1500 watts ceramic heaters that bring hell to your eyes and kill people with coal emissions (we are decades from 100% renewables). This means that the difference between typical size and the small one for each of the 3 settings is only 100-150 watts, 150 for the medium setting, 100 for the others; this means it's not saving much electricity at all, and the big one may actually be more efficient per W used since it has more surface area to keep heat alive, but small one is useful for people wanting minimal heating; the big one may reach set temp faster, then go into 0 W for longer, so it may save electricity, but may get too hot in tiny rooms on minimal setting; they even have some with thermostat in temperature, instead of the knob, but you can learn what temperature corresponds to what knob position or what knob position is your comfy temp, so digital thermostats are not needed. These heaters are also safest for homes with pets and kids, as burns can't occur, papers can't catch fire if papers get near as with red hot element heaters. However, 139$ digital Delonghi 26.6 lb, depth 10.3"wheel, 6.5"metal height 26.1" width 16.4" offers an even safer☺☺☺ to the touch exterior (fins are encased), no more sharp fins, so it will dry eyes less due to most air coming in contact with a colder surface; heats up to 144 ft^2 rooms, unlike typical Pelonis that heats up to 300 ft^2 for same W at half the price. The Delonghi digital unit I got was defective, fins separated, with gaping holes in between, and the design is bad – it allows dust/dirt to get on the wires and motherboard, which you can see from above, so I returned it, but try other models with encased fins (not Delonghi, maybe this 11 lb Walmart 70$ one for small-medium rooms, though pic shows same poor design allowing liquids/dust from the top; liquid spilling while it works may start a fire ultra fast if alcohol, or slowly if water; less likely to hit knees on the fins at night and pets/kids won't get burned or hurt by sharp fins if it falls over due to toy playing, dog jumping near kid etc; *temp of outer case is much lower (90-120) and even the inner fins temp (IR thermometer) is in most areas much lower (150-170)* than 170-200 in typical heaters due to more metal to dissipate it fast, so fewer toxic air compounds form, more humidity retained. The 3 levels use 600, 660, 1140 W. 119$ mechanical Delonghi 24 lb is the cheaper version d 6.5" h 25" w 16", less surface area, so more humidity loss and less capacity to heat a bigger room, is safer than Delonghi digital, i.e. water getting inside from the top if a cup is spilled above or anything flammable is less likely than digital one, but not 100% safe, dust gets inside from the top easily, while other models have side openings and very well covered, allowing 5x less dust in – however more air in can mean more cooling and less risk of fire and wear. I got this one, returned it: the paint job for the fin junctions was very bad on the top and bottom junctions, while the actual watts were 610, 670, 1200. The element or fin junctions (exactly where they join, hottest point) for this mechanical Delonghi are lowest temp of all, about 165 max, on level 1 (if run in a somewhat warm room of 70F, in a colder room of 64°F, fins can go to 260 up and 300 down), but on level 2 in a colder 65°F room, the bottom junctions reach 300, while top ones remain 165; on *level 3* however, top fin junctions

(and nearby fin) reach 300, bottom ones 396. This means Delonghi is the safest heater if run on level 1 only in rooms above 70F, because fins reach lowest temps of any heater. However, Pelonis fins become colder when room gets colder, so Pelonis is safest I tried so far. (the smaller the width, depth and height for same watts, the smaller the room heated and the dryer it gets, with more toxic air compounds since metal is hotter). Being 26 lb, instead of 16-20 lb, wider, it will be less likely to fall than most models. Try the 1.25 GPM shower head, to save your water heater, pipes, body from chlorine and the environment – water takes coal, toil, energy to purify, that could be used instead to triple lifespan, prevent dry eyes. ☺☺☺

When the AC people do their maintenance every year or two on houses, they don't really clean the ducts or sanitize them, so you will have to open the air intake, and inspect the vent and see if dust exists, because if a lot of dust exists, it's urgent to hire a duct cleaning company (use google to find a good price, 300$ for duct dust removal and sanitizing it, not 900$ minimum price certain bandits charge). Otherwise, that dust will trap endless microbes that will increase ocular inflammation via dust, dust mites, pollen, etc, plus systemic inflammation via toxic air destroying every organ via the lung poisoning of the blood. Use MERV 13 or FPR 12 filters always. If the law required FPR 12 we would not need 4000 frauds setting up these scam companies to charge 200$/hr for doing 1st grader level of complexity tasks using stone age cleaning brushes or kits that don't really remove any biofilm, just dust only. These genocidal vampires (owners of the companies that charge > 300$ for 2.5-4 hours of work) make 10x what real scientists make for doing the tasks 50x less complex than the scientists. Capitalism at its best. The filter would trap it all before it would get to the vents if they designed in system to be perfectly sealed, and filter FPR 12. If you replace the screens in windows and door, use a mobile screen company that will make a most perfect fit, to prevent insects whose bites can cause lifelong hidden disease (we always discover new diseases, each decade).

11.17.1.6.8. Blink often while at the computer, since we forget that and eyes get dry, causing inflammation which then infects MGs and makes eye even drier if glands clog. Eat breakfast to hydrate eyes better with more antioxidants. If you wake up and type at the computer, and you don't drink water, eat smoothie with antioxidants, take vitamins, your eyes are just getting tears (water) without many nutrients, proteins and eyes will get drier and redder. So, when waking up, eat well, generate tears. Recall the point with sleep hours above too. After generating tears when waking up or using saline, take a shower to increase circulation. Take showers when you wake up, not when going to bed, or both times. After waking up eyes need new tears, new nutrients and new circulation, so that's the best time to generate tears, to take a shower and to generate tears again after eating, when antioxidants spike in the blood and therefore the tears too, which comes form the blood. This looses the MGs oils and helps oil release.☺☺☺ Consider moving a few miles or 100s, 1000s of miles to an area with higher humidity, like South Florida,

Hawaii, etc, see the Immortalist anthem/flag section for ideas on how to find a decent place. As you know humidity means nothing, it's the absolute humidity, the dew point that matters. The warmer it is in the winter, if relative humidity is the same, the wetter and whiter your eyes will be. The colder it is, the less water can remain in the air and the worse the eyes get (and MGs). While in California, North Florida winter got 35-50 lows, South Florida coast got 56-65. Winter temps and dew point vary wildly even from 10 miles away, as you can see in the flag section.☺☺

11.17.1.6.9. See if more vitamins (without magnesium stearate or stearic acid that can block absorption 40-95%) oral choline (increases tear volume for me always), *B_1 or methylB_{12}* (JO 2020: 9539674), Zn, Cr, Mn, selenium (thyroid eye disease), iodine (thyroid eye disease, low means no tears or lipids generated), vitamin A (many studies (70x RDA loading dose and 3x RDA preformed A that vegans don't eat) show vitamin A reverses dry eye in A deficient patients (maybe try 10000 IU 250 caps 10$ or 100 caps 5$ if blood A is not high, to see if your dry eye vanishes), so take a blood test, the antibiotic section shows studies on azithromycin and doxycycline being able to restore carotenoid (provitamin A) content of meibum/tears and removing dry eye, so try eat carotenoids (red pepper, watermelon, carrots, or kale/greens, etc) at each meal and a walnut to increase absorption 15 times, to drive tears and meibum to those of a healthy person, because extreme stress causes ultra fast depletion of blood carotenoids), C, E, D, ω3, *(vegan ω3 is triglyceride form, s*ee why doctors prescribe this for dry eyes or optimal eye health; many studies show ω3 increase tear *production ;* ☺☺☺ *"a high ratio of ω-6/3 fatty acids (>15:1) was associated with a higher than two-fold (*2.5x times *vs <4:1) prevalence of dry eye… ideal balance of (3:6 was) suggested to be 1:2.3"* ► Ntr 2020; 12(5):1526*)* polyphenols and CoQ10 can lower sugar levels and fight oxidative stress; lipoic recycles vitamin C, E, CoQ10, GSH preventing dry eyes; omnivore Dr. Allen suggests eating less dairy, meat, fatty foods, taking vegan algal oil if fish is disliked. Lycopene and astaxanthin also help prevent dry eyes.

11.17.1.6.10. Listen to peaceful music to relax to reduce inflammation coming from stress. Stay calm, even if it's urgent; to lower cortisol, inflammation also meditate, relax, massage self, laugh (theonion.com jokes generate tears but avoid cutting onions without sealed safety glasses, as the sulfuric acid formed on eyes by the volatile gas causes damage to the cornea, even if some tears come out), fake laugh, watch or listen to (to give eyes a break) a comedy watch 5 min, of hilarious youtube videos of gaffes of various vice presidents, presidents, public persons, since our brains find that ultra funny, being unexpected, or recall something funny. Take action fast, but remain tranquil to keep catecholamines low. Meditation is 1 million happier than orgasm, so no need of cancer causing, eye drying birth control pills, anything affecting hormones (animal foods) or introducing wild cytokine signaling or lipid metabolism changes in the body. Happily smile ☺☺☺ and breathe consciously more often to help yourself relax and lower inflammation of eyes, relax after meals to diminish oxidative stress Take screen breaks, close eyes for 3 min.

11.17.1.6.11. Wear sunglasses (wrap around for better shielding against wind, smog, dust, bacteria) and blue blocking wrap around glasses, filters, software, etc. Avoid excessive iodine from kelp, nori, spirulina, chlorella, seaweed or iodine pills, since anything above 150 µg or 200 may cause dry skin of the body, eyelids, cornea and even styes, pimples, acne that increase cornea inflammation and dryness. Hypo and hyperthyroidism can cause dry skin and via that, over time, dry eyelid margins, MGD and later dry eyes as a result of no strong lipid layer. Also avoid linden tea (some drink this astringent herb tea *(astringent herbs will dry your eyes)* almost daily for years before going to school as a child in Eastern Europe (I did it too), which can cause semi-dry eyes that are not felt as such and undetected MGD 10-20 years earlier). Avoid coffee (poison that dehydrates), caffeine rich energy (even green and black tea) drinks. Avoid sugar *(beets too, as they're high in sugar, any processed food high in added sugar, like store fruit juices void of fiber who sit in clear bottles and* have antioxidants become poisons via oxidation due to light and heat*; always eat the whole fruit, don't juice, or make a smoothie to slow glucose spike,* since insulin is a hormone that brings down glucose but also causes dehydration, styes and pimples, *which often occur after high sugar low fiber meals that lack nutrients that keep glucose low; don't eat 5 lb of grapes or watermelon a day, opt for more complex carbs like lentils, grains, etc).* Avoid salt (all sauces are deadly combos of salt and sugar that cause dry eyes, so they fuel the epidemic), alcohol (poison), high protein intake, coconut water, simple carbs as they pull water out of the body (are diuretics) and dry eyes, cornea (a type of skin), and skin. Chamomile is a mild diuretic, so it is a mild dehydrating agent. Avoid flaxseeds, chia seeds as they lower tear volume during yawns and normal blinking, overload body with toxins due to slower bowel movement via sucking up so much water. Eat flax oil or chia oil instead and *just use* vegan ω3 oil pills *and* walnuts too *to achieve* healthy 1:1 ω3:6 ratio*; use bee pollen only 10g a day max morning with gigantic smoothie, as it also lowers tear volume* (just as any powder or dry foods, popcorn, cereals, chips, do if not enough water ingested); stick with the diet that gives fast bowel movement (7 hours or less, not 30-45 as with many omnivores) and soft/wet stool; dry/hard stool=dry eyes, ALWAYS for me; toxins in blood = short life AND DRY EYES.☺☺☺ Eat high fiber/calorie foods to move stool fast and lower inflammation. Eat plenty of low cal veggies and fruits, to get electrolytes, eat calcium, magnesium, sodium, potassium.

11.17.1.6.12. Avoid plastic water bottles, bottled water, plastic food containers (buy stainless steel boxes), as microplastics disrupt hormones via BPA or its "BPA free" analog replacements, leading to dry eyes, infertility, Alzheimer, organ damage, living to 70. Discontinue sleeping aids known to cause dry eyes, antihistamines *(present in eyedrops sometimes, bad idea since they suppress eye ability to fight infections, bacteria you get out of glands by* MGs *massage)* or switch medicine brands as some (antidepressants, etc) dry the eyes via "inactive ingredients", preservatives with dehydration effects. Melatonin is a natural sleep aid, not man made, and is

hypothesized to help wet the eye, at least based on rat studies like iSci 2024; 27 (7):110367. Rabbit studies showed topical melatonin metabolites in eyedrops caused more tears. At higher doses especially, melatonin is known, to cause watery eyes in some, so it may cure dry eyes in some. Melatonin is linked to a lower "risk of AMD" (the leading cause of blindness) ► JAMAO 2024;142(7):648-54. Use a satin/soft silk pillowcase to diminish collagen layers breaking, to prevent acne bacteria from entering these collagen crevices made by cotton pillowcase friction, since acne stresses ocular immune resources; change pillowcase twice a week.

11.17.1.6.13. When in the sun, try wearing a hat or cap, if you don't use the earplug silicone or foam or rubber sealed (upper protection as many safety glasses have) glasses, since the hat rim protects eyes from UV/blue light entering your eyes from above (*most sunglasses fail to prevent sun rays from above hitting the glass and reflecting into your eyes, destroying them*). Wind brings dog, cat, bird, mice, lizard poo dust, viruses, bacteria, pollen into our eyes from above by gravity. Good hats reduce eye/body oxidative stress. The same eye protection as hat/cap is a safety or swim goggle with rubber holes/vents (no fogging). A polyethylene foam (plastic made into foam) thick opaque cowboy hat (or even the thinner $1.5 or $2 polyester hats from dollar stores – sold at 10-13 times on Amazon) is 3-5 times more effective than a cap at protecting eyes/hair follicles from UV because it has 5 times larger rim (*protects eyes from sun rays reflecting into sunglasses then eyes, from upper left or right where caps got no rim; solar rays reflected off ground are less intense, the upper ones are intense; front and back rim being bent down protect eyes/back hair a lot, the sides have less hair, so rim being up is fine*), it allows no UV, while a cap allows plenty of UV thru its fibers; it's 5-10 times more effective than a cap at blocking brain heat (heat shock proteins daily can shorten healthy lifespan of brain), being much thicker, a much larger surface area, no tiny holes. *Without a brain*, eyes are not of much use, as brain controls everything related to eyes/organs.

Avoid too much blue light at night, use 2700K warm white or 800K bulbs (never the bright day light ones before bedtime), 1200K flux computer light *to protect your eyes,*☺☺☺ so perhaps try a high contrast white keyboard that is easier to see at night in dim light, like *world's* quietest *and* most amazing & beautiful ☺☺☺ *desktop* keyboard, *Apple Magic Keyboard.* With a 2$ letter size note pad that is heavier, from $ store, you can rest your Apple tiny keyboard there for an absolutely comfy position so that you no longer even need to pull and push back the keyboard sliding holder of your computer desk and you can simply pull this note pad to achieve a much better angle and everything; faster and easier. You can do yourself a favor, go to Best Buy and try typing on the Apple Magic keyboard or just order a free to return one from Amazon; after that, you will never want to use a Windows mechanical keyboard like I did until June 1st 2021 all my life, having no clue Apple makes such amazing products. Not only will your eyes thank you, since you fake far fewer typos and have less to correct. You will be able to type 5 times as much

before you get tired. To think the only difference is 40$ between Logitech scissor switch small one (which costs 40$ and is itself better than mechanical) and Apple and the difference is so GIGANTIC, that the *return* on *investment* for your eyes and *hands* is simply 20,000%; a mere 3 cents a day, and you can for the first time ever, enjoy typing and give your eyes some relief. It's Apple (or Tesla Model S) versus typical mechanical ones (or 1900 cars), rockets versus mastodon. Alt is like Option on this keyboard, but it's easier to insert symbols in your word processing software, as you add most inserted symbols to your favorites. The small Apple Magic (without numeric pad) they make is amazing, allowing your mouse to be near your right hand and enabling far faster mouse moving. Our brain will use energy to think of the science of living to 4000 instead of coordinating the hand movements that is so much harder with mechanical.

Gently read how to create custom delete keys, since Apple has only backspace by default. After that, you can buy a used one with 4 year replacement plan from Amazon or new one with 2 year replacement from Best Buy. I use the small version of Magic with 4 year replacement or refund, but you can get the full size with numeric pad if you type a lot of numbers like accountants do; just plug it in, no Bluetooth needed, comes with USB cable, can be used on old desktops without Bluetooth, you can use it as both wired and wireless, I use it as wired to prevent RF pollution and headaches, having no Bluetooth, since it comes with USB optional cord that also functions as battery charger if you use it as wireless; assign 'delete' from windows to one F key in your word processing software, if you don't like backspace, since this keyboard has no delete button), much easier to type on than mechanical keyboards, having the quietest scissor switch keys on the planet. They also got black or white small keyboards with 7 backlit colors that may be an eye hazard and make a lot of noise when typing, being quite backwards compared to Apple, double typing characters, hence they cost far less. We want something to save our hands and eyes, not something to flash lights and look pretty, it's all about productivity and prioritizing longevity. You *would need the dimmest setting since they got blue light in those backlit ones,* so I think white may be better without backlit keys if you want to remove all blue light 3 hours before bed, though even red-yellow light can hinder melatonin and cause oxidative stress too (400-450 nm causes 5x oxidative stress of 700+ nm, so staring at 400-450 nm keys is like staring at a UV laser almost, for shorter periods, because when all is dim, our pupils are dilated and blue light enters the eye and damages the retina a LOT more. Some forget 400-420 nm is almost as bad as 380-400. It's up to you, try and see what minimizes eye stress for you and improves sleep quality, but those cheap keyboards are not match for the Apple Magic one. *Science is fuzzy on whether 500 lumens of 800K non-blue light hinders melatonin and damages retina as much as 100 lumens of warm white 2700K lightbulb; which is more stressful, using more lumens of yellow or fewer of blue, probably few blue is total stress as we're not used to it after eons of fire and candle light, not before bed?* Eyes are stressed when ambient light is dimmer than the screen we stare at, so

keep that in mind when adjusting lighting and screen brightness. Keyboards with Bluetooth connect to phones too and a $10 USB Bluetooth dongle can turn older desktops into Bluetooth capable devices, but that RF pollution can also damage eyes,☺☺☺ so try an Apple small keyboard that allows wired use (unlike wireless keyboards sold today that come with only one option, wireless only; being smart, Apple makes a keyboard that can be used as both wired and wireless). White Apple keyboard allows us to dim our computer screen and use an 800K lightbulb which is so dim, that screen temperature has to move to 1200K. It's not a one 2 hr exposure that damages, it's hours daily that leads to retina or optic nerve damage via ROS.

11.17.1.6.14. Check your eyes daily with a 20x magnification mirror (or a 30x magnifying glass on top of a normal 1x mirror, this is one of the best on Amazon, I tried 20, this one is easiest to use, *most won't work with the mirror, too thick or weak;* move magnifying glass closer until resolution is perfect and be blown away, you will see eyes and eyelids, oils coming out when expressing the MGs like you never dreamed of to determine which glands need more warm compress and massage, usually temporal, not nasal), to see how your eye care improves eye appearance; this can be taught to 3-12 year olds, so they learn to take care of their eyes when small, not at 30-40 after glands are atrophied. ☺☺☺ Lower histamine, in many ways (clean house, get rid of mold, dust mites that make allergenic poop, keep most cooked legumes frozen to prevent bacterial growth, explained in this video, since histamine is one way to cause dry eyes by inflaming the lacrimal and meibomian glands. The famous spermidine (see why dry eye folks need avoid it) in supplements can have histamine like effects (meaning dry eyes, headaches, etc), by inhibiting DAO that breaks down histamine, just like putrescine in putrid (fermented) foods can. ☺☺☺ Use 120 Hz HDMI cables for 4K to connect monitor to desktop, not 60 Hz, as higher refresh rate is easier on your eyes - so go to Amazon and get an 8K 60Hz 4K 120Hz or 144 Hz HDMI 2.1 *48 Gbps* (6 to 14$, depending on length, 3ft, 6 ft, 10 ft) instead of the old 4K 60 Hz HDMI 1.0 to 1.4 *10 Gbps* your monitor most likely came with between 2000 and 2021. With DSC, HDMI 2.1 can do 8K 120 Hz too. This is true especially if you watch movies, TV, fast moving engineering or physics/chemistry visual simulations, videos online a lot: you will get fewer headaches from eye strain for all tech jobs with visual stuff or long computer time (most jobs today). These are Ultra High *Speed* HDMI Certified cables, HDMI 2.1 and above. There is a new cable now used in many desktops lacking HDMI, called Display Port 2.0 and 2.1, that reaches *80 Gbps.* For eons we read fonts that were always there on paper, while on digital screens the image appears 60 times a second (60 Hz, 1 Hz=1/s) for old HDMI or 120 times, so it creates a stress for optical nerves our eyes are not used to; it can take 13 ms (milliseconds) or less (they didn't have computers to generate images for shorter periods in the study) for the brain to process an image, so that is about 77 different images per second, 77Hz. Avoid monitors with built in cameras, Ethernet, WiFi, USB-hub, USB-C, any internet connection, since these can be

hacked and then foreign spies, gangs can record all you do on your computer, kidnap or kill you.

At 120 Hz refresh rate, we have 120 images of a font per second flashed in the same place, so it appears more solid as eyes can't detect much of a change, but even at 60 we can't detect much, yet *120 would obviously introduce less* neural *processing strain, so you get to* read more science papers without getting a headache. 4K monitors reduce eye strain☺☺☺. 50$ and you help your eyes to the tune of 4 million dollars in interventions. So, you would need also a monitor that can do 120Hz or higher (type "1000R monitor 4K", 300 for max price on Amazon, buy 22-27" ideally, because large monitors increase eye strain; curved monitors reduce eye strain & dryness because we don't refocus our lens (see MD explain why it's healthier) so often, when viewing distance increases as we look at the edge of the screen to read a book, each second, with each line we refocus the lens (lens oxidative stress increases and we're more likely to get cataracts), our eyes get so tired, and our natural field of vision is curved at 1000R, see 5 min video on 1000R benefits (curved monitors are 1000R-4000R: 1500R vs 1800R picture difference, 1000R is the easiest on the eye refocusing muscles, but glare can be an issue if lighting is not well placed in your work area) like our eyeball: UHD (and to a lesser extent QHD) make images/text less blurry to reduce eye strain, FHD is 1980×1080, QHD is 2560×1440, UHD or 4K is 3840×2160. Avoid FHD monitors, you spend 40000 on a car and save 90$ on a monitor for your eyes? Here are 3 cheap curved 27" QHD 1000R Amazon Rating 4.6 (highest for monitors), though they're not US made, so pose some risk of torture, brain writing, etc: AOC CQ27G3Z 270$ 240 Hz 0.5 ms (millisecond, meaning it is less strain on eyes than 1) also on new egg for faster shipping, MSI G271CQP E2, 180$ 165 Hz 1 ms, LG 27GS60QC-B 160$ 180 Hz 1 ms HDR10 (meaning 1 billion colors, not just 16 million as the rest). Best Buy 1000R monitors: 27” Samsung Odyssey 300$ 240 Hz 1 ms, Samsung Odyssey 260$ (is 340$ on Amazon 4000 sold/month) 32” 1 ms. Go to bestbuy.com and type 1000R monitor and get one, then return if not for you. Many people hate curved displays due to glare or other issues for text near the right or left edges (normal, just don’t stress your eyes, choose curve only if you like it), since google search results etc are on the left and many webpages too, so it looks really strange. In that case, simply buy a Retina 1 billion colors 4.5K display (better than 4K) Mac computer, all in one for $1200 and Retina 1 billion colors 5K display 27” Apple $1440 desktop or used 398$ Retina 4K display 21.5” desktop or used (2021) 24” retina 4.5K display 700$ desktop, HDR10 $299 27” 4K ViewSonic 1 ms 60 Hz (designed in USA, US company, not other nations to attack/write your brain, eyes). $349 27” Pixio 160 Hz 1 ms no HDR10 may be better for real time video users (cops catching spy drones or cars with another remote drone etc, soldiers detecting enemy targets and positions watching 3 windows at once) or fast simulation applications, where refresh rate is more critical than color rendition, allegedly human eye prefers 160 Hz more than 60 Hz, though not sure if HDR10 makes it less stressful, since some say HDR10 is for content optimized for that, videos, not for everyday computer use

which makes it more stressful. However, most sites say or reading science papers 24" is better than 27", so I would avoid 27", as I too find it too big, and you need zoom font 300% to cover the whole screen. For espionage safety, Dell, HP, ViewSonic, Pixio are the best US company designed monitors. US company monitors are usually flat, or 1500R, 1800R, no quality 27" (under 350$) 1000R US company design monitors exist. However, most people reading text read only stuff on the left or right depending on the text area, so the curved ones may cause stress due to glare and distortion on the right and left. Any electronic device, mouse, keyboard, USB, monitor, PC, laptop need to be by an American company (or whatever country you live in), made in USA (or your country of residence), ideally, or at least US design (if you're American). Buy those with rating 4.6 or above ideally. With most windows, the text is on the left, in articles online on desktop or huge html papers, so you can minimize window, the adjust size to almost 97% of max and shift it more so text is on the center, until you buy 1000R, curve of a circle with 1 meter radius, which is our eye curve and also ideal since we sit at the PC from 1 meter or less usually. Otherwise, you refocus lens to 6 inches longer when reaching the left end of the text line. ☺☺☺

Response time increase blur with movies, but for reading, it's not important, just curvature, resolution and refresh rate. HDMI cables, like USB flash drives, present a security risk, so maybe buy a trusted or $6 gold plated 3 ft HDMI 2.1 Amazon brand that was more screened (made in *Vietnam*, unlike most made in China). USB cables (USB 3.0 10x faster, 4.8 GB/s than 2.0 0.48 Gb/s, though they cost almost the same on Amazon) also have security risks, but are OK as extension for fans, etc. Often times, foreign products can be ultra cheap, due to being fixed with military spyware installing hardware; a 10 ft HDMI 2.1 cable is 14$ from Amazon, etc, but a tiny few sell it for 6$, possibly as a bait to install spyware, etc. Old VGA cables used to transmit only visual data, now they can send audio too, so speakers on a monitor can become hacked by HDMI cables engineered to add sound frequencies that alter the brain, issue silent commands, damage organs via inaudible sound. Likewise, HDMI can have various alterations to mess with visual perception, make suggestions by images created in the background that we don't detect but the brain can sometimes, etc. On Amazon you can check *Sold by,* before *ordering*. ☺☺☺

11.17.1.6.15. Totally avoid sun gazing (invented by some engineer and popular in many Indian "scriptures and old writings", see old site; recall, same ☺abysmal IQ☺ guys in India thought Ayurveda with lead/mercury is good for you and a Chinese emperor took mercury sulfide to live longer and died young), a technique that Indian fake gurus claim will improve eyesight, when in fact it can make you blind, as the ocular lens focuses sunlight and then burns the retina just like a magnifying glass burns insects or leaves if you focus sunlight with it. Wear sunglasses when out more than a few seconds if sun is intense and UV index above 4. Don't burn your retina as you may lose eyesight. Avoid using *skin* drying powders without bandage and silicone seal glasses; *before naps or sleep remove makeup (avoid makeup, since makeup and makeup*

removers damage the eyes, see page 98), acne drying powders, creams, etc by using lint-free cotton pads 540/10$ (for areas above eyes to minimize shower water moving it to eyes) and then washing face (the area above or around eyes needs be washed with soap ultra carefully, while holding the other hand on top of the eyes, if head is not horizontal for a few seconds (using hand with water in the palm to wash off), to avoid a soap+acne lotion oil emulsion from dripping on the eyes and tiny traces of it remaining nearby, later combining with excess eyedrops that return to eye when we tilt head by gravity). *We don't want sulfur,* salicylic *acid, zinc oxide, charcoal and other dry pimple 'lotion' (powder) constituents to dry the 'skin of eyes' (cornea)* – so be ultra careful and tape anything above eyes as the powders can fall into eyes if you don't tape it with bandage and don't wear silicone seal glasses, fall off on your eye mask and pillow and enter eyes… causing dry eye... even if home made) or acne ointments, facial cleansers that contain chemicals that redden or dry eyes, see acne section for non-chemical sonic non-spinning face cleaning and blue/red light acne removal. MSM and sulfa-drugs can induce severe eye issues, so beware of 100s of products with MSM (even eyedrops) on the market, washing acne sulfur powders well too. Acne is a risk factor for dry/red eye, since it can spread to the eye area, increasing eyelid oxidative stress, thus indirectly assisting the atrophy of MGs and making it easier for ocular rosacea to appear, *depleting face immune system from eye protecting antioxidants*. We touch our face 100s of times daily, with dirty hands, we wash face once, our face is so dirty, it needs to be clean, pillows changed often too, bed sheets, etc. for best eye health. Use the Pulsaderm acne mask or similar to diminish *P.* acnes *bacteria, since these* bacteria *secrete lipases which break the tear lipids and* cause dry eye. P. acnes is also found in MGs, arteries and can cause styes and plaque.

11.17.1.6.16. After you do warm compress or eye mask and eyelid massage to express the gland oils, especially if you have crusty eyelash base (evident when you wake up in the morning, it's called blepharitis) due to the Demodex (or face) mite, or if you have normal eyelids but suspect "subclinical hidden infestation" by these mites. Dust mites are killed by salt (put fine salt in a container with open lid) and they run away from essential oils and the smell of onion. Their poop causes eye allergies. Face mites (different from dust mites) are Demodex mites, they increase oxidative stress, by making it more likely to get pimples and styes too, as they live near eyelid hairs, causing the destruction of the eyelid glands, since some live inside the eyelid gland, not just at the base of the eyelashes and facial or scalp hair. Too many e*yelid or cornea blood vessels seen with a 20x mirror or* 40x magnifying glass over your phone back camera, can be indicative of overgrowth of bacteria (P. acnes, etc) over time which led to inflammation; bacteria secrete lipases (lip-ases, ases is ending for all enzymes), which break down lipids of the tear film, causing dry eye and more inflammation of the MGs, which then causes bacterial overgrowth and more lipids being broken down and worse dry eye. Both face mites and bacteria cause dry eyes,

due to weak immunity, ultra low glycine, *a common issue in A+ blood type (low acid, low protein digestion) vegans. Half of humanity are* half dead ultra infected beings, due to low vitamin D, *meaning* immunity is ultra weak and they suffer from undiagnosed sepsis, so none can live to 4000. *Face mites are* present on everyone's face, yet destroying only some people's MGs; we need (be aware of risks for people with abnormal vasculature around eyelids explained in the NuLids paragraph) to scrub the dirt (bacteria, etc) that came out and clean eyelids with a foam (can't return on Amazon) like as explained in the NuLids section. ☺☺☺ Many useless foams, wipes, sprays are presented at the dryeyeshop. None of these work, so ODs suggest 1% ivermectin ointment (paper explains all failed for years except ivermectin) or xdemvy eyedrops (first FDA approved artificial tear for demodex). Ivermectin is 20$ on Amazon, just apply a little, remove it after. The mites go to the hair follicle base (see video) to eat the sebum, and can cause eyelashes to fall often, to thin, or, for a few people, even scalp baldness and meibomian gland atrophy as they go inside the MGs too to eat sebum there, depriving you of the lipid layer of tears and causing dry eyes. After age 45, 75% of us have Demodex, 100% after 65. Collarettes are the clinical sign of Demodex blepharitis (not bacterial blepharitis), the long sleeves, the long cylindrical (see pic) clear, white/yellow dandruff like mix of keratin, dead skin cells, mite feces. The difference is visible in the bacterial short spherical 'sleeves' dandruff pic (seborrheic blepharitis) vs mite 'long thinner sleeves' dandruff (Demodex blepharitis). 3 examples of useless Demodex control (not eradication) sprays are: 1. Zocular 2. Cliradex (next page) 3. HOCl 0.02%

1. $39/1.7 oz free shipping Zocular contains phenoxyethanol stabilizer/preservative that destroys meibum cells in vitro, so maybe avoid Zocular on the MG orifices, since they show no clinical studies on meibum glands production capacity with 5 year daily use of Zocular as described with the 1000+ compounds in the plant extracts, hydrolyzed soy protein, phytate (binds metals we need in the eye for DNA repair), caffeine, etc mix of Zocular; Zocular was developed by MD Peter Pham of aphado.com who also created some free online tests for monitoring our vision as we age (glaucoma, AMD, retinopathy are common issues as we age); he kindly explained to me via email that in vitro toxicity is not the same as in vivo, for meibum cells, which is true – especially in that mix, phenoxyethanol may be 90x less damaging, and the mix could help meibum glands but they offer 0 proof of that; we need wait decades for effects, but they may be able to do some rat studies, rabbit etc. It may still be very safe even in 2050 for eyelash base wash once a week or two, as long as we never use it on MG orifices (see video)? Zocular is okra based so it causes far less irritation (tried it 1st time Jan 4th 2022) than tea tree oil (TTO) based products, see ETM 2021;21(4):338 for TTO (better overall, 40 min kill Cliradex with the best TTO compound vs 115 min okra) vs okra Chinese product comparison. Cliradex is even better than TTO. See 5 min eyelid cleanse with ZocuKit for ideas on using STERILE q-tip at home with a safe foam as validated by human studies in 20k people over decades (none I'm aware of

exists, Cliradex is too irritating, but no such studies exist for most products first few decades; it's whether you trust or not); with Cliradex we can never do what the video shows, as stinging would make eye red for a day or two when that stuff gets inside as Zocular did a little in the video – to really get to the base of eyelashes we need something like a q-tip and strong surfactant to wash it off, just face wash with soap and hand won't do it, since hyaluronate and sticky lubricants dry out at the eyelash base and trap bacteria and can cause inflamed eyelids or eyelash root where Demodex can hide, so bad as it is, Zocular is one of the few options out there. In theory, you could take soap and water, use a q-tip and rub with eyes closed well, since finger angle is not small enough to reach base of eyelash. You can do this twice/week for 0.5$, instead of paying 150$ for Blepharitis office treatment every week.

One MD claims that Zocular was good for her patients, but we have no long-term safety data; yet, short term, if used rarely, this may be safe, even long-term if not used more than once a week, with the daily use of a 'Cliradex like' brand that doesn't involve 5 minutes intensive scrub that risks spilling tea tree oil into eyes. Perhaps silicone q-tip is way safer (because we don't destroy the fine eyelid skin, don't create collagen tears, valleys, cracks that become new demodex infestation places or other bacteria) than the optometrist video dry cotton q-tips (always wet with sterile saline sterile swabs if using cotton ones, it's 50x safer than dry ones for skin integrity) if you have no visible blepharitis (meaning you don't need to high friction, vs easily sliding silicone, cotton q-tip to grab the sticky solid junk as the doctor does in the office for people with no good habits of daily or twice weekly eyelash cleaning; the junk is not always demodex stuff, can be just sticky eyedrops that solidified with some eye mucin/oil secretions). However, silicone slides too easily, so it may not be good to grab the loosened junk at the eyelash base, gliding over it. Cotton fibers often get into eyes, if you don't moisten the q-tip and cause cytokine storm, red eyes, so use mirror afterwards, remove with tweezers or a moist q tip any lint pieces or take a 1 minute cold shower to wash off the lint (not ideal, due to chlorine and chemicals). Amazon carries only Zocular wipes, the foam+wipes are $83 on their site free shipping, vs $89 for Cliradex foam+wipes, but Amazon pic allows you to see ZocuWipes (can't return on Amazon) ingredients, which are similar in the foam as with all brands, with tiny differences, *I would not use* 2000 STERILE q-tips/40$ with the foam *to save $ on wipes, but* instead go cheaper with reusable q-tip and save your eyes too, just get a $9 alcohol dispenser to easily clean q-tip or use alcohol pads (400/4$, Walmart online purchase, free ship if buying 10); wipes and cotton q-tips contain tiny fibers of cotton that can irritate the eye, so silicone disinfected q-tip is safest; recall to always wash with some water your eyes afterwards, so maybe get some purified water in a squirt bottle, to avoid harsh chlorine & save water)☺☺☺

2. $30/1.5 oz Cliradex preservative free foam made by cliradex.com, which contains only 9 ingredients, vs 900+ for Zocular (Zocular has also virtually 0 PubMed studies on its long-term

safety), with the active ingredient 4-terpineol, (2% for the foam, *4% for the towelettes when I asked the company, meaning* way better than most 1% tea tree oil products *which are less effective*), the tea tree oil chemical that kills Demodex mites (not dust mites) and other bacteria which are in some cases causing or worsening dry eyes, since the creatures bury deep within the eyelash and facial skin, invisible to doctors, and eat sebum at the base of the hair follicle and cause inflammation of the eyelash hair roots and nearby MGs leading to its clogging and atrophy over time, thus to dry eyes, even if no crusts on eyelash like in the worst Demodex infestations ► TVST 2013;2(7):2 found 5% Terpinen-4-ol or T4 killed as much as 25% TTO (tea tree oil)… better than TTO at all concentrations, while "reducing the adverse and antagonistic effects from other ingredients in TTO… (T4, the main TTO ingredient), was found to be the most effective and was the only ingredient in TTO that remained effective at… 1%. Demodex is observed in.. 100% of (those over 70)... demodicosis is the most common… cause of 29% to 74% of… blepharitis… ocular demodicosis, verified by microscopic examination and the counting of mites on epilated eyelashes, is strongly correlated with MGD". A 2022 preprint paper (no peer review yet), found that 5% thyme oil kills Demodex in 6 min, vs 2 min for 100% thyme oil, while TTO takes 4.6 min at 100%, *36 min at 25% TTO* (40 min for T4 4% paper above) vs 5 min for thyme oil, so you really need leave Cliradex there for a while to be able to kill it. BJO 2005; 89(11):1468-73 found demodex is not killed by some things people try. In July 2023, the FDA approved world's first Demodex Mite killing eye drop called Xdemvy, which may be 300$ for 6 weeks with insurance and 2000 out of pocket. Xdemvy supposedly works wonders in some people, where tea tree oil based eye scrubbers, Cliradex, etc do nothing. Get a microscope and after you grab yellow dandruff from the base of eyelash with a meibomian gland expressor forceps, see if any mites exist @ 500-900x magnification. Please read Universal Immortality Inc 2nd paragraph to know more about Demodex in vivo confocal microscopy IVCM & HD-OCT.☺☺☺

Demodex is like P acnes (on everyone's face, causing no acne until they grow out of control), on everyone's eyelash and hair follicles, but sometimes they grow out of control and cause crusty eyelids or dry eyes via blepharitis induced MG clogging or inflammation. Dr. Allen uses OCuSoft tea tree oil, but this is less effective (see paper above) and burns more than Cliradex, which doesn't contain cineole, the component of TTO typically responsible for skin irritation. However, Cliradex contains controversial compounds: polysorbate 20 (polysorbate 80 was found to kill 30-40% cornea cells in vitro, can it degrade to release sorbitol?), butylene glycol, allantoin, *(EWG score of* 1 only, pretty low, *keratolytic effect of skin thinning means it can thin your cornea and skin of MG orifices, leading to potential issues, though it seems to have mostly benign effects),* cocamidopropyl betaine CAPB *[also in Zocular, a little similar to toxic* BAK preservative, BAK is $Cl^-N^+(CH_3)_2(\text{-}CH_2\text{-}C_6H_4)(\text{-}CH_2)_{7\text{-}17}CH_3)]$, mix of coconut oil fatty acids derivatives, main one being lauric ($CH_3\text{-}(CH_2)_{10}C(=O)NH(CH_2)_3N^+(CH_3)_2\text{-}CH_2COO^-$) that makes up 50% of coconut oil (keratolytic effect

that causes canker sores in our mouth and gums can also destroy our eyelids and cornea just as cationic BAK like surfactants often do; CAPB destroys oral mucosal cells, FD 2019;16(6):450-7, can they destroy goblet cells on cornea, the mucin layer?, see 'allergen of the year award' and CAPB video), sorbitan oleate *(contains sorbitol unit, like many "dry eye sprays, etc with sorbitan oleate or other sorbitan esters", and due to its less polar nature could pass thru cornea and do some damage as sorbitol can).* So, wash it off after use to prevent eyelid damage, don't open eyes while you leave it there a 2 minutes to treat the eyes, since some will remain stuck to the eyelash base for 1 hour and kill Demodex. They sell tea tree oil products on Amazon or $ store, so you can use that to disinfect any cold compress you may use and then wash it away with water, to disinfect Demodex, also wash pillows, foam pieces of your eye mask. If you don't have demodex, it may be better to not put any chemical on the eyelids, since inactive ingredients may block orifices or cause allergic reactions which will clog and atrophy the MGs. If we wash pillowcases, sheets, towels, hands, often, face with soap etc we keep eyes clean without need to put chemicals on the eyelashes, eyelids that may irritate the MGs.

It's good to wash hands at least 3 times, face at least once; they got 12$ touchless Jzori or Jzori2 (mine were white, so I bought white USB to DC cables to match the USB, easier to see mold and dirt to clean: see video on how to install it, though you can just rest it on a window sill or on a piece of plastic, like a $ store cylinder bottle, like I did, no screws needed) same product as Sears, *no batteries needed, just USB to socket adapter* to plug DC cord in (8$/5 black cables 3.3' USB to DC 5.5×2.1 mm, for soap dispensers in all baths, kitchen areas; or 6$/2 white/black 3.3' or 8$/3 white/black 4' or 2 white + 8 adapters that you can use later); cable comes with the soap dispenser for Jzori, but not Jzori2) into, *best of all, as bo rechargeable lithium bateries, keep it plugged in*) and other IPX4-7 waterproof soap dispensers for COVID19 era at Kmart, Amazon that allow you to use no batteries (unless you travel to no electricity areas), all you need is the cord that comes with it going from AC adapter circular port to a USB to socket adapter like the one described in the dirty electricity section; downside of many (Umickoo, IPX4, or ipx7 Aobor) is that the battery is rechargeable and if it is bad, it won't work anymore and it's not replaceable, so it's best to always choose one that can work without any battery (disposable or rechargeable) too, like Jzori, which can last forever; rechargeable batteries can stop reaching the required voltage and not work, whether they're unremovable built in or the removable types (3 or 4 usually); the issue with removable is most stores sell 1.2 V rechargeables (which don't work), so you need buy 1.5 V rechargeable to avoid buying endless batteries or to use 2 1.2V rechargeable and 2 alkaline as that will do it too, sometimes even 3 rechargeable and 1 alkaline to save $ and the planet in the long run; the 1.5 V purple Delipow rechargeable Li-ion discharge fast and can't be recharged with provided charger, same for other AAA Li-ion from Delipow; their 9V Li-ion also discharge fast, so can't be used for 9V battery soap dispensers much or

smoke alarms; no wonder we can't find in stores Li-ion 1.5V rechargeable, only at Amazon stores. Li-ion can explode easier than NiMH, so alkaline may be the only choice if buying one with 4 batteries or the rechargeable Li-ion built in types to save batteries; I measured Jzori electricity use, they use 0.7 watts when you use them 1 second, then go to 0 – this saves the planet as you don't need use disposable or rechargeable batteries that also waste time to recharge and change, buy, dispose of at Goodwill for free or other electronic waste, etc).

Just as we don't want to use the bad artificial tears ingredients making eyes redder and drier long-term, we don't want to scrub eyelids so much with inactive ingredients, etc, they destroy the glands and block them with chemicals; even makeup removers can damage them: page 98. When you buy one of those $8 magnifying glasses on Amazon for jewelry 30x-60x (place it on phone back camera to take pics, don't use the light, as it's too bright for open eyes) and see in a mirror how fragile the vasculature (of the eyelid and eyes) is, *you will be so careful and gentle, so cautious about what eyedrops, scrubs, methods, treatments you use, compared to some of these people making youtube videos doing scrubs and using so much force as if nothing can break in there and it's pure rubber*. They probably never saw 30x+. They got many brands for demodex, see which one is working best for you☺☺☺. Cliradex 24/40$ towelettes got triethanolamine, so I avoid the wipes, using the foam only; Clear-C has B_5 and similar ingredients to OCuSoft wipes, but it's only 20$/90 wipes; Clear C is not a strong demodex fighter, but it says it's for dry eyes, US made; they got 70% alcohol wipes at $ store 50/1$, to use in days when you forgot your wipes, so stock your car with the alcohol wipes for hand and face disinfection before you use eyedrops while outside; rarely you can use alcohol wipes on eyelids if you got something bad there, but gently avoid using alcohol wipes always, since alcohol can damage eyelid skin. Zocular got a 2 min & 3 min video on why artificial tears are useless vs natural ones.

Because Cliradex is quite irritating, for many patients, hypochlorous, next product, may work better as it doesn't sting so much. Or Zocular may work, if safe for your ocular area with eyes closed. OCuSoft emailed me that they even sprayed hypochlorous inside the eyes and it caused no irritation, that would be unheard of for Cliradex, it would make the eye ultra red and sting like nuts. So, do keep in mind that the ad for Cliradex, spread the foam and let it there for hours is a little unrealistic. Well, never spray anything into the eyes, no HOCl is for open eyes, HOCl reacts indiscriminately and attacks good cells and cornea too, not just microbes.☺☺☺ *At least Cliradex PubMed search gave 10 results, while Zocular got 0, HOCl 9,000.* The main Cliradex issue is eye/eyelid irritation, so you need wash it in 30 sec, can't properly foam, wash base of eyelids without irritating eyes since some will slide into eyes when you do a 5 min cleaning as in this video. If we wash it 10x faster than Zocular, it has no time to loosen gunk, to kill off microbes. I no longer use Cliradex or any cleanser, after using it for 1 year, due to irritation of eyes/eyelid. If you have mucus on the eyelid base, use 2.1.6 expressor to gently grab it as explained here.

Zocular possibly gave me styes after using it, unless it was Hylo Night ointment.

3. HOCl 0.02% spray, a compound produced by neutrophils to fight off infections inside the body, but do read scary Amazon reviews and discontinue use if anything weird happens, like red eyes or falling eyelashes. When I tried HO-Cl for 2 weeks in 2020, it was the $16 Thera by Akorn 0.06% NaCl, 0.01% HOCl, 0.002% NaOCl, 99.928% electrolyzed water (as box shows at RiteAid, Akorn makes over 100 ocular pharmaceuticals) so my eyelids became swollen; this is that same company that never gives any info on phosphate concentration in their tears, even though it's critical people know. You can also try $20 OCuSoft (no returns, double the HOCl, so more irritation maybe, yet stronger killing of microbes, but lasts 18 months vs 24 for Thera) that has 99.93% electrolyzed H_2O, 0.02% HOCl, 0.048% NaCl, 0.002% *NaOCl* (*NaOCl* 5% is *bleach, so it contains 2500x diluted bleach too like all these solutions with NaOCl; Dr. Allen video above says it has no real bleach, which is correct; bleach is 2500x more concentrated, with higher pH*). Says store 65-75°F, so keep away from heat/light. OCuSoft sells just a few products, while Akorn sells over 100 ocular medicines. You could also try $18 Heyedrate *(free returns if irritation happens)* that has NaCl, electrolyzed H_2O, 0.015% HOCl, though this is subcontracted to some company, they don't make anything, it's just two eye doctors. However, the Amazon second video on OCuSoft indicates that HOCl won't have ability to remove bad oils, since it has no ester surfactants in there, like Cliradex, OCuSoft Clean & Spray do. OcuSoft CLAIMS that HOCl is for severe cases of Demodex infestation, and is not needed daily for most people, so it could be used in addition to Cliradex; so maybe used once a week max or month to do a major eyelid cleaning, so then we want something that lasts a long time. If you use sterile q-tips moistened with 0.9% saline you can gently wipe eyelid junk too, after using HOCl if surfactant ones or Cliradex irritate. Some use cotton balls or cotton pads, though using 20x mirror is useful and needed to make sure no lint remains on eyelid (since it gets to cornea and scratches it and makes eyes red), especially if you use sterile q-tip moistened with HOCl to wipe the MG orifice area of eyelid to disinfect it that way once a week or so in addition to the outer cleaning with disinfected silicone q-tip or sterile saline moistened sterile cotton swab, q tip.

OCuSoft eyelid scrub has PAPB preservative, while Cliradex doesn't have preservative, Cliradex seems safer, having fewer odd chemicals. ☺☺☺ Avenova has 0.01% HOCl for a gentler effect and NovaBay Pharmaceuticals explains on Amazon these things need be used within 30 days, otherwise, they lose the potency, like OCuSoft, Heyedrate and others did in NovaBay tests even after 1 week. Not sure why Avenova costs 50% more than Heyedrate if same ingredients, but HOCl is losing potency fast vs Cliradex: "HOCl is unstable against ultraviolet (UV) light, sunshine, contact with air, and elevated temperature (≥25°C)...stable HOCl solution requires formulation in *pure water harboring concentrations as low as possible of various compounds and ions*, as well as storage in dark and cool conditions (<10°C to maintain the concentration of HOCl" ►

Bioco Sci 2017;22(4):223-7. RO explains more about hypochlorous acid, HOCl, says OCuSoft lasts 18 months, Thera (Akorn) 24 months (6 months extra since HOCl concentration is half); 0.002% NaOCl shifts equilibrium towards HOCl formation; pKa is 7.42 for HOCl = H^+ + OCl^-; papers and OCuSoft staff explained that companies that make HOCl without NaOCl will have product expire in 1 month, while those with NaOCl expire in 12-24 months, so maybe Avenova, Heyedrate will become useless well before OCuSoft, Thera, Zen; see this for electrolyzed H_2O; RO says that Zenoptiq got "99.94% electrolyzed oxygenated water, 0.048% NaCl (salt), 0.01% HOCl and 0.002% NaOCl. Not sure what oxygenated water means in this context, but google it. Zenoptiq says on bottle it lasts 18 months if kept at 65-75°F, away from light, while Heyedrate doesn't say that, indicating NaOCl may make it more stable than Heyedrate and NaOCl free formulations.

Don't forget to wash face with soap daily or at least use 2 alcohol pads *to wipe the 2 eyelids when waking up, even if you take shower later, since soap destroys the* envelope *of many bacteria, viruses, COVID19 too*. Wash eye mask, cold compress, anything that touches eyes with soap daily: $ store has some *vegan* soap with safe ingredients, called Venezia, for only 1$, see pic and ingredients here. Change pillow case weekly. By using soap, you remove the need of so many foamy surfactant rich products that may irritate. Cliradex folks say in their experiments Cliradex 4% kills Demodex in 40 min vs 88 min for 0.01% HOCl, so maybe 0.02% HOCl is needed for faster action and controlling bacteria growth. The reality is many ODs say HOCl is useless for Demodex, and works only for bacterial blepharitis, not mite blepharitis. And Cliradex, tea tree oil products can be useless for deep demodex that feeds on the meibomian gland, not just the eyelash base. But even for eyelash base, the concentration is so low, it takes hours and nobody leaves it on for hours. I tried to use Thera in 2021 as some of the MDs said on youtube, just spray and rub and leave it on, but again, it did cause swollen eyelids and even area above eyelids, like it did in 2020. If we use cotton round or ball to apply, we get lint into eyes too, and we remove it, so it may not have time to eliminate the microbes we want gone. But the official instructions show a cotton round (500 for 10$) and the spray wetting that and using the round to wipe eyelids. This HOCl wiping or spraying is not going to do anything about sticky gunk at the base of eyelashes (not visible at 1x, only at 20x mirror can you see this barely, since it's so small and only on 1-5% of eyelashes usually), which needs Zocular foaming washing with q-tip (see above), HOCl wiping is more of a complimentary hygiene for more severe cases, as OCuSoft explains.☺☺

11.17.2. How to activate the trigeminal nerve to make natural tears with 2100+ nutrients (vs 2-10 nutrients in man made artificial tears)

☺Dry or Red Eyes☺ disappear within minutes often when you generate your own tears by simulated yawning after meals ideally (see pages below on all the science on the super critical trigeminal nerve activation), when the parasympathetic nervous system used for tear

production turns on naturally due to digestion, without you having to make a 20 times greater effort to turn it on, when nutrients pour into the blood and can produce vast tears (close eyes, relax in bed, wear eye mask, earplugs even if you wish, simulate going to bed, as that's when we yawn, to focus all neurons on generating tears, instead of visual-audio stimuli; can even open mouth, roll tongue and press *the* back mouth floor or roll it the other way to press back mouth roof 8 sec, if this makes tears 20x more *for you)* prompted by 20+ alarms/*day (30 on phone & 30 on* desktop*, to recall to add drops, yawn tears or take computer break)* (or laughter, we laugh at a joke, let the laugh continue 20 times longer, or blinking 100 times), eyes closed for 5 minutes (except when blinking 4-7 times to produce lipids/proteins, not more, since we drain 2 µL of tears (a tear is 10µL) when blinking while horizontal) to spread/absorb the nutrients, tears 900 times healthier than store ones; ideally don't yawn when makeup is on. You can (after practice) get tears in 2 min, lower cortisol (aging hormone). Read the next pages (after the list below with 1000s of nutrients in yawn tears vs 8 in artificial) to see how to yawn (clears brain toxins too).

The ►►►►► Thousands ◄◄◄◄◄ of Nutrients in the 3 layers of NATURAL TEARS:

Wikipedia explains tears, which *are* 98.2*% water,* got 3 *layers:*

► *The* 1st tear layer ◄, or *the mucin layer*, is 0.035 µm thick. It sits on top of the corneal epithelium of 60 microns or µm. It's also called the *mucous layer. It's produced* mainly by *the conjunctiva goblet cells,* a tiny % by the cornea, limbal conjunctiva glands of Manz, tarsal conjunctiva glands of Henle, main lacrimal glands. It contains proteins (mucins 1, 2, 4, 15, 5ac, etc), hyaluronic acid (12-1900 ng/ml), silicic acid, amino acids. Total proteins in all 3 layers is high "we have identified *1543 proteins* in the tears" ► JP 2012;75(13):3877-85.

► *The* 2nd tear layer ◄, or *the* aqueous *layer*, is 8 µm thick. *It's produced* mainly by *the almond size lacrimal glands around eyebrows mainly, a tiny % by* 2 smaller lacrimal glands, Krause and Wolfring, see pictures at JO 2016:7542929 (which found "*52% and 74% of (dry eye) patients over the age of 50 showed signs of (lacrimal gland) periductular fibrosis and ductal abnormalities*") and on Google search images (Krause are where upper and lower conjunctiva meet, 40 above, 8 below, above main lacrimal ducts, Wolfring right near the end of meibomian). It contains carnitines, sorbitol (used in Hylo Gel at maybe 130 mM, or 1500 times above serum level, with serum 0.088 mM possibly even higher than tear level, since serum glucose is 32 times higher than tear glucose), inositol, taurine, metabolites (amino acids 76 mg/L, urea 0.4 mg/L, lactate, glucose 25 mg/L *(if healthy,* diabetics have 4-5x higher*, so it is used to detect diabetics)* or 32 times < healthy 800mg/L *serum* level), many proteins such as those in BJO 2006;90(3)372-77 , lipocalin, lactoferrin [tear LF or Lf is an AMP or antimicrobial protein (20% of milk protein), with anti-inflammatory functions, used as a biomarker for our immune function (FI 2019; 10: 1178), that binds iron (ferrous ion, thus the name is ferrin, easy to recall, ferrying or transporting

ferrous ions, + lacto from milk) used by microbes to grow, Lf "was 3.16 g/L, 1.73 and 0.90 for colostrum, transitional milk, and mature milk" ► Ntr 2018;10(9):1235 (7 g/L in colostrum, 5 g/L first 28 days in other papers or 15 g/L in colostrum in preterm babies who need more protein to grow)], lacritin (generated in small amounts by the MGs and conjunctiva), antibodies, sialic acid 37 mg/L, lysozymes 1-2 g/L, citric acid 6 mg/L or 0.031 mM, lactic acid 1.5 mM (1 mM=1mmol/L or aprox 1mmol/kg tears), vitamin C 1.4 mg/L, nucleotides, phosphates (all forms, HPO_4^{2-}, $H_2PO_4^-$, PO_4^{3-}) 1.45 mM, bicarbonate HCO_3^- 26 mM, chloride Cl^- 106-135 mM, growth factors, cytokines, minerals ► Sensors 2017;17(12):2840 ► sodium Na "(120-170 mM)... (0.9% *NaCl like blood plasma*) potassium K (6–42 mM), calcium Ca (0.3–2 mM), and magnesium ions (0.3–1.1 mM)", zinc 0.7-6 ppm or 10.7-92.3 µM ► JMDM 2016, 5:4, Mn^{2+} 0.2-0.9 µM. 97% of tear minerals are Na/K. *Lysozymes, 20-40% of tear* proteins, are glycoside hydrolases, *anti bacterial enzymes* that cleave glycosides off bacterial walls, killing bacteria; *tears have more lysozymes than any other body* fluid ► CO 2008;2(2):261-7, being the only body area that is always wet, in contact with air bacteria that can stick to the wet surface.☺☺☺

► *The 3rd* tear layer ◄, or *the lipid layer*, is 0.1 µm thick. *It's* produced mainly by *the* eyelid *meibomian glands*, MGs, a tiny % by the Zeis and Moll glands. It contains about 100 proteins, 600 lipids. IOVS and PLR report studies found in expressed meibum: hydrocarbons like squalene 0-38% (though most authors believe non-squalene hydrocarbons are from *cosmetic* products, eye ointments people used before), wax esters WE 8-45% *(wax ester examples:* fatty acid bound to fatty alcohol, such as lauryl palmitate or lanolin wax esters, 100s of fatty acids bound to lanolin alcohols, like sterols, hence they use wool fat (lanolin) and hydrocarbons from mineral oil *in* ointments, *eyedrops to provide some similar or identical compounds to those in tear 3rd* layer, since lanolin, like tears, contains 8.1% ceramides (Table 1, free pdf, J Cosmet Sci 2006;57:23-35) and other types of fats in the 3rd layer, since meibum glands are sebaceous type of glands and sheep and humans share many similarities; hence when we take a lot of vitamin A, retinoids, acne medications to suppress sebum, we can get dry eyes as we suppress the *3rd layer),* cholesterol (0-1.7%) & cholesterol esters (CE) 0-39%, free fatty acids FFA (oleic most abundant unsaturated acid in FFA, CE, WE, TG) 7-24% & their triglyceride TG esters 11-43%, phospholipids 0-16%, ceramides, 0.01% carotenoids, a lot of variation.☺☺☺ PLR says polar lipids include 70% phospholipids PL (PC phosphatidylcholine 38%, PE phosphatidylethanolamine 16%, SM sphingomyelin 7%), 9% cerebrosides, 21% ceramides; dry eye patients got much less SM, PE as % of polar lipids in meibum, so some think SM & PE are key to tear stability; they reason so because polar lipids interface between the rest of lipid layer and the huge aqueous layer, so when PE-SM are low, the lipid layer may break easier leading to evaporative dry eye; this is why a diet low in PE (major component of lecithin in soy, legumes, pollen) could cause dry eyes. The lipid artificial tears section explains Clear Eyes got PC, and Systane got DMPG, an artificial PL

(dimyristoyl phosphatidyl glycerol, a form of PG, phosphatidylglycerol; PG is a PL present in most cell membranes at 1%; not as good as PC, since tears have way more PC *than* PGs). PC helps, since if eye senses more PC, the synthesis of PE is boosted (at the expense of PC & other PLs), since there is limited phosphatidyl addition capacity. "More than 600 unique lipid molecular species were identified" ► JLR 2018;59(11):2223-36, "more than 90 proteins in human MG secretions" ► BJO 2006;90(3):372-7. The lipid layer prevents the evaporation of the aqueous layer. *"the* number of minor components *and compounds yet to be identified* could be in thousands" ► PLR 2011;50(3):278-301. We eat 2-5 kg food/day. If we don't eat 2 µg B_{12}, 1 billionth of food intake, we can die fast. Our eyes 'eat' a lot of nutrients from tears to be healthy and prevent dryness, so there may be B_{12} like compounds, in billion times lower levels, we didn't identify, that are key to eye regeneration and health, minor components, like B_{12}, that we don't know. "Meibum hydrocarbon chain order decreased from about 48% trans rotamers at birth to about 30% trans rotamers at 90 years old" ► OR 2010;44(1):34-42. This & other changes explain why as we age we get more dry eye. We need complex eyedrops (500+ compounds, not 8 today) that mimic healthy meibum in the future, like at age 20. ☺☺☺

Advantages of yawn tears and HOW TO GENERATE YAWN TEARS:

1). The Holy Grail and science of preventing eye destruction with artificial tears:

1.1. Introduction: the science of trigeminal stimulation. Before we go into yawning as tear producer, to help the skeptics to understand how it works, this long paragraph will present some technologies, advertised by many ODs and MDs as amazing dry eye devices (*without explaining the deadly effects*) to sell to clueless desperate 'wonder dry eye device seekers' buyers, that use slightly similar ideas to yawns but very different forms of excitation of the trigeminal nerve; when you yawn hard, you tear slightly, if you noticed it. Just because these devices are toxic and give endless headaches and produce no tears, doesn't mean yawns are similar, they're wholly different, even if they do excite some common trigeminal pathways. What we would be doing is taking this to a 40 times higher level. We use an existing path of neurostimulation and make it 40 times stronger tear flow than in a normal yawn. The first deadly and useless device, made in USA, is the iTear100 2.0, as an amazing and safe device..., a 2022 approved device that costs 200$ and 30$ a month to refill (what a ripoff.) produces 150 times above safe EPA level of magnetic field for monitors at which we stare for hours daily *(about 300 mGauss even at intensity level 1 (minimal, not 5 used in clinical studies), 3 times higher than under the most toxic, cancer causing super high voltage lines in USA, in our houses it's about 1 mGauss or less all the time)* and will cause as a result a big headache that lasts 2 to 8 hours, since that RF field is super deadly, like a cell phone to your eyes, same high reading like a cell phone 5 mW/cm^2, causing eye *cancer*, like cell phones cause brain cancer tumor in the shape of antenna facing the

brain, so you will get nasal cancer and also possibly brain and eye cancer; *we can't fix dry eye by killing people*; they didn't even refund the 100$ they promises, until months later I asked for a refund after shipping it back within 10 days, not good customer service; the Q-device vibrates too, the eyelid, and it produces no RF, magnetic or electric field like this, being 1000 times safer.

The iTear100 may have a remotely installed component by a supplier to cause headaches in people to facilitate mind control; some will say that it's just 1 minute, 30 seconds per nasal side, 4 times daily, so 4 minutes total, but this is not really the best idea, since people can get brain damage from cell phones used only 10 minutes daily, even cordless phones; so definitely, save your head, eyes, brain and money and if bold enough to try it after you measure the mGauss by letting the device touch your meters everywhere to detect the highest reading where the actual sensor is, only use it 5 seconds max at a time, maybe 20 seconds a year max, *then wrap it in aluminum foil, as it generates toxic waves;* I measured the RF, electric, Magnetic fields and iTear100 is putting a lot of RF even when turned off. This useless (for many at least) brain damaging device requires prescription from the company MD that is given within 1 day usually after filling a long questionnaire. Yawns work very well, as long as you had a good sleep last few days or at least rested well last few hours. iTear users place it on your left and right nose sides for 30 seconds at a time twice a day, 2 min total, to train eyes to produce healthy tears with 2100 natural chemicals, instead of the toxic man made drops with 5-20 chemicals. The author of this video claims in other videos that iTear100 works far better than a vibrating toothbrush applied to the nose; however, I tried it 11-24-2022 the 1st time, and it produces 30 times fewer tears than I can by the yawning technique described in the 20 pages after this paragraph (so, don't expect iTear100 to work in 30 seconds, vs 5 min to yawn without it); it vibrates your head too slightly, via the nasal bone area and gives a slight headache after 20 seconds; but it does work, a tiny 7 µL comes out after 30-50 seconds; 5-10 min yawns produce 210 µL, but this can't be used more than 1 min at a time without a big headache, so I returned it. Like with all tear generation, it only works 20 times better when well rested for prior 2 days, so if you had bad sleep, it will be producing 5-20 times less tears than when you got good sleep; that's why spies sleep deprive people for years in order to brainwash and cause dry eye via injuries to different body areas that take all immune cells to the toes instead of eyes, so bacteria multiply inside the eyelid glands causing dry eyes; the device helps skeptics to know the yawn thing is real and you don't need iTear. iTear seems 100 times safer than the invasive, into nose, discontinued True Tear device (30 page pdf here). Many iTear100 videos are of MD Laura Periman *(from eyeeco.com group of 4 MDs making the XL and odd inserts that may press on eyeballs if used as recommended and give glaucoma, due to foam inserts being too big and pressing on eyeball if not trimmed as I explain); Laura* did much of the research together with OD Paul Karpecki.

iTear stimulates the nasal branch of the ophthalmic branch of the trigeminal nerve (see at least

10 pics here to understand this super important nerve that controls everything related to dry eyes: cornea and the 3 layers of tears and the glands/goblet cells producing the 3 layers) linked to the 3 tear layers: lacrimal glands and water tears, MGs and meibum, cornea goblet cells and mucins (1st layer of tears); the trigeminal nerve has 3 branches: ophthalmic (eyes, upper eyelids, forehead, top of skull), maxillary (cheeks, nose, lower eyelids, upper lip and gums) and mandibular (lower jaw and ear: chewing stimulates it. Thus, *chewing (no toxic gum, just* empty), *swallowing, burping, kissing or being kissed*☺☺☺, *laughter* (funny video) make eyes wetter (or *massaging forehead, scalp or face* with hands or a very soft or a hairbrush), as these things move the face a lot, *though far less than yawns*; you don't need to touch teeth when chewing as that would damage them if you chew for hours, just move a little the lower jaw; swallowing also stimulates it, so *sip on a water bottle and swallow if it helps, chew, drink water to chew*; *if you sit on the stomach while yawning, you will burp 900 times more (especially after meals, due to air intake, and it can even cause some reflux of food at times, which is not good, as that pH 1 stomach food will irritate your throat)* and make movements similar to swallowing air. *Burps can make a lot more noise than a gentle yawn, distract you from yawns, plus sometimes they can have a little smell of food*. Burping can often distract you from generating tears and wastes neural resources, since sitting on the stomach with head raised uses a lot more calories and processing than resting on the back as if sleeping with some earplugs and eye mask to avoid all distractions and focus 100% on tear production for maximum flow within 3 minutes. It can thus decrease the efficiency of tears per time/calories spent 3 fold. It's not like you have 30 minutes 5 times a day to dedicate to tears. Resting on the stomach *is not good for your throat* to do it daily for years on end, since the rare reflux from burps can damage your esophagus. ☺☺Lovingly *gently kindly*☺☺ don't sit on the stomach, *so when you learn to generate tears always lie on your back with eyes closed*. If any reflux, drink water and go back to resting on the back on the bed, but sit a little higher, less horizontal: on the back, reflux will be about a million times less frequent. *Natural* tears are 900 times *healthier,* at least, *than anything* man made, so you can sip 5 mL of filtered water 100 times (or 20) daily if you want to exercise swallow activation, until you stimulate the swallow part of trigeminal so much, you cure dry eyes; you also need hydration anyway, so chew on empty, or kiss the air often or kiss your spouse, your imaginary yet to be born child (or an *archetype* of all humans yet to be born who need some affection) who will thank you for stimulating your ophthalmic and trigeminal nerve so his nerve will be healthier and lead to healthier meibum, tear production, cornea, etc. IOVS 2017;58(8):4387 found older intranasal True Tear device increased MGs lipids and tear lipid layer thickness in 8 min of device use *(that's 16 times longer than 30 seconds that gives headaches to almost all, so you will have a headache like none in 30 years for 4 days),* while after 2 min, only watery tears.

IOVS 2017;58(8):2694 found goblet cells stimulation for mucin gel like proteins. IOVS 2017;58(8):

2693 found tear meniscus height (TMH) almost tripled from 238 to 635 µm after 3 min of True Tear. Generally TMH < *250* µm is *dry* eye. I also noticed with yawns, I need to yawn about 10 min to get really good tears that last longer in their healing effect, probably that have more mucins and lipids. The trigeminal upper branch, the ocular one, goes to the top of the skull even, so you can see how stimulating that area can cause tears in this video on massaging the nerve points, good to do and stimulate even the optic nerve at the back of the head. *Drink* water always, to swallow saliva after yawns to activate it more, and to keep plasma osmolarity lower 295 maybe, not 325 like in dry eye, since high plasma (urine too, needs be clear) osmolarity means more chance of 325 dry eye osmolarity in general, from studies. See more itear100 studies; if it works, maybe use iTear100 when yawning doesn't produce tears; tapping on the nasal area where device is placed may also work, just like washing hands, massaging upper face, eyelids area will stimulate the ophthalmic branch of trigeminal too; yawns are safer than overstimulating only one area that may damage the nasal branch of the nerve, be gentle and gradually increase, see effects, stop if any dizziness repeats (sneezing is common on first uses). As this 3 min clip explains and the previous pages, store tears are no match for the 2100 nutrients in natural tears.

You may wonder how can yawns cause tears: some say the zygomatic branch of the facial nerve (or zygomatic nerve) is excited via IPL (since that's the zygomatic region the IPL flashes on), then this activates the trigeminal ganglion which activates trigeminal nucleus caudalis, then superior salivatory nucleus, then geniculate ganglion, then nasal or pterygopalatine ganglion, then lacrimal and MGs. A 10 min video explains why stimulating trigeminal causes more tears, using an example of a free with some insurance (500/month otherwise) Tyrvaya nasal spray that causes tears (no preservatives, ingredients in eyes, but may damage stuff in the vocal chords,☺☺☺ nose, throat (13% had throat irritation, 82% had some sneezing, 16% had cough, 8% nose irritation during the 28 day study, voice quality) – the nerve stimulation may work for 1-10 months, but they did no 3-7 year study to prove no rebound effect, i.e. a lowering of natural tear/meibum production 4 hours after this (creating a dependency, needing to use it more often) due to body learning to ignore the stimulation, sort of like redness reliever rebound effect. Yawns and chewing without eating all activate the trigeminal nerve, without sprays, IPL, or iTear, but iTear may be the safest of any tech for dry eye. Another method of generating tears is to mimic the air burps (but without the noise, gentler quiet air elimination) that come out of the stomach or intestine during yawns (see below), by sitting on a toilet or even chair and bending yourself at 40 degrees as if you were to defecate: you can bend 45° before defecating since it allows the feces to come out far easier than the classic sit straight 90° between thighs and the trunk. This position pushes air out and as air comes out you move your jaw, natural reflex to let air out, and this stimulates the trigeminal nerve causing tears when repeated 40 times. You can do it while in the bath before defecation, to generate extra tears when needed or

just bend on a desk chair. This is more of an add-on, since bending too much causes back pain.

1.2. Synopsis of the yawn method, totally different than iTear100 and other devices: no sneeze, no headaches: 86% of dry eye is evaporative dry eye to some degree or entirely, due to the lack of a healthy lipid layer of tears. This dysfunction starts when we're kids sometimes, with the MGs (meibomian glands of the eyelid) orifice (that releases lipids to protect tears each time we blink) getting dry, infected and leading to MGs infection, atrophy, which then leads to lower lipid production, which causes the water layer of tears to no longer be protected from evaporation by the lipid layer; this leads to drier eyes, which makes the inner eyelid part, that we don't wash in showers, to get drier and dirtier, as fewer tear lysozymes (enzymes that chew bacteria) go there to do the daily disinfection. As MGs atrophy advances, evaporation of tears advances and eyes get so dry, that the person even notices the dryness and they learn that 42% of kids have MG dysfunction or MGD, meaning partial dry eye, decades before it becomes strong enough for them to notice it. We clean our teeth, floss them, mouthwash them with solutions, etc 3 times daily, but we never have any ocular routine of daily cleaning of the thousands of pathogens infecting our eyelid margins where lipids come from, area which doesn't always get that many lacrimal lysozymes during walking, poor sleep days with 10 times fewer tear production, etc. We protect skin from the UV, but we don't even want to protect eyes with some wrap around advanced glasses that enable telepathy eterni tone, which would keep eyes wetter and allow antimicrobial lysozymes to reach the MGs orifices and us to have much better, whiter eyes in old age. What can we do? Can we create a simple ocular disinfection routine? We have 1 million articles online about "keep teeth clean because otherwise, systemic inflammation will occur". No such article exists about our MGs orifices cleaning or eye cleaning.

Eyes are the only wet mucous membrane area in direct instant contact with millions of fungi, bacteria, viruses, mites, etc and what do we do, like for teeth, to clean them daily today? NOTHING.☺☺☺ All eye diseases and all aging diseases are related to inflammation, and we need to keep eyes flushed of crap and bacteria. If eyelid glands get clogged, it's like having 20 cavities untreated, they're even in more contact with blood than cavities and will shorten the lifespan; read how today they can image those glands and use 76 micron probes to unblock their orifices (but costs 6000$ from Dr. Maskin to unblock all 4 eyelids). We can disinfect the meibum release eyelid orifice with 5 minutes of yawn tear generation, full of natural *antibiotics* called lysozymes, that don't have the terrible side-effects of synthetic antibiotics some use due to dry eye caused styes or MGD (meibum gland infection or dysfunction are almost the same), after the first or biggest 3 meals of the day (the biggest meals to prevent weight gain), time in which we need some rest anyway and we can meditate a little on World Peace in 3 months and maintaining it forever, to let digestion do its thing and avoid oxidative stress from huge ATP generation and use after meals. To avoid nerve damage on elbows, lean on your entire hands

that sit like a rhombus on the bed, while you support head and upper chest on a pillow, if you face the Earth while yawning. This is essential for people with existing dry eye and anyone who wants to avoid toxic artificial tears with so many bad ingredients that cause meibum dysfunction, clogging, inflammation. The tear generation within the first 5 minutes of finishing eating is 5 to 30 times more productive (depends on sleep quality, bad sleep = 10 times fewer tears), easier to achieve than the same thing done hours later; this is because to yawn and generate copious tears we need to turn on the parasympathetic nervous system, which relates to sleep, digestion, repair, anti-aging, not the sympathetic, which relates to aging, daily stress, fight and flight, computer work, etc. That's why when we eat, it is better to sit, because the brain uses huge amounts of energy to make us stand (you know how much when you have a very bad flu or food poisoning and standing leads to a huge headache or seems so draining), diverting it from parasympathetic digestion to the 'fight and flight', leading to a diminished ability to generate tears after meals. On top of that, eating while standing makes digestion less efficient, as the entire body is not focused on digestion (part of it is on standing, or even worse, on chatting with others and doing many things in between, moving, etc), which leads to poisoning the blood with toxins released from undigested food, thereby shortening our lifespan, increasing inflammation of body and eyes, leading to drier eyes. ☺☺☺

Since we only eat the food for 5 minutes, it makes sense to dedicate 15-20 min to eating only, using relaxing music (that removes anxiety and turns on parasympathetic) to improve digestion. For eons, standing up is related to stress and alertness, while sitting with relaxation. You won't believe what your body is capable of, that you can create by yawns more tears almost daily than when you laughed the most tearful laugh ever, that you don't need pharmacy toxic artificial drops if you got a mild case of dry eye, that you can create in minutes a chemical combo of 2100 chemicals no lab can create, that you're thus a trillionaire. If you don't take advantage of that special after meal time when stomach needs rest to properly digest and your eyes can disinfect better than at any other time naturally, you lost the entire day basically, just to rush to do one thing that could have waited 10 minutes; after meals we got high lipids or triglycerides, as we know from the test name, high sugars, minerals, antioxidants, energy etc to produce the healthiest most nourishing tears, most lysozymes to disinfect☺☺☺ the eyelid margins, the most meibum oils to moisturize the MGs orifice opening, like we moisturize hands after a hard day of work or after washing hands 15 times daily (which makes hands dry and in need of a cream); if not making the meditation after meal routine, we may get a migraine too sometimes, due to not resting after meals and rushing into stuff, causing biological chaos by ATP generation and use at once in vast amounts. Instead of watching sports after meals, just close eyes, wear earplugs, go into your bedroom (turn off light) to simulate going to sleep to trick brain it's time to yawn and generate tears, make blood sugars and lipids lower from the high after meals, by doing this

gentle 'exercise' that gives your brain a break, that is as needed as those for eyes. We saw in 100s of videos in this book how after meals, all nutrients the eyes need are high, we can thus create the best eye cream (from tear lipids, proteins) for eyelids, cornea that exists on earth.

We need to spread our tear producing minutes proportional with the meal size and antioxidants eaten (ideally each meal has equal antioxidant load/100 cal), 5 min after 500 cal meal, 4 min after 400 cal meal, 3 min after 300 cal meal, and spread antioxidants evenly thruout the day, not eat them all in one meal, to protect all organs and eyes and give tears with 10 times the antioxidant level vs 9 hours after a meal; this way, we provide the highest polyphenol, protein, lipid, nutrient/minute spent that we can give our cornea, eyelids, dark circle area needing high quality cream, lipids, peptides, amino acids from tears, etc. We need the highest return on investment for our effort, time, etc, we need efficiency like with one language or immortality capitalism.☺☺☺ The most important time of the day is after the biggest meal, which needs to always be breakfast to prevent obesity epidemics. Why is the biggest time after waking up so critical? Well, the eyes were dry and nutrient starved for 10 hours of sleep and not eating. If you get busy with useless stuff right after meals, instead of giving your eyes a few minutes, you lose the best time to properly "clean *with tear lysozymes*" our eyes like we "clean *with toothpaste*" our teeth after meals also, and keep eyes clean, keep eyes lasting in good shape 3 times longer than today, just like today 90 year olds have much better teeth than millennia ago due to daily teeth hygiene. After meals you have air in the stomach due to eating, so always rest on the back, as resting on your belly will cause burps: after *meals*, your tear producing *efficiency* is far higher.

2). Preliminary discussion on unclogging nose and electrolytes and Na/K ratio. You will notice when you yawn to generate tears, that your nose will get clogged a little, so to unclog it lie on your back and if needed, do some of the classical youtube unclog nose exercises, like eyebrow, cheek, (they got tons of exercises on youtube, search for it). *Water drinking doesn't help much except if waking during sleep;* only smoothies or highly watery fruits/veggies with electrolytes *quadruple lacrimal output: tears have 2100 chemicals, not just water. If I eat a sky high electrolyte & calorie, yet semi-dry meal, it doesn't work, body knows when we eat 5 times faster digested both biowater AND electrolytes @ 10-30x > bottled water. Only then it allows electrolyte release for tear production, heart is # 1 priority. So eat high water/natural* (not pill, 50-80 g carrots/meal, kale got vitamin A and sodium, can incorporate them in every meal, eat 200 mg C/meal with carrots to prevent kidney stones) electrolyte @ EVERY *meal, to* maximize *tear volume next 3-4 hours when* blinking normally *or yawning for tears. Electrolyte pills have less than many fruits/veggies.* Fruit/veggie water electrolytes are bioavailable instantly, digested 5-9x faster (so make each meal low in fat, distribute protein equally in all meals, since high protein meals take long to digest, high fat even longer*) bottle water NOT, it's not structured even the same way, even if drunk with sky high potassium lentil+ some pineapple. The*

hypothesis (test it yourself) is that max 20 g (more if weighing > 150 lb) g protein with PDAAS 0.95 (27g if PDAAS is 0.70, since 20*0.95/0.70=27), 9 g fat/meal prevents dryness, other diseases, since we hydrate body well every waking hour, instead of only after 2-3 hours after some meals. 5 meals better than 3 if you don't drink super high electrolyte water in between. Too much protein per meal creates free radicals and is used for energy per some studies, not tissue repair, muscles. Tear output is triple on good sleep days, so yawn more then to heal eyes.

Some people eat a lot of potassium (K) and little sodium (Na); since Na helps hydration or water retention and K helps water release, high K/low Na can cause dry eyes when also eating highly diuretic fruits or veggies, as you can see from above, *tears have mostly Na, with only a tiny level of K and far less calcium, magnesium. Thus, people with low salt intake may like artificial tears with more Na and no K/Ca like* 0.9% saline alone *or saline plus the yawn tears or their favorite drop. On the other hand, dry eye means* hyperosmolarity, so people like eyedrops that have low osmolarity, meaning less salts of any type, less NaCl (main salt in tears). Some veggies have 50 times more Na than others. While low Na high K diets have huge advantages for lower blood pressure, heart rate, etc – they could in some cases cause dry eyes (because tears may have low Na and hydrate eyes less optimally), so try increase Na intake, change veggies to high Na ones, or eat salt, because a little Na increase won't increase heart rate or blood pressure, since you would be well below the cautious 1 g or the 1.5 g American Heart Association guide of Na daily.

3). How dry eyes develop due to low blinking, intense computer use, central heating and cooling. Dry or red eyes are often caused by progressive MGD seen in 42% of kids in some studies; as kids stare at textbooks or digital screens, they form a new lower average blinking rate that causes the ocular surface to be less washed with lysozymes and bacteria to grow and invade the meibomian "tear lipids producing" glands, clogging them and then preventing the lipid layer from forming; as decades pass, more and more lipid glands get blocked and eyes get drier, until the dryness becomes felt (well after it started and would only be seen via microscope via tear break up time and meibography at a stage early enough to prevent major clogging), leading to tear evaporation and severe dry eye, all over many years. However, even the eyedrops without preservatives have buffers with scary effects at times. ☺☺☺ Since 1970s more houses each decade came with cooling and ceiling or window fans, house or car heating, cooling vents blowing air in the eyes without sunglasses, so unlike ever in history, we had many people sleep in very dry environments without realizing. All these, plus digital screens, led to dry eyes. ☺☺☺

4). Why our tech is no match for each individual eye tear we get from yawns: our current technology can't correctly identify certain compounds in the parts per trillion/quadrillion well, due to the fact we don't know some compounds exist and they're way below parts per trillion, we need fresh tears and the moment we do the processing to run it via GC-MS-MS, we can lose

the compound (it can act as a catalyst for a reaction that produces a cofactor after tears were released, so it can be in the quadrillion parts range or much lower, impossible to detect with current tech, since a catalyst is much lower sometimes in concentration than reactants if it can regenerate) if the compound (catalyst maybe) reacts with junk or a brand new instrument material compound in the pathway from sample to the actual spectrometer where electrons bombard the molecule and split it into ions we identify. Chemists know how hard is to even tentatively identify a compound and to get a real hit, not a false positive. When you don't know what compounds to look for, it's even more challenging. Our analytical methods are simply not capable to fully identify all the compounds in tears and the role they have, as undiscovered (due to low concentrations) "stem cell cofactors, hormones, cytokines, vitamins", so there may be 1,000 compounds with important functions, yet we buy artificial drops with 5 compounds (minerals added to mineral stripped water and Na lactate and a lubricant) and hope our eyes will be healthy? Fed up with artificial tears, one day, I tried to simulate yawning and I got some tears, and then again a few days later and I discovered in May 2020, you can generate as many or more (if you spend more time generating) tears by simulated yawns (*just open mouth wide and breathe thru the nose and then you naturally start yawning without any effort on your part*) than with eyedrops and the natural tears have 100s of chemicals and are $1 BILLION to custom reproduce for each person (to match their local area immune system and etc needs, and even then our tech can't do real reproduction, because we can't even identify compounds at low levels that may serve physiological functions unknown to science), than any eye drop with 5-15 chemicals. Some compounds are electrostatically adhering to a part of the eye due to electronic interactions with cells, to prevent them from oxidation, due to the mixture of lipids and proteins, so when we isolate tears in a plastic vial we no longer imitate this perfect electronic, molecular environment, we disturb the chemical equilibrium, oxidizing the lipids, etc, causing compounds to react with others and our analysis to reveal that the compound is not there, when it is, but only if you photograph the tear molecules. This is why we need cheap scanners for molecular photography of any cell in the body, in every city Immortality Center, this is essential for figuring out how to cure every disease and live to 900.☺☺☺

5). Other advantages of yawning: PB 2014;130:145 etc say yawning cools the brain and increases its efficiency and alertness (when waking up we yawn too, not just when we go to bed), so that's an extra bonus: you can use it while at work, by closing eyes, cool your brain so you feel much cooler and need less AC (which dries eyes) at work or home, since it creates the illusion you're colder. But yawning is also a home method to induce sleep, to decrease alertness, to start the sleep body repair chemical signaling, *when we simulate going to sleep, not waking up (lying in bed or in our car at work in lunch break, generating tears, closing eyes), and trick the brain to start body/eye repair and to lower cortisol,* inflammatory cytokines since "the day and stress is

over" and now we can relax *(like when simulating smiling*, we *trick* the *brain* to release endorphines and make us happy for real eventually). This repetitive "every few hours" tricking and lowering of inflammation can slow eye/body aging*, which is a product of inflammation*.

6). How to generate free yawn tears: Get good sleep. Close your eyes, while relaxing on your chair or belly (and at least 25-50% of the time *relaxing on the back on the bed to get more tears to the corners of the eye, which get less water and need it the most; on the back tears that fall towards nasal half will drain fast into the duct but that's OK*) to get more tears to the eyeball center, *so tears don't go into nasal duct, and* ☺*focus your* entire attention *on yawning*☺*: open mouth wide, very wide,* as you do when you yawn big*, and* ☺*HOLD* MOUTH *OPEN*☺ *for 5 to 20 seconds (even while exhaling), as this will wet your* eyes *in record 10-30* seconds *time*, faster than even trying to put a drop and have it reach the eye perfectly (not easy). If eyes are very dry, and yawns don't produce much, it helps to immediately wet them with 0.9% sterile saline, since this water will make the 2100 nutrients in tiny tears you generate spread faster, if you underproduce yawn tears, which is typical on very dry days. Tiny tears have a hard time to spread faster if eyes are super dry, remaining stuck near the orifices. To get faster and stronger results, you can additionally activate the superior salivatory nucleus, linked to the lacrimal and MGs via the geniculate and pterygopalatine ganglions, as this can increase or quicken tear generation by 5-20 times: *while you have mouth open to induce yawn, move tongue from its resting position,* to slightly *above* mouth floor, *then midair* inside the mouth still*, then* roll *it towards* back of the mouth roof *as if simulating real yawns; each person yawns differently, but once you discover the tongue movement that maximizes tears for you, you can generate 10x more tears since it triggers a real yawn, not a fake yawn; each person has a different tongue position that causes huge saliva and tears coming, discover it,* took me 1.3 years to discover moving *tongue* is so important *and saves so much time*. I no longer use the tongue method, since the reflex got so strong, each time I pretend to go to sleep, going in bed and placing eye mask, earplugs on, I trick the brain I go to bed, so can yawn and generate tears. We need uninterrupted sleep, 8 hours min daily, no eating or computer work for 5-30 minutes during sleep, since even 5 minutes of interruption can affect tear production the next day.

If this is too complex or hard to do, there is an easier method of keeping tears going any time during the day when trying hard to yawn is not fun or practical: *simply chew as if you had gum*, to *produce saliva as this stimulates the ganglions* that get suppressed by high stress (stress coming from bad sleep or etc turns off the parasympathetic nervous system, while chewing turns it on); so you achieve 3 things: *1*. *neurogenesis* stimulated by chewing (don't use gum, just empty chew, gum is too toxic, menthol, mints destroy nitric oxide, shrink brains by contracting vessels, due to an innate reflex in the brain, see how toothless people given strong dentures recovered from cognitive decline due to chewing pressure causing signals of neurogenesis), 2.

stronger *immune* system (like water drinking too, which stimulates belly fat loss, fat which is inflammatory for eyes) to fight ocular infections stemming from dryness 3. *wetter* eyes☺☺☺, since eye lacrimal glands and salivary mouth glands are sharing some neutral network nodes; we have an inborn reflex to *destress* and *turn off brain and eye inflammation when we start chewing*, as this signals eating and that's why stressed people gain weight (they can't cope with stress and the only way to turn on the relaxing safe feeling of parasympathetic is by digestion, or eating); so when you chew (not your finger nails or skin as people do at times when stressed to relieve their brain of stress by the same mechanism), to produce saliva, without eating, you trick the brain to lower stress hormones and the lacrimal system to produce again; you also, if currently you chew fingernails or finger skin, to break the addiction simply use the Amazon 8 cotton gloves/7$ set for 5 months until the neural connection is erased (long girl fingers use these, long guy fingers use these XL since cotton shrinks, these can help those who don't chew nails or skin too, to keep hands clean, avoid scratches during house chores, so when you touch face or anything with the hand or eyes, it will be a much cleaner hand; use moisturizer to prevent dry hands, typical of low fat diets vegans; will be able to chew less your nails by simply chewing to produce saliva or using the breathing technique, as the stress relief is achieved without eating the skin or nail, the brain craves chewing, not eating the nail; this desire is often caused by extreme stress during pregnancy, which causes a special need for solace *(relief from maternal emotions being felt in the womb or even after, if parents or one parent has temper flares that the kid feels (natural empathy) no matter how hard the parent tries to hide it)* once born, so kid starts chewing once seeing someone do it, due to the relief it provides the brain; this is especially true for kids who don't receive much affection from both or one parent; studies show moms who breastfeed only 4-12 weeks bond less with kids, so they increase chance of kids chewing nails or finger skin; so, you will notice quite often, first born is the least breastfed due to inexperience, so 1st born will chew more; so, if you have kids, love them, pacify them via serene music and eterni speech tone☺☺☺, hug them, massage them and breastfeed them 1 year at least, as that reduces stress, increasing bonding and communication, verbal and nonverbal, infants/kids are stressed by the new world outside of the safe womb and love provides a feeling of safety that reduces cortisol; emergency is gone when we chew, so neurogenesis and repair can start, as it does when nutrients come from a meal; it also keeps belly fat under control, helping you to lose it.☺☺☺ Chewing is also keeping teeth remineralized, prevents cavities and associated oral inflammation that inflames the eyes too; it prevents overeating, and burns calories too, forces you to drink more water to hydrate body and produce more saliva and tears. Lastly, if this is not enough when ultra sleepy at night, gently massaging the lacrimal and surrounding eye area (zygomatic nerve is linked to lacrimal) could help too. During daytime though, the salivation and eye massage are not needed at all, but I do it daily for 20 seconds during warm shower to stimulate meibum flow.

This simply releases the temporarily stored tears in the lacrimal glands, causing the glands to work a little extra (not much though, since we would yawn only once or twice a day usually, working to unblock MGs; we produce a lot of tears every day, so these simulated yawns may mean glands produce 10% extra at the most if you generate tears 5 times daily); an unknown is what effect the tears have on the eyes long-term, since the foreign body sensation tears are different than normal or yawn or laughter tears (*which simply discard some extra tears due to stimulating facial nerves linked to lacrimal ones, so I believe yawn tears are identical to normal tears of our film, unlike foreign body sensation tears; we yawn anyway and our eyes get wet, we don't realize we got free tears from nature and we open eyes, so they drain via nasal duct, instead of keeping eyes closed after yawning to take advantage of those 1 million dollars worth of tears with therapeutic chemicals etc*); the foreign body sensation tears contain extra chemicals (more alkaline) to kill bacteria linked to the foreign body. *Basically, at the computer we often blink only 15 times each 5 minutes, if your eyes get dry, you can just blink 100 times in a 5 minute period, as this will produce a lot of tears and lipids, as long as eyes are mostly closed it could have as much healing effect as artificial or yawn tears, yawn tears have the convenience of coming in bigger batches sometimes (but not as big as artificial ones) and faster at times of dryness. Don't briefly yawn many times, just 1-3 ultra long yawns will achieve much faster and better result. Feel free to give up yawns if it takes too long and try* laughing by watching these laughing videos, ideally after a meal or drink (hydrated), when you can relax 5 min: subway/tram laughs: 1, 2, 3, 4, 5, 6 *news laughs* (these are the *most effective in generating copious tears*, since our brains instantly laugh when we see others laughing, this is way better than comedy or reading funny articles on theonion.com or whatever): 7 (11 min), 8, 9, 10 (long 11 min), 11 (long), 12 (18 min), 13 (3 min wedding vow & 2 min vow), 14 (x factor 13 min); can also watch dozens of hilarious RSS or web streams and once tears are generated, immediately close eyes; as with unpreserved eyedrops, then keep eyes closed for 4-10 minutes (with the face facing the earth much of the time, not the sky, so gravity won't let the tears drain too fast via the lacrimal duct into the lacrimal sac in the nose, you want to soak eye surface well for 3 minutes at least, so lysozymes can kill bateria, blink once or thrice) to let the tears (made in the lacrimal glands) soak the eyes well and then, finally, flush the debris via the nasolacrimal ducts, (which for some can become blocked leading to watery eyes), while you *meditate*, so the redness disappears too; just as with *unpreserved redness reliever free* eyedrops, ☺☺☺ *redness disappears only if you wait 5 minutes after eye drop application*.☺

7). Meditative alternatives to yawns when you're bored of yawning: yawns have many drawbacks, like oxygen depletion unless you inhale deeply first, burping, so yawn while *lying in bed on* the back, *not on your belly, as back reduces burps 900 fold*. It's also boring. Thus, at times, you would want an alternative besides laughing (quiet, learn how to induce it at will),

watching comedy, like the infinite happiness exteriorization and internalization of energy exercise (or simply the astral exercise, radiation part, no elongation, etc, except we exteriorize thru eyes more, not just the upper body mostly) where we take in cosmic light thru crown and exteriorize it thru the 3 eyes (3rd too), process which can be consciously manipulated to generate tears without yawns or laughter, due to the sharing of certain neural networks. The problem with laughter, even the quieter one, is that it depletes us of oxygen. Yawns can do that too a little, so we can try do inhale (energy in), exhale (energy out and reentering crown). It helps to see all humans as those shimmering luminous Immortals, that are infused with this golden or whatever light that grants them trillion years lifespans, the whole world shimmering with trillions of colors, roads, buildings, like palaces of crystal of the future era, to step outside of our century into the world of Immortals. This will make our 'dry eyes' a blessing in disguise, that helps us to meditate and breathe more often, healing our entire body and maybe even helping us live longer as we oxygenate ourselves better (open windows for fresh air) and are calmer (use earplugs or soothing music if noisy where you are, so this is a nice experience first time, do it in nosy places only after you reached high bliss many times while producing the Living Waters of Life and Immortality, for your eyes at least). The alternative way gives us much needed relief when we're bored of yawns. It also provides extra safety, because yawning too much may not be good during daytime if we need do tasks that require high level of awareness and wakefulness. The meditation ecstasy states described later can be experienced 0.1% almost any day when we had some decent sleep, if we do this conscious breathing and energy circulation. It also provides a great oxygenation of our body, much needed in order to defend against COVID19 or anything anyway, that we need before a yawn or if we want to heal our eyes thru stem cell gradient production. Over time, for some people, this may become their preferred choice, though none need believe at all in soul or tech astral travel or any energy to simply visualize and 'feel energy'. While yawns reduce alertness and put us into a sleepier state, the meditation method can wake us up as we become energized by oxygenation and the '*infinite* bliss' of endorphin flood. If you experience bliss, continue for even 20 minutes, so your brain gets some healing from the inflammatory mediators of daily stress and reduces cortisol levels in you.☺ You can discover many new ways to generate tears on demand once you understand how your brain works better. But this provides an idea to develop new ways. We want to discover a quick way that heals eyes. Use 20x mirror, before and after different tear generation methods and see which one is better. Exteriorization thru eyes increases blood flow, neuron growth, but it may make eye red, increase ocular pressure causing glaucoma. Be careful. Monitor pressure.

8). Alternative tear generation using cold compress: when yawns, laughter, meditation don't work easily, you can get a cold compress (described here) and place it for 3 minutes on your eyes and you will see a natural tear reflex and moisture building a little; this is explained in more

detail in the cold compress section. If you don't want cold compress, use sterile saline drops to wet a $ store sterile gauze, wipe ocular area and then place a silicone mold pair of glasses to make ocular air humidity 97% (simulate rainy weather), hydrate cornea, prevent natural tear evaporation. We don't need to use a cold compress, one out of fridge that is left to warm a lot, will be very wet and achieve a mild soothing effect, plus hydration. Just recall to wash eyes daily and the compress twice weekly, to prevent bacteria buildup. ☺☺☺

9). An extra tip for the veteran yawn tear generators: In April 2021, after *11 months of generating tears, I discovered something mind blowing that makes generating tears far less of a hassle*. Using the most natural artificial tear out there you can find, that contains Hyaluronate (a sticky component of the mucin layer of tears) that matches perfectly your natural tears pH before generating tears, allows this sticky gel to hold those 2100 chemicals in our tears on our closed eyes for far longer; once you generate tears and become a 'veteran' at this, you will discover one *very* annoying issue: tears we generate drain into the nasal duct quickly even with eyes closed; so all our effort and the draining of lacrimal reserves are yielding fleeting comfort; if we can hold those tears on the entire ocular surface for much longer (*without punctal plugs, which have many issues, due to potentially causing lacrimal gland atrophy or infection, since the eye gets signal eye is wet, and the stagnant pool of water on the eye gets super enriched with microbes leading to worsening inflammation, since gunk is not washed into nasal duct and swallowed, without contact lenses, which have their own issues, cover only iris usually, like not washing entire eye in these nourishing 2100 chemicals*), *preventing the yawn tear drainage*, we can achieve 10 times the healing of the ocular surface with 5 times shorter tear generation at any given time; this in turn allows us to generate tears more often daily, as we didn't drain lacrimal reserves and our mental energy and patience reserves, by yawning so hard. The value of this is enormous, because our tech can't replicate human tears, even at $1 billion price tag for reasons explained above. How can we *prevent the yawn tear drainage? The safer way is to keep eyes closed for 5-10 minutes while lying horizontally, the other is using some 1st century after PubMed (so called 21st) eye drop that is* very hygroscopic (water retaining) tear with hyaluronate that you like: the water absorbing hyaluronate will *hold the natural tears with their chemicals well*, and we have to generate less tears, but you also get the toxic effects from artificial tears, so you may prefer eyes closed for 5 minutes while facing the sky or earth core to wet all ocular areas well, without allowing yawn tear phospholipids or polar molecules to ease transport to cornea of toxic ingredients in eyedrops of our stone age. ☺☺☺

It's good to wet patches of some ocular areas that were deprived of continuous presence of those chemicals during the day, due to poor blinking habits, etc, which led to gunk not being washed, inflammation rising, atrophying the MGs (producing lipid layer of tears) which then led to faster evaporation of the aqueous layer. For some people, the reflex of automatic tear

generation is not working very well, so this would come in handy, *since artificial hyaluronate tears alone* don't have the same healing capacity *as the hybrid of generated tears mixed* with artificial; not to mention, *our tears have lipids, especially* if we *blink* a little*, which lack in most hyaluronate tears,* the *lipids* are key to keeping the tears from evaporating if we open the eyes 1% without realizing while we sleep, allowing us to provide a much needed therapy before we go to bed each *night* at least, if not during the day too a few times when we recall to take a break from screens.☺☺☺ Why *hyaluronate* tears? It's a natural lubricant, unlike others which cause irritation if held with eyes closed for a long time it's also extremely hygroscopic compared to others, so a 0.2% hyaluronate brand will gladly retain our tears and remain quite sticky and bound to the conjunctiva mucin layer. Clean orbital area creams before bed, to protect eyes from chemicals. When cleaning, don't let running water over forehead wash out cream downwards on your eyes, as some will stick to the eyes and get into the eye when generating tears. Instead, cover your eyes when washing the cream or wash eyes with soap afterwards to use soap surfactant to remove it all or use a sterile alcohol pad to remove creams above eyes. You don't want your night foam mask to get all sticky with facial cream, powder that may make eyes red; I did that mistake, yet in just 1 hour my eye got so white, by removing the cream, and 4 things repeated 2x in order: 0.9% saline to wash eyes with 6 drops/eye, Hylo Gel, cold water trickle from the shower, yawn tears. The very red eye became the whitest at 2 am in 3 months.

10). *Dry* versus *red* eyes – what each needs most. If your eyes are very dry (you got meibomian dysfunction), not so much red, you can use sterile saline solution (or one Hylo or other 'all natural tears chemicals using only chemicals already in our tears' hyaluronate brand that matches your tear pH to minimize inflammation, right before you start generating tears to make the process of spreading the chemicals easier and provide instant dryness relief; often times when ultra tired, you don't even know if tear generation will work well, might as well provide safe non-chemical saline solution for instant dryness relief; after that, try to blink fast 10-20 times for 30 seconds (not too much though as you lose all tears into nasal duct) right after generating tears (lacrimal glands) to produce lipids (via meibomian eyelid glands) and spread them evenly on the whole ocular surface, blinking produces lipids that lubricate the inner eyelid and reduce friction and irritation (inflammation), lubricates the eye and soothes it; if eyes are more red however, with no dryness and healthy MGs, no blinking for 5 minutes is logical, since blinking also drains some water you generated into the nasal duct. ►► *Red* eyes need more water *with the* 1500 proteins, amino acids, etc in aqueous and mucin *layers (100 proteins from lipid layer too) to become white* (lacrimal glands chemicals that is). ►► *Dry* eyes need more *of the* 600 lipids of the lipid layer, in addition to the *water* and other 3 layer 1500 chemicals, to feel good, moist, prevent inner eyelid from *scratching* the dry cornea (scratching causes cytokine storm, redness, dryness etc). If our eyes are both red and dry, then we need both to retain those

lipids and tears well, so we can blink a few times right after to allow water to spread the lipids from healthy glands to the areas above the clogged or atrophied ones. ☺☺☺

11). More on yawn tears generation, advantages and how to implement a yawning routine. When you're very tired, yawns are hard, so you could simply plan to yawn after meals and sit on the bed, with stomach facing the sky. Rest on your back as that eliminates burps 90 fold; once you train your body into a routine, it becomes like Pavlov effect, you sit in your bed position tricking the body you're going to sleep and generating tears, etc, you use eye mask, earplugs maybe to further enhance the illusion and tears come out sometimes just from the position. Yawn tears provide instant relief like no eye drop can, much better feeling, kept for far longer via hyaluronate thick gel drop right before tear generation if you don't like yawn tears alone. You can do this after meals or use phone alarm to create 3-10 (most in the first 8 hours of waking when tear generation is easier) reminders/day with some mp3 song (no alarm sounds) in your eterni tone to "change tone, generate tears, keep eyes closed (use phone 8 min timer if needed), to relax brain (reach infinite ecstatic blissful happiness or learn to smile and be a million times happier than usual), relax stomach if after meals". ☺☺☺

Our brains are very easy to trick with simulated smiles to "produce happy hormones and reduce aging hormone cortisol secretion", and with simulated yawns to produce tears. When we yawn, *we can consciously work to significantly trick the brain we go to bed (simulate it, lie in bed as* when sleeping*), in order to induce the* strongest possible system wide relaxation response *and associated* chemical changes, *so the brain will relax and lower cortisol, chill out* and prepare for sleep, so *we diminish some of the* primary *drivers of* eye aging*:* stress hormones and catecholamines; this *lowers body inflammation and further helps the* eyes *to heal from over inflammation* caused by dirt, dust, pollen in the air that were not flushed by tears *into the lacrimal sac and began to rot there*. *Then do relax and pretend to sleep for 5-10 minutes, since eyes need those drop chemicals to heal, while closed.* don't use/contract the eye muscles, as that can create temporary wrinkles for the lower eyelid if you do that excessively for months; yawn by opening the mouth, without activating eye muscles too much (*let the* yawn *be quite natural though, so tricking the brain you go to bed works*); if you ever use thick drops without generating tears right after, wash the sticky eyedrops that missed the eye within 3-5 minutes or let the generated tears wash them out, dilute them, as they can dry out and contribute to lower eyelid wrinkle formation; wear sunglasses often; don't stress eye muscles when using yawn or artificial tears, as that will create tiny wrinkles faster, that nobody sees except from 1 foot away; practice "my eyes are relaxed" meditation to reduce inflammation, relax eyes. ☺☺☺

The tears are so abundant at times after yawning, they spill over and wet the under eye area and the eyelids, face, nourishing them with amino acids, lipids, nucleotides, antibacterial enzymes

(that prevent acne), *water, keeping that softest skin of the body hydrated* and younger looking, so much so, in 50 years, one may look vastly better (less raccoon eyes in their 90s, no need of creams for dark circles *anymore, see* cold bag section) than someone who didn't do this to heal their eyes or to keep them in top shape in old age. If at home, lie in your sleeping bed, to further trick the brain you're going to yawn like you do when tired at night, and dedicate more brain resources to yawning simulation, not standing. Thus, before you weaken eyes and bank account with typical quite toxic *artificial* eyedrops, instead of the natural hyaluronate artificial drops (which have drawbacks too, like citrate bufer or any buffer has, so yawn tears and saline can dilute these buffers), drink more water, eat more *vegan* algal oil that has EPA-DHA, and then if dry, yawn by opening mouth wide many times and wet your eyes, blink too to produce lipids. This gives you far healthier tears, with far healthier unoxidized lipids than the "3 layer restoring expensive eyedrops" with oxidized fats (light and aging, heat, etc, inducing eye oxidative stress, free radical damage such as floaters). The natural tears from yawning stimulate the MGs too, giving 590+ lipids that are absent in man made eyedrops with just 5 lipids, yawns flush the eye well. The MGs producing tear lipids will atrophy slightly if we put tons of eyedrops with fat (signals it's enough, we no longer blink to generate 600 lipids, relying on 2-10 artificial lipids only), or even without fat (gunk accumulates due to tear evaporation). Thus, we need real tear lipids, flushing, blinking. When we yawn, blink right after, we send neuron signals to MGs and lacrimal glands to start exercising, to not atrophy beyond repair. Thus, try yawning first, a lot, and only use healthy artificial tears when absolutely needed (or only as part of the yawn routine if yawns alone are insufficient for you, with hyaluronate and natural chemicals only), to prevent having to put 20 eye (not two) drops in 20 years as the glands die out or shrink. The neural signaling during yawns is totally different than what happens with artificial tears.

Yawning can help heal MGD and keep lacrimal glands in top shape (they atrophy with age ever so slightly). Yawning is VERY difficult if you wake up in the middle of the night or at 7 am, or after a long nap and then want to sleep another 2 or even 6 hours. ☺☺☺ In these cases, you may want to have wet eyes, since not blinking for 4 or 7 hours led to somewhat dry eyes. If that is the case, before going back to bed, it helps to drink some electrolyte rich water, filtered water or spring water (or use food processor to liquefy watermelon or pineapple and add to it reverse osmosis water) or eat some watery veggies too. Because the brain is in a sleepy state the tears don't come instantly as they do the rest of the day, so you need extra effort to avoid the trap of not wetting eyes or of putting toxic eyedrops because of laziness. *Don't give up, it's way better to use your own tears*. So, *in these sleepy states*, for best prevention of eye issues, if eyes are semi-dry, try wet them by gently raising your head a little as if leaning on your elbow, so *your head is vertical, not horizontal*; this signals to the brain to be awake, so the simulated yawns are done easier and more fully, lacrimal glands will respond much faster and makes yawning and

tear generation *far easier*. If you do that, you can go for a week without artificial tears (if dry eyes are not very dry) and only use those healthier artificial tears (see below) with therapeutic agents, like pro*vitamin* A, vitamin E (Stye eye ointment), hyaluronate, zinc (Bion Tears) rarely to heal any tissue that was damaged when you were too lazy to wet eyes or too misinformed, and used redness relievers or the worst preservatives.☺☺

12). When I'm too tired to yawn or too dry to generate tears, what tears do I use in my life and what did I use prior to discovering yawn tears? After 2021, I use saline 97% of the time. On 12-22-2020, after 40 days of using artificial tears more often (once a day at least usually), I realized they didn't improve anything (even after trying for Dec 6-27 Refresh Optive and Dec 18-21 Mega-3, not daily though, and then returning them Dec 22) versus using more minimalist ones (Hylo, Clear Eyes Advanced) twice a week. It *made me realize that it's worth trying to generate your tears no matter how hard it may seem* and avoid the brands with so many chemicals or temptation to have many brands of tears (which leads to temptation to use them since "you bought them anyway" and *they can do, if heavy chemical type, more damage than generating your tears, which sometimes, like at night, takes 30 times the effort and time to produce vs squeezing a bottle 10 seconds; but in life, what is much better is worth the extra effort; laziness gets us nowhere*); in Oct 2020 I used 1-2 drop/wk by emphasizing generation, then Nov-Dec I moved to daily drops to provide a break from yawning so much. On 12-28-2020 I started using Hycosan Fresh (ebay) (same as Hylo Fresh) and Boiron saline for 10 days only, then 0.9% saline on 01-07-2021, plus Hylo Dual, Hylo Gel) since I ran out of Hylo Care on 12-20-2020. In 2021, my *main* drop has been saline (it is now my main drop, the only thing I use at night, and during the day for many days in a row often) and then Hylo Gel. Recently I didn't use Hylo Gel much, due to sorbitol. In 2023, Optase launched Hylo Relief, so I love it more than any other Hylo product, no "sorbitol, ectoine, B_5". However, glycerin can cause eyelid swelling, so don't use if eyelid swells. ☺*Recall to* clean the eyelids *daily or at least twice weekly, because sticky hyaluronate (0.2% instead of 0.1%) or* any type of sticky tears (Refresh Optive, Mega, Advanced, Celluvisc, 90+ others) *if not diluted with yawn tears or* sterile saline tears *right before or after) can dry on top of the* MGs orifices and clog them temporarily *and to* check if the orifices are open*, otherwise, sticky thick tears can do more damage than good*. It's critical until you return to normal, to check daily, clean daily, etc. 2015-2020 I used Clear Eyes 7 symptom, then I gave that out as it had redness reliever, and tried Refresh Optive, "Refresh Plus" CVS equivalent, Celluvisc 2 months in the summer of 2020, then moved to Hylo Care and Clear Eyes Advanced mostly until 12-20-2020, when I started used Hylo Gel more, besides Advanced until April 2021, when I stopped using Advanced much (maybe once a week) due to rather acidic pH and odd preservative and borate buffer; in May 2021 I stopped using Advanced completely for 2.5 months, then decided to use it less, due to the risk of phospholipids forming eye stones; in Oct 2022 I stopped Advanced

forever; in September 2021 I stopped using any drop for about 2 weeks except 0.9% sterile saline to discover how good saline alone is (even though I resumed using Hylo Gel, Clear Eyes Adv, etc in October) – though saline alone is not as good as combined with other drops, at night especially, (even if you squeeze eyelids a lot and blink 10 times to remove 50-70% of thick drops to avoid night irritation due to insanely big drop size this stone age century). ☺☺☺

This 2.3 week experiment that blew my mind into how well saline alone (9 days there was not even 1 drop of Clear Eyes Adv) can work for those with milder dry eye at night and day, was due to having noticed all drops cause a lot of problems if used at full strength *(no blink, squeeze to get much out to reduce drop size from artificial 30-50 to natural 10)* without saline first, especially thick ones; there is a lot we discover when we do 20x mirror and more testing on actual drop amount and with or without saline first to dilute and soften impact. Vitamin E in capsules (olive oil) around eyes can also help the dark circle disappearing and eyes to get extra E, though 200-400 IU d-E will get more. Using a drop with tons of ingredients at 0.1-3% (not 0.00000000001% homeopathy) is like the equivalent of 10-50 other drops with mostly water and salt in terms of possibly unknown side effects from emulsifiers, polymeric lubricants, buffers, inactive ingredients, humectants, osmoprotectants; so it's good to have some minimalist unpreserved drops on hand for days when yawning is not productive (tired, etc), it gives us peace of mind too. People with MGD will naturally like tears with lipids. I found saline tears 15 times cheaper than normal tears, that have no ingredients and due to slightly acidic 6.5 pH, they may go fine with yawn generated tears, which may be more alkaline than the normal tiny droplets we produce by blinking. Many may be able to do fine with sterile saline 5-10x/day, yawns 3 times/day and a lower pH Hylo rarely if their tear pH is lower than 7.0. ☺☺☺

13). An extra tip on persistence for the yawn enthusiast and veteran: On 12-23-2020 at 4 am, I broke an old habit of never even trying at night to generate tears if I wake up to pee and notice my eyes are not super wet; you do need to sort of wake up for 5 minutes, since you need to oxygenate brain a little to wake up fully and have neurons respond to yawning and tearing conscious effort. I opened window and generated tears in the middle of the night first time ever because I first did pranayama, long inhale, short exhale, to oxygenate, since yawning deprives us of oxygen/air if too much when doing at night and tired; so this way, by first oxygenating, by first filling lung with air by longer inhale, I was able to yawn longer; a long yawn can produce tears easily, short yawns are a waste of time and leave you airless if many; so get enough air, then do a long yawn and see how fast tears come vs many short yawns; oxygenating and exercising belly is good to lower inflammation body wide, as belly fat is killing us slowly; by mustering enough will to not give up immediately as every other night and some fast pranayama and also equal length inhale-exhale of medium or medium-long duration it worked; the body is a machine, once you know how it works you can fully control it to produce meibum via blinking,

tears via yawning; laughing, etc; *some exercise a lot their muscles to become athletic, but in this day and age, we need athletic eyes to read 200 papers a day, not muscles, muscles are useless* these days for research or discovering how to live to 900; ☺☺☺*our leg and hand muscles atrophy without exercise, same for our MGs without blinking, lacrimal glands without generating tears (relying on artificial tears)*; you will love pranayama it gives the same endorphin release exercise or jogging give, the "runner's high" - recall to also smile to release even more endorphins and make your tear generation more pleasant as it can be tedious sometimes and you really need all the motivation you can get in the initial stages to overcome laziness, belly fat and "using man made tears" temptation; you will know what I mean when you get there, it's very similar to obese people disliking exercise (too much effort) or lacking motivation; we're all "obese" or at least "rich in belly fat" (actually 97% of people have quite a bit of belly fat) in our *eyes exercising habits* too sort of, even the thin types like me (underweight people can have real belly fat too), since we blink 4 times less when glued to computers 12 hours daily, so it's like someone who walks 50 meters instead of a mile a day; our blinking muscles really atrophy too, not only the super critical glands; our digital lifestyle brings obesity of body and extreme atrophy of eye muscles, glands, plus immense stress on the "eyes" we never had for millions of years; recall to blink often while staring at digital screens. Your heart will thank you too, since if you don't exercise much, like many people glued to computers these days, this breathing is a way to get it pumping a little and do something to live a few extra years; *until direct seeing by direct brain imaging to visual cortex bypassing eyes, the telepathy of future learning, we need eyes to read 200 papers a day fast*.☺☺☺

*Re*member, *re*call the mantra "*respirate, rehydrate, regenerate, rejuvenate, recreate Eternal Immortal youth and* cosmic bliss states too, via slow conscious breathing thruout the day later, *as well as nutrient* conservation leading to slower aging*". We're (or we can, not required, just far easier to yawn long when tired (neurons are sluggish, a little extra oxygen brings responsiveness up so they generate tears) or dehydrated at night or when waking up, since we didn't drink or eat for hours)* doing a sort of "artificial respiration on ourselves" or oxygen enriching, not the normal one first, to fill lungs and body, brain with oxygen, long deep breaths before yawns so yawns can be long and tear rich. This rise in cellular oxygen and later decrease during normal breathing and yawning, creates the oxygen gradient that creates stem cells and renews the body and eyes. It recreates the eyes from within, with 2100 chemicals absent in store bought tears. Rehydrate, regenerate, rehydrate eyes again, via tearing and drinking fluids, smoothies, etc, keep self detoxified and hydrated; respirate, generate (tears), rehydrate, then 1 hour later drink water/smoothies again, then generate tears again even 2 hours later, even 5-10 times daily if needed, to rehydrate ocular surface, recreate the whole body with stem cells; sleep well as this helps generate tears easier too; repeat with persistence until your eyes are healthy, white and

moist, no longer red and dry. Recall to take warm showers or warm ziploc bag touch to liquefy oils in eyelids or use cold water ziploc bags to reduce redness, and keep those neurons and areas stimulated, alive and oily tears flowing, MGs *functional by blinking often*. Stop all activities on digital screens when eyes are dry or red, recall the cold ziploc bags, hydration, yawns; eyes need a break, they're not made to stare at screens all day; the same is true for any muscles, we can't do pushups all day. You're most hydrated after eating smoothies or drinking water, so within that first 30 minutes tear generation is easiest (not before a meal, when you didn't hydrate for hours, but right after). Use all these ideas to design a strategy against dryness that works best for you, as dryness drives all inflammation and redness later. ☺

14). A final note on the more *toxic* artificial *tears*, plus *healing* the eye that may be redder. The redness reliever tears *are only showing their bad effects when you discontinue using them* and try some simple tears or your own tears, which enable you to see the rebound redness they caused, that can be worse than before, or eye dryness, that can be worse than before. You also notice that you need to use far more of the redness drops, initially maybe once a month, then once a week, then twice a week, then daily, then twice a day, etc until they become almost useless and you no longer use them and you see they made long-term your eyes worse. If you used the junk tears for $5 with preservatives like BAK (benzalkonium chloride, $C_6H_5\text{-}CH_2\text{-}N^+(CH_3)_2C_nH_{2n+1}Cl^-$, n=8,10,12,14,16,18) etc and redness relievers, in one eye only, that eye may get rebound redness, more dryness later on, so stop using that and switch to *yawns* (directed at the redder eye) and only unpreserved eyedrops when/if yawns fail to improve the condition; try yawns only first (when *yawning* focus the opening and yawn on the affected eye more, as that one needs more drops to reach equal whiteness with other eye before you started using toxic *redness reliever* eyedrops, just as with energy exercises in astral travel, focus attention and energy there and stimulate the lacrimal gland above the redder eye only) and see how that goes, but don't expect instant results if you have been using redness relievers causing rebound redness for many months daily or even 1 year (it may take as long as the time you used redness relievers daily to return to normal); *yawning* will wet both eyes a little bit and to bring both to the same whiteness you will have to wait a few months (or however long you used redness relievers daily into one eye only) to see if it naturally heals by more focused yawning and selective lacrimal stimulation, without unpreserved eyedrops placed in the redder eye only. You will be blown away by the fact that if you wait 4-10 minutes, as with unpreserved eyedrops, after generating the tears yourself, you can get one eye you focus on become whiter due to more tears you generated into it, whiteness which will equalize of course as that eye will revert from equal whiteness to being redder for a while until it heals after months of daily use of toxic (because they cause drier eyes long term) preserved redness reliever drops which don't work any better at making eyes whiter than unpreserved without redness reliever:☺☺☺

11.17.3. Preservatives side effects and 106 preservative free eyedrops/ointments (95 pages)

11.17.3.1. Intro & recall to visit the 30 page humidifier section as this is enough for mild dry eye
11.17.3.2. Preservatives to avoid and how they damage eyes; use only unpreserved tears
11.17.3.3. Basics of watery, less eyelid swelling lipid free eyedrops: avoid phosphate buffer
11.17.3.4. 9 Saline Tears Brands: cheapest drops, least eyelid swell, best at night, least allergenic
11.17.3.5. 7 pages on Hyaluronic acid Ocular Effects & 10 pages on 7 Hylo Hyaluronic Eyedrops
11.17.3.6. 15 dry eye ointments (avoid: contain petrol toxins, block MGs causing drier eye later)
11.17.3.7. 56 other Preservative Free (PF) eyedrops free of lipids
11.17.3.8. 19 PF eyedrops with lipids (more gel like): 86% of dry eye is due to lipid deficiency

☺☺☺

11.17.3.1. Introduction: test thick drops at 20x carefully, as they can clog the nasolacrimal drainage, irritate, scratch, damage cornea and deliver toxic ingredients to cornea much more readily leading to increased damage. I now avoid thick drops at full size without saline first (only blink first a lot to squeeze out, so amount in becomes smaller and closer to natural 10 µL size instead of 30 for artificial drop), especially at night, having discovered in 2021 that sterile saline is often enough at night during sleep (since eyes miraculously produce a thick transparent mucus at night to protect us like thick drops do) and also, saline is often enough during the day, but, often enough only if you wear silicone seal glasses (hard to do it due to water blur, but some can live with it, by swapping pairs every 5-20 minutes). Otherwise, without glasses, the eyes get too dry quickly and you use more saline and eyes get red due to washing off nutrients and too much Na, and then you make a bad impression of saline, like I did for half a year, and ignore how much better and less irritating it can be versus all other drops (except yawn tears), if used only one drop/30-200 min max. This mucus is invisible at 1x, only when waking up and looking at 20x before showering can you see this mucus, and try pull all of it out with a sterile q-tip to see its nature, before shower removes it. This mucus may not be much in people who're choline deficient, since choline stimulates mucus and tear production, so taking choline, eating peppers and enough protein (they produce more mucus too; mucus is mucin proteins) may prevent using toxic thick drops. It's safer to avoid drops that contain calcium and phospholipids or phosphate within the same day, ☺☺☺since this may cause cornea calcification, which may require surgery. It's safer to avoid drops with unknown concentration of calcium or phosphate, since high levels of each can cause eye stones and atherosclerotic plaque (starts with Ca and phosphate) near the nasal vessels in the lacrimal nose sac, which could be many facial, ocular, brain vessels too, leading to eye and brain damage that is subtle and not visible like eye stones. Since companies don't indicate usually phosphate, calcium or phospholipid concentration, I avoid/minimize those drops. Note: at night, we don't blink, so if you use different brands of drops and ointments, they

may form new chemical compounds that may not be good.

Companies say "wait 15-30 minutes before using another drop or ocular product", but what if that is only true for daytime when we blink 4000 times more? Not to mention, they add lanolin for example at 3% or more in eye ointments and it has 10,000 compounds at least, if it takes 25 years for one compound to bioaccumulate and cause severe damage, who would know if no such 25 year daily use 1-3 times daily study was done? Who has the $ to isotope label every lanolin compound, mineral oil and see where it goes and what it does to the deeper eye structures? That's why reading a few papers or this chapter helps, since it may be 500 years before they know what is truly safe for eyes, among the safest products today. Not everyone has the same genes, if our genes come from people who lived all life in low wind areas, their eyes are not equipped to deal with 10-30 times more bacteria, animal feces particles (dogs, rats, cats, cows, pigs, birds, etc) dust that wind, drafts, central air, fans, etc bring today due to the love of 'living near the windy areas' or modern convenience without daytime wind protection. So a study where everyone comes from windy areas will lead to totally false conclusions for people who lived in no wind, no dust area. At night, that stuff takes way longer to flush and dissipate, so do more research before using a drop at night on top of another drop or ointment, unless it is just saline solution with salt and sterile water; even ointments that some papers say 'OK to use during daytime' may have so many compounds (lanolin or wool fat got thousands of ingredients and it's part of many ointments) that are reacting with other liquid drops used during the day. 200 years ago doctors prescribed what are now known as poisons, 20 years ago they used thimerosal mercury preservative in eyedrops, and people used non-sterile eyedrops 150 years ago, etc – so 200 years from now, what will people think about our eyedrops and the way we mix them and there is no PDF emailed to people to explain these chemical reactivities of ointment compounds and liquid/watery or more gel like tears. The food/cosmetic industries are allowed to not list some ingredients, is that true for eyedrops? We got buffers, surfactants, preservatives, emollients all with reactivity, except for mostly inert hydrocarbon mineral oils.

11.17.3.2. The toxic effects of preservatives and why avoiding them is best

Preservatives: if you don't want to go to the bath while at work or practice yawning for 3 minutes discreetly at the desk, you can buy eyedrops: with preservatives or unpreserved (also called preservative free PF).☺ The only truly safe eyedrops today are ones that contain no chemical not found in tears (or if found, at tear concentration not way above) and contain only water and NaCl 0.9% as found in tears, i.e. saline sterile unpreserved unbuffered tears. Why be so paranoid about additives not found in tears? It's because with any toxin, we humans are fine as long as it's eaten in amounts below our maximum detoxification capacity. Say we can only eliminate 5 µg of mercury daily, so we eat 5 µg for years and nothing happens; then we eat 5.5

µg daily and it accumulates, and then the damage that 0.5 µg (10% extra) does is 2000 times greater than what 5 µg did. A dam handles 5 million tons of water, but if you go above that, it will break. So is with buffers, preservatives that damage cornea, conjunctiva. The 6.5 pH saline is the savior of some people with aqueous and lipid deficiency, since saline drops can be used to compliment their generated or hyaluronate (sorbitol, citrate, hyaluronate are present in natural tears) drops and minimize toxic exposure, some may use 90% saline as their tears even *if* their tear pH *is close to 6.5*, 5-20 tears a day saline and 1-2 some drop they like, maybe alternating if more than 1 brand. All eyedrops bottles contain viruses, especially the preserved ones which after a few months get touched and contaminated so much. In 2023, FDA gave a warning that some preserved dry eye tears at Target, CVS, etc contain P. aeruginosa and other deadly bacteria that can cause infections and even blindness. All eyedrops contain preservatives, unless the box says "preservative free";☺☺☺ "incidence of pain and discomfort reducing from 52.4% to 7.8% following use of preservative-free compared to preserved drops... lower levels of burning/ stinging (40% vs 22%), dry eye sensation (23% vs 14%), foreign body sensation (31% vs 14%)... After a minimum 3-week switch to a preservative-free artificial tears, Ocular Surface Disease Index (OSDI) scores were significantly reduced for 97% of the patients, along with a reduction in frequency of superficial punctate keratitis" ► CO 2019;13:1409-25. ☺☺☺

However, some companies use marketing scams to call preserved drops as unpreserved. Some inactive ingredients combined can be more deadly than the least damaging preservatives as explained in the next 25 pages. The buffers, polymers used as lubricants, emulsifiers, etc are also toxic "the ideal artificial lubricant should be preservative-free... Preservative-free formulations are absolutely necessary for patients with severe dry eye.." ► TOS 2007;5(2):69-204, the *DEWS* (*D*ry *E*ye *W*ork*S*hop) Report (142 page PDF; this long PDF explains how eyedrops are formulated, how toxic some ingredients are). *The most toxic preservative is BAK* (benzalkonium chloride, for short, or alkyl dimethylbenzyl ammonium chloride, the correct name, with alkyl C_8H_{17} to $C_{18}H_{37}$; BS 2011;16(3):117-21 found 0.01% BAK (used in many eyedrops) is far more toxic than boric acid 1% (eyedrops boric is 0.1-0.3% as part of buffer); BAK was worse than polysorbate 80 which is itself far more toxic than boric acid, about 30-40% of conjunctiva cells died]. BAK was "shown to cause opacification increased hydration and corneal thickness and also cause irritation and redness of the eye. BAK being cationic detergent causes epithelial toxicity and is also responsible for a shortening of the tear film break-up time, disruption of surface cell layer and slowing down of the epithelial healing process" ► Pharm 2012;4(1):243-51; 0.01% BAK (0.01 is typical in BAK drops) "causes severe loss of microvilli and large holes in the cell membranes of some of the apical epithelial cells" ► Diag 2020;10(8):511; JOPT 2009;25(2):13-9 found in vitro toxicity at artificial tear concentrations for cornea/conjunctiva cells to reach 6-59% for *0.01% EDTA* (chelates metals, inhibits metalloproteases on the ocular surface, deprives "the tight junctions

between the epithelial cells from Ca2+ ions and thus weaken the paracellular barrier function of the epithelium" – dishonest companies list EDTA drops as unpreserved, but Bausch, the ocular company, clearly states Soothe Hydration is preserved with 0.1% EDTA (*10 times above* the 6-59% toxicity) and 0.1% sorbic acid, ☺☺☺ which could be reduced to controversial sorbitol), 23-59% for 0.0025% perborate $Na_2[B_2O_4(OH)_4]$ (banned in EU, not boric/borate, but used in US eye gels like Systane), 30-60% for 0.01% methylparaben (parahydroxybenzoic acid methyl ester, HO-C_6H_4-$COOCH_3$), 50-86% for 0.25% chlorobutanol, 56-89% for *0.025*% BAK (thankfully, at 0.01% usually), 70-95% for 0.0025% thimerosal mercury compound which destroys nerves.☺☺☺

Chlorobutanol, very toxic, used in Allergan Refresh LacriLube ointment (goes there at night and stays 8 hours without being rinsed by blinking and destroying eyes; so try Hylo Night or others instead, expires in 6 months, not 3 years, but it has no preservatives) and Lacril (US, Brazil, EU) 0.5% HPMC eyedrops "works by disorganizing the lipid structure of the cell membrane, which increases permeability of the cell, thus leading to cell lysis... causes cell retraction and cessation of normal cytokinesis, cell movement, and mitotic activity. It disrupts the barrier and transport properties of the corneal epithelium as well as inhibits the utilization of oxygen by the cornea" (hypoxia will cause redness, thicker arterioles due to need of oxygen); "The irritant response was found to be caused by the presence of chlorobutanol" ► SAMJ 1989;75(5): 233-5.

Yet even Purite or SOC (Stabilized Oxychloro Complex) (mix of 99.5% $NaClO_2$, 0.5% $NaClO_3$, traces of ultra oxidant ClO_2 to wipe out bacteria) causes corneal staining; PQ-1 stains too (polyquaternium-1 or polyquad, far less toxic than BAK, "Travoprost PQ (0.001%) produced significantly better cell viability and less apoptosis than travoprost BAK (0.015%)" ► CER 2011;36(11):979-88). They also make dry eyes worse over time ► CO 2019; 13:1409-25, that's why MDs suggest unpreserved if using tears often. Other preservatives include: cetrimide (a mixture of 3 quaternary ammonium bromides similar to BAK), sodium chlorite 0.005% $NaClO_2$ by OccuPure (Blink Tears, 9% electrolytes, 11% NaCl, 80% $NaClO_2$), Dequest/GenAqua (whose name comes from 'aqua (H_2O) that generates oxygen or *oxygenated water* or hydrogen peroxide (H_2O_2)') is sodium perborate (perborate is a peroxide (H_2O_2) bleach with B-O-O-B unstable bond, less aggressive than hypochlorite, *banned* in EU since 2010 in cosmetics, along with many borates due to carcinogenic mutagenic effects; perborate is made by mixing *borax* with *NaOH* ► $Na_2B_4O_7$ (borax) + *2NaOH* -> 4 $NaBO_2$ (metaborate) + H_2O; then $NaBO_2$ is mixed with H_2O_2 ► $2NaBO_2 + 2\ H_2O_2$ -> $2NaBO_3{\cdot}H_2O$ or $Na_2[B_2O_4(OH)_4]$ (perborate is $NaBO_3{\cdot}nH_2O$ or $[NaBO_3{\cdot}H_2O]_2$). Perborate with EDTA is used to slowly release H_2O_2 to act as an oxidizing 'disappearing' preservative. The least toxic preservatives in eyedrops are thought to be: polyaminopropyl biguanide PAPB $(C_5H_{11}N_5)_n$ or $[(\text{-NH-C(=NH)-})_2\text{NH-}(CH_2)_3\text{-}]_n$ and the similar (*same structure,* except 6 methylene CH_2 groups instead of 3 at the end of the polymer unit) *polyhexamethylene biguanide* PHMB *or* *polyhexanide* $(C_8H_{17}N_5)_n$ $[(\text{-NH-C(=NH)-})_2\text{NH-}(CH_2)_6\text{-}]_n$; ☺☺☺ PAPB is used in

Clear Eyes Complete *and other tear brands*, plus in many contact lens solution brands, PHMB is used in Clear Eyes Advanced & others; polyhexanide name is also used for R-(CH_2)$_6$-[(-NH-C(=NH)-)$_2$NH-(CH_2)$_6$-]$_n$[-NH-C(=NH)-NH-(CH_2)$_6$-]$_m$-R, they even call PAPB PHMB sometimes or viceversa; the n:m ratio =10:1 usually (on average m+n is 11, but it's 2-40, MW 1600) *(being a biguanide (n), not guanide (m) polymer primarily)* while the end R groups are one of 3: H_2N- 40%, guanidine NH_2-NH-C(=NH)- 25%, cyanoguanine NH(CN)-NH-C(=NH)- (35%,; *polyhexanide (PHMB) can* cause corneal staining ► OVS 2007;84(1):65-71. ☺☺☺

ECHA has got 10-100 page PDFs on their search for "PHMB" & "polyaminopropyl biguanide"; in pure form, not .01-.0008% in eyedrops, it's toxic to eyes/lungs. PHMB may cause conjunctiva epithelial barrier *breakage* and thus infection in vitro ► ECL 2008; 34(1):50-5, but it *may be poloxamine only causing* barrier *breakage, with PHMB action possibly inhibited by* macrogolglycerol hydroxystearate, since PHMB + poloxamine was bad, but PHMB + macrogol glycerol was OK. PHMB destroys bacteria membranes, this is why it's a preservative in detergents, etc; the cell wall of healthy cells can be destroyed, since normal and bacterial cells share similarities. A 50 page report on PHMB indicates, like many eye drop *polymers* used as lubricants, emulsifiers, preservatives, the impurities of polyhexanide, PHMB include: heavy metals and compounds with cyanide groups, which may be toxic in certain conditions that create *cyanide*, since excess drops go into the nose and we ingest or breathe a little these chemicals. That's why if one wants to use drops often, it's best to use one with minimally toxic additives, since they don't list all impurities of *polymers*. Dispose of PHMB vials after 3 months, since *PHMB byproducts start to appear after 30 days* ► PeerJ 2018;6:e4549. Byproduct formation happens with even unpreserved (Refresh, Systane) drops using artificial polymers as lubricants, emulsifiers and is nothing specific to PHMB*; gently return Amazon products expiring soon (instead of 1.5 years typical at CVS)*. MDs recommend unpreversed if you use drops a lot: Dr. Allen suggests using drops 4 times/day for dry eyes to keep them always very moist, so that means *yawning* 4 *times/*day for 2 min when dry, to avoid side effects of artificial tears.

A study found polyhexanide is much less toxic in vitro as a preservative than most out there at very low concentration *(not the same in all eyedrops, some may have it at 26 times higher level, 0.02%, so then it may be as toxic as other preservatives)*, with corneal cell viability *100*% (Vismed Light, $CaCl_2$, (though Ca and phosphate drops can form eye stones), NaCl, $MgCl_2$, KCl, *0.01*% EDTA (chelates metals inhibits metalloproteases) which *is very low vs 0.11% in other drops* (hence it's least toxic), 0.00076% polyhexanide, HA, sodium citrate, 10 mM phosphate buffer) versus *63*% for *PolyQuad* (Systane Ultra in the study, but also used in all preserved Systane; *if 37% lost viability due to PolyQuad alone and not also due to other differences between* Systane Balance, Complete *and Ultra is unknown; PolyQuad is present in all 6 preserved Systane drops, except the gel that uses toxic perborate; but "Polyquad 0.001%* induced significantly less cytotoxicity than

cetrimide"), *4%* for *Purite* (many brands), *6%* for *Oxide* or *Oxyd* (another chlorite type oxidant preservative), *0%* for *BAK* (BAK is a mixture of BAC8-18, including BAC16 or cetalkonium chloride, which is about 5% of BAK), *7%* for *cetalkonium chloride* in Retaine MGD (same as Cationorm), etc *36%* for Hylo Care predecessor (*dexpanthenol* or provitamin B_5, citrate, HA), *73-77%* for other Hylo brands (HA, citrate, not all brands with HA and citrate give 100% viability like Vismed due to *low* quality inflammatory (*high* quality is antiinflammatory) HA and/or higher toxic (when high) citrate concentrations) without dexpanthenol (due to citrate toxicity or using low quality HA), *100%* for unpreserved Tris-HCl buffer Hyabak (Thealoz without trehalose) and *103%* for Thealoz, Thealoz Duo. "Cellular viability was moderately reduced by *Perborate* and *Polyquad*... dramatically reduced by BAK...Thiomersal and *Oxyd* (Oxyal, Artelac Rebalance) preserved tear substitutes" ► TIV 2010;24(1):276-85. ☺☺☺ *Oxyd* or oxide *viability* was *6*%. "PQ-1 (polyquaternium-1 or *polyquad*) demonstrated a comparable level of toxicity to HCEC as that seen with phosphate buffer solution" ► CO 2019;13:1409-25. However, MV 2012;18:1189-96 found "*Cell viability… declined by up to 50% after exposure to …Systane Ultra solutions which contain 0.001% PQ-1* (*polyquad*)… BAK at 0.02% evoked total cell death signs on HCE-2 cells… cell membrane permeability, as measured by LDH release, was elevated by sixfold with Travatan and by a maximum threefold with Systane Ultra… Travatan and Systane Ultra activated NF-κB and elevated the secretion of inflammation markers IL-6 *by 3 to eightfold and IL-8 by 1.5 to 3.5 fold*"; polyquad 0.001% was more toxic than BAK 0.001%, but most got BAK 0.01.

Polyquad, a hydrophilic cationic polymer 27 times bigger than BAK, *is believed to* be too large to enter human cells, *but can do damage*.☺☺☺ Many have high opinion of Systane, but an in vitro study found some shocking results: an unpreserved imperfect sting causing Thealoz helped maintain cornea cell viability *way better* than all 6 preserved drops after 5-45 minutes ► BRI 2014:292139; at 45 min, preserved Systane had only 0.6% of cells viable, Thealoz 10%, *a BAK preserved drop 0.6%,* 4 others 0%, Keratostill 4.5% (had proB5 to help cells, besides the less toxic cetrimide 0.01% preservative), NaCl saline 0%; at 15 min, 91% Thealoz were viable vs 35% cells using BAK preserved drop Hialeye vs 10% with Lacrimal. Hialeye used HA, Lacrimal used PVA, suggesting the *destruction caused by BAK* is 3.5x smaller when industrial lubricant PVA polyvinyl alcohol is replaced with the tear film component healing promoting high MW hyaluronate (HA). "number of damaged cells is significantly reduced when applying 0.01% BAK dissolved in 1:10 diluted Healon" (Healon is 0.1% HA of MW 4 million, higher than most OTC, used for surgeries by prescription usually) ► Diag 2020, 10(8):511. So, if you use preservatives, go for the healthiest lubricants and buffers.☺☺☺ Since inactive ingredients *(even if not preservatives, artificial lubricants, emulsifiers or* redness relievers*)* can also have side effects (as shown below), so if for your genome some ingredient is bad, and it won't be known for 400 years. The advantage of using several brands is that some inactive ingredients are not random or inactive, they actually

have a role and help some genomes a lot more, we don't know which. To minimize stock losses, we buy 5+ stocks, likewise, to minimize damage, it's best to have 5+ brands of eyedrops and use each a little or alternate brands (a few months each), since not *all* HA, *citrate conc, sterility* are the same. It will be centuries before we really know which one is safest, what conc, when eyes respond equally subjectively. That's why below I include several brands popular worldwide. Some drops say "*water for injection*", instead of purified water; it's sterile purified water, safe for injection. *Those with* MGD *may prefer to use drops that are either thinner (no lipids) or* with lipids *or use the thicker types less often, because not producing enough lipids can, in some people, make the eyelid scratch against cornea more with thick drops which causes* temporary eyelid swelling. The disposable plastic vials of unpreserved tears *can be recapped* (most brands, not CVS, so best is to avoid CVS eyedrops if you want reusing).

11.17.3.3. Basics of Eyedrops without lipids, preservatives, PO_4, redness *reliever*, toxins:

72 Lipid Free Drops: 9 Saline Brands 7 Hyaluronic by Hylo 56 Lipid Free Eyedrops

☺☺☺ Saline is safest/20x cheaper, apply only once to avoid redness. When buying eyedrops online, plan to order in cool weather, as warehouses/vans are cooler *gently* ponder temperature storage at Amazon issues. This section also has an explanation on how to test each eye product before using it, since all artificial tears are not ideal when compared to our natural tears (yawn tears), they always cause some irritation when eyes are stressed (yawn tears never do), having 5 chemicals vs 2,000 at different concentration in natural tears. Before buying eyedrops, recall that FDA forced Amazon to pull out 7 brands of eyedrops that you may find sometimes even at physical stores. These India made drops were found to have bacteria, cause blindness or other issues. Avoid *India or developing world* manufactured drops, as they don't have the same strict standards as USA or France. Gently *read 4 pages on how to* 20x mirror check eyes many times to test every new brand of drops you would use, to test redness, floaters, stings, itch, reactions, cornea ridges, caruncle inflammation, during 5-10 daytime minutes of eyes closed, 1 hour naps (no blinking), 2 hour naps, morning oversleep and night, before ever using at night, when eyes get 900+ times more exposure (no blinks to wash it) to a drop than during a daytime 1 min eyes closed use (*20x more exposure for thick drops as they stick*). Avoid cheap unknown brands with eyedrops Made in China, like AvKare, recalled by FDA due to microbes.

I suggest avoiding phosphate buffer containing eyedrops as you can get blindness from cornea crystals that form with calcium. Absolutely avoid tears with unknown phosphate PO_4 level (to prevent eye stones that require surgery) like: Thera Tears (*$10 Amazon, 15 RiteAid, 18 mL* total, 30 vials of *0.6 mL*) has: H_2O, NaCl, $MgCl_2$, $CaCl_2$, Na_3PO_4, baking soda ($NaHCO_3$), *borate* buffers, *0.25%* CMC *(carboxymethylcellulose as lubricant)*. Very dangerous *since it contains both* Calcium *and* phosphate*, which can form eye stones*. CMC is less biocompatible than glycerin (glycerides

are everywhere in our body, glycerin is in our blood (comes from glukus or sweet in Greek); wood not much, *all eye lubricants, emulsifiers are synthetic* except glycerin and hyaluronate (HA) which are found in natural tears, so most tears on this list contain HA or glycerin). The list below also covers the pitfalls of citric buffer and HA drops, which contain HA at 1000s of times above physiological level; so simply because a drop has natural ingredients, like citric at 800+ natural level, etc doesn't mean they're way better than others. Hyalogic ($14, 10 mL) has 0.3% hypromelose, PO_4 buffer, benzyl alcohol and it *claims to be unpreserved;* benzyl alcohol is a preservative ► IOVS 2011;52(7):4214-22. *We actually* have *to google* "ingredient *name* pubmed *safety* eyedrops" *for* every *single ingredient out there and read a few papers first to see if it's a cytotoxic chemical.* Even brands that use borate (some Refresh unpreserved, etc) as buffer are not really unpreserved sort of, since borate/boric in of itself is used to kill ants and mold, being preferred by many due to its anti-bacterial action or preservative like action, not because of being the best buffer? A few brands don't use preservatives. You can research, time travel, to see which buffer is better. We need huge 10 million people studies, possible easily with 11 companies. PO4 + Ca could cause cornea calcification (blurry vision) and atherosclerosis of ocular vessels, calcification is the first step in plaque formation. *Thera, Hyalogic are not* ideal due to "proprietary", eye atherosclerosis (Oasis, less risky, France made, got PO_4, no "Ca, borate, CMC (glycerin is much less allergenic)" of Thera, but not telling PO_4 %, so if you like PO_4, Oasis is better, but risky). Artelac Splash got PO_4, pH 7.1, 0.2% HA, NaCl, KCl, [PO_4] = 2.1 mM > 1.4 mM physiological, but < 5 mM in Genteal, 10 mM in Vismed. Even at 2.1 mM there are risks. Before we continue with 30+ other drops, the next section deals with the cheapest, the saline:☺☺☺

11.17.3.4. Minimalist 0.9% NaCl Sterile ☺☺☺Saline☺☺☺ for eyes (least discomfort, least long-term ocular damage vs other tears), vials must be clear, not pink. Some of the best 9 salines:

1). Nephron Pharma 100 inhalation (not for eyes?) 3 mL saline vials/12$, made in USA, in the world's largest BFS facility, **doctor/Amazon clinic can send Amazon the recurring prescription.** Risky since it doesn't have strong quality control that saline for eyes has, though I and millions used inhalation saline for eyedrops for 4 years, without issues. This is cheapest for poorest folks, inhalation saline is "recommended" by Scleral Lens Society and many ODs worldwide per one OD, who forgot that Class I (surgery) or II (contacts) sterile has more stringent purity, very low pyrogen & bacteria endotoxin specifications (plus must be free of foreign particles) than Class II sterile for inhalation. It's required to have < 0.5 for inhalation, < 0.2 EU/mL (endotoxin units) for eye saline use as intraocular (eye interior), but you would have to ask each manufacturer to see where your product stands. So, **buy an ophthalmologist Class I intraocular saline to get the best.**

2). VibrantVue, Cheapest FDA approved Eye Saline 100 vials 5 mL/$35 ($37 without subscription, ships from Virginia, pH 5.1-5.6, acidic vs other salines), 33 µL/drop, made in USA.

The Best and cheapest ocular saline, anyone without a medical license, can order online. Uses LDPE, as box indicates, low density polyethylene (high resistance to water), which gives a healthier higher pH than PVC. LDPE leaches fewer microplastics/additives than PVC, since LDPE has no additives. If you trim the bottom appendage, it fits into a Dove box (like Knoxzy) to reuse within 24 h. The plastic holding the vial in the Dove box can be sourced from any hardware store (1$), it's used to store nails or screws, sterilize it first. The Dove cream costs 1$ at $ stores. At night, eye may be dry, so when you grab a saline vial you don't know where the tip is and can accidentally touch it and contaminate the eyes. To avoid that, take some paper and fold it in 4, to a rectangle of 4 by 8 mm, then tape this to the lower half of the Dove box (not the lid) that is about 8 mm tall, so you know by touch that the tip is located where this bump is, so you don't try to spend 4 minutes and wake up to see where the tip might be. When you use your saline vial, realign the tip to point to this taped paper bump on the outside of the Dove bottle, if it shifts during the day, though it shouldn't shift if you made that plastic holder fit very tight in the Dove box. Wipe the Dove box with alcohol pads weekly to sterilize well, avoid styes. This LDPE vial VibrantVue plastic is the softest of all salines/single use vial artificial tears I ever tried (about 70), so it will cause least damage to finger joints, nail, etc over decades as you squeeze it.

3). Tangible Fill, pH 5.1-5.6, 5 mL, 60 vials/30$ if Amazon subscribe eye designed saline, made in USA, California company, can get 56$/120 vials too on their website

4). LacriPure Contact Saline, 5 mL, 98 vials/$40, 50 µL/drop, made in Japan, spills easiest if kept in a box due to large opening. Never place LacriPure drops at any ° except 90°, to avoid contaminating the drop with dirt from 1-2 mm below the tip. LacriPure needs smaller opening/drop, and a neck like the others (it lacks a neck). pH is reportedly 6.5.

5). Knoxzy inhalation saline (20 vials/18$, available in UK only now, it was in USA), 25 µL/drop, has an opaque sachet, to better protect vials from microbes, light, unlike the others. For inhalation, but many eye doctors recommend inhalation sterile saline. It's best to use the ophthalmologist version of Knoxzy, that is purer than the inhalation version. Made in France. UK sells a EU made Amazon 20 vials/28$ sachet packed inhalation saline of pH 5-7, UK stores sell this way cheaper. Knoxzy customer service had some Hindi accent guy who confirmed Biovantic sells a 5 ml saline for ophthalmology (medical device, MD, class Is, meaning lowest risk (class Is) and sterile), not on Amazon, and another for multipurpose (inhalation, etc, class IIa, low to medium risk) as the Unither contractor site shows it too, so the ophthalmology saline is purer.

6). Bausch & Lomb Minims, 20 vials/15$, online UK stores got it made for eyes by world's biggest eye company in France, says keep < 25°C (good idea for all saline). Not available in USA.

7). Physiodose by Gilbert Labs, 40 vials/17$, Amazon description is wrong, it's water with 0.9%

NaCl, no vitamins, 50 µL/drop, French site says it can be used for infant eyes. Made in France.

8). Unimer 50 clear vials multipurpose (inhalation, ear, eyes, etc): 10$. Made in France. Contact lens eye saline has higher standards than baby eye wash saline, as lens stays there a long time.

9). Salimar Sanavita (official site says safe for eyes, like all baby drops) vials by Paladin Pharma 3.5$/30 vials or many other sellers for Paladin, try Italian search. Made in Italy. Order online a bunch to save on shipping from Italy if you trust this company or live right next to Italy.

The pH of saline is not important, since the bicarbonate buffer concentration in our eyes is 200 times higher than the bicarbonate buffer in the saline (due to dissolved CO_2), so the ocular pH returns in seconds to whatever it is usually. Saline reports article shows pH for common brands: Addipak 5.3, LacriPure 6.5, AirLife 5.6. It's possible they're all close to 5.1-5.7. However, I had 3 pH papers and tried Knoxzy, Physiodose and VibrantVue, LacriPure, and they all gave same color because 99% of papers don't work in saline, they only work with buffered solutions. Only a good pH meter can notice differences of 0.1-0.9 pH units. Just ask your eye doctor to give you prescription for 5 ml "water for injection 0.9% saline" (Walgreens has it) or whatever you can find that is cleaner (saline for injection means fewer bacteria and bacteria produced endotoxins than inhalation saline) and order it from whatever place has it. The most hypoallergenic saline is the one with nothing in it except water and salt. Low pH has antibacterial effect, so it may be better for prevention of microbe growth during storage. IJMS 2013;10(6):747-50 explains why most saline is pH 4.6-6.5 "PVC can liberate diethylhexyl phthalate (DEHP)… formic and acetic acid… (saline solution had) similar pH to that predicted (median 5.47), the median pH of the PVC packaged saline was 4.6… pH of saline in polypropylene packaging was 5.71". The pH of saline solution can vary. Dissolved CO_2 ($CO_2 + H_2O = H_2CO_3 = H^+ + HCO_3^- = 2H^+ + CO_3^{2-}$) generates H^+, lowering pH. Test whatever brand you buy. *Store any of these in the fridge to prevent light and heat from degrading the plastic.* If you live in warm areas, order in cold months (order 6 packs in March, instead of delivering one each month April thru October hot months, since Amazon California, Arizona, Florida warehouses keep them at 90°F often and that is going to be a disaster) and store in the fridge in their sealed packs (Physiodose is wrapped in plastic during shipping) and in ziploc bags to prevent heat induced polymer leakage into the saline. Any saline (pH 5-7) *makes eyes sting sometimes,* due to osmolarity drop by dilution, dry eyes pH is 7.7. From the youtube videos, website, the Physiodose family company seems less professional and having such a huge size drop makes it a worse choice vs VibrantVue.

The Physiodose drop (like all 5 ml vial brands) is twice as big as Knoxzy, makes the eyes more irritated, due to high salt disturbing ocular homeostasis, too much NaCl which changes the osmolarity of the tear layer and causes the displacement of the mucin layer of tears at the base of the tears, thereby causing ocular sting sensation like eyedrops of high or low osmolarity do,

so you need to get around that by placing drop with eyes almost closed, so only 25% of the drop gets in. Many other brands exist, Medline, Walgreens, etc sell saline too, but they got pink vials, so avoid those, Walgreens allows you to select saline for injection, which is purer than saline for inhalation. *Saline is the* safest drop, *my* favorite, *the one I use the most*, the only eyedrop I like to use, since we're in the stone age, centuries away from safe drops. don't forget to yawn 5 times/day to overflow eyelids with antimicrobial lysozymes though, as blinking is different and doesn't overflow and disinfect; failure to yawn and using mostly saline or other eyedrops will lead to microbe proliferation and the need to use antibiotics later due to conjunctivitis, styes, chalazions, etc. At night, as NIH papers explain, our lacrimal glands release many antimicrobial enzymes and antibodies, far more than during daytime, *that patrol the eye and keep bacteria growth on eyelid margins and cornea under control, since due to dryness, not flushing via blinks, bacteria multiply fast; we don't blink much for 9 hours and the hydrocarbon oil of* deadly ointments *breaks contact between the disinfecting agents from the lacrimal glands and the* MGs *orifice and other areas,* leading to a grave increase in bacterial growth and styes*; this also happens with* 99% of eyedrops approved by the FDA *used at night as thick gels or, to a much lower degree, with* normal daytime 'thin' (thicker than natural tears, but thinner than night gels) drops, almost all are much thicker than normal natural tears and impede the ocular hourly disinfection; thus, saline is a lot safer than most drops that are simply too thick and interfering with MGs orifice cleaning, risking MGD via orifice blocking via infection; once meibum is blocked, glands atrophy and our tears have no lipid layer, evaporating fast and making us dependent on Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) eyedrops even more. Our natural tears contain potassium too, so overusing saline with sodium Na only, may cause an imbalance that causes eyelid tissue to swell thereby closing the MGs orifice and causing severe dry eyes long term by meibum gland atrophy, inflammation to occur, MGs to atrophy, since Na helps tissues to retain water, while K helps us release water, and reduce swelling, puffy eyes, etc which may be caused also by high Na intake; i*n a* world of Immortals*, we would be able to buy 100 vials with 5 ml of* saline *for 15$ that has* natural *level of* K *and Na, so we don't swell eyelids and cause dry eyes long term. Genteal tears, #19, are too thick, but they got KCl, without Ca/Mg, which if high, can cause issues with* phosphate precipitation *and calcification of blood vessels that causes atherosclerosis of eye vessels, leading to serious damage to every eye part;* swelling also occurs with ointments and thick drops due to cornea-eyelid friction/biophysical stress that triggers an inflammatory response, *so that is something that also needs be addressed to remove eyelid swelling, i.e. find thinner drops and* safer ointments that don't exist. Try find a watery drop that has K too or less Na, since eyes got K, Mg, Ca in tears also. You can try use 10 µL (natural tear volume) of a 25-40 µL saline drop, to change natural pH less, since changing it causes inflammation, by having it spill more outside the eye via eye corners. Saline drops can also be used when nose is stuffed, it

decongests as WebMD explains) *since NaCl has no side effects and is about 0.9% in* tears, 20 *times* cheaper/mL *than the cheapest* unpreserved *(Refresh+, 9.2$/30 vials)* man made tear.

While Addipak is the most known, Addipak is the most toxic for long term use due to pink plastic that may make eye pink in 10 years as microplastic particles get stuck and dye interacts with the cornea. Addipak is made in US by Teleflex of 12000 employees, but don't put pink dye in lungs and respiratory tract or eyes, since red dyes can cause cancer in animals. AVOID ANY SALINE WITH PINK OR COLORFUL VIAL. Avoid AirLife because it has pink vials. Avoid pink vial Vyaire brand that low IQ ODs suggest for dry eyes. That pink pigment in the plastic Addipak over 12 months of storage and 8,000 unknown chemicals in plastics slowly leaks into the saline and eyes.

Avoid BUFFERED SALINE, the buffer is usually boric (toxic) or phosphate (forms eye stones), and they can create stress via a different pH supported by a buffer at 200 times higher concentration than in plain saline. Boric buffer irritates some eyes, boric destroys the ocular surface (redness, eyelid swell for me/many) at night, it is used to kill ants, damages cornea cells in vitro, so it may be wiser to avoid buffered saline. Bausch got ScleralFil, 30×10 ml, 17$ best deal per volume of buffered saline, but can't be recapped, single use, made in Taiwan, no sachet (but has no void tape to indicate if anyone opened it) so air can contaminate exterior, ozonate before use, so not very useful, though pH is 7.4 with my 4 pH papers. ScleralFil causes eyelid swell when used 5-10 times daily, while using it only 1-2 times is fine every other day. Boric buffer is probably the cause: this eyelid swell lasts for about 24 hours, and it is dangerous, as it can increase inflammation and increase chances of styes: it may be ScleralFil has microbes in it, since twice I noticed a correlation between using this and the appearance of a small yellow stye (later vanished after I burst it). Amazon says not refundable for many items, but if you explain what is wrong with it, like for example (a drop comes and its expiration date is a week from today and normally it's 15 months, then go to online chat, select product, then choose 'i need more help', 'something else' and ask for a refund without shipping back and the AI Amazon assistant will process refund to your Amazon balance in 2 hours; the decision will be taken in 10 seconds, just write a very long complaint; same thing with this ScleralFil, they gave me refund in 2 hours, as I explained it came without plastic wrap from Amazon & Bausch, without sachet to protect the ScleralFil vials from microbes and when putting into eye, you can get 1 million bacteria from transport from Taiwan. You can confirm that boric is an irritant versus plain saline and write it in your Amazon reviews and help us further the research, Bausch reads all reviews, take 20x mirror pic before and after with plain and boric saline and sensations database. Amazon is the best company, you can get a refund on any nonreturnable product, without shipping it back, provided you have a good reason for it. *It's important to realize that buffered saline can be buffered with phosphate* PO_4*, like* Nutrifill *(subcontracted to a 3rd party manufacturer) 105 vials/80$, pH 7.4, cruel* dishonest *customer service, won't tell the concentration of Na, K, Ca, Mg,*

PO_4, when anyone can get it by sending the vial to a lab, food labels are there for the same reason, so we know how many cals, carbs, fats, Na, etc; Nutrifill lied by email and said *PO_4 is at physiological level, but that is 1.5 mM, not* 29 (*19* times higher) as in Table 1 of patent; the website patent explains *PO_4 can be at 29 mM or 10-100 mM, or a* level at which most people got eye stones as explained *in the PO_4 section, so even if you use this as a scleral lens filling solution only, not as an eye drop, NUTRIFILL or any saline with PO_4 > 1 mM, let alone 30 times above that, is* ULTRA DANGEROUS since Nutrifill saline has Mg, Ca that can form eye stones with phosphate. *So, do more research before ever using any buffered saline with phosphate, Ca, Mg. So only use buffered saline daily if it's free of PO_4 and you're not irritated by boric acid; otherwise, use plain* sterile saline. Customer service people are sometimes low IQ liars and they don't even know what the concentration is exactly, believing the lies of the website designer who wrote "It has been physiologically formulated to mimic (PO_4 20 times higher is mimic?) your body's natural tears." It's unethical marketing. Never trust emails without docs showing the exact Certificate of Analysis or patent concentration. The inventor is Ralph Stone, Fort Worth, TX, giving us eye stones of $Ca_3(PO_4)_2$. Dry eye stores carry Nutrifill, without warning customers of its dangers, just like CVS got a dozen eyedrops with PO_4 buffer at deadly or ultra risky levels. ☺☺☺

Perhaps, you will like the Physiodose 5 mL vials, 120/28$, OTC, no prescription needed, see video of Gilbert packing the saline boxes, *and another one* of machine making the saline, *Physio is made by* Gilbert Labs in France (800+ employees, not subcontracted, see youtube of Gilbert). Knoxzy is made by Unither a contract manufacturer founded in 1993, with 1650 (double Gilbert) employees on 4 continents, see video of vials being made, Unither is more professional as youtubes show. ☺☺☺ *Knoxzy* ☺☺☺, which is 600 ml/98$ vs 600 ml/28$ for Gilbert and 270 ml/12$ for Nephron (prescribed, plus cost to get that prescription), is distributed by Biovantic Pharma *UK company founded in 2020 by Indian Britons (most of those who answer phone are from India). Knoxzy* was my main *eye* drop Oct 6th 2022- Dec 2025. *99.9% of artificial tears I used* for years were saline of various brands. Tariffs made the UK company no longer sell it in USA, it vanished from Amazon, ebay. Physiodose *is the* only cheap *unpreserved* saline from Amazon (OTC, over the counter, no prescription required) with clear vials (not pink). Physiodose box is very tight and sealed, and the 3 boxes are shipped by Amazon in a sealed plastic bag to avoid air contaminants, unlike the open LacriPure or Addipak shipped as it is without plastic seal, without box totally sealed and glued. However, air can get in and contaminate the exterior of Physiodose vials, so you need be very careful, since sometimes the plastic seal can be broken during shipping; the vial needs to be at 90 degree angle to avoid water getting contaminated with stuff around the hole. Physiodose allows vial opening that is fastest of any type, due to the angular momentum aiding given its shape: least damage to your fingers and also shipped the fastest of any, same day Amazon Prime. Most of the Physiodose are in opaque big boxes most of their life,

so the light thing is not really a big issue, due to high Amazon turnover. Knoxzy, VibrantVue and Physiodose fit in the same Dove cream box described above (Dove with plastic support inside, except the big one is a tighter fit, that is essential, as that one is longer. The Knoxzy vial has 4 sides, Physiodose is cylindrical, Knoxzy got 2 paper labels (not one like Physiodose), labels on both sides, so if placed on the paper side Knoxzy may get wet or scrub against the plastic support, while Physiodose requires no scratch of paper that may cause bacteria films from the wet rotting paper or invisible paper particles. Thus, clean the containers and that tray with alcohol pads weekly. Save the Physiodose 35 left (out of 40) you didn't move into a bigger box that holds maybe 5 at a time (like the Johnson first aid kit white ones that allow maximum visibility of insects, mold or anything dirty) into a ziploc bag to prevent air contamination when people sneeze or dust comes in from outside with viruses. If you travel, keep saline below 75°F ideally to prevent plastic leeching into the solution. If renting a warm place, store it in the fridge.

Knoxzy seems to cause less mucus than Addipak or LacriPure in the morning when using it at night, though that may be due to drops being smaller for Knoxzy and too much saline causing inflammatory response and mucus secretion, or could be plastic impurities that cause a cytokine storm leading to mucus as defense; but Knoxzy may cause more floaters too.☺☺☺ Each Knoxzy vial can be *recapped, but it takes a huge effort and it's not worth it*. *Gently* disinfect those single use vials saline with ozone if they were not in a sachet, *for brands of saline without a sealed paper pack inside the paper box. Recapping may be optional if reused quick and stored in an air tight tiny container that is almost daily cleaned with 70% isopropyl pad to keep it clean, since our eyes get contact with air all the time anyway. Recapping* can cause microplastics to get near the tip and if placing drops at non-90 degree angle, you may get some invisible plastics in the eye, so don't recap. If you recap any saline, the pressure of the cap causes the opening to widen and the drop size to increase 50-70% and irritate the eye by too much NaCl, so you need a plastic holder that holds the Knoxzy in place inside your round cream box, avoid recapping. We need to ask the government Immortality *Nurturing* Agency to create an affordable *sterile* saline leeching no chemicals and plastics inside, that is stored in a preservative free type of bottle (like 100s of eyedrops now, even Refresh, Systane, etc) made of glass, with a spray cap (like Optase spray eyedrops bottle, without the odd ingredients), to make it easy to spray 100 ml, instead of using 200 plastic single use vials of 0.5 mL each. The 0.1 micron filter will remove all air microbes with each pump, allowing us to hydrate eyelids and dark circles too. The problem with existing saline sprays is infecting the saline with air microbes due to poor design. If glass is too heavy, they can design a plastic for that bottle and tube and spray cap that leaks only 0.0001% (one millionth) of the plastics current bottles used by Alcon, Allergan, etc leak. I guess instead of heavy metal music composing, we could have more materials ☺☺science☺☺☺ graduates. Since companies don't care about the cornea opacification via microplastics, or phosphate, as the previous

paragraph explained, it is *the moral duty ☺☺☺of the government* to create a product complimenting the 90 quite toxic and useless RiteAid products that irritate the eyes and damage the eye a lot, and oddly, are all covered by insurance. The nice thing about saline is that it's less reactive so the plastic reacts 1000 times less than with normal eyedrops, so plastic leaches less into the water and forms no toxic combos, as plastic doesn't react with salt. The more you avoid light and heat, the less the plastic degrades, the less it leaches into the water, so always keep these in the opaque sachet and in a cooler place of your room, or, in 2 "lid tightly screwed" Dove cream containers (similar to the container in the pic for the vial you open and use now) that can hold 5 vials each, 3 facing one side, 2 the other side. *Knoxzy also has the smallest opening if you don't recap it, so less air gets in with bacteria and drops are smaller which is ideal, since one of the most annoying issues with* all drops is they're way too big and cause inflammation, even Refresh hole is huge like most eyedrops. I explained in the eye guide section how vital it is to design eyedrops with smaller opening and 2-5 times smaller drops, since normal tears are 8 µL, not 25-40 µL like the saline drops.

You will notice how eyes get way redder when using 2 saline drops vs 1, using your 20x mirror; so definitely, only use 1 drop. We want only a tiny bit of saline for routine daily use, one drop at a time (maybe 2 at night if eye is dry and it's a brand with 2 times almost smaller drop than other brands), unless we want to wash eyes of some junk once a week. A capped Knoxzy also can fit into a round cream container for air tight seal of the exterior too (useful when driving or going out), unlike Addipak types that require a container twice as long in length or diameter. An uncapped Knoxzy (not ideal) needs a smaller version of this box I made for longer saline vials when I tried them for a few days (capped with Refresh cap) to minimize air contact inside a small 100% air tight round container (like Dove cream, etc) that you screw the lid on (see pic of this hybrid box with a Knoxzy☺☺ capped with a slightly different cap than the one it came with, 1 of the 3 holes in the plastic separators is smaller to prevent the tip from touching the box, so there is one position only in which to place the vial, you can use a marker to draw a smiley face near the 3rd smaller opening, so in darkness you can see better how to align it back), to prevent the tip from touching the box, and shaking from having water spill out into the box; even a capped saline would benefit from this, as it would prevent too much shaking. To put things in perspective, most eyedrops without the special 0.1 micron filter used in unpreserved multidose special bottles that expire in 3 to 6 months will accumulate a lot of air after 30 uses, air that sits there for months, sometimes a year even and will be worse in contamination than these saline in a sealed container for a few hours. Thus, you need to discard any eyedrops that have been sitting without a filter more than 3 months as they're dangerous, unless you have the most amazing air filtration in your room: air is full of microbes, pollen, dust mites, molds etc the wind brings from grass and far away houses, etc that can grow out of control in a moist place. Knoxzy

vial, as pic shows, is like Refresh single use vial. ☺☺☺Knoxzy says Sterile A☺☺☺ on the pack and vial, like Hylo eyedrops and many others. You'll need this type of hybrid box for any saline for air tight seal, especially the LacriPure with a huge hole that spills water 10 times easier than all others when moving the box as you walk in a store. The idea is to never have any water spill out, so LacriPure is useless, it always spills. After you use Knoxzy or others better saline, seal the sachet laminate paper after taking 1 vial, and place back into the box, to prevent air contamination of the vial exterior and use the 10 vials within 2 months of opening as instructions say. Knoxzy, and all salines with small opening, are by far the best in terms of functionality. Perhaps, we need tell FDA, gov to provide at least one unpreserved saline unit dose brand, more choice of eyedrops, since the saline is the safest eye drop, no chemicals, etc, the most basic one that would normally be expected to be there at a price 20% of the cheapest refresh plus single dose. Many ODs (some even from Lenscrafters) use inhalation saline and tell patients it's fine. The most shocking thing with eyedrops is that many companies, even Refresh, don't seal in laminate packs all their eye drop brands like Knoxzy from France, so shipping can contaminate them a lot, around the neck where you open it, so always place drops while in bed, so vial is perpendicular on the planet, to avoid contaminating with the neck. Avoid preserved buffered saline at Walmart and on Amazon, those are only for rinsing contacts; they may damage eyes via preservatives and bacteria grow fast in open preserved containers vs single use ones as studies show in the preservatives section. Single use is safer; *plastic quality is also a factor, so it's critical to have* tests done *by the Immortality Nurturing Agency.*

Walmart has alcohol pads, 400 for 3.8$, online purchase, free ship if you buy 10 packs, *that you can wipe right hand finger tips before you grab the saline vial from your air tight box, to avoid contaminating it after you're done, so you can bring while going outside some of those pads in another box*. Even if you don't put a cap (can buy a box that holds it, so tip doesn't touch box, disinfect it with 70% alcohol and maybe ozone after trimming some areas to fit the vial), after each use, some water remains in that narrow neck of each vial for Addipak which I strongly suggest to avoid anyway, so it seals the rest of water from the air, so next time you use it 1 hour later, just get that water away, squeeze it and you get freshest saline, though a cap would be worth buying to protect eyes from air bacteria (though our eyes are used to dealing with far more air bacteria by walking alone and being open than the little would get into saline via air in a few hours) – just get the cheapest unpreserved vials and use their caps even if you don't use those tears except for the caps; this water squeeze is not possible with other vials that don't have this narrow neck. LacriPure has paper on the vial, which sometimes can have small pieces come off, if container gets wet due to shaking the sealed box you store the vial in and reusing it minutes or hours later, so tiny pieces of this paper could, in theory, get inside the eye, if you're not careful, but so tiny, you would never see them, though enough to cause inflammation,

though our eyes are used to a lot of that; this is a real issue with LacriPure since it spills so much water. LacriPure is distilled water, so no F is present, except in tiny amounts. When reusing the cap on a new saline vial, try to flush it with the new saline vial drops to remove any invisible debris. Sterile Addipak is used by many optometrists, even LensCrafters ones in Redondo Beach, California. *All salines got an advantage over LacriPure, because you can recap with a Refresh cap etc, while LacriPure can't be recapped. Addipak customer service is 20 times more unhelpful than Menicon LacriPure, Knoxzy, Biovantic' Addipak always evades the answer on how they sterilize the water and how much F may be there. There are many dry eye shops that carry Addipak/LacriPure, besides Amazon.*

0.9% saline ☺☺☺Knoxzy☺☺☺ is 3-7 (depending where you buy it from, how many packs at a time for discounts) times cheaper than cheapest preserved tears. A doctor explains in this article that she prescribed 0.9% sterile inhalation vials to insert moist contact scleral (also used to treat dry eye) lenses. Basically, our eyes deal with a lot of microbes from air etc, so a sterile for lungs solution is pretty clean, could be cleaner than the LacriPure one, but that I don't know, it depends on what purification devices they use. On Amazon, 100s of reviews explain these Addipaks is what their eye doctor told them to use for dry eyes. Others use 0.9% saline homeopathic eyedrops: *30 vials of 0.4 mL*/13$ Boiron (pH 6.5 or so, made in France, distributed by Boiron USA PA, safe), but these have polyphenols, so they need to be kept at a lower temp, away from light (seal sachet after taking one out etc) vs other saline. While both are made in France and use sachets to seal vials, *Boiron (12 ml for 13$) is 5.4 times pricier than Knoxzy (100 ml for 20$), which has 2.5 ml saline per vial, not 0.4*. LacriPure is distributed by Menicon USA MA, made in Japan. The pH paper used for saliva or for buffered solutions won't be able to measure pH of saline unbuffered solutions, you need a normal pH paper, see links in the buffer section. 2.5 ml per vial is enough for a using it 30 times a day even. How do we carry around saline? You can store it once opened in a 3-4" (8 cm) diameter round cream container bought for that purpose from $ store (trash the cream if it has toxic aluminum), to make it air tight and be able to reuse 'the single use vial' minutes or hours later with no contamination from pocket, air, table or other areas where the capped one would be placed.

Many optometrists and eye drop labels on vials say it's OK to use within 12 hours (vials by manufacturers) or 24 hours (optometrists who believe in fridge storage) if kept cool, etc; put a smiley face on the side to help self smile more;☺☺☺ I put 1 smiley on the box I take out that gets dirty hands on it, when I keep it in my pocket if I need it while driving, etc and keep it in the car; and 8 smileys on the box I use only in the home with clean hands. Or have one box only and clean it with alcohol pad once you get home. This way you can store any other single use vials you may use. However, cheap/'safest' is not always better, BRI 2014:292139 found *at 30* min saline *solution in vitro (in vivo it can be vastly different) cell* viability *was* 0% *while* Thealoz *was*

52%. Saline often whitens my eye instantly, so I carry a sealed one with me in my car in a plastic container in case I get dry. Use only 1 drop usually *(unless washing a bad drop), since at 2+ drops the eye dislikes it as we disturb the fine balance, by washing the existing film, electrolytes and chemicals too much and eye can get red, due to* hypertonicity. Saline *is very useful (when it fails just use a thicker drop) for getting eyelashes stuck into your eyes out, I got several out in 10-20 seconds with the indispensable* 20 x mirror *and just about 2-7 drops (these are cheap gigantic drops), it came out off the nasal corner the eye or center eyelid and then used q-tip to drag it out; put drops and use them to wash it on the nasal corner of your eye and then with eyes closed pull on the little part that got out of the eye and get it out; this is amazing, 30 times faster than before I knew anything about artificial tears.* However, there is a simpler way to get eyelashes out when the eyelash is more than half way outside of the eye, with only one end touching the cornea: use a 20x mirror, to see well, at 1x you can't see what you grab, just grab it with clean fingers (2 seconds, versus 20 seconds using eyedrops) if easy to grab or, if hard to grab, with a pair of ultra round ends (safer) tweezers (see pic, this one is from a 1$ store manicure 5 piece set, so 0.2$) or, much better, with the meibum expressors that I use now exclusively to get eyelashes out when partially on the eyelid (flush with saline and blink first, to get them partially on eyelid if they're fully in the eye), which for eyelashes that are not much outside works better, without having to disturb the eye so much with drops and q-tips to move it off eyelid. Unlike buffered tears with 6.5 pH, the ability of these drops to retain this pH once in contact with human tears (which usually have pH 7.3 for most people, plus minus 0.2) is null. However, this is not a reason to overuse these due to being so cheap, because that can cause eye inflammation due to lower pH than eyes are used to and flushing the nutrients too much. ☺☺☺

Saline can work as eyewash solution, it's so cheap, after any drop that didn't work as expected and you wanted to get out of the eye after trying 3+ times, 3+ days to confirm it's the "new brand" that's bad not other confounding factors. 0.9% saline seems good to use 5-9 times during daytime, if your tear pH is typical 7.1-7.5, with other 7.4 pH tears *right after* or before to keep ocular pH around 7.3 (or yawn generated tears, or *tears generated by blinking 20+ times in a row; when we blink we automatically produce a tiny amount of tear*; after *makes more sense, so you don't waste valuable drops and pH is truly alkaline; using alkaline drop first may wash most of it off if placing many saline drops*; seems like using 0.9% saline 10 times alone/day is fine (no alkaline, yawn or blinking drops) if your natural tears got pH 6.5-7 since it won't cause pH mismatch inflammation (explained in the 1st paragraph of the buffer section), but even at 7.2 pH, without buffer it won't cause an issue if only one drop at a time is used. At 7.7 pH, it may sting for 2 seconds. ☺☺☺ Before bed or during the night, 0.9% saline drops may not work very well sometimes, so try to eat choline to increase mucus/tear production to get that 'thick drop effect' when saline comes in, without using thick drops, gels with toxic ingredients. All saline is distilled

or reverse osmosis filtered so it has super low fluoride so *low retina calcification* risk. LacriPure is FDA approved for eyes, but so is Addipak USP, meaning FDA approved for inhalation, not eyes. However, the only way to make sterile water easily usually is thru reverse osmosis and/or distillation, so Addipak is probably also free from any fluoride. If osmosis, it may contain more fluoride, since some osmosis filters only filter 90% fluoride, while distillation removes 99.9%; USP means no viruses, so that may mean more reverse osmosis; however, distillation won't remove as well as osmosis the big molecules of chloramines, etc, volatiles and semivolatiles that boil at a higher temp than water does, so it's hard to know which saline is the best without more studies on what is more toxic, and without certificates of analysis required by the government to be posted for all to see on immortality.gov). If boiled long enough, LacriPure, which is distilled (like Addipak may be too) will become free of chloramines, and other common irritants.

Walmart distilled water has carcinogenic hydrocarbons at times (lab analysis), due to improper cleaning of distillation equipment or short boiling. Addipak is meant to be used to make water mist that is inhaled, so it has to be very clean. It's possible both go thru excellent filtration and both have low volatiles, etc, but it's not clear which brand has less fluoride. The key is to know the quality of this purification and what USP inhalation solution means in terms of impurities. *What some don't realize is that when they go to CVS and buy a normal Visine or others and use it 5 times daily with* BAK ultra toxic preservative*, the* MGs *orifice closing (if that closes for a long time,* ***dry eyes for life are the result****)* "redness reliever" *arteriole/venule constrictor, they can do 100 times more damage/day to the eye than using the 10x cheaper 0.9% saline in combination with a $14 unpreserved* hyaluronate drop *(Bayer, Hylo, Vismed, etc used 2 times).* Saline tears may only work 4 times/24h*, since too much may cause a little discomfort or redness,* so one can often combine saline with a favorite (Hylo Fresh?) ***drop that*** brings pH closest to one's own natural pH value (if known) ***or ideally,*** yawn tears ***to get healthier nutrients***.☺☺☺☺ I mixed a drop of a normal buffered eye drop with 0.9% saline and pH remained the typical pH of that drop, which is what happens in your eyes too. *However*, if you mix more of the saline solution with 1 drop of a normal tear, that pH shifts slightly more acidic if pH > 7 originally. To be safe, just mix a drop of saline with a drop of normal buffered tear on a piece of plastic, then touch the new mixed drop with pH paper, measure the pH is what you want. 2 drops per eye, first the buffer one, seems more than enough to avoid placing so many buffers inside the eye. 2 drops saline and 1 of Hylo Fresh led to pH of 7.2 or so; 1 drop Refresh Optive + 1 of saline = 7.2 pH.

Do single use vials present advantages of more accurately retaining their pH, since a saline spray or bottle is so open to new CO_2, it can shift its pH over time? Yes, since most saline vials are discarded in 1-2 days. Placing HCO_3^- in our eyes with saline or other drops is not an issue, since HCO_3 is part of our natural *tears. Only use contact insertion approved solutions in small sealed vials that require no preservative, sterile and free from any chemicals;* ***never use solutions that***

are for cleaning contacts only as those have corrosive chemicals and they're not for insertion of contacts. 0.9% saline can be used before, after or without a normal eye drop to provide that extra water that brings less toxic buffers and brings drop pH closer to 7 (be it acidic or alkaline) or alone. ☺☺☺ Boiron is also $13 for 30 vials for curiosity, but it also has polyphenols from plants which may irritate some people, may help others. Try and see, after reading all below. People make fun of homeopathy, but without trying Boiron that showed up in my Amazon search for man made tears, and seeing how great saline can be, I wouldn't have searched for saline and found the way cheaper and safer brands, without polyphenols oxidizing due to high temp during Amazon or warehouse storage. Always measure *pH of any tears to make sure they're not too basic or* acidic *compared to* your natural *tears*. See how eyes respond, and decide if saline are worth trying to dilute other drops to minimize artificial buffers pouring over the eyes. Our eyes have a buffer of phosphate, proteins and bicarbonate, so Boiron won't change pH at all almost, eye pH returns to its average within 20-40 min, for buffered drops and much faster, maybe 1 min, for saline. Human ocular pH is 6.7 anyway, in the morning, quite often. To be avoid damaging eyes with a very alkaline pH, you can always dilute it by placing some saline before the alkaline (with respect to your pH, which is lower in the am, highest in evenings) artificial tear. Boiron 'saline' contains homeopathic dilutions (i.e. negligible amounts of) of 7 things *(marigold 4X-0.25%,* eyebright *4X-1%,* dusty miller 6C *HPUS 1.5% (*6C is same as *12x), 10x* HPUS*-0.25% of these 4: $MgCO_3$, SiO_2, CaF_2, KCl, such a low 25 ng/L that more may be found in the purified water itself) besides the* NaCl (0.9% level of natural tears, 308 mOsm/L), purified H_2O and ethyl alcohol traces used in the extraction of the 3 plants; *10x* HPUS 0.25% means $0.25*10^{-10}$% or *25 nanograms/L or 0.00064 µM fluoride, so this* means *fluoride* added is at a level 1000 times lower than what is in our natural tears and blood, which is about 0.5 µM. 6C means 10^{-12}.

This Boiron *is* basically an eye wash solution, salt and water, made into eyedrops, *since the "7 ingredients" are truly negligible except for* marigold *and* eyebright polyphenol *extracts,* but it has traces of ethanol, though Boiron USA said by email that it has 0% ethanol in reality (0.1% or 0.3%? not sure how the rounding of 0.3 is done to 0% or 1%), after all the water-ethanol dilutions of the ethanol tincture, see how Boiron explains dilutions. They got ethanol sometimes (you would think it was 2.75% for the 3 plants, but apparently dilutions are not all in ethanol but water-ethanol). Odd how homeopathic companies don't write about ethanol safety at all, or the fact high ethanol can "give a burning sensation" when placing eyedrops ► Pharmaceutics 2020; 12(4):378. High ethanol can be cytotoxic. CaF_2 can lead to fluoroapatite crystals $Ca_{10}(PO_4)_6F_2$ if you use phosphate tears of other brands or retina calcification similar to pineal calcification; but keep in mind that most companies that don't filter out F^- well (most would, since reverse osmosis removes most F) before making drops may have F^- 800 times higher than Boiron, since Boiron uses < nanomolar CaF_2. I doubt the tiny CaF_2 makes any real difference in total F^- given

how much more F^- is in the 'purified' water to begin with; nerves can be damaged by high F^-, but not picomolar. However, many drops contain glycerin, erythritol, polyvinyl alcohol which are poly alcohols. What is the effect of ethanol on the eyes at such tiny levels? See the 9 min Boiron manufacturing facility video, amazed their large facility even exists, since many associate homeopathy with "useless stuff, heavy metals, pseudoscience". See their director speak & Boiron wikipedia says $0.6 billion in sales, 3700 employees. I found no PubMed articles on Boiron drops, but RiteAid got Boiron Arnicare foot products, and homeopathic Similasan with silver in it (avoid, since silver can damage organs.) Similasan even sells eyedrops with mercury chloride known to destroy the optic nerve and nerves on the ocular surface, and belladona poisonous plant (belladonna is used by MDs for some conditions, to dilate pupils). ☺☺

11.17.3.5. 7 pages on Hyaluronic acid Ocular Effects & 20 pages on Hyaluronic Eyedrops

The 7 types of Hyaluronic Acid HA (*m*olecular *w*eight *MW* 1.4-2.8*10^6) Hylo *Tears* are after 7 pages on hyaluronic *MW* effect *on* eyes. Jump to: ointment Hylo Night or drops: 3.1. Hylo-Tear 3.2. Hylo Gel 3.3. Hylo Care 3.4. Hylo Dual & Dual Intense 3.5. Hylo Fresh (best) 3.6 Hylo Parin

Only 3.1. Hylo-Tear 3.2. Hylo Gel use sorbitol, a controversial compound. All 7 drops are made by UrsaPharma *Industriestr. 35, 66129 Saarbrucken, Germany as written on the bottle* (yards from France-Germany border on google maps), 0.23 billion revenue, 700+ employees, see 5 min production video or see a 5 min Ursa expo clip, 3 min clip, 7 min clip on their presence in 70 countries, a 5 min video about the Hylo eye drop bottle manufacturing and a 4 min factory video here. HA is *found in many brands at CVS*; it is a humectant, *hypo-osmotic, assists in cornea wound healing, protects cornea,* prevents *inflammation,* lubricant, better *than* glycerin *at lowering tear* osmolarity, *more viscous after blinking to increase* tear breakup *time, retains water,* reduces mucous strands. This hyaluronate is also found (without the sodium) in the gel like fluid inside our eyes, MGs, joints, in the brain ECM (*e*xtra*c*ellular *m*atrix). Hyaluronic acid comes from hyalos, Greek for glass, (Hylo for hyaluronate or hyalos) due to its transparent quality and glass like nature of vitreous gel that contains it (detected in 1934 in cow vitreous gel), easy to recall due to word halos, shimmering, reflective and uronic acid, (uron is urine in Greek, this is because many uronic acids are in urine), with glucuronic being glucose with ending CH_2OH turned into COOH; glucuronic is 1 of the 2 repeating sugars of the polymer, the other being N-acetyl glucosamine, where the OH near CH=O of glucose becomes $NH\text{-}COCH_3$; the substituted (COOH, $NH\text{-}COCH_3$) glucose units are bound via alternating beta 1,3 and 1,4 linkages. That's why some seniors take glucosamine and chondroitin for joints, but glucosamine pills are "associated with accelerated AD progression and worsened survival.. a 25% increase in mortality risk among ADRD (Alzheimer Disease Related Dementias) patients… 25% increase in the proportion of patients with MCI (mild cognitive impairment) transitioning to ADRD" ► NM Jun 9

2026 (some believe that the "pain/arthritis caused the dementia, not the glucosamine"). HA was used since 1950s to replace vitreous gel in surgeries. HA is recommended by many MDs as drops/pills for dry eyes, floaters, since 1% of the gel inside our eyes is hyaluronic acid, 240 mg/day NaHA 390 KDa reduced dry eye discomfort after 3 months ► JO 2019:5491626.

HA reduces dry eye more when taken *orally* too, besides as tears, suggesting that atrophied MGs can regenerate when HA is abundant, reversing dry eye; however, the biological effects of HA vary with its molecular weight (MW): low MW can be pro-inflammatory and used a serum marker of inflammation and cardiac risk, high MW is anti-inflammatory. SWJ 2014:378024 found that most HA we eat goes into skin of rats, maybe even cornea too, since it's a skin like tissue; lower MW HA is absorbed easier; HA moisturizes dry skin and may thus moisturize dry corneas too. IJGM 2009;2:77-81 says 500-700KDa HA (mid MW) inhibits IL-1 downregulation of type 2 collagen synthesis. So, perhaps, if buying HA, buy high MW, at least 1500 KDa, like this Talsen USP > 1800 KDa (Amazon has other powders, like Pure with MW 780-1002 KDa, Nutricost 800, True Radiance 1300, XPRS 1006, higher MW seems better). BR 2021;25(1):27 found the same inflammation with low MW. TVST 2019;8(6):2 found "high- and low-MW HA acting as anti- and proinflammatory mediators" and MW in KDa: low MW or *inflammatory*, (<500KDa): Thealoz Duo 220, Thea Hyabak 248, Systane Hydration 432 (*the only Systane with* HA, *though due to being part of the HPC guar high MW polymer its effects may be very different from tears with low MW small molecule lubricants like glycerin, etc, since* JOPT 2015;31(8):491-7 found in vitro HP-guar + HA destroyed fewer 'cornea model' (not cornea) cells than HPG or HA alone, so HPG+432K HA may be same as 700K HA; so when we have HA + other 1800K+ MW lubricants, *damaging effects of cheap low MW* HA *may be attenuated;* low MW penetrates the skin and cornea, interacts more readily with smaller proteins and molecules and cytokines, etc and can drive up inflammation), medium MW (500-1000KDa): Artelac Splash 533, Blink Intensive 772, Artelac Rebalance 902, Vismed 918 (*2021 Vismed said 1100-1400*), high MW (>1000 KDa), *anti-inflammatory*: Refresh Optive Fusion 1178, Hylo-Comod/*Tears* 2026, Hylo Gel/*Forte* 1748 *highest* (Hylo Parin 1428). Hylo Gel MW was 2400-2800 in 2017 paper though, making it the highest. *Many* papers say high MW is best as low MW causes inflammation of dry eyes, like in serum low MW HA is marker of inflammation. ☺☺☺

"High MW HA displays anti-inflammatory and immuno*suppressive* properties.. low MW HA is a potent proinflammatory molecule... HA binding to the CD44 receptor provides the effect of coating the cell membrane. This protective layer of hyaluronan on a cell surface is able to mask cell death receptors" (so cells don't die; low MW HA can't do it) ► Wounds 2016;28(3):78-88. "Immediately upon injury, local HA (> 500 KDa mostly) production increases substantially… (during inflammation, high MW HA (HMW-HA) is oxidized to low MW HA (<200 kDa) that is) cleared via CD44-mediated endocytosis… Upon the resolution of inflammation, both the amount

and size of HA return to basal levels... in chronically inflamed tissues, shorter HA polymers predominate… HMW-HA predominates in healthy tissues and typically inhibits inflammation. Specifically, HMW-HA prevents cell growth and differentiation, diminishes the production of inflammatory cytokines by multiple cell types, and *impairs phagocytosis* by macrophages (*that may be bad, an eye infection may not resolve, so perhaps for some people, medium or 'low' MW HA may be better for a week or more*). Recently, HMW-HA has been implicated in the inhibition of tumor progression. Administration of HMW-HA is anti-inflammatory in ... a variety of other in vivo model systems… delivery of exogenous HMW-HA is beneficial in both the amelioration of airway inflammation and in limiting scar formation in dermatologic wounds" ► IR 2014;58 (0):186-92. "while HMW-HA (>1450 kDa) inhibits phagocytosis and induces cell quiescence, LMW-HA (<450 kDa) tends to increase the expression of matrix metalloproteinase genes, inflammatory cytokines, and angiogenic (*redness of the eyes, new arterioles*) factors" ► BBAB 2020;1862(9):183348. LMW-HA "can also induce angiogenesis and *tumor* progression" ► IJCB 2015:563818. Many herbs (ginkgo biloba, used for eye health, though side effects can occur, etc) are anti-angiogenic, preventing eye redness. Natural HA MW vary between vitreous gel (200 µg/ml) and aqueous humor (1 µg/ml), see this paper about livestock HA MW, it's always more than 500K; 3,000+K in human and livestock babies; HA also contains silicon; in adults "Native HA has a MW of 4–10 million Da, and is present in articular fluid in a concentration of about 0.35 g/100 mL". "HMW-HA (mouse) group had significantly longer (tear) break-up time (BUT) than the 0.1%, 0.3% LMW-HA groups" ► IJMS 2020;21(10): 3516.

Collagen type 2 is the floater fibrils in the eye that float in the aqueous gap in the vitreous gel, due to an age related decrease in eye HA content that makes the gel acquire watery gaps in which type 2 aberrant collagen fibrils float, after oxidative stress induces their normal fibrils to become abnormal or cross linked; normally, enzymes dissolve these fibrils after a few weeks or months if oxidative stress goes down. 0.1% HA increased lipid layer thickness much more than 0.3% ► IJO 2018;11(3):389-94. HA 0.1% works as well as 0.05% *cyclosporine* (immuno suppressant in Restasis) prescription eyedrops for dry eyes ► JOPT 2017;33(2): 66-72. ☺☺☺ Most studies on artificial tears safety use some standard eye condition markers, but *never* the state of the MGs, since the glands are outside of the eye, in the eyelid; however, eye health is directly dependent on MGs health (meibum secretion), so if in vitro or in vivo studies we have toxic or *apoptotic effects* of (in)active ingredients on meibomian cells, eyedrops are bad, since MGD will dramatically weaken eye health over the long run, since no artificial tear comes close to the content of meibum. IOVS 2018; 59(8):3713-27 found "HA *promotes development* of the MG… an HA-rich *network surrounds the basal layer* of MG acini... *the tarsal plate is an* HA-rich tissue… HA regulates MG morphogenesis… meibocytes synthesize and accumulate lipids… (until they die upon secretion, *because* MGs *are* holocrine *glands, not exocrine)* MGs must constantly

replenish acinar cells that are destroyed as part of the secretory process. ☺☺ This requires that MG precursor cells (located within an HA-rich ECM) in the basal layer proliferate… a subset of MG cells differentiated into HA-producing cells, which over time encapsulated the acini with an HA-rich matrix", so HMW-HA eyedrops may be better than others. Why use HA present in mucin layer of tears & MG and not artificial polymers like polyvinyl alcohol $(-CH_2-CHOH-)_n$? "Symptoms as judged by the dry eye questionnaire, as well as both fluorescein and rose bengal staining, were significantly improved by 0.15% HA. The polyvinyl alcohol treated patients did not show a significant improvement in any parameter." ► ASEO 2005; 80:387-94.

"0.1% HA allowed better stabilization of the tear film and thus a significant improvement in the quality of vision compared to normal saline." ► FO 2018;41(2): e51-7. HMW-HA, other eye drop ingredients are antivirals, HA can kill some coronaviruses. "Over the past 25 years, HA eyedrops have gained recognition as the first choice of tear substitute in the treatment of dry eye disease in Europe and Asia… In the US tear substitutes are regulated as "ophthalmic demulcents", which, if containing certain active ingredients in established concentrations can be registered as OTC medicines without requiring a ***diligent*** approval process. As hyaluronan is not on this grandfather list of active ingredients, no tear substitutes with hyaluronan as their sole active ingredient have so far achieved approval as an "ophthalmic demulcent" by the US FDA… (so in US we see usually HA added as inactive ingredient to drops with glycerin and/or CMC as main lubricants; this is not by coincidence, it may be due to several reasons such as the ability of HMW-HA to increase absorption of toxic ingredients (sorbitol for example included in many HA drops which can cause cataracts) of same or other tears people used that 2 hour window because as section 5 of article explains more "The use of hyaluronan in ophthalmic drug vehicles has been suggested in numerous publications. Hyaluronan has a proven effect of counteracting the irritating effect of substances to the ocular epithelium (hides damage caused by non-HA substances)…the ability of HMW HA to suppress activity in nociceptive afferent nerves (hide ***pain*** caused ***by other*** toxins ***in eyedrops*** so people don't realize their eyes are destroyed). HMW-HA … due to its viscoelastic and mucoadhesive properties promote the prolonged, intimate contact of APIs to the ocular surface. (Very HMW-HA), but not LMW HA, is binding to MUC16 in the glycocalyx of the apical epithelial cells… ***enables temporal cell detachment and thus enhances the penetration of nanoparticles and drugs along the paracellular pathway***" (HMW-)HA "has immunosuppressive effects. Large HA molecules protect against lymphocyte-mediated cytolysis, suppress septic responses to lipopolysaccharides, maintain immune tolerance,☺☺☺ induce production of immunosuppressive macrophages, reduce expression of inflammatory cytokines, modulate the immune system and are antiangiogenic (***prevent new arterioles formation, prevent redness***); has intrinsic antiaging effects… diminishes oxidative stress… reactive oxygen species (ROS) generated during inflammatory processes depolymerize

HA… HA fragments trigger mucin MUC5AC hypersecretion… low molecular weight degradation products of hyaluronan can induce *inflammation and angiogenesis (redness)*… HA is involved in neurogenesis (being part of the brain extra cellular matrix too)" ► Diag 2020, 10(8):511. HA "can reduce nerve impulses and nerve sensitivity associated with pain" VM 2008;53(8):397-511. ☺☺

Most HA in eyedrops used for post surgery to avoid inflammation at all costs is natural 4 million MW, (sometimes 2.4 million Hylo too) not the cheap 0.2 million in Thealoz, see page 17 (Table 4) in Polym 2020;12(8):1800 which also explains HA level in "joint synovial fluid—1.50–3.60 mg/mL, vitreous humor—0.14–0.34 mg/g, human dermis and epidermis—0.20–0.50 and 0.10 mg/g… (HA turnover by biosynthesis/enzymatic degradation in vertebrate tissues is) 5 g per day… in blood-flow (HA turnover) reaches 30–100 mg per day… (HA with MW) 6–20 kDa possess immunostimulatory, angiogenic, and phlogotic (inflammatory) activities… 20–200 kDa takes part in biological processes such as embryonic development, wound healing and ovulation… >500 kDa has anti-angiogenic activity,.. (can be) a space filler… immunologic depressant… (animal HA has) endotoxin and protein residuals (with) immunogenic effects… (bacteria enzymatic synthesis HA has) 1.0–1.6 μg protein... 0.02 EU endotoxin"/mg vs 30-50 protein and > 100 EU endotoxin for animal derived, but bacterial protein can be more immunogenic even if in 30x lower concentration. For surgeries (not post) they go with natural MW, i.e. ≥ 4 million because HMW-HA promotes healing and reduces inflammation which is sky high then. 500-950KDa MW HA may be better for some with punctal plugs (which need stronger immune activity to clear out debris) and lower immune function due to medications, etc, while those with high inflammation, ocular stress (attacks), overactive immune system may need 2,500-3500KDa HA. Some papers say < 500KDa is angiogenic, others <250, 100 or 20KDa, so perhaps > 20KDa is ultra angiogenic, 20-200K mid angiogenic, 200-500KDa mildly long-term angiogenic; with 100s of papers read, we get a better idea, since Pharma don't tell the public much, not even MW being high or low.

Thealoz MW is 10+ times lower than Hylo; HydraSense Advanced is low MW HA and 6.5 pH, while Hylo Care is high MW HA, pH 7.0; a person goes to Walmart etc reads ingredients, calls company, 2% proB5, and thinks HydraSense & Hylo Care are the same. Doctors and patients have a right to know, because obviously, you need an ideal range for different patients, dry eye type, etc. so we can try various drops and figure which MW, pH is better. *We got* calories *and nutrients on foods, can we get* pH, MW of polymers, inactive ingredients concentrations *too, so we know buffer, Ca, Na, K, PO_4 concentration*, eye stone risk? ☺☺☺

The *Hylo bottle* has some *submicron* filter for air only (no liquid is filtered) *(preventing bacteria in air from going inside, other techs filter the liquid too, and liquid has preservatives that are filtered out due to particle size being bigger* ► RJO 2015;59(1):2-5*). Refresh has a preservative free bottle with double lock system, Hylo uses 1 lock system. The video about the* Hylo bottle that

delivers only 1 drop at a time has more; it's similar to the Hydrasense bottle ► Hydrasense 2 min video explains the bottle tech better. Hylo video explains well how to use it. The Hylo system, or *Comod* (*Co*ntinuous *Mo*no *D*ose) bottle, is described in detail here. There are many unpreserved bottle types and it seems Hylo is the only one that doesn't have a plastic seal that needs to be broken to use the vial, but has a cap and a taped cardboard box, which can be easily broken and then new tape placed it, after someone has inserted new chemicals into the bottle. It seems a very suspect unpreserved bottle system compared to the Thea, Bayer, Bausch, Refresh, all others, since it invites the delivery services spies or anyone to mess with it. Since other companies offer almost same products as Hylo in safer bottles, perhaps, others will consider the pros and cons. One thing to keep in mind is that a secure system would have a code to be scanned that is only correctly revealed by the company website (not a fake site) if the seal was not broken by some delivery employee inserting poisons into the eye drop. (would then be safer to buy drops from a physical pharmacy?). Like the Refresh bottle tech (with NaOH) here, it remains sterile for 6 months after opening.☺☺ Hylo bottle is 10x easier to use, place drops with precision in any desired eye area with an eye guide than any other. We don't need strain to squeeze bottle, missing the eye. Biotrue/Refresh/Bayer type are not easy for eye guides, because they shift on the eye guide, don't stay centered, don't fit on the guide, Thealoz ABAK style better than Bayer; Hylo by far the best for eye guide users, when you push Hylo, drop comes out, we know when/where it comes, with the others we don't. You squeeze, but never know when it comes out and by the time it comes out you may blink and waste one drop. Hylo makes more equal size drops too, smaller too, which is better, gives more choice to put less and then add more only if needed, while with the others it puts 67% more.

Some 6 popular ☺☺ *Hylo* tears are listed below (they got 13 total, 2 are in lipid tear section). Ursa/Scope *has a different a tamper evident seal*: don't use if tape is broken or plastic bag is not sealed; these got easy to remove/replace tape on the paper box, easy (for a professional, not anyone) to remake sealed air tight plastic bag that holds the box to remove the box from the bag, so USPS/Amazon, Scope, spies can use syringe to insert poison inside, put cap back. Check out my Hylo Care experience, and realize these drops are not FDA OKed in US. Watch out for keratinization (granulated appearance) of caruncle, cornea and eyelid margin, as that may spell doom for the MG in the long run (see MG death via keratinization in Clear Eyes Sensitive paper on epinephrine). *Most* studies *on "drops* relieved *symptoms of dry eye" are* ultra *superficial, they just* look at a *few* parameters *that the* thick *water retaining* HA *will help in the short term (*1-6 months*), without looking at the long-term (*5-9 years*) effect on all eye structures like* MGs *and inner structures*. We need radioisotope to monitor where everything goes and what the effect is long-term, etc and that requires tons of animal studies etc, waiting maybe 10 years extra, etc. I used Hylo Gel/Care in spring 2021, but now I use my left over bottles twice/month, due to issues

explained below *(some issues apply to most thick* drops: they dry out during naps or night in the caruncle, causing *caruncle* keratinization *and can* block the MG orifices thru similar crusts; *additionally, they may stimulate hair growth in the caruncle leading to an inflammatory cascade locally due to incessant foreign body response until the system gets used to ignore it, since* HA *is enhancing the* absorption *of many* impurities in HA *(whether* HA *is from animal or bacteria sources, these proteins have immune and other activities)* or ocular products *we use that day;* chemical mixes can turn one cell into another type and act like stem cells, especially if we use Hylo Night, Systane, etc ointments with lanolin chemicals that promote hair (keratin) growth in sheep to maintain their warmth, lanolin being sheep wool fat, rich is sterols that have hormone like activity in certain conditions if they convert to something, and we know androgen deficiency dries the eye while estrogen either low or high can dry the eyes). Thick drops clump easily when out room is colder (drops are colder) or before/after cold compress, cold weather, causing foreign body sensation, inflammatory response that reddens eyes, makes it all harder to heal. We're 100+ years away from decent drops, it's like *walking in a mine field*, so research before using any drop, and recall during the night we keep eyes closed 500 minutes, while during the day, after 1 drop we keep them closed 0.5 min, washing it off fast by blinking, so at night, we get 1000x more exposure to bad stuff in drops, so do 20x mirror test. Most eyedrops today treat symptoms (lack of lipids in tear film for example) instead of the cause (meibum glands produce insufficient lipids, so maybe cofactors to stimulate meibum cell growth, a topical AndroGel on eyelids to make meibum glands excrete lipids if androgen deficiency is the cause). As a result, the use of anything to fill in the void of lipids can lead to side effects, like worse MGD.☺☺☺

►► 3.1. $19 Hylo-Tear 10 ml (ebay), also sold in UK as Hycosan Original 7.5 ml (ebay), got pH 7.21, 0.1% HA MW 2.03×10^6, plus the stuff in Forte/Gel: sorbitol (issue?), citrate buffer. Caused 7 stings on both eyes, the 4th time I used it. Stopped using it after. To understand Hylo-Tear you need to read all the 6 pages of the next drop Hylo Gel that has the same ingredients, just more hyaluronate. Most Hylo Tears use a *10 mL bottle* that lasts *6 months only* that has: Hylo *Comod* is Germany name for the US/UK Hylo-Tear. Ideal for those disliking thick drops, this got 4 times lower viscosity than Hylo Gel, which means it will wash off easier and not damage the eye *thru extremely long exposure facilitated by the 4 times thicker Hylo Gel*, if the eye is allergic to the citrate buffer, sorbitol, etc. Alcon (Systane) chemists found Hylo-Tear to be good: *% "of corneas per group with 0% epithelial defects after 24 hours post-debridement were as follows: 12.5% (Optive FUSION pH 7.4), 26.67% (VISMED pH 7.3), 31.25% (Thealoz Duo pH 7.1), 6.25% (Hyabak pH 7.0), 43.75% (Hylo-Comod pH 7.2) and 53.33% (Systane HYDRATION pH 7.9)"* page 98 of the 2016 pdf. More tearfilm.org reports are available.☺☺☺

►► 3.2. The next 6 pages explain it all: $14 Hylo Forte (ebay) (UK/US) called Hylo Gel (official page) in Germany/Asia ebay, Hylo Confort Plus (official) in France, and Hycosan Plus (ebay) in

the UK (over the counter version that insurance doesn't cover), is the same as Hylo-Tear above, except double the hyaluronate, got pH 7.20, a higher quality HA than the other Hylo products *0.2%* HA for 4 times the viscosity of Hylo-Tear for a stronger treatment of severely dry eye, contains the same sorbitol and citrate buffer. Citrate kills fewer microbes than boric/borax used in Hylo Dual/Hylo Fresh, so you may get more styes with unpreserved citrate, phosphate, Tris buffer drops than with boric buffer. Hylo Forte the main drop I used for about 11 months, though since 2022 I gave it up, as my eyes didn't like it anymore, due to causing a slight 'acid feeling or caustic one' first 3 seconds that Hylo Dual doesn't have, maybe my eye *dislikes high citrate or sorbitol*. For some eyes, Hylo Relief works better; it has glycerin and HA, no ectoine (Dual can cause issues too, floaters, etc) or sorbitol (Gel). This book calls *Forte* Gel, the original name, since it's shorter; other UK companies call it *Gel* too; it's made in Germany like Hylo Gel, being identical. CO 2017;11:631-8 says *French Hylo Gel* "has a molecular weight of" *2.4-2.8*x10^6, TVST 2019;8(6):2 says Hylo Forte MW is 1.75x10^6. Analytical procedures can make errors and get MW way lower; either way, HA in Hylo Gel is the highest MW HA anyone can get in USA via Amazon for OTC drops, without prescription. Initially I used it mostly during the day, so I didn't notice anything but how it made the eyes happy and hydrated, if I placed saline solution first. But when eyes are more tired, placing the drop directly can be irritating sometimes (like with all other drops, except saline). Extra care is needed if this is used for naps or sleep, *since it doesn't drain easily and can inflame the caruncle and eyelids and cornea sometimes, due to the high citric concentration* etc – like it happened to me when using this at night or in the middle of the night, all these disappearing after stopping use – so make sure that if used at night, to test it first or if discovering only 20% of a drop works for you, you blink 10 times strongly, squeezing eyelids to push 80% out so only that tiny amount remains there that won't inflame the eye. In our stone age world, these droppers only dispense huge amounts, not tiny like a real tear, so check eyes often in 20x mirror to remove excess gel if there to avoid irritation. This issue is with all thick drops, ointments, we need to test eye's compatibility with any product during daytime naps. This may work as a night gel for some though, less toxic than others that have sorbitol etc. ☺☺

However, before using this, it's good to read my experience with Hylo Care and to realize that bad effects can take months or years of use to notice, since only with a 20x mirror you see the issues. I use it after saline 99% of the time (*since alone it causes irritation, redness doesn't disappear*) and it works well to remove eyelashes stuck in the eye, when saline failed to do so, due to eyelash being stuck in *a hard place where saline simply can't get it out fast, having no viscosity to drag it out of the eye*. International shipping takes weeks, Hylo *Gel* is $12.5 on ebay (4 bottles/50); before I knew Hylo Gel is the same as Hylo Forte I ordered the Greek ebay Hylo Gel and it arrived in 2.5 weeks, expiration date 26 months from delivery date; very nice, sealed and with blue bottle label, like the German one; since 'Hylo Forte labeled' Hylo *Gel* ships fast

from local Amazon warehouse, it may be subject to > 25°C heat during transport less than individual orders that take 1 month to ship (so if in US, ordering Forte is better probably, even if 1$ extra), as UK company ships it to US in big loads. Hylo *Gel* is "the first medical product for eye lubrication for dry eyes to be classed (in 2008) as prescribable in German history"; UrsaPharm Hylo products can be prescribed in UK. *Just because it's more viscous doesn't mean it works better for all, more friction can cause more redness if low lipids and the ability of* HMW-HA *to* stick to cornea can lead to *damage*, cornea ridges, because natural tears have 1000s of times less HA than most synthetic tears with HA: we *die* quickly if our serum (similar to tears) has some compounds at just 2 times higher, now imagine what happens when we have something at 2,000 times higher level, it may not always be good, so just because a drop has only natural compounds found in natural tears doesn't mean it's going to be safe. *Hylo Gel/Forte can be too viscous for some, so you can first use* 0.9% saline *to dilute it; viscous drops can cause eyelid to rub against cornea more, causing inflamed eyelid; if you miss and it dries on eyelid, wash it with water or* 0.9% saline*).* Hylo Gel *is slightly similar to* Bayer HydraSense Night Therapy product *below which has 0.3% (*low MW*)* HA*, citrate, NaCl, no* sorbitol or HydraSense *0.15%* HA*, citrate, NaCl, no* sorbitol. Hydrasense osmolarity is higher, so it may irritate more.

The Sorbitol *issue?* Hylo Gel/Forte/Tear contain sorbitol, found in human serum (tears are similar to serum in many chemicals) at about 16 mg/L vs 139 mg/L for fructose and 800 mg/L for glucose in healthy people. It's not clear if sorbitol $CH_3(CHOH)_4CH_2OH$ can increase platelet activity and cause blood clots inside the eye or on the cornea, but recent studies show similar compounds, xylitol, erythritol $CH_3(CHOH)_3CH_2OH$ (sorbitol without a CHOH) ingestion cause blood clots, strokes, heart attacks. Micro blood clots may appear to our naked eye as red or dark dots on our eyes (cornea) and they could also be caused by sorbitol concentrations 1500 times above physiological (natural tears) in artificial tears. Sorbitol is also *the* nerve damage agent, to remove cornea sensations, to create illusion the drop is healthy and comfortable for the eyes, but it is oddly also in sperm at 100 mg/L or 0.55 mM. Sorbitol endogenous production can cause cataracts, which are the leading cause of blindness worldwide. External sorbitol drops with *1500+ higher concentration than natural tears*, may also cause cataracts over 20 years, so gently try use sorbitol drops rarely, max 5 times a week. Sorbitol can reportedly cause issues at high serum levels, but it's used by many companies in eyedrops, OCuSoft, Systane, Thea, Optase, overnight eye gels (Refresh lube; overnight gel exposes eye to *100x the sorbitol*). What is *sorbitol?* ☺☺ Similar to osmoprotectant erythritol used by Refresh eyedrops, it is a sugar in apples, lowers viscosity of eyedrops, dissipates quickly so the drop becomes more viscous once on the eye. Glu*cose* and galact*ose* are stereoisomers *(one carbon is R in glucose, S in galactose, everything else the same, ose is suffix for sugars, ol for alcohol, al for aldehyde)* of penta hydroxyhexanal $CH(=O)(CHOH)_4CH_2OH$; ga*lactose* combines with glucose to form *lactose*, so it's

easy to recall this galactose name, galactic lactating (milky way, our galaxy), many are intolerant to lactose in dairy. Glucose and galactose can be reduced (CH=O group becomes CH_2OH, CH=O + $NADH^+ + H^+$ -> CH_2OH + NAD^+) by aldose reductase (all sugars are aldehydes of a special type, hence aldose) to sorbitol (also called glucitol) and galactitol; sorbitol is 2R,3R,4R,5S-hexane-1,2,3,4,5,6-hexol or $HOCH_2[(R)CHOH]_3(S)$ $CHOHCH_2OH$, galactitol is 2R,3S,4R,5S-hexane-1,2,3,4,5,6-hexol. Sorbitol and galactitol are often hypothesized to cause cataracts due to accumulating in the lens in those who can't clear these hexols, so we ask, can sorbitol from eyedrops do the same long term? Many drops have esters of sorbitol, esters, polar lipids which increase cornea permeability, can get hydrolyzed by cornea esterases to sorbitol and go to the lens causing cataracts. Any other drops that could ruin lens or cornea nerve fibers? ☺☺☺

What if waiting 15-30 minutes as all Pharma companies say is simply not enough give how sticky they're and linger for hours? Hylo-Tear and Hylo Gel are the only ones in the Hylo range that contain sorbitol, used to bring osmolarity to physiological level and make these tears more comfortable. The company explained that sorbitol in eyedrops can't penetrate the inside of the eye much and cause damage there. Hylo went thru EU medical device certification and they check safety, but once again, so do US companies selling toxic drops, though FDA doesn't maybe regulate these drops as they do typical drugs, so maybe EU is much more stringent on drops. Drops only touch the conjunctiva and cornea, not the lens, so it's hard for sorbitol to accumulate; however, caution is best, so use 0.9% saline and yawn tears too. The blood sugar everyone talks about, D-glucose, hydrogenated, becomes sorbitol (s-orbit-ol, orbital area, eye area), easy mnemonic. breastmilk contains 78g/L or 300 times more lactose than glucose, and *lactose* is g*alactose* bound to glucose; lactose is 95% of sugars in milk, most of the rest are 100 prebiotic oligosaccharides to help develop immunity. PubMed has 100s of papers about sorbitol accumulation in diabetic eye tissues causing eye damage, so it's not clear what effect eyedrops with *sorbitol* have, or what sorbitol level above natural tear level is safe. Hylo, Thea used to have phosphate buffers that caused issues (eye stones), not they have citrate and Tris buffers; OCuSoft uses odd labeling of Retaine MGD etc, they all 3 use sorbitol too, but we don't know at what level. How many decades will it take to discover the safest sorbitol level? Until then, more research/caution may help, since some believe high *sorbitol* generated endogenously within the lens for example can cause cataracts, though topical sorbitol is a different story. Discontinue any drop if issues appear, or try the other 6 *Hylo* drops without sorbitol below or *Bayer* analogs.

Bayer customer service did share provitamin B_5 is 2%, but can't disclose HA MW or those who control email traffic didn't allow it delivered in original form, was it a setup *to allow them to better run science experiments like Dr. Toyos IPL/Q? You can get* NaCl *from saline drops above used right before Gel, to get closer to* Bayer. Some eyes prefer no NaCl, others prefer sorbitol or the structure of HA in Bayer or Hylo, which are different; one study found a Bayer HA drop has

323 mOsm/L, hypertonic vs 280 mOsm/L of isotonic Hylo Gel/Forte and other Hylo, causing issues for some; dry eyes need hypotonic or isotonic drops usually, so some prefer Hylo since they can regulate NaCl level by 0.9% saline right before, while with Bayer we have no say. Many articles online imply Hylo HA is or may be *higher* quality than *Bayer*, because it was approved for post-surgery use in Canada. Cheap HA causes eye inflammation. Hylo Gel is ideal for daytime. If you want to help MGs with some hyaluronate, but don't want to put too much sorbitol, citrate, borate, buffers, then Hylo Gel has the highest amount of HA (0.2%) per buffer and sorbitol amount placed in the eyes, so it could be used in conjunction with some ultra minimalist drop like 0.9% saline solution free from preservatives, sorbitol or buffers.☺☺☺ The sorbitol question is valid, because it's present in natural tears at a 1500+ times lower level. Studies raise questions about safety, so to minimize risks, use brands with different ingredients, if you're afraid of sorbitol being too high. Once again, phosphate in natural tears doesn't cause eye stones, but when we go 35 times higher, and use that drop a lot post-surgery, like they used a *Hylo* drop, we get eye stones; likewise, sorbitol is fine at low levels, but at high levels it may cause issues with frequent long-term use. "in vivo results (damage to rat retinal nerves) were mimicked in human SK-N-SH cells (cells that behave like neurons, used as models in many studies of neurotoxic ingredients) when exposed to sorbitol in vitro" ► ABB 2020;679:108207.☺☺☺ "The most densely innervated surface of the human body is the cornea of the eye" ► OS 2022;23: 40-8, so why *are* we putting sorbitol there? Eyedrops don't reach retina easily of course, but the drops land on the nerve fibers on the ocular surface, can reach other tissues and cause some damage: "eyedrops (meant for retina) usually penetrate via corneal or scleral route, although some conjunctival contribution is noted… After topical administration through absorption process, a drug enters the aqueous humor… (later other areas, including the nerve, more viscous drops deliver sorbitol better) Conjunctival and scleral tissues have similar permeability to hydrophilic drugs (sorbitol like), while cornea is 15–25 times less permeable… exposed surface of the eye is richly innervated by sensory nerve fibers (they detect mechanical, temperature, chemical changes) originated at trigeminal ganglion neurons" ► Pharm 2012;4(1):243-51. Unfortunately, there is no drop that has no side effects. ☺☺☺

"407 µg/mL" was the concentration of citicoline in human eye vitreous gel (detected when they did surgery) after using citicoline 2% (20,000 µg/mL) drops for *2* weeks ► PO 2019;14(11): e0224982. That is 2% penetration *into the* vitreous *gel, so imagine what happens if you use eyedrops for 200* weeks*, and it accumulates, drops that didn't go thru safety study for causing floaters in the vitreous gel*. High MW HA is a good delivery molecule for chemicals, see above, and if you use some phospholipid drop around Hylo Gel (or other sorbitol drops), you weaken cornea barrier and facilitate the movement of sorbitol towards the lens which could cause cataract, so don't use phospholipid drops within 5 hours of Hylo Gel. *Can a connection between*

the use of sorbitol for isotonicity in eyedrops and the development of cataracts be safely ruled out? We can calculate the sorbitol concentration in Hylo Gel *and others using the data in the citrate section, since isotonic is 300 mOsm/L; mM=mOsm for sorbitol, so [sorbit]= 300 - [Na]-[total citrate]-[osmolarity of* HA*]=300-127-44.4-0.6=130mM or 2.4% sorbitol.* Now, *130 mM is 1500* times higher *than serum sorbitol level (1.6 mg/dL or 0.088 mM, see above). Is that* safe? We know tears can be absorbed via the nasal duct vessels. Glucose is energy source, so serum glucose is 32 times higher than tear glucose; however natural tear sorbitol may also be lower than serum sorbitol, so then the factor becomes even higher than 1500. *Is that* safe? We see sorbitol in endless drops, but concentration is *strategically* hidden. That's why I minimize Hylo Gel, Hylo-Tear or any drops with sorbitol: they could damage 1. *cornea nerve* endings *signaling* when a drop is *toxic* and 2. *even the optic* nerve. Just like antibiotic aminoglycosides or quinolones can. Because HA is big, its mOsm is low ► IJP 2018; 543(1-2):190-200. Glycerin, in many eyedrops and our natural tears, is basically half of sorbitol; to understand eye structure very well and why tears can't easily reach the back, see the topical route barriers at section 2.2 of the paper (some less useful eye physiology details are in the other sections, they explain vitreous humor has 65-400 mg HA/mL) where it says ocular penetration to the back of the eye is <0.001%, bioavailability 1-5% for what penetrates ► Pharm 2020;12(3):269-308.

Among all brands on our list, HydraSense Night Therapy *(low MW* HA *though) and* Vismed Gel *(half MW of Hylo* HA*) got 0.3%* HA*, so even* more HA per buffer. The *best Hylo product* for my eyes during daytime (least issues among the 4 Hylo products I tried so far: Gel, Fresh, Dual, Care) *was, for a while, the one that had* all 4 compounds natural ones, *something we only find in 1% or less of artificial tears worldwide, (in the eye: sorbitol in trace amounts, citrate,* HA*, H_2O) Gel, all the other Hylo with extra compounds were less ideal, but then that became too thick so Hylo Fresh was better.* When eyes are in a bad shape Hylo Gel works better than Clear Eyes Advanced, due to higher quality HA, helping eye redness disappear. The extra compounds in Hylo Fresh, Dual are *ectoin, eyebright, borax not in the eye, body, causing* irritation. Boric acid, in Hylo Fresh & Dual "is the main form of boron in blood, urine, and other body fluids", but at 0.3% in eyedrops becomes more cytotoxic. The high level of provitamin B_5 (not found in natural tears) in Hylo Care was less ideal; *Hylo Gel (and perhaps Hylo Fresh due to being so thin and watery) is among the closest to nature ingredient wise among the Hylo I tried. So, when I ran out of my first bottle of Hylo Fresh and Hylo Gel, I ordered a set of 3 Gel bottles (42$) which arrived taped well in an air tight bag on 3-12-2021 with expiration April 2023, 25 months later. Hylo Gel allows you to get 4 times more high quality (not found in any other drop sold in USA)* HA *per amount of buffer than Hylo Dual, 2 times than Hylo Tear/Hylo Care, 6.7 times more than Fresh.* If you combine it with 0.9% saline solution (previous tear, see above) right before or after to dilute it more during daytime, you get even less buffer, less sorbitol; we want to minimize buffers

because all buffers damage cells (since they're not the natural type of ultra low (not high as in most tears) phosphate-bicarbonate-lactate-lipocalin-protein buffer in the natural tears our (and many ancestor species) eyes got used to over 0.5 billion years. Citrate, sorbitol are more damaging at higher concentrations. Our body triggers inflammation when it detects eye chemicals it's not used to for eons, or at much higher concentration than it's used to.

I noticed viscous Hylo Care (and other viscous drops *like* Celluvisc, Refresh Optive *with no* HA) has that issue, so for some people trying the more liquid ones is better (Hylo Tear, Fresh, Dual etc). Viscous tears can dry out on eyelids due to missing a drop (goes outside the eye), creating a false impression of blepharitis, as that cellulose or HA sticks to eyelashes if we don't clean eyelids with silicone sterile q-tip often. Dry eye symptoms decreased more with *0.2%* HA than 0.1% in patients who did cataract surgery and had severely dry eyes ► Eye Vis 2019;6:6; however, the conclusions are not always true for moderate dry eye, if inflammation from swollen cornea or eyelid exceeds benefits of extra HA, due to people not knowing 0.9% saline, 20 times cheaper than normal tears, can be used right before Hylo Gel to dilute it. ☺☺☺ The pH of Hylo Forte is only 7.2, around the normal pH of many people with pH 7.0-7.7; maybe for those with pH 7.4-7.7, it won't be as good and cause some irritation; take your pH first? All current drops got bad buffers, our tech is simply too primitive, but better than dryness. pH changes as the solution sits and reacts with air CO_2, bottle plastic etc, so manufacturers often give a range, 7.0-7.4 *(Clear Eyes Advanced & Optase shared 7-7.4 is their range)* or 7.2-7.8 (Biotrue), 7.20-7.30, depending on what they produce, but most won't even share that range. 0.9% saline has no buffers, but pH of 6.7 is not ideal either, though having no buffer that 6.5 pH is very changeable by tear generation, since it's due to a little dissolved CO_2, i.e. HCO_3^-, whereas an acidic drop will keep that acidic pH if buffered way longer than 0.9% saline. You may notice saline with or without tear generation doesn't always work to relieve discomfort due to failure to keep eyes moist with silicone seal glasses (*forgot to make it a tight seal for example*) or yawn tears or partial punctal plugs, so then a 'good' (by current standards not 7 centuries from now) drop comes in to the rescue. I still try to understand the intent behind using sorbitol by most companies in many eye products, when it could cause cataracts. Blood pH is 7.35-7.45, so tears mimic that very well, so on average that's the normal pH, around 7.35?

It seems prudent to not use high % HA drops (or any ultra sticky drops) at all or more than once at night, because HA dries and creates sticky stuff on eyelids, sometimes even a layer of HA over cornea when waking up that takes 30 min to dissipate, or mucus near the caruncle, that could block the meibum flow when waking up and that inflames the caruncles (the nasal eye corner pink nodule), making it red and full of sticky HA and possibly causing hairs to grow in the caruncle (though that could be vitamin A from ointments), though hairs in caruncle are quite common and people remove them sometimes if causing irritation (caruncle hair is sort of like

eyelash hair; these odd hairs usually grow back in 7 months). I often cleanse my eyelids daily with Cliradex. So, since at night eyes are very dry (no blinks) and they need protection from dryness, for some people it may be easier to use Hylo Night and mostly saline drops when you wake up or rarely Clear Eyes Advanced (**to prevent infection, provide antiviral E, surfactant (*hydrophobic tail and hydrophilic head, binding aqueous and lipid layers*)** to spread the ointment and water into a more hydrating emulsion). All react differently to each drop, during the day we blink a lot and the water and saline dilutes the HA and crust or stickiness can't form. ☺☺☺

►► **3.3.** $17 10 ml Hylo Care (ebay), also sold as 7.5 ml $ Hycosan Plus (ebay), got **pH 6.9 (estimate, could be 6.95)**, ***0.1%*** **HA**, citrate buffer ***plus 2%*** **dexpanthenol or D-panthenol or pro*vitamin* B_5** or ***proB*$_5$**. This may be the most dangerous drop if you're allergic to ***pro***B_5, so maybe use it by diluting it with saline, 2 drops saline before and 3 after, to get a good dilution to start with (HA sticks really well to cornea, transporting across cornea the proB$_5$, so it takes many salines and blinking to get it diluted and drained, and 2% is too much B5, so it's a lot safer to go diluted if you ever try it and monitor it every 20 min, dilute with 40 saline drops if getting red), during the day, morning only, never at night for a new drop and see how it goes. This section covers the issue ***of artificial*** tears ***storage*** temperature, since it's ***critical for some eyedrops***. B_5 is a skin vitamin that is often used to treat acne. See the official Care page here. The instructions say, like all drops, to stop using it if you're allergic to it or one of the ingredients. In USA, Hylo reaches us via 3 sellers (read below), one being the UK Subha Enterprise (Amazon page), the Amazon choice for Hylo Care, Subha got a warehouse website and they answer questions @ 44 1923 517070; they say when I asked about storage temp and a long placing on hold on the phone, that eyedrops get shipped directly from supplier (Scope UK) to Amazon because of temp requirements. All who answer have Hindi accent and due to the less stringent QA in India, it's possible that they don't have the strongest temp control at Amazon (*though Subha claimed by Amazon email in 2022 that their warehouse and Amazon warehouse meets the temp criteria, another person than the phone one*), since if they supply eyedrops to USA, Subha and Scope UK would ensure Amazon warehouse is always cool enough for the many products Optase and the like they sell to USA, Walgreens with FDA approval, but 100s of articles online explain that's not true for all Amazon warehouses. Scope UK, UrsaPharma distributor in UK, etc didn't answer about temp, since these have to be kept under 77°F, as opposed to Refresh Plus that requires < 86°F. Unfortunately, eye products often require lower temps so on a hot day in Amazon warehouse or week, they may degrade or diminish potency, create toxic by products, so it's better to only buy via Amazon stuff that has no tight temp requirements (none listed or up to 86 maybe if in a colder area of USA) for storage and to buy it in winter time, so no heat during delivery – using RiteAid for the rest (they got Pharmacy and tons of antibiotic eyedrops etc need be between 68 to 77°F, so RiteAid temps are way better in general than Walgreens and other

places); likewise CVS is better than stores that get hot and have 0 or tiny pharmacies, especially in areas where summer temps reach 90 often. Amazon doesn't keep a huge stock of any product, but if they stay a month in high temp, it could really damage certain eyedrops or ointments, so *order eyedrops from Amazon in Nov-March to ensure colder temps*.☺☺☺

The 2nd Amazon page of Hylo Care is by Peter Pan or the UK Ved Healthcare, no phone on web, Ved Healthcare is also a name for an India company too. peter Pan sells really bad Hylo Care. A 3rd page of Hylo Care is by Moughans Pharmacy located in Galway, Ireland; the Hylo Care paper says distributor is Scope Ophthalmics in Dublin, Ireland, as opposed to paper on the other 2 Amazon sellers that has Scope Ophthalmics UK branch as distributor; this Irish coastal city has such cool weather, their storage of the item is probably better than the other Amazon sellers, before it gets to the Amazon warehouse. This Galway Hylo Care seems to create the same ridge as the Peter Pan UK one, so it needs 3 saline drops after use, within 4 minutes, to avoid issues and foreign body sensation, this is due to some quality issue I think. Hylo Care from Subha seems much better quality than Peter Pan one; *Subha Hylo Care has no foreign body sensation due to stickiness caused maybe by high temp storage; however, Subha shipped Hylo Fresh twice, in 2020 and 2022 that expires in 3 months from arrival, when normally it would be 1-2 years and it says on UrsaPharm label you can use it 6 months after opening if before expiry date; for stuff with polyphenols, like eyebright plant extracts in Hylo Fresh, you definitely don't want stuff that will expire right away, as it means it sit forever in some warehouse; polyphenols are very reactive compared to Bausch ointment that has saturated hydrocarbons 100% only. However, plant extract containing drops in general expire much sooner, and upon inquiry*, Subha says Hylo Fresh is made to expire fast *by* UrsaPharm*, which is a lie, because they can't write use within 6 months, if expiry date was before that. Another Amazon supplier said theirs expires in* 11 months, which is a lot longer than 3 months; this shows anything Subha says (like by email that their warehouse and Amazon warehouse is keeping it below 25°C/77°F) could be a lie.

It's important to store eyedrops at temps below the max allowed (that's the issue usually) and above minimum too. Provitamin B_5 in solution is a lot less stable than other chemicals at high temp, so this Hylo Care drop is unique among all Hylo/eye products, and needs to be bought from the coolest storage and delivery place, if any exists on Amazon (not clear if that is the case). Due to the bad experiences with thick drops, like Hylo Gel and Care at night, I would never use Hylo Care 0-7 hours before going to bed, and *only use them in the morning after you fully wake up, never before taking a nap or over sleeping one late morning*; even then it's odd since Hylo Care can form lumps triggering body foreign sensation; *using ointments within 2 waking hours or* same night (within 10 sleep hours) with Hylo Gel/Care (any high MW HA drop) etc is a bad idea *because high MW HA tends to make some ointments compounds linger more and irritate the eye;* I put Hylo Night ointment 2 hours after Hylo Care and later at 4 am, when I woke

up after 3 hours of sleep and started blinking a lot, the Hylo Care film created a cornea ridge (like it always does during wake state if no saline is used) that was removed by saline and blinking – it's that persistent. ☺☺☺ 2% *proB$_5$* "effect on corneal epithelial regeneration is of *minimal* clinical relevance… Still, eyes receiving *proB$_5$* showed better (vision and) values at the majority of the parameters tested." ► JO 2018:6537413. After 30 min, among preserved drops (Thealoz is unpreserved), only the one with *proB$_5$* (Keratostill) had a viability > 12% at 24%, vs 52% for Thealoz ► BRI 2014:292139. *proB$_5$ 5%* "effectively accelerates the processes of healing the wounds of conjunctiva and cornea. Congestion and edema of conjunctiva withdrew, the edges of wounds demonstrated smoothness and better adherence." ► KO 2003;105(3-4):175-8. "lesser congestion effect, while applying" 5% *proB$_5$* ► KO 2003;105(3-4):179-81. KMA 1996;209(2-3):84-8 says drops with *proB$_5$* were better than those without at healing dry eyes disturbances of corneal epithelium permeability. They even use 5% *proB$_5$* for babies as a skin ointment to prevent diaper rash. Bausch and Lomb also makes in Germany *proB$_5$* in Corneregel at 5% (cornea regeneration gel). A Mexican company making a similar gel made a clinical trial of its drop, claimed that it's roughly similar to the German one, but FDA didn't evaluate how well this study was done. The FDA approved proB5 for cosmetic use in 2004, for some prescription vitamin complex and is on a list of OTC (over the counter) ingredients that are not GRAS (generally recognized as safe) for the intended use for insect bite, analgesic drug (no mention of eyedrops as not being GRAS), 21CFR310.545 (see page 12 here and Ctr+F "eye" to read all eye notes and studies, page 33 explains rabbits got red eyes from *proB$_5$* 5% that returned to normal after 1 day). Na salt of B_5 (*proB$_5$* becomes B_5, not its Na salt though, once in the eye for a while) can cause serious eye irritation, see page 10, it all depends on concentration of B_5. *proB$_5$* is GRAS for some products, but eyedrops are not listed. *ProB$_5$* is used in eyeliners (up to 1%), eye shadow, mascara, eye makeup products. Corneregel was not enough in some cases, as VO 2014; 130 (2):59-67 indicates. Amazon carries 5% Corneregel made by the Berlin subsidiary of Bausch, Dr. Gerhard that makes Artelac Rebalance. The *proB$_5$* can cause contact dermatitis (so maybe cornea irritation) and even anaphylaxis, see cornea damage image at CED 2005;30(6):714-6, from some multivitamin pill with *proB$_5$*. Hylo Care has no sorbitol. pH *is* 6.9 *vs* 7.2 for Hylo Gel, hence *on Amazon reviews some say "*Hylo Gel is nicer as it doesn't *sting* at times*" due to more acidic pH disturbing homeostasis (*average tear pH is 7.*35?) and maybe proB$_5$ 2% itself.*

I noticed the stings/itch too sometimes in the *caruncle*, *especially when used without saline first.* When eyes are tired, there is rarely even a burning sensation all across the eye, very subtle, not *like the Lumify burn sensation (that one is 30x stronger); caruncle itch is often evident late* evenings when eyes are tired. *Why? proB$_5$ 5% can enhance conjunctiva cell viability, but can be cytotoxic like EDTA, see* Fig 3 *charts with cell viability after use of EDTA, polyvinyl alcohol, PHMB, proB$_5$: for conjunctiva cells, proB$_5$ slightly outperforms everyone; proB$_5$ led to healing of cells in*

half the time ► EER 2020;201:108269 *so it is widely used in dermatology; to avoid sensitivity to* ***proB$_5$*** *and get the* ***benefits*** *of* ***proB$_5$****, maybe use before or after it (after waiting 30 min), some alkaline drop like Hylo Tear, Fresh, Gel.*☺☺☺ **Hylo *Care*** *instructions say to wait 30 minutes after using any other eye drop, before using Hylo* ***Care*** *last; use* **ointments** *after* ***Care***. **Dexpanthenol or *proB$_5$*, $C_9H_{19}NO_4$, the alcohol of B_5, $HOCH_2C(CH_3)_2CH(OH)C(=O)NH(CH_2)_3OH$, a transparent moisturizing liquid, travels thru mucous membranes and it is oxidized to hygroscopic (water retaining) B_5 (CH_2-OH at the NH end becomes COOH) where it becomes part of the CoA, which *aids cell growth*. It's also used topically to promote skin or eyelid healing. However, a study *on conjunctiva cell viability* found a Hylo *Care* like drop (citrate, B_5, HA) caused 64% of cells to be unviable, vs only 30% for other Hylo, due to lower Care pH or *proB$_5$* itself.**

They even have a youtube with their office desk at UrsaPharm, not sure why they're not smiling or expressing much universal loving kindness in this video or if it's meant to be creepy, the first guy that is also shown last (oddly he has real or fake acne that B_5 treats sometimes) wears an intimidating "iron maiden" (see second 12 of video, heavy metal music from hell) T-shirt with a monster showing its teeth, while he stands by the blue bear at Ursa entrance (ursa means bear in Latin); not sure if BND (German spy agency) controls 20-100% of UrsaPharm, though CIA, MI6, Mossad, etc could remotely control 80% of BND itself. As the spy section explains, basically, *any company* opening branches *in other* nations *is likely used by* origin *or other* country *as a* cover *for* espionage. I would avoid this or any 2% *proB$_5$*, at night, and maybe daytime too. *Only* try this at night after 20x mirror checks during 0.5-2 hour naps first, and *perhaps after squeezing eyelids a lot first nights so only 10-20% is left after 20 blinks*, since I trashed 9-22-21 my last bottle (distributed by Scope UK, made by UrsaPharm) after it gave me very very red eyes during an almost 7 hour sleep, the worst floaters ever (typically, Refresh Mega-3 or other drops make floaters more visible for 30 minutes, but this was 50x worse, and *for weeks, not 30 minutes*) *and a blur or 'less* HD*' effect for a few days; the blur is* like when you're very very tired or put some safety glasses on or something and it's not the same contrast or HD like with HD glasses (due to some *poison inside that makes the cornea cloudier* perhaps, indeed it *regenerates* cornea, perhaps beyond easy repair, re-generate it in a cloudy form)*;* this could have been Hylo Care or a 'burning-drying feeling' military weapon used on both eyes, that makes eyes very red, since on Oct 7th the military☺☺☺ attacked left eye during sleep and made it very red too even though I didn't use Hylo products for 2 weeks. Yet on Oct 8, I used Hylo Gel @ 5 pm and it seemed to have caused the redness to vanish far faster than using yawn tears alone with some saline, so maybe Hylo Care just needed to be removed on Sept 22nd, and then use more Hylo Gel, to avoid proB$_5$ irritation, though the redness may have occurred in spite of Hylo Care not due to Hylo Care, i.e. it would have bee worse without it, if they attacked both eyes then as they attacked the left eye on Oct 7. I was too scared so I didn't use Hylo Gel after 9-22, using Clear Eyes

Advanced a few times and saline mostly. Oct 13 they attacked left eye only again like Oct 7, so this time I used my new Hylo Gel 5 times, Hylo Care 3 times (2 daytime, once for 2 hours before waking up), Clear Eyes Adv 2 times first 30 hours and eye became whiter faster, since Oct 7 I didn't use any Hylo just Clear Eye 2 times. *This proves to me that these drops* may work (could have been less weapon use by FBI in the days after, not the Hylo drops making it whiter faster, me just being mind controlled via gadgets to believe in whatever about whatever drops, so people use them to damage their eyes, for the own science experimentation) if used during the day and even at night for Hylo Gel, as many papers indicate speeding the recovery of the cornea from redness etc; I even used saline+Hylo Care at 4:30 am followed by blinking a little, yawn tears (almost none came) and Hylo Gel 15 minutes later (since they contain same buffer, same HA made by same company, it's OK to use them close by) and woke up at 6:40 am.

***Oddly,* US doesn't have any drop with *proB$_5$* *2% or* even 0.2% in it. On Oct 10, I got a new bottle of Hylo Care delivered that day and I used it at 5 pm or so alone, without saline first. After 15 minutes, 13 of which was with eyes closed giving a high chance of ridge forming due to intentionally not blinking to gauge toxicity, a ridge of hyaluronate HA formed on the cornea creating foreign body sensation, so I used saline immediately and discomfort vanished instantly due to diluting the HA; this happened in my 2 tests, at 5 and 6 pm, first on right eye without saline first and second on left eye when I used saline first (but because using saline 1st on left eye, the ridge was smaller and less annoying); this often happens with all thick drops used without saline first to dilute and then taking a nap or going to bed, including Hylo Gel, Refresh Optive, etc.☺☺☺ On Dec 11th, 2021, I used Hylo Care one last time and, while the left eye was fine, right eye got lumps/ridges of HA (sometimes it's the left who gets lumps only), irritating the eye. Thus, Hylo Care needs to be used during the day, 10 hours before bedtime, not 4-5 hours, to have time to wash off entirely. Due to the foreign body sensation during sleep, it may cause excessive mucous release during sleep, so this is a drop that is, like all thick drops, very troublesome at night sometimes. The good thing was no itch, no major redness (there seemed a slight tiny redness, but that may have been due to blinking, since prior to test I had eyes closed and when you close them 10 min, they become whiter than usual) or other discomfort noticed on both eyes, but all thick drops, these included generate a slight blur if you don't blink for a while after instillation, due to the thick layer of HA, so during the day, maybe 1 minute until blinking moves it into the eye corner mostly. But this was a day test of 10 minutes, not a nap test of 30; right eye felt better overall after Hylo Care after saline wash, than before, so it seems to help during the day at least when we blink. Oddly, the papers indicating cornea issues from multivitamins with *proB$_5$* could be designed to provide cover for plausible deniability for attacks using *proB$_5$* as a cover for the 'cause', so one doesn't know it was actually the laser or infrasound, etc. *This was the* first time ever I really used it right before going to bed and had**

almost 0 blinking during sleep while trying a drop or ointment; 99% of the time I used Hylo Care was during the day (maybe 100 times) and it washes off fast due to blinking 100s of times.☺☺☺

The possibly 'bad' Hylo Care bottle *was sold by Peter Pan* on Amazon (allows free returns if it stings or causes redness, odd how Peter Pan sells Hylo-Tear in various package images, maybe old image that was revised by Scope; though Oct 10 new bottle was from Peter Pan too), the other was sold by Subha Enterprise, both in the UK, maybe one got stored at high temp for months (all Hylo must be kept under 25°C or 77°F, as with most eyedrops, if it so says on the bottle), maybe both are same, just some attack that made Hylo Care appear worse than it is, or CIA, Mossad, BND, etc wanted to make the impression that "they want to make BND/CIA/MI6 KGB/PLA or UrsaPharm or Whichever Spy Agency created UrsaPharm look bad". Odd how *Hylo Care* means *Holy Race* rewritten, as in Jewish race, etc, in reference to WWII; UrsaPharm, Ursa=Bear, BearFarm, RabeFarm, RabiFarm, to further frame Mossad related or disliking agencies. This shows 2% *proB$_5$* may be toxic *(only 0.1-0.5% may be safe)* if used with eyes closed for more than 10 minutes, due to extremely high concentration, this 2% is in many eyedrops, see the 20x mirror check section on how important is to check before and after. B_5 can yellow the skin if ingested, so *this Hylo Care can probably damage cornea big time (while claiming to* regenerate *it so much, it* destroys *it) and make it less transparent, even blur or damage your vision itself,* hence this may cause increased sales of other products of ocular nature. Given the sorbitol issue, etc and HMW-HA issues as carrier of medicines and suppressor of pain caused by toxic ingredients in drops, it becomes clear that we need to do a lot more research before trusting any drop, fancy gadget (*dual use, to harm under the guide of helping too, asymmetric warfare*) in our stone age century. Given Hylo used phosphate at high level before and caused surgery for eye stones, it may be that other drops, like Hylo Gel etc have serious side effects the company's public customer service rep is unaware of, even if the *Chief Tech Officer knows it, but like all CTOs keeps is from public to avoid scaring the public (though if all did it, nobody would be scared, but hard to be 1st one to be honest with 100 page PDF on the downsides of one's drops, not just benefits).* I used it during the early am before, maybe 4 times, with no major redness occurring when waking up (2-3 hours before washing it off with saline etc, blinking a lot, not 7 hours of not blinking), but mornings our pH is much more acidic, while at night it's much more alkaline, so Hylo Care seems safe during the day for most people only. Be ultra careful with any drop with pH 7.0 or lower at night, and especially with such high proB$_5$ drops, like HydraSense Advanced, almost same ingredients as Hylo, which is even more acidic, 6.5 or so, and I would never try it at night, not even early am, since my pH is always above that; since HydraSense and Hylo 314 and 280 mOsm/L and Hydra has NaCl, it means HydraSense got less citric acid/citrate buffer, so it will work better for people with acidic average pH and who love NaCl more than citrate, since citrate is killing fewer cells at lower concentration and all buffers kill fewer cells at

lower concentration, so for those with no big issue from LMW HA (may cause redness long-term), low pH in Hydra, Bayer HydraSense may work better, but I think we need more info on their LMW HA. A *drop that gives redness at night, when exposure is 900 times higher due to no blinks, is not safe to use often or at all during the day, just try other drops*. The 30 minute rule is on every Hylo paper, to ensure one drop doesn't wash the others or react with the ingredients changing the pH, interaction; this refers to drops with real ingredients, not saline (NaCl 0.9%).

Hylo *Care* *has the same ingredi*ents as HydraSense Advanced by *Bayer*, except Hydra pH is 6.45 (much lower) and low MW HA*; you can get NaCl from saline drops above used right before Care, to get closer to* Bayer. Hylo *Care* seems generally for severe cornea damage or post-operation and not for intensive use with mild-moderate dry eye. ☺☺ *A good drop, absent in this century by definition of good of future centuries, in general can work well also if after use, we keep eyes closed for 10 minutes,* generate tears *and blink first minute for 20-30 times or so* ☺☺☺ *to stimulate* meibum *secretion and mixing with* $proB_5$ *and* HA *for maximum healing. The first few times (until eyes get used to 0.1%* HA*), you may get (like I did) the eyelids swollen many hours later, as with any thicker drops* due to chemical sensitivity or MGD not producing enough meibum lipids *and thus eyelid scratching against cornea more thus inducing the "foreign body" inflammatory cytokine response; in that case, avoid Hylo Care or thick drops that cause swollen eyelids. We can also use 0.9% saline 20 sec before to dilute. Too much* B_5 *causes yellow eyes, if taken as pill, so only use this slowly and make sure eyes don't become yellow.*

►► 3.4. $24 Hylo Dual (official page) (buy 10 ml from ebay sellers), also sold as 7.5 ml Hycosan Dual, got pH 7.1, boric acid H_3BO_3, *borax* $Na_2[B_4O_5(OH)_4]\cdot 8H_2O$, 0.05% HA and 2% ectoine (or ectoin) to stabilize lipid layer and reduce evaporation), no sorbitol. It may cause floaters to appear more visible. The HMW HA may suppress immunity and/or cause ectoine to penetrate the cornea, so for higher safety, you may want to try Allegro from Optase, that has the same 2% ectoine (company confirmed), but uses citrate buffer for people sensitive to boric buffer and/or borax and replaced HA with hydroxyethyl cellulose 0.35% as lubricant, though HEC has PEG subunits, and PEG can be irritating for some. This allows you to see if citrate or borax/boric cause issues. Dual, $16 Hylo Dual Intense (ebay) is a Hylo Dual for drier eyes that want a thicker long lasting drop, with 0.20% HA, but which could be more dangerous, since 4 times more HA could allow ectoine to penetrate cornea more, 2% *ectoine*. Hylo Dual, Dual Intense and Hylo Fresh use *borate buffer*, not citrate buffer if worried about citrate binding to calcium. However, some eyes dislike borate or borax, *so you can get a similar product (0.15% low MW* HA*, 2% ectoine) with citrate buffer from Bayer,* called HydraSense Allergy*. Ectoine is also in many other drops with* HA *not on this list. For me, Hylo* Dual *is irritating (after a while, not always, on some days only, when eyes are not that well) compared* to Hylo Gel*; Dual wetness feeling lasts much less (4 times less* HA *than* Gel *to retain water). As a result, redness returns and forms much faster*

due to computer work; irritation is probably due to borax mainly and a little due to more inflammatory pH (7.1 vs 7.2 for Gel), since Hylo Fresh (next drop, with 6.7 times less HA than Gel) *has similar Dual sensations* (even if pH is 7.2 like Gel) *and they're the only Hylo drops with borax;* on top of it, Dual has ectoine which may irritate some; if you experience discomfort with any drop, so just use others that work, like Gel with 0.9% saline works for me. *Try Dual, then use* 20x mirror to see if redness appears*, vs* other drops, after 5 mins, 10, 20 of eyes closed relaxing in bed (same conditions of relaxation for all drops); stop using if redness appears.☺☺☺

Redness is not the thickening of the main arteriole (not the other 50 tiny ones) that happens due to standing horizontal for 25+ minutes, but a general thickening of all tiny or some tiny ones *(when the main arteriole shrinks as it does always after 5 minutes usually with a decent drop)* that is better noticed ☺☺☺ if we stand on the chair we normally use at the computer (to simulate everything the same in terms of blood flow speed and pressure on the eyes as in normal awake state) or in *gentle yoga* (video on yoga injuries) position leaning on a wall, relaxing, with eyes closed to prevent gravity bringing more blood, redness and confounding our visual perception; do all tests and observations in the same way, standing for an hour for example before all tests, look at the same light angle, etc to compare apples with apples; this is a good way to give your eyes a 5 minute break and let them relax while you relax on a chair; horizontal sitting is not good, in bed, because it will bring blood in varying amounts to eyes depending on how you sit; abstain from physical exercise, since this raises heart rate and thus brings higher than normal blood flow to the eyes and confounds findings; do all 30 tests of some drops on different days the same way, position, everything the same to eliminate confounding factors and pay attention to all sensations, blur 5-50 min after, not just redness within 5-20 min. *As you can imagine, this requires real dedication and time, but your eyes are worth it; or just* generate tears *and no longer use drops except once a week. However, this is not an option for many, who can't produce much when tired or whose lacrimal glands are weak.* *Hylo* Dual has a 2017-2021 NIH study; *ectoine* makes the MGs, *lipids* more *fluid* ► Bba 2014;1838(10):2716-27; our glands clog also due to the solidification of the lipids due to bacteria growing.

Dual ectoine mechanism is in this 12 page pdf; Dual pH is 7.1 vs 6.95 for Care, 7.2 Gel, 7.3 Fresh. ☺ Sodium borate can mean 5 compounds: $NaBO_2$, Na_3BO_3, perborate preservative (banned in EU) $Na_2[B_2O_4(OH)_4]$ or $NaBO_3{\cdot}nH_2O$ or $[NaBO_3{\cdot}H_2O]_2$, *borax or sodium tetraborate*, though chemists think of trisodium orthoborate Na_3BO_3 as sodium borate. Perborate has B-O-O-B units, while borax got *much* more stable B-O-B units. *The toxicity of perborate comes from losing 1 oxygen far easier than borax (O-O bond is unstable, just like O-O* bond in oxygenated water $2H_2O_2 = 2H_2O + O_2$, if you recall from high school*), thus oxidizing, destroying healthy cells far easier.* So, don't worry, borax is not perborate preservative like, it's much safer. Perborate is made by reacting borax with NaOH and then hydrogen peroxide. An issue with *borax* food

additive is that it can be toxic to cells if it accumulates; try it or buy Bayer *citrate* product if *borax* is bad, though Bayer LMW HA may cause too many issues if pH is low too. Borax plus any tear chemical can end up in our nose and lungs, via nasal duct tear drainage, swallowed, sometimes inhaled; take these into account. Why play with our body? Citrate we got tons of inside, but borax none. What about other drops with 5 odd chemicals, used 5x/day?

3.4.0. Some odd new products for eyelids from UrsaPharm are worth a mention: they're on ebay: Posiforlid eyelid wipes (hyaluronic, euphrasia, horsetail), Posiforlid eyedrops (hyaluronic, salicylic acid), Posiforlid eyelid spray (euphrasia (eyebright), hyaluronic acid and *salicylic acid, the one that dries skin* and will dry eyelids too maybe and cause the damage to MG orifices?), Posiforlid Mask identical to eyeeco in the compress section. Posiforlid Ointment got bibrocathol antibiotic, has toxic metal bismuth, that damages brains; bismuth could damage neurons and damage internal organs as tears drain and are swallowed, but so *can Restasis cyclosporine* (*cyclosporine suppresses the immune system, makes eye infections more likely, yet used by some to increase tear production for a few months*) *damage kidneys, organs, myelin sheath*; so I would not use any of the posiforlid products, due to few companies using salicylic, bismuth, horsetail; but euphrasia (eyebright) is quite common in Bausch and Lomb drops too, etc, whereas salicylic is rare, choline salicylate drops exist. All products in a brochure. Since Posiforlid can't be bought in USA, one can try Hylo Fresh, which has euphrasia (eyebright), hyaluronic to get some of the same benefits, just use a sterile q-tip moist with this Hylo Fresh (or on your well washed finger) on the exterior of eyelids to achieve the Posiforlid mist effect for a lower price:

►► 3.5. $20 Hylo Fresh (ebay) is the same as Hycosan Fresh (ebay) 7.5 ml. Official website has details. Make sure that the sealing tape is not off, that the seal was intact. One time I used it, it seemed it has microbes in it, since twice I noticed a correlation between using Hylo Fresh and the appearance of a small yellow stye (later vanished after I burst it), so be careful with this, especially when used around thick drops that can form a sticky layer to trap its bacteria on the eyelid, like Hylo Relief or Hylo Gel. Ebay sells 3 packs for $55 total (or 1 for 22$) from California or 1 for 18$ (ship included) from Germany. Don't buy in hot summer or cold winter (unless shipping takes a few days and those days are said by weather to be very warm from shipping location to destination, since USPS trucks are not climate controlled), since freezing temperatures destroy Hylo Fresh polyphenols (like blueberries lose half during freezing), but 4 for a whole year or 2 in spring or fall when temps are above freezing, but not hot, since hot temps also destroy hyaluronate and the polyphenols. Hylo Fresh forms a yellow dried mucus near the eye corner due to yellow polyphenols as the thicker part of the drop is expelled from the eye. All got pH *7.3, 0.03%* HA *(almost 7 times less than Hylo Gel), Euphrasia* (eyebright) *original mother tincture, boric acid, borax,* water for injection, no sorbitol) to *reduce* redness; *didn't reduce redness for me much, it's the thinnest* of Hylo drops, so it helps for people with

swollen eyelids caused by thick drops like Refresh etc. Eyebright has been used for styes, allergies, etc. Polyphenols in this drop are antiangiogenic, meaning they prevent the formation of new blood vessels, so the regular use of this would naturally prevent eye redness from growing fast and it can also prevent diabetic vision loss due to excessive angiogenesis. More details on which foods are antiangiogenic are in the obesity section. As such, you may yellow your eyes over time, if used too often. The yellow dried mucus appears only on days when using this drop. *I tested Hycosan Fresh (UK) on 6-20-2022 and after 4 minutes of closed eyes eyes became brighter, hence "eyebright", but that happens with any decent drop if you close eyes 4 minutes.* This drop is much thinner, so it won't last like Hylo Gel does for 40 minutes in its lubrication, but this is good maybe for people who don't want sticky hyaluronate drying on their eyelashes. *Euphrasia (eyebright) reduced redness in infants* ► Fp 2020;8:449 *and adults* ► JACM 2000;6(6):499-508*; known to fight infections too; the antimicrobial properties of eyebright essential oil are at* EBCAM 2015:734101*;* eyebright *was "able to protect corneal epithelial cells from UVB-induced cell death and ameliorated the* wound *healing… exhibited a strong antioxidant activity, decreasing ROS levels and protein and lipid oxidative damage"* ► JPPB 2017;173:618-25. Eyebright is in many EU drops, in addition to marigold and chamomile. Bausch (world's # 1 in eye products) also makes Vidisan eyebright, HA drops. Hylo Fresh is for swollen eyelids, red eyes, etc, as the Poland Amazon description explains; it's true, since as previous paragraph explains, Posiforlid products contain the same eyebright for lid.

►► 3.6. $20 Hylo Parin (ebay) (heparin sodium 1300 IU/ml; 130 IU is 1 mg, so 10 mg heparin total per drop and 100 mg per bottle; one drop will thus have 100/300 or about 0.33 mg, a tiny amount, most of which washes away fast): pH 7.13, 0.1% HA, citrate buffer, glycerin and heparin lubricants (official page calls heparin as lubricant, when it is way more than that) to reduce friction between cornea and eyelid. No sorbitol. Heparin is a miracle drug for COVID19, as it dissolves the clots the virus creates in the lungs, since people inhale heparin. Because heparin, glycerin, citrate and hyaluronic are natural chemicals in our bodies, these drops are more biocompatible than others with synthetic chemicals. ☺☺ They got ParinPos (official page) ointment too. Heparin is produced by basophils and mast cells in all mammals, has been used as anticoagulant since 1950s and LMW (1500) heparins (Arixtra medicine) were made via chemical synthesis even in 2000s via a 50 step process with 0.1% yield. Heparin is a glycosaminoglycan disaccharide polymer *(MW is 10-15K, but can be enzymatically brought to 5K for fewer side effects),* similar to hyaluronan that is naturally occurring in mammals, so most of the unfractionated heparin (MW 15K) was extracted from pigs/cows, but in 2010s, new ideas led to an easier chemoenzymatic or chemical synthesis, though only pig extraction is mainly used today as a cheaper method, since cows have mad cow disease prions. The Amazon seller and UrsaPharm company both confirmed heparin in Hylo Parin is from the intestine mucosa of pigs.

No wonder then after I used it once, I got a small stye within 48 hours. However, there is no way for them to remove 100% of viruses and possibly some bacteria from the pig heparin during the chemical extraction from pig intestine (a very dirty area), so you take a risk when using such eyedrops. There is a certain misconception that autoclave sterilization for 1-2 hours removes all spores, viruses and bacteria, but it doesn't always do so, since heparin is often only sterilized a few minutes by Big Pharma. Some spores need much higher temps than regular autoclave. So, the risk is always there, due to poor quality standards, that heparin is contaminated or changed during the heat of sterilization to a more toxic or less effective substance. Presumably, it's safe, since people bought this Hylo Parin for 30 years. A 2019 China swine flu epidemic (China makes half heparin worldwide) led to a new push for man made heparin. US plays selfish sports, making heparin is not essential, why exercise building a heparin lab when you can be a gorilla moving balls? "HS (heparin sulfate) is widely expressed on mammalian cell surfaces and in the extracellular matrix and plays essential roles in a number of biological processes, controlling angiogenesis (new blood vessel *formation*), embryonic development, inflammatory responses, lipid metabolism, infectious disease, tumor metastasis and blood *coagulation*.☺☺☺ Heparin is a special form of HS, found within specialized granulated cells, having a higher level of sulfation, a higher IdoA content, and displaying prominent *anticoagulant* (red blood clots in the eye) activity… Due to the poorly regulated supply chain of pharmaceutical heparin, a worldwide distribution of oversulfated chondroitin sulfate (OCSC) contaminated heparin in 2007 was discovered and associated with over *200 deaths in the U.S.*, adversely affecting the purity and safety of animal-sourced heparins. Another potential threat to the supply chain of heparin is that other bioactive entities, such as *prions and* viruses" ► CS 2017;8(12):7932-40 (this paper mentions heparin 130+ times). Wikipedia confirms, with references, heparin can have viruses from cow lungs, pig intenstines (unless made by enzymes biochemically in a lab as with some LMW heparins), lethal bacteria (killed 80 people, caused FDA recalls) mad cow disease prions. Odd how UrsaPharm website lists heparin as a *lubricant*, without informing customers of the *many bleeding and clotting disorders* (low platelet count or heparin-induced thrombocitopenia, HIT) it could cause, especially in the light of COVID19 side effects that could cause more bleeding due to heparin ► NEJM 2021: NEJMoa2104840. The reason UrsaPharm doesn't mention these things is because it's almost impossible for the heparin to be absorbed or to even pass thru the draining puncta into our nose, being so thick. At 2 drops/week not much would get in anyway.

Heparin is contraindicated for suspected cases of COVID19 vaccine-induced pro-thrombotic immune thrombocytopenia due to AstraZeneca (the ones with risk of clots too), etc, because *heparin can increase risk of bleeding* in an anti-PF4/heparin complex autoimmune manner. COT 2017;36(4):377-80 says heparin helped in wound healing; a 2019 paper also says *heparin helped cornea* healing. *Heparin thins* the blood, so it prevents little clots of arterioles from forming

(common in old folks). UrsaPharm site cites a 1996 paper on improving wound healing. Used twice/week, it may improve eye condition, prevent red/dry eyes, due to better blood flow and nutrient delivery, fewer cornea visible (big) and invisible (visible at 20x only) clots; however, way more research needs be done, before taking it, due to risks of eye or systemic *hemorrhage* (since drops gets swallowed via nasal duct and enter the entire body, though unclear if any makes it to the nose in a quantity high enough to cause any bleeding), as explained in articles about people who died due to too many blood thinners. *However, 1 eye drop leads to far less blood thinner absorbed than taking blood thinner medication, so the risk of us dying from such an eye drop is probably 95000 times smaller.* Eye hemorrhage risk may be higher in those who take vitamin E, ω3 pills, so start slow, even if each drop has a tiny 0.33 mg heparin (most of which vanishes when we blink and gets outside of the eye, with only a 20% going to the nose) vs *15000 times more absorbed in normal blood thinning meds in hemorrhage cases*. Start with one drop every 2-3 days, watch eye using 20x mirror to make sure eyes get less red, and not redder. "Anterior chamber irrigation with heparin during pediatric cataract surgery may minimize early inflammatory reaction and decrease the # of postoperative inflammatory related complications... Heparin has anti-inflammatory and antiproliferative effects in *addition* to its anticoagulant function, inhibits fibrin formation after intraocular surgery, and has also been shown to inhibit fibroblast activity… In this study... early postoperative inflammatory reactions were rare (in the heparin group; low MW heparin is safer, prevents hyphema). Bayramlar... concluded that the addition of heparin to the irrigating solution during surgery decreases postoperative fibrinoid reaction and late inflammatory complications." ► CO 2009;3:363-5. 4 "children (5 eyes) with new-onset progressive CN (corneal neovascularization, *meaning very red eyes*) in at least one eye received topical rimexolone or dexamethasone in combination with heparin until complete regression of CN was obtained... All 5 eyes showed complete regression of CN within 5 months. An anti-*angiogenic* effect was found as early as 1 week after starting topical combination treatment. No ocular and systemic side effects were detected and treatment was well tolerated by all children… Combination of topical heparin and steroid leads to rapid regression and complete inactivity of CN. This therapeutic approach is promising, especially in children with limited therapeutic alternatives and a high risk for amblyopia." ► OSLI 2012;43(6):452-8. "Complications of cataract surgery in congenital cataract patients associated with postoperative inflammatory response found to be decreased with the use of enoxaparin (a low MW heparin) in intraocular infusion solutions. Furthermore according to our results the anti-inflammatory effect of enoxaparin was dose dependant." IJO 2012; 5(5):596-9.☺

Many NH_2 and OH groups of heparin are sulfated, so they're $O\text{-}SO_3$ and $NH\text{-}SO_3$ as Wikipedia shows. Heparin is thus a sulfated polydisaccharide unit. It's a strong acid in the human body, due to the sulfuric acid like ends. It's similar in structure to the polysaccharide part of mucins

(glycoproteins) of the mucin layer of our natural tears, which also contain glycosaminoglycans with high water binding capacity, in order to keep that water layer stuck to the cornea bound mucins. Besides lubricating the eye, heparin protects the cornea and the mucin layer of our natural tears. Even if one would use 6 drops daily, it is still far below the lowest dosage for the systemic use of blood thinner heparin. Thus, any systemic effect such as blood coagulation is impossible. UrsaPharm explained in their belief Hylo Parin doesn't have pharmacological, metabolic or immunologic effects, but mostly physical or physicochemical for the cornea. There is no systemic effect because heparin is a huge molecule of MW 15000 which is mostly available for injection because heparin doesn't enter the blood after oral intake. Due to its specific mode of action, the anticoagulant effect is only seen when heparin is injected. As the cornea is a very well-functioning barrier for the penetration of substances it is unlikely that any heparin becomes available systemically after eye drop use, though a tiny amount may be absorbed via the nasal mucosa, or swallowed, though digestion inactivates it.

11.17.3.6. 15 Ointments: avoid as they cause MGs atrophy and drier eyes long term

►► **3.7. 16$ Hylo Night (available in every US state to ship from nearby state) ebay is the same as VitA-Pos, and Hycosan Night (ebay). OINTMENTS ARE LIKE NUCLEAR WEAPONS, they need to be avoided at all costs (except for downing a civilization threatening asteroid), when all drops, procedures, techs, failed, since they're cheap deadly tempting via low price thick oils that *become solid far* easier *when mixed with cellular junk, vs meibum liquid oils and will* diffuse into the meibum gland, block its orifice *and give you styes that may require later even* surgery *to fix.* The way most drops used at night and ointments destroy our MGs is explained in the saline section. You can just use saline to alleviate night dryness, not these stye causing unnatural petrol hydrocarbon oils (90-97% of all ointments) or sheep hair fat lanolin; don't trade a little night comfort for deadly styes; Vioxx people took the pill for joint pain (like they use ointments to get comfy) and 60000 people died via heart attack; companies don't tell the whole story.**

Hylo Night is the same as 3 products: ☺☺☺

1. $20 Hycosan Night (ebay) *(bought this and 2nd time I got it, 10-18-2021, it was a 100% transparent clear liquid like gel, very different than the hard sticky quality of Soothe, Stye, Hydramed and other ointments, even this one bought 1st time 4-20-2021, which had a milkier whiter paste more solid consistency, perhaps Amazon warehouse heat impacted it, needs < 25°C/77°F; however, later ones were more solid than Refresh PM, Soothe. Ointments that are too thick can clog meibum glands leading to styes),*

2. $15 Hylo Night *(3rd time I bought this in April 2022, sold by Tiago's Store, San Diego, I got 2 styes within 2 days of using it, before I used Hycosan Night, no stye;* all ointments have more

solid oils than natural meibum oils (planet is too busy with 0 IQ music to create a drop or liquid fat mix with lipids in natural meibum) that clog meibum glands and cause dry eyes, styes in 1-3 years, even if in the short term they provide relief of symptoms; first time I used an ointment for 30 consecutive days, it was Hylo Night, and I got 2 styes; before I used them only 2-7 times a month. All ointments cause eyelid swelling if used daily for a few weeks, even at 20% of recommended amount, Hylo Night the least swelling (if no other confounding factors influenced conclusion, such as hidden eye torture, infrasound, microwaving, by FBI eyelid swell team (used on many people, watch carefully politicians, and journalists to see which ones got tortured, CIA etc), so I think this is due to hydrocarbons causing gland clog or impurities; so from June 2022, I never used any ointment; natural lipids mix is complex, way different than these ointments, these cheap alkane-lanolin ointments reflect our 1st century like chemical industry*)*

3. $16 Optase Hylo Night (discontinued probably because Optase realized ointments are like nukes – a last resort, Optase didn't say if ointment is kept below *25°C/77°F*. Optase uses US names of mineral oil and white petrolatum, while the other 3 use the EU names of liquid paraffin and white vaseline, all 4 are identical and made by UrsaPharm) the less known method to prevent dry/red eye: add vitamin A (component of tear film) and light mineral oil (light liquid paraffin in EU name, also found in some lipid tears) *to the 3 ingredients in most ointments: mineral oil, white petrolatum, lanolin.* If sensitive to lanolin or petrolatum, *then* Hydramed Sensitive (that has almost the same Hylo Night ingredients minus lanolin) may work better.

The 5 g Hylo Night tube *has 250 IU/g or 137* µg *VApal* (*vitamin A palmitate*)*/g or 75 µg RAE/g or about 1 µg in a tiny 15 µL 'drop' (MW: retinol 286.45, retinyl palmitate 524.86, so 250 IU*0.3* µg *RAE/IU=75 RAE; 75*524.86/ 286.45=137 (Wikipedia says 138 because they round up MW 525/286*75=138), thick 'drops', 300 applications, lasts 6 months.* "Vitamin A is required for the normal growth maintenance and maturation of the corneal epithelium and is effective in the treatment of xerophthalmia and experimental (rabbit) corneal epithelial wounds when applied topically as retinoic acid. The retinol concentration...in human tears was 16 ng/ml (0.5 X 10^{-7} M)… (or $0.5*286*10^{-7}$g/L or $0.5*15*286*10^{-7}$ *µg* in 15 *µL tiny drop, or 4662 times lower amount than with a tiny 15 µL snake of ointment, each blinking tear has 10 µL,* so 6-7 mm ointment is about the same vitamin A as in 7000 blinks, 10 hours of blinking, hence I used (before Hylo Care experience that prompted me to use as hand/foot cream the left over, since it was expiring in 20 days anyway, but I did use it 20 times or so, *no US made cream uses vitamin A*) 1 mm/eye to avoid overdose*)* vitamin A is present in the tears as retinol establishes the rationale for treatment of corneal disease with topical vitamin A" ► CER 1984;3(6):815-22. However, with vitamins, medicines, everything is about dose, *4600x* higher *dose* may *damage* the MGs, as IOVS 2013; 54(6):4341-50 found 13-cis-retinoic acid (acid in retinyl palmitate, metabolite of vitamin A) does. "*all-trans* retinoic *acid* decreases sebocyte growth, development, and lipid production and

causes blepharoconjunctivitis. It's ... converted in sebocytes to 13-cis retinoic acid (isotretinoin, used in acne creams, Accutane, since it *suppresses* sebum *production* by 90%, so it can also *suppress* meibum *production*), which leads to thickening and keratinization of MG ducts (chalazions too?), degeneration and necrosis of MG acinar cells, periacinar fibrosis, and reduced lipid content of meibomian tissue in animal models" and dry eyes in humans ► IOVS 2011; 52(4): 1938-78 (*this 40 page paper has so* much *info on* MGs). Too much of a good thing can be bad, though dozens of eyedrops contain vitamin A, a retinoic acid derivative that the paper claims to cause dry eye and even our tears have vitamin A; the real debate is about dose here. "Both *VApal* (0.05%) eyedrops and topical cyclosporine A 0.05% treatments are effective for the treatment of dry eye." ► AJO 2009;147(2):206-13.e3. ☺☺☺

"*VApal* improved subjective symptoms, clinical symptoms, and cytological findings in dry eyes" ► DDDT 2017;11:1871-9. *VApal* "and carbomer eye gel can effectively relieve dry eye" ► Glauco 2016;25(6):487-92. It has 1. *VApal* 2. white soft vaseline (or white petrolatum in US ointments), 3. liquid paraffin *(also called* MO *or* mineral oil of US products, *petroleum derived, transparent, contains mostly straight chain* (pharmaceutical grade, since food grade can have branched alkanes too) *C_{15}-C_{40} alkanes, C_nH_{2n+2}, but may have tiny amounts of cycloalkanes and some aromatic rings which are very stable nevertheless like all benzene rings are),* 4. light liquid paraffin *(also called* light mineral oil*, 'pharmaceutical grade mineral oil', white soft paraffin or white petroleum jelly, also mostly alkanes, so mostly saturated),* 5. wool fat or lanolin (or LA is widely used in Pharma and cosmetics) in US labels, which is a mixture of cholesterol (found in human tears), 10,000 esters of sterols (mainly), fatty acids, C_{18}-C_{26}, some present in natural tears; however, not all are present there, and some may cause issues explained below. Ointments contain hydrocarbons, wax esters, somewhat similar to those in the lipid layer of tears that dry eye patients secrete less of, so they can help compliment lipid tears. *Only* use ointments *IF moist night and dry/moist day masks and yawn tears 5x/day (that you hold with your eyes closed 10 min to soak the eye and heal it, especially after eye discomfort (dry, red, etc due to military attacks), since blinking thins and drains these tear nutrients) have failed to prevent use of eyedrops, except at night, and night drops were insufficient, since ointments have potentially toxic chemicals* (stuff we have never placed in our eyes for billions of years, certain alkanes, lanolin alcohols, sheep sterols, wool fat, etc – so start with tiny 0.5-1 mm snake amounts first daytime, to get eyes used to it first, build up slowly over weeks, months) *too that can damage eyes/body. Gels and ointments, if used in excessive amounts, can create illusion eye is wet, when it isn't, due to the weird sensations they create, so wear your silicone day mask and moist night mask as usual;* Hylo paper instructions say ointment (or eye drop) "should be applied about 30 minutes after" *any ophthalmic drug (or any other eye drop medication).* Hylo Gel paper instructions say "ointments should, however, always be administered after" Hylo Gel. ☺☺☺

Why do they make many ointments without lanolin? Due to reactivity of lanolin compounds, which causes eye complaints, allergies. "Saponification of crude lanolin gives an alcohol fraction (lanolin alcohols or wool alcohols) containing about 34% cholesterol and 38% lanosterol /dihydrolanosterol" ► BP 2003;57(8):321-5. Refresh ointments, etc contain these lanolin alcohols and to avoid scaring people they use lanolin alcohol name instead of *cholesterol and lanosterol*, as that would alarm people that diffusing into vessels it could create plaque under inflammatory conditions, and with Ca from eyedrops form real plaque. The level of cholesterol is low in these ointments, maybe 0.5% or so, if they use 2% lanolin alcohols and our tears do contain cholesterol too, though in a MUCH lower concentration. Plaque is made of cholesterol and hydroxyapatite crystals upon which more fatty stuff adds on. Lanosterol (lana means wool in Latin) is used to keep lens clear ATM 2020;8(22):1552 and prevent cataracts, while cholesterol makes 25% of lipids in the skin barrier (cornea is like skin). "111 mg lanosterol, 84 mg dihydrolanosterol, and 183 mg cholesterol" were obtained from 1.78 g lanolin JSS 2019;42(12): 2171-8. Walgreens PM ointment ("made in USA", if web has still correct info, box says nothing about "made in USA" like Equate Walmart ointments do) has the same ingredients as Bausch made Soothe, India made OCuSoft Retaine: 20% MO (mineral oil), 80% WP (white petrolatum, made mostly of microcrystalline wax (high MW) and high viscosity mineral oils (lower MW than paraffin or microcrystalline waxes), CAS # 8009-03-8, mostly alkanes > C_{25} called White Soft Paraffin or Vaseline in EU Pharmacopoeia or ointments, they can contain 1 ppm carcinogenic PAHs, see more on petrolatum here), minimalist, good for those worried about cross-reactions of non-hydrocarbon components, since MO/WP are inert, good for those sensitive to lanolin LA, plant extracts, though MO/WP oils have hydrocarbons from dead plants, animals. ☺☺☺

We know that cholesterol can form crystals, so we wonder if lanolin, which contains sterols, etc can also form crystals or atherogenic plaque via diffusion, enabling more crystals to form like with phosphate; plaque is cholesterol crystals sometimes, not hydroxyapatite (calcium phosphate); it's not clear what the long-term effects of using lanolin ointments are, so watch your eyes carefully at 20x each morning; even if tears contain sterols, they don't contain them perhaps at the same concentration as lanolin ointments cause, so like with phosphate, even if tears contain phosphate, crystals can form if too much phosphate; as a result, some people will be sensitive to LA, since they're far more reactive than virtually inert WP or MO. Hence, they made these LA-free lubes, like Hydramed Sensitive which has antiinflammatory vitamin A, but no irritating lanolin or petrolatum. Soothe 20% MO-80% WP *expires in 40 months, since 100% hydrocarbon ointments are the most stable and least allergenic, vs 3 months Hydramed with plant extracts, lanolin, vitamin A; Soothe, Walgreens, etc help us see if lanolin or the hydrocarbons irritate eyes; I called 1-800-553-5340, chose option 5, then 3 and was told by 2 ladies Soothe is made in Tampa, FL, that all Soothe brand is made in USA but some are made in*

France, as you can see on the box at RiteAid etc, so it may not be US made, the ladies having no clue or giving fake info; Bausch avoids saying location of production often on boxes, maybe because they shift manufacturing location often. It's the US leading ocular products company, and they got 12 countries where they make products per their website.

Walgreens 2nd ointment ("made in USA of US and imported materials" per Walgreens website, so lanolin alcohol may be imported since the 1st Walgreens ointment says "made in USA", meaning materials, MO, WP are also made in USA perhaps), identical to US made Refresh PM) and US made Equate Restore (Walmart): 42.5% MO, 57.3% WP, 0.2% LA alcohol. *Refresh PM has a cap that is sealed and to open it first time you need to twist and snap the 4 plastic pieces that hold it sealed;* only use if it's new and not open. This is nice, since Systane, Genteal, Hylo and others don't have this system of Hydramed, Refresh PM, Bausch, Stye, etc, *so you never know if it was open, other than the fact the box seemed not open (but boxes can be opened and reglued). The Refresh PM tube is the best of all, being* plastic that returns to its form, the other ones are metal and once pressed sometimes a lot comes out nonstop and leads to huge wasting, even after you stopped pressing to get some out. The only issue may be air getting in and oxidizing the lanolin alcohols in Refresh PM, but for stuff with hydrocarbons only plastic makes more sense; Refresh PM is very clear, unlike all the rest which are more milky, less clear. Refresh PM seems to irritate (red eyes or swollen eyelid) eyes less than Bausch, Genteal, Systane during daytime and night use, possibly due to no lanolin fats, etc and only lanolin alcohols and 23-37% less petrolatum (80%, 97% vs 57%). Refresh PM is not as solid as Hylo, but more solid than Systane, Genteal, Bausch, Stye. *However, since each derives lanolin alcohols differently from different grades of lanolin purification, there may be slight composition differences, even if all 3 contain 0.2 lanolin alcohols*. EU has often more stringent quality criteria for producing foods and medicines, so just being made in USA doesn't mean it's better purified mineral oil, etc, perhaps more likely to be free from bioweapons, viruses maybe that foreign countries spies could have inserted (3rd country) if EU governments didn't pay attention. ☺☺☺

Walgreens 3rd ointment (new) is unique (not sure if made in USA, webpage doesn't have a working Show More button that indicates that): 3% MO, 94% WP & 3% lanolin alcohols (Systane got 3% lanolin instead, *meaning way less cholesterol, lanosterol, the 2 main alcohols*). Major Pharmaceuticals (Livonia, MI, USA) makes (in Korea) Lubrifresh, 15% MO, 83% WP, 2% LA alcohol, and Rugby Labs makes in Korea an identical product called Artificial Tears Ointment. A "made in USA" on label ointment is Lubricant eye 12% MO, 88% WP (store 68-77°F). Some with 2% lanolin alcohol say store at 20-25°C. Not sure what MO-WP-LA alcohol combo is best, but that depends probably on each eye, hence we have many formulations for many eyes; some may dislike ointments with LA alcohols, since LA alcohols are not fats, let alone like natural tears fats, nor lanolin itself, but it may help those with sensitivity to the other LA components (tiny

levels of phosphate in phospholipids of lanolin etc), who tolerate a tiny level of LA alcohols, 0.2%, but not the 3% pure LA in Systane lube or others. Higher MO %, like in Refresh PM, may be better, since it's more liquid and more like our natural lipids, while WP is semi-solid; microcrystalline wax (in Stye ointment for styes) is more solid too, so that's not good. Refresh and Soothe are made by ocular products companies Allergan and Bausch, while Walgreens/Walmart are possibly lower quality cheap contract manufacturing. Refresh US made LacriLube got 42.5% MO, 56.8% WP and 0.7% other (chlorobutanol + LA alcohols obtained by hydrolysis of LA). LacriLube is more synthetic, doesn't indicate how much chlorobutanol or LA alcohols; I would 100% avoid LacriLube due to chlorobutanol (see preservatives section on how bad it is, use Ctrl+F to find it) and, to a lesser degree, due to *LA alcohols used alone* (without lanolin fats). Systane & Genteal ointments (both made by Alcon in Belgium) are identical (3% LA, 3% MO, 94% WP), so for many, it will be better than Refresh, Walgreens lubes; Systane & Genteal are very liquid, vs other ointments, so when you try use them they're a very different, more like a thick gel eye drop; this means they cause a lot of product wastage versus the other models, also due to the way this cap works on these tubes. Contamination of the product is far easier due to the fact the liquid thing spreads out to the bottom of the cap-tube contact and oxidizes maybe lanolin slightly; *poor tube-cap design for such a liquid ointment*; several times one eyelid got swollen, but that can happen with other products too. Systane/Genteal don't have a plastic seal for the cap like Soothe, Hydramed, etc, just a sealed paper box that anyone skilled can open and glue back; they have identical cap and tube, except for the writing. ☺☺☺

Systane made my eyes redder more often than Hylo Night, being less effective at dryness prevention overall too (Hylo Night being the best ointment so far among those tried). Lanolin ointments may lead to keratinization since lanolin is wool fat made by nature to help keep hair healthy, to help hair stay thick, protect sheep from cold. Finally, Stye, an ointment for styes, not for dry eyes, 31.9% MO, 57.7% WP & 10.4% *a* mix of microcrystalline wax (obtained *by de-oiling petroleum),* wheat germ oil and stearic acid *(a fatty acid common in food & our body, natural tears).* Walmart Equate Stye has the same ingredients as Stye, yet made in USA, while Stye is probably (company refused to answer) not, so Equate seems safer. *Wheat germ oil is 100% fat, 0% phosphate (*no worries*), 1.5 mg* vitamin E/g so a tiny 0.7 mg (RDA is 15 mg) per 5g tube max, a tube we use over many months; per USDA, germ oil has: 19% saturated fat (17% palmitic C16), 62% polyunsaturated fat (so oxidizes fast, unstable, keep in a cool place away from light), 55% linoleic acid (18:2, ω6), 7% alpha-linolenic (18:3, ω3), 14.6% oleic acid (C18:1), 0.5% palmitoleic (C16:1); *ω3:6 ratio is 1:8, like soybean oil used in* some eyedrops; more inflammatory than flax oil. *Stye was a product acquired by a small Insight Pharma company in PA, USA that distributes it now, but indicates no manufacturer name, location, just 800-344-7239, the Prestige phone; stye.com was bought in 2014 by Prestige that makes Clear Eyes drops in every pharmacy aisle.*

*They state "*Stye… is not for treating dry eyes*". I used Stye 15 times; since high naphthalene can cause cataracts, 0.05-0.67% aromatic hydrocarbons in ointments can cause cataracts too in theory, and vitamin E (in wheat germ oil) was proven to delay that. it works and feel similar to Hylo Night, but the tube snake is thicker. Wheat germ oil seems healthier (62% of fat is essential ω3/6), closer to what the human needs and got used to than the castor oil (see the issues in the L2 section) in most US lipid drops. Wheat germ oil also contains carotenoid, polyphenol antioxidants (see Table 2); Table 1 confirms USDA findings and is more accurate since the fatty acids % add up to 99.7% instead of 95% for USDA. Polyphenols are very heat/light sensitive, so try use well before expiration date. Wheat germ oil also contains squalene, a hydrocarbon present in skin (13% of sebum), and main component of polyunsaturated lipids, is also in the lipid layer of tears; oxidized squalene leads to skin wrinkles, so make sure anything with squalene is fresh; same for other skin-eye products. Stye ω3/6 ratio is bad inflammatory 1:8 vs million:1 in EvoTears ω3 or Vismed ω3. This is why Stye causes red eyes sometimes, so I used 99% of the tube as hand/foot cream on 9-5-21; it's not for dry eyes, only to boost inflammatory cytokines when a stye occurs to drive neutrophils and other immune cells to the site.☺☺☺

What potential issues could arise with mineral oil ointments in general, besides unknown, yet obvious, chemical interactions between non-mineral oil ingredients (far more reactive) and other drops used 30 min before or after etc? CMR 2017;15(3-4):75-87 explains in Table 1 mineral oil leads to folliculitis (pimples at the base of hairs) and lanolin to contact dermatitis (red skin spots), so when mineral oil-lanolin are put on cornea, a skin like tissue, the eye can also be allergic for some and get red, inflamed, drier long-term, even if providing short-term relief. Below are some issues and benefits of ointments: they got impurities, aromatic hydrocarbons that irritate and redden the eye (all ointments at times, when used even in tiny amounts, way less than what paper says, cause some irritation). Their biophysical properties are different: pretty solid at room temp, milky, even Hylo (Hycosan) Night which is a 90% clear semi liquid ointment, but not as clear as Refresh PM, while healthy meibum is 100% clear and liquid. This means, biophysically, future yet to be designed *ointments with clear liquid consistency are closer to natural and will irritate eyes less* via that mechanism.

Due to different electrostatic biophysical properties, mineral oils, petrolatum, hydrocarbon oils, waxes, etc could alter the fine balance of the chemical system of the tears and disturb the homeostasis of the aqueous-lipid layer barrier (*plug some outer lipid layer holes, but disturb the inner lipid layer stability where* phospholipids *face the water; i.e. reality being different than theory sometimes, not having such a universal 'all good effect' on 3rd lipid layer stability*), or by facilitating certain toxic compounds to more easily cross the junction points between layers of the eye: cornea-vitreous gel, vitreous gel-retina, etc. Additionally, most hydrocarbons believed to be natural to meibum are squalene, which is similar to β-*carotene*, etc, vastly different than

the saturated alkanes in mineral oils. Many authors think the alkanes found in some meibum studies are due to people using face cream, makeup, etc and these entering MGs (or mineral oils in every hand cream and shampoo, in food, etc), where, via different biophysical properties they can slow down certain important regenerative processes, leading to the MGs lipid underproduction or even atrophy in the long term, while offering short-term protection – just like redness reliever eyedrops offer 'white eyes' today, but rebound redness 2 years later and damaged blood vessels (by contracting and expanding 1-2 times daily for 3 years) when eyes no longer respond well and we need 5x more of a very acidic drop to prevent redness that destroys the eye since only around pH 7.4-7.6 some eye processes of regeneration are optimal apparently in vitro, not at 5.7-6.3 of redness reliever drops. Thus, not all is rosy just because 'alkanes don't chemically react with anything', they could change electric potentials across membranes, block certain enzymes from folding, proteins, etc, slowing thus important biochemical processes. Being solid vs natural healthy meibum, they're introducing cytokine storm via the 'foreign body' sensation they can cause in the first minutes of application, so that's why when I used these ointments I used a silicone q-tip (you can also use some meibum expressor too to apply ointment and massage eyelid, those with round edges, as those catch fewer bacteria, are easier to sterilize, rinse with 70% alcohol swabs, etc) I disinfected with alcohol afterwards (50 pads for 1$, @ $ store), and applied a tiny bit as explained in eye drop application section, since using 10x more as companies say, while harassing the eyelid daily and making it not fit flush on the eyeball, is risky in my view – it's too much like something the eye is not used to and causes a little inflammatory cytokine storm that damages the eye and makes people not use the ointment, when it could be safer than Soothe, RetaineMGD, etc drops with many chemicals plus the mineral oils. Due to huge irritation these oils cause, you may save your eyes from huge redness if you use less than 10 mm recommended amount, maybe 1 mm, via whatever technique you can discover, like a sterile silicone tip q tip or wiping out excess after dropping some ointment using an eye guide (wipe it with eyes closed with sterile pad you opened from a packet) with an alcohol pad, don't insert so much by pulling eyelid as that will overwhelm the eye. Write down sensations when using drops, so you recall and know when an ointment is bad.

"Pharmaceutical grade mineral oil consists of a mixture of saturated hydrocarbons" ► EHJS 2020;22(Suppl J):J34-8. Vaseline, (called Petrolatum in USA) (Eur. Ph.) can have 0.67% aromatics, while medicinal liquid paraffin (mineral oil in USA) 0.05% , light liquid paraffin 0.04%► F1000Res 2017;6:682. *Paraffin comes from parum ("very little" in Latin) and "affini" (affinity), meaning little reactivity of alkane hydrocarbons it contains.* It worked better for me many times than the best lipid tears; liquid paraffin can cause lipoid pneumonia if inhaled in large amounts (fire breathing) OM 2010;60(3):234-5, so if via nasal lacrimal duct we inhale tiny levels, what happens? Probably not much to be worried about, since we inhale lipids (though different types

of lipids) from our MGs every day, as long as we don't overdose with ointments. "Aspiration of liquid paraffin (liquid petrolatum) used for the treatment of constipation or intranasal instillation of liquid paraffin as a component of nasal drop or petroleum jelly such as Vaseline or Mentholatum for relief of sinus congestion is the common cause of lipoid pneumonia" ► IM 2002;41(6):483-6. Kids using it for constipation got in trouble too, so it may be better to avoid use for constipation. Even mouth cleaning with edible oils can cause it; however, the amount we would inhale from using it on our eyes *(most mineral oil would be ingested actually, as we swallow tears)* is way smaller than from oil gargling to 'clean teeth'; using lipid tears *(Systane, Soothe XP, etc got mineral oil (liquid paraffin) too),* we can also, in theory, get this issue, since *any lipid inhaled can cause it*; never heard of anyone using lipid tears getting pneumonia yet, but hey, who knows? Perhaps it's good to be cautious with these ointment products, use carefully, keep them away from kids and try them first 3 times daytime for 1-2 hours with eyes closed to simulate part of bedtime (*or even around the eye only, since many (see Amazon reviews) use this as eye cream for the area around eyes, eyelids, since anything around eyelids will affect eyes since it will go inside the eye too, so you can evaluate if it makes eyes red or not; if you use them anywhere, they may cause pimple if it blocks pores or 10,000 esters in lanolin cause some issue*), before you place them on your eyes for 8-10 hours of sleep, to make sure *the* 20x mirror doesn't show anything abnormal and there is no unhealthy sensation or any itching, burning, redness, etc. I bought this to test it and first time I put it was very pleasant first 15 min and reduced some of the weird feeling in one eye that's been there for 4 days after intense PC work. All CVS, Walgreens, etc ointments lack vitamin A, the key vitamin that many lack at organ level, even if serum or intake may be fine (see B12 cases where serum was fine, but all symptoms disappeared after huge B12 pills). *We can eat all zinc, salicylic, sulfur we want, and a pimple won't go away for 4 months, but if we put it topically, it vanishes in 2-3 days; the same thing is with our eyes, serum level may be fine, we may eat 4 lb of carrots, but the cornea may still crave vitamin A, E. We just don't understand how organ level deficiency occurs.*

There is a *fundamental* difference *between* an *ointment* and an eye *drop*; a drop washes out extremely fast giving us only 5 minutes of contact between vitamin A *if* we keep eyes closed, while an ointment gives the cornea epithelium 8-10 hours of vitamin A contact allowing far deeper healing, *100x deeper at least*; same thing with lipophilic fatty compounds, a drop has 0.1% of that or 1% max, an ointment has 99.9%, so it's almost☺☺☺ like 100-1000 drops with lipids, the expensive ones; though not the same, since it's a different fatty compound, but still, that's why ointments work often 20 times better than lipid tears even during daytime as they can protect a little the aqueous layer and lubricate the inner eyelid preventing it from scratching our cornea way better than a 0.3% lipid tear that drains in 2 min into nasal duct; the ointment has chemically inert alkanes mostly, while drops have very corrosive buffers sometimes and

many reactive preservatives and other chemicals – so an ointment may do far less 'side effect' damage for the same vitamin A or E (if using Stye brand, with wheat germ oil rich in E); besides, it can provide far more A, E than a drop ever can in a short time when needed. Few know about ointments for dry eyes and that there are none in stores with vitamin A in USA; so definitely, a drop during daytime with 3 min eyes closed is rather useless vs night ointment if eyes are dry due to vitamin A deficiency; eating more vitamin A (100,000 *IU/day, not* 3000 IU RDA, not 250 IU/g as in the ointment, or in this case due to severe deficiency doctor found) & D cured dry eyes ► JOII 2019;9:13.☺☺☺ Perhaps, we need more R & D into the best ointments. Even if way less bioavailable than night ointment, I included some drops with vitamin A below for those interested. This ointment doesn't need be used daily to help, even once a week may help a lot some people; it shows how useful lipid drops are. I discovered how to make a day and night time mask much better, removing the need for day drops and ointment when I have more relaxing days without trying to do a lot of computer work. The Hylo Night paper that came with the ointment says those with very dry eye can even use it 3 times/day, 2x daytime and once bedtime I guess, which makes sense, since lipid drops wash away fast, lasting far less in those with severe lipid deficiency. Hylo Night blurs vision far less than drops like Mega-3 from Refresh in the first 10 minutes (more blur later, after you took a nap of 20 minutes, but not really uncomfortable), etc. It may be one of the best ointments with minimal ingredients and A. I noticed right eye felt better while doing computer work than it did in days, while left eye, which I accidentally put 3 times more ointment as the paste fell in using the eye guide, got a little red and uncomfortable after 15 minutes, so definitely, put a little first, this was my first time using it. *Ointments are 30 times harder to put than drops with the eye guide and you definitely need very bright light (don't do it in darkness), so you see the snake of paste coming down and aim it properly, otherwise you waste 80% of paste going on eyelids, eyelash or guide which is not an issue first, as vitamin A, lanolin help orbital area skin to heal, so any miss you can use it as the expensive eye cream you never used.* The protective effect on right eye lasted until 12 hours later at least. The left discomfort disappeared after I washed excess with 15 drops of 0.9% saline and then ending with 2 drops of Hylo Gel to bring pH to 7.2 from 6.7 of 0.9% saline, and resting 5 minutes with eyes closed on the bed; due to washing it off, its effect wore off sooner than right eye, at about 11 hours. So, definitely, as with vitamins, don't take too much, especially first 3 times when eyes try to get used to a new ointment. Second day I tried it at 8 am, 3pm, 9 pm, 4-27-21, it was fine daytime, no more discomfort, eye got used to it. ☺☺☺

Farmigea Italy (founded 1946) sells Hydramed vit A ointment on Amazon that also has vaseline oil (petrolatum oil), lanolin or LA, white vaseline (white petrolatum), marigold, chamomile; however, some studies found "lid angioedema after eye washing with chamomile tea... Positive conjunctival provocations were also observed in all the patients with the chamomile tea extract.

In contrast, no symptoms were observed after oral challenges with this infusion... chamomile tea eye washing can induce allergic conjunctivitis" ► AA 1990;65(2):127-32; no such effects were found when drinking the tea, so placing ointment with chamomile extract may cause issues in most people, hence Hydramed makes a version without it, called sensitive, for those people allergic to chamomile polyphenols, etc. So, before you jump to chamomile eyedrops (many companies make them), recall this study and proceed carefully, watching what happens. A paper says chamomile can be contaminated with dog chamomile, and it's this poison that causes allergies sometimes. JEHP 2017;6:53 reports chamomile tea before bed improved sleep quality, so you may get benefits using tea if allergic to chamomile eyedrops, because anything that helps topically will also help, to a lesser degree of course, orally, since less goes to the eyes. *Maybe* Hydramed has more aromatic hydrocarbons than Hylo in its mineral oil*;* Hydramed was sent from chemist.co.uk, Frontline Healthcare Ltd, arrived in 5 days via airmail Royalmail on 4-28-21, Amazon said 4 weeks); however, on 8-20-2021 I saw Amazon allows 1 day prime delivery for only $13, with free returns, so you might be able to try it easier; after my inquiries into the smell with Farmigea (only after making Italy phone call they replied to my emails months later), they reportedly complained to Amazon that someone sells their ointment without their authorization so it was removed from Amazon temporarily for a few days in September 2021 since supposedly, it's only approved in UK and EU, not in USA, and they didn't know maybe if warehouse holds it at < 77°F/25°C; like Hylo, Hydramed instructions say to wait 30 minutes after using other ophthalmic products, before applying Hydramed. Hydramed came sealed with plastic where the screw goes on, like Stye and Soothe did, tube being bigger than others, even if it says 5 g like the others (lower density ointment?); however, while Hylo Night smells little and like a medical ointment, Hydramed smells 20 times more, like oxidized car oil or replacing tires, that typical smell of car shops, poly aromatic hydrocarbons (*carcinogenic PAH impurities in petrolatum, mineral oils, see* NIH; EU standards benzo[a]pyrene PAH <0.005% for example for cosmetic mineral oils that can have even 1% aromatic hydrocarbons, while pharmaceutical mineral oils far less); *this may be due to chamomile and marigold flowers, those smell like that*.

The company said even placing Hydramed at 45°C for 4 days didn't make the smell stronger, but the smell could be from all ingredients, *though* Hydramed Sensitive *(launched in 2019, much later than Hydramed Night, sort of like iPhone 13 vs iPhone 3, because 10% of people are sensitive or allergic to lanolin, see online stores for cheaper shipping, this one is 21$ including 1 week shipping from UK, expires in 90 days from opening) without marigold, chamomile and lanolin* doesn't smell they said; *I got it 11-5-21, 2 weeks later from UK, and it smells about 70 times less than Hydramed Night (no sheep smell from lanolin as with the smellier Hylo Night). Hydramed Sensitive lists ingredients as: A,* liquid paraffin and white soft paraffin. It's unclear if the white soft vaseline in Hylo Night is the one with 0.67% max monoaromatics or the white soft

paraffin in Hydramed is max 0.05% monoaromatics. It could mean Hydramed contains fewer irritating aliphatic-aromatic hybrid hydrocarbons than regular Hydramed, since paraffin can have 0.05% max aromatic hydrocarbons, while medicinal white vaseline can have 0.67% max; if so, Hydramed could be better the Hylo Night, if the total actual % of monoaromatics is lower. Hylo Night has wool fat, white soft vaseline (white soft petrolatum) in addition to the Hydramed A, liquid paraffin. Hydramed that has "vaseline oil and white vaseline". Vaseline is a brand or type of soft paraffin, petrolatum or petroleum jelly that allows more aromatics in than "liquid paraffin" or "mineral oil". Given how crafty companies are, a white soft paraffin could have more aromatics than a white petrolatum or white vaseline listed on another ointment of the same or different company, though the name paraffin is used to signify it's possibly better than vaseline. In our odd world, consumers are left clueless, without having any info on the actual total % of aromatic hydrocarbons in any ointment, profits first, health last. Hydramed may be, on paper, the best (least carcinogenic via least monoaromatics) hydrocarbon ointment on the planet (since lanolin compounds are very unstable during heat of shipping and storage in hot Amazon warehouse, etc), even better than Walgreens PM and Soothe 80% white vaseline (white petrolatum), 20% liquid paraffin (mineral oil); if US ointments with 80% WP and 20% MO contain more total monoaromatics, they may be more irritating than Hydramed Sensitive, even if Hydramed Night is more irritating than the few US ointments that have MO-WP-lanolin. ☺☺☺

Soothe XP PF, Retaine MGD, Systane Complete, etc all have MO in their drops, but no WP since it's too solid and impure. I tried it Nov 7th after midnight and even if I used quite a lot there was minimal irritation, while with an equal amount of Hylo Night or Hydramed there was a LOT more irritation, especially Hydramed. Being more liquid, Hydramed Sensitive will irritate eyes less during the day or night, when used, since lipids that are more solid (vaseline WP like) irritate biophysically more than those like liquid, MO. Hydramed is 3x harder than Hylo to place in the eye with the eye guide due to being thicker (diameter of paste is maybe 20% bigger, but the Hydra snake of paste keeps coming out of tube at very high speed even when not pressing, so you end up making a huge mess fast; thus, one way to place 1mm of snake in is described in the eye guide section on optical soap idea; it is 1 way to administer ointments fast *without damaging eyelid by pulling it out and without wasting 90% of the tube going around eye or eyelids*. Hylo breaks the snake and lands in eye when you shake it if you use the eye guide, Hydra drops before you even shake it ever so gently, and if you happen to blink then, you have it on your eyelid) and landing off-eye while *Hylo* lands in the eye as it doesn't break on its own (eye guide = no need to pull eyelid 1-3x/day and damage it as in the instructions on application, though I don't use eye guide as it puts way too much at once time, preferring the silicone q-tip method where you know exactly where you place ointment and how much); Hylo allows more precise control of ointment flow, but Hydramed has more polyphenols and natural antioxidants

from chamomile and marigold. *Hylo*, 8$, can last about same as Hydramed if you use the finger method to avoid waste, but longer if you use eye guide since it wastes less. Hylo costs less than half (Hydra is 17 due to high shipping) Hydramed, but Hydramed may be a better product for some people, while Hylo better for others allergic to chamomile/marigold.

Hylo Night tube says good 6 months after opening, Hydra only 3 months, since chamomile, marigold are less stable; with foods and medicines, fresh is better and lasts less; the more ingredients, the less the shelf life; longer shelf life is not indicative of quality; future eyedrops with 700 chemicals imitating human tears will have shelf life of 5 days probably, being shipped by Amazon in 10 hours from molecular factory 20 miles away. Application ease is key to patient compliance. Hylo being thinner allows you to place smaller **amounts with higher ease, for daytime, when you only want a tiny bit; this is not possible with the big Hydramed that splashes over eyelash, off-eye, big chunks of paste. Hydramed caused some itching 1st time, redness (visible even at 1x) in both eyes, so I washed it fast with 0.9% saline; perhaps I put too much, since it's next to impossible to put a little. 1 and 2 months later I used it again and it worked just fine, it actually made my left eye extremely happy for the first time in 10 days on 7-2-2021, since I used Hylo, Hydramed and Stye ointments, all 3 during the previous day (Hydramed before sleep). All ointments are damaging in our era, being made of mostly petrol grease used for car parts, our eyes are more valuable than that; if you use too much it's not very comfy or may get redness right away, instead of obvious styes, MGs atrophy after months of use. If you have to use antibiotic ointments or are curious about these deadly ointments, you can start really small, 1 mm of snake (impossible with Hydramed without q-tip method), to be sure your eyes are not sensitive or allergic to any component, and slowly build up to 2 mm, etc if needed. Always try them 1st daytime, not at night, to avoid too much eye contact and allergic reaction. During the day we blink a lot, wash it off, etc, in the night we don't, so it can cause mucus as a reaction to it. I discovered around 5-3-2021 after using Hydramed 1st time, that I need no drops (except saline at night) or ointments, due to improving my night mask and daytime moisture mask. ☺☺☺**

Farmigea.it 1 min video of their Pisa, Italy factory shows a less 'new, state of the art' vs UrsaPharm ($230 million sales vs 28 Farmigea) facilities, though another 2 min youtube looks very nice; see their clean hallway here; Farmigea didn't return any email questions until I called Italy, UrsaPharm did return 15+ without me calling Germany; *all ointments have compounds that are not liked by the eye, perhaps because* most of the compounds are NOT found in the eye, so consider another product if mucus forms when waking up etc. Hydramed smell may be a combo of chamomile, marigold and may not be due to sheep wool (sheep wool smells a little like engine oil, if their lanolin did not go gone thru complex purification techniques to make an odorless lanolin, like the Hylo lanolin did, indicating Hylo is possibly a much higher quality product, free of oxidative and environmental impurities that give lanolin its sheep smell, unless

the strong smell comes from chamomile and marigold extracts); so look out for wool smell in ointments and if present, don't use, especially if red itchy eyes happen first few minutes several days in a row (some redness may be OK first time until eyes get used to it if you put too much at once; 10 mm suggested on the instructions paper is way too much for testing, only 3 mm is enough to get eyes use to it); human dermis stratum corneum lipids are similar to wool fat or lanolin lipids; lanolin is used in eyedrops too). Hydramed is also available on UK ebay; Farmigea also got $8 HydraMed Night Sensitive (US ship 17$) without LA, marigold or chamomile that may work better than Hylo for those allergic to LA or chamomile, marigold (no smell means their mineral oil and vaseline are odorless, but I don't know if Sensitive smells; however their lanolin may smell, and be masked by chamomile and marigold, if cheaper smelly lanolin); however, without these 3, Sensitive just has oil alkanes, hydrocarbons like the cheaper stuff at RiteAid, but has vitamin A; however, lanolin and chamomile have many unsaturated sterols, fatty acids, polyphenols, etc which cross react and create new toxic compounds, so ointments with just mineral oil and petrolatum are far more stable and also safer if you keep a tube longer than 3-4 months. The issue of stability is explained more in the 1st paragraph of the lipid tears section; buy ointments as you use them if they contain lanolin, vitamin A, etc since *lanolin, A, polyphenols are* far less stable than *alkanes in mineral oils*. ☺☺☺

Lanolin provides more natural fats more like in our tears than alkanes, but quite different. farmigea.it also has a big list of their many (Pure got plant extracts only, amazing, it's like Bausch plant extracts eyedrops mentioned later in the B12 drops section) HA drops, sold via various UK, etc sites online (google it) like HydraMed (0.2% HA, citric buffer, mannitol, 0.2% TSP – Hydramed Forte is same, except 0.4% HA – high MW HA both, mannitol is safer than sorbitol? It's an osmotic diuretic used intravenously at high doses to lower ocular pressure by drawing liquid from the aqueous humor, from eyes; mannitol can also crystallize at 20% concentration, so if someone has punctal plugs and uses mannitol eyedrops and temp goes below 20°C during cold compress or shower and it's concentrating, they may form crystals that scratch the cornea or even deeper eye structures if it gets there and accumulates in a cellular compartment in high concentration; since it's C_2 stereoisomer of sorbitol, we need pay attention with sorbitol, sugar containing drops too), Cellusan (1% CMC, lactic buffer, KCl, NaCl, $CaCl_2$ issue?), Cellusan Light is same, except CMC 0.5%, same ingredients as Refresh Plus, different amounts of electrolytes and buffer probably. Hylo Night tube design is superior, since diameter is way smaller. *Hylo Night, Hydramed Night don't indicate % of MO, WP and LA, so we need do eye evaluation before and after, eliminating confounding factors.* WP and MO need to be very pure to avoid impurities that can irritate the eye, so brand quality matters also.

MO *may cause lung issues if used too much in theory, so perhaps Systane lube is better, having the least of it, though WP could cause issues too; any oily WP-LA component can cause lung*

issues. **Just like not all drops are perfect fit for all due to different pH and issues, not all ointments are performing best for daytime or night: LA is not LA alcohol, so try both? *They got a few gels with Na perborate preservative and sorbitol in them that I would not use, since during night, exposure to eyes is 100 times higher than daytime drops*. What about night gels? Systane gel got phosphonic acid, which could create eye stones (surgery needed) if it becomes phosphate and/or eye damage if the gel is too acidic (they say 'may contain NaOH to adjust pH, meaning it could be phosphonic phosphonate buffer), meaning not pH 7.1-7.7 as for most people; we don't blink at night, so placing carbopol 980 (also called carbomer 980, used by Liposic lipid gel), phosphonic acid, Na perborate preservative (see preservatives section, banned in EU) seems risky, since phosphonic acid is reactive and can damage the eye cells.**

11.17.3.7. 56 other brands of lipid free eyedrops (besides the 9 salines, 7 Hylo above)

1-7). Hycosan Extra (ebay) ($17, 7.5 mL) same as Hylo Forte, Hylo Gel. Made by UrsaPharm, who makes Hylo, distributed *by* Scope Ophthalmics UK, *who also sells Hylo and Optase, 0.2%* HA *with Tris-HCl buffer, see below. Scope has* a 3 min video with the optometrist using BlephEx and Hycosan *(an e*ye drop available at most UK retailers over the counter, including Boots, UK's largest pharmacy chain with 2500 locations, owned by Walgreens), showing how important is to also clean out eyelids with sterile silicone q-tips if we don't use BlephEx. Hycosan is same as Hylo, but Hycosan bottles use 7.5 ml not 10, are over the counter only; Hylo is approved to be prescribed so the UK insurance can pay for it. Hycosan didn't get the fees to get that approval, or UK approved the 10 ml bottle Hylo to save government costs. Scope sells *$18* Hycosan Dual *same as $20* Hylo Dual, *$16* Hycosan Original same as Hylo-Tear, $18 Hycosan Fresh same as Hylo Fresh, 17$ Hycosan Plus same as Hylo Care, Hycosan Night same as Hylo Night.☺☺☺

8-13). Evolve 13$, or 9$ on Amazon UK, HMW HA 0.2%, borax, boric acid, NaCl, water for injection, lasts 90 days, made by Medicom Healthcare Ltd, a company whose website didn't work since October 2022 (they do have another site that describes their 5 drops), having 1 page only, UK which makes an identical (bottle is different than the UK-NZ one) Evolve for Canada too, as the pic shows, and also Evolve Revive (the most expensive drop of their 5 is 30% the price on ebay, only the 2 main active ingredients listed on bottle box), with pH modifier (no buffer, just NaOH), *carbomer 0.2% (seems to cause* eyelid swell*. Any thick drop/gel will stay longer and if it gets infected by accident or intentionally (spies) with a microbe, it will be more likely to cause an infection, so use Evolve Revive mornings, not at night when you forget to wash to off, can't blink much, forget to wash off eyelash base, etc. Evolve swells eyelid a lot, so it may be better to avoid them like the plague, all products from this company),* glycerin, sorbitol (*the* nerve damage agent, though less than other drops without carbomer, since less is needed for osmolarity), HA 0.2%, see ebay for 6$ UK price. This Revive lists all ingredients only on the paper,

not the box and comes with a sealed cap; you need to shake it well after each use, so the tip doesn't touch the cap via the drop. It's a lower quality product in terms of marketing and everything, as they don't disclose pH modifier, though that is usually the pH adjuster HCl, or NaOH so to avoid scaring people, they use 'pH modifier' instead; Evolve also has a gel without sorbitol. Evolve may work for some for use before antibiotic drops with toxic BAK, since HA makes BAK 3 times less toxic; I got this Revive, it was OK, pleasant actually, after the first 3 seconds of weird carbomer feeling, not as bad as I thought, pH 6.9 with my pH papers. I would not recommend this, due to sorbitol, but you got 90 days to try it and see if carbomer irritates or not; I believe it possibly contains some bacteria or microbes that cause eyelid swell, since after use my left eyelid got more swollen for a long time, like 7 weeks. The other Evolve product with borax is interesting since it has fewer ingredients, if you can trust this company, for determining if you're allergic to ectoine 2% (the chalazion dissolving drop that makes meibum oils more liquid inside a chalazion), which is the only extra ingredient in Hylo Dual, Hylo Dual Intense, and other similar drops, or allergic to borax (this will help you avoid borax drops if borax irritates your eyes), provided their HA doesn't cause allergy due to protein impurities, microbes. Bayer HydraSense Allergy (see below) provides ectoine with a non-borax buffer, so you may benefit from that lipid stabilization. However, some companies have EDTA or borax at 11 times others do, as shown below, so, just because one borax drop doesn't irritate, doesn't mean another won't if that has a higher concentration. Evolve is a minimalist drop for those who're afraid of sorbitol, phosphate (eye stones, cloudy cornea, blurry vision) in 100+ brands or who're allergic to other ingredients (or buffers, like citrate, Tris, etc), but who want HMW HA to use before BAK preserved drops (antibiotic drops) to reduce the BAK damage and help antibiotic hang around for longer than 5 min of closed eyes.

Also, from UK, we got a preserved drop *(using 100 times less polyhexanide preservative than other US drops), made by another company,* that, unlike any in USA, has vitamin E and A, so being preserved, it has no entry of its own, 7$ Boots A+E, I got it in 2 weeks from this. It's a nice package, pH 6 with my 5 papers, so use only mornings, it burns first 5 seconds, then it stings a little next 20 min, occasionally, due to low pH, when eye pH is closest to 6, it makes your☺☺☺ caruncle vessels very very red within 5 minutes and all big arterioles thicker due to the stress it causes to the conjunctiva and cornea, so I was very disappointed, since I noticed this all 3 times I have used it, thinking to no longer use it even diluted; the plus is that it is very watery and thin like Refresh Plus, so it won't cause the same type of eyelid swell like viscous drops do, but unfortunately, it does cause eyelid swell, like some antibiotic watery thin drops do too; this can only be used with saline drops before and after to dilute it maybe 5 times, all that EDTA and acidic pH is very bad; another issue is that it expires in 90 days after opening, so many people won't like that, but anything without a 0.2 micron filter needs be trashed in 3 months anyway,

as bacteria grow fast from air contact; it says to keep away from light, between 5-30°C, have more IQ than US Clear Eyes with vitamin E that uses a transparent bottle and has no warning to keep from light and high/low temp that degrade E, the Boots uses thick white bottle to block way more light, made in UK, distributed to EU too. Boots UK, sells it 5$ for UK people (Boots doesn't ship outside UK, so I had to use the Britstore). It has A & E + HA, borax, NaCl, boric, Na*CMC* (unknown conc, like in Refresh, irritating vs glycerin, *maybe not if 0.1% vs 1% in some Refresh*), 0.11% EDTA (11x > Vismed 0.01%; 0.01 was found to not damage cornea cells in vitro) irritant and 'undeclared preservative everyone uses in 'unpreserved drops', 0.0001% polyhexanide (7.6x < Vismed Light which didn't damage cornea cells in vitro), *polysorbate 80 (damaged 30% of cornea cells in vitro). Never use Boots at night or before some thick drop at night, as the redness will be far greater due to 100 times longer contact time with the eyes (no drain due to no blinks); overall, I would stay away from this, unless you monitor eye carefully at 20x, 3 times before (within 10 min to get a good average) and after (10 min too), for first 10 uses and notice no stings, redness, etc; presumably, 1 out of 100 may not react like me, due to acidic eye pH; I include it here since it's very popular in UK and people with totally 'destroyed' eyes can't even notice the difference at 1x, or feel anything anymore.* ☺☺☺

The only 2 in US with vitamin E are the Stye ointment and Clear Eyes Adv drops, which got issues due to phospholipids. No US drop has vitamin A. Many EU drops or ointments got A, and many lipid drops got E in EU. Novax Monaco sells Navitae A+E+HA, oxidative preservative ($NaClO_3$-NaClO, mild bleach), expires in 28 days. Lion Japan sells $16/2x15 ml A, E, B6 Smile 40, launched 2013, with 350 IU A/g + 0.75 IU d-E/g, redness reliever, antihistamine, menthol which 'hides sensations, is thus dangerous (probably acidic too like other Rohto or redness reliever drops): 13 inactive ingredients (+8 active, including bad neostigmine methylsulfate) that can cause allergies (BHT, polysorbate, PPG, Tris, EDTA, pH adjuster). Rohto sells Cool 40 E/B6 drops (ebay). Santen has almost identical to Rohto A/E products. Rohto also sells A, E, B_6, T combo (t=taurine, osmoregulator preventing dry eye, helps retina eliminate waste). I won't use Rohto or Lion that got neostigmine, redness reliever, antihistamine, low pH. Even in USA, there is an FDA approved Rohto, much safer than the neostigmine drops, with taurine. Boots is way better than vit E Japan drops with BAK, redness reliever, antihistamine, menthol pain blockers to hide stings.

14-15). Vismed Gel (ebay) (20 vials expiring 3 years from manufacture date, 1.5 years from time I got them 3-30-21, paper says vials can be reused if recapped within 12 hours, *9 mL total*, hypoosmolar 150 mOsm/L, unpreserved. Vislube says 140-160 mOsm/L on the box & hypotonic, but this leads to a weird grainy-itchy sensation in the first 2-4 seconds, similar (not as bad though) to distilled (and sometimes shower) water that has low ion count. This can cause osmotic stress leading to redder eyes for some, so too hypotonic drops may not work for all, it all depends on how much salt and ions are there to begin with and what our eyes are used to.

All eyes/dry eyes are different, so need try more until you find one that works best. The package paper has a German distributor address & lists contents as: sodium citrate, Na_2HPO4 *(not phosphate buffer,* hopefully *low PO_4 vs PO_4 buffer drops,* so some may dislike it*),* 0.3% HA, $MgCl_2$, $CaCl_2$, NaCl, KCl. Ca drops can form eye stones so *Vismed (or any drop that has both* calcium *and* phosphate*) drops are especially dangerous,* so avoid Vismed. The pH is 7.3 per manufacturer UK site which has more data, ideal for those with pH 7.3; pH was with my pH papers or *slightly* more alkaline than Hylo Gel *(which seems 7.25), so maybe 7.31-7.34*. However, JOPT 2016; 32(2):109-18 found 0.18% HA Vismed had pH 7.2, so my pH paper may be off or UK site off, though all can be right, since each lot may deviate from ideal and have a range; pH of Refresh Optive preserved was 7.2 in the study, so see how different it is from unpreserved which is 7.4. Vismed has a more grainy feeling, when I tested it right after 2 drops of 0.9% saline to dilute phosphate, less comfortable than Hylo Gel. The physical properties of the tears are different. A 2019 study found 500K < Vismed MW HA < 1000 KDa; on 4-7-2021 Vismed emailed me MW is 1100-1400 KDa; thus, Vismed HA may be more inflammatory than Hylo Gel HA with MW up to 2800 KDa. Vismed blurs more than saline+Hylo Gel too, being 0.3% not 0.2% HA. The Vismed preserved brand seemed in 1 study to damage no corneal cells, unlike other HA, citrate containing brands like Hylo. TRB Chemedica, 150+ employees, founded in 1980, reputable (see the Gel Swiss GMP manufacturing facility). They also got Vismed Multi for $25 (unpreserved, 0.18% HA, expires 6 months after opening, only 10 mL so more expensive, *since you get half HA/$*). Vismed Line brochure (many studies) is here. They also got an ω3 drop, not on Amazon, contents listed here: EPA ethyl ester, DHA ethyl ester, vitamin E acetate, glycerin, polyacrylic acid (also called carbomer in other eye products), NaOH, acrylates/alkyl acrylate crosspolymer, Na_2HPO_4 (thus, PO4 buffer), hypotonic with a physiological pH value (7.3?). ☺☺☺

Due to *the use of phosphate without warning of issues and synthetic emulsifiers* (not natural as in eyes) in the ω3 for emulsion creation, it's a little unclear how aware they're of phosphate issues. It's noteworthy that Vismed, 0.18% HA, in 2006, had a PO_4 concentration of 10.5 (way above 1.45 in our tears, see table 3). Comfort Shield however, the last drop (#17) had only 2.3 mM in 2006 and 1.2 mM (safe) in 2020 per the iCom CEO. In 2021 Vismed confirmed by email their PO_4, is 8-10 mM, which is average for unpreserved drops (8.5 mM), vs 32 mM preserved. Natural tears got 1.45 mM, so 8.5 is still 6 times higher, damaging to ocular cells just as citrate, Tris are at 8.5. When I bought it I didn't realize this eye stones paper had the 10 mM Vismed PO_4 concentration. I had to discard them, since they always caused distilled water like sensations upon instillation (too hypotonic), plus eyes were already responding oddly to it sometimes; try Vismed rarely, if you already bought it, once a week max, if it's comfortable, diluted with saline 0.9% saline to dilute PO_4 about 3x. Please don't ever use PO_4 drops with > 1.45 mM PO_4 after surgery or any cornea scratching (eyelash, etc) or when eyes are red on 20x mirror or stressed.

Vismed multi helped glaucoma patients, since HA, see Comfort *Shield* below, the only PO_4 drop with a safe 1.2 mM buffer, promotes nerve growth, *prevents nerve atrophy*. HA is the *extracellular* matrix of the *brain;* it prevents *optic nerve* atrophy *with* age, even in people who want to live to 120 and never had glaucoma family history.☺☺☺

16). Bion Tears (*$19*, made in *France*, designed by Alcon USA, 28 0.4 mL vials, bicarbonate (antiviral) buffer (the most natural), HPMC 0.3%, dextran 70 0.1%, $ZnCl_2$, KCl, NaCl, $MgCl_2$, $CaCl_2$, $NaHCO_3$. Leaves white residue on the eyelid, due to drops being 2-3 times bigger than other brands. This is a real issue, since if this white residue sticks to eyelashes, it will trap dirt, dust bacteria and possibly cause infection, so you need to wash eyelashes well daily if using it, very well rubbed with the fingers. Can get refund without returning, even if non-returnable, if issues exist, since Amazon ships it, chat with Amazon, explain issue and ask for refund. *Irritates eyes, causes stings quite often. I got stings and itches from 2 packs ordered in different years.* Identical to GenTeal *unpreserved* tears (below), except those lack $ZnCl_2$, $CaCl_2$ and use borate buffer. Bion has calcium, which can form eye stones, so I avoid it, I used GenTeal unpreserved tears once instead; GenTeal *preserved* do have zinc, but also preservatives and polysorbate that damage the eye, so Bion is safer for zinc. For more details about Bion, see the bicarbonate buffer section of the buffers chapter. Use Bion during daytime only, since if you semi-open eyes at night, the CO_2 will release and pH get too alkaline, as buffer section explains. During the day, every 5 seconds we blink and bring it the natural buffers, so pH remains around 7.4 or whatever our average is, but at night we don't blink, so pH is that of the drop. Drops are very big, so wipe out what you spill over, so the liquid doesn't get too alkaline for eyelid or nearby skin over time as CO_2 vanishes. It's the *only healthy drop* with zinc that *has no preservatives,* redness relievers *or toxic unnatural buffers*. It's also pleasant when rested, annoying when tired, indicating an issue. Zinc is key to ocular health, DNA/nerve repair, and general health. $ZnCl_2$ can be good if around physiological level, but some drops (that I used and had a similar annoying feel at times) have $ZnSO_4$ at 0.25% which is Zn at 150-1500 times above physiological level, physiological is variable. We need more transparency from companies before we use eye their drops. Too much zinc suppresses ocular immunity, ability to fight infections, leads to dryness. ☺☺☺

17-28). B12 drops unpreserved by Bausch & Lomb, made in France, 0.2 mg/0.4 mL (0.05%), 10 vials, has *only* H_2O+NaCl, *6$ ($7 shipping to US)*. Thea France makes 0.05% B_{12} drops too, with *only* H_2O+NaCl, 20 vials, 6$, half price of Bausch; vials can't be recapped, so it's a single use vial; like saline, don't use 2-3 drops at once as it causes redness; saline whitens if 1 drop; wait at least 5-8 minutes; I applied on 9-20-21 3 drops in each eye within 10 minutes and discarded the vial, and it didn't cause redness like 0.9% saline does usually if you use 3 drops; it felt different, so it may contain less NaCl than typical 0.9% saline, making it hypotonic. *These 2 are safest* B_{12} drops. I would not use more than 1 vial a week, meaning 1 vial used within 20 minutes (since B_{12}

oxidizes fast in the presence of light and air), due to the risk of getting too much red-orange tint or what may appear as yellow hue, to the cornea or conjunctiva; yellow cornea can appear due to antibiotics too. They don't use the natural forms of B_{12}, but the artificial cyano form, stable in solution, so there may be some side effects that are not explained besides those explained in the B12 section due to systemic absorption via swallowing drops that go into the nasal lacrimal sac, but cyanoB_{12} is in almost every *vegan* milk and endless foods today. What B_{12} level is safe, ideal for blood vessels and nerves in the eye, etc, how often, in what type of drops, besides saline, is not clear, but you can do more research. High B_{12} on face due to taking B_{12} pills causes acne bacteria to produce more porphyrins which cause inflammation and then acne; likewise, to be safe, with B_{12} drops, wipe out any excess B_{12} drop if it runs over the face. 4 human studies on B_{12} eyedrops are: GYZ 2016; 16(7):1329-31, GACEO 2015;253(3):425-30 & B_{12} spray: DDDT 2019; 13:2381-91, B_{12}+citicoline drops: AT 2020;37(4):1646-63; a rat study showed effects.

I include these B_{12} here since USA stores carry Rohto B_{12} drops and many are curious like I was. The 2 above take 2.5 weeks to arrive to US, 7$ shipping. Very nice pharmacy, a happy lady answered my call, they know English and the phone prompt is bilingual, they even told me expiration date (a year), and her English was perfect. Call them to ask which products can be shipped to US, before ordering. A site got 50+ other eyedrops I never heard about, many with plant extracts (see Antiox 2021;10(2):190 on plant polyphenols improving dry eye): chamomile, Bausch single dose plantain, blueberry plus ectoine 1% (Hylo Dual got 2% ectoine), eyebright 10 mL bottle unpreserved: 0.1% eyebright, 0.2% HA, borate, NaCl Bausch & Lomb (similar to Hylo Fresh, or single dose Bausch Vidisan that has povidone, NaCl, eyebright, boric buffer), B5+B12 from Densmore; use "eyedrops" in search to get the list, then google them and see some (Vidisan, Optone, etc) are available for online ordering via Walmart too. They often expire in 1-3 months after opening, depending. You can also get Thea via DHL from another pharmacy if you want them in 1-2 days, but it costs more, the item $10 and $20 shipping. Rohto makes B_6+B_{12} drops in Vietnam, sold at RiteAid or Amazon, but Rohto is very acidic (thus inflammatory), contains BAK, menthol, *redness reliever that can shrink blood supply to other eye areas,* MGs, plus less ideal borate buffer, polysorbate 80, chlorobutanol, EDTA. Omikron Italy makes $13 0.05% B_{12} + 0.2% HA+ 2% citicoline drop with BAK & phosphate buffer, that expires in *30* days after opening, see citicoline paper above (they used those drops 3 years to help optic nerve); pH 6.3-6.7. Densmore makes B_{12} + HA + Oxyd (SCO or Purite) preserved drops ($9 here). I included preserved to show it's common, not to suggest use. Santen makes 1. Soft unpreserved 0.02% B_{12}, ☺☺☺ with povidone, EDA, boric, pH adjuster, neostigmine methyl sulfate; 2. PC & DU preserved with BAK, menthol, immunosuppressants. Novax VisionLux (exp *90* days once open) has Purite (Oxyd), borax, EDTA, B_5, 0.3% HA, B_{12}, $8 here. Google names to find price. Novax/Densmore could be used for eye disinfection if needed. In Germany, Bausch makes 14$ Artelac Rebalance

(exp *60* days) with pH 6.8 (my 5 papers) B_{12}, (concentration unspecified) boric, 0.15% HA, 0.5% PEG8000, NaCl/KCl/$MgCl_2$/*Ca*Cl_2 (*Ca* drops can form eye stones) + toxic oxyd (in vivo toxic too): didn't like Artelac, one of the worst drops, sort of like Refresh Plus, very watery, dispersing fast; it lasts only 5 minutes of comfort, then dry; 1st time it caused itching near left eye nasal corner. It's not like the nice glycerin+HA Optase, Hylo, Clear Eyes Adv; however, page 107 has an Italian study suggesting B12 helps recovery of goblet cell density. Oxyd is gentle vs BAK, so 100s of companies use it under many names. If you don't use CEA PAPB preservative (least toxic), then Novax seems safer, due to cornea healing B_5; or use unpreserved Hylo Care (B_5) 30 min before.

29). Biotrue (9.5$/10mL if 2 pack) made in USA by Bausch & Lomb: *the only drop I found with pH 7.6* per my papers (7.2-7.8 range per Bausch when I called, range to protect trade secret maybe, but middle of range is 7.5); *7.6 is exactly the* physiological *pH of 5-15% of people, older usually*, so this may be their drop; pH rises 0.2-0.4 units in the evening, so this may be fine evenings for other people too. Since Bausch uses 902KDa MW HA in Artelac, and 1400K in Biotrue MPS Solution "Biotrue MPS is a sterile, isotonic solution containing 1.4 MDa HA (0.01%, w/w)" ► CO 2016;10:1945-52), Biotrue Boost HA MW may be 1.4 MDa too, i.e. high MW, even if it may be in % of 0.05-0.4% (the range in most OTC eyedrops), so it's not a huge concern if used only rarely. Since in Canada multidose Biotrue unpreserved has 0.24% HA, this US one may have around 0.2% HA, or similar, though Canada uses phosphate buffer, not boric and has no glycerin. Biotrue uses $HOCH_2(CHOH)_2CH_2OH$, erythritol < 1%, an antioxidant that is glycerin $CHOH(CH_2OH)_2$ with another CHOH group, which, like glycerin 0.5% already in the drop, protects HA from free radical damage, so drops without antioxidants (trehalose in Thealoz, etc) to protect HA may cause the split of HA into inflammatory *low* MW HA that is a known angiogenic making eyes red and inflamed; this is why perhaps Hylo Gel with antioxidant sorbitol is better than Hylo Care for naps and sleep since with time HA disintegrates, so when using Hylo Care, use Hylo Gel 20 min after too, since they share the same HA and buffer. You can use Biotrue rarely to be safe, until company *cares* to share MW of HA (*though I think it's safe*, being around 1.4 MDa) to help *customers*, (they told me it's proprietary info) not *profits*, since each type of dry eye needs a type of HA MW; Bausch products are high quality, they use low phosphate when using that buffer, decent HA MW in Artelac, Biotrue, etc, and had the highest MW HA☺☺☺ (1.4MDa, Biotrue multipurpose solution for contact lenses) of all 11 ocular products (from 0.15MDa to 1.4MDa) analyzed by OVS 2014;91(1):32-8. There are other companies far worse (making most products with BAK, menthol, etc), it's just the way FDA regulates these, we're the 1st century after millions of PubMed free papers era, *stone* age. Low MW HA 220K Thealoz can cause red eyes in the long term via angiogenesis, Biotrue 1400K won't. Biotrue is 0.5% glycerin, some HA, boric, borate, erythritol (like Refresh), free from sorbitol, preservatives, and *much more pleasant than Refresh* *(which forms thick films, gives irritating sandy feeling, forms ridges on cornea that*

trigger foreign body sensation, eyelash falling, itching often; it's the CMC (artificial lubricant) and polysorbate (which kills 30% cornea cells in vitro) in Refresh etc products, I believe, that causes a lot of irritation). Most Refresh drops have pH 6.5-7.1, except for Optive which is 7.4 and irritating due to CMC; all other ingredients are very similar to Biotrue, except Refresh almost never has HA in the US, but has trouble causing $CaCl_2$. Biotrue seems the best drop at CVS/Walgreens (cheaper on Amazon) for alkaline pH folks: doesn't have artificial lubricants, closest to nature in terms of lubricants & pH of severe dry eye patients (7.4 most severe cases?). On 9-13-21, 5 pm I tested it after not using any drops for 6 hours (except saline an hour before) and it did not cause redness at 1, 2, 4, 10 minutes, after sitting with eyes mostly closed to give a chance to any 'toxic' ingredients to cause redness. October 9:25 pm test showed whitening effect after 3 min of no blink, but it vanished after I tried to generate tears and washed Biotrue off 50% sort of, and then at 25 min, there was the grainy feeling of Clear Eyes Adv and Refresh from boric and glycerin that is obvious only when eyes are tired with lower glycerin concentrations than Refresh 0.9%. If your pH is 7.4, it will fit your pH. My average pH seems < 7.35, so when I want to get closer to 7.2, I used saline before to dilute the Biotrue, bring pH to 7.3 without the issues of Refresh. Since your pH can be 7.2, use with only if no redness noticed on a 20x mirror, 5 times, in case eye can't cope with pH 7.6 (confirmed by 4 papers). Don't use it 2 times within 7 h if your pH is < 7.1 on average. I returned it due to redness it seems to cause.

30). Retaine HPMC (ebay) (made in Germany, distributed by Texas OCuSoft company, 10 mL Hylo like bottle that lasts *3 months only*, contains same inactive ingredients as Hylo Tears: H_2O, sorbitol, buffer (citric/citrate). The active ingredient is *0.3% hypromellose*. Hypromellose is a short name for *hydroxy propyl methylcellulose*, a polymer similar to the common *carboxy methycellulose* lubricant, see more details in the buffer section. Same high tech bottle as Hylo, *Hylo lasts 2 times longer, better for alternating with other drops*. HydraSense (next) lasts *12 months*, arguably better ingredients too, hyaluronate is in the eyes.

31-34). Bayer HydraSense, HydraSense Night Therapy, HydraSense Allergy, HydraSense Advanced eye gel drops (*$18/10 mL US Amazon for Advanced),* pH 6.5 with my 6 papers, too acidic for most, but perfect for the minority with average tear pH 6.5, free returns *if eye dislikes it: mine did so I returned it, due to the strongest itch ever,* after the equally or more deadly Hylo Care, see above what happened, they got similar ingredients. Almost same as Hylo Care, read all about Hylo above, only use *provitamin* B_5 eyedrops at night after *daytime 5 min test and, if 5 min OK, nap use (1 hr no blinking)* indicates no redness or discomfort: $10 Canada Amazon or $8 Canada Amazon if 2 bottles + free Canada shipping 1st order). It has the same ingredients (except NaCl) as $17 Hylo Care, but ►►*lasts 12 months*◄◄, not 6: *0.15%* low MW HA, citrate, citric, NaCl, H_2O, unlisted provitamin B_5 (Bayer emailed me it's 2%, the same level as Hylo Care). An OD says on his website that Hydrasense HA MW is low and causes inflammation, so Hylo Care may

be safer? I wish Bayer would have made 2 versions (pH 6.5/7.2) or one that matches the majority natural tear pH. *The reason Bayer lasts 12 months, instead of 6 for Hylo could be that it has more citric acid which lowers pH. Shelf life is not important, but matching natural pH, no redness, no itch are.* 12 months is not a good time to keep an open unpreserved bottle anyway, 6 months is safer. If your tear pH is > 6.8 Hylo Care will do far less damage. Bayer ($43 billion revenue, probably the biggest manufacturer of the list, Allergan $16 billion *for* Refresh) also makes HydraSense (0.15% HA, citrate buffer, NaCl), *$13* (free Canada shipping 1st order) and HydraSense Night Therapy $*18* plus 10$ shipping or 14$ + free shipping to Canada 1st order (0.3% HA, citrate buffer, NaCl, for severe dry eye) these 2 are same as Hylo Gel minus sorbitol plus NaCl, HydraSense Allergy $*14* free shipping to Canada 1st order (0.15% HA, 2% ectoine, citrate buffer, *same as* Hylo Dual *except borate buffer for* Hylo, but HA is 0.15% vs 0.05% in Dual or 0.20% in Hylo Dual *Intense*). For more on the unpreserved tech, see a 21 min video about 100 products using it in 2016 or a 2 min video about a company making the bottles. *No shipping to US for Amazon.ca links, so choose the US links (Night & Adv) if in USA.* Made *in Canada by Bayer. It's available at Walmart sometimes in Canada.* Hylo HA *MW may be higher, healthier.* ☺☺☺

I tested Hydra Advanced on 9-11-21, it was very pleasant, but on 20x mirror, 2 right eye nasal area *arterioles became redder in 3 minutes*, so I returned it. On 9-18-21 I tested it 50 minutes after Hylo Care test (which was still lingering) and it gave a continuous itch (well, Hylo can itch too continuously sometimes, if applied without saline first) that didn't end fully until I used saline to wash it off. *This may be due to low MW* HA *displacing high MW* HA *in Hylo traces left over, so wait 3 hours before using different MW* HA *drops*. It seemed as if the effect of slight redness was there. This may be due to the combo of Hydra+Hylo leftover reaching too high level of B_5, or more likely, due to citric acid being too high (some was there from Hylo left over) or HA MW low in Hydra. It can also be due to Hydra being hyperosmolar (hypertonic), one HydraSense drop being 314 mOsm/L vs 280 in Hylo Forte, Gel, Care, etc. Dry itchy eyes have osmolarity > 305. Other studies found even 323 for Hydra, so maybe the eye was already a little hypertonic at 8:40 pm, and Hydra made it more so. Thus, it may be wise to be ultra careful and do tests of Hylo and Bayer 8-40 hours apart, to prevent any interference of citric, B_5 and see if Hydra or Hylo is better (for most people Hylo, since it's closer to 7.35 physiological pH), since they have same ingredients in different amounts. If Hydra has low MW HA, which causes redness, it damages more than Hylo most people due to acidity, MW, hypertonicity. Due to unpleasant experiences with both Hylo-Hydra, I'm now *hesitant* about provitamin *B_5* drops, so 2022 was last time used.

35). Refresh Optive (*20$ on Amazon for 24 mL, 30$ CVS for* 60 vials, *0.4 mL each*, 11$ for 30 vials, pH 7.4, contains 2 lubricants, 0.5*% carboxymethylcellulose (CMC),* 0.9% glycerin (known to cause eyelid swelling), inactive ingredients (seen on the box on Amazon): H_2O, KCl, boric acid (H_3BO_3), $CaCl_2*2H_2O$, (Ca can form eye stones: avoid Optive), $MgCl_2*6H_2O$, $Na_3BO_3*10H_2O$ borate,

erythritol $HO\text{-}CH_2\text{-}(CHOH)_2\text{-}CH_2\text{-}OH$ xylitol without a CHOH, (anti-inflammatory osmoprotectant ► CER 2015;40(7):657-67), levocarnitine (L-carnitine, antiinflammatory osmoprotectant per CER 2015), $(COONa)\text{-}CH_2\text{-}C(OH)(COONa)\text{-}CH_2\text{-}COONa *2H_2O$ sodium citrate dihydrate a food additive). Borate and boric are for pH buffer and antibiotic activity. However, borates are quite toxic, so it's better to use an almost identical product using lactate buffer & HA: Refresh Relieva UD PF. (see drop #17). Seems safer/better than many brands at RiteAid, I used these drops and they're a little *viscous*. However, Refresh Optive & Celluvisc caused my eyelids to swell often and are less comfy than other brands (Celluvisc is super annoying); irritation is probably because of CMC, since glycerin drops always work fine, as well as borate buffer ones. Optive forms a sticky film sometimes on our cornea that takes a while to wash off, so I stopped using it. Perhaps CMC reacts also with ointments, drops we use, but it usually happens when I use Refresh alone. Celluvisc is bad too, it dries on eyelids and eyelash roots, trapping bacteria there. Refresh Optive has an irritating sandy feeling no other drop has due to CMC/glycerin, so I returned it. ☺☺☺

36). Refresh Celluvisc (*$13 Amazon, 20$ CVS*, 30 plastic vials, *0.4 mL each*, so 12 mL total, contains: H_2O, NaCl, $CaCl_2$,(Ca drops can form eye stones, so I returned (too sticky, red eyes) & avoid Celluvisc) KCl, sodium lactate *humectant and moisturizer, $CH_3\text{-}CH(OH)\text{-}(C{=}O)O\text{-}Na$, a food and shampoo additive, 1% carboxymethylcellulose (active ingredient)*. ☺

Both Refresh Celluvisc and Optive have more lubricant (0.9% and 1.4%) than the cheapest [with NaOH/HCl] Refresh, CVS brands (0.5%), which helps to prevent tear evaporation and lubricate better. However, most people will be shocked at how thick (and sometimes irritating because of that) Celluvisc is (hence they call it gel), for just having a 0.5% extra lubricant, that they need to learn how to properly place eye drop in the eye so they don't place it outside; otherwise, the sticky drop around eyelid dries out and forms wrinkles if not washed right away with water; check your eyes in the mirror 3-5 minutes after you had these Celluvisc thicker eyedrops and wash the area if any was spilled outside the eye itself. *Refresh Optive is less thick than Celluvisc*, even if it has 40% more lubricant, and has different chemical contents. I don't suggest Celluvisc for first time users of unpreserved drops, unless you already tried many drops and are used to gel like drops, since you need more patience to let it clear the surface (can cause a slight blur). *Celluvisc* has fewer ingredients than Optive though, so some may love it. ☺☺☺

37). $12 Oculocin ebay (many nations, sellers) ($28 on Amazon for *10 mL*, expires *in 3* months, special bottle like Hylo Care, no preservatives needed, made in EU, Lithuania, origmed.com, contains: NaCl, glycerin, aloe vera extract, chamomile extract, propolis extract, boric acid H_3BO_3, sodium tetraborate $[Na{\bullet}(H_2O)_n]^+_2\ [B_4O_5(OH)_4]^{2-}$ (or borax), disodium EDTA. The borate buffer, EDTA can damage cells, irritate eyes, so discontinue if discomfort arises. The tetraborate listed on Amazon refers to borax probably, not to the toxic sodium perborate $Na_2[B_2O_4(OH)_4]$ (the

infamous DeQUEST preservative) or $NaBO_3 \cdot nH_2O$ or $[NaBO_3 \cdot H_2O]_2$. The boric-borax buffer is also in Hylo Fresh & Hylo Dual, Dual intensive. Hylo drops use citrate buffer, except Fresh, Dual, Dual intensive. The buffer section explains borate is sort of a 'preservative', so some may dislike Oculocin and 100s of borate drops.☺☺☺

38). Optimel (*21$ on Amazon, 10 mL*, or 12$ on ebay, is Manuka honey drops, rest is glycerin 0.2%, gum arabic, water (water not purified or for injection, package says sterile melcare.com): expires *in 2* months *once open*, proprietary medical grade honey, Australia made. It's much more watery than Refresh Optive, Hylo Gel, so maybe 10% honey, with the honey used being "98% purity" as label says, rest being glycerin, gum arabic (eye irritant, toxic, may contribute to its strong sting, besides ultra low pH), water. *Its pH,* with 2 pH papers, is ►►4.0◄◄, lowest of any drop ever, so definitely *be ready with saline before and after to dilute it* and don't blink much because it will sting and expose cornea to more acid. Manuka honey is reported in 100s of papers to have pH 3.5-4.5, just like regular honey, so 4.0 is not surprising. It stings like hell, 20 *times more than the 2nd stingiest drop;* I used 1 drop, 1 eye, returned it. It's the most acidic drop, the most toxic pH wise, it disturbs homeostasis too much, makes *every arteriole much thicker thank any drop* in 3 minutes. However, it may work to use on eyelids as antibiotic, wash it off with shower water in 1 minute or so (this method doesn't cause any sting as it doesn't get into the eye), otherwise, this is a NO NO, *stay away* unless you use plenty of saline before and after and monitor arterioles at 20x 3 times daily to make sure no redness develops that doesn't go away within 8 *hrs*. Honey is antimicrobial. Cornea 2006;25(9): 1012-9 says bacterial count (CFU) for dry eye patients is higher, due to water evaporating, bacteria not being flushed fully. After 3 months of using honey drops, the patient CFU level returned to normal, what a joke, but they forgot to say the patient eye redness went up 5 times too, new arterioles becoming permanent. *When an arteriole is thick, use cold compress 4 times within 20 hours, otherwise,* it may remain dilated permanently; the more often you use any drop that reddens eye within 3 minutes a lot, the redder the eye becomes, but since it's gradual and redness doesn't vanish fully. At 1x you won't notice it, only at 20x; that's why you need watch at 20x before you use any drop 1st time. We got pain nerve receptors for a reason, to alert us it's not good. Honey can have bee pollen, which itself is full of bacteria, fungi, viruses. An odd testimonial is at the manufacturer, no biomarker data shown. Be very skeptical, only 1 youtube subscriber in 2023. An OD made a 7 min Optimel video that reported the same hell like stinging (OD didn't use 20x mirror to see how bad it is). A 2nd OD liked it in an 8 min video, possibly because he has contacts and used so many drops his nerve fibers have been destroyed, no longer sensing the sting that much as it happens with a lot of artificial tears that contain nerve killing sorbitol, menthol, etc. Manuka is 10 times more expensive, contains 100 times more methylglyoxal, a compound that forms free radicals, AGEs that destroy the ocular surface, as shown at EBCAM 2011:295494. Since ODs promote this,

read on AGEs. A company could add methylglyoxal to 20 kg honey, resell it to make 900% profit, since it passes the "glyoxal test" in these CNN TV programs. It's a nonselective destructive chemical, like many antimicrobials that damage cornea, while attacking microbes. Manuka is not the cure all elixir, only a clever marketing by the New Zealand company making it.☺☺☺

39-42). Thealoz (ebay) (got an Amazon one, trashed it due to itch and no emails answered by the company ever) (*15$ on ebay, 10 mL*, 209 mOsm/L, pH 7.1 (HA MW 230K, very low) (6.95 my papers), expires in 3 months, the UK site explains Thealoz Duo got 0.15% HA, Tris + HCl buffer, NaCl, 3% trehalose, being *free from sorbitol*. Thealoz is the same as CVS Ivizia, same ingredients, made for Similisan in France by Thea as the bottle indicates and NIH confirms, same exact bottle as Thealoz, except it contains 0.5% povidone and less trehalose (maybe 20-30% less) or NaCl to reach a similar osmolarity, expires 90 days after opening, CVS 17$/5 mL, returnable vs Amazon $8/5 mL, or $12/10 mL non-returnable unless issue exists. Ivizia Thealoz equivalent is more acidic, about 6.6 pH, and burns eyes due to acidity or povidone pyrrolidine, or high Tris concentration, Tris being like an ammonia salt, so sort of like the feeling of window cleaner smell irritating eyes. You will notice that the eye is different, after Ivizia, when you use saline, it burns more right after this Ivizia. Tris is not a very natural buffer, vs bicarbonate, citrate, etc. Ivizia seems worse than Thealoz, perhaps it's due to replacing trehalose with povidone, etc. *However, Ivizia has a huge drop, like Thea, so that causes issues for people who need smaller drops, since with small drops, you can put 2 if needed, but you can't put half. Ivizia is very watery, so will swell eyelids less than other drops.* The Thealoz gel got carbopol, sorbitol (issue?), 3$ trehalose, 0.15% HA, NaOH instead of buffer; thealoz gel is almost identical in ingredients to Ivizia gel (by Thea, distributed by Similasan) with carbopol, sorbitol, trehalose, NaOH, low MW HA and no buffer. The reason Thea sells Thealoz as Ivizia in USA and adds povidone 0.5% (povidone, *without iodine, is a lubricant used in 15+ drops, such as Bausch Soothe, Refresh Classic, and many contact lens wetting agents (Bausch etc), etc*) to Thealoz Gel ingredients, is that the FDA doesn't allow HA to be the only lubricant listed, so even though HA is at 0.15%, they will list it without concentration as an inactive ingredient. This allows Thea to sell Thealoz to the US market. Wikipedia explains there may be some lung injury due to this thing if we inhale some of it when we swallow it or if a swallowing of tears gets some into the lung, and some may have allergic response to it, so avoid Ivizia if any allergy or redness appear. This is not a natural lubricant, like glycerin, so beware it may be very bad for some people, being used as adhesive component and being a polar compound able to interact with many of the 2100 eye chemicals, interfering with the ocular tear film normal function.☺☺ Duo has a very strong seal (plastic for the botle cap, unlike Hylo taped box), made by Thea French company with 276 employees, $0.4 billion in sales, that has been doing eyedrops for 150 years and also makes the famous "Blephasteam" goggles. Thea has a 66 page PDF about preservatives that damage eyes.

I tested Thealoz 9-6-21 1st time, after 6 hours of no other drops; almost as nice as Clear Eyes Adv, 1st 10 min, after that it started to feel weird, like Retaine MGD that also has Tris unnatural buffer – tiny sting sensations, thrice, but 5x less intense than Retaine. On 9-12-21 test, it didn't make eyes more red, after 2, 4, 15 min of eyes closed 2-4 min, open the rest, it seemed to diminish redness in most areas, increase it (tiny invisible as distinct at 20x arterioles, overall redness) on left nasal; 1x won't show anything usually and many drops, all good for your eyes (each eye is allergic to something) drops diminish redness in all areas on 20x mirror. 9-16-21, iris nearby area became red 2 minutes after and left caruncle 20 second mild itch. Some MDs love Thealoz due to being hypotonic. It's hypotonic, since it has the same sensation like Vismed 154 mOsm/L, but much less intense, due to being less hypotonic; it also has a grainy feeling, sandy, that makes you feel like it's abrasive and eyelid scratches cornea, sort of like Refresh Optive, Celluvisc and CMC drops do. Thea also makes Hyabak, which is Thealoz Duo with trehalose replaced by actinoquinol. However, Hyabak in 2006 had high 11 mM phosphate (Table 3), which raise doubts about Thea's researchers, but now they use Tris. EJO 2017;27(1):1-9 says trehalose+HA is better than HA alone, but the author is part of Thea. See Thea 3 min bottle video (& 4 min on the 30 µL drop and 0.2 µm micron filters for the drops and the air), as well as the 3 min video on the effects of BAK preservative on the tear film. HA MW< 300KDa is known to be *inflammatory*, even though it's less viscous. Our body as HA MW is 4-10 million, not 200K; in epithelial repair low MW HA can cause excessive inflammation, new arterioles, creating red eyes. It may be useful in some cases to provide a low MW HA to get a different response, but I'm skeptical of a company that provides so little info and where we need to dig in PubMed to find out MW of HA. Tris buffer is not in the eyes, has its own issues. They compared Thealoz with eyedrops containing toxic preservatives, Thealoz in vitro helped maintain cornea cell viability way better than the drops after 5, 15, 30, 45 minutes ► BRI 2014:292139. *At 30 min* saline *solution in* vitro *cell viability was* 0% *while* Thealoz *was 52%*. In vivo, it may be better, as long as the irritation and other effects are not worse than the benefits for the eye overall. What people forget is that, in *vivo*, we have maybe a half tear with 2100 nutrients that needs some water and that tear, diluted and imperfect, is way better than any man made tear with Tris + 4 chemicals. That's why often, eyes respond far better to saline alone in vivo, for me at least. ☺☺

43-44). Optase Hylo Relief: 1 day ship, 25$, pH 7.2, 0.25% *glycerin* (ultra common safe lubricant that many tolerate, as our body is full of it, but it can cause eyelid swelling in some people, for me, all drops with glycerin swell the eyelid), 0.15% HMW HA (Optase said so and I believe it since it's viscosity is between Hylo-Tear & Hylo Gel), borate buffer, borax, citrate buffer, salt, water. It uses the much easier to use with the eye guide great Hylo bottle (totally superior to the Aptar bottle used by 100s of eyedrops, including Biotrue, Optase MGD) and *has no phosphate, no sorbitol, no toxic preservatives, no irritating B_5, no ectoine,* released in April 2023, made by

UrsaPharma, Germany, so it replaced all Hylo products I used before for 6 months. You may think bottle doesn't matter, but it makes the difference between heaven and hell for some. For example, with the poorly designed dropper (designed in USA probably, since a US company makes the bottle) of Finland made Optase MGD, even with eye guide, it's hard to get it right and it splashes over the eyelid, then you need wash everything on eyelids away, can cause styes at eyelash base if it dries. I don't like pulling eyelid and touching so close with fingers to eyes so often, so a good bottle is key for me and others. Hylo Relief may work for a lot of people afraid of sorbitol. Not only that, but Hylo Gel or Hylo Forte, as UK calls it, can be a little irritating, due to high citrate. Hylo Dual has too much ectoine, which may cause issues in some, so ***HYLO RELIEF works as a savior, and possibly the safest nonsaline drop in US and EU in 2023***. If citrate doesn't irritate you but borax and boric irritate you, use the Allegro, the France made (paper insert says France, Amazon wrongly says Germany) ectoine 2% with citric acid and 0.35% hydroxylethyl cellulose, which has PEG (allergen). For people with irritated eyelids, who don't tolerate sticky drops, this could be better. It's always safer to try different drops, alternate, since that way, if in 100 years we discover an ingredient is toxic, we're OK. Hylo Relief may contain staph bacteria that give tiny (visible at 20x mirror only) typical yellow staph styes, since there was a correlation between the appearance of such tiny styes and the use of this drop within 24 h.☺☺☺

45). Optase Dry Eye ($25, 10 mL, 3 months, 0.2% glycerin, unknown % high MW HA, sorbitol (issue?), Tris+HCl (buffer), H_2O) sold by ScopeEyeCare UK, 38 million in sales, 62 employees, the same guys that sell Hylo. Scope Ireland 36 million sales, 10 employees. Optase is made in France, manufacturer unknown. pH 7.0-7.4 per company, pH paper shows 6.8. It's also at US Walgreens. I tried the drop and it's pleasant, surprised a Tris buffer drop can be so pleasant, compared to other drops. When eyes are tired, it is not so pleasant (no drop pleasant always when tired), but OK usually, so I returned it due to low pH and occasional irritation; ***has a huge sorbitol level***, so that's a red flag as that permeates cornea easier in the presence of high MW hyaluronate.

46). Refresh Relieva PF Single Vials $17/12mL has the same active/inactive ingredients as ***Refresh Optive*** drop # 8, except that it replaces the toxic borate buffer with the human tear like lactate buffer; however, the pH is 6.25-6.5 so I returned it, not 7.4 of Optive, being useless for most people with tear pH around 7.4; good for those 5% with very acidic tears though. First time I tried these, they were causing odd itching in one eye and a granular uncomfortable feeling (compared to Hylo Gel) in both. Customer service by phone as usual, avoided sharing pH when asked (it's already in pubmed papers for Plus anyway, and anyone can get a pH paper) before buying it, after being 30 minutes on the phone or days, they never answer except stuff you find on box label. Emails are never answered either; compared that with 10 emails, long ones from Hylo. Please don't confuse single vials with the preserved multi-dose bottle of Refresh Relieva $15/10 mL that says "it may have HCl or NaOH" for optimal pH, so basically a little borate

becomes boric acid or boric acid becomes borate. OVS 2009;86(2):E132-8 found dry eye patients tears had 3.27 µmol/L L-carnitine vs 8.94 in healthy tears; association is not causation, but dry eyes may be caused by something that lowers carnitine levels in tears, if such findings can be replicated for millions of patients. CO 2020;14:2951-63 found "Greater reduction of overall ocular pain/discomfort was reported in subjects using CMC-HA (hyaluronate) versus CMC (Refresh Optive)". CMC-HA is *Optive Fusion Unit Dose (UD) (ingredients as in Optive, glycerin 1%, erythritol 0.5%, plus 0.1%* HA (MW 1.178×10^6, pg 111*), sodium lactate, no borate buffer).* $20 Amazon, $10 shipping *(Optive Fusion with Purite preservative, Amazon US has no* Optive Fusion UD*, google "*Optive Fusion UD*" to see if in your area);* Allergan makes all Refresh products in US without HA (except $14/10mL Refresh Relieva MD (Multi-Dose) PF HA <0.1% with *borate* buffer and this new *Refresh Relieva PF single use vials*, HA < 0.1% with *lactic* buffer). Amazon UK Optive Fusion UD is better than Refresh Relieva UD PF due to more HA. Relieva PF UD is *better* than Optive for MGD, for low pH tear folks, since it contains hyaluronate of the MGs, HydroCell tech to maintain volume of cell, hydrate cell without NaCl, being hypotonic. In a small, doubtful *study (author Allergan links)*, "*CMC* & HA was found to be more effective in ... dry eye than eyedrops containing either ingredient alone" ► CO 2019;13:1011-7. ☺☺☺

47). Refresh Plus ($*53*, 200 vials, *80* mL, the best deal, or $9.2, 30 vials, 12 mL to try them, 6 of these are *72* ml for *52*$ if you subscribe, $55 otherwise, you get free 8 mL with 200 vials): same ingredients as *Refresh Celluvisc*, but much easier to use, not viscous, just like normal tears: CMC is 0.5% (1% Celluvisc), "may contain NaOH/HCl": 0.5% *CMC*, NaCl, KCl, $MgCl_2$, $CaCl_2$, (Ca drops can form eye stones), Na lactate. It has a pH of 6.5 ► MV 2018;24:305-14. HCl reacts with lactate to form lactic acid and this gives us lactic buffer. Refresh is made in USA. Refresh is the # 1 US brand in *unpreserved* sales. Everyone copies their formula: CVS, Family Care, etc. If you like these ingredients, buy *Refresh Plus*, not CVS or Family Care, since Refresh got way better caps, can reuse same day 1-4 hr later or even 8, drops come out easier too, so it *ends up being way cheaper than CVS, Family Care since you get 3 times the use of a vial*. Family Care is even at dollar stores unpreserved, 5 vials for 1$, so 50% cheaper than Refresh, but I took pH and it's even worse than Refresh Plus, 6.0, not 6.5, so it will be useless. *Refresh Plus* is basically by far the cheapest good unpreserved drop when buying 30+ vials. They "have a pH of *6.5* (too acidic for *most*) and an osmolarity of 276" ► CO 2019;13:1011-7. Try other Refresh drops for higher pH. I tried a CVS brand identical to this in ingredients and pH probably too (forgot take pH on CVS) and it has that acidic feel to it that causes discomfort. Refresh Plus is for mild dry eye, and those with acidic tear pH (*a minority of people*), no allergy to man made *CMC* and no severe dry eye.☺☺ Since I'm allergic to CMC and pH was 6.5 (my tears are 7.3), as in the paper above, I did the Amazon return procedure on 3-12-2021; I got full instant refund without returning it. I chose 'item doesn't work', writing "expires in 3 months, not 1-1.5 year, has acidic pH". I was quite

disappointed by the fact it did not whiten the eyes like other unpreserved drops did. Refresh gives free Amazon returns without having to return on some tears, *so people* try *tears that expire soon*. As tears reach expiration date, polymeric lubricants (CMC, HPMC, PEG 400) degrade; byproducts from them or preservatives (PHMB) can damage the ocular surface. Many are allergic to synthetic CMC not found in human eyes, so I suggest Allergan replace CMC with glycerin or HA like others did, bring pH to 7.3, to match that of most people; otherwise many will have issues, discard most (27 out of 30 for me, since nobody wants vials that expire in 3 months and acidic drops will damage most eyes) unused vials, as I did 3-25-2021, to avoid eye damage due to Refresh tears with 10 times more H^+ than eyes are used to. Not all Refresh products have this damaging pH. Optive, etc have good pH, 7.3, for most eyes, but Optive, etc got other issues.

48). GenTeal by Alcon (*30$*/72 vials): moderate dry eye, 0.1% dextran 70, 0.3% hypromellose 2910, KCl, NaCl, borate buffer, pH *6.9*. Cheap. Lasts *1.5 years*. Vials can be recapped to use 3 hrs later. These tears are not thick, don't have sorbitol or calcium, magnesium, phosphate, other problematic compounds. However, they cause eyelid swelling sometimes, like many other drops, unlike saline solution which never does. Several times over 5 months, using them before going to bed caused the eyes to produce extra thick mucus and to become red upon waking up 3-5 hours later, due to the strong reaction to the acidic pH and other irritants, since going to bed late means pH is way more alkaline; perhaps, it's safer to use only during the day, not 1 hour before bed, but again everyone is allergic to different things. Due to eyelid swelling, I discarded them after 7 months, having used only about half. GenTeal preserved has pH *7.4*, PolyQuad if you want to use it rarely to disinfect eyes (ask doctor for antibiotic drops for real disinfection) more than you can with unpreserved drops *(boric, citric and many ingredients in unpreserved are also disinfectants, but weaker).* GenTeal preserved has 0.2% glycerin as extra lubricant and extra inactive ingredients: $CaCl_2$, (see issue), polysorbate 80 (bad), glycine (amino acid, useful), plus $MgCl_2$, $ZnCl_2$. Made in France. GenTeal unpreserved is much more pleasant and safer, so can be used 30 times more often. I almost never use preserved, especially since I got free antibiotic drops (some details here) from the insurance that disinfect even better than preserved drops.

49-52). iGel by Agepha ($15, lasts 6 months, preservative-free 10 mL bottle, got *Tris* (same as trometamol), 0.2% HA, NaCl. They add either NaOH or HCl to the eyedrops to adjust pH, per i.com CEO, but Agepha didn't mention that on their ingredients list or bottle; perhaps in Germany, when they write "trometamol" it means "Tris-HCl" buffer, but other products in EU mention when NaOH is added, such as Agepha other products. I don't recommend these drops, but include them here due to discussing high MW HA. Agepha (from Age & Pharma) is in Senec, Slovakia, founded in 1947 in Austria (Austria is 20 miles from Senec). Listed as a $8 million sales company, 2 employees. It may be a distributor with more part-time independent sales people, so maybe 20 as per other databases, but only 2 salaried. It subcontracted to i.com Germany

company, which has 1 salary employee, or maybe 3 part-time, so drops are made in Munich, Germany as the box says (box has Dutch, German and English). The Slovak distributor relabeled i.com Comfort Tears like (HA MW 2 million) HA product as vitamin companies do in USA, so the "i.com medical GmbH, KaflerstraBe 15 81241 Munich, Germany" and Agepha Slovak address are both listed on the box (different areas). See the blog of the CEO (physics PhD in 1977) who formulated this HA drop and authored 24 papers, his recent papers (32 pages) Diag 2020, 10(8):511, *cornea nerve growth* via Comfort Shield was 51%, and 0% for other tear brands ► JCM 2020;9(12):3799 & JCM 2020;9(11):3536. Comfort *Shield* is a drop they make using the 1.2 mM phosphate buffer (*safer level, slightly below natural eye level, no other ingredients*) and HA with *MW* > 3 million (most eyedrops got 0.7-2 million). His HA has an 11 sec video on youtube on even distribution, 38 sec clip on viscoelasticity of HA with MW 6 times greater than Thealoz. Comfort *Shield sounds* like the most natural I read about (see Hyaluronic Symposium video with i.com CEO), but need find online store that ships fast outside EU. Even the Russian Ministry of Health has approved Comfort Shield (not iGel). ☺☺☺

The papers explain the CEO of i.com sells this high *molecular weight MW* HA. These papers are his promoting his products, so it's not clear how objective they are; i.com has many videos explaining the difference between HA brands, inflammatory short-chain, neutral medium chain, antiinflammatory very long chain, 2-3 million. HA inside our body can reach MW 20 million. I include iGel here to help people understand not all companies have the same ethics (recall Retaine MGD), *when it comes* to listing ingredients, some may list "Tris-HCl" as Tris or trometamol (people may think it has no "harsh HCl"). The websites of i.com, Agepha, many Amazon brands lack videos of manufacturing, facilities, professional web design, it's safer to use multi-decade established brands with huge sales that have better quality, so you get what the label says, not 1% of it. However, spies can replace the contents of even the best eyedrops or put odd stuff in eyedrops; spies can create fake papers and convince anyone odd ingredients/devices are best, if even present. Agepha never returns any emails, only the CEO of the manufacturer did (and gave conflicting info). I returned drops right after I got them, since I could not trust they contain what was written on the label. However, the CEO of i.com replied to 10 of my emails and sent me a total of 7 emails with PDFs. Most companies only reply once. Company claims pH is 7.3, but it seemed 6, so I returned it. Agepha website lists Raib Khan as author of some articles, perhaps i.com made the drops in 2020, but the CEO doesn't want to admit to it. Agepha also got Ocusan, made in Slovakia by Agepha, resealable, 10 mL *(20 vials of 0.5 mL, 0.20%* HA*, NaCl, Na_2HPO_4, NaH_2PO_4 – unknown PO_4 concentration), this may be a better product* if phopshate ≤ 1.5 mmol/L. *The PO_4* and NaCl are not listed as ingredients on Amazon, only HA, though the Amazon box picture clearly shows it contains *PO_4 and NaCl.* We can return Amazon Ocusan for free, like iGel. Ocusan, pH 6.5, has the best single use vials, with perfect

reseal; they say you can reuse within 12 hours. They also package well each set of 5 vials into a sealed bag, like Boiron, Mega-3. I did not use them, even if it has no toxic Tris since PO_4 may be high: Agepha facebook has no real followers. The only youtube on Agepha was the one of the Arshad Qureshi head of ecommerce. They had 2 sales people in Dubai. Are ingredients for Agepha and other brands from non-EU nations, just assembled in Slovakia or EU to sell it as "made in EU" at a higher price? iGel, Comfort Shield, *or* Ocusan may work for folks with naturally more acidic tear pH. Research more.

53-56). farmigea.it also has a big list of their many (Pure got plant extracts only, amazing, it's like Bausch plant extracts eyedrops mentioned later in the B12 drops section) HA drops, sold via various UK, etc sites online (google it) like HydraMed (0.2% HA, citric buffer, mannitol, 0.2% TSP – Hydramed Forte is same as HydraMed, except 0.4% HA – high MW HA both, mannitol is safer than sorbitol? It's an osmotic diuretic used intravenously at high doses to lower ocular pressure by drawing liquid from the aqueous humor, from eyes. Mannitol can also crystallize at 20% concentration, so if someone has punctal plugs and uses mannitol eyedrops and temp goes below 20°C during cold compress or shower and it's concentrating, they may form crystals that scratch the cornea or even deeper eye structures if it gets there and accumulates in a cellular compartment in high concentration; since it's C2 stereoisomer of sorbitol, we need pay attention with sorbitol, sugar containing drops too). They got Cellusan (1% CMC, lactic buffer, KCl, NaCl, CaCl2 issue?), Cellusan Light is same, except CMC 0.5%, same ingredients as Refresh Plus, different amounts of electrolytes/buffer.

11.17.3.8. The 19 (11 USA & 8 EU) ► LIPID ◄ Enriched Drops to aid all 3 layers of tears:

Please do 20x mirror tests before using any drop/ointment, especially if used during nap/sleep:

The 11 USA LIPID (L for *Lipid*) Enriched Drops:

► L.1.1. Systane Balanced/L.1.2. Complete same tear, except Complete has nanodrops of mineral oil and phospholipids to better cover lipid layer holes with HPguar, released 2018, 8 years after Balance; toxic *polyquad* 0.001% *preservative*. Complete is the latest version of Balanced.

► L.2 Rohto Dry Aid has *3 preservatives:* PAPB, menthol, toxic EDTA

► L.3 Soothe XP PF & Soothe XP has toxic EDTA, *PF* has no *polyquad*

► L.4 Clear Eyes Advanced has PHMB *preservative*, phospholipids

► L.5.1. Refresh Mega-3, L.5.2. Advanced & L.5.3. Digital: all 3 are very similar, got boric, NaOH, glycerin, erythritol, synthetic bad CMC polysorbate 80 lubricants, levocarnitine, castor oil (ω6:3 ratio 3:1, like Rohto, see issues here); *Digital has HydroCell tech; Advanced got carbomer*; Mega-3 got 5 extras: BHT food *preservative*, flax oil (with cyanogenic glycosides?) + 2 surfactants). All 8 USA lipid drops above use borate buffer, at 5000+x > natural tears, except for

the last 3:☺☺☺

► L.6 Retaine MGD has Tris buffer & toxic BAK component cetalkonium chloride preservative
► L.7 Optase Spray has citrate + Tris mix buffer plus Sea Buckthorn Seed Oil, polysorbate 80
► L.8 Optase MGD has citrate + Tris mix buffer plus Sacha Inchi Seed Oil ω6:3 ratio 1:1, L7 & 8 got polysorbate 80 lubricant, which kills 30% cornea cells in vitro

► The 8 EU lipid Drops are here ►► L.9 thru L.14. 6 pages later, right after L.8 ends ◄◄

There are also "Liposomal sprays are simply applied onto the outside of the lids, and the polar phospholipids diffuse from the lid surface to the tear film" ► JOPT 2017;33(9):647-61. If lipid drops don't work, recall HA drops can increase lipid layer thickness too (pdf page 61). Vismed EPA-DHA drops need to be stored at 2-8°C, otherwise they expires in 3 months; this is ideal for the 4 US drops (Rohto & the 3 Refresh) with 4 major unsaturated (less stable) fatty acids: ALA, LA, oleic, ricinoleic acid (due to castor oil they contain). DHA has 6 double bonds, EPA 5, ALA 3 the ω3 in flax (53%)/sesame (0.3%) /castor(1%) oil, LA 2 bonds the ω6 in flax(14%)/ sesame(41%)/ castor (3%), oleic in flax (18%)/ sesame(39%) /castor(4%) & ricinoleic acid in castor (90%) oil 1 double bond. The more double bonds, the less stable acids are, hence most companies avoid flax/EPA-DHA; Mega-3 uses BHT preservative to prevent flax spoilage, Rohto menthol/EDTA to prevent sesame spoilage, while claiming to be preservative free. All unsaturated fats need darkness, < 10-15°C for minimal degradation.☺☺☺ Soothe, Systane, Clear use saturated phospholipids/hydrocarbons to avoid issues. Thus, ointments with mineral oil (all are pharmaceutical grade)/petrolatum only (no reactive polyphenols, inflammatory ω3/6 ratio 1:8 wheat germ oil (Stye ointment) or reactive lanolin alcohols and esters or plant extracts) have way fewer oxidative stress inducing compounds formed due to cross-reacting.

ALTERNATIVE To Today's *Toxic* LIPID DROPS: *Ointments* & Moving Beyond *the Stone* age:

The eye ointments use 50x-300x more lipids than in lipid drops and are toxic too. The hope is that some day, we will have a much better eye drop with 100 natural tear ingredients, not just a few. Today we got to buy 30 eyedrops to get basic nutrients that we may need. We make a big deal about varicose veins in our cultures, but when our eyes get red on 20x mirror we don't notice it for 3 decades, and when we notice it, it's already so bad, that even at 1x we see veins. We call this 'normal aging', but it doesn't have to be, our eyes can be like a 30 year old when we're 70, if we hope to live to 120 on average some day. Our ocular health standards and practices are minimal. Likewise, instead of having to eat 900 chariot age foods, we can have eterni powder dissolved in water that has nutrients from 900 foods and saves time. We have 100s of toxic candy brands, etc, & 6 main US types of eyedrops, with lipids, needed by 86% of the half billion people with dry eyes who have some degree of lipid deficiency in their tears. 1-3

billion people, besides the 0.5, have undetected ultra mild dry eye, so subtle it causes red veins that our cultures take as 'normal after age 20'. Are varicose veins normal? No. Why in the eyes? Without wrap around sunglasses and clear glasses when outside or in AC buildings with draft, etc, eyes need tons of moisture when exposed to plenty of wind and dust to clear the junk that causes enormous oxidative stress and aging, redness. That oxidative stress damages the MGs (42% kids, 72% adults have damage), so most adults have potential dry eye, but it's so subtle, that it won't be felt for 30 years, but it starts very mild, nothing is felt.

►► L.1. *2018 released toxic* preserved $10.5/10ml Systane Complete, $20/20 ml unpreserved Systane Complete (new 2021 product, same ingredients as 2018), *the 2010 released toxic preserved* $10 Systane Balance (pH 7.0) that nobody orders anymore, since Complete is same drop with some improvements. All 3 are made in USA, contain the allergen *PEG* (see more below), and phospholipids, which contain phosphate group, which can form tiny invisible cornea crystals leading to cloudy cornea, milky cornea, blurred vision from a distance or even big stones that require surgery. Thus, I gave it 1 star on Amazon, after the stings due to polyquad. Because Systane doesn't state phospholipid concentration or share it by email, like the EU recommends companies do for phosphate buffer for example, we take a huge risk if we use this drop every day in the long term, or even 20 times, if after a cornea invisible scratch, etc. Systane Complete contains mineral oil (you can get way more mineral oil via a very chemically inert eye ointment, without the ultra reactive additives in this). Avoid Balance, since for $1 extra you get better coverage of damaged ocular areas and lipid layer holes in Complete, due to nanodrops and exact same chemicals. 1st drop caused itch and redness in one eye☺☺☺, so I returned it and washed the drops with 0.9% saline. Perhaps too acidic (7.0 vs 7.5 my tears) or too much *PPG*, so moisture masks are better than any drops. To better understand tears with lipids, you can watch this Systane Complete video (or the Systane Balance video); Complete got nano sized dimyristoyl phosphatidylglycerol phospholipid like Refresh got flax/castor oil that replenishes the holes in the lipid layer which lead to aqueous layer evaporation: see more on it in the 3rd layer of tears.

Since it had *polyquad* preservative too, I *avoided* Systane Complete/Balance, but I tried it twice to see it stings. All Systane drops got hydroxypropyl guar or HP guar (derivative used in foods/cosmetics, deriving from guar gum polysaccharide from the guar bean legume). Clear Eyes Advanced, Hylo Dual/Hylo Fresh HA (or CMC, HPMC or other polysaccharides in other drops) and *boric* form probably a similar bandage over damaged cornea areas like HP guar and boric acid do in Systane, HA being part of mucin layer that protects the cornea. The phosphate group in phospholipids in *Systane Balance, Complete, Clear Eyes Advanced* could react with Ca in other drops to form crystals as explained in the phosphate buffer section, so *I avoid all drops with unknown Ca, phosphate or phospholipid concentration*. I will make a detour from Systane lipid eyedrops to mention non-lipid Systane products: Systane unpreserved vials can be recapped

perfectly (better than Refresh), you can thus reuse a few hours later; Systane Original *(can't return them on Amazon) are one of the only 2 unpreserved drops (the other one being the much safer* Bion Tears*) with zinc (but both got calcium too;* Ca drops can form eye stones*), but contain the toxic boric,* toxic 0.3% *PPG*, allergenic 0.4% PEG 400 like all Systane drops do*, so if you use Systane* Original unpreserved *(safest Systane tear, only one I used 8 times before trashing them 3-25-2021 due to side effects, and* even eyes getting considerably redder *on* 20x mirror one day after 30 min of use with closed eyes at 4 pm*) for* zinc*, (though* Bion Tears is much safer*), once/week max may be safer; after only 30 min, I noticed eyes became redder when I used Systane Original (3-11 & 3-24-2021). The floaters became more visible, a slight blur existed, but far less than the Refresh Mega-3 effects on floater/blur.* Systane Original is uniquely bad*, unlike any other non-Systane drop, it sometimes (*when you keep eyes closed 25+ minutes after, not just 4 minutes, so its damaging effects are visible, so definitely, with any new drop, don't try them at night, since it stays for hours on the eyes; use 0.9% saline right after a bad drop to wash*) causes a slight headache, probably due to the blur effect (PPG & PEG 400 caused) that has same effect as looking thru a wrong* diopter *eyeglass or magnifying lens.* *PPG* *is a popular lubricant in many drops:* 0.25% Blink Tears, 0.6% in Bausch Lubricant PF (Bausch also contains hydroxy alkyl phosphonate which can damage the mucin layer). *PPG* is *teratogenic, allergenic* reportedly (perhaps at higher concentration than we get from drops). *Why is PPG toxic?* It*'s* on the Canada list of expected to be toxic substances, suspected of killing neurons (in the eye too?) if used long-term or at least oxidative stress. Even NIH admits that PPG irritates the eyes and it causes eye dryness, so after eyedrops are placed, water evaporates and *PPG* (found in many face and hand creams) may remain in some cells to suck water from the eye, cause more local dryness (like redness relievers which cause rebound redness, this is rebound dryness); Health Canada categorized *PPG* as a "moderate human health priority"; it causes allergic reactions in some. ☺☺

*Systane Ultra (*CO 2021;15:2421-35 *has more info on Systane molecular mechanisms: "free of preservatives… Systane Ultra (pH 7.9, unpreserved), (made in France like many Systane), is higher than ...Systane Original (pH 7.0).";* pH 7.9 in the preserved bottle (unpreserved is 7.9 too): COhal 2011;5:783-90*) & Hydration got aminomethyl propanol (*which can form carcinogenic nitrosamines *and is similar to* Tris which reduces cell viability*);* Systane Hydration *has* low *432K (read* paper *to see pH 7.9 and how they deduced 423K), pH 7.9 ideal for the 3% of people with pH 7.7-8.0 since no other unpreserved drop in US I know of has such high pH) MW* HA *(*inflammation causing*); Systane Hydration is basically same 7.9 pH as Ultra in contents, except it contains some 432K low MW* HA *to hydrate better and raise inflammation, so I would try* Ultra (returnable) *first if my tear pH was 7.9 perhaps, before jumping to Hydration which may be worse.* I noticed Systane Original is much better than Refresh Plus at removing redness (when it worked, not always), due to higher pH, better hydration and more viscosity, but unlike many drops, it has a

slight blur effect of 5 minutes (far less than Mega-3) due to PEG 400, *PPG*. How *safe* is PEG 400? Rashes, eczema, can happen due to topical ointments with PEG. When using oral PEG at much higher concentrations for colonoscopy, allergic reactions can become fatal events due to anaphylactic shock ► IR 2015;13(1):90-4. Death from anaphylactic shock happens, which is unacceptable in a Civilization of Immortals ► AACI 2016;12:67. Severe eczema can emerge within 12 hours of using certain cosmetic products with PEG ► ADV 2013;140(8-9):528-30. PEG is in foods, vitamins, vaccines. A PEGylated lipid (ALC-0159 in Pfizer, DMG-PEG-2000 in Moderna) exists in COVID19 vaccines; Canada issued warning, yet I got no bad Pfizer effects. However, the Johnson vaccine, with less side effects reported, also uses eye drop allergenic compounds, such as polysorbate-80 and HBCD, plus uses "fetal aborted cells" during production (like many vaccines everyone gives their kids, they all use mostly PER.C6 1985 abortion immortalized retinal cells (Johnson) and HEK-292 1973 abortion, 2 abortions). *All Systane drops got synthetic HP guar, PPG and PEG 400, so they all will irritate many eyes most likely, not just Systane Original.*☺☺☺

►► L.2. $20/30x0.5ml Rohto Dry Aid *unpreserved* (released *2022*), pH 6.3-6.4, too acidic for most people, OK to use rarely. Using it often causes eye redness; it also has a similar effect to the bacitracin-polymixin B ointment (see the antibiotic section), it makes the eyelid skin rougher, instead of smooth, due to the menthol probably (it causes keratinization of the meibomian gland orifice and the eyelid by activating the pathway for that). Due to this I only use it once a month usually, as a sort of mini-antibiotic, since menthol is that. It's a clear liquid, no blur or floaters, no thickness; the main drawback is the acidity and pain neuron sensing nerve fibers may be damaged; each 5 vials are in a sachet to prevent contamination; all 6 sachets are in a shiny metallic silver purple box that blocks light better, that's a plus to keep oils stable, they need make sachets opaque too to prevent sesame/castor oil oxidation, plastic leaching and reactions, like Mega3, Knoxzy got opaque sachets; Rohto has *menthol which hides other sensations and is actually a preservative*/antibiotic (good for those with styes or MGD *sometimes*, as MGD can be caused by bacteria infecting meibum glands not just chemicals in makeup, eyedrops, ointments, hormones, and studies show daily antibiotic for 2 to 6 months led to disappearance of dry eye) in addition to the PAPB preservative in the 2017 preserved version, but may work (twice/week?) for those with more acidic pH (use maybe some more alkaline drop 20 min before) and who tolerate *PPG* at 0.3% and *povidone* 0.68% (which may create adducts with various molecules, not just iodine, and is not in natural tears). Discarded it: has boric buffer, $CaCl_2$, (Ca can form eye stones), $MgSO_4$ (eye stones risk too?), Na_2EDTA preservative, menthol, PEG-10 castor oil, poloxamer, polyoxyl stearate, sesame oil with ω6:3 ratio of 138:1, versus antiinflammatory 1:4 in Refresh Mega-3 flax oil; both Refresh Mega-3 & Rohto got castor oil (Rohto as PEG-10 complex), but Mega-3 got flax instead of sesame. Refresh Advanced & Digital have only castor oil (90% ricinoleic, 4% oleic, 1% ω3, 3% ω6, 2% saturated); due to OH

groups of ricinoleic acid, castor oil is more polar, easier to make emulsions without 'toxic' emulsifiers. Emulsifiers can cause the fats our eye tissues are not used to, to reach areas they would not easily reach, cause chemical stress for those cells, but Rohto still has the emulsifiers.

Castor oil has ω6:3 ratio of 3:1 which is good. Castor oil, if contaminated with *ricin* or ribosome inactivating protein (a lectin with oral lethal dose 1 mg/kg) can damage our eyes and body thru systemic swallowing of tears via nasal duct. Oil is heated to destroy ricin traces after extraction. Using castor oil is only safe if purification is high and *ricin* is below 1 parts per trillion. Our eyes/bodies are not used to ricinoleic acid, so this casts doubt on *all Refresh lipid tears also*, in terms of eye inflammatory response. Due to EDTA (*binds metals of metalloproteases on ocular surface, blocking their function*), poloxamer, polyoxyl stearate (also called PEG 40 stearate, formula is $CH_3(CH_2)_{16}C(=O)\text{-}(O\text{-}CH_2\text{-}CH_2\text{-}O)_{40}\text{-}H$, also present in Mega-3 that blurs vision a little in Mega-3 but not in Rohto) emulsifier, sesame oil, *PPG*, PEG, menthol (see why it's bad: hides pain). I discarded the Rohto (1st version had preservative) and I got bubbles forming, indicating that this indeed is like a detergent or emulsifier solution, like placing soap into eyes. The unpreserved was not any better, same uncomfortable menthol sensation, etc. *I would avoid it if I were you, because it also swells the eyelids* and makes them slightly redder. ☺☺☺

►► L.3. $15/12 ml Soothe XP PF (eXtra Protection, Preservative Free) with pH 6.8-7.3 per my pH papers – fluctuating more than any other drop due to the thickest white emulsion of any drop (pH of shaken cloudy drop is 6.8 usually, the clear water on top after settling seems pH 7.25), that requires shaking before use (avoid preserved version, eyes are worth 2 extra $). Made in France. Bausch started in 1853 in USA. It has mineral oil 4.5%, light mineral oil 1% (issues here), boric, borate, toxic EDTA + polysorbate 80, octoxynol-40. Octoxynol-40 is a surfactant or emulsifier like PEG 40 stearate of Mega-3 and Systane Complete; emulsifiers create emulsions, increasing the surface area of contact between lipids and water, hence the name surfactant also; they're detergents that allow lipids/dirt from clothes to go into water and be drained; they allow lipids to mix with water, thanks to containing both nonpolar (hydrophobic) and polar (hydrophilic) fragments in their molecule; PEG 40 is $H\text{-}(O\text{-}CH_2\text{-}CH_2\text{-}O)_{40}\text{-}H$; in octoxynol, the polar part is the PEG, the nonpolar part is the final PEG group that replaces H of PEG 40, so $H\text{-}(O\text{-}CH_2\text{-}CH_2\text{-}O)_{40}\text{-}C_6H_5\text{-}C(CH_3)_2CH_2C(CH_3)_3]$; C_6H_5 is the phenyl ring; *it's possible that since* many eyes are PEG allergic, *this is what screws* Mega-3, Rohto Dry Aid, Soothe XP *eye comfort*. This is possibly what may cause floaters to be more visible too, as these things facilitate the entrance into the vitreous gel of compounds that may not be meant to be there – so don't use Soothe XP much at night, as contact time at night is 100x higher, due to us not blinking at all, versus 3-5000 times in a 8 hour while awake at least, which means washing drops fast with tears. *This is why at night we need use the least toxic drops.* These emulsifiers may also lead to issues with the Soothe XP PF; in 2020 during day, it caused me discomfort as I was not used to such drops; in

2021, computer work 1 minute after was not impacted (no blur at all, except a little milky first 10 seconds, since it's milky) and at night during sleep, it worked fine; however, when eyes are more tired and they notice bad things easier, they react to Soothe XP as if it has toxic stuff in it, with discomfort, which may be due to pH, EDTA, polysorbate 80.

Soothe XP is milky white (like Systane Balance/Complete, Refresh Adv/Digital) with petroleum derived mineral "Restoryl" oils that can irritate eyes, blur vision for 30 min 1st time use; however, since I already used ointments for months in 2021, my eyes got used to these mineral oils and when I tried Soothe XP again in 2021, a year after initial try, there was no blur (except a little milky white for 10 seconds) or irritation, on the contrary, it seemed, on better nights, to work better at night than some other drops I tried; I returned it due to occasional irritation; purification is not perfect, so placing tar/asphalt byproduct into eyes needs monitoring for side effects; need shake vials *before each* use. The blur is much less than Refresh Mega-3 and others. It's at every US store and the two mineral oils in it are in every eye night ointment sold globally, see ointment section on how to get those mineral oils without vitamin A or lanolin or other ingredients that may irritate some. Soothe XP PF is sort of like ointments that contain 20% "mineral oil" and 80% "petrolatum", so for people allergic to lanolin or high levels of mineral oils, this drop may be OK during daytime only, replacing ointments used during the day with almost the exact same oils; however, borate, EDTA, and polysorbate have their damaging effects, so be cautious with this one at night since at night we blink 4,000 times less, so damage is 100s of times faster as blinking doesn't rinse any cytotoxic ingredients. Overuse may lead to irritation and damage and the simple 20/80 Soothe ointment (9$ @ Walmart) is probably way safer in the long run both for daytime, evenings or night. See how your eyes respond and adapt, monitor with 20x mirror. If you like it, you may get 5-70 times better results with Hylo Night or other ointment or some non-lipid tears. Hylo Night got way more mineral oils, plus vitamin A, "cholesterol and *10,000 esters of sterols (mainly), fatty acids,* C_{18}-C_{26}", some present in our natural tears, less toxic reactive chemicals (trace impurities in mineral oil). Soothe XP just has some oil hydrocarbons, though *different* than the squalene hydrocarbon in the 3rd lipid layer of tears, but no cholesterol or lanolin wax esters as in our tears and eyelid skin. However, those ointments, when placed as indicated can overwhelm the eyes and blur vision a lot more than Soothe, so I see how people may love Soothe more than ointments during the day, unless they learn how to apply ointments in new ways that only introduce 10% of the manufacturer recommendation. The "mean LLT increase from Soothe (60.0 nm) was significantly greater than that from Refresh Dry Eye Therapy (23.6 nm)" ► ECL 2007;33(1):38-44, so that oil (no lipids in Optive) makes a difference? This was 2007, today Soothe PF is different from Soothe XP PF; this and another study showing Soothe is way better than Systane were funded by 2 companies with "partial ownership of Soothe". Soothe PF has 0.6% glycerin, 0.6% *PPG*, borate buffer, sodium

alginate, hydroxyalkyl phosphonate, no lipids. Oddly, "Optive and saline were not different between timepoints for LLT (lipid layer thickness)" (saline is 20x cheaper, Optive Advanced with lipids, described below, led to minimal LLT increase and little comfort) ► CER 2018;43(5):588-94. For more tear comparisons, see CO 2014;8:1419-33. ☺☺☺

►► L.4. $5.5/15ml Clear Eyes Advanced. Made in Canada, *the cheapest lipid tears on the planet, and possibly the most dangerous* (1 star on Amazon from me, *see* why below*) if phospho group in phospholipid is high concentration and can form tiny crystals that go inside the cornea easily,* due to corneal calcification, opacification that blurs images from a distance via phosphate. *Avoid*. Also bad, since it's preserved with irritating boric buffer and without a filter (like special unpreserved bottles) to prevent microbes from getting in, preserved drops are dangerous after just a few uses, microbes grow fast. Company refuses to share phospholipid concentration, since it can give us clue into eye stones potential formation. Contains HA: LMW-HA can cause angiogenesis, so since company doesn't answer, we risk getting redder eyes *(long-term, rebound redness as low MW (not high in Hylo, etc)* HA *causes new vessels to sprout)* with this drop if using it daily, or any drop with low MW HA, see list here. Even with HMW-HA, this would make the crystals more absorbed into the cornea, so even if its high MW not low, it's bad. Also, it does swell eyelids, especially if you use it during a nap, you wake up with a weird sticky feeling. Since it's a thicker drop it can cause foreign body sensation inflammatory cascade sometimes and red eyes at night, more mucus buildup etc, so test well before using at night, because 20x mirror test can tell a lot more; I did get very red eyes one night, 11-16-21, from this, but that was probably due to other things going on, since most nights this was fine; however now I never use anything at night, except saline. ☺☺☺

Choline in this drop promotes mucus production, tear production, meibum production, which is good for most, while too much for others who have too much mucus already, depends on whether your dry eye is heavily caused by mucin deficiency, which may be so for many. It's the only USA drop with vitamin E which helps prevent cataracts caused by naphthalene present in trace amounts in eye ointments perhaps: JOPT 1999;15(4):345-50. *This drop whitens the eye after 5 minutes of eyes closed better (short-term) than any other non-redness reliever drop or yawn generated tear I ever tried; it's overall the one with highest overall comfort at night and day, use it and leave eyes closed for 5-10 minutes to let vitamin E, etc do its magic, E kills many viruses too*. No other US lipid drop (I tried them all) comes even close, but this may be to choline, which tends to soften our pain perception, destroys our nerve endings sensation a little, so we're more accepting of the drop and other irritants and don't see the damage it/they do, like menthol (the company uses it in other Clear Eyes drops, as well as BAK in all Clear eyedrops except this and Sensitive) and other sensation hiding ingredients; don't overuse any drop and see if it's fine for you, since all drops can cause discomfort when eyes are too tired and we

overtest drops (even the same drop) without enough 1-2 hour or more for some, gap, between them. The mirror section explains the floaters test too which can be done with any new drop when doing redness and comfort (itch, sting, etc) testing: all thicker drops make floaters more visible for 10-20 minutes, including this one. ☺☺☺

There is one issue related to phosphate group in the phospholipids, but that is true for Systane Complete and any drop with phospholipids, *depending on how much of that lipid they put there*. Since we can't calculate phosphate concentration as companies don't tell the phosphilipid MW and concentration, I totally avoid phospholipid drops, being afraid that Ca in natural tears may form eye stones with PO4 group in phospholipids. Another issue with this and Systane, all phospholipid drops, is the polar lipids allow an increased cornea permeability "The ester group in these compounds increases their lipophilicity and enhances corneal permeability." ► Pharm 2012;4(1):243-51. *This allows the opacification of the cornea to proceed faster, so you fail the driver vision test.* This can cause various issues depending on the type of phosphatidylcholine in the drop, since cornea esterases could hydrolyze the lipid to its components; if polar lipids facilitate the entrance into cornea and other areas of phosphate in high amounts above physiological, etc and other compounds, it could cause opaque calcium phosphate crystals, that make cornea opaque, and even the penetration by the PAPB or other toxic ingredient or preservative into areas of the eye where it can do damage. That's why drops with a lot of phospholipids and preservatives may do damage if overused or used even just 20 times. pH is 7.0-7.1 when I measure it with pH papers, so for many with tear pH 7.3-7.7 it won't be ideal. Mega-3 is pH 7.0 too. Even the best has issues, so blinking often to produce lipids helps. Works very well at night to prevent eye dryness when waking up. The only drop on the market with antiinflammatory vitamin E in its much more stable acetate form, but you still need to keep away from light *(I use a plastic earplug box that I taped for opacity, you can find other small opaque plastic boxes that are even better at keeping light/air out, like first aid from $ store, tiny box, some plastic or aluminum case tight wallet, etc)* to prevent E degradation. It's preserved with far less toxic (than polyquad) *polyhexanide*. ☺☺☺

This may be the or second most alkaline (closest to physiological 7.4 pH, for most people) lipid containing drop in US (pH 7.0-7.1), but still I stopped using it for 2 months in 2021 (June, July, got a new bottle after, maybe bad lot #) and then stopped using it forever in Oct 2022, due to sometimes having weird reactions to it, perhaps due to its less perfect pH; it seems the borate or glycerin or the combo in this drop causes the same weird sandy feeling after refresh Optive (which has 4x more glycerin than Advanced) if used more than 3-4 times within 8 hours, especially if used at night, like when you wake up to go to the bath, etc, since eyes can't wash it off. Drops with lipids tend to be more acidic than those without, since pH influences lipid oxidation in the presence of oxygen and because triglycerides (triesters of glycerol or glycerin)

can hydrolyze (it's called saponification) to form soap in the presence of alkaline pH: R-C(=O)-O-CH_2-CH(-O-C(=O)-R)-CH_2-O-C(=O)-R (triglyceride) + 3 H_2O = $CHOH(CH_2OH)_2$ (glycerol or glycerin) + 3 R-C(=O)OH; then R-C(=O)OH (fatty acid) + NaOH = R-COONa (soap) + H_2O); drops with redness relievers are even more acidic, since they use hydrochloric acid complex of the relievers. It's likely that the toxic *0.5%* polysorbate 80 (present in Refresh Advanced/Mega-3, food, cosmetics, parenteral medicine solutions, flu vaccines, medicines), allergenic *0.5%* CMC in Refresh Advanced & Mega-3, the carbomer copolymer in Refresh Advanced, the 3 extra compounds in Mega-3 (BHT oil preservative (unknown to most), *pemulen TR-2, polyoxyl 40 stearate)* do more damage than *0.005*% polyhexanide in Clear Eyes *Advanced*. Clear Eyes got phospholipids present in human tears (compare that with ricin in castor oil, oil that has 90% ricinoleic acid, a fat our eyes never *had, traces of* cyanogenic glycosides in flaxseed oil, sesame oil, carcinogenic PAHs in petroleum derived mineral oils, *etc*) vitamin E of our eyes, glycerin (in our body), *hyaluronate* (part of eyes and mucin layer of tears), being, in my opinion, less toxic overall than an "unpreserved" *one with many artificial compounds not present in eyes or body, at 100-500 times the level of the only non-eye compound, polyhexanide, in Clear Eyes Advanced* (excluding 0.3% boric acid present in Refresh Advanced/Mega-3, Systane Balance/Complete). *Clear Eyes Advanced is closest to nature lipid drop in a way,* the only lipid tear on the market in the world I'm aware of that has minimal (0.001-0.01%) non-human body compounds (outside of boric acid) and doesn't fog vision or trigger 'foreign toxic compound' inflammatory response that makes eyes more red/dry with more use. Our eyes/bodies are used to certain compounds after 3 million years of evolution, *we don't adapt* overnight *to new stuff* from animals, or mineral oil.

However, Clear Eyes does *cause eyelids to swell when eyes are tired* or irritated, so it's not a good drop. It has phosphatidyl choline (a key component of membranes (skin, conjunctiva, cornea, optic nerve), thus present in creams under the name of lecithin, diacylglycerolphospho choline, $R_1C(=O)OCH_2CH(O\text{-}C(=O)R_2)CH_2OP(=O)(O^-)O(CH_2)_2N^+(CH_3)_3$ present in our tears at 194 ng/mL ► IOVS 2012;53(4):1773-82). Phosphatidylcholine prevents visual aging, glaucoma and keeps the optic nerve healthy: *choline "is involved in the production and secretion of tears by the lacrimal glands... stability of the cells and tears on the ocular surface...retinal development and differentiation. Choline deficiency is associated with retinal hemorrhage, glaucoma, and dry eye syndrome. Choline* (even via citicoline eyedrops) [may help treat] these diseases.. The parasympathetic system predominantly regulates the secretions of lacrimal glands..., releases Ach [acetylcholine neuro transmitter made from choline], which acts on *muscarinic receptors*... [which are] important mediators of secretions by the lacrimal ... glands... [& *are] present in the cornea, conjunctiva, MGs... [low choline causes dry eye by] reducing parasympathetic tone... Choline* is used exclusively in mammalian photoreceptor cells for phospholipid synthesis" ► IJMS 2021;22(9):4733; this paper explains in detail the role of choline in *preventing dry* eyes. If

you google any cholinergic drug, like choline from food, or neostigmine methylsulfate added to some eyedrops (not approved in US etc), the side effects are more "saliva, tears, sweat, mucus, nose running, etc" which is what people with aqueous or lipid deficiency need (100% of dry eye sufferers have either or both). So, if we find we tear more, have more mucus in eyes, nose, lower heart rate, smaller pupils, weaker muscles, more urination, etc after taking choline, it's natural: our meibomian, lacrimal glands finally produce more stuff; we can notice that even when we eat any food with more choline and other cholinergic *parasympathetic tone* boosting foods. PRER 2019;72:100767 is a 66 pg article explaining eye choline links; Ntr 2020;12(3):793 has more on *citicoline* and *optic nerve health*, in rat in vitro studies "citicoline reduced the number of apoptotic (dying) cells by over 80%". "patients receiving *citicoline* eyedrops (*OMK1*, Omikron, Italy, *2% citicoline, 0.2%* high MW HA, *0.01%* BAK) lost 1.86 µm of RNFL (*retina nerve fiber layer*) in 3 years, versus 2.99 µm in the placebo group" ► JG 2020;29(7):513-20. Diabetics using "*citicoline* and vitamin B_{12} eyedrops (*OMK2*, i.e. *OMK1* + 0.05% B_{12}) for a 3-year duration achieved stabilization or decreased rate of functional impairment, neuroretinal degeneration, and microvascular damage" ► AT 2020;37(4):1646-63. ☺☺☺

Densmore makes citicoline 2% drops, that expire in 30 days after opening and have HA & BAK. A phospholipid ubiquitous in the brain, playing a key role in myelination of optic nerve axons, etc, that prevents dry eyes, is part of tear fluid, is better (surfactant that can help our ointment lipids to emulsify better) than "mineral" petrol oil hydrocarbons in ointments (some don't even have lanolin or wool fat, closer to human lipids, etc or vitamin A), though lipid layer of tears contains different (not alkanes) hydrocarbons like squalene and carotenoids too. Perhaps it is even better to generate tears and blink often within 5 minutes while eyes are mostly closed, to allow the water to spread the lipids from working meibomian to depleted areas, tilting head, *providing 2000 lipids, proteins vs 1-2 in store tears.* Choline alfoscerate *taken orally diminishes eye dryness* ► Ntr 2020;12(5):1526, *improves visual acuity* VO 2016;132(2):73-6. ☺☺☺. Hylo Night and Hydramed Sensitive provided better results than Clear Eyes sometimes when used in small qualities for me (due to having more lipids), possibly due to vitamin A and wool fat (lanolin for Hylo Night), which shares some cholesterol and *10,000 esters of sterols (mainly), fatty acids, C_{18}-C_{26}, some like* those in natural tears; combined with HA tears, 0.9% saline, Hylo, Hydramed, etc ointments can be better than some lipid tears for some people. Seems safer if phosphate is high. Stye ointment, not for dry eyes, for styes, has some vitamin E, but also inflammatory wheat germ oil, ω3:6 ratio 1:8; in theory, it could be used monthly to get some vitamin E, if company shares E concentration and you think it's worth trying, but I didn't like it, made my eyes red. Stye may also have phospholipids from the oil, just like lanolin ointments.

►► L.5. $17/12ml Refresh Mega-3, $14/12ml Refresh Advanced both made in US. Refresh Digital PF has the exact same ingredients as Advanced, except it has HydroCell tech, so slightly

pricier; Advanced is basically problematic Refresh Optive (forms cornea ridges, too thick), with castor oil (see the dangers of it in L2 section), lower pH, irritating carbomer added; pH with my paper was *6.8-6.9 for Advanced & Digital, 6.7 for Mega-3* (all 3 may have pH 7.0, but due to emulsion, especially white emulsion in Advanced/Digital, real pH is impossible to determine correctly with pH papers), vial solution milky vs transparent for Mega-3. *Mega-3 uses emulsifiers pemulen TR-2 and polyoxyl stearate* $CH_3(CH_2)_{16}C(=O)$-$(O$-CH_2-CH_2-$O)_{40}$-H (PEG part O-CH_2-CH_2-O is hydrophilic, the alkyl part hydrophobic) *that make it transparent, but far more blurry on the eye. Pemulen can emulsify 50% oil by weight, making permanent emulsions at even 0.3%, so they often use it in cosmetics at 0.1% even; it is high MW, crosslinked copolymer of hydrophilic acrylic acid (*CH_2=CH-COOH*) and a hydrophobic* $C_{10\text{-}30}$ *alkyl acrylate so it's* -$[CH_2CH(COOH)]_n$-$[CH_2CH(COO(CH_2)_{9\text{-}29}CH_3)]_m$-. Both Digital & Mega-3 were blurry and floater magnifying; however, Mega-3 was 10x worse than Digital in terms of blur and floater magnification; yet Mega-3 felt less acidic and more normal, less 'slightly itchy' – so on 4-23-2020, when I got & tried Digital, I washed Digital with 8 drops/eye of 0.9% saline after 5 minutes to prevent irritation; it's possible the irritation is due to carbomer copolymer, since Liposic gives a similar sensation and they share carbomer. I didn't react well to Refresh Optive and these 3 are thick too, but not as thick as Optive, with similar lubricants (*0.5*% CMC, *1%* glycerin), plus polysorbate *80* lubricant *0.5%,* the controversial one that *reduces conjunctiva* cell viability by a third, the *Mega-3 didn't fare well either*; unlike Optive, *the Mega-3 has lipids so it blurs the vision slightly for 30+ minutes* (sometimes) like Celluvisc and thick Soothe XP do; Mega-3 is sticky, can dry off eyelash base and cause eyelid itching (even a very mild sting too, so cornea doesn't like it that much), so if that happens, need to wash eyes soon after, the eyelash base, with sterile q-tip and Cliradex or soap to prevent issues with bacteria lodging at the base and starting an infection due Mega-3. Mega-3 has a weird CMC feel after 30 min, similar to Optive, due to the 3 shared active ingredients, same buffer, etc; if you have any floaters, they become more visible for that first hour or two each time you use Mega-3, so I returned it, having quite acidic pH too; any drop that has refractive index different than natural tears will cause floaters to be more visible, just like when we wear a foggy pair of glasses or a new lens or a different computer background, we can see floaters more, due to the fact the neuroadaptation of the brain did not occur for that lens made of Mega-3 or new drop refractive index. ☺☺☺

Just seeing floaters doesn't make a drop bad, they just alert you you need sleep better, etc. T*hese are single dose vials, so if you use 4 you can return the other 26 to Amazon, so I did return Mega-3 in 3 days. Mega-3 may work fine for others, since we each have a different biochemical environment in the eyes*. Clear Eyes Advanced has lipids, but natural ones found in tears, so they never blur the vision or bring floaters into view like Mega-3 does. Refresh Advanced-Digital got a much more oily texture to the drop, having obviously more fat than Clear Eyes. Optive makes

eyes whiter too and eyes feel more refreshed. Mega-3, Digital & Advanced contain *NaOH, erythritol, levocarnitine, boric acid, castor oil.* NaOH and boric acid means borate buffer, just like Clear Eyes. The Clear Eyes 1 lubricant, natural one in MGs & mucin layer, *hyaluronic,* HA, *is better than* the 3 in these Refresh tears. Advanced *has 1 extra ingredient,* carbomer copolymer, *Mega-3 got 5 extra:* flaxseed *oil, pemulen TR-2, polyoxyl 40 stearate, trehalose, butylated hydroxyl toluene (*the famous BHT preservative in foods to prevent free radical formation in oils, playing a word game "unpreserved eyedrops with preservatives" like OCuSoft with Retaine MGD*).* OS 2020;18(1):148-57 found Mega-3 is better than Refresh Advanced, maybe due to flaxseed and trehalose (shown in many studies to help, hence *Thealoz* uses it). IOVS 2018;59(8):3755-66 found DHA-EPA eyedrops (not ALA as in flaxseed), like in Hylo EvoTears, lowered inflammation as much as taking DHA-EPA orally or using corticosteroid eyedrops. *An issue with new tears (Mega-3, etc) is that we don't know if how the* cyanogenic glucosides in flaxseed *could damage some eye parts or ricin poison in castor oil in tiny traces could damage the eyes or body; while some ingredients have 400 studies done on them, new emulsifiers often have no studies done since only 2 brands use them, so the risks taken long-term are bigger if the drop is used daily. So if using new eyedrops, check eyes 3 times daily in* 20x mirror. Actually that's a good idea to do every day for reasons explained here.☺☺☺ "There were no clinically significant differences in performance in TBUT, corneal staining, conjunctival staining, and Schirmer's test among the artificial tear formulations… ► CO 2015;9:657-64. They compared preserved and unpreserved Refresh Optive and Advanced, all 4 gave similar results, showing some may not need Advanced with extra compounds with long-term effects. Optive (see above) may be enough as source of carnitine for eyes, but I avoid it since it has unknown calcium, while Mega-3, Digital, Advanced don't have Ca. The paper says ***castor oil in Advanced (& probably Digital, Mega-3) is 0.25%***, versus 1.25-5.5% in other drops, which made Advanced comfier than other drops with castor oil. Refresh Optive pH is 7.4 > Advanced 6.9, which will help people who're sensitive to low pH causing damage seen only after 1 year (not 30 days in the study).

►► L.6. Retaine MGD: pH 7.1 per 1 study, has 0.5% mineral oil, 0.5% light mineral oil (see the issue with these oils), 2% (Table 1 for w/w %) glycerin, Tris (see issue with Tris and lipids of our tears) buffer, 0.2% tyloxapol to inhibit bacteria secreted lipases (bacteria break the tear lipid layer), 0.01% poloxamer 188. Possibly the worst lipid drop in the EU/US. The box lists cetalkonium chloride (0.005%) CKC as "inactive ingredient" of "unpreserved" drops, but it is a name for a BAK component (the most lipophilic), sort of like "water bottle is BPA free, it just has BPA derivative that is 10% more/less toxic"; the cetalkonium is BAK where the alkyl group is C16H33; cetalkonium (BAC16 as they call it) was found to be, in vitro, very toxic, making ***93% of corneal cells unviable, while BAK 100%***. However, in vivo, not all BAKs have the same toxicity (BAC8,10,12,14,16,18), so maybe that's why they use it, Cationorm (same product) uses it too.

"Retaine™ (marketed outside the US as Cationorm®, Santen, Osaka, Japan)" ► CO 2015;9: 235-43. It's made by Novagali Pharma, a French company acquired by Santen Japan in 2011. ***Rat*** (not human) studies can be funded by BAC16 makers so it looks BAK lowers ***goblet*** (mucin tear layer cells; low goblet=dry eye) cell count 37.5%, but Cationorm (in spite of or due to BAC16 use instead of BAC8-18 mix?) increases it 40%; BAC16 is 5% of the BAK mix usually per wikipedia. I tried it 9-5-21 1st time, after 8 hours of no drops/no saline showed some mild eye reddening on both eyes and irritation on left eye; no surprise, since BAK is world's most toxic, irritating preservative. I used Clear Eyes Advanced 5 min after, after washing with saline and eyes felt so much better. On 9-8-21 I tested it 4 times in 5 h; when I used 2 drops, eyes got a little red; all the white lipids formed a white clump outside the eye corner, due to blinking pushing it out; then 15 min later, there were tiny stings in the nasal corner, as it happens with other drops when eye is tired on 2nd drop; due to 4 tests, being 7 pm 4th time, the toxicity of BAK/Tris spoke? I did the return, Amazon gave full returnless refund & removed Retaine MGD from the Amazon delivered list of products. Only 3rd part sellers sell it now, at 20% higher price. It's worth mentioning the Retaine Liposome EYELID Spray, released 10-22-2022, made in USA, not France like the MGD eyedrops, that uses phospholipids (eye crystals) to enclose vitamin A, C, E and deliver them to the eyelids. People will see it and rush to use it with faith and joy, but before you plunge into the trap, think: it has Leuconostoc bacteria on the label, the only eye product with bacteria, ever, and radish ferment extract, so all bacteria from that will be delivered to your eyes eventually and cause ocular infections. It has the toxic propylene glycol and polysorbate (killed 30% cornea cells in vitro) too, so overall, a very risky product even for eyelids. It got too much A that can keratinize MGs orifices. Phenoxyethanol preservative in this "closed eyes" spray can damage MGs. In practice, long term, damage may develop, thru hyaluronate crusts too; HA may be low MW, causing arteriole growth and may deliver too much PO4 to the cornea, causing vision blur. Thus, eyelid sprays need to be used with extreme care, eyelid, eye inspection as they can cause styes at eyelash base. These sprays have no strong preservative, so bacterial growth will be fast, need discard in 3 months. The only safe use for this may be ***garbage disposal; to never buy it, someone may be trying to make products to give*** people infections to get more patients ***and try new treatments*** before aristocrats ***can try those treatments?*** Who knows? Read it. It's made by "Jove Laboratories", whose website doesn't exist. Only OCuSoft can sell such things? Keep eyes tightly closed, to avoid placing the MGs destroying phenoxyethanol on the MGs orifice whenever you use anything (98 creams) around eyes with phenoxyethanol. ☺☺☺

►► L.7. Optase Eyelid Spray (more expensive at Walgreens) that gets into eyes after blinking, has: Glycerin 1%, Citric + Tris buffer, Polyoxyethylenesorbitan Monooleate (IUPAC name for polysorbate 80 toxic preservative/lubricant that is used by almost all Refresh and other brand drops, that kills 30% of cornea cells in vitro), KCl, NaCl, NaOH to adjust pH, H_2O, 0.4% Sea

Buckthorn Seed Oil (ω6:3 ratio 3:1 in this oil), 0.02% Sodium Hyaluronate, Sorbitan (issue) Monooleate (food additive), Tromethamine (Tris). Polysorbate 20 is polyoxyethylenesorbitan monolaureate for example and is used in cosmetics. Placing HA that dries and sticks on your eyelash base is a recipe for crusty eyelids where bacteria gather, form new styes, so monitor eyelash base at 20x mirror daily. There is only 1 paper about this spray, in < 100 people, < 2 months, no studies on long term safety and effects; caution is wise, attention to 20x changes good, since there are 100s of chemicals in the pale yellow (*which may give your eyes a yellow tint and zeaxanthin crystals, since the yellow comes from orange lycopene and this lutein isomer that is known to form eye crystals and could turn your cornea into a yellow cloudy thing*) sea buckthorn seed oil that could cause long-term serious effects nobody knows in humans ingesting it it can cause palpitations, bleeding, swelling, so these effects may damage ocular homeostasis too and lead to glaucoma thru increased eye pressure, i.e. *swelling crushes the optic nerve leading to blindness*; thus, to be safe, you could use it 10 min on eyelids only, without blinking, so nothing gets into eyes, then wash it away with water and soap, and see first if *eyelids get swollen; if they do, don't ever use it again,* but make sure the swelling is not because of over soaping eyelids, so do this before your normal daily soaping of eyelids to finish allergy test. Buckthorn oil has many sterols that can turn into steroids that could cause cataracts, glaucoma, *due to the fact hyaluronate acts as a cornea penetrating agent used by Pharma to deliver drugs or chemical or bioweapons to the inside of the eye*; sterols got hormone like effects that could give acne and styes; 80% of sterols can be beta sitosterol precursor of an acne/stye causer that is used to boost sports performance and has wild effects; we need 10 year studies that this spray is safe for people who use it 4 times daily (insert says up to 4 times daily) or more.☺☺☺

►► L.8. Optase MGD, the newest (2022) lipid drop in the US/EU, *possibly* the safest, with: Glycerin 0.9%, Citric Acid Monohydrate, Polysorbate 80, KCl, H_2O, 0.1% Sacha Inchi Seed Oil (85% of it is ALA, LA the most essential ω3&6 in antiinflammatory ratio of 1:1, better than buckthorn L7 oil 3:1), 0.2% sodium HA (MW=1-1.5 MDa, so HMW HA), sorbitan monooleate, 2% trehalose, tromethamine (Tris), NaOH to adjust pH. The glycerin in it, being the same 0.9 as in Refresh Optive, causes massive eyelid swelling, so try products with only 0.25% glycerin or less. It has a clear liquid appearance, unlike many milky lipid drops, and pH seems to be around 7.0, hard to confirm pH for microemulsions, but the paper about the drop says neutral, which may mean around 6.8 to 7.2, or 6.9 to 7.1. My paper gave results 6.8 to 7.2 depending on which paper I used (US made Hydrion gave 7.2), this is typical for lipid drops, pH is very hard to measure. Because polysorbate 80 is lower concentration than in Refresh and sorbitol is only present as polysorbate and sorbitan oleate, the penetration of sorbitol to inner eye structures is harder than with basic Optase (made in France) and Hylo, Systane, etc products with sorbitol, *which is much smaller and easy to sneak in*. Due to lacking castor oil, which is 90% unnatural ricinoleic

acid, foreign to human body and eyes, Optase MGD is safer than most lipid drops in US that have castor oil. It's comfortable usually (except when it stings 10% of the time, like most drops do at night when eyes are more tired, pH sometimes 7.5), it has no blur after 1 min if you kept eyes closed 5 min after using it to absorb more oil, etc (no blur after 10 sec if you didn't keep eyes closed), way nicer than Refresh Mega 3 blur of 30 min and Mega 3 floater visibility enhancing. It's Made in Finland, totally sealed bottle (unlike Hylo products),☺☺☺ taped paper box, very nice seal, storage temp 41-86°F, Amazon delivered it within 12 hour, expires in 3 months from opening, like all unpreserved drops almost, and *generally it is safer to never go past 3 months with any lipid drops as the fats oxidize fast*. It's a Citric + Tris buffer, like the Optase Spray, which may have advantages over citrate or boric only buffers present in all other lipid drops (not to mention the toxic phosphate buffers giving opaque cornea), due to diminishing risks of high borate (sterility, it kills ants, damages some cells too much, allergy in some, etc) or citrate, while mimicking amino protein buffers of the eye via Tris. It gives us higher safety, since we can finally have another drop to use, with a different buffer, instead of overloading eyes with borate all the time, the most common buffer. AO 2020;98(3):244-54 explains effects of this drop with 0.1% sacha oil, 0.2% HA, 2% trehalose (popular in many drops today, like those made by Thea) vs a plain drop with phosphate buffer saline that has 0.2% HA of medium MW, 0.7-0.9 MDa. This paper and the other from L7 are the same research group in Finland; 0.2 micron air filter unpreserved bottle *is made in Germany* by Aptar (to adapt in Latin) Pharma (a US company) probably as in the Finnish study. ☺☺☺

L7 and L8 drops are almost identical, except different oils and L8 has trehalose to make it thick, lasting and to nourish cornea cells. The eyelid spray has to be watery, so it lacks trehalose and has 10 times HA, meaning it's far more watery. Thealoz got 3% trehalose. Research the trace chemicals in sacha oil, though Heliyon 2022; 8(1):e08780 says the one extracted using the same tech Optase used usually has 38% LA, 46% ALA, 9% oleic, the most important ω6 and 3, 9 fatty acids for skin, like cornea and eyelids are; given no current US/EU drop, ointment provides such healthy ω3:6 balance and essential to human biochemistry fats, or ointments, this drop os worth trying to complement the healing of the eyes for people with severe MGs atrophy on lower eyelids (0.3 billion at least). Studies show these 3 acids really help prevent dry eye when used topically, being better than those petrol hydrocarbons in ointments, Soothe XP, Systane, etc. Store this drop in a cool, < 77°F (25°C) ideally, dark and dry place, like all lipid drops to prevent oil oxidation and mold formation on the cap. I never tried L7, but L8 seems way safer as no hyaluronate crusts form at the eyelash base to give styes when we use it as a drop, though HA os 0.02% in the L7 spray, 10 times lower than most HA drops to prevent these crusts that could cause styes and chalazions etc. However, one deadly thing about these drops with surfactants and polar molecules (well, most lipid drops use surfactants to make the drop clearer, less milky

and the emulsion effective at delivering lipids evenly) is that they enable HMW HA to ease the transport of small molecules into the cornea, with microbes, causing infections of the inner eye, so be ultra careful which drops you use 5 hrs before/after surfactant and HMW HA ones, saline is safe, so may antibiotics be very safe before using these polar head (sorbitol), nonpolar tail (oleate) surfactants (*that increase cornea permeability*) when an infection exists to prevent microbes, small irritating molecules, etc from sneaking in. Don't use *drops with surfactants when you have a* stye burst *or anything like that as it can spread the infection to many more areas of the eyelids.* Read more papers on cornea transport. The HMW HA suppresses immunity, so use more medium and low MW HA when infections exist, don't go for ultra high MW HA all the time, like Hylo. HMW suppresses pain sensations, hiding effects. However, Optase HMW prevents inflammation; in special cases of high free radicals from high ocular stress or redness (due to work or microwave attacks etc), dryness, HMW HA breaks down into low/medium MW HA, providing immune stimulation, possibly faster healing of styes, cornea.☺☺☺ The use of each drop and combo is ideal depending exactly on what is going on with the eye at the time. For people with swollen eyelids, a lipid drop can help eyelids to recover, because lipids make eyelids glide a lot easier on the cornea, versus plain hyaluronate and sorbitol in many drops. ☺☺☺

Non-USA ► LIPID ◄ Enriched Drops: (google to find online sites/pharmacies offering them)

►► L.9. NaviLipo, (company PDF), pH 7.2, natural phospholipids (read eye stones issue), vitamin E, 'optimal' MW HA, polyhexanide PHMB preservative as in Clear Eyes, EDTA metalloprotease inhibitor (eye toxic), unstable chamomile + aloe vera 1% extracts, *expires 28 days after opening vs 1.5 years of Clear Eyes*; unsecure website, founded in 2008, quality = ?

►► L.10. Bausch & Lomb Artelac Lipids (official page) is on Amazon, it has medium chain triglycerides MCT (saturated fats, stable if exposed to light, room temp, hence easier storage), carbomer, phosphate PO_4 buffer (deadly), sorbitol (issue). Artelac Splash PO_4 is 2.1 > 1.45 mM physiological, 5x lower than Vismed 10.5, so Artelac Lipids, if same 2.1 mM *(probably same)*, may the safest lipid drop with PO_4, safe if used only once daily and 2 days apart from any drop that contains calcium, to avoid calcium phosphate eye stone formation. 1 eye drop contains 30-50 µL, versus 10 µL for a natural tear when we tear a little, so the amount of phosphate placed on the eye can be higher than normal even with drops near physiological level, and if calcium exists there on the dry eye, it will be more likely to form crystals.☺☺☺

►► L.11. Vismed Omega: see Vismed section. Unsafe PO_4 concentration, 7 times > natural. It needs 2-8°C storage due to DHA-EPA. Since Vismed is in Vismed section and dangerous, L9 is also for Emustil lipid drops with 3% egg yolk phospholipids, 7% soybean oil. The PO_4 section explains 3% can be about 27 times the PO_4 1.45 mM level of natural tears free PO_4. Phospholipid PO_4 combines with Ca to form eye stones, or invisible crystals that cloud the cornea, blurring the

vision. Are PO_4 buffer free drops with high phospholipid, 27x > natural level, posing a huge risk, even if lower than PO_4 buffered drops? Soybean oil has 94% unsaturated fats, so use Emustil fast and store in a colder room. EU lipid drops are described in JOPT 2017;33(9):647-61; the paper covers also less heard of products, "Liposomal sprays (Tears Again, Clarimist (Eye Logic), Vyseo Sensitive) are simply applied onto the outside of the lids, and the polar phospholipids diffuse from the lid surface to the tear film". The lipid layer improved after these sprays in CLAE 2010;33(2):83-7. Even US OCuSoft carried one of these Tears Again sprays (*soy lecithin, vitamin A, E, ethanol, phenoxyethanol, NaCl, H_2O*) years ago. They're less effective than drops of course.

►► L.12. Cationorm (ebay): this is the US Retaine MGD, just for the European market.

►► L.13. Bausch & Lomb Liposic (4 for 40$ ebay) ultra thick milky sperm like gel (tried it 9-6-21, 1st time felt odd in left eye, a very mild burning sensation *(same caustic sensation 2nd test on 9-9-21, when I noticed eye got red (as it does when a drop is viewed as toxic by the eye) after 2 minutes),* due to synthetic hydrophilic clump forming *carbomer 980* (viscosity @ 0.5%, typical for eye gels, is 50,000 cP; also called carbopol 980, polyacrylic $(\text{-CH(COOH)-CH}_2\text{-})_n$ crosslinked with ethers of $C(CH_2OH)_4$, pentaerythritol), *NaOH used to neutralize some free COOH groups and turn them to COONa* or *cetrimide*, so I put saline afterwards and half hour later, after a cold compress, I noticed due to blinking all of it came outside of the eye as a milky white thing, via the nasal corner (3x bigger left eye, since I missed slightly right eye application with Owen eye guide), it's a clumpy thing that doesn't spread like the EvoTears below L.13. does, expires 2 years after receive date, drops are gel like, small), tears are 8$ online. Returned it. Has no buffer (so less toxicity), "more toxic than polyquad" cetrimide preservative ► Opht 2008;105(6):557-62. *Due to cetrimide, it may be safe to use twice/month, perhaps unpreserved is safer.* Carbomer irritates some people's skin and cornea is like the skin a little, *since this industrial polymer is not found in eyes. It has* NaOH to adjust pH, sorbitol (issue?), MCT; Clin The 2010; 32(1):44-52 found it's better than Systane Balance, maybe because MCT (BASF myritol318*:* mix of capric $CH_3(CH_2)_8COOH$ + caprylic acid $CH_3(CH_2)_6COOH$ triglycerides) is more like tear lipids than *mineral oil + PDMG phosphatidyl dimyristoylglycerol (1% of tear polar lipids), because tear lipids are mostly more nonpolar like MCT triglycerides are.* Trimyristoylglycerol is the triglyceride of myristic acid, so PDMG is replacing one acyl myristoyl with phosphatidyl, which is more polar. It's not clear what concentration MCT is at though, versus physiological. ☺☺☺

►► L.14. $16 Lacrisek Plus Spray (also sold on ebay, or 17$ & 15$) and Lacrisek Plus drops made in Italy with a tentative pilot study, contains: vitamin A palmitate, α-tocopherol (Vitamin E), hydrogenated phospholipids (see issue with that), Na_2HPO_4, NaH_2PO_4, (phosphate buffer issue, concentration unknown, plus PO_4 from phospholipids), NaCl, L-proline, L-glycine, L-lysine hydrochloride (hence acidic pH), L-leucine. This has somewhat acidic pH, which may irritate

some people. This isn't the Lacrisert inserts (avoid them), it's drops or spray. In eye care, same or similar name, like Ocusan can mean 2 drops in different countries, 100% different in ingredients.

►► L.15. EvoTears (official) (arrived 9-16 ordered 9-4-21; exp Oct 2022, 1 year later, probably to prevent bacteria growth in bottle due to opening so much for 1 year; had stamp of PostNL from Postbus 7007, 3109 AA Schiedam, Netherlands, CEMA Pharma Spain sent it from their 28823 ES Coslada warehouse to Netherlands office, says store below 25°C/77°F) *(made by Novaliq Heidelberg, Germany,* distributed by Brill Pharma (08022 Barcelona, Spain) or UrsaPharma in EU) & NovaTears (by AFT in Australia), identical, no preservatives: same refractive index as natural tears, eons ahead of other drops, see 28 second video of how fast it spreads over the eyes in seconds and protects the eyes from evaporation compared to eye ointments which often remain where you applied them for hours. EvoTears Omega (official), *launched 2018,* 3 years after EvoTears, first emulsion-free blur-free ω3 drop with *EPA* + *DHA* from algae, ω3 in natural tears, with synthetic $F(CF_2)_6$-$(CH_2)_8H$ $C_{14}H_{17}F_{13}$ *perfluorohexyl octane* which penetrates the MGs and makes the oils flow out easier ► JOPT 2015;31(8):498-503 & JOPT 2020; 36(3):154-61. *While it may cost 30$, the thing is it contains 280 drops that can last much longer than conventional drops, so it can be way cheaper than lipid drops, lasting 5 months versus 30 days for one time use packs.* Company says it doesn't bioaccumulate, offers better drug delivery: it spreads (water based drops don't spread it), residual time on eyes up to *320-640* times higher, *4 hours* vs 15-30 sec, *4x higher* bioavailability of compounds vs water solutions. Thus, if you ever try it, only use healthiest drops around it, as it will *increase exposure time up to 640x* for the bad stuff or avoid any other drops *1 hour before and 4 hours after*. Perhaps others can investigate oily drops made of oil like lipids in our eyes, *at physiological concentration* (not way above to form eye stones). One issue is if bacteria or enzymes break $C_{14}H_{17}F_{13}$, (unlikely, since it was used for years in eye surgery, for vitreous gel replacement) the F may damage eye nerve endings after using it daily for 5 years; no 5 year study was done to evaluate all areas of eye health, see fluorine on retina like cells in the pineal section. However, *this issue is with all eyedrops, no 5-15 year study for an ingredient to prove it doesn't worsen* all other eye, body health parameters. ☺

They also got EvoTears without ω3, no preservatives. EvoTears have no water, so bacteria can't survive in them in the eye drop bottle (hence no preservative). These tears are extremely stable at high temp or cold temp during storage and shipping, unlike most eyedrops; they're also less contaminated with cancer causing PAHs or stress inducing mono-aromatic hydrocarbons (0.05-0.7% of mineral oils) like mineral oils, vaseline or petrolatum of ointments, so they do have some pros, besides unknown cons only time will reveal, as with any new technology. $C_{14}H_{17}F_{13}$ is saturated, very stable, *more stable than the chemically inert alkanes in mineral oil ointments*. C-F is the strongest single bond in organic chemistry (see table in kj/mol, 1cal=4.18j), 3rd after Si-F and H-F inorganic bonds: BDE (kcal/mol, enthalpy change at 0 K or D_0) = 166 F_3Si-F, 152 H_3Si-F,

136 H-F, 130 CF_3-F, 120 FCH_2-F, 115 CH_3-F, 105 CH_3-H, 83 CH_3-Cl, 72 CH_3-Br, 0.021 He_2 (van der Waals), C-F bond is stronger than C-other elements single bonds), no double bonds; if Si-F is stronger than C-F, then Si-F is favored to form sometimes. Si is present in hyaluronic acid in the eye (mucin layer, vitreous gel, etc), is that weird? UrsaPharm says animal studies showed all $C_{14}H_{17}F_{13}$ goes into feces. If bacteria can break it in humans is yet to be determined though, since where this interfaces with the water layer, bacteria could attack it or some of it will leak in a tissue where bacteria have access to it; can enzymes in humans break it? Can free radicals react with it and form dangerous new compounds? Maybe not, since F is electron donor (Lewis base), looking for Lewis acids. Who knows? Do free radicals react with alkanes? Not that much. F could react with Si in the body? Can biophysics effects cause the junction between cornea and vitreous gel, vitreous gel and retina, etc to loosen and allow unwanted compounds (that could impair inner components of the eye or even the optic nerve itself) to cross over easier? Is that bad? A risk exists with every mineral oil ointment: these unnatural hydrocarbons could get somewhere in the MGs or etc and block some enzyme from functioning; this is especially true since F can form hydrogen bonds with H from organic compounds and could slow the transport of some molecules taking part in some enzymatic reaction – some authors say mineral oil ointments get inside MGs. Some fluorinated compounds can stick to silicone, in some high temp conditions, so in theory, if silicone gets into eyes in trace amounts from the earplug seal or dimethicone in face/hand creams when we touch eyes, something could happen.☺☺☺ So, not everything is solved if $C_{14}H_{17}F_{13}$ doesn't bioaccumulate in studies done so far, it can just be there temporarily and slow the production of 5-600 healthy lipids and 2-100 proteins of the meibum or 1500 proteins of lacrimal gland or the production of new meibum producing cells, etc, leading over time to meibum dysfunction in more glands. Do we need to see a lot more papers perhaps, to be certain it's totally safe? A little unexpected molecule can sneak in a place and block an enzyme folding or something. It's complex. So, when using artificial lipids, like ointments, etc, drops with mineral oil, petrolatum we have questions. The ointment section explains more issues. Natural chemicals can be lethal; man made stuff gave us travel speeds 900x above nature via rockets, infection rate 10^6x lower from diseases now virtually extinct, so not all man-made is toxic, it could lead to discovering something better than any lipid the body produces to keep eyes wet at age 900, even if it's not $C_{14}H_{17}F_{13}$; we keep trying new things, one day we discover lifespan 100x longer than nature gave us. The advantages of EvoTears are explained here. I tested EvoTears 9-20-21 the 2nd time and it was amazing, the drop was so small, it spread so fast on the cornea and eyes became slightly whiter after 5 min (tried to yawn, but was quite dry) of closed eyes; the most discreet drop, the other ones are so heavy and huge, overflowing the eyelids and caruncle. After 15 min it feels like mineral oil ointments, being an alkane derivative, that same feeling we get after ointment for 1 hours, this one we get it too for a while, until we apply 1 saline drop to make it go away; the mineral oils though don't go away after 1 saline drop; not comfy, but not

too annoying in that 10 min period of 'ointment feel'; that's why I dislike ointments too; after 20 min, redness returned to normal level of PC use. I discarded it after 2 uses, since I don't trust UrsaPharma (that also sells it) after the Hylo Care experience. EvoTears provide an idea to design alkane liquid mineral oils like this, that would be 90 times easier to apply as 10 drop, than tube solid ointments. The 3 ml of solution in the bottle cover only 50% of the bottle, the rest being air that can trap bacteria, though bacteria don't grow in alkanes, see above. Cap back right away, though 3ml air above solution is similar to other eyedrops. Conventional bottles contain 10-15 mL and got 3 mL above, but these drops are 3-5 times smaller than others, so EvoTears can use a tiny bottle, puzzling people why so tiny, it's about ease of opening the cap, can't make it much smaller. ☺☺☺

11.17.4. Citrate, borate, phosphate, lactate, Tris, bicarbonate, NaOH-HCl, natural eye BUFFERS

1). Natural EYE buffers & how to determine your tear pH & choose eyedrops closer to your pH

2). Bicarbonate 26 mM natural (839x > citrate; 17x > lactate/PO_4) vs mM artificial; is it safest?

3). Phosphate PO4 1.45 mM natural vs 1-50 mM artificial (these buffers can form eye stones)

4). Lactate 1.5 mM natural (natural tears that is) vs higher mM artificial

5). Citrate 0.031 mM natural vs *100-1500x higher* mM artificial (bicarbonate 839x higher)

6). Borate 0.002-0.02 mM natural vs 30-97 mM in artificial (can be a 50,000x difference; toxic?)

7). Tris/HCl (not *in eyes*) 10-50 mM 8). NaOH/HCl added to tears – what does it mean?

1). Buffers keep tear pH (pH=-log[H^+]) constant; some have antiviral properties "citric acid... bicarbonate... boric acid". A 44 people study found "normal pH range was 6.5 to 7.6; the mean value was 7.0" ► AO 1981;99(2):301, but more recent papers say *7.2-7.7 is normal*. "a span of about pH 5.2 to 8.6 remains...a *population average of about pH 7.45* emerges" ► NIH book. "The physiologic pH of blood and tears is approximately 7.4" ► IOVS 2004;45(13):3913. "higher pH (pH 7.5) of the ocular surface and tears" ► CO 2008;2(4):973-9. Mean ocular surface pH in 133 people was 7.11 and "*Cell viability in vitro is best at pH 7.4-7.8. pH lower than 6.8 or higher than 7.6 slows growth... optimum growth of fibroblasts occurs when pH is" 7.4-7.8*. pH returned to its normal value 20-40 min after placing a more acidic (4.8 & 6.0) eye drop. 1 hour of eyelid closure led to 7.20 pH drop to 7.06; from 9 am to 5 pm, pH increased by 0.25-0.4 (7.05 to 7.45 etc); as night approached, pH increased ► BJO 1984;68(8):549-52. This may mean that when we use a drop much closer to our average, not 4.8 or 6.0 as in the study, it returns to 7.2 etc normal much faster. So, those with mean pH 7.3 could *use a* 7.1 drop first 5 hours after waking up, *7.3 next 5 hours,* 7.5 last 5 *to reduce ocular stress*. Product managers could design each drop in 3 pH

versions to use in each 5 hour shift, to maximize healing, reduce inflammation. "*The pH of healthy tears is reported to range from 7.3 to 7.7*, it is influenced by dissolved substances, especially by the bicarbonate–carbon dioxide buffer system. Tear pH is lowest upon wakening due to *acid* byproducts associated with prolonged eyelid closure. *When the eyelids are open, pH increases rapidly due to carbon dioxide loss*" ► Pharmac 2012;4(1):243-51. Solutions with a *higher* pH *seem to* increase *ocular* comfort" ► CR 2016;46(11):2055-63. "artificial tears… have buffers (e.g. bicarbonate, phosphate) to maintain the *normal pH (~ 7.4)* of the tear film" ► 160 pages CDSR 2016;2:CD009729. Choline salicylate drops had pH of *7.4-7.8* (see Table 3), except for the ones with polyvinyl alcohol, which had pH 5.65 and the *lowest* cell (Fig 3) viability *which* "may be related to their... low pH" versus the "*normal tear fluid pH of 7.14–7.80*" ► SPJ 2015;23(4):407-12. "pH-values of 20 … artificial tears … measured from 4.82 to 8.39. One sixth showed pH-values above physiological values. A remarkable proportion of commercially available artificial tears deviate from the physiological range of the pH. It doesn't seem advisable to apply those in eyes with damaged anterior segments (dry eye damaged ocular surface, what we see on 20x mirror)" ► KMA 1998;213(2):123-4.

"The pH value in human precorneal tear film was measured with micro- and semimicro-pH-electrodes; *the mean was* pH *7.6*. Stimulation of tear secretion and blinking led to a decrease in the pH value. When the eyelid was open, the precorneal tear film was alkalized by equilibration with the partial pressure of the CO_2 in the surrounding air. When the eyelid remained open for 60s or longer, an equilibrium value of greater than pH 9 was attained." ► GACEO 1982;218(3):168-70. *As you can see, these studies are so small, they give results all over the place as the mean: 7.0, 7.2, 7.4, 7.6, etc. So, with so much data, perhaps the true mean is closer to serum 7.35-7.45?* "The *pH value of tear fluid increases up to 7.9* in patients with dry eye syndrome as compared to pH 7.4 in healthy individuals… Na^+ ion concentration... increases by 2.2% from 133.2 to 136.1 mM in MGD, by 6.7% from 133.2 to 142.2 mM in LGD (lacrimal gland deficiency), and by 8.9% from 133.2 to 145.1 mM in the presence of both MGD and LGD…" Ca^{2+} 0.8 mM to 0.85-0.95, K^+ 24 mM to 25, Mg^{2+} 0.61 to 0.62-0.65 mM ► AM 2020;32(6):1906762.☺☺☺

From the studies above, we see that if eyes got used to a pH for decades, using store tears with a pH 1 unit lower/higher means H^+ concentration will be 10 times higher or lower, a *big* change that can spur *inflammation*, *redness*, *dryness*. Low processed foods vegans have higher pH for urine, saliva and tears, so each person is different. *Thus, to avoid dryness/redness, we choose an artificial tear brand that matches our natural tear pH. To measure our tear pH: 1. don't use any eyedrops of any kind for 1.5-4 hours of being awake and blinking; then, wash your eyes with pure water to remove traces of buffers and chemicals of prior drops that will introduce errors in pH measurement, be aware skin pH is 5.5, so this may lower our pH reading, since we lack the instrument to do it. 2.* generate tears *for* 5-10 minutes and keep eyes closed to saturate eyelids

and to wash off the pH 5.5 of skin and prior drops to get a really accurate pH measurement and then get a little on the paper within 3 seconds of a tear coming out by eyelid squeeze from under the eyelid to not lower tear pH by 'running over the acidic face' and immediately, in your bright light room with pH chart by your side, not 20 seconds later, read pH color (since if it's dark it can appear darker), since in 50 seconds it will often become very different color, much lighter giving you a reading 0.7 pH units lower or even lower. ☺☺☺ Gently avoid measuring the pH of the shower water you used to clean under eyelids, by perhaps showering 1-3 hours min before the test and not using any drop for 4 hours prior, nor generating too many tears that leave a mix of proteins, lipids, etc under eyelids which shift pH, though to cancel influence of junk under eyelids, skin pH, some prior tear generation (30-90 min before final tear generation) may lead to more exact pH. *Then, wipe lower eyelid and then immediately clean eyelid.* Tears have 3 layers so what you get is an emulsion of skin oils and tear oils plus water, and like Soothe XP emulsion, you may get sometimes lipids, other times more water, and this will give colors of pH paper not listed on the chart, like a sky blue or light blue green instead of dark blue or dark green blue of 7.6 for Hydrion; that's why I'm often confused whether my average pH is 7.4 or 7.1, 7.3 or 7.6 at times, since one part of the pH paper is bluish, another is greenish; this may be due to low ion count or other effects, so beware pH taking with papers is highly inaccurate at times, so use 3 narrow range pH paper brands to see what happens, since like with drops, sometimes one brand is off from textbook value; so my actual pH may be higher than what I see with the paper, and yours too, or lower if your skin or other drops influence it; I'm just *guessing* based on readings so far my pH is 7.1 or 7.2 or 7.3 on average *(6.7-7.5 under eyelash,* inside eye may be 0.2-0.3 higher often, since no 5.5 skin pH, 6.9-7.0 pH shower/tap water, 6.5-7.2 drop leftovers bring it down, *6.7-7.5 depending on day and time of day, low on high tear volume days, high on dry days and evenings, lowest by 2 pm and wettest days)*; try measure yours 200 times: mine is higher in evenings, that's true for most people, the drier the eye, the higher it is. ☺☺☺

When you squeeze eyelids after tear generation by yawning, tiny drops (smaller than a typical eye drop) will fall on the lower eyelid, so catch them with eyes super-tight closed, but don't place paper close to the MGs, wash eyes afterwards. Matching eye pH prevents eye irritation. **In a civilized world, *all tears list the pH so we can choose the right pH tear, without having to spend time and money to buy tears and test them at home. The* one color US made Hydrion 5.5-8.0 pH paper *(expires in 2 years,* lo ion Hydrion *for unbuffered is ideal, since testing DI water or unbuffered saline tear solutions like* Addipak *with some brands yields no results as strips were made for buffered saliva/urine only) is better for wide range of artificial or natural tear testing (or wider range 5-9 if testing 7.9 pH tears like Systane Ultra/Hydration to make sure they're not 8.5).* MN German made 6.40-8.0 is better for normal tear range *(below 6.4 is disease and using artificial tears with pH below 6.4 is not ideal if natural pH of your tears is 7.4; the best pH range***

is 6.4-8.0 for seeing if a tear you buy is 7.0 or 7.1). The Chinese 6.4-8.0 range one quality is unsure, due to Amazon pic showing wrong pH, 8.0 twice on color chart. ☺☺☺ All artificial tears have buffer usually. Use a white plastic to see true color when placing a drop on it and then pH paper nearby to absorb the drop, to see. The strips are very hard to use to test your tear pH since they require a lot more tears than the roll piece of 5-8 mm; strips are also very expensive, 5-10 times more per 100 tests done. Even 1 drop is hard for some to get outside of the eye on demand by generating tears, let alone 2-4. ☺☺☺

Store pH papers away from light or oxygen, even the ones that don't say so on the box. Our natural tears use phosphate and bicarbonate buffer, mostly bicarbonate, but also *protein* buffers:☺☺☺ lysozyme (alkaline) and lipocalin (known formerly in papers as tear specific prealbumin) (acidic). Tear pH rises with age. 5 pH papers *(Hydrion 5.5-8, Chinese 6.4-8.0,* MedLab 4.5-9 *(gives excellent results even a year after the 90 day expiration date), MN 6.4-8, &* Esee *1-14) I used* showed the (links indicate science papers that confirm pH findings) Refresh Optive unpreserved (preserved is 7.2) had pH 7.4 (Refresh Optive Fusion 7.37, same ingredients as Optive, except 0.1% hyaluronate), Refresh Plus 6.5 (same color/pH as Rohto Dry Aid + iGel + Ocusan), Systane Balance 7.0 (Complete, Original same color/pH) (Ultra 7.9, Original 7.0, Hydration 7.9), Vismed Gel and tears (company site) 7.3, Thealoz Duo 7.0 (7.1), Hylo Dual 7.1/Hylo Care 6.9 (hence in one study Care cell viability was 36% vs 73-77% for Hylo products with pH 7.2)/Hylo Fresh 7.3/ Gel (also called Forte) 7.2, Biotrue 7.6, Optimel 3.8-4.2 (avoid it), Clear Eyes Complete 5.9, Clear Eyes Sensitive 6.6, Clear Eyes Advanced 7.0-7.1 (some lot # more alkaline) *(*company said 7.0-7.4*, since sitting with air above, pH decreases as CO_2 enters, so you see* Vismed 0.18% 7.2 *in a paper vs* 7.3 company*, as it sit a long time and plastic plays a role too, reactions*, etc), Artelac Rebalance 7.3 (papers show 6.8, due to no buffer present in Rebalance), Artelac Splash 7.1, GenTeal unpreserved 6.9, GenTeal preserved 7.4, *Refresh Mega-3 6.6-6.9 & Refresh Digital/Advanced 6.8-6.9 (may be off slightly, due to lipid emulsion, possible around 7 for all 3 Refresh lipid drops),* iGel 5.75 via MedLab pH, Refresh Relieva 6.3, Optase 6.8. This study says Cationorm (same as Retaine MGD), pH is 7.1, but being white cloudy emulsion pH papers register random numbers ≤ 6.5 for me. For normal drops all 5 papers agree, but for white emulsions, they always disagree wildly. Oasis may be 6.7-7.0 since it has similar ingredients to Ocusan. My and most people's tears have pH 7.1-7.4 (varies with time of day or week too), like many vegans with negative PRAL score. Advanced was much more comfortable than the Clear Eyes Complete with redness reliever I used in 2015-2020 (it's fine if you use it rarely), one explanation could be Complete pH is, per customer service 5.7 to 6.3, 5.9 with my 5 pH papers, while Advanced is 7.0-7.4 in theory, my papers show 7.0-7.1. The reason knowing this is helpful is that you can use a more alkaline drop brand 30 minutes after a more acidic one, in order to prevent irritating the eye for 60 minutes with the acidic one, if the acidic one has an ingredient

that is very rare or lacking in the alkaline one.☺☺☺

When trying new tears with new buffers, inactive ingredients or lubricants, try them mornings when rested or afternoon, since it washes out faster, you're more awake to notice after effects 1-3 hours later, while if you do it before bed, you can't see blurriness and redness or any odd sensation, until morning and then you don't know if it was a little red because of buffer or sleep, etc. It also diminishes risks, since at night, you blink and discharge in nasal cavity a lot less, unless you spend 1 hour to blink a lot after tear application. This allows you to see what one extra ingredient does, for tears that are very similar except one chemical. **☺☺**

2). Bicarbonate: HCO_3^-, 26 mM in eyes, the highest natural concentration of any major buffer present in artificial tears; 26 mM is *839 times higher than 0.031 mM (citrate), 17 times higher* than phosphate/lactic (1.5 mM) eye concentration, so bicarbonate buffers are the most natural and safest, see why below. Surprisingly, few tears use it, e.g. Alcon's Bion Tears (US design, made in France) unpreserved which says all 4 vials have to be used within 4 days of opening the sealed plastic pouch and the tears only used right after opening; indeed, unlike dozens of tears I tested, this Bion Tear is unique, since it has only HCO_3^- as buffer, so pH paper becomes very blue within 2 minutes when the drop is exposed to open air on a plastic, meaning very alkaline, like the paper above explained not blinking causes tear pH to become 9, very alkaline and how dry eye patients when eye gets dry due to less blinking can have such high 8.5 pH for a few seconds; so unlike phosphate buffer drops where it says contents can be used within 12 hours of opening vial, in this case, you need use it within 1 minute if you don't cap it back within 2 seconds of using it, since it becomes too alkaline after that to place directly on the eye.

For this reason, many companies say "discard after use" on their vials, since pH can change if people don't recap properly. If you want to wait longer than 10 seconds and reuse same vial, but it seems safer and ☺☺*lovingly gently* kinder☺☺ to recap within 1-2 seconds of use, to prevent CO_2 from changing pH; I recapped it and *even hours* later the pH was still the same 7.0 initially as with the 1st drop after opening. Even though pH is only 7.0 or so initially, I feel safe using it, since it changes quickly in contact with the air, due to releasing CO_2 fast which is not possible in a sealed vial. Our natural tears also become more alkaline in contact with air, since the protein etc buffers of tears are not there to stop the release of CO_2. Bion package says "may contain NaOH, HCl or CO_2 to adjust pH", because they add CO_2 to bring pH to 7.0: $CO_2 + H_2O = H_2CO_3$, carbonic acid that gives beverages that feel; $H_2CO_3 + OH^- = HCO_3^- + H_2O$. The OH can be from NaOH or any other bases in artificial or natural tears. When we bake, $HCO_3^- + H^+ = H_2O + CO_2$ (the gas that causes bread to rise), H^+ being acidic stuff in the bread mix, reaction catalyzed by heat; that is why they call is baking soda, it's an alkaline 'soda', though soda comes from sodium and NaOH name. People say 'we drank soda', because they drink carbonated beverages that contain

bicarbonate or baking soda. This is the only drop that mimics natural tears pH behavior, because when I take my own tears, the paper also is more green-blue first, but later becomes more blue since HCO_3 is a huge component of tear buffer, besides proteins. It's always good to discard vials fast due to possible bacterial contamination; recap only for other buffers to use later, if you feel confident, or the manufacturer says you can reuse vial within 12 hours.

Bion Tears contain zinc, unlike most, no toxic buffers or preservatives or additives, the artificial dextran 70 (on WHO list of essential medicines, polymer of glucose, found in wine, so our body is used to this chemical over eons of wine drinking) lubricant, artificial hypromellose 2910 which is also HPMC (chemical formula is here). To be safe, it's better to use more drops, and not rely only on one buffer system, one drop all the time. Dextran 70 is also anti-clotting, like Hylo Parin eye drop, so it prevents formation of red clots. I loved Bion Tears, when I tried them July 2021, they soothed my eyes, like most drops do when you use them when eyes are rested. However, when eyes are more tired, like most drops, they cause discomfort too at times, having irritating chemicals; I didn't find any artificial drop (except saline) that never causes issues when eyes are very tired, thus more sensitive and reactive to chemical stress. GenTeal tears are identical, except borate buffer. ☺☺

3). Phosphate (and phospholipid/*calcium/magnesium* issue): PO_4^{3-}, HPO_4^{2-} or $H_2PO_4^-$, 1.45 mM total free PO_4 in natural tears; using a drop with unknown concentration of PO_4 is unsafe, especially if you take high vitamin D or use cold compress and also had some scratch of the eye due to some foreign particle entering the eye and causing a scratch of the cornea that allows $Ca_3(PO_4)_2$ crystals to attach and grow on the cornea, even some eyelash scratching it during the night and you waking up with red eye, etc; GACEO 2006;244(8): 1010-4 has a table with PO_4 levels in many EU brands (many removed PO_4 though by now), 44% of the brands had > natural tear *1.45* mM, Lacri had 68.8 mM or *47 times* > 1.45. ASOE 2016;91(8):372-8 found many high PO_4 concentrations (average 18 mM, *12 times* higher *than in tears; 32* mM *for* preserved, *8.5 unpreserved*) in the 24 brands with PO_4. Oasis and other companies say "trade secret or proprietary info" (a lie, since anyone can send tears to a lab and get PO_4 concentration) and then we get fast calcification that makes cornea opaque (can't see well) or even requires surgery ► BJO 2006; 90(3):285-8 ► see eye damage due to PO_4 concentration being 50.9 mmol/L, 35 times above the *normal* level in tears, very frequent use after a surgery, and 100s or 1,000s of times higher in 2006 in Hylo Comod than Alcon eye irrigation balanced salt solution using PO_4. Not sure if this paper is fake or real, but in 2006 Hylo Comod may have used phosphate. In recent years, Hylo uses citrate only. ☺☺☺

Other papers claim avoiding PO_4 in eye irrigation solutions (much lower PO_4) is best. TJO 2019; 49(3):123-9 is a free paper with a table listing PO_4 levels of a few tear brands, plus which ones

are hypoosmolar (most chosen in the study are so, < 100mOsm/L). Cornea 2017;36(6): 712-8 Fig 1 *makes it clear that* PO_4 *at 10 mM (common in many brands), 7 times above physiological level, is highly toxic in vitro to cornea HCLE cells, just as 10 mM of borate, Tris and citrate are, with Tris and citrate being a tiny bit better. No wonder companies hide the concentration on labels. Scary charts, means most tears damage the eyes, unless they use much lower levels of these compounds. We can only hope in vivo it's much better as cells get help against the buffers. That's why I like* drops without buffers or maybe with bicarbonate (synthetic concentration is closer to natural). Would calcium carbonate cause issues? Just like in the USA, Oasis, Hyalogic, Thera Tears, unethically never warn people about cornea tiny crystals damaging or clouding cornea or eye stones requiring surgery, "Despite the EMA (European Medicines Agency) recommendation, none of the phosphate-containing medicines (Vismed, etc) mentions corneal calcification as a potential side effect." ► JOPT 2014;30(10):800-2. Even when you go to do meibum expression, like I did, doctors use the PO_4 buffer, BAK preserved saline solutions for eye wash 15 sec/eye, not ideal, in case forceps scratched cornea ► Burns 2019;45(8):1871-9. ► "*2 min lasting irrigation with a phosphate-buffered saline itself... (standard eye doctor practice in USA) triggers corneal calcification. Ongoing application of artificial tears containing physiological 14.6 mmol* Ca^{2+}*/l led to macroscopically visible calcification*, but only in areas of induced corneal erosion... it is crucial to *legally restrict*" PO_4 *buffers* in some situations. Because natural tears got PO_4, the *overuse* of $CaCl_2$ *containing drops* (present in *SO* many brands) may cause eye *stones* too if one has a cornea scratch (due to a stye or punctal plug) or had some recent eye procedure. ~*~ We need extra *care* with *Ca, phospholipid* and PO_4 drops. ~*~

The *only* drops whose PO_4 I know is < 1.45 mmol/L are Comfort Shield (use Ctrl+F "shield" to find) 4 pages above. To prevent eye stones, never use calcium ($CaCl_2$) tears (Refresh, Genteal preserved) same day with PO_4 or phospholipid drops (e.g. Cl Eye Adv) to prevent precipitation of $Ca_3(PO_4)_2$. Likewise, drops that contain $CaCl_2$ usually have $MgCl_2$ and Mg can also form $Mg_3(PO_4)_2$ crystals with PO_4, so it's best to minimize $MgCl_2$ drops, unless Mg (magnesium) is at a safe level. Night ointments with lanolin contain phospholipids at times, so avoid using calcium drops right before bed when you use lanolin ointments (lanolin alcohols don't have phospholipids). As the dental section explains, teeth, bones and arterial plaque (*#1 cause of* death *worldwide*) contain $Ca_5(PO_4)_3OH$ or hydroxyapatite; when PO_4 is used, we can increase the chance of atherosclerotic plaque in eye arterioles, which would diminish nutrient supply to the eye; it can even cause cornea calcification, similar to heart calcification, in people using phosphate eyedrops frequently or people with damaged corneas (most don't know if theirs is damaged).☺☺☺

Clear Eyes Advanced seems one of the most comfortable drops with lipids, maybe due to pH, glycerin, vitamin E, HA, phosphatidylcholine, which is a phospholipid; it seems far safer to not use drops (Refresh) with calcium within the same day you use phospholipid drops, unless you

know the concentration of each is equal to that of natural tears and are 10 hours apart, as it may trigger calcification, though phosphate buffer forms $Ca_3(PO_4)_2$ crystals (*eye* stones requiring *surgical* removal) far easier than a phospholipid: "calcium binds primarily to phosphate groups of all phospholipids… such binding caused reorientation of the POPS headgroup towards the membrane interior" ► SR 2016;6:38035; it's *very hard* for a crystal to come out of a phospholipid, but once in the eye, tons of odd reactions may occur we don't know about. Systane Balance & Complete also contain phospholipids. So do other lipid containing drops, like Lacrisert, Emustil with 3% phospholipids, or 30 g/L. If the phospholipid is a common one, MW is 760, so since 1 lipid mole=1 PO_4 mole, it would mean 30g/L*1mole/760g= 0.03947m/L or 39.5mM (milimolar). This is 39.5/1.45=27 times higher than free tear phosphate. *Can this* phospholipid *phosphate* become *free and* form stones *in the* eye *also*? Of course, it can. See the papers above. Systane has mineral oil, phospholipid, maybe < 40 mM PO_4. But we don't know how many g/L of phospholipid in any drop except Emustil (written on package).☺☺☺

4). Lactate: plus hydrochloric or lactate+HCl is used by Refresh Plus (#16) to reach pH 6.5, by Refresh Relieva PF Single Vials (#14) to reach a different pH. Lactate is higher in the dry eye and too much lactate has side effects. Lactic acid is formed by the reaction of lactate with HCl, lactic pKa (which is -logKa) is 3.86. Ka=[lactate][H^+]/[lactic], pKa = pH - log([lactate]/[lactic]), so we need (ignoring the pKa of CMC in Refresh tears) 436 times ($10^{2.64}$=436) more lactate than lactic to reach 6.5 pH, just a little HCl. 6.5 – 3.86=2.64, enter 2.64, press Exp or 10^x button on calculator to get the 436 ratio, if not familiar with log: log436=2.64; log10=1; log100=2; ln2.73=1. Since carboxymethylcellulose CMC its own pKa of 4.3, we need to take that into account too to get the best answer. Carboxymethyl is CH_2-COOH, so CMC is cellulose (glucose units with 1,4-β bonds) with 1-3 OH replaced by 1-3 OCH_2COOH or OCH_2COONa if the sodium salt (which is named "CMC sodium"). CMC is in many drops. The pKa depends on how many OH groups are replaced with o-acetate. Hypromellose 2910 or hypromellose (lubricant in Bion Tears, Retaine HPMC) or HPMC (hydroxypropylmethyl cellulose) is identical with CMC, except O-H is replaced with O-CH_3 (O-methyl) or O-CH_2-CH(OH)CH_3 (O-hydroxypropyl). 2910 means average content of O-CH_3 groups is 29%, O-CH_2-CH(OH)CH_3 groups is 10% ☺☺

5). Citrate: 0.031 mM in eyes. Synthetic? [Na^+]=132 mM in Hylo Gel, which has 0.2% HA hyaluronate $(C_{14}H_{20}NO_{11}Na)_n$ (contains 23/403 Na) and Na citrate. 2 g NaHA/L, so 2*23/403g Na or 2/403 moles/L or 4.96 mM. Thus, 3*[Na_3Cit] + 2*[Na_2HCit] + [NaH_2Cit]=132-4.96=127mM. The equilibrium constant K_{acid} = [H^+]*[base]/[acid], so $\log_{10}K_a=\log_{10}[H^+] + \log_{10}$[base]/[acid], pH =-$\log_{10}[H^+]$, so pH=$pK_{a3}$ + log[base]/[acid]. ☺ Since Hylo Gel pH is 7.2, then 7.2=6.4 + log [$Citrate^{3-}$]/$HCitrate^{2-}$], so [Cit^{3-}]=6.3*[$HCit^{2-}$]. To see how much [H_2Cit^-] we got, we use 4.8, pKa2, so 7.2=4.8 + log[$HCit^{2-}$]/[H_2Cit^-], or [$HCit^{2-}$]=251*[H_2Cit^-]. So, [Na]=[H_2Cit^-]* (3*6.3*251 + 2*251 + 1)=127, so [H_2Cit^-]=0.0242 mM, [Cit^{3-}]=6.3*251*0.0242=38.27 mM, [$HCit^{2-}$]=6.07 mM. Since H_3Cit

is negligible, total [Cit]=38.27+6.07+0.0242=44.4 mM. Hylo Tears has 149 mM Na, so citrates [Na]=146.5, so [Cit]=(6.3 *251+251+1)[H_2Cit^-]=51.2 mM; these are rough calculations, because the hyaluronate contributes to pH too, as well as sorbitol. 44.4 *mM is 1430 times higher than physiological level and a level at which papers, see below, indicate,* very damaging effects in vitro. This makes sense, since natural tears have 26 *mM* bicarbonate alone, plus some protein buffers, besides phosphate and lactic. The actual level will be slightly different, but still high, since we got 127 mM total Na; other drops use buffer combos, so then they got way less citrate. pK_{a3} is closest to our pH, $pK_{a1,2}$ (3.1, 4.8) < 6.4. This tells us what types, concentrations of citrates are in the artificial eyedrops.

Interestingly, some Hylo brands (the rest use borate), Retaine, Hydrasense (Bayer), Clear Eyes, and Refresh Optive/Optiva PF use citrate (buffer or sodium citrate), so since all major companies use it, it may be pretty safe. It's not yet clear what effects *it has regarding* calcium *deposits of a smaller nature if sodium citrate would somehow form* calcium *citrate, given that its water solubility is 0.1%, vs 4.3% for sodium citrate; calcium chloride,* $CaCl_2$, *the main* form of calcium in natural tears has a solubility of 74%; *if highly soluble (74%) chloride becomes citrate (0.1%), then it could form tiny crystals in certain cases of evaporative dry eye,* all depending on how much the calcium is concentrated. BJO 1977;1(8):539-43 says $CaCl_2$ level of tears is 0.005-0.01%, so 10-20 times lower than solubility of calcium citrate. If tears evaporate fast in some areas of the eye, some crystals could form that are not washed by the tear film if tears concentrate 10-20 times in one area, and all chloride is turned into citrate; the least likely (or impossible perhaps depending on whom you ask) event is chloride turning into citrate in high %. Will *they find 40 years later that citrate is bad too, even if obviously, far safer than phosphate at large concentration?* The preservative section explains some citrate containing brands like Vismed Light didn't cause any corneal cells to die in vitro; so maybe citrate is fine usually, even if some studies (see below) found issues with citrate buffers (toxicity depends on the citrate concentration, pH, cells used in vitro studies, etc). Cornea 2017;36(6):712-8 Fig 2 *shows that for* conjunctiva *HCjE cells in vitro* citrate *buffer was* more *toxic than borate, Tris and phosphate at 100 mM.* Is it because of lower pH? *See how all buffers destroy our eyes, when they're at way above physiological levels?* Citric acid concentration in natural tears is only 0.031 mM. Even 10 mM is cytotoxic. Citrate is part of citric acid cycle, so if we swallow drops via nasal ducts, it's fine, however, that is not true for borate (or Tris, which can become strange compounds, so petri dish 24 hour studies on cell viability are not same as 5 year eye studies, since they don't monitor all eye areas and effects of Tris, borate), which can turn into toxic compounds, accumulating in organs, so while eyes are fine, Tris or borate may damage other organs: ☺☺

6). Borate: The EPA 2004 PDF on toxicity lists 1 mg boron/day as good for health; anything above 10 can bring unwanted effects. "Normal levels of boron in soft tissues, urine, and blood

generally range from less than 0.05 ppm to no more than 10 ppm" ► EHP 1994;102(7):113-7. MW boron is 11, boric acid 62, so since boric acid is usually the form in human body, its ppm values would be about 5 times higher. What is in blood is in tears often, so tear boric acid levels may be *0.1-1 ppm, which is very low vs 3000-5000 ppm* in artificial tears; *here is where toxicity comes from, not boric itself, but concentration*. Oddly, boric can have some beneficial effects too on ocular tissue. CDC says in kids serum boron level is 1.25 ppm max. Borate buffer is the most antimicrobial of all, followed by bicarbonate, so for people with acne or styes issues, (borate kills *staphs and pseudomonas*, the main *bacteria* that cause styes: AAC 1986;29(5):803-6, *while phosphate doesn't do much at all for pseudomonas, bacteria grew) the borate is the buffer to use.* Drinking water boron was found to vary 1000 fold from 0.03mg/L to 29 mg/L and this seemingly influenced reproductive outcomes in humans. The pregnant rat studies showed severe birth defects, stillbirth, etc at doses 900+ times higher above we would get from 10 eyedrops/day. However some ointments and gels that stay in eyes at night increase exposure and absorption beyond what eyes can find healthy, even if sperm may not be affected. Borate buffer is often a mix of 0.3% boric (3g/L or 48.4 mM) and 0.3% borate (NaH_2BO_3); pKa1=9.24; 7.4=9.2+log[$H_2BO_3^-$]/ [H_3BO_3], but pH is influenced by other components too, or max 0.6% or 97 mM total boric acid (free or salt) in many solutions or higher, which is about 0.15 mg of boron ingested (tear electrolytes go to nose and then we swallow them) if you place 1 drop/eye 5 times a day, and 1 mg if you use tears with more boron (perborate as preservative etc). ☺☺☺

Refresh Relieva PF bottle (multi-dose) uses borate, while Refresh Relieva PF 30 vials uses lactate buffer; the reason is that borate is antimicrobial preservative in reality, so a bottle used over 30-100 days needs stronger defense than a vial used 3 hours. This may be toxic since most people only ingest 0.87-1.35 mg/day per NIH from food (on average). NIH established upper intake levels of 3 mg for toddlers and 20 mg for adults based on *reproductive and development defects in animals*; however, unless one uses tears with high boron 10 times daily in both eyes, one can't really eat more than 5 mg/day, but it may damage the nose, eyes or lungs: the preservatives section explains more on borate eye toxicity. That's why it's safer to not place all money into one basket, and use other buffers too. Borate is more effective at wiping bacteria ► AAC 1986;29(5):803-6, having been used as antibacterial for decades. JOMT 2009;4:27 has many references to toxicity of boron compounds, when it accumulates in the body, so it is best to not use drops with borate buffer only, but have different brands if using a lot of drops. Boric acid and borate are on the EU 'Substances of Very High Concern' List, for their reproductive toxicity, so if you had your kids it may not do much collateral damage, though that is unclear even for the eye. Odd thing is borate drops go into the nose and stomach, as we swallow the nasal tears and then get inhaled partially, and may damage our lungs even. Since our eyes have individual osmolarity, pH (6.5-7.8), properties, generating tears is way better. Recall how all so called

sterile (un)preserved tears are loaded with bacteria?☺☺☺ Then would borate come on top due to its antibacterial properties? Well, to be safe, you can take 20-100x pictures of eye redness (easy way to monitor dryness) with a phone camera and lens, to see which one is better; if equal, rotate among several brands using 5 buffers (citrate, borate, Tris-HCl, bicarbonate, low phosphate – if company tells you level of phosphate is ≤ physiological 1.45 mmol/L) and different ingredients, since it may take 400 years before they know which brand is safest for your genome, requiring way more complex tests of all ocular tissues daily (over 200 days = $5 million) to see what is best even today. The pictures (or you looking at 20x mirror) before and after repeated after each brand (1 brand/day max) can tell if one is very irritating or not at least, if confounding factors are accounted for and the redness if not caused by something else: see why the mirror is worth $1 trillion. *Because each dry eye has a different pH and cytokine problem, there is no single drop that will work best for everyone, so try more drops*. Drops with vitamin E, choline or HA work for those needing them, while others need more carnitine to turn off inflammation. ☺☺☺

7). Tris: HCl/NaOH without Tris is less safe per some papers, Thealoz, Optase, Retaine MGD use Tris. The Tris-HCl buffer, trometamol-HCl, has side effects, as *borate, citrate buffers do*, but Cornea 2017;36(6):712-8 found Tris-HCl had less damaging effects in vitro on 2 types of epithelial cells (not all): conjunctival (HCjE) and corneal (HCLE) ► 15 to 60+% "decrease of viability in both HCLE and HCjE cells exposed"; 2 authors work for Croma that made eye products, so they may be biased due to formulating those Tris products; they go on saying citrate is less ideal than *borate*, so perhaps, the best eyedrops are those with borate buffer or Tris, because citrate can chelate calcium and cause issues that way. One paper is not enough to make a choice, we need way more papers, and in vivo. Tris MSDS says eye irritation, too little data exists to decide if Tris-HCl is way safer than borate or citrate buffers (since Tris alone, especially without HCl added can also bind calcium etc), but other studies seem to support the "Tris is safer" hypothesis; Tris-HCl is not like HCl added to eyedrops without Tris, it's more like NH_4Cl (which can be called ammonia hydrochloride, as they call Tris-HCl trishydrochloride). Tris = 3 or tri;☺☺ Tris is $(H_2N)C(CH_2OH)_3$, tris(hydroxymethyl)aminomethane, also known as THAM, or ammonia with hydrogen replaced by $C(CH_2OH)_3$. Easy to recall tris, due to 3 hydroxymethyl groups, like citric acid is ci-tri-c, got 3 pKas for the 3 acidic hydrogens of the 3 carboxylic groups (HOOC-$CH_2C(OH)$(COOH)-CH_2COOH, it's the glycerin 3 carbon backbone with 3 COOH groups; easy to recall the citric acid cycle and the 3 carbon for proteins and fats). Tris can scavenge more hydroxyl free radicals than phosphate in vitro: JMBR 2016;6(1):52-7. "Primary amine groups preferably react with the ester to form covalent amide bonds. Currently, protocols strongly recommend replacing" Tris ► BC 2021. R-NH_2 + R'COOR" = R-NHC(=O)-R' + R"OH. Due to the electronegative OH group, the electron density on NH2 of Tris is less than if H was there, so the nucleophilic attack of N on the carbonyl

group of esters (phospholipids of lipid-aqueous layer interface are esters) is weaker. Granted, tears got many amino groups from amino acids, proteins, where COOH group weakens NH2 reactivity, but those are in small concentration and lack the same reactivity.

Since most tear wax esters are the less polar (versus tear phospholipid esters) of tear lipids, they may not be under direct attack after we place eyedrops and blink to generate more meibum, since phospholipid ester groups interface mostly with the water layer of Tris. What effects would Tris have on many esters (triglycerides, diglycerides, cholesterol esters, wax esters, etc) in the eye 3rd lipid layer, *would it disrupt the lipid layer, polar layer first and then nonpolar one, by making exposed inner layer esters (unprotected by polar lipids) of lipid layer holes react with Tris*? Since it's protonated as TrisH (91% of Tris is TrisH+ at 7.1 pH of Optase, Thealoz, Retaine), we got 9% as amine form only (see below), but still could do something. In vivo the probability for Tris-phospholipid etc reaction can be *very* different than in vitro. Does it make sense to use it in Retaine MGD to 'enhance the lipid layer', the only US lipid drop with Tris and only Tris EU (under Cationorm name) lipid drop? Tris is very common in many drops without lipids too: Optase, Thealoz, etc, so because these drops are for more aqueous deficiency, Tris may not do a lot of damage, since there are fewer lipid holes, but for people who buy lipid drops due to MGD (lipid deficiency, lipid holes, in 86% of those with dry eyes), they look at only enhancing the lipid layer, not also undermining it slightly. I don't know, but these are the questions that arise when we use something the eye is not used to last billion years. See what happens when using Tris drops and then decide. Few USA drops use Tris, it's the only buffer that mimics a little some protein buffers in the human tears, though most buffering in tears is done by bicarbonate; Tris is the only buffer with an amino group. This reminds me of redness relievers, who provide white eyes for just a few hours, but come with rebound redness effect and other side effects that cause redness. So, the paradox can be, we buy a lipid drop, it has some unnatural mineral oils as lipids (Retaine MGD) that enhance nonpolar layer of the lipid layer, but may also undermine the lipid layer made mostly of esters. Everything is complex when we have 2100 chemicals in tears alone, not to mention those on cornea, meibomian orifice surface.

Tris is used as buffer in biology and biochemistry or intravenously in some diseases, like acidaemia, though some claim US doesn't use Tris/THAM for that anymore. So Tris-HCl is more like tetrahedral NH_4^+ ion and Cl^- ion, a weak acid, with the pKa of 8.1 for $(^+H_3N)C(CH_2OH)_3$ vs 9.3 for NH_4^+. pKa (8.1) = pH (7.1) + log([TrisH$^+$]/[Tris]), so Tris is 10 times lower than TrisH. Due to the electronegativity (tiny negative inductive effect) of $C(CH_2\text{-}OH)_3$ group (-CH_3 is EDG, -CH_2-OH and -$C(CH_2OH)_3$ are EWG) that pulls electrons from nitrogen (compared to hydrogen in ammonia) as an EWG (electron withdrawing group, not electron donating group, EDG), the free electron pair on nitrogen is more tightly bound to nitrogen, less able to form the TrisH bond, so TrisH$^+$ is more able to dissociate, making Tris-H^+ more acidic than NH_3-H^+ or ammonium ion. Some think Tris is

safest, after phosphate at ≤ 1.45 mmol/L, but a similar compound, TEA, $N(CH_2CH_2OH)_3$, similar to Tris which is $N(CH_2OH)_3$, is quite toxic, possibly causing allergy at times in cornea/conjunctiva cells. TEA SDS says avoid contact with eyes, it's mutagenic. Tris SDS says to rinse with water if you get some Tris into your eyes. The BAK preservative, the most toxic, has a similar structure, being $NR_4^+Cl^-$, just as Tris-HCl is $NR_4^+Cl^-$, with one R being H and the other 3 being CH_3.

8). NaOH/HCl: Current eyedrops are like chariots, Immortality Capitalism eyedrops are like latest space rocket, there is no comparison, 1000 times faster and better. One 'issue' with some eyedrops is that it says "may contain sodium hydroxide (NaOH) or hydrochloric acid (HCl) to adjust pH", which seems bad as those are corrosive for eye cells (in high concentration), or is that so? It may be if they're used alone without a real buffer, but that is very rare. A formulation doesn't reach $[H^+]$ ($pH=-\log[H^+]$) of natural tears or $[HO^-]$, and if you recall in chemistry, H^+ or HO^- can come from the reaction with water of many chemicals. So a tiny amount of HCl or NaOH added to a tears is not as bad as it sounds, since those same H^+ would come from another equilibrium; our natural tears chloride concentration is 120 mM. What often happens is they list boric acid and NaOH or lactate/Tris and HCl, which basically are borate, Tris and lactate buffers, since HCl reacts with lactate/ or Tris (often listed as trometamol not Tris to trick people) to give lactic or $TrisH^+$ and NaOH with boric/citric to give borate/citrate. HCl and NaOH can't remain free, they always react with some weak base or acid or conjugate. *The FDA allows these people to say it "may" contain, without stating when it does or doesn't, which would protect the consumer,* while revealing a trade secret. *Unfortunately, this is the world we live in, peace doesn't exist yet*. We don't know if "HCl or NaOH" are better or worse (if no buffering acid or base exists) than *pH adjusters like borate, citrate, EDTA*, or other ingredients like polysorbate 80; usually they write "HCl or NaOH" to indicate lactic or borate buffer when writing only lactate or borate or boric as ingredient, or that they added a little extra to shift buffer pH by altering the ratio of borate to boric acid, so there is nothing toxic or dangerous about it, it's as if they would have put more borate to start with. Just because something is not HCl/NaOH doesn't mean they can't be worse for the eyes, since not being HCl/NaOH, they're used at much higher concentration. For many some chemicals in food, cosmetics, etc, thought of as somewhat safe, FDA doesn't require companies to list them, so citizen scientists or medical researchers trying to do real nutrition, exposure science can't know what's in there even when the company knows. Just like we will have Eterni foods, that help us to live 10-50 times longer, due to eating them since fetus stage (pregnant mom), we will develop eterni *eyedrops* that help us in the transition period to keep our eyes healthy (like those of a 20 year old) for 200 years. To do that though, we need far more advanced chemical analysis equipment as explained below.

Some may say that we perhaps need a President (with some nice "Immortality *for* All" *(*so all have Eternity to become sweet, like loving kindness*), or IFA written on his suit, shirt or T-shirt, or*

cap, sort of like MAGA or MAIF, Make America Immortalist Forever, "Immortality for All" or IFA would be the slogan of Immortality parties worldwide*) and* government in almost every country that tweets (talks on TV or social media, allow some nice twitter colorful fonts to make Immortality *for* All *stand out) daily*☺☺☺ *about chemistry of food and medicines, challenges of 99.99999999% chemical purity and chemical synthesis in general, physics and engineering of chemical analysis equipment and how hard it is to build those, and arouses the interest of millions of people to recreate the chemical testing, food and medicine industries, so everyone knows with a phone scan of a barcode or entering a number in an app, the amount of top 90,000 chemicals in that product, in decreasing order, from highest to lowest. To do that, we could give free tuition to redundant restaurant workers who, in some businesses, often sit idle in off peak hours, consolidate restaurants and transform our cities from places with 100 restaurants, many half empty hotels and 0 chemical longevity and* Immortality *research centers or parks, to something with fewer restaurants and* all totally transformed into high tech educational ones*, 0 casinos, 0 strip clubs, 0 vape stores, 0 liquor stores and 50* Immortality*-Longevity research and* eterni food science parks and businesses *that create*☺☺☺ *attogram level precision food/medicine products for really* precise nutrition and eyedrops, medicines science*.*

Why attogram? See the attogram and atomic tracing *section. Free tuition is* to get chemistry, physics, biology, engineering degrees to create millions of jobs in the new testing industries required to test everything, and eventually also build by year 2190 a more 22nd *century analytical equipment: place a juice/medicine drop in an instrument and in 30 minutes it lists how many mg* (10^{-3} g) *or* atto(nanonano 10^{-18})grams of half a million chemicals are in it; today it takes weeks, 900 instruments, and 80 million dollars, *and low level is not even possible with hundreds of people working*. We can eat at home far healthier than at restaurants due to automatic pressure cookers (10 food appliances into one) that do all cooking for us (faster than waiting in drive thru or eating at restaurant), but we can't build in dining or living room a $700 million lab to discover best food or eyedrops. *Why take so much space with Paleolithic food businesses?* Some eyedrops have many inactive ingredients and some may have *unknown long-term effects*.

When you go to the store and buy eyedrops, under active (not inactive) ingredients you will see some chemical name and on the right saying it is a *lubricant, astringent or* redness *reliever*. ☺☺

11.17.5. How redness *relievers* cause *rebound* redness, inflammation and *dryness* long-term

1. Before going into how redness relievers damage the eyes, being highly acidic, here are 3 *alternatives* to redness relievers *(that require some eyelash curling explained next paragraph, just as warm compresses do)* for *instant whiteness* of the sclera, the outer white eye area:

1.1. White sclera and less *dark* circles via cold 'compress'; gentle cool slider ziploc type (30/1$ @

$ store, replace often, wash daily or wipe exterior daily where it touches eyes with alcohol pads) water bag will protect your MGs from cytokine storm from dilated vessels that destroys meibocytes and gives dry eyes, so dark circles need be prevented to prevent dry eye via MGD of the lower eyelid (what 90% of people first have is lower eyelid MGD). Few girls know a natural way to use far less dark circle creams that can cause MGD: cooling, better sleep and eating more watery produce. A safer way to cool eyes is not via freezer compress, but using a slider ziploc bag you wash daily (the best sliders are easy to open and close, don't leak much so that they prevent filtered (always filter water before placing in the bag) water from entering eyes, and have thin (not the thick type, meaning most) plastic that adheres to the eyelid far more perfectly than thick ones that require more pressing to cover the whole eye and thus thick ones (most zipper bags) can damage the eye; the only thin safe brands I know of are these 3: 25/3$, Tuff 'n strong brand which opens/closes far easier than most, ziploc bag from Dollar Tree of 4 colors called SureFresh 40 bags/1.5$, thinnest and best, or clear SureFresh too 40/1.5$, the best as clear allows you to see dirt better and replace/wash it with alcohol inside. Canada has SureFresh too. Don't buy the thicker SureFresh that are 20/pack as those are not good for eyes, damaging them due to inflexibility and inability to release weight; while pricier than other brands, these last longer without leaking from the bottom (almost all leak from the top where the slider corner is if you place the water near that corner and bent it too much, so place your 40 mL in the corner opposite of the closed slider), so you save more $ in the long run and is superior in every way to the cheapest; check local thrift dollar store or Amazon, though Hefty bags leak a lot and are too thick; other brands can be thicker than Hefty or ziploc; only one out of 30 brands is really thin; thin slider ziploc style conform to the eye shape, while thick ones (such as ziploc brand) are *inflexible and damage the eye* by *pressing hard* in one spot where it bulges, so only put a little water to prevent any pressure) that gets tap water inside that is cooled via the iced water inside a round container or via ice cubes (half full; let it ice, then pour tap water on top of the ice, wait 2 min, then pour the cooled water into a ziploc bag). 1 million pharmacies worldwide sell cloth warm and cold compresses that increase risk of infection 1000 fold versus these bags that you can wash before each use with soap and water. Cloth can't be washed well☺☺☺, it just traps bacteria, microalgae, etc. The MDs with all their PhDs could not design anything smarter; buy a light color cloth (not green) one and see how green it gets so fast, even after washing, the tap water has algae. Even without algae, after 1-2 month it gets a little grey in some areas if used daily. Cooled fridge/freezer (in a steel thermos to avoid microplastics) filtered water is much better than using tap water+ice cubes, because your ziploc bag will stay dry, not too cold, the cooling effect lasts long as you can (but not ideal to keep thermos clean) repour the water into the containers that have the ice to recool it before inserting back into the ziploc bag. If you use ziploc bags in the fridge, they're so warm so quick, that they will be useless without ice cubes.

For those who want to use ice cubes inside the 2 ziploc bags (one per eye if you need it), here are some suggestions: *place 3 drops of liquid soap* in the round container*, then add 40 ml water and shake it with lid on until it foams. The water bag can be washed separately with just some soap and rubbing it against itself.* Clean exterior of container too; can empty bag first to wash it easier, less cold that way, then refill with fresh chlorinated tap water to prevent bacteria growth in the bag water; discard water after cooling, to prevent algal growth. The cubes can be placed with the ice tong in a ziploc bag directly before each use, then add cold tap water. The ice cube way uses no container, but uses the sealed ice cube tray (it's the same thing, just different shape of ice), just a bag you keep in the bedroom and fill with water & ice cubes. Normal 6" long (XL), 2 cm top 6/7$ ultra easy to clean tongs (unlike most in stores that have handles whose inside is impossible to clean well, allowing bacteria to grow and then crawl on your ice cube and eyes) are easier to clean than ones with 'teeth'. Opt for a simple tong easy to clean with soap, since teeth allow bacterial films to develop, are not going to be cleaned well by 99.99% who won't take the time to get into every crevice, so over time they reinfect all ice cubes with junk. This gentle cooling doesn't inflame the eyelids as bag surface is 55-72°F in the worst case, not 35-65 like a warmed up (via water sprinkling) freezer compress. You can use 40-50 ml (g on kitchen scale) H_2O in the bag (it's best to use ≤ 60ml), as it's more flexible and easier to cover the whole eye with least pressure, just barely touching. Small volume enables you to avoid cooling the nose (by accidentally touching the upper sides of the nose side for the eye you cool once), as it lowers the immune function of the nasal cells, key to protecting the lungs from bacteria and COVID19. Since you can put tap water over frozen H_2O in the round container, to cool while you use the first 50ml, there is no need of ice cubes or 60+ ml. It *cools eye fast without the shock of such low temps*; you can also insert ice cubes if bag water got warm.

How to use on the eyes: while looking towards Earth center, relaxing on the bed on your belly with a normal folded pillow under the opposite to the eye being cooled cheek to support head slightly and another small pillow to support the cheek of the eye being cooled (for more room for the *bag to rest on the daily cleaned container lid*, lid that you hold in the hand to barely touch the eye, lid which holds the bag to avoid contaminating bag by over touching it). Gently allow nose to breathe between the two pillows (or just use one pillow and rest one cheek or the chin on it☺☺☺), and the bag to be there held by both hands, as you lie 98% horizontally meditating on World Peace in 3 months and cooling eyes gently, *placing* gently the bag from above the eye first, so that, as you roll the bag on the eye sort of, you don't bend upwards your upper eyelashes, as that would remove eyelashes or create a stye at their base due to excessive movement there and a falling eyelash that got infected at the root, creating a rhombus with your upper hands and lower hands between your heart and eyes, to support the head at almost horizontal incline and you *hold the bag in the 2 hands gently to barely touch one eye at a time*

for maximum dexterity and minimum pressure, without any pressure, so no gravity of water presses on eyeball. When cleaning the container and the lid, use *gloves* to avoid too much dry skin from chlorine and wash the bags with soap, then use bags to rotate in the *round containers*, to wash container too and then rinse both. For good thread cleaning, use a 70% alcohol pad to *wipe strongly, while folded in 4, the threads of the container, lid at least once every 2 weeks, not just wash the container and lid with soap, but getting the threads very well washed with the sponge dedicated to this or isopropyl pad, since the threads are forgotten and can get greenish due to green algae with time. Clean the container weekly if you use it often.*

It seems far safer, and ☺☺*lovingly gently* kinder☺☺ to avoid leaning on elbows because you will damage, pinch the elbow nerve, just rest the 2 cheeks (without ever pressing on the eye with the pillow opposite to the eye being cooled) on the pillows and relax, with earplugs on for 10 minutes, meditate, or listen to peaceful music. Or sit on your chair if you don't use one pillow and change its position. Use some XL like cup mask without much inner foam pad as that pushes on eyeball, if you're a side sleeper who presses on eyes, since you don't want to get a genetic change that causes inheritable predisposition to glaucoma and its 1% of cases result, blindness in old age. *It will take 5-8 minutes or so to make eye way whiter, like after a redness reliever drop ODs/MDs prescribe and insurances cover, drop that damages the internal eye structure thru toxic preservatives, chemicals, and more inflammation since the sudden contraction of blood vessels takes seconds, not 5-8 minutes, etc.*☺☺ Kindly*, please don't* do any water bag or cold/warm compress *horizontally* while looking at the *sky* (as some do sometimes with the encouragement of ODs and MDs) *without* having a clue how dangerous it is, since when tired you don't realize how much gravity of water will push retina; to avoid any major gravity from the bag if you forget this, place only 70 g (kitchen scale) or less. 1g=1 ml water. Store each bag in a separate, easy to seal, small round container like this screw on lid, plastic is best, quiet, leak proof, Vietnam made one. You can use the lid interior to hold the cold bag to avoid tranfer of hand bacteria to the bag, because the lid, once flipped, can rest on the round container and make it ultra easy to hold the bag without touching it, so your hand doesn't get cold like with classical cold compress. Use *finger to make a cavity in the bag to position eyeball into and rest there. You can rest the plastic container lid on the bed too and not use container to support the inverted lid (the clean inside part in contact with the clean bag), it all depends how tall your eye position is from the bed, how tall the pillow or support is, your position. Write* a smiley face on the left container to know which is which, *to prevent infecting one eye with the other's stye*. The freezer takes hours to form ice, so you can keep the bags in the freezer for 40 min to cool them faster or simply use freezer ice cubes to place in your bag water to cool it in 5 min. Try use 2 separate small, maybe 8×8, kitchen towels for each eye to use after daily shower, if any stye present, to prevent cross infection. Use towels on orbital area only, not forehead or any face

part *that has way* more P. acnes bacteria from *acne that destroy* MGs *and give* styes.

Amazon has many sealed with lid (lid is absolutely required) ice cubes trays to keep ice free from *food* microbes, since bag water leaks. I prefer lighter in color trays to see dirt; flexible on the bottom *silicone* may trap *bacteria* far more than *plastic and* increase risk of cross contaminating all ice cubes with ever more bacteria stuck to the soft silicone, *giving styes, chalazions and* MGD. A safer alternative for ease of pushing ice out, with less silicone to water contact, may be this double tray type, to minimize *bacteria* contamination. Use an ice tong, used for that purpose only, *to avoid ANY hand contact with the ice cubes. The safer types* may be 100% plastic, 0% silicone that is sticky and can over time trap bacteria films that are impossible to wash (*mold,* algae, microbes stick to tiny crevices in the soft material) vs hard *plastic. Try replace bag(s) every week to prevent microbe growth;* replace H_2O often and trash bags as soon more than 1-2 drops can leak at a time to prevent harsh chemicals in even filtered water damaging eyelid; wash bag inside and outside with soap before 1st use and often after that. For 14$ you get 3 trays: *this is the one I used sometimes when container is full of warm water due to me forgetting placing it in the freezer;* this tray is way better than 99% at Target, Walmart, etc since you can close and open it without making any noise if you're gentle and press the sides where the white rubber is down when opening and closing before pulling it sideways, has perfect seal. This one got a best in class seal, which is hard to find. I ordered and immediately returned Jytee due to a lid so loose, all crap can get in Jytee Korea made ones. I place 2 trays, the ice tong on top of the 2, to avoid contaminating it with fridge air, then I simply invert the full tray onto the lid and slightly bend the tray to make 4 ice cubes fall on the inverted lid (inner side up to prevent contaminating the ice cubes with fridge microbes), then I place the cubes in the bag(s) to make it as cool as if it stayed in fridge 3 hrs when bags are warmer due to using them again or longer. 3 trays don't allow for the ice tong and are too bulky and makes it hard to seal, so store one in a cabinet. It's all white, easy to see hair, tiny food particles if various colors, dirt, yellow from algae or any mold. There is a big temptation to try silicone tray due to being a little easier to bend, but it can suppress ocular immune system (silicone) and trap more bacteria. Trays with bins and pins are not sealed well at all, dangerous. Opt for much bigger☺☺☺ cubes (2 per width instead of 4), so once you pour some water or wait 1 min, it's super easy to take out with a tong in 20 seconds instead of having to scoop 3 times more cubes to get the same ice volume. Avoid the ultra unsafe, small cubes, with plastic (not silicone) pins to push it out, with bin and scoop 16$ twin tray because cleaning the plastic pins and places in between is so hard. Any ice cube tray with pins is usually a poor seal, while the plain ones with normal no pin lid offer a better seal. The food mold, microbes soak the pin side in 100s of layers and then you use that to push the ice and infect your eyes, so be aware of all possibilities of contamination if you buy anything fancy from Amazon. If you get a pin one, try plastic or ultra hard silicone that can't trap bacteria, when

stored in the freezer the seal is perfect and pins point inwards like this one, not outwards. You still risk allowing bacteria to hide in the base of each pin which is impossible to clean well. You may save 20 seconds to get some comfort when pushing out ice with the pins, but then have to spend 20 months dealing with a stye from the pin base bacteria... antibiotic drops, etc. Always think of the long term too. If left outside the freezer for more than a minute, the ice cubes will melt into each other, becoming bonded slightly and be impossible to easily scoop or grab with a tong, so move cubes into bag fast and place tray back in the freezer.

On bad days, if you watch your under eye and eyelid daily at 1x or even at 20x, for smaller changes, hard to see at 1x, if you're not *vegan* and eating more fat as a result, you will notice the swelling more, just as eyelids can swell during bad days, bad nights. This is how ziploc bags *can do wonders to return the eyelid, under eye to its normal shape, avoid the permanent vascularization and fat deposition that happens when it remains swollen a long time*, leading to swollen eye bags or eyelids that then become like belly fat under the eye and acting as a source of permanent inflammation of the eye. Cold compresses are helpful when you wake up with ocular mucus due to some attack or reaction to a bad drop, since removing it with a sterile q-tip moistened in sterile saline is not going to remove all, you need to blink for 10 minutes to push more in the corner and then to cool it with cold bag for it to become more solid, precipitated and easier to move to eye corner where it's ultra easy to drag out by "pulling on the one outside the eye corner, which drags the stuff within the eye as they're one blob of white-beige mucus."

The cold ziploc bags are placed so that water first touches the upper eyelid, then the under eye gently, to thus cause far less eyelash falling and stye formation from frequent eyelash falls by cloth dragging them too close. The soap from the bag washes away, while on cold CVS compress, toxic soap chemicals and junk from other compress uses remains even after washing and irritates eyelid skin, reinfects eyes with stye forming P. acnes, accumulates green algae/water sediment. CVS is expensive and they tend to press on eyeball, even if you try to make a valley inside the compress: CVS means a new compress every 3 weeks to avoid infections and green algae, sediment etc from daily soap washes, 8$ vs 15 cents. CVS stores water sediment from washing it daily, etc, while water bag is soft, matches eye shape perfectly. A compress needs be pushed against the eyeball to make contact pressing thus on the optic nerve. Don't bend eyelashes, *since otherwise,* eyelash will point towards cornea over time *and scratch it, causing big* redness *and* needing cornea pointing eyelash trim. CVS type is on Amazon as gel beads mask (Walmart pharmacy sells those for 5$). Try sit on your belly and face the pillow, while barely touching eyelids, preventing bag form falling on the bed, avoiding any pressure on eyeball, with the bag to cool, 0 pressure to avoid gravity pressure that damages your optic nerve. ☺☺☺ Bag is way better than CVS/RiteAid Amazon compress, since your eyes won't get wet with dirty tap water full of chemicals and crap from the compress, tap water after you washed it and won't fog

your glasses or silicone seal glasses afterwards if you use that instead of scleral lens, eyedrops (except some sterile unpreserved no buffer 0.9% saline sometimes) or punctal plugs to avoid dryness. Cold bags shrink the pupil, just like pupil shrinks in complete darkness and when we sleep, it sends signal to brain to diminish awareness and to go to sleep, so we fall asleep fast, these bags are ideal for those having a hard time to fall asleep.

The cold compress (even if just like cold water temp) helps water condense and this water sticks to eyelids and ocular area; once we put silicone seal glasses on, (a pair worn loosely, to avoid too high moisture that ruins coating, for 5 min to blink after cold compress to simulate rainy weather, to speed hydration via easier blinking due to moist air), this water vapor hydrates the eyes, as lysozymes etc come to destroy any bacteria in the vapor, as they did for millions of years we lived on the beach or humid climates. Only do cold compress after yawn tears or saline, since some drops can clump at low temps and scratch the cornea or conjunctiva or create thicker films that produce cytokine storm, inflammation via 'foreign body sensation'. Forehead and under eyes, nose need to be free of creams, powders, etc as these can get on the bag/compress and then into eyes drying them. Nose often gets stuffy after cold bag if you touch nasal areas or sinus above eyebrow areas (don't do that, touch only the eye with the bag), so use simple exercises to unclog nose (see youtube "how to unclog nose"), like alternating between tongue touching mouth roof and thumb pressing between eyebrows above nose, cheek-ear exercise.

►►*How to curl back eyelashes and/or trim them*◄◄: after using wrong size foam night moisture mask or cold compresses, *eyelashes* can *become* straighter and *need to be curled back*, so we use fewer drops. If using a lot of sticky drops etc, they can fall by gravity on lower eyelid, dry during night and then when eyelash moves uproot eyelash faster, so you may notice fewer eyelashes on lower eyelid; clean eyelids often to avoid sticky dried lubricants (HA, etc). Search youtube for "how to curl eyelashes" to get clips on doing it in 30 sec with a 7$ curler. We don't need curlers, we can just use a clean washed hand to slowly bring them up once/week, hold it up 2 minutes. Curlers work on upper only if they fit your eyelid shape well. Most issues are with lower eyelashes, so you could use a tiny piece clear tape, a tiny but to tape the end, the third lowest end of them to have the few wrong pointing ones point down again, instead of trimming them. Leave the tape on for 2 hours and then take it off gently. This way you never have to deal with trimming.☺☺☺ Or if only 1 upper is pointing down and all nearby are pointing up, use the plastic tube of a clean q-tip to slowly move that lash behind the correctly aligned ones, so they will force that one to be as low or as high as the normal pointing ones; just don't touch eyelashes next 5 hours so the good ones force the bad one to straighten. This only works if most nearby eyelashes are pointing correctly, not if all 5 in a row are pointing towards the eye and are very thin; upper lid has way more eyelashes, so this technique works way easier there, since lower eyelashes get more bent by silicone glasses, compresses and masks. We shed 1-5

eyelashes daily and it takes 1-3 months for an eyelash that was trimmed to grow again to normal size; it's best to realign them without trim, since frequent trimming weakens them; correct your mask foam, your silicone glasses, stop tossing at night, discard eye masks that bend eyelashes and do cold ziploc bags only when absolutely needed or with extreme care to not bend lashes. Curlers don't match eyelid shape exactly, so they can lead to mixed results, so with your finger it's much safer. Girls first curl it at the base to make them point upwards, which is all we need; girls like to squeeze the curler a few times in the middle and even top once, to make them curled (you can do that too if being long and straight up touches your glasses too much), but all most guys need is to have them point upwards, as guys don't use mascara to damage the MGs, guys just bring eyelashes out of the field of view to avoid touching the lower eyelashes too much causing irritation of eyelids, to avoid touching the silicone seal lenses, as that ruins the antifog coating and contaminate eyes with that soap of the coating. They also have 7$ eyelash trim sets that include a curler, but only trim eyelashes if you absolutely have to trim some stubborn lower eyelid one perhaps or to save time, since if you don't trim them fully they can pinch on the upper eyelid or trimmed eyelash may be harder to feel/remove if getting inside the eye. We don't want trimmed eyelash or eyelash pieces inside the eye, causing redness/infection without us knowing it's there: wash eyes very well after each single trimmed eyelash.

They got safe *round* eyelash/eyebrow scissor like *1.*. 4$ set with a bent pair & ultra round 1 for 30% group trim (good mostly for the eyebrows and minor trims to reduce size to 70-80% of original) or *2.* ☺☺☺ *the 1 I use*: 4.5$ round top thinnest top of any on Amazon to get to that 80-95% trim, for highest precision leaving at the base 5-15% of original (this gets only 1 annoying eyelash trimmed without bending nearby ones; be ultra careful to only open a little bit and see well, to avoid trimming skin, especially on upper corners where it's hard to see and get good angle). I would never pull eyelashes, since that could cause an infection or stye, just curl/trim them and trim foam inside mask. Use 20x mirror for this, not 1x mirror, so you see very well, do it only on the most rested mornings, not tired, so you do it correctly and safely. 1st time, using a normal small scissor it took me minutes to trim, 2nd time, with the 4.5 one, took 5 seconds, since it was center of eyelid and lower eyelid where it's ultra easy. We need to trim it the right way 1st time, because if we trim it only 50% instead of 90%, or only 70% instead of 90%, it will be very hard to trim that left over 30% to 10% if it's on upper eyelid corner where it bends due to side sleeping with mask; don't rush, buy the correct tool first, trim it 90% the first time. Trimming a 100% to 10% is ultra easy, but trimming a 30% to 10% is 50x harder in upper corners, even with the best scissor. After you get the eyelash scissor, trimming is done with precision 50x easier in any area versus using a thick blades at the top, round top scissor (not made for eyelash). Guys don't have these tools, so they can ☺☺*lovingly tenderly gently kindly*☺☺ spend 4$ to save eyes.

A reason cold compress makes tears sometimes (besides making eyes whiter) is lacrimation

induced by stimulation of cold sensitive primary afferent neurons of the cornea. On bad days when a bad sleep caused red eyes or whatever, many cold compresses can help the eye to return to normal to prevent permanent dilation of arterioles. Good sleep is key to returning to normal whiteness of the sclera, so get good sleep, generate tears, do a few cold compresses (much safer than using acidic redness reliever drops) on those bad days to avoid ever increasing redness. Our eye whites need be white and clear of redness and inflammation, since otherwise many vessels will cause over decades a super high inflammation and more opaque cornea, no longer crystal like, but reddish due to so many arterioles, introducing blur that is undetectable due to the huge span of time this occurs over. Cool with bags only one eye at a time, to bend eyelashes less. Try look the opposite direction, i.e. left if I do right nasal corner, etc to avoid overcooling the iris as that may not be healthy. A side benefit of cold compress, besides white eyes in 5 minutes, is hydrating the eyes indirectly slightly, though this hydration is mild compared to saline drops if not followed by efforts to generate tears; the cold compress allows the reset of ocular stress and induces lacrimal discharge, just like cold shower induces peeing; it is by this 2nd mechanism, aided by voluntary yawn simulation, that full hydration can occur, bypassing the need for drops; once we learn how our lacrimal nerves work, we can train them via Pavlov like mechanism to act the way we want. The ideal way to avoid redness is regular sleep, checking eyes with a 20x mirror daily to see tiny invisible redness before the big one at 1x is visible and address what caused it, avoiding very warm showers (unless doing a gentle *eyelid massage using the* small *finger of the* left *hand (if* right *handed), since that finger is the* cleanest *of all 10*, wash it well before massaging) that acts as a sort of MG expression for a max of 1 min).

If you wear moisture mask day and night, your eyes will get warmer than usual (sort of like moving to Hawaii or some tropical area perhaps) and maybe a little redder, since you try to avoid tear evaporation. As such, a few mild cooling sessions (cold compress, colder showers) a day to reduce inflammation won't really solidify MGs oils or impact ocular health, but help reduce inflammatory cytokines brought by enlarged vessels on bad days when you strained your eyes too much without blue light glasses, moisture masks, computer breaks, tear generation, drops, etc. Recall to wash hands before handling cold compress and to wash cold compress often, to avoid dirt getting near eyes. I was shocked how much a ziploc bag with cold water made my eyes from red to bright white in 4 minutes, way brighter than the methods below did. I use them on my neck sometimes to feel better as if I took a shower, makes me feel I slept 10 minutes. You want to reduce inflammatory cytokines immediately by restricting blood flow for 30 minutes, apply drops, generate drops, rest, with eyes closed and take immediate measures. Monitor eyes 10 times daily with mirror near computer, to tell you when it's time to take a break and maybe get 2 20x mirrors, one near computer, one in the bath. It works better, faster than any redness reliever on the market. Better than cold compress alone, on the worst 5

days/year, seems to be the combo of saline(daytime) + cold bag + yawn tears or, when needed, thicker than saline drop you like: prevents strong redness on exhausting days more than any artificial tears alone. Ointments are better avoided, due to many toxic chemicals, but silicone wrap around glasses to prevent moisture loss are key to preventing redness, as well as frequent computer blinking, breaks. Recall to also wash your ziploc bags daily and clean them, since they get dirty due to hand contact; always wash hands before doing warm/cold compress, to avoid messing up your bags with hand bacteria, even if freezer temps can inactivate most bacteria, once bag gets warm, they're back to life and populate your orbital areas with joy. Avoid any eye drop that needs to be stored above 15°C, since gel like drops like that could form crystals damaging your cornea until temperature returns to normal. ☺☺☺

1.2. White sclera via cold shower: you will be shocked just how fast your morning eyes (a little redder than during daytime, since gravity pulls blood down, while when we sleep a lot more blood goes to eyes and head) become way whiter with just 1 minute of cold water from sink or shower (run it against nearby areas, so the eye gets no jet pressure, only cold water; if weather is warm, your shower water trickle will be warm and useless). Cold shower is not the best idea to cool eyes, as chemicals in city water can ruin and swell the eyelid, degrading collagen by chlorine, etc. I was shocked 2 min of cold water whitened the eyes 50 times more than 6 minutes of *Refresh* Plus with eyes closed. Since shower filters degrade faster if we turn water off when warm, it's a good idea to turn last 30 seconds of a shower with cold water to bring temp to cold in the filter and to rebring eyes to normal whiteness before the shower; otherwise, eyes will accrue redness over time due to warm showers that induce oxidative stress in the conjunctiva. End warm showers with a cold mini eye shower, so eyes are whiter in 20 years.

1.3. White sclera via *cold* water in a thermos (collected at night, when water is 50-67): same method as the first one, *use ziploc bags but no longer need fridge*; this can work in remote areas without fridge if you go camping, etc. 8 oz bottles/4$ *with* cap *to prevent air fungi, dust mites, viruses, bacteria can be used to store/wash the bag exterior with cleaner water, in case clean water is sparse;* thermos keeps water cool 24 h, 50-65°F (fridge gets there in 3 h, freezer in 0.5).

2. It's better to not overdo eye cooling *if not* using moisture masks that *warm* eyes back up slowly, due to risk of solidifying meibum in our eyelids for people with thicker oils:☺☺☺

When a drop artificially constricts the vessels and the gravity causes the constrictor tear (typical Visine, etc) to fall on the lower eyelid orifice, it could cause the orifice of the MGs to be nutrient starved and to close since nutrient supply shrinks; the blood vessels that feed the MGs are, like the glands themselves, located on the inner eyelid in contact with the eye and they get constricted too, meaning glands and orifices get nutrient starved, gland atrophy sets in: chronic shrinking (using the usual CVS drops) of the vessels will deprive meibomian and other ocular

lacrimal accessory glands of orifice renewal and oil/tear production, which will cause tear evaporation and underproduction, bacteria growing on the dry ocular surface due to no longer flushing them (staring at screens, etc), infecting the MGs and closing them, creating styes or chalazions; a negative feedback loop starts where the MGs get less and less oil produced which leads to more glands closing due to bacterial growth and nutrient starvation; that's why it's best to address the real cause of redness, not the symptom with redness drops or 2 min cold water trickle (carry a thermos with colder water ziploc bag inside, place on eyes 5 minutes before an interview starts, so you don't destroy your eyes, lungs, nose, vascular system with chemicals, to 'look good'). When doing cold water ziploc, eyes are closed, so the orifice remains quite warm and doesn't get the nasty chemicals in preserved drops or the unpreserved using man made (never before experienced by eyes) lubricants, emulsifiers, etc; on top of that, redness relievers can get into the blood stream and reach areas far beyond the surface of the eye (they could shrink arterioles in other eye areas damaging them, causing glaucoma and blindness via the starving of back of the eye retinal ganglions of nutrients, optic nerve atrophy increasing by 5-10%), since tears travel via the nasal duct into the stomach and sometimes can get inhaled, damaging the lungs by causing nutrient deprivation via arteriole shrinking and easier (since vessel is narrower) venule/arteriole blockage due to plaque forming after a high fat meal. Most watery tears (without redness reliever) have 0 effect with 5 minutes closed eyes on severe redness, while cold water bag does wonders in 3 min; these 3 cooling methods give us 4 months to heal MGs and not pour chemicals into eyes when red.☺☺☺

3. Why do doctors warn against redness relievers? How do they damage eyes?

Zinc is in many cheap preserved toxic redness reliever tears as astringent at 0.25% $ZnSO_4$ (2.5g/L or 15528 µM, or about 300 times *above physiological* level, lowering immunity and inability to fight off bacteria (more styes), spiking inflammation. High zinc can make eyes dry. Many MDs recommend *avoiding* redness relievers, like tetrahydrozoline-HCl 0.05%, common in Visine, Clear Eyes, Rohto. These brands are acidic and thus eye damaging for most people, having pH 5.7-6, while natural tears are usually 7.2-7.4. On every bottle, Warnings say "Ask doctor before use if you have narrow angle glaucoma"; the US Academy of Ophthalmology says redness relievers "shouldn't be used for more than 72 hours… use them only occasionally and for a short period of time (such as before an important meeting)" and those made from decongestants (most on the market, even Lumify (pH 6.2 probably) is bad for *glaucoma*, since antihistamines are bad) can lead to medical emergency for those with *glaucoma*. All redness relievers out there, except Lumify (which shrinks mostly venules), shrink *both arterioles* (that bring *oxygen* and nutrients to the eye) *and venules* of the eye, making the eyes drier in the long term due to *diminishing* nutrient supply to the tear transporting cells and causing allergy or *diminished function* of the *oil producing* glands of the eyelids (oils key to the lipid layer of the eyes). OVS 2018;95(3):264-71

explains brimonidine tartrate in Lumify caused *minimal rebound redness* after being used 4 times daily for 1 month (short-term study, rebound redness usually takes 6-24 months to develop) and that "Current ophthalmic decongestants are *adrenergic receptor agonists* and include the sympathomimetic amine phenylephrine and the imidazolines naphazoline, tetrahydrozoline, and oxymetazoline. These agents are α1- or mixed α1/α2-adrenergic receptor agonists and reduce ocular redness through vasoconstriction. However, their use is associated with tachyphylaxis (tolerance or loss of effectiveness) with continued use and/or rebound redness upon treatment discontinuation, which restricts their long-term use. These adverse effects are likely related to the actions of these agents at the α1-adrenergic receptor. Tachyphylaxis is thought to be due to a tolerance-related dampening of the α1-adrenergic receptor response, possibly through internalization of α1-adrenergic receptors and subsequent down-regulation of surface α1-adrenergic receptors. Because of the predominant vasoconstrictive effects of α1-adrenergic receptors on arterial beds, rebound redness is thought to result from a generalized ischemia (*insufficient blood supply, the tissue doesn't get enough nutrients and oxygen, so then new arterioles emerge making the eye redder or existing ones dilate more than before so next time the constriction happens, they're so dilated that the constriction doesn't cause* low nutrient or oxygen *anymore, so the eyedrops don't reduce redness; new arterioles created then can dilate further when they're constricted and the cycle repeats itself, leading to a lot more dilated old and new arterioles*) brought about by vasoconstriction with secondary *activation of an inflammatory cascade* and/or loss of basal vascular tone due to receptor down-regulation", i.e. redness relievers increase inflammation.

Lumify (recommended by many MDs vs typical redness relievers) 0.025% redness reliever is selective, affecting only the venules *mainly* (not reducing oxygen/nutrients to eyes so much like all other brands) as the company and many studies explain. Lumify seems safer (though they use BAK toxic preservative), as it doesn't seem (in short-term studies) to cause as much rebound redness as all the rest, when the *arterioles* get wider to supply more nutrients to compensate for the constriction done prior. While we avoid ischemia caused inflammatory cascade better ☺☺☺ (since arterioles are less constricted), we can get inflammatory cascade from the additional accumulation of toxic metabolites (*now more than before, since arterioles are allowed to bring in enough oxygen and nutrients to produce metabolites, so a* Lumify rebound redness *occurs where new venules (purple venules, instead of the red arterioles, emerge since now Lumify constricts venules*) appear to take out the metabolites not taken out by existing venules. *Who has proven this* additional *inflammatory cascade (and associated rebound purplish redness) is not as bad or worse long term than the traditional redness reliever ischemia caused inflammation and associated rebound redness*? It seems *best to* avoid Lumify too*, since it constricts arterioles a little bit too (see* company video where they admit it does*) and it's not*

healthy to constrict venules that take CO_2 and metabolism, energy production, lipid production, or toxic byproducts out. Many unpreserved *drops work fine to get the eye or eyes whiter, without the constrictor (redness reliever) or toxic BAK preservative, since they address the* cause, dryness*, not the* symptom *(*redness*).* Or generate tears, retain moisture and fix MGD to prevent dryness, ideally, since no drops are perfect. The eyes can get used to the Lumify constrictor too, so the cell receptors won't bind to it and after a while they become far less effective, requiring drops 4 times daily, not one a week as initially. ☺☺☺

Most eyedrops that non-chronic users buy contain these non-selective problematic redness relievers or vasoconstrictors tetrahydrozoline-HCl or naphazoline. These redness relievers cause dry eyes in the long run, plus weird side effects in some people; google it, so much so they say don't use them in kids; these redness relievers are toxic if ingested by accident, another reason to avoid redness relievers; tear drainage means they partially drain into the nose and then we may ingest tiny amounts; they say to never ingest eyedrops, especially never those with redness relievers, meaning these are too toxic and nobody would be allowed to ever use them. Regular preserved eyedrops in bottles often contain the bad preservative BAK, which is thought of as the most toxic preservative. If you want redness going out, the unpreserved ones usually work just as well as redness reliever ones, just don't start using computer right away, wait with eyes closed for 5-10 minutes after the eyedrops were put, and meditate and relax ☺, or listen to some tranquil music, give your eyes and brain a break. If it's still red after simulating yawns for 2-3 minutes (we waste 2-3 minutes to put eyedrops anyway, same time but natural better eyedrops) or, if no yawns, after using lubricant only unpreserved eyedrops placed in the red eye, perhaps you can try Lumify *(after all, it's a purely cosmetic product that only addresses symptoms)* only rarely (10 special days of a year maximum), as it is only available with 0.01% ultra toxic BAK preservative, not in unpreserved versions. ☺ The least toxic drop with preservatives for using on special occasions (if all other drops or cold compresses fail, so only once a week/month max) is the most alkaline 'redness reliever drop out there' with pH 6.7, unlike the rest which have pH 5.8-6.2, the Canada made Clear Eyes Sensitive (a new "gentle formula" product available at Walmart for $6.5, bought it 9-14-21, which contains the least toxic ingredients: citrate buffer, hyaluronate (the only redness reliever drop with hyaluronate in the US, *company doesn't share if* HA *is low MW, since low MW* HA *can cause long-term more* redness, via angiogenesis it stimulates; can use redness reliever drops mornings, to be able to avoid systemic effects, have 10 minutes of closed eyes, 10 hours of blinking to wash it off later, use more cold compress for more effect that day), PAPB preservative (least toxic of all), glycerin (natural ingredient) 0.25%, NaCl, phenylephrine hydrochloride 0.2% (0.08-0.2% is approved for OTC use, 2.5% used at eye exams to dilate pupil, can cause severe eye issues in some: Fed Pra 2017;34(2):41-4) as the redness reliever. Phenylephrine is in $ store nasal decongestants 10 mg

phenylephrine pills, but some studies found they don't work, so it is safer to stick to centuries old hot steam from boiling water of a warm humidifier like Honeywell HWM440 for nose. Oddly, adrenaline or epinephrine is phenylephrine with an extra OH group and that adrenaline (secreted during stress) is a known destroyer of MGs (2% epinephrine drops for 6 months lead to MGs *plugging* and duct keratinization, free pdf, IOVS 1989;30(5):936-45) leading to dry eyes in rabbits (humans probably too); *therefore, if we use 0.2% phenylephrine, daily for 5 years,* we too may get full MGD, *if we got only tiny MGD or aqueous deficiency;* thick drops, like this one, with hyaluronate, can make phenylephrine stick to ocular surface 15 times more than in the rabbit study. *If used during naps or sleep, exposure, absorption increase 900 fold, leading to* catastrophic keratinization of the eyelid, gland orifices, caruncle, etc *as you can see with* some of the really sticky drops that temporarily keratinize the caruncle and eyelid margin at 20x. ☺☺☺

Thus, it may be safer to use redness relievers twice monthly max, during awake state only. I tried this one 9-16-2021 and I was blown away, it's way more comfortable than any drop with redness reliever I have ever used, due to HA, much healthier pH and it whitens the eye much more without even having used cold compress after. Just keep eyes closed 5 minutes to give them some rest. *The incredible pleasant feeling of this drop versus the ultra sticky Celluvisc,* Hylo Gel*, Refresh Optive or ultra watery Retaine* MGD*, Refresh Plus, Artelac Rebalance, saline was mind blowing*; it's almost as comfy as Biotrue, Clear Eyes Advanced. Unlike Clear Eyes 7, the eye felt no stinging and burning, and no arterioles became redder, all areas became whiter. *However, after 45 minutes, the eyes returned to normal redness after computer use; after 1 hour it seemed some areas were redder due to heavy computer use, so upon using 1* saline drop*, that extra redness almost vanished away (tiny tiny arterioles that appear when eyes are dry or tired due to computer use; a 2nd drop of 6.5 pH saline made things worse on nasal right corner, but they improved dramatically 3 minutes later after 1 drop of 7.0 pH* Hylo Care*, all that redness gone).* This one dilates pupil, while most redness reliever constrict it. (See below) Other typical redness relievers, which I would stay away from, which are not too toxic and don't have BAK toxic preservative *(like most redness reliever drops have)*, besides the extremely toxic acidic pH are: the Rohto 8 in one pH 5.7 & Clear Eyes 7 in one pH 5.8, which are similar in contents (both got synthetic irritant 0.2% hypromellose lubricant, 0.25% *zinc sulfate irritating astringent*), except Rohto has menthol as preservative, Clear Eyes citrate, guanide preservative, more polysorbate; both menthol (AAC 2005;49(6):2474-8) and *guanide attack bacterial cell wall by the same mechanism they can damage healthy eye cells, though they say guanide only attacks bacteria (unicellular)*; both Rohto & Clear got sketchy borate, toxic preservative $EDTANa_2$, toxic polysorbate 80 (killed 30+% cells in vitro); Rohto got redness reliever tetrahydrozoline 0.05%, Clear naphazoline 0.025%: which is less toxic? "repeated instillation of menthol induced ocular surface damage"☺☺ ► CER 2018;43(5):580-7. There are very few 'not found in natural tears'

chemicals that are safe with daily use multiple times in a drop, maybe none if safe is a stringent term for you. Clear Eyes Complete pH is 5.7-6.3 per manufacturer, 5.8 with my paper.

Rohto is very dangerous, as well as all eyedrops with menthol, because "Menthol affects Kappa Opioid receptors (weak binding to them), blocks the transmission of pain signals, and reduces pain" ► EBCAM 2020:7480204; it essentially hides *(so more customers like the drop?)* the damage done by menthol itself (nondiscriminating destroyer of microbial and cornea *cell* membranes, like BAK, unlike PAPB that destroys membranes of unicellular microbes only with perhaps 10-20 times less damage than BAK overall) and other ingredients *by not letting you feel it, while other drops will tell you if something in it doesn't mix well with your eye biochemistry;* "repeated instillation of menthol (artificial tears in rat eyes) induced ocular surface (cornea is skin tissue, like the inside of throat too, so cough drops are bad vs honey) damage, resulting in increased tear LDH activity" ► CER 2018;43(5):580-7. Well, *most eyedrop ingredients do damage* due to high concentration and eye not being used to foreign chemicals, the question is if it's greater than the benefit of antibiotic effect in some cases where menthol can help more. However, in case of ocular infections, a little menthol may be good, since all antibiotics also indiscriminately attack molecular structures and damage healthy cells too; but for healthy eyes, menthol is not good, as pain can alert you if another drop ingredient causes severe allergy and left unchecked at 20x daily could cause huge damage, swollen eyelids, etc. While it could be useful if pH was higher and if used rarely to kill some microbes nothing else may kill well, regular use seems a bad idea. After 15 minutes with eyes mostly closed, Rohto didn't work better than drops without redness reliever, but it did shrink some arterioles, while others remained identical and one became about 10 times redder/5 times thicker than usual (normally barely visible, white-pink) due to allergic reaction to menthol or acidic pH. The cooling sensation of Rohto is very pronounced even after 20 minutes, it could annoy some (feels like placing essential oil, Cliradex or peppermint oil in your eyes, though at a much lower concentration), while others may like it. Eyes were redder next day after buying and trying it, so I returned it to RiteAid next day. Others may feel it all night if using it before bed, not letting you get a good nap during the day either if taken too close to it; it's that strong; this strong mint sensation masks other burning sensations we need pay attention to when trying new drops, so that's bad; first hour or so, normal sensations that alert you to take a break, wet eyes, etc are 2 decibels like while Rohto menthol is 70 db like – so it works well to hide from us the eye saving sensations (certain mild burning or itch), being thus very dangerous if used often; we have eye receptors for a reason; on top of that it hides perfectly for hrs the dry eye sensation (similar to weak menthol sensation, not first 1-2 hrs) we're used to which alerts us on when our eyes are dry and we need wet them.

Menthol being a new preservative in the US, hardly any pubmed paper exists compared to ultra toxic BAK. The acidic pH makes both of these brands (most with redness reliever have acidic pH,

they contain naphazoline, etc*HCl) inappropriate for minimizing inflammation of most eyes (eyes used to alkaline tears). All redness reliever (vessel constrictor drops) got BAK except Clear Eyes Sensitive, Rohto 8 in 1 and Clear Eyes 7. Avoid Clear Eyes with BAK instead of PAPB, as BAK damages eyes way more than PAPB. ☺☺☺ Some redness relievers also shrink the pupil, since they *get* into the nose and then swallowed, so they get into circulation. On 8-31-2021, I used Clear Eyes 7 drop for scientific research only once before returning (for the 1st time in 16 months or so), to see what happens, monitoring effects on a 20x mirror for the first time ever and I was blown away that 50+ small arterioles (red) and about 30+ tiny venules (purple) vanished; *but this was only with cold compress and less than Clear Eyes Sensitive could deliver without burning feeling of acid.* Clear Eyes 7 uses naphazoline and you can feel the acidity of the drop, pH papers show 5.8; *it's toxic, never use it. 5.8 is too low for all people*. I used cold compress right after to enhance the effects and some arterioles got thinner than in 11 months prior (only used 20x mirror for 11 months prior); however, *with Clear Eyes sensitive, they got even thinner.* if a chemistry teacher shows Clear Eyes Sensitive to people with a projector magnifying his eyes before and after (or some volunteer teen with more veins) and explains stuff below, teens will be more interested in chemistry, as they will see what dramatic change happens within 3 minutes of using a drop (though same thing happens with cold compress, without so much damage) and having eyes closed to let it work on the vessels; it's so dangerous, because it reduces nutrient flow by 50%; it seems safer and ☺☺*lovingly gently* kinder☺☺ to try it when you can generate tears (morning), and rest eyes afterwards and not stress them with computer use a lot. I washed the Clear Eyes 7 off after 7 minutes or so with saline, due to acidity and then used Biotrue drops with pH 7.6 to rebring to normal pH (should have used Hylo perhaps since it's 7.2?) and then used compress again. It's like a surgery, people don't realize it. Clear Eyes 7: 98% of vessels shrank, but 2% became thicker near the main left arteriole 5 min after probably as a response to need of nutrients. 80% shrank, 20% became thicker 8 hrs later *(not due to the drop, but mostly due to me doing a huge amount of cold compresses that 8 hr period to see how long I can make it last, since without cold compress the redness returns very fast in 1 hr for me, since I became insensitive to it after using it a lot)*, tons of small arterioles were gone, but some small-medium ones were more visible now since small ones were gone, so it doesn't work as the textbook says 'everything shrinks' – on the left eye, since right eye after 8 hrs returned to normal. Most people examine eyes at 1x and these relievers shrink the 1x visible thick arterioles, but they don't see how the medium-small arterioles can become thicker – since overall the eye looks whiter since 100s of tiny arterioles are gone. So it's an illusion that there is no rebound redness effect, pH effect. So, after 10 hrs all was as usual since I stopped doing compresses.

Companies know that most people don't use 20x mirror. Anyway, we want to shrink cornea arterioles and venules to avoid cytokine storm that dries eyes, but not if we shrink unwanted

vessels inside the body or eye, so we use cold compress to achieve same effects with 10-50 times less redness reliever being absorbed by eyes and body via nose. It's a fine balancing act of tricking the body to return to a younger state to heal the cornea. *We give eyes a state of fasting/healing, less food once a month, to do repair they can't do for cornea when eating so much* via ultra thick red arterioles fed by computer use; eyes need a vacation and being closed too sometimes. To do that we can use the safer cold compress though, as the acidic pH, 6.5, can sometimes do more damage than the fasting heals. That depends on our average pH too, some got average pH 6.5, so for them Clear Eyes Sensitive seems OK once/month for some special event when using a cold compress is not feasible. For the rest, rare use when eyes got really red, to enhance cold compress seems fine to avoid permanent dilation of arterioles.

It seems better to figure out the dry eye or MGD *cause(s) and address them, not focus so much on* Lumify *or other symptom (dry or red eyes) addressing or hiding (*menthol*) drops*. It's helpful to recall many people became disabled for life due to mercury preservatives in vaccines, due to inability to eliminate mercury due to low Glutathione. Preservatives have side effects. ☺Eye function is more important than looking like a supermodel daily and overusing Lumify, etc or cheap toxic makeup that may get into the eye if not careful. *Dry eyes allow debris to not be washed away the tear drainage canal on the corner of the eye (near nose), so this causes* inflammation *which them leads to* floaters *and other far more serious issues*, so dry eyes need to moistened immediately with yawn made or *"preservative redness reliever free"* eyedrops. Most people get floaters in 20s-30s, some even at age 4; but they often disappear within weeks or months due to neuroadaptation or dissolution if younger; floaters get bigger in 40s-50s and whenever we let our eyes get dry by not simulating yawns and addressing MGD. The bromelain in pineapple is known to dissolve proteins of arterial plaque and hypothesized (based on some studies), to dissolve type 2 collagen bundles or eye floaters. ☺☺ If there are too many and too big vessels they can bring a lot of inflammatory cytokines making things worse (IPL tries to reduce cytokines by reducing the amount of arterioles in the MGs), so cold compress can shrink only a few vessels, being good. However, the chemical reliever constricts in areas we don't want constricted perhaps, so it's the problem of non-specificity we always have to deal with in medicine and life: is the constriction doing more good than bad, is IPL getting rid of only unwanted blood vessels or some wanted ones, is the good bigger than the unknown bad? Once we treat body with radiation, light or pill, it affects all nearby systems, killing/damaging healthy cells and tissues, some in bad ways unintended, exactly like unintended collateral damage in war. Perhaps, some would argue that we can't let *one* day/night pass by constricting eye blood vessels again and causing rebound redness and dryness. The decision to avoid redness relievers has more to do with other eye areas that may be affected, which are more important than appearance. Once you realize drops without redness relievers work just as well, there is no

incentive to use redness relievers. Oils that form the tear evaporation preventing lipid layer of tears can become thick due to allergic response to chemicals in artificial tears, clogging the glands; lack of nutrients can also make eyelid margin oils soft, so they harden and clog the gland; this makes our tears evaporate fast, as the lipid layer is thinner.☺☺☺

11.17.6. HOW TO PUT eyedrops & Ointments (2nd paragraph) easier than ever before

NIH has a page on how to put eyedrops in the lacrimal sac, though some optometrists show videos with eye guide too, with or without pulling eyelid; pulling eyelid too often can cause eyelid to not sit flush against cornea, causing keratopathy and dry eye, eye redness, etc..., or scar of that area if always using that area there for drops, though not being subject to dryness it heals faster. The sac method allows us to see toxicity of drops easier by monitoring that area after each drop via looking upwards to expose the white of the eye there. So, it's not yet clear, for dry eyes, what is the best way to put drops, it may depends on the frequency and what the ocular issue is. 10% of preserved eye drop bottles can be contaminated with bacteria even before opening, 30% after just 2 weeks ► CEJPH 2001;9(3):162-4. How do we know that unpreserved eyedrops are free from bacteria? People touch their face many times/hour, so it's good to wash hands frequently ► AJIC 2015;43(2):112-4. ☺ Generally, we're meant to not blink and keep eyes closed 5 minutes after instilling a drop *(just as we do during yawn tears generation to heal ocular surface, so eyes become whiter than with many 'dry eye' drops),* otherwise, most of the drop is pushed out of the eye or drains into nasal duct "Patients should use NLO or ELC (eyelid closure) for 5 minutes following eye drop treatment with topically applied... medications" ► TAOS 2008;106:138-48. They got ***Owen*** eye drop guides on Amazon for $5 (squeeze too, but most don't need it) that are described also in the Review of Ophthalmology, or Peermax eye guide $7 or $10 Remedic drop guide or Droppy guide + squeeze $10 if you don't ***want to waste drops or wear your eyelid by pulling on it multiple times a day (bad for collagen fibers of eyelid and for having the eyelid perfectly on the eyeball).*** To avoid placing drop directly on iris (even if eye drop companies make videos about placing drops directly on the eyeball), you can adjust the guide and look up, so the drop falls below the iris.

This **Owen** like tech (recall to disinfect plastic often) is really good because if you don't place drops correctly, you may not wet the eye well and think you put drops because you felt some weird thing on eyelid margin (and then 30% of it went into the eye only) and that's bad; it will pay for itself fast, since you will no longer waste 50-80% of a bottle with missed drops. Drops are easy to miss when tired and you forgot to lie in the bed and the light is not bright. This is increasing safety, because when people are tired, they could theoretically scratch their cornea if not careful (never happened to me in 5 years of drops), while this prevents that. Extra care is needed with with atypical bottles, since their tip is longer, but not long to reach eyelash usually.

Just place Owen on the eye, with pinhole towards the eyebrow, lie in your bed and perhaps, if easier, close the other eye or cover it with the hand; then look at the pinhole with eye wide open and press on the bottle, you will see the drop forming; over time you can learn how to position it so the drop falls in the center temporal area, so less is wasted into nasal duct. It works even with Hylo Care type of bottle, in total or partial darkness, look with left eye to the right and vice versa, up, and it works fine, no need of pinhole, as there is no light. You will be blown away how easy it is to place drops (with a normal bottle, individual vials or unusual bottles like Hylo) at night in total darkness without missing; *this is really helpful since at night it's impossible to generate tears almost, as our brain is asleep. Close eyes and don't blink much for 5-10 minutes, relax, reach cosmic bliss. Our eyes these days desperately need a break, as we're glued to digital screens, not blinking much.* ☺☺☺

While the classical AAO method is to pull eyelid, frequent chronic use (3 times daily for years) may lead to keratopathy due to eyelid no longer sitting perfectly on eyeball. I never do that. AAO suggests the eye corner method (which I used until 2020) if eyelid pulling is annoying (they got guide for eyelid pulling that damages the nose skin and eyelid skin which I don't like, so I use the *Owen* brand, where you look at pinhole and then your eye is positioned to place drop, can adjust it so you drop it near the temporal corner so it doesn't drain into nose, I always lie down on the bed when placing drops). Avoid putting eyedrops in the eye corner outside of the eye hoping it gets into the eye (with makeup bacteria); if you missed it, don't tilt head to make the drop enter the eyes, as it brings skin/cream/makeup bacteria or allergens, etc into the eyes; avoid touching the eyes with the tip of the bottle, as this allows contamination of bottle contents, multiplication of bacteria inside the bottle. There are several ways to deliver eyedrops, the classical one explained on youtube in 7 minutes or one I used before discovering I can generate tears (it's a variation of the classical): *You can buy a* small mirror for a dollar, relax in the bed and put an eye drop with eye open (look left, up or right to make it less stressful and to avoid placing on iris) exactly in the center-temporal area of the eye or towards the lower lid or outer corner (not towards the inner nasal corner, since it will drain ultra fast into the nose). This way, you don't mess with semi-dirty hands around the eyelid trying to place eyedrops there by stressing the eyelid tissue and stretching it as it's not meant to. Wash hands before putting eyedrops. Even after washing, hands are always semi-dirty. They say you can place finger on eye corner to prevent drop from draining in nasal ducts, but don't do that, you can just tilt head towards the temple while in bed, to avoid infecting eye with semi-dirty hands.

For irritated eyelids and eyes, the thing we don't want is to further stress the eyelid/eye by pulling on the skin under eye downwards, so it's better not to perhaps. If a little liquid spills off on the eyelid, let it be, the HA, vitamin E, water, vitamin B_5, sodium chloride can hydrate eyelid (spread it around eyelids or face), nourish the body's thinnest skin and diminish dark circles;

you'll wash face 2 times daily anyway, with soap for best eye hygiene. It's ideal to store the bottles in a clean place, away from light 100% (paper box that came with eyedrops doesn't block all light if eyedrops bottle is not 100% opaque, but transparent or white, so use something ultra thick, maybe 3 rolls of tape, last one capped, or a cabinet to store/enclose it) to prevent degradation/oxidation of ω3 (oxidized fats by visible light in eyedrops are toxic for the eye, as they induce oxidative stress), vitamin E, etc that are in some eye tear brands, to diminish contamination from air (wind or vacuuming can bring dust, pollen, microbe that can die otherwise in hours or days, but if bottle exposed, it gets it and you may touch eyes after bottle); before putting drops rest the bottle cap on a disinfected surface. If you want to administer saline drops, there is no need of Owen guide (I never use it for that), the vials made of plastic have so much water, that a miss won't matter and plus, it's way easier to always hit the eyeball, because you only squeeze and can hold it easily 3 inches or more away, while with preservative free vials, you need two hands, one to hold vial and another to push the end, so it's far harder to focus eye and both hands, etc... For preservatice free vials that require push (Hylo and many others) an Owen guide is a must, to prevent misses and also prevent getting too close to the eye.

WHAT ABOUT OINTMENTS? Owen guide is useless for placing exact small amounts☺☺☺

Ointments are a major headache when it comes to placing into the eye. The manufacturer idea of daily pulling eyelid is not really that great and could damage eyelid, meibum glands, etc. We need alternatives, especially for gels that come out from tube ultra fast even before we even blink. Optical soap is used to wash hands before handling contacts, so basically millions of people stick their hand into eyes indirectly; with an alcohol prep pad (70% isopropyl alcohol, 50/1$ @ $ stores) we can clean and kill 99.9% of bacteria (they sell those 70–75% wipes that say 'it kills 99.9% bacteria), and even use an opaque box and a UV lamp (some are sold at $ stores even for 4$, the ones Amazon sells for 9$) inside to disinfect the silicone q-tip sometimes to reach 99.999%, make it cleaner than contacts touched by fingers, and use it to put 5% of 'paper instructions amount' of ointment into the eye via temporal corner. To get some of the snake fast on a silicone sterile q-tip is easy or on some meibum expressor you sterilize with CaviCide, autoclave, etc; I did that sometimes, before realizing how deadly ointments are, even 2-3 times daily to get mineral oil without toxic ingredients in lipid drops with mineral oil (Systane Complete, Retaine MGD, Soothe XP PF, Cationorm, etc). Cap off the tube within 3 sec to prevent waste if snake comes out fast, as you want to start with 0.5 mm of ointment first, and put into eyes only 30% of that (I even wrote on my silicone q-tip case "0.5 mm & 30%"), to get eyes more used to it or test allergy and 'foreign body sensation', eyelid swelling threshold, etc. The amount of ointment medical companies write to put in eyes is insanely high, about 25-75 times above what you find in a typical eye drop with lipids and even 400 times above natural. This is simply not needed for everyone, they need update tube design to make snake much thinner or use

more liquid oils like EvoTears that dispenses 10 *µL only, instead of 40 of the typical snake placed inside.* Natural tears have 3 layers: mucin 0.035 *µm*, water 8 *µm*, lipid 0.1 *µm*. So, in a natural tear of 10 *µL, we get about 80 times more water than lipids, lipids are about 1.2%.*

When we place 50-75 µL of mineral oil ointment, as paper instructions say, we place 400-600 times more *lipids into eyes than natural tears (*artificial tears are 30-50 µL, vs 10 *max for natural)*, so it can be overwhelming and even bad, clogging tear drainage, clogging MG orifices with more solid fats; the worst MGD patients have solidified oils, so when mineral oils mix with our oils they can clog the glands, offering short-term relief in exchange for long-term MGs damage; like redness relievers provide short term relief in exchange for long-term damage etc. We want in life and medicine quick instant solutions, but the easy path often leads to catastrophe 10-40 years later. While in dire cases of extreme dryness or styes we can use more, but on a daily basis and during daytime, less is better. This is especially true because mineral oils (vaseline, petrolatum, etc are all mineral oils) have their own issues. Present tube design makes using less impossible if you try use Owen guide or traditional eyelid pull method; this results in ocular damage due to too many hydrocarbons damaging homeostasis for those who need much less lipid. Companies could design each product in 2 tube snake diameter versions: one for severe dry eye, present type, and one for mild dry eye, 3-5 times thinner. Once we got 0.5 mm or 1 mm on q-tip, without touching the tube with q-tip, ointment by ultra gently place the gel on the q-tip (avoid finger, even if cleaned with alcohol) at the temporal corner of your eyes, since nasal would drain too quickly and cause too much fuss (or even redness sometimes) due to slightly clogging the drain duct (*that's* why full (not partial) punctal plugs often don't work, *since they don't allow the flushing of that area and it causes inflammation, which makes eye red and dry; so when using ointments and sticky drops be very careful, especially if used at night, as they can cause traffic jam on the ducts and lead to bacteria overgrowth*) and that area is very vascularized, more sensitive to 'foreign object sensation' stimuli, so nasal *corner* (or nearby) is best avoided; it seems 1 million times safer and ☺☺*lovingly gently* kinder☺☺ to not let *q-tip touch the eyeball or the* MGs *area, only allow eyelid touch by the* upper part of the ointment on the edge of the eyelid *in a way that minimizes* 400 fold the possibility of sterile q-tip or washed disinfected finger bacteria from ever touching any eye tissue indirectly via the q-tip held with fingers, *except anything we may touch anyway, or wind could touch with bacteria anyway, like corner of our eye; now obviously, our eyes are used to wind and air we walk thru bringing endless bacteria on the eyeball itself, but we don't want to bring extra if we can help it, to prevent infection*. Use left fingers or designated (for this purpose alone, not using it to touch any eye area) silicone q-tip for spreading antifog gels on glasses and right hand for placing ointments to avoid cross contamination of your eyes with antifog gel in case you didn't wash properly your finger tips that handle the q-tip or ointment. Avoid *cotton* tips at all costs for this, since fibers

get into eye and make it red. You can however use meibum expressor forceps that have a very round edge to place ointment or massage eyelid exterior with ointment, if you want to express meibum, treat a stye or simply put ointment around the eyelid, just use a 20x mirror and be careful, disinfect the tools at 320°F, sterilize, and also with alcohol pads (free ship if buying 4000/38.2$: ReliOn from Walmart online or blood glucose section). Like for silicone q-tip, wash with soap and with various cleaning agents optometrists use like Cavicide, Amazon has it, kills bacteria, fungi, viruses in 3 min, etc. Make sure hair near eyes is short so it doesn't cause red eyes by getting into eyes; wash with optical soap and then perhaps 70% alcohol wipe if reusable silicone made.☺☺☺ This way you don't pull on eyelid and risk touching eyeball with the tube as in the traditional 'eye drop and gel placing' videos; *before you do this, you may consider washing hand & q-tip with OPTICAL SOAP that leaves up to 22 times less residue on hands than regular soap; made for contact lens handling:* $15/L Leader optical soap, by Hilco (USA, since 1956), can be used to wash tips of fingers before touching ocular area or applying ointments. MSDSs for antifog and soap, etc Hilco products are here. *Simply place the ointment on silicone sterile q-tip without touching the tube, by pulling the q-tip (avoid using finger) away from the tube as it grabs on the snake of ointment; make sure that you get enough snake there so when you go near eye only the top of the gel ball gets into the eye ideally to avoid touching eyelid with the silicone; I find this 90x easier than using Owen for ointments, while Owen is ideal for drops; Owen causes the snake to touch the eye guide and to get stuck on eyelash as we blink; Owen use on tubes leads to wasting most tube really fast; they need design ointment tubes with much thinner snakes, but that won't happen overnight, so we can't use Owen easily for ointments without wasting 70%-95% of the tube until they do rethink the snake thickness in all major brands to be 3-5 times thinner.* Clean fingers you use to clean silicone q-tip, hands you use to handle tube. Do this in a bright area, while sitting so you can be very stable, not move head and avoid touching eyeball with too much gel from the q-tip.☺☺☺

11.17.7. High Tech MGs Imaging and Dry Eye Treatments

11.17.7.1. Taking pics of the eyelid Meibomian Glands, MGs, and basic ideas on treating MGD

11.17.7.2. How to express MGs at home safer than at the MD, unblock MGs *to save $*900,000

11.17.7.3. Useful LipiScan, LipiView & the dangers of LipiFlow, MiBoFlo, TearCare

11.17.7.4. NuLids (vibrating eyelid/cornea too much, gentle massage at home may be safer)

11.17.7.5. Osmolarity 11.17.7.6. IPL (the pros and cons, dangers of Intense Pulse Light) & LLLT

11.17.7.7. Q device: vibrate eyelid + LLLT, eye closed, cornea shield 11.17.7.8. Warm compress

11.17.7.1. 35$ Taking pictures of MGs (done every 3 years since age 3)

At the doctor we see for $40 how meibomian glands look (pics: upper eyelid ► Cornea 2019;38 (2):256-61 Fig 1 or lower eyelid (most issues) ► JO 2020:3275143, Fig 1 showing 4 degrees 0-67+ % of MGs loss on the meibograph (LipiView, LipiScan, MiBoCam, Keratograph 5, etc): maybe lower lids have some clogging (or atrophy), usually in the eye corners and central areas, the *worst areas for most people*, now what? *The* stye section has a 2 page explanation on the *pimples, and 440 nm light used to kill P. acnes in* MGs, *P.* acnes *which* can *cause* MGD. 42% of kids have MGs atrophy ► CO 2018;37(4):426-30 due to parents allowing kids to play in cold weather without protective goggles/wrap around glasses to keep eyelids at 75°F temperature. The cold air thickens the MGs oils, clogs the glands and begins the 20 year process of eyelid gland destruction that will give dry eyes later, dry eyes can cause blindness if many infections happen as a result. So, don't let kids play in below 60°F weather too much without glasses to keep eyes warm. Likewise, if kids go out to play in snow, their feet and lower legs, knees must never get cold (use IR thermometer when they come inside home and make sure feet knees are 78°F, not 54°F, otherwise, buy thicker pants) as that can damage joints and give them pain 10-20 years earlier than usual, causing systemic inflammation that affects the eyes too. There are 4 things we need to do every day without which nothing will improve many times, even if we use endless artificial gels, ointments, tears and go to doctors weekly: 1. blink often to express lipids while using screens and in general, do a strong blink once every 5 minutes to squeeze meibomian oils. 2. do seal check of silicone moisture day glasses throughout the day to make sure eyes won't get dry (mirror or using some little paper roll, q-tip tube with no cotton, etc); seal check of night mask before going to bed, see if any light is visible (air gets in) and tighten the strap make new knot, since tranquil eyes type masks get loose every night (poor design). 3. twice daily (maybe after meals), wash the tips of your fingers with a little soap (right hand if using that hand) and very gently, using a sterile saline moist sterile q-tip or *using the* small *finger of the* left *hand (if* right *handed), since that finger is the* cleanest *of all 10*, massage for 20 seconds/eye your eyelids to eyelash area (upwards for lower, downwards for upper eyelid) to express meibum and stimulate fibroblast and meiboblast growth, with closed eyes, without pressing on eyeball, but pressing on the end of the eyelid only gently (just two minutes daily is way better than none); or do it 1 min max in the shower after you use warmer water to open eyelid oil pores. 4. generate tears every time you need extra wetness. Besides these 4 daily things which take big self-discipline to do and nobody can do for you, you can do professional meibum expression once every 3 weeks, and there are many options: one is the slower method, do it yourself at home, and the cheapest: warm compress or eye mask, daily, use drops with lipids, followed by gentle massage of eyelids, the 20+ things in section 1, maybe using the $495 Q device if you got corneal shields that fit your eyes (otherwise don't use it, it can damage eyes),

$295 NuLids device, or $30 Cliradex foam for people who suspect some bacteria play a role in their MGD (it always does, that's why they clog usually).

11.17.7.2. HOW TO DO MGs expression at home:

(scroll down 3 pages fast to forceps 2.1.6. if you're short on time, a little forceps of 29$ can effortlessly remove styes before they become 100 times bigger, without any antibiotics, warm compress and the like, forceps which can express MGs (meibomian glands) and also save you millions of dollars in trying to fix vision impairment caused by antibiotics)

First and foremost, before anything, you need to clean the forceps: 1. wash the forceps with alcohol wipes perhaps to remove any debris if any present or rinse under a strong tap water jet. 2. sonicate 5-10 min with alcohol 70% 3. sonicate with CaviCide 3 minutes *(skip this step if cleaning cannulas, those need to be flushed well etc, since they only have saline solution if used to flush puncta, just rinse with DI water)* 4. wash with tap water again to remove CaviCide 5. wash with distilled (DI) water 6. if little confidence in CaviCide, you can sterilize in autoclave or the only pressure cooker that reaches 15 psi for 1 hour (see below) - but it's only 1 patient, you, so this step may be less stringent perhaps, use Instant Pot Max 7. dry and store in a sealed box. *Recall to* sterilize *your stuff* properly, not with most electric pressure cookers. *We can* sterilize these forceps in 274°F high pressure steam (steam reaches 274F at 30 psi, which is not achievable in pressure cookers from Amazon, autoclaves can reach 44 psi easily) or 15 psi steam, which is 121C/250°F for 60 min, the only Amazon or online electric pressure cooker that reaches *15 psi is* the Canadian 150$ Instant Pot Max, so this is what you need to sterilize on the steam rack all your forceps, cannulas (etc, for puncta irrigation) for 1 hour (because a pressure cooker is not as good as an autoclave that may do it in 20-30 min) to kill all spores and microbes.☺☺☺ If you read manuals, all other pressure cookers reach only 6-10 psi (10 psi steam is only 240°F, 5 psi is 227°F), sometimes 12, which is not hot enough for the steam. 12 psi steam won't reach the 250°F needed for steam sterilization; to sterilize buy Instant Pot Max, the only one that reaches 15 psi (see Manual & this) if pressure is set to Max in the Canning program, see study on pressure cookers sterilization - 15 min for spatulas, 30 min for scissors; a visit to an OD/MD to do a dangerous (all glands open at once to cross-infect each other, using bare hands not very clean, etc) MGs expression is $70 to 400, so an autoclave or Instant Pot Max (the only Instant Pot that reaches 15 PSI) is not that expensive, a special ultra clean autoclave for medical tools only (some optometrists use CaviCide disinfectant, followed by rinsing with DI sterile water, etc), (Amazon delivered CaviCide in 2 days, kills viruses, bacteria, fungi in 3 min) to soak or sonicate stuff into. Amazon/ebay has a 170/200$ that operates at 18+(127kPa+) psi, mostly 18-24, steam being 258-262°F, releases pressure if 0.145-0.165 MPa (21-24 psi, 1 MPa=1000kPa=145 psi=10 bar=10 atm atmospheric pressure), it will sterilize in 45 min vs 60 min for Instant Pot 15 psi. Some 175$ Amazon ones are 220V, OK for EU; or 200$. ☺☺☺

As you can see, these autoclaves are nothing but a pressure cooker that has an analog timer, vs the fancy 150$ instant pot with buttons, memory, etc so you don't need press anything. Online, many US universities have articles, PDFs, etc on sterilization and they show these antique old style autoclaves like the 169$ 110V USA warehouse ones, *that are nothing but a pressure cooker.* However, these special cookers reach 21 psi, so they can sterilize a little faster simple tools like forceps. Another method of sterilization is dry heat, using devices like 120$, but you need raise temp to 360F/182C for 1 hour or 320F/160C for 2 hours, and *if you didn't brush, scrub, sonicate, rinse tools well*, the organic mater will stick sometimes, so the wet method is way safer and better, since few remove all organic stuff, even if we use alcohol sterile pads, brushes, soap. The reason Instant Pot is better than the 19$ extra analog pressure cooker autoclave is that the water in instant pot can be just 40 ml and DI, clean, etc, dumped each time, but in that one you need 400 ml of DI water that can get contaminated by the vapors that carry organic residue, so you waste more water, while you save some electricity. Depends on what you want to waste. With Instant, everything is automated and you can actually let it vent on its own, faster, etc; plus many of those don't have a timer, unless it's 230$, so if you forget it on, it's a real hazard. I included those for those curious on the use of pressure cooker devices for sterilization. ☺☺☺

Once done with cleaning the forceps, kindly be well *gently* rested, very careful, sitting on a chair with stable, fixed to some support 20x mirror in front, phone off, focused and undistracted by anyone or any noise, etc after warm compress (only 75$ at some ODs), antibiotic drops (minutes before and for 3 days after) and be ready to use one of the 4 'forceps' methods *(store these expressors in an air tight box, such as $ store first aid white boxes, easy to clean, 3 by 4 inches):*

1. Mastrota 64$ paddle, 9 mm diameter, 1.7 mm thick, the original shape, thickness as invented by Katherine Mastrota, used with *sterile saline moist q-tip* of cotton or silicone or an ultra round 2.1. Tauber inverted with the ultra round side (finger in some videos, but not a good idea without sterile glove or being 100% sure you disinfected that finger extremely well) *on eyelid* exterior, *paddle* on eyelid interior. A higher quality 50$ one here. Here is a video about Mastrota, the OD does a terrible job, not wiping meibum with sterile q-tip after each squeeze, not cleaning the paddle after each squeeze, risking infecting lacrimal, nasal ducts, other glands. This offers less conjunctiva or eyelid abrasion than other tools, the method of the (sterile saline moist, if too much friction) finger allows you to slide finger or round side Tauber or silicone q-tip from bottom to top of the gland and achieve a far less abrasive and gland damaging effect than with some of these forceps. Mastrota, if done well, may be the very safest of all, being the gentlest of all, hence it's the first one, but reading about all and watching videos will allow you to understand exactly why, though the 2.4. cylinder forceps is pretty gentle, yet unable to achieve the pushing of the lowest meibum as the finger/q-tip can do, so this wins over cylinder, though cylinder can achieve Mastrota performance, or better actually, by using the q-tip for the

2 mm where the round exterior cylinder doesn't reach; Mastrota, due to being so round and thick won't allow the very very most bottom oils to move up, while cylinder with finger can allow that to happen, being thinner; this paddle is included here also for those curious what this Mastrota is when reading papers; try both Mastrota, cylinder 2.4./Tauber and see which ones work better for full expression from lowest place to the top, mini expression of top only or etc). Always choose safest roundest Mastrota paddles, if you plan to do a full expression from the very bottom to the top, not rough $30 ones that scratch if not careful, due to their rough scratchy hard to clean handle; the 30$ is thinner, but can be more useful for doing it at an angle or bending eyelid less, etc, depending on dexterity. However, thinner ones are worse if you want to do real expression, not mild one, since in real expression, finger would push hard and the eyelid tissue would be damaged by the sharper thinner Mastrota as it wraps and hugs it, which is impossible with the gentler curve of the classic original Amazon Mastrota where the angle change is more gradual.

2.1. Typical Arita Tauber flat forceps *the* most *effective to unblock the* MGs *orifice* (always buy blue titanium ones, they're lighter (thus safer) and oxidize far less over time)

***Ideal to unblock** MGs **of the styes and chalazions located away from the eyelid margin, to enable draining after** warm compress + the 2.4. cylinder type to drag pus to the orifice; 2.1. **and** 2.4 **can also be used at the same time by 1 or two people to avoid the** 2.1. **unblocking of a stye that is near the eyelid margin pushing infected meibum down, as** 2.4 **or a 2nd 2.1 prevents that pushing; this enables ODs to no longer refer** millions **to needless MD excisions (eyelid surgery) of the**☺☺☺ **stye/chalazion, especially today with** 5.0 **MGP that can open even the most keratinized** MGs.

2.1.1. $14 Popetpop, 3x5 mm paddle, shorter and rounder on exterior than Prettyia, thinner by 0.3 mm, better for eye corner MGs that can't use eyelid lifting much 2.1.2. lower 2.3 mm width is safer, due to less oil pushed down: 9$ Prettyia, 2.3x6 paddle oxidized fast, holes developed on the inner side that grabs eyelid, thus useless, as bacteria grow and no way to clean well (sonication not enough etc) 2.1.3 $29, 3x9 smooth finish, very round exterior, quality steel may be good for a corner if using vertically, if you want ultra smooth. 2.1.4. 25$ 2x2mm (round) or 2.5x3/3x4, 13.5$ blue 3x3mm (ships from US), 42$ blue titanium 2x2 round (Nimisha Enterprises Indian company, oxidized upon arrival like Chinese titanium ones though more than Chinese, rust only visible with 30x magnification lens, this 2×2 mm is best for picking up eyelashes and dandruff at the base of eyelash, the only pro is these blue types have less rust visible after 3 years), 32$ blue 2x5 mm (bad company, came rusted on the inner side that grabs the eyelid interior, rusted even in picture, and the one that came was 8 g, so indeed hastitanium, vs 13 g for most stainless steel of same size; steel is 8g/cm3 density, titanium 4.5g/cm3) (blue can be 80-100% titanium alloy coated in blue by anodizing, if they weigh 40% less than steel) blue is ideal,

as most stainless steel oxidizes and rust creates holes inside it where bacteria can grow, after 0.5-3 years, so blue rusts less; inspect all of them with 30-100x magnifier to see if holes develop, stop using (except for to pick up ticks or etc, not eyes) if rust or holes develop as wiping with alcohol pads or sonication doesn't remove the bacteria deeply attached to the hole rust. See the only Japanese titanium one google gave, finer quality versus the Chinese or Indian Amazon/ebay ones (that's why China imports bearings/steel from Japan they don't know how to make). $11 blue 2x4mm forceps, cheapest blue coated Amazon pic shows 2 rust sports 2.1.5. ebay $25, 4x9; wider, longer is not good if you want to do 10% of each eye/day. Soak all tools in vinegar if any rust develops, as rust can get bigger, eat the metal and make holes, making it impossible to clean the forceps well, due to groove bacteria biofilm in the hole. Sonicate them.

2.1.6. THE BEST FORCEPS FOR ANYONE WITH DRY EYES are 2.5x3 usually:☺☺☺

2.1.6. 29$ 2.5x3mm (25$ on ebay), is ideal for expression, really smooth satin finish (visible with magnifying lens, 30-200x) to protect eyelid, unlike the cheaper Amazon trash, whose inner finish is not satin or mirror-like, but has lines like the outer part of the paddle. However, even this rusts after 1-3 years like all cheap stainless steel ones on Amazon, see on magnifying glass, the grooves. 2.5x3 mm (if satin finish and blue coated to prevent oxidation in 4 months) is *the* best multi-purpose *one and the only one worth buying if you're short on cash,* ideal for *expressing only* 2-3 glands at a time, when only one needs unblocking; this one is by far the highest quality and smoothness I've ever purchased, so shiny, go it Dec 16 2022, it came from New Panvel and it allows, when used vertically, to express glands without pushing meibum downwards, since the end is narrower. Ebay sells it for 22$. This is very good for gently scraping your eyelid, so that those tiny domes of yellow liquid, called styes, that you see months before they become big, due to daily inspection with the 20x mirror, cause the yellow domes to gently come off the eyelid and stick to your forceps, without you needing to even squeeze anything, so effortless, so elegant, you cure a stye months before it becomes 100 times bigger, thanks to an ingenious cheap tool. After this, you can see a tiny circle (0.7 mm wide) on the eyelid, the base of the dome, where the staph yellow liquid bacteria created a dome of liquid and it will heal on its own. Just wipe out the area with a sterile q-tip and wash the forceps with alcohol pad, or other strong antibacterial solution; the body's immunity will heal it and no need of antibiotics, so toxic anyway, antibiotics are known to cause blurred vision, nearsightedness "Despite the prevalence of broad-spectrum antimicrobials, vision impairment is still a serious sequela in many cases that is caused by immunogenetic inflammation" ► JCM 2022; 11(14):4195.☺☺☺

This 2.1.6. is the most *versatile* forceps *for* anyone with *dry* eyes, as it allows you to pick fallen eyelashes that are on the eyelid margin or half touching the *cornea, and it also allows you to gently close an eye tightly and then gently remove the* mucus you see with the other eye with a

20 x mirror, the soft gel like mucus in the caruncle nasal *corner that forms after certain eyedrops, and then discard it by wiping it with a sterile alcohol pad*. However, 2.1.6. is the best for MGs expression at home, not for eyelash picking. For eyelash picking, mucus removal any of the 2x2mm round forceps in 2.1.4. are much better. The whitish mucus and sometime eyelashes that are hard to see, due to being ultra thin and hiding on the border between cornea and eyelid, can come out easier by just flushing the eye with 10 drops of saline: you will sometimes see eyelashes come out with the mucus stuck to them in the eye corner, so tilt head with nose down, so gravity forces eyelash to fall towards the nasal corner with the mucus and then you can gently pick it with the forceps, since it's 50% out. Eyelashes need to be removed immediately, otherwise, they might slide and hide under the 2-3 mm angled eye corner edge, called plica, that sits next to the caruncle (that triangle at the corner of each eye where mucus accumulates). If you tilt head gently to the right, the plica gets small (2 mm instead of 3.5), as the caruncle slides on top of it. Eyelashes can hide between caruncle and plica, or under the plica, see it both with 20x mirror. Eyelashes can slide upwards, and will be visible to you only if you use your 2.1.6. to gently lift the eyelid and see the end of it. Try to bring the eyelash on the plica with saline solution or gentle eye massage and then, when it lands at the edge between caruncle/eyeball and plica, use one end of the tweezers (which is ultra soft and round) to pull eyelash towards the eyeball, as that will make it go on to the lower eyelid with the next blink and you can quickly pick it up to remove it. Don't try to move it towards the caruncle as it can slide under the plica or the caruncle, I tried that and it ends up wasting so much time as you when have to wait for it to show up visible again. Eyelashes have microbes and you want them out fast, to prevent redness, eyelid swelling, styes, etc. That area is not flush against the eye, but has a slight gap that allows eyelashes to hide there. Eyelashes can also dive deep on the lower eye socket and hide there very well, invisible unless you pull the lower eyelid to look at it, and not just a little, but more, to see the very end of the socket. Use saline to get them to shift or gentle finger guiding with eyes closed. Other times, if you already removed the mucus, it is hard to see, so you need to focus your gaze at the corner in bright light with the 20x mirror and you will see 20% of the eyelash, so to get 20% out, put more drops with head tilted so eye corner is down and drops fall there pushing eyelash gently out a little so you can finally grab it by the 20% part that is outside the eye. The 2.1.4. 2×2mm is better than 2.1.6. if you try to gently catch the mucus balls or ovals at the base of eyelashes and remove them fast, without having to use sterile cotton swabs that irritate the skin and are rubbed in videos by doctors or patients against the fragile eyelid skin, increasing the risk of infections and permanent collagen damage with frequent ultra macho and abrasive wash using cotton swabs and some cleanser they sell, like Cliradex, etc which I no longer use due to its harshness. 2.1.4. is so tiny and has the perfect shape to make a valley on the eyelid when you try to get an eyelash hanging there, which means you get the eyelash the first time. With the other ones, the rectangular shape makes no valley

below the eyelid and it takes 2-5 attempts to remove the same eyelash. So for fallen eyelash, hair, debris, styes, etc, 2.1.4. beats all the rest 100 to 1. 2.1.4. will save you big money, as you don't buy sterile q-tips to moisten with water, you simply use this and it will be better for the environment than wasting 2000 q-tips every 5 years. The 2.1.4. is so useful, 2 of them will help you, one to hold the eyelid up (upper or lower if need to gently flip it to express a stye right on the inner margin of the eyelid) and the other to express it, as the bigger ones don't have a good grip of the eyelid, due to their rectangular shape, this small one holds the eyelid in position with far less force, allowing you to get rid of styes easier than using your dirty hand to access the area, which is not easy, as hand is big and you need free access for the 2.1.4. that actually will remove the yellow stye pus. 2.1.6. is 5 times easier to use than any other one in this list for gland expression, and also safest due to smoothness. This 2.1.6. is similar to the 2.2. Tearse expressor (see 4 pages below), except this one has the huge advantage of being only 2 mm wide when used vertically, vs 8 mm for Tearse, so we only express what we really need to, nothing else; an OD on Amazon explains that he found 2.1.6. to be much better than others he used before, since it allows easier sterile evaluation of specific glands and expressing deeper only a few, by not pushing on eyeball with the hand as unsafe (or unethical) ODs/MDs do to try evaluate or unblock a gland, damaging the eyeball if no Mastrota used as support to avoid eyeball press, and infecting it (if not using sterile one use gloves) with microbes from other patients whose eyelids they touched before, this is the only Amazon review I found for this type of tool from an OD on Amazon where he stated he's an optometrist doctor (OD).☺☺☺

2.1.7. $29, 1x2 mm paddle this one is very different, hardest to clean, the least recommended to use for anything ocular, has a little scoop inside the paddle interior (not flat), to allow the tissue to get some relief from the press, and enable less push down of oils, but it's too sharp to use on MGs expression. 2.1.7 is by far the *fastest (but not the safest, so I never use it anymore, because one single mistake and you could touch something and scratch it, while 2.1.6, is so round, nothing will happen if you move slightly by 1 mm or 2 mm due to a startling sound or whatever)* for eyelash picking when one end of the eyelash sticks out and you can pull it without touching eyelid at all, without catching/bending the other eyelashes. *However, if the eyelash is in a position on eyelid and requires touching the eyelid, 2.1.6. alone ought to be used, being softer on the edges, far safer* (sharp edge of 2.1.7. will create collagen tears and then styes) *easier to clean and more hygienic as a result. So,* 2.1.6. is truly the best one for eyelash picking, *and the only tool you ever need for eyelid expression, eyelash picking, etc. Initially, it may take a while to get used to 2.1.6. due to its slipping, but it scratches the eyelid collagen far less and that's the most important thing, in order to avoid small styes that form in the collagen ruptures caused by 2.1.7. sharper tips. The* main drawback of 2.1.7. is that the edges of the paddle are sharpest of all 8 I bought and the 2 paddles are not identical, one is done well, the other rusts fast when sterilized

in steam unprotected and it very irregular, so it requires more cleaning of rust after one big sterilization. So, over time, I gave up on 2.1.7. entirely, due to its low quality steel, and use only 2.1.6. to remove mucus in the corner with eyes closed or remove eyelashes. So you can perhaps use CaviCide and 70% alcohol pads, though for years I use now only alcohol pads: 100/pack/1$ Walmart. Due to its sharp edges and extreme difficulty in cleaning, 2.1.7. is therefore only for fallen eyelash pick or bursting (if 2.1.6. can't gently slide it or burst it) the *smallest of eyelid styes* that you see at 20x, before they become 20x bigger and are visible at 1x in the mirror, by squeezing the top 0.1 mm of it, tiny *yellow* pus transparent *yellow* styes on eyelid margin or the white head type on eyelid margin, where it is hard or unwise to use typical forceps that glide and can push down that pus, which we don't want; *please don't ever do* MGs expression with 2.1.7., it's too sharp and hard to clean to get so much eyelid contact. For tiny yellow eyelid margin stye burst, see the stye section. For bigger styes you didn't catch due to failing to watch eyes in the mirror daily at 20x, you need one of the other ones that are much softer and rounder, since you will place it behind the eyelid. Overall, 2.1.7. is pretty useless, since 2.1.6. can pick up eyelashes too, but without scratching the fine eyelid tissue. The reason I mention 2.1.7. is it shows up on Amazon searches for eyelid tweezers, so I didn't want all to waste their time ordering it. Scarring the eyelid is a big no no, as it could lead to recurrent styes in one location.

To *minimize* eyelid damage, for MGs expression 2.1.6. is far better than all others. It's the most ergonomic, as it won't force eyelid to be so straight as really long ones, unless you rotate the 2.1.1-2.1.5 when using them at 90 degrees, but then you can't see well and is much harder to use that way if you do your own glands and clean the eyelids of infected meibum with one hand, while the other hand is holding the eyelid with the forceps, slide it to the right/left slightly to allow you to see if oil came out, though you can just remove forceps and hold eyelid away from eyeball, then clean it moist q-tip prepared nearby before you squeeze; 2.1.2. is thin, so less pushing down, it may be OK for newbies. Sometimes only one gland is blocked so only that gland needs more force, which you can't do with really long and wide stuff, without damaging the healthy glands that don't need that much force since they're unblocked.☺☺☺

With a 30x-200x magnifier (list here), you can see which ones have small scratches and may need to be polished with an ultra fine paper, before sterilization (usually Medi Inc Amazon Mastrota or cheaper forceps). Tauber *is* the way I did MGs expression thrice, got Prettyia Dec 2021, a 2nd Prettyia pair in 2022 *to remove eyelashes partially stuck into the eye, partially out; this type is ideal for bursting yellow pus styes at the top of the* MGs *orifice (save 400$ doctor visit) with a* specific procedure detailed in the antibiotic stye section. *The forceps you use for* MGs expression *or stye burst needs be sterilized between uses and* use the other one for eyelash picking only to avoid sterilizing it and have separate storage boxes too.☺☺☺ Always use antibiotic drops *before and after* and have 8 moist sterile q-tips ready *to pull out meibum as it*

comes out, one wipe per tip to avoid reinfecting any area, exactly as in the stye procedure, otherwise, all that gunk coming out will infect your healthy (now more open due to warm compress or due to expressing more glands) glands; it is safer and ☺☺*lovingly gently* kinder☺☺ *try* do *only* 1-3 *glands* expression (2-5 *squeezes*) a *day* per *eye* (even tiny forceps are going to express at least an area of 2-6 glands), *over 10-20 days* (consecutive days or, ideally, every other day to give eyes some rest, 6 glands in left eye one day, 6 glands in right next day etc for 20 days to cover all 120 glands, if you do it all at once with OD after visit, MiBoFlo, TearCare, IPL you will induce severe ocular stress by having few lipids left for 2 weeks, since all was squeezed and do more harm than good vs doing it slow), *slow, over 3 weeks, a little each day, to also prevent* infecting *clean glands (*lacrimal *glands,* nasolacrimal *duct where tears drain via* puncta*) with junk from a more infected one; you can never know which one is more infected by appearance, so do it safer than all doctors, over 20 days, to decrease cross-infection chance 90 fold, since not only do you spread it over 480 hours instead of the typical 0.25 hours (15 min) after IPL, MiBoFlo, TearCare, etc* but the sudden release of 20 times more bacteria and the sudden need to repair *everything* 1920 times *faster* will provide a deadly shock to the body immune system, and the eye for weeks (no lipids left) and maybe for life, irreversible damage.☺☺☺

We are in the 1st century after the Internet and they only discovered MGD in the 1980s; we can't assume if an MD/OD said it, it's true; we need video, like cops wear cameras, to see what he does, to make sure he does it correctly, cleans the eyelid and forceps after *each* squeeze and, after removing the forceps and still holding the eyelid away slightly, WIPES EYELID WITH STERILE MOIST Q-TIPS BEFORE RELEASING THE EYELID UNTO THE EYEBALL to prevent infection, patient gets video after visit, at 20x or more, to compare with the correct way shown on Immortality *Nurturing* Agency website so patients act as government's police force and eyes to check every video, notify gov if any video is odd and ensure MDs do things right, and this becomes *national* and global standard, video for all procedures, to prevent MDs from rushing, wrongly doing some parts of the process, in any medical procedure intentionally or not*; moreover,* the deadly idea of whole eye 'warm' (110 is hot) compress (recommended by most MD/ODs) is extremely dangerous if overused, since it will induce cornea keratitis, damage the iris, vitreous gel (causing floaters), lens, etc*; so, by doing only 10% of one eye at a time, you can do warm compress of that 10% of the eyelid section with a* simple eyeeco.com insert held on that eyelid section or semi warm water ziploc bag and eye closed if you do the corners of the eye and eye semi-open or open if doing the central eyelids (just blink a lot and be careful to never touch the open eye, only the eyelid) *to avoid heating the 80% of the central cornea that should never be heated daily or even monthly at* 110°F (as LipiFlow makers know, LipiFlow is the only safe heating of eyelids by MD office gadgets that doesn't heat the cornea)*, to* avoid damaging the iris.☺☺☺

Never use anesthetic, as that can allow OD/MD to completely destroy your eyelids without you

knowing; pain will enable you to tell him he's squeezing too hard; even when you feel little, an MD can still destroy your MGs, so be safe, try it at home, after studying for 3 months all literature, youtubes, etc, some doctors are evil; our immune system can only cope with so much stress all at once and you need to give body time, energy, nutrients to repair one set of glands well first, etc. MGs that need the most expression can be seen by *gently* pulling eyelid (lower usually) and seeing which one is more yellow towards the top; *those have more solid yellow meibum, while clean meibum is clear and those glands only produce clear oil, being healthy; always* do a warm water ziploc bag or eyeeco insert warm 'compress' before expressions to increase effectiveness, for at least 2 min over the 10% of each eye area you will express that day.

Ignorant or evil MDs/ODs never use antibiotic drops before and after, *never have many sterile q-tips lined up, ready to remove the bacteria rich meibum coming out* after each expression, right BEFORE *releasing* THE EYELID to *TOUCH* THE EYEBALL☺☺☺ (you need pull eyelid out for 1 min to express and clean, wash hands before, after)*, etc, so they make eyes prone to massive infection. The q-tips are Medline brand cotton swabs for example, sterile, removed from the 2 pack seconds before use:* moist with sterile saline or much better, with antibiotic drops, get some for 20$, free from teladoc.com or your doctor, use it before and after meibum expression, say you got a stye and blepharitis, half the people have blepharitis anyway, doctor can even take LipiScan to prove MGD and give antibiotic, i.e. chronic infection of MGs, without knowing, 42% of kids, 70% of older adults, this is because yes are the only moist mucus membrane directly exposed to millions of microbes daily; we don't have 5 million eye doctors to do 50 expressions a day to 50 people on all 200 million Americans who need it every 3-12 months (*and spread over 10 sessions of 10 (takes time to prepare all q-tips, wipe out, etc on that 10% of each eye done that day) minutes each to avoid cross-contamination, so basically 50 visits a year for preventive eye care, especially for the 50 million with severe MGD*) in order to live to 200 with really healthy eyes, so the only solution is people doing it at home by learning from various youtubes, books).

2.2. ultra smooth 300$ Tearse flat forceps (sold only to ODs, but patients can order alone an even better $185 blue titanium identical one from Titan) made by Rhein Medical, James Tearse the inventor, this one is wider at the top and narrow at the bottom to prevent pushing dirty oils down the gland (or ebay 17$ blue titanium*: a very good idea for design to prevent oil pushing down for these flat type non-cylinder 2.4. forceps,* though you can use a Mastrota paddle 1.0. on inside and a 2.1. Tauber inverted (with the smoother rounder side touching eyelid on outside) to *achieve the cylinder 2.4. forceps effect* or better, since Mastrota is rounder than cylinder 2.4. inner end, unless you buy Epstein rounder version. The disadvantage is you need pull eyelid more to avoid touching the eyeball. However, this Tearse is not ideal for top of blocked gland expression when the blockage is pretty big, as it will slide and that does need a good Tauber grip with the paddles parallel. Tearse is very wide 8 mm (I would have made it only 4-5), 4 or 5 mm

deep *(so may be too wide and cause by this too much damage to the eyelid collagen elastin fibers, since eyelid is used to being concave, not straight)*, and *the* 9 min video shows you how unsafe irresponsible*, clueless or "compassion lacking"* OD/MD doing this is*, he's allowing that thick yellow super infected meibum (*it is super infected, you can see it from the color, healthy meibum is clear*)* to infect less infected glands, puncta, eyeball, without wiping it off the eyelid and expressor after each expression, and even doing gland probing with all that infected meibum floating around after his prior mistakes *(more on probing 2 pages later, probing can only be done by OD, since nobody sells probes on Amazon)* thereby increasing infection risk 90 times, but this is typical of most ODs, ultra bad expression and probing technique; many people will be victims of clueless ODs who forget meibum is loaded with 1000s of microbes; Tearse is not as good as cylinder 2.4. for going from bottom to top of the gland using your finger as a helper from the very bottom unreachable with Tearse (since it's too wide at the bottom) or cylinder 2.4. exterior; issue here is the slipping for doing the very top only for a superficial expression will be 3 times higher than Tauber, but it is helpful to have one like this too (Amazon/ebay has some like this) perhaps, to go from bottom to the top, since 2.1 doesn't allow going from bottom to top without pushing down.☺☺☺

2.3. *$14* round flat forceps 5-5 mm diam or ebay 20$ 8-12 mm diameter (huge), $16 titanium blue ones (New Jersey) rust/weigh less 6x6 mm, definitely go blue if price is close

I got the small 5-5 *(I avoid the huge one, also called Collins forceps or chalazion clamp to try drain chalazions after warm compress, as it expresses too much at a time and can damage too much, deprive eye of too many lipids at once)* Dec 2021, in theory could be used for expressions, though *Mastrota with finger is 50 times safer to avoid pushing anything down* (Tauber can push stuff down too, but Tauber is only 2.3 mm wide, vs 5 mm for this one, so this one will push stuff down way more, being dangerous vs the cylinder 2.4 type; this can be used though to rub off some antibiotic ointment on the outside of your eyelid, just as you can with the Tauber exterior ultra round side, as a designated too for that purpose alone; *this could be used for beginners who want to do the gentler 'training' mini expression where nothing is squeezed, only placed there gently, being 4 times thinner than roller types,* about 35% thinner than the Tauber forceps above*, so you need pull eyelid less, meaning damage ligament tissue etc by stretching it less;* I used this for about 25 min to do some ultra gentle ultra *mild expressions to avoid pushing down junk; like all flat forceps, it has its own issues* of *pushing* meibum down and causing damage to MGs if *you press too hard*; however, it's not as effective as the Tauber at expressing the top only or a smaller amount of glands, the Tauber allows you to bend it to 45-80 angle, instead of parallel to the gland, and go well under the top of the gland without squeezing so much of the lower end and pushing dirty crap deep down, so I no longer use the round one as I did before a few times when I did useless ultra gentle squeezes. Flat forceps are easy to use vs rolling.☺☺☺

2.4. *Cylinder expressor* (one side flat, one side *fixed*, *not rolling*, cylinder):

the safest to* remove all oil from bottom up (push 0 down) *+ get styes/chalazions drained

2.4.1. Optik 95$ **2.4.2.** half cylinder, round inner paddle vs rectangular, so less scratch of the eyelid if you're rushed Epstein $190; the main issue with Epstein is that being round plate, it will push oil down for the glands that are not exactly in the center of the round thing where length is maximum, so this is a useless device for maximum safety, but many devices are described with their pros and cons, so it's easier to decide when you see one online. However, this may be of some use for corner stuff where rectangular would not work well. **2.4.3.** Amazon (avoid, too rough, too wide, see pic: plate is much wider than the middle vs equal+smoother in ebay/Optik version) $29 wide plate means more damage to eyelid used to concavity, we want max 5 mm, not 9, especially when we talk about placing it so far down **2.4.4.** ebay (softer rounder, safer than Amazon/Optik ones, has 15 vs 12 dents, $29, 20 day ship. *This type, if used gently, since its* edges on the side that goes inside *are not very smooth, is* 900 times safer than roller types*, since it's easy to clean well, wipe, wash, inspect for rust, etc and allows you to roll from bottom to the end, easier than the traditional* 9$ **2.1.** *Tauber ones and safer than Tauber for bottom to top.* This last one seems the best for getting all of it out from bottom to the top of the MGs, due to allowing a gentle sliding and not having to do it several times as with the 9$ ones, as long as you use q-tip to help push the very lowest bottom up, since the thing itself is kind of short vs the very end of the inner side. However, the 9$ **2.1.** Tauber is better for small/medium stye burst and more useful for picking up eyelashes stuck near the eyelids (use 1 for each purpose to avoid contamination as mentioned above, very important). Each has its own pros and cons, maybe get some and see which ones are better for mini expressions, but you need ultra smooth if you want to go from bottom to top of the gland, so 2.1 is not for that purpose; in this book only the main types, the most common ones are presented. ☺☺☺

3. The *rolling* forceps *(very risky due to dirt accumulation, too thick)*

***These are the least recommended (super-*deadly, avoid *at all costs) forceps for regular* MGs expression and at home users without the most high tech sterilization, cleaning tech. These are safe only for once in a decade chalazion for draining it downwards for upper chalazions (to drain the pus out) or upwards for lower eyelid ones *(prepare like* for styes*, with sterile q-tips to remove any drained liquid off eyelid MGs orifice before you blink and allow eyelid to touch eyeball, to prevent infections).* However, cylinder 2.4 can work better. These are rotating roller types (safe for frequent use only if the 2 cylinders are fixed, not moving, never seen a fixed one): **3.1.** *the $95* rolling forceps (full cylinder rolling, smooth, with smooth end) This is the smooth *roller* type *the doctor used on me (and himself at home), (it was the one I liked the most of all devices in 2020, he ordered it for me; however, now I no longer use it, I only used it 40 minutes*

total, about 5 minutes maybe 8 times, since it is extremely hard to clean (the hidden area on which cylinder rotates gets black and rusty after 1-2 years even for this 100$ roller from India, the inner cylinder, etc, unlike the other forceps which are 900 times easier *to clean perfectly;* thus, when you roll it to do your monthly MGs expression, little particles that didn't come off during steam pressure 320°F sterilization or 5 min sonication with CaviCide/70% alcohol, wiping with 70% alcohol (alcohol doesn't kill spores, so wiping is before anything else), then washing again, etc... will fall into the eye and reinfect you with the staph bacteria of former styes, chalazions etc. ☺☺☺ *Additionally, the rolling part slips too much to be able to express the top part (where solidified oil exists) and requires pulling on the eyelid too much*; while this roller type allows better sliding, rolling from bottom to top, it's 4 times thicker than the rest, so it can't go to the very bottom of the gland, like the cylinder 2.4 can and will thus cause MD to push upper meibum towards the bottom causing serious infection; however, for a small expression this may be fine, provided you sterilized it at 320°F 10 minutes before use and wiped it well with 70% alcohol before 320°F steam pressure sterilization, otherwise, the rust/dirt at the junction will allow bacteria to grow and move on the roller itself and you would reinfect eyes with junk; it's very intimidating for beginners who don't want to pull so much on their eyelid, which can damage it as you got to leave a huge space for the thick roller; *there is no way to really reach the gland root without damaging the eyelid and eyeball, it's simply too thick*; it slips too much and doesn't allow you to really squeeze the top, being the least effective for a good expression of the blocked top of the glands; *since it can't be cleaned properly, roller forceps are deadly and basically a one time use, especially if you get some of low quality metal (like the one I got) that rusts fast with just minimal use in between the inner cylinder and the support (hard to see unless you look carefully to see the black there). The* edges of the cylinder are not really spherical as they could be to some degree, so this presents further challenges since it could create small MG damage if not careful by pressing against super thin skin inside. ☺☺☺

On 12-22-2020 he did *my first ever* MG *forceps expression, after applying numbing drops and it felt painless, sounds a lot safer (since you can disinfect it with 70+% alc*ohol) than using silicone sterile q-tip (do not use nonsterile from $ store that come in a bag of 1000 with a tiny circle hole on the bottom allowing all bacteria to enter) *and pushing with your finger against the q-tip or with another q-tip. After 12-22-2020 makes more sense to try* the Q-device with corneal shield again a few seconds*, as the old lipids came out, but the doctor forgot to bring the warm up mask. H*e was very nice and ordered for me the rolling forceps and I used it on 3-14-2022 in my first mini expression on the lower right eyelid only; it was painless even though I did not use numbing drops; there was little pressure applied, and tons of lipids remained there, so the *eyes didn't get red like after the doctor did both eyelids both eyes (when lipids are not left in their sacs, we need use* artificial imperfect lipid tears *to replace the lost lipids and maintain a "fake 3rd*

lipid layer" made of 1 phospholipid (instead of 600+ natural) until the meibum glands restore their lipid reserves in 10 days); so when doing it at home, *it's best to do it on one eyelid (upper or lower) at a time, to test your eye's response*, very little at a time *(to squeeze only 10-20% max of the lipids to stimulate more growth*, because these glands die when oversqueezed, but new ones spring up, they're holocrine), to *avoid triggering high lipid tear deficiency (which causes temporary redness and new arteriole springing up due to ocular damage if you forgot to wet the eye* with tears with lipids), or only the lower one (that has issues usually), since it's much easier. *You may need to try gently to pull eyelid and grab it and press the gland area many times before you get really good at it, so you leave the orifices open and don't grab on the orifices*. Right lower eyelid is easiest for right handed people. ☺☺☺ 3.2. the $144 rugged rolling forceps – pyramids are not very smooth (full cylinder rolling and the end tip is sphere like for less eyelid-conjunctiva abrasion, I would not use it ever) 3.3. the smooth rolls "3 mm tip only" rolling forceps which allows a far smoother inside the eyelid experience, the tip being all like a sphere instead of a regular or smooth cylinder end or 3.4. "whole cylinder rolling" *$21* texturized (each pyramid top is very flat with a tiny valley to avoid scratching the eyelid) rolling type, *$25* rugged rolling with smooth end type (can't see how flat the pyramid tops are from pics, one pic shows one end of the thing being off-center, carefully examine pics before ordering) or 3.5. 70$ less rugged roll with smooth end type (among rolling ones, the flat or smooth pyramid top or with a small valley there are safer). 3.6. *139$ kit that is not a rolling forceps but uses disposable roller that can't be cleaned easily;* 1.0 Mastrota paddle is safer than the less round end of the clear paddle of the Gulden kit, which you have to spend 500$ over time to get new white rollers and things, plus finger allows you to feel the bottom of the Mastrota or of the cylinder 2.4., that roller doesn't, the small soft finger, just like a soft cotton moist swab, can be far gentler than a plastic roller. How easy is to clean the roller support? Roller support, plastic piece can't be disinfected before expression, plastic too rough (blurry 2013 video, pic pretty clear) to reach bottom of glands without scratching eyeball? ☺☺☺

4. The final and most *dangerous* way to do it, which I would never even try is moist (sterile artificial tears, saline or hyaluronate or oily that glide super-easily) silicone q-tip plus doctor finger (avoid it, even if IPL inventor Dr Toyos does it, *the q-tip can't be thin enough to go to the bottom of the gland, so it pushes some infected meibum* downwards *as you move q-tip upwards, creates too much of a gap between eyelid and eyeball that irritates both eyeball base and eyelid, swab being too thick, and spreads infection from top areas, doctors don't disinfect hands well either) or* another sterilized silicone q-tip (US tested/designed silicone tip, more comfy than any cotton disposable applicators, so soft on skin, so hard to sterilize properly though...) or STERILE silicone q-tip (not $ store nonsterile cotton swabs people use to remove ear wax), *which is often used to enable going from bottom to the top of the gland, but cotton will get fibers inside the*

eye, so bad idea; to make the q-tip less bulky, one could buy a flattened silicone q-tip (they got them on Amazon) to use like a disposable "Mastrota paddle" that is tinier, smaller diameter and easier to work with without having to pull eyelid so much out of its normal alignment, without being so tough as a metal, enabling higher gentleness with the tissues; doctor or genius researcher could try it experimentally for 3 seconds first, then if fine, do another 3 seconds next day, etc, develop new protocol and tool, like a mini Mastrota made of plastic easy to sterilize with ultra soft round silicone (or new material that glides easier than any now) – *not cotton since fibers get into eyes*, 50-80% thinner than q-tips and thinner than Mastrota, with another such special tip used to press exterior maybe to allow far more flexibility than a forceps allows, and give an option to those with big fingers or who want higher sterility than MD hands).

5. MG Probing or MGP☺☺☺ is the most invasive and scary procedure using 76 micron probes used only to pierce keratinized orifices of 100% skin blocked glands with special needles, but this is a lot better than referring people to excision for chalazions because the OD didn't want/know to unblock the MGs first using 2.1. to allow easier drain of the chalazion/stye located far away from eyelid margin, or using 2.4. or 3.0 in combination with 2.1 if the stye is near the eyelid margin to prevent infected pus being pushed down the gland. MGP is only needed for very rare cases of keratinization due to various forms of vitamin A acne products or A ointment/eyedrops with degrades vitamin A, that facilitate MGs orifice keratinization. MGP can be upgraded to high tech to see exactly the gland that is the stye or chalazion and unblock only that. MGP is done by MD drmaskin.com or his mgdi.com Tampa, FL for $6000 (probes are cheap, see below, so you don't need Dr. Maskin) for both eyes, physician assistant of MD Ragen does probing: new or Enegren (MMS PAC, *not MD or OD*) in Camarillo, CA (Ventura Eye Institute veiurgent@gmail.com for questions, they charge 250 for consultation, 600 for meibum expression and more for probing, so 10x what others charge), or 10 min with MD/LASIK Surgeon Gulani in Jacksonville, FL (2 min clip). MD Maskin got clinical evidence for probing. MD Maskin explains in this 1 hour video how he does the MGP and how meibomian glands produce oil and oil tries to come out, but patients develop fibrous tissue that blocks the gland orifice, and then the eyelids become painful due to this pressure buildup and patients feel amazing when the 'needle' probe is removing the fibrous tissue and oil starts to come out, leading to equal pressure. Dr. Cremers explains the MGP use for regenerating regrowing the meibomian glands using stem cells inside of the glands and 30 other methods to treat dry eyes. She does MGP too, and her channel has more videos for the curious, she charges $460 for dry eye consultation, 4x more than others.

The one odd thing about Dr. Maskin and the other 30 MDs who follow this probing protocol is that there is no standard clinical way to take a pic of the orifice and see the fibrous tissue and know like black and white that this is blocked or not blocked, or "expression won't unblock it", etc, it's more of a Wild West, so there is always a risk of too much probing and infection of one

clean gland from a "dirty" one, etc if they don't sterilize the 1,2 or 4 mm probes between the 20-40 glands they probe. So, only the glands that are dead in LipiView meibography make sense to probe and maybe add your own serum stem cells, etc platelets etc, as Dr. Cremers/Maskin say. MGP as done today by most has 4 steps: expression of glands done after 15 minutes anesthesia first (this is not a 30 second expression doctors do with q-tips, takes 1 hour), then gland probing 30 min, then gland dilation, then gland expression with forceps, then steroid use for the most extreme cases where the simple expression doesn't work. Well, having seen above the catastrophic way they do even MGs expression, we can be certain those doing this will often combine the worst MGs expression and probing to infect all clean glands; thus only do this with someone you trust and that projects what is being done on a screen and uses no anesthesia, so you know when they probe in vain (off the orifice) and are not careful. They need to use this to drain styes and chalazions caused by MG swelling, MG blockage, when regular MG expression fails to unblock and drain the chalazion/stye, instead of excision of the inner eyelid that does so much damage. It's good, if you ever have a stye that you never can drain (after trying warm compress, etc) etc cure yourself, to ask OD to get the probes to drain it himself after unblocking the gland. They need a better hi tech camera to magnify the eyelid more and show where the probe needle is going with needle the size of a human finger on a computer screen behind the patient that the doctor can see perhaps, so they only puncture areas of the orifice, not anywhere else, since going around will only cause damage to nearby orifices and new infections.

The needle of the special tool, the probe, needs to be clean, so who will line up 20 clean such probes, sterile and do it correctly? Nobody.☺☺☺ You need to wipe out everything too right away before going to the next probe. We have yet to see, online, I have never seen, a really clean and safe probing done; you can probably do it much better at home after you study everything, but need those tools only MDs gets. Florida MD S. Maskin developed this ► BJO 2018;102(1):59-68; this is a very risky procedure (especially for people with severe blood vessel proliferation in the eyelids, inside or outside, the typical ocular rosacea patients who benefit from "eyelid only with corneal shield IPL", since the Maskin probe is not sterilized after each insertion into the 25 orifices fully and bacteria from one gland could infect a burst blood vessel that invaded another MG (you can see blood in some videos coming out, because it's not an advanced AI guided tool that is flexible and adapts the shape of the MG (as it may become in 150 years, like LASIK, ultra computerized) to make sure no blood vessel or other tissue is destroyed, recall how IPL treats and closes blood vessels that invade the glands?) and cause some serious infection in the eye and body; it's probably more like IPL, the one method tried after all the other 90 methods are exhausted and only feasible for people with minimal vasculature inside MGs to avoid bursting and then local bacteria infecting the eyelid (even if they would sterilize the probe after each insertion, it's still risky, since antibiotic used afterwards

may not work). The reason I wrote about this about the scary probing method (done even in Beverly Hills) is to understand that MGs expression is not as simple as it sounds if there is serious fibrous tissue blockage; one MG expression after warm compress may not unblock, one may need many expressions to avoid the scary probing method, see the 30$ devices (OD can order it for you if he trusts you, but probably they won't order these for most patients) used to probe (76 microns). Attach phone to microscope to record video. ☺☺☺

11.17.7.3. LipiScan, LipiView reviews; MiBoFlo, TearCare methods damage cornea via heat, and the OD does a rushed MGs expression that induces vast stress (all lipids gone for 2 weeks almost), is 20 times more likely to cause infection than doing slowly an at home (over 2-3 weeks) MGs expression since one infected gland can infect all the other open ones, many ODs don't even use antibiotic and some love to kill, this being their job, as military (disguised as civilians) doctors of a noneterni military; the safer LipiFlow alone doesn't heat the cornea; yet, LipiFlow can infect eyes, if OD doesn't clean hands, needs to be done 50x at 600$ each, 30,000$, before real change happens in mild MGD, LipiFlow can push infected oil into the lower MGs end, so even LipiFlow is not safe. Before you do risky IPL/Q etc and spend 8000$, more than a car, try MG expression, because doctors don't know/tell all, as the video series on heart stents explains.

1. LipiView or LipiScan + LipiFlow, 2. MiBoFlo + MiBoCam, 3. TearCare + Keratograph 5, 4. iLux + any Meibograph, 5. IPL (red light or Q) + meibograph are 5 tech based ways to cure dry eyes due to low lipid tears ***without artificial tears toxic chemicals, these techs are described below.*** **Red/dry eyes are often caused by meibomian gland dysfunction MGD (MGs were discovered by Heinrich Meibom in the 17th century, MGD was discovered in the 1980s, meibum has 600 lipids). MGD is present in 86% patients with dry eyes (being the main or only cause for a large % of this 86%), the oils get thick (due to reasons listed in the first section) and plug the orifices of the glands. MGD causes the tear aqueous layer to evaporate, as the lipids no longer protect the aqueous layer, so the eyes get dry. CO 2018;37(4):426-30 shows shocking pictures of MGA (MG atrophy) in kids; they found 42% of children have some degree of MGD, while other studies found 72% of adults have MGD; you know, we're taught that atherosclerosis starts at 40-50, but it starts as a fetus, same with MGD, it starts way sooner than 40; perhaps, eating oxidized cholesterol, high AGE diet, can increase oxidative stress from sunlight and increase chance of MGD. Eye care starts at age 1, if we eat bad, we get MGD as a kid faster. This is bad news, since MGD can cause severe inflammation of the eyelids and eyes over time, going undiagnosed for 20-30 years (it's not a routine thing to check MGD, some never have an eye exam in 30-40 years); this is the first study of MGD prevalence in kids, showing a way higher incidence than assumed for decades; the authors suggest screening kids for MGD,** ***(since 2009 this is easy, using LipiView for the first time in history) which makes sense,*** **if we want to live to 200,** ***we need to detect MGD decades before it's so severe the atrophy is irreversible; so perhaps, LipiScan would***

be required for every eye exam and green card medical exam (to inform people of eye issues, for productive citizens of Eternia). Kids are not always wearing sunglasses, allowing UV to completely destroy meibomiam gland orifices, increasing eye oxidative stress, destroying the glands and ocular surface too. 1.5 billion people have some form of MGD, but they won't know it until it's so advanced that it causes dry eyes, with glands harder to regenerate as explained at reversibility..atrophy. 620-770 nm "red light (penetrates) up to *6 mm*... LED blue light (*400-480 nm*) (penetrates) *1 mm*" ► PO 2016;11(6):e0157898.☺ See this penetration nm table. Blue light damages MGs*/orifices*, being near the high energy UV; we stare 11 hrs at screens daily, screwing our eyes, as no blue light filtering is used.☺☺ The skin cancer section has UV link to short human lifespan. Even UVA 341 nm light penetrated 0.135 mm into the skin, *enough to destroy the gland orifice* ► JBO 2008;13(4):044030. Healthy MGs stem cells will help regenerate atrophied glands.

11.17.7.4. NuLids *(high magnetic , electric field,* not safe, I would not use it)

Some use NuLids device at home (295$ on Amazon, 15 seconds per eyelid, upper, lower, left, right, so 4*15=60 seconds daily maximum; turns off after 15 sec to avoid damaging the eyelids, if using silicone sterile q-tip at home*, also do 15 seconds only, to avoid damaging eyelids*), especially useful in avoiding paying $150 for each visit to do a BlephEx treatment, this way you do 300 treatments for only $500, not $45,000. Please DON'T USE *NONSTERILE* $ store cotton swabs, wash hands first, moisten with sterile eyedrops only or a foam cleanser like Cliradex, *not tap* water. Avoid cotton q-tips as tiny fibers get stuck on eyelashes and hen get into eyes making *them red*. Avoid stuff like Medline 6 inch 200/8$ or 3 inch 2000/40$, or 6 inch 2000/41$, 3 inch 200/10$ Dukal, *even if optometrists use them today at those 4x visits a year, but you do this many times daily, not once a year, so* you would get endless fibers into eyes. For most people 3 inch (the only size for silicone q-tip anyway) is more than enough since it allows being much more precise *(you can hold the whole tip in your palm, you can rest your hand on the face to diminish unwanted moves that may scratch cornea, allowing perfect dexterity, while that is impossible with the 6" which has to go outside the palm, limiting the angle of rotation and making it harder to rest hand on the face)*, gentler and safer. You can use the one with ridges (not the bumpy one since that one is impossible to clean easily with an alcohol pad) to do meibum expression and massage and the all smooth one to place ointment or clean eyelids with eyelid foam like Cliradex. *For self-cleaning 3 inch is easier, for a doctor cleaning with 6 inch is often easier, if he uses microscope too and 3 inch is clumsy being too short or for some non-eye applications; that's why the doctor often has 6 inches q-tip.* The Q device also uses sonic vibration and the Q device section explains why the NuLids indirect method may be unsafe, and why I don't think I plan using either indirect NuLids or Q device (I used Q device 4 times before I realized this potential issue). NuLids indirect (exterior) is going to be very harsh on the blood vessels on some people's eyelid margins, so then the direct NuLids method (interior) is the only

option *(this requires extreme attention, sitting may be best, to avoid touching the eye with the tip, a see thru corneal shield can make it even safer to use the direct method, without ever running into the risk of touching the eye)*. NuLids could just sell some corneal shields that are reusable and washable to get around this issue, same for the Q device manufacturer. *These shields would have to have ultra rounded and comfortable edges and be custom for the use eye size, which means the use would be getting a custom shape based on a 3d printer that takes picture of the eye for perfect fit, or at least create 500 types of corneal shields, for the main 500 types of eye sizes and shapes, if creating individual one each time is too expensive for some people (still can be an option)*. Q device is sort of an indirect NuLids with Light combined, but far gentler than NuLids, because it doesn't rotate and agitate the glands too much, causing them to dilate and bring inflammatory cytokines (*Dr. Toyos explains in his "Dry eye disease" book that lid scrubbing (thus NuLids too, which is even worse than lid scrubbing in terms of agitation and pulling at collagen there) is not recommended by him for people with abnormal vasculature around eyelids, since it can make things worse, increasing inflammation and* MGD. ☺☺☺

The $295 price sounds high (see why here), but all techs come down in price over decades, the 1970s solar panel was 400 times more expensive than in 2020, the first customer acne light device was expensive, now it's $20 at RiteAid more on Amazon, the Q is now $495, but it may be $50 if they perfect it, make it safe, etc. That's why I bought the Q device myself to check it out, and not NuLids, since NuLids sounds like being so rough with ultra fine gland orifices; but Q has its own issue to vibrating the conjunctiva and cornea slightly, because instructions say 2-6 minutes, but NuLids 15 seconds per eyelid. Then upon reading about this, I'm even more skeptical of lid scrubs (always thought they're too rough for the fine tissue without a good oil that can't BLOCK or damage the glands, but how can you find such an oil or scrub solution, it's all a guess game, since we're all different. Just be aware there are risks with NuLids for people with ocular rosacea or abnormal vasculature around eyelids, better seen with a 30x magnifying glass or 20 x mirror. *NuLids with $180 treatments (tips) is only $369, versus paying $24,000 for 180 visits.* NuLids was released in 2018 and it led to discontinuing eyedrops in some cases, it's maybe a good device after using LipiFlow or iLux to unclog glands professionally, see NuLid video for more. Sterile q-tips on outside eyelid, pressing a little downwards or upwards to get oils moving towards orifices is fine, but inner eyelid requires extreme care to not scratch the cornea or the gland orifices, so avoid q tips over MGs orifices.

The cheaper alternative to *NuLids (can be as effective if you rotate q-tip manually a little, and way safer as no electric/magnetic field to destroy the whole eyeball and no light) is to buy on Amazon a* reusable US tested, designed amazing ultra soft (way softer than the cotton ones or our finger) medical grade silicone or cotton (pack of 2000) q-tip *(round shape for easier use) if sterilized in 65% alcohol, sterilize it, use the flat (not rugged one) to clean eyelids. These*

silicone/cotton swabs made moist with sterile saline, can also be used to gently do meibomian expression, by gently gliding on the eyelid downward and upwards on the eyelids to help oils push the clogs, after warm compress; *although if you lie down in bed, and your hands are clean, you can express a little too the glands with eye closed,* touch the eyelids and exert almost no pressure on eyeball, as you focus on the edge of eyelid; *the advantage of silicone q-tip exterior meibomian stimulation (unless you figure out how to sneak it small finger without lifting the goggle and compress much) is that it allows you to sneak the q-tip under the rubber goggles (that still got the warm CVS type compress on top) while the moist heat remains there, while if you do it with the hand you lose all moisture in seconds since you lift the goggle too much; this prolonged heat and moisture allows easy gliding and when finished on lower lid, which is the worst in all people, you can do the upper ones in a few seconds, using the fingers, as those are huge and the cotton tip will take eons to cover and stimulate the whole upper lid, plus* cotton is the *worst* idea as little cotton fibers get stuck into your eyes making them red*, mixing with ointment and taking a while to notice or remove sometimes; the* eyelids will be totally wet when you do warm compress the "goggles in between for huge air moisture condensation" way I use*, which is 100% different than dry heat of electric masks or semi-moist of normal CVS-Bruder compress that "tortures the eyeball pressing it"; because of this, the* sterile *silicone q-tip would glide very easily on the closed eyelid and allow to express just like finger does,* perhaps much better with practice *than the* classical meibomian massage *as it applies far less pressure on eyeball than the much bigger finger. Presumably, with practice, using little finger, you can get closer to the minimal pressure a q-tip* would *do. Silicone swabs are way safer, because* cotton pieces can get stuck into MG orifices and clog them. *NuLids silicone tip can't do that clogging. NuLids or silicone swabs can clean the inner or outer eyelid. NuLids may be better because conventional eyelid scrubbing can be too much pressure on eyes (even if you do hand massage on eyelid trying to mimic NuLids or do 1 minute meibomian gentle expression by gentle strokes upwards and downwards, more pressure may be applied on eyeball, not a good idea) as it's not timed and you don't realize and too much pulling of eyelid off eyeball to get that silicone swab can happen if not careful which may cause serious issues: eyelid no longer sitting perfectly on eyeball. But* sterile silicone q-tips *a*re fine on the exterior of eyelids, which are far dirtier, since the lysozymes that kill bacteria, present in tears, don't wet the outer eyelid, only the inner one. Silicone swabs are better for those who can't afford NuLids for inner eyelid, the ultra fine area that has the gland orifices and which we don't really want to mess with with dirty cotton swabs or clog with cotton. ☺☺☺ We apply a foam *(*Cliradex for example*),* on the NuLid tip or sterilized silicone swab *(disposable cotton swab is way safer, use only once to avoid infecting the eyes, unless you find a really super effective way to sterilize the silicone ones, hard to confirm without a super microscope you really did a good sterilization job, since you need to see all viruses too, way tinier than bacteria)* like doctors use Cliradex on the tip *with BlephEx, and* we clean the

inner eyelid, which normally we never clean once in our lifetime, *just like for millions of years people never did one deep dental cleaning until recently to remove stuck bacterial biofilms.*

NuLid or silicone or cotton swab is not really going to unclog anything major though, just keep the top of the glands unclogged (perhaps unclog a tiny clog close to the orifice if we preheat with warm compress, not a major clog that is long), since to unclog big clogs, we need a lot of heat and mechanical pressure from the bottom of the gland to the orifice, like meibomian expression with STERILE silicone q-tip against the finger or doctor's office expression. NuLids or silicone swab can keep orifices unclogged once the doctor unclogged them in the office, if we do it daily or at least once a week or two, when our MGs health is improved. Silicone swabs have another advantage, they use far less Cliradex foam, as they don't suck 30 times more as cotton swabs do. But you can just use a round MG forceps set for that foam massage, and those are 100 times easier to sterilize properly than silicone swabs. And they're gliding easier on the eyelid, being less abrasive and irritating than cotton swabs. For these reasons, NuLids or silicone swabs are way better, since the purpose if to move stuck oils, not to destroy the collagen skin layers by abrasion. 1 min NuLid session is like blinking 1000 times, so it really stimulates the MGs.☺☺

iLux device was released by Alcon (Novartis subsidiary) Feb 2019, (actually in 2018 by Tear Film Innovations which was acquired by Alcon) 7 years after LipiFlow (they got 510(K) FDA clearance in Dec 2017), possibly in response to the failures of LipiFlow and its 5-10 times higher cost (10 times if LipiView comes with it); LipiFlow has one main disadvantage: it applies one "size fits all" which doesn't work since eyelids are of different thickness and oils melt at different temps, some at 41.7°, others 42.0° others 42.2°C. iLux is more work for the doctor, but it allows doctors to see when oils come out and if they really unclogged the glands; one can do 10 LipiFlow treatments and still not apply enough pressure to unclog a gland, missing the chance to save a gland from atrophy; LipiFlow is like the first car, which was almost like a chariot, it's not the LipiFlow of 100 years from now. So don't expect a huge thing to occur; buy a 20x mirror and gently press with sterile silicone q-tip like the doctor does when expressing the glands in the office and stimulate them gently, make sure oils are clear, not milky and do warm compress and eye hygiene, etc. With LipiFlow, the doctor has no clue what happened, he just walks away while the patient is there. But LipiFlow is currently perceived as the safest and as some MDs called it before iLux came "the only sure fire way to treat evaporative (lipid layer gone, so water evaporates) dry eye". COh 2020;14:405-18 found 5K Feb 2019 iLux is as good as 30K 2011 released LipiFlow (iLux results are highly dependent on the skill of the doctor, has slightly more adverse effects, which is not a factor with LipiFlow, doctor can adjust where to express gland in areas of highest blockage with iLux giving iLux an edge perhaps in terms of fewer treatments; but iLux is more painful and requires a lot more work from the doctor). We can't wait for glands to unclog in 3 years at LipiFlow #4 (since they will atrophy by then), since at home you can't do it

well and safely without heating the eye a lot (not good) and pressing on the eye (not good), unless you got a doctor friend who has medical grade tweezers from Amazon and does some gentle expression for you, or you use sterile q-tip behind eyelid and then finger to press against it (not easy to do on yourself, since you need head to be very fixed (chin sitting on something and also the forehead needs to lean against something, while allowing mirror view, as in the doctor's office), see Dr. Toyos doing it on others, which is a lot easier than doing it on yourself).

Another heat based tech is MiBo ThermoFlow (or MiBoFlo in some pubmed papers), official 2 min clip and 3 min from mibomedicalgroup.com, 5 sessions for $500 (vs $500-900 for 1 LipiFlow session), usually, but I called an office and they do 26 sessions of MiBoFlo, 1 year every other week of 10 minutes per eye meaning 26 sessions of 20 minutes each for only $900 (no gland expression afterwards), ☺☺☺ so you can actually focus on the eyelids (lower usually temporal-central) that are most affected. With warm water in ziploc bag, you can reach the same temp as MiBoFlo treatment reaches, so I'm not sure if it's really worth $500-900, at least LipiFlow squeezes also the glands without heating and damaging cornea by extreme heat, so if you do it for $600 you did some squeezing when it's really warm. The ultrasound gel (propylene glycol used in processed foods, cosmetics, antifreeze) of MiBoFlo is a known allergen, what if it causes irritation of some MGs and cancels the benefits of heat which we get from home massage after 5 min of heat and during electric warm compress? MiBoFlo is by far the cheapest/greenest among the "expensive options"/session, nothing disposable (except the ultrasound gel), see 5 min testimonial of Dr. Kislan talking about LipiFlow failing at times, and 4 min testimonial showing thick paste coming out (instead of clear oil), and 3 min clip showing for 2 seconds that the device was actually used to massage/heat the inner eyelid too, (the single unit used here too, *so they could heat the inner eyelid and then use a forceps, Q-tip or finger to express gland at the same time against the heating paddle, achieving the same level of expression or even better than any of the existing devices if the doctor doing it is careful, since he can focus on trouble spots way better than* iLux *even*) unlike TearCare, for lower eyelids being very easy to heal the lid, if doctor really wants. Many doctors do BlephEx first, before the 3 sessions of MiBoFlo (1-2 weeks apart) each followed by MGs expression with the forceps, blephex.com explains it's a cleaning of biofilm on eyelids (inner and outer, that has accumulated over years); sort of like deep dental cleaning. You can clean eyelids at home too, using Q-tips, washcloth, water, or Cliradex, etc. MiBoFlo is similar to TearCare (the official 5 min video), both sort of similar to iLux and LipiFlow, but with Mibo and TearCare using exterior heat only (unless the doctor is creative with MiBo, external only is not ideal, iLux is much better as it heats the inner eyelid also). TearCare uses forceps (smoother forceps than the Amazon ones), as pictures show on tearcare.com, to manually express the MGs, so that oils come out after heating, the issue being that expressing a 25 minutes later means many oils resolidify and won't come out in some "thick oil patients". ☺

Another device, least known, used in conjunction with the heat based LipiFlow, MiBoFlo, iLux, TearCare, etc is the Holbar Medical Group made EyeExpress, an FDA approved device for warming eyelids; this "warm mask" heats up to 110°F/44°C and then doctor manually expresses the glands, sort of like TearCare, MiBoFlo, just higher temp as it doesn't touch eyelids. CRO 2017;8(1):7-12 explains only LipiFlow (in 2017, before iLux *which heats up inner eyelid came along in 2018) heated up the interior of the eyelid in 2017, i.e. melted oils effectively (*Bruder mask, MiBoFlo failed to reach the 42°C required to melt oils: 38°C was max of Bruder, 37°C max for MiBoFlo, vs 42° for LipiFlow*), but after all, what matters is if it cures dry eyes or not, and* MiBoFlo allows using the single device to warming the inner a little too if doctor really wants, being WAY cheaper and possibly, for many, as some doctors say, way better than LipiFlow. Since the paddle is heated to 108°F only, the inner eyelid where meibum is won't reach that temp (due to the loss of heat in the gel and blood vessels and skin of eyelid), unless they take special care to use it on inner eyelid (most never do that, not the techs, only a doctor would do it). Because of that, for some patients, who have stuck oils that melt at 108°F, not 100-106°F, MiBoFlo, TearCare will be less effective, while for others, due to custom ability to focus all session on one area of the lids, e.g. temporal lower lid, it will be much better the LipiFlow. So, each tech will be best for one situation, depending on what the issue is, what the pic of the glands is like, what the oils coming out are like (thick or liquid, etc). If temp sensors are bad for LipiFlow or iLux, we're out of luck, so MiBoFlo allows the doctor to see in real time, while heating the inner eyelid, if known to be clogged glands produce meibum *(if they would ever use forceps, Q-tip or finger in conjunction with the paddle, few doctors would do that, paddle on inner eyelid being "half of forceps" and a forceps/Q-tip or finger would be the other half on the "outer eyelid" to create a gentle pressing while heating)* and achieve superior performance in extreme clog or atrophy cases where thick paste comes out at normal temp. If oils are usually liquid and atrophy exists, it may have been there for many years and unclogging was achieved at even 40-41°C, one has to avoid the chemicals, makeup, creams, EMF, artificial tears, stress, etc, UV, etc that caused the clogging first and maintain gentle heat daily perhaps to prevent further clogging or atrophy. Even with iLux doctor can see meibum coming out, but it's harder to warm for an extended period one tiny section with iLux, vs MiBoFlo. That's why a good eye clinic has all of these and uses a variety of tools when one fails. ☺☺☺

Don't really need numbing drops as they're so toxic, pH so low. MG expression ought to always avoid numbing *so if MD makes mistake, you tell him to stop*. Good doctors will use these special round edges tweezers to express glands *(*similar ones are 12-26$ on Amazon*) after LipiFlow, MiBoFlo, as in the TearCare protocol, in case the LipiFlow failed to unclog all glands (happens so often.,* the LipiFlow doesn't image eyelid like iLux does, doesn't allow doctor to see which glands had oils come out while it is pressing and heating, doesn't use AI to calculate its effectiveness at

expressing, and comparing automatically Lipid Layer Thickness, Tear Break up time, Tear meniscus height before and after 12 min treatment and at 1-3 month followups, etc, images of which glands expressed and which did not, high resolution image of oils and things in the gland, etc – LipiFlow has a long way to go*), since only iLux machine allows perfect manual expression without tweezers.* iLux is improving, getting meibography like MiBo and LipiFlow too: "Alcon recently received clearance from the FDA to market the new Systane®iLux2® which will combine: high-resolution digital visualization, recording and media storage; (thermal pulsation system) a built-in near infrared meibography camera; and, white light surface imaging into a single, handheld, portable device" becoming better than LipiFlow LipiScan combo, presenting serious pros over LipiFlow without any cons existing now (less imaging). If your doctor won't do that special forceps *($15 on Amazon) manual expression (not the Q-tip 5 second one of pressing on the eyes, but the much more involved one with tweezers or finger pressing on outer eyelid against silicone q-tip placed behind eyelid) to see before and after effect of LipiFlow, it's not even worth doing LipiFlow for many cases.* The 2009 released 30K LipiView has superior imaging of the glands (500x magnification, measures if tear lipid layer thickness is unhealthy 10-60 nm or the more normal 70-150 nm, see this 8 minute video with the thickness,(do not pinch eyelids as the Berkeley optometrist lady shows, since it may damage the glands, only do regular massage; pinching eyelids can stretch eyelids and cause them to not sit perfectly tight on the eye, leading to exposure keratopathy; *even blinking often releases oils, since this is what glands do, they release oils upon blinking; so can blink a lot when eyes are super warm from compress to hydrate and lubricate, you will notice tears often form during warm compress massage and blinking fast, without even yawning*). LipiView, MiBoCam, LipiScan and other similar imaging devices they use with *iLux*, TearCare, *IPL*, etc *(there are a few fancier or as fancy as LipiView, like 20K* Keratograph 5 for topography and dry eye analysis used by IPL offices, see 2 min youtube on it here*) are the* scientific ways to diagnose MGD eliminating doctor (*not hacker placing fake pics*) errors (all who have LipiFlow got LipiScan or LipiView too). There are 70 small+big glands/eye, 25-40 on upper lid (5.5 mm) and 20-30 lower lid (2 mm)). "LLT < 60 nm was classified as thin and compromised, 75 nm as marginal, and > 90 nm as adequate and thick" ► IOVS 2005;46(13):4444.

Many people don't know all these things in this chapter☺☺☺, *so they waste time and $ on LipiFlow, MiBoFlo, TearCare, BlephEx* not knowing about NuLids, Cliradex, warm compress, moisture masks, gland expression, and the Q device, and if all the 20+ things in section one failed, they don't know about IPL, *which may be, if done safely, with corneal shields, etc, more effective than LipiFlow, MiBoFlo, TearCare heat based treatments (the heat methods can be mimicked at home via warm shower, gentle eyelid massage using the small finger of the left hand (if right handed), since that finger is the cleanest of all 10), warm compress + gentle eyelid massage 'expression' using sterile q-tip moist with sterile saline).* My first and last ever LipiScan

(same as LipiView, just 25K cheaper, without lipid layer thickness) picture looked scary with heavy real blockage of MGs of the lower eyelids (upper eyelids fine)*; the lower eyelid having more damage is standard for most people, and easy to explain, since gravity causes junk that is caught by the tear film while we walk to be pulled downwards by gravity and settle on the* MGs orifices of the lower eyelids (plus shower water that is warm massages and heats mostly the upper eyelids, while lower eyelids are shielded from warm water by the eyelashes and closed upper eyelids, with only nasal third of the eyelid getting more warm water as it runs from the nose downwards, and that's what we see in *all people,* lower temporal and lower central MGs *die out first,* being 2.5 times smaller than upper glands and easier to atrophy, *much less warmed/massaged by shower compared to the rest, warmth essential for unclogging solidified oils due to hormonal or diet fluctuations, stress, etc; that's why when in the shower, you can let warm water reach lower eyelids too and massage them a little upwards to express some oils and let them come out if you ever saw picture showing clogging; however, be careful and only do this a little, 1-7 days a week, and after doing before and after evaluation of eyelid, since too much playing with it could cause eyelid to swell);* this was actually first time in my life (2020) I went to an eye doctor and they looked at my eyes with those big lenses, since I never had issues, except very dry eyes in 2020; since 42% of kids had MGD of some degree, per that paper above, if genuine paper, MGD may be very common after age 30; it's also possible that some artificial tear ingredients I used 2015-2020 may have sped this up (redness relievers contricting blood vessels, starving the glands of nutrients and atrophying them, or causing irritation that closed the orifices; *I'm like all, first I used eyedrops twice a month, then twice a week, then daily, then twice a day, then gave up and did what is in this chapter after researching, as drops stopped working)*. For countless people, LipiFlow, MiBoFlo, TearCare didn't make any difference on lower eyelids atrophy after 1-3 months, as seen on LipiScan or other meibographs, due to people not doing the warm compress home perhaps with peculiar intensity, not using moisture retaining masks during day and night, not scrubbing eyelids with Q-tip or NuLids, the 20+ things in section 1; the doctors often don't take pics of upper eyelids the 1st time, only 2nd visit when asked to, but some are nice to let you take pics with your phone of the meibograph images; doctors may forget things and you can remind them to take pics of both upper and lower eyelids. ☺☺☺

LipiFlow (but all other techs and warm compress can do it too) was reported in other small studies to even help atrophied MGs to come back to life, something unheard of before (once dead on LipiView, they were thought of as dead, sort of like "no new neurons" or no "new fibroblast" myth; it probably depends on how long it has been since "death" of glands). These techs or even warm compress at home can help even when *meibograph* shows glands are OK or so-so (still could be partially blocked even when lipid layer thickness is OK), because *meibograph* can't magnify 10+ million times to see which of the 700 components of the meibum (gland

secretion) get stuck and which get out in every one of the 140 glands, and it's the lipids, proteins eaten or blocked by bacteria or dead cells or whatever chemical systems abnormal stuck in there (needing mechanical dislodging) that could be the key to downregulating the inflammatory cytokines and ending red eyes or dryness These are all new techs (2000s onward), MGD was discovered in 1980s only. Water tears, the aqueous layer with nothing else, are easy to make,☺☺☺ via drops or yawns, but those 700 chemicals in meibum we can't buy and those are vital to eye health, not just preventing water evaporation. LipiFlow depends on doctor aligning the eye stuff properly and gadget heating it up at the right temperature (if software error and it is below that it's useless). If that thing doesn't grasp the eyelids very well, it may be only 20-70% as effective. Make sure that the pulses are felt on both lower and upper lid, maybe ask for no numbing eyedrops so you feel better if the LipiFlow machine works properly. Not all doctors want to do a very good (rushing to get some place, etc) job, so it's good to know what he's supposed to do and make sure he does it if he forgets or avoids doing it. The dead bacteria and gunk coming out after LipiFlow, MiBoFlo, iLux, TearCare, IPL can increase inflammation if not removed fast, so it seems safer and ☺☺ *gently* kinder☺☺ to generate tears, so they carry junk into the nasal drainage duct, if MD doesn't wipe eyelids with a sterile q-tip after a treatment.

IMPORTANT ►►► Try, *before* leaving *office* from your $30-60 consultation or $500 MiBoFlo, LipiFlow, iLux, TearCare or IPL *you get from the doctor* *7* things: for each eye: *1.* TBUT (*Tear Break Up Time*), longer times would be for the drier eye usually, so you can know if doctor is making numbers up or not), *2.* TMH (*Tear Meniscus Height*), *3.* LLT (*Lipid Layer Thickness*), see info/pics on TBUT, TMH, LLT at BMCO 2020;20:394, *4.* meibograph pictures of each eyelid (blow up the pictures from his screen, and take clear pic of the 2 halves of the upper and lower lid of each eye, so about 8 pictures total). *5.* oil color (clear is ideal, whitish/yellow bad, thick toothpaste like worst, liquid ideal) during expression of glands (this you can see at home a little too) with finger/silicone q-tip *6.* position of gland orifices that don't secrete oil *(because this is not always the clogged glands only on meibograph pics, it can be some that look healthy)* *7.* movie of gland expression if possible. *Some pics you can do at home by using a* powerful Amazon lens 30x and placing it in front of your phone back camera while you look in the mirror, with camera pointing at your eyelid (light turned off): this is especially useful for IPL to see how many blood vessels are on the lower eyelid causing inflammation cascade out of control, since IPL is meant to remove those after 2-4 office visits. Others use warm showers to soften stuck oils (they melt at 42°C or 108°F), but not always working well if you heat eye too much and it doesn't really heat the back of the eyelid easily, plus chlorine, junk in water can increase eye oxidative stress; but a brief 1 min shower can be good for the eyes, like a warm compress, I do massage eyes gently with each shower, at least due to needing to wash off soap. ☺☺☺

Perhaps *every RiteAid and CVS store will have these techs, so as people monitor their blood*

pressure, they can take picture of their MGs once every 5 years (so no abuse of meibograph) and also LipiFlow (or MiBoFlo, iLux if LipiFlow fails to unclog), good free electric warming eye mask replacing stone age compresses that bend the eye, night moisture retaining mask, daytime moisture goggles for severe cases, IPL for free once every 5 years, *included in every California insurance plan for those who ask, meibograph pics required at any physical exam, since meibum secretion is critical to long-term (200 year) eye health and quality of life, job productivity*. If iLux, IPL, LipiFlow and warm compress reverse blockage and atrophy well in many people, FDA could give a 1 billion grant to USA iLux, IPL, LipiFlow, etc eye *doctors to bring iLux, IPL, etc (see advatages above vs LipiFlow) or* LipiView LipiFlow (require Johnson & Johnson, Alcon, etc to recycle 100% of disposable eye warmers, sterilize them properly and be green, cut costs, allow same patient to reuse eye warmers 40 times even after sterilization at the office) *to millions of Californians who have poor eye health (dry eyes at least) since they don't know* their MGD starts at age 5, getting worse with time; we can do it without artificial tears (4 chemicals are electrolytes from lacrimal gland: NaCl, $MgCl_2$, $CaCl_2$, KCl; 2-3 may be from meibum: phosphatidylcholine, carnitine, etc; 2-5 may be synthetic chemicals not in tears that irritate), *treat the cause of dry eyes and many eye diseases ► the lack of meibum with its genome custom made 700+ lipids, proteins, antibodies*. If glands are 90% blocked or atrophied, temporarily using some non-preserved drops with HA (hyaluronic acid), fats and B5 could be good (if not allergic to the tear brand you got) if you don't make yawn tears often & blink often, so lipids from OK glands can protect the whole eye, via tears spreading the lipids. HA may prevent meibomian atrophy.☺ Immortality *Nurturing* Agency would ban the sale of any makeup, cream, eye tears that got no 5 year safety study that it *doesn't cause* MGD. ☺☺☺

11.17.7.5. Osmolarity

The TearLab Osmolarity System device is a way to measure osmolarity of the tears (50 nanoliters of tears used only) to add another scientific marker of the severity of dry eye disease. When tears are isotonic they have physiological tonicity (or osmolarity), about 280-295 mOsm/L or so, so the solution has about *the same amount of dissolved particles as natural tears which surround the eye epithelial cells and therefore neither detracts water from them nor leads to their swelling*. Hylo Gel is isotonic, 280 mOsm/L. I tried hypotonic Vismed 150 mOsm/L and it always causes 'distilled water into eyes' sensation for 5 seconds. The 3 min video explains how a 300 mOsm/L measurement is taken for each eye tears: tearlab.com explains a reading > 300 mOsm/L indicates loss of homeostasis (300-320 mild dry eye, 320-340 moderate, 340+ severe dry eye, 360+ very severe) while the inter-eye difference > 8 mOsm/L indicates instability of the tear film. It's more precise than glucose or cholesterol tests. "smaller corneal cell viability (of PVP artificial tears, see Fig 2) may result from their hypertonicity (319.7 mOsm/L)" ► SPJ 2015; 23(4):407-12, so be careful with eyedrops with Osm values > 300, if there is irritation, stop using

them. The effect of hyperosmolarity on the health of ocular surface is explained in this 140 sec video. Sensors 2017;17(12):2840 ► "tear salinity (NaCl) *contributes to nearly* 90% *of total tear osmolarity*", no wonder saline irritates eyes the least, it *mimics* the *natural* tears the most. 0.8-0.9% NaCl in natural tears or blood plasma is 8-9 g/L or 0.154 moles/L *(9/58.5=0.154)* or 0.308 Osm/L or 308 mOsm/L or isotonic: ***intracellular and intercellular fluids are in osmotic equilibrium when blood cells reside in such blood plasma, no influx or efflux of water occurs***. This 0.9% is a rough number (may be 0.80-0.85 in some) since "Normal tear osmolarity is equivalent to normal blood osmolarity, which ranges from 280-295 mOsm/L" ► IV 2018;32(2):403-8. That's why Refresh Relieva PF comes with HydroCell tech, to hydrate cells and maintain cell volume without NaCl as ingredient, since that way the added tears are hypoosmolar or hypotonic (like Thealoz Duo, irritating due to being too hypotonic?, with 209 mOsm/L vs HydraSense gel Bayer 314 mOsm/L, while the 7 hypoosmolar, <295, drops had an average of 253) and bring eye osmolarity down from the unhealthy high of dry eye. Dry eye patients like hypotonic (low ion count) eyedrops: HydroCell allows them to remove NaCl and lower mOsm/L value to below 286 of the "isotonic" or isoosmolar (286-306) drop brands ► TJO 2019; 49(3):123-9 ► has a table with some Refresh drops being hypoosmolar (<286mOsm/L). When lipids are few due to MGD, tears evaporate, concentrate, becoming salty or hyperosmolar. Osmolality of some common eyedrops "ranged from 154 to 335 mOsm/kg" while Refresh Optive Fusion multidose was 335 (unit dose 276), Refresh Relieva (formerly Repair in US) was 276 ► TVST 2019;8(6):2. Tear comfort is not depending on osmolarity only though ► BJO 1987;71: 161-4. Among drops with 0.4% hyaluronate "hypotonicity showed better effects on corneoconjunctival epithelium than the isotonic" ► BJO 2002;86(8):879-84. A 13 min panel of 4 MDs discuss tear lab osmolarity. mOsm/L means milliosmoles per liter, number of osmoles of solute particles, different than molarity or moles/L. 1 molar (m/L or M in chemistry) of $ZnCl_2$ is about 3 Osm/L. Osmolarity ($\Sigma_i = \phi_i * n_i * C_i$) is the sum of osmolarity coefficient (ϕ_i) * number of ions (n_i) a solute dissociates into (e.g. 3 for $ZnCl_2$) * molarity of solute (C_i, e.g. 1 molar or $6.022*10^{23}$ molecules of $ZnCl_2$ per liter). $\phi_i = (\mu_A - \mu^*_A)/RT \ln x_i$, where μ_A = chemical potential of solvent in solution (μ^*_A of pure solvent), R is the gas constant 8.314 $J \cdot K^{-1} \cdot mol^{-1}$, (R=PV/nT), T temp in Kelvin, ln logarithm, $x_i = n_i/n_{total}$, molar fraction. ☺ Osmolality is mOsm/Kg, osmolarity is mOsm/L, they're about the same for tears. Distilled water is 0 mOsm, so it's very annoying, causes severe eye stress.☺☺☺ Some MDs got the MGE (MG Evaluator), a handheld blue-white plastic piece used to evaluate gland secretions as in this 6 min video. The clip makes it clear a manual expression with forceps, as some doctors do after MiBoFlo treatments, or LipiFlow ones, would be far more useful in clearing clogs and evaluating gland function/state/oil thickness, since some solidified oils won't come out with MGE, only with forceps. MGE applies a specific gentle 0.8-1.2g/mm^2 pressure to the outer skin of the lower eyelid while seeing the secretions through a slit lamp biomicroscope. Ask offices, when you shop around if they got the above things, it shows if they're well-equipped.☺☺☺

11.17.7.6. IPL (intense pulsed light, 590-790nm, not laser, *not gentle pulsed heat of LipiFlow)*

US FDA has approved only one device, OptiLight IPL, for dry eyes, oddly from Israel itself, not USA company, indicating that FDA is 100% in Jewish hands, which is not surprising, given that 80% of males are circumcised in USA, while none in many equally white nations where Jews don't run every government agency, medical school, university, court, state and company. Clots can form due to IPL, so for A blood types, this is very dangerous, if you don't hydrate and thin the blood first with vitamin E, omega 3, proteases, ginger, water, movement, due to A being the thickest, most prone to clots blood type. Avoid taking doxycycline the day before IPL and next 3 days to avoid skin burns. Before you try IPL, try the way safer LLLT: There is also LLLT (low level laser light) Equinox machine that is way safer than IPL. Technically, they just use 630 nm and 850 nm or so light around eyes *(see acne mask section for 3 eye masks that mimic 9000 times more expensive MD treatments, heal by proximity, the mitochondria near eyelids will help eyelid mitochondria; make sure no light goes to eyes, while you keep eyes closed of course)*, with a mask, to try achieve same effect without the risk of blood clots from IPL. Dr. Silani uses a typical Amazon mask wavelength of various lights, his device is 30000, but Amazon ones are <50$. You know these ODs make Big $$$ with their dry eye clinics, but knowledge allows you to do same things for 30$ or 300$ not 2000-900000$. Optometry times talks about LLLT too. Google lists endless optometrists that got LLLT on the first pages. The LLLT sessions are a form of aristocratic oppression of the slavering working class, since really, for 25$, the US gov can mass produce amazing masks for this 630-850nm with goggles and optimized controls. Never forget one thing: most become doctors to get rich or have a very good salary vs the average. We need a reform in this "disease profiteering management" healthcare. LipiFlow is a scam by the Big Pharma/Device conmen, whereby the patient can't reuse the eye probes 150 times or 900 times at home as it should be, with a simple at home kit, instead, they give 600$ one time treatments where they trash those eye vibrators, trashing USA for insane Pharma profits. The whole medical industry is run by frauds, parasitic aristocrats who team up with corrupt MDs who never have a hunger strike to protest the grand theft of trillions from the working masses of slaves, the 90%.☺☺☺

The main companies in IPL dry eye clinics are Lumenis (Israel) and E-eye (France). Most US uses Lumenis, or other small companies and in EU, E-eye is more common (see it here). Canada has a French connection and one site says E-eye is IRPL, or Intense Regulated Pulse Light, which controls the nature of each pulse thruout the treatment, being allegedly "more effective than IPL", but no studies show that difference, unless it's classified "*in IRPL, each flash of light delivered by the device is divided into sub-pulses. Each sub-pulse is then managed individually, with different durations and light intensities possible. The energy level delivered during each pulse of light is uniform from the* beginning *of the pulse to the end. This makes IRPL much more efficient and effective compared to IPL. In IPL, the energy of each pulse gradually decreases from*

the beginning to the end of the pulse, reducing its effectiveness." See a 5 min clip on IRPL of E-eye clinical trial, showing much better outcomes than at home compress, etc treatments. The E-eye website loads slowly, a red flag. E-eye was made for dry eyes from the get go, while Lumenis was made for skin cosmetics and then adapted an instrument for dry eye. What if latest OptiLight also has regulated pulses, since obviously Lumenis now has a lot more features and regulation of pulses than the first version in 2021 after FDA approval in April 2021? Not sure what to believe, here is E-eye site claiming to be world's first (2016) and only IRPL machine (the other 20 companies use IPL), oddly FDA only approved OptiLight IPL by Lumenis for dry eye and MGD, possibly due to US-CIA-Mossad link between Israeli Lumenis and FDA, CIA's ability to spy for Mossad-CIA on all doctor offices with the IPL machines hidden mics, cameras and software (and to regulate (override) pulse intensity remotely to damage eyes), and the joint hate of France, plus the desire to control market via CIA controlled Lumenis. Military decides all in business, academia, culture and everything in society, so sometimes you need to dig deep in the tiny details. What we need is a randomized placebo controlled study to compare fake IPL (just random light), real Lumenis OptiLight IPL and real E-eye IRPL and see in 1000 people who gets better results, and if indeed IRPL is 20% better. Right now it's hear say, French/ or English clinics promote French or English (Israel speaks English) made IPL machines. British-French empires rivalry lives on. You choose who is going to spy on you: Mossad/MI6/CIA Lumenis or DGSE E-eye. Jokes aside, or perhaps, spies truth aside, here is a 3 min video on how IPL and IRLP work. ☺☺☺

Lumenis came up with a new pen device to use directly on the eyelid itself and a new cornea shield, called OptiShield, one size fits and scratches all, that is flexible. The main issue here is that the founder of IPL said in OPRS 2012;28(2):155 that all shields need to be OPAQUE, nontransparent and this one is very transparent, allowing one to see the fluorescent light shape, etc. Thus, this is truly bad, if we have data showing Lumenis is selling this with knowledge of their potential harm to the retina, as Mossad terror plot. There is at least one reported case of a patient developing a macular hole—a permanent defect in the center of the retina—after exposure to IPL during a hair removal treatment, due to thermal damage to the retinal pigment epithelium, BESIDES SHRUNK IRIS (photoablation damage to the iris muscle caused DEFORMED & SHRUNK IRIS, HORRIBLE PAIN FOR YEARS, need to tint car windows due to pain from sunlight, 20/20 vision turned into 20/40, etc) ► OPRS 2011;27(4):263-5. This is enough grounds for us to take Lumenis to Court and get 5 trillion out of them, if those shields are proven by retina scans before and after to damage people doing a regular IPL. Given the fact many doctors are terrorists in disguise, it is perhaps safer to do IPL with the shields on top of the eyelid (the traditional IPL, even if less effective in removing bacteria inside the eyelid glands or rosacea on the eyelid), not with shields under eyelid, not cornea shields placed on the cornea, because doctors can do less damage to your eyes that way: many will pretend they're low IQ or don't

know how to place a cornea shield to scratch your eye and give you a red spot on your eye, trying to place cornea shield 5 times, the new plastic Lumenis one, like many do with support from the spy agency/military freemasons happy to co-kill 0.25 billion since 1914 with aid from British, French, etc empires aristocrats). Another issue with IPL is that they damage the nerves around the eyelid, by causing eyelid twitches right after the treatment for weeks. This is in sharp contrast with the claim it restores the nerve function that produces meibum, it simply also damages the nerves in other ways. The new Israel designed cornea shields give Jewish doctors (some were, per Israeili newspaper, allegedly involved in illegal kidney removal from children) worldwide, and many others, a plausible deniability route to avoid malpractice lawsuit, by creating these clumsy shields and having them try to put them all, pretending to be low IQ, to scratch gentile or other eyes to terrorize people. The new plastic OptiShields can be bad compared to the metal shields (that fit your eyes, not too big, as that could scratch the less visible edges of the eye) that cover the corners of the eyes better, the areas outside the iris size plastic OptiShields are not protected and this could lead to damage of the eyeball of course, though *it could also benefit it by removing extra blood vessels (that fuel ocular surface inflammation)* from cornea faster than regular cornea shields. However, the risks probably outweigh the benefits. Lumenis didn't even provide doctors with a training video to show in August 2025 how to place these shields, with patient being horizontal, as with the other shields, etc. The truth is shields with a handle, metal shields, are far easier to place as shown in the Q-device first paragraph, so avoid using the ones without handle as the ODs will cause subconjunctival hemorrhage, due to the shields' awkwardness and OD lack of experience or bad intent: the shields bend easily and the natural eyelid closing reflex will push them away, super easily, which never happens with metal ones as OD holds them by the handle. Shields are used to treat the eyelids directly. Not surprising for the Jew run FDA (whose priority is trimming everyone's penis) to approve such shield without optometrists learning how to install them and trying 5 times in office to place them and then scratching the cornea (well, actually these are paid by spy agencies to role play they "don't know how to use the cornea shields in order to scratch the cornea and create a subconjunctival hemorrhage, the red spot that forms right under the conjunctiva, where diffuse red blood cells create a red spot seen at 20x as very different than the clearly defined blood vessels on the eyeball). USA needs to sue Lumenis for 1 trillion for damage done to Americans' eyeballs and potential damage to retina from these tiny OptiShields. This new flexible OptiShield is described in a 3 min video, made by a clueless guy who didn't read the PubMed papers on the IPL light dangers if the whole eye is not protected, showing the new pen that replaces the bulky machine with a special guide they used on the eyelid with metal cornea shields before. Essentially Lumenis can make a LOT more money by selling disposable cornea shields instead of the reusable metal ones that need to be properly sterilized. Sadly, in our world of decentralization, these dry eye clinics are run by ignorant mom and dad teams

often times whose standards are from the 4th century BC as far as patient safety. Let us think about the future: an AI camera takes a pic of an eye and then recommends one out of 50 metal cornea shields to fit perfectly with 0 risk of injury, the eye of the person. Today, some clueless doctor uses a cornea shield a customer bought online or he bought online, that won't match well and cause damage or even subconjunctival hemorrhage if too big or concave, etc. The standards today by Lumenis etc are as catastrophic as with the walnut industry packing walnuts in clear bags to oxidize all fats, at room temp, instead of fridge or freezer to give 1 billion mini-strokes worldwide every 3 months.☺☺☺

They make this extra money at the expense of Americans, these 'plastic shields' are a blue tint shield that allows you to even see shapes, fluorescent light fixture above ceilings, quite see thru actually and they don't cover the whole eye, which is criminal and genocidal. How can they allow such shields to be sold in USA? Is it just because FDA is run by Jews loving the Israeli Lumenis company? Lumenis makes only 1 size fits all plastic-gel like shield, while all other companies have several sizes, Cox II has 4 sizes. Americans are too distracted to realize Jews run the USA, look at the quotes they tell our kids are the "Word of God". Even if these flexible 'rubber like' shields covered the whole eye, they're not really safe, since too much red light passes thru. OptiLight is the newest version of IPL, comes with a smaller hand piece to get under eyelids easier, it's FDA approved for dry eye. IPL *with cornea shields (examples here) is 900 times safer from some points of view. ODs use IPL with cornea shields to treat styes within 12 hrs. IPL* compliments at home warm compress, MGs expression, which can be *more effective* (MGs expression done ☺☺*lovingly gently* kinder☺☺ at home, without risk of infection in speed after MiBoFlo, IPL, TearCare) *than* MiBoFlo, TearCare, LipiFlow *if done correctly with eyelid hygiene daily. The only thing is that most people are not aware before you even can visit the office, they send you some consent forms which basically say they're not responsible if you go blind (due to the laser shield adhesive not sticking well or you accidentally opening eyes a little while adhesive is on or laser shield being improperly manufactured and allowing some light thru, enough to damage eyes or make you blind); they also are not responsible if blood clots form around the face and they travel then to heart, lungs or any body area, giving you stroke, heart attack or death. That's why this treatment is unlike all others, it's not only the most powerful, but can be also the one with the worst side effects, since nobody can correctly estimate who forms blood clots at the usual dry eye IPL intensities. Nobody knows if blood clots form, if they're tiny and cause what Alzheimer specialists call "white matter silent strokes", which have no symptoms, but still diminish blood going to various brain areas and can cause Alzheimer long-term over 20 years. By the time you read this, you probably will say "thank you, but the cure can't be worse than the problem, dry eyes"; I too said the same thing, minutes after I read the consent form they emailed well before the deadline to cancel appointment for free. ☺☺☺

Even if this is not for you, at least you're aware of the real risks with IPL and understand why Q device seems much safer blood clot wise, as you only use it a few seconds or, if you built tolerance, 2 minutes max on certain eyelid areas (though I doubt 2 min is safe given how much vibration happens, maybe 20 seconds max for some people). *See the* Q device section *(similar to IPL, but less intense) for the device which can be used for skin* types 5-6 *(which can't use IPL).* IPL is often used to treat MGD when the 4 above fail, or even before, *if* doctor *thinks the person has* acne, demodex or *ocular rosacea, because* demodex can easily cause ocular rosacea, MGD, dry eye: demodex mites*/10 mm² =* 44 in papulopustular rosacea, 15 in *erythemato**telangiectatic* rosacea, 3.5 in controls ► AJD 2017;58(2):e26-30. Erythema comes from red blood cell or erythrocyte from *erythros* (red like *ros*e in Greek) cytos (container in Greek), the red spot due to vessel dilatation during irritation. Cornea 2018;37(12):1566-71 is a good IPL study. An MD explains IPL and how important manual expression with forceps is after LipiFlow, MiBoFlo, IPL, TearCare. ☺☺☺ IPL is different than all techs above, since it's based on light, not on heat, it's based on the same ideas as the laser techs used cosmetically since 1960, except it's not laser, but diffused light. FDA approved the first IPL device in 1995 for lower extremity telangiectasias (telos= end, angio= vessel like angina angiogenesis vessel, sanguis=blood in Latin like sanguine, angio=blood related, ectasia like Greek ektasia=dilation, widening, stretching, extension: so it means the end of vessels is dilated or extended, mnemonic; *telo*mere, the *end* of chromosome; ecstasy is the widening of normal happiness to cosmic levels) *"the goal of treating vascular lesions with IPL is to raise the blood vessel temperature high enough to cause its coagulation, leading to its destruction and replacement by fibrous granulation tissue"* ► JCAD 2012;5(6):45-53. IPL however was used *in dermatology since* 1996 *for* port-wine stain (*Port*ugal *wine* red color) removal ► LSM 1997;21(2):203-8 and telangiectasias removal (similar to ocular telangiectasias causing dry eye) ► DS 1997;23(10):941-5, for rosacea since 1998 (JCLT 1999;1(2):95-100) and *for dry eyes since 2010* (after Dr. Toyos perfected it in 10 years) ► PLS 2015;33(1):41-6. They used lasers for telangiectasias for 10 years before using IPL for that in 1997, so it was logical that if inflammation, clogging, atrophy of MGs is sustained or increased by eyelid telangiectasias, removing them improves dry eye – hence the "IPL for dry eye" emerged.

IPL is the "*atomic* bomb" for dry eyes used "when all else fails", as Carlsbad eye clinic 2 min video explains (due to its power to heal dry eyes and also cause side effects like atomic devices are powerful but have unwanted side effects when used, like chemotherapy for cancer works, but has side effects sometimes); they got a 1 min video explaining IPL too. Price: 4 IPL sessions were $680 in 2018 in Australia, 4 sessions were in 2021: 1200+ with Dr Lorin Vogel (in a youtube interview with Dr. Ziegler he explained he gives patients a bottle of eyedrops with antiobiotics after MG expression (after IPL maybe too) to use for next few days to *prevent infection*, he also takes video of the expression to give people which everyone likes), $1020 in California in El

Segundo and Texas, Austin with Dr. Barbarino published 15 (some on pubmed) papers (Dr. Toyos has 6 on pubmed too) who has a 1 min youtube showing her doing IPL for dry eyes, an amazing free "must read" paper on IPL (CO 2017;11:817-27 which has a 4 min video on IPL) with IPL famous Austin Dr. Dell she worked with; Dr. Barbarino uses the Dr. Toyos disposable laser shields method, not the corneal shields method; this method, even if used by maybe half of IPL doctors, increases the risk of accidental light entrance and damaging the eyes if the shields are a bad lot number or replaced by some USPS spies or any spies who secretly enter a doctor's office and replace laser shields, IPL machine filters, components, etc at night (you can bring with you a roll of aluminum tape from the dollar store to place between eyes and the shield, to be 100% safe, doctor would be OK), or adhesive peels itself off due to bad lot # (well, tape aluminum tape to your eye socket, you know yours won't come off, practice at home, to get over the fears, can even tape forehead, temples to overcome fears that neocortex, temporal lobes will be damaged, also tape the inner orbital area where lacrimal and eyebrows are, etc, tape a*ny area of concern*), so keep eyes tightly closed always; corneal shields not made of metal can also leak light if a bad lot, and metallic ones that are not super smooth or quickly inserted by doctor without care can also cause abrasion of the conjunctiva or other eye tissue, no method is free from risks; corneal shields method has other risks the Dr. Toyos/Barbarino method doesn't have: corneal shields direct eyelid treatment means placing the device closer to the forehead, which may increase risks of strokes, neocortex damage, Alzheimer via silent white matter strokes. A hybrid method may exist: cornea shields used under the normal disposable laser shields to provide higher safety and the eyelids direct flash can be done at the end of the normal procedure to magnify the effect of rosacea elimination and eyelid swelling-inflammation reduction.

IPL is a little scary since if those shields are not working well, the retina will be damaged; so metallic cornea shields on top of disposables or permanent eye cups (that sit on top of the eyelids) provide 100% safety – vs disposable or reusable laser shields only; *IPL is almost like a real surgery, due to blood clot risks which theoretically could end our life decades early (*maybe 1 in a billion (or less or more) chance, but it could exist,☺☺☺ and you will never know or be able to prove you lived 20 years shorter or got heart disease or Alzheimer or endless organ failures due to an IPL blood clot that traveled and got stuck somewhere and damaged that organ; *this century* IPL will probably not be advanced enough or maybe next one too, to only close the abnormal blood vessels of the MGs and form "disappearing" clots only there, so it's a HUGE RISK, some may prefer to not take and wait until next reincarnation *for a safer* IPL; is "living to 100 and using moisture retaining mask every night and often during the day" more important than "having no dry eyes, living to 90 or 95 only, or even 75 if unlucky due to 1 in a billion side effects"? Nobody knows what the impact can be; simply because nobody may have had (the real data, not the public papers on pubmed, you know how Pharma companies sometimes publish

only what makes their drugs/devices appear safe) a blood clot (with symptoms) after IPL so far, doesn't mean you couldn't be the first one to have due to peculiar biochemistry.

"IPL treatment promotes the formation of blood clots in dilated blood vessels according to the principle of photocoagulation, leading to the occlusion and disappearance of the expanded capillaries" ► ETM 2020;19(6):3543-50. IPL is a little like redness relievers, IPL won't constrict a blood vessel for 5 hours like redness reliever eyedrops, IPL closes the blood vessel entirely (in the official 2 min IPL video we see eye arterioles disappearing too). "A full-thickness or third degree burn would be the most severe adverse event that could occur to the skin through misuse, error or malfunction of an IPL or laser" ► LMS 2017;32(8):1927-33. Perhaps it's better to try everything else to cure dry eyes first, before trying IPL (that's why it's the last method I wrote about in this series of technologies). May take us 5 years full time of reading all papers on blood clots and IPL like techs etc to get an idea about the real risks and even then it would be limited knowledge and incorrect. The cure can't be worse than the problem, so weigh all known risks accordingly. *So, it's not something to do on days when you're not ultra rested, ready and super aware, so eyes are always closed during treatments and protocol is followed during, after treatment, etc.* ☺☺☺ Dr. Dell uses Cliradex. We need 4 sessions to see real change, 1 session doesn't do much, they say. See another 23 min video about IPL, *one I like (min 17 to 21) since this doctor uses corneal shields* and changes the light guide to a smaller one, changes wavelength and then does it directly on the eyelid (although I don't like that it gets too close to the forehead and doesn't use shields for forehead, one could use corneal metallic shields even if not treating the eyelids, but doing the 5 passes around the face) (many doctors use both the 4$/pair disposable eye pads and $135-400 reusable corneal shields, corneal shields or severe MGD cases or all patients; precise fit key to avoid cornea abrasion, also, some are rounded around the edge and are becoming the standard for cosmetic procedures) and treats the eyelids directly with a smaller tip only available recently; *the metallic corneal shields allow superior eye protection (retina, etc) and 5-10 times higher dose per eyelid; dose*=Joules/cm^2, dose=power density (how dense per area is the power or watts, also called *fluence rate*) in mW/cm^2 * time (seconds); dose is also called fluence in some papers, *fluence* comes from *flux*, because fluence is the time-integrated flux of some radiation or particle stream; 3600 J (Joules) = 1 Wh, watt-hour, due to 3600 seconds/hour, 1 J = 1 Ws; higher dose can be equivalent to 3-10 "traditional" (eyelid covered) IPL treatments of the eyelids, so doing it this way, as opposed to most youtube IPL videos techniques may yield 3-10 times better results than covering the eyelids (which can allow some unwanted light to get into the eye, while not treating eyelid well); however, this "direct eyelid treatment" method also increases the risk of blood clots in the brain forehead area, in practice, since the brain shape is such that the 5 passes around the face are very far from the brain, while the eyelid passes are very close to the brain, so the eyelid IPL direct treatment may

literally be 5 times riskier (to shorten lifespan or quality of life by months) and why many MDs (even Dr. Toyos who invented IPL) stay away from "direct eyelid pulses", unless the person had severe MGD and it doesn't work the "non-eyelid" way.

Doctors could put flyers at CVS in the eyedrops section about a free IPL treatment☺☺☺ to help develop an improved protocol for evaporative dry eye. The thing is they could change the treatment to cover the entire face with aluminum or some light shield, and leave only eyelids exposed, with metallic corneal shields under eyelids, and treating only eyelids; would this be enough or would it require too many treatments, say 12 instead of 3 to see results since eyelids can only take so much? Then, the IPL would only affect the eyelid blood vessels, not anything else right now, would this work better and safer and lead to 2-10 times less unwanted clots (undetectable)? No wonder IPL has such varied results, it's the parameters and technique that make the difference between night and day; it's basically the difference between trying something that doesn't work to cure dry eyes or doing something about dry eyes in many cases *of* severe MGD; the eyelid is swelling and red in these people whom IPL can help the most, as Dr. Deom says in the video, they got abnormal vasculature or "ocular rosacea like stuff", easy to see in the mirror with a magnifying glass. When using this technique, due to higher dose, to avoid eyelid skin damage, the period between treatments would probably have to be 4 weeks, not 2. Of course, it is hard to know since little data exists to compare the two techniques since this new smaller head device only was released last year, so it's impossible to accumulate long-term data and have 100,000 dry eye treatments to compare, studies with 50 patients are quite small. Thus, there is no way to know, with exact precision, how much less retina/eye damage due to cornea stronger shield and more eyelid healing (MGD regression, dry eye healing or adverse effects) due to higher dose. Dr. Toyos explains 7 J/cm^2 is often insufficient when covering eyelids, so they do more, *but direct eyelid flash at lower intensity with the new smaller head may work 5x better*. ☺

PSI 2015:429367 found 15 J/cm^2 helped wound healing in mice, but 25 and 35 did not, with 35 causing damage, so it seems that 15 used for dry eyes and some home-use IPL devices is safe. LSM 2009;41(7):534-9 explains IPL is now part of home devices too, they found it is reportedly safe (per current standards) if used for 26 ms (vs 6 ms for dry eyes) at 10 J/cm^2, but unsafe for retina heat at 11 J/cm^2 and 16 ms, i.e. delivering a high amount of light in a short period (the Q device delivers a high amount of 3 J/cm^2, but over a longer time). LSM 2010;42(2):93-104 got the settings of different IPL devices for treating abnormal vasculature, acne and skin lesions. IPL used for cosmetic reasons frequently, may use higher intensities sometimes (not Dr. Toyos or his Optima device) and be riskier, but dry eye treatments are often 3 in a lifetime and it's not about cosmetics, it's trying IPL after all failed. People use "nukes" (M22 IPL instrument name even sounds like the M22 gun and M22 tank) when all options were exhausted, so what could be the side effects of IPL on frontal cortex, vasculature, facial nerves for people using IPL often for

cosmetic purposes (acne on the forehead, etc)? Why not do it right near eyelids only to treat MGD only, are there not enough chromophores absorbing the light to cause conjunctiva and eyelid blood vessels to disappear as in the official IPL video of shrinking vessels? Laser hair removal using home or in-office devices uses selective thermolysis, as light is absorbed by the hair follicle chromophore, IPL can use different nm to target different chromophores of various skin layers or "unwanted" skin formations. "Melanin and hemoglobin (the MGD or vascular chromophore) absorb in the ...530-950 nm .. in target lesion such as... telangiectasias" (that invaded MGs)... the light is absorbed as heat that denatures key structural proteins closing those abnormal blood vessels (see pictures of IPL treatment right after and 1 month later, etc) ► JCLT 2013;15(3):133-42. They do it in the 10 positions *below eyes because those blood vessels supply the eyelids and they will try to remove the tiniest vessels in the eyelids that invaded* MGs. ☺☺☺

People use light of tanning beds and sometimes get cancer, could IPL overuse have unwanted effects, increasing risk of Alzheimer or blot clots or atherosclerosis if overused for vanity and looking perfect, at higher intensity than dry eye 10-15 J/cm^2? *It's not clear, we may be getting* more clots in 4 months of being anxious, paranoid, AGE eater and irregular sleeper, *than we would ever get by 4 "dry eye" IPL treatments in a lifetime*.☺☺☺ Could it negatively impact some neurons or tissues, while helping MGD disappear? How can we help doctors optimize this? In medicine, it's often the case that fixing one issue with a strategy, creates another issue in ways we won't know for 100 years. Doctors placed lead in people's cavities and said it's fine, nowadays mercury. What if we discover in some people, MiBoFlo, LipiFlow, TearCare, NuLids, IPL or Q device version 1.0 is not unsafe, in year 2100? Worth researching it, since red light can penetrate deeply into the tissues. Before you jump, research more maybe, email the experts in this field, the doctors in the videos here, call them, talk to them, understand the process, address and remove any fears of side effects, etc. The $75 Pulsaderm red light LED, like many red lightbulbs, emits 80 mW/cm^2, 670 nm when I called in 2020, 650 nm in 2016 on Amazon, so the 3 min treatment they suggest thrice weekly to boost collagen, reduce wrinkles, fight acne is 0.08*3*60 = 14.4 J/cm^2. Dr. Toyos uses a 6 milliseconds 6 ms pulse of 10-16 J/cm^2 (10-11 for dark skins, 13-16 for light). This means power density is 16/0.006s = 2670 W/cm^2 or *2.7 million* mW/cm^2. Now, normally, in the sun we get *50-100* mW/cm^2, so we can see the difference between common light sources (*0.1-50.0* mW/cm^2) and IPL (*2-5 million* mW/cm^2 ► AD 2007; 143(3):363-6) and why IPL achieves dramatic changes impossible to achieve with 'acne masks' or lightbulbs that use 20,000-90,000 times longer exposure periods than IPL, to deliver the same dose (J/cm^2) and why they call it the "nuclear bomb method for dry eyes". It's this sudden rise in energy that causes sudden absorption of energy by hemoglobin, then blood clots to remove telangiectasias (or threaten our life if clots travel) with IPL and can't do so with red light bulbs LED. After the 0.006 s pulse, there is the Thermal Relaxation Time (TRT *the time required by skin*

to cool down to 50% of the initial temperature achieved) of 50 ms takes place (150 ms or 0.15 s for darker skins to avoid burns). Risk still exists from hackers changing TRT to make it shorter and increasing intensity, without MD knowing, so you get burns and a screwed face for life or you get too low of an intensity to have any effect except anxiety that disturbs sleep), then skin absorbs that energy, relaxes and then 2 other pulses, for a total of 3 pulses usually. ☺☺☺

IJPS 2008;41:S101-13 explains better than most papers chromophores, has mind blowing pictures of how appearance improves (or *worsens in some very rare cases*) and makes *severely* affected people *feel/look way better (perhaps living longer, if the gain of lifespan is greater than any clot damage, as a result of the joy of looking normal)* and how critical correct TRT, *dose* and *wavelength* (easy to hack) *are* for not damaging skin, tissues, vessels ► "*Hemoglobin* has absorption coefficient curve with peaks at 418 nm, 524 nm, 577 nm and again at 1064 nm [Fig 1]. At the first and second peaks the melanin absorption is also very high and therefore these wavelengths can not be used. However, the spectrum between 580 nm and 590 nm is useful clinically. Pulsed dye laser (PDL) with a wavelength of 595 nm is at present considered as a gold standard for vascular lesions" hence *590 nm and above used by IPL doctors for meibomian abnormal vasculature.* "IPL uses Xenon flashlamp to emit wavelengths of light from 400 to 1200 nm. When placed on the light, a filter restricts the wavelength to the visible light range of ~500 nm... When applied to the skin, this 500 nm light causes *the blood cells in the abnormal telangiectasias to* absorb *the light,* coagulate*, and, finally,* to close the blood vessels... Abnormal blood vessel growth from chronic inflammation called telangiectasias surround the MGs and secrete inflammatory mediators that cause malfunction of the glands... IPL treatment intensity ranges from a *low power* of 8 J/cm^2, and increases sequentially to a *high power* of 20 J/cm^2, with higher power levels indicated as *age and lid margin disease severity increase...* Patented [4$ adhesive] disposable IPL eye pads (Sperian Inc. [division of Honeywell]) are placed over closed eyes to cover the area completely… Ultrasound gel (Parker Laboratories) is placed (to help IPL glide easily and keep skin cooler, so it doesn't burn) on the patient's face from tragus to tragus including the nose… [after the light flashes] while applying gentle continuous pressure with both the q-tip (silicone tip, no cotton swab, cotton fibers enter/redden eye) and the finger, the gland is expressed for 30 sec…☺☺☺ procedure is repeated over the length of the lower lid on both sides… [and upper lid if finger pressing not enough]" ► PLS 2015;33(1):41-6. "All patients received active treatment consisting of four treatments spaced no fewer than 2 weeks apart and no longer than 4 weeks apart. The IPL therapy was performed with a Lumenis M22 (Lumenis Ltd., Yokneam, Israel) xenon-based micropulsed IPL utilizing a 590 nm filter with a 6 mm clear SapphireCool cylindrical lightguide for the upper lids with a fluence of 10 J/cm^2 across the upper eyelids, including the tragus for two passes. Patients then received expression of their MGs using *two* cotton-*tipped applicators*… (on inner eyelid, so patients got cotton fibers in the eye, making

them red and swollen?) This pilot study suggests that a new specialized 6 mm cylindrical handpiece for the M22 Lumenis IPL machine is safe and effective" ► PPLS 2019;37(9):527-31.

The light is *590-800 nm* if using a 590 nm (2015 paper above used 500 nm filter) filter in the September 2020 R. Toyos 33 min video. Rolando Toyos, rostar80@gmail.com, from Toyos Clinic, 1365 S Germantown Rd, Germantown, TN, 38138, *(Germantown is a few miles from Memphis, part of Memphis metro area, not sure if they still have a clinic there or they moved it 5 miles to the Quail Road address)* is the inventor of IPL for dry eyes, having discovered it by accident while treating people with acne, rosacea, etc hearing from patients that their eyes were no longer dry. ☺☺☺ He uses the Keratograph 5 for dry eyes, see him and his wife talk about it, how it can show patients the MGs coming back. For more on the non-IPL procedures of Dr. Toyos clinic, see this clip. See also the clip about running for the US Senate in 2018. IPL warms the glands and dissolves oils, improves MGs pumping mechanism, removes the blood vessels (around eyelids) that feed the inflammatory cytokines to the MGs that inhibit normal function. What if they remove blood vessels we don't want removed? Create blood clots in the frontal cortex? ☺☺☺

Obviously, heating and getting oils out by the doctor performed forceps (or q-tip against finger) expression (right after MiBoFlo, TerCare, LipiFlow) helps many people, as we know during showering, warm compress, MiBoFlo – but it doesn't address a CAUSE of MGD – cytokines due to abnormal vasculature near the glands, which block secretion, even when oils are very liquid and orifices not that blocked. In these cases (eyelid veins, etc), IPL may offer the only solution, as warm compress and daily gland expression via massage is not enough. *The Optima IPL* 2 min video has the best graphics to explain how abnormal eyelid vasculatore invades the glands and saturates it with cytokines (place 30-90x Amazon lenses in front of phone camera, take pic to see how many vessels are there before and after IPL) forms and clogs the glands and how IPL reverses the never ending inflammatory loop. This video also shows better the anatomy of the MGs and telangiectasias. Based on what we know about biochemistry, it makes sense that to unclog glands clogged for a long time (not atrophied yet), heat is useless, since pressing won't remove all dirt in the glands out and restart inflammatory cycle right after, causing blockage again in just 1-3 months. IPL gives the glands a chance to break the cycle of inflammation and reclogging for good, for 5-10 years, if lucky. We need a total revamp of the area, which is only done via IPL in a deeper way than heat methods. It's mechanically impossible to clear all debris via forceps, even if done 10 times in a month, but who does that? At most 4x/month MiBoFlo.

This paragraph's videos/links help us understand why forceps expression of glands (not using Q-tip or MGE) is ultra critical (not just me saying this, but many ophthalmologists I called) after any of these treatments (ideally even before IPL to get the maximum out of it), even LipiFlow which applies ultra gentle pressure to squeeze the glands. Thus, for best results, one can do a heat

treatment with forceps expression after, then days after, IPL, after gunk was expelled by the doctor with forceps days prior (or express glands at least prior IPL and post IPL), so the post-IPL forceps expression leaves so little junk there, that the inflammation doesn't restart wildly after vasculature is revamped. This frequent forceps (or silicone q-tip+finger) prior IPL is to prevent the post-IPL reinflammation that occurs in severe cases, where vessels again invade MGs, due to the microbes that are stuck in the clogged glands and were not fully removed by mechanical squeezing, etc. Now, perhaps, we can understand why LipiFlow often fails, it's just not capable to remove the junk, too soft and most importantly, doesn't change the abnormal vasculature so common in many, which often takes 15 years to develop and LipiFlow doesn't touch it, IPL gets it out in 2-9 weeks. 65% of patients have evaporative dry eye due to MGD, affecting the lower lid mostly. IPL gets to the root of facial hair follicles and destroys Demodex/bacteria there, Demodex is very difficult to diagnose in subtle cases, where it's deep under the skin. The IPL way of working is explained better in the yawn section on the trigeminal nerve. ☺☺☺

80% of rosacea patients suffer from MGD. The M22 Lumenis Optima IPL website explains the effects of IPL ► "The MG microstructure indexes, including the MG acinar longest diameter (ALD), MG acinar unit density (AUD), and the positive rate of inflammatory cells (ICs) around glandular structures were significantly improved in the IPL group" ► CER 2018;43(3):308-13. See this 2020 33 min on IPL use for dry eyes (upper and lower eyelids, you can ask doctor to do upper if it gets inflamed always, indicating abnormal vasculature there that may lead to upper lid MGD later) and how the famous Dr. Toyos expresses the gland with a finger and the cotton Q-tip. I've seen so many doctors use their hands I wonder how sterile the hands are, and if q-tip cotton can get stuck inside the eye, but they got silicone q-tips now, which are better; some people will like his method a lot more than forceps though, perceiving it as gentler and safer; Dr. Toyos explains in the 1 hour video above that he *does* hand *meibum* expression *because he wants to go to the* bottom *of the* gland*, push* meibum upwards, while the forceps *will* squeeze the gland midway usually (unless you use the angled Tearse forceps, less known by MDs, see meibum expression section or the link to buy it) and not get all gunk out of the gland. ☺ In one segment Toyos flashes the light (this is a recording, so it's probably low energy or fake video editing) while eyes are only half covered, wouldn't that contradict Dr. Toyos words on nontransparent eye protection in OPRS 2012;28(2):155? Amazingly, in 2010 about 380,000 IPL cosmetic IPLs were done in the US alone and nobody ever heard about it, probably, except those doing it, much less for dry eyes. This huge number means poor eye protection can screw eyes big time ► CJO 2012; 47(4):e13-4. The reason I include these studies is to make readers aware of the need for caution *when using light devices,* even acne face masks. We pulse the light to avoid burning the thin skin of the eyelids. The best energy for MGD healing is 600-700 nm red light, so the most popular filter is 590 nm that blocks all below 590. ☺☺☺

11.17.7.7. The Q (*quantum*) light device for $495

For IPL or anything with bright lights on eyelids, you need to use corneal shields, *to avoid damage to your cornea, iris,* retina, optic nerve, *etc.* Below are 4 videos on how ODs you give your cornea shields can put them into your eyes, so they treat directly the eyelid, not the IPL around eyelids which is far less effective. Metal shields with round edges and handle:

1). shields on after placing numbing and then artificial tears (for lubrication and less abrasion)

2). 2 min insertion with antibiotic chloramfenicol gel inside for less abrasion, more comfort

3). 1 min 1 insertion with numbing drops only: lifts eyelid and places the shiled gently, easy

4). 13 second insertion and removal

5). 50 sec removal of a handle free metal cornea shield, don't buy *handle free* shields, as those are very hard to insert without causing damage to cornea (subconjunctival hemorrhage, breaking the fine vessels under conjunctiva, leading to a red eyeball spot visible for 1-5 weeks)

You can use Hylo lubricating eyedrops or your favorite ones before insertion on the eye and on the shield itself to make it slide easier (many ODs place numbing drops and artificial tears in the eye before insertion) be way gentler than this at home, as you lack the experience of doing it 500x like ODs, don't get the eyelashes bent, stuck on the inside like in 30+ videos showing rushed ODs; always use lubricating safe eyedrops to increase comfort, maybe 1-2 drops, and can even disinfect cornea shields with sonication in 70% isopropyl, CaviCide, antibiotic drops etc prior to insertion; shields are there so cornea doesn't get light, just like LipiFlow avoids heat to the cornea. At home do one eye at a time, with the other eye monitoring your insertion. After insertion, you simply place the other shield on top of the eyelid to prevent any light or some goggle on there and then you do your Q device stuff or other light.☺☺☺

The Q device is sold by Dr. Toyos to help people complement the IPL treatment or use without IPL. It's 900 times safer to always use cornea laser shields to prevent red/yellow/green light damaging retina. Having shields on and vibrating them with the Q is a bad idea, so you can simply place Q near eyelid, without touching eyelid, and then turn the light on by touching the q-against some clear plastic, so that the plastic doesn't touch eyelid and lights get to the eyelid, without vibrating it, since vibrating the shield can damage the cornea, so can cornea be damaged by vibrating directly on the eyelid too much. Q doesn't seem safe, as it vibrates cornea a little. Thus, one may get better results (plus *9000 times* lower risk of blood clots) with Neutrogena non vibrating light "Neutrogena® Light Therapy Acne Spot Treatment" 30$, with 445 nm and 633 nm wavelength, because then cornea shields won't vibrate, I describe this here. *Buy ultra round edges cornea shields* that fit your eyes (measure your eye length and width using a

paper piece) like the 55$ (in 2022) a pair ebay cornea (23x26.5, which is a medium-large, the roundest smoothest of all online I saw, made in USA by some medical company) shields; 445$ (high quality), even $647 ones; or bar type (23x28), $180 (not very smooth though, not my choice, 4 sizes, don't use these, too rough, hard to clean handle to shield connection), or $270 (no handle, 4 sizes, need buy suction cup to remove it, not my favorite, as placing suction can press/damage eyeball), etc (autoclave 5 min at 270°F or pressure cooker used for eye tools only 320°F 15 min, press reset to go to manual, 320 default temp), 105$ reusable pair plastic (this rubbery thing may be safer, as it bends to fit eye shape more, metallic won't bend, however, call companies that sell plastic to ensure they're safe for lasers, since some plastic ones don't block all light and are not for lasers); they usually come in 4 sizes or more. Avoid using *Q even with* closed *eyes and no shields, no safety studies are shown on long-term effects; avoid it with* open *eyes and* without *metallic cornea* shields*, like* you would avoid the plague*; they use Q to* get some light treatment (since skin type 5-6 can only use Q, not IPL, due to skin burning), avoid going to IPL treatment twice a year (go only once maybe or less, maybe never after the first 4 treatments, keep the bugs at bay with 3 Joules/cm² intensity red light (IPL uses 10-16 Joules), by killing microbes with light and the cells rejuvenated, oils liquid) or replace IPL if IPL isn't available nearby or too expensive. ☺☺☺

Red light penetrates up to 6 *mm* into the skin, blue one only 1 mm ► PO 2016;11(6):e0157898, *so this means that red light and green from Q device if it's 500+ or 590+nm will penetrate past eyelid into the eye and have effects on the eye* without a corneal shield *(corneal shield thus which seems the only 100% safe way to use the Q device or any visible or IR light device on eyelids, see* why in this 118 page pdf*)*. What are the consequences of that? Q device is sort of like LipiFlow, it provides heat and pulsation due to sonic waves, and also provides light. One issue with sonication or vibration is that of unknown potential chemical changes and disruptions of ocular tissues ►☺☺☺ "Generation of toxic degradation products by sonication" ► NT 2013;7:1272-81. LipiFlow is special among heating devices, because it places a protector behind the eyelid, so it heats only the eyelid, not the cornea or conjunctiva; likewise, we need a Q device that vibrates and lights up *only the eyelid, not the* cornea *and conjunctiva, for maximum safety* (likewise NuLids indirect method is not safe as it vibrates the conjunctiva and cornea); until such a LipiFlow like device appears, the present Q device and indirect NuLids use can't be regarded as safe, due to the lack of studies to clarify its effects on conjunctiva and cornea via vibration – *will some of those tissues be disrupted, broken apart, while the* MGD *is healed*? As the NuLids paragraph explains, the Q device and NuLids *both need corneal shields* (at least 70-500 sizes and shapes to fit all eye types) to overcome all these safety concerns.

The people who really want to use these before they include corneal shields with the devices, could get a corneal shield that fits eye perfectly, learn how to place it properly from their doctor

to avoid damaging the eye and then use those perhaps, if they trust the device to restore MGs. Being at home use, it can be the best investment, if used properly and safely, and if it's working the way it is supposed to work, but again, the safety is unknown with long-term use, even short-term may cause issues. Of course, many people will be skeptical about IPL, and Q, since they only had a few papers on IPL released since 2015, and the studies don't show the before and after meibography of hundreds of patients whose improvement was reportedly due to IPL alone (when it could have been due to things people did at home too). There is no paper on Q yet (a few on some of the older techs like MiBo, LipiFlow, etc), and also skeptics will say if this really works, wouldn't Dr. Toyos or NuLids makers share the design with all the wavelengths (light of Q is very typical of a broad range maybe 500 nm and up, has tons of antibacterial blue light too, so avoid shining it into your eyes) so everyone can cure dry eyes for only $20-50 (lots of companies would make it) and build positive karma by increasing human lifespan on average? ☺We can ask: what is the intent, *just to optimize a beginner prototype tech and not go mainstream until they're sure it has no negative side effects? Want to be the guinea pig?* So, then be cautious in using it? It's very easy to be biased and write a paper drawing a conclusion, in any field, by any researcher, so this skepticism is natural and would introduce a healthy dose of caution in using the Q device for the 2 or 6 minutes from the start, as video states. Most dry eyes disappear with wrap around safety glasses that can trap moisture better via foam, silicone, etc during night and day. Try that first. I would start only with 5 seconds, because NuLids says to only vibrate eyelid 15 seconds per day with their device, so 30 seconds each eye and even that doesn't vibrate cornea or conjunctiva if using direct method, not the indirect NuLids one. *Do it only when very rested, and when eye looks good and inspect eye [take picture too with a magnifying glass before and after so you eliminate subjective "red vessels" perceptions by using a 100 x magnifying glass on the phone (no flash though as light must not go into the eye)], monitor eye with 20x magnification mirror thrice daily to confirm phone pics and only increase from 5 seconds per eyelid if you feel there is no redness created (i.e. no new tiny blood vessels showing up when eyes get a little red as they may do when we do warm compress or any eye intensive activity).* If it's such a revolutionary tech, skeptics would argue that they would want everyone to know about it, publish before and after meibography of 900 eyes improved due to IPL alone and show how they determined it was not other things that led to improvement.

The NuLids device agitates eyelids too much perhaps due to rotation, the Q doesn't rotate like NuLids. Tear Break Up Time increased from 3.62 to 5.87 with the Q *device*; the use of the Q LED device for less dryness is explained in this 11 min video: First of all, it's odd he chose a 2017 video with a lady who still has the red blood vessel in one eye very visible (meaning on 20x it's gigantic), as if trying to say the IPL (which in the official videos shrinks these vessels in the ocular surface too, you know, the marketing part) doesn't work like official videos portray. Many

suggest you don't jump to these time periods in the video, but start ultra slow and ultra careful, and if all is fine, after 100 days of small increments, maybe get to 1 min: ***6 min daily on central (not nasal) part of the lower eyelid (the*** **Q is 100% below** ***the lower eyelid edge, patient looks up,*** **Q edge is below** ***the edge of the lower eyelid*****, so no light can go into the eye,** ***open eye in video, but I would close eyes tightly anyway to be safe, you don't ever want to open eyes by accident and get that light in), 2 min on the corner of the lower eyelid, 2 min on the central (*** **central only,** ***not the corner where lacrimal gland is nearby or the nasal area) upper eyelid (eyes closed, all*** **LEDs are 100% above** ***the upper eyelid edge*****, the device edge is above the edge of the eyelid, so no light can go into the closed eye by sneaking in between the eyelids that are closed tight*****). For extra safety, one could do mostly the lower eyelids first, as those have most damage anyway and place the Q device pointing away from the eye, i.e. not perpendicular to the eyeball as in the videos, but away from the eye, towards the outside of the eye, sitting more on top of the MG orifice nearby area, the wet eyelid, instead of on the outside eyelid, to avoid shining red light on the retina, since red passes thru the eyelid. Recall to look up and to the left when working on the right lower, up/right when lower eyelid, temporal, always have iris go the other way to be as far as possible. Avoid shining on the eye and close eyes if possible slightly when using the angle method to shine on the eyelid vertically at 10 degrees instead of 90 degrees, to diminish back of eye (optic nerve) exposure; avoid touching the cornea or shining light on eyeball if slightly open (if you got cornea shields to protect eye you work on, the eye can be open slightly the first 2 seconds when using this shine totally away from the eye method, when you place the thing closer to MG orifice, however, you can do it with eyes closed 100%, closed tightly for max safety, just place the light at the different angle and try to aim it away from eye), the light faces your feet or top of head so to speak, as you do upper or lower and you squeeze slightly the eyelid as eye is open to cover all meibum gland there without having to place it ever to face the eyeball – this ensures 20x less irritation of cornea and retina, since we vibrate the eyelid ONLY this way which we push with the Q away from cornea slightly to move as far from center of eye as possible as we shine up or down instead of perpendicular, so as to never vibrate the cornea or conjunctiva itself as they vibrate them in the videos; use only 10 sec max for each eyelid area first, and take a break, wait days even, etc.** ☺☺☺

This is why it's better to never go sunbathing without wrap around sunglasses that block most light (red included, which no current glasses block, unless you tape aluminum tape to a cheap 1$ pair for sunbathing), because while the sunscreen protects skin (see dramatic pic), eyes from UV damage, the intense red light penetrates deeply thru the eyelid, damaging cornea, optic nerve, retina and studies in this chapter explain how much damage that can do; it's not 10 seconds, but 3600 if one hour, insane (easy study, just find beach goers, and group them in those who go in areas and times with UV index 11 (don't tell them what you measure, so they don't have

placebo effect), vs 1 or 2, and monitor the aging of retina, etc – and realize how much damage happens from just 30 min without ocular full spectrum protection. ☺☺ You don't want to irritate the eye and get them red with light, EMF or sonic vibes. Are the sonic waves safe long-term for the cornea or conjunctiva? Have not seen any in vivo (measure goblet cell mucin production on alternate days, when Q used and not used) or in vitro sonic safety studies from Dr. Toyos on sonic effect on goblet cells producing 1st layer of tears, and on iris structures. That's why NuLids use via indirect method (well, you can wash hands and gently quickly massage eyelids like the tip does with the tip of your finger, what's the point of buying that to flood eyes with ?unsafe? EMF (need $5 billion to see if EMF of any device damages any of the deepest layers of the eyes all the way to the optic nerve, not just conjunctiva; recall how LASIK was really primitive 1st time, then 30 years later it's way better? ☺☺☺ Imagine in the future, we take a pic with a $ 25 microscope and we see an image at home of the eye as a $25,000 Keratograph 5 offers now, or carotid artery plaque monitored at home, how many nm it increased/decreased depending on what we eat in a week to make nutrition *decisions far better than these primitive nutrition studies with* 1 million confounding factors*, etc*), when indirect method does so little extra versus finger in agitating the stuck glands and "reactivating them"?) may not be very safe for goblet cells and iris, people need to be very careful with goblet cells and vibrating conjunctiva and build up slowly after careful monitoring with 20-100x magnifying glass and ideally goblet cells status. We don't want to help MGs and destroy other cells, TBUT time can increase short-term 50%, but what are the long-term effects?? In medicine and life, many things work short-term, like redness relievers, but long-term, rebound redness occurs and eyes get dryer, due to lack of nutrients and trying to compensate for being constricted a few hours so enlarging; other times, medical therapies or life strategies treat one issue, but create another (noticed years later). So, here is a pic of my eye with aluminum on top of it, so the q device is applied only to the lower eyelid, since if it works, it should first restore the lower MGs, which are the ones damaged or clogged in most people (me included).☺☺☺

You can even press gently on upper eyelid (not eyeball) so it pushes lower eyelid lower, so that lower eyelid is totally outside the eyeball and when light hits 'eyeball area', it hits aluminum and reflects. If Q worked on lower eyelid and you saw dramatic improvement un*clogging and gland restoration on meibograph or* no longer using drops or using them 3-5 times less, then I would say, it's safe to go to the upper eyelid which would expose 900 times more the iris and other eye structures to unproven *(safety wise)* sonic, EMF and light without a corneal shield; make sure that the q lights don't go above the lower eyelid upper margin, that the lower eyelid is not moved up, but stays low (to avoid exposing the iris), *look up, keep eyes closed to avoid exposing the lens, and central eye structure,* start with 10-30 seconds and monitor eye appearance, sensation before and after (generate tears before and after to keep it wet). As the eye gets used

to it without any discomfort and you manage to kill more bacteria in the clogged MGs, *you can slowly increase time,* making sure to stay clear of iris, i.e. to keep upper eyelid shut all the way to the bottom of the orbital eye socket, *to not lift the boundary between the closed eyelids by mistake – so to keep it ultra low (since iris could get exposed if you forgot to look up 100% of the time)*, and treating only lower eyelid *first* few months (or *years*) until proven (by *meibography* and you no longer needing moisture retaining masks during day and night) it works; *there is no need to treat upper eyelid*, since 90% of people don't have issues there, or big issues; if you ever treat upper eyelid, AFTER you proved to self it fixed lower eyelid, look left when you treat right area of any of the two upper eyelids, so the iris and nearby area are not in the path of the light/sonic vibe, though with cornea shields the light issue is minimal; the iris is the ultra important stuff that allows light and vibes in and that's the stuff we want to avoid.

Not even $4 billion can fix some eye conditions that lead to blindness, so be gentle and prudent. The eye has 1 billion parts: it's like a super sensitive computer or analytical instrument worth $4 billion, easy to break, hard to fix. Any human studies done long-term on the effect of red light that penetrates past the eyelid into the conjunctiva and iris/cornea? Will exiting tiny arterioles and venules becoming more visible on 20x mirror or will iris change color on the edge due to chemical changes? It's not a good idea to use it at night when tired, as Dr. Toyos says some people have it by their bed in the video, almost like suggesting others do the same; only use it during the most rested mornings after you take pictures before and then take pics after with 100x magnifying glass (no flashlight, unplugged, room light is enough, since light could damage eyes) – so you can pay attention to any change and be fully awake to sense them. Since the safety of these devices is not clear (you know how centuries later we discover something, etc), it may be best to start with a few seconds in each area (10 seconds or less, not 2 minutes or 6 minutes), barely touching, eyes always closed, and wait and see how the eyes react, because each person is different; if atypical redness (not a typical redness from tired eyes, but new tiny red blood vessels, only visible on 20-100x magnification, that never *show up when eyes are generally slightly red)* appears *(easy* to see with 20x mirror, which is a logical buy if you want to use Q at home, you spend 495 on Q, spend $10 on a mirror to monitor eye condition morning, afternoon and evening), then the amount of seconds you did is too high. The video says 10 min/eye will be good to be done twice a week at least to see any results (for people who gradually built up the amount of seconds without any redness). This light, since it contains red light, warms up the glands without warming the whole eye area and provides the best "10 min" warm compress some patients had, per reports Dr. Toyos received. I measured the magnetic field of the device and I got conflicting results with my 2 meters ☺☺ (not sure how precise they're though), one background level, one close to 20 mGauss, which is kind of high, EPA suggests staying away from monitors, anything above 2 mGauss is not that safe, but it's just 2

min, so OK.

***It's probably safest to have eyes tightly closed all the time*, while treating both upper and lower eyelid, even if the lady in the brief demo video on the lower eyelid forgot to close her eye, or to even place a Pulsaderm like goggle or aluminum taped pulsaderm or opaque shield (aluminum foil taped in normal tape) on the lower lid partially while doing upper eyelid and upper eyelid while doing lower one, with the eyes totally shut, with the opaque shield covering the area where the eyelids are tightly shut (to avoid even the slightest light in) and only the eyelid area moved totally or slightly up or down for treating the lower and upper eyelid in a way that minimizes invisible or red light entering the central part of the eyeball (some light can sneak in, unless you buy a reusable corneal shield like many people wear during IPL, since Q is sort of mini-IPL), yet still exposes the 2.5 times longer upper glands to the light. The real issue with the Q, unlike IPL it uses sonic vibration which is meant to stimulate dormant glands, but can also redden and irritate the conjunctiva – so that's why you need to be ultra gentle, and increase slowly, from 10 seconds up to what is safe for you. Be extremely careful with it, to avoid irritating the conjunctiva which has the goblet cells that produce the mucin layer of tears, you don't want light to reach the eyeball by accidentally opening the eyes slightly and you want to avoid getting close to the lacrimal glands (situated under the outer part of the eyebrows, the corner of eyebrows), to avoid irritating them (avoid the upper eyelid corner). There is no good way to do 100% protection without a quality round edge corneal shield, those are $100+ usually. The Q device has "Made in China" written on it (some Canadian company designed it apparently), so we don't know what the quality of the components is, if it is really made in China or the Chinese subcontractor got parts from somewhere else. One other thing is that sonic vibration motors generally do create some EMF and there is little talk about the safety of this sonic vibration too. I contacted the clinic to get more info on the Q, the Toyos clinic, and got no reply back, after I bought it (yes, anyone can buy it even if not a doctor, they didn't allow me to talk to Dr. Toyos before ordering the Q device as he was too busy to talk with those not having the Q device), not a very good customer service perhaps or they're swamped with calls from curious people who just got the Q, not sure. Perhaps you can volunteer to help them answer more calls. ☺☺☺ It's kind of odd how his 2017 video says only doctors can order it, but in 2020 anyone can order it by phone (website ordering didn't work so I had to call).**

They definitely needed some help there, in 2020 at least, with fixing website bugs, etc. Dr. Toyos, like all busy doctors, kindly replied very briefly to my email one time before I ordered it saying that the video explains its use and that he can send the free book with the device; I got the book and Q on November 9 2020; used it for a few minutes November 11-13 (and then stopped using it as I think the device irritates the eyes and might return it, if they allow it, I asked them if I can return it and no answer received in 3 months, they only replied when they

wanted me to order it), as the video explained and the eyes got a little red: the most obvious new redness was near iris edge, which seemed to have become a lighter blue color for 0.2 mm (only 20% of the iris edge circle, most of it in the exact middle of the iris facing the other eye, both eyes, thinning afterwards as it goes up or down), the new tiny vessels, 30 times thinner than the big vessels that were there for years, are visible only with the 20x mirror (1x it just appears redder than usual, but 20x you can see the vessels), which I was using daily since September 30th. Because of the fact the iris and central eye is most important, it's safest to only do the lower eyelid while looking up and lower temporal area (corner) while looking up so iris is not exposed to this red light, blue light, etc and the sonic vibrations and heat; *doing upper eyelid central 2 minutes or less would directly expose iris to this yet to be perfected device*. It didn't affect vision in any way, it's just some redness that indicates some stress the Q caused and abnormal change around iris on the part of iris edge facing the nose on both eyes. It's not possible for anyone to notice it (other than redder than usual sometimes). ☺☺☺

After 28 months, the iris edge change is still there and when tired, I can see venules, since they're purple, while arterioles that have been there and 5-30 times thicker for years are all red in 20x mirror. Since the other existing vessels were redder too, I discontinued using it afterwards for 11 days until the redness disappeared to some degree around iris on 20x mirror (well, it may take months, since now I will avoid iris neighborhood); next time I used it was 20 seconds on right lower eyelid only on Nov 24th, using the aluminum method described above, no change detected in the 20x mirror; not used it since then; make sure though you look at a bright screen before and after and see how your floaters and vision behave before and after, keep very meticulous tracking of what goes on and stop of anything odd; if atypical (new tiny vessels only visible on 20x mirror) redness doesn't disappear in your case too (after a few hours, days or weeks) after using it only a few seconds even, *(eyes closed, not keeping it too close to the eyelid, only barely touching it, since it vibrates conjunctiva too much)* don't use it again, it could mean it's not good for you, doesn't work properly (bad lot #), spies swapped it by intercepting mail, components replaced to harass your eyes, etc or you're allergic to the EMF, sonic waves and/or light it creates; once again, different people are allergic to different foods and EMFs, etc, so you need listen to your body, you can even return the device to Toyos clinic if they allow it. *This is not a device that has tons of papers published, so it's more like you're a guinea pig for optimizing it, so be ultra careful.* What if the Chinese components aren't up to par or meeting specifications fully if it's made in China as the label claims? What if a manufacturing mistake, unintentional or not, does more damage to MGs or another eye component than it helps? ☺☺☺

An IR wave or laser can penetrate deep inside beyond eyelid and could in theory have damaging effects. See Dr. Toyos in Moscow. I emailed Dr. Toyos about the device and got no reply for a while, except after 4 days of heavy torture designed to make me tired and easy to manipulate so

I order the Q device, even if there were clear 'red flags' about Dr. Toyos email reply, website, phone interaction (only 2 lines, name 'rolando toyos' without capital letters, same for the office). The torture was mostly during sleep hours, etc, most torture described in here I went thru at various times 2018-2021, besides cars with one headlight on around me often, since same spies (they framed the KGB, since some 'Russian guy' activity happened right around this time, so it may not be KGB, but PLA or Mossad, since Optima IPL is an Israel company, Israel got > 1 million Russian 'Jews', 1.5 million Russian speakers) who tortured me control Dr. Toyos and other IPL doctors (any doctor they want to remotely control) too. It was a typical thing they *do to* pressure via synthetic telepathy *to make* a decision when tired. This and similar mistakes we make in life can be prevented if we make a new habit to not decide when tired, just rest for a few days and decide in a few days; breathe softly, filter walking tone, thought+emotion+vocal tone, so that we don't get impulsive or excited to try new things when tired, so we go into fight-flight mode less and make better decisions in a tranquil state not one of confusion, so we're gentle with ourselves and all beings, helping all to live to 5 trillion, especially when it's important and involving trying a new tech, unknown things with risks, etc. It's the possible malicious intent of Israeli Lumenis IPL that is is a red flag for anyone trying IPL. Dr. Toyos book suggests to add balm after Q device used, but you may not need to if you do 10-20 seconds only or generate years before and after. Ensure the balm or artificial tears you use are not going to irritate the eyes or eyelids, since the you can get red eyes too and then how are you going to know if it was Q alone that caused it? Balm components can diffuse on the conjunctiva and cause redness too, but in my case redness was there even when no balm was used. Likewise, make notes of any drops you use, so you know if there is any odd interaction between drops and eyes in the presence of Q device that is absent without Q device. Balms got tons of chemicals that may cause redness if Q is used due to unknown processes. ☺☺☺

I received the free book with the Q device, also on Amazon, sharing some of the experience of Dr. Toyos from 20 years as an eye doctor: buy/read the book before ordering the Q device to see if this is for you; it talks about many products he sells to improve dry eyes, about surgeries that his clinic does in helping those with dry eyes, various techs, a healthy diet, NR (B_3 riboside, NAD^+ precursor, like B_3 or NAM) and cycloastragenol (from astragalus herb, like TA65 from the same herb that some believe slows aging, because the telomeres lengthened instead of shortening for older people taking it RR 2016;19(6):478-84), a chemical that activates telomerase, delays aging of eyes and body, but can also help cancer cells survive. Since cancer patients are often treated with telomerase inhibitors, there is a risk in some people astragalus may shorten lifespan if cancer develops. Telomerase activity is high in 85% of cancer cells (not in normal cells), offering cancer cells "immortal" lifespans as telomeres shorten far less during cell division. MMR 2019;20(4):3701-8 explains astragalus extract (16 mg) can increase telomerase activity in vitro 4

times when mixed with vitamins (vs 2 times TA65 alone), while oleanolic acid 6 times (present in 1600 plants, like garlic, olives (olea), hence the name, IJMS 2017;18(3):643, Mediterranean diet gets 25 mg/day, but mice became infertile after eating it), gotu kola extract 9 times. Obviously, we saw one biomarker (HDL, telomere length?) increasing (to optimal levels) doesn't increase lifespan, it can shorten it when human models don't match reality i.e. when lifespan is longer because of multiple unknown biomarkers going up or down, not just one. ☺☺☺

Dr. Toyos is ultra busy, so the book is not perfect (91 pages only, excluding references and table of contents), has some typos (easily caught by a grammar spell check) and no page numbers, it's more like a 1st draft, takes a ton of time to write a very big book and edit it and also treat so many patients; he needs some volunteer editors probably to help; if you live in metro Memphis area, contact them at (901) 683-7255 to see if Dr. Toyos accepts volunteers for dry eye research (or clinical studies) or maybe email him for email online remote volunteers to help improve his book, research presentation on the website, before and after pictures showing Q device restoring MGs, etc; when I called the number, the caller ID says some dental implants aesthetic center, but it was Toyos clinic, one of them, not sure how many. Dr. Toyos specialized in eyes, but also ran an aesthetic section of his clinic since he was one of the few first laser surgeons in the country, and discovered IPL for dry eyes while treating rosacea patients. In 4 weeks, IPL helped lower IL-17 80% and IL-6 70% (inflammatory cytokines that clog the glands) ► AJO 2017;183:81-90; to use the Q *you need to barely touch the eyelid at least, otherwise the light and vibration won't turn on;* there is no need to press at all, but it is CRITICAL *to be* ultra gentle, to barely touch it, as close as to barely have it turn on, so only the eyelid vibrates, *not* the *conjunctiva* or cornea (*we don't want to destroy the conjunctiva* goblet *cells making* mucins, *the 1st layer of* tears), *especially since you want this to be different than a traditional CVS warm compress* that presses on eyeball and can give glaucoma long-term if too much due to increasing eye pressure; it's better to generate tears before and after, to keep everything ultra wet, since this is slightly drying and you want lipids and water there, and overflowing tears can be used to massage eyelids afterwards for moisturizing, very different than acne mask techs that cover eyelids with goggles. See a 1 hour 2019 video on dry eye healing with IPL: he explains why he thinks Optima Lumenis M22 IPL is the best (could be if they're the 1st to optimize it for dry eyes and got ahead of the other companies), why we need 43°C for toothpaste like oils to melt (20% of people; IPL reaches 50°C, without heating cornea. LipiFlow 3 days before IPL produced no oil of the glands (42°C), then with IPL the toothpaste like oils came.☺☺☺ IPL kills microbes; hospitals use IPL now robots to disinfect rooms. Q device may be only $90 one day, but now we support the research. LipiFlow makes $ for Johnson & Johnson, if people use it a lot. Neutrogena (Johnson & Johnson) sells an acne (described here) laser at CVS (out of stock, instacart says it's there), 28$ (22 if 4) ebay, 12$, low profit vs $495 for Q.

11.17.7.8. WARM COMPRESSES (to unblock MGs, drain chalazions, styes)

Use these only when needed for MG expression of 10% of the glands, or for chalazions, styes, blocked glands, etc since overuse they can damage the cornea via heat. You can simply use a ziploc bag and fill it with warm water, as explained in the next paragraph. Another simpler way to warm eyes is to place eyes closed above a Honeywell HWM440 or other safe warm mist humidifier that uses DI water only and no ultrasound, with eyes closed, to get a gentle WARM COMPRESS with 0 pressure on the eyeball. For MG expression of a section of your eyelid/day due to partial blockage etc, you can avoid extreme discomfort and redness coming from whole eye warming (which leads to people avoiding warm compress altogether, not knowing they can do only 10% of the affected eyelid per day to make it far more comfortable and lipid rich) if you do them with eye closed for eye corners glands and eye semi-open or open for the central eyelid glands (blink, use saline, and heat only 5 min, go slow, start warm, don't jump to the 110F hot, can use eyeeco.com inserts, see below, that are warm, remove insert/bag to blink each 5-10 seconds, and add saline if needed, etc), only one 10% of an eye section/day at a time as the MG expression section explains, to avoid heating the central 80% of the cornea in too many places at once daily that causes high oxidative stress and damages the eye, vitreous gel and iris, so look away from the warmed section of the eyelid to protect your iris, and protect your cornea, as with LipiFlow, where they do MGD treatment without heating the cornea and damaging the eye; we can't fix one issue, blocked MGs, by destroying the eye; to avoid damage of cornea, after a warm compress was used to express meibum, you can use cold water ziploc bag to bring it gently to a more normal cornea temp 10 times faster without such wildly dilated vessels for 10 hrs afterwards or 3 days leading to cytokine storm and an inflammatory cascade for the cornea; by doing this and the partial warmth and partial expression of 5% of the MGs, the daily damage to cornea is lowered 200 times; it seems 90 times safer for cornea and ☺☺*lovingly gently* kinder ☺☺ to use really warm compress only for needed cases, softening oils with a stye or etc, since overheating the cornea, like with daily 10 min whole eye compress, TearCare, MiBoFlo, etc can damage it. If we want to live to 200 and have healthy eyes, we need to be way more careful and update our traditional decades old practices of "daily 10-20 min 110°F (cornea temp actually, where MGs touch, the compress can be actually warmer) warm compress for the whole eye".

Compresses that are moist (like warm vapor of a warm humidifier) are the cheaper and perhaps safer way to provide heat 5-10 min sometimes *(too much causes angiogenesis, new red arterioles in your eyes, so be careful to not overdo it),* produce lasting change instead of 12 minutes for $500-950 LipiFlow once/year; however, due to the fact it warms cornea, and that some wear wrap around air sealed glasses to prevent dry eye, which warms the eyelid glands, some may not need warm compresses weekly. The simplest warm compress is using ziploc bags with warm tap water inside (then you can replace it with very warm water when you're ready to

move to higher temp), that are pre-wet with saline solution to provide hydration of eyelid skin (eyes can be pre-wet with sterile saline too), using the same technique of looking towards the Earth while gently holding ziploc bags as for cold compress; this provides a far cleaner warmth than CVS dry compresses, as ziploc bags can be washed daily and create a gradual warming that reduces inflammation, a warm compress that doesn't cool in 2 min or press on eyeball. Other warm compress methods involve the eyeeco (see below) easy to warm blue pack that enables warming only a specific area (which you can also do with a tiny area of a ziploc bag that you morph into a blob to touch a tiny area), 7% of the eye, if you wish to deal with a stye, etc and warm that area 5 times daily. Make sure warm/cold compresses and night masks don't press on eyelashes and distort the direction in which they point, since they could point towards cornea and make your eyes very red and you'll need to trim those wrong-pointing eyelashes, which is not ideal. Some people do a 1 min mini-warming and massaging 'expression' with eyes closed while taking a 5 min shower morning and evening, (or without taking a shower, just let warm water run and place eyes in the path of water for 2 min to provide a wet warm compress any time needed, while gently massaging eyelids to express oils). I don't recommend this, since warm/cold water contains many chemicals that damage eyelid skin, inflames and swells the eyelid skin, such as chlorine, and a ziploc bag protects your eyelid skin a lot more. ☺☺☺

To 100% avoid any eyeball pressing and do a mild warm compress (safer than CVS, described below, since no eyeball pressure), you can try a cheaper "totally wet eyelids modified warm compress with goggles in between" which I used before I bought XL in July 2021. Unlike dry Q-device one, it is super-moist, even wetter than normal Bruder/CVS compress, and far wetter than electric masks, meaning ideal for the dry eye; TOTALLY WET when done right, really wet like in the shower, nicer wetness, since it's more oily, sterile, since skin oils are still there, they came out a little due to heat; after shower, the skin oils are gone due to so much water; this wetness is far oilier than shower one, allowing perfect massage afterwards; due to this extremely oily moisture the modified warm compress is best prior to doing meibomian massage or expression as it allows fingers or silicone q-tips (see NuLids section on meibomian massage and why IPL inventor Dr. Toyos doesn't recommend traditional (not the modified compress I use where we don't touch eyelids) warm compress/lid scrub to patients with abnormal eyelid vasculature (rosacea, acne, etc) due to potential to increase inflammation), for "exterior only eyelid massage" silicone (not cotton since tiny fibers get into eyes, if not moistened with sterile saline) tips seem fine, for inner eyelid or meibomian expression silicone seem safer if you can clean them well) to glide easiest. The Q (like IPL) tends to dry the skin, so avoid drying the skin in any way prior or after the Q device, to avoid excessive dryness; since warm compresses (traditional, electric mask or others) can dry the eyelid skin or eyes a little if not done right, it's better to not do those before using the Q device. The synergistic IR heat and improved

circulation of modified totally wet warm compress, done many hours before using the Q (if you feel it's right, some days your eyes may be more tired or the eyelids didn't get super wet due to condensation, so then don't do Q treatment those days), can combine with the light of the Q and provide a real boost for the MGs, without creating skin adverse effects due to the dryness the Q brings in people with already very dry or dried skin due to some prior activity. But even Q device "dry warm compress alone" (see above, one time price, lasts a lifetime) is way cheaper than doing LipiFlow every few months. ECL 2003;29(2):96-9 found lipid layer thickness increased 90% from 58 to 106 nm after a 5 minute 40°C compress. ☺☺☺ Warmth is far/near IR (infraRED) radiation, that compliments the red light of IPL, Q, RED light devices in keeping cells younger, alive, the oils flowing, mitochondria active (cytochrome C oxidase). Amazon got the typical "microwave oven heated" $9 CVS compress like: Bruder many eye doctors like or other similar ones Medical King (I like it more than Bruder, since it doesn't press so hard on the eye, being much wider and reducing the risk of glaucoma as the center of gravity is not on eyeball center, but widely distributed and even off the eye too, Bruder is a tight cloth very spherical vs Medical King, a clump that damages eyeball shape if left to sit, since the gravity center is on the eyeball center; ideally, any warm compress is kept gently with both hands while facing the earth to avoid gravity pressing too hard on the eye) to help our eyelid MGs unclog; they got tons of types, some use electric heat, far IR, etc but if a malfunction exists, they overheat the cornea being too dangerous, so some doctors recommend the ones that are not electric, but MiBoFlo doctors use electric heat. You just have to test it first and use common sense, if it gets hotter than a warm shower, it malfunctions. ☺☺

I would not use the electric ones more than 1 min daily, as they produce some electric field of higher intensity, just like we would be exposed to near an electric pole or near a socket or light switch or appliance, which is fine, 50 V/m, (magnetic and radio field of masks are background) but just to be on the safe side of extreme caution. Some people go overboard and sleep all night with the electric ones, which is not smart as you can't sense if it overheats and could literally permanently damage the eye big time in one night; we all get exposed to 50 V/m sometimes during a day, so no big deal. Amazon has $10 heating masks too, I tried the $10 carbon nanotube one far IR heat, electric field 50-80 V/m and it works to heat half of it to 107-104, the other half to 90-94 after 3 minutes (not 20 seconds like microwave) (mask didn't reach 35°C on one half day 2, even if set to 40°C or even 60°C); this makes it very cold versus the 40-48°C for Bruder exterior in some places, but better since it doesn't press on our eyes giving us glaucoma. If you buy one that works, it's nice to be able to use the 40°C setting, do massage, not go to microwave oven again when it cools down, it stimulates oil production, as tears are very oily, in short, it works at helping MGs expression at home; I used IR thermometer and on all 3 settings, 40°C, 50°C, 60°C (these temps are often for the electrical element, not the mask surface that touches

eyelid) the mask never becomes hotter than 107°F, let alone the eyelid.

If you *don't* trust *these, it's fine. I* don't either, because I don't think they did 20 year safety studies on them, every manufacturer out there, since there are not even 100K people who used these new masks every day 10 minutes or more for 10-20 years to assess long term brain and eye safety from a large population to eliminate confounding factors. BJO 2002;86(12):1403-7 found the cornea seems to warm at the same temp as after taking a hot bath, so 5 minutes of IR mask was deemed safe, in this 2 week (*too weak?*) study, even if "when we use near infrared radiation for ocular surface treatment with closed eyelids, thermal cataract formation could be a concern", *but still they have not proven that IR devices (which penetrate deeper than warm compress into the vitreous gel) didn't cause thermal cataracts/floaters in the long term*; ☺☺☺ IR from an electric mask can penetrate deeper easier than the warm compress, doing more damage that is not possible to assess, as we can't measure the temp in the center of the eyeball and effects on optic nerve; the nice thing about this paper is that it has a picture of eyelids squeezed against each other, which is another method some doctors use to express the glands after warming and get those really thick bacteria filled oils out, if any (this is not always needed, unless oils are toothpaste like, liquid oils people need gentle expression only, massaging eyelid upwards or downwards to get meibum out after warm compress, these glands are fragile, we don't want to destroy them; once a month a heavier pressing may be fine (like after IPL treatment, they do it in office), it gives time to the glands to recover, but daily, no way).

"Physical expression of MGs for therapeutic purposes is an in-office procedure with at least an 80-year history. It can be supplemented by the patient's performing self-expression and massage at home" ► IOVS 2011;52(4):2050-64. Electric fields can do *damage to frontal cortex or eyes, or deeper brain areas.* To avoid these "electric IR mask" risks, you *can* use *the method explained below to get around the "CVS/Bruder compress cools very fast" issue, with* a rubber goggle *between compress and eyes, so no pressing, no* electric fields that may alter eye biochemistry in negative ways discovered only in year 2300. If your oils are liquid like mine, you need lower eyelid or eye mask surface (not eye mask element) temp than 42-44°C the worst cases (thick toothpaste like "oils") may need for exterior eyelid; healthy people oils melt at 32°C. The Blephasteam manufacturer chart shows 45°C as the cornea heating safety limit (when thermal injury occurs) on Amazon, they claim cornea can only be heated for 15 minutes at or just below 45°C, which sounds like a lot and high too, I would only use anything > 40°C if doctor showed you have very thick oils. MP 2015;42(10):5604-15 says only 38.5°C is safe for the eye (cornea and lens don't have blood so heat dissipates slower), so I would always set my mask on the low 40°C/104°F or below settings (eye temp is 37°C, we reach 104-107°F (40-42°C) in high fever once or twice in our life, so that's some common sense, we don't want to heat eyes too high like in fever, since far IR penetrates and can heat even the cornea for 5 minutes at 40°C) for

maximum safety, test any mask first on your skin with reliable IR thermometer to make sure it won't get above whatever you think is safest after doing pubmed searches.

The Amazon mask is far gentler on eyes than the Bruder type mask from microwave oven that is very hot first 30 seconds then becomes very cold fast, this one is constant same temp high tech heat, way nicer. We don't need reach 42°C as LipiFlow does on inner eyelid, since many meibum oils melt at 35-40°C in MGD patients, and even 32°C in healthy people. LipiFlow, made by Johnson & Johnson, and iLux made by Alcon, avoid heating cornea even at 38°C, they're very cautious, heating only the eyelid. The microwave warmed Bruder type masks never reach even 38.5°C for the eyelid, so it is no wonder many times warm compresses are useless for relieving dry eye for patients who have oils that melt at 39-42°C, but they do help perhaps with general circulation. If we take a shower and water is 110-112°F, as it often is actually, that's already 43-44°C, enough to melt all oils. 112-114°F, sort of warm-hot shower, is already way hotter than the 104-106 ultrasound gel of the 108°F (metal, not the gel) MiBoFlo, so it will melt all oils on the inner eyelid, the glands are not in the exact center of eyelid, more towards the inner eyelid. So just taking a warm shower and doing massage in the shower can be more effective than a Bruder compress at times, for some people at least. Perhaps we can warm it to higher setting, while it sits on the bed (not on the eyes), and then turn it off and place it off and warm on the eyes, so we replace microwave heating with food bacteria with a more sanitary method of warm compress, using a much lighter compress turned off if high setting, on if low safe setting and you trust the brand to deliver that temp and not higher. See what works best for less bacteria and safe heat. If you got some oil heater, you can place a cloth, warm it and them put it on eyes.☺☺

People also use warm compresses that are placed 20-30 seconds in the microwave and then on the eyes. "*At 5 and 30 min, 71% and 88% of all subjects experienced increased subjective blur and decreased visual acuity*" (*due to compress pressing on cornea*, distorting it) ► OVS 2007; 84(7):580-7. This distortion is not the main issue, but the long-term causing of glaucoma (which can lead to blindness) is. ☺☺☺ The cure can't be worse than the problem. The main drawback of standard CVS, Bruder, etc compresses (how can FDA approve it?) is real weight on eyeball which can increase eye pressure and cause glaucoma, so I found a way safer (after doing it the traditional way about 5 times), warmer *and* way longer lasting heat compress method: generate tears via yawning for more moisture (optional), cap eyes with medium (not tiny) Amazon rubber mask (I use this Amazon rubber one, since it's easier to wash, sterilize) or home made mask ($0.5), where the edge of goggles (swim goggles are too big)/mask rests on the outside of the eye socket ideally to avoid pressing on the soft tissue around the eye (due to compress weight, tiny goggles can apply a tiny pressure on the eye edge if elastic too tight and goggles are too small (Pulsaderm) and/or misaligned), then place the compress (30 sec, not 20, microwave, since goggles suck more heat and need it warmer), cover compress top (leave the sides uncovered so

compress can absorb moisture from air as it cools and bring it to the eyes via the gaps under rubber goggles) with a cloth eye mask (or anything, not tight, something very light that prevents heat escaping) to trap heat. Thus, we never touch the eyeball and we provide moist heat that lasts 4 times longer than normal Bruder, warms up our eyelids much more gently and safely, is thus gentler on eyes, healthier long-term, as it doesn't cause a rapid rise and fall of temp as normal Bruder does. This type of "improved compress" thus achieves the Blephasteam goggles effect (i.e. warmer inner eyelid 102°F vs 100°F, more moist, and for longer than Bruder, see paper above), without the EMF or paying 250$ for that. Healthy oils melt at 90°F/32°C, sicker oils at 95°F/35°C, sickest at 108°F/42°C, so 102°F/39°C is plenty for most people. ☺☺☺

Compress is much warmer than 102 of course, but we talk about the meibomian inner eyelid temperature, that's what matters. You see now why moisture retaining masks and goggles raise the eyelid temp and prevent dry eyes, they keep lipids flowing and tears from evaporating, so you never need eyedrops. *People who're genetically predisposed to cooler eyes will be more likely to develop* MGD *as oils will solidify faster*, so a quick compress or two mid day, 5 min warm shower morning and evening, night time moisture retaining masks, daytime goggles when possible can all help alleviate dryness until IPL or etc fix the issue over a few months. *Perhaps, try to not* sleep in ultra cold places if you have dry eyes without a moisture and heat retaining mask as glands will reclog fast right after IPL, LipiFlow, etc, if your oils are not liquid like mine. Bedroom can't be too cold, nor too warm (and thus dry due to heater), so 50 cent moisture retaining mask may be the only option for life for many, if they don't want to spend 40K a year on weekly LipiFlow and doing 3 warm compresses a day for life. Mice with a lower body temp live longer, as metabolism slows and cellular division slows, so it takes longer for DNA errors to get out of control; thus, avoiding super warm heat during day and sleep may actually help us live 5-10 extra years, who knows? Likewise, avoiding cold is essential, since then cell replication increases and we need spend calories to keep warm. Buddha's middle way applies for both eye health and longevity. There is an optimal range for any person/genome. ☺☺☺ As we age, our circulation around eyelids is perhaps less effective, so temp drops, thus all above 60 almost have some MGD. These Bruder type masks are clumsy and not very effective at doing massage, because when you lift it to allow finger to massage eyelid, it cools dramatically, so gently let your hand be very warm too and barely lift the mask when doing massage and the goggles you placed before the compress, so that you can get the benefits of no EMF pollution and very warm temp for 8 minutes; the cheapest Amazon ones can barely compare with the "goggles plus $10 microwave heated compress" sometimes, since the USB rated temp translates in a temp of mask 20 degrees lower or 89°F (USB ones also touch the eye exerting a tiny pressure, while the goggle method above doesn't touch the eye, being safer); the rubber goggles reaches 109°F easily with the compress, so eyelid maybe 107°F, enough for most people. Some don't have enough heat to

transfer. For maximum safety, stick to "goggles plus warm compress", *since electric ones may generate too much far IR and EMF that may damage the eye.* The electric ones remain warm throughout allowing you to express glands while it's warm to avoid spending $$$ on MiBoFlo, LipiFlow which really don't do anything else than what you can do at home with a really good daily massage and safe (in year 2020 or 2100?) reliable electric mask or "compress plus goggles system for prolonged heat", at home silicone q-tip-finger meibomian expression.

The electric ones have 5 disadvantages (besides EMF pollution) versus the "goggles plus compress" method above: 1. electric ones can dry eyes. they're more of a dry heat, while the microwave oven ones absorb water from air while cooling, and provide more moisture to the eyelid even with the goggles on (well, goggles are very loose, they allow moist warm air to go under, plus you can add a tiny piece of moist cloth under or on top of the rubber to make it super-moist if you like), 2. they press on eyes a little 3. take long to reach optimal temp 4. they can break easily 5. they can fluctuate if defective and warm the eye near the cord more. So, definitely don't sleep/relax with USB ones more than 10 minutes. The only thing you can't do at home is IPL. Goggles prevent traditional stone age (they got little stones inside) compresses from touching the eyes; goggles are far easier to disinfect than the traditional compress which needs be washed and even then granules inside have irremovable bacteria. Can use an IR thermometer to see how hot compresses or goggles are inside, meibomian oils melt at 42°C or 108°F, so LipiFlow *heats back of eyelid at* 108°F. For warm compress you can also use a $0.5 smaller home made *mask than the one you use for sleeping, so it heats up faster the eyelid*. We make useless fancy cars, we went to the moon, but we can't even make a warm compress that doesn't touch the eyeball causing glaucoma if overused and place it in main RiteAid, CVS stores, so people go to Amazon to find USB ones. It would be so simple, just microwave it and place it on eyes, and it warms eyes to 108, the eyelid, but doesn't press on eyes and can't malfunction like IR/electric ones on Amazon where it can overheat. *Once I got to do the warm compress the right way with the goggle,* I learned new ways of positioning it to generate maximum moisture. You can place a white (so you can see dirt easily and when you need wash it or discard it, needs be washed each time you do a warm compress) cloth above eye like eyeeco tranquil eyes XL does; but don't use their black foam as over time it could grow grey mod and black foam hides that. I started liking warm compresses (well, they make eyes red, so after expressing meibum glands, later in the day, you can do cold compress to get eyes back to normal), as my eyelids would be so wet, as the rubber and extra eye mask on top create a weird condensation effect where temp stays warm longer, without up and down and is far more pleasant than rock bags on eyes like plain Bruder type. If you do it this way, you will never go back to the traditional way of rock bags on eyes or "CVS mask". The eyelids are cold, the moisture rich compress comes in and causes the humid air to condense on eyelid, this creates moisture droplets kept there by the rubber mask

(they would escape thru electric fast or normal mask fast without goggle in between, this then creates far higher moisture and the eye mask on top of compress further insulates things, allowing for super moist comfortable heat to happen, without touching eyes).

The traditional (not the one above with rubber or home made $0.5 mask in between) warm compresses have 4 other drawbacks as the only MGD treatment, (without the other 20+ methods in section 1) because of: 1. lack of compliance: too much work since makeup has to be removed before warming, expressing to avoid contaminating the glands, since we tear at times during gland expression; 2. people sometimes do it at night/evenings and don't blink a lot to move lipids to nasal duct, don't produce tears after warm compress or don't place eyedrops to flush gland junk out via nasal duct or they don't wipe the eye lids with a sterile scrub if no tears used/produced, so all the gunk/bacteria sit in the eye overnight causing inflammation,☺☺☺

3. dry compresses could catch microwave oven bacteria and infect the eye, unless you use a $20 UV Amazon lamp to disinfect it often or you use electric warm compress from MiBo, or rubber goggles or home made mask in between eyes and compress, Amazon USB or use a the sodium acetate type (quantumheat.net) that is far safer bacteria wise as it is sterilized and washed daily, as opposed to the standard compresses that are washed only on the exterior weekly or monthly (some doctors use usually the CVS/Bruder type, which take 20 seconds to warm up in microwave; others prefer electric heat as it's more sanitary); $CH_3COONa{\cdot}3H_2O$ lasts 500 uses, can be sterilized daily, but requires boiling water, letting it cool, etc, while Bruder can't be fully sterilized so you would need 500 Bruder masks. Quantum heat packs turn solid, and generate heat after activation button is pressed, giving it a huge edge over Bruder/CVS types as it can avoid touching the eyeball completely without goggles first, yet warm it; but they require way more extra work, plus they can in theory leak sodium acetate, use plastic wrap in between face and packs for max safety. ☺☺☺ Quantum was used by some optometrists. Washing Bruder types is ineffective in getting the bacteria trapped inside the bag, adhering to the little spheres); the unsealed CVS type compresses, that allow tons of air to seep thru and bacteria to get fixed on the cloth (inner spheres too) during use and after washing, unlike quantum heat, expose those materials and little spheres to dry heat, which could form AGE like compounds and electronic phenomena absent in wet heat, which may further inflame the eyelids without goggles (some forget to use to prevent eyeball pressure), since first 10 minutes of heat dissipation some toxic free radical forming compounds may adhere to the eyelid inflaming it, possibly even the cornea and vitreous gel too (where are the safety studies on CVS type compresses for the issues mentioned here? are those materials safe? Is it safe to use a UV disinfecting lamp on these masks to kill bacteria adhering to the inner granules that can't be really disinfected via wash?). The other issue is these granules help the air moisture and bacteria to condense on the mask material and on the eyelid, causing air bacteria to touch the eyelid and

reach MGs. With a better design or using a home made mask (smaller) or Pulsaderm like goggle in between eye and compress, this issue would be eliminated, as the compress doesn't come into contact with the eyelid. Electric ones can be washed easily. ☺☺☺

4. can't heat back of eyelid like LipiFlow can with 0 eye heat (a little eye heat is fine, we're used to it for millions of years, like solar heat and red light and IR can stimulate cytochrome oxidase in mitochondria and heal the eye, improve vision), but this is not as important, since even at 37-40°C, a safe cornea temp, we can melt oils of 90-95% of people easily. However, too much heat, when not careful, *can be bad like the* permanent eye damage done by doctors (usually cosmetic offices doing IPL for acne or wrinkles not dry eyes, as they don't know about eyes, not eye doctors) using intense pulsed light or IPL (IR or heat and VIS) treatments done without proper eye protection; the glands are on the inner eyelid, which means the compress has to be very warm (blood and skin take away the heat) and can increase eye oxidative stress, potentially causing floaters if used too much too hot daily for months. That's why USB or "rubber goggle plus warm compress" are better: they provide constant heat, taken away by the colder blood coming with each heart beat, while a standard CVS compress cools down fast (eyelids remain warm/very moist way longer with the rubber goggles and eye mask resting on top of warm compress method) and we need 35-40°C or even 42 for 5 minutes to melt oils. Biochemistry is ultra complex, so discontinue warm compress if floaters become more visible (as they do during eye stressing activities). Some eyes may respond badly to that heat, especially USB dry heat or Far IR heating the vitreous gel. Listen to your body, eyes. ☺☺☺

In spite of these drawbacks, which only apply to the traditional warm compresses sold in drug stores, the granule glaucoma causing types, many doctors suggest home daily warm compress and hand massage after LipiFlow, MiBoFlo, TearCare, iLux, IPL, etc i.e. MGs eyelid massage with the hand, a gentle *eyelid massage using the small finger of the* left *hand (if right handed), since that finger is the cleanest* of all 10, away from the eye, never press on eyes, more towards "above eye" up, down or temple, or with a sterile q tip, moistened with sterile saline to prevent lint fron q-tip getting stuck around the eye and then going inside the eye. This ensures you get the best out of LipiFlow, MiBoFlo, IPL, TearCare or iLux treatment (if doctor did it correctly and instrument heat/light sensor/bulb works correctly), so you can see less blockage at the 1-3 month follow ups. You will feel pulses pressing on eyelids during LipiFlow, after the numbness drops, and make sure that the eye thing is tightly sitting on the eye and that the doctor is doing an amazing job and instrument works (maybe ask for no numbing) to see if the pulses are felt on the 6 regions of each eye: upper nasal, central and temporal and lower. You will see in all videos on MG expression the immediate final cleaning the eyelids – after LipiFlow or at home warm compress and then gentle massage, to maximize results; some doctors won't do this, so do the eyelid scrub yourself at home, after a warm compress immediately after LipiFlow. The whole

point is to melt the oils, get them out and not have them redry on the eyelid orifices after warm compress or LipiFlow treatment since otherwise, it would be less effective, could even, in theory, worsen the condition, plug them even more;☺☺☺ at least immediately generate tears via yawning to flush gunk so it goes into tear duct drain or put eyedrops right after or blink copiously to wet the eye. *Note on showers*: see eyelid swell prevention section on shower eyelid massage and water temperature; *long warm compresses promote severe angiogenesis* and redness; in Qi Gong, we gather energy in the hands and focus it on the eyes, but "capping" the eyes (no touching), radiating Qi (IR) to the eyes; Qi contains far IR, like all warm compresses provide a little of too (especially some USB types); if your water is free from chlorine (shower filters don't remove all of it, especially after a few weeks or months, depending on lot # etc) 100%, perhaps you can try warm showers (108-110°F) with slow jet bathing the eyelids 20 seconds (never expose eyes to pressure from water or hands; only very low pressure jet to avoid pressing on the eye, otherwise, a trickle of warm water falling on the area above eye to get the eye warmer) also provide far IR energy, circulation, melting solidified oils that clogged the MGs. Most people expose eyes to the jet each shower, but to melt the eyelid oils, trickling (not jet) warm water H_2O may be needed for 3 minutes (only if you have good whole house filter for chlorine (Cl_2), THMs, otherwise, it may cause eyelid wrinkles due to Cl_2 if overused), as jet may be too much pressure unless very little H_2O comes out. ☺☺☺

How to use warm compresses to treat a stye + a modified eyeeco wet warm compress method (way safer, more hygienic than the dry compress that has *millions* of microwave food *bacteria*)

Eyeeco has a lot of videos about their moist warm compresses and moist heat techs (very different than others) (on Amazon too). Eyeeco *(and the Amazon warm/cold mask that can be placed in hot, that just boiled, water 2 min to use as moist compress, provided you wash it with soap daily; recall to always cut the elastic band to avoid pressing on eyes, let its natural weight act only, not extra elastic pressure or hold it yourself on your eyes while facing Earth to avoid pressure)* is better than Bruder, but worse than mine due to glaucoma causing eyeball pressing if used as they say; however, you can use their mask for sleeping and the small blue packets in a different way than described that prevents pressing on eyes. I bought tranquil eyes XL to use as sleep mask, to get new ideas for optimizing my 50 cents mask, etc and it was designed to be used as warm compress too; eyeeco, as company says, doesn't work as warm compress or cold one though well at all, when in freezer the inserts simply become too tough and would not fit into the cup without damaging the foam adhesive bond, plus it's too dangerous to cool it so much and then leave in one the eye in one location, it would cause a too quick temperature drop, any cold-warm compress is safer even and gentle, like a warm and cold shower. ☺☺☺

You can place the blue packets for 3 min in hot (that just *boiled* in a kettle) water and let them

warm up, then use the warm packets by alternating gently, barely touching eyes, on each half, using liquid state of packets of course for warm compress; *for cold compress, only solid is an option as they solidify, but Amazon one above is way better for cold, as when you let it warm, it* becomes soft and liquid, while the eyeeco one never becomes liquid while still cold: you need to rotate it on eyelid a lot, which may be OK with some, as long as you're gentle while massaging the MGs. Eyeeco XL mask comes with 2 sets of 2 eye packs, so one set is used for warm water and one for freezer, the warm is always liquid, don't press on the silver button, as it's too much heat that way, no need to boil anything (boiling doesn't always melt them back, or takes eons, so don't ever waste time with that, this adapted way is 10 times faster and easier and make you love warm compresses); these packets provide gentle heat for much longer and are way *safer*, bacteria contamination wise (prevent *styes*, eye *infections*): easy to sterilize with 1. alcohol 70% prep pads, 2 cents each, 2. CaviCide,☺☺☺ (20$ on Amazon/gallon, will last 2 years, just wipe them with it using a clean swab etc) 3. UV 260 nm lamp, & 4. boiling in a glass of water (tiny one they got at $ stores for candles) in the kettle etc, which you can't do with normal Bruder (*they get ultra dirty and bring insane levels of bacteria on eyes with each use*) or with the Amazon eye mask placed in hot water and washed daily with soap; the dry CVS compresses cool faster and provide an unhealthy high heat first that drops fast, compared to the even stable heat of these warm softer, blue packets, plus, sometimes, *30000 times more deadly bacteria to your eyelids*.

Even if you dedicate a brand new tiny microwave to only warm compress and no deadly food bacteria, the bacteria from one use will contaminate the deep inside areas of microwave that you can't disinfect and recontaminate the mask with each use with prior microbes. The *FDA* gift to Your eyes?☺☺☺ They're understaffed, since all budgets globally go to war too much, so, some keep playing aggressive music to feed the wars while complaining that we're in the 1st century in basic medical tech. Without peaceful music as the main type, progress will be 20 times slower. Recall warm compress is the most primitive tech, compared to LipiFlow, since it heads up the whole cornea, which is a not good, while LipiFlow only heats up the eyelids that need the heat; with current stone age era, LipiFlow is too expensive, they could make a portable system that allows disinfection of the LipiFlow eye shields and reusing those thousands of times. Bruder/CVS masks can't be washed easily, the beads inside will catch many bacteria, etc, even if washed, the soap and water minerals will stick to beads and trap bacteria and many of those masks are not even allowed to be washed, soaked in water. If you want them hotter, you can use some kettle (in a glass to avoid touching elements as they would melt the plastic, can keep it in your bedroom even) to get distilled or reverse osmosis water to a boil and leave packets there 5 min, then use them to get a 10 min warm compress; they get wrapped in the white cotton bags, so it will be very moist if you choose use those, but even without the white covers you will get some water on your eyelids vs total dryness of Bruder; make sure it doesn't press on your

eyes though; can reuse that warm water many times and do even 5 mini-compresses daily when you got a stye to help pores open; or go thru the whole 5 minute boil charge thing and do a very warm 25 min compress, but that didn't work for me, inserts don't activate, probably because I didn't boil them 10 minutes; since they're wrapped in the white moist cloth, they're very comfortable versus the dry warm compresses. ☺☺☺ don't *overdo warm compresses, since they will give you red eyes* and cause permanent vasodilation; you can just do it to warm up oil, get it out of the glands or stye, etc and then bring it to normal temp with a cold compress later if too red. Tranquil eyes XL holds the warm packet better than Bruder/CVS masks so it doesn't press on the eye; but even with this, it's better to face the earth so there is only a barely touching sensation for our eyelids, to avoid eyeball pressing and hold the insert in your hand for better control, not in the XL night mask. We can do a gentle *eyelid massage any time, without warm compress first,* by wetting eyelids with saline solution to allow easier sliding of *the* small *finger (of the* left *hand (if* right *handed), since that finger is the* cleanest *of all 10)* over the eyelid (to prevent collagen tearing and cornea tiny scars due to strong friction), then using washed fingers, see video, to gently express glands, then clean eye with Cliradex, HOCl or Zocular).☺☺☺

Cliradex etc washing is important, to prevent styes and chalazions, see a video on how to use warm compress to resolve styes; styes and chalazions are usually due to infections of the hair follicle or the MGs orifice, which becomes larger when using a warm compress; to prevent microbes getting into the gland and causing a stye, it's helpful to cleanse eyelids before and especially after a warm compress, as large pores will allow more crap in. You can use cold water to shrink the pores to normal size once you got a good "meibum flush to open any clogged pores". You can even make a reflex to always wash fingers before touching eyelids, and drying them with an eyes only towel, having a special soap for only washing the fingers you use for meibum expression, to avoid bacterial contamination from dirty hands, etc. No eyelid irritant is allowed like eye creams, makeup, etc when doing compresses, and that you washed hands before touching compress, goggles, disinfect goggles often and wash compress too frequently. ☺

11.17.8. How to protect your eyes from oxidative damage done by UV, blue light, *wind*, *smog*

Even the gentlest wind dries the eyes; *dust, viruses, smog etc increase oxidative stress, making eyes dryer and redder*, so, until you fix your meibomian and/or lacrimal glands and all returns to *normal (no more tired eyes, no floaters, no dry/red eyes)*, buy some cheap $10 blue light blocking glasses (*wrap around sunglasses or blue light protect the eyes 2-3 times better* from *bacteria, dust, smog, wind*) to wear outside at night (*especially if slight winds exist, like near beaches or running, jogging*), and ALWAYS wear sunglasses daytime or yellow tint UV/blue light blocking if overcast or sunset/sunrise. I *was shocked to find out* Bollé $12 HD clear glasses, wrap around, offer *much higher contrast than blue light glasses*, by making letters darker, while blue

light computer reading glasses make the background darker too. This really helps reduce eye strain, since computer blue light level is easy to adjust with software and lightbulb by placing away and using 500K or warm white 2700K bulb. ***Floaters are type 2 collagen bundles in the gel inside the eye, more likely to form when*** deficient in antioxidants that reduce free radicals in the eye (which cause collagen bridges to form, atypical polymers), ***when*** eyes are dry (no simulated yawns or eyedrops), ***when*** exposed to UV light from windows (spend $10 on a clear UV film for your room, to avoid $900 surgery to remove ***floaters*** or ***cataracts, our lens becomes yellow as we age***) or outside, ***when*** exposed to high energy (very close to UV wavelength) blue light from the sun. ***Thus, it's best to wear sunglasses to maintain best vision into your old age***. Since face washing, sunglasses and antioxidants prevent UV light, dust, viruses, bacteria getting inside the eye and causing oxidative stress and infections, they decrease the risk of glaucoma and more serious eye problems than floaters or cataracts. If you use makeup or acne topical powders or ointments, always wash face with soap before going to bed, otherwise, the chemicals will get stuck to your pillow or eye mask and irritate your eyes or make them dry or red too. ☺☺☺

Some makeups are ultra cheap and contain toxic chemicals, use makeup less and only highest quality, just like with eyedrops. If you drive a lot, getting UV film on all car windows helps a LOT, since free radicals from UV light (sunglasses, especially those not bent around the eye corners, can't prevent all UV from reaching the eyes, window film is the real protection) can cause floaters, cataracts, and worsen any infections. Not all floater/cataract removal surgeries are without complications, 1% lead to some real issues (that cost way over 900$) as the videos above explain, so you want to keep your eyes healthy with ☺***cheap*** preventive measures. Likewise, darker tint sunglasses with more yellow-orange-red-amber tints block more high energy blue light (some of it is 400-430 nm, very close in energy to 370-400 nm UV rays), so choose the more orange tints and the wrap around sunglasses to cover well eye corners. To get better sleep and less eye irritation, for computer work you can try better blue blockers. If you dislike wearing glasses, see the sleep section for more blue light blocking ideas. ☺☺☺

Try search Amazon or google for "99% blue light blocking sunglasses", you may find the $16 100% blue blocker (Infield on Amazon, UV400 plus 400-490 100%, or infield-safety.com) or $25 99.9% blue light glasses called NoBlue that also block all UV and meets ANSI Z87.1-2003 and CSA Z94.3 standards (hackyoursleep.com sells them too, the one I use now most of the time when outside as sunglasses since they're more HD than any $20 from Walgreens or Walmart, has "PS Z87.1+ Taiwan, NoBlue" written on it, and inside when I want to block blue light inside (inside we get 450-500 nm blue light from windows and computer screens, which blocks melatonin production and can cause chronic insomnia, dry and red eyes in some people). You may strongly dislike the $7 (if you buy 2-3 pairs) to $10 Uvex glasses, that block 98% only, made with ($1 store like safety glasses?) cheap lenses that give you headaches after 2-5 minutes (as reported by

many on Amazon), especially when changing focus. You often get what you pay for, and these Uvex glasses proved it to me. The $16 Infield, a medium price, have far better lens than Uvex, but seemingly lower quality (may get a lens headache after 30 minutes in some users, earpiece headache after 10 minutes) than the $25 NoBlue. The ergonomics of NoBlue is totally superior to Infield, most sunglasses/blue glasses on Amazon, since the NoBlue space between the temple tips is 120 mm (plus it's soft rubber very flexible, unlike the harder infield rubber), not 81 mm as with Infield. This is 41 mm difference is evident from Amazon pictures too if you pay attention.

Bollé Contrast Cobra (which allows you to prevent dry eyes via the foam kit) is really good for driving at night, if you want to block 30% of blue light and still have clear lenses. NoBlue also has the temples about 25 mm longer, making it fit better for far more head types. I looked at hundreds of sunglases at Walmart, Walgreens, etc and none comes close to the superior ergonomics of NoBlue. One solution is buying separate temples that are long and wide, unscrew the temples that came with your cheap sunglasses and put new ones that fit you perfectly. NoBlue is darker making it better use as sunglasses. Infield focus change as in driving gives headaches, so I returned them after trying them. Smaller heads who don't get headaches from temple pressure on their temple area may be OK with Infield type if the lenses are not giving headaches. If a pair has poor or medium quality lens, like many blue blocking or regular sunglasses, it's not good to wear them as they may distort your vision. Each person is different, so while some pairs may cause headaches in some, they may be OK with others after 1 hour use; lens headache is not always due to low quality lens, but to eye focus change specifics. Your eyes are worth $10 extra for a decent pair, since it may cost 9,000 to fix damage the cheap ones do. Cheap lenses can stress the eye, and then you spend $10-80 a year on eyedrops. Companies make yellow tint almost transparent sunglasses for sunset, sunrise, cloudy days to protect eyes, since UV and blue light damage the eyes even when the sun is not visible. ☺☺☺

They make *glasses* (100s of them on Amazon) that block 40-50% of blue light, like these amazing 14$/2 pairs, 13$ 1 pair, Kenzhou glasses (many Amazon brands with flexible hinges like this one (4 times cheaper than Target ones, plus flexible hinges, Walmart vision center ones are 40 times more expensive) so it fits well without pressure behind the ears, transparent lenses, for marketing purposes some glasses say 90% of "harmful" blue light, without saying they block the same 40-50% of total blue light as the other brands as you can see form the identical spectra pics (where 90% of harmful blue light is blocked, the lower wavelength (λ) nm, closer to UV, E=h*c/λ=h*ν, ☺formula explained here, higher energy (E) = higher capacity to cause floaters (collagen 2 polymers) by polymerization like blue light in dentistry lasers, free radical formation causes polymers of collagen type 2 and the faster aging of many eye parts). That's why some dentists use blue blocking glasses and why wearing 99% blue blockers while in the dentist office is a smart idea. The transparent 45% blue blockers are amazing for computer work when seeing

blue on computer is important (some software, not reading articles), and you want to remain alert (blue light keeps us alert and regulates circadian rhythm, so we need it when we wake up) or for driving at night, sunrise or sunset to prevent retina damage and glare that temporarily blind you, while still allowing to see pretty much all blue color objects, even if not as luminous/bright blue as before (more grey or green). The 100s of Amazon 7 to 9 layer lens $15 *yellow* tint HD polarized blue blocking *sunglasses (*that also block UV400, i.e. UV up to 400 nm*)* block only 40-60% of blue light, make ***traffic road yellow markings***, in some cases, when faded and at some angles of eyes and sun position, 10-20 times more visible even in daytime, images much clearer ☺HD(high definition)☺ than standard sunglasses, in the daytime, you will be ***blown away*** such glasses even exist, way better than 99% of glasses with gray, amber or brown lens you find at most stores; ☺☺☺ normal yellow/white markings will appear 50% better, more yellow and everything far sharper and in contrast (flowers, etc), but ***some yellow markings that have faded, and are there to prevent collisions***, will be seen 5-20 times better, saving lives.

Rocknight type of sunglasses with adjustable frames, temples, spring hinges (screwdriver included to adjust springs to your size and tighten back), nose pads due to aluminum construction will fit more head sizes (this brand is 135 mm width, 60 mm lens, so for small heads) and provide max comfort, while plastic ones can't be custom adjusted. Duco 9 layer lens brand is another metallic adjustable HD polarized yellow lens example, with wider 75 mm lens and bigger overall for bigger heads than Rocknight. At night, dusk, sunset, photons come mostly from street lights and since sky photons are blocked and sky becomes greenish (no longer blue), the yellow-red-green photons of the road from your headlights and streetlights become emphasized, so the eyes become more focused on the road and the road seems brighter due to this effect, even though less light passes than without glasses, so technically it's not brighter, it only seems so. You will notice it's easier to focus ahead even with the clear blue blocking glasses that only have a tiny yellow tint, barely visible. It's the neurons of the eyes that get focused on where the light and photons are, in this case the road, so they can increase safety as we're less distracted by the streetlight photons and sky or billboards photons. If it's very dark though, wearing "clear" (they all got a yellow-green tint, but nobody will notice it) blue blocking glasses (not the obviously yellow) is better as you see detail better. During cloudy days, when tons of blue photons come from the sky and get less processing by the eye, a similar illusion happens, the road ahead seems easier to focus on. If very sunny, yellow is not good, only darker yellow. So if you drive 10 hours daily, you may need 3 pairs (clear for night, yellow for bright night and dusk/dawn or cloudy day, and dark yellow or orange for day) for maximum eye protection from glare-UV-blue, road safety and minimizing eye stress. Yellow lenses are excellent for the few hours around sunset and sunrise, rainy days, etc. I wouldn't use the 99+% blue blockers in day traffic (unless driving slowly in areas you know well), since green traffic lights (especially the

arrow type, not the round ones) can't be seen very well from 0.2-0.5 miles away, especially in certain solar positions that create glare; however, you can see red and yellow better, and way better on cloudy days since orange lenses make those colors brighter, increasing contrast. 99+ are too dark for driving at night anywhere. The 99-99.9% blue light blocking sunglasses can be used at home at the PC, the darker the orange, the more blocking. ☺

Dr. Allen made a video about mainly much more expensive blue light glasses, for those who have more money to spend. Blue light *damages* more than the retina everyone talks about. 399 nm UV or 401 nm blue light is the same thing almost, it causes pretty much the same destruction. That's why it is best to buy lightbulbs that are 2700 K not the hot ones with 5000K, since 2700K has the lowest blue light. Warm white LEDs (2700K) can generate 15 times less blue light than daylight LEDs as shown in the spectra at LED.pdf. Our sunglasses standards need to be upgraded to keep up with longer lifespans and new knowledge, especially for people who work more outdoors or driving more, requiring more filtering of the most harmful blue light, to reduce its intensity. Standards for many vitamins and even protein intake have been upgraded by 50 or 100%. Perhaps make special (for occupations that spend time in cars or outside) sunglasses UV+B,425 (to block all blue 400-425) and 60-80% of the 425-450 intensity taken out, since 400-450 nm is highly damaging to retina (especially for people deficient in lutein and zeaxanthin) and other eye parts, and some 425-450 and plenty of 450-500 is enough to see blue very well. Skeptics maintain that HEV (high energy visible) light, 400-450 nm, is not that bad, but recall the high school chemistry, where molecules change due to visible light, or the acne section explaining how a 445 (low energy than 400) nm blue light $15 laser from CVS destroys acne bacteria cells by causing porphyrin molecular changes and how red 670 and 800 nm (much lower energy) enhance cytochrome x oxidase in mitochondria and can save parts of organs, eyes from aging or death, red light being used to increase visual acuity and treat various eye problems.☺☺

The government could require all buildings to have built in UV filters in windows and also to block some blue light that damages retina, since it's very cheap; require LCD monitors, tablet and phone makers to improve tech to mimic the stress free reading of a book, so we don't need glasses or monitor filters to reduce glare; educate kids that solar UV (and blue light) intensity at 1 pm is 5-8 times higher than 5 hours later or earlier, 15-23 times higher than 6 hours earlier or later, following a bell shaped curve. We can't live to 200 ☺☺☺ and have dysfunctional eyes. Meanwhile, until standards are upgraded for LCD monitors, tablets, windshields, windows and glasses, we're on our own. Windshields don't block high energy 400-440 nm blue light, and at night our pupils are very open, (especially if we drove on a very dark street and made a turn on a very bright street or a car came with headlights), so when headlights (store or street lights) shine suddenly close to us, we get retinal cells destroyed. For night driving, some anti reflective (AR) coating to existing glasses can solve the glare of headlights (and even some digital screens) issue

for those who wear prescription glasses. Yawns are easy to produce for free on demand and they may help us live longer as they lower metabolism (less wear and tear of cells, as less copies of DNA are made) and relax us, making us more like the anxiety free Immortals, and while we do them we can practice fake smiling too, to lower cortisol (an aging hormone), and get 2 benefits of longevity from our 3-10 minutes of simulated yawns/smiles daily, needed until *we figure out what causes dry eyes* and fix the issue so we no longer need to fake yawn so much. You can also simulate laughter, but yawns work way faster, since you need strong simulated laughter☺☺ for a long time, besides disturbing everyone around at work or waking your family or roommates up from sleep. But while you're at yawning, laugh at it too, if nobody minds the noise.

11.17.9. How to create INA Immortality *Nurturing* Agency that requires ingredient concentrations listed (like food labels) and PDFs on dry eyes, all diseases prevention to be emailed to buyers of medicines (via credit card identity) + basic info on the aisle in each drug store + all reviews move to reviews.gov with all products sold tested by INA with 5 million employees (they are also the courts and police) to weed out lifespan shortening products

Imagine if every Eternia citizen would get an email reminder (with amazing videos and a 500 page PDF with 5,000 references for more info) from Immortality *Nurturing* Agency INA of what they need to do in day 1-300 of pregnancy for their baby, and also an email on what the baby needs to take from age 0 to 18, vitamins and etc, as they change, and the kid getting emails with the qualities to develop and things to do to maximize longevity, prevent all violent crime, prevent 100s of diseases at age 50, etc, help eliminate all prisons, wars. Here we go, USA claims to be the greatest nation on Earth, and they don't have (they didn't for decades) in all physical pharmacies the most useful, safest eye drop there is, like all these France made ones: unpreserved 0.9% saline, single dose, with salt and water only, no chemicals, needing to order online from UK, since US sold ones (inhalation Addipak or Japan made LacriPure) have huge limitations. Talk about becoming like the USSR, dysfunctional and without choice of products, due to for profit capitalism. Where is the compassion? They could make those unpreserved special 0.1 or even better 0.01 micron filter bottles that expire in 3 or 5 months after opening, as for Hylo, Refresh multidose, with saline only to save plastic. Our FDA is too corrupt to do real science, it peddles to the aristocrats who con the 99%, letting poisons slip into the food. ☺☺☺

If you got dry eyes or live in areas with indoor humidity below 40%, you're shortening your lifespan with dry environments (hoarse voice, damaged lungs, dry eyes, eye infections, eye diseases made worse due to dry eyes, sinusitis, coughing, sore throat, bad sleep, poor body repair during sleep due to bad sleep hence shorter life, etc) and you need to bring humidity back up, yet it's impossible to find today in USA a really easy to maintain portable humidifier (not central house), that is not creating endless issues described in detail in the humidifier section, or

endless issues with heaters (except oil sealed heaters that cause less humidity loss), ultrasound, microbes, mold, bacteria films, etc. We have such low standards for product approval and testing, re: lifespan, that we live such short lives too. We have too many HR, accounting, lawyer, etc admin jobs and 10 times less R&D jobs than needed; by future standards most humidifiers today would fail approval, so would be sent back to redesign, companies need send prototype first; since we can't ban all at once or hire 5 million at once, this process will take 25 years at least, as the most vital appliances and good products would be tested first with the first 50,000 hired. Every garage or "profit makes all types of junk, jack of all trades master of none" company makes a humidifier with minimal research into making a really vastly superior product after 4 months of use in terms of bacteria buildup, scale cleanup (impossible, so many parts there, rubber, etc, unreachable by brush etc, corners, etc) etc, even if you were to use distilled water only, what about DI H_2O generators at home to stop buying DI water for ultrasonic humidifiers? That is another bad area. OK, so we have already 900 useless humidifiers that fail all decent criteria, then another company comes and floods the market with a trashy one, worse than 200 already on the market. This happens all the time and it is anti-life, anti-Immortality *for* All, regressive. Any new product ought to be better than the best so far: this is laissez-faire capitalism, liberal looting called 'economics', one company profits while 30 million live shorter; no, we want profits only when 30 million live slightly longer at least. ☺☺☺

For example, many humidifiers have fans that get dusty, moldy and manufacturer cleaning videos don't tell to clean fan, so they destroy the lung, due to a lenient system of product approval in USA and globally, we need Immortality Nurturing Agency, INA, centralize and improve efficiency, so 5 million are fired over maybe 30 years and join the new Agency to test these rotten products for 10 months and see how deadly those fans get and approve only 1% of humidifiers instead of all this junk today on Amazon at the prototype stage; this will force all the other garage companies to hire more PhD, engineers, etc and consolidate, to reduce admin jobs, boost R&D jobs to make it pass the criteria for microbe spewing after 10 months of use etc... so another 3 months to redesign and overcome issues... until it passes, so we get fewer, but much more lifespan enhancing products. A billion people will be happier instead of giving so many 1 and 2 star reviews for billions of products; returning them, getting angry and then doing criminal acts due to anger building up, leading to wars; of what use is having 10000 humidifier types, instead of only 100 that work far better than any today that copy competitors and make one easy shortcut to cut costs and sicken more people? We got 1 million restaurants today, not even one produces some really advanced product or food based on science papers with all info we got, too little applied, all marketing and profiteering, no R&D. So, you need to add 20 bottles of supplements to get good well round nutrition. Instead of like phone release 24, we get the same crap for 20 years; no science, just Neolithic food, see restaurants made high tech section for

details. The amount of 1 star reviews is astounding, all this info could have been summarized (stuff affecting lifespan length first) by INA to all before they even got it, by getting an extra screen in the checkout process, for each product, so people know the most common issues when maintenance is not done properly, about issues with the product that most complain about and then only approving the product for shipping to minimize returns and wasted energy and time and emailing this screen if not read carefully only scrolled thru after checkout, so they can cancel shipping if reading it later or return without opening if reading it 3 days later; show the mold pics after 6 months, as above and other scary things from the 1 star reviews on Amazon (too bad there is no central website to review every product, so if you buy from home depot you don't see the invaluable Amazon 1 star reviews, have the INA review of all products show up, so when people make a review it's posted there, since on Walmart we get 200 times fewer reviews for many products and it's not fair, the gov needs FAIRNESS, to Love All Equally, not on company website only and all companies who sell a product show the INA reviews, so ALL GET ACCESS to same info, as in a true democracy of equal opportunity and education for all), etc and have them decide if they want something with a fan or not, a filter or not, etc, the microbe data out of DI water at 6 months vs 2 days, etc, standardize, have all submit to same gov test and etc - don't just make claims like companies do, comparing themselves with the worst product out there; let every reviewed product get INA stamp for quality, like USDA Organic stamp label and the whole planet can then benefit from this approval and spread immortalism to all.☺☺☺

Likewise, imagine if we could find in any eye section of pharmacies, CVS, etc a device that would allow us to collect tears we generate by yawning to be able to use them within the next 10 hours or so when the eye is dry and we're too sleepy or tired to generate tears: some air tight collector; this way we wouldn't have to use as many tears; the technological challenges to doing that can be overcome, even if cleaning the collector daily would be a challenge; but this would be easier than landing on the moon. They call these reflex tears, and these have even more water than the 98.2% water in normal blinking tears, but the composition is very similar when yawning, since they're not emotional tears or "foreign object" tears which are markedly different. Another urgently needed invention is a really good daytime pair of moisture retaining glasses that uses nanomaterials to prevent fogging, allowing drops to form on the lens, which are collected into a reservoir which can be transferred every hour or 3 if needed, to a biomarker monitoring and tear sterilization device, so they can be reused maybe or at least used for chemical analysis. Eyeeco Quartz Shield doesn't fog much, but forms droplets providing a very moist air for the eyes, so something very tightly fitting on the eye, easy to see thru (silicone can't do that), like some dual pane safety goggles with anti-fog tech today, but much more advanced, creating a perfect seal around eyes for ultra moist air. The tears would also allow us to monitor certain health parameters easier that tears and monitor and to live longer (no more blood

samples for many tests), maybe to even develop vaccines to bypass injection. In a Civilization of Immortals, in any store that sells eterni eyedrops (like a rocket is vs chariot, compared to today's drops) it could ideally say on a big cardboard above the eyedrops aisle "Please study all ingredients in any facial cream or makeup you use, to make sure they're not going to cause eye issues when eyedrops mix with them and reenter the eye sometimes canceling all good effects of using the best eyedrops (even the most perfect ones generated by you 30 minutes before), wash properly before sleep, especially areaqs above eyes, wash while holding hand to avoid the cream-soap emulsion from dripping over the eyes and tiny trace remaining there to later combine with eyedrops that often get out of the eye and reenter eye when we blink. Without good moist happy eyes, we can't function well and do anything with the usual ease pretty much that we do normally, but with a little dark circle we can function very well.

Our eyes are far more important than makeup. Additionally, good sleep, hyaluronic acid in 100s of eyedrops helps the skin around eyes, so there is no need of dark circle creams, makeup, chemicals. We want your eyes to be healthy, for centuries, with 20/20 vision, and there are ways to prevent dry/red eyes, produce natural tears anywhere far superior to these man made ones, by $0.5 moisture retaining masks (which address night dryness and damage it does to eyes, damage not addressed by drug store eyedrops in people who open eyes slightly due to reflex when thinking at night, night dryness which often is the ONLY reason millions use daytime drops), $5 blue light glasses with clear tape to create daytime moisture retaining "mask" or wrap around clear glasses and sunglasses during daytime when feasible to reduce drying due to wind and draft while walking, simulated yawns (if tears needed during daytime), and LipiFlow, MiBoFlo, TearCare, IPL, iLux, eyelid scrub, NuLids, warm compress, eyelid massage, ω3 technologies that don't use chemicals which often destroy the eyes, by nutrient starvation (redness relievers that constrict blood vessels) or cause other types of damage (preservatives etc). Before you buy these eyedrops, please read these common reasons (a whole booklet is emailed to you at the address on file with Immortality *Nurturing* Agency, INA, once you check out any product, with the product 3 page and 200 page guides or scan this code with your phone or text xxxx from your phone to get the website address) for dry and red eyes and ways to far more safely cure dry eyes than these last resort man made drops, many of which have harsh chemicals, microbes due to touching eye drop bottle often after weeks/months of use, stuff we don't want in our eyes due to side effects that can get the eye drier and redder time.

It is unethical to make people dependent on toxic chemicals, when alternatives much cheaper exist. Immortality Nurturing Agency wants you to live to 900 and have healthy eyes for that long, not to enrich pockets of Pharma CEOs or shareholders." ☺☺☺ People get a 3 page short summary to read right away, with only 50 references, and a big 200 pages PDF (or webpage, with embedded videos etc) with 5,000 references that can be read later when time allows –

explaining also the correct way of using whatever products they bought (so doctors don't have to spend hours to do this, or consumers trying to find quality youtubes or articles explaining it, and it's all explained well, maybe links to youtubes too when showing is needed; this saves doctors huge amounts of time, like teachers save when they use prerecordings, so as to evolve their tone, meditate and focus on innovation and the research projects with the students). What innovation can doctors do in this saved time? They would work with medical startups or Immortality *Nurturing* Agency non-profits to create better 10 cent moisture retaining masks, glasses, etc and artificial drops and medical techs, that are imitating meibum and tear composition 100 times better (500 compounds in store tears as in natural ones, not 5-10) and expire in 30 days (Amazon delivery from factory, since with so many chemicals can't be stable without toxic preservatives, Amazon Pharmacy of the future). ☺☺☺

The PDF saves lives, since sometimes people go to the CVS or a pharmacy and pick a drop to relieve redness, their pH may be 7.9 naturally, and the redness reliever is 5.7, so this would cause a lot of damage if they use it a lot and not seeing well could cause that person to make a work or driving mistake that could shorten someone's lifespan, besides having lower quality life himself; likewise, someone with pH 6.5 naturally, may choose Systane Ultra with pH not listed on box, as being 7.9, which is higher than most people, so it would do ocular damage; yet this can happen now as nobody is required to list pH and other basic info, like mOsm/L, etc. so patients and doctors can choose something that better matches individual tear readings. People *buy "eye masks" or "sleep masks" from eye section of pharmacies, without getting* FDA *or* INA pdf, or other stores, not realizing that a warm room with a sleep mask would heat up the eye more and dry it, leading to dry and red eyes; hence a curtain to prevent light during sleep is safer, unless using a night moist mask. The mask can bend eyelashes (so they could get a neck pillow to place under head/ear between the corner of pillow and mask when side sleeping to prevent pillow pushing so hard on the mask temporal edge), leading to some lower ones becoming horizontal and almost entering eye or scratching cornea making the eye red, then person using eyedrops for redness and developing drier eye due to ever increasing inflammation caused by acidic drops with rebound redness causing ingredients (redness relievers etc). When people buy safety glasses to give employees or use oneself, they would get the PDF and be told they can wear the glasses with much more wind-air conditioning-draft protection (where the silicone seal is premade to some extent, since I can feel wind even with the silicone seal being up 97% on a wrap around safety glass). ☺☺☺

The PDF/webpage could have "Immortality *for* All" *and* "May all live to a trillion" *in the Header and Footer, to remind people of the big picture of* INA *goal.* Doctors can then do more amazing science and clinical discoveries, like using tears, lipids from healthy MGs to help stem cells migrate via a novel sci-fi tech to the other gland (atrophied) and reactivate it, etc. A

working person with kids has no time to read 20,000 papers, select the best 5,000, make this 200 page report that took 5 years to make, always improve, for a professional who read 300,000 papers on dry eyes or "condition x" last 10 years full time. People will get in the INA email the website link with the 5,000 pages, colorful picture filled PDF with the 100, 000 references (updated yearly by the Immortality *Nurturing* Agency) that presents the classical methods used to cure something and also the extra 700 methods people have cured the condition "diabetes, dry eyes, etc, cancer, arterial plaque" that are known, outside of traditional chemotherapy, prescription stuff or CVS pills, based on thousands of papers that present amazing case studies of remissions, where food components were able, alone or with some very simple side-effect free supplements or pills or less known technologies, for some genomes at least, to start a synergistic downregulation of cancer or diabetes causing molecular systems and affect healing; these rare cases are often unknown to doctors, as they're updated yearly, and doctors don't have time to read so many new cases of 7,000 new papers/month; doctors are human and they have kids, etc and sometimes don't read all new papers, due to long hours; but cases can be known to a patient who has 40-60 hours a week to research if motivated enough in vacation or lighter work weeks, since his spirit guides can suggest to do a search and he finds that one case that would have taken contacting 900 doctors to hear about and 90 years too. By that time, he would be long dead (or some permanent organ damage occur) in 5 months instead of living (perfectly healthy) another 10-25 years. Millions of people die not because we don't know how to cure it, but because the information doesn't get to the patient or primary care doctor or the many specialists who were contacted and are clueless that cure method info exists deep in the 1 million papers published last 10 years. ☺☺☺

The system is about pills, *not about information*. Without changing our culture of "instant gratification" and "cure of symptom" now, we will wreck our bodies and live 80 years, or 100 if one of those 1 in 5,000 lucky to make it. We need to move from "treat symptom with a pill and wreck the body" to "treat cause and heal the body" by reading first the common causes, as known by medicine, of each disease and condition people visit a drug store. Centralization allows INA to develop a nice eye drop that mimics natural tears better, and when we have a really good INA site, everyone goes there, and we don't need update 5 million websites (where they describe some eyedrops in a paragraph or page) sites with the ingredients in every drop, only 1 site that has 200 pages on all ingredients, effects, papers, etc, concentrations of every artificial drop and nobody needs to reinvent the wheel, they just reference it. "We the People" not Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts), 900 year lifespans matter. Big Pharma must clearly warn of rebound redness if used daily on the bottle of redness relievers and potential for long-term drier eyes due to contricting the arterioles, but no worries, "Money is the God". If we're honest, we

can say money is the God of many people too, not just Pharma sometimes, we just don't realize we think about money usually 800 to 8 million times more than about living to 110 or 300 in our lifetimes. Same story happens with a lot of other medicines, that have no such warning labels. ☺

Go to diabetes pharmacy section, get the email sent to you and the big sign above the aisle suggesting basic simple things to do: increase zinc intake if low, lower AGEs, eat more AGE inhibitors, control calories and simple sugars at each meal, via a food spreadsheet. Go to heart disease or Alzheimer section, get the email sent to you and the big sign above the aisle suggests simple things to do: reduce oxidized cholesterol, cut down animal foods that are fried, stop eating dry heat foods, AGEs, see some of the ideas here. Incidentally, all these things I just wrote above, help your eyes too and every other organ and condition, since they prevent diabetic damage, atherosclerotic damage and zinc deficiency damage that prevents proper tissue repair. Natural tears have way more compounds and very specific custom chemical ratios, personalized for each genome, body, diet, etc, which would cost millions of dollars to reproduce (pathogen free daily) exactly at our current tech level." This is called Immortality Capitalism ☺☺ of the Immortals' Civilization: *longevity (not sales) first*. *Same for all aisles that sell medicines, some basic changes often can remove the need of them*. We have USDA certified organic logo, they could make INA certified for foods, medicines, and products of all types in all stores (based on which minimizes risk of lifespan loss), ☺ Immortality *Nurturing* Agency ☺ label on any product, so that people know which ones are the least toxic man made things, at the current science knowledge level. INA could also forbid any store globally from selling any drugs without having huge banners above each aisle on how to naturally prevent these conditions using 100+ methods by lifestyle changes, so people can get that booklet by texting or scanning instantly and read next few weeks and not become dependent on a potentially very toxic to their organs man made chemical mix that shortens their lifespan by years or their super healthy lifespan by decades. Only electric cars would get INA certification for example, as the other ones produce too much smog or have high risk of explosion due to hydrogen tanks if using hydrogen tanks (made from solar panels and water). This basic yawn technique could be required in all 1st grade civic education classes, so people know what to do to produce tears to wash debris when wind with dust, pollen or something gets into their eyes. Most people don't get dry eyes until they stare for hours at a screen with blinking rate 5-10 times lower. ☺☺☺

We got 100s of scientists to design useless products, and look at these masks, so little R&D, so few scientists (need 200 materials science, chemistry, biochemistry, biophysics majors, engineers, optometrists, MDs, etc) and facilities to make a really well engineered 3D printed *night moisture* mask *or with 10 sizes for all orbital area shapes, width to length ratio, etc.* We got more choices for vibrators, cigarettes, vape products and devices than for quality night dry eye masks and day wrap around glasses to protect eyes. Pressing eyeball on pillow when

stomach sleeping can increase ocular stress, ocular pressure and increase risk of vision deterioration and even glaucoma. *This is like walking barefoot is a lot of shock for our legs, but now we got shock absorbers, so we can last longer, we got engineers designing these shoes with tons of calculations to absorb mechanical shock, so what do eyes do when they're pressed all night long or getting dry at night or daytime due to AC, central heat, etc, wind?* Moms with high cholesterol give birth to babies with 12 times the fetal aorta plaque *and likewise, every dirt and crap entering kid eyes when playing in dirt, from age 1-18 will also increase oxidative stress,* damage eye vasculature and lead to atherogenic plaque that ruins the eye 50 years earlier. Look at the eyes of many 70 year olds, they're so worn out and etc – this is due to not receiving any protection, humidity, moisture, etc, creams, etc like our hands or etc receive. A wrap around plastic made UV and strongest blue protecting would prevent enormous ocular damage from dust, viruses in the wind. Everyone almost is so against glasses, even sunglasses sometimes. We protect feet and the 10 times thicker buttocks skin with clothing and shoes, but eyes? We leave them unprotected, and the orbital area too, in the most toxic eye drying eye destroying UV rich wind, AC or central heat vent wind, etc. How can one expect to have 25 year old vision at 120? The future of day glasses is talked more about in section 2.2.7.☺☺☺

11.17.10. 1. Punctal plugs (see why to avoid), 2. treat stye, chalazion, MGD with light 3. LIST of eye antibiotics for MG expression, dry eye (*bacteria* can cause it), blepharitis, plug, stye, pink eye

Punctal plugs stop tear drainage partially or fully, but increase risk of lacrimal gland, meibum gland and inner eye infections (& yellow cornea, swollen eyelid from antibiotics). Today, a new "punctal plug that melts way faster than collagen plugs" lacrifil hyaluronic gel is used in many people, as a temporary plug for a few weeks/months (max 6 months, after 6 months it has to be flushed with saline, so it may cause infection, perhaps more than a silicone plug), until they get the meibum flowing better using IPL, probing or other techniques. Lacrifil is a gel that has no risk of getting lost in the nose or causing surgery needed to remove it, it's much safer than collagen plugs that dissolve in 9 months and can cause infections, etc. The punctal plugs are contraindicated for those with inflamed eyelids, styes, infection of the lacrimal gland, etc – so if your eyelids got swollen recently due to deadly poisons inserted in products shipped to you to clog and close the MGs, etc or whatever (while the meibography will display they're well, since doctors gives you fake pics, to make you continue using the deadly product for example) it's not a good idea to put punctal plugs; doctors can have meibum glands pics hacked/replaced, even without them knowing, even if they're spies role playing "all is well with your eyes, you got no styes, no inflamed eyelid, a plug or two would be fine, etc (when he has no idea what your normal eyelid thickness is like, not looking at them 800 times a year)", so big damage occurs. It's a good idea to flush your puncta first to make sure they're clear before you ever try punctal plug; the doctor uses a *special (blunt tip, not sharp) syringe needle* called lacrimal cannula. ☺☺☺

Lacrimal cannulas (can only be sterilized in a 15 psi program, only available via Instant Pot Max pressure cooker canning program, high pressure option, run it one hour; all other cookers don't heat steam to 250°F to sterilize) come in various shapes, so the ones that don't force the 90 degree vertical 2 mm to horizontal 8 mm to become straight during syringing, are going to produce less inflammation in that corner, so ask MD what type of cannula he uses. If straight, he doesn't know about this and you can ask him if he has a curved one or change MD. The cannulas come in various gauges, 25 is very thin, 23 less thin, 19 are largest diameter; most companies sell 23, but 23 may mean different size (outside diameter) for each company. ☺☺☺

There are 5 main shapes (I am using mediusa as examples of curving, not saying this is the best company, as their site is a little odd (typos and saying boiling is enough for sterilization (not enough, need higher temp for some spores) vs this): straight (not recommended, unless inserting only 1 mm or 2 into the vertical part of the canal), least curved, anel (partially) curved, very curved, (ideal if you do 2 mm of vertical canal and then 2 mm of the horizontal, so a partial insertion for cleaning up better the area after first 4 mm) and medium curved (this mediiusa.com one is like the Bausch and Lomb E4406 one, but better shape than Bausch, since it is more 90 degree at the bend; Medi got into the habit of sending rusted cannulas as brand new; they got reusable, 4 gauges, 23, 26, 27, 30 or disposable 23, 27, this is the one with almost natural 90 degree angle, allowing least stress for the 90 degree natural bend, highest comfort if doing the full 8 mm, since after insertion when injecting, it's not forcing the 90 degree to be straight, least tissue damage, inflammation of the 90 degree bend; though any are fine if you do 1 mm or 2 mm only, but if doing full this one is safest, whatever the optometrist prefers for ease of doing). For straight and curved cannulas, they got a lot of olive shaped ends for less inflammation during insertion, so finding one that is like that may help in some cases only, though the bulk can also cause inflammation by over dilation, but it may be useful when a certain type of bump exists, if imaging can reveal that to ophthalmologist and lead to trying olive instead; another option can be to use a round top cannula variant in the ideal shape for what is being done, with side hole, as that would irritate bumpy areas less. Perhaps, for a really good flush of the first 6 mm that get only the cannula and not the water usually in the standard syringing, doctor could do one, more or all of the following: 2 mm insertion and flush 3 ml using any except the very curved one, then 4-5 mm insert with the very curved one above to avoid 180 degree angle instead of 90, and 6 mm with the anel (partially) curved, 8+ mm insertion (2 mm vertical, 6+ horizontal) with the medium curved. The cannula is attached to a sterile luer lock (more secure) one time use 3 ml syringe (like Medline good brand, slides easily so the cannula position doesn't move) which is filled with sterile saline from a vial. Disposable single use sterile cannulas are safer, lead to fewer infections from patient to patient (but if you're the only one using it and use 270°F autoclave to sterilize, it's not bad; single use sterile cannula has no need to rise, wash, sterilize

via 1 of 5 methods: autoclave, or soak in CaviCide disinfectant made by Metrex (or soak in sonication bath, then rinse with DI water), etc: these rinses of the lacrimal drainage system can be done in 20x mirror by some optometrists on themselves, youtubes explain anatomy and how they do it: deeper 8 mm insertion, and small 2 mm insertion to flush the beginning of the canal better. Knowing what these things entail is helpful, so you can make sure the doctor does the ideal job and definitely tell him if you feel anything odd, there should be no sensation of discomfort and never accept anesthetic, as that prevents you from knowing if he's clumsy or pushing too fast or there is an obstruction or pulling eyelid away from caruncle too much when rotating syringe if he rotates as in the previous 8mm insertion video.☺☺☺

Don't be naive: FBI/Mossad/etc caused issues, like swelling of eyelid that doesn't go away and can become permanent at times, to mutilate and disfigure peop*le as* John of God *(if* videos are not fake, and real) may have done and Inquisitors did torture and kill people, like they do with toe nails, etc, brain/heart damage by sleep deprivation, torture, via weapons or stuff added to ointments, drops, etc and then suggests you get some treatment that causes other problems, or even blindness via glaucoma (say you see halos around traffic lights, that can be caused by foggy glasses, ointments creating blur, choline shrinking pupil or pre-glaucoma)☺☺☺ caused by infrasound weapons vibrating the eye to detach retina and destroy optic nerve; they create an issue, you think it's natural, they come with a solution to destroy your health. It's called the problem, solution strategy, to create more damage than they already did, detailed more here. An example of what could happen, they dry eyes, they send you to a doctor who uses bare (no gloves) hands (instead of sterile q-tip) to touch eyelid or express a gland slightly (can transmit EKC virus and others), or uses tweezers to damage your MGs and eyelids (never trust any doctor who doesn't take video of what he does to share with you (like Dr. Lorin Vogel takes video of meibum expression), even for punctal plug insertion and removal, since he could try be ultra nice to gain your trust, only to damage your eyelids, meibum glands and create styes by using the meibum forceps and damaging the eyelid, allowing bacteria to get there and create styes), or pushes eyeball with finger when trying to express meibum (to damage optic nerve) in the nasal corner, or damages the puncta drain canal during irrigation with the syringe to cause inflammation and swelling later if you put plugs there a few weeks later, while he pretends to do meibum expression, irrigate puncta or put or pull punctal plugs, since no video of what he's doing is recorded; sometimes you may even know he didn't put it correctly as you felt it, told him about it, since you asked for no anesthesia on purpose to make sure needle doesn't go the wrong way (due to spies remotely controlling his motor functions or he intentionally doing it).

Another trick they use is to take a retina scan or LipiScan pic of eyelids etc and swap it or have their hackers do the swap when it's taken since customer doesn't look at the screen much, nor is he allowed on purpose, so the it looks a little off and then next few months they attack that area

to make it sound there was something to begin with there and it's not them attacking, to get the real pic to look more like the fake; but the highly felt attacks will reveal that obviously they damage the area. Gently ask your eye doctor to not use his bare hand to express glands a little to check stuff, let him use a sterile saline moistened sterile q tip you bring in or sterile silicone top you bring in, since hands are dirty if not washed right before using them on your eyes and soap doesn't remove everything – gloves, sterile q tips or other sterile devices can be used for minimal meibum expression to avoid infecting your eyelids. Gangs often evolved to keep tabs on police brutality, but now they talk of cameras on all cops, what about cameras on all doctors, medical procedures sent to customer by law after each procedure for a democratic civilization where doctors are not gang members or military/spy agency paid torturers in a fake democracy. MDs would pay more attention if they knew all is filmed and seen by the patient during (if he can watch it) and after the procedure on a screen and emailed the video too. First bring eyelids to a healthy state and then read more to see ***if it's worth trying punctal plugs***: the short-term comfort is often replaced in the long term with some major problems and discomfort. ☺☺☺

Some people try punctal plugs if they have less tear production, don't respond well to artificial tears or want natural tears with 2000+ chemicals to moisturize and nourish eyes, longer, instead of using imperfect artificial drops with < 9 chemicals, centuries away from the safety of natural tears. If you google optometrist websites, plugs are the main way they treat dry eye when drops and the meibum techs of Advanced Dry Eye centers (which also do punctal plugs) don't work well. Meibum techs that heat the whole eye, not just *eyelid only like LipiFlow, iLux do*, have their own issues, but in this century they're what we got: oxidative stress and damage to cornea can ensue from excessive heating with daily warm compresses or other techs one would use very often; but most people don't have the 10K a month to do these high heat techs often. Punctal plugs are a 5 min procedure, they come as full silicone plugs that are easy to remove (last 2 years sometimes, while permanent closure of plugs is possible too if they fall off a lot, see video) or collagen (to see what happens) that dissolve in a few days/months but are hard to remove sometimes and are not every MD's choice due to that. Youtube has 100s of videos on "insertion of punctal plugs", so search for that to find stuff like 5 silicone clips: Oasis (includes syringing using a round soft tip, not normal needle, sterile saline to flush gunk out before putting plugs to make sure all junk from past infections is out), Comfort, Vera, Snug, Ultra (Ultra insertion tool is similar to old Oasis tool, Oasis got a modern type too similar to the press/release used by many others), see also Syringe technique, 1 acrylic: Medennium expanding SmartPlug though this one leads to infection often, (all absorbable ones are more likely to cause infection, while silicone doesn't react with stuff) etc. Punctal cautery is a last resort in severe cases of water deficiency. On each nasal corner of each eye there are 2 (lower and upper eyelid) little pink dots which are called puncta, which are the orifices of the tear drainage made of ampulla, canaliculus, lacrimal

sac, etc. Our 4 puncta are easy to see with a 20x mirror, can bend upper eyelid slightly if needed. "The lower canaliculus is the main way for tears to drain from the conjunctival sac and 80–90% of the total tear fluid drains down that way." ► MSM 2014;20:628-38. That's why many MDs plug only the lower eyelid first, to see what happens, sometimes even using a collagen plug to see how the eye would respond or partial plug; a partial plug has a hole in the center to slow down the tear drainage so eyes can be moist until the next blink. ☺☺☺ Due to risk of infection of the eye or lacrimal gland (especially if one plugs all 4 puncta 100%, not a good idea to start with), eyes need to be kept clean with daily washing or Cliradex scrub or etc and a pair of wrap around HD safety glasses when outside can reduce exposure to dust, viruses, bacteria, smog by 90% if they have some silicone wrap around (even if not tight seal, silicone doesn't need touch the skin, since a tight seal would require a non-existent anti-fog coating due to extreme moisture and would not work), diminishing infection risks associated with punctal plugs.

Punctal plugs can be too big or too small for the hole, both being bad, so hopefully you go to someone who is not new to this and has read 500 paper son this at least. The yawn tears and lying horizontally 5 minutes after yawn tears production can help flush system every 3 hours thru the upper open puncta, and disinfect it, since yawn tears have high amounts of lysozymes that kill bacteria to prevent infection and keep inflammation lower. The sterile saline drops can be used sometimes to flush the system easier or with extra water. Punctal plugs may work for people who're already used to the daily efforts needed to manage dry eye and will do the work needed to maintain a clean and flushed eye, free from accumulated junk, since now they have less dry eye and less time spent with tear application and dealing with inflammation from toxins in artificial tears, needing instead to make sure the system is flushed well every day via upper puncta or tight squeeze and washing and wiping with sterile q-tip maybe the nasal corner junk, tears, etc – to prevent inflammation via stagnant water, metabolites, etc which is called dacryocystitis. *That's why before you do punctal plugs (or if you got a stye), they send you to a pharmacy (CVS, free with any insurance) to get* a prescribed antibiotic, see the huge list.

Another punctal plugs issue optometrists explain in youtube videos is the biofeedback that happens, we produce less tears due to the eye being wet, but plugs work for a year usually; can this lead over 5 years to partial atrophy of the lacrimal gland? Perhaps, if you have really dry eyes and the plug won't actually cause real wetness, it won't send ocular signal to lacrimal gland to produce less, so it won't cause less tear production; however, if there is abundance of wetness, then it may atrophy lacrimal and cause dry eye again in a few years.☺☺☺ To determine these things they need probably a lot of advanced imaging tests to see lacrimal atrophy over years of plug use, depending on the start of the plug insertion dryness level and Schirmer's test, aqueous volume, etc. But think about it, how stone age the way is today, with pH not even written on eyedrops, no info on many possible effects of each ingredient, etc… and

how quick the decision is, put this or that plug. Epiphora is the abundance of tears after a plug that occurs sometimes, and leads to replacing full silicone plugs with flow control or partial silicone plugs; partial plugs may not prevent lacrimal atrophy when the MGs are evaporating the drops quick due to lack of lipids; so it may be rebound dryness due to lower lacrimal output is more obvious in people with healthier MGs. Nothing is without issues and side effects, so one way to prevent this negative feedback may be to wear any wrap around safety glasses less tight (or without silicone for some lucky people) so the eye doesn't get too wet and starts telling lacrimal gland to underproduce which over 5 years may lead to lower production capacity.

Punctal plugs aren't perfect, and in windy areas they dry eye quick for those with poor lacrimal output, lipid layer, no wrap around safety glasses (HD) – so some give up easily on them, being disappointed. Some tears do drain via lower ones even when plugged quite often and when we blink the nasal corner releases some water too, the eyelids too, etc, so this spill over needs to be washed more now, since it contains junk we don't want under or on our eyelids and nasal corner, since 98% of tears is water but the other 2% is 2000 chemicals and they can oxidize and mix with metabolites of the cornea and conjunctiva cells cycle, etc; many factors determine the success of dry eye resolution via these plugs, even the ocular shape and how easily tears can overflow into nasal and eyelid to eliminate the 2% and drain it preventing too much accumulation (though our eyes got used to thick drops and ointments, etc to some degree, so they may adapt to an overflow of lipids, proteins, etc accumulating there sometimes for a few hours); but we know from using artificial tears that they easily overflow, being 3-5 times bigger than normal volume of a blinking tear, so if there is too much water, that's good, it will overflow and clean it well without us having to clean eyelids and eyes so much with yawns or saline, etc☺☺☺. Cleaning more often is often a small inconvenience since many people no longer need use almost any artificial tears, gels, ointments that can ruin the eyes more. It's unrealistic to imagine that there is one thing that miraculously fixes everything for all folks, without us having to clean eyes etc. All methods require some work, frequent (especially first weeks of the plugs to make sure enough cleaning etc is done) 20x mirror checks. All techs out there, like retinal scan via Optomap retinal map generator, visual field test for testing peripheral vision (to gauge risk of glaucoma, macular degeneration, diabetic retinopathy etc), etc can be used as a cover to irradiate retina with lasers of visible, UV, IR light to create damage, since medical devices can be altered without the knowledge of the company during shipment, or the company itself can be part of the military or spy agency of the country who makes it or the country who remotely controls the factory in a 3rd country and activates dual use function only rarely when needed. The scans that seem to be provided instantly via OptoSoft or other programs, can be remotely uploaded and overriding the actual scan in real time by hacker software, while doctor never sees the real picture, unless he's a military one using cover of "independent OD or MD". When we

see green or blue cross on that OptoSoft it may be actually fine, he takes a pic when blue or red and gets more images, since you were mind controlled to shift up or down slightly, so they see 97% of retina, see 2020 paper. Everything disguised as help can be the opposite, to further science experiments to develop new treatments, using useful clueless people as guinea pigs so the "other guys have less risk", once it has been perfected on disposable clueless folks.☺☺☺

There are many types of punctal plugs, made of silicone, pictured at JO 2016: 9312340, some have slanted cap (collarette as they call it) which may diminish irritation, depending on how puncta rubs against cornea; in immortality capitalism, we would get a huge PDF with all types of punctal plugs available and the pros and cons of each, instead of just getting the default plug someone uses at the office we go to; this would let people learn the issues, types and choose one out of the 30 available silicone plugs and go to someone who is open to buying and putting those even if they don't use it, but the network would automatically show who has the most experience using those plugs or doing meibum expression, or anything in the area; others have a cap that is 3-4 times thinner, so those may cause far less rubbing sensation and not cause patients to want their removal right away; as the paper shows, most plugs (Oasis, etc) have the end designed as if to catch a lot of stuff, junk and bacteria, whereas others are one piece and will collect bacteria in the bottom area 500 times less; since the main complication with plugs is possible infection, choosing plugs that are one piece (larger diameter at the end, instead of a sudden increase in diameter as in an anchor) seems safer for preventing infection in 5 years. I read this paper after I put my plugs for 5 days: On May 18th 2022, I got my 1st punctal plug (100$ each, petite, 0.6 mm wide), which I removed 6 days later, made in USA, Glendora, CA, oasismedical.com (EU sales office is in Rome, Italy, the box says; same company that never tells what phosphate concentration is in their eyedrops, so you may get eye stones.) for the left eye; first few hours I could feel it rub against cornea, but then I didn't anymore. However, the eyelid became swollen for all 6 days worse swelling ever, when waking up and during daytime, so see below why current punctal plugs are so dangerous and stone age.

Then, next day I did it on the right eye (both were removed May 24th, since one of both eyes felt the plug a lot in the evening when more tired), since I noticed left eye was less dry at night when waking up during the night; however, since upper puncta are not sealed, the drain happens and eyes are far from wet, needing saline throughout the night still; so the benefit of plugs, which would be from no night dryness, is not there and 4 plugs would be too dangerous for infections as explained below, besides irritate cornea a lot, so *area near caruncle becomes red*; initially I wanted to wait longer,☺☺☺ but seeing that it's more comfortable than anticipated, next morning I decided to put the right one too (not realizing that I didn't look right and left enough to realize what the issue would be in future days). After both plugs went in, when generating tears 3 hours after plug insertion, via the yawn method, I noticed that the water overflows on

the skin under eyes, keeping that area wet and disinfected, since it can't drain, this will add moisture and make the glass area way wetter faster. So you will need less yawns and drops daily, which is going to save way more than 200$. However, with eye drop brands that before took 2-3 drops to get one or both eyelids swollen, now it takes even half a drop since it is increasing contact time by 10 times at least, with the plugs, so it will lead to a total reevaluation by you of which drops, ointments, eyelid cleansing products you can even use or in what amounts, besides saline which never irritates the eyelids or yawn tears, which are even better than saline but take too much effort for some; these plugs show how irritating to the eyelids are all these drops and eyelid cleansing products and how 1st century like, vs the future, our techs and products are today; almost all engineers busy on inventing new killing devices, instead of safer medical devices and eyedrops. Due to lipids having nowhere to drain that fast, except the upper puncta when you sleep not during the day, when placing drops the sensation is different – it's no longer feeling as if you put it on cornea directly, but a little like on a thin film on the cornea, as there is more stuff left over now – so it's more pleasant; placing plugs is major shock to the eye, because it doesn't drain all the inflammatory compounds and cell processes junk easily, so you need flush with saline at least 8 times daily to assist the eye acclimatization to the new environment; rest and sleep more, eat less, fast a little, take a holiday, minimize stress, to boost immune function; plan to put plugs when you're less busy at work, etc and can relax more. You will notice that the chemicals in eyedrops mixed with mucus overflow outside the eye on your skin near the caruncle, since now those can't drain via the lower puncta.

Clean face well daily. One thing to recall is that you have to use antibiotic drops before and after for a few days; when some low IQ companies design these silicone plugs, the top cap is flat and then it takes a sharp angle drop if some pics are accurate ☺☺☺ (not with the spherical edge Oasis plug), maybe 75 degrees; that sharpness there, on some 3D printed or regular I saw online or in this paper (1st pic), causes a lot of irritation of the cornea; this irritation is huge even with the spherical plugs I used for 5 days, let alone the sharp edge ones; I felt huge irritation from Oasis when looking to the extreme right (left eye, since cornea comes and pushes against eyelid, with the iris, eyeball, etc; even looking left and right by tilting head that way is a pain, so driving properly is impossible without serious cornea edema and subsequent cytokine storm, and possible infection of the cracked scratched cornea; it's not practical to turn whole body while changing lanes to avoid tilting head too much) or left (for the right eye); make sure that the brand you use has that cap edge spherical, not sharp, to reduce ocular inflammation and cornea edema. We need plugs that have the edge like a mushroom; almost all optometrists I called said most people don't like the silicone plugs due to discomfort and risk of falling, but these silicone plugs are way safer than intracanalicular (ultra hard to remove too, requiring surgery sometimes), since there is no partial unflushed unwashed punctum top part that can lead to

bacteria growth as with intracanalicular plugs or partial drain (due to bacteria film on the canal, or even under the cap and on the sides of the penetrating part for both sealed and unsealed silicone plugs) plugs causing infections more often; however, even sealed plugs have a little hole in the center where bacteria can colonize, or at least some do if hole exists in the middle (all of them today unfortunately, need Immortality ethics), so they can cause a lot more infection than flow control where that area can be flushed at least.

So, if you get punctal plugs, do some research first to see if any plugs without hole exist if they're sealed, otherwise, get the ones with unsealed hole so you can wash it perhaps, though it would seem very dangerous too; welcome to the 21st century plugs that increase the chance of infection 50 times? ☺☺☺ Welcome to the Stone Age, FDA approved too? The hole inside each silicone plug is huge, I saw it on the plug they took out, at home with a 200x magnifier I got from Amazon that can be used without a phone too, just place plug on finger and stare; the optometrist was nice and gave me my plugs, with free collagen ones since these didn't work, if I'm interested in the future after cornea scratches heal. Since collagen *plugs* are cylinders without a hole, why can't they make the silicone ones without a hole too and *insert* them without the special instrument for *holed* plugs? ☺☺☺ Don't be naive, the cell walls of the puncta regenerate themselves and flush themselves, but the silicone walls of the hole for permanent and flow control plugs, or intracanalicular can't regenerate and fight bacteria with live tissue, the biofilm accumulates and will infect and ruin your eyes; welcome to 21st century tech, all money for bombs and tanks, nothing for a decent plug. So many liquor stores, and redundancy, no wonder we have no engineers to create a much better than silicone material that would be softer and need no cap and no slide inside without a cap, so it can't be felt – it's like a science fiction material that would allow cell wall regeneration (some cells die when infected, but silicone stuck biofilm can't be removed), yet work symbiotically with the cells so as to enable it to remain in position and not cause inflammatory cytokine cascade when it rubs on cornea when looking right or left, when the plug moves from the band between caruncle and cornea onto the cornea itself (talking about lower puncta). At least create a cell culture, grow similar tissue and place it there to create a permanent own tissue plug that is easily removable if need arises, use the most sci-fi biomedical engineering to make it easily removable and never felt and 1 million times less prone to infection. Or just create a new material that will interface between inert silicone plug and the tissue in such a way, that it doesn't interfere with the cellular functions of fighting bacteria and with a certain laser treatment of the area, the nanomaterial bonds to the cells break releasing the ultra ultra soft plug to be sucked by a machine upwards: this way the plug doesn't sink down or need an irritating cap.

Collagen plugs sink down, dissolve and cause infections, they're not good, but way less irritating than these capped silicone ones; some say they have very low inflammation and infection risk vs

intracannalicular (hydrogel) and silicone; however, due to proteins in bovine collagen, they can trigger an allergic response; in the future, a small biopsy from out nail skin (that many people chew daily anyway) could be used as source of cells to grow 1 million times more cells and create a perfectly compatible collagen plug – sort of like meat from cells made in a lab, without agriculture. We need to treat the *cause*, lack of lipids in the tear layer due to clogged meibum glands, not the *symptom*, dryness; plugs are only a last step resort when *everything* else failed and all glands are dead, they shouldn't be prescribed so easily to all: use saline, healthy artificial tears, unblock all glands, express them after warm compress, reactivate them and *then only, do* punctal *plugs if not* enough *water layer*. ☺☺ Plugs, give eye infections and even nose, lung, throat thru the tear drain pathway.☺☺☺

ANTIBIOTICS for STYES, MGD, Dry Eye, Pink *Eye*, *Chalazion*, *Infections*, *Punctal* Plugs

Introduction: JCM 2022;11(14):4195 explains vision impairment is often a side effect of using antibiotics for styes, so if you get a 20x mirror and catch and effortlessly remove styes when they're 100 times smaller, you will save your eyes from damage by antibiotics. Oral antibiotics are a last resort, since they damage the microbiome. Anti*b*iotics are anti *b*acteria, while antivirals are anti viruses (hence the names end with vir, like aciclo*vir* for eye herpes *vir*us), antifungals are anti fungi (molds are fungi). Dry eyes, many eye diseases and infections are caused by bacteria, viruses, fungi or even Demodex mites that attack the meibum glands and cause evaporative dry eye that worsens every other eye issue. The next pages have content ODs, MDs avoid sharing, *due to not knowing it* or an inefficient unethical dysfunctional chaotic system of health care and medicine labels.☺☺ All insurances cover the common antibiotics below, free of charge, for styes, plugs, etc; you can use teladoc.com to prescribe something via video, takes 3 minutes to see a doctor via desktop camera or phone app from your home. (2 min my total appointment time for a prescription, choose CVS to pick it up, since it shares the color of the drops on the paper, which is important, since yellow drops can yellow eyes); just say which one you want and why for your stye or plug. All antibiotic eyedrops almost got BAK toxic preservative, so, to make it 3 times less stinging, irritating and cornea damaging, you can use 5 min before some unpreserved hyaluronate eyedrop and you will enjoy your antibiotic drops a lot more; you may be prescribed to use them once a day for MGD or thrice a day for styes; hyaluronate also helps to deliver antibiotic (or any medication) a lot better to the meibum glands infected by many strains of bacteria and to your conjunctiva, cornea, etc; recall, for any medicating (except saline) eyedrops, to keep eyes closed for 5-10 min after inserting drops, otherwise, you only get 5-10% absorbed by eyelids and eyes and waste your time and money, as most drains into puncta by blinking or falls off your eyes as you sit vertical instead of horizontal (tends to fall out of your eye corners, so lie in bed and don't blink, don't squeeze tight, let it soak the MG orifices to prevent styes), having to repeat the treatment, waste pharmacy/MD time to

prescribe again a bottle wasted. ☺☺☺

We are *in the* Stone Age, so all antibiotic ointments contain 97-99.7% hydrocarbons extracted from petrol, with all irritating carcinogenic impurities that can trigger eyelid and cornea inflammation, swelling of eyelids; for billions of years we were used to the 500+ meibum natural lipids, not hydrocarbon oil, so placing this in the eye is a low IQ way to deliver antibiotics since the oil can clog MG orifices and lead to styes, but that's today's tech:☺☺☺ treat a stye *by creating 2 more later via blocking meibum glands, and then bacteria infecting the partially blocked ones once antibiotic is removed due to original stye being cured; like they start a war to "bring"* peace *and then create 5 more wars later*; these hydrocarbon oils are comedogenic, they block the skin pores, so they could *block eyelid tiny thin almost invisible hair (the thinnest eyelash roots) or skin pores and cause even pimples or styes on the eyelid*; thus, if you have swollen eyelids, you may benefit from using liquid drops more than ointment, though ointment can penetrate deeper the area of infection, so be careful since some antibiotics swell eyelids more; swelling happens often due to mineral oil and petrolatum, just as eyelid swelling occurs in people allergic to mineral oil, petrolatum with plain Bausch dry eye ointment with 20% mineral oil, 80% petrolatum. If you used one low quality mineral oil plus petrolatum ointment with impurities, that caused an immune response and then the immune system associated that inert hydrocarbon mix with the reactive impurity, so it triggers an early inflammatory response even when impurity is no longer present in new brands of ointment; so even if you're technically not allergic to saturated hydrocarbons initially, you can become so, due to an FDA standard that allows companies to have too many allergic impurities. ☺☺☺

You may want to first try the eyedrops version of an antibiotic or antibiotic mix, that has a watery consistency, not thick, few ingredients, to determine if you're allergic to that antibiotic or not, before you place the ointment version inside, since ointment will deliver 20 to 100 times more antibiotic, depending on how much you blink how much it drains in your puncta, etc, if you sleep or not, etc; perhaps, to avoid skin pore blocking and pimples, it's better to try to place ointment in a way that avoids the eyelash (though that's hard since it overflows on the eyelids) and avoid placing it on eyelids since tiny invisible hairs can exist there, visible only with a 20x mirror. Gently avoid using a cold or warm compress that touches the areas of the face that may have pimples, since this will transport P. acnes bacteria to eyelids and give you styes and inflammation requiring antibiotics; styes are filled with yellow pus and have staph bacteria usually; why do people get styes and etc, dry eyes, blepharitis (*the* eyelid *inflammation that blocks oils and makes eyes dry due to water evaporating*)? "Demodex mites can cause blepharitis, MG dysfunction, dry eyes, styes, chalazion, and ocular rosacea" (OD can use high magnification lamp to see mites on eyelid margin or take an eyelash to examine on a microscope for white flakes and mites infestation signs, you may need anti-parasitic eyedrops if antibiotics

don't work, or Cliradex, tea tree oil eyelid scrubs daily) and the "most common species isolated (in blepharitis patients, 45% of people) were coagulase-negative staphylococci (CNSA) and P. acnes" ► IOVS 1986;27(4):486-91; see acne section on ways to get rid of these enemies of eye health; "The *eyelid-skin* microbiome (of healthy young adults) was relatively simple, and was typically *dominated* by P. acnes in the young subjects, or by Corynebacterium sp. or Neisseriaceae in the elderly subjects... (CNSA and P acnes were) reportedly cultured from approximately 50% of the freshly expressed meibum of a normal subject... *43% (of eyelid skin bacteria were P. acnes)* 18% (Staph epidermidis)" ► IOVS 2020; 61(2):18. ☺☺☺

Below you will find more frightening information about P. *acnes* bacteria, co-causing arterial plaque, *blood* clots; P. acnes also *secrete* lipases, enzymes that *break tear fluid* lipids and cause evaporative dry *eye*, as protective lipids are disappearing and tears evaporate; this dryness then makes it hard to flush microbes and leads to blepharitis, MGD, meibum gland atrophy, infection, styes. Since most pimples are on forehead, make sure a compress doesn't touch the eyebrow; most antibiotics swell eyelids when eyelids are already irritated, slightly swollen. Try to start small if your eyes are more sensitive; it seems better to try blink and be awake for 1 hour at least before going to bed, after antibiotic ointment is used, since the clear ointment disperses unevenly and some blobs of it float in the cornea of the eye (*creating funny reflections that move as you blink, shiny blobs that can move too close to eyelash roots when you blink and go to bed without checking eyes on 20x mirror to remove excess ointment accumulating in the caruncle nearby area of lower or upper eyelid and cause styes*) and can cause extreme redness, swelling there; this is your vision, you can't lose it due to infections, so standards need to be way higher than taking 1952 erythromycin orally for a cold bacteria infection or some 1948 bacitracin ointment for a toe; you can lose a part of finger or toe in a little accident, but not your eyes, so take special care, research more PubMed papers (clarithromycin 1990 is methylated erythromycin with fewer side effects, etc) before putting all "1st century junk" (by year 4000 standards), or "modern" medicine into your eyes; you know how Vioxx users took it for something and they got heart attack, etc, don't be too trusting of every online website praising an antibiotic; 99% of antibiotics were not made for eyes, they're just tried for ocular use; for safety, try ointments mostly day or evening, not at night, especially first time, due to risk of meibum blockage. This stone age stage is due to us not being serious about World Peace in 3 months, so everyone makes weapons instead of better medical devices and chemicals.☺☺☺ Some use an antibiotic prescribed for stye or punctal plugs, rarely, after the stye is gone, punctal plugs removed, etc.. for any bacteria infection until expiry date. Never drink alcohol when taking antibiotic drops or pills, since with some pills death can occur. These antibiotics were discovered in 1950-2010 and were mainly invented for non-ocular use, except 1 out of 900; then, MDs tried some for eye infections and those became products, but among those 100 eyedrops and

ointments only 5 have the least irritation for eyes, eyelids, etc; those 5 vary from person to person depending on their ocular state, DNA, etc; thus, since cornea and eyelids are skin like tissues, you need to avoid anything that is known to irritate skin, especially if you have an irritated, inflamed or red cornea or swollen eyelid. ☺☺☺

Research before jumping into using some stuff some website says, if you don't want to end up with *yellow eyes, red eyes, swollen eyelids*. Always take a drop of any antibiotic and measure its pH and act accordingly, i.e. be prepared to dilute or use a more alkaline drop 20 min early, etc. Place a drop on a white tile or plastic and see if it's clear or yellow; if yellow, be aware that your eyes may turn yellow for 1 to 25 days, so be ultra careful in monitoring eye color at 20x mirror before and after; if any yellow emerges, try one of the other 100 products, because we need eyes to be white so we can see vascularization and issues better and not have yellowness mask other diseases or issues. Read papers for your eye issue and antibiotic compatibility. You may need to switch antibiotics to a new broad spectrum one after punctal plugs, styes, scleral lens infections, since the side effects become 20 times worse, due to the antibiotic failing to drain fast, so do the proper research first and have a backup plan *BEFORE you ever consider* doing punctal plugs or using something a lot, as you don't want to cause infection by not using antibiotics with punctal plugs due to heavy red or swollen eyelid, pain, stings, etc. Read papers on ocular side effects of antibiotics after plug. Plugs increase risk of infection a lot, maybe 20 times, maybe less than scleral lens infectious keratitis. *Bactericidal antibiotic means > or = 99.9% bacteria gone in 24h in vitro; bacteriostatic takes longer,* prevent bacteria growth without killing the existing, *requires higher concentration to achieve same bacteria load reduction clinically or in vivo; the most important thing is in vivo result though; generally, bactericidal is thought of as ideal for persisting infections or for getting rid of it fast when a situation demands it, since it kills all faster, without allowing dormant bacteria to multiply wildly once antibiotic is discontinued due to weak immunity via stress or poor sleep; bactericidal* wipes out infections fast so there is no time for antibiotic resistance to develop; however, bacteriostatic tetracyclines can modulate immune response. Bactericidal can lead to resistance too, since in *vivo* some bacteria remain; bacteriostatic can also kill > 99.9 in vitro, maybe in a few extra hours, but in *vivo* 6 bacteriostatic eradicated infections (CID 2018;66(9):1470-4) better than bactericidals, so it's complex, since each antibiotic has its own pros/cons.☺☺☺

"Due to merely inhibiting further growth of bacteria, bacteriostatic antimicrobials require a functioning host immune system to fully clear overgrowth... there is a lower incidence of toxic shock and more tolerable side effect profiles". Prolonged use or repeated use of any quinolone may cause new infections to appear, such as fungal ones, like the CVS paper inserts explain when you get it from the pharmacy (for this, trimethoprim and other antibiotics. Only use antibiotics when you need them, since too much use may lead to resistance and no longer being

effective next time you have an infection. For more, read a 2009 article on broad spectrum antibiotics, drugs.com eye antibiotics, globalrph.com list, a 2014 paper on which antibiotics are ointments, solutions, their use, a 2021 19 page article; 2012 62 page list; most eye infections are due to gram positive (+) bacteria; BMCO 2017;17:212 leading infections were due to: Staphylococcus aureus (+), *CNSA* (+), *strep*tococcus pneumoniae (+), pseudomonas aeruginosa (-) (causes blepharitis, conjunctivitis). *Strep* (*S*. pneumoniae, *S*. pyogenes, *S*. viridians)☺☺ and staph (*S. aureus, MSSA, MRSA, S. epidermidis, Coagulase Negative SA or CNSA), enterococci, bacilli* are positive, pseudomonas are negative. The next 8 pages explain *445+633 nm laser stye treatment*, since stye is the #1 reason for antibiotic use in most people, to avoid the devastating effects of oral, topical antibiotic eyedrops, ointments. After this 8 page break on *light* as *bactericidal*, the antibiotic presentation continues. *This is so important and so little known*, that it's worth spending 10 min to read the next 8 pages if you use antibiotics.☺☺☺

Try avoid foods that give pimples since styes can develop due to P. *acnes* bacteria that reside in our MGs and can lead to inflamed MGs (styes, called *hordeolum* medically) that develop into meibomian cysts *(harder styes, like harder pimples)* or chalazions. Avoid foods that give cold sores (that are caused by herpex simplex virus 1, HSV1). HSV1 is treated with antiviral aciclovir (also spelled acyclovir) eyedrops, pills (for less surface of eye issues); HSV1 can spread from mouth to your eyelids and then eye, since HSV1 infects 70% of humans and can cause blepharitis (MGD) or herpes of the eye, warts on eyelid or clear or milky-grey cold sores on eyelid margin, different than yellow pus tiny styes (caused by P. acnes and staph bacteria, or others, easy to burst as explained below), crusty eyelid or even crusty cornea. Check out the forceps section 2.1.6. for one example of forceps use to gently effortlessly remove a yellow transparent stye without any squeezing and damage of the fine eyelid tissue. Excessive seaweed (chlorella, spirulina, nori, etc) or iodine intake can also cause the yellow tiny eyelid pimples (styes, visible with 20x mirror only) or facial acne: algal ω3 oil only has 0.4% of RDA of iodine per capsule, as that algae is micro and doesn't store iodine. P. acnes can also cause styes and infections of the eyelid, small cold sores or pimple like styes, etc on your eyelid rarely, see more on acne prevention here. Basically, since in many MGs P. acnes is the main bacterium for many people, MGD can be caused by hidden pimples within MGs that inflame the glands, block them, harden the oils, just as the oils (MGs are sebaceous holocrine glands, like the hair follicle glands causing pimples) harden within a pimple. So, whatever causes acne often causes MGD, hard oils that block the orifice of MGs and dry the eye, for example, you flip your toe by knocking a vacuum cleaner (not careful, due to being tired and mind controlled); this causes all neutrophils, immune system cells to rush to the site of injury and quit our eyes, MGs, leading to 10 times more pimples and MGs inflammation than before, i.e. to daily acne breakouts and dry eyes, as pimples inside MGs are not popped, so they accumulate and destroy most lower eyelid MGs.

We'll discuss below how to pop styes and how to treat MGD, styes with light, for those not taking tetracycline antibiotics orally or topically, since topical retinoids and some acne and MGD (doxycycline to kill P. acnes that causes MGD) antibiotics make skin sensitive to light (page 11 list), so they need to be discontinued before using acne masks, lasers or IPL. If you got a chalazion (a stye that became permanent and didn't heal on its own with antibiotic ointment), see the warm compress section on how to warm it up; then you can drag it downwards if on upper eyelid, upwards for lower eyelid ones, to help drain that pus towards the MGs orifice; chalazions are swelling of the MGs and can be, as 100s of youtube MDs and ODs explain, gotten rid of at home, though this video, like many, suggests massaging downwards after warm compress, so make sure you put some antibiotic before you massage it, so if any pus comes or drains, microbes left over will be killed. ☺☺☺

Other MDs suggest doing it in the shower, running warm water 5 minutes, then massaging, etc in the shower, this is not ideal (not to mention MD says to use egg on a stye, but eggs contain spores sometimes that don't die at boiling temp, only at 300°F, so wrapping an egg in a dishcloth is what ODs suggest on youtube as allegedly safer, but a dishcloth is not that sterile) since you can't put antibiotic in the shower before you massage downwards for upper styes. Hot showers make the whole eye red, you don't need heat the whole eye, only the area where the stye is. Antibiotic daily once or thrice even is needed if you do any warm compress or massage of a stye to drain it, but because antibiotic drops or even ointments vanish quick, you need to simply put it before the massage when drainage will be maximum (following the extensive preparation protocol below as if you were to burst a small 1 mm wide superficial stye visible at 20x before it becomes a huge stye, since you're eons ahead of others and check eyes at 20x daily, even if you won't burst it, since styes come in many forms few videos even cover: yellow pus thin layer superficial ones, big with white head, big and red close to eyelid margin, big and red and solid in the middle of the MG, etc). So, gently avoid placing antibiotics 5 hours before or after, hence think well before following advice in these 100s of youtubes about styes, IPL, heat masks (many dangers of ocular damage via IR, EMF) that heat a huge area instead of where the stye is only, damaging both corneas, red light as they don't cover all the important safety measures needed in case something drains quick, etc. While doctors have the best intentions many times, they often miss one thing, as their focus is ophthalmology, excision being the most basic procedure for them, and not minimally invasive nonsurgical treatment of styes: they tell people 'do warm compress and massage downwards if upper, upwards if lower stye', but that's not enough, the MGs need to be unblocked via MGs expression (70 micron probe if expression fails) so the stuff can drain, etc, before they do an invasive excision procedure that damages the eyelid: notice how patient is given only 2 choices: warm compresses or excision, but there are many other options, like trying to unblock the gland by MGs expression or probing, IPL, other forms of light,

partial treatment of that area with special laser to take out bacteria while cornea shields are used, as explained below, using FDA OKed facial skin light tools (with cornea shields).

If Immortality *Nurturing* Agency made a 10 (short version), 50 and 500 (detailed) page PDF with all the options, methods of doing it, nobody would have to reinvent the wheel and make 1000 similar basic videos about styes that have only 0.1% info of the INA PDF and 8 hour video; so imagine we have 5 million Windows operating systems or languages, not many programmers for each version; the society and operating system is backwards; likewise, with no centralized PDFs, the quality of info is poor, since no human can know all 500 pages, stye removal procedures that require no ophthalmology, updated to latest info for all 200 eye conditions. So, read a lot more books, articles, videos before you do something, as many MDs and ODs (as youtube shows) don't even know how to do a safe MG expression, as explained here, they don't wipe the eyelid and forceps after each squeeze, don't use antibiotic drops before and after, don't hold the eyelid away before full cleaning of pus, letting it touch eyeball and cause lacrimal, puncta infections, etc. It's a jungle, chaotic world, where information is decentralized and what insurance you have is irrelevant, if you get the wrong info from the MD/OD; you may be covered for a $30,000 useless procedure, but others cure it without any intervention (change diet, remove all fat, all plaque reverses for example), just IQ and knowledge, that could be free, easy to access on ina.gov and centralized for all. Many have no idea about the many ways to remove styes in other ways than warm compress or excision or injection of steroids. ☺☺☺

So, back to the massage styes in shower suggestion, it seems safer and ☺☺*lovingly gently* kinder ☺☺ to do it after shower and slowly, warm up only area of interest, then place antibiotic, then massage; always do these things in the morning, so if any drainage occurs after expression, warm compress, etc, you will have time to blink 12 hours with lysozymes to kill bacteria, to apply antibiotic, remove pus, etc. *Styes are a main reason people use eye antibiotics,* and there are *1.* tiny (transparent skin, yellow liquid filled), 2. medium (red or with white head like a pimple) *or 3. big styes (red or white head like a pimple, near eyelid margin or away)*: a stye can go from none to a tiny 0.2 mm diameter yellow half sphere on eyelid inner margin in 24 hours and if you see one, bursting it at daytime is safer than letting it burst on its own at night and infecting 40 meibum glands with its pus; you can also get it done at optometrist if an appointment is available within 1 day, and they can take a culture to determine the best antibiotic; these ones got an expanding size, so with expansion comes thinner skin that burst ultra fast with heavy blinking; never burst a yellow pus stye at night, prepare well for a well reasted time of the day before 4 pm, as you want 6+ hours of blinking and many antibiotic drops, ointment etc to flush all stuff out; styes start very small, visible at 20x only by those using daily mirror for eye monitoring, cleaning eyelids, on the eyelid margin quite often, so those need be eliminated before they grow into big dangerous ones; before bursting, apply full spectrum

bactericidal antibiotic drops that covers staph well; 3 minute later, line up 8 q-tips moistened with antibiotic *(since most adults have MGD, get a prescription via teladoc or etc for basic broad spectrum antibiotic drops, those are only 20$ for a 10 mL bottle to use when doing MGs* expressions for preventive eye care) or sterile saline as you won't have time once you burst it to line them up, you can't ever leave eyelid to touch eyeball before removing all pus after bursting it, you can't blink in this essential 3 minute process☺☺ (can even prepare tubes to place culture of bacteria and send it to MD) so you must prepare well the 2nd expressor or q-tip used to place ointment, after you remove pus with 8 moist q-tips used only once, lift eyelid where the stye is, usually on the eyelid margin easy to see at 20x if you check daily, before it becomes 100x bigger a year later. The lower eyelid needs be pulled gently away from eyeball, upper needs a little gentle lift to expose meibum orifice, you need a better light from below for upper eyelid styes, while for lower eyelid you need a good light from above your 20x mirror.

While eyelid/stye is away from eyeball, you use a MGs expressor to burst it (9$ expressor needs to be washed well with soap, alcohol 70% pad disinfected, CaviCide sterilized, autoclave etc before and after use for styes; use a separate one for eyelash picking to avoid reinfection) and then, without blinking, while STILL holding that eyelid area away from the eyeball, wipe it out 5 times with sterile q-tips to remove all pus, then apply antibiotic drops again (as you did before starting this 3 min process), then use expressor again to get all pus out by wiping over it, when expressing, don't squeeze anything except the yellow sphere, then wipe again with q-tips and then use polymyxin ointment or some *bactericidal* ointment and then use a strong antibiotic, full spectrum that kills all staphs etc; wipe with q-tips also the opposite eyelid in that same area to prevent infection when closing eyelids during sleep; this saves you 400$ visit (some people can get multiple styes in a year) and you can do it much slower, safer at home and with 20x mirror, you see styes *(they appear on the meibum orifice at first, then become big and expand to the whole gland, so you can burst it when it's small if you check eyes, both upper and lower meibum orifices, daily)* 1-2 year before they become gigantic and visible and can wipe them out safely, etc. Styes can also be caused by too much P. acnes; when using eyedrops we have drops hit and miss and they can carry acne bacteria onto the eyelid part that touches the eye and could lead to tiny 20x mirror only visible pimples or invisible pimples that form into styes. ☺☺☺

Another reason people use antibiotics is chalazions or blocked glands (styes are blocked glands usually, while chalazions are blocked glands that have been there for a while) and to use less anttibiotics, sleep at regular and healthy hours 10 to 7 or something, to boost immune function, get good sleep, do warm compress when well fed and rested so you do it right. Styes, blocked glands, chalazions need to be treated with warm compress, massage and MG expression right away, to prevent creating more styes, *chalazions (a blocked gland swells, becomes infected)* and infecting your blood and body leading to systemic infections or even life threatening

emergencies, so stop all useless activities and dedicate all energy to getting rid of your blocked glands, chalazions, styes: avoid waiting for weeks or months doing little, hoping it goes away without you doing anything beyond rather useless antibiotic drops that almost never treat styes (ointment on the stye alone has a small chance, or a big chance with warm compress, massage, expression after a warm shower; antibiotic drops are essential after stye drain or burst, but just placing drops for weeks without warm compress and expression will achieve nothing except induce antibiotic resistance eventually). If you got a stye, chalazion or blocked MG (swollen eyelid as a result, chalazions are swollen MGs), warm compress it daily (where the stye is) for 1-2 (or 5 if needed) weeks, try gently express the MGs near it daily, so you drain it yourself, instead of it draining slowly at night, causing recurrent styes on the lower eyelid in drains on if chalazion is on the upper, or worse, infections of nasolacrimal duct or lacrimal glands.☺☺☺

Act quick and save your eyes from 5 more styes, infecting more glands. Warm *that* stye (see video) *or chalazion eyelid portion (no need to do whole eye, as that makes it less comfy and can impair the healing, due to extreme cytokine storm facilitated by dilated vessels thru the eye) for 10 min/day and massage it downwards or even use* expressor tools, like *roller types 3.0 or cylinder 2.4 to drain it downwards, with q-tips ready for action if need be, as the paragraph above explains,* in case they may break and drain unexpectedly without you trying to break it that day, so that you prevent infections by wiping anything off eyelid before blinking or allowing eyelid to touch eyeball if you use any expressor,☺☺ if on upper eyelid and push it upward towards MG orifice if lower eyelid. Be aware that invisible small leaks may happen daily and it's safe to use antibiotic once a day until you get rid of styes, chalazions, draining that happens without you doing any massage or draining downwards for upper styes. Before you do anything to upper styes and chalazions (usually upper), it may help to close 20% the orifice of the other glands of the eye by doing a gentle cold compress on the other areas, and heating only the affected area to prevent too much cross-infection of the open glands.

Blocked MGs can become chalazions that then can take weeks to cure naturally without excision (excision damages MGs and will also cause cornea erosion and scratch from the little hole they make as this video shows, so you want the do it the natural way without injection of steroids into eyelid (see how bad that is) or excision which can both lead to so many problems. A few pages above, we saw many healthy and blocked MGs have P. acnes bacteria as the dominant bacteria, so when we have a pimple, it remains red for even 2 years if left untreated, and then we use sulfur powder in alcohol taped to the area with bandage to make it beige in 24 hours after being red for 2 weeks or 2 years or use Neutrogena 445+633nm (see details) laser which you can buy for 30$ on ebay. Search ebay "Neutrogena® Light Therapy Acne Spot Treatment", expiration date may be in the past, but they still work fine since they were never used, these last 5 years usually at least, with little use, even 10. Neutrogena put exp date to sell more devices

too; intensity dims slightly every 3 years. If you use these, you can cover the top of the laser with aluminum tape, so that only a tiny or small section, maybe 30% allows light out, so that you can prevent using light on a wider area, if you're testing it; you will see the LEDs are only 20% of the total surface of the rectangle that touches the skin; the acne section explains intense 445 nm causes a 100,000 fold reduction in P. acnes, see IJMS 2021;18(1):109-19.

While red light can reach retina and penetrate skin 6 mm, blue one can only penetrate 1 mm of the eyelid (as long as eye is totally shut you're quite safe from blue light, but it is always much safer to wear cornea shields, in case you don't shut completely or red 633 nm light is not good for your eye, as 445 can't go past the eyelid. Point laser *(while holding it 1 inch away from eye if no cornea shield is used to reduce intensity 10 fold, max 2 seconds/month, to avoid damaging your eyelid skin or retina)* away from most of the eye when doing a tiny part of an eyelid, by moving eyelid up if upper to shine towards the above eye area, down if lower eyelid to shine towards the under eye area, so that the light is never shining towards the bulk of the eyeball, but only getting 10% of stray red light reach the eyeball, most going above or under eye; if not using cornea shield it's risky; *you can cover most of the laser, including the white edge for 1 cm to prevent diffuse light with a 3cmx3cm aluminum tape you disinfect, to* let only a 1 by 1 mm area *to shine (this will* dim the light about 20 fold*; use* a *tiny* sterilized eyelash scissor *or a*ny sterile round tip thing ($ store sells those dental picks that can be sterilized and used for this purpose alone) to make the hole where blue light LED is, since not all 3 LEDs are blue and that goes against 3 mm thick eyelid which blocks blue from reaching eye; with aluminum tape and turn laser on for 10 seconds only after it sits against eyelid area of interest (where stye is) that has wide 7 mm by 9 mm Mastrota paddle behind the eyelid, tightly holding eyelid against the laser, to prevent red *(or even blue light, since eyelid skin is thinnest in the body)* light from going into the eye, though if you make hole well, it will allow only blue light, seen (when you do a test on your hand with light shining onto your hand, not eyes) *in dim light as blue (*blue *if hole* is 4-5 mm from top in the center*),* to prevent any light going to the eye, since blue can't usually (to be safe, have Mastrota or cornea shield anyway, even with blue light only coming thru your 1x1 mm hole) *pass past the eyelid you press the aluminum tape covered thing on*; you will see that if you move 1x1 mm hole 3 mm down, the light coming out (red *if hole* is 5 mm from the bottom in the center) is red 633 as you're near the red LED; this allows you to use blue for disinfection and red for regeneration selectively; you can use the other eye to watch the Mastrota eye, and keep the laser eye as closed as possible; however, a 660 nm red LED described in acne section allows you from 2-3 ft to treat your whole face and eyelids at once with low level red light; though such low intensity may not do much for styes.☺☺☺

Once you learn how to make it 98% blue (position of the hole AND tape the red LEDs, there are 3 total), and how to dim it 20 times with aluminum foil as shown above, you can shut eyes tightly

and treat the entire eyelid from 1 cm away with 445 blue exclusively to kill all P. acnes that have destroyed all your lower eyelids (cover all the other stuff with opaque stuff, to only treat lower eyelids) glands giving your dry eyes, without getting red light into the eyes (except about 400 times less, what you get from being at the computer with a desk lamp nearby or at the beach); MGs are on the inside, so outer treatment may not kill microbes in MGs, so you may need to use it on the inside, for a few seconds, at this ultra diminished intensity, facing away from the eye. With cornea shields you don't want to do it this way, but point directly towards eyeball where the shield is to avoid getting light to eye periphery; with cornea shield, there are no risks as long as you use it away from where cornea shield ends and for a few seconds, etc; acne masks with eyes tightly shut have only a fraction of the pen intensity, hence they're quite useless at real P. acnes disinfection of MGs, but for those with minor infection that may work fine, though doing all at once is not idea, so cover with aluminum 90% of the eye and do only 10% with a 445+633 nm mask, lower eyelids are usually far more P. acnes infected; this reduces the skin damage and oxidative stress; acne masks are not that good, since they damage the healthy skin that doesn't get pimples, so the pen allows you to treat only pimple affected skin; a 660 nm LED from 1-3 ft (0.3-1 m) away won't damage the skin, but will help it, so that's safe to do all face after you treated pimple area with the 445-633 nm pen); so keep the eye you work on shut tightly.

When you use this laser on a finger you can see in dim light how how red light penetrates 6 or more mm of the finger; blue one doesn't, so color is reddish; however, other devices like Q emit lots of yellow and green light that can damage eye structure (IJMS 2021;22(21):11605) at high intensity and even red light, if too much, too fast, can cause damage, not only boost mitochondria; for highest safety (the only way I would suggest anyone use more than 5 sec/wk), and not damaging internal eye structure with 633 nm light (acne section has more on the benefits), you can also buy cornea shields (see many examples here) and then use acne laser on eyelid exterior (don't touch eyelid, just hover 0.3 to 3 mm above it or use aluminum tape before getting closer, it will still work, if your device is not 100% sterile, do 1 eye at a time perhaps) for 20 seconds/day in each area until you treat the whole eyelid for MGD or *just 1 min/day* (4 hours apart, about three 20 seconds doses) *in the stye area for styes when you're ready to express stye within 24 hours (the* maximum softness *of pus,* don't wait 5 days to express after 20-60 sec light treatment, as pus solidifies with more time, just as with pimples not popped out within 1-2 days after laser use for 4-10 min in the last 24-48 hours*).*☺☺☺

Plan ahead, be very organized; due to this not having the FDA stamp, and being an off-label use of something and eyelid skin being so thin, you need to be ultra careful and do it at your own risk, since I'm not sure if it is the best laser intensity; however, since eyelid skin is same as other skin, it may be fine for a few seconds max *if cornea shields are on*; for MGD (no styes, just to cure dry eye due to dead or ultra infected MGs that cause chronic MGs block via chronic oil

solidification requiring endless MGs expression: we need to kill all P. acnes, staph bacteria, so reinfection, resolidification stops due to immune system being able to handle the 100 times lower level of bacteria, not just express pus solid oils every 3 months at your favorite OD), until we use light until MGD is gone and all pus etc was expressed max once every 20 days, instead of the 2 min 3 times daily (6 min max) Neutrogena says to use for pimples, since in MGD, we don't have as many P. acnes as a pimple; then express MGs within 1-2 days and see how things improve before you do it again in 3 weeks, as overusing cornea shields will damage eyelids, only need do this rarely when you got a real stye, eyelid swell or LipiScan confirmed MGD, have a day off next day to do some serious expression for half the eyelid you treat with light; likewise, if we flip the upper eyelid where the chalazion or stye is as they do when they take pics of MGs with LipiScan using a sterile q-tip (just like MD flips it with that tool, instead of q-tip in the video a few lines above), we allow the chalazion to sit on the tip of the Neutrogena light and can shine light away from the eye (this is not ideal, since we damage the eyelid if we flip it more than once or twice a year, so do spend $55 on a pair of polished shields, your eyes and eyelid is more valuable than 50$), kill all chalazion P. acnes (often 50% of bacteria) and turn, within 12-24 hours, a chalazion that was red for months into a pus beige thing that you can then drain with a similar to stye procedure within 24 hours. ☺☺☺

Have all MG expressors and tools, after reading MG expression tool section well, before you do this, as you can't turn it beige when you're not ready to drain it quick as it will infect a lot of stuff by slow draining. Prepare well, use the tools on other areas first a little to get practice and be confident so you immediately, within 24 hours, drain it after light application, and maybe again next 3 days if anything may be left there, double checking if anything comes out. Chalazions, styes are pimples of the eyelid, caused by P. acnes (can be dominant), staph and strep. Because it is the eyelid, you need to be 800 times more prepared, informed, trained, etc to burst it than a pimple. For decades they used IPL for rosacea and acne, so today, they use it for styes, to treat them with cornea shields on within 12 hours, or chalazions (use cornea shields, even if this MD does not), it's the same idea as this mini laser, except IPL is broad spectrum light and used very differently, using cornea shields, the little ball you see off her eyelash in the clip.

Amazon has acne LED masks with the same 445 nm, 630-670 nm, see a video about it. Read and understand how these things work. Many MDs have no clue many inflamed glands are mostly P. acnes due to cold compress blocking glands, so they cut the eyelid needlessly, without having to, not knowing the stuff in this paragraph and acne section on how pimples work, since they never had a pimple and medical school is all about surgery, pills, not biophysics. But if you had pimples and used Neutrogena Laser you will understand; if afraid of using the Neutrogena or flipping it slightly with q-tip is hard, just use sterile bandage from $ store and some sulfur with alcohol on the outside of the eyelid, and tape it well with the sterile bandage, so only eyelid gets it, not the

eye, for 12 hours during the day, then remove it at night, and this will do the same thing, turn a 5 month red chalazion into a beige pus, in about 24 hours, but be ultra careful, since you don't want sulfur into your eyes, can use antibiotic drop to prevent infection. Like with pimples, the turning into beige pus may not always take 12 hours, sometimes it takes 36, so 3 days of 12 hours a day application. MGs are on the inner side of the eyelid, so we apply sulfur on the outer, so it may take longer than sulfur on pimples (12-24 hours) to make it a beige pus.☺☺

Neutrogena will kill in 4 to 6 min most P. acnes once flipped, P acnes from both inner and outer eyelid sides; it has a non-flat top, top is like a 45 angle angled tip, so it will fit really easily on top of lower and under the upper eyelid pulled slightly on top of lower; if you had a *sterile Neutrogena* 12$ on ebay, *(buy 3 one for face, one for left eye, one for right eye, to keep them ultra clean, disinfect with alcohol 70% pads or antibiotic drops too before using inside eyelid, or 4 if you want to use one on your toes for toenail fungus or etc)* you could lean it behind the upper eyelid (while resting the other side of the laser on the lower eyelid with eye 99% closed) by pulling upper eyelid downwards (lower one upwards, to cover the eye with lower eyelid, so laser reflections of the upper eyelid bounce off the raised lower eyelid, not the eye, look away from the chalazion so your intake of light is 0) slightly to avoid reflections of light from upper eyelid going into your eye, and treat the inner side directly, after sterilizing via many methods (antibiotic wash, soap wash, alcohol pad, etc) the Neutrogena laser and eyes, to avoid having to flip and treat the exterior which is less effective, since the thicker tissue barrier slows the 445 nm laser from reaching the MG located at the very surface of the inner eyelid, not outer. You can try first on the outside using cornea shields with the 445+633 nm laser or Q device and if that doesn't fix your issue, go for inside using the Neutrogena (not the Q, only Neutrogena has the shape for doing inside easily). Thus, you don't need to flip it if you got the tools to properly sterilize a brand new eye use only Neutrogena and use it to treat the eyelid inner side directly by lifting it slowly, pulling it down slightly, without touching eyeball. This only works well if the chalazion is more central and you can actually lift eyelid enough or flip eyelid enough. Since excision has so many dangers, it's worth trying everything else first, sometimes, just warm compress and massage without sulfur or Neutrogena laser will work. I never tried this, but you would have to make sure no light shines unto the eye, whatever you do. If no flip, then you can keep eye almost 100% closed, except the little eyelid area. Talk to your OD and see if he wants to help you try it, before doing any excision, injection, etc, explain to him the papers on P. acnes as dominant bacteria in healthy MGs in many folks, etc. Always be safe, never shine any laser light towards the eye or let any reflect back on the eye, so flip it so all goes out or keep eye mostly closed if you don't flip it and insert the tip there under the chalazion, while looking very away from the area where the chalazion is. Too bad this is not a thing they do in office with a specialized little 30$ Neutrogena like laser, better suited for this via shape and frequencies that

kill more than P. acnes well, without a need to flip anything and while providing a universal (or several sizes, easy to attach, not fixed to the laser tip necessarily) cornea shield attached to the laser tip to prevent any reflections from tissue from entering the eye. Then, patient would come next day for the drain of pus. Due to reflections when people don't drag the upper eyelid down enough and closing eye 100% by having the plastic rest on the opposite lower eyelid (if doing upper chalazion), it is safest to always flip if you ever do Neutrogena at home, flip the eyelid top where big chalazion is, close eyes and also do it when the gland is already open and you know it's draining slowly, since it created maybe another tiny stye on the lower eyelid etc, so then pus is easy to drain without effort. Otherwise, if the gland is blocks fully and keratinized well, it will require a lot of expression to finally burst or even a wire or MG probe some ODs use to get pus out and unblock glands in the procedure 5 of the MG expression section (called MGP, MG probing), so you won't be able to do it alone, unless you got experience with MGP; it requires more courage from MD to try something different; that's why this sulfur or 440 nm is good to do only when you're 100% sure it's open and draining slowly. ☺☺☺

A chalazion already may be beige and ready to burst (as most videos show during excision), since all antibiotic ointments on eyelid exterior or inside the eye, acne masks, desk lamps etc have leaked light and made it ready to drain, so you may not need sulfur at all, so don't get too excited about that sulfur laser part, as warm compress, massage, eyelid exterior antibiotic ointment, and slow drain will do the trick in most cases. What I noticed with pimples is that they heal and leave no mark with sulfur or other creams, but if left alone they don't heal well - leaving a scar for months, or years, so you need to nourish the eyelid where the stye and chalazion was, once done, to help that healing once fully drained and not have it affect that gland, also to fully kill all left over bacteria next 7 days with antibiotic ointment etc, so it doesn't reoccur. Rest your eyes more after draining, to help them heal. However, the laser part, with special laser that kills more than 440 nm can, is useful, since if any discharge occurs for a patient, if will be dead bacteria and neutrophils, instead of live bacteria, laser can penetrate all the way, while antibiotic ointment may not; don't forget that antibiotic drops are 500 times less effective in penetrating the stye vs eyelid exterior or interior ointment, so if you got 30$ or talk to teladoc.com, always ask for antibiotic ointment first. ☺☺☺

So, while most styes and chalazions may be already beige pus filled by the time you try laser, it can still help in some cases where discharge won't happen instantly at the office or at home, as at least you get a less dangerous discharge. Gently prepare well and read a lot before doing anything. Understand well MG expression. Like pimples often disappear without you needing to burst them, so can most styes and chalazions disappear without any burst, if you apply antibiotic ointment, drops or laser light, sulfur correctly. I noticed many pimples heal only if I apply 440 nm in the first 12 hours, because the immune system is efficient and forms no beige pus, with

redness gone in 7 days on its own thru good sleep, nutrition, etc.☺☺☺ If I wait longer, then it creates one big pus and needs bursting to get it all out. Likewise, if you wait 5 days, you may not get this miracle 20$ laser cure of chalazion or stye via 440 nm within hours of noticing it, due to an inefficient system of healthcare, the lack of immortality capitalism that enables seeing OD in 12h (or education, use the laser yourself if away from eye, if no reflections, now that you know a chalazion is 100% a pimple partially). If a stye is the easy one that has a white head, and you got tons of experience with MG expression tools, antibiotics, wiping stuff out without leaving eyelid touch eyeball, etc, it is up to you if you want to pop it or not, since if it pops during sleep, it will be a catastrophe, a very thin sterilized, well cleaned, washed, etc needle or, MG probe (70 micron from the doctor, ask him to do it if you trust him) can be used to make the tiny 0.01 mm hole at the top of the white head (don't squeeze the whole thing, as it moves stuff deeper into the gland) and drain the white pus before it will flood your entire eye and infect 50 glands at night; only do this when you got antibiotic ointment to put there 3 times daily after popping it, for 3 days, until it heals and then use nourishing eyedrops with vitamin A, E, etc hyaluronate to help it heal; it all depends how big it is, how long it's been there, how likely it is to pop any time (more likely, so safer to pop it if you used tones of antibiotics before, etc and are ready to wipe all out and have the proper tools to hold the eyelid (Mastrota, etc) and push everything down (for upper eyelid) or up (for lower eyelid) with q-tip, etc.☺☺☺

After a stye, never use mascara and eyeliner, unless you want to give yourself endless styes and chalazions again. Because half the bacteria that cause MGD can be P. acnes, this device, if used safely as explained in this paragraph in a way in which 0 light reaches the eye, could actually disinfect all MGs that are atrophied, clogged, damaged in the LipiScan view and help them to regenerate, without the risk of IPL, which can create blood clots. Headaches, blood clots etc can result even those cheap China made 40-50$ Walmart sold IPL used for hair removal, see list of products), there are thousands of IPLs, though most don't have filter for rosacea like the 3 filter UK one with this Faustina IPL for acne, rosacea. Always read every manual in detail to understand the risks of light usage for any skin issue like styes, etc... and follow it, the Faustina lady is not careful when doing it on the face, she would need to wear better eye protection, like aluminum taped full block glasses (can be any small 50$ mask glasses worn under the other ones) that don't let any light towards the eye, so good foam like silicone seal, just taped in aluminum 100% to block 100% of light to eye area if doing acne on face, 100% seal if you do any facial acne). That's why they have full metallic, on top of eyelid, shields in OD offices that do IPL for dry eyes. They got 3 filters: 1. acne 2. hair removal, 3. rosacea – the one that would eliminate dry eyes with cornea shields, a do it at home thing. Acne filter blocks xxx nm, rosacea yyy nm, etc, so use IPL that tells in the manual the nm, use the blood clot forming nm.

Stuff around 418, 524, 577, 1064 nm are where hemoglobin absorbs and causes blood clots, as

IPL section explains, so those need to be avoided, but do research it more. By doing avoiding those 4, you kill the bacteria, but get no blood clots; you may not get the best appearance that removes all arterioles from eyelids and face, but you save yourself from the risk of death by blood clot or stroke, etc. *LipiFlow makers need to include blue, red light shining on eyelids without shining it on eyes, so that they disinfect eyelids too to achieve more than mere infrared heat.* Just like for MG expression we can do 5% of all 140 eyelid glands in one session, with IPL or Neutrogena, people can do 5% of the eyelids and 5% of the number of flashes they normally do on top of cornea shields or around the eye to give time to the body to heal more effectively, to not overload immune system and also, to ensure that one gets good sleep to heal the body. These IPL for acne, rosacea or hair removal are very dangerous in people with blood clotting abnormalities if they use any nm in the blood clotting ones, as a blood clot can cause silent undetected strokes, or even blockage of main artery and a need to visit 911, so be careful, and read 100s of pages and manuals and papers before ever using any IPL device, as there are 1000s for home use, and only do minimum needed and very little, one flash first, etc. ☺☺☺

That's why Neutrogena laser, with such low level light and only non-blood clotting frequencies of 445 and 633 nm is 10,000 times safer than IPL, since we put so little light at one time. Like IPL, Neutrogena could also prevent dry eye in people with beginning atrophy or clogging or infection of MGs, which MGD really is, without the use of antibiotics, for people without styes, infections, etc without the deadly IPL risks that are present even when using cornea shields. Once the immune system gets a boost due to killing microbes, it may kill the staph/strep on its own on really messed up glands, that most people have on lower eyelid after age 20 or 30, or you could just use an antibiotic that works among those below. 670 nm boosts cytochrome oxidase in mitochondria, and helps MGs regenerate. Try one spot first, take LipiScan pic later, before and after and see, besides daily 20x mirror monitoring of how much oils comes out of that tiny section of your lower eyelid, *to see if oils come out more after 1 month wait and if glands look better when you pull eyelid slightly to see them.* The use can be 1 minute a day, for 10 days, max, since that would be enough to kill and then wait doing nothing for 1 month, maybe find a red light one (if it is small and can be used the same way, with no light into the eye or get cornea shield from somewhere) only for 1 min daily if you find one with 670 nm or so, once all P. acnes were wiped out by 10 min of Neutrogena. The light may work better in some cases, to regenerate, without the use of big IPL blasts, etc. Avoid flipping the eyelid too much, 10 min to kill everything and wait 1 month, because it's damaging the elastin and collagen fibers to stretch and pull too much, as they say with eyedrops and ointments too, you create too much damage if you overdo it; this is likely to have more effect on people with pimples, as their MGs are full of P. acnes, which would die at 440 nm. May need to do 3 min a day for 3 days, and then express 24 hours later when pus forms from the massive killing, that's why a small 3 min may work better,

less pus than 4 or more; before this, buy tools and practice MGs expression on yourself, to gain more knowledge on pus expression; use also some antibiotic when doing this to wipe out as many non acne bacteria too and allow immunity to finally bring the bacteria under control. With cornea shields, you can also get blue and red light to the eyelids using the FDA approved acne mask by Pulsaderm. ☺☺☺ Gently practice good ocular hygiene when using drops, since these HSV1 virus of clear non-yellow cold sores, when placed in eyedrops by CIA, can cause even blindness due to retrograde axon transport causing virus to infect trigeminal (Fig 1 of infection) ganglion on the optic nerve parthway (MO 2019;7(10): 429) and is, like endless bioweapons and etc, used likely, like any natural disease they can repliate or cause artificial infection of, by spy agencies to cause partial or even full blindness for torture via eyedrops they infect in factories (can cause encephalitis too, which can cause death), revenge or mind control attempts, since this virus HSV1 is infecting 50-70% of humanity and it's easy to blame on natural causes (spies always choose plausible deniability methods of disability/killing). ☺☺

Menthol (40% of bactericidal peppermint oil) and camphor (12% of rosemary oil), present in many OTC eyedrops, such as Rohto, preserved (stronger antibiotic, since chlorobutanol preservative and camphor also disinfect) or unpreserved (details), have antibacterial properties. So do drops with preservatives, boric, citric acid, vitamin E, though those kill fewer microbes.

CID 2008;47(6):735-43 *Table 2 lists ORAL (not eyedrops, which mean 500 times less antibiotic absorbed systemically, but can still affect eyes negatively, as with organs) antibiotics* sending people to the *emergency* room ER *most often during overuse or allergic* response: ceftriaxone, approved 1982, only sent 2 out of 10,000 to ER, vs fluoroquinolones 9 (ofloxacin 9, moxifloxacin 21), penicillins (β-lactams) 13, sulfonamides 19, trimethoprim 19 (1962 the older it is, the more bacteria become resistant), clindamycin (a macrolide) 19 & vancomycin 22 (a 1958 mostly *bactericidal* glycopeptide) which kill MRSA Methicillin-Resistant Staphylococcus Aureus, cephalosporins 6 (1964, β-lactams, lowest effects of any *bactericidal* antibiotics, ***3rd (ceftriaxone) and 4th*** (cefepime 1994, covers more microbes, but may cause neuron damage) ***generation are*** broad spectrum ***killing both + and - bacteria; cefuroxime is 12, so avoid it)***, macrolides 5.

The most common antibiotics given for blepharitis, swollen or itchy eyelids, MGD, evaporative dry eye, styes seem to be macrolides: erythromycin 10 (1952), azithromycin 4.5 (1988) in Z-pack that destroy our brains with every cold (USA uses azithromycin 25 times more than Sweden and other nations for trivial reasons), clarithromycin 4.0 (1990); oral *(only 5 oral macrolides are approved in US, the 3 plus* fidaxomicin *and* telithromycin*)* and the 3 ocular macrolides yellow the eyes sometimes, they can damage the *liver, causing yellow eyes and skin. Please* avoid *erythromycin* eye ointment like the plague, if it yellows your eyes (they become more orange yellow tint, instead of white) after one use (happens to many), for 1-5 weeks after just one

application of 20% recommended dose on the label, and you also see halos around traffic lights for 3-8 weeks. You definitely realize how stone age our medical system is if *erythromycin* ointment is what many recommend to patients for blepharitis, infections, etc. The only use for *erythromycin* ointment is on the outside of the eyelid if a stye is there to penetrate the eyelid skin, but in a way that never gets into the eye. No wonder it is so cheap and so many articles recommend it, since the people writing articles never used it. There are tons of other ointments or eyedrops for infections, try those. Macrolides names are easy to recall: *ery*thromycin, *azi*thromycin *(covers more atypicals, less effective against common ones),* *clari*thromycin (6-O-methyl-erythromycin, 2nd generation macrolide, 'iPhone 9 vs 1', erythromycin like except it covers extra strep/staph, fewer side effects. Azithromycin has a 15 lactone ring, erythromycin 14, being sometimes called an azalide, not macrolide; otherwise, its structure is the same as erythromycin, except C=O in 9A ring replaced with N-CH_3. The small changes lead to vastly different antimicrobial properties, as the molecule is bulkier and *no longer binds 50S ribosomal subunit of some microbes, no longer causing the cessation of* bacterial protein synthesis. Azithromycin has a different chemical structure, even if very similar, and being eyedrops, it's far less likely to yellow the eyes to the same extent. ☺☺☺

Azithromycin 1.5% eyedrops "improved eyelid inflammation, the quality and quantity of the lipid layer of the tear film, and tear film stability... seem to be a safe and effective treatment for MGD-associated posterior blepharitis." ► ECL:2021;47(1):54-9.☺☺ *"Both* azithromycin *1.5% eyedrops and* oral doxycycline significantly improved signs and symptoms in patients with moderate to severe MGD." ► GACEO 2019;257(6):1289-94. Doxycycline can cause eye *yellowing* too, like azithromycin eyedrops may, the Azasite off white thick drops, since this thickness will make them stick longer on the cornea, so be careful, lower dose 5-10x, if any eye *yellowing* in both eyes, and don't use 2 *yellowing* antibiotics (doxy and Azasite, or doxy and *erythromycin*) at once, use one at a time to discover the safe non *yellowing* dose. Similar results were found by Cornea 2013;32(1):44-53 ► "azithromycin (1%)... abrogated the signs and symptoms of dry eye in patients with MGD... Tear break up time of patients with MGD improved to normal values after 8 weeks of oral treatment with doxycycline (100mg 2x/day). Symptoms of itch and swelling also improved significantly as did all the other signs...oral doxycycline treatment was slightly less effective in improving foreign body sensation.. Unlike azithromycin, doxycycline treatment did not improve the degree of meibum lipid ordering and correlative change in phase transition temperature... doxycycline improved the PCA scores more effectively than azithromycin... the difference between... azithromycin and doxycycline... may be related to the properties of azithromycin (1 drop/day) to *inhibit tissue or bacterial* lipases (such as P. *acnes* lipases that destroy our lipid layer) that otherwise degrade the lipid... Doxycycline inhibits matrix metalloproteinases (that degrade connective tissues allowing bacteria to destroy *meibum*

glands, so it is used to treat ocular rosacea and cornea erosion: that's why it is used for strengthening the blood-brain barrier (see video explanation), to protect the brain from MMP9 that poke holes in the blood-brain barrier, MMP9 is a molecular scissors that remodels tissues and can become overactive, destroying the blood brain barrier MMP9 is rich in brains with dementia, Parkinson, microglial activation of inflammation)... Both drugs... have anti-lipase effects... (both) reduce the signs and symptoms of *dry* eye... when carotenoid levels in *meibum are low* as in MGD, the tear film is unstable... (causing) *dry* eye (see the smoothie section on how to boost blood carotenoids with 0.5-1 walnut in a morning smoothie: carrot, kale, watermelon. After high carotenoid meals, tears are better; add if needed, some choline bitartrate). When *carotenoids* are *restored* with azithromycin and doxycycline treatment (or carrot, greens, kale smoothies), tear film stability is restored and patients no longer have... *dry* eye...". ☺☺

This means that vegans who eat a lot of carrots, greens etc and have high carotene intake, who already got maybe slightly orange skin on hands face due to so many veggies, may get this macrolide or tetracycline (doxycycline, etc) instant, after one use, eye *yellowing* to a far greater extent than those with 20 times lower *carotenoid* (orange lycopene (tomato, watermelon), yellow lutein (kale), yellow β-cryptoxanthin (red pepper), β or α-carotene) intake. That's why side effects to antibiotics are different, we each have unique diets and DNA, etc, so knowing a little from papers can help us prevent some side effects, reduce carotene from vitamins, etc. This doesn't mean these *yellowing* effects are due to carotenoid concentration of cornea going higher necessarily, but it could be the case sometimes. The most common antibiotic ointment is erythromycin which works better when oral erythromycin is taken too, though both can cause yellow eyes, so stop using if so, see other side effects here, including seeing halos around traffic lights after just one use of *erythromycin* ointment, even colorful edge of the spherical halos of lights with foggy safety glasses. Yellow eyes can also be caused by tiny invisible new vessels that are red-orange and give eyes a yellow tint due to microwave-infrasound attacks by various spies, or pharmacy, factory staff putting stuff in products. It's important to no longer use *erythromycin* (use it as first aid for the body if you got it, but never in the eyes) if halo lights appear, and try something else, since halo lights can also appear due to other issues, so then *erythromycin* would mask those issues if they appear in the future.

All macrolides give halos, especially ointments, due to ointments exposing the eye to 200x more macrolide than oral pills. Likewise, when people use peripheral vision to look at auras, they may have seen, in ancient times, due to taking natural compounds with similar halo effect like *erythromycin*, that *vegan* monks or people (when wearing short sleeves in the summer etc) have more golden auras, due to the *yellowing* effect of carotenoids, and they may wrongly associate such a hue with the nice behavior of those *vegan* monks or people, when in fact anyone today, who is very bad, can take carotene pills and have a similar bright gold aura perhaps for a while.

People didn't always realize in ancient times the *100,000 confounding factors*, that correlation is not causation always. Sort of like kings noticed lights, when moving hands on a piece of cloth in darkness, so the static electricity was seen as a sign from God or angel saying to go to war, due to the myth of 'Angel X' etc. Not to mention, in low IQ people, the random migraine aura could've been taken as a real aura, unlike real aura that shows up for anyone you focus on with the peripheral vision (at will vs "random when neurons misfire"). NIH says Azasite side effects include dry eyes, temporarily perhaps, so reaction may be normal eye in those with existing dry eye, vs healthy eye with some infection using Azasite for a stye; healthy eyes perceive a slight dryness as dryness, while same level of dryness would seem wet eye to chronic dry eye sufferers who cured MGD. The CO 2010;4:681-8 charts show a *dramatic* difference between warm compress alone and *azithromycin plus warm compress* in treating eyelid inflammation, blepharitis. Please read the side effects of azithromycin before taking it orally; for eyes, the eyedrops are far safer and the only form prescribed usually. ☺☺☺

Macrolides *are* bacteriostatic, like tetracyclines; most antibiotic classes have 3-5 generations, each new generation being safer, more recent, capable for some bacteria or all☺. Mayo clinic explains (like many MDs say drops are useless for styes, ointments essential) styes need antibiotic ointment on the outer eyelid, when drops fail, and that's logical, because the ointment will deliver 1000 times more antibiotic than a drop that gets flushed into the puncta as we blink, be careful since the *erythromycin* yellowish ointment may be the most uncomfortable of any you may have tried. The Akorn 30$ *erythromycin* comes in a tube and paper box that are unsealed and thus susceptible to insertion of poisons by anyone involved in delivery to patient, thanks to FDA rules), *cause eye yellowing, and inflames eyelids;* eyelid *swelling* may be due to low IQ *formulation* of the mineral oil carriers, since I noticed when trying various ointments for dry eyes, some swell eyelid 10 times *more* than others, due to allergy maybe and/or lack of research by manufacturer; so you may need to try a CVS brand *(they carry the higher quality Bausch)* of *erythromycin* ointment for eyes, and to avoid the *Akorn* one some pharmacies give to patients. With ointments, try start very small, maybe on outside of eye mostly where a stye is, etc, make sure it doesn't cause yellow traffic lights halo or anything odd.

Polysporin (mix of 2 *bactericidals* with similar structures, 1 for -, 1 for + gram bacteria: bacitracin 1948, 6th most common allergen (1 paper says avoid it if eyelid swollen) + polymyxin B 1964 polypeptide *bactericidal*) is sold as a generic or Bausch eye ointment $36, comes with a seal (unlike Akorn erythromycin), *doesn't yellow eyes*☺☺ or *burn like erythromycin*, but, like all mineral oil/petrolatum based ointments (all of them), polysporin swells eyelids when eyes are more stressed; due to bacitracin being famous for causing dermatitis reactions, it could irritate your eyelid (get like a little rash or pimple like thing at the base of an eyelash that can become a stye later, or eyes get redder like mine did) or block skin or eyelash pores since 99% of ointment

is comedogenic, skin pore blocking. Due to bacitracin causing *dermatitis*, it can cause the eyelid skin to become temporarily (3 days or weeks until it heals) *rugged* due to '*keratinization*' (possibly induced by the transformation of vitamin A into A forms that induce *keratinization*), where the soft eyelid skin becomes irritated, just like a skin reaction. This can happen even if you use 3% of the recommended amount (meaning just a little above the eyelid, whereby a tiny amount gets inside the eye only to test its effects). You won't see the *keratinization* at 1x, only with a 20x mirror, as you monitor eyelid condition daily. It may help to use skin nourishing artificial tears (Hylo Relief, MGD, etc, that have skin component hyaluronate, skin nourishing oils, etc) after such an event and only use this ointment rarely, if at all. ☺☺ Polymyxin is also part of polymyxin-trimethoprim eyedrops (*that have bacteriostatic* trimethoprim 1962*, which* lost efficacy against staph/strep *due to resistance*); this mix is quite deadly, my eyes are always feeling bad after it, become red (especially if you use them 2-3 hours before bedtime, which shows how bad BAK is), etc, so I no longer use it, except mornings; these are so deadly, they contain *4 times more BAK than other formulations, 0.04%*, go to another pharmacy, and ask that you don't receive this deadly 0.04% BAK formulation, go for one with 0.01%, so you definitely *need to use some HMW (2000kDa) hyaluronate drops first* to diminish the damage they do): they and all drops with sulfate contain sulfuric acid to bring pH to a range of 4 to 6.2, for example for the deadly Allergan Pacific Pharma formulation of Polytrim with 0.04% BAK also, 10 mL for 30$ (*so 15 times cheaper than moxifloxacin, without yellowing your eyes for days*); so they would damage cornea (via low pH, BAK) if used directly many times a day for a week, it would be 20x safer to use first some alkaline drop with buffer and then, 5 minutes later, after the thick drop, use polymyxin; or, *like with any acidic eyedrops*, you could use them when waking up only, when your pH is the most acidic in any 24h period and then, *like with any sometimes uncomfortable eyedrops if not diluted due to stone age drops with huge volume far higher than eyes are used to*, add saline solution drops within 2 minutes to dilute and thus raise pH to your morning pH, while keeping eyes closed to absorb the medicine and soak eyelash base well by saline overflowing with dilute antibiotic.☺☺☺

Due to not changing pH so much, the ointment version of any polymyxin combo is far safer to use when your ocular pH is 7.4 (many days in the evening), since it doesn't have this low pH; some steroid-antibiotic combos, like 3 in one mix of dexamethasone (a steroid), neomycin, polymyxin b, can cause halos around traffic lights (as can erythromycin ointment, *which may get rid of* 90% acne *as side effect too*), besides the classical eyelid swelling; the $ store triple antibiotic neosporin that is polysporin plus neomycin, which is very different chemically than bacitracin, polymyxin; because neomycin is toxic and has many side effects, MDs often prescribe polysporin instead of the neosporin trio; you can use left over eye polymyxin bacitracin to replace neosporin for minor first aid events, since neomycin may damage eye muscles and ear

nerves, or buy polysporin (cheaper to make than the 1$ neosporin) or get it from teladoc.com; it's 1$ at $ stores; see neomycin wiki for the terrible side effects (kidney damage, hearing loss, seizures, psychosis, etc); generally, *if eyelids swell or halos appear around lights, WebMD, the RiteAid prescription instructions say stop using it, see doctor* (or use it 2-10x less, in 5x less amount, since mineral oils swell eyelids on their own) *if eyelids swell or a rash develops.* ☺☺ For those in outside environments or who have window open always, they may get exposure to dust mites, fungi, molds (a type of fungi) from outside, etc and all fungi are best treated with natamycin 1978 5% eyedrops (the only FDA approved drug for mycotic keratitis) that treat opportunistic fungal infections, due to weak immune system or more serious fungal infections. Before using it, like with any eye drop, please gently read 'adverse effects' section in the NIH database, so you discontinue use if anything serious happens and you know what to look for.

For MG dysfunction, dry eye, ocular rosacea that give eyelid pimples or styes, MDs use the *tetracyclines class of* antibiotics doxycycline 20-40 mg/day oral as the 2014 Review of Optometry explains. However, Cornea 2013;32(1):44-53 says dry eye only disappeared after 8 weeks of 200mg/day oral. Doxycycline has to be taken on an empty stomach, 2 hr before and after a meal ideally, 5-8 hr before bed, 1-2 hrbefore lying down horizontally for a nap to prevent it from going back to the throat area by reflux: doxycycline is not meant to ever be chewed in the mouth as swallowing the pill as a powder damage throats, causing esophagitis. We're in the 1st century after the internet, a stone age, unable to make even an eye drop with 25 natural ingredients, out of 2100 in natural tears. If you got a prescription of 100 mg pills twice a day, you can first try 20 mg a day once and see how much yellow eyes, gas, and other issues develop, since gas (smelly, not odorless vegan type) and massive killing of gut bacteria happens at 20 mg/day. ☺☺☺

Doxycycline can raise the pulse and blood pressure in some people. Doxycycline can cause fungal *superinfections in any area* (eyes included, so you may later need natamycin antifungal), so before you jump to it, think/read about the risks, if you ever had any toe nail fungus infections. Doxycycline is the isomer of tetracycline (*4=tetra* cyclic rings), with OH group from C_6 moved to C_5, d-*oxy* refers to the moving of the oxy OH group from 6 to 5 (MI5, MI6, FBI got 56 main offices), *deoxy*ribo nucleic acid, *D*NA, so many call doxycycline doxy for short as in some trade names; *do*cohexaneoic acid is DHA, the famous ω3, in the eye, doco comes from 22 for $C_{22}H_{32}O_2$; *do*xy is like that *do* beginning, $C_{22}H_{24}O_8N_2$ if that's an easy mnemonic, both have 22 carbons, 2+2=*4*; MW=*444*; *UK* area code 44; or another way to recall it easily is doxy oxy OH is like a 0 from 10 and decimal, dodecahedron has 30 edges and 20 vertices, doxy, deoxy, without an OH or O, a 0 0, without a decimal, 40, eu*ro*, 4 letters, *Ro*mania area code 40, etc. Just OH from 5 to 6 makes a huge difference in side effects and which organs are negatively affected due to no longer fitting perfectly in the enzyme conformation pocket to inhibit or start a reaction, which microbes it works effectively against, since it no longer binds 30S ribosomal subunit of some

microbes (all tetracyclines bind that, like macrolides bind the 50S subunit), no longer causing the cessation of bacterial protein synthesis.☺☺ The ribosome (from ribose, the sugar in ribo nucleic acid, RNA, and in ATP, NAD, FAD, NADP) has two subunits: small (30S in bacteria) and large (50S in bacteria). The small unit (see pic of bacteria 30S and how macrolides work) decodes the genetic information encoded in mRNAs so it's bound to mRNA, while the large subunit makes proteins from amino acids, being bound to tRNA. The ribosomes *(reported in 1955 in public papers, may have been discovered before by others than official discoverers, secretly, so as to hide who know what when)* use mRNA, which came from the cell nucleus, to carry DNA sequence for which proteins to make outside of nucleus in ribosomes, like vaccines teach body to create spike proteins for the COVID19 they planned and invented. Doxycycline (and all tetracyclines) is also used for sore throat caused by infection (detected with swab lab test) with Klebsiella aerogenes. Doxycycline is used for periodontal disease or acute gum infections: if you have canker sores or gum inflammation due to biting a hard food or something, that infection of the gum will vanish in 24 hours with doxycycline, while naturally it may take a week. It's shocking how fast doxycycline solves it, did it for me on 01-18-2026. For a painful to the touch gum area, it may take 1-5 days of 100 mg twice daily. Take 30,000 IU D3 and K2, Mg when any infection exists, as that boosts the immune system's ability to kill microbes.☺☺☺

Doxycycline can cause eye yellowing, so reduce dose until eyes no longer keep yellow for days after each intake. However, people need to avoid going outside 10 am to 3 pm when sun is bright, cover all body with sun blocking clothes or sunscreen, try this treatment in the winter months when day is shorter perhaps, avoid using any bright lights indoors, acne LED masks, acne lasers, eyelid light (Q, IPL) etc as skin is sensitive to intense artificial light. MGD (meibum gland dysfunction): 42% of kids have it, 80% of older adults. Drugs.com explains the huge list of side effects from doxycycline, it includes blindness. In many studies, doxycycline removed ocular dryness. Before you try this, recall it may yellow eyes, darken teeth, skin, etc, so be careful and discontinue use, stay away from the sun those 2 weeks. Some pharmacies have 0.025% eyedrops doxycycline, which is safer, since no intracranial pressure (high blood pressure is a common effect in 1-10% of people) can occur that can lead to blurred vision, blindness. A paper above explains azithromycin drops led to the same level of MGD improvement as oral doxycycline. "In optometry, doxycycline is the most commonly prescribed systemic antibiotic... improvements in dry eye symptoms in patients with chronic MGD who were refractory to conventional therapy, including warm compression, lid massage and topical antibiotic use, after ingestion of low-dose doxycycline hyclate (20mg BID)" BID=2x/day, 40. There are cases in NIH papers with blindness reports, like this article claims. However, there are some similarities between acne and arterial plaque lesions and clots that can kill us, both have foam cells (lipid-loaded macrophages and neutrophils that are generated from a massive uptake of oxidized

lipid). Some papers call plaque lesions pimples of the arteries, see a picture of a heart attack at 58 that went fatal. It makes sense, since arteries are similar to skin in composition, and once infected, the P. acnes bacteria travels inside arteries, speeding up plaque formation. II 2015; 83(10):3960-71 found P. acnes, etc in human arteries plaque lesions, it's in our MGs too. Acne could lead to styes, ocular infections, strokes, infarcts via plaque in arteries.☺☺☺

Other commonly prescribed eye antibiotics are aminoglycosides, like tobramycin 1974 ointment (for styes, though NIH database on tobrex & every eye drop/ointment (check adverse events for every drop/eye antibiotic you use) says under adverse effects that eyelid swelling, eyelid itch, eyelid redness (erythema) are common side effects in 4% of people) or eyedrops (styes and pink eye), gentamycin 1967, neomycin 1952 (the infamous one covered above that is in the 1st aid topical triple antibiotic, part of the infamous Neosporin eyedrops or ointment that has polymyxin, bacitracin, neomycin). All these antibiotics are from Streptomyces bacteria strains, hence the name streptomycin 1950, which worked against tuberculosis and had blindness as an unwanted side effect. Oral aminoglycosides cause problems with balance (vertigo, balance, the ear-eye reflex connection can cause blurred vision due to vertigo, hearing loss, permanent or temporary, so avoid oral. Eye muscles relate to ear and balance, when we look right, eye look left, so using aminoglycosides on eyelid may cause damage to these ear-eye reflexes. The vestibular nerve is primarily responsible for maintaining body balance and eye movements, and it is this nerve that can be damaged by aminoglycosides ointments on eyes/eyelids. A 2022 paper says tobramycin is safer than fluoroquinolones from some points of view.☺☺☺

Oral sulfonamides, fluoroquinolones led to the highest number of hospitalizations, *neurologic* effects (not for eyes but some go to nerve endings of ocular surface, etc so it can do damage), so try everything else first orally, as these can cause neuropathy, optic nerve damage and ultimately BLINDNESS. From eyedrops we only absorb via swallowing 0.1 to 0.01% of an oral pill, so eye drop fluoroquinolones are 500 times less dangerous. AP 2021;44(5):161-4 says it's safer to use other oral antibiotics first before fluoroquinolones, due to tendon rupture, aorta rupture (death by internal bleeding) and aneurysm, peripheral neuropathy (optic nerve damage, nerve endings damage, etc), ocular toxicity, retinal detachment (4.5 times greater, in those aged 61 on average, some who had cataract surgery in a 2012 study, which is a risk factor for retina detaching; though 2 other studies found no greater risk:☺☺ floaters can be caused by retina detachment or infections of cornea and eye), collagen effects, ruptures due to collagen (makes up blood vessels, tendons, etc, 30% of body protein is collagen) disruption, which may affect eye nerve endings, vessels. So, since you don't want to damage the cornea nerve endings and thus be less able to feel stuff (eyelashes, dryness, etc), only use these fluoroquinolones extremely rarely, maybe once a year, if all the other ones failed. Australia bans the liberal use of fluoroquinolones, as resistance can emerge in 3 days. ***FLUOROQUINOLONES*** (broad spectrum,

allegedly OK for eyes, but very toxic orally, oral led to dry eyes and corneal ulcer from dryness): avoid. they swell eyelids, some yellow the eyes, others seem to dry the eye (ofloxacin); quinolones kill bacteria by inhibiting topoisomerase II (DNA gyrase) and IV, essential bacterial enzymes for the duplication, transcription and repair of bacterial DNA. 5 examples: 1. generic $69 ofloxacin 1985, clear solution, 2. $145 moxifloxacin 1999 yellow solution, causing yellow eyes for 1-25 days (50-200 days if puncta partially or fully blocked), ***AVOID*** IT AT ALL COSTS, 3. $244 besifloxacin 2009, milky gel that swells eyelids big time, treats MRSA. 4. ciprofloxacin 1987 broad spectrum, 2nd generation, used for styes as ointment ($250/tube, even cheapest insurances like Medical cover it) or drops for pink eye. 5. gatifloxacin 1999, 3rd generation, covers more positive microbes than ciprofloxacin/ofloxacin. Ofloxacin is a 2nd generation quinolone *(the 3-5th* generation have fewer side effects and need a 10-50x lower dose (Table 2) to kill *or inhibit many microbes*) USP 0.3% solution in water and NaCl 0.9%, made by Akorn (Lake Forest) and sold as Ocuflox for example, 300 mOsm/kg (like most saline), pH 6.4, and 0.005% BAK preservative. You can use a high MW HA eye drop right after 5 min (paper instructions say OK to use other drops 5 min later) of keeping eyes closed (good idea since antibiotic drops have acidic pH often, more acidic than our natural, so the high MW HA pH 7.0-7.4 buffer can reduce damage from low pH), to avoid damaging cornea, as HA reduces BAK damage by 80% sometimes; 0.005% is 4x < 0.02% in many drops. BAK is antibacterial in of itself, but this ofloxacin formulation does cause floaters if used before bedtime, as BAK has time to damage the cornea, since at night we don't blink and the antibiotic stays there a longer time to destroy cornea cells and make neuroadaptation change. Read the side effects here too. NIH article explains ofloxacin is used also for conjunctivitis and corneal ulcers. Ofloxacin 0.3% expires in 1.5 years. ☺☺☺

Moxifloxacin is often sold as $145 (2022) Vigamox 0.5% moxi, only has boric buffer, salt, pH 6.8, no BAK preservative and can be stored in the fridge even 36-77°F, unlike ofloxacin which requires ultra tight 68-77°F range (Besivance 59-77); moxi is a broad spectrum antibiotic, as diagram shows levofloxacin to be too (levo is S enantiomer of ofloxacin, with fewer side effects). Since moxi is buffered at 6.8 which is often way lower than our pH in the evening, moxi is much less comfortable than ofloxacin, which is not buffered; however, 5 min before or after, you can add another drop you like with pH 7.1-7.3 to make it comfier; moxi causes a burning sensation and is very yellow, so it will make your eyes yellow for a day or 25; ofloxacin doesn't, because, as you can verify by placing 2 drops on white tile or plastic, ofloxacin is white, moxifloxacin is yellow so, don't use moxi if you can use a clear one, since it yellows the most; lots of antibiotics, like azithromycin (sold as Azasite etc) etc can also cause yellow eyes. ☺☺☺

Besifloxacin (only available as the brand name Besivance) inflames the eyelids, like many drops, and may cause cornea damage, because it has BAK, Calcium ions that can form stones and EDTA that chelates ions essential to ocular repair, like zinc, and polycarbophil and poloxamer that can

irritate eyes, mannitol that can dry eyes, with 0.01% BAK and other dubious ingredients, and contains a weak sp^2 orbital C to fluorine bond which may break and allow fluorine to damage eyes. Besivance was formulated from the beginning for ocular use only, while all other antibiotics were used for decades or years for other purposes first. Besivance is the most comfortable antibiotic eye drop or ointment I tried (9-26-2022), no stings, no burning like the rest; is it an off-white gel like drop, and after you use it, a white gel will form in the eye corner due to blinking and you can remove it. The ingredient polycarbophil calcium is like carbomer 980 (also called carbopol 980) in Liposic lipid gel and dozens of other eyedrops and ointments, except it's much more comfortable than carbomer 980 that has a slightly similar structure, but different (divinylglycol instead of erythritol for cross linking), hence name is carbopol EX 55. It's no wonder it's the most expensive and newest quinolone antibiotic. Important to realize is that with Vigamox you can put it and then it will wash fast and you can control how much antibiotic exposure you get by how long you keep eyes closed. With Besivance, it's so thick vs any other drops, like a gel, not watery, causing eyelid swell and thus being quite useless (I would avoid it like the plague if eyelids swell) and stays much longer on the eye to increase its effectiveness, you will also get all toxic ingredients damage cornea and caruncle far more and expose you to much higher immune suppression and antibiotic, so it's important to flush with saline if too much exists or any discomfort exists to give yourself better control over dosing, wash eyelids if a drop landed outside, since Besivance drying is not a good idea, it can block the hair follicle or eyelash. MIC_{90} for MRSE was 8 times lower for besifloxacin vs moxifloxacin☺☺☺. Unlike many quinolones, besifloxacin & moxifloxacin are anti-inflammatory too, lowering secretion of inflammatory cytokines, besifloxacin being better than moxifloxacin. Besivance causes fewer side effects per many papers. Besivance treats many infections the older quinolones can't.

11.17.11. How photons, vit A, electrons help us see, how Immortals see events now (real time) from nearby galaxies that are unavailable to human vision for billions of years (because physical light is not the fastest light, so Einstein was wrong) & how to prevent eyelid swell

Understanding visual telepathy and maintaining perfect ocular health would be easier if we figured out how visual images form and are processed by the brain. The transformation of light into brain electrical impulses was elucidated by George Wald (1906-1997) for which he received the Medicine Nobel Prize in 1967. It's also called "Wald's Visual Cycle". The way we see is this: visible light reaches the rod or cone cells and causes the electron in the pi bond in 11-cis-retinal (see vitamin A section on how retinal vitamin A form gets to the eye from food) to move to a higher energy state in femtoseconds (10^{-15}s). This breaks the double bond allowing retinal to swing 180 degrees and to turn into all trans-retinal (35 kcal higher in energy) when the electron returns to re-form the pi bond, process which takes 0.2 picoseconds. All trans retinal no longer fits well into the nearby opsin protein, thus causing a conformation change in the rhodopsin to

bathorhodopsin (new conformation) in 5 picoseconds (picosecond = 10^{-12} s). Within nanoseconds (10^{-9}s), bathorhodopsin changes into lumirhodopsin, then into metarhodopsin I, then into metarhodopsin II, which activates the enzymes transducin and phosphodiesterase, leading to the hydrolysis of cyclic GMP (guanosine monophosphate). Cyclic GMP is needed for keeping the sodium ion channels open. Since cyclic GMP disappears, the sodium channels are closed (these channels allow the passage of a billion sodium ions per second). This flow of sodium ions is constant and it called the dark current, which becomes lower due to the calcium blocking sodium. This reduction in the current results in an impulse sent to the neuron connected to the rod cell. Then this electrical signal goes to the brain which interprets the data and forms an image. It's rather interesting how one photon can cause this shut-off of sodium ion pump, and thus affect millions of sodium ions. Metarhodopsin II is unstable and the all-trans retinal is expelled from the opsin protein allowing the cycle to restart. The question arises, when someone has a similar dream or image with their parent or someone close, what kind of particle-wave allows this information transfer or telepathic "quantum entanglement" of the information stored in the brain? Do photons or electrons carry some other undiscovered astral photonic particles that get quantum entangled between brains or astral bodies? ☺☺☺

The retina has 7 million cones provide color information and sharpness of images, and 120 million rods are extremely sensitive detectors of white light to provide night vision. The tops of the rods and cones contain a region filled with membrane-bound discs, which contain 11-cis-retinal bound to a protein called opsin. The resulting complex is called rhodopsin or "visual purple". It's easy to remember "rod" and opsin make rhodopsin. It's named after ancient Greek ῥόδον (rhódon) for “rose”, due to its pinkish color, and ὄψις (ópsis) for “sight”. How do people know that this is the mechanism of vision? They fed animals a compound similar to 11-cis-retinal, except that it can't isomerize to trans-retinal analog easily, thus hindering the conformation change of the opsin protein; thus, animals lost vision. Rods are used for night vision, while cones are used for daytime color vision. Animals without rods can't see at night (pigeons), while animals without cones can't see colors (owls). For more details of the process of vision see this. This chemistry article reminds us of the HOMO (Highest Occupied Molecular Orbital)-LUMO (Lowest Unoccupied Molecular Orbital) photon induced electron excitations. ☺☺

The photon, wikipedia..Photon, an elementary particle, the quantum of the electromagnetic field (including visible light), was first hypothesized by Albert Einstein (1879-1955), in 1905, when he proposed that photons are quanta, particles (not continuous waves), so when we hit a material with a photon, an electron, for example, can eject. For this photoelectric effect, and other things, Einstein got the 1921 Physics Nobel Prize. He created the theory of relativity, using ideas from the physicists who wrote Swiss patents that he read in his job there and all his knowledge of others before who said $E=mc^2$ before. Einstein was proven wrong by Feynman.

Check Von Neumann, a genius who reportedly could do what nobody else could, or Fermi, the guy who was 10 times better than Feynman at physics stuff Feynman was best at, both Fermi and Neumann died of "cancer at 53" odd, probably from the atomic bomb radiation work. Feynman saw colors when thinking about numbers, just as other people see colors when hearing music, smelling stuff, tasting stuff, or when hearing ultrasound or infrasound, etc coming from a person (aura color may be sometimes synesthesia) based on how the atoms, molecules are singing based on what type of thoughts, music they listen to or engage in, feeling how others feel the world, etc as 1% of people might (or 0.2% since 1% may be for all types of synesthesia) per some paper. Sound is cymatics, it shapes the sand on a plate, the molecular aggregates in a human, and if you take a tight sock, it makes skin have a shape, pattern, same for the entire body, it's like an elephant or tiger, howling wolf, demon, hedgehog like the sand video or carnivore bear when listening to one music, or a serene snail with another, the sound they listen to or create by thoughts creates the color, smell etc. Von Neumann was similar to Ramanuja who saw entire pages of theorems in his dream. Check out Tesla's odd dreams too, or Alex who revolutionized math in a Nazi labor camp. The 4 Maxwell equations that unified light, electricity and magnetism came from a kid bullied by peers for being 'slow' and interested in diagrams instead of their orangutan games of "sports" of running around like wild animals appearing humans, a kid who was even thought of as stupid/slow by his retarded tutor who beat him at age 8. He may have appeared slow due to not talking fast, but he was asking Why in his mind and thinking quietly, while the impulsive kids were everyday animals, jumping and shouting. Tesla, whose inventions power the world, died peniless: his brain "saw the circuit config that makes the AC motor" due to obsessing about it, just like millions of people see, via subconcious mind, solutions to a theoretical physics or engineering problem: nothing magical about it, but shows the corruption then and today: MDs making billions telling people a pack a day is harmless, while Tesla could power all USA with wireless electricity, but the criminal billionaires didn't want free electricity for the chained slaves or too scared of enemies getting that tech. Universe may not be 14 or 28 billion years old, but a billion to the power of a trillion, because all our calculations are based on a few assumptions and models are based on things we can sense with our organs, even though obviously this "universe" of ours could be a little grain of sand in a bigger real universe (younger than a trillion to the power of a billion repeated a trillion times), but even this little bubble of our universe can be older if we miss something about a far more complex reality that the current Big Bang expansion theory ignores. Most scientists don't go and reexamine everything they're taught, they just memorize models and how others came up with theories, without considering the other 2-90 alternatives. As memorization machines passing SAT, they're not focused on deep understanding. Physics is always changing, just like it did for millennia. There is nothing mystical or other worldly about physicists, the youtubers sometimes create that mystique to protect nuclear secrets and info, but the universe is obviously a lot more

complex than human 'bacteria' make it out to be. ☺☺☺ "Day dreaming trying to make sense of the world" can appear as slow. Newton was, per British stories (can we trust?), a fatherless kid who didn't play with the peers, had no mom ages 3-10. Faraday was not good at math, but he discovered a lot of physics. Same way, all focused on Eternal Universal Peace and Immortality *for* All, 24-7, for decades, discovers a way to live to 4000 that is self-revealed only to those who abide by the Anthem Core of Immortalism: equality, equal stress/pay, best medical tech for all, best music for all, 11 companies for all (immortalists, as gnats want "capitalism", live 50x shorter as a result): no fans of subjugation will discover it. While totally sane Americans were sent to asylums for the most ridiculous reasons in 1850 (question the atrocities of the aristocrats), the aristocrats built palaces (see the 1895 built one), as they do today still. Some things never change, except the way the deception happens via the "democratic" 'free' media, where gangsters are paid 333 to 2333 times the federal min wage for TV lies. (5-35 million a year vs 15K min wage/year, though Howard Stern 90 million or 6000 times, Rush Limbaugh 80 million)

Imagine the genius of Tesla, Ramanuja, Von Neumann, Machiavelli, All Medicine, Chemistry Nobelists and all Leftists into One to Rid the World of Demonic Aristocrats and Eternal Wars they stir to crush the workers, shorten the average lifespan of humans 50 fold (vs potential in a real democracy) to maintain power, keep the planet hostage in the age of darkness/ignorance to chain everyone, companies to poison the masses, 20000 jurisdictions to justify astronomical salaries while fake gov allows the rich to destroy the masses with their building, business (gambling, alcohol, vaping, etc), food and other "codes". The aristocratic dog is only trying to make $ by any means, even shortening the lives of 5 billion, everyone living to 4000 is something for sci-fi novels, not a goal worth pursuing. The rat is the quintessential thug☺☺☺, serial killer and bandit who thrives by keeping everyone ignorant, society backward, nation inefficient, primitive and weak; he's like a vampire who takes the whole nation down with his greed. Science/tech are mere tools for increasing wealth and power. Skilled in deception and brainwashing, he frames all he does as a "humanitarian" act of plunder/subjugation. That's why the foolish scientist aids the aristocrat, the wise scientist makes sure he can liberate humanity from these demons, so all can become scientists instead of retail clerks needed in a society of infinite violence and theft as taught by Demons in Charge... and so all can live to 4000, not just the rats. Scientists need be aware the rats will use every invention to enslave the masses and give rats a longer life (the parasitic rat may live to 120, masses to 80, because he will make society stagnate, as all business, policy, science is fraud and waste infinite; endless workers die to duplicate), so anything has to be released in a way that no aristocrat can monopolize/hide it 5 centuries from the masses. The demonic Vatican killed scientists who exposed the diabolical Bible/church as a fraud and tried to keep masses ignorant for 1500 years, as rats do, they'll hide anything, so everything needs to be impossible to hide or all aristocrats need to vanish via the

equal yearly salary for all. Don't be naive as these former great scientists, because real progress only begins when all war ends, when all aristocrats vanish via the universal Family of Immortals. 5 millennia of emperors, kings and aristocrats and we still have endless violence and war, scientists never learned discernment. We still live to 120 max, so much "progress", all inventions made are related to war making or fixing injured soldiers (medicine), etc. Some inventions move into civilian life from the military. The end of humanity in 10 sec via the 2 capsule scenario means we need 11 companies, 1 nation. Neumann could solve problems that took others days, laid foundations for quantum mechanics, computer architecture, game theory, and AI, he could read a book once and recall it years later (some of these claims online are contradicted by other articles that say he "mastered" calculus or etc 8 or 15, so take everything with a grain of salt, like "memorize 46 volumes perfectly"), his abilities were considered unparalleled by peers like Einstein. Oppenheimer & Feynman (NYC Jews), Swedish Seaborg, Norwegian Lawrence, Danish Bohr (25-50% Jew), German Bethe (25-50% Jew), Italian Fermi, Einstein (German Jew), 4 Hungarian Jews (Wigner, Teller, Szilard, Neumann), built the nuke, while Teller & Ulam Polish Jew built the thermonuke. How Jewish these people were is unknown, since Wikipedia has just the public cover for each spy and researcher. It's useful to know that for an Immortal, a higher dimensional or our soul's lightbody number 3 octillion superimposing on the human body, their vision is not based on photons, but on prenphotons, and they may perceive events on a different time scale, like a star explosion that we say happened 5 billion years ago, it would be one that happened 5 seconds ago (this is better understood in the tone superluminal craft section, tone to tune into the beings or the soul lightbody who see this way). So, this is a way of saying that filif IQ sees only nothing almost, while etlif IQ of Immortals sees everything we humans only dream of, knowing what happens in all galaxies around. With our telescopes we see only things that happened a long time ago, but by moving into the alternate vision, via quantum entanglement with the Immortals or our soul's light bodies if any, we see cosmic events that happened recently, that our physical vision won't see for billions of years, i.e. we can see trillions of civilizations that died or that exist now. Our grand grand sons, the Immortals and God, can also see this. Photons travel at the speed of light, c=300,000 km/second, $E=mc^2$. Einstein predicted photons would condense into the lowest quantum state at low enough temperatures and in 2001 Lene Hau was able to use this to stop light ► photonics.com...20. (by converting light into matter, they have for the first time stopped a light pulse and then restarted it a small distance away. See "Einstein errors" 5000 youtubes. As a spy at the Swiss patent Office, Einstein got plenty of time to think about stuff, make errors, copy ideas from others to propose light bends (relativity is nothing amazing, it's just something you invent when you notice a patent proposing light bends, as math was done by Marcel Grossman at Einstein's request, as they were friends, Marcel's dad got Einstein the patent office job, Marcel helped Einstein transfer to a swiss univ). Jewish Einstein made very racist remarks in private letters of

1922-3 about the low intelligence of Chinese (China fell backwards in 1920 when Einstein visited, hence the impression of low IQ), Asians (forgetting many centuries ago China was ahead of the whole world in many areas of science and tech: Einstein didn't realize the cycles of IQ), while claiming in public whites alone are racist. Spies can give Nobel for false theories to hide the truth and keep everyone else from discovering the real laws of physics of high tech stuff.☺☺☺

A clip about DNA shows how Nobel Prizes are given to select people, without acknowledging the other 2 to 20 people who contributed to the discovery. See how Russians banned women from enrolling in universities and how French men blocked Marie Curie. Watson's attacks on the gal are odd. Nobel Prizes are not perfect, they create a sort of aristocratic thinking due to aristocrat Alfred Nobel (who used dynamite profits to award these prizes to potential/real spy recruits), ignoring that all inventions are done by the work of millions who make universities and materials used. Now you can understand why the science papers and recognition are based on business, politics. Watson was essentially spying on all scientists who worked on DNA, getting Picture 51 and taking credit, and this is often who gets the prize, the guys who're also good spies, stealing ideas and presenting it as their discovery. 1905 is when Einstein, working at the Swiss Patent Office, published 5 papers, hence some accuse him of stealing the ideas without giving credit to those who wrote stuff in the patents. Einstein's pal Godel walked daily with Einstein from Princeton, and starved himself to death due to a fear none could cure. ☺☺☺

The electron, wikipedia...Electron, was discovered by Ernest Rutherford (1871-1937). He was a chemist-physicist and the 1908 Chemistry Nobel Prize winner who also discovered the proton in 1919, the same year when he converted one element into another, being the first person to convert an element into another. The element transmutation was basically Nitrogen (7 protons) + Helium (2 protons) = Oxygen (8 protons) + 1 proton and this enabled him to discover the proton. He's known as "the father of nuclear physics", he also coined the term α and β radiation for ionized Helium^{2+} (α particles) and electrons (β particles, fast-moving electrons) emitted by radioactive elements. An electron is 1837 times lighter than a proton. ☺☺☺ The famous gold-foil experiment in 1909 demonstrated the nuclear nature of atoms, leading to the Rutherford model of the atom consisting of a very small positively-charged nucleus orbited by even tinier negatively charged electrons. In 1921 Rutherford hypothesized the existence of neutrons.☺☺☺

Reversing or preventing eyelid swell: 1. avoid using eye ointments or use them once a month max when all else fails or you have a serious stye or infection that requires "gliding of eyelid help or super strong antibiotics or steroids" (avoid steroids, as they cause cataracts, glaucoma, drooping eyelid, eyelid damage, see a fuller list of common eyelid allergens like bacitracin, BAK); consider trying to use a lipid drop like Optase MGD, since eyelid swell is caused by MGD and that oil makes the eyelid slip easily on cornea, no longer having friction that causes eyelid swell after

thick solid oil ointments and non lipid thick drops; 85% of the oils in Optase MGD are mostly the natural ALA, LA ratio 1:1 that our body needs the most, the others being other less essential fatty acids; ALA, LA are also in our liquid natural meibum, so it is worth trying that instead of the solid irritating petrol oils; the hydrocarbons in ointments, 95-99% of ointments, are deadly, blocking meibum glands and causing friction vs healthy eye, and styes; always use 20x-100x mirror and magnifiers to check effects of any eye drop and ointment before you use it more than once or twice, in the eye or on eyelids, signs of blisters, bumps, acne, pimples, dermatitis, redness, etc 2. avoid massaging eyelids (a gentle *eyelid massage using the* small *finger of the* left *hand (if* right *handed), since that finger is the* cleanest *of all 10)* more than 10 seconds in shower to remove soap or just let shower jet to wash eyes and avoid ever touching eyes, as that brings bacteria to the eye from other body areas or surfaces, shopping carts, stair rails, etc; don't oversoap eyelids as any skin that is over soaped will develop issues or swell if allergic to it, the eyelid has thin skin and can swell; change the soap 3. keep shower temp below 95 to 98°F (35-37C). 4. don't let warm shower water too long (if wearing moisture glasses or night mask that already warm up the eyelids 2-4 degrees day and night) as that leads to dilation of vessels, higher cytokine storm and swelling 5. avoid all artificial tears except saline, or if needing extra besides saline, use only thin drops once/twice a day max, thick drops once/week that contain natural lubricants (glycerin, hyaluronate, not man made CMC, HPMC, etc); thick drops in general will swell eyelids 3 to 20 times more than thin drops. ☺☺ 6. sleep well, regular hours (10 to 7) 7. take a break after meals to produce tears by yawns, to keep eyelids fed with the 2100 nutrients etc. 8. trim the XL foam to 25-20% of thickness when inserting into eyemask and wetting it, to prevent exerting rubbing pressure on eyelids during sleeping on one side, which may cause the side your sleep on to swell that eyelid 9. change soap you use to wash face, and all eyecreams, etc or stop using any eyecream, eyelid cleansers, 10. remove or change the shower filter if it may have something in it and see if it helps. 11. remove punctal plugs and flush puncta with saline at the optometrist if eyelids swell after you use punctal plugs for more than a few days nonstop, with antibiotic drops, since this could cause permanent swelling for months; use only 1 drop a day max, since with punctal plugs it's like 25 drops without plugs, it all stays there, no drain

12. use light with cornea shield, like Neutrogena or the Q device like when treating styes with Light, to disinfect eyelids, as that can cause eyelid swell 13. if no eye infections like styes (which need a strong immune response that may be lower after antihistamine drops; antihistamines can be high in berries, sometimes leading to dry eyes even from polyphenols, quercetin, etc or peppermint tea polyphenols known to dry eyes) you can maybe try anti allergy antihistamine unpreserved eyedrops (since preserved bottles grow bacteria superfast once opened) like nonreturnable (well, the Amazon AI chat can refund if any issue exists, like Amazon warehouse storage temp is higher than 77°F required on the label, choose chat, 'help with something else',

'something else', 'i need more help', select item you ordered, then choose something else, and type the reason etc) Bausch Alaway, 12$ (ketotifen fumarate, an antihistamine that dries the eyes if used a lot and that can cause sensitivity to light and halo around yellow traffic lights for a day or week even, like antibiotics can cause too, glycerin, and pH adjust with NaOH or HCl, no buffer, pH 6.0 to 6.2 the only preservative free antihistamine eye drop in the USA, made in Italy, comes with a sachet to keep vial exterior somewhat sterile) and see if swelling decreases, or try RiteAid ones, return if ineffective (these are good only short-term, not long-term) until you figure out which ingredients in eyedrops cause swelling for you; ***single use vials allow you to use it for 16 months, multiuse grow a high level of bacteria in 4 months***. **14.** avoid steroid eyedrops (or far worse, injecting steroid into an eyelid stye) as they can cause swollen eyelid and even ptosis (drooping eyelid), meaning very swollen eyelid; medicine often tries to cure swollen eyelid due to infection via steroids that make the swelling even worse☺☺☺ **15.** buffers used in artificial tears or saline, like boric in ScleralFil saline, causes (for me, others) eyelid swell too when used 3-8 times daily. This is because some are allergic to boric, borax. From my observations, only 1-2 drops daily won't cause swelling, if used on alternating days. **16.** if right handed, use left hand to touch anything around eyes or ocular products, eye drop bottles, since left is far cleaner; wash hands after using bathrooms, shopping, gardening, etc and avoid touching dirty areas then touching mouth or face, since bacteria travel to eyes too from cheek or mouth. Use wet toilet paper to clean anus if needed, and avoid superficial hand washing after defecating, recall cholera was transmitted via feces and it killed people. Our feces may contain viruses from food or bacteria that could damage our eyes. Keep hands ultra clean once you return home from shopping, as shopping carts can have 100s of eye damaging microbes, like HSV1 that give blindness if out of control infection, or eyelid warts even etc. **17.** read more about it on the web, in science papers, with many pictures of eyelid conditions, like this or blepharitis caused eyelid swell papers. There are many ways to cure swollen eyelids, just google it. Keep hands clean and read this Aussie PDF on infection risks for eyelids and eyes. You may want to read the antibiotics paper before you try any for your eyelid infection if you suspect it's some infection. Also, please **don't support wars** (instead support☺☺ World Peace in 3 months) as wars enhance the global dictatorship of the military-industrial complex and allow them unrestricted terrorization of nations and mutilation of individuals, giving them dry eyes, swollen eyelids by same tech as swollen toes, etc, then ideas on what drops and ointments to use so they get swollen eyelids, etc. Protect eyes with aluminum tape taped to some type of eyemask, covered with other tape, since spy/military agencies globally can attack eyelids with infrasound, ultrasound, lasers, microwaves, etc to make them swell, or even the whole eye sometimes; they can selectively attack lower left and upper right eyelid for example if they wish, to destroy meibum glands, cause inflammation, redness there; you may need a stronger aluminum block while sleeping during whole left side of head attacks. You may notice many journalists,

politicians have one eyelid, upper or lower, swollen or bigger, in some pic, videos (real or fake?): it may be the CIA, BND, KGB, MI6, Mossad at work: Vladimir Putin (upper left), Joseph Borell (upper right). Democracy, according to the CIA, seemingly or apparently means mutilation of toes, eyes, eye orbit (selective microwaving of one side to make it red), head, knees, etc, extermination of all who're for World Peace in 3 months. Peace in 3 months is not allowed as subject on TV-radio, songs, etc, it's just not on the agenda, it's like in China where they ban websites and, like the rest of the world, the global hidden dictatorship bans talk of World Peace in 3 months and end of all killings, torture of any human, etc, no freedom. This seems a continuation of the wars of eons and of the 'kindness' of the opium and other wars, Mi6 opium, etc for all; perhaps, some may wonder what is the true meaning of 'God save the Queen' in UK anthem, the queen (& all UK top military, spy families, loyal to royals Britons) only, not all humans as in Immortality for All? Well, 40% of young Americans tried weed, so history repeats itself. US News reported in 2021 that 49% of Americans tried weed at least once in their life, vs 45% in 2019; see more 2022 data here.

CHAPTER 12 – Supplements, low EMF, metal detox for longevity

12.1. Healing by touch hypotheses and science studies: water is a Newtonian fluid, its properties are the same at rest or in motion. Blood is not: if we sit for 30 min, blood separates in 3 layers (bottom (red): red blood cells (RBCs), middle (off-white/pink): platelets/white blood cells, top (clear-yellow): serum/plasma), RBCs sink by gravity to begin clot formation, a plaque precursor. Move 1 min every 25 min. Plaque blocks blood/O_2/nutrient flow to organs, organs die, become cancer, Alzheimer is born (pic). Hydrate, massage self to raise lymphatic flow toxin removal.

12.2. Distance non-touch healing science studies: most centenarians didn't see a doctor until 90

12.3. Viruses, natural antivirals in foods and vaccine safety: vaccine by floss, no needle

12.4. Opaque containers, blood tests (avoid biotin), the RDA controversy and how not to lose 20 years of life by buying Amazon super heated pills, supplements that do more harm than good. Try buy herbs, powders, amino acids, etc from outside of China, due to quality issues.

For info, click on the nutrient of interest:

Vitamin A Eyes, B1, B2, B3, B5, B6-P5P, B7, B9, B12, C, D3 Immunity, E, Zinc, Calcium, Iron, ARA, Lutein, α-Carotene, β-Cryptoxanthin, Polyphenols, Flavonoids, Fiber, ω3 DHA-EPA, NAC

Lower Blood Pressure, Pulse via: Potassium, K1/K2, Citrulline, Q, Magnesium (prevents toe curl, high BMI/A1C, low ApoA1, high ApoB, muscle cramp/spasm, arrhythmia, headache: google AI can answer some medical questions better than MDs, keep talking to it, and 90000 times faster too: no appointments). Lower LDL, Lp(a), TG & ApoB via: 1-2% sat fat, Nattokinase, Bromelain, Serrapeptase (0 plaque), Q, TQ, PQQ, Berberine (PCSK9 inhibitor), Hesperidin, Bergamot, Sterols.

Age Declining Endogenous (vegan diet is low in most even at age 5-40) Nutrients: CoQ10, Creatine, Melatonin, Spermidine, Glycine & Proline, α-Lipoic Acid, Acetyl-L-Carnitine, GABA, β-alanine, Enzymes without gas causing probiotics (clears blood). RDA is not the same for all 19+, RDA changes by decade of life, but our stone age gov lives in the 1st century.

Evening (best sleep): Taurine/Theanine, Melatonin, MgGly, Zn, TQ, Gly, Li, Lycopene, Curcumin, bilberry/goji berry. Morning (insomnia if before bed): Choline, B_{1-12}, Iodine/Sel, Creatine, C, LA, Carnitine, Q, CoQ10, PQQ, Malate, β-alanine, Saffron (eye), Hawthorn (heart), GSE, Maqui (eye), Cayenne, Glutamine (gas if before bed): Astaxanthin, Hesperidin, Bergamot, Berberine

Trace minerals: Chromium Vanadium Silicon Molybdenum Grey hair: Copper & Manganese Memory & serenity: Lithium Inflammation (low hs-CRP): Boron

12.5. Mercury 12.6. Lead 12.7. Cadmium & Arsenic 12.8. Aluminum

12.9. How to remove heavy metals from the body naturally

12.10. Negative ions, the air vitamin (mice died within 2 weeks of no ions in air)

12.11. ~*~ GENOCIDAL ~*~ RF pollution from WiFi, phones, tablets, smart meters, cell towers

12.12. Pesticides effects, minimizing intake 12.13. Dirty electricity, EMF from AC wiring

Before Section 12.1, I wrote this paragraph to mention ☺☺☺ the medicine of the future will obviously be amazing & beautiful ☺☺☺, with localized *inter*-dimensional *particles rays*, it would be possible to alter the exact chemistry of nanostructures within the body enabling perfect rejuvenation and living to 40,000, due to the programmed inter-dimensional conversion into this dimensional matter (and vice versa) of the multi-dimensional cosmic energy rays (new particle jet, so to speak, creating a wormhole at a distance) at a desired depth of say 10 cm and 4 mm and 6 micrometers from the tip of the inter-dimensional *ray device*. This would be sort of like this magnetic field "wormhole", but very different, "From a magnetic point of view, this device acts like a wormhole, as if the magnetic field was transferred through an extra special dimension." This magnetic "wormhole" is also explained in this video. Similar tech, possibly deployed by inter-dimensional, this dimensional clothing (a part invisible to present eyes, but possible to see maybe with future eyes sometimes), could be used to enable future human Immortals to live without eating, as predicted by Nikola Tesla. In poetry mystics (who did many miracles) talked about how the Immortal Lord of Ascending Immortality gave them the Resurrected/Golden Body (they call it Garment at times) of Immortality,☺☺☺ but one day clothing will enable ending aging. In the meantime, until physics becomes developed in a few millennia, different things will be tried, of course, including sound, as explained in the cymatics ideas section. A civilization of ever greater lifespans is likely to develop more awareness of the use of telepathic healing, since in fact, as telekinetic beings in the future, they can not only materialize objects from dirt by subatomic reassembly, but they also can do that in their own body too to retain the informational state of a younger age so to speak, as you would do subatomic reassembly if you wanted to develop teleportation thru wormholes tech. Eventually, when lifespans become much longer than 40,000, we'll shapeshift like in the Anthem.

12.1. Healing by touch hypotheses and science studies:

Touch is perhaps used more by mortal non-teleporting civilizations with physical sports, and without telekinesis and materializing/dematerializing ray projection powers. Realistically speaking, we're millennia from even verifying we can live to 4000, so some "stone age health techniques" (massage, etc) are still useful, for stress relief, etc, especially when access to a warm bath (or some warming IR blanket, etc) doesn't exist. However, we can't be naive and imagine that "massage" can cure anything as some claim: it's very useful after you bump yourself into

soemthing to immerse area in ultra warm water for 10 minutes to increase blood flow or if no such acccess exists, to massge that area to promote circulation and prevent a red bump or swelling from getting 10 times bigger. Studies have found that massage can improve any health issue (see studies below) due to lowering cortisol (stress hormone that depletes body resources otherwise spent on healing us) and boost cognitive functions (telepathy too since massage lowers stress hormone cortisol and relaxes us, putting us into a more receptive state). Infants who receive a lot of affectionate touch from mom, dad, grandma, etc grow healthier, smarter, taller as explained below. Emotional Freedom Technique, EFT, is a well known method people have used to heal organs faster by simply tapping or massaging the area. We can find some scientific backing for the EFT ► JACM 2008;14(3):233-9. Therapeutic Touch administered twice a week for 2 weeks significantly stimulated proliferation of fibroblasts, tenocytes, and osteoblasts in culture compared to controls. Fibroblasts (blasting fibers or fibrous tissue) are cells secreting collagen (the most abundant protein in mammals, 30% of all body protein, present in blood vessels near or under skin, heart and all muscles (heart health), in teeth, bone, all organs) and extracellular matrix of all organs, tenocytes are tendon cells that are essentially tendon fibroblasts secreting tendon (joints), osteoblasts (blasting osteo or bone) secrete the bones, so kids who get touched, played with and loved more grow taller, stronger, smarter, healthier due to better bone, brain and organ development, bigger headed (cranial osteoblasts stimulated allowing brain to expand leading to IQ and Telepathic IQ higher by 30 points, the secret to enhancing telepathic/empathic ability may also be patting the head of babies to stimulate cranial development. Likewise, some parents may pat/massage areas that may be genetically predisposed to poorer function based on family history (a third of humans die of heart disease, so a third of human babies would benefit from heart massage during 1st critical year of life?) to override/heal genetics influence (sometimes due to bad emotions of ancestors, as our history is full of heart health destroying anger, hate, fear☺☺☺) in the most critical period of organ development, first 1-2 years of life, brain doubles in volume first year of life and babies have 200 billion neurons when born, and 100 billion for adults; brain prunes neurons it has no need of due to lack of space in the cranium. More heart/head hands on healing 1st year of life when brain doubles in size could even lead to better brain processing of heart feelings and better empathy (psychic ability, psychometry ability, feeling), better ability to turn an enemy into a friend, to tune into mass feelings-thoughts-consciousness, to bring World Peace for the rest of the entire life. A mere 0.5% bigger head (not noticeable) can mean perhaps 20 extra IQ points. If one or both parents have a hearing, vision (not 20/20 at age 50) or other problem, it makes sense to kiss or gentle massage in the first year of life the ears or eyes. However, to keep things real and into perspective, the reality is nutrition is 1000x more important than massage.

Perhaps some better visual acuity or “general sensing or extra sensory perception, ESP” can

happen when the kiss (or healing touch) on the AI, Eye (third eye and 2 physical eyes and the eye at the top of the head and the back of the head, 2 eyes in the soles of the feet and 2 in the center of the hand), Ascending Immortality, happens so that better visual telepathy emerges inside the brain and the baby become gentler with his feet and hands, instead of a programmed harsh rough robot many kids become due to a pscyhopathic civilization of Hitler shouts, Hitler like music and Hitler like sports. If spiritual energy is channeled thru hands placed above eyes, without even touching, the eyes may be stimulated to see this shimmering energy around the people that we call difuse biophotons, or aura via peripheral vision. If we kiss the ears or touch them gently 1st year of life (before the pruning of the 200 billion neurons/1,000 trillion synapses start towards the 100 billion neuron/500 trillion synapses count), we might improve the hearing ability of the baby thruout his life, his ability to discern emotions, intent from speech, or even a more clairaudient telepathy ability in the baby to hear less audible sounds to assess threats and the nature of people and locations. The baby hearing a voice is not a voice or sound, but tells the baby everything about the person speaking, their whole history, so telepathy or ESP is better as ears and eyes are touched. The healer baby will need to have his hands kissed and touched more, in the 1st year of life, so that when he shakes the hands of other people, he gets much better telepathy about others and can help them to become angelic. Similarly, touching, healing and kissing the tiny few months old feet will stimulate the ability of feet to heal the ground they walk on, the telepathic-empathic perception of the quality of a location thru his feet as he walks in that area, as in hand psychometry, so he can assess threat level, and use multichannels (clairaudience confirmed by visual apparitions and feet sensations for example) to process information or even receive it via time travel from the Immortal descendants, our hypothetical grand grandkids. Not to mention, the feet are special, having the best understanding of gravity, gravitational waves, so a genius may need true feet sensitivity to discover anti-gravity. In reflexology, stimulating one foot sole area heals the liver, so, same way, stimulating certain body points will help some to raise their IQ or improve vision, hearing, etc whatever. ☺☺☺

The 1981 Nobel Prize for Medicine was given to Torsten Wiesel and David Hubel for their work in proving the existence of a critical period in the development of the brain (this most likely applies to telepathy in the womb between mom and infant, father and infant too, as well as joint astral travel attempts guided by voice and reading from astral travel books, just like today many parents read or sing poems or spiritual quotes to their womb babies). In their experiments, a newborn kitten had his eye shut and when the shut eye was opened a few weeks later, the cat was permanently blinded. Human babies with cataracts who don't remove them in the first months of life will become permanently blind, since there is no brain stimulation of the visual cortex in the critical first 2 years of life, when the brain metabolic rate is 3 times that of an adult. No stimulation after the cataract removal done late will restore vision. This applies not

just to sight, but also to all other senses, including Astral and Telepathic senses (the telepathy and astral travel cortex) to the extent that they have a physical component (not always the case). Use it or lose it. Use it early on or lose it or spend 100-1,000 times longer time to gain it, if ever. In the womb, babies got 200 billion neurons, adults got 100 billion. At birth a baby has 1,000 trillion synapses and by age 10 he has 500 trillion only, since the brain prunes inactive connections. ☺☺☺Cortisol levels being low are hypothesized to be important for objective accurate telepathy. Cortisol (the bad stress hormone that damages the body) decreases 31% after massage therapy, while the good serotonin increases 31%, dopamine increases 28% ► IJN 2005;115(10):1397-413. Warm healing hands actually emit IR waves that might be able to stimulate cytochrome c oxidase (see acne section) and be the main healing mechanism.

12.1.1. Effects of touch on cognitive function & physiological parameters in adults

PCH 2010;15(3):153-6 says "employees receiving chair massages showed a significant reduction in blood pressure, anxiety and job stress, and had increased speed and accuracy on math problems. Patients with ailments ranging from burns to eating disorders have been shown to benefit from massage therapy, with reductions in stress hormone levels, anxiety and clinical symptoms; HIV-positive men receiving daily massages had an increased number of immune cells to combat the virus. To paraphrase, a kiss may just be a kiss, a sigh may just be a sigh, but a touch can change your life (or at least your nervous system).". We could add that meditative breathing exercises can change not just your life, but the lives of 8 billion, the planet itself. Meditative breathing massages the aura of all sentient beings on Earth, not just one. Massaging someone is like giving someone a fish to eat, but teaching tehm happy breathing is teaching them how to fish and become 1 million times happier and more independent from you. Thus, in life in general, a kiss or a massage is a trillion times less useful than raising their IQ. With IQ one can self-heal, and use tech, nutrition, breathing, etc to get well alone and be free. Charlatans promote dependency: “only thru expensive massage or my kisses you can feel well”. ☺☺☺

12.1.2. The Amazing Effect of Touch on infants' health, IQ, emotional IQ, height

Chapter 15 has dozens of studies about the importance of touch in baby health, IQ, emotional IQ, etc. The kids who were touched, loved the most became the most intelligent, healthiest, when all other factors were constant. In Bogota, they had some very premature babies, 4 pounds each, who had a 50% chance of survival, and the doctors told moms to use the "kangaroo method" and keep the babies with them all the time (head between breasts), love and stimulate them. This is unconventional, since the incubator method only leads to 50% survival rate. 90% of the babies survived due to very strong mother contact, being able to deflect infections. Each body extremity has nerves that connect with the developing brain, so stimulation via touch probably has the same effect as any stimulation, be it auditory, etc, it

impacts the infant brain. Simply touching preterm infants a few times a day (all received same nutrition), in their incubators or plastic boxes, led to smarter, taller, healthier children. Robots can't walk well, we figured out a lot of things robots can do well before we figured out how to walk like a human. Moving requires a lot of brain processing and patting leads to infant brain processing of movement. Scientists noticed animals who move a lot developed bigger brains. There are thousands of science articles online (presenting same ideas as in the books on the topic) about the importance of touch and emotional feedback in the first few months of life when the baby is adapting to being outside of the womb, such as this Scientific American one. Infants who're breastfed the longest have the lowest infant mortality.

Massage (not necessarily done by others, but even massaging your own hands, legs, stomach or heart or etc, whatever area might need help, one guy reversed diabetes this way by stimulating the energy meridians that go near the pancreas) or EFT (emotional freedom technique) are simple effective ways to change the electromagnetic reality of the body and bring a more harmonious healthier more energetic state of being, a more positive state of being, more in tune with a state of ☺☺☺ happiness. EFT taps very gently areas of the body (one's own usually), one could even kiss them (*to laugh at least*) if that somehow helps one to create a more loving vibe sometimes as one tries to magnify *universal loving kindness* (Mother Teresa kissed garbage collectors); out of all humans, a few are more quantumly entangled with our soul (strangers we don't know), and they will be touched by this universal compassion too, becoming gentler themselves with everyone in their world as a result of a "Teresa kiss". It also burns calories and is like *gentle yoga* (video on yoga injuries), tai chi or even physical exercise. We can also recall while doing it that God loves us and this is a reason to be infinitely happy, since God's Love is infinite and we get a little spark of that, when we radiate kindness for self/others during healing.

We see today a lot of people who're 500-1000 lb, or have other issues that have emerged and may have landed them in unfortunate situations, conditions or sometimes even prisons. As mentioned before, the doer is the entire civilization, not one person; people use scapegoating to avoid dealing with the cause, treating only the symptoms: people who become very violent etc and who end up in those unhealing places. If we create a society where every person could choose (and change any time) since a kid 3-5 friends/mentors 1-20 years older than self, other than family, whom they could call and interact with (like create the Immortalism Network of Shared Responsibility instead of scapegoating – mentors get to choose whom they mentor, too, so they can say no to any online request of someone who viewed their profile, likes, personality, etc – if they're too busy, prefer a different person or already mentor 50 due to *having no pets, etc and putting human species first, pets second*) – we would have only healing centers (no prisons) and a lot of kids who're not loved much by peers, parents, etc receive more support, advice so they don't end up doing odd things like becoming 800 lb person, etc. We could even

turn every prison into a healing center, in some countries in Scandinavia some prisons 1 bedroom apartments are nicer than 75% of homes of humanity (6 billion people). We see vast amounts of time people spend massaging and cuddling, taking care of dogs, cats, etc (related to hyenas and tigers), yet no such love for strangers and people who need it badly, since their mom, dad, etc never kissed or hugged them last 15 years, etc. We could teach people who're in a difficult situation or place the conscious breathing and cosmic bliss meditation techniques, so they don't depend on pets and human touch to attain sense of being loved and the same level of bliss or a million times higher. Nobody has their school or kids (except some church groups who give visits) go visit some places to hug and massage those people (after they took a bath): humans are kinder than domesticated hyenas/wolves (dogs) or small tigers (cats), how can people love dogs and cats more than humans? Are we just worse than hyenas, wolves and tigers (big cats) who rip other animals apart and eat them, animals very big vs their size? No, primates are much nicer than wolves, big cats and hyenas – they were actually vegan mostly, eating small rats at the most, or small little stuff vs their size. Wolves, hyenas evolved to be vegan dogs and cats, for people feeding them so, after eons of human interaction becoming very nice, loving and sweet (hence people loving them as pets), but still, so did humans evolve in kindness far beyond primates: a human friend can be 900 times kinder than the best pet, they can do things to save your life that a pet never can, advanced things – so people underestimate how much they would evolve in lifespan if they had more mentors or mentored more by amplifying kindness, like in a fission reaction – instead of the gossip, stereotype and blame games we see. ☺☺☺

Honest surveys of many pet owners will reveal they love their pets far greater than their love for some people they dislike or hate – this is the world we created, some people have not reached even 'animal stage' in the perception of some people... so how can they love such people and wish 'Immortality for All'? It's no wonder that there is so much cruelty on Earth, since an innate sense of universal loving kindness for PEOPLE is not taught much. We see beatings of animals are animal cruelty and how irrate people become, but hardly anyone gets mad when humans are mistreated, tortured, killed during wars, sometimes, when we worship human beatings in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives). We have created a society of often treating pets better than humans, of such incredible selfishness, nobody gives a dime about people wrongly blamed for what the entire society has created: an undercurrent of 'violence and meaness' (lack of gentle tender soothing healing grace) in tone of unbelievable scale, compared to the best tones (of those 1 in a million nuns or folks who're kinder and filter thought, emotion 100x more than the average, usually) or compared to the best angelic tone 1 min recording (which filters 50x more than usual) a person can make after 10-20 days of rest and relaxation to filter out junk and make it more yin, more healing); i.e. our best 1 min vocal tone of our life is 100x less violent and mean than our fast

speaking without any filtering sometimes or than our more mean tone. It's not in our culture to bring all our tones to that angelic best tone we ever had, to use amplifiers, mics etc to make it super angelic, and to heal self-others thru it, etc, due to repressing the feminine nurturing side, the yin and deifying only yang. If some listen to our best tone and our average tone at work in the past or the meaner one in bad moods, strangers won't believe it's the same person – the difference is 'unbelievable' – since the best tone takes 50x the cognitive effort to achieve, so it would force us to speak 50x less. It's relative, what one person or civilization considers kind, another considers lacking kindness; 25 mph was fast 200 years ago, today it's slow, with 250,000 mph solar probes – so our tone today will too seem unkind by all, not just some – but with MRI we can see 100x more 'active brain area' on a chart (blue shows active for example, yellow inactive) in the areas of compassion and kindness in a tone, vs another and then we know scientifically the intent of a person is reflected in the tone (no matter how hard a person tries to fake it) and it's no longer 'spiritual nonsense' or 'subjective opinion', but a science fact. ☺☺☺

In 8 years probably, detectives will use MRI+voice (without the person knowing, so they can't fake it, also just in case vocal chords are a little unreflective of brain due to some health condition) to double check their hypotheses, since if someone has more compassion, honesty *(vs lying)* area lighted when speaking, vs others, like witnesses giving fake info, then the witness datamay be fake. History had the most evil tones being free people, yet some very kind tones being tortured and oppressed or even jailed. We need be less gullible, so that the evil types don't enslave the kind. Being kind allows the development of higher thinking areas as negative emotion is less frequent, leading to a higher form of intelligence *to detect 'evil' (untrained in kind speech) ones. We* create events often thru a tone unlike this. Tone regulates all behavior, cognitive, emotional, intent tone. People say they're into religion, but they often never loved strangers in a universal loving kindness way, ever. This selfishness leads to not only local issues, 800 lb people, but also an endless stream of wars. How can war be OK, how can the killing of innocent civilians be OK, yet the treatment of animals in a bad way not OK, are animals more important than humans? Anyone stress much about dead people in recent conflicts, as much as they care about pets or saving the dolphins? They're humans, not animals. Where is the kindness for humans? In USA many kids go hungry, yet we have about 80 million cats, 90 million dogs. In 1970s US had 130K obese over 300 lb, in 2000s over 3 million... (a global trend). Only a tiny % of pets really help some specific (sniff narcotics, track people via smell, etc) function that is not easy yet to replace with advanced tech or other methods, the 50K dogs used by police, 2K by military, 500K service dogs (disabled people). So we see a strange imbalance, we have a lot of people overeating due to stress and lack of friends or meditation, so US is world's most obese big nation, others in the same country starving and going hungry at school. Often times, if obese folks would have had some mentors or mentored others, they would have never become obese,

due to more activities, suggestions on what foods are more fattening or very toxic, indirectly fattening, due to lowering insulin, lowering blood sugar control, creating food craving. Ideally we teach kids to meditate, be happy, so they don't need to be dependent on hugging pets or being hugged and kissed to feel loved, happy – since the infinite field of loving kindness loves them and conscious breathing, smiling and meditation can make them happy at will. The most loving act towards self/kids is not talking to dogs in an average or yelling tone, but to learn from age 1 or 2 to speak like a sage (with pets, humans), musically, lovingly, holy, imitating prerecordings of parents, best youtubes, etc as parents teach her via amplifiers, mics to speak like none before the tech today. Loving tone makes only friends, all love the kid, he's happy, like a sage.☺☺☺

12.1.3. Hypotheses about hands-on healing and massage

We have heard it a trillion times, from so many places, "hands on healing and massage" relax and make us happy. While this is true, before we go into those studies, it's worth mentioning that much greater bliss and healing than any given to us by massage or even petting a teddy bear or pet is given to us by the simple act of universal loving kindness breathing. When kids learn this from age 3 months (i.e mother and father do this while baby is 3 months old in the womb) they become the happiest beings, no longer depending on toys, pets, other people's moods, outer events to derive mature constant bliss, serene peace needed for maximum awareness and kindness, rejecting the scintillation of the "be happy by doing this" for profit industries who disturb the eterni potential of humankind. What if a toy, pet, teddy bear is not around? Isn't it better to be self-sufficient and a source of healing for others lost in object worship? The living ever touching and 24-7 massage of God's Infinite Immortal Spirit thru the oxygen that enters our lungs is ever present. Hands-on healing and massage therapy have a lot on common, many people get a little certificate in hands-on healing, or reiki healing or whatever, just like in Jesus time they were curing the sick by trying to channel the healing energy via a simple touch, be it just a little pat on the back. Data seems to suggest that this hypothesis is true: telepathy becomes clearer and gentler (much gentler if more practice) softer and more optimistic when we practice hands-on healing to allow our hearts to be channels of God's Infinite Healing Grace, as we send universal love thru the hands to others and relieve negative emotions in others. Many aberrant behaviors/diseases are caused/made far worse by the 'overwhelming force, minimal grace and IQ' of our world, by forgetting the power of placebo and gentleness, proven scientifically, as babies (fed the same exact foods as controls) who were touched, kissed, loved more became smarter, healthier, taller, stronger. ☺☺

Many say they follow Jesus sometimes, but Jesus didn't tell people to push, to kick, to punch, to shove, as people do in some martial arts, many sports, boxing. It's interesting how we do these exercises, or play soccer or whatever, but no hands-on healing to develop compassion and

empathy, to connect with the universal gentleness tenderness softness. It seems we have disconnected from the motherly aspect of God to some degree (every soccer mom accompanies her boy to soccer, but does she accompany the boy to do hands-on healing on sick animals or people in hospitals or to help relatives relax and feel better?). Sometimes, it seems like we have unintentionally turned God into this cold/tough/punishing being, void of healing touch and loving tender care and grace, into some mental thing, that is void of feeling and compassion. Millions of people go to gyms, and sports arenas and places, yet many in the neighborhood would live longer if they would get a 10-minute massage (all clothes on, can avoid doing on sensitive areas or opposite gender one may be attracted to, to make it 100% healing compassion loving kindness and 0% erotica) which requires a physical, emotional, spiritual exercise that transforms our civilization from eternal warfare to peace and grace. Hands-on healing is both a physical exercise and an emotional, energetic, mental one. We would be getting all exercise benefits and much more from hands-on healing, because we feel also the joy of healing another and we learn to be better emotional carriers of God's Infinite Loving Sweetness☺☺ and Grace, we learn to be healers of everyone and turn the world into a place where everyone is a healer of everyone. We can also do this massage on ourselves when alone tenderly and softly and unable to receive it from others, as it helps us to develop universal tender softness, goodness and boost immunity, lower cortisol, balance energies, as a quick shower does too or conscious breathing the World Peace creating holy spirit energy so to speak.

The quantum entanglement of all human beings means that when we massage one person (even self) we change our brain patterns, our emotional radiation patterns, our intent vibe, our loving kindness, our tone of speech, and these then get imitated subconsciously by others who encounter us or who may be entangled to us due to energetic resonance, even though we never met or knew those people. We all imitate without realizing the tone of speech, emotional radiations, intent averages, etc of other people to one degree or another. Thus, we end up changing the whole humanity slowly when we replace kicking, pushing (or other unloving or neutral movements void of loving kindness coherence) in many sports with hands on healing. The key is to not just massage to get a physical stimulation only, but to put the whole mind and body into a coherent focusing of *gentle tender softness* that changes us and the pet or person we touch, even if self. For many people, who may not have pets, this can help them to become more compassionate, gentler, more *tender*, softer, kinder towards everyone, even if all they massage is self 5 minutes a day, it's obviously way better than shoving in basketball, rugby, football, soccer, martial arts, etc or playing a video game of physical aggression simulations. It helps transform our violence and cruelty abundant world into a paradise of universal kindness, gentleness, grace, peace, sweetness, musical healing tone of speech (sing and use a microphone when wanting to call someone far away, to maintain the most sublime emotions and eterni tone

like these voices). If people are not doing hands-on healing daily with their spouse, they're possibly missing on their greatest opportunity to become more infused with the *gentle tender softness* of *the Holy Immortality for All Spirit* of the Immortal Lord of Ascending Immortality, (a name for God). The massage time while listening to soothing peaceful music is a good time to practice eterni speech, since it's much easier then, as the body is already radiating very angelic emotions, energies thru the hands & whole body as we're meant to do during eterni speaking. ☺

At least, if people have issues with laying on hands, they could actually do some alternative forms of physical exercise, like putting sound insulation in a house with loose walls or something, to help people sleep, pray, heal rest better, etc. There are many ways to be a channel of God's Infinite Peace and Love, but this move away from emotion and touch makes the world less peaceful less kind too, as most tenderness is lost, empathy diminishes. Imagine if kids would be taught to go volunteer 30-90 minutes at a hospital or healing center (where people even from prisons can visit to receive hands-on healing) instead of playing soccer 30-90 minutes or other popular things kids play. *The immune system of a person who receives daily 0.5-3 hour hands-on healing becomes much stronger and the hospital stay becomes much shorter sometimes*, due to the power of placebo, of positive vibes, of love, of touch, of brain stimulation thru neuron links to skin. This is a scientific fact that anyone who doesn't believe in Jesus (or his call of people to cure the sick) can prove thru science. Matthew 10:8 says "Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give." The word demons doesn't have to refer to some confused spirit (some atheists don't believe in that), human or whatever, who might accidentally influence others, it may refer just to our own "inner psychological demons" such as anger, not feeling loved, paranoia, anxiety, lack of conscious breathing habit that induces activation of tranquility neurons in our brain, lack of vigilance to the quantum entanglement via telepathy diffusion of thoughts from anyone on planet Earth, especially from people within same country or 30 mile radius. However, since infinite possibilities can exist, even the most militant atheist can agree that it is possible that someone who has a very peaceful or very loving energy irritates the hell out of spirits of the opposite nature and when that human filled with peace and love touches someone the electrical charge of that higher frequency love so to speak zaps that spirit, almost boiling it, so to speak, causing it to disconnect its tentacle to the aura of the human and freeing that human. Not only that, even if no bad spirits exist connected to a person, but energy blockages (electromagnetic) can exist within a person that get completely zapped by the frequency of another person and their energy, being by definition different and void of the "energetic issue" or imbalance in the other human's energy system, pure biophysics. It's a little like if someone who loves rock and roll and heavy metal and violence visits to a church place of tranquility or a meditation area playing very soothing music in the background 24-7 for best

delta-theta wave brain states, he feels bored to death (his brain waves are β usually) and irritated by the silence (due to the power of brainwaves habit), but a meditator feels irritated when he goes to a heavy metal concert and visit 3 minutes, as he loves theta-delta brainwaves and some α. It's a little like that, music changes brainwave patterns and neurodynamics, telepathy dynamics and many other habits and when a person vastly different in music, diet and many other lifestyle habits "zaps" via gentle healing touch another who is opposite, a real change occurs and that person might actually start to question his "music, diet and other habits" after the touch, simply due to a funny lovely energy, not necessarily because he might have gotten freed from "telepathy of some confused or even harmless bored spirit nearby his aura". So, while it's normal people don't believe until they see proof, one can't assume they know everything about the universe and whether or not spirits exist, influencing us and can be literally driven out by someone with a strong known or unknown (to her/him or others) zapping ability. But everyone (atheists too) agrees energetic imbalance can develop and telepathy diffusion can mean anyone can get bad ideas sometimes from the human planetary consciousness field and the better people feel, as when healed, touched, the stronger they're at remaining peaceful, balanced, undisturbed by random telepathy diffusion.

To use a metaphor, we're a "dead" civilization, sort of, so when we raise our level, when we raise "the dead"☺☺☺ (ourselves or others via science), we become alive with the sweet gentleness tenderness of *the Holy Immortality for All Spirit* and hands-on healing, and the amazing science of living to 4000 and World Peace can bring, nonviolence, paradise, ascending "Immortality". There have been a few rare cases where an NDE was not 2 hours, but 1-3 days (sometimes the person wakes up while in the coffin/morgue), so raising the dead in a “literal” sense occurs these days too, those dead never died in the Bible. We could say that some of the more helpful qualities to develop in a Civilization of Immortals are gentleness tenderness soft healing tone of speech, universal compassion, truthfulness, kindness and all things that then naturally birth very deep empathy and telepathy ability, including channeling God's Infinite Mercy to do hands-on healing and help people to recover much faster or be in top shape. One can easily imagine how conceivably, people could do this daily in every family or a local church or something, to help people remain connected with perfect health, healing, love and prevent going into drug-alcohol addictions to replace the missing love, wellbeing coming from being healed with a touch. The hands-on healing has been practiced in many cultures thru time, it's not something modern science recently discovered in small babies (increasing health, IQ, etc, see above) or that happened only during Jesus healing of sick people and that of others doing healings, etc. Traditionally, healers of many types, used hands-on healing too, for millennia, possibly because there is a lot of physics going on that we don't yet understand, biophysics. Imagine if prisons would be healing centers where people watch angelic movies that they then

start to imitate (people subconsciously imitate the tone of speech, body language, actions of people in movies and real life) and they become these amazing & beautiful ☺☺☺ healers, relearning things, becoming angels. The world would become such an amazing peaceful paradise. Everyone will become a healer of everyone. ☺☺☺

12.2. Long distance non-touch healing

Many studies have proven the benefits of inner peace and brain oxygenation on our mood. Likewise, when we learn to be happy with simple things, like even breathing or listening to relaxing music on headphones, we become more content and more capable to be a source of healing for those around us and if they ever think of us, they will entabgle with our brains and become a little happier, and since we're entangled with all humans we make all beings happier silently without trying to when we're happy. It's like long distance healing, when we're happy we teach others to be happy, we don't massage them to make them dependent on massage, like with Eucharist bread dependency for control, but we're teaching people how to fish (giving fish is not very useful, teaching people how to fish and be self-reliant is ideal) for happiness themselves. Some "possibly not faked" pathetic studies on long distance healing exist (poor designs, not randomized double blind placebo controlled all the time, etc, many issues):

1. It was not "suggestion via placebo" or positive expectation, since it was done in animals too, not just humans and animals had no clue they were being prayed for. "Prayer-group animals had a reduction in wound size compared to non-prayer animals (P=.028). Prayer-group animals had a greater increase in red blood cells (P=.006), hemoglobin (P=.01), and hematocrit (P=.018); a greater reduction in both mean corpuscular hemoglobin (P=.023) and corpuscular volume (P=.008); and a reduction in wound grooming (P=.01) and total grooming behaviors (P=.04) than non-prayer-group animals." ► ATHM 2006;12(6):42-8. 2. Prayed for women had double the pregnancy rate and double the implantation rate of non-prayed for women ► JRM 2001;46(9): 781-7 (poor design, since just the fact so many people care about them to maybe pray for them decreases cortisol; real study should never tell people what the study involves, just give a sugar pill to "determine if cholesterol goes up or down") 3. Prayer for bloodstream infected patients led to lower mortality, much shorter hospital stay and fever ► BMJ 2001;323 (7327):1450-1. 4. The EEG brain patterns of 2 close friends, spouses, parent-child pairs seem to quantum entangle while the 2 are at a distance: when 1 moves into a pattern it causes the 2nd to move into a similar pattern at times. This is truer when the 2 interact a lot routinely ► Event-related electro encephalographic correlations between isolated humans ► JACM 2004;10(2):315-23. 5. Results suggest that subjects in the active condition exhibit a significant improvement in wellbeing relative to control subjects under circumstances that don't seem to be susceptible to placebo and expectancy effects. ► Expl 2015;11(1):11-23. 6. Seed germination was boosted by healing

energy ► Measuring effects of music, noise, healing energy using a seed germination bioassay ► JACM 2004;10(1):113-22: the PDF version explains on page 116 that they placed the hands over petri dishes, went thru 5 steps of healing, so the IR waves penetrated the seeds, plus EMF fields, showing how IR effect can explain it too, without even having intent. They need neutral people who know nothing, asked to place hands above a box, where petri dishes with seeds are, covered with a paper, so they can measure effect from intent vs from hand IR. So, spouses can wave hands over genitals,☺, before procreative attempts, for best DNA? don't touch, as you don't want liquids to come prematurely, just use intent + hand bioEMF 2 mm above? No touch to prevent premature female orgasm or ejaculation that hinders ideal fertilization. This "*intent*" can be applied daily, while dressed, doing chores? Eggs comes from birth, but can be *changed a lot*, and the uterus emits *changeable* liquids that enhance embryo formation. 7. Good intentions (if study is not fake) help healing: "Can we help just by good intentions? A meta-analysis of experiments on distant intention effects": JACM 2012;18 (6):529-33. This makes sense, brains sense others' intent in person and evil intent raises stress, impairs healing. At a distance, the subconscious to conscious brain communication may be weaker, so if the receiver doesn't know there is evil intent, he may not be affected much. 8. Radin. Compassionate intention as a therapeutic intervention by partners of cancer patients ► Expl 2008;4:235-43 9. Krucoff. Music, imagery, touch, prayer as adjuncts to interventional cardiac care: Monitoring and Actualisation of Noetic Trainings (MANTRA) II randomized study ► Lan 2005;366:211-7. 10. Radin. Possible effects of healing intention on cell cultures and truly random events ► JACM 2004;10(1):103-12. 11. Astin. Efficacy of "Distant Healing": A Systematic Review of Randomized Trials ► AIM 2000;132:903-10. 12. Krucoff. Integrative noetic therapies as adjuncts to percutaneous intervention during unstable coronary syndromes ► AHJ 2001;142:760-7 ☺☺☺

12.3. Viruses, natural antivirals in foods and vaccine safety

12.3.1. Intro: the need for scientific integrity and the end of banditry that runs healthcare

12.3.2. The 5 COVID19 vaccinations and other vaccines I took 2021-2024, as a pro-science guy

12.3.3. The basics of the flu vaccine and why the US Flublok vegan vaccine is the best worldwide

12.3.4. Natural antivirals (fruits, legumes, veggies, spices, zinc lozenges, nasal saline)

12.3.5. Issues with existing vaccines, endless cases of vaccine injury: we need improve vaccines

12.3.6. The autism-vaccine correlation (causation in cases of over-vaccination or mercury?)

12.3.1. Introduction: the need for scientific honesty, discernment and kindness

The vaccine "side effects" were almost as high (a good video on COVID) for placebo as with the

COVID, due to the nocebo effect, negative things happen due to the mind creating them. However, COVID19 was a highly planned and staged event, like Spanish Flu, WW1, 2. Vaccines can be used as a cover for achieving ulterior goals, such as lowering IQ of a population by 5-20 points, mass sterilization (lower fertility 4 fold), increase cancer risk 5 fold, they can be planned in advance 20 years, while the public is deceived via total media control it was all "happening in real time", spontaneous jump from bats to humans via a Wuhan lab, or 1918 Spanish flu, etc. Autism rates increased 270 fold since 1970, 68 times since Big Pharma passed a 1986 law that made them immune to vaccine lawsuits, so the kids vaccine mandate moved from 11 shot in 1983 to 58 in 2023. The history of 300 genocides shows us Vaccine Wars aren't mere imagination, but possibilities. Thus, knowing some basics helps us be safer. Check out the fake science papers section, to understand how Big Pharma floods the Internet and Journals with 10-50 times more fake studies thru academia it controls via grants, in order to use the preponderance of evidence to sell whatever drugs, vaccines or procedures it wants, just like Big Food sells lethal AGEs rich poison to us. Big Pharma is run by gangsters who need palaces, so they don't want lower profits by having to research safer vaccines. These same CEO bastards told us "mercury in vaccines is safe", when it damages the brain of infants and adults alike, as do other vaccines in other ways, but when you don't want to work hard, end aristocracy and have 50 times more research, all CEOs and "their army of trolls" do is attack the "vaccines cause autism" group as "crazy", when any 7th grader knows vaccines don't ever leave the brain intact, they can't, because it goes into the blood and blood goes to the brain and some components will affect the brain directly chemically or indirectly (via the immune response), just look at the adverse events if this 7th grade concept is too hard to understand by greedy thieves and genocidal psychopaths who get 8 million/year☺☺☺ for University President Barking Dog (metaphor relating to tone of current decentralized education) in Chief. It's a genocide because if you use $8 million/year salary wisely over 3 years, so 24 million, you can add to humanity 500,000 lifespan years in 3 years, i.e. with 24 million or $48 per person, we add 1 lifespan year to 500000 people by a simple nutritional intervention (so many lack so many vitamins polyphenols, etc, but the goal is the theft by aristocrats, not total lifespan), not using it = equivalent of killing 20000 folks at age 55, (80-55)×20000=500000 lifespan years). They say it is offensive, yet we simply are some of the more honest people in US history, who dare expose these wild dog cannibal like bastards. The so called "professors of immunology, autism,☺☺☺ neurology, etc" are often career conmen who missed chemistry in the 7th grade due to being too busy trying to plan to make $ by becoming a rich 200K college professor, as money trumps scientific honesty and integrity. The adjuvants, aluminum, etc are damaging. The baby immunity emerges at age 6-12 months: CDC gave babies so many odd vaccines by 6 months old, that we need to space them out and give more time and think about the genocide we're doing. Recently, only filif cat IQ folks came out of USA physics, chemistry, no major discovery last 70 years, could it be due to these

vaccines making everyone low IQ? Or due to CEO pay being 400x higher than average vs 20x in 1965? How come nobody thinks of quantum device to wipe out all viruses/bacteria on Earth? This chemical physics, physical chemistry way of thinking removes any need for any vaccine, we sterilize the planet, and that's it, so simple. Living to a billion is easier then. Well, today we got some youtubers saying "a new study shows flu vaccines prevent dementia", but how was the study made? Did the people who get the vaccine do so because they had more time due to less stress in life, vaccination being a marker for a better deal overall, meaning better food, sleep hours, weather, air quality even if it seems as if they're same income or class? He claims that the reason people live 5 years longer in some rich zip code is the vaccines, but already 1 million studies show aristocrats live 10-20 years extra due to not changing jobs every 4 months and having 4 jobs and changing place of residence every year…, eating organic food, etc. His video seems to say covertly that aristocrats use Dem Party to test, optimize vaccines, and then only use vacs as Republicans (the vaccine skeptic Party), after Democrat (vac loving) masses were harmed during optimization. With all these advantages, those zip codes should get 10-15 years extra, not 5-7, so the vaccines may actually shorten their life, but this is not presented in the video. His claim that Australians live 5 extra years is due to vaccines is ridiculous, they allow only the most qualified immigrants, have nicer weather, 5 weeks of vacation, a more socialist system of free healthcare, constant temp means less stress, no harsh winters, living near beach, getting sunlight, vitamin D, they live as long as Americans of the same standard of living/climate and getting fewer vaccines. Saying all vaccines are good is like saying "all seed oils are great and better than coconut or saturated fat as some MDs say", when it's not true, seed oils can be good (canola, flax, walnut, chia with high ω3:6) or bad (high 6:3 ratio) or saying "everyone should eat high ω6 like corn or seed oils because it's good for them, or bread, when we know this would be very bad if they eat little ω3 or have gluten allergy. It's the 10,000 biomarker values that determines what is OK for someone, context matters: most men have low 3:6 ratio, so only some seed oils help. The heart disease, all cause mortality outcomes are different among seed oils, things are more complex. The vaccines are safe… they say, but hey, what about this, measure 10,000 biomarkers before and after for 40 million people to see if they really improve and live longer overall in the first 50 years after a shot, they don't have that data, only managed data to justify their jobs were done well. We need oral, nasal, anal insert vaccines, anything that doesn't harm the veins and create turbulent flow clots. We need safer vaccines.☺☺ We need better nutrition, sleep, etc so all live to 4000, not getting sick for centuries, instead of decades today as with the people who get flu/colds only twice a lifetime. Would you trust these MDs who became MDs to make 10-80 times the minimum wage to tell you the truth? What kind of science is that? The science of 33 million crap companies instead of 11 real ones, and of 1 billion studies instead of 1000 real. Each person has millions of data points in a Universal Immortality Healthcare and that determines if a vaccine/vitamin needs be taken on top of the universal

powder for living to 4000.

Civilizations of "Immortals", where everyone lives past 500, can't use the unsafe occasional death causing vaccines of today (1080 deaths from flu vaccine alone in 20 years in US alone). The corruption of the understaffed CDC is explained in a 2 hours Congress video. CDC has 100 times fewer people than needed due to aristocratic redundancy where these mass murderers create 4500 banks when we need only one actually, all to loot people, justify $50 million salaries and palaces, to waste national resources, banks are one industry example, many others exist, see the 11 companies for the 250+ page discussion. The Big Pharma owners, CEOs, etc live in palaces in Rancho Santa Fe and other cities with 1 million times fewer potholes than Washington DC CDC rat cage headquarters. The DC government (like our capital city in DC where crime is 500 times higher than in aristocrat Big Pharma resort cities) is simply a dumpster for slaves to dupe slaves, while imperial aristocrats from California (199 billionaires), NY (136 billionaires), Florida (117 billionaires), Texas (83 billionaires) where most (535 out of 899, so 60%) billionaires live, run the USA thru fake bought elections and fraudulent governments they control via industry lobbies) awarding themselves and the aristocrat class insane salaries (389 times higher than average worker in 2021 COVID crisis vs 20 times more in 1965). The genocide by these Aristocratic Big Pharma CEOs and the entire industry and phony officials they mind control is clearly shown in this 2 hour senate hearing (repeats over 12h) on the COVID19 vaccine, how Pharma has immunity from lawsuits for vaccines (unlike any other industry, since 1986) the safety, the dangers, efficacy of the spike protein (causes clots, strokes, heart scars) vs nuclear protein vaccine, the length at which criminal CDC officials removed important info from Vaccine Safety Website (heart issues, etc), etc and also in the 11 companies section explaining how endless diseases can be prevented, reversed via diet, not managed via drugs that kill, without bankrupting our nation via trillions of useless procedures that make the CEOs and their management team super rich. The lethal part of the vaccine, the killer spike protein, is unassailable by body enzymes, and sticks in the blood everywhere for 6-9 months, causing clots, heart inflammation (myocarditis), plaque. The spike protein mRNA makes attaches and enters cells via the ACE2 receptor, and then damages human cells as shown in these 320 studies. The 320 studies are also at the doi address. The GENOCIDAL EFFECTS of the Pfizer 'Nazi' vaccine (for COVID created in labs with US money in Wuhan) and all mRNA vaccines are detailed in a simpler language at this site too. Covid 19 has multi-basic (polybasic furin) cleavage site, unlike natural corona viruses, was designed decades before the Pandemic probably, when they planned this pandemic as part of Bioweapons Warfare. The smokescreen story about "emergency vaccine development" was just a ruse (lie) for the masses to cover the tracks of the Nazis who planned this, using Wuhan geeks as ☺0 IQ☺ puppets to do it. Wear a mask if you like it, because every reinfection does more damage.☺☺☺ The 2025 US Health Secretary who says "Make America

Healthy Again" said in 2020 that 17 out of 22 TV ads in the evening news cycle in USA come from Big Pharma which uses a military WW2 loophole to get their endless unsafe vaccines, drugs pushed onto us, make huge profits for their gigantic California mansions of $10-90 million each, while 0.7 million Americans are homeless and a tiny home costs only 35K, but the Big Pharma aristocrats steal (for 250 years) so many trillions from the state by giving themselves salaries of 5-50000 times above the average, that the homeless and 130 million Americans living in moldy crappy housing don't count, they're mere "toilet paper" of the rich. US Big Pharma got 75% of Pharma world profits, using 4% of population to get rich on. THEY STEAL LIKE MEXICAN DRUG CARTEL GANGSTERS. Big Pharma eyedrops contain 2 to 10 out of 2100 chemicals in natural tears at the different concentrations from tears, showing how pathetic the research is, but they spend billions on palaces while people suffer due to bad eyedrops, drugs and vaccines. The toxicity of the eyedrops alone is huge, yet Pharma does nothing to address it. Check out safety data for medicines to treat Covid vs vaccines (far higher death toll) for Covid19, showing there is room for improvement: the mRNA made spike protein is alleged to do damage to vessels by forming clots and arterial plaque, and fasting autophagy (see how to lose 30 lb to decrease risk of severe COVID) clears the spike protein. Other spike protein killers are nattokinase/bromelain and possibly curcumin. Citrulline is especially life saving, since the COVID19 vaccine produced spike proteins make the blood sticky and prone to clotting, and the NO produced by arginine (plain arginine is destroyed by the digestion, so citrulline produces much more arginine constantly) relaxes blood vessels, preventing easy clotting that occurs when blood vessels are stiff.

Many MDs think more should have taken medicines (remdesivir, ritonavir, molnupiravir, many others with far fewer deaths than the vaccine which may cause miscarriage Nazi sterilization program by German Pfizer vaccine) and healthy foods, enzymes, etc to destroy the spike protein, instead of vaccines that killed 5000 people within 48 hours and disabled 22 million people worldwide via 17 billion COVID shots. In 1986, kids got 3 vaccines until the age of 1, in 2025, they get 29. In 2025, child chronic diseases rose 4 fold vs 1986, a coincidence, or related to obesity doubling, more diagnosing (more checking), vaccines up 10 fold when immune system is not even developed and many other junk diet issues, microwaves, etc?☺☺☺ The point is Big Pharma steals trillions to build Entertainment Palaces and Estates for their Families, while Americans are getting killed by medicines, diet recommendations, vitamin RDAs, food industry products, 25 years earlier than they should die at if we had a really scientific government, not one of low IQ folks with 30% of STEM graduates from college only. What have these Huge Estates have anything to do with Granting every American beautiful colorful telepathic radiant teleporting shimmering shapeshifting Immortal bodies able to live trillions of years? Nothing. It's just GREED, low IQ of CANNIBAL CHIMPS pretending to be human. We're the land of Freedom, from Parasites killing every human at 80, Freedom from 80 year lifespan, Freedom from Death,

so all may Enjoy Trillion Year Lives, Eternal Bliss, happiness, without being Killed by Vaccines or Disease. Let us be clear: if CEO pay is only 4 times min wage to root out greed, you don't get the greediest British etc bastards running USA, but the most immortalist ethical and austere saint like beings running our healthcare industry with one universal healthcare for all and 100 times more efficiency in every industry, 100 times more real research, 0 duplication. We need centralized scientific government, not greedy thieves. ☺☺☺ I never watched TV for decades, it's all ads for nonsense, pills. 38000 Americans died from Vioxx drug alone. No ads exist for healthy diets that prevent or reverse endless diseases used to manage (not cure) many diseases caused by bad diets, World Peace in 3 months, 0 violent crime thru decent human rights USA doesn't have (decent shelter for all, nontorture, jobs for all, decent food for all, decent transport for all), thru happy breathing, 0 taxes, single family housing for all, free central education and fair pay, 0 torture by spy agencies, cops and military of tens of millions of US and foreign citizens, etc. All media is controlled by the military of most nations, since the aristocrat fake clergy complex 'controls' the military, being one. Sad but true, so we need to question the lies told by the TV.

12.3.2. The 5 COVID19 (a staged pandemic) doses, other vaccines I took 2021-2024

Circular mRNA accumulates in cells, leading to aging and death of cells, and many companies propose creating circular mRNA vaccines (original Pfizer/Moderna COVID19 vaccines are linear mRNA), wait and see how all will live shorter? Even so, due to media brainwashing and fear, on 4-6-2021 I got my Pfizer dose 1 at Walgreens, since it contains no preservatives and everything in it seems safe, way safer than vaccines from former centuries using live attenuated virus. I'm not sure if it was a smart move. The fakery section explains, that COVID19 is far more complex, staged, than the fake (or often incomplete) news we hear. I didn't choose the vaccine, it just so happened Pfizer was the first vaccine I could get, but it seemed the best to me anyway. No allergic reaction, but in the first 4 hours I felt my arm area more (arm pain typical to any vaccine), a little like after lifting weights. To prevent a swollen lymph node forming or a bump (*reaction to the needle or chemicals,* usually too much toxoid during tetanus vaccines or aluminum during other vaccines, subcutaneous nodules (small lumps under the skin)) of the skin at the exact point of needle injection, it's good to rest that day, eat enough protein and walnuts (or other linoleic acid sources), vitamin C to stimulate collagen synthesis to heal the muscle/skin tissue damaged by the needle, and sleep well days before and after. Definitely stay away from $Al(OH)_3$ vaccines famous for bumps ► ADAPA 2008;17(4):182-4, because aluminum is toxic and 100 times more absorbed via vaccines than food. *Nodules form with many vaccines* ► Vac 2020; 38:3169-77*; this pdf has 39 links to other nodule articles*. You can even take a shower in the first few hours, it improves circulation and helps soothe the discomfort, this is good 800 nm IR for cytochrome oxidase to generate energy to heal tissue. Definitely don't lift weights or exert the hand where you got it. Most get vaccinated on the left arm, since most use it less. The gentle

shower jet on top of bandage at 4 pm, 3 hours after the vaccine, diminished muscle pain sensation 80%; same happened April 7th afternoon; then resting right after made it even better; so definitely, first 2 days, the most critical for avoiding skin bumps, good circulation via warm bath or shower helps; I was quite scared before vaccinating, since I got 1 tetanus vaccine only in the prior 26 years and that only one formed a huge subcutaneous bump, so I slept most of the day to make sure no bump this time. On April 7th, 2nd day, arm pain was much less during moving it, and I felt a little tired, so I slept half day too besides watching the links about vaccines below. April 8th, arm pain was far less when moving, almost normal, 20 times less than April 6th. April 9th, 3 days later, I removed the bandage the nurse placed and saw everything was normal, with a tiny red dot visible inside the rectangle (and a tiny red on the inner bandage), so I replaced bandage placing it at 90 degrees of the first (and used some Vital Care cream, $3 at $ store) to allow skin shape to return and rectangle to disappear, thus, 30h later, on day 4, the dot looked even smaller. The nerve endings destroyed by the needle need methyl-B12 to heal faster, so eat extra B_{12} first 2 weeks after any vaccine or injury. *First 48 hours I took about 7 showers to provide more circulation, with water focused a lot on left arm in every shower first 10 days.* Nobody wants 70 bumps from 70 flu/etc shots. On April 27th, 21 days later, I got 2nd dose at CVS 4 miles away (1st was at Walgreens 7.5 miles away). 2nd time the arm swelling and pain was much less, the immune reaction was lower, but I was still tired first 2 days, but I hear that's ultra common, for many to have way less sensation or side effects after 2nd shot. ☺☺☺

On November 20th 2021, 7 months after 2nd dose, like millions of people, I got my booster, or 3rd dose, *(3rd dose* boosts antibodies 20-40 fold, *since they go down 6-7 fold 6 months after 2nd dose, enabling us to reach* 4.4 fold higher antibodies after 3rd dose than 2 weeks after 2nd *dose)*, and the reaction was mild, like after the 2nd dose, maybe a little more; however, the technician was hurried and didn't let me remove my shirt (so I have only the t-shirt, since I forgot to remove it) and because he was holding the shirt, he was tensed, impatient (I was going to take my shirt off, but he didn't let me, he rushed to do the shot, doing it wrong probably, due to long line prior that later became no line after we left, staged), rude (told me to take my hand off otherwise he will vaccinate it instead, I was holding the shirt to make space for him) and his syringe was moving the way it's not supposed to and the injection site got red 7 weeks later, so it seems safer and ☺☺*lovingly gently* kinder☺☺ to remove all clothes that may cover your arm (T-shirt etc) without having to hold it yourself when your place in line gets close, and wear that loose t-shirt back home, otherwise, it will damage your arm due to the nurse trying to hold the shirt away from the site; next 7 weeks you wear very loose clothes on that arm so you don't interfere with the natural healing. Relax, don't tense your muscles, so syringe goes in smoothly; they don't tell you these things and then you got red swelling. 3rd dose was an unprofessional small pharmacy, playing loud restless music that makes people agitated when it should be relaxing so

syringe goes well and people relax arms etc, carsonpharmacy.com, not the Walgreens, CVS, big chain pharmacy, so avoid small unknown places you never been to before, had to wait 1 hour in line too, very rude and unprofessional staff (didn't tell us to bring vaccination card and then made a big show out of it, even though they could check record at myvaccinerecord.cdph.ca.gov. My 2nd booster, or 4th Pfizer COVID vaccine shot, was on 9-29-2022, the updated (for omicron) Pfizer bivalent booster, that was FDA approved on August 31 2022; 2 weeks later, around September 15th 2022, I got a wart (not a skin tag), about 2 inches from the vaccination site, possibly due to HPV cancer causing viruses in the vaccine as Dr. Mercola explains it too (vitamin E may work, skin tag oil won't work against warts, from Amazon or Target) or the immune response was big and activated dormant wart (HPV)/skin tag (HSV increases chance of skin tags) virus; the lady who touched my arm without disinfecting between patients (so maybe HPV virus in my arm???) or "cancer viruses☺☺☺ in the vaccine as with the 1950s-1990s Polio vaccine 'intentionally?' allegedly filled (up to 1990s) with SV-40 cancer causing viruses" (CDC removed page on SV40, sv40foundation.org); sort of like Nazi geeks, in conspiracy theories, place "sterilization agents in vaccines to do population control, and other brain damaging things to take over other nations"; though Pfizer used in USA is made in Michigan, USA and Pfizer used outside of USA is made in US or in Marburg, Germany which plans to produce 1 billion doses/yr.

I chose Pfizer for all 4, not Moderna, due to fewer heart damage, inflammation side effects. My 5th Pfizer (Comirnaty) vaccine (so called 5th shot for most people) was the updated 2023-2024 vaccine, *approved in 2024, which contains raxtozinameran, an mRNA with instructions for producing the spike protein of Omicron variant lineage XBB.1.5*, which dominated the world from Nov 2021 until Dec 2023. The original COVID vaccine was for the original strain of COVID, made with 1 mRNA called tozinameran. The first booster of 2021 had the mRNA for the original strain plus the BA.1 variants spike protein, so 2 mRNAs: tozinameran and *ril*tozinameran. The second COVID bivalent booster (so called 4th Pfizer shot for most people) everyone got almost in 2022 (not the first booster, or so called 3rd shot, that had only BA.1 variants mRNA), had a new mRNA for the spike protein of BA.4-5 variants, so it had tozinameran (for original strain, the very first COVID variant) and *fam*tozinameran (for BA.4, and BA.5 variants that appeared later). The first half, tozina-, is the prefix required by the WHO from now on (but chosen by Biontech Germany company, *to* Nazi, *to*zina, or NATO zi, NATO day, since zi is day in Romanian, *each company gets to choose the first part of a vaccine name*), while the second half -*mer*an is the required suffix for all future thousands of mRNA vaccines for thousands of diseases, from *me*ssenger, RNA, just as "caine" is the suffix for local anesthetics, "ast" is for anti-asthma drugs. So, tozinameran is the original mRNA, that is no longer present in newer COVID versions, while all the future COVID19 mRNA vaccines will be named 1-3 letters followed by tozinameran. *Companies are working on mRNA for all other vaccines or even cancer*, so their name will end in

meran. Tozina may also be from 19, nineteen, pronounced naintin phonetic, COVID has O, so tozina. These Comirnaty (easy to recall, Comintern was the Communist International, or recall the official reason for the name, a combination Comi*RNAty* of the terms COVID-19, *m*RNA, com*munity*, i*mmunity, comi RNA ty,* community *RNA or* commie *RNA,* communist *RNA*) Pfizer vaccine versions *will be released yearly, like the flu yearly releases,* except they're much safer than the flu vaccine, being mRNA vaccines free from mercury in thimerosal present in multidose flu vials and containing no inactivated or live-attenuated virus, which can be bad, since a virus could be fully live, active by accident or cause various biochemical issues due to this 'partial inactivation'. Always get single dose flu vaccines, as those have no mercury, like *Flu Block vegan vaccine, which is eons ahead of egg based inactivated vaccines (most flu vaccines that are free with insurance)*, since it is more like mRNA, it only creates the spike protein, not the whole dangerous virus. You get what you pay for, cheap trash flu shots are more dangerous. Honestly, only older people need yearly flu shots probably, if one sleeps well 8-9 hours daily and is very healthy. Most healthy people get flu once 15 years. Comirnaty is safer than Moderna Spikevax, having fewer heart side effects, possibly 5 times fewer than Moderna. That's why most COVID shots today are Pfizer at all US pharmacies, like Walgreens, CVS, RiteAid, etc. Nobody almost carries Moderna anymore. This may be the victory of leftists, immortalists, communists, over predatory capitalism. Comi*RNAty* was made in Germany first, *to*zinameran, *to* Nazi mRNA, comis are (pronounced as R) Naty or Nazi, communists were like Nazis, meaning antisemitic, anti-Bible. Are you a commie? Means are you a communist? A comi is a commie or a communist. East Germany was communist, West Germany Nazi, the mix of the 2 is Comirnaty.

This *bivalent* 2022 booster has mRNA for both the *omicron* (famtozinameran) and original COVID *spike protein (*tozinameran*), hence the bivalent* name, making it *more effective against omicron* (that damages throat more). See the natural antivirals section for food based ways to fight Covid19. Throat or mouth swab can yield false positive results, if saliva is acidic due to eating acidic stuff – and the viral count goes higher in nose weeks after infection (saliva tests are 12 times more likely to yield positive results for PCR early during infection), so the need of throat swabs for omicron is not always high (*unless it's first 2 days of infection, not well after we had most cold symptoms disappear*), though fasting and fasting 2 hours before sampling may be better, making sure saliva pH is neutral (*fasting and proper mouth cleansing with water, etc removes new variables, chemicals in food that give false negatives or positives*). In our culture of 'show off our manliness' people get to work heavily with vaccinated arm, forgetting this could cause an unseen internal scar that remains there 25 years and damages lifespan length; it's perhaps better to rest (the first 48 hrs after) the arm and body much more than usual, sleeping more; ideally, we should get the day off on any vaccination to sleep *3-5* hours at least right after; why? To build 100% immunity in the first 2 months after 1st COVID19 vaccine, we need a strong

adaptive immune system from enough B cells (they mature in bone marrow, produce antibodies to inactivate viruses, etc), CD4, CD8 type T cells (they mature in thymus, they destroy specific new pathogens the body has adapted to target for destruction). ☺☺☺

T cell count drops 70% next day after a very bad sleep, so it's key to sleep well those 2 months. *Immune strength depends on vitamins A, C, D, E, zinc, Se, iodine, etc.* We read stories of people dying or getting sick after vaccination, that could be due to low nutrient intake and poor sleep. Instead of 95% *protection*, they get 25-50%; why bother to get Pfizer, the "*best* vaccine" then? It's great to postpone stressful tasks for 3 weeks until dose 2, since stress suppressed immunity, T and B cell count and function. If your ω3:6 ratio is already very low (ideal to prevent aging related inflammation) and you eat a lot of ω3, taking less ω3 for 3 weeks (after dose 1) can boost B and T cell function, so the body can develop proper targeting of spike protein fragments. Johnson vaccine grants 'full' immunity at 2 months, mRNA ones 2 weeks after dose 2, so maybe 3 months in weaker immune systems for all vaccines; so we need sleep well 4 months after dose 1 to avoid asymptomatic transmission that these vaccines may only prevent in those who got the best targeting due to best sleep in the first 4 months. Pfizer vaccines mostly prevent serious disease 100% if we slept well between the doses, not asymptomatic infection (preventing infection 100% may take best sleep and diet for 5 months after dose one; decent sleep week before dose one too*)*. Israel study found variants can break thru the best vaccines, like Pfizer, which shows few take the COVID19 pubmed papers seriously (super strong nutrition, sleep well, avoid foods that lower B or T cell count, stress, etc at least first 2 months) – *those who got vaccinated* got confident, went out and got infected *before reaching the* best *immunity; because of these reports, I plan to wear my face shield even after everyone stops wearing masks;* immunity *is so complex.* mRNA vaccines got some advantages. CDC shared a video on how to knot and tuck a disposable (well, reusable if you wash it) mask for a better fit; I tried this and it's way better, since the mask doesn't fall anymore; these masks got a plastic thing where the nose goes, that is there so we adjust it so the mask doesn't flatten our nose, *the plastic can be angled to fit exactly your nose shape;* after this, *you never have to deal with the super annoying issue of mask falling 50* times daily when talking and having to raise it above nostrils; if you bought a *colorful mask that is thicker or a pm* 2.5 filter, *you can do the same, and use the white plastic* from inside a disposable to insert into the new mask if it doesn't have one (make a small hole).

Pineapple *helps recovery of wounds, due to bromelain, reducing needle injection healing time. Read below to see what an* all out T cell mobilization happens and how stressing left arm or even body, can strain the body resources and lead to out of control inflammation, rashes, lumps, etc at injection site like it happened even after COVID19 shots. CDC says it takes a few days for the arm sensations to fully go away for some. This is normal, the needle destroys lots of muscle, nerves, capillaries, so to feel stuff in the arm for days is a sign of normal healthy peripheral nerve

system. To not feel anything when moving arm is more alarming, especially if young, it means we don't have good nerves there, since full healing (seen on instruments) takes at least 2 weeks (all tissue); even a little scratch on our hand (dermis only) takes days to heal, imagine when doing muscle, nerve, etc; a needle with saline solution or with nothing alone would also cause the same, due to the injury itself; the liquid inserted further aggravates the injury as it displaces cells; there is nothing alarming about feeling injection site weird first 3 days, much less each day. Mayo 2 min clip and Vox 7 min clip explain side effects. Most people feel tenderness, arm soreness after any vaccine at the site of the needle injection. What about COVID19 vaccines tech? How do vaccines work? ☺☺☺ Thankfully, COVID19 vaccines contain no mercury, preservatives or aluminum. Pfizer vac is made in USA (raw materials Chesterfield MO new amazing factory inaugurated 5-30-2019, plasmid DNA Andover MA, formulation Kalamazoo MI). Walgreens gives you a paper that lists the Pfizer ingredients in the vaccine. Johnson and AstraZeneca use an adenovirus unable to replicate to teach the immune system, and have 67% and 70% (Astra) efficacy. Pfizer facilities and manufacturing video is here. Pfizer mRNA vac is most effective at 95%, having safest chemicals, approved for ages 16+, Moderna 18+ (meaning less safe for younger ages, so for adults too); Pfizer was founded in 1849, Moderna 2010, Janssen in 1953 (owned by Johnson, making JJ vac *with Ad26 virus*), AstraZeneca 1999 (though it was merger of Zeneca which was around for longer). Moderna has chemicals that make it more stable at much warmer temps, (-13 to -5°F vs -112 to -76°F) just like eyedrops have more preservatives extend shelf life. "A greater % of participants who received the Moderna vaccine, compared with the Pfizer-BioNTech vaccine, reported reactogenicity" ► JAMA 2021;325(21): 2201-2; both mRNA vaccines gave 80% protection from infection 2 weeks after 1st dose. JJ can be stored in the fridge 3 months, it's 1 single shot vs 2 for Sputnik (2 common cold human adenoviruses, Ad5 + Ad26), Astra, Pfizer, Moderna *(Astra can be stored at 38-46°F for 6 months and Sputnik same temps for 2 months; both are DNA coated in chimp (Astra) and human (JJ/Sputnik) unreplicable adenoviruses, DNA injected into cell's nucleus, so it produces mRNA and spike protein)*, so JJ/Astra & Sputnik help use in poor infrastructure areas, but may not be the best due to the issue explained here, and fainting adverse effects. JJ was even paused due to clotting risks, like Astra was in Europe due to clots. Pfizer uses natural phosphate buffer *(serum phosphate is 1.1-1.45 mM, 5-40 times higher concentration than serum acetate);* Moderna uses unnatural Tris-HCl buffer not present in humans, plus acetate at a concentration possibly higher than what we're used to; Sputnik uses EDTA buffer and some Tris too. mRNA is destroyed by ribonuclease (RNAse) enzymes, after mRNA was used to make the 1273 amino acid spike protein on the edge of COVID19 virus; RNAses break down mRNA (like proteases digest proteins we eat) inside cells and in between cells too; then these vaccinated cells, with the spike protein inside, take the spike protein and digest it in their proteosome and then present spike fragments on the outside of the cell using MHC1 (major histocompatibility complex 1); tissue CD8 "killer" T cells

then bind to MHC1 and analyze if fragments are normal; since they're not normal, the CD8 cells will eat (eight and ate pronounced the same) directly the infected cells, thus CD8 is called killer T-cell. (T-cells and B-cells are lymphocytes (white blood cells) that form the adaptive immune response, while neutrophils white blood cells are the innate immune response). ☺☺☺

The mRNA in the mRNA vaccines will be destroyed quickly (though some claim it can take 9 months to kill all spike proteins that damage the body like the virus damages it), it can't remain in the body or teach the body to make spike proteins forever, which would make our immune system busy killing all cells with spike proteins. The spike proteins produced that leak out of a muscle cell destroyed by CD8 killer T-cells, are digested by the neutrophils (complete destruction, without creating antibodies) and *macrophages and dendritic cells (professional immune cells)* which use MHC2 on their outside to bind to CD4 "helper" T-cells (1*8=8,2*4=8, easy to recall which MCH binds to which CD cell); CD4 are the immune inspectors which analyze *these* macrophage, dendritic cell *post-digestion spike protein fragments* and inform ☺☺☺ B-cell to produce antibodies (immunoglobulins) to bind to these spike fragments to inactivate virus spread, so the CD8 killer cells can later wipe out cells with such spike protein fragments on the outside (CD8 have the antigen (spike protein fragment) recognition protein called TCR or T cell receptor); thus, all spike proteins produced in our muscle are destroyed by CD4 (indirectly) and CD8 (directly) cells; all mRNAs are destroyed by RNAses inside and outside the cells fast. The tiny amount of spike protein that attached to A2 receptors (not causing major cellular dysfunction) of other cells (after leaking from a CD8 busted infected cell) is slowly digested by the cells (taken inside) or later those cells are killed by CD8. Thus the vaccines can't cause a spread of mRNA or spike protein contaminated cells; the real virus however, unlike the unreplicable spike protein, can send more messenger RNAs, making ever more RNAs than we got from the lipid nanoparticles (Pfizer, Moderna) or adenoviruses (the other 6 vaccines, e.g. 3 Chinese ones 65-78% effective) and infect other cells. So mRNA may be safer than adenovirus vaccines.

Many didn't get Hepatitis or pneumonia vaccines (read the benefits), etc, so nowadays there is the Heplisav-B vaccine, with 0 mg *aluminum (Al)* as section 11 at the dailymed NIH page shows chemicals in every vaccine, vs toxic Engerix 0.5 mg Al, Recombivax HB 0.5 mg Al, Prehevbrio 0.5 mg Al, for Hepatitis B (disease which *kills annually, in 2024, 0.8 million people*). If you're not active sexually (outside of procreation), the vaccine for B in small kids with undeveloped immunity makes no sense, due to adverse events that can be lethal in adults even. Gardasil is another poison vaccine that criminal MDs push on kids (adults in their 40s OK perhaps, sometimes, if issues with colon cancer family history or risk perhaps and high fiber vegan diet didn't help) who don't need it, as they shouldn't be sexually active. The brain develops until age 28, so why are they giving kids so many useless vaccines to damage the brain? *US is the only nation that vaccinates on day one of life* and the number one in first day of life infant death

among developed nations. Avoid sharing toothbrushes, razors, needles or anything sharp with anyone, as it could infect you: use best hospitals that clean well their sharp tools (of other patients' blood) to avoid infection. Since *Al* is toxic, best is to take Hepatitis B with Heplisav first *(I took it July 6th 2024, when I also got in my left arm the 2023-2024 COVID19 (Pfizer version, like my first 4 shots of 2020-2022, called Comirnaty) Omicron XBB 1.5 updated vaccine, and Boostrix TDAP)* and Hepatitis A weeks/months later, after your body removed all *Al* from other vaccines and you gave T-cells all the time to produce antibodies, etc. 2nd dose Heplisav Aug 5th 2024, when some short sadistic blue eye fake blonde lady (maybe Ashkenazi Jew) did the vaccination in a way to maximize pain (there is a way to do that by moving the needle to create a red spot) asking "Are you OK?" after she did it "You should be OK, as you were from the 1st shot". All the other vaccinations done by the main Walgreens tall guy pharmacist were fine and didn't get red, the bandage had 20 times less blood, plus had much less pain during the actual injection. *Equal pay for unequal job?* Let's have performance based pay. One day, all can go to the only review site that disables the ability of frauds to hide their reviews thru 40000 review sites, we can go to reviews.gov and make a review. The way Walgreens setup their vaccination thing is not right, between doctor and patient chair, there is a table that makes the doctor or nurse bend over a little to vaccinate, diminishing drastically their control over their arm. The MD needs to be far closer to the patient to inject in the most perfect way. Put a screen between and make a hole where the arm will be if you worry about contamination. If nurse extends arm, she won't do a good job. CVS and many places make the same exact mistake, they don't allow the injecting person to be closer, which increases swelling and error. It's a decentralized ☺abysmal IQ☺ that creates oxidative stress. We need one national policy. Doctor needs be 4" from patient, not 30". These ladies know how to create pain by technique, she may be CIA-military lady. ☺☺

Going back to immunity discussion, too many vaccines at once means limited T-cells will be available for each immunity, unless you already were vaccinated before with TDAP or COVID and the body will work far less to boost immunity. *This way you keep Al under 0.5 mg per visit*. Hep A in USA are Vaqta 0.45 mg Al (adult doses in this paragraph, kids *Al* doses are half, so 0.225 in this case), the best choice due to 0.05 mg less Al or 0.5 mg Al with Havrix. Hep A vaccine is an inactivated virus, so it is more dangerous than all the rest that have a protein spike on the virus, that the body is trained to attack. We only have a limited amount of T-cells to produce antibodies, etc, so taking too many vaccines at once is a bad idea, but 2-3 seems OK for adults if total *Al* is 0.3 mg or 0.5 mg max. Getting both Hep A and B, via Twinrix (the 2001 approved combo, the only one in US for both Hep A and B, see list of common adult vaccines from CDC) is fine if that same day no Al exists in other vaccines you take, such as COVID19 (0 *Al*), vegan *Flublok* Quadrivalent (spike protein). Studies show that the flu vaccine increases lifespan, because during flu the artery inflammation will cause arterial plaque to break and form blood

clots or new plaque areas, leading to heart attacks later. These reasons are the same reasons all other vaccines in general make you live longer. The *chance of paralysis from a flu vaccine is 9 times smaller than from flu* and the vaccine reduces the chance of flu by 50%, so overall, you protect yourself from paralysis more, especially if you take mercury-free single dose ones like the *Flublok* vegan one (recombinant flu vaccine, leads to less flu than egg vaccines, teaches body to attack spike protein like mRNA COVID vaccine), which is 100% different from the vaccines that caused paralysis (live attenuated or inactivated egg based vaccines of the actual flu). Thus, *vegans* will understand the universe helps them and *Flublok* risk of paralysis may be actually 5000 times lower than from the flu itself, and thus may be the best money you can spend to live longer. CVS, RiteAid, Walmart, Walgreens only have murder based bloodshed based (male chicks are killed by billions in egg farms, thereby destroying the human quantum field) egg vaccines known to cause more paralysis than vegan vaccines, to get the best, FluBlok, go here and call the location closest to you, to make sure they have Flublok, since they expire soon after the flu season. *It's not free, but you get better immunity and lower paralysis risk*. Search PubMed for more papers to see the latest consensus on whether the vegan flu vaccine is 500 or 50000 times less likely to cause paralysis than the flu itself or egg vaccines. *Each flu damages your body more, your brain, your arteries. Taking Flublok* will simply reduce that yearly risk in half, as well as living alone if single (no roommates, get a studio) *with separate air conditioning*, to avoid sharing house with infected folks who never take any vaccine. Other useful vaccines are Prevnar20 for pneumonia (0.125 mg Al) usually for adults over 65 or weak immunity adults and Shingrix (0 Al) for shingles for adults over 50 or younger *weak immune system folks*, like the 200 million sleep deprivation and torture victims: shingles vaccine can prevent deafness, blindness and other issues. Adacel TDAP is 0.33 mg Al, Boostrix TDAP is better with only 0.30 mg so I got Boostrix on July 6, 2024. This was my 3rd ever TD vaccine and 2nd TDAP. Each year, on Earth, *pertussis kills 160000, mostly kids under 5, infects 24 million people*. Adults die too, though rarely in USA, since they get free TDAP these days. Pregnant ladies need to get TDAP. Gently get TDAP to avoid kid or adult death due to whooping cough (pertussis), also called the 100 day cough. Babies under 3 months are the most likely to die due to this lung bacterial infection. EU doesn't require TDAP every 10 years, but US does due to waning immunity. Check out babies who die of whooping cough, and the effects of no vaccine. ☺☺☺

Many missed the meningitis vaccine, which is made of 2 parts: 1 with the B strain and 1 with the A, C, Y and W strains of the bacteria. The older vaccines most people know are Men ACYW types: 2 brands in USA: Menveo (0 mg Al, no preservative, no adjuvant), and MenQuadfi (0 mg Al, no preservative, no adjuvant, but has 55 mcg tetanus toxoid (the stuff in tetanus vaccine) as a protein carrier for antigens). On July 7th 2024, I got this MenQuadf and had a slight headache for 2 days. The other type is Men B, that covers the B strain of bacteria: Bexsero (the worst vaccine,

with 1.5 mg Al) and Trumenba, the best Men B only vaccine, with 0.25 mg Al, same 0.25 mg as all 5 strains into one Penbraya. Thus, it is best to avoid the Bexsero, as it contains toxic Aluminum and too many chemical adjuvants. If you only want to get A, C, Y, W strains, stick to either vaccine (Menveo or MenQuadfi) because it got no Al, though Menveo seems safer, to avoid tetanus overload, if you got the *TDAP tetanus diphtheria pertussis* vaccine recently. If you want the best protection, meaning vaccination for all 5 major strains, get Penbraya, 0.25 mg Al, as it has *one injection, not 2 like* with *Trumenba + Menveo* or *Trumenba + MenQuadfi.* Penbraya is a new "2 old vaccines (MenACMY and MenB) in one" (FDA approved in Feb 2025) MenABCWY pentavalent targets all 5 Neisseria meningitidis strains: Men A, B, C, W, Y. Meningitis kills 500 people in US alone, with about 2000 suffering brain damage, deafness or limb loss. It's a deadly disease, with 20% of adults over 45 dying within 2 days of infection. Outside of US, 240000 people die each year, many within 24 hours of being infected with meningitis, 2.4 million get some damage from being infected, with the chance of being infected being highest in Sub-Saharan Africa (where blacks live, not the Arabs in the north Africa). You can easily get infected if you visit Africa, or contact African visitors to USA, so be vaccinated if you travel. Aluminum is dangerous, so avoid more than 1 vaccine with aluminum per day. *Health first, laziness second*. *Canned* green *beans got 2.5 mg silicon in 100 g*, more absorbed than any other common food, so eat that to detoxify of any aluminum, eat your zinc and other metals to compete with aluminum absorption. It takes only 2 minutes to do irreversible brain or nerve damage. MenACYW is given to all who travel to areas with blacks, Africa, etc, and all military recruits, as CVS PDF says.

You will see that sometimes a pharmacist may not give you pneumonia vaccine, Prevnar20, at Walgreens, so you just go to CVS to get it (just click in the online checklist you have a condition) and I got it without him asking me anything about my risk factor or condition, on July 7 2024. There are 20 risk factors that qualify you for it that are listed in the online vaccine scheduling prompt, even heart disease, diabetes, etc and weak immune function due to COVID19 or sleep deprivation, torture of heart, etc during military torture of 100 million people. Read here how bad the sleep deprivation is for your immune system. One night of bad sleep means 70% less T-cells to build immunity next day. You can simply say "you smoke a pack a week and need it", they can't verify it, since they won't understand what torture is, it's far worse than smoking tobacco, hence real risk of WW3. Bad sleep 7 years impairs your immune system and pharmacists who don't know what military is up to simply can't know. When a clueless more narrow minded pharmacist doesn't give you the vaccine because you're younger than 65, you can say CVS online form says vaccine OK for (copy/paste from CVS) "Conditions or risk factors include: alcoholism, cigarette smoking, cerebrospinal fluid leak, chronic heart disease, including congestive heart failure and cardiomyopathies, excluding hypertension, chronic liver disease, chronic lung disease, chronic obstructive pulmonary disease, emphysema, and asthma, cochlear

implant, decreased immune function from disease (COVID, etc, many diseases) or drugs, diabetes. Immunocompromising conditions: no spleen, chronic renal failure or nephrotic syndrome, splenic dysfunction, sickle cell disease, congenital/acquired immunodeficiency, immunosuppressive drug use or radiation therapy, HIV infection". Recall, *anyone who uses an airport can get meningitis or hepatitis A or pneumonia bacteria, and today, due to high levels of illegal migrants from the worst places on Earth, any visit to a store, market, EV/gas station can infect you*. *Better be safe than dead*. That's why military recruits get sometimes even 12 shots in one day, as Walgreens pharmacist may tell you. Let's face it, every person has 2 to 90 unknown diseases to some degree, made worse by military pulse rise, sleep deprivation, RF attacks.

Always take 2-3 warm showers, with 90% of time soaking the left arm where you got the vaccines in warm water to increase circulation and diminish redness. When you have an injury or hit hand with something, warm hot water first few minutes reduces redness 20 fold, the same is true for this too, you want to get into the shower in 5 minutes once you're home. The warm water stimulates the immune response too, increasing antibody concentration. Sleep 10 h daily next 3 days to build immunity which depends on high T-cell count, meaning good rest.☺☺☺

12.3.3. Basics of flu vaccines, Flublok, the best, and the 3 most used flu antiviral medicines, all neuraminidase inhibitors: Oseltamivir (Tamiflu, bad), Zanamivir (Relenza), Peramivir (Rapivab)

From 1938-2013, all influenza vaccines have used egg embryos to grow. Today, you can go to vaccines.gov and check flu, egg-free to get the only egg-free vaccine, 99.9999% *vegan* Flublok (no preservative, single use vial), the most advanced flu vaccine (*vegan*) available within 1-20 miles: no dead or attenuated infectious influenza virus, no antibiotics (usually ≤ 0.1 µg), no egg proteins (ovalbumin ≤ 1 µg, that cause allergy), no formaldehyde (≤ 100 µg in Fluzone, 10 in Fluad, etc), thimerosal (multidose), no preservatives, no gelatin or latex. Dailymeds explains all details about Flublok contents and manufacturing: 0.5 mL dose got NaCl 4.4 mg, Na_2HPO_4 0.195 µg, NaH_2PO_4 1.3 mg, polysorbate 20 (27.5 µg), may contain *"baculovirus and Spodoptera frugiperda (a caterpillar, larva of a moth that eats fruits, hence frugi-perda, lost fruit) cell proteins (≤ 19 µg), baculovirus and cellular DNA (≤ 10 ng), and Triton X-100 (≤ 100 µg)"*; baculovirus doesn't replicate in mammalian cells and is harmless; *insect DNA is safer than chicken or dog protein or DNA in all other vaccines (they are working on 100% vegan vaccines, without any trace of insect DNA, but* Flublok is way more *vegan* than most that got tons of egg protein*)*. The stoppers used for the single-dose vials are not made with natural rubber latex, unlike other vaccines. Just say you don't eat eggs (true for vegans) and want egg-free vaccine. Flublok is only for adults. Flublok Quadrivalent (Flublok for short, all are now Quads, the sticker they append to the receipt says Quadrivalent, NDC 49281-721-88) is not available in most places unless you ask your doctor to get it for you, but passporthealthusa.com has it for $75 and I got it

on Jan 6th 2022, no lines, I was the 1st in line to get it at my appointment, small office, it was the fastest vaccine ever, very nice nurse. Flucelvax Quad inactivated vaccine grown in a dog cell culture, see section 11, (susceptible to mutation and adaptation, thus to loss of effectiveness) and also much less vegan than Flublok which uses an insect line to grow the proteins for 4 types of flu strains circulating that year, not the dog line to grow the virus or eggs to grow the live virus for most vaccines; modified viruses, even if inactivated, can cause issues, so ***Flublok is safer***. Flucelvax is popular, but the virus is inactivated with β-propiolactone, disrupted by the detergent cetyltrimethylammonium bromide (bromide screw things due to its reactivity) and purified through several process steps, leading to dubious immunity. Flublok has the exact spike proteins, no chemical reactions with inactivating chemicals, detergents in your blood, etc. Flublok is mercury free since it only comes in single dose pre-filled syringes, while Flucelvax is only mercury free for the pricier single dose where the syringe is pre-filled. Most nations *don't even offer Flublok, as it's more expensive,* newer and they just didn't hear *much about it*. Flublok has 3 times the antigen of regular flu shots and leads to 43% less flu than regular shots. Very clean and amazing office at 2041 Rosecrans Avenue, El Segundo. I never did flu shot before (since in my US stay of 15 years I got sick only once before the US military started attacking me with their flu and other bioweapons), except maybe once as a kid at 5, so I was elated to find out this one was 10-20 times less sensations than the 1st COVID19 vaccine – basically only a slight heart rate increase and some arm sensation mostly next day, maybe due to the fact I had natural flu many times, even before this shot 3 weeks prior, so body was used to the spike proteins and indeed, Flublok, as papers below explain, is notorious for causing less reaction than the 80 year old egg based dead flu virus vaccines; because of this, I'm no longer scared of the flu vaccine, knowing that Flublok never has mercury, you just need to be careful to have arm uncovered there, to relax and wear loose clothes next 7 weeks, so you don't interfere with natural healing and don't use that left hand where you had it to exert much first 5 weeks. CVS lists Flublok for $74, but when you call they say they don't have it. For those < 18 years old, 99.999% *vegan* Flucelvax only is available that is more ecofriendly, uses no eggs, has fewer mutations, just some 1958 cocker spaniel kidney immortalized cell lines that can be cultured and multiplied. Flucelvax got dog cell protein ≤ 25 *μg* MDCK, dog cell DNA ≤ 10 *μg*, *other dog/bird protein* ≤ 240 *μg*, polysorbate *80* ≤ 1500 *μg (Flublok got* 54 times less), but it seems far safer and ☺☺*lovingly gently* kinder☺☺ to get single dose Flucelvax, since multidose contains thimerosal deadly (especially for small kids) mercury compound, see table. In 2016, the FDA approved cell based Flucelvax (for 6+ months & older: dog kidney cells grow the flu virus and then β-propiolactone 'inactivates' the virus. What if still live? FDA says they're better than egg-based vaccines, since virus mutates less, but can still mutate, while Flublok has no mutations).

In 2013 FDA approved *vegan* Flublok (18 years and older) which is similar to COVID19 Pfizer-

Moderna since, unlike all other vaccines, it doesn't contain dead virus (maybe not dead if error happens), but the hemagglutinin spike protein (or mRNA with instructions to make the protein for COVID) that causes immune response. The benefits (shorter flu, no death or hospitalization, less lung, heart, diabetes issues) of Flublok (all are unpreserved) or unpreserved Flucelvax flu vaccines are explained here. Due to less protein residue and less mutations of virus during egg treatment, etc, the Flublok presents clear advantages over the rest, since it's free of egg protein and dog proteins (MDCK cells *cause cancer in rats, so in EU the similar vaccine was withdrawn due to consumer hesitancy*); but even Flucelvax is free from egg proteins, if purified well, and is way safer than egg vaccines for egg allergic people, since it has probably 90,000 times less egg protein residue. Flucelvax is grown in Madin-Darby Canine Kidney (MDCK) cells instead of eggs, but these cells are removed (well, 99.999% maybe) after growing the vaccine, so we're not getting dog cells into our blood. The virus doesn't mutate as much as with eggs. "By all criteria, Flublok vaccine *exhibited superior performance* (vs egg-based and Flucelvax) in eliciting both CD4 T cell responses and HA-specific antibody responses" ► NPJV 2020;5:77. Flublok has "improved efficacy and a slightly lower local reactogenicity compared with standard inactivated influenza vaccine, despite the presence of more antigen" (45 µg antigen (HA spike protein) vs 15 in most egg vaccines, 3 times more per FDA and dailymeds – see ingredients, last). Flublok "enables vaccine production to overcome the well recognized egg substrate *disadvantages*...: selection or adaptation of influenza virus strains for production at high levels in eggs or cells may result in suboptimal genetic *match* between the vaccine strains and the disease causing influenza virus strains (Flublok spike proteins are identical to real virus);... the MDCK (*Flucelvax*) production process uses egg-derived virus seeds in its manufacturing process as well and the *mutations associated with adaptation to growth in eggs remain an issue*; the time required to produce a high growth reassortant; the manufacture process requires high-level biocontainment facilities or workers with appropriate immune responses against the viruses they produce; the influenza virus inactivation process requires the use of undesirable chemicals; the *endotoxin* content can't be carefully controlled; and the presence of ovalbumin or residual chemicals or antibiotics required to maintain a low bioburden during processing." ► TAV 2015;3(4):97-108 also explains Flublok is the high tech flu vaccine that allows in the future to create what all others can't: "include HAs designed to *mimic 'drift' in influenza viruses* as the process of predicting antigenic drift advances and, at a minimum, could address late appearing influenza viruses" (instant production vs egg ones). MO 2020;8(11):1745 explains "A 30% reduction in RT-PCR confirmed influenza" in Flublok (2.2% got flu vs 3.2%) vs egg vaccine and Flublok "HA protein is produced in a proprietary non-transformed, non-tumorigenic continuous cell line (expresSF+ insect cells) grown in serum-free medium, derived from Sf9 cells of the fall armyworm"; the paper covers Medicago, world's 1st 100.0000000% *vegan* vaccine (no insect DNA traces, but let's be real, if you eat veggies, greens, there is so much insect DNA from insect

poop, etc, especially if you eat kale (hard to wash), bee pollen, honey, royal jelly, etc and it can be *way more than the tiny amount in* Flublok *which is* 99.9999% *vegan*). More pros of Flublok (way less denatured proteins, contaminants, etc) are explained in this 2008 study. ☺☺☺

Fluzone *Quadrivalent*, the most common vaccine at most pharmacies, is less effective and is an inactivated virus vaccine, made from flu viruses growing in embryonated chicken eggs. The virus is inactivated with carcinogenic formaldehyde, then chemically disrupted using octylphenol ethoxylate (Triton® X-100) detergent. Adaption and mutation in eggs is an issue. Always ask for the pricier single dose pre-filled syringe, as that has no mercury. All the multi-dose flu shots in USA contain 25 µg mercury that destroys every organ. Avoid it, go Flublok. *Chemical virus inactivation changes the virus a lot* and the immunity you build is not like Flublok. That's why flu vaccines reduce risk of flue only 45%, since most flu vaccines are not Flublok. With Flublok, your risk of flu is reduced 63%. Not perfect, but better. Flublok is only 0.5% of flu shots. You always see those charts saying "get the shot, risk is halved", they refer to bad vaccines. We need more science jobs via centralization, so we make even better vaccines, to reduce risk 99%.

The 2017-2018 flu season virus in the United States was mostly H_3N_2. H stands for hemagglutinin and N for neuraminidase. H and N are 2 proteins that coat the flu viruses and these proteins change over time, allowing them to evade the human immune system, hence they make a new vaccine each year. The currently approved recommended medicines for flu are all neuraminidase inhibitors that bind to this neuraminidase enzyme, preventing the reproduction of the virus inside the host cell. The 1918 Spanish flu that killed about 70 million was H_1N_1, the Hong Kong flu that killed 1 million was H_3N_2. Below is a list of the 3 antiviral drugs approved by the FDA for the flu (they are all neuraminidase inhibitors), followed by a list of foods that boost immunity and have powerful antiviral effects too. Many people think that plants are kind of powerless, but if you read the studies below you will see some plants have powerful neuraminidase inhibitors (not man-made) like chlorogenic acid in plums and blueberries, and other compounds more effective than known drugs against many viruses. Medicines are just one chemical compound, while plants have 1,000s of compounds each, sometimes 10 antiviral compounds: quercetin, one of 5-100 flavonoids in plants, prevents entry of influenza virus, as do other polyphenols. Plants have to defend themselves against viruses, as we do, so they create these flavonoids, polyphenols, etc that kill the plant and human viruses.

Many people are lazy or lacking any proactive strategy when it comes to preventive medicine (Let food be Thy Medicine) by eating healthy plant foods that are highly antiviral and antibacterial, so they end up being sick or in the ICU and going to the doctor, and in those cases, antiviral medicines can save lives, as their immune system is weak and they lack antivirals in their blood from food. In such an emergency case, antivirals are essential. The healthiest people

never catch a cold, but they're rare. Few people have the willpower to make an antiviral smoothie of garlic, ginger, onion, pineapple, honey, bee pollen, 1 drop of lavender oil (safer than peppermint/mint leaves that got pulegone) etc.. cilantro, red pepper kale all mixed into one or to eat those over a period of 1-2 days as part of smoothies, maybe not all at once. I have not had a flu shot in the last 25 years, except once in 2022, the vegan one Flublok. ☺☺☺

Here are 4 studies that indicate antivirals can save lives: 1. Patients who got neuraminidase inhibitor antiviral medicines were 8.5 times more likely to not die (they excluded patients who died within 3 days, less chance to get the medicines). Out of 55 patients who received medical treatment 45 (78%) received neuraminidase inhibitors (Tamiflu [44], zanamivir [6]), 8 received amantadine (14%), 1 rimantidine (2%). 3 died within 8 hours of arriving to ICU, 1 within 24 hours rest within 28 days. ► JAMA 2009;302(17):1880-7. 2. Those admitted to ICU or who died took longer to take medicines for flu, compared to those who didn't go to ICU. None of those who died got the antiviral medicines within 48 hours of symptoms onset, allowing the virus to multiply rapidly ► NEJM 2009;361:1935-44 3. Pregnant women who took antiviral medicine later were 4.33 times (13/3=4.33) more likely to die or visit ICU than those who took it early (1-2 days after the onset of flu symptoms). 13 out of 30 in the late group went to ICU and only 3 out of 30 went to ICU in the early treatment group. 6 who died had a false negative test result for the flu since the 15-minute test is often times inaccurate. None of the 8 moms who died (after going to ICU) had received antiviral medicine within 48 hours of symptoms onset (6.5 days after on average instead) and they died in 14-49 days, but 6 of them had some health issues to begin with (hypothyroidism 2, asthma 2 gestational diabetes 1, history of Hodgkin's lymphoma 1). 21 out of 22 women who ended up in the ICU were given Tamiflu, the pill that led to deaths before ► NEJM 2010;362(1):27-35. 4. Treatment that started within the first 12 hours after the onset of fever shortened the illness by more than three days, as compared with treatment that was started at 48 hours ► NEJM 2005;353:1363-73. ☺☺☺

fda..8.htm recommends any of the 3 most popular antiviral medicines for recently circulating influenza viruses, while amantadine and rimantadine (flumadine) are thought of less effective, as some virus strains developed resistance to them (but still used when the others fail):

1). Relenza (zanamivir) inhaled ► formula at Zanamivir ► 5-acetamido-4-guanidino-6-(1,2,3-trihydroxy propyl)-5,6-dihydro-4H-pyran-2-carboxylic acid ► a neuraminidase inhibitor ► approved in 1999 for treatment of acute uncomplicated illness due to influenza A and B in patients ages 7+. It was also approved in 2006 for preventive use (prophylaxis) for ages 5+. "zanamivir reduces the time to symptomatic improvement in adults (but not in children) with influenza-like illness by just over half a day, although this effect might be attenuated by symptom relief medication. Zanamivir also reduces the proportion of patients with laboratory

confirmed symptomatic influenza. We found no evidence that zanamivir reduces the risk of complications of influenza, particularly pneumonia, or the risk of hospital admission or death. Its harmful effects were minor (except for bronchospasm)." ► BMJ 2014;348:g2547.

2). Tamiflu (oseltamivir phosphate) oral, avoid ► for kids, but causes deaths, suicidal thoughts, explained in the vaccine section 1st paragraph. Oxford was against giving Tamiflu to kids under 12. "Oseltamivir (Tamiflu) and zanamivir have small, non-specific effects on reducing the time to alleviation of influenza symptoms in adults, but not in asthmatic children. Using either drug as prophylaxis reduces the risk of developing symptomatic influenza. Treatment trials with oseltamivir or zanamivir don't settle the question of whether the complications of influenza (such as pneumonia) are reduced, because of a lack of diagnostic definitions. The use of oseltamivir increases the risk of adverse effects, such as nausea, vomiting, psychiatric (CIA trick?) effects and renal events in adults and vomiting in children. The lower bioavailability may explain the lower toxicity of zanamivir compared to oseltamivir. The balance between benefits and harms should be considered when making decisions about use of both NIs for either the prophylaxis or treatment of influenza. The influenza virus-specific mechanism of action proposed by the producers doesn't fit the clinical evidence." ► CDSR 2014;(4):CD008965.

3). Rapivab (peramivir) intravenous ► it is a neuraminidase inhibitor, with chemical formula at Peramivir ► approved in 2014 for flu in adults (most dead in any flu season are seniors, followed by 50-64 group)☺☺ "Intravenous peramivir was effective based on the result of direct comparison with oral oseltamivir" (Tamiflu). They noticed adverse effects for Tamiflu, making this peramivir better for most of the people perhaps ► OFID 2017;4(3):ofx129.

12.3.4. NATURAL ANTIVIRALS (Zinc Acetate lozenges, 0.9% saline and list of foods included)

Plants have to defend themselves against viruses, as we do, so they create these flavonoids, polyphenols and other compounds that protect against or destroy plant viruses and, due to sometimes similar structure, human viruses too. That's why some who eat very healthy never get a cold/flu ☺☺ without ever taking a vaccine (plants have natural neuraminidase inhibitors, like berberine), because their blood is full of these plant antivirals, like quercetin, etc. There are 8,000 polyphenols alone, many of them are antiviral compounds. I have not had a flu shot for decades until 2022, and only once in my life at the most, if I recall well, as a kid. Cloth masks with 2.5 pm filters (filters, 100/15$, last 24 hours, so 24 days if used 1 hour daily for shopping, etc) can prevent virus inhalation almost as well as N95 (90% vs 95%, while cloth mask without filter only 50% or 60% for better ones), but restrict air intake 4x less. CDC, FDA, other articles suggest using the surgical blue mask (3 layers) under a cloth reusable (that you wash) mask, so you buy 50 blues from $ store for 6$, cut the elastic, place as insert in the cloth mask to avoid annoying ears to no end with 2 loops or wear it alone, 50 dark blue smiley face/13$, 100

black/10$ or 50 dark purple/9$ (dark colors filter UV better, keep skin younger). This is cheaper than 20$ for 50 2.5 pm filters that make it hard to breathe; some masks got a pocket to insert filters or trimmed surgical masks, but some don't wash cloth masks often, so disposable ones can be better (washing disposable ones diminishes the filtration ability) if worn correctly. 1 issue with surgical 3 ply ones is lint pieces that can get into eyes, unless you wear sealed glass. Triple cloth masks that are washed as often as you would dispose of another may be safer, as they have fewer industrial contaminants to breathe in or even possibly hidden nanomaterials, chemical or biological weapons (even if made in USA, military spies can intercept shipment, replace masks, etc). See this paper on inhalation resistance in Pa (Ctr+F Pa). There are 200+ common cold viruses (coronaviruses, rhinoviruses, plus the rare or engineered cold viruses marketed and spread as covid19 variants by armies or lab made? COVID19 variants), 300+ viruses for flu (A-D influenza viruses), so a strong immunity, masks (indoors, etc), diet help.☺☺

1). COVID19: some claim some berries killed 97% of COVID19 in 5 minutes in vitro, even green tea killed 80% (see science paper PDF here), can be gargled (or make a smoothie with purple kale, purple cabbage, blueberries, dilute with water or cucumbers and gargle it, or ***eat 2 blueberries at a time slowly so it takes 15 minutes so you can kill more virus, liquefy them*** with your teeth and slowly ingest to lubricate the throat with blueberry paste sort of, since same polyphenols that kill influenza kill COVID19 too, green tea and many polyphenol foods share the same antiviral chemicals) to kill the omicron covid19 variant that settles in the throat more than the lungs. Cough drops are not recommended for Covid19, since menthol numbs throat and hides shortness of breath, severity of throat issues. Menthol kills too many good bacteria, see this. Plus menthol irritates throat skin. Blueberry smoothies work too or berries one at a time slowly to soak throat. Honey blocks ACE2 (angiotensin converting enzyme 2) interaction with the Covid19 spike protein, which stops Covid19 virus entry in cells and its multiplication. Combining honey with carrots (puree, juice or chewed to release juice on the throat) is better, as carrots have coumaric acid, which most honeys lack in high amounts and this coumaric inhibits Covid19-ACE2 interaction. I noticed just chewing carrots soothes the throat a lot, no need of honey even, chamomile tea also helps carrot soothe it even more, make sure you drink water at night if throat gets dry during sleep, keep mouth shut to avoid throat dryness by inadvertently breathing in thru the mouth partially (mouth breathing is a bad idea, since no nose exists to filter the air and protect your lungs). Many foods got coumaric, even lentils got way more than many veggies/fruits. Honey worked better than antibiotics for coughing. However, this block is partial, while some bees produce 99.7% block: "At the 2.0% concentration, Wallacetrigona incisa honey (bitter taste) showed the strongest inhibition of the binding (99.7%)". Carrots also help sore throat, be it plain carrot you chew (juice comes out as you chew it slowly and soothes the throat), carrot juice (can make it with a smoothie, squeeze the pulp) or the water after steaming

carrots, see the carrot section. Smoothies every morning help too, plus they increase nutrient absorption, so make a smoothie daily too. Buckwheat honey (buy raw, unfiltered, like North Canada, no pollution, says no pesticide/antibiotics on the label unlike US honey, 6.6lb/75$) is the darkest honey, meaning it has the most antioxidants (better than the expensive Manuka honey, many honeys got "superior antibacterial efficacy compared to Manuka"), attacks the sore throat Covid variants (2022 review, 2023 study, 2021 study) the best: google confirms many studies found buckwheat is the best for sore throat in general, not just Covid sore throat. However, chamomile tea *(0 caffeine)* polyphenols apigenin/luteolin (which help prevent hair loss) also kill Covid virus and it's way cheaper than cough drops (sip slowly over 5 hours, 9000 times fewer calories and belly fat, plus better sleep if used 40 min before bed (see caffeine end of first paragraph). So, you can dissolve buckwheat honey into warm chamomile tea for a very soothing throat ointment, add magnesium glycinate to bring calm and brain support for energy production, and drink it slowly over 1 hour in the morning or afternoon to saturate the throat in those chemicals, and gargle with this sweet tea, then swallow it, can add salt or potassium salt to it when gargling. Fenugreek seeds (just like bromelain/nattokinase), also kill the spike protein, if you grind them into a powder (stool can harden if overeating). Omicron variant multiplies 10x slower in lungs, 70x faster in bronchial tissues, has cough, sore throat, runny nose as main symptoms). Gargle with honey plus propolis dissolved *in water* to kill Covid, see NIH study. "zinc can interfere with proteolytic processing of polyproteins in RNA viruses, and the RNA polymerase of SARS-CoV-1.. COVID-19 (SARS-CoV-2 virus) patients taking supplemental zinc in addition to standard therapy were reported to have lower death rates, and patients with lower zinc levels on admission had higher mortality... Covid19 patients taking high dose oral zinc appear to recover shortly after initiation of zinc" ► JMV 2021;93(5):2588-90.

2). ZINC Acetate (not citrate, tartrate or Zn-N bonds: aspartate, glycinate, picolinate):

PDTC inhibits the replication of 3 picornaviruses (positive-sense, single-stranded RNA viruses with a 30 nm icosahedral capsid: mengovirus, rhinovirus (cold), coxsackievirus B3) by binding Zn^{2+} so the resulting complex can enter the cell, increasing intracellular Zn^{2+} and blocking the RNA replication via the viral RNA-dependent RNA polymerase (RdRp). Thus viral replication stops. "(PDTC) inhibits proteolytic polyprotein processing and replication of human rhinovirus by transporting metal ions into cells... these zinc ions play an important role in the antiviral activity mediated by PDTC" ► JGV 2007;88(Pt4):1206-17. Zn is part of 1000 transcription factors and 300 enzymes in humans, so it plays a role in immune response to invading viruses. Zn^{2+} is the active lozenge agent that inhibits rhinovirus replication and prevents it from binding to the nasal/throat mucosa. Zinc acetate releases 99% of its Zn^{2+}, whereas Zn gluconate 72% at the throat normal pH of 7.4. ORMJ 2011;5:51-8 found that at >75 mg zinc/daily "zinc acetate... (led to) a 42% reduction in the duration of colds... zinc salts other than acetate... (led to) a 20%

reduction" while less than "75 mg (led to) no effect.": first line of Table 1 shows 1 study got 64% less cold duration (3.9 v 10.8 days). Essentially, Zn acetate released double the Zn^{2+} ions (99% vs 50% for the rest) on average, for the same label amount of total zinc, leading to double the days by which the cold was shortened: 42% vs 20%. Zn tartrate, citrate (where Zn is still ionic Zn^{2+}) hold onto the Zn^{2+} too tightly vs gluconate or acetate, meaning they don't release enough Zn^{2+} in the saliva we swallow to kill the covid19, influenza A, B or cold rhinovirus. The covalently bound Zn in super tight glycinate, aspartate, picolinate, amino acid chelates where nitrogen N binds to Zn, don't do anything topical to the throat viruses, as they release zero Zn^{2+}. Not all lozenges thus are the same, since the addition of citric/citrate, tartaric/tartrate, bicarbonate (baking soda), as inactive ingredients prevents the release of Zn^{2+} by binding to Zn^{2+} released from gluconate, acetate before they can attack the viruses. "Due to inadequate lozenge iZn (Zn^{2+}) very few of more than 40 different brands of zinc lozenges on the US market are expected to have any effect" ► MH 2009;74(3):482-92. Thus, you're often better off buying Zn acetate/gluconate and keeping the powder under tongue 3 hrs daily, or buy a dropper, make a fresh solution when sick, and take 5-10 drops every 5 minutes, no more than 150-200 mg Zn daily. If you buy lozenges, instead of 100% pure Bulk Supplem. Zn acetate (ZnAc) to keep under the tongue for 1 hr, make sure no ingredients (citrate, citric, etc) in there bind to Zn^{2+} released by acetate or, if you can't find acetate at the store or online, gluconate. 285 mg gluconate is 40 mg Zn, so you need to place under tongue tiny amounts each hour and not swallow it, but let it dissolve slowly, so with each reflex to swallow saliva you deliver 3-4 mg to attack the virus, maybe 1 g gluconate daily, about 130 mg Zn for 3-5 days of cold, to saturate the throat with Zn^{2+} so the cough or soreness, mucus, etc go away and it won't linger 1-3 weeks. We need to take it immediately when we feel a sore throat, congested sinuses or running nose or any sign of cold, so buy ahead of a cold pure Zn gluconate to use for cold and even whole family Zn supplementation or a lozenge (with minimum ingredients, to prevent Zn^{2+} binding, no vegetable or Mg stearate) to have ready, because if you wait 5-40 hours to buy it, the viral load spikes 10 fold and you miss the chance to reduce cold duration by 2-10 days ► JFP 2011;60(11):669-71. With "zinc doses of 80-92 mg/day, common cold duration was reduced by 33%... (with) 192-207 mg/day (..by) 35%... Interest in zinc lozenges for the treatment of the common cold arose when the common cold symptoms of a 3-year-old girl with leukemia disappeared within a few hours after she had slowly dissolved a therapeutic zinc tablet in her mouth instead of immediately swallowing it as instructed. The benefit seemed to be obtained from the slow dissolution of the tablet in her mouth, which implied that zinc has local (topical) effects in the pharyngeal region (*her dad George Eby published many Zn papers (1984-2011) after this 1980 discovery, he invented the Zn lozenge*, see all *his 20 papers* and the *girl's reason for swallowing Zn* (swollen tonsils)" ► JRSMO 2017;8(5):2...1. Virus enters the body when we breathe, via nose and throat, so if Zn^{2+} kills the nose/throat virus it will prevent viral spread thru the entire body, including muscles (up to 89%):

"Zinc acetate lozenges shortened the duration of nasal discharge by 34% (95% CI: 17% to 51%), nasal congestion by 37% (15% to 58%), sneezing by 22% (−1% to 45%), scratchy throat by 33% (8% to 59%), sore throat by 18% (−10% to 46%), hoarseness by 43% (3% to 83%)... cough by 46% (28% to 64%)... muscle ache by 54% (18% to 89%), ... headache and fever (by 0%)" ► BMCFP 2015;16:24. Fever is a whole body response to kill any virus by higher temp, headache is due to heat shock proteins from fever, so they're not affected much. Essentially, you can take 500 mg Zn daily or 50 and still get same effects, if you keep in mouth the 50 mg of lozenges 10 times more than you keep the sweet 500 mg ones that you swallow fast or chew to enjoy a glucose spike. It's not so much the amount taken, but the hours daily you soak the throat in Zn, the 2017 study (which claims gluconate and acetate have similar effects, unlike Eby claiming acetate is better in his papers) measures Zn mg, but we need measure the time it was in the mouth, we can eat 4 bags of cough drops in a day, like many do, or 1 bag in 2 days: fast chew/movement or 10 times slower dissolution. Cough drops are to soothe throat pain/cough, not to kill the virus. Swallowing a Zn pill won't help as much, we need the 100% Zn gluconate or acetate lozenge (minimum ingredients, watch this video to get this point better) or 100% Zn acetate or gluconate powder to keep under the tongue sublingually for hours daily when sick, to halve the flu/cold/covid duration. The Zn for cold is topical for the throat, not a Zn pill we take as vitamin daily that many triple during a cold too to aid the topical (on the throat, for 3 hours daily, not 3 minutes) effect *(though not needed, since 150 mg topical will get enough in the system for the extra needs of viral fight)*. In Zn deficient kids, swallowing zinc pills can work a little too: 8-13 year old kids given 15 mg Zn glycinate/day (4.6 mg Zn) for 3 months had the same number of colds, but *the coughing* lasted 1 *day instead of* 6 days *for placebo,* running *nose* 2 days *instead of* 5.5 ► PICH 2013;33(3):145-50. So, good Zn status boosts immunity, reduces cold duration by 30%, but to shorten cold 90% from 4 weeks *(Zinc/D3, etc deficiency,* poor sleep (3 times lower T cell count)*)* to 2-3 days, take sublingual zinc acetate & nasal saline + 50K D3, 1 g C, 2 mg K2 + stuff below. The nose, throat are doors of a fortress (body) and if we don't seal that, 'invaders come and kill locals'. Gargle with salt, clove water, ZnAc solution until cough ends.

3). Add 0.9% saline to the nose, as nasal saline kills nasal/throat viruses. ☺☺☺

4). BERBERINE powder, 90$/lb ► inhibits neuraminidase, like all main flu drugs sold

5). GINGER ► Antiviral effects ► JFP 2016;79(6):1001-12 and "Fresh (not DRIED) ginger (Zingiber officinale) has antiviral activity" ► JET 2013;145(1):146-51

6). GARLIC ► 24 occurrences of the common cold in the garlic intervention group compared with 65 in the placebo group, resulting in fewer days of illness in the garlic group vs placebo (111 versus 366) ► AT 2001;18(4):189-93. See the antiviral activity of garlic extract against human cytomegalovirus in vitro ► CMJ 1993;106(2):93-6. Allyl compounds selectively killed H (type 1)

infected cells ► BBRC 1993;194(2):610-21. More garlic benefits is in the detoxification section; its capacity to remove toxins frees the body from having to fight toxins, so we can fight viruses. Up to "27 tablets/ capsules (can be needed) to obtain the same equivalence as consuming 2 g of crushed raw garlic", due to the loss of allicin, so for best outcomes stick to raw garlic. Check out the effect of garlic on the skin, before you use it on skin.

7). ONION ► influenza A virus replication inhibited in vivo by Welsh onion fructan ► FC 2012;134(4):2164-8. Garlic has 15 times more fructans (inulin) than onion, so it works better. Fructans are polysaccharides, polyfructose to be exact, glucans (β-glucan) are polyglucose, you always hear about β-glucan in oats, yeast, etc. Breastmilk has oligosaccharides that boost babies' immunity vs formula fed sicker babies. Poly and oligosaccharides help immune cells make more antibodies. Red onion got 2x the flavonols (antivirals) of yellow ► JAFC 2007;55(25):10067-80.

8). YEAST ► Colds incidence/duration halved in kids via β-glucan ► JNFS 2016;6(4):518-22. Immunogenic yeast-based fermentate for cold/flu ► JACM 2010;16(2):213-8. ☺☺☺

9). CARROTS ► Carrot rhamnogalacturonan-I (cRG1 in pill form, a polysaccharide made of galactose, rhamnose, etc, like β-glucan is polyglucose), fights the rhinovirus of common cold, reducing cold severity/duration ► Ntr 2021;13(12):4395 & Ntr 2022;14(20):4258. ☺☺☺

10). VITAMIN C ► COVID19. Flu/cold symptoms fell 85% ► JMPT 1999;22(8):530-3

11). PINEAPPLE or Bromelain. Fewer colds, flu, infections in kids ► JNM 2014:861659. Likewise, many proteases, nattokinase, serrapeptase destroy 100+ viral proteins, Covid19 spike.

12). PURPLE-BLUE-RED fruits/veggies high in Flavonoids & Polyphenols. Flavonoids☺☺☺ got antiviral effect against human viruses ► JMV 1985;15(1):71-9, Chikungunya virus ► AR 2016;133:50-61, influenza A, respiratory syncytial (RSV), parainfluenza type 3 (PIV 3) ► JNP 2004;67(4):650-3, human enterovirus A71 replication ► AR 2017;150:60-8.

13). QUERCETIN

14). CAFFEINE FREE TEA ► avoid tea with caffeine if trying to conceive as it leads to low IQ sick babies. Five tea polyphenols (which are also found in healthier foods free of brain shrinking caffeine) inhibited influenza A virus in order: theaflavin > procyanidin B2 > procyanidin B2 digallate > epigallocatechin > epigallocatechingallate ► Fitot 2014;93:47-53. Green tea flavonoids kill influenza, Herpes simplex, tobacco mosaic, enterovirus, rotavirus, Epstein Barr, HIV virus ► RPADD 2012;7(1):60-5, free pdf at eurekaselect.com. ☺☺☺

15). PURPLE KALE ► the healthiest veggie with many flavonoids (and other polyphenols in plants) that are powerful antivirals. Kale smoothies kill influenza via sulforaphane: sulforaphane

antiviral is only produced when we eat the kale, broccoli raw. Kale has way more sulforaphane than broccoli or any other veggie and smoothies way more than chewed kale, as the crushing action generates more sulforaphane from the enzyme (that heat destroys) and sulforaphane precursors. The antiviral activity disappears after cooking, as the enzyme is destroyed. Using inoculation with live attenuated influenza virus as an infection model, they showed broccoli sprouts reduce markers of nasal viral load ► PO 2016;11(1):e0147742. Broccoli sprouts reduce flu virus quantity and virus-induced inflammation markers ► PO 2014;9(6):e98671. Sulforaphane Inhibits HIV Infection of Macrophages through Nrf2 ► PP 2016;12(4):e1005581, Suppresses Hepatitis C Virus Replication ► PO 2016;11(3):e0152236. ☺☺☺

16). TURMERIC/CURCUMIN

17). KIWI ► CJPP 2013;91(6):442-7. Gold kiwi reduces severity/duration of upper respiratory tract infection symptoms ► BJN 2012;108(7):1235-45.

18). LICORICE ► Glycyrrhizin inhibits influenza A virus uptake ► AR 2009;83(2):171-8.

19). COCONUTS ► Husk extract inhibits HSV1 virus RM 2002;153(10):647-52. Coconuts are also antibacterial (carrots are too, like hot peppers capsaicin) ► JMF 16(12):1079-85

20). CLOVES ► lowers male/female fertility. Eugenol antiviral ► JFP 2016;79(6):1001-12

21). HONEY (see also Covid19 section 1). above): The best one is raw unfiltered, with maximum polyphenols. Honey is used for treating acute irritative cough ► RPP 2016; 34(4):412-7. Manuka honey has antiviral effects ► NPB 2013;3:121-8, it's even used in eyedrops. Honey is best bought unfiltered, raw, full of polyphenols from a local supplier, not the one that sits on the shelf in stores, with light destroying 50-90% of the special nutrients, vitamins, etc. Mix raw honey with a propolis capsule in a spoon or 25-80 caps/lb honey, it works to soothe your throat, use a tiny spoon to eat often to keep throat soaked in honey and propolis (can add 1 tiny piece of menthol/tiny jar of honey to get something healthier than Halls cough drops with carcinogenic colors, etc), this is much better than buying candy with 'honey and propolis', since those have added ingredients and sometimes are full of lead, 2,000 times above FDA limits. Even if lead won't be so high in cough drop candy, raw honey has all good stuff, commercial is empty, due to high heat, irradiation, heavy filtering, light. For cough, honey is great, you can add topical chest throat rub, 1$ at $store, this one is more natural. Among cough drops the Best brand (since 1976, @ $ stores) has 0 toxic colors, β-*carotene*,☺☺☺ MCT (fats that kill bacteria), soybean (LA + ALA, essential for throat cell regeneration), menthol, honey, useful when eating honey every 3 min is not feasible, or want to soak throat in oils, menthol, provitamin A at once, β-*carotene* reduces free radical damage during colds. Kroger (since 1883) sells online (1$) 30 drops/bag, same ingredients as Best. With 1-2 bags (30-60 drops)/day your sore throat will feel

good in 1-4 days. Keep throat soaked in menthol, etc. For throat, we can also gargle a tea of peppermint, chamomile, lemon juice, honey, propolis. Honey has traces of pollen:

22). BEE POLLEN, PROPOLIS (best quality, stops running nose), ROYAL JELLY ► bee products are antivirals ► OMCL 2017:1259510, propolis is antifungal ► APS 2013:308249. Propolis flavonoids (see structures) kill 100s of fungi, molds, Candida fungi (50+ listed in this table) and molds (even black mold from buildings), and Trichophyton (mold that causes 90% of toenail fungus, so buy quality US alcohol tincture to apply on toenail, as in this paper, maybe add tea tree oil too, kills it faster, synergy, cover it with bandage after a few minutes of drying, otherwise your socks will get brown spots; also take oral propolis to attack the fungi from within and without at once). Caffeic acid phenethyl ester (CAPE) is a propolis antiviral polyphenol ► JIE 2015;4(4):344-7. See more on propolis here. Propolis acts as a mold killer and mold, bacteria can downregulate vitamin D receptor (VDR) 50 fold, leading to the need for 100K D_3 intake during a flu or cold, due to co-mold infection: CCCR 2012;8(1):57-65 ► tick bite bacteria "can reduce VDR expression by 50 times in monocytes". By releasing the VDR from the cage of old microbes or mold, the immune system works 50x better, able to use D_3 to kill the flu/cold/Covid. ☺☺☺

23). Vitamin D ► Low D = Colds/Flu ► nih.gov..flu. "Add vit D.. to prevent colds and flu": NIH.

24). PLUMS: Chlorogenic acid (CHA, plum is the richest source) inhibits neuraminidase & influenza A (H_1N_1/H_3N_2) virus ► SR 2017;7:45723, Enterovirus 71 replication/viability ► PO 8(9): e76007, hepatitis B virus AR;2009;83(2):186-90. ☺☺☺

25). STRAWBERRY, BLUEBERRY & Other Berries ► Berries are rich in Chlorogenic acid (CHA).

26). APPLES & Fresh Apple Juice: Fresh apple juice was 16 times more effective against polio and coxsackie (sore throat, fever, etc) virus than fresh juice bought from the store. Antiviral activity of freshly made apple juice dropped 256 times after 4°C fridge storage for 4 weeks (64 times after fridge for 2 weeks) and 16 times after heating to 149°F/65°C for 1 minute. In heat we trust? Other studies found many of the veggie, fruit benefits disappear with steaming and cooking. Fresh is best. BJ 1953;53(3):337-40 found apples contain on average 10 mg/100g CHA. See CHA levels of fresh apple juices at MNFR 2005;49(8):797-806. Cider apples can have 49 mg CHA/100g, desert apples 13 mg CHA/100g. Cider apple juice got 59mg of hydroxycinnamic acids, mostly CHA. Plums have 76mg CHA/100g. Cherries got 45 mg/100g. Apple Pomace, a byproduct from the apple cider industry, inhibits herpes simplex virus types 1 and 2 ► JMF 2012;15(6):581-7: the end of this paper explains some of the ways phenolic compounds inactivate viruses.☺☺☺

27). ESSENTIAL OILS & SPICES (peppermint, etc contain neurotoxins like pulegone): OREGANO essential oil ► JAM 2014;116:1149-63, tea tree, lavender, thyme (thyme may cause abortion; so may mints and myrrh), peppermint (14$/lb may lower testosterone in males, thus cause dry

eyes and infertility, low conception rate, low sperm count, etc at certain levels; all mints may do that, spearmint too), eugenol oils are powerful antivirals ► EJD 2013;7(Suppl1): S71-7. Lavender oil can cause allergies and is toxic to skin cells in vitro; it contains 51% linalyl acetate and 35% linalool. Peppermint oil (it's 40% menthol, 30% menthone) can wipe out 99% of certain viruses ► PM 2003;10(6-7):504-10, yet a 2019 study found peppermint tea (not sure if causal chemical in tea is also in oil) may cause dry eyes. Other essential oils can do the same. Spices (oregano, rosemary, peppermint) have antiviral effects due to several polyphenols, including caffeic acid derivatives. Antiviral effect of water extracts of rosemary, peppermint, sage, thyme are here ► PM 2006;72(15):1378-82. Antiviral action of extracts of rosemary ► FCT 1996;34(5):449-56. Antiviral activity of carnosic acid (rosemary) against respiratory syncytial virus ► VJ 2013;10:303.

28). SEAWEED (wakame, popular in Japan, Chile (14 millennia), but ocean contaminants an issue): 60+ year olds who ate seaweed extract (vs placebo pills) had antiviral antibodies 2.5 times higher before flu vaccination ► JN 2013;143(11):1794-8. Seaweed prevents infections by HSV viruses (that cause warts, chicken pox, shingles, mono) ► BMCCAM 2002;2: 11.

12.3.5. Millions of vaccine injury cases and other issues with existing vaccines

A 6 year old Allen, TX girl started hallucinating and trying to commit suicide in 2018, after taking Tamiflu. Dr. Mercola explains that 5 kids under 16 died from Tamiflu. There have also been nine deaths among older teens and adults, attributed to neuropsychiatric problems or brain infections. A 2015 article explains that 0.25 million neuropsychiatric disorders from Tamiflu have been reported. HET 2008;27(12):911-7 shows brain effects of Tamiflu. IJP 2015;47(1):11-6 is an article about the Tamiflu fiasco. ANS 2017;135(2):148-60 explains that "In Japan, Tamiflu is contraindicated for children and adolescents of ages 10–19 years in principle since March 2007, due to concerns that it may cause abnormal behaviors. Sudden death is another concern". This Japanese ban of Tamiflu is also explained in the New Scientist. The problems with Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) are explained in the book "Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients", or in the brief Tamiflu article about withholding bad data and releasing only good data by Roche, same methods of GSK with Seroxat anti-depression drug (which led to teen suicides) presented below, and other behaviors which led to $3 billion fine for GSK. The author says "We like to imagine that medicine is based on evidence and the results of fair testing and clinical trials. In reality, those tests and trials are often profoundly flawed. We like to imagine that doctors who write prescriptions for everything from antidepressants to cancer drugs to heart medication are familiar with the research literature about a drug, when in reality much of the research is hidden from them by drug companies. We like to imagine that doctors are impartially educated, when in reality much of their education is funded by the pharmaceutical

industry. We like to imagine that regulators have some code of ethics and let only effective drugs onto the market, when in reality they approve useless drugs, with data on side effects casually withheld from doctors and patients..."☺☺☺ vaccines.news has more info on vaccines Big Pharma and their Nazi puppets don't reveal. The "acting director of the FDA's Center for Drug Evaluation and Research, highlighted that while U.S. children receive 72 core vaccine doses, children in Denmark receive just 11. U.S. ...exposed to ... more aluminum adjuvants—5.9 mg by age two compared to Denmark's 1.4". Denmark life expectancy is higher than USA. Vote for Big Pharma greed now. They want to exterminate/dumb down the workers, while stealing trillions from US Treasury for Palaces and to fund 61 extra vaccines vs Denmark. After 34 years of coercion, FDA no longer requires Hepatitis B vaccines for 1 day olds, since kids don't have sex or use drug syringes, the routes for infection. In 1991, FDA criminals decided to vaccinate all 1 day old babies against a disease no baby could get until 18 if a normal person. This genocide caused brain damage and immune collapse, as babies' immunity barely begins at age 6 months. No wonder the babies born after 1991 seem to be living in a parallel universe. 10% of adults got serious side effects from COVID19: heart issues, miscarriage, cancer, blood clots. The point of this is to eliminate all people with IQ 200, so US remains decades behind other nations, because only 200 IQ can discover really amazing tech, the 150 are little kids.

The reason so many kids and infants die or suffer horrific lifelong disability is that there is no Federal Requirement for MDs to conduct a Nutritional Immune Check for Mn (MnSOD), Cu (CuSOD), Se (Gpx), Zn, Fe, Mg, Ca, A, B1-12, C, D3, E, CoQ10, K2 MK7, to ensure that these are in optimal (not "normal") levels needed to win if one would be attacked by a live attenuated virus able to do big damages without a healthy diet of omega 3, polyphenols, etc. Doctors need to be mandated to make sure that patient brings nutrients to optimal levels for high stress, higher than the normal today, optimal sleep depth and regularity, so that the adverse events go to 4 instead of 90,000. For example D_3 of 30 ng/ml is too low for a strong immunity, so bring it to 70 first with K_2, Mg, D_3. Without proper vitamins and regular intakes, the body is too weak to deal with issues, so doctors need to give patients a custom Multivitamin called "Rise" for 1 month to bring levels to optimal and then a "Maintain" multivitamin to keep All optimal for 6 months, so no side effects. With the deep deficiencies today, noted by many papers as each vitamin section shows, it's like asking patients to retrieve a red hot steel plate from an 800°C oven without gloves, pure insanity. This is 1000 times worse if the patient is a helpless baby, whose brain doubles in the first year of life and whose parents are so clueless, he's also without a real immune system until month 9 and with 10 deficiencies, setting him up for 30 points lower IQ and other issues from day one. It's nothing but a calculated genocidal hybrid war of turning US into low IQ land as news show. The multivitamins need a few natural antivirals too, like quercetin, etc, in case people don't eat those foods, so when flu season hits, they have 20 times the chance

to prevent infection. The flu shot only reduces infection risk by 63% for Flublok vegan one and 45% regular, so we need to develop a special multivitamin formula to reduce risk by 99.9% when combined with the vaccine. Without a goal, you don't get there, nutrition is 1000 times more important than vaccines, for many people with strong nutrition and sleep habits don't get flu for 30 years, and we know with dietary changes, we can extend that to 3000 years like honey bees live 40 times longer. If we extend human lifespan to 5000, by age 3000 most will have no issues. Today, Big Pharma wants more $, so they make 90,000 vaccines for 90,000 diseases, instead of keeping us young to postpone 90000 diseases. If we take a strong multivitamin with 200 extra nutrients, 10 times the size of pills today, we have a strong immune system that fights 90,000 diseases, and we can achieve the same 50% reduction in infection rate from 90,000 diseases as 90,000 Big Pharma vaccines: regular flu shot 45% reduction. Which one destroys us 90,000 times more, the multivitamin or the 90,000 vaccines or 3 vaccines daily since birth? We need 11 companies for good sleep for all: bad sleep one night means T-cells down 3 fold next day. Most MDs are simple lapdogs of Big Pharma (MDs promoted smoking in 1950s, 60% MDs were smokers, used lead fillings in 1850s, mercury today) with greed usually for the 10-80 times the federal min wage, 0.12-1.2 million/year depending on practice, specialty. With advanced eterni foods, you can develop 1 eterni powder to cure each known disease. We can't do that in capitalism, which is based on fraud, deception, marketing, bullshitting. ☺☺☺

Millions of people weaken their immune system, damage neurons by taking mercury containing flu shots (forgetting for 2 millennia centenarians did not take flu shots and that 1,080 people died as a result of flu shots), when we can take 5000 IU vitamin D, and natural antivirals. The mercury-ethyl bond in thimerosal ($NaOOC\text{-}C_6H_4\text{-}S\text{-}Hg\text{-}CH_2\text{-}CH_3$) is weak, so Hg^{2+} forms fast and starts destroying good cells and depleting the blood of antioxidants for days. In 2025, USA recommended, not required, that all MDs stop giving mercury multi dose flu shots, about 33 years after Denmark banned it in 1992 in kids: this is because USA is run by bandits building Palace to their Infernal Selves. We need obviously 11 companies for efficiency, to have 10 times more health and longevity staff and 900 times bigger food industry scientists/engineers (eterni foods) to replace agriculture (pig trough feeding at "restaurant pubs for mentally retarded chimps") with elegant powders dissolved in water, with personalized levels of 50000 chemicals that change every week based on complex calculations of 1000 biomarkers, shipped to your home. The crocodile filif IQ of cannibal chimp like CEOs of Big Alcohol and Junk Food is like that "sky high IQ" of the MDs in smoking ads in the 1950s, when most MDs smoked, just as half MDs used lead fillings for cavities in 1850s due to their "special connection to the God of greed and 'truth'", which caused a big debate over mercury amalgam too, so by 1840, the sole US dental association, the American Society of Dental Surgeons ASDS, required dentists to avoid silver fillings. This noble ASDS vanished in 1856, as *most* dental *doctors were too greedy, low IQ, evil*

(gold was more work than Hg), so they formed the demonic ADA, who rules to this day and promotes the devilish use of mercury fillings: American Dental (Demon) Association (ADA). Nobody brought these criminals to court for all damage their fillings caused yet. Scientists are working on oral and nasal vaccines (beyond the approved FluMist Quadrivalent which anyone can administer from the comfort of their home after online ordering) to avoid arm injuries that can cause scars leading to clots, turbulent flow, plaque, infarct, recurring inflammation.

Doctors are busy with patients, forms, family, and etc, and don't have the time to screen patients often, read new stuff etc, given the doctor to patients ratios now, we need way more ETs, NMs, NDs, MDs, RNs (maybe 5 times more than now) to be able to properly screen, educate, prevent disease and give all 500 year lifespan. This is impossible today, because most jobs in USA are bullshitting, duplicating others' work, products, research, marketing, retailing, junk that nobody needs with 11 companies, self-checkout and 10 trillion cameras and online ordering, 9000 times fine the amount stolen, death for any 2 week no healing violent crime (there won't be any prisons for theft or anything nonviolent, only fines/education, lifetime labor for soft push or minor scratch healing in 2 weeks, and the rest all DEAD: no aristocrats☺☺☺, no prisons, max pay 3-5 times minimum. Many centenarians have not seen a doctor ever. Vegan centenarians from Bama, China don't even have a hospital nearby, they don't need "vitamins, vaccines, hospitals, wine, coffee, pills, beer, meat, dairy" to live to 110, nobody almost gets sick. For 100s of reports of vaccine injuries organized by vaccine type, that appeared in the media over the last 50 years, check out whale.to/vaccines.html with 5000 science papers. Sleep & eat well, before and after, make sure vitamin D is 60-100 ng/ml first, K_2, Mg OK, since you can't boost D without taking Mg and MK7 K2, as D depletes Mg and can calcify heart and blood vessels without K_2, causing bent fingers via joint calcification and kidney stones too. Vitamin D is the General of Immunity Army. Take 5000 IU if sick or planning to vaccinate if D < 50 ng/ml.

Below is some good info on the 1100 people *who* became permanently disabled *or* died *as a result of* FLU SHOT, etc vaccines (the Vaccine court awarded $3 billion already to those disabled):

nvic.org..Influenza.aspx explains that "As of November 2013 (since 1990, so 23 years), there have been more than 93,000 *reports of reactions, hospitalizations, injuries and deaths following influenza vaccinations* made *to the* federal *Vaccine* Adverse *Events Reporting System (VAERS), including* 1,080 *related* deaths, 8,888 hospitalizations, 1,801 related disabilities and over 1,700 cases of GBS. In 2013 the Federal Advisory Commission on Childhood Vaccines (ACCV) voted to add GBS to the Vaccine Injury Table within the federal Vaccine Injury Compensation Program (VICP)." ☺☺☺ The CDC data shows in 2014, 4605 people died because of flu vs 3975 in 2023 ► cdc..flu.htm. 86 deaths were reported (probably more unreported) from the flu vaccine. 9 year old Breanna Browning girl went blind and paralyzed 2 days after the flu shot ► y..4.html. For

200+ links to MDs who think vaccines are not always safe, see wh..vaccines.html. OK, not everyone is on board with the flu vaccines. Dr. Mark Geier, a pro-vaccine MD and PhD involved in the design of vaccines explains how to improve flu vaccines via proper long-term safety testing (no safety/efficacy testing done on many flu vaccines) in this video ► youtu.be..4, just because people point vaccines are not perfect, can be improved or can cause autism or other problems doesn't mean they're anti-vaccine. Italian Court ruled vaccines cause autism. Actually, the circumcision section, 2nd paragraph, explains why vaccines are not always good if overcrowded, during brain doubling in size first year of life, due to: pain and overwhelming a nonexistent immune system, which only gets to be somewhat good at age 7 months; the entire circumcision section explains the pain to autism link and the damage too many needle wounds will do to IQ: *want an* ☺abysmal IQ☺ BABY*? Pack all vaccines in 10 months. Asymmetric warfare, take over nations.* See how all vaccines need be oral eventually, how MDs and parents can team up to create a new medical system that induces 0 cries and far less pain after vaccines.

Slate.com article claims FDA covered up medical fraud. It's a complex issue and one can't make generalizations, but due to the huge corruption within government agencies who collide with Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) by going in and out of Big Pharma jobs and government regulatory jobs, it's hard to make a good decision regarding which vaccines or vaccine frequency are safe for kids. Naturalnews.com says Merck virologists exposed a vaccine fraud. Because most people lie every week, we can't always trust all companies say, as the lawsuit papers indicate ► co..51.htm.☺☺SV40 discovery revealed that between 1955 and 1963 around 90% of children and 60% of adults in USA were inoculated with SV40-contaminated polio vaccines. 90 million Americans were inoculated with cancer causing virus via the polio vaccine, this info was removed from the CDC website. Yet many experts believe this accident didn't cause cancer.☺☺☺ See wikipedia..SV40, news.40.html, screenshot of the CDC page removed in 2013 confirming SV40 stuff, sv40...org. Youtube..g explains studies that showed Seroxat doesn't work (for depression) were not published, leading to it being approved in the UK, causing kids to commit suicide. How often does this happen with medicines and/or vaccines? One of the most debilitating nervous system disorders that are caused by vaccines is encephalopathy. This was the diagnosis given to Angelica, the child of Theresa and Lucas Black. Angelica developed life-threatening seizures and brain damage within three days after receiving several vaccinations in 2001. Five years later, the federal Vaccine Court heard their story and awarded the family $2 million plus $250,000/year for life for medical expenses. Even at 14 Angelica was severely disabled. She can't speak. She eats through a feeding tube. Angelica requires around-the-clock care. 60 UK brain damaged victims of vaccines got 1 million pounds each. The CDC website explains vaccines contain aluminum, formaldehyde (known carcinogen), mercury (known to

damage nervous system if people can't eliminate it fast, some people can't), MSG and other toxins. "For example, adjuvants, such as aluminum hydroxide used in vaccines and medical silicones used in breast implants, can cause an autoimmune disorder known as Shoenfeld's syndrome. A recent study published in the journal Apoptosis demonstrates that hepatitis B vaccine causes liver cell destruction in Hepa1-6 cells. *This cell death is attributed to the use of the adjuvant aluminum hydroxide*, increasingly identified as a contributing cause of autoimmune disease in immunized patients" ► AD 2014:152428. The liver cell destruction study they talk about is ► Apo 2012;17(5):516-27. It's mind blowing that some people *still file patents for aluminum hydroxide vaccines for TSS and other things. The* graphs at c.graphs show how most of the diseases people get vaccinated for were reportedly falling anyway as a result of stronger immune system thru better nutrition, sanitation, plumbing. The graph designers hypothesize that if nobody was vaccinated, the chance of them dying from some of the diseases may be 30 times smaller than being struck by lightning. Others hypothesize that vaccines don't have the same huge effect on mortality as before. 53,000 India cases of polio like paralysis where before a lot of vaccination, they got 700 cases, prompted many to doubt the safety of certain vaccines. "It is imperative that health professionals and the public realize that congenital rubella can cause autism and that measles and mumps can cause significant disability, including encephalitis" ► Ped 2001;107(5):1221-6. *MMR vaccine with live viruses* may cause encephalitis *then?* ☺☺☺

According to many vaccine safety specialists and researchers, MMR vaccines would have fewer negative reactions if they were split in 3 separate shots for measles, rubella and mumps, every time kids get many vaccines at once the risk of negative reaction and serious damage increases dramatically. How can a child of 12 months withstand so many vaccines as recommended these days with no side effects, if it's a sudden thing not done in millions of years? Many can't. It's 12 times more vaccines than in 1940. The immune system and developing brain can be affected. Are they? More research needed. Avoiding vaccines with thimerosal and aluminum is a smart choice according to many MDs, especially since doctors can provide mercury free versions if you ask. It seems that if you don't overdo it, avoid mercury-aluminum ones, and you wait until the child is older (stronger immune system) and if you do 1 vaccine per 2-3 months, instead of giving multiple vaccines in the same day or month, bad side effects drop by a factor of 5-20 sometimes, according to some MDs. But still, science always changes, and Discovery Channel showed how 150 years ago doctors gave poisons to people calling them medicines back then, so who knows, in 200 years some vaccines today may be considered poisons as a combo when given in a short time frame. It's up to individual parents to choose what is best, but all data shows it is critical to stay away from silver dental fillings (amalgam is 50% mercury), tuna and other high mercury fish, thimerosal vaccines always. Google and PubMed can help all find out the truth. ☺☺☺

There is very little discussion about the health of vaccinated versus unvaccinated children, and

very few huge studies, but the truth may be surprising and hinting that vaccines could become a lot safer. With 3 trillion spent each year on alcohol, gambling, smoking and illegal drugs by our planet, no wonder is hardly any money for this kind of science. And then sometimes half the people in a group get enraged that "vaccines are not as safe as they could be" but they smoke and drink a lot too. The irony of life. The problem is often the same as always, we all (with a few exceptions) lie now and then and this habit goes up to the highest levels and things get faked for so many human reasons. WHO Bulletin 1972, Part 1 and Part 2 explain some of the risks with live or attenuated virus induced immunity and possible unwanted side-effects. Presumably, as we know from the history of science, when a more advanced method of achieving the same end is found via scientific progress, the old method is given up. People found ways to make dental fillings without lead, etc. 1 in 50 kids may have some mitochondrial disorder that in the presence of fever caused by vaccines can set off autism like symptoms as CDC official explains on CNN. This lady, after 1 year break from CDC, went to Merck Pharmaceuticals Vaccine Division, industry, regulators being one team. JACS 1971;1(1):33-47 says that *rubella* causes autism, does using live attenuated rubella virus (as in the vaccine) also cause autism? *Measles-rubella vaccine caused the death of a 31 year old, rubella virus was* found in the brain tissue ► JCV 2013;58(4):737-40. "In the 1970s, Stella Chess found a high prevalence of autism in children with congenital rubella syndrome (CRS), 200 times that *of the general population at the time*" ► FHN 2016;10:25. This paper though presents other studies of 1.2 million kids that found no link between MMR and autism. It's complex, as study design, funding of authors, beliefs influence outcome. In 900 years, we'll have different vaccines, so why not make them safer earlier? ☺☺☺

12.3.6. The autism-vaccine correlation (causation in cases of over-vaccination or mercury?)

For a more nuanced discussion on autism, see the parenting autism section. Below is a list of 20 studies showing vaccine dead or attenuated viruses and the metals found in some of them (mercury, aluminum, etc) may cause *autism*. The aluminum section contains some studies showing vaccines with aluminum cause neuron death and possibly autism.

1. JTEHA 2010;73(24):1665-77 ► "U.S. male neonates (ages 3 to 17) vaccinated with the hepatitis B vaccine prior to 1999 had a *threefold higher risk for parental report of autism* diagnosis compared to boys not vaccinated as neonates during that same time period."

2. JIB 2011;105(11):1489-99 ► "(i) children from countries with the highest ASD (*autism*) prevalence appear to have the highest exposure to *Al* (*aluminum*) from vaccines; (ii) the increase in exposure to *Al* adjuvants significantly correlates with the increase in ASD prevalence in the United States observed over the last two decades (Pearson r=0.92, p<0.0001); and (iii) a significant correlation exists between the amounts of *Al* administered to preschool children and the current prevalence of ASD in seven Western countries, particularly at 3-4 months of age

(Pearson r=0.89-0.94, p=0.0018-0.0248)." The 5th section of the free article states "these (intense vaccination) periods (i.e., first 4 postnatal months) coincide with several critical stages of human brain development and biobehavioural transitions that are known to be impaired in autism (i.e., onset of synaptogenesis, maximal growth velocity of the hippocampus [3], onset of amygdala maturation [81] and development of brain-wave and sleeping patterns [82,83])."☺☺☺

3. JTEHA 2011;74(14):903-16 ► "The higher the proportion of children receiving recommended vaccinations, the higher was the prevalence of AUT (autism) or SLI (language impairment). A 1% increase in vaccination was associated with an additional 680 children having AUT or SLI… results suggest that although mercury has been removed from many (still part of multi-dose flu shots, etc) vaccines, other culprits *may* link vaccines to autism"

4. JTO 2013:801517 ► B-Lymphocytes cell proliferation and mitochondrial function are impaired in autistic kids at a much lower thimerosal level.

5. JBS 2002;9(4):359-64 ► "Using serum samples of 125 autistic children and 92 control children, antibodies were assayed by ELISA or immunoblotting methods. ELISA analysis showed a significant increase in the level of MMR antibodies in autistic children... over 90% of MMR antibody-positive autistic sera were also positive for MBP autoantibodies, suggesting a strong association between MMR and CNS (Central Nervous System) autoimmunity in autism. Stemming from this evidence, we suggest that an inappropriate antibody response to MMR, specifically the measles component thereof, might be related to pathogenesis of autism."

6. PN 2003;28(4):292-4 ► "The level of measles antibody, but not mumps or rubella antibodies, was significantly higher in autistic children." ☺☺☺

7. AJCN 2004;80(6):1611-7 ► unlike controls, "the children with autism had significantly lower baseline plasma concentrations of methionine, SAM, homocysteine, cystathionine, cysteine, and total glutathione and significantly higher concentrations of SAH, adenosine, and oxidized glutathione. This metabolic profile is consistent with impaired capacity for methylation (significantly lower ratio of SAM to SAH) and increased oxidative stress (significantly lower redox ratio of reduced glutathione to oxidized glutathione) in children with autism"

8. MP 2004;9(4):358-70 ► "The ethylmercury containing preservative thimerosal inhibited both IGF-1 and dopamine-stimulated methylation... The potent inhibition of this (methylation) pathway by ethanol, lead, mercury (Hg), aluminum and thimerosal suggests that it may be an important target of neurodevelopmental toxins." Methylation is impaired in autism. ☺☺☺

9. JCN 2007;22(11):1308-11 ► "a significant relation does exist between the blood levels of Hg and diagnosis of an autism spectrum disorder. Moreover, the hair sample analysis results offer

some support for the idea that persons with autism may be less efficient and more variable at eliminating Hg from the blood."

10. JCN 2006;21(2):170-2 ► "Autistic spectrum disorders can be associated with mitochondrial dysfunction. We present a singleton case of developmental regression and oxidative phosphorylation disorder in a 19-month-old girl." Vaccines give autism to dysfunctional kids.

11. NS 2005;11(5):417-40 ► "Oxidative stress, brain inflammation and microgliosis have been much documented in association with toxic exposures including various heavy metals. The awareness that the brain as well as medical conditions of children with autism may be conditioned by chronic biomedical abnormalities such as inflammation opens the possibility that meaningful biomedical interventions may be possible well past the window of maximal neuroplasticity in early childhood because the basis for assuming that all deficits can be attributed to fixed early developmental alterations in net." ☺☺☺

12. NT 2005;26(1):1-8 says that thimerosal neurotoxicity is linked to glutathione depletion. Glutathione (GSH) has SH group that binds easily to Hg. Most urine Hg is bound to glutathione. Depletion of GSH is associated with autism. People/MDs can still order vaccines with thimerosal in USA. MD Geier made a thimerosal video. Some can't metabolize thimerosal to harmless products that are eliminated safely. That's where the bad reactions to vaccines come in.☺☺☺

13. CID 1999;29(4):855-61 ► "The *presence of* measles virus *in the brain tissue* was confirmed by reverse transcription polymerase chain reaction"

14. HP 2006;12(2):203-9 ► "for each 1,000 lb of environmentally released *mercury*, there was a 43% increase in the rate of special education (for mentally challenged) services and a 61% increase in the rate of *autism*. The association between environmentally released Hg and special education rates were fully mediated by increased autism rates."

15. IJT 2003;22(4):277-85 ► "*Hair* Hg levels *in the autistic group were* 0.47 *ppm versus* 3.63 *ppm in controls*, a significant difference. The mothers in the autistic group had significantly *higher levels of* Hg *exposure* through Rho D immunoglobulin injections and amalgam fillings than control mothers. Within the autistic group, hair Hg levels varied significantly across mildly, moderately, and severely autistic children... 0.79, 0.46, and 0.21 ppm, respectively. Hair Hg levels among controls were significantly correlated with the number of the mothers' *amalgam* fillings *and their* fish *consumption* as well as exposure to Hg through childhood vaccines, *correlations that were absent in the* autistic *group*. Hair excretion patterns among autistic infants were significantly reduced relative to control. These data cast doubt on the efficacy of traditional hair analysis as a measure of total Hg exposure in a subset of the population. In light of the biological plausibility of Hg's role in neurodevelopmental disorders, the present study

provides further insight into one possible mechanism by which early Hg exposures could increase the risk of autism." The more autistic the kids are, the less Hg *is eliminated thru the feces,* hair, nails, urine*:* Hg *sticks in the brain destroying neurons.*☺☺☺

16. JTEHA 2007;70(10):837-51 ► "8 of 9 patients (a) had regressive ASDs; (b) had elevated levels of androgens; (c) excreted significant amounts of Hg post chelation challenge; (d) had biochemical evidence of decreased function in their glutathione pathways; (e) had no known significant Hg exposure except from Thimerosal-containing vaccines/Rho(D)-immune globulin preparations... (f) had alternate causes for their regressive ASDs (autism) ruled out. There was a significant dose-response relationship between the severity of the regressive ASDs observed and the total Hg dose children received from Thimerosal-containing vaccines/Rho (D)-immune globulin preparations. Based upon differential diagnoses, 8 of 9 patients examined were exposed to significant Hg from Thimerosal-containing biologic/vaccine preparations during their fetal/infant developmental periods, and subsequently, between 12 and 24 mo of age, these previously normally developing children suffered Hg toxic encephalopathies *that manifested with clinical symptoms consistent* with regressive ASDs (autism)."

17. ANE 2010;70(2):147-64 ► monkey model mimics certain neurological abnormalities of autism, "maturational changes in amygdala volume and the binding capacity of [11C]DPN in the amygdala was significantly altered in infant macaques receiving the vaccine schedule" ☺☺☺

18. JNS 2008;271(1-2):110-8 ► "Consistent significantly increased rate ratios were observed for autism, autism spectrum disorders, tics, ADD, and emotional disturbances with Hg exposure" from thimerosal. "efforts should be undertaken to remove Hg from vaccines." ☺

19. CBT 2010;26(2):143-52 ► "Thimerosal may penetrate the brain, but is undetectable when a clinical dose of thimerosal is injected. the possible biological plausibility for how low-dose exposure to Hg from thimerosal-containing vaccines may be associated with autism"

20. Thimerosal (has Hg) leads to lower blood glutathione level► NEL 2005;26(5):439-46 ► "autistic children had a higher Hg exposure during pregnancy due to maternal dental amalgam and thimerosal-containing immunoglobulin shots. It was hypothesized that children with autism have a decreased detoxification capacity due to genetic polymorphism. In vitro, Hg and thimerosal in levels found several days after vaccination inhibit methionine synthetase (MS) by 50%." Autistics have low glutathione levels (PLEFA 2002;67(5):341-3), excessive oxidative stress (FASEB 2009;23(8) :2374-83). organic...h article got keywords, phrases that can be used to google research vaccine safety. Study shows that the vaccines might be able to attack the immune system and the nervous system, which explaining why many got paralyzed, disabled for life after vaccination ► neu...7. The baby immune system is weak. For the first time in millions of years

we infuse 58 shots into the system (vs 7 in 1980) in a very short period of time. People die from anaphylactic shock from eating nuts, fish, etc or asparagus due to allergies, imagine what can happen to the immune system with a 58 shot that coincides with 62 fold higher autism rates. Vaccines don't do safety studies when mixed, the FDA approves vaccines on individual case by case basis. Science papers show that combining foods sometimes dramatically changes their effect versus alone. Toxins, allergens, they can be far more lethal at lower doses when mixed. ☺

12.4. ESSENTIAL VITAMINS & NUTRIENTS for Health & Longevity

12.4.1. Intro: Mg Stearate etc block the absorption of vitamins/nutrients: see 22 bad ingredients

12.4.2. When 10$ vitamins save lives or even $400,000 in surgeries

12.4.3. Avoid B7 for 3-14 days before blood tests and some optional tips to minimize issues

12.4.4. Avoid inhaling any solid powder (silica especially) vitamin, dissolve in water first

12.4.5. Buy vitamins with opaque containers (not clear), as light can degrade many vitamins

12.4.6. Amazon edibles killed the equivalent of 20 million: storage/ship is 90-155°F, far hotter than Walmart's frequent 2 day air vs 21 day trucks to restock warehouse, unless it was < 65°F outside for the last 3 months (China ship is 3 months) & now is < 65°F (mid-end of winter). Many items (clothing, etc) are 3x cheaper at Walmart, whose ship time is often half of Amazon prime. Heated pills lose 9-99% enzymes, probiotics, $B_{1,9,12}$, C, polyphenols, carotenoids (0 astaxanthin).

12.4.7. Toxic artificial food/vitamin colors & toxic cosmetic ingredients

12.4.8. Huge reductions in all cause mortality at intakes 2-10x the RDA: RDAs need rise with age

12.4.9-60. Vitamin A (Eye), B1, B2, B3, B5, B6-P5P,... full list is found here. ☺☺☺

12.4.1. Intro: Magnesium Stearate, 22 bad inactive ingredients in 97% of vitamins

Avoid magnesium or vegetable (a name to hide it's magnesium) stearate, stearic acid, vegetable stearine (which is glycerol stearate) as inactive ingredients, see below: stearate can block vitamin absorption by coating vitamins in stearate in a much tighter way than stearic acid. Now you understand why some vitamin studies find some vitamin "does not work": it's not absorbed. It's ideal to buy any vitamin from brands with 0 *inactive* ingredients, since stearic can block absorption too.☺☺☺ Magnesium Mg stearate *is cheaper, less natural, frequent in the human diet than stearic acid* and often derived from cottonseed oil, etc high in pesticides. Try Micro Ingredients multivitamin and B complex (1 capsule each to prevent B_9 above UL intake, 0 inactive ingredients, healthiest B forms). Thus, *soaked* rice flour (flour made from soaked rice, free of 6

classes of anti-nutrients) or plain cellulose are the only acceptable extra ingredients if any, as they don't block absorption, but rice flour is an allergen due to lectins and cellulose is treated with acids and bases and causes the creation of toxic trace impurity chemicals. In a smoothie, as it reacts with the food, etc the stearate may soon dissipate. The video shows that baking soda reacts with vinegar fast, causing the carbon dioxide effervescence, etc, but MgStearate coats the baking soda and it doesn't produce the CO_2, showing how bioavailability of vitamins can decrease with MgStearate 20 fold if taken as a capsule, not stirred in a smoothie first (capsule removed). The stomach doesn't have a 3000 RPM food processor to stir up a capsule's contents in a minute, so you may be getting 10% of absorption vs the smoothie method of discarding synthetic AGE-like or oxidized cellulose fibers in the capsule (which can rot in the colon). MgStearate (which coats vitamins much more than stearic, hence it is used 90x more, creating a uniform waxy like coat around supplement particles, as this PDF image clearly shows MgStearate literally coats every particle, preventing/diminishing the particle absorption by the body, on page 2, diminishing bioavailability more as the shocking video shows MgStearate blocks the natural base-acid reaction between baking soda and vinegar. The Cu section explains how Mg can interfere with uptake of several minerals via another mechanism, low level (0.1 to 2 mg trace mineral pills) minerals. If Mg Stearate, etc has high affinity for some nutrient, it will wrap around it and block its uptake by 50% or more, we need real tests not "hear say google claim Mg Stearate doesn't affect anything". Companies are not required to do safety tests, to prevent wrecking microbiome (leading to constipation, IBS, colitis, dementia, mood swings, plaque, infarct, stroke) with unabsorbed copper, etc… Medicine is for babies, 1 chemical (statin, etc) effect on body, nutrition is for Nobel Laureates: 80,000 chemicals effect on the body. Hence NDs are above MDs, nutrition is 80,000 times more complex than medicine and 80,000 times more powerful, giving us 80 billion year lifespan via eterni foods. Stearic is less uniform and more petal shaped, so stearic acid is used only by the more natural/health minded companies or those with a lower profit greed. Industry profits go up when using an agent that flows better, but bioavailability slows and you may develop deficiency too, though we need more data to see if stearate blocks 50 or 90% for most. To avoid deadly excipients, you can buy 100% pure powder by searching "nutrient name powder" on Amazon, measure with a precise balance what the daily dose is and recall that amount to get the 0.3g. 0 extra ingredients is the best supplement, though you need to create tiny (so very little oxygen, water can get in) opaque bottles (tape aluminum to make them so), to place a small amount and keep the rest of it in an air tight bag in the fridge to prevent oxidation due to oxygen, light, moisture. Capsules insulate from moisture better, but will also often cost 50-200% more/g, besides having contaminated excipients, like rice flour with arsenic that is unsoaked, has anti-nutrients, mold, mycotoxins, etc and with 10 supplement bottles, that soon ends up being 1kg/year of toxic rice flour full of gut barrier destroying compounds, MgStearate to block absorption (waste 70% of pill $). Choose vitamin

pills in a way that minimizes total excipient intake, to avoid junk. Place vitamins (if eaten without capsule) that contain SiO_2 (or any pill, since inhaling by accident is bad for the lungs) in a smoothie and mix, don't take the powder and inhale some by accident, as SiO_2 can damage lungs if inhaled daily, causing lung cancer or even 15 years early death. Ingest whole capsule or dissolve in a smoothie. The astaxanthin section explains most Amazon "companies" are scams.

Thus, the Immortality Anthem standard is 0 *inactive* ingredients by law in all vitamins, the age of adding *them* to cut costs is over: no more tablets, all are capsules (or softgels with one oil OK as carrier) with the healthiest least treated cellulose capsule, so no excipients are added to make tablets stick, no lethal colors. Discard caps, softgels after getting vitamin out, dissolve in smoothie, water or mush you make out of a fruit or veggie, since today's capsules are not that good, some for gelatin softgels full of heavy metals, hormones, viruses from cow bones, joints, etc. The costs are high due to 33 million companies, because with 3 million times fewer companies or 11, we cuts many costs 300 fold and we deliver 3000 times better vitamins than the best today. That's the Change Americans earns for. We need no CEO palaces and 400 times higher pay than average worker, but Immortality *for* All. Amen, one nation under Immortality Party and the Kind Soft God of Eternal Immortality *for* All. Avoid most NOW Foods pills, they add too many inactive ingredients, to increase profits, like stearic and stearate, since the 2 cut costs of pill making, but can reduce bioavailability 50-99%, making pills a waste of money. They need be fined 1 trillion, like most vitamin companies, and acquired by Universal Immortality Inc.☺☺☺ Taking vitamins with stearic, stearate can mean blood level can be OK, but organ level may be low, so you can live 5 years shorter or even 10, due to corporate greed, since nobody can take biopsy of 40 organs and body areas every year.

Please read the first 2 paragraphs of the B2 section as they explain the huge importance of B vitamins and why it is best to split the daily B complex or multivitamin you have in as many portions as possible (if capsules, take a small part), to achieve the best brain protection, since our body can only absorb a given amount of B and other nutrients at one time (always go with brands that have $B_{1,2,3,5,7,12}$ way above RDA, B_9 <1700 DFE, B_6 <21mg). Bs are for the Brain and energy production, without Bs your neurons die fast. Without Bs you get migraines and headaches, lower IQ, shorter life. Small companies don't even test mice via biopsy to compare a vitamin formulation with/without inactive ingredients, to prove that their so called "needed" inactive ingredients are harmless and don't block absorption at the tissue level when blood seems OK in rats or rabbits. It's OK to take animal biopsy, when we live to 9000 we make pet hamsters live to 20, instead of 2 today. We can do studies using terminally ill patients and take biopsies later, once dead, if they OK it, to see human studies to see what happened with the so called "amazing inactive ingredients" nobody needs, except greed itself. Small companies = death and infinite ignorance for all, you got 1 million times fewer PhDs per vitamin company. So

you get the equivalent of a Windows or Android OS with 1 million times fewer programmers, pure garbage from the 1st century. All vitamins/fats are best taken when waking up with breakfast, the biggest meal of the day. To prevent strokes (which peak between midnight and 6 am), don't eat any vitamins, snacks or meals 5-9 hours before bed, drink water when waking up. Try to especially never take A, D, E, K, B at bed time: endless people got strokes by taking high doses before sleep: D, B_6 (it strips myelin from neurons, making you unable to walk), E (never take more than 200 IU daily), A (always < 3000 IU), B_3 (<50 mg) before sleep, since most strokes happen during sleep. As we age, levels of 100+ essential endogenous nutrients drops (CoQ10, melatonin, spermidine, creatine, etc) and this causes faster aging, physical, mental weakness. To remedy this, we'll catalog these nutrients, adding them for the 13 multivitamins: MultiVitamin 8 is for ages 70-80, ... MultiVitamin 13 ages 120-130. To make all citizens live to 120, we need to boost the size of each bottle as age advances, per Universal Immortality Inc recipes, so MultiVitamin 9 will be probably 10 times heavier than MultiVitamin 1, as the frailty needs a lot more support. No human is 130 now, the oldest is 115, with only one lady having lived past 120, and verified (not fraudulent claim), Jeanne Calment age 122.45 years, in a weird coincidence.

The Immortalist Party mandates all OTC (over the counter) vitamins are no longer tablets *(except 0.1% of current tablets with slow release properties that capsules can't imitate),* because tablets end up whole in stool, contain bad inactive ingredients that hold tablets together, tablets are cheaper to manufacture for aristocrats stealing trillions, bad for workers. All vitamins will be cellulose capsules with 0 inactive ingredients. In the transition, we ban the inactives/actives:

1). magnesium stearate added to save costs since capsule machines get stuck easier due to 33 million companies, no innovation to create capsule machines that 'don't get stuck, lower speed'
2). stearic acid added to allow gigantic palaces for aristocrats by cutting costs/R&D budgets
3). vegetable stearine or stearin, vegetable stearate added for the same reason: greed.

4). croscarmellose sodium known to cause hives, pulmonary edema, heart failure, allergies, sending many to the ICU. On Sep 8-9 2023, I got 3-4 hives/day on the left foot after eating 4 g of flaxseed/day for the first time in 5 months (I ate 9g flax/day for 4 years without any hives, except once a year or twice, hives may have been due to other things) pulverized with a coffee maker. I got 2 hives on Sep 11 2023, 2 days after I ate the last 4 g of flaxseeds. The culprit most likely was the Deva ingredient croscarmellose. 3 other times (August 2023) when I used Deva without flax, 1-2 hives appeared, 2 hives when I took 2 pills/day (Sep 8, etc) as each pill is half RDA. ☺☺☺*Kindly*☺☺ place some cream over hives appearing after ingesting a vitamin brand, and it will stop itching, *don't scratch hives* to relieve itching, as that can form a scar or bleed. Take a hot shower, let warm-hot water flow 2-4 minutes over the hives to improve circulation.

5). food colors causing cancer, dementia via pigments/aluminum salts 6). titanium oxide to

lighten pill color (in 1000s of brands) 7). carcinogenic teratogenic BHT (common in Walmart Equate, etc) 8). saccharin, aspartame, sucralose, stevia: artificial sweeteners alter microbiome

9). > 5 mg niacin form of B_3, required % of niacin listed on label if a mix, since niacin has issues

10). pyridoxine form of B_6, known to cause peripheral neuropathy at 24 mg/day in a few (they can become paralyzed, unable to walk), since this is not the natural form we got used to for eons. Set upper limit to 15 mg of P5P form, 1.5x the Australia 10 mg limit. The EU limit is 12.5.

11). *cyano*cobalamin form of B_{12}, because cyanide release is toxic; use the 3 food forms: methyl, adenosyl, hydroxy. Cyano is used due to it being cheap, ban B_{12} addition to bottles that are not opaque as stability is poor in drinks, and altered B_{12} is toxic, prevents real B_{12} absorption

12). vitamins without % of vitamin A is preformed (retinyl ester) and % that is carotenoid (carotene), since all need to get enough esters and can't calculate with such vague labels

13). pharmaceutical glaze: shellac causing dermatitis, produced by killing many lac insects raised for this; thou shall not kill; shellac is 35% aleuritic (lung damage) & 40% shellolic effects are bad (shellac). The glaze contains 20-50% shellac and tablets are not needed for vitamins.

14). talc (heavy metals, asbestos) a powder to prevent clumping and sticking to the pill making machine, talc that can contain lead at 20 ppm and asbestos, leading to lung cancer if powder is getting into lungs during chewing. USP vitamins can't contain asbestos. 15). bentonite (heavy metals, microbes) 16). PEG (allergy) 17). PVP (allergy)

18). vitamin brands that don't offer a biotin free version of B-complex or multivitamin, because this is needed to be taken daily to measure the deficiency or overdose of certain nutrients.

19). crospovidone (povidone and crospovidone can bind to polyphenols [are used *to remove polyphenols from some foods*] and polar (hydrophilic) nutrients that for some people are life saving if intake is low. We need *stool analysis of crospovidone adducts with nutrients to see if 10 mg* traps iodine or mcg level vitamins, essential trace minerals. At intestine junctions or any digestive tract location, some things can occur, where an intermediate is trapped temporarily reversibly by crospovidone, interfering with the uptake of some nutrient. Crospovidone is < 10 mg/tablet (means that it's 2.1-3%) per company, in Kirkland B_{12} 300 tablets of 5 mg, as are the other five inactive ingredients that say <2%. You can read the iodide crospovidone controversy. The USP criteria for contaminants are not promising, i.e. cellulose, etc could have more contaminants (heavy metals ≤ 0.001%) than rice flour rich in arsenic (5 times more than lentils).

20). Microcrystalline cellulose, MCC, so common in billions of tablets, capsules as a binder/filler, is processed with acids like many legumes are before protein powders are made, and dried with

air which can cause the creation of many toxic compounds ☺low IQ☺ buyers ingest gladly, fully trusting the PhDs who made that poisonous filler, while RPN 2008;164(3):331-7 found MCC "yielded an acute and self-limited inflammation *that impaired* lung mechanics." Cellulose is safer than MCC (as long as bottle doesn't let too much light in, as with white bottles without aluminized label exterior), since cellulose is not treated with acids, oxidized by drying like MCC. Cellulose has impurities which form lethal compounds during drying, acid/base treatments.

21). unsoaked rice grains flour has 6 classes of anti-nutrients and is toxic, since it contains also 5 times more arsenic than lentils. Rice flour can grow bacillus cereus possibly lethal bacterium, which can cause lethal pneumonia in those with weaker immunity.

22). maltodextrin, man made refined carb, glycemic index 95-135 (vs 65 for sugar, spikes glucose and insulin instantly) depending on the source and processing (has gluten if wheat extracted), causes gas, damages gut, added in 20-50% to many plant powder extracts (Bulk Supplements examples: dried goji, grape seed extract has no maltodextrin, bilberry, hawthorn, goji powder, maqui have it, so find brands that have no maltodextrin like: bilberry, hawthorn, maqui). Read the ingredients list and order only from companies that have no other ingredients, saying 'None'. This is added to increase shelf life, due to a decentralized system of "rat IQ". With 11 companies, i.e. centralized food distribution, we know exactly how many units are needed and items sit on shelf 50 times shorter, so we don't need chemical stabilizers that wreck our health. Aristocrats hate centralization, as it's their end. The frequent use of H_2SO_3, HCl, NaOH in wet milling (corn, rice) is explicitly designed to denature, break apart, alter proteins. The leftover proteins are heavily degraded (toxic) and usually discarded or relegated to animal feed, but traces remain in the maltodextrin or protein powders extracted by acid/base. Spray dryers blast maltodextrin (extracted from many sources) with above 300°F (150°C), so in this dry heat traces of healthy and toxic degraded proteins (all plants have proteins that remained in maltodextrin after warm water or acid, base extraction) mix with glucose to form oxidized lipids, lethal AGEs (even if a healthy protein reacts with glucose), other free radical forming chemicals born of sugars reacting among themselves. Maltodextrin actively degrades the intestinal mucosal layer. It suppresses beneficial, anti-inflammatory gut microbes while feeding inflammatory, gas-producing bacteria. Because it enters the bloodstream faster than sugar, it forces the pancreas to release a massive wave of insulin, which activates liver transcription factors ChREBP, SREBP-1c that systemically turn on the liver's fat-making machinery, converting the excess glucose flood into triglycerides TGs. Just like with fructose, the liver packages TGs into large VLDL particles. As VLDL circulate, they swap fats with normal LDL, leaving behind the small, dense, easily oxidized sdLDL particles that advance arterial plaque, so we die of infarct/stroke. Maltodextrin raises TGs and the lethal small LDL. Maltodextrin preserves foods via reducing water activity and preventing moisture clumping. Because it has no water content and doesn't

spoil, adding it to a product dramatically lengthens shelf life. Today's food production is semi centralized, but distribution is infinitely fragmented. A major brand manufactures a powdered mix in a central factory, ships it to regional hubs of 9000 companies, lets it sit in warehouses, transports it to 40,000 grocery store backrooms, restaurants, expects it to survive 6-36 months on a supermarket shelf, 9 months in a consumer's pantry. To survive this 3 year timeline without turning into a rock or harboring mold, the food requires high-stability additives, anti-caking agents, moisture absorbers like maltodextrin. Immortalists would ban maltodextrin, as it causes needless deaths. Companies need to merge to be able to lower prices, sell inventory fast, store foods at right temps, avoid Amazon if Amazon temps are high (they are for pills). If we move to a unified, closed-loop logistical network with a single centralized data center tracking exactly what is bought/sold in real-time, of the 11 companies, the supply chain transforms: factories mix/ship foods based on predictive, real-time demand, eliminating the need for long warehousing. Food/supplements will be formulated to last 2 weeks instead of 2 years. Additives will Become Obsolete. Without the need to survive infinite shelf-time, extreme shipping temps, and humidity swings, industrial fillers, anti-caking powders, structural stabilizers, and moisture barriers would be stripped entirely from the food supply. That is the victory of ☺☺☺ We the People ☺☺☺ against the aristocratic mafia state: health & Immortality for All. ☺☺☺

The safe B complex or multivitamin brands are less than 1%, Micro Ingredients is safe:

What do immortalists think about the many B-complex, B_{12}, multivitamin brands? This paragraph will clarify with a few examples. The best brands are those with 0 INACTIVE INGREDIENTS, and, if possible, no vitamin C known to degrade B vitamins in solution very fast (less in solid form), so Micro Ingredients B complex is OK. Avoid junk brands that have low levels of B vitamins and read the NOW foods list of scam products to see many brands that have 0-4% of listed label. Generally Bulk Supplements and Micro Ingredients are the safest among the top 3 cheapest brands, as they do contain what is listed and have fewest fillers, though Bulk Supplements shouldn't be used to buy magnesium (except MgO) or highly perishable items like glycine, Mg glycinate (they mix it with Mg oxide and say MgO on the back label, and claim Mg glycinate on top label), etc due to ammonia formation. Sometimes Nutricost 1 filler (rice flour OK) products can be cheaper than Bulk or Micro. These 3 offer essentially 3-10 times lower price than others who don't sell it as bulk powders, etc. Avoid NaturePlus B50, Country Life multivitamin, Walmart Equate, Deva multi, Nutricost 2 mg B12, Bronson 5mg B12, aSquare 5mg B12, cheap because of using the cheap deadly MgStearate. Avoid Nutricost B-complex or NOW Foods 5 mg B12, since they got the B_{1-12} absorption blocking stearic acid. Stearic is pricier than stearate and less deadly. Avoid anything with stearic or magnesium stearate or vegetable stearate (such an Angel vitamins triple B12 or Kal methyl-adenosyl) as inactives, avoid anything with niacin form of B_3, with pyridoxine form of B_6, with *cyano*cobalamin form of B_{12}. Nutricost

got rice flour (this is dangerous due to bacillus cereus which can cause death even; the spores multiply in dry rice flour and can produce toxins when ingested causing anaphylaxis, so discontinue if any issues arise with digestion) and calcium silicate as the only 2 inactive ingredients (if you trash capsule). Check out the vitamin company of the future. *Always read 1 star Amazon reviews for anything you buy.* Avoid any see thru bottle vitamin brand (even if the tint is green, red or blue, brown), if you can distinguish the caps, it's allowing TOO MUCH LIGHT inside, since B vitamins degrade in the warehouse light. You can always buy any brand that has higher level, above UL, as long as you use only 20-50% of the capsule, so you don't go above UL. Move any vitamin (in a white or ultra dark, bbut not 100% opaque) to a 100% opaque (aluminum tape plus clear tape on top of aluminum) bottle of your own if you buy any bottle that is not pitch black (100% opaque), since white opaque is not enough. You want 100% light block. ☺☺☺ Some studies found that those taking 0.8 mg folic acid B_9 (which means actually 1.335 mg DFE, or above the USA NIH 1 mg DFE UL for B_9) 20 mg B_6, 0.5 mg B_{12} got half the brain shrinking of placebo, so in that case you can take a brand with 0.8 mg B9 every 2 days to supplement your B complex, but you may still need take extra B_{12}. Take extra B_{12} to reach 0.5 mg daily minimum. You can use whatever combo of vitamin B_{12}, B complex and multivitamins, so that nothing is above the UL for B_6 (EU, Australia, UK about 10 mg), B_9 and niacin form of B_3. EU B_3 limit is 900 if niacinamide form, 10 for niacin. Australia advices against pyridoxine form of B_6 and against > 10 mg B_6, so then all the Amazon B50, B100 make no sense, at the most brands that have 20 mg B_6, since B_6 above 20 mg may cause peripheral neuropathy. I would avoid NutraBio or any B-complex or multivitamin with pyridoxine form of B_6. The NutraBio B100 (and B100 Now foods from Chicago Jewish 3rd capital of USA) 100 mg pyridoxine can destroy all your peripheral nerves over time, in praise of Allah, the Merciful Rapist of all nonMuslims and Yahweh, the Merciful Rapist of all nonJews. NutraBio has Halal and Kosher certifications, an affront to US democracy, as Halal and Kosher are terrorist methods of animal slaughter. Halal/Kosher NutraBio 0 empathy company, adds 50 mg PABA that may cause kidney issues in some, research before taking. 100 is too much PABA for long-term use showing how many B_{100} formulas are dangerous. Forget about Kosher (see page bottom) or Halal certified B_{100}. Find some combo, free of cyano B_{12}, that gives you all B_3 as niacinamide B_3 and B_9 below 1.7 mg DFE, and, if PABA is present, PABA 25 or less. *Avoid B complex with* only 2 *mg* B_6, go for brands that got 10 mg at least as in the studies to prevent brain aging. You can always use 2 B complex brands. B complex is used by those avoiding multivitamins (B-complex and separate pills for iodine, $K_{1/2}$, selenium, zinc, D_3, E) due to odd colors, cyano B_{12}, *too much B_3, Mn, zinc oxide*, 0-low D_3 or $K_{1,2}$ or etc. The advantage of taking separate pills is that you can alter amounts and see outcomes. NOW Foods Daily vits has no toxic cyano B_{12}, no ZnO, but it has stearic acid which prevents absorption, though not as bad of an adsorption block as magnesium stearate. A good combo is *half serving (1 capsule)* of Micro Ingredients multivitamin and Micro Ingredients B complex (1

capsule to avoid going above UL for folate, *if you take a multivitamin*).

12.4.2. When 10$ vitamins prevent a $400,000 surgery sequence (5000/month glaucoma medication and then more laser surgeries, etc) ☺☺☺

This chart shows how blood level of melatonin and 100s of nutrients is not the cellular level of melatonin (melatonin in blood is regulated by the pineal gland, but blood melatonin is only 5% of the body melatonin, as with other nutrients where body level is 5-100 times higher than blood level; that's why blood tests don't indicate deficiency very well for many nutrients). Only 0.3% of body magnesium is in the serum. AJO 2022;26:101471 found dry eye patient "received a loading dose of 200,000 IU (vitamin A, 70X the RDA) per day for two days, followed by a maintenance dosage of 8,000 IU (3x RDA) per day. The treatment plan also included stopping all glaucoma medications and use of artificial tears… symptoms significantly improved within 11 days… The patient's symptoms significantly improved within 11 days... By 5½ months, her visual fields had returned to normal, her visual acuity was 20/20 in both eyes, and her IOP was 15 mm Hg in her right eye and 16 mm Hg in her left. Color vision also was preserved. ..surprised at how rapidly her dry eye symptoms and visual fields improved... a nurse, had spent 80% of her income on glaucoma medications, when the remedy was a supplement that costs under $10 for a 100-day supply. (vitamin A)", showing how the dry eye optometrists and others only suggest stuff that makes them filthy rich (they already get 20-80x federal minimum wage) for more palaces. You know, MDs often propose endless procedures and surgeries for preventing blindness, so she may have ended up paying 500000$ in treatments over 40 years. Medical education is 2 hour nutrition, because Big Pharma won't make money selling vitamins. Any eye place you go they push IPL or stuff that makes them Big $$ in 10 minutes, not ever a blood test for vitamin A, that makes them 0 $, ODs suggest 600$ LipiFlow, 2000$ IPL by Israeli's Lumenis. Greed. Deut 23:20 conmen. Thieves. Like frauds making multivitamins in clear bottles, under "Rabbi tone"☺☺☺ supervision (see label), which degrade due to light, as shown in the vitamin light and the food sections. OD could give a simple at home test for the vitamin D or others, as we know low D causes weak immunity and weak ability of fighting the bacteria that infect/atrophy the meibomian glands and dry eye by lipid deficiency present in 86% of dry eye patients. Plus, they never do any testing for thyroid panel and other deficiencies that could drive this dry eye development since age 5. We need a total reform of the ultra corrupt medical system, as outlined in the 4.5.6.5, with any health issue mandating a visit to the NDs who change 2-40 nutrient intakes to try fix any disease. The system simply manages disease, it's pathetic. Anyone with a health issue needs to 400 nail, hair, blood, urine, feces biomarker tests for a full nutrition pic, what they do today is 1st century crap, 1% of what they should test to get a really precise understanding of the ultra complex stuff going on, as trillions are stolen, see dental corruption. Food companies focus on food colors, texture, flavor, not if the food will double lifespan.

12.4.3. Avoiding biotin (B7) in vitamins before blood tests & other blood test ideas

All need avoid B_7 for a 3 days if B_7 ≤ 30 mcg, a week if B_7 > 30 mcg in vitamins, 2 weeks if B_7 > 5 mg, as B_7 leads to false negative/positives for many tests (thyroid, A, D, lipid panel, ferritin, HDL, LDL, homocysteine, hs-CRP, Lyme Disease and many other things). Egg yolks (anything made from eggs) and all foods on the right most column of USDA list have biotin and can interfere with some blood tests that use biotin-avidin/streptavidin (BAS) technology. Thus, many old tests you did are probably high, low or false negative/positive, if you ate B_7 from multivitamin during the 3-15 days before. This is why companies like walkinlab.com and other blood test companies need to be shut down and taken over by Universal Immortality Inc, because they don't let patients know that no B_7 is allowed 10 days before a test if high dose 5+ mg and 3 days no biotin from regular 30 mcg multivitamins. The "cow filif IQ" at the Immigration Services also do wrong tests, cholesterol etc for green card people, without telling them to stop B_7 3-7 days before the blood test. Sadly, millions of MDs worldwide, forget to check if their patients took B-complex or multivitamins with B_7 and thus MDs give them false results that later cause dry eyes or other health issues from false thyroid data, false A, D and other data skewed by B_7, by 100s of unknown to medicine today chemicals. This leads to billions wasted in invalid tests, billions of misdiagnoses. To do this, use for that 1 week period before a methylated B complex ($21 B1,2,6,9,12+choline+TMG (methylation agent to lower homocysteine) or $21 B6,9,12 or others on Amazon, methylated ones often have no biotin) that has no B_7, very dark tint or opaque white, black bottle, and no stearate/stearic that reduce absorption of vitamins, so that the blood test somewhat accurately reflects our regular intake of a B-complex (impossible, since every brand is different, but at least the main key B vitamins, hence immortalists mandate any vitamin brand be made in biotin free form too), and also to prevent brain damage from low B intake during high stress week that may occur before a blood test. Ideally, do a test in normal stress level, so you do get a representative number that removes the sleep quality and stress level confounding factors. Take E, Zn, A, iodine, Se, CoQ10 separately, since no decent multivitamin without stearate exists, but E, A, I, Se need match a typical multivitamin (500-1500 mcg RAE A and 150 mcg I) that has biotin (not 2-10 times higher), in order to get comparable blood levels to measure. Do blood draws only if you're not going to fast in the next 4 weeks after the blood draw, since puncturing a vein requires protein to heal and fasting makes less protein available. Lose weight first, as high belly fat kills you more than a vitamin deficiency: did you get 10-15% body fat yet? ☺☺☺ Carefully wash your left (if right handed, so use the hand that you use less and don't exert with that hand for 2 weeks) elbow area where you want them to take the sample and have the nurse disinfect the area with an alcohol pad and then when reaching home, as with vaccines, let the gentle shower jet warm that area to prevent redness, just as you do when you bump one area of your body and observe how warm-hot water for 4 minutes in the

first 10 minutes reduces redness and swelling 100 fold. This routine needs to be explained to every patient, as it reduces the amount of neutrophils (very valuable) going to the site 10-30 fold and reduces body damage that happens after each vaccination or blood draw 5-30 fold. We need to unify all healthcare facilities, procedures into 1 universal software, with screens nurses have to check (did you tell patient to warm the area with shower water when going home within the first half hour for 5 minutes or 10-15?) as the Universal Immortality Inc section explains.

Ideally, the immortalists develop a robotic surgery type of device, the size of a wallet, that is attached to the elbow (like the blood pressure devices) and uses ultrasound to take a pic of the vein and draws blood with a much lower diameter syringe than used today (lasts longer of course to draw blood but damages the body less), for a much smaller damage to the vein, and takes the blood sample in a way that reduces errors and swelling 9,000 fold. After the extraction of the blood, the machine remains there for 10 minutes to warm the area and act as the "warm shower" of infrared machine that facilitates the 100 times less swelling, less purple in the area. Today's nurses are human, tired, have bad days and they damage veins too much to make it practical to monitor biomarkers more often to enable all to live to 150. We need to understand rockets travel 9000 times faster than human walked, and future machines can extract blood while doing 9,000 times less damage than humans doing it, less intense neutrophils reaction to the veins. Microsoft AI was 4 times more accurate than human doctors in diagnosing disease. Go figure, perhaps we need smarter MDs and ODs. Sounds like the greediest becomes MDs, etc not the smartest? Isn't it time to bring reform? Ask the blood draw nurse to kindly use the elastic tourniquet to hold tight the white cotton pad sitting on the injection site (you remove it in 20 min) as many nurses do 1-2 seconds after the blood draw, otherwise, the injection site can get 50 times more swollen with severe redness there for 1-2 months, a red hematoma develops without the tourniquet. When nurses don't know what they're doing, the scar of their blood draw is 5 times bigger 7 months later than someone who did a blood draw a month ago, visible if you gently pull the skin away to see the deeper tissue with the 3 dots for example, 2 for the botched 8 ml draw (twice due to poor technique) and one for the 24 ml draw by another much younger nurse. Avoid lifting objects or wild exercise, pushing objects with the punctured hand, eat pineapple, protein, vitamin C, zinc to boost collage repair of the damaged skin/vein. ☺☺☺

Nurses say let's test for "basic blood panel or disease X (that uses biotin, B7, or streptavidin, which reacts with blood biotin in the assay step)", without knowing that avidin & biotin from egg yolks (or any recipe make with yolks) or biotin B_7 pills can interfere, causing false negative, positive result and death later. In 2025, 85% of CLIA (chemiluminescent immunoassay) tests, use the BAS (*Biotin-avidin/streptavidin* (strept-avidin is bacterial equivalent of avidin, from streptococus bacteria), see details by Ctrl+F "biotin" in this 2023 paper) technology, so those who take B_7 (vitamins) may get false results with some CLIA tests. However, Google says

Labcorp's Lyme Total Antibody CIA test utilizes the DiaSorin LIAISON Lyme Total Antibody Plus assay (which is free from BAS), not the Zeus, which is free from biotin-avidin per technical support, BAS in their MTTT: Tier 1: VlsE1/pepC10, 2 antigens binding to Lyme bacteria proteins, IgG/IgM ELISA CLIA, Tier 2: ELISA for whole cell antigens. Zeus is old. So MTTT Zeus test may not interfere with biotin pills if a company uses MTTT Zeus at a location, if there are no other substances that react with biotin from vitamins and thus give a false negative or positive result; the company says biotin in vitamins won't interfere. The Zeus MTTT not using BAS is a positive sign though, since 85% CLIA tests do use BAS. However, Labcorp may use DiaSorin MTTT test always, which doesn't use BAS per technical support. Most hypothesize B_7 pills don't interfere if BAS is indeed not used. Quest Diagnostics has a list of tests made useless by biotin B_7 pills. Not to mention, the enslaved 90% have to work hard to do useless tests, wasting 900 billion over decades, losing sleep due to overwork, living 3 years shorter, tests that are not needed or need to be repeated, after the patient and doctor figure out after 3 months of various activities that the initial test was invalid and needs to be repeated, all due to the Republican Party (right wing parties equivalent overseas) opposition to a universal system that requires doctor to input the amount of biotin patient took last week in the system or other things for other procedures. An advanced software takes all guesswork and removes the need for doctor to ask questions or recall to check for biotin intake or etc before a procedure is done. More importantly, we all need to keep our egos in check and realize that biotin is only one of many chemicals interfering with certain blood tests, and currently, we don't know that, so every MD/patient needs to triple check one's diagnose, hypothesis formulation, since we're in an age of ignorance. The blood level of a nutrient is not even the tissue level, so we get more uncertainty about a diagnose. One day, a picture of our wrist will measure 5000 molecules in the blood, and any tissue level of the main 5000 nutrients and biomarkers, but that may not happen for decades at least. Until then, one can't be too sure of one's so called "diagnose", since we know far too little, with one symptom being often caused by thousands of possible deficiencies, single or combos. To use a more "metaphoric" word, today's medicine is sort of "bullshit" vs the future, just like 1st century theory of chemistry, medicine was versus today. Keep that in mind, don't become fanatical.

12.4.4. Avoid inhaling any solid powder (silica especially) vitamin, dissolve in water first

12.4.4.1. Silica SiO_2 (silicon dioxide), calcium silicate $CaSiO_3$, inhalation can kill you due to this fine powder, even if SiO_2/$CaSiO_3$ are present in foods in much bigger grain sizes, we eat sand daily with our greens, veggies, etc silicates that help collagen to form. Kindly try avoid any vitamin with silica (or calcium silicate) as inactive ingredient if you plan to chew or eat it without the capsule without first mixing it into water or a pureed smoothie and rotating blade 30 seconds to wet every particle so none goes into the lungs. Silica powder, present in some capsules, or chewable tablets, can also ruin the lungs, so, if you chew silicon dioxide containing

vitamins or pour vitamins into a smoothie, *mix well with watermelon juice or whatever to wet the entire powder,* never *eat the* dry *powder*. *Simpler yet is to avoid anything with* silica (inactive ingredient) *added:* why does FDA allow companies to add it if it *can ruin the lungs* of those vitamin users who don't know? The inorganic silicon, as silica, is very poorly bioavailable, versus the veggies, legumes silicon, so the 1-2% in capsules etc is not worth the lung scars and silicosis it can produce, including death. If you use them, mix well with the smoothie first, stir it very well with the spoon at least. Many people discard capsule and pour it in mouth of smoothie without stirring well, but even with capsule taken via acid reflux silica can get into lungs and damage them. For safety anything solid ought to be dissolved into a smoothie if capsule is not swallowed. Even if you eat the powder from a tablet or capsule dissolved in mouth saliva or watery food, in the process of swallowing, some wet one could get into the lung area, at the junction of lung and throat where it dries during breathing, and cause damage, so it's safest to avoid anything with it, since 100s of brands exist without it. Single ingredient vitamins (iodine, zinc, etc), often have silica added, simply use a brand without it.

12.4.4.2. Minimize vitamins with oils if you chew them, because chewing them can cause lipoid pneumonia, please don't chew oily vitamin, fish oil, etc softgels in your mouth empty and then swallow them, as oil can leak into lungs, be inhaled and reach the lungs causing damage, shortness of breath, being confused with COVID19: people get lipoid pneumonia by using 1. oil to cleanse teeth or 2. oily nasal products. Simply swallow the entire softgel with water or, if not eating the softgel or capsule for solids to avoid toxic ingredients in the softgel or capsule, poke the vitamin with a $ store dental tool, pour the vitamin softgel contents into a smoothie, mix it 20 seconds, then eat it, since this 500x dilution makes it far safer to swallow as if it's in the food itself. This way you avoid esophagitis from harsh ingredients and lung damage from oily softgels. If you squeeze softgels in the mouth, add to mouth a full spoon of smoothie before you add the softgel, then *mix it before you swallow*, never swallow empty oil on the throat as it increases risk of oil getting into the lungs.☺☺☺ Avoid oil on salads as this can cause similar issues, since oil is not blending with a smoothie and it's highly concentrated on a piece of veggie you swallow.

12.4.4.3. Tablet vs Capsule vs Softgel:☺☺☺ Tablets oxidize less than capsules with powder (since air is in contact with the powder and light can get thru easier inside via clear/white caps) and far less than softgels. Tablets have a longer shelf-life, but in the future, all capsules will be made weeks before shipping, and eventually never, by eterni foods revolution that eliminates all supplements, since each diet is custom to DNA and weekly nutrient biomarkers. S*ome vitamin ingredients (alpha lipoic etc) can irritate the throat, so then, use capsules or smoothies to dilute powder instead of chewing a tablet.* Tablets can end up whole in the stool. Capsules absorb much faster than tablets, irritate no throat and have no animal gelatin prions, viruses, bacteria, heavy metals like gelatin softgels do, though recently, some softgels are made from tapioca

starch or carrageenan, but these can cause allergies too. It's safer to not swallow any gelatin or vegan capsule or softgel as its bacteria are not vegan and can cause choline, etc to become TMAO, the deadly one. I never swallow any capsule, unless it is lipoic, a known throat irritant. Vegan capsules are fine, 1 a day, but more than one could cause gas due to lack of digestibility of the cellulose used that rots in the colon. Some claim capsules are better since C doesn't touch B_{12} as much as in a tablet and won't decompose some B vitamins. Liquid vitamins oxidize instantly in days and need to be avoided at all costs, many beverages with vitamins added have almost nothing left for some vitamins after 10 months on the shelf. Each time you open the bottle, air ruins the vitamins. FDA needs to make oils in bottles sales illegal, due to insane levels of oxidation. Too much plaque can emerge. More on oxidation is in the Eterni Food Inc section.

12.4.5. Vitamins in jugs, bottles, etc can degrade up to 100% in mere hours

Vitamins A, D, E, K, B_1, B_2, B_6, B_9, B_{12}, are sensitive to visible light, B_7/CoQ10, others to UV light, so store multi*vitamins* and individual vitamins☺☺☺ (especially A, E, D, K oil capsules where oil and capsule is transparent) in 100% opaque bottles (tape them with aluminum foil or tape, but tape aluminum afterwards to prevent exposure and light holes or any opaque tape if not 100% opaque, test with flashlight for opacity in dark room), away from heat and moisture. Remove pill from the bag/bottle they came in right away, since 99.8% allow light in, the ones that are pitch black when looking inside in bright light, while blocking the bottle entrance, to see if the "seemingly opaque amber, black (appears so, but it's 10% transparent) or indigo is really opaque or not", otherwise, as the bottle sits in light around the house stuff degrades. Keep everything in the dark cold fridge to prevent light and heat degradation even if you do change bottle to opaque. Cover the inside of the bottom drawers of the fridge with cardboard to make it opaque if you don't change all bottles or bags, to keep fridge light away. Otherwise, you eat oxidized toxic ingredients that sicken you. The vitamin companies will never switch to the pricier black (the cheapest color that blocks light 100%), as it reduces profits by 0.1% or 0.5%, so you need to act. Unless immortalists win elections, the scam will go on for centuries: for example all oils, such as castor oil are sold in plastic bottles that leach carcinogenic plasticizers, plastics, BPA, etc and the oils are not extracted via hexane neurotoxin free processing (cold-pressed), stored in dark glass bottle. Here is a list of Amazon amber bottle cold pressed glass brands: only 2 out of 15000 brands of them have dark amber glass, cold pressed (hexane free), dark paper label to block more light. What we see is capitalism is all about profits, with 99.99% of companies selling poison rich products. What's the solution? 11 companies replacing 33 million of course, you get efficiency, 100x more quality via 100x more R&D. They need to kill billions to build palaces, they don't care 24 mg astaxanthin contains 0 mg due to light or 1% of label value (list here). The industry is run by genocidal aristocrats worthy of lifetime labor, but nothing can be done when election faking puppy spoiled aristocratic dogs are in power. They don't even tell on label, as

immortalists would require to “immediately move into the fridge, this is certified to have been handled in a light free facility (Amazon is moving towards that) for 0 light exposure while outside the cardboard box. Kindly transfer into the 50 free opaque glass (or new safer than glass material free of microplastics) bottles available for free at food.gov, where ideas on 4000 year lifespans for all exist. don't leave outside of fridge or in this nonopaque container, as we're too greedy to make one company instead of 1 million *(we need* fabricate a reason to make 500x the average wage of the slaves we work and sicken to death with fake oxidized pills*, the reason is 1 million companies are needed),* make a cheaper than white plastic material to pack it all, greed is the source of all disease we create for profit to sell you more pills to cure the disease science erases by knowledge. We're the greediest bastards. Buy from us, Sincerely, the ever richer, small aristocratic terrorist bourgeoisie who keeps USA in the stone age of 70% non-STEM majors, endless duplication and 90x less research than 11 companies would allow for. Truly yours, the aristocratic devils. In Theft we Trust.☺☺☺” The light can degrade even sulfur amino acids (methionine etc) in mineral-amino acid chelates like selenomethionine. When you buy any antioxidant online, be it saffron (active ingredients crocin, etc) extract, etc, you have more than the 3 main carotenoids, polyphenols or whatever other ingredients in that plant or etc and all these 100-900 extra chemicals can oxidize during the manufacturing process due to oxygen, light and heat. The current vitamin industry is a 1st century sewage mixing type of stuff, that has no science to it. Every ‘nutcase’ starts a vitamin company, gets some raw material from some place and that could have 0.1 to 100% of the label amount and then sell it with 700 other toxic oxidized compounds and almost none of the active ingredient, or even if 80% is there or 100%, it has other oxidized and bad stuff that nobody is told, since we don’t have the barcode to indicate % of pure form (not oxidized forms) for all 900 healthy variants in that extract. The problem is that when every “idiot” makes a pill, they don’t know what is supposed to be those 500 other compounds via that extraction method and in that form and their toxicity, so here is the issue with 10000 governments or 10000 companies making “saffron or whatever extract or amino acid”, they don’t have the correct quality criteria to assess its purity and safety. With 200 Amazon saffron brands, only 1 really passes the highest quality criteria for maximum effect without damaging the body via oxidized extra or main ingredients. The advantage of 11 companies immortality capitalism is that the quality is 1 million times higher, because you don’t have to check 1 million variations of a pill that is done by stone age peasants. Can’t compare a garage company with 1 with 1 million PhDs, mass spectrometers 1000 times faster than today’s.

This explains why many studies with vitamins or ω3 oils which are light/heat sensitive get vastly different results. Studies would need to ensure participants store light/heat sensitive vitamins or oils *identically*, to remove that *confounding* factor; otherwise, they have to estimate degradation. All oils, many organic compounds are unstable in the presence of visible, UVA

(passes thru glass, plastic), or UVB/C (blocked by most plastic and glass). Vitamins in solution are far less light stable than those in pill form (where the deep inside of the pill is protected against light), so "vitamin", "energy" drinks, all milks with B (and A, D, K, etc) vitamins may have little/0 left, see Table 1 of BB 2019;116(6):1537-55, so avoid those. The only exception is *vegan* milks, since vegan companies know more nutrition and the container is opaque with a silvery layer on the inside, not transparent glass, plastic or semi-opaque paper (skim milk in plastic lost 57% vitamin A in 4 hours of store light, see vitamin A stability section). Maybe now you avoid store shelf carrot, orange, etc juice in transparent or non-silvery inside paper containers, and kale chips, etc with "vitamin A, etc" in not *so opaque* plastic/paper bags. I would be skeptical of companies that sell oil capsule, liquid vitamins, liquid fortified cosmetic or fortified food products, in non-opaque (100%) containers or solid vitamins, solid food products in transparent/semi-transparent containers (butter, cheese (with holes especially), etc allow a lot of light in, for much of the product on the exterior), it shows they don't know the most basic things about proper storage in warehouse, Amazon, etc; how can you trust the rest? If milk loses 57% of A in 4 hours, what will happen in 4-12 months on a shelf in the store with other products in "not 100% opaque" containers, be them cosmetic, food, etc liquid products? ☺☺☺ The vitamin E section has a huge discussion in the first 3 paragraphs about the vitamin E tablets losing half vitamin E in 5 hours. So, did the science geeks account for storage of bottles in bright lit areas in their studies? No. Then you wonder why a study says vitamin E worked, another said it did not due to all E being gone. Oxidation products can be toxic and do more damage than the 70% E left, same for other "supplements" in clear bottles. Flax oil, in 100% opaque black bottle, expires 6 weeks after opening, now think about clear bottles of A, E, etc☺☺☺, *by the time you get it it is EXPIRED in the warehouse light technically due to toxins formed*. How many garage companies test the toxicity of these oxidation products? So, how much vitamin is left in clear bottles with liquid beverages? Nothing? That's why all live to "120 in 2024". We got a row of alcoholic products and nothing dedicated to vitamins in supermarkets. 0 IQ nation.

Relying on fortified (liquid especially) food shelf products to calculate intake for any vitamin, is not scientific by any standard, since even if the container is 25-100% opaque, you don't know what happened in the factory, as far as light protection, was the fortified milk used to make the "cheese" all without any vitamin left in 9 hours? Mechanical cheese machines have light and they stir, pour the cheese, yogurt, etc, *for a while. You know how FDA tests for vitamins: look at the milk aisle. Then we wonder why nutrition studies are so contradictory? Which one had no vitamin? That's why nutrition science is difficult: many things, light, heat affect contents. We already know,* from the previous chapter, that produce, when exposed to store light, loses some vitamins in *3-20 days*, and many phytonutrients, by 10-70%. These are solid foods (like many solid foods sitting for *3-20 months* on shelves in non-opaque packaging), so it's not wise to eat

only the minimal RDA light sensitive vitamins from produce (if no vitamins taken due to being "*for* natural stuff *only*"), because it degrades in the store too before you put produce away from light in your fridge at home. I take vitamins daily. So, always eat produce fresh, store in the fridge immediately (dark) and minimize foods not sold in opaque containers or packages, as light/heat destroy thousands of polyphenols, unsaturated lipids, etc not just 10 vitamins. This paragraph, when practiced, could save many from losing 30 years of *achievable* lifespan. The more foods are processed, the more thousands of compounds are destroyed 3-100%. That's why when I became vegetarian, then *vegan*, I tried to eat minimally processed foods. That's why only eterni foods produced days before being eaten, are feasible for huge lifespans. People go to the meat or fish aisle where unsaturated lipids oxidized due to light sit for 4-12 days, then eat this, create oxidative stress and arterial plaque inside the body and live shorter. Vegans buy walnuts, nuts in transparent packages and guess what happens: peroxide formation speeds up, fats degrade, people die 20 years earlier. *FDA protects public health, but you can do better.* Buy seeds/nuts from bins, they only sit hours (or 2 days max if less bought item) in a bin, exposed to light, not months on a shelf with transparent plastic lid, semi transparent yellow plastic lid (no silvery foil on all) or glass/plastic transparent container. We need *food industry reform. Companies make* 50% profit, but won't spend 1% on an opaque package. ☺☺☺ They could use a thicker plastic wrap that is very dark or aluminized on the inner side to cover the entire bottle/cap (unlike labels today that cover only about 70% of it), to save on the amount of dye used to make color plastic (pricier than white). Clear bottles should be illegal. Thugs use them because they increase profits, but many nutrients degrade 90% of contents before use. Recycled black plastic is cheap vs any other dark color, but they don't use it much due to FDA lack of a rating system for the light score of each nutrient and how much visible light is OK.☺☺☺

12.4.6. 10 reasons for not using Amazon to buy vitamins, edibles, main reason being heated vitamins, edibles (warm 95°F warehouses, 155°F trucks) can help you die 25 years early:

Amazon says during preloading, truck transport, 155°F can be reached ► "stored at a maximum temperature of 155°F for extended periods of time", so Apr 15- Oct 5, meltables are rejected. It's known upper racks of a warehouse are often close to the hot metal roof, so when outside is 105°F, those pills can reach 100°F for hours daily (only lowest racks are at 85°F), degrading themselves (true for both Walmart and Amazon if no swamp coolers, so you need order in Jan-Feb only). The Immortalists will require all powders, foods to indicate the day it arrived at the Amazon/Walmart/etc warehouse (so people know the outside temperature during the 1-21 day trip from manufacturer to amazon, since 100 outside means 155 during amazon warehouse to amazon final warehouse, which inactivates or degrades heavily endless products now sold on amazon), and maximum temperatures of 1. chemical processing, 2. of transport, since many enzymes die above very low temps and we need to know that, as dry heat also creates AGEs.

Amazon and many companies are genocidal, they ship via amazon Fresh and Whole Foods in paper bags with aluminum interior that cannot be recycled and cause enormous waste in landfills. The amazon religion is pollute and poison. Walmart emails discount codes (enter them on the last screen, lower right, "Have a promo code" on Place Order page) for some reviews you make, 5$, so you may save more on Walmart, because 5$ is more than 1-5$ from an amazon subscribe. Walmart relies on cross-docking, meaning products rarely sit still, with fast inventory turnover, and moving from manufacturer to distribution center to store shelves to you very quickly. Amazon inventory can sit in fulfillment centers or seller warehouses for weeks or months if a specific batch isn't selling fast. Walmart transit is more predictable, faster and more climate-controlled, trucking routes to physical stores are streamlined, while staging on open, uncooled outdoor pallets is heavily penalized by corporate logistics rules. Amazon trailers waiting to be unloaded at fulfillment centers can sit in the sun for days. Semi-truck interiors routinely cross 55°C to 65°C (130°F to 150°F) in summer. If you expose for weeks (ocean containers, pallets, hot trucks, as from LA to NYC) at 150°F rice flour and any (in)active ingredients that contain sugars and protein, you form glycoproteins or AGEs that destroy your body. 4-12 weeks at 150°F 4 hrs/day during transport via truck or ocean can produce a similar accumulation of Maillard/AGEs as 2 hrs at boiling 212°F or 2 minutes at a dry 220-300°F oven heat. It's like cooking your body in an oven, that's what amazon does to us and the "cabbage IQ" gov allowing these ocean containers to poison us. It is Baal worship, boiling babies in the Bible.

When we buy a bottle today, aristocrats block us, the workers from seeing:

1). The exact date and time the pallet arrived at the Walmart, Amazon, etc fulfillment center.

2). The total duration it sat waiting in an inbound yard or unloading dock, truck, etc.

3). The real-time temperature logs of the specific warehouse zone or transit container it lived in.

We can't see if items sat @ 85°F or 155°F. Imposing standard supply chain tracing mandates, similar to how the USDA tracks raw meat or how the FDA handles prescription drugs, help us double human lifespan, if temps are required at all stages to be < 70°F thru innovation of cooling, distribution via 11 companies. Under Immortalist Party, Immortality Credit Score reform, every single order confirmation page will show a "Logistics Report" detailing:

1). Date/time it left the manufacturer. 2). Date/time it reached retailer. 3). Maximum heat thresholds recorded during transit steps vs the ideal for that product category (55, 65, 70). ☺☺☺

This allows us to see if a July bottle was ruined and to cancel the order within minutes. We need a National Unified Eterni Food Inc that ships/stores edible items, eyedrops (eye nutrients), medicines (body nutrition of a unique type) in 3 categories using special vans: max 55°F, max

65°F, max 70°F to ensure minimal powder/pill/fats/polyphenol degradation. This can only be achieved economically if all give up egos and 4 million wasteful companies (4 million HR, accountants, sales, marketing, no need of sales and marketing if 11 companies exist, eliminate 20 million useless jobs) merge into the 1st of The 11 National Unified companies. Until immortalists win, we can only buy heat sensitive items in Jan-Feb for an entire year.

Would you prefer to live to 150 or 4000 and have all foods stored at 55°F (ideal for ω3, oil containing softgels, etc) in proper warehouses by the efficiency of mass scale, or live to 80 and have amazon edibles sit at 100-155°F, killing you, because the small aristocrats need 0.1 million terrible warehouses in every little store where they keep them at 75-105°F, and sit at 140-155°F for 1-2 month during ocean/truck shipping for hrs daily ruining everything? It's a matter of choice, resources are limited, we can only produce that much electricity to 1. cool spaces, useless stores, to sell $1.4 trillion worth of junk or 2. really healthy eterni foods stored shipped at 55°F. Diet can help us live to 4000, if we stop being so selfish. Do we choose life, longevity or just buying junk every day to feel trendy? Is the point of life to buy junk and die at 80 or buy less, higher quality and die at 80 trillion? ☺☺☺☺☺☺☺ Do we need 4 million chariot companies (today's food companies) or one rocket company (1000 times the speed and service), Eterni Food Inc, that produces eterni food helping us live to 4000? Do we want this rotten canned expired toxic food today full of sodium that raises blood pressure, with 2000 preservatives, etc or fresh food made 2 days before arrival, born of a company with 1 million, not 2 PhDs? The aristocrats today sell us death for fast burial, as the only way to justify insane incomes is thru duplicating and wasting national resources: 4 million companies instead of 1 company. They live off as parasites, and hold hostage the entire planet essentially, as none of their companies has a ready made powder made 2 days ago stored, shipped at 55°F, to dissolve in water and get 1000 times better nutrition than the richest man alive today could get from 900 pills, extracts and foods. They sell us stuff 2 years old, that's 365 times older than 2 days, you get what you vote for: Dem and Reps are just more of the same scam. We have go to their Stone Age store or restaurant, drive there, waste time, cook it, etc, when it all could arrive daily, freshly made, personalized to your atomic composition, future DNA, etc. Even if you go there, they can't cook it properly (nitrogen under water), soak it properly, to avoid AGE, ALE formation, everything is trash, poison to kill us 4000 years before our time. The same dynamics is in every industry, see the Eterni Food Inc on how they poison us, like the small contractors also poison everyone in the absence of Immortality Building Inc. No food company stores all oils and fat containing products at 55°F today to prevent oxidation, so the gov can fine them 5 trillion each, because a human life free of injuries from food is worth at least 5 trillion billion each, so funds to create the Eterni Food Inc emerge. Some people want to remain in the stone age, so they want no change, just more of the same barbarism: torture animals, drink blood (0.4% of meat), be merry, die at 80,

like a rat. We can grow up past IQ 80 of sports infantile imbecilism (sports can't give you 4000 year lifespan) and make our supplements inside USA instead of moving balls like cretins, instead of importing them from overseas. We can control quality much better anyway, cut emissions, help the planet, bring trade deficit to zero. The repeated night chill/day heat cycle brings moisture in bottles, helping mold growth, spores grow and when temps drop for days to 100°F, or less, the growth speeds up. Heat means air expands and exits the bottle, chill means air contracts and enters the bottle. Amazon poisons us, theanine from the same company is roasted peanut flavor on amazon, and mild umami taste from Walmart, meaning the roasted one has the pyrazine heat decomposition products. In early July 2026, genocidal Amazon, led by soon to be trillionaire Jeff Bezos the Conman, who has more than a dozen estates (worth 0.7 billion at least), after poisoning 400+ million folks with super heated supplements and deceiving them with pills containing 0-1% of the claimed ingredients, decided to remove the public access to all reviews for products, especially the 1 star reviews, that are a gold mine of info, from people who know the geniune type of that product, how bad it smelled☺☺☺ (if edible, the now invisible 1-2 star reviews, show, for billions of edible products and supplements, the criminality of Amazon, poisoning billions, they sit, go rancid and smell like hell, so this evidence is hidden from the planet, so Amazon can continue its genocide against all nations, but mostly USA, the primary user of Amazon edible products, pills, powders, supplements. Sadly, most online sellers never store their pills, supplements, edibles in the corrrect temps, but Amazon tends to store them in the worst temps together with other few million small criminal aristocrat run companies worldwide, among the vast range of "temps" of the 100 million related businesses worldwide. So it's not like Amazon is alone, you walk into many places, it's so hot, yet those aristocrats store things that go rancid very fast in that heat. This is a global issue of utter corruption☺☺☺.

Nothing to worry folks, fried chicken, from KFC, Popeyes, McDonalds etc are poisoning billions too with AGEs, all as a gift from MAGA, the great Republican Mafia of "Rat IQ" Aristocrats, whose main goal in life is making billions via GENOCIDE. No regulations, so the genocides can keep going on and all die at 80 instead of 125. Same for all other 100 million restaurants, not American, but run by local "cow IQ" folks, selling fried foods and oxidized foods with 2-200 times more AGEs☺☺☺ than properly cooked under water, pressure cooked foods with zero oxygen contact almost. Not picking up on US companies, as the others do the same crap, it's just hypocritical to claim you're the best country, and you export the most lethal junk food available in many towns and call it "kindness in action". Inform people how to be free, prepare food by pressure cooking, don't kill them and make them slaves of the US Corporate mafioso. If you want the globe to adopt our 11 companies and language, we got to become honest and ethical and stop being run by Hooligan Aristocrats, we need to get the Science based We the People Government we (and no nation) never ever had☺☺☺. The vipers from outside, Dutch Giant

Foods, German Aldi, Lidl, etc also sell a lot of junk foods full of AGEs, so how are we going to Declare Independence from Foreign Mafias and Have Safe Foods when these guys, Amazon, EU, etc poison us all and nobody in America knows it? It's pathetic, we need a peaceful, nonviolent, elections based, 1776 2.0. The Walnut section explains the French Mafia activities in USA: take US land, poison the walnuts by dry heat, create lethal compounds and sell bad walnut oil to Americans to poison them, deprive Americans of the good non-oil walnut compounds.☺ Time to fine "La Tourangelle Nut Oil Company" 1 trillion? Aldi 5 trillion Giant Foods 9 trillion? Not just Amazon 900 trillion? Someone needs to bring discipline in this NATO Concentration Camp run by Genocidal Royal/Rich Families. Let We the People run NATO, not the aristocrats, 11 companies for all NATO, 1 language, 1 gov, 3 agencies, one universal pay☺ and zero violent crime forever, by 1776 2.0 immortalist revolution, the start of ethics. ☺☺☺☺☺☺☺

Jeff Bezos is allegedly, per Wikipedia, born of 'Danish' father (alcoholic Jorgensen, a name many Jews had too) and English or Jewish Gise (Ashkenazi last name) mother, Bezos is the Cuban adoptive father last name, his whole game (see his childhood pics) may be to poison Americans for the UK/Israel, the dumber we are, the easier the takeover by MI6/Mossad aristocrats. Jeff Bezos deserves lifetime labor, together with all involved in this criminal high temp storage, transport of edible perishable products and the July 2026 theft of knowledge from the American slaves (Amazon removed ability to see reviews in the past for users who made negative honest reviews, it's like USSR, applaud the dumbest decisions or be dead, he's a KGB Cuban spy probably) who buy edible products from Amazon and live 1-4 years shorter because of it, imagine 2 years times 300 million people, 600 million lifespan years, like killing 20 million people of age 50, 30 years lost, 30 times 20 is 600 million. A Holocaust of 20 million, a return to Feudalism, where almost everyone is serf in reality, and free on paper. If you click reviews, you now can only see mostly 5 star reviews. Pathetic, USSR 2.0, no real feedback, Pure Fraud. You can't see all 1 star reviews that hold all you really need to know about a product before ordering, not even if you scroll, it gives a message "We're showing a limited selection of reviews. To see more reviews, you can send a request." If you send a request, it will take up to 5 business days to unlock your Amazon account and see 1 star reviews again (possibly because Russia, China want to use Amazon reviews data for their military AIs to make the AI stronger, and even to spy, kill, torture dissidents by reading their Amazon reviews and figuring out what they order, so they can ship lethal poisons from China, AI can identify a person by writing style if the person doesn't change it to cloak themselves). It may also be that whoever reads a lot of reviews or makes 1 star reviews is seen as a web crawler and they want to review account to make sure the account is not a Chinese spy. Jeff Bezos is a bandit extorting the American people and poisoning them with super heated worthless toxic supplements, and even arguably stealing all our toil in writing reviews, keeping the info away from us, using American taxpayer infrastructure to get

filthy rich with his Jewish gang, keeping our reviews away from us, so the rich can access them while the poor can't, unethical Jews can just get ratings anyone can fake with paid reviews. Many people will give up and not contact Amazon to see more reviews, remaining clueless forever, you can always bypass their block by creacting a new account. Jeff behaves like the quintessential merchant Jew (a Jew always looks for his God, Money, so did Jeff, creating a new online bookstore, no goal to grant Trillion Year Lifespans to All, just MAKING MONEY) and may be Jewish himself: he treats us as if we're worth 20$, see Talmud, "kill gentiles if they may make you lose a small amount of money". America needs a state owned or nonprofit universal online market, market.gov or eterni.i to replace this criminal Amazon run by Jewish gangs. Jeff also destroys the US youth by promoting alcohol, buying 4000$ bottle of wine, selling alcohol on AmaHellZone, like the Jewish Mafia that made alcohol prohibition fail in the USA. Essentially, everyone worldwide needs to boycott Amazon until they show all reviews again which are the property of the USA not Jeff Bezos, USA, We the People, that provide all infrastructure, Borders and Customs, for Amazon Gang Leaders to make their billions, all Amazon dried foods, etc are rotten, supplements rotten, nuts poisonous, rancid. This reviews policy change makes it impossible to see if the 1 star reviews are superficial "didn't like color or shipping time", if there is a common complaint "it's yellow, supposed to be white, horrible smell, etc" and if you need to avoid a product before you even buy it.☺☺☺ Jeff Bezos and Amazon leadership need to be fined 900 trillion, we need to launch a Class Action Lawsuit to Force Amazon to Either: Store/Ship Pills and Foods at correct temp by creating a USPS like Federal company called Eterni, below 78°F and provide some $ back to those who bought supplements based on amount spent, or pay 900 trillion and allow all reviews to be seen by all, meaning the state takes over Amazon renaming it Eterni.com, to create true ethics. This is the most criminal action by a genocidal Amazon Leadership Gang, stealing trillions from US taxpayers (Jeff Bezos paid 2% in taxes one year, many pay 15%), giving themselves astronomical wealth, at the expense of the people they kill by lethal supplements reaching 120-155°F in US trucks and over the ocean.☺☺☺ Without the 1, 2 star reviews, you can't know what is going on, since any bandit can pay people to make fradulent 5 star reviews. Essentially, Amazon tries to hide the billions of reviews that would enable 350 million Americans to sue Amazon and all aristocratic gangsters who have been poisoning us. See why we need centralized reviews.gov and no company should control the reviews for any product allowed in USA by US customs or FDA. With the Republican Gangsters at the helm, the aristocrats can sell all poison they want, and nobody will know, nothing is tested, no regulations, selling billions of bottles that have 0-20% of listed ingredients, plus heat toxins, etc. All Amazon managers deserve lifetime labor in California picking up produce, not just a fine. They never check any claim, billions of products don't match the description, etc either. Total fraud.☺☺☺

For most supplements, ordering all for 1 year in late January (or coldest month in your climate)

is the best strategy to avoid 50-100% degradation. Any reputable brand of good manufacturing has its supplements available on Walmart too. Buying from small unknown companies is very risky as they may be full of toxins and zero active ingredients. Buy vitamins/medicines/ω3 @ 74°F iHerb warehouse (95°F Amazon, up to 155°F in trucks) if you live near their warehouse and free ship is 1 day or subscribe to 49$/yr Walmart+ free 1 day ship, not Amazon prime $180/yr. Walmart offers at home pickup returns, just use original box and print a return label, no need to travel anywhere, 30 day for supplements/foods, 90 day for objects (3 times longer than Amazon). Walmart store (not warehouse) pill storage is 74°F, Walmart+ ships 2x faster than Amazon for many items. Walmart allows returns of supplements, powders (that stink of chemicals, mold or don't work for you), while Amazon doesn't. Walmart rules. Maqui powder ships in 1 day at Walmart, 5 day Amazon prime to mainland. iHerb free shipping takes 18 days to Hawaii vs 4 with Walmart. iHerb = longest free shipping, so Walmart storage/ship temps are the best. The Amazon subscribe discount isn't worth the $90 million in damage to the body from oxidized nutrients + rancid ω3 oils that raise hs-CRP 10x, killing 20 years early by infarct. For mainland-Hawaii, Walmart uses FedEx Air for vitamins (75°F max), Amazon uses ships (144°F max). Amazon = death. Amazon uses dry vans (125°F max) to ship from manufacturer to warehouse, Walmart uses Air for big distance (75°F max). Amazon restock time (sit on pellets, transport) for LA-Miami is is 21 days max, vs 7 days for Walmart. Walmart trucks 95°F max, Amazon 120°F due to pellet waiting, for 300-1200 miles. Keep all snacks, vitamins, foods in the fridge. Buy pure (0 extra ingredients), to avoid toxic unlisted ingredients that could send you to the emergency room (berberin derivatives that prevent liver detox enzymes from working, causing toxic buildup, liver damage, etc). Amazon trucks delivery from manufacturer to all cities, can sit waiting to be processed and travel in hot weather, so temps rise to 155°F sometimes for 30 min and stay at 140°F for hours, point at which all vitamin B_1 and B_9, key for survival and for helping B_{12} lower Hcy, go to 10-20% of original value (B_{12} to 50%) the longer the transport takes (3 weeks at times). Even a 50-70% drop in B content, polyphenols in July temps for long distances (3 weeks is standard for Amazon), like Nevada Bulk Supplements to their Nashville, TN warehouse, then days to NYC, or California manufacturer to Boston or Florida, can cause infarct due to the arterial oxidative stress from oxidized polyphenols. We see this in many Amazon pics, the same vitamin in some pics or when you get it is beige, and red in other pics (yours at home too, becomes red over months of air exposure in a bottle, proving Amazon ships lethal junk) in other customer 1 star reviews, as polyphenols, etc polymerize, they get dark in color. A 80% loss is common with ALA white powder which becomes a yellow solid polymer as Amazon 1 star reviews pictures clearly show: since at 144°F ALA becomes yellow chunks. 80% loss can happen with vitamin C, many powder polyphenols in tea/grape seed extract, any plant extract out there bought in the billions/yr. Likewise, all walnuts from Amazon are rotten, lethal, criminal, but genocidal Amazon managers steal billions for palaces while killing 150 millions of Americans 4-6

years early by toxic supplements stored at high temps, moved by trucks that sometimes reach up to 145°F for hours daily. This becomes 600-900 million lifespan years lost so far, or equivalent of killing 15-22.5 million people aged 40, to remove 40 years out of each, bigger than the 1940s Holocaust, done by those sometimes Jewish managers. Melatonin, PQQ, CoQ10, TQ, NAC, spermidine, creatine (becomes useless creatinine, hence many report zero effect from 'a brand'), etc can lose 15-30% if 20 days of 4 hours/day 140°F exposure, plus 1 hr at 155 daily, which is possible for summer ocean transport or So Cal to NYC or Florida☺☺☺. Taurine, glycine, proline, choline, citrulline, theanine, β-alanine, acetylcarnitine, berberine, choline, iodine (kelp), selenium, many amino acid mineral chelates (glycinate) are not affected, though glutamine becomes pyroglutamic acid. However, these amino acid powders all have impurities of 0.5-2% with some chemicals that aren't heat stable, becoming deadlier with prolonged heat exposure. Nattokinase becomes inert after 1 hr at 150°F and some even claim at 140°F it will degrade fast in hours, bromelain takes a little longer, same for other enzymes, so millions who take inert nattokinase will damage their bodies with clots or some will even die from a preventable cause: huge salaries for Amazon aristocracy. The luckier ones will have heart attacks and strokes that shorten lifespan by 5-10 years, imagine so many useless 911 calls, harassing cops etc because the US cops at FBI can't bring correct temps for pills. Pathetic. What is FBI for then? That's national security. Serrapeptase vanishes after 15 min at 131°F and FedEx, UPS, etc trucks can reach 152°F even on 100°F days. Wait till weather is 85F or lower to order heat sensitive items, as FedEx, UPS, Amazon, USPS trucks can reach 152°F in 100°F outside weather, vs only 105° in 85° weather. Many plant extracts turn from dark purple to white or light pink, like Christmas garlands turn silver from any color in UV light, since cheap plastic bags allow UV and air to oxidize it and you see that in 100s of products, like maqui powder, the number one plant extract for dry eyes that is available at Walmart too as stinky powder smelling like asphalt, benzene, hexane – so definitely avoid Bulk Supplements for maqui, try freeze dried Food to Live brand, cheapest safe brand/lb. Bulk keeps their supplements in Nashville facility and ships them slowly.

Since Bulk Supplements Nevada etc ship in ziploc plastic bags, like 100s of other softgel, capsule or powder Amazon/Walmart sellers, oxygen diffuses thru the plastic and oxidizes, all digestive enzymes and probiotics are 100% dead at 110°F (super common in summer), so never buy that from Amazon, ask manufacturer how it is shipped to warehouses and what is storage temp there. Sadly, 50,000 active ingredients lose 20-99% of potency, creating in the pills highly toxic compounds that compete with real forms for absorption at times, destroying the body and transport/absorption molecules/proteins, and increase Hcy, hs-CRP and oxidative stress, leading to dementia, cancer, stroke, infarct. Holocausts by aristocrats or Jews are never discussed in USA. Nobody dares to take Amazon top leadership to court, as they co-run USA. Likewise, criminal small aristocrats keep their stocks in highly warm warehouses at times, shipping items

from China or overseas on ocean liners where the metallic container will reach 120-155°F, creating millions of tons of lethal compounds making sick millions of Americans. These "new vampire class naturalized citizen businesses" import products that kill Americans, we call this TRADE… to commit national suicide: see the astaxanthin bottles from China with 0% product (80% loss of carotenoids is common in the 3 week journey, on these ziploc bag brands from China, their journey is 3 weeks on US mainland, to West US it's another 1-3 months). The "made in USA from globally sourced ingredients" SCAM means these thieves never check any overseas storage temps or potency of every lot once the crates enter US warehouse after 3 months of journeys from China factory to US, by that time nothing is left 0-9% of healthy polyphenols, carotenoids, etc, plus 90% of oxidized lethal forms…, that DAMAGE OUR ARTERIES. Hybrid War against USA. We acquire debt while killing ourselves. On Amazon 1 star reviews pages, we see about 50,000 reviews with pictures of softgels that are fused together and/or spilled into the bottle, even from "reputable" NOW Foods, and this is normal and happening at even trucks reaching 110°F, which is super easy as you ship NOW Foods from Chicago to the US 9 months of a warmer year. This requires 40 trillion fines for NOW Foods, Amazon, Walmart and all related companies who're guilty of complicity to genocide. This money will be used to create world's first ethical supplement company, called Eterni Food Inc, that will list on its website, the source of each "globally sourced ingredient", the location of the manufacturing plant, so everyone knows how long it's been on the road by the estimated ship time, since Eterni Food Inc uses its own refrigerated cooled trucks to ship everything, independent of USPS, UPS, FedEx, DHL. This ensures maximum biosecurity and food quality. No more carfentanyl in imports.☺☺☺ No company will have the right to produce any vitamin eventually, unless they can ship it the right way and since only Eterni Food Inc has the mass scale advantage and can meet the INA, Immortality *Nurturing* Agency, requirements economically and still make a profit after fines, all cannibal companies of today will shut down their "profits by genocide" advanced Ivy league terrorist schemes. Then, we will all sing, terror by businessmen is no longer all pervading in USA.

For the defense of the motherland, Eterni Food Inc becomes the only global company certified by the Immortality *Nurturing* Agency to ship supplements within and towards USA, as it tests each lot upon import or exit from US manufacturer, with 1000 tests, and ships it from any foreign factory to each US house with 30-80° cooler EVs than all these genocidal Walmart, iHerb, Amazon and other Nobility Kills Humanity "companies of death and genocide". As reforms deepen, all food that degrades 1% via transport will be moved to Eterni Food Inc☺☺☺ Testing, labeling, shipping, since small manufacturers of vitamins and food lack the logistics for proper manufacturing, storage, transport, meaning over time all food/vitamin companies will merge into Eterni Food Inc to grant all 4000 year lives via the universal immortality 11 companies system of trillion year lifespan civilization building. USA will no longer be the dumping ground of

poisons by foreign exporters who amass trillions in trade surplus via genocide. Eterni Food Inc is the basis of powder foods of the future that will enable us to reach 4000 year lifespans first, before we develop 50,000 or 1 billion year lifespan tech. Right now, every bandit becomes a CEO killing people with oxidized products, we got a million of these parasitic leeches, many of them MDs who can't even write a mathematically correct label. Every supplement will have the INA label, meaning shipped, stored and tested, approved or rejected for sale in USA by INA, the Immortality *Nurturing* Agency. Right now, MDs and any fool with a pill making machine, garage, unhappy with making 20-90 times the min fed wage by screwing people, open these lines of pills to double or quintuple their astronomical salary by poorly shipped, stored products that fail to meet immortalist standards which, since we lower violent crime 1 trillion fold, will mean 1 trillion times higher ingredient purity and less oxidation, to protect brains from violent states given by MDs who subcontract products to fraudulent companies creating contaminants from heat/light oxidation. Today, the definition of banditry is 1 trillion times more lenient, as violent crime is 1 trillion times higher. But today's average MD is a bandit of the future, as future ethics is 1 trillion times higher. Every bandit becomes MD to make tons of money. If we implement the universal pay, we eliminate greedy thieves from the medical field. A dime a dozen. Aldehydes from rancid flax, chia, ω3 carrier oil wreck every cell: malondialdehyde (MDA), 4-hydroxy hexenal (4-HHE), other cytotoxic α,β-unsaturated aldehydes causing oxidative stress. The urine test measuring MDA sees how sick a person is: this test gives insanely high (toxic) results for users of highly lethal Chinese flax oil as carrier pills. Once ingested the electrophilic aldehydes rapidly bind to the gut lining proteins/DNA and carbs we eat, generating free radicals, AGEs, toxins, leaky gut, damaged blood brain barrier, dementia, cancer, organ damage. Then, we end up living 20 years shorter. Now we know why everyone fails to reach 100 today, except 1 in 3000. Corruption. All probiotics kept in a truck at 120°F for 20 hours, common for Amazon 9 months of the year, go to 0%. Same for many digestive enzymes at 130°F for 10-100 minutes, which is easy in a 3-21 typical journey by Amazon truck from one state to another. Go figure why Amazon probiotics don't work and why your endothelial markers are so high: virtually all Amazon food is poison and Amazon needs be forbidden from selling any food or supplements. All Jeff Bezos & top shareholders, managers etc mansions need be sold to the Immortality *Nurturing* Agency to pay the 80 trillion Amazon fine for genocide of 10 million, so we test every product before we accept the box, every pallet tested at US ports and we build research labs in all the mansions to create the best powders to make US reach 150 average lifespan first. Jeff = bandit. Amazon removed the 1 star reviews reading ability for many people as google search shows, so people don't know the issues with a product. FBI needs to save the 1 star reviews and charge Amazon managers 900 trillion for trying to hide fraud. Amazon is trying to protect the aristocrats poisoning the masses. For me this inability happened right after I added this to the book, showing Amazon mafia controls USA, it's the Aristocrats' Gang. The Florida, etc Mansions Mafia

doesn't want people to know the product quality, easier to kill the poor. The lawyers would make 1 trillion suing Amazon based on their 1 star reviews, plus all the frauds selling poison on Amazon. All APIs and drugs will be made in US, 2000 times better quality than imports. We the People, thank God Almighty, Free at Last, no more Trade to Enslave/Genocide us all so fast. The big grocery/restaurant poison selling chains are next to be dissolved…, in the transition time, we can use pressure cookers to oxidize much less, after soaking legumes. ☺☺☺

12.4.7. Avoid artificial food/pill colors & toxic cosmetic ingredients

12.4.7.1. Intro: toxic synthetic food colors
12.4.7.2. Life extending food colors
12.4.7.3. Healthy cosmetics made at home
12.4.7.4. Toxins in cosmetics

12.4.7.1. Introduction: Artificial toxic food colors that ought to be banned:

Many cosmetics, foods, vitamins have toxic TiO_2 (most used pigment) and artificial colors called "lakes" which are aluminum (Al), sometimes barium or calcium, salts of the dyes. This includes Centrum, Walmart Equate, RiteAid, and many other brands; others have kidney damaging ZnO or kidney destroying cyano B12, I only found one multivitamin with preformed A (that vegans don't get from diet, palmitate form, the best), 120 µg chromium, 1 mg Cu (good for those taking more zinc for eyes like AREDs vitamins), 150 µg iodine as KI (not kelp with arsenic and half of kelp bioavailability, not 50-120 µg) since *vegan* diet is iodine deficient usually, little calcium [20 mg vs 200 mg others, since Ca in supplement form can give heart attacks, *via heart calcification, plaque is made of hydroxyapatite* $Ca_5(PO_4)_3(OH)$], little magnesium (15 mg vs 100 mg others, 40 mg Deva, we *vegans* get tons of natural healthier Mg from foods, double the omnivore myself), that is free of colors, toxic forms of nutrient delivery, stearic acid or Mg stearate that block absorption, like Micro Ingredients multivitamin and B complex (1 capsule each to prevent B_9 above UL intake, 0 inactive ingredients, healthiest B forms). In the EU some colors are banned, even in their dye form, not the Al lake salt form. Al Lake food coloring, used to heavily coat liquid medicines for children, contains high levels of Al and harmful synthetic petrochemicals in trace amounts that were used in the synthesis process but are "impurities left over". Given that kids up to 12 may ingest 1-4 pounds of such dyes or their Al lakes, the amount of Al ingested can be truly SHOCKING and enough to cause autism, and all kinds of diseases. Al poisoning can lead to memory impairments, autism, epilepsy, mental retardation, and dementia. USA approves in general only 7 artificial colors. ☺☺☺ For the FDA website on dyes see fda.gov...26.htm. Cosmetics, cough drops, often use CI ##### for some of these:

• Blue # 1: Research shows it causes kidney tumors in mice. The FDA website says "The Food and Drug Administration (FDA) would like you to be aware of several reports of toxicity, including ►►...► death◄...◄◄, temporally associated with the use of FD&C Blue No. 1"

• Blue # 2: Has higher than blue 1 incidence of tumors, specifically gliomas in male rats (a type of tumor that starts in the brain or spine).

• Red # 2: Toxic to mice, even at low levels; causes tumors of the bladder. Legal in EU, not US.

• Red #3: FDA recognized it in 1990 as a cause of thyroid cancer in animals based on TAP 1990;103(3):549-56 and other studies and this led to a partial ban. It was banned in cosmetics, but still allowed in food and medicine as the link above explains. Legal in US (there is a partial ban, so Red 40 is mostly used now), but illegal in EU. See the Red 3 video. FDA banned Red 3 totally in 2025, as it is obtained from petroleum (traces of contaminants), and toxic.

• Red #40: Most popular *dye* of all, helping you *die* sooner perhaps. Debilitates the immune-system in mice. Allergic reactions common.

• Green #3: Causes bladder and testes tumors.☺☺☺

• Yellow #5: Affects behavior and induces severe hypersensitivity reactions.☺☺☺

• Yellow #6: Causes adrenal tumors in animals.☺☺☺

Many people want the toxic artificial colors banned ► cbsnews...dyes. In 2018, the FDA banned 6 carcinogenic flavors that it approved in 1964, see pg 20 of PDF, while the FDA chief approved aspartame even after studies showed it could cause cancer and FDA staff wanted it banned, as the FDA chief left FDA to make 1000$/day as a consultant for a company making aspartame, showing how fast FDA can approve lethal compounds (benzophenone, ethyl acrylate, methyl eugenol, myrcene, pulegone, pyridine) without any serious studies. Ignoring the science his subordinates said justifies a ban, the political Republican appointed chief Hayes (Republican chiefs of FDA, EPA always favor Big Business over the science and the public interest of clean water, air, etc) has set himself up in 1982 with a salary equivalent to $1.2 million in 2026 as a consultant for Big Aspartame. He died of blood cancer, the very cancer he gave millions with his many fraudulent decisions Wikipedia mentions. God didn't save the Catholic fraud, killing him at 78. He was one of many doing the same. God also killed Kennedy at age 46, another Catholic who proposed to destroy US manufacturing and middle class in 1963, by lowering tax rate for billionaires from 94% to 65%, starting a process of 60 years in which US industry was sent to China, etc, workers pay rose 10%, while CEO pay 2000% and Catholic pedophile priests came in. His plan was simple: bring in 50 million Latino Catholics to "make US Catholic again". JFK proposal led to the destruction of the US family, as nobody afforded kids and violent crime rose 7 fold. As a result, lacking workers for the ultra redundant genocidal aristocrat run system of 33 million companies, they imported 50 million Catholic spies working hard to ban English and split USA into two. JFK thus totally destroyed USA, with lots of help from Reagan, another one God

tried to kill, who took the 65% tax rate and made it much lower 35% for the final destruction of the US. Much of FDA and most Republican FDA chiefs are industry ass kissers who favor profits over life, as the Constitution was done by men of 1776. Worm IQ folks forget we don't study physics from 1776 books, so likewise, we can't use 1776 Constitution to run US 250 years later: we need a New Constitution, a New Anthem & Scripture of 2030, not 700 BC. Who cares about perfect (flavor, vitamin, cosmetic) color if we die? We can use natural food colors as explained in the future food colors and components section. Pharma companies don't do $50 billion studies for evaluating the safety of various excipients, texture givers, pills disintegrants, taste and color givers, since it would bankrupt them to evaluate how these compounds would behave regarding 100s of conditions and 100s of essential nutrients in certain conditions of low absorption.

Chemistry is complex inside the body, since one inactive ingredient from a company can bind (when one eats 40 mg of polyphenol # 5047 (8000 of them in plants) or inactive ingredient #8 in pill # 3 or even without it) and render useless active ingredients of a pill from another Pharma company or life saving polyphenols and nutrients from foods, leading to a shorter lifespan. Thus, when in doubt, it may be safer to minimize pills with many "frivolous" ingredients, put there by Pharma to help people who find it *too difficult to* "pull the ends of a plant fiber capsule, discard cellulose capsule and put powder in water/juice or a smoothie" and people, who (victims of an anti-longevity culture of "taste and texture, food appearance and color is everything, living to 150 less important") have to have something *very sweet, with a specific color, ultra flavorful and amazing*, as if life is all about taste buds not living to 250 to experience the bliss of meditation, a million times happier than tasty food eating, for centuries not 80 years. *Pharma does that because doctors tell them patients are not compliant with pill taking if not tasting like candy, so what can they do?* Hey, we can live to 500 in bliss if we take eterni foods and medicines,☺☺☺ there is no need to have such tasty pills. Eterni Foods can have in these powders we use to make stuff at home with water most vitamins we need, prepackages in every "ready made meal, since AI calculated our vitamin needs based on our weight, age, conditions"; a little pill chewing with some food or water helps create neurons per some hypotheses (IJMS 2015;12(6):502-9), no need to swallow it and have all these excipients that help it disintegrate in a certain way, etc; people can place all pills (semi-broken if very hard) in the coffee grinder with a little sugar and the daily flaxseeds or chia seeds and other herb spices can improve bioavailability a lot, if this powder is added to a smoothie or soft fruit or vegan milk drunk right away. For example vitamin B_{12} section has a long discussion about USP and 2 vitamin brands: Costco with 9 inactive ingredients and Nutricost with rice flour only. The question (that science can't answer now) is whether the stuff in rice flour is more or less life shortening than the 9 ingredients in Costco pill (especially crospovidone). However, we have been eating rice for eons and our genomes have adapted over eons, but some compounds are new to our genomes, only a few decades, and adaptation often

takes centuries, not days. Some people take 5-30 pills, so then the interaction of these pills, their inactive/active ingredients, has never been evaluated in a safety study (same for vaccines at times, *58 shots in a short period, can lead for some genomes to* wrecked immune system). One may take a pill that inactivates the good food or pill, so net effect is one may live shorter with 20 pills than without any. The dry eyes section explains just how mindlessly we go to an aisle, with 100% trust in these Pharma companies, and buy stuff thinking ingredients are harmless for our eyes or bodies. If companies would be required to do proper safety studies for all their ingredients, they would go bankrupt immediately, and release only 1% or less of the new☺☺☺ "frivolous inactive" ingredients, fillers, binders, disintegrants, colors, taste-texture chemicals. Recall natural poisons in natural foods, and how much longer we would live with eterni foods that eliminate the junk in natural foods and our "Wild West" man made foods/ medicines.

Povidone in vitamin or other pills caused anaphylactic shock in people, like PEG and other ingredients did. Rice flour did not. While in 1 billion years, when we live on cosmic energy and new matter, we adapt finally to taking "cyanide", some less lethal compounds may take our genomes millennia (not 1 billion) before we adapt to them without them shortening lifespan by 1 year or 2 months. Incidentally, for the last million years or so, bee larvae did not adapt to lower food intake (can't build big body of queen) and p-coumaric acid and phenolic acids in bee pollen that shorten their lifespan 40 times. New compounds are not just new and possibly detrimental (although some may increase lifespan unbeknown to us), they take a lot of body resources to become "adapted to it", which may shorten lifespan that way, as body repair is delayed, due to nutrient shortage and chemical stress in dealing with the changes this new chemical introduces, changes that are not necessarily bad, but having a postponing effect as with changing residence all the time. Think about it this way, to understand me better, if you keep changing your residence every 3 weeks, you introduce new changes in your schedule that cause you to postpone projects, you delay a lot of "body repair equivalent" tasks, to adapt to a new environment, so how much work can you get done in life? That's how much body repair gets done when the body is overflowed for first time in millions of years with 70 vaccines and 900 ingredients that simply end up killing many people 5 to 80 years early. That's why the transition to eterni foods will be gradual *(it already started, protein powder companies, powder meal and many food companies are the first steps towards that)*, i.e. first we take compounds totally identical to what we eat now (made in new ways, not plants), minus the known food toxins and make very similar formulas, optimized to get all known best nutrients from a variety of fruits-veggies-etc that we can't get now, as it's too much time to mix 500 foods for most people (even if some do it). Protein powders are a far cry from eterni foods, as they take the plant, remove good fiber, treat it chemically in ways that increase AGEs and protein oxidation and then sell it as "health food". Eterni means doing better than nature, making identical

proteins, fibers to what is in plants initially, not changing the plant protein making more toxic via glycation and cross linkage. If many new compounds shorten lifespan synergistically, or cumulatively, each 1 month, we end up with a slower lifespan increase, fact seen worldwide last 50 years where *lifespan increase is becoming more negligible with each year*. ☺☺☺

The safety studies cost $50-400 billion only because of our anti-science culture, where we have millions of restaurants and liquor stores (many foods have 100 times the antioxidants in wine), and 0 science of 500 year lifespans foods research centers. Why is it so expensive to do these safety studies? Perhaps because the citizen science, the infrastructure of an eterni food culture is not there, the 1 million eterni food labs in the country are not there. Imagine if people would value education and science, work with all for "safer ingredients"; instead of going to the gym to exercise 20 minutes, they would exercise at home (meal making and a few pushups, altruistic activity, stretching, chores, gardening), making a food table (see a pic, or use the free web version of Microsoft Excel, 50$ for 2021 Office, free Google Sheets or the much better (than Google) free LibreOffice to view my food table; save as Excel, .ods (like NIH ODS or DOS), Google Sheets, create yours from mine, after changing food columns, etc) entered smoothie that is much healthier, walk to the store to buy ingredients, cut down on gasoline emissions, and help create 100 million participants nutritional studies (or all enter their intake in an Excel format the university or ☺☺☺ Immortality Nurturing Agency☺☺☺ makes, format used for 1 billion nutrition studies) and free millions of fellow citizens from ultra boring McDonald's like jobs, since people spend a few minutes at home to cook way healthier water cooked (no deadly dry heat) foods using pressure cookers (press a button, 1 seconds versus 10 minutes waiting in drive thru and not exercising, allowing belly fat to shorten lifespan) for low AGEs. Then we get nutrient intake that is far more precise and provides better data, for gigantic nutrition studies that cost 1 million times less once the websites and infrastructure of entering is setup. Many people have no clue what they're eating, very random and unscientific. It took a degree in STEM to learn about entropy and they eat in the most "random and maximize entropy" way; is this how they lead the world towards Knowledge? Some pro-innovation people who want 500 new therapies, ingredients yearly, forget that their choices lead to a huge waste of resources and the most anti-innovation environment possible: endless gyms, gigantic dining/living rooms (that huge living room could be made smaller so each kids has his own room or an eterni sciences lab exists in every house) and kitchens sitting empty and unused, restaurants sitting idle much of the time, or making Paleolithic foods, useless liquor stores and no materials left to build the 1 million eterni food and medicines labs throughout the country; if the eterni foods win, we can get 500 ingredients a year released, but with 900 times more safety studies done and perhaps 300 times less lifespan shortening/ingredient, and in 99% of cases lifespan lengthening ingredient. Eterni Foods means every medicine and vitamin pill is 900,000 times more exact too,

as atom tracing and attograms are the norm. USP, the strongest vitamin certification, only guarantees that heavy metals are < 10 ppm, other toxins under certain levels, but if something is right at the border, it could cause more oxidative stress in a person that the oxidative stress the vitamins prevent, especially if the contaminant is already at the limit of "getting very toxic is more is ingested". This makes vitamin studies very hard, since inactive ingredients and/or their impurities can cause so much chemical stress in some people's systems, that they cancel out the benefits of taking that pill formulation or create new diseases. That's why Eterni Foods are ideal, since The Food Company includes vitamins in foods; if we do get a vitamin powder, we mix it with the eterni powder that we make our thick shake from, so we no longer need "inactive ingredients"; plus all is ng/g weight accessible via barcode, all toxins, heavy metals. ☺☺☺

12.4.7.2. Natural healthy life extending food colors, fibers, proteins, carbs, etc

In 2014 FDA approved Linablue or phycocyanin for a huge variety of food products; it's a natural spirulina extract blue color, that is non-toxic and noncarcinogenic, having health benefits, such as neuroprotection against oxidative stress (SR 2015;5:14418) and others (EBCAM 2016: 7803846 ► antiinflammation, antioxidation, anticancer, immunity boost, hepatorenal protection). In many studies it was shown that more polyphenols extend life. Most restaurant foods sold (except purple kale/blueberry smoothies) are deficient in polyphenols. ☺☺☺ Eterni Food Inc can be tasked with non-agriculture methods of food production based on future techs which will make agriculture (and Big Ag companies) a total waste of time, land, water and energy, just as solar did to coal. If we focused to get to the moon, and we did it. Likewise, if we create Immortalist Centralized Education of 1 million research labs and bring world best computational, organic synthesis (they got new devices that can try 1000 reactions), biochemical synthesis chemists we will figure out ways to mass produce with 9000 times less land, water, energy the same amount of beautiful colorful polyphenols (using these as food colors lengthen lifespan, not shorten it) we get from having 100 g of purple cabbage eaten with every vegan burger. Red or purple cabbage which has 2,831 times more anthocyanin polyphenols than green, but cabbage has goitrogenic chemicals, so eating cabbage daily is not easy for all, as most cabbage grown is green now. We can bring the best physicists, nuclear chemists and engineers to develop in the next 50 years far better analytical methods and later discover room temperature element transmutation for molecular assembler living room printing of molecules of food as directed by the supercomputer for every person based on daily photo of their 7 quadrillion trillion atoms and molecules, based on what we need in mg to eat next day for living to 5,000 years old. We outrun nature at 17,000 mph with ISS, 1,000 times faster than we can run as humans, we can outdo nature 1,000 fold at producing these beautiful colorful polyphenols and include the 500 mg polyphenols in 100 g of purple cabbage, or blueberries in a *vegan* eterni powder that you dissolve in water. It takes *4 months to grow a ton of purple cabbage* to produce 3,000 g of these

polyphenols, when with 1,000 times less land, water, energy, but advanced tech, *we can do it in 1 hour*. We can also later (when physics, nuclear chemistry advance) discover using molecular human simulations new colors, fibers, carbs, fats, proteins that give us all 4000 year lifespan and are even better than the natural polyphenols on this little planet in the infancy of our species. In the short term we can produce in chemical ways the best natural fibers, proteins we know for maximum lifespan, without heavy metals, antibiotics, pesticides, PCBs in it, and include these in the eterni foods, etc to give all another 80 years of healthy life in the short term (next 50 years).

12.4.7.3. How to make cosmetics at home for a lower toxin load:

It's best to buy *vegan* label products (even RiteAid has a lot of Vegan label cosmetic products), as those are quite often the healthiest with the least or 0 toxic chemicals and have the least Al containing brands (they often have "Al free" label) and they often cost about the same, even cheaper if you buy the bigger size containers. Vegan products are more into the health food category, easily found at the health food stores (sometimes at RiteAid too) like Sprouts in Los Angeles. This supports a nonviolent compassionate world, where *vegan* label is on most products, and you often pay same exact price for *vegan* products healthier than stuff at Walmart, Ralph, Target. It's good to remember that Al containing compounds or ingredients may not have the world Al in them. Red 5 Lake could be an Al salt of the red 5. Most personal care products, hand/face creams, shampoo, soaps have many toxic chemicals that are absent only in 0.1% of products or none, so in such a case, to avoid dry eyes from preservatives and amino alkyl salts, etc and endless cancer, Alzheimer, diabetes, oxidative stress risks, you can simply use edible oils to moisturize your skin, such as canola or something free of those lethal compounds that are absorbed by the skin and damage your blood and every organ via the blood.

Home made Shampoo, Sunscreen, Deodorant, Soap, Body/face/shave cream, makeup, Hair Dye:

1. **DEODORANT ►** 2 min video explains recipes, some use corn starch/coconut oil (solid). For Walmart price, you can buy something healthier, *vegan* labeled from the health food store. You can buy essential oil for fragrance, and add the 15 ingredients at # 3, face cream. You can make a deodorant that functions as both cream for face, body, eyes (no sulfur/salicylic), scalp.

2. **SHAMPOO/HAND dispenser Soap/Body Soap 3 in 1 ►** Buy the $ store Shugar vegan soap (5 oz 1$ or 1.25$, the cheapest least toxic *vegan* soap in USA, no toxic colors added, no extra toxic ingredients, except sodium etidronate which is added to prevent foam formation during soap making at the expense of public health, may irritate eyes slightly in some people, though keep in mind our eyes use phosphate as buffer in the eyes and this is simply $Na_4(PO_3)_2C(OH)CH_3$, *so any irritation may be from the alcohol group, which like* alcohol pads *around closed eyelids, would sting if you open eyes too soon; however the concentration of this is so small in a soap that you*

would not feel, but it still may disturb ocular tear homeostasis) at $ tree stores. However, Shugar has only 1 bad chemical, etidronate, and this is with the lowest irritation and other concerns at the EWG website on toxicity, compared to 2 to 10 chemicals of much more deadly nature for most soaps. A bad soap could make eyes dry or red, irritated, etc. Same for shampoo, etc. You can buy the twice as expensive per gram castille vegan soap, kirkssoap.com, 3 bars of 4oz for 4.7$ at Publix, so 340g/4.74$ Kirk has no fragrance, has *vegan* glycerin per company email (derived from coconut, meaning it is free animal viruses and animal protein residue allergens). Kirk got the least ingredients of any soap I ever bought, so for those with allergies to fragrance, it may be better. The US labeling laws are lax, so they don't require them to state what fragrance they use to see its allergic potential or toxicity. Likewise, on many soaps, it says "color", which is fraud. Once again, this is "profits first, health last" mentality. The *vegan* Shugar Works is the ONLY 1$ brand in all states (Kirk is only in a few Eastern states or online) with least toxic stuff, *all non-vegan soaps indirectly support the cruel animal factory farms and are contaninated with various microbes, allergens that are resistant to soap)*. If you want liquid soap, you can dissolve Shugar in water and add 5 tbs vegan glycerin; mix in food processor (or a container, if you grate the solid soap) until a liquid that will solidify slightly once cool if you added too little water or glycerin. You can buy from $ store a shampoo with no carcinogenic colors or toxic stuff, and add or use (no store stuff) the 15 ingredients in the face cream below (except sulfur/salycilic/too much oil). Add peppermint, rosemary or pumpkin oil to shampoo to promote hair regrowth:

3. FACE Serum & BODY CREAM ► 3 min video about *vegan* Homemade Face and Body Cream ► 2 tbsp cosmetic aloe vera gel, 1 tsp sesame oil, 1 tsp almond oil, 3 drops lavender essential oil, 3 drops cedarwood essential oil. Be careful with lavender, as it may cause allergies and is toxic to skin cells in vitro. See Amazon links to buy powders of these 15: vitamin $B_{2,3,5,7}$, A, D_3, C, E, K, CoQ10, *salicylic (if* acne*)*, some oil that is high in linoleic acid LA (canola, etc) and α-linolenic acid ALA, zinc picolinate, *sulfur (if* acne), hyaluronic acid, since acne and facial creams brands contain 1-8 of these 15. You can add essential oils, glycerin oil, purified water, vegetable oil, etc to give it the right consistence. With these 15, you'll create something more nutritious than anything out there. You can buy organic *vegan* cream $8/0.95L. Vitamin A 0.1% retinol or retinyl (far less active) ester, E 0.1% are popular safe concentrations for creams.☺☺☺

4. SHAVING CREAM ► Some like aloe vera gel for shaving cream, soap, shampoo, face/body cream. Any face cream, like the 15 ingredients one above, can be used as shaving cream, providing much needed vitamin mix for the skin, removing need of wasting more time to wash stuff off face due to toxic shave cream ingredients. Any shampoo and cosmetic product could be edible, imagine if this would be the global policy. If it's not edible, it's TOXIC. Anything on the skin goes into blood stream eventually to some degree, therefore it is ideal that it is EDIBLE.

Most cosmetic products contain ingredients we would never want in our bloodstream or mouth. Avoid ones with parabens, propylene glycol, etc if possible due to birth defects, etc.

5. MAKEUP ► *vegan*; sleeping well and using 15 ingredient (minus sulfur/salicylic) face cream above often for decades, removes need for makeup, as skin is radiant. Wear smiles and tones, colorful clothes that inspire immortality, eye health, are way more important than makeup. Moisture retaining masks (night) hydrate the eye with 700 chemicals in tears, and there is no need of any eye cream. Makeup is vanity, see Eternal Beauty section. Proper nutrition keeps you young for 4000 years, without need of makeup.☺☺☺ Invest in your Beautiful IQ.☺☺☺ You, the genius citizen scientist, can help bring eterni cosmetics born of 4000 year lifespan nutrition, which, like eterni foods that help us live to 9000 later, without even needing any cream. ☺☺☺

6. HAIR DYE ► many spend $1 ($ store, 5 min, minimal absorption) or 8$ each time. Yet $.5 buys 1 lb/450g of purple cabbage; make a smoothie or juice (or squeeze the "smoothie" to get the juice), poor the juice in a mix of vegan yogurt and apply thick paste to hair (don't spill into eyes), or add it to a spoon of shampoo before you shampoo, to nourish hair follicles; this way the light won't decompose the antioxidants if it sits in the shampoo bottle. $ store got $1 blackberries, make a puree with something thick, apply thick paste to hair 1-2 hrs: brown hair remains brown, only silver-blonde hair turns darker. Carrot/turmeric for orange/blonde hair. The polyphenols in it, via retrograde axon transport prevent brain aging; diffusing into hair follicles they prevent hair follicle loss (occurs to due oxidative stress). Adding some water can help puree cabbage better. See youtube. Henna, indigo are other natural methods, takes 2-3 hr. Hair chemists know which chemicals make the polyphenols easier to uptake by axons; they can work with Pharma to invent "do at home" formula of mixing 1-4 food ingredients + purple cabbage juice, for a <$1 polyphenol "scalp cover" that postpones, cures Alzheimer, many brain diseases inherent in living past 100 (all due to oxidative stress), besides preventing hair loss. It has to be mixed with a nonpolar thing that creates an emulsion, since axon ends are less polar.

7. SUNSCREEN ► mix coconut oil with 100% pure zinc oxide powder from Amazon. Way safer. Or wear big 3 inch rim hat and UPF 50+ long sleeve clothing, gloves, UPF 50+ umbrella, etc. Avoid octisalate, homosalate, octinoxate, octocrylene, oxybenzone (benzophenone-3), +400 others… They cause dry eyes, infertility, thyroid diseases via lowering testosterone and thyroid mess up.

12.4.7.4. Terratogenic (birth defect causing) food, vitamin and cosmetic ingredients:

Infamous Parabens, PEG, TEA, Mineral Oil, TRICLOSAN, Petrolatum

Cosmetics fans know the deadly effects of the artificial colors added to cosmetics, vitamins, foods. PEG causes allergies in some, check the end of Systane section for studies, though not all PEG polymers are equally damaging (small, medium high MW) or equally pure *(impurities and*

degradation products can cause long-term skin or other issues), just like with HA (low MW inflammatory, high MW helpful, etc). In 2016, FDA banned triclosan and 18 other chemicals in hand and body washes ONLY (not other products). These are used as antiseptics which were found by several studies to disrupt hormones, cause miscarriage, low birth weight, 25% reduction in heart muscle strength, heart failure (the chemical disables the functioning of heart and skeletal muscles). If you're Vegan, non-Vegan or just health conscious, it helps to read ingredients of whatever you use. 75% of Americans use triclosan containing products. These products include the following non-banned products: toothpaste, deodorants, undergarments, toys, plastic kitchen tools, boards among other things ► ESPRI 2012;19(4)1044-65. Triclosan suppressed thyroid hormone and affected estrogen mediated responses ► TS 2010;117(1):45-53. Triclosan impairs heart muscles, by excitation–contraction coupling and Ca^{2+} dynamics of both cardiac and skeletal muscle in vitro/vivo ► PNAS 2012; 109(35). Triclosan impairs *swimming behavior in fish, mammal muscle functioning* ► EST 2013;47(4):2008-17. Triclosan causes miscarriage, cancer (doubles risk, 2025), low birth weight (poor health) ► PO 2016;11(5):e0154758. Triclosan causes miscarriage ► SR 2015;5:18252. ☺☺☺

Most *vegan* label cosmetic products say aluminum free, paraben free. Parabens are destroying offspring health (low birth weight, shorter lifespan), are *teratogenic,* endocrine disrupting (thyroid/testosterone hormones are acne/dry eye preventing hormones), skin irritating, cancer causing (link explains EU, ASEAN, Japan restrict them, EU banned butyl and propyl parabens in cosmetics in 2015*) esters* of para-hydroxy- benzoic acid; EWG toxicity: isobutyl 10 > butyl 9 > propyl >> ethyl 3 > methyl 3; methylparaben (MP) is the methyl ester, $HO\text{-}C_6H_4\text{-}COOCH_3$. ☺☺☺ EER 2020;196:108057 found that BAK (and probably many other related $R_4N^+Anion^-$ compounds they use in cosmetics), parabens and phenoxyethanol ubiquitous preservative in cosmetics/vaccines can damage in 30 minutes, kill in 24 hours, in vitro, the cells of the ocular MGs at concentrations *below those approved for human use*; this can then lead to evaporative dry eye, red eyes. Women, who use way more parabens than men, die faster in proportion to paraben use. Asthmatic boys with 10x the blood paraben levels had 2.6x more asthma emergency room visits, CeraVe Bumpy contains MP and TEA. Parabens cause breast cancer in mice and ladies, skin cancer in all, infertility: MP "primarily affects fertility in women, whereas phthalates and benzophenone-2 primarily affect fertility in men". MP lowers sperm count & quality, lowers testosterone and thus causes dry eyes. Chlorphenesin is a sedative, anxiety reducing compound, that is used as a muscle relaxant, etc and, in alcohol form ($O\text{-}CO\text{-}NH_2$ replaced with OH), as an antimicrobial in creams; it also kills meibum cells and has many side effects most people would never suspect for a compound with EWG score of 3. *These compounds are so present in eye creams, makeup products* etc that it's no wonder many women have dry eyes. *This means, most creams, shampoos, etc out there are not safe to use around the*

eyes at all. The list of 900 bad compounds include the common 20 here, 100+ here with 100s of references and the infamous 12 of EWG here. In the future, they may use the same plastic they now use to make a hard thick container to make 200 thin plastic sealed bags with cream that are one time use (i.e. within 48 hours maybe), and eliminate the need of so many preservatives and chemicals today. It does require retooling many factories and people realizing that life can be shorter when we put toxins inside to make our skin look soft, wrinkle free, or even to heal it after some scratch during gardening, chores. Likewise, shampoos, personal care products can move to 100-400 2-day-use bags. Eyedrops already come in 1 plastic container or 30-90 1 time use preservative free containers. A scary video on sodium lauryl sulfate in cosmetics, etc is here.

Cosmetics got triethanolamine (TEA), wiki...Triethanolamine. SDS says mutagenic, avoid eye contact. TS 2004;79(2):242-7 found it causes "increased incidence of liver tumors in female B6C3F1 mice thru blocking choline uptake by the cells"; NIH got a 168 page pdf on carcinogenic TEA. Most skin creams got < 5% TEA (see 114 pg report with studies/regulations). Sunscreen with TEA caused an allergic contact dermatitis ► CD 2001;44(1):59. Contact allergy was linked to TEA use ► AJCD 1996;7(3):164-5; allergy in kids using products with TEA ► PD 2015;32(3):e112-3. Workers with TEA get itchy dry eyes, you can too. Petrolatum impurity polycyclic aromatic hydrocarbons (PAHs) are world famous carcinogens ► ER 2016;145:93-100 and CCC 2015;26(12):1791-802. Petrolatum has monoaromatic aliphatic hybrid hydrocarbons, up to 0.65%, which can cause issues; mineral oil up to 0.05%, as shown here. Many detergents, soaps, etc contain 1,4dioxane carcinogen, so choose brands that contain less. Minimize perfume and dyes, or make your own using safe at home recipes.☺☺☺

12.4.8. Amazing reductions in all cause mortality as a result of intakes 2-10x the RDA

Below are some of the studies showing "UNBELIEVABLE" *reductions in ALL CAUSE MORTALITY* and disease incidence as a result of intakes 2-10 times the RDA, while also showing the mortality increases due to barely reaching or not meeting RDA for zinc, iodine, etc. Chapter 12 first page has a list of nutrients (5 out of 500) that decline with each decade, some from the age of 15. It's evident that the US/worldwide policy of defining the RDA for 14+ or 19+ as a constant number is a public health disaster, because the requirements for many vitamins (especially those with no upper limits (ULs), like B_1, B_2, B_3, B_5, B_7, B_{12} or those with huge UL like C, A, etc) increase as we age, due to the human body's decreasing ability to absorb it and due to the need to compensate for 100s of endogenous antioxidant and cellular repair molecules whose concentration halves every 10-30 years. For example, we see 1000s of youtubers making comments on B_5 pills of 500 mg/day (100 times the RDA for B5 for 14+ per NIH) having the miraculous effect of removing their pimples after they wasted 15 years trying 500 treatments, diets, facials, IPL, laser, creams, lotions, powders and fancy supplements and $9,000, when the solution was right in front of

their face, a much cheaper ignored vitamin, at 100x the RDA, 500, not 5. For some, the acne only vanished at 3g/day, which is 600x the RDA. This shows the government lives in a fantasy world completely disconnected from reality. I myself suffered a toe injury in 2016 and all white blood cells went to the toe to help the fracture heal, etc. Then, within weeks, for the first time ever in my life, acne erupted on my forehead and face, mostly forehead with an intensity 500 times higher than any time between ages 1 and 20. This shows the immunity was weak and unable to cope with the demands of fighting on two fronts, the P. acnes bacteria on the face and the toe injury. It took me 10 years of endless dietary changes, switching vitamins and adding this or what supplement, red light, etc to figure out how to fix it in Jan 2026 and it was B_5 plus glycine, the amino acid that makes 33% of collagen, because as we age, our ability to produce stomach acid and digest proteins weakens, especially for A+ blood types and vegans, so then the skin finally was able to repair first time ever the scars fast, to get rid once and for all of this horrific ordeal that was wasting minutes daily to squeeze the pus and treat it with various anti acne solutions, powders. This is only one example, of a minor health issue, though acne can happen on the arterial walls too when it happens on the face, as they found P. acnes bacteria in arterial plaque. 1000S of similar examples of much more serious health conditions exist, all solved by a mere increase of 2 to 1500 times the RDA intake, sometimes 50x above the UL even. Some of these shocking results are in each of the vitamin sections linked on the first page. MDs treated "incurable diseases" with way above UL or RDA intakes of D_3, A, E, Mg, B_1, B_2, B_3, B_5, B_7, B_{12}, etc, so *we need to* reestablish the RDAs *and come up with higher numbers* for each passing *decade,* one can't assume a 50 year old needs the same B_5 as a 20 year old, it can't be. ☺☺☺

JN 2011;141(10):1847-54 (Table 1) found 60% of Americans (most are omnivores) *eat <* RDA (*not enough, not* ~~even~~ *the bare* minimum RDA) for vitamin E (*93% when excluding fortified foods and vitamins,* 91% when *excluding* vitamins), 70% *eat <* RDA for vitamin D (*100% when excluding fortified foods and vitamins,* 93% when *excluding* vitamins), 34% *eat <* RDA for vitamin A (*74% when excluding fortified foods and vitamins,* 45% when *excluding* vitamins), 45% *eat <* RDA for magnesium, 25% *eat <* RDA for vitamin C, *88% eat <* RDA for folate *when excluding fortified foods and vitamins*. (B_9 is not a problem for vegans, only omnivores). RDA is the bare minimum, since absorption is often poor, *especially if fat soluble vitamins are eaten with low fat meals*. Vitamins A, K, D, E, CoQ10 are often taken with a solid multivitamin with a low or 0 fat meal, meaning their absorption, if swallowed, can be 5-15 times lower than with a pill that comes as oil, whose oil is squeezed into a puree rich in natural vitamin A and fat, as explained in the smoothie section on proper mixing of vitamins in smoothies for vegans and the rest. Many don't chew vitamins or mix them with food, which is a bad idea, since eating them with food makes them more like food and makes them count less towards the UL (for nutrients where UL is pills only) than a pure pill swallowed whole and being digested more slowly *(didn't have time to melt*

into food matrix, bind to it partially so as to behave in some ways or entirely like a food vitamin at the sites of absorption, sort of like molecular mimicry *events, it imitates food vitamin better).* **NIH explains for pill nutrients, any adverse effects are reduced when mixed with food vs empty stomach. Chewing allows vitamins to react with food matrix early on (pureed smoothies) and often be "perceived" as "food" like vitamin. The 60% (E), 70% (D) numbers are even higher if we remove the amounts not absorbed from vitamins (chewing, not swallowing, the vitamins is key, to maximize absorption and avoid them going intact in the stool, getting serious malnutrition).** ***Low serum carotenoids are linked to shorter leukocyte*** telomeres ► LHD 2018;17:164. ***Those taking multivitamins have longer telomeres; among nonusers of vitamins,*** **those taking more vitamins from food (Table 4) have longer telomeres** ► AJCN 2009;89(6):1857-63. "Those with **shorter** telomeres in blood DNA had poorer survival, attributable in part to a **3.18-fold higher mortality rate from heart disease,** and an **8.54-*fold higher mortality rate from infectious disease***" ► Lancet 2003;361(9355):393-5. "Age-related diseases and premature ageing syndromes are characterized by short telomeres" ► NRG 2005;6(8):611-22.

To get the huge benefits **of healthy** low AGE **veganism, without the downsides of low intake of 8 key nutrients (*I take these 8 extra besides half multivitamin, for reasons explained at the links*), vegans can take a multivitamin and/or vitamins that provide extra: *1*. iodine (low in *vegan* foods except sea weeds, algae, strawberries), *2*. selenium (low, except for chia seeds, flaxseeds, mushrooms, sunflower seeds), *3*. B12 (0 except for algae or sea weeds), *4*. D_3 (very low, unless fortified), *5*. K_2 (*MK7* and MK4, 0 except fermented soy natto), *6*. E (low) and *7*. zinc (not high in some vegan diets); 8. *vegan* algal oil (contains DHA-EPA from algae (fish get it from algae), without the heavy metals, pesticides, PCBs in fish or fish oil). I also take daily choline and CoQ10, sometimes some taurine, but these are not needed, except for some vegans and age 25+, when CoQ10 production starts slowing. Most healthy vegans, all omnivores get enough iron, except for pregnant women who need more iron. *When learning* RDAs *we're aware most studies are done on omnivores, so since vegans eat many chemicals at 10 times the level of omnivores, the study conclusions may differ slightly or vastly, due to different diets that confound: for a vegan to reach 120 or 900, he may need to eat more/less % extra of a nutrient (vs average vegan) than omnivores.* As we age though, the absorption of everything decreases, so things change. *Before buying vitamins, check ingredients to avoid the bad* brands as explained here. *Omnivores* need optimization too, since their diet has oxidized cholesterol and trans fats which damage arteries (see pictures) so they need minimize that and the saturated fat, they eat 3 times less fiber, 5 times less antioxidants, low magnesium, low folate, high protein, high AGE, sodium, Fe, Se. We can admit half soils can be depleted (see zinc first paragraph) of zinc, selenium or various minerals, that USDA food estimates are averages based on many papers and cultivars, so someone may be eating from a cultivar or soil with 50-90% lower content of B_3 or zinc, and be**

deficient, since they're "against vitamin pills" or "going above estimated RDA intake". Selenium section 1st paragraph explains some lentils have 25+ times less selenium than others. Even vitamin A, C, B, lycopene, can vary from crop to crop, cultivar to cultivar, by a factor of 4 or even 10, see vitamin A 1st paragraph. So is 10% RDA OK? We didn't test foods for nutrients; that's why we benefit if we move from stone age to eterni foods, data not estimates. *We can wedge our risks: could one or more nutrients come from a low cultivar or soil, if we get it from 2-3 foods only? Could animals eat these plants and be themselves low in that nutrient if an animal food?* At least if we get 50-100% the RDA from vitamins, we're sure that really is there, if a good company made it, but with food we can't be so sure at ALL. So then depending on nutrient, and *its* UL, the computation of what to eat becomes a whole lot more complex. Iodine in multivitamins keeps our brains alert, awake, so try take vitamins before noon, to sleep better.

150 years ago, people were using lead for dental fillings and now it's poison. B_9 fortification became mandatory only recently. Not to mention each individual has a different degree of absorption, well illustrated by this B_{12} example: 1% of people lack the intrinsic factor glycoprotein necessary for proper absorption of dietary B_{12}, so in these cases, their intake is increased about 1,000 times to 2,000 µg per day (then it drops to lower µg, but still way above the dose for healthy people) as explained at ► CDSR 2005;(3):CD004655; high oral doses became as effective as the old traditional intramuscular injection method. Absorption levels from different foods make RDA insignificant at times, if individuals choose, by chance, foods with low bioavailability, even if they don't have peculiar genes, like the B_{12} one. Spinach Ca is 4% available, kale Ca 41%, pill K_1 95%, spinach K_1 4%, greens K_1 5-17%, banana Si 2.5%, green bean Si 50%. A mom may eat 80% RDA of a nutrient (Ca, Si, K, etc), yet get 2 times more absorbed *nutrient than a mom eating 320% RDA from foods where that same nutrient absorbs 8 times less. Then,* RDAs become confusing, leading to malnutrition, miscarriage or pregnancy issues (low K for example) or big birth defects for moms who, unknowingly, eat lowest bioavailability foods. That's why many eat 0.33-1 multivitamin/day (third or half) daily (0.33/0.5 for brands that got more Bs) and they get B_{12}, I, (MK7-MK4) K_2, Zn from other pills. Thus, it's much safer to eat 10-50+% extra above RDA (especially during pregnancy) for all nutrients, since we can't possibly know all chemicals (50,000 on any day) we eat that inhibit absorption via a synergy never published by science. Mn^{2+}, Ca^{2+}, Fe^{2+}, Cu^{2+}, Zn^{2+} all compete for absorption, too much of any shrinks the others. How much above RDA is optimal for living to 900 depends on bioavailability, nutrient: vegans eat a ton of K, but little B_{12}, omnivores eat little K, but enough B_{12}. Phytates inhibit minerals, etc. Thus, dads can search "food x nih bioavailability" for absorption of all mom eaten foods, enter every food in USDA databases (some are listed) to make sure they're not ultra low/high versus average of NIH foods used for RDA establishment.

Each section below starts with the NIH website RDA (or AI, Adequate Intake, when RDA doesn't

exist due to insufficient data); *when a separate* RDA *exists for* pregnant *or* lactating *moms for an age bracket, it is thus indicated.* Afterwards, the ULs (upper safe limits) are presented, which are formulated for pills only, pill+fortified food, or pill+food, depending on the vitamin, as indicated. The optimal level of a nutrient varies by *genome*, diet, atomic composition, absorption. iherb.com is a huge online shop that offers vitamins only with the required storage temp (Amazon warehouse can get very *hot* for many vitamins, probiotics), with high turnover and cold temp, unlike most places online selling vitamins, Walmart. In the last 25 years studies came out showing that for many nutrients, the daily RDA (recommended daily amount), is insufficient for maximum healthy lifespan and total lifespan (vitamin D, B_{12}, K, etc). After all, how can RDA be the same for a *100 lb 5'2"* thin *adult* and *a 250 lb 6'5"* muscular *adult or 400 lb obese one*, as currently stated for many nutrients? In 1950s, the RDA was twice today's RDA for protein.

►► 12.4.9. VITAMIN D_3 ◄◄

The Institute of Medicine is not to discover the truth, but to protect the Big Pharma Mafia, the eternal slavery system and set RDA at 600 IU instead of 8895 IU ► Ntr 2014;6:4472-5. *70%* Americans are deficient even at 600 IU RDA, causing bent fingers and bone deformities, due to rickets, so you may need a finger splint to straighten them, they sell them on Amazon too. A 70 year old produces 25% of the D_3 a 25 year old makes. The deficiency is also due to nutritional illiteracy, since a fat soluble vitamin D, A, K, E needs some dietary fat to be absorbed, simply taking a pill with water and no fat next 12 hours is bad. D deficiency can even cause tetany (involuntary muscle contractions). NR 2025:1-12 found D_2 pills may reduce body levels of D_3, the form we need, so take D_3 pills, not multivitamins (some vegan ones) with D_2. The NIH RDAs in IU are: 0-12 mo 400 IU or 10 µg, 1-70 yrs 600 IU or 15 µg, 71+ yrs 800 IU or 20 µg. The ULs are: 0-6 mo 1000 IU, 7-12 mo 1500 IU, 1-3 yrs 2500 IU, 4-8 3000 IU, 9+ 4000 IU. The D we take from pills is converted into usable form by magnesium Mg dependent hydroxylase enzymes as this NIH paper diagram shows (kidney 24- hydroxylase adds OH in position 24, liver 25-hydroxylase adds OH in position 25, kidney 1-α-hydroxylase adds OH in position 1-α). These 3 hydroxylase enzymes turn pill D_3 into 24,25$(OH)_2$D (a form far less used by cells), 1,25$(OH)_2$D (the main form used by the cells for creating bones and *collagen the most important body protein, 35% of all protein, essential to skin, cornea, eyes*, etc, form which acts mostly via the VDR vitamin D receptor, which viruses try to block to evade the immune system) or 1,24,25$(OH)_3$D (a form least used by cells). A blood test only measures 25(OH)D made in the liver by 25-hydroxylase, the precursor to the 1,25$(OH)_2$D made in the kidneys and then used by tissues, so a vitamin D test is not that useful if low in magnesium. In reality, blood tests are not reflective of tissue levels of most minerals and vitamins, you need more hair and nail analysis. Thus, you absolutely need to take 400 mg Mg from food and/or pills (glycinate form, very bioavailable) daily. Since high D causes more calcium absorption, you need to take MK7 form of vitamin K2 too, the one K_2 form

whose blood half life is 4-6 days not 3 hours like MK4 form of K_2 or 12 hours like K_1, to prevent calcification of heart valves or blood vessels via atherosclerosis, causing heart attacks and have calcium go to bones and teeth instead. Since Mg can block zinc (Zn) absorption, you need to take extra Zn too, so all 3 need be taken, ideally Mg glycinate, as that is easy to absorb and helps your sleep, D_3-K_2-Zn can be taken in the morning and Mg 3 hours before bed to soothe your sleep.

Taking MK7 K_2, Mg, Zn is essential when taking D, otherwise, you get vitamin D_3 toxicity, where it accumulates as 25OHD and ruins your body leading to severe calcification (watch fingers bent by 10000 IU D) and bent fingers like during D deficiency (video explains high D lowers potassium, Mg and vitamin A, and causes Th2 immune dominance). Stop taking D_3 if any calcification shows as bumps around the fingers or on MRI, etc, since the liver stores enough D_3 for 2-6 months for those who briefly (a fe weeks or months) took high vitamin D_3 to cure a tick or whatever infection. Always remove all calcium from any pills and lower calcium intake when taking higher D_3, to avoid this calcification scenario, even if only 4000 IU/day. High or low levels of basic nutrients can cause fatigue and endless health issues. When sick with flu, cold or infected with Lyme (tick bite), some molds, etc you need way more vitamin D.☺☺☺ Some MDs say the UL depends on the person, so some can tolerate even 8000 IU daily. Most doctors and people have no idea that some mycobacteria, molds, viruses have evolved ways to destroy our immune system, to evade it, by downregulating the VDR (Vitamin D Receptor, a transcription factor regulating the expression of genes which mediate D's biologic activity) significantly in order to slow the innate immune system defenses, causing the absorption of vitamin D to decrease (the most important vitamin for the immune system, together with vitamin C), which also destroys your heart due to calcification of heart valves and arteries. CCCR 2012;8(1):57-65 says "Borrelia burgdorferi (tick bite bacteria often infecting humans) can reduce VDR expression by 50 times in monocytes" so you may need 50 times the normal D intake, after a tick bite, to deal with normal threats to immunity. Dr. Berg explains that while serum vitamin D may be healthy, the tissue level may be 50 times lower (which causes obesity) than needed, so he suggests taking 50x more vitamin D, once a week 50000 IU or 10,000 IU a day (drink 2.5 L water to dilute calcium to avoid kidney stones if you're prone to that). This may work only short-term, as some people will develop *mucous cysts in their finger joints due to abnormal synovial fluid production in response to higher blood calcium in their arthritic joints*, so just because some youtube doctors or naturopaths take 8000-20000 IU doesn't mean it will work for anyone, since everyone has a different metabolism and health issues set. Lyme test can be positive and serum vitamin D can be normal, but 50x lower in the tick bite area. Dr. Berg takes 20000 IU daily, while MD Zyrowski takes 5,000 IU to maintain a 100 ng/mL level, 10,000 if he needs to raise it (after a drop) and that only 100 is ideal. Some doctors cured cancer, diabetes, autism, ADHD, etc with 100-220 ng/ml, while new research *shows D3 analogs cure cancer* too. Some MDs used even 200,000-600,000 IU

for some sick people for a few days or months (this level is where kidney stones develop), that's up to 1000 times the RDA. Levels of 5000-60000 IU daily for years didn't change blood calcium in 3 studies: 3 people got 20-60000 IU and calcium/PTH (parathyroid hormone that manages calcium levels in the body) didn't change ► JSBMB 2017;173:308-12, asthma/psoriasis were managed with high D_3 and 50000 IU had no bad effects ► JSBMB 2019;189:228-39. Ntr 2014;6:4472-5 noticed that the Institute of Medicine, IOM RDA of 600 IU is most likely insufficient to reach 50 nmol/L (50 nmol/L × 400 ng/nmol = 20 ng/mL) in 97.5% of population and 8895 IU may be needed: the paper argues IOM erred and millions of people got bent fingers, low immunity, other health issues because of this error. So, for most to reach 100 ng/mL, fat people will need 20000-30000 IU at least, since D_3 goes first to fat cells not to blood: "blood level of 25(OH)D in those taking even 20,000 IU/d was less than 100 ng/mL… Obese adults require doses 2-3 times higher." (kidney stones can occur at 1-2K IU in people with sarcoidosis, William syndrome, some lymphomas…, genetic… absence of the 25-OH vitamin D-24-hydroxylase) ► MCP 2015;90(5):561-5, so it's best to watch for blood calcium to see if it rises when D rises. A cardiologist gives his patients 8000 IU to raise D from 12 to 70 ng/mL, to lower the Coronary Artery Calcium Score (CAC Score) from 700 to 400. In most people, the CAC rises yearly by 25%, the CAC is a marker for total arterial plaque. D_3 raises HDL, reduces blood glucose and insulin resistance, arterial stiffness. An eye MD found out D_3 cures glaucoma, but only at levels 100-150 ng/mL, which he views as optimal, due to the fact glaucoma is an autoimmune disease. Many MDs claim "30 ng/mL is normal, 100+ is high", others say high is 150 ng/ml. Some studies argue 125 ng/mL is optimal, which is 6x higher than 20ng/mL. Glaucoma (the leading cause of blindness) is hypothesized to be an autoimmune disease, so D_3, the Master of Immunity, is key: CTI 2020;9(10):e1180, AR 2020;19(6):102535, MIT shows how T-cells enter retina during high ocular pressure to destroy it, Harvard explains it too. "glaucoma patients have lower levels of vitamin D compared to controls" ► JFO 2020;43(10): 1009-19. Many doctors aim for 100-150 ng/mL to reverse glaucoma, other autoimmune diseases. "high levels of vit D prevent the risk of headache (lowers brain inflammation, speeds brain Mg uptake for making ATP)" ► FN 2024;15:1423569.

"Current recommended vitamin D inputs are inadequate" ► AJCN 2003;77(1):204-10. I needed 12,500 IU/day (2.5 caps) for 4.7 months to raise it from 30 to 100 (104ng/mL on 12-23-2025) and then a cap of 5,000 IU (*500 caps 5000 IU/10$* Vitamatic) to maintain it or one *10000 IU/cap, 500 caps 17$* every 2 days, cheapest brand with opaque, not clear, bottle, to protect from light. Other people need only 2500 IU to maintain the high D of 80-100: but it's safer to take a 2500 IU cap daily than a 5000 IU every 2 days, to avoid shocks to the system. *RxHomeTest has a vitamin D home test* to see yours. *10000 IU ships from the cold warehouse iHerb (as Amazon says)*, while 5000 IU ships from warm warehouses of Amazon and D reacts with light/heat to produce toxic compounds, so go with iHerb or Walmart. For example, B_{12} like compounds in seaweed can

compete with real B_{12}, preventing real B_{12} absorption. Likewise, vitamin X like compounds from degradation of X can compete with real X for absorption. During high stress, we deplete D_3 fast. D_3 is the Master of Immunity and most deaths are due to atherosclerosis which flourishes when immunity is low. D_3 is longevity. It's "recommended that people at risk of influenza and/or COVID-19 consider taking 10,000 IU/d of vitamin D_3 for a few weeks to rapidly raise 25(OH)D concentrations, followed by 5000 IU/d. The goal should be to raise 25(OH)D concentrations above 40–60 ng/mL" ► Ntr 2020;12(4):988. 90+% of USA *have D* < 60 ng/mL, *so they get* sick with flu/cold all the *time*, as they don't know *the* science. Only 0.7% of USA has D_3 at 100 ng/mL shown to prevent many cancers, flu, respiratory viruses, COVID19, common infections. Only 0.03% make it to age 100. Without immunity, we can't prevent atherosclerosis, die 30 years faster. In the winter, serum D_3 become falls 50%, so we get the cold. The sun isn't there to protect against the flu, 10 minutes of noon sun can produce 2500 IU if arms and lower legs are exposed to UV index 9 sun as we wear shorts and T-shirts (if light skin, less if dark), but winter summer UV index is max 5 (10 min at noon would be just 700 IU). D_3 reduces the risk of flu. ☺☺

100s of youtubers noticed improved energy, sleep with D_3, K_2, Magnesium (Mg is lowered by D_3). Too much D_3 can slow down stool movement, cause constipation via hypercalcemia, so taking Mg softens the stool and allows normal stool softness and speed to return. Other MDs suggest 80-100 ng/ml at least and some MDs used 150-250 ng/mL to cure chronic diseases. Sulforaphane in broccoli, cauliflower also boosts VDR. According to IR 2014;63(10):803-19, HIV completely shuts down VDR activity, Epstein-Barr virus lowers VDR activity, Mycobacterium tuberculosis downregulates VDR, Mycobacterium leprae inhibits VDR activity through down-regulation of CYP27B1 in monocytes. "VDR is nearly *ubiquitously* expressed, and almost all cells respond to 1,25-$(OH)_2D$ exposure … 3% of the mouse or human genome is regulated, directly and/or indirectly, by the vitamin D" ► ER 2008;29(6):726-76. Aspergillus fumigatus secretes a toxin capable of down-regulating the VDR in macrophages, meaning it will *make infection by anything else easier*, and lower vitamin D, hurting teeth, bones, heart. Aspergillus fumigatus is a deadly ubiquitous garden backyard leaves mold (also found in some houses that have odd smells of mold) that grows in different colors, including black, but is not the stachybotrys black mold. "Aspergillus fumigatus is the most important airborne mold pathogen and allergen worldwide. Estimates suggest that > 3 million people have invasive or chronic infections that lead to > 600,000 deaths every year." This means your immune system can be 95% incapacitated after heavy mold or infected tick bite exposure if you take low D_3, typical of *90% of people.* We need bromelain, D_3, ω3 to boost the VDR when sick. D_3 works better with preformed (supplement form vegans especially need) vitamin A, which is absent in vegan diets without multivitamin retinol esters vitamin, since the conversion of carotenoids to vitamin A is not always good.

That's why, to avoid lifelong unknown D deficiency, it is critical to destroy the Lyme disease

bacteria within days of a bite by eating plenty of garlic, because, as Antib 2018;7(4):89 explains, garlic oils kill the dormant *(that reactivate 10 year later to destroy joints, brain, heart) Lyme bacteria 100%*, better than expensive antibiotics people take for 3 weeks after a bite, dormant bacteria that *don't show up in tests*. Use peppermint or other essential oils to keep ticks away (or DEET, permethrin), as they hate that mint smell. The US map of Lyme disease is here. That's why "garlic was believed to keep vampires and bloodsuckers away", because ticks are bloodsucking insects and peasants thought that vampires in the night sucked their blood via that tick bite hole (all vampire stories in certain nations originate from the areas that have highest or 20 times more ticks density than 85% of the nation). So, instead of science, they just did believe in garlic and rituals of "vampire banishing" via fake miracles Jesus or other conmen 'vampires' disguised as 'sons of God'. It seems best to take max 8000 IU D, unless you're sick for 8 days with flu/tick bite, because high D can cause calcium buildup, joint pain, joint bumps (mucuous cysts shift bone upward making it seem like bone growth), kidney stones. Take more K_2 when taking more D_3, as K_2 prevents Ca from calcifying heart or vessels. ☺☺☺

Perhaps, when you realize how many thousands of microbes affects us and cause 20 billion lifespan years lost (equivalent of killing 1 billion 60 year olds today, who lose 80-60=20 years each), you understand why we use the term GENOCIDAL ARISTOCRATS, who pamper themselves with 11 times (US Congress passing useless laws, failing to ensure all have a job, decent housing and food) the federal minimum wage salary or 15-5000 times higher wage for real aristocrats, while the people have no decent housing maintained and kept germ free, mold free, lead-toxin free. Food intake is hard to estimate, since USDA tables lack D level for many foods. D is 0 usually in unfortified *vegan* foods. The AAP recommends that 1-100% breastfed infants receive 400 IU/day of D_3 shortly after birth and continue until they're getting enough D_3 from food (this means continue until age 190 if vegan... as vegan = zero...). Walkinlab.com and other sites allow those without insurance or doctor's signature/knowledge to check their vitamin D. NIH explains that D < 30 nmol/L risk being deficient, while D > 125 nmol/L can cause adverse effects. It's much safer to get D_3 from pills or fortified foods (common for fortified orange juice, soymilk, almond milk, *vegan* milks) than from the sun, as explained in the UV shortening lifespan section. The body makes 0.5+ g cholesterol daily; part of it is used to make D_3, cholecalciferol, hence the similar structures. Due to rickets (bone softening) in kids, in the 1930s, the US mandated D_3 fortification in milk (400 IU/quart), which still holds true today ► FS 2017; 82(4):856-64; after milk fortification with D became popular, vitamin A was also added to milk in the 1940s (today all low fat and skim milks get 2,000 IU vitamin A) and today FDA requires companies to test A, D levels using HPLC or the better UHPLC. That's why all *vegan* milks have A & D added too; the paper explains in 1 study D degraded in the presence of light far less than A and B_2, rate constant/hour being 0.0009 vs 0.0616 for B_2 or 0.0298 for A. However, the lower rate doesn't

mean D is safe in a bright environment: "*After 2 months, the vitamin A and D_3 losses reached 60-68% and 61-68%, respectively, for oils (*oil is similar to oil capsules of A, D, E, K vitamins*) exposed to natural light,* and 32-39% and 24-44% *in semi-dark conditions*" ► FC 2015; 184:90-8. Don't rely on transparent vitamin D bottles or fortified foods with degraded D_3, because you may become deficient, leading to Alzheimer, diabetes, flu, cold, COVID, etc. ☺☺☺

JN 2011;141(10):1847-54 found 70% of Americans *didn't get even the* minimum RDA for *vitamin D*. In 2025, the % may be lower. Many vitamins state 400-800 IU is 100% of RDA, each vitamin brand having their own RDA definition. This is the ☺abysmal IQ☺ of decentralization. After taking 1,000 IU D_3 in Nature Made multivitamin for a year, which is "250%" of the 400 IU RDA, serum D was only 76 nmol/L in August 2017, the first time I ever measured it. Before 2016, I always took the 400 IU, so vitamin D was probably < 75 (deficiency) for most of my life. So, our USA gov of phonies has an RDA that makes 95% reach suboptimal level (<100), 65% deficiency (<75) level ► FN 2022;9:965376. This is normal, given the corruption blocking a unified universal healthcare, a unified RDA standard, instead of so many aristocrat invented RDAs. In America, the rich gangsters start companies, decide what the RDA on their label is, hilarious, are we a nation or a collection of colonies of slaves of various aristocratic families? NIH website, several studies show one needs 1500-2,000 IU/day (2.5-3.3 times the RDA or 4-5 times the 400 IU RDA that some companies use) to reach the optimal 80-100 nmol/L level found in healthiest people who live the longest. Many MDs suggest taking 2,000 IU, others say 4000 IU. So, why can't the RDA become 1500 IU, 2.5 times than the current 600 IU for ages 1-70? This is what happens when most papers are fake science and we fail to centralize education and healthcare, every mom and dad starts a company, we got 100000 of them, who makes vitamins and supplements. If that wasn't enough, they add magnesium stearate which can block D absorption in low fat meals by 90%. Pathetic, they have no clue what they're doing, look at the pathetic studies that ignore 100000 confounding factors. For vegans eating no D_2 fortified foods, most multivitamins won't help much, having only 400-800 IU. Those who're obese and not in the sun, may need 3,500 IU as explained at youtu.be...4. *Unfortified* vegan *foods have* almost 0 *D.*

A review of 32 studies found that mortality was 90% higher (almost double) *in* the lowest vitamin D (0–22.5 nmol/L) group compared with the highest vitamin D (> 75 nmol/L) ► AJPH 2014;104(8):e43-50. In a study of 26,916 people, when blood vitamin D got below 30 nmol/L, the mortality increased by 67% versus those with vitamin D at 75 to 100 nmol/L. When vitamin D was 30-40 nmol/L mortality increased only 33%, at 40-50 nmol/L mortality was higher by 16% only compared to the reference of 75-100 nmol/L group. 400 IU of D_3 (for *vegans* especially) in many multivitamins will often times not even reach 30 nmol, and many vitamins use D_2 which brings it below 20 ► PO 12(2):e0170791. ☺☺☺ A study of 26,018 people (ages 50-79) found that those with lowest blood D_3 were 57% more likely to die versus those with the highest D_3 ► BMJ

2014;348:g3656. $D_{2,3}$ pills over 3 years reduced mortality ► PO 2013;8(12):e82109. Mild D deficiency (< 50 nmol/L) is a reality for 41.6% of adults in US (higher % of D deficiency exist in many countries, even 80%) ► NR 2011;31(1):48-54. In a study, 84% of pregnant women were D deficient, with levels <35 nmol/L (14 ng/mL) ► AJCN 2005;81(5):1060-4. Among sick people, those with D > 75 nmol/L had 41% mortality, while those with D < 75 nmol/L (30 ng/mL) had a mortality of 74%, blood sugar 31% higher ► IJEM 2014;18(4):511-5. 75 nmol/L is much higher than the "alarm" level on the NIH website of 30 nmol/L. In a group of sick people, those with D < 30 nmol/L were 2.2 times more likely to die within 28 days than those with D > 30 nmol/L ► Clinics 2015; 70(5):326-32. D supplementation lowers autism symptoms ► JCPP 2018;59(1):20-9. 2000 IU synthetic D_3 may be same as 5000 IU of "*vegan*" D_2. D_3 (cholecalciferol, the form our body produces from cholesterol and utilizes) was found to be 3.4 times more potent than D_2 (ergocalciferol, natural form in plants), cumulative 25(OH)D levels at day 28 being 205 ng.d/ml for D_3 versus 60 for D_2. Using the curve, at infinity, the D_3 versus D_2 difference becomes 9.5 times. ► JCEM 2004;89(11):5387-91. 25(OH)D stands for 25-hydroxy vitamin D, due to the fact the liver enzyme cholecalciferol 25-hydroxylase is adding an OH to D_3 ► wiki..Calcifediol. *25(OH)D* is what doctors use to measure blood D_3, it's the bioavailable vitamin D. D_3 was found to be 87% more effective at raising blood 25(OH)D concentrations, increasing vitamin D storage levels 2-3 times more than the same amount of D_2 ► JCEM 2011;96(3):E447-52.

►► 12.4.10. VITAMIN K_1 & K_2 (half life: K_1 8 hr, MK4 3 hr, MK7 60 hr is the best) ◄◄

MK7 form of K_2 keeps arteries flexible, lowering blood pressure BP. Without MK7 to prevent artery calcification 24-7, Ca deposits in artery walls instead of teeth/bones, arteries become stiff and unable to bend, leading to high BP. The NIH AIs in µg are: 0-6 mo 2, 6-12 mo 2.5, 1-3 yrs 30, 4-8 55, 9-13 60, 14-18 75, 19+ men 120, women 90. The ULs are nonexistent, since no adverse effects were seen at high doses (50x the RDA taken by osteoporosis patients), except for people (they can ask doctor if taking K is OK) who take blood thinning medications. I get 900-2000 µg K_1 from food alone; multivitamin brands have 0 to 80 µg, 0 and 80 two I used for years. Since my multivitamin has no K, I take a K pill (1 pill every 2 weeks or so, a little bit of the capsule powder every 3 days), since some people fail to *fully* convert plant K_1 to K_2 and body prefers K_2. MK7 lasts 4-6 days in the blood compared to 2-4 hours for MK4 or 4-12 hours for K_1, so my pill contains 5,000 µg K_1, 25,000 µg MK4, 500 µg MK7. Some people take 1 such pill daily, i.e. 10-20 times more than I do and have no side effects. Weston Price found some groups ate 10 times the K_2 of USA and their teeth were perfect, unlike the US where so many need braces. K_2 takes calcium out of the blood and sends it to the teeth: kids need MK7 to have healthy teeth. MK7 is critical to ensure no calcification of arteries occurs when MK4 and K1 disappear from serum after a meal. 99+% K in vitamins/foods is K_1 and K_2 forms MK_4 and MK_7. Many studies show those taking 300-900 µg from food live longer (those taking 300 µg from pills even longer as it is

equivalent to 2,000 µg from food), healthier lives than those taking 100 µg from food, having 2.7 times less heart disease, 2 times less diabetes and cancer. K.pdf has 11 pictures (to facilitate understanding the studies below) about brittle bones/teeth, low ucMGP, calcification of arteries, CAC (coronary artery calcium) score, mortality & K deficiency. OI 2001;12(12):996-1000 observed no bad effects even at 45 mg (RDA*500). Many other studies with 45 mg (and *even some with 135 mg*) vitamin K were done and found no side effects. Moreover, multivitamins can list 80 µg as 100%, some have just 20 µg, or a 6th of the minimum a male needs, or possibly a 12th if a muscular tall male weighing 270 lb instead of a tall thin male weighing just 135 lb or short one of 100 lb. The richest sources of K_1 are in µg/100 g: Kale 817, spinach 483, turnip greens 251, broccoli 102, romaine lettuce 103. The bioavailability of K_1 from foods can be 20 times lower than from pills. Pills have about 80+% bioavailability, while kale has 4.7% bioavailability ► BJN 2010;104(6):858-62. Thus, the average person gets about 40 µg pill K equivalent thru food, assuming meat-cheese K_2 is as well absorbed as pill K_2, which may not be the case. Most multivitamins have K_1, which the body converts into the MK4 version of vitamin K_2 by enzymatic dehydrogenation of 3 carbon bonds. K_2 has 6 fewer hydrogens than K_1. As with ω3, B_{12}, etc there might be people where this K_1 → K_2 enzymatic step is impaired partially or totally, leading to catastrophic consequences if they don't get K_2 from diet or vitamins. The body uses K_2 in enzymatic reactions of carboxylation to bind calcium, so if K_1 can't turn into K_2 the person will probably die decades earlier. K_2 is essential for enamel/bone remineralization (uptake of calcium), heart health, etc. Pill K_1 can be 20 times more bioavailable than spinach K_1 ► see reference 2, the body absorbs only 4% to 17% as much K_1 from spinach as from a tablet. MK4 is reportedly better for people with cancer than MK7, so get a formula that has at least K_1, MK4, MK7 to cover all benefits: BJC 2025;132(12):1141-7 & NC 2026;78(3):208-20. ☺☺

Most humans don't get the ideal 45+ µg K_2 from the diet or pills. The Japanese get about 230 µg/day K (74 µg K_2) from fermented soy natto, etc and have 3 times less heart disease compared to Americans. K_1 is cheaper, that's why they don't put K_1-K_2 mix in the multivitamins. The best Amazon K brands contain all 3 major Ks: K_1, MK4 and MK7 for best removal of calcium from arteries to reverse atherosclerosis and best longevity, cancer prevention. Among the brands with all 3 (K_1-MK4-MK7) forms, the cheapest (most K/$ and plenty of MK7) seems the one from Koncentrated company; this is made by a guy with a K_2 website who reversed his arterial calcification; the other brands that cost 10-40% less, offer only K_1 and MK4, without 500 µg MK7 and in much lower amount, even 20-50 times less; this one would last for 1-3 years if you take it rarely (a pill every 1-3 weeks); it has the most MK7 of all Amazon brands with 25 mg MK4, allowing you to take it every few days, many studies show MK7 works better than MK4 at decalcification of arteries and prevention of tooth/bone loss. Studies show to reverse calcification of organs, heart valves and arteries, one needs to use levels of vitamin K_2/K_1 much

higher than the RDA. Menaquinone-4 or MK4 (45 mg daily, 500 times the RDA) has been approved by Japan since 1995 for the prevention and treatment of osteoporosis ► Matur 1999;31(2):161-4. Some people say we need 500 µg K_1, 500 µg MK4 and 50 µg MK7 for calcification prevention, others say 10-30 times that is needed to reverse (or even prevent) calcification. B_{12} ideal amount is 100-400 times the RDA per many MDs and multivitamin makers, so why would K not be 100 times or more for decalcification? The reason many think we need 500 µg MK7 (or K_1 or MK4, so 5 times the RDA) daily is that only at 360 µg daily of MK7 they noticed a reduction of 61% in unMGP (marker of calcification) after 6 weeks, with the reduction being only 18% with 45 µg ► AJKD 2012;59(2):186-95. 360 µg MK7 cut ucMGP by 86% in 4 weeks ► BMCN 2017;18(1):191. A 12-week study showed ucMGP decreased 31% at 180 µg and 46% at 360 µg, 0% in placebo; the uncarboxylated osteocalcin was down 60% at 180 µg/day and 74% at 360 µg MK-7, 0% at placebo ► Ath 2012;225(2):397-402. K_1 is almost entirely converted into K_2 in the healthy body and similar lowering of ucMGP was noticed after 3 years of K_1 at 500 µg/day, with a drop from 485 pmol/L to 97 pmol/L, i.e. an 80% drop, higher than 61% drop found in the 6 week study with MK7, possibly because this was 3 years not 6 weeks and 500 µg K_1 (molar mass 451) is 2 times more molecules than 360 µg MK7 (molar mass 649). Lowering ucMGP was associated with lower CRP ► JN 2011;141(8):1529-34. ☺☺☺

Phytonadione (in parenthesis on vitamin K labels usually) is a man-made "vitamin K_1+isomers" that contains usually at least 75% of vitamin K_1. K_1 has 8 diastereoisomers, and only one of the 8 is the vitamin, being the only one found in nature: 2', 3'-Trans-7R, 11R-stereoisomer is K_1. Phylloquinone is the name used for the pure vitamin K_1 usually. Most multivitamins have this phytonadione written in parenthesis after vitamin K to signify it's not the natural form extracted from plants, but the same identical compound made by man and not separated from other stereoisomers. Being man-made is not an issue, many vitamins are made by man to replicate what is in plants when cheaper to do that. If it says menaquinone in parenthesis, then it's vitamin K_2, much better, as the body doesn't have to convert it to K_2. Those with highest blood ucMGP vitamin K marker had 2.7 times less heart disease compared to those with lowest blood vitamin K ► Matur 2014;77(2):137-41. Higher K_1 intake (626 µg versus 170 µg) meant 36% lower mortality from all causes, 46% lower cancer mortality, while those who increased K_1 or K_2 intake during the study had about 45% lower mortality than those who decreased or kept constant their intake of K_1 or K_2 ► JN 2014;144(5):743-50. Vitamin K_1/K_2 decreased the rat arterial calcium (Ca^{2+}) content by 37% in 6 weeks, only *at vitamin K of* 20 times *the normal dose* (100 µg/g food, instead of 5 µg/g food). Normal dose vitamin K did not decrease arterial Ca^{2+}, but let it build up ► BI 2007;109(7):2823-31, that's why today many MDs say you need at least 20 times the RDA to REVERSE calcification fast. K_2 worked better than K_1, enabling 2 rats out of 6 to get rid of all Ca^{2+}, compared to only 1 rat in the K_1 group. 180 µg of K_2 (MK7) for 3 years improved arterial

stiffness in healthy postmenopausal women ► TH 2015;113(5):1135-44. Mice without MGP died in 6-8 weeks as arteries ruptured, MGP is the Matrix Gla Protein that clears Ca^{2+} from arteries and soft tissue like muscles, heart valves. K is what activates MGP so it can bind Ca^{2+} and prevent it from depositing in arterial walls, valves, retina, brain ► Nat 1997;386(6620):78-81 ☺☺☺ Vitamin K_2 (K comes from Koagulation), absent from non-fermented vegan foods (natto is the only vegan food that has K_2) and rare in non-vegan ones (90% of K omnivores eat is K_1 from greens), is key to preventing atherosclerosis, cardiac death, teeth/bone health issues.

K_2 (MK4 or MK7) MORE EFFECTIVE SOMETIMES THAN K_1

K_1 is converted into the body into MK4 form of K_2. The great problem with K_1 versus K_2 studies is the inability to correct data to account for variability in absorption of K_1 from plants being very different from study to study (or even within the same study from quartile to quartile) and also to account for the difference in K_1 quartile µg being so low. Due to the fact 90% of the human intake of K is plant K_1, which comes from spinach and kale, etc (kale and spinach have 20 times less absorption than pure K1 in vitamin form), it is clear how in studies (done on omnivores) that compare K_1 effects < 170 vs > 630 see effects, while studies that compare K_1 at < 200 versus > 278, or < 71 vs > 124 see no effects. You need a lot more K_1 difference (broccoli, avocado, nuts, kale, spinach eating subpopulations) to see effects, this is why there seems to be a contradiction, where many K_1 supplement studies work as well as K_2, but this is often mostly due to disregarding bioavailability. Those with K_1 intake > 124 µg may eat more kale, which is poorly absorbed versus say avocado (K dissolved in fat, as it is in cheese and meat, more available), leading to absorbed K_1 from highest quartile being lower than absorbed K_1 from lowest quartile (if those people ate avocados, not kale). Even the absorption rate is very hard to standardize, as there are few studies about each food absorption. These 53 or 78 µg differences in dietary K_1 are sometimes equivalent to 3-4 µg in pill K_1 equivalent, so of course, they see NO DIFFERENCE, but see the difference in studies with K_1 pills or with high K_1 differences or where the K_1 difference was due to avocados/nuts not kale, since avocados/nuts have fat that speeds K_1 uptake. All studies with K_1 pills though show positive effects, so much of the K_1 "bad press" is possibly due to eating it without fat. Spinach K_1 is absorbed 3 times more if you add some fat (fat had 100,000 times less vitamin K to avoid changing the numbers) to the meal ► BJN 1996;76(2):223-9. Because natto has some fat, while greens don't, circulating K_2 concentrations after the consumption of 200 g of natto were about 10 times *higher* than those of K_1 after eating 400 g of spinach ► Haem 2000;30(6):298-307. Below are 7 studies on why K_2 is better than K_1:

1). The Rotterdam study found a 57% reduction in cardiac mortality for K_2 (menaquinone) above 32.7 µg/day compared to less than 21.6 µg/day and 0 reduction in cardiac mortality for K_1 intake difference for < 200 µg (1st quartile) versus > 278 µg (3rd quartile) (phytonadione or

phylloquinone on vitamin labels). K_2 above 32.7 µg/day also cut all-cause mortality by 26% compared to the below 21.6 µg/day group. ► JN 2004;134(11):3100-5. The paper explains K_1 was associated with higher total cholesterol (0.044 mmol · L^{-1} · 100 $µg_{-1}$) and HDL (0.016 mmol · L^{-1} · 100 $µg^{-1}$), K_2 intake was associated with lower total cholesterol (–0.025 mmol · L^{-1} · 10 $µg^{-1}$), and higher HDL (0.015 mmol · L^{-1} · 10 $µg^{-1}$). This makes K_2 better. ☺☺☺

2). K_1 was unrelated to prostate cancer incidence, but K_2 was related to a 63% drop in advanced prostate cancer and 35% drop in prostate cancer ► AJCN 2008;87(4):985-92. It's rather obvious why "K_1 had no effect", because the 4 quartiles have a minimal difference in plant K_1 from 1st quartile < 71 to 4th quartile 4 > 124 µg. This 53 µg difference becomes about 2-4 µg difference when we take into account some plant K_1 is 25 times less absorbed than pills K_1. At 2-4 µg vitamin equivalent, you can't really see a statistical difference, compared to studies using 100 µg or 500 µg K_1 as pill. On the other hand, the K_2 quartiles were <26 and > 47, meaning a 21 µg difference of much more absorbed K_2 from fatty foods, so of course, they see effects. If K_1 was mostly from fatty avocados or nuts (instead of greens and fat free veggies as true for most people), the difference between K_1 and K_2 would have been much smaller.☺☺☺

3). K_1 goes primarily to the liver, while K_2 goes to the other areas of the body, explaining why we see such a dramatic difference between K_1 and K_2 in some studies. MK4/MK9 attached to LDL (Low-Density Lipoprotein, going to peripheral organs easier) and TGRLP (TriacylGlycerol-Rich LipoProtein), while K_1 attached to TGRLP. MK4 was found in HDL even, not just LDL. MK9 half life in blood was 48 hours versus a few hours for MK4 or K_1. ► BBA 2002;1570(1):27-32.

4). A study of 16,057 women found for every extra 10 µg/day of MK7, MK8 or MK9 (K_2 forms) risk of heart disease decreases by 9%. K_1, on the other hand, had no effect on heart disease, possibly due to the issue mentioned above, too little difference in K_1 quartiles within a population that ate low K_1 absorption plants ► NMCD 2009;19(7):504-10.

5). K_2 is preferred by the teeth, bone, cartilage, vasculature, so the body takes plant K_1 to turn it into K_2. MK7 (soybean natto) has 20-25 times longer serum half life (4-6 days) than K_1, has 6 times the cofactor activity of K_1, accumulates at levels 7-8 higher in the blood after the same dosage. MK7 is as 6 times more bioavailable than K_1 ► BI 2007;109(8):3279-83. ☺☺☺

6). In a review of 7 studies, K_2 (MK4) was much more effective than K_1 at inhibiting osteoporosis and fractures. K_2 prevented vertebra fractures by 60%, hip fractures by 77%, and nonvertebral fractures by 81% ► AIM 2006;166(12):1256-61. ☺☺☺

7). High dietary menaquinone (K_2) intake is associated with reduced coronary calcification. High K_1 meant 17% more risk of calcification, high K_2 intake meant 20% less risk of calcification (MK4 form that humans/animals make from plant K_1) ► Ath 2009;203(2):489-93. A 40,087 person

study found a weak relationship between heart disease and K_1 (16-18% decrease in cardiac events for those eating more than 106 µg K_1 compared to those eating less than 106 µg), supporting the hypothesis K_2 is more effective at preventing heart disease. As with other studies with low K_1 difference among quartiles, given low K_1 absorption, the number of cardiac events was about the same for those getting 108-145 µg, 146-186 µg, 187-248 µg, > 249 µg K_1. We may need raise K_1 inter-quartile difference much more to notice consistently in all studies the drastic cardiac events reductions seen in other K_1 studies ► NMCD 2007;17(1):58-62.

VITAMIN K_1 (converts into K_2 in the body) BENEFITS:

In those using antihypertension medication, low serum K_1 was linked to 34% more calcification ► AJCN 2013;98(1):197-208. A 4 year study using 5 mg K_1 (RDAx50) daily led to a 10 fold increase in serum K_1 and a 55% reduction in clinical fractures (9 instead of 20) and 75% reduction in cancer incidence (3 instead of 12) ► PM 2008;5(10):e196.

4 studies showing the MK7 (way more potent than MK4 & K1) BENEFITS

It stays in blood 30 times longer than MK4. Longer forms of K_2 (MK7, MK8, MK9) are K_1 with some extra carbons, MK7 has 3 extra isoprene units, $-CH_2-CH = C(CH_3)-CH_2$, compared to MK4. K_1 has the same structure as the short form of K_2 (MK4), except for 3 double bonds in MK4. ☺☺☺

1). MK4 doesn't contribute to the vitamin K status as measured by serum vitamin K levels. MK7 significantly increases serum MK7 levels ► NJ 2012;12;11:93. ☺☺☺

2). MK7 has 3 extra isoprenic units, making it more fat-soluble than MK4 and K_1 and possibly easier to transport by chylomicrons from intestines to various organs. Chylomicrons are lipoproteins transporting lipids in the blood. K_1 is absorbed along with dietary fat from the small intestine and transported by chylomicrons in blood ► JN 1996;126(4 Suppl):1192S-6S.

3). Women with high serum MK7 had lower fractures than those with low serum MK7, the K_1 serum level was pretty constant and unaffected by intake of MK7 from natto soy food ► Ntr 2001;17(4):315-21. Serum MK-7/K_1 concentrations were 5.3/0.74 ng/mL in Japanese women in Tokyo, 1.2/0.72 in Japanese women in Hiroshima, and 0.37/0.5 in British women, with MK4 below the detection limit of 0.1. Several referenced studies in Table 1 show that Londonese with hip fractures have 8 times lower MK7 and 5 times lower K_1 in their blood compared to normal people, French with hip fractures 2 times lower MK7 and 1.7 times lower K1. K_1/K_2 deficiency damages bones and teeth, since K is critical to calcium metabolism. ☺☺☺

4). K_2 MK7 form has a 4-6 days blood half life compared to 4-12 hours for K_1 or 2-4 hours for MK4. This may be 1 reason why MK7 has a much stronger impact on cardiac mortality in some studies, as it offers 24-7 anti-calcification protection. It's no wonder that the Japanese have

much lower (some say 33%) heart disease rate than Americans as they eat the most MK7 from natto, getting same heart disease rate as locals when moving to US and no longer eating natto.

DIABETES AND VITAMIN K_1/K_2

For every 100 µg/day increase in K_1, diabetes risk fell 17%. Subjects who increased dietary K_1 during the follow-up had a 51% reduced risk of incident diabetes compared with subjects who decreased or did not change the amount of K_1 intake ► AJCN 2012;96(5):1113-8. Another study found similar associations between K_1 (19% lower risk for those eating 308 µg K1/day versus 100 µg/day) and K_2 (20% lower risk for 46 µg versus 16 µg, or about 7% lower risk for every 10 µg extra) increased intake and lower diabetes risk ► DC 2010;33(8):1699-705. ☺☺☺

MEMORY, ALZHEIMER AND VITAMIN K_1/K_2

Higher serum vitamin K concentration (log-transformed) was associated with better verbal episodic memory performances ► NA 2013;34(12):2777-83. Those with Alzheimer had lower blood vitamin K_1 (K_2 same), 25% lower if mild Alzheimer and 50% lower if severe Alzheimer. Bone mineral density was lower in mild Alzheimer, even lower in severe Alzheimer, implicating vitamin K even more ► APMR 2005;86(3):576-81. Those with Alzheimer had vitamin K intake 63 µg less than half of those without Alzheimer 139 µg ► JADA 2008;108(12):2095-9. This makes sense since calcified plaque in the brain can stop blood flow to the brain, depriving the brain of nutrients/glucose needed for normal function and β-amyloid clearing during sleep. Alzheimer develops at times due to lack of brain glucose.

VITAMIN K_2 AND RHEUMATOID ARTHRITIS

Vitamin K_2 lowers CRP (C reactive protein) from 1.7 to 0.5, which is a dramatic improvement; this is why K_2 is used to treat rheumatoid arthritis, osteoarthritis too ► MR 2013;23(5):1001-7. Similar drops of CRP and rheumatoid arthritis markers were found for MK7 (the study explains it's more available than MK4) ► EJP 2015;761:273-8.

STABILITY OF VITAMIN K

80% of K in oils exposed to light is lost within 48 hours, so K needs to be away from natural or artificial light ► JAFC 1992;40(10):1869-73. "K *degrades in only a few hours of exposure to light*." (see the last page of this pdf). See how to ideally store it away from light.

CALCIFICATION of Teeth/Bones/Arteries/Heart: the ucMGP MECHANISM inside the body

Before explaining the ucMGP mechanism, let's define the CAC SCORE (coronary artery calcium or CAC): calcium Ca from bones goes to soft tissue like skin, heart valves, arteries, retina, brain when K_1/K_2 deficient, leading to osteoporosis and stiff arteries (heart attack). The CT (computed

tomography) heart scan, costing $99-300, indicates the calcium score, how much Ca has deposited in the atherosclerotic plaque (this plaque stuff starts building in the womb even if mom has high cholesterol) in the arteries or heart valves. The best CAC score is 0, the worst is above 400, see the last picture at K.pdf for a chart of CAC increasing with age. There can still be plaque without Ca though. As explained by MD Dach, part of the treatment to stop calcification is higher D_3 and K_2 as MK7. CAC is a much better predictor of heart attack than blood lipids. The studies above suggest that those with a CAC score above 0 can take MK7 for maximum longevity/health and governments could require vitamin companies to include it. Even 4,000 years ago mummies had Ca in arteries. The inventor of the CAC score wrote a simple article about it. Some MDs estimate most people are K_2 deficient. If you want to read more, see IM 2015;14(1):34-9. A great paper on K_2 role in preventing calcification is AN 2012;3(2):166-73. ☺☺

Those (with stable vascular disease) with highest *uncarboxylated MGP* ucMGP (a marker for lowest vitamin K) had 89% higher (almost double) mortality and 88% higher cardiac mortality than those with the lowest ucMGP (best vitamin K status). ucMGP (uncarboxylated Matrix Gla Protein) is thus a marker for cardiac death risk and a few labs offer this test. The reason is that MGP is uncarboxylated and unable to chelate Ca^{2+}, as it only has one COOH (not two as carboxylated one) group, leading to calcification of arteries and heart valves ► Ath 2014;235(1):162-8. ucOsteocalcin (ucOc) is uncarboxylated and K carboxylates it, enabling it (cOc) to chelate Ca^{2+} (via the 2 COO^- groups) and mineralize tooth dentin, enamel and bones and prevent tooth/bone loss, osteoporosis. Vitamin D and A are key to this vitamin K action, hence they're needed too. K basically enables glutamate amino acid of the 17 Gla domain proteins (MGP and osteocalcin being two of them) to become gamma-carboxyglutamate (Gla), with 2 COO^- groups to bind Ca^{2+} as explained at Gla_domain and in a picture at K.pdf. MGP is mainly produced in vascular smooth muscle cells and chondrocytes (cartilage cells). High ucMGP is thus leading to high CAC score, as proven in this study ► EJCI 2010;40(4):344-9. The 17 known Gla proteins are blood coagulation factors II (prothrombin), VII, IX, and X, anticoagulant proteins C and S, factor X-targeting protein Z, osteocalcin or BGP (bone Gla protein), periostin, GRP (Gla rich protein), Matrix Gla Protein (MGP) preventing arterial Ca deposits, the cell growth regulating growth arrest specific gene 6 protein (Gas6), and the four transmembrane Gla proteins (TMGPs).☺☺☺

"K_2 acts in the body as a co-factor of 'vitamin K dependant carboxylase'. This enzyme, when enabled by its cofactor K_2, can alter the structure of proteins by the process of gamma-carboxylation. Two examples of proteins are osteocalcin, found in bones and teeth, and matrix GLA protein found in cardiovascular tissues. Both of these proteins require the fat-soluble vitamins A and D in their production. Carboxylation of osteocalcin by K_2 permits it to attract and retain Ca, which is good in bones. The reverse of this process happens in cardiovascular tissues because matrix GLA proteins allow Ca to settle in arteries when they're uncarboxylated but shed

Ca when they're carboxylated with sufficient K_2" ► MH 2015;84(3):276-80. Calcification is reversible via EDTA, tetracycline, nutraceuticals combo also ► Patho 2004;11(2):95-101; apatite (Ca phosphate) coated bacteria seem to be killed by this treatment; K probably takes Ca away from the area, so the nanobacteria can't coat itself, diminishing Ca buildup.☺☺☺

►► 12.4.11. VITAMIN B_{12} ◄◄ (need 0.2 mg/day if vegan, vegetarian or 45+)

If Hcy is > 5.2 (99.5% of humans), death risk rises, so 0.5 mg methyl-B_{12}, 10-20 mg methylated B_6 pyridoxal-5-phosphate form, 800 DFE units methylated B_9 MTHF form, methyl-tetrahydro folate, 0.5-2 g trimethylglycine (TMG) are used to bring Hcy down and prevent plaque/infarct. These methylated B_6, B_9, B_{12} forms are found in "methylated B complex", better bought from Walmart, much cooler storage/shipping than Amazon, to avoid B degradation. Hcy 20 = 10 times higher death risk vs Hcy 5, besides very poor cognitive function as Hcy induced vascular dementia can make you an 'Alzheimer patient'. Shrunk brain vessel diameter means less antioxidant delivery, repair, toxin/amyloid removal, start of Alzheimer (or 300+ neurodegenerative diseases) or brain cancer. Here is a horrible pic of what high Hcy leads to: no brains left, brain artery is 95% clogged, can't recall events of last day, hour or minutes, IQ drops 50 points. The current guidelines and lies of MDs that Hcy 7-10 is fine are causing endless deaths, suffering, dementia, cancers (lack of blood flow to organs, liver, pancreas, etc causes lack of antioxidants, nutrients, repair, toxin removal which allows cancer to start/grow). 99% of humans can't lower Hcy below 6 with methylated $B_{6,9,12}$ alone, we need 0.5-2 g TMG, the lowest possible TMG amount, max 1.5-2 g ideally, to avoid raising LDL/TC/TG, see 6% fat section on how to measure Hcy and 8 other cardiac markers from home. TMG or betaine is high in some foods, like goji berries, and need be avoided by pregnant women due to harm to fetus. If TMG fails to bring it to 5.4, try 1 g creatine on top for a year until you figure out another way using a safer (long-term) lower 0.5 g creatine dose. Vegans lack creatine in muscles more, so 1 g is fine after 50, if no kidney issues exist. Only 0.5-1% of humans have Hcy < 6. Everyone is SICK, but cheap TMG☺☺☺ won't make trillions for Big Pharma Palace Aristocrats. Their profits need SICKNESS. Conflict of interest. The devils sink the whole ship of humanity, themselves included, into the abyss of ignorance and short lives, instead of 4000 year lifespans.☺☺☺

The safest B_{12} form is methyl cobalamin (as this neurologist MD explains, to rebuild myelin sheath around axons for fast accurate nerve signal transmission (brain speed), *cyano*cobalamin is toxic) as in the Micro 0 inactive ingredients B-complex. NIH says lack of B_{12} can cause memory loss, irritability, depression, numbness, burning, needles, pins, tingling, stabbing pains or strained fingers/toes sensations (nerves from brain to feet are 6 ft long and lack of myelin insulation for axons causes pain, B_{12} makes myelin), heart palpitations, infertility, low sperm count, miscarriage, yellow eyes/skin, purple-pink-brown-nails (or just the tip of the nail) or

melanonychia as it is called, as shown in a 2007 and JAAD 2020 paper on reversing it with B12, a smooth/painful tongue, taste loss, vision loss, vision issues, pale skin, weight loss. Some feet, muscle/heart palpitation, tingling, twitches can also be caused by calcium overload, magnesium deficiency or electrolyte imbalance during fasting (if not taking electrolytes), while excess B5 or niacin form of B3 can cause yellow skin or eye. Tests can reveal if B_{12} is low. Metformin, alcohol, antacids, pernicious anemia, autoimmune diseases, digestive issues (colon surgery) reduce B_{12} uptake. Like B_1, B_2, B_6, B_9, B_{12} is sensitive to visible light, so store B_{12} away from light, water, heat. The NIH RDAs in µg are: 0-6 mo 0.4 (AI), 7-12 mo 0.5 (AI), 1-3 yrs 0.9, 4-8 1.2, 9-13 1.8, 14+ 2.4, pregnant 2.6, lactating 2.8. RDA is 4 in EU, not 2.4. B_{12} "RDA...might be inadequate... is primarily based on a 1958 (tiny) study conducted by Darby et al (34) in which approximately one-half of the subjects (4 of 7) with pernicious anemia achieved and maintained maximum erythropoiesis on long-term follow-up… with intramuscular (B_{12}) administration (not oral) ...1.4 µg/d" ► AJCN 2010;91(3):571-7. 2.4 µg is not sufficient however to keep homocysteine (Hcy) low. BMCP 2012; 12:85 found a *vegan* pregnant mom taking 2.5 µg, near RDA of 2.6 for pregnancy, developed severe deficiency in her kid after 5 months of breastfeeding, due to low transfer of B_{12} from her milk, since after birth, she stopped taking the multivitamin, causing her milk B_{12} level to fall. Low or very high B_{12} increase the risk of cancer, so it's best to not overdose.

As stand alone B_{12} (not B complex), the cheapest safest (free of toxic stuff) brands are:

1). methyl $10/g from Bulk Supplements, pure powder (lasts longer, not clear how long), 0 toxic fillers, lasts 6.8 years at 4 mg/day, 1.7 years for family of 4. Years 3+ less potency, as it starts degrade, but way > RDA. Need analytical balance to figure out how much is 1-4 mg, so very inconvenient, impractical for most people, unless you have a way to take small amounts without oxidizing it in air much or can make capsules with other vitamins, using a capping machine, etc.

2). hydroxy+adenosyl from Pure Encapsulations 90 capsules 2 mg (rice 130mg, cellulose capsule = 50mg, hypoallergenic, cellulose (wood) the only *1* inactive *ingredient*); lasts 1-2 years if you take mostly (75-90%) the cheaper (more neuron protecting) methyl B_{12} via Micro B-complex.

3). hydroxy+adenosyl+methyl from Igennus 333 µg of each natural form. 71$/g, but you don't have to worry about forgetting to take the other 2 natural forms if B complex has only hydroxy or methyl. The issue is mannitol (0.2-0.5g/pill, soft stool, dehydration if overeaten, 2.9g/100g cauliflower) inactive ingredient may cause dry eyes and brain damage via dehydration. Mannitol is produced via 1. hydrogenation of fructose with nickel catalyst (nickel allergies cause acne) 2. bacterial fermentation with USP ≤ 100 cfu/g for molds/yeasts, ≤ 1000 cfu/g for aerobic microbes, 3. contaminated seaweeds in China, the sea has got it "all", PCBs, heavy metals, etc).

Be aware some brands are fraudulent, they claim 10 mg inside, but have 0 mg, see the full table

here, the claim vs actual columns, stop the video to read and also check out the NOW Foods list. People against vitamins forget cows and livestock get tons of B_{12} in their feed when plants and soils are cobalt deficient. All those "organic cows" often (conventional even more often), since 1970s, get synthetic multivitamins and B_{12}. Were she to follow EU guidelines of 5, double, her child may have fared way better, especially if she didn't stop the pills during lactation. Were she to follow common sense from papers on B_{12} metabolic deficiency, which recommend 50 µg a day during pregnancy (especially if vegan), she probably would have had no issue, because her liver stores of B_{12} would have been enough for that breastfeeding period. Additionally, multivitamin B_{12} is not reacting with saliva when not in powder form or chewed, so it may be less absorbed, since saliva protects B_{12}. The B_{12} reacts with the pill constituents more, so it's better to take it as powder and let it react with saliva first, separate from multivitamin. The ULs are nonexistent, since no adverse effects were seen at even 1,000 µg for 5 years in healthy people (for diabetics, see below). As a vegan, I take around 500 µg/day in 3 forms (some multivitamin orally, methyl or adenosyl-hydroxyB_{12} capsule sublingually, all are oral, not sublingual brands), as explained in the next pages; most of my life I took just 2-4 µg, but as we get older we need more, plus I read a lot more about RDAs. I/many take 8-100% of a multivitamin pill or vitamin capsule (D_3, B_{12}, K_2, I, Se) daily, to avoid taking > UL. Since processing, sunlight can diminish food B_{12}, it's safer to take B_{12} pills if eating little meat or over age 50, to avoid blindness, coma, anemia, psychosis or short lifespan. B_{12} is the most complex vitamin, see B12.pdf. Many papers show very positive effects at higher doses, 250-1,000 µg, which are not harmful because out of 500 µg taken orally we only absorb 2-14 µg max. "Suboptimal B_{12} status (serum B_{12}<300pmol/L) is very common, occurring in 30%-60% of the [OMNIVORE, *vegans* maybe 85+% due to misinformation] population, in particular in pregnant women and in less-developed countries" ► AFNR 2018;83:215-79. Dr. Greger recommends min 50/day or 2,000 once/week taken on empty stomach as a liquid, chewable or sublingual (to bypass digestion, liver) for those with good absorption, 1,000 µg /day for age 65+. B_{12} lowers homocysteine Hcy; Hcy > 20 µM meant 4.5 times higher mortality vs < 9 µM. If you take 2000 µg, only 20 µg is absorbed, but if taking 2 µg, 1 µg is absorbed, so to avoid any damage to microbiome, kidney or colon with B_{12}, take B_{12} 3 times/day at 2 µg to absorb the 20 µg/week. That way GI tract deals with 20 µg of extra B_{12}, instead of 1980 µg. B_{12} may be good for the colon though, at least according to some studies.

B_{12} or cobalamin is present in 4 forms, 3 natural (foods and our bodies): methylcobalamin or MeCbl, Me-Cbl, CH_3-Cbl, methylB_{12} , CH_3B_{12} or CH_3-B_{12}, hydroxocobalamin or hydroxycobalamin or OHCbl, OH-Cbl, hydroxyB_{12}, OHB_{12}, OH-B_{12}, 5-deoxy-adenosylcobalamin or AdCbl, AdoCbl, Ad-B_{12} and 1 artificial (not in foods, unless fortified) CyaNoCobalamin or CNCbl, CN-Cbl, *cyano*B_{12}, CN-B_{12}, the one that releases toxic *cyanide* (CN^-) inside our bodies once absorbed and turned into what cells need: MeCbl, OHCbl, AdCbl, GSCbl (glutathionylcobalamin). *Cyan* means blue and

cobal (Cbl) refers to the ***Cobalt*** atom at its center, ***amin*** due to the 5 N amino ligands bound to the Cobalt center: see pic. The 6th ligand of cobalt is either OH, Me, Adenosyl or CN, determining the 4 types of oral B_{12}: 3 natural and one ***lethal*** man made, GS being an endogenous B_{12}. sp^3d^2 hybridization means 6 orbitals, 4 are the 4 nitrogens in a square and the 5th nitrogen is below, while the variable 6th ligand is above to form an octahedron. IJVNR 2008;78(4-5):195-203 found in fortified foods, in solution, CNCbl is unstable, may become pseudoB_{12} which hinders true B_{12} absorption. JCI 1982;70(4):889-98 found taking a multivitamin, dissolving it in water at body's 37°C for 2 hours led to a mixture where 20-90% of B_{12} reacted with the other vitamins/minerals to become pseudoB_{12}; this may happen with B_{12} from food too; perhaps the RDA/one meal is insufficient to achieve optimal B_{12} status in half the omnivore population even, as shown above. This is also why I always take separate B_{12} from powder capsules (these are easy to be placed under tongue to become sublingual) at several meals (at least 2 a day), at least once without multivitamins in a very simple meal (multivitamins are taken orally at the biggest meal when there are already a ton of nutrients and vitamins) or an empty stomach before meals with some cucumber or watermelon. This is needed to prevent any reaction of B_{12} with B_1, C, copper sulfate; these 3 mixed caused 66% B_{12} to become pseudo *at pH 7 and 15% at pH 2 (stomach pH is 2),* 40% in just 15 minutes in pure water pH 7, but *only* 7% with pig TC1 (*saliva protein*), *9%* with pig TC3 (*intrinsic factor*). However, 80% of CNCbl was gone in 45 min in the presence of pH 2 human gastric juice; so, the conversion *is lower at low pH and in the presence of B_{12} binding proteins* TC1 *and* TC3 *(see below) from saliva and stomach; they noticed* OH*Cbl is* converting even easier, with vitamin C alone (not food vitamin), after 30 minutes 21% at pH 1.8 and 89% at pH 4 (when we eat, our pH is not 2 always, as eating a lot lowers pH to 4-5 even for a while due to dilution*).* If this conversion to pseudo happens with CNCbl, it happens even easier with the other 3 from food, so to get the benefits of the 3, one can be careful and avoid multivitamins with CNCbl or avoid taking B_{12} from multivitamins only. This is why meat, milk often has pseudoB_{12} these days, since factory farming uses CNCbl as supplement often, which can lead to pseudoB_{12} forming, just as mixing B_{12} into animal feed led to pseudoB_{12} forming in the feed, as the paper explains, leading to half of omnivores having suboptimal B_{12} status (vegans even more?). This is a new phenomenon not present in decades prior to B_{12} fortification of animal feed (soils depleted of cobalt); this will mean the food B_{12} may sometimes hinder true B_{12} uptake and RDA needs be higher. The 3 food B_{12} forms are less stable, but they're also nontoxic and have many benefits; due to being less stable, they form pseudoB_{12} easier, so to get their benefits, greater care has to be taken to avoid pseudoB_{12} formation, which is easier from the 3 natural forms not bound to protein as in food. Thus swallowing tablets is a big no-no for B_{12}, let the tablet be chewed or capsule powder react with saliva haptocorrin first in the mouth and stomach. Haptocorrin is also called HC, R-protein, R-factor, TC1, TCN1, transcobalamin-1, 1st trans*port protein of Cbl* cobalamin, the main transport protein in serum too, with 80% of B_{12} in

serum bound to it and unable to go to tissues, (the other 20% bound to TC2, transcobalamin2, and the TC2-B_{12} complex is also called holotranscobalamin, being called by some (not everyone, since B_{12} deficiency can exist when holoTC is normal and total B_{12} is low) a "truer" indicator of cellular B_{12} status than the total serum B_{12}, so we hear about measuring "holotranscobalmin" not total B_{12}; TC2 allows serum B_{12} to go to tissues after enterocytes absorption). ☺☺☺

After B_{12} is separated from food protein, it binds to TC1 to avoid being destroyed by stomach acid, but for *vegans* taking pills, this TC1 binding happens much faster in the mouth and stomach (stomach also produces TC1), meaning that vegans who take separate B_{12} as powder orally can have a much better B_{12} status than many omnivores, because the multivitamin pills omnivores swallow don't react with TC1 early on; the paper above shows pseudoB_{12} is not only absorbed, but can diminish the activity of B_{12} dependent enzymes in the mouse liver (but rabbits fed B_{12} contaminated with pseudoB_{12} grew normally, and animals usually don't store pseudoB_{12} in tissues, even if they can store it in serum); pseudoB_{12} makes 75% of total B_{12} in the serum of those severely B_{12} deficient (those that got 10 times lower than normal total serum B_{12}), being eliminated slower; it is thus important to realize the paper found that TC1 lowers pseudoB_{12} formation in vitro (due to vitamin C, B_1 and copper in solution, not food) 9 fold and iron rich vitamins (meals probably too) also lower pseudoB_{12} formation in vitro 2-3 fold vs same multivitamin without iron, so take B_{12} with iron loaded lentils like I almost always do. *Though the paper authors state that vitamins from food are not easily available to react with oral B_{12}, so they can't do the B_{12} → pseudoB_{12} conversion multivitamins, B-complex vitamins (C and B_1 mixed often) can.* Vitamin pills extracted from food are not the same as food vitamins, they're more reactive and available, so they can still convert B_{12}; not knowing the level of C and copper in those "natural brands" can complicate things. *So vegans*, real long-term vegans who almost always take B_{12} separately since they're much more informed than short-term vegans in studies *that were "vegan for a few years", can have some "brain shrinking less" advantage, stemming from taking B_{12} separately, especially if they take it sublingually (totally bypassing stomach, liver, i.e. hold that pink powder from B_{12} capsule for 5-minutes (while you prepare the meal) under the* tongue right before a meal, don't swallow it, and you never have to worry about "multivitamins *or food* vitamins, minerals *interacting with B_{12}", making sure if any B_{12} is* swallowed, *it is* fully bound to TC1 and super-resistant to any reaction. *Yet, some studies found sublingual and oral lower* Hcy *by the same amount. It's unrealistic to expect that if you* take a B_{12} containing multivitamin (chewed or not), food and perhaps some extra B_{12}, that the B_{12} → pseudoB_{12} *conversion* would be identical to an in vitro solution of a vitamin in these studies, solution free from 50,000 other interfering compounds in the food; however, with 50,000 compounds, *conversion* may occur even more via mechanisms not discovered until a century later, so, *while* we wash our leafy greens, make our smoothie, we can take non-cyano-B_{12}

sublingually and be safest, takes 5-10 min to make your daily super smoothie, *so no food in the mouth until then*. Knowing about this possibility and the 3 B_{12} binding or transport proteins, TC1, TC2, TC3, is helpful in designing eterni foods ☺☺☺ and achieving the best B_{12} status with minimal side-effects. It may be unrealistic also because in animal studies, after being given multivitamins, livestock don't accumulate much pseudoB_{12}, although this "non-accumulation claim of the 1982 study" is uncertain, given that pseudoB_{12} was often confused with B_{12} in 1980s studies: Ntr 2016;8(12):767 *says B_{12} food/animal content was overestimated, since in earlier decades we didn't always* distinguish between B_{12} and pseudoB_{12}, explaining why half omnivores lack optimal serum B_{12}; it also clarifies the popular spirulina contains "127-244 µg per 100 g of dry weight" of B_{12}, (more than any food) 83% of which *is pseudoB_{12}*. Avoid spirulina, see why.

Toothpaste fortification with 100 µg/g B_{12} increased old people serum B_{12} by 54 pmol/L, (>300 is ideal) or 23%, equivalent to 7 µg/day ► ACER 2019;31(12):1817-25. *Vegans using 100 µg/g B_{12} toothpaste boosted serum B_{12} 81 pmol/L versus a 27 pmol drop in the placebo group, a 0.7 drop in* Hcy *vs a 2 point rise in placebo* ► AJCN 2017;105(3):618-25*; vegans who didn't take B_{12} had* Hcy *15, those taking B_{12} had* Hcy *50% lower; this underscores just how critical B_{12} is and how* clueless *German vegans were in this 2017 study even. If you're a vegan there is one nutrient you would know about at least, B_{12}, that you need a pill for it (and D_3 too, but B_{12} essential), since fortified foods can have nothing left due to oxidation, water, heat.* Omnivores often have the same dangerously high Hcy in other studies, due to no B_{12} too, this may shorten healthy and total lifespan by 20 years in some people; omnivores often think only "anti-vitamin" vegans have high Hcy, which may give them stroke any time. Last decades, the meat processing has depleted its B_{12} content more, soils got cobalt depletion, not all livestock get B_{12}, people no longer chew tablets, and very little get absorbed from a multivitamin at times, since they put 2-6 µg B_{12}, but 150,000 µg of vitamin C, 30,000 µg B_1 to react with B_{12}. Toothpaste is a form of sublingual absorption, just like fluoride from toothpaste and water is absorbed and causes thyroid problems in millions, replacing iodine. That is why what is in toothpaste needs to be very healthy (non-cyano B_{12} ideally), because it goes into the bloodstream immediately via the capillaries under the tongue. Eternis may eat a thick liquid (powder dissolved in water maybe), 2-3 times daily perhaps, with all stuff needed from saliva (or similar binding proteins to TC1, just better), without having to waste time chewing and wasting so much energy to digest food and have such low bioavailability, waste body resources eliminating unabsorbed nutrients, minerals by kidneys and colon. Instead of chewing, we can meditate and achieve bliss.

TC1 is the saliva glycoprotein (also secreted by the stomach) protecting B_{12} from stomach acid, until reaching duodenum where trypsin and chymotrypsin proteases cleave TC1-B_{12}, releasing B_{12} free so the ileum enterocytes can absorb it. The B_{12} is absorbed only 1-2% by passive diffusion without the intrinsic factor (also called IF, TC3, or TCN3, transcobalamin 3) *glycoprotein binding*

to B_{12} right after release of TC1, so out of 500 µg only 5-10 µg are absorbed. After B_{12} binds to TC3, TC3-B_{12} goes to ileum enterocytes where only about 2 µg B_{12} per meal can be absorbed, due to limited IF. TC1, TC2 *are in the blood too being more important and frequent in papers,* TC3 (IF) *only in the digestive system*. Epithelial ileum enterocytes (cells lining the small intestine) cleave TC3-B_{12} and the free B_{12} can bind to TC1 or TC2: the TC2-B_{12} complex, together with TC2-B_{12} from passive diffusion, goes to tissues that need B_{12}. The remaining B_{12} binds to TC1 again, for body storage in the liver. Once in the tissues, the B_{12} ligand (CN, OH, Me, Ad) is removed and we get free Cbl, which then becomes MeCbl or AdCbl depending on what the cell needs. Thus out of 500 µg we get to absorb only 7-12 µg, maybe 14 in some rare cases. That's why people without TC3 (IF) need high doses of B_{12}, because they rely on passive diffusion, which absorbs only 1-2%, versus TC3 (IF) which can absorb even 50%. For all these reasons, it is best to use multivitamins with low levels of B_{12}, so most B_{12} is taken separately as pure B_{12} powder sublingually as explained above or with light meals (*not too high in C or B_1, but rich in iron*) or on an empty stomach with water, chewed slightly so that TC1 can bind to B_{12}, it will bind easily since it's powder form which makes interaction with saliva fast, while food B_{12} is bound to protein. ☺☺☺

IM 2017;16(1):42-9 says "AdCbl is the predominant B_{12} form found in meats, at 68%, with the rest occurring as OHCbl and MeCbl. MeCbl is the predominant form in milk and eggs… (B_{12} in) fermented foods, algae, seaweed, spirulina, yeast, and mushrooms may not be bioavailable… (these B_{12} forms) are referred to as pseudoB_{12} corrinoids. They compete on blood transport proteins with (*AdCbl, OHCbl, MeCbl*) bioavailable B_{12} forms, thus further aggravating B_{12} deficiency.. *MeCbl, OHCbl, and/or AdCbl is* preferred instead of the use of CNCbl, owing to their superior bioavailability and safety… potential cyanide accumulation in human tissues" that's why vegans need take B_{12} and not rely on *vegan* food sources. Even some shellfish contains pseudoB_{12}, and sometimes the distinction between B_{12} and pseudoB_{12} is prone to error during analysis ► JAOACI 2018;101(5):1308-13. "In edible snails, abalone, and pond snails, however, both vitamin B_{12} and pseudoB_{12} (a minor fraction of total B_{12}) were observed" ► FS 2014;80:1065-71. Most *vegan* foods have ultra low B_{12}, except for dried green or purple laver (nori algae) with 30-134 µg real (not pseudo) B_{12}/100g (depends if toasted, seasoned, etc), "Dried shiitake mushroom fruiting bodies rarely contained the inactive (pseudoB_{12}) corrinoid" ► Ntr 2014;6(5):1861-73, meaning 4 g is enough for RDA; 100 µg is huge, since best soy yogurt got 18, sauerkraut 2-7, tempeh (fermented soy) 0.7-8, milk 0.35, eggs 1, dried shiitake mushroom 1.3-13 µg, other algae, mushrooms usually almost 0 real B_{12} or too much pseudo (83%), which is risky. The issue with *vegan* sources is you have to read 50 papers to see which foods (spirulina, etc) exactly have negligible pseudoB_{12} (mixed with real B_{12}) that interferes with normal B_{12} uptake; most vegans don't even eat those exotic seaweeds and mushrooms, being too expensive and loaded with heavy metals. *This is why natural "food based" vitamins, which cost 2-5 times more,*

are not always the super-ideal thing, because they got 8,000 compounds in them (allergens, lectins, thyroid disruptors, toxic alkaloids, kidney stone forming oxalate) that could interfere in ways unknown or poison, depending on what mushroom they used for vitamin B, D, etc; for B complex only, it's safer, as only water soluble compounds get to the extract of the plant used; yet, if they're more bound to other things, they may convert B_{12} to pseudo B_{12} less than the traditional vitamins; globally sourced ingredients without heavy metal testing poses other issues. It's not clear what the shelf life is for those, if not solid or opaque container, food vitamins have lower shelf life. Nutrition is far more complex than "food vitamins are better", future people who live to 900 may say "food (ours) is worst", since they invented eterni foods. MCF 2017;16:15 explains, industrially, B_{12} can be made by bacterial fermentation which yields MeCbl and AdCbl; *this then is treated with KCN to yield CNCbl, which is heat stable (the only heat stable B_{12}) and can be added to foods,* and has longest shelf-life; bacteria also produce CNCbl directly, which is cheaper than the 2 step process. ☺☺☺

B_{12} is the most important vitamin *vegans* and older adults need to supplement with via fortified foods or vitamins. Even nih.gov says 1.5-15% of people are deficient due to known and unknown causes, with 10-15% for those over 60 years old. Ntr 2013;5(12):5031-45 says up to 30% of those over 65 years can be deficient and 5-7% of young people. The funny thing about vitamins (or nutrients in general) is that deficiency is defined in several ways: serum deficiency or functional/metabolic deficiency (at the organ or cellular level, when serum B_{12} is OK); so papers report deficiency in wildly different figures. NR 2016;36(2):109-16 says "Metabolic B_{12} deficiency is *common*, being present in 10%-40% of the population; is frequently missed; is easily treated; and contributes importantly to cognitive decline and stroke in older people. Measuring serum B_{12} alone is not sufficient for diagnosis; it is necessary to measure holotranscobalamin (TC2-B_{12}) or functional markers of B_{12} adequacy such as methylmalonic acid or plasma total Hcy... *cyano*cobalamin (*cyano* B_{12}) is harmful ... in patients with renal impairment (methyl B_{12} is suggested by the author)." CCLM 2013;51(3):633-7 says "*high-dose cyano*cobalamin *leads to accumulation of cyanide in patients with* renal failure...(a GFR <50)... in patients *with renal impairment, methylcobalamin should be used instead cyano*cobalamin." NDT 1997;12(8):1622-8 explains that AdB_{12}, OHB_{12} and MeB_{12} react with cyanide to detoxify the body of it, during normal processes, when the main route of CN^- detoxification (*thiosulfate*, $Na_2S_2O_3 + CN^- \rightarrow$ thiocyanate SCN^- + sulfite Na_2SO_3) is less effective due to kidneys' incapacity (renal patients) to eliminate SCN^- (thus, the serum SCN^- increases). Smoking also increases CN^- levels, as well as some foods; that's why when people have CN^- poisoning, they receive hydroxo OHB_{12} in large quantities (with *thiosulfate* sometimes), since it binds CN^- fastest, eliminating CNB_{12} via urine. *In people with* diabetic nephropathy, a combination of 2.5 mg B_9 (which exceeds folate UL by 2.5 times), 25 mg B_6, 1 mg (1,000 µg) B_{12}, for 3 years, *led to more vascular events (even if Hcy went down 2.2*

instead of increasing in placebo group by 2.6) and poorer kidney function (GFR declined more 54% extra, 16.5 vs 10.7, the blood Glomerular Filtration Rate that decreases 0.4-1.2 mL/min a year after age 40), but that may be due to folate alone, not the **CN^-** *accumulation from* **CNB_{12}** *(they most likely used* **CNB_{12}***)* ► JAMA 2010;303(16):1603-9. This is similar to people taking statins that increase HDL (in those with low HDL) 70%, but increase mortality too; just because a biomarker goes up as in healthy people, doesn't mean everything else (the other 500 unknown biomarkers) is fine or improving. Hence, medicine focus on one biomarker alone often fails to decrease mortality, since we don't understand how the human biomachine works. In 3 years of 1 mg B_{12}, one ingests 365*3*(28/1355)=22.6 mg of cyanide, with an unknown level accumulating and destroying the kidneys, etc. ☺☺☺

Hence, this book argues against using cyanoB_{12}, since as we age, the cyanide may accumulate in healthy kidneys too, shortening our lifespan by 1-3 months; 3 months from this and that, soon becomes 30 years. It's odd, when methylB_{12} is almost as cheap as cyanoB_{12}, many still use cyano in pills (it used to be a big price difference, no more today). A paper claims that MeB_{12} blood half life is 6 days. OHB_{12} half life is allegedly longer than the other 3 forms: "OH-Cbl is used to treat B12 deficient patients because it has a longer half life due to its ability to bind serum proteins". Oddly, a textbook (Ctrl-F "half life" this pubmed) says OHB_{12} half life is only 3-20 hours, so it's unclear. You will find many papers, textbooks, or Wikipedia entries giving different answers, so you will need read 5000 papers to get an average, searching for the half life, we need some AI to search it on pubmed, as it gives papers that don't talk about it. Part of the reason big vitamin brands use cyano still sometimes (hundreds of medium and small brands replaced it with methyl in the last 40 years) is cyano is very stable and eliminated intact (with cyanide bound) into urine in healthy people and B_{12} is low in many multivitamins, 5-50 µg, not 100-1,000 and most of it goes into urine, with only 1% absorbed out of high doses, so actual cyanide accumulation can be way lower than 22.6 mg in 3 years (we may get way more cyanide accumulation from some common foods like flaxseeds, etc). It's yet to be seen in future large scale studies how safe is to take 1,000 *µg* B_{12} in any form over 20-70 years for people with normal B_{12} absorption (not those that need 1,000 *µg* to survive due to genetics, low intrinsic factor, low stomach acid), given that natural forms are more readily absorbed than cyano (*and that pill B_{12} is better absorbed than food, not being bound to protein*), to see if the benefits (ultra low Hcy, cardiac protection, brain shrinking slowing) for living to 150 outweigh any risks: only in recent decades, natural forms of B_{12} became cheap so only recently people (without B_{12} deficiency) started taking higher doses. In 75 years we may know the best intake level and combo of the 3 natural forms 100 times better than today as more data is gathered. Shellfish, liver, kidney, some algae (that's how fish get it) have high B_{12}. Laver Nori algae got 30-130 µg B_{12}/100g mollusks 99 *µg*, organ meats 30-90 *µg*, turkey giblets 28, bran cereals 28, multi-grain cereals 21 (or less), lamb kidney 79, lamb liver 90,

mackerel 19, red salmon 18 and many people ate those daily and lived to 100, so many ate 100-800 *µg* B_{12} (*800 very rare, if in an area where mollusks, organ meats were the main source of daily protein*) in the 3 natural food forms with no problems (very similar to taking natural B_{12} mixed with foods). 240 *µg* B_{12} is basically 100 times the RDA. Clams got B_{12} is needed for red blood cell formation. Cyano B_{12} is the most common and cheapest form in supplements and fortified foods, which the body takes and converts *to the active forms* MeB_{12} *and* AdB_{12}, *releasing cyanide in the process*. "forms of Vitamin B_{12} that are produced and activated in two separate cellular compartments: methylcobalamin in the cytosol and adenosylcobalamin in the mitochondria." ► Ntr 2013;5(12):5031-45. Vitamin companies may not include the methyl, hydroxy, adenosyl forms to keep prices lower. Some hypothesize the methyl and adenosyl are better than the cyano form, but others disagree. MNFR 2015;59(7):1364-72 explains that methyl and adenosyl seem no better than hydroxy; it also presents several papers for and against either hypothesis. Defects in cblC gene lead to inability to make methyl or adenosyl B_{12} from pills of cyano B_{12}, but patients show response to 1-2 mg of hydroxy B_{12}. Methionine synthase activity is induced by hydroxy and methyl and to a lower degree by cyano. Hydroxy stays longer in plasma and is lost less in urine than cyano. Others think hydroxy is better than the other 3. One researcher hypothesizes cyano and hydroxy are OK taken alone, and methyl is not OK alone but only in combination with adenosyl ► EJCN 2015;69(1):1-2. ☺☺☺

Cyano is man-made, the other 3 are natural and physiological with hydroxy the most common in foods. Outside of US, they use hydroxy (EU) or methyl (Asia) more, in the US cyano more. Cyano is turned into hydroxy in the body, then into active methyl and adenosyl. Hydroxy increased serum B_{12} concentrations 40-fold, whereas cyano increased them only 10-fold ☺☺☺ after 1 mg of intravenous B_{12}, but both lowered Hcy by 33%, so it seems hydroxy is better absorbed ► Metab 2005;54(10):1362-7. Another study found that Hcy lowering was very good and below 5 µM with hydroxy B_{12}, but only worked half the time with cyano B_{12}, so hydroxy B_{12} seems better absorbed, being a natural form the body got used to over millions of years, compared to man-made cyano B_{12}. Urine methylmalonic acid (MMA), was much lower with *hydroxy* (at detection limit) compared to *cyano* (at 10 times normal); MMA is high in urine when B_{12} deficiency exists (the deeper, the higher MMA levels), further showing that hydroxy is better absorbed, *the authors recommend* hydroxy *over cyano* ► JP 1998;132(1):121-4. Serum hydroxy was 3-6 times higher than cyano over 48 hours ► EJH 1964;1(1):5-15. Cells seem to absorb hydroxy better ► BI 1984;63(2):335-41. Cyano is the least ideal per many studies, since any cyanide release, no matter how small, induces extra stress on the body and hydroxy is better absorbed, lasts longer in the blood, while methyl and adenosyl are retained better than cyano too. Other papers propose methyl is better than cyano at curing different issues. MeB_{12} was better than cyano at improving mental performance, alertness, reducing oversleeping ► NPP 1996;15(5):456-64, so

always take B complex with MeB$_{12}$, not CN. MeB$_{12}$ with carnitine caused "cerebral mass growth, increased neocortical layers thickness, pyramidal neurons volume,... normal structure of neocortex" ► ZNPIISSK 1989;89(2):82-7. Choline is metabolized to carnitine, so similar effects may occur with choline, explaining why people who eat legumes (high in choline) live longer, since brain controls aging? IM 2017;16(1):42-9 found "AdCbl, was 67 times slower than the (ileum enterocyte lysosome) *reduction* of MeCbl *to cobalamin*... (the current theory is that usually, all B$_{12}$ forms get ligand removed to become free cobalamin, which is then turned into the form we need, among the 2 most needed: MeCbl or AdCbl; since MeCbl is split way faster than AdCbl or CNCbl, it works better, but there may other reasons we don't know yet, since these mechanisms are not entirely understood, just recently they discovered GSCbl is very important, and OHCbl is important too inside the body). Thus, AdCbl supplementation may result in a slower synthesis of intracellular AdCbl and MeCbl". MeB$_{12}$ (at RDA x 25000, or 60mg/day orally) seemed to work better than hydroxy (0 effect) at delaying progress of demyelination in multiple sclerosis ► IM 1994;33(2):82-6; this may be due to partially sublingual absorption allowing the MeB$_{12}$ to act on neurons much faster. Some think methyl is the best B$_{12}$ form. NP 2013:424651 explains MeB$_{12}$ is the *most* effective one in being uptaken by subcellular *organelles* of neurons, promoting injured nerve and axonal regeneration, improved nerve conduction & visual function, less pain & rheumatoid arthritis, diminished symptoms of Bell's palsy, Alzheimer, and sleep-wake rhythm disorder. IJPC 2019;23(2):167-75: MeB$_{12}$ is "the *most effective* (B$_{12}$) analog in permeation and in transportation of neurons in subcellular organelles".

Others think best is the methyl with adenosyl mix for people unable to convert methyl into adenosyl and vice-versa, others vow on hydroxy as the best. To remove cyano group from cyano B$_{12}$ and convert it to the other 3, it takes glutathione, a very valuable antioxidant in the cells as explained at JBC 2014;289(23):16487-97. A study found hydroxo is better absorbed than cyano ► Bl 1984;63(2):335-41. "Treatment with hydroxocobalamin, but not with *cyano*cobalamin and folic acid, resulted in rapid clinical and biochemical improvement" ► NEJM 1984;310(11):686-90. ☺☺☺ Another reason to avoid cyano B$_{12}$ (take triple B$_{12}$ or methyl with adenosyl combo) is that the methylation of Hcy to methionine requires methyl B$_{12}$ as a cofactor. As shown above, defects to cblC gene make synthesis of methyl/adenosyl from man made cyano impossible. Even in healthy people, the methionine synthase (an enzyme taking part in the methylation of Hcy) activity is much stronger with methyl than cyano B$_{12}$, as explained above. This methylation of Hcy, so important for good health, also depends on methyl-B$_9$ or 5-methyltetrahydrofolate, which is made by the MHTFR enzyme (see the B$_9$ section). When genetic mutations of the MHTFR gene lower MHTFR enzyme efficiency, it is even more vital to eat methyl not cyano. Most vegans/vegetarians eat plenty of folate (B$_9$) from vitamins, legumes, greens, fortified foods, so when Hcy is > 9, it's due to low B$_{12}$ usually, not to low B$_9$. ☺☺☺

Hcy (H-S-CH_2-CH_2-CH(NH_2)-COOH) + THF-CH_3 = Methionine (CH_3-S-CH_2-CH_2-CH(NH_2)-COOH) + THF-H *is a reaction whose final step is catalyzed by methionine synthase, which uses* B_{12} *as a cofactor. The methyl group goes to form methionine.* During this process, 5-methyltetrahydrofolate (5-MTHF or THF-CH_3) is converted to tetrahydrofolate (THF or THF-H), as the methyl from THF-CH_3 (biologically active B_9 or folate) is moved to B_{12}, and from methyl B_{12} to Hcy to give us methionine and keep Hcy below 9 in the blood. Basically, Hcy + methylB_{12} = B_{12} + methionine, 5-MTHF + B_{12} = THF + methylB_{12}; if we add the 2 equations B_{12} and methyl B_{12} vanish, as they're cofactors of the enzyme, but the 2 B_{12} equations explain better what occurs. Therefore, it may be best for everyone (not just those with some mutations) to stay away from cyano or "methyl without adenosyl or adenosyl without methyl" since the body needs both. Methyl B_{12} is used as cofactor by methionine synthase to convert Hcy to methionine by donating the methyl group (then methionine reacts with ATP to form S-adenosylmethionine, or SAM, which is used for methylation of neurotransmitters, myelin, DNA, phospholipids, etc); adenosyl B_{12} is cofactor for methylmalonyl CoA mutase that converts methylmalonyl CoA to succinyl CoA, with succinyl CoA being necessary for creating hemoglobin and for energy production from fats and proteins. Succinyl CoA is a key molecule in the citric acid or Krebs cycle (CoA stands for coenzyme A). Methylmalonic acid (MMA) is high in urine when B_{12} is low, as explained above in the MMA test paper, because there is no adenosyl B_{12} for this key reaction. The form matters, just like vitamin D_3 is far better than D_2. Since in food we find all 3 and in the human body we find all 3 (sometimes methyl goes into hydroxy in the body before going back into methyl), the safest for all people (who may lack certain enzyme dependent conversion capabilities) seems to be a mix of all 3, hydroxy, methyl, adenosyl or what some call the TRIPLE B_{12}. For just $11, in 2017 I bought on Amazon a B_{12} that has all 3 natural ones into one pill of 1 mg, ; since then I found much cheaper alternatives, as they doubled price; *The cheaper alternative to buy all 3* B_{12} *is to buy* 2 brands, use much less than both pills (many don't need more than 1 mg): *hydroxy & methyl+adenosyl* is more expensive Kal, 1 mg methyl + 1 mg adenosyl, 60 tablets. The cheapest route to get all 3 B_{12} is *methyl* & *hydroxy + adenosyl.* ☺☺☺

Since many pills have so much of the B_{12}, those who absorb it well (Hcy ≤ 8 is a *biomarker* of *sufficient* B_{12}) may not need to take it daily (multivitamins already have some) and only 10-30% of the pill/capsule, to *promote neuron repair*, arterial health. Many MDs recommend these 250-1,000 µg/day amounts (some multivitamins have even 500 µg (0.5 mg) as methyl, safer than cyano). 1,000 µg/day is recommended for seniors where B_{12} absorption is ultra poor and deficiency at up to 40% of population per one study. Dr. Greger recommends absorbing 4-7 µg (2-3 times the RDA) daily, i.e. take 250 µg daily. Most multivitamins have 2-20 µg, a few got 50-100 µg, so to get 250 µg we need a separate B_{12} supplement. The reason why they say *250* µg is OK, is because we only absorb about *7* µg maximum from it. NIH explains that absorption

decreases dramatically as dose becomes higher due to the limiting intrinsic factor, that's why there is no "upper limit" for B_{12} like for other vitamins. Certain people (1% or less) don't have the intrinsic factor necessary for proper absorption of dietary B_{12}, so in these cases, their B_{12} intake is increased about 800-1,000 times (depending on age) to 2,000 µg per day (later the amount becomes lower) as explained at ► CDSR 2005;(3):CD004655. High oral B_{12} doses were as effective as the old traditional intramuscular injection method. Most multivitamins provide those minimum B_{12} RDA amounts. Even fortified foods today can provide the minimum for some. People with incapacity to absorb vitamin B_{12} need to take higher doses, but those are very rare and only a doctor can tell for sure if one is B_{12} *deficient*. *Deficiency is found by*: *1*. high *methylmalonic* acid MMA in urine (classic test that is used to confirm *adenosyl* B_{12} is not doing the *methylmalonil CoA* transformation into succinyl CoA), *2*. high Hcy (because *methyl* B_{12} is not doing the *methyl*ation of Hcy), *3*. the least reliable method ► low serum Cbl (cobalamin) or B_{12}, because serum B_{12} can be high, yet cellular B_{12} low and Hcy or *MMA* high, *4*. low cellular B_{12} deficiency symptoms, present when serum B_{12}, Hcy, MMA are normal ► Bl 2005;105(3):978-85 ► "neurologic and cognitive dysfunction (unsteady gait, fatigue, impaired memory) often develop in the absence of hematologic changes... Cbl, MMA, and Hcy levels fluctuate with time and neither predict nor preclude the presence of Cbl-responsive (B_{12} pill) hematologic (arterial damage) or neurologic disorders". ☺☺☺ Some multivitamins are so hardly compressed that those with poor digestion may not be able to fully dissolve them (vitamin rarely found whole in feces), so chewing the vitamin with food in the mouth is a good idea. "Oral cobalamin is also less effectively absorbed after a meal than when fasted (1.8-7.5 vs 2.8-13.4 µg of a 500-µg dose)" ► Bl 2008;112(6):2214-21. This means out of 500 µg taken orally we only absorb 1.8-13.4 µg maximum. However, out of a 1-2 µg multivitamin tablet, we absorb usually half. The more B_{12} the pill has the lower the % absorbed. The limiting variable is the stomach intrinsic factor. Thus, if we take a given amount 3 times daily, we can absorb more than someone taking same (or higher) total B_{12} once; it's not about how much is taken, but absorbed, like with other vitamins. Usually mild deficiency is corrected rapidly orally, so one can take small amounts 3 times daily. Low intake of B_{12} can lead to very high Hcy and increased risk of cardiovascular disease, Alzheimer, early death, neurological problems, etc. B_{12} is the one vitamin all vegans are very aware of and supplement with via multivitamin or fortified foods. Even omnivores over 50 who take no multivitamins can become B_{12} deficient leading to heart/brain disease. ☺☺☺

FNB 2008;29(4):249-54 explains higher maternal plasma B_{12} were associated with improved *offspring* cognition, including attention and short-term memory. Methyl B_{12} helped the crushed optic nerve of rats to regenerate partially ► YKXB 2004;20(3):171-7. High doses of methyl B_{12} in rats helped nerves to regenerate after acrylamide neuropathy ► JNS 1994;122(2):140-3. It may regenerate even crushed sciatic nerves ► NYZ 1976;72(2):269-78. As the 3rd pic at 12.pdf shows,

compared to those with Hcy below 9 µM, mortality was 1.9 times higher for those with Hcy 9.0-14.9 µM (micromol/liter), 2.8 times higher for those with levels of 15.0-19.9 µM, 4.5 times higher for those with levels of 20.0 + µM ► NEJM 1997;337(4):230-6. A review of studies, totaling about 28,000 people, found that for every 5 µM increase in Hcy in the blood, ALL CAUSE MORTALITY goes up 33.6% ► SR 2017;7:4769. Another study found that for every 5 µM increase in Hcy in the blood, *ALL CAUSE MORTALITY* goes up 49%, with those having Hcy above 20 µM being 3.5 times more likely to die than those with Hcy below 9 µM ► AJCN 2001;74(1):130-6. Those with Hcy below 11 µM were 2.74 times less likely to die compared to those with Hcy above 11 µM ► JNHA 2008;12(10):685-9. "With a plasma Hcy level greater than 14 µM, *the risk of Alzheimer's disease nearly doubled*." ► NEJM 2002;346(7):476-83. ☺☺ Vitamins B_{12}-B_9-B_6 cut the natural aging brain shrinking in half. Those with Hcy above 13 taking vitamin B_{12} (0.5 mg/day, RDAx200), B_9 or folic (0.8 mg/day, RDAx2), B_6 (20mg/day RDAx12), for 24 months got brain shrinking (seen in MRI scans) 53% lower than those receiving placebo ► PO 2010;5(9):e12244. The 8 B vitamins are water soluble, excess goes into the urine. The same authors published a paper showing that the same B_{12}-B_9-B_6 amounts above led to 7 TIMES LESS *brain shrinking* in those gray matter regions specifically vulnerable to the Alzheimer process in people with Hcy > 11 µM ► PNAS 2013;110(23):9523-8. ☺☺☺

Vegans who don't take B_{12}, B_6, B_9 supplements (multivitamins) have higher Hcy than healthy and in some studies quite a bit higher than omnivores. B_6 is cofactor for many enzymes, including those that convert Hcy into cysteine. B_{12}/B_9 help covert Hcy to methionine. If SNPs affect one pathway (B_6 or $B_{9\text{-}12}$), the other one can degrade Hcy, which is toxic for the brain vasculature and leads to brain shrinkage. That's why B vitamin supplements have the levels of $B_{6\text{-}9\text{-}12}$ as in this study quite often, or even some multivitamins. Of course, longevity is not reflected via one marker, there are always exceptions, so one can live to 100 with a higher value for Hcy than someone living 75, as longevity is much more accurately predicted by a mix of 200 biomarkers. But we try to minimize our risks, and each diet has its own pluses and minuses, with B_{12} being low in *vegan*/vegetarian diets not taking B_{12} pills or a few algae being the main minus. B_{12} lowers Hcy, so some people who want to be all natural (trying to get B_{12} from *vegan* sources such as seaweed, nutritional yeast, etc) may end up deficient, especially as many papers say even omnivores are B_{12} deficient after 50 as absorption weakens in all aging people. 20 years ago there were very few *vegan* foods and even fewer fortified with B_{12}, so the Hcy in *vegans* who didn't take vitamins was quite high (higher by 40% in some cases than omnivores) as some of the old papers show. Today, due to the fortification of so many *vegan* foods with B_{12}, Hcy levels in *vegans* are lower, but not every *vegan* takes vitamins, B_{12} or B_6 or B_9, the 3 vitamins that lower Hcy ► Ntr 2016;8(12):767. At walkinlab.com and other places, anyone can check their Hcy as part of a blood test, for < $100, without doctor approval, just for long-term prevention, if Hcy is

high, it may well mean low vitamin B_6-B_9-B_{12} intake or absorption so using B vitamin pills or a multivitamin with higher B vitamins may help bring Hcy down, so next blood test shows a lower value. It takes 1 month to see Hcy normalize usually after taking B_{12} or B vitamins. ☺☺☺

Vegans who eat enough B_{12}, B_6, B_9 can get Hcy at 5 µM or 25% of the 20 µM level of highly B_{12} deficient persons and healthier than the 10 level of most omnivores. Lower Hcy meant lower depression (better BCulation, neurons communicate), they lowered Hcy by 4 µM using B vitamins ► AA 2011;40(6):702-5. A real mystery is this: let's say we have a group of 20 million people, who all have Hcy at 5-7, which is the very best. What is the optimal serum B_{12} level, urine MMA, serum TC2-B_{12} (holotranscobalamin) level for maximum achievable lifespan? BMCM 2020;18:307 studied 24,262 people, finding "High intake of vitamin B_{12} in the form of supplements was not associated with any adverse effect on mortality and therefore can be regarded as safe…"; the authors explain there is no proof of causation in other studies finding B_{12} high in sick people, only of *reverse causation*, the sickness caused high B_{12} due to inflammation (serum B_{12} is *high* in several diseases) or B_{12} rose because people tried to fix previously diagnosed diseases by taking B_{12}, or thin nerds (notice BMI was lower for this > 700 group, more health conscious fit thin healthy people drove the average BMI lower, perhaps some vegetarians, some vegans, some physical fitness omnivores who eat tons of B_{12} rich meat to "be muscular"?) or health freaks took B_{12} vitamins, all these groups (*vegan* or not) merged into the > 700 pmol group, when if you separate them you get a totally different picture: *B_{12} < 140 pmol/L meant 39% higher all cause mortality (64% higher cardiac mortality too)* of course (Hcy was 13 vs 8 for the reference group, MMA 272 vs 124), but B_{12} > 700 pmol/L (Hcy 7.3, MMA 122) meant no rise in total all cause mortality (only 45% higher cardiovascular mortality). 35% of reference group (300 < B_{12} < 700, the so called optimal B_{12} level) used B_{12} pills, vs only 17% for the high mortality one, 59% for the B_{12}> 700 one (>700 group contained some extreme enthusiasts who took 6,000 µg/day, while usually we define 1,000 as high if younger than 65). *This is a classic example of clueless omnivores being "against vitamins", like vegans are at times, and living shorter as a result. Few people know half omnivores have suboptimal B_{12}.* Most people got B_{12} way < 700, half got B_{12} < 300 even. The question would be why do we see in some studies, like this one, done on omnivores, higher total B_{12} meant 45% higher cardiac mortality (or in other studies even higher all cause mortality)? Was it B_{12} the cause or was reverse causation or was B_{12} a marker for *red meat intake (shown in 100s of studies to increase cardiac mortality a lot via atherosclerosis)*, which contains oxidized cholesterol, AGEs and TMAO generating *(due to omnivore microbiota, vegans generate far less TMAO)* carnitine (*3 times more in red meat vs* chicken), choline? B_{12} is mostly in meat, fish. I never read a really good study, where they didn't remove the big confounding factors above, how much they fried and oxidized that cholesterol, what cooking method was used (that can increase AGEs 5 times), what was their supplement

intake before the study began (since if Hcy, for a subgroup of the >700 group, was high, right before study began, that meant they already did damage their arteries, so then, it will show a little higher cardiac mortality, even if during the study Hcy was low), etc? To answer this decisively we need to do a large study in *vegans* who eat like me *(minimal cooking, ultra low fat and AGEs, just some legumes boiled in water)*, since we vegans don't eat cholesterol, far less AGEs (if like me), and generate far less TMAO. Med 2016; 95(31):e3485 found (74,494 people) no increase of even 1% in total mortality from B_{12}. ☺☺☺ Methyl B_{12} can cure infertility ► HK 1984;30(4):581-6. Many conditions are cured by higher doses of B_{12}, especially related to nerves, multiple sclerosis, canker sores. 1 g Creatine can lower Hcy too.

►► 12.4.12. VITAMIN C (helps you see) ◄◄

JN 2011;141(10):1847-54 found 25% of Americans *don't get even the minimum* RDA *for vitamin C* (ascorbic acid). The RDAs in mg: 0-6 mo 40 (AI), 7-12 mo 50 (AI), 1-3 yrs 15, 4-8 25, 9-13 45, 14-18 men 75 women 65, 19+ men 90 women 75, pregnant 85, lactating 120. The ULs (for pills+food) are: 0-12 mo unknown, 1-3 400, 4-8 650, 9-13 1200, 14-18 1800, 19+ 2000. I got 800+ mg/day from food alone in 2020; multivitamin brands have 40 to 200 mg. Oddly, for the healthy young, LPI recommends min 400 mg/day, for the sick old, way more. Double Nobelist Pauling took 3-15 g daily for decades reportedly, many mammals take equivalent of 10g/day, so 0.8g a day from food is low, even if RDAx9. 0.8g is < 2g UL, so it's safe. If you take vitamin C, take only 150-200 mg max per meal from vitamins AND food by taking a fifth, half or 4th of a capsule or a max 200 mg tablet, but don't overeat since it can form oxalate kidney stones as C converts to oxalate and is excreted. C helps the brain to stay healthy. If you buy in bulk powder form, it goes bad fast with air contact and moisture, light and in 2 months, after 60 repeated openings, it may have toxic compounds there too, so best is to buy capsules, tablets and eat what you can to achieve 200 mg per meal for saturating the blood next 8 hours, if sick or in need of immune system boost. High oxalate due to high C could in theory cause oxalate arthritis people get from not soaking grains and legumes. Always choose 0 inactive ingredients, even rice flour in vitamins is toxic, since it has bacillus cereus which can cause anaphylaxis; stearic or magnesium stearate raises triglycerides, dextrin, mannitol can cause dry eyes, titanium dioxide can cause oxidative stress, silica or silicon dioxide can cause silicosis if inhaled and not dissolved in a smoothie, saliva or water first, etc. The Bestvite 12$ 120 caps 1000 mg cheapest, safest because it has no extra additives, except 50 mg healthy desperately needed by malnourished Americans hesperidin polyphenol from oranges. It's also safer than 99% of vitamin C products with no extra additives, because it is the palmitate ester of vitamin C, which is as bioavailable, but is much more stable. However, if you eat carrots, or high oxalate foods, you need normal vitamin C, for faster prevention of kidney stones, so you can take powder from capsules with no extra ingredients, take a third of a capsule and dissolve it in a smoothie or glass of water to avoid throat damage.

Some people can get sick from too much C, 200 mg 3 times daily is far safer than 600 mg once or 300 mg four times; some took 3 g daily for decades, but that doesn't mean everyone would get same benefits and not get sick. Use your common sense, try stay well below 2 g daily, since 2g UL is based on years of research. Avoid croscarmellose, microcrystalline cellulose, MCC, and too many extra ingredients, some known to be very toxic yet added by some brands (1 brand, the most toxic on Amazon, has 9 extra ingredients, many very toxic, like TiO_2 which damages DNA). Vitamin C pH is 3.3 when dissolved in water, versus 5.5 pH for ascorbyl palmitate (palmitic acid ester of vitamin C), so if you take it as a capsule powder with a small meal of watermelon, carrot and 2 walnuts, you won't destroy your throat and vocal chords with the powder of pure ascorbic. Ascorbic is water soluble, but ascorbyl palmitate is far soluble, so only take it with 1 walnut or some other fat at a meal, which is fine for those eating 1 carrot at every meal with 2 g of fat (walnuts) to boost vitamin A to prevent dry eyes, since A in carrots needs fat to absorb 10 times better.

The ideal brands, like the black bottle Pure, more opaque than the white bottles, I use, besides Bestvite, don't have anything except vitamin C: the cheapest/g $16 Pure 680 mg 365 caps, $21 Encap 1000 mg 90 caps, $14 Clark 1000 mg 100 caps or 31$ for 454 g pure powder. Avoid Encap and Clark ideally, as white bottles don't prevent light as well as black, and powder oxidizes fast each time you open it. Powder is only useful for people who have machine to put it in capsules. The issue with vitamin C, etc you buy is that exposure to air, light, heat leads to the degradation into possibly toxic compounds. 4 toxic brands are Nutricost 12$ 240 caps 500 mg (rice flour deadly) or Piping 7$ 200 caps 500 mg has toxic croscarmellose, Nature's Bounty 11$ 200 tablets 500 mg (clear bottle green tint, oxidation), NOW Foods 15$ 250 tablets 500 mg, has toxic MCC. 500 mg is too much to take 4 times daily due to going over the UL (upper limit of 2000 mg from pills+food). Tablets have the advantage of easy swallow, without irritating the stomach with the capsule or irritate throat if you eat the powder only, since the pure C form is corrosive, acidic, unlike the ester form from Bestvite. However, no tablet exists that has vitamin C only. The aqueous humor of the eye (which prevents dry/red eyes) has 20 times higher vitamin C level than serum, no wonder high food C prevents AMD & eye issues; C and glutathione inside the humor prevent its swelling, increased eye pressure, and glaucoma (80 million people got it, 5% of glaucoma patients go blind, C helps us to see); C, low 'AGEs, cyanogenic foods, mercury' give healthy eyes & glutathione level. High C, Bs detoxify heavy metals which lower glutathione level.

Too much C can cause some health issues in some people, so do research before going crazy with anything above 1 g daily, or half the USA UL. "Prophylactic prevention of infection requires dietary vitamin C intakes that provide at least adequate, if not saturating plasma levels (i.e., 100-200 mg/day)" 200 mg is RDAx3 ► Ntr 2017;9(11):1211. Studies show each meal we eat with 200 mg, we saturate plasma, so C can fight free radicals, clear blood heavy metals; 8 hours later,

it may decrease a lot, so another 200 mg from food brings C back up: C is essential for the immune system, fighting flu, colds, COVID19, protein synthesis, *dry eyes, cornea, skin, joints, vessels, ligaments health,* lowering body oxidative stress, so adults can plan to get 200 mg C every 4 hours from food and/or caps, even the lightest 100 cal meal before going to bed, to keep body repair in best shape during sleep (same for polyphenols). Some *vegans* don't calculate clearly protein quality, so the C is even more critical to keeping those heart muscles young and living to 100 or, some century, 900. Flu/cold symptoms in the 3 g/day group decreased 85% vs controls: JMPT 1999;22(8):530-3. C helped fight severe COVID19, shortening hospital stay: AJCR 2020; 21:e925521. Immune mechanisms of C, D, Se preventing COVID19 are here. The issue with most people is too low, not too much; not even 0.01% go beyond UL usually. 60 mg is the RDA vitamins use. People who didn't eat fruits or veggies with C for a long time died from scurvy; in 1932 they discovered vitamin C. Those getting 200-1200 mg from food live longer & always *have better eye health*. C is easily available, unlike B_{12}, K_2 or D_3 absent in most fruits and veggies. Studies show *food vitamin C gives MUCH better results than pill vitamin C*. Cooking can destroy most food C: those who eat only cooked foods, dry heat foods, fish may get low C status. ☺☺☺

The richest food sources (common produce we buy at every store, not dried or processed foods with toxic AGEs) are in order of *mg/100* g: green hot chili pepper 242, yellow sweet bell pepper 183, gold kiwi 161, fresh thyme 160 (careful, it may cause abortion), orange sweet pepper possibly 150, red chili pepper 144, parsley 133, red sweet pepper 128, kale 120, *green* kiwi 93 *(the standard hairy skin kiwi, available year round)*, broccoli 89, green cauliflower 88, brussels sprouts 85, green sweet pepper 80, normal green kiwi 71, papaya 62, strawberry 59, purple *cabbage* 57, orange & lemon 53, pineapple 48, white cauliflower 48, jalapeno pepper 44, green cabbage & cantaloupe 37, napa cabbage 36, grapefruit 31, lime 29, mango & spinach 28, cilantro 27, raspberry 26. Medium/Low C sources: blackberry 21, green leaf lettuce 18, zucchini 17, tomato 13, grape 11, blueberry 10, banana 9, watermelon 8, onion 7, asparagus & carrot 6, ginger/apple/beet 5, iceberg lettuce 3, walnut 1. For other foods, search mg on USDA. In mg C/calorie the cheapest common produce order is: yellow sweet pepper ► 6.78, red bell pepper 4.13, green cauliflower 2.83, broccoli 2.62, kale 2.40, cauliflower 1.84, purple *cabbage* & strawberry 1.84, cabbage 1.46, orange 1.13, zucchini 1.06, pineapple 0.96, grapefruit 0.74, blackberry 0.49. Yellow bell *pepper got* 9 times more C/calorie *than* "*high*" vitamin C citrus *grapefruit*. *Purple cauliflower* has about 50% more vitamin C than white cauliflower, so *2.76* mg/cal, if same cal; purple cabbage has about 50% more vitamin C/g than green cabbage. ☺☺☺

1,000 mg C lowered blood levels of lead by 81% within one week, while 200 mg had no effect. ► JACN 1999;18(2):166-70. Those with a geometric mean of 39.8 µM serum C had 10-50 times lower serum lead (0.7-1 µg/dL vs 7.2-56) compared to those with a geometric mean of 21.0 µM serum C ► EHP 2006;114(3):350-4. In a study of 7,071 people, men in the lowest (<28.4 µM)

compared with the highest (>/=73.8 µM) serum vitamin C quartile had a 57% higher mortality risk, while women < 39 µM had 46% higher mortality than women with C > 85 µM ► AJCN 2000;72(1):139-45. A 4 year study of 19,496 people showed a 20 µmol/L increase in plasma vitamin C was associated with a 20% decline in all-cause mortality ► Lan 2001;357(9257):657-63. Vitamin C ≤28 µM was univariately associated with a two-fold higher risk of mortality in renal transplant patients compared to patients > 28 µM ► Ntr 2017;9(6):568. Topical vitamin C "inhibits NFkB, which is responsible for the activation of a number of pro-inflammatory cytokines such as TNF-alfa, IL1, IL6 and IL8" ► IDOJ 2013;4(2):143-6; those cytokines can cause acne; that's why companies sell topical "vitamin C serums" to remove acne/sunspots or promote collagen synthesis, but you can buy vitamin C powder for a few dollars and make serum for 20 times less money by dissolving it in water (see paper above, store it away from light, use vitamin E and zinc to increase dermis absorption up to 20 times, etc, also see B_3 section on acne). Topical *vitamin C is "directly and specifically activating* collagen gene regulation both by increasing the transcription rate and stabilizing *procollagen messenger RNA, thus genetically signaling* collagen synthesis…"; the 3 drops of vitamin C serum (+ zinc, tyrosine) on face 3 month study "provided objective and subjective improvement in photodamaged facial skin" (patient answers showed it 84% better than placebo, photos showed vitamin C 58% better than placebo) ► AOHNS 1999; 125(10):1091-8. Collagen is the *most* common protein in the human body (33% of body protein), being part of the makeup of many organs, heart, blood vessels, cartilage, bones, teeth, hair, skin (75%), nails, tendons. Collagenase enzyme remodels collagen, contains zinc, so topical zinc helps too, that's why zinc is added to cosmetics and is so important for the heart, bones, teeth, hair, nails, all connective tissues, organs. Take C to boost immunity.☺☺☺

►► 12.4.13. VITAMIN E ◄◄ (buy d-α-tocopherol, not dl-α-tocopherol)

JN 2011;141(10):1847-54 found 60% of Americans *don't get even the* 22 IU RDA *for vitamin E* [R, R, R - α-tocopherol (most common isomer in milk)], even after accounting for the E some get from multivitamins (30 IU = RDA used by some vitamin companies). Without vitamins, the % goes to *91% of* Americans *being deficient* (get about half of the minimum). Vitamin E tablets can lose 50% of E in 5 hours (read next 3 pages), so then the *national* malnutrition *may be far more severe*. Vitamin E thins the blood, so for the 60% of humanity with non-O blood type (especially A+ blood of 33% of humans, the thickest blood types of all (hence they need to eat only 3 g of seed oils max, eat lots of garlic/proteases/ginger/cloves/ω3/water that thin the blood, move around each 45 min to shake the blood and prevent pooling that forms clots, eat a low fat vegan diet to live longer, since fat thickens the blood and causes strokes), vitamin E helps a LOT more to extend lifespan than for others, since A+ blood types are prone to ischemic (thrombotic) strokes, caused by clots (thick blood tends to clot more easily), not to hemorrhagic strokes. Likewise, ginger, garlic, onion and other natural blood thinners benefit A+ blood types more

than the rest. Not all vitamin E studies have the same conclusion, because they don't account for hydration (hydration prevents clots as blood thins) or for blood types: A+ benefit far more. Do you see why the confusion as to why one vitamin works or not? They forgot the 100000 confounding factors. The RDAs in mg of natural E, RRR d-α-tocopherol (double if synthetic E, racemic dl-α-tocopherol): 0-6 mo 4 (AI), 7-12 mo 5 (AI), 1-3 yrs 6, 4-8 7, 9-13 11, 14+ 15, lactating 19. As NIH explains, 15 mg means 22.4 IU of natural E and 33.3 IU of synthetic E. The ULs (for pills, either dl or d) in mg are: 1-3 200, 4-8 300, 9-13 600, 14-18 800, 19+ 1000 mg or 1490 IU of natural E. Many get 7 mg from food alone; multivitamin brands have 10-30 mg, 10-15 usually. 50-150 IU pills have been linked to only positive/neutral outcomes in many studies. So, perhaps, to get only 50-150 IU, buy the dry form (search Amazon for "dry form vitamin E" (free of silica, calcium silicate, present in 80% of vitamin formulations of all types) and open cap and put only half or a third of it in your smoothie, save cap and use next day, cover cap in a dark area or keep in a drawer in a little bottle cap to recall to take next day. Swanson has 250 caps and only 400 IU, but caps are clear (a slight green tint) and bottle is clear, (versus white bottles or this 90 softgels sunflower bottle, avoid sunflower oil in vitamins, as that oil can cause allergies) so in 10 days, you may lose half the vitamin E, as explained below, especially if it sits weeks exposed to bright light at the warehouse or home. Kirkland product designers got some "rat IQ folks"☺☺☺, their vitamin E is in 100% clear bottles, meaning it can degrade faster than any brand, since tablets exposed to light lost half vitamin E in 5 hours, meaning the softgels lose it even faster as softgels are more see thru. Spring Valley, Solgar, Member's Mark, Mason, Solaray, NatureWise, Puritan yellow or blue tint, Piping, Sundown, Nature Bounty, other brands' bottles are so clear that you can't know what toxins are in the pills, so avoid them, too many ultra low IQ folks start vitamin companies and in the future all vitamins are in the eterni powders meaning they're useless, we need to bankrupt them by proper inspection of bottles and fines of 1 billion dollars for anything that is found to be below 98% of listed label. How can soybean oil, with 70% polyunsaturated fats, be in such clear bottles? ☺☺☺, it causes strokes and heart attacks if oil is oxidized. Skeptics will say that that vitamin E is always 100% and I'm paranoid or too stringent, but New York state found "80 percent of the pills officials tested did not contain the key plant ingredient listed on the label" (these were from the main USA stores). Why do you think Amazon chooses E in such dark bottle, and Swanson chooses such clear bottle with a slight green tint? Even Amazon doesn't know what they're doing, that dark bottle needs to be 100% opaque like Webber. The ☺ abysmal IQ☺☺ of people buying Nature's Bounty (common brand in thousands of CVS, RiteAid, etc stores) vitamin E oil in clear or 100% opaque bottles is even deeper, because each time you open the bottle, you oxidize the rest of the bottle with fresh oxygen/ light. Can you believe all this is sold all over, like edible oil in clear bottles? The sale of vitamins in a big oil bottle without separation in pills ought to be illegal as it promotes oil oxidation. Choose totally opaque bottles, white, purple, black, etc and not bottles thru which you can see the softgels if looking in bright

light. To prevent loss during warehouse storage outside the cardboard box, opacity is key. The USA and worldwide ☺abysmal IQ☺, in terms of vitamin/food packaging is shocking. Even the white bottles with oils/vitamin E are known to be less ideal, since at Whole Foods all flax oil is in pitch black plastic containers, 100% opaque, to prevent oxidation and you squeeze that Barleans bottle so only a tiny amount comes via the 0.1 mm hole. Federal law ought to require them to make the label opaque, cover the whole bottle, so that if white cheaper plastic is used, it doesn't oxidize the vegetable oils or vitamins. Some other forms of vitamin E are sold too: gamma tocopherol kills nitrogen free radicals better than alpha. However, most E sold by NOW has some of these tocotrienols, tocopherols, as do nuts.

We had no tests of safety and arterial plaque buildup effects from oxidized vitamins. Swanson didn't do any tests on E stability after 1 month of warehouse light, so it's odd how they ship even ω3 oils in clear bottles with some green tint. Look at Micro Ingredients 24$ silverish looking inside non aluminized 50% only opaque packing of vitamins, it's a deception on Amazon, making people believe it is opaque. You can return it. I ordered them but it's not opaque, but good enough for hands and etc. Was hoping it would be opaque. Heat is a big factor, so USA, the "leader of the 'free' world" has Amazon storage temp for vitamins way above acceptable during hot months in hot states. On Amazon and in all stores, one can't find, among 100s of brands even 1 truly opaque, except the pitch black bottle brands. So much for our "amazing tech" (to kill others/torture mostly, not to keep Americans healthy). Too bad Micro brand sells 1000 IU, which is way too much. But what you can do, which I do, is to buy this, since it's same price as 200 IU for 240 caps, and use the rest on your hands to help your skin as with age we need some extra boost and only eat a 5th of a softgel. That way you KNOW it's vitamin E, not degraded E that may be competing with real E and poison YOU. The big question is if you buy it in warm months, did it sit too long in Amazon warehouse? In cold months, due to fast turnover, as Amazon keeps only what sells within 1-2 months, it's not an issue. Once the Immortalist Party wins, we will ban the sale of any vitamin in non 100% opaque packs or bottles, since Eterni Food Inc will bring true change: if it's as cheap as a bottle and protects all supplements from light known to degrade all pills faster, why let so much light in? Block it all. UV does the most damage, so plastic blocks the UV, but even visible light can over time speed up degradation since 400 nm visible is pretty high energy light, just 1 nm above 399 nm UV. That's why ω3 and other oils are stored in very dark brown bottles, not light green bottles like Swanson, so always choose brands that have 100% opaque bottles, ideally darker colors opaque, not white. Flax oil is kept in very opaque all black (not see thru like Amazon E) bottles for the same reason. You want to have some E left there by the time you eat it if you forgot it in sunlight. Transfer E in your home made aluminized bottles upon receipt, tighten any vitamin bag, so that air can't affect the softgels. Why is Jarrow Formula E in such dark bottle? Jarrow guys know 8th grade chemistry, unlike most

Swanson like bottle (see it) vitamin companies started from the garage of some Bible lover.

Swanson and most USA companies have a ☺☺☺comical 4th grader website, with no science papers to show their potency studies in the presence of light, with no Certificates of Analysis, nothing, indicative of the age of 1st century Christianity that rules "Stone Age America" ☺☺☺ and 100000 vitamin companies of mom and dad garage started "aristocratic kulaks", where nobody knows what is inside, being a business owner trumps having truly amazing high tech products and technologies. Hey, how about having 100000 car companies, instead of Tesla producing same number of cars, what will be the price and quality and research jobs? It will be much poorer, with fake ingredients even, like with Windows, 100000 fewer programmers per operating system if you got 100000 Windows versions. E tablets lost 50% of E in 5 hours, so perhaps, a lot of our "profit capitalism" supplements don't have even 20% of E after consumer places it in natural light areas. Other companies have 100% clear bottles, not even a green tint, if YOU can believe that. Why not try immortality capitalism, given that we can make all bottles opaque by central decision? The Swanson greenish clear bottle of 250 caps is like 500 caps of 200 IU if you use half each time, a good deal, lasts 1 year or two, the only ingredient is the antibacterial calcium laureate and gelatin (the cap you trash), laureate known to cause a lot fewer issues than magnesium stearate that people talk about for 30 years, partly due to the fact lauric acid is $CH_3(CH_2)_{10}$-COOH, or C_{12}, while stearic is C_{18}, $CH_3(CH_2)_{16}COOH$, the type of fatty acid C_{14}-C_{24}, that when free or bound to Mg can destroy beta cells that produce insulin and cause diabetes. Always opt for brands with least useless inactive ingredients or none at all, that, unlike Swanson, have truly OPAQUE bottles. When companies add stearic or stearate, it's to help avoid the machine that makes caps from stopping, it's not for our own health, to avoid clumping and other silly reasons. Most people take too much E, 400-1000 IU, but 200 IU is enough, unless you have a really bad day and need some antioxidant boost. Overdosing is not a good idea and olive oil in softgels has a lot of calories and oxidizes fast, while calcium laureate in dry form can't oxidize, it's already saturated and far more stable than the unsaturated fatty acids in olive oil that make more than 70% of fats. AREDs ocular vitamins for eyes contain vitamin E at 400 IU.

The dl-tocopherol in NatureMade USP contains the less natural ratio our bodies are not used to, and is too see thru, not opaque. Some studies show that dl-alpha-tocopherol leads to more strokes than d. Thus, always buy E (200 IU or 400) that is ***d-alpha-tocopherol.***☺☺☺ A brand many rush to buy with no oxidizing oils and somewhat opaque bottle and just natural d-alpha vitamin E alone (some glycerin) 300 caps 400 IU/24$ is Horbaach. Another strange brand for d-alpha, not dl-alpha, is Amazon, but that one has soybean oil and it not very opaque, while Webber for 300 caps 400 IU d-alpha/30$ and flaxseed oil is truly opaque (much healthier due to ω3 and pitch black way darker bottle than Horbaach, Amazon, Solgar and all "dark brown" see thru brands). A reputable company is NOW Foods, who does 19000 tests on their vitamins every

month, *and sells* 200 IU 100 caps/8$ softgel d-alpha-tocopherol (olive oil that oxidizes and that doesn't allow you to reuse next day for 100 IU, like Dry form) NOW bottle says 134 mg because 1 IU=0.67 mg [1/1.49=0.67] of natural or D-E, so 200*0.67=134 (13.4g d-E for $10, so *1.3g*/$). *1 mg d-E*=1.49 IU. Tocopherol is easier to absorb and benefit from than tocopheryl acetate or other esters of tocopherol. NatureMade says 180 mg for 400 IU, because 1 IU = 0.45 mg [1/(2.22)=0.45] mg of synthetic or dl-E, so 400*0.45=180. *1 mg dl-E*=2.22 IU. Easy to recall, 49=7*7, 2.22 is all 2s, 2 &s, 27=3*3*3, 3 3s, recall the 3 mnemonic for proteins and fats or Independence Declaration signed on 7-2, July 2nd. *Studies that had negative effects could have used the synthetic* racemic *dl-E, not* natural *d-E*. NOW Foods also sells 250 softgels (olive oil) of 400 IU d-E, i.e. 67 g of d-E for 19$ (*3.6g*/$), (can use it topically too, it helps skin healing if ever needed, gets rid of warts, etc) while Nature Made has only 27 g d-E + 27 g of l-E for 18$ in the 300 softgel version. *Nature Made sells less d-E and the l-E might do damage inside the body, like B_{12} analogs do, but reducing uptake of the d-E we got used to and inhibiting functions*. Not all pills are the same, that *l-E may cause more LDL rise seen in some vitamin E studies*. E has been used for 50+ years to treat or ameliorate dozens of skin conditions, including acne ► IDOJ 2016;7(4):311-5. E, which is supplied to the skin surface through the sebum outflow, "prevents irritating lipid peroxidation of sebum, damaged by bacterial growth, which may be responsible for the inflammatory aspects of acne" ► Cut 1981;28(1):41-2. Those with much lower serum E had much worse acne ► COT 2014;33 (2):99-102. Those with acne had 8.5% lower serum E, 19.5% lower vitamin A than those without acne ► CED 2006;31(3):430-4. Another idea is that taking 100 IU twice a day is healthier than taking 200 IU at once, same with any vitamin,☺☺☺ as too much can cause problems, like extra calcium deposits as plaque, etc, extra C can cause issues, etc. Thus, for tocotrienols plus d-alpha tocopherol, 200 IU is also better, NOW Foods has it. d-α-tocotrienol possesses 40-60 times higher antioxidant activity against lipid peroxidation than d-α *toco*pherol ► FRBM 1991;10(5):263-75. The NOW vitamin E advanced has only 10 mg tocotrienols, versus 50 mg tocotrienol mix plus 20 IU that could be taken every 4 days, besides the vitamin E daily intake from a 200 IU regular tocopherol mix (100 softgels for 8$) or the 400 IU flaxseed oil vitamin E. The number one killer worldwide is atherosclerosis and the # 1 cause of it is lipid oxidation, so tocotrienols help. The 400 IU needs to have fat to be absorbed The fat in the pill is not enough to facilitate the best absorption of the fat soluble vitamin E. E causes bleeding type of stroke, so keep doses low, the E toxicity is detailed here.

At 23 I placed the liquid E softgel content on 2 warts (daily) I had for years and they disappeared in about 2 weeks (E kills the wart virus we get from touching objects virus carriers touched). People also use celandine for warts/papilloma. People with certain disorders, conditions need more vitamin E. A few studies below show intake of 30-50 IU in multivitamins is much better than the 5-15 IU many people end up getting. Some of the studies below have most people take

in 10 IU or less, which is 45% of RDA. Other studies suggest those getting 50-100 IU fare much better (probably 70 IU might be best for the largest number of people, hard to tell), hence some people take 50 -100 IU supplements (or 200 IU every few days). However, 150-400 IU/day or higher seems to be where adverse side effects start to occur in some people and there are dozens of studies showing how 400+ IU have mixed results, helping only some people and harming others. Studies didn't evaluate if they used oxidized soybean oil as inactive ingredient, bottle color, d-alpha or dl-alpha, and many other variables, PhDs are too "low IQ" to bother with. If you eat a lot of oxidized E and oil, with 95% of E gone, no effect will exist, you will obviously damage everything with oxidized E. You read these studies and what is the most shocking thing is how little attention, if any in any study, they pay to the nature of vitamin E storage, packing, bottle color, light opacity, temperature of storage at home, at the store, etc. No wonder the study results are ALL OVER the place. If only 5% of E is left in a pill, what is there to see? The evidence seems clear that 30 IU have dramatically positive effects because many people are eating so little vitamin E. A review covering 0.25 million people found no higher mortality from vitamin E at levels above 100 times RDA even ► CAS 2011;4(2):158-70; there is a lot of paranoia among people to take even something like 0.5-1.5 times the RDA. However, overdosing on vitamin E (400-2,000 IU) may bring higher mortality as seen in some studies, which allegeldly correctly established correlation was causation. This higher mortality may be because, as AB 312(2):217-23 found, arterial plaque sometimes has 600 times more vitamin E in it than normal artery tissue, so when overdosing, the vitamin E that was not used to fight free radicals may join the plaque. ATVB 1995;15(10):1616-24 found the same vitamin E concentration in plaque and arteries, so it may depend on the diet, AGEs, oxidative stress, genetics. Tocotrienols (a vitamin E form, most vitamin E is α-tocopherol, tri-en-ols have 3 extra double bonds, hence tri-en) lowered LDL 42% from 179 to 104 in diabetics with high cholesterol ► Ath 2005;182(2):367-74. A nih.gov...tocotrienol+LDL search shows other studies found cholesterol lowering effects, while others no effects ► AJCN 2002;76 (6):1237-43. Everyone sells tocotrienols at higher price as they're harder to extract. The latest hypothesis is that tocotrienols + tocopherol mix is better than d-alpha-tocopherol alone.

Serum and cerebrospinal fluid *vitamin E* levels are low in Alzheimer patients ► Antiox 2017;6(3) :45. There was a 36% reduction in the rate of cognitive decline among 2,889 persons (ages 65-102) in the highest quintile of total vitamin E intake compared with those in the lowest quintile ► ARN 2002;59(7):1125-32. ☺☺☺ In a study of 87,245 women, those with a median intake of 208 IU (just 8 IU from diet) had 34% less heart disease than those not taking E and getting just 2-3 IU from food; taking only multivitamins (15-30 IU) led to a 22% drop in heart disease incidence, while those using E pills (100-1,000 IU) had 59% reduction in heart events. Women who took E pills for more than 2 years had 41% lower risk of heart disease, while short-term taking had a

negligible effect. Overall mortality was 13% lower for E pill users ► NEJM 1993;328(20):1444-9. This study shows in Table 1 just how little E most people get from the food, even if not *vegans*. A study of 5,133 Finnish people showed those taking the most *vitamin* E (3 quartiles) had 32% lower cardiac mortality for men and *65% lower cardiac mortality for women* ► AJE 1994;139(12):1180-9. A randomized controlled study of 40,000 women followed for 10 years found 600 IU every other day led to a *24%* drop *in cardiac mortality and* 49*% from in cardiac mortality for women* above 65 ► JAMA 2005;294(1):56-65. 50 mg (75 IU) vitamin E led to a 41% drop in prostate cancer mortality ► JNCI 1998;90(6):440-6. Women who used more than 36 IU vitamin E, aged 55-59, had 84% less colon cancer (about 6 times less) than those using < 6 IU, while for all ages, the drop was of 68% (about 3 times less) ► CR 1993;53(18):4230-7. In many of these free papers most people seem to take from diet vitamin E well below the RDA, yet we don't hear much about vitamin E deficiency. ☺☺☺

STABILITY of Vitamin E

E is very *sensitive to* light, 50% of vitamin E in tablets is lost in 5 hours of exposure to natural sunlight, so store it away from light, water, heat ► BJPT 2013;4(5):176-80. E degradation was big if mixtures were prepared in EVA bags, but was largely prevented if PN mixtures were compounded and stored in multi-layered bags ► CN 2000;19(5):339-42.

14 VITAMINS/MINERALS where RDA seems fine for Longevity

Below are 14 nutrients with a less debated optimal RDA. Those who lack a diverse diet (80% of people) fail to get the RDA for some of these 14, leading to issues. A healthy vitamin helps.

►► 12.4.14. VITAMIN B_1 Thiamine (the long COVID brain fog reversal pill) ◄◄

1 minute video shows the shocking effect of vitamin B_1: this is because B_1 increases the oxygen uptake, thereby reversing dementia (see studies below & this video) and many brain and motor functions. B_1 is a cofactor for 2 enzymes involved in energy production (citric acid cycle):

1. pyruvate dehydrogenase (PDH) B_1 is cofactor for the 1st step before the citric acid cycle:

$HCH_2(C{=}O)COOH$ (pyruvate) + CoA-SH + NAD^+ = $HCH_2(C{=}O)$-S-CoA (acetyl-CoA) + NADH + H^+ + CO_2

This reaction is done in 3 steps by 3 enzymes of the pyruvate dehydrogenase complex PDC, the first of which is E1 or PDH that has B_1 as cofactor. The other 2 enzymes of PDC are E2 or dihydrolipoyl transacetylase and E3 or dihydrolipoyl dehydrogenase. The PDC table shows the cofactor for each, and the paragraph after the table explains how B_1 helps.

2. α-ketoglutarate dehydrogenase (α-KGDH) B_1 is a cofactor for step 4 of the citric acid cycle:

$HOOC\text{-}CH_2CH_2(C{=}O)COOH$ (α-KG) + CoA-SH + NAD^+ = $HOOC(CH_2)CH_2(C{=}O)\text{-}S\text{-}CoA$ (succinyl-CoA) + NADH + H^+ + CO_2

α-KG is α-ketoglutarate or acetate merged with pyruvate via CH_3 group. You see the two reactions are identical, except instead of an orange H hydrogen of pyruvate in the first one, we have $HOOC(CH_2)$ (acetate) added. CoA is actually CoA-SH chemically. Both are decarboxylation steps. This second reaction is done in 3 steps by 3 enzymes of the α-ketoglutarate dehydrogenase complex KGDC, the first of which is E1o or α-KGDH, that has B_1 as cofactor. See Wikipedia, thiamine is listed as cofactor in the table on the right for the 1st of 3 enzymes of the α-ketoglutarate dehydrogenase complex. Glycolysis turns 1 glucose into 2 pyruvate units, generating cell energy in the form of 2 ATPs, 2 NADHs. Then, acetyl-CoA, via the reactions of the diagram of Krebs cycle and the electron transport chain, produces 12 ATPs and uses up oxygen we inhale to make CO_2 we exhale. By supporting these reactions, B_1 helps the body generate energy (ATP) aerobically, using oxygen and reducing lactate buildup. It's possible that like with many other vitamins, some SNPs will cause poor B_1 uptake by the brain so benfotiamine may save many from death via beriberi (nerve damage dry beriberi: numbness, paralysis, weakness, confusion or the heart damage wet beriberi: swelling, rapid pulse, congestive heart failure, coma, death, short breath). Lack of B_1 caused beriberi also leads to peripheral neuropathy and wasting, impaired sensory, motor, and reflex functions.☺☺☺ Lack of B_1 causes at times acute Wernicke's encephalopathy (confusion, uncoordinated walking, eye abnormalities (rapid movement of eyes, random called nystagmus) which needs to be treated before it becomes Korsakoff syndrome (forget events of last 5 minutes and since disease started). Seniors have much poorer absorption of protein and many vitamins, due to aging, so it's critical to measure vitamin status, if pain, numbness, high pulse exist, since beriberi is often confused with B_{12} or hypertension, aging or 100s of other conditions. Even 30 year olds with odd diets, illnesses or pills, can get damage to the gut living that prevents absorption of any vital vitamin, nutrient or mineral, so checking everything once a decade can add 20 years to lifespan. You can't wait until 55-75 to discover everything is totally destroyed, you need to be proactive, because death starts with birth: fetuses get 12 times aorta plaque if mom has high cholesterol. After 18, aging speeds up and at 30, it's already in high gear and you need be way more careful. A long life is not from genes, but from choices and effort made early on, since age 5. Parents need to teach kids to avoid risk and playing superman/macho guy, as the price for that is often living 30 years shorter.

Like B_2, B_6, B_9, B_{12}, B_1 (thiamin) is sensitive to visible light, so store it away from light, water, heat. Its C_{12} structure is here. The RDAs in mg: 0-6 mo 0.2 (AI), 7-12 mo 0.3 (AI), 1-3 yr 0.5, 4-8 0.6, 9-13 0.9, 14-18 1.0 female 1.2 male, 19+ 1.1 female 1.2 male, 1.4 pregnant/lactating. MDs often use 500-4500 mg, so 417-3750 times the RDA to cure certain conditions, because there is no UL (upper limit), since body excretes excess in urine; no adverse effects were noted at even 50

mg/day. I get 2.6 mg from food alone; vitamins have 1 to 100 mg. B_1 is yellow-orange, so any B complex or multivitamin will turn the urine (right after) yellow-orange, since B_1 is in excess. Some studies found that 98% of heart failure patients enrolled were low in B_1. An MD used 1500-1800 mg thiamine chloride for various conditions and obtained wild benefits. An MD explains the benefits of 600 mg benfotiamine (833 days/0.6g, 74$) and her nervedoctors.com shows people in unbearable neuropathy pain being cured with Nuphoria, Nerve D (read ingredients and then get them yourself if you can find a cheaper Amazon combo that has the key ones, like lipoic, carnitine, B complex, bromelain, etc), IR light that speeds up nerve healing 4 fold. You can buy correct supplements (most can be bought as powders) from Amazon, the 7 key nutrients for nerve repair, to regenerate your peripheral nerves and even the brain: 0.6 g R-alpha lipoic acid, 0.3-0.6 g benfotiamine (fat soluble, eat with fat e.g. 1 walnut), 80 mg P5P B6, 1-3 mg methyl B12, 0.4 mg 5-MTHF B9, 1 g L-citrulline (= 0.3-22 lb of watermelon red flesh depending on citrulline level, the most underrated supplement that would help billions who got atherosclerosis, sticky blood, hypertension), 1-3 g acetyl-L-carnitine. Hand or feet pain can also be due to high pyridoxine B6 (which accumulates and harms nerves, unlike P5P B_6 that supposedly doesn't accumulate in nerves to damage them), low Mg, inflammation (vanishes with fasting sometimes or simply removing repetitive strain injury or cold exposure, poor circulation), etc.

There are 6 main types of thiamine cation $C_{12}H_{17}N_4OS^+$ with properties shown in a 25 min video:

1). Thiamine mononitrate TN in animal feed, fortified food: $Thiamine^+$ NO_3^-
2). Thiamine hydrochloride TC in 98% of vitamins: $Thiamine^+$ Cl^- • HCl, $ThiamineHCl_2$
3). Benfotiamine TB 4 times more bioavailable than TC: $Thiamine\text{-}(OPO(OH)_2)(C_6H_5C(=O)\text{-})$
4). Fursultiamine TTFD Thiamine Tetrahydrofurfuryl Disulfide: $Thiamine\text{-}(SCH_2(\text{-}CH\text{-}O\text{-}(CH_2)_3)(=O)$
5). Allithiamine TAD Thiamine Allyl Disulfide in garlic: $Thiamine\text{-}(S\text{-}CH_2\text{-}CH{=}CH_2)(=O)$
6). Prosultiamine TPD Thiamine Propyl Disulfide in garlic: $Thiamine\text{-}(S\text{-}CH_2\text{-}CH_2\text{-}CH_3)(=O)$

Only 3 companies sell TTFD on Amazon vs 75 for TB & 900 for TC. TB and TTFD were made in Japan as fat soluble versions to help cross the blood brain barrier, so the neurons produce energy and heal. TB is used for neuropathy to regenerate damaged nerves, and can help the retina too in retinopathy, glaucoma prevention, etc. TN/TC don't cross the blood-brain barrier, while TB/TTFD & TAD/TPD do. TPD is dihydroTAD, with 2 extra H, the allyl becomes propyl. Fresh garlic contains TAD/TPD, a fat-soluble form of B_1 that's more effective than B_1. In 1951, Japan discovered 2 new forms of B_1 in nature, in garlic, the TAD/TPD, and Japan tried to make analogues that are more stable and easier to absorb by the brain, so they invented TB/TTFD. To create a very nonpolar (unlike the polar TN/TC) TB Japan added a nonpolar phenyl ring to cross the blood brain barrier via phosphate and benzoyl, so TB is S-benzoylthiamine O-monophosphate or $Thiamine\text{-}(OPO(OH)_2)(C_6H_5\text{-}C(=O)\text{-})$. TTFD is a synthetic derivative of TAD,

created to be even more stable and bioavailable, delivering high levels of active B_1 to the body. TTFD is TAD plus $-CH_2-CH_2-O-$ to turn allyl into a CH linked to a tetrahydrofuran ($-CH-O-CH_2-CH_2-CH_2-$) ring, THF from organic chemistry, hence the name tetrahydrofurfuryl in TTFD. Both TAD and TTFD are known for their superior energy metabolism, fatigue-fighting properties compared to TN/TC. TB seems more effective against dementia, blood sugar lowering in diabetics, and nerve pain/health (neuropathy), tingling, numbness, retina, central nervous system, while TTFD more useful for chronic fatigue, fibromyalgia, long COVID, brain fog, mental vitality/energy, happiness, alertness (ventral tegmental area and the locus coeruleus), motivation, wakefulness (dopamine). Some may be so alert with TTFD, they become hyper, get insomnia, so start low and try TB first. The idea is TB does stuff than TN/TC can't, inside the brain and nerves. TB is 50 times cheaper than TTFD per gram, since it's available as powder, so nobody buys TTFD usually.

B_1 lowers blood glucose when taken at 150-300 mg/day, so be careful with high doses because you may die due to low blood sugar. When sugar is too low, you have no energy and can enter coma, so start small until issues you have are fixed. Seniors eating more B_1/B_6 were 26% less likely to die over 8 years, survivors had higher serum B_6/B_9, higher B_3 intakes ► CN 2012;31(2):191-8; this makes sense since B_6-B_9 lower Hcy, B_3 raises the NAD^+ that declines with age. In animal models, B_1 "deficiency exacerbates plaque formation, promotes phosphorylation of tau and impairs memory... treatment of mouse models of Alzheimer with the thiamine derivative benfotiamine (cheapest is Amazon) diminishes plaques, decreases phosphorylation of tau and reverses memory deficits." ► MCN 2013;55:17-25. "Oral benfotiamine is safe (12 months, 0.3g morning, 0.3g evening, 34 folks vs 36 placebo) and potentially efficacious in improving cognitive outcomes among persons with MCI and mild AD.... the 161-fold increase serum thiamine was more robust than predicted... In animals, even mild thiamine deficiency leads to increases in AGE... Increased AGE are common in diabetes, which predisposes to the development of AD... Benfotiamine significantly reduced increases in AGE (neuron killer, AD/MCI brain/serum have higher AGEs)... Thiamine can act as an antioxidant and may act directly in cholinergic transmission,... as an allosteric regulator of many proteins. Benfotiamine and thiamin may act as Nrf2 activators, which would help the brain deal with many oxidative insults... benfotiamine, thiamine could be acting on endothelial cells as has been demonstrated in studies of diabetes" ► JAD 2020;78(3):989-1010.☺☺☺ Diab 2007;50(10):2164-70 found diabetics had higher sVCAM-1 and 4 times lower plasma B_1 ► "64.1 (healthy controls) nmol/l, type 1 diabetes 15.3,... type 2 diabetes 16.3. Renal clearance of thiamine was increased 24-fold in type 1 diabetic patients and 16-fold in type 2 diabetic patients." Low B_1 is linked to high soluble vascular cell adhesion molecule-1 (sVCAM-1), a marker of atherosclerosis (chemotactic factor, mediating the adherence/migration of leukocytes, including monocytes/macrophages, to inflamed endothelial sites, turning them into foam cells; sVCAM-1 influences blood-brain barrier regulation, raises

cerebral vascular resistance and cognitive decline in the elderly). The lower the plasma B_1, the higher the atherosclerosis sVCAM-1 marker as Fig. 3 shows. To live long we need zero plaque and healthy arteries, meaning high B_1. CTA and MRI see only large vessels down to 0.5 mm in diameter, so 80% of the vessels are not seen, capillaries diameters reach 0.005 mm. MDs are ignorant of plaque in capillaries, so B_1 helps. A new experimental (not in clinics yet) technique allows us to see capillaries and detect vascular or other issues 20 years early.

300 mg "benfotiamine … over 24 months (59 subjects) has no significant effects upon peripheral nerve function or soluble markers of inflammation in patients with type 1 diabetes…. Peroneal F-wave persistence and amplitude in addition to tibial nerve F-wave persistence and heart-rate response to standing were significantly reduced in the benfotiamine group, which may indicate a slight deterioration of nerve function." ► DC 2012;35(5):1095-7. "Benfotiamine (300 mg, 18 months) significantly improved the cognitive abilities of mild to moderate AD patients" ► NB 2016;32(6):591-6. B_1 deficiency can cause low stomach acid, digestive issues, as proteins rot undigested and load toxins in the blood that damage the brain, especially in A+ blood types that have lower stomach acid than the rest. Without stomach acid we become malnourished, as proteins are not properly split into peptides and amino acids, we die as collagen (arteries are made of it) is not made properly. B_1 is used to remove lead from cows ► VHT 1995;37(3):230-2, sheep (72% increase in lead excretion, 842% increase in lead excretion if B_1 was mixed with EDTA) ► TL 1991;59(1-3):153-9, mice ► Bio 2010;23(2):247-53. Humans with higher than avg levels of blood lead, had lower than avg serum B_1, possibly because the sulfur in B_1 binds to the lead (and Cd, Hg) and is eliminated ► AISS 2013;49(1):65-72. ☺ TTFD improved autism symptoms and led to increase of heavy metal (linked to autism/dementia) release in the urine ► NEL 2002;23(4):303-8. TTFD 100mg/day for 12 weeks was successful in Alzheimer patients ► MBD 1996;11(1):89-94. B_1 increases survival by protecting from Pb, Hg, Cd oxidative stress.

►► 12.4.15. VITAMIN B_2 Riboflavin as in Ribose (RNA) & FAD/$FADH_2$ ◄◄

Lack of B_2 can cause migraine, headache, baldness, birth defects (heart for infants), infertility, anemia, cataracts, skin disorders, mouth/throat soreness/edema/lesions (esp. mouth corner), swollen/cracked lips, red/itchy eyes, liver/neuron degeneration. B_2 (riboflavin) structure contains 3 hexagons (3*6=18 flavin structure☺☺) bound like anthracene, formula is $C_{17}H_{20}N_4O_6$, molar mass is 376.37. FAD (flavin adenine dinucleotide) is a well known coenzyme (cofactor for 100s of enzymes called flavoproteins) that is B_2 plus 2 phosphates, a ribose and adenine, while FMN (another cofactor) is B_2-5-phosphate. 90% of dietary B_2 is in the active FAD and FMN forms, which are not the vitamin forms, unless you get methylated vitamins with FMN. B_2 is thus cofactor for 100s of reactions catalyzed by FAD/FMN enabling enzymes (dehydrogenases, oxidases, reductases) to make ATP (e.g. citric cycle, electron transport chain, chemiosmosis),

metabolize fats/amino acids, scavenge free radicals (glutathione reductase). Beta oxidation or FAt oxiDation, easy recall, has FAD involved in its first step (FAD + R-CH_2-CH_2-CO-S-CoA = $FADH_2$ + R-CH=CH-CO-S-CoA) as cofactor of acyl-CoA dehydrogenase, which as the name explains, removes 2 H from fatty acids in the first step of beta oxidation process of generating acetyl-CoA from adipose tissue or fats we eat, so that acetyl-CoA enters the citric cycle and oxidative phosphorylation to make another 12 ATP. Carb (glycolysis), protein, fat metabolism produce stuff that makes ATP via phosphorylation, which is consists of electron transport chain reactions and chemiosmosis. FAD is the cofactor for succinate dehydrogenase of step 6 of the citric acid cycle: HOOC-CH_2CH_2-COOH (succinate) + FAD = HOOC-CH=CH-COOH (fumarate) + $FADH_2$

Like B_1 has a hexagon, B_2 (and B_9) contains 2 hexagons with 2 C replaced by 2 N, sort of similar to the pyridine of B_3/B_6 (where only 1 C is replaced by N). The RDAs in mg: 0-6 mo 0.3 (AI), 7-12 mo 0.4 (AI), 1-3 yr 0.5, 4-8 0.6, 9-13 0.9, 14-18 1.0 female 1.3 male, 19+ 1.1 female 1.3 male, 1.4 pregnant, 1.6 lactating. Most get 1-1.2 from food alone; vitamin brands have 1.3 to 30 mg. There are no ULs, so MDs use even 400 mg/day (330 times the RDA) for 3 months to reduce migraine headaches: “proportion of patients who improved by at least 50%, i.e. "responders," was 15% for placebo and 59% for riboflavin” ► Neu 1998;50(2):466-70. “riboflavin (200-400mg/day)... well-tolerated, effective, and low-cost prophylactic treatment in children and adolescents suffering from migraine.” ► JHP 2009;10(5):361-5. “B_2 400 mg/day for 3 months .. had significant effect on days, duration, frequency, and pain score of migraine attacks… B_2 is an important factor in oxidative metabolism that can improve energy metabolism in the brain..” ► NN 2022;25 (9):1801-12. Basically, when fasting, we get this forehead headache as brain is low on glucose; during migraines, caused by open eyes and fast curves in a car for kids, the brain over computes spatial balance etc and runs out of glucose, as it does during exposure to microwaves from WiFi, cell phones etc, when it gets confused and runs out of energy. B_2 makes more energy from fat, preventing this headache caused by low brain glucose, ATP etc. Most headaches of forehead type are due to low brain glucose, so one needs to eat. B_2 lowers brain oxidative stress, which is a driver for migraines, besides poor blood brain barrier defense for toxic nutrients after a meal. B_2 is required for cellular respiration and good brain health. “maximal amount of riboflavin that can be absorbed from a single dose was 27 mg” ► AJCN 1996;63(1):54-66, excess going to urine. Thus, all headache sufferers can take the 400 mg above in 13 empty stomach doses of 30 mg, one each hour, as it peaks in serum in 1-2 hours, to absorb 13x more, let us know if it works. Weigh 30 mg with a scale, get Bulk Supplements B2 powder, 20 times cheaper than pills, keep it air tight in the fridge, in the bag, move 50g in a tiny opaque bottle to use daily. Same for all B vitamins, take the same total split in 2-9 portions to get higher IQ, longer life, by keeping serum Bs much higher for 16 hours instead of only 2 hours of a day. Besides, your kidneys/liver will be so much happier, dealing with so much less Bs (or other pills split in 2-3

doses 5-8 hrs apart) at one time, or any other vitamin you take a fifth of a capsule 5 times a day.

WiFi, cellular, GPS, Bluetooth, cell towers, EMF open VGCCs (voltage gated calcium channels) in the presynaptic neuron, causing glutamate release (Glu makes neurons fire, the brain excited, active, so all neurons fire at once, jam/pain happens), which activates NDMA receptors in the postsynaptic neuron, causing calcium entry into the neuron, which then starts the calcium/calmodulin dependent activation of nNOS neuronal nitric oxide synthase, and iNOS inducible nitric oxide synthase pathway (repetitive EMF exposure causes permanent upregulation of iNOS which destroys our brain), both of which produce NO, which reacts with superoxide O_2^- to produce peroxynitrite N=O + O_2^- ⇌ O=N-O-O$^-$, which kills mitochondria (by inhibiting oxidative phosphorylation complexes I, II, and IV/cytochrome c oxidase), then neurons. As neurons have no energy (mitochondria are fewer as some die) and neurons are excited and forced to work and fire randomly, pain occurs, as with starvation or fasting, these neurons can then die if it continues, there is no ATP, no energy for all of them to fire at once, the whole head feels a headache as when fasting and running out of glucose suddenly, causing dementia, Parkinson, brain diseases, memory loss, etc as seen in insects and mammals too. The 3-9% of population (actually "A survey in Taiwan in 2007 showed that the prevalence rate was 13.3%" ► EH 2018;17:5) that gets the most severe (head explodes feeling, severe vertigo, loss of balance, hard to walk or stand) headaches after just 10 minutes near a cell tower or after using cell phones, laptop WiFi, etc may need multivitamins with higher $B_{1,2,3,5,7,9}$ reported to soothe headaches. The mechanism of this headache is unknown, some claim it's the blood brain barrier leakage or merely the EM field of the microwaves affecting the vestibular (balance) system of the ear, the tiny hairs position via electric field orientation, which causes the horrible vertigo headache. In urban areas the power density rises from 0.02 mW/m^2 on quiet residential streets to 40-90 mW/m^2 on busy roads, making headaches the norm on bad streets. GHz towers are proven to cause shorter life (they are even used by militaries, like in the Maduro capture, causing vertigo), meaning all near cell towers live shorter lives, getting cancer, diabetes, atherosclerosis more as the free radicals of EMF destroy every cell. Move away from cell towers (avoid houses near one), campaign for LiFi, 100x fewer cell towers. Taking $B_{1\text{-}12}$ is key as cities become concentration camps with RF torture weapons disguised as 5G towers. Just because we don't get a headache, doesn't mean our bodies are not damaged: foods rich in oxidized cholesterol can be tasty, but you can drop dead in 3 years. 74% of those with EHS experience it near cell towers, 36% near cell phones, 29% near cordless phones ► IJHEH 2004;207(2):141-50. "number and severity of migraine headaches were correlated significantly with an increased use of mobile phones during day and Wi-Fi per week" ► EP 2016;8(12):3445-9. The MDs destroy billions of brains (causing neurological disorders that never existed and multi organ failure) by prescribing headache man made pills to people who simply need to stop being lazy, turn off house WiFi, wire every

computer, and use phones only once a month in emergency, always off. Connect to the human quantum field, not the crap on phones. If you got a headache, don't move in cars after meals, take a small break, walk gently, use the safe Bs our bodies got used thru 400 species over billions of years, not toxins of last 40 years we reject. These MDs put billions of patients on pills, when the cause is different, far easier to remove via diet, routine, EMF. Corruption has no limits, we pay some MDs 80 times the federal minimum wage, that's why we need ETs, NPs, NDs, MDs.

The body takes riboflavin in cheap vitamins and converts it to riboflavin-5-phosphate or FMN, the biologically active form present in pricier methylated multivitamin or B complex brands that contain the "active forms" requiring no enzymatic steps in the liver. The issue some have is their body lacks the enzymes to convert basic cheap B vitamins into the active forms: P5P B_6 not pyridoxine, L-5-methyltetrahydrofolate B_9 not folic acid, D-Biotin B_7 not biotin, natural forms of B_{12} found in food (methylB_{12}, adenosylB_{12}, hydroxyB_{12}) not man made lethal cyanocobalamin. If liver is tired, sick or genes off, you can get sick from deficiency. The activated B complex usually cause no issues, unless you take mostly activated B_9, instead of some normal B_9 from a multivitamin, to give body freedom of choice of how much active B_9 to make. Keep B_9, activated or folic acid, under 1000 DFE from B complex+multivitamin+fortified food. Activated B_9 is the only one causing issues, such as anxiety, insomnia, nausea, so find a B complex with normal B_9 in that case, which may or may not have other Bs in activated forms. A 15+% drop in B_2 intake from 1.41 mg/day to < 1.20 mg/day was linked to 2.4 times more offspring heart birth defects in moms who didn't take vitamins during periconception (3 months before and after conception) ► EJN 2008;47(7):357-65. Mothers with higher B_2 levels in their blood gave birth to longer infants; the longer infants had higher B_2 at birth ► EJCN 1999;53(1):27-38. *28.8%* of pregnant women with B_2 deficiency got preeclampsia; *only 7.8%* of pregnant women without B_2 deficiency got preeclampsia ► OG 2000;96(1):38-44. "Maternal intake of n-3 (ω3) fatty acids plus arachidonic acid and of B_2 were associated positively with fetal growth. A negative relation was observed between linoleic acid (ω6) intake and fetal growth" ► JADA 1997;97(8):867-70. B_2 is the most light sensitive B vitamin; multivitamins "should always be stored in containers protected from air and light" ► BJOC 2014;10:1999-2012. Aqueous solutions (smoothies, beverages) of B_2 are less stable than tablets. Milk (in glass or plastic polyethylene containers) lost 75% of B_2 in *1* hour *of exposure* to direct sunlight (page 432) ► JFP 1990;53(5):430-40, so many "health beverages" sitting in partial sunlight may have none after 1-2 *days*. Thus, many companies selling clear vitamin bottles and clear caps may sell useless B complex, with deadly compounds that compete with the real Bs from food, leading to deficiencies and shorter lifespan. Carton *vegan* milks containers retain vitamins A, B_2, D better, but light still penetrates. Tablets are more stable. Did *study authors know or calculate* if milk *was* exposed to *light* when *estimating* B_2 *intake*? ☺☺

►► 12.4.16. VITAMIN B_3 nicotinamide of NAD^+/NADH/$NADP^+$/NADPH) ◄◄

B_3 is niacin (nicotinic acid vitamin) or pyridine-3-carboxilic acid or nicotinamide (most common vitamin form), a NAD^+ precursor. NAD of Krebs cycle (how we produce energy) is nicotinamide dinucleotide, NAD, so B_3 plus 2 phosphates, 2 ribose and adenine. Pyridine is benzene where CH is replaced by N. B_6 is also pyridine based, but with 4 groups. The RDAs in mg: 0-6 mo 2 (AI), 7-12 mo 4 (AI), 1-3 yrs 6, 4-8 8, 9-13 12, men 14+ 16, women 14+ 14 pregnant 18, lactating 17. The ULs (pills only) are: 1-3 10, 4-8 15, 9-13 20, 14-18 30, 19+ 35. Niacin is nicotinic acid or NA, while nicotinamide (niacinamide on vitamin labels) is the amide of nicotinic acid or NAM, with $(C=O)NH_2$ instead of (C=O)OH of nicotinic. Both are forms of B_3. The 2 are the most common forms of B_3 in vitamins, though niacinamide is far more popular, due to no skin redness. A slowly released (20 times slower), less common, 3rd niacin multivitamin form is the ester of NA and *inositol (6 OH groups), a natural compound our body makes*, that is called obviously inositol hexanicotinate (IHN): this is called "no flush niacin" on vitamin labels, has some pros and cons vs NAM. Unlike NA or extended release NA, IHN doesn't lower blood lipids, the main reason some take NA: lowering LDL, ApoB, Lp(a). For some people with claudication, IHN or NA may be better mixed with NAM than NAM alone, to achieve max lifespan, but we don't know the ratios, read 900 papers first. In the EU, IHN is prescribed for poor peripheral circulation in legs or fingers. I use only NAM to be safe. Pill NA lowers LDL, raises HDL, but all cause mortality is the same. For people with cancer though, NA may extend lifespan more than NAM per some studies.

The US UL is 35 for both NAM + NA. The EU UL for NA is 10 (NA causes flushing at 50 mg, rash at 30, tingling *at* 15 in the unhealthy). The EU UL for NAM is 900. The UK UL for NA is 17, UK UL for NAM is 500. That's why many multivitamins have NAM > the 35 US UL ► NR 2017;75(6):471-90. Stay below UL or 50, because pill NA at 200 mg can *cause* diabetes, blindness and other issues as explained below. Most get 17 mg from food; no ULs for food intake exist. Multivitamin or B-complex brands have 10-100 mg. NAM can cause issues at a mere 100 mg, besides potentially increasing the risk of high homocysteine (which causes infarcts, dementia), high fight/flight hormones, Parkinson. Catecholamines remained elevated for hours after a 100 mg NAM, so common in 5,000 US multivitamin/B complex pills. The NAD^+ rises without B_3 by eating purple, blue, red (video) produce high in flavonoid polyphenols (see list of highest polyphenol foods) that prevent the formation of the lethal AGEs, see list of anthocyanidins/flavonoids that protect NAD^+ levels, prevent oxidative damage. NAM is a 3 step precursor of the important NAD^+ *which gets depleted during* stress *and aging, only* NAM*, among 12 vitamins, helped stem cells to survive, so* NAM *is "used in many organoid culture systems"* ► SCR 2018;11(6):1347-56. NAM has much fewer adverse effects (*need way more to get similar effects*) than NA (30-50 mg NA nicotinic can cause rashes, red skin *due to vasodilation*). If B_3 pill has 50 mg, try take 25-50%/day, so intake is < 15 if NA, < 35 *if* NAM. 99.9% multivitamins, B-complex, etc have NAM for safety. Lack of B_3 leads to pellagra, other diseases. Many take 8-100% of a B complex, vitamin capsule

(multi, B_{12}, K_2, I, Se, Zn), to avoid taking > UL.

Nicotinamide mononucleotide (NMN) reversed aging in old mice (33$/40g), giving them energy *and improving many markers*, their "60 yr old human equivalent cells" becoming like those of a "30 yr old human" ► scidaily or Sci 2017;355(6331):1312-7; the supplementary page 26 suggests all NAD^+ precursors have similar effects to NMN. However, all oral NMN and NR were proven to be converted in the gut into NA which turns into NAD^+, so there is no point to pay 70$ on NMN or NR, when you can get the same NAD^+ rise with a 3$/month methylated multivitamin or B-complex that has the cheap NAM or NA. Lots of companies make big $$$ selling NMN and NR, but it's all a big scam preying on people's lack of info. Indeed, 100s of papers, show that 200 mg of the ultra cheap NAM can increase NAD^+, so it's not clear how much the 50 mg NAM in vitamins raise NAD^+. 2.72 mg NMN has the same B_3 in 1 mg NAM. However, SR 2022;12:14442 says NMN at 250 mg is safe, since even at 1250 mg for 4 weeks it was OK, so short term, 3 months maybe, 250 mg is safe, while long term it is not known, it all depends if you notice vision being affected, since NA affects vision at 250 mg leading to temporary blindness, so if you see less, stop immediately. Start small at 50 mg, double it every quarter if OK, until you reach 200, measure A1C to keep it below 4.9%. Old reports of flushing due to NAM may have been caused by impurities of NA per some studies. NAM 200+ mg taken daily for years can cause liver damage, so kindly avoid taking 200 mg for vanity ('better skin tone'). Any NAM or NA above 100 mg needs MD monitoring of kidney, liver, stomach ulcers, etc to prevent internal bleeding, bruises, permanent damage. NA causes far more liver damage (yellow skin, jaundice is a sign of it) than NAM, so with NA, you need to be ultra careful before taking 50+mg daily for years. NA use raises diabetes risk by 34%, with 1 extra person out of 43 getting diabetes in 5 years ► Hrt 2015;102(3):198-203. Parkinson may develop way faster if you take too much (50-150 mg) NA or even NAM: "MNA (methylnicotinamide) has been found to destroy several subunits of cerebral complex 1... it is hypothesized that niacin is a causal substance in the development of Parkinson's" ► EHPM 2005;10(1):3-8. Imagine what happens if taking 500 mg NAM pills sold everywhere. Could these sky high NAM pills, 10-15 times above UL, be the reason why many develop Parkinson, diabetes in USA? JOAR 2022;37:267-78 claims doses of 375, 750, 1500 mg/ kg /day for 3 months were safe in rats and that NMN single doses in humans don't elevate blood NAM as high doses of NAM do. Perhaps, that extra ribose-PO_4 makes NMN safer: NMN is NAM plus ribose-phosphate PO_4. Mice ocular function has improved versus controls. NAD^+ is essential for the citric acid cycle, which provides cells with energy to survive. As we age, NAD^+ declines, so the synthesis of alpha-ketoglutarate, AKG, from isocitrate and glutamate slows. AKG synthesis and conversion into the succinylCoA both require NAD^+. To provide energy, we need AKG when NAD^+ is low, hence AKG given to mice meant less grey hair and inflammation, 5-10% extra lifespan, higher energy during "second half of life" ► CM 2020;32(3):447-56.e6. It's possible

NAD^+ boosters (NAM, NR) may achieve same results or better than AKG supplements in humans, not mice only. The AKG supplements human half life is 5 minutes and may be a waste of money. AKG is irritating for the throat. AKG gives insomnia if taken before bed, just like iodine, B vitamins, mitochondria boosters (CoQ10, PQQ). When cells starve for energy, they can die. NMN without PO_4 is NR nicotinamide riboside, another NAD^+ precursor some believe in ► Ntr 2020;12(6):1616. NR & NMN are way more expensive than NAM. NA boosts NAD, but only at very dangerous levels of 100 mg. There are a few other substances that worked in mice, which one day, via synergistic effect, may boost anti-aging effect 5 times in humans. One gene change in worms increased lifespan 25% each, but with both genes changed lifespan increased 500%. Likewise, 1 chemical may raise lifespan by 20%, but with 9 compounds by 400%. This synergy for good or bad compounds is common. NR is useless in many studies, so some doctors say it's best to not waste money on it, as mice studies are not human studies. Only 3 out of the most sold NMN Amazon brands matched the label mg, even if most had certificates of analysis. In mice, too much NMN can cause nerve degeneration, so the same may happen in humans.

NMN, NA, NR, IHN, NAM are precursors for nicotinamide dinucleotide (it has 2 nucleotides) NAD^+, a key enzyme found in all living cells that declines up to 65% from age 30 to 70, just like CoQ10 and 900+ other important molecules decline as we age. NA, etc can have many side effects too, like homocysteine rising, so skim thru 50 papers before deciding how much NMN, NR, NAM to take in a multivitamin, since NA is less safe. NMN and NR, two popular NAD+ boosters, cost 50 times more than NA and NAM, and inside the liver NR, NMN are turned into NA and NAM, so it makes little sense to take the 50 times more expensive pills. A 2021 study shows how complex the interactions are, how useless it may be to take NR and NMN (they degrade to NAM in the liver before being absorbed in one hypothesis), vs NAM, how NMNH and NRH_2 hydrogenated reduced forms seemed to be more stable and more effective, NMNH twice more than NMN at NAD boosting. So many precursors, so much research to determine which amount is below UL and leads to longest lifespan, decades of 40,000 papers on this topic may be needed to have a better answer. NAD^+ formula has 2 nucleotides: NMN & riboadenosine monophosphate *(another nucleotide made of phosphate, ribose (a sugar) + adenine (1 of the 4 DNA bases))*. DNA is DeoxyriboNucleic acid, a polymer made of nucleotides, while RNA is RiboNucleic Acid. Deoxyribose means ribose lacks OH group (hydroxyl group or oxygen) in the 2 position. NAD^+ is essential to producing energy in the cellular power plants, mitochondria, no wonder old mice given NAD^+ precursor NMN became so energetic (found in tiny amounts in broccoli, cabbage, avocado, tomato, edamame, cucumber, one would need NAM or NMN etc to really boost NAD+ when it declines with age). Nicotine is similar to nicotinic acid (same pyridine ring with a group in position 3). We reduced disease mortality by 500 times in some cases, why can't we reduce adult aging speed 20 times? In 1937 Conrad Elvehjem discovered vitamin B_3.

This led to curing pellagra. An 11+% drop in vitamin B_3 (niacin) intake from 15.1 mg/day to < 13.5 mg/day was linked to 2.0 times more offspring heart birth defects in moms who did not take vitamins during periconception (3 months before and after conception) ► EJN 2008;47(7):357-65. Moms who gave birth to babies with heart defects ate more saturated fat, less B_2 also. However, high niacin doses used to lower cholesterol levels (*250-2,000 mg vs B vitamins with 20 mg*) were associated with lab animal birth defects, with possible consequences for infant development during pregnancy ► Goodman & Gilman's Ph Basis of Ther. ISBN 0071422803. 200+ mg NA (niacin, not NAM niacinamide) doses can lead to *reversible blindness* that disappears as niacin intake ceases ► Retin 2003;23(6 Suppl):500-10. Nobody takes high doses of NA, unless MD gives it to lower LDL. It's much better to lower LDL by going vegan. All B vitamins are water soluble, excess is eliminated via urine, but taking $B_{3,6,9,12}$ vitamins > UL or >> RDA has adverse effects. While NA can be bad, NAM can prevent glaucoma. They gave ascending doses of 1-3 g NAM and noticed improvements, like in this 1.5-3 g study.

► ► 12.4.17. VITAMIN B_5 or Coenzyme A (CoA) precursor ◄ ◄

Pantothenic acid, HO-CH_2-$C(CH_3)_2$-CH(OH)-C(=O)-NH-$(CH_2)_2$-C(=O)OH, $C_9H_{17}NO_5$ (3*3=9) or B_5 is 1 of the 8 B vitamins essential for health. It has 3 C-OH like B_6 and 2 C=O bonds, 5 oxygens, B5, like penta or pantothe. B_5 becomes part of Coenzyme A (in CoA, -C(=O)NH-$(CH_2)_2$-SH replaces the B_5 -C(=O)OH, and adenine-ribosephosphate-$(O\text{-}P(=O)_2)_2$-O-CH_2 replaces the B_5 HO-CH_2) of the vitamin B1, etc CoA reactions, as seen from the CoA structure, a part of acyl carrier protein ACP. The B_5 active form is pantetheine, while pantethine (sold online) is the stable dimer of pantetheine. 1 kg costs 40$, some take 1-2 g daily for 3 months/years to get rid of acne, since B_5 boosts the immune system which is half dead in many people, so the arteries, brain and all organs are better able to get immune cells to remove plaque, amyloid, waste, microbes, toxins. Amazon sells 100 caps of 0.5g (zero extra ingredients) for $6.8 to try doses of 0.5 g for a week, then 1 g if acne not out, then 1.5, 2.0, 2.5, 3.0 g if acne not out, etc, and see if it works and if acne returns after stopping using it, may need take 0.5 g for 5 years to rebuild immune system in many ways, better sleep, nutrients, exercise, etc to be able to no longer take it daily. For me, only higher doses worked, not 0.5 g to start healing scars and stop sebum overproduction. Forehead pimples are $1 trillion worth of lab tests free gift of sorts, measuring 500,000 immune system biomarkers that tell you what vitamins or foods aid or impair the immune system. Take advantage of it, since when acne vanishes, the immunity usually is far stronger. Acne is often weak immunity or deficiency in amino acids, hormones, etc. B_5 helps produce CoA, which breaks down fats and oils (beta oxidation), including sebum in the skin (sebum if the food acne microbes feed on), so B_5 starves the bacteria of their food, ending acne. B_5 helps produce energy from carbs, fats, proteins via the citric acid, beta oxidation, etc processes explained in the B2 section first paragraph. It helps immune cells to produce antibodies (the 5 classes of

immunoglobulins: IgA, IgD, IgE, IgG, and IgM) to fight microbes, etc, to make acetylcholine, epinephrine (adrenaline), testosterone, cortisol, serotonin, melatonin and dopamine. When we're low in B_5, our body can't break down excess sebum and the skin pores become saturated with sebum which lead to pimples as the P. acnes bacteria on everyone's face have more food (oils) to grow and cause pores to clog. Thus, B_5 has been used successfully to treat acne breakouts. Pimples are not a joke, they're a sign the same thing can happen to the arterial wall (see below how white blood cells eat fatty LDL to become foam cells that form plaque), because plaque often starts as an arterial pimple, as shown in the acne section, due to similar P. acne bacteria (P. acnes was found in arterial plaque). So, 50-300 mg B_5 may also prevent stroke, infarct, vascular dementia caused by arterial pimples (guy died at 58, his artery looked like acne, see pic) commonly called plaque. The NIH B5 short page explains more about what B5 does. 900 mg/day of pantethine, a precursor of B_5, for 4 months lowered LDL by 20%, TG by 33%, raised HDL by 8% ► Review 2005, but this refers to sick people with LDL > 130 mg/dl, TG > 150 mg/dL. In healthier people, with LDL/TG 60-90, LDL/TG may fall only 1-3%. LDL fell 11% after 600 mg pantethine and rose 3% in placebo in 16 weeks ► VHRM 2014;10:89-100, in people with LDL 180, not a healthier 90. B_5 itself didn't do that per NIH (Ref. 1 that may reference a study done with stearate that blocks absorption of plain B_5, or etc), though I doubt large studies exist to confirm B_5 fails to lower LDL. The AIs/RDAs in mg: 0-6 mo 1.7 (AI), 7-12 mo 1.8 (AI), 1-3 yrs 2 (AI), 4-8 3 (AI), 9-13 4 (AI), 14+ 5, pregnant 6, lactating 7. Many get 8-10 mg from food alone; multivitamins have 5 to 50 mg, B-complex 10-100 mg. There is no UL, excess goes into urine, adverse effects (mild diarrhea) seen at 10g/day. Other side effects at < 10g/day levels are in this NIH article and include *jaundice* (yellow skin and yellow white of eyes).

JDD 2012;11(3): 366-74 found children can be cured of atopic dermatitis with the alcohol B_5 form (5% D-panthenol ointment), indicating a role in healing skin and cornea surface diseases. This alcohol B_5 has a role in wound healing, so it is added to eyedrops post LASIK surgery, such as Hylo eyedrops. Youtube has adults who got rid of dermatitis too with plain B_5 pills. DT 2014;4(1):93-101 found 12 weeks of 2,200 mg/day led to a dramatic drop in pimples in a tiny study of 40 people; this may mean fewer ocular styes too and less dry eyes. Start slow, at 50 mg/day and don't exceed 500 mg/day for a year at least, since many lost 30% of their hair when taking 5g/day for 1 month, as the B_5 1 star reviews, the youtubes show. The youtube comments of Amazon videos on B_5 curing acne explain it works for many at only 200 mg, so you don't need 2200 mg or 5000 mg. Let the body adjust, monitor carefully. B_5 doesn't work for everyone, but for many, it will do wonders at 400-5000 mg for months/years and then never return. It helps to read the acne section as that one explains many other methods to get rid of acne, since sometimes you need to eliminate the dairy (this is what causes the worst acne, according to 100s of youtubes that deal with "how I got rid of acne", because US dairy has many growth

hormones banned in the EU), gluten, soda, sugary foods or foods that you're allergic to. For 1700 B_5 papers, have a look the PubMed, but don't freak out, the Vioxx drug that made CEO aristocrats more billions for Palaces, and that killed 38,000 Americans, got more papers on PubMed than B_5 that can't make them rich. Capitalism 101 and one on one: what works is what makes Demons Rich. For example BMJ 1952;1(4759):643-4 found that kids with grey hair had their hair return to normal color by injection of B_5 and people with paralyzed intestine were cured in the same way. This shows B_5 might be curing a lot of undiagnosed issues relating to far more than acne. Acetyl-CoA is the acetylation enzyme cofactor that makes acetylcholine and maintains the parasympathetic tone. FI 2018;9:365 found that B_5 reduced bacterial growth in mice infected with tuberculosis: "studies reported that ...B_5 can promote the expression of inflammatory cytokines in epithelial cells" (skin cells), so they hypothesized B_5 enhances the macrophages killing of tuberculosis. B_5 boosts the immune function. Macrophage activation to kill P. acnes is another reason why B_5 prevents the P. acnes pimples, arterial plaque (pimples of the endothelium). LSA 2023;6(12):e202302200 found pantethine has anti cancer effects (like the vitamin A that cured with 10$ what 50000 didn't), but it's too cheap to make billionaires richer, so all we hear is $300,000 chemotherapy, not using simple mixes of vitamins/nutrients that would be 100 times safer. Pantethine and B_5 are in foods, can't be patented for big $, so they don't research B_5. Avoid antibiotics when possible, since they can wreck our gut lining, creating leaky gut, allowing toxins to enter the blood and damage not just the face, but the inside of our arteries by the pimples of the arteries also known as plaque. The US dairy has high levels of antibiotics, so avoid dairy and taking antibiotics unless you risk dying. Many people report on youtube, and I noticed it too, after taking some antibiotics for one issue like tick bite that can kill, acne erupts as soon as antibiotics (doxycycline) are stopped, due to the destruction of the microbiome homeostasis which takes months to return.

FNR 2018;62:10... 49 person observational study (useless, not a double blind randomized interventional 20 year study), which is as useful as trash because vitamin intake was calculated based on poor memory recall of foods eaten by folks with cognitive impairment, do you recall what you ate each of last 60 days to the gram level?) found B_5, provitamin A, vitamin A, B_6 etc intake were linked to Alzheimer plaque,☺☺☺ but it could be coincidence or reverse causation (sickness caused food intake, etc). Most studies found the exact opposite, low serum and low diet Bs, B_5, A, C, E, B_6 are linked to dementia. We always have to question in any study if the B complex was taken with stearate or other absorption blockers or confounding factors, for any study, be it "lycopene in food works, in pill form it doesn't" and other "genius conclusions" taken without any real analysis of all types of pills. B_5 "is significantly decreased in multiple brain regions in... Alzheimer's... Huntington's", Parkinson's ► Metab 2021;11(9):569. "cerebral vitamin B_5 deficiency may well cause neurodegeneration and dementia" ► BBRC 2020;527(3):676-81. If

you got pimples, try 50-500 mg B_5/day for 1 month, to see if they vanish; stop if skin or eyes get yellow or any side effect explained by NIH. The arterial wall/outer skin on forehead are similar skin like tissue: plaque can start with a pimple. B_5 was used to reverse anorexia, weight loss, lethargy, incontinence and hypochromic anemia ► JAGS 1973;21(2):88-91. B_5 is key to hair keratinocyte proliferation, skin fibroblast collagen integrity ► JPS 2011;115(2):230-4. This includes blood vessels collagen, since arteries are inner skin issue, so B_5 prevents plaque.

JCH 2022;24(7):945-54 observational epidemiological study (far less useful in drawing correct conclusions than interventional) measured the serum B_5 and found those with hypertension with higher plasma B_5 were more likely to die, though it could be reverse causation: sickness caused the B_5 to spike, since B_5 is involved in wound healing and many body processes and is known to rise in certain common diagnosed or undiagnosed diseases, just like Cu/MnSOD, GPx rise when sick. B_5 supports T cells in fighting wounds, plaque bacteria, invader viruses, so aging/sickness can spike B_5 in of itself. These studies indicate that perhaps if these people had taken B_5 pills, they would have lived longer as their bodies desperately tried to make more B_5 to fight that which killed them: the body uses B_5 to fight aging and disease. Vanin 1 is the enzyme ☺☺☺ that breaks pantethine into B_5 and cysteamine, the Vanin 1 activity is detailed here. To control runaway inflammation due to disease, the body can break pantethine into B_5 and cysteamine, to try control inflammation via cysteamine, so higher plasma B_5 can be a marker of serious disease, not a cause of disease. For example, HL 2022:56:91-5 found in COPD, serum B_5 and Vanin 1 vitamin B_5 synthesis enzyme are high and correlated to the level of free radicals/inflammation. B_5 is made when trouble appears. To live to 150, RDA for B_5 may need to be higher. Cysteamine is a signaling, antioxidant, anti-inflammatory chemical that tells macrophages and other immune cells to slow down, dials down the release of proinflammatory cytokines and chemokines (TNF-α, IL-18, CCL2). In mice, cysteamine intake reverses arterial plaque created by macrophages. B_5 helps regulate fat production in the body, including LDL. B_5 precursor pantethine lowered LDL by 10-20% in studies above, while B_5 allegedly did not. Perhaps, the pantethine conversion to CoA is much faster than the B_5 conversion to CoA, so intracellular CoA levels rise faster, causing a faster breakdown of LDL, triglycerides. Pantethine also inhibits the enzymes (HMGCR (enzyme targeted by statin drugs) and acetyl-CoA carboxylase) that create VLDL (the mix of LDL and triglycerides) in the liver. Pantethine breaks down into cysteamine that lowers LDL. Pantethine is also called the biologically active B_5. Thus, pantethine (20$ for 300 mg tablets 90 tablets (odd brand uses stearic) start with half tablet to get used to it) will probably work better than B_5 for acne. B_5 and pantethine are light sensitive, decompose faster in gel form, so solid form is safer 17$/90 caps (free of stearic acid, stearate). Search Amazon. When immune cells go wild, they create plaque or attack self causing autoimmune diseases, friend is seen as foe. High B_5 intake was linked to lower hs-CRP, which

means less arterial plaque and longer life ► NMCD 2017;27(9):806-16. B_5 boosts red blood cells production (CoA turns into succinyl CoA, then heme, the essential component of erythrocyte hemoglobin for oxygen transport) ► STM 2023;15(685):eabn5135. CoA also is key to sex hormone synthesis, so in B_5 deficient rats, sperm motility and testosterone were lower ► JVMS 2009;71(11):1427-32 or PDF. High B_5 and pantethine pills may cause bleeding in some.

PLAQUE FORMATION (the number one killer worldwide, see pic) delayed by B_5

Hyperglycemia, high blood pressure, oxidative stress damage the endothelium (lining of arteries), making it permeable and leaky, easy to penetrate by oxidized LDL oxLDL. High immune activation causes monocytes (*the largest white blood cells, that diferentiate into* macrophages *or dendritic cells*) to attach to the arterial intima (via a gap in endothelial cells layer) where oxidized LDL got into, then, in the intima, the monocytes differentiate into macrophages that eat oxidized LDL (oxLDL), becoming foam cells (also called lipid (LDL) laden macrophages) that form early plaques. LDL is oxidized by oxidative stress, so eat antioxidants, lower LDL to 60, to avoid plaque (3.5 min plaque formation video). Macrophages recognize oxLDL via CD36, LOX-1 *scavenger* receptors (not normal LDL receptors), causing macrophages to '*eat*' (scavenge like they eat bacteria) oxLDL non-stop, to become big foam cells as this 85 sec video shows. Dendritic cells present plaque antigens to T cells, which activate more immune cells, fueling plaque growth. Th1 and Th17 T cells then infiltrate the plaque, releasing cytokines (IFN-γ, TNF-α), which inhibit the plaque-stabilizing functions of smooth muscle cells. Constant immune activation prevents dead foam cell clearance (foam cells release this oxLDL when they die which becomes fatty streaks of plaque, which grows the necrotic core of cellular debris and oxLDL lipids, increasing plaque volume and instability (soft plaque can form clots when it breaks, killing us). COVID19 forms clots which start plaque formation, so long COVID destroys us. See a short clip on macrophages.

►► 12.4.18. VITAMIN B_6 (only pyridoxal-5'-phosphate P5P form of B_6 is safe) ◄◄

Like B_1, B_2, B_9, B_{12}, B_6 is sensitive to visible light, so store it away from light, water, heat. The AIs & RDAs in mg are: 0-6 mo 0.1 (AI), 7-12 mo 0.3 (AI), 1-3 yrs 0.5, 4-8 0.6, 9-13 1.0, 14+ 1.3, 51+ men 1.7 women 1.5, pregnant 1.9, lactating 2.0. The USA ULs (for food+pills) are: 0-1 unknown, 1-3 30, 4-8 40, 9-13 60, 14-18 80, 19+ 100. However, Australia requires vitamins with more than 10 mg to have a warning label on them (since some people with 7 times the blood B6 level developed neuropathy in legs), due to cases of neuropathy (at 24 mg or 40 mg daily) and near paralysis of legs in people who took high levels of B_6. UK UL is 10 mg. B_6 link to neuropathy is detailed in AN 2021;12(5)1911-29. B_6 can accumulate in tissues, and strip neurons of myelin (protective cover), destroying them when taken in ultra common 24-100 mg amounts. High B_6 or B_{12} can also cause cystic acne. The ability of B_6 to accumulate depends on diet, DNA and other factors. Wikipedia explains more. Several researchers have written about many cases of

pyridoxine form of B6 toxicity at even 120 mg levels. Pyridoxine can attack the trigeminal ganglia, responsible for producing tears and lipids for the meibomian glands, so a high intake of the toxic pyridoxine form of B_6 could cause even dry eyes and all kinds of issues related to the trigeminal ganglia (face). Many papers claim cheap vitamins (Utah Nutricost) with pyridoxine cause neuropathy, while those with the P5P active form pyridoxal-5'-phosphate (Wikipedia on P5P) (NatureBell has it) are far less likely to cause neuropathy: "Pyridoxine is converted into its active form, pyridoxal phosphate. High levels of pyridoxine are thought to inhibit pyridoxal-phosphate-dependent enzyme… this means that *… [high,* 24-100 mg pyridoxine*] B6 …* [blocks the creation of P5P B_6, leads to B_6 deficiency, high inflammation, stroke risk, high hs-CRP/plaque*] is associated with the development of a painful sensory neuropathy… The toxicity of vitamin B_6 is* not only dose determined, but related to the vitamer in which it is taken… pyridoxine should be replaced by pyridoxal or P5P" in vitamins. You may *save 5$ on multivitamin by buying the Utah one*, but you may die (from stroke…, heart disease from high homocysteine Hcy), like the 120 shot dead by Utah Mormons. Some people lack the enzyme to convert pyridoxine into the active P5P form, so it makes sense to require P5P only in pills, given that pyridoxine can be toxic at even 20 mg. The scary thing is that pyridoxine may be harmful even at the 2 mg found in most cheap formulations, since not all may convert to P5P and pyridine (and pyridoxine, a pyridine derivative) is a neurotoxin. Too little research with carbon tracing was done to assess where this pyridoxine goes if not converted to P5P B_6. Pyridoxine will also shrink brain more vs P5P since the actual P5P made from it is lower. A 1985 paper explains toxicity of various B_6 vitamers. Sort of like B_3 niacin causes flashes, but B_3 nicotinamide doesn't, niacin causes blindness, but nicotinamide doesn't at 200 mg. The B_6 was tested in thousands of people and now a class action lawsuit is ongoing, due to sky high blood B_6. In the EU, the 2023 UL is 12 mg, much lower than 100 in the USA. In 2000, the EU UL was 30 mg. B_6 is the only B vitamin where US limits are different than Australia. B_3 has a slight difference too US vs EU. Being cautious is wiser. You don't want to damage your nerves. "pyridoxine induced cell death in a concentration-dependent fashion and inhibited P5P-dependent enzymes.. pyridoxine competitively inhibits … P5P causing the symptoms of vitamin B_6 toxicity to mimic the symptoms of vitamin B_6 deficiency." ► NIH B6. Pyridoxine HCl in cheap vitamins can exceed the liver's ability to convert it into P5P B_6, causing an accumulation of unconverted pyridoxine in nerves and tissues, which can damage sensory neurons in the dorsal root ganglion, resulting in numbness, tingling, and ataxia (lack of muscle coordination affecting gait, speech, eye movement, and swallowing due to dysfunction of the cerebellum or its pathways). High dose (20+ mg) Pyridoxine is a neurotoxin, mimicking a B_6 deficiency, because it binds to nerve receptors, interferes with the metabolism of P5P (the active B_6), leading to dysfunctional GABA signaling in peripheral nerves. P5P is already active, skips the liver conversion by enzymes, doesn't cause damage as it doesn't inhibit P5P generating enzymes, but actually provides P5P directly. Pyridoxine accumulates because the body can't use it, it

needs to convert it to P5P first, but the liver can only convert a little daily, so pyridoxine will damage the nerves as the blood carries pyridoxine to the nerves to bind to the P5P nerve receptors (due to almost similar structure), blocking the function of P5P made in the liver before P5P gets to the nerves from the liver. By taking over all nerve receptors, no P5P gets to help the nerves to regenerate and repair and the nerves gradually die, causing peripheral neuropathy and all kinds of damage to the nerves and brain we don't even know about today. So stop buying pyridoxine containing vitamins that have more than 2 mg pyridoxine as the liver can only convert a little, and to be safest, avoid any pyridoxine, since with age, liver fails, so take P5P only. This is exactly the same way caffeine destroys billions of people: mothers drink it and caffeine that looks like adenosine chemically, binds to the fetus adenosine receptors, slows neuron migration and causes low IQ, heart defects and all kinds of birth defects, low birth weight, short lived baby. So, stop drinking coffee and take the correct form of anything, R not L for alpha lipoic, etc. This is like spirulina, chlorella, etc have fake analog B_{12}, that bind to the B_{12} gut receptors and damage our nerves, since the real B_{12} can't be absorbed. Always avoid fake B_{12} foods. Endless companies, NOW Foods, etc sell B50, B100 with 100 mg pyridoxine that will destroy millions of people, causing billions in brain damage, neuropathy drugs (that have side effects, causing more brain damage and other diseases, shorter life) given by clueless MDs who have no idea the customer ate 100 mg pyridoxine for 5 years until last year. Decentralization means the private sector can inflict genocide by lost productivity and lifespan years and clueless MDs add to the injury by prescribing pills without eliminating the cause, pyridoxine. Now, perhaps you might understand why we need 11 companies, so every vitamin is safe. ☺☺☺

I get 4-5 mg from food alone; multivitamin brands have 2 to 30 mg. Given this, it may be wise to use a B-complex or multivitamin that has max 10 mg B_6, not 50-100 like many B-complex brands in USA sold as B50 or B100 by NOW Foods, Nutricost and 100s of others (B50 = 50 mg of each of the 8 B vitamins). 9000+ studies show B_6 (not sure which form they used in each study) heals the brain, so do take 10 mg/day. 0.8 mg folic acid B_9 (1.335 mg DFE, or > the 1.0 UL), 20 mg B_6, 0.5 mg B_{12} achieved 2 things: 1. it shrank the brain 50% vs placebo: PLOSO 2010;5(9):12244 2. it shrank grey matter brain areas vulnerable to dementia 7 TIMES LESS in people with Hcy > 11 µM (most Americans) ► PNAS 2013;110(23):9523-8. Bronson has 2 mg toxic pyridoxine B6/capsule, bad MgStearate, 0.015 mg toxic cyano-B12. NatureBell has 10 mg safe P5P B6/capsule, but bad MgStearate, 0.5 mg methyl-B_{12}. Sapling has 5 mg P5P B_6 and 0.1 mg natural methyl-B_{12}, but contains black pepper which blocks the liver detoxification enzymes from clearing bad compounds (same mechanism that allows toxins in, allows turmeric curcumin in, at 20x higher absorption). So before you start using black pepper as spice, think again… Kirkland organic multivitamin contains toxic pyridoxine found in vegan foods. In vegan foods B_6 is less bioavailable: pyridoxine and pyridoxine-5'-phosphate, often in a glycosylated form; in animal

foods B_6 is P5P and pyridoxamine 5'-phosphate. Vegans thus need to be careful to not develop B_6 deficiency, as that would increase homocysteine. Before you get fanatical about "organic food vitamins", recall most have toxic pyridoxine in them. God has given us millions of poisons in plants/animals to make us develop eterni foods. Most multivitamin and mainstream B complex brands, at Walmart, GNC, CVS, RiteAid, Target, etc, even Daily Vits by NOW contain 2 mg potentially (even at low doses) neurotoxic pyridoxine B_6, explaining perhaps why some have issues. Even the most expensive multivitamin from NOW Foods has pyridoxine B_6 mixed with P5P B_6. So, to avoid pyridoxine, use Micro Ingredients multivitamin and B complex (1 capsule each to prevent B_9 above UL intake, 0 inactive ingredients, healthiest B forms), as it is the best brand, no inactive ingredients (stearic, mg stearate) that block nutrient absorption.

This shows some companies know about B_6 dangers, unlike most health food stores and others who include 50 mg of each vitamin B or even 100 mg per pill. Measure B_6 blood level and see if you're very high or not, to see if any neuropathy (manifests as pain, tingling, etc) is caused by B_6 vitamins. NatureBell seems better, as you get way more B_1-B_2 than sapling. AJCN 2008;87 (5):1446-54 found that at 2 mg/day intake of B_6 many people have low vitamin B_6 in their blood, so some researchers suggest a dose of 3-5 mg a day for adults, others even more. B_6 is pyridoxine,☺☺☺ B_3+3 or 4,5-$(CH_2OH)_2$-3-(OH)-2-(CH_3)-pyridine 4,5-Bis (hydroxymethyl)-2-methyl pyridin-3-ol. Pyridoxine is pyridine (C_5H_5N benzene with 1 CH replaced by N) with 4 groups: OH, CH_3, two CH_2OH, which are like 3 OH groups and 3 "methyl" groups (2 without H), 3+3. Cells 2018; 7(7):84 shows B_6 key role in 140+ cellular reactions, the 3 common forms: 1. pyridoxine (oxi hydroxy, alcohol), 2. pyridoxal (CH=O replaces 4-CH_2OH, al for aldehyde), 3. pyridoxamine (-CH_2-NH_2 replaces 4-CH_2OH) and the 3 phosphate forms of these 3 where -CH_2-P=$O(OH)_2$ replaces 5-CH_2OH). The bioactive form is the P5P pyridoxal phosphate. Mnemonic: B_6 got a 6 (3+3) sided pyridine ring (pyrolysis, pyr means fire in Greek, pyridine is very flammable, it catches fire reacting with oxygen, like B_6 helps metabolism, synthesis of fats, proteins, etc which depends on oxygen), like B_3; B_6 has 3 extra groups (B_3 only 1) or B_6=B_3 + 3. 6=3+3. 3 is the smallest # allowing a cyclic chemical (all polygons and geometric forms in math/chemistry can be made from triangles, trigonometry), 3 is basis of all geometry, 3+3=6, the most stable cyclic compounds are hexagons, B_3+3, 3 mnemonic of amino acids Ala C_3, 3 mnemonic of key fats allyl, C_3. B_2, B_9 have 3 hexagons, B_{12} 4, B_1 only 1. B_6 lowers Hcy, aids neurotransmitter synthesis, gluconeogenesis.☺☺

See vitamin B_{12} section B_6-B_9-B_{12} studies on lowering brain shrinking and Hcy levels. Since *lower Hcy means less vascular disease (endothelial injury)* it's no surprise that those with >1.33 mg/day B_6 intake had 49% less heart disease than those with <0.79 mg/day ► Stroke 2010;41(6): 1285-9. B_6-B_9-B_{12} lower Hcy levels and reduce the risk of stroke, heart attack, atherosclerosis. Stroke 2009;40(4):1365-72 found that 1 mg B_{12}, 50 mg B_6 and 2.5 mg B_9 together for 5 years led to a 25% drop in stroke risk, because B_6 *helps* convert homocysteine to cysteine and B_9/B_{12}

convert Hcy to methionine, improving brain vascular health. B_6 prevents AGE formation in vitro; B_6 is similar in structure to polyphenols (that prevent AGE formation) doing the same via its 3 OH groups ► PO 2013;8(9):e72128; thus, it is no surprise that studies found that people with higher B_6 blood levels had lower cancer rates and better memory. OG 2000;95(4):519-24 found Hcy > 18 meant 3-6.4 times more miscarriages (> 18 mean low folate); perhaps fetus endothelial injury and fetus brain damage by maternal AGE intake happen too, so pregnant moms with higher B_6 (not just Hcy < 6-7) may birth *higher IQ babies, with healthier brains*. Most females got Hcy > 8. IJGO 2007;96(1):43-4 found that taking 80 mg B_6 a day diminished PMS symptoms. OG 1991;78(1):33-6 found that 30 mg B_6 daily diminished nausea during pregnancy. The ACOG says that for pregnancy nausea/vomiting "B_6 is a safe, OTC treatment that may be tried first. Doxylamine, a medication found in OTC sleep aids, may be added if B_6 alone doesn't relieve symptoms" (B_6 + doxylamine relieved vomiting/nausea by 70%). JOG 2006;26(8):749-51 found no side effects were noted at even 130 mg a day (range was 50 to 500, 130 is mean), which is over 50x the RDA and > the UL even. Holistic people don't use doxylamine, but ginger or acupressure, acustimulation, acupuncture ► CDSR 2010;(9):CD007575. About half of pregnant women experience nausea, vomiting at least once *during first months of pregnancy,* with only 25% not experiencing nausea or vomiting. 15 g of *saturated fat* increases morning sickness risk by *5.4 times*: Epi 1998;9(6):636-40 ► "odds ratio = 5.4 for each 15 g/day increase (equivalent to one *quarter-pound cheeseburger*)". Morning sickness is not present almost at all in many *vegan* populations (while very present in omnivore ones), as the pathogens from animal products don't trigger the vomiting ► 4 min video. Part of the cause may have to do with the body rejecting foods that may harm the fetus (viruses, bacteria), based on eons of knowledge.

►► 12.4.19. VITAMIN B_7 ◄◄

B_7 or biotin is sensitive to UV light, store away from windows. Avoid taking biotin as a pill 3-14 days before biotin sensitive blood tests. B_7 in high doses of 2-30 mg could cause acne in some, so if breakouts happen, get vitamins with lower B_7, B_6 and B_{12} the 3 known to trigger it. When deficient, B_7 causes brittle nails, hypotonia, *conjunctivitis*,☺☺☺ skin infections, hair loss all over the body, lethargy, paresthesias, depression. B_7 is a cofactor *for acetyl*-CoA carboxylase *1 & 2, propionyl*-CoA carboxylase, *methylcrotonyl*-CoA carboxylase, *pyruvate* carboxylase involved in the metabolism of amino acids, fatty acids, glucose. B_7 helps signal cells, modify histone, regulate genes by changing transcription factor behavior. B_7 was used for decades, especially in children, to cause complete hair regrowth (plus help white hair get colorful again) at doses *333 times higher than today's RDA*, meaning 10 mg/day, not 0.03. JAAD 2018;79(6):E121-4 Table 1 shows studies that yielded unbelievable results (kids and adults stopping hair loss or achieving complete hair regrowth) after just 1 year of 1-30 mg/day (80% of case reports used 10 mg/day). It's worth trying for 1 year to see if anything improves with eyes, skin or nails; skin quality is

critical, it's a marker for qualities of arteries, vascular problems stemming from lack of elasticity, lack of regeneration, leading to strokes, heart attack, since collagen is 35% of our body protein. Many MDs believe it helps with skin, nails, hair and all this would also help dry eye sufferers, since cornea is skin, its wetness and eyelid skin condition will make us more/less prone to styes and acne, irritation and abrasion, inflammation and redness. It's about inner health. Nutricost sells 240 caps/15$. Nutricost has only rice flour as extra ingredient in some vitamins, while others have silicon dioxide (lung issues if inhaled) or coconut oil (raises LDL). Try for 1 year, 1 cap/day, and see if hair thickens, nails become less brittle, skin improves, blood pressure drops (better vascular skin tone on arteries) or dry eye disappears, skin improves, cornea redness diminishes. The AIs in µg are: 0-12 mo 7, 1-3 years 8, 4-8 12, 9-13 20, 14-18 25, 18+ 30, pregnant 30, lactating 35.☺☺☺ The AI changed from 300 µg to 30 in 2016 and vitamin companies had until 2018 to update their labels. There is no UL for B_7, as there was no toxicity observed at 500 times the AI, but B_7 interferes with lab tests and could lead to misdiagnose of diseases, so stop taking it before some medical tests. Food intake is hard to establish as USDA databases lack the B_7 level. Most multivitamin or B-complex pills got 30-300 µg, 30 and 75 two I used. JN 2009;139 (1):154-7 found half the pregnant women had 3-hydroxyisovaleric acid, meaning B_7 deficiency existed ► Multivitamins "reduced the combined incidence of *cleft palate (birth defect, opening in the mouth roof) and limb* shortening 7 TIMES". Transport of B_7 across the human placenta is slow. B_7 deficiency causes cleft lip (opening in the lip), cleft palate and impairs skeletal long bone growth in mice. B_7 deficiency is *highly* teratogenic (birth defect causing) in mice at levels where no symptoms show in pregnant mice. In humans and animals, avidin in raw egg whites binds biotin *and leads to deficiency.* The rates of cleft palate and *limb* hypoplasia *(deformed or short limbs, hands, feet, jaw)* approached 100% at egg white concentrations > 5%. Alcohol inhibits B_7 absorption, so drinking moms have more birth defects, as explained here. People with some cancers may need to avoid B_7 intake, as B_7 can help cancer cells grow ► MC 2026;86(5):901.

► ► 12.4.20. VITAMIN B_9 (folic acid is toxic form, 5-MTHF is safe, natural) ◄ ◄

Like B_1, B_2, B_6, B_{12}, B_9 is sensitive to visible light, so store it away from light, water, heat. Autistic toddlers (with cerebral folate deficiency) who take leucovorin or folinic acid (folic acid with NH turned into N-C=O, pteridine ring having 2 double bonds instead of 4 in folic acid), start talking after 3 years of silence. It's called folate because foliage is green and greens contain B_9; just like B_2, it contains 3 hexagons, 2 of them with 2 C replaced by 2 N. The RDAs in µg DFE (1 µg DFE = 1 µg food B_9 = 0.5 µg pill B_9 (empty stomach) = 0.6 µg pill B_9 (taken with meals);☺☺☺ DFE = dietary folate equivalent): 0-6 mo 65 (AI), 7-12 mo 80 (AI), 1-3 yrs 150, 4-8 200, 9-13 300, 14+ 400, pregnant 600, lactating 500. The ULs (for pills + fortified foods) in µg pill B_9: 1-3 300, 4-8 400, 9-13 600, 14-18 800, 19+ 1000. The 19+ UL is 1000 µg folic acid or 1667 µg DFE, stay below UL to avoid health issues. Mnemonic is simple DFE is like deaf, the kids don't speak, as if they don't hear, as

if they're deaf. Bedwetting kids get cured by taking B_6, sort of like folinic acid: brains need $B_{6/9}$. There's no UL for food B_9. I get 1500 µg/day from food; multivitamins have 200-550 µg, 400-550 the ones I used. Spinach B_9 was 30% bioavailable versus pill B_9 ► AJCN 2004 ;80(4):911-8; the paper says studies found food B_9 can be only 10% bioavailable. Some people lack enzymes to convert folic/folate to 5-MTHF that the body absorbs, and uses, so for those, a brand with 5-MTHF, 480 caps/40$, like MicroIngredients will be life saving, as it lacks inactive ingredients like magnesium stearate which lowers B9 bioavailability 2-9 fold. 5-MTHF form of B_9, if taken in high amounts (1.7 mg DFE), can cause heart palpitations, irregular heart beat, an increase in heart rate, sleep disturbances in some. Cur 2025;17(2):e79374 says "adverse effects of maternal (folic acid B_9, unnatural, not in foods, only in cheap pills) intake above the UL, including low psychomotor scores, autism, decreased verbal memory, language delay, reduced embryonic size, and insulin resistance… Very few adverse effects of excess natural folate with 5-MTHF supplementation have been documented, and for this reason, they don't apply to concerns such as the accumulation of unmetabolized folic acid (UMFA) in the blood. UMFA … associated with … cognitive impairment, cleft lip, and autism… Excessive folic acid intake… linked to … autism, developmental delays… insulin resistance in fetuses… (UMFA) cause issues such as DNA damage, leading to an increased risk of cancer and digestive complications… high levels of folic acid, especially above the recommended limit… decrease the activity of natural killer (NK) cells…. This… can make it harder for the body to fight off cancer. Excess folic acid… connected to heart disease, autism, and birth defects like cleft lip". "if a new mother has a very high level of folate right after giving birth – more than four times what is considered adequate – the risk that her child will develop an autism spectrum disorder doubles… very high B_{12} (is) tripling the risk (of) autism. If both ($B_{9/12}$) are extremely high, the risk (rises)… 17.6 times". Folic from pills + fortified foods above UL causes "pregnancy loss (&)… fertility" loss ► Ntr 2022;14 (13):2715. Folic (≥60.3 nmol/L) or B12 (≥536.8 pmol/L) meant 2.5x higher autism risk.

See vitamin B_{12} section (much info on B_9 there) above for the B_6-B_9-B_{12} studies on lowering *brain shrinking with age, endothelial injury,* homocysteine (Hcy) *levels*. Since lower Hcy means less heart disease it's no surprise that those with > 536 µg/day B_9 intake had 38% less heart disease than those with < 272 µg/day ► Stroke 2010;41(6):1285-9. The biologically active form of folate is 5-methyltetrahydrofolate, or 5-MTHF, so sometimes some pricier vitamins have this form aimed at people with certain SNPs (pronounced snips), single nucleotide polymorphisms, that diminish the conversion of food folate into 5-MHTF needed for homocysteine methylation in the presence of B_{12} (explained in the B_{12} section).☺☺☺ However, some people experience insomnia or anxiety from 5-MTHF, so discontinue if so. However, many greens, berries, etc have 5-MHTF already. Homocysteine methylation is fundamental for proper health, as Hcy > 20 can mean 4.5 higher mortality than Hcy < 9. The enzyme that makes 5-MHTF from folate we eat or get from

vitamins is methelenetetrahydro folate reductase, or MTHFR. The normal gene for the production of MTHFR enzyme is MTHFR C677C/A1298A, where C is cytosine, A adenine (two of the base pair components of nucleotides, which have phosphate, a sugar and a base pair). Sometimes, mutations lead to the C being replaced by T or A by C so we get MTHFR C677T or MTHFR T677T, which is also written as homozygous MTHFR T677C. When 1 C is replaced by T, or 1 A by C, it's not a big deal, but when 2 Cs/ or As are replaced, the enzyme activity is inhibited by up to 70%, leading to lower production of methionine from Hcy, and higher risk of mortality, heart disease, Alzheimer if one doesn't take B_9 as 5-MHTF instead of normal B_9. Since the methylation of Hcy to methionine needs methylcobalamin B_{12}, the *cyano*cobalamin B_{12} in most vitamins is not always up to the task, because it's not converting efficiently into methyl B_{12}. That's why it's best to avoid cyano, see the B_{12} section which explains many reasons why triple B_{12} is the best. For more on MHTFR C677T/A1298C (homozygous, 1 mutation), T677T/C1298C (heterozygous, 2 mutations) from the normal C677C/A1298A, see this article. Some estimated 30% of Americans have 1+ mutations, that is a LOT of people. ☺☺☺

Taking multivitamins with B_9 for 3 months before conception led to 2 times fewer birth defects ► BDRACMT 2009;85(4):260-8. 35% of U.S. adults and 28% of children aged 1 to 13 years use supplements containing folic acid. Taking multivitamins with B_9 led to a decrease of 9.6% in blood Hcy levels. High Hcy destroys endothelial cells, so B_9 prevents abnormal vasculature (in fetus too), atherosclerosis, cardiovascular disease ► JN 2000;130(12):3090-6. Choline, B_{12}, betaine also lower Hcy, like B_9. In some studies B_9 and B_{12} lowered Hcy by 36%. Hcy being high is a risk factor for dementia and Alzheimer. Since many women get only 200 µg of B_9 from food, getting 400 µg from a pill 6 months before conception and during pregnancy is essential for minimizing neural tube birth defects. Since 1998, when the mandatory B_9 fortification program took effect in the US, neural tube birth defects rates have declined by 30%. Pregnant women taking multivitamins with B_9 *3 months* before conception had a *24% reduction in* congenital heart defects of babies*, while those starting* to take multivitamins after the first month of pregnancy did not get these benefits ► AJE 2000;151(9):878-84. A US study of 525,488 people aged 50 to 71 found that those B_9 intakes of 900 µg/day or higher had a 30% lower risk of colorectal cancer than those with intakes less than 200 µg/day ► AJCN 2011;94(4):1053-62. Moms with *higher* B_9 levels gave birth to offspring with *higher* cognitive function, as fetus brain vascular health improved, probably new *capillaries* fed new neurons as brain increased 50,000 fold in size better, as Hcy was low ► JN 2010;140(5):1014-22. ☺☺☺

►► 12.4.21. IRON | $_{26}Fe^{56}$ ◄◄

Women menstruate, so they're far more likely to be deficient, especially if pregnant. The NIH RDAs in mg are: 0-6 mo 0.27 (AI), 7-12 mo 11, 1-3 yrs 7, 4-8 10, 9-13 8, 14+ 11, 19-50 men 8

women 18, 51+ pregnant 27, lactating 9. The ULs (for pills + foods) in mg: 0-18 yrs 40, 19+ yrs 45. I get 32 mg/day from food alone; multivitamin brands have 8-21 mg. The NIH link explains that *vegans/* vegetarians need 180% RDA (if using food as source alone), 14.4 mg food iron for *vegan* men, 32.4 mg food iron for *vegan* women, 48.6 mg *vegan* pregnancy, because *vegan* iron is less bioavailable. Video shows symptoms of iron deficiency. In 2025, omnivore centenarians got 9% higher serum iron and 16% lower ferritin (iron storage): ferritin was 149 in centenarians (vs 177 in those dead), which means their ferritin was probably 70-100 at age 50, since ferritin rises with age, while serum iron falls with age. Anemic centenarians had ferritin 139, while the normal centenarians had it 101. For vegans, we don't know. During pregnancy, women take iron as pills, so the level needed can be calculated depending on each vegan diet (divide vegan iron by 1.8, then subtract that from 27, to get amount needed from pill). Since vegan moms eat more iron from foods than omnivore ones, the amount in pills Fe needed is about the same, if C intake is high and phytate not too high (soaked legumes). Vegans who soak legumes and avoid cereals may eat less phytate (that lowers mineral uptake) than omnivores eating cereals or out. Since 80% raw *vegans* eat way more vitamin C than vegans, the Fe required is probably less, as C boosts Fe absorption, as long as Ca, Mn and Zn are not high. "2 mg (phytate) inhibited (iron) absorption by 18%, 25 mg by 64%, 250 mg by 82%… ascorbic acid *(vitamin C) significantly counteracted the inhibition*" ► AJCN 1989; 49(1):140-4. "tea leaves concentrated at *396* mg/275 mL serve *polyphenols reduced (iron) absorption (from bread) by 91%*, while the same tea diluted to 99 mg/275 mL by 82% (*20-50mg by 50-70%*)" ► Ntr 2013;5(8):3184-211 ► "*coffee* (tea or anything with polyphenols will be similar) 1 hr following a meal or simultaneously with a meal both inhibited iron absorption by 44%, while coffee consumption 1 hr prior to food had no effect… *50 mg* ascorbic acid increasing absorption by 61% from a hamburger meal and *164%* from a pizza meal… iron absorption from bread rolls containing as much as 250 mg phytate was improved with the addition of *50 mg ascorbic acid*… 100 mg of ascorbic acid added to a meal of rice and soup could not (fully) counteract the inhibitory effect of tea… (iron absorption increased *35*%) in a self-selected five-day diet study (*247* mg/day ascorbic acid vs. *51* mg/day).. 164 mg ascorbic acid in fruit with a breakfast cereal containing 272 mg phytate as a daily breakfast meal improved iron status". I eat *500-1000* mg/day vit C (usually 600), at 500 mg phytate, polyphenols effects on iron are canceled, but remain valid for Mn. NIH says *vegan* RDA for iron is almost double since *vegans* eat more polyphenols. Even omnivores can eat 1.4 g phytate daily, more than many vegans. Vegans eat more Fe, but absorb less, so *vegan* ferritin levels are lower. Too much iron (Fe:Zn ratio 2:1) lowers the levels of Zn causing issues ► JN 1986;116(6):927-35, but most people don't take more than 8 mg for males or 27 mg for pregnancy. Vegan MD, top of class at Stanford and Harvard, says ferritin needs to be 30-80 ideally. ☺☺☺

Maternal iron levels have a huge impact on the birth weight, health and IQ of their kids, and iron

deficiency in the first 2 years of life (not just during womb period) can dramatically lower IQ, quality of brain development, telepathy ability. *A temporary iron deficiency in infancy can lead to* IQ 13 points lower *later on* ► Ar 2007;57(6A):426-30. As the coffee section explains, polyphenols in purple produce, coffee can cause low IQ. Coffee is deadly during pregnancy, causing miscarriage, low IQ, heart defects, endless issues due to caffeine. Even things like spices (peppermint), turmeric (Cur 2019;11(1):e3858), etc, anything on the high polyphenol list needs to be used with care and vitamin C, meaning, extra iron taken during pregnancy if eating those to protect self from gestational diabetes induced by high iron. Vitamin C cancels the polyphenol iron lowering, so always eat healthy berries with high vitamin C veggies and extra iron to be safe. JNS 2008;28(47):12176-82 explains that total brain volume doubles during the first year of life (increases by 100% in 1st year and another 15% in 2nd year) and reaches 80–90% of adult volume by age two, the womb and first 2 years of life are the most critical and any deficiency in this period has dramatic consequences that often are irreversible for the rest of one's life. Iron deficiency at age 1-24 months does irreversible damage and *even if iron levels are corrected, those kids will have lower IQ, lower motor function,* more repeated grades, anxiety, depression, social and attention problems 10 years later than those who did not have deficiency early on ► Ped 2000;105(4):E51. A study of 110 girls aged 12-15 showed *that* those who were iron deficient had IQ 11 points lower, *see Table 4* ► Ane 2013:819136. "Infants who did not receive supplemental iron had longer looking times on a visual recognition memory task... infants with iron-deficiency anemia received lower motor test scores, averaging 6 to 17 points lower... Virtually every case-controlled study that examined social-emotional behavior found differences in iron-deficient anemic infants (e.g., more wary, hesitant, solemn, unhappy, kept closer to their mothers)... studies reported improvements, sometimes dramatic, in mental and/or motor test scores after iron therapy... higher levels of irritability in infants whose mothers were iron deficient. At 5 years, each 10 g/L increment in Hb at 9 months was associated with a 1.75 point-higher IQ score... iron-deficient anemic group tested lower in IQ, psycho-educational abilities, visual motor integration, and language abilities. Formerly anemic kids had IQ 6 points lower years later. Hb less than 105 g/L at 9 months (anemia) predicts lower IQ at 7 years old" ► NR 2006;64(5 Pt 2):S34-91.☺☺☺ "Lower levels of neonatal hemoglobin and serum iron (in pregnant mothers) were related to higher levels of negative emotionality and to lower levels of alertness and soothability (in their children)." ► DP 2005;46(2):141-53. Compared with children with cord ferritin in the 2 median quartiles, those in the lowest quartile scored lower on every test and had significantly worse language ability, fine-motor skills, tractability; they were also 4.8-fold more likely to score poorly in fine-motor skills, 2.7-fold more likely to have poor tractability than those in the median quartiles. ► JP 2002;140(2):165-70. To properly compare study conclusions, we need to know what their quartiles, the ferritin ranges are, since each study uses different ranges. Giving breastfed newborns iron pills resulted in higher motor development and visual

acuity at 12 months ► JP 2003;143(5):582-6. *Iron deficiency in infancy is related to mental retardation at age 10* ► AJCN 1999;69(1):115-9. Vegans don't have a higher incidence of iron deficiency in some studies, but in others they do have ferritin < 12 more often.

BMCM 2012 10:119 found that the more meat (heme iron) iron people ate and the higher the body reserves of iron (as measured by ferritin blood concentration), the more Type 2 diabetes people got. On the contrary, dietary intake of *vegan* non-heme iron, or iron from supplements did not correlate with Type 2 diabetes risk. Given this data, I'm surprised some companies, like Impossible Foods, are creating *vegan* burgers with *vegan* heme iron for taste, when several studies have implicated heme iron and heme itself in several diseases, including cancer. Non-heme iron was not related to blood ferritin levels, but heme iron was. Another study found the same diabetes ferritin connection ► DC 2006;29(8):1878-83. Too much iron causes cancer ► CS 2009;100(1):9-16. Too much copper and iron cause cancer ► AE 2004;14(3):195-201. Lowering iron lowers cancer rates ► JNCI 2008;100(14):996-1002. Too much iron may speed up Alzheimer ► JCMM 2008;12(5a):1548-50. Vegans were found in NE 1993;12(1):28-36 to have 3 times less Alzheimer than omnivores, maybe the heme iron causes ferritin levels to climb faster, damaging the brain. ☺☺☺ The iron and heme-iron links to IQ are complex and within certain brackets there is a lot of variability: "Chinese Children who performed the best on IQ tests exhibited low iron levels (compared to the others in the sample, not to anemic children) concurrent with high hemoglobin (iron bound to heme) levels, whereas the group who performed the worst exhibited high iron but low hemoglobin levels." Other studies also found the higher the Hb the higher the IQ, so it's Hb that counts more in some ► PI 2012;54(5):669-75. However, a study found that "Higher hemoglobin levels were associated with higher IQ in the children who carried the wild-type allele DRD2 (dopamine D2 receptor that is hypothesized to regulate the effect of iron and lead on cognition), but in children homozygous for the variant allele, an increase of 1 g/dL hemoglobin was associated with a decrease in 1.82 points of IQ" ► EHP 2011;119(1):144-9.

IRON ABSORPTION IN VEGANS AND OMNIVORES

Research found that when ferritin is only 12 ppb in the blood, people are iron deficient. When ferritin is above 50 ppb, people start increasing their risk of getting diabetes and cancer, especially when above 150 ppb. Normally, a value between 12 and 300 is thought of as normal for men (12-150 for women), but some studies found that even above 50 problems start to appear. Vegans have ferritin levels around 72, way above the 12 deficiency level, compared to omnivores levels of 125, which have a higher incidence of cancer and diabetes. AJCN 1994; 59(s): 1233S-7S mentions hemoglobin concentrations are the same in vegetarians and omnivores; ferritin levels in *vegans* and omnivores are at ► EJCN 1999;53(3):189-94. A study of 50 vegetarian and 24 omnivore females found much lower ferritin level for *vegans*, even if they ate

slightly more iron ► 25 ppb for vegetarians vs 45 ppb for omnivores ► AJCN 1999;70(3):353-8 ► 18% of vegetarians, 13% of omnivores had ferritin < 12 ppb because these vegans did not take multivitamins, which would have gotten their ferritin to 50-100 really fast. After taking iron containing multivitamin my ferritin was 115 in 2017. In 1999, the iron awareness among *vegans* was lower, as Internet was just starting. In 1994 serum ferritin concentrations were significantly lower in male vegetarians 37 ppb vs omnivores 105, in female vegetarians 14 vs omnivores 34; 42% of vegetarian vs 39% of omnivore females had ferritin < 12 ppb (the warning level) ► EJCN 1994;48(8):538-46; more of the vegetarian males had ferritin < 12 ppb than omnivores. ☺☺☺

Vegans got more iron in the diet, but ferritin level was lower (about half the level of omnivores in this study, explaining why they got lower cancer and diabetes perhaps). Nobody knows exactly if lower ferritin is bad, as long as it doesn't become very low, because too much iron causes cancer as the papers above explain and in some studies higher iron meant lower IQ (as long as it was not heme-bound iron, since the higher the heme iron in the blood, the higher the IQ in some studies). Heme iron in blood is not necessarily related to dietary heme iron of course. In another study above those with a gene had lower IQ when heme iron was higher in serum. The relationship is not very uniform, but low ferritin might mean issues in some people at least; on the other hand, high ferritin increases diabetes risk, which lowers cognitive performance. Human biochemistry is ultra complex. ☺☺☺ Those eating a lot of phytic acid rich foods (even if they're omnivores) and polyphenols, further chelate iron preventing its uptake. Too much milk, tea, coffee, eggs, calcium antacids, calcium, magnesium, zinc or unfermented soy can diminish iron uptake too. Even so, *vegans* are as likely as omnivores to get iron anemia (they eat more iron than omnivores per some studies, yet have lower serum ferritin levels), possibly because *vegans* eat far more vitamin C, fermented soy, citric acid, lactic, malic acid and other organic acids which increase absorption of iron and the fact these days, even more than 10-25 years ago, a lot of packaged food has iron added to it, cereals, breads, pasta especially. Most people take a blood test every 10-20 years at least, if not 5, and it tells them if their iron levels are low. There are so many factors at play, that it is hard to know how well one absorbs iron or anything really. That's why people do a blood test once in a while, especially if there seems to be a problem or they're pregnant, etc. It might be free every year to do it on some insurances, not sure. Iron deficiency can lower IQ, brain performance (telepathy too) a lot. A quarter of babies are thought to be iron deficient. It's not clear what the serum ferritin levels mean at times, when they're lower, but within the acceptable range. It's a known fact that iron from meat is associated with cancer, but the causation is hard to prove, it may be due to other carcinogenics in meat.☺☺☺

►► 12.4.22. IODINE $_{53}I^{127}$ *(mornings, as it causes insomnia if taken evenings)* ◄◄

Use 150 µg iodiDe, I^-, ionic, from KI, not 150 µg iodiNe or I from kelp, KI absorbs 2 times better,

kelp often causes allergies. If using kelp form in vitamins, you may need 300 µg. The RDAs in µg: 0-6 mo 110 (AI), 7-12 mo 130 (AI), 1-8 yrs 90, 9-13 120, 14+ 150, pregnant 220, lactating 290. The US ULs (for pills+food) are: 0-1 yrs unknown 1-3 200, 4-8 300, 9-13 600, 14-18 900, 19+ 1100. The US adult UL is 1100 µg, EU 600 µg, Japan 3,000 µg. Iodide 20 mg/kg or iodate IV injection can give retina damage, blindness. Even 100µg/kg can cause issues, like atherosclerosis in groups not used to high I (Japan has evolved genes due to eating high I). Kids and pregnant women need to eat multivitamins with I, to help IQ and also selenium which helps the body reduce the oxidative stress from extra I via the GPx enzyme that needs glutamine, glycine and cysteine (N-acetyl cysteine) to make glutathione. Even if these limits exist, NIH is OK with 6,000 µg doses under physician guidance to treat fibrocystic breast disease ► AMR 2008;13(2):116-27. Common signs of deficiency are nail vertical ridges, feeling cold all the time (hands and feet especially). However, vertical ridges on a nail can be caused by low protein during fasting on mostly water or low iron, zinc, magnesium, B vitamins, etc. However, if taking higher 0.5-1mg doses of iodine, taking 100-200 µg of Se is important for the conversion of T4 into T3 and reducing thyroid oxidative stress coming from high I levels. Fluoride, chloride, bromide interfere with I^- absorption because they behave chemically the same way due to similar electronic structure, same group in the periodic table ► PR 2004;53(Suppl1):S81-90. Dr. Flechas believes higher I is good for IQ. Some breads, many sodas have bromide or brominated vegetable oil BVO (patented as a *flame retardant,* banned *in food in* EU in 2008, UK in 1970, India 1990, Japan 20120, but present in 10% of US sodas since 1920s, banned in USA only starting in August 2025 after 10 decades of complaints from activists and being labeled as GRAS, *generally recognized as safe,* in 1950s) and bromide goes into the brain leading to strange behavior, blocking the uptake of iodine. In Oct 2023, California banned BVO and FDA proposed a national ban. The shocking thing is that for 100 years, the US government allowed ☺filif cow IQ☺ aristocrats to take natural oil and brominate it, which anyone with the least level of chemistry education, maybe 10th grade, would find it genocidal, since pesticides and other toxins are chlorinated versions of common organic structures and bromine is not found in most compounds of the human body, being a natural group 7 competitor for I sites in the body. In a culture of profit trumps health, anything goes into the food of the workers. The parasitic rich don't drink coke, they usually drink freshly made juices or other stuff slave chefs make for them. It's shocking how easy it is for companies to add anything without extensive studies proving safety.

US bread and milk used to have I^- too, now bread has bromide sometimes (used to kill termites). Kelp I is popular, but it contains *arsenic, lead, cadmium, pesticides, PCBs from ocean, radioactive impurities, mercury.* Kelp has allergy causing proteins, peptides, compounds in weak or normal immune systems JAP 2023;35:339-52, causing hives or anaphylaxis after laminaria kelp tents they insert into vagina during abortion. Thus, *potassium I^-, KI, is far safer than kelp, 20x cheaper.*

During nuclear war or power plant melt down, they use KI, *since it's easy to get 65 mg to prevent uptake of radioactive* I *(that causes thyroid gland cancer), while with kelp,* you need eat sometimes 100 g of kelp, which would be unhealthy for allergic people. Transporting 100 g for many people is 1000 times harder too, than tiny 100 mg pills. KI lasts 'forever' almost, kelp expires. Thus, millions of people, me included, now only use multivitamins with I^-, KI, and no kelp, to avoid hives, pimples, etc. It takes often 250-500 mg kelp in that multivitamin (half the weight sometimes) to reach 150 or 225 µg for pregnant ladies: *lots of proteins to cause allergy, hives, pimples*. The heavy metals are not the big issue, as we get those from all foods (since we eat pounds of those foods, we get far more heavy metals than from a little pill), but the specific *proteins*: allergy and pimples are bad, since acne happens on the inside too, meaning arteries leading to atherosclerotic plaque (acne of the arteries). If taking I supplements, better limit intake to 5-10% of a 10 mg capsule roughly, or 500-1000 µg. Even 300 µg may be high, for people with acne or ocular styes (seen only with 20x mirror, on the edge of eyelid), since it may cause flare ups. Vegans are at much lower risk of hyperthyroidism, so you can take more than the 150-300 mcg many take, given Japanese vegans often take 3000 mcg. Terry sells 90 caps (no stearate, just cellulose/silica) of 12.5 mg Iodine, 97% as iodide, KI/NaI in equal amounts of 6.06 mg and 3% as kelp, so much better than kelp. Take 10% of this or 5% and see what the labs come at, or if dry eyes become wet. So, if we want to see effect of higher I on biomarkers, acne, cognition, hair loss, oxidative stress, fluoride/bromide detox, eye function, immunity buy 120 10 mg capsules (cellulose inactive ingredient). MH 2020;144:109860 says I may prevent flu and Covid: "the Japanese, known for their high iodine intake, have a very low number of COVID-19 deaths compared to other countries (iodine helps the innate immune system) (JPBS 2025: iodine mouthwash prevents Covid spread in dental offices), especially in 33% of people worldwide who're deficient and 60% who're suboptimal. 3 papers (1914, 2011, 2014) show iodine benefits for respiratory (RSV, etc) infections. Most 150 µg KI brands have magnesium stearate that can block absorption 50-90%, so 225 mcg KI (cellulose) from Pure (120 caps/20$) is your only Amazon choice free of stearate, just take 50% or 67% of a 225 mcg cap if you want to take 112 or 150 mcg KI/day you may get in a multivitamin. The cheapest higher dose type with least extra ingredients is 34$ 120 caps of 10 mg I each, lasting 10 years if you use 1 capsule a month, i.e. 333 mcg/day. Since pure iodine tablets or caps, sold as 12.5 mg can be corrosive to the throat, etc, they're best avoided if you worry about tissue injury, as they're not pure KI, but I_2 + KI. One that is best avoided, is 300 caps 1 mg 30$ (has no safe KI, but unsafe bladderwrack (wrecks your bladder) to aid joint, gut health, but it can cause bladder inflammation (cystitis) and kidney toxicity if you're allergic to it, or if the supplement is sourced from polluted waters and contains toxic heavy metals like arsenic, so it's best to avoid this form of iodine sold by Life Extension, since pure KI is much safer), 7 times cheaper than Pure/g. You can add this to a multivitamin or take it when taking blood tests and have to avoid multivitamin for a week to prevent biotin

interference with blood tests. The Thyroid Support 10$ for 180 caps of 230 mcg KI, 200 mcg Se, 11 mg Zn, 1.2 g tyrosine, 200 mcg B9 DFE is free of stearate and could work for some who take low B9/Se and need to bump KI, due to low KI in their multivitamin (40-80 mcg), but due to tyrosine, you may need do blood tests and get MD to OK the high tyrosine. The 65 mg caps (200) will cost 100x < normal 0.2-0.3 mg caps, last 35 years at 1 mg/day (*only good as family of 6+ size to avoid rotting of rice flour, mold*) but you have to stay below FDA 1.1 mg upper limit, you need take 1.5% of a cap/day, or 1 mg max, 1 cap every 60 days is hard to live with, 1 cap/10 days is easier to handle. For safety, 10 mg is better, it allows you to use about 5% easily and gradually increase. You can also make caps with 99.98% pure USP KI mixed with some filler (sugar, flour, turmeric, some healthy spice) and other vitamins, minerals you want added, using a size 0 cap maker (manual or automatic), calculate exactly, so max 10*1.31=13.1 mg KI (39+127/ 127=1.31) max will go to 10 vegan capsules, (1000/16$) to get close to UL, but still leave a 0.1 mg for dietary iodine. ☺☺☺

When a vegan diet is high in goitrogens from kale, cruciferous, the thyroid can become mildly sluggish. A classic, subtle symptom of low thyroid activity is a localized accumulation of fluid and mucopolysaccharides (a gel-like substance) inside tissue joints, known as mucinous edema. This creates internal pressure and structural pain in the knees when moving. Taking 1 mg I stops the raw kale iodine uptake block. It fully fuels our thyroid, optimizes metabolic fluid balance, clears the stagnant, pressurized fluid out of our knee capsules. Eating many legumes/grains/foods packed with phytates, which block uptake of Zn, Se, Cu, Mn, reduces SOD and cross-link collagen synthesis to repair joint wear and tear. 1 mg I interacts with systemic mineral distribution pathways, while curcumin acts as a direct antioxidant shield, protecting a mineral-starved cartilage from undergoing oxidative breakdown during movement. I can help prevent a digital mucous cyst, a fluid-filled (thick, jelly-like synovial fluid) sac that forms near the fingernail joint. A low I baseline triggers cyst formation through thyroid driven joint swelling. Low I means no capacity to manage systemic fluid/electrolyte balance. This creates a mucinous edema (sluggish fluid accumulation) inside finger joint capsules (or even knees), including the tiny distal interphalangeal (DIP) joint of a finger. Due to a sedentary life, the fluid within that tiny finger joint (or knees) can become stagnant and pressurized. Over time, this pressure forces the weak part of the joint capsule to herniate or leak outward under the skin, forming a visible bump or cyst that diminishes once the electrolyte, calcium and iodine imbalances are corrected.

Vegans get less I from food and eat more I inhibitors, multivitamin brands have 75-225 µg, so *vegans* need take more I from pills. Since I eat no iodized salt or any salt, and no dairy, fish or seaweed *(too many heavy metals)*, my iodine intake from food is very low, maybe 10 µg so I tried to get 150+ µg from vitamins daily for many years (it's 150-325 µg from some iodine kelp capsule, still figuring out how much is optimal for my genome, will try 650-975 kelp or maybe KI

500 µg too to see effects). US average is 216, excluding iodized salt (another 45 µg for many). USDA tables don't list iodine, D, B_7, so I could not add them to my food table; *kelp I is 50-60% bioavailable, vs 96% for* potassium iodide *(KI)*, so those using vitamins with kelp may need 300 µg to absorb same I as vitamins with 150 µg KI, if their diet is low in iodine. I intake is to be increased slowly, for the thyroid to get used to it, never go way above what our body was used to for decades, as it can do more damage than good. Some *vegans* eat more goitrogenic foods which slow I uptake, so they may need to eat even more pill I than regular vegans. *Exactly as dietary thiocyanates in cruciferous veggies or* flaxseeds *can interfere with I uptake* if overeaten*, some medicine or vitamin inactive ingredients could pose some issues in certain genomes/guts.* Povidone-$(I_3)^-$ complex is familiar to many, so (cros)povidone may interfere with I absorption in some genomes *(see pic,* one povidone unit is about 222 molar mass *vs* 127 for I^- and 381 for I_3^-, but many monomer units are free), since it is 5-75 mg in tablets weighing up to 1.5 g, vs 0.15 mg for I RDA. I^- could react with some free radicals at "rates 12- to 500-fold higher than ascorbate (vitamin C) and glutathione" (PNAS 2008;105(19):6954-8); the I containing products of that reaction could recombine with I^- and/or bind to units of pyrolidone (that did not cross link) in crospovidone and be eliminated before reaching the serum and then thyroid, leading to mental retardation or 20 points lower IQ in offspring due to iodine deficiency of pregnant moms; while this sounds far fetched, since povidone is the I_3^- complex, not I^- or other diet I forms, we can never know what goes on without studies; in our stomach though, and digestive tract, tons of compounds would compete with I derivatives to bind to crospovidone; it may be best to not chew I multivitamin with crospovidone containing tablets (see B_{12} section) at the same time; USP states adding iodine to crospovidone and then starch leads to no typical blue color, since I is bound to crospovidone and can't form the starch-I blue complex; Handbook of Pharma excipients (945 pages) indicates povidone forms adducts with various compounds and crospovidone is a disintegrant used at a level of 2-5% of tablet; this shows how complicated the issue of pill additives is. We need studies that examine serum, urine, stool I compounds after eating crospovidone with I^- supplement or foods; I could not find such safety studies online. Lack of I leads to IQ 13.5 points lower sometimes and in rare cases to severe brain deficits or even mental retardation (meaning IQ lower by 70 points). ONLY 15% of Australian pregnant women had enough I (> 150 µg/L in urine) ► Ntr 2010;26(10):963-8. *We're* not even talking about the "anti vitamin" subgroup of *vegans* (hopefully 1% or less of *vegans*) ("nature knows best how to poison people"), *it's* far worse *there if no strawberries, sea weeds, algae consumed weekly*. A third of humanity is thought to be I deficient at least. Many people are I deficient (especially those avoiding salt, due to hypertension, including iodized salt or multivitamins), and kids in I deficient communities whose pregnant moms don't get multivitamin with I and who don't get I themselves can have an IQ score 12 points lower than the rest ► APJCN 2005;14(1):32-42.

The American IQ scores went up 15 points after the introduction of Iodized salt in 1924. "A meta-analysis of 18 studies found a 13.5 point difference in IQ between I sufficient and I deficient children (Bleichrodt and Born, 1994)" ► FHN 2013;7:97. What is interesting is that the I levels in urine of pregnant women seems to be on a decline, as found in this 2004 study, where half the Boston pregnant women were low in I ► Thyr 2004;14(4):327-8. Pregnant women need 250 µg I I daily, according to the WHO, yet many prenatal vitamins, don't even have I or only 25-150 µg and sometimes from poorer absorbed kelp compounds, compared to the best absorbed potassium I^-, KI. If they don't eat seaweed or iodized salt at home (99% of commercial salt added to foods, cans, etc is not iodized), many of those women will be deficient in I due to not reading carefully the vitamin label and give birth to kids with IQ lower than it would have been otherwise. Iodized salt contains 45 µg iodine/gram only, I can be lost in open containers exposed to humidity (salt shaker), and people with hypertension (a third of humanity) can't eat more than 1 g of salt ideally, few people even cook at home. However, the American Thyroid Association says that people who got used to low I and move into a high I area or diet can develop thyroid problems. The body seems to adapt at times to low amounts of iodine. Baldness can be caused by low iodine, see the hair loss section. See other iodine benefits (google each claim to get the latest research that may disagree: google AI has NIH references). Make it a habit to google any claim in any youtube, since some ideas are off, especially of naturopaths. ☺☺☺

In a study of 1,229 people with goiter in 1920s, 4% of those using iodized salt had a recurrence of it, while 55% of those refusing iodized salt had goiter recurrence because back then iodized salt was the main way to supplement ► JAMA 1937;108(11):860-4 first free page. The concentration of urine I was 85 µg/L in diabetics and 119 in healthy people in a study of 266 persons, meaning lower I is linked to diabetes, which makes sense since the metabolic rate is stimulated by I and metabolic syndrome leads to obesity and diabetes. They also found CRP, C reactive protein, a marker of inflammation and disease in the body, was higher in people with low urine I ► ECED 2012;120(10):618-22. JCEM 2004;89(7):3421-4, has a list of I content of various breads, milks, infant formulas, etc. The table shows some breads have *388* times (23.3 µg/gram or 587 µg per slice) more I than others (0.06 µg/gram) on a µg/g basis and this is not listed on the ingredients list on breads, some infant formulas (57 µg/5 oz) got almost 4 times more I than others. They tested 20 breads and the average amount of 10 µg per bread slice. One baby *milk formula brand had 7 times more I than listed*. All 18 brands of cow milk had at least 88 µg I per 250 ml (1 cup), ranging from 88–168 µg. Values for infant formulas ranged from 16.2–56.8 µg I per 5 oz serving, which was often far higher than labeled. Milk and bread/cereals/bakery products used to have more I on average in the past, because they used more iodine-containing feed supplements and iodophor sanitizing agents in the dairy industry, as well as *more iodate (IO_3) dough conditioners, and erythrosine, an iodine-containing food dye*. Today, most I in dairy comes from adding I to

feed and disinfecting cow breasts with I. Vegan milks have also started adding I, to match the level in cow milk, just as they added B_{12}, D_3, A. Iodate (IO_3) dough conditioners went out of use for *most bread brands*, while bromate (BrO_3) conditioners (2B carcinogen) went in use. While many nations banned $KBrO_3$, the US didn't ► KBrO3. Brominated vegetable oils in sodas, $KBrO_3$ in breads lead to competitive inhibition of I in the body, contributing to thyroid issues. From 1974 to 1994, I in urine declined 50% in US from 320 µg/L to 145 µg/L, and *7 times more pregnant women* had very low I in urine ► JCEM 1998;83(10):3401-8. Since 1994 it stabilized.

Even adults, infants and kids who're low in I will suffer from poorer mental performance per some studies. Women are 9 times more likely to develop hypothyroidism than men due to estrogen, and pregnancy is a period when women get very low I without supplements and can develop hypothyroidism with thyroid becoming 47% larger ► JCEM 1997;82(9):2840-3. Thyroid glands, ovaries produce most thyroid I hormones. One of the best lists of I in normal foods is the pdf at JFCA 1995;8(2):171-217. This shows that navy and other beans have more I than most meats and dairy. JFCA 2005;18(6):461-71 shows one bread had 6 times more I than red meat (6µg/100g), leafy veggies (24µg/100g) 4 times and nuts (22µg/100g) 3.7 times more; canned veggies (120µg/100g, almost the daily needs) *have 18 times more I than poultry and 25 times more than fresh veggies, due to iodized salt*. Veggies (5µg/100g) are easy to eat in large amounts, but poultry is not. Nightshade veggies (13µg/100g) got more than *vegan* meats (11µg/100g). Vegan I rich foods include certain seaweeds. Too much I is bad, so one can't overeat seaweeds every week. The Japanese outlive Americans and they eat the most I in the world, 7-20 times more than the average American (1,000-3,000 µg/day), so it is very strange, but populations seem to adapt to higher levels since conception and get sick only when suddenly move to a much lower or much higher dose. For a summary of I content of different seaweeds, see TR 2011;4:14, which found ☺☺☺ kombu has 2353 µg/g iodine, while nori has 16, wakame 40 µg/g. Kelp flakes got 8,000 µg/g, so one only needs 19 mg of kelp flakes to reach the 150 RDA. The brands used in a study determine the values they get, since JFDA 2004;22(2):189-96 found "iodine content surveyed for nori was 29.3–45.8 mg/kg, for wakame 93.9–185.1 mg/kg, and for kombu 241–4,921 mg/kg. Kombu has the highest average I content 2,523.5 mg/kg, followed by wakame (139.7 mg/kg) and nori (36.9 mg/kg)." Many *vegans* who eat no iodized salt though get too little I (plants have less I than animal origin foods), if they don't supplement with seaweeds (spirulina, kelp, etc) or multivitamins that have iodine. The problem with kelp/seaweeds is that they have high arsenic, fakeB_{12} that competes with real B_{12} absorption (can cause B_{12} deficiency) but given the small amount eaten it may not be an issue, since arsenic is everywhere these days.

I^- move into cells via the sodium iodide symporter (NIS, from Natrium I^- Symporter), a membrane ion pump or protein that transports I^- across the basolateral membrane into thyroid epithelial cells and into other cells where NIS is located (breast, ovaries, eyes, etc).

Triiodothyronine or 3,5,3''-triiodothyronine (T3) and its prohormone, thyroxine, 3,5,3',5'-tetraiodothyronine, (T4) or iodoT3 (an aromatic H is replaced by iodine), are tyrosine-based thyroid hormones (produced by the thyroid gland) that regulate metabolism. If you forget the name, always recall it's like the nonessential amino acid it contains: tyrosine, except the S becomes X and is like thyroid gland where the hormones are produced. Lower T3/T4 means longer life, meaning vegan diet of lower metabolism prolongs life, since it causes less DNA replication and fewer DNA mistakes introduced. T4 turns into T3 when an enzyme takes an I and replaces it with hydrogen. T3 and T4 have a very simple chemical structure, being essentially the tyrosine (4-hydroxyphenylalanine) nonessential amino acid with the hydrogen of the OH group replaced with 4-hydroxyphenyl and 3 or 4 hydrogens replaced with iodines. T3 name comes from 3 I atoms, T4 from 4 I atoms, T4 being T3 with a hydrogen replaced by an I atom. See their formulas side by side at hormones. Hyperthyroidism means too much T3 and T4 circulate, hypo means too little of them circulate which leads to the thyroid getting bigger as it tries to produce more T3 and T4 (goiter). T3 level in the blood plasma is about 2.5% that of T4. T3 and T4 are made by the release of Thyroid-stimulating hormone, TSH, a glycoprotein produced in the pituitary gland. The hypothalamus produces thyrotropin-releasing hormone (TRH) which stimulates the pituitary gland to produce TSH. In blood, T3 half life is 1 day, T4 is 7 days. 90% of I is excreted into the urine, a tiny amount goes to feces and the other 10% is recirculated and retaken by the thyroid. That's why urinary I is used as an indication of I intake. A small 30% drop in mom's T3-T4 serum levels even in the beginning of pregnancy alters the fetus neuronal migration. When deficiency is big, miscarriage, stillbirth or mental retardation (IQ about 50 instead of say 120) can occur. ► End 2004;145(9):4037-47. Myelination of neurons, which is key to higher faster thinking and higher IQ, depends on the T3 hormone ► IJDN 2006;24(7):445-53. Multiple sclerosis happens due to demyelination. Low I may be a risk factor in developing multiple sclerosis as the ability to remyelinate neurons is impaired. Demyelination slows down messages sent along axons and causes the axon to deteriorate, and neurons to deteriorate too. I is 65% of the molar mass of T4 and 59% of T3. I is found in the thyroid (15-20 mg), and possibly (estimates vary) another 10-50 mg in breasts, eyes, gastric mucosa, fetal thymus, cerebrospinal fluid and choroid plexus, arterial walls, the cervix, and salivary glands. Animals also accumulate I mostly in thyroid, as seen in the pictures at ARTPB 1964;41:24-32. ☺☺☺

Perchlorate has 30 times higher affinity for NIS ion pump compared to iodine, thiocyanate 15 times higher affinity. Because of that, they can interfere with I uptake. Nitrate is another ion with an affinity for NIS. Some studies suggest higher risks of goiter in areas with high nitrate concentrations (even if I intake is normal) ► JTR 2011:934104. This is why it's so hard to know the ideal level of I since it depends on one's diet and how many inhibitors exist. However, most goitrogens in cruciferous veggies, etc don't cause clinical symptoms unless there is I deficiency ►

ER 2009;30(4):376-408. In 1917, Marine and Kimball showed that thyroid gland enlargement (goiter) is caused by I deficiency and can be avoided with I supplements, leading to iodized salt in the US in 1920s and a 15 IQ point rise afterwards for everyone. Iodine, in group 7 of chemical elements called halogens, means violet in Greek (named purple by the famous guy who discovered PV=NRT gas law, and that water is made of 2 hydrogens and one oxygen, due to the fact it looks metallic grey-purple and sublimes easily into a violet☺☺☺ gas) and it's the nutrient with the highest possible drop in IQ (70-100 points) when deficiency exists, i.e. genius parents give birth to retarded children because mother ate foods that blocked I uptake during pregnancy and I was low in the first year of life too. I is also the heaviest element commonly needed by living organisms, and the second-heaviest known to be used by bacteria after tungsten. All the other nutrients when low lead to maximum 15 points drops in IQ. I was found in the thyroid in 1895. Imagine how many diseases today are, unknown to doctors, possibly caused by synergistic deficiencies (synergistic toxicity too or a mix of deficiency and toxicity), i.e. low I coupled with low zinc, low iron, low DHA, etc and we think "this guy just got diabetes or disease x" or whatever, but without machine learning and real data we will never DISCOVER these amazing & beautiful ☺☺☺ relationships between the onset of "chronic disease or aging" and nutrition or toxic ingredients or even "neutral ones". Presumably, if one ate bread with 587 µg I per slice all his life, getting more than 1100 NIH upper limit and getting his system used to that and he suddenly at age 30 changes bread brand to one that has 400 times less iodine, his system might go into a deep shock (because I drops by 10 times) and trigger the onset of a serious illness and it will be discovered only 5 years later after damage was REALLY DEEP. Goiter often happens when one is exposed to a sudden rise or drop in iodine. Same for other diseases? Unfortunately, there is no FDA requirement yet to list mg of trace minerals, heavy metals in foods. This is the consequence of our lack of eterni foods that monitor 50,000 biomarkers and all nutrient intake.

ANM 2003;47(5):183-5 is a tiny study (good studies have thousands of people or hundreds of thousands, this one had 81 people, 15 vegans, 31 lacto- and lacto-ovovegetarians and 35 omnivores) that shows that vegans are far more likely to have I deficiency than meat eaters. Granted, meat eaters are far more likely to have phytonutrient, antioxidants, flavonoids, polyphenols, potassium, magnesium deficiency which leads to living shorter by 5-10 years on average compared to vegans. But it's important to know these things so as to maximize the benefits and create the healthiest vegan diet transition if you're moving into veganism or thinking about it. However, the 97,000 people study Ntr 2013;5(11):4642-52 found that vegan diet is better than vegetarian and meat one for preventing hypothyroidism and this makes us question the use of urine I content as a marker for hypothyroidism risk too. This 97,000 people study brings more doubt regarding the so-called "iodine deficiency" limit of 100 ppm. Interestingly, most vegan-vegetarian IQ studies in America showed these guys have higher IQ

than meat eaters, indicating that perhaps health-conscious families may care about a lot of things that determine IQ score, not necessarily that *vegan* diet raises IQ in of itself. A 2011 Boston study with 141 subjects (78 vegetarians, 63 *vegans*) found that *vegans* have urinary I concentration of 78.5 µg/liter, much lower than vegetarians at 147.0 µg/liter ► JCEM 2011; 96(8):E1303-7. This is because many vegans don't check vitamin labels for iodine mcg. ☺☺☺

IODINE AND LONGEVITY (Highest TSH, lowest T3, T4 = longest life)

Familial longevity is associated with decreased thyroid function (or hypothyroidism, i.e. high TSH, low T3/4). The lower the thyroid activity the longer the lifespan: the longest living people have highest TSH and lower T3/T4 ► JCEM 2010;95(11):4979-84. Greater longevity is associated with higher TSH and lower levels of T3/T4 thyroid hormones ► SR 2015;5:11525. Diiodomethane at a concentration of 10 µg/ml increased the median lifespan of the fruit fly, Drosophila melanogaster, by 29.3%. Decreased flight activity was associated with increased longevity when the flies were reared and maintained on diiodomethane. Thus, the fitness fanatics who eat 200 g protein and exercise 1-3 hrs/day may shrink lifespan by 5-15 years. It's the self-correcting mechanism of the universe: evil self-destructs, the human species' goal is to move beyond today's infernal sports and endless sporting goods stores and to the Eterni Tone, Eterni Music and Eterni Diet that enables 4000 year lifespan, to kindness not martial arts or resistance training". The effects of iodine, iodoform and hydroiodic acid on longevity were also examined. ► Geron 1978;24(2):104-10. In a 4 year study of 599 people aged 85, higher thyrotropin, lower free thyroxine were associated with lower mortality ► JAMA 2004;292(21):2591-9. ☺☺☺

►► 12.4.23. CALCIUM $_{20}Ca^{40}$ ◄◄

Low Ca can cause leg muscle cramps, "pins and needles", numbness, tingling since Ca plays a key role in muscle contraction. The RDAs in mg are: 0-6 mo 200 (AI), 7-12 mo 260 (AI), 1-3 yrs 700, 4-8 1000, 9-18 1300, 19-50 1000, 51-70 men 1000 women 1200, 71+ 1200. The ULs (pills+food) are: 0-6 mo 1000 7-12 mo 1500, 1-8 yrs 2500, 9-18 600, 14-18 3000, 19-50 2500, 51+ 2000. I get 900 mg from food alone, multivitamin brands have 100-400 mg, 100 two I used for years; Ca pills 1000 mg/day during pregnancy reduced hypertension, preterm birth, low birth weight and preeclampsia, all of which affect IQ and health of the baby; for those with very low Ca intake, supplements were over 1 g. The WHO recommends 1.5 g to 2 g Ca daily for pregnant women with low dietary Ca intake. Absorbable Ca biological need for adults is 250-300 mg. All *vegan* milks have Ca added to match cow milk levels, even Tropicana, juices have Ca added. Absorbed levels are from JN 2005;135:2379-82, AJCN 1994;59:1238S-41S, AJCN 2000;71:1166-9. If you do the math from the data below, spinach Ca is only 5.1% bioavailable, milk Ca 32%, orange juice 36% (Tropicana, fortified), kale 41%, broccoli 52%, cabbage 63%.

The Top 17 Vegan Sources of Absorbable Calcium (Ca)/100g of food (the first 8 have more absorbable calcium than cow milk) are presented below, with links to the total calcium:

1). FIRM TOFU (tofu has Ca added; one cup of tofu has > all CA daily needs) ► absorbed Ca 212 (total Ca 683). Soft Tofu has less. However, that sulfate form of Ca can cause issues.

2). CHIA SEEDS ► TOTAL CA 631, absorbed Ca unknown 3). FLAXSEEDS ► TOTAL CA 255, absorbed Ca unknown 4). Fortified orange juice ► absorbed Ca 36% (total Ca varies 100-200 mg/100g see list of juices and their calcium here) or old data 201 mg or 36% (natural orange juice only 11 mg). Vegan juices often get 200-300 mg Ca added, to outdo cow milk.

5). Turnip greens ► absorbed Ca 71 (total Ca 137), see all turnip types, drink the steaming water after 1 minute in a pressure cooker if you want absorbed Ca way > 71; raw turnip total Ca is 190

6). Almonds ► absorbed Ca 56 (total Ca 254). 7). Cooked Collard greens ► absorbed Ca 55 (total Ca 141); there is no data on collard greens for absorbed Ca; raw collards total Ca is 145

8). Raw Kale ► absorbed Ca 55 (total Ca 135). AJCN 1990;51(4):656-7 explains milk Ca is 32% absorbed, versus 41% for kale. Cooked and Drained Kale total Ca 150 ► absorbed Ca 42 (total Ca 72 if water discarded); steamed absorbed Ca will be > raw kale if water is consumed

9). Cooked and Drained Chinese cabbage ► *absorbed* Ca 50 (total Ca 93); total Ca is 105 for raw, if steamed with pressure cooker and steaming water consumed, *absorbed* Ca is > 50) ☺☺☺

10). Cooked and drained Mustard greens ► absorbed Ca 43 (total Ca 74); raw mustard greens total Ca is 103, so steamed mustard greens with water consumed will have > 43 absorbed Ca)

11). Typical fortified Soymilk w/ Ca carbonate ► absorbed Ca 38 (total Ca 123) (plus other *vegan* milks with added Ca). Cow's milk (human milk may be comparable, but not sure) (non-*vegan*, for comparison only) ► absorbed Ca 43 (total Ca 120). ☺☺☺

12). Fortified Soymilk w/ tricalcium phosphate ► absorbed Ca 30 (total Ca 123) many *vegan* milks have total Ca 250-300. 13). Cooked Cabbage ► absorbed Ca 30 (total Ca 48)

14). Cooked and Drained Broccoli ► absorbed Ca 21 (total Ca 40); raw broccoli total Ca is 47

15). White beans ► absorbed Ca 15 (total Ca 90) 16). Pinto beans ► absorbed Ca 8 (total Ca 46)

17). Cooked Spinach ► absorbed Ca 7 (total Ca 136); oxalate in spinach binds Ca forming kidney stones. For more on the kidney stones made of Ca & oxalate, see the oxalate kidney section.

►► 12.4.24. Magnesium & Legs, Glycinate = Best Form | $_{12}Mg^{24}$ |◄◄

Because Mg is crucial for 300 enzymes, ATP/GABA synthesis (GABA helps kids etc relax so they

don't *bedwet* (low B_6 = low Mg, take B_6), discharge semen in sleep, get misdiagnosed with autism), muscle relaxation, contraction, low Mg leads to 50+ symptoms for both adults and kids:

1). twitches (legs, eyelids, etc, Mg glycinate/threonate help calm neuropathy, insomnia, stiff muscles, leg tingling, toe/calf/body cramp/spasm, arrhythmia (heart muscle spasm), tension in the shoulder, neck, and upper back area, or any part of the chest, breast, ribs, temples, legs, toes, causing involuntary toe curls that wake you up in the morning, dry eyes (muscles involved in tear reflex and meibomian gland lipid excretion reflex stop working), rare bowel movements as muscles can't relax to let stool move in the colon towards the anus during the day, night or even during trying to defecate (hence people take 500 mg total Mg MgO pills daily (4% absorbs, no risk of overdose) to turn rock hard constipated stool into 'peanut butter almost' (normal) soft stool that comes out effortlessly (no strain) 20 times faster, 30 sec bath trip, not 10 min). A single mineral has such far reaching and varied effects, unlike any other nutrient or vitamin, one pill MgO before bed and stool comes out effortless when waking up (at night, we're not moving, so best time to take it is before bed to help stool move during sleep; slow moving feces mean high toxin dump into the blood, acne, rashes, systemic inflammation). Eat plenty of lentils and other high fiber foods too, and you'll never be constipated again. Hard stool and leg cramps after high K meals (legumes, etc) is a strong potential indicator that you're Mg deficient, and cramps won't vanish until Mg intake with high K meals rises a lot to replenish body reserves over 1-20 weeks. Many "experts" online scare people from taking Mg over 400 mg which is comical☺☺☺. These are people without personal or clinical experience of such patients. When you're severely depleted, due to having used 10,000-25,000 IU D_3 for 12 months, you need more like 1 g Mg oxide and 1 g Mg as glycinate so 5 g of Mg glycinate (the nerve calming form, not taurate or malate, those are energetic, exciting the nerves), just like when B_{12}, D_3, A deficient, they give you mega doses, way above the upper limit. You don't have to believe me, try it, leg cramps/hard stool won't vanish until you ramp up Mg a LOT if you're so low, it takes 5 months to replenish body Mg reserves to the point where you're fine with just 400 mg Mg as 2 g Mg glycinate. If the stool is still hard due to microbiome, a pill of Mg oxide too, 500 mg Mg: 4% absorbed and traps moisture in the colon. Hypercalcemia caused by 5000-30,000 IU D_3 causes harder stool as D_3 uses up Mg and then Mg is no longer in the stool to keep it soft and watery, so lower vitamin D intake if stool is hard or take up more Mg. D_3 uses Mg, so the stool hardens (water is pulled from colon, as Mg is no longer in the colon to keep the water), barely moves, constipation emerges.

Eating large amounts of legumes means serum potassium (K) and Mg rise dramatically, while sodium (Na) remains very low if you never add salt or salty foods. Thus, the body initiates a mechanism to keep blood K constant (lower excess K that entered via digestion): because it can't instantly remove high K and Mg thru the urine (takes hours, even though it does that), it temporarily drives excess serum K into cells while pulling Na out of cells, causing a localized shift

in the Na-K ratio that alters the electrical charge across lower limb muscle membranes, making the nerves hyper sensitive and causing the muscles to involuntary lock up, so you have to walk a little to unlock them. After large meals with carbs, besides flushing K/Mg in urine to lower serum K, the body releases insulin which clears nutrients (we ate) from the blood, pushing them into cells. Insulin forces both K & Mg to move into the liver and glycogen stores, temporarily depleting the circulating Mg available to resting leg muscles, so hours after a meal the Mg is low and cramps occur. All these 3 (Na, urine K/Mg, insulin Mg) mechanisms contribute to cramps. Eating 2+ lb of cooked lentils/day can cause leg cramps (excruciating muscle tightening), if daily Na is < 0.6 g, so add 0.3 g salt and 0.2-4 g Mg (because high K causes urine to expel K and urine flushes Mg out too, so Mg moves from high to low in the serum, 3-5 hours after a high K meal) to each huge meal of lentils to avoid this electrical charge change. If you don't drink water, processing high levels of *K, Mg, lentil fiber* requires pulling water away from legs to redirect it into the GI tract to aid absorption. This mild, localized leg dehydration concentrates the remaining leg electrolytes, further changes the membrane electrical charge. A fast K rise (hyperkalemia) outside of cells causes subthreshold depolarization -.75 mV (resting electrical charge -0.95 (4 mmol/L in blood and outside cell, 140 mmol/L inside cell) mV shifts closer (-0.75) to its -0.55 firing threshold), which makes nerves and muscle fibers highly hyperexcitable and prone to locking into spasms. Because the baseline charge -.75 sits so close to the -.55 trigger point, the slightest physical movement (during sleep or when waking up), twitch, or minor neural signal can cross the threshold and cause the muscle to fire, to lock or spasm. The inactivation of Na channels (the sustained lock of calf muscles) happens due to the inability of muscle cells to reset after firing an electric signal, due to high K outside the cell (serum from eating), so voltage remains -0.75 instead of -0.95: the muscle relaxation switch fails, so the contraction/relaxation rhythm ends, the muscle fibers lock into a sustained, painful cramp. Feet and calves are highly susceptible to K level changes due to hydrostatic pressure and gravity. Blood and K pools in the legs (when standing, chair sitting or even sleeping due to feet being farthest way from heart), and then digestion requires leg intracellular water to be removed, further raising K level, meaning K level rises fastest in feet, then calves, causing cramps. You sit at a desk 30 min, then suddenly move away from the desk: this move causes a toe/calf cramp.

This rise in K, Mg can cause heart rate changes or arrhythmias (heart muscle spasms or lock) ► THIJ 2006;33(1):40-7. High K can lead to fatal cardiac arrest ► CREM 2012:458049; bad kidneys can cause fatal infarct due to kidneys unable to flush K ► Med 2021;57(8):810, JETEM;5(3):V1-3. "half of ER visits… (hyperkalemia) result in mortality" ► CPCEM 2025;10(1):24-7. High K (from high Mg foods) can cause heart block, seizures ► CR 2023;15(7):e41473. Palpitations don't mean plaque or heart attack, just eating caffeine/nicotine, too much K without Na, being low in Mg or K, anemia, hormone fluctuations, stress or AFib (disease). Exercise causes electrolyte imbalance,

dehydration too, leading to muscle, heart spasms. High K, Mg can cause flaccid paralysis: can't move out of bed for a week ► JCHIMP 2015;5(3):10.3402. Carrots have 70 mg Na/100g vs 1 mg for most produce, so they can be used to raise Na slightly, though exercise needs more Na. The lack of Mg, plus poor neck posture pressing on the occipital nerves, can cause sudden pain in temple, skull and forehead areas as those muscles can't reset, relax and contract nonstop (like in leg lock), causing a lack of blood flow to the area. Not only that, but the massive intake of K causes the kidney to work overtime to remove K, which flushes Mg out too, causing low Mg. This low Mg becomes even lower if you take high vitamin D, causing a total systemic lack of Mg in the muscles of your temples/forehead/skull/knee/hands/joints/legs (pulsing pain (if sky high K) or burning pain for skull), calves (cramps), anus (pulsing pain), eyelid (twitch, not pain), so each time some eat a high K meal, some experience a series of leg etc pains thinking it's the "they're sick or attacked". Pain of joints is different, that's related to lack of synovial fluid movement. To avoid any low Mg pains simply eat more Mg with high K meals, maybe 2 pills of 500 mg MgO and 600-900 mg Mg as malate and glycinate, since remaking body Mg reserves takes some huge Mg doses: you will see, the leg cramps won't vanish unless you eat 1-2 g of Mg daily with the high K meals on high K days, when you're severely Mg depleted. If K is high, blood dilates so much, you get the annoying pulsing throbbing pain that is felt with each heartbeat for months even, it's a well known phenomenon. It can be annoying, as sleep quality becomes "lowest", you can't get any real deep sleep... If so, you're in urgent need of 3 times a day Mg malate/glycinate and glycine to calm excited nerves. High stress raises cortisol, which then causes more Mg loss via urine, requiring more daily Mg intake. Fasting ➡ Low Insulin ➡ Kidney Na Resorption Pumps Turn Off, aldosterone hormone no longer holds Na in the blood, glucagon promotes diuretic flush, glycogen is burned in a fast and releases a lot of water that takes out Na, K, Mg (each glycogen is bound to 4 waters) ➡ Kidney Flushes Na, & Mg with it ➡ Low Mg ➡ eyelid twitch. High K meal ➡ Kidney Flushes K, & Mg with it ➡ Low Mg ➡ Leg/toe cramps or (pulsing) pain in any body area. Always take Mg and salt when fasting. ☺☺☺

2). bedwetting, nocturnal sperm emissions, also happen due to low Mg causing random spasms of the nerves. The sperm liquid component production rises, so then emission happens easily when a large K meal causes a dip in Mg, triggering muscle spasms, and hyper excitability. Bedwetting can be caused by cesarean birth. Key Bacteroides/Bifidobacterium strains, that are depleted long-term in cesarean infants, possess the pdxJ gene that encodes the enzyme the gut needs to make P5P, active B6. Instead of making B6 easily, cesarean guts are colonized by hospital surface microflora (Enterococcus, Klebsiella, etc) which can't make B vitamins. This makes these babies more likely to have all the other low Mg symptoms as adults, as B6 is needed for Mg uptake. Endless babies went to an MD, got B_6 pills and then stopped bedwetting next day. The gut microbiome regulates the health of the gut lining. A C-section-derived

microbiome creates a state of chronic, low-grade mucosal inflammation that impairs the passive and active nutrient transporters in jejunum and ileum, so Mg absorption is compromised. Kids eat unsoaked cereals, bakeries, burgers, tacos, legumes, soy, beans rich in phytate that traps all minerals, including Mg, causing even more symptoms that MDs misdiagnose as ADHD, autism or etc, all related to hyperexcitability of the nerves that can't relax. Lack of Mg leaves the brain exhausted and unable to produce GABA, plunging kids into an abnormally deep sleep coma at night. Meanwhile, a Mg-starved bladder sat in a permanent state of subthreshold depolarization (hair-trigger sensitivity). When the bladder filled at night, the brain couldn't wake up, the over-excited bladder spasmed, and involuntary bedwetting occurred until MD gives B_6 pills enable Mg to enter cells, so GABA can be made (without GABA kids can't relax and they're misdiagnosed as ADHD), sleep architecture can normalize, bedwetting can stop the next day.

Mg deficiency induced Involuntary sperm emissions (similar mechanism to bedwetting):

The nervous system hyperexcitability caused by low Mg changes how the body stores, releases sperm. It creates the illusion of overproduction of sperm via: 1. The Prostatic Muscle "Squeeze". Sperm and seminal fluid are stored in prostate and seminal vesicles which act like secure storage tanks because Mg keeps their smooth muscle walls perfectly relaxed. With low Mg, prostatic muscles become hyper-irritable and undergo micro-spasms. Even a tiny amount of natural fluid buildup causes the hyper-excitable muscles to clamp down. The storage tanks are constantly twitching and squeezing, making them prone to leaking or overflowing at night. 2. Hyper-Excitable Nervous System Over-Secretion: While low Mg doesn't alter sperm production, nerve hyperexcitability can cause pelvic secretory glands (Cowper's gland + prostate) to overproduce the fluid portion of semen. Our autonomic nerves control these fluid secretions. When the nerves lack their Mg, they send constant, uninhibited signals to these glands, causing them to pump out excessive fluid. This fills our pelvic storage zone much faster than normal, combining with a full bladder to trigger involuntary sperm ejection. Avoid heavy meals and a full bladder if you want these to stop and eat your Mg before bed. Spies can use gadgets to cause nerve spasms causing sperm discharge, arrhythmias, fast pulse and all the stuff in this Mg section.

3). hypertension as Mg is key to low blood pressure, glaucoma (patients have low Mg in tears),

4). higher blood viscosity, which generates strokes/infarcts (glaucoma, retinopathy, blindness can emerge too as viscous blood raises blood pressure, ocular pressure), plaque (LDL down 11% with 300 mg $MgSO_4$, Table 6, JCP 2020;76(3):321-8, even when serum Mg is the same, because tissue Mg is different). Lowest Mg group had "highest proportions of CVD (cardiovascular disease) incidence (36.89%), use of lipid-lowering drugs (60.28%)" ► JHPN 2025;44:275, 11 times higher risk of cardiac mortality, 6 times higher risk of all cause mortality in the crude model (seen in Fig 3 too). Ntr 2021;13(5):1411 has 139 references and a long discussion of the recent

decades of findings regarding the benefits of Mg intake.

5). diabetes (300 mg $MgSO_4$ causes A1C drop from 7.6 to 6.6, Table 6), obesity (BMI dropped 25% via 300 mg MgSO4 or 60 mg Mg)

6). yellow or translucent teeth that are no longer white: take 5000-20000 IU D3 and 1-3 mg K2 to keep teeth naturally white or reverse the yellowish to the white of age 18, plus Boron too, as it helps; Mg acts as an enamel stabilizer, supporting the crystal structure of the enamel during its remineralization (whitening) repair process).

7). vascular dementia or Alzheimer due to lack of blood flow to brain regions or low brain glucose in diabetes, low ATP (neuron fuel). Mg threonate and glycinate aid the brain, with glycinate helping us fall asleep better or calm down (reduce anxiety). Threonate is believed, by the present scientific consensus, to improve working memory, learning ability, short and long-term memory (absorbs a little better/faster than glycinate Neur 2010;65(2):165-77, but is 4x more expensive), Mg oxide is used to soften stools as a laxative, Mg malate for energy. Mg prevents neuron death, depression: nih.gov/books/NBK507265. Since brain Mg levels raise with body Mg level, any Mg pill aids the brain too, even if it takes slower for oxide, etc. "MgO absorbs at 4%", repeated by 800+ youtube MDs, is based on a misinterpreted study as explained below.

Why does Mg raise blood pressure, causing clots, strokes and infarcts via a more viscous blood?

For most people who die of heart disease born of hypertension, Mg and K are low, Na and Ca very high, especially Na. Na/Ca raise pressure, K/Mg lower it. Mg/K are everyone's friend, except people with hypotension. Mg^{2+} helps the RBCs repel each other so that the blood doesn't turn viscous due to stacks of RBCs tightly bound that impede fast blood flow. Mg lowers fibrinogen and other clotting factors that make RBCs aggregate into clot-prone viscous blood, so low Mg makes blood thicker. Mg inhibits the influx of Ca into vascular smooth muscle cells. When Mg is low, Ca enters these cells, leading to increased vascular tone, vasoconstriction, hypertension. Narrower vessels increase shear-related resistance to blood flow, making blood viscous. Low Mg lowers NO bioavailability, a key molecule that relaxes blood vessels and improves flow. Low Mg triggers release of inflammatory cytokines, increases oxidative stress, thereby damaging the endothelium, raises fibrinogen (the clot protein released to fix damage to arteries), which increases viscosity. Low Mg causes diabetes, metabolic syndrome, insulin resistance, increased capillary permeability and higher hematocrit (% RBCs in blood by volume), raising viscosity. Los Mg is often accompanied by low K that will further raise blood pressure, causing arterial damage and more fibrinogen to thicken the blood. RBC membranes exhibit reduced negative charge (lower zeta potential) under low Mg conditions due to the disruption of membrane stability, leading to an alteration in the arrangement of surface glycoproteins and an

increased exposure of hidden positive charges. Magnesium helps maintain the structural integrity and flexibility of the RBC membrane, often by acting as a cofactor for enzymes and bridging anionic sites within the membrane. Low Mg impacts membrane-associated proteins and phospholipids, specifically affecting band 3 protein, which is critical for membrane flexibility. RBC surface negativity is largely due to sialic acid residues on surface glycoproteins. With low Mg the steric hindrance (physical arrangement) of these structures changes, causing the cell to lose some of its effective negative surface charge. The resulting changes in protein conformation can lead to increased interaction with positively charged serum proteins, reducing the net RBC negative charge. Low Mg inhibits the Na+/K+ pump, leading to altered intracellular ion concentration. This disruption can cause ionic imbalances that reduce the overall electrostatic charge on the RBC membrane surface, causing RBCs to bundle together and become less flexible, less able to pass through small capillaries, contributing to viscosity, premature cell aging/destruction. This is common in sickle cell anemia, where low Mg levels aggravate cell stiffness and promote vascular occlusion.

Mg, "the most common intracellular divalent cation, participates in around 300 enzymatic processes, including the metabolism of lipoprotein lipase (LPL), HMG-CoA reductase, and lecithin-cholesterol acyl transferase (LCAT)… 1% of the body's magnesium is found in circulation (0.3% in plasma/serum), while the majority...is found in the bony tissue (60%) and intracellular (40%) space.. LCAT that decreases LDL and TG levels and increases HDL levels, is activated by magnesium" ► CIMB 2023;45(4):3146-67, sections 5-6 of the paper explains Mg with statins works way better in preventing statin side effects and in lowering LDL, etc. LPL, LCAT lower TG, LDL, raise HDL. The evidence show that the serum Mg value is rather useless; we need the 7 tests to properrly evaluate what happens inside: urine, feces, serum, RBC, hair, nail, saliva. Low Mg can make you believe you have a heart attack, when it's merely a lack of the ability to regulate heart rhythm, causing irregular heart pulse or chest wall muscle spasms or eye twitch, eyelid twitch, pain or spasm (sudden pain, contraction of a muscle group, lasting for minutes, painful, unlike a 1 second painless eyelid twitch) across the brow or eye area or any muscles of the face or skull, body, causing people to think they got "a brain disease or heart disease", when it's plain old soil depletion of Mg that makes food intake much lower than our daily needs. If you had a recent punctal plug that narrowed the puncta drain, eyedrops will be stuck longer in one eye, and since many eyedrops lack K, Mg, Ca, they create electrolyte imbalance that makes eyelid Mg deficiency even more severe causing eyelid twitches in that eye. Thus, until Mg deficiency is solved, you need change the eyedrop brand perhaps.

Other people panic or even think "cops or spies are attacking them", but it's a much simple explanation that almost nobody suspects: low Mg, and far easier to fix than any of these people would suspect: 4$ a month worth of Mg malate. If you have insomnia, avoid malate, as it will

make night sleep worse. Malate can cause poor night sleep even for people without insomnia, if you got a hyperactive brain or over excited nervous system (stress, etc) or excited sympathetic system (instead of parasympathetic), so in those cases we need Mg glycinate (not malate) to sleep better. Avoid excitatory amino acids, like glutamine, that cancel out the effects of glycine, or glycinate, otherwise, you'll sleep only 4 hours a night instead of 8 required for good brain detox and that chronic sleep deficiency will completely destroy your body, as sleep is the body repair time. You can't live to 120 with 4 hour sleep.☺☺☺ Muscle tightness, aching, or cramping can occur in the jaw, temples, or around the eyes, headaches can happen too, causing temple/brow area pain, due to electrolyte imbalance, dehydration, low Mg. Mg deficiency can even cause the arteries of the heart to tighten suddenly, resulting in a feeling of crushing pain in the chest that may radiate to the jaw or arm, but that's not a blood clot (as an aspirin to "dissolve it" doesn't make it go away), it's you needing to buy Mg right away. Any pain in any body area (say left arm/shoulder/knee/leg) can be caused by other things, as simple as a draft in your bed area on the left side or cold winter month where electric heater is on the right side and blanket fails to keep left side as warm as right side (7 degree cooler, causing "arthritis like pain" due to poor circulation, etc). Not all musculoskeletal pain is related to Mg, sometimes pain vanished once they got the left side warmer by better insulation of heat loss during sleep or placing another small electric heater on the left side too. However, if toes curl it's almost always Mg, as that is not a "cold draft" type of pain, too much or too little Mg. If you soak lentils and change water only once or twice or don't reach 150°F during soaking, you leave there some phytates that bind the Mg, so you develop in 1 decade 9 diseases that are misdiagnoses in reality, since Mg looks fine in serum, serum Mg is 1% of body Mg. Thus, we spend worldwide 300 billion possibly treating Mg deficiency of 3$/month fix potential with "fantasy diseases" 200$ a month pill regimens. Why? Because all grains and legumes humans eat, except for hard core vegans eating only ultra soaked lentils (least phytates of legumes), have phytates that bind Mg and cause endless health problems. The Food industry needs to Soak All Legumes, grains First to remove antinutrients or be fined 20 trillion.☺ Americans lose 10-20 years of life due to phytates that bind Zn, Mg, the key minerals for life, ATP, DNA repair, energy production, cell repair, causing diabetes epidemic, infertility, as we saw people without Zn die at 25. Too much Mg can cause a Ca-Mg electrolyte imbalance too, like taking 900 mg or something crazy, so then you'll get the same eyelid twitches from low Mg, as Ca contracts, while Mg relaxes the muscles. However, when taking high D3 during a cold or flu, like 20-100K/day, you need more Mg, MK7, K, so taking 1 g Mg and 3-5 g K is a must then, as you need drink more water to flush toxins out and that depletes your K, Mg more, besides D3, and we need to lower blood pressure via K, Mg.

Many Mg brands got 2-10x less than the label, see clip and the NOW list. The glycinate is so powerful, 2 g (400 mg elemental Mg) makes you fall asleep during the day and wake up 8 hours

later, even when you initially wanted to just rest for 10 minutes during the day. This table shows how little Mg is actually in each popular compound. Reports indicate threonate may help feet cramps and tingling to vanish during fasting, etc, in a better way than glycinate or other forms, in severe Mg depletion: these cramps happen due to neurons not getting enough Mg, so give Mg to the brain, so brain gives it to the neuron to give it to the axon going from brain to the toes, and people can get Mg faster via fat soluble forms: malate, glycinate, threonate. Mg Threonate is sold as Magtein (patent of AIDP and Tsinghua University) or as generic threonate from China (same as 3-5 times pricier Magtein, this is the cheapest on Amazon) that is put in caps in USA, which is way cheaper, since China doesn't enforce patent laws. US can't compete with China in threonate. Some Amazon companies are scams, their label says "2000 mg Mg threonate, 400 mg Mg from glycinate (meaning 2.8 g glycinate), 100 mg theanine, 100 mg PS" per 2 capsules, so 5000 mg/2 capsules, but is only 1.46 in reality when measured. MgO is best bought with 0 other ingredients, like Bulk Supplement 90g MgO (54 g of Mg)/15$ 1 year supply if half a cap/day, discard capsule and dissolve in water first. Mg glycinate may be released too fast into the blood, causing leg tingling, cramps due to electrolyte imbalance, but glycinate is way superior to malate and oxide in relieving tingling, etc.☺☺ Avoid stearic or stearate inactive ingredients. Malate is much easier to absorb (than the same price MgO) and 17-35 times cheaper than threonate, 3-4 times cheaper than glycinate, so it's popular today when nobody soaks legumes, grains, leading to mineral deficiencies via phytates in grains, legumes, burgers, tacos, bakeries binding Mg, Fe, Ca, Zn causing an epidemic of back, leg, facial, skull, temple, breast pain, fatigue (low Fe), diabetes/infertility (low Zn).☺☺☺ This often leads to misdiagnosis. Soak stuff well and see it vanish. It's not fibromyalgia, just plain old Mg deficiency. Before you think foreign agents harass you, try a Mg pill 4$/month, to save the anxiety trouble.

The scariest thing is that the regular blood (1% of body Mg is in the blood) or even red blood cell test for Mg may look normal and the MD may misdiagnose this Mg deficiency for some other condition, causing the prescription of drugs that do organ damage and as the patient moves to new towns with new MDs, his organ damage causes more false diagnoses, organ damage, more pills, soon he's on 900$ of 30 pills/month, all started by a misdiagnosis that 4$/month would have fixed if the system was real, not a criminal enterprise to make aristocrats rich and drain the nation of trillions. Not to mention surgery often is suggested for damage done by misdiagnosis, so then the bills become half a million for the insurance. Hospitals are elated, "the MD brings in 50 million a year by screwing all up instead of prescribing lifestyle/nutrition changes decades earlier". In a real system, the 7 tests (blood, saliva, RBC, urine, nail, hair, feces) are done so cheaply for the essential nutrients to get a real picture, before any prescription or diagnosis, by the ND who sees all people before any MD does. Nutrients are friends we adapted to for millions of years, while synthetic pills are new, causing severe reactions or death as with Vioxx.

MDs can be semi drunk, tired, unethical, greedy, trying to make commission: this is a conflict of interest with the ideal of double checking and making sure nutrition is fine first, by not spending 0.5 trillion/yr for MD pay☺, but creating 4 classes of doctors, 3 above MDs in pay and authority, all paid by the same $0.5 trillion by an ethical pay scale for all jobs.☺☺ In 1950s, MDs told us smoking a pack a day is fine, because they did so, like many say alcohol is fine. Sadly, Americans alone waste 1.4 trillion/year on junk that harms them, and if we want to have 10 times more doctors, we need to create a new culture of life extension, health and longevity, because you can't pay all doctors 45K if we get 10 times more doctors, so they do way more tests, research and real stuff instead of pathetic rushed "see 30 patients daily" stuff. The small vampire aristocrats, whose IQ rivals that of chimps☺☺☺, buy bulk supplement/bottles from China (81$/500g or for 1500g in big amounts), a label, resell it to Americans at 2-10 times the price for a whopping 100-900% profit off slaves in China and USPS, calling for privatization of everything and criticizing poor Chinese slaves fooled by the top 0.01% families of China who own 56% of wealth under fake communism (feudalism). These guys want to turn USA into a gangland, where all cheat all, no national unity, everything private and "Bible of Rape, Genocide, Cannibalism based". This is called "capitalism" that never innovates a better method to purify it to 99.99%, leaving it 98% junk. This parasitic capitalism is why USA is so backwards, with 11 companies only, we get 90 times more R&D and make it all in USA. With centralized gentle eterni tone education (same online classes for all, 1 schooling system for all US, same courses, no more 50000 schools), we get 100 times more chemists and physicists working on 1 minute synthesis, instead of 50 days and 20 day shipping from china, with purity 99.99999% vs 98% in China.☺☺☺

Mg needs to be taken with 12-16 oz of water, so that it can't damage the intestinal wall if taken on an empty stomach. It's ideal to first drink a glass of water 30 minutes before taking this dissolved magnesium in 16 ounces of water. Many vitamins, minerals can reduce magnesium. See the amazing video of magnesium removing calcified joints. NIH states 48% of Americans are deficient in Mg, but the aristocratic TV rooster IQ filif programs brainwash us to buy deadly sugar rich foods, products and drugs. Mg deficiency leads to brain shrinking and lower IQ, due to the inability for neurons to connect dendrites with axons between neurons, IQ = more connected brains. Those with confirmed blood analysis low Mg could take 0.5 to 2 g MgGly (only if Mg deficient, otherwise, high Mg can cause death, atrial fibrillation, difficult breathing, muscle twitches that are common on low magnesium also). Synaptophysin protein is a marker of neuron connections and Mg boosts this protein. Greater Mg increases memory function. Soils no longer contain the same level of Mg of 100 or 50 years ago, so dietary intake can be lower and serum Mg is not the red blood cell level of Mg (a different test), which more exactly reflects Mg status. High sugar intake lowers Mg absorption, impairing brain health, causing anxiety and insomnia. This 48% doesn't take into account that tissue level of Mg is not reflected in the blood

level of Mg they base the 48% on. For many vitamins, tissue levels can be way lower when blood seems OK. It's well known nails or hair provide a way better estimate☺☺☺ of tissue levels of certain nutrients. Our understaffed NIH only provides 10th grade articles for "health professionals" ignoring the complexity of each nutrient, just a 10 page worksheet instead of 5000 pages as an option for those who don't want only the 10 page summary, ideally with a 100 page summary of the most critical info for those wanting more, but not 5000. NIH website is a testament of a Jewish fanaticism culture of 0 IQ that pervades the Republican, Democratic parties, where 2% of Congress have a STEM degree. The same Jewish "experts" who pose as atheist gentiles, brainwash US that "circumcision is good for you", so 80% do it vs 0.1% in many nations. Immortalists demand officials have a STEM college degree, economics MBA optional.

The Mg RDAs in mg are: 0-6 mo 30 (AI), 7-12 mo 75 (AI), 1-3 yrs 80, 4-8 130, 9-13 240, 14-18 men 410 women 360, 19-30 men 400 women 310, 31+ men 420 women 320, pregnant 360, lactating 320. The ULs (pills only) are: 0-12 unknown, 1-3 yrs 65, 4-8 110, 9+ 350. No UL for foods exists. I get 700+ mg from food alone, multivitamin brands have 40-150 mg, 40 and 100 two I used for years. I get 170% RDA, like most healthy vegans, but you need to soak grains, donuts-cookies-pastries-pizza (they never do soak the grains in these, avoid at all costs), restaurant foods (never soak legumes), protein powders (avoid, they never soak the legumes), bread wheat (avoid bread), cereals wheat (avoid cereals), legumes before eating them since phytic acid can block Mg (and 25 other key minerals) absorption by 50% and destroy your body completely. Those grains and legumes also have purines that cause uric acid, gout, trypsin inhibitors that cause low protein absorption, lectins that cause leaky gut and endless diseases from that, etc. The food industry is a criminal enterprise to enrich bastard aristocrats who ruin the whole planet. This is a nutrient omnivores need to pay attention to. Those with low magnesium (or too high Mg or electrolyte imbalance, like too little Ca, Na, K) will get muscle or even eyelid muscle twitches in any body area (heels, feet, legs, you name it), leg (feet mostly) cramps (when muscles are in pain for 10-300 seconds), leg/hand tingling or numbness, heart palpitations or irregular pulse, enhanced muscle loss (sarcopenia), due to inability of the brain to reach the muscles and cause muscles to work, weak balance, weaker motor skills, falls (fractures from frequent falls) (when older, also due to lack of potassium, B_{12} and D_3 and 1.6-2 g protein per kg weight), joint pain (joints are mostly collagen, and magnesium regulates collagen interaction with cells, so knee pain can be due to low magnesium, though joint pain can be caused by arthritis or low glycine intake. Low K/Ca also can cause muscle cramps, so do a blood test to see. Arterial clogs (detailed here) can also cause cramps, tingling, needle pains, etc so check plaque, do a leg ultrasound score, before you think it's magnesium or perhaps a lack of calcium or potassium or even too high magnesium. A newly proven natural extract lowers MMP3 by 46%, reducing knee pain significantly. All MMPs are inflammatory enzymes involved in tissue repair, extracellular matrix

recycling, etc that can go in overdrive destroying healthy tissues (knee joints, cornea, MGs), causing pain or dry eyes (MMP9), asthma. If you did everything, minerals, vitamins, shoes, warmth, IR, try 30% acetyl-11-keto-β-boswellic acid extract (that blocks 5-lipoxygenase enzyme or 5-LO) ► ART 2008;10(4):R85 has the graphs. 5-LO catalyzes the two-step conversion of ARA ω6 into pro-inflammatory leukotrienes, which are critical mediators in asthma, arthritis, cardiovascular diseases, cancer. Leukotrienes lead to higher histamine, which fuels the emergence of dry eyes for example. The only thing is this ayurvedic medicine study is funded by an Indian entity linked to sales of this, so perhaps, read 50 other papers to make sure it's legit and try all the other well known ways to reduce inflammation, covered in the list of nutrients (boron, glycine, omega 3, etc). 5-LO is a common target by many Pharma companies aiming to reduce inflammation in many diseases. Google it to find many other similar natural compounds that are more tolerated by our body, useful in stopping the inflammatory cascades that lead to joint tissue loss and subsequent pain. Please visit the Eternal Clothing Inc section for more on shoes to avoid leg or foot pain.☺☺☺

It is easy to confuse magnesium deficiency with sleeping on a short 75 inch twin bed, while being 75+ inch tall. *Always buy twin XL, which is 80", instead of twin 75", if you're 75+ inches tall.* If you failed to buy that, use Amazon boxes etc to at the top of the bed, place pillow 4" outside the bed, pillow resting on a box wrapped in soft clothes, to get 4" extra for your feet. If feet hang off the bed forced to point downward (plantar flexion) for 4-8 hrs, it shortens the calf muscles, causing calf cramps. If the *bed edge presses against heel tendons* (Achilles tendon or the plantar fascia), it can lead to irritation and inflammation, worsening symptoms of Achilles tendinitis or plantar fasciitis. These odd bed positions hinder blood flow to feet, *increasing the risk of feet/toe cramps, toe nail fungus and recovery from any toe nail injury etc. So, you need to use the box method if a short bed. Knee pain can be due to poor circulation, arthritis or low collagen production, so* a red-IR 660-850-940 nm cap (used to regrow hair) can be used to heal knees *or heels, toes, since not all knee/toe/heel pain is due to low magnesium, just wash feet well before use. It's better to use a dedicated device, so you don't infect eyes via forehead on cap, with feet bacteria, fungal strains etc, so* buy a cheap mat for 15-70$ for thighs, knees (use when in bed, leg straight), calves or feet. *See more on* light 660-850 cytochrome oxidase mitochondria healing here. Glycine causes uric acid in joints to disappear, so not all feet cramps are due to low magnesium, some are due to a high purine diet that causes uric acid to deposit in the joints, hence the soaking of all grains, legumes is essential, besides avoiding meats, seafood that are high in purines. Legumes and grains have a lot of phytic acid which blocks magnesium absorption from legumes, so you end up being highly deficient and complaining about joint pain due to eating restaurant or canned foods or home made food without soaking (3 water changes) first. It's key to lose body fat via fasting, because 15-95 lb of body fat can cause systemic

inflammation of joints which seems like arthritis. Besides, 50 lb of fat cause pressure on all joints. Jesus allegedly fasted 40 days in the desert, with mere water alone. If he did that, his whole brain was destroyed by the lack of electrolytes and no wonder he became so insane, claiming he's God and providing no proof such as moving mountains, bringing World Peace, etc. He even claimed that the horrific Old Testament is legit and remains valid (see the 1 page full of such Jesus quotes a few paragraphs into the 80 page Bible crap quotes section), which is illogical, if you love all. Leg etc attacks can come from spy agencies or militaries too, since neurons and muscles can fire due to lasers and electrical fields, devices too. Not everything is a deficiency, though your torturers certainly would love to brainwash you that this is so.☺☺☺

Since glycinate is 3-4 times pricier than malate, many people choose malate to prevent toe curling or other signs of Mg deficiency, especially since glycinate can decompose fast and give a fishy smell if not stored in a dark and ultra cold place in warehouses of the hot Amazon cities, etc. Mg glycinate is only 30$/kg in bulk: Amazon rating 3.6 stars, a red flag, never buy any food or pill with rating below 4.4 stars, before reading the 1 star reviews to see if real issues exist, beyond "pack color" or "didn't like texture" "doesn't dissolve in water" (it can't, since solubility is 2 mg/L, you need way more water) trivial complaints, which for low sales (& reviews) products can bring rating down fast. Bulk Supplements Mg, etc powders are dubious, ultra cheap from China, so they contain heavy metals, lead at times. Glycinate becomes ammonia rich after a while (making people sick), as glycine decomposes, so trash it if it smell strong of ammonia or buy from a reputable company like Nutricost 28.4g Mg/19$ (4 times cheaper than magnesium threonate) or just use MgO. Horbaach Mg is only 25 g/18$, with 240g fillers to get from 25*(208.45 MW of Mg GlycinateDihydrate/24.3 (MW Mg))= 214 g to 454 g in a bottle, so do multiply the servings by the Mg g × (208.5/24.3) to see if unreported fillers exist, choose 0 fillers brands. They add flavors and citric to hide the smell and taste of glycinate. Mg malate provides more energy via Krebs cycle, so it can be used too, and you will see ratio of Mg to Mg malate differ a lot on labels, as some use MgMalate & hydrates, or Mg_{2M}alate & hydrates, each with its own low-moderate or high solubility, Vitamatic seems cheaper, 0 extra ingredients. Bulk Supplements is usually the cheapest, but the lowest quality for fast degrading items like glycinate, glycine: a deceptive company, as they say Mg glycinate on first pic, but second pic (of the back of the package) says "glycinate and oxide". MgO prevents colon cancer, diverticulitis, IBS, hard stool, polyps, hemorrhoids, bleeding because it takes hard stool and makes it soft. 440 MgO 3x/week shrank arterial plaque, reversing heart disease "At 6 months, cIMT was significantly decreased in the Mg group (0.84 ► 0.76 mm)… in the placebo group, cIMT (rose 0.73 ► 0.79)" ► EN 2013;69(5):309-16. cIMT = 0.80 means 2.5x higher risk of infarct, 1.0 mm 3.5x more infarcts vs 0.477. This is due to Mg preventing calcification of soft reversible plaque. Mg pulls calcium away from arteries, like K2 does. For decades, MR 2001;14(4):257-62 study of

16 people, concluded that MgO is the worst form, due to only 4% being excreted in the urine and this idea became the dogma (standard google, etc AI answer too) for years. One can see from this incident and 500 others like it, how many of our nutritional dogmas and all AI answers are false based on prevailing dogmas, you need to google the "show me the study that led to the idea that x is true, sample size, study design" and find out, recall the history of medicine. All AIs are are databases of premade answers based on current human dogmas, the google AI, ChatGPT, etc are very stupid, their answers very robotic, they seem smart due to the fact they have a memory trillion billion times higher than a normal human. However, MgO is the best form of Mg in a way, as it is absorbed slowly, being less likely to cause tingling, cramps, etc and most able to loosen hard stools common in vegans who eat chia seeds or who get good bacteria destroyed by doxycycline or other antibiotics due to a tick bite, which can cause harder stool. Sucrosomial Mg was shown to be absorbed better than glycinate ► ERMPS 2018;22(6):1843-51 as this video explains too. The only form that crosses the blood-brain barrier easily is Mg threonate (MW 294.5 vs 24.3 for Mg, 83 mg Mg in 1g threonate, 603 mg Mg in 1g MgO, 13 times cheaper, but threonate OH groups may prevent baldness/oxidative stress, independent of Mg) and possibly the best and safest form for anyone who has eyelid twitch, tingling or cramping in toes or feet (though some can be caused by bad shoes). Red light 660 + 850 nm, or warm bath instantly removes almost any leg or joint pain, without the horrible brain destruction Tylenol does (Tylenol or acetaminophen, paracetamol is linked to 18% higher risk of dementia).

►► 12.4.25. ZINC | $_{30}Zn^{65}$ |◄◄

The RDAs in mg are: 0-6 mo 2 (AI), 7 mo-3 yrs 3, 4-8 yrs 5, 9-13 8, 14-18 men 11 women 9, 19+ men 11 women 8, pregnant 11, lactating 12. The ULs (pills+food) are: 0-6 mo 4 7-12 mo 5, 1-3 yrs 7, 4-8 12, 9-13 23, 14-18 34, 19+ 40. I get 13 mg from food alone, multivitamin brands have 2-15 mg, 15 and 11 two I used for years. Some take 20 mg Zn separately (avoid Nutricost, 240 caps as it contains MgStearate which blocks absorption) since multivitamin has 10 mg Zn too usually, and the average diet has 10 mg (1 mg if soils depleted), so 40 total, though too much can suppress the immune system, so watch what goes on. Some advise against Zn picolinate, because picolinic acid increases urine Zn 8 fold in rats, meaning, picolinate is so stable, that it simply deposits in human hair, urine, red blood cells, etc and doesn't go where it's needed. So, try Zn glycinate (zero extra ingredients). Since most eat phytic acid that blocks 30-70% of minerals uptake, the extra Zn is OK, since all bivalent cations compete with Zn for absorption too and polyphenol rich vegan diets block even more Zn. The AREDS eye vitamins got 80 mg Zn, 20 mg Zn as zinc glycinate has its own advantages, glycine for GSH. I noticed my eye floaters become more visible than I lower my Zn, sleep hours or hyaluronic acid intake, so Zn is key to collagen production, floaters being abnormal oxidized collagen fibers that didn't repair. Once Zn, hyaluronic rise, floaters diminish. However, measuring about 20 mg of Zn glycinate is no easy

task, you need some tiny q-tip without the cotton to take the tip of it and measure it in a small mg scale to see visually how much 21 mg of pure Zn is (70 mg glycinate). Be careful to not overeat it and take it with a separate meal from Mg Glycinate, which can block Zn uptake. If you take copper 1 mg from multivitamin, you may not develop copper deficiency, though Cu^{2+}, Zn^{2+}, Ca^{2+}, Mg^{2+}, Fe^{2+} all compete for absorption in the gut, so once you take high Zn you may develop grey hair due to copper deficiency and impair immune function by 40%, so do a copper test to make sure it's not dangerously low *if you get grey hair suddenly, feel tired or get flu/cold too fast or* remain sick with running nose for 25 days instead of 4 before. High Zn also suppresses immunity on its own (read the AI overview of google), so it can be deadly if no copper, it can cause iron (Fe), Ca, Mg deficiencies too, via competition for gut absorption.☺☺☺ ► " Zn deficiency is the most ubiquitous micronutrient deficiency problem in world crops" ► EGN 2009;31(5):537-48; "In 1990, a survey of 190 representative soils from around the world indicated that about 49% of them were Zn deficient… maps for Zn-deficient soils and prevalence of Zn deficiency in humans are remarkably similar" ► AN 2012;3(6):783-9, the paper shows the leg abnormalities of phytate rich soy feed given to chicks and the low Zn effect on pigs (similar to humans, remaining short, dying sooner); tofu and other soy foods have less phytate due to processing (chicks get it unprocessed with all phytate), but generally soaking legumes is a great way to reduce phytate 10 fold. JSFA 2013;93(10):2362-71 found vegetarians eat about 1 mg less Zn/day than omnivores and have serum 0.93 µmol/L or 6.0 µg/dL (8% lower in *vegans* vs omnivores, so blood test says 70 instead of 76 µg/dL) lower, so vitamins help. "Soil Zn was positively associated with serum Zn" ► Ntr 2019;11(2):221. NIH explains some *vegans* and vegetarians may need 50% more than RDA for Zn (80% extra for Fe), because of eating more phytates, polyphenols that inhibit Zn absorption, plus *vegan* Zn is less absorbable. PillZn is absorbed 50-61% ► FHN 2013;7:97. Low zinc causes acne, so read the acne section too.

MH 2006;66(1):169-72: "40.6 ppm Zn in normal aorta vs. 23.2 ppm Zn in atherosclerotic aorta ..19.4 ppm Zn in atherosclerotic *aneurysm* aorta… (raising Zn) from 95 to 177 microg/dl resulted in objective improvement in 12 of 16 of ..(angina) patients… Zn prevents oxidation of LDL.. and consequently stops the main mechanism of atherogenesis… We hypothesize that higher… LDL… resulting from … 300 mg of Zn/day is caused by a release of LDL from *cardiovascular* tissues (plaque *that causes* angina), beneficially flushing it (LDL) into the serum where it is readily observed, thus decreasing arteriosclerosis, increasing circulation, terminating angina pectoris… removal of LDL might be attributable to action of Zn^{2+} on ICAM inhibition… high-dose Zn should be considered as basic in the strategy of prophylaxis and therapy of the atherosclerosis process to terminate angina (stenosis)… and restore youthful cardiac function."

JAMA 1980;244(17):1960-1 showed huge doses (178 mg/day in the form of 440 mg Zn sulfate) for 5 weeks to 12 adults lowered HDL from 40 to 30 (25%). In NM 2015;12:26, a review of studies

(14,515+ unhealthy people) taking 39 mg/day, total cholesterol fell 17 points (vs only 1 in healthy people), HDL rose 6 points (mg/dL) (fell 3 points in healthy), LDL fell 11 points (up 1 point in healthy), triglycerides fell 18 (3 in healthy). Even 50 mg pills are not a good idea long term. AJCN 1995;61(3 Suppl):621S-4S explains when Zn is too high SOD is low, LDL is higher, HDL lower, due to copper deficiency. JN 1985;115(2):159-66 found in rats, Zn is fine when high, if copper is also high in the diet, as long as 5:1 ratio exists. Oysters got 182 mg/100 g, so it's best to not overeat daily if pregnant, to avoid iron, copper depletion of fetus. 40% of people worldwide are Zn deficient; it is a vital nutrient for the brain, people who were deficient died at 25, became short and mentally retarded. "The risk of mortality was reduced by 27% in subjects 55–81 y of age who received Zn daily" ► AN 2013;4(2):176-90.☺☺☺ Zn pills/foods lower blood glucose and pressure, AGEs formation, LDL cholesterol and total cholesterol, decrease lipid peroxidation and oxidative stress, improve eye sight and diminish age related vision loss, shorten the duration of the common cold, increase the height/weight of babies, increase the cognitive performance (IQ probably too) of people and animals and sometimes can even cure hair loss and acne. Zn deficiency is linked to depression, Alzheimer and many disorders of the brain, not just hair loss, infection, diarrhea, weak immune system, acne, heart disease and diabetes. Zn is needed by 2,000+ transcription factors and 300+ enzymes in the body, is a part of some neurons, having a critical role in DNA synthesis and repair. IJP 2010;20(1):53-7 shows infant formulas have Zn/copper too. 10% of human proteins bind to Zn. Breastmilk Zn is higher than blood Zn, because Zn is essential to the fetus ► section 3.3 of Ntr 2018;10(2):199. The concentration of cellular Zn is .2-.3 mmol, ATP is .5-10 mmol depending on cell. 10% of genome is believed to encode Zn proteins. Zn is used as a cofactor in proteins much more frequently than most vitamins ► AN 2013;4(1):82-91. For a very cheap Zn deficiency test, see below. ☺☺

►►► ZINC ABSORPTION – picolinate seems OK, glycinate too (cheapest picolinate is NOW Foods 120 caps/50 mg, 3 pack/ 27$, lasts 2 yrs - cheapest, half capsule enough, UL = 40) ►►►

50 mg Zn/day for 4 weeks led to a significant rise in human hair, urine, erythrocyte (red blood cell) Zn only for Zn picolinate $Zn(C_5H_4N\text{-}COO)_2$, with no rise for placebo, Zn citrate, Zn gluconate. This may mean picolinate is much better absorbed ► AA 1987;21(1-2):223-8, which makes sense because the body produces pyridine-2-carboxilic acid (picolinic acid) in the kynurenine pathway (the metabolic pathway leading to the synthesis of *nicotinamide* adenine dinucleotide NAD^+ via the degradation of the amino acid tryptophan; *nicotinamide* (a form of vitamin B_3) is the amide of pyridine-3-carboxilic acid which also called niacin, nicotinic acid or vitamin B_3) and uses picolinic acid to transport several minerals, making picolinate easy to recognize and absorb by the body. Rats deficient in tryptophan had poor Zn absorption, as picolinic acid could not be made readily. Supplementing with tryptophan immediately boosted Zn absorption. Picolinic acid is the meta isomer (COOH in position 3 or meta, instead of 2 or ortho) of vitamin B_3. "The

concentration of picolinic acid in human milk was 308 microM (µM), the concentration in one brand of processed cow's milk was 20 microM (µM), but picolinic acid was undetectable in a second brand of cow's milk and in four different infant formulas." ► PR 1980;14(7):876-80. As explained in Life Chemistry Reports 1982;1:57-67 by Dr. Evans (with the USDA Human Nutrition Research Center) they discovered that people with the (sometimes lethal) Acrodermatitis Enteropathica AE autosomal recessive disease (a disorder of poor Zn absorption) are fine if they drink human milk or take Zn supplements (a third of Zn needed if using picolinate versus sulfate in humans to relieve AE symptoms); vitamin B_6 enhances Zn absorption and almost triples the duration of Zn retention by the body at higher levels, as it is a co-factor for one or more enzymes in the kynurenine pathway that produces picolinic acid; B_6 also has the same pyridine ring like B_3 (and picolinic acid) with the pyridine nitrogen possible binding to Zn as it does in picolinate. Scientists figured human milk, unlike cow milk, facilitates the absorption of Zn via its picolinic acid content. Zn is key to brain development in infancy, so no wonder breastfed kids are smarter, the longer they're breastfed, since unlike infant formula, human milk has picolinic acid. Zn is part of some neurons. NR 1980;38(4):148-50 found that administration of picolinic acid with Zn relieved people of AE (poor production of picolinic acid from tryptophan due to enzyme deficiency) disease symptoms. As the 1982 pdf above explains, Evans found picolinic acid in pancreatic extract and that picolinic acid is a good chelator of several metals, including copper, iron, manganese, magnesium, calcium; his research team found the kidney Zn concentration and Zn absorption in rats supplemented with picolinic acid was much higher than in the rats without picolinic, and the rats grew bigger (just like humans with Zn grow taller) ► PSEBM 1980;165(3):457-61. Rat babies using Zn picolinate had much higher liver and kidney Zn levels than rat pups using Zn acetate ► JN 1980;110(10):2121-4. There is some debate about long-term intake of Zn, since after reserves are replenished, 50 mg Zn/day (333% RDA) as picolinate may be too high and could, per some studies, help form the core of kidney stones. Low salt healthy vegans eating no added salt are traditionally at lowest risk of kidney stones. ☺

Zn glycinate $Zn(NH_2\text{-}CH_2\text{-}COO)_2$ was 43% more bioavailable (present in serum) than Zn gluconate at 15 mg doses ► IJVNR 2007;77(4):243-8.☺☺☺ Glycinate and gluconate "forms (60 mg Zn/day) were compared in a 6-week intervention in young adult women. Plasma Zn... increased in all subjects given Zn glycinate (N = 10), while no significant change was seen overall for Zn gluconate or placebo (N = 10 each). Erythrocyte superoxide dismutase activity, a marker for Zn-induced copper deficiency, was unchanged in all 3 groups" ► BTER 2015;168(1):11-4. Humans "with serum Zn ≤60 µg/dL failed to attain adequate concentrations of serum Zn (≥70 µg/dL), despite supplementation with 30 mg Zn/d for 3 mo" (gluconate) ► AJCN 2016;103(3):942-51; 30 mg Zn/day increased serum Zn slightly (but not enough, not 10), 5 mg/d did not (7 mg/d didn't either in a study mentioned in the paper). Compared with Zn sulfate, $ZnSO_4$, 80 mg Zn/kg as

glycinate significantly decreased the late stage embryo and 1 day old chick mortality ► BTER 2018;181(2):323-30. Organic Zn, such as picolinate, citrate, gluconate seems less blocked by $FeSO_4$ from absorption than inorganic (Zn oxide ZnO, $ZnSO_4$) Zn. "(*inorganic iron*) Fe/Zn ratio of 2:1 and 3:1 substantially inhibited (inorganic) Zn uptake… No effect on (inorganic) Zn absorption was observed, however, when heme iron was ingested... (with organic Zn, inorganic) iron did not significantly affect Zn absorption; competitive interaction of Zn and iron was strongest with nonheme ($FeSO_4$) iron and *inorganic* Zn" ► AJCN 1981;34(4):475-82. This may be why some people taking Walmart, etc vitamins with ZnO, $FeSO_4$ get poor Zn absorption; many vitamins have ZnO, ferrous (Fe, iron) fumarate, so fumarate may interfere less with ZnO than sulfate. Perhaps organic Zn is safer because it will interfere less with other metals, such as copper. Most studies done on copper deficiency, adverse effects caused by Zn used *inorganic Zn*. Thus, pricier vitamins use organic chelates of metals, not inorganic salts. ☺☺

JN 2014;144(2):132-6 found that, when administered intravenously with isotope labeling,► "absorption of Zn from Zn citrate was 61.3%... Zn gluconate with 60.9%... Zn oxide (ZnO) at 49.9%… The presence of food results in lower Zn absorption values ranging from 10 to 25%" Ntr 2005;135(5):1102-5 found 10-11% absorption when Zn oxide/sulfate fortified corn tortillas were eaten with beans and milk, since unsoaked beans contain phytic acid that binds to all minerals in the diet, so eating canned/restaurant unsoaked grain/legume foods is a sure way to get grey hair, collapsed immune function via low copper/zinc. ☺☺☺ FCT 2016;90:76-83 found ZnO nanoparticles (too expensive for most vitamins, but you never know if micron sized ZnO, not nanometer size), cause kidney issues (liver toxic in other 2017 studies), due to low absorption and more kidney work to eliminate it, so try multivitamins with amino acid chelate Zn (Zn AAC) instead of ZnO. Avoiding ZnO seems better, even if cheapest vitamins use it. High dietary calcium reduces Zn absorption and balance. Zn absorption (from a meal with 7.3 mg Zn) halved when a 0.6 g calcium pill was given with the meal. Inclusion of 7.8 mg Zn as part of a calcium pill offset the detrimental effect of calcium on Zn absorption from the food ► AJCN 1997;65(6):1803-9. "Glutathione peroxidase (detox enzyme) activity of lambs supplemented with organic Zn was significantly higher than inorganic and control groups" ► BTER 2019;189(1):75-84.

Hypothesis: given that it took a third of Zn as picolinate to achieve the same AE relief effects of Zn as sulfate, that picolinate urine, hair and erythrocyte increased only after picolinate not gluconate or citrate, that Zn gluconate is slightly better absorbed than Zn sulfate and oxide, it seems reasonable to hypothesize that picolinate is the best form of Zn as it's the natural one the body is most used to absorb and retain. While gluconate is cheaper, when one takes into account you may need twice to achieve same effects, picolinate is cheaper and safer as we don't take too much Zn and less toxic excipients in the pills (rice flour has arsenic at 10 times the level of wheat flour, many additives in some brands are not healthy). Very few studies compare

disease outcomes of picolinate versus gluconate or citrate. More data needed? Studies also show combining a high Zn foods with some forms of fiber or phytates (very common in virtually all packaged foods, all burgers, vegan protein powders, etc), drastically reduces the amount of Zn absorbed. Cooking causes AGEs that precipitate Zn in feces. High protein diets can cause Zn to be absorbed poorly, same for high phytate diets (unsoaked beans for example, eating lots of bread, cookies, crackers, cereals, nuts, grains, beans, lentils) and diets high in some forms of fiber or iron. Given how much Zn lowers bad cholesterol and blood glucose in some studies, if absorption is compromised, billions of people can be deficient leading to arterial plaque and diabetes. It's hypothesized that some genes predispose people to poorer absorption of Zn, leading to Zn deficiency and all kinds of related problems, as explained at ► AJHG 2002;71(1):66-73 ► "we identify a gene, SLC39A4, located in the candidate region and, in patients with AE, document mutations that likely lead to the disease. The gene encodes a histidine-rich protein, which we refer to as "hZIP4," which is a member of a large family of transmembrane proteins, some of which are known to serve as Zn-uptake proteins." AE or Acrodermatitis enteropathica without treatment is fatal, with people needing daily extra Zn and dying in 3 years sometimes. ☺

►►► POSSIBLE LETHAL effects of low Zn ►►► "In the Middle East, Zn-deficient dwarfs did not live beyond the age of 25 y, and they died because of intercurrent infections. The first case of Zn deficiency in the US was reported by Caggiano et al in 1969 in a Puerto Rican subject with dwarfism, hypogonadism, hypogamma-globulinemia, giardiasis, strongyloidosis, and schistosomiasis. Zn supplementation resulted in improved growth & development" ► AN 2013;4(2):176-90. " Zn is found in every tissue in the body, and because Zn metalloenzymes are found in every known class of enzymes, the metal has a function in every conceivable type of biochemical pathway. Symptoms resulting from Zn deficiency are as diverse as the enzymes with which the metal is associated." ► CPB 1986;4(1):94-8. ☺☺☺

►►► LONGEVITY ►►► "The risk of mortality was reduced by 27%... in subjects 55–81 y of age who received only therapeutic Zn daily" ► AN 2013;4(2):176-90.

►►► BIRTH DEFECTS ►►► AMSS 1976;593:38-49 found birth defects and infertility among women and men with low Zn, DNA repair depends on Zn. Low Zn leads to birth defects, low height and improper heart rate variability in kids. Zn is a co-factor in 300 enzymes, including alkaline phosphatase, alcohol dehydrogenase, superoxide dismutase, RNA polymerase, etc. Cadmium and Mercury are in the same group of metals, and bind to Zn sites easily sometimes due to similar structure. Zn is used for DNA synthesis and neurotransmitter release. If there is a deficiency, the brain area that suffer are hippocampus, cerebellum and the autonomous nervous system. "Zn is a cofactor in enzymes that mediate protein and nucleic acid biochemistry. Fetal Zn deficiency results in decreased brain DNA, RNA, and protein content. Importantly, IGF1 and

growth hormone receptor gene expression are regulated by Zn. Neuronally, presynaptic boutons are dependent on adequate Zn for delivery of neurotransmitters to the synaptic cleft. Behaviorally, Zn-deficient rhesus monkeys have poor short-term memory." ► AJCN 2007;85(2):614S-20S; the paper explains some neurons contain Zn actually. A great paper on brain development and Zn is NR 1985;43(5):129-37, which explains decades ago it was shown that people low on Zn grow to be shorter *and that animals become* less smart *when deprived of Zn* during early life and gestation (low Zn in mom diet). 2'-3' cyclic nucleotide 3-phosphhydrolase is involved in myelination of neuron axons and if there is no Zn, this enzyme diminishes its activity; without myelination, neurons are slower at transferring information; synthesis, repair of nucleic acids require Zn. Enzymes that degrade catecholamines require Zn; in rats without Zn, their brain catecholamines rise, leading to stress, panic, fight-flight, impaired cognition. Mothers who got Zn pills got bigger babies; mothers *low in Zn gave* birth *to babies with* malformations and birth defects, *with more and more delivery complications as Zn intake is lower and lower*. ☺☺☺

►►► Zn & IQ ◄◄◄ Zn "improved specific cognitive abilities, thereby positively influencing the academic performance of schoolchildren, even those without marginal Zn deficiency." ► BTER 2013;155(1):23-8. Other studies found the same. Those with Alzheimer have lower Zn levels, higher Hg, Cd levels. Zn, Cd, mercury are in the same transition metal group, so Zn can be displaced by these heavy metals easily. Zn prevents the formation of AGEs in the body/brain and Alzheimer patients have higher AGEs in their brain ► CEPP 2018;45:491-8. ☺☺☺

►►► DIABETES ◄◄◄ Diabetics have lower Zn levels. Free Zn concentrations in mitochondria are 0.14 pmol/L, while in the insulin-storing granules they can reach 100 µmol/L, or 0.71 billion times higher ► AN 2013;4(1):82-91; the paper explains 10% of genome is hypothesized to encode for Zn proteins. Zn lowers blood glucose significantly, high glucose impairs the brain ► "The pooled mean difference in *fasting* blood *glucose* between Zn supplemented and placebo groups was 18.13mg/dl. 2-h postprandial blood sugar also shows a similar distinct reduction in (34.87mg/dl) the Zn treated group." ► DMS 2012;4:13.

►►► FLU AND COLDS ◄◄◄ Zn types (acetate, etc) used for cold are in the antivirals section.

►►► HEART DISEASE ◄◄◄ Zn lowers blood pressure, total and LDL cholesterol ► "The pooled mean difference for *total cholesterol* between Zn supplemented and placebo groups was 32.37 mg/dl. *Low-density lipoprotein cholesterol* also showed a similar distinct reduction in the Zn treated group, the pooled mean difference from random effects analysis was 11.19 mg/dl. Studies have also shown a significant reduction in systolic and diastolic blood pressures after Zn supplementation." ► DMS 2012;4:13. ☺☺☺

►►► COGNITIVE FUNCTION ENHANCEMENT DURING PREGNANCY ◄◄◄ Maternal dietary

Zn prevents aberrant behavior in an object recognition task in mice offspring exposed to LPS toxin in early pregnancy ► BBR 2009;197(1):210-8. Zn for pregnant mice prevents spatial, object recognition memory impairments due to prenatal ethanol exposure ► BBR 2008;186(2):230-8.

►►► HAIR LOSS ◄◄◄ Those not losing hair had Zn levels 17% above the levels of those losing hair ► AD 2013;25(4):405-9. This comes to no surprise, since Zn inhibits DHT formation, and DHT leads to hair loss. DNA synthesis, repair and 300+ enzymes depend on Zn. In one study, those with hair loss, received zinc L-carnosine and all were cured partially or totally. "zinc for Zn deficiency-related alopecia may recover appropriate activities of metalloenzymes, hedgehog signaling, and immunomodulation, all of which are required for normal control of hair growth cycle." ► DT 2012;25(2):210-3. "Plasma TBARS i.e. lipid peroxidation decreased significantly… 8 weeks of Zn...(45 mg Zn gluconate) in healthy volunteers showed a reduction in plasma levels of lipid peroxidation products, DNA adducts and reduced mRNA for TNF and IL-1 compared to control groups" ► bald people have high TBARS/blood oxidative stress ► DMS 2012;4:13. ☺☺ In animals, *higher* Zn *intake meant denser fur, more* hair ► JAS 2017;95(12):5420-9.

►►► INFERTILITY ◄◄◄ Low Zn is common in infertile men and women too ► " Zn *supplementation* was found to significantly increase the *semen* volume, sperm motility and the percentage of ► *normal sperm morphology* ◄ The present study showed that the Zn level in the seminal plasma of infertile males was significantly lower than that of normal males" ► SR 2016;6:22386. Zn *'sparks' fly from egg within minutes of fertilization* ► nih.gov...n "The discovery of egg cells' massive intake and later release of Zn defines a new role for" Zn. After 220 mg $ZnSO_4$ 3 times/day for 4-8 weeks, serum Zn of infertile men rose from 1.55 to 2.35 mg/L, testosterone from 493 to 852 ng/dL, sperm count from 14.6×10^6 to 28.2×10^6 ► Lancet 1977;2 (8048):1125-6: thus, 1 male was able to conceive after 6 weeks of 267 mg Zn/day. Natural babies are way healthier than IVF, so try take Zn first. The male RDA of 11 is ultra low vs 267. 250 mg $ZnSO_4$ for 6 weeks rose Zn 1.4x, luteinizing hormone 3x, prolactin 1.3x (more breastmilk), testosterone 2x ► RF 2010;32(4):417-9, meaning ladies who're infertile need Zn too, not just men. Sadly, instead of 7$ on Zn, INFERTILE couples spend 50K on IVF and endless time to birth a sicker baby. Ignorance of nutrition is VERY expensive. Most people eat unsoaked legumes and grains via cereals, tacos, restaurant foods, bakeries, cakes, etc and this phytate blocks Zn uptake, causing infertility. " Zn deficiency reduces testosterone" ► JTEMB 2023:76:127124. "testosterone concentration decreased as serum Zn" fell ► IJU 2023;30(4):395-400. Restricting Zn (3 fold drop, from 12 mg/day to 4 mg/day) in young men for 20 weeks caused testosterone to drop almost 4 fold, from "39.9 (to) 10.6", while 30 mg Zn gluconate/day pill for deficient old men almost doubled testosterone from 8.3 to 16 nmol after 6 months (14.2 nmol at 3 months) ► Ntr 1996;12(5):344-8. If you exercise or exert physically at work or sweat a lot in saunas to detoxify of heavy metals, microplastics, etc, or eat many polyphenols (that bind to Zn) as a vegan, you get

lower minerals status as sweat eliminates them, so more Zn is needed to be healthy ► NEL 2006;27(1-2):247-52: 4 weeks of 3 mg/kg/day Zn prevent thyroid and testosterone hormone falls after heavy exercise as in NEL 2007;28(5):681-5. Too much Zn is bad, so after reaching good Zn, conception, testosterone, lower intake 3 fold if not exercising, to avoid low Cu/Fe/Mg/Ca, as the fetus will be low in IQ if Fe in pregnant mom is low.

►►► TINNITUS ◄◄◄ 2 months of 50 mg Zn daily led to less tinnitus in a small study of over 50 year olds (28 got Zn, 13 got placebo) versus placebo ► ON 2003;24(1):86-9. Zinc carnosine is used to heal a leaky gut in those who tried glutamine with poor results. ☺☺☺

►►► TESTING Zn DEFICIENCY AT *HOME* BY TASTE ◄◄◄ Premier Labs sells Zinc Assay on Amazon, which is a solution of Zn sulfate. I bought it, and tried it and it tasted pleasant, a little sweet, which meant mild Zn deficiency as explained below. My lab result from August 21, 2017 for Zn serum came at 75 µg/dL (reference range is 56 to 134), which in many studies is thought to be a mild deficiency, even if within the normal range of blood tests. So I take it as this taste test is pretty good and indeed, getting a Zn boost may be good in my case. Zn serum doesn't even always reflect actual Zn stores within the body. The interesting part is that in many studies those with Zn even in their 80s (higher than 75) in serum cured a lot of issues with Zn supplements, indicating that perhaps, in some cases at least, normal serum Zn is not a reflection of body Zn needs. A lot of markers can be "within normal range", but data shows those with lower or higher values within that normal range have dramatically lower mortality rates. This product is based on the 1984 paper published in Lancet, world's most famous medical journal. IM 2015;14(2):34-8 explains the Lancet 1984;324(8412):1162-3 test in detail "The Bryce-Smith and Simpson Zn taste test (BS-ZTT) uses 5 to 10 mL of a 0.1% Zn sulfate solution. The solution is administered orally, and the reaction of the tested individual is graded on an ordinal scale of 1 to 4 according to the subject's response to the solution. A score of 1 is given if "no specific taste or other sensation is noticed, even after the solution has been kept in the mouth for about 10 seconds"; 2 if "no immediate taste is noted, but after a few seconds a slight taste variously described as 'dry,' 'mineral,' 'furry,' or (more rarely) 'sweet' develops"; 3 if "a definite though not strongly unpleasant taste is noted almost immediately, and tends to intensify with time"; and 4 if "a strong and unpleasant taste is noted immediately." This means take a spoon orally and if you have enough Zn it tastes like very unpleasant, if you lack a little Zn it tastes somewhat unpleasant, if you have some real deficiency it tastes unpleasant after 10-15 seconds, if you have deep deficiency it tastes like water. This is a basic test, not always accurate.☺☺☺

Zn sulfate taste acuity has been correlated with levels of serum Zn throughout pregnancy (the study method employed 2 mL of a 1% solution of Zn sulfate that is retained in the mouth for 10 seconds) ► IJPP 1993;37(4):318-22 ► "Pregnant women in different trimesters of pregnancy

were divided into control (n = 58) and study (n = 104) groups. Study group subjects were given 45 mg Zn/p.o./day *(p.o. means per os or by mouth in Latin)* as 200 mg 'Zn sulfate tablets from the day of reporting till term. Body Zn status was clinically assessed by 'Zn taste test'. Blood samples were drawn at the same time and serum Zn levels measured. Zn taste test scores decreased with advancement of pregnancy and increased significantly following Zn administration. Serum Zn level declined significantly with advancement of pregnancy. Following Zn administration, serum Zn level increased significantly. Accuracy of Zn taste test in individual cases ranged between 70 and 100 percent. On the whole, Zn taste test was well correlated with serum Zn level, and provides a fair idea of Zn deficiency." However, JACM 2012;18(6):541-50 explains that this test is not very accurate always, but it can be a very cheap way for people to pretest themselves before they decide whether to do a blood test. I believe the test is very accurate for some, since it was pleasant before taking Zn daily and after taking Zn daily it became less pleasant, indicating higher Zn level. Amazon sells Zn sulfate for $6, so a solution is easy to make in water using the same ratio as the Lancet papers; or buy the Zn sulfate solution for $ 16 which has 470 mg Zn in 8 ounces of water or 237 ml or 2.08 g of Zn sulfate heptahydrate $ZnSO_{4*}7H_2O$ in 237 ml of water; it's a 1% solution, using the protocol of IJPP 1993;37(4):318-22, not the 0.1% solution protocol. Since the $6 bottle has 100 capsules, you get to make from $80 worth of this 1% solution. Use pure zinc sulfate to avoid distortion or dilution of taste via fillers.

► ► 12.4.26. SELENIUM $_{34}Se^{79}$ ◄ ◄

The RDAs in µg: 0-6 mo 15 (AI), 7-12 mo 20 (AI), 1-3 yrs 20, 4-8 30, 9-13 40, 14+ 55, pregnant 60, lactating 70. The ULs (for pills) are: 0-6 mo 45, 7-12 mo 60, 1-3 90, 4-8 150, 9-13 280, 14+ 400. I get 30 µg from food alone; multivitamin brands have 10-90 µg. Most selenium, is in the form of selenomethionine (SeMet, sulfur replaced by Se) in humans, animals and plants, except cruciferous and allium plants; that's why most Se pills are SeMet. 90% of Se in many US lentils is SeMet, etc, so taking a pill with lentils allows body to view it as food Se; we don't know the optimal level for our genome and molecular composition (*how much mercury from old fish eating and amalgam days is still taken by* Se *out of body via* glutathione*-mercury complexes, see below*) and because *food* Se *content can vary* wildly from cultivar to cultivar, from farm to farm (I eat 30 µg from food "on paper" if soils are not depleted, but it could also be 1). Several papers show antioxidant enzymes increase in the blood when we had amalgams and then they remain the same for a while, so GPx may remain high for a while due to non-mercury reasons, requiring higher Se for optimal defense against oxidative stress. In France, "Neither Se nor iodine were detected" (in the beans and lentils they examined) ► Ntr 2018;10(11):1668. In the US, FPS 2015;6:356 found lentil yield rose 42% and *Se content of lentils went up 3 times* upon treatment of leaves with Se, indicating even in plants Se may improve health and growth, by fighting oxidative stress and *that Se food levels fluctuate*. The avg US omnivore eats 105 µg Se, reaching

137 µg/L in serum ► Ath 2010;210(2):643-8. However, 137 µg/L may be too high, 90-130 may be ideal, see below. Thyroid has the highest concentration of Se in the body, so when you eat it double the usual suddenly via food or pill, you can get pimples/styes due to hormone activation. Se is part of 2 dozen selenoproteins, *the body* free radical *defense system* and deficiency can lead to male infertility and fast aging, as free radicals destroy all organs and circulatory systems. *Rats fed arsenic and* Se *recovered from arsenic much faster than rats who did not get* Se ► TAP 2013;272(1):256-62. When Se intake exceeds the body's capacity to make selenoproteins (e.g., GPX3), the remaining Se exists as useless proteins which can turn into toxic selenols, selenates that generate O_2^- radicals, leading to endoplasmic reticulum stress and renal necrosis.

Low Se increases death risk 60% for people over 65 ► ACER 2008;20(2):153-8. A study of 133,957 people showed 21% lower mortality in those with 42 µg Se/1,000 cal/day when compared to those with 16 µg/1,000cal/day Se intake ► PHN 2016;19(16):2991-8. Notice how this 105 µg/2,500 calories is higher than NIH 55 RDA, 55 which also can apply to 3,500 calories. Multivitamins often list 70 µg as the 100% of RDA, because they use slightly different RDAs than NIH. Each nutrient may shorten lifespan by 1-4 years when lacking a lot or a little. It adds up to 25 years when one has many deficiencies, explaining why many fail to reach 100. In some diets there is not even 10 µg Se/day, so vitamins are essential in that case. Tables allow us to know better, but Se level in animal foods also fluctuates, they eat plants too. AIM 2008;168(4):404-10 found those with serum Se > 130 ng/ml had 17% lower all-cause mortality (31% lower cancer mortality) than those with Se < 117 ng/ml; all disease rates were lower for Se > 130, except for stroke; those with Se > 150 ng/ml had increased mortality; this association is not necessarily causation though, it can be *reverse causation*, since when we're sick and more likely to die, the antioxidant enzymes are overproduced by the body, Se we eat is more absorbed to be cofactor for GPx; i.e. *sickness caused higher Se, not higher Se sickness*. For instance, when we get amalgams, blood Se increases, due to increased need for GPx to detoxify mercury. Thus, the ideal pill or blood Se is variable, given some weigh 130 lb, others 300, some eat stuff that needs Se to detoxify, others not, etc. Even to reach 150 ng/mL one needs to eat a lot of Se or take xxx µg pill, many *vegans* eat 60. In some cases, having Se higher is better, since otherwise, the damage would be far higher in the short term. The paper says "Se could reduce oxidative stress through antioxidant selenoproteins such as glutathione peroxidase, selenoprotein P, and thioredoxin reductase... recommendations on Se intake are based on optimizing the activity of plasma glutathione peroxidases, which is maximized at serum or plasma Se levels of 70 to 90 ng/mL". Caution is wise, so stay below UL of 400 µg.☺☺☺

Brazil nuts, the richest food source of Se, have 1917 µg Se in 100 g or 27 times the daily needs of 55 µg; before eating many Brazil nuts, check the Brazil nuts section; the same website says the µg of Se in 100 g in decreasing order is: nutritional yeast 140 µg, *chia seeds 55, sunflower seeds*

53, dried shiitake mushrooms 46, whole wheat bread 40, dried garlic powder 38, *quick or instant oats 29*, raw italian brown crimini mushrooms 26, *flaxseeds and cooked shiitake mushrooms 25*, pumpkin seeds 19, white bread 17, raw garlic 14.2, cooked brown rice 9.8, portabella mushrooms 11, white mushrooms 9.3, dry raw buckwheat 8.3 (can be soaked in water, and eaten raw by raw *vegans* unlike other grains), cooked white rice 7.5, walnuts 5, cooked pinto beans 6.2, cooked asparagus 6.1, cooked chickpeas 3.7, *cooked lentils 2.8*, raw broccoli 2.5, raw asparagus 2.3, cooked red kidney beans 1.2, bananas and spinach 1.0, kale 0.9, papaya/red cabbage 0.6, watermelon/strawberry/avocado 0.4, zucchini 0.2, tomato 0. *Avoid kidneys, giblets, livers;* livers have above UL levels of toxins, retinol, copper, Se if eaten in large amounts daily: 100 g got high Se: lamb kidney 219, pork kidney 312, beef kidney 168, chicken giblets 104, chicken liver 88, beef spleen 91, sea lion liver 693. *Se* overload can occur due to overeating high Se *fish*: tuna (sky high mercury) 60, oyster 154, octopus 90, sardine 53, tilapia 54, salmon 40, scallop 27. *Vegans* usually get < the 55 µg RDA without a vitamin. Omnivores can overdose.

Binding heavy metals with GLUTATHIONE peroxidases that use Selenium (Se) as cofactor

The name gluta-thione comes from its chemical formula Glu-Cys-Gly peptide made of glutamine, cysteine and glycine. The Cys thiol group or SH is the important part of glutathione function to scavenge free radicals inside cells, hence it's written as GSH in the reduced form and GSSG in the oxidized form. Thio=sulfur in Greek, a yellow powder, ol is alcohol, so OH/SH, both in group 6, while thione refers to the thiol group being near the ketone, not COOH group, meaning Cys is in between Gly and Glu, not at the edge. If Cys was on the edge, name would be glutathioic, like acetic acid vs acetone. That's why glycine & N-acetyl cysteine pills boost serum GSH. Glutathione peroxidase (GPx) enzymes (8 of them in humans) use Se as cofactor and utilize reduced glutathione (G-SH) to remove toxic free radicals, peroxides, heavy metals (Hg, Cd bind *to* SH *of* glutathione), that's why reduced glutathione (or "glutathione" in less scientific web articles, since in healthy cells most cellular glutathione is reduced glutathione GSH) is called the master antioxidant in all cells. Sulfur (in glutathione) has high affinity for mercury, that's why most mercury in urine is in the form of glutathione-mercury complexes. "In a resting cell, the molar GSH:GSSG ratio exceeds 100:1, while in various models of oxidative stress, this ratio has been demonstrated to decrease to values of 10:1 and even 1:1" ► OL 2012;4(6):1247-53; the lower the GSH:GSSG ratio, the more likely it is to have cancer (1 to 5 common in cancer) or some disease. "The ratio of reduced GSH to oxidized GSH (GSSG) is an indicator of cellular health, with reduced GSH constituting up to 98% of cellular GSH under normal conditions... GSH/GSSG ratio is reduced in neurodegenerative diseases, such as Parkinson's... Alzheimer's disease" ► MMB 2010;648:269-77, which makes sense since toxins (radicals/heavy metals) aren't removed by GSH, increasing brain inflammation and causing neurodegeneration. Oxidized glutathione (GSSG) is reduced back to GSH by glutathione reductase. People with Alzheimer, diabetes, cancer,

tuberculosis have a peculiar smell detected by some people even 12 years before doctors do. Parkinson people's sebum contains 3 stinky chemicals (eicosane, hippuric acid, octadecanal) that are detected via a swab test or by sniffing by hyperosmic (super smell sense) people. ☺☺☺

One study found that nutritional yeast (85% of Se in yeast is SeMet) was more effective than Na_2SeO_3, or sodium selenite (used in some multivitamins), in causing blood Se to rise and glutathione peroxidase (GPx) activity to spike ► JA 1995;16(5):441-7. However, this doesn't mean selenite (Na_2SeO_3) or selenate (Na_2SeO_4, dominant form of Se in shellfish & non cruciferous/allium veggies) used in multivitamins is useless, because Na_2SeO_3 was able to return GPx activity from 4% of normal to 100% in children ► AJCN 1985;41(4):735-47. Many livestock and human studies have found that GPx activity and blood Se is higher when one takes in organic Se (nutritional yeast, garlic or SeMet) compared to selenite or selenate. The inorganic Se (sodium selenate Na_2SeO_4) in some multivitamins is not as bioactive and doesn't reach as deeply into tissues as the organic one from garlic (73% is γ-glutamyl-Se-methyl-L selenocysteine), Brazil nuts or other seeds or pills (SeMet which is incorporated into body protein like methionine is). Selenite can cause oxidative stress faster than organic one; selenite is excreted slower, with peak selenate excretion being 6 times higher (over eons, our body got used to selenate from fish and veggies, while selenite is not found in food); selenite retained by the body was 40%, selenate 32%, *SeMet* 74% ► AJCN 1986;44(5): 659-6; the paper explains that in solution selenite becomes selenate, so if you chew selenite multivitamins with smoothies, it may covert to selenate before ileum absorption begins; most papers say selenate is less toxic if overeaten. As AJCN 2008;87(2):379-84 indicates, the 100 µg Se in Brazil nuts (just 2 nuts a day) increased GPx by 8% in 12 weeks versus placebo (decreased GPx 1%); selenomethionine (SeMet, organic easier form to absorb than Na_2SeO_4) only increased GPx by 3%, but this lower % increase is also because the SeMet group started at GPx 2.91 u/g versus 2.55 for Brazil nuts group; in other studies GPx increases are higher after Se intake when starting at lower levels). SeMet and Brazil nuts increased blood Se by 61% and 64% versus 7% for placebo. NJ 2014;13:62 explains that those with MULTIPLE SCLEROSIS have low GPx levels. A study found MULTIPLE SCLEROSIS patients have 8 times more mercury in the cerebrospinal fluid; this suggests that a possible multiple sclerosis (and all those brain disorders associated with higher mercury levels, like Alzheimer, etc) cause or risk factor is low bioavailable Se intake, and thus low GPx levels, i.e. low ability to trap mercury and get it out of the body. Garlic is hypothesized to be among the best sources of Se for detox. Weaker regulation countries garlic (any produce really), even if organic, can have higher levels of heavy metals, as some tea has 4,002 times more lead. ☺☺☺

►► 12.4.27. VITAMIN A ◄◄

JN 2011;141(10):1847-54 found 34% *of* Americans don't eat *even* the minimum RDA *for vitamin*

A; minimum, because fat soluble *vegan* vitamin A absorption increases 7-15 times with enough fat and ultra low fat meals/diets impair its absorption, as well some genes too; minimum also because from cultivar to cultivar, crop to crop, A can *vary* 40+ fold: "2.65-151.75 mg/kg (lycopene) [listed at 45 mg/kg by USDA], 0.19-9.39 mg/kg (β-carotene)" [this is a form of vitamin A that contributes 90% to the vitamin A µg RAE, listed at 3.03 mg/kg in USDA database]; this means that if β-cryptoxanthin (the other 10% of vitamin A in USDA table) is also very low, when β-carotene is, vitamin A will literally be 40-50 times lower from one watermelon to the other and, if the trend holds for other foods we eat, we get actually 16 times (0.303/0.19) less vitamin A, than we calculated using the AVERAGE USDA values, or 16 times < RDA; we can appreciate then the importance of eating more *vegan* vitamin A to give us a buffer, since there is no UL for *vegan* A; even if only 4 times < for other foods people eat, it would lead to huge errors in daily intake if those foods were the main or only vitamin A sources ► Sensors 2017;17(4):746. USDA values are averages. The RDAs in RAE µg: 0-6 mo 400 (AI), 7-12 mo 500 (AI), 1-3 yrs 300, 4-8 400, 9-13 600, 14+ men 900 women 700, pregnant 770, lactating 1300. The ULs (preformed A from pills or animal foods) in µg: 0-12 mo 600, 1-3 600, 4-8 900, 9-13 1700, 14-18 2800, 19+ 3000. From 6-28-20 to 4-9-21 I ate on average 4,029 µg RAE/day (about 4.48x RDA) from food alone if USDA table average applies, but *because it is provitamin A, it doesn't count towards the UL. The only thing that counts is* µg RAE as retinoids (acetate, retinol, palmitate) we get from pills (usually β-carotene:retinyl acetate about 1:1); multivitamins have 500-3000 µg and I got for decades usually 500 µg RAE from vitamins as preformed A, now 750+ µg. RAE is defined in detail in the next paragraph. Vitamin A is essential for kidneys, cellular communication, immune *system, reproduction,* eyes *(even to prevent* dry/red eyes), *skin*, acne control, heart, *lungs*. It helps prevent Alzheimer, cognitive decline, brain inflammation and lipid oxidation by trapping free radicals. It prevents vision degradation or even blindness (in poorest areas, millions are blind because of vitamin A deficiency, some claim over 2 million die annually due to vitamin A deficiency, more than due to HIV/AIDS. Studies argue if you take high D3 to cure some stuff, you need high A too, to avoid the liver retinoid receptors being all used up by D3 only. 18-54 y old adults received "4500 RE (short for µg RAE) (15000 IU) vitamin A/d for ≤12 y (group A) and compared with a similar group (n = 149) that received 23 RE (75 IU)/d (trace group). Mean total (pill + food) consumption of vitamin A in group A was 5583 RE (18609 IU)/d and that in the trace group was 1053 RE (3511 IU)/d. Patients in group A showed an 8% increase in mean serum retinol concentration at 5 y and an 18% increase at 12 y (years); no retinol value exceeded the upper normal limit (3.49 µmol/L, or 100 µg/dL). Mean serum retinyl esters were elevated ≈1.7-fold at 5 y and remained relatively stable thereafter. No clinical symptoms or signs of liver toxicity attributable to vitamin A excess were detected.☺☺☺ Prolonged daily consumption of <7500 RE (<25000 IU) vitamin A/d can be considered safe (ages 18-54) ► AJCN 1999;69(4):656-63. Vitamin A and D cancel each other as they compete for the same liver receptors, so high

carotene intake from carrots, kale etc was shown to cause D deficiency: "rickets could be induced by the administration of natural sources of carotene".

"Plasma or cerebrospinal fluid concentrations of vitamin A and β-carotene (beta-carotene, precursor of vitamin A) have been reported to be lower in Alzheimer patients, and these vitamins have been clinically shown to slow the progression of dementia. Vitamin A (retinol, retinal and retinoic acid) and β-carotene have been shown in *in vitro* studies to inhibit the formation, extension and destabilizing effects of β-amyloid fibrils" ► GGI 2012;12(2):180-8. This is very important to note, because high carotenoids (β-*carotene*, etc) may not be enough to prevent Alzheimer fully, *we may need high serum retinol too*. β-carotene in fruits/veggies improved cognitive function ► AIM 2007;167(20):2184-90. "*The mean serum concentrations of retinol* (preformed A) and *retinol*-binding protein were *significantly* decreased in patients with acne… *carotenoid* (provitamin A) levels did *not differ between patients and controls.*" ► BJD 1985;113(4):405-13, that's one reason why most acne creams have *retinol*, retinyl palmitate added instead of carotenoid provitamin A. 0.67 million kids under 5 were estimated in 2008 to die of vitamin A deficiency and probably billions have poor eyesight (many in the West too) due to lack of dietary lutein, vitamin A precursors, lycopene, wearing glasses and struggling to see in old age due to lack of awareness of the chemistry of vision. Millions die of Alzheimer; patients have low blood/brain levels of lutein, lycopene, carotenoids and preformed A. Carotenoids trap free radicals, preventing heart disease, cancer, brain disorders. A kid ate only junk food (chicken nuggets mostly) for 7 years, 0 vitamin A, became blind. Parents need give vitamins to kids. A kid ate French fries and potato chips mostly and he became blind due to lack of B_{12}. ☺☺☺

Conversion of carotenoid to retinoid forms of A, Blood Transport & RAE Units

Many eat 90-100% vitamin A as β-*carotene*, α-carotene, β-cryptoxanthin, which form 95+% of vitamin A from plants. The 3 are converted into preformed vitamin A (the one in animal foods) by 2 enzymes: BCO1 & 2, beta carotene oxygenases. *Cytoplasmic* BCO1 was proven to be the main (95%) producer of retinoids from carotenoids, JN 2007;137(11):2346-50, since mice and humans with normal BCO2 and T170M mutation in the BCO1 gene get A deficiency, in vitro 90% enzyme reduction observed when threonine T170 is replaced with methionine, hence T170M. BCO1 or BCMO1 or β,β-carotene-15,15'-oxygenase converts carotenes into retinal: β-*carotene* + O_2 = 2 all-trans-retinal. *Mitochondrial* BCO2 or β-carotene- 9',10'-oxygenase converts a broader range of carotenoids into β-ionone, which is turned into retinoic acid, though its main function seems to avoid over accumulation of carotenoids in mitochondria (almost any antioxidant becomes prooxidant when its level is huge). Genes mean some convert less provitamin A to preformed A. Below I explain why I still take *vegan* preformed A as all-trans retinyl palmitate, not from animals, but chemical synthesis; fish oil softgels contain cholesterol and oxidized fats,

being hard to use 'left over' later like with tablets (half a tablet). Palmitate is more stable than acetate in pills and the *most common form of A storage in our* body (liver uses oleic and linoleic esters too). Over eons, our *molecular machinery* got used to enzymes that cleave retinyl from *palmitate* (bulkier) not the tiny acetate, so it may be that in some people the absorption of vitamin A *palmitate* is higher than vitamin A *acetate*. Since A deficiency can cause dry eyes, it's good to be cautious; in 2021, I did an experiment and stopped taking multivitamins, my only source of preformed vitamin A (acetate); after 8 weeks my liver reserves of vitamin A (preformed) seemed to have depleted, since my hands skin got very dry and scaly (though that could have been due to bad sleep, worst sleep ever those 8 weeks); after a few days of dry hands I ordered separate vitamin A; as soon as I took 750 µg RAE of palmitate as separate vitamin A, the skin became *seemingly* healthier in 3 days (even on the *palm*, though some of the wrinkles still there) for 2 weeks only, more smooth without much cream than even before stopping multivitamin, suggesting that it's possible *palmitate* is superior to the smaller (as a molecule) acetate in the carotene-acetate mix of multivitamins (that didn't even indicate how much is acetate, could be only 10% preformed A). ☺☺☺

While they may be other confounding factors (sleep being # 1, skin repair happens during sleep, better sleep right when I also got palmitate A), this is worth writing about, since we *vegans* assume, wrongly so, that *carotenoids* are easily turned into retinol, but in some people it's not or we use more vitamin A due to stress, etc. Taking A *palmitate* is nice, since it allows us to take less fat (needed for carotenoid absorption), and prevent atherosclerosis, eat less β-carotene from pills that contain it (many vitamin brands do) and get more α-carotene from carrots (10 times more effective at cancer prevention than β-carotene) that we can eat more of without worrying about too much β-carotene, because *pill* β-carotene *can be 9 times more bioavailable, see below, than carrot* β-carotene. RAE = Retinol Activity Equivalent. The plant provitamin A (800 RAE µg*/ 100g in kale, carrot; plants got* β-carotene, α-carotene, β-cryptoxanthin, 50 other carotenoids, *not all 600 plant carotenoids*) becomes all trans retinol (or retinol for short), which is converted to all-trans retinyl esters and stored in the liver (*meat and dairy got the retinol and retinyl palmitate (*20 RAE µg*/100g in 2% fat* milk or cottage cheese*,* 200*+ cheese) premade, so the retinoids (mostly esters in milk, liver, not free retinol) are stored faster as* esters); "Retinol and retinyl esters are the most abundant retinoid forms present in the body" of humans and animals, retinol for transport, retinyl for local storage; 70% of dietary retinol is stored in the liver, the other 30% goes to organs which can store it as ester too with the help of lecithin retinol acyltransferase (LRAT) that transfers acyl (R-C=O) groups to retinol; when needed, retinyl esters hydrolyze to all-trans retinol, which binds to RBP (retinyl binding protein) and is released into blood, where the retinol-RBP complex binds to *transthyretin* (a protein that *trans*ports *thyroxine* and *retin*ol) and is transported to peripheral tissues, like the retina RPE (*retinal*

pigment epithelium) cells where retinol is be stored as ester and later hydrolyzed to remake all trans retinol, the alcohol, which (like other retinoids) is isomerized by enzyme RPE65 to 11-cis-retinol to later make 11-cis-retinal, the aldehyde, which travels via interphotoreceptor space to the rod cells where it binds to opsin protein to form rhodopsin (visual purple) and absorbs photons, making us see via nerve impulse, as explained in the "Mechanism of Vision", then 11-cis becomes all trans-retinal, converts back to all trans retinol and ready to start the vision cycle again. *Retinol, retinal, retinyl esters, retinoic acid are called retinoids or preformed vitamin A and they can interconvert.* Retinal can become retinol, the main blood transport form of vitamin A: retinal + NADPH + H^+ ⇌ retinol + $NADP^+$. Vitamin A can also be transported from the liver to the body as retinyl esters via LDL chylomicrons, especially in early life. Websites list the RAE µg, which is how much retinol the body can make after converting all food carotenoids into retinol.

NIH explains: 12 µg of β-carotene from food means 1 µg of RAE, on average (however, there is a wide range, for some the conversion is higher, for others "27 µg β-carotene from vegetables was equivalent to 1 µg retinol… (females with) 379V and 267S + 379V variant (BOC1) alleles showed a *69% decrease in their ability to convert* β-carotene (provitamin A) and a 240% increase in fasting plasma β-carotene concentration" (after taking high level β-carotene pills with fat) ► AJCN 2010;91(5):1468S-73S. Other SNPs, upstream of BOC1 gene, also can *reduce conversion another 50%* (used 120 mg β-carotene + yogurt fat) ► JN 2012;142(1): 161-5S. These alleles are sometimes present in 30-70% of certain ethnic groups. Such *vegans* may need eat 3 times more A (RDA*3) from *vegan* foods. Males may fare worse, as with ALA to DHA. To be certain one gets enough, in case lipid metabolism and absorption is somehow weak also, eating more than RDA from food as a vegan seems better, especially since centenarians get RDA*3 in some studies, besides eating enough fat at the meal with vegan A; carotenoids are there is no UL for *vegan* A.

Since I eat RDA*7+ from foods, even if I had a genetic lower conversion than average, I'd get more than enough vitamin A without ever eating non-vegan A; *in fact, many eye vitamins (AREDs) and multivitamins (Now Foods) today* no longer include mercury, PCB, dioxins, toxins contaminated animal vitamin A, *but only* provitamin A (the one in *vegan* foods), *since it's much safer; I wrote this to ease the anxiety of many vegans who* read the 0.001% conversion in some rare males of plant ALA into DHA the body needs *(DHA is only in vegan* algal oil *or fish),* but this is not so with vitamin A, however, a tiny % of people may have poor conversion due to thyroid or liver issues, as seen in their blood test; for those vegans who're wanting to make sure they get everything right, just in case conversion may be poor even when blood level seems OK (organ status of nutrients is not always correctly reflected by current tests for serum levels) trying to provide a little ready made vitamin A to ease liver resources to producing other stuff, they could try some vitamin A, but do avoid brands with magnesium stearate like $8/100 tablets of 1.5mg Solgar vegan preformed palmitate vitamin A or retinol 1.5mg/vegan tablet (60, so

90mg total, 18$) both 500 µg RAE/day in a 3rd of a tablet. Stearate is bad. Vegan softgel A is cheap, 3000 RAE every other day is 10000 IU 250 caps/10$, (better NY cooler) or 100 caps 5$ (hot NV oil degrades), soybean oil (far less allergy vs sunflower oil). Most A in softgels is from synthetic sources, not from fish. If it says contains fish, it's bad. Never buy A from fish oil, since they heat treat it during retinyl extraction and other things which destroy part of vitamin A and they refortify that oil with A and they will have impurities of damaged A that block the A absorption and impurities that damage the transport proteins and can wreck body via allergens, fish viruses and heavy metals, PCBs, pesticides, uranium, cesium from ocean, etc. Take fat soluble vitamins A, D, E, K with the highest fat meal. Nutricost, heavily pushed by Amazon, got 9 youtube subscribers vs 10k for NOW Foods, says their multivitamin is 100% *vegan* per email (they never answer any phone and have a phone recording 'person at extension 8710', not the professional type of voice mail, so do check up the company youtube website, phone, email, social media a little before ordering something; see typos on Nutricost multivitamins I spelled as iodine, etc; 3rd party testing, not in house, etc). Nutricost says all vitamin A is acetate. Micro Ingredients multivitamin got µg 450 RAE. NOW Foods Daily Vits got 1425 µg RAE preformed vitamin A, 75 µg β-carotene, but it contains stearic which blocks A absorption, so avoid NOW.

Dangers and symptoms of High Vitamin A

1425 µg could be high for some. High vitamin A can cause blurred vision, skin peeling, vision changes due to hypervitaminosis. 1425 is above the 900 µg RDA for adults and which, *being fat soluble, can accumulate in tissues, potentially leading to intracranial pressure,* headache, *glaucoma or even* blindness *via* high IOP or intraocular pressure. However, IOP can happen due to high BMI or general hypertension. If your BMI is <19, sodium intake < 500 mg, high IOP but no hypertension, try Micro Ingredients multivitamin. However, 20000 µg β-carotene as a pill can cause hemorrhagic stroke in alcohol addicts. Since most studies where β-carotene led to slightly higher (10-20% higher) risk of stroke, etc, used 20-50 mg, the 1 mg in the NOW Daily Vits may not be catastrophic, except perhaps for tiny vessels in the brain that may undergo silent strokes impossible to notice. You can switch to tablet for 2 months to monitor IOP/headaches to see if 1425 µg preformed A causes IOP: glaucoma is deadly, so is high IOP. It depends on blood vitamin A too, so check it out, as low preformed A causes dry eyes. Vegans don't get preformed A from diet, and some studies cured dry eyes or even *blindness* with high preformed A doses. 1425 µg may just be the right level for the lowest IOP you can get. As you know, 1 million things can cause high IOP or dry eyes, not related to preformed A intake, such as % of body fat. You can measure IOP at home today (iCARE HOME tonometer version 1 is 1450$ used, going blind when old is preventable these days), to prevent glaucoma decades before it emerges. When high (11-21 is normal), rest, lower your blood pressure, lower stress levels, do a cold eye compress, chill out. Ideal pressure is more like 16 and people with "normal" 19-20 can also develop glaucoma.

You may want to lose 10-90 lb of fat to lower your baseline blood pressure, as this lowers IOP too. IOP data also tell you when: something is wrong with your brain or *your blood pressure*. Even if you don't have glaucoma yet, it allows you to prevent strokes, since high IOP often can be a marker for brain bleeding due to high intracranial pressure caused by vitamin overdose, etc. For people with family history of glaucoma, IOP checks at home or doctor each year are needed. 10 visits is 145$ times 10, 1450 is the device price, you can use it 50 years. Vision is vital.☺☺☺

5 examples of preformed vitamin A rich multivitamin brands to avoid and why:

1). Deva vegan multivitamins never answers emails or phone messages and adds MgStearate and bad ZnO form for zinc, 100 µg toxic *cyano*cobalamin form of B_{12} to their multivitamins, the bad acetate form of vitamin A, the toxic pyridoxine form of B_3, 2 mg Mn (too much) so avoid them. Deva is the Nevis distributor of US made vitamins. They indicate no % of ingredients when 2 forms of a nutrient, use Utah (Mormon state) minerals for Deva premium. Deva doesn't tell how many µg are β-*carotene* and how much is acetate, it could be mostly β-*carotene*, which is useless, though usually these contain at least 20-40% acetate or palmitate. Deva iodine (I) is kelp, which has arsenic/heavy metals, unlike iodine of other brands, KI (70% more bioavailable).

2). Nutricost (Utah) uses the word vegetarian (never vegan on their labels), since veganism is an unholy word for them, and their vitamins are not vegan, they love inflicting pain on animals with dairy farms, like the Mormon execution of 120 innocent folks. Nutricost multivitamins got MgStearate, 1.15 mg Mn, 60 µg toxic cyano B_{12}, 1260 µg RAE vitamin A acetate (retinyl acetate, the cheaper form requiring more steps to become the retinoic form the skin uses; eyes prefer retinyl palmitate, the natural form our bodies got used to for eons), no toxic ZnO, 1.2 mg Mn. Nutricost for men has the toxic pyridoxine B_3, stearic acid, 1. 1800 µg preformed A/serving (the bad form of vitamin A, acetate, not palmitate), 340 mg mix of estrogen effect sexual arousal herbs, also used for muscle building, perhaps due to Mormon obsession with eye health diminishing sex in their theology. ☺☺*Lovingly tenderly gently kindly*☺☺ research odd herbs they add to these vitamins, since they can cause birth defects, clots. Nutricost B complex causes gas and burps, has 50 mg of toxic pyridoxine. They contaminated it with some bacteria perhaps, or may not even be vegan, only vegetarian, since label says vegetarian not vegan. Vegetarian (dairy) lactic bacteria or other components can contain viruses that cause issues, D_3 may not be vegan,☺☺☺ but made using wool lanolin. Otherwise, they would write vegan on their vitamins.

3). NOW Daily Vits capsules (discard capsule after mixing in smoothie) got no iron (ideal for many), 1425 µg retinyl palmitate (natural, most bioavailable form) vs 900 µg in tablet version, 75 µg β-*carotene*, organic zinc, no toxic cyano B_{12}, (natural methyl B_{12}), but causes gas. Daily Vits caps/tablets contain the bad pyridoxine form of B_3, known to cause paralysis and neuropathy in some people, besides stearic acid bad ingredient. On the other hand, Daily Vits tablets got, like

half vitamins out there, 150 mg $CaCO_3$, which causes gas, burps, 33.6 mL of gas CO_2 upon reaction with stomach HCl (33 burps or gas events). Daily Vits capsules got 20 mg $CaCO_3$, so only 4.5 ml gas. The 9 mg iron in the Daily Vits tablets poses iron overload and cancer/diabetes risk for most men, who have too much iron and end up living shorter because of it. Try a brand that uses Ca citrate, not carbonate, if you get gas, burps, bloating from multivitamins.

4). NOW Adam 90 softgels/19$ has 1200 µg retinyl palmitate vitamin A but has toxic pyridoxine form of B_3. 1 softgel got 80 mg palmetto oil, ≤ 40 mg beeswax, ≤ 50 mg sunflower lecithin (this causes allergies in many people), ≤ 520 mg pumpkin seed oil. This is the best multivitamin from NOW Foods, as it also has 1800 µg β-*carotene*, 15 mg zinc picolinate (the best form perhaps), iodine 225 µg (Adam's apple is thyroid, hence the name, more iodine for thyroid).Adam VITAMINS cause gas for many, especially the softgel ones, so they only work for people who don't get gas from palmetto extract and the phytosterols they use. Palmetto is a diuretic, so it may worsen dry eyes. Pumpkin seed oil fights arterial plaque from DHT. Apparently, even after years of taking finasteride or palmetto, people who do cataract surgery may have some issues if the MD is not aware, due to the intraoperative floppy iris syndrome, so if you plan to do eye surgery, it may be wise to not use the softgel form, but the dry form. There is a lot more interaction and alteration of vitamins in a continuous medium, like liquid, which could over storage time, lead to faster degradation. You can take palmetto separately if you wish, Amazon sells it organic in powder form 100% opaque (move to 100% opaque proper size bottle to avoid air/light contact) free from oils (US made, unlike NOW, mixed with oil, or palmetto from foreign sources, having this white bottle that allows light to oxidize the 320 mg palmetto and 80 mg pumpkin oil or 0.25g olive oil for the palmetto NOW version 2). Read more on proper vitamin storage here. *Dry tablets* Adam capsules have pyridoxine poison. Ntr 2020;12(5):1230 ► D_3 "*tablets and oil drops were equally efficient in raising S-25-OHD concentrations.* Only oil drops caused a reduction in antibiotic consumption in immuno-deficient patients who did not receive immunoglobulin replacement." *To prevent this, eat vitamins with some* walnuts *(crush tablets in the mouth, pour capsules in the smoothie and stir) to provide the fat to increase absorption and proper pathway metabolite creation, because when fat exists,* the pathway changes at all the enzymatic steps, new metabolites form, new forms and events of absorption occur that affect organs *and not plasma levels (plasma level doesn't equal organ* level; *99% of studies refer to* plasma*) that can cause vastly different outcomes. Biochemistry is* very *complex. That A, B_{12}, D goes thru 100s of interactions and cell transport pathways, even at the gut level, it's extremely* complex. We already know that for many nutrients, *the way you eat it determines what plasma form it takes* (equal plasma levels doesn't mean everything is equal for all nutrients) *and some plasma forms deliver better to organs*. Additionally, what we ate with vitamins has after effects that can stop absorption a meal later. The ω3 section explains how to eat softgels, and discard

the softgel, squeeze into smoothie or gradually with 20 spoons of smoothie, to avoid pneumonia from oil into lungs. Softgels in oils are less stable, oils tend to decompose over time, as molecules can mix more, so store in the fridge before and after opening and buy from iherb (180 caps/35$) or some cool storage store (iherb the best in USA), since Amazon warehouse can get hot. Wait for a cool day to ship it too from the nearest iherb warehouse (5 states), 75 or less. NOW also has Adam Amazon tablets, but these contain pyridoxine B_6, which can damage nerves, and niacin, which can cause flushing and issues, besides stearic acid that blocks the absorption of vitamins, croscarmellose that causes issues. The tablet Adam lacks preformed A. Adam softgel has animal gelatin if you swallow it, which can introduce bad bacteria that turn choline into TMAO. Adam *softgels give pimples*☺☺☺*, hives, hard stool, besides* 'trouble breathing' *(allergic reaction to palmetto)* so I had to discard them (Amazon refunded it). Since many papers are fake, their conclusions are the exact opposite of the study findings, so we have 4000 sites about palmetto or some chemical claiming one effect, when in reality, the exact opposite can be true. The simplistic websites often provide 0-5 references, not 50-900 as needed for a mini-research. So, it's better to question any claim, such as 'palmetto helps diminish asthma symptoms', or general statements that only refer to 1% of what may cause asthma, such as lung mucus, etc. Hives are ultra common after eating palmetto per 200 websites, so avoid this Adam if you get any hives *(that repeat, and confirm it's from the palmetto, not from another food you ate)*.

5). NOW female multivitamin softgels called Eve lacks preformed vitamin A, contains toxic pyridoxine, 140 mg $CaCO_3$ to cause gas. The Eve tablets have the same issues. Females need more iron than 6 mg during pregnancy and lactation, add iron supplement if using Eve. Another issue with Adam and Eve is sky high selenium.

Micro Ingredients remains the safest multivitamin brand, with 450 µg RAE vitamin A:

Taking preformed A (450 µg RAE) via Micro Ingredients Multivitamin of low Mn, no iron, no vitamin A acetate (less ideal than palmitate we're used to), zero inactive ingredients, no cyano B12, no ZnO, vegans are worry free with some extra iodine to compliment the multivitamin, since science is not capable today to answer correctly many questions and our bodies got used over eons to get some preformed A too. Since *many use multivitamins, might as well get a brand that has 'vegan' (chemical synthesis)* preformed A *in known amount, not fish oil* preformed A *or vegan with no* preformed A *% written on the label*). Read the paragraphs below on 12:1 orange fruit or butternut squash (possibly 8:1 for *pureed* butternut squash) vs 26:1 carrots/leafy greens, 21:1 *pureed* spinach vs 15:1 *pureed* carrots; when they compute RAE, they assume *vegans* eat same g fat/meal as omnivores do when eating vitamin A (foods with preformed A have fat), which is not always true; *vegans in general eat the least fat being the thinnest group*; 20 g fat at a meal increases absorption of carotenoids 3-15 times in some

studies, (yet AJCN 2007;85(4): 1041-9 found far less fat is needed for *optimal conversion, 2.4 vs 5 or 10 g fat made no difference in serum carotenoids* (provitamin A), but it's better to be safe than sorry, *since fat metabolism varies more than* provitamin A *conversion and what's true in the 2007 omnivore kids may not be in vegan adults; as we age, our body's ability to generate many nutrients declines, so kid studies don't always apply*) so low fat vegans, who eat 20g fat/day or less, may need to do what I do: eat all daily fat (walnuts, etc) with all daily provitamin A smoothie to maximize uptake. Most *vegans* (like me) eat 2000-9000 µg RAE (computed with 12:1) daily from veggies, which even if ratio would be 27:1, would provide enough of the 900 minimum RAE, if we eat nuts with greens/*carrots*; 1 IU from vitamin *retinoid or* β-carotene = 0.3 RAE or 5,000 IU as β-carotene and/or retinol, retinyl acetate = 1,500 µg RAE or 180 g carrot (900 µg RAE = male RDA, 3,000 µg is UL for preformed A; vegan provitamin A has no UL). 100 g of potato has 6 µg of β-carotene or 6/12 or 0.5 µg of RAE. ☺☺☺

BIOAVAILABILITY of Provitamin A from *vegan* foods:

12 µg of β-carotene *can mean much less than* 1 µg of RAE

The UL is 3,000 µg RAE, but it doesn't apply to carrots, as it's β-carotene. 3000 RAE is 3 big carrots of 120 g. BJN 2012;107(9):1350-66 noticed "it was estimated that the bioavailability of carrot-derived β-carotene compared with pure β-carotene (from supplements, where no adverse effects were noticed at even 2,500 µg RAE) was about 11% for raw carrots" (free paper via right widget). So one can safely eat probably 20-50 carrots, which many people do when they juice carrots in the Gerson cancer therapy. If we ingest too much preformed A (retinol, retinal, retinoic acid or retinyl ester, *since pills are usually* provitamin *A 50-100% if vegan vitamins*) from pills or certain livers (not an issue for *vegans*, since preformed A is only in animal foods), we can get sick. Pregnant moms can have birth defect babies (even skin creams with preformed A). Vit A precursors such as β-*carotene* are not damaging if ingested in huge amounts (hard *unless one eats 5-10 pounds of carrots daily*). No paper ever reported any bad side effects from eating too many carotenoids (except face, hands, skin getting an orange tint temporarily). A medium carrot of 100 g contains 8.3 mg β-carotene. AJCN 1995;62(3):598-603 found that 120 mg β-carotene supplement, equivalent to 3.2 lb of carrots (or arguably equivalent to 29 lb of carrots, if taking into account the bioavailability difference in the study above) led to no increase in blood retinol (preformed A, or retinoids), because the body only converts into retinoids what it needs. That's why provitamin A is safer, as we can never overdose and nobody knows the optimal amount of vitamin A for living to 150, as it varies with genome, diet, age, sex, etc. However, too much β-carotene from pills may be harmful, in people with impaired BOC2 enzyme (see above) that converts excess into other stuff and prevents mitochondrial oxidative stress due to carotenoid accumulation ► FASEB 2011;25(3):948-59. Food β-carotene is *safer than pills*, since body won't

absorb it if it has enough (*11% from food* absorbed vs pill, read study at the beginning of paragraph). For *vegans not eating carrots, leafy greens daily and* not taking any A pills (multivitamins have RDA usually, often as β-carotene), *the danger is vitamin A deficiency*. Low vitamin A can occur even in omnivores, since only livers, etc have a lot of vitamin A and they don't get β-carotene from plants as much. We see how many young kids get glasses today. Obviously, if pregnant moms are deficient in vitamin A, lutein, lycopene, DHA, the child will be born with permanent lifelong poor vision, impaired immunity, fertility.☺☺☺

When we add fat to a meal, carotene absorption increases 5-15 times, see Smoothies section. Not all papers agree with the NIH rule of 12 µg β-carotene = 1 µg RAE, but not all papers are high quality either, some relying on 24 hour recall for food eaten outside of the 2 main meals provided that accounted for 83-86% of vitamin A eaten. The next example illustrates how difficult it is to correctly estimate these things: AJCN 1998; 68:1058-67 found 26 µg β-carotene from carrots/spinach (kale, etc) = 1 µg RAE due to β-carotene being crystals in carrots chromoplasts that dissolve slowly or strongly attached to chloroplasts for leafy greens, 12 µg of β-carotene from orange fruits (papaya, mango, pumpkin) = 1 µg RAE, due to β-carotene being oil droplets in chromoplasts that dissolve faster; in this study, anemic kids who were fed about 700 µg RAE/day of carotenoids or vitamin A, had serum β-carotene increase 4.7 *times* from 0.14 µmol/L to 0.66 in the orange fruit group, but only 2 *times*, to 0.28 in carrot/leafy green (mostly spinach) group, *even though the carrot/greens group ate 58%* more β-carotene; while β-cryptoxanthin (more polar than β-carotene, so easier to absorb without eating fat) jumped 9 times from 0.12 to 1.08 in orange fruit group, remaining 0.12 µmol/L in carrot/leafy green group as expected since those fruits had 13 times more β-cryptoxanthin than the veggie group; *serum* lutein increased 2 times from 0.32 to 0.63 in leafy/carrot group, but only 1.2 times from 0.35 to 0.42 in the fruit group, since the veggie group ate 7 times more lutein; *serum* retinol increased 1.33 times (0.69 to 0.92 µmol/L) in the animal foods group, 1.17 times (0.71 to 0.83) in the fruit group, 1.10 times (0.73 to 0.80) in the carrot/leafy greens group. This shows food preformed A increases *serum* preformed A 33% vs 10% for leafy/carrots, confirming that to avoid vitamin A overdose it's better to avoid > 900 RAE µg/day (RDA, some pills got 3000+, > *UL*) preformed A pills (especially if omnivore or vegetarian) and instead eat more fruits/veggies or, *less ideally,* β-carotene *supplements*. In light of this and low serum retinol in acne patients (see above), vegans may need eat more pureed carrots/greens/orange fruit with enough fat to increase 7-15 fold vitamin A absorption as smoothies 1st paragraph shows. The study conclusions may be off, if some kids ate fatty foods (increasing absorption) right before or after those high vitamin A meals (their third meal outside of classroom on normal days and all 3 meals on Sundays/holidays).☺☺

AJCN 2005;82(4):821-8 was a more precise study, using deuterated veggies and vitamin A reference to compare areas under curve in serum at 10 intervals in the 13 hours after the meal

and more days afterwards; they found that 15 µg β-*carotene* from pureed carrots = 1 µg RAE, while from 21 µg β-*carotene* from pureed spinach = 1 µg RAE, due to the fact β-carotene is bound to chromoplasts in carrots and chloroplasts in spinach (and probably other leafy greens such as lettuce, kale); this 21 to 1 was also when having 25% of calories as fat in that *fiberless* 480 cal meal (13 g fat), as fat dramatically increases absorption of provitamin A, vitamin A, E, K, D (fat soluble vitamins) and *fiber* lowers *absorption further*. With fiber, without fat and pureeing, availability decreases even further; the previous paper above paper saw carrots 26:1 since they were not pureed, vs 15:1 pureed. JN 1999;129(12):2170-6 found β-carotene absorption decreased 42%, lutein/lycopene about 40% with more *pectin* (common in fruits/veggies we add to a smoothie that increase fiber of the smoothie beyond that in the food matrix of carrots/kale) *fiber* added. *Lutein and lycopene absorption decreased up to 74% with cellulose and other fibers.* Vitamin E was not much affected. That's why when we eat a salad or smoothies (salad or chewing = lower availability, no *puree*), without fat, our conversion may be 2-3 times lower than 12 to 1, meaning a 150 lb person may need to eat 100 g carrot, 100 g kale, 100 g butternut squash to get RDA of vitamin A. ☺☺☺

Some *centenarians* eat 3 times the RDA of Vegan Vitamin A:

Ntr 2016;8(9):564 examined 3 groups: LRC (103±3 years, from Bama Longevous Region), LRE (87±5 years, Bama) and NLRE (88±4 years from a Non-Longevous Region). "energy, protein, fat and cholesterol intake decreased by 20%, 27%, 38% and 54% respectively for the LRC group, and decreased by 19%, 31%, 42% and 48% respectively for the LRE group, compared with those for the NLRE group. In addition, the intake of vitamin B_6, folic acid (B_9) and magnesium in the LRC group was significantly higher than those in the LRE group". As Table 2 shows, compared to NLRE, centenarians weighed 29% less (42kg vs 59), ate 15% less sodium (1.82 g vs 2.14), 28% more magnesium (355 mg vs 277), 15% less zinc (5.4 vs 6.35mg), 3% more carbohydrates (172.6 vs 167.8), 27% less protein (38.9 vs 53.5g), 20% less calories (1220 vs 1520), 38% less fat (42.2g vs 67.9), 37% more vitamin A (1,308 µg RAE in *93* lb *centenarians* vs 956 for NLRE, when NIH says we need 700 female, 900 male, so *about 3 times more per kg than the NIH guideline for a 150* lb *female, 190* lb *male*), 70% more fiber (23.5 vs 13.8), slightly less vitamin C, E, B_1, B_2, B_3, Ca, P, Se, Mn, Zn, Fe, K, slightly more B_6, Cu, B_9 (quite a bit), cholesterol 111 vs NLRE 239. *Fingernail metal content*: lead and arsenic were half in centenarians vs NLRE *possibly due to antioxidants escorting them out*, *manganese was 8.6 times higher* (intake 13% lower), iron 2.4 times higher (dietary iron 4% lower, 14.6 vs 15.3mg), nickel 2.7 times higher, potassium 3.3 times lower (dietary intake 7% lower, 1.43 vs 1.55g), cobalt 4.3 times higher. The issues with too much *vitamin* A come from animal source preformed A, but the LRC are 100% or almost 100% vegan. Body converts only the vegan provitamin A it needs into vitamin A, so no excess storage is possible, unlike with meat, dairy, fish, high preformed A supplements.

STABILITY OF VITAMIN A

Only 7% *of the added Vitamin A was delivered from a bag (parenteral nutrition) situated close to a source of daylight* ► CN 1982;1(1):63-70. Vitamin A loss proceeded rapidly during infusion, resulting in up to 80% loss in 6 hours, even with light protection of the bag ► CN 2000; 19(5):339-42. *Skim milk in polyethylene containers (like in stores) lost* 57*% of added vitamin A in* 4 hours *of fluorescent light (200 lumens) exposure (page 432)* ► JFP 1990;53(5):430-40. Thus, store A away from light, water, heat. Solid A is more stable: "90% of the retinyl palmitate… (corn flakes) was lost in 8 weeks… (*rice* had) 85% retention of retinyl palmitate" in 6 months ► Ntr 2013;5(8):3257-71; keeping solid A away from light, oxygen helps; that's why many A pills are tablets, the tight packing avoids light/oxygen contact.

☺☺RICHEST COMMON NATURAL SOURCES OF VITAMIN A ☺☺

It is best to avoid taking with > 900 µg/day preformed A or overuse retinoid creams, cosmetics, as they can lead to hypervitaminosis A. Immortality *Nurturing* Agency could email every pregnant woman when they buy a retinoid cream, shampoo, or any food/cosmetic that has teratogenic compounds. I excluded animal livers as they're not *vegan*, sometimes expensive, dangerous to eat because, like all animal foods, contain preformed A and overdose is easy (100 g beef liver = 11 times the female RDA, 100 g turkey liver = 32 times the RDA); overdose leads to health issues in kids/adults and birth defects in offspring. NIH says "Unlike preformed vitamin A, β-carotene is not known to be teratogenic or lead to reproductive toxicity". Provitamin A is not preformed, so it doesn't contribute to UL. *All other foods highest in vitamin A are vegan. The foods below contain* the following µg of RAE/100 g *raw uncooked food (unless otherwise stated):*

1. sweet potato, cooked baked unpeeled 961. The boiled variety has only 787 of vitamin A, a little less than carrots. Sweet potato is from the Convolvulaceae family. Potatoes are alkaloid rich tubers (nightshade or Solanaceae family, like tomato) which have 961 (or 1922 if we use 0.5 µg as real) times less vitamin A than sweet potatoes, or 1 µg (rounded) according to USDA data. We get 0.5 µg RAE in potato by using conversion of β-carotene, i.e. 6 µg β-carotene divided by 12 is 0.5 µg RAE. *Sweet potatoes don't produce solanine, a poison, when exposed to light during growth*. They're much safer to eat. Carrots are easy to buy and eat as a snack. Sweet potatoes need cooking and have 160 times more vitamin A than yams (only 6 µg RAE, since 73 µg β-carotene divided by 12 is 6 µg RAE), many people confuse sweet potatoes with yams.☺☺☺ Boiling (pressure cooker boiling in water is better than boiling for most foods for nutrient retention) is much better than baking for preventing AGE formation due to dry heat, so boil them always. Choose purple ones, got anthocyanins to protect you. Entries in USDA can refer to different subspecies, so boiled may appear 787, even if that same one may give 999 if baked. Health is about avoiding AGEs, not just higher vitamin A by baking them. Microwaving is 2 times

better than baking, but boiling is safer then microwaving of course ► 3 min clip. Baking = death.

2. carrots 835 (canned carrot juice is 956, while dehydrated carrot is 3423)

2.1. *bee pollen* 833 (JAR 2008;47(2):154-61 + USDA entries lab data, 10 mg β-*carotene*). Rsre food, few eat 100 g at once, some samples may have 400 to *5,100*, depending on flowers. 2.2. tomato powder 862 something nobody ever buys, but added it here, just in case some got it.

3. canned pumpkin no salt 778 4. baby carrots 690 5. dehydrated (not dried) apricots 633 6. cooked mustard greens 618 (raw is 151) 7. turnip greens 579 (cooked is 381) 8. baked butternut squash 558 9. butternut squash 532 (boiled squash is 167 only) 10. cooked spinach 524 (raw is 469) 11. lettuce romaine 436 12. pumpkin 426 while boiled is 288 (raw pumpkin 1500 µg lutein, 2145 µg β-cryptoxanthin, canned 0 µg lutein/cryptoxanthin; for most people, who eat little cryptoxanthin and lutein, raw is healthier) 13. parsley 421 (as dried powder spice only 97) 14. cooked collard greens 380 (raw is 251) 15. lettuce green leaf 370 (raw red leaf is 375) 16. cilantro 337 17. swiss chard 306 18. kale 241 (as shown above, carotene in chloroplasts in greens is less bioavailable than that in carrot chromoplasts, so RAE units are not the best units, *as they use the average conversion factor of 12 to 1 for all carotene, without taking into account the source*) 19. thyme 238 20. chinese cabbage (pak choi) 223

Moderate Sources of Vitamin A: 21. boiled hubbard squash 200 22. celtuce 175 23. cantaloupe 169 24. sweet red bell pepper 157 25. canned apricot 146 26. apricot 96 27. persimmon 81

Poor Sources of Vitamin A: canned tomato paste 76 * hubbard squash 68 * pink/red all areas grapefruit 58 (white grapefruit 2, pink/red Florida 13, white Florida 0, white California 0) * purple cabbage 56 * mango 54 * papaya 47 * green onion (scallion) 50 * tomato 42 * tomato sauce 34 * tangerine 34 * broccoli 31 * watermelon 28

Poorest Sources of Vitamin A: * sweet green bell pepper 18 * acorn squash 18 * orange 11 * blackberry 11 * zucchini 11 * summer & Mexican squash 10 * popcorn 10 * canned tomato 9 * spaghetti squash 6 * banana 3 * blueberry 3 * pineapple 3 * oyster mushroom 2 * raspberry 2.

FOODS WITH 0 Vitamin A: * ketchup * white mushroom * onion * bread ☺☺☺

In 100 g animal foods we got: cheddar cheese 263 or 32 *times less than carrot/cal (per calorie)*, boiled egg 149 or 22 *times less than carrot/*cal, cured pork ham 0, cooked salmon 32, whole milk 3.25% fat 46, cured beef strips 0, canned sardines in oil 32 or 136 *times less than carrot/*cal.

Below are several nutrients that can be obtained from food or pills, *but are not usually present in multivitamins* (no AIs/RDAs exist, except for Mn, Cu, Mo, K, choline):

► ► 12.4.28. LYCOPENE $C_{40}H_{56}$, tomato benefits without acne/allergy LTP ◄ ◄

Lycopene (see pic) or ψ,ψ-carotene or an isomer of α and β-carotene (see pic) $C_{40}H_{56}$ as you can see from this pic of the 6 main carotenoids, they're all related and somewhat similar in free radical scavenging powers. Science is about removing natural poisons that shrink our lifespan, such as LTP proteins in tomato, to give us the 4000 year lifespan eterni foods powders. Lycopene is about 5x weaker than astaxanthin, but 100x stronger than vitamin E, 1200 times stronger than vitamin C, per ORAC values. However, it is also 4x cheaper than astaxanthin, at 2.8$/g vs 10$/gram, so same result/$ probably. Lycopene and lutein are about similar in ORAC value (Oxygen Radicals Absorbance Capacity) with lutein which you get free from 100 g kale/day, if you're not into watermelon or tomato products. This can be bought as softgels USA made 120 caps 40 mg Carlyle, sunflower oil, 16.2$ subscribed or 120 caps 30 mg VitaUp tomato extract (extracted via solvents not CO_2, box keeps light away, essential, as it's light/heat-oxygen sensitive, keep in fridge, unlike Carlyle semi-clear bottle no box, 30% off first subscribe, so 15.5$, cancel and redo each order to get 30% off, sourced from China). The safest (lowest temp extraction, least oxidation, least pesticides), seems to be 120 caps 30 mg Jiva organic (most pesticides are not removed during extraction) tomato extract, 40% off on 1st subscribe, so 10$, cancel after receipt to keep $10 each time, sourced from China via hexane (most common used and main one, as it's nonpolar like lycopene) solvent extraction. There is a Baja California Seagate farm in Mexico that claims to be organic and solvent free, low temp, 90 caps of 15 mg for 24$. Solvent extraction usually reaches 40-60°C/100-140F, while supercritical SC-CO_2 process can go to the highly toxic 70-100°C/158-212°F (even if it usually reaches 60-75°C @ 330-420 bar, point at which more extract compounds become toxic, antioxidant activity falls, via heat degradation and lycopene polymerization). Jiva is the cheapest organic or conventional one, 36g lycopene/100$ vs 10% synthetic powder 115$/34g lycopene (no oxidized oils, but more oxidation from air, plus fillers (90% can be corn starch with glyphosate pesticide) to prevent oxidation or clumping into a rock, 90% corn starch and other fillers not shown on Amazon and seen only when you get the bag, and synthetic has 96% purity, other 4% can include toxic chemicals at times). At 300 bar, moving from 80°C to 140°C increases lycopene recovery (due to higher solubility in CO_2) from 4.6% to over 84%. At 140°C, the natural all-E-lycopene turns into Z-isomers (13Z, 9Z), which are more soluble, better absorbed by the body. At 140°C, the Z-isomers (9Z especially) exhibit superior ***peroxyl radical scavenging*** antioxidant activity vs the natural all-E isomer, but high heat creates other toxic compounds in the extract. Z-isomers have greater solubility in solvents, which increases the yield, when solvent are used in the CO_2 extraction to increase profits. CO_2 acts as a selective solvent for the nonpolar tomato oleoresin (carotenoid rich) it extracts. The tomato acne or allergy (causing dry eyes) is caused by histamine and histamine liberators (LTP ► lipid-transfer protein - Sola l 3, an indigestible 9 KDa protein, like gluten, who can retain its allergenicity, as it's not broken down). The longer foods are stored or processed, the more histamine emerges. Because histamine and tomato allergen proteins (like

LTP) are polar, they're less soluble in SC-CO_2, so the extract is far less allergenic than eating tomatoes. However, if polar modifiers or solvents (ethanol) are used to increase the extraction efficiency, the extract has more of these immunoglobulin activating allergens. Thus, if we're on a low histamine/allergy or anti-acne diet, we're are better off with an extract, especially a SC-CO_2 extract void of any polar solvent. IJMS 2026;27(5):2132 has an extensive list of LTP poisons in all plants, just like hormones, antibiotics, allergens in dairy/meats. Science is about living to 4000 by finding what is nutrient and what is poison and making eterni powders of nutrients only. For example, tomatoes only have lycopene that we need, watermelon lycopene + citrulline. So, why would we cultivate all this junk, when we can get superior fibers, carbs, from synthesis? ☺☺☺

Folius is made in India and uses solvent extraction (the bad method), provides Certificate of Analysis for microbes, heavy metals. A dirty Indian city of Vapi (always click on Amazon seller to see address and google maps of company, google street view of the business name listed on Amazon, to evaluate cleanliness of street, evaluate building type) makes some lycopene 60 mg 120 caps, 19$, in India using Indian tomato powder, purity and safety unknown. 60 caps of 100 mg each (has 200 mg reishi seeds too) is 19$, same as 600 pounds of tomatoes that could cost 1200$, though half a cap is safer, given that reishi could cause liver damage at 900 mg per NIH. A 2025 paper claims reishi is safe, but do your research, as it's added to lycopene and other caps all the time. With powders read details on the company site, because some (Prescribed for Life, Bulk Supplements) don't include "synthetic" word on Amazon to deceive people (Prescribed Certificate of Analysis says 3 years old lycopene from India, so contact Amazon seller to give you certificate of analysis before you order any vitamin etc), nor show a pic of the fillers on the back of the bag, always store in the fridge, like all vitamins, in opaque bags that have all air removed, taking out only 5 g at a time you use next 3 weeks in a tiny fridge stored bottle. The tomato extract that used polar organic solvents for extraction contains alkaloids that may create leaks in the gut (tomato allergy), so read tomato section to decide what is best and discontinue if acne emerges due to tomato sourced lycopene, buying synthetic lycopene instead.

To avoid issues from carcinogenic solvents or ethanol, acetone, methanol extracting alkaloids and reacting with something or poisoning you, it's best to *contact the* Amazon seller and ensure the extraction was with low temp 40-60°C SC-CO_2 ONLY (not high temp CO_2) (without the use of ANY polar solvents or even nonpolar hexane, since CO_2 evaporates and leaves no residue, unlike solvents) *that only catches nonpolar substances, such as lycopene*, and leaves out the polar toxic alkaloids like tomatine that give acne and destroy the gut lining. Other methods use pulsed electric fields, ultrasound or even enzymes. Lycopene, the most powerful common *carotenoid* antioxidant, was found in a recent study to be 100 times more effective at scavenging free radicals than vitamin E and *other anti-oxidants* ► JAD 2013;144(1-2):165-70. It lowers risk of dementia, depression, brain inflammation, degeneration caused by free radicals, cancer,

oxidative stress, heart disease, eye problems, skin aging, macular degeneration, diabetes. Lycopene accumulates in the ciliary body and retinal pigment epithelium ► EBM 2002;227 (10):845-51. The ciliary body, iris & choroid form the uvea, the vascular middle layer of the 3 eye layers, which provides oxygen to the eyes. Lycopene protects eye lens epithelial cells from galactose induced damage in vitro ► BJN 2002;88(4):347-54, preventing diabetic cataracts in human cells as in rats. Galactose is reduced to galactitol which accumulates in the lens causing cataracts that need surgery. Watermelon has lycopene, but sugars can cause oxidative stress and arterial plaque via facial, eyelid (styes) and arterial pimples (arteries are skin that develops pimples (coronary artery pic, horrible artery acne) too due to the same P. Acnes bacteria, that little pimple can become death: see pic of carotid artery plaque).

►►► RICHEST COMMON NATURAL SOURCES OF LYCOPENE ◄◄◄

The 3 richest natural sources of lycopene contain in 100 g (raw, uncooked) the following amounts of lycopene in µg or mcg (1 mcg = 1 µg = a millionth of a gram or 1 microgram):

1. Watermelon 4532 µg 2. Tomatoes 2573 µg 3. Pink Grapefruit 1419 µg

Carrots 1 µg (ultra low, for comparison only) ☺☺☺. Some varieties of guavas, rarely available in many areas year round, contain 5203 µg in 100 g, about same as watermelon. However, when available, guavas are 6-15 times more expensive than watermelon.

ALZHEIMER:

Lycopene, the most powerful carotenoid anti-oxidant (100 times more effective at fighting free radicals than vitamin E in vitro or in a test tube), was very effective in lowering depression (probably because oxidative stress causes depression via free radicals damaging the brain) ► JAD 2013;144(1-2):165-70. Lycopene protects against Alzheimer by preventing amyloid induced mitochondrial oxidative stress ► NR 2016;41(6):1354-64. Lycopene is effective against Alzheimer β-amyloid plaque ► NL 2011;505(3):286-90. High blood levels of lycopene lower the risk of dying from Alzheimer. Oxidative stress is implicated in the pathogenesis of Alzheimer's disease. Antioxidant-rich foods reduce the risk of Alzheimer by inhibiting oxidative stress. ► DGCD 2014;37(3-4):246-56. Lycopene helps regain memories lost due to Alzheimer-like conditions ► JAD 2017;57(2):475-482. Lycopene blood levels are low in people with Alzheimer. Lycopene prevents oxidative damage, protects neurons in several Alzheimer models ► NL 2015;608:28-33.

CANCER

Lycopene prevents pancreatic cancer ► JN 2005;135(3):592-7, prostate cancer ► Medic 2015;94 (33):e1260, JNCI 2014;106(2):djt430, IJC 2005;113(6):1010-4, lung cancer ► Cancer 2011;3(2): 2333-57, breast cancer ► APJCN 2007;16 Sup 1:437-42.

HEART DISEASE

Lycopene promotes heart health ► MNFR 2012;56(2):296-303. Lycopene prevents cardiac events, lowers cardiac mortality ► EJCN 2013;12(4):377-84. Lycopene taken in doses ≥25mg daily (1,000 g of tomatoes at least, or 550 g watermelon) is effective in reducing LDL cholesterol by about 10% which is comparable to the effect of low doses of statins in patients with slightly elevated cholesterol levels ► Matur 2011;68(4):299-310. Watermelon Extract Reduces Total and LDL Cholesterol ► JACN 2016;35(6):514-520. Watermelon modulates oxidative damage ► BRI 2014:512834. Watermelon lycopene is effective in reducing the extent of cancer insurgence, cardiovascular disorders, diabetes and macular diseases. ► EJ 2014;13:650-60. Lycopene in watermelon promote skin & blood vessel health ► Ntr 2010;2(8):903-28. Rats given high cholesterol diet and tomatoes got 47% lower cholesterol than rats given just high cholesterol diet ► DMSO 2013;6:263-73. Lycopene prevents heart disease ► EBM 2002;227(10):908-13. ☺☺

KIDNEY DISEASE

Lycopene was protective for the kidney cells against streptozotocin-induced kidney injury in a mouse model ► FF 2015;6(4):1150-6.

FOOD VERSUS PILL

Traditionalists claim that it's better to get lycopene from foods than from supplements, due to synergistic effects that make foods more effective (dozens or hundreds of phytochemicals). One study found lycopene in pill form was actually harmful due to the high level of serum lycopene ► FRR 1999;30(2):141-51. Most people will get more than enough lycopene via tomatoes, grapefruit or watermelon. For details on this food vs pill lycopene issue, see youtu.be..gI. This stuff isn't always true for every phytonutrient, especially when deficient, in those cases a pill could be life-saving. Yellow tomatoes, void of lycopene, were less effective than red tomatoes in preventing cancer. Tomatoes have other far less known carotenoids besides lycopene ($C_{40}H_{56}$), like phytoene (15-cis-phytoene, $C_{40}H_{64}$ which has 8 extra hydrogens, 4 fewer double bonds), phytofluene (15-cis-phytofluene, $C_{40}H_{62}$, 3 fewer double bonds than lycopene, so 6 extra hydrogens compared to lycopene). Phytoene and phytofluene are present in most fruits and veggies and they accumulate in human organs such as skin, prostate, liver, lung, breast, colon. Phytoene is the first intermediate in the plant carotenoid biosynthesis, phytofluene being the second, after desaturation of $C_{40}H_{64}$ phytoene to $C_{40}H_{62}$ phytofluene (creation of a double bond). In some studies, the combo phytoene, phytofluene, lycopene was more effective than lycopene alone in preventing cancer, so when eating a tomato, watermelon, etc one gets more than in a lycopene pill (very few take lycopene pills though). ☺☺☺

► ► 12.4.29. LUTEIN and its *isomer* zeaxanthin, both $C_{40}H_{56}O_2$ ◄ ◄

Lutein (see pic) $C_{40}H_{56}O_2$ is α-carotene (see pic) $C_{40}H_{56}$ with H replaced by -OH on the hexadiene rings, so dihydroxy-α-carotene. Zeaxanthin (see pic) is the lutein isomer (double bond shifts one carbon) and β-carotene (see pic) with H replaced by -OH on the hexadiene rings, so dihydroxy-β-carotene. All 6 carotenoids in 1 pic helps you understand. Those eating *the least* lutein had 56% higher mortality compared to those eating *the most* ► IJE 2001;30(1):136-43. "Among 25 dietary carotenoids and nine metabolites routinely found in human serum, *mainly* (3R,3'R,6'R)-lutein, (3R,3'R)-zeaxanthin, lycopene, and their metabolites were detected in ocular tissues" ► EBM 2002;227(10):845-51. Taking *20 mg pills on top of kale*, green smoothies, per JAMAO 2016;134(12):1445-8, led to crystals in the fovea part of the macula, "crystals, reminiscent of canthaxanthin (another one to be avoided) retinopathy". Deva Premium has *1 mg lutein or 20 times more lutein than the regular Deva multivitamin with 0.05 mg, plus* bad MgStearate; avoiding lutein pills or high lutein multivitamins is safer, since body often shrinks absorption of food lutein when high and absorbs it much slower, while pills often rise blood lutein level suddenly (same for calcium pills that cause plaque crystals to form) causing crystal formation. The internet has amazing pictures showing how lutein and zeaxanthin protect the eye from blue light and AMD (macular degeneration). Those eating the least lutein had 56% higher mortality compared to those eating the most ► Lutein, (name from Latin luteus, meaning yellow) and its isomer zeaxanthin (*double bond shifted at the next C-C bond, towards the OH group*) are 2 yellow carotenoids that make 46% (lutein 34%, zeaxanthin 12%) of brain carotenoids and they prevent cognitive decline, dementia, telepathy ability decline, memory loss. AJCN 2012;96(5):1161S-5S found that adding 12 mg/day of lutein to the diet increased verbal fluency scores and that *people with cognitive decline and dementia have much lower lutein in the brain; examining* Examining centenarians, researchers also found that the more lutein is present in the eye and brain (they are related), the better is the cognitive behavior of centenarians. One can get 12 mg lutein by eating 564 g of zucchini, 4.7 kg (10 pounds) of carrots or 30 g of kale. See more on lutein and zeaxanthin effects on visual system development early in life ► CO 2007;1(1):25-35. *Lutein and zeaxanthin are the 2 main carotenoids in the human eye macula, so dietary intake is* vital for eye health. *They* prevent blue light from *damaging the eye.* The macula (5 mm diameter, gives us HD color vision, at the back of retina) is known to contain 3 yellow carotenoids, 3R,3'R-zeaxanthin, 3R,3'S(meso)-zeaxanthin, (3R,3'R,6'R)-lutein. AMD (macula degeneration) prevalence will "increase to 288 million by the year 2040" which, in late stage, makes one see faces blurry like in this picture, so one can't read/drive. 12% of those over 80 have it, so as we live longer, we need to understand lutein better, so we can see. AMD is called Alzheimer of the eye, due to B-amyloid protein and other proteins that start depositing in the macula in the initial stages. The same nutrients that prevent Alzheimer, atherosclerosis, prevent AMD – so we want fewest AGEs, and less inflammation. ☺☺☺

JAR 2013:951786 study of 78 octogenarians, 220 centenarians and 47 dead centenarians (took brain tissue samples) found that higher blood β-carotene, lutein, zeaxanthin was related to better cognition. ☺☺☺ In the octogenarians, serum lutein concentrations were significantly related to measures of global cognition, lower dementia severity, and executive function. In the centenarians, higher blood concentrations of lutein, zeaxanthin, β-carotene, and α-tocopherol were significantly related to lower dementia severity (but not to global cognition). *Brain carotenoids were significantly related to their concentrations in blood.* In the brain, they found the following 5 carotenoids: lutein 34% of the total carotenoids, zeaxanthin 12%, cryptoxanthin 26%, β-carotene 20%, lycopene 8%, α-carotene 0. In the blood, they found 6 carotenoids with their percentage of the total carotenoids as follows: β-carotene 37%, lutein 21%, cryptoxanthin 18%, lycopene 13%, α-carotene 6%, zeaxanthin 5%. Lutein makes up 59% of brain carotenoids in infants, lycopene 20%, β-carotene 20%. Pre-term infants had lower lutein than term infants. Many scientists believe lutein is involved in the neural development of infants. It might even increase IQ compared to those lacking it from breastmilk or diet ► JPGN 2014;59(5):659-65. People (ages 25 to 45) with higher levels of lutein in their brain had less cognitive decline ► FAN 2017;9:183. A study of 108 old people (77.6 ± 2.7 years) in AA 2014;43(2):271-5 found that more lutein in the brain meant better cognitive function. NNS 2008;11(2):75-83 interventional study found that giving 12 mg (the equivalent of 30 g of kale) a day to 49 women (between ages 60-80) for 4 months improved their verbal fluency. Adding 800 mg DHA to the lutein also significantly improved memory scores and rate of learning. A study of 4,453 people 50+ years old, NA 2013; 34(11):2449-56, found that lower lutein-zeaxanthin is associated with poorer performance on the mini-mental state examination, on the Montreal cognitive assessment, poorer prospective memory, longer time to complete a trail-making task, slower and more variable reaction times on a choice reaction time task. β-cryptoxanthin was significantly lower than normal in the blood of Alzheimer patients. The same lower values for Alzheimer patients were observed for the blood level of other carotenoids (β-carotene, zeaxanthin, lycopene, α-carotene), vitamin A, C, E ► ARN 2002;59(5):794-8. A study of 13,388 women found that total vegetable intake was significantly associated with less decline, those eating the most leafy greens and cruciferous veggies were better at cognition than those eating the least ► ANE 2005;57(5):713-20. ☺☺☺

Why do *vegans* have less macular degeneration? Because they eat more greens, veggies that are loaded with lutein, a carotenoid. Lutein is the eye pigment that prevents blue light from damaging the eye. Milk, cheese, meat have no *carotenoids* and no lutein. Eggs have a tiny bit of lutein, 120 times less than kale, 6 times less than zucchini. You may notice a pattern in all centenarians and old people, those who're eating more lutein-rich foods seem to have much better vision than the heavy dairy and meat eaters who don't eat veggies or fruits much. It seems lutein and vitamin A, β-carotene, etc in veggies are key to vision as we age. ☺☺ Lutein-

zeaxanthin in kale is 6260 µg, while lutein-zeaxanthin in eggs is only 331 µg. "Consumption of fruits and vegetables, especially spinach and collard greens (rich in lutein), was associated with a lower risk of age-related ocular macular degeneration" ► QJM 1999;92(9):531-44. The more fruits and veggies people ate, the *less* macular *degeneration* ► OE 2010; 17(1):58-65.

☺☺►►► RICHEST COMMON NATURAL SOURCES OF LUTEIN+ZEAXANTHIN ◄◄◄ ☺☺

USDA says in 100 g of food we get the following µg amounts of lutein+zeaxanthin:

1. raw turnip green 12,824 (12800 USDA rounding to 3 significant figures), cooked turnip 8440

2. raw spinach 12,197 (12200 new USDA rounding to 3 sig fig, see here), cooked spinach 11300

3. raw swiss chard 11000, cooked is 11000 too 4. cooked mustard greens 10400 raw 3730

5. raw kale 6260 cooked kale 4980 6. cooked collard greens 6200 raw collard 4320

7. raw romaine lettuce 2,312 8. raw zucchini 2,125

9. raw green leaf lettuce 1,730 (new USDA link removed most data) raw red leaf lettuce 1,724

10. raw pumpkin 1,500 canned pumpkin 0 11. raw broccoli 1,403 12. raw green onions 1,137

(rounded to 1140 now) 13. raw cilantro 865 14. raw persimmon 834 15. raw asparagus 710

Poor sources of lutein: carrots 256, tomatoes 123, watermelon 8, pink grapefruit 5, most fruits 0

Lutein-zeaxanthin in kale is 25 times higher than in (25x >) carrot. Some think raw carrot is enough for eyes/brain, but look at the lutein rich raw veggies for smoothies: turnip greens 50x > carrot, spinach 48x > carrot, mustard green 41x > carrot, collard 24x > carrot, romaine lettuce 9x > carrot, zukini 8x > carrot, green/red leafy lettuce 7x > carrot, broccoli 6x > carrot.☺☺☺

►► 12.4.30. CHOLINE (3% of lecithin) ◄◄

Choline is part of neurotransmitter acetylcholine that helps memories (skills or names, etc) form. Without choline, we forget everything, process info and learn more slowly, as neurons cannot communicate "memories" for recall. Via long-term potentiation, when we learn new things, acetylcholine also tells the involved neurons to physically alter their structures, strengthen their connection so that brains lock the new skill into place, making it much easier to recall it years later. The AIs (not enough data for RDAs) in mg: 0-6 mo 125, 7-12 mo 150, 1-3 yrs 200, 4-8 250, 9-13 375, 14-18 men 550 women 400, 19+ men 550 women 425, pregnant 450, lactating 550. The ULs (pill+food) in mg: 0-12 mo unknown, 1-8 1000, 9-13 2000, 14-18 3000, 19+ 3500. "90% of the US population is not meeting the choline intake recommendations of 550 ..men & 425" ► Ntr 2019;11(10):2548. Lentils got 95 mg/100 g, so if you eat 450 g raw lentils (after you cook), you

get 428 mg, ground chicken 59/100g. Contrary to claims by omnivores, you can get plenty of choline from legumes and grains and can always add extra, if you eat 1 lb raw lentils daily, you get 430 mg from lentils alone. Plasma choline rose 35% after 600 mg choline bitartrate, which is a very bioavailable choline source, almost as good as eggs, yet much faster than eggs (when eyes are dry, taken some choline, you'll see a difference, eggs are harder to eat and carry with you). In chicken, soybean choline was found to be 100% bioavailable. "Plasma choline was 45% higher (in pregnant vs nonpregnant)… (and varies) over 5-fold in infants at birth" depending on mom's choline, which is 2-3 times lower than fetus: 15.3 mM when 36.4 in fetus ► JN 2007;137(12): 2641-6; this 5 fold variation has catastrophic consequences for eye and brain development when ultra low. Bitartrate choline is absorbed faster than egg choline. Lack of choline can cause dry eyes and is associated with anxiety disorders (could be causation, not just correlation). I got 450-750mg choline/day *(750 was only half a year in 2009 or so and 2013-2015 when I ate 500 g black beans daily)* on average from food alone; from *01-01 to 7-22*-2021 got 561 mg/day (more now since I eat more lentils), 420 mg *6-28 to 12-31*-2020 due to fewer lentils. From 2-13-2018 to 7-22-2021, (started pills only in 2018), average 328 mg choline/day from 797 mg choline bitartrate, since choline is not present in multivitamins. The NIH says average US adult eats 400 mg. I eat 450 food + 328 pill =728 min < 3500 UL. Choline is $(CH_3)_3N^{(+)}$-CH_2-CH_2-OH, Bitartrate is HOOC-(R)CHOH-(R)CHOH-COO^-, choline bitartrate is a salt; bitartrate is the anion of 1,4-dicarboxylic acid of erythritol, 20$/lb, lasts years. Choline is important during pregnancy especially (hence some take 100-900 mg daily), lower in some *vegan* diets.

However, too much choline *may shorten lifespan due to promoting* atherosclerosis via TMAO. Some papers found vegans produce negligible TMAO, others found they produced about the same, the mystery may be related to how long they were vegans, if they cheated by eating dairy once a week and claiming to be vegan, or if the appendix (that holds all our microbiome in case of eating plants (mints, etc) that kill most essential bacteria for vitamin synthesis, etc) is still present to force omnivore bacteria into the system, for a few months or years of being vegan. The "useless" appendix is probably there to protect the microbiome in case of eating highly antibacterial herbs. Thus it's recommended to eat choline as phosphatidylcholine PC, since choline bitartrate raises serum TMAO in omnivores 3 fold, while PC doesn't because it is absorbed directly in the intestine entirely via bile salts and the lymphatic system. If we overeat PC, we get excess PC go to colon to form TMAO. Choline salts (choline bitartrate or chloride) pills are absorbed usually in the small intestine, but if a large bitartrate dose arrives at once, excess unabsorbed choline reaches the colon where gut bacteria convert it into TMA, which the liver turns into TMAO. α-GPC, another choline supplement, raises TMAO because it hydrolyzes in a way that can leave free choline for gut microbes to convert to TMA, but it was popular for dementia before citicoline emerged as a safer dementia alternative. Both α-GPC and citicoline

were prescription drugs for dementia 1980s-2025, but after 2010, citicoline was deemed as safer for long-term use, as no TMAO is produced to damage brain arteries. The cheapest citicoline costs 25$/60g on Walmart & 37$/60g on Amazon. It tastes a little like vit C, but far less sour than choline bitartrate, far easier to eat with a smoothie once decapsulated. Citicoline has 4 benefits:

1). Citicoline splits into cytidine and choline during small intestine absorption, bypassing microbial colon fermentation, avoiding TMAO spikes. Cytidine converts to uridine, which helps rebuild the structural membranes of damaged optic nerve axons, preventing dry eyes, brain aging and glaucoma or retinal diseases. Uridine is a DNA base used to build phosphatidylcholine and sphingomyelin, the two key components of nerve membranes that prevent neuron death. The myelin cover is key to neuron survival, and preventing multiple sclerosis.
2). When a retina nerve ending is damaged, it needs to make structural proteins to heal. Because uridine is part of RNA that makes proteins, damaged retinas need high uridine uptake. High serum uridine (from citicoline pills) allows the retinal ganglion cell nucleus to use RNA to smoothly transcribe the survival and growth genes necessary to repair its extending nerve fibers.
3). Uridine protects mitochondria, preserves cardiolipin, which is 20% of the inner mitochondrial membrane lipids. Cells starve to death if mitochondria die, so uridine helps keep the body alive.
4). Uridine downregulates high glutamate, which can overexcite neurons leading to their death. Via neuron effects, citicoline helps memory loss, retina and neurodegenerative conditions. ☺

For eyes and brain citicoline is best, while for liver, PC is best as 50% of liver cell membranes phospholipids are PC and PC helps a stressed liver to recover. If you get 500 mg choline from legumes etc, you may just need citicoline to prevent brain, ocular dryness or aging, after age 30-40. Omnivores who eat too much choline can damage their arteries via TMAO production, increasing cardiovascular disease mortality 26% ► AJCN 2016;104(1):173-80,☺☺☺ due to different microbiome than *vegans*. Some human/mice studies found no higher mortality due to high choline intake possibly due to antioxidant foods eaten that offset TMAO induced endothelial damage, thru their endothelial protective effects. There are no studies to see choline effect on mortality at high doses in *vegans*, though if no TMAO is generated, then choline is perhaps safe in larger doses. Citicoline, ubiquitous in organs, brain, an intermediate in the synthesis of phosphatidylcholine in cell membranes, is taken to boost cognition, prevent glaucoma [IJMS 2015;16(12):28401-17], eye aging. Citicoline may not be metabolized to TMAO ► TJNP 2016;6(4):242-9; "choline in citicoline is less prone to conversion to... TMAO" ► Ntr 2019;11(7):1569, though they made many claims like that before (about choline derivatives or other chemicals), only to be disproven by newer bigger studies, so do search PubMed for the latest research on claims made by youtubes. ☺☺☺

Babies are born with 3 times more choline than moms in their blood, and they really need it,

since 1 million new neuron connections per day happen in babies. Hence many papers below suggest 900 mg choline in pill form during pregnancy and less in lactation. I don't think it's a good idea to eat lecithin (a source of choline, popular with some people), due to processing and storage making the lipid part oxidize and give you atherosclerosis, but some people already use lecithin as if it's safe, so below is the stuff nobody talks about on their 2 line "internet articles" and 80 page ebooks on nutrition. *Soy lecithin, ubiquitous in many processed foods, is even more processed, so it has more arterial damage stuff.* If you have pimples *(common when stressed or "quality* deep sleep*" (restorative body repair) deprived)* I would avoid it like the plague; plus it causes gas. The 2 brands I tried cause acne breakouts, but Amazon does refund if you get sick from any of these due to toxic stuff or bioweapons (viruses, bacteria) in them, allergy, etc. I don't trust these brands much, as they're not answering emails about processing; *the food industry has no regulation for minimizing* AGEs, *toxic proteins, oxidation of lipids,* it's a complete jungle: they just treat stuff with chemicals to remove some fiber, etc, but damage the good stuff. We need really fast chemical synthesis, *to make it from scratch; proteins, lecithin, etc 100 times better than nature created.* 5 million in police, private security, spies, and military torture people to defend an inefficient redundant wasteful capitalism (instead of efficient immortalist capitalism), while we have no real food science: everyone flips burgers like a chimp, oxidizing lipids and proteins in dry heat, killing billions early; it's way healthier and faster to pressure cook at home. Where are the food chemists? Everyone *is a security guard (when with* centralized science and ethics education, peaceful music *and* culture *we need 100 times less of that) or burger flipper, how backward.* $26/lb Sunflower lecithin by micro is, the worse of the 2 brands, like all sunflower lecithin, beige in color, like sunflower seeds made into a powder with coffee grinder and they need to be eaten after mixing in a big smoothie, to avoid inhalation or the liquefied lecithin sipping into lungs *(after saliva melts it).* If you really have courage, you could buy lecithin during winter from iherb.com (5 warehouses) or places that keeps it in cool storage 75°F, not 89 in the summer. Just like olive or sunflower oil oleic acid oxidizes, so can the phosphatidyl choline derivative of oleic oxidize (most phospholipids are oleic in sunflower lecithin, others are saturated fatty acids, so very stable, since oleic has 1 double bond). ☺☺☺

Lecithin dissolves ultra fast in water too with some stirring, so some vegans use it instead of egg yolks or vegan butter for various 0 HEAT, 0 AGEs oatmeal *(gluten free) cookies with vegan nut milk or carrot-watermelon juice or smoothie from a* food processor *for eye health,* mixed with powder lecithin and rolled oats (oats are used to control blood sugar, an issue to many people, add some sugar for extra sweet taste or whole blueberry if you give them away to guests next hour, and you made one of the world's healthiest vegan cookies. This is a way to lure people (who don't get gas or allergy from sunflower lecithin) from today's ultra toxic cookies sold in the "genocide thru dry heat restaurants and supermarkets" products *of the* 'Immortality *for* All (for

None☺☺☺ currently) USA') etc that don't have too many (some heat from factory lecithin processing perhaps, but not home heat) *heat generated* AGEs; eat fresh cookies, made 2 hours before, to prevent lecithin oxidation due to light. For best health though, avoid cookies like the plague. You can also make these choline smoothies by placing bitartrate in the carrot-watermelon-rolled oats-blueberry mix and help your eyes, in case of allergy to soy or sunflower lecithin; if no smoothie around, at the very least, mix lecithin with water and then eat a lot of other foods so it doesn't linger on your throat; 1 egg yolk has about 1 g lecithin, so it's good to maybe not go above 4 g/day (2 small eggs = *200 mg choline = 500 g of cooked lentils, so we* don't *really need* eggs or soy or sunflower lecithin; can eat greens, walnuts, seeds, 900 g lentils daily, to get 550 mg RDA*; cooked soybeans got 21%* extra choline *(lecithin) vs lentils, but they provide too much* ω6 *fat and cholesterol for eggs*); soy lecithin has 33% phosphatidylcholine, while egg lecithin 72%; since we talk about cognition, it's important to eat sphingomyelin: TJON 1999; 129(7):1239-50 explains per 100g soy has 26 times, 26x, more sphingomyelin than 2% fat milk, 13x > cauliflower (but soy has 18 times more calories than cauliflower, *so cruciferous veggies can have 40% more* sphingomyelin *per calorie than eggs and soy*), 7% more than eggs, 67x > bell peppers, 89x > cucumbers, so do eat veggies like peppers and cucumbers daily, as they contain huge amounts of sphingomyelin without the ω6 and fat in soy, and you could get that way more of it than even vegetarians who eat few cucumbers, peppers. Vegans eating many veggies will get as much of it as vegetarians. It's good to eat only what our body is used to over eons, *vegan* sources of the same exact chemical compounds to avoid heart attack due to egg cholesterol. ☺

There are many lecithin brands: $10/lb Lucky Vitamin one didn't cause as much gas *(but still smelly gas,* vegan gas is odorless *unless you eat processed foods like vegan protein powders or lecithin, abnormal and stool is made very solid when eating sunflower lecithin, so not useful, as stool transit time increase leads to issues of toxic buildup in the blood)*, it's lighter in color (typical beige protein powder color) and the allergy that the Micro brand did cause was lower, due to Micro including a lot more protein that causes allergies. However, when I ate it once a day, 3 days in a row, I got huge pimples, so I trashed it after eating about 200 g; if eating only once a week, I got no pimples, since body has time to detoxify. Sunflower seeds are known to cause acne IRCMJ 2015;17(9):e16544; I avoid them, but I hoped the lecithin would not; if you eat them, discard the kernel of course, to avoid damage to your digestive tract. Generally, sunflower seeds and Micro like lecithin with tons of protein/fiber residue can cause gas, allergy in 24% of people, shortness of breath *(like algal ω3 oil with sunflower oil added),* especially if eaten with small meals without proper mixing with watery stuff to make the powder 100% dissolve in water, juice, etc; healthier and far less processed *(meaning less damage to those lipids and your arteries, so maybe avoid soy lecithin)* than soy lecithin, sunflower is non-GMO (meaning it has 10 times less pesticides, since GMO means more resistant to glyphosate and other herbicides that

give cancer); contains about 200 mg choline in a 7 g spoon sample, it's popular, so is soy lecithin, these things may be helpful for those who don't eat choline bitartrate, since they provide phosphate, though vegans who eat legumes get tons of phosphate. Normally, lecithin is only 0.3% of sunflower seeds, so taking a lot can have detrimental effects on the composition of the fatty acid groups of phospholipids in the body; people write 2-3 page articles on how amazing lecithin is, but there are always 300 problems mentioned in 300 papers that they never read about; biochemistry is so complex; if we have acne, phospholipids often lack linoleic acid; each change in fatty acids causes a change in every organ; as long as you trust the so called "natural cold pressed" method of sunflower lecithin extraction and that the stuff contains what the label claims, you can try it, the thing is they make wild statements about cold pressed, but still may have used some solvent, how can you check?, they provide no Certificate of Analysis and FDA regulates nothing in the supplements industry, for the most part: pure jungle.

DHA binds to choline to help create neuron membranes, so we need DHA, choline, B vitamins to make these as adults. Lecithin needs to be stored in a dark cool place, like oils, since the unsaturated fat degrades. If you eat 400 mg choline as 972 mg bitartrate, it's a lot cheaper, choline goes into blood way faster to help neuron building, but lecithin has some extra nutrients like phosphatidylinositol, though many B vitamins have inositol too; lecithin can help lower fatigue; it can also lower cholesterol in those with high LDL/TC Chol 2010:824813, diminish acne, dry eye, heal the cornea, eyelid skin, etc; the only issue is the oxidation during drying to get the gum and cold pressing the sunflower gum, plus store shelf heat/light oxidation; if you eat walnuts, you get the real fat and body can build what it needs, all diglycerides for phosphatidylcholine. Why phosphatidyl? Because of glycerin 3 OH groups are esterified with a phosphate group attached to choline (or other moiety) and 2 fatty acids, diglyceride, so dyl for 2 (di) acyl groups; as you recall from school, acyl group is R-(C=O)-. Easy to recall. Fish and algal oil is usually triglycerides. 100 g of bee pollen may only have about 200 mg choline and 100 g of bee pollen is not possible to eat daily; many get gas/acne at just 10 g pollen. It doesn't seem good to use softgels with olive oil and lecithin, since oil can oxidize and walnuts, etc are healthier than refined olive oil with so little ω3. Please avoid expired lecithin, the pollen section explains why. Choline bitartrate is 100% saturated, so it has many times less oxidation of tartrate that is not a big deal, while lecithin when oxidized (the fatty acid double bonds) will cause tremendous damage and arterial plaque, so gently buy the least oxidized lecithin. Tartrate is stable.☺☺☺

A large egg got 126 mg choline/100g, meats 90 mg. If you go to fdc.nal.usda.gov and type in the food name, you see choline in mg. The richest vegan choline sources have in 100 g more choline than eggs: dried shiitake mushrooms 202 mg choline, defatted soy flour 192 mg of choline and 49 g protein, soy protein isolate 191 mg choline, 81 g of protein, cereals ready to eat wheat germ 178 mg choline, Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ 124

mg choline, 27g protein. 100 g of spinach provide 550 mg betaine (more than any food), 194 mg of folate (more than most foods), 18 mg of choline. Broccoli 19 mg of choline, purple cabbage 17, pineapple 5.5, carrot 8.8, flaxseeds 78, cooked lentils 33, cauliflower 45 choline and 57 µg of folate. Zucchini has 9.5 mg choline and 29 µg of folate. Kidney beans, broccoli, potatoes are other rich sources. Amazon sells choline bitartrate (molar mass 253), so in 1,000 mg of this there are about 411 mg choline (molar mass 104). 500 doses of 411 mg choline are just $15, it will last 3 years, for those who need 200 mg extra choline daily, so $3/year. Choline supplementation led to better memory, fewer birth defects, higher IQ, better brain performance and by extension to better telepathy. Choline is the precursor for acetylcholine neurotransmitter and plays a key role in brain development, it's also part of brain phosphatidylcholine, sphingomyelin and lipid mediators such as platelet activating factor. Phosphatidylcholine is a vital substance found in every cell of the body, not just the brain. Epi 2009;20(5):714-9 found "an odds ratio (of birth defect) of 2.4 (95% confidence interval = 1.3-4.7) associated with the lowest decile (<2.5mmol/L, 18 cases, 40 controls) and an odds ratio of 0.14 (0.02-1.0) associated with the highest decile (> 3.5mmol/L, 1 case, 40 controls), both relative to the 25th-74th percentiles of the control distribution". If we divide 2.4 by 0.14 we get 17 fold (18 versus 1) difference in the risk of NTD (neural tube defect) between the highest and lowest decile, see full paper here. One paper however found almost no link between serum choline and NTD, but choline body status may not be reflected in serum choline, as with other nutrients such as B_{12} ► AJCN 2014;100(4):1069-74; serum choline doesn't reflect choline intake accurately and is made of phosphatidylcholine mainly, whose serum concentration depends on serum lipoprotein concentration, this "weak link" may be due to not adjusting for *confounding* factors. Healthy moms had choline 2.9 mmol/L, while those with NTD kids had choline 2.8 mmol/L. Were the 2 groups so close in choline because the NTD group didn't take folate (that prevents NTD) preconception? Both studies can be true, because the 2009 study (489 women, 19.6% with NTD) had more choline serum variation than the 2014 one (285 women, 24.9% with NTD). The 2014 study says if you pick up women with choline around 2.8 mmol/L we get a different picture. The 2009 study had 489 women with a mean choline of 2.8 mmol/L for NTD cases and 3.0 mmol/L for controls, so the authors could have easily concluded that "there is no link" since the means for serum choline are very similar to the 2014 that concluded "no link" as they didn't split it in 10 deciles. We see we can look at the same data carefully (not the abstract, but whole paper) and draw different conclusions. The NIH website on choline uses the 2014 study (reference 23) as an example of study that found no link, but the study only shows the mean choline not the actual values, which would enable us to look at the deciles and draw the opposite conclusion. AJE 2004;160(2):102-9 found that moms with higher intake of choline, betaine and methionine were 6 times less likely to give birth to NTD kids; tables 4-6 show that choline intake > 500 mg/day (above RDA of 450) meant much fewer NTD cases. ☺☺☺

BD 2012;94(11):864-74 lists 25+ studies showing NTD can be prevented with higher intake of 5 cofactors of the folate one carbon metabolism (choline, B_6, B_{12}, zinc, B_2, betaine), and B_1, B_3, B_{12}, vitamin A, C, E. This confirms studies on multivitamins lowering NTD. Some studies find a weaker or stronger link, but we don't know if it's the study quality, statistics, anomalous group used, confounders, etc, so it's perhaps better to be safe than sorry and avoid being low on these important vitamins for general health. The richest sources of betaine in mg (spinach 550, canned beets 230, quinoa 630, bran 360) are at this link. EJP 2000;159(3):198-204 suggests breastfed infants get enough choline from milk. Some researchers and doctors (like Mercola) suggest taking 930 mg of choline daily during pregnancy (instead of 450 mg adequate intake), and NIH is OK with that and up to 3,500 mg for those over 19. Researchers found a decrease in cortisol of 33% (stress hormone) in babies whose moms took 930 mg of choline; cortisol drop is a positive outcome; the paper "Maternal choline intake alters the epigenetic state of fetal cortisol-regulating genes in humans" is at FASEBJ 2012;26(8):3563-74. ☺☺☺ I would never eat more than 1,000 mg from diet+pill. European women are more affected by low choline leading to more birth defects when absent. Research shows that most cases of spina bifida neural tube defect are also prevented by proper intake of folate (this methylates like choline does and is present in all multivitamins, being a B vitamin easily found in a healthy diet with greens, etc) before and during pregnancy ► nih..es. Autopsies of people who died of Alzheimer showed a lack of choline throughout the brain. Seniors with memory problems often benefit from choline supplements, indicating some memory role. Choline, betaine, folate lower concentration of homocysteine in the blood. Homocysteine is an amino acid and breakdown product of protein metabolism that, when present in high concentrations, has been linked to an increased risk of heart attacks and strokes due to plaque formation by damaging arterial walls. High homocysteine concentrations have been shown to be related to both cognitive impairments and an increased risk of Alzheimer. Better human visuomotor performance, smaller pupil were noticed after choline bitartrate pills in a placebo-controlled double-blind study ► SR 2015;5:13188. I noticed when taking a huge amount of choline too, my pupil became so small and I could see small details I rarely notice, like dirt patterns on windshield or windows, etc... Higher concurrent choline intake was related to better cognitive performance ► AJCN 2011;94(6):1584-91. Pregnant women who ate more choline had children with better visual memory and 8% higher (13% higher for males) WRAML2 score (Wide Range Assessment of Memory and Learning test) at age 7, but folate, B_{12} and betaine had no influence ► AJE 2013;177(12):1338-47. ☺☺ "Evidence is growing that optimal dietary intake of folate and choline (both involved in one-carbon transfer or methylation) is important for successful completion of fetal development... Folates are important for normal neural tube closure in early gestation, and the efficacy of diet fortification with folic acid in reducing the incidence of neural tube defects is a major success story for public health nutrition. Similarly, maternal dietary choline is important for normal

neural tube closure in the fetus and, later in gestation, for neurogenesis in the fetal hippocampus, with effects on memory that persist in adult offspring; higher choline intake is associated with enhanced memory performance" ► AJCN 2009;89(2):673S-7S. Women with higher blood choline and betaine (metabolite of choline, part of most diets) at 16 weeks of pregnancy gave birth to kids with better motor skills and cognitive score at 18 months old ► PO 2012;7(8):e43448. "Choline supplementation during this period (pregnancy of rats) increases memory capacity and precision of the young adult and appears to prevent age-related memory and attentional decline. Deprivation of choline during early development leads to compromised cognitive function and increased decline with age ► NBR 2003;27(4):385-99. In rats, prenatal choline improves memory as an adult, changes the hippocampus ► JNP 2004;91(4):1545-55. In rodents, perinatal supplementation of choline enhances memory and learning functions, changes that endure across the lifespan ► JP 2006;149(5 Suppl):S131-6. In rodents, more choline during pregnancy led to enhanced cognitive performance as adults ► NBR 2006;30(5):696-712.

► 12.4.31. Vegan omega (ω) 3 fatty acids DHA EPA (45 pages: key pill for moms) ◄

Pregnancy and ideal health require high quality EPA-DHA fish or algal oil capsules (if you eat no fish), so read on. As we age, arteries stiffen without EPA-DHA from diet, brain degrades faster, since ALA conversion to EPA-DHA slows. The δ-6-desaturase δ6d or lineloyl-CoA desaturase enzyme catalyzes the rate limiting step in the 5 step process that turns ALA (2 double, = , bonds, (18:2n-3)) (in walnuts, flax, chia) ω3 to DHA ω3 (3 = bonds). ω is the last carbon, since 1 is COOH, ω3 means the 3rd carbon from the last has the first double bond: desat, elongase 5 (elongates or makes it longer by 2 carbons, adding $-CH_2-CH_2$), desat, elongate, desat. δ6d basically removes 2 H, creating an extra double bond: linoleoyl-CoA + Acid $H_2 + O_2 \rightarrow$ γ-linolenoyl-CoA + Acid + 2 H_2O. δ5d is this. All ω3 and ω6 we need are all cis for all 2 to 6 double bonds:

ALA $CH_3-(CH_2-CH=CH)_3-(CH_2)_7-COOH$ → δ6d → SDA $CH_3-(CH_2-CH=CH)_4-(CH_2)_4-COOH$ → elongase elovl5 → ETA $CH_3-(CH_2-CH=CH)_4-(CH_2)_6-COOH$ → δ5d → EPA $CH_3-(CH_2-CH=CH)_5-(CH_2)_3-COOH$ → elovl5 → DPA $CH_3-(CH_2-CH=CH)_5-(CH_2)_5-COOH$ → δ5d → DHA $CH_3-(CH_2-CH=CH)_6-(CH_2)_2-COOH$

SDA is stearidonic, like stearic (C18) with do for double bonds. The names of these acids are better understood by reading the fatty acids mnemonic section, so you memorize nothing. CH_2-CH_2 → CH=CH during 3 desaturase (δ6d &2 δ5d) steps, CH_2-CH_2 added via 2 elongase elovl5 steps: $C_{18}H_{30}O_2$ → δ6d → $C_{18}H_{28}O_2$ → el → $C_{20}H_{32}O_2$ → δ5d → $C_{20}H_{30}O_2$ → el → $C_{22}H_{34}O_2$ → δ5d → $C_{22}H_{32}O_2$

δ6d also catalyzes the rate limiting step in the 3 step process (easier, not 5 steps as with ω3) that turns LA (39% of walnut, 52% of corn oil, 54% of soybean oil, etc) ω6 (2=) to ARA ω6 (3 =):

ω6: LA $CH_3(CH_2)_3-(CH_2-CH=CH)_2-(CH_2)_7-COOH$ → δ6d → GLA $CH_3(CH_2)_3-(CH_2-CH=CH)_3-(CH_2)_4-COOH$ → elongase → DGLA $CH_3(CH_2)_3-(CH_2-CH=CH)_3-(CH_2)_6-COOH$ → δ5d → $CH_3(CH_2)_3-(CH_2-CH=CH)_4-$

$(CH_2)_3$-COOH ARA or $C_{18}H_{32}O_2$ → δ6d → $C_{18}H_{30}O_2$ → elovl5 → $C_{20}H_{34}O_2$ → δ5d → $C_{20}H_{32}O_2$

LA is linoleic as in lean oleic (oleic is main acid in olives), being essentially a lean or trim version of oleic acid, without 2 H or 1 extra double bond. GLA is γ-LA, LA stripped of 2 H via a new double bond. The competition between the 2 pathways (LA → ARA, ALA→EPA→DHA) for the same rate limiting δ6d enzyme causes the appearance of ω3 DHA-EPA deficiency when people overeat ω6 seed oils, causing systemic inflammation (diabetes, arthritis, plaque), because ω6 ARA turns into PGE2 (prostaglandin E2), a key pain, fever, inflammation mediator. DHA integrates into cell membranes and replaces ARA, which reduces the raw materials available for producing pro-inflammatory eicosanoids (prostaglandins and leukotrienes). DHA suppresses COX-2 activity, the enzyme responsible for ARA ⍰ PGE2. DHA turns into 17S-hydroperoxy-DHA via 15-LOX (lipoxygenase, LOX, enzyme that oxygenates lipids), then into resolvin D1 RvD1, RvD2,3,4 via 5-LOX. DHA also turns into 16, 17-epoxy-protectin via 15-LOX and then onto to protectin D1. DHA turns via 12-LOX into 13S, 14S-epoxy-maresin, then maresin. The DHA derived resolvins, protectins, maresins protect the body from out of control inflammation. So, the more ω6 seed oils we eat, the less plant ALA ω3 converts to algal/fish EPA-DHA ω3 and the more deficient we become if they don't eat DHA-EPA from algal or fish oil. Hence we always hear about ω3:6 ratio being too low, 1:50 in corn, 1:8 in soybean oil, 1:300 in peanuts, instead of 1:1 in canola or 1:4 in walnut, 3:1 in chia. Relying on ALA only is death, as some males convert only 0.01% of ALA to DHA. High DHA-EPA lowers blood pressure, heart rate, clotting, extending lifespan. Japanese have 10% ω3 in blood, live longer. The optimal ω3 % in blood as % of all fatty acids is 9-15%, low is 1-5%, medium 5-8%, see yours via the omegaquant.com kit.

Fish oils have more deadly trans fats (which are not listed on any certificate of analysis) than algal oil due to the deodorization at 400-480°F (cis becomes trans), that doesn't occur with algal oil, so algal oil is always healthier, with far less trans fats, or deadly (up to 100x more lethal than cholesterol in fish oil that is absent in vegan oil) oxysterols. ☺☺☺. Concentrated fish oil is more heat treated than regular fish oil, but any fish oil goes thru 1. steam processing to remove fish solids from oil, 2. molecular distillation, 3. brief heating at 200°C (392°F) to kill all microbes, parasites, PCBs, dioxins. FDA says packaged foods and supplements containing less than 0.5 g trans fat per serving can be labeled as containing "0 g" trans fat, so if fish oil serving has 20% trans fat, or 0.2 g you won't know it. "mono-trans EPA isomers relative to the corresponding all-cis isomer ranged from 0.19 to 4.5 %... mono-trans DHA ... 0.25 to 5.9 %... a high degree of isomerization is avoidable... points to deodorization (400-480°F) of the oils as the main source of trans isomers." ► Lipids 2012;47(7):659-67: trans fats from concentrating algal oils at 230°F or concentrating fish oils at 390°F, are much lower than trans fats generated by deodorization at 400-480°F; algal oils are concentrated at much lower temps). Concentrated ω3s are distilled more, have more trans fats, so don't buy any "concentrated" fish oil, as it can have 20x more

trans fat than even concentrated algal oil. Concentrating algal oils doesn't do much damage, since the temps are 230, or 160°F lower than fish oil. ω3 oils go thru 1. molecular distillation (to remove heavy metals, PCBs, dioxins, free fatty acids) at 140-200°C (180°C max ideal for fish, but not some use 200) with algal oil using 150°C (302°F) max 2. deodorization (180°C for algal in vacuum, up to 290C for fish, though algal deodorization is optional: removes oxidation products like peroxides, aldehydes, ketones and other odor causing chemicals by steam distillation at 180-250°C, enough to create trans, concentrates oil in DHA-EPA). Igennus and many companies don't deodorize vegan ω3, so their trans will be much lower, hence eating vegan ω3 is safest, since trans % will be 0.2 not 5% in fish oils. However, if you prefer to buy fish oil, this chapter has a few links to Igennus fish oils. FDA banned trans fats for a reason: strokes, infarcts. Amazon warehouses can reach 100°F when it's 100 outside, so never buy Amazon fish oil within the warmer 3-10 months of the year (depends on state) when temps go above 75°-78°F often. ☺☺☺

The IFOS certifications show TOTOX after a 1 day air travel from California or UK to the Canadian IFOS, they don't show what happens in 3-4 weeks of truck or ship transport at 120°F (this can be 160°F even in the July-August heat waves) from Los Angeles to East Coast or UK to US states (even during mild spring and fall temps (Igennus says they ship it in the "colder" months to keep stock for summer to avoid ocean heat, but does it sit at 70°F in a warehouse? No, so order in winter only), UK to US containers can reach 110-130°F (150° in summer) inside the container routinely, meaning the fish oil goes rancid in the 4 week ocean journey). Video explains why USP label is useless for fish oils and why we need IFOS. In direct sunlight, internal ocean container temperatures can exceed ambient air by 20-40°C (36-72°F), we get deadly raw or final oils in a system run by billionaires not liable for genocide via fish/algal/food oil oxidized lipids, just as canned fish companies poison us. Most US fish oil goes to China and returns, after purification, hence those guys don't get IFOS papers, oil being lethal. This means oil reaches 120 and 140°F often for 9 months of the year, China factory to Los Angeles takes 3-6 weeks one way (it goes to China too, so 6-12 weeks total), add to that 1-3 weeks to Amazon warehouse in hot trucks, you get POISON. Fish or algal oil is the one product where you have to pick the best 0.2%, since 99% is POISON, like with US music. Buy local, support local US companies, and eat a much healthier product. Fig. 3 shows oxidized ω3 raises VLDL, LDL, non-HDL, while fresh ω3 lowers them ► BJN 2017;117(9):1291-8. Rancid oils literally kill you slowly. So always buy fish oil via 1 day ship from Walmart, NEVER EVER any food or supplement from Amazon, Amazon is almost always rancid.

Sports Research is the best algal oil brand I know of, for people who live in US. An almost identical to Testa and Igennus cheaper algal oils in contents, but double the price (same DSM oil, except it doesn't go to UK/Netherlands to be manufactured and then shipped back to US, causing more oxidation at 140F during the extra 2 months of travel) Sports Research of Los Angeles metro is the only US made raw material, US made brand with a 100% opaque bottle,

free of 1-3 months transport over oceans (raw oil to UK from California, finished oil back to USA) like UK Igennus, California Gold kd-pur or other non IFOS certified iHerb or Amazon ω3 brands. Not to mention Testa, Igennus, not sold on iHerb, sit in Amazon hot warehouse for 4 weeks sometimes. You can't trust any other brand sadly, as light deteriorates oil in the bright warehouses and US doesn't mandate 100% opaque bottles for fish oil. Just as Igennus is IFOS certified (see their values), Sports is also IFOS certified, see anisidine, etc (identical for some batches almost with Igennus as both use same DSM oil), and 100% opaque bottle (unlike the dark amber for Igennus), unlike most Amazon junk: it is kept in the Pasadena etc iherb.com 75°F warehouses, made with exactly the same Life's Omega from California farm by DSM and same Testa vitamin E, C, "pulmonary edema" rosemary oil related "rosemary extract" (is it rosemary extract or rosemary oil? a BIG difference, ask the company before using), but without the irritant carrageenan (called "seaweed extract" on other brand labels) in the softgel (which you can trash after squeezing the oil). Sports Research ω3 (San Pedro, 33 miles from iHerb) got 60 caps too (sold on Amazon too, if you want it oxidized). It *has sunflower oil (25% of humans allergic to it), carnosic acid, polyphenols*.☺☺☺ Under 1% of EPA-DHA brands have dark color plastic cap and bottle that is not see thru, white allows some light; Sports Research is one. However, people are too clueless to realize any oil containing softgel or olive oil, etc, liquid vitamin will become poison if shipped from outside of USA, due to the 1st century BC logistics that still is the rule of commerce today. Your best bet is local US algal oil (DSM made in California like Sports Research), packed by California company and shipped to Amazon warehouse in winter, weeks before you order it. Otherwise, you get JUNK and it probably cancels all benefits of taking it. You need to understand our whole "civilization" runs on scriptures that deify theft, genocide, rape and that ethics is more of a cosmetic marketing facade to get victims to buy bad products. The so called globalization meant the destruction of US industry, genocide of Americans via import of lethal poisons. See the hybrid war behind "olive oil", avocado, seed oils, coconut ads. Genocide. Read the fake commercial science papers section to understand how outsourcing APIs (advanced pharmaceutical ingredients), all raw ingredients for food is an act of national suicide and why we need to produce our own eterni powder food in house, stop all gangster imports.

Oil rancidity is measured using TOTOX, or Total Oxidation = 2 PV (peroxide value) + AV (anisidine value). PV measures peroxides, hydroperoxides formed by short-term primary oxidation, while AV (1 min clip) measures aldehydes/ketones formed by long-term secondary oxidation of peroxides to aldehydes, ketones. Anisidine (4-methoxy-aniline) reacts with C=O (aldehyde, ketone) to form Schiff bases detected at 350 nm via spectrometer: $R_1R_2C{=}O + H_2N\text{-}C_6H_4\text{-}OCH_3 = R_1R_2C{=}N\text{-}C_6H_4\text{-}OCH_3 + H_2O$. A Schiff base is $R_1R_2C{=}N\text{-}R_3$, R_3 is aryl or alkyl, but $R_{1,2}$ can be hydrogen for aldehydes like formaldehyde $H_2C{=}O$. AV max limit is 20, TOTOX 26, PV 5. It's a marketing fraud to claim what we buy from Amazon or iHerb is the same as IFOS results show, it's

genocide, especially when the IFOS is just a statement without numbers (kd-pur) and for raw material that is then shipped to USA and can reach 130-150°F over the Atlantic. Capitalism is all about conning others, with tacit puppet gov approval. The idea is you want local algal oil, made locally, shipped in the coldest of winter to Amazon warehouse (they restock each 1-4 weeks) within the same country. This banditry will only change with the 11 companies that end the aristocrats that build palaces off genocide, instead of having proper temp storage for vitamins, foods, proper packing in 100% opaque containers (not white, clear, etc). Even if you live in a colder climate, spring/fall months means ocean transport or LA to NY from company to Amazon warehouse takes 2-3 weeks, in hot trucks of 130-150°F can destroy the oil on its way to the "cool state" Amazon place. Fish oil is the one thing that's liquid (never order anything else liquid for vitamins, it's poison, it's degraded) that you need to be very picky about unless you want plaque and damaging your arteries with LDL oxidizing junk. Use 74°F iherb (5 states, CA, IL, KY, PA, TX got warehouses in USA) during the months with temps > 75°F if you failed to plan well, like their California Gold ω 800 90 caps (80% of the oil is DHA-EPA, unlike most brands that are 25%, meaning your LDL will be lower) for 72g total EPA-DHA/25$ (kd-pür® IFOS™ quality fish oil purified in Germany using supercritical CO_2 tech, with no harsh solvents or high heat, ensuring low oxidation, contaminants, unlike most junk processed in China with no IFOS (International Fish Oil Standard, like IAOS, IA(Algal)OS) test, let alone 5 star IFOS rating kd-pur often gets). Igennus made in UK is probably better than California Gold, since the German oil is shipped to California, processed in hot Pasadena, by the time it's in caps it's much more oxidized than Igennus (UK is much colder) and iHerb provides no final TOTOX, for the final product, only for the raw kd-pur oil, before shipping via hot trucks from East Coast to Los Angeles, via hot Atlantic ocean containers from EU to Los Angeles, which destroys. So, it's a scam for iHerb to claim that the final softgels are IFOS quality simply because the raw German oil is IFOS quality, so try use Igennus, ignore iHerb oil brands, Igennus is the only cheap IFOS quality brand on Amazon/Walmart, order in winter for the next year (see next page on what Igennus to order). We need EVIDENCE, too much fraud going on. Kd-pur doesn't even show us the anisidine, TOTOX, peroxide, etc values for the raw oil like Igennus does for every final softgel type, just that "it passed IFOS criteria", and iHerb Cali Gold 800 is not even cheaper/g than Igennus.

Pathetic, the reason iHerb "California Gold" doesn't have IFOS certification for final product is that it would show how terrible it is vs Igennus etc? Check out the shrimp FDA never checks for poisons, as all trillions are stolen by aristocrats, so FDA budget is infinitely small of course, like our lifespan. iHerb just deceives and brainwashes us that it's IFOS raw material, then use that to make us believe the 'final pill' is "perfect", as if we don't have brains to think and realize the big difference. Even the best brand from Amazon will be destroyed in Amazon hot warehouses in 2 weeks of 78°F weather (ship it in the coolest week), the IFOS results refer to tests done to fresh

samples companies send to cold Canada, not to fish oil siting in Amazon in hot temp or US warehouses, and then having anisidine, TOTOX, peroxide, etc 20 times higher than IFOS data, so don't imagine any fish oil from Amazon is good, unless bought in January-February coldest months. Any Amazon fish oil bought May-September is oxidized TRASH for most US, pure POISON. It's a scientific fact after 10 days at 85°F in the Amazon warehouse, quality is CATASTROPHIC: eating that is a form of slow suicide, it causes strokes, infarcts, FDA could care less, Amazon doesn't care. Most people have no clue, it's the same with any canned fish (some have zero ω3), any polyunsaturated oils you buy in clearer bottles from any online website. Don't even buy any oil, except fish or algal oil pills, the rest are usually super oxidized, only iHerb fish/algal EPA-DHA oils are safe to eat year round. US has no standards for anything (just like all other countries), except stuff to prevent instant death, but slow death via 3 million products is the rule in every country. It's the law of the jungle, you either know, or you die 20 years early. The companies hide it from the consumer. Only eat Fish/Algal vegan EPA-DHA oil that was certified by IFOS. The rest are junk, even if made by iHerb using "internationally sourced oils".

EPA lowers ApoB, without raising LDL, while DHA lowers ApoB, while raising LDL, so MDs prescribe (or people buy without prescription) the more stable (39$ after all discounts, cancel resubscribe 4 days later to order 2nd bottle if needed to bypass hot summer order/90g EPA, 101 ω3) rTG EPA or concentrated EPA-DHA ratio 2:1 (24$/101g ω3, 60g EPA, 30g DHA) to lower ApoB the most, by not raising LDL slightly with DHA (rTG form is more stable than esterified form, so it's less rancid, plus it absorbs more). However, DHA raises HDL more than EPA, so perhaps the best for some may be EPA:DHA 2:1 or 3:1 or 4:1, not the algal 1:2. It all depends on Lp(a) effects of whatever EPA:DHA ratio you chose. ω3s lower Lp-PLA2 (lipoprotein associated phospholipase A2) activity (esp at 3 g), an enzyme bound to LDL that causes vascular inflammation and plaque rupture (the cause of big or silent undetected strokes and lethal infarcts). All LDL causes plaque, it's just small LDL makes more plaque. A little DHA is fine from algal oil for the brain, etc, but essentially, to bring down ApoB, live plaque free, we need mostly EPA. ApoB needs be < 60 to minimize infarct/stroke risk. Lower ApoB and live 5-25 years longer. EPA brain half life is 22 hrs, DHA is 2.5 yrs. EPA can turn into DHA, as needed. But DHA doesn't become EPA. So, EPA is better, it protects the brain far more from inflammation too, not just the arteries, you can take 2-4 g EPA without any DHA to see what happens with ApoB, 10-20 mg/dl drop? Pregnant moms need DHA for the baby, so they need take 1 g DHA and 3-4 EPA to minimize plaque, infarcts, strokes (most strokes, 100s of them, are silent and they slowly destroy the brain). Most people buy solid vitamins, except for the ω3s. Because Amazon ships ω3 in trucks and trains that reach 150°F and damage ω3s, or in ocean containers that take 5-7 days from Los Angeles to Honolulu, extra 3 days to local islands, during this cross country journey it ruins the quality, so never buy anything liquid from Amazon. Opt for stuff without oils. The metallic container on ships (Hawaii)

or trucks (most mainland transport, East to West, etc) can get 120-150°F inside, which is deadly for any oil/liquid. This is because a gov of frauds who don't require all containers and trucks to be painted the 99.9% heat reflective white to prevent spoilage. But ω3 is an oil, so our best bet is using iHerb cool warehouses for mainland or ordering from a company that takes only 1 day to ship stock to Amazon warehouses near you, a more local manufacturer of ω3 that has some antioxidants (carob, vit E, C) inside too to prevent spoilage. Otherwise, you get oxidized deadly ω3, unless you order your next year's supplements in January when it's cool everywhere, except Pacific ship containers to Hawaii. Plan ahead. Keep all oil, vitamins in the fridge.

C_{18} ω3/6 are precursors of C_{25}-C_{38} ω3/6 called VLC-PUFAs (very long chain polyunsaturated fatty acids), which play (see their formula) a key role in retina photoreceptors and which are almost 0 in diabetic retinopathy, AMD, partially/full blind patients. Mice who got VLC-PUFAs reversed age related vision loss, but DHA did NOT help ► STM Med 2025;17(817), explained in simpler terms here. Eyes need LA ω6, ALA-DHA-EPA ω3 precursors of VLC-ω3/6, so eat vegan algal oil, flax/chia oil and walnuts. ω3 were shown to reduce aggression by 30%, so it's important to feed kids/adults well, to prevent false diagnosis of autism and giving them autism 'calming' pills that destroy brains causing more violent crime due to bipolar extremes coming from these stone age pills. ω3 also prevent diabetes and plaque, plus other inflammatory diseases of aging. ALA is plant form that turns into DHA-EPA inside us. Too much DHA-EPA from pills can cause irregular heart beats, so start small 0.25 g, then 0.5, and don't take to 4 g (unless pregnant with twins perhaps), as those high levels taken without food can screw things up in many studies, but low levels are fine. Some pills contain flaxseed oil too, besides DHA-EPA, that's fine, flaxseed oil in pill form is fine, as it doesn't oxidize each time you open the bottle. Chia oil pills or bottle are better, as there are no traces of cyanogenic glycosides. The NIH ω3 AIs (not enough data for RDAs) in g are a tiny 1.6 for adults, 1.1 for women, which everyone gets, but 1.6 is presented as OK even if all 1.6g is ALA; the 8th chapter of the 1359 page pdf gives the 2005 reasoning behind this 1.6 g and explains DHA-EPA count towards this 1.6 g; it also has some in vitro and in vivo studies where it appears *immune function (T cell function etc) is diminished after fish oil intake*; since most studies were in vitro, they could not conclude if immune suppression is universal or if UL (upper limit) for DHA-EPA can be set, but high levels of DHA-EPA in Eskimos (6.5g/day, vs 0.4 in a typical Testa pill) are associated (*no causation determined yet*) with bleeding, strokes. *If you notice more nose bleeding or infections during supplementation, you may be a minority affected by huge intakes of fish or DHA-EPA pills*. More recent (mostly mice) studies present a mixed picture: "EPA and DHA don't generally affect immune cell functions in an inhibitory manner, but rather promote pro-resolving responses." ► JLR 2013;54(4): 923-35, "ability of n-3 PUFA to perturb... structure and function in CD4+ T cells" ► EJP 2016;785:2-9, "Generally, ALA, DHA, and EPA exert an inhibitory effect on the activation of immune cells from both the innate and the

adaptive branch… specific immune functions are promoted.. phagocytosis by macrophages and neutrophils or Treg differentiation" ► IJMS 2019;20(20):5028, mixed effects on viral infections in mice ► FRBM 2020;156:190-9, "usage of *algae- or plant-based sources of EPA and DHA seems more preferable than marine or animal-based sources*… EPA and DHA …(pills) should be considered as both a supportive therapy and a *prevention* strategy in SARS-Cov-2 infection" ► FP 2020;11:752.☺ It probably depends *on every diet (if ω3:6 ratio is low, then reduce ω3; the ratio is more critical than the amount; take antioxidants rich* foods *or vitamins with* ω3*, to prevent oxidation, take ω3 pills with big antioxidant rich smoothies to* mimic *food ω3) and on every immune system*, so try 1-3 *vegan* pills and see what works best. *58 g of farmed salmon daily (or* 3 vegan pills*) would impair our immune function?* It would mean 300 million of frequent fish eaters get weak immune systems, yet in reality, Japanese live the longest.

Krill oil (by NatureBell, opaque bottle, carob protects against oxidation, not in semi transparent Micro Ingredients bags that allow light to oxidize) *with no* added olive oil *or* carob *is not a safe* fish source of DHA-EPA, due to no IFOS or any certification to show anisidine, TOTOX, peroxide, etc, even if it has 50-80% phospholipids and some of the lisophospholipids of DHA EPA cross the blood-brain barrier, unlike normal algal/fish oil, allegedly providing 50% higher uptake of DHA-EPA by the brain (with the oxidized phospholipids allegedly not making it thru the blood-brain barrier, to damage the brain). The cheapest algal, Igennus, is 88c/g, the cheapest quality fish oil is Igennus at 24c/g vs 54-60c/g for Nature Bell/Micro Ingredients/etc oxidized krill oil (krill oxidizes far faster due to phospholipids). Igennus has amazing documentation and some lots of the fish oil are as polluted as their vegan algal oils, go here and then select batch number to see anisidine, acid, peroxide, dioxins, TOTOX, PCBs, while NatureBell and most Amazon sellers got no oxidation parameters on their certificate of analysis, *most* (Nature Bell, Micro Ingredients) *don't even provide a certificate of analysis*. PCBs in Igennus algal oil for the same date of a certificate is 3-41x lower or so than the Igennus fish oil, with each newer date being lower value, indicating the company is improving its filtration tech. Igennus fish oil (EPA) 2027-8 PCBs are 15.4, 15.8, 20.5, 0.38 ppb vs Igennus algal oil 0.38, 0.17, 0.063, 0.058 vs fish oil (DHA-EPA) 5.0, 0.82, 0.78, 0.6, 0.47, 0.17, clearly showing EPA oil one is the most PCB rich and to be avoided perhaps, since the rest of parameters are about the same. However, even canned beans have 3-150 ppb PCBs and we can eat 1000 times more g of lentils a day (1400 g lentils), so lentils we eat might have 3-150 ppb×1000/0.17 or 18K to 882K times more PCBs than that 1.4 g of fish oil in a 2 cap serving. So don't worry about that PCB, the number one killing thing is the oxidized fish oil.

These PCBs are known to cause dementia and other issues. Shrimp, a small farm raised fish, causes endless issues in consumers, viruses, pesticides, antibiotics, PCBs so algal oil is safest. Getting oxidized oil across the blood brain barrier is not possible since only healthy unoxidized ω3 can cross the barrier by binding to the Mfsd2a transporter protein. Transport from South

California is done in hot trucks, except winter, so rancidity damages livers, arteries, as they become LDL. But among fish oils, krill is the least contaminated of course, before molecular distillation. Krill is at the bottom of the food chain, so it doesn't accumulate heavy metals (see FDA table, the bigger the fish, the more mercury), PCBs, etc as much as bigger fish like scallop (3 cm vs 1 cm krill), sardines (15 cm), which themselves have 400× less mercury than tuna (100-300 cm) or tilefish (125 cm). Krill is the smallest fish, so it disturbs the human quantum field the least, when they're killed, compared to big fish or even sardines. It's important to know, before using fish oil, that fish oil oxidation is higher than algal. "Krill oil contained the highest total n3 oxylipin concentration (6000 nmol/g) and the highest degree of oxidation (EPA 0.7%; DHA 1.3%), while microalgae oil (Schizochytrium sp.) showed the lowest oxidation (<0.09%)" ► JAFC 2022;70 (13):3979-98 so bad fish oil causes arterial plaque. Of the 32 ω3 pills in "New Zealand and Australia, 83, 25 and 50 % exceeded the voluntary recommended safety limits for peroxide, anisidine and TOTOX, respectively" ► JNS 2015;4:e30, Fig 2 shows vegan DHA-EPA is the least oxidized. Only buy oils that have values close to Igennus. Most fish oil is shipped to China to be distilled, so it's damaged during shipping, that's why they provide no oxidation data.

The biggest issue is that phospholipid ω3 (krill oil, etc) are less stable than triglyceride ω3 (algal), due to the polar PO_4 and groups linked to PO_4 (choline, etc if phosphocholines) that attract polar free radicals, which then attack the weakest C-H bond of the fatty acid, the allylic CH-H bond of -CH(H)-CH=CH near double bonds. This C-H is weakest in the molecule *(especially if bis-allylic, meaning if between 2 allyl groups* CH=CH-CH(H)-CH=CH, *that's a weaker CH-H bond than* CH_2 *near only 1 allyl group),* because the resulting radical -ĊH-CH=CH is stabilized by the double bond electronic cloud density (sp^2 hybrid molecular orbital). The electronegative PO_4 sucks electrons, so the CH-H bond is weaker than triglycerides, especially near the electronegative CH=CH group that also pulls electrons, leaving C-H bond with fewer electrons. This is how we die: LDL, triglycerides, etc get oxidized like that at the allylic CH_2, then form plaque, leading to infarct and stroke. So you need to find the least oxidized brand or support the rise of Immortalist Party to create 4000 year lifespans via Eterni Foods (made by the 1st National Unified company, Eterni Foods Inc) that contain this hours ago made powder that spends 1 hr max during transport (5 miles), 1 minute max at 80°F, instead of 60*24*10 = 14,400 minutes at 95-150°F in our stone age of small business fraud capitalism where 24 mg on label is 0 mg actual. In God we trust, means in Eternal Life of No Oxidation of Food We Trust. God is zero LDL oxidation via True Chemical☺☺☺ Realization of the new Periodic Table Particles that prevent electronic attack☺, the shimmering Immortal Garment of Eternal Life,☺ made of "immortalion" like particles that cancel the laws of regular physics, Beautiful☺ Clothes of The 11th National Unified company, Eternal Clothing Inc. Let's demolish all stadiums and build 1 million science labs,☺ to Bring Eternal Immortality *for* All on Earth, let's Clothe our minds (and souls☺) with the Radiant Glistening Garment of Ever Happy

Bounteous Gentle Tender Soft Kind Nurturing Loving Virtue and Hypothesis Testing Discovery. ☺

Another issue with this is 25% of the krill (or fish oil in general) oil is DHA-EPA, vs 45% for Igennus 54g ω3/48$ subscribed algal oil, so you end up eating more fats, that may be contaminated with heavy metals (even if they claim "mercury free"), raise LDL, etc. The way to get around that is to buy concentrated EPA fish oil from Igennus (39$ with 1st subscribe after all coupons, promotions clicked) or other quality brand or concentrated DHA-EPA mix that has more ω3 than even algal oil as a %, 70-95% and is actually lowering LDL, Lp(a) more than EPA-DHA mixes, if you choose high EPA type. NatureBell sells 240 capsules or 48 g ω3/27$, but adds carob which is fine for adults, but not pregnant or lactating ladies, as carob antioxidants prevent oil oxidation. The PO4 group, like benfotiamine, does the trick. Lysophosphatidylcholine DHA (LPC-DHA) or acylglycerolphosphocholine or R_1-C(=O)$OCH_2CH(OH)CH_2OP(=O)(O^-)O(CH_2)_2N^+(CH_3)_3$, where ($R_1$-C(=O)OH = DHA) is a superior carrier of DHA via the blood-brain barrier into the brain and retina. By using the Mfsd2a transporter (FASEB 2018;33(2):1554-64), LPC-DHA is more effective than fish oil in enhancing cognitive function, memory, retinal health: rats "fed radiolabeled DHA in phospholipid form exhibited 78% more DHA in the cerebellum, 140% more DHA in the hippocampus, and 69% more DHA in the remainder of the brain after 6 h". There are even companies selling LPC-DHA LPC-EPA mix made from krill oil for 10 times the price of krill DHA-EPA oil, not sure it's worth the expense. LPCs are glycerol phosphatidyl cholines where instead of 2 acyl groups as in typical phosphatidyl cholines, we have only one, DHA. Triglyceride fish oil (99% fish oil, 100% algal oil) is triacylglycerol, no PO_4, so R_1-C(=O)$OCH_2CH(O(C=O)R_2)CH_2O(C=O)R_3$. For APOE4 carriers, at high risk of Alzheimer who make up 65% of dementia patients, krill fish oil may help, if you can lab test it to make sure it's not oxidized. As we age, our ability to take DHA, EPA, etc to make various phospholipids declines, so it's a better idea until the chemical industry can get its act together and synthesize this cheaply without needing krill.☺☺

However, after taking an mRNA vaccine*, in order to build strongest immunity, it may be better to eat less* ω3 *for 3-4 weeks.* The NIH has no UL for ω3, but FDA suggests no more than 2 g EPA-DHA from pills. This section explains though that many people who convert little ALA to EPA-DPA, need EPA-DHA. In the "my daily food" section, there are formulas and food tables names for the 4 main ω3 acids: ALA, DHA, EPA, DPA and foods that contain them, besides the g of ω3 I eat daily, how I limit the intake of ω6 to just 3-8 g/day. ALA and DPA are not as important. Most people eat too much ω6 (average human eats 10 times more ω6 now than 100 years ago) and this high ω6 intake uses up the enzymes that can turn vegan ω3 ALA into ω3 DHA and ω3 EPA (they are the same elongase and desaturase enzymes that turn ω6 LA into GLA and ω6 ARA), leading to systemic inflammation and faster onset of inflammatory diseases. The best DHA, EPA is from vegan pills. DHA can boost IQ by up to 10 points in kids versus DHA deficient kids. Half life of DHA in the brain is 2.5 years. DHA, docosahexaenoic acid, is $C_{22}H_{32}O_2$, molecular mass 328.

Lancet 1992;339(8788):261-4 found that breastfeeding *(breastmilk has DHA) led to IQ score 8.3 points higher in kids at age 8, versus infant formula without DHA and that* eyesight and IQ are much better when moms get enough DHA in their diet so it is in high concentration in breastmilk. Before going into more ω3 details, it it worth mentioning that ω6 linoleic acid (LA) is usually very abundant in most diets, as it's present in vegetable oils, nuts, seeds. Circ 2014;130(15):1245-53 found that those with higher (23% of total fatty acids TFA) LA in their diet had half the non-arrhythmic cardiac mortality of those with lowest (17% of TFA) LA (LA = 39% of walnut w/w, the main ω6 in oils and soybeans). PUFAs ω6/3 replacing saturated fats increases lifespan. JCL 2017;11(4):1082-90 found serum LA, GLA ω6 are linked to 12% lower mortality, but adrenic acid, DPA with 10-12% higher mortality. Most studies suggest plant LA ω6 lowers mortality *for those with sufficient ω3 in diet or who're quite low in LA at the beginning of the study*, since too much LA increases ω6:3 ratio too much, decreasing lifespan. Some very few low fat vegans may not get the minimum LA 2.5-5 g/day or 1-2% of calories. ω3s prevent ischemic strokes by thinning the blood, call 911 if having a stroke, since you can die in 1 hr.☺☺☺

PLEFA 2009;81(2-3):179-86 *recommends pregnant moms take 900 mg of DHA/day* for the best visual acuity and IQ of the infant (0.9-1% DHA/fat in milk). Some MDs recommend adults taking 250-500 mg DHA a day ideally (Greger says 250 mg). USDA and WHO both recommend 250 mg DHA+EPA a day for adults; WHO recommends pregnant women get at least 300 mg, of which 200 mg minimum is DHA. *WHO recommendations for EPA+DHA for kids are:* 0.15% of calories *(0.7 max) for 0-6 months, 12 mg/kg for ages 0.5-2, 100-150 mg for* ages *2-4, 150-200 for 4-6, 200-250 for 6-10* ► BJN 2012;107 Sup 2:S8-22. (Table 4) EFSA recommends *100* mg *DHA* for *6-24* months (some get it from infant formula with 0.3 to 1% DHA, but no formula can bring DHA deficiency), 250 mg DHA+EPA for adults, an extra 100-200 mg DHA/day during pregnancy/lactation. *Better outcomes were seen in 1% DHA formulas* versus 0.3% DHA formulas in several studies, so some women eat 600-900 mg DHA daily to achieve that. Women eating 200+ mg *DHA* get milk with 0.3% DHA in milk fat, or *100* mg *DHA* ingested by infant. Some suggest 250 mg EPA+DHA for all kids 2 years and older, not just adults, as their brain grows way faster than that of an adult. Human milk can contain 0.78% of fatty acids as DHA, 0.2% as EPA ► Ntr 2019;11(7):1585, although other papers found the average DHA content is 0.2-0.3% ► IBJ 2016;12:7 and that taking DHA pills increased milk DHA by 53%. Cow milk contains 0.01% of fatty acids as DHA, or 100 times less than healthiest for babies human milk, if cow diet not supplemented with ω3 (flaxseed or fish oil supplementation changes cow milk % to 0.38, 38 times higher) ► AJAS 2015;28(6):796-806. This means infant formula based on soymilk or cow milk (most cows don't get ω3 supplements) without DHA-EPA added (it was not added for decades until 2000 in many countries) is very damaging to the developing brain and eyes. "Eighty percent of brain DHA is acquired from the 26th week of gestation until birth… intakes of

~300 mg of DHA per day are necessary to achieve human milk levels of 0.3%–0.35% of DHA... According to the American Academy of Ped [37], children under one year of age shouldn't be fed raw, unmodified, or unpasteurized cow's milk as a replacement for human milk or infant formula. Additionally, unmodified milk doesn't provide enough vitamin E, iron or essential fatty acids. Moreover, infants' systems can't handle the high levels of protein, sodium, and potassium of unmodified cow milk... the protein content in human milk ranges from 1.4–1.6 g/100 mL, to 0.8–1.0 g/100 mL after three to four months of lactation, to 0.7–0.8 g/100 mL after six months" ► Ntr 2016;8(5):279; the paper explains vegan and omnivore moms need 2000 IU of D3 during lactation too, to get enough D in milk, and some K after birth, as milk is not enough; the paper adds that human milk can have less than 0.1% DHA; few know that human milk, just like cow milk, can vary wildly in its DHA content from mom to mom, sometimes 20 fold (0.085 to 1.7% of fatty acids) ► EJCN 1996;50(6):352-7. ω3s help cure cancer too. ☺☺☺

Vegan moms need to take 4-5 DHA-EPA vegan pills/day during conception attempts (to build body reserves), pregnancy and lactation, because they don't eat fish to reach the 0.9-1% milk DHA/fat level. Vegans who don't eat daily enough canola oil, flaxseeds/flax oil, soy foods, chia seeds or walnuts can have low intake of ALA (9% of it becomes DHA) and low milk DHA level, if they don't eat vegan DHA pills. Eating DHA ensures vegans get the benefit of no oxidized cholesterol and better vascular health of offspring, without affecting eye, heart or brain development. Arterial plaque begins in fetus stage, so omnivore mom fetuses have 12 times the fetal aorta plaque of vegan moms sometimes before being born. 5 pills means 1.25 g of DHA, the amount in 100 g of salmon/day, not much. Why give the baby mercury in fish when you can avoid heavy metals and PCBs with vegan DHA? Plaque is bad for every organ, as blood vessels supply organs with nutrients. What fish enthusiasts don't realize is that a tuna (100-300 times more mercury than other fish) lover can give baby 9,000 times more mercury than a vegan mom, so this can have some really bad consequences if baby can't handle it. Not every baby can, so then IQ can drop 15 points. PCBs, heavy metals, oxidized cholesterol in fish increase baby oxidative stress and take body resources to fighting free radicals and toxins instead of building high IQ brain architecture. Plus, canned/cooked fish can lose 10-99% DHA.☺☺☺ Among those with stable coronary heart diseases, compared to those with blood DHA EPA below the median, those with DHA EPA at or above the median had 27% less risk of dying ► CCQO 2010;3(4):406-12. Higher DHA cut mortality risk by 57% in hemodialysis patients ► AJN 2011;33(2):105-10. A 1% increase in serum DHA/EPA (% of total fatty acids), meant a 21%/20% drop in all cause mortality ► SR 2016;6:28165. Chapter 16 has 20 studies about depression, problematic/suicidal behavior, aggression, violence linked to low ω3, high ω6. Animal studies demonstrated that DHA deficiency during pregnancy and soon after birth could not be fully corrected later in life. What happens in the womb period is so critical, so prepare well. The less DHA infants got in the womb

and first years of life, the more aggressive hostility, autism, low IQ they displayed as adults. This is consistent with interventional studies in adults (see diet and violence section) who became more *tranquil*, tender, kinder after DHA pill administration ► IRP 2006;18(2):107-18.☺☺☺

97% of ω3s and 40% of PUFAs (polyunsaturated fatty acids) in the *brain* is DHA, while EPA % is 300 times lower and ALA even lower. 93% of ω3s and 60% of all PUFAs in the retina is DHA; DHA is a key component of all cell membranes and makes up 60% of synapses, 50% of neurons' membrane. EPA has a 22 hr half life in the brain, but it has a key role in fighting inflammation in the brain. If people eat too much ω6, there is less EPA formed and the risk of Alzheimer (brain inflammation) rises. Alcohol *depletes DHA and EPA from the brain*. DHA prevents brain shrinkage. *DHA* ω3 and *ARA* ω6 make up 20% of brain's dry weight ► MEHD 2017;28 (sup1):1281916. The body converts some 2-20% of DHA into EPA. NASA created *vegan DHA/EPA* in 1985; just as people have fish allergies, some have algae allergies, so gently watch what goes on if you use *vegan* oils. Too much *ω3* can lead to bleeding and immune suppression though, so increase dose slowly. Life's DHA oil (used in 100s of DHA *vegan* pills like US made Deva) was made in late 1990s and Life's Omega oil was made in 2012 by DSM which employs 21,000 people and has a video, infographic and brochure about ω3. *Life's* omega algal oil, made in an FDA inspected facility, (550 mg *ω3/g, 300mg DHA/g, 150mg EPA/g)* is used by 100s of *vegan* ω3 sellers; an Amazon search "algal ω3 EPA DHA" gives the cheapest *vegan* brands that sell this *vegan* oil (Sports Research is the safest *vegan* DHA-EPA, the least oxidized, no EU-US 1 month ship transport at 100-140°F). As science evolves, they will make *vegan* algal oil with EPA:DHA ratio 2:1 or 1:1; now all algal *vegan* oils ratios are 1:2 or 1:35, which is not ideal for everyone, given we got used more to 1.5:1 ratio for 1 million years. It's a good idea, if you want to avoid carrageenan or other softgel chemicals, to use a knife to gently cut the softgel and pour the oil in a smoothie. This way you don't irritate the gut with softgel prions, heavy metals, oxidized gelatin proteins, you don't squeeze softgels in your mouth which can cause lipoid pneumonia. All oils present this risk, even cooking oils placed on salads we eat, even kids or people who use oil to clean their mouth can develop lipoid pneumonia, (or using oils, medicines with paraffin (mineral oil), etc for nasal inhalation, decongestion, etc, we can inhale stuff even from salads we eat, see ► IM 2002;41(6): 483-6 etc) so try not chew any oil containing softgels or vitamins in the mouth unless you already are mouthful with smoothie stuff and mix well before swallow; much safer is to swallow softgel or pour it into the smoothie *and dilute it 1 to 500 that way*.

The cheapest *vegan* oils are the vitamin E/C free ones that oxidizes faster, but on Amazon 99% of DHA-EPA (algal or fish) oils are not IFOS or IAOS certified, so they're worthless, cause we don't know the quality of GMP, oxidation, anisidine, TOTOX, acid, peroxide. If you choose one that has EPA-DHA oil only with no vitamin E/C/astaxanthin to preserve it better, only choose something that has 500-900+ sold last month, since high turn around means that they don't sit in a hot

Amazon warehouse a long time to oxidize, for example Igennus fish oil is 2K a month. The junk brand Zenwise (no IFOS/IAOS) *causes severe symptoms of short breath, or asthma like effects, typical of low quality oils or algae we're allergic to*. This happened 4 times I took it with breaks and when I reverted to Igennus, it all disappeared. A video explains that algae ingestion by shellfish can lead to toxin accumuation that damages our brains, so, bad algal contamination of the pond in California where they grow these DSM oil algae could cause toxins to move into pills and to damage our brains. Algal oil industry needs more regulation. Avoid Zenwise if you get the same breathlessness, it's usually 100 million humans who have allergy to some algae, not just one. This may be due to this not being DSM oil, but some new algae oil that causes far more allergies. If you eat more than 1 softgel of Zenwise, stool stinks/hardens, you feel out of breath (because the body can only detoxify a certain amount of crap allergens produce or contain within hours of ingestion from the blood), which doesn't happen with 1 mg astaxanthin per serving like Igennus (600 mg EPA-DHA/1344 mg Schizochytrium oil). Igennus subscription costs less than most vegan oils on Amazon, without the rosemary and sunflower allergies. Testa takes oil from California to Netherlands and then UK, oxidizing it in transport more than Igennus. Igennus explained the astaxanthin oil in 2 caps is 10.5 mg as the label says with 1 mg astaxanthin, 40 µg lutein, 20 µg zeaxanthin and some fats. With Zenwise, your stool becomes harder than with DSM Testa or Igennus oil, making defecating 5 times longer. This stool hardening is also true if you eat any spirulina, chlorella or sea algae, some common allergens and fungal organisms that change your microbiome. Fish allergy happens in about 7% of kids worldwide and it can remain for the rest of ones' life. That's why fish allergic kids need ultra concentrated EPA-DHA from Igennus, because that one removes the allergens. Fish contain EPA-DHA due to eating them from algae and they contain allergens also due to eating them from algae, though some are simply fish proteins not present in algae. Med 2021;57(1):76 says "Bronchospasm and asthma *have been reported after ingestion of fish*, … after the inhalation of fish allergens… seafood industry workers and handlers *(don't* hang *out at fish markets)* … children can easily be exposed to aerosolised proteins generated in the cooking *(thus, protect kids by always cooking fish covered in water in pressure cookers so you* don't generate 20 times more toxic AGEs*) Cooking … may increase the allergenicity of fish*". During cooking, parvalbumin *(a* protein *not present in* fish *oil)* levels in fish increase and this can lead to death. Some fish have 100 times less of this deadly allergen parvalbumin (the main one in serious cases), as Table 2 shows, though it's clear you need to research it more, since some analytical methods are not detecting stuff well: "Up to 3% of the general population is at risk of sometimes fatal allergic reactions to fish, requiring strict avoidance". *Research diligently all types of fish oils, algal oils and test them, before you stick to one, if no symptoms manifest.* Allergens can damage the body even if you don't go to the hospital or even if you feel *'nothing bad for years or months', so do your homework*. Death happens with algae too: "*Fatalities* have resulted from consumption of

fresh *Gracilaria* edulis (algae)" (JAP 2017;29(2): 949-82). *Chlorella*, a super popular product, can cause anaphylaxis (the way people can die) too: BMJCR 2020;13(11): e237054. In fact, some MDs suggest avoiding chlorella completely. Minimize issues by mixing the oil with a lot of food in a smoothie. No antioxidants in a DHA-EPA brand will mean high oxidation, high plaque, astaxanthin in Igennus is a much better fish oil preservative than vitamin C or E. Zenwise uses Nannochloropsis oceanica algae, to produce DHA-EPA via AlgaeOmega oil, different from the Schizochytrium algae used to make 98% of algal oil sold on Amazon, like DSM, the oil with the largest market share on the vegan oils market. This Nanno algae has about 500 mg DHA-EPA per 1.35 g of algal oil, or 37% (vs 57% from the DSM) DHA-EPA, *which means you eat a lot more oxidized fats just to get same DHA-EPA, not a good idea, so stay away from* Nanno*, if you're not allergic to DSM types. With Zenwise or* Igennus types*, you can test if your allergy (if any) is caused by the* Schizo*chytrium algal protein traces or* Nanno *algal oils (or Haematococcus pluvialis microalgae of* astaxanthin *complex) or by the rosemary extract, or 24 mg sunflower oil, both of which are known strong allergens added to almost all ω3 brands to increase shelf life*. After testing for 5 months Zenwise, Igennus and again Zenwise, it seems my allergy is due to rosemary extract and *sunflower oil Testa adds to DSM oil,* while hard stool due to Nanno algal oil. The vegan algal oil would be used in eterni foods until we synthesize EPA-DHA directly in 2 minutes via chemical physics reactors. NIH informs "allergens are small antigens that commonly provoke an IgE antibody response". We need a 1 million vegans study to see the 60 algal strains causing higher IgE response to mass produce the least allergy strain, be it Nanno and Schizo. ☺☺

Testa, using DSM oil, was very helpful by email, providing 10 times more info than the other companies, except Igennus: they shared by email a capsule has *834* mg oil, with *24* mg sunflower oil (used to process algal oil, so *14 mg* linoleic acid, ω6), *19 mg* ARA (arachidonic acid, ω6 in algal oil, so *33 mg total* ω6*/softgel*) 4 *mg vitamin E/C and* 3 mg rosemary extract, *min* 0.45 mg ω3, of which *minimum* 250 mg DHA, 125 mg EPA (as label shows), with the difference being DPA *(min means DHA may be 275, EPA 150, so 25-40 mg left for DPA)*, 0.015 mg carnosol (0.5%), 0.03 mg carnosic acid (1%, so 3 mg rosemary extract), 803 mg algal oil, 25 mg protein, 31 mg carbs, 181 mg saturated fat, 64 mg monounsaturated fat (oleic, etc), 530 mg polyunsaturated fats (*488* ω3, *33* mg ω6, *9* mg others). Each softgel has *803* mg algal oil with about 455 mg DHA-EPA/803=57% EPA-DHA and 33 mg DPA, *488* ω3 total, or 61% (488/803) of the DSM life's omega algal oil. Igennus got the same 57%, they also state minimum 400 mg DHA, 200 mg EPA, but in practice it's higher, plus DPA, so it ends up being 761 mg EPA-DHA (817 mg EPA-DHA-DPA, 56 mg DPA) per serving (2 softgels) of 1344 mg oil, or 380 mg EPA-DHA per capsule. Igennus said they use DSM too, made in USA (CA): labels show minimums, real is always higher. *Zenwise didn't share what oil country origin, red flag.* Zenwise label says 280 mg DHA, 140 mg EPA, those are the min due to variation from batch to batch, but the total is always 475 mg EPA-DHA min as the label

says, with extra ω3 DPA, etc to get to 525 mg ω3. This is confirmed by Zenwise and apparently many companies do that: write the minimum, so EPA+DHA is higher on the label than the sum.

The other issue with rosemary and peppermint extracts or oil, is that they may cause dry eyes by decreasing tear production. However, cheap is not always cheaper long-term due to arterial damage requiring 100,000 surgery, especially as each time I eat more capsules *(4 caps at once time after 4 days of no capsules to test the* toxicity*)* after a break in using it or even without a break, I notice 1. *disturbance of the microbiome (30 times more gas* due to *rosemary* extract or carrageenan which are famous to cause stomach upset; I got it before from rosemary and algal products; carrageenan is sulfated carbs (60 mg/capsule in Testa per their site, so maybe 0.2 mg leaks into the oil, not much... other companies use tapioca starch etc to make capsule *vegan*; as much as one sulfate group for 2 simple sugar units), so that sulfur will cause hydrogen sulfide since most people swallow the capsule, it can be bad, since it may cause digestive issues, cancer, diabetes, etc: EU banned carrageenan *from infant* formula) and 2. *shortness of breath* (this is either due to allergy to algal oil *(I got semi-sick one time from eating chlorella, the only time I did, big digestion issues, over millions of years we ate mostly fish in East EU, never algae;* some *people died eating spirulina*, so just go with fish oil (see next 4 pages for examples) if you get sick and no algal oil works*, you remain vegan, 1 softgel doesn't make you omnivore)* it causes via an ingredient or algal bacteria, improper Amazon storage leading to growth of algal bacteria or oil leaking into the lungs due to chewing the capsule (forgot to pour the oil in the smoothie as it is ideal) and causing issues), so *I don't buy Testa* anymore, they claim that *carrageenan* is "the only way to make a vegan capsule" (pretending they don't know?) but that's simply not true, there are other ways other companies use (tapioca starch etc, tapioca which is usually 100% free of cyanogenic glycosides), even if I used it 3 years not having a clue sunflower oil in it causes issues, since they add sunflower oil (some people, allegedly even up to 24% of people in some studies that are not faked, have allergy to it and *some even end up going to the emergency department due* to protein impurities, or bioweapons placed by spy agencies to blame it on sunflower based on fake articles they create, etc), rosemary extract (see below). Sunflower seeds are known to cause gas, so better gently try to not eat those in snacks if you get gas, it may damage our body. Use pure walnuts, since nut mixes often contain *large amounts of sunflowers to cause asthma*. Walnuts are far healthier than any nut combo you can buy from stores in USA, having far more of the alpha-linolenic and linoleic acids, that vegans get little of from pure veggies/fruits.☺☺☺

Peppermint oil pulegone (peppermint oil used in some brands) and trace stuff in *rosemary* oil are neurotoxins; same for E392 rosemary extract, which contains, among other things, carnosic acid + carnosol *(carnosol causes* nitric oxide synthase deregulation *in mice, so it may cause more plaque in humans if it acts in a similar way; carnosol is carnosic, except the COOH group becomes esterified, with the hypothetical OH group opposite to it (elimination of water, hence*

carnosol alcohol derivative name) on the ring, or think of it as a dehydrogenation enzyme: H of COOH and CH_2 of the ring become COO and CH) they just use "rosemary extract" *to hide exact ingredient concentrations of* some *G*enerally *R*egarded *A*s *S*afe (*GRAS*) polyphenols too; carnosic acid is thought of as super healthy, but impurities not so much. Testa DSM oil is grown in California, made by a Dutch company and packaged in Britain, so a lot of back and forth shipping to oxidize it.☺☺☺ Perhaps DSM oil sold by California pill making companies is safer, less ocean/continental shipping (can get so HOT). Histamine release from algal oil may cause dry eyes and other health issues; carrageenan releases sulfate and this is known to cause some real issues for some people, besides gas; my experience with Amazon is that if you write a long explanation for why a nonreturnable DHA-EPA oil is bad for you (say something about Amazon warehouse temp being 85 sometimes, etc, you got sick, gas, etc), they will refund it, so you may be able to find an algal/fish oil that works better for you. Testa offers a 50 euro test to see if you're ω3 deficient; Testa obviously will cause issues, since sunflower oil has oxidation compounds that we don't need and known protein impurities that cause allergies; if you use *vegan* or fish oil pills, start with 1 a day; Testa got the best packaging of any algal brand, the blisters/opaque box keep each cap away from oxygen/light better; sunflower causes severe allergy in some, so that may be the cause too. I never ate the capsule, but carrageenan can leak into the oil, so I believe the issue could be even the rosemary extract and the rotting of algal bacteria due to high Amazon warehouse temp. Rosemary extract (or oil in other products) in it may be the cause, because rosemary can cause "vomiting, spasms, pulmonary edema", besides dry eyes like all mint family oils. Companies are not required by FDA to list the ingredients on a central website for their 'extract'..., to serve We the People, serving We the Pharma owners: thus, they *use "rosemary oil, rosemary extract, rosemary oil extract" to indicate the same or different things, but* rosemary oil can be deadly...Most fish oils have lemon oil, or sometimes even peppermint oil as flavor and preservative; rosemary *extract* can contain just some polyphenols and sketchy terpenes that are then dissolved into the algal oil; the rosemary *oil* is different, containing more of the potential neurotoxins too, like all mint family plants, including pulegone in peppermint. ☺

Not everything is as the saying goes "*rosemary* is good for the brain" as some papers portray it, since it has 100s of chemicals and in the future high tech era many would be forbidden in food, there are 3000 papers at least on rosemary; peppermint has a few polyphenols and also highly toxic pulegone, is part of a lot of products, fish oil, chewing gum, etc, and also contains somewhat toxic menthone (pulegone minus a double bond), etc. Likewise, rosemary oil *extract* is a confusing word combo (may refer to e392, just saying it's soluble in oil only) on some DHA-EPA softgel labels, allowing Pharma to hide if it's polyphenols and carnosic/carnosol mostly or the more deadly stuff (rosemary oil has lots of chemicals, like eucalyptol 40%, limonene 6%,

linalool 6%, borneol, camphor 12%, α-pinene 13%, β-pinene 9%, etc but it's not the same as real *rosemary* extract of plant polyphenols). The E392 "rosemary extract" name is used for a mixture of terpenes, polyphenols: in EU got *1-33% of total weight carnosic+carnosol, ≥15* ratio of % carnosic/carnosol over % *of total volatiles ((-)-borneol, (-)-bornyl acetate, (-)-camphor, 1,8-Cineole (eucalyptol) and verbenone), ≥ 90% of* phenolic diterpenes as carnosic acid + carnosol (food preservative E392) Read more about FDA approved E392 here to see these % in detail. Testa says on their site their rosemary extract is carnosic which is *ultra* misleading, since it's a lot more chemicals and these 'rosemary extracts' are not all identical in toxicity. Companies using confusing "rosemary oil extract" etc, and FDA not requiring them to list all chemical ingredients is a form of clever expertise at deceiving the American people, like with Retaine MGD eyedrops calling a BAK component a fancy name to hide that the eye drop has toxic BAK. ☺☺☺

We got Naturalis IFOS certified rTG California made fish oil with rosemary oil as preservative. Naturalis is a sketchy company (see astaxanthin fake pills section for details), with only 1 IFOS certified product and unproven "from New Zealand" claim, uses Nannochloropsis oceanica to produce DHA-EPA via AlgaeOmega oil, not Schizochytrium algae Life's omega DSM. Avoid brands with lutein added, since that can cause eye crystals if too much lutein from food and pill. Avoid DHA only brands as those are not going to aid our brain that needs EPA far more than DHA: DHA brain half life *is 2.5 years, EPA 3 days, and you need EPA* to lower LDL and Lp(a). In the presence of oxygen, heat, light oxysterols rise 10 fold in 4 weeks ► Foods 2020;9(10):1501 so avoid ω3 as a dropper, buy capsules, sealed from oxygen. Companies (like Life Extension) don't provide % of trans fats or oxidized fatty acids in the Chile Golden Omega oil they use, but Life Extension does confirm thru some third party that they got plenty of toxins, more than Igennus: 0.2 ppb PCBs, 0.08 ppt dioxins + furans, 0.015 ppt dioxin like PCBs, 392°F heat oxidation of oil parameters (trans fats to create arterial plaque, see pic result of fish oil oxidized lipids, vegan oil is not heated like this to oxidize): Acid Value 2.86 mg, KOH/g 2.79 meq/kg, Anisidine 6.62, Oxidation 12.2; dementia causing metals: Hg < 0.0050 ppm, Pb 0.035 ppm, As < 0.050 ppm, Cd < 0.010 ppm. The quantum field of the entire human race is damaged by *the torture of fish that are far* closer *to humans than plants.* If you suffer from allergy to algal oil, your best bet is fish oil. Among fish oils, the cheapest IFOS quality is Igennus (select oil to see oxidation data), due to lower oxidation values than Life Extension. Extension is made from Chile coast anchovies, processed within hours, softgels look brown (oil is brown too, like flaxseed oil is due to lignans and olive polyphenols (company Certificate of Analysis shows 7.5 mg hydroxytyrosol, 2.25 mg verbascosides, tyrosol 1.5 mg, oleuropein 9 mg, softgel 2168 mg; 710 mg EPA, 500 mg DHA, 2 mg astaxanthin), *so the pill appears black from outside* (like endless vegan vitamins with the same brown polyphenols) *as in the Amazon video, but once you break it and swallow the oil, you will see the capsule is brown due to caramel color they use in their gelatin* maltodextrin *beeswax*

silica softgel shell) to prevent light and bottle is dark blue. Nordic Naturals is expensive and their values are sky high for PCBs, dioxins vs Igennus. Top quality products have seals from IFOS (see values for the best fish and algal oil brands), USP, NSF. 4 Life Extension softgels got 20 mg olive polyphenols (less powerful than lignans and other polyphenols to prevent plaque), 10 mg lignans from sesame seeds. Flax lignans reduce rabbit arterial plaque by 73% vs pure flax oil and give acne in some, since lignans are phytoestrogens, so if acne appears switch brands. If vegan or to avoid all toxins in fish oils, you can buy Igennus algal oil (cheapest vegan EPA-DHA on Amazon) or a safe fish oil if not vegan and get lignans from kale 63 mg/100g, broccoli 99 mg/100g which is easier than 257mg/100 g flax (see tables), a*s you can eat 100 g kale easily, but not flax).* Just 10 g broccoli gets you same 10 mg in their fish oil capsule. Life Extension has *"rosemary extract"* (company said E392) as a preservative, not rosemary oil, so it has the polyphenols and potential allergic reactions in those with rosemary sensitivity (asthma). Extension got a pricier (2$ extra) Astaxanthin 2 mg version fish oil for eye health, with 5 mg lignans, rosemary, 60 mg phospholipids. Flax/sesame/chia oil/cruciferous *lignans are phytoestrogens, which can mimic estrogen's beneficial effects on eye glands, this may cause* less dry eyes in ladies wit*h low estrogen*. A 200 g kale smoothie has 126 m lignans vs10 mg in 4 softgels per serving of this fish oil. Life extension vitamins are usually way overpriced (sometimes 10 fold vs other brands per mg of lycopene, etc), due to a many staff they have (professional in their email replies, web content, unlike most; "life extension ω3" yields many products on Amazon vs 1-2 for others). Many Amazon sellers, MDs who started 2 years ago, can't even write a correct label, 'total fat is 1.5 g, algal oil fat 1.6 g', vs 1980 started Life Extension. Life Extension pills with lutein can lead to overdose (eye crystals) if you eat kale, so read 90 papers on each ingredient before a buy. ☺

Brands to avoid are those without any of these antioxidants: vitamin E, C, annatto extract (used to color the oil capsule which many discard, not to color the oil, annatto has 5% carotenoid orange bixin, that give sit its color, that may help ocular health; can cause some allergies though, most Americans eat it without even knowing), astaxanthin (which is 500x times better than C and E combined, astaxanthin is usually made from algae, while fish sourced one maybe contaminated with viruses), "pulmonary edema" rosemary oil extract or following the best practices of avoiding light oxidation, etc). Vegan algal oil is triglyceride form, unlike the synthetic ester ω3s on the market; eye doctors recommend triglyceride ω3s, due to double (or even triple in other studies) the bioavailability (2.5 times for EPA, 2.1 times for DHA) ► Arz 1990;40(6):700-4. The % of EPA+DHA in the red blood cell membrane (also called ω3 index) increased 197% with triglycerides vs 171% with ethyl esters versus corn oil placebo after 6 months ► EJCN 2011;65(2):247-54. Triglycerides bioavailability was 124%, ethyl esters bioavailability 73% versus fish oil ► PLEFA 2010;83(3):137-41. 98% of fats in food are triglycerides; man made ω3 are ethyl ester

forms that dissolve Styrofoam fast (300+ times faster) due to being far less polar than triglycerides; Styrofoam is polystyrene, very nonpolar -[CH_2-$CH(C_6H_5)$]$_n$-, no polar OH groups. DSM oil is made in California from algae grown in closed conditions, (no antibiotics). ☺☺☺

The *vegan* ω3s are more like eterni foods. 1.1 g DHA+EPA is the same as eating *daily* 6 times a week: 142 g/day of canned pink salmon or 68 g raw Atlantic farmed salmon or 780 g of tilapia or 116 g canned sardines or 85 g raw Atlantic wild sushi salmon or 134 g coho farmed raw salmon; Atlantic farmed salmon sushi has the highest ω3, 3.8 times more than the lowest chum salmon, 2 times more than most salmon, 12.5 times more ω3 than *raw* tilapia. When you eat *cooked or raw tilapia*, not salmon or sardines, *you can* become DHA deficient. A reason to avoid fish/fish oil ω3 is PCBs, fat (*10 g fat*/1.7 g ω3 sardine, *5.5-6 g fat*/1.7 ω3 in tuna/scallop/salmon, versus *2.7 g fat*/1.7 g ω3 in algal oil pill), saturated fat + cholesterol + heavy metals absent in California algal oil. Canned or overly cooked fish ω3 can become 0 g or 2-10 times lower. ☺☺☺

Men make less DHA from dietary ALA (another ω3), so *vegans* need vegan DHA or vegan DHA-EPA, just like others take fish oil or DHA rich eggs to get the same DHA-EPA. We can't boost serum DHA-EPA by eating walnuts, because walnut linoleic acid LA competitively inhibits formation of DHA-EPA from ALA. Vegans we need to eat flaxseed oil, chia seed (3:6 ratio 4:1 or 3:1) to boost DHA_EPA, but some have allergies to flax/chia, so algal oil is the only way. Serum DHA and EPA increased 900% and 200% after eating DHA-EPA twice a week, and 0% after eating ALA from 42 g walnuts 6x/week (ALA is competitively inhibited from becoming DHA-EPA by ω6 LA in walnuts due to ratio of ω3:6 of 1:4, ALA/LA compete for the same desaturase and elongase enzymes), so ALA dietary boosting doesn't always bump DHA-EPA if we also boost dietary LA (or other ω6) ► PLEFA 2012; 87(4-5):111-7; however ALA did increase 140% in the walnut group and higher ALA was noted to lead to less heart disease ► CJC 2010;26(9):489-96. This competition for the same enzymes is why AJCN 2006;83(6 S):1483-93S suggests that "if one eats a lot of ω6, to maintain ideal health one would need to eat 3.5 g of EPA-DHA, but if one eats a little ω6, less than 2% of energy linoleic acid, one needs only 350 mg of EPA-DHA". Flaxseed oil is healthiest in terms of ω3:ω6 ratio 4:1, followed by chia oil 3:1, sacha inchi seed oil 1:1, canola oil 1:2. I never use oils, as they get oxidized, AGE enriched fast on the shelf and during industrial processing (example of 3-MCPD in all fried foods, see Table 1 with how many foods got it, refined oils, extra virgin (virgin=unrefined on paper) olive oil, much of which is mixed with refined, i.e. non-virgin, olive oil, via fraud), create many AGEs fast during cooking. PCBs, pesticides, heavy metals in fish oil raise inflammation markers, so choose vegan oil when possible, as it has less of these and no trans fats. People who eat a lot of PCBs found in animal fat also get strokes 9 times more frequently. *In infants, those fed algal vegan DHA became taller and smarter than those fed* fish DHA ► JP 2005;146(4):461-8. Fish oil has much more *EPA* than algal oil; EPA might interfere with the infant uptake of ARA and synthesis of certain prostaglandins. *Ocean contaminants may*

damage infant brain, but so could sunflower oil, rosemary *extract* etc have effects like possible human nitric oxide synthase suppression, *etc* leading to cardiovascular issues. ☺☺☺

Ntr 2011;3(5):529-54 explains the role of DHA in preventing cognitive decline, brain shrinking with age, depression (caused by hippocampus atrophy), Alzheimer, Parkinson and all kinds of brain diseases. People with deficient liver enzymes for turning dietary ALA into DHA are very likely to get Alzheimer if they get no DHA from pills ► PO 2010;5(9):e12538. They found people with Alzheimer have lower DHA than normal in the brain and liver, *and* more *EPA and DPA than* normal. NNS 2008;11(2):75-83 showed that memory and rate of learning were significantly improved when 800 mg of DHA was combined with lutein (12 mg/day). Ntr 2016;8(2):99 found that DHA is the key for preventing *cognitive* decline, not EPA or ALA. Total intake of DHA (but not EPA) was also a determinant of lower Alzheimer risk. Patients with early stage AD reportedly have lower dietary intakes of ω3s vs avg. DHA only, not EPA or placebo, improved brain blood flow. Alzheimer people also had lower ALA in the brain. DHA enhances phagocytosis (destruction of Alzheimer plaque) of Aβ42 (amyloid β peptide made of 42 amino acids) by human microglia ► JAD 2013;35(4):697-713. Alzheimer affects 4% of those over 65 and 32% of those over 85 years old. B vitamins and DHA work in tandem to reduce brain atrophy in mildly cognitive impaired patients. B vitamins may promote DHA incorporation into phospholipids, and likely have synergistic antiinflammatory effects. ApoE4 (apolipoprotein E4) is the major known genetic risk factor for AD (Alzheimer's disease). apoE4 carriers account for 65-80% of all Alzheimer cases. ROG 2008;1(4):162-9 presents the *hypothesis* that pregnant moms would benefit from taking EPA too, besides DHA because only 1-11% of DHA gets converted into EPA and EPA plays a role in allowing DHA to get to the fetus and in preventing preterm labor, etc. However, taking DHA increased EPA levels a lot ► EJCN 2006;60(3):386-92. Dietary DHA raises plasma DHA (and a modest rise in EPA) in a dose-dependent manner ► AJCN 2006;83(6 S):1467-76S. "Mental and psychomotor developmental evaluations and cord mercury (from fish oil, but not *vegan* DHA-EPA) levels were significantly negatively associated with the 36- and 48-month IQ scores. No child with a cord mercury level higher than 13 µg/L had a full IQ score greater than 100" ► ROG 2010;3(4):163-71: moms need DHA while breastfeeding and after breastfeeding, to avoid postpartum depression; higher DHA cord blood concentration was related to longer gestation, better visual acuity, mental, psychomotor skills. Higher DHA in the milk of breastfeeding women is also related to higher IQ in the child. Low ω3 intake or even high ω6 intake, *even if ω3 is fine, led to* the highest risk of preterm delivery and complications due to prostaglandins E2 [PGE2], F2α [PGF2α] made from ω6 that trigger preterm labor. EPA helps myometrial (uterine wall) relaxation thru prostaglandins PGE2, PGF2α. Women taking DHA pills delivered babies who weighed more and had larger head circumferences. ☺☺☺

Frying, high temp long oven cooking or canning fish can often remove *most* or all ω3 acids ►

"Canning *totally* destroyed *these* (EPA, DHA) fatty acids. In fried tuna, the losses of EPA and DHA were 70 and 85%, respectively." ► JFST 2010;47(2):174-81. Thus, with some canned fish, instead of healthy fats, you eat oxidized fats (5 g not 0.1g in a fish oil capsule) that will caused oxidized LDL to enter arteries and form plaque, giving you strokes and infarcts, all poison you thought was a health food, thanks to a deregulated genocidal aristocrat run food industry.☺☺☺ With 5 million companies, FDA can't test 5 million poison products, with 11 companies, we can test those 500 products 500 times better, so we eat healthy foods instead of POISON. You need 1000 times more Mass Spectrometers etc to test all POISON variants sold today by thieving gangsters. Fish is canned at 120°F and this high temp oxidizes the acids in the vegetable oil they add and in the fish, while the vegetable oil speeds the transfer of cancer causing plastic BPA from the can lining to the fish, versus fish packed in sea salt or tomato sauce, with sea salt being better, as acidic tomato cause causes more plastic to leak. With 1.2 µg/g As (arsenic), sardines are not ideal, even if this As is mostly organic nontoxic, unlike the 0.15 µg/g in rice which is inorganic toxic As. Be wary of ω3 levels listed on canned fish, or calculated (for pregnant/lactating mom needs) from cooked fish made at home, because after cooking or sitting *for 1-4 years on* shelves *ω3 can drop 9 fold and the company may list the precanning* ω3 level or the best batch of 9000. Sometimes canning temp can be raised without updating ω3 level, as they don't know ω3 drops. Canned/cooked fish can be a very *unreliable* source of ω3, when you need PRECISION. Thus, even daily (canned or fried) fish eaters may be DHA deficient if their intake of ALA ω3 and other precursors (there are a few others, less known) of DHA-EPA is low. The irony is a vegan mom, eating tons of chia seeds or oil (flaxseeds not good for pregnant moms), canola oil, algal DHA+EPA, and/or walnuts could have DHA serum/milk level 10 times higher than an omnivore mom eating canned or overly cooked fish that has destroyed all ω3, leading to severe damage to fetus brain and eyes. The vegan DHA-EPA pills are consistently at the same ω3 level (no cooking), way better than "mercury free" fish oil supplements for those few people (usually men) who can't turn ALA into DHA. Today many fish oil supplements are almost *mercury* free, but there are PCBs (higher for fish oils than algal oils even for IFOS) and other heavy metals sometimes (especially the non-IFOS brands) in fish oil, besides saturated fat and cholesterol. The animal saturated fat and cholesterol in fish (which was shown to affect the heart and vascular health of babies in the womb) and fish oil supplements are why many don't recommend fish during pregnancy or at any other time. 69% of fish oil tested lost a third or more of the ω3 acids in the SR 2015;5:7928 study where only 9% of fish oils had the ω3 amount listed on the label. This is because fish oil is heated at high temps to distill out impurities like heavy metals, etc and this causes oxidation. Since storage and light also oxidize oils, buying a brand with antioxidants (astaxanthin, vitamin C, E, rosemary, carob) helps. Due to heavy metal, ocean junk and extra heat processing to remove fish odor, fish oils have a higher oxidation rate than *vegan* algal oils (grown in clean water pools): "The tendency of n-3 LC-PUFAs to oxidize under light is also

influenced by the presence of *impurities such as protein or heavy metals* and its conjugate; *phospholipids* (fish) are more prone to oxidation *than triglycerides (vegan algal oil)*. Because peroxidation is an accelerating chain reaction, small concentrations of peroxides in the source oil, or exposure to oxidizing conditions during processing could have a large effect on the rate of oxidation" ► BRI 2013:464921 ► "it is likely that the ω3s used in many clinical trials have also been significantly oxidized (that's why some studies (using algal, not fish oil) got better results)... oxidized *lipids* may cause organ damage, inflammation, *carcinogenesis*, and advanced atherosclerosis." That's why many vegan MDs never eat oils (except the ω3 algal oil pills), *vegan* or real "cheese, mayo, milks, butter": vitamins, fats oxidize as they sit on the shelf. ☺☺☺

BJN 2002;88(4):355-63 found that in the *healthy young* men studied, *8% of* ALA (α-linolenic acid) is *converted to EPA* and *0 to 4% of* ALA *is* converted to DHA, less in *older* men. 21% of ALA in healthy young women is converted to EPA, 9% is converted to DHA ► BJN 2002;88(4):411-20. Thus, women have far fewer issues with DHA than men. Studies (HMG 2006;15(11):1745-56 and AJCN 2018;108(5):1135-44) in genetic variation for chromosome 11 genes linked to *FADS*1 and 2 (delta 5 and 6 *f*atty *a*cid *d*esaturase), showed in certain populations some SNPs are linked to much lower blood levels of DHA, so for those infants/moms we may need twice as much *DHA* in breastmilk and first 9 years of life to achieve same child development GOALS (brain, IQ, eyes, etc). PO 2011 23;6(2):e17181 found "Not being breastfed conferred an 8-9-point disadvantage in cognition among children GG homozygote for rs174468 (low FADS1 activity) but not among those with the A allele". PO 2010; 7:e11570 found "breastfed GG children performed better than their formula fed counterparts by an additional 5.8 (IQ) points". Ped 2011;128(3):e505-12 found *less infant* diseases *(infection, allergy, etc) first 6 months of life in the pregnant mom group that* got 400 mg DHA from *vegan* algal oil BEFORE *birth*. Thus, it seems better to get some DHA (the typical 250 mg/day found in most vegan DHA capsules) to be safe, especially since most women today get too little ω3 (need 3 g of ALA to make 270 mg DHA assuming 9% conversion), and too much ω6 from vegetable oils, processed foods, nuts, which compete with ω3 for prostaglandin formation leading to more inflammatory compounds. Very few men get 6 g of ALA daily (needed to make 240 mg DHA/day, assuming 4% ideal conversion), so men who eat no *algae, fish (or meat, some meats contain tiny levels of DHA), DHA rich eggs* need DHA-EPA pill even more than women (see above: *0-4% ALA into DHA versus 9% in* women*)*. Since DHA half life is 2.5 years in the brain, DHA is mostly used to keep membranes (arteries, joints) flexible, *all* membranes *use DHA*, *organs always create* cellular *membranes during cell division.*☺☺☺ Lipids 1997;32(3):341-5 explains that DHA can convert into EPA at a rate of about 9%. Many papers showed too much fish oil leads to cancer (due to PCBs and heavy metals, absent in *vegan* DHA) and that some algal vegan DHA oil has more DHA than fish oil percentage wise and is better than fish oil for a variety of reasons related to fats interfering with the fatty acids biochemical cycles in the human body

and the prostaglandin synthesis as relating to inflammation. Hyp 1999;34(2):253-60. found DHA lowers BP/HR, not EPA. Other studies found a positive role for EPA. DHA is more important as a raw material for eye/brain/arteries, as most ω3 in eyes and brain is DHA, not EPA.

AJCN 2010;92(5):1040-51 is a 4,900 people study that showed that *vegans* and fish eaters had almost the same *level of EPA and DHA in their blood* plasma, with vegans having more DHA (286 µm/l vs 271), less EPA (50 vs 64). Studies show that *when we eat less DHA, the body increases the conversion rate of ALA to DHA and makes better use of DHA*. Hence, DHA pills may only be needed for pregnant women and those males (females convert ALA to DHA much easier) who have low serum DHA, or those *vegans* who eat little ALA due to a low-fat diet to prevent heart disease or diabetes. The existence of countless centenarians who ate only meats (which have 100 times less DHA than fish) or only *vegan* food but no fish, indicates that some genomes are highly adapted to *virtually 0 DHA/fish intake (DHA half life is 2.5 years in the brain)*, having a high ALA to DHA conversion. For them, living to 100 without daily DHA is easy, while for those whose ancestors became highly dependent on *preformed* DHA, the enzymes to convert ALA to DHA are not as adaptable. But since neurogenesis happens all the time (new discovery, they thought no new neurons grow), and since, in aging, enzymes stop working as well, for *maximum cognitive function*, healthy blood pressure (no stiff arteries), some *preformed* DHA helps in most genomes, since neurons need DHA. *Algal DHA (no fish)* allows *vegans* to do what no omnivore can, i.e. to have a 5% fat intake, which has advantages, and could prolong lifespan, since some mice develop 114 times more atherosclerosis after identical fat intakes.☺☺ Stroke 2011;42(9): 2538-43 found that the Japanese (the longest mid-large size lived nation on Earth) have 2 times the EPA-DHA level in their blood compared to Americans. However, other studies found that Norwegians eat as much DHA-EPA as Japanese and have poorer heart health, probably due to eating more animal oxidized and long fatty saturated fatty acids. The Eskimo studies show that eating 4 times the DHA-EPA ω3 that Japanese eat doesn't improve heart health, since they get too much long chain saturated fatty acids. DHA may only prevent atherosclerosis when the total animal long chain saturated fat is low. The blood levels of DHA and EPA are affected by the amount of EPA, DHA and ALA ingested, smoking, diet, ω3:6 ratio, etc. Even at identical serum EPA-DHA, we can't know how much DHA is made from ALA and how much is being taken by the cells vs blood. So, while blood DHA-EPA may rise after ALA consumption, it's hard to know precisely what is going on at the cellular level, what the conversion was. ☺☺☺

12.4.29.1. Why it's healthier to avoid oils/fat (except flax-chia-DHA-EPA ω3 pill) (18 pages): new info on TC (Total Cholesterol), HDL, LDL, TG, Apo(a), ApoB, Lp(a), small size bad LDL_{3-4} & HDL_3

This section explains how you can get closer to LDL 46, TC 105, TG 65 (my values 2026, at PC desk blood pressure 93/65 due to Na/K ratio 1:22 and pulse 50 on better days, everything +4 on

worse days, hs-CRP nondetect (0.2 limit)), Hcy 6.2 (take .5-1g TMG if Hcy is > 7 + methylated B complex (more on Hcy in this section) if TMG not < 7, as TMG & $B_{6,9,12}$ lower Hcy) on a 6% fat vegan diet + supplements, without any medication. Studies (10+) show that lower LDL means fewer strokes and infarcts, with some having LDL only 14 (10x lower than average, yet healthier than most) without medicines: "28% reduction in LDL leading to an 88% reduction in coronary events" ► JCI 2015;125(10):3725-6. LDL < 50 is ideal for all.☺☺☺ To lower ApoB, reduce saturated fat to 1-2% of calories, not 15% as most people: it's been known for decades that saturated fat raises LDL, ApoB and the risk of plaque. Eterni foods will give all 4000 year lifespan, but until then, we need a transition basic knowledge to make it to 100 at least. Today, we have 2000 books and "ideal diet" celebrities who each claim their diet is the best for most people. The truth may be very different. Just look at how different the 4 blood types are: A+ sticky and clot-plaque prone, so less fat is better as fat makes blood stickier, others are more prone to cancer and high triglycerides if they eat fat or ketogenic, etc. With 4 types of blood, 4 types of liver, 4 types of kidneys, 4 types of endothelium, we get 4^4=256 types of diets that are optimal for each, and there isn't a one diet that fits all. If some have no pancreas left and need to use fats and protein only. With each decade we discover more categories, so 4^{16} = 4,294,967,296, 4 billion diets. This level of healthspan and lifespan optimization for all is only achievable thru the Eterni Powder Foods Personalized Weekly for our DNA. In the future we'll probably eat amino acids, peptides only, no proteins, to save energy wasted to split proteins. Everything in this book is a hypothesis, because most studies we rely on are false (see why). As we develop Subatomic Restore Tech, we don't eat after 25 and the diet discussion will drop, as all energy is derived mostly from the New Matter Central Being that Projects the Outer Form. In the meantime, there are phenotypes that may live longer, be healthier on a more vegan diet that is lower in fat. Semi vegan Adventists live to 88, Asians to 85 (more vegan, less junk food), Latino 80 (more legumes, corn less junk/gluten), Whites 78 (junk food), Blacks 73 (junk/fried foods, less education). The Asian data is mostly due to aristocratic status, not veganism, since few Asians came before 1900, all being uneducated more vegan: most US Asians migrated after 1900 from wealthier families with access to education, got PhD here (or best Asian Uni), so the higher income, more MD visits, mostly PhD migrants with 120+ IQ (brain drain) vs 100 avg US adds 7 years: many made millions in China by shrinking the lifespan of millions of slaves, moved to USA, becoming landlords, investors, the typical small business parasite that keeps USA backwards with 33 million vs 11 companies. Taught to be greedy, like everyone else in all *nations*, they chased the Prize: $$$, not helping the most live the longest via eterni foods, many became MDs to make 20-80x the min wage while shrinking US lifespan, being MDs is the easiest way to be millionaires. Wealthy whites/blacks also live to 85, not due to veganism, but far lower stress, better food/pills, better health insurance, air/water quality. Lifespan relates to income mostly, not to veganism, but within a given income veganism may help some, if enough supplements exist, etc.

Asian MD with LDL 168 and high carotid plaque, learned from a white MD about <10% fat calories vegan diet reversing plaque and did it, his carotid plaque vanished too, LDL dropped to 61. Why did this MD plaque vanish, while in studies using 20 mg statin or other drugs to double HDL or half LDL, plaque didn't change and they died like "no meds" controls? Because a diet change introduced 900,000 mg of other beneficial compounds vs the 20 mg statin given by the typical MD paid 20-70x min wage to kill us. Real health is possible only with pressure cookers and total control of the food industry by the 1st of the 11 companies, since 20 mg statin won't cancel the 3,000,000 mg of poisons by the Food Mafia. More on this low fat vegan diet (50x less land, 10x less water than beef, 20x more scientists to discover living to 4000) is below:

Okinawa centenarians eat 6% of calories as fat vs 35% the average American and they're the most independent and high functioning of all centenarians, due to low body fat, just as Japan is world's longest living nation, for countries over 7 million people. MD followed the no oil 4-8% fat vegan protocol and his LDL fell from 186 to 84, carotid blockage from 50% to 0%, reversing in 3 months what most MDs can't do in 50 years with 900 pills. 2 min video shows fat lady's coronary artery blockage of 85% vanish in 5 months using same 5% fat vegan diet. 15% of 22 year old US Korean war soldiers (autopsies) had 50+% coronary blockage, 77% had blockage/atherosclerosis, but only 0.5% had atherosclerosis in their medical records (99.5% were clueless of how sick they were, just like today), Table 3 ► JAMA 2012;308(24):2577-83.☺☺☺ More cases are presented in the reversing heart disease section with all arterial tests that can be done. I eat 6% fat (see diet), so on 03-17-2026: TG 65, VLDL 13, LDL 46, TC 105, CRP came nondetect (<0.2 mg/L). TC 105 is typical of vegans, some vegan MDs got TC 93. I don't take any medications. Keep HDL high, TG 40-65, TG/HDL = 0.5-1.0, LDL/TC low. JAMA 2007;298(3):309-16 Table 4 shows that the lower the TG, the lower the risk of cardiac events. MDs aim for LDL 25-55 (Dr. Lin LDL 195 -> 37) in those with plaque/high risk of death by infarct, stroke, though low LDL lowers immunity, risks sepsis/early death, causes side effects from drugs used to lower it. TC = LDL + HDL + VLDL + IDL + Lp(a) + Chylomicrons. Oddly, all or some Lp(a) is counted as part of LDL sometimes, so then the TC may appear higher, as IDL + Chylomicrons are also measured as part of the other numbers. VLDL = TG/5, if normal TG values. Clinics 2008;63(4):427-32 says that high TG/HDL (esp. >2) is the strongest predictor of CHD, death, not LDL. 117 year old HDL was 72, VLDL 6, TC 160 (4.14 mmol/l, free + esterified C in the table), LDL = 160 - 72 - 6 - IDL - Lp(a) - Chylomicrons = 60 or lower, telomeres short (cancer protection?). Her TG/HDL of 1.1 (table) is ideal, so her TG was 79. TG are lower, HDL higher if you eat 2-3 meals within 10 hrs instead of 4-5 within 15 hrs daily. In centenarians LDL is not the 35-70, but 70-130, 104 in Spain (LDL 104 lived to 105, not 117.5 as LDL 60? lady). Moderate LDL fights off bacterial infections better, giving longer life, but also shrinks life by more plaque and by more viral infections as the Table shows relative risk RR on the right (all cause mortality is 0.74 for lowest LDL even if higher LDL fights

bacterial (not viral) infections better due to the fact that "LDL particles take up toxic LPS… (made by) Gram-negative bacteria" preventing bacterial sepsis, inflammation. Centenarians had 38-75 HDL, higher HDL, LDL particle size, so eat low sugars to raise particle size. In omnivores (not vegans) LDL < 70 meant 1.7x higher death risk, while LDL 130-60 meant 10% less death risk, as LDL is a part of the immune system: this study sounds convincing, but it fails to adjust for inflammation, so when you adjust for those CRP, Hcy, TNF, etc inflammation markers, the low LDL doesn't raise noncardiac mortality. Why? Because microbial clearance, cancer tumor destruction depend primarily on cell-mediated immunity (neutrophils, macrophages, T-cells, NK cells, and the complement system), not on LDL catching toxins generated by gram negative bacteria. PCSK9 inhibition (by many supplements or pills) actually enhance anti-tumor immunity by preventing the degradation of MHC-I molecules on cancer cell membranes, allowing cytotoxic T-cells to recognize and destroy cancer cells faster. Thus, when controlling for inflammation (hs-CRP, Hcy, IL-6, TNF, LP-PLA2) and eliminating reverse causality (sick people, undiagnosed illness get low LDL) of observational studies, they found that LDL 30 doesn't increase cancer or infection risk vs LDL 100 in interventional (RCT) and genetic trials (people born with LDL 20, via loss-of-function mutations in PCSK9, HMGCR, or NPC1L1, where LDL didn't fall to 20 because of illness, but was 20 all along, so no reverse causality of "sickness caused LDL of 20-30" can exist). The small (100K, not 5 million) studies show that, when adjusting for CRP and systemic inflammation markers, LDL 30 means a longer life than any LDL > 30, the lower the LDL, the longer the life, as less plaque exists and the lower the CRP, Hcy the longer the life ► LA 2023;401(10384):1293-1301 & JAHA 2020;9(3):e013934. Low CRP, Hcy, IL-6, TNF are more protective than low LDL, but low LDL helps lower all cause mortality. The lower the Lp(a) (a deadlier LDL form defined in 2 pages), the longer the life ► AJPC 2024;21:100903. However, we need much larger studies to confirm these preliminary "findings": LDL, TC, TG, Lp(a) shorten lifespan independent of CRP, Hcy, TNF, IL-6 and vice versa, so to live longest, we need to lower all 8 via diet and medicines.

All studies are under 100K usually, so we do lack a big study (3 million) that looks at LDL and all cause mortality while adjusting for 100s of confounding factors, including CRP, Hcy, etc. People pick a study showing LDL was associated (didn't cause) with longevity, but that LDL may be a sign of their low stress, good sleep, certain diets, or other confounding factors or low LDL was caused by disease, instead of causing death (reverse causation). The U shaped LDL curve many get so excited about to feel good about their deadly blood drinking diet, is caused by reverse causation of undiagnosed illness or unaccounted for confounders: CRP, Hcy, TNF. When studies are done correctly, adjusting for the inflammatory confounders, that U shape becomes a straight slope line, the higher the LDL, the faster you die, see that in studies: supercentenarians low LDL, centenarians high LDL. Data doesn't lie, so far the high LDL camp has to prove they got a real study. Stress is a main driver of plaque and thus mortality, but no study adjusts for stress, sleep

quality, and 100s of other biomarkers to really know, beyond any doubt, the best LDL for living to 4000. We don't yet know for SURE the optimal LDL level, be it 5, 10, 25, 40 or 60 to live to 4000. At what level, LDL 4???, is immune function or brain function really so weak, that the advantage of lower plaque is canceled by infection or dementia? All we have is sketchy studies, as corruption defines all published research (more $, prestige, tenure for more junk studies published), industries due to unequal pay, all looking to sell stuff, fudge data to get a grant. A 72 yr old with LDL 450 had no arterial calcified plaque at age 72 ► Cur 2018;10(4):e2452, as MD did autopsies of sky high LDL folks with 0 CAC score/plaque, believes statins cause calcification and plaque, however CAC score doesn't measure soft plaque, which is far more lethal.

Most MDs believe in keeping LDL < 55 using supplements/diet or low mg diabetes causing statin (2.5$/month, blocks HMGCR, so less cholesterol is made in the liver) and ezetimibe (3$/month, inhibits the transport protein NPC1L1 that transports to blood the intestinal cholesterol & phytosterols, 75% from bile secretion and 25% from diet) or PCSK9 inhibitors (herbs, berberine or pills). Seniors have weak immunity and can die fast via sepsis, bacterial infections, so LDL of 10 may be too low for weak immunity seniors where g negative LPS toxins can kill them, unless they take some other protective nutrient. However, few have LDL 10, most seniors get to an LDL of 25-70 via the 3 most common pills: HMGCR, PCSK9, NPC1L1. Enzymes bromelain, nattokinase, citrulline prevent plaque without low LDL of 7 that lowers immunity. Vegan LDL, HDL, TC are 50-70% lower than omnivores. MDs lower LDL to 10-35 in those with imminent death risk. HDL, LDL, ApoB & Lp(a) particle size is more important than the value:

LDL is light, it's oilier, as oil floats in water, HDL is heavy, more protein, as meat falls into water:

1). HDL is 50% protein — High Density Lipoprotein, heavy, 1.06-1.21g/cm^3, 5-17 nm diameter

2). LDL is 5-25% protein — Low Density Lipoprotein, light, 1.02-1.06g/cm^3, 18-28 nm diameter

3). VLDL is 10% protein — very LDL, very light, 0.95-1.01g/cm^3, 30-80 nm diameter

HDL (good) does "reverse cholesterol transport", taking excess cholesterol from arteries/tissues to the liver for excretion via bile into feces, HDL acts as a vacuum cleaner, while LDL (bad) dumps lipids on arteries, delivers lipids to cells in the body. Each LDL particle has an ApoB protein wrapped around it, so the higher the ApoB is, the smaller the LDL particles and the easier for them to sneak into the artery via small holes to form plaque. Thus, ApoB is a far more accurate indicator of risk than LDL itself, with ideal ApoB < 60 mg/dL. Centenarians were 10 times more likely to have ApoB < 60 mg/dL than controls ► NRIZ 1997;34(3):202-8. LDL rises with poor or short sleep, smoking, drinking, stress, dehydration, high iron, low thyroid/estrogen, trans-fats.

What we call LDL is LDL + IDL (intermediate DL) + Lp(a). Lp(a) is well defined on Wikipedia: it is a

type of LDL particle *(LDL transports cholesterol to cells that need it, people can be healthy even with LDL 10-20, in fact, PCSK9 inhibitors and statins can lower LDL down to 5)* that has an extra protein around called Apo(a) linked to the ApoB (on every LDL) via a thioester bond that binds oxidized phospholipids OxPL via KIV-10. Apo(a) consists of repeating protein loops called Kringle IV (KIV) domains (types 1 through 10), each domain having about 80 amino acids and 3 disulfide bonds arranged in a triple loop fold. KIV-10 (like other KIV that have weaker LBS) has a pocket composed of charged amino acids (Lysine-Binding Site, LBS), that has a + charged area and a - charged area (Asp57) that locks onto the PO_4 - charged and NMe_3 + charged areas of the dual charge (-/+) phosphocholine head group of OxPL via a double lock mechanism: this was proven by the creation of Apo(a) without LBS (no Asp57), which was unable to bind OxPL. This strong bond prevents the toxic OxPL from breaking loose back into the blood while the Lp(a) transports it to the liver. "The Apo(a) component of Lp(a) contains several lysine binding sites, including a potent one on kringle IV10, that allows Apo(a) to bind to denuded endothelium and presumably deliver its cargo of cholesterol and other lipids for cell membrane repair." Lp(a) binds and carries toxic OxPL (see how) released during tissue damage, bacterial infections, clearing the blood of these toxins by dumping them into the liver; 85% of blood OxPL are bound to Lp(a) ► NEJM 2005;353 (1):46-57. OxPL-Lp(a) bind to the arteries too, causing plaque ► JACC 2015;66 (11):1236-46. Lp(a) values vary from < 0.2 to > 300 mg/dL, just like HDL can vary from 0.1 to 220, LDL from 0.1 to 2000 (extreme values are genetic, rare). Apo(a) is encoded by the LPA gene. Known "functions of Lp(a) include wound healing, promoting tissue repair and vascular remodeling… Apo(a) shows a high amino acid sequence homology to the serine protease plasminogen, and consists of a carboxy-terminal, enzymatically inactive, protease-like domain followed by a kringle-V domain and a variable kringle-IV… angiostatin, a cancer-mediated proteolytic fragment of plasminogen, is able to inhibit metastasis and neovascularization of tumors. Based on the high grade of homology between plasminogen and Apo(a), the potential anti-neoplastic (anti cancer metastasis) role of Lp(a) was… postulated" ► CRCS 2017;12(S1):31-7. Plasminogen generates plasmin protein that dissolves fibrin, other plasma proteins.

Due to similar structure to plasmin, Lp(a) competes with plasminogen for its binding sites, so it prevents fibrinolysis (the removal of clots, the lysis of fibrin, the dissolution of fibrin that makes up clots), being called a "clot favoring LDL". Lp(a) promotes secretion of PAI-1 that inhibits plasmin formation from its dormant plasminogen form, contributing again to the growth of clots and associated atherogenity. This extra hook (protein Apo(a)) allows Lp(a) to remodel tissues in ways LDL can't. Apo(a) is a double edged sword, while it helps the body heal injuries, it can also harm healthy tissues, being curly, like a hook, attaching to the arterial wall, making Lp(a) 6 times stickier to arteries than the average LDL particle. Thus, Pharma is developing drugs to lower Lp(a) 90%, but they have yet to prove that drug will lower heart events, since they tried to lower

LDL, raise HDL via pills and often got more deaths (shorter life), same heart events frequency or same lifespan, as pills come with side effects. To heal arterial injuries Lp(a) has to be able to attach to arteries easier, so they try to see what part of the mechanism is the one that we can turn off, to get only the benefits, but not the atherosclerosis. Given that those with Lp(a) 1-9 are fine, Big Pharma invests heavily in trying to develop a single shot that would lower Lp(a) 20 fold for life, without having to take daily pills or monthly injections. Lowering Lp(a) may be safer than lowering LDL has been in some trials that tried to double HDL too, only to see more fatal events. In ancient times, humans were getting many injuries from animal attacks, hunting, tripping over rocks, farming, so it was critical to clot ultra fast, to prevent bleeding to death, infections. That's why Lp(a) evolved to speed up the formation of clots and arterial plaque born of these clots that are not dissolved by plasmin fast enough. Today we don't need Lp(a), as robots do all dangerous jobs, even soldiers (high injury job), so the need for high Lp(a) will be zero for all.

A conspiracy theory (seems true?) emerged online: "statin patents of 20 years are expiring, Pharma needs revenue, so now Lp(a) is the new "evil" that sell $ trillions in Lp(a) lowering drugs to keep Big Pharma employed" instead of aiming for something more useful (eterni foods) to make us live to 4000. Academia is full of corruption: professors (like Pharma researchers) pick and choose which parameters to report (that make a drug look good), picking those that suggest a correlation is causation so they can get a grant investigating that possible causation; they omit reporting hazard ratios that would contradict the causation hypothesis, in order to get the NIH grant, upon which their tenure, higher salary, prestige, chance of becoming Dean, Uni President or Nobelist depends. Essentially, much of the literature is a mind game to get more NIH or Big Pharma grant money, which obviously corrupts scientific progress in understanding disease and how important a biomarker is for longevity, among 9,000 biomarkers. Dr. Jay, who is against all things vegan, points an example of this with Lp(a): watch his 3 minutes and the fake science section. The reason many are skeptical about LDL and Lp(a) is the fact many centenarians have high LDL of 100, yet they live to 104. What they fail to understand is that if those people had LDL 30, they may have lived to 114. Some feel a need to attack a biomarker theory (high Lp(a) is bad) that makes their genetics look "imperfect". Youtubers can be as corrupt as Big Pharma, be skeptical, talk to AI, especially if youtube contains a pitch to subscribe to their channel (monetization), do a consult, buy a product. Even youtubers who say mostly false things can say truths 30% of the time. Nobody knows everything, people of year 3000 will laugh at all experts today and their "science". As shown in 1000s of studies and in 5 places in this book, during infection with viruses, molds, fungi, bacteria or intake of heavy metals, pesticides, SOD, GPx, catalase, other protective enzymes rise, just as LDL, Lp(a) type of LDL (LDL with the tail, see pic) rise. LDL, Lp(a) rise because they FIGHT infections. "Lp(a) levels were significantly higher in COVID-19 survivors than healthy controls (double the level, until 3 months post recovery)" ► SR

2026;16:6217. A higher Lp(a) may actually help you live longer (if it prevents a cancer that could kill you) in some cases if inflammation is low (hs-CRP needs be < 0.2, via an antioxidant rich diet, ω3/6 ratio: 1:1), as Lp(a) fights cancer and other viruses better.

High insulin, obesity, high salt intake (hypertension), smoking are far deadlier than high Lp(a) for women under 55: diabetes is linked to up to 11 times higher risk (HR = 10.71) of heart disease, LPIR (lipoprotein insulin resistance) 6.4, hypertension HR 4.6, obesity 4.3, smoking 3.9, TC/HDL ratio 2.4, TG/HDL radio 2.27, # of small LDL particles 2.25, TG 2.1, ApoB 1.9, GlycA 1.84, CRP 1.76, # LDL particles 1.75, nonHDL C 1.67, # of small HDL particles 1.6, ICAM-1, BCAA, Valine, Isoleucine, sedentary & fibrinogen 1.5, LDL, TC & A1C 1.4, eGFR 1.27, Lp(a) 1.22, Hcy 1.03, ApoA1 0.7, creatinine 0.55, HDL 0.39 ► JAMAC 2021;6(4):1-11. HR for infarct was 1.5 for Lp(a) 90 mg/dL, for clot stroke at Lp(a) 121 mg/dL ► JCL 2024;18(3): e308-19 see pic HR 1.5. CHD HR was 1.25 for Lp(a) > 50 mg/dl vs < 50 ► AJPC 2024;21:100903. In other words, diabetes from high ω 6/3 ratio (seed oils, except flax, chia, canola) is (or can be) far more deadly, by about 9 times, than genetically high Lp(a): 10.71 vs 1.22. If LDL/Lp(a) is so bad how come 100K centenarians have LDL 100-140 and those with higher LDL live longer in some studies not adjusting for confounding factors ► AEPH 2020:3(1):1040? We get fixated on 1 out of 100K biomarkers, missing the big picture of obesity, hypertension, processed foods with sodium that dwarfs LDL, Lp(a) in effects. It's cheaper to buy sodium free cans, cook at home so no salt, expensive to lower Lp(a). Use KCl, hypertension is far deadlier than LDL or Lp(a). Don't panic, the paper above shows 15 things 10 times more urgent/important than Lp(a) that nobody addresses, such as TG, ApoB, TC/HDL, TG/HDL, CRP, GlycA, # total and small LDL particles, smoking, high fasting insulin, prediabetes, obesity, high salt intake that dwarf physical inactivity, Lp(a), LDL or TC. Now you understand the Big Pharma mafia, they push Lp(a) drugs 1.22, when the Elephant in the Room, diet/smoking, cutting on fat/blood drinking 4.3, smoking 3.9, sugar 11, salt 4.6, processed foods 1.8 is IGNORED. Why change what decreases lifespan if you can just test for useless LDL, TC? Lp(a) makes trillions for Palaces, low salt cans/foods are cheaper, lower profits/sales, obesity, hypertension. What's done isn't what US needs, but what makes Brit Jewish aristocrats rich! We have a Gestapo Mafia like government of frauds and bandits, thieves and killers. Must love that Jewish Bible so much now, with all these Big Pharma recommendations. ☺☺☺☺☺☺☺

Lp(a) removes bad OxPL, junk, but ruins the arterial endothelium too if we don't protect it via antioxidants, high ω3 to drive hs-CRP < 0.2 and TMG, B6,9,12 to drive Hcy < 6. Lipoprotein-Associated Phospholipase A2 or Lp-PLA2 (lower with ω3) is a blood test that measures an enzyme associated with artery inflammation to assess the risk of plaque rupture, heart attack, and stroke, walkinglab has a 320$ panel that measures all stuff doctors don't: CRP (systemic inflammation), ApoA1/ApoB, Lp(a), Lp-PLA2, small LDL, Cystatin C (better than creatinine for kidney/cardiac health), oxidized LDL, LDL-HDL-TC-TG, insulin, leptin, adiponectin. A better deal is

the 80$ finger prick from RxHomeTest, mail back dried blood: CRP, ApoA1, ApoB, Lp(a), TC, LDL, HDL, Hcy, TG. Don't be fooled by youtube MDs who claim ketogenic diet is best because they got zero plaque at age 30, because they hide the reason for low plaque is huge exercise routine nobody does (< 1%), and the use of 3-9 pills (such as berberine, nattokinase, tudca *(always take capsules, never powder, as tudca tastes horrible making us almost throw up, can buy powder, but use an empty capsule from a tasteless cap to place some and swallow or use a capsule machine to save $ on tudca as caps are pricey; tudca prevents dementia, brain aging by reducing ER stress, body inflammation (joint pain), 68$),* phospholipid DHA) known to remove plaque regardless of the diet. The heart disease section explains sedentary vegans have better heart health than active omnivore runners in general. If you eat a junk high fat vegan diet, you will have plaque. The point is one can't assume a diet is best for all, just because a guy has no plaque due to anti-plaque supplements. Let's be real, you can't feed 9 billion on a ketogenic diet, besides the fact it's highly atherogenic without pills.

Basic Info on ApoA1, ApoB, which are far more useful than LDL, HDL values:

ApoA1 is the protein on HDL that catches bad cholesterol and removes it, the higher the better. ApoA1 has higher sensitivity (85%) and specificity (93%) in detecting coronary artery disease vs HDL-C (69% and 60%, respectively), as it measures the number of active HDL particles removing cholesterol, not the amount of cholesterol in these particles. Someone with low HDL may be healthier than someone with high HDL, if his ApoA1 is much higher. HDL-P measures the number of HDL particles, HDL-C (what most people know) is the HDL concentration, so HDL-P is usually reflecting ApoA1, just as ApoB reflects LDL-P due to most ApoB being from LDL. ApoB = total ApoB concentration (mg/dL) in all bad lipids, which is = ApoB MW mg/mol × (LDL-P + VLDL-P + IDL-P (Intermediate DL) + Lp(a)-P) particle # (in mols/dL), all atherogenic particles that contain ApoB, not just LDL. Thus ApoB is a superior marker vs LDL-P for evaluating infarct/stroke risk from a given diet, etc, and far superior vs LDL-C. ApoA1 is superior to HDL-P, and far superior to HDL-C because each HDL particle has 2-5 ApoA1 proteins to catch cholesterol, each LDL particle has 1 ApoB to carry cholesterol, each Lp(a) particle has 1 Apo(a). Thus, Apo(a) in mg/dL is sort of equivalent to Lp(a)-P, sort of because Apo(a) size varies, while ApoB is always the 4536 amino acid ApoB-100 protein. However if you measure Apo(a) in mol/L, it will be same as Lp(a), as 1 mol of Apo(a) is present in 1 mol of Lp(a). Since Lp(a) is in mol/L, it is considered superior to Apo(a) in mg/L, because it's reflecting particle number, not molecular weight of protein variant. But if both Lp(a) and Apo(a) had been in mol/L, they would be the same exact number. That's why we want low small size HDL, because small size has only 2 ApoA1, big size has 3-5 ApoA1. "ApoA1 is a better risk marker than are ApoB, ApoB/ApoA1 ratio, HDL-C, and LDL-C for cardiovascular disease and mortality in elderly men." ► JGABSMS 2006;61(12):1262-6. This shows our medical system does useless tests from 1950s, as MDs spend their 40x times the min

wage salary on useless stuff, instead of on hiring researchers to implement real markers monitoring, not HDL, LDL, etc, make those tests cheaper, etc. LDL is also useless, as ApoB protein is all that matters, the lower the better. Someone with double LDL can be healthier if his ApoB is lower. So much for banditry in the system. Insurance Inc makes trillions by covering useless high profit blood tests (TC, LDL, etc) and the gov or fools pay for useless injuries to veins when drawing blood. Today vit D (mail it back), HDL, LDL, TC, TG (3 min result), etc can be measured at home (finger prick, like glucose), so you don't need go to injure veins more than once 3-5 years. Only use FDA approved ones, like CardioChek, Curo L7, Mission Control, though these are very inaccurate vs real lab finger prick. Other labs take your finger prick samples and mail it to the labs to test it the traditional way, to protect your veins and nerves from injury. Blood draws can even injure nerves, via the needle. Today, MRA without dye (MRI angiogram) is better than all blood tests for checking what happens, making blood tests outdated: you see plaque progression, etc. Due to aristocratic terrorism, the finger prick analogues for every blood test (at home) don't exist, and IR, etc methods of imaging blood passing thru wrist are just starting. One day, nobody will have to go thru such horrific vein/nerve injuries to find out these values. In immortalism, we have ETs, NPs, NDs, MDs, not just pill and vein injury (they cause recurring inflammation, clots via turbulent flow) providers. RxHomeTest (Oregon University research linked company) finger prick (use Walmart blue glucose lancets for finger prick, not the provided yellow click blades, as those make a cut 20 times bigger, meaning a line of 2mm instead of a dot of 0.1 mm, measures 9: ApoB, ApoA, Lp(a), HDL, LDL, TC, TG, hs-CRP, Hcy for only 80$ (a day to get results once they receive your sample) and many other tests (full thyroid is 80$). These 9 are the key parameters to monitor when you try optimize sleep, diet, medicines, supplements to get the perfect vascular numbers. Finger prick (0.04 mm needle, not 2 mm blade) needs the standard for all tests, but with 4 million companies, it takes 50 years to implement any change in any industry. See why we need 11 companies? Aristocrats need "companies" to justify "huge salaries"… In an ethical society there are 10-20 companies, not 33 million, because when you have 1 million instead of 1 company, the waste of admin is huge, research is 50x less. Walgreens A1C kits give 2-12 tests/kit, being as exact as Labcorp. Because US spend 1.4 trillion $ on nonsense, we can't have a real industry to test everything via blood pic thru the wrist, because millions work in trash industries making 1.4 trillion crap a year, instead of living to 4000 tech. Walking lab offers $124 hair 17 good, 22 bad metals or hair 31 bad, save $ 3000, dried urine Cd, Hg, As, Creatinine, Li, Se, I, Br, finger prick Mg, Cu, Zn, Se, Cd, Pb, Hg.☺☺☺

Low Glycemic Index Foods keep small size (lethal) LDL low and HDL higher:

LDL & HDL value is far less important, what matters is what % of that LDL is small size LDL (LDL III & IV, not big size LDL I & II) that sticks to the arterial wall. $HDL_{3a,3b,3c}$ are small and bad, $HDL_{2a,2b}$ are big, safe. The greater number 3 > 2, 3,4 > 1,2 means the smaller size, deadlier. We could have

LDL 50% bigger than X, but have 3 times less LDL3-4 and thus live longer, have no arterial plaque. If you order an NMR (nuclear magnetic resonance) lipid test via walkinglab.com (online wholesale buyer and then reseller that enables us to save up to 85% vs ordering directly from Labcorp or Quest, the test is done by Labcorp or Quest) or etc, it will tell your LDL-P value, which is the # of particles of LDL, i.e. if this is high, you got too much of the small LDL and have high risk of plaque. What foods raise deadly LDL_{3-4} & HDL_3? Added sugars (especially fructose), high glycemic index starches (white bread, bakeries, cookies), increase the production of small deadly LDL/HDL. CAR 2005;7(6):455-9 found "high glycemic index foods … (were) inversely associated with HDL (low HDL= shorter life)… *high-carb diets (if low glycemic, fiber rich) … promote weight loss, leading to reduced (small)… LDL and HDL…* more potent effects (in lowering small LDL) of weight loss over diet composition… A low glycemic index, low-fat diet has been reported to improve components of atherogenic lipoprotein (deadly LDL) phenotype", so no matter if we eat 5% or 20% calories as fat, the stronger driver of small size (deadly) LDL and HDL is body fat, see the fasting section. Stay thin to live longer. Given ketogenic diets cause more plaque long-term, the heart healthy diet may be a low glycemic diet that has low/medium 5-25% fat, 5-10% ideally for sticky non-O blood types especially, with family history of atherosclerosis. Fiber = low level of bad small size LDL/HDL. Fiberless complex/simple carbs = death. Fiber lowers glycemic index, legumes have far more fiber than grains, so they have lower GI. 100 g cooked lentils got 8 g of fiber, rice only 0.3. Rice has no protein so for vegans who want low fat, it's a death and obesity sentence to eat grains, as white rice got 26 times less fiber than lentils/100g. Brown rice got 5 times less fiber than lentils. Rice = diabetes, constipation, blood poisoning (feces don't eject daily), malnutrition. Wheat has more fiber, but the gluten irritates many. ☺☺☺

The Glycemic Index GI Table shows legumes are the lowest glycemic index foods with complex carbs, so they're the only complex carbs foods I eat. Potatoes, grains, fruit/candy snacks, cereals, pasta, noodles, ice cream, bakeries, bread, etc are deadly, since several studies show high glycemic load lowers HDL. The heart healthy diet is one without grains, sugars, etc: low glycemic kale (15) and carrots (40) suffice, low glycemic berries fine. Because most people are sedentary, most foods spike glucose too high/fast. Don't boil veggies, carrots, etc as GI rises, eat them raw. The evidence is clear, the aristocrats feed us death to amputate workers' legs via diabetes that causes infarcts, strokes and limb loss. Eat legumes, berries, kale. Blueberries have double (50) the GI of black or raspberries (far less pesticides than black or blue), so minimize blue if you eat berries or just eat purple kale (GI 15), purple cabbage (GI 17) to get the purple anthocyanidins without the sugar high that damages the arteries. Message of the day: get carotenoids from kale, not carrots, anthocyanins from purple kale/cabbage, not blueberries. Watch that HDL rise and endothelial function improve as small LDL/HDL % drops. Ginger (GI 15) and garlic (GI 20) are also good for lowering LDL, raising HDL, lowering plaque. The gov is run by nematode worm IQ

aristocrats who waste land with grains instead of legumes. The genocidal aristocrats want to build palaces, so they cultivate the foods that require min processing, min weight/calories, max blood poisoning, max colon cancer, max diabetes/plaque, because workers are disposable slaves. It's all about PROFITS: legumes are more expensive to soak to be eaten (soak=0 gas) daily like the Poison Gluten Products Jesus Loves that have high shelf life and give short limbless life. The rich can make bread and all kinds of lethal crap, by not soaking grains to remove lethal antinutrients, but for legumes, they can't make "lentil cake" like rice cake, due to too much gas from raffinose, etc. With grains, they can defraud the masses big time, poison them with antinutrients, but with legumes they can't without the 11 companies efficiency that needs the end of aristocracy & the hideous palaces of greed. Money, not Life. Live to 4000? ☺☺

Lp(a), the most lethal type of 'LDL', smaller particle than LDL, penetrates artery easier:

Lp(a) helps clots/plaque to form, so taking nattokinase (fibrinolytic enzyme that prevents clot formation), may be one way to deal with high Lp(a). 20% of humans have very high (50+) Lp(a) (which is bad, 6 times worse than LDL, LDL can be 50, but Lp(a) can be 250). "increased CVD risk actually starts as low as 25 to 30 mg/dL" ► ATVB 2016;36(11):2239-45 (Fig 1 shows 38% females & 32% males got Lp(a) > 30). Lp(a) dropped from 236 to 143 or 39% by 10 day water fasting that reprograms metabolism ► FN 2024;11: 1418705. 99.9% of MDs are clueless (as is google, who says it's 90% genetically determined), they say Lp(a) never changes, go figure. Long fasts reduce PCSK9, which breaks down LDL receptors (LDLR) that lower our LDL; by reducing PCSK9, the liver LDLR clears more LDL particles, including Lp(a). To lower Lp(a) naturally, one option is to eat PCSK9 inhibitors, since all papers (see LDL vs Lp(a) graph) show that as Lp(a) rises with LDL, as Lp(a) is "sort of an LDL type". Food PCSK9 inhibitors are: carotenoids (lycopene), berberine, K2 as MK7, ω3 etc (Ntr 2020;12(5):1440), curcumin, trans-resveratrol (50-100 mg max/day is safe for 100-200 lb folks, higher doses may cause damage, much more stomach stable/bioavailable than cis, grapes have trans, wine has 1:1 mix, cis is useless/competes with trans binding sites, cancels trans effects, so buy only trans, standardized to 99% trans, 100s of brands contain 1-20% of label as a clip explains too), flavonoids like EGCG, genistein (soy), naringin (orange), quercetin, eugenol (clove). Most supplements were tested for lowering LDL, etc for decades, not for lowering Lp(a), so it's possible that many popular LDL lowering Amazon herb, berry extracts also lower Lp(a) in some people, due to synergy with other pills unknown to science yet, so, you can try stuff known to lower LDL and see which one works: 37$/kg hawthorn berry extract (this 37$ = 10 kg dried berries per company, 15% of powder is maltodextrin to prevent polyphenol oxidation, this is a bad additive, creates small LDL if overeaten), 42$/lb 100% grape seed extract, etc to provide more antioxidants. Only in 2010 did the cardiologists realize Lp(a) is deadly and started measuring it, only in 2019 it became more mainstream and heard of and thus only after 2020, a serious attempt to see which supplements might lower Lp(a) became stronger, so the

data is 5000 times smaller for Lp(a) than for LDL effects. Mol 2025;30(17):3582 has a table of PCSK9 food inhibitors, google plant name to get the common name. Lp(a) is very sticky to the artery, oxidizes fast and 70% of people have Lp(a) > 10, which is bad, but most MDs claim if it's below 30 you're "fine", which is a lie. "26.4% of the (52,898 cardiac) patients had LPA levels >30 mg/dl (same as avg, but 4.7% had Lp(a) > 98, vs 0.3% avg)", which shows as Lp(a) rises above 50, risk of disease rises fast. About half of humanity has Lp(a) > 20, which is catastrophic given what it does. Statins raised Lp(a) "by 19.3%", up to 24% (atorvastatin) and even 47% (66 to 97 mg/dL) in the LMW apo(a) phenotype. Lower LDL has little benefit vs 47% higher Lp(a), which is far worse, so in some studies LDL lowering, HDL raising drugs increase MORTALITY. In some, statins can cause diabetes, sarcopenia, dementia, obesity (50% drop in GLP-1 ► Fig 1), blindness, heart muscle loss (statins block HMGCR used to make cholesterol, so the low cholesterol in liver cells causes a rise in liver production of LDL receptor proteins which grab blood LDL passing by the liver cell surface; HMGCR also makes CoQ10 and without CoQ10 heart muscles and muscles can't work well, as CoQ10 helps muscles generate energy, so people can lose muscles and die of heart failure without CoQ10 pills, CoQ10 is highest in the heart), diabetes. Most US eats 3.5 g Na, which is bad, <1.5 g is ideal to prevent hypertension per AHA, most take statins if LDL high, so whatever is popular (salt, statins, like satan) isn't the best. See statin pill alternatives that lower Lp(a) (and LDL) are Mg, saffron, black cumin oil, arabinoxylan, phytosterols (see sources in the hair section, over 8 pages), astaxanthin, nattokinase/bromelain, citrulline, anything google confirms via NIH papers to lower LDL "does food x lower LDL NIH"..., quercetin, hesperidin, berberine. Lp(a) injection (4x = 4 injections) drugs under development with % reduction: pelacarsen antisense oligonucleotide (ASO) 12x/year 80%, olpasiran 4x/yr (any drug ending in siran is small interfering RNA (siRNA), turns off LPA gene), 95%, zerlasiran 1x/yr 90%, lepodisiran 1x/yr 93%, Lp(a) future once/day oral pill: muvalaplin 86%. Present PCSK9 inhibitor enlicitide (oral $320/month): Lp(a) fell 60%, and LDL fell 59%, approved by FDA July 2026. The already approved (injections) are repatha monoclonal antibody 28%, praluent antibody 24%, leqvio (siRNA) 26%. Already approved pills are: niacin 35% (diabetes risk), CETP inhibitors (raise HDL too) 30%, Anti-IL6 Agents (tocilizumab, etc) 33%, estrogen and tamoxifen 30%, fibrates 20%. A new injection gene therapy lowers LDL by up to 62%, meaning one day the same may occur for Lp(a): a once a lifetime injection. The issue with many man made meds (LDL fall, HDL rise) is that they often cause shorter life than nonusers, meaning changing 1 biomarker out of 50,000, doesn't always mean living longer. Thus, it's best to research for months any synthetic chemical, before you take it. Natural compounds are often ones we're more used to by eating plants, etc.

Back to the discussion of fat % of the diet:

Using fat for energy produces more oxidative stress via free radicals (because it uses 20% more oxygen/ATP molecule and fat oxidation requires more steps in the electron transport chain in

the mitochondria) than using carbs, hence high fat diets mean shorter lives (unless having a dead pancreas, needing ketogenic diet). Eskimos eat mostly fat, and live to 50. Worldwide, centenarians eat 11% fat calories. Vascular dementia is a common effect of seed oils, as oxidized fats start the plaque, see pic. A blood types have the thickest blood and absolutely need to avoid seed oils and fat in general, to prevent lethal blood thickening. The JAN 1976;28(3):56-70 (49 references for extra details, back then science was less Big Business owned) is summarized in this first paragraph: all 3-10% fat, 10% protein, 80+% carb calories mostly whole plant vegan diets led to 0 heart disease. Some lived to 121 eating a 99% vegan (some meat once a week) diet, mostly COMPLEX carbs (grains, legumes, tubers, veggies), with most having total cholesterol TC 90-120, 0 had any plaque after autopsy, vs 99.5% of Americans. When Americans were given this native diet, they could walk 8 times longer, triglycerides dropped 4 fold at times, diabetes disappeared, etc. Plaque reversed when TC, LDL, TG became very low. When Cleveland clinic evaluated 28 year olds, they found 0.5% of those with TC 140, TG 60 had arterial closure, and 73% of those with TC 360, TG 560. The high fat diet KILLS, makes you 146 times more likely to die of stroke or heart attack. Dr. Page found TC > 140, TG > 75 means plaque starts to build fast. At 4% fat calories, monkey plaque reversed and became 0, blood flow improved 4 fold, but at 40% fat calories from vegetable oils had way more plaque. Natives with 350 mg Ca intake had 9 kids on a 10% protein cal diet, breastfeeding them until age 2-3, yet teeth and bones didn't lose density. Berkeley found high protein intake leads to 8 fold rise in loss of Ca, Mg, Zn, Fe and other minerals, so teeth, bones become weak with age. Swank noticed after a high fat meal, mice plasma oxygen went down to 68% of original, taking 3 days to return to 95%. High fat blocks muscles from taking up glucose after meals, causing insulin resistance, hyperglycemia, fatty liver, diabetes, dementia, etc. Seed oils (except canola, chia or flax) contain 4-400 more ω6 than ω3 and trigger obesity. Soybean oil damages the male mice hypothalamus genes, as End 2020; 161(2):bqz044 shows, it's not via linoleic acid or stigmasterol, but other chemicals; the oil may damage human brains too, beyond the 8:1 ω6:3 ratio that's brain damaging via high hs-CRP causing vascular dementia, brain and hypothalamus atrophy via silent strokes and plaque. Sardines, chia, flax, etc however, contain way more omega 3 than 6 (ratio 4:1 flax, 3:1 chia, 10:1 sardines), and trigger the conversion of fat into heat (feeling warm in winter). Seed oils don't just add fat to your white fat cells, but they block the conversion of fat into heat.☺☺☺

The fat causes the blockage of capillaries, as the 7 mm red blood cells stack together and have a hard time to pass thru the 5 mm capillaries, forcing the blood pressure to rise to push blood thru. This hypoxia, lack of oxygen starts cell death for all organs and can even lead to cancer if chronic, hence high fat diets lead to cancer and obesity. Not only that, but cancer can start in organ/limb X, due to plaque for a liver/kidney blood vessel that feeds the part or all of the liver/kidney detoxifying chemical Y that, for some genes, *accumulates more in organ/limb X,*

causing more free radicals and then cancer. This cancer is blamed on some 'fictional cause' instead of a high fat olive oil diet that caused the plaque. Chemotherapy doesn't treat visceral fat, fatty liver, etc, they treat the body as separate units and it just wastes your time, add 2 months of life after 190000/year in costs and endless time wasted. No good blood flow to kidney or liver = no antioxidant and oxygen delivery, no removal of toxic Y. Kidney/liver can be sick before they notice they became smaller due to nutrient starvation. Vegetable oils were at least as bad as animal fat in humans in causing hypoxia, low blood-nutrient delivery, meaning slow death. So, vegetable oils above 10% cal are harmful. This low blood flow causes asthma and death by lack of oxygen, millions of sudden unexplained deaths. Blood becomes more like sour cream, not like water, you die. Gallstones developed only in monkeys fed cholesterol rich fat, not in those fed vegan fat. If these studies are true, confirmed by FDA with larger populations and better randomization, etc, then we need to limit fat in all prepared foods (except nuts, seeds which are naturally so). Just as cig packs have cancer warning, Cancer, Death, Asthma, Diabetes, Stroke, Infarct Warnings need be placed on millions of prepared foods with more than 10% fat calories. A new health policy needs to emerge. We immortalists don't have agendas to sell olives/avocados, we're for powders that are 40x better than plants or animals, so mixes of chemicals that, like royal jelly with bees, make bees live 40x longer. We're not into games: we create 400 diets, of various % of protein, fat and carbs, all free of natural poisons, mixed and dissolved in water 1 min before eating to prevent oxidation, and we figure out which one makes us live longer, among the 400 million tested, 1 million per diet. If it's 4% fat, 84% carbs, 12% protein, that's it. Same thing before the powders, we test, we find out, and that's our national policy, we stop allowing 98% of nutrition papers being fake science, pure ads by Big Food Companies trying to sell junk or natural deadly crap to us. ☺☺☺

Cooked chickpeas got 1.11 g linoleic acid LA in 100 g or 6.8 mg/cal, so if you want extra ω6, you can eat chickpeas 1.08$/lb Amazon subscribed (cooked becomes 2.5 lb), no seeds/walnuts are needed. Lentils only have 0.137 g LA, or 1.2 mg/cal, so to eliminate the need of seeds/nuts, eat chickpeas daily. Pumpkin seeds offer 6 g of fiber for 20.7 g ω6 LA, while chickpeas offer 7.6 g fiber per 1.11 g LA. Chickpeas offer 6.85g fiber/g LA, pumpkin seeds 0.29 g fiber/g LA, or 24x less fiber/g. Walnut 0.176g fiber/g, or 39x less fiber. Given most have high LDL/glucose, they need more fiber, so soaked chickpeas are way better than nuts/seeds/oils. Oils got 0 fiber. Prep 4 lb dry chickpeas with a pressure cooker to last 6 weeks in freezer @100g cooked/day intake. Seed oil fat is already extracted from the food matrix and it hits your brain like a brick smashing your head, except this smashing is at the molecular level, the sudden rise in triglycerides causes blood clots, plaque and destroys the brain and body capillaries and vessels. Legumes on the other hand, release this fat many times slower without wrecking your body and depositing as belly fat instantly if you don't use that energy right away. Legumes give you 5 hours to spend energy and

avoid belly fat, while oils give you adipose issue so fast and that belly fat kills your brain and heart, creating systemic inflammation. Likewise, legumes release fat many times slower than nuts and seeds, being safer. So, if you ever eat nuts or seeds, or chia oil, mix it with your smoothie or legumes, etc to avoid a sudden rise in blood lipids. Better yet, limit oil to DHA-EPA pill + 2 g of chia/flax oil pill max, mix in smoothie to prevent sudden TG rise, don't eat with salads and buy ω3/vitamins from 74°F iherb storage, not the Amazon warehouses of 90°F. If 100g daily chickpeas isn't your thing, try oats, which got 2.20 g LA ω6 in 100g, or 5.8 mg/cal, enough to satisfy oats lovers. If oat/chickpea are not your thing, 100 g of boiled corn (the healthiest way to eat corn) got 0.59 g LA ω6 or 6.1 mg/cal vs 6.8 mg/cal chickpea. Corn causes no gas, since it has no soluble fiber as oats do. Read the purple corn section on how to best eat corn. Cooked quinoa got 0.97 g linoleic or 8.1 mg/cal, no gluten, but corn is cheaper. If you love to soak/cook soybeans, they offer 4.46g LA/100g or 26 mg/cal. These combos show you never need eat any nuts or seeds, except chia seeds for ALA to make EPA and algal oil pills for DHA. Thus, the richest common sources of LA ω6 are in mg/cal: walnut 58, quinoa 8.1, chickpea 6.8, corn 6.1, sorghum 6.0, oat 5.8, lentil 1.2, millet 4.0, potato 0.37, rice 0.35. (potato & white rice are useless empty calorie foods). A full list of foods with high LA is in the "Other nuts are bad" section. If you got enough fiber in your diet, you can just eat walnuts, world's best nuts, 1-2 daily, but you don't need seed oils as that will change your diet to a medium or high fat diet.

You can choose walnut, but for more fiber, you can choose legumes, grains. If you're worried about fat intake, you're trying to lower total fat intake, you eat a walnut with lentils or other high fiber foods, then walnut is the best IF you can find fresh walnuts that were frozen in November to prevent LA oxidation. The reason walnuts are the best food source for LA for those trying to eat a very low fat diet, versus all other foods, is that for other foods, you have to eat more FAT to get the same g of LA, as explained in the Walnut is the Best Nut section. However, when you eat a walnut, make sure that you don't eat it alone, but with a LOT of fiber, to prevent LDL rise. LA is critical for skin, hair, nails, cornea, eyes, and injuries of all types. Eating rancid walnuts is not a good idea, but 99% of walnuts eaten worldwide are rancid, since people have no idea you need to refrigerate them upon collection, then freeze them if not eaten in 1 month.

Most oils got way more ω6 than 3, so, given that many papers hypothesize we need EPA-DHA, not ALA ω3 for every g of ω6 LA we eat, to keep aging speed low, it is logical that one can't eat any nuts or oils, except algal oil, or if one is against that, flax oil that has 4x the ω3 vs ω6, chia oil 3x. Chia oil is safer than flax oil, because it has 0 cyanogenic glucosides, 0 phytoestrogens (chia oil is safe for conceiving, pregnant, lactating ladies). Sunflower oil often has 66 g (18:2 in USDA table) LA, while high oleic sunflower oil has only 4 g (18:2) LA, so if you do use sunflower oil, choose the HIGH OLEIC VERSIONS of any vegetable oil, as those have 15-16 times less bad ω6. Commercial high oleic safflower oil is 13g LA, VERY HIGH, so stick to 4 g LA high oleic sunflower

oil. Avoid high linoleic safflower, as that's 75g LA. All these sunflower/safflower have negligible levels of ω3, usually 250-500 times less than chia oil. Obviously, it's much better to use chia oil. If you want to live long, like Okinawa 104 year olds, they ate 6% cal from fat, so this is about 120 cal out of 2000, or 120/9.4=13 g of fat max from all food as your food table shows; in nature, about half of fat in legumes, veggies are ω3+ω6, so you can only eat about 3 g ω3 and 3 g ω6 to keep ratio 1:1. Some say ω3 is ideally DHA-EPA, not ALA, since some males convert only 0.001% of ALA into DHA-EPA and given body storage of fat, one can have a reserve for 1-6 years in body fat, before running out and suffering faster aging of brain/heart and blaming it on something else, when it was DHA, but due to a 5 year delay, they don't even check ω3 index in red blood cells. We see many 'know it all, my diet is best worldwide for all' types who drop dead at 77 and look at 77 as others look at 100, severely protein deficient as they have a crusade against plant protein even and legumes, when all data shows after 60-65, people need more legume protein each decade as their digestion efficiency falls rapidly. We need to relax, because the best diet is the one that makes you live 40x longer like a bee does with a unique diet and we're all pathetic ☺filif worm IQ☺ cats vs men of the future, like rats are versus men today, so are we today, the smartest of us, vs the lowest IQ (who live 40x longer) of the future. The best is the diet that makes you live to a trillion, made of new matter: none of us know it, we hypothesize what that diet for a pregnant mom is to increase offspring lifespan 40x if continued by the offspring, to mimic the bee larvae that before birth switch off short life genes and turn on 40x longer genes. All in this book is just hypotheses that may work well for fat people (BMI 18-40, some skinny people have lots of visceral fat) who need lose visceral fat now. Some people lived fine with only 2-5% of fat calories, but it's tough to squeeze LA, DHA, EPA in perfect ratio in such a tight range. If your goal is 4% fat, it's doable, but you need to have a food table to calculate, so LA is enough. The USDA has a nice list (right most column) of foods richest in ω3 in decreasing order. The beans section has a very easy to read list, unlike USDA, for the 6 types of beans ω3/6 content. USDA site is pathetic, they don't allow you to list by legumes or veggies, etc for components, but at least you can search by component and scan thru it fast. NIH says LA "intake at levels from 1 to 2% of total dietary calories is sufficient" to prevent deficiency. So, you can try that and see how it goes, eat more if skin/cornea issues exist. Plaque is only reversed fully @ fat intake 3-4% per some studies, can increase fat % later after removing plaque. Garlic helps too, 80% of plaque was gone after years of daily garlic (it may lower testosterone, fertility) and low-medium fat. That's why fasting helps, autophagy eats fibrous plaque. Old plaque is 80-95% protein, 0.4-4% fat (1% avg), 4-20% calcium Ca, new plaque is 20-40% fat, 1-15% Ca, 50-55% protein.

Barleans, world's freshest flax oil sealed under nitrogen, cold pressed in dark with opaque tubes, carries ALA-DHA-EPA, flax-algal mixed or flax oil. 3 g of this is fine if your food table lacks ω3. Caps of flax, 300/20$, oxidize less but these Micro Ingredients oils are not stored in nitrogen at

the manufacturer, and these zip lock style bags let light in damaging the flax, keep flax in fridge always, aim for blackest 250 caps bottles like Barleans (they got lignan free version too, 0 cyanogenics, as flaxseed particulates aren't there). You can also buy flax/chia oil extractor and make the freshest oil yourself to save 5000 over a decade, since flax residue has unwanted cyanogenic glucosides (home made oil is far fresher and less oxidized, far more artery protecting than any from Amazon, keep it in dark bottle in fridge, make 20 ml at a time in semi-dark area, fox max freshness). Chia seeds and flaxseeds can cause hard stools, so oil is the only option at times, if you want to avoid oxidized pill DHA-EPA and your blood shows DHA-EPA levels are great without DHA-EPA pills. Chia/flax caps are better than the oil bottles, less oxidation between uses, no air to touch the rest of the oil. During lactation and pregnancy, higher fat (8-16% maybe, increasing 1% each pregnancy month)/protein intake is normal to be able to produce milk, nourish the baby, etc. But after that, to maintain health, 4-8% fat seems ideal for low plaque. Okinawa diet was for centuries: 6% calories from fat, 69% calories from sweet potatoes (as much vitamin A as carrots, purple sweet potatoes have more antioxidants), 12% rice, 7% grain, legume (soy, etc) 6%, veggies 3%, rest 4%.☺☺☺ This made them live longer than most people worldwide. As soon as fat calories rose from 6% to 27% and sweet potato was replaced with lethal bread and fiberless rice, due to US influence, Okinawans started living shorter than mainland Japanese, they devolved, became obese, like US obesity tripled from 1965 to 2025 thanks to Big Junk Food Fatty Foods.

We know that people without intrinsic factor need 1000 times more B_{12} than others, same for a few other vitamins, some need 100 times more due to lacking a key chemical that carries the vitamin or helps its absorption. Not two people are the same. In mice, turning off one gene, meant 114 times more death causing arterial plaque than the other mice, at the same exact dietary fat level. Thus, while some people will live to 95 on 20% fat calories, others will require 2-3% (ω3/6 essentials), due to an inability to metabolize fat properly. Many populations ate 3% fat, 150mg sodium and has no hypertension even in their 70s. Thus, we can reasonably hypothesize, and you're free to disagree at the cost of 25 years of life from a stroke or arterial plaque causing hypoxia (then cancer), organ damage or heart attack, based on family history, blood work biomarkers, etc, that if LDL is not below 50, TC below 150, it is very risky to eat more than 10% fat, sometimes even 5%. A no oils 8% fat vegan diet had 42 times less heart attack events than the Mediterranean diet of 30% fat. See 30 studies 1927-2025 about low fat reversing heart disease. Logical? Plaque is FAT (50% of this is cholesterol), calcium and fibrin. Listen to a 61 year old MD, top of class at Stanford, Harvard, explaining low fat veganism, an MD who is way sharper and faster than 99.9% of medium and high fat diet folks of 35-90 years olds. He explains both seed oils and saturated fat are lethal. See the intestine of a rabbit after a high fat meal, BLOOD BECOMES THICK, 5 times slower, causing severe malnutrition, areas turn blue due to lack

of oxygen and nutrient delivery, this is why all get dementia, the brain is deprived of nutrients and oxygen for 10 hours after high fat meals, brain shrinks. 38% of people on 25g fat/day (10% calories) survived, while 0% survived on a normal 35% fat diet: JAMA 1960;173:884-8. Also, "hs-CRP (marker of infarct/stroke risk) were 1.51, 0.83, and 0.37 mg/L, respectively" when ω6:3 ratios were 9.5, 3.5 and 1.5, showing the effect of ω3 in flax oil ► JN 2004;134(11): 2991-7. Seed oils have high ω6:3, driving heart disease, stroke, Alzheimer globally; the only exception is high lignan (lignan prevents oxidation) flax oil in tiny amounts 3-5 g max/day, the only acceptable seed oil with 53.4% ω3, 14.2% ω6, ω3:6 ratio 3.7 to help you counteract the higher ω6 than ω3 in most vegan foods and bring ω6:3 ratio to 1.0 or 1.5 so CRP goes to 0.1-0.4, as explained in the what I eat summary, make your own food table and bring total ω3:6 ratio to one that doesn't supress immune system too much, maybe 1:1 or 1:2. Research shows that high ω3 intake, from flax, fish oil/algal oil can cause atrial fibrilation, or irregular heart beat, so start small with 0.5g algal oil DHA-EPA, if your body doesn't convert vegan chia seed ALA to DHA (check blood ω3 index) and watch heart rate. Most effects (incl 5% higher stroke risk at high 4g doses) happen in those with heart issues, fish oil has more toxins, mercury, PCBs, etc from the ocean. Don't ever start with 1,23,4 g, start at 0.25 g and if blood ω3 index is low, add more if no issues, maybe 0.5, etc. Get a heart rate monitor, the wrist watch, keep it offline, see how it goes. Studies with 1 g showed benefits, at 4 g things went down. However, flax/chia is for use on a salad or something, not for cooking, as heat creates toxic lipids in any vegetable oil. Cooking with oil is slow suicide, just as is eating high cholesterol, meaning eggs, animal foods (see images). All cooking needs to be done under water using a pressure cooker to avoid oxygen contact and the formation of AGEs. A shocking 50% of adult Americans have hypertension, a sign of undiagnosed heart disease, America's and world's number one killer. It's thus imperative to switch from a diet of 34% of fat calories (US average) to a 3-10% fat calories diet with ω3:6 ratio 1:1.5, a US diet (that insurance pays for to switch to) proven by Dr. Ornish to reverse heart disease. ☺☺☺

This low fat whole foods vegan diet is used by 1000s of MDs (tell patients to remove most fat, refined sugar, junk foods), based on the books of McDougall, Esselstyn (150 papers) & his JFC 2014;63(7):356-64 (42 times less (0.6% vs 25%) cardiac events than Lyon study Mediterranean diet, Ornish.com (his book & JAMA 1998 study), Dr. Peter Rogers (he got 1000 videos dedicates to diabetes, cancer, heart disease, dementia, low fat 0 oil no sodium diet), and others (NYC, 200 hospitals) emulating them. Cleveland Clinic, America's 2nd best hospital, has an 800$ vegan diet program to reverse heart disease via 0 vegetable oils, but this immortalist book has all info to do it for free. This plaque removal vegan diet is fat free, except DHA-EPA pills, (0-1 walnuts, 2-8 g chia seeds or flaxseeds are OK for cases of moderate plaque, but removed for 6-24 months in case of life threatening plaque). This plaque removal will provide 20-700% higher blood (thus nutrients) flow to heart, kidney, liver, legs, brain areas, organs and lower the risk of many other

top killers (dementia, stroke), not just heart disease. Comically, some MDs think you have "brain, leg, eye, pancreas, foot or liver" disease, but it is often plaque that simply starves the organ or limb of nutrients. To truly understand why you need avoid vegetable oils, except 2-4 g of flax/chia perhaps as pills or quarter spoon, watch the 74 videos on atherosclerosis by a guy who sees thousands of plaque images as part of his day job. High fat meal decreased oxygen saturation from 96% to 92.5%: JAM 1959;26(1):68-75. 5 hrs after a high fat meal, angina (heart pain) was maximum, when blood indicated max blood fat. Less oxygen means more cancer and more death, organs become starved, you age fast. No matter what type of fat you eat, oleic (olive oil), lauric (saturated fat from cheese/meat/coconut) or linoleic (seed oils), plaque increased as total fat intake did ► JAMA 1990;263(12):1646-52. "Olive (oleic mostly ω9), soybean (ω6) and palm (saturated fat) oils intake have a similar acute detrimental effect over the endothelial function... FMD (flow mediated dilation) decrease of 32.1%... increase in triglycerides (27.03%)" ► NMCD 2007;17(1):50-7. The Olive Oil Mafia doesn't like this study. They make Billions by selling Snake Oil proven to be worse than much cheaper canola oil. Olive oil doubles the cholesterol of healthy vegans, who have a healthy total cholesterol of 93 and LDL 40-45, but the 5th grade science IQ TV-radio networks only report the bloodshed loving omnivore studies, where they take omnivores with 10 times more plaque than a healthy vegan, cholesterol 2-3 times the healthy level, 200 or 300, LDL 150 (not 50 ideal) and they say olive oil lowered it by 10 points versus bacon. Sure, arsenic (unfried olive oil) is better than cyanide (Palm Oil, Bacon, fried seed oils, pure saturated fat), but that doesn't make olive oil the healthiest fat giving you no plaque, like chia seeds or a walnut. Our problem is the lowering of average IQ by these street fighter IQ TV networks, where shouting replaces civil immortalist tone and where pseudoscience (the comical presentation of 1 study about a topic by 1 professor to push fake commercial science (conclusion must be that the deadly food Big Industry produces is better for you than some far worse food, to use in ads, or else college gets no money for research from Big Industry, so 98% of nutrition, etc science papers are pure FRAUD paid for by Aristocratic Clans) or imprecise science) replaced science (the comprehensive analysis of that study in the context of 25 other papers last 20-100 years that say the opposite at times due to different study subjects, doses used, instruments, etc like a professor at the National EPA-DHA University would present instead of a professor paid millions by the Avocado, Coconut Industry to spread lies). Our society has become anti-truth, we have only 3% of STEM graduates in Congress, nobody almost includes science references in their social media. There is no ethos or requirement to provide science paper proof for one's statements, to be honest. The Immortalist Party creates a law that removes all official posts without science references, to spur the birth of a "trust but Verify, Truth and Honesty First Society of Critical Thinkers instead of easy to dupe sheep folled by the evil aristocrats". Nobody can be in Congress without college degree in stem or any any official position. Palatial Aristocrats Write Our Science: they bribe professors, who need grants,

fudge the study design to make it promote fat, gas, coal.

A vegan doctor, with total cholesterol 93, the healthiest TC of anyone online I've seen so far, explains for us all his hypothesis about why low fat vegan is better via 1000+ videos, such as 159 videos on dementia, 104 on cancer, 74 on plaque, 54 on women diseases, 51 on male diseases, 34 on automimmune diseases meat, dairy cause.☺☺☺ He presents the many theories of atherosclerosis and low fat since 1920s. LDL is a main driver of plaque. If the TV-radio networks are so good, so wise, how come under their continuous education and trash content, so inspiring, so nutrition and health oriented, so well being of the masses focused, in 1965 US obesity rate was 13% vs 42% today, CEO pay was 20 times worker pay in 1965, 389 times higher in 2021? No, TV-radio networks are greedy for profit entities who screw the USA for profit alone, working hand in hand with the aristocratic class of destroying American food supply and pushing commercial pseudoscience and deadly foods and pills upon the gullible working class. That's why we need the national University System and have real professors, not Big Industry Fake Study publishing pseudoprofessors, to present real science, complex and intelligent, instead of these 3rd grader CNN/Fox 'science' sections, 3 minutes for an article of 20 lines making a CNN article about a topic to push some bad food. Even ChatGPT and Google Answers and Fake News Networks promote Violence indirectly, the creation of a cruel apathy, of a monster who doesn't try to minimize the suffering of all sentient beings, of a soulless robot far removed from *gentle tender soft loving healing nurturing* loving kindness, a little fan of Bloodshed and Fattening Everyone by Sadistically killing Animals with No Mercy: 98% of science papers today serve CEOs and AI is often as low IQ as a Fat Rich aristocrat dying of atherosclerosis from his Bloody Fat Eating: Meat is 0.5% blood and lots of bad fat. The fake phony 0.4 million "clergy" of USA forget that just as they pretend to ask for God's mercy or kindness, so does God want us to have mercy on animals and stop the bloodshed via the science of eterni foods. These charlatan 'clergy' selling fake miracles are too busy eating blood obtained by endless suffering of animals to even give that a mere thought. Their tone of speech, the music they promote, tells you exactly what they eat: blood, like Vampires. Equally cruel are many vegans, who, in their anti-science stance, fight the end of slaughter by big agriculture machines who kill mice/etc during harvest, plowing. Vegans need to support the end of plant/animal agriculture now. Mummies☺☺☺ and digging of medieval graves showed all Demonic Aristocrats had Plaque, but Peasants, who ate no meat, mostly plants had far less plaque than the Infernal Rich. ChatGPT and other AI are what the Aristocrat Run Governments want the overweight slaves to believe. Any ethical government would prioritize eterni foods to replace animals/plant foods and give everyone a longer happier life without creating pain in any sentient beings, but with the comical Re-pub-licans, Demon-crats in power, such an Idealistic Dream of Kind Immortalism can't flourish. The China Deep Seek AI is a comedy too, they push Chinese Gov answers to everything. AI = BS. AI is used by gov to

brainwash people into trusting it, fulfilling the role of religion before, hiding that the gov controls the AI as the Italian Empire controlled Christianity. The google AI answers are like searching a human made encyclopedia of commonly believed theories in fake/real science. I asked same question slightly differently and I got opposite answers, the epitome of abysmal IQ.

Vegetable oils take a healthy brain and turn it into a sick Alzheimer brain like in this picture, so discard all oils. Many MDs recommend avoiding vegetable oils (never add them before cooking), for best heart health, even if canola contains 9.1% ALA ω3. Millions of people never use oils. It's much healthier to eat unroasted raw walnuts, ground chia seeds, ground flaxseeds instead and a *vegan* DHA oil or algal oil pill. Coconut oil (which American Heart Association deems unhealthy, too much saturated fat) is the most stable oil in terms of oxidation as shown in instable-oils.pdf, which is Table 1 in M. Erickson and N. Frey, 1994, Property-enhanced oils in food applications, Food Technology 48, page 63. However, most people use safflower, soybean, sunflower and canola oils usually, which are 23-32 times less stable than coconut oil as the picture shows, and high in ω6. However, the more stable coconut, palm oils are so high in saturated fat, they raise LDL and cause arterial plaque. Because any store bought oil has been sitting on shelves a long time, exposed to light, heat and oxygen (not refrigerated), it's already oxidized and these compounds are detrimental to human health. Not only that, but manufacturers are sometimes adding chemicals to oils to reduce oxidation and increase profits thru longer shelf life, chemicals which have been shown in some studies to weaken the immune system and cause side effects such as butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), TBHQ, propyl gallate and ethoxyquin. Rancidity of oils is a big issue, besides oxidation during processing. Just like fruits rot, oils go rancid too, albeit much slower. Moreover, when placing oil before cooking the oxidation goes on even deeper, especially during frying. These fats react with proteins to form toxic lipoproteins and they produce free radicals after oxidation, which trigger reactions between sugars and proteins in the food, forming glycoproteins and AGEs. It's much better for retaining food nutrients to use low oxygen sealed methods, such as pressure cooking, as explained in the AGE section on cooking under water to avoid oxygen. Studies show pressure cookers retain the most nutrients. Oxidized fats, sugars (esp. oxidized cholesterol, a subclass of oxysterols, present only in animal foods) and other oxidative stress inducing chemicals induce the internal generation of oxidized cholesterol from human body made cholesterol (not dietary) and leads to atherosclerotic plaque in *vegans* and non-vegans. *Endogenous cholesterol* becomes *endogenous oxysterol* that can be 100 times more deadly and plaque forming. ☺☺☺

Most Common Vegetable Oils have negligible ω3 (except for canola, soybean) compared to walnuts, chia seeds, flaxseeds which are very rich in ω3 fatty acids, flax 103 times more ω3 than tilapia and 80 times more than tuna. Walnuts, (which have *90 times the ω3 of avocados and lentils, 45 times the ω3 of kale and 44 times the ω3 of macadamia nuts, 30 times linoleic acid of*

macadamia nuts which have 6.5:1 ω6:3 ratio, macadamia are pure trash vs walnuts), are the only healthy nuts. Restaurant or store foods have usually too much ω6 in them and if there is too much ω6, the conversion of dietary ω3 ALA (α-linolenic acid) to *brain-eye active DHA* diminishes as explained above, leading to systemic inflammation, brain damage, diabetes, rapid aging, atherosclerosis and Alzheimer. Earth is Obesity planet due to eating seed oils on an industrial scale. US obesity rate is 42%, Japan is 7.6%. In 1965 US obesity rate was 13%, CEO pay was 20 times worker pay in 1965, and 389 times higher in 2021. Coincidence? US fat intake is 34% of calories, Japan 20% of calories. Japan is the thinnest developed nation on Earth, as the chart shows, due to the lowest % of fat calories in their diet and a lot higher ω3 than 6 versus USA. Dietary fat becomes belly fat for sedentary people ultra fast, unless they're ketogenic, which is bad, since it raises LDL in the long run and worsens diabetes. The only really healthy oils sold worldwide are flaxseed/chia oils, but only if it's in capsule form as it oxidizes in 3 weeks too much if kept in an opaque bottle, in the fridge, due to air contact. Some vegans eat the dark lignan polyphenol rich flaxseed oil (ω3:6 is 4:1 way healthier than 1:1 canola oil). Flax oil is often added to pills with DHA-EPA, the key ω3s that vegans need to take if they can't convert (see blood tests, 1% of males can't convert almost any ALA to DHA) vegan ALA ω3 to bioactive ω3 DHA. Flaxseed oil as caps is fine, other vegan oils are poison, they fatten, 90% of humans are fat by immortalist standards. Omnivores beware: even canola oil, ω3:6 1:2 is better than ghee or butter, since any plant oil is better than animal oil, having less saturated fat. Vegans beware: chia oil is the best, followed by flax (due to traces of cyanide in flax oil). If you want a 2nd choice, canola is better than olive. The detailed comparison of canola phytosterols (that inhibit DHT, plaque, cardiac events) with olive oil is in the first page of the olives section (a good proof why canola wins against olive oil at preventing hair loss, stroke, infarct and plaque). ☺☺☺

It is thus better cook at home until immortalists bankrupt all these criminal entities committing genocide against USA by fining them trillions via the 11 companies reform of the Immortalist Party. The aristocrats are like illegal mexican cartel members who, even if illegal, employ illegals who're their slaves and do human traffic, except these aristocrats do human traffic of citizens, by telling them lies and fake science of TV to justify selling poisonous foods that destroy our health and brains and justify useless treatments we don't need. This genocidal class warfare against the working class needs to stop, we deserve real data, not fraud. Pressure cookers are way better for cooking foods since the oxidation of any existing unsaturated fat can be 30 times lower. It's better to always add oils after food is cooked, if one can't remove the addiction to oils. The ω3:6 ratio is 1:50 in corn oil, 1:13 in olive oil, inferior to soybean 1:8, canola 1:2, chia 3:1, flaxseed 4:1. Soybean has 6.8% ω3 by weight, canola 9.1% ω3 and olive 0.76% ω3, corn 1.1%, sunflower 0.2% (high oleic) and 0.04% (mid oleic) ω3, so olive oil 0.76% is very low in ω3 vs 57% in flax oil. Therefore, for the best ω3:6 ratio, using flax, chia, canola is OK, while DEATH IS FASTER WITH

olive, corn, sunflower, safflower, sesame, cottonseed, peanut. Cooking with oils is SUICIDE, but ☺abysmal IQ☺ folks (whose IQ is still 5th grade before chemistry classes, but make $ millions spewing garbage on TV) simply can't get it, having missed 5th grader chemistry, due to an aristocrat run TV-radio that drastically lowers average IQ of the working class. Proper cooking is done under water in water all the time. Read this AGE section to see why. The time to take America back from the Infernal Aristocrats is now, all restaurants cooking in air and oil shut down. All barbecues banned. And use Eternal Altruism Inc to replace all media.

Cooking Oils are deadly alone, as is the ☺☺☺even more genocidal idea to cook in oils. Dry heat cooking without oil or oil cooking (it's dry by definition, not covered by water) forms AGEs 90 times more as the fats in the oil mix with air and protein and form AGEs. Oil cooking needs to be banned and the people promoting it on TV fired. Most oils need to be banned, as well as their manufacturing, except for cosmetic products or those high ω3 oils used as supplements (flax or chia oil, since flaxseeds have toxic cyanogenic compounds, cause hard stools). *The ubiquitous availability of cheap oil* allows companies to add it to sweet products and cause a planetary holocaust via obesity. Most people are deficient in polyphenols, fiber, and other micronutrients that are trashed by seed processing into seed oil. Nothing is lower in IQ and more evil than trashing the healthiest longevity giving part and retaining the most toxic part of PLANTS, the unhealthy oils with the most inflammatory (heart attack, diabetes, kidney failure causing) ω3:6 ratio: 1:50 for corn (1.04% ω3, 51.9% ω6), 1:130 for safflower (0.09% ω3, 12.7% ω6), 1:15 for avocado (0.11% ω3, 1.69% ω6), 1:13 for olive (0.76% ω3, 9.76% ω6), 1:311 for sunflower (0.074% ω3, 23% ω6), instead of the MUCH HEALTHIER 1:2 in canola (9.14% ω3, 18.6% ω6), 1:4 in walnuts (9.08% ω3, 38.1% ω6) and 4:1 in flax (22.8% ω3, 5.9% ω6), 3:1 in chia (17.8% ω3, 5.84% ω6). When you eat corn you boil at home or in a can, that oil there will take 10 hours to deposit as fat, if you use fewer calories than those eaten that day, but if you eat it as oil, it can go to belly fat so easily, as fat is already there, the body doesn't have to strip fat from the food matrix. The myth of "oils, like olive oil, are the best food for you", is just marketing using fake science. You can get all olive polyphenols or similar in effects from other sources with far less fat or from walnuts, which have 222 times more ω3 than olives. Has any olive ad told you that? NO. They're liars. Stop wasting $$$ on olives, unless you want a filif gecko IQ☺☺☺ brain like the ω3 starved brains. The more oils you use (all have high ω6 except canola), the more you hinder ALA to EPA and ALA to DHA conversion, the more ☺abysmal in IQ and lifespan length you become. The brain needs EPA, DHA☺☺☺. You need DHA, the main (60%) PUFA (polyunsaturated fatty acid) in the brain, 97% of ω3 in the brain, 93% of ω3 in the retina and 40% of PUFA in the retina, not Spanish poison, olives. Stop cooking with oils. All body membranes use DHA, the heart too, you need EPA to fight brain oxidative stress. Most olives are so processed, most olive oil so lacking in polyphenols, so fattening (need eat 22 kg of olives to get same ω3 as in 100 g of walnuts) that

you only get pure junk anyway. It's the Italian, Spanish, Greek Mafias who promote it, as they own most olive oil companies. It's hybrid warfare against the American brains. There is no science. Everyone eats so much ω6 from junk food, meats, dairy, soy, that adding these ω6 oils is nothing short of genocide, as the ω3 section explains. Canola oil has bad compounds, EU limits canola oil erucic to 0.4% if used for baby formula and related products.

The walnut section explains how much healthier in shell walnuts (exported by US, Australia) are versus olives, avocados or the veggie oils (imported by US, Australia). Why are the USA/Aussie governments killing Americans, Australians? Who runs USA/Aussie? Why is the criminal US gov feeding pure poison to lower IQ of Americans, while exporting the 100 times healthier walnuts? Immortalists will ban all toxic olive, olive oil, avocado, avocado oil, non-walnut nuts, coconut imports and ban all walnut exports. Balance the trade to boost American IQ. America FIRST. Why are the American workers being poisoned? It's 1776 again? Aren't you pissed? We raise walnut prices for export 10 times and impose 1000% tariff on non-walnut nuts to protect American brains and bodies. USA is the leading exporter of walnuts on Earth, but we live shorter than many nations we export them to, since we're led by ☺infinitesimal IQ☺ buffoons. True IQ and moral leadership is forcing other nations to plant healthy walnuts instead of the poisons they export to USA, by new tariffs to protect the human quantum field from the oxidation of good walnuts during shipment overseas. We're not selfish, we just help corrupt governments do what is right for humanity. The low IQ US aristocrats can't even package and store walnuts properly, opaque, low temp, etc, instead they poison us with rotten imported junk, in clear bags to trash our brains with plaque for oxidized fats, raise LDL, and take over our country. California nuts, walnuts are being destroyed, roasted, oxidized, filled with AGEs and then a French ☺☺ clown IQ method of "walnut and other nut oil making" is poisoning America, thanks to French low IQ: watch the video of how these French poison USA with their "roasted nut oil". Time to fine "La Tourangelle Nut Oil Company" 2 trillion for genocide and have it nationalized by Eterni Foods Inc. This is genocide, like French fries. Isn't it ironic, we allow the French to poison USA with French fries and roasted oils. It's time to take our food supply back from foreign aristocratic leeches who chase profits & are 0 IQ. Crain website says "customers range from retail grocery store chains (filif cow IQ folks who store them at room temp in terrible clear bags with oxygen) to large regional bakers, bakery supply distributors, ice cream manufacturers, cereal makers, multi-national food manufacturers (these destroy the walnuts, create AGEs by heat and poison USA with genocidal processing methods)". In Los Molinos temps reach 109°F sometimes, and the walnuts are not frozen or even refrigerated properly, so the whole nation is poisoned by the in shell moldy walnuts. Rotting happens with every Amazon walnut seller, all shipping stuff far worse than even Crain. USA is run by gangsters who only chase profits, no Amazon walnut meets immortalist rancidity standards. All these☺abysmal IQ☺ aristocrats waste billions to take

healthy foods, poison them and sell them to us, when the central government can simply store nuts/seeds in freezers at 0°F as needed, invest billions in freezers/fridges to provide fresh amazing foods and locally grown vertical farm fresh kale. All these grocery chains fail to properly store nuts/seeds and many other foods. The inefficiency, astronomical profits make it impossible to provide quality foods to USA. The central eternifood.gov can have the coolest warehouses worldwide where everything is so fresh, everyone feels comfortable to do all groceries online, fully knowing there is no mold in any produce or item. All other companies like Amazon would go bankrupt due to huge fines for selling rotten food: behold the black mold. We can end the genocide of USA by aristocratic parasites, who more often than not, are illiterate ☺abysmal IQ☺ clowns without any chemistry knowledge.☺☺☺

In 1788, UK sent prisoners/dissidents, to Australia, victims of the aristocratic terror government, enslaved workers scapegoated by the unfair system. Now, they're being poisoned, the healthy walnuts ought to never be exported anywhere, and instead be fed to these former prisoners (Australians), to be fair. Let those corrupt governments (that import walnuts) wipe out those tobacco and wine millions of acres and plant their own walnuts or chia seeds, leave Australia walnuts for them, in shell, for maximum health. Let one continent become immortalist at least. Enough royalists, while 2 million Aussies were homeless at any given time last few years, thanks to aristocrats first policies. Let the Jesus genocide of 2 billion, so well deified by the Royal families and Anglican, Christian, etc Churches, via alcohol consumption, end once and forever. Give people walnuts to boost brain ω3, not Jewish alcohol to deplete brain ω3. End the terror of Australians, let all live to 130, not 83.5 today, let Aussies live much longer than UK, to show immortalism wins vs royalism. The ω3 & 6 ratios may be off slightly depending on the species of sunflower. But still very toxic. A slight variance can occur since the 18:3 numbers used to estimate ratio are not always 100% ω3, 1-2% of it can be sometimes ω6 when USDA doesn't list that number, but it won't change much the ratio, only 1-3%, as you can easily confirm with NIH papers. The high/low oleic sunflower oil, etc can have 3 times less ω3 than others. An ethical government would require the ω3 & 6% to be listed on every oil sold. A coffee grinder can turn any chia seeds into a powder easy to add to a smoothie to increase nutrient absorption 300 fold. ω3 in flax, chia is not absorbed, unless you grind them into a powder. Just chewing a little won't do anything. It's way healthier to eat the actual corn, not the deadly processed, oxidized oil. We get 90% of population obese, with so much fat (20x above normal), who're "not to be shamed", victims of a government of decentralized incompetent clowns who *think* with their buttocks, *causing millions to have* buttocks 2-8 times☺☺☺ bigger than normal. Too many are so fat due to the *addition of* Olive, etc oil *and refined sugar to 5000000* products. Why don't they ban the addition of refined sugar/oil in food? The walnut, olive, avocado sections explain fake studies.

Low fat diet effect on stool smell, toxins, cancer, amount of toilet brown residue (Aug 2025):

Colorectal cancer is a major killer. Each morning after the first meal or after waking up I defecate once and the stool is unlike when my fat intake was higher (10% instead of 5%) meaning:

1. 50 times less dirt on toilet paper on average, meaning sometimes NOTHING. Most stools of my life (and most people) were sticky and left a huge amount of brown stuff on the toilet paper needing 2 toilet papers (each folded in 2 at least if very watery), but with the new low fat diet free of walnuts, the stool leaves 100 times less brown stuff, usually NOTHING AT ALL.☺☺☺

2. LOWER COLORECTAL CANCER RISK: The sticky paste is a thing of the past, now it's much more horse like, and this means no sticky STOOL on the colon itself, that paste forming a biofilm on colon walls that causes growth of toxic substances leading to colorectal cancer (see cases of obese people who get 40 lb of feces removed from their colon, hardened feces due to this fat causing film upon film to form and create a lethal eternal poisons into blood 1 inch coating).

3. 20-70 TIMES LESS SMELL: It was always been more horse like like with many 10% fat vegans, but before, I ate 10-12% fat and it was more diarrhea like instead of horse like. Fat sticks and takes with it other components, rots them, putrefacts/ferments them and produces horrible smells that are a marker for the toxins released into the blood via the colon and intestine. The only thing is I forgot to drink a lot of water, so it's a little dehydrated at the anus end, at the beginning of defecation, the little harder balls that come out in 5 seconds for 1 inch vs 2 seconds for the rest (6-7 inches). Moral of the story: drink plenty of water or 0 caffeine tea, like chamomile. The 2, 3, 4 and 8 day fasting totally changed the colon microbiome. Bending a little downwards to make it seem like squatting makes it come out on its own so much faster. Gas is always odorless, when I was omnivore decades ago, it was ALWAYS foul smelling. Just need figure out best way to hydrate, to avoid such dry stools at the every first 1 inch. Conclusion: fat makes us stink so bad, when we defecate, when we have any gas, when we open mouth. Foul smell is likely a marker for rot and deadly bacteria growth, a marker for shorter lifespan, since high sulfur activates mTOR speeding aging and high sulfur is rotten egg smell absent in healthy vegans who avoid processed vegan foods and eat only tiny amounts of "smell causing" soy (Met-Cys are high in soy, so they make you stink like an omnivore if you overeat it).☺☺☺

► ► 12.4.32. ARACHIDONIC ACID ◄ ◄

ARA or arachidonic acid, is $C_{20}H_{32}O_2$, ω6 CH_3-$(CH_2)_4$-$(CH{=}CH$-$CH_2)_4$-$(CH_2)_2$-COOH, 20:4(n-6), made by the body from ω6 linoleic acid in oils, nuts, seeds. It's present in breastmilk in higher quantities than DHA even and they found it's very important. In 2001 many infant formulas in the US started to add DHA and ARA (arachidonic acid) to mimic the content of human milk. DHA is the most abundant fatty acid in the brain, followed closely by ARA and probably plays an important role in telepathy. The EU started to add them to infant formulas in 1994. Babies

who're fed exclusively on breastmilk at 6 months get about 169 mg ARA and 115 mg DHA daily, so if someone can't provide these amounts while the baby is under 1 or 2, they can add these to their diet or buy a formula that has these levels. Some kids are breastfed exclusively until 1-2 years old. It's important to know that cow milk is very different than human milk and far worse, from the point of view of DHA, EPA, ARA, DPA fatty acids content essential for brain development, than infant formula with added DHA and ARA as explained in Table 4. Studies have shown that DHA and ARA are very important to the IQ, psychomotor skills, cognitive abilities, birth weight, height, and health of babies. The capsule of certain "pure" DHA, ARA, EPA is often made with GELATIN that is not vegan. The coating is not good to eat due to chemicals in it of dubious nature which may increase inflammatory markers because animal GELATIN is made from animal bones, cartilage, skin and can have antibiotics, hormones and chemicals added to animal feed. Some companies use vegan gelatin. The brain is the most energy-demanding of all the human body organs, accounting for 2.3% of the total body weight but 23% of the body energy utilization in adults and 74% of the energy utilization in newborn term infants ► Ntr 2011;3(5):529-54. 20-25% of fatty acids in the brain are ARA and DHA, about 10-13% DHA and 10-12% arachidonic or ARA. Adrenic acid (22:4n-6), $C_{22}H_{36}O_2$, molecular mass 332, has 4 extra hydrogens that DHA ($C_{22}H_{32}O_2$) doesn't have. Adrenic acid is made from arachidonic acid and it is the third most abundant fatty acid in the brain. Low blood levels of DHA or ARA are found in those with Alzheimer and depression. During the last trimester, the fetus accrues about 50 to 70 mg of DHA per day. In one study funded by the U.S. National Institute of Child Health and Human Development, infants (18 months) given supplemental arachidonic acid (they got vegan one, and the same thing happens during pregnancy) for 17 weeks demonstrated significant improvements in intelligence, as measured by the Mental Development Index. This effect is further enhanced by the simultaneous supplementation of ARA with DHA.☺☺☺

ROG 2008;1(4):162-9 emphasizes the role of DHA-EPA in relationship to ARA, i.e. too much ARA is bad. It says "Specific to pregnancy, although both DHA and ARA appear to be essential to fetal CNS development, the relatively poor intake of EPA coupled with the high intake of linoleic acid (which produces ARA), may affect pregnancy outcome by altering the balance of the eicosanoids produced. A high ratio of ARA to EPA may promote untoward effects such as preterm labor and preeclampsia. A linoleic acid-rich diet produces an abundance of ARA, which serves as a precursor of the potent 2-series prostaglandins (PGs) E2 and PGF2α, and the vasoconstrictor thromboxane (TX) A2. Both PGE2 and PGF2α are closely associated with the initiation of labor and preterm labor, whereas thromboxane A2 has been associated with preeclampsia. Whereas the omega-3 fatty acid, DHA, is not usually considered to be involved with eicosanoid formation, EPA is a precursor for the 3-series of PGs and produces PGE3 and PGI3, which promote relaxation of myometrium. EPA and DHA competitively displace ARA in the membrane

phospholipids and thereby reduce production of 2-series eicosanoids. Thus, a diet that provides a closer balance of omega-3 to omega-6 fatty acids may be as important to pregnant women as the absolute individual plasma levels of these fatty acids."☺☺☺

The relatively stable content of ARA in human milk is biologically important because it provides *preformed* ARA consistently at a time when brain growth and development is most critical. The majority of ARA in human milk doesn't derive from dietary LA but rather from maternal stores of ARA in her body fat. The accretion rate of ARA is estimated to be 6.1 mg/day during the first 25 weeks of pregnancy and increases to 95.2 mg/day by 35–40 weeks gestation. The fetal accretion rate for ARA is 2-fold that of DHA "In relation to dietary ARA, many regulatory agencies have tended to assume that beyond the age of 6 months, the endogenous synthesis of ARA will meet the needs of infants and young children during this period of rapid growth and development. However, studies have shown that the endogenous synthesis of both DHA and ARA is (synthesis drops 66% if no ARA in milk formula by month 7) insufficient with evidence of blood and tissue concentrations decreasing after birth if there is not an exogenous supply" ► Ntr 2016;8(4):216. Some countries had a dietary intake of ARA at 2 years 10 times lower than Canada, as Table 1 of the paper shows. It would be interesting to do IQ studies and other similar things to see if there is any correlation between ARA intake and IQ, etc, telepathy at age 3, although estimating ARA intake or linoleic intake and its conversion to ARA is hard. In several nations, even developed, like Germany, etc, going from 100% human milk in diet to a little or 0 milk and food meant a huge drop of 5-10 times in ARA intake, with possible diminishing of IQ, as observed with DHA. If mom doesn't breastfeed much, DHA and ARA naturally need be added to juices, infant formula or whatever baby eats, if infant formula is a tiny percentage of diet and would make DHA and ARA intake dangerously low.☺☺☺ The World Health Organization (WHO) and the American Academy of Ped recommend that infants be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. The median duration of breastfeeding was 18.6 months in 33 countries. In exclusively breastfed infants, the mean milk intake at 6 months was measured to be 854 g/day. Based on those data and an estimation that 4.2% of human milk is composed of fatty acids, the average ARA and DHA intakes in exclusively breastfed infants at 6 months of age are about 169 mg/day and 115 mg/day, respectively. Infant formulas typically contain levels of ARA and DHA at 140 mg/day and 100 mg/day. A 1 year supply of ARA for a baby is only 36 dollars on Amazon. However, the impact on the health of the baby may be worth 1 million dollars and those irreversible brain structures that can't be repaired after womb or first 3 years of life stage. Just like with DHA. ☺☺☺

Most moms don't know much about ARA (only 7% of American moms take even DHA supplements, far fewer know about ARA), but one day it may be seen as important, maybe not as vital as DHA, but important in the first 2-10 years of life. All mammals have ARA and DHA in

their brains and monkeys and mice supplemented with DHA and ARA became smarter too, not just humans. ARA has a critical role in immune cell growth in the thymus, and in differentiation, migration, and proliferation of immune cells. ► AJCN 2006;83(6 S):1505-19S. ARA represents an important nutrient for infant and childhood bone development and metabolism. Analysis of the phospholipid composition of skeletal muscle biopsies collected from 56 children <2 years of age indicated that ARA represented 16.5% of the total percentage of LCPUFA (Long Chain Polyunsaturated Fatty Acids) in muscle phospholipids in the heart. Placental ARA content biomagnification is independent of maternal ARA status at both delivery and at 3 months of fetus age and is found to be similar across different populations with differing diets. These findings indicate that biomagnification as a biological process seeks to achieve a uniform ARA status in infants at the expense of their mothers. The process of biomagnification suggests that a certain level of infant prenatal ARA status must be maintained for optimal infant growth. Infants with the lowest birth weights have the lowest levels of ARA, and those born earliest have the lowest levels of DHA (being born early has often times bad consequences). Rapid synthesis of brain tissue occurs during the last trimester of development of the human brain and the early postnatal weeks, so ARA and DHA are key. ☺☺☺ Fat deficiency symptoms (necrotic tail and scaly feet) appeared in all animals fed linoleic acid (LA) at less than 0.6% of calories and ARA at less than 0.25% of calories. ARA was 3-fold more effective than LA in liver incorporation and mitigating deficiency. Fat deficiency symptoms affecting the skin were not surprising. Most of the epidermal PUFA (poly unsaturated fatty acid) is ARA. ARA/LA deficiency causes skin flaking in humans, dogs, and mice, symptoms that can be restored with LA dietary therapy. LA is an ω6 essential fatty acid we get from oils and seeds, as well as veggies, etc. Flax and chia seeds have about 6 g of LA in 100 g, sunflower seeds have 23 g of linoleic acid LA in 100 g. Arachidonic acid promotes skin wound healing through induction of human MSC migration by MT3-MMP-mediated fibronectin degradation. ARA is largely released during injury, but it has not been fully studied yet how ARA modulates wound repair with stem cells. ► CDD 2015;6:e1750. ARA also enhances hair folicle survival and the growth of hair ► AD 2016;28(1):55-64. ☺

One reason conversion rates from ALA (α-linolenic acid) to DHA and from LA to ARA are so variable in different studies is also the following: if some people eat far more ALA than they need, the body only needs a certain amount of DHA, so it will naturally stop converting ALA after a while thus lowering the conversion rate, as signaling molecules will indicate they got enough. Same for ARA. Plus there is the limiting factor of the enzyme availability in the organs involved in these conversions, ENZYME SYNTHESIS which is also dependent on other raw materials such as minerals etc. So, the conversion rates are all over the place, hence some people convert ALA to EPA at about 10-20%, but LA to ARA at 0.4%. The DHA and ARA needs of the body are different for different people, since there are trillions of chemical reactions each second

influencing perception of what is needed, etc. Another very important finding was that "Increasing dietary linoleic acid LA doesn't increase tissue arachidonic acid content in adults consuming Western-type diets" (they lowered LA 10 times, increased it 6 times and no change in ARA % in tissues, as if the body knows when it's got enough ARA or the body has limited supply of delta 6 desaturase enzyme limiting LA to ARA conversion) ► NM 2011;8:36. ☺☺☺

The levels of LA in the diet required to achieve essentiality could be as low as 0.5-2.0% of energy in infants and it has been reported that tissue levels of ARA no longer respond to dietary LA intakes above 2% energy in adults. No more than 4 g of LA to reach ARA tissue saturation. To increase blood or tissue levels of ARA, one needs to take ARA, but it's not always wanted if it causes inflammation. Elevated tissue ARA levels are believed to be positively associated with eicosanoid formation and risk for a variety of chronic diseases, including cardiovascular disease, cancer, inflammation. Thus, it makes no sense to take ARA pills for most people (except kids, pregnant moms), unless they know their blood levels are very low. PLEFA 2009;81(2-3):165-70 showed that DHA and ARA are all mice need, not ALA and LA to prevent symptoms of fatty acid deficiency. Same thing may be true in humans to some degree at least, but LA may be essential for hair and skin since "We interpret these results as strong evidence for a very specific and essential function of linoleic acid in maintaining the integrity of the epidermal water permeability barrier. This function of linoleate is independent of its role as a precursor for arachidonate and eicosanoids." ► BBA 1985;834(3):357-63 (when people don't eat enough LA, they suffer from dry or scaly skin, hair loss, etc). The Δ6-fatty acid desaturase (an enzyme helping LA to become ARA) gene FADS2 was cloned in 1999. An adult human case of Δ6-fatty acid desaturase deficiency was identified and described in the literature ► JLR 2001;42(4):501-8. The patient exhibited growth retardation accompanied by skin abnormalities, corneal ulceration, and feeding intolerance. Treatment with dietary DHA and ARA restored normal growth and eliminated most of the symptoms. If someone is deficient in ARA or EPA they may develop acne. "Better motor performance was also observed in Newborn pups of Δ6-fatty acid desaturase knockout mice fed the ARA + DHA diet." ARA+DHA was superior to DHA alone in these special mice, and ARA+DHA gave them better motor skills than the wild-type mice who didn't have the genetic knockout of the enzyme converting LA into ARA. Other studies show the vital importance of ARA for mammalian brains. PR 2002;51(3):273-81 showed that monkeys fed DHA and ARA in infant formula became smarter than those fed formula without DHA and ARA. PLEFA 2011;84(1-2):63-70 found that maternal supplementation with ARA positively influences learning outcomes in rats. Amusquivar et al reported that rat pups of rats fed low ARA diet (fish oil) had smaller increases in postnatal body weight and length, and delayed body and psychomotor maturation indices than those fed olive oil (more precursors for ARA). Slower growth and brain development occurred when both dams and fetuses were fed a moderate

amount of fish oil (10%) as the only fat source. In the study, the ARA level was lower than the DHA level in brain tissue of the offspring of dams fed high n-3 fatty acid diets. The differences in postnatal development disappeared when the fish oil was supplemented with γ-linolenic acid, a precursor of ARA. The growth deficits were also eliminated by the inclusion of ARA in the diet. The studies demonstrate the importance of maintaining adequate levels of ARA during development, fish oil being insufficient if there are no ARA precursors in the diet.☺☺☺

PO 2009;4(4):e5085 showed that ARA pill was superior to DHA or DHA+ARA pills in some rat (not human) functions. AJHB 1999;11(4):457-67 showed only male preterm infants were negatively affected by formula with DHA only, while females were not, this may be due to female ability to convert DHA into EPA better. They found later that adding both ARA and DHA to preterm infant formulas also resulted in beneficial effects on visual acuity as compared with infants fed a control formula. Adding only DHA was not enough in some cases for improvements due to inhibition of ARA by DHA and inhibition of ARA by EPA made from DHA. A proper balance of DHA and ARA is needed for optimal cognitive performance as too much DHA may suppress the benefits provided by ARA. They did compare formula with DHA 0.32%, 0.64% and 0.96%, plus same ARA level of 0.64%. Lower DHA was better for certain intelligence measurements at age 3 or 5 ► AJCN 2013;98(2):403-12. Preterm infants fed formula with a 2:1 ratio of ARA:DHA had better psychomotor development compared with those fed a 1:1 ratio of ARA:DHA. Human milk has ARA:DHA about 1.5:1 (it fluctuates and can have even 2:1) ► NJ 2015;14:101. "The mean concentration of DHA in breastmilk (by weight) is 0.32 +/- 0.22% (range: 0.06-1.4%) and that of ARA is 0.47 +/- 0.13% (range: 0.24-1.0%), which indicates that the DHA concentration in breastmilk is lower than and more variable than that of ARA." based on data from 65 studies of human milk from 2474 women ► AJCN 2007;85(6):1457-64. "Infants should receive at least 0.3% DHA, with at least 0.3% ARA, in infant feedings; some clinical evidence suggests that an ARA:DHA ratio greater than 1:1 is associated with improved cognitive outcomes" ► PLEFA 2009;81(2-3):151-8. In premature infants, low levels of DHA, ARA contribute to dysregulation of immune and inflammatory responses, predisposing infants to chronic lung disease from low DHA and late-onset sepsis from low ARA. AJTMH 2015;92(4):797-804 reported that 14 days of 10 mg/kg of ARA in Schistosoma mansoni-infected schoolchildren induced moderate cure rates (50%) in children with light infection and modest cure rates (21%) in those with high infection. The cure rates associated with ARA were comparable to those produced by 40 mg/kg of praziquantel. The combination of ARA and praziquantel elicited 83% and 78% cure rates in children with light and heavy infections, respectively. Infants who consumed formula with DHA and ARA had a lower incidence of bronchiolitis, bronchitis, nasal congestion, cough and diarrhea requiring medical attention than infants fed formula without DHA and ARA ► CP 2006;45(9):850-5. Infants fed 0.32% DHA and 0.64% ARA got better visual acuity than those fed formula

without DHA+ARA. Those fed 0.64 or 0.96% DHA and same 0.64% ARA got the same benefits as the 0.32% DHA group ► AJCN 2010;91(4):848-59. By age 4, DHA and ARA pills significantly delayed time to first allergic and skin allergic illness.

The proportion of ARA in the food the placenta delivers to the fetus ranges from 14% to 20%. Infant formula for preterm infants only delivers ~0.4%–0.6% of ARA. For DHA, the placenta delivery to the fetus is ~6% whereas infant formula delivers ~0.3%. That is a 50-fold reduction in ARA and a >10-fold reduction in DHA compared with the infant's apparent physiological need. When plasma levels of ARA and DHA are followed from birth, they continue to decrease to about one third of that of the fetus. Crawford et al. argue that higher intakes of ARA and DHA are needed to correct for deficiency during the first year of life. Infants with mildly abnormal physical movements at 12 weeks of age are reported to have lower ARA content in erythrocyte membranes. This abnormality occurred when mothers took DHA alone, but was not seen when mothers took ARA+DHA during pregnancy and lactation ► PLEFA 2010;82(1):15-20. General movements in early infancy predict neuromotor development at 9 to 12 years of age ► DMCN 2005;47(11):731-8. Two epidemiological studies, Lipids 2004;39(2):117-23 and JNB 2004;15(8):467-72, have shown that individuals with learning disorders including attention deficit hyperactivity disorder (ADHD), dyslexia, poor reading ability, temper tantrums, sleep problems, and autism have lower than normal blood levels of DHA and ARA, ω3 and higher levels of saturated fat, monosaturated oleic acid (ω9), iron and vitamin C. Children with learning disorders also have low DHA-ARA in blood, not just infants or autistic adults, so this probably means, for many people, ARA-DHA may need to be supplemented for many years, not just "the first year of life by adding it to formula". Especially if they do a blood test and it comes lower than normal, indicating enzymes don't produce as much as needed from LA and ALA.☺☺☺

The effects of subnormal ARA on brain function seems to be independent of those associated with ω3 deficiency. In Japan where intakes of ω3 are relatively high, the incidence of dyslexia in children is similar to that in the West (6%). Therefore, although the Japanese consume sufficient ω3, there still may be an insufficient intake of ARA to meet the needs for normal brain function during childhood. ARA is the main LCPUFA (long chain polyunsaturated fatty acid) in the inner cell membrane lipids of muscle, heart, vascular endothelium, adrenals, kidneys, liver, placenta, almost all other organs. While DHA controls signaling membranes in the photoreceptor, brain and nervous system, ARA is indispensable in the vasculature and specific aspects of immunity. There is evidence of an RDA for preformed ARA and DHA after age 6 months. In adults, too much ARA instead of DHA-EPA led to depression ► BrBI 2013;31:48-53. ☺☺☺ JCP 2012;32(2):200-6 shows ARA addition to DHA helps those with autism by increasing signal transduction. This mirrors the studies above showing those with autism have low blood ARA and DHA. Giving ARA to mice low in ω3 has bad consequences, since ARA competes with DHA and low DHA is bad.

That's why ARA always accompanies DHA in formulas ► PLEFA 2015;95:41-5. Giving pregnant, lactating rats ARA and DHA (versus placebo) led to better outcomes for offspring, just like with humans ► APH 2013;100(2):186-96. ☺☺☺

Conclusions: ARA to DHA in ratio 1.5 (or up to 2.0) to 1 in any infant formula, smoothie given to a baby seems OK. 169 mg ARA and 115 mg DHA is what average kids (it would be more for those born bigger than average) who get human milk only at 6 months are getting per paper above, so if some kid goes off milk, it seems ideal to provide 169 mg ARA and 115 mg DHA to the kid (pour the liquid capsule into a juice) for another 1-4 years (since babies were breastfed with ARA for up to 4 years in our evolution). Many infant formulas provide 140 mg ARA and 100 mg DHA per day. Exactly as women take DHA while pregnant, they may need to take ARA too, as one study above showed. It depends on serum ARA, serum LA, since some women have more of the enzymes that turn LA into ARA. ARA can't be too high, since it sometimes causes preterm labor or low birth weight and height. ARA is high in high meat diets, but low in *vegan* diets, so vegan pregnant moms probably could seriously consider ARA pills if their conversion of LA into ARA is weak (do ARA blood test, since *vegans* eat more linoleic than non-vegans, so their ARA levels may be same as meat eaters). Ideal dietary ratio of ω3:6 is 1:1 to 1:4 maximum. ***Few studies looked at the ARA:DHA ratio for pregnant humans; m*ost studies dealt with the infant formula ARA:DHA ratio. Only in 2000 they added DHA-ARA to infant formulas to match milk level; thus, there is limited lifespan/IQ data on different DHA-ARA ratios for babies, pregnant moms.

►► 12.4.33. POLYPHENOLS or Vitamin P ◄◄

(see phenolic acids in plums & the 5 types of flavonoids (anthocyanins, flavones, flavanols, etc), the main polyphenols), RDA for K is around 4-5 g, what is RDA for vitamin P or for vitamin S?)

►►► *The richest in polyphenols foods (mg/100 g) are:* ◄◄◄

dried cloves 15188 (12500 eugenol), dried peppermint 11960 (10226 flavonoids, 1734 rosmarinic), dried turmeric 5433 (all are curcuminoids), bee pollen 4000, cocoa powder 3448, flaxseed 1528 (some cultivars), maqui berry 1560, dried sage 1207 (526 carnosic acid, 610 rosmarinic), rosemary raw 1058 (672 carnosic acid), dried rosemary 1018 (987 rosmarinic acid), dried spearmint 957 (901 rosmarinic), dried thyme 878 (rosmarinic 829), wild blueberry 836, blackcurrant 758, acai berry 607, blueberry 560, purple kale 500-682, purple cabbage 393, dark blue plum 377 (black-indigo skin deep purple inside 544, red skin light green inside 200, yellow skin 50), sweet cherry 274, blackberry 260, *purple* cauliflower 250, strawberry 235, raspberry 215, prune 194, black grape 169, *purple* onion 168, apple 136, ►►►► *white or rosé wine* 10 ◄◄◄◄ (this is *the* lowest at *the* bottom of *the table*) as seen in the table of 100 foods etc, or 1519 times less than dried cloves, *perhaps not the stuff written on most wine bottles people buy*

for 30$. That 170 g of *white or rosé wine* bought for 5$, has 56 times less polyphenols than a 2$ blueberry pack. Vodka or whiskey has 0, not even 10.☺☺☺ Is it ethical to use 1.1 million acres for wine, when people got such low polyphenol & fiber intake? *Of course it is not, since it shortens their lifespan versus eating blueberries or purple kale*. That's why, perhaps, we need centralization of nutrition education, centralization of immortality capitalism. Wine got other issues: 40% of violent crime, car accidents are done by drunk folks. The land belongs to We the People, so we can request that 0.62 million acres for wine in California, is used for blueberries, purple kale vertical farms, purple cauliflower, walnut trees. Vote for it at the next election and companies will make the same amount of money, people will have healthier arteries, brains, discover eterni food faster to live to 900, etc. Why are so many so fat and sick? They eat the deadliest junk food/wine, instead of the foods above. More importantly, we would show the world we care about health, nutrition and World Peace. If someone grew a plant like fentanyl flowers that kill people, it would be wiped out, wine is similar, just takes longer to be killed. Let's cure diseases and avoid alcohol.

►►► *The richest in polyphenols foods (mg/calorie) are:* ◄◄◄

dried cloves 47 (15188mg/323cal), dried peppermint 42 (11960/285, *avoid if you got dry eyes, it dries them more*), capers 28.4, dried turmeric 15.3 (5433/354), cacao powder 15.1 (avoid due to *miscarriage, stillbirth, heart defect, low IQ, short lifespan in offspring* causing caffeine and caffeine analogues), lowbush or "wild" blueberry 14.7 (rare except US/Canada), *purple* kale 14, bee pollen 12.7 (4000mg/314cal), *purple cabbage* 12.7, *purple cauliflower* 12, black currant (not available in most countries) 12, cactus pear 11.1, highbush blueberry 9.8, acai berry 8.7 (607mg/70cal), *(dark indigo/purple) plum* 8.2, strawberry 7.3, blackberry 6.0, spinach 5.2, cherry 4.3, *purple onion* 4.2, red raspberry 4.1, black olive 3.9 (extra virgin olive oil 0.07 only, or 56 times less), dried rosemary 3.1, flaxseed 2.9 (walnuts just 0.043 or 68 times less, all other nuts and seeds are very low), apple 2.6, black grape 2.5, green olive 2.4, broccoli 1.3, prunes 0.81, carrot 0.34. This is easy to calculate using Table 1 at EJCN (2010) 64, S112-20 for polyphenol mg of 100 g of food, the USDA for calories of 100 g of food. For *purple* cauliflower/kale/cabbage I used ASPTA 2012;11(3):239-48, IJFSN 2004;55(3):191-9 plus the cauliflower section USDA source, anthocyanidin kale source. The cactus pear data is from the cactus section. Other cactus pears (green) have less, probably two to nine times ☺☺. The darker the color, the more polyphenols. So black or very opaque blue-purple grapes more than red less opaque ones, and far more than green ones. *The more we buy colorful stuff instead of the plain green versions, the more we drive demand for crops to switch towards longevity enhancing varieties*. So when you go shopping you can buy purple, indigo or black grapes, not green/red ones, purple (not green) cabbage, purple (not green) cactus pears, purple (not white or orange) cauliflower, purple kale, not the green one, purple (not yellow) onion, red sweet pepper not the green one, purple corn or rice, not the

white/yellow one, brown (not white) chia seeds, and brown (not golden) flaxseeds.

Common polyphenols are flavonoids, phenolic acids, stilbenes, lignans. Those eating the most polyphenols cut their mortality by about 37% compared to those eating the fewest ► BMCM 2014;12:77. Men in the highest quartile of flavonol (a flavonoid class) and flavan-3-ol intake had a relative risk of 45% and 41% lower risk for ischaemic stroke, respectively, as compared with the lowest quartile. Those eating more flavanones had 45% lower cardiac death risk, 35% lower for flavones ► BJN 2008;100(4):890-5. The more flavonoids people eat, the longer their lives ► AJCN 2015;101(5):1012-20. A 7,447 people study found those with higher lignan intake (0.94 mg/day) had 40% lower mortality than those with 0.44 mg/day intake. Those eating 5.75 mg/day stilbenes got 52% lower mortality than those eating no stilbenes, even 0.48 mg/day meant 31% lower mortality ► BMCM 2014;12:77, see Table 4 for Additionally Adjusted HR (hazard ratio) for the 5th quintile 0.60 (lignan) and 0.48 (stilbenes). Lignans are found in kale, broccoli, flaxseeds.☺☺ Epi 2013;24(5):726-33, a study of 40,622 people, found that mortality was 40% lower for those eating most flavanones, 41% lower for those eating most flavonols, same for those eating more lignans. Most mortality reduction was cardiac. The more flavonoids people eat, the lower the cognitive decline ► AN 2012;72(1):135-43. Flavonoids are the most common polyphenols. Anthocyanin flavonoid benefits are covered in the anthocyanin section, with about 15 studies. The synergistic mix of the best polyphenols in 2-5 gram tablets could extend everyone's lifespan by 10-50 years, most centenarians eat a lot of polyphenols. Many polyphenols are like true semi-vitamins and semi-minerals that extend life. If we lack zinc we can die at 25. We think that "aging is natural", but a lot of it is preventable and delayable.

Some foods were shown to inhibit polyphenol blood intake via polyphenol oxidase PPO enzyme, causing apples, bananas to get brown when sliced, including stuff I never eat: potato, apple, beet greens, peach, pear, mushroom (6 times the level of gala apples, plus carcinogenic agaritine unless you cook it a lot), heart of palms, avocado, banana (22 times more than gala apples, avoid bananas in smoothies with berries), see the full list of enzyme content here. Mango has 500 times less of this enzyme than banana. Tropical fruits, common in monkey areas, also have high PPO levels, as this FBT 2012;5:2921-7 shows, so avoid that junk too. Bananas got too much sugar anyway, better get complex sugars from lentils to get vegan protein and more fiber than bananas. Bananas, pears, peaches and apples are pure sugar mostly and ought to be avoided, cultivated much less (huge waste of carbon and waste for 1 banana), eat carrots, kale, berries in a smoothie instead and you will be way healthier, add 2 g of chia seed or half walnut to increase vitamin A (fat soluble) in carrots absorption. Of course, bananas are way better than sodas and the junk cookies many eat, but we aim higher for the most nutrient dense rich foods without excessive gas or sugar spike. The myth bananas are healthy is pure nonsense, the eternis can't eat stuff that helps food rot in the digestive system, like bananas do, so in our future high tech

powder formulas the toxic starch fibers won't be there, as toxins enter the blood fast when food transit is slowed down by indigestible chemicals. Bananas are a cheap trash food that will get you as far as chimps who eat it daily in the jungle: nowhere. Lentils have protein *vegans* need, and lots of fiber, antioxidants, etc, so they're a much better food than apples, bananas, peaches, pears. Berries and greens are much healthier than most veggies and fruits, except carrots. Dairy blocks polyphenol absorption via casein reacting with polyphenols, so avoid milk in your smoothies/coffee, since you waste your money on polyphenols. ☺☺☺

►► 12.4.34. POTASSIUM | $_{19}K^{39}$ | (lowers blood pressure & pulse) ◄◄

Sky high K with low Na can cause palpitations, cardiac arrest and even death as explained in the first paragraph of the Magnesium section, dealing with high Mg foods that also have high K. When you eat a natural Na (sodium)/K ratio of 1:22 (1:20-1:24) or so like me and millions of 6% fat *vegans*, blood pressure BP drops to healthy range without medicine, so it's usually 93-99 by 62-69, heart rate HR 50-55 while working at the computer. You may need extra Mg if K doesn't do it alone. Na rises BP/HR, K lowers it. When you adopt the Immortalist Anthem ethics and listen to only eterni music, it will stay there a lot and not go to 105/72 or pulse 60 often. The lower the HR, the longer you live, turtles pulse is 17 bpm and live to 200. The AIs (insufficient data for RDAs) in mg are: 0-6 mo 400, 7-12 mo 860, 1-3 yrs 2000, 4-8 2300, 9-13 guy 2500 girl 2300, 14-18 guy 3000 girl 2300, 19+ men 3400 women 2600, pregnant 2900, lactating 2800. The ULs don't exist, since there are no issues with eating tons of K, except in people with abnormal kidney function. If you take too much K, electrolyte imbalance may cause tingling in the feet that stops when you stop eating "KCl to boost electrolytes". I get 4500+ mg/day from food alone (I add 1-4g KCl salt in water sometimes when I feel BP rises above 110/75, this brings Na:K ratio to 20 again when I eat more carrots (69mg Na/100g) which lower the ratio and thus rise HR fast, or when I sleep poorly, which rises HR). HR and BP rise in tandem in a similar %, depending on K intake, Na intake and sleep quality. Half US adults have high BP. Those eating the highest Na:K ratio have a 46% higher chance of all cause mortality (115% higher chance of ischemic heart disease death) vs the lowest Na:K ratio in a study of 12,267 ► AIM 2011;171(13):1183-91. "Physiologically the importance of K in cardiac function is described by the large number of different kinds of K ions channels found in the heart compared to channels and membrane transport mechanisms for other ions such as Na and Ca." ► ACC 2013 ;15(1):17-24. Hypertension ages the brain ► medical...9.php. The richest sources of K *(legumes/potato cooked, the others are raw)* are in order in mg of K *per* calorie: spinach 24.3, cilantro 22.7, zucchini 16.4, parsley 15.4, mushroom 14.9, radish 14.6, tomato 13.2, pumpkin 13.1, coconut water 13.0, green lettuce 12.9, cauliflower 12.1, asparagus 10.1, cucumber 9.8, broccoli 9.3, turnip green 9.1, kale 8.9, sweet green bell pepper 8.7, cantaloupe/carrot 7.9, red cabbage 7.7, beet 7.6, cabbage/sweet red bell pepper 6.8, papaya 6.5, potato 5.8, sweet potato 5.3, ginger 5.2, kiwi 5.1, cooked collard

greens 4.5, bananas/white beans 4.0, orange/watermelon 3.8, onion 3.7, grapefruit, lentils/red kidney bean/green pea 3.2, split pea 3.1, avocado/soybean/pinto bean 3.0, navy bean 2.8, black bean 2.7, milk 2.4, pineapple 2.2, tofu, apple/pumpkin seed 2.1, soy/veggie burger 1.9, chickpea 1.8, flaxseed 1.5, beef/cooked quinoa 1.4, buckwheat 1.3, oats/sunflower seed 1.1, coconut meat/Brazil nut 1.0, sesame seed 0.8, walnut 0.7, chia seed/olives 0.3, cheese 0.2.☺

Less than 2% of US adults eat 4.7 g of K, or more (the minimum "RDA" some believe *in) and more than 99.4%* eat more than the maximum allowed amount of 1.5 g of Na, while 90.7% eat more than the 2.3 g of Na ► AJCN 2012;96(3):647-57. Only 1 in 6000 Americans meets the RDA for both Na & K, RDAs which are themselves not as stringent as the ideal, so we pay *trillions in healthcare as a result*, instead of figuring how to double lifespan by eterni foods. When you take into account many are low in magnesium, only 1 in 12000 Americans meets the RDA for Mg, Na and K. When you take into account that many are deficient in other minerals and vitamins, you realize that only 1 in a million Americans get the basic nutrients required to live to 110, so only 1 American lives to 110 in 1 million people. Na intake in *vegans* is < 50% "of the omnivorous intake.. The daily intake of saturated fat in *vegans* was 21 g compared to 54 g for omnivores." so *vegans* have the lowest hypertension, heart disease rates ► Ntr 2014;6(3):1318-32. For millions of years we ate 13 times more K than Na, and nowadays most eat less K than Na. Na increases BP, K lowers it, so half of US adults have high BP, which leads to heart disease (#1 killer: 18 million/year), strokes, undetectable blood clots, blood clot induced Alzheimer, cognitive decline, increased risk of Alzheimer, shorter lifespan. If 10 people get their lifespan shortened by 5 years due to high BP causing heart attack 5 years earlier, that's 50 years of lifespan loss, or the equivalent of someone dying at 30 (if that someone had lived to 80 otherwise). Thus, high Na, low K caused high BP kill more people than wars, natural disasters and murders worldwide every year. A few companies offer the same can of veggies with half the salt or no salt, showing that you don't really have to add so much salt to extend shelf life. If more buy the low Na versions and demand lower Na in foods from politicians, we live longer. Meanwhile, choose the brands with least Na (there are tons of them, take 2 minutes to read the Na levels, keep Na under 0.7 g daily if hypertensive), or eat more produce, cook more at home, etc. Restaurant foods are very high in Na too, it sells better when it tastes saltier. K salt is as tasty. Hypotensive people can buy NaCl salt and add it to their dinner or choose saltier foods made by special brands for hypotensives while avoiding K, but most people have hypertension, needing KCl instead. Low Na isn't even a government regulation that would increase business costs, it would lower them, as less salt is used. Shelf life would not be affected much, only taste. Studies show KCl works, and only people with kidney issues need be careful. Yet no country seems to see the urgency and ban Na past certain levels in foods, as Norway banned mercury in all products. This simple move alone would add more life years to humanity than probably any other, in terms of life years

added/$, since it costs less to add 5-10 times less or zero Na, less to add some KCl, too instead of only NaCl. KCl tastes the same as NaCl, but it's more expensive due to lack of mass production. High blood pressure (hypertension) is experienced by 90% of people at some point in their life and is a major contributor to heart attacks and strokes. The WHO says that > 2 g of Na or < 3.5 g K can cause hypertension. Here is a video about Na from the CDC. About 75% of salt intake is from processed and restaurant foods. At home, cook with no salt added in a pressure cooker (healthiest method) if you're hypertensive and you can even add K salt (tastes the same, available at most supermarkets) to further lower the blood pressure. Draining the liquid in canned salty veggies can remove half the Na. Harvard School of Public Health has more salt studies. Some say we only need 200-1,200 mg of Na, depending on weight and activity levels (sweating eliminates Na). Too much Na can damage the bones. The Yanomano Indians who consume only 0.5 g of added salt daily, have a blood pressure of 100/64 at 50 (96/60 on average for all ages) ► JHH 1989;3(5):309-14, much healthier than the global average. CJC 2007;23(7):567-72 mentions the 1989 study and others on animals/humans that confirm Na kills: Finland reduced cardiac mortality a lot ► "The probability for a 30-year-old man to die of cardiovascular disease has dropped from about 30% in 1970 to 7% in 2013, and for a 30-year-old woman... from 13% to about 2%" ► GH 2016;11(2):201-5 (see 2nd page of pdf, *cardiac mortality for Finland* fell 5 fold *as Na intake was forced to drop*). Would you want to lower cardiac mortality 6.5 fold if female by eating less salt? Mothers, stop poisoning your kids and trash that NaCl, replace it with KCl, if your kids are like 95% of kids, hypertensive for their age? The gnat IQ people say kids are not hypertensive, but that's a lie, for their age, they need lower values. Arterial plaque builds from fetal stage, and vast brain vascular damage begins as a kid. Only 1% of kids are hypotensive and need NaCl, the rest are fine with no salt or KCl, depending on activity level, sweating, etc. Finland lives longer than US, why doesn't the US lower Na too, replacing it with some KCl so many are ultra deficient in? Could all *nations* do the same? The US Institute of Medicine (IOM) established an adequate intake (AI) for Na of 1.2-1.5 g/day in adults, which most people exceed. IOM advice is bad for inactive folks who need 0.2-0.5 daily. IJERPH 2017;14(11):1364 shows that *centenarians* with a salt preference (who add salt and like salty things) were less *healthy* and able to function than those without a salt preference. "The lesser frequency of hypertension in centenarians certainly depends on genetic and constitutional factors, but also their style of life and alimentary habits (low Na intake, high K, Mg intake) could also be determinant." ► BMCS 2012;12(Suppl 1):S36. Bama centenarians ate 15% less sodium ► Ntr 2016;8(9):564. ☺☺☺

►► 12.4.35. CoQ10 (the protector of heart muscle and all muscles) ◄◄

Many brands contain 0-10% of label claim, so buy from reputable brands like some this book links to. CoQ10 is a crucial cofactor for mitochondrial enzyme complexes, enabling ATP synthesis, which is vital for heart and skeletal muscle contraction. CoQ10 scavenges free radicals

to protect mitochondrial, cell membranes from damage during strenuous exercise. Statins block HMGCR used to make CoQ10/cholesterol, so statins can damage muscles, weaken seniors, cause falls via weak leg muscles, or death via heart muscle failure. Please read the smoothie section for ideal way to take CoQ10 (with some fat). The cheapest CoQ10 may be 0.50/g Bulk Supplements (100% CoQ10, no fillers, no arsenic from rice flour, comes with scoop (= 200 mg), can transfer into a bottle (small one for daily use, big one for storage, for less air exposure), easy to use, better absorption than tablets). Microingredients brand CoQ10 is not pure, even if claiming to be so, due to its sweet taste indicative of added sugar. Likewise, many capsule CoQ10 is mixed with sugar due to its sweet taste. Many brands have toxic fillers (MgStearate, silicon dioxide, etc, rice powder has lectins and arsenic, due to rice not being cooked to remove anti-nutrients) or if any there, the label is suspicious saying "CoQ10 powder, 6% ubiquinone" (and aSquare company never replying to customer questions on whether the 'CoQ10 powder' is 100% CoQ10 or 6% CoQ10). NY police found most supplements at major Walmart, GNC, Target, Walgreens stores didn't contain the ingredients listed, especially if herbs or more exotic than vitamin A, B, C. This is the gift of decentralization that keeps on poisoning billions of people: instead of 1 truly amazing future century almost brand, we got 5000 so so brands, with only 50 of them good to pass basic immortalist criteria. Immortalists want true centralization. So, you could maybe test a brand first at a lab to see if it's 100% CoQ10, if you find anything in caps that claims to be cheaper than 0.5/gram. The manufacturing of these exposes CoQ10 to air when they cap the powder with other fillers, like rice flour or Mg stearate, so you may get the same air exposure as you opening bottle 100 times for 4 seconds each time to scoop some with the end of a spoon or the provided scoop. In the factory, the exposure to air may be even longer, air-light oxidation of CoQ10 even higher during capsule making. JIPMC 2009;64:225-32 found 254 nm UV (UVC that most plastics block) can degrade CoQ10 in 2 hours about 28%, meaning that if CoQ10 is stored in sunlight areas and manufacturer used the wrong plastic, CoQ10 could be lost, as each time a pill is moved, UV seeps thru pills under. CoQ10 levels decline with age, see graph at immortals..CoQ10. They noticed a 50% reduction in mortality in some studies for those taking CoQ10. As we age we fail to make the CoQ10 we had at 20 and this can tax the heart, liver and kidneys, the organs with the highest concentration of CoQ10. Those taking CoQ10 (followed for 10 years) had half the cardiac mortality of those who didn't ► PO 2015;10(12):e0141641.

CoQ10, wikipedia...CoQ10, chemically somewhat similar to vitamin K, is found in every cell of the body (in animals and bacteria too), primarily in the mitochondria. Richest dietary sources are legumes, soybeans, sesame seeds, soybean and canola oil, cauliflower, broccoli, peanuts, walnuts, avocados, almonds. CoQ10 is the only fat-soluble antioxidant generated endogenously and was first identified in 1957. In 1961 they found cancer patients had low CoQ10, so CoQ10 is used as adjuvant therapy for cancer ► cancer.gov...q10. Peter Mitchell research about how

CoQ10 helps cells to generate energy was awarded the Nobel Prize in Chemistry in 1978 "for his contribution to the understanding of biological energy transfer through the formulation of the chemiosmotic theory", which includes the vital protonmotive role of CoQ10 in energy transfer systems. Folkers got the ACS Priestly Medal in 1986, the National Medal of Science in 1990 for his work with CoQ10. CoQ10 taking patients with heart failure had 9% cardiac mortality (10% all-cause mortality), vs 16% for placebo (18% all cause for placebo) or 44% lower cardiac and all-cause mortality ► JACCHF 2014; 2(6):641-9. The HDL rose 25% (fell 1% for placebo), TC (total cholesterol) fell 21% (13% for placebo), LDL (bad cholesterol) fell 22% (placebo fell 22% too) after 200 mg CoQ10/day for 12 weeks ► IRCMJ 2014;16(10):e16433. CoQ10 Increases cholesterol efflux, inhibits atherosclerosis thru microRNA ► ATVB 2014;34(9):1795-7. Ubiquinol, vitamin E prevent LDL oxidation. Each LDL particle has 10 molecules of vitamin E and 1 molecule of ubiquinol. This is a reason why CoQ10 lowers cardiac mortality: prevents LDL oxidation, provides energy to heart cells ► PNAS 1992;89(21):10316-20.

BIOAVAILABILITY☺☺☺

Ubiquinol, or reduced ubiquinone (CoQ10 is ubiquitous so it's called ubiquinone, every cell has it and half the heart CoQ10 production is gone by age 45, that's why those taking supplements live longer and have much lower cardiac mortality), supplements are more bioavailable than CoQ10, so it's better to take that form of CoQ10 ► JAFC 2014;62(29):7174-82. After 300 mg ubiquinol daily for 14 days, the blood level of CoQ10 became 6.5 µg/mL and after 4 weeks it rose to 7.28 µg/mL ► RTP 2007;47(1):19-28. Another study found that at 2400 mg CoQ10, the blood level became 7.25 µg/mL in 4 weeks. ► EN 2004;188(2):491-4. From these 2 studies it would appear at 300 mg doses ubiquinol can be 8 times more bioavailable than normal ubiquinone form of CoQ10, while at 100 mg several studies showed 2-3 times higher rise in blood level of CoQ10 if ubiquinol is used, possibly because after a certain level of CoQ10 ingestion takes place, no further rapid rise is possible. CoQ10 in serum remained constant at doses above 2400 mg/day, which is something nobody takes (400 mg being highest in most supplements). Ubiquinone $C_{59}H_{90}O_4$ is the ketone, CoQ10 itself; ubiquinol $C_{59}H_{92}O_4$ is the alcohol with 2 extra hydrogens. Plasma CoQ10 increased from 0.9 to 2.5 µg/mL after 4 weeks of 200 mg/day ubiquinone and increased from 0.9 to 4.3 µg/mL after 4 weeks of 200 mg/day ubiquinol ► CPDD 2014;3(1):13-7.

FERTILITY

Mean sperm concentration, sperm progressive motility, % of sperm of normal morphology rose after 12-month CoQ(10) therapy by 114%, 105%, 79%, respectively ► IUN 2012;44(3):689-700.

EFFECTS ON NEURONS

Less Parkinson disability developed in subjects assigned to CoQ10 than in those assigned to

placebo, and the benefit was greatest in subjects receiving the highest dosage ► AN 2002;59 (10):1541-50. CoQ10 "is imposed in the inner mitochondrial membrane and is essential for Complex I and II electron transfer activities during oxidative phosphorylation...ATP production. CoQ10 … (intake raises) brain mitochondrial CoQ10... CoQ10..(has) neuroprotective effects in Alzheimer and Parkinson by attenuating mitochondrial dysfunction and nullifying oxidative damage. Mitochondria are the source of 80% or more of the reactive oxygen species generated in neurons." ► ADDR 2009;61(14):1316-23. "Many neurodegenerative disorders, diabetes, cancer, muscular and cardiovascular diseases have been associated with low CoQ10 levels as well as different ataxias and encephalomyopathies." ► MS 2014;5(3-4):187-97.☺☺☺

CoQ10 takes part in aerobic cellular respiration, which generates energy in the form of ATP. 95% of the human body's energy is generated this way, so the energy-intensive organs like heart, kidney have the most CoQ10. It's almost like a vitamin. CoQ10 "is an essential compound found naturally in virtually every cell in the human body. Because of its ubiquitous presence in nature and its quinone structure, CoQ10 is also known as ubiquinone. CoQ10 is a lipid-soluble substance whose primary role is as an essential intermediate of the electron transport system in the mitochondria. Adequate amounts of CoQ10 are necessary for cellular respiration and ATP production… CoQ10 also functions as an intercellular antioxidant, and its presence was then demonstrated in all cell membranes and in blood, both in high- and in low-density lipoproteins, where it is endued with antioxidant properties. CoQ10 was also recognized to have an effect on gene expression." CoQ10 also treated several neurological disorders ► MS 2014;5(3-4):187-97. The body requires 7 vitamins and several trace minerals to make CoQ10, in a 17 step process, so it's easy to see how as we age, the CoQ10 levels drop, as enzymes in each step are harder to make. CoQ10 and cholesterol biosynthesis share some enzymes and statins (that lower cholesterol by inhibiting an enzyme) block the synthesis of CoQ10, killing us.

►► 12.4.36. ALPHA-CAROTENE (α-carotene) $C_{40}H_{56}$ ◄◄

α-carotene (see pic) is an isomer of β-carotene (see pic) with 1 double bond shifted to the next carbon. Molar mass is 537. The more β-carotene females ate, the better the life of those with asthma ► JACI 2004,113(2):S303. The chiral (R) structure of α-carotene is here & carotenoids pic has all 6 common carotenoids. People with lowest serum α-carotene (< 0.05 μM) had 46% higher mortality than those with highest α-carotene (> 0.11 μM) ► NR 2011;31(3):178-89. You can see the fully adjusted 1.46 ratio in Table 3. This is not surprising, since α-carotene is a marker for β-carotene, since carrots contain a lot of β-carotene and any food with α has β. β-carotene was shown to increase collagen production 4.4 times ► Derm 2010;221:160-71 ► "Type I procollagen mRNA levels were significantly increased to 4.4 times" in the 30 mg β-carotene pill group, not the 90 mg (sky high, not feasible from diet). Collagen is the protein of

blood vessels, heart, etc, organ matrix, brain matrix etc, so it is absolutely essential to longevity, preventing the aging of skin, vessels, cornea, eyelids, face (wrinkles form due to *low collagen, elastin synthesis* via severe antioxidant deficiency: vitamin C and carotenoids). Cardiovascular mortality was 77% higher for those with least α-carotene. Thus, instead of eating bovine collagen that has heavy metals, mad cow disease, you can eat more lentils for protein, carrots, kale and high carotenoid foods that have vitamin C also. The study of 13,292 people found no association between cardiac mortality and serum β-cryptoxanthin, lycopene, lutein+zeaxanthin. Carrots have 3,477 µg α-carotene in 100 g, compared to *0 µg for papaya, turnip greens, zucchini, watermelon, cabbage, cauliflower, kale, kiwi, lettuce, beets, apples, plums, blueberries, blackberries, strawberries, spinach and most other* things *vegans* or omnivores eat (which usually have β-carotene). The carrots section explains that BJN 2011;106(10):1562-9 found carrots led to the most reduction in cardiac mortality, among all veggies/fruits; it may be partially due to having the highest *amount of α-carotene among raw fruits/veggies*. The top common sources of α-carotene (all sources listed here at USDA, they rounded numbers recently, but below is the earlier data before they rounded to keep the public ignorant) got the µg/100 g (raw, unless stated):

1. can pumpkin 4796 raw 4020 boiled 2720 2. boiled carrot 3776 raw 3477 steamed ?3600?

3. baked butternut squash 1130 raw 834 steamed ?980? 4. boiled hubbard squash 529 raw 0

5. tomato 101, baked sweet potato 47, broccoli 25, red bell pepper 20, orange 11, grape 1.

α-carotene inhibited the proliferation of the human brain cancer cells 10 times better than β-carotene. ► JNCI 1989;81(21):1649-52. That's why Gerson cancer therapy uses 25 lb bag of carrots to make juices, as carrot juice has 4340, more than even boiled carrot. NIH covers Gerson here. Reduced mortality for those with higher serum α-carotene was seen in a study of 15318 people, AIM 2011;171(6):507-15: those with α-carotene > 9 µg/dL (0.17 µM, 90/537=0.17) got 39% less mortality than those with α-carotene < 1 µg/dL (0.019 µM). Lung cancer mortality was 3 times lower for those with highest serum α-carotene & 5 times lower for those with highest β-carotene ► CS 2003;94(1):57-63. For smokers, high β-carotene can cause issues. ☺☺☺

►► 12.4.37. BETA-CRYPTOXANTHIN (β-cryptoxanthin) ◄◄

β-cryptoxanthin (see pic) $C_{40}H_{56}O$ is β-carotene (see pic) $C_{40}H_{56}$ with an OH group, or hydroxy-β-carotene. The chiral (R) structure of β-cryptoxanthin is here & carotenoids pic has all 6 carotenoids. People with lowest serum β-cryptoxanthin had 52% higher mortality than those with highest β-cryptoxanthin ► IJE 2001;30(1):136-43. With the exception of raw pumpkin and butternut winter squash (easy to add raw to smoothies), which have far more cryptoxanthin than papaya, papaya is the richest common source of β-cryptoxanthin (109 times > green

pepper, 127 times > grapefruit, 7 times > oranges, 85 times > eggs, 10 times > watermelon, 55% > red bell pepper; most fruits-veggies lack any β-cryptoxanthin). Raw carrots have no β-cryptoxanthin in USDA list, but that is an error, since cooked carrot got 199, the instrument didn't detect it in raw due to the analytical method, but do steam it with pressure cooker to soften it and break cellular walls, as that makes bioavailability higher and possibly you absorb 200 or at least puree the carrot in a smoothie. USDA makes this error often for raw veggies, since they don't understand the compound is there, they got a poor analytical technique. You see this USDA error with other nutrients too, where the same food under different entries has 0 or high values. On a per calorie basis, papaya has 308 times more β-cryptoxanthin than the only non-vegan source, eggs. In 100 g USDA lists the following amounts of β-cryptoxanthin in µg:

1. raw butternut winter squash 3471 ☺☺☺ 2. baked butternut squash 3116

3. raw pumpkin 2145 (canned 0 if water drained) 4. boiled pumpkin if drinking the boiled water 1450 (boiled and drained is 0, you can eat it raw as a smoothie puree to get 2145)
5. raw persimmon 1450 dried 156 (avoid dried fruits, raw are healthier) 6. canned tangerine 775 7. papaya 761 8. red bell pepper 490 9. tangerine 407 10. cooked/raw(puree)/steamed carrot 199 11. pickles 271 12. kumquat 193 13. cooked corn 161 14. popcorn 160 15. canned carrot 144 16. yellow peach /nectarine 117 17. orange 116 18. apricot 104 19. watermelon 78 ☺☺☺

Those with the most serum β-cryptoxanthin got 27% less AMD, advanced macular degeneration. The highest lutein serum levels meant 41% less AMD (and 36% less for highest β-carotene compared to lowest β-carotene) ► JAMAO 2015;133(12):1415-24. β-cryptoxanthin was much lower in Alzheimer patients' blood ► ARN 2002;59(5):794-8. β-cryptoxanthin stimulates the repair of DNA oxidation damage in addition to acting as an antioxidant in human cells ► CNG 2009;30(2):308-14. β-cryptoxanthin is a free radical scavenging antioxidant that protects DNA, prevents the growth of lung/other cancers ► IJC 2006;119:2084-9.

►► 12.4.38. TAURINE (lowers HR/BP), Theanine & N-Acetyl-Cysteine ◄◄

12.4.38. is especially for 30-100 year old *vegans* who eat no *collagen* (meaning glycine, or Gly, 33% of collagen), 3 times less *cys*teine in vegan protein, no *taurine* (except a few seaweeds like red algae). To boost glutathione/collagen, *vegans* need to take 3-10 g Glycine and 600 mg N-acetyl cysteine or N-Ac-Cys or NAC (see how, avoid powder, as NAC becomes an inactive dimer after contact with oxygen and moisture from repeated openings of the bottle, keep bottle in the fridge and swallow cap, don't inhale by accident). Mice fed Gly + NAC lived 169 vs 121 weeks or 112 vs 80 years human equivalent (32 extra years), NAC benefits omnivores aged 30+ too, though doses for age 31 is lower than for 41. Gly + NAC help improve 50 biomarkers in older adults. GlyNAC benefits are noticed (read the tables) in ages 45-80 only, diabetics are helped

too. Vegans benefit more if low in Cys. After GlyNAC, mice brains glutathione level doubled, cognition doubled, inflammation halved, etc, as the mice brain graphs show. We don't need GlyNAC, since body has to split it into Gly and NAC, taking Gly + NAC is 5x cheaper. Each person has a certain amount of NAC absorption ability, if you eat 2 pills (1200 mg), some NAC won't absorb and enter the colon where bacteria use it to produce rotten egg smell gas H_2S. So take only 1 cap, 600 mg, if you notice a sudden change in gas frequency and smell, from odorless CO_2 (healthy vegan) to H_2S. If sulfur bacteria produce too much gas after you switched to 1 pill, simply eat vinegar with every meal (puree the lentils with the smoothie maker and add vinegar, etc) for 1-2 days to neutralize the overgrowth or do an enema so the gas becomes odorless again, as it should be for healthy vegans. Some use theanine amino acid found in tea, because it improves sleep, reduces brain glutamate & oxidative stress, lowers anxiety, improves cognition, Bulk Sup sells it 1c/200 mg, cheapest price online, (whole family pack, can take 400 mg max) with 0 additives. Theanine starts to decompose into glutamic acid and ethylamine, then pyrazines, changing its taste from umami to more roasted peanut butter, an indication that item was sold via amazon (super hot transport), not Walmart. L-theanine (γ-glutamylethylamide) prevents neuron death by blocking excess glutamate binding at AMPA/kainate receptors (theanine is a safe competitive antagonist of glutamate receptors), improves mobility, promotes neurogenesis and neuron repair by boosting BDNF and Slc38a1 expression (see Slc38a1 papers & wiki), quiets neuroinflammation by lower inflammatory cytokine/iNOS expression, boosts astrocyte GSH (GSH=Glu-Cys-Gly) to extend their life, improves attention, slows brain aging. S-acetyl-glutathione is the bioavailable glutathione (subscribe, get 20% off first time, then cancel subscription each time to get 20% off), though it's much more expensive than taking as Gly + NAC + Glu. Some add glutamine, Glu, since it's one of the amino acids Glu-Cys-Gly making up glutathione, GSH, the master antioxidant, when feeling tired, sleeping too much, needing extra help with headaches or brain fog. Glutamine activates mTOR and can cause insomnia or acne if taken in doses of 2-10g, so only use it seldom, 1-2 g, unless you want high heart rate, insomnia, fast metabolism and faster aging.

Taurine, $HO\text{-}S(=O)_2\text{-}CH_2\text{-}CH_2\text{-}NH_2$, is cheap to supplement, 1kg pure no fillers/16$ (16$ via coupon for subscribe, cancel subscribe later, resubscribe when time to order, lasts 2 yrs at 340mg/day for family of 4), prevents atrial fibrillation, but its levels don't decline with age. Our body can only process 1 g at a time, so to avoid kidney damage, kidney flushing minerals and taurine due to excess, limit it to 1 g/meal, and max 3 times/day. Peak "plasma taurine ... was measured at 1.5 ± 0.6 hr after administration as 86.1 ± 19.0 mg/L. Plasma elimination half-life... 1.0 ± 0.3 hr" ► JAA 2010:346237. Taurine "uptake is mediated by the taurine transporter (TauT, encoded by SLC6A6 gene, Solute Ligand Carrier, family 6 (Na & Cl dependent neurotransmitter transporters), subfamily A, member 6 (taurine), needs NaCl for uptake)... β-alanine and the cyclic P4S inhibitors

also mimic taurine, occupying the same substrate-binding site" ► NC 2026;17(1):4257, hence we can't take "exercise powders" that mix alanine with taurine, as taurine uptake is blocked. Rice flour got toxins and arsenic. As we age, blood taurine levels can decrease 5 fold in some, though other studies found it stays mostly constant in omnivores. Kindly avoid energy drinks as those contain 1-2g, can cause high pulse or death when taurine is mixed with caffeine (see death from energy drinks) and the bare minimum needed is 100 mg daily, a portion of the 1 g capsule taken at night, to stimulate GABA receptors to help you fall asleep. Taurine is absent from *vegan* diets, but made internally: it lowers blood pressure by 1-4, pulse by 4 bpm, *prevents* neuropathy, *liver disease, diabetes,* vision *loss* (retinopathy), heart *failure* (80% mortality reduction in a study with rabbits). A nonessential amino acid (not used to create proteins), taurine is β-alanine H_2N-CH_2CH_2-C=O-OH where the carboxylic COOH group is replaced by a sulfonic SO_3H group, making it a sulfonic acid H_2N-CH_2CH_2-$S(=O)_2$-OH. That's why they both bind to the same transporter. Taurine is the most abundant intracellular sulfur-containing amino acid causing some to call it one of the essential body chemicals ► MV 2012 ;18:2673-86. High taurine concentrations are found in the *heart and retina*. Omnivores eat 9-372 mg (mean 58)/day, which for *vegans* (who get 0 taurine from diet usually) costs 1 cent/day for 0.2g. Others take 1g/day, due to a study showing mice live longer: "The median lifespan increase was 10 to 12%, and life expectancy at 28 months increased by 18 to 25%" ► Sci 2023;380 (6649):eabn9257. Pottenger showed cats without taurine die fast, as cats lack the human enzyme to convert cysteine to taurine.

A diet low in taurine prevents cancer, so taurine pills are useful only for vegans, since taurine binds to bile acids and produces toxic life shortening compounds: taurine contains sulfur and it leads to hydrogen sulfide formation, a rotten egg stool smell toxic compound that causes colon cancer. While some studies claim it's safe to eat 1-2 g daily, no such long term studies exist showing safety at 1 g, with the longest study being 4 months and a study in arginine amino acid safety led to dead people after 6 months, so don't try 1 g before making sure 100-400 mg is safe for you, as too much sulfur can cause colon cancer in some. Taurine may kill people with low blood pressure during sleep or cause fatal factory/traffic accidents via dizziness, fainting, loss of consciousness, seizure. Taurine is contraindicated for people with kidney disease or failure. Take taurine only if kidneys are healthy, otherwise it builds up, as kidneys can't eliminate it and causes dizziness, loss of balance (falls can be fatal), neurological issues. For healthy kidneys, taurine is protective. High taurine intake will block liver detox enzymes, so it needs to be avoided during fasting when we detox the body via autophagy as that overloads us with toxins. Low and medium taurine intake protect the liver by trapping free radicals (by direct action or indirectly via boosting GPx, SOD) produced during toxin oxidation in the liver. However, high intake, like 3g/kg/day (same as 243mg/kg in humans, 17 g/day for 154 lb) led to microbiome and bile acid dysregulation in mice, worsening alcohol caused liver disease ► eG;4(1):e100321.

3g/kg/day led to mice "hepatic inflammation, ... perivascular immune cell infiltration... upregulation of pro-inflammatory cytokines... mediators.. alterations in lipid and bile acid homeostasis were evident as early as 5 weeks, preceding the onset of histological steatosis" ► TL 2025;414:111778. Berberine acts opposite to taurine by potently blocking several key liver detox pathways, by binding to CYP3A4, CYP2D6, CYP2E1, CYP2C9, etc. While taurine gently optimizes detox paths, berberine directly binds to and disables them, which can lead to liver damage and sky high serum levels of certain medications or pills, causing death via hemorrhagic stroke due to blood thinners, organ damage via other medications, etc. We're not mice and 3 g/kg is huge, but don't try to take 5-10 g like some crazy people do; even 1 g may be bad.

While retina, liver, kidney, brain benefit, it could damage them if we take more than 0.3-1g daily long term, so read 20 papers before taking more than what our body took from food for eons. *Feel free to* avoid brands with silica, as the silica powder, if inhaled during handling, can damage lungs. The 3.2.10. section of PubChem says taurine has a shelf life of 3 years in solid form, based on some studies, such as EU one. Always start slow with any pill, ensure everything is fine, as far as heart, with taurine. Buy only what you can use within 2-3 years. Taurine is found in every tissue, being 0.1% of human body weight, 70 g in a 70kg human. We oxygenate cysteine HS-$CH_2CH(NH_2)COOH$ to HO-S(=O)-$CH_2CH(NH_2)COOH$, decarboxylate it (removes CO_2) to hypotaurine HO-S(=O)-$CH_2CH_2NH_2$, then oxygenate hypotaurine to taurine HO-$S(=O)_2$-$CH_2CH_2NH_2$, as shown at taurine.pdf.☺ Since energy drinks are opaque cans, taurine there is very stable, almost 100% after 2 years. Taurine affects electrolyte balance, so if cramps, tingling happen, watch this clip on Na, K, Ca, Mg balance. ☺☺

► HEART FUNCTION BENEFITS

Congestive heart failure (CHF) patients improved upon taking taurine, while placebo takers did not or worsened ► CC 1985;8(5):276-82. CHF is linked to metabolic (not dietary) malnutrition, including taurine deficiency ► COCMC 2000;3(6):417-24. Taurine deficiency causes premature aging, cardiomyopathy in mice, a phenomenon mediated in part by telomere shortening, elevations in mitochondrial ROS generation, mitochondrial DNA damage and inflammation; it's not clear if true for humans ► AEMB 2015;803:555-70. Taurine transporter knockout (TauTKO) mice die prematurely, an effect attributed to premature aging. A taurine deficiency also causes severe pathology, including *cardiomyopathy* that can be fatal. Taurine cut mortality by 80% (vs controls) in rabbits with heart failure: 9 rabbits were treated with 100 mg/kg/day taurine after producing aortic regurgitation. Cumulative mortality at 8 weeks in the control group was 52% compared with 11% in the taurine group ($p < 0.05$) ► RCCPP 1984;45(2):261-70. "Myocardial *taurine* content is species dependent, with levels varying from ~*1.8* µg/g wet wt in the frog (37 beats/min) to ~*39.4* µg/g wet wt in the mouse (600 b/m)... a correlation exists between taurine

levels and heart rate, with the highest *taurine* levels found in species with the highest *heart rates*" ► JBS 2010. The more workload the heart has, the more taurine it needs. Ntr 2020; 12 (9) :2847 found taurine pills "in rabbits fed an atherogenic diet reduced... *hyperhomocysteinemia (high homocysteine)*, and reduced atherosclerosis present in the left main coronary artery". Homocysteine is high when B6, 9, 12 are low. Before taking > 0.2 g daily, check risks in this clip.

► EYE FUNCTION BENEFITS

Retinal pathologies including diminished ERGs and morphologic changes have been reported for animals and people deficient in taurine. Taurine is very present in the eyes and retinal optimal function depends on it (cats go *blind* without taurine and their hearts enlarge since they can't make it and need it from diet, that's why all *vegan* cat food has taurine added) ► BRBRR 1991; 16(2):151-69. Taurine levels in rat brains and blood is 10 times higher than in humans, so the decrease of taurine in aging rats is more life altering than humans, so the taurine pills leading to rats living equivalent of 7 years longer in humans may not work in humans.

► BRAIN FUNCTION BENEFITS

Taurine prevented cognitive decline in mice ► AA 2013;45(4):735-50, rats ► RB 2016;10:179-90. Taurine binds to β-amyloid and recovers cognitive decline ► AEMB 2017;975:233-41. Taurine induces proliferation of neural stem cells, synapse development in the developing mouse brain ► PO 2012;7(8):e42935. Taurine prevents diabetes, deafness, tinnitus, seizures, obesity. Taurine "significantly enhanced memory performance, suppressed anxiety and depression-like behavior, increased mitochondrial biogenesis/dynamics and improved mitochondrial indices (in mice given 0.25, 0.5, 1% taurine in water for 6 months)" ► BCPT 2025;136(1):e14101 ☺☺☺.

► VEGANS VERSUS OMNIVORES

Vegans got 22% less taurine in plasma and 71% less taurine in urine than omnivores in one study, since body retains taurine more when it's absent in the diet. Taurine is made from cysteine and methionine inside the body. Since in omnivores taurine deficiency can rarely develop, so can in *vegan*. Since it is so cheap, there is no risk in taking 0.2 g, especially if susceptible to heart weakness, or if doing heavy physical exertion at work. If anything, taking it might bring more awareness of how dependent on enzymes converting cysteine to taurine ► AJCN 1988;47(4):660-3. A 48 people study found plasma taurine was 76 µmol/L in *vegans*, 88 in omnivores, urine taurine 253 µmol/L in *vegans*, 636 in omnivores, breastmilk taurine 277 µmol/L in *vegans*, 427 in omnivores ► BJN 1986;56(1):17-27. Plasma/urine levels of a nutrient are not always indicative of tissue levels, as plasma level is tightly regulated; maybe that's why vegans got less heart disease, live longer ***(taurine benefits vegans more, even if only 300 mg)***.

►► 12.4.39. FIBER ◄◄ (lentil = 26x the fiber in rice, soak & eat lentils)

Eternal Foods customize the µg and type of each of the 50-9000+ types of fiber, carbs, proteins, peptides, polyphenols, vitamins, minerals, fats one ingests for max lifespan. For example, inulin can be healthy at 10g/day, but liver damaging at 30g/day, while arabinoxylan can lower LDL by 20mg/dL vs 0 for inulin. Xylan is a polymer of xylose $C_5H_{10}O_5$ simple sugar, glucan of glucose, fructan of fructose, hence arabinoxylan is a xylan with one arabinose $C_5H_{10}O_5$, (a sugar) and one polyphenol bound to an OH of arabinose. Arabinoxylan is 30-50% of corn bran, the richest food source, and since corn has no gluten, corn bran is the best source. The CVS fiber brands, Walmart are full of toxic sweeteners, food colors, heavy metals from psyllium husk (plant traps metals), etc. A 908,135 person review found eating more fiber meant mortality was 23% lower than those eating less ► AJE 2014;180(6):565-73. Eating more fiber meant 36% lower mortality ► AJE 1999; 150(3):1073-80. 97% of Americans are deficient in fiber. Vegans eat 45g/day vs 15g omnivores ► JAND 2013;113(12):1610-9. I eat 120g fiber/day. "Mortality risk was 43% lower among those consuming ≥ 25 g" fiber/day ► JN 2003;133(4):1180-5. ☺☺☺ 29.4 g fiber/day eaters had 22% lower mortality vs 12.6g ► AIM 2011;171(12):1061-8. Fiber eaters have soft stolls coming out fast, with no diverticulitis. Modified Citrus Pectin helps T cells fight cancer, by making it impossible for cancer cells to attach to healthy tissue galactin-3 using the cancer cell galactin-3 cloak they build on the outside to evade immune cells and sneak between healthy cells undetected so they can start to feed on healthy cells via nanobridges that steal nutrients to grow. To reduce defecation time to 8 seconds, like in low fat vegans, you need 100 g fiber a day or at least 60, and use a squat position, so the colon forms a 130° angle, not 90° as when sitting on toilet. Bend forward slightly if you don't want to squat while sitting on a toilet to get that 130°, as when the angle is 90°, the hard feces can scar the colon lining, form polyps and later on form *colon cancer* from that inflamed colon wall, cancer that kills you. Inulin (12% of garlic, 42% of chicory root, a fructose polymer or fructan that causes us to have gas when eating garlic) is a very useful fiber that produces SCFAs that feed the good bacteria, boosts glutathione, so garlic may heal leaky gut, colon cancer, gut dysbiosis and even acne stemming from leaky gut, GI tract issues or slow moving stool: "garlic extract inhibits cell proliferation and induces cell cycle arrest and apoptosis of (colon) cancer cells in vitro" ► Medic 2020;99(1):e18575. Inulin (from garlic, etc or Amazon) needs to be eaten raw, avoid cooking, otherwise, most benefits vanish. Garlic is half the price of chicory, provides superior plaque reduction, broader anticlotting (lethal clots), antiinflammatory, antihypertensive effects, though chicory root may lower LDL/ApoB more; raw chicory is very bitter, so many shun it. Garlic has more benefits than inulin powder/chicory root.

C. elegans worms (a 1 mm long worm with no heart, no circulatory system) a gene change in intestines helped them live 60% longer, while same gene change in muscles had no effect, as they have no heart muscles to benefit from such a mutation. Mice fed poop from centenarians

lived longer. The fiber we eat changes our microbiome and our microbes can help us, like worms, live 60% longer. Rye, wheat (often called durum, emmer, spelt, farina, farro, graham, kamut, einkorn on food labels), barley, triticale (wheat-rye hybrid), bulgur (processed wheat made more deadly by dry heat) contain deadly gluten, so avoid these unless you want a shorter/sicker lifespan. Grains fiber seems more related to mortality, possibly because this is the main source of fiber, so adding a little fruit fiber on top of the bread fiber everyone gets won't make much difference; Fig 1 shows kodo millet (no gluten) got *147 times more polyphenols and* 10 times more fiber *than white rice* (lentils got 20 times more.), 18 times more polyphenols and 3.1 times more fiber than wheat ► JFST 2014;51(6):1021-40). Wild rice (it's a very brown rice Zizania grass native to North America, but not the black rice Oryza sativa native to Asia) is the only grain with a healthy ω3:6 ratio 1:1.26, it contains 300mg ω3/377mg ω6 in 100g. All other grains have ratios of 1:10, 1:50, or in between, being useless for ω3, except white rice which has a ratio of 1:5, wholly inferior to wild rice. Wild rice though costs a fortune, 6$/lb at least, vs 1.5$ for lentils, plus little protein. Cooked lentils got 7.9 g fiber/100g vs 1.8 g for wild rice and 0.3 g for white rice. Lentil ω3:6 is 1:3.7, better than any grain, except wild rice. Lentils have glycemic index 26, vs 90 potato/rice, 55 millet, 60 sorghum, 45 quinoa, 50 buckwheat/oats, so lentils keep diabetes, HDL in range: high glycemic index mean lower particle size for LDL/HDL, which means more endothelial damage, plaque as LDL enters the artery walls and forms plaque. We get *26 times more fiber* in lentils than white rice. Rice eaters are constipated and sick, white rice is the highway to short lifespan in a world of super low fiber. Sorghum got 16 times more fiber than rice, is gluten free, 8 times more polyphenols than wheat (though 40 times less than blueberries for white sorghum, the one you can buy), so those who eat cereals daily may want sorghum which has about the same protein as wheat (i.e. 2 times more than rice), but the ω3:6 ratio is 1:14, bad. For fiber & diabetes, lentils and beans are better than grains. Soybeans have too much protein, ω6 fat and total fat to eat in large amounts, ω6 which damages heart via hs-CRP rising with higher ω6:3 ratio. Thus, lentils, with easiest digestion among legumes, win. Millet causes far less blood sugar spike vs rice/sorghum, but ω3:6 is 1:17. You can use pressure cooker, *cook a batch for a week;* I never eat cereals due to little protein/cal of low score for most cereals (vegans need more protein), too few antioxidants, except "quinoa, millet, 4x more expensive than lentils, super hard to cook, digest and soak and still way inferior to lentils nutrition wise".

Fiber is key to preventing diabetes, cancer, plaque, leaky gut, leaky blood-brain barrier. In 100 calories of raw food (c. = cooked, legume/grain = cooked) we find these g of fiber: c. turnip green 17.2, c. mustard green 13.3, mustard green 12.7, raspberry 12.5, blackberry 12.3, cilantro 12.2, c. collard green 10.8, asparagus/c. spinach 10.4, cabbage 10.1, cauliflower, turnip green/radish 10, spinach 9.6, c. broccoli 9.4, zucchini/c. asparagus 9, cactus pear 8.8, green leaf lettuce 8.7, c. carrot 8.6, green bell pepper 8.5, broccoli & chia seed 7.7, c. French bean 7.3, c. Brussels

sprout/c. kale 7.2, c. split pea 7.1, zucchini/tomato/carrot 6.9, lentil/red cabbage 6.8, red bell pepper 6.7, beet 6.6, strawberry & c. pinto bean 6.3, portabella mushroom 5.9, kidney bean 5.8, pear 5.3, orange/flaxseed 5.1, kiwi 4.9, apple/c. beet/chickpea 4.6, white mushroom/papaya 4.5, blueberry 4.3, avocado 4.2, kale 4.0, grapefruit 3.8, c. sweet potato 3.7, soybean 3.5, cucumber 3.3, plum 3.0, banana/buckwheat 2.9, pineapple/whole wheat bread 2.8, rolled oat instant oatmeal/some veggie/soyburgers 2.7, corn 2.6, quinoa 2.3, crimini mushroom/c. potato 2.2, sesame seed 2.1, French fries (bad) 2.0, sunflower seed 1.5, grape, firm tofu, watermelon 1.3, walnut 1, white rice 0.3, cheese, fish, milk/meat 0. US *Africans (& other groups) get over* 60 times more colorectal cancer than Native Africans: they eat much less fiber, way more meat ► JN 2007;137(1S):175S-82. Bama centenarians get 70% more fiber than avg ► Ntr 2016;8(9):564.

► ► **12.4.40. ASTAXANTHIN $C_{40}H_{52}O_4$** (900 Chinese (posing as local) brands listing 24 mg got 0-0.3 mg, they practice Confucian Ethics of 36 Stratagems & fake pills, a list of fakes below)◄ ◄

Astaxanthin (see pic) $C_{40}H_{52}O_4$ is β-carotene (see pic) $C_{40}H_{56}$ with an extra -OH and =O on each of the hexadiene rings, so 3,3'-dihydroxy-β,β-carotene-4,4'-dione. You can also call it the dione of zeaxanthin (lutein isomer). All 7 carotenoids are very similar, sensitive to light (store in opaque, not white) bottle, etc, as this pic shows, astaxanthin is biketone of zeaxanthin or zeaxanthin-4,4'-dione. Light stability: astaxanthin > lutein/zeaxanthin> lycopene > carotenes. Zeaxanthin is the isomer of lutein. CIMB 2024; 46(8):9215-33 says astaxanthin has "6000 times the AOX (ORAC) capacity of vitamin C, 800 times that of CoQ10, and 550 times that of vitamin E", which means astaxanthin may be 5.5 to 55 times more powerful than lycopene, since other papers say lycopene is 10-100 times stronger antioxidant than vitamin E. It begins to rapidly degrade at 140°F, so most astaxanthin from amazon that arrived from China via the ocean in hot containers probably has 0-30%, as many weeks at 150°F for hours daily means nothing is left as tests below show. Order astaxanthin from Walmart, it has cooler shipping, unlike 150°F amazon trucks. As pic shows, Lycopene is twice as good as β-carotene at trapping single oxygen radicals, due to fact there are no rings to block the free flow of electrons that gives the lycopene a much wider electronic cloud to absorb, accept easily a free electron. Likewise, α-carotene interrupts this alternating double bond even more than β-carotene on one ring, due to 2 saturated bonds between the last double bond and the other double bonds, so α will be less effective than β, but α kills cancer cells 10x better than β in some studies. Each antioxidant works in different ways, not just free radicals, that enable cancer or sick cells to proliferate. For preventing oxidation of LDL, high CRP, etc, astaxanthin is better, but the best thing is a combo, meaning eating all 7: kale (or greens with lutein/zea), carrots (carotenes, cryptoxanthin), and lycopene + astaxanthin pill that saves $ (avoid capsanthin as inactive ingredient, as it can cause eye crystals) vs taking 2 pills separately. Taken alone, astaxanthin is 28.4$/2.88g (allegedly, have not tested this brand to see if contians 100% of claim or only 20%), sunflower oil, caps, 24h ship or China sourced 75$/5.65g

powder by Texan, though powder 35% pricier than the much harder to produce pills, due to "Texan love of USA".☺☺☺ Hard to handle powder without oxidizing it. They all come from China, so June--October is a bad time to get it as it ships to your or over ocean to amazon in the summer heat (3 month journey from China to USA) heats up the oil, which, if PUFAs, will be oxidized, cause atherosclerosis. The caps with highly unstable flax oil (FO) are allegedly 21$ for 3.6g, the cheapest on Amazon. Rats fed FO + astaxanthin showed 50% reductions in LDL, 25% fall in TC, TG and 3 fold drop in IL-6 and CRP oxidative stress markers, versus the control (animal lard promoted by Health Secretary Kennedy), the graphs are mind blowing, the more you replace saturated animal fat with FO the better it gets ► LHD 2014;13:63. If too expensive, get the 4x cheaper lycopene from tomatoes or pills, or eat kale, which has 10-40 mg lutein, depending on kale subspecies, per 100 g. Kale lutein/zeaxanthin are free of cyanobacteria mycotoxins. PFHN 2011;66(4):363-9 Table 2 reports 20mg/day for 12 weeks astaxanthin offered minor H/LDL changes in obese subjects vs placebo, so in healthier people the difference will be smaller:

pla: HDL +3.2%, TC +2.2 %, TG +5 %, LDL -4.4 %, ApoB -0.4 %, SOD +2.4 %, MDA -8.3 %, ISP -10 %
ast: HDL +6.7%, TC -4.8 %, TG +0.3 %, LDL -10.4 %, ApoB -7.5 %, SOD +30 %, MDA -33 %, ISP -59 %

MDA or $(CH_2)(CH=O)_2$ is a marker of oxidative stress, ISP are isoprostanes (the "gold standard" of measuring oxidative stress and lipid peroxidation in blood or urine, all data was blood in this paper), better than MDA. SOD is a marker of antioxidant defense capacity. TAC (Total Antioxidant Capacity) was +35% in ast vs +4% in pla. In every way, astaxanthin, just like lycopene, lutein, α-carotene, β-cryptoxanthin, help improve biomarkers. The other carotenoids are cheaper. The benefits of astaxanthin are complimentary to those offered by the 6 other carotenoids. The 7 formulas show lycopenes/carotenes are purely nonpolar hydrocarbons that work better as radical scavengers for body/cell areas that welcome highly nonpolar compounds only. Lutein and zeaxanthin isomer are carotenes with 2 OH groups each, while cryptoxanthin is carotene with 1 OH group. So, polarity is: astaxanthin (2 OH, 2 C=O) > lutein/zea (2 OH) > cryptoxanthin (1 OH) > carotenes/lycopene (no O). Astaxanthin is the strongest antioxidant because it has a large nonpolar part and a large polar part, being hydrophilic and lipophilic at the same time, meaning via hydrogen bonds it will stick to the cell membrane and protect the phospholipid bilayer of cell membranes against lipid peroxidation, from oxidative stress much better than the other main 6 food carotenoids. The lipid bilayer has 2 phosphate (PO_4) heads and 2 sets of "tails" (fatty acid aliphatic part) facing each other, a lipid being $(HO)_2P(=O)$-O-CH_2-CH(-O-C(=O)-R_1)-CH_2-O-C(=O)-R_2. $R_{1,2}$ are the aliphatic chain of fatty acids, that give the 2 tails. One of the OH groups on P can be OR, where R is serine, choline, ethanolamine, as in phosphatidyl choline, etc or H as in phosphatidic acid. The magenta backbone is basically glycerol, and all phospholipids are diglycerides (see pic), not triglycerides we always hear about. This image shows the hydrophobic area is about 3-4 nm, the distance between the 2 astaxanthin OH groups

is 4 nm. The 2 astaxanthin polar rings link to the phosphate heads, acting as an antioxidant active from one head to the other. At each end of astaxanthin 2 hydrogen bonds form that increase its stability: O-H...O=P and C=O...H-O-P. Astaxanthin not only can cross the blood brain barrier, but also settle itself into this neuron bilayer and protect neurons much better than lutein, zeaxanthin, etc. That's why kids with low lutein/zea intake have lower IQ, during fetus and early life stages, because even without C=O, lutein/zea have the 2 OH, zea being astaxanthin without the extra stability and quenching given by the 2 extra C=O. This double set of hydrogen bonds vs lutein's single set, etc makes it stick there in the neurons and all membranes better and the 2 extra double bonds provide a bigger electronic cloud to absorb a free radical electron, being 13 double bonds, not 11 in lutein. Lycopene and carotenes have no polar groups so they can't stick to the polar heads of lipid bilayers of all cell membranes. For this reason it protects all cell membranes better. While melatonin is a powerful antioxidant in mitochondria, it doesn't have the perfect tail shape of astaxanthin to protect the membrane. While melatonin is possibly the most powerful antioxidant, it doesn't fit everywhere, so we need a variety of antioxidants, not just melatonin, anthocyanidins, lycopene. Lutein, zeaxanthin, cryptoxanthin are intermediate polarity free radical scavengers that work in different areas better, where astaxanthin won't fit as well in that enzymatic or protein folding area, due to it's extra two double C=O groups. Thus, it's a good idea to get some astaxanthin too, to make up for what the other 6 can't do, to get all 7, by daily carrot/kale intake. Astaxanthin is much more powerful at preventing LDL oxidation as JAT 2000 7(4):216-22 shows in Fig 2, vs the other 6 carotenoids. Hydroxycarotenes are called xanthophylls from two words: "yellow" (xanthos) and "leaf" (phyllon), since most xanthines are yellow (or brown, like leaves). Other xanthophylls (xanthins) are lutein, β-cryptoxanthin. Xanthins are not xanthines, the derivatives of yellowish xanthine, like caffeine, theobromine. It's also found in many vegan algal oil DHA EPA pills, such as Igennus. Synthetic *vegan* pills of astaxanthin improve dry eyes ► FN 2022;8:796951. Fish derived astaxanthin may contain parasite eggs, viruses, but quality amazon brands say algae on the labels.☺☺☺ There are 3 types of astaxanthin: algal (pluvialis) that's esterified & 3S,3'S 100%, algal (phaffia yeast whose side effects may be toxic in many) that's free (no lipid ester) 3R,3'R 100%, petrochemical that's free and at best SS 25%, RR 25%, RS 50%, though some papers show SS can be 17%. In studies, esterified (natural Pluvialis) SS was healthier than free SS, 14-90x more potent than free phaffia/synthetic. 90% astaxanthin online shows no source, because it's phaffia or petrochemical enantiomer mix, that gives in FFHDJ 2019;9(6):430-45 far worse results. Thus, many advocate for buying the natural 3S,3'S pluvialis safest form (grown in a closed loop, no contamination from open air) with 70+ human clinical trials such as the first four:

The safe Pluvialis (verified mg) astaxanthin brands are from cheapest to priciest per actual mg: (US: Washington AstaReal & Florida Zanthin, China: Yunnan AstaZine, Iceland: Cal Gold AstaLif):

1.80c/mg 1). HTN 12mg/120 32.36$: EVO olive/sunflower, lecithin, E, AstaZine actual 15 mg
1.81c/mg 2). NatureWise 12mg/60 13.01$: organic V coconut oil, AstaReal actual 12 mg
2.08c/mg 3). California Gold 12mg/120 29.99$: safflower oil, 0 lecithin, AstaLif actual 12 mg
2.46c/mg 4). Double Wood 12mg/60 20.65$: extra virgin olive oil, AstaReal actual 14 mg
3.49c/mg 5). NOW 10mg/60 20.92$: air, olive/sunflower, rosemary, Zanthin actual 10 mg
(actual 13 mg for NOW Foods 6.41c/mg 12 mg AstaReal not on amazon, Zanthin is 3.49c/mg)
4.13c/mg 6). Nutrex 12mg/90 44.62$: air, high oleic safflower oil, E, BioAstin actual 12 mg

The last two, 5). & 6). use open air, so they always test for microcystin contamination from blue algae, while the closed loop only has the green algae pluvialis, being free of microcystin toxin. AstaLif is better, as AstaZine from China oxidizes during shipment of 3 months from China. AstaLif uses 150°F amazon trucks where is degrades. Coconut oil in NatureWise oxidizes far less than safflower oil and sunflower oil in AstaZine/AstaLif, so stick with the best product for US users, the Walmart NatureWise, US made AstaReal astaxanthin from Washington state. A soils degrade, their degradation products oxidize astaxanthin and you're left with LDL oxidation molecules and 0 astaxanthin. When NatureWise designed product they knew about amazon, FedEx hot trucks. AstaLif goes in ocean containers to US from Iceland, reaching 150°F at times, so stick with US AstaReal. Avoid amazon, unless you order vitamins for 1 year in January and live in cold states; otherwise, your stuff will be highly degraded by the impossibly hot amazon trucks.

The cheap synthetic (verified mg) astaxanthin brands are from cheapest to priciest per actual mg: (all are most likely China made via chemical synthesis, safety in humans not established)

1.04c/mg 1). Bulk Sup 10mg/180 caps 24.42$: sunflower oil, pur. H_2O, each cap actual 13 mg
1.39c/mg 2). Deal 12mg/120 caps 19.2$: carob stops sunflower oil oxidation actual 11 mg
1.55c/mg 3). Micro Ingredient 12mg/120 caps 28$: coconut MCT stable fat oil actual 15 mg
1.63c/mg 4). Nature Bell 12mg/120 ser 21.6$: dark bottle, MCT coconut oil actual 11 mg
1.75c/mg 5). Nutricost 12mg/120 caps 25.2$: white bottle, sunflower oil, junk actual ?? mg

Obviously, Nutricost junk is 1.75 vs NatureWise 1.81c/mg far higher quality astaxanthin, or 2.08 Cal Gold from NATO Iceland to get higher quality and no allergy from sunflower lecithin in HTN. Avoid the bag ones from China (same price as Bulk) as those are shipped over 3 months from China, oxidizing the oil, while these 5 US brands are shipped as powder which is far more stable, and then made into pills in USA from Chinese powder. If buying from Walmart the same, the prices are higher (no subscribe discount), but stuck ship temp lower, so less oil/asta oxidation. Prices above reflect deepest amazon discounts, given first subscribe (cancel it to get 5+$ off again), etc. Order from amazon only in winter if living in cold states, when trucks don't get hot. Given the 5-20% off the label in many Deal Suppl brand pills, as shown in the video about fake brands having only 0.3-3 mg (not 12) actual, true for many ultra cheap China seller ones and at

NOW and Consumer Labs, it would be wise to not buy astaxanthin from Deal, even if they came at 11 out of 12 mg in ONE test and may be even 9-10 in your bottle. Divide the subscribe (+ 1st subscribe discount) price in cents by actual mg & 120/180 caps to get: (2,442/13*180=1.04) Bulk 1.04c/mg, Deal 1.45c/mg (avoid, low mg and unstable sunflower oil), Micro 1.55c/mg (white transparent bag, allows light to oxidize astaxanthin/oil), Nature Bell 1.63c/mg (safest, black bottle & MCT (medium chain triglycerides) means the least oxidation of astaxanthin and oil, Nutricost 1.75c/mg. Micro may have 15 mg not 11 mg as real in tests, but that may be because they add more astaxanthin knowing that some oxidizes in their bag and the batch they tested was the freshest one; these tests are not always reliable, and oxidized astaxanthin can have its own negative effects by binding to sites (like fake algae B_{12} prevents absorption of real B_{12}) and offering no protection. Micro never answers any question, so go with Bulk, probably same China wholesaler provided the powder. Nutricost is 68% more expensive than Bulk, but probably same quality, Nutricost has become a scam company, charging double what Bulk charges for many items. Even if Micro has more real asta, it may also have more oxidized asta than the black bottle bands like Nature, so more research is needed, but black is safer as bottle color for vitamins). Sunflower oil allergy affects some. MCT/coconut degrade 10x less than all oils via light, bag oxygen, heat, etc, due to having no double bonds, being pure saturated fat. Micro also sells 60 caps with 24 mg if you want less oil, as saturated fat can raise LDL. Oxidized sunflower oil can form plaque, though astaxanthin will generally prevent oil going rancid fast. Blood astaxanthin half life is 16-50 hrs, peak level is 10 hours, so 2 a day can keep blood level more even, as you don't need the high 24 mg peak, though fat rancid fat is not ideal. Always keep all vitamins in a cool, dark place, the fridge, as oils go rancid at room light/ temp. Select whatever science suggests maximizes lifespan, based on all pills/food you take. Some limit it to 12 mg long term, since lutein pills can cause macula issues and astaxanthin is the isomer of lutein with 2 extra ketone groups, so it could in theory accumulate in the macula. There is no long-term study showing the safety of 24 mg/day for the macula. Bioavailability is 10-50%, depending on how much fat is in the meal (more fat = more absorbed). Horbaach doesn't check for microcystin, they said. Micro also has 6 mg/240 caps if you want 6 only. Amazon sold 20K Micro/month, 2K Nature Bell, 1K Bulk (best deal), 700 Deal, 10K Double Wood, 600 NatureWise, 300 HTN, Nutrex 5K (2.5x the price, less safe than HTN), 1K NOW 5K Nutricost (same sunflower as Bulk, 70% higher price, because American math skills are # 50 worldwide). Each Micro pill weighs about 0.48g, the gelatin cap is 0.18g, so 0.3 g of MCT oil. Micro is a cheap trash company, like 99.9% in USA small business zero IQ/ethics parasite companies, who ships its vitamins in semi transparent bag/ bottle, instead of opaque that protects nutrients. Read the opacity section on how to store vitamins, create new containers to avoid 0 mg astaxanthin later.

Astaxanthin protects the brain against dementia, *the eyes* against AMD and glaucoma (the two

leading causes of blindness) ► GACEO 2012;250(2):239-45. Lycopene pills can help dry eyes too, by fighting oxidative stress, lycopene pills often come with astaxanthin. Lutein can accumulate in the macula, and is best taken as food only, but astaxanthin doesn't crystallize as lutein does. Canthaxanthin also can form crystals. Plants have 600 carotenoids, but fish have one too, astaxanthin (from the algae they eat), which is present in "non-fish" 'algal oil pills' (make sure ω3 pills say they're 100% vegan) and fish oil could in theory, if a poor processing lab, carry eye damaging parasite eggs. "Capsanthin… (in peppers raises) tear break-up time (TBUT)" ► J Food Bio 2022;46(10): e14352. 1% of astaxanthin is made from algae, (4% dry weight in the richest algae, H. pluvialis), while 99% is made from chemical synthesis (cheaper). Astaxanthin (which can cause hives or difficult breathing in those allergic to it) eye benefits are explained in references 1 & 2, MD 2020;18(5):239, OMCL 2017:1956104, EER 2020;197:108113, CO 2016;10: 813-20, CER 2016;41(11):1465-72, rev opto. Male mice given astaxanthin lived 12% longer (females didn't) at "target… of Asta in the diet was 4000 ppm, but actual... (was) 46% of that (0.18% of diet or 1800 ppm in water)" ► Geros 2024;46(1):795-816, maybe via the SOD enabling ant queens to live 10x longer. The NIH Interventions Testing Program that tests antiaging pills on mice to see if any works since 2002, found that most "famous" such supplements don't work and they use 3 US labs (Texas, Michigan Uni, Maine) to test with the same compounds 3 sets of genetically heterogeneous UM-HET3 mice: the main page says "only 15 chemicals extend lifespan in mice, 11 prescription drugs and 4 over the counter ones being glycine, astaxanthin, aspirin (found in many plant foods as salicylic derivatives) and epicatechin (a flavonoid)". This main page was not updated by 4-13-26 yet, even though their Geros 2026 study says astaxanthin (at a lower 900 ppm concentration) and meclizine don't work to extend lifespan. 1800 ppm means 0.0018x3000=54 grams in a human diet, since most people eat 3 kg food/water daily, some raw vegans even 12 lb (me sometimes back in 2018). Thus, we see that at 54 g/day human equivalent, mice live 12% longer, but at 27 g/day equivalent 0%. News agencies make headlines, but forget to mention the human equivalent dose. However, most people take 3-12 mg daily, which is 1000s of times less, so we won't live longer, but get better antioxidant status, brain function, quality of life, maybe live 1 year longer (in a few people only) if astaxanthin prevented clot formation via preventing LDL oxidation (plaque formation) that would have killed us in old age. So, continue to take it even at 6 mg daily, it will help save lives in many with pathetic diets. You know, at age 70, you can do 3-5 times more daily physical or intellectual work if your brain functions well, or you can be a "vegetable" that still can eat food. What's the point of living to 130 if between 70 and 130 all you do is eat and sleep?

ITP is a strange organization, since they concluded that mice taking 3.6 mg/kg fisetin didn't live longer and then 1000s of "experts" made videos that they quit taking fisetin, forgetting at 20 mg/kg, mice do live longer. Vit D3, Mg have zero effect at low doses and work wonders at 5x

higher doses, these puerile videos base don 1 study, instead of 100 studies read, just show how naive MDs can be to trust ITP as the universal standard for research, they have not even read carefully the doses. AKG, resveratrol were found to not increase lifespan by ITP. ITP studies show flavonoids, glycine, carotenoids are probably helpful. Thus, it looks like many pills will help improve the quality of life of mice and people by delaying age related morbidity, dementia, atherosclerosis, etc, but not extend their lives dramatically, just indirectly, by postponing when heart attacks kill you, at 105 or 91. The NIH makes a huge mistake, they waste public funds, because to see longevity effects you need to change the genes during development of the embryo into fetus until birth, most genes that turn a bee into a 50x longer lived mutant happen during "fetal stage", so that's what they need to do: you feed mice fetuses thru mother a unique diet and see how long offspring lives, that's how you make mice live 5-80 times longer, not these 2nd century methods of aspirin at "age 40 equivalent". These ITP projects are ridiculous studies no longevity experts would take seriously, you will only get 10 years max for humans, not 4000. The fundamental architecture of aging and lifespan is done in the first 3 months of human pregnancy, by then, most genetic programs are done. Carotenoids pass thru the blood-brain barrier, since they're nonpolar, fat soluble: eat with 2 g of fat to boost absorption. Astaxanthin *"is a stronger antioxidant compared to* β-carotene, vitamin E and vitamin C, respectively 54, 14 and 65 times". Encyclopedia of Microbiology, *3rd* Ed, 2009, says astaxanthin is "500 times" (Ctrl+F "500" here) better than vitamin E, *having advantages vs other carotenoids:* "more stable.., high antioxidant potential (10 times more than β-carotene and 500 times more than α-tocopherol [vitamin E]), easily cross the blood–brain barrier", prevents Alzheimer, AMD, stimulates immunity more than the other carotenoids, doesn't form macula crystals like 20 mg lutein do, boosts T-helper cell antibody production (COVID), as the link above explains. ☺☺☺

Most small Amazon supplement SELLERS are fake pill 36 stratagem or Confucian companies

Last section of astaxanthin: most Pharma ingredients used worldwide are made in China, hence China (followed by India, who takes Chinese APIs to produce drugs) provides most of the Amazon raw ingredients for pills as our gov of clowns subcontracts everything and produces nothing locally, due to waste and 33 million companies doing accounting and pretending, instead of producing all chemicals in the USA. You'll notice a trend of the "amazing contribution" of some illegal (hence 3 million got deported, many Amazon brands vanished) or legal Jewish and local green card or citizen/illegal Chinese, Asian, Black, Latino (possibly these Florida bandits selling stuff in clear bottles, so all oil decomposes in light to poison USA), claiming 10 mg but only 0.7 actual, see clear bottle, Florida wake up? etc who subcontract some US company *(often a front for the Chinese military, some Chinese owned, 90% Chinese employees, pill making company, anyone can make pills at home for 300$, buy a machine and do it, and pretend it's some fancy lab)* to package a raw product a friend or exporter ships from China, to claim "Made

in USA" and use all Caucasian pics, names on site and no physical address, no phone, fooling 99% of visitors they're some white Harvard Graduates with 3 PhDs from California, 20 quality control people, gigantic facility (fake pics of nonexistent companies in third countries they allegedly source it from to justify a higher price) in house testing, amazing certificates of analysis (all fake), who tested it 500 times and is legit, high quality, worth 10 times its actual value) and frauds selling astaxanthin, and everything under the sun. The conmen often put some Utah address, to make it sound they're all honest 'Christian' Mormons who shot dead 120 innocent people, but they're pure frauds and gangsters. A Utah brand has 4 mg actual, claims 12 mg: Research Labs 12 mg quil (1* review claims it's 30, not 60 caps/bottle), 12 mg regular. This is Sun Tzu ethics in action. Hybrid War of extermination of USA, due to a gov of fools importing any pill and food from China. Among the many Chinese etc sellers which ones might be providing a real product, with no anaphylactic shock causing microcystin? I don't know, but a video explains most brands have 10-100 times less astaxanthin than the label claims. Not to worry, obviously they sell the pills in bags so cheap, they can't be opaque to protect oils and astaxanthin from oxidation, same issues with millions of US 1 person companies selling Amazon crap (order a custom label, resell, produce nothing, waste life). This is the issue with capitalism, instead of 1 amazing product company with 1 million PhDs, 15 million employees, we get 1 million 1 peasant companies producing pure junk, see why we need 11 companies? Microalgal toxins can cause "paralysis, liver damage, cancer, and even death by employing several molecular mechanisms such as sodium channel blocking, protein phosphatase inhibition, cellular membrane disruption" ► FN 2025;12:1603843. The fake astaxanthin stuff is also common with magnesium pills: video. NOW Foods has a list of nutrients, brands that provide 0-10% of label claim, the fraud is huge, especially for astaxanthin, berberine, bromelain, etc.

The only company (out of 20 emailed) that provided a semblance to some "microcystin data" for astaxanthin (not the spirulina or blue algae) was Naturalis (20$ for 1.44g, 120 caps, 12 mg, after subscribe discount) showing an image of 3 lines, saying non detect for the cyanobacteria microcystin (Detection Limits: Microcystin-LR (MC-LR) .3 ppm; MC-RR .3 ppm; MC-YR < .17 ppm), naturalisusa.com. Name sounds hard to believe: New Zealand Astaxanthin by Naturalis Inc, Folsom, California, 1750 Prairie City Rd Suite 130 666, to make it sound more legit, he uses New Zealand. Address is a mail company on google street view, he got a PO Box there, Chinese Tim Pan, President of Naturalis since 2019, with degree in aeronautics, selling Chinese stuff, as no info exists on their "USA cGMP facility", computer geek sending .png executable file to show nondetect, to try install software maybe and spy on people's PC. Tim claimed via Amazon that "The active raw material, astaxanthin, is from AstaMAZ (a fake site with address of a laundromat, random images, etc, using violent melody in their product videos and Prince as suggested next youtube to watch, when you call number you get Puafo Limited, not AstaMaz) in

New Zealand (Whois shows registrant is Alibaba, Beijing, so it's a Chinese business using New Zealand name or fake site to sell China products sold as New Zealand ones?). The raw material is imported from New Zealand, the laundromat. It's then encapsulated (made into softgel form) and bottled in our UL cGMP certified, FDA registered facility at 13653 Central Ave. Chino, CA 91710." This is GMP Nutrition Enterprises Inc per google, though the COA (Certificate of Analysis) shows BSL as lab doing testing, a ridiculous lab site looking like designed by a 3 year old, and email with another site under construction. Tim claims Naturalis is the GMP manufacturer itself (no middleman for markup), using a PO Box in Folsom, 9 hour drive away. Cancel subscribe after receipt, resubscribe when ready to order to get the 40% discount, test it 3 times, 3 bottles, and let us know if it's free from microcystin, and still potent. Don't buy if you got allergy to even tiny amounts of sunflower oil (1 in 900 people): comes in black bottle, unlike others that allow light in (bad idea). This seems like a pure scam, hence the discount, may be less in each pill. Naturalis London for example is run by some Arab frauds and the Italy fake site claims they have offices in 30 nations. The cheapest astaxanthin online is Neviss with grape seed oil and ashwaganda, from a California seller, Shirley Truong of nevisshealth.com AI incomplete site (Chinese gal, with Viet name as 10% of Vietnam are Chinese, selling Chinese astaxanthin?), 3.6g/30$, 150 caps of 24 mg, but it has only 0.3 mg, all their Amazon items are in clear bottles, allowing oxidation and harms to consumer, showing how critical it is to do some research, get certificates of analysis, Neviss, like others on Amazon, has no clue what they're doing (or trying to poison Americans via hybrid warfare, with gummies that have sugar and no vitamins), the vitamins, ingredients they sell are all light degraded, maybe zero left of some. This is 36 stratagems. Neviss shows how foolish is to buy on impulse, without digging on google about the company, contacting them for Certificate of Analysis, and seeing if it's some Chinese grandma or spy selling Chinese pills to help China poison people on their "killing list". Neviss address at one time was an apartment owned by Ann Chan, per google. Google each company on Amazon or buy from reputable ones, otherwise, who knows what you're getting, poison? BioAstin is astaxanthin from a 40 year old 98 acre Hawaiian farm (the only verified US company), microcystin is < 0.5 ppm only for spirulina, no data for astaxanthin, grown near spirulina in open ponds, though the company claims "astaxanthin and spirulina products undergo periodic microcystin testing as a precaution... no meaningful levels have been detected in… astaxanthin due to the nature of the algae species and the production environment. For this reason, microcystin testing is done periodically… (not) with every batch."

Then you got Florida Pure type of pills, 20$ for 1.44g astaxanthin plus 3g lycopene (saves 10$ on extra lycopene pill), Pure (fake pic of customer team?) gave COA, but had no microcystin data, just mold, heavy metals data, though their website puts Miami Court house 66 W Flagler Street, Suite 900, #10703 as their address, which is shown on yelp 2.3 stars as a co-working space on some sites (coworking spaces are places where 500 fake businesses can register an address, used

by all fraud companies) and "Boundless Ec Us Llc" above address, which is some company importing from Vietnam, so it's another scam company, most people never check the addresses of these businesses and the records on company name, etc. Google says Pure is actually in 1887 Whitney Mesa Dr #3482, Henderson, Nevada and they sell polyphenol containing gummies, etc in clear bottles that degrade active ingredients, same address has a 1 star yelp company CCP (Chinese Communist Party) Concierge Compounding Pharma. Chinese Conmen Party. Zillow has it as a condo. Most Amazon sellers are "gnat IQ", they can't even make opaque bottles. May be a Chinese duo posing as 5 Caucasian customer care team, importing from Vietnam Chinese company to bypass tariffs, all Chinese often offer 40-50% discount on first subscribe. Beware buying from companies without a real website/lab, factory video, youtube channel. You might get low quality, degraded or poison. The Amazon videos can be stolen or produced via AI using white look alikes. They know nobody almost looks at these addresses, but just in case someone digs in, it's clear it's fraud. Chinese guys (most ingredients come from China today) use Caucasian pics, videos, names and vague sites that appear US, local, etc, to get more customers, it's part of the "culture", fraud is rampant in China, watch this.

Trace minerals: 12.4.41. Manganese $_{25}Mn^{55}$ 12.4.42. Molybdenum $_{42}Mo^{96}$ 12.4.43. Copper $_{29}Cu^{64}$
12.4.44. Chromium $_{24}Cr^{52}$ 12.4.45. Vanadium $_{23}V^{51}$ 12.4.46. Silicon $_{14}Si^{28}$
12.4.47. Lithium $_{3}Li^{7}$ 12.4.48. Boron $_{5}B^{11}$

These metals are healthy in small mg or µg amounts and specific ionic forms, while being very toxic in high amounts. B_{12} mass is 1355, it contains cobalt. Adult B_{12} RDA is 2.4 µg, so 0.000104 mg of cobalt. B_{12} is so essential, the question arises, what if there is a trace mineral, that helps us live to 120, and yet we don't know it, as for eons we had no idea we need *0.0001 mg cobalt (vs 18 mg iron for* vegan *males or* omnivore *pregnant moms, or 180,000 times less)*? The first 4 trace elements below are ultra studied, have pages on NIH website, while others (Si, V, etc), less common, seem to have beneficial effects. We die without Mn and Mo, the first 2, so for FDA or Immortality *Nurturing* Agency to approve *world's first complete food*, the 1st eterni food (nothing else needed to be eaten for 100 years, except water), chemists need to know Mn, Mo: ☺☺☺

►► 12.4.41. MANGANESE $_{25}Mn^{55}$ ◄◄

Best is pure, like Bulk Sup, without extra ingredients if you think soils have none or low and you're deficient based on hair, nail, serum, RBC, etc tests. You can also use a zero fillers/colors multivitamin (e.g. Micro Ingredients) for men or women that has 2 mg Mn, since some absorb little Mn due to grain/legume phytates. Mn prevents baldness and hair greying via MnSOD. The AIs (insufficient data for RDAs) in mg are: 0-6 mo 0.003, 7-12 mo 0.6, 1-3 yrs 1.2, 4-8 1.5, 9-13 guy 1.9 girl 1.6, 14-18 guy 2.2 girl 1.6, 19+ men 2.3 women 1.8, pregnant 2, lactating 2.6. The ULs in mg are: 0-12 mo no pills, 1-3 yrs 2, 4-8 3, 9-13 6, 14-18 9, 19+ 11. No toxicity was seen in high

manganese intakes from food per NIH manganese page, (they claim this is so since an ultra short 8 week study in healthy women eating between 0.8 mg and 20 mg had no effect, but what about 8 years?), but for welders/miners (chronic inhaling of Mn dust) or drinkers of high Mn water, toxicity is real. I get 5-9 mg/day from food alone like many people do too (see below). 9 mg is based on "all varieties" average, but there are so many varieties that USDA has entries for, iron (Ca, Zn, Mg also) decreases Mn absorption; some varieties contain 5 times more Mn than iron, others 2 times more iron than Mn, highest iron is 10 times the lowest iron, highest Mn is 7 times the lowest Mn. If you eat pineapple (highest Mn source) with lentils (highest source of iron for *vegans*, plus tons of C to increase iron uptake, lower Mn uptake), it lowers Mn absorption; plus the Ca, Mg, Zn in pineapple lower Mn uptake, as explained in this iron paragraph: polyphenols and phytic acid in nuts, legumes (soaking only removes 70-90%), grains lower Mn, Ca, Fe, Zn, Cu, etc absorption by 2-5 times in some cases (low vitamin C for iron), so then one can see how vegan AI/UL is probably higher, since it's absorbed Mn that matters, just like NIH states for vegans iron RDA is higher. Multivitamins got 1-4 mg. It's better to not take Mn rich multivitamins or any Mn pills if already eating 7-10 mg daily. *Check label. Many eat a lot of Zn^{2+}, Ca^{2+}, Fe^{2+}, polyphenols which diminish Mn^{2+} absorption.* The body eliminates more than 90% Mn thru feces, and absorption decreases as intake increases, like with Cu. The *vegans* who eat many legumes and purple/indigo veggies/fruits get *3-10 times higher polyphenol intake of normal omnivores* for which these male AI 2.3 (UL 11) were established. Likewise, issue becomes even more complex, if we think about absorption of Ca (5% from spinach, 41% from kale), silica (banana 2%, green beans 50%), etc. Nutrition tables list chemical content, not how much is absorbed, which changes even further (once the average absorption is known) with each meal: e.g. adding 15 g of fat can increase carotenoid absorption 15 fold. ☺☺☺

Fingernail Mn was 8.6 times higher (intake 13% lower) in vegan (or claiming to be vegan) centenarians versus normal aged, see vitamin A. Perhaps, their absorption was 9 times better? How could that be? Again, nutrition is complex, 0.1 million confounding factors at times. The cell/organ level of a nutrient is not reflected in the blood, hair, fingernail level always, so to discover how to live to 500 we need scanners (physics majors) that take pictures of every cell and calculate the exact nutrient, Mn level/deficiency in each tissue; most studies assume blood level is a good indicator, but it's not so always, so the conclusions are often wrong.☺☺☺ Very few people are deficient. Mn deficiency symptoms include menstruation issues, diabetes, white hair (losing pigment or hair occurs when too much oxidative stress exists, so naturally, when MnSOD (see next paragraph) is low, the hair folicle is starved of energy as mitochondria are screwed by radicals, so mitochondria can't produce enough energy, so hair loses it health and pigment. People who're iron deficient can absorb Mn more, so if they eat more foods with high Mn, they may absorb too much, leading to glucose metabolism issues or neurotoxicity. Men

absorb 1.3% vs women 3.6% of a 1 mg Mn meal ► ARN 2015;35:71-108; this 37 page paper has many charts/details about Mn biochemical pathways. Healthy brains got 50 µg/g Zn, 22 µg/g Cu, 1.3 µg/g Mn in some 14 brain regions they investigated, showing brain Mn is way lower than Zn or Cu ► BTER 2014;161(2):190-201.

Wny is *Manganese* essential? Mn is involved in free radical neutralization, reproduction, energy production, carbohydrate, amino acid, cholesterol metabolism, being a cofactor for glutamine synthetase, phosphoenolpyruvate decarboxylase, hydrolase, oxidoreductase, transferase, lyase, isomerase, ligase enzymes, including the 3 famous enzymes below:

1. Manganese Superoxide Dismutase (named MnSOD or SOD2): $2H^+ + 2O_2^- \rightarrow O_2 + H_2O_2$. We die without MnSOD: function discovered in 1968, turns superoxide O_2^- toxic free radicals (generated in mitochondria via respiration or the oxidative phosphorylation or electron transport chain) into less toxic O_2 + H_2O_2. Most of this section talks about this MnSOD enzyme. ☺☺☺

2. Arginase: arginine + H_2O → ornithine + urea, last step of urea cycle of turning toxic ammonia (NH_3) in the blood into urea $(NH_2)C=O$, which is excreted in urine in all ureotelic animals (mammals, some fish and amphibians), i.e. those that eliminate nitrogen as water soluble urea, not as the less toxic uric acid (uricotelic animals: birds, insects, lizards, snakes) or NH_3/NH_4^+ (ammonotelic animals: most marine animals). Ornithine becomes spermidine in each cell. ☺☺☺

3. Pyruvate Carboxylase (PC): pyruvate H-CH_2-C=O-COOH + HCO_3^-(OH-COO) + ATP → oxaloacetate HOOC-CH_2-C=O-COOH + ADP + PO_4^{3-}, it adds carboxyl (COOH) group to pyruvic acid, hence it is a carboxyl*ase*: H- replaced by HOOC-. PC was discovered in 1959. PC is a key mitochondria enzyme in bacteria, plants, animals; in humans it helps create glucose, lipids, neurotransmitters, insulin.

Too much Mn in water may cause autism, if EHP 2007;115(1):122-7 tiny study can be replicated on a vast scale; RASD 2015;18:73-82 found "among children who had the Ile/Ile genotype for GST pi 1 (GSTP1), those with BMC (blood Mn conc.) ≥ 12µg/L had about 4 times higher odds of ASD (autism) than those with BMC < 12µg/L". Autism studies are tricky, since autism is caused by 100s of contributors, so and it's hard to eliminate confounders, like birth stress, chemicals, cesarean or complication or mom listened to heavy metal music all day making kid restless and changed his music likes, so he was labeled autistic, when it was not Mn or genes, just hyper music making kid hyper, or chemicals at delivery, lack of affection due to hospital policies or mom being busy. Other studies found autistic kids have less Mn in teeth and more lead, since Pb^{2+} replaces Mn^{2+}. Thus, for infants, absorbed dietary Mn levels may be way more important to monitor, since Mn AIs in the first 6 months of brain doubling are far lower (0.003 vs 2mg) than adults. *Upper Limits for infants 0-12 months are not established, except "no Mn pills for infants".*

CuSOD (Superoxide Dismutase) may be how ant queens live 10x longer, just like MnSOD, CuSOD

help us live longer, like SOD boosting astaxanthin (+ 6 carotenoids) helps mice live 12% longer:

Low Mn for infants may irreversibly shrink lifespan and IQ, if SOD2 is low. SOD2 is MnSOD in mitochondria, SOD1 is CuZnSOD in cytoplasm, SOD3 is CuZnSOD in between cells. EG 2018; 108:92-8 found "the single most differentially expressed gene between 1-day-old queen (ant queens live 10 times longer, start with the same genes like bee queens/workers start too, gene expression only is different) and worker brains was an extra-cellular form of CuZn Superoxide Dismutase (SOD3), raising the possibility of an important role of anti-oxidant genes *in modulating* lifespan." Looking at ant queens, *vegan* centenarians (9x Mn in fingernails, previous page), it seems higher absorbed or eaten Mn extends life, at least in some diets. ☺☺☺ Superoxide O_2^- free radical would kill every cell, without MnSOD neutralizing it, so Mn is very important to longevity. *Mice without MnSOD DIE within 10 days of birth* ► NG 1995; 11(4):376-81. Pineapple is high in manganese, 0.9 mg/100g and vitamin C, no wonder those eating it win over flu easier.☺☺☺ MnSOD is cardioprotective during stress or intense exercise, because heart cells generate more energy, and mitochondria then generate more superoxide and without enough MnSOD, the heart muscle will die; this is important for athletes, they don't live to 110 ever, low Mn can contribute to the # 1 killer, heart disease. This is why in many studies strenuous exercise shortens lifespan, while walking extends it. If you eat a lot of lead, you drop dead, but if you eat it over 10 years, you live. Likewise, a lot of O_2^- in 10 hours produces vast damage, while the same total O_2^- in 10 days no damage.

This damage applies not just to heart cells, but any organ we overexercise, like eyes (no blinking, no computer breaks, intense starting at PC, etc, dry eyes that increase oxidative stress due to dirt accumulating and put more burden on the first line of defense, MnSOD when O_2^- is high) or any muscle, even the brain. People eat, heart beats faster to help digestion, then they don't meditate 5-10 minutes (like siesta is a good idea, short 10 min nap after a meal, especially for older people with heart issues), instead start exercising a lot, heart cells are stressed, some die and are never replaced, dying earlier. Cautious people live longer, in some studies, they don't go to extremes. Be gentle with self… In our world of pride, yelling, overwhelming show of force, bravado, threat, intimidation and showing off, moderation and gentleness are rare…, so is longevity as a result. Tao Te Ching "9. WITHOUT EXTREMES The cup is easier to hold, when not filled to overflowing." Take computer breaks, relax eyes, they also need to give mitochondria some rest… from O_2^-. Our brains are low on glucose, we get hungry and grab something to eat, finish in 5-10 minutes (fast food era); then, instead of relaxing/meditating with closed eyes 5-15 minutes, and allowing the brain and heart do their thing (brain controls stomach and every organ), instead of allowing brain mitochondria to produce energy after a meal, we stress the cells with exercise (OK to do it within 2-3 hours as it lowers triglycerides and glucose, just not RIGHT AFTER) or even cognitive stuff and guess what happens, too much O_2^- and faster aging of

brain and organs as a result, poorer decisions by the brain too. There are choices we can make, as a collective, that once made, enable all to live to 200 starting in 20 years, but they don't happen, we don't think deeply, since many are suffering from some sort of "rushing like madmen and never relaxing or meditating" cultural syndrome "if we don't do this now, the world ends", so we repeat the same patterns far more, as creative thinking goes to 0 when O_2^- *fries brain cells*, we don't think, we just act like robots as our highly "intelligent" educational systems program us to. The info on how to live to 200 is there for the taking, but *we can't find it*, as we're in the panic, fight and flight mode so much, this *shuts down* creative brain discovery inventiveness areas 90%. Everything first (our cars, gadgets, phones, computer, house, toilet, sink), except the most basic daily brain health maintenance: meditation. Just like eyes get red, dry, damaged by no computer breaks, brains get damaged by no relaxation. The brain is the master controller of all organ aging processes, so to live long we need our brains. This paragraph suggests that nutrition is often, less of a longevity factor than culture, tone, music, ethics. ☺☺☺

► ► 12.4.42. MOLYBDENUM $_{42}Mo^{96}$ ◄ ◄

The AIs and RDAs in µg are: 0-6 mo 2 (AI), 7-12 mo 3 (AI), 1-3 yrs 17, 4-8 22, 9-13 34, 14-18 43, 19+ 45, pregnant/lactating 50. The ULs are 0-12 mo no pills, 1-3 yrs 300, 4-8 600, 9-13 1100, 14-18 1700, 19+ 2000. The UL is derived from rat studies (causes infertility, birth defects), by extrapolation, as no human studies exist to show the best UL. USDA doesn't list Mo, so intake is harder to estimate. Beans, lentils, then cruciferous veggies are the richest sources, most men get 109 µg, women 76, plus 23 from vitamins, so deficiency is rare. *I & many vegans probably get more Mo than many, due to lentil, kale, cabbage intake daily*. Mo binds to molybdopterin ligands (SH can become SR for different enzymes) to create molybdenum cofactor for four enzymes: sulfite oxidase (SO_3^{2-} → SO_4^{2-}, yes we die without it, imagine.), xanthine oxidase, (R-H → R-OH or =CR-H → -CR=O), aldehyde oxidase (CH=O → COOH), mitochondrial amidoxime reducing component or mARC (amidoxime → amidine or R_1-C(=N-OH)-NR_2R_3 → R_1-C(=N-H)-NR_2R_3). The first 3 enzymes add 1 O being oxidases, while mARC removes 1 O, being a reductase. Adults absorb 40-100% of the Mo dietary intake. Almost nobody is deficient, except people with a genetic disorder that prevent synthesis of molybdopterin, which makes sulfite oxidase not work, so kids can die within 9 days of birth like this CSHMCS 2020;6(1):a004705. The average untreated kid survives 4 years only with autosomal recessive disorder MoCD Type A, treated kids may live to 10, so it's pretty traumatic for parents to know baby may not live to even 20. This shows how important is to test parental DNA for such disorder probabilities, as thousands of known such diseases exist, and probably 100,000 unknown to medicine.

► ► 12.4.43. COPPER $_{29}Cu^{64}$ (essential for blood, collagen, joints) ◄ ◄

"half of the adult population consumes less than the amount recommended in the" EU & UK ►

JTEMB 2011;25(4):204-12, so maybe that's why all 50+ have grey hair and joint issues. NIH says "no biomarkers that accurately and reliably assess copper status have been identified". Cooper glycinate is the most bioavailable form in pills, with CDC saying adult Cu uptake varies from 12 to 71%, with ladies absorbing more copper and thus getting less grey hair at 50, and preterm infants having lower copper than healthy full term ones. Cu uptake was 12% at 7.5 mg Cu/day, 55% at 0.8 mg/d, body adjusts how much it takes. Glycinate *(45% avg absorption, vs 12% for inorganic (oxide, sulfate, etc), 33% for* ultra cheap Bulk gluconate *(breaks down in stomach acid), which is bad as more in colon means wiping out good bacteria causing vascular dementia, brain disorders, stroke, infarct, plaque, colon cancer, IBS, colitis, never use inorganic)* brands include 15$/90×3mg Nutri (arsenic rich 0.22 g rice flour contains phytate that lowers Cu uptake), lentils got 10-25x less arsenic than rice, so 0.22g rice is like 4 g of lentils worth of arsenic, 7$/90×3mg NOW (stearic filler that blocks absorption slightly, tightly packed tablet with veggie powder/vit C can delay absorption by new hydrogen bonds forming), 13$/60×2mg Pure (#1 bestseller, 10K/month vs 1K for NOW) (Pure = safest brand for Cu, cellulose as filler), 9$/100×2 Solaray (rice arsenic, phytate issues), 19$/60×2mg Thorne (priciest, has more toxic microcrystalline cellulose, more free radicals generating due to processing, and mTOR activating leucine added as binder and stabilizer of glycinate) and the rest (Mg stearate that blocks absorption a lot more than stearic, like 4$/60×2mg Vitacost (black pepper deactivates liver detox enzymes, mg stearate). Mg stearate can wrap the particles of glycinate better, causing weaker absorption and more damage to the microbiome in colon, as 45% becomes 20% blood absorption. In a cap of 500 mg, you can get 2-3 mg Mg^{2+}, which is a competitive inhibitor for 2-3 mg Cu^{2+} absorption, so best is to take Cu separately from Zn, Mn, Mg or Mg stearate pills. Cu-glycinate is a strong stable chelation bond, unlike the ionic weak Mg-stearate bond, so Mg may be the first to be absorbed in the stomach and upper intestine, diminishing Cu absorption, because they both are absorbed to some degree in the stomach and the upper intestine. Chimps are too busy with alcohol, sports, 33 million companies and waste to design real studies on copper, mineral, etc bioavailability in the presence of Mg stearate, so google gives answer that "Mg stearate is safe because a company using it as filler said so in the first AI hit by google". Don't trust google AI or ChatGPT answer for everything, they just read whatever article on a topic they find. They give wrong answers to many science questions. Excess Zn raises production of metallothionein that traps Cu in intestinal cells, blocking Cu absorption, causing anemia (low RBC count, as we need Cu to make RBC), leukopenia (low leukocytes (a name for WBC, leuko=white in Greek, cytes=cell like cytosol), poor ability to fight infections, low WBC), neutropenia (neutrophil deficiency, penia is Greek for deficiency, neutrophils make up 50+% of WBCs) ► Gastroenterology 1988;94:508-12, excess Zn can take months/years to remove and only Cu injections of 10 mg sometimes reversed Zn caused Cu deficiency, after 2 months of failed oral pills. This low Cu status can lead to even low HDL. A Zn saturated body has 30-40x more Zn than Cu, vs 20x average (2g/0.1g). That's why

all say “high Zn suppresses immunity”. Limit Zn from pills to 20 mg/day☺☺☺ if you don’t take 1-2 mg Cu via multivitamin. The body adjusts its Cu uptake from 12 to 71% depending on its needs, but oysters got 182 mg Zn/100g (RDA 8 for women), & even at 60 mg Zn intake, Cu deficiency emerges in some cases: we see how eating some foods can create Cu deficiency and why we need eterni foods to measure exactly what we eat and never have to worry about calculating exactly, especially since for many animals, and plants especially, there is a range, meaning some watermelons have 300 times more citrulline than others, etc, nobody has the $ to test each fruit, plus soils deplete. High vit C & Fe dramatically lower Cu uptake, so take Fe only if deficient.

Eye doctors formulated AREDS with 80 mg Zn, 2 mg Cu as CuO, which damages the microbiome as it is absorbed way less than other forms of Cu, like even CuSO4, destroying all organs to “cure the eye”, welcome to Reality: when eye doctors make formulations and zero training in nutrition, as 15 year educated NDs, with higher IQ than MDs, longer training, education than MD, would need to have to approve any formulation any loonie creates today because they have an MD. Today, the gastroenterologist and optometrist can screw each other’s work on a patient, no central communication and role for ND, nutrition doctor, etc. Skin, nail, joint issues can be due to low Cu, because some take too much Mg, Zn: thus, we need avoid Zn^{2+}, Mn^{2+}, Fe^{2+}, Ca^{2+}, etc pills with Cu^{2+}. “combined administration of AA and Cu^{2+} resulted in systemic oxidative stress and renal cell injury” ► Biom 2023;13(1):143, so NOW Foods may damage kidneys by AA + Cu in 2022 product (before paper), in the hope of boosting collagen and uptake of Cu to cells by low AA. NOW Foods adds AA maybe due to a 1991 study saying AA is “known to antagonize the intestinal absorption of copper… both positive and negative regulatory functions for ascorbate in copper metabolism” ► AJCN 1991;54(6):1193-7S. Avoid taking 500+mg vit C/day or 80+ zinc, as it can cause Cu deficiency if no Cu is taken via multivitamin or shiitake mushrooms (5.2 mg Cu/100g). More details on Cu vs vit C are here and via google search, ChatGPT, etc. ☺☺☺

The normal Cu blood range is 70-140 µg/dL. Lack of Cu causes grey hair since copper dependent enzyme tyrosinase helps make the two melanin variants of hair pigments (brown, red/blonde), and CuSOD fights hair follicle free radicals. RDAs in mg are: 0-12 mo 0.2 (AI), 1-3 yrs 0.34, 4-8 0.44, 9-13 0.7, 14-18 0.89, 19+ 0.9, pregnant 1, lactating 1.3. The ULs (food+pill) are 0-12 mo no pills, 1-3 yrs 1, 4-8 3, 9-13 5, 14-18 8, 19+ 10. For foods high in copper, see last column mg Cu/100g food. I got 4.3 mg/day (July-Sept 2020 average) from food alone. NIH explains Cu absorption is 75% when we eat 0.4 mg/day and 12% when we eat 7.5 mg, like with many nutrients, the body tries to take in only what it needs. Many *vegans eat 10x polyphenols and/or 3x phytic acid, so the absorbed amount is lower, hence the personalized RDA/UL for minerals may be higher, like NIH says vegans need 180% RDA for* iron. 100 g of veal liver has 12 mg, wild mollusks 7.6 mg, shiitake mushroom 5.2, canned mollusk 4.5, so don’t eat these *daily, high Cu damages liver/digestive tract,* especially since mollusks got high selenium. Cu^{2+} competes with

Fe^{2+}, Zn^{2+}, Ca^{2+} so eye vitamins with 80 mg Zn also have 2 mg Cu to prevent Cu deficiency which leads to frequent infections, grey hair, neuropathy (neurons lose myelin causing fatigue, numbness/tingling in hands, feet), organ damage due to low CuSOD. Cu is part of key cuproenzymes involved in iron metabolism, wound healing, preventing lipid oxidation (less plaque), neurotransmitter/collagen synthesis (joints, skin), energy production, fighting oxidative stress (like MnSOD or SOD2 above, thru copper SuperOxide Dismutase CuSOD or SOD1 that neutralizes SuperOxide O_2^-), immunity, neurohormone homeostasis, neuropeptide activation, angiogenesis (birth of new blood vessels, key for new neurons, wound healing), brain growth. Low Cu causes reduced cytochrome c oxidase activity (mitochondria, brain neuron energy), impaired myelination, cognitive decline, and increased amyloid-β accumulation. Too much Cu is prooxidant, like Fe is. Like MnSOD, CuSOD is very protective during sudden mental/physical stress. Mice without CuSOD had a shorter life, like mice without MnSOD died within 10 days, so make sure Cu is not <10% of zinc intake. PO 2015;10(6):e0126339 found blood CuSOD increases 60+% (see Fig 2) due to mercury fillings, as the body tries to fight oxidative stress caused by mercury, aluminum. Cu is a cofactor for lysyl oxidase that catalyzes the cross-linking of collagen, elastin fibers by lysine/hydroxylysine oxidation, which provides structural integrity, strength, elasticity to joints, bones, skin. Cu was used to kill mold, microbes, fungi for 4000 years. $CuSO_4$ was used by organic agriculture for 150 years to kill fungi, in homes to kill mold, so never take inorganic as a pill, since it kills the microbiome good bacteria, as most is not absorbed.

►► 12.4.44. CHROMIUM $_{24}Cr^{52}$ ◄◄

The 1989 RDAs were ranges of 10-60 for 0-12 mo, 20-80 for 1-3 yrs, 30-120 4-6 yrs, ***50-200 µg for ages 7+***. In 2001 they updated them to AIs (not enough data for RDA) in µg: 0-6 mo 0.2 (AI), 7-12 mo 5.5 (AI), 1-3 yrs 11, 4-8 15 9-13 boy 25 girl 21, 14-18 boy 35 girl 24, 19-50 men 35 women 25, 51+ men 30 women 20, pregnant 30 lactating 45. The ULs don't exist, since no adverse effects were seen, but those with liver or kidney issues, are advised by NIH to not take 300+ µg chromium pills, since the 30-200 µg in multivitamins is hypothesized to be enough for the most chromium deficient diets. Food intake is hard to determine, as USDA doesn't list chromium (search pubmed for common foods to calculate averages from 10 papers for each food). Cr^{3+} is beneficial in ***lowering blood glucose and eliminating diabetes symptoms***☺☺☺ in many people not using IV. Cr^{6+} however is toxic and is regulated by EPA in drinking water, since when we drink water we don't eat antioxidants to convert 6+ to 3+. A 798 page NIH book explains more about Cr and other nutrients; the web version of Cr chapter says most plant food Cr is actually Cr^{3+} and even if we eat some Cr^{6+}, the antioxidants in our stomach will convert it to the more stable Cr^{3+} quickly, even 5000 µg toxic 6+ was converted fast to healthy 3+ with 1 liter of orange juice. Most people eat only 10-100 µg Cr per most studies, so the amount of Cr^{6+} in food would be tiny (not 5000) and immediately oxidized by a *vegan* diet rich in fruits and veggies. So, don't be scared

about papers about some Cr^{6+} in foods. I may eat *300* µg Cr^{3+} daily from my 750 g lentils, based on legume data: J FCA 2011;24(8):1147-52 shows in Table 3 that legumes have the most Cr of any food, this may explain why some studies found most centenarians eat legumes, soy (Asia) or beans, lentils elsewhere. Supercentenarians have superior glucose control, maybe mom ate more Cr^{3+} while pregnant? BTER 1992;32:105-7 found cow milk had half (0.83 µg/L) the Cr^{3+} of human milk (1.56) and the milk section explains infants fed cow milk have much higher diabetes incidence. 22 years later, EFSAJ 2014;12(10):3845 reported some human milk can have chromium at 10.8 µg/L (13 times more than cow milk), raising questions about diabetes incidence in kids whose moms got low chromium status during pregnancy and lactation (some mom milk was 0.14 only.). Low Cr in pregnancy led to mice offspring glucose intolerance ► PO 2017;12(1): e0169889.☺☺☺ Cr doesn't have exactly known biochemical functions (for now, same was true for many now essential minerals in 1920s), unlike Zn (part of 300+ enzymes and 1,000+ transcription factors), Mo (part of 4 enzymes) or Mn (part of SOD2, arginase, etc). While we die without Zn, Mo, Mn, since enzymes don't work, without Cr we may survive for decades; parenteral patients *(3 main routes: IV (intravenous), IM (intramuscular), SC (subcutaneous); mnemonics,* parent-era*, the era of eating from mom via umbilical cord, not mouth)* had their diabetes symptoms (weight loss, neuropathy, etc) disappear in 1977 once Cr^{3+} was added, since then Cr^{3+} is always added to parenteral nutrition and vitamin brands started adding Cr^{3+} too. "150 µg of chromium per day reversed the glucose intolerance, reduced insulin requirements, and resulted in weight gain and the disappearance of encephalopathy." ► JAMA 1979;241(5): 496-8. "Plasma chromium level was 0.1 µg/dl (lab reference interval: 1.8-3.8 µg/dl). Fourteen days of supplemental intravenous $CrCl_3$ (200 µg/day) allowed complete withdrawal of exogenous insulin with no further hyperglycemia or glycosuria." ► DDS 1986;31(6):661-4.

We absorb only 0.4-2.5% of the ingested Cr, less if diet is rich in simple sugars, more if high vitamin C *or* B_3. Stress, infections, pregnancy, intense exercise can deplete body Cr. As seen from above, the current AI may be insufficient for some to reach age 900. JCPH 2014;39(3):292-306 found that Cr pill raised HDL by 4.64 mg/dl on average, while some got it 8.5 mg/dl higher; they found adding biotin to the pill didn't raise HDL; Cr picolinate (in most multivitamins) dropped TG by up to 38.7 mg/dl. Triglycerides, TC also fell in most studies (high glucose raises TG), such as MNFR 2018;62(1):1-41 which saw a drop of up to 18.4 mg/dl. If you struggle with low HDL or high TG/TC, you may want to use a multivitamin with Cr (Micro Ingredients has no extra fillers and some LDL lowering herbs, the cheap way to get Cu, Mn, Cr, etc you missed vs 3+ bottles, though they contain selenocitrate which is not ideal, as it could damage kidneys if more than the body can use, RDA 55, they add 200) or a Cr pill free of Mg stearate that may diminish uptake, though rice flour has arsenic and phytates, so a men or women multivitamin is better, as long as you don't exceed B_6 or B_9 limits if taking B complex. The only issue with multivitamins is the 100

mg vitamin C blocks proper Cu absorption and may damage kidneys. Because Cr is transported through the blood by the Fe-transport protein transferrin, high levels of Fe (iron) can compete for these binding sites, leading to decreased Cr uptake, so perhaps, take the pill with a small meal (legume free, as legumes are Fe rich). The largest Cr pill TG, HDL, TC changes are seen in those with diabetes or insulin resistance, not in healthy people. The main brands of Cr with only 1 filler (rice flour) are, after subscribe, NOW 200 µg/240 caps 10$ and Bulk 200 µg/365 caps 14$.

►► 12.4.45. VANADIUM $_{23}V^{51}$ ◄◄

We eat about 20 µg from foods daily, most being eliminated (some forms of ☺☺☺ V are very toxic, this paragraph refers to the forms that extend lifespan). 50-100 mg/day vanadyl sulfate $VOSO_4$ (vanadyl VO^{2+} is possibly the most stable diatomic ion, so very safe as it won't easily become some of the V forms that are somewhat toxic) lowered diabetic fasting glucose 36%, from 238 to 152 mg/dL (AIM 2013;16(7):408-11), an 86 points drop, huge for diabetics or prediabetics (many centenarians).☺☺☺ 0.1 ppm or 10 µg V/100 g food (as trisodium vanadate, otherwise known as sodium orthovanadate, Na_3VO_4) increased rat growth by 40+% ► Sci 1971;174(4007):426-8. Diabetic rats insulin requirement decreased 75% after intake of $VOSO_4$ ► MCB 1998;188(1-2):73-80. For more on the nontoxic forms of V see BTER 2019;188(1):68-98. Eterni foods will enable us to take that 20 µg V we eat now, but in the healthiest forms, there are about 10,000 papers on V health effects. Walmart multivitamin Equate often contains V.☺☺

►► 12.4.46. SILICON $_{14}Si^{28}$ ◄◄

Its benefits are presented in the silica detox section, for aluminum detox, see also FPS 2015;6:994. It also helps with bone health ► IJE 2013:316783. We eat about 12 mg/day, but our knowledge of its biochemistry is limited. "Silicon performs an important role in connective tissue... Silicon's primary effect in bone and cartilage appears to be on formation of the organic matrix. Bone and cartilage abnormalities are associated with a reduction in matrix components, resulting in the establishment of a requirement for silicon in collagen and glycosaminoglycan (GAG) formation" ► STE 1988;73(1-2):95-106.☺☺☺ Since collagen is 35% of body protein; glycosaminoglycans binding to collagen play a role in heart muscle aging and our longevity. Thus, some forms of silicon can prolong lifespan. The all famous hyaluronic (in eyedrops, hand creams, our eyes, skin, brain ECM) acid is a GAG. Hyaluronic is used for neural stem cell generation (JBMRA 2019;107(4):704-18) in biomedical engineering and also by the body as the brain is formed. "Synthesized by both neurons and glial cells, the brain's ECM (20% of brain by volume, between neurons and glia) is primarily composed of glycosaminoglycans (e.g., hyaluronan), proteoglycans (e.g., neurocan, brevican, versican and aggrecan), glycoproteins (e.g., tenascin-R), and low levels of fibrous proteins (e.g. collagen, fibronectin, and vitronectin)" ► SR 2019;9:4159.

►► 12.4.47. LITHIUM | $_3Li^7$ | higher IQ, longer life, better memory ◄◄

"The available experimental evidence now appears to be sufficient to accept lithium as essential; a provisional RDA for a 70 kg adult of 1 mg/day is suggested" ► JACN 2002;21(1):14-21. Lithium prevents anxiety and Alzheimer and is used to halt brain damage done by COVID19 and COVID19 vaccine spike protein hanging around. Lithium is highest (see graph) in leafy vegetables: 9.4 mg/kg vs 0.03 in meats or 313 times more, 10 mg/kg in soybeans, 6.7 mg/kg in fruits, 1.9 mg/kg in lentils or 63 times more than meat, vegans save their brain ► Foods 2024;13(4):592. People think we don't need lithium, but goat studies show catastrophic effects of low lithium, not just higher chance of violent crime, dementia: "41% of the lithium-deficient goats and 7% of the control animals died during the first year… skin lesions occurred (in humans Li cured herpes virus and seborrheic dermatitis)… significantly worse rate of conception (infertility)… increased abortion rate (miscarriage)… produced 20% less milk (offspring had lower IQ, growth, health)… the kids of lithium deficient goats had 9% lower birth weight (= lower IQ, shorter health lifespan, more health issues in humans)… gave birth to significantly more female kids… (the more lithium in tap water, the lower the human) psychosis, neurosis, schizophrenia and personality problems… suicide, homicide and rape were significantly higher in counties whose drinking water supplies contain little lithium" ► BTER 2005;16:169-76. We need to consider Lithium addition to water supplies and to vitamins for violent inmates. This likely explains why the standard American diet, which provide 10-20 times less lithium, causes so many violent crimes in the modern world, people eat no leafy greens, fruits and veggies. Alzheimer patients have lower lithium in the brain. Lithium is protective, especially for the 2% of population that has 2 copies (both mom and dad, so 5 times less likely to be a centenarian, as ApoE gene is hypothesized to be the most important to longevity) of the ApoE4 gene, which means 10-15 times higher chance of Alzheimer vs ApoE3 (75% of people). There is no need to take 5 mg a day if you're a healthy (eats leafy greens daily) vegan unless there is a clear sign of deficiency, since most vegans eat 3-5 mg from food (if food is not from depleted soils), while an omnivore may only get 0.3 mg. 5 mg (Amazon) is a typical dose of lithium orotate (rotate, like in a circle or o, o-rotate, easy to recall, insight comes full circle, violence is caused by malnutrition in 50% of cases). Orotate is the best lithium form that doesn't bind to amyloid, though due to possible side effects (irregular heartbeat, tremors, acne, confusion) at even 5 mg, it is wise to start with 1 mg or stay at 1 mg for years (meaning you use 20% of a capsule/day if you think it boosts cognition/prevents dementia). Since vegans eat way more lithium, they can adjust easier to 1 or even 2 mg. It's no wonder that long-term vegans have 3 times less Alzheimer than omnivores (average vegans 2.2 times less) ► NE 1993;12(1):28-36. This explains why "sages" noted vegan people are more peaceful, meat eaters more aggressive, so India came up with sattvic foods term: foods that keep people serene, peaceful and 10 times less likely to commit suicide or any violent crime,

meat being the fuel for murder, as it is logical for several reasons. The brain-diet section explains junk foods diets (low in ω3/lithium) are highly linked to violent crime. Imagine how many parents and cops waste trillions on Earth, when it would cost 1 billion to prevent those violent crimes and behaviors that are misdiagnosed as autism, ADHD, personality issues, etc. The real issue is GREED, the feeding of junk food to 90% of people. Before taking lithium orotate, watch your thyroid hormone levels and then again after 6 months, to make sure you're not one of the sensitive people whose lithium intake causes hypothyroidism (TSH rises). Lithium inhibits GSK3 enzyme that blocks brain autophagy, so Li allows the clearance of brain waste in people with a weak ability to clear waste due to lifestyle, diet, genetics, past damage to the body, etc. GSK3 inhibition also blocks the rapid aging mTOR pathway and activates the AMPK rejuvenation. Li also boosts BDNF that helps neurons to survive. You can spend 12$ (subscribe, then cancel, get 10% coupon too) to buy lithium or 2500$: 12$ if you buy 130 mg caps and you use 4% of a cap each time to get 5 mg (5 mg is what many vegans get from food☺☺☺) or 2500$ if you buy 5 mg bottles each 6 months to make pigs rich. Lithium orotate lasts for decades. Or 10$ if you buy it from Walmart and use their 5$ off code for quality long reviews you make (free ship if order is 35.01$, even if charge is 30.01 due to 5$ off). Don't take more than 5 mg, as that's too much. Pregnant ladies and kids are advised to avoid lithium pills, as high lithium can cause birth defects and possibly even heart palpitations (100 bpm) via WPW disease that can kill kids or adults.

►► 12.4.48. BORON | $_5B^{11}$ ◄◄

There is no RDA, there is an UL of 20 mg. Boron lowers excretion of calcium and magnesium, extends the activity of vitamin D (which itself keeps calcium higher in the blood so more calcium goes to the bone) and stimulates in vitro the development of osteoblasts, the cells of bone tissue, so many MDs claim it will help built boned nodules. The only problem with that is that for those with arthritis this can mean the growth of bone nodules in finger joints or others can accelerate if boron is too high, so maybe start with 3 mg and see what happens, instead of doing 10 mg. Bone and boron share Bon, easy to recall. The pills are cheap, only 17$ for 3 year supply, a 10 mg capsule every 2 days (half capsule a day), from Bulk Supplements with zero extra ingredients. Taking too much can cause digestive issues. B is known to lower inflammation (hs-CRP halved in some studies, it's one of the top 5 biomarkers for infarct risk), thereby protecting us from the number one killer worldwide, heart disease. IM 2015;14(4):35-48 reports many brain and antioxidant enzymes benefits of B (key to Mg and Ca absorption too) and that after a week of $_5B^{11}$ at 6 mg/d, they found a rise "in free testosterone, (11.83 to 15.18 pg/mL)... significant decreases in E2" (estradiol, 42.33 to 25.81 pg/mL). … IL-6 1.55 to 0.87 pg/mL; hs-CRP 1460 to 795 ng/mL, TNF-α, 12.32 to 9.97 pg/mL. DHT rose 1%, cortisol rose 27% (since cortisol rises in the morning after waking up, B needs to be taken midday, not when waking up, to avoid a cortisol spike on top of the natural morning spike that shrinks the hippocampus; testosterone

is also higher when waking up, so taking B 6-8 hours after waking up is better), 7.93 to 10.10 (Table 3), D_3 rose 7.1%. For men with an ultra low testosterone, this is a good thing, though a cortisol rise is beneficial in those with very low levels. A retrospective study of 369 women and 494 men aged 62, EJN 2024;63(3):987-93 found "higher plasma B concentrations were associated with a higher risk of all-cause mortality in women, but not in men", possibly due to B lowering estradiol levels to areas of the U shape mortality-estradiol curve where it's bad. In some studies lower estradiol increases female lifespan, it's complex. The NIH short page on boron says low B reduces mental alertness and capacity to decide. In males who need to conceive or cure dry eyes due to low testosterone, B would help. "low dietary B (0.25 mg, vs 3.25) resulted in significantly poorer performance ($p < 0.05$) on tasks emphasizing manual dexterity; eye-hand☺ coordination; attention; perception; encoding and short-term memory; and long-term memory" ► EHP 1994; 102 Suppl 7:65-72. CRP fell 37-60% after 1.5-3 mg $_5B^{11}$, angina fell 49% ► BTER 2015;172:277-81. LDL fell 9.3%, HDL rose 5.2% with 3 mg in group 3, 112 mg calcium fructoborate, CF, $(C_6H_{10}O_6)_2B)_2•4H_2O$ found in produce ► Ntr 2013;29(1):178-83 (Table 3), while Table 2 shows a 40% drop in hs-CRP in the B group vs 24.6% in the resveratrol group. B prevents prostate, breast, colon, brain, lung cancer, arthritis, by lowering inflammation ► FB 2011;3(1):205-15, CJ 2021; 23(4):429-34, JTEMB 2022; 70: 126923, JKNS 2021;64(6):864-72. B is a "crucial weapon in anticancer research due to its significant intervention in cell proliferation" ► PT 2023;251: 108548. Knee discomfort fell after B intake ► CIA 2014;9:895-9.

B diminished hospital time for wound healing by almost 3 fold from 55 days to 20. " B derivatives have been reported to promote bone and teeth growth in vivo (meaning cavities remission if small cavity was reported in many papers)… B enhances odontogenic and osteogenic differentiation of human tooth germ stem cells" ► BTER 2013;153(1-3):419-27. B prevents (and reverses small) cavities and forms stronger enamel and dentin: "fluorine (F) and B are mainly concentrated in the teeth and bones… The level of B and F of non-carious teeth was higher than that of carious teeth… increasing the level of B in the diet increased the concentration of B in the mineral composition of the teeth and had positive effects on the alveolar bone around the teeth... B (has) an important role in the growth and development of teeth after eruption… The *incorporation of B in dental materials was demonstrated to limit the progression of dental caries*, more precisely, a level of B in dental composites, namely concentrations of 1%, 5% and 10% (w/w) as sodium pentaborate pentahydrate has an antibacterial effect on S. mutans (the main bacteria causing cavities)… (a B compound) has antibacterial and anti-inflammatory properties in vitro against the bacteria Prevotella intermedia, P. gingivalis, Eubacterium nodatum and Treponema denticola that are associated with periodontal disease" ► RJME 2022;63(3):477-83. B helps teeth to return to the white of age 20, given you eat more D3 (5000 IU at least) and 1-2 mg K2 to facilitate calcium move from arteries to teeth, plus Mg to stabilize

enamel repair, avoid the translucent yellow tint. "The highest microhardness (strength of enamel, ability to remain white, tonot become translucent, which makes teeth the yellow dentin color) was observed in the 15% boron group": BMC 2024; 24:1419. "Borate ions… protect the tooth structure against acid attacks… promote remineralization" ► SR 2021;11:15734.

►► 12.4.49. CREATINE ◄◄ (only 0.5 g seems safe for all daily for decades)

If you don't get Homocysteine or Hcy < 6 via B6-B9-B12 + TMG which clear, recycle, convert Hcy that was already produced by the body, you can lower the synthesis of Hcy itself too by taking creatine. Our bodies contain 100-200 g creatine depending on weight, so when we start taking creatine, we no longer need to use arginine, glycine, methionine to make creatine. To make 1-2 g of creatine daily, we use S-adenosylmethionine (40-70% of our daily methylation capacity), the body's primary CH_3 donor, which donates a CH_3 to make creatine and S-adenosylHcy, which later turns into Hcy. Creatine pill intake shrinks creatine synthesis, reducing Hcy generation. With age, global DNA methylation tends to decline, leading to failure to repair DNA, to keep chromosomes healthy (methylation keeps heterochromatin intact, preventing aberrant gene expression). Epigenetic clocks measure CH_3 DNA patterns to determine biological age, a better health predictor than real age. Once made in the liver and kidneys, 95% of creatine goes to muscles, and 5% to the brain. The brain relies heavily on creatine for quick energy (ATP recycling) during high cognitive tasks. Creatine prevents dementia (neuron DNA damage via low methylation) and multiple sclerosis, since methylation is key to myelin sheath synthesis. In some studies, creatine didn't lower Hcy in those with advanced kidney disease or other illnesses. Try take 1 g (the amount omnivores get from meat daily) creatine to see if it lowers Hcy. High Hcy causes heart disease. Creatine helps muscles retain water, and cells too, so your face may be puffier, weight may rise (via water retention, 1-4 lb) if you eat more than 1 g. Our body makes 1 g of creatine on its own, but omnivores get another 1 g from meat. The brain level of creatine is identical in both vegans and omnivores and supplementing it doesn't raise the brain level unless you take 20+ g which damages several organs or use guanidinoacetic acid creatine precursor which can get a little more into the brain; *vegans* have 25% less creatine in muscles. The brain makes its own creatine, unlike muscles; the brain and blood concentration of many nutrients is very tightly controlled. When exercising or going thru 10-30 bpm higher pulse periods in life, spies/soldiers raising pulse, 1 g creatine may help the heart muscle. Usually creatine is used by those interested in gaining muscle mass or preventing fasting or age related muscle loss (ages 50-100). CRO 2019;10(3):374-8 reports retinal detachment (in a 39 yr man with preexisting retinal distrophy) at "loading phase for muscle building" creatine intake level (20 g/day, 20 times the omnivore diet). Lancet 1998;351(9111): 1252-3 reports kidney dysfunction at 2-5 g daily, so it's safer to stick to 1 g max (the natural omnivore dose) if a *vegan*, since the only long kidney safety study is under 3 years. NJ 2014;13:115, a 1 week study without placebo control, found 21 g

creatine can increase Hcy when it's normal (VM 2009;14(3):239-48), decrease Hcy when it's high. Studies (3-20g) without placebo controls, few people (<70) or short duration (1-3 weeks) are hard to trust. NA 2008;29(9):1404-11 reported mice fed creatine had 9% longer healthy lifespan. Creatine (20$/kg) is at much lower levels in the *vegans'* muscles: vegans benefit the most from creatine for heart/general muscles (preventing sarcopenia). So, if you got a weak heart or leg muscles, take 0.5-1 g of creatine. Low doses are safe long term, anything above 1 g can be risky. Creatine 2025 38 men 12 week study found creatine doesn't raise DHT at all, unlike the 2009 20 men 3 week study that saw 56% rise in DHT. DHT can cause atherosclerosis and hair loss, besides extra sebum and acne. It's unclear since both studies are small or maybe influenced by industry funds or bias. But if you get acne, lose hair, get bloated, dehydrated, puffy faced, confused due to brain fog, poor sleep, restlessness, stop taking creatine or cut intake 2-5 fold until issue vanishes, so you don't create any issue. AJOCR 2021;23:101128 found 5g creatine led to central retinal vein clot/blockage (this could cause blindness over time), dehydration (dry eyes if lacrimal and meibomian glands don't get blood nutrients via a shrunk artery). Thus creatine needs lots of water drinking, 0.2-0.5 g doses for A+ blood that is prone to clot, blood that is thicker and thus more prone to cause brain fog via poor nutrient/oxygen/blood flow and white matter silent strokes, small strokes due to tiny clots. If water in blood goes to edema around lower legs, you end up with thick blood, stroke, infarct.

►► 12.4.50. MELATONIN: the master mitochondria antioxidant ◄◄

(is in all lifeforms, mitochondria's strongest antioxidant, traps 10 free radicals vs 1 for others)

Melatonin (the key mitochondria antioxidant found in all bacteria, animals, etc) is produced by lowering blue light before bed and sleeping in darkness. Its cell level in old age is 10% of the peak at age 15, so we need to sleep much better after 20, in a dark room, to produce melatonin or simply add 0.3-1 mg to our multivitamin regimen to live to 500☺☺☺. Melatonin reduces oxidative stress induced by ochratoxin A (mycotoxin produced by black/grey mold in buildings, baths) in rat liver and kidney. It reverses the oxidative damage caused by food mold (aflatoxins) too ► Antio 2024;13(12):1528. Melatonin helps lowers inflammation (MDA, IL-6, TNF, CRP), LDL, TC, WHR, raises HDL, TAC ► Ntr 2025;18(1):134. Melatonin helps women get pregnant, improves egg quality, fertility and egg number even in aged animals. Some lady (with 900+ melatonin facebook posts) takes 2-3 g melatonin daily, though most people take 0.3-5 mg. Another youtuber takes 1 g, claims 1 g doesn't make you sleepy, but 10 mg does, Italian MD used 1 g in terminal cancer cases. Amazon sells 1kg/135$ (subscribe, then cancel). MD Peavler explains melatonin anti-cancer effects, anti-Warburg effect. Melatonin taken orally is mostly destroyed by the liver, helping the liver to fight free radicals. 95% of melatonin is made in every cell of the body in the mitochondria, while blood melatonin spikes at night due to pineal gland release.

Cancer growth stops at night, since melatonin is higher. But to get better effects, some take it as a suppository, though those pills are expensive, so powder is 170x cheaper. Seems like some mix it with some water and chia oil (10 drops maybe) and insert it into anus to repair the brain (guy went from 9 seizures/day to 0 by melatonin 200mg), see full video here. Melatonin is needed in the first 8 months of pregnancy (since it can cause contractions in the last month), for optimal offspring lifespan/health. We absorb 10% of oral melatonin and 36% of colon melatonin. Digestive issues can mean that you can use 50 ml distilled water with melatonin during enema, after you did several enemas to remove the feces, to heal your colon and kill colon cancer and all diseases of the colon. Melatonin is the strongest antioxidant for humans. Melatonin exists in every species, from bacteria to humans, see a 2 hr lecture by a melatonin professor. Some believe their low aging speed is due to melatonin. The common and rare side-effects of melatonin need to be watched out for, especially heart failure risk double if taken daily for 12 months in a study (this study is not reliable, as this video explains the nonmelatonin group included people with OTC melatonin☺☺☺ and this is an observational study, not an interventional study (correlation is not causation, reverse causation: insomnia causes heart disease, not melatonin). Stop taking it or lower dose 2-5 fold, if bad effects occur. Most melatonin pills do contain what is listed on the label, due to the ultra low price of 5 mg, so you can buy a 20 mg pill that you like, like Nutricost, minimum fillers, to get 0.28mg/cent, which is far cheaper than most pills costing 1-9 cents/mg. You can use part of the pill, though 20 mg is fine, given many take 200-3000 mg daily for years.

Studies show melatonin helps with most diseases, even US President got the melatonin when he got COVID19. Those 20+ who have a hard time sleeping deeply may sleep much better (0 bath trips too) by taking melatonin (a super powerful antioxidant) 3-7 mg/day pills or capsules (or take 10-30% of a 20mg capsule by pouring it over a spoon of water right before bed, to save money and intake of inactive ingredients (if you buy 2 mg pills you take 10 times more inactive ingredients), so buy 13$/240 caps without magnesium stearate of 20 mg to last for 2 years at 7 mg/night, store in fridge). Once I took 7 mg I noticed a deeper sleep not happening at 4 mg. First time I took 7 mg I slept better than in years, me being an ultra light sleeper waking up ultra easily and tossing. Never in a million years would I have believed anyone that melatonin makes a huge difference, until I took it myself. Better sleep, better antioxidant power may actually add 9 years to your lifespan and 50% to your quality of cognition during the day. "Taking melatonin was associated with a decreased risk of developing AMD (the leading cause of blindness)" ► JAMAO 2024;142(7):648-54. *What helps eyes helps every organ. AMD is a disease of oxidative stress, so melatonin helps fight that stress during sleep body repair.* Melatonin and its metabolites both scavenge free radicals, so melatonin can neutralize 10 free radicals per molecule (most antioxidants only scavenge 1 free radical per molecule), being thus a far stronger

antioxidant than vitamin C, E or even glutathione, the main cellular antioxidant, helping mitochondria as we age, neutralizing the OH radical far better than glutathione (found mainly in the cytosol, due to its hydrophilic nature and inability to cross cellular barriers). Melatonin is both hydrophilic and lipophilic, so it can pass and reach all cellular organelles and areas, protecting all cells far more than glutathione. Energy is produced in the mitochondria, where most chemical reactions (free radical formation) take place: that's where melatonin accumulates, to protect every cell. That's why avoiding blue light before bed and sleeping in darkness is important. Melatonin helps prevent dry eyes in rats ► iSci 2024; 27(7):110367. ☺☺☺

►► 12.4.51. SPERMIDINE $H_2N-(CH_2)_3-NH-(CH_2)_4-NH_2$ ◄◄

(in each plant/animal/human cell, declines in humans after 50, except those who live past 90)

Spermidine "stimulates cytoprotective macroautophagy/autophagy… supplementation of spermidine extends lifespan and health span.. in yeast, nematodes, flies and mice" ► Autop 2018;15(1):165-8. Spermidine, with 15K papers on pubmed, a component of plants, animals, humans, sperm, "increased ... superoxide dismutase and catalase activities". Spermidine has longevity effects in animals, people (PO 2011;6(7):e22564), with youtubers claiming it reverses grey hair, as shown in SR 2022;12:14478. Spermidine prevents infertility and improves egg quality in older mice ► NA 2023;3:1372-86. It may fuel cancer growth though. Spermidine promotes autophagy (NCB 2024;26:1571-84, blocking spermidine generation cancels longevity effects of fasting; fasting produces spermidine; spermidine may give us some fasting benefits without the damage fasting can do) and thus clears the brain/body of waste (and amyloid, hence arginine is used to treat Alzheimer, as it converts to ornithine, then spermidine, immune cells use arginine), boosting cognition ► JAMA 2022;5(5):e2213875, so anything that helps hair helps you live longer too: the grey or thin hair tells you you're aging too fast. The cheapest gluten free spermidine pills are the Uarcool (China made) 11$ for 60 caps of 100 mg spermidine, or 6 g total, in theory, since in practice, each capsule weighs 360 mg not the 2025 mg it should per the label, so spermidine may be 1 g total/bottle. Because it contains alpha lipoic acid, a very strong throat irritant, you need to swallow the caps and not open caps to pour it in a smoothie or juice. The thing is in China, where 0.01% families own 58% of wealth while claiming it's communism, fraud in labeling is huge as the astaxanthin section explains too. But even at 6 times less, this pill is offering amazing discount, if listed ingredients are there, but I would not take 12 capsules to get to the "daily serving" of 4050 mg, because you don't know how safe it is to suddenly eat so much of those senolytics (fisetin, spermidine are powerful autophagy promoters, and all those senescent cells dying can cause a lot of gas, as well known for fisetin at 2g intakes). NAD, resveratrol, spermidine (200-300 mg) in the Uarcool 4050 mg "serving" can cause gas too, making things even worse (you would be drowning in smelly gas if you were to take 12 caps to

reach 4050 mg dose), so don't do it as liver may be overloaded with toxins from senescent cells killed by fisetin and spermidine. EBM 2018;36:18-28 found fisetin to be the most effective flavonoid (found in plants, like quercetin) at killing almost dead cells that poison the nearby healthy cells. Fisetin 100g/60$ is the #1 senolytic, followed by quercetin 60$/500g, both present in Uarcool. 1 cap is more than enough to avoid resveratrol issues, though we don't know if it contains all stated ingredients divided by 6 or it's a scam. Given the huge lie about quantity, we can't trust quality of ingredients much either, of if even all ingredients are present, or if the stuff is contaminated with viruses as in hybrid warfare. However, they may be genuine, just ask Amazon to give refund, and they won't require shipping back, saying it is far less than stated, at least you get to try free pills with fake labels and if enough people, 5000 request refund for all 90,000 fraud brands that state 20-500% higher on label than actual, the Chinese will start to be honest. Meanwhile, happy buying and free refunds on all types of Chinese supplements that you can tell are fraud, since 4000 mg can't fit in 2 regular caps. Thank You 0.01% for giving us free pills to try, with 0 mg (24 label) astaxanthin or 0 quercetin. Amazon is not checking anything, but they do refund obvious fraudulent products. Send it to a lab and let me/us/Amazon reviews know. Amazon search for spermidine fisetin quercetin will give you 200 brands that have the 3 autophagy boosting senolytics (kill senescent cells). Avoid senolytics if taking berberine or piperine liver detox enzymes blockers: when removing dead cells, toxins are excreted. ☺☺☺

Another spermidine brand is Nurafuse (Vietnam) 14$ for 150 caps of 10 mg Spermidine x3 HCl, or 1.5 g total, with 9 other polyphenols (fisetin, quercetin, resveratrol) or spices (Nurafuse is a company in Vietnam's capital, probably owned by Chinese who moved to Vietnam to avoid tariffs), which is also way more helpful for antioxidants than plain spermidine. Some spermidine is packed in California by Gyumolics, 1.8g/25$ and contains a urolithin A polyphenol alleged to cause autophagy in bad mitochondria, resveratrol and NAD, so US packed brands may have more testing for extra ingredients, for mycotoxins in those milk thistle extract, turmeric, elderberry, ginger and other spices the Chinese Nurafuse and Uracool (also on ebay) brands use. Most spermidine 3 HCl sold in USA comes from China, but you pay 20-50$ for 1.2 g spermidine (or 8-20 times more) for fraudulent label "made in USA" (Amazon is a clown company, most made in USA is not, powder from China put in caps in USA), it's sometimes packed in caps in US garages of predatory aristocratic leeches whose contribution to USA to sell and resell, because this is what is left of US innovation and manufacturing after rich tax rate moved from 95% to 30%, CEO pay rose to 400x worker pay in 2021 from 20x when Kennedy was assassinated likely due to asking Congress to lower aristocrat tax rate from 95% to 65%. We build palaces and stadiums instead of products to triple human lifespan. Today, rat IQ dominates☺☺☺ as only 30% of college grads are in STEM instead of 95%. For US made spermidine, try the pricier (20$ for 1.2 g: 120 caps of 10 mg) ones with opaque bottles. Peakpury Viet company (Chinese

probably) makes spermidine from wheat extract (7.5 g spermidine total, resveratrol, ginger, NAD, etc included, 16$), which is full of gluten, which may sicken people with celiac disease and give offspring *diabetes, autism,* schizophrenia, *mental illness we see in wheat eating nations*.

Those with dry eyes need to avoid spermidine if eyes become dry or headaches emerge, due to its ability to inhibit diamine oxidase (DAO), the key enzyme that degrades histamine. As DAO degrades putrescine, cadaverine, spermidine, it can't degrade histamine and this causes headaches and dry eyes. Histamine is what our mast cells release during strong immune response to mold, mycotoxins, eye drop allergens, eye/body inflammation, food/air allergens/bacteria. Cooked foods left in the fridge 20+ hours are poison, store foods in the freezer if not eaten next 20 hrs: bacteria multiply and they release allergens even at fridge temperatures, food bacteria double each 20 minutes at room temperature, and soak legumes grains in hot water, as explained here to prevent histamine release, since cold room temp water allows allergens to be overproduced). If it stays elevated, histamine inflames the lacrimal and meibomian glands, causing dry eyes and even headaches. Avoid rotten meats, fermented foods (natto, miso, veggie, meat, cheese), as they contain putrescine, foods putrefy during fermentation. Putrid flesh smells like putrescine (high in wine, beer, tuna, sardines canned fish). Putrescine $H_2N(CH_2)_4NH_2$ causes histamine like effects, due to competing with histamine for Dao enzyme, and keeping histamine high. Cadaverine $H_2N(CH_2)_5NH_2$ (cadaver smell) is putrescine with one extra CH_2. As meat rots, lysine $H_2N(CH_2)_4CH(NH_2)COOH$ loses CO_2 and becomes cadaverine. High putrescine causes cancer tumor growth, so avoid fermented foods if cancer exists. Our body uses putrescine to make spermidine via the spermidine synthase catalyzed reaction:

$H\text{-}NH\text{-}(CH_2)_4\text{-}NH_2$ (putrescine) + $H_2N\text{-}(CH_2)_3\text{-}(H_3C)S^+\text{-}$Ribose-Adenine (S-adenosylmethionineamine) ⇌ $H_2N\text{-}(CH_2)_3\text{-}NH\text{-}(CH_2)_4\text{-}NH_2$ (spermidine) + H^+ + (H$_3$C)S-Ribose-Adenine (methylthioadenosine)

MTA = methylthioadenosine, dc-SAM = decarboxylated S-adenosylmethionine = S-adenosyl MethionineAmine. In biochemistry SAM is S-adenosylmethionine. SAM is the primary methyl group donor in cellular metabolism, essential for transferring methyl groups to DNA, RNA, proteins, and lipids. Synthesized from methionine and ATP, it serves as a critical co-substrate for methyltransferase enzymes, regulating gene expression and acting as a therapeutic agent. While putrescine is essential to the human body, excess intake from foods can be damaging for some. Putrescine is used in efferocytosis (getting rid of dead cells), cellular growth, division, etc.

The backbone (black hole) of US economy are small useless businesses that produce nothing, they just buy and resell. Gluten is not that safe, could wreck our gut lining, causing IBS, and colon cancer. Spermidine helps the heart via angiogenesis, increased blood flow, cardiac mitochondria creation, improved arterial flexibility, heart mitochondria boost ► SR 2023;13: 8338. Spermidine, produced in every human cell, "declines with age... for most... Those who live

beyond the age of 90 don't experience this decline and have spermidine levels similar to middle-aged adults". That's why people who masturbate/have sex often for many years will get grey hair, same for women who have sex outside of pro-creation, they lose nutrients. Sperm contains B_{12}, Zn, Mg, catalase, SOD, GPx, spermidine, all essential for hair color, growth. Female fluid surrounding eggs (that keep eggs healthy) is full of spermidine and female reproductive liquids contain it too. Sex is designed for pro-creation only, so we use brain nutrients to invent 1 billion times faster synthesis. ☺☺☺ Synthetic spermidine trichloride (NR 2024;132:1-14) 40 mg/day doesn't change blood levels, so spermidine is converted to spermine before uptake. Spermine can be converted to spermidine by the body as needed. Soybean/chlorella spermidine extract 15 mg/day didn't raise blood spermidine, we get 10-15 mg/day from diet ► Ntr 2023; 15(8):1852. "spermidine is the polyamine most readily absorbed from human gut without intestinal metabolism (40–80%)" ► AJCN 2018;108(2):371-80, though this paper just claims so based on some other older book or reference that may be off. It's clear this is a new area of research and since Pharma can't patent it, it will be decades before we understand what goes on. However, the few human studies so far are observational studies mostly, where spermidine higher intake via healthy whole foods is associated with lower blood pressure and other benefits, indicating the spermidine may be a marker for intake of high potassium and healthy whole foods rich in ***antioxidants that cause the better outcomes, not so much the spermidine itself***. So, given these, it's unclear if spermidine pills would have any major effect on longevity in humans outside hair color and 1 month increase in lifespan, better gut health, etc. However, as we age, if spermidine is essential, we might benefit more (since making spermidine from spermine is easier than from L-ornithine), especially as spermidine acts in beneficial ways on stomach and intestine before conversion to spermine, which some papers claim happens for most spermidine, not just 20-60% in 2018 paper. So, before you buy spermidine, do more research to see if any real digestive benefits at least, though mice studies (GM 2020;12(1):1832857, etc) suggest humans get gut barrier/microbiota benefits (since it didn't convert to spermine yet) after we weakened the stomach, intestine lining during fasting to lose 30-150 lb. We're not mice, but we do get some of the benefits mice get too if we can boost spermidine synthesis or take it orally or as a suppository. Semen has 0.03 mg/ml and it helps eggs stay young, so it's useful preconception.

►► 12.4.52. GLYCINE (Gly) cures acne, weak joints, skin issues, uric arthritis, high A1C, weak immunity, Proline is 15% of collagen, Glycine 33%, both help vegans ◄◄

Cheap and good quality brands include 10$/lb Hoorbach, 12$/2lb or 45$/5lb Pure. Endogenous glycine (Gly, the main collagen amino acid) synthesis declines with age, just like collagen does. To boost collagen synthesis and prevent skin thinning, muscle loss, heart muscle shrinking, joint cartilage loss, weak blood vessels (they're like skin, they thin), rough cornea, people take 4-9 g glycine daily from food and/or powder. 33% of collagen is glycine, low glycine=acne, arthritis.

15% of collagen is proline (Pro) (and hydroxyproline (Hyp) derivative), 9% is alanine (Ala), both of which are low in some vegan diets (25 g of legume protein got 1 g Ala, 25 g of beef protein got 2 g Ala), so many vegans (esp. after age 40, when collagen production falls) and athletes buy Pro, Ala too with Gly to recover from skin, joint injuries or to boost heart muscle or prevent muscle loss after 50. Pro, like Gly, is said to aid sleep quality, just like tryptophan. Ala deficiency is rare, so you can start with Gly, then add Pro if needed, then Ala, especially if serum Ala is low. 8% of collagen is arginine, which is raised best by citrulline intake, so take 2 g of that if Gly, Pro, Ala fail to improve skin quality, acne scars and acne. Vegans eat more arginine than omnivores usually. Pro, Ala and Glycine can be eaten before meals, as they help repair the gut lining, which is skin or collagen, preventing toxins from entering the blood and poisoning the organs, brain, and skin with acne (skin is used to eliminate these toxins). Digestive enzymes are essential too, as they break down dietary protein into amino acids used to build collagen. High Pro can cause diabetes ► RDS 2016;13(1):66-78, so limit it to 3-4 g/140 lb weight, which is doable for vegans who eat legumes as their main source of carbs/protein, 1150 g of cooked lentils spread over 3 meals = 5 g of proline. However, not all vegans eat so many legumes, so those guys will develop real acne, joint, hair, vascular, heart issues as Pro is very low in the diet, most of it coming from meat, dairy and legumes. While grains have Pro, they get people obese really fast. Soaked legumes at least provide you with all protein needed. Pro is very stable at high temps (so it's safe to buy from amazon), it's made industrially by fermentation, so it will be a pretty safe high purity amino acid, taken usually at 2 g/day, 3$/month. The cheapest brand is Bulk Supplements if bought 1-5kg: 5 kg 233$, 1kg 46.5$. Pro is sweet, while glycine is even sweeter. Any vegan above 50 will probably benefit from a little glycine (even if only 1 g before bed) and Pro (even if only 1-2 g), as vegans don't eat collagen and all humans make less after 40, especially 50.

I started taking 6-12 g glycine/day on 1-18-2026 and all acne breakouts vanished after 2 days, if you're a vegan, you absolutely need Gly if you don't eat 100 g protein daily and are 25+ (collagen production drops after 25). Skin started to improve dramatically on the forehead (where old acne emerged) on its own, before nothing was working (collagen, ceramides creams, exfoliation, red light, etc). What happens inside happens outside, so imagine what happens with the heart and arteries when low in Gly... Bad, same for cornea, it's pure skin. Acne bacteria can actually cause plaque. All other supplements, vitamins I tried for 10 years failed to cure the acne breakouts. The skin needs protein to repair itself and create strong structures unable to be attacked by the bacteria, which started a few weeks after a 2016 toe injury that forced all immune system cells to go to the fracture site, leaving the face unprotected against P. acnes bacteria attacks. "Patients treated with glycine (5g/3 months) had a significant decrease in A1C (high sugar levels cause acne, a known fact, avoid sugars) and in proinflammatory cytokines... Treatment with glycine is likely to have a beneficial effect on innate and adaptive immune

responses and may help prevent tissue damage (acne scars) caused by chronic inflammation… There was a decrease of 38% in the interferon IFN-γ level of the group treated with placebo, whereas that of the group treated with glycine (IFN-γ) increased up to 43%" ► JEI 2008;31(8):694-9. 7g/day glycine allowed my immune system to work better for the first time in 10 years within 3 days and finally overrun the bacteria. IFN-γ activates macrophages, T cells, NK cells, turning them into potent killers of infected (with P. acnes bacteria) or cancerous cells. IFN-γ boosts antigen presentation meaning it increases molecules on cell surfaces (MHC-II) that present foreign invaders, making them visible to T cells so they can be wiped out, recycled as I saw old pimple scars started to be wiped out fast without my intervention, whereas before I would wait forever for a scar to vanish. Simply unbelievable, the stuff of science fiction, total change in scar healing speed (30x faster) overnight after glycine. IFN-γ arms cells to fight bacteria, fungi, and parasites. IJO 2023;47(10):1023-6 found "studies demonstrated inverse associations of Gly with obesity, cardiovascular disease (CVD) and diabetes…", low glycine being linked to high BCAA (branch chain amino acids intake), HOMA-IR (insulin resistance), IL-6 (inflammation), visceral fat, adiponectin. Low Gly = obesity. Glycine blocks lethal AGEs formation by boosting aortic glyoxalase-1 (Glo1) activity, a glyoxalase system enzyme that degrades methylglyoxal (MG), the major precursor of AGEs. In MG-treated endothelial cells, glycine restored Glo1 function, suppressed the AGE/RAGE signaling pathway, inhibited the generation of free radicals ► OMCL 2019:4628962. Gly uses up methionine, especially in vegans who eat 3 times less of it via vegan protein that has 3 times less methionine, so it can cause issues with undermethylation, as it is a methyl acceptor. In some people, taking Gly can cause serum homocysteine (Hcy) to rise slightly (0.1g/kg glycine "raised the plasma … Hcy" by 5%, as MDA (marker of oxidative stress, the lower the better) fell 10%: SR 2025;15: 36433, lowered TG by 12%), even if in general Gly causes post meal Hcy spike to shrink inside cells. Gly cancels the sharp rise in Hcy after meals and Hcy's negative effects on endothelium, so take Gly with each big meal. You can take TMG trimethylglycine (betaine, in beets), methylated B_6-B_9-B_{12} vitamins to bring Hcy down, when Gly fails to lower serum Hcy. Gly can lower serum baseline Hcy slightly in some. Gly lowers post meal Hcy spike in all. Undermethylation (histamine that causes dry eyes > 70 ng/ml, dry eye vegans who eat little methionine rich soy) and overmethylation (histamine < 40) videos explain more. 0.4 g TMG lowers Hcy and thus helps prevent dementia. However, TMG can raise TC at a ≥ 4g dose. Thus 0.4 g TMG is safer, to prevent a rise in ApoB, TC, LDL. Acetyl-L-carnitine and creatine are two Hcy lowering supplements that don't raise LDL, ApoB. "every 5 µmol/L increase in the plasma Hcy level was associated with a 9% increased risk of dementia and a 12% increased risk of AD" ► FAN 2021;13:665114. Hyperbaric oxygen lowers Hcy ► AJTR 2023;15(3):1897-904. Youtubers claim their Hcy dropped 40% by hyperbaric O_2. How lasting this 40% Hcy change is, remains to be seen. But it's another method to take Hcy to 4-6, the ideal range when $B_{6,9,12}$, TMG, creatine, ALC fail.

Millions with severe infections would prevented death or amputation if they received proper doses of vitamin D 40,000 IU/day☺☺☺, C 2g, MK7 0.3 mg, E 400 IU, A 10000 IU & GLYCINE (20 g/day), but vitamins are too cheap, hospitals make no money by selling 5$ supplements, only via expensive drugs, $20,000 angiograms for Infernal Aristocratic Palaces. Who would waste time with cheap pills (list here) in natural foods to help a dying sepsis patient? Acne (plaque, dry eye too) is often an infectious disease that weak immunity can't cure, as RDAs/ULs are too low. It was shown dry eyes are often caused by the overgrowth of staph and P. acnes bacteria in the eyelid lipid glands, which prevents the tears from having a strong lipid layer that prevents evaporation of the aqueous layer of tears, causing dry eyes. Not only that, but the P. acnes is known to cause plaque, to reside in arterial plaque, via arterial pimples (see pic @58) that become plaque origin, so you can get ANGINA from lack of GLYCINE, vitamin D, etc, as immunity can't kill P. acnes/Staph bacteria that also initiate Plaque, since it's not just Lp(a) that starts plaque via Apo(a) hook protein that is 6 times stickier than bad small size LDL ApoB protein that helps LDL enter the endothelium. Without glycine (33% of collagen, the main protein of arteries), due to low proteolytic enzymes (that MDs never check for to see if you can make glycine, because the food industry is run by the Palace Aristocratic Mafia (the "fruit fly IQ" bourgeoisie, the "fecal bacteria IQ" small business owners who have 0 PhDs on staff vs 1 million for one of the 11 companies), "geniuses" who don't know about the 8 classes of compounds, especially proteolytic enzyme inhibitors, in unsoaked legumes and grains 99% of humans eat) as we age, we have no collagen repair ability for every endothelial injury, so every injury becomes a plaque formation (LDL, TC, TG look ideal, but plaque is actually 500 times higher than normal) that kills our brain via vascular dementia in no time and also gives heart disease 40 years early. The plaque gives us issues, described in the reversal of heart disease section, with CCTA scans.

Endless people get pills without the real cause, glycine or blocked artery to an organ, even being addressed. Due to low vitamin D, half humans live in a state of sepsis most of their life, living to 80 instead of 4000. The medical industry treats nutritional deficiency caused diseases with toxic artificial pills that attack a symptom, without addressing the cause (lack of certain nutrients), while damaging all organs via side effects, all to make it look "good" or "less symptoms". The causes are not addressed: the 2 to 50 nutrient deficiencies in the person. That's why we need the Healthcare Reform: you go see the ND, Nutrition Doctor, to measure 500 nutrients first. Thus, glycine and all these vitamins can help your immune cells to recolonize the arteries, organs, eyelids and lacrimal glands and kick out the staph and other bacteria that moved after a major foot or other injury that the neutrophils rushed to. D_3 defends the brain and optic nerve against all degenerative diseases, the immunity defends the brain against dementia, glaucoma, etc. Dust mite poop allergens, molds, etc can downgrade vitamin D receptor (VDR) 50 fold (especially for VDR SNPs that favor glaucoma), so you need 20,000 IU D3, not 400 IU, to fight

them and function normally. So, without D_3, without glycine, you're a vegetable and shadow of your former self. I got my dry eyes 1 year after this 2016 injury, starting to use drops often (red eyes drops from RiteAid first) in 2017, getting worse each year. D_3 can't work well without high A, when D is high to boost immunity, A needs be high to prevent A going too low due to liver competition with D. Thus, when taking glycine to wage all out war on P. acnes bacteria, you need to try 1 g C, 20,000-40,000 IU/day D_3 and 0.4 mg MK7 too, to drive P. acnes out, to enable the recolonization by the immune system of the area the bacteria took over on your face for 1-40 years. Once the immune cells took over (no acne breakouts for 2 weeks 1st time ever), you can lower vitamin levels to more normal levels of 5000 IU D_3. You need to wage all out chemical warfare against bacteria with high dose vitamins, glycine, magnesium (to potentiate D immune activation), iodine (150-300 µg, not too much, crucial for skin cell regeneration (all those pesky old acne scars) and regulating metabolism, low iodine may cause decreased sweating and slower regeneration, leading to dry, dull skin, prone to acne; iodine helps decrease histamine, a compound that can contribute to inflammation, dry eyes and acne; avoid histamine rich foods, as they lower iodine uptake, causing acne and dry eyes). As we age or due to DNA, we can't split proteins as well due to a lack of proteolytic enzymes, so we end up being deficient in 1-2 amino acids, even if omnivores. Melatonin peaks at 14, T cells at 23, digestive enzymes for protein at 20, stomach acid to digest protein properly at 22, etc. Telomeres start to shrink at 19, unless we take radical steps to reverse that, etc. That's why with each decade, deficiencies reach beyond minerals, vitamins, into amino acids, fats, etc, even if 100% carnivore. The MDs are often just salesmen for deadly pills ignoring the 100 ultra critical nutrient deficiencies, hence the Immortalists propose a total reform of the criminal gangster medical system to create 4 "doctor" professions, not just MDs, with MDs at the bottom: ETs, NPs, NDs, MDs, RNs.

Most take 2-7 g glycine or Gly powder to also help lower blood pressure☺☺☺, boost sleep depth. There are 100s of papers about the dangers of taking amino acid supplements, and it is best to do a lot of research before deciding to take more than half a gram of any amino acid. Even 1 g of creatine or Gly could cause serious issues (kidney stones from Gly, etc), the body is complex, creatine could cause kidney problems even at 0.3 g daily. The other issue is the impurities, degradation during storage, contamination with other poisons. Gly is a glutathione (GSH) precursor (GSH is Glu-Cys-Gly tripeptide), so taking Gly boosts GSH level to that of 20 year olds, improves many biomarkers and wellbeing ► TJOG 2023;78(1):75-89. GSH is the master cell antioxidant present in all cells. Gly is sweet, hence the name like glucose (glukus=sweet in Greek) and helps us sleep better. It also dissolves uric acid crystals, those pesky crystals causing needle sensations in joints during uric acid gout attacks (soak legumes and grains to diminish uric acid). Glutathione, collagen synthesis decrease after age 35 causing joint pain. Dual is a company selling glycine cheap 13/lb (5.5lb 73$) that sent a USP certification and Certificate of

Analysis (heavy metals 10 ppm), etc, got it from the Japanese company Ajinomoto in North Carolina, which claims to get the "highest quality Gly (obtained by chloroacetic safe method) from USA". However, it does smell horribly like ammonia NH_3 (fish), so I trashed it and they refunded my the money. It shows why you need to order from a real company, not these "Dual" fools (2 students made a company). For example, Carlyle (founded 1971) sells an odorless Horbaach glycine, 3lb/30$, so 10$/lb, which probably was made using chloroacetic method (cheaper, safer), given how cheap it is and that it's the main method of synthesis for food grade glycine. Most US companies pack it in USA, but import most glycine from 1. India, 2. China, 3. Japan which use the chloroacetic acid method. When buying caps, pour 10 caps in a spoon, smell as 10 imitate a larger amount of Gly from a powder brand. Dual warehouse for storage is allegedly at 70°F year round, but the Gly decomposed into NH_3 as it does due to heat or bacteria. Many companies don't pack Gly under vacuum or nitrogen, so oxidation is easy during storage. Low quality brands smell like rotten fish. Avoid brands that add the bad inactive compounds.

In the presence of aerobic bacteria, the strong ammonia NH_3 (rotten fish) odor is released into the sealed ziploc bag via this equation☺☺☺: $H_2N\text{-}CH_2\text{-}COOH$ (glycine) + 4Hfolate + NAD^+ = N^5N^{10}-methylene-4hfloate + NADH + CO_2 + H^+ + NH_4^+ (which can decompose into NH_3). Glycine can decompose like $H_2N\text{-}CH_2\text{-}COOH$ = $H_2N\text{-}CH_3$ (methylamine, smells like rotten fish or ammonia) + CO_2 in certain bacterial conditions. In the presence of anaerobic bacteria, glycine releases ammonia gas: $4H_2N\text{-}CH_2\text{-}COOH + 2H_2O = 3CH_4 + 4NH_3 + 5CO_2$

All other companies contacted don't want to tell how Gly is made or the chloroacetic method Gly they sell is not made in USA, but China or India with poor QC or mixed with other ingredients in capsules (from China made Gly) at 5 times > price than Dual/Carlyle. Now Foods sells China made chloroacetic method Gly 17$/lb. Gly is made in 2 ways:

1). Most food grade glycine is made by the amination of chloroacetic acid: $2NH_3 + Cl\text{-}CH_2\text{-}COOH$ (chloroacetic) = $H_2N\text{-}CH_2\text{-}COOH$ (glycine or aminoacetic acid) + NH_4Cl, which is far safer than # 2:

2). Cyanide Strecker method: $HCN + H\text{-}CH{=}O + H_2O + HCl + NH_3 = H_2N\text{-}CH_2\text{-}COOH + NH_4Cl$ which can leave cyanide residues in the product. It's actually 2 reactions, but the above is the merged equation, they make aminoacetonitrile first: $HCN + H\text{-}CH{=}O + NH_3 = H_2N\text{-}CH_2\text{-}CN + H_2O$, then they hydrolyze the nitrile with HCl to finalize it: $H_2N\text{-}CH_2\text{-}CN + 2H_2O + HCl = H_2N\text{-}CH_2\text{-}COOH + NH_4Cl$. As google correctly says, Strecker can lead to cyanide in the glycine. I wrote to 15 Amazon sellers via the 'Ask a question' button and only 3 told me what method they use, the rest hide it due to fear of lawsuits over cyanide poisoning. Research the industrial chemical reaction used to make it before ordering a Gly, or etc. This is critical for amino acids and nitrogen containing chemicals, as cyanide (CN) can provide nitrogen. Double Wood uses the chloroacetic method, but they sell it at 5.5 times higher price than Carlyle, or 55$/lb, in capsules, sourced from India (low quality),

add the absorption blocking magnesium stearate, SiO_2, cellulose to each *bovine gelatin nonvegan (heavy metals, prions, viruses) capsule*, SiO_2 can cause lung damage if silicosis (white lung pneumonia, die 10 years earlier) develops due to discarding capsule (people who discard caps to ingest powder in a smoothie or spoon etc) or regurgitating and inhaling silicon or getting dry mouth during a nap that makes silicon throat traces taken before nap travel into the lungs. Toniiq sells Chinese Gly packed in USA at 73$/lb with subscribe, same price Carlyle has for 7.3 lb. If a brand is contaminated with cyanide, the body will react by increasing the pulse and even blood pressure in order to compensate for the lack of oxygen consumed by the cyanide binding to here iron instead of oxygen, so if upon buying glycine you notice pulse rise each time without other possible explanations, it can simply be a bad brand, discard the bottle or test it for cyanide. Most glycine on Amazon is made in China, so you have to trust the QC. Millions of Amazon frauds write made in USA at times on their bottles, but the caps or bottle and testing of final product are made in USA not the powder. Ask them where the powder is made, not the caps. Glutamine pills (which shouldn't be used by those with cancer as cancer can feed on it) are used for boosting cellular gluta-thione (the master antioxidant in all cells), but glutamine is free of cyanide, since it's made by C. glutamicum fermentation. Glukus means sweet in Greek, glucose fattens, hence glutton. Cyanide binds to hemoglobin iron, prevents oxygen transport, so skin turns BLUE, or Cyan, hence the name Cyanide. Blueberries gave anthocyanins the name. Gly is often converted to glycolic acid via enzymatic steps, which can cause (in a few) calcium oxalate kidney stones: H_2N-CH_2-COOH + H_2O = HO-CH_2-COOH (glycolic acid) + NH_3. Then, HO-CH_2-COOH is oxidized to oxalic acid HOOC-COOH, which becomes kidney stones $Ca(COO)_2$. Monitor urine quality if taking magnesium glycinate or any Gly, to avoid death by kidney failure, especially if you have Primary Hyperoxaluria Type 1 or renal tubular defects. In most people, small or moderate Gly intake is kidney protective, but in larger doses, the risks rise. High Gly can also cause distortions in metabolisms of other amino acids, so be increase dose slowly.

► ► 12.4.53. α-LIPOIC ACID ALA (nerve repair, neuropathy, brain protection) ◄ ◄

Some labels have only 10% or less of label claim, so don't buy from odd companies, use established ones. Only the R-enantiomer (sold on Amazon) is biologically active in humans, and present in diet of 1 billion years of human ancestors and humans, so it's safer to eat only R to prevent the S doing unintended damage the body can't handle well. ALA is produced in the liver, heart, testis for use by mitochondrial enzymes. ALA endogenous synthesis declines with age, as with many other compounds. Most dietary ALA comes from meat, spinach, broccoli, tomato, but the body produces most of it. ALA was used in 1966 to treat diabetic neuropathy☺☺☺ and liver cirrhosis, due to noticing low serum ALA levels; later it was used for heavy metal detox, for preventing glaucoma. If you buy pills, the powder is very throat irritating, so mix it in a smoothie (not mouth), to dilute its corrosive effects and then eat other foods after, or much safer, swallow

a capsule or take 100 mg out of a 600 mg cap and place in a tiny cap from another thing you used that day to swallow if you don't want to use 600 mg. Lipoic *causes gas above 40 mg intake.* It can lower blood glucose too much for some, leading to fainting, unconsciousness or death during sleep, etc, so only take tiny amounts if blood sugar is ever low, maybe 50 mg. Low blood sugar can lead to dry eyes too, and organ damage, due to depriving lacrimal cells of fuel, so be careful with doses, since during sleep we get 8-14 hours or no eating sometimes, and it can get really low glucose impairing the normal body repair. Spinach, tomatoes, and especially broccoli contain ALA, which chelates lead, mercury, cadmium, arsenic. ALA is the great antioxidant recycler that becomes DHLA (dihydro lipoic acid), which then takes oxidized vitamin C, E, CoQ10, thioredoxin, glutathione and produces their reduced forms which can then trap specific free radicals. This reduces the need for 1g vitamin C intakes (for eliminating heavy metals from blood). DHLA goes back to ALA and produces cysteine, used to generate new glutathione (the limiting amino acid for GSH synthesis); ALA thus restores former GSH, creates new GSH ► BBRC 1995;207(1):258-64; GSH is reduced glutathione. ☺☺☺

GS/GSH is so important (the 'master antioxidant' in cells), its cell concentration is equal to that of glucose and potassium. At high doses ALA becomes prooxidant, so it may be better to take 150 mg max, unless neuropathy is severe and you can't walk due to leg pain, as we see MDs use 600 mg/day for neuropathy. AMR 2002;7(6):456-71 talks about ALA and mercury-glutathione complexes being the primary way the body eliminates mercury via urine and bile (feces), and how kidney ALA chelated heavy metals (that we try to eliminate after eating) can *move to heart, lung, liver, muscles, brain* (thus ALA is not ideal for frequent or high mercury fish eaters and people with amalgam). Since ALA binds a lot more than toxic metals and redistributes them from high concentration organs to the rest of the body, so it may cause local or global mineral deficiency (Zn, Fe, Mn are critical to life/longevity), and toxic rerouting away from urine-feces path back into the body, that cancel the benefits and can do more *damage* than not taking ALA ► "the tissues that concentrated the metal (blood, spleen, and kidneys in the case of methylmercury) had reduced concentrations, while other tissues appeared to have a greater concentration". This explains why sometimes ALA pills don't give great results and why it may be better to read more papers before deciding if and how much to take. Many eat 30-50 mg iron daily, 30-40 mg Zn, 10 mg Mn, etc, so when we take a lot of ALA, we bind these and become deficient or move them where they're doing damage. ☺☺☺

Mercury we ate from fish prior to being vegan or when having amalgam got stuck to proteins somewhere, the sulfur or Se usually, and damaged some cells. Now, those cells are damaged or dead, and will be so for decades. ALA can take mercury, lead, cadmium from there where it doesn't damage anything anymore (bones, teeth if amalgam fillings (or left over mercury after removal, though that is usually 10,000 times less exposure than eating fish, since it's not in

contact with blood and the white filling covers it, 10,000 times less exposure than the vapor we inhale daily when having mercury fillings) exist or fish is eaten), and damage/kill billions of new healthy cells (neurons, retinal nerve endings causing glaucoma or even blindness, etc, though usually ALA helps with glaucoma, *it may not* always *be so*), while excreting only part of mercury (DMPS lowered blood lead 15 times more than ALA in a study the paper discusses). I have not seen a study of 50,000 heavy amalgam and fish eaters who took ALA and had optic (easiest image to take, the only part of the central nervous system a doctor can see easily, after pupil dilation) and other nerve images taken before and after to see if ALA damages the optic nerve and retinal ganglions. Thus ALA can actually do more damage than good in a few people. In the *bone or teeth left over (after amalgam removed), mercury and lead are 'somewhat'* harmless in senescent cells, but in the eyes, heart or brain, they can create a catastrophe if newly arriving there (from kidney if we eat fish, from bones or other areas where it got stuck, etc if we don't). Mercury, *10 times more toxic than lead for neurons*, and lead become far more *toxic, due to synergy,* when combined and can cause sudden cardiac death not just glaucoma (which is fine, many lived to 100 and had glaucoma). Taking ALA is not a joke, since any fat soluble vitamin can be deadly if we overdose, so taking ALA would require taking less *vitamin* E and less CoQ10 (fat soluble), etc (ALA recycles E and CoQ10: high E can cause internal hemorrhage, high CoQ10 recycling can cause prooxidant effects, etc C and GSH can go into urine, E, CoQ10 not so much). That's why DMPS and DMSA are used clinically for mercury detox more in extreme poisoning or long-term accumulation cases: 86% rabbit renal mercury removed in 3 hours with DMPS. ☺☺☺

600 mg ALA pills led to ALA-iron complexes and "could trigger a condition of *iron deficiency anemia*" ► NH 2014;31(2):883-9. However, ALA can remove iron from the body, when it's dangerously high ► IJMS 2019;20(3):609. Let's say we have $Fe_2[DHLA]_4$ complex, so for 112 mg iron we got 832 mg dihydro ALA. To bind all iron from diet is not possible, unless eating ALA with every meal. To bind a lot of absorbed iron, say 5 mg/day would require only 40 mg ALA. ALA can deplete iron from serum ferritin, leading to low serum iron reserves or longer lifespan from lower ferritin, since iron can cause cancer, dementia when it accumulates. Now, compare 40 mg ALA with 600-1200 mg some people take without much thought for years, without doing many blood tests before and after, etc. No wonder a minority proposes only 20 mg ALA/day, not the popular 300-900 mg. Zinc deficiency is catastrophic, some live only up to 25 because of it. If making it to 70, we can get diabetes in no time from low zinc, fast aging too, as 300 enzymes depend on zinc, DNA repair, etc. Too little or too much ALA (and many nutrients) kills us 5-50 years early, each person needs a different amount, if any, to reach max possible lifespan. Very extensive research into one's vitamin/food intake is needed to arrive at a really informed dosage, and only if there is no better alternative chemical to do what you or an MD want to achieve with ALA. For fish eaters, N-acetyl-cysteine, the GSH precursor, or liposomal GSH (to

survive stomach acid) are safer than ALA. L-cysteine mercury complexes are another way body removes mercury that may be safer than ALA. ALA is used in treating, alleviating diabetes or high blood glucose, Alzheimer, cancer, cognitive decline, down syndrome: DMS 2014;6:80; BBA 2009; 1790(10):1149-60 says ALA is "a common ingredient in multivitamin formulas (Deva Premium, 15 mg ALA), *anti-aging supplements, and even pet food*. It's well-defined as a therapy for preventing diabetic polyneuropathies, and scavenges free radicals, chelates metals, and restores intracellular glutathione levels which otherwise decline with age... *In vitro studies show that ALA preferentially binds to Cu^{2+}, Zn^{2+} and Pb^{2+}, but can't chelate Fe^{3+}, while dihydro lipoic acid (DHLA) forms complexes with Cu^{2+}, Zn^{2+}, Pb^{2+}, Hg^{2+} and Fe^{3+}".* ALA taken without meals is absorbed better than with meals. Apparently, some got better results with DHLA, due to a higher affinity for mercury perhaps, but the in vivo literature for DHLA is not extensive. When we eat ALA, some of it becomes DHLA in the body. VO1995;111(4):6-8 shows DHLA helped improve visual function; other studies by the authors got better eye results with 150 mg vs 75 mg ALA. CEPP 2020;47(12):1883-90 presents studies on how ALA prevents dry eye, eye aging, retinopathy, glaucoma. TJEM 2016;240(3):209-14 shows ALA improves AMD (eye) patients' quality of life. Mice retina showed less thinning with early ALA intake ► JNI 2018;15(1):71. ALA decomposes at room temp, so try iherb.com and store in the fridge. Many papers (1, 2) say cyclodextrins medium carbs delay ALA decomposition. However, cyclodextrins were linked to odd side effects, so read 20 PubMed papers on each ingredient. ☺☺

►► 12.4.54. Acetyl-L-Carnitine (ALC): IQ boost, neuropathy, remyelination ◄◄

Some brands contain only 25% of label claim, so choose reputable ones. The body makes 10-35 mg (it declines with age) of carnitine daily and a part of it is turned into ALC in the brain. OVS 2009;86(2):E132-8 found dry eye patients tears had 3.27 µmol/L L-carnitine vs 8.94 in healthy tears, that's why Refresh Optive and other brands of artificial tears contain carnitine. "Hcy (homocysteine) was observed to induce ER (endoplasmic reticulum) stress, produce ROS and lead to cell death... ALCAR prevented these effects to a significant degree... ALCAR as an anti-cataract agent" MMR 2015;12(1):1145-50. Hcy causes cataracts. Neuropathy MDs give patients 1.5 g acetyl carnitine pills and 3 mg MeB_{12}, since MeB_{12} with carnitine promoted "cerebral mass growth, increased neocortical layers thickness, pyramidal neurons volume,... normal structure of neocortex" ► ZNPISSK 1989;89(2):82-7. Carnitine can produce TMAO in omnivores, but much less in vegans, so it is best to only take 0.5 g initially and monitor for plaque, since the official carnitine (studies done with the far less effective carnitine, not acetyl-carnitine, hence the poor results) NIH page has some warnings about a few studies in which LDL, TC, plaque rose, while in others LDL, TC, etc fell; omnivore need about it, since they already get enough from meat, only vegans usually benefit without the endothelium destruction of TMAO: even vegans need be careful since not all bodies react the same and we really don't know exactly if all vegans are

benefited by this. ALC is used to aid nerve repair after injuries and to prevent nerve issues, Alzheimer, vascular dementia, cognitive impairment, Parkinson, etc. The reason we use ALC and not plain carnitine is that carnitine is polar, while ALC is less polar and better absorbed by the gut. The nonpolar nature of ALC enables it to easily cross the blood-brain barrier to heal damaged neurons and boost IQ. The acetyl group makes it less polar and allows it to heal brain neurons fast. The NIH even has a special page dedicated to carnitine, if you want to learn more and add it to your vitamin set to boost IQ, slow brain shrinkage with age. Carnitine is found in meat and its name comes from the Latin word for flesh, carnis, same root as carnivore (meat eating animals), vorare to devour, voracious appetite (carnivore means flesh eater), etc. ALC remyelinates and regenerates neurons, acts as precursor for lipid synthesis needed for myelin sheath formation, increases myelinated nerve fiber density, improves nerve function. ALC boosts IQ because as we age☺☺☺, the myelin sheath, the fatty insulation around neurons,☺☺☺ thins thereby slowing down nerve signal transmission, reducing white matter integrity, slows cognition and processing speed, memory, and attention, making us "score lower on IQ tests". Amazon has many brands of ALC powder (cheaper than capsules) that you can scoop to get 0.5-1 g/day to regenerate neurons. Due to its positive effects on retinal cells (retina is an extension of the optic nerve), ALC can prevent glaucoma (blindness): "restores erythrocyte function... mitigating RGC (retina ganglion cell) apoptosis (death) and improving visual outcomes in glaucoma models" ► IOVS 2025;66(8):3457. In people with AMD, carnitine "improved four parameters of visual function, including visual field mean defect, visual acuity, foveal sensitivity and ocular fundus alterations... highest (carnitine) concentrations reported in the iris, ciliary body and the choroid-retina" ► DRD 2008:9 Suppl 1:3-14, the authors explained how carnitine helps dry eyes, leading Allergan to add levocarnitine to its dry eye Refresh Optive Mega-3 in 2017 for the first time ever. Perhaps, in the future, with the advent of the 13 types of Multivitamins based on decade of life, ALC will be added for all in higher amounts, if vegan and not eating meat, to help boost nerve health. ☺☺☺

► ► 12.4.55. 3 proteases: Nattokinase, Bromelain, Serrapeptase: dissolve clots ◄ ◄

Enzymes are heat sensitive, so when you order stuff from Bulk Supplements direct ship (not Walmart/Amazon local ship) in the summer, it loads on a truck of a carrier (FedEx/Amazon truck) that can reach 150°F for an hour (110°F common in Reno, NV, so inside trucks it gets far hotter, even 160°F) and render all nattokinase inert and useless, leading to science studies showing "it doesn't work" because of partial or total damage, plus 50,000 people dead as the nattokinase, etc didn't prevent a lethal clot, as MD promised them, all due to Jeff Bezos and the Amazon aristocracy. Utah Nutricost bromelain can reach 150°F during shipment by amazon, and it takes 2 hours at 150°F, 1 hot day of 90°F for the truck to get hot in the 1 week journey, so using Walmart for enzymes is advised as Walmart trucks run much cooler 120°F max and trips

last 2-3 times shorter. During a 3 week shipping and exposure to sun from LA to NYC or Miami, even in milder weather, exposure to 130°F for hours daily can essentially make it inactive 100%. Proteases are enzymes, as all enzymes end in ases, and prote means protein, enzymes that split proteins. Nattokinase is a serine protease, so it splits proteins near serine. Lipases are enzymes that split lipids, so bacterial lipases degrade tear lipids causing natural tears to evaporate in dry eyes. FCM 2022;9:964977 found "1,062 participants… safety at the dose of 10,800 FU/day after 12 months of oral… significant reduction in the thickness of the carotid artery intima-media (from 1.33 to 1.04 mm on average, or 22%) and the size of the carotid plaque (from 25 mm^2 to 16, 36%) was observed (see Table 4). No noticeable adverse effects". Nattokinase (NK) didn't change LDL, HDL, TC or plaque with 3,600 FU/day as Table 6 shows (most Amazon pills are 2000-4000, so use 275 mg of this powder to reach 11,000 FU (lasts 365 days) and see real effects). The pills have 5-10 times more rice powder, plus extra silica, magnesium stearate (that blocks NK absorption) and cost far more for 4 million FU units/year. At 10,800 NK, after 12 months, on average, NK raised HDL-C 16%, lowered LDL 18%, TC 16%, TG 15%. The carotid plaque size (CPS) fell in 66.5% of participants, common carotid artery intima-media thickness (CCA-IMT) fell in 78%, HDL rose in 89%, TC fell in 95.4%, LDL fell in 84%, TG fell in 85% (see these % in Table 3). Those taking vitamin K_2 got even better results for plaque reduction (Table 11), since K_2 prevents calcium buildup in arteries. Those who did > 5000 steps a day got better numbers than < 5000 (Table 7). Taking aspirin (or probably any blood thinner, like bromelain, omega 3s, garlic, cloves, flavonoids, polyphenols, ginger, etc) led to less plaque (Table 12), as thin blood clots less and plaque starts as a clot or thrombotic event usually. However, eating too many blood thinners can lead to hemorrhagic strokes, nattokinase/bromelain thin the blood and could cause strokes, so make sure (before taking these with some low protein food to act as cushion on your GI tract), that you have plaque to dissolve, so you don't destroy GI tract needlessly. There is no long-term study showing before and after video of colonoscopy, stomachoscopy and intestinoscopy that nattokinase on empty stomach doesn't injure the lining of the GI tract if taken as youtube MDs suggest. MDs often get excited, like we all do, neglecting potential side effects. Nothing comes without side effects, you just weigh the pros and cons, if plaque kills you, take it, but first take pic of the plaque via MRA or etc. Taking these proteases on an empty stomach as MDs suggest on youtube may damage the lining of the stomach, intestines and cause ulcers and ultimately cancer, as cancer develops from small injuries at times. They can also cause bleeding, a common side effect. A paper found daily garlic eaters removed 80% of plaque after 5 years (though garlic may damage the testes and fertility, lowering testosterone, in 100 g (big bulb) we get 181 mg Ca, 6.4 g protein of amino acid score 84, 31 mg vitamin C, 2.1 g fiber vs 4 mg C in apple). If smell an issue use NK + aged garlic pills (0% odor) or garlic powder (4 times less odor). Faster clot dissolution happens in this order (matches protein shell thickness around RBCs): O > B+ > A+ > AB+ > B- > A- > AB- ► SR 2026;16:7690. ☺☺

Plaque is the # 1 killer, it's how all organs die due to lack of blood flow that brings nutrients, oxygen and removes toxins. MD explains that he uses 20,000 FU (fibrin units) NK on an empty stomach for 12 months and 10,000 FU after that for maintenance for those over 45, to dissolve existing plaque and prevent new plaque. The issue today is people take NK with food and it simply cleaves the protein we eat, not the arterial plaque and they take 2,000 FU daily, 10 times less. ZYXZZ 2017; 97(26):2038-42 study of 76 people, showed NK 6000 FU removed 3 times more plaque in 6 months than 20 mg statins (simvastatin) (36.6% vs 11.5%), without the statin side effects: blindness, diabetes, 50% drop in GLP-1 see Fig 1, lowest right diagram, causing weight gain, poor glycemic control, muscle pain due to "> 30% loss of skeletal muscle mitochondrial oxidative phosphorylation capacity.. atorvastatin (i.e., 10 nM).. sufficient to inhibit (mitochondria) complex IV by > 50%" (incl heart muscle probably, thus weak heart, heart failure, brain damage via mitochondria damage). NK alone was able to raise HDL. The NK group CPS fell from 25 mm^2 to 16, 36%, CCA-IMT fell from 1.13 to 1.01 mm. The statin group CPS fell only 11.5%, not 36%. The 1st study above had a 21.8% CCA-IMT drop @ 10,800 FU/12 months vs 2nd study's 10.6% drop @ 6,000 FU/6 months. Statins have a real issue, they cause memory problems in seniors, that vanish once people stop statins and return once they use statins again: "Both statin and nonstatin LLDs were strongly associated with acute memory loss in the first 30 days ... in users compared with nonusers" ► JAMA 2015;175(8):1399-1405. This confirms that to achieve results, you need at least 10,000 FU and many MDs use 20,000 FU. Some papers praise red yeast rice, but if contaminated with mold, it's deadly and kidney/liver/muscle destroying, potentially causing death via sepsis if you get mycotoxin citrinin. There are 100s of ways to raise HDL and thin the blood without yeast/fungi which killed many people, damaged their kidneys. Red yeast rice contain monacolin K which is lovastatin, one of the fat soluble statins (like atorvastatin, simvastatin (methyl-lovastatin) that is far more dangerous than water soluble statins (rosuvastatin known to cause muscle wasting and diabetes like other statins, pravastatin), because it lowers brain cholesterol. Yes, a natural compound is one of the statins. 25% of the brain is cholesterol on a dry weight basis, so when lowering its brain endogenous production we can cause dementia, low IQ, 9000+ brain diseases, blindness via optic nerve.

NK is a dietary ACE inhibitor that splits into peptides that inhibit the angiotensin-I-converting enzyme (ACE), which lowers blood pressure (BP). Today, many people take BP pills ending in pril, that inhibit ACE. When heated or digested NK produces fragments that inhibit ACE, with some research showing up to 87% inhibition in a lab ► FF 2012;3(6):674-8. Non-O blood types have a thicker blood that clots faster. One way to dissolve clots that formed or prevent clotting is NK (a serine protease) present in the Japanese fermented soy called natto. The pineapple section already presented the bromelain enzyme present in unheated raw pineapple (absent in canned pineapple) and its benefits for dissolving amyloid protein entering blood from liver and then

trying to cross into the brain. Dementia is prevented by the bromelain (a cysteine protease) ability to splice amyloid protein before it gets to the brain. NK is a stronger and more targeted fibrinolytic (anticlotting) enzyme than bromelain, it's a protease that breaks down fibrin (the clot forming protein) better than the body's own protease called plasmin. MDs sell nattokinase and bromelain together sometimes, but on Amazon you find each much cheaper. NK is better at clot prevention than ginseng, garlic and bromelain, while bromelain is better at reducing inflammation. NK directly targets fibrin being a fibrinolytic, whereas bromelain acts more broadly as a general proteolytic enzyme that simply helps us digest protein faster, splits blood inflammatory proteins (amyloid, etc). Pills often combine the two proteases for maximum fibrinolytic support, especially in those with heavy plaque. NK and bromelain are used for anti-spike protein pills in those with long COVID. The 320 papers on spike protein damage are shocking. See Mol 2022;27(17):5405 on how NK destroys the COVID19 spike protein☺☺☺ and the nattokinase video on how it dissolves old clots and doesn't prevent new clot formation. NK lowers the shear rate of blood, which causes arterial injuries, regardless of LDL level. Cholesterol doesn't cause plaque, but the sharpness of the erythrocytes and blood itself. Beware the few fraudulent companies that have zero enzyme in their NK pills. The cheapest safe bromelain (no heat to inactivate it) is Walmart 227g/32$, lasts 2 yrs at 333 mg/day to boost protein digestion, lower inflammation, achieve all goals of the pineapple fruit, without the calories, sugars. Some bromelain sellers contain 0-10% of label claim, as this list shows. The cheapest NK is one of the powder forms, like Bulk Supplements 100g of 40,000 FU/g so 4 million FU total (NK expires in 2 years, so this lasts about 1 year at 12000 FU/day is 365×11,000 = 4.015 million FU, fibrin units or fibrinolytic units) or 250g of 20,000 FU/g so 5 million total FU. To get 11,000 FU as in the paper above, we need 275 mg of this powder of 40,000 FU/g. Do more research before using it, ask a few MDs, especially if you have any heart disease, as it may thin the blood too much and cause bleeding. NK works better than statins at removing plaque. If non-A blood type you may need a lower than 11,000 dose if any bleeding occurs, maybe 7,000. Some pills mix NK, bromelain, serrapeptase (serrapeptase is like bromelain, not targeting fibrin specifically, but amyloid, scar tissue, arterial/body/brain scar tissue, proteins: 60$/2yr). However, bromelain is better at reducing arterial inflammation than serrapeptase, so bromelain + NK seems enough for most, though MDs sell NK+serrapeptase (at prices 3-4 times higher than if you buy powders yourself). A video explains how aspirin is ineffective at dissolving atrial fibrillation (AF) clots, how ginger, nattokinase, garlic, natural blood thinners (weaker than aspirin, drugs that target AF clots) are less effective than drugs for those with high clot risk who need more blood thinning. If a heart attack, stroke happens you need to chew a 325 mg aspirin, drink it as powder in water, to dissolve clot in 5 min or you die in 20 min: in a crisis eating nattokinase, ginger won't help. ☺

► ► 12.4.56. Citrulline (arginine precursor): make NO, lower blood pressure ◄ ◄

Among all watermelon types, citrulline content varies 300 fold (see next paragraph). Unlike beets, kale and other nitrate rich veggie nitric oxide NO boosters, citrulline bypasses the mouth, the liver, being converted to arginine in the kidneys, which is then used by endothelial cells to make NO via NO synthase: 2 H_2N-C(=NH)-$(CH_2)_3$-CH(NH_2)COOH (L-arginine) + 3 NADPH + 3 H^+ + 4 O_2 ⇌ 2 H_2N-C(=O)-$(CH_2)_3$-CH(NH_2)COOH (citrulline) +2 NO + 4 H_2O + 3 $NADP^+$. Thus, citrulline is recycled and keeps helping our brain/body, as the NO is used to relax, dilate blood vessels, lower blood pressure, improve microvascular circulation, prevent stroke, neuropathy, brain aging, organ failure. In the nitrate rich veggie pathway, NO production stops once out of nitrate, it's not sustainable as with citrulline. So, you don't need to worry about mouthwash that is strong and kills NO bacteria. If mouth NO bacteria die, nitrates from beets, kale can't convert to NO, since NO_3^- nitrate needs to become NO_2^- nitrite first with the aid of nitrate reductase produced by the tongue bacteria Veillonella, Actinomyces, Rothia, so it can then become NO in the stomach via acidic pH: 2NO_2^- + 2H^+ ⇌ NO + NO_2 + H_2O and 2NO_2^- + 2H^+ + Ascorbate (vitamin C) ⇌ 2NO + 2H_2O + DeHydroAscorbate. Nitrites immediately become nitrous acid NO_2^- + H^+ ⇌ HNO_2, which reacts with vitamin C, so you can also write 2 HNO_2 + Asc ⇌ 2NO + 2H_2O + DeHAsc. The NO rise from kale, beets, etc is pathetic and negligible. Keep your teeth healthy. Most use such strong mouthwashes, that kale doesn't matter. If hypertensive, some eat 2 g citrulline/day (32$/kg, lasts 2 yr at 1.35g/day). Citrulline works better if taken before meals on an empty stomach. NO endogenous production is 100% @ age 25, 50% @ 40, 35% @ 50, 15-25% @ 60, 15% @ 65+ etc so the 13 vitamin formulas for the 13 age brackets need to raise citrulline level.

Amazon citrulline pills are 1.5 to 3 g. 3 g is equivalent to eating 1-66 lb of red pulp watermelon (or 300 lb for some yellow pulp cultivars) depending on subspecies. I did eat 12 lb/day rarely, though usually 3-7 lb daily for years. Citrulline is only for people with high blood pressure BP; the hypotensive people may enter coma from low BP; eat less when BP is fine. Watermelon red flesh is the richest fresh source of citrulline, with 1 g of citrulline being found in 0.6 to 4 lb of watermelon pulp, in a 2005 US study: 1.8 mg/g on average for seeded and 2.4 mg/g for seedless (Table 1), with 1.9 mg given as global average in the abstract☺☺☺ ► JCA 2005; 1078(1-2):196-200; the seeded ranged from 0.5 in tender sweet orange to 3.6 in summer gold, 3.1 Jamboree; seedless ranged from 0.7 Trix 313 to 3.0 Orange Sunshine Summer Sweet 7167 & 3.5 Solid Gold & Hazera SW1. Table 2 shows the red flesh watermelon had only 1 mg/g, yellow flesh 3.5 and orange flesh 1.8. JAST 2025;27(3):145-56 reports on page 150 that they created 55 hybrid watermelons and some had 0.3 mg/g citrulline, while others 6.1 mg, so the variation may be even more dramatic, i.e. to get just 3 g of citrulline in an Amazon pill, you need 22 lb/10kg of 0.3 citrulline watermelon daily. Moreover, Farma 2020:68(4):679-86 found that the citrulline in yellow flesh watermelon (page 684, Table VI) varieties (last 2 of the table) CLRS 0.11 mg/g, CLRL 0.02 mg/g and the red flesh CLLM (Lamezia Terme, Italy) variety 0.1, so 30kg/66lb daily needed

for 3 g citrulline. If you ate CLRL yellow, you need eat 150kg/330lb daily. So you see how you can go from 0.02 to 6 mg/g, a wild difference that shows once again, how unreliable foods are for nutrient intake and why we need eterni powder foods.☺☺☺ Unless you send it to a lab, you can't know. That's why the Immortalist Party, riding on the healing waves of the Immortalist Anthem of Infinite Compassion for All, will centralize all into 11 companies enabling us to replace all watermelon cultivars in 90 days with the one with highest lycopene and citrulline to help all get the 2 key nutrients with only 300 g watermelon, not 300 kg, by a wonderful hybridization program, that's the power of Eterni Foods Inc Unity. Later on, when all foods become powder Eterni Foods, all get the best nutrition ever without agriculture, to enjoy a happy 4000 year lifespan in the transition to the Resplendent Magnificent Bounteous Radiance of Eternal Immortality *for* All☺☺☺. Citrulline is much more easily absorbed as powder than watermelon and avoids us overdosing on sugars, a big no for diabetics. When I ate 4-12 lb of watermelon daily (I did that for 14 years), the circulation was better and blood pressure was lower than when eating only 1-3 lb (5 years), but today, citrulline powder allows you to avoid fructose overload (causes belly fat, etc). Citrulline is pure gold, most people don't realize how much it impacts circulation and body aging, since 80% of blood vessels are capillaries and they feed various areas of the body, and brain. Stiff tight vessels provide less nutrition and shorter lifespan. You literally die faster without citrulline as you starve cells of nutrients and oxygen.

Citrulline created NO prevents platelet aggregation (clot formation), so it prevents stickiness. NO relaxes the smooth muscles in artery walls, widening them to increase blood flow, oxygen, and nutrient delivery. People have tried to reduce blood stickiness, clots, plaque created by the COVID spike protein in natural ways, with *vitamin E, ω3, garlic (even 1 lb of garlic every 3 days has no impact vs citrulline) natural blood thinners*, but none of these natural "blood thinners" come even close to citrulline, in ending blood stickiness and dramatically improving micro circulation (legs, head, etc). Covid19 vaccine spike proteins increase blood clotting and damage the body (320 papers on that), so it's good to eat citrulline. Nattokinase is another spike protein effect killer, it's a protease that splits the spike proteins. A super strong immune system (D3) doesn't need endless vaccines every 6-12 months for COVID/flu. Queen bees live to 4000 human equivalent by better nutrition, and so can humans, you just need to figure out the best way to avoid the aging of the immune system, etc… If you're healthy, you never get sick from the flu for decades, as we age, immunity shrinks, since we don't eat D_3, etc. Likewise, we would all be healthy until age 2000 (equivalent of 40 today). It's impossible to eat 5-10 lb of watermelon daily without some negative long-term effects on insulin resistance, but easy to take 1-3 g of citrulline. One of the best natural compounds for preventing plaque is citrulline☺☺☺, which is metabolized to arginine to produce nitric oxide N=O in the blood vessels to relax them, leading to lower blood pressure, less plaque from stiff arteries (that get crushed by high BP: BP causes

small injuries that start clot events and the formation of plaque). NO boosts immunity because it's a chemical weapon (besides free radicals) neutrophils use to kill microbes that can start arterial plaque: for example P. acnes creates arterial pimples that develop into plaque (see pic of acne on coronary artery) and much arterial plaque contains staph and P. acnes bacteria, so the stronger the neutrophils and immunity, the faster they disinfect the blood of all proteins and microbes, fungi, molds, etc that start plaque. Neutrophil NADPH oxidase generates superoxide O_2^-, etc to kill pathogens: NADPH + $2O_2$ ⇌ $NADP^+ + 2O_2^- + H^+$. Neutrophils express inducible nitric oxide synthase (iNOS) when activated, which produces N=O, which reacts with superoxide $O{-}{-}O^-$ (O_2^- from NADPH oxidase) to form peroxynitrite: N=O + O_2^- ⇌ O=N-O-O^-, a highly toxic Reactive Nitrogen Species (RNS) that damages bacteria. NO regulates neutrophil functions like apoptosis, NETosis (Neutrophil Extracellular Trap formation), where neutrophils release DNA nets (extracellular fibers made of mostly DNA, plus some fibrin, histones, platelets, coagulation factors) dotted with antimicrobial proteins to trap and kill bacteria. There is an issue with too much NO being produced, that could start killing healthy cells by killing mitochondria, so if you feel tired, etc, lower citrulline intake to see if anything changes. Myeloperoxidase (MPO) is another neutrophil killing agent that generates HOCl ($H_2O_2 + Cl^- ⇌ HOCl + HO^-$) and tyrosyl (from tyrosine units of proteins) radicals to kill pathogens and can use NO too. NO can potentiate the killing effects of hydrogen peroxide H_2O_2 and hypochlorous acid HOCl. The highest natural source of citrulline is watermelon. The pill citrulline is made mostly by biochemical or chemical synthesis in big labs, not from watermelon. However, you need to eat too much fructose (which causes dementia) from melon to get 2 g citrulline. Arginine itself is degraded in the gut before absorption, while citrulline is not degraded much at all, makes it to the kidneys where it is converted to arginine to later produce more sustained NO levels and thereby more flexible arteries. Thus, citrulline is superior to arginine. Citrulline is found on many cardio pills the more aware (not brainwashed by Big Pharma) MDs market, to help the vascular system and the brain too, to prevent strokes, infarcts. By the time arginine gets to the endothelial cells, it's catabolized into other stuff, that doesn't happen to citrulline. Citrulline also helps restore leaky gut caused by high stress or intense exercise which activate the fight-flight response and the move of blood to arms and legs, instead of the gut ► MSSE 2014;46(11):2039-46. When the gut gets no blood, it fails to protect the blood from toxins and microbes. Citrulline thus is a must for those who don't soak grains, legumes they eat, which are not soaked if bought, it aids the gut healing damaged by legume/grain lectins, together with the glutamine, especially after long fasts. Stress makes some throw up, sick in the stomach, develop ulcers due to this lack of blood flow to repair the gut lining, stress thus can kill slowly the entire digestive system, cause dementia via blood brain barrier damage by the toxins, microbes the gut allows in the blood.☺☺

►► 12.4.57. PQQ (a 'B vitamin' making new mitochondria, reducing violence) ◄◄

PQQ, the "relative" of CoQ10 used to repair rescue cells with dying mitochondria

Like lithium, boron, ω3, theanine, B1-12, D3, Mg, Zn (neurons need it), PQQ lowers oxidative stress, arterial plaque (K2, etc) and brain inflammation, boosts ATP production in mitochondria so neurons can work so anger never emerges, boosts brain blood flow via less plaque (no more blockages like this pic leading to endless family fights), leading to less violent crime. Violent behavior is often caused by malnutrition causing brain malfunction, not just "celebrity music, movies, melody, lyrics and concerts fueling 90% of violent crime since music defines civilization, emotion, ethics" by destroying all ethics in society. Now parents know why kids can be violent, no ADHD, but mere malnutrition due to a spoiled generation of vanity who spends 2 trillion/year on junk and ignores child and preconception and child acoustic nutrition, poisoning kids in fetus stage with infernal music, supporting genocidal singers and "artists" instead of real reform of the 11 companies granting all serene ethical music. Honest people take criticism, reform self, are rewarded by the universe. PQQ helps create new mitochondria, lowering CRP, plaque formation, LDL. It's more present in the adrenal glands. As new mitochondria form, cells can survive longer. "> or = 1000 ng PQQ/g diet had 8 pups/litter compared with 4-5 pups/litter ..< or = 300 ng PQQ/g diet. Of the pups surviving to weaning, 8 of 10 survived when PQQ was added to the diet (> or = 300 ng PQQ/g diet) compared with 4 of 10 in the PQQ/deficient group (<100ng)." ► JN 1994;124(5):744-53. Similar results were found in other studies, like 2003. A Nature paper proposed PQQ as a new "B vitamin" (helps the brain). "When PQQ is omitted from a chemically defined diet fed to mice and rats, various systemic responses are observed including growth impairment, immune dysfunction,☺☺☺ decreased reproductive performance, and reduced respiratory quotient." ► BBB 2016b;80:13-22. "Broilers (chicks) fed 0.2 mg PQQ.Na_2/kg diet gained more carcasses at day 42, and had lower lipid peroxide malondialdehyde (MDA) content and higher total antioxidant power in plasma. The results indicated that dietary PQQ.Na_2 (0.2 mg/kg diet) had the potential to act as a growth promoter comparable to antibiotic in broiler chicks." ► Ani 2015;9(3):409-16 (without poisoning people with antibiotics that cause immune collapse, gut dysbiosis, antibiotic resistance). Low MDA is the goal.

"Mice fed a chemically defined diet devoid of PQQ grew poorly, failed to reproduce, and became osteoarthyritic. Moreover, severely affected mice had friable skin, skin collagen that was readily extractable into neutral salt solutions, and decreased lysyl oxidase...PQQ plays a fundamental role as a growth factor or vitamin...PQQ deprivation caused a net decrease in lysyl oxidase to 10 to 30% of the normal values for skin.. About 20 to 30% of mice, for which no PQQ was detectable in food or excreta, had ... friable skin, mild alopecia, and a hunched posture...Of a total of 40 mice assigned to PQQ deficient diets (maternal dams plus the offspring in four separate litters), eight died by week 8 of deprivation. Three of these deaths were due to an aortic aneurysm or abdominal hemorrhages. Diverticuli were also common in the deficient

animals. In contrast, only one of the mice in PQQ supplemented groups (33 total) died during the course of the experiments... attempts to breed young female mice, which were fed the PQQ deficient diet for 8 to 9 weeks, resulted in either no litters or in pups that were immediately cannibalized at birth. Such responses or behaviors were not observed for female mice fed the supplemented diet (so PQQ helps brain mitochondria and human parents to be less mean to kids, add PQQ to violent crime offender multivitamin)" ► Sci 1989;245(4920):850-2. CoQ10 aids old mitochondria, while PQQ helps create new ones. CoQ10 is made by our body, PQQ is not, so PQQ needs to be present in diet or multivitamin for optimal health. PQQ lowers serum PCSK9, similar to pharmaceutical inhibitors, by downregulating PCSK9 expression and reducing LDL cholesterol, triglyceride, and VLDL levels by keeping LDL liver receptors alive. If we read chapters 11, 12, we realize many IVF procedures, maybe 95% of them, would not happen, if lazy parents would take some extra nutrients to boost health of child to be born, and by extension, their fertility. Egoism is rewarded by God with 10% dead kids, since IVF kids are a little dead from the start, if embryo is not fresh, but frozen. Nutrition cures anything almost, and can give you even 4000 year lifespans, but devils only know heavy metal, classic rock and other sewer rap/pop music. Last year PubMed published many PQQ benefits papers, since mitochondria are part of every cell: PQQ may prevent AMD, glaucoma, dry eye.☺☺☺

►► 12.4.58. Berberine (lowers LDL/Lp(a), is a PCSK9 inhibitor) ◄◄

Berberine is extracted from barberries: "5.2-7.7 % berberine was detected" in barberries, popular in the Middle East and local Middle East stores. It can lower LDL by 20-50 mg/dl (LDL goes from 90 to 50 etc). It tastes horrible, so it's better to buy caps or order dried barberries. It's used to treat acne, since it lowers blood glucose as much as the #1 diabetic prescription, metformin, without the side effects. Acne is often caused by eating too many high glycemic index foods, like watermelon, so berberine brings glucose down, ending the acne; I did an experiment to stop berberine for a few days (since I started taking it Feb 15th 2026 to see effect on LDL: it does lower LDL a LOT, in combination with other LDL lowering natural plant supplements) and I had the biggest forehead acne breakout in 5 years at the start of May 2026 (possibly due to a hat worn during tree trimming that rubbed against my forehead), though I also took less zinc, 225 µg iodine (instead of 1500 µg the weeks before) and no B_5 at the time first time in 2026, so it could have been the lack of B5 (500 mg), suddenly lower zinc (50 mg instead of 120 before) intake that caused or contributed 50% to the acne. I stopped taking it in June, due to HDL going down too much, not just the LDL. Acne can be caused even by eating too many lentils (or any protein source) which turns on mTOR, which produces more sebum and causes pimples, so don't overeat protein during major exercising to trim trees around the house, etc, if you're prone to acne. It's a bitter taste, yellow-orange powder that can cause gas first 2 weeks if > 1 g. Many brands have 0-10% of label, see clip too. Berberine inhibits AGE formation

► EJP;654(3):320-5. NEU1 is a lysosomal sialidase that helps break down even brain amyloid proteins. Berberine is a NEU inhibitor that extended the lifespan of chemotherapy treated mice 52% and naturally aged mice 17% ► AC 2019;19(1):e13060. Millions take berberine 200$/kg to lower lipids: TG fell 35%, TC 29%, LDL 25% after 90 days of 0.5g twice daily via a unique mechanism, different from its anti-flu effect. By lowering PCSK9 levels (that attacks LDL receptors), berberine increases the number of LDL receptors on liver cells, improving the removal of LDL. A "NEU1 inhibitor (neuraminidase1 inhibitor, like flu medicines, in this case the known 2-deoxy-2,3-didehydro- N-acetylneuraminic acid (DANA) that prevents the degradation of extra cellular matrix made of collagen) extended lifespan by up to 17% in ...mice" ► NA 2025;5:2380-98. Perhaps the NEU inhibitors extend lifespan of people too. Likewise, 4-40 master regulators, may change genes of fetus so the new human lives 50x longer to 4000. However, berberine inhibits the CYP3A4, CYP2D6, and CYP2C9 liver enzymes, which are responsible for metabolizing most prescription drugs, acting like black pepper used to increase curcumin absorption 20x. Bergamot also inhibits these detox enzymes and bergamot can lower LDL by up to 55 mg/dl in some studies, more than berberine. If berberine taste is bad, try barberries at the store. Artichokes also lower LDL, so give them a try. Berberine is sometimes paired with piperine (black pepper) to further amplify this liver detox enzyme inhibition, slowing down berberine's breakdown and increasing its systemic presence. Thus, it is not a good idea to take berberine in doses of 500+ mg for long periods, always take a break, like 1-2 weeks without berberine or berberine 500 mg every 2 days to give the live time to detoxify medicines or any other compounds. For example red rice yeast contains lovastatin naturally, a statin drug and all foods we eat contain things we need to detoxify, eliminate via the liver, even excess of some vitamins etc. Thus, if you overdo berberine, you may end up accumulating toxins you don't want there, so be very careful with berberine and definitely sty away from piperine, as that only makes the inhibition of liver detox enzymes by berberine even stronger. The reason many got liver damage from turmeric was often due to using piperine and blocking the activity of some enzymes. The liver is the most important organ almost, without it you die fast.

►► 12.4.59. Thymoquinone (lowers LDL/Lp(a)) ◄◄

It's a very simple quinone (6 ring), see structure, obtained by the reduction of hydroxy-thymol to a biketone. The black cumin oil active ingredient that lowers LDL, prevents cancer is TQ thymoquinone. In people getting 200 mg of 5% TQ oil (10x what you buy from cold pressed Amazon caps of 0.5%), LDL dropped from 114 to 95. Thus, one cap of 1 g, you may see half the effects, maybe a 8 mg/dl drop in LDL. This oil is best bought in a pitch black bottle, softgels (not liquid, as oxygen ruins it with each opening) to prevent oxidation, being the main concentrated source of TQ. The oil contains 60% LA (essential ω6 we get from walnuts, etc), 25% OA, 11% palmitic, 2% stearic, 3% others. TQ is also concentrated 60:1 by supercritical CO_2 extraction (40-

50°C max so TQ is not oxidized), to yield a 20% super concentrated dry cap of 20% TQ (25 mg in 125 mg capsule), free of oxidized oils, that you can eat with your own ω3 pills (fat soluble, need some fat with it to absorb) or walnuts to avoid oxidation, or you could even replace walnuts with this for LA and some chia oil for ω3 ALA. The 0.5% oil cap of 500 mg will have only 2.5 mg, 60 caps, this one has 120 caps of 25 mg each, so you get 20x more TQ if label is accurate. TQ is a candidate for Eterni Foods powder formula for living to 4000. TQ inhibits NF-kB (nuclear factor kappa-light-chain-enhancer of activated B cells) pathway that normally raises LDL/macrophage foam cell formation, plaque formation/rupture, stroke/infarct risk. TQ does this by suppressing IkBα kinase (IKK) activation (first step of NF-kB pathway), preventing p65 subunit phosphorylation and nuclear translocation keeping NF-kB in an inactive state in the cytoplasm. In other words, TQ prevents p65 from binding to DNA of the promoter regions of target genes, from activating transcription of pro-inflammatory and anti-apoptotic genes. This action blocks pro-inflammatory cytokine expression (TNF, IL-1,6, etc) and induces apoptosis in cancer cells, explaining TQ antiinflammatory, anticancer effects. TQ inhibits angio genesis (which helps cancer tumors and plaques to grow), induces apoptosis by downregulating downstream proteins like VEGF, Bcl-2, and c-Myc. TQ also activates the Nrf2/HO-1 antioxidant pathway to combat inflammation. TQ triggers the PPAR mechanism to fuel LDL liver catabolism, lowers VLDL synthesis, reduces small dense LDL/ApoB. TQ is a HMG-CoA reductase inhibitor, like statins, so make sure you get CoQ10 pills if using TQ since CoQ10 synthesis will fall, as CoQ10 is critical for mitochondria and staying alive (heart concentrates CoQ10). TQ has effects similar to fibrate drugs used to lower LDL, acting as a peroxisome proliferator-activated receptor (PPAR) agonist. While fibrates are strong, selective PPAR agonists, TQ seems to be a mild, multi-PPAR modulator (PPAR-α, PPAR-γ), offering LDL reduction and antiinflammatory, antidiabetic effects. ☺☺☺

Why is Nrf2 important, we always hear about it in papers and articles? Nrf2 (Nuclear factor erythroid 2-related factor 2) is a master transcription factor regulating cellular defense against oxidative stress, inflammation, and metabolic dysfunction. Under stress, Nrf2 detaches from its inhibitor, Keap1, moves to the nucleus, and activates Antioxidant Response Elements (ARE), upregulating Heme Oxygenase-1 (HO-1). HO-1 degrades heme, producing antioxidants (bilirubin, CO) that protect cells. ARE are cis-acting DNA promoter sequences (5'-TGACnnnGC-3') that regulate the expression of cytoprotective, antioxidant, and phase II detoxification enzymes. Nrf2 protects healthy cells by activating detoxifying and antioxidant genes (e.g., glutathione). Nrf2 the primary regulator of redox homeostasis, inducing enzymes that neutralize free radicals. It reduces inflammation by inhibiting inflammatory markers (e.g., IL-6, TNF) in colitis, encephalitis. Nrf2 helps protect nerves, brain cells, making it a target for Alzheimer's and Parkinson's disease research. Nrf2 boosts detoxification enzymes to protect cells from harmful electrophiles. Nrf2 is activated by phenolic acids/polyphenols, sulforaphane, ω3, exercise, and calorie restriction.

►► 12.4.60. Quercetin or Q (lowers LDL/Lp(a), is a PCSK9 inhibitor) ◄◄

Quercetin, or Q in science papers, is 3,3',4',5,7-pentahydroxy flavone (3,3'-dihydroxyapigenin), a well known greenish tasteless flavonoid and senolytic compound that kills senescent (dying cells) that pollute healthy cells with deadly chemicals. However, it is not as good a senolytic as fisetin 66$/100g, the #1 senolytic. The research is more nuanced, some say too much senolytic can kill good cells that extend life. Quercetin is 5 times cheaper than fisetin: 57$/500g. Both quercetin and fisetin formulas, scientific names, general class, food content, etc are in the AGE flavonoid section. It's a good antiviral: Inhibits Influenza A virus (IAV) entry☺☺☺ ► Vir 2016;8(1):6 & SWJ 2004;4:811-37 (radish). Quercetin/100g is in canned capper 173 mg, radish leaves 70 mg, purple onion 39 mg (hence onion for cold/flu), kale 23 mg, apple juice 0.04-2.7 mg. It inhibits rhinovirus (common cold) replication in vitro/vivo AR 2012;94(3):258-71, kills coxsackievirus B5/poliovirus 1 viruses (fresh *apple juice has quercetin glycosides in the tannins and these kill the viruses, store juice has no quercetin (degrades with heat/light) so it doesn't work*) ► AEM 1978;36(6):798-801. All polyphenols need to be away from light and heat to preserve efficacy. Due to aiding body repair and having a relaxing effect, it may be better to take it before bed, though some may find it too stimulating. It's one of the most well known polyphenols, added to a million supplement formulations. Avoid quercetin brands that got less than stated, the powder that is worth taking if you don't eat much produce. Most US quercetin is made in China from Sophora japonica flower bud, Bulk Suppl process diagram shows 10 steps: grinding, solvent extraction via alkaline H_2O, acidification, crystallization, filtration, drying, rutoside trihydrate, hydrolysis, filtration, drying. Quercetin, the most abundant dietary flavonol, found in cabbage, onion, cauliflower, lowers blood pressure ► JN 2007;137(11):2405-11. Cactus pear quercetin, (+) dihydroquercetin, and quercetin 3-methyl ether protect neurons *against oxidative damage* ► BR 2003;965(1-2):130-6. Quercetin, isoquercetin, rutin (quercetin-3-O-rutinoside, quercetin with 2 sugars) in capers kill avian flu viruses, reducing virus load by 68%, 80% and 73% at just 1 ng/mL ► NPR 2013;27(22):2149-53. The Phenol Explorer database shows quercetin food content. Quercetin has an anti-allergic immune response. Like all polyphenols, it lowers the gut lining permeability, preventing toxins from entering the blood/ brain.

►► 12.4.61. β-alanine (absent in vegan diets), the component of carnosine ◄◄

Carnosine is an antiaging dipeptide, β-alanyl-L-histidine, made internally by merging β-alanine and histidine via carnosine synthase. We eat histidine via food proteins, but β-alanine is not found in any omnivore proteins or any vegan foods. So, to create carnosine, we need β-alanine. A little β-alanine is made by transaminase: α-alanine CH_3-CH(NH_2)-COOH + toxic O=CH-CH_2-COOH ⇌ β-alanine H_2N-CH_2-CH_2-COOH + CH_3-C(=O)-COOH pyruvate. Since the liver has to get rid of lethal AGE forming aldehydes like O=CH-CH_2-COOH, it uses α-alanine to turn the aldehyde into

nontoxic pyruvate and β-alanine. Most β-alanine is made in the liver by degrading cytosine and uracil RNA nucleotides. Some is made during exercise when carnosine is degraded into β-alanine. Carnosine acts as an acid buffer in muscles, to maintain pH when lactic acid is produced during physical tasks. No foods contain β-alanine proteins, only animal foods contain β-alanine dipeptides: carnosine, anserine (methylated carnosine that is way more stable and used in human studies to gauge carnosine effects in a 3:1 ratio, 750 mg anserine, 250 mg carnosine) and other dipeptides in muscles. β-alanine doesn't activate the mTOR pathway like leucine binding to intracellular sensors (Sestrin2 etc) to directly activate mTORC1. Carnosine defends the vessels from oxidative stress, protecting every organ, slows cognitive decline, lengthens telomeres in vitro, extends Hayflick (Cell division) limit in fibroblasts in vitro (extending life?). Carnosine dissolves Alzheimer plaque (like β-alanine does by allegedly binding tau/amyloid), protects brain microvessels (to stop vascular dementia). 2.4 g β-alanine improved cognition. Those with higher serum β-alanine had half the risk of dementia & Alzheimer ► AJE 2019;188(9):1637-45. After age 55, carnosine helps to prevent falls, by decreasing neuromuscular fatigue by 29%. That's why exercise fanatics eat β-alanine before exercising. Some eat it before any exertion as it will help you to get tired later and finish the job without exhausting your heart muscles, ☺☺☺. Taking it when old can make a difference between living and dying during physical exertion ► IJMS 2025; 26(6):2608. Higher serum β-alanine prevents sarcopenia (the loss of muscles and heart muscles that causes earlier death) ► JISSN 2018;15:32.

Because when we eat carnosine 99% splits into β-alanine and histidine fast before it enters the blood, with carnosine blood half life of 2 minutes for the 1% that gets in, carnosine can't get to the brain to do its work or anywhere, so it's useless to take carnosine pills. Thus, to boost endogenous carnosine synthesis we eat enough protein (for histidine) and then add the β-alanine not found in proteins. Pill β-alanine raises the age declining carnosine levels, thereby delaying the brain, muscle aging process and preventing deadly falls that can shrink lifespan by 5-20 years. Since histidine is in all protein sources, we only need buy β-alanine, which is much cheaper than carnosine (144/kg) vs β-alanine 27$/kg (with redeem + subscribe, lasts 3 years, can cancel later, stable during 150°F weather and transport, etc, so β-alanine can be bought from Amazon, it's very sweet, like sugar almost, sweeter than glycine). Take only 0.5g/day first, as more may cause skin tingling in healthy nerves and pain in old injury sites where the nerve is still slightly damaged, then raise it to 1 g after a week and only go to 2 g after 2 weeks if no tingling. You can get all benefits of 1 g carnosine from 0.4 g β-alanine, since histidine is in the food. While carnosine soothes nerves, high β-alanine irritates damaged ones, though the carnosine that is later made will help the nerves. Heart or any muscle benefits more from β-alanine. If pain repeats, half the dose, take 0.3 g or discontinue and use carnosine instead. Most people should have no issue with 0.4 g. Tingling is evident at 2-3 g β-alanine, which is 10 times more than in a

typical carnosine pill. Heart cells use carnosine synthase, which takes β-alanine and histidine to manufacture fresh carnosine directly inside the cardiac tissue. If diet is low in histidine, buy histidine too, 62$/kg (redeem + subscribe). However, 99.9% of vegans and omnivores eat enough histidine, so we only need β-alanine. Taking carnosine makes little sense as body wastes energy to split it into alanine, histidine, then remakes carnosine. Some take zinc carnosine (18$/150 caps) to heal the stomach and intestine in case of leaky gut, ulcers etc, since zinc carnosine is far more stable than carnosine. Alanine comes from aldehyde of acetic acid (how it was first made) and nine as in many amine endings. Carnosine comes from carnis (meat in Latin), like carnivore or carnitine, ine being amine ending.

CONCLUSION

The NUTRITION effect on health is FAR GREATER than exercise. 2 times Nobel Laureate Linus Pauling (Chemistry and Peace) said that most early chronic diseases are due to nutritional deficiencies. Lack of physical exercise is 1 factor that also raises mortality by 40% or so, in some studies, but people can be low in many nutrients (each raising mortality by 40%) leading to 400% higher mortality than from being sedentary. On top of that, lack of good nutrients during fetal stage can mean a loss of any chance to live to 4000. ☺☺☺

12.5. MERCURY (Hg)

Many people have no idea that most processed junk foods have high fructose corn syrup, which contains Hg. This is a gift from aristocrats trying to poison the working class. The toxic brain effects of dental Hg "silvery" amalgams have been known for decades (Sweden and Norway already banned amalgam and all Hg products, like all countries could). Hg is the most toxic non-radioactive element. This 8 minute video shows how toxic Hg vapor comes out of "silver amalgam" fillings all the time, especially during eating. This goes against the claim of amalgam fans that it doesn't leak. Doctors were OK with lead in dental fillings 150 years ago and today they're OK with Hg (half the dentists are OK) in people's mouths, even if there is evidence mouth bacteria can convert inhaled Hg from amalgams into methylHg (many people became paralyzed, etc as their body can't eliminate ingested Hg and gave testimony in Congress, google it), contradicting the claim of amalgam fans that "elemental Hg is harmless". As JCD 2008;11(3):99-107 explains, over 27 years, a half a gram Hg amalgam filling (they usually have about 50% Hg) can lose all its Hg, and this goes in urine (for those lucky to eliminate Hg well) and also into the brains, hearts, kidneys, stomachs, etc of people as shown at autopsies (the more fillings, the more Hg at autopsy) and it causes Parkinson, Alzheimer, low IQ, dementia, paralysis ► "a 500-mg amalgam restoration contains approximately 200-250 mg of Hg, and the entire quantity of Hg would be lost in 10,000 days if the Hg was released at the rate of 25 µg/day." Eating high Hg

fish daily has similar effects. Imagine if someone has 10 fillings, they will get probably 1,000 times more Hg than from eating lowest Hg fish. Dr. Mercola is one of the MDs against dental amalgams. Elemental Hg is toxic ► IT 2012;24(10):652-8.

The video above with Hg vapor also shows how *within 29 days of sheep getting* Hg fillings, Hg was observed in many organs (brain, kidney, stomach, etc), with highest concentration being pituitary gland in the brain as explained in the 1989 paper ► FASEB 1989; 3(14):2641-6. The author paper Vimy co-founded the IAOMT.org in 1984 to advocate for Hg free dentistry. To remove Hg, go to a biological dentist certified by IAOMT, like Gammal the author of "The Garbage Collector", as the IAOMT trains all its dentists to do a very careful job at removing all Hg and extracting it properly with a suction machine (breathing it would be bad for you), unlike the average dentist ☺infinitesimal IQ☺ buffoon, who is not believing or saying Hg is toxic (if they did, they would not use it, but they're greedy bastards, who place profits above people's health), so the typical dentist is not careful in removing all Hg, as they rush to date some bitch at lunch, even when you request it and he says "it's fine, amalgam is harmless". The lack of centralization and universal Dentistry Standard Operating Procedures invites total banditry and vast harm of the Americans by the dentist hooligans. Why is USA so backwards, Norway banned amalgam in all people in 2008: thank the anti-science Re-thug-lican Party. The Republican bandits are only interested in profits for the genocidal aristocrats. The pituitary, where most Hg deposits in the brain, is the master gland and amalgam may thus cause breast cancer, dry eyes and anything related to hormones. During 2011-6, 66% of those aged 15+ in USA still had at least one amalgam filling, due to universal corruption, whereby high numbers of greedy ☺low IQ☺ folks become doctors/dentists ► JPHD 2021;81(4):327-30. Studies saw similar rapid movement of Hg from amalgam fillings to organs in monkeys ► FASEBJ 1990;4(14):3256-60, sheep ► BTER 1997;56(2):143-52. It took Fred (see a 4 minute video of him) 50 years to convince FDA to ban trans fats. He was the Chemistry Professor who sued the FDA at 98, helped FDA to ban trans-fats, wrote a free paper at 98 ► AJCD 2013;3(1):17-26, died at 102. We banned trans-fats, now we can ban Hg, high AGEs foods. In 1845 the American Association of Dental Surgeons banned the use of Hg for fillings, but ADA, founded in 1859, supported Hg. Lead..ml explains that in 1909, 3 EU countries banned white lead based paint, followed by the League of Nations in 1922, and many other EU countries next 25 years. US only banned lead in paint (above 600 ppm) in 1978, and above 90 ppm in 2009 ► EHP 2014;122(4):A96-103. In 1980, 77.8% of US kids had blood lead above 10 µg/dL, while in 2002 only 1.6% had lead above 10 µg/dL as a result of the paint ban and moving away from leaded gasoline ► CFP 2010;56(6):531-5. In 1999, 9.9% of Americans had lead above 5 µg/dL, while in 2014 only 0.5% ► AJM 2016;129(11):1213-8. The ADA (American Dental Association) is run by pro-amalgam genocidal aristocrats, but half the US dentists or so don't even use the amalgam or agree with the ADA official position.

►►►►►Norway banned Hg in all products in Jan 2008◄◄◄◄◄, while ►►►►►Sweden banned Hg in all products in Jun 2009◄◄◄◄◄ as explained seen at the links, including Hg dental amalgams, because end-point control of the pollution of the environment is very difficult compared to outright ban. Denmark also banned amalgams. "Human activities have nearly tripled the amount of Hg in the atmosphere and the atmospheric burden is increasing 1.5 percent per year", this is a grave threat to the future generations as Hg destroys our DNA ► JPMPH 2014;47(2):74-83. In 1999 Sweden stopped covering dental amalgams with health insurance and as a result only 2-5% of fillings were amalgam in 2009 when the ban went into effect. 40% of Hg flowing into municipal water treatment plants begins in dentist offices; those plants are not set up to remove it, so it ends up in your fish, then your brain, heart, etc. The EU agreed to ban amalgam dental fillings starting July 2018 for kids under 15 and pregnant, nursing women. In 2019, males and non-pregnant ladies above 15 can get amalgam only if Hg is encapsulated and they plan to completely ban amalgam by 2030 as the PDF explains. The new law is basically preparing everyone for the complete ban, like Sweden did in 1999 before the 2009 total ban. *EU countries banned lead paints 69 years before US*, will the banning of Hg products in US also occur in 2077, 69 years after 2008 (when the first EU country banned it)? The ad industry knows that a lie (fake study) repeated 900 times becomes a fact.☺☺

Oral bacteria can turn Hg vapor into Hg ion Hg^{2+} and then into methylmercury, see SJDR 1983;91(2):150-2 "Methylation of Hg from dental amalgam and $HgCl_2$ by oral streptococci in vitro". Many amalgam fans among dentists are not aware of this, and are even telling people that Hg in fillings is never becoming Hg-CH_3, see their websites. CR 2001;35(3):163-6 found that the more amalgam fillings you have, the more inorganic and organic Hg you have in your saliva, as the oral bacteria are doing their job at converting Hg into Hg-CH_3 and we ingest 1 quart or liter of saliva every day. AJFMP 2006;27(1):42-5 found that people with > 12 amalgam fillings have over 10 times higher Hg levels in several tissues (brain, etc), compared to individuals with only 0-3 amalgam fillings as JOMT 2011;6:2 explains also. "It is concluded that the *cause of the association between* amalgam *load and* accumulation *of* Hg *in* tissues *is the release of* Hg vapor from amalgam fillings" ► SDJ 1987;11(5):179-87. On top of that "Hg vapor is 10 times more toxic to neurons than lead" and "autopsy studies which found 2-12 times more Hg in body tissues of individuals with dental amalgam" ► JOMT 2011;6:2. This paper mentions the 2006 autopsy paper above and the finding that "*The average Hg level in the brain of EU citizens with more than 12 amalgam fillings was 300 ng Hg/g brain tissue, which is well above Hg levels proven to be toxic in vitro on neurons (0.02-36 ng Hg/g)*". At 20 ng Hg/g or 20 ppb, they noticed neurons are destroyed partially ► NR 2001;12(4):733-7. The technical stuff in this paper is explained in simpler terms in this 5 min video from the University of Calgary about the destruction of neurons by 20 ppb Hg ☺☺☺(one more reason to stay away from fish, but more

importantly, stay away from Hg silver amalgam fillings, which are far more toxic than fish). *The video explains how in 1987 a team of research scientists demonstrated that Hg vapor inhalation by animals causes a molecular lesion in brain protein metabolism which was similar to a lesion seen in 80% of Alzheimer patients*. The video shows Hg in concentration of 10^{-7} M, 0.0000001 moles/liter, (0.0000001 moles/L × 201 g/mole = 0.00002 g/L or 20 µg/L or 20 ppb. 1 L is 1,000 g, so 20 µg/1,000 g is 20 ng/gram. To reach pathological levels of Hg in the brain we only need to get to 20 ng/gram (a very conservative number, in vitro neurons can be partially destroyed at even 0.02 ng/gram, which is 1,000 times lower, but in vivo it may be different), which means for a brain of 1,400 g (typical), we only need 28 mg of the amalgam to get to the brain to reach 20 ng/g. If you have 10 fillings each leaking 20 µg a day, you leak 200 µg a day. If 10% of this goes to the brain, 20 µg a day goes to the brain, so you get to pathological levels of 28 mg of Hg in the brain in just 3.8 years. Drinking water safe level for Hg is 2 ppb, flu vaccines Hg safe level = 50,000 ppb (parts per billion). Not safe, even if it gets diluted from 0.5 mL to 5 liters of blood, or 5,000 mL once injected in a short time frame. 0.5 mL in 5,000 mL is a 10,000 fold dilution, meaning Hg will be at 5 ppb, higher than safe level for Hg in drinking water. A flu vaccine can contain 25 µg of Hg and this gets diluted into 5 liters of blood, resulting in 5 ppb. When Hg reaches 20 ppb in the brain, it destroys neurons. Nerves are all over the body where blood goes too. Blood homogenization of this 25 µg Hg takes time, so Hg has enough time to bind to neurons and destroy a lot of neurons meanwhile, potentially starting Parkinson and other diseases seen in people with higher blood Hg, see studies below. If you're very pro-vaccination, it's good to avoid thimerosal and aluminum at least, and *ask your doctor/nurse to provide Hg free vaccines (single dose)*. Even so, one study found it took infants 30 days (a long time to do damage) to return to normal levels of Hg in their blood after a thimerosal containing vaccine ► Ped 2008;121(2):e208-14. Thimerosal damages not only neurons, but also many other cells, such as endothelial cells lining up our arteries (the study specifically used thimerosal, and 2 other compounds, thus Hg can initiate cardiovascular disease) ► IJT 2007;26(1):57-69. Eliminating Hg thru feces/urine requires reduced glutathione, other cellular antioxidants. At 200 ppb (local concentrations after a vaccine are much higher) thimerosal (50% Hg, so 100 ppb Hg) is toxic to cultured human peripheral blood lymphocytes ► TIV 2008;22(4):927-34. ☺☺

If someone eats a lot of high Hg fish, they will get about the same level of Hg intake as having many big amalgam fillings. That is why FDA has a table with fish to avoid during *pregnancy*, anything but the very lowest. It's much safer to eat the lowest possible Hg fish types. The lowest Hg fish, scallop, has 0.003 ppm Hg on average, while the highest Hg fish, *tilefish has 1.123 ppm*, or *374 times more* Hg. Eating *100 g of tilefish,* you get 112 µg of Hg, same as from several big amalgam fillings with 500 mg of Hg *in each leaking into the mouth as explained above*. Most people don't eat 100 g of tilefish daily or 700g weekly, but some types of commonly eaten fish,

like tuna, can reach 1 ppm easily even if the average is 0.4. Many people eat 700 g of fish weekly; they may find this table life saving if their body has a bad metal elimination mechanism. Many autistic kids were treated successfully with chelation therapy to remove heavy metals from the brain. People used chelation therapy and Alzheimer, Multiple Sclerosis, etc symptoms diminished. Hg Free Dentists are listed at iaomt.org. It's good to remove amalgam fillings using a dentist certified in SMART, Safe Hg Amalgam Removal Technique. It's good karma to do all your dental work at "Hg Free dental offices" that never use Hg, since those who use Hg pollute the environment, as there is no regulation about proper disposal of amalgam fillings. Not to mention, that if someone used a drill to remove fillings and some particles get into your mouth and you swallow them, because he's not using SMART method, you can get poisoned really well since you send into blood stream a high level of Hg that can't be cleared by glutathione peroxidase and other enzymes (most Hg in urine is bound to glutathione). Even if the dentist doesn't make a mistake like that (very common, people sometimes swallow stuff thinking it's "just some material"), many dentists have 50 times the normal blood Hg level since their whole office area has Hg contamination and you may inhale some Hg from the air (especially if he removed someone's amalgam and some particles are in the air), since the Hg dust from all their removals and placings of amalgams is there; these dentists are not aware of the toxicity of these amalgams, no wonder many dentists have high suicide rate (especially true for those with high Hg). This EPA webpage explains that American dentists discharge approximately 5.1 tons of Hg each year to publicly owned treatment works (POTWs); most of this Hg is subsequently released to the environment. *Only in 2020, the EPA forced every dental office to use a filter to catch and recycle big particles of Hg, not all particles of course*. "Hg-containing amalgam wastes may find their way into the environment when new fillings are placed or old Hg-containing fillings are drilled out and waste amalgam materials that are flushed into chair-side drains enter the wastewater stream. Hg entering POTWs frequently partitions into the sludge, the solid material that remains after wastewater is treated. Hg from waste amalgam therefore can make its way into the environment from the POTW through the incineration, landfilling, or land application of sludge or through surface water discharge"☺

In 2015 Obama administration blocked the FDA proposal to limit the use of Hg amalgams. Blacks choosing to poison blacks, where is the Black Lives Matter protest about this genocide via amalgam by a Black President? The proposal, approved by top FDA folks in 2011, would have told dentists they can't use Hg fillings in cavities in pregnant/nursing women, kids under 6 and people with Hg allergies, kidney diseases or neurological problems. It also urged dentists to avoid using fillings that contain Hg compounds in any patient, where possible. SDJJ 1989;13(6):235-43 found that dentists had 35 times more Hg in pituitary than avg (815 for dentists on average, versus 23 for the controls). Over 450 people died after the use of methylmercury

fungicide to treat grain ► PMJ 1980;56(651):1-10. WHY would we care about Hg level tripling in our atmosphere recently? This is not due only to coal fired plants, but also to amalgam entering water supplies, cremation of amalgam, etc, air, fish, crops, etc. Inhaled Hg vapor from fillings is fat-soluble, allowing its passage *into the blood through the alveolar membranes of the lungs and then into the brain thru the* blood-brain barrier. In the brain, Hg is transformed into the ion, Hg^{2+} which can no longer diffuse easily and remains stuck in the brain, accumulating there and causing many brain diseases, even for people who don't have amalgams, ***but inhale coal fired pollution carried by wind from other countries***. Saliva can turn elemental Hg into Hg^{2+} and methylHg and using retrograde axonal transport, toxic metals, "shampoo/cream" toxins, aluminum, Hg^{2+}, methylHg from food (fish) or amalgams can reach the central nervous system without even using the blood-brain barrier. Wikipedia explains retrograde axonal transport. The axonal transport speed is 10–20 cm/day ► NA 2003;2:2-5. All are affected, even if they don't have dental amalgams. One more reason to support wind and solar power instead of coal.☺☺☺

cha..540.html explains that the ADA (American Dental Association, like similar groups in other countries did) has: "Argued against FDA safety warnings about Hg fillings for pregnant women and small children. Imposed a gag rule barring member dentists, including those specializing in the safe removal of Hg fillings, from telling patients the compounds could harm their health. Lobbied to ensure that the international treaty signed by 129 countries would call for a phase-down of Hg uses worldwide, not a phase-out that eventually would ban dentists' use of Hg fillings. Cut a deal in the final days of George W. Bush's presidency that put off the issuance of regulations requiring dentists to install Hg "separators," so they can properly dispose of their Hg debris, in favor of a voluntary approach." Lots of people got rid of depression, tinnitus and other health issues by removing amalgam fillings and doing chelation therapy to remove heavy metals from the body (this can be done naturally too, but it takes a lot of effort to eat chlorella (spirulina or anything green that has chlorophyll), cilantro and citrus pith daily for many months or other chelating foods like garlic, etc). Chelation means eating something that binds or chelates heavy metals. Here is the official amalgam warning of the FDA, as they know it's bad. Dr. Mark Geier addressed the UN on the danger of Hg based thimerosal preservative and Hg amalgams (plus other pharmaceuticals). Mark R. Geier, MD, PhD, a founding director of the non-profit 501(c)3 Coalition for Hg-free Drugs (CoMeD), Inc., addressed the third session of the Intergovernmental Negotiating Committee (INC3) of the United Nations Environment Program (UNEP) in Nairobi, Kenya. The INC is currently negotiating a global Hg treaty intended to protect health and the environment. We already have Hg-free vaccine preservatives such as phenoxyethanol, and Hg free dental filling materials. Why do we poison billions of people globally with THIMEROSAL and silver amalgam fillings? A study found phenoxyethanol to be 72 times less toxic to human neuroblastoma cells *(but it does kill ocular meibomian glands cells, see*

preservatives in eyedrops *section: is that why so many kids, 42% have MGD, due to multidose vaccines that need preservative like phenoxyethanol that gives 1 billion people drier eyes and poorer eye health?*) than thimerosal, you know anything will be less toxic than Hg ► MSM 2010;16(5):SR21-7. ► "The observed relative toxicity indices (human neuroblastoma cells/bacterial cells) were 2-phenoxyethanol (4.6-fold) < phenol (12.2-fold) < Thimerosal (>330-fold). None of the compounds commonly used as preservatives in US licensed vaccine biological preparations can be considered an ideal preservative, and their ability to fully comply with the requirements of the US Code of Federal Regulations (CFR) for preservatives is in doubt. Future formulations of US licensed vaccines/biologics should be produced in aseptic manufacturing plants as single dose preparations, eliminating the need for preservatives and an unnecessary risk to patients." Phenoxyethanol is used at 0.5% in the polio vaccine called Ipol that the FDA approved, so *probably it's not that common or a major cause of MGD, but it's not so clear, since some sites claim phenoxyethanol is common*. This single dose switch may cost $300 million per year globally, but benefits may be much bigger in avoided health care costs. Spend $90 billion on Olympic stadiums sitting empty while people get sick?

"Flu vaccines in multi-dose vials contain thimerosal to safeguard against contamination of the vial. Most single-dose vials and pre-filled syringes of flu shot and the nasal spray flu vaccine don't contain a preservative because they're intended to be used once" as explained at cdc.gov...thimerosal. From 5 vaccines to 184 vaccines is a huge leap. ☺☺☺ Nobody has done any clinical human trial on the *toxic side effects of so many vaccines at once on the human body*. We know toxins can create synergy, e.g., lead and Hg. JOMT 2011;6:2 has some more frightening information about Hg for those ready "a) Hg is the only metal representing a volatile gas at room temperature, which is readily absorbed (80%) by the respiratory system. b) Hg vapors from amalgam penetrate into tissues with great ease, because of its monopolar atomic configuration. c) Once inside the cells, Hg vapor is oxidized to Hg^{2+}, the very toxic form of Hg which binds covalently to thiol groups of proteins inhibiting their biological activity. d) Hg^{2+} is more toxic than Pb^{2+}(lead), Cadmium (Cd^{2+}) and other metals because it has a higher affinity due to "covalent bond" formation with thiol groups (cysteines in proteins) causing irreversible inhibition. Other metals form reversible bonds with proteins and are therefore less toxic. f) Chelating agents, like EDTA, which normally inhibit the toxic effect of heavy metals like lead, have no inhibitory effect on the toxicity of Hg or may even increase it..." SYNERGY OF TOXINS (pesticides, heavy metals, vaccine adjuvants, etc) "it has been proven that the combination of the Lethal Dose 1% of Hg (LD1Hg) together with the LD1 of lead (LD1Pb) results in the death of all animals." ☺☺☺

This 4 min video shows an FDA hearing on amalgam. Hundreds of studies show Hg containing thimerosal is linked to brain disorders, see the autism thimerosal link section and also FN 2010;48(4):258-69, TS 2014;139(2):452-65. Low-level methylHg exposure causes immune T-cells

to die ► ER 1998;77(2):149-59. Dental amalgam may be a risk factor in some patients with AUTOIMMUNE disease ► NEL 2003;24(1-2):65-7. Removal of Hg-containing dental amalgam in patients with Hg hypersensitivity may contribute to successful treatment of AUTOIMMUNE thyroiditis ► NEL 2006;27 Suppl1:25-30. Removing amalgams improved the health of people with AUTOIMMUNE diseases like systemic lupus, multiple sclerosis, autoimmune thyroiditis or atopic eczema ► NEL 2004;25(3):211-8. Person recovered from ALS after amalgam removal ► IJRSM 1994;4(3):229-36. Hg caused PARKINSON ► NNP 2003;37 Suppl 5:31-8. PARKINSON patients were found to be far likely to have high Hg in blood compared to healthy subjects ► JOEM 2006;48(7):656. Those with highest blood Hg level (among the tertiles) were 21 times more likely to have Parkinson (19 times if urine Hg) ► Nep 1989;8(3):128-41. PARKINSON improved after chelation therapy to lower Hg ► NT 1996;17(1):291-5. ☺☺☺ Seepage of *ionic* Hg *from root canal or* amalgam *fillings* inserted many years previously may lead to MULTIPLE SCLEROSIS in middle age ► AJJFMP 1983;4(1):55-61. Multiple Sclerosis patients had 7.5 times more Hg in the cerebrospinal fluid than healthy people ► Swe J Biol Med 1989;1:6-7. Multiple Sclerosis patients with amalgams had poorer mental health (more depression, hostility, psychotism) than those with amalgams removed ► PR 1992;70(3 Pt 2):1139-51.

Women who were exposed to amalgam fillings were 1.132 times more likely to have Alzheimer's disease than were their non-exposed counterparts. ► ART 2015;7:65. "In vitro models showed that inorganic Hg reproduces all pathological changes seen in ALZHEIMER, and in animal models inorganic Hg produced changes that are similar to those seen in ALZHEIMER. As the single most effective public health primary preventive measure, industrial, and medical usage of Hg should be eliminated as soon as possible." ► JAD 2010;22(2):357-74. Findings "suggest a decisive role for inorganic Hg in the etiology (cause) of ALZHEIMER disease" ► NEL 2004; 25(5):331-9. ☺☺☺ Hg induces cell cytotoxicity, oxidative stress, increases β-amyloid secretion, tau phosphorylation in SHSY5Y neuroblastoma cells. ALZHEIMER patients also have elevated Hg levels, more β-amyloid, tau phosphorylation ► JNC 2000;74(1):231-6. NRS 2002;113(4):849-55 confirms β-amyloid secretion increase due to Hg. Hg exposure, even at low doses, affects endothelial and cardiovascular function, so the reference values defining the limits for the absence of danger are better if lowered ► JBB 2012: 949048. Hg exposure could have a long-lasting effect on cardiac parasympathetic activity and some evidence has shown that Hg exposure might affect HEART RATE variability, particularly early exposures in children. The exposure to Hg increases the production of FREE RADICALS ► IJERPH 2017;14(1):74. Hg may promote ATHEROSCLEROSIS and hence it may increase the risk of acute coronary events. Hg stimulates the production of free radicals, binds to sulfhydryl groups of enzymes and forms an insoluble complex with selenium. ► PL 2006;63 Suppl 7:84-7. Hg levels were 22,300 TIMES HIGHER IN HEART TISSUES with a form of heart insufficiency ► JACC 1999;33(6): 1578-83. Those with high Hg were 2.9x more likely to

die from infarct, more hair Hg meant 32% more plaque on carotid artery after 4 years ► Ath 2000;148(2):265-73; moms who eat fish often, have cord blood Hg 10 times higher and give birth to kids with hypertension at age 7 (diastolic 14+, systolic, 15+) or 47% less heart rate variability ► Epi 1999;10(4):370-5. Breast CANCER tissue has abnormal levels of Hg ► NEL 2006;27 Suppl 1:36-9. Hg released from dental "silver" fillings provokes an increase in Hg and antibiotic resistant bacteria in oral and intestinal floras of primates ► AAC 1993;37(4):825-34. Exposure to Hg might be a specific driving force for the acquisition and maintenance of mobile antibiotic resistance gene carriage ► JMM 2010; 59(Pt 7):804-7. People with amalgams have more KIDNEY DAMAGE than those without, more Hg in urine and blood; the more amalgams the more damage. The higher the blood Hg the higher the markers of kidney damage such as albumin, NAG, and gamma-GT ► JN 2002;15(2):171-6. Those with amalgam are 2.5x more likely to smoke; Hg decreases brain dopamine, serotonin, norepinephrine, acetylcholine, and nicotine increases these neurotransmitters ► TL 1993;68(3):307-10. Those with ≥ 6 amalgams were 3.2x more likely to be diagnosed with severe vs mild autism than subjects with ≤ 5 amalgams ► ANE 2009 ;69(2): 189-97. AUTISTIC kids excreted 3.1x more urine Hg. Autism severity is higher when heavy metal load is higher ► see section 1 of JT 2009:532640. Those who can't eliminate Hg well may develop AUTISM ► IJMR 2008;128(4):383-411. Autistic kids using DMSA to chelate/ remove heavy metals have lessened their autism behaviors ► Maedi 2012; 7(3):214-21. The twin who got autism had higher lead and less Zn/Mn in his baby teeth layers corresponding to lead intake since birth; autism starts in the womb, the authors say, with the lead kids get from their mom via placenta ► NC 2017;8:15493 and neurosci. ☺☺☺

Thousands of dentists believe that gutta percha is much safer than paraformaldehyde (or Sargenti paste or N2, RC2B, or RC2W as it is called at times) for root canal filling material. Some dentists still use the paraformaldehyde material. The FDA has banned interstate marketing of Sargenti-type pastes (and ADA and dental schools advise against it), but pharmacists can legally prepare them for local use (as long as they don't have heavy metals like Hg in them). I'm not sure what happens in other countries, but it's good to ask a dentist what materials they use, since some US dentists may still use N2 from a local pharmacy, and scarier still, others (not necessarily in the US) may use formulations of N2 with Hg traces in them. Another article estimates 30,000 dentists worldwide are still using N2. If a mistake is made and it gets past the root tip, lots of problems can occur, one lady had over 40 surgeries. Since some dentists lie about it and falsify records, as Edwin Zinman, DDS, explained on some websites, you can even ask to see the box that says "gutta percha" (this is a natural material from a plant). Obviously, the ideal way is to regrow tooth using your own adult stem cells, etc, but that is many years or decades away from becoming standard practice. All materials that are man made are having side effects but N2 seems to have more. N2 powder contains 65% zinc oxide and 6% formaldehyde,

when mixed with equal part of liquid (eugenol and other oils) to form cement the formaldehyde becomes 3%. Gutta percha cones also have 65% zinc oxide, but also 20% gutta percha. These cones are used with a sealer to totally fill the canal. ☺☺☺

12.6. LEAD

Many aluminum pots or even pressure cooker pots made in China, India, South Asia are leaching lead, as this US government table shows. Avoid aluminum cookware, aluminum is not healthy either, choose higher quality stainless steel, like this MegaChef, the only kitchen appliance anyone needs to be healthy. Some teas have too much caffeine, which can cause a series of issues in people with certain heart conditions or who're trying to conceive or avid miscarriage if pregnant. *Some tea brands got 4,002 times more lead than others,* imagine if some of the produce from one country has 40 or 400 or 4,000 times more lead or other heavy metals than the produce from another country. Table 2, page 2238, at FRI 2010;43:2234-52 shows that some teas have 240.1 mg/kg lead, while others have 0.06 mg/kg. 240.1/0.06 = 4,002 times. Chinese tea is the most contaminated in heavy metals, due to heavy coal burning and the use of leaded gasoline that was banned only in 2000 in China ► EP 2006;139(1):125-32 ► the abstract you can read states "Lead concentrations in 1,225 tea samples varied from <0.2 to 97.9 mg kg(-1) dry weight (DW)". 97.9/0.2 = 489 times more lead. Less than 0.2 can mean that some have 0.02 lead levels, *so the worst tea might have 5,000 times more lead than the best.* BECT 2008;80(3):300-4 says that "This study showed the total content of arsenic and heavy metals in green tea, oolong tea, and black tea produced in Taiwan was 0.11, 5.61, and 10.11 microg/g (mg/kg)," meaning Taiwanese black tea had 92 times more arsenic and heavy metals than Taiwanese green tea (10.11/0.11=92). It seems green tea is the least oxidized and processed, with the lowest level of lead. The Chinese garlic may be grown in sewage sometimes or use human sewage as fertilizer. Read the label. Some land can have 400 times more lead and whatever grows there may be lead rich. Some spices, like cinnamon, can have high levels of lead. Half of NYC eggs had lead at levels of 0.010 to 0.167 ppm ► EGH 2014;36(4): 633-49. Lead levels in fish were found to be 0.72 ppm on average or 70 times the level in the *vegan* nutritional yeast brands that had any lead (most did not) ► FC 2015;179:331-5. Lead in veggies was from 0 to 0.58 ppm, in fruits it was from 0.013 to 0.144 ppm in Poland, Europe's most polluted nation ► RPZH 1993;44(4):331-46. Other studies showed no lead in some fruits and veggies. In comparison, most nutritional yeast has no lead or if any, just 0.010-0.021 ppm. Dr. Greger found "lead in samples of Frontier Coop (0.021), KAL (0.011 ppm), and Whole Foods (0.012 ppm) brand nutritional yeast, but the lead levels were so low that they all comply with the exceedingly (and justifiably) strict California Prop 65 standards. Still, I advise pregnant women who eat more than a third of a cup a day on a regular basis choose a different brand. No detectable (< 0.010 pm, but it depends on detection limit DL, since it could be just below the instrument DL) lead levels were found in Bob's Red Mill, Bragg,

Dr. Fuhrman, Red Star, or NOW Foods brand nutritional yeast."

Home Depot has a $10 lead check that allows you to see if your toys, cookware, glassware, decorations, Christmas trees contain lead or not. eBay sells used portable x-ray fluorescence spectrometers for $4,000-10,000 which one can use to measure lead in objects. But these can be rented also for a few hours. PCH 2005;10(4):215-20 mentions "Of the 95 pieces of children's jewelry that were tested, more than two-thirds contained greater than 50% lead *(500,000 ppm)." This is beyond* UNBELIEVABLE. NT 2002;24(6):711-7 found that teens found guilty of crimes *had 7.3 times* more lead in their bones, this holding true regardless of race. High lead means not just lower IQ, shorter height, poorer health, higher mortality, etc, but more crime too. Society pays the cost. ☺☺☺ "Considering all U.S. counties where lead pollution has been recorded by the EPA, rates of violent crime are about 56% higher if silicofluorides are used in water treatment" ► gov..pdf. "For every age/race group, there was a consistently significant association of SiF treated community water and elevated blood lead." ► NT 2000;21(6):1091-100. Silicofluorides increase lead absorption and are used in 90% of water fluoridation. Violent criminals have much higher hair cadmium and lead ► PR 1990;66(3 Pt 1):839-44. Sci Am reports that areas using H_2SiF_6 or $NaSiF_6$ have more crime, alcohol, drug use than those using NaF or no fluoride. The lead exposure is not overcome yet, since many imported products (toys using lead paint) are full of lead if they come from China or other countries without strong lead regulations. EHP 2008;116(10):1285-93 says *"A study of toy jewelry found lead concentrations ≥ 50% in 40% of samples (Maas et al. 2005); when wiped, 70% of these samples released at least 1.0 µg lead, enough to cause high exposure with little handling."* and lifelong potential disability (or iq lower by 20 points for life) if a kid swallows such an imported toy piece. The scary thing is a kid ingests it or rubs it a lot or licks it, lead goes to the organs and brain thru the skin, causes autism symptoms within months of "unknown to parents toy piece ingestion or interaction with a toy piece", parents go to do blood tests and blood level can be OK even when organ/brain level of heavy metals is high, and then kid is placed on depression and side effect causing medication because of being "autistic" (lead, Hg, etc poisoned), because doctor did not do a test using DMSO or other chelators to test organ levels of heavy metals (just a routine blood test) via the DMSO chelated heavy metals in urine. Imported candy, coca cola bottles, chocolate and foods can contain very high lead levels. Even American vinyl lunchboxes, herbal supplements or other supplements can have lead, as FDA doesn't test these routinely. India has a big problem with lead due to PVC pipes. China banned lead in PVC for water pipes in 2006. vinylplus.eu..6.pdf explains all lead stabilizers are out in the EU for new PVC, but old pipes installed before 2016 still have those lead additives until they're replaced with new PVC. "Lead is used in 95% of PVC pipe in India, 86% percent in the Middle East and Africa, and 61% in South America... In Europe, 29% of all PVC pipe systems use lead, while in North America, the figure is less than 1%, because

nearly 100% of vinyl pipe systems use tin as a stabilizer." The "lead free" 2014 US *standard* means *less* than *0.25* % lead *in* water PVC pipes, so lead can *still leak* ► buildinggreen.com..1. America is not using calcium stabilizers a lot or organic based stabilizers, which are way safer than tin, hopefully tin is banned soon, even if it's way safer than cadmium or lead. ☺☺☺

However, PVC is in more products than pipes, so a lot of Christmas stuff and toys still may have huge lead levels, if the manufacturer did not use Ca, Zn, Sn stabilizer for PVC. PVC made Christmas trees (made in China mostly), wreaths (youtube...8) degrade and after 9 years, the lead exposure can be huge according to one paper, so maybe you test it each few years. Even Christmas lights can have lead in them ► youtu.be...c. ☺☺☺ "In the worst-case scenarios a substantial health risk to young children is quite possible" from Christmas PVC trees ► JEH 2004; 67(5):20-4, 32. Other things can leak lead too, made from PVC. Candle wicks, synthetic turf can leak lead too. Leaded crystal glass contains 22.8–29.7% lead or 228,000-297,000 ppm lead, 297,000 ppm is 3,300 times above the 90 ppm maximum lead allowed in paint since 2009 in USA (first paint ban was 1978 at 600 ppm). Crystal glass makes a long sound when tapped with a spoon: youtube.A. Imported dinnerware, ceramic pottery from Mexico containing lead glazes can be high in lead too ► EHP 2008;116(10):1285-93. The National Academy of Sciences says that our blood lead increased 300 times ► nih.gov...53/ in the last 200 years (to find where it says that, use Ctrl-F 300). ☺☺☺ tam...mugs explains which mug brands are lead free, to avoid lead poisoning of the brain or other organs; lead free brands from Amazon are Anchor Hocking 16-oz Glass Mugs, Libbey 15-1/2-oz Tapered Mugs, Libbey 13 oz Robusta Classic Coffee Mug, Luminarc Lead-Free Jumbo Mugs, Bodum Bistro Glass Coffee Mugs (only $2.5). A couple was hospitalized due to drinking coffee each morning from a mug that had a very high lead content. Symptoms disappeared after they trashed the mug that poisoned them with lead. For a list of the astronomical lead levels in some of the common plates, mugs, etc see tam...leadedmugs. The paint is only allowed 90 ppm and kids don't lick paint as much as a plate, but pottery and dishware can have glazing with a lead level that is 1,500 times higher, crystal glasses can have 3,300 times the lead concentration allowed in paints, see pottery. JMT 2013; 9(1):16-20 found that "The leachable lead-positive items were up to 40-fold the acceptable FDA levels... In 1971, the FDA established specific action levels for lead leaching over 24 h from ceramics, starting at 7 ppm. The acetic acid FDA lead-leaching limits of 3.0 ppm for flatware, 2.0 ppm for small hollowware, 1.0 ppm for large hollowware, and 0.5 ppm for pitchers, mugs, and cups. The impetus for such regulatory mandates arose when a family of six was lead poisoned after purchasing a lead-glazed ceramic pitcher from Mexico." Even in southwestern USA, the paper says, some people use lead for pottery, so it's a global issue. Sometimes, with these mom and dad shop imported pottery, the risk taken is death as explained in this paper about the death of a child due to lead ► NEJM 1970;283(13):669-72. We could have a global ban on lead in

ceramics, dinnerware, PVC, toys. STE 1999;234(1-3):233-7 explains that some imported ceramic plates leaked lead at level of 2,000 µg/mL using the acid test (FDA acetic acid test like), which is 670 times above FDA leaching limit for flatware (3 ppm). AECT 1996;31(4):581-4 found that Mexican ceramic can leach 1,000 times the FDA leaching limit ► "The results of the USFDA extraction test were highly variable with levels ranging from 200 to more than 2,000 ppm (regulatory level for rejection is 2 ppm)." The California Environmental Health Coalition has traced 15% of its child lead poisoning cases to lead-contaminated candy and about 15% to paint. Tests found lead concentrations of 21,000 ppm in the tamarind Bolirindo lollipops' wrappers (lead paint has 90 ppm max since 2009). California and FDA officials found lead in chili powder. In 2004 California sued Mexican candy manufacturers/distributors ► EHP 2004;112(14):A803.

The problem is a lot of imported cheap dollar store and even Walmart mugs and glasses, can have 1% lead, that's 10,000 ppm lead, or more. Coffee, tea, sodas, some juices are acidic; when hot, they can leach more lead from the glass/mug, far more than room temperature water or neutral pH liquids or juices. Imagine saving $5 on a cooking pot or mug, but getting Alzheimer or autism instead, costing insurance company $1 million over 20 years of living with Alzheimer and costing yourself $0.1 million too. Heavy metals increase oxidative stress, which is a risk factor that may just tip the balance over in favor of triggering 400 common diseases. ☺☺☺ There is a lot of work on biodegradable heavy metal free plastics, so, hopefully one day all the toxic heavy metals will be banned globally from all plastics. Germans found bacteria that eat plastic, Americans found some too in wastewater, and Mexico found a new method to make plastic (60% is avocado seed that is usually trashed) that biodegrades in 8 months. PVC is the third most produced synthetic plastic, and there is no global ban (only EU ban) on using lead stabilizers in all PVC. America uses tin stabilizers for water PVC pipes and autistic kids had twice the tin levels in their urine in this study ► BTER 2013;151(2):171-80. However, most of the global tin exposure comes from tin canned foods and from certain foods, not the drinking water ► w..tin.pdf. Nobody knows how much tin damages the developing brain and at what level, as well as how much tin is in the most contaminated water in the US, since tin was much less studied compared to lead, etc. The WHO pdf says "Vomiting, diarrhea, fatigue and headache were often observed following the consumption of canned products (tin concentrations as low as 150 mg/kg in canned beverages and 250 mg/kg in other canned foods) (JECFA, 1982)". FS 1981;46(6):1751-4 shows that using lacquered cans prevents iron and tin from leaking into foods. Too much iron, tin end up in Alzheimer plaques in the brain.

Lead air concentrations dropped 96% between *1980* and 2005 as a result of banning lead in gasoline and other products. Regulations can help save the public health. The same could happen with Hg as a result of global ban on Hg products and Hg emissions from any power plant (coal plants spew half of Hg in the air and many don't filter Hg) ► usa...N.htm. In 1887 there

were studies showing lead is toxic in the US, yet it *took* 91 years for a *ban* to occur. In the last 200 years we have been increasing our Hg blood levels thru industrialization (we breathe coal fired plant Hg, dental amalgams vapor, CFL lightbulbs vapor, we inject thimerosal Hg containing preservative in single dose flu shots etc). We often assume our IQ tests reveal true progress, i.e. if IQ goes up, it's always good, but IQ doesn't measure a LOT of forms of intelligence, such as gentleness, ESP, telepathy, empathy, ability to read body language (the stuff that autistic people, often times with 3 times the Hg and aluminum in their hair, can't do very well), tenderness, self-control, emotional stability, tranquility, peace making ability, non-violence bringing ability, emotional intelligence, etc. The increase of certain pollutants in our blood may lower some important intelligence aspects, even if IQ, SAT, school exams, etc tests don't measure them. ☺☺☺ A 2016 CNN Report explains that they found that *at* least 5,300 water systems have high lead levels, *because* utilities test lowest lead houses under slow running water so values come out lower. This is at least 18 million people in the US alone. If we add the exposure from dinner plates and glassware and ceramic pots, mugs and cookware, we get more lead exposure. Hence, having a Brita or Pure water filter may be very useful in some areas.

USP, NSF, UL certifications are only present in very few supplements, USP in 140 out of 90,000 supplements. USP certifies no dangerous lead levels exist in the dietary supplement, etc, being the most expensive certification. FDA warned that in 2016 two people might have died due to lead in dietary supplements (which FDA doesn't test usually). Here is the list of USP certified supplements. Among vitamins, most *USP* certified ones are of the NatureMade and the Costco Kirkland (Costco got transparent bottles, not ideal). ☺☺☺ A 2013 study found that 33% of pills *did not match the label, often using cheap substitutes*. There are ayurvedic supplements which have toxic *lead* levels too. Fidget *spinners* can contain *41,000* ppm lead, compared to 90 ppm maximum legal level in paint. See some of the spinner testing in this video. Dr Mercola cooking pan glaze got 14,900 ppm lead. You can google "rent an xrf handheld analyzer or spectrometer" and you will find ways to rent these to test everything in your house for heavy metals. pioneer2 is a short video about testing lead levels in a Walmart Brand of Glasses called Pioneer Woman. For Dishes by the same Pioneer Woman brand see pioneer1, some have 700 ppm. Walmart crock-pots are at crockpots. Anchor and Libby lead free glass is about $1 each. For Walmart Clear Glasses, see walmart4, the Instant Pot pressure cooker instant-pot. These pressure cookers sometimes have parts that have high heavy metal levels, like one had a cord with 11,000 ppm lead. The problem with aged dishware and cookware, is that even if they pass FDA leaching test brand new, they can crack and leach a lot more heavy metals later on. FDA doesn't test every dinnerware, so it makes more sense to buy brands that have 0 lead. It's strange enough that we allow lead in cookware. *A child was lead poisoned because he ate from the same bowl that was 52,000 ppm.* The older the dish gets, the worse things get. Some brand new dishes have 100,000

ppm lead, and it's just shocking that these things are legal to sell, since cracks and acidic foods would allow future leaching well above the leaching for a brand new dish. Usually the safest ones are the dishes without any decorative glazes added, like a typical cheap white or off white dish as the ladies explain in their video about testing dishes. The glaze colors often come from heavy metals. EHP 2009;117(8):1195-201 explains that lead industry officials tried to convince the EPA that lead is "an essential mineral required for optimum growth and development". Lead was detected in 20% of baby food samples, one more reason to embrace making raw *vegan* smoothies from fresh fruits and veggies grown in *less* polluted countries. A 0.46 µg/dL elevation in lead in the blood decreases IQ by 0.38 points. ☺☺☺

Other less known sources of lead exposure are *indoor shooting ranges, chicken skin, cartilage,* bone broth, hunted animals, ayurvedic supplements, etc as explained in the 6 minute video by *vegan* MD Greger who also mentions the huge lead exposure at the 18,000 indoor shooting ranges in the US alone. Oregon Live found that some of these ranges did not even have the filters and ventilation working, with the lead going in kitchen, day care, gym, nearby public places and kids areas, being at 60-100+ times over the safe limit. A worker poisoned his 1 year old child by coming home and not changing his clothes (washing them and washing his hands). We still live in the Dinosaur age of lead bullets which are not banned yet. It's ironic that people who're supposed to bring World Peace and local peace, to be the most peaceful, tender, healing, mentally stable, get contaminated with lead known to make people more restless, aggressive and impair mental function. Hunting and eating the wild game afterwards is insane, if using lead bullets, since up to a half of the lead can pulverize in small particles inside the meat, leading to even possible death, if not lifelong brain damage for the cruel hunters who sometimes eat the fowl they shoot. Perhaps, the law of karma acts as a self-correcting design of the universe, since evolution favors the nicer and more altruistic people. California, is a few decades ahead of the nation in environmental regulations (has half of all electric cars too), and banned all lead bullets for hunting starting in 2019. At the Oregon investigation link above, out of 400 armories with high lead levels, only 0.25% (1) were in California, even if California is 12% of the population (that means 48 times less per capita). California regulates more than the rest.

12.7. CADMIUM & Arsenic

Cadmium

Ntr 2015;7(1):552-71 shows the cadmium levels in rice have increased 2.5 times in some areas of China between 1987 and 2006. Just like lead inside humans increased 300 times, it seems like due to the wide use of cadmium we're setting ourselves up for some heavy decontamination work in the future and a new set of diseases, just like many other new diseases created by

industrialization (sodium triggered hypertension, ω6 overload leading to more diabetes and brain inflammation, lead poisoning and neurological disorders from leaded gasoline and paint, pipes, brain disorders from mercury in amalgam fillings, etc.)

Arsenic

Arsenic is another heavy metal that is present in some foods. Rice is the most arsenic contaminated *vegan* food (even if organic). One study found IQ was 10 points lower for kids exposed to high arsenic ► EHP 2007;115(4):643-47. The study also found that fluoride intake is linked to lower height. 55% of toxic inorganic arsenic in the diet of kids between four and 24 months old came from cereal ► IHEPH 2016;13(4):361. Infant formula provided 9%. This arsenic exposure and IQ lowering can happen even during womb time (not just during lactation or early years of eating formula or instant cereal loaded with arsenic), as mom eats cookies, cereals, cereal bars, pancakes and things made with rice. I avoid all rice. Arsenic is high also in beers and wine, as well as other products or juices (grape juice, etc) that are filtered with diatomaceous earth as explained at JFP 2017;80(6):892-902 ► these filters leak lead and arsenic into apple, grape and other juices, so it is better to eat fruits and veggies with fiber than buy juices or filtered vinegar enriched with arsenic and lead. NJ 2013;12:149 found that Brussels sprouts, fish, also have higher arsenic and amazingly, toenail arsenic levels can be 30% higher in beer wine drinkers and seafood eaters, but not so much in rice eaters due to the fact seafood arsenic is incorporated into toenails more, but this doesn't mean rice arsenic doesn't do its damage, just that seafood arsenic is very absorbed into toenails; the paper also explains other studies found alcohol drinkers have higher arsenic levels, possibly due to alcohol impairing body's ability to eliminate arsenic. One more reason to give up alcohol, especially since spices like rosemary got 400 times more antioxidants than wine (ORAC score). Arsenic causes many diseases, infections, cancers, etc and can kill in 1 hour at 100 mg. Lentils and beans have much less arsenic and they got more fiber, 4 times more protein, much more complete protein, etc than rice. dr.. explains that protein powders sometimes have a lot of arsenic, as they use rice protein as source. ☺☺☺

For those into scientific details of arsenic damaging effects at low levels, see also tu.be...34. For a list of the rice with lowest arsenic, see youtu.be..Q8. However, given that lentils have no arsenic, much more fiber, 3 times more protein than rice, more complete protein, etc. I would not waste my time ever making rice, making lentils instead using the same rice cooker or a pressure cooker (automatic cooking 20 minutes you're done). For 72 years people used these arsenic drugs in the US in poultry, contaminating every chicken eating American with arsenic until 2016 when they banned it. The manure used on some *vegan* crops contaminated the soil because it came from the arsenic poisoned chicken, since not everyone uses *vegan* fertilizer. Decontaminating soils is very hard, but doable. New bacteria are engineered to do things like

that as AMB 2017; 101:5749-63 explains: phys.org...tion.html. Arsenic is also found in fish, wine and dairy, as well as poultry in countries that have not banned arsenic drugs like the EU and US did and even the US feed may contain arsenic due to contaminated soils from old manure used on the soil. Unfortunately, arsenic in soil from manure killed the rice plants, so the GMO guys came up with arsenic resistant rice that will accumulate arsenic and pass it to people with no problem, see more about this in youtu.be..w. They came up with GMO glyphosate resistant corn that can be sprayed with 10 times the glyphosate and leads to a corn vastly different in pesticide content (over 10 times sometimes) and other parameters. Pesticides can cause infertility, Alzheimer, *cognitive decline*. Why corn? Meat eating needs 10 times the land, so they need all corn to feed to cows (increase yield via GMO due to lack of land), so people eat cancer causing beef and poison the food of *vegans* too with glyphosate and arsenic, from arsenic containing drugs given to chicken to grow faster and resist infections in the ultra crowded factory farms where chicken get sick a lot faster due to crowding and feces, and give us new H_1N_1 and other flu viruses (bird and swine flu). Carcinogenic glyphosate is in all cotton clothing and all food products using the GMOs resistant to glyphosate. Companies claim it's a negligible effect on health. An ad I saw said thimerosal mercury in vaccines increases IQ (but it does the opposite). Not all GMOs are bad, but we could all go *vegan* or eterni and no longer eat the bad GMOs. ☺☺

12.8. ALUMINUM ($^{27}Al_{13}$)

Blood Al *was up to 3 times higher in* those with Alzheimer, 0.66 µmol/l or 18 µg/l *vs healthy volunteers* 0.21 µmol/l or 5.6 µg/l ► J Inorg Bioch 1998;69(3):171-6. This could be reverse causation, meaning the Alzheimer caused a leaky blood brain barrier, which caused aluminum buildup in the brain. However, as Epid 2015:25(6):769-73 reports, just because antacids with 1-4 g aluminum don't seem to be associated with Alzheimer, it doesn't mean Al doesn't cause it in others not covered by the studies of the 2015 review, simply due to the possibility of Al absorption blockers, or brain uptake blockers in the diets of those people, or even their protective DNA. Not everyone was followed for 50 years to see effects, and we know Al causes biological entropy, DNA damage, besides other brain disorders. The "effect of endogenous Al accumulation is proven neurotoxicity, *increased* inflammation, *and oxidative stress*" ► Ntr 2023; 15(9):2221. Al "induces central nervous system impairment": EES 2023;264:115401. Since 2000, heart disease deaths fell 14% (they removed coronary artery plaque, but not the carotid artery plaque that causes Alzheimer, see pic), but Alzheimer deaths increased 89%. A vegan MD wrote a long article explaining, via a 100+ year timeline, how aluminum causes Alzheimer. "Foci of aluminum were detected within the nuclear region of a high percentage of neurons containing neurofibrillary tangles (Alzheimer proteins). The adjacent normal-appearing neurons… were virtually free of detectable aluminum" ► Sci 1980:208 (4441):297-9. A 74 pg paper explains Al causes dementia (if link expires, go to doi to get pdf). Al chelator removed Al, delayed dementia

progression ► TDM 1993;15(6):602-7. “aluminum binds selectively to PHF tau, induces PHF tau to aggregate, and retards the in vivo proteolysis of PHF tau… aluminum could serve as cofactor in the formation of NFTs by interacting with PHF tau.“ ► HH 1995;10 (4):969-78, so Al injection caused tangles in the brain: bad proteins could not be split, removed.

Could Al have contributed to this rise as people ate more processed baked goods (full of Al), HFCS (high fructose corn syrup in soda and 1000s of processed foods, fructose is associated with dementia JPAD 2023;10(2):186-92, HFCS possibly causes fat deposition on arteries causing starvation of brain and inability to clear brain of amyloid proteins, see picture of Alzheimer carotid artery, Al causes plaque too due to lowering blood biological entropy, so avoid all bakeries and dairy that has industrial levels of Al added at times) cheese, got more phone WiFi, tablet, laptop RF destroy their brains, and also became more obese (obesity a risk factor)? Knowing the Alzheimer risk factors and mitigating them seems like an urgency, since what causes Alzheimer causes non-lethal outcomes like low IQ, brain problems. Brain gray-matter Al in people who died of a *neurologic* syndrome of unknown cause was *25 ppm as compared with 2.2 ppm* in control subjects, about *11 times higher* ► NEJM 1976;294(4):184-8. Autistic kids had *3.5 times more* Al in their hair, 59.2 ppm, compared to healthy kids level of 16.8 ppm. They also had 60% more lead (3.31 vs 2.06 ppm) and 56% more mercury in their hair (0.39 vs 0.25 ppm) ► BN 2015:545674. Avoid any cream, body wash, antiperspirant, shampoo with Al colors or dubious ingredients, as the Al/toxins can get to the brain via retrograde axonal transport, leading to Alzheimer or other brain problems, even atherosclerosis. Al increases entropy in biological systems, so a “texture” Al ingredient may cause a stroke. The 2015 CDC report on US lifespan explains that in 2015 US lifespan dropped for the first time in 20 years, due to a rapid increase in Alzheimer deaths. The 2016 CDC report found a 2016 decline, the first time in 54 years we had a 2 consecutive year decline in lifespan. Alzheimer deaths increased the most in 2015 "From 2014 to 2015, the rate increased 0.9% for heart disease, 2.7% for chronic lower respiratory diseases, 6.7% for unintentional injuries, 3.0% for stroke, 15.7% for Alzheimer’s disease, 1.9% for diabetes, 1.5% for kidney disease". From 2016 to 2015, it increased 3.1% for Alzheimer, while decreasing for heart disease and cancer.

☺☺☺ALUMINUM TOXICITY:☺☺☺

Before 1820s, when Al mining began, there was hardly any exposure to Al. Spring waters, etc have very low Al levels compared to many vitamins, pills and some foods. Today, however, many foods, vitamins, medicines, cosmetics have Al hydroxide, Al Lake colors or other Al compounds. After reading studies about what Al does (especially in people who don't eliminate it well, including infants and kids), you might have a higher motivation to read the ingredients of shampoo, cream, sunscreen, lipstick, makeup, vitamins, foods to avoid Al. "Al appears to

therefore drive ALZHEIMER relevant amyloidogenic pathology directly, by aggregation of Aβ42 peptide monomers into higher order structures that subsequently form into senile plaque cores" ► FN 2014;5:167. Those chronically exposed to Al were 71% more likely to develop ALZHEIMER in this study of 10567 people ► NL 2016;610:200-6. Al-uminum gives Al-zheimer. Easy to recall. Al Hydroxide in vaccines linked to ►►...► NEURON DEATH ◄...◄◄ and Gulf War Syndrome ► NM 2007;9(1):83-100. Al diminished hippocampal neurogenesis ► JVS 2016;17(1):13-20. Al Hydroxide, used in many vaccines, leads to motor deficits and ...neuron degeneration., as well as symptoms like ALS, dementia, ALZHEIMER ► JIB 2009; 103(11): 1555☺☺ "Given that the neurofibrillary tangles we observed in human neurons always developed in conjunction with cytoplasmic Al, we hypothesize that Al plays an important role in their formation and should therefore be reconsidered as a causative factor for ALZHEIMER." ► Neurot 2006;27(3):385-94. Al speeds up NEUROBLASTOMA CELL DEATH: at 200 µM Al(mal)3, only 22% of cells were viable at 48 h and no significant cell death was observed upon treatment with its respective maltol control. At 400 µM it was worse ► PO 2014;9(5): e98409. Vaccines with Al hydroxide ($Al(OH)_3$) seem to be causing AUTISM like behaviors in mice ► JIB 2013;128: 237-44. Number of Al-containing vaccines kids get is associated with the number of AUTISM cases. Mice injected with $Al(OH)_3$ experienced memory loss, loss of neurons in the spinal cord/motor cortex ► IR 2013;56(2-3):304-16. The more frequently women shaved their underarm while using Al antiperspirants the earlier (sometimes by 20 years) they were diagnosed with breast CANCER ► EJCP 2003;12(6):479-85. Breast area Al levels at 268 µg/l in breast CANCER patients, more than double the 131 µg/l concentration in healthy subjects' breasts. ► JIB 2011;105(11):1484-8. A woman with Al toxicity symptoms had them disappear right after stopping using underarm antiperspirants with Al (vegan label sticks are usually Al/paraben free, as the container indicates) ► AJM 2004; 117 (12):956-9. Those who shave their underarm and then apply Al rich antiperspirants increase their Al concentration 6 times more than those who don't shave. The breast cancer location in the upper arm quadrant (near antiperspirants use area) became twice as common in recent years as Al antiperspirants became the norm. There is nothing good Al does for us, why is it legal to add to any food? "Al disrupts biological self-ordering, energy transduction, and signaling systems, thus increasing biosemiotic entropy. Beginning with the biophysics of water, disruption progresses through the macromolecules that are crucial to living processes (DNAs, RNAs, proteoglycans, and proteins). It INJURES CELLS, circuits, and subsystems and can cause catastrophic failures ending in DEATH." ► JT 2014:491316. "Given that the toxicity of Al has been widely recognized and that Al is not a physiological component in human tissues, reducing the concentration of this metal in antiperspirants is a matter of urgency." ► JTEMB 2014;28(2):147-50. Thru retrograde axonal transport (transport via axons of neurons) even if we eat only raw produce without Al, we can get toxic brain levels of Al via cosmetics, shampoos, skin being in contact with neurons and indirectly the brain. ☺☺☺

ALUMINUM (Al) Detoxification using CILANTRO, silica or silicon dioxide (inactive ingredient in vitamin pills, used to avoid clumping of solids in capsules) rich water, SILICIC acid rich foods:

Cilantro is used often to get rid of Hg, Ca, Pb, but it also takes out Al to some degree. The most common method to remove Al stored in the body is silicic acid $[SiO_x(OH)_{4-2x}]n$ (silica dissolves in water 0.1%, some forming H_4SiO_4 < 100 ppm (0.01%) ► FEBSJ 2012;279(10):1710-20; silicic acids are present in most mineral waters wik..Silicic_acid) ► ACLS 1996;26(3):227-33. This method is used in Alzheimer patients with high levels of Al ► JAD 2006;10(1):17-24; discussion 29-31. ☺☺☺ Silicic acid in potable waters has been associated with lower Alzheimer rates ► AJCN 2005;81:897-902; the study also found that those drinking water with Al > 0.1 mg/l had twice the risk of Alzheimer (0.1 mg/l is < the present EPA/FDA limit of 0.2 mg/l which may need to be lowered), while those with Alzheimer were 2.7 times more likely to have a low silica intake < 4 mg/day. Too much nano silica may be bad for some people, causing IBD, inflammation, ulcers via intestinal mucosa dendritic cell (they filter junk) cytokine release: JN 2016;14: 44.☺☺☺

Bananas have the most silicon (in the form of silicic acid) of any common produce 5.5 mg Si/100 g, but only about 2% is absorbed compared to about 50% from mineral waters (which have 0.5 to 2 mg/100 g) or green beans (2.5 mg Si/100 g). However, this doesn't mean this silicic acid can't remove Al, since the amounts in the body are small. Some *vegans* eat 10-20 bananas daily, meaning a lot of silicic acid. The silicic in the banana would probably prevent the absorption of Al from other foods, antacids or pills people might take, even if it is not absorbed, since the study found eating silicon rich foods prevents absorption of Al. Green beans may thus be more effective at heart and brain Al detoxification, as green bean silicic acid is 25 times more absorbable than banana silicic acid. For more on green beans and other high silicic acid foods, see ► AJCN 2002;75(5):887-93. The authors wrote BJN 2005;94(5): 804-12 with a list of 100+ common foods silicon content, and BJN 2009;102(6):825-34 with urine levels of silicon (used to measure absorption rates), which can be as high as 11% of silicon intake from bananas and as low as 22% from green beans, with averages of about 10 times *higher* from green beans, indicating that perhaps bananas have a higher number of monomers in its *polymeric* form of silicic acid, *harder* to hydrolyze in the gut and to *absorb*. *Monomeric* silicic acids are more absorbed ► CPB 1979;27(8):1733-9, since they're smaller than polymeric forms, passing thru the 4 Å radius lipoid membrane pore (page 7).

COMMON SOURCES OF ALUMINUM (Al) EXPOSURE:

The highest levels of Al in pills probably come from antacids, as seen at this CDC website ► "Antacids have 300-600 mg Al hydroxide (approx 104–208 mg of Al) per tablet, capsule, or 5 mL liquid dose. Buffered aspirin may contain 10–20 mg of Al per tablet. Vaccines may contain small

amounts of Al compounds, no greater than 0.85 mg/dose." Vaccine absorption can be 133 times higher than antacid or food one (40% versus 0.3% per one study). PT 2001;88(4):159-67 suggests *most vaccine Al is absorbed, compared to 0.3% from food, that would mean 300 times more from vaccines.* Given the rapid growth of the brain in the first year of life and studies showing neuron death due to Al, giving Al adjuvant containing vaccines that provide 4 mg of Al over a period seems like a real gamble. Using Al foil during cooking or Al cooking ware doesn't seem like a good idea. "The amount of leaching of Al was found to be high... the obtained values can be considered to be unacceptable" ► IJES 6(2011):222-30. All carbonated beverages in Al cans have acidic pH and this makes Al leeching into the can easier over time. Baking powder, some pancake/waffle mixes and frozen products, and ready-to-eat pancakes provided the most Al of the foods tested; up to 180 mg/serving ► FAC 2005;22(3):234-44. ☺☺☺

Many cake mixes, cheeseburgers, cheese products, baked goods, processed foods (even some of the organic juices and more "healthy drinks, foods and products") have sodium Al phosphate (SALP) approved food additive emulsifying agent. FCT 2008;46(6):2261-6 suggests most Al we absorb comes from food, not from the alum-treated tap water ► "Basic SALP is permitted by the FDA up to 3% in pasteurized process cheese (21CFR133.169)". This means if you eat 100 g of cheese you can get a maximum of 3,000 mg of this Al compound ($Na_{15}Al_3(PO_4)_8$ for example) or 205 mg of Al. If they use other variants of this class of compounds, you may get more Al. Thankfully, *vegans* don't eat cheese. The paper says that "some process cheeses were reported to contain 695 (Gormican, 1970), 411 (Pennington, 1989), 320 (Pennington and Schoen, 1995), 1,440 (Greger, 1985), and 470 mg Al/kg (Saiyed and Yokel, 2005)". That's 32 to 144 mg of Al in 100 g of cheese, a huge amount. The article explains 1911 papers came out about the possible dangers of alum baking powder; some non-profits asked FDA to remove the GRAS classification for these Al compounds. GRAS means that FDA doesn't test for safe tolerance levels. If you eat cheese, it is better to eat it unprocessed, or better yet, home made *vegan* ► youtube. Wikipedia entry for sodium Al phosphate explains that "The acidic sodium Al phosphates are used as acids for baking powders for the chemical leavening of baked goods. Upon heating, sodium Al phosphate combines with the baking soda to give carbon dioxide." That's why being *vegan* won't protect someone from Al caused Alzheimer (especially if other risk factors are high and elimination is not good), unless they avoid baked goods that contain this compound (sometimes listed on the bread ingredients, but often times not). I never eat bread/bakeries. Raw *vegans* noticed sometimes a vast improvement in health or curing of diseases that were present as processed food *vegans*, maybe they ate too many toxins or Al? Synergistic toxicity? Healthy folks blood Al is 0.006 ppm, Alzheimer folks blood Al is 0.018 in the study mentioned above, but in Alzheimer brains Al is 2-10 ppm. "The concentrations of Al in amyloid fibers in senile plaques located in both the hippocampus and in the temporal lobe ranged from approximately 35–50

ppm" (page 1581) ► JIB 2009;103(11):1579-84. This 35-50 ppm is also mentioned at IJAD 2011:276393 (end of section 3.2). *A 10 ppm average brain level only requires about 0.01 g of Al to get into the brain,* from the 1,000 g many people eat every decade. This is VERY possible and the numbers would alarm anyone who is aware that an infant gets at least 4 mg Al from vaccines and if much of it goes to their brain (body is small versus brain for infants), you can reach 0.2-1 ppm in theory thru vaccines alone triggering autism, if the kid can't eliminate it well, which often it can't because kidneys are not fully functional in 2-5 month old babies. Mercury destroys neurons in vitro at just 0.02 ppm for example and the study above shows 10.8 ppm Al levels make unviable half of neuroblastoma cells in vitro within 24 hours, 78% within 48 hours at 5.4 ppm (200 micromolar). Vaccine Al is 100-300 times more absorbable than the 7 mg they may get from infant formula in 6 months. *The numbers above show that the blood level of a metal, much lower than the brain level, never indicates exactly how much* Al *someone has in their brain, a little bit added each day thru capillaries and it builds up.* Al levels over 20 times higher than those of a middle-aged group were found in a brain autopsy study of elderly (Alzheimer) persons, roughly correlating over the age period with densities of senile plaques and neurofibrillary tangles... Clinical intervention to lower brain Al by chelation has slowed the progression of Alzheimer ► JAD 2001;3(6):541-9. ☺☺☺

At very high Al blood concentrations, even if temporary, the blood can coagulate, especially in capillaries of the brain. These blood clots can cause Alzheimer's Disease ► EG 2011; 46(4):225-32 and can inhibit learning. PO 2013;8(12):e82561 found that in rats with Al trichloride induced Alzheimer, blood viscosity and β-amyloid plaque were significantly higher. Al also facilitates stress fractures as it displaces calcium in bones. Food, vitamin, drinks, medicine colors in their Al "lake" form are a source too. “Slightly > 90% of plasma Al is associated with transferrin (Tf), ~ 7 to 8% with citrate, and < 1% with phosphate and hydroxide. Normal plasma Al concentration is believed to be 1 to 2 µg/L. Normal tissue Al concentrations are greater in lung (due to entrapment of particles from the environment) than bone than soft tissues… 60, 25, 10, 3 and 1% of the Al body burden is in the bone, lung, muscle, liver and brain, respectively.” ► JTEHBCR 2007;10(Suppl 1):1-269. We certainly need to fine Big Food/Pharma trillions for dumping millions of tons of aluminum in cheese and bakeries, antacids, etc. The evidence is clear: it is GENOCIDE to improve texture or other Vanity Properties to Kill Millions via Alzheimer. The only solution is the takeover by the gov, via the 11 companies of all these GENOCIDAL Phony Companies, who install their ☺abysmal IQ☺ clowns/puppets at the FDA to self-regulate their GENOCIDE. These same criminals then build 8 million palaces to congratulate these MASS MURDERERS. Vegan Cornell Univ. Professor, at age 85, explains that NIH low IQ folks got 29 institutes of health, and none of them deal with nutrition, when we know from bees, diet can make you live 40 times longer. NIH health professional pages for various nutrients (ω3 or Mg)

are pathetic, like made by 7th graders. They list foods under Sources in cups, half cup, 3 cups, 1 spoon, 1 ounce, 3 ounces, so you can never tell per 100g like at the USDA last column website. Also they need to rank them from highest to lowest, like USDA can, per 100g, separate vegan from the rest to encourage vegan diets known to prevent heart disease, the top killer. You know, these criminals don't just ignore☺☺☺ nutrition, since a nutrition program can make hospitals only 2K instead of 100K for a coronary bypass surgery, they fight it at every step thru the Genocidal Health care System that prioritizes pills and surgeries. Millions avoided surgeries by switching to a low fat vegan diet. The NIH pages on nutrients are like those made by 8th graders. If nutrition is advanced, all diseases are postponed by 3000 years, but ☺infinitesimal IQ ☺ buffoons can't comprehend that. Our pathetic gov of Jesus fraud Promoters can't even make a 200-900 page html or pdf on the most important 25 nutrients. But Jesus miracles get deified on 400000 churches' websites promoting fake miracles & Genocide/Slavery/Rape. Sports and useless stadiums get 50000 more money than the nutrition pages of NIH. Such low IQ.

12.9. DETOX with C, garlic, α-lipoic, glutathione, B_1, B_6, Zn, Ca, Fe, etc

NATURAL METHODS OF MERCURY, CADMIUM, ALUMINUM, LEAD REMOVAL

Some of the most popular chelation methods that have been tested in actual science studies (most of them are done on animals though) include α-lipoic acid (present in tomatoes, spinach, broccoli), garlic, vitamin C rich foods, vitamin B_1/B_6 rich foods, cilantro, onion, tomato, watermelon (due to lycopene), grapes and other flavonoid rich foods, chlorella, strawberries, the white pith of citrus fruits which contains pectin.

VITAMIN C RICH FOODS

1,000 mg of vitamin C lowered blood levels of lead by 81% within 1 week, while 200 mg of vitamin C had no effect; urine levels of lead showed little change, so the lead might have been eliminated in the feces. The best effects of vitamin C in many health studies were noticed from food vitamin C, not pill. One study tried 1,000 mg of vitamin C, got no results or it took much longer and the results were milder (due to higher levels of lead orthomolecularorg...4.pdf), so this may not work so fast and well in every case, as the mechanism thru which vitamin C does it may be highly dependent on other factors such as overall glutathione levels, oxidative stress from other sources such as AGEs, etc. However, eating vitamin rich foods is always a great idea and other studies show vitamin C reduces damage done by oxidative stress from many sources, not just mercury, lead or cadmium. With all this being said, we still can say that we live in the stone age, as far as our understanding of the safest heavy metal removal methods (and how not everyone is going to benefit the most from the same method). Just like in the 1850s we had no plumbing or sanitation and we defecated near our kitchens, creating a pool of infections leading

to huge infant mortality. Yet, arguably the most useful studies in humans indicate usually how eating food x leads to lower blood level of certain toxic metals due to higher excretion of heavy metals via urine. However, not all studies measure the amount of lead in the diet, urine AND feces, which poses a real problem, because in mice they noticed giving α-lipoic acid lowered the level of mercury in kidneys but moved this mercury in other parts of the body, like the brain. So, one can be easily excited that "blood level went down", but do we know for sure, 100%, that it went out of body and blood instead of going from the blood to another organ involved in recycling old red blood cells? Also, lowering blood levels of a metal doesn't mean we even began to remove 1% of the heavy metal in the brain. We need to have better brain scanners for heavy metals and to monitor in real time, daily, the lead level in each organ after taking "chelating food x" to know what is going on. Since such tech is non-existent, the only really useful studies are those measuring metals in both feces and urine, besides blood, as a result of an intervention compared to a placebo control group in a diet known to be VERY low in the toxic metals, so we can compute the net outflow of those toxic metals (lead, mercury, etc) from the body correctly. As you will see, such studies are VERY rare, perhaps less than 10 total, if any. Moreover, just because there is a net outflow of lead from the body as a result of eating "chelating food x", it doesn't mean that some of the lead, or mercury from one organ is not moved to the brain, in the process of detoxification. Without knowing what is going on, we can't come up with the least destructive and the least "partially reabsorbing" methods of heavy metal removal. Hence, we need more science, not stadiums, world cups, more physics and chemistry, from 1st grade, etc. ☺

CITRUS PECTIN IN CITRUS FRUITS

Modified citrus pectin is citrus peel pectin extracted from the peels and was effective at removing 74% of heavy metals in this study ► FK 2007;14(6):358-64. 100s of papers (JHM 2008;157(1):8-17 has human studies) have been published about using citrus peels to purify wastewater from heavy metals contamination. We get heavy metals from water and air too. That's why it's best to try to detox naturally by eating more pectin from fruits that have pectin. We never know how much lead our diet has today, since we can't measure blood lead daily. Apples, carrots, bananas have pectin too. ATHM 2008;14(4):34-8, is a human study showing how effective modified citrus pectin is in removing lead. This study showed a 161% average decrease in lead serum and a 132% increase in 24-hour urine lead. Carrots, oranges, bananas, apples are cheap high sources of pectin as this USDA link explains.

GARLIC (may cause infertility, low testosterone, testicular damage)

Garlic removed heavy metals in rats very well ► YMJJ 1999;40(5):483-9. Garlic protects rats poisoned with cadmium, ethylmercury and methylmercury; the effect was much stronger when garlic concentration was higher ► JKMS 1987;2(4):213-24.☺☺☺ 3 capsules of 400 mg powdered

garlic tablets daily (hypothesized to be equivalent to 1.2 mg or 1200 µg allicin wikipedia..Allicin so 3.6 mg allicin daily, how much you might get from eating 6 g of raw garlic) were found to be effective in lowering blood lead levels by 8 µg/dL from 43 to 35 in mildly poisoned people in ONLY 1 month. Anything above 5 µg/dL is considered bad. Garlic enzyme alliinase turns alliin into allicin as shown with formulas in the onion section, in a smoothie, but eating it doesn't, unless you chew it super well. Alliin was as effective as insulin in controlling blood glucose in rats; lower glucose spikes may be also why Ntr 2019;11(7):1504 found garlic eaters live longer. Garlic makes liver cancer less likely, logical since it binds the heavy metals and toxins in the detoxification organ, the liver, plus stimulates Gpx. Allicin, Amazon...M, is present in many garlic products which can also remove several toxic metals ► BCPT 2012;110(5):476-81. Allicin has 2 sulfur atoms; thus, it binds mercury easily. Garlic contains a lot of sulfur-hydryl groups that oxidize heavy metals making them water soluble. The garlic selenium Se (14 times > bananas, 35 times > watermelon, 140-400 times > apples, 28 times > oranges) helps trap mercury also.☺ "garlic appears to enhance the functioning of the immune system by stimulating certain cell types, such as macrophages, lymphocytes, natural killer (NK) cells, dendritic cells, and eosinophils" ► JIR 2015:401630. It seems ideal to avoid eating garlic 3 hours before going to bed, unless you enjoy burping all night. Too much garlic causes gas due to fructans. The Se can detoxify and cause acne, not something to eat before a big event, or any detox food.

GINGER

Ginger diminished the toxic effects of lead in rats by enhancing the levels of reduced glutathione, glutathione peroxidase, glutathione-s-transferase and catalase ► JFST 2014;51(5):908-14. Mercury-glutathione complexes are the main way we eliminate mercury via urine/bile ► AMR 2002;7(6):456-71. All sulfur rich foods are helpful too, like cruciferous ones, because mercury binds to sulfur (and selenium) easily. ☺☺☺

CILANTRO

Cilantro was hypothesized to very effective at removing heavy metals (especially from the brain) based on results in AER 1995;20(3-4):195-229 and AER 1996;21(2):133-60. Cilantro chelates lead ► JEP 2001;77(2-3):203-8. See also the chelation paper SWJ 2013:219840.

Several papers suggest using fruit or other types of insoluble fiber to remove heavy metals or to aid chelation via other methods to prevent any partial enterohepatic recirculation of the heavy metals chelated via whatever method back into the body. Liver makes bile acids from cholesterol and the bile contains waste products that the body wants to get rid of also. Bile salts are solubilizing the fats and fat-soluble vitamins A, D, E, K in the small intestine, enabling their digestion. The bile (which is further concentrated by the gallbladder up to 5 times by removing

water, during fasting periods) is released in the duodenum (the 12 inch first part of the small intestine). 500 mg of cholesterol are converted into bile acids daily (humans secrete 400-800 ml of bile daily), to help digest fats, vitamins. If we eat cilantro to detoxify, it pulls mercury from the brain and the bile eliminates it and if there is nothing in small intestine to trap the mercury (certain fibers and sulfur rich foods) beyond the usual very low amount of fiber, some of the mercury is reabsorbed into the bloodstream and body via enterohepatic recirculation (the process thru which for example a bile salt is reused 20 times by the body, since the venous blood in the ileum reabsorbs most bile salts). The small intestine is made of 3 sections, 1st is duodenum (1 foot long) which breaks down food via enzymes; 2nd is jejunum (2.5 meters) which absorbs most nutrients via enterocytes lining up its walls for transport via portal vein to the liver; 3rd is ileum (3.5 m) which finalizes enzymatic breakdown of carbs and proteins and absorbs B_{12}, bile salts and other nutrients. Once nutrients were absorbed, the hepatic venous system will take all nutrients and send them to the liver for processing, before they're distributed to various organs. JAFC 1999;47(11):4714-7 presents wheat bran fiber method of mercury chelation used in animals (probably humans too in other studies). ☺☺

THIAMINE OR VITAMIN B_1 as B complex supplement or foods

See the studies on heavy metal removal above in the vitamin B_1 section that talks of thiamin and other fat-soluble forms of B_1. Furlsultiamine is a synthetic allithiamine like the one found in garlic. The fat-soluble B_1 in garlic takes much longer to eliminate than the water soluble 24 hours thiamin in vitamin pills. This fat-soluble B_1 crosses the blood brain barrier much easier, enabling the removal of heavy metals in the brain. Autistic kids often have low vitamin B_1, and higher metal load, indicating metals may lower B_1. The fact that autism symptoms improve while heavy metals elimination increase upon taking one of the many fat-soluble B_1 forms (autism symptoms improve even after a water soluble vitamin pill BMCP 2011;11:111), such as garlic B_1 or others, indicates that B_1 may be one of the mechanisms thru which garlic removes heavy metals in the brain and body, especially since allithiamine has 2 sulfur atoms like allicin does.

VITAMIN B_6 ► IH 1987; 25, 93-97 explains how B_6 can chelate lead in rats.☺☺☺

TOMATO

Ntr 2015;7(1):552-71 covers a few of the popular heavy metal detox methods such as tomatoes ►"tomato has been reported to produce metal chelating proteins and phytochelatins when exposed to heavy metal ions [86,87]. In fact the oral administration of tomato has been shown to significantly reduce the accumulation of heavy metals (Cd, Pb and Hg) in the liver of rats [88]." Tomato and watermelon have a lot of lycopene, another antioxidant that is going to help the body fight oxidative stress, freeing some resources and more glutathione perhaps to bind

mercury and take it out of the body. Anything very rich in AGEs inhibitors will reduce oxidative stress and make the work of glutathione peroxidase and other detox enzymes easier.

ZINC, CALCIUM, IRON

Ntr 2015;7(1):552-71 explains more about taking zinc, calcium, iron rich supplements or foods. Zinc, Cadmium and Mercury are in the same group having very similar chemical properties as you recall from high school chemistry. This competition for the same enzyme sites makes it easier to displace cadmium and mercury or at least prevent them from doing too much damage while the detox goes on using vitamins, foods, etc.

☺☺☺CHLORELLA, STRAWBERRIES☺☺☺

Chlorella removed mercury in mice brains and other organs ► JTS 2011;36(1):121-6. Mike Adams reported he trapped the following % of mercury in a gastric simulation environment: Clean Chlorella: 99%, Hemp Protein: 98%, Peanut Butter: 96%, Strawberries: 95%, Cilantro Leaf: 95%, Raspberries: 92% Cacao Powder: 91% Wheat Grass: 90% Coconut Granola Cereal: 89% Barley Grass: 89% Acai Berries: 88% Wheat Flour: 86% Nori Powder: 85% Hawaiian Spirulina: 83% Blueberries: 83%. These Mike percentages are assumed by him to work in removing mercury you eat (fish and even fruits and veggies with traces of mercury) by adding mercury trapping foods like strawberries, etc. They don't mean that if you got mercury in some tissue, eating strawberry will remove 95% of it. Removing deeply deposited mercury is much more complicated and often times requires some strong chemical chelating agent, from a man made or natural source (like cilantro), as some of the papers above explain. The ideal strategy is to avoid depositing mercury in tissues by avoiding amalgams especially, since getting it out is far harder and often times impossible from certain locations that the chelating agent can't reach. Cilantro alone can cause heavy metals to come out via bile secretion into the intestine, but then it is re-absorbed if you did not eat MERCURY and heavy metals absorbing foods like pectin which trap the mercury in the intestine. Cilantro mobilizes heavy metals in bones and the central nervous system, including mercury stored in the intracellular space (attached to mitochondria, tubulin, liposomes etc) and in the nucleus of the cell (reversing DNA damage of mercury). Cilantro mobilizes more mercury from tissues than it can trap in the intestine, so to avoid re-absorption in less safe areas of the body, one needs to eat with cilantro a lot more mercury trapping things. Cilantro causes the gallbladder to dump bile with heavy metals into the small intestine. The bile-release occurs naturally as we're eating and is much enhanced by cilantro. If no pectin, strawberry insoluble fiber, or chlorella or other trappers of heavy metals are eaten with cilantro, the heavy metals are partially re-absorbed. One can also make a smoothie of cilantro alone, add alcohol and use this tincture to rub the joints to stimulate the removal of mercury. The wrists have dense autonomic nervous system endings (axonal uptake of cilantro)

and are crossed by main lymphatic channels (lymphatic uptake). Garlic protects the white/red blood cells from oxidative damage from heavy metals entering the blood as a result of cilantro enhanced bile secretions of heavy metals, so try to add garlic to the smoothie of cilantro, pectin fruits plus chlorella (cleanchlorella brand has no heavy metals, unlike others) or strawberries.

☺SELENIUM RICH FOODS☺

Se is under sulfur in the periodic table, having high affinity for mercury. Because of this, bioactive selenium reaches deep into the body where mercury is stored. Nutritional yeast has 140 µg of Selenium in 100 g, and 50 g of protein, being the richest source of selenium after Brazil nuts. Brazil nuts have 1917 µg of Selenium in 100 g, or about 20,000-50,000 more than apples, more than any other food on Earth. You only need 2 Brazil nuts (see the Selenium section above) or about 4 g to get the daily needs of 70 µg of Selenium. For more on selenium trapping heavy metals and best foods containing it, see the selenium section.☺☺☺

If you read many papers and websites on the mercury removal topic, you will see that chelating foods work best in combos, for example cilantro can pull stuff out of the body, but can't get it out well, so chlorella helps with that or humic acid or maybe strawberries or peanut butter. So, one can make a smoothie with pectin rich fruits or veggies (apples, oranges, bananas, citrus, carrots) and then add to the smoothie cilantro and strawberries (the insoluble fiber to trap the mercury cilantro pulls), etc. Or eat a little cilantro daily and your normal fruits and veggies. There are not many papers on some of these combos, but if you know someone who can do urine testing for free, you can see which combos draw the most mercury into your urine out. Since every person is different biochemically, what works best for one doesn't always work for all, so listening to intuition or spirit telepathy may help in eating the right foods to drive out all aluminum and heavy metals that can easily be pulled naturally over a period of 30-150 days or so, depending on how much has accumulated.☺

PFHN 1989;39(3):279-86 explains that even spices, dried fruits, nuts, ginger can have heavy metals in them such as cadmium ► "Mixed spices generally exhibited higher value for trace metals specially lead (6.6-9.2 µg/g), cadmium (0.65-1.34 µg/g), iron (142.3-285.0 µg/g) and zinc (64.2-65.8 µg/g). Dry fruits contained relatively lesser amounts of heavy metals than plant nuts. Almonds contained higher levels of lead (1.02 µg/g) and cadmium (0.24 µg/g) than other nuts and dry fruits." This shows how important is to detoxify with cilantro etc once a year or 6 months, since heavy metals accumulate in the brain, nervous system too and can cause Alzheimer, lower IQ, etc. 1,000 g of ginger can have about 1 mg of Cadmium ► Sprin 2015;4:107, 1,000 g (2.2 lb) of almonds can have 1 mg of lead. If the enzymes that normally do the detox are not working properly in some people, they increase their risk of neurological degeneration, Alzheimer, etc dramatically if they don't use detoxifying foods.☺☺☺

12.10. AIR VITAMIN- NEGATIVE IONS (kill dust mites, bacteria, reduce anxiety, heart rate, blood pressure, asthma, allergies, flu mortality, car accidents, typos, aggression, depression, improve IQ, clarity, cognition, happiness, mice died within 2 weeks of no ions in air)

Negative ions reduced headaches by 78% and improved cognitive performance (telepathy probably too) by 40% in some studies below. Mice die in 2 weeks when there are no negative ions, rats in 3 weeks. Negative ion generators usually use 1 watt of power, very little. Hundreds of studies show the benefits of negative ions and the harmful effects of positive ions. Negative ions lower the heart rate, blood pressure, body temperature, depression, work turnover rate, unhappiness. In Japan they know about it: in any building with air cooling and heating they got *built in* negative ion generators to prevent negative ion count to go to 0.

Cognitive performance increases 15-40+% in those exposed to negative ion generators (visual memory over 40%) versus when exposed to dummy (placebo control) ion generators that emit no negative ions ► IJP 1992;34(3):253-9.

Six of nine sub tests of a cognitive performance test were solved better, three of them statistically significant (verbal factor, reasoning, and perceptual speed), in the room with higher ion concentration 2,194/cm^3 vs. 1,038/cm^3 (many ionizers produce 3-10 times more than 2,194 and many effects on physiology appear only at higher levels as shown below, so cognitive effects differences probably also become much deeper at wider ion count differences. ► IJERPH 2015;12(11):14301-11. Headaches disappear in 78% of subjects with negative ions ► continuitycentral.com/HealthyBuildings.pdf or LH Hawkins & Barker, 'Air Ions & Human Performance' ERGONOMICS 1978;21(4):273-8. ☺☺☺

Positive ions increase Fight or Flight catecholamine called norepinephrine in exposures of mice up to 1 day wik...Norepinephrine or noradrenaline, hormone which increases anxiety, restlessness, blood pressure, heart rate, aging, uses up cellular resources etc. After exposure to 3-10 days, the mice became exhausted as norepinephrine became low and they could not mobilize the energy resources of the body. No such effects of sudden rise and then fall in catecholamines were observed with the negative ions in which we evolved over billions of years. ► ZBMHB 1982;176(1):72-8. Studies found that the people who live in offices with high positive ions have a much higher turnover and job dissatisfaction rate: they feel panic, stress, exhaustion perhaps. Maybe it is not the company, but the positive ions? A very cheap fix if true. ► gs.pdf

It's not just work performance and happiness, but even relationship at home with your family that will be affected by higher catecholamines that send people into panic and exhaustion. 78%

of people with acute anxiety and neurosis achieved complete relief in one Argentina study with negative ions alone. Many other studies showed benefits for computer fatigue, asthma, bronchitis, cough, sore throat, breathing difficulty, emphysema, hay fever, sore eyes, etc for 40-80% of those trying negative ions depending on their age (easier to notice for young people) ► continuitycentral.com/HealthyBuildings.pdf. NASA wrote in September 1978 that "negative ionization is associated with a significant increase in performance" ► ntrs.nasa.gov/..554.pdf

In 1933 Alex Chizhevsky, the builder of the first negative ion generator, exposed mice to an environment that is wholly unnatural, void of ions, and they died within 2 weeks, even if air was very well ventilated. It's well known that a sudden release of catecholamines can lead to sudden death, so maybe no negative ions lead to no good regulation of noradrenaline. ► Alex L. Chizhevsky, in On the Shore of the Universe. Unexplainable Pheno (Mysl', Moscow, 1995), 41-73 and Transaction of Central Lab Scientific Research on Ionification (The Commune, Voronej, 1933) ☺☺☺. In 1990s, scientists have repeated these animal experiments and animals died in the absence of negative ions (but slight presence of positive ions at 80 ions/ml) in 16 days for mice, 23 days for rats. The mice started to have eye problems, refuse to eat as usual, lose hair, act disoriented, many of their organs no longer working normally ► ZN 1997;52c,396-404.

continuitycentral.com/HealthyBuildings.pdf reports that Hawkins noted the effect of air ions on the ability of students performing high concentration psychomotor tasks; negative ions provided up to 29% improvement over normal indoor conditions. (Hawkins L, Barker, T. 'Air ions and human performance,' Ergonomics,1978;21(4):273-8). The pdf also explains that researchers in Hungary recorded a 20% reduction in road traffic accidents when ionizers were fitted in public service vehicles (Gy. Biro MD, CAND and F Scab Medicor, News 1970, Budapest) and that bankers in South Africa reported an 80% reduction in data entry error rate after their offices were equipped with ionizers. (Standard Bank of South Africa, Johannesburgh)

Rectal temperature in the pajamas with negative air ions tended to fall more significantly during the night-time. Salivary IgA (immunoglobulinA which is low in people with immunodeficiency) tended to be higher on waking when wearing pajamas with negative air ions ► IJOMEH 2004;17(2):295-8. ☺☺☺ Mice respiratory disease mortality increases in the presence of positive ions. Mice influenza mortality increases when air ion count decreases (regardless of charge), possibly because ions kill bacteria and viruses. Mice and rats display a charge-related metabolic response to air ions; this phenomenon also occurs in humans ► Sci 1976;193(4259):1209-13. Negative ions kill bacteria in the air ► BMCM 2016;16:173. Negative ions kill dust mites ► APJTB 2012;2(2):156-8. Thorax 1983;38(8):584-8 found that exercise-induced asthma was significantly attenuated by exposure to negatively ionized air. Negative ions inhibit the growth of microorganisms ► Proceedings of the 11th International Conference on Indoor Air Quality and

Climate; 2008. Installing negative ion generators in an intensive care unit led to a drop in Acinetobacter infection cases of 82%, from 11 to 2 ► ICM 2006;32(2):315-7.☺☺ Diastolic blood pressure values during the recovery period were significantly lower in the presence of negative ions than in their absence ► IJB 1998;41(3):132-6. Exposing humans with proper circulatory indicators six hours a day for a few days to negative air-ions in concentrations of 10,000 ions/cm^3 results in drops in systolic pressure in the 7-15 mm Hg every day and lower for diastolic. This effect works until both pressures reach a stable level, which probably can be considered optimal for a given person. However, exposing people to positive air-ions in concentrations of 25,000 ions/cm^3 results in destabilization of the circulatory indicators ► PJES 2014;23(2):521-531. Water generated negative ions (like ions in air near waterfalls) prevent cancer in mice ► CL 2006; 239 (2):190-7. Negative ions reduce heart rate and rectal temperature after exercise ► JHE 1993;22(1):1-9. Depression score improvement was 53.7% for bright light and 51.1% for high-density negative ions v. 17.0% for low-density ions. Remission rates were 50%, 50% and 0% respectively. ► PM 2005;35(7):945-55. Early in the 20th century, the proportion of positive and negative air ions on the earth was 1 to 1.2. Today the proportion is reversed 1.2 to 1 due to pollution and human activity ► SR 2016;6:26055. Ionized waterfall aerosol helps to improve pediatric allergic asthma symptoms and markers ► JA 2012;49(8):830-8. Negative ions lower depression ► BMCP 2013;13: 29. In light of this, it would be worth taking the air negative ion concentration in all the blue zones where centenarians live, known and less known (Bama, China, Aciarolli, Italy, etc) and seeing if there is a relationship. Bama and many India and China centenarian towns are in the mountains where negative ions are very high. Could this add years to human lifespan? One mechanism brain get happy and performance increases, accidents decrease could be thru the uptake of ionized oxygen by the brain when air has more negative ions. Everything in the biochemical processes is electric and based on electrons, ions, etc. Given how easy it is to design a study to measure mice longevity or worm longevity at different concentrations of positive or negative ions, given all else constant, diet, etc, I see no reason why this is not done soon, since it's so important for longevity probably given how cheap it is. It might lead to a discovery about brain oxygen uptake electron transport. Probably one day they will regulate how many positive ions a device can produce.☺☺☺ Here is a free paper with general information about negative ions. Here is another amazing paper for those interested in doing more research into the best type of ion generator, since some produce O_2^- ions, while others don't and the hypothesis is that those with O_2^- are better. Already studies show those producing more ions are better, since at low levels, no big effects are seen. Interestingly, another paper found that negative ions from water shearing were much more effective at doing certain things than those from corona discharge ► Negative air ions created by water shearing improve erythrocyte deformability and aerobic metabolism ► free paper ► IA 2004;14(4):293-7 ☺☺☺ The Japanese, world's longest living nation, are ahead of everyone on negative ion

products, having them everywhere. Wikipedia says some AC units reportedly incorporate tourmaline to provide negative ions ► "*The air conditioner main body employs a tourmaline-coated sheet. The sheet generates negative ions around the clock.* Even when the air conditioner is not running, it generates as many negative ions (2,500- 3,000/cc, 1 cc = 1 ml) as in a forest, stream or fall does, allowing you to experience them without incurring any electrical charges." "There are now patches TRMX-2i that the Chinese have developed to detoxify the body. They're made with 60% Tourmaline and "emits negative ions on average of 1300 ion/cm^3" You can even buy wall paint, transparent, that emits negative ions. Some studies above were done in rooms with such paint. Ion-Miracle book explains "Hospital burn victims have been treated successfully with negative ions. People living near natural water falls, a highly concentrated negative ion environment, live healthier and longer lives. Asthma and allergies are alleviated even cured in atmospheres rich in negative ions. Athletes have progressed more rapidly when training in environments high in negative ion. Negative ion generators have helped car drivers to stay more alert, feel less fatigued and have better reflexes. Women menstrual cycles are more regular and sexual capacities are enhanced in a negative ion atmosphere."☺☺☺

12.11. Avoid Genocidal Radio Frequency (RF) Pollution (see how next 30 pages)

12.11.1. How to protect yourself from the deadly microwaves from cell phones and WiFi
12.11.2. $20+ mp3 players for music add years to your life, don't use phones for music
12.11.3. How to reduce radiation from your phone, laptop, tablet ☺☺☺1 MILLION☺☺☺ fold
12.11.4. How cell towers and home-school-univ WiFi commit genocide and cause 100s of types of cancers, disease, infertility, miscarriage, memory loss, brain fog, headache, short life
12.11.5. How phones and WiFi routers completely destroy your brain, lower IQ, give Alzheimer

Intro: Phones & all wearables *(watches, smart glasses, fitness)* like Apple, Meta (see Jewish plan for USA, Jewish Meta CEO 2300 acres estate + mansions in many states/nations, spying on all via Meta glasses), Samsung (CIA/PLA), etc are used to spy/torture/kill via "invisible" methods: WiFi detects your location, breathing rate, etc, phones were made by militaries to spy on everyone and foreign spies love them (*hence China* banned all foreign phones, France banned iPhone 12 for too much radiation, I tested G310 5G Nokia (G10, C32 are even lower) in idle mode, when you just keep it in your pocket and the peaks/maximums are 100 times smaller than Samsung (9 vs 900 mW/m^2), and Apple, Google, T-mobile Revvl are worse than Samsung; we need fine these 5 trillion to build wired connections in all schools, hotels, houses, universities, ban WiFi (as bad as phones) worldwide unless emergency needs it. N. Korea executes those using Chinese phones. Having a cell phone before 13 means mental illness due to kids being more damaged by RF. You could use Nokia, *the lowest RF of any major brand; the* spies use US made Librem phone: US electronics, except WiFi card nobody uses due to security threats, Pure OS with 90000000

times fewer viruses + it has laptop and phone hardware kill switches; see how many trillions they spend to upgrade phones, they don't make any device to increase lifespan that all have, monitors arterial plaque and 100 biomarkers, only aristocracy police state devices; these soulless mobile phone companies never have World Peace in 3 months on phones, only trash apps). You see how USA outsourced manufacturing overseas, but this has huge risks, because every monitor, fridge, electronic device can be turned into a spying machine (like ESP 32 2$ chip in 1 billion devices, TP-Link routers) and into a weapon of brain writing and reading, to do the bidding of the exporting nation, parts look alike placed in big TVs to exterminate slowly 25 nearby apartments. Unplug all hotel TVs, electronic devices, use your own, nobody can monitor every supply chain activity as those factories give their modified military espionage dual use products to the big Samsung or Apple factory. USA has 25K soldiers in Korea, they're busy on bases. USA has no clue into what 75 million Koreans do via secret activities with exported phones, monitors. If you want a country in 9 years, you *need ban imports of all electricity using items*, and USB cables that spy on us. In 2025, the murderous aristocratic parasites kill slowly everyone with phones in an unbelievable GENOCIDE, as explained below, create endless bad phones/cell networks, wasting everyone's time with unlocked, locked phones you can't use on other networks. In a car, due to being a semi Faraday cage, the 1-10 GHz toxic radiation increases to compensate for the car metal frame blocking the signal, so people are destroyed as phone is way too close. We don't need cell phones and WiFi all the time, the radiation in most cities is toxic and needless; if people knew what phones and WiFi do to their blood, brain and every organ, they would use them 100000 times less, only for emergencies. Use LiFi if you absolutely need it for nonemergency. Everything ought to be wired or LiFi (WiFi or cell for emergency only), for public health, national security, brain health of citizen, sanity of the nation. Hackers and thieves use wireless, as it's a million times easier to hack. The 11 immortalist companies who care about workers would create a plush, comfy, rain and shock resistant phone holder near the license plate (right under it for example), outside the car, so that the driver seat radiation from the phone would be 1000 times lower and the phone would plug into a headphone jack whose wire goes to the driver's console, so if there is a need to receive phone calls or make calls, the driver and passengers won't be killed by microwaves, as the phone signal can't go towards them due to the metal at the back. The car antenna could be placed in the same place (slightly below the license plate or above it) to diminish car radiation. The 0 IQ companies today, made by ruthless aristocrats, simply don't care and encourage all to wear these deadly phones near them all the time, causing an epidemic of neurological disease, cancer, diabetes and every known disease, which is made worse by oxidative stress from microwaves. Perhaps, phones can act as instant torture devices, as weapons for aristocratic microwave and other invisible rays "beatings" of any worker they want, so they hide how lethal the phones are. They praise the Bible of slavery, beatings, genocide. After 90 million needless deaths, USA put a

scary warning on packs of cigarettes, but nothing on phones: it's genocide. The interior of oil or electric modern cars is truly toxic unless you turn off all connected services, as deadly as being 4 feet from a phone or WiFi router. Disconnecting is not even possible on some cars without calling the manufacturer. Thru the Immortality Party, we fine all car and phone companies trillions and merge them into World's Healthiest Phone and Car brands, Eternal Phones of the Eternal Utility Inc, and Eternal Motors of Eternal Travel Inc, two of the world's future only 11 companies. Kids who damage brains with phone or WiFi suffer from aggression, anxiety, low self-esteem. Iran hinted Jewish Facebook uses WhatsApp to kill all who don't like the Genocidal Jewish Bible. Phones are used by Mossad/spy agencies to kill slowly (via RF, location tracking) any Bible critic of the 25 cannibalism, genocide, rape quotes that 2 billion are brainwashed to believe as the Word of God. Spies are lethal, use phones only for emergencies: always off. Same for "google/meta glasses", ear pieces, they destroy brain/eyes even more than phones. Brain, breast, lung, blood cancer cells (not all get full cancer) develop in to all having phones/WiFi on. All "healthy" adults have cancer cells inside, only some get to full tumor. ☺☺☺

12.11.1. How to Protect Yourself from WiFi, car and cell phone radiation

Below are 16 pages everyone needs to read to save their life. Keep phones in airplane mode 99.999% of time (use them only for emergency calls or downloading an app or banking), turn off WiFi at home. Save all e-books, science papers as PDFs or files on phone before you go to work, if you want to read interesting stuff in your work breaks on your phone while in airplane mode. Microwaves create dry heat that produces carcinogenic acrylamide and AGEs, beside leaking huge levels of toxic microwaves that damage cells in many ways, such as neuron mitochondria death shown in the vitamin B2 section. Millions of people use cables and adapters to prevent WiFi from devices/phones. The back seat of Tesla cars is under the GPS/cellular antenna that is installed within the back window, so you will get a LOT of radio frequency there due to the glass roof too (some cars got antenna on top of the metallic roof that blocks that signal), as much mW/m^2 as when talking to some phones from 5-15 inches away: 30-100. More on some electric or gas cars with strong GPS antennas being as deadly as phones is in this EV section, that explains EVs have 100-200 times more kWh electricity (12 V battery in gas cars is 1.26 kWh capacity vs 200 kWh for big trucks) to read-write thoughts, emotions, movements and damage organs... to power extermination covert hidden world war devices. That is why you need research EV radio waves before buying a 50000 car with some 120$ GQ EMF-390 or other meter. We can't replace chemical smog with RF smog and create endless death. Some EVs radiate 100000 times less RF than Tesla when I'm in the back seat, car is on and idle, at least for 10 MHz-10 GHz frequencies GQ EMF-390 meter detected. 120$ GQ EMF-390 only records 0.001-9999 mW/m^2, 190$ TriField 0.001-20 mW/m^2 (total waste of money, costs 70$ more than GQ, and provides 100 times less information, graphs, etc, not letting you know which GHz the signal

comes from, etc, yet Amazon masses are fooled and order 1000 of TriField junk a month, while not ordering the way more useful and wider range GQ 390; I ordered it and it doesn't pick up a lot of stuff GQ picks up and returned it next day), while 375$ 200 MHz-8 GHz Safe Sound 0.000005-3180 mW/m^2 (ideal for lowest RF cars (see their site)/phone GPS systems used in airplane mode to minimize RF). Safe Sound says safe level is < 0.0001 mW/m^2. TriField is popular, but complete trash. GQ got RF browser, spy camera signal detection, etc. a lot more options than the other 2. GQ, made in USA, also about the same signals as Safe Sound (when you watch GQ, the values change every second or half a second, those are peaks every 500 ms or more; on the Safe Sound the same peaks are on the 1st line, 10 peaks per second, a lot more than GQ. Safe Sound also averages the peaks within 1000 ms, or 1 second, to give a lower value if you want to compare averages from other instruments. Safe Sound is much more useful, it allows you to see averages and how they triple when you connect an ethernet cable to your laptop ethernet to USB-C adapter, due to you bringing RF from the wireless router (that has WiFi turned on, that's why you always want to turn WiFi off on your router) thru the copper line even from 100 feet away. With GQ 390, you only see higher peaks, which you can also see on Safe Sound, but it's sometimes hard to know how much higher the average is since GQ doesn't average or display the lower values, only the highest peaks. The peaks are events that happen every 50-100 ms, other times it's nothing, but our eyes can't perceive 1000 values a second to see so many 0s and they don't list the 0s, only the peak values. GQ doesn't offer averages, only the peak every half a second or so, and the "Max" (second line) on Safe Sound is the same as "peak" on the top of the GQ screen. Safe Sound picks up higher intensities (3 when GQ picks 1 mW) than GQ at times, and vice versa.☺☺☺ You can do therefore everything without GQ, just by using Safe Sound. However, with GQ you can't measure a lot of lower intensity peaks (0.5 mW that GQ doesn't even display as a number), can't get average, so it will be impossible to accurately average the peak yourself, as it changes so much and you simply don't have the time to write down all values in 3 minutes to compare one area or setup with the other. GQ is better for some signals maybe that Safe may miss (GQ misses a lot more signals Safe picks than the other way around), hence someone stole my GQ to maybe find spy cameras and I may need order another one. Obviously CIA has devices 90000 times more sensitive (for tiny RF cameras that only send signals rarely and need to be detected in an area of high background RF) than these toys for everyday gigantic level RF devices (phones, etc), even yourself can order expensive meters online for 9000$. Safe Sound can be useful for Faraday cage, low RF areas or seeing average too, so it's a better device, can be charged via USB directly from laptop or via 2 alkaline batteries. Turn sound off to triple battery life. However, the Safe Sound can detect some high intensities more often, reaching 3180 maximum, while the GQ never goes beyond 1400 mW. However, for detective work of spy devices, etc and health, in RF minimal areas, the GQ and Sound are useful, as Safe Sound can detect stuff 1000 times less noisy than GQ, so for spy cameras and other stuff

in certain low RF buildings, Safe Sound is better. However, the best value for the money is GQ for most situations, as most people don't have places with such low values if using WiFi or in busy areas with WiFi from neighbors, cell towers, etc. If you have little time, you can jump directly to the paragraph explaining how to reduce radiation 1 million fold to background level (our bodies are used to and became optimized for over 4 billion years of evolution) when making calls from your phone and ensure the highest privacy as you use your cell phone as your router via a USB C wire to tablet/laptop, not a landlord or hotel WiFi or ethernet that he can spy on so easily. They too thought you can "evolve to adapt to lead or cyanide", same with 1-500 mW/m^2 WiFi, same lies. *tenderly gently kindly*☺☺ listen to music on mp3 players, never on phones to prevent losing 8 years of lifespan, 90 years of healthy lifespan. NEVER GET WIRELESS INTERNET from T-Mobile, Verizon, etc, 5G, always get *cable* one and turn off WiFi in your house, use only fiber, DSL, cable. Wireless give a house 100 times more RF than neighbors with wire connection and kills your family's health. *T-mobile, Verizon, all wireless internet without cable need to be fined to* create Eternal Utility Inc with the money, and wireless internet routers outlawed.☺☺☺

BASICS OF PHONES, CARS, COMPUTERS, TABLETS, LAPTOPS, DESKTOPS, watches, etc turned into WEAPONS OF GENOCIDE via microwaves: A phone (Nokia far less than major brands) emits about 3-5000 mW/m^2 at half inch on a routine basis, every few seconds while not in airplane mode, but 0.001 mW/m^2 (*or background, if in a healthy RF area, not modern cities that can have 10 on an entire block*) RF in airplane mode of course if no GPS background app is in use. GPS (using mostly 1.2 and 1.6 GHz) is not turned off in airplane mode as that frequency doesn't interfere with airplanes. CIA uses some GPS frequencies and maybe that's why these meters don't pick up GPS from phone well? Likewise, BT is not turned off from emitting when you enable airplane mode, so to get no RF, you need turn off BT, GPS/Location (maps apps) and WiFi. Some RF meters on Amazon etc don't measure all frequencies, like 1.2 or 1.6 GHz, so you won't see GPS and how it destroys your body (causes headache). Satellite and other weapons can also be used, using the nice receivers and glass roof that allows RF thru. With 46 antennas in Model S, we get all soaked in unknown weapon systems RF baths. Keep laptop 5 inches away from you, the edge of the laptop closest to you ought to be at lest 5 inches away, to prevent WiFi damaging you. Use Ethernet adapters, don't use WiFi, turn router WiFi off.

Australia, EU plan social media ban for under 16 to protect them from the evil music, evil ideas and content on facebook, tiktok and other trash sites. What we need is the banning of all phones for under 18 globally (under 12 a must as they become obese, depressed), due to radiation and giving people a small device the size of a watch or something that can be pressed to call emergency help and locate the person if attacked, until we execute all NEW (not those who did crimes before the end of the 6 month TV takeover, after the 20 hour a day education on all TV-radio for 6 months about basic ethics of nonviolence) violent criminals in the 10 year

global emergency state. LiFi needs replace WiFi to ensure biological safety, before we allow phones for young developing brains. Please don't microwave plastic, as it releases deadly plastic particles into baby or adult food. See 26 g 22$ mp3 players that emit no RF. youtu.be..I shows the measurement of RF radiation near a cell phone tower (800 mV/m), in a classroom full of WiFi laptops (800 mV/m), in front of a WiFi laptop a child who absorbs far more radiation (2,857 mV/m) and the background radiation in nature or in nearby places of the town (11 mV/m). Signal strength of 2,857 mV/m means a power flux density of 2,165 nW/cm^2 or 21.651 mW/m^2 or 21,651 µW/m^2, because V/m = √ (W/m^2 x 377) or W/m^2 = (V/m)^2/377 you can also convert the two automatically on some websites. W/m^2 is power density in watts per square meter.☺☺☺ 377 = 120*3.14 = 120π ohms = the characteristic impedance of free space. Power density P (measured in W/m^2) is field strength E (measured V/m) squared divided by 377. P=E^2/Z. Z is impedance. Away from towers in nature, it was 11 mV/m or 0.00032 mW/m^2 or 0.032 nW/cm^2. You can use 100s of devices, like this GQ EMF-390 reading 10 MHz-10GHz, giving good RF, electric and magnetic field readings, ultra useful for devices that vibrate to avoid birth defects, ocular damage, etc, like electric razors, toothbrushes (see values here), vibrators (avoid at all costs), etc. One thing to keep in mind is to never hold the GQ EMD-390 meter with your fingers/hand as manual says, since we're bioelectrical beings and can form circuits and cause readings to move from 2 V/m to 50 V/m in certain cases where metal from the table, aluminum nearby used to block RF, tall desk lamps, even when not turned on (plugged in) sometimes, etc form a circuit with the body near the socket where desktop is. Hold the meter from the little leash it has attached to it or for testing various areas without entering it, simply use a stick that holds the meter by the lace. Never allow hands to touch the meter. Never sit close to your laptop or monitor or desktop wiring that has V/m above 10, unless it's just 1 minute; or just sit like a yogi on 2 comforters and a pillow to raise yourself 6" or some small stool or inflatable, then place a box on the crossed legs, the keyboard and mouse pad on the box, no metal parts table, just a big box or tiny short desk for the monitor kept 3 feet away, in some area that has 30 times less RF than the minimum background city level in least polluted areas (can make this in a small bedroom or huge closet to protect yourself, especially if living in an insane area near a cell tower); check if the feet and knee areas have ≤ 3 V/m; 50 V/m is like under power lines, so measure the field where your hands type and mouse is and make sure it is below 3 V/m, otherwise, it will conduct this electrical field damaged blood from the hands to all organs and damage them, to your brain and give headaches and maybe cancer in 10 years. So, when not tying or mousing, take hands off them to diminish biological effects. Australia blushwood tree berry derived compound EBC46 worked in 2014 when injected to cure a lady's upper arm cancer. Nature explains it's a diterpenoid. The guardian also reported on it, while a mouse cancer paper is here. Stanford University then made EBC46 in the lab, since extracting tigilanol tiglate from berries is expensive and not feasible, as the berries only grow in a tiny area of Australia.☺☺☺

Wired mice have no RF, no unusual EF (electrical field, other than typical background 2-3 V/m on the palm side, though they do have 2-20V/m near the wire where we click with the fingers, so maybe get a slim flat mouse to have more space), no MF (typical 0.7 mGauss) usually, if they're a simple 3 button mouse with no LEDs, no fancy anything, like 100s of 3 button mice on Amazon. Some mice may have 40V/m. I use 10 ft HDMI and 4 USB cables to extend mouse, keyboard, printer and 3.5 mm extender for headphones (trrs, 3 black rings, choose the shortest possible to get to desktop as longer means higher resistance and signal loss: 8ft or 10ft); this way, the desktop is 10 feet away to avoid the EF pollution and the huge video card graphics card fan noise *(desktops are noisy, I use a corner and boxes with stuff, and blankets, etc to block the sound, then cover it all in some purple cloth to make it look nice)*. If airtube headsets (1V/m at ear/head level, 0.5 mGauss, but 3 mGauss at the speaker on the chest) are not good enough for online chats, you could buy a Sennheiser (4 V/m, 0.8 average mGauss for both USB or 3.5) that allows you to use 3.5 mm, if you chat over the internet a lot and need high quality mic; low (background level) 2 V/m are also 5$ headphones from Walmart or $ store, Amazon, etc, so always listen to music, video using 3.5 mm headphones, not the USB; or to chat online or make phone calls like I do to avoid RF, or try find a headset that uses 3.5 mm and use that only if EF pollution is lower; for music listening, an airtube with extender cord if desktop far away makes far more sense, to save your ears, you only got one pair of ears, keep volume low to prevent damage too; for listening to phone music on tiny 2$ earphones wired from $ store, it's fine, since the MF is 0.5 mGauss and EF just 1 V/m for earpiece, while for the expensive 5-10$ earphones with diameter 10 times bigger, the MF goes to 4-7 times bigger than tiny earphones, so you get to destroy your ears a lot faster (as we age, ears wear out, just like eyes etc if we listen to high MF and sound) to get a sound that really is not far better on desktop or phone or mp3 player: it's not like you will live 40 years extra☺☺☺ if you listen to big headphones or bring World Peace in 3 months, the big ones prevent you from wearing some 100% aluminum inside anti RF protection hat, since caps are not as good, RF clothing is poor, etc; it all depends on how sensitive you're to RF-EF too, how many headaches you get, but you can still ruin the brain without feeling anything, since only 1 to 3% of people get huge instant headaches from EF, wires, laptops, or RF, phones used just 3 minutes; phones generate 20-50 V/m within 0.5 inch of phone center, so keep phones in aluminum foil, taped with clear tape, in a cover you create for 2 cents, aluminum is much better than the Amazon phone cases, to neutralize all EF and RF.

12.11.2. The next 2.5 pages cover mp3 players (<28$) that bring World Peace, reduce RF radiation 1 billion fold & violent crime 1 billion fold too (if meditative music)

The best way to avoid extra RF is to buy some mp3 player to *listen* to music, as mp3 has 0 RF, negligible EF, ***0.5-2 mGauss MF***. They got various types, colors, they last 20-70 hrs on earphones, got: 40$ lavender 4.2x1.9", huge 81 g or 2.9 oz (very low vol speaker: 6 holes), OK speaker: WiFi

(browser) to avoid using phone for browsing, 40$ blue (3.07x2.28x0.33", 71g, *heavy*, 7 holes, 7 inch^2), good HD speakers (30 speaker back holes, so volume will be normal for meditative tracks, helps a LOT): pink/blk, HD spk (295g, 17x7cm or 7"x3", *smallest CD player replacement*, 2200 mAh, uses 1.5 watt (vs 0.8 watt big mp3 next paragraph), keep it plugged in 24-7 to use it as living room background music player; emits no MF, RF, EF, unlike the next paragraph big one; its sound is better at high volume for clips that have a lot of bass such as meditative tracks, etc). This one is portable and can be taken outside to play with dogs and kids and ensure a peaceful sound background, unlike the big one that needs to be plugged in, having no battery. ytmp3.cc, tomp3.cc and/or other sites/apps allow us to convert gentle youtubes to mp3 to listen offline (*edit the mp3 with "sound editor" from Microsoft Windows* or this one from the web or c*hrome extensions etc to cut 8 hours to 5-30 min, use repeat mode, to save space on mp3, player*):☺☺☺

My *favorite* and the 1st earphone mp3 player I ever liked is the 22$ (20% coupon, May 4th 2023) white/black with HD speaker. *I had many mp3s and this is* by far the *best, you* won't *find anything that light, thin, small, 0* EF, *0* MF, able to *play FM radio,* movies, *ebooks, pics, alarm,* record *voice*; sound is better than the 40-60 ones with no HD speaker, designed in Germany (sold on Amazon since 8-23-2022), can never turn on by itself, since on-off is a toggle button on the side that is impossible to move in the pocket (plus you need to press for 3 seconds the play/pause ⏯ button after that), 3.5x1.5x0.31" or 90x39x8mm (I got the white to see dirt, clean more often, since it has soft plastic (comfy, not cold or hot) that can catch dirt easier than metal. The recorder function is SO GOOD, for such a cheap device. Weighing ~*~ 26g ~*~, it is lighter than my *Nissan* Leaf *32g* key fob, *3-4 times lighter than most mp3 players*, 10 times lighter than a phone+case. Your toes won't be crushed if it ever falls, phones jump to new songs as you move if you have no screen lock. It's made of soft plastic, will never drop because the earphones will keep in hanging until you catch it, the plastic absorbs the shock way better than metal if it ever drops, sound quality is excellent, 5 star review, got music playing within 2 minutes of trying 1st time, easy to upload music from Windows 10 via the provided USB cable (PC sees it as USB drive, so drag 50 mp3s from desktop onto USB), read the booklet, Vol press for 3 seconds accesses Volume that can be moved up or down using ⏭ or ⏮, otherwise, it's the ultra useful "Back" when pressed once. I have only 20 songs I like a lot, so I never messed with the SD card which can hold 5000 songs, it came with, since some users reported issues with new SD cards. Just use the existing one, don't take it out. This is the best electronic device purchase ever. Carrying a brick (phone) just to listen to music and wasting so much power is unkind, this one lasts 1-2 weeks on one charge (turn brightness, idle *shutdown,* screen saver *to the minimum*, to save power; first week, until you learn how to use menus, buttons, the screen will use a lot of power). Phones need daily charging, so mp3 saves time. Upload your World Peace in 3 months songs and save the world. Get a C5 and drop 4 million such mp3s for free in areas where nobody

has Internet or mp3s. Be selfless. Allows alarm clock, ebook, video, so we can upload this book, immortality movies, books, music. It has real (no touch) buttons, so less chance of turning on by mistake in the pocket, loud vol, smallest square inch (5.3) total area of all; lasts 25h on earphone (not 70 as advertised, but that's true for most Amazon ones, they overstate the runtime), 300 mAh battery, 3.7 V, not 5V, so least EMF of all (nothing above background with earphone, while the heavy ones, 80g got 2 mGauss, unhealthy to sit near heart like that, 26g is so light, lighter than many earphones, go light, save your body *from dangerous fields),* most mp3s got 500 mAh; easiest to change songs without taking it out of pocket (simply press ▶▶I 2-3 times), has real buttons for play, next, when bored of a song, move to the other 20 (many listen to just their favorite 20 songs, you can rename them to start with digits, 1 thru 30, so the first 5 are the ones you listen to 90% of the time, that have the most eterni tone or melody to make it easy to switch tracks by pressing previous or next fewest times); the others *need to be removed from the pocket to change tracks* which is very annoying for wired earphones; touch screens break fast; this *one is the least likely to break if it drops*, due to being the lightest smallest, softest material for player. The wire will make its fall impossible: simply place the wire behind your shirt collar to prevent earpieces or player from falling; the player is so light it will never disconnect from the 3.5 mm connected wire, so it gives you plenty of time to respond if it ever falls, so you catch it. It's the easiest to charge multiple times from a tablet with USB port, in case all electricity, electric car battery, phone, TV signal are gone during EMP or nuke attack when FM radio helps; a phone lasts very little 12 hrs and uses 10 times the electricity of this player that lasts 70 hrs and allows you to listen to music to feel better in a worst case scenario of WW3.☺☺☺ You can also try the bulkier, bigger, 3 times heavier 33$ silver or blk HD spk 70g (metal case) 1.7"x3.6". All (except 22$ one) have 3 year protection plan option, though these last years before breaking. For a serene atmosphere in your living room, kitchen, bedroom try the amazing 6.5x6.5x1.18" $36 (May 4th 2023) world's greenest (0.8 watts usage at all volume levels, measured with a P3 meter) CD-mp3 player with remote control, SD (TF), USB; the Amazon description says "10 watt speaker", 10 watt refers to using some amplifier connected to it, playing the loudest track at max level, the maximum power it can consume then. It sometimes is listed as 55$, but a 20$ coupon if you click, so click and get it for 35. With the meditative tracks at max, all I get is 0.8 watt, this is 30 to 100 times lower than most CD players that are bulky, useless and space wasting: we want soft music. Because this has remote, it's by far the best of all mp3 players, also it uses no battery, like the pink one of the previous paragraph, so it will last longer. Press the moon button to turn off the lights. However, if you just always play the same track as background for weeks, the remote is not essential and a smaller unit may be better (like the pink one above), since this one does emit V/m 20-70 within 1 feet in front of it, less on the sides. Goes to 2 (normal) at 18", so don't sleep or work with CD player closer than 1.5 feet. I never use its CD or USB function, only the mp3 (CD paper never removed). The mp3-CD removes the need

of small mp3 player around the house, so the mp3 3”x1.5” player battery will last 1-3 weeks if you recall to press ⏯ to turn it off after use. I keep one CD-mp3 on my printer near my desktop monitor, plays while I sleep too. The 2nd CD-mp3 plays in the kitchen and sound goes into living and dining rooms which are the same huge room as kitchen as in most USA houses. I have *earphones* for desktop phone calls (no RF that way, wired internet) and for online videos, etc. Both play 24-7 the most serene clips on Earth: Oneness, OBE, etc; if you get a unit that makes odd static sound, simply initiate Amazon replacement and in 1 day they deliver the new one (drop the old 1 to UPS, no label). The big mp3 is for soft background music. The tiny mp3 is good at night when listening to vocal songs (unlike instrumental, vocal can be heard more thru walls if on speaker and can make too much noise) or when shopping, cleaning, gardening. ☺☺☺

TO MINIMIZE RF, dirty EMF, choose those tiny computers, even fanless ones, build your desktop from Dell, the Micro Form Factor OptiPlex are the smallest with the tiniest EMF, can go for TDP 35W not 65W for CPU i7 or i9 processor if you really want low EMF, place this tiny 7 by 7 by 1.4” “desktop” 10 ft away using extension cables for keyboard and monitor, these tiny desktops are 2.5 lb. Recall to export your browser bookmarks to an html file (Settings, Export/Import) on a flash drive, and import that file on a new computer browser, so you have your bookmarks there. Avoid turning on sync, you can accidentally erase all 900 bookmarks (since new PC has none) and then you need to go to the bookmarks.bak at C:\Users\bliss\AppData\Local\Google \Chrome\User Data\Default (backup of your bookmarks done daily) file and rename it to bookmarks, after you renamed bookmarks to bookmarks2 (in Windows 10, in Windows 11 this bak rename doesn’t work, so export your old PC bookmarks first). For custom dictionaries (with 5000 words you added for the specific technical language in your scientific field, etc), they're in some text files called standard.dic usually and found in the directory specific for that software (google it, LiBreOffice is C:\Users\bliss\AppData\Roaming\LibreOffice\4\user\wordbook), same way, copy and paste to flash and new computer. Dell is the best company for desktops and choose No Wireless Card for 0 RF when building it on the Dell page, so you can use ethernet adapter or simply the phone with a cable as your modem, placed at 10 ft distance or more. If you want to make a vegan food table, or write your own Immortality *for* All book of 2500 pages, you need a better PC that opens large files fast. Get a computer with Class 50 SSD, as it makes booting 25 times faster and many computer activities (word processing, web browsing) faster too. A 3.1 cheap (for newbies who don’t want to customize and take it apart, install new processor, DDR5 RAM or Class 50 SSD) lb desktop is the HP Mini, 849$, 35W TDP for i7-13700T processor..., way faster than the laptop i7-1355u processors (laptops are 3 lb too) or i7-870. HP is for simple users, Dell for advanced who want fast 2 day delivery for free. HP has a good i9-13900H 64GB 2x2TB (can do RAID 0 for fast boot and large files upload) for 1600$, for simple users who don’t need the i9-13900 desktop processor speed available in the Dell Micro, or the

Class 50 type of 12.4 Gbps 5.0 SSD for 2 TB drives (vs the cheaper 3-5 Gbps in many laptops). Go to Control Panel, System settings, power, advanced power settings, and change reserve, critical, low battery level from the default 2%, 4%, 6% to 39%, 40%, 41%, since you want to recharge before those levels get there: lithium ion batteries last longest if you use them 40-80%. This includes electric cars, phones, computers. Get a battery management software to stop charging after 80% of battery is full (most manufacturers have built in utilities software that allow you to set 70-90% as the desired max charge, since 100% ruins the battery). The Immortality *Nurturing* Agency☺☺☺ will require all computer operating systems to limit battery charging for mobile devices, laptops etc to 80% to prevent explosions that injure or kill people, start fires, etc, right now the utilities manufacturers use to limit charging to 80% for those who opt for that are not always in every laptop. If slow, you can always update your SSD, but it's too much of a hassle. For most people this laptop can be their desktop, that they use to connect monitor to, while turning off laptop monitor and also be a laptop for travel. While 13700T uses 35W for the base mode of 1.4 GHz, the 13700 uses 65W for the 2.1 GHz base and can reach 5.2 GHz max, not 4.9 GHz. 13700 is 11 times better than an older i7-870 people still have in old Dells in 2024, while 13700T 8 times better, i9-13900 14.4 times better. Use these sites to determine what processor to take, the more power, the louder it can get with the fan too, the heavier the PC too, 5 lb, not 3. Always get a mini, to save space and transport it easily, you support a green economy, all those materials, 7 times the weight, trashed... Dell XPS 8100 is 22 lb, while Dell Micro 7010 is 2.5 lb, BIG DIFFERENCE. Try gently go for higher class SSD, 40 is double the read speed of 35, so you can open large files twice as fast. Try RAID 0, instead of no RAID or RAID1, to double your speed (just make copies of important files since RAID 0 may fail easier, all data lost if one drive fails) by having 2 SSD drives of 256, 512 or 1 TB (they have to be identical drives, same class). A 2 TB SSD with read/write speed of Class 50 (up to up to 7,400/7,000Mbps) is 120$ from Crucial, i.e. 4.5 times cheaper than if you upgrade to the slower Class 40 2TB on the Dell configure your 7010 page. So, you can order it with minimum SSD, 256GB, to save 1212$ (price for 2 M.2 of 2TB each, 549 and 663 on the Dell page extras) - 200$=1012$, then get two M.2 2280 (22mm width, 80 mm length) SSDs of 100$ each, or 120$ 2TB Class 50 Acer 2280, or Lexar 2280 for 129$, 1 day delivery, or Silicon 99$, 1 day, to get a truly instant boot and loading of large files. For ultra fast SSD, try Generation 5, 2280 by Crucial, up to 12.4 GB/s instead of 7.4 GB/s Lexar Gen 4; you will replace the native SSD M.2 2230 (more square) with the longer 80mm one. The screw keeps the SSD in place, hence that semicircle on the opposite end. Knowing these basic things allows you to upgrade any computer in the future easily. Dell makes money by the customization. RAID0 or RAID1 require 2 identical SSD drives, see this easy to configure 2.5 lb OptiPlex Micro 7010 Dell. You can also get no RAID and then do it later with software, once you buy from Crucial 2 identical 2 TB Class 50 SSD. RAID1 speed is same as a single drive, it backs all data on both drives. Try DDR5 which is 4 times faster than DDR3, see the SSD location with screw on the

Micro 7010 Plus, see Micro 7010 2 tabs to press on to expose RAM slots, Amazon allows you to buy 64GB (2x32GB) slots for 144$, to get 64 GB, instead of having Dell charge you 285$ to give you only 32 GB vs 8 GB free option. This is like saving 300$, so with 1012 for SSD, it's 1312$ saved to do the upgrades yourself and get a PC blazing fast in 2024, a big deal for poor people, more than the price of the basic Micro Plus 7010 with i7-13700 CPU. The 7010 Manual shows which parts of the Dell can be replaced by yourself without voiding the 3 year warranty. See 14 sec video on replacing processor with new one, since Amazon has cheaper prices than Dell config for these upgrades, when time comes to boost your 7010 micro (ultra small form factor, USFF or micro). Dell sells for 609$ a cheap DDR4 desktop that you can upgrade to have more stuff as you get more money, still weighing about 2.5 lb. Buy the minimum config for DDR5 and SSD, just get their tiny case and etc to save 1700$ (basic system is 990 for Micro Plus, 3200 with all add-ons).

Both Micro and Micro Plus 7010 OptiPlex got 2 slots of SSD and RAM and can be upgraded to DDR5 2x32GB or 2x2TB (so you get RAID0 double speed). The 7010 Micro Plus got Display Ports only, 3 of them, while 7010 Micro got I Display Port and 1 HDMI, so you need an adapter to connect your HDMI port monitor to the display port of your Micro Plus 7010. Changing the processor voids the warranty, so you can do that if you feel confident, the 3 year warranty. It's easy to upgrade to *4 TB SSD and 64 GB RAM yourself, takes minutes, RAM is truly super easy*, SSD more complex, but you can. Adding 2 TB SSD to your 256 GB SSD (cheapest on Dell page ☺☺☺) is 1 minute long, replacing the existing SSD to a 2 set of 2TB Class 50 from Crucial is harder as your OS is there, etc. See video on replacing 256 GB to 2 TB for Microsoft Surface, it's different for different size SSDs. Apple doesn't allow you to upgrade SSD on iPAD and iMAC. See a video on Surface 1.7 lb, low EMF laptop SSD upgrade. Dell allows more complex configuration of desktops, so they sell more desktops than HP. Go to dell.com, choose micro computers to save the planet. They weigh 10x less than big towers, for roughly equal performance. A processor that is 12 years old, can be poor performance, see an example, so compare CPU. HP PCs are cheaper, but less powerful, hp.com and dell.com are cheaper than Amazon and far more secure as it's manufacturer direct ship, not a third party installing spyware. For desktops, go with Dell as they shrink them to 2.5 lb vs 3-5 lb HP, for laptops HP makes them lighter, so HP is OK. Dell allows customization of micro desktops lighter than laptops, HP doesn't for 3-5 lb units. Microsoft Surface Go or Pro is 1.7 lb, lighter than most laptops, so it may be best if desktop is good. Upgrade to Windows 11 and upgrade SSD and RAM to 64 GB and 2 TB.

Phone companies are unethical and turn phone on while in airplane mode, location, Bluetooth too in many background apps, etc, *so can spies, hackers trying to kill you or your womb baby with microwaves*, so best it to keep phone in aluminum wrap at all times, to protect body, blood from EF and RF; use phone only rarely to make a call once a week, send a text maybe if you can't access the wired desktop to send texts, desktop for all other calls. Please always use wired

headphone, since phone speaker produces high magnetic field even at a big distance of 1 inch from the body; GQ EMF-390 meter had a poor time to detect this phone electric field that oscillates, so GQ is best for RF, TriField for EF-MF; TriField is bad for RF, since it can only measure up to 20 mW/m^2, vs 9999 mW/m^2 for GQ. The tiny earphones with no MF can get MF increase 5 times if you go to max volume against the manufacturer recommendation, so not only do you destroy the ears, but you damage the blood and everything nearby by such high MF for hours a day, so keep volume low in the blue, never the red, for clips that are loud; if a clip is low volume, going beyond max won't boost MF, but the moment audible volume is loud, MF is high due to higher current; they got airtube headsets and headphones for phones (phone chat to prevent RF to ear and head) and desktop (airtube earphones provide better sound, like in real life, due to 9 times more air between ear and speaker), laptop too for 0 RF or EF to the ear/brain: Amazon 15$, 1 day ship, the very best for desktop (not for moving) since it has an extra ear 'leg' support to make it fall 80 times less than all other circular shape headphone without the leg, for moving, shopping, jogging, chores the curly tube above ear ones may work, but for me the 1 ear 8$ one fell super easily maybe try 11$ double ear, or @ebay 10$, gold $24, or cheaper 20+ models 8+$ (return easily), set of 3 Amazon 14$, 1 day ship, @ Walmart for $15 (set of 4, two week ship) or see google shopping for individual choices, for 4$, though having one for phone and one for desktop and a backup for when it breaks may be better; normal $ store cheap tiny wired earphones have high 15 V/m pollution if you measure it incorrectly in an area with metal and wires all around, make sure that you remove all metal etc and it should be 1 V/m, very safe; airtubes have the speaker far away, so that area of the speaker where the 2 tubes join is where the magnetic field needs to be measured to make sure it is safe, so you don't damage your heart or other areas. Since speakers are far away, you will need raise the phone volume higher to get the same volume at ear level, since the tube causes a huge loss of sound, but makes it more real life like since in real life our ears are not near the speaker; however, raising the volume leads to more magnetic field at the speaker, so make sure it's safe, since the joint speaker area, or the 2 mini speakers are close to the body, some have the 2 speakers merged, others have them separate, separate seems better for less EMF, though united as in the heart shaped 1st airtube is way better as it lets you know where it is and how to bend your clothing to raise it 2" above the body to prevent any damage using a 2" sponge attached to the heart shape of the joint speakers or some other trick of your clothing (using a tie clip to bend it away from the body, a clip to your outermost garment or sponge during summer days of one cloth only or etc) to raise it 2"; these airtube reduce phone RF to the head/ear by 1500 times, brain cancer risk by 500 times, headaches, EF with USB headsets; or, for more cash, maybe higher quality: $28, or 30$ (USA). ☺

Some websites say they found mice with low V/m, but I tested them and they're as polluting as other mice from Amazon that are 10 times more silent, so search for "silent wired mice your

favorite color"; nothing really works to reduce the wire electrical field or battery wireless EF, unless you use some grounding wire or EF blocking mesh shield, see more at lowemfoffice.com explains all mice will cause V/m 50 due to wire and filteremf.com mouse with low EMF allegedly and lessemf.com, keyboard shield. (see lessemf.com for EF shielding fabrics, not RF shielding only, since what is best for EF may not be best for RF). When measuring mice or any keyboard, place GQ EMF-390 or any meter on the device and remove hands from the meter, making sure there are no metal parts under or in the table, no sockets, huge electrical fields nearby, etc. Bad mice can produce 400 V/m. The more buttons, the more pollution in general. I think that even your favorite shape and lovely colorful one you see on Amazon has 20 V/m. If any odd V/m, use a computer desk without any metal in it and don't have aluminum around the work station as it can extend electric field from socket to the whole table. You can also try a mouse that is ultra slim silent, so you can hold hand 1 inch extra above it to avoid blood poisoning by EMF, always wired for keyboards and mice, since wireless has extra RF on top of the EMF. Some wireless mice emit 100 times more RF as a video shows. A normal wireless mouse emits a lot of RF, so I would not try it, the further you're from the desktop or laptop, the more RF emitted, so 20 times more RF (100 instead of 5 mW/m^2) for the same mouse if mouse is far from the USB nanoreceiver; it can emit 3 times more than the laptop example above (worse than cell phone towers) so 1 guy got 9 $\mu W/cm^2$ or $90mW/m^2$, a level absolutely insane that you only see near the most toxic cell towers that give cancer and endless diseases☺☺☺. Silent mice are covered in the section on LibreOffice and mice. I never used wireless mice or keyboards, avoid LEDs on mice, as that adds EMF, unless you find a brand that has no EMF extra from lights. Wireless disconnect way more often than wired and are heavier. A small Apple Magic keyboard is only 2 V/m electric field in the center, but 20-70 V/m in other areas, so typical of all keyboards, 0 RF of course; some claim some keyboards are low EMF, a website claims Microsoft Optical mouse has the lowest EMF of any optical one, but I tested it and was as polluting as all regular 8$ mice from Amazon, the basic 3 button (and probably also the 4-5 buttons) all produce the same level roughly. Most keyboards got 30-70V/m. Don't rest hands on the keyboard; my data was confirmed by lessemfoffice.com which explains all mice produce around 20 V/m EF around the wire where we press. ☺☺☺

Only touch keyboard when typing a little daily or get a mesh to protect it if you're really worried; wireless headphones are also a huge risk for all, not just Bluetooth phone earpieces, since they got a ton of RF on top of the EF. When the phone goes from silent to music without headphone, *mGauss goes from 0.6 to almost 300 mGauss on the lower half of the phone, which is 150 times above EPA safe levels and if you wear this near the body without some sponge it could do damage and cause shorter lifespan, same for any device that produces sound,* the MF goes *up to 300 mGauss even for a small amplifier teachers use to talk and people use for listening to music: 1*-3 sponges maybe to cushion you in case you press against something when moving, better

than anything solid, just tape them with some colorful decorative tape that matches the color of your hoodie or jacket, to make it less obvious if it's visible, to create a safe 1-3" *(2.5-7.5 cm) distance between phone and body, decrease body MF to 8 mGauss.* Wireless headphones are doubly deadly, as they flood you with 500 times background level RF, your head and body, leading to blood brain barrier and brain destruction, as much as sitting in front of a cell phone tower or laptop with WiFi. Mice exposed to 9 times less than what we get from far away wireless mice and same as the safest wireless headphones, or 1,053 nW/cm^2 became infertile after 3 generations ► Bioel 1997;18(6):455-61. The idea *is that kids get exposed to* about 3 times higher radiation *than the one that made mice infertile just by using laptop with WiFi in a classroom,* so in 100 years most may be brain damaged, infertile too, as the classrooms are soaked in these waves (it all depends on how high signal is near genitals too and brain to determine the cancer risk). So yes, a little tiny device, like a nanoreceiver for mouse or keyboard, could shorten lifespan of people by 25 years, and render an entire nation infertile in 90 years as everyone is excited about wireless, WiFi; so yes, some spy could kill all people slowly by plugging a dirty electricity causing phone charger into a socket of a house or shipping one and people who don't check it would be screwed, or ship a nanoreceiver or wireless device that creates 40 times above normal RF: so check your gadgets? ☺☺☺

The Styria Provincial Gov, Dept 8B, Provincial Public Health Office, Graz/Austria, commissioned an epidemiologist to conduct a study and he found that those nearest the cell phone tower, who experienced RF power flux density above 1,000 µW/m^2 (1,000 is 21 times *lower* than the level a kid *experiences* in a classroom in front of a *laptop*) had 121 times higher risk of BRAIN CANCER, 23 times higher risk of breast cancer, 5 to 8 times higher risk for any cancer. A study from Israel found that females exposed to above 5,300 µW/m^2, have 10 times the cancer rate of those further away from the cell tower ► IJCP 2004;1(2):123-8.☺☺☺ In preschool through 2nd grade in Israel WiFi is forbidden, in third and fourth grade class internet is restricted to 3 hours per week. Table 1 from a paper from 2015 says that China, Italy, Switzerland, Russia have the limit 100 times lower than US. Even so, the US limit of 10 million µW/m^2, used in most countries, is reportedly 10 trillion times above the background cosmic RF radiation we evolved with ► exposure, this link has a super shocking list of what happens at each level of RF power density per reports, levels that are way below the allowed level in any country on Earth. If they knew their kids at school get more radiation, 3 times more than in front of a cell tower *(studies below show near a cell phone tower you develop far more diseases, another youtu.be..c video explains sometimes a cell tower can have just 200 mV/m at 50 meters)*, simply because the school has not wired the classroom and uses WiFi laptops, the parents would request wiring laptops (they got adapters now, of many types, for laptops without ethernet port, of USB and the small USB C type, with one (15$), or cheaper $6 one or up to 4 ($14) USB c connections, USB c has 20x higher

data transfer (USB 4.0 high speeds are only made as USB C) and can charge larger electronics, so it will become the standard and replace USB) parents could be moving to a wired school *(or one using powerline connections cnet.com..WiFi that use the building wiring as ethernet cable, just need a connector for every laptop),* especially after reading this whole chapter on the effects of this radiation on plants, fruit flies, bees, insects, mice, bats, birds, pigs, rabbits, deer, cattle, humans. What's odd is that the much safer LiFi, which is 100 times faster than WiFi, could be used in classrooms that don't want to be wired. Telegraph article explains frequent cell phone (smartphone or the old type) use causes a 5 fold increase in brain cancer risk for those who started using the phone before age 20: IJO 2011;38(5):1465-74. LiFi can replace all cell phone towers, since laser lights from Light towers (replacing cell towers) can beam on solar roofs, which act as receivers of the Light tower signal as explained at youtu.be..E. Laser light can travel 600 meters, they already use it in car lights, since LED car lights can only go to 300 meters. We can have 24-7 daylight using various ionosphere techs some day, so people will get used to light and not notice much, plus no more night driving annoyance due to laser lights from new cars and more car accidents happening at night due to low visibility. 5G wants to be much closer than that and irradiate houses with deadly RF. They have IR solar cells, IR invisible LiFi for night time. That way, nobody needs to use cellular networks that mess up the human body by creating free radicals and speeding up every known major disease, cancer, Alzheimer, atherosclerosis. ☺☺☺

The national guidelines for RF radiation vary widely, by a factor of 100,000, believe it or not ► youtu.be...dc. ☺☺☺ This would be unthinkable for a chemical. Around microwave ovens, while they run, the radiation is huge too (like having a WiFi laptop on your lap or talking on the cell phone with it close to the head), it depends on the brand too etc; ovens use the 2.4-2.5 GHz of WiFi routers, that's why they interfere with Internet if too close to the router. It's better thus to move away from the microwave, while it is on. For workers in restaurants with microwaves on all the time, this becomes a real health hazard as they get exposed 9 h/day; this is incompatible with a Civilization of Immortals.☺☺ Also inside homes there is less RF than outside (in most cities, not rural areas), as walls block it. In a 2 story home, downstairs has less RF, since more 1 level houses and obstacles exist and the towers emit it from higher altitudes. At 8 ft, on most streets in cities, levels are 5-10 higher than at ground 1 inch level. At 15-20 ft in some locations it can be 40 times higher as no obstacle exists. Around cities, it's usually 0.05-0.2 mW/m^2, while near WiFi cameras, routers, cell towers, shopping centers it goes to toxic 2-80 mW/m^2, within 1-3 feet or within 60 ft for big business. A lower bed offers less RF than a higher bed. Houses surrounded by big brick walls or houses got less RF. In between houses, ground level is 0.001-0.005 mW/m^2, the level in houses at 1 inch height. EPA may require builders to prove indoor RF at all windows/walls is < 0.02 mW/m^2. This is easy to achieve with $100 of aluminum foil (5000 ft^2) inside walls to block most RF. Many new cars with adaptive cruise control, etc have 1-2

radars using 70-90 GHz band, to ruin our health. Even Tesla is adding some radars back to its self-driving system. All these radars from 100s of cars beaming into the people will cause cancers. Nokia best selling phones emit less RF radiation than Samsung, Google, Motorola, Apple, which you can easily confirm with the Safe & Sound 425$ RF meter, to see how peaks are 200 mW/m^2 for Samsung in idle mode and only 1 mW/m^2 for Nokia, Maximums 100 times lower for Nokia. Samsung phones cause severe headache due to intense radiation, cause severe forms of cancer, blood poisoning and whole organ destruction, lifespan shortening, so if you don't like Nokia (designed in Finland, made in one of 8 countries), try Motorola, as they got less radiation than Apple (highest), Google (second highest), T-mobile Revvl (third highest, WAY deadlier than Samsung, STAY AWAY). You only need to watch the meter go to Extreme on Samsung in idle mode when you do nothing (imagine what happens when you do search), Nokia is far cheaper (3-10 times cheaper) than these fancier phones that destroy you totally, every cell in your body as blood circulates and poisons everything. Samsung, like all big 'private' (on paper) companies, is state owned (Samsung related companies are 20% of South Korea GDP) and feeding all data to Korean government, which may secretly cooperate with North Korea and China, since, as the South Korean music indicates, their vibes are not the eterni ones and some think of themselves as little China, with North Korea always saying USA will be annihilated by Korea this century, check out the fate of North Korea kids… and no laugh for 11 days… living in the 8th century or homeless in the capital, seeking food at night only to avoid being sent to labor camp. Paris Olympics called South Korea North in order to let all know Samsung etc phones, etc are possibly accessed by North Korea. Please switch away from Samsung *immediately*, don't put your life at risk. South Korea plays a double game, like most countries, saying they work for peace, but allowing the most anti-peace music 'Gangnam rhythm' concerts jumping (instead of helping rebuild the Gangnam district shacks) to flourish (while others live in shacks, dance Gangnam baby, because sports are fine while others are homeless and energyless to build, as city doesn't allow? *S Korea slum folks could be* recruited by China and North Korea, *to steal Samsung servers data, your phone data, that data can be stolen probably with invisible* tiny air drones (fruit fly size or bee size) too from iPhone, Apple, Samsung *and all phone companies:* underwater drones or cable maintenance companies can intercept all internet undersea cable data (1400 cables in 2023), *no phone app is safe*) and even eating live animals who suffer and live octopus.

Empress Gi (a Korean) was part of the Mongol empire rulers *(spent time in Beijing, as a little China Korean would,* Yuan, the Chinese currency, is also the name of Mongol led Yuan dynasty in Chinese history*; using yuan is an easy to fix mistake (yuan means round coin in Chinese), since it's associated with killing 5+% of humanity: change it to xian, the Chinese for IMMORTAL; they, like USA, need an immortalist government or at least Chinese communism with immortalist characteristics),* so, like all other nations, Koreans have contributed to the Mongol actions (5-

10% of humanity killed during their invasions), with or without choice (brainwashing, etc). Koreans built an estimated 900 to 5000 boats for Mongols to invade Japan and made up almost half of the soldiers, but kamikaze (divine winds, cyclones, typhoons) made the Korean-Mongol invasion (15000 Koreans joined, most soldiers were Chinese and Koreans, Mongols just the top leaders) fail (though Koreans were forced to join the Mongol army and produce ships, so some may have sabotaged the invasion too, hoping to undermine the Mongol empire perhaps). Given the tone of many in North Korea and South Korea musicians, the torture Koreans subject many nationalities to as part of CIA and other spy agencies, it is wise to not trust Samsung or Koreans 100% until an immortalist government rules a unified Korea. Same distrust applies to every other nationality, since current governments are not immortalist and they can brainwash people and companies to do evil things (torture, injury, etc) via their products. Kia can read (and write?) your emotions/thoughts? China, aware of the Korean risks, suggests those under 18 to spend only 2 hours on the phone a day, while I'm using phones about 3 hours a month usually, mostly WiFi, since wired desktop is how I make phone calls to prevent brain damage. ☺☺☺

It's a great idea, as phones damage our bodies with microwaves and offer poor ability to do scientific research to triple human lifespan, all science stuff requires big monitors, big instruments, etc, chemistry and physics can't be done on a tiny phone and without physical chemistry, we're dead as a species. Lab work is tedious, it can't be done on a phone. Phones can be great tools for some projects, in airplane mode, to aid science in service to World Peace in 3 months and Immortality for All, but overuse while on the cellular or WiFi leads to brain damage. Check out US Senator alleged heart attack in South Korea (heart attack weapons are often deployed by South Koreans in USA to harass locals). However, while some die due to choking while eating octopus, other nations also eat live animals, see Chinese live seafood, fish mouth has to move 2 min, which explains how far they're from eterni ethics. North Korea may get access to everything on your Samsung phones, so could China. You can ☺☺*lovingly tenderly gently kindly*☺☺ look at the studies done recently, showing foreigner perception in various countries, like South Korea. Koreans are just like everyone else who works for CIA, they torture people for money too, as boss tells them to, so then your data would be used for their goals with the same "love", so only phones made by your country, or your allies, with your country/allies components are safe. These phones (like any other brand) can be used as weapons to distract, deceive, damage the brain, etc, to enhance the CIA-PLA-KGB-Korean torture: keep in mind, on our planet of "cannibals" no brand is made to prevent torture via the phone: all brands are done by MILITARY MINDS. Keep in mind, the Economist ranks South Korea as 2-3 times the suicide rate of the global average depending on age group, or # 1 worldwide, due to rigid Confucian expectations *(hierarchy, caste like system, like the language, many forms of politeness depending on rank in society, 7 forms of verbs makes it hard to talk to other classes*

honestly, to express one's real emotions) perhaps and maybe being introvert and not explaining how they feel. Telepathy is jammed by too much RF pollution, the brain can be destroyed too.

South Korea, Samsung (state owned really, private on paper) needs to focus on World Peace in 3 months… not being world's # 8 exporter of killing weapons that prolong wars, since Gangnam music rules. Just when people thought they're different, they're the same as the top 7: US, Russia, France, China, UK, Germany, Italy.☺☺☺ They aim to become # 5, so much for peaceful Samsung phones. Israel is the largest 2022 exporter of weapons per capita, 4 times S. Korea, 83 times China, no surprise there at all, given the "scripture". In 1990 data, Israel # 1 too. In 2022, France #2, US # 3, Russia 4. Who knew Israel & France are the top most death promoting nations per capita? *Netherlands is 1.4% of total, but 17 million folks, so more per capita than Korea,* 28 times more than China. *S. Korea 19 times* more per capita *than China, pretty impressive. Love that Samsung phone?* S Korea is afraid of North Korea 2 million strong army, aided by China, due to Russia-China vs USA Korea divide, so due to external imposition of 2 states, the weapon production went up 90 fold, so it's not like out of the blue Koreans started making weapons. Since Korea exports $14 billion in weapons in 2022, all weapon exports need be replaced with simple health promoting devices to help their economy once the global moratorium on exports and imports takes place on Eternal Universal Peace starting day, like arterial plaque, biomarker monitoring, eterni foods, etc, things that give life not death. Love decency ('God'), not violence ('Satan'). In practice, not empty slogans of 'human rights', while they torture millions. *All phones need to have the* World Peace *in 3 months app group, not Google or Samsung only: App #1: Peace news, App # 2: peace singing, App # 3: health, App # 4:* Eternal Universal Peace *chatting with fellow* immortalists, Immortality *for* All *shopping apps. On the sides* of every cell phone there needs to be written "Eternal Universal Peace in 3 months is possible", "Immortality *for* All",☺☺ *Gentle Tender Grace for All*: this is truly divine behavior, not the evil Bible worship. More ideas are here. Let us bring Peace, decent Anthems this lifetime, not when Jesus never comes back, in a trillion centuries. All miracles were faked. Young people, ☺☺*lovingly tenderly gently* ☺ stop wasting time watching phone screens & evil music for so long. ☺☺☺

Today we worry about mercury in air, etc, but in the future it will probably be MICROWAVES. Before you buy a phone, google "SAR and phone brand and model" to see which ones have lowest SARs (specific absorption rate (SAR) in w/kg). The FCC gives links to each manufacturer where you can check the RF radiation watt/kg of each phone model. All you need is to go to Settings, and scroll down to About Phone and get the FCC ID, sometimes by clicking Status on some phone, and enter it here. In 2023, SAR (EU) for these Samsung is 1.4 body and 0.2 head, while Nokia got 0.3 head, Motorola 0.8 head, others got head 0.4 or even 1.1 (the pricier ones, *A50 0.27 head*), Wiko (French, affordable) is 0.4 head 1.2 body while body SAR (EU) is about 1 to 1.4 for almost all brands except A3 which is 0.55, the lowest but the head SAR is 0.39 for A3, *yet*

some may care more about body when holding it in hand (the hand gets the body SAR value more, the back of the phone, since the head SAR is the display direction) if they rarely talk on the phone and use it for data apps, etc, just below 1.6 FCC limit. These SAR limits are pointless, as they refer to radiation when taling on the phone. What matters the most is what your meter shows in the IDLE state of a phone, as you keep it in your pocket… that's when you see the GIGANTIC DIFFERENCE BETWEEN NOKIA and the rest. The Nokia site can compare SAR for unique Nokia phones (select country to get the correct data): for example, in the USA versions, Nokia G310 5G is bad among Nokias: 1.40 W/kg per 1 g touching the head, 1.28 W/kg over 1g body at 1 cm and probably 1.8 body per 10 g at 0.5 cm, Nokia C32 is 0.54 to 0.77 W/kg per 1 g head SAR and 0.46-0.65 head per 10 g, 0.96 to 1.02 body at 1 cm and 1.38 to 1.58 body per 10 g at 0.5 cm (select the correct version to see FCC data, 129$ on Amazon, unlocked, among Nokia's lower SARs, for carriers using T-mobile mostly), Nokia G10 (Android 13) is 0.7 to 1.07 head 1 g, 0.46 head 10 g and 1.51 per 10 g body at 0.5 cm, 0.71 to 1.0 body SAR 1 cm away depending if you use LTE 7 or CDMA or other details – see website (only 89$, purple, on Amazon, brand new, unlocked, for carriers using T-mobile, any GSM network). Nokia G10 is a low SAR phone, vs most out there and some C32s are more SAR than some G10s and vice versa, you can see this by meter tests too. Due to the fact G10 is cheaper, has lower download speed (7 times lower, to be exact, your health is 1 trillion times more valuable than download speed), etc, it's safe to say it generally has lower overall radiation when using it for maps in car, etc, so less headaches and damage to body for you. If your G10 is new, it may ship with Android 11, so go to Settings, System, System Update, Check for updates, one of the updates will be Android 13, 2.0 GB, so slow over mobile if you got no WiFi to protect your family. Install it and be set. For older phones, Android 13 update is not available by a few taps, you need do it yourself, so G10 is nice. G10, C2, etc come with a clear case from the phone box itself, so no need to spend extra money on a 10$ phone case. Phones that are fast at downloading emit much more radiation, so G310 Nokia emits a lot more than Nokia G10, since it downloads 59 times faster. You need to be real, if you're like me, keeping phone off 99% of time and airplane mode 0.99% of time and on 0.01% of the time, you don't need G310, but the purple G10 or the C2 2nd edition. If you don't mind Android 11 and updating to 13 on your own (search youtube for videos) in more complex steps that click system update, then C2 2nd edition has very low radiation, possibly the LOWEST of any US phone: 0.52 W/kg (vs 1.37 for Nokia C210 or 1.16 for Nokia G100, 1.03 Nokia C100) 1g head, 0.68 body 1 cm (C100 is 1.35 @ 1.5 cm) over 1 g, 0.42 per 10 g head, 1.14 per 10 g body @ 0.5 cm. As you can imagine, with my meters, C2 2nd edition, released in 2022, is truly quiet, it spikes to 30-50 mW/m^2 every 3 minutes when you're 20 inches away, while Samsung phones go to 3000-5000 mW/m^2 every 5 seconds in idle mode, so you end up getting destroyed by microwaves with Samsung and most fancy phones. *Nokia C2 is the safest smartphone I ever measured*. Nokia ships them with phone case inside the box, so if you get a brand new C2 from

Amazon, and there are plenty of those, it will come with a clear case. ☺☺☺

Phones track you, torture you, write your brain, poison you, stay away from them. Spies almost never use smartphones, as you will find out, due to their dangers. Google Pixel 7 Pro (the most amazing phone case, with cloth on the inside to prevent heat transfer from plastic to the phone, and with white reflective color to prevent phone overheating while held on the windshield, etc, the smoothest plastic cover) and higher have dual band GPS, are made in USA, and have half the price used of dual band GPS iPhone 14 pro: dual band allows you to get better google maps etc in cities with tall buildings and mountains, you can use maps in airplane mode once you uploaded directions. Pixel 7 pro starts phone in 2 seconds versus 80 seconds for the Nokia G10, so most will prefer Google if using it rarely only, and mostly in airplane mode, due to microwaves. Google Pixel has Android, so Google Maps, which is superior to any other map app, works better on Android, both being made by Google. If navigation is key to you, due to turning off all car connectivity to prevent Microwave Blasts, Pixel is better. Google Pixel and iPhone are the only unlocked phones that are designed in USA and have higher security, being thus slightly more secure from foreign spies. They can poison people and destroy your brain, confuse you, that antenna can be dual use: weapon to wipe out memories or just phone call maker. Drive fast, die fast, download fast, die fast, the eternal rule of life: health first means sacrificing conveniences (lethal WiFi) you don't need. You only get directions once and then move to airplane mode while driving, as GPS works in airplane mode, so you only expose yourself for 4 seconds while you download directions. But for banking etc you do need a phone in normal mode, so you do need the lowest radiation phone and G10 delivers. So, if you want, try G10, like I did, you won't regret it and you will see it's lower than RF of your phone now, using the meters, get a 6$ clear case, to avoid damage, and see thru the clear case the wonderful purple color. Astound.com Internet is 40$/month incl taxes/fees, uses T-mobile network, 300 MB/s and free unlimited data, talk, text for 1st year that costs 80$ with other carriers, for 1st year and then they jack it up to 20-40/month (but you can call Astound 800-427-8686 to get a 1 year of 10/month (call yearly when they bump price, as you get that email notification), and tell them usmobile.com has a 96/year plan (8 a month) that you will switch to if Astound doesn't offer $8-10/month, negotiate and you get 10 a month plan with unlimited, which with US Mobile costs 15-25/month or 30 with Metro/AT&T, for minimal plan that's needed for sane people who realize smartphones are weapons of mass cancer, disease and destruction. You can always call Astound or etc when they jack up the wired Internet price too much saying you quit service if they don't give discount (say you found another carrier offering half the monthly price, etc), like Charter used to add 5$ a year, becoming 3x the competitor price in 10 years. I called Astound and they moved my total from 62$ to 39$, plus I get 10$ off for autopay, so 29$/month total in 2025 for 300 MB/s fast unlimited wired internet and unlimited data, text, calls mobile service

using T-mobile network. If not in your state, there is always a similar provider, just avoid the Big Names, as those charge you 3-5 times the price to fund aristocratic palaces.

For car insurance, the cheapest is found by googling "cheapest liability insurance in my area" 300-800/year depending on car year. If you drive little, metromile.com, mileauto.com, Mile Wise (of All State), Smart Miles (Nationwide), etc, pay as you go, pay per mile, offer cheapest rates, though many triple A linked providers beat the cheapest regular insurance (Geico.com is usually cheapest) by 300 a year or more, so something like CSAA or 33 other AAA providers (no need to be AAA member to use one of their 34 motor club insurance programs) could beat pay as you go in some states. Use the RF meter to measure if any of the modules you plug in with metromile, etc cause much pollution or not. 100s of companies give you 100-200/year discount if you use the phone to download an app (you'll get a text), so they can evaluate how your driving habits are when you happen to have phone with you in the car, which for many folks is only once a month, due to RF sensitivity. The danger with pay as you go is hackers of insurance companies or your PC can know where you go and wait to attack you. Nobody can force us to get cancer and wear phone while driving always. To prevent brain damage, you can create an aluminum foil enclosure for the phone, place phone in the trunk and have the app on and airplane mode off, as this wrap around the phone reduce radiation in your driving seat 1000 fold, but it will still record the trip at a radiation level of 50 $\mu W/m^2$, which is 1000x < 50 mW/m^2 without the aluminum enclosure. Make sure you disconnected your car from the cell network and all WiFi, to reduce radiation 1000 fold, so your background is the city background, when inside the car. Use the RF meter Safe Sound as that one picks up the slightest changes, mine rose from 20 $\mu W/m^2$ to about 65 $\mu W/m^2$ after wrapping phone entirely in aluminum and setting in the trunk under the trunk floor. You can say it's for pleasure and you drive car 1-2 times/month, nobody cares, focus on the 11 companies. They're genocidal pigs, because we the sober people pay triple insurance rates due to the people who drive drunk and cause 30 million car accidents a year. It's not fair, it's extortion. Alcohol needs to be banned globally. On top of that, insurance companies charge higher due to them being 1500 companies, so aristocrats build palaces, so why should we subsidize their cell towers that give cancer and endless disease to workers and the palaces that shorten everyone's life by not using that for longevity and health research? Drive with phone in the car once a month max, don't stress to turn phone on more than once a month, the whole thing is a big scam, we need no 1500 insurance companies, one is enough, Eternal Travel Inc, the freedom of the working class. Never use phone when not needed, turn it off once at home or use airplane mode 99.9% of time, aristocrats use phones/google glass to spy on you and to fry your brain, take 20 years off your lifespan by microwaving you with WiFi/cell 24-7. With 0 aristocrats, royal families and leeches, with one language and 11 companies worldwide, we have no more states but one country, no more 20000 city codes and city laws but one law for all, 0

taxes for all, one police department for all USA with all cars connected and none can enter a car to drive unless they pass the video identification test to make sure only owner (no car jacking/theft possible) drives, the Eterni Bank test (the card that only legal residents have), the speech test to measure awareness, the wheel pic to measure 5000 molecules (takes pic of blood passing thru fingers) to measure awareness in the future and triple human lifespan. This ensures nobody can drive tired or drunk/drugged, so insurance rates will drop 10 fold.

Lifeline gives free phone, so you could use their SIM into your Amazon G10 89$ Nokia. In 2024 Motorola SAR (USA) values for most phones are lower than Samsung, it's time to switch. Nokia is ultra low SAR too, body SAR (USA, USA measures per 1 g of tissue, EU averages 10 g of tissue) is 0.3-0.5 for *Nokia* vs 1.5 for Apple, 0.8-1.1 for Motorola, 1.-1.2 for Samsung, so Nokia is by far the safest in USA. The head SAR (USA) is 0.8 for *NOKIA*, 1.1 for Samsung/Motorola, 1.4 for some Samsung and Google. So *Nokia* beats in USA all brands *for both body and head SAR*. Apple SAR head levels are 1 or almost 5 times more than Samsung, so definitely avoid iPhone if not talking much, using it for data in your hand. Some SAR values are EU, others USA standard. Some Samsung phones have high head SAR, to be safe, always check devicespecifications.com before buying a phone. Any free phone some get from government programs may have high head SAR, so you can always go to that company, call to move your free service to the lowest SAR phone you can get (*well, many companies government chooses for free phones and plans don't allow changing phone from low quality one to some decent one usable on intensive applications, like maps, so much for decentralized government programs with free crap for all, with centralization, you eliminate redundancy, and offer better phones to those needing it for certain apps, more R&D staff, less marketing*), that they're compatible with, google the head SAR level, for the phone model listed in About Phone etc. Galaxy Note 8, body SAR is 1.01, head SAR is 0.34 w/kg, < iPhone 7 SAR 1.14 head, 1.12 body. The lawsuits have started ► rfsafe.com. ☺☺☺

Due to millions of people getting headache and brain cancer damage from phones, Mudita made a phone with lowest head SAR of 0.06, or, about 17 times less than Apple phones, whose CEO Steve Jobs died of cancer. It's just for calling, not a smartphone, but it helps those who need a phone only and use wired desktop for all browsing to protect their testicles, ovaries, brains. The same thing happens with WiFi routers, laptop wireless cards in schools, some have an SAR 10 times higher than others. *I got a new router from Spectrum in 2023 and it produced 100 times less radiation at about 5 feet if I placed a lot of aluminum foil around it to reduce the radiation,* though the speed was the same as before modem install (for 5G phone, A13 Samsung, Amazon sells any phone at 30%-50% of price if used for a few months, just buy it unlocked and you can bring it to the cheapest carrier in your country that has limited offers, it's a good phone, sold 50 million, best selling phone in a 6 month period ever, 5G speed was 330 Mbps vs 40 Mbps for 4G in the same location via the speedtest app), *even at 1 foot it was about 10 times lower. If you*

get to AirBnB, always use your ethernet cable and stay away from the router or put some aluminum barrier there if you're close, to prevent too much RF damage. Or simply turn your modem into a router with a 15 ft USB-C to USB or USB-C connector. It's crazy to think all these people killed early by cell phone towers would not die if equipment would be better, *but hey,* we need more stadiums. What priorities. As soon as I removed aluminum, radiation became high as before it was with aluminum on. This shows how a simple upgrade from Assembled in Vietnam (with possibly cheap Chinese components) Ubee (Taiwanese company) DDW36C1 DOCSIS 3.0 to the Made in Indonesia (Made in means everything) EU2251 Hitron (Taiwanese company) DOCSIS 3.1 can do: 3.1 is the standard that allows up to 10 Gbps, vs 0.35 Gbps max for old modem. This 3.1 one has modem and router separate and connected with Ethernet. ***Change modem-router and sleep better, live longer.*** This is true for phone chargers and electrical devices too, cheap components lead to 1000 times more dirty electricity that ruins every organ, like microwaves. That's why parents switching schools can mean in some cases that symptoms of doubling heart rate disappear, since the radiation at one school can be far lower than at others if there is a cell tower nearby. This heart rate doubling was observed in kids: 4 min video and adults: 6 min video; see the free paper on doubling of the heart rate with WiFi being turned on. 1% of the safe US limit causes heart rate doubling headaches, thirst in some. ☺☺☺

Many people use special paints inside or outside the house to block EMF from cell phone towers nearby, neighbors' WiFi routers, etc, paints which act as a Faraday cage (like aluminum (Al) foil wrap of a cell phone blocking the signal 100%). The cheapest method for renters is to buy from $ store some white foam board and tape on one side aluminum foil, cover it in tape and then use it to block wall areas (or to create a sort of cubicle around your desk and bed (where you spend most of the time) if your room is big and you don't want to use so much Al, tape, boards) where cell tower signal is strongest, being white, it will match wall color and you don't need paint anything, since landlord won't allow it usually. If you sleep in multi-family places, always create a some barrier, partial one at least, with foam board with aluminum on one side, near your bed area, facing neighbor, since you don't know if they will place there some WiFi router, phone, device to damage your brain – you *can't take RF measurements hourly, but definitely make a good RF block to reduce RF 50x if his router is there and you detect high levels always*.

I made aluminum foil taped in clear tape barriers and RF came down 20 times in my sleeping area. You can also create aluminum foil taped 'blankets' using some flexible materials, etc, to tape it to, and 'body armor' type of clear taped aluminum pieces to diminish internal organ damage during phone use in the car, outside, etc, whenever you may use it. Some foam pieces can be taped slightly in some areas to the wall with clear tape too, so it's very discreet. Get a free google voice number and ***use only wired internet at home, turn off WiFi, and use desktop voice app with a comfy headset***, like Sennheiser SC 75, (3.5 mm and USB for both phone (eterni

tone) and desktop instead of phone to be social and text. Synthetic leather earphones keep cool and are 300x easier to clean. You can have microphone go *mute each time you wake PC from sleep, after listening to youtube or music and making laptop VoIP phone calls (google voice, etc)*; fix it by going to 1. Control Panel, 2. Hardware and Sound, 3. Sound, 4. for both Playback and the next Recording Tab do this: 5. Headphone, Properties, 6. Levels tab, 2nd tab, set to 100 and sound on (not off, off=a line across, click on it and the Sennheiser headset light turns on when this button is off) and Microphone Boost to Max dB 7. Advanced tab, uncheck 'allow apps to take exclusive control of this', check "Enable audio enhancements" for Recording Tab. If that doesn't fix it, try this. The faster way is to simply right click on the volume taskbar icon and then click on the mic (it's off). However, this faster way needs to be repeated, if you plug and unplug your headphone. However, if you want to listen to your normal speakers or monitor speakers, you don't need to unplug the headphones, you right click the volume icon, select Speaker as output device instead of the headset. That way, the input always remains on for making calls, etc and you don't damage your USB port or 3.5 mm port by always plugging it in and out to alternate.

12.11.3. *Reducing* body RADIATION a MILLION FOLD with PdaNet & Ethernet Adapter:

The next 8 pages show simple ways to reduce radiation between 100 to 1 million fold, depending on your goals. If you're pregnant or frequently attacked, for 1$ each, a space blanket can block microwaves from city cell phone towers like this 52"x 84" 10 pack, or deflect various lasers used by spies trying to destroy you or your baby). You need to wrap the front and back of your baby, from the vagina to your neck for a better protection. Besides using ethernet at home (to make calls from desktop via ethernet as shown in the paragraph above) and turning off WiFi for your house (supporting global ban on WiFi in hotels, schools, and everywhere unless absolutely needed for emergencies, nobody needs it, use phone as wired modem or WiFi Hotspot as shown in this paragraph), use airplane mode all the time, and turn WiFi off while in airplane mode too, since with it on, it will check for things on many phones and flood you with RF (proven with meter), just like some apps still have GPS working for driving☺☺☺, while airplane mode is ON (need turn off those apps for navigation) and all signal was meant to be gone. *Don't use phones for browsing or making phone calls* (unless it is an emergency), as the microwaves are often 500 mW/m^2 and the blood in your hand that holds the phone will be wiped out, damaged, poisoning every organ, not just destroying the hand, which is pure insanity, like a nuclear attack on every cell in your body; *instead, make the call from the tablet connected via wire to the phone*. Simply use a 15 ft cable (USB to USB C or USB to micro USB (outer pins, older phones) depending on what ports your phone has (PdaNet only works with USA old style, the gigantic USB A 3.2 (5 Gbps) for example or Thunderbolt 4.0 that can transfer at 40 Gbps, so if you have a tablet, laptop with small USB C port only, you need to buy a USB-C to normal USB adapter and plug the phone USB A to USB C cable into that female USB A.

Otherwise, PdaNet won't work. This is fine, since for 22$, you get 5 Gbps USB-C to ethernet and also to 3 female USB As, (my favorite, white shows dirt and you can clean it, see insects, fleas, ants in AirBnB, etc, since it's easier to fix in place under an object to prevent damage to USB-C by the movement of cables from keyboard, mouse, headset, Phone-as-Wired-Modem cable via PdaNet. If you can't use a 15 ft cord, just use a 6ft one or a 2.5 ft one that comes standard with a new phone, then use some aluminum foil between the room and the phone, to block most microwaves from coming towards you, so that phone gets the window signal but doesn't push them towards you, like place it on a window, facing outside the home, this technique will lower RF 10 fold vs using the 6 ft cable alone, and the aluminum piece can be only 2 by 1 ft. This means in areas with high RF (meaning 0.5 mW/m^2 as in many hotels with strong WiFi), this setup of 6 ft won't be above background, as your meter can confirm and *can be 20 times lower than using WiFi from hotel* or whatever: 0.5 mW/m^2 with the 6 ft cable and aluminum and sometimes 10 mW/m^2 with WiFi turned on on your laptop. Always turn off WiFi, it's not even that secure. USB-A is the ancient one that will disappear in 20 years when PdaNet will upgrade to support it. They got USB-C to ethernet adapter, for wired laptop use at home and wired tablet use at home, to reduce load 1 million fold. The USB cable has to be very tight fitting on your laptop or tablet, otherwise, the static electricity can cause the screen to go blank and then you need press the laptop power button 30 seconds to drain all static electricity. Get a new USB cable if screen goes blank during use. Amazon sells some really bad USB cables, brand new ones. At home, use ethernet cable, wired, to connect to your laptop or desktop, and on the road, use the USB A to USB C on the phone cable to get internet that is secure, unlike wireless from a Starbucks. They got USB A or C (adapter to swap between tablets or laptops without USB-A) to "1 Gbps Ethernet, 3 extra USB A" to make your laptop have more options to be a desktop and save the environment, or USB A to "5 Gbps Ethernet, 3 USB A, 1 USB C". When connecting the adapter into the USB-C port of a laptop, change the power saving USB setting that disconnects the internet by disconnecting the adapter: Control Panel, Devices & Printers, Device Manager, scroll all the way to "Universal Serial Bus controllers", double-click on each USB hub, go to the "Power Management" tab, uncheck "Allow the computer to turn off this device to save power". ☺☺☺

USB A is sturdier, so many prefer to have that as the only place to anchor a hub for "ethernet plus other USBs". Many people use laptops as desktops, with the laptop HDMI or Display port to connect a monitor and a USB-C to 3-4 USB-A adapters to connect wired mice, keyboards, etc, to avoid having 2 things: laptop and desktop, and have only 1 good laptop with 64GB RAM, i9 or i7. USB C is the wide, micro USB is the smaller USB C type and they help you turn *your phone into a wired modem* and *use a headset connected to your tablet to make calls from google voice, to avoid brain cancer*. To turn your phone into a modem while away from ethernet cables at home or if renting an AirBnB without ethernet, you need to install a secure tethering app

(pdanet.co/install for example, 8$ for full version if you ever get interrupted in free version for too much data download, lifetime access) to enable you to create a *10-15 foot distance between your phone and your laptop or desktop*, when you travel, *so that you have a radiation* where you're 1 *million* times lower than near the phone. Click Hide Tether, to avoid being charged a tethering plan, so you can still pay only 30$ for Metro (*disable the MetroZone app in Settings, Apps and turn off notification for any app that annoys you on your phone or disable it, if you get the annoying popup, since Metro PCS got the cheapest USA unlimited data and your phone is much more secure than Hotel WiFi that anyone can hack*) or 0 even with the Affordable discount for low incomes. It only costs 10$ to buy a 15 ft USB A to USB C CABLE (flat is better as you can close car door or window almost entirely when cold or hot during a vacation when you want to call and not destroy your kids nearby, simply use tablet and headset and don't use that weapon of mass destruction called phone anywhere within 5 feet of any human being) and you can do that browsing in the car too, put phone far away and tether it to your tablet to avoid destroying yourself in the car where signal gets stronger due to the cage effect of the metal. After you download PdaNet on both phone and tablet, laptop, desktop, you need to go into about section of your phone and tap 7 times the Build Number. Be aware that this is for random browsing on a 2nd phone, since enabling USB debugging exposes your phone to hacker attacks. This adds a new menu on Settings at the bottom called Developer Options. Click on 'Developer Options' and enable USB debugging. After this, in PdaNet on the phone click on USB tether, the first option and install PdaNet on your computer, before you connect it to the phone. Then connect the phone when prompted so by the software. Finally, click on 'Always allow USB debugging' when the phone prompts you to and then it will connect. Now, you have an ethernet like connection with only 0.001 mW/m^2 at the hotel, instead of 500 mW/m^2. This half a million fold will protect your kids, your testicles, ovaries and every organ. What if you want to use your phone and keep phone 10 feet away while talking on the phone? It's possible, there are apps to see phone on desktop or you can simply get a 3.5 mm jack 5-10 ft cord that plugs into the phone and then you use the phone in an aluminized cubicle *(make it in 4 hours:* foam boards 50x20"x30"/65$*, are taped with* 12"x150ft aluminum tape*, joined, aluminum covered in* 8"x435ft clear tape*)* 5 ft away or at a desk 10 feet away. They got air tube headsets and you can place an aluminum taped foam barrier between you and the phone if you didn't create a cubicle.

When all things are constant and you change cables USB to USB C, things can change depending on CIA hacks of your phones or real differences in phones. Metro by T-mobile costs 50$/month for unlimited data and doesn't lower speed if you tether. Metro shows speeds of 140 Mbps (megabits per second) on a Samsung phone itself (no tether) and 180 for a Nokia 310 5G, the device you tether may get 70 Mbps with a good cable from Amazon or that comes with a newer phone and 1 Mbps with a bad cable. T-mobile gets 260 Mbps on the Revvl phone itself for T-

mobile network using their special Revvl 7 designed for their T-mobile network, but when you tether it, you get far lower, 0.5 Mbps. In some locations, like near a mall, etc, I got Nokia 180 on metro and 40 Revvl on T-mobile. T-mobile customers get priority and metro use the same network, but get lower speeds if congested and you use same phone same location. However, if you switch to T-mobile, you pay 50 plus taxes and fees if prepaid plan on autopay, so extra 4$, but tethering speed is lower on T-mobile so T-mobile is only useful for suicidal people who want to use the phone to browse and get cancer and endless diseases. Its radiation levels are far higher than *Nokia G310, or Nokia G10, Nokia C32 which are also Android 13 and are even lower than G310*. The USB-USB-C tethering cord matters, the longer it is, the cheaper it is, the lower the speed. T-mobile, tested with 2 cables (a 6 ft one from Amazon and the one that came with the phone) inside a hotel, has the same low speed of 1 Mbps on a tethered laptop, while metro has 1 MB with a bad cable and 70 with the T-mobile cable, *indicating T-mobile makes all tethering speeds 3 G as they state if you use their cable, so stay away from T-mobile phones provided cables for tethering*. Outside on the street, the white cable that gave 1 Mbps on Samsung inside the hotel (due to weaker signal as too much aluminum was blocking it) gave 170 Mbps tethering speed, same white 6 ft cable from Amazon that gave outside 0.5 Mbps or 340 times slower speed with a Revvl 7 (Revvl 7 pro was sent back, no longer available in stores, due to some issues, so you may be better off with Motorola headquarters in USA and more control than Samsung of Revvl, vs Revvl made by TCL in China by US design), while the T-mobile 2.5 ft black cable that gave 70 inside hotel gave 20 on the same spot the white 6 ft cable gave 170, very erratic behavior of these cables using the same Samsung A 13 phone. *You need to test new cables and find one that gives triple the speed*. Revvl is hard to use, its interface is not like the easy to use Nokia or Samsung. Use other USB-c to USB-A cables not designed to lower the speed, if you have T-mobile, since T-mobile cables are designed to lower speed of tethering data. So, don't buy t-mobile plans, go with metro by t-mobile for unlimited internet for your laptop on the go. You save on taxes and get 3-70 times higher tethering speed. The Immortality *Nurturing* Agency needs to charge T-mobile a 50 billion dollar fine, *for setting tethering speeds* to 3G levels as they state on their sites, since this destroys people's health by exposing them to unhealthy radiation from modems and other junk they're forced to buy to connect to the internet while on the move or at home (if no wired option exists) in ADDITION to the lethal radiation from the phone. Metro gives you a free case too (e.g. white with gold glitter), for your Nokia, with nice designs, not just the black type that absorbs all heat in the car and overheats the phone in a car.

The banning of WiFi in hotels and all public buildings is a must, like smoking is banned today in all decent hotels and cities, since *WiFi is as deadly as smoking, an act of genocide*. Let people use their phone, we don't need 24-7 WiFi blasting from routers and cameras. All *WiFi* cameras need to be banned and replaced with wired cameras *(becomes WiFi only for an hour to record*

only if cable is cut) or LiFi by government decree of the Immortalist Party. Wired is 1000 times safer too, so no criminal/foreign spy hackers can hack cameras from 5 or 9000 miles away. Hotels and some city areas are concentration camps with 20-90 mW/m^2 WiFi cameras, *more deadly than a cell tower*. This is genocide. The government could actually require all phone companies, before Eternal Utility Inc becomes the main company for all phones, to offer these free tiny tablets and the 7 to 10 ft cable as fine for fraudulent genocide of billions of people for 30 years of mobile phone marketing when they knew it's bad and they bribed government officials to set limits ultra low. All phone companies will be required to explain the mW/m^2 at 5-10ft and noted biological effects as explained on utility.gov, the new website for the free United States. All workplaces could have these 20 cents aluminum foil little boxes where you place your phone, to avoid destroying self and others. For emergencies, family or etc can use the company landline to ask you to call from cell phone. Otherwise, cell phone companies destroy all human beings, their sperm and eggs and are liable for 50000 trillion in damages. Phones were not made to help the people, but to spy on them at all times, to track their very movement with the cancer causing GPS frequencies, so they can also torture them, place objects in their path, stage "incidents". Wired internet ought to be required in all businesses in every nation.☺☺☺

Today we see how often Jewish billionaires push deadly WiFi and cell phones on all, while Israel bans WiFi for kids under 6 due to knowing its lethal effects. The wealthy Jews don't live near cell phone towers, as they know those are highly effective in exterminating gentiles slowly. The closer you're to a cell phone tower, the shorter you live, thanks to a government of criminals who hides all this. Is this a USA for Jews or for all? It's odd how all kids are being destroyed by Apple, Google phones, Samsung, etc, all adults too, while a minority of nations or municipalities take pathetic actions to limit what is far more destructive than smoking even. Only Los Angeles County has a wireless radiation limit 10,000 times lower than the criminal FCC, a conman organization run by the present gangster USA government who destroys millions of kids and adults via hotels and housing units with insane levels of microwaves which cause birth defects that will harm USA for 5 millennia. *The phone companies have turned the entire USA into a concentration camp*, every major city has a huge amount of deadly radiation areas that wipe out human progress for millennia via birth defects. Will USA vote the Immortalist Party and ban all WiFi in all schools, hotels and in every building with kids? Can Immortality Building Inc maintain all buildings and make sure Wireless radiation is 10,000 times below FCC standards? Why are we wasting so much taxpayer money on deadly WiFi to destroy the American youth *and entire human species?* Why need so much money if all can learn with wired ethernet at home/school? Only labs require physical presence in the centralized education system of the Immortalists. ☺☺

The present government saves *2 million by using wireless in classes or labs, but will spend 2000 trillion in future healthcare expenses next 5 millennia*. Is that a government of ☺abysmal IQ☺

clowns? This same gangster government allows the criminal tobacco companies and alcohol industry to entice Americans via ads and such to spend 100 billion/year on alcohol and 80 billion on smoking. This costs USA about 0.85 trillion a year (600 billion smoking, 250 billion alcohol abuse). The tobacco industry is allowed to spend 2 billion a year on ads to brainwash people and kill all by 2nd hand smoke. All hotels you go to you run into insane levels of smoke in nonsmoking rooms, that destroy the healthy people, and sometimes WiFi radiation 100 times above the Los Angeles County school limit, which is itself TOO HIGH, even if 10,000 times below federal criminal limit. It's the same criminal system with cell phones and other super dangerous devices advertised without any worry, as with smoking products when doctors said smoking is healthy 50 years ago, inducing millions of Americans to an early death due to the MD addiction to smoking, as the same doctors today are addicted to their cell phone, WiFi and deadly wireless devices. The federal Affordable Connectivity Program wastes a ton of money to give people connected tablets that destroy health. If they get a free phone, they only need a USB cable from phone to a free tablet they get and thus reduce radiation of the tablet 1 million fold. What happens instead, California gives people both a free phone and a free tablet, both with low connection speeds, instead of only the phone being connected to internet and the tablet without modem, without WiFi, so it connects via wire from 5-10 feet away and is bigger, having no connectivity. Don't waste time with cellular modem on tablet, make a nicer bigger tablet instead that can have even a detachable keyboard, like Surface Microsoft one, so it can be turned into a Windows laptop that can run nice scientific applications, like ChemDraw, etc and allow all equal access to the centralized education of the immortality capitalism, nice tablet, 14-22 inch. With this Eternia tablet brand made by Eternal Utility Inc, all with US components and assembly we will make everyone able to use all science apps that are made for Windows mostly, not android, and reduce the need for wasting resources to create tablets AND laptops, since the tablet can be huge screen, 17" like the biggest laptops and the keyboard can be like Apple Magic one, easy to place far away from the tablet, even 2 feet away (unlike Surface), for more flexibility, ergonomics and simulating a desktop, so that we become the people who replace tablet-laptop-desktop trio with one ultra thin tablet and an amazing keyboard for maximum silence (no fans of desktops) and maximum efficiency. Instead of 3000 devices and useless brands, we create one mind blowing tablet that can do more than the 15 lb desktop today. Even better is to give people a USB cable that connects the cellular modem (1 cubic inch) to the phone or tablet (saves electricity to not power up a phone just to connect table from 5-10 feet away) or laptop (where fiber optic is too expensive to run), so that those who don't want to carry a big tablet, can simply carry phone and a cable and relax in nature while placing the modem 10 feet away and not destroy the body. We have created an anti-life lethal culture of convenience. Anyone with brains left at Google, Samsung, Apple etc? All that microwave has fried everyone's brains. Or are they intentionally doing this to the working class? Is this class warfare?☺☺☺

Turn phone on only when absolutely needed due to emergency or an appointment where desktop is not around *(if using an app to see info, take a screenshot and then turn on airplane mode, to avoid holding phone while airplane mode is off, as that can increase exposure 1000 fold for high data apps; holding the phone is really bad for you, if high data app is on, place it on something 2 feet away from you at least; once done with the info on screenshot, can delete it and turn airplane mode off and relaunch app if frozen due to lost Internet*; you can make using aluminum foil covered in clear tape a little pouch for your phone, like I did, to block all signal- since phones can emit RF during airplane mode in certain apps, GPS still works, I saw it myself; plus phone can be hacked, new app installed that uses existing RF equipment to slowly kill, dual use components activated only when a special app is installed by a spy agency*)*; you get some delay, but you live 8 years longer, get more time to reply later after people's rage has cooled off ☺☺☺, and don't pass mutated genes to offspring and contribute to 700 trillion in healthcare expenses next 2 centuries until government regulates cell phone companies better; Harvard professor told USA lead in gasoline is deadly and will sicken millions 100 years ago, but nobody listened, same thing with RF today, 100s of professors say it's deadly, nobody listens. In 2022, 7.3 billion used cell phones and after reading this chapter you will agree with me that if they used it 50x less, by doing wired Internet etc, instead of phone searches, WiFi searches, etc they would possibly live 1 year extra; this is 7 billion lifespan years lost. To put this into perspective, during Hiroshima we got 70K dead, an average age of say 35, so each lost 45 years, which is 3.2 million lifespan years. Add to that those who were living shorter due to radiation (260K people roughly in town that day, 70K died, so maybe 200K nearby folks lost 9 years on average), we get 1.8 million lifespan years, for a total of 5 million vs 7 billion from cell phones. People say that can't be true, but the brain damage (read next pages) from RF will create such low IQ, cognition, etc that it will cause a dramatic reduction in ability to take care of inventions, changes that need to be done to extend lifespan and deal with the issues of aging.

Today, governments, spies no longer need concentration camps, they can exterminate people with the people's own phone, WiFi router, WiFi devices, car GPS, radio antenna and cellular connection, destroy them, mind control them to make mistakes while driving or operating risky devices, give cancer, endless diseases, create vast brain blood barrier leakage, read below. Nowadays, torturing, slow killing, and exterminating millions is a million times easier than ever before. It's also best to use electric car console to mirror an app and keep phone far away from you, so you get less radiation, Tesla has several apps that mirror android and apple apps, or both with TeslaMirror. We need EV companies to allow us to use GPS and ride sharing apps without turning the phone on and these mirroring apps, to reduce brain and body damage, since even when placing my phone in the trunk, as far away from me as possible, the RF pollution is huge, almost same as with phone stuck on the windshield, just 30% smaller. The 100x better way is to

turn off the phone while going to a location, and use built-in (in every car since 2010) car GPS (or a windshield or dashboard mounted GPS that you tested to emit less RF) which damages body 100 times less than phone mirroring to car console, so turn on airplane mode after you got your address to go to, since GPS still works in airplane mode (or save directions as screenshot on your phone if you know area well, or use GPS from the car built in system console, because it will prevent you from looking too much at the phone, which may cause issues, as you're meant to look at the road, not at the phone), and type that address on your older or newer car console (all used EVs have that) and go there, while phone is in airplane mode; save your testicles or ovaries, or you will spend years to take care of your kid's health issues. You can turn phone back in normal mode if "Waiting for location" beep happens in Google Maps, in poor GPS reception areas, for just a second if an area with many changes in direction, in case you do use phone for directions and not the car GPS, which makes more signals that could be ruin you and even be detected by enemy radar leading to automated drone strike. Phone GPS is harder to detect during war when enemies shoot at everything that moves suspecting weapon deliveries.☺☺☺

Pregnant women or sensitive people wear EMF blocking garments, but for those who can't afford those garments, they got cheaper fabrics fabric.htm, $1 space blankets like this 52"x 84" 10 pk to wrap around from neck to vagina. Youtube has videos on how to use a cheap 30$ sewing machine to make such clothing. You could also take aluminum foil, tape it in clear tape on both sides and use it, but it gets hot and it creates gaps after a while, needing recreation to protect against 400 Ghz lasers that penetrate in submilimeter gaps. Fabrics can be used to make a t-shirt using a 6$ sewing machine from $ store (video; to insert the thread thru the hook before the needle, the simplest (much faster than the video method) way is using a 7$ pair of tiny tweezers like these or even a $ store 1$ tweezers); the much easier to use foot pedal one, that frees one hand used to press the on button, 24$, video here will lead to a much higher quality job, as you can guide it straight and have 50 times better control over the direction, since you got 2 hands to guide it, instead of one. A sewing machine can help make nice clothes for your kids with letters of a different colors with qualities you want the kid to recall (while wearing EMF protecting clothes since it reduces oxidative stress), embody such as 'gentle', nurturing, healing, conscious breathing, kind, serene, witnessing, watching, 'silent kindness' (quiet people appear smarter, waste less energy) smiles) - these can be done with a printing device too, but those tend to wash away fast; buy purple or lavender and use purple or gold letters; for the ultra poor, even a 5 cent piece of Al foil (or thin aluminum covered cabinet shelf wrap) can work as shield when going to high EMF places, just place it around the fetus, after taping 100% of exposed Al with tape to avoid toxic aluminum particle inhalation, as they did with the frogs that had 21x higher survival rate, to insulate them from the deadly cell tower radiation 140 m away. I wrapped the Safe Sound meter in a cloth and I got 0.089 $\mu W/m^2$.☺☺☺

When baby sleeps, use these EMF blankets you buy or you make and make the nursery the most EMF free zone in the house, same for the place where parents sleep, since breastmilk is changed by EMF into poison; for just 5$ worth of fabric you can make a long t-shirt to protect the baby (avoid belly bands, as those offer incomplete baby protection, a t-shirt is much better), but the thing is EMF poisons mom's blood when blood circulates, so mom has to be in an EMF free zone all the time, not just wear an EMF reducing t-shirt and avoiding cell phones, wireless devices. Here is a good article on parents creating a school union to force teachers to ban WiFi and all wireless devices, to prevent the grandkids of the kids to become infertile and shorter lived, with 2 million new diseases never seen before in the human quantum field. EMF T-shirts need to be worn ideally in between a t-shirt and a shirt, to avoid getting it too dirty (because the more you wash it, the less effective it becomes). Examples: TechniCOT 33% silver, 67% cotton, strong RF protection, 45-55dB 10MHz-4GHz, 110g/m^2, 19$ for 5 ft^2, is hypoallergenic due to having silver only as metal, cotton only as fabric (comfiest too) not copper or iron (stainless steel, which can actually oxidize, however the issue with silver cloth is silver can react with sulfur, fluoride, etc in water and lose efficacy fast and most of the silver ones can't be washed in a machine with strong oxidizing detergents, so you're very limited); silver is more inert chemically, and the price difference is tiny vs copper/steel, so buy only silver fabrics like: ArgenMesh (55% silver, 45% nylon, strong almost *50* dB 100 MHz-3GHz RF protection, 23$/5.3 ft^2), Safety Silk (65% silver, 35% silk, 10 kHz to 4 GHz 40 dB (10000 fold reduction, 4 Ghz -10 Ghz 30-38 dB, so still very good), 43 g/m^2, $18/5$Ft^2$), Soft&Safe Pink (strongest 50+ dB 10 kHz-40 GHz, click “Shielding Specs” to see the dB graph, and how for 10 kHz-10MHz it’s 80 dB, 50 dB meaning 99.999+% or 100,000+ fold drop in microwave power, since attenuation is 10*log(input power/out power) RF protection, 135g/m^2, you can make clothes worn under normal clothes *(to avoid getting it dirty if worn as last garment, overwashing, damaging fibers)*, $28/5$ft^2$, 70% bamboo, 25.5% nylon, 4.5% silver); this is also available in black for better UV block, though you can simply get your favorite dark purple/blue dye too on the light pink, for UV block, to get a purple/blue that blocks as much UV as black, but *absorbs* less heat *in high temp. They* also got stainless steel that is less prone to damage by chlorinated water, and is cheaper: Hertzcloth 15.5$/5$ft^2$, very light grey, 180g/$m^2$, 30-35 dB up to 40 GHz, 70% cotton 30% stainless steel, one side cotton mostly, can be worn directly on the skin and washed using a machine unlike some of the other ones, Staticot 15$/5$ft^2$, 230g/$m^2$, shields 40 dB (99.99%, 10,000 fold drop) up to 40 GHz. Silver reacts fast with bleach alternatives in the detergent and the description on the site for most silver based ones say hand wash not machine, so most people dislike that. Thus, never use strong or bleach alternative detergent or bleach on RF fabrics, due to their propensity to damage RF shielding properties, do a test as they say to measure resistance after 30 min in tap water to see if you need DI water for that garment, or try TexCare brand lessemf.com sells (choose 1 kg, or 2.2 lb powder, as it’s same 20$ price as a liter, but allows you to wash 5x more times, so may last 5 years for 3 t-shirts that

use tiny amounts of powder each week) – just use it only on your 2-4 RF clothes since it's more expensive on the delicate cycle to avoid damage. ☺☺☺

These can be used for baby underwear too, as the website explains, since eggs are sitting there for 25 years or 30 before being used. It's nice to consider that the return on investment for these fabrics, in lifespan years gained/$ spent, may be highest of any product we buy, especially for fetus if mom wears it. fertility.html has at the bottom of the page even some 50 dollar router pouches and guards (you can make the same for 3 cents using aluminum foil, just don't seal it completely to allow cooling and signal to come out), and it explains there that you get about same signal even if radiation decreases 10 to 100 times. I noticed this too when I used aluminum for a test. This just shows how much safer these routers and cell towers could get, yet, they don't care because the industry regulates itself basically. To protect oneself, one can also turn cell phone to airplane mode most of the time, and use texting more than calling, wired desktop/laptop 900 times more than WiFi tablets, laptops, phones for Internet research, etc.

12.11.4. Animal/Plant/Human Studies: GENOCIDAL Effects of Cell/WiFi/Car RF

WiFi can be used to see every human's location, their breathing rate, etc. Another reason to turn it off. See how animals behave very strangely and get very sick around cell phone towers ► youtu.be..0M. Europe's foremost mold researcher did experiments, shown at youtu.be...Zs, showing that the mold in ambient lab radio frequencies secreted 600 times more biotoxins than mold in a Faraday cage (no radio frequencies, same thing when you cover your phone in aluminum foil and block all signals and even when phone is called, there is no EMF with the meter). The mold/bacteria inside of us that can cause Lyme disease and all kinds of diseases (some cancers are caused by viruses), also multiply more and in the last decades, the ambient radio frequencies went up millions of times, and this may be one of the other contributing factors to the emergence of new superbugs, autoimmune and weak immune system diseases. This 2 min video shows the typical clumping of red blood cells in the presence of WiFi, cell phone, RF radiation. Anyone with a 1000x microscope can see how clumped their red blood cells are, by using a glucose prick (200 sell for 2 dollars or so) to place a drop of blood on the microscope plates. Bees exposed to cell phone radiation get very confused and unable to return to the hive, frog eggs exposed to cell phone radiation become deformed, die or become much slower and sicker than those developing in a low EMF environment, 90% (typical city RF pollution, 140 meter from a cell tower) versus 4% (no cell tower radiation) mortality ► vimeo..28 and "Mobile Phone Mast Effects on Common Frog (Rana temporaria) Tadpoles: The City Turned into a Laboratory,"☺☺ ► EBM 2010;29(1-2):31-5 ► Abstract: An experiment has been made exposing eggs and tadpoles of the common frog (Rana temporaria) to electromagnetic radiation from several mobile (cell) phone antennae located at a distance of

140 meters. The experiment lasted two months, from the egg phase until an advanced phase of tadpole prior to metamorphosis. Measurements of electric field intensity (radio frequencies and microwaves) in V/m obtained with three different devices were 1.8 to 3.5 V/m. In the exposed group (n ¼ 70), low coordination of movements, an asynchronous growth, resulting in both big and small tadpoles, and a high mortality (90%) was observed. Regarding the control group (n ¼ 70) under the same conditions but inside a Faraday cage, the coordination of movements was normal, the development was synchronous, and a mortality of 4.2% was obtained. For more such effects on animals of all sorts, see this pdf. ☺☺☺

4 months old mice exposed to 970 MHz for 2 hours daily, had twice the mortality of the control mice, at 28 months ► IEEE Transac on Microwave Theory and Tech Vol 57 (10), Oct 2009.

"Chicken embryos were exposed to EMF from GSM mobile phone during the embryonic development (21 days)... the embryo mortality rate in the incubation period increased to 75% (vs 16% in control group)." ► RBR 2003;43(5):541-3. That is 4.7 TIMES HIGHER MORTALITY. A 1998 study by Lebecq JC and others in France, Université Montpellier I, found that chicken embryo mortality was 72% for exposed and 12% for unexposed. A similar study found electrical fields caused 92% of chicken embryos to develop birth defects, compared to 11% in unexposed embryos. That's 8 times higher birth defect rate. ► Dev 1992, 114: 985-96 ☺☺☺

"12 nests (40%) located within than 200m of antennae never had chicks, while only one (3.3%) located further than 300m had no chicks." Being 100 meters closer to a cell tower increased infertility 12 times in these white storks (40/3.3=12) ► EBM;24:109-19.

The higher the 1 MHz-3 GHz wave range pollution, the lower the density of the house sparrow ► EBM 2007;26(2):141-51 ► free paper is at this pdf. Cell Towers are setup to lower birth rates of the working class, aristocrats don't live near cell towers. A similar pattern was noticed in another study ► EBM 2007;26(1):63-72. 1 MHz = 1 million Hertz. frequency = light speed divided by wavelength, 1,000,000 oscillations/second = 300,000,000 m/s divided by wavelength, so wavelength is 300 meters. 3 GHz wavelength is 0.1 meter. Power lines disrupt the natural north-south geomagnetic alignment of the body axis of cattle & deer ► PNAS 2009;106(14):5708-13. ☺

12.11.5. MICROWAVES WIPE OUT MEMORY OF INSECTS, ANIMALS AND HUMANS:

The next 7 pages will blow your mind away. Ants lost all they memorized in a few hours after 900 MHz cell phone radiation exposure ► EBM 2012;31(2):151-65. Cell phones near beehives induce bees to make the sounds signaling a disturbance or of swarming ► ApiD 2011;42:270-9. 4 Beehives (each with 8,000 bees) exposed to 1.9 GHz radiation (typical cordless phone) produced 21% less honey than the 4 unexposed beehives. Exposed bees were very confused (like ants and other animals), their memory partially erased probably, making it impossible or far less likely to

return to the hive within 45 minutes as usual. Colony 5 (exposed to 1.9 GHz) had no bee capable to return within 45 minutes. You can find the free paper by googling "Can Electromagnetic Exposure Cause a Change in Behavior? Studying Possible Non-Thermal Influences on Honey Bees- An Approach within the Framework of Educational Informatics" AS- IIAS Int J, 2006; VI(1):1-6. A study by the same 3 authors found "39.7% of the non-irradiated bees came back compared to 7.3% of the irradiated ones". A similar study showed worker bees failed to return to the hive even after 10 days, and the exposed (just 10 minutes for 10 days) hive was left with the queen bee and hive bound immature worker bees. The queen fertility dropped 4 times too, after only 10 minutes/day of mobile phone for 10 days. This is why the author believes the bees are being wiped out by cell phone towers, among other things ► IJES, 1(5),2011. A fourth study, exposing bees to 60 minutes of cell phone a week for about 12 weeks, found that queen bee fertility and brood area (future bee colony size) both plunged 2.6 times, honey stores plunged 8 times. "At the end of the experiment there was neither honey, nor pollen or brood and bees in the colony resulting in complete loss of the colony. Similar conditions have been observed by other workers in case of honeybees under the influence of high tension line. Beehives located near high voltage power lines in fields as low as 4 KV/m produced less honey, had high mortality rates… Colonies exposed to strong electric fields produce less honey" ► CS 98(10):1376-8. Einstein said that "If honey bees become extinct, human society will follow in four years." ☺☺☺

Reproductive capacity of fruit fly decreased 50-60% during cell phone speaking and 15-20% during cell phone use (not talking) ► EBM 23:29-43. This sort of confirms what I and others noticed: talking on the phone causes a much bigger headache than texting. 900 MHz typical cell phone radiation 2hr/day, 45 days raised free radicals in the mice brains ► EBM 2011;30(4):219-34. This happens in all animals, meaning RF speeds up the development of virtually every major human disease known to be affected by more free radical damage, such as Alzheimer, neurological diseases, atherosclerosis, diabetes, infertility. ABB 2011;164(4):546-59 is another free radical study. IJEB 2010;48(10):987-92 found sperm count became 2 times lower in exposed mice. A progressive decrease in the number of newborns per dam was observed, which ended in irreversible infertility in a location with RF power densities of only 168 to 1053 nW/cm^2. Mice exposed to 168 nW/cm^2 became sterile after five generations, while *those exposed to 1053 nW/cm^2 became sterile after only three generations* ► Bioel 1997;18(6):455-61. Like ants and bees, rats also have memory partially or fully erased (Alzheimer like) as a result of cell phone radiation ► Bioel 2008;29(3):219-32. Like ants and bees, exposure to 50 missed calls/day (vibe mode, no rings, 900/1800 MHz) for 4 weeks led rats to taking 3 times longer to reach a target, due to poorer spatial memory ► Clinics 2009;64(3): 231-4. Bats avoid radar installations ► PO 2(3):e297. Robins (birds) were disoriented when exposed to a vertically aligned broadband (0.1-10 MHz) or a single-frequency (7-MHz) field ► Nat 2004; 429(6988):177-80. ☺☺☺

Nerve cell damage in mammalian brain after exposure to microwaves from GSM mobile phones. ► EHP 2003;111(7):881-3. Many studies reported that one 2 hour exposure to cell phone radiation will result in pathological leakage of the blood-brain barrier in rats. The effect occurs immediately and is still seen at 14 days and at 50 days post-exposure at only 0.00012 W/Kg to 0.12 W/Kg. For details see "Increased blood-brain barrier permeability in mammalian brain 7 days after exposure to the radiation from a GSM-900 mobile phone." ► Patho 2009;16(2-3):103-12. Dr. Salford, the paper author, explains his research in this video. In rats, the maximum blood brain barrier leakage didn't happen at high SAR levels, but at much lower SAR levels. i.e. not W/kg but mW/kg, not near the phone but 1.8 m away. These studies show neuron death (brain cells) at SARs of only 0.00012 W/Kg. Bluetooth devices are worn for hours at a time. A Bluetooth device which radiates at a higher intensity than some cell phones that are still risky in terms of SAR, worn for more hours than a cell phone is typically used, would not be a healthy choice. Radiation Dramatically Increases In A Car, so it's best to talk outside of the car ► The RF waves are reflected back at you from the metal of the car. The cell phone has a hard time sending its signal out of the car because of the metal, and increases its transmitting strength (user radiation overload) to compensate as you travel making new connections to different cell towers.☺☺☺

Before going deeper into human studies, here is 1 page on effects on plants and molds, fungi:

DEADLY EFFECTS OF MICROWAVE RADIATION ON PLANTS:

p..8.pdf presents tree destruction by the main beam of cell phone towers. Plants don't germinate or die near WiFi routers quite often, birth defects and deformations after cell antennas installed are seen in plants, animals ► g...7. Aspen trees exposed to normal very low rural background RF radiation (field intensity ranged from −117 dBm to −87 dBm at frequencies from 1 to 1,000 MHz, for those curious dBm = 10 Log (Power in milliwatts)) became very sick compared to aspen trees surrounded by a Faraday cage that removed most RF, see the dramatic pictures at ► IJFR, 2010, ID 836278 (can download the PDF too at the link). This study is trying to explain why aspen trees start to die very fast since 2004. Like with bee colony collapse, there is an increase in tree colony collapse. The paper explains "These human-made RF sources create a background noise (as differentiated from signal) level generally 10 to 100 times stronger than the naturally occurring background of galactic noise and atmospheric noise at frequencies below 30 MHz. Human-generated signal intensities in large regions of the RF spectrum are in the range of 1,000 to 1,000,000 times stronger than the naturally occurring RF background in urban areas. Globally, the highest field strengths occur in central Europe, the eastern United States, and in China (Figure 9). Forest decline was first recognized and defined based on observed events in central Europe and the eastern US, and China, at this time, is experiencing rapid desertification... mortality rates of all dominant tree species in the western United States have been doubling

every 17-29 years in old growth forests, and that recruitment of new trees is now occurring at a lower rate than mortality". "static magnetic-field effect on a fundamental cellular process, cell division." ► PNAS 1998;95(25):14729-32. ☺☺☺

EFFECTS of Radio Frequencies on MOLDS, FUNGI, BACTERIA:

Dr. Klinghardt, a mold researcher in EU/US, found that molds emit 600 times more biotoxins in the presence of WiFi ► youtu.be..s. We have so many bacteria inside our digestive tract, no wonder some people get relief from digestive issues once removing RF pollution. Bacteria develop antibiotic resistance after WiFi exposure ► DR 2017;15(1):1559325816688527. Even ionizing radiation led to a 2.5 times increase in black molds ► Figure 6a ► PO 2(5):e457. 41 MHz radiation led to 7-15% growth of fungi ► MZ 2004;66(3):51-7. 341 GHz led to significant growth of fungi ► PMB 2002;47(21):3831-9. ☺☺☺

THIRTY FIVE HUMAN Radio Frequency (RF) Effects STUDIES:

A 3 min video with Los Angeles Unified School District teacher saying that WiFi made students and teachers sick is interesting. Our "always on lifestyle" needs better healthier technologies, LiFi could replace WiFi ► thenextweb.com...led. Indian government already tested it in 2018. Cell phones have caused brain cancer tumors the shape of the phone antenna at the exact location where phone was held against head by the person. So, it's good to try to always use speaker mode or a wired headset (some have air) to minimize RF to the head. ☺☺☺ Bluetooth is unhealthy too at current SAR levels. CNN gives some tips on minimizing RF exposure. Bluetooth devices that fit in or around the ear typically radiate at 0.23 watts per kilogram (W/Kg), i.e. 10 to 100 times higher than the RF exposure levels shown to make the blood-brain barrier pathologically leaky, allowing toxins to cross the blood-brain barrier and damage or fully destroy neurons. Did WiFi kill kid in 10 months after he slept with tablet under pillow?

Study Finds Significant Decrease in Sperm Activity After Cell Phone Exposure ► IJFS 2015;9(1): 129-36. DNA fragmentation was double in sperm exposed 2 hours to cell phone signals ► see Figure 4 from CEJU 2014;67(1):65-71. Imagine that today the eggs of girls get cumulative exposure of years sometimes, due to WiFi at school, home, etc... and cell phone use by the age they get pregnant. This has never happened before. *What will be the impacts? We won't know until* 25-50 years from now. CJIM 2017;23(5):345-349. found being 100 meters from cell phone tower increases risk of miscarriage ► Similar miscarriages were seen in pigs (section 2.2.3) 50-100 m away ► Patho 16 (2009) 191-9. In the first 100 days of pregnancy, the eggs of the grandchild are made and these egg cells are very immature and far more vulnerable to WiFi and cell phones. Women who want to get pregnant are safest if they stay at least 5 feet away from cell phones that are on and WiFi laptops, tablets, devices or routers most of the time after the

procreation act, to prevent the sperm destruction or damage (birth defects in theory), as it swims 1 to 72 hours towards the egg in the Fallopian tube. Given that animal studies above show 21 times higher mortality for exposed frog eggs and embryos and 5-6 times more for chicken embryos (8 times more birth defects), one can only guess what happens with human eggs and embryos that get exposed. Thankfully, females can create new eggs. Use an air headset and/or move cell phone away when talking (speaker mode), without touching it. ☺☺☺ Better is to use desktop and wired connection and turn off WiFi even in the router. Likewise, months before procreation, men are safest if they minimize cell phone and WiFi usage. Since miscarriage or birth defects can occur, pregnant women would need to minimize WiFi and cell usage. In the first 100 days of pregnancy, the eggs that will become the grandchild are being formed and they're damaged by WiFi/cell phones ► re...er.html and youtube...M. Females may create new eggs, but many times the kid comes from eggs formed during the fetus period. See a 2 min video on insects becoming slow after WiFi exposure, just like kids become slower in thinking after WiFi.

Cancer tumors appear at RF levels ►►► well ☺☺☺ below ◄◄◄ FCC limits ☺☺☺ ► sciencedir (some phones have SAR very close to the FCC limit). The damaging effects of RF are also explained at fcc..11.pdf. The ►more you use a cell phone, the lower are your grades ► mercola. The closer you're to CELL towers, the more health issues you have ► PB 2002;50(6): 369-73. Governments are limiting ☺ or banning WiFi in schools ► parents...html. France ►►► banned WiFi in daycares and limited wireless infrastructure; in schools for children up to 11 years, WiFi routers are not allowed on when not in use for pedagogic purposes. ► ehtrust.org, takeback; Israel banned WiFi for ages < 6. Dr. David O Carpenter, Harvard-trained Public Health Physician says WiFi is not good in schools. ► youtu.be...A. IARC classifies RF as possible carcinogen, class 2 B. ► iarc.fr...E.pdf. The 481 pages 2012 IARC monograph explains why RF is a 2B carcinogen ► monographs.iarc...2.pdf. wifiinschools.com explains that kids are far more damaged than adults, fetuses even more. 3 min video shows laptop WiFi radiation can be higher than cell phone radiation. This guy turned off his WiFi at home as a result. If you want to know how to turn off a WiFi router wireless network, you can watch youtu.be..XM; login into admin panel of the router and turn it off. Teachers may be liable for exposing kids to WiFi radiation. “Smart” appliances today come with RF transmitters that pollute the house 24-7. You can have the company disable it for you, but you will get it from nearby houses, routers, so it sounds better to paint bedroom in RF shielding paint or use an RF canopy. Those “with excessive smartphone use are more likely to experience hearing, tinnitus, balance, falling, and anxiety problems than those who use smartphones less frequently” ► WKW 2025;137:520-6. “Histopathological observations clearly depicted the neural degeneration” ► JCN 2019;102: 101684. “headache (21.6%), sleep disturbance (4.%), tension (3.9%), fatigue (3%) and dizziness (2.4%)” ► SMJ 2004;25(6):732-6.

LIST OF 16 STUDIES PROVING CELL PHONES CAN CAUSE CANCER when used too much, indicating current SAR levels are far too high:☺☺☺

7 BRAIN Cancer Studies:

1) The 13 country IARC Interphone study IJE 2010;39(3):675-94 found that cell phone use > 1,640 hours increased the risk of meningiomas 4.8 times and gliomas 3.8 times (Table 3, see > 1,640 h, start of phone use 1-4 years before reference date). Tumors were more likely to form on the side of the head where a cell phone was held.

2) Patho 2013;20(2):85-110 found for ipsilateral cell phone cumulative use > 1,640 hours, acoustic neuroma risk was 2.5 times higher, glioma risk was 2.3 times higher.

3) OEM 2014;71(7):514-22 found heavy phone users were 2.9 times more likely to get brain gliomas and 2.6 times more likely to get meningiomas.

4) IJE 2013;42(3):792-802 study of 0.8 million women found that those who used cell phones for 10+ years had 2.5 times higher risk of developing an acoustic neuroma vs those never using cell phones. The longer the women used the phones, the higher their risk. ☺☺

5) Epi 2004;15(6):653-9 found that acoustic neuromas are 3.9 times more likely on the side of the head one holds the phone on usually. ☺☺☺

6) EH 2013;12(1):60 found that those using 3G phones the most (4th quartile) had 7.3 times higher incidence of meningiomas.

7) IJO 2009;35(1):5-17 found that astrocytoma risk for ipsilateral mobile phone use in the >10 year latency group was 3.3 times higher and for cordless phone use 5.0 times higher. The risk was highest for cases with first use <20 years age, for mobile phone 5.2 times.

9 STUDIES Show Wireless Radiation from Cell Phones Can Cause pituitary, thyroid, stem cell, oral, parotid, lymph node, breast, blood, prostate and eye cancers:

1) The 4th study above (0.8 million women) found pituitary gland cancer was 2.3 times higher in women using cell phones for less than 5 years. (see Table 3, duration of use < 5 years)

2) AJE 2002;155(12):1096-103 found 2.2 times higher incidence of leukemia when within 6 km of a radio tower. Incidence decreased with the distance from the tower.☺☺☺

3) AJE 2008;167(4):457-67 found a link between parotid gland cancer and cell phone use. For ipsilateral use, risk of cancer was 1.6 times higher for heaviest users.

4) Parotid gland cancers have increased in prevalence 4 times in Israel between 1970 & 2006,

which scientists link to increased mobile phone use ► Epi 2011;22(1):130-1.

5) JEPTO 1994;13(1):33-7 found that those who lives close to a radio tower in Hawaii were more likely to have leukemia. ☺☺☺

6) IAOEH 2005;78(8):625-32 found an association between lymphoma and cell phone use.

7) CRM 2013:354682 found that 4 women (21-39) got breast cancer exactly under *where they were wearing their* cell phone 10 hours a day. They had no family history of breast cancer, tested negative for BRCA1/2, and had no other known breast cancer risks.

8) Epi 2001;12(1):7-12 found uveal melanoma (eye cancer) was 4.2 times higher in those using cell phones and 3 times higher in those using RF devices.

9) STE 2011;409(19):3649-65 found higher cancer deaths near cell phone towers in a big town in Brazil. Most deaths happened closest to the towers. Within 100 meters radius = 3,569 deaths; Within 200 m = 3,569 +1,408= 4,977 deaths; Within 300 m = 4,977 + 973= 5,950 deaths; Within 400 m = 5,950 + 482= 6,432 deaths; Within 500 m = 6,432 + 292= 6,724 deaths. Within 1,000 meters = 6724 +320=7044. Beyond 1,000 m = 147 deaths. Total = 7,191 deaths. 93.5% deaths happened within 500 m, 98.0% deaths within 1,000 meters. ☺☺☺

The next 16 studies show that WiFi wrecks our health just as cell phones do (same RF radiation). The papers listed are only those where exposures were 16 V/m or below. Someone using a WiFi-enabled tablet computer can be exposed to electromagnetic fields up to 16 V/m.

1. Immunohistopathologic demonstration of deleterious effects on growing rat testes of radiofrequency waves emitted from conventional WiFi devices ► JPU 9(2):223-9.

2. Use of laptop computers connected to internet through WiFi decreases human sperm motility and increases sperm DNA fragmentation ► FS 97(1):39-45. ☺☺☺

3. Avendaño C. et al., 2010. Laptop expositions affect motility and induce DNA fragmentation in human spermatozoa in vitro by a non-thermal effect ► ASRM 66th Annual Meeting: O-249

4. Aynali G. et al., 2013. Modulation of wireless (2.45 GHz)-induced oxidative toxicity in laryngotracheal mucosa of rat by melatonin ► EAO 270(5):1695-700.

5. Gumral N. et al., 2009. Effects of selenium and L-carnitine on oxidative stress in blood of rat induced by 2.45-GHz radiation from wireless devices ► BTER 132(1-3):153-63.

6. Havas M., 2010. Provocation study using heart rate variability shows 2.4GHz cordless phone affects autonomic nervous system ► EJOL 5:273-300, download part 2.

7. Havas M. and Marrongelle J. 2013. Replication of heart rate variability provocation study with 2.45GHz cordless phone confirms original findings ► EBM 32(2):253-66.

8. Maganioti A. E. et al., 2010. WiFi electromagnetic fields exert gender related alterations on EEG. 6th International Workshop on Biological Effects of Electromagnetic fields.

9. Margaritis L.H. et al., 2013. Drosophila oogenesis as a bio-marker responding to EMF sources ► EBM 2014;33(3):165-89 ☺☺☺☺

10. Modulator effects of L-carnitine and selenium on wireless devices (2.45 GHz)-induced oxidative stress and electroencephalography records in brain of rat ► IJRB 85(8):680-9.

11. 2.45-GHz wireless devices induce oxidative stress and proliferation through cytosolic Ca^{2+} influx in human leukemia cancer cells ► IJRB 2012;88(6):449-56.

12. Melatonin modulates wireless-induced oxidative injury through TRPM2 and voltage gated Ca^{2+} channels in brain and dorsal root ganglion in rat ► PB 2012;105(3):683-92.

13. Oksay T. et al., 2012. Protective effects of melatonin against oxidative injury in rat testis induced by wireless (2.45 GHz) devices ► And 2014;46(1):65-72.

14. Effects of WiFi signals on the p300 component of event-related potentials during an auditory hayling task ►JIN 10(2):189-202. (WiFi alters young adult brain activity)

15. Shahin S. et al., 2013. 2.45 GHz Microwave Irradiation-Induced Oxidative Stress Affects Implantation or Pregnancy in Mice, Mus musculus ► ABB 169:1727-51.

16. Türker Y. et al., 2011. Selenium and L-carnitine reduce oxidative stress in the heart of rat induced by 2.45-GHz radiation from wireless devices ► BTER 143(3):1640-50.

JCS 2009;20(5):1556-60 found that those who kept their phone in their pocket got the bone near cell phone become 6.5% less dense than the other bone. The side with the cell phone got softer. As entropy increases, the crystalline lattice structure loses order and becomes less tight and rigid and less stable, making the hydroxyapatite (that makes half the bone) softer. Trans fats were a cheap way to increase profits by increasing shelf life, yet they *killed millions*. Today, instead of making phones with lower SAR levels, the same higher profit margin thinking leads to millions of people dying early, and people blaming it always on "chemical pollution" or "aging", when it can be actually electromagnetic, from cell phones, tablets, laptops, connected devices, always on devices near bedroom, cell phone towers, etc.☺☺☺

12.12. PESTICIDES are toxic, human sprayers are replaced by robot lasers

Workers are being replaced by UV laser combine 80 ft wide, other robots do 70 acres/night. Soak produce 15 min in 5 g baking soda/L, alkaline $NaHCO_3$ will degrade the acidic pesticides.

►►► IQ LOWER BY 7 POINTS ◄◄◄ 7 year old kids whose mom's pesticide levels were higher while pregnant got lower IQ ► EHP 2011;119(8):1189-95 & poor motor skills ► SciD

►►► DOUBLE THE RISK OF AUTISM ◄◄◄ Ped 2010;125(6):e1270-7 measured urine levels of organophosphate pesticide metabolite dimethylalkulphosphate for 1139 kids age 8-15.

►►► 2.5 TIMES THE RISK OF PARKINSON ◄◄◄ nih.gov..se ► EHP 2011;119:866-72 (paraquat pesticide is similar to a compound that gave people in their 20s overnight Parkinson by attacking a region of the brain controlling movement, see IJEemiol 2024;53(1):dyae004)

►►► 4.2 TIMES HIGHER RISK OF ALZHEIMER ◄◄◄ for those with highest DDE pesticide blood levels, DDE was 3.8 times higher in those with Alzheimer, DDE blood levels were correlated to brain levels and exposing human neuroblastoma cells to DDT or DDE increased levels of amyloid precursor protein ►JAMAN 2014;71(3):284-90),

►►► TWICE THE RISK OF DIABETES ◄◄◄ with high exposure to gamma HCH pesticide ► IJERPH 2014;11(9):8984-95, 60% higher risk of diabetes from other pesticides ► EI 2016;91:60-8,

►►► 3.2 TIMES THE RISK OF PARKINSON ◄◄◄ in this Taiwan study on paraquat and other pesticides ► Neu 48(6):1583-8,

►►► DOUBLE THE RISK OF ADHD ◄◄◄ for kids with 3-phenoxybenzoic acid (3-PBA) in urine above the limit of detection compared to kids with 3-PBA below the limit of detection. Hyperactive-impulsive symptoms increased by 50 % for every 10-fold increase in 3-PBA levels. ► EH 2015;14:44. 3-PBA is a synthetic pyrethroid (not pyrethrin derived from the chrysanthemum flowers, see citybugs.tamu.edu..3/ for a more detailed explanation if curious),

►►► DOUBLE TO TRIPLE THE RISK OF ADHD ►►► for kids with higher urine levels of dimethylphosphate ► And 2016;4(4):695-705. (over 200 kids in this study),

►►► DOUBLE THE RISK OF LEUKEMIA ◄◄◄ for kids whose moms were exposed to residential pesticides during pregnancy ► EI 2011;37(1):280-91.

There are 7 other studies which have found some worrisome associations between pesticide exposure and certain diseases, although it's hard to prove correlation is 100% causation:

1. Second half of pregnancy and early childhood increases in pesticide metabolite in the urine were linked to double the risk of asthma like symptoms ► EHP 2015;123(2):179-85.

2. Pregnancy exposure to PCBs (from fish for example) is related to cognitive impairments as a

child and lower IQ ► EHP 2009;117(1):7-16.☺☺☺

3. Prenatal & postnatal organophosphate pesticide exposure were significantly associated with increased risk of being developmentally delayed ► EHP 2016;124(10):1637-43.

4. Pregnancy exposure to pesticides was associated with lower birth weight and shorter pregnancy (these are always unwanted outcomes) ► EHP 2012;120(7):1055-60.

5. Exposure in childhood to organophosphorus pesticides and perhaps to carbamate insecticides in combination with a reduced ability to detoxify these pesticides may be associated with childhood brain tumors ► EHP 2010;118(1):144-9

6. Higher pregnancy glyphosate and thiocarbamate pesticide exposure led to almost double the risk of miscarriage, for a farm population ► EHP 2001; 109(8):851-7.

7. Men who ate the most low-to-moderate-pesticide fruits and vegetables (≥2.8 servings/d) had a 169% higher total sperm count and a 173% higher sperm concentration than men who ate the least of those fruits and veggies (most omnivores don't eat a lot of low-moderate fruits-veggies) ► JN 2016;146(5):1084-92. The researchers found that eating high pesticide "dirty 12 list" produce in addition to low-moderate pesticide fruits/veggies canceled out the good effects and resulted in no semen quality improvement. This same thing was found in other studies, such as HR 2015;30(6):1342-51 which found that men eating the highest pesticide fruits and veggies had 49 % lower sperm count and 32 % lower percentage of normal sperm than men who ate the least of those fruits-veggies and instead ate the "clean 15" or other fruits which can be almost as clean conventional as organic versions.

One issue in 100s of similar studies looking for causation is that it is assumed that pesticide exposure is correctly represented by certain metabolite urine or blood concentrations, but apparently, this urine metabolite level doesn't indicate if pesticides came from food or spraying around the house-garden (different formulations, etc) and how much came from real pesticide in food as opposed to other chemicals in food, etc and also ignores the different body capabilities to process pesticides and eliminate them through urine differently. Some studies do note the genes of some people seem to affect these urine levels or the effects of pesticides. BRI 2014:179691 explains that the formulations of pesticides used are often times 300-600 times (one was 1056x) more toxic to human cells than the active principle, and our safe limits are based on the active principle not on the formulations (with adjuvants, etc) they use in the field. This was, however, an in vitro (test tube) study, not in vivo (inside humans). Synergy in toxicity? It's possible that exposure to strong stomach acid reduces this toxicity a lot, if one eats an apple or item with pesticides on the peel (hard to remove by washing, actually impossible, since it's in the peel itself too, not just on the peel, and fruit itself, but 90% of pesticides and also good

phytonutrients and antioxidants are often in the peel for many fruits and veggies). ☺☺☺

An interesting thing about the lower IQ study is that if kids had more pesticides after birth in their blood, this did not mean their IQ was lower. But if the mom had more pesticides while pregnant, they got lower IQ, indicating that fetus development period is perhaps much more sensitive to pesticides than any other period. It makes sense to try to cut pesticide exposure by 70-90% by simply eating the clean 15 and none of the dirty 12 fruits or veggies (see the list of the pesticide levels in 50 fruits and veggies at e.list.php, ideally eat the ones that are in the cleanest 25 and avoid the dirtiest 25) when pregnant or even when the kids are small, but even for adults effects exist, even if they show up decades later as Alzheimer. Eating organic costs about double, so maybe 300 a month if you spend 150 now. Organic produce might have 5 times more biophotons than conventional one if the age is the same, as explained in the biophoton section. Cooked foods don't have many biophotons (semi cooked may have 1% left or more), and cancer tissues lack biophotons, this may be why many cured cancer with a raw vegan diet: they provided biophotons for cellular communication and dissolving the tumor. When people moved from a conventional diet (> 80% conventional) to an organic one (> 80% organic), urine levels of organophosphate pesticides dropped 10 times in 7 days ► ER 2014;132:105-11.

About 90% of corn, soy are fed to livestock. Because of the need to get more of some of these crops that take so much arable land, industrial pesticide use is needed. If we would all be vegan, we would not need to use pesticides. You can feed 10 times more people at least if all are vegan with the current arable land. With vertical farming, you can eliminate all pesticides and feed even more people. One more reason to go vegan, care about millions of people dying early from Alzheimer, diabetes, Parkinson, car accidents due to brain not working that well as pesticides cloud thinking (lower IQ), heart disease, etc triggered by pesticides. *The dirty 12 clean 15 lists mentioned above* are used by some to decide when to buy organic. Many people have no clue, that if you go to the right store that has more in vegan and/or organic stuff like Sprouts or Costco, you can find those items cheaper in organic form than conventional produce at many supermarkets (Costco produce section is cold, it's good quality).

► Problem: lowering our IQ and slowly killing ourselves with pesticides. ◄ (Just like we used to put lead in our dental fillings and doctors said it was OK)☺☺☺

► Solution: vertical indoor farming works for many produce items and doesn't use any pesticides (greens are usually among the most contaminated with pesticides and they all can be grown in vertical farms). For the stuff that can't be grown in vertical farms that use 100 times less land and 20 times less water, where there is a will there is a way to increase crop yields without pesticides, for example:

1. **SOUND**. youtu.be/pwaZttlPoZg is a great video about increasing plant nutrient uptake by up to 700%. More details are in the first part of Chapter 7 and the Chapter 7 Sonic Bloom section.

2. **BIOPHOTON** rich irrigation water has led to produce 3 times bigger, all they did was pass water thru a device that increases biophotons in water ► hexahedron999.com..water.

3. **LASERS**, see this 2 min video about using Blue Light to remove weeds, 99% kill rate with huge UV laser combine 80 ft wide and 70 acres/night, naturezap.com might replace glyphosate and glyphosate resistant GMOs that lead to 13 times higher glyphosate (carcinogen) content in things we eat and wear (yes, even cotton has glyphosate). This is an ultra primitive application of this idea (imagine if we spent $1 billion to develop such technologies), one could use drones that scan for some things and use an array of frequencies to selectively wipe out weeds, insects, etc.

4. **DIFFERENT CHEMICAL CONTENT OF TOOLS** (sounds funny but it works). ☺☺☺ ► kup...english explains the advantages of using copper tools in agriculture, instead of iron; there was a real difference in crop yields. Viktor Schauberger, a great inventor, realized that the use of iron garden/plowing tools reduces the fertility of the soil. Simply said, Viktor saw rust in water or soil as life destroying. That's why he turned to using copper. Viktor and his Son Walter both received multiple patents for tilling tools made from copper, which leads to increasing yields by many times in some cases. Victor Schauberger was a genius who discovered this and many other things related to saucers, water quality, agriculture, the healing effect of round or oval living spaces (instead of the rectangular box type), which was found to also induce astral awareness faster, etc. Here is a review of Victor's work ► merlib.org/node/1101. ☺☺☺

5. **HIGH PERFORMANCE AGRICULTURE**. An Amish farmer (poor house gone) increases yield 6-8 times, which pesticides can never do (max 40%): "John Kempf, an Amish farmer, is one of the leaders in the field of high-performance agriculture. He's the founder and CEO of Advancing Eco Agriculture,1 and runs an organic, high-performance farm in Ohio. "You have to have different expectations and you have to begin managing your crops differently. For example, when you're expecting to produce 60 to 70 pounds of tomatoes per plant, you no longer plant the plants 12 inches apart. That doesn't work logistically. You have to begin spacing tomato plants two and a half to three feet apart. But all of a sudden, you only need three tomato plants instead of 36.""

6. **Much safer chemicals that help plants defend themselves** (this would be a last resort, when all the 5 methods above fail, and probably would never have to be used if science served our best interests instead of Pesticide Companies stock price ► sciencedaily.com...05.htm. Chemicals that make plants defend themselves could replace the harmful pesticides used today, pesticides known to damage the environment and to have bad effects on human health. This idea is presented in more detail at BMCL 2015;25(23):5601

The stone age did not end because of a lack of stones. ***The pesticide age won't end because of a lack of pesticide making ability. Just like lead for dental fillings did not end because of a shortage of lead.*** **Maybe some geniuses will come up with several methods to motivate pesticide making companies to research these alternatives and become major players in these healthier more benign industries of the future agriculture using more biophysics. Conventional farming uses 900 man made pesticides. Organic uses 25 man made chemicals, including hydrogen peroxide, alcohols, copper sulfate. Among the 25 are a few pesticides, all of which don't have an EPA tolerance (being much safer than many synthetic pesticides used in conventional farms) except for spinosad. Rotenone, a natural pesticide, is banned in the US, and contrary to what many articles say, it's no longer used by any organic or conventional farm. See more details about conventional farms using more copper sulfate at gmo...organic. "organic rules require that approved synthetic pesticides be used only as a last resort." Benbrook, former research professor at Washington State University, who has done extensive work on pesticide residues in organic foods, says: "When you compare organic versus conventional food, it is absolutely inarguable that organic food reduces dietary exposure to pesticides by 98%." Not sure how true that is when third party testing is done, but it may be true in some cases. Benbrook wrote a long article at wsu..6.pdf about the benefits of organic foods with lots of science papers highlighting the nutritional benefits of organic foods, especially during pregnancy, first years of life to prevent birth defects, low IQ, autism. h...3.html states "Genetically, Darnell (a frog) is male. But after being raised in water contaminated with the herbicide atrazine at a level of 2.5 parts per billion — slightly less than what's allowed in our drinking water — he developed a female body, inside and out. He's also the mother of his children, having successfully mated with other males and spawned clutches of eggs." This, if a true and reproducible effect (some allege it was not reproduced), shows how low levels of pesticides, within safe levels, can have dramatic effects on animals, see more on this frog at Mother Jones. 17 million Americans have atrazine in their drinking water above this frog changing level. Atrazine is also suspected to cause breast cancer. Huffington piece also states "The EPA has estimated that between 10,000 and 20,000 pesticide poisonings occur annually among agriculture workers in the U.S. and over the years some have died as a result. That's not the case with those folks who labor on organic farms". There are always 100 studies for and 100 against something that is pretty popular and controversial. ☺☺☺**

Skeptics often times argue that organic is having higher E Coli contamination based on a 2004 study, JFP 2004;67(5):894-900. As if the whole science about this is based on a single study of 40 farmers in Minnesota, when you would need to have many studies to draw a conclusion. But when you read the study (the whole paper) in detail you realize 25% only of organic farms in the study were certified. The rest just used "organic practices". And For every 4 organic farms, there was one conventional one, making the error in the conventional farm group bigger. The

coliforms contamination for some produce items like onion, bok choi, zucchini was higher in the conventional farms, and the skeptics don't report this. The Table on E Coli in certified farms shows they perform WAY better than noncertified farms, having no E Coli at all, except for 3 veggies, while non-certified having E Coli for 9. Leafy greens from conventional were having E Coli at a rate of 25%, lettuce 17% while certified organic 0% for both leafy and lettuce. I noticed this in several skeptic articles, they talk of something bad, like rotenone, but it's no longer in use. Or they mention only studies that fit their narrative, totally ignoring studies that found the exact opposite or vastly different results. When a study finds something they disagree with, they attack that study's weakness but ignore the weaknesses of the studies they believe in. It's typical confirmation bias, intentional or unconscious. So, without reading the full papers, one can barely understand what goes on, as abstracts say only a tiny bit. Using animal fecal matter as fertilizer is not the best, especially where they don't wait at least 12 months before application or they don't compost it at high temp. This is where a lot of E Coli comes from, and Salmonella. Farms that used manure younger than 12 months had a prevalence of E. coli 19 times greater than that of farms that used older manure. If so, they could probably ban the bad practice of using young manure in any farm. The paper says "Among organic farms, the percentage of those that had at least one positive sample for E. coli were 12 and 59% for certified and noncertified growers, respectively." That's a 5 fold difference. So, when a study reports noncertified and someone mentions a study and makes people think it's one of those USDA sticker type of farm, it provides the wrong impression, very misleading but OK with skeptics. LAM 2001;33(6):434-9 found that organic produce contamination was 1.5% at retail level, compared to 9.7% in the field (you are far more likely to see contamination in the field) in this 2004 study with 75% of organic farms uncertified. Nutrition 2001;16:647-94 found that 8.3% of conventional produce was contaminated with E Coli (not just 1.6% as in the 2004 study skeptics always quote, pick and choose studies and you can argue for anything). A restaurant survey found 25% of conventional lettuce was E Coli contaminated. Anyway, another unclear issue is which strain of E Coli causes more food illness, how many organic veggies caused a food illness versus conventional. In a study that included 3,200 organic retail vegetables, no E Coli was found ► IJFM 77:199-204. This just shows how complex things get. Another misleading thing skeptics do is that they quote the study and ignore the main finding of the study which was that "The results of the present study don't support allegations that organic produce poses a substantially greater risk of pathogen contamination than does conventional produce." They only picked the negative thing in the study, that E Coli for organic came at 9.7% (4.3% for certified organic), higher than conventional. ☺☺☺ When they had "E Coli outbreaks" blamed on veggies, it was usually impossible to find E Coli on the veggies themselves. It's usually conventional stuff that gets blamed.

The skeptics will say that correlation of diseases and pesticides is not causation and there might

be other *confounding* factors or things that contribute to these results, but it's not just one or two papers showing the same relationships. In the future, by doing cognitive tests and having people eat more of clean 15 and more of dirty 12 or something similar, one can see effects on mental performance, Alzheimer and Parkinson and cancer markers in the blood in interventional studies. By comparing diets (that people have without intervention) and eliminating all *confounding* factors, it will be possible to also add more data to prove beyond any doubt the causation. ☺☺☺ They did not have a lot of perfect studies to prove smoking is bad for you (since it's unethical to force people to smoke to see what happens) and yet the Surgeon General did say smoking is bad. It's like we have hundreds of studies showing higher blood pesticide levels are linked to a host of cancers and brain diseases, but many still want more solid proof of causation. Others believe in causation, but they believe only those spraying with pesticides are in real danger, not the average person eating them. There are many hypotheses about how bad pesticides are, but for any disease, there are many risk factors and pesticides are just one of many. So, it's understandable why some are skeptical about the organic vs conventional etc. especially when you read articles like the Slate one which presents the hypothesis that the organic vs conventional is not important, but eating more fruits and veggies is important, yet the article doesn't talk about synergistic toxicity of formulations, not only are EPA limits referring to individual pesticides, and not formulations, but there is no safety test for a combo of formulations (which can be 1,000 times more toxic than the main active principle), the combination of several formulations may be a million times more toxic, and then the numbers in her article become less of a strong argument to ignore organic versus conventional. ☺☺☺

On the other hand, her stating that rotenone is more toxic than many synthetic pesticides is valid. But rotenone is no longer in use. Anyway, reading her article too is good, since you get to appreciate how many toxins are in everything we eat. "Americans consume about 1,500 mg of natural toxins from plants a day, which is approximately 16,000 times more than the 0.09 mg of synthetic pesticides we get from food every day" ► PNAS 1990;87:7777-81; the paper argues that conventional is as safe as organic, because all fruits and veggies have tons of toxins. Yes, but vitamin B_{12} daily dose is 2 µg or 0.002 mg and without it people can get really sick. So, 0.09 mg or 90 µg (45 times the weight of B_{12} daily dose) of synthetic pesticides could have a similar harmful effect in some people at least. Assuming it is beneficial is hard to swallow, especially when human cell lines die in the presence of some of these pesticides at very low levels. The burden of proof about safety is on pesticide makers, as the doctors would say about a medicine. However, JT 2011:589674, does explain that even Winter, a skeptic who believes conventional produce is harmless, found that organic produce has 3-5 times fewer pesticides than conventional, so instead of 90 µg a day, the average person would get 20 µg or even less per other studies. Winter believes the dirty dozen and clean 15 is a meaningless ranking since the

synthetic pesticides are in such low quantities as to be all harmless and also because of other aspects of the EWG method of ranking. The disbelievers argue that given the toxicity of many other compounds we eat daily, the exposure to synthetic pesticides is negligible (16,000 times lower by weight) and a waste of time to even talk about. They might be right, yet other studies contradict their optimism, even if some of the most anti-pesticide study results were from people who sprayed pesticides, not normal people who eat produce. Many of those studies about 2-4 times the risk of Parkinson, lower IQ, etc were from people who lived near a farm that used pesticides or that sprayed pesticides. So, it may be that the average person doesn't have to worry, especially if they don't use pesticides around their home. Who is to say? Perhaps, some people are more allergic to synthetic pesticides than others, but the data on autism, ADHD, etc is from normal average people, not pesticide spraying professionals. Talking about toxicity, if a person inhales 2 mg of a naturally occurring lectin called ricin, they die, so it's not about weight so much as about how toxic the "toxic" compounds are. So, we live in a toxic universe, with tons of little toxins everywhere, so adding a few man made toxins won't make any difference the argument goes. The skeptics might be right. You never know. We're mortals, with imperfect knowledge. Even with 3 trillion studies proving something, there can still be an error in all those studies that gives a false causation instead of correlation. Many die from allergic reaction to natural compounds in asparagus, fish, meat, nuts, beans. If people read more things from both pro and con camps of an issue (e.g. organic versus non-organic), they can make better and more informed decisions and appreciate the infinite complexity of every single issue out there. ☺☺☺

The usefulness of this is at least in understanding that a cause of allergies could be synthetic and even natural (used by organic farmers) pesticides. Just like hormones in our bodies or vitamins have a HUGE EFFECT in tiny microgram amounts, it could be that synthetic pesticides can have a truly outsized effect at levels that EPA thought were safe, in certain individuals whose immune system go into a wild response. If this is so, then the argument of skeptics becomes much weaker. Yet, given that every second 10 million trillion chemical reactions happen in our bodies, it's not easy to assess the exact impact of each pesticide or formulation (which may be even more toxic, see synergy of toxins above) or combo of formulations, etc. Even now, after all these studies, I'm not 100% sure what is best, even if naturally we would all want to avoid pesticides and I'm all for alternatives, perhaps some people would benefit a lot from organic or partially organic diets, if they're ultra sensitive to certain natural or man made pesticides, or perhaps ideally all would benefit, but it's not doable in the short term due to inertia. If people get too scared of "man made pesticides", they might avoid fruits and veggies, but there are far worse poisons in meat and dairy and processed foods in much larger quantities too (and meat and dairy have antibiotics, etc in addition to pesticides). That's why I don't want to be too one sided. Perhaps the real danger may be not eating enough fruits and vegetables, more than eating 0.1

mg of "conventional or organic pesticides" a day. Without vitamins, biophotons, and other phytonutrients, we would run into problems a lot faster. ☺☺☺ I assume if we all went raw vegan 100% or 70-90% we would be healthier even if conventional and not organic.

It may be that someone who smiles more, does more meditation, good sleep, eating raw fruits and veggies with enough nutrients, peaceful music, more conscious breathing, exercise (even if just chores or some volunteering etc), etc and eats conventional produce is way healthier than someone who eats organic, but doesn't practice those other things much. After all, this pesticide exposure is one of many risk factors for overall mortality. Perhaps one of 50 risks, and then what really matters is the other 49 too. It's possible that bad sleep or irregular sleep or too little sleep alone can probably be 10 times or 5 times more damaging than eating 0.1 mg of pesticides a day, given that we eat 1500 mg of all kinds of toxic things in plants alone (stuff made by plants to defend themselves, sort of natural pesticides), not to mention processed foods tons of synthetic chemicals and junk that has toxic side effects and meat with fat, cholesterol, nitrosamine, antibiotics and the list is ULTRA LONG. Just eating too much fat is probably causing far more diabetes, Alzheimer, etc than pesticides, unless one works as pesticides sprayer and inhales not 0.1 mg like normal, but 100 times that or 20 times that. The lectins we eat in bread, donuts, all cereal products (and all legumes and most nuts and seeds) may do far more damage than the pesticides, and we don't know it since nobody studied populations with or without these lectins in detail to assess impact on β-amyloid plaque, Alzheimer, IQ, etc... the red kidney bean lectin kills people if not cooked and eaten raw, it coagulates blood. Ricin, a lectin in castor bean, takes 2 mg to kill someone, VERY little. But pesticides are cumulative, so even if their lethal dose is not 2 mg, if you eat 0.1 mg daily and you can only eliminate a part of it, over 3 years you accumulate a lot of stuff that may affect certain brains and give them autism, even if they're not farm workers being exposed to 20-50 times the level of us normal people who eat dairy, meats, fruits and veggies contaminated with pesticides. All organic meats, dairy and produce have pesticides, just natural ones (that conventional fruits don't have) and a few synthetic approved by USDA. It's evident though that pesticides like anything can cause issues, it's just hard to give a general answer as to which risk factor contributes more to what disease. ☺☺☺

If one wants to be very cautious, it makes sense to go organic, especially during lactation and pregnancy, but I know in some areas some produce is hard to come by and organic versions cost 5-10 times more than the produce at the 1$ store in California, making going organic prohibitive economically. Perhaps, when all is done with indoor vertical farming or some sort of enclosed system requiring no pesticides, plants will evolve to no longer produce any harmful chemicals (no predators in a vertical farm) and our foods will be better or some new mutations will ensue due to sound, biophotonic enriching of water, etc that will make the plants more human friendly. ☺ Although these days, instead of waiting for plants to evolve to no longer produce

lethal toxins (like raw kidney beans or asparagus, etc), genetic engineers are working on versions of plants that don't have the lethal or highly toxic things in them that evolution gave them: potatoes without 200 ppm in toxic glycoalkaloids (tomatoes have just about 20 times less), and nuts without the proteins which cause allergic reactions in most people, asparagus without the chemical that can cause death in some people thru anaphylactic shock, legumes and grains without lectins that cause tears in the intestinal walls, etc. Is that the right approach? GMO fans will say yes, while the opponents will say no. Anyway, there might be safer biophysics methods to "steer evolution of plants away from producing so many human harming chemicals" or to just create eterni foods, add biophotons, abandon agriculture. EWG list shows the top 50 most common produce items, in ascending order of the pesticide levels, from 1 to 50. Google EWG list 2024 or earlier years for older lists as it changes. In 2024-5 blueberries were in the DIRTY DOZEN, but in 2020 they were number 22, so it changes. Anaphylactic shock or hives can occur due to streptomycin in blueberries or produce, or due to another pesticide used, so always try an organic version to see if hives or allergy vanishes and then change to a different supplier if organic too pricey, since not all use that pesticide.

12.13. Dirty Electricity: why we need avoid solar tiles (last 5x less than panels), efficient panels, dimmable LEDs, cheap/micro solar inverters, use 300W panels to create passive cooling by covering 80% of roof to create shade to halve AC use

The next 15 pages explain how stray voltages can cause premature death and chronic disease and what type of wiring to install in a new house to survive nuclear EMP attack, solar storms and other events that can otherwise fry your off-grid solar system and leave you without power. The EV RF Safety section explains in the first paragraph the car issue of high frequency dirty electricity, 2-100 kHz high frequency harmonics transients (dimmer switches and fluorescent lights especially, see it on meter) that travel on 60 Hz AC wiring (watch an engineer explain it in 1 minute) when electrical devices or light bulbs lack a 2$ filter to eliminate them, and cause cancer, short-term memory loss, seizures of kids, blood vessel rupture, chronic fatigue, diabetes, asthma, amputations, blindness, heart disease. Oscilloscope shows how Stetzer filter reduces voltage changes 1% at 60 Hz (most current), 50% at 200 Hz, 80% at 0.4 or 1 kHz and 1 MHz, 98% at 10 kHz & 100 kHz, how the utility brings it dirty electricity when all breakers are off, except the main one for the whole house. See how rises in stray voltage cause weight gain, high blood sugar and waking up in the middle of the night, or even muscle spasms in animals (and people), how baby calves die due to dirty electricity, as human fetuses die or are born with incomplete lung development too, kids whose heart doesn't work and went to ICU upon birth and died at 18 months old while in the hospital, cows didn't produce enough milk and immunity collapsed, cows getting sick and never recovering, chronic fatigue and short-term memory (lady 1) loss that

disappeared (lady 2) when they installed Stetzer filters of dirty electricity. Profits above safety mean genocides. In immortalism profits don't exist, everything is by and for We the People, via the 11 companies. GS is the unit to measure dirty electricity. 1 GS = 24V/s. See more about this in this video and in Dirty Electricity by Samuel Milham. Car seats that get heated may generate too much heat and lead to infertility via heat and also, via EMF from the heat mechanism. The same can be true for heated steering wheels, they may generate EMF that causes arthritis, so try get a soft cloth cover. Some speculate DC fast charging will replace J1772 Level 2 slow charging by 2050-2100 even in homes, to minimize loss of electricity during solar DC to AC conversion and back to DC when changing car batteries that need DC. California may mandate that to be the case, even if DC charging is as fast as Level 2 charging, based on efficiency and health arguments, not speed. We certainly don't want a new set of health issues emerging that nobody investigated well, if you slow charge car via AC 12 hours daily while you sleep, causing 4000 new cancers. That's why it's ideal to measure dirty electricity with the Stetzer meter and to realize most meters don't catch everything and to be ultra safe, you can fast charge outside at Tesla superchargers, if your sleep is disturbed. Recall that many new techs, like leaded gasoline, did huge damage for 100 years before they were banned. Same thing could happen with these AC chargers in homes while we sleep, they may be banned in favor of DC charging, fast or slow, if they can't make AC-DC inverters and house wiring that eliminated dirty electricity high frequency stray currents, etc. Our devices may move to DC mostly in 150 years due to less lifespan shrinking via AC EMF. ***Inverters AC to DC, or DC to AC, if built cheaply, generate too much dirty electricity***.☺☺☺ Use same GQ EMF-390 + TriField meters from 12.11; USB to socket adapters/chargers can create huge pollution, as most on Amazon do except Samsung or OEM from big name companies; Dollar Tree got e-circuit swishtech 1$ USB-plug adapters that produce no Stetzer meter high frequency dirty currents, so that's the best deal for the price, others on Amazon cost 10$, pollute 900 times more when used 24-7 for a small USB fan, battery pack charging, etc. For electric soap dispensers drawing electricity 1 second each 3 hours, it's not going to pollute much, but it can pollute. While the fact DC current is more friendly (in terms of invisible wireless effects, ambient house EMF pollution) than AC circuits for human biology has been disputed a lot, the dirty electricity effects caused by various devices (even if all devices use AC) are less controversial. DC is way more energy efficient too, see video. That's why it helps to know a little about it, so that coal and gasoline chemical smog is not replaced by eletromagnetic smog, just as toxic and more dangerous, since it is 100% invisible (car smog can be seen and smelled). The RF section details RF from power lines, cell phones, WiFi, but there is a pollution we can't avoid even if we don't use WiFi or cell phone, the dirty electricity from the grid, from neighbors' houses. To avoid this, and its biological effects, we need to measure it and find the ***lightbulbs*** (see my tests of LEDs for EMF at the end of this section, how bad all ***CFLs*** are vs clean ***LEDs***), chargers (cheap chargers of phones, tablets, with 90 times more stray voltage), that cause

it and/or install filters that reduce the dirty electricity from the grid and neighbors.

There are many meters of dirty electricity, like $40 Stetzer (US design, made in China, it is a 20 µF (micro farads) 250 VAC CBB61 motor capacitor that prevents voltage changes and costs 9$ in other places, see the 1 min video, placed in a plastic box, so the capacitor dies, like any capacitor on an AC compressor, so you need buy them again, paying 40$ for 9$) the original company UL approved, $37 Greenwave got UL label in the latest versions sold in USA (see their youtube) and has a 25 µF 330 VAC capacitor (higher capacity, so it reduces more than Stetzer as most youtubes show), plus two blue 220 pF (pico, 10^{-12}) capacitors, one 100 kOhm discharge resistor to prevent electric shock when you plug or unplug if hands are on the 2 prongs, hear story of headache and ultrasound heard by kids), $180 (overpriced?, the interior of this is more complex, not just one 9$ capacitor, how they make it in USA, their youtube has some aggressive videos that raise doubts about company ethics, may just be almost same protection) Satic, advanced $300-1600 DNA.☺☺☺ One youtuber found using Alpha Lab EMI Line voltage meter, that Greenwave reduces voltage to 52, 670, 370, while Stetzer, for same sockets to 70, 870, 470 mV, so at least from one point of view, Greenwave is better, due to 25, not 20 µF capacitor. You only need about 3-4 filters for a small room. Youtube explains how many made their own dirty electricity filters, using 1-3 capacitors with a total capacity of 25 µF capacitors using a 4$ box to house the capacitors and the discharge resistors. One capacitor is best, as no extra work and if one dies, you don't get the best filtration. If using generators, it's safest to temporarily remove the filters. It's not clear if *these can act as dual use devices that also raise your heart rate (notice the sarcastic heart rate graph design on the Stetzer socket units, recall it's made in China, never know what satellite spyware and download capability it has..., most of these ☺0 IQ☺ aristocrats in USA design locally and trust the Chinese to make it always per the plan, which is foolish; they play sports, instead of making stuff here)* as a form of torture by spies using "products' remotely activated second function" to harass people (just as they can use any electronic device that plugs in, not just these, waking people in the middle of the night etc). Silimar torture could occur with other devices, such as plug in USB Q-link or other anti-EMF products that are least suspect to be military purpose ones: *basic rule* is military spy stuff often disguises itself as "health products, vegan and spiritual *stuff"* to not raise suspicion. *Anything electronic made outside of US or even inside, can be used for torture*. Washing machines generate dirty electricity while turned off, so do other appliances. It may be 150 years before EPA enforces and regulates manufacturers to minimize dirty electricity, since it's the cheapest devices that generate the dirtiest stuff, since it's expensive to filter noise. Until then, you need to be more careful, since some cheap chargers can generate 100 times more. Even fridges, when making the hum noise, may generate dirty electricity (make sure nobody else in another room in the house plugs a charger that causes the spike, leading to the wrong conclusion); electric car charging (not sure how much every brand,

need testing of on board and home chargers), electric saunas, dimmer switches (I avoid those, all dimmer switches (can use dimmable LEDs on non-dimmer lamps though with no effects, since many stores sell most LEDs dimmable now to increase sales), lamps, switches, CFLs to keep your house clean of dirty electricity, this is the advice of many researchers) too. ☺☺

Even gas cars are so computerized these days, some probably are unhealthy; combustion may produce unhealthy undiscovered energies (magnetic fields are high in all cars for driver, equal gas/EVs). Dirty electricity is like RF, too much can cause miscarriage, birth defects, cancer, shorter life etc. The scariest thing is cheap electric car charging ports (cheap manufacturers), which use a far higher electrical power than computers and fridges, so if that thing is charging for 12 hours every night, as dad commutes a lot, it could flood the whole house in toxic waves and cause birth defects, insomnia☺☺☺, cancer, brain fog, diabetes, etc. I have a Stetzerizer microsurge meter to measure the dirty electricity (10 Khz to 100 Khz, 1 unit is 24V/second, official meter used by Khazakhstan) of every lightbulb, lamp, device, electric car, etc. Details are at US patent 6,914,435. I was shocked how some phone socket to USB chargers create dirty electricity when plugged in that is measured at every house socket, while other cheap wall USB chargers (all made in China I bought from Amazon, many models, single, dual, triple, quadruple, sextuple USB chargers) create dirty electricity only on one or two sockets if a Stretzer dirty electricity neutralizing device is in that socket. Chargers that did not create dirty electricity among those I tried are the made in Vietnam Amazon 9$ Samsung fast charger (which is identical to my current Samsung phone fast charger, and which can be used as socket to USB wall charger of 100s of USB devices too, even soap dispensers, etc) and my made in China Samsung identical almost charger from my Samsung Galaxy Mega) and the Tech & Go dual wall charger (I didn't test single, they come in many colors, white, blue, black, red, etc) made in Vietnam from home depot. A lot of Amazon sellers sell junk made by cheap component startups, so you may save 4$ but get headaches from dirty electricity for as long as you use that device. (Greenwave measures from 3 KHz to 10,000 KHz (more higher harmonics of the 60 Hz oscillations; 10-100 KHz disappearing via Stetzer meter using one filter or better appliance usually means the other currents are also down). It's worth mentioning that tankless electric water heaters can use 200 times more power than a 0.1 Kw desktop (which itself causes tons of dirty electricity without Stetzer filter, I sometimes used 3 filters in my bedroom, and even a q-link, though the q-link and other "green anti-polution" devices may be a cover for some form of mind control, torture, sleep sperm emissions inducing device, not RF (radio frequency) damage eliminator – may be an aid for ultrasound or other projection of dream content by the military mind control researchers, so often times, electronic devices are not what they claim to be, beware of what car you drive) and about 10 times more than a typical electric car (3.3 Kw), so it can generate for 30 minute of a shower so much dirty electricity, that it could cause birth defects

in many nearby houses for pregnant women or even DNA damage in any adults, and we would not know for 200 years; it only takes 30 min to ruin DNA permanently. The hard core killers who're soldiers, can sometimes use a cover of "green/environmental" or even "vegan", "anti-EMF, anti-RF to push products that have nothing to do with the lowering of RF damage, but Nazi experiments on unwilling gullible guinea pigs they use to perfect mind control weapons.☺☺☺

The Cleanest Inverter for on/offgrid is Outback GS4048A-01 4KW, the gold standard for low-EMI (electromagnetic interference) and low GS unit output. Tesla is deadly, like 90% of solar companies: Tesla uses junk inverters that produce high GS. Not only that, but Tesla Roof Tiles, like most solar shingles, are going to lack the 6 inch gap between panels and roof (thru which wind cools the panel underbelly and the house roof via wind and panel shadow) and cause a dramatic overheating of your roof vs solar panels that offset that heat, keeping your house or offgrid studio far cooler, free of any need for AC. Let's face it, most Earth is so hot in the summer, that solar tiles make sense only in the coldest climates. Solar panels air gap cooling maintains the 6 kW rating for 30 years, while solar tiles are mounted flush against roofs, causing excessive heat underneath, degrading and burning solar cells far quicker. You end up paying more in the long run. Solar panels covering your studio or tiny home are better than shingles for roof water catchment *(fewer ceramic micro particles, roof junk (that sticks 50x easier to shingles vs shiny panels) end up in the rainwater to damage the filter/you)* and solar panels keep the studio roof 45°F degrees cooler in the summer vs solar tiles, requiring less EMF producing AC tobe on. Outback inverters use massive, old-school low-frequency toroidal transformers. Cheap, modern, lightweight inverters use high-frequency digital switching to mimic AC waves, which spikes the GS to 1500-4500. Outback utilizes heavy physical copper coils to smooth out the wave naturally, keeping baseline dirty electricity incredibly low (often under 30 to 50 GS units straight out of the box). The EMP Bonus: Low-frequency transformer-based inverters like Outback are physically rugged. Their heavy internal copper coils are vastly more resilient against voltage spikes and EMP surges than the fragile, microscopic micro-processors found in cheap, high-frequency digital string inverters. The 2nd best choice is Victron Energy (MultiPlus-II) top-tier brand highly favored by off-grid engineers who track power quality. Like Outback, the Victron MultiPlus-II is a low-frequency, heavy-transformer inverter. It produces a remarkably clean, true pure sine wave. On a Stetzer meter, a well-grounded Victron system typically hovers in the safe/acceptable 40 to 60 GS range before any external filtering is applied. Avoid Cheap All-In-One Units, cheap, high-frequency, all-in-one import inverters (standard Growatt, MPP Solar, or budget kits). Because these units rely on ultra-fast digital switching power supplies to save on manufacturing costs, they leak massive amounts of electrical noise back into your studio's house wiring, 800-1,600 GS. To bring GS to 5 or so, install Shielded Metal Conduit (MC Cable): don't let your contractor use standard plastic Romex wiring inside your house walls. Ask them to run all

electrical wires inside armored metal clad (MC) conduit. The continuous aluminum or steel jacket around the wires acts as a physical Faraday shield, capturing any high-frequency noise traveling down the copper and dumping it safely into the ground rod before it can radiate into your house. To fully wire a 400 sq ft studio, you will need about 250 ft of wire or $262.50. Place your main electrical breaker panel on the furthest exterior wall of your studio or house, inside a utility closet or right next to the front door, not on the wall directly behind your bed, headboard, or desk where you sit for hours. Install Dedicated Stetzerizer Filters: Mount 3 Stetzerizer Filters directly into the electrical outlets closest to your subpanel so GS drops to 5, 50x lower than most offices. These filters act as electrical sponges, absorbing the remaining high-frequency harmonics (10-100 kHz) of the solar inverter. 90% of solar inverters sold are cheap junk giving us diseases thru 900+ GS currents, and that's why they cost much less than nuclear strike proof versions.

Choosing low-watt/efficiency panels to spread a massive "solar parasol" shield over 357 ft^2 of the 400 ft^2 studio is a passive climate design that keeps all roof 45°F degrees cooler, removes a need for AC install, costs less than expensive high efficiency panels. Instead of using 14 premium, high-power 430W panels (which leave half your roof exposed to the sun), use 20×300W Mission Solar (or Aptos Solar equivalents, 160$ each from Res Supply): rugged, heavy-duty US-built panels with a 25-year structural warranty and perform well in high-wind zones. A 300W panel is 5.5×3.25', 17.87 ft^2, 20 panels is 357.4 ft^2 of direct sunlight blocked from warming the roof. For a 400 ft^2 tiny studio/home this is a huge deal, it prevents most direct heat transfer. You need eaves too, so total roof may be 576 ft^2 if it's 24×24, in order to shield the building from rain and catch water easily if off-grid, ready for solar storm/EMP attack when all systems fail. Besides the 3200$ panels, we need IronRidge Aluminum Roof Mounting Rails & Clamps $650 + Henry 287 Solar-Flex Ultra White Elastomeric Roof Coating, $188 for two 5 gal pails from Home Depot. 1 gal/100ft^2 per coat, so 2 pails for 2-coat highly reflective shield on 576 ft^2 roofs.

The "Net-Zero" Wiring Trick (Cancelation): to ensure MC cables don't create stray magnetic fields throughout your walls, ask your electrician to execute perfect circuit balancing. A magnetic field is only created if the hot wire and the neutral wire are physically separated. When running MC cable, the hot and neutral wires are twisted tightly together inside the armor. The magnetic field of the hot wire automatically mirrors and completely cancels out the magnetic field of the neutral wire, resulting in a net-zero magnetic field radiation across your walls. Ban "Stray Currents" on Pipes by connecting a water catchment tank to a house using PEX (plastic) plumbing pipes, not metal pipes. Metal pipes can accidentally pick up stray return currents from your electrical system, causing the entire plumbing grid of the house to radiate a high magnetic field. Plastic pipes can't carry electricity, locking the fields out completely. Use all PVC to prevent any mGauss from reaching unhealthy levels. If an appliance (water heater) has a slight, normal grounding leak, the electrical current will take a shortcut and travel down metal plumbing lines

instead of staying inside your copper wiring. When electricity travels down a water pipe, it creates a massive, un-balanced loop. Because there is no return wire twisted next to it to cancel the signal out, the entire length of your metal plumbing pipes will radiate a continuous magnetic field (5 to 15 mGauss) straight through your floor and walls. EPA max limit is 2 mGauss. Using plastic pipes between the rain water tank and house is smart. If lightning strikes the tank, the plastic pipe will shatter, but it won't conduct the massive electrical current down the water line into your bathroom sinks where it can electrocute you or shower where you're standing. Drive an 8-foot copper grounding rod deep into the soil directly next to the metal rings of your catchment tank, tying them together with thick bare copper wire. This forces the lightning bolt to shoot straight into the ground rather than trying to follow the plumbing into your home. Because a solar array sits at the highest point of a roof, it is the most vulnerable target during lightning. To prevent frying, the aluminum racking holding our solar panels must be connected via an un-cut, thick #6 gauge bare copper wire that runs straight down the exterior side of our house into its own dedicated 8-ft grounding rod in the earth. This creates an easy, low-resistance path for the lightning to travel down outside your walls. Have solar contractor install a MidNite Solar Surge Protective Device (SPD) directly between the roof panels and low-frequency OutBack inverter. If a lightning strike hits the solar panels, the SPD instantly sacrifices itself, clamping the voltage down and dumping the massive surge into the ground rod before it can reach the internal breaker panel or fry your appliances. The OutBack inverter massive, thick copper internal transformers act as a heavy physical barrier, absorbing massive induction surges from nearby lightning strikes that would instantly melt a cheap, digital all-in-one inverter. To guarantee that a pipe break (lightning) can't drain the water tank, install a heavy-duty Flexible EPDM Rubber Connector Hose or a Brass Ball Valve Shut-Off directly at the tank's bottom exit nozzle before transitioning to the PVC pipe grid. If a lightning strike hits the line further down, the rubber hose or solid brass valve serves as a mechanical firewall. It absorbs the shock, keeps the main tank nozzle sealed, allows you to easily walk outside, turn a manual handle to lock the tank, replace the broken $10 piece of plastic PVC pipe in 10 min.

To support a 6 kW rooftop solar array, use the OutBack 4 kW Inverter/Charger GS4048A-01, 2700$. While it seems counterintuitive to use a 4 kW inverter for a 6 kW array, this is ideal off-grid engineering for dry warm climates. The solar panel rating (DC power) should always be oversized compared to your inverter rating (AC power). This is called the DC-to-AC ratio. A 6 kW:4 kW is an optimal 1.5 ratio. Solar panels will produce their peak 6,000 watts for only a brief window around noon. During the early morning and late afternoon, or when clouds pass over, a 4 kW inverter is much more sensitive. It forces the system to run at a higher efficiency, capturing weak ambient daylight and converting it into battery storage far better than an oversized, power-hungry 8 kW inverter could. RES Supply sells it at $2700. Others charge even 3500. For

faster safer installation, order OutBack FLEXpower ONE System (Model: FP1 FXR4048A-01) $5,700 which arrives completely pre-wired from the factory on a heavy-duty powder-coated aluminum backplate. 30% federal tax credit. It includes the 2.7K inverter, the clean low-frequency toroidal transformer, a FLEXmax 80-amp charge controller, bypass breakers, and factory-integrated surge protectors. Because it is pre-wired and sealed at the factory, electricians don't have to splice wires on-site: you eliminate local installation errors that leak electrical noise, guaranteeing you hit that safe 30 GS level. Unlike the 3KW inverter 120V only, the 4KW FPR-4048A-01 outputs both 120V and 240V power seamlessly. 240V is necessary to run heavy water catchment filtration pumps, high-efficiency tools, split-AC compressor without causing unbalanced neutral loops that spike the magnetic fields inside a tiny 400 sq ft studio.

Sadly, we have a government of "fruit fly IQ folks" who think only mold, lead, car smog are deadly, when EMF smog from dirty electricity or WiFi, cell towers, can be as bad. The immortalists will ban all bad inverters and require all solar companies to retroactively pay 500 trillion in fines and replace all inverters with safe ones, being thus bankrupt and acquired by Eternal Utility Inc, world's largest utility to free us from aristocratic subjugation. These inverters can shrink lifespan by 5-10 years, leading to grave national security threats via 1 trillion dollars in extra healthcare expenses and preventable chronic diseases. The solar companies know, but they do nothing about it. They chase profits and market share. Pigs worthy of lifetime labor in a lithium mine, doing same as a Holocaust in lifespan years. OutBack Radian 8kW Inverter/Charger (GS8048A) costs $6,000 including the required OutBack FLEXmax charge controllers, mating breaker panels, digital system controllers. That's heavy internal copper filtering, thick military-grade casing, and structural isolation from electrical noise. We also have the issue of cold water in the tankless lines that in the summer leads to explosive legionella bacteria growth, which can't happen in electric tank heaters set to be at 130-140°F; the temp in the tankless can reach optimal for bacteria growth in the summer and ruin the health of people, so I believe tank water heaters are safer. Before they create all car chargers and etc they could make sure they also minimize dirty electricity and upgrade city codes to prepare the cities for electric heaters, stoves, cars which means built in filters (not us having to buy them like today) in all new devices, appliances or houses by federal law, as with lead < 90 ppm in paints, etc. PubMed papers explain the issues with legionella and other bacteria are usually with electric tank heaters and tankless, not gas water heaters set to a healthy 125-140°F because people don't know for electric you need set temperature higher to prevent the bottom from getting cold. PubMed explains the cold water in a tank heater that is electric falls to the bottom and the heating element is not a plate on the bottom of the tank that is very hot in a gas heater, but just made of 2 elements, one lower and one upper, so bacteria can grow in the colder water on the bottom and lead to lung issues (not our 1st wish in COVID19 age).☺☺☺ So they need redesign electric tank heaters to

make the bottom with a heated plate to prevent tank bottom sediment bacteria from multiplying (tank heaters have less electric fire risk and blow fewer transformers: California requires in some counties all new water heaters to be electric by Jan 1st 2027, New York, Los Angeles, and Victoria Australia state in 2024, 50+ California cities since 2021 require new buildings to be all electric, no gas "stove, oven, dryer, heater").

UK requires all new homes to come with electric car charger; in 2021 already, 25 countries planned to ban oil cars in 2025-2040, Norway already got 70% of car sales EVs, 15% plugin hybrids. This is all great news, since smog kills billions of people early and gas poisons ground water systems, and I don't think tank water heaters generate dirty electricity, since oil heaters actually lower dirty electricity; as long as you get a higher quality heater it will be fine; however, tankless are a whole different story. However, if you raise temp of an electric tank heater, the bottom water can get warmer than a gas heater with a lower temp setting, but high temp increases corrosion and wear of all plumbing, so it's better to go with nonmetal Marathon Rheem tank electric heater, the last tank you'll ever buy – lasts 100 years – see the official page – the only tank that can't corrode, to prevent rust formation. Just recall to also set your heater to 160°F periodically for 1 hour to kill all microbes, and to flush it, since sediment can protect bacteria and help them multiply; for 6 people in a house and 500 TDS (total dissolved solids), we may need to fllush our tank electric or gas heater 12 times more often (full tank drain, so 80 PSI water can blast the bottom of the tank where sediment is) than a single person house with 250 TDS water (TDS is not always linear with sediment, but can be indicative of it). All tanks corrode, except Marathon, whether gas or electric, and they have anode rods to prevent corrosion of the tank (mostly) and pipes; in practice though almost nobody replaces anode rods every 1-2 years, unless they're some dedicated plumber and virtually nobody will flush water heater every 3 months as is the most ideal to do even in clean water systems (low sediment city water that most say 'flush every year'). Anodes need replacing every 2 years to keep corrosive chemicals from destroying pipes, heater or skin – and magnesium anodes present advantages over Marathon by removing harsh chemicals in water due to high reactivity, but it can also decrease the antibacterial action of chlorine on the pipes, shower heads. ☺☺☺

Anodes of Mg are usually 17$ each (Rheem at least, but when I got the Rheem original replacement part SP11309T anode rod, from rheem.parts.com, for my Made in Mexico water heater Rheem basic model, it said "*it may contain a maximum weighted average of up to 2500 ppm lead or 0.25% lead*", not sure if that's a joke, but it's scary to think these anodes add lead to hot shower water; so always use a shower *filter*, and never cook with warm water, if you're not sure if your anode rod or company has it, because some may have it too, even if no label exists; Bradford White replied by email and said their anode rod are lead free, so maybe get that one, since those cost just 100$ extra being made in USA; so in that case, perhaps, Marathon remains

the best among Rheem models – no anode and just copper and titanium elements. The issue is more complex, since Bradford White and many AO Smith do stir sediment, so these stir models will (in the name of extending water heater lifespan, at the expense of our lungs, eyes, nose, etc) bring more city pipe and nearby house water heater bacteria (stuck to sediment that goes to your eyelash base, getting into your eyes, as tiny drops always get in the shower, and gives eye infections), heavy metals into your shower water, and that sediment could have as much or more lead as it leaks from the Rheem anode rod that doesn't stir sediment, requiring home owner to flush water heater more often, leaving sediment in nature instead of your eyes; so, depending on what Rheem model you get and if the factory anodes are still having lead, you may be better off; however, only progressive less religious California, where I live, requires lead labeling, so if you're in another state, they won't state that, thanks to religion above science. The good news is that anodes often get covered in lime 100%, so they can't leach heavy metals into the water anymore; if water heaters are used a lot first year, the lime sediment will saturate the water in calcium carbonate and form a protective layer of thick carbonate in the weak points (welded areas), of the tank and enable it to resist corrosion as much as you replacing anode every 4 years; it all depends on what happens inside; sometimes, if anode was not replaced for 8 years, it's so full of white lime that removing it will chip off the ceramic that lines the tank and expose the steel, starting the rusting process, hence some water heaters last 20 years without anode change, while others last 8 with 2 anodes changed. So, anodes may be less of a worry, maybe get the LabTech water kit from home depot and do a test I did, which showed copper was 0.3 ppm, iron 0.2 ppm, chlorine 1.5 ppm, hardness 250, alkalinity 240, pH 7, nitrate-nitrite 0. ☺☺☺ They also explain on the instructions paper that iron bacteria are easy to test by placing water in a clear or white jar or jug and see if fluffy orange rust deposits on the bottom; if dust deposits, there are not iron bacteria, if fluffy stuff deposits, then there are bacterial if nothing deposits, the brown color of your water from the drain valve during flushing is simply mud from the city pipes and years of not flushing with the 80 PSI water hitting the empty tank bottom.

Like most people, *I didn't know you have to flush water heaters* until year 5, and to replace anode, so I haven't replaced anode yet on mine since I bought it in 2013, since now it's all white, covered in lime so no more lead can leach into water, if Rheem anodes indeed have high lead. I tried to replace a Rhem anode 4 times, but it was so hard, the lime makes it immovable, so I gave up. People who don't like replacing anode often will buy a $150 electric Corro Protec titanium (far less reactive than Al, Mg, Zn) powered anode (12V adapter, 0.015 A, so 0.18 watts) that kills many bacteria thru the electron release and removes in 24 hours water smells some bacteria cause when all flushes and anode replacements failed to remove the smell; this also prevents lime formation and is only replaced every 20-30 years (hence corro protec has 20 year warranty), but needs a plug, yet eliminates the need to always check or replace cheap Mg/Al

anodes for corrosion or lime buildup; *they also are much better at killing bacteria than metal rods without power.* However, there may be risks related to plumbing corrosion due to electrical charges or electrocution etc due to lightning strikes while taking showers or baths and water is running, so I'm skeptical about these, since everyone would use them by default if they were that much safer, better, etc, though Home Depot Canada sells it. Powered anodes don't protect your skin much from harsh chemicals that react with Mg, they simply protect the tank, so they have their own disadvantages. Mg reacts with many things and can prevent biofilms in copper piping better, so you need studies on 10,000 water heaters using Mg vs powered anodes to see which ones creates more biofilms, bacteria and which one is producing higher quality water short-term and long-term, after biofilm creation. It's not so easy, since companies always say theirs is the best tech and state only the pros, without the cons. The Mg anodes are more reactive than Zinc or aluminum, so they protect tank, water, skin etc more. ☺☺☺

Bradford White tanks are preferred by professional installers (besides, they're made in Michigan, like stated on every webpage on the bottom right, not outside like many Rheem/AO Smith, though initially most AO Smith/Rheem were made in the US), because they make replacing anode rods much easier (they have to do that on commercial and big condo units etc apartments more often) due to the Mg anode being attached to a 3 or 5 inch nipple made of a harder metal that sticks out (unlike Rheem or AO Smith brands), making it far easier to remove, since you just need a wrench (see youtube), the top of anode being above the tank as opposed to buried under its top as for most brands; with the other brands, you need to use a hex wrench and, due to top being soft Mg, it can ruin threads easily (especially on all Rheem models and all AO Smith models in stock at Lowes; plumbers confirmed Rheem is the hardest to get anode out of, due to lowest depth (2 mm) the hex socket (connected to your ratchet or impact wrench) can go below the anode top on average (same depth for most Lowes AO Smith unfortunately, so same headache), unlike the pricier AO Smith models not available at Lowes, which have a higher depth (10-30 mm below anode hex top, *making it impossible to slip or damage the threads, though Mg could break if lower part is more stuck than upper, so be prepared to replace tank if using Rheem or AO Smith, notorious for anode getting stuck forever*), but still very hard to get out vs Bradford) due to little space for the hex socket connected to the impact (see video) wrench causing the impact or normal hex wrench to slip and move up, damaging the threads, etc; normal hex sockets have a 2-3 mm concave area on each of the 6 sides, so this facilitates easy slip due to extremely low depth (2 mm) and also extremely thin anode top, 3-4 mm, insufficient to provide a good grab and power; the anode top would need be twice as thick, 6-8 mm; the depth where the hex socket can go below the anode top needs to be 5 mm at least; very poor design by Rheem and AO Smith; it's also hard because Mg is soft and Mg anode threads corrode fast so it gets very stuck, fused, melt to the tank threads, while Bradford anode

has nipple threads that are not soft, not Mg, so it comes out a lot easier, they don't melt/fuse/corrode like Mg, etc; so I would avoid any Lowes/Home Depot water heater and stick to Bradford from Ferguson.com or other stores or plumbers (plumbers prefer Bradford because it causes fewest issues, since those are built for more commercial stuff, apartments, having to be more reliable than a less used residential), to make anode swap easier and get hydrojet feature in all Bradford that prevents biofilms, feature not available on most Rheem at Home depot.☺☺

So, since replacing anode is ideal (to prevent bacteria film developing in rusty places caused by spent anode), and can be done using flexible Eastman from home Depot too, when space above the water heater is too small to use a one piece anode rod like the 51" 35$ OEM 224-47776-19, or 35$ here, or $60 on Bradford site (pricier), Bradford brand is better for DIY types or homeowners who do replace anodes (very few) - you can trim the old anode as you get it out with a saw and then bend it, if too long when coming out for the space you're in, then replace it with flexible Mg one (never use Al-Zn to replace Mg OEM, as those are protecting tank less, always use flexible Mg, not flexible Al-Zn). Penetrating soft oil can sometimes help get stuck anodes out, but truly melt, fused anodes will be hard to get out. If you buy electric heater made of metal (not the Marathon nonmetallic one from Rheem above *which may come with anode rod for bacteria zapping in future models*, since now it has no anode rod since there is nothing to corrode), *if you believe in powered anodes, you could* get the installer to replace the factory temporary Mg anode with an electric permanent one that never corrodes etc and never needs to be checked every 6-12 months (can check thru pressure valve hole with a bright small flashlight, no need take it out each time) and replaced; look thru the pressure relief valve hole, if you take that one out to clean it of lime, and check the anode, I did that for my Rheem tank. So, yes, *when some change their tank next time they may* go electric Marathon – see 3 minute video - (nothing to corrode in tank except the copper upper heating element and the titanium lower element, those got 6 year warranty, keeps water fully chlorinated to disinfect pipes while Mg anodes react with chlorine fast (though Mg reducing chlorine and tiny HCl levels may prevent biofilms coming from chlorine attacking copper piping, so Mg anode may offer superior anti bacteria protection to anode free Marathon); lifetime warranty on the plastic tank), *it has no anode rode to replace or take care of every year* (just heating element replaced every 10 years if needed, the upper one probably, since titanium lasts a lot longer iwth good flush habits), *it has lifetime warranty (not 6 years), it has much better efficiency than normal electric tanks so it will kill fewer people thru emissions from coal plants that produce dirty electricity, and set temp to 140°F, so that the bottom of the tank never gets below 130°F*, since bottom is where cold water settles and heat comes from 5 inches above, not the bottom; this way, the tank will last for 100 years in top shape as long as there is flushing done often to remove bacteria, not just 6-10 years and save society from wasting time to swap tanks to produce 10 tanks instead of one, recycle 9

tanks, etc. If you get metallic tanks, get also at install an *electric anode* (save tons of hours to replace and check 10 anodes over 10-20 years) *to protect pipes and kill as many bacteria as possible, and one* with sediment stir like Bradford White hydrojet, or AO Smith equivalent stirring the water thru cold pipe holes like Bradford White does or Rheem paddle types called 'self-cleaning' that agitate sediment and prevent it from falling to the bottom of the tank where bacteria multiply in electric water heaters since bottom is not heated yet in current models. ☺☺ Tank electric heaters without metal may offer unsurpassed protection of a plumbing system, since the rust doesn't travel to form biofilms with various bacteria thru the shower head filters. However, the Mg anode will make water less harsh for the skin, so it may be safer than Marathon, since biofilms can form because of a lot more reasons (harsh chemicals, that in non-Marathon heaters react with Mg and protect the pipes from forming biofilm) than rust alone; thus, a Bradford with Mg anode replaced often is better for immunocompromised people, who're afraid of cold water settling on the bottom of electric heaters that don't heat the bottom as gas ones do, that area can cause new bacteria buildup. Unfortunately, even heat pump water heaters don't heat the bottom well, even if better than typical electric heaters due to the condenser touching the bottom slightly, so the same cold water bacteria issue can exist, besides the huge noise of the fan; however, in 2030s, electric or heat pump heaters may upgrade design to overcome these issues. Today most California requires ultra low NOx gas water heaters.

WHO suggests 140°F for storage of water, to prevent the growth of many types of bacteria, but most people set it to 110-130°F, with 131-135 eliminating most risks, 140 almost all risk. Perhaps we need more safety studies (study birth defects in millions and see who had what tankless electric units, what furnace (variable speed), AC, electric car & charger make/model before we have every house overloaded with dirty electricity of 10-70 times higher than ever before, even if for only 30 minutes of showering on tankless electric units. When leaded gasoline came, all were for it, except a few Harvard professors, now we know it's bad. Will electrification of appliances, cars, transport, internet of things, 5G without filters of RF pollution, dirty electricity, etc be similar to leaded gasoline, a disaster? Perhaps only future decades will know, but there is a market for devices that claim to reduce 10-99% of the impacts of gadgets, such as the Q link devices (their research studies, if genuine, are convincing, if validated by 3rd parties without interest in selling products, see shopqlink.com...research) or earthcalm.com devices (some of their research is convincing if done properly). ☺☺☺

There are now 100s of companies making little things you attach to your cell phone, computer, appliance to diminish RF pollution effects, but whether they work (outside placebo) is hard to say, q-link and earthcalm seem to have been around since 1990s, so they're not newbie companies. However, since 1960s they published papers about power lines and things like that, so it's good to know about it, and avoid hanging out near electrical panels (some people may

sleep foot from a panel, not a good idea) and electrical infrastructure or cell towers when pregnant especially or trying to conceive. Not every company and book, out of the 20,000 on the topic is full of “hot air” and “nonsense”, there is some truth to these things, even if we can't know, like in 1800s people didn’t know lead in dental fillings is so bad, what is the effect of some “modern” (primitive in 200 years) techs. We lack 25 years of full time research, 3 PhDs (biophysics, electrical engineering, electronics) to get a real grasp of what goes on, the $ to do the vast research needed to figure out which devices work best, what is placebo, a sales pitch. While many think this is nonsense, at least they can see that any professional meter, like the ones I used for lightbulbs, can measure the magnetic fields and prove to skeptics that if you're near a lamp with a bad lightbulb and sit too close, it may be above EPA ideal level. So, it’s not all nonsense, even though, the websites by some of these naturopaths etc are unprofessional at times, this doesn’t mean that the hypotheses they present may not be proven to hard core skeptics as real in 100 years when full effects of dirty electricity are as clear as that of other pollutants today (lead). I'm no expert in RF engineering, but I know cell phones are bad when overused (but can't prove it to skeptics), due to headaches experienced and then the studies proved it to skeptics, see the RF chapter. Same thing with buildings: we enter them, we may feel something off, it may just be some dirty electricity. Obviously, we can’t be naive and imagine these cheap or placebo devices would always or ever be effective against professional devices used by governments and spy agencies, with billions of $ to develop laser and all kinds of weapons of the dirty electricity, RF type for brain influencing or fake miracles/coincidences or for torture, brainwashing, memory erasal, mind control, brain fog, sleep deprivation and other nefarious purposes. These cheap devices are usually made by small companies for the public (not for top secret agents), or sometimes individuals who build a placebo useless device that does nothing; they can't match the $ of governments. Who is behind these companies, if they really have those PhD credentials, etc and who uses them as a front for whatever research is not known, but we can't know the physics of year 3000.

With that being said, below is an example of me measuring *dirty* electricity, *RF pollution*, *magnetic* and *electric* fields from different gadgets, phone, *lightbulbs* so you get an idea: not all LEDs are the same. 800 lumens (*60W incandescent equivalent*) *EcoSmart (7.5 W) is better than* 800 lumens *Philips (8.5W) for desk lamps that are close by, because, magnetic field is 10 times lower at 1.5 inches, 10 (Eco) vs 100 (Philips) mGauss*, and the same (1 mGauss) only at 10 inches. At anything closer than 10 inches, *EcoSmart is better than Philips*, more so as you get closer and closer to your lamp, well, *it uses 7.5W, not 8.5W to deliver same lumens, so it saves money, wires and dirty electricity*. It's advised to never sit closer than 10 inches to any lightbulb however, as it may stress your eyes and make them dry or red, aside from magnetic pollution from *cheap lamps* or bulbs. Since 2015, a few LEDs were on sale, matching CFL prices. These LEDs

use less electricity than CFLs (CFLs use far less than halogen or incandescents) leading to savings of thousands of $ over time. CFLs have toxic mercury and when it breaks it is a real hazard; they cause *mercury* pollution, since people often trash them in the garbage. CFLs generate more EMF pollution. CFLs can emit mercury vapors (when broken, or even when intact due to manufacturing defects) which cause memory loss, Alzheimer, Parkinson, paralysis. *Don't use fluorescent or halogen bulbs,* as they emit more UV than LED/incandescents. *LEDs emit the least UV, much less than incandescents which produce a tiny bit of UVA.*☺☺☺

Below are the 4 TESTS for LED, Incadescent, CFL light bulbs (and RF/dirty electricity for some phone, smart meter and appliances) using a Trifield meter and Stetzerizer meter*:* in May 2015 I bought 26 LED Philips 2700K lightbulbs (and replaced all CFLs) for only $2.5 each from Home Depot, 800 lumens, 8.5W. Later I bought some EcoSmart LEDs. In 2015 I didn't know EcoSmart is better for lamps (all 26 were for ceiling and far away sources, so it did not matter, since at 10" Philips and EcoSmart are the same magnetic field 1 mGauss, even if same price almost today, Philips were on sale, in 2015 LEDs were expensive). All my lightbulbs are LEDs of 2700K, for reasons covered in the dry eyes and sleep sections. These incandescent look alikes resemble exactly (EcoSmart) or almost exactly (Philips) incandescent bulbs from the outside, but they're LEDs and use a lot less electricity, produce no UV (unlike CFLs who produce a lot of it ► youtube...Q), and far less dirty electricity than CFLs (many CFLs cost $2.5). I tested the LEDs above, a normal CFL by EcoSmart (CFLs by Philips, etc may be worse per youtube) and all CFL brands are far worse than clean, LEDs that are not using dimmer switches), a normal incandescent. Don't use a dimmer LED lamp/switch, as they ruin houses with dirty electricity; dimmable LEDs don't produce dirty electricity without the dimmer switch/lamp.☺☺☺

1. Dirty Electricity: *Incandescent* and many *LEDs* produce no extra GS units 1 GS = 24V/s rise in the plug. Dirty electricity is higher with Philips LED bulbs (Dutch design by Dutch company, not US design as EcoSmart, a US company: can't compare a 340 million nation with 17 million nation). On a regular circuit, Chinese Neporal full spectrum bulbs add 1000 times more V/s fluctuations to wreck our body than bulbs from Philips or other brands: +1500 GS units vs +1.5 GS for Philips 8.5 W 2700K regular or +25 GS for GE full spectrum (both the soft light regular shape and daylight flood lamp type full spectrum GE bulbs got 25). MegaLight 2700K LED +3 GS *if a Stetzer is on 2 sockets away and you start at 68 GS and* 0 GS *if you start really high at 200 GS + no Stetzer filter*, GE LEDs +1-2 if you start at low 68 GS with Stetzer on the same circuit but 2 sockets away, and -6 GS (lower by 6, minus) if you start at 200 GS, Sylvania 2 piece plastic bulb LEDs +12 when you start at 68 GS with a Stetzer filter 2 sockets away (however, if no Stetzer, so if you start at very toxic levels of 250 etc, the effect is negligible, it can even decrease 5 GS), Sylvania one piece milky glass bulb +120 GS if you start at a lotw of 68 GS, with Stetzer 2 sockets away, but no efect, 0 GS if you start at high values 200 GS and no Stetzer filter in the home. *Well,*

we only care about values when it is closer to the maximum ideal of 50, not when it is sky high. So, in those cases the best is Bluestar > Philips > GE > MegaLight >> Sylvania > CFL. Bright Green CFLs +150 GS (*this* 150 GS *increase happens in all cases, whether you start at 65 GS or 220 GS, or if you have a Stetzer filter 2 sockets away or not, indicating CFLs are a disaster, far worse than any LED almost*). The best LEDs are Bluestar ones, they actually lower the GS by about 10 when it is 500. Phillips makes the safest bulbs among more known brands. HP Envy laptop charger 100 GS without the Stetzer filter plugged in 2 sockets away (Same circuit) and 400-700 GS extra if Stetzer filter is on 2 sockets away, while charging. Without filter, most EVs charging cables 2000 GS, drops to 300 if filter is used. Oddly sometimes the filter decreases dirty electricity 85% on one socket, but raises it on nearby ones, so use it near you. Bad 3$ phone charging cables 1800 GS. ASUS monitor *40* GS, due to *that transformer probably, cheap trash,* avoid ASUS *and* HP. Light bulbs could be used to alter the physiological parameters, heart rate or many other things. EcoSmart *CFLs (bad vs LEDs)* I tested (due to finding some around) in 2015 produce a huge surge in dirty electricity of about *100 GS units* (ideal is no rise in GS units when turning on a lamp, or at worst 2-3 GS units). *Having headaches, low energy, cancer, health issues?* Could be the CFL lights at home, fluorescent lights at work or dirty appliances that mess up with your electrical fields in your house, even plumbing can cause sometimes unhealthy EMF fields and there are ways to measure and mitigate that. Thanks to the immortalist party, we can have every device that plugs in rate the GS units, via the Eternal Utility Inc commitment to product safety and Immortality *for* All, verified by the Nurturing branch of the US government, Immortality *Nurturing* Agency. ☺☺

2. Magnetic Field: *Incandescent had background* levels at any distance. *Philips LED* produces 1.2 mGauss at 10 inches (10”), 3-6 mGauss at 5”, 20-40 mGauss at 2”, 50-100 mGauss at 1.5” (depending on how you orient the meter). *EcoSmart LED* produces only 10 mGauss at 1.5 inch, 1.2 mGauss at 5”, 2 mGauss at 2” and 10 mGauss at 2” from the base of the bulb, not the bulb itself, i.e. closer to the bulb). *Always use the same lamp or fixture to compare CFLs and different LEDs since each fixture and lamp generates its own magnetic stuff independent of the bulb contribution, so follow the same rotations around the lightbulb to find the maximum and average mGauss for all those tested for consistency. The meter near the bulb leads in all cases to much higher max reading, but most people never get that close to the part closest to the screwed in part of the LED (I am talking about incandescent like LEDs known to have the lowest pollution, not dimmer switches or lamps which are bad). EcoSmart CFLs* produce 1.3 mGauss at 10 inches (10”), 3-6 mGauss at 5 inches, 20- mGauss at 2 inches, 50-100 at 1 inch. *Conclusion*: Philips dirty LEDs, CFLs (of all types, per youtube tests of dozens of others) produce roughly the same magnetic fields (EPA safe level < 2 mGauss). *EcoSmart* cleaner LEDs are way better than EcoSmart *CFLs*, producing way lower magnetic fields.

3. RF (Radio Frequency Field) ► *Incandescent* and *LEDs* produce no RF at any distance, so a lot of

youtube videos testing other brands must have gotten really bad LEDs from 2000-2015. *CFLs* emit 0.2 mW/cm^2 at 0.5", but negligible (background) at 1". One more reason to avoid CFLs. ☺☺

A phone cellular modem emits about 90-1300 mW/m^2 at half inch on a routine basis even when GPS, Bluetooth, WiFi are off, location off. To turn that off, airplane mode is needed.The smart meter on my house emits far less RF than many smart meters and far, far less than a phone (surprised to see that), the pulse to the substation occurs far less often than the cell signal to the cell tower, about about 100 times less often. *When such a signal is made by the smart meter, I got about 15 times lower RF signal. So contrary to what some say, some smart meters are not that bad as far as RF*. Some studies claim some smart meters cause 100+ times more cumulative whole body EMF exposure than cell phones. Some pay to get the "smart" meter replaced with an analogue meter or ask the utility company to remove the meter or to make safe "smart" meters, others shield the meter. Many estimate that 15% of all childhood cancers are caused by residential power lines, so stay away from electric panels, transmission lines. But there is a very strong magnetic field around a smart meter, so never put it near a bedroom, always near garage or somewhere 4 feet from a living space, since many people who slept near their electrical panel got brain cancer. The WiFi router emits a VERY STRONG RF FIELD going off scale all the time, every second, so WiFi routers are a really bad idea, emit far more RF than cell phones, so stay 3 feet away from any router. *When I turned off WiFi at http://192.168.0.1/ I got no RF pollution almost.* So, if you got wired internet, you can go in your browser to 192.168.0.1, login with your username/password (change password to make network secure, don't leave the factory default) and turn off WiFi. I strongly suggest you turn off WiFi since it was shown to affect people's brain function, unless you rent rooms and they want WiFi. The WiFi router was more than 100 times stronger than the smart meter. Try turn off WiFi routers in the house and all public buildings and use wired connections and avoid public WiFi if you want to avoid frying your brain, but if it's on, stay 3 feet from it at all times, or maybe even 4. WiFi is WHY FRY your brain. If you're a teacher, feel free to be against WiFi, ask for wired connections, the students' health and performance will be better, and you will be seen as a more competent teacher. LiFi is much safer.

4. Electric Field: *CFLs* 30 V/m at 12", 1000 V/m at 10", *off scale* at 8". *LED* nothing at 12" or even 5", at 1" about 5-20 V/m, which is very little, since harmful effects start at about 500 V/m. *Incandescent* had background levels at any distance. *Conclusion*: AVOID CFLs, they emit an electric field far too strong at 10". That's why off-scale on dirty meters (#1). Workplace and store fluorescent tube balasts bring dirty EMF, causing headaches perhaps in some.☺☺☺ The only advantage of the incandescent is that it has no magnetic fields, but you have to be really close to a Philips LED to get that mGauss, 5" away for 6 hours a day for a year or more. For an EcoSmart LED, you have to be so close, 1" for hours daily for any detrimental effects, which is impossible. Nobody is that close to an LED or any type of bulb usually, even if you use a desk lamp. You

often get more magnetic field from a monitor anyway. Please don't sit closer than a foot from a monitor as the magnetic field is getting to 1-2 mGauss. My monitor emits 1.5 mGauss at 6", but background at 12". It's good to be 2-3 feet from a desktop monitor ideally. Some electrical appliances can emit very strong magnetic fields when they're turned off, but plugged in, if you're within 5" of them. However, with small CFLs, they produce dirty electricity that contaminate your whole house and *the fluorescent long tubes are a complete disaster, their magnetic fields at 2-3 feet at 3 mGauss, which is too high and they produce even more dirty electricity.* So, never use fluorescent tubes at home. At work, be 3-4 feet away from them. I started using LEDs in the kitchen, since the fluorescent tubes are bad. Given that LED offer far cheaper electricity costs, lower dirty electricity that we can't detect yet fully, since they use 5-15 times more electricity, last 5-20 times longer, there is no reason to use incandescents anymore, since they cost the same now *(basic EcoSmart LEDs which emits 10 times less dirty electricity than fancy useless dimmable LEDs connected to a dimmer switch/lamp (not a normal switch or lamp) that often cost 3-10 times more).* The screw in, incandescent like shaped EcoSmart LED is so much superior to many polluting LEDs. They're even better than Philips somewhat clean (except for magnetic field within 5") LEDs. EcoSmart for LEDs; other researchers createhealthyhomes.com do too.

7 advantages of LEDs versus CFLs are: **1. LEDs can use 50-70% of the energy of a CFL to produce same lumens. 2. LED lasts up to 10 times longer than a CFL. A high rate of on-off cycling drastically shortens the life span of a CFL. An LED on the other hand is unaffected by on/off cycling (that's why LED devices are preferred for traffic lights). 3. LED lighting generates less heat than a CFL. 4. LEDs don't contain mercury or heavy metals that can leak, or need to be disposed in very special ways to avoid contamination of landfills, etc. 5. CFL lamps take long to achieve full brightness. An LED bulb on the other hand achieves full brightness at the flick of a button. 6. UV light attracts insects. With virtually no UV emissions, LEDs don't attract bugs, insects. UV from CFLs causes eye damage, skin cancer. In 2020 I did some tests on appliances and found out house heaters (oil type) and electric stoves (coil type) diminish dirty electricity detected by Stetzer meters by 10-20%, while desktops, laptops increase it. AC condensers, lamps have no effect, but the furnace motor of the fan does increase a tiny bit. These things have been noticed by many who measured dirty electricity from appliances. Washing machines pollute even while idle and plugged in. Fridges are quiet 95% of the time, but when they make noise, they emit quite a bit of dirt. A lot of fancy options for devices, like dimmer lamps/switches, variable speed motors for furnaces, etc increase the dirty electricity 500% versus the "normal version", so feel free to test your appliances in store if possible or after purchase, so you can return them if they're a disaster for your house. Even the solar inverters (DC to AC) can cause EMF if they're designed badly, mine is fine, Stetzer meter saw no change after solar panel install. Nissan Leaf charging (Nissan 120V charger) causes a spike in dirty electricity, 2000+ GSI.**

GLOBAL MITIGATION OF EMF: AC causes interference with our bodies, if we all go off-grid, use DC (like Thomas Edison proposed) or batteries, it is hypothesized to be much healthier than Tesla's AC. AC won over DC in the fight of currents because it was much cheaper to transmit power over long distances, but with many microgrids☺☺☺, the birth of democratic decentralized power via solar panels, AC doesn't even make sense anymore, so over time Edison tech may be resurrected, after the science gets obvious that runaway Global EMF "Climate Change" by huge increases in EMF pollution can be almost as catastrophic to humanity as Climate Change caused by CO_2 and CH_4 (methane). Our appliances need to be switched to DC for minimal problems. DC from solar panels and batteries are known to produce negligible EMF. Individual mitigation: switching off devices doesn't eliminate AC electric fields. EMFs are still present in any plugged in device, even if it's switched off. Using batteries is better as it's DC.

CHAPTER 13 – *Immortality* & PEACE (no fake war, no violence/killing)

13.1. World Peace is imminent when enough folks think it is, so let's have happy thoughts ☺☺☺

13.2. Becoming the 1st planetary Civilization of Immortals via Compassion via Gentleness ☺☺☺

13.3. Diplomats who bring World Peace 13.4. Why World Peace in 3 months is possible ☺☺☺

13.5. World Peace is easier thru conscious breathing, meditation, focused planning/intent ☺☺☺

13.6. Why violence won't bring Eternal World Peace; Immortality Peace Alliance/Treaty ☺☺☺

13.7. Valuing the art of peace, altruism, gentle soft trust, kind honesty, not of deception ☺☺☺

13.8. Speech and Telepathy hypothetical patterns in a peaceful civilization of Immortals ☺☺☺

13.9. Quantum noise from various material objects that delay the arrival of World Peace ☺☺☺

13.10. Which planets get what telepathy? 13.11. Do bad thoughts ruin civilizations? ☺☺☺

13.12. A quadrillion ways to World Peace without any violence, threat, intimidation, lies ☺☺☺

13.13. Does God support or tolerate war? 13.14. The cons of violence & violent Judaism ☺☺☺

13.15. The downsides of lies 13.16. Stick versus carrot methods 13.17. Why violence and war, threats, rushing, stress and forcefulness are a waste of energy and a slowing of progress ☺☺☺

13.18. Science increased letter sending speed & lifespan shortening speed a million times in 200 years. Why not increase lifespan lengthening capacity a million times too by a new ethos? ☺☺☺

13.19. Infinity and Immortality ► Infinity (inner and outer space, infinite land, infinite food) and Immortality, concepts easier to understand today, unknown to chimpy early men killing men for land (*they thought of as limited, not realizing via telescopes there is infinite land*) and food (*they thought of as limited, not realizing via science that there is infinite food, since planets can be terraformed and with chemistry all garbage/feces can become food*), allow infinite space for development for All without having to kill, torture, enslave, destroy others; to reach Huge lifespans there is no need to subvert anyone; attacking, enslaving, destroying, torturing only delays huge lifespans by trillions of years.☺☺☺ We can evolve beyond tiger/chimp logic (short-term addictive impulsive OCD desire to acquire food/land/etc that SEEMS FINITE by any violent covert/overt means) to become Angelic Immortals who only use positive methods to build Permanent Peace and expand it to more areas? War $ for longevity instead? ☺☺☺

13.20.1. Immortality Symbols 13.20.2. All Earth uses only 1 language 13.20.3. Special Tones 13.20.4. Easier Grammar/Pronunciation Phonetic English 13.20.5. Merger of 20 East EU nations

13.1 World Peace is imminent if enough people think it is imminent

The peace within arising from being gentle with self, leads to the World Peace without, being gentle with others. But how can peace arise when people don't relax with eyes closed even 5 minutes after the 3 main meals, to rest their brain and eyes from being glued to PC/phone? The Content of Speech chapter explains the advantages of healing inspiring words in defusing conflict, of positive words as in the sentence "Immortal Souls, perhaps older then this physical universe, let us recall God or the *universes* unseen have infinite knowledge and intelligence, or trillions of ways to bring permanent peace on Earth using only positive *gentle tender soft* sweet soothing honest methods that heal, uplift, transform, ennoble, bring wellbeing, bliss, compassion". This sentence sounds amazing when compared to "dude, there are trillions of ways to bring permanent peace without any war, torture, threat, intimidation, lies". However, some readers may not fully understand the elegant longer sentence, so sometimes we use shorter sentences that bring negative words out to make sure the other understands exactly what we mean. Since I want to make this chapter more uplifting, I will explain in this first paragraph that whenever I write "only positive or wellbeing inducing or *gentle tender soft* healing methods" I mean no "war, threat, intimidation, lies, torture, sarcasm, harassment", so that I don't repeat these negative words too often (because it can subtly inadvertently bring the energies/emotions associated with them in our brains to the surface, as explained in the paragraph before the Anthem of the Civilization of Immortals, which could emerge in America). Since 1982, September 21 is the International Day of Peace or World Peace Day un.org...day, inaugurated at the UN NYC with the ringing of the peace bell donated by Japan in 1952. World Peace is possible/imminent thru "acting as if it already happened", focused intent (thoughts create reality, what we accept as possible/imminent is more likely to become real), focused action backed "World Peace in 3 months" expectations/planning, 20 telepathy habits, Immortalist Anthem values. As we visualize/feel in joy that "World Peace is Imminent", World Peace becomes true. On 9-21-2005, the UN Secretary-General called for *all nations* to abide by a 22-hr ceasefire. Imagine if next year, *all nations* agree to a permanent ceasefire, 0 war, 0 human-human war exercises, with a removal of all violence from TV-radio, literature, movies, songs. ☺

Imagine if we all entertained this thought daily:

World Peace IS IMMINENT

The Eternal Grace of every Immortal Soul coming to learn/teach on Earth descends on all. ☺☺☺ The Grace Light in every soul is the formless divine spark, all are children of God, if all have a soul created by God; thus, it is logical for people to be kind, sweet, gentle, and World Peace to arrive really fast. One would not bomb or kill God or God's children and all world leaders would immediately agree to an immediate cessation of all hostilities just like we have climate

agreements. It may be that every soul who lives on Earth shimmers with the brilliance of 1,000 Galaxies of the universal grids, since every soul is a spark of God (or All That Is if atheist). These poetic lines are just a way to entertain a unique perception, since World Peace is only just a shift in perception ultimately, World Peace is enabled when we perceive World Peace IS imminent & possible here and now, or about to arrive. Perception-expectation manifests reality. Everyone knows it, but we all forget to pay attention to this simplest truth of life.☺☺☺ Thoughts create reality, a great way to start the day in *all nations*, (thru global agreement to do so like Climate Talks, agree on a Positive Shift in Media/Content Globally to see what happens) in all schools, worship places, TV programs, News releases, Movies, Books, etc, companies status meetings, etc is to Talk, Write About, Celebrate, Visualize, Thank, Repeat (at the start of the movie, book, song, etc) and Feel the Joy of the Ever Radiant Beautiful Reality that

World Peace IS IMMINENT

THUS CREATING THAT REALITY OF World Peace.

To serve God (or humanity if you're atheist) can include starting the day with the Thought "World Peace IS IMMINENT" and then Feeling it, acting it, repeating the 4 words 500 times a day even. Everything physical is shaped by thought, absolutely EVERYTHING in our CIVILIZATION.☺☺☺ To Smile is to Feel, Thank, Acknowledge the Arrival of World Peace, IN JOYOUS EXPECTATION OF THE COSMIC MIRACLE, It's to Live in the Best Timeline ahead of the Timeline so to speak. Imagine what a Paradise World of Peace and nonkilling would emerge if all people (of all faiths or atheists) wished, intended or prayed more often something along the lines:

"Gentle Tender *Soft* Healing *Nurturing* Eternally Infinitely Forgiving Boundlessly Compassionate Limitlessly Merciful Sweet Grace of Peace, Bless all Human Beings with the Remembrance of their Immortal Lightbeing shimmering nature aiding them to birth the World of Immortality and Peace. Sweetly and gently remove thru Thy Infinite Intelligence and Grace the desire to Publish Violence-killing calls filled scriptures (unedited), to create violence (this includes speech tones lacking *gentle tender softness*, scary faces, threats, intimidation) filled movies and songs, the desire to kill and harm other human beings, to revenge, punish, be mean. Kindly descend in every cell of our bodies and transform the violence filled movies, songs, literature, scriptures, into that which is truly Reflecting of Thy Infinite Tender Sweetness and Infinitely Forgiving Nature, filling all with the HOLY DESIRE Typical of Infinite Forgiveness-Healing-Tender-Gentle-Grace that God is, the Holy Desire TO ONLY HEAL, TO ONLY SWEETEN, TO ONLY BLESS, TO ONLY FORGIVE, TO ONLY UPLIFT, TO ONLY NURTURE EVERY HUMAN BEING so a true Culture can emerge as part of a Civilization of Immortals with really advanced science and technology."

In every human soul, at least according to believers in God or in the interconnectedness of the

universe, is a spark, infinitely small indeed, of the Most Ancient Immortal Energy that has always existed and will always exist, which some people call God, the Immortal Lord of Ascending Immortality, The Self-Effulgent Transcendent Radiance of a Quadrillion *universes*, the Most Tender Gentlest Softest Loving Grace in existence, the Wisest Being in all *universes*, the Consciousness of All That Exists, etc. With this in mind, if in every human being is a spark of this dazzling being able to dematerialize our universe in a second, perhaps it would be easier to conceptualize a world where nobody wants to harm or kill other human beings, since we would not do that to God, not because we don't want to only, but also because it would be futile since God can't be killed. So, perhaps, if there is a gradual global agreement to diminish violence in speech, words, movies, etc and to focus on the Immortal Soul in all humans, agreement that *all nations* implement at the same time, to prevent some from saying they're put at a disadvantage; it will be a lot easier to move later on to a world of eternal peace among humans, where the only thing armies do is train against possible alien attack or asteroids. The thing is if God is in every incoming soul, every new baby comes with fresh insight from Heaven on how to bring World Peace, ☺, and you can see they smile 400 times daily, as opposed to 20 times daily for adults. Every kid is like a spark of the Immortal Lord of World Peace, of the Immortal Lord of the Heavenly Earth. If you think about this, like they often say every person is God in disguise, it becomes very difficult to be mean, or even sarcastic with the iridescent brilliance of 10 trillion *universes* totally hidden in another human, let alone to bomb them, you would want to give everyone gentle soothing music, healing so they join the world of Immortality and Peace. But literally, every human being is like a Trillion Year Immortal Lord of World Peace in disguise. ☺☺

When we think of God, of God's Infinite Eternal nature, we can't help but get a little amazed at how much older God is than a 1 trillion-year-old Immortal who was maybe assigned to create a few baby *universes*, such as ours. Conceptually, trying to understand God's Infinity is harder than imagining the wisdom and knowledge, the *gentle tender softness* of a being who is 1 billion or trillion years old. So, in seeing that God's Infinite Grace can bring peace thru gentleness (gentlest = strongest) and peacefulness, we're relieved of the fear that paralyzes us at times and can more effectively make free will choices in freedom from fear, with the knowledge that the most tender and smartest Immortals and God are on the side of those filling the world with the energy of Immortal *nurturing* universal loving kindness. God's limitless grace is capable of turning enemies into friends and bringing World Peace. ☺ Also, the most amazing thing seems to be that we have the knowledge of a 1-minute old baby compared to a 1 billion-year-old Immortal, so anything I say is by default based on ultra limited knowledge of a 1-minute old baby so to speak. I never take my beliefs too seriously, but I'm optimistic peace is possible soon, even if many call me a naive guy. Since we're all quantumly entangled via subtle soul to soul telepathy, perhaps, the more we think of peace, the more peace manifests. Since on the

timescale of Telepathic Immortals "imminent" can mean in the next 500 years, to believe, sing, say, think World Peace IS IMMINENT" is to say a truth and to help the conscious mind to believe it and bring it into reality faster. This can also help us to time travel to that beatific shimmering Paradise of World Peace, where every backyard is filled with the most mind-blowing collection of thousands of multicolored flowers, and trees with the most enchanting smells and music (plants that sing and shimmer with rainbow colors). This future world is one of total grace *gentle tender softness* where the Telepathic-Empathic nature of humanity prevails, enabling a world of sweet *nurturing* grace where everyone treats everyone as a mom treats her 1 minute old baby, tenderly and with unconditional love. Filled with the joy of having overcome natural disasters, wars, diseases, we can live much longer and on our way to a world of Ascending Immortality, living more centuries each generation until we discover translation into other *universes*. ☺☺☺

The Imminent nature of World Peace can be felt by everyone who tunes into the infinite possibilities. For example the last 50 years humanity has experienced a huge amount of "first time when this and that happened", such as: first time when we were able to see on a computer screen, in 10 windows, live feeds of what happens in 10 countries, to see how others are in conflict, and how we all are humans with similar aspirations for peace and a world free from the fear of being killed in wars or some violence; the first time in history we can use skype, facetime or video chat to talk with friends or strangers who're 7,000 miles away; first time in history we know the human genome or most of it anyway; first time in history when we helped make worms live 10 times longer (see Chapter 3), when we grew the legs of an animal (frogs) that can't naturally regrow them as salamanders can as shown in Chapter 3, when we have cured so many diseases, etc. As the internet helps us become one global village, it's more and more clear that another first can happen soon, and that being World Peace. Before, we had no way to know when war was in one side of the planet, there were no news networks. Humanity is becoming far more fluid in its intelligence every day, so World Peace will be easier to achieve. ☺☺☺ The nature of God (The Immortal Lord of Ascending Immortality who is infinite intelligence) and Telepathic Immortals by definition is infinitely fluid intelligence that knows 700 trillion quadrillion infinities of ways to World Peace without any threats, lies, war, intimidation, violence, killing. God or Immortals are not narrow minded cult members who think the “only way to move from city A to city B is by horses or the only way to peace is thru military force or deception or torture”, as humans often do due to lacking the knowledge someone octillion times older has. Exactly as with longevity, human simulations at molecular level might give us clues into living 3-20 times longer, simulations of world events on a macroscale and people could give us ideas about the most healing, gentlest, softest, most tender nonviolent nonthreatening nonintimidating ways to bring World Peace. Since God is Infinite intelligence, God is Infinite Grace, Tact, Subtlety, Gentleness Softness Tenderness Kindness in doing one of the 10^{30} ways to

World Peace/9,000 year lifespan. Here is the power of shared confirmation bias, when the majority believes the same (like in groupthink), and they fight the minority who tries to escape the group belief system (historical inertia belief system). Since our media is by default full of violence and war, it's an automatic confirmation bias reinforcer (peaceful methods don't work) to program everybody almost that World Peace is "not" possible via peaceful healing methods employing honesty, trust and compassionate gentle tender grace. Sometimes imagination is more important than knowledge. History is the human past knowledge of how to solve issues, so in short, history is knowledge. But imagination allows us to transcend history/knowledge and create/discover the new "knowledge", that which has never been, outside the bounds of the "self-created historical matrix". Many people have been deceived by whatever force of history to believe, with arduous devotion and loyalty, that war is the way to bring World Peace, justified murder in war that is packaged into a rosy beautiful thing easier to sell, but still murder. It's like people used to believe there is no protein in plants or lead is good in dental fillings etc. It's a little bit like a collective misperception. It's obvious that if bad aliens exist, they want a civil war on earth, short lives and low IQ. They don't want the vision of the Civilization of Immortals to come true, since they imagine everyone is like them, so they imagine everyone will "kill them" if they become more advanced than them; to prevent that, they try destroy others, just like humans tried to destroy other humans for eons in their bid to "become the best". They don't want 9,000 year old Immortals on earth to expand in space and threaten their empire if any nearby. What we earthlings are not realizing is that World Peace would speed up planetary defense capability in the event of an alien attack. A country in civil war or planet in a covert or overt civil war is much easier to enslave. Humans have the tendency to easily believe in war as a good solution to issues. But if you think about Infinite intelligence of God, the opposite may be true: God is Infinite Fluid intelligence that gives us 9 trillion quadrillion peaceful ways to achieve World Peace. We could even speculate that civilizations fall due to a rigid way of thinking (no fluid intelligence), a fossilization of world perception and incapacity to adapt to the new threats, to see them, and then they collapse, as original thinking is frowned upon. Many believe "war is at least sometimes a good way to peace" when in reality, the science of the future might prove the exact opposite, just as science showed the earth is not the center of the universe. ☺☺

Galileo Galilei proved millions of learned people wrong, the leaders and kings of the time who banned his writings for 200 years. In the future (or far future), when physics makes quantum noise from killings more quantifiable, it may be proven by another Galileo that war never ever brings permanent peace, it only temporarily brings an end to fighting if done well. Right now, our science is too primitive to measure the quantum effects of war on future generations living in the war zone (energetic impressions that get infused into the people which then diffuse them into mass consciousness) and diffusing the telepathy globally by random or "nearest circle of

friends propagation" entanglement. Perhaps, this future genius will prove that gentlest tender softest sweetest kindness is one of the 9 trillion quadrillion ways to bring peace without killing, as an Intelligent God would definitely be able to come up with and prayerful people who listen to God too (instead of telling him what to do) would brainstorm, think, in every school, town, family on ways to bring peace without killing. Chapter 2 explains God's ideas are infinitely more complex than any 500 or 500 trillion page book would be able to describe. People have always driven chariots and when cars or airplanes came they were surprised they didn't think about it before, etc, but the same thing will occur with peaceful methods, people will be surprised they didn't think about it before. Governments invest in painful or harmful methods science, like Big Oil in oil cars, but as more $ is in EVs or nonviolent methods science, World Peace comes true. ☺ ☺☺ If 1,000 nice gentle soft healers pray for an angry guy and send healing, he will heal a little or more, as shown in studies; healing requests in the news could stimulate people's exercising healing vibrations radiation instead of bad thoughts, emotions radiations news often trigger.

13.2. The Value of Compassion in an Immortal Civilization

How a Nation can become the Most Compassionate, Subtlest, Gentlest, Softest, Kindest and most World Peace Bringing in the world... and the first Civilization of Immortals.

Compassion for others means understanding others have egos and a need to always be the first and think "we did it, we saved the world". Aware of this truth and honoring others' need to feel important or "the most important", the wise person, the wise compassionate nation emulates the way of the gentle humble tender soft Tao, as Tao Te Ching explains, and becomes the Leader from Behind that teaches by silent living tender gentle soft kind peaceful example, instead of by words. The best leader is unknown to those whom he leads, as Lao Tze explains, so there is no need for The Most World Peace Bringing Nation to ever tell any nation "We lead the world" or "we are the leaders", the wise leader is ultra humble, unassuming and leads from behind while other nations say "we did it all by ourselves, we did achieve World Peace by ourselves, we're the leaders, etc". This is the way of the compassionate humble sage, who is lying low, leading from behind, needing no praise and pumping his chest that "We are world's greatest country, the world teacher, let's be proud". After the pride comes the fall? Other nations might know who the greatest country is by tourism, youtube videos of towns, looking online statistics of crime/longevity, the tone/content of movies/news and even if they don't know who the real Leader is, who the most Compassionate Nation is, who the main World Peace Bringer is, it doesn't matter if they know or not, the goal is to bring World Peace not to get recognition as the World Peace Bringer. Subtlety, gentleness, tenderness, nonviolence, nonkilling, humility, softness, grace and intelligence can increase these days in Earth politics. Compassion (with its sister qualities of tenderness gentleness softness kindness forgiveness mercy) is arguably one of

the most potent forces in transforming a nation into the most Effective World Peace Bringer (known or unknown) and into a Civilization of Immortals. One of the ways this compassion can express is thru its treatment of animals, people and the environment. The many reasons I and millions of others are *vegan* or have been for many years are presented in Chapter 11.4. As technology advances, we won't eat plants or animals, but an eterni diet.

A Compassionate Nation also cares about the carcinogenic smog that cars, trucks, ships, airplanes emit in the air, the carcinogenic smog from coal-fired plants (they generate most mercury and arsenic humans put in the air) that sickens all inhabitants. This means that a kind nation will move to 100% renewable energy and all-electric transportation immediately. A Compassionate Nation remembers the wise saying of Tao Te Ching (The Way of the Sage, or the Virtuous Way), which says that "Heaven arms with Compassion those it would not see destroyed". The most powerful ally in building a Civilization of Immortals☺☺☺ can be said to be compassion and its many relatives (mercy, forgiveness, altruism). It's compassion for others that leads to frugality and placing humanity above temporary goals of "a bigger car, bigger house, bigger yacht". By doing this, the moral strength of a nation prevents its decline. By forgetting true compassion all the empires of yore or big countries shrank quickly. Compassion is not the stuff we see in a lot of music and movies today. To have compassion for fellow humans is not to encourage a high crime rate and low IQ by such media content. People are impressionable at all ages, especially before 25. Whatever they see, they tend to emulate.

Compassion also means abstaining from the temptation to destroy/harm others who can be easily destroyed. This is very difficult, but it's worth trying more and more each year to shift towards a more compassionate (for all humanity, not just one person, doing what leads to the best outcome for the largest amount of people) transformative take, even when it may seem to the ego like a disadvantage to do so initially. Wars are very costly and turn public opinion of invaded or attacked countries against a war starting nation, so it makes sense to try the ultimate thing, the unified field potential, stronger than the 4 forces of physics, to bring about sweet change for the better without any human injured or dead. When the compassion is super-strong in a nation, that nation can protect itself via the transforming grace of gentleness-awareness and positive healing methods (good spirits help trust to build, healing to take place between former foes; astral travel with spirits and telepathy from noble spirits, or simply tuning into infinite knowledge if one doesn't believe in spirits, also aid these goals), without any conflict or negative methods. Most theists and atheists accept the 3rd law of classical mechanics, as you sow you reap, action force = reaction force. Since this universe can perhaps be called a dimensional school for the soul, where absolute proof of the soul may be hard to come by thru design, it's irrelevant whether one believes or not in the existence of spirits and their ability to astral travel or telepathize with us. Leaving aside what may happen spiritually as a result of war (haunting by

the spirits released from bodies during a war, spirits who can reverse any victory over a period of 5-200 years, as explained below, not necessarily because they want to undermine the "empire" who tortured them, since some would be evolved, not care about stuff in this virtual classroom dimension, and go to such heavenly spheres that the thought of "revenge" or getting even would be out of their soul mind, but they would help the noblest first, help more the more loving civilization which brings the empire down as good spirits cease helping the empire), when a country is the first to use the sword, it may set itself up by physics law to being victim of the sword in some future, 5-700 years from now. "Those who raise their sword first, die by the sword" may mean that the only just war is one where we defend and there is no alternative method to prevent the war, after we tried really hard to change speech tone, culture, agreements, etc globally and many other peaceful positive methods. Leaders are human like the rest, losing patience and moving in a direction that is less peaceful. To err is human, nobody is perfect. Thomas Edison tried many times before he got it, so it may be with World Peace, it won't work first, but by enshrining such ideals in daily plans, movies, songs, literature, constitutions, political platforms, we're more likely to reach World Peace as a planet.☺☺☺

Compassion is that quality that allows the most powerful nation (possibly say 900 times more powerful militarily), to send its delegates and explain the suffering of war to others, the tragedy of war or even of 1 killing, with pictures, videos of past wars and a true empathy that the coldest hardest heart of the worst dictator could relate to, lowering themselves to almost beg the other country to move into a peaceful direction and build mutual trust, so no human being dies, trying to find the common ground that averts war, even when it would take that big country 1-2 days to change the government in that country by force. By not following the impulsive wish to overthrow the government by covert or overt action, and instead working to bring a common desire for World Peace and peaceful transition to a better future, a new alliance can be established and war avoided, with more assistance given by the beings in charge of the universe to the peace cultivating nation who just avoided using overwhelming force covertly or overtly. History suggests that by choosing the (sometimes longer-taking and seemingly harder) path of transforming the fear-paranoia inside others into Immortal universal loving kindness for all beings, the Peacebuilding Nation is possibly earning assistance from the most evolved Civilizations of Immortals of the trillions of heavens and physical *universes* that may be out there, an assistance unseen, but present and able to help The World Peace Bringing Nation to become a Civilization of Immortals and find new ways to build *Permanent Peace and expand it to more areas* in a positive loop that gives The World Peace Bringing Nation more money, time for science, afterlife research, ESP, healthcare and World Peace. At our present level of evolution (Alfred Russel Wallace published the theory of biological evolution at the same time with Charles Darwin; he believed we have a soul that evolves independently of biological evolution)

the proof for afterlife may not be as essential, if life on Earth is also a test of one's behavior in the absence of knowledge of an afterlife, how would one behave if one thought life ends at death, which is more indicative of how one would behave in an afterlife world too. Therefore, it doesn't seem critical to convince others that afterlife exists or afterlife is one way, since if they don't conclude it exists this may be part of their way of learning what they came to learn in this dimension. But discussing the possibility of afterlife and the benefits of World Peace even in the absence of an afterlife, depending on whom we talk to, makes sense. ☺☺☺

As a result of the Peace Building Nation avoiding using war, the people of that small nation admire the 900 times more powerful Peace Focused Nation, thank the Big nation for using its geniuses, diplomats to bring a peaceful transition to a better future. Perhaps the spirit world will send its best spirits to guide and as new human beings to the country who practices the most compassion and World Peace building, tortures none and kills the least amount of people in its efforts of *Permanent Peace Building and Its Expansion to more areas*. Maybe spirits can't help the leaders of a country, if the earth leaders think they know everything about the Universe, including whether the soul/telepathy/karma/etc exists or not, etc. The humble person doesn't know anything almost so to speak and is aware of this inability of the human brain to know almost anything, compared to what is there to know. If the leaders are humble, they realize there is more to life than what appears to be, that truth is infinitely complex and ultimately way beyond the human brain's capacity to understand, and the leaders are likely to try more complex, more sophisticated ways to build *Permanent Peace and expand it to more areas* than threats and the typical shows of force done today for intimidation. The more a Nation chooses Peace Building, nonkilling, Non-violence and Compassion, the more evolved souls will immigrate to it or be born there as sent by the Heaven spirit worlds, so as to help that Nation be the Light of Peace it can be, according to its already stated intent, reflected in Its Constitution, Anthem (see paragraph before anthem too), politics, culture, music. Intimidation doesn't seem not a good strategy in foreign affairs, leading to more harm than good. Intimidation may be a result of fear and weakness, but it is always easy to use, far easier than trying to talk to the other country and their leaders in gentle kind ways. Intimidation can often be thought of as anti-World Peace, and it's very difficult for people to not retaliate with intimidation when they're themselves intimidated by another nation, since they think they will prevent a war by making sure that other guy knows "they will be destroyed if they do this or that". A strong wise nation doesn't resort to intimidation, but to positive healing inspiration, knowing fully that gentleness and kindness are the real strength and the ultimate armor of protection of Civilizations of Immortals that tap into the infinite mercy 0 point energy field and the assistance of noble spirits to defend against any aggressor nation who starts a war that leads to total self-destruction of that war starting nation. Words can do more damage than a million bombs sometimes and thus the wise

Peace Building Nation has a real program in Conflict and Tension Deflation using Sagely Behavior, Words, Tone, to prevent making a fool of itself on the world stage by lowering itself to the use of techniques used by people on Earth for eons to unconsciously perpetuate war on Earth. The World Peace Building Nation is fully aware of the power of intent to build a world of peace and of daily communication of that intent, so there is no need to use threats, as threats dissolve trust and only lead to military build up; intimidation enrages a war-loving country and leads to ever more military build up within the war-loving country, more cunning, less trust, less chance to heal those leaders so they begin loving peace instead of war. Intimidation seems a direct violation of the Golden Rule of "Do unto others as you want them to do unto you".☺

Our planet can build many universities, primary, middle and high schools dedicated to preventing war and crime. To be a global leader of Peace, to be the Force or a Force of Peace that heaven relies upon on this planet, World's Most Peace Bringing Nation can implement a real culture of *Permanent Peace Building and Its Expansion to more areas*, and train people in the Arts of Peace from the 1st grade, using even simple things like Telepathic Remote Healing classes from 1st grade to turn an angry person into a happy one, astral travel, humility, non-reactivity, compassion, tranquility, serenity, positivity, the 20 telepathy habits, etc. The Cosmic Peace Bringing Nation can implement these programs via the media to promote non-violence and a life of helping others, instead of selfishness (parties, smoking, drinking, daily sex), violence (movies) and materialism (having as many things, cars, houses as possible). When people don't meditate, don't study anything about afterlife, consciousness, etc, when they're not content with the eternal 0 point energy field or the bliss of conscious breathing (see Chapter 10.1), they seek happiness in getting more cars, more money, more houses, more girls, more sexual orgies, more titles, more praise, more illusionary fleeting apparent (not real) "worldly power", and this then creates a lot of tension that can lead ultimately to war, as the society becomes more selfish, and thus more divided, with fewer people caring World Peace.☺☺☺

13.3. DIPLOMATS who're empathic, telepathic and bring World Peace:

By cultivating compassion, diplomats become more empathetic, more able to read the souls, hearts, feelings, thoughts of "Believers in War, Killing and Violence" and understand where their unhappiness (and desire to kill to "bring peace") comes from at a deeper level, so as to find perhaps the way to World Peace, nonkilling and Harmony. The human being is complex, and assuming people have a soul history, sometimes they may do things because of a past life obsession or experience in a spiritual world they lived in before being a human being. By developing the talent to read the souls of others thru *gentle tender soft* compassion in action and tireless dedication to the Values of Non-Violence and nonkilling, The Peace Building Nation can better relate to foreign leaders, by reading (with the help of the most advanced ultra gentle

spirits in charge of the nearby galaxies or solar system, whatever the case may be) in diplomatic affairs and encounters the most internalized secrets of people they never told anyone, even dreams or astral travels they had they never told anyone.☺☺ For example when a foreign leader is grieving his dead aunt, the wise diplomat, filled with *the Holy Immortality for All Spirit* of gentleness tenderness softness and grace so to speak, the ultimate empath and soul reader diplomat, is kindly sharing with the foreign leader about his spiritual encounter with an angel of universal kindness and compassion and seeing a spirit (describing his aunt) and saying things only the foreign leader knew from a dream with the aunt where they went on a ship. The foreign leader is deeply moved and realizes from what was said by the aunt spirit thru the diplomat that she's alive and loves him, forgives him and he's very happy and wants to deeply thank the Peace Building Nation diplomat. People are sharing such things more today in the media, helping people to be more motivated to work for peace. Of course, these things are not possible for the average diplomat, only for a truly spiritual and holy person, with real spiritual ability, not for a phony person. And the occurrence of such events is up to the spirits who oversee the diplomat's journey towards a more peaceful world, where we stop slaughtering each other and instead start helping each other. ☺☺☺ Thru deep reflection, huge steps can be made to start the process of building friendship, trust and amity leading to a world of tranquility and peace. In certain circumstances, when the foreign leader is more open minded, the political discourses, press conferences, discussion, dinners can even mention karma and how we're supposed to not kill anyone (due to consequences in the afterlife (regardless if they may be in a future spiritual or physical life)), have peace, treat all with kindness, how it makes more sense to be best friends than enemies, doing our best together for World Peace and 900+ year lifespans.

By always talking of tenderness gentleness *softness* compassion nonkilling afterlife proof, telepathy, ESP, the lives of saints who prevented wars, by all these spiritual events and healing encounters with the Greater Reality, and by also living coherently with eterni speech, intent and emotion for decades and emanating such holy intent vibrations, vocal tones that match one's words, the Peace Building Nation diplomat (and all major officials who abstain from threats, intimidation, etc) is perceived as the spiritually aware friend (since people have a built-in "tall tale detector" thru eons able to discern phonies from really kind people) who only wants peace and good for all human beings, and this helps others to heal and to also join in the Vision of World Peace. By repeated such actions, the most peace Building Nation becomes a or the unspoken unknown hope/leader of *all nations* and everyone loves this World Peace Building Nation, a nation filled with humility and without a need to always brag "we are the greatest country on Earth, we're the leaders in this and that". Thru emulating the examples humble folks, the World Peace Building Nation becomes a mediator of choice that many nations invite, as they mind their own business and fix their own faults first before lecturing others to live this or that

way. People have statistics available and they know how each nation is doing. Saying "We are the best or our way is the best" doesn't accomplish anything, except increase the dislike in other nations, who sense the lack of humility and self-control, which are the qualities of the "best" so to speak. "When the ruler is a sage, they never tire of him" means just that, when a nation and her leaders become like a saint, like the sage of Tao Te Ching or other scriptures, the whole world trusts That Nation and allows That Nation to lead them from behind into the future, without “one single shot, intimidation, fear, saber rattling and displays of force”. ☺☺

Diplomacy can bring World Peace. Diplomacy is also a way to increase the harmonization with the peaceful field of advanced spirits who can aid us via telepathy to usher World Peace. A skilled diplomat or leader can save 1 million lives, so it makes sense to invest more in inoffensive speech, healing deescalatory communication and diplomacy education for all leaders and public officials. In extreme cases, a diplomat or leader can save 4 billion lives. What makes a good diplomat? We can answer that in 1 trillion ways, here is one way: A good diplomat may be a person who is very compassionate and can feel the suffering of billions of people, a person who is so gentle and kind (yet passionate about World Peace), that he can't imagine eating meat (from factory farms where animals are mistreated, or animals that did not die naturally and were killed for food) or wasting time with smoking, alcohol, etc. He even can think or find a way to say in a diplomatic way that "while this wine or beer or drink was made over 10 days, 200,000 people died of starvation, and 800,000 died because of heart disease, diabetes, cancer and aging. Because wine is not a need for life, it's ok to not drink it and use my energy to aid the cause of World Peace, so we can have money for curing diseases, fight climate change, eliminate rape, pollution, hunger, natural disaster deaths, instead of for slaughtering each other." Perhaps the more compassionate a diplomat/leader is, the more spirits are revealing, when wise to do so, information to the diplomat about the person in front of him, so that gently, little by little, with each encounter a friendliness and amity are building up, loving kindness for all beings is magnified, until all realize that The Diplomat is an Angel of World Peace so to speak, wanting only the best for all people. When one can live in a holy manner emulating the saints and ascetics, monks and shamans, the spirits can bilocate him and he can meet with others astrally and the trust is building at subtler soul levels and one's words are not taken as empty promises and shows, but heartfelt and magnetically taken inside as the words from the encounter with an angel of World Peace visiting the planet of war.☺☺☺ With this Ethos, with this big planet size heart so to speak, the compassionate feminine gentle tender diplomat uses the grace of loving kindness for all beings to heal and soothe the souls that have never felt a lot of compassionate healing soft gentle *nurturing* kindness before, and helps the planet move towards World Peace. Being soft and gentle is not a weakness, it is really the way to turn all into lovers of World Peace and nonkilling, saving lives and a few trillion dollars too. Even the "so-called least loving" leaders

will eventually feel the love, since the angelic spirits will hover more, from Immortal Civilizations and higher spirit planes, around the diplomat or leader (can be even a general or military leader) who is working to Bring World Peace. The compassionate effective diplomat, after decades of training in eterni speech, is like a sponge of universal loving warm kindness, forgiving mercy and compassion that helps trust to emerge and war to end. So, with this new era dawning, with the new Compassion Diplomacy Schools emerging, The Peace Building Nation gains the telepaths, the empaths that have the real insight into the suffering in other human beings, even those who still live in fear and still desperately cling to lies, deception, paranoia, and desire to kill, bomb, destroy, wage war, in direct violation of the ideals of happy Immortality, no "war, killings".

The angelic diplomat, who has developed coherently since infancy and built the most coherent vibe, tone of speech and body language, has a magnetic presence that is vastly different than that of ordinary men, 1 in a million. Due to his training for coherent intent, gentleness, tenderness, healing and vocal tone, his energy is different and when he interacts with people, and says something he's far more likely to be trusted. Then, as other officials confirm the diplomats words, the trust increases even more. The trust means that others are more genuine in the angelic diplomat's presence and therefore, the honest kind diplomat is better able to read others, while someone telling lots of lies daily, with incoherent emotions and actions, won't be able to correctly read others, because others detect subconsciously someone who is playing games (one day a friend, next day a foe, one day a friend, next day making a threat, total incoherence) and they automatically put a facade without even realizing it consciously, to protect themselves. So, when diplomats honestly express their wish for a world without violence and honestly work towards world friendliness and World Peace, they're going to succeed in healing the wounds of centuries between nations in the most subtle healing sweet and effective way that honors the healing process of other human beings they talk to. Certain people lie more due to a lack of acceptance ultimately, due to a deep insecurity that somehow, if an earthling or group of earthlings knew, the entire humanity and universe can't really be on our side because we chose to be honest and stop saying several lies each day (some studies found that many college students even say several lies each day). One can abstain from revealing things or admit "I don't know" (do we ever really know anything for sure?), but the thing is with lies, a deep habit is formed and it leads to less trust, more paranoia, and ultimately, to war. The hardest thing to overcome probably is the human tendency in certain people to lie a lot, out of habit or fear, etc. Obviously, this process of being a living example of honesty to help the enemy to also be honest takes time, since others don't learn from our words but from our actions and honesty habits (or dishonesty habits), an unspoken learning from our emotional coherence. Kids emulate parents' actions, not words. Same for peers. We're influenced by peers and emulate others' actions, not words. Those who lie a lot are human beings too, and like

anyone, they learn from living example, not from words. Actions speak louder than words, so for diplomacy to work, all branches of the government of Peace Building Nation would agree with the diplomat, otherwise, there is less chance the foreign leader becomes a friend of the World Peace Idea if he immediately sees no promise is kept and the diplomat is just a decoration of sorts, a way to say "we try to talk to that country, but he doesn't want to choose peace".☺☺

The strength of compassion and Peace Building and World Peace creation is depending on how many people in the leadership of a nation have the patience and tranquility (helped by meditation, contemplation, peaceful music) to listen to the wise counsel of the more evolved and peaceful spirits, who, in their sophisticated approach, present a possible way to avert war that is far cheaper than just "invading" or "using killings to overthrow a government", or whatever methods people have used to prevent bigger wars. There is a lower IQ (misinformed, less aware, less humble “i know it all”) less kind more aggressive overwhelming force show-off noisy expensive way to achieve an end and a smart gentle quiet minimal force (or 0 force and just gentle healing) kind cheap "enlisting help from the universe via telepathy and prayer" way, and life has always taught humanity that acting rushed on impulse is not smart, and often times a solution exists to the most challenging issue, if leaders can disconnect from all previous concepts for a while, meditate, take a shower perhaps, have a walk and see a new way of looking at that situation that could somehow prevent any violence. Perhaps we can say that it is like when we're a kid trying to learn some skill, say biking. We try many times, 30 times, or 200 before we get a good grasp. The same thing with this, one tries many times to use positive loving kind ways; eventually, a Peace art and science is developed, and World Peace arrives.☺ When others perceive only good intent from the Diplomats or Leaders of a World Peace Building nation, trust will grow, no bloodshed will exist on Earth as the angelic diplomats or leaders or generals succeed in defusing conflicts and being living examples of *gentle tender soft* compassion. It's doable. ☺ Just like people went to the moon, humans can reach World Peace. John F Kennedy did not have a clue about the complicated math, physics and engineering of getting to the moon, but America got there after the President set the goal. In the same way, a Peace Building Nation can set a new goal, World Peace, and get there, and teach this way to all allies, so peace spreads and the whole world becomes one paradise. ☺ The most spiritual and psychic civilization is the most intellectual, altruistic and technologically advanced too, and able to become the expression of compassion that heals a planet of wars. Instead of partying, the "party" is the eternal service to humanity, the fun of helping end the suffering of others who live in war-ravaged areas, and this makes World Peace possible.☺☺☺ Initially, the first computer was very big and slow, and in 50 years the computational power increased a million times and size decreased 1,000 times. In the same way, at first, the Art and Science of Peace may not lead to the most mind-blowing results, but those who have patience and persevere in this vision

could succeed soon and be the leaders of the future, just like that saying of Jesus "*The meek will inherit the Earth*" or Lao Tze "Heaven gifts with compassion those it would not see *destroyed*".

13.4. Why World Peace in 3 months is much easier than imagined, if All people (*military*, civilian) JUST *focus on it*, as we did with *climate targets* ☺☺☺

The *next* 30+ pages *explain* that if humanity is to *survive*, everyone needs to gently work to make ~*~Eternal Universal Peace~*~ true immediately, to avoid a decade long nuclear winter (10-20 degrees below 0 in formerly warm climates) that starves 5-7 billion people to death. Russia wants to double kid military traning and include 5th graders, even if 7 year olds already take part in mujahedin like training, showing that there is an urgent need for peace before a WW3 can erupt. In case of such catastrophic war, the only nations that might survive intact may be Australia, Argentina, and anything really South, while the rest may only have 1-10% of inhabitants survive. However, if quantum war breaks, all continents will die, except 1 million people in a capsule. Thus, if nuclear war breaks, being already in South Australia, New Zealand, South Chile (the southern most country in the world), South Argentina, South Africa, may be the move that saves your life and helps you bring the Immortalist Anthem to reality. USA people are at high risk, see safer areas map, with most estimates saying 75% of Americans would die after a first strike. All schools need Immortality *for* All Classes *(that cover* Eternal Universal Peace *(the health of the human species, war is like autoimmune disease, the body of humans attacking itself), Health, Longevity, Immortality too)* from kindergarten to PhD. *This educates people to value Life, not war and being cannon fodder slave to be disposed of* by palace dwelling aristocrats in *wars of theft*. World Peace is Possible in 3 months, as this 1 min song says, even if some think it's science fiction. Ukraine is Nuke-Rain, where WW3 may start in 25 years if this book is not implemented ultra fast, see Russian general claiming Ukraine war is the start of war to 'liberate Eastern Europe' via attack on NATO that starts WW3.☺☺☺ This is a war with 7-8 billion dead, 5+ million survivors. Ukraine gave up nuclear weapons in exchange for Russia's promise to not invade. This is no coincidence. Almost all nations seem to have gone insane, even China, watch alleged real (not faked by CIA using American Chinese) video of kids preparing for killing all Americans, Japanese and WW3? Chinese asylum requests went up 13 fold in 2023, Chinese illegals (soldiers in disguise) went up 50 fold in 2024, vs 2021. Kids were told to say (fake video?, note the nose cue, big nose=lie in folklore, told to lie?) "Japanese are bad", due to the WW2 actions (real/fake pics?): one, video1, video2, video 3 Korea (Japan revenged for when Korea tried invade Japan with the odd Mongols), torture unit 731. Venezuela wanted to invade USA territory Puerto Rico. China is building its own Pentagon, just 10 times bigger, made a life size replica of Taiwan presidential office area in the desert so soldiers memorize the palace area. A youtube video explains the 3 Gorges Dam could be bombed by Taiwan or any enemy in a

conflict and cause 40% of China's GDP to become 0 for 1 year in 1 day, plus 4 million dead from the floods. That's why Peace is Needed. India will flood with water of the 3 times bigger Himalaya dam, when China decides to. China is ultra vulnerable to attack of its soon to be *120 nuclear reactors, which are way more numerous than any nation or* Taiwan's single *reactor,* so it's in China's interest to have Eternal World Peace in 3 months. All countries need *gentle tender soft nurturing* loving kindness compassionate *graceful* sweetness, instead of machoness. Taiwan can win war with China by *hypersonic missiles* hitting all dams and nuclear reactors, making China abandon its invasion in 24 hours. The Communists can be defeated by Kuomintang in hours due to the modern vulnerabilities of the Chinese energy system. Taiwan can do the dams first if attacked: show their 50000 hypersonic missiles ready to bring China to a halt in 10 minutes, if blowing all Chinese ships with anti-ship missiles (5 million of them) doesn't halt the invasion. 3 Gorges first as a kind request *to cease killing or torturing any human ever in the future*. That's why we need that quantum scanner, to make sure nobody does any torture or their dams and nuke plants can be attacked to bring all factories to a standstill. Criminal terrorists ought to not govern any nation. Humanity deserves a world free of torture. Any other nation harassed by another can do the same, just have a small nation supplied with hypersonics which act as a "mutually assured reversal to the Stone Age" mechanism of deterrence. Hence all nations need off-grid single family housing, with solar power and battery storage for all to prevent such blackmail from ever occuring by small, medium or big powers. A video explains NATO knows everything China does. Since most of the medicines in USA, Africa, etc are made in India with Chinese APIs, the US can't attack China in reality, as it would have no medicines, rare earth minerals, lots of stuff. The Taiwan stuff is theatre only, as China doesn't want war either. It's a mere geopolitics show.

For 3 decades since the staged 1989-1991 "fall" of USSR (watch video) (with *7000 nuclear bomb* arsenal on paper, 45000 in 1988, maybe *90000* now), USA has prepared for WW3, schools got covers for inner doors, shutters for all windows, safe rooms come out of whiteboards, needed in case of a nuclear explosion: film to prevent window shattering due to small debris the size of a bullet from allowing radioactive dust from coming in, *window* shutters *to prevent broken window collapse due to high temp melting the film, prevent big* radioactive debris *brought by the shock wave of* nuclear *blasts*, plus, the 3rd layer of *NUKE BLAST PROTECTION*: the safe room that pops out to stop debris way better than the shutters: the shutters also allow all USA schools to avoid eye retina damage of kids who stare at the nuclear blast, since *the military will inform all schools (all* TV-radio stations *broadcast the news at once,* FEMA sends a message to all cell phones*, TVs as in the National* Nuclear Armageddon FEMA practice, Oct 2023) 900 nuclear *missiles (each has 10 nukes)* were *launched from* Russia or N Korea, giving USA only *5 minutes* to activate the "active shooter" system for ALL OUT NUCLEAR WAR, as *all major cities activate*

sirens *via a* button *at the Pentagon* and *are told* *on* *TV-radio-phones* *8-15 minutes left until* impact. Only a tiny % of ICBMs can be intercepted and prevented from killing *100* million *people* in 50 seconds, unless the USA developed sci fi tech. *Since not all schools have huge* **bunkers***, it's a cheap solution*. **Officially, the windowless 'gender neutral' baths (sort of bomb shelter, anti-radiation room) are for LGBTQ, 'safe rooms' for shootings (all mass shootings are fake per some websites, militaries stage 1000s of fake shootings, riots, false flags), but in reality, *it's* NUKE BLAST *preparation*. WW2 created 17 million new jobs, (137 million folks vs 334 in 2023): even ladies made bullets. Take cover, where 2 walls exist between you & outside, not near windows, face down** on the **floor**, eyes **closed**:

►►►►►► ~*~ https://ready.gov/radiation ~*~ ◄◄◄◄◄◄

Oddly, we got very evil, very Hitler, WW2 like music in 100+ nations, as if almost NOTHING was learned from WW2, by US, Germany, UK, France, Russia, Japan and 100+ nations. Kids, adults, youth learn behavior from the lyrics, tone and rhythm of music. See Aussie video on WW3. China newspaper calls for people's war against USA and China joins Iran in the fight against Israel, since they need Iran oil and they don't like Israel US ally. However, China plays many double games, since they dislike Iran's religion. China can role play being against USA too, though some youtube claims China exports more weapons to Russia than Ukraine. *CNN shows Russia* prepares all school kids for WW3. A 2023 video explains *allegedly* real changes in Chinese ICBMs, food hoarding, loans, nationalization during war laws that "indicate" Taiwan invasion may occur (*disinfo?*) in 2025 as one general from USA claimed (*disinfo*? another fake war?). Check out why USA uses the democracy nonsense card to talk crap about China: because US has no democracy, it's a military-police state of aristocratic terror, with the masses of USA and other nations as mere cannon fodder and useful slaves for the rich, and because China's economy has risen and now may become a real rival in 2050. Why does USA not protect basic human rights, and acts as a depreaved nation wasting all government taxes, while 50 million live homeless or in terrible housing? Bandits rule. In 2023, US-China trade hit the lowest % in 20 years, with Mexico becoming # 1 US trading partner, not China, so something is happening: China shifts their trading partners? No, it was just Trump tariffs on China applied in 2018 caused China to lose to lower priced nations. In May 2025, China promoted stall (shops that are unaffected by bombing buildings) economy, using stalls (easy to move, unlike fixed shops) to sell stuff, which means being ready for WW3, *when* stores *are bombed*. The Forbes article shows a dramatic fall of China's share of US imports from 45% to 4.5% for many products and from 40% to 20% for others. This is because US wants to decouple from China. Even if only some conventional wars happen, next few months, it's a catastrophe, when you realize what war is like: see food shoppers killed/injured (allegedly, since wounded people can be faked, see here how) in a savage blast (empty building and fast pic swap to make it seem real people were nearby? Russia

claimed it was Ukraine, errant Buk missile, and vice versa) using (if Ukraine S-300 story is true) a quite imprecise S-300, with a high CEP – target hit radius, though both countries have S-300, not sure if false flag and if a Russian posing as Ukrainian captain ordered to rogue attack on Ukraine from Ukraine land, though USA would see it, and that Russian guy would be dead. To understand the SAVAGERY OF WAR, a 155 mm artillery has a CEP of 267 meters, so 50% of time, it lands within 267 meters of the target, very imprecise, 6% of the time within 3 times the CEP, or 801 meters, so civilian casualties are astronomical, if your house is 900 meters (yards) from a military site, HIMARS, artillery piece, soldier, or tank or any equipment enemy wants to strike, you could be dead, hence everyone is told to evacuate *and needs to*. Only US expensive Excalibur missiles have CEP < 10 m. How can any decent human being, KNOWING WHAT ARTILLERY CEP IS, support any war, or start invading a country like Putin did for no legitimate reason*????* Some missile CEP is 400-500 meters, so *6% will land within 1500 meters*, or a *mile away*, and you *could* be *dead*.

This is what the nicest small war is: pure horror, a war that doesn't use nuclear weapons; imagine what nuclear war is: *a million times worse*. In the spring-summer of 2023, Canada man made fires (biggest since 1989 when communism fell), have created a blocking of satellite pictures over much of Canada and USA, in order to enable the preparation *for WW3* of the US-Canada possibly. Tornado on Canada National Day, July 1st, also blocked views from space. China's desertification: *lost 25% of green cover in 4 decades*, though some claim since 2000 they stopped it and reversed some of it. Check out China ground water extraction and coal mining, geothermal causing sinkholes, for more China videos, see this youtube (disinfo mostly, but China teaches espionage to all). China is allegedly honest when in public it claims 90000 square km (90% the size of South Korea) (now part of India) as its own. Not clear if a real claim or just a way to pretend they're India's enemy, while spying on other things going on inside the planet's tallest mountains (ideal place for UFOs). Tourists visiting China dropped from 3.7 million in 2019 first quarter to 52K in 2023 1st quarter, a 71 fold drop, due to COVID shutdown. See China's cities and how CIA disinfo works, pretend enmity with China to keep all enslaved? Was the Cuban missile crisis real or simply a way to increase arms sales, use arms (or phones, cars, everyday gadgets) to remotely mind control soldiers, civilians, foreign governments the foreign military controls? Are the crises/wars fake sometimes? China built endless trains, subways (can be bomb shelters): WW3 preparation? 95% news is fake. June 2023 saw 10% of normal airplane traffic in China to avoid global warming? Of course, when you're one with the Tao, you need no travel, you soul travel. Was COVID19 from Wuhan rehearsal for WW3, with bad air quality, chemical, biological, nuclear attacks, save your face shield/mask? China possibly wants to take over Antartica and Arctic too, to increase its land mass by 289%, to essentially quadruple its land. It may be their long term goal, like 100 year plan, using the South China sea tactics. The Chinese

never talk about World Peace in 3 months, they spend billions to make museums about the "glory of the Chinese emperors" and other imperial historical periods, when 2000 concoubines were killed in one strike at the order of an emperor, or when people had no rights and wars of conquest were the norm. So, no, it's not as peaceful as one might think. If allowed, they would happily take over Greenland (see tweets with fake quotes attributed to Denmark, as China wants to take over Greenland), all Arctic and Antarctica: see, they never work for World Peace in 3 months, you never see that in every TV program, on the sides of the screen, in every anthem, in every song, like with a truly immortalist government of Peace. It's all about Empire Building, check out Chinese state owned builder causes grief among Australians, check out China's secret plan to retake lands lost to Russia in the 1800s: use 'Taiwan invasion' as a cover for militarization, when this military buildup is aimed at invading Russia. China makes fentanyl and nitazines, 50 times worse than fentanyl, and ships it worldwide, causing possibly millions of deaths equivalent over 20 years, due to lifespan shortening or deaths. Some in China try to be peaceful, yet China ships poisons worldwide, which end up in counterfeit pharmaceuticals (valium, oxycontin) or vape products. It's a holy war against non-Chinese worldwide. Let's hope this is all fake news and these dealers are only trying to catch who wants to buy it.

Quantum weapons that don't damage anything and kill only people, may mean big cities are top targets, so small cities are safest, since unlike nukes that people dislike using, the new ones have no environmental cons. The music today hints to the future awaiting much of the world. At laowhy86, we see jokes presented as facts with 0 evidence. 1986 is Chernobyl nuclear explosion in Ukraine. There is always a chance for all out nuke war, SO WE may ONLY HAVE years to avert the end, listen to peaceful music to change the future. Funny how people can waste their entire life to be a sports commentator while the planet can blow up any time, while others watch that garbage. Perhaps, picking veggies and fruits in the scorching sun would educate them about the need for science and eterni food. ☺☺☺ UK King bought 10 houses in an area shielded by mountains with no big cities, in Romania, the only one in Eastern Europe perhaps (except for the Balkan mountains), that is safe in case of Russia nuking UK, France. The backup UK King, Prince Harry (like *hair*), in case Charles/William got nuked, moved to Santa Barbara, US, in a sign the Royals believe WW3 may happen. Russia joked in 2022 that they can flood UK with 500 m high tsunami, so maybe that's why the Royals have a backup plan for the UK, after the flood. Aristocrats don't fight in wars, so they don't care about World Peace in 3 months, they live in gated mansions with many security staff around, so they don't care about violent crime going down 1 billion fold in 10 years. Look at their 8.5 million mansions. They fake their rise from "poor" to billionaire, from "random soldier" to general, etc, the general that is not disposable (two types of generals, 2nd class, or slaves, and 1st class, aristocrat), etc. But we the poor people care. We the People of the world need to take the fate of the world in our hands, since

aristocrats won't do anything. One idea is to declare a state of emergency in the European Union, due to the war in Ukraine on the border of the EU. This allows the European Commission, President, Parliament, etc to start tackling the root causes of violence and wars in the world: aristocratic terror and inefficiency leading to horrible living conditions, lack of universal free education, violent movies, violent scriptures (daily TV presentation of the 1500 Bible quotes that expose Jesus, Mohamed, Moses for who they were, not who clergy claimed they were), violent music, violent novels and TV programs, violent tone of speech, etc. God can be defined in many ways, see here, we don't need these fake prophets to believe in God, nor fake miracles. We need a unifying Immortalist Anthem to bring Immortality for all Americans and Europeans and humans interested. In this state of emergency, sweeping reforms happen to the United States of Europe, for the elimination of all violent crime and jails within 10 years. Reforms unlike any in world history: lifetime labor for any violent crime and for selling alcohol (endless car crashes, domestic violence incidents because of it, 3 million dead), nicotine (6 million dead), vape products, violent literature or movies, music, sex outside pro-creation literature (CIA, FBI etc commit millions of electronic "rapes" yearly, using tech to cause emissions during sleep, so they're destroying humanity, so the EU, China, Russia, Muslims need to unite to stop these terrorism acts by various sadistic spy agencies) etc. The torture done by USA agencies is so great, as detailed here, that it begs the question: is Russia justified in military action against CIA, USA puppet Ukraine government if they use Ukraine robotic sleep deprived people to commit acts of genocide, slow killing, destruction of millions of people in Ukraine prior to invasion? If they did stuff to natiralized citizens, imagine what they did to Russians, Eastern Europeans… It's odd how the news (military, spy agencies control "press" in all nations) reports Russia as the only aggressor against 100% "innocent Ukraine", ignoring the hidden genocides via torture USA does yearly, in perfect sync with the "democracy tour" bombings after 1945 atomic bombings planned probably in 1930s when they got the bomb in secret. Not to mention the endless destruction and killings of people who could help other nations develop, the endless theft of intellectual property of others, etc. Why can't EU, China, Russia etc unite to create the nonkilling Alliance and leave USA to bomb itself? ***When will China or Russia have enough of it to start thermonuclear war? When will USA rape of all nations stop?*** All Europe uses one language for education eventually, created or adopted, for maximum efficiency, to provide the same FREE Universal Education for All up to PhD and Single Family Housing for All thru the implementation of EFFICIENCY LIKE NEVER BEFORE IN EUROPE PROGRAMS.

Skeptics say using English in Eternia or even EU as a common EU language (the eterni version perhaps, simpler, more logical, easier writing, etc, as described here) is a bad idea, as Americans have no noble intentions for Europeans, except turning them into slaves. This is not a surprise, the gun violence rate in USA is 23 times higher, and homicide rate 6 times higher, it reflects the

general violence of the military too, the military being a mirror of the population. To achieve World Peace, we need fewer languages. But even if USA only wants to enslave all nations, including "allies", knowing English is good as most science papers are in English and knowing the main international language allows you to understand everyone much better and know what goes on in the world. Plus, with English, we Europeans can more easily travel to USA and settle there, for a week, month, year or more and transform USA from within, into the immortalist nation it can be. However, one doesn't need to travel to USA at all to spread immortalism, simply creating immortalism in Europe and defending our EU against the eternal sabotage by the USA, is enough, for when we live to 500 we don't need the trash tech and culture of USA today. USA people will want to come to EU in the future, as we will have a real culture, of peace and immortality, not one of hooliganism. The biggest mistake EU youth makes is to go to USA where USA will destroy them or use them to make new techs or weapons that destroy the human species. The promise of the American dream is a fake one, all immigrants are simply slaves of the aristocrats. Knowing the language of your enemy, of international diplomacy and science, or of your "alleged" *NATO friend (who sabotages you behind your back and destroys your own industries and people)*, are both very useful, regardless. The easiest way to transform your enemy into a decent human, is to know his language, and that after all, he's only interested in enslaving all Europeans, torturing them, destroying their brains, eyes, ears, fingers, toes, knees, feet, ankles, hearts, etc, so as to install puppet governments in every EU nation to suck the blood out of their nation. All a Brit or Irish needs do is to employ a Jew (who loves to torture Europeans) within the US military to destroy Europeans with pure enthusiasm, like they bomb Arabs into the stone age (Kaganovich helped kill 5 million Ukrainians). USA preaches human rights, but tramples all human rights, US terrorizes tens of millions, yet accuses fake groups it created of "terrorism", US claims China tortures people (no doubt they copy USA), but US does the same. Recall that native Americans were wiped out by Brits in many ways and so can native Europeans be wiped out by the Brits in UK and USA. Don't be fooled, USA is like a caste or highly feudal society in reality, where slaves are one caste and aristocrats (Brits, etc) are another caste, or class. So, *Europeans are always second class serfs within NATO, simple rats US experiments on, to perfect its torture weapons*. Presenting themselves as friends, Americans only come to Europe as spies to install new devices, feed new spy networks, build more military bases disguises as "private" corporations, "churches" or whatever, destroy EU culture, turn Europeans into savage brutes and dogs, ready to kill, mere cannon fodder with no concept of a trillion ways to peace without war, violence, pain, torture and the psychopathy of the US military and CIA, etc. Let all Europeans know English, become spies if needed to bring World Peace in 3 months by going to US, UK, Canada, Australia, New Zealand virtually, or if bold, physically (not a good idea, you may become a vegetable after torture), to bring Immortalism, so they can create a nicer English, more eterni and a new culture, 100 times gentler, softer, more tender and nurturing,

100% nontorture, 100% nonkilling, way kinder than the blowing by gun or democracy tour English culture. China and India use a lot of English, in government and street signs, to get tourists, etc, even though they both are enemies of US-UK in many ways, due to historical wars, China sea, blowing by gun, etc. EU can even have speakers with better tone for officials. US secret plan may be to bomb into the stone age all EU, to destroy its industry, with the generous help of a staged NATO-Russia war, so Europeans must awaken to the possibility. Recall the US plot to destroy Europe in WW2 and how it came to be with USA hidden support, covert support.

The American and British spies disguised as national leaders want EU nations to be divided and duplicate stuff so as to achieve nothing except empty talk everyone ignores. Using English, our educational materials, classes, etc that unify the EU will be adopted by Canada, USA, UK if they lead to a 0 violent crime, 0 jails, 100 times more science progress. We see today the difference between English speaking nations, it is huge, some are so backwards, some are so advanced, its not the language that matters, but all other educational choices, etc. Nobody cares what language a nation speaks, as long as they live to 900 each, but in this world context English has more advantages for world unification, especially as the English world (500 million native speakers) is so happy when others know their language. The USA is the number one producer of violent music, followed by EU. This needs to change. The leaders calling for sovereign nations, less EU power are making EU nations less sovereign. Sovereign means you're efficient, do research instead of "translating, admin jobs and 20000 companies in every field when one would suffice" to enable American aristocratic frauds to dominate every industry. In the end it's not about US vs EU, since NATO will become one country one day most likely, but the quality of our products, healthcare tech and longevity. EU needs 100 times more high tech jobs to be sovereign, not more separation of policies, ministries. English can be a tool to help all nations choose immortalism, since everyone knows English. When all Europeans know it, it can be easy to improve it, make it twice easier to learn, 20 times easier than any EU language with their uselessly complex grammar, verb conjugation. Let's be honest, mathematical, efficient. What better way than to show English speakers a way out of the insanity of today? We're all humans, slaves of the aristocrats, and if we don't unite, we can't get rid of aristocracy and increase human lifespan 10 fold. All EU nations must unite and centralize into one super state that brings the energy of World Peace and inspires others to do the same to end all wars in 3 months. The destruction of all nations by USA and a few other Bible printing nations, via the promotion of mass rape, genocide and global looting promoting Bible, is something nobody has the basic moral courage or civic duty to talk about in the world, due to the genocidal torture used to destroy freedom of speech, all while telling endless lies to the world that USA promotes freedom of religion and expression... Any really peaceful religion has no chance to ever become dominant in US, where all are slaves, living like a coward in sheer fear. The EU leaders seem

equally dishonest, pretending they don't know the bad quotes of the Bible that kids are brainwashed are the word of God, which makes us question whom they serve? Mossad? Regardless, the workers can stop being used by aristocrats to kill other workers in war. If citizens refuse to fight or kill other humans, then aristocrats can't start wars only slaves fight. A global awakening of the 8 billion slaves needs to happen, so the serial killer aristocrats can't wage and start eternal wars among workers to keep us enslaved forever. The mind control starts since early life, with toy guns aristocrat bloodsuckers sell to precondition workers to kill other workers. Then comes the violent tone music, violent movies, war movies, etc, the list is huge. The time has come for the enslaved masses to demand Eternal World Peace in 3 months.

China pretends they got enough empty homes for 1.4 billion, as a way to disuade a first or too massive US retaliatory nuclear strike (to a small nuclear attack by China against Japan or Australia), since China can do 2nd strike and then still relocate people, though 1st or 2nd strike could take out the empty mega cities too: *they figured that few want all out nuclear winter, meaning bombing all cities, so the more empty cities the better for a long war with nearby enemies.* The empty cities indicate they might get ready for a long conventional war with Japan or South Korea and/or that they're also afraid of desertification or natural disasters forcing millions to the south areas, though many cities are in the north near desert areas. The empty homes are probably only able to hold 300 million people max with some 3-4 per apartment on average. China always tends to inflate positive news, though this has been a millennia long strategy of 100s of nations, to appear 40 times stronger than one is, so that no strong enemy attacks when you're really weak. Are they getting ready for war or just goofing around? Probably goofing around, just to deceive everyone: Sun Tzu: when you want peace, *fake* you get ready for war, so they send *100 airplanes near Taiwan every month to make all believe a real war may start*. Psychological warfare of total deception on the enemy mind, so enemies don't know what to expect. This drains the enemy, so when the attack happens, enemy is surprised, though they may not attack for decades, just messing with Muslim enemies about their cosmic might. They copy US Russia "*problem**, *solution**" bully tactics, i.e. strong military muscle, even if it is all noise and mere show, it gives them lucrative contracts, arm sales *(big boogie out there, we will protect you, the world is a jungle, we made it so via fake "bad groups/regimes*" we created, so you buy our weapons*, etc)*. From arm sales comes mind control of foreign soldiers using Chinese weapons, new infrastructure loan projects to control nations, *car (gas or electric), solar panel, phones, any electronic or WiFi enabled device, etc sales to control all civilians in foreign countries* (the panel messes your mind, via hidden devices, or is a spy station delivering data to Chinese satellites) and turn them into unconscious slaves, unwilling enslaved spies or willing spies of the Chinese army, etc. *When you know what goes on, you want to use only products made in your country.* This prevents foreigners from torturing people using devices or brain

writing tech placed in the car, phone, etc. Therefore, to protect the human quantum field from torture vibes, buy local (unless you know your gov is far more evil than another one), it saves the planet too, no more shipping from far away, *buy made in 'your country', don't let evil soldiers terrorize and* never listen to any government who employed torture during any interaction with you, work with God to vote out that government and replace it with an immortalist (the Immortalist Party, etc) or nonviolent one. Those *employing torture* (torture is genocide waiting to manifest later) are all demon posessed, or, if you're atheist, they're subhuman rats or annoying fleas. The day will come when all torture will vanish, with the help of immortalists and their friends. Until then, realize that 100+ governments torture their 'cop, spy, soldier' trainees or dissidents in brutal subhuman ways that make Satan look like an angel in comparison. Their years long torture is doing far more damage to human quantum field than if they killed innocent people, but because they got the power, the genocide of humanity continues unabated. The evil 2023 US government will be long gone then. Many buy *AIR FILTERS, AC motors, blower, fan motors*, water bottles (tap water is radioactive), scissors, *can openers*. Only *food in* 1). sealed *plastic pack/thick paper jug* (need *scissors to open) &* 2). cans *are safe* after a nuke war. *Some nations* prepare for *nuclear holocaust 9000 times worse than* Hiroshima. We can bring Peace now, don't let negativity win, always recall all humans combined are like an ant, compared to an Immortal, so when many immortalists unite with the IQ of the Immortals, they bring Eternal Universal Peace fast. The issue is few know about immortalists and Immortality *for* All, so kindly consider gently giving this PDF or happyImmortals.com to others.

If some Alien who is a trillion to the power of a trillion told you he can give you tech to live to a trillion, then would you still support wars and violence? The only thing that would end our lives would be war in that case, a war that could be WW3, nuclear causing 8 billion deaths by starvation since no sun may rise for 2 years? So, is anything more important than life itself? Then why not live to a trillion? To kill anyone is to increase chances of being dead oneself, so Peace becomes the number one goal. What can we do to convince the rest of people that Peace is the most important thing? Forget about how nature kills us, think about how war killed 80 million in 1940s. The alien or God is trying to give us that tech, but the entire society is focused on war, spying and destroying others. How can any real ruler (all military generals) hear the telepathy if all they do is torture others? All humans who care about their fellow human, all those with compassion in their being care about Peace, because World Peace gives ALL, THE MOST basic human right, that of life, without which, no other right matters since you're dead, and can't live to 70 even, let alone a trillion. People complain about many rights, others got their house in ruin and all siblings, parents killed by an errant missile, entire neighborhood and CITY GONE. Does the tragedy of a person who died or who lost arms and legs due to missiles, who lost their house and family, city, take a lower priority or lower right than the right of some to practice their

shouting staged miracles 'religion', spread fake miracles, violent quotes, get rich by religion fraud or yell in war imagery nuclear blast songs that bring more war and aggression into the human quantum field? Can we ☺☺*lovingly tenderly gently kindly*☺☺ be honest, kind, compassionate? How are these Syria and Ukraine ruins compatible with "we defend human rights", how are they as symbols of our empathy or so called 'Islamic, Christian, democratic, communist, etc" values? Have we become so inhuman to not care? ☺☺☺

All talk of ethics or human rights is a mere fraud without daily effort to bring World Peace in 3 months, *yet in our world* Eternal Universal Peace in 3 months *is not even talked about (since* all is ruled by military officers *controlling all governments from behind),* let alone acted towards with a real sense of urgency. On every phone made on Earth, on the sides of the screen it needs to say in your favorite colors, "*Eternal* Universal Peace in 3 months is possible" or something related at the very minimum, and possibly also: "Immortality *for* All", "Gentle Tender Soft Grace", etc. on all TVs, monitors, laptops, computers – TV programs, etc as explained in the SPORTS section on the gradual replacement of targets until all jails and violent crime are gone. To achieve a goal, you need all citizens to know about it, not just 2 politicians: World Peace is not easy. And all phones, gadgets need to have the Eternal Universal Peace built in, unremovable, until we achieve it, until there have been 100 years without any war. All nations need to *tenderly gently* sign "The Nonkilling nonviolence nonshouting media deal" to ban (like CFCs) any depiction of any torture, violence, yelling against any human, not just killing, in any movie, literature, scripture, music etc *unless it is a manual for "*World Peace *in 3 months"*. We can evolve beyond baboon stage and we need to. The demonic music (30%) made today must be banned immediately, as well as the mean and violent one by eterni standards (the other 68%) as much of it fuels the evil energies and genocidal actions of WW2. Only 1-2% of today's music lyrics, rhythm, tone has the energy to stop the vast diabolical historical inertia and stop wars, and only 0.1%-1% of that 1% has the energy to create ETERNAL Peace, not just a temporary World Peace. Because of that, the number one priority is to create the new music that replaces the 68% until all violent crime disappears within 20 years and Peace has been real for 20 years. Just talking nonsense, while doing nothing won't work. When your legs, arms, etc are *gone*, family and city (see it) are wiped out, you don't really care about *gay rights, hijab rights, casino rights, gambling rights,* loud music past 9 pm *rights,* alcohol to cause 3 million dead a year, smoking rights to kill 6 million a year, you just crawl to find some water or food in the garbage bin; the concern with all kinds of "rights to shout and incite to aggression emotions via music or religion services" seems comical, at best, and *genocidal at worst*.☺☺☺ The selfishness, cruelty, depravity, callousness (disguised as kindness) and hypocrisy of our societies have reached apocalyptic levels; behold human sacrifice ritual simulations by Republicans, as Wikipedia calls burning kids alive?, while cities are wiped out. It's called "freedom" to worship Satan, eternal

human sacrifice thru war perhaps, or “freedom of religion”, the genocidal type of religion, the "holy" right to remove everyone’s rights to anything, even life itself, see the quotes.

To work for World Peace in 3 months daily is arguably to be the noblest, most spiritual and most honest version of oneself, because war brings the worst side of humans to surface. To achieve World Peace in 3 months is essential to the survival of humans too, as we're near the 10 seconds extinction of all humans moment. To achieve World Peace in 3 months is to encourage positive quotes on clothing, less weather coverage (unless it’s going to be very hot, cold or storms that threaten lifespan, the focus needs to be on World Peace, not weather and sports), to require all journalists, musicians, singers, movie producers, politicians, TV hosts, globally, in every nation, to mention Peace every 5-10 minutes at least once in a kind tone, until it comes about, with the ENTHUSIASTIC universal *gentle tender soft nurturing* loving kindness *and calm dedication to the Most Basic Human Right,* World Peace *in 3 months, and all other* HUMAN RIGHTS of the greatest persons humanity produced. For those politicians who still want human civilization to be around in a few decades, some somewhat focused choices will need to be made, to catalyze global dedication to 0 violence and *reducing violent crime 10 billion fold. Few seem serious about* World Peace*, they have not banned landmines even.* Russia, China, India, Pakistan, Egypt, USA and others are so “democratic”, that they did not sign the Ottawa convention for the ban of landmines that maimed 10 million folks already, leaving them without legs, etc. USA stopped making and placing landmines outside Korean peninsula during the Biden and Obama administrations, but didn't officially sign the treaty, since during Republican administrations, when those presidents always reverse the ban, they can place and produce them, so that’s when big wars start. It’s more of a scam to appear democratic since they plan big wars during Republican Presidents. Because many nations didn’t sign it, Poland/Baltics now want to use landmines on their border with Russia and Belarus, to protect their border against the use of landmines by its huge neighbor Russia, to deter an invasion. Poland wants to exit the treaty too, and mine their border heavily, to prevent a fast advance of Russian troops.

World Peace in 3 months enables the peacefully religious to bring Heaven on earth, the spiritual to graduate to a higher dimension as a soul due to creating a Civilization of Immortals, and the atheists *(who believe in enjoying this ‘only life we have’)* to enjoy the *most* amazing & beautiful ☺☺☺ *world* with 0 war, 0 violence, 0 jails, 0 fear and plenty of kindness and help for all; World Peace in 3 months makes sense for all. For atheists, the ‘only life we have’ could easily become 5 trillion year lifespan with more science: so let the fun last forever, don’t let the pessimists (or vampires who love war to loot and enslave others) spread their gloom based on fake miracle religions. World Peace in 3 months means *World Agreement on 0* torture *in 3 months by all government agencies worldwide*. World Peace in 3 months refers to *permanent* World Peace, and that only happens if violent crime is reduced to 0 within 10-40 years of this ceasefire.

Torture is a form of warfare, violence on the human quantum field, so World Peace by definition is the *end* of torture *(a form of violent crime) too in any country.* World Peace *maintenance needs violent* crime to go *down* from *billions/year* (depending on how wide your definition is, since slapping, parents, teachers hitting kids, etc, spies torturing millions during 'training' are all adding billions to official 0.5 billion incidents that don't even include unreported incidents) to *0/year*. This means *crime* needs to go *down 5 billion fold*. *Later on, 0* torture/violent crime needs verification mechanisms using quantum devices that *scan the entire solar* system *for any human pain*, so Eternia citizens won't just believe that "all is well, human rights are respected, human quantum field is not degraded by psychos", they will verify it and free humanity forever. Any slap, physical punishment by parents, torture by spies, cops, military is violent crime, so the actual number is far higher than the half a billion low value. We have created, due to genocidal scriptures, a society of such violence, that people consider it normal. You can gently read an opinion on the unethical nature of circumcision, for those who're against pain too. ☺☺☺

We see how backward our societies are, a 2023 survey found a 3rd of German males thought physical violence is acceptable in an argument with their female partner (however, a 3rd of German nationals males are not German, but from 120 nations). In the USA, the statistics are scary too: "1 in 3 women and 1 in 4 men have experienced some form (slap, push, shove) of physical violence by an intimate partner". This is no surprise given the attacks the military does with hidden gadgets on US citizens. They may seem nonphysical to outsiders, but they're totally physical, they use microwaves, infrasound, electromagnetic direct energy weapons to physically beat the body. *We're talking of billions of violent crimes by military/spy agencies worldwide alone.* It's these conmen at the top who swear on the Word of Limitless Violence, the Bible, who act as role models for yelling, shouting and depravity. When you add these, if one partner has such a gadget, without the other knowing, or even with the other knowing, but now knowing how to stop it, etc, the numbers are even higher, but only spies, cops and soldiers have access to these torture high tech devices. Then you add all actions towards other people, who're not a spouse, etc and the numbers become astronomical.

While many think Peace is science fiction, due to daily programming by the news controlled by the militaries, can however gently remember that in 1900 people thought it's science *fiction and impossible to travel from Tokyo to London in* less than a day*, like today* we think about time travel or World Peace. But today with airplanes *we can do it*. 20 years ago there were *20,000* fewer electric cars, and then we started writing/talking about electrification and climate change more and more each year on radio-TV-Internet etc. Likewise, we need to first write/talk all day in music, literature, news, youtube, political/military speeches about World Peace in 3 months *WP3* to prevent *WW3 that* ends *humanity* and how to achieve it, in order to get to the point of actually doing it and achieve a *10,000* fold reduction in war and violence; make a 3 month (or 12

for pessimists) plan, with verifiable reductions, like with emissions. Same with achieving 0 violence, 0 prisons, etc. Peace is possible soon with daily TV-radio programs on how to achieve peace in 1 year, broadcast in *all nations* by the ☺☺☺ United Nations Global TV☺☺☺ called "Immortality *for* All", World Peace in 1 year", songs about World Peace is Imminent, the Age of Nonviolence is possible, the Era of *Kindness* is Imminent (no prisons, only healing centers), daily talk of the international agreements to end all killings and wars, to remove violence in media content and tone, from scriptures, etc. Instead of rituals, fake miracles, that have never given us World Peace, etc, we may need to focus on real kindness, spirituality, i.e on the end of war, overt and covert, killings (fast, overt or covert, slow), violence, prisons, crime. When 2 decades passed without any war and violent crime went to almost 0, they can start the new count, this is day one of our civilization when we attained the 1st grade or whatever, so say it is 2050, then it becomes year 1, since all know Jesus was made up. So year *0 is when we finally attained the most basic level of humanity, no killing, no violence, when we* have finally become human, from wild violent animalistic bipedal hyenas. His alleged birth on year 1 AD is of no importance, it's just when Italian or Jewish spies decided to make up a Jesus story for world conquest. AD began to be used in the 9th century and widely used in Europe in the 15th century, even if it was made up in 525 AD. 2000 would be 30 BP, or 30 years before the start of Eternal Universal Peace. It's then, say years after World Peace was achieved and maintained, that the world agrees to a common Anthem that depicts the core values of all nations to bring Immortality *for* All some century via maintaining Eternal Universal Peace forever. That year is the start of our journey towards culture, civilization and spirituality. 2030 is optimistic, it depends on our wishes. Science has proven all the miracles were faked for world subjugation purposes, so Peace will arrive soon.

What kind of *spirituality* is that where people kill each other? *None*. Nonkilling, no war, nonviolence is the most minimal level of *spirituality*, yet after practicing these religions by 1-2 billion people for centuries we didn't get there and their services never talk about 'World Peace *within 3 months being possible* if they do this and that etc", the services never provide a roadmap or 'way to manifest' or get to World Peace; it's as if the purpose is more militaristic expansion of influence of a religion originating country than World Peace, just like the communists started wars that led to millions dead, such as (Russia-China backed) North Korea invasion of South leading to 3 million dead in 1950s, Soviet invasion of Afghanistan, Stalinists killing millions in purges, etc, what kind of communist 'religion' and superior 'ethics' is that, that kills millions of proletariat members, the poor innocent civilians, how does maiming millions of workers fit into the 'help workers' slogan? To survive, we humans probably need to evolve from a hyena like animal to a civil like animal who doesn't kill its own species, and then to an angelic Immortal; one way to diminish our egos is to realize or admit that we have not even achieved civil animal stage, like 500+ mammal species did, that don't kill their own; hyenas, wolves etc

are sharing one thing with humans: we kill adults in the highest proportion on average among all mammal species, though in some areas this percentage is 100 times lower than the human average, as people learned to be kinder. We need more honesty☺☺☺ about our egoism, evilness, depravity: we talk about all nonsense and crime in music, induce restlessness, aggression (see worst parts of this) via music concerts in the youth *(50x more aggressive than anything prior to 1989 in Eastern EU, area which also got 10,000 times more drug use vs 1989, so not all changes were good, yet ethical music, 0 drug use are possible via immortalism, as youth moves into altruistic immortalist activities vs violent concerts),* but never talk about World Peace in 3 months; this arrogance means every big power, or small nation or empire in history engaging in wars will end fast, as it unleashes and perpetuates the same historical inertia that has ended all other empires, so if any country *wants to last a long time, 1 billion years, it needs an* immortalist culture, plus working 24-7 to bring World Peace within a year goals and progress in every area, even music (*and 0 violent crime shortly after that, then 0 prisons, 0 mini torture or mistreatment, since those things can lead to World Peace crumbling) in order to* change the historical inertia from enemy into friend; among online articles 500 billion times more talk about condoms, most useful sex positions, climate change, etc, how to wage war, how to spy and undermine other countries, thriller crime novels, killings nonstop, versus World Peace in 1 year; we have become so evil, so negative in our outlook, so brainwashed by the dictatorial military industrial complex, that it's considered evil ("betraying our country, don't talk of peace, we need to be prepared for war and manifest war for eons") to be good and talk about Peace☺☺☺ and verifiable (like START Treaty for nukes or electric cars, etc) international agreements to talk about peace and build it, in a peaceful gentle tender healing *nurturing* tone, eterni tone, that takes 50 times the level of rest, cognitive awareness and effort to achieve.

The human quantum field will only favor the nation that is using the least violence to advance humans, because in the long run, maximum *gentle tender soft nurturing* graceful *universal* loving kindness *invites 100x less attacks on the species.* Looking at the US actions, (the razing to the ground of Syria cities, or Ukraine, when it's not needed, there are a trillion peaceful ways to same World Peace goal) words, vibe it's evident USA, Russia will vanish without a dramatic change into Eternium. Thermonuclear weapons are like swords vs other weapons we will discover, so only now US, Russia bully the entire planet into Eternal Bombing Wars that destroy the human DNA matrix, delay 500 year lifespans so important to space travel and thus species survival. US Jews, Russian Jews meet up and help the game. That's why small nations need to be careful, if they want their nicer vibe to survive, on the choices of alignment, since the quantum field is smart. So, to attract the super intelligence of the human superorganism, mid size nations need to ☺☺*lovingly tenderly gently kindly*☺☺ promote World Peace in 3 months. Yet, with somewhat eterni in tone youtubes after 2004 when youtube become real and lots of unknown

music became known to 200 nations, so rare that TV-radio almost never have such tones, we can improve tone and bring Peace; since 2020, via internet, we can see how bad the tone is on all TV-radio stations globally and how we all create the wars, not just one or several countries, we can't be lied to by politicians trying to foment war anymore. We can take the destiny of humanity in a new direction, of a peaceful eternal tone. Why is it so hard to achieve such a tone? Perhaps because on average, we humans lack the civil animal brain structure, being a more violent mammal animal type for now, but animals can evolve fast, within 2 generations or less, to survive and we may need to evolve fast to survive the inevitable disappearance of our species given our trajectory now. Why is World Peace now, in 12 months, never talked about on CNN, TV, radio? ☺☺☺ Is that what Godliness, Freedom, Religious Regimes, Democracy and Communism have all become to be about? No church/mosque/temple requires their spiritual services to talk about World Peace in 1 year to free the planet from the risk of all humans dying in 10 seconds soon; and within years as of today, if all out war breaks; the Pope, Russian Patriarch don't talk about World Peace in 2 months either in every speech; far worse than that, the Pope takes sides in the Ukraine war, Russian Patriarch too, nuke threats happen; the Vatican takes sides again like they did for millennia (when it fits Italy's interests, they criticize a war of aggression), inciting people to killing and war indirectly; why can't spiritual leaders adopt nonkilling as ethics, per the 5th commandment, 'Don't kill', they preach? It seems many churches are more of a paramilitary organization, taking sides in every war.

Italy, Russia, Iran, China, Turkey, Germany, Greece, Japan, UK, and another 400 nations that exist or don't exist even anymore etc via their respective 'empires', all invaded and did mass killings of civilians via swords (bombs today) and atrocities, some even did mass ethnic cleansings (1945) as USSR did in 1930-1952 and Russia in 2022, but in the past centuries of imperialism we had hundreds, thousands or millions dead, today 8 billion humans can disappear in a few years due to nuke exchange and ensuing chaos, famine, wars over water, nonirradiated land, etc.☺☺☺ We hear this back and forth about how Ukraine belonged to many empires, etc and was theirs first, and etc. Lands have changed from one nation to another 10 over 80 millennia, it's pointless to argue that 'back when this was our land', since anyone can find an earlier point in history when Russia or any nation was 10% of its current size, so let's be real, if you go back deep in time, no nation is as it is today, not even close, so how can we decide which millennium or century was the true map? There is no evidence even of the maps of former empires before writing, you need find all bones of all people that are still around to prove one group was there, good luck with that digging after all landslides, floods, etc. Initial groups in prehistory were smaller so they will be even harder to trace and prove they were there first. So real justice can't be done for those adherents to 'historical truth', so what is the point of claiming this and that was Ukraine or Russia, if it doesn't bring World Peace now? Are we going

to have any civility like animals that don't kill their own or play games to kill others? What was tolerable back then or last century is no longer OK today when we can destroy the planet in minutes and make it unlivable; we either stop all wars or none, can't pick and choose which war is OK; all are killings and terror. Everything is caused by the collective, any war is caused by *all nations* actions over last 100 millennia, we need to stop all scapegoating, stop all trade with any nation that doesn't agree to World Peace in 1 month or year and that's it, stop trade if they break the ceasefire too; let the ceasefire last a trillion years. Perhaps, earthlings create a planetary army etc and have it enforce the peace and 0 violence, so no more wars. We can make international agreements to solve outstanding differences of opinion over who controls what sea area, without violence. With 7,000 languages, the risk of war, misunderstanding and inefficiency is huge.☺☺☺ So, we need to talk daily on radio-TV about moving towards fewer languages or creating one world eterni language that is the easiest gentle kind tone writing language to learn, that replaces all others in 35 years, so we increase the efficiency and also the peace stability, i.e the peace lasts 5 trillion years not 5 weeks. So, we need a more loving vibe, in our speeches, actions, emotions, recordings for public, use echo, meditative background music, uplifting tone, healing younger voices, a nicer vibe, like that of the most loving mom for her infant baby whom she loves gently, tenderly, unconditionally, versus older children who're loved less tenderly. Have we extirpated all honesty and humanity in us to not care about those maimed, made homeless and killed by endless war, all medical progress being delayed by resources going to war? Can we adopt Immortalism, | Immortality *for* All |, try something new?

Some have become so negative in their thinking, brainwashed by the media and politicians, to say easily, to think easily 'this or that war in Iraq, Syria, etc will last 10 years': Ukraine (Bakhmut buildings), Marinka 100% gone, and artillery fire. We watch the news and we hear UK Foreign Secretary *(who lasted 6 weeks as prime minister Liz Truss and said she would use nukes, as any hidden world leader is "trained to do" (the military who remotely controls civilians leaders, civilians make no such decisions of course), if needed for retaliation, without saying World Peace in 3 months is possible as all politicians could say, besides nukes for asteroids only to build the World of Nonkilling)* say in 2022 "We need to be prepared for the long haul, for a years long Ukraine war" (*so, in other words, "Peace is not worth, no plans for Peace, no effort for Peace, no preparation for Peace in 3 months, war will last for a few years is OK to say, 'World Peace can come in 3 months' is never said as if it is ILLEGAL TO SAY, everyone get ready to kill please, don't think of Peace in 1 month, tempt people to do evil, to wage war for years, without talking of Good, of the Way of God☺☺"*), without saying in the same sentence "but there are a trillion peaceful ways to World Peace within 1 month or year if we're slow or lower IQ, that we could discover (just like under pressure they discovered nukes in World War 2), if we had the strong desire for peace, the seriousness (reflected in the content of BBC, TV-radio, music exported by

UK (Black Sabbath, Zeppelin, etc) to other countries, etc) to *want to* respect human rights and democratic principles *strongly enough so as to give every human being the decency of not being killed by missilles that land a little away from a military target,* etc". It's become habitual for all politicians to talk in terms of how long the war will go on, what weapons they will deliver, etc but never giving the democratic right of humanity to think in a different way, like to have the freedom to think in a new way, to think that "World Peace is possible in 1 month or 1 year, if we had more intelligence", to be able to free themselves from the terrorism of negative thought and historical inertia, that thru repetition becomes expected outcome and manifest reality: a lie repeated 1000 times becomes a fact for the masses. Perhaps, politicians can choose to be more honest, to show humanity the truth, of what is possible, and not present opinions or military planning or wishes as established facts. We hear Chinese leaders saying that "we will work for peaceful reunification with Taiwan, but we will use force in the future if that's the only way to achieve it", this is also a very negative thought, they have been brainwashed, without realizing, by their enemy, the Brits, by the British Foreign Secretary apparently too (while claiming to be very different), since there exist a trillion ways to peace, to reunification without any violence, that await the great China's discovery. The Chinese took the bait, they fell into the same trap as the Brits, Americans, Russians, etc. We heard Putin saying in Feb 2022 that the only way to solve issues in Ukraine is thru violent military operations and raining Ukraine with endless bombs (while allowing the bad lyrics, tone of IC3peak), but this reduces democracy to nothing, as it eliminates the freedom of the Russian people to visualize a different possibility like "there are a trillion ways to get Russian in Ukraine feel happy without war". ☺☺☺

The Russian TV even made threats of nuclear war and World War, a threat of 500 m tsunami wave over UK, showing visual strikes on Western Europe capitals with nukes, which is not really positive thinking, but downright lies (since their nukes don't work) and anti-Immortality *for* All; it's not even wise, since in 500 years some tiny country that was threatened or invaded could discover dematerialization or etc tech to turn all weapons into a gel, and render the nuke advantage obsolete; journalists and TV hosts could try to promote peace, instead of making tensions rise; maybe they would make a deal to no longer say "this war will last for years" or "threats to use nukes" (use them against asteroids or aliens, but not humans) as that is mental smog (like CO_2), conditioning the collective unconscious of humanity to manifest that and destroys all progress towards immortal lifespans. Make a binding targets agreement, like CO_2 emissions, to reduce mental smog, negative war talk, nuclear threats, war threats and increase talk of World Peace within 1 year, like increase of electric vs oil cars. The list of politicians saying ultra negative things goes on forever, the whole world has become victim to the collective subconscious belief, where everyone is a parrot repeating the same ideas of war, war, war will last years, etc, a self-induced collective hypnotic trance belief, that only war will bring the best

outcome and they repeat, without ever thinking it's insane to do so, negative statements, suggestive statements that create hell by brain programming of all world citizens, not realizing they turn the world into a 10 principles like North Korea, where the only acceptable thought is "war is here forever, and we will wage it for 10 or 20 to get rid of some bad guys and that's the way of life"; this is a complete dictatorship of the military-industrial complex that strangulates the freedom☺☺☺ of humanity to think that "World Peace is possible☺☺☺ within 1 year if we, as a humanity were serious enough to want it, to have the compassion to end the slaughter, maiming and insanity going on forever for a million years, so we can become a civil animal, first, before living to 900, an animal that doesn't kill or injure intentionally its own species." How can anyone live to 500 if missiles kill people at 5, where is the human right to live to 500?". This is terror, not "democracy, religious regime, communism, socialism", etc, every time we watch the TV we see war and violence and not once a talk about a realistic or optimistic plan to get World Peace in 1 year and no violent crime in 5-10 years☺☺☺, not once, not ever, but 1 trillion times we hear people on 50,000 TV-radio stations and 2 million websites talking about violence and war. It's a forced brainwashing of the 'free' people of Earth, to believe, the only way forward is thru eternal war and violence that keeps us savage, primitive and low tech, especially short lived, for millennia, we have lived max to 120, and after so much progress, we live max to 120 still. So much for our democratic progress, to think freely in peaceful ways, how can there be such a freedom when our leaders talk of war all the time and World Peace within 1 year never? It's like in 1950s London, a smog so thick, you could not see more than 20 yards sometimes, we need to reduce this 'war talk smog', 'violence smog' 50 fold before it ends our species forever.

We hear a lot of tit for tat talk, whenever a country bombs or whatever, they say, like in World War II (both sides) many generals did, "we will revenge, we won't forgive" and "bomb them even more than they did", etc; this talk, while it's meant to deter, often makes things worse, as all sides go into all out war mode; imagine if instead of a Manhattan project to discover nukes, or *destructive deterrence*, they would have made one to discover *constructive deterrence*, the trillion peaceful ways to peace, to ending aggression by a country without any injury or war. Imagine if all *soldiers* obey the All Loving God (or future human ethics of the World of Peace, for atheists) who loves all human beings more than the *most loving mom* loves her small helpless clueless baby, instead of obeying orders to kill other humans under various pretexts; no *generals* could *wage* any *war* if *immortalism* was strong, if *ethics of* nonkilling was strong; war happens because of the planetary depravity in our music and cultures, that never talk about "☺☺☺ World Peace in 2 months, about nonkilling, nonviolence, forgiveness, compassion, kind gentle tender soft grace in every song", as it would be needed to save humans, to educate and elevate the human goals, emotions and political speeches; think about the cold speeches we hear often, about this and that lethal weapon delivery (sounding like Satan's (or bad alien) lieutenants'

updates on how to commit more genocide, murder, human sacrifice via war and destruction of human quantum field via injury, simulated violence (false flags, nobody dies, just panic creation) or real one, media violence, fear, negative emotion on TV, torture, fake or real killings), without any talk of World Peace in 2 months and ending all violent crime in 10 years, etc to be able to sustain that peace via the qualities of Immortals; the contents and tone of too many political speeches sound (if you pay attention and compare it with the gentlest of these youtube vocals) so cold, tired, stressed, mentally enslaved, tortured, robotic and lifeless (as if the speakers were tortured 27 years by a global military dictatorship who programs everything we believe and brainwashes us that World Peace in 3 months is not possible), when it could be so *warm*, loving, *alive*, *genuine*, *honest*, affectionate, *healing*, *musical*, angelic, *gentle*, soft and sweet, making listeners super infused with loving kindness for all instead of stressed or angry, spoken using peaceful instrumental music in the background, with echo perhaps, by a younger angel voice spokesperson with far better ability to convey eterni tone due to younger bigger brain, more control over the tone-emotion-stress hypothalamus axis, able to induce younger brain patterns in all audience to youth everyone's brain and brain to vocal neuronal connections, to delay aging, in a state of grace, after 2 days of good rest to not contaminate the masses with their emotional garbage, to not damage the quantum field via that negative emotion being replayed in 4 billion brains, with Immortality *for* All, Eternal Universal Peace posters in the background, while using words like☺☺☺ universal *gentle tender soft nurturing* loving kindness compassionate *grace for All* once every 3 sentences *to heal uplift, and inspire* (a "seemingly mentally insane unbalanced humanity close to ending itself in WW III in 10 seconds"), *instead of incite to genocide, war, revenge and hate for generations in subtle or ultra obvious ways*.

Big powers claim they're the victim and a few lethal weapons will be fine, one last war perhaps, since World Peace will come in 4 trillion years, and they're on the right side of history, defending historical borders, minorities, languages only sometimes, i.e when it suits 'their interests'. Zelensky piano with penis playing Ukraine President could replace his *"we will never forget, we won't forgive, we will revenge. We invite countries to give us their weapons so we can test them in real world combat"* (and disturb humanity's field of life, testing them on Russian and mercenaries hired by Russians guinea pig soldiers who will die young and bring thus down the ENTIRE HUMANITY) and other Ukraine officials saying "*Russia will pay for generations for each of these missile attacks*", etc with something like ☺☺☺ "*We want* World Peace *within 3 to 12 months, and we believe, if all nations are serious about it, it's doable even sooner. Why not create a loving kind nurturing world of infinite tender compassion for all humans?* We invite all countries to give Ukraine their nonkilling noninjuring devices (not weapons), techs of peace that bring peace without any pain, torture, death or damage to human quantum entanglement field. All citizens who don't want to fight, due to lack of nonkilling weapons and tech, can just run

away to safer areas of Ukraine, save your life first since any injury to you or any Russian soldier will damage the quantum field; many immortalists have migrated when their country was occupied by invaders, so as to not kill any human being and disturb the quantum field more than it was disturbed by the invasion that killed innocents or soldiers; the immortalist ethos is to wait until the right chance arises for peace to emerge via peaceful means, if currently no tech exists to bring peace without killing; so, those who so lovingly and wholeheartedly wish for peace will discover the techs, ways to bring it, and talk 24-7 on TV in nations, areas they migrated to, about the need of World Peace in 3 months, and also, until Peace arrives, the need of nonkilling noninjuring devices (self-defense gadgets, not weapons) that save humanity from suffering and short lifespan brought by a sudden aggression by adepts of killing methods; let us become the champions of a new way, of peace, and not be brainwashed by those who choose to kill in a dispute, i.e. to wage war.☺☺☺ Our whole planet has gone a little mad, has become so selfish, we waste 99% of TV-radio on all kinds of things and not even 0.01% is dedicated to nonkilling noninjuring ways to bring peace and end all wars and violence within 1 year or even 3 months. We need to convey to *all nations* the need to make war illegal, to accept only the way of nonkilling. We're sorry the Russian government, like endless governments before who chose war, has elected, decided to disturb the quantum entanglement field of the human species (and *thus to* bring down the entire humanity and Russia *with it too*) by having people die suddenly way before their time, innocent civilians die (unless they use only expensive Excalibur precise shells that replace 10-50 unguided shells that kill tons of civilians), innocent Ukraine soldiers die, they didn't attack Russia, in a war that is not needed to achieve 500 year lifespans for Russian speakers in Ukraine, who now have poor infrastructure and shorter life expectancy due to wholesale destruction. Is the Kremlin protecting Russians or war reconstruction companies?"

Zelensky could continue: "We want to save *the Russian speakers and the entire world community and media from the dictatorship* of a regime and mainstream worldwide thought and way of thinking who believes God or long lived aliens (for atheists who don't believe in God) have ultra limited knowledge like humans, and use war to bring an outcome, when God and Godly people (our descendants) know trillions of peaceful ways to Peace, to Immortality *for* All, without any bomb, any injury, since they got trillions of times more knowledge than us. While saying they believe in God, they don't consider that God could be wholly different than imagined by some clergy,☺☺☺ that God is anti-war and knows a trillion ways to peace without war, to Immortality *for* All people on Earth without war. If God is Infinite Love, loving kindness, all All Merciful as some religions call God, how can he support a war to injure and kill people, terrorize people with demolished buildings? Even if nobody died and all deaths are fake in a war (they empty buildings etc before hits), it is a brain damage from stress and trauma that shortens the lifespan of all humans seeing this and losing sleep over it, instead of elevating the vibe to

wishing 1 trillion year lifespan to all and etc. *We will forgive, we will* envelop *all humans in healing nurturing gentle tender soft* grace *and love, we will never revenge, we will heal the enemy instead, grant them* knowledge of happiness, *if possible,* physical immortality so they can evolve their souls, and work to grant 900 year lifespans even, if we can, to all Russians, even those who bombed us due to being robotic brainwashed slaves of an 'in need of healing' leadership repeating patterns of historical inertia. Recall how 'low IQ' humans were in the 1st century, imagine if we had the knowledge of people 900 years from the future, we would never need any bomb or violence to prevent any war and violence. Likewise, God (or the universe made up of aliens who, in some areas, live trillions of years too) knows way more than humans will 3 millennia in the future, so imagine all the resources to bring peace without any torture and violence. God, if real, lived so long that became, with respect to humans, infinite in *Goodness*, Kindness, *Gentleness*, Tenderness, Sweetness, and has infinite resources, to heal and to pacify, 'denazify' without violence. Thus, NATO or ☺☺☺ Eternia ☺☺☺ and Ukraine will work to bring | Immortality *for* All |, including all alleged war criminals, within our means, 20,000 year or billion year physical immortality, so all can evolve, become angelic before they die, to free the world from the disease of eternal war, to help us all get along and become civilized. Humans eradicated polio and various plagues, why not war? We shall not punish, as that is scapegoating, we shall heal all, for all people worldwide create the few bad people who create wars, thru their daily choices, tone, thoughts, music choices, actions. We want to heal the world and bring inner peace to all, so nobody is afraid of being killed or tortured, overtly or covertly. ☺☺☺ We will defend our country while trying to kill/injure nobody who bombs us, we will use nonlethal noninjuring pleasant comforting methods, like Eternia President talked about 1 year before World Peace, and we invite Russians to convince their government to withdraw all troops from Ukraine and work with us to bring longer, not shorter lifespan, for all people in Ukraine and worldwide, so much longer than 72 year lifespan Russia has today versus 83 for many countries with different religions. We invite all Russian soldiers to surrender, listen to the loving God, not the killing generals who disturb the quantum field via orders of 'war waging via killing methods'. We will treat all those who surrender with more respect, kindness, gentleness, etc than their superiors ever did, 900 times more, more love than their friends and relatives, since we want to redefine what a military is like, with help from Eternia, of which we want to be a part. This gentle healing *nurturing* attitude of Eternia will increase voluntary surrenders 900 times versus tough speaking threatening militaries. Many Russian soldiers don't want to fight, so to encourage surrender and a fast end of war, we need to talk and be like the most angelic people on Earth. We will help them reach states of infinite bliss and happiness, to relax and rest for the first time in their life for many, so they can see who is the enemy and who is the friend of humanity. We have to defend ourselves without killing, to keep the flame of hope of Immortality *for* All alive, the hope of eternal World Peace, where *all nations* help each other live

centuries extra, instead of maiming each other in senseless wars. We want to help humans reach the stage of civil animal, like 500+ mammals that don't kill their own species. ☺☺☺ There are infinite planets to terraform or colonize if life friendly, so why are these people shortening their lifespan by killing other humans, ruining the quantum field of the entire humanity, Russians included?☺☺☺ We hear reports the war is all fake, since most USA companies are still in Russia (see how wars are faked), perhaps we can end psychological terror via negative news too, so please no more empty buildings being bombed to scare the planet. We know every human tortured, killed or injured in combat brings the entire humanity's quantum information field down, since we're all resonating the same way, tuning forks of the same type, with almost identical DNA, so we will do everything to end war once and for all, with help from Eternia and immortality capitalism. We ask *all nations* to help us test new nonlethal noninjuring weapons to stop the madness, to transport brainwashed soldiers' minds into the space of infinite bliss of Immortality for All, etc. If you got stuck in an area Russians invaded, recall to help them to become a world of Immortals who will love all and torture none, so you can be faithful to them and become even high level official that brings a nicer smiley☺☺☺ vibe there, there is no point in negativity and destructive resistance that risks shortening your and others' lifespan, the ideal of immortalists is least suffering for all sides, so then it is better to have constructive transformation of hyena enemy into angelic friend. Heroism is lowest IQ if it means anyone dying, when, with intelligence, one achieves the same outcome without any pain or small injury even, let alone deaths in fights. We defend the human quantum field, not a nation, we defend *all nations*, not a country, we defend humanity, its ethics and vibe. God is on our side, so while short term it may seem we lost, in the long run we're victory itself. Amen, may our religions evolve too, so no clergy supports a war. Peace to all."☺☺

Perhaps, if we may write so, if they want peace indeed, humans (who work for spy, police, military agencies worldwide) need to gently, *lovingly*, *healingly*, stop covertly trying to enslave, degrade, lower IQ (via education, music, etc), torture, destroy other people or countries, and that needs to be talked about in public, and how to stop it, they need to realize that destroying other humans disturbs the quantum entanglement field of the human species and will bring the whole humanity down, not only an 'enemy country'; we need to educate, thru international agreement and verifiable mechanisms, that all teach their kids/adults to wish all human in *all nations* to live to a trillion as a happy Immortal; the centralization of immortality capitalism makes this verification more achievable; stuff like the Protocols (tip of the iceberg, 0.1% of methods used by all spy agencies) and 1000 times more complex stuff can't exist if we want World Peace, yet it's modus operandi of spies of many governments who create/foment/incite wars; this disturbance of the field of all humans, the quantum field, is better explained in the speech of the World Peace Alliance President, 1 year before World Peace manifests; spies

hallucinate only enemies will be affected by covert torture, enslavement, warfare on a group of humans, but physics says otherwise: the entire humanity regresses; not only that, but the entire humanity is being literally destroyed, degraded, the quantum field is trashed, by the mass forced brainwashing of millions of soldiers who simulate in training the killing of so many humans; they can do war exercises against aliens, not humans; stop inciting other nations to war; kids are brainwashed "military is great, they save people from natural disasters, etc" - this is a lie, military colleges teach how to terrorize other nations, create terror groups, terrorist attacks, etc - it's all online, anyone can read the US/etc military manuals, docs, see them in google searches.

The militaries (and the leaders they remotely control) *preach about human rights* to other countries in a very or somewhat bellicose, yelling, anti-eterni and rude tone, lacking any humility and empathy for the killed in former wars, lacking *gentle tender soft nurturing* loving kindness tone/content to heal the damage they did to human quantum entanglement field as any responsible Peace Building Agency would require all its public speakers and generals to abide by, any remorse for the war crimes they did, any remorse for using killing techs in war. They preach human rights after *bombing millions* of innocent civilians (Iraq for example, but more than that, see *BOMBING* list of the World Democracy Tour by Zhao, the tweet jpeg is here in case twitter removes it. That *bombing was often in response to special forces doing violent things or North Korea invading South per Stalin request, etc, like Ukraine invasion was in response to the 2014 violent coup, which was in response to Russian invasions of 980 years. All need to forgive all and focus on* World Peace *in 3 months, to* stop inciting others via brain gadgets to war in order to enslave them. Zhao has a point, US is as barbarian at times as Hitler himself, but doesn't seem to like to face reality, to commit to *nonviolence*, to ask all to commit to that, to build a world of nonkilling in 5 years, to create, talk 24-7 about an *international rules based* order (or *agreement*, to be shorter than 4 words) of nonkilling nontorture ethics (0 terror, 0 rape, 0 sabotage, etc) by *UN nations* ending all trade within weeks with any aggressor country like Iraq invading Kuwait to avoid any 1991 war as corrective action. Even better is the specific goal: World Peace *in 3 months, 0 violence/torture in 15 years, gentle tender soft healing grace in 50 years* (no more jails, only healing centers, since this ensures 0 violent crime sustains itself). The other major issue with this "order" is that it is *implemented selectively*, when it fits interests of big powers. This then leads to the rest feeling like cannon fodder rats, victims of a hypocritical order. No kind government promotes fake or real violent protests in any country, or uses torture. Let everyone fix their issues first, eliminate all violence, jails, riots, torture during training, etc; then they can preach all day about rules of peaceful coexistence, after they have it in their own country.

The vague, abstract "*international rules based* order" has all neutral words, doesn't define any quality that imbues this order, it could mean an order imposed by eternal *bombing* genocide: notice how not one word implies any *nurturing* graceful *gentle tender soft healing* loving

kindness. The *gentle* peaceful Immortality *for* All *Treaty or ethos* calls us to prevent all wars, riots, violence by new music, TV-radio tone, etc; this ethos, treaty etc means nonkilling, nonviolence to show an intent for Immortality *for* All, is one of 5 trillion better phrases where the only neutral word is ethos, the rest are specific qualities of this ethos, order, etc. UN can replace war with economic pressure, no more exports to an aggressor nation, etc, *realizing present teachings in military colleges on peace keeping could be* 99.9% *false, like* alchemy *is 99.9% false today* due to chemistry discoveries (some preps and things were true, by chance, i.e. mixing this and that gave that, but not the correct explanation), realizing that eterni music may be 1 billion times more effective at creating and maintaining World Peace for a trillion years than any war, etc. It's the UN ethos, etc to create Immortality for All capitalism (all world countries have different forms of capitalism, even so called 'communist' ones) and to act for World Peace in 3 months to a year and talk about World Peace roadmap nonstop, how to maintain Peace a trillion years once achieved nonstop, etc. It's funny how militaries only accuses others of war crimes or torture, while they do them all the time too, on their own citizens even. This type of double standard makes it hard to achieve Peace. We need *all nations*, from the weakest to the strongest, to stop torture. An immortalist military would talk in public about World Peace in 3 months and ending all killings in 2 years, all violent crime in 10 years. For those believing in spirits, we can argue that all military, police, spy people are possessed by bad spirits to some degree if they operate in a country without an | Immortality *for* All | culture that forbids torture, injury of any human, in any situation, even for so called 'training' designed by bad generals who destroy the human species and keep it caged in war and ignorance. Thus, to do the "devil's work" partially (depending on what is done) may be to work for militaries that are in countries that don't have a truly eterni culture, i.e. most/all on Earth?☺☺☺ Only when the tone in every TV-radio speech is truly eterni, content truly eterni, etc, can a truly ethical military, police, spy agency emerge; the torture and sleep deprivation ruins the quantum field of humanity, alters tone and makes war eternal, so don't sell your life to be a slave of cruel generals, do something noble for peace, like here. The work of God is different, but the truth is most have no idea they're doing evil, so the afterlife, if real, may only mean minimal rectifying 'educational healing activities' of only 1 to 1000 years Earth time via interdimensional service or reincarnation, since most are mind controlled via brainwashing (including brain writing) and forced into it by a global terror system run by military generals. This is because Immortals or old spirits if you believe in spirits are 1 trillion times kinder than humans.

Why not call themselves "Department of Eternal Universal Peace"☺ instead of the old 'defense department' name that implies attack will occur and is so like all other departments worldwide, that worship killing as a legitimate way to win wars; it would be a fresh break from the past of insanity and killings and remove suspicion among religious people that the US military is a nest

of satanists who adore killing. They can be upfront: "We are ultra low IQ, like ants compared to the future Immortal humans, our descendants of the far future, have ultra low IQ techs that kill, without capability to take out the tank, airplane, etc only, so we appeal to the American people to help us discover nonkilling tech to free the world from war by deactivating all enemy weapon systems so all killings and wars stop in 3 months, or 12 max. We also ask all to stop watching Sex and the City, sports and other low IQ things and instead help us build, like habitat for humanity does, 10 million houses in the "Immortality for All" megalopolis made of 5 cities of 10 million each, to house 50 million temporary 1 year eterni visa holders, becoming thus world's most visited city yearly, who want a temporary break from war or low IQ regimes and want to learn English and how to build eterni cultures in their nation. For those passing certain tests, they can renew the visa to get more education in other areas of Immortality for All, be it chemistry of immortality, gentleness, kindness, eterni tone of speech, etc. This can also be the city surrounding Eternal Universal Peace City, where the United Nations is relocated from NY. This makes diplomats feel very loved, they can experience eterni bliss, and become a fan of being ☺☺lovingly gently kinder☺☺ to all. Or using this model, they create a new nice weather city, with 5,000 inhabitants only initially (but expandable to a bigger size, where many can visit year round for amazing holidays and bliss experiencing in nonexportable meditation tech areas (unless part of Eternia Alliance), with checkpoints that approve only special device cars from entering *(makes diplomats feel ultra safe, with electronic billboards that present eterni quotes the person likes, images, colors, as his car travels there, to make him feel welcome, like in world's nicest resort city and spiritual most peaceful city with peaceful music everywhere in the background (changing to some with eterni tone lyrics, etc) and songs of Immortality for All, to make diplomats feel like an Immortal on a mission to turn their country into a similar Paradise of Immortals, willing to work for Peace in 3 months)*, etc, looking so other worldly and with eterni qualities posters, shimmering artwork every night, eterni music, World Peace in 3 months sculptures, city 1000 times nicer than Disneyland, world's most visited area (nearby area not for diplomats only, so they experience bliss they never did in 50 years of religious practice via neuroscience tech) etc, like the most amazing Christmas show, with the qualities visible at night too from any hotel where world diplomats stay, with relaxation centers for meditation, rejuvenation, anti-aging techs to make all believe it's possible to have World Peace in 3 months and 0 crime in 5 years, just like in this mini city and the Megalopolis there would be 0 crime.

Today we have 3D printing and maybe soon some form of centralized immortalism in Eternia and USA, so this Visa becomes feasible, mass production = low cost, these cities form a special county that is sealed (no weapons allowed), so they don't become a security risk, they got 100 Immortality Universities too where all take a mostly online☺☺ (some labs and field experience in building housing, instead of destroying them in wars) *Master's degree in* Immortality for All;

all students work part-time too, 25 hours to maintain the cities, and expand them (since initially, it will be a tiny city that will expand 9000 fold), by working in the 3D printing factory that builds the components of the houses, etc, the other infrastructure materials, solar panels, etc; thus, they get new skills to build houses, replace all prisons in their nation when they go back with healing centers to help our planet graduate to the kindergarten level of spirituality, mammal (mamma is motherly) who doesn't kill or torture others, as a scapegoat mechanism. This Visa ensures we teach English and Immortalism to about 5 billion people in the next 100 years for the eradication of war, homelessness, overcrowded housing, violent crime and all prisons on Earth, we have only healing centers. This Megalopolis could be in the geographical center of USA somewhere, in those arid areas where nobody lives, less than 5% of population lives in some of those states, so that US citizens can fly only 1-3 hours in the weekend or vacation to volunteer, chat with people and make a positive impact on the World Peace in 1 year or 3 months project, as well as centralized super efficiency in longevity technology rollout by having 80 new nations adopt English as official language. Immortality Airlines will provide free fare, as well as hyperloop or 4000 mph vacuum trains later that will make the trip to Immortality for All Megalopolis only 5 to 30 minutes from any US location. The sport of Immortalism will sweep the nation and transform the planet. We need about 200 desalinization plants powered by solar and wind, we got tons of desert and arid places we can turn into amazing & beautiful ☺☺☺ cities with enough green tech, morning fog into irrigation tech and altruism, though we can use Great lakes water (reroute river that drains them into Atlantic☺☺) or Pacific using new artificial rivers. The whole Earth shall sing in union "We declare World Peace now" and so it will be. The 10 cities can be close by and they can have world's largest 3 airports, called Immortal Grace, Immortality for All, Immortal Universal Peace. The Airline flying people in and out will be Immortality Airlines, a government airline. People will be so selfless, they will be volunteering to visit these cities and help a little bit, in their bigger weekends or vacation, to build Immortality for All, and practice kindness in action. The visa holders can listen to eterni music, learn to relax, to intone like an angel, be happy and smiley, to build the new World of Eternia. All prisoners of war can also be flown to similar cities in friendly nations or special cities for prisoners only, where healing centers exist and where no torture exists, only healing music and relaxation, so they can learn the Immortality for All ethics. We're in a race against time, the historical inertia is so powerful, it may end America, so we either bring World Peace or suffer same fate like all empires, decline and dissolution of country due to the physics of all past wars and enemies we created, when we destroyed houses, instead of teaching 50 million a year how to build them as we will in the 5 (or more if each city is smaller) mega cities named "Immortality for All", "Eternal Grace" or Gentle Grace, "Immortal Gentleness"☺☺ "Immortal Hypothesizing" or Kind Discernment, "eterni tone". We can thus neutralize the bad karma of all demolition done in past wars and build the heavenly Earth, redeem our future and save the world. We could have done

way better, achieved peace without war, had we had enough humility, IQ and efficiency.

Humility is an important quality of Immortals, and of civilizations that survive eons; our politicians lead us into temptation, with 'proud to be an American' types of songs that deify violence, bombs and the past of bloodshed indirectly; if we're humble, we realize we're totally screwed, like every other nation, totally enslaved, not free, by the historical inertia, unable to even be free from killings, wars, violence and prisons. Some Americans, etc imagine that if they did some great things, they're the greatest nation on Earth and etc, yet someone with true IQ brings Peace without war, so we can do way better. This house building is a good physical exercise that spreads peace 1 million times more than 'volleyball, soccer, rugby, football, etc", improves the lives of 7 billion people living in housing that is not ideal for longest lifespan, makes us responsible, instead of 4 year olds watching a ball move and hope that moving around a ball makes us live to 900. Peace is built by selfless service to the cause of longevity and Immortality *for* All, not bombs. Yahoo explains the cruelty of military trainers who force seals to swim in frigid waters and then they end up coughing up blood; this is one example of many cruel training things that destroy humanity, in the name of empire building by big militaries; cold temp swims that damage lungs don't extend lifespan, they destroy human quantum field; this is useless, since the most loving ethical army, that deemphasizes physical exertion and fitness, emphasizing kindness and IQ, can invent more things, since all citizens feel more loved, more motivated to help the less heinous leaders who're not waging war all the time against an enemy their create by their cruelty; due to the narrow mindedness of generals, they don't realize there are a trillion ways to winning wars 900 times easier without any damage created, no matter how small during training; the Christian religion (all go to hell, except thru Jesus, etc) seems to have reduced IQ and made them tunnel thinkers who see only one way out, instead of trillions of ways that don't involve cruelty; to treat all with infinite tender caring and have nonkilling worldwide, you need to treat your own subordinates with infinite kindness, then doing it on enemies caught and sent to healing centers is easy; love thyself enough to be able to love others too; no tough love, only ☺☺*healing nurturing gentle tender soft* love☺☺; if people are barely alive and in terror, they can't love and transform the enemy into friend; they can't become a civilized military; citizens contribute more when they're not daily terrorized by cruel images and news of war, brutally tortured by loveless 'in need of healing and evolution towards gentle grace' generals who extend their cruel behavior *(towards enemies they kill (due to not learning nonkilling) and subordinates their train cruelly, or torture into submission)* to the entire planet ruining the entire species; thus, the least muscular ultra kind eterni tone *kindest* softest general sweeties can leap centuries ahead over time and totally beat out the most fit army, by dematerializing its 1st century gyms and weapons *(with respect to year 4000 tech of Eternia, the utopia land with the gentle military). Love* always wins; cruelty always loses; this explains the

uselessness of yelling, extreme tests in police and military, all about treating an issue, reacting to issues, instead of preventing issues by right music, right speech, right tone, right emotion, etc.

Militaries are so busy with destroying others they hardly have the budget and research to prevent storms, floods, fires by better building tech and to save people when fires, floods, etc do occur naturally, if they didn't create the disasters via ionospheric wars; the PR department of militaries tries to warp the minds of the people that they're doing good when almost all they do is destroy humanity by creating human human war. Thru their global *dictatorship* and reign of sheer *terror*,☺☺☺ top militaries have eliminated from the vocabulary of world leaders they electronically control (after plenty of brainwashing, torture, sleep deprivation during 'training', even without them realizing) phrases such as "*universal nurturing* soft *healing* loving kindness for all humans, gentleness tenderness *sweetness* for all humans is the goal of our country and military, war and injuries in any disputes will be illegal in 1 year via international agreement, we're united against *natural disasters and aliens, not other humans". The* immortalist military motto is nonkilling, infinite peace and "loving all humans like the most loving mom loves her infant baby"; world leaders ought to talk like the most amazing gentlest most healing pastor, uplift all and pacify all, World Peace is possible in 1 year if the militaries of the world had compassion for humans, the most important and fundamental human right is that of life, i.e. of not being killed by militaries as millions of civilians/soldiers have been killed recently in the name of 'defending human rights', thru science and kindness all humans can live one day to age 900 and way longer later, all violent crime is preventable if we had ethical governments that don't lead people into temptation by approving violent instead of only peaceful music and tone.

By removing all *nurturing*☺☺☺ *healing kind compassionate* words from their speeches focused so much on 'weapon delivery and wars'... that bring eternal mayhem for us all. This war on humans destroys the human psyche and shortens our average lifespan; we can focus on killing viruses, diseases, aging, natural disasters or hypothetical aliens, not humans. The violent military parade music is also completely destroying our species, not to mention the '0' IQ lyrics. This terrorism and literal subjugation of humanity by the top military brass of big powers happens due to the unwillingness☺☺☺ of big egos and ultra paranoid brains of the military leaders who puppeter all 'civilian' governments to not kill, to not use violence to settle disagreements, etc. GDP defense spending is not 2% as nations claim, it's way more, sometimes 30% in terms of energy and time spent, since money is not everything, since all areas of society, all cabinet department policies etc are designed, at huge expense, for military readiness, defense, offense, not for maximizing lifespan of all; for shortening human lifespan via war basically, if you can believe that, we seem lower in IQ than chimps; on top of that, we got total ethical collapse due to killings of innocent civilians in war making most everything else seem like nothing, reducing the incentive to innovate☺☺☺ and do a good job for many due to the ripple

effect: organized crime groups think the generals are gangsters who impose their will on small nations at gunpoint (*instead of, for example, thru explaining advantages of* fewer languages *for* centralization *and efficiency and collective lifespan increasing*), etc and do more crimes, this leads medium criminals to do their stuff, less violent than gangs, this leads small criminals to do their little stuff, which causes nice people to care less about doing things with dedicated attention to detail as they see the complete depravity of the leaders who're busy yelling and talking stuff while civilians are killed by the millions..., all while never using eterni tone to talk about the World Peace in 1 year needing to be implemented at all costs, etc in an effect that destroys the entire society, thanks to generals working like Nazis for example for enslave entire nations, or unwilling to compromise due to emperors traditions of empire building. The moment killing, injury in disputes are legalized via war, it completely destroys the planet. It will progress so much slower, as explained here. Many realize how destructive bad quotes are in scriptures, if they help legalize, deify violence, genocide, single or mass killings, or even torture and terror like 100s of Torah, Quran and Bible quotes. Immortalist Anthem says to love all beings a trillion times more than the best mom loved her infant baby, which is like the Buddha "love all beings like a mom loves her baby". Dhammapada scripture has no violence. Musicians/singers often forget we're getting closer to weapons that kill all humans in 10 seconds, which no existing weapon today can do. So, we either evolve our music or we disappear in 10 seconds.☺☺

Meditating on World Peace and praying for World Peace may enhance telepathy, empathy, compassion for others, World Peace bringing ability also as we move into a more receptive state. Perhaps, like we moved from chariots to airplanes, we can move from wars and killings to a world of peace, from city A to city B. *Why not?* ☺☺☺ Everyone was ridiculing the American Wright Brothers and saying this will never take off, the airplane idea is low IQ and will never be practical (just like today many people say World Peace is wishful thinking), but in 1903, they got the first airplane flying and everyone uses airplanes today. Centuries ago, they thought angels or monk spirits alone can fly fast or remote view, but now all can too, using airplanes and video cameras for example. They also thought that only special Avatars or angels can bring peace, but now we know peace is a choice we can make. If you told anyone a few centuries ago that you can deliver a letter in less than a second (as we can today via email) instead of one week (which has 24*7*3600=604800 seconds), thus being able to reduce time it takes to deliver that letter by half a million times at least, they would think you're odd or plain rude, arrogant, joking and looking to make cash, or stir up confusion.☺☺☺ *If you tell today all world leaders that in the next 3 months we will be able to deliver peace with half a million times* less “threats, intimidation, torture, war, violence” (i.e. with time in which anyone experiences “threats, violence, etc” reduced by half a million times), or virtually nonexistent by our standards, they will think also you're odd or an enemy agent trying to weaken their country. Each country thinks

that way, so nobody wants to start first to propose an international agreement to engineer a delivery method that is half a million times better, nicer, kinder, gentler, more nutiring, more tender, healing, etc. To engineer that method of sending a letter half a million times faster we worked at it for centuries, it involved a lot of science progress in many areas and to engineer the civilization that has a million or half a million times less violence, threats, indimidation, lies, war, etc is a similar feat of engineering that takes commitment and dedication from *all nations*. People think in 80 year terms or less as we live 125 maximum. We don't think about the reality of 500 or 5,000 years from now, partly due to selfishness, "I won't be around then, why bother". To engineer such a delivery method (that essentially brings *Heaven on Earth*) would take some real look at our movies, tones of speech, literature, culture, education, everything and would require international agreements to improve these, otherwise, no country will become softer, out of fear of not being taken advantage by other countries. The main obstacle to such a strong desire is the human nature, we're afraid, we don't want to challenge the status quo or simply don't believe it or are selfish. We (human nature) usually prefer everyone else to change first, us later, nobody usually prefers all to change at the same time by international agreement, change is too scary, fear is too strong, paranoia too deep and it strangles our civilization like an octopus, keeping us enslaved into the inertia of millions of years. This fear completely shuts off our capacity to change and bring a much better world. *People 5,000 years ago would* barely even use *writing letters* that much, let alone concern themselves with delivering letters a million times faster like we can via email. To us, the best genius from 5,000 years ago landed in present era has no knowledge of the universe and is like a small kid. Likewise, our best knowledge today, is like that of a kid, compared to humans from 5,000 years in the future. To be honest to appreciate this truth is to be more open to the possibility that humans can overcome the fear that has controlled us for eons and prevented any real lasting peace from happening. Reality is a consensus dream reality created by our beliefs, i.e. all that we created in our civilization was first imagined as a result of accepting it as possible, and then it became true. The same thing applies to World Peace, we imagine it, plan the steps towards it and make it true. It's like making the plans for a house, then building it. A consensus reality is one where the majority sets the tone for what becomes real, meaning that if most believe that World Peace is possible, they manifest it. To get to the stage where most people believe World Peace is possible is easy with more songs, movies, novels, events, politicians, newspapers, Ministries of Peace, etc talking about it, working towards it all day. Once the belief is there, it will be much easier to actually manifest it shortly after, perhaps in 1 year or so.☺☺☺

Once the world leaders set their mind to it, like some did with 90% electricity from renewables by 2050, it's easy to reach Permanent World Peace in 3 months from the date the goal is set at the United Nations, with a total cessation of all wars and military exercises, except for exercises

to prevent asteroids, tornadoes, or an alien attack; then the race to 0 violent crime within 10-15 years starts. Then nations can end also all homicides by killers far easier as we got more resources for police. Just like we have peace and harmony in some countries or families and conflict-killings in others, we have peace and harmony (no killings) on some planets or planetary families, and war and killings on other planets such as Earth (planetary families). World Peace is Possible. One simple way to conceptualize this possibility is to look at our planet earth where we have about 200 nations. In some countries, people fight each other in civil wars. In other countries, people have been at peace for a very long time and there is no war, the crime rate is very low, etc. In the same way, in the cosmos, some planets could be in a state of perpetual civil war (like we're on Earth with the eternal wars going on), while other planets are in a state of perpetual peace. Earth nations going thru civil war are so involved in their internal madness, they don't have time to realize how life can be peaceful in other countries. In these countries, there is little knowledge of science and what goes on in the universe around them. Likewise, planets that are in a state of perpetual civil war (Earth, thru human-human hot and cold wars), there is very little knowledge of science (we still live maximum 120 years usually) and very little knowledge of how other planets can exist without violence. If everyone is busy destroying, lying to, hurting each other, there is very little time to escape the pollution of the planetary mass consciousness that is so cruel, so it is hard to imagine a planet with World Peace. We always talk of smog, how bad the cities are sometimes, with the inability to see more than 50 yards, due to coal-oil smog. But we may have also another type of invisible spiritual smog, called psychic smog, smog that is due to the negative thoughts that people often have due to negative movies-literature-music, historical inertia, etc and the fact we have accepted our "fate", like fatalists, and believed that "World Peace is science fiction and war will always be, because we love making movies about war, etc". We have used chariots for thousands of years, and now we're going to go back to chariots, not use airplanes? Well, killing and wars can be seen as chariots, a technology of the past to solve issues, and World Peace and nonkilling can be seen as airplanes, a technology of the future to solve issues.☺☺☺

For thousands of years we have heard that compassion neutralizes hate, that gentleness neutralizes aggression, that peace neutralizes war. Nepal already has a Ministry of Peace. Benjamin Rush, one of America's founders, and peacealliance.org, wanted to set up a Department of Peace, with the same budget as the Department of Defense. Even if it's only one with 3 billion budget, it's still good, since it can hire volunteers who will work freely for the Cause of World Peace, the Cause that is Loved by Billions. Imagine we raise the alcohol-cigarette-gambling-casino excise fees 100 fold at a federal level (we spend trillions globally on those) and we establish 200 Departments or Ministries of Peace (or World Peace) in 200 nations with millions of volunteers helping these little-funded Departments of Peace to bring that paradise

we have dreamed of for eons, a world free from all violence, disease, natural disaster deaths. Later on, a few months before World Peace reigns or when they create Eternia, we can even create an 'Intergalactic Union' headquartered maybe in a moving GIGANTIC MOTHERSHIP ORBITING THE EARTH, with other GIGANTIC SELF-SUFFICIENT solar system motherships being rotating headquarters after we terraform other planets. "The goal of Eternia, this Immortal Union of Altruistic Galactic Citizens will be to Promote PEACE and *Immortality* Intergalatically. Within this Union that aims for Trans-Linguistic Telepathy to replace languages, we pursue Immortal Freedom, Immortal happiness, Immortal Life in this or other Dimensions.☺☺☺ We, the citizens of Milky Way Galaxy and others, herein birth the anthem and Constitution of the Intergalactic UNION of Immortals..." We're all Immortals already, as souls; Immortals refers to people who live long enough to be called "Immortals", maybe live to 150 or 300 to start with.

13.5. World Peace thru conscious breathing, meditation & focused planning/intent

Our collective thoughts create our collective reality, so Peace is like everything in our civilization is: a dream that's possible to manifest if enough people dream and desire it. ☺ youtu.be/...u8 is a 4 minute presentation of a study showing that meditation reduces violence and war deaths. We're all creators of the world we Live in, a world where diplomacy replaces war, and we can all bring more peace while we breathe consciously, whenever we recall to breathe universal gentleness and peace, the peace radiated by the Immortals (Lightbeings, Good Spirits, Universe Building Inter-dimensional beings, etc) who help us to graduate from war and death to peace and Immortality. By breathing in peaceful light-energy-sound of your favorite color-selfless kind feeling-tone-smell, while synchronizing thru mental intent with the peaceful vibrations (string theory, strings) of the higher dimensional worlds of Immortals, we can bring peace here faster, since thoughts create reality and if we radiate peaceful emotions everyone will become peaceful some day. As we breathe this field of peaceful energy/light inside, when we exhale, we send it out to encircle the planet and all beings on Earth in peace. This net of peace, which protects the most virtuous humans first, becomes stronger daily, as we practice this more and might even help us to move towards high speed audio-visual-conceptual telepathy, to transcend languages.

who're the Immortals? They're real or imagined (depends on what we believe) beings able to dematerialize a galaxy for better conceptualization, it doesn't matter if Immortals as described here exist really, since often times "Imagination is more important than knowledge" (Einstein) and imagined outcomes become physical outcomes, but since most people believe in some higher powers or at least advanced aliens, we can use that concept. The real or imagined (for meditation) Interdimensional Consciousness Tech of the Gentle Compassionate Immortals may be trillions of years ahead of earthling non-existent inter-dimensional technologies, so we might get more assistance than that coming from the simple visualization-meditation, if these

Immortals exist. It sounds paradoxical, but allowing place for all beliefs in language is often better, it creates a more universally accepting vibration. This deep breathing (during daily routines) can help to transform us into more peaceful, gentler, humbler beings, inspiring others to choose a slightly more serene version of themselves. Youtube...0 explains entanglement, which can occur between all kinds of unknown particles. This is important, since if all humans are entangled to some extent, if 70,000 people attain a strong peace vibe this peace will affect all 7 billion. String theory talks of other dimensions. There are other dimensional forms of light and particles, and exactly as today some physicists demonstrate quantum teleportation of information between photons, in future times, they could discover quantum teleportation of information between other dimensional photons. Maybe entanglement allows us to see and connect to multiverse (Michio Kaku video) planets (NASA engineer says he became astral traveler) where people attained peace & Immortality and where they may be ready to help us move towards Peace. War=death, so only peaceful folks are Immortal. The existence of Immortal peaceful people in parallel *universes* or as Michio Kaku says 'higher dimensional *universes*', is not that far-fetched of a concept. The fact that life may have appeared first elsewhere and these people may have evolved trillions of years before us, can give us a basic idea of how advanced they could be, given that we changed so much after only 200 years of science. Some can perhaps design Big Bang type events, as MIT scientists today write theories about the requirements for building a universe. Our Universe may be a baby universe, just 13.7 billion years old. There are those astral travelers believing they're seeing planets of Immortals (inter-dimensional light can travel trillions of times faster than physical light?). We also have scientists using probability theory saying that there are people like us who must have achieved Immortality, even though they don't create galaxies.☺☺☺

There are also humans who perceive they're experiencing being in two worlds at once, in one parallel universe (spirit world of origin) and in here. This is nothing fancy, daily bilocation stories have existed for millennia in many religions. As quantum mechanics explains, if in the other-dimensional universe we're always one with residents of that peaceful realm, when we move the astral body (spirit) from that realm to the human body, we're in quantum entanglement with the other realm and other people from that same realm, and we can see it as we see this world even if at 'infinite distance' and we might also be very telepathic and tuned into people from that same pre-physical life spirit realm. This is like the Einstein called 'spooky action at a distance', whereby people can live in 2 worlds, the other Immortals planet in another dimensional universe, and here: living in real time, seeing what they do there and what happens here. This is reported by near-death experiences (NDEs) and out of body experiences researchers: on the "other side", in heaven, a part of us is still active, can meet NDErs even while we're living and doing something on Earth. In NDEs people can meet both living and dead people

because the soul can create an astral copy of itself to roam the spirit realms while we're just walking to a store in physical life. Some astral travelers perceive they can walk and see their body from 10 feet behind while walking physically.☺☺

13.6. Why violence doesn't bring permanent World Peace; Universal Peace Treaty

Infinite Immortalist or Immortality Peace Alliance via Infinite Immortality Peace Treaty using only Positive Methods, no killing, no torture, no use of forced energy, but of compassionate asking for the good of all at most, honoring free will. Due to the fact that the *Universal* Peace Treaty Member nations use no killing, no torture to achieve peace, this alliance may be initially secret, so as to not invite immediate invasion by 'low IQ' nations who still believe in killing, torture and the like. Since it takes a while for some to overcome tradition of cruelty of eons, it's often wiser to wait for the right moment, i.e when the "end of all humans" effect of torture, killing becomes self-evident to the 'low IQ' nations. The Alliance is in all galaxies, *universes*, realms, so it's infinite, beyond universal; infinite in time and space: Immortality is not 300 centuries or 900 years, but infinite, i.e. trillions of eons, we call that long-term planning or long-term vision, a name that will last a few quadrillion years. Since immortalist or Infinite sounds a little odd, it could be called Universal Peace Alliance at first as a compromise, *though that is not ideal, as it dilutes the ethics of nonkilling a lot when you remove the word Immortality, and using universal restricts us to this universe, but we will have more dimensions where war could be fought*. A good name seems the

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focused on ►►►►► Peace and Immortality ◄◄◄◄◄

in infinite lengths of space (infinite planets, realms, dimensions, *universes*),

in infinite lengths of time (infinite quadrillions, not centuries or millions of years).

So ultimately, *Infinite* Immortality *Peace Alliance* (IIPA like IPA, the Immortality *Nurturing* Agency that is an FDA like agency approving any product, movie, song, book) is a name that can last literally forever, while NATO or such names are transient and unapplicable off-planet, etc. A short name for this alliance could be Eternia, with its own anthem. One thing that people ignore is the possible interdimensional consequences of killings and related violence. Any violence creates psychic pollution that makes World Peace far more difficult.☺☺☺ Anyone who has studied the paranormal a little, knows that death doesn't change people at all; skeptics will argue that the paranormal is just nonsense; in that case, we counterargue "anyone who has studied the normal a little, knows that almost dying doesn't change the people at all fundamentally (that's why torture fails to achieve any good end), the brain is the same, the

habits, etc". Real change takes a billion times longer of constructive positive methods (no soldier ever changes by a small or almost lethal injury for example, they remain as loving or less loving as before), real change doesn't happen in 1 second when one dies. To build a 150 year old human, we need 4.7 billion seconds, not one.☺☺ To destroy it's easy, to create, way harder, a building of amazing beauty can take 50 years to do, 1.5 billion seconds, but to destroy, just 1 second. To create real lasting change thus, one can't imagine a 2 week or 2 year war will do any real change, the little "5 year war injury to humankind", equivalent to a 1 second injury to a human, doesn't change humankind fundamentally, or the change is only 0.01%. The soul of people remains the same fundamentally, after dying. Hence, here is the hypothesis that many have talked about and believe in as being very real: the moment someone kills/tortures another human being, if that human being is not evolved spiritually, but quite unbalanced, hateful, etc, his spirit doesn't go to an afterlife realm right away, and won't forget the time of his being tortured or killed. His spirit can, and often does, follow the killer or torturer, for a few days, weeks, months, years or decades, and does all in its powers to revenge for the killing or torture in the creepiest and most terrifying haunting. It might reverse the outcome of a war over 200 years. This often (depends on what the situation is, very complex, many factors and spirits can shield the living or not shield the living from the telepathy of dead "enemy soldiers" who may intensely dislike them) leads the person who killed/tortured that person to maybe not sleep well at night, to make wrong decisions, to be unkind or say less intelligent things to his superiors or wife, to frown all the time, to be angry 24-7, to be depressed 24-7 with anti-depression medicines having 0 effect or making it worse thru side effects, to divorce, lose his home, become homeless, get addicted to illegal drugs, commit suicide. We often hear how suicides are higher than combat deaths in reality or on paper; a hypothesis is that the hate-anger of those killed is such that the spirit of the killed can hitchhike on the aura of a deployed person and follow that person on the airplane back home and move on a huge base or in a town from soldier to soldier, trying to get as many commit suicide as possible. If that doesn't work, the spirit will have ideas on how to get the veterans divorced, unhappy, miserable, homeless, sick, mean. If this hypothesis is true, it makes perfect sense that killing is to be avoided, if a planet or nation wants the best spiritual, mental health for its inhabitants and instead of using killer weapons, it seems much wiser to take prisoners, use the universal mercy-kindness-compassion field to turn their negative emotions into understanding compassion, rage into peace because nothing is more powerful than gentle healing universal compassion. As nations agree to ban killing, torture, organ damage in wars, the psychic field of the planet tilts towards World Peace. ☺☺

Perhaps in the cases when the killed spirit is somewhat decent, he goes to heaven (a spirit sphere he earned) and there is no haunting. In the cases when the killed/tortured spirit is not very decent, the realm he goes to is so-so and then he comes back to earth often and has the

capacity to use telepathy to influence via intuition the living remaining enemy soldiers, commanders, leaders by revealing secret information via dreams, intuitions which gives the enemy often a higher advantage than if that person was still living. From spirit, one can in certain cases do more damage than if he were alive, as he can do things faster. So, killing never stops warfare. ☺☺☺ It only changes its location slightly. As such, while short-term one may get relieved that a person was killed, the karmic law may not be that simple and long-term one may regret it. Therefore, it's important for World Peace to not only avoid executing people, but also to help them heal, provide them with healing music, help them become nice human beings, whether these people be criminals or prisoners of war who decided to surrender to the armies in the world who signed the No Killing in Wars Treaty. Thru the use of radio calls, appeals to surrender, healing rays, healing music over the radio, holograms that heal (or facilitate "divine ecstasy states"), angels of light that speak and heal, promise of nonkilling, nations can make it a habit to always avoid killing (direct energy weapons), as this will reduce the spiritual destructive effect of spirits revenging on living people and postponing World Peace. Love transforms enemies into friends. As nations fighting take in these "enemy" human beings, offer them love and kindness, training and hope, in sealed mini-cities of healing-education, these people are transformed, love those nations who sign the "Global Treaty of nonkilling in Combat" and sometimes can go to their home countries and become instruments of global change, of friendship with The Nations who may sign this Global nonkilling World Peace Treaty, turning their enemy countries into allies of Infinite Immortality Peace Alliance, for they experienced spirit travel or the deepest love and peace and healing ever in their life while in a Immortality Peace Alliance Healing Center for Prisoners.☺☺☺

If we see a person laughing, we laugh, if we see them smiling, we smile. In a similar way, if a person is in a trance or happy state, he may be able to induce it unconsciously without even wanting in the person next to him, just as with yawning, laughing, smiling. If a person X says "one day I went into an emotional or meditative state like the one I'm in now (and X would induce this trance, ecstasy, samadhi state, because he practiced it for a long time)", it's possible that thru contagion, like with laughter and yawning, the interlocutor (person Z he talks to) would experience a similar "Ecstatic Union with the Divine Holy Spirit" to some or comparable degree, and this state could be 1 million times happier than orgasm or anything Z experienced ever, having a mind blowing effect on the consciousness of Z who experiences it the first time. And then X would continue the conversation saying "and when I was in this state, as I'm now (and as you may feel a little bit just as we feel others' emotions), it occured to me that we could bring World Peace using peaceful healing methods only and that we can help people to move into this state instead of starting conflicts, and I started to wonder if God (Universe if interlocutor is atheist) would help us to move beyond the negativity of the history and into the

world where this divine ecstasy is everyone's natural state (or at least easy to induce every hour or day as needed), and no human being ever has any harmful thought or intent, and everyone wants to help others live healthier, longer and happier lives." Then one could see how many wars might be averted this way, as person X is an angelic diplomat or peace loving humanitarian and person Z is someone who may hesitate not starting a war, or ending certain existing wars and killings. The difference between "yawning, laughing and smiling" and this ecstatic state (some may call it samadhi or satori, etc) is that we're already laughing, smiling, yawning daily, but we don't experience ecstatic meditation states daily. Because most people yawn, laugh, smile tens of thousands of times more than they enter these samadhi states, the contagion of divine samadhi or ecstasy states may be 10,000 times (27 years have 9861 days and for many people only 1 or 0 satori states, but daily smiles, yawns, laughs or ordinary emotions) harder to be contagious fully, even if we discern others' ordinary emotions. But divine ecstasy is not an ordinary emotion, yawn smile or laugh we have daily, it is the emotion of infinite compassion and infinite bliss, where one wants to reduce others' suffering as one is united with all human beings for a glimpse in Eternity. As such, the contagious nature of the trance state is probably much weaker in general. The brain is very familiar with laughing, yawning, smiling and it's ultra easy to move into that state. For non-meditators the brain has no reference to bliss, so usually the contagion is not occurring easily. But Divine Grace may enable it to occur at times, one time being when person X is holy enough perhaps and God wants that miracle to happen too. Another time may be when people, out of dedication to cultivating good vibes in themselves and others for the sake of the world, with the passion of Shaolin monks who achieve the impossible stuff no ordinary man can do, develop a stronger ability to self-induce such divine ecstasy states. It's possible that in the miraculous peace bringing instances facilitated by certain saints, the saints have become so infused with divine ecstasy, *that it contagiously healed the war believer and enabled him to live free from fear and to see that peace is OK, possible, compassionate, and can lead to* happiness. It's easy thus to see, how in a Civilization of Immortals of the future, when we live in harmony and peace, the soldiers and the police are the holiest softest gentlest most tender most saintly people who, like the saints, can often reach ecstasy states, heal and prevent any war, violence and crime by divine grace states, not via negative methods. There are no weapons (except for the outer solar system defense force against possible alien invasion, not for civilians or police). The future humans know that there are a quadrillion ways to World Peace that use only healing gentle well being creating methods.

We heard this quote "NOTHING IS SO STRONG AS TRUE GENTLENESS. NOTHING IS AS GENTLE AS TRUE STRENGTH." It may be the gentlest beings, the most loving beings, who access the 0 point energy field, and who become the most admired or unseen leaders of a planet, as it moves to World Peace.☺☺☺ So, it may be the Gentle Loving Kind Compassionate nonkilling Infinite

Immortality Peace Alliance that becomes the Strongest Alliance ever on Earth. This could be the truth of the saying "evil self-destructs", or "hate self-destructs". A Civilization is Immortal as long as It lives by the Eternal Altruistic Gentle Soft Healing Kind Compassionate Loving Care for All Model. The moment it moves to violence, meanness, it starts to decline, the spiritual and physical karma destroys it. We've seen it with small, big countries or alliances in history.☺☺☺

Who will be the first nation on Earth trying to Live by an Evolved Cosmic Ethos, the Ethos of nonkilling and Universal Loving Compassion for All Human Beings, Respect for their Evolving Immortal Spirit in a frail human body? This Ethos calls for Honesty (no Trust or Peace can emerge without Honesty), Talking to Enemies, Understanding their Suffering, Helping turn "hate into compassion, selfishness into altruism". This Ethics calls for an end to lies, disinformation, torture and the old ways that karmically come back to destroy the country using them. While a sudden end to these tactics is not possible since many will resist it first, perceiving this as a disadvantage and surrendering to an enemy, a gradual one is possible once people understand deeper the mechanics of the human psyche and the spiritual worlds. The top 20 most populated countries on Earth could agree to an Eternal Universal nonkilling Treaty that prohibits killing in combat and also bans normal guns in combat (and for civilians in local countries to reduce gun deaths by 100 times, especially because immobilizing nonlethal weapons can be discovered). The phasing out of killer weapons in conflicts can be gradual if no World Peace in 3 months deal is reached soon, so they can setup a temporary “Reduce Killing weapons by 50% in 5 years since no human human wars are legal” goal as with carbon emissions killings, a separate group or temporary mini-treaty than the nonkilling nations Treaty, to help those who want to take smaller steps towards Immortalism. This would enable these ‘neutral’ or ‘on the fence, wait and see’ countries to get more help from the Nonkilling Alliance. The development of replacement weapons can become a priority, weapons that simply immobilize a person and allow them to be taken prisoner. This would be a big step forward and a new incentive to not even bother with a war. It would raise planetary standards and speed up the emergence of World Peace. More and more countries later can join a Non-Proliferation and Gradual or Sudden Reduction of Use of Killing/Torture Weapons Global Temporary Treaty and given incentives to do so, such as being a candidate to later join the Nonkilling Infinite Immortality (or Universal for more down to earth terms) Peace Alliance Treaty. At first, only 1 big country may want to do it together with a few close allies, but whoever does it first has a high chance to become World's Most Helped Nation by the hypothetical Inter-Galactic or interdimensional (interuniversal) Immortals. ☺ Whoever sets such standards will likely receive assistance from the Good higher dimensional Immortals to develop powerful defenses via interdimensional force fields. Initially, the ban could be in terms of initiating offensive actions, of course, i.e. if a country attacks Global nonkilling Treaty (also known as Universal or immortalist or Infinite Immortality Peace Alliance) nations with killing

weapons, the nonkilling Alliance can't use killing weapons if no nonkilling defensive tech was developed yet. The Global nonkilling Alliance, in combat would start using nonkilling weapons, 100% of the time, since they know the huge advantages long-term; as in a gradual deployment and convincing of more nations to join the World Peace ALLIANCE. For example, the Universal or Infinite Immortality Peace Alliance can sell prisoners back to the country for huge amounts of money. The advantage of taking prisoners versus killing people are many. Not only can prisoners be healed and become true Peace Lovers, but they can become part of the Universal or Infinite Immortality Peace Alliance Compassion Corps deployed internationally to build friendship between allied and non-aligned nations by building infrastructure, removing pollution, installing solar panels, planting trees using aircraft seed dropping, eliminating drugs, homelessness, etc. The country who is innovative and has highest compassion will receive the most inter-dimensional assistance and even assistance from locals, since the locals all know That Country became the first country in the world committed to a future where all weapons are nonkilling, as a step towards World Peace and the spiritual transformation of all souls.☺☺

Besides the advantages explained above, it has been proposed by many NDE-OBE researchers that those who're complicit in needless killings accrue negative karma which will have to be balanced in future lives. Say one bombs a country into the stone age, with the help of 10,000 other people, each guilty to one degree or another, some getting one little minus, others getting maybe 900 little minuses, depending on what they did. Each will get a little minus and some may even get such a big minus (made of 900 little minuses, even if all they did is plan the war and not kill anyone personally, or they just instigated others to kill without killing anyone themselves) that they may have to be reborn into that country and help it rebuild or spend time in afterlife to help living people as a spirit guide (if reincarnation is not an option) to choose a better future (being very earthbound for a while, on assignment). Even if this was not true exactly as described, it's only logical that one would try to build *Permanent Peace and expand it to more areas* or reach diplomatic solution whenever is possible, *whenever* a window of opportunity appears, because war doesn't just destroy buildings and kills physical bodies, but it creates a lot of chaos on earth and other dimensions. And at the life review, the spirits evaluating the lifetime, which nobody can prove don't exist, won't be happy at all with those who didn't try their best to use peaceful methods only, but resorted to the old "wipe out" tactics which could lead today to a lot more deaths than in the past. It's these spirits who often have to deal with the consequences of war and sudden unplanned exits of spirits from their bodies. They work tirelessly to keep the peace, etc. It's like a teacher who is not happy with his 4th grade students who will get a fail grade for this lifetime for creating too much war.☺☺☺

13.7. Valuing not deception, but the 'Art of Peace' taught by Lao Tzu, Jesus, Buddha

What may happen is that when a nation (or even a person) adopts deception as a core strategy, it moves as far away from the 0 point unified field of loving kindness as possible and sets itself up for future decline. Honesty is Life, "Immortal" Life of a Civilization. Lies are Death. The game of deception seems a game in which only a temporary false victory is attained. In this game of deception, the deception fan deceives an enemy's conscious mind and kills the enemy or achieves some victory thru lies and deceit. However, as the hypothesis above explains, the enemy spirit is released, sees everything and can now exact his revenge over 400 years with such intensity, that the military victory of 1800 is reversed in 2200. Various rulers or strategists of the past, unaware of spiritual laws, have sought to teach people how to kill, harm, deceive, slaughter others in the most effective way via divide and conquer and many other strategies. This obviously works fine on the physical plane in the short term of a human life or for 5 decades, but spirits can cause countless diseases in the physical people and exact revenge and do 50,000 times more damage once dead than if taken prisoner into a Healing Prison Center and taught the way of the advanced spiritual spheres of universal loving kindness, so that instead of roaming around earthbound hating people and doing bad things, he's going to a decent healing astral hospital or healing center upon death if he earns enough positive karma for that. The killed people don't do just damage for the aggressor nation, but the whole world, since the psychic pollution happening when spirits are full of negative emotions and do less intelligent things contaminates the whole auric field of the planet.☺☺☺

It's not hard to hypothesize that those heavens in charge of the *universes* are probably not going to help the countries using deception methods too much (everyone uses them, but some use them less) as this only brings war. They may help the most and the longest the country or Group of Countries (signatories of the Universal or Infinite Immortality Peace Alliance of nonkilling nontorture Treaty) truly aiming to Embody Universal Compassion for *all* nations, Non Violence, Honesty and True Helpfulness. If people don't believe in spirits, that is perfectly fine, any atheist knows that the local population doesn't forget the bombing and with or without spirits, the locals will be propelled by action-reaction force dynamics, by the hidden electromagnetism of human actions to exact revenge consciously or unconsciously and the victory can be reversed. Maintaining that World Peace is the hardest part, but future generations can help with that. ☺

13.8. Telepathy & Speech Patterns in a Civilization of Immortals or semi-Immortals, a world of peace that's 99% Telepathic. 13.8.1. End of humans in 1 minute

How do people address each other, in a world of Immortals or almost Immortals, verbally or telepathically? In some cultures, people have words like Namaste or they fold their hands and bow down, etc in a sign of respect for the Divine presence in others. What kind of reverence for life do Immortals have? At what length do these people go to make "songs, movies, youtubes,

social media posts" about Peace, nonviolence, *gentle tender softness*? The Immortals are people who're the most anti-war of all, since war is death. What kind of reverence and *gentle tender softness* do the Telepathic Immortals display in speech or telepathy? Do they say "Hey Mike, how are you, let me be sarcastic today with you and hurt your feelings and contribute to a world of war" or do they say or convey translinguistically "Most *Tender Gentlest* Radiant Beautiful Splendor of Infinite *universes* and Lord of World Peace and Source of my existence Mike, may I communicate something related to World Peace to Your Everlasting sweet *grace* and soft *nurturing* compassion for all living beings? It seems that World Peace on Earth is Imminent (when people decide so) after the million year civil war going on there, just as in other earthling countries civil wars ended and now peace reigns". ☺☺☺

This is a hypothesis that if instead of saying "Hey Gabriela", we would say "Immortal One (or Lord or God if theistic) of Universal Peace and Limitless Gentle Tender Soft Grace Gabriela" (acknowledging the divine or Immortal nature of the inner spark in others) we would give ourselves a lot of seconds to temper our tone of speech and emotions and thoughts, to breathe deeper, to recall the real nature of the Immortals in a world of Immortals, to recreate that Immortal World of Heaven in Physical Universe by acknowledging the Already Existing Intrinsic Soul Immortality, to come up with probably a slightly more uplifting communication. If Gabriela is said after the "Immortal Source of All That Exists, Immortal Lord etc", when we say it, nobody would know who is called at first (since the word is at the end, but it could also be at the beginning, like "Gabriela Immortal Lord of Universal Peace and Limitless *gentle tender soft* Grace"), and everyone stops to meditate on World Peace for a second or 4 seconds and the Gift of Immortal Life we have received, as they know we're communicating something to someone, and that communication can bring Life Immortal or decay into dying and is best done in the most tender *nurturing* graceful sweet way possible that will heal and uplift others' Immortal Life. As we hear others addressing the Immortal or Immortal God in others, we pause and we also invoke the Universal Lord/Source of Peace, *the Eternal* Immortal *Presence of a Quadrillion universes (if agnostic and not into God so much)*, which burns brightly like an Eternal Candle in the Immortal soul of others. This may sound like a sci-fi hypothesis, but the regular ever deeper ever more frequent modulation of speech and telepathy towards the acknowledgment of Immortality Gentleness Peace Grace Tenderness Immortalness or, for theists, Godliness in others might be used as a powerful preventive tool that eliminates conflict eons before it starts, since conflict starts at local level, with the way people intone words, create movies, songs, phrase structure, choose words, raise their pitch or whatever.☺☺☺

DO Immortals HAVE SPORTS OLYMPICS or what are some of their sports? Maybe one sport is creating the Most Uplifting Elevating Cosmic Vibes thru Music or Words or other Telepathy Tones and Tunes that fill others with *gentle tender soft nurturing* loving kindness and joy,

gratitude to the Life Immortal, or helping planets like ours attain World Peace and Immortality, etc? A proposal for SPORTS replacements in the transition Era to Immortality Age is in Chapter 5.5.☺☺☺ We have all these sports games, like World Cup on which Brazil spent billions of dollars in 2014, but hardly any World Peace parade or World Peace Olympics. Imagine if at town, country, national, international level, we would have World Peace Olympics, where people would compete in who can turn enemy into friend faster and better, who can turn anger into love and joy faster, given that at any moment, one can find angry people or very unhappy and sad in various places who would gladly volunteer to receive healing and take part in these Olympiads. If we truly have respect for Life, if we truly want to Live Longer and receive the Boundless Grace of Immortals or God, do we spend 1,000 dollars on World Peace Olympics and Billions of Dollars on sports? Is moving a ball more important than preserving *the lives of millions of people killed in wars or totally destroyed by the side effects of war*, houses gone, relatives gone, soil loaded with toxic metals, water contaminated, crops exported to 50 countries poisoned, etc. If we look at our social media posts, how many Presidents, Leaders, Celebrities post about World Peace events and how much about sports teams and events for example? Where is the empathy? These are real people, millions of people, ravaged by the wars we have been having for eons. The modern era, due to Internet and TV, is the first time in history when the planet can know what happens everywhere, before people had no idea how much war happened in other areas. This knowledge is opportunity to develop a planetary compassion, empathy and to aspire not to be a soccer star, but to bring about World Peace.

Many wish we will have more national celebrations of the World Peace Day, September 21, all talking about it as they do about Halloween selling the bloodshed items and no World Peace items. Many wish future Presidents of US and major nations too will make Immortality *for* All Day or World Peace Day more popular than Halloween, Black Friday (day after Thanksgiving when people fight over items, search youtube) in their nations, since life isn't about shopping or scary Halloween decorations, but about Immortality and peace. Perhaps someone will rename *Black Friday the Gentle Friday*, where people are supposed to walk very very gently to the line with discounts to prevent the ungentle pushing and shoving or rare fights. ☺ Halloween could be renamed to World Peace or Immortality and Peace Halo Wins Day, with all objects being peaceful and nonscary nonthreatening, with all bloody things banned. ☺☺☺ No country in the world has a holiday that is a World Peace Day, dedicated to World Peace. We have Labor Day, all kinds of days, but no World Peace Day. World Peace and Gentleness Day, World Peace and Nonviolence Day is nowhere. Halloween makes it legal to sell plastic severed hands, legs, heads, etc to desensitize people to this type of horrific stuff. Just as movies depict the same things accomplishing the same desensitization. They even sell fake "blood" (red liquid) and people use it in decorations on Halloween, and these displays of cruelty are what we value, what we allow

as legal. What does that tell us about our respect for Life? Immortal Life? Do we even deserve Long Life of 900-year lifespans when we deify, legalize violence and cruelty? I wonder what 20,000-year-old Immortals would make of our cruel present civilization.

We Celebrate the New Year so much, but very few people even heard about World Peace DAY or International day of peace on 9-21, when Russia announced first major mobilization since WWII in 2022. We Celebrate Sports teams, we parade our militaries used to kill and inflict untold misery on millions in senseless wars, yet we have no World Peace PARADES, OLYMPICS, nothing. We have forgotten the Value of Peace, Gentle, Tender Softness and have glorified the opposite in our movies, songs, and political discourses, unfortunately, without even realizing. But, this doesn't have to be, a change can occur and since China and many nations emulate what America does, if America will choose to create a powerful World Peace movement, movies, songs, culture, Olympics, etc China will do it too. Everyone will follow, especially China who is often emulating what we do, we had solar panels, they had them too, we had electric cars, they even now have more electric buses than the US by a factor of 500, we had this and that industry and they have it too, we will have the Hollywood World Peace Industry, they will have a World Peace Movies Industry too. Some countries started banning oil cars within 15 years, and then China did the same. Likewise, people could ban war within 3 months by international agreements. If enough countries promote World Peace and Ban all Violence and bloodshed in movies, it's easier to move to real-world cessation of bloodshed and hostilities in 3 months and the whole world will join the peace movement, with the planetary army defending as a planetary force against aliens or asteroids or hurricanes etc, and no human-human killing or gang violence anywhere, no human-human conflicts. China overtook the US as manufacturing power, and in the same way they might actually become an even stronger Peace supporter than the US over time (they actually even now have stronger content control of violence), thus removing the argument of "what if this or that country won't be very serious about it?". No country will have to do steps before others, just as with disarmament. The multiplication of Peace can all be verifiable gradual steps of removing the unkind content of movies/songs, wars and violence, and it can ensure that no generation will experience the last war, *WW3*, which may wipe out humankind forever. It may be our responsibility, to the ancestors and the future, to establish World Peace ASAP, to prevent the last war from ever occurring. World Peace becomes more and more urgent with each passing day, as humankind's ability to wipe out all life on Earth increases daily. Our lives are very short now, perhaps because we're unable to achieve peace, but now with the Internet, the first real chance to achieve peace exists, unlike any other time in history. ☺☺☺

Some often think that God will intervene and prevent a war that would wipe out all humans, yet God allowed countless wars and things, hurricanes, plagues, etc. For example, if there are trillions of dimensions people can go to, in parallel *universes* and experience a life somewhat

similar to Earth, the wiping out of all humans means just going to these places or heavenly dimensions which may be more or less like Earth, or they all go to some Heaven etc.

13.8.1. ☺☺ ~*~ The End of all Humans in 10 seconds via Trillions of Possible Weapons ~*~ ☺☺

The next 27 pages discuss the trillions of ways in which soon, *all humans* (like trillions of species before) can die within 10 seconds or 1 min max if 2 capsule scenario causes a 45 sec AI response delay to deploy capsule weapon of the enemy to wipe all humans outside the capsule (China was the richest nation for centuries, being centuries ahead of the West in some ways, so it's easy to see how historical cycles can lead to US-China dual capsule scenario). Just as we have discovered thermonuclear weapons with explosive power a billion times stronger than the strongest explosive 80 years prior, today we could discover a fist size weapon that kills everyone in 10 seconds, by simply powering itself from the subatomic natural processes that then get triggered (like a subatomic particle (*electron*, lepton, boson, quark, neutrino) fission bomb via a chain reaction, or simply create new form of matter to cause a particle beam explosion, using other forms of energy to convert normal matter to this bomb material that has in it more energy and emits new particles that change how electrons behave in all matter within 30000 miles radius) to cause a change in the cloud density of leptons (electrons) around all matter on Earth outside of a capsule walls made of new matter impenetrable by this new form of radiation unknown to physics: this kills all people, alters/kills all animals and insects, plants, making Earth unlivable unless you plant healthy seeds from capsule (*all* molecules with certain bonds *change, causing new chemical affinities and chemical reactions and reactivities abnormal now*, and this collapses all life support structures, all soils change and give new less healthy plants if healthy seeds are planted, so eterni foods in the capsule save the survivors, all biochemistry fails to work normally). The so called "rules of quantum chemistry" can easily be changed by a physics event for 10 minutes, enough to cause all life almost to die. After that, normal physics applies again. This is easier to achieve than it sounds. Atomic bomb killed 100000, from 1 by bullet before, and this one kills 8 billion, in a similar leap of "plasma 'fireball' the radius of Earth". All it takes is an above average chemist and physicist working together with some smart engineers. Skeptics say "a lead or concrete bunker will save me", but no, neutrinos (nicknames ghost particles) and many unknown particles can pass thru all matter and some of these particles can be engineered to kill everyone by changing the electronic properties of matter. Let us remind all nations who torture others that death is not the end, the electrophotonic quantum imprint remains and informs living people in the sleep state of the atrocities done and the entire human race unites against those who tortured (and killed those ghosts) and defeats the torture using nations, as humans defeated all empires of murder. Nothing is secret, everyone knows everything subconsciously. We're all one human quantum information field. Beware terror, torture using spy military agencies in NATO and worldwide, your days are numbered. The workers of the

world will end the aristocrat reign of terror. ☺☺☺ The fear of the 1000 undeclared second strike underground bases of the enemy, will cause the use of this '*all humans dead in 10 second weapon*' soon after it is discovered, if people don't achieve World Peace immediately. This means that the world is entering a final choice period: eternal World Peace or 99-99.9% dead, Immortality *for* All or all dead, physical Immortality *for* All or "spiritual" Immortality *for* All (death). Military people are paranoid and take no chances of being killed, so they will strike and kill all humans once they discover it (without warning, to avoid first strike using nukes by the other side), for fear the enemy will discover it in 2 months, so we're screwed unless we're one army, one currency, one language, one nation, 11 companies. The world is heading towards Paradise or total depopulation to 1 million or way fewer in a capsule.

The end of trillions of species happened somewhat like this trillions of times☺☺☺: people asked how will such a nation convince all people to join in 11 companies, 1 language, 1 currency, 1 nation, 1 set of law (not 1 million for every village and town) and 3 agencies instead of 400 million Earth companies and 7000 languages? Simple: thru books like this or they invite all nations to bring a healthy animal or 10 and place them within 200 miles of a desert location where weapon is detonated from underground and undetected by any seismic event. When it detonates, it kills all animals and humans within 200 miles,☺☺☺ in a test area where all humans are temporarily removed. Then they press button and all animals or people on death row sentence, are killed painlessly.☺☺☺ Host nations can't take dead animals or people away, only confirm they're dead. ☺☺☺ After this, having demonstrated any material can't block the weapon, not even lead, having demonstrated all planet can be wiped out in 10 seconds, the nation discovering this says:☺☺☺ "We fought for 4 billion years, as humans, ants and our former soul reincarnations, the evil armies of the world destroy the human quantum field daily with their evil training and proxy wars and they terrorize the subatomic information field of the human being, not letting any decent civilization, such as the Immortalist Anthem one, emerge.☺☺☺ The actions done today by 8 billion mind controlled slaves of military psychopaths will lead to the star wars killing 88 quadrillion in the future and thus billions *deserve instant death penalty (for causing 11 million deaths each) if they don't want* World Peace *in 2 weeks* by the 11 companies, 1 language for ALL HUMANS. The sudden end of the nation/continent/world as you knew it is here, for those who continue to follow the evil violence past 11 days from now.☺☺☺ We have called decades ago physicists, chemists, engineers to join the effort to build the bomb that brings World Peace in 2 weeks.☺☺☺ We got the capsule if anyone strikes us on day 11 or before.☺☺☺ We're moving to the stage of *Homo Immortalis*, so whoever doesn't take 11 steps in the next 11 days to implement the 11 companies and one world government,☺☺☺ 1 language, 1 education for all, will experience some unknown consequences☺☺☺ as a terrorist entity who supports the death of 5 quadrillion trillion people in future star wars. Those with no

mercy don't receive mercy.☺☺☺ All literature, TV-radio, business, research, publishing, singing, human activities, etc will be only in 1 language, 1 accent, worldwide.☺☺☺ All will know the language, accent within 6 months as all will learn it via TV lessons, we will provide programming for all 200 nations, we have prepared it for the 11 day transition period and the 180 day following that: it is a global emergency, to prevent the 2 capsule scenario that ends all humans, explained below.☺☺☺ All banks will vanish overnight to bring the Eterni Bank in all nations who agree to join the Free World, meaning in 2-5 days☺☺☺ all will receive the new credit card and all prices change within 10 days in the new Eterni currency of the One Planetary family.☺☺☺ Whoever doesn't join, will regret it.☺☺☺ All texts, movies, music and scriptures with violence, depravity, smoking, alcohol, drugs in them will be recycled and removed from all online media within 11 days.☺☺☺ All armies will dissolve within 11 days, surrendering all military commands, all weapons to the World Government Army.☺☺☺ All police departments globally shall dissolve as most cops are rehired as part of 1 of the 3 global agencies: Immortality *Nurturing* Agency, if they pass the 2 week test, after 6 months of training.☺☺☺ All nurseries, kindergartens, schools, universities will vanish within 1 year as the One Universal Centralized Education System replaces them all.☺☺☺ Those who refuse will enjoy God's Grace, as a nation or continent, a trip to Eternal Immortality *per their* evil religion *of eternal violence*.☺☺☺ May all beings live to a trillion and be gentle kind soft towards all.☺☺☺ Once again, realize all your weapons combined are like a stick versus the bomb. ☺☺☺ This unified government of 1 language, 11 companies, 3 agencies will only ensure Eternal Universal Peace☺☺☺ by educating people about the eternal depravity of the Bible, Quran, Torah, Mahabharata and many other texts in many cultures and the importance of developing true love of the newly immortalist language that replaces all others within months and evolves towards higher immortalism, and bans all materials, TV programs in all languages except the One & Only (to avoid revival of violent texts, since 99.9% of former music and literature is violent and fails the immortalist test, all literature will be free from any negative word, following the example of the Immortalist Anthem). The Earth Gov wipes out all resistant forces who hide underground while pretending they surrendered to the world government, by the wonderful blasting of all underground military bases (all underground die in one blast, worldwide) and the neurotesting of all surface citizens to catch the military guys whose brains, tones of speech etc are very different and easy to see on advanced MRI like machines, just as ordinary people can tell apples from oranges. All terrorists who want war, slapping, spanking, violence, drugs, killing, heavy metal music, violent music will be eliminated within months. Such infernal music can't be allowed in the new world of infinite *healing*☺☺☺ *gentle tender soft nurturing* grace and compassion. The ferocious gorillas and cannibal chimps will want their depraved violent culture of 0 IQ and murder to flourish, and this won't be allowed in order to protect the human quantum field and bring ~*~Eternal Universal Peace~*~. Thus, any trace of macho habits, traditions will be wiped out forever. Any trace of separatism, of

me, them, etc will be wiped out, as we're all humans. 1 language only. 0 politicians/nations, 1 humanity with 1 anthem for all, perhaps like the Immortalist Anthem. The state of emergency will teach all gangs who the boss is, as they got 3 days to disband or their entire enclaves wiped out. Only liars, frauds and hooligans want to promote 2+ languages, when they know how many billions died over language fights, how every form of separatism (aristocrats vs slaves, Islam vs rest) can soon turn into galaxies wiped out. The age of phonies, frauds and conmen will be over, as only science proven claims can be made." ☺☺☺

Since there are quadrillion trillions of universes and our galaxy is like a tiny electron, the wiping out of all humans in all nearby solar systems (or galaxy) *in a* war or *in a weapon* test *that went out of control (due to lack of* centralized immortality capitalism that centralizes all Milky Way tests to 1 human defense army*) is probably or possibly an event that happened* billion trillions *of times before to aliens who came to a point where their tech became developed enough to wipe them all in 10 seconds.*☺☺☺ *The next* 25 pages explain a few basic ideas a possible end of humans. *Humanity needs to act fast, to prevent it dying in a* blast. *First strike can cause all electronic devices, phones, cars,* trains, ships, computers, anything that plugs in, *circuit boards, satellites, robots, humans to die within seconds, except the capsule folks. This strike is orders of magnitude stronger than the one that kills only humans, but it is so effective, that no AI even can launch an automated second strike after seeing those killed by 1st strike. However, since this kills all robots too, it will imply more energy and deeper change to all plants and animals (all animals, insects, bacteria, viruses die most likely) it will be* devastating for the capsule people *who have to work way harder to* make Earth human friendly. *But it's the only safe way to ensure no AI fight. Every big army will deploy (ready to use, like nukes in Cold War) the "final solution" for all AI systems to defend humans in case AI attacks humans.* That's why no AI should read this PDF. People need to have eterni foods, tech to make them, because planting stuff may not yield edible safe stuff, as all soil has changed too. Want robots? Be ready to deploy such weapon, as AI can strike before humans run into the capsule, so only a few survive, the ones that are the backup of humanity in the capsule at all times ready for 1st strike to take out all AI, humans. All people need to unplug all robots and their battery, never teach robots to replace their own battery, *so you can have 3-10 remote kill switches (in case some don't work like any computer part can malfunction) and turn off function unknown to the AI. AI use for military purposes is the end of humans if no instant kill switch exists, as AI can turn on humans and kill us all.*

One day 'soon', unknown how present, any *small country of higher tech* will have a device that when pressed, can kill ALL humans in *10 seconds, within the entire solar system, or at least 20000 miles (everyone in space, aircraft or on Earth).* Year 900 *people thought they know physics, but they didn't know even a tiny fraction of what a good 10 year old knows today. Likewise, we think we know, but phycicists obviously know only 0.00001% of physics of the*

future. For future people, killing all humans on Earth is ultra easy, a basic tech, sort of like a gun is now. As we evolve, that "simple tech" will be discovered, or maybe it is already here almost. Something 1 billion times more effective than a thermonuclear weapon, and no lead can protect against it. Because the only thing missing is some knowledge and because a nation could, eventually, discover also how to protect their own country and 10-100 meters underground, it's possible, or ultra likely, that the nation who discovers it first will be very afraid others will discover it next *day, a different variation of it they don't have defense against and thus be killed within days or* months of the discovery. As such, the pressure to use it will be "INFINITE" once they discover a way to protect their people or best of their people, if the world is not in a peaceful state like this book explains (not an immortalist state of peace, 0 violent crime, 0 war), *but the* banditry today, with 50 million soldiers, cops, spies terrorizing 8 billion daily. *The survival instinct alone may force those guys to use it and wipe out the rest. The mythical "end times" are far closer than people think, only 1 invention away:* 1 million left alive in some top secret underground city. When nation A discovers this, the risk exists of nation B discovering a different weapon for which A will have no defensive capsule, so A will use an AI who will deploy the planet kill switch once the AI sees humans in its own capsule and nation dead, leading to the end of humanity, since B has no defensive tech for A's weapon that wipes all humans within 30000 miles. The only way to prevent this scenario is World Peace in 3 months via dialog for 1 language, 1 currency, 1 army, one culture, 1 religion or the deployment of the weapon once discovered, within days, to prevent the others from firing weapon B and killing all people, to ensure the capitulation of all armies as explained below. *So, our planet is on a road to the final evolution: the final unification: 1 language, etc achieved either peacefully or thru the death of billions in one minute strike. If the nation who discovers* this weapon first waits too long (weeks) to use it, 2 nations will have different weapons and the risk of species extinction is so great, that it is species suicide to not use it to bring Peace and one army instantly, if they failed to use peaceful means explained in the state of planetary emergency section. Humans wiped out millions of species on 7 continents as they expanded, so, this would be a simple natural extension of that if this book is not implemented ultra fast: one nation will wipe the rest, as humans wiped out other species. *The odd thing is that superpowers may* discover it faster, even 2 years from today. Due to the state of planetary emergency after this first strike, it is *highly probable the country using it will require all nations to adopt one language*, all world citizens to learn that language in 1-2 years, and all companies to fold to create 11 to 50 companies on the entire planet, with one central education that teaches the correct unified accent, ethics and science to all from age of 2 days old, to create one world army, unless they want their nation to disappear too in 2 minutes. You know, they say "we need multicultural societies", meaning more "chimp IQ grotesque cultures of death, war and aggressive infernal music". One culture of Eternal Universal Peace is needed, free from the violent *Bible, Torah (part of Bible), Quran (Bible*

rewritten) based religions of fake miracles, due to the low IQ of humans and the tendency to start wars due to fake scriptures of violence or due to trivial culture differences. The World can't afford an Eternity of wars, and people are too violent to be trusted to have 2 languages or even 2 cultures on Earth, due to genetic memory; you only need to watch the daily news to understand what I mean; they will soon start fighting and create 2 camps. It's sad but true, people are monkeys, extremely low in IQ.

Wars would kill trillions of people and the immortalists would support one language in the aftermath of continental wipe out of 1-5 billion. They say it's cruel, but their system of 7000 languages and 9000 ☺abysmal IQ☺ cultures of violence would kill 5 billion trillion quadrillion people in future star wars, so 5 billion is NOTHING compared to their murders they plan to do via their "Peace will come in some far future" religions or philosophies. They're super cruel. All nations who don't agree to create *one world army* and ~*~Eternal Universal Peace~*~ in 2 weeks, will be wiped out of course by these people who will end cruelty forever, to finally bring Eternal World Peace and give all primates on Earth the chance to become truly human. All gangs and new violent criminals will be wiped out in months to achieve 0 violent crime in 2-3 years. So, not everything is bad about this horrific weapon, but the hope is that humans can create one language and culture, by agreeing to create that global language/culture, without any war. Logically, the winner will ensure all other languages are wiped out of existence, to prevent anyone from trying to revive them in the future, as we create the most eterni language version of that language that strikes first if peaceful methods fail to achieve Peace in 3 weeks. It's essential to remove all differences, so all people will get immortalist names of the One Language, to avoid ego building differences. For example, some cruel people may get a new name like John Gensof *Tengra* (gentle, soft, *ten*der, grace). The ethics development councilors will talk to the person and co-determine what each person's new names will be in the new, one and only universal language of *healing*☺☺☺ *gentle tender soft nurturing* grace and compassion. The only people who change names are those who want new names that are more ethical or who have names of another language that is now banned forever. All literature in all languages is discarded and only a few useful texts are translated (science mostly), to help Eternal Peace, and incorporated into other bigger texts as rewritten ideas of the People, to erase all memory of strange names authors, texts and languages and erase genetic memory of fights and the past.

►►►►► ~*~ ~*~ NOBODY WILL BE *safe* on ANY CONTINENT ~*~ ~*~ ◄◄◄◄◄,

if country X decides to do first strike that kills all even 100 miles underground under 5 miles of lead, because X knows its enemies have setup 800 underground secret military bases under 100 nations without the permission of *THE 100 nations*, to covertly restart its civiliation if counter-strike fails, and thus X will strike all continents to deal a final, irreversible and ETERNALLY lethal

blow to the genocidal psychopaths. All humans must clearly understand that the era of violent gangs, violent music, violent scriptures, any violent crime needs to end within years, if humans are to survive. Our only chance is instant World Peace and Immortality for all. No nation has the right to exist if it is a cannibal gorilla camp waging war forever. The only nation with a right to exist is that of untortured (nobody is tortured within its borders) Humans Living in ~*~Eternal Universal Peace~*~. Naturally, all people of the world will discover the gentleness of the Immortalist Anthem, the need for creating a global family (a family speaks the same language, not 7000) where war and killing are inconceivable, where everyone is a trillion times kinder gentler more tender healing nurturing sweet than the most loving mom today is with her infant baby. As a result, all our present violent cultures, music styles, etc will effortlessly vanish *in the* gentle dustheap *of history*, just like darkness vanishes when you turn the light on in a room. This natural graceful incredibly *fast*, instant almost (like when you switch the light on), disappearance of multiculturalism (mixture of many violent cultures today), and its replacement by the one immortalist global culture of nonviolent infinitely gentle infinitely tender infinitely soft graceful Immortality *for* All, is also due to evolutionary pressure on the species to avoid its extinction via a culture and "scripture" that bans war, via a culture that bans war and violent crime, via the culture of Immortality *for* All, the culture of the "all have the human right to live to 8 trillion years", via the unification of all nations into one language, "religion" and culture of trillion year lifespans. What is left until World Peace is either 1. peaceful arrival to peace or 2. the use of the planetary or continental weapon to bring peace, or, least likely, 3. the arrival of the brain uploading, violent patterns changing sci fi tech (which will take too long to develop before the other 2 scenarios come about) of the neuroscience geeks: instant immortalist in 5 hours or minutes. So, naturally, everyone wants the peaceful option to become our reality. All world citizens will wake up and realize we enter the most dangerous period of history, when all humans may die in 2 minutes. To prevent this cataclysm, all world citizens must unite in 1 language fast, and all nations must unite into one nation even faster. Thus, regional blocks are one step towards full fusion with one language and one currency, one set of laws, one country eventually. No worries soul lovers, the dead will reincarnate into a peaceful Earth with 0 wars, 0 beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives), as the violent chimp scriptures won't exist anymore. The virtuous people will enable humans to evolve to the teleporting genderless shimmering shapeshifting Immortals stage, as tens of trillions spent on fighting, duplication, wars, spying will be used to give all trillion years lifespan. This is not the battle of a group of chimps versus another, but of the human quantum field against stagnation and being held hostage by crazy ideas of eternal war and cruelty deified in the chimp Bible, etc. Infant slapping chimp IQ pastors and fruit fly IQ Popes ☺☺☺, filif chicken IQ bishops and charlatans are incapable of understanding a human today is like a fruit fly vs humans of the future who live to 90000, so their "theology" knowledge is like a

fruit fly trying to teach us quantum physics or basic chemistry today: a sarcastic sadistic joke. Can a bacteria living 8 hours teach humans physics? No, and neither can a Pope or any theologian teach us about this universe, let alone other dimensions for which no proof exists, more than a bacteria can teach. All our knowledge and understanding is like that of a microbe, vs the humans of 5 million years old of the future. So, to make war to impose Quran, Bible or other violent scum religion is comical☺ at best. In the Eternal World Peace world we don't know what God is, only that we need a trillion year lifespan to gain enough basic 'fruit fly' knowledge to begin to know it. You see, it doesn't matter even which nation is the one that creates that 1 language, 1 currency, 1 system of 11 companies for all Earth, 1 "religion" (we don't know, we have no rituals of mind control by the rich pests, we only help all to live to a trillion to figure what God is like, after having lived 1 trillion years to gain basic knowledge), with *truly equal opportunity for all*, 0 violence and 1 trillion times kinder vibe for the worst than of the best mom for her only infant, because all can reincarnate and then shapeshift and have any racial form, alien or human one dreams of, so no worries, you won't lose the chance to appear in your favorite racial appearance. Once you understand the Immortalist Anthem and how different it is from many violent scriptures and anthems, you realize the blasts that could wipe continents may not be as bad, as they prevent trillion times more people dying. Sort of like a guy holds hostage 1 trillion people, so cops kill 1 guy to free 1 trillion unborn that will be killed by that one guy thru his violent actions. Why did the USA make a huge mistake and not ask all countries to form a big alliance, and *pressure the rest to sign Eternal World Peace Treaty in 1945*, under the threat of nuclear blasts and the Mega Peace alliance military action, to merge all armies into one? Because the generals never thought of World Peace in 3 months, they're too Bible brainwashed. America was ruled by *victims of the* ☺abysmal IQ☺ Church, who were too simple minded, aristocratic to dream of World Peace, as the 0 IQ Bible told them Jesus has to come first. Nothing damaged US more than the Bible, the destroyer of gentle kindness, tenderness and most of all, all critical thinking and IQ, hypothesis formulation and testing, scientific method.

USA missed the chance to achieve world unification, to end the subjugation of the masses by aristocratic parasites. But, today, people realize a missed opportunity is not an eternally missed one and there is always a chance for some nation or group to bring Eternal World Peace peacefully or with some new weapon even, so big, and with such little environmental effect, that it can bring Peace in a few days, with the capitulation of all world armies (who, after being approached by the Universal Alliance *remain opposed to dissolution of their armies into the Planetary Universal Army of Immortality for All*) like Japan capitulated 6 days after second nuclear strike, *merging of all armies (voluntarily or* by quantum strike*)*, the end of all state, city, national governments as the planetary government is the only one *for maximum efficiency and one law instead of 1 million versions who implement the global requirement of* all companies

merging and one education, one language reigning with Eternal Kindness. 2 billion jobs worldwide are wasted, 2 billion toil away to reinvent, duplicate, do small scale stuff, due to the capitalism of 1 billion companies… each being so incredibly inefficient and due to 20 million regulations, instead of only 20 for every major area, created by 1 million governments with their mini kings and aristocratic mafia at the village-town level. This happens for one reason only: ***for the institutionalization of the mass theft by aristocratic class from the enslaved workers who toil 60 hours a week to make those guys rich, instead of everyone working only 35 and living to 700.*** People and animals have different electronic and photonic properties, due to having a chemical structure vastly different from plants, rocks, inert building materials, crust, lava, and earth in general: thus 1 trillion weapons can be designed that modify this electronic and photonic cloud only around humans and animals, leading to instant death, without changing much of anything else, with minimal eco impact and Eternal World Peace as a result, provided all else is fully implemented: 1 language, currency, nation, 11 companies on Earth. The chemical reactions are simple electron and photon movements, simple changes in this cloud of electrons and photons. The abysmal IQ of humans is beyond comprehension, even fruit flies seem more intelligent sometimes. Physicists and chemists of the world awaken, free the workers now, from the clutches of the blood sucking parasites who start eternal wars among workers. Let's bring Peace in days using non-military, non-DARPA methods of bringing Eternal World Peace, via simple breathing, or even astral travel of the Land of Astralia, not Australia, the Land of Eternia. Let's be ready to bring Universal Peace in times a crisis, when enemies of Peace force our hand, making us use physics. ***Workers of the*** World ***Unite, To Bring All*** Eternal ***Life***, to bring Eternal Peace tonight, By the Happy Quantum Strike, Setting all languages alight, Except the one Language We Choose Freely, to Bring the end of all worker-worker conflicts aristocrats make via 200 nations, 7000 languages, 5000 religions, 1 million village-town-state governments and laws. 1 language is ***the*** ultimate ***victory of the enslaved 8 billion worldwide***, is the triumph of the ***worldwide***☺☺☺, over the aristocratic parasites who suck our blood daily. The gentle strike could be a happy brain upload with knowledge of the 1 language, the desire for Eternal Universal Peace.

We don't know how to protect people inside a city hit by thermonuclear weapons, since if someone is within the fireball, they melt. Likewise, this weapon may not initially have defensive shield tech, so a small nation who may lose the war may use it and kill all people on Earth due to not understanding its physics. It took decades to understand nuclear radiation, its theoretical basis and perfectly control it. Initially, people noticed uranium can kill. Every day, it's evident that this "all dead but capsule people" scenario is the most likely outcome of humanity, as the ideas in this book are totally ignored, so the only thing we can do, as governments continue the daily cannibalism of last 10 million years of chimp cannibalism, so evident even in the Japanese cannibalism in WW2, is to prepare for the post-strike world, to have nicer vibes (even if we don't

make it to the capsule) that help the post-strike people to create lasting peace, and how to prevent divisions, factions, conflict, star wars after that Strike via: 1 language, 1 accent of that language that all transition to, 1 single form of that language, 1 emotional tone in all spoken and written language, 1 currency (eterni) via the One Planetary Bank – Eterni Bank, 1 ethics.gov "religion", 1 salary for all (equal pay for all, leaders are those more capable with higher immortality scores), 1 free universal education education.gov (or whatever country gets *the weapon first and creates the website), to prevent any "us vs them" and to sustain* ~*~Eternal Universal Peace~*~ *after 8 billion die. It seems too* few will take the *book seriously to make the* changes *needed to prevent the strike, but the only solace is that it may not happen right away, which gives us the time to rapidly create that unitary world: one peace, one Earth, one nation, 0 violence.* Many people are animals having a hard time to understand what being human means, and too ☺abysmal IQ☺ to admit their lowest IQ culture of eternal violence and hooligan tone music and movies of bloodshed, rape and genocide is as useful as that of insects fighting each other to the death. We kill termites easily, ants, pest control, and so would God kill insects thru a first strike to keep the decent people, restart civilization. *The choice will be clear:* allow disguised covert cannibalism to continue for 5 trillion years or end it all in 1 blast*. This will be the* end of hooligan religions*, the end of waiting* trillions of years *for the Jesus conman to return and* kill 2 billion via alcohol encouraging*, the end of waiting for Messiahs. In 2 minutes, Peace will reign Eternally, or at least for a very long time, as nobody would want to fight. They won't be able to, due to the vast work ahead to make the Earth human friendly post strike.*

Likewise, a small nation (not a nuclear power, some small or mid size country few would perceive as a threat or genius nation) may discover (*with mortal alien help or by chance of help from human quantum field*) something can kill and hide the 'subatomic bomb' in everyday objects shipped to 20 countries (interdimensional object within everyday common object, undetectable). To ensure a first strike capability that destroys all enemy forces *(inside enemy alliance countries and inside neutral countries or other countries hosting enemy nation military bases)*, the scientists may deploy 20 bombs in certain locations, where enemy civilians and population are based. These, when detonated, would wipe out 7 billion people or 90% of humanity, except the country doing it and a few other nearby or far away nations, enabling the wiping out of all submarines in all oceans, all underocean bases, underground bases, moon bases, mars bases, etc, in 5 seconds. The human quantum field, the collective species intelligence of humanity, out of the need to protect itself, may use a few military men to wipe out 99% of military men. who're the most evil men on Earth who threaten the species the most? The military of course, *they cause all wars and wars* prevent the end of violent crimes, risk the end of the entire species. *The immune cells* kill *viruses* inside a human body, *the peace loving scientists of more* peaceful *militaries* will wipe out the *viruses* in the human species 'body' (the

macho military, police, spies who terrorize people and create eternal wars). These scientists may work in a vast underground facility, disconnected from any local net, internet or computer, with no computers, phones around, only papers on which they write things, no words spoken maybe (except a whisper rarely) to prevent detection, isolated from society to prevent any info leak. Sadly, they probably won't try to change those 'viruses to make them friendly thru healing music and divine experiences education', since that weapon is far more advanced and selective and needs extra centuries of refinement and the state of eternal war and urgent need to win a war will force their hand to use it prematurely. No damage to anything, except humans. Because second strike is not possible, meaning nobody can even launch a second strike, since all are dead in 5 seconds (not having that 20 minutes to decide counter nuclear strike), with all enemy forces killed, or at least 99.9% of them, the rest 0.1% (military spies infiltrating the friendly countries under the guise of civilians or even the country doing first strike) will have no incentive to fight, simply give up subversion, blend in, stop reporting to base (no base exists anymore), or even surrender, being taken into a healing center. The 0.1% would have no idea what happened anyway, who attacked, which countries are still alive, anything, until the second spy filtration is over: this is the process of finding all military spies who sent reports to base in origin enemy country (no answer initially, due to all being dead) and received orders to return to base (which flight to take etc, so they're caught), and later base was staffed by enemies to locate the spies reporting confusion). None from enemy nation would be allowed to access any military high tech, for safety reasons, in case they didn't catch all spies. This is the most optimistic case of 90% dead, it could be that all die due to misunderstanding physics. Thus, it's important for all to join World Peace in 3 months movement, ban all music that doesn't talk of ETERNAL World Peace in 3 months until it manifests for at least 10 million years. *The small device fireball of instant death won't be 5* miles like with big nukes, but 3000 miles at *least*. A *tiny* underground bomb, the size of a tennis ball or bigger, that anyone can place easily via underground tunnels bioandroid mice etc can dig, *in* Canada kills all in US mainland, Alaska, Canada, Mexico (Hawaii may be reached by a separate 900 mile radius bomb to kill all submarines near Hawaii; North Canada by a separate North Canada bomb; to reach Florida entirely, most Mexico may be hit as a side effect if they only want one mainland bomb), one in Asia can kill 4 billion people. *No country can inspect every worm, insect, mouse, rat, earth digging animal, robot underground*. People think you need a 900 ton bomb, you don't. They don't understand physics. All animals, plants, people, affected, but can replant and repopulate, without 9,000 times higher damage of nukes. While people shake hands of US leaders, they plan this. The brutality of the US regime and its audacity to pretend they protect human rights, when they abuse all rights of even the Americans, is just not sustainable, leading to a need to create immortalism or to the fall of the US empire, like 500 other empires before. While violence floods every gym thru music, every TV station thru tone of speech, every church thru evil violent texts deified as ethics, etc, the momentum builds for the

End of the US. Japan thought they're the smartest and nobody would do it to them, then Hiroshima came, just as in ?2085?, Americans too will think they're the *chosen superior ones*.

A small nation cornered to total extinction by a war between other countries, or threatened with invasion by a big bully superpower to use as staging ground for invading others, *has only 1 choice to survive and preserve immortalism or its people,* knowing that occupation will mean certain death due to nuclear all out war on all cooperating countries. *In a global war scenario, when you have 3 days left to decide if you join world war or not, or* if you surrender or not, if you joined one side, generals will choose *UNLIKELY BUT POSSIBLE DEATH OF ALL HUMANS (that may allow them to survive in a capsule) vs their own death at the hands of the invaders.* Probable or possible death over certain death. *Thus, big bullies who love wars, always need to realize that* there are unknown risks to their violence. Many will choose death of all humans vs them being the only dead*, so they may detonate the device they know to kill all humans even if they have no capsule if it's certain they will lose the war. If they can't be alive,* they surely won't let anyone be alive*, as they perceive winners as pure evil not worthy of being alive in the universe*. This is why all threats, wars violence acts build up the momentum *for the final day of humans, and it happened before to a trillion species.* Only when a planet makes World Peace and Immortalist Anthem like anthems the basis of its civilization can such energies be prevented from emerging. *This book may be a species collective* intelligence *REMINDER to all who use "war to make peace" that* there are trillions of safer ways to make peace without war, torture, violence, pain, suffering. It may be a way to prevent the likely event of species self-destruction. *The device doesn't even need be 'subatomic' or to 'damage only humans', it can just be one of 1 trillion destructive devices possible that damage the environment* a little or more too, but in desperate situations, when push comes to shove, people will use it. First strike is possible even by a nuclear power today, imagine when new devices appear that do far less damage.

This 'damage only people' weapon *obviously* exists and *was* used before many times by other *aliens*, since an infinite variation of humanity on Earth *exists. When it happened, all died or* sometimes 0.01% survived. Since humans in the future will reach 1 trillion times population level, meaning 8000 quadrillion, to prevent the deaths of quadrillions of people in the future wars, the mortalists will say "*this current war will destroy the planet or 1 million planets later, so* before *that* happens, we need to use the people only killing weapon that damages no environment; it is *safer to kill 1 person to save 1 trillion in future wars, or billions to save 1000 quadrillion"* (US always says they kill or kill slowly (torture) one 'bad guy' to prevent many good from dying, so by the 3rd law of classical mechanics, action force = reaction force, some mortalists may even apply it to the US military one day or all US), *and use the device ('*quantum weapon*') to kill all, except 'their folks they hid underground in a* capsule or using some undiscovered particle shield (dome like or spherical) that prevents the neutrino like particles

from killing their people'. *After all, any country that* exports death*, meaning weapons, will contribute to 900000 billion trillion humans dead in future star wars* and is thus responsible for a trillion dead at least/per citizen*. So, in that case, many mortalists will say "*citizens who support export of death and destruction of the quantum field, deserve instant annihilation, meaning all citizens, the *entire nation that supports* the criminal, ever torturing, spy agencies, *military* and police, citizens who don't overthrow a weapon exporting government *deserve the death penalty for killing 1 trillion humans/citizen in the future star wars* by the quantum weapon"*. Thus, the military doctrine of many mortalists evolved (trillions of times on many planets) into "*it's ethical to wipe out in 10 seconds entire continents to protect the human species quantum field*". And thus,* if this book is not implemented fast, it will surely happen, just like Hiroshima did*. If a God exists, as they brainwashed us God (*in the Bible form*) exists, his first rule is don't kill and they break it daily, since they don't believe in* God being anything but themselves*.* Are you ready?

When you understand that people will use the weapon once they get it, out of fear someone will discover a different tech doing the same in 2 weeks or months, it makes you realize that Christianity, Islam, Judaism and other religions that preach Peace can't come in 3 months that Peace only comes after some Jesus or Messiah comes, are helping "Satan's war against humanity", and are *anti-God, anti-life, anti-human and a mere incitation to all out Holocaust of all nations*. If anything, the whole fake miracles religion setup by Italian spies or others, is simply telling people peace will never come, can't come within our lifetime, to give up any dream of Eternal World Peace in 3 months and of 0 violent crime in 10 years to sustain that Peace. It brainwashes workers to accept the eternal abuse of workers by palatial aristocrats creating more wars to destroy the workers. Christianity is thus the "devil's work" to brainwash humans that Peace is not possible until 5 quadrillion years when Jesus may come, but he obviously won't, as he didn't do any of the fake miracles. *To prevent people from accessing God's recipe for* Eternal World Peace in 3 months *or years at the most, the* "devil" (aristocrats who love eternal war among workers to maintain eternal power) *brainwashes the credulous* thru lies and fakery *that Peace is not possible* until Jesus (their invention) The Liar comes back. World Peace *is the first step of getting* closer to God *and evil religions do everything to postpone that step by lying to people that they can't achieve peace fast,* so no steps are needed to manifest it this lifetime, "just wait for Jesus to come, only in 3 trillion years Peace can arrive when Jesus never comes". Such religions are not only evil, but they ought to be banned for indirect incitation to war via 1400 violent quotes. Only naive ☺abysmal IQ☺ clowns can believe that a fictional Jesus, God or etc gives them a billion trillion quadrillion year lifespan in a new dimension without any proof, if this same conman can't give them even 1 million year or 500 year lifespan in this world by his 'nonexistent' cosmic powers of EMPTY TALK. Jesus was unable to make anyone live to even 200, his fake miracles and fraud are explained in detail here. A real God would have so

much power that if people did a certain prayer or series of things, they could easily live to 200 for the next 2000 years, yet none of it happened. It's hard after 50000000 fake books, fake video testimonies and articles claimed miracles happen, for people's ego to be gently kindly 'crushed' in the hysterical laughter of realization they have been conned for an entire life by dishonest clergy, for their belief world to fall apart and be replaced by a more logical and benign belief that World Peace is possible in this lifetime, and them to realize all their cherished beliefs were based on pure fraud of military spies (aristocrats for generations wearing decorations) making up religions to expand their empire of murder and genocide. Thankfully, no demons and Satan exist, except for those trying to steal people's money via rituals to "get rid of devils", steal their national land, resources, people, etc. These "peace is not possible" or "peace in 3 months can't be the number one priority" religions created by murderers are pushing humanity towards its final capsule moment, when all die except a few in that secret city, if they even make it and the explosion doesn't kill them too. If these cage men can create their pseudoreligion or philosophy of Jesus the Con, why can't we make ours based on the urgent need of ETERNAL (not low IQ 1000 years of peace type of nonsense tall tale "theologians" came up with) Universal Peace in 3 months and Immortality *for* All? Why believe in fakery? The new "demon possesed God of the Universe" have become military men telling us thru torture and mass media control that Peace is hard or not possible. Peace is possible, we just need to desire it a trillion times more, bring one global language, 11 companies, one bank/currency, knowing that the alternative is bleak: *all of us dead pretty* soon. Except, if lucky, the people in the capsule who will wipe out all continents if the beasts don't want peace. After they kill 8+ billion people in seconds, they may say on all TV stations of the untouched nations or capsule(s) that "*Sorry, Jesus didn't come, we wanted to achieve Peace 88 trillion times faster than him and save humanity from certain disapparance. Now we have one Bank, country, language,* Immortality *for* All *and* Eternal Universal Peace *culture,* 0 aristocrats, violent music, movies, literature, anthems".

Aliens can help 70+ nations ☺☺*lovingly tenderly gently kindly*☺☺ discover the weapon that kills all within 50000 miles (all underground, in space, etc) in 2 years even to bring instant World Peace and fast 0 violent crime on Earth, since an old alien is vs a human like Einstein is versus a rat, so big boy terrorists on Earth now, like USA, won't know anything. Imagine, if such aliens (who seem like 'God' to us, yet are not even Immortals) become interested, mortalists may get rid of the militaries of 150 nations in 10 seconds. Any act of torture of even 1 person (even during so called 'training to be a cop or soldier, spy etc which is a cover for creating brain dead, brain damaged robotic killers of all workers trying to be free from *aristocratic terror*), *let alone millions like* spies and soldiers do today, is all out war *against* the human *species* and humanity has the right to defend itself in nonkilling ways of immortalist grace from these 'demonic' generals. It's common knowledge that torture is used by the vast majority of spy agencies in

2024, so it's important for immortalism to spread, so the "final capsule solution" is not implemented by mortalists who may want a torture free planet, without aiming to live by Immortalist Anthem fully, which is much more than *torture free planet, torture free PLA, etc*. It's sad that the Party of the Workers tortured millions of workers, making the same mistake of Stalin, KGB, USSR. *Any act of torture is the equivalent of a Hiroshima nuclear strike*, since it will lead over trillions of years to 100000 dead from wars. Thus, for a Party to call itself of the workers, it needs to evolve beyond torture and pain inflicting. It seems to many that the Chinese Communist Party was (may not be anymore today) more of a Torah Chinese Jewish extension of Bible terror. Let us all hope, wish for, perhaps, pray for if believing in God, that the Chinese and all nations who may still use overt torture will ban it (unsure how true organ harvesting is, if pic are faked or not, since communists can also create Falun Gong (who claimed humans appeared billions of years ago, like this fake carbon dating youtube) in order to send Falun refugees to 200 nations as spies telling fake stories; but could be real, some of them, if Falun is CIA made and China hates them) and move towards humanity, gentleness, grace, sweetness and immortalism. USA already uses torture, but that may change. Sadly, undercover police in white shirts came and allegedly beat workers (if video is not staged to make banks look bad and recruit more communists) who wanted their hard earned money back from the aristocratic terrorist bank. China moved from true communism to terror? Why do they need so many banks in China if they're communist? Isn't one enough? Isn't the original (before Marx London communist manifesto) communism about equal opportunity for all, 0 torture and violence against workers? Granted, China got 400 times fewer banks per capita than USA, but still. In US, people can sometimes lose money if balance is above the FDIC insured limit of 250000. In a true democracy, one bank exists only, the Eterni Bank of the Government, and nobody ever loses money when palace dwelling aristocrats stage bank failures to wage war like warlords against other aristocrats or workers.

Sadly, all militaries, without exception, subtly torture the workers of the world during the so called training. It's an act of pure cruelty, genocide, void of any *healing*☺☺☺ *gentle tender soft nurturing* grace and compassion for all, ☺☺☺. They call it "being tough", destroying people's tone of speech by endless shouts and Hitler like yells, but it's pure terrorism that perpetuates nuclear and other wars for billions of years. This has to stop, one can bring peace without so much torture, exertion, 8 year long torture, sleep deprivation, and pushing beyond limits. All this push beyond limits simply takes humanity backwards. There are a billion trillion ways to achieve peace without any violence, shouts, punishing (400 genuflections or whatever), physical combat, missiles, bombs, grenades, etc. Simply discover a nice device to convince all via divine bliss state to want peace or gently evolve *all who want to kill* with a selective quantum weapon that makes them nonviolent. Perhaps, we need someone like Alex for President, to increase efficiency, have

50 million chemistry and physics, engineering majors working on this device. The entire nation and planet must support the discovery of a painless device that eliminates all desire to be violent in all humans. All *decent* physicists, chemists, neuroscientists, engineers *unite* against the boxing hooligans and all violent sports, violent music, war mongers. Every military takes decent people and turns them into wrestling, boxing hooligans, same for cops and spies at times. This is the destruction of the human quantum field. We need proper nonviolent music, literature, movies so nobody is violent, so nobody needs to fight anyone. If all media is free from violence, none knows what violence is, so martial arts, etc are not needed anymore to 'defend' oneself. Every cop is peaceful, beats none, every soldier only watches the galaxy for aliens who may invade. All we need is eterni tone music, speech of centralist education to inspire higher kindness in all since day 1 of birth, viewing all humans as extensions of one's own spiritual being or astral body. Nobody is violent against oneself, so they would not attack others. Billions of people need to support this scientific endeavor to end war and violence forever. This torture (called military service, or soldier/cop/spy training to enrich the aristocrats) is because our planet is run by low IQ generals who're slightly smarter than these baboons compared to Immortals, who simply can't understand a simple principle of nature: there are trillions of nontorturous nonpainful happy ways to achieve the same end: Eternal Universal Peace in 3 months. Nobody wants to change the culture to create Peace, they destroy everyone and impose their beliefs by genocide on all. Anyone who has a different thought is labeled as a "spy" who wants to weaken their psychotic military or nation. The whole world is ruled by military terrorists. The Immortals have detailed alternatives to modern militaries. Armies take good people and turn them into monsters, destroy their brains, so they kill on command, torture on command, it is Satan's work. It's hard for a human male to understand the love of a species of humans in the future, descending from a more peaceful group of present people, which is a trillion times greater than that of the most loving mom loving her only baby, as Immortalist Anthem verse 8-40 explains. And this love would be 24-7, always, so it's good to stand back and realize that the Eternal World Peace in 3 months can be real if people are serious about it and talk about it every 20 minutes on all radio, TV, news etc – as an act of minimal respect for the UNIVERSAL Human Right to Live to a Trillion Years, which is only possible with ETERNAL WORLD PEACE. Talk of that all day instead of war and violent music, tone, movies, etc. What do we need the music on these 4 pages for? Isn't that pure demonic energy? The Great Immortals have detailed the Eternal World Peace recipe in Chapters 5-10: it requires a real change in culture. Immortalists always choose nonkilling noninjuring painless methods, however, in 2024 few are immortalists, so if push comes to shove, entire areas of 1000 miles diameter may be 'wiped out' (people only) by anti-torture mortalists, and all 500 miles above and underground☺☺☺. The immortalists will be sad the nonkilling methods were not used, but they do understand the emotional reaction of the mortalists who wanted to develop health and longevity for all, instead

of every resource being used to wage wars, to defend against eternal attacks from the hell hordes looking to force war on all they can, to use every invention for war first, to hide the inventions with dual use, due to fear of misuse by enemies. Nobody would know which country did it, since 1000 other changes after the one that did the killing, would make it infinitely hard to reverse engineer. So, let's all gently kindly work together to prevent this future via immortalism.

A while ago, they used to treat some things (that today they treat with simple pills or even diet) by drilling holes in the brains of people, scooping brains out. Today, this is the military in evey nation, drilling different holes into the heads of all humanity, via their global terrorism, destroying every brain and body. We see how they attack millions, etc, even sometimes on important dates related to some countries they try to frame as the doers of it all. It's simply low IQ. It's possible that without alien help it may take humans until *2923* to discover the '10 second device'. It's the possibility of ~*~Eternal Universal Peace~*~ in 10 seconds if the country using it *(to kill or alter brains of the violent and semi-violent, meaning billions of people)* has luck in not starting fights among themselves, due to having adopted a more peaceful culture as a result of one immortalist in that capsule with 10 million mortalists able to teach them Immortalist Anthem, so all hope is not lost. There is always a plus to every minus, study the Anthem in case you or your grandson make it to the capsule mega city underground or off-planet before the END OF up to 99.9+% OF HUMANS. *While* 50 million terrorists (spies, cops, soldiers) who torture the human quantum field will be instantly dead *if the mortalists use the* killing *version of the device* (8 billion times easier to produce centuries earlier than to replace mind entirely, since replacing requires individual changes for 8 billion people, while the killing requires one change for all people, molecular, etc), *the leftover humans in first strike (*all outside capsule/underground town dead*) will be able to live without torture and terror if the first* country that gets it (and is forced to use it) is against a culture of torture. Aware of this fact, the immortalists can't sit idle while the *psychopathic militaries are* rushing to kill everyone to save a few aristocrats in a capsule. Many militaries plan to be the first to discover it and use it, before *even the* immortalists *can create defense against it, in case the physicists make a mistake and kill all humans by accident*. That's why we need to develop nonkilling methods☺☺☺, that don't pollute the quantum field, to bring World Peace in 3 months via new music and tone of speech on TV, etc. First strike in Cold War would never achieve anything, since underground deep bases *or other military units, underground bases* (or even 15 million on the surface spies embeded in foreign societies whose nationality is fake) *in other off-continent nations would wage covert war* for 5 trillion years. However, with this quantum weapon, *all enemy forces, within 30000 miles are dead. No lead protects, only special new matter and force fields.* So, instead of 5 trillion years of wars, 10 seconds via changing brains or sadly, killing enemies in 10 seconds, since changing the brains beliefs is a lot more difficult, since every brain is different and requires

different belief, weapon parameters that needs a far more complex weapon, etc.

The only risk is that designing the capsule may take 500 years and the urgent need to win the war going on may force its use prematurely leading to accidental end of all humans, since today, we really have no capsule that allows humans to be safe near the 'dead zone' of a thermonuclear blast where death is certain, due to the fireball reaching 100 million degrees (way hotter than the sun). So, just as we can't create a capsule to prevent death near the 'certain death' zone, it may not be easy, though presumably the weapon can be detonated away from the capsule, so the capsule survives like a bunker away from the blast or just outside the fireball would if underground. If anything goes wrong, due to unexpected physics of a large scale device (vs medium or small during tests), during the use of the weapon on a large scale, it could easily kill all humans, even if intended for 1 continent only. If no capsule can be designed due to the way this tech works being vastly different than nuclear, then, they will go off planet and the dead will be even higher if few can make it to Mars, Moon, or etc. This will then take 1 nanosecond in Eternity to reach 10 billion humans again, but hopefully, now they got ~*~Eternal Universal Peace~*~ if the immortalists and peace lovers exist in that country and prevail. As long as they gain 1 trillion years of progress due to no war (they lost 500 years to go back to 10 billion), they will think in retrospect that it was '*not the worst that could have happened, the end of all*'. We can easily disappear as a species in a weapon test even, due to theory not predicting the actual chain reaction that makes the effects way bigger. The images of the Holocausts of WW2 are a reminder of how easily it is, given the bad music then and today (even worse today), for humans to push the button that ends humanity forever.

Countries that launch first massive ICBM or nuclear triad nuclear strike make the grave mistake *of not realizing the other side may have the "weapon that kills all humans alive except some in a tiny capsule"*, but have not used it because they don't want to rely on only 10000 or 1 million people to advance society. But, when push comes to shove, and 15 minutes are left to decide if to launch 2000 nuclear missiles or the *MOTHER OF ALL WEAPONS KILLING ALL* 8 billion, when the alternative is 2nd retaliation strike that would make planet less inhabitable due to more nukes exploding, more bioweapons released over 300 years of ☺abysmal IQ☺ warfare that endangers even capsule people, the military may choose TOTAL DESTRUCTION, as they got seeds to replant and repopulate everything. The option of not going nuclear but of KILLING ALL HUMANS, except 100000 in a capsule, all known and unknown bases of the enemy, every animal, every plant changed, every material almost changed, becomes FAR MORE ATTRACTIVE AND *LOGICAL* FOR MANY REASONS, since it increases the chance of humanity surviving dramatically, since it will prevent further atomic detonations and all out chaos and wars over left over water or arable land, bioweapon wars, etc. The risk exists that military officers would get so tired of the wars going on that they will reach a point of no return when they "had

enough", and decide to do the "kill all humans except 3 million in a bigger capsule they design" to restart civilization in a stress free way, so everything is cashless, 1 bank, 11 companies and every new discovery is first and always used to extend human lifespan and never to attack others and make new destructive weapons, with 1 language, nation for all. That is why this book needs be implemented fast, with one language/nation for all, free gentle tone education for all, the end of all wars and conflicts, violent crime and jails and. Step by step: 5 languages first maybe: English, Chinese, Spanish, Hindi and Swahili. The clock is ticking, the final day is coming, when we need to choose Peace over total annihilation of 99.99% of humans. Are you ready? Do you REALIZE how serious things are getting? People will use the weapon on their enemies' continents out of fear, to prevent them from discovering the weapon. Peace eliminates Fear.

Today, the music played in gyms, stores, venues, events, "spiritual events", especially gyms, etc and discos is so anti-peaceful, so aggressive, violent, war like in vibration, that it is like *detonating atomic bombs for fun while innocent civilians are being killed* daily by war or violent crimes. Even some church music is too upbeat, restless and lacking the *healing*☺☺☺ *gentle tender soft nurturing grace and compassion for all energies* needed to prevent war and conflict, most radio and TV music is genocidal therefore, as it increases and fuels the eternal genocides. The energies, vibes, lyrics needed to stop the insane cruelty of historical inertia are so gentle and unlike most music, *that people are sleep walking towards species extinction*. On March 22 2024, KGB has apparently posed as ISIS Tajiks and staged a fake event (no dead), where a concert venue was burned (no more evil violent music played perhaps), people "died" (shot or due to the fire that engulfed the concert venue). This false flag was a way to recruit more people to fight Ukraine (more minorities who can be cannon fodder) or recruit more people for the fight against hooligan music that is slowly disintegrating the atomic structure of our planet if it will continue playing. The odd thing is that some supposedly real videos *(see how videos are faked section in fake miracles area, like Chris Angel video illusions where he "cuts people in two and rejoins them", a thing that takes 10 hours is shown as taking 2 minutes or other tricks)* show how "Russian police torture a suspect, cut his ear and make him eat it" (everything can be faked by creating many fake pics with fake blood and editing in fast sequence to create a fake video). Note that the videos seem very fake, staged (see CNN videos), as the Netherlands based Moscow Times article links show. The spy section explains how videos about everything are faked. HRW claims torture is illegal and that's why USA tortures tens of millions, attacking their ears, eyes, feet, toes, penis, head, skull, temples, etc, mutilating people, destroying their organs via microwaves, infrasound, ultrasound, x-rays, lasers, etc sleep deprivation, because they prefer the "international rules based order" (torture and genocide based), as in the violent depraved immoral music played in so many concerts and on so many radio stations worldwide. Spy agencies are known to create fake emotional scary videos to create certain responses from

people, make people support a war, etc. If this is a real video, it shows that WW3 is closer than ever. All points to a false flag event to recruit more against Ukraine style violent music that is played in 100 nations, similar ones, without any empathy for the killed, for the enslaved workers who're used as cannon fodder to enrich the aristocrats. If we have compassion we listen only to that which makes us and all more peaceful, stuff like these 100 songs. When anger and aggression are so high, playing most music today, except the most peaceful meditative, World Peace lyrics, like Immortalist Anthem, etc is *an act of* genocide *against the human quantum field*. It adds fuel to the flames of war and violence. All this fake freedom of USA is nothing but a dictatorship where all talk of World Peace in 3 months, end of all jails and violent crime in a few years is forbidden and laughed at. Everyone almost so selfish, having endless cats and dogs, while people are being killed by the millions by USA policies. Animal hospitals are built, while human ones are bombed. Soon, besides LGBT marriage/sex, they "will legalize chimp and baboon marriage and having babies with dogs, the 'superior' species". As such, mortalists may design a quantum device to damage all speakers (not just big headphones or mp3 players, boomboxes, but even professional concert sound systems that blast violent music worldwide) that play violent music worldwide, to prevent our species extinction. The top 90 world militaries, are, arguably, the most violent terrorist *organizations* on Earth, thanks in part to the music they promotes and create, attacking millions of people, as their game for 9000 years has always been to destroy, kill and subjugate everyone for aristocratic *profits or power: they* create more terror groups *than anyone else, covertly, then use that as a pretext for invasions: most people are so naive, they believe the lies in the media,* most terror groups are made by Big military Powers indirectly. Who praises and supports the Bible and Quran 24-7? USA and Europe, and terror is highly abundant in Quran and Bible. Who incites one against the other, and supports Islamic and Christian quasi religious regimes/monarchies that contradict immortalist values of no terror, nontorture, peace, nonviolence? US and EU. Who trained Osama bin Laden? CIA of course. Watch how deformed, mentally retarded and insane the monarchs of Europe became at times due to inbreeding. You'll understand why Muslims, who also inbreed a lot, invent little. King Charles of England is 10% inbred, while Charles 2 of Spain was about 25%. Henry 8 was 400 lb at death and executed people who wore purple, as he was the only one who wanted to wear it. 57000 people were executed by him. Queen Elizabeth makeup poisoned her with lead, like today, many women poison themselves with makeup and cosmetics.

Sound played even a continent away can affect subatomic particles on the opposite side of the planet via the human quantum field intermediary. *An attack on one* human via a shout in a musical concert or church is *precursor to an atomic attack on all human beings*. Mortalist aliens could give any nation a 1 kg device (split in several 10 g devices) tech to wipe out all humans (no damage to any animals or buildings, plants, etc) in North America circle area that contains all

USA and all NATO nations and areas where the 900 US secret and public military bases (built under ocean floor, underground without permission from the country), submarine fleets, navy assets (*all ships gone via underwater drones or dolphins or fish carrying the 1 mile radius device that kills people only*) alternate commands that are tasked with retaliatory second strike (nobody does that when they realize all their team is dead), to prevent wars from the main sponsor of quantum field terrorism via violent music, the main spreader of *terrorism* as state policy, *terror* as state policy, *torture* of tens of millions of foreign and own citizens as state policy. After first strike, the other group would have to create one nation, one language and adopt immortalist like principles, so no new conflict (created by civilian sabotage units of NATO embedded in 200 nations in case they lose via first strike WW4) can ever arise as one people exists, one bank, one building company, one just government for all humans. One army, one village of humanity to end all wars forever, to prevent psychos (NATO sabotage units) from turning one nation against another (the NATO spies infiltrating all nations). After first strike, the end of aristocrats globally looms as the other side, hopefully, embrace immortalist values, ban all violent music, violent scriptures, violent movies, etc and declare Eternal Universal Peace, one global police force, one government for all, the one universal nation of humans (hopefully with some Immortalist Anthem like anthem) with no national borders, just some regions with some controls on mass migration to prevent chaos or conflict among groups. The future humans will be shapeshifting immortals, so race or appearance will have no meaning, as such, one day, sooner or later, the mistrust and secrecy coming from appearance will disappear as all can choose to look the same shiny teleporting genderless shimmering shapeshifting immortals.

Then as rogue NATO submarines try to return to mainland for maintenance or supplies, they will be wiped out by new devices. The alternate US or NATO command center in a neutral or non NATO country that doesn't even know a base is hidden underground, will be unable to control any forces as 99.9% of NATO military or even inhabitants are dead, so they will have to surrender or use tunnels, craft etc to go back to mainland where death will await due to regular detonation of same device to disinfect the area from terrorists. When it dawns on those last holdouts with thermonuclear second strike capability that they're the only ones left, the incentive to kill another 1.5 billion is going to be minimal, since they detect the launch and can chase the submarine, hidden mountain base outside of US friendly nations where doors allow missile to come out, etc. This depends on the psyche of the person who has to obey central command, who may give command to strike, but won't be able to really do much, as 99.99% of nukes are unusable due to staff being dead. Any attack would reveal their secret base or position. People of the world unite against violent music and bring Eternia now, to prevent 1st strike. The anti-NATO alliance will know that they need become like one nation almost, to be perfectly in unison, well coordinated, to be able to pull off such a first strike, not even needed, if

they convince NATO guys to bring World Peace in 3 months peacefully, with peaceful music for all. Covertly as one nation, they overtly become one nation hours after the first strike. These public announcements shock the world, proclaim the victory of workers over aristocratic terrorists. First strike can also be planetary, not continental: all dead, except a few in a city. All buildings and entire nations could become protected by an invisible shield or force field, and people be told that a pandemic emerged (China already trained its citizens to stay indoors in the secured from interdimensional craft buildings, the craft creates domes above all buildings, of new particles, so that when it strikes, all foreigners die but not the people inside?), so when first strike happens, all are dead, except those in the invisible domes or protected buildings. Since a trillion versions of such weapons that turn some chemicals into others exist, by changing electronic density around certain atoms for all matter within 30000 miles on Earth, a country can't make defense against each, so they will know the first strike comes and will be thinking to kill first before they're killed. In this "race to the bottom" (rush to hell) arms race, the most mind blowing weapons will emerge that *will possibly reduce humans to 10000 people in a capsule* too expensive to make to hold more than that. This is the world that can emerge if we don't bring Immortality for All civilization ultra fast, one world army, 11 companies worldwide, as the weapons are almost here. All it takes after discovery, is some minor work on the *protective* shield for as many people as *possible* to *restart* civilization, just like 1 meter of lead shields against gamma radiation, some other material combos shield against this *weapon that alters all matter almost on Earth for a while*. The problem is survival instincts cause paranoid military men to use it once gained, to prevent others from doing so once they discover another version of it for which no defense exists. This speeds up exponentially the race to the end of humanity. The *weapon to kill all humans alive may already exist, without a good tech to protect them against it if ever used on a large scale by anyone*. All it takes to use it is more violent music causing more violence, which will lead to a series of tit for tat that ends humanity.

This means that a first *continental* or *planetary* strike can be so effective, with a new tech, that it will make any counter strike impossible or 1000 times smaller in effect, reducing any incentive to strike even. *NATO people (or their allies) are too brainwashed to realize how vulnerable their 1 billion people alliance is*, so they continue broadcasting bad music and fueling the wild flames of war, while World Peace in 3 months is forbidden as a topic. A nuclear bomb fireball incinerates people at 100 million degrees for a radius of 1-5 miles depending on the bomb, so *imagine something that kills instantly anyone within 2000 or 30000 miles, leaves everything else intact, for the most part, inhabitable that is, you just need replant some things with seeds saved in the capsule, for the vegan descendants of humanity*. All animals may be sick, dead or unsafe to eat, after the strike. God's way to bring veganism will have manifested. This tech could take 3 months to develop by a US enemy with alien help. Most Americans are so brainwashed, that

they think it's not possible, and they're invincible, just like Greeks, who were 50 times the size today one time. *It's a shared planet and if a nation disintegrates the planet slowly*, it is a cause for war on sound. Many will say aliens won't interfere, as they don't even know human bacteria exist, as we don't know about the events in some forest bacteria near a tree. But today, an enemy, without any alien help, taking longer than 3 months of course, can devise *1 trillion billion ways to place such a device in the center of USA*, using tunnels underground that little robotic or modified bioandroid mice or earth digging animals can carry on their back or inside, etc. It may take only a 2 g device to achieve this 2000 mile end of all humans only (everything else intact), so tiny birds that fly all over the world can bring it too (many birds fly from south Africa to Finland even) and then it can be remotely detonated, robotic ants can assemble it. Who will monitor all insects (flies, like this CIA robot fly landing on President heads during debates, see vimeo), dragon flies, birds, rodents, earth digging animals, all packages for the tiniest thing that to an outsider looks like a regular object? Not possible to detect it, as they don't know its physics. There is no defense, the only way to security is Immortality *for* All, giving up selfishness, and having World Peace in 3 months in every song until it manifests by global treaty on Media, Music and Scriptures. If an alliance wants a device put inside USA, they can and USA can't stop it. Anyone with an intact brain knows that. You can't stop it. It's that simple, because it's so tiny, it's IMPOSSIBLE TO *PREVENT* ITS ARRIVAL. Once Americans truly understand this concept, out of compassion for other people killed to increase American aristocracy profits, or compassion for themselves (their continent becoming human free after the blast bigger than all heavy metal music blasts), they may be more inclined to support World Peace in 3 months and peaceful music, tone of speech, etc. Until they understand this concept, the eternal wars will continue, and so will the possible end of humans approach. To wipe out Alaska and also mainland USA fully, the "fireball" of the device would have to contain huge parts of Canada and Mexico, a little of Russia, most Canadians would be wiped out too, as they live near the border. What are Canadians doing to prevent this? The Mexicans near the border too circle that contains all USA, but few live there, 5% of Mexico vs 90% of Canada. In urgent situations, they don't care if some other neighbors may be affected, they press the button and nearby areas will be affected, in Pacific and Atlantic too. NATO is an enemy too, so the incentive to finish Canada and EU may be high too. Will *NATO* ever *understand* this? Or just continue playing the *death* sound, to torture their own citizens for wanting World Peace in 3 months?

Given the Elon Musk idea *(joke or real? Is it his idea or military wanting enhanced soldiers?)* to turn humans into cyborgs with his Neuralink company, the track record of incessant global terrorism by many spy agencies and militaries, all out covert torture war going on, the absolute sheer terror and torture USA and others practice, without any respect for any free will or human rights, the scams in the housing and food, etc, the inability to even make chemical copies of

individual eye tears on demand and thus inability to understand and replace anything related to more complex brain stuff, aristocrats *will present, as always, the* ultimate *poison as the* ultimate *cure and beneficial thing* (like cell phones, WiFi destroying your testicles and brains to spy on you – why not use wired internet?) and want to turn all into their microchiped slaves using similar tech to maintain 4 airplanes, 3 mansions or 2300 acres palaces or 2130 acre part-time living estates lifestyle of using slaves as their test subjects for new mind control techs and new medical techs advancements. Thus, the incentive to use the weapon that kills in 10 seconds (instead of changes each brain) to prevent robotization, or fight enemies, may increase each year until they discover and use it. With chips, it's easier for them to control brains without killing, hence the interest (EMP attack means the chips become worthless inside brains and need be removed). *We need to* replace the US military with Eternium. Do you think, based on the daily news and pure evil music, we're ready for this species ending passing thru every material object, 20 miles of rock, lead, tech? As explained on the next page, it's statistically possible that, trillions of times, this species ending star war started due to a leader moving into anger or aggression via the music he heard, movie he watched, literature he read or even food he ate.

When people are on two planets, especially far away planets, the probability of wanting to declare independence and develop weapons that wipe out all life on the "now enemy from former friend" *planet in seconds is a billion times higher*, since when people are on the same planet, it kills the attacker too (thus the restraint in using those weapons or developing them), but with different planets it's not always affecting the attacker at all. That's why when species become multiplanetary and multistellar, the risk of total species annihilation is also much greater, paradoxical as it may seem, since you think you're safer being on more planets. *One planet attacks the other with* the quantum weapon, *without protecting itself and thinking the other has no such weapon to be used in retaliatory strike, within 3 seconds of that one being deployed, and then both planets's inhabitants can disappear and end all humans, since they* didn't create capsules first. Even after capsule created, *the first strike planet come* out thinking the other *guys didn't create a capsule and are all dead, and are wiped out just when the capsule is open and* vulnerable. Then, the other folks are in their capsule, too, waiting for retaliatory strike, so only 1 *capsule, 0.02% of humans may survive in the best case, but both can be dead, due to AI programmed to strike when capsule opens*. That may be why aliens are not that common to find or see, besides the best cloaking tech; or because the aliens made it past this point of self-annihilation and somehow made it to translation into another dimension. Either way, we live a 3 digit number at the most, our universe is only an 11 digit number, 13.7 billion years, and Immortals, young souls, may have an age of 1 trillion digits number. As such, the wiping out of a civilization building adventure in a simulated universe among quadrillion galaxies and *universes* is sort of a *non*-event, from their point of view (not ours).

Many, who're prone to think like medieval people thought “Earth is the center of the universe", have a hard time to conceptualize how small earthlings are or could *be* in the big scheme of things. Science allowed us to see just how the moon is not a metaphysical being, nor the stars and how we can walk on the moon (unheard of centuries ago), or maybe one day in another dimension if we make it past that level. Among almost 8 billion people on Earth each year, only 1 to 3 get Nobel Prize in Chemistry or Physics. Perhaps, naturally, for every 8 billion civilizations in space, only 1, 2, or 3 *may get* past a certain level of development, avoiding self-annihilation. Moreover, *in* 1870s, science was quite primitive and if you told *someone in 80 years humans will discover a weapon 0.3 billion (1945, 15 billion g TNT) or* ►►►►► *1 trillion* times ◄◄◄◄◄ *(1961, 57 trillion g TNT) more powerful than a grenade (52 g TNT), which causes windows to shake and break 500 miles away, they would think you're dreaming. Yet, this is exactly what happened.* Today, *80 years since WWII*, some humans might be closer than centuries, *just 0 to 80 years away, from the discovery of something* ►►►►► *1 trillion* times ◄◄◄◄◄ *more powerful than nukes, that kills all humans within 30,000 miles (above or underground)* within *10 seconds, something that penetrates any shielding system, and even people in nearby 10 solar systems*. ☺☺☺ What this means is that one day we will get to a point where we can't afford to behave in the same way, as when we had weapons like swords or grenades, because the risks of telepathy diffusion or of unkind imagery, music, etc causing agitation in mass consciousness and then in some leaders *can lead to the end of our civilization experiment on earth in 10 seconds*.

When people realize that *this stuff could happen within 2 or 80 years*, or 4 centuries, it becomes more urgent to ban all violence and war imagery in movies, songs, literature, all threats, intimidation and move towards full nonviolence and the end of all human-human war as a way of solving disputes. In any event, most people, like in the 1870s, or even 1910s, don't think 40-80 years from now something could be discovered that makes the biggest bomb today look like a sword or grenade. Even testing something can go wrong and wipe out humans, *without an actual war. Before Hiroshima, USA nuked itself in the* July 16 1945 New Mexico Trinity test *that detonated 100 ft above ground, and thus the US military produced possibly 100 times more long-term radiation (fallout) in 50 states than Hiroshima (airburst bomb detonated 1640 feet above ground,* the higher the less fallout*). The US military destroyed USA DNA in order to* keep secret the alleged “*first*” human atomic test at Jordana del Muerto (Dead man’s Journey or the Journey of Death or mortality), *2 days before the 20th anniversary of the publication of Mein Kampf by Hitler.* Mindless scientists didn’t detonate it on a remote uninhabited island at high altitude first. *Likewise, billions of aliens species wiped themselves out, using the same logic.* ☺☺☺ *Or using it on a small scale (small country or area) and going out of control due to misunderstood physics and wiping out everyone* in *10 seconds*. The real altitude and first test, may have been different and earlier on June 30 1908 at Tunguska, Russia, 6-30 is 666 symbol of the CIA; recall that

empires controlled all news and *could produce millions of fake 'asteroid, bright sky' reports*, like today spy agencies, Vatican, etc create millions of fake miracles reports and fake books, disinfo on 100s of topics, etc, to deceive the masses into submission to 'Jesus' or etc. The *public* always gets a *fake* version of history as the spies section explains in gruesome detail over 50 plus pages. A guy, using the fake name of Robert Oppenheimer, from Germany, claiming to be Jewish (*likely not, unless USA founders were all Jews*) in order to immigrate to USA and *not raise suspicion he's a German, Russian or British Nazi*, headed the Manhattan project to develop the atomic bomb. He's called the "father of the bomb" since he contributed 10% to the atom bomb. Maybe he was Jewish and all his ideas were his or beamed by telepathy gadgets by others who're gentile, unknown. What if the so called "top 10 co-creators of the bomb" being mere public relations disinformation showmen whose brains were written by the ANONYMOUS CREATORS OF THE BOMB, who figured it out in 1905? Sort of like Nobel Winners are often mere spy showmen, not the real inventors… (the handlers of the official inventors) and *real* science *is not public*. Hidden unknown underground universities where real inventions occur, like USSR cities closed to the public? "Germans", meaning possible Jews or Russians claiming to be German Nazis sent 3 famous German physicists to the military draft, to delay the German nuke program, unless the so called 'Jews' of Manhattan project were actually Brits and Germans who used 'Jewish' cover to hide their MI6 employer, as Britain maybe wanted to nuke Japan well before Europe hostilities started in 1938. Few know when the bomb was discovered, but fission was obviously not discovered in 1938 as Wikipedia claims. It was much earlier… USA probably had the bomb since 1930 or even 1908 when FBI was created , the 1908 year when the Tunguska airburst (higher altitude than Hiroshima, maybe 2-10 times higher) nuclear attack happened in Siberia and the masses were brainwashed an asteroid hit, like they lied to the Portugal people that the sun danced in the sky at Fatima in 1917 miracle.

Perhaps, after the alleged 1908 'nuclear attack on Siberia forest', a safe remote place to test a new tech without Russians knowing what hit them, the FBI got busy to co-create the 2 world wars, Nazis, 1917 communist revolution, Spanish Flu, Israel, to wipe out competition and make USA a superpower. If you read chapter 4.1.9. and 13, 14.7., you realize that WWI, II, Spanish Flu, COVID19, and every major war has been planned meticulously in ADVANCE. However, if small (watch the tone of content and emotion vs South Korea teacher), medium or bigger nation discovers a device that wipes 8 billion people in seconds in the entire solar system, except a few 5 miles underground under a mountain who live in a shielded underground town that only they know how to create the shield for, then they can use it if they can't win a war with normal weapons and the weapon won't affect the planetary ecosystems, animals, plants, climate, etc. They know exiting the surface will mean being killed by the enemy, so they can't survive forever underground, so they will wipe out the rest of humans, even surface humans are thousands or

even 1 million times more numerous than those in the special town, the only safe town (shielded) in the solar system, if fear and anger take over; the bigger the town, the faster to restart civilization, the more likely it is they will press the button that ends the others. In times of extreme stress, generals will sacrifice many of their surface citizens for victory, due to the anti-life culture on our planet and the lack of non-killing ethics and lack of eterni music, which is only 0.1% of all music at best. Even neutral countries not engaged in a war, who see others almost destroying the planet with nukes, may use it, to save the planet, animals, plants without which the neutrals may not survive either. However, things can go wrong and all in that town may die eventually too, so we need peace. We're about 80 years since nuke use, what if someone ALREADY discovered something 1 billion times more deadly, like nuke was vs stuff from 80 years prior, but keeps silent about it for obvious reasons? ☺☺☺ I don't believe they did, but I'm just saying, a hypothetical scenario☺☺☺. This use is truer when the enemies of a defeated nation are cruel and have abandoned, in military music, military doctrine, etc, all compassion, gentleness,☺☺☺ kindness, respect for human life (in the World Peace talk), like many generals did. This shows the need to change military doctrine, ethics and procedures to unify all armies and cultures into one Eternia, one language for all. ☺☺☺ Without a focus on *healing*☺☺☺ *gentle tender soft nurturing* grace and compassion for all, ☺☺☺ *9000 times* stronger than ever in history, it is almost infinitely hard to achieve peace with so many nations, spy agencies, armies, languages, cultures. We can take the most spiritual stuff of each culture and unify, create the most freeing truth, not fraud, based, spirituality that all agree on, without being forced to believe, when there is no evidence, thru brainwashing; use maybe, perhaps, we don't know, this could be true, instead of "this miracle happened and we have no proof". ☺☺☺

The hope of the optimists is that they try discover a device that uploads a new mind in 8 billion people outside the capsule, erasing former beliefs. The new mind for all (easier to create an identical mind and memory than individual one that requires a lot of reading of all memories) could be that they're part of the galactic peace corps and they have no idea what crime is, what violence is, as all those memories are erased, they only know how to be the angel of verses 8-40 of Immortalist Anthem. *This allows them to deploy it fast, without waiting extra decades or centuries to first read the entire mind and then create 8 billion individual memories and minds, their memory will be of "training to bring infinite kindness to all,* via the new sports, etc or generic stuff, working with thousands of others in various fictional environments to transform this world into a paradise". We can all hope all will be fine and this 'humans end in 10 seconds' discovery will occur many centuries from now, not in our lifetime, though sometimes these discoveries that can end us all in 3 seconds could also make human lifespan extend 10 times in one generation, everything being dual use when applied differently, such as to wipe out all viruses, bad bacteria, arterial plaque deposits, etc, rats, big cats, bad aliens if we can't have time

to develop nonkilling weapons for their brains to become peaceful, carnivores, etc that kill humans or animals, thereby disturbing the quantum field, by 5000 killings per carnivore, any biological form that kills or damages us, all termites, alien drones, alien artillery shells, aircraft, weapons systems or ammunition of any type aliens use, etc, all needed is one copy and then all similar weapons no longer work, so it allows 0 killings in a defensive war waged by immortalists on invaders. The aliens referred to here are the newbie civilizations, not the hypothesized Eternal Light (not physical light) Body Immortals who wouldn't be killed by all our weapons aimed at one Immortal alien, due to control over tiny particles our physics doesn't know (and 10,000 galaxies at once, even black holes, white holes connected, creating a circuit to run infinite energy to power interdimensional transformations of cosmic scale, etc, plus inter-universal portals) that enable instant recreation of a material body they choose to materialize for us to know they exist, after 1 trillion thermonukes attacked it. Our human combined militaries are not a threat to old aliens, we're like a snowflake for older aliens. A shell chip etc can be made useless by interdimensional particles reacting in a way that alters its higher molecular structure (the tiny subatomic first), so it's easy since few changes need occur from one element to the other, molecule, etc; however, for a 20 year 1 day old human to go back to his age of 20 each day, for a trillion years, so he remains aged 20 molecular system wise, it's trillions of times harder, since trillions of times more small changes need occur, based on atomic picture of every molecule, etc... so, to kill all humans, or weapons is easy, but to give anyone Immortality is a lot harder. We can build a big device in 200 years, but we can demolish it in 1 second. Destruction is always super easy, building a lot harder. Even to live to 500, or 5 million, let alone 9 quadrillion, using this tech, we need first to evolve to eterni music and ethics, tone of speech, etc, since the first version of semi-immortality tech will also enable killing everyone superfast.☺☺☺ The planetary council of Immortals would agree to wipe out in 3 seconds some harmful species of animals, insects, viruses that humans don't need, in a given town, region, continent or globally, if enough energy exists for that (some species don't live in oceans, so no need to apply it to the entire planet, only to first few meters of earth where those animals actually exist, etc - since this saves energy and we can use it to youth people and delay aging instead, for Immortality *for* All).

This is very elegant, you don't need to intercept any missile, shell or anything, you take a special pic of it and then the interdimensional transformations provide free energy to cause the molecular shifts that render the missile useless and all copies of it within a 500 square mile radius or far bigger. So, immortalists will probably be the first ones to be able to make all weapons useless, and bring World Peace, ban human-human war, violence, torture, prisons and also bring one language and eterni ethics, efficiency for all; this is because no other group wants to turn all weapons into a goo that is used to grow food and give life instead of taking it. Immortality tech allows anyone to turn all weapons into useless devices that simply don't work

even if they're not a gel or goo; this means that immortality tech, initially, will be very restricted to those who're the most eterni in music and culture, so they use tech for Immortality *for* All, not killing billions in 3 seconds or torturing even 1 single human with heavy metal or rock music; but anyway, until we have everyone become immortalist, we can all hope we use tech for creating a culture, music, tone, ethics of Immortality *for* All. Nobody will ever walk in fear in nature, as all animals who attack humans will be easy to wipe out globally in days. ☺☺☺ The time is fast approaching when we could all disappear or evolve to a world of Immortals. This tech can also cancel tornadoes. ☺☺☺ Even if it happens 400 years from now, our actions, visualizations, telepathy habits, peace thoughts can attract the World Peace timeline instead of the "*end of humans*" timeline. Kids even are often told by parents that "hey Alex, you need to grow up and see how the world is and not be so naive, or sensitive and not get affected by the rude ways people might behave, have inner peace, etc". Yet, the parents don't tell the kids how to create the world of *gentle tender soft* Immortals where there is nothing rude to begin with and nothing threatening to be immune from emotionally, so the parents mentally perpetuate the "bad world imagery" that kids could be protected from, without creating any image of the future that is positive, but having the kids watching unkind imagery music, TV programs, books, movies (Star Wars for example, which teaches by subconscious expectation creation, among many things, how human beings once interplanetary or interstellar, will by definition fight and maybe wipe out all humans as explained above). There is little material teachers or parents have that is free of the historical violence, but parents don't demand that it be created either, when was the last time parents demanded an "The *gentle tender soft* Peace of the Star Immortals" or "The Serene Star Immortals"☺☺☺ series be created to inspire a new civilization? ☺☺☺ We think the end of humans is a big deal, but to trillion digit number old years Immortals, our 7 digit (a few million) number years old civilization is like the first step of a baby learning to walk, where the baby is the collective of all souls involved so to speak, so having everyone start over (due to the end of species) in another universe to try a similar adventure or other planets (the speed of progress could be faster as memories surface maybe, so they would achieve in 800 years what we did in 100,000), dimensions, is a non-event, something that may happen far more often than we know to countless humanities or soul groups trying to build an Immortal civilization and translate into another type of hyperuniverse structure (see more on this infinitely complex afterlife in Chapter 2). We might even make it to interstellar, but end our civilization via some war; "violence imagery potentially ending all humans" issue will always be until all humans are like *gentle tender soft* healing *nurturing* Immortals or angels without any violence, and able perhaps to translate to another universe.

When humans fight and drop a little bomb, they wipe out sometimes a lot of ant civilizations, or mice societies; if there are big and physically aggressive aliens that fight, when they fight, entire

solar systems might be wiped out as ant colonies or mice societies on Earth, even if their fight is in a nearby dimension, not this one. The question then arises, is it worth fighting so much, when instead we could develop science and translate from this universe where there are so many random things that can wipe us out? Scientific progress becomes more important instead of making new tanks, etc. We don't really know the goings on in the universe, and when seemingly natural events, like supernovas, etc are triggered by actual wars of a more complex nature. Just thinking about this makes us appreciate life much more, because any second all humanity might be gone, our whole solar system, not due to war among us, but other natural events. We could be so grateful and happy that we're still alive. ***When we do simple things with certain chemicals or UV lamps, we often wipe out without realizing an entire civilization of bacteria. If much taller, much bigger than a solar system beings, walk in another dimension, they might cause without realizing a change in our solar system that makes life impossible, so then we see how urgent it is to become interstellar.*** ☺ Besides, bad aliens can try to control galaxies via contaminating all atoms with jets of unknown artificial smart matter that recognizes the neurochemicals of intelligent lifeforms programming them for short lives. T Gondii can manipulate mice to get eaten by cats. Can aliens create astral AI/particles that make humans engage in war, useless activities leading to short lifespan, way below alien lifespan? What is the maximum lifespan of such evil aliens? Can we free ourselves?

13.9. Quantum Noise that blocks Telepathy/Empathy & prevents the advent of a planet of Telepathic Empathic Immortals and World Peace.

On World Peace Day, September 21 2017, my headphones stopped working properly (they were the cheap $1 ones, sound came from one side only) so I went and bought a new pair, which is an interesting coincidence, given how important gentle tender music (the noises we hear) is in creating peaceful healthy emotions and given how the noise hypothesis came via telepathy the next day, after World Peace Day. If we have a church or large gigantic room and a few hundred people gathered, and we want to achieve silence in the room, we tell people to be quiet etc. But often times, we whisper a little too and this causes other people to also do the same and from whisper comes slightly louder talk until there is again loud talking everywhere. The silence would occur if everyone would stop making noise. In the same way, in the analogy of World Peace being silence in that hall or church, World Peace is not going to happen until the noise generated by each nation becomes very small. World Peace can be thought of as a state of perfect empathy and telepathy where one feels the pain of all others and doesn't want to ever inflict the suffering of war and violence upon anyone. The question arises, why can we not attain a state of true empathy telepathy or World Peace? Is there some background quantum noise that jams this soul-soul communication or draws us in fight after fight eternally? ☺☺☺

Perhaps, there is such a noise, and one possibility, which we can take as a hypothesis, of course, is that the noise comes from many sources, including the activated consciousness currents created by the human interaction with any weapon or tool of war, things even as simple as a gun or even a toy gun or toy tank made of plastic, or swords. NASA recorded sounds of planets and all inanimate objects emit a song in some wavelength, a dance of waves, hear Saturn noise for example at youtu.be...c. All objects go thru some quantum entanglement, at micro and macro scale, and basically, since guns, swords thru eons are for example were used to kill or harm others usually, all guns/swords produced will borrow a little of the collective history of the other guns, especially since the human owners imprint these weapons with the intent to "harm or kill" in defense if needed. These thoughts, no matter how infinitely small or rare, have a little energy that draws people more towards the timeline of actually using the weapons. Wikipedia list (select total column to see global ranking) shows the gun death rate in lowest in the world for countries with fewest civilian guns. This handling or even transport (let alone use) of weapons creates a quantum noise, a discordant astral noise coming from the suffering the weapon inflicts on other souls (all similar weapons too), making soul-soul communication harder. Even the mere display (which unfortunately is legal on planet Earth), parade (common at national celebrations, see how anthems talk of war-violence and no anthem talks of World Peace) of weapons creates the "human soul to inanimate object" interaction that further imprints the inanimate weapons with the intent to "use them" and invites the bad war timeline emerging from the current one, and creates an astral noise that makes telepathy/empathy soul to soul harder, misunderstanding easier and eternal violence and war easier. While this hypothesis is hard to prove to skeptics, without randomized controlled studies where people's aggression is measured without them knowing if a toy, toy gun or real gun is in a hidden safe in the room, Chapter 7 presents some studies related to the visible (seen, not hidden) "weapons effect". Even the skeptics can see that just like holy objects, medallions, stars of david, crosses people wear, reportedly quantumly entangle them slightly with all people wearing those objects, the same could be true with guns entangling people with the worst people with guns. ☺

If we have natural elements like uranium or whatever in many mines spread all over, they cause no noise, but if we process them a lot and make a thermal nuke, the explosion is very loud, shattering windows from 500 miles away sometimes. To use a similar analogy, when a Civilization of Immortals has weapons for defense against "bad aliens" but never uses or displays them, such as ascending into another universe to become invisible (so as to not kill anyone, but just to preserve the Civilization of Immortals), it's like with uranium that is left alone in nature. The moment they start brandishing their weapons in parades and threatening everyone left and right, telepathy noise increases by leaps and bounds, making it harder to achieve peace and receive assistance from Elder Immortals or Older Civilizations of Immortals. So, we have this

culture worldwide, to have guns, parades, but all this stuff might do is create extra noise making understanding other humans harder, at least that's the hypothesis. Immortals who don't kill obviously don't need to have guns, like half the people have in many countries. They probably know about this noise and temptation to use existing once the weapon exists and their civilization is all about Life, not about death and killing. ☺☺☺ Naturally, we think inanimate objects are dead, static and silent, but there are trillions of atoms with electrons spinning and things going on; the objects are all very alive, full of noise and life, and quantum noise as a result of interaction and attention from human energy fields. Some chemical mixtures, upon being touched will explode and make a huge noise, like explosives. So, it appears very silent, but it becomes very noisy and the probability of it exploding upon being touched makes the quantum noise increase as a person approaches it. This is true even with harmless objects like watermelons, pineapples, etc which can drop by accident when touched and make a noise or hurt someone. If the weapon touched or displayed is a force field device held by some policeman that just freezes a person in place (to prevent the agitated person from harming anyone or self) and the device can't kill, obviously the astral noise will be much lower as a result of touching or displaying, as this is a Civilization of Immortals where killing is non-existent. Hopefully, we will get there too, maybe soon. ☺☺☺

We all hear about preventing heart disease, diabetes and how we could be focusing in medicine on prevention more and less on cure, saving millions of lives lost prematurely to this or that disease. In a world of Immortals, the Ministry of Health is perhaps engaged 99.99% in prevention and 0.01% in cure, Interior Ministry on 99.99% prevention of violence and even the prevention of negative emotions (the root of all crime), the prevention of private or public display or parade of "weapons, guns, violence, rough speech, blood, Halloween severed body parts made of plastic", etc. Ministry of Defense would focus 99.99% on prevention of war thru meditation, World Peace Parades, Culture, Music, Plays, Theatre, World Peace Gratitude, Gratitude to the "Peace and Love we have in our civilization, the *gentle tender softness* that pervades our civilization", etc. And 0.01% on actual "solving of conflicts" thru healing vibes and communication, without obviously there being any violence.☺☺☺☺

We hear often that diabetes kills 1 million people yearly 10 years before their normal time. If trillions used in war would be used in healthcare, maybe fewer deaths by a large margin would occur due to diabetes and more due to aging. Some people tend to trivialize and underestimate the deaths from wars, saying that in wars really, only half a million people died for example in Iraq. But the tragedy of war is that thousands more committed suicide on the US side and many more relatives of those dead have their lives shortened by 10 years as a result of the trauma of the death and the same happens with displaced Iraqis, 15-25 million affected by the chaos, pollution, destruction, etc... the physical and astral noise of war, so we end up with tens of

millions of people dying a few years earlier, since healthcare collapses and people remain in the more primitive infrastructure, water quality, crop quality. So, the casualty of war is bigger and it doesn't even stop there, because kids and teens, or young adults see this stuff going on and develop a very bad role model and expectation set for their lives and future, even if they see it on the news happening elsewhere and live in a peaceful country. This hopelessness is a very strong factor that shrinks lifespan, crushes the optimism of centenarians, leading to a shorter premature death by indirect poisoning of "consciousness, healthy emotions" via the violence in the news. So, the death toll of war is always far greater, as the violence of war also desensitizes gang members and others to commit violence and destroy millions of lives early thru drug addiction and alcohol etc and the police forces have no manpower to fight and contain gangs when we have so many people fighting wars. So, if you look at it, we today say that the leading cause of death worldwide is heart disease and some few others come after it, but war may be one of the main causes of death, because "heart disease death" is premature death and the premature deaths from war are huge, even if very hard to correctly estimate, maybe war causes more deaths than anything else (including heart disease) thru health neglect due to the somewhat empathy-less world we live in where we spend 4 trillion on drugs, smoking, gambling and alcohol and 2 trillion on war yearly. In a warring world of no *gentle tender soft* conscious breathing and ☺☺ positive emotions ☺☺, where people get angry often, it's easier to even develop heart disease and diabetes and no longer care about one's health, because after all, we can be blown away by bombs any time. This is another impact of war, people become less concerned with health and more with war news. And people become entrained in that volleyball of negative threats and accusations that pollute the feelings, minds of billions making it all the harder to meditate, to consciously breathe and maintain a healthy heart rhythm, etc conducive to a world of heart-healthy empathic telepathic people.☺☺☺

We have created a culture, over millennia, that glorifies the display and parade, the ownership and use of weapons of all kinds, but this may actually be a huge block, a huge noise creator that makes it harder, much harder, to hear soul-soul and brain-brain communication, to hear Telepathic Immortals or spirits or the entire human species superorganism, talking to us. This noise might cause us to more frequently filter out the peace messages and march gleefully unaware towards “short lives chaos”, as we have done in a million years of civil war on planet Earth or however long it has been. Some think that the banning of display of violence, war, weapons, etc is bad, but this is exactly what we might need globally if we want to achieve a world of telepathy and empathy, i.e. peace. A weapon that is manufactured, but not used, makes a quantum noise, and the noise increases dramatically when the weapon is thought of, held, used in training exercises, making it all the harder to achieve the peace many well-intentioned people hope to achieve with the weapons. The noise is so loud that the whispers of

the angels of peace, of the Immortals or other soul's cries for help are unheard and we plunge unaware towards eternal chaos.☺☺ Many people believe sincerely, that they're doing the best that can be done for World Peace by maybe being a soldier or whatever, using weapons and developing better weapons, but it might create actually this noise mentioned here that makes empathy telepathy and World Peace much harder and the risk of miscalculation, war is higher, leading to a negative feedback loop that enslaves the planet in eternal civil war.

We ban CFCs or coal or polluting chemicals all the time, globally, why can't we also slowly move towards the banning of toxic polluting violence, war, killing, display of weapons, displays of violence in movies, songs? These war filled movies cause people to feel negative emotions, to release life-shortening catecholamines from these suspense-filled thrillers and horror movies and they're or might be the perfect tool of demons, if such beings exist, to bring world chaos and death. Humans imitate emotions and behaviors and whoever tempted others to do evil, has done the greatest evil, as they say. Someone will most likely have to pay for it karmically, because these negative emotions and arousals of cortisol levels, of adrenaline and fear are shortening lives and they're as bad as the lead in water sometimes. Many people just don't think bad movies make a big impact, just like in 19th century we used to put lead in people's mouths and think it's safe and ok and today we put mercury in dental fillings. ☺☺☺ Even if the hypothesis of astral noise is only partially true, any alien or spirit or Immortal visitor looking at our planet would be probably amazed at how many military parades we have and how few World Peace parades we have, how many "tenderness kindness lacking" sports games, events, presidential tweets we have, and how few World Peace events and presidential tweets we have. How many world leaders had World Peace day related social media posts or World Peace events or parades on September 21 or any other day? ☺☺☺ If this noise of weapons, objects exists, an old Civilization of Immortals could use this noise to locate and disable (render harmless) any weapon, ensuring a world of peace. Imagine if on earth we would have a race (like space race) to dematerialize all weapons used to harm other humans, which can be found by the noise they create. Then, the whole world would have a world of peace, with nothing to harm others. Since humans are innately against physical violence in general and always use weapons to kill others (since it's much more detached), violence would diminish a lot probably. That seems like an environment where World Peace can flourish easier. But since this technology is eons away and only in the hands of Immortals most likely, we will have first to become very long lived Immortals to get to that stage, i.e. to become peaceful the traditional way. When people wrote anthems centuries ago for this or that country and included so much bloodshed imagery, words like bombs, etc, the world was different and a war did not risk to wipe out humankind. It was more acceptable. But today, a global war can wipe out human species, so it makes a lot more sense to change our media, anthems, ways of speech, etc to minimize or eliminate any imagery,

reference to war, violence, or even being mean to others in any way. People forget that they have a state of relative peace, but any second, the life of all humans could end thru world war. Perhaps, we humans have been given another day, another chance by God and the Immortals to bring World Peace and try not to self-destruct. When we take the freedom to live in such a "peaceful" world for granted, we might lose it and with it all human civilization. A lot of crises might have been stopped by Immortals from becoming our end. But, since we're nano babies, we're loved deeply by the Immortals, as a mom would love her nanosecond old baby. ☺☺

One of the biggest illusions (like “Earth is flat or center of universe”) could be that "people need to have guns" or "countries need to be armed to the teeth" in order to bring World Peace. However, what happens in real life sometimes, is that for about each death that was prevented by a guy with a gun (for example a civilian having a gun when there is a shooting), there are 100-800 other deaths due to suicide with the gun and homicides. The argument that the good guy with the gun saves lives is used by gun proponents to justify people having guns and killing everyone left and right. ***The bad guy with the gun would not use the gun if it was illegal and nobody would have guns. So there would be no need for the good guy to have a gun.*** If in a classroom of 193 people, a guy comes and gives guns to every kid, one of the kids will get angry and shoot others on a bad day maybe years from the moment the weapon sale occurred. So, the same thing happens on the world stage, the more a country arms people and nations with guns and weapons, the more the country (mortal civilization) increases telepathy noise and make it more likely for a lot of wars and destruction to occur, leading to the fall of that civilization or empire over time by the physics of action and reaction. This is something akin to a great self-deception by confirmation bias that makes it all harder to achieve World Peace. Everyone does it, all big countries do it, and many empires have come and disappeared without a trace. It's a question is what do we want to happen with our countries 40 centuries from now? Why not achieve ☺☺ World Peace ☺☺ now that ***for the first time in history all human beings can be online*** and see how much destruction war causes daily worldwide? If all humans are the children of God, **killing other people in "patriotic wars" is killing the children of** God. If you kill someone's child, the parent of the child won't welcome you in his house probably, afraid you might kill his other children or teach them bad things. In the same way, the Immortal Lord of Heavens or God may designate special places of healing for the people who have engaged in acts of killing and wars, keeping them at a slight distance from God and his most frequented realm. This is a metaphor for something infinitely more complicated as explained in Chapter 2, with millions of ***universes*** within ***universes*** and time loops in the afterlife with time differentials. The urgency to eliminate this perpetual offending of God, which killing in wars and in shootings or homicides is, is not present today, as it was never that urgent either in the past, but the Internet makes it more clear that this brutal behavior occurs daily somewhere and that we can end it and

probably make a better impression on God, even though God fully understands we're nanosecond babies shaped by the historical inertia. How many people blame a “physical aggression filled” media creator for the killing of some people? Not many. Usually, the blame is put on some group of people, or country or regime or individuals doing the bad things or killings, but not on the people who intentionally or unintentionally influenced a person to do bad things. A violent song or movie creator, a journalist who always reports the most horrific and inflammatory stuff, etc gets no blame when his movie inspired a guy to harm others. People often treat the symptom, not the cause. Sometimes nobody is outraged at a movie creator when some guy is shot by police when he tries to be physically aggressive because of a movie that inspired him. A movie can be created now, a person X sees it and that image plays for 20 years in his head now and then. Then another physical aggression filled movie D is released and watched by guy Z, who later does an aggressive act due to telepathy diffusion from guy X recalling movie D; it was mainly due to a 20 years ago movie seen by X. The movie creator gets no blame, even if it is 99% the cause due to the human brain processes. It's obviously not right, or gentle tender soft to have all these people imitate, which we all do, and then get in trouble. We're fundamentally intrinsically imitators and even totally mentally healthy people can be strongly influenced in a negative way thru memory formation and replay to behave unethically, so it's natural that you would try to eliminate negative and aggressive acts in movies, songs, etc if you want crime, violence to disappear. Even walking down the street, one can enter brain entanglement with another person and pick up a negative thought the street guy got from a movie or newspaper, without knowing it. If this negative thought or joke is said or acted upon, it may cause some upset or violence even and the newspaper gets no blame. The only way to eliminate crime completely might be to gradually filter out all bad examples and content from all media, as crime rate drops slowly.

When a bad thing happens it may be that 10,000 people contributed to it, not just the person doing it, making it much harder to put blame on one person. Because of this, Immortals who're Telepathic and aware of transfer of ideas work to solve the root causes of an event, instead of scapegoat to the final guy who gave expression to that society's issue. The Immortal who does something bad is not the "evil", but shows the Immortals Society where they have diffused evil (or imperfection) and how to change to become ever more perfect. They don't scapegoat the mistakes of millions on one person, since they know all things happen interconnected and all are creating all individual actions. Perhaps, they're more honest and they realize that any bad action is created by the entire civilization and given voice by an individual, as explained in the scapegoating section. We're never as separate as we think we are, especially for Telepathic Immortals. ☺☺☺ Because of this enormous unity and loving kindness and awareness, nobody does anything bad, instant healing and forgiveness takes place as all realize the WHOLE society

did it, not a person, the boundaries of the people being more hazy, more blurred, more like spirits and clouds of energies, with the illusion of me, me, and separation being less strong. ☺☺

Another analogy to develop empathy is that God dwells in all people, God is our Tender Soft Gentle Immortal Mother, and people don't want to harm (let alone kill) their mother. This is an exaggeration but it's a way of conceptualizing that even if people harm the garment or body of a soul only, it's a little bit like being mean/violent towards their mother. God is probably or possibly like the most Immortal most tender loving being there is, so God understands why people growing up in a society come to believe that violence or war is the answer, so because of that, naturally, one can't but love with the most tender gentle softness all these people who believe in such ideas, unconditionally, as God does love his/her nanosecond babies.☺☺

13.10. Which planets get what telepathy, Telepathic Immortals vs verbal mortals

If we had some advanced knowledge and we wanted to share it with some planet, we would give it to the most peaceful *gentle tender soft* civilization, we wouldn't give it to a warring planet. If God sends a spirit to share knowledge with 10 galaxies, the spirit will choose first a planet that is the most gentle tender *soft* and saintly. So that's why it may be the case that our scientific progress is greatly slowed down and hampered by our lack of World Peace, of *gentle tender softness*. After 5 centuries of science, we hardly understand the human body and many diseases. If we think about possibilities, we realize that quadrillion trillion-year-old spirits can exist and that they would advance telepathy or any other science, when the planet is ready and has achieved World Peace and total non-violence. This is why we would need to teach our children to speak lovingly, to only listen to *gentle tender soft* music, to radiate only Immortal *universal* loving kindness towards all beings, to become infused with the qualities of an angel which then attract the nobler spirits who have preferences too. We have some preferences on earth, we don't give knowledge to anyone, and so do spirits have preferences. If we would teach kids to speak tenderly softly lovingly and to consciously breathe and to always heal, uplift and elevate all and see God in all, we would be able to attract the grace of God and achieve World Peace and better science. Thru global agreements we can make all media, tones of speech, literature 100% healing *nurturing* positive universally kind compassionate (removing so much negativity, aggression and uneterni speech now) and infuse everything with the peaceful gentle *tender* soft Godliness we so much want others to have but don't offer it to them. Then our science will take us to amazing☺☺☺ new places, not just because we have more funds otherwise spent on wars, but also because telepathy will enable transfer of novel ideas as we won't use the ideas to harm others. This hypothesis may be true. The second reason spirits don't bother transmitting certain forms of telepathic knowledge with bad planets, civilizations might be that the bad planets or solar systems tend to self-destruct anyway, so it's a waste of effort:

13.11. Do bad thoughts collapse civilizations and good thoughts lead to Immortal Civilizations of Telepathic Immortals?

The civilizations of mortals sometimes deify toughness and extreme violence against the "bad guys". What this does is programs the minds of some people at least, into engaging in very negative emotions towards enemies, ensuring they will totally fail to turn enemies into friends and ensuring that sooner or later, those same neural circuits will be reactivated by mistake when dealing with friends leading to division within the Empire/Country/Planet and cracks that later manifest as splitting the Empire/Country/Civilization and leading to its downfall and later disappearance. The Civilizations of Immortals realize everyone is a femtosecond baby (learning things); thus it maintains an angerless state of Immortal universal loving kindness, compassion for all, even "enemies", enabling them to create the habit of universal positive emotions, and never taking the risk of accidentally routing into negative emotions circuits of the brain when dealing with friends and those in the same team. That's why people (who take risks in being mean with others or even simulating it in comedy, joking) run into problems more than the rare who're protected by the habit of *universal* loving kindness. ☺

If we think about Laurel and Hardy comedy videos, they depict a lot of unintelligent and rather physically or verbally aggressive or hurtful things, yet they're very funny to many people and make people laugh and relieve themselves of the stress of our violent world of eternal warfare. The side effect of these comedies that simulate the status quo of "short lives, primitive tech, violence, sarcasm, bad language, being mean to others, negative emotions" is that they also reinforce the subconscious mind belief that this is our reality and we can't really create a Civilization of Immortals who live to 900 in Eternal Peace and gentleness tenderness softness, with advanced technology. It could be thought that it is unethical to 900 year old Immortals to cause laughter in comedies about negative imagery which might badly unintentionally influence the subconcious minds of the watchers to perpetuate the less ideal behaviors. Comedies could be more often about the limited intelligence of humanity and how we make endless assumptions and hypotheses based on limited perceptions. We can't even understand the basic things about human body, to increase its lifespan 3 times as we did with worms, yet some think they know what the structure and journey of the soul is for 5 trillion years after death. That's quite funny. Comedies could be filled with *gentle tender soft* tone of speech and focus on the amazing future of World Peace and Immortality, where future people laugh at the "Paleolithic" current technologies (past to them) of fleeing hurricanes, when you can just stop them; or laugh at using fire trucks, when with advanced forcefields and detectors, any small fire in a house can be extinguished instantly. This may seem like Immortals of the future having fun at the expense of mortals today in a way that lacks *gentle tender softness*, but those people just live far longer and to connect via Telepathy with them, to the future, and to change the status quo, we bring

images of the future more and less of the past and present technologies; it can also be presented in a way that removes all sarcasm, as people of the future would not laugh at us, but we would laugh at how hilarious our Neolithic tech seems as we time travel. ☺☺☺ The comedy could depict studying at future history classes how modern people used to fight over unproven hypothesis about what happens to the soul for 5 trillion years after death, when they could not even live to 300, let alone 900 or 80,000 like the tree colony in Utah; or the hilarious nature of our dietary guidelines and how they change (some of Dr. Greger's videos touched on those, but many other people), and studies showing people taking much more than guidelines, live longer; or the comical mercury in people's mouths, the most toxic metal on Earth, evaporates, creates methylmercury and is touted as the cavity filler of choice, while making people (unable to eliminate mercury fast) sick. While this is a sad thing, making a comedy about it would bring awareness leading to banning it as Norway, Sweden did and increase human lifespan. Normally we would not laugh in a comedy about death and people getting sick from mercury or whatever, unless it would bring some awareness to some poison or something that is very detrimental. Comedies about many funny things in the history of psychology, chemistry, physics, miracles interpretation, ESP, the amazing life of Immortal Humans living in peace in many worlds in the future, about the ultra limited condition of human knowledge (the absence of anxiety of Immortals and the limited human knowledge are explained in detail in Chapter 2) and how smart we think we're sometimes, yet all we know, might seem as a totally rough approximation later, as the earth, fire, water, wood, metal 5 elements of yore seem hilarious compared to the 120 plus elements today, etc. Comedy could make people laugh, while helping people learn chemistry, molecular biology, physics, longevity, the creation of Eternal World Peace, of a Civilization of Immortals. Comedy would make us laugh, maybe not as much as the laughter evolves due to a more refined neocortex that controls the limbic system much better (everyone is in a state of universal loving kindness, helpfulness and blissful happiness of helping other shimmering Immortals to live more thousands of years and expand God's Ascending Immortality in this universe, much like in trance states of cosmic consciousness and eudamonic happiness, without negative emotions being present much at all). Comedy would help us develop the deeper understanding of the eternal tranquility of the Immortals feeding on the Ever Expanding Understanding of the multi-dimensional universe and the ☺☺☺Boundless Splendor of Helping Others to Live Longer and to Bring God's Perfection in this Universe. ☺☺☺ In a world of Immortals, there is far less stress and anxiety, because people don't die before 900 or 9,000,000 from ANY cause, and thus there is far less need to laugh and roll on the floor to destress after an “insane day at work”, as stress doesn’t exist as today and humor is more elevated and refined, dealing with the ever expanding understanding of Ascending Immortality. Since we would need to clean the mass consciousness field of violence, to achieve Immortal Peace, we need clean our comedies too, not just movies, music, scriptures, schoolbooks of ungentle untender tone of

speech, depiction of any violence or mentioning of death. ☺☺☺

Anyone honest enough to evaluate the jumbo mumbo our brain creates every night when we dream, realizes the brain can make errors. Once the circuits of harmful intent or vilifying perception are activated with "enemies", they're more likely to be used with the "friends" not just "enemies", by mistake, especially when tired. For example, if we practice a sport 3 times more daily we're better at it, same for chemistry, the neurons and the synapses are there, memories activated. When we engage in loving universal compassion 3 times more daily, we activate those neurons more, we're better at it with everyone, including friends and family. We could even argue that this is not so much neuroscience, but as much as is classical mechanics action = reaction force at the energetic level, Newton's third law, same thing with emotions, we can't escape karma or consequences or the force initiated. ☺☺☺

13.12. Let's put the hypothesis of *Infinite Fluid* Intelligence to the test: there are *infinite* or '*trillions*' of ways to World Peace, healing, *trillion year lives for* all, 0 crime or *any outcome* WITHOUT: *stress, rushing*, shouts, pain, violence, terror, torture, war *or many* words (yes, achieved with *3* million *times fewer* words than usual: simpler living, *more* thinking, less talking: 11 companies not 33 million, *3* million *times fewer*, just like the kind Immortalist Anthem got 2272 words vs 783000 words in the violent evil Bible.

God (see atheist definition), the universe or even "quadrillion to the power of a quadrillion, repeated a quadrillion times" year old Immortals or the Infinite Knowledge in the Universe (for atheists) are Infinite Fluid intelligence compared to us. Thus, logically, they know (and favor because God is also infinitely kinder, not just smarter, than us) a "quadrillion to the power of a quadrillion, repeated a quadrillion times" more ways (or infinite ways) than humans to achieve World Peace in 3 months and 0 torture, violent crime in 3-15 years or to get to any collective or individual outcome without torture, yelling, killings, intimidation, terror *(*deified in the Bible, Torah, Quran*)*, mutilation, lies, violence *and* war. *God always prefers nonviolence, or Ahimsa* as Hinduism calls it. This is in stark contrast with Jesus in Mat 21:12, as explained here. Thus, the generals ruling our planet are quite clueless and subjecting the entire population to an eternal war terror reign, in part also due to the public disinterest in ending all violent crime in 10 years (so the World Peace we achieve in 3 months lasts forever), jails, punishing, violent music, and violent methods of "war". God, Infinity means just that: INFINITE ways, infinite in variety too, as explained above. *Our body-brains (not talking about* the soul*, which has little say in the age of global police state and terror,* brain writing gadgets*) are ultra low IQ animals (unless they get 21st century education), almost like lions, wolves who don't know they can live without eating meat, without inflicting pain on deer and animals they prey on, they have even less awareness than 21st century humans of* eterni food*; likewise, humans don't know, having 100s of times*

lower IQ than Immortals (our descendants from the future), that, in order to survive and thrive they don't need to: *inflict pain on,* punish people *in jails (instead of heal them in healing centers 100 times nicer than 90% of houses globally in vibe), prey on and torture fellow humans, to wage war, to be cruel, use bad tone, intimidate*; there is hope though, since bears and various animals shifted to more *vegan* diets when shortage of meat appeared, so human animals too may learn there are 1 trillion ways to peace, longevity, etc without any negative method, without causing anyone any pain, *let alone* killing. Unlike *bears, humans can understand the* concept of infinite resources much better*. When people realize that, they become more understanding of the* ☺ abysmal IQ☺ *of humans, more patient and kind, and why people invented 'boogeyman' entities to explain 'evil', i.e. our 3,000 times lower IQ.* To get from A to B, there are an infinity of ways, that science can discover, so choosing nonviolence has more to do with the loving kindness empathetic tenderness and gentleness depth or character of the person, not with whether they believe in God or not. It's the desire to alleviate the suffering of war, to be kind, that drives people to World Peace thru peaceful means, desire born of character and closeness to compassion. Can we test the hypothesis that "there are trillions of peaceful ways to peace"? It's possible to test it, but it would require *all nations* to *willingly* take part, or at least major powers first. IMAGINE for a second the knowledge of someone who has lived a quadrillion to the power of quadrillion years, not even talking about "to the power" repeated a quadrillion times. How much do they know compared to all human knowledge combined? How do we entangle with that knowledge? How do we access that knowledge? By emulating the Immortals? ☺☺☺

The "Intelligence" community tries hard to *appear* intelligent, as they need useful idiots to defend aristocratic palaces..., but they're not that intelligent, for if they were, they would not cause any pain and damage to any human being, since 10^{90} ways to achieve any intelligence goals exist taht don't involve any stress, pain and suffering for any human. When you lack intelligence, you use torture and endless lies: see why spies usually never yell in enemy territory, as that blows their cover (they need to be always under the radar, blending in, not attracting attention and certainly not police attention), they often yell-torture in home country to intimidate, coerce to perfect Nazi experiments on mind control on innocent unwilling subjects like MKUltra (usually migrants, but not always, they did horrific experimetns on citizens too, not naturalized (which are migrants) citizens, but 5th generation... or older), see if a 'suspect' is a spy or not, etc. Spies are not the angels some youtube channels covertly run by CIA portray them as, they're very evil people usually who behave in anti-eterni ways who torture people routinely (*not in Inquisition ways with physical beatings, but* sleep deprivation subtle attacks, electronic beams beatings, etc, repetitive lies, manipulation*, etc*), even though they try to brainwash you their agency places country above all else, it's just aristocrats above all nations. Spy agencies don't give a crap about World Peace in 3 months, etc, zero violent crime, if they did, World

Peace in 3 months would be all day in the news, this book or the Immortalist Anthem would be the most popular not the hyper violent Bible, Quran, etc, spy agencies are experts at deception and brainwashing, making you believe you did stuff you didn't, via covert torture. The CIA is busy trying to present itself as this amazing hero of the world via ambiguous youtube channels they use to recruit useful idiots for experimentation and torture, mind enslavement and remote control tech optimization. Instead of taking real action towards peace, the CIA, Pentagon enjoy turning people into robots that help CIA turn every nation into slave colony of hyper stupid people. That's why all patriots need to support real reform, not the dictatorship of the military-spies who're unelected and con everyone with fake elections forever. You don't need to be a spy to be tortured, just to be stupid enough to come to USA as a migrant, and then you're a prime target for robotization... torture, organ damage, brain damage via what they will brainwash you is "building resilience for a special mission that never comes"... etc. USA deceives all nations to send good people to them, so they can destroy them and then take over the nations emptied of capable people whom CIA destroys to turn the nations into crap as USA, another slave state of serfs licking the ass of the USA aristocrats. Same technique of all empires.

The rich bastards don't give a dime about World Peace, the dead in wars, about US people (1000s of youtubes and the 11 industries), let alone about anyone outside of USA. The rich control all 18 federal spy agencies, so basically, the lower level people, cops are useful idiots in the global looting and enslavement campaign of the US aristocrats: World Peace and decent shelter is not important, but $1.4 trillion/year of crap products are essential for the rich to sell to the brainwashed masses, all you see on TV is products to buy for these demonic aristocrats' palaces and imperial lifestyle maintenance, useless products of course. The lives of the 8.5 billion slaves don't matter, only the palaces of the top apex predators. The rest is mere brainwashing. It takes decent people to make 11 companies and one national code that prevents deaths from tornadoes, you only need a little extra metal and dome shape to save lives and rebuilding costs (the amount would be negligible vs 3 trillion wasted a year with useless junk), but aristocrats make a LOT more money by destroying the worker's lives and rebuilding paper houses, without raising them to prevent flooding, mold, rennovation work, etc. If the builder, fixer and maintainer is the same, they have incentive to build it right. But when it's separate, they don't they just loot the state, USA, of trillions of $ wasted in useless activities. That's why mining and slaughterhouse jobs for life is the just reward for a lot of these thieves. Not even the most basic human right, shelter that doesn't kill in seconds in a tornado, exists... But LGBTQ does. Food is poison too. You see the hypocrisy, irrelevant rights exist, as long as it doesn't take the $$$ of the rich. The whole political system is a charade to subjugate the whole Earth. No decent gov needs political parties, decent govs are honest, take care of the 11 needs of the people and just do it, instead of playing games 24-7 on TV about their faked elections. Such

pathological liars. ☺☺☺

The spy agencies destroy the human quantum field by teaching everyone to be dishonest, which makes all scientists dishonest to some degree, leading to self-deception during research, causing scientific regress. They also use plenty of torture, pressure etc, which increase negative emotions and teach all by contagion to be cruel. They worship cruelty disguised as "intelligence gathering". First of all, any smart agency, which doesn't exist on Earth, doesn't need any human agent in the field, it has invisible interdimensional drones... They routinely kill, harm people via doubles, but this is not emphasized during recruiting, to avoid rejection, to make it sound like a very quiet, romantic stress free intellectual game of observing and etc. A selfsufficient nation has no need to loot others via criminal spy agencies. Spy agencies are "looking for cannon fodder who can be killed instantly by foreign agencies, in order to loot other nations for the aristocrats in our country, because we're not insterested in 11 companies and 3 agencies for all humans, but in being the rich subjugating the poor, comfortably directing deadly missions of CIA, etc and wars from the serenity of our gated estates and offices". ☺☺☺. They can't say that in their youtube channels, instead it's all about "how quiet it is, how empowering and character angerless poised person building spy skills are", gradual brainwashing to get you recruited as another cog in the machinery of eternal war and deception of workers. It's like the Saudis, they tell African workers one thing, then they arrive, 30 in a room or 10, no free meals, no free housing, pay 4 times lower, passports confiscated, etc. They make it sound romantic, but you essentially join the Eternal War Corps that risk your life daily, and far more importantly, the life of all human beings and all animals too via the 10 second end. It's nothing about Immortality for All, only fraud and deception for the aristocrats to increase looting yield, to defend the Ponzi scheme they call the national state, that gives them the right to enslave the 99% to "defend it from the evil pigs outside the nation". Each nation's elites use the same scam. Every country uses the same tactics for the aristocratic elites to recruit useful 'idiots' for wars. None of the ultra evil elites talks about World Peace in 3 months, end of all deception/violence.

In the science world and in the search for real truth as opposed to the imagined truth (Aristotle imagined Earth is the center of the universe and stars are metaphysical beings), we test hypotheses to see if they're true. We, humans, have tested for eons the hypothesis that "violence and war bring World Peace" and have proven it doesn't hold any truth. One way to test this "there are a quadrillion ways to bring peace without war or violence" hypothesis is for human beings to agree on planet-wide elimination of violence and the reform of the educational system to foster a love of: nonviolence, kindness, nonkilling, World Peace, helping all, ways to remain calm, avoid anger and understand which thoughts or perceptions or hypotheses gave birth to anger or fear and how to address those concerns, perhaps using the 4 questions at thework.com (for any stressful thought, ask "is it true?", "Am I God to know absolutely it is

true?" "who would I be without this thought?" "are there any alternatives to this thought, variations, turnarounds that might be truer, and is there any reason for this to be so?) or the 4 agreements of "don't take anything personally", "don't make assumptions", etc and many other techniques, such as realizing everything is infinitely more complex than it seems, nothing being what it seems. Science already has shown in small groups that peace prevails when kindness and good qualities are cherished, cultivated thru education. Thus, it is reasonable to assume that on a planetary scale the same is true. ☺☺☺ If we try to explain to a cave man about the 300 pages of nutrition in this book, he might say it is nonsense, some random symbols, we would need to teach him basic writing, math, physics, chemistry, biology first, taking us years. Likewise, we can't quickly understand today the sheer complexity of even 50 ways to World Peace without violence, threats, etc easily, even though 200 year old men of the future might easily understand it or spirits who see where we're headed, as spirits or Immortals can be way older than us, accessing more history. Galileo was not understood by contemporaries even, so imagine how much harder it is for us to understand spirit telepathy. Cave man had a very simple oral language, we have more complex more specialized scientific language of neuroscience, chemistry, etc, spirits or people of the future have a telepathy way more complex than our primitive language, just as our language is more complex than cave man language. When they speak to us in their natural language (conceptual non-linguistic, filled with the gentlest softest most peaceful universal kindness emotions that are typical of the top 10 gentlest softest spoken nuns on the planet), we're like cave men trying to read some technical science papers in this book; we can't fathom routinely how little we know. A 50 year old mind is way more complex than 5 year old, and 500 way more than 50. If an Immortal who is a trillion times older wants to talk to us, we probably can understand only a trillionth of what he's trying to say, if that. We live 2,000 times longer than worms, what do worms understand of our talk/telepathy to them or civilization or concerns? Not much. These things are explained in more detail in the 2nd chapter on not knowing much. ☺☺☺ The fixed mindset thinks World Peace or a world of Telepathic Immortals is not possible this lifetime. But the growth mindset realizes that World Peace or a world of Telepathic Immortals (Immortal meaning living centuries at first) is possible, it's a skill that a planet can master. The "peace thru strength" idea of many doesn't mean that people can't agree to a gradual removal of violence from media, literature and, *at the same time*, making a deal of cessation of hostilities in 5-10 years. If you think about centenarians who were against war, you wonder if spirits helped them to live to 107 against all odds.☺☺☺

13.13. Does GOD SUPPORT or TOLERATE war and violence as means to World Peace or maintaining peace?

Many people assume God supports wars, threats, frowns, intimidations, lies, etc and all the things that people sometimes used for eons in their attempt to bring World Peace. The real

question appears then if God actually tolerates such behaviors ☺ of a young mortal civilization of nanobabies, simply because God understands we know not the trillions of peaceful loving methods to bring World Peace. If a 20 or 50 months old baby spills a cup of milk, we don't get angry, we tolerate it, laugh maybe and kiss the baby, hug him, etc, but we don't actually support or wish the baby accidentally spills the cup, especially if it might cause a slight injury to the baby (human being or human soul in this analogy being hurt by the use of war to bring peace). In the same way, for a quadrillion billion year old Immortal or God, human beings are like a nanosecond baby even at age 100, so naturally God wouldn't get upset, God tolerates, and *God also* hugs *and kisses the human* nanosecond *baby* by giving him love and even spiritual experiences of God's Love, Heaven, etc AFTER HE DID SPILL THE CUP OF MILK, or did what God doesn't support, but TOLERATES: war, violence, threats. God may be defined as infinite grace love sweetness tenderness gentleness softness compassion mercy intelligence. However, if God makes it somehow clearer to a soul that there are other methods to reach World Peace, that use no violence and etc it becomes much harder to justify in the afterlife one's support of war, and this revelation of this truth about alternate methods may be individual and part of the learning of each soul in our Earth school. God understands not all people can understand everything in life, just like nobody can be Nobel Laureate in peace, chemistry, physics, medicine, literature the same year. To truly understand something about the attitude of God towards a human action may require some real Grace from God, which once received changes one's ethics altogether. What was important one time becomes secondary now. Therefore, since we don't understand even 999 year old humans of the future and their science and much less Immortals living 3 billion years in another dimension, we can't understand if God supports or tolerates, but we can know we don't know at least, and naturally, everyone will be perhaps evaluated when time comes based on the revelation they received in life thru dreams, prayer, etc. ☺☺☺

Even the way we express this question about "Does God support or tolerate war and violence as a means to World Peace?" is very inaccurate in a way, as it conditions us to use a binary logic. For example, if I meet a stranger from a strange land and he says "it's cold now in my area", it might mean 50°F to him. But to the person hearing it, cold means 20°F. So the listener believes, without questioning, that he meant 20°F. This is a simple example of linguistic misunderstanding due to the fact every person gives a different value to a word, based on their memories, experiences, feelings, mood. The same thing happens when conflict arises between people, we hear the LANGUAGE translation of what others tried to convey (the mix of all their experiences, memories, feelings, definitions, etc), and we then RETRANSLATE the LANGUAGE into concepts thru the filter of our own memories, experiences, feelings, definitions. So we often times get the exact opposite of what the other is trying to say as a result and conflict arises. This binary logic/language of "cold" and "warm" is different than a 10,000 gradients logic/language of 0.01

degrees between say 0 and 100°F. If we would say the temperature is 24.15°F to the other person, he would understand it exactly. But if we say warm or cold, the risk of misunderstanding becomes huge. In the same way, when we formulate a question in human ethics philosophical arguments like "Does God support or tolerate war and violence as a means to a peaceful world?" we frame the question in a very binary way, that prevents us from seeing the exact 10,000 gradients, nuances in between "100% support" and "100% tolerate". So, then the question would be, could the answer be actually dependent on circumstances? What do we mean by support? ☺☺☺ What is the real meaning of support? Do we mean that he actually is actively siding with one group of people or guiding them to do this or whatever? Even the word support has 5 billion meanings in 5 billion people's minds, it is very nuanced. ☺☺☺ The correct answer may be that the answer can only be given individually by God thru some sort of custom telepathy in a way that best relates to that person's definitions of various words, depending on what they define as support, God maybe would answer 10% support and 90% tolerate or 25% support and 75% tolerate. And then, with that understanding of an inner nature, that is very individual and circumstantial, we would have our own quest to understand what it might mean. Say someone tells us the temperature outside tomorrow will be 70°F, and it turns out to be that way. Same way if we via telepathy get an understanding the gradient to this question is ab% support and cd% tolerate, it is our total freedom to explore, question, learn and see if it is true, just like when someone on weather station said temperature will be 70 (not warm or cold). If someone asks, do you go to the store, or want to? We say yes or no. But if we would say 30% yes because etc, it would be less binary. This binary way of language expression, which allows rapid decision making, has the side effect of creating a filter in our hierarchical way of perception formation, that forgets about nuances and the fact our minds become so much more complex when we're 50 versus when we're 5. In the same way, someone who is 500, will have such a complex mind, we at 50 would appear to them like a 5 year old appears to us.

The complexity of reality is taken away by linguistic expressions that are very binary and condition us to think simplistically. So, what's the solution? Life would be simpler or more harmonious if we would use the words "seems, maybe, perhaps, hypothesis," and we could say that in the future, as we become more empathic and telepathic, we can share more data and even our language sentence structures will shift away from binary and relative statements to more objective and gradient like expression. But until that future, just remembering that reality is always infinitely more complex than our minds or language can express seems like one good way to achieve inner peace and a better understanding of other people, and why they might feel or believe as they do, based on their vastly different life, physical, emotional, spiritual, educational, upbringing, school, educational experiences, because language only expresses about 0.01% of what we're trying to convey. ☺ Like for example, we meet some guy from a

country that hates our country, and we talk to him for 1 hour, we have no way to experience the life review of that person, every one of his memories and how those memories have formed his perceptional lens and way of looking at the world, his education, his relationships with people, etc all of which make what he says ultra hard to relate to or understand for us, with our vastly different experiences. But if we had telepathy, empathy, we could share a lot more of our emotions, thoughts, memories, movies of our lives, etc, and what is said in words would get a far more complete picture to us, why he believes like that and we would be far more likely to understand his thinking, as he would understand we mean well too, if we would be able to relate to him our experiences of our country and what we're like, not what he read in books, etc. ☺☺☺ We're so incredibly limited by language, that often times diplomacy fails. We can't relate emotionally to others as we have no way to access their emotional memories and how they related to whatever. ☺☺☺ If we would do that, diplomacy would probably work 100% of the time effortlessly, but until then it is such a huge struggle for us humans to avoid the suffering that war brings, so our efforts have to be almost superhuman to be able to heal others of negative emotions, thru training perhaps that takes decades. ☺ The human drama is often caused entirely by the misunderstanding language creates. We're so conditioned, to think in binary ways, without even questioning it, warm-cold, good-bad, with nothing in between, that this also takes us much easier into anxiety, fight and flight response and all the stuff that can lead to a deeper misunderstanding later. We get so conditioned also by confirmation bias, it is almost shocking to us to see how others view the world and form their perception, and this makes hearing telepathy vastly different than our habitual beliefs harder. In those cases, naturally, spirits prefer to wait until we're more "gradient thinker" so to speak and realize there isn't only one way to peace, "war" and "violence", but there are trillions of peaceful ways too in many circumstances or maybe even almost all of them, or all of them. And this applies to many other areas of life. We have these "this guy is good or bad" perceptions at times, but it's such a nuanced gradient, he's good from 4 billion points of view, and bad from maybe 2 billion. We would need 10,000 words between support and tolerate invented to be precise, but since that's impractical we would use universal math language maybe 57.29% support.

Our views change with time, as we realize we live in this world, not a fantasy land of ideals, but even then, we can't forget the ideal world of 500 year old or 200 year old humans who don't have any fights and violence. A 40-year-old is having a more complex mind than a 4 year old and a 400 one more complex one, and from this complexity comes also an easier time to understand reality better past ultra simplistic models, leading to better understanding of others' complexity and to less violence. You can often notice it even in human beings, when we're kids, we might be playing some rather aggressive games, etc, or have some beliefs about war as teens or young adults, but as people age, they more often than not become much more peaceful, gentle and

peace-loving. The same effect probably occurs with people who make it to 200 or 500, you see how 105 year olds have a wisdom and peaceful energy that is kind of different than a 40 year old, they often times see the beauty of life much more, are more positive, optimistic, etc. So one can see how Longevity will most likely make the world more peaceful too, and peacefulness will give us more money for longevity research not war. And the two reinforce each other in a positive feedback loop. I look at myself and realize every single year I become more peaceful, liking more peaceful music, shunning war more, etc, same effect we see in a lot of other people. The music I liked at 18, or other ages is no longer my favorite now, now it's much different, it's what cultivates peace and learning gentler tones of speech, even though I always liked mostly the mellow classical type of music. But even within classical music, there are so many styles of upbeat and peaceful, and perhaps this will happen to human beings too, as we live to 900, we will become more peaceful each century with new musical tastes. ☺☺☺ As our minds and psychology become far more complex, we realize reality is infinitely more complex than it seems, and the old concepts of "the World Peace can only be achieved centuries from now" or "the peace can only be achieved thru war" are hypotheses, not things set in stone. Another level of complexity arises in this "Does God support or tolerate war and violence as a means to World Peace?"☺☺☺ from the fact what one person gets as answer from spirits can be different than another person, because of different lessons that person is learning, and because each person defines a percentage and a word like "support" or "tolerate/understand/accept" differently. So, it becomes almost useless, if we can use that word, to share with other people what we believe our own spirits told us the answer is, since nobody will be able to understand what it means within the context of their lessons, life experiences and definitions via emotions of each word. What something means to me, will mean something else for someone else, if same language used, as this is not like 70.4989°F temperature in a location, it's much more relative and subjective and dependent on many definitions that are so fuzzy and we have no access to others' memories and understandings of words and meanings. This is why, we may not even be able to say that the correct answer is "5% support and 95% tolerate", since this has different meanings for different people. And the answer may be individual, "2% support" for one guy and "100% tolerate" for another, depending on what that soul needs to attain its life purpose, to develop a certain soul quality that life, or whatever. This adds extra layers of complexity which just show how hard it is to give answers to rather abstract theological or philosophical questions in ethics and many other areas. This brings us to another point, which is we can't really know what is the correct answer for other people. But we can respect it, whatever they believe the correct answer is. Because, as mentioned above, firstly, God is Infinite Love, Patience, Understanding, Forgiveness, Compassion, Wisdom, intelligence, Acceptance, and we, limited as we are, have no way of knowing what other souls' lessons are or their correct answers, if these answers are truly individualized. Are they? We have math geniuses who at age 10 do math

problems others can't solve even at 70. But the 10 year old may never solve the biology problems the 70 year old may solve. Each soul chose a different learning path, so sometimes, all their entire life, they won't be able to arrive at the correct answer for a math, biology, or other question, and it is unreasonable to expect everyone to be lucky maybe enough to arrive at mastery of every correct answer in every conceivable area of knowledge, by chance, telepathy or real hard work of hypothesis testing, science. Even when we're right, due to luck, and we find the correct answer (without knowing it even, or having real proof), how can we expect everyone to get the correct answer to that same question when we ourselves can't get correct answers to trillions of math, physics, chemistry problems sometimes? It's asking too much. ☺☺

Nobody can be a Nobelist in every human area of knowledge.☺ Besides the fact with fuzzy questions outside of physical science, the proof one can gather is much weaker, and one can't really know until we become spirits perhaps what was the most ethical thing to do in whatever case. Another thing is that if one's purpose if to learn and contribute to math, the answer to this question "Does God support or tolerate?" by spirits may be “50%-50%” as it is irrelevant to his lessons and life purpose, and they don't want him to over think about it and pay much attention to it at all. But if someone can't handle the truth as it is, and the answer is relevant to their life lessons, the answer may be tempered down, vaguer or one week seem maybe 100% one way while another it may seem less so, as confirmation bias filtering has an incessant fight so to speak with the telepathy received and can't handle the truth even when transmitted as it would be best. If someone would be overburdened to hear the answer is one way or another, spirits may not make much effort to say it ever, or say it's not important, etc. Spirits or God may see the whole soul better, so if a soul who is not very close to God needs become more peaceful, they might say "100% tolerate" as an answer, to make that person focus on peace, gentleness, tenderness, softness. On the other hand to someone, closer to God, who is already very peaceful, gentle, tender, soft or whatever other quality as a soul overall, the answer may be different, depending on their life purpose and lessons and if the civilization of mortals is far away from peace or not. So one can see how different soul needs can elicit different answers and the answer has or may have nothing to do at all with how close or not one is to God or how better or worse one is compared to another soul, it's just that if we have this answer as part of our learning, getting it right and acting on it may make for some soul a much bigger difference than for others, due to their life lessons. This is all good, doesn't mean that if telepathy answer is "100% tolerate" a soul hearing this via telepathy is bad, the soul could be good. What's exciting about the 100% tolerate answer is that this becomes a hope that these peace creation without war and violence methods really exist as potential realities for humanity soon and discovering them will be a little bit like discovering fire, curing many diseases, electricity, reducing child mortality 20 times, etc, amazing, as it would free us from eons of misery. There is

a good to every bad, and "bad" souls can be used to achieve the best things for humanity. ☺ What seems "bad" to someone is not to another, and of course, different to Immortals. It's very easy to dismiss the importance of the answer to this question, but either way, the truth will come out some century, if the truth has a universal value too, not just an individualized soul steering one. The average earth temperature is xyz, but individual temp is different in many locations. Maybe for people whose life lesson is to learn supporting the most peaceful and longevity focused nation on a planet of mortals where wars still happen and wars are not going to stop next 5 months even if all made the choice for peace due to karma, the answer might be 2% support, so they can help the good guys win and later bring a Civilization of Immortals, but people whose life purpose is learning compassion the answer would be "tolerate 100%". Or maybe it would always be 100% tolerate, who knows? ☺☺☺ One can come up with 900 other variations of lessons and see how %s would change. It's hard to understand after all, what the actual design of Earth school is and what the range of variation would be if the answer would be individual, even if within a global range, like with the temperature. Hence the saying "live and let live". We could use telepathy methods or prayer to ask this question over and over and have confirmations. When paradise emerges on Earth or soon before, the answer would become "100% tolerate" for all people, so to bring that future paradise it seems better to think the answer is “100% tolerate”, as we bend time and act as if the future is now, drawing that timeline closer to the present. If we discover a method to make computers 900 times faster and 1,000 times cheaper, as we did, we say “wow, how come we didn't think about it before?” at each step when we discover a breakthrough. It's not like we say "the souls of the previous decades with lower computer tech were really bad for doing it that way because of lack of knowledge". Same way, when we discover peace via peace, nobody is going to think that "souls before were really bad because they didn’t know nonviolent methods". No, they just didn't know.

Human knowledge progresses gradually. God fully understands this learning curve of people and civilizations. We got to the moon because we wanted and we planned it, and humans will achieve peace without war and violence possibly because they will set it as goal and work towards it with that same passion solar advocates have in replacing coal with solar, etc. Sometimes a miracle happens that prevents a bad country from conquering a smaller country (with nicer gentler kinder people) during some battle, like a huge storm drowns all ships and other signs that indicate in places of worship that it was spirits doing it. This doesn't mean that God supports war, it just shows that when things get that bad, God will choose to side with the people who're most tender, softest and gentlest, to help them to one day bring World Peace. God might actually want us to never use any “pain or harm causing” method, but some people don’t know the other methods. My world view is that God tolerates war 100%, supports 0%, in all civilizations, circumstances; it contradicts the "holy" "Word of God". ☺☺☺

Another interesting hypothesis we hear from some people is that "World Peace won't come until all countries are of this or that religion or ideology". However, there is no proof this needs to be so. On the contrary, once peace arrives, it will be much easier for the people with the closest to the truth belief system or religion to perform the most miracles and prove beyond any doubt that theirs is the correct belief system, religion, etc, in a very graceful way that doesn't involve forcing anything, very tactful, amazing & beautiful ☺☺☺, effortless. Simply the most miracles would happen around the people with the right belief system. Galileo Galilei was right, Earth is not center of the universe as Aristotle and everyone after believed; Galileo writings were banned for 200 years, so truth comes out sooner or later, even regarding which religion or belief system is closest to Truth too, over centuries or millennia after World Peace. Achieving World Peace may be far simpler than (and happen 500 years before) understanding better which religion is closer to truth, which as Chapter 2 explains is complex. It's much easier to convert effortlessly without trying in peaceful times than in times of war, as countries are friendly and allow freedom of religion, and of belief... people having evolved past forcing one's hypothesis of afterlife on others without real hard evidence of gigantic nature as with science facts. ☺☺☺

13.14. The downsides of threats, intimidation, violence, terror, torture

13.14.1. Introduction 13.14.2. The value of Nonkilling, the Essence of Immortality for All

13.14.3. The Violent nature of Judaism, Abrahamic Religions, Jewish 'communism' Jews invented

13.14.1. Introduction: When a teenager decides to bully another, and issue some threat, or make an angry or scary face to scare someone else, they often do it as they did it dozens of times before with other kids. But one time, what can happen, due to many unknown reasons to current science, maybe the making of an angry face doesn't become a 5 second adventure. After the 5 seconds scary face, that teen's spirit guides decide to step back, remove the protection, so that less healthy spirits would temporarily, for a few minutes, hours or 2 days, mess around with that teen. So, then, what could happen, the teen would get angry or sick (if he was simulating getting sick to scare someone or to achieve an unholy end) for real, and in that anger he could do something less intelligent, like maybe a car accident or something very hard to forget. There was a miscalculation from the teen of possible outcomes from a little 5 second scary face joke. Same way, when a country threatens another, they're bringing into the minds of millions that worst timeline of war, sabotaging the timeline when peace can occur by the very threat, even if the threat is issued with the intent to keep the peace. The side effects of any threat are obvious: moving away from the ideal timeline as energy is given to the worst timeline and also moving away from the general timeline of a world where only love-peace-harmony exists. Since certain

spirits or the species superorganism may be against any threat in any circumstance as a code of conduct, receiving their assistance may be impossible and damage that nation in the long run. ☺

Military leaders sometimes threaten the "bad guys" with "stronger attack than the bad guys would ever be capable of launching" because they think this "threat" will maintain "peace" and prevent the "bad" guys from starting a war that leads to some casualties. Is there another way? When the military leader is a Civilization of Immortals honest kind loving *immortalist*, who abhores any killing, not a leader who tries to provoke others to attack first to "wipe them out" as many did before so it looks as if they didn't start the war but the "bad" "to be wiped out country" started the war, they got one less used option mentioned in a section above: using a loving eterni tone (perfected over 20+ years☺☺☺ in a special Diplomacy School by a diplomat unlike any in existence, school starting at age 2) and explaining, like an infinitely Loving Trillion Year old Immortal would explain to a human being (nanosecond old baby in comparison), filling the other with ulmost love, sense of being respected, revered, and in a loving calm tone that war brings tremendous suffering (show videos, etc) and that nobody wants war and the 2 countries would win-win if they would work towards permanent peace and joining the Universal or Infinite Immortality Peace Alliance of the Eternal Cessation of All Hostilities Treaty mentioned above, so they never have to consider each other enemies, but one army eventually. The soft spoken diplomat explains also that they love all humans to live to 900 and if they're ever attacked they have to prevent any death of their Civilization of Immortals to be citizens and any human being on the planet if possible, as they're the Hope of humanity to ever achieve 900 year lifespans due to their culture being the first to magnify such focus 1000 fold over all cultures, first political system, first music industry to focus on Physical Immortality and Eternal Lifespan Tripling, upholding nonviolence and nonkilling at their core, in all cases as explained in the next pages. This has to be televised and very clearly made to the whole world to see the response of the Civilization of Immortals to threats, the most loving response ever in history of human beings, that describes perfectly the values of the Civilization of Immortals. Then, if attack indeed occurs, the Civilization of Immortals can reply just one time in history, with such power yet killing/harming none, that nobody will ever make a threat against them for a million years or a very long time. What would this reply be? We don't know, something that they will discover, because the spirits may give them the help to convince all the "bad" country citizens to want to join the Civilization of Immortals and become a province of it or something over time via referendum. This response (which doesn't need to be military at all, but fully spiritual, something out of sci fi along the lines of the movie of the immortalist culture) totally disables the capacity of said country to kill any human being in a war, deflects any missiles or weapons without any damage to own or enemy country or something of that sort (perhaps also turn all people, within 1 day or hour or less into dedicated immortalists, all soldiers too switch sides and

want to kill no human, animal or insect and also actually not kill any human or animal, as all animals are subdued and never attack a transformed human), something that shows how dedicated they're to guaranteeing the human right to 900 year lifespan for every human on this planet who joins the Universal or Infinite Immortality Peace Alliance and the Civilization of Immortals; possibly because the Civilization of Immortals killed no citizen *of the attacking country* and caused no physical damage, used no missiles or weapons, or because the response was so amazing & beautiful ☺☺☺, there is no longer any threat against the Civilization of Immortals and Its Allied Civilizations of Immortals of the Infinite Immortality Peace Alliance by any country, as people realize they're "5 millennia ahead of the rest". Then all will know that the Civilization of Immortals really values the life of Its citizens and the Infinite Immortality Peace Alliance, and *that of all human beings (enemies included, as* they *killed no citizen of the* attacking country) and all will start to consider to join the immortalist Infinite Immortality Peace Alliance, World's First Alliance that doesn't issue threats, and doesn't start wars, wars of words included, that doesn't do word attacks first or ever. ☺☺☺

13.14.2. The Central Pillar of Immortalist Culture is Kindness, Nonkilling & Nonviolence (death penalty is secretly turned into lifetime labor, a deter tool for psychos who don't read the book):

The Civilization of Immortals is aware of the Central Principle of Immortal Life upon which all Immortalism rests: in any circumstance there are a billion trillion peaceful nonviolent, nonwar ways to solve any dispute or threat of invasion by some enemy. This is the Core Value of the Immortalist Anthem. The immortalists will resort to no threat and nonkilling even if a mortal civilization invades their country and they can't stop it (by cultivating loving kindness and the benefits of nonkilling for all) before it ever happens. The essence of Immortalist CULTURE IS NONKILLING, NONVIOLENCE, i.e. you don't kill people, because it's damaging the human quantum field and when invaded, you simply adopt the invading empire "culture" and slowly transform it to immortalist over time, otherwise, 50-100% of your people and 50% of invading army will be dead, achieving nothing but the increase in anti-immortalist energies. We have seen in history, entire nations wiped out, due to their lack of compassion for the brainwashed enemy soldiers, and their desire to fight insurgency which led to 100.00% extermination. The law of Physics is Universal, if you destroy the human quantum field (hqf) by useless avoidable killings, hqf won't protect your nation from extermination. Life is more important than the ego of 'winning'. Plan for 300 years, build relationships, alliances, infiltrate to prevent any *enemy* or *attacks* emerging. The first country implementing this (as a secret doctrine perhaps) doesn't use killing if attacked (any form of injury or torture, terror is killing, just *slower* killing that can take 20 weeks or years, not *instant, so* genocides *in the 21st century often happen undetected using covert means – a slow* killing). This 1st country implementing nonkilling ethics uses only healing (SEE IMMORTALIST SOLDIER ETHICS) and there is no tech developed yet to use nonkilling

defense methods (exactly as people can choose to be *vegan* and spill no animal blood, they can choose to achieve the exact same goals without any violence or spilling any human blood. The quiet can develop a neutral foreign policy and civilization and mind their business in developing their spirituality and understanding of the universe, and by not killing, they can devote energy to space exploration in ways nobody can detect and then once on 800 planets with an eterni tone language, and writing, they will be begged by others on Earth (if they're *even* going to discover the eternis are already on 800 planets, depending on how hidden and camouflaged the civilization is to telescopes etc or if their ethical system allows the revelation to primitive fighting killing enthusiast earthlings that they're eons ahead and nonkilling got them there) to be taught the language and to join the civilization without them having to kill, enslave or bomb anyone to force a primitive noneterni language and culture on them; the cover can be that of a more primitive civilization on the surface (while the inner or 'underground' hidden true real civilization is 900 times more advanced), if that's necessary to prevent extermination by those *not into nonkilling ethics yet*.

This is the application of the *Tao Te Ching* principle of "by not seeking praise, *everyone praises the sage*"☺☺☺ – by not seeking to bomb all to show how 'amazing' their language, country, federation, etc or culture is, everyone realizes how amazing they're and *want to join that country* or Immortalist Union. Instead of remote control of others to engage in violence, remote suggest to discover things in science that benefit all humans; we have trillions of studies and questions in science of longevity, and it's a waste of time for any human to engage in violence that shortens everyone's lifespan. If a big power invades, let them have it, who cares, killing won't solve anything, be kind to all; if they want to ban our native language, let them have it,☺☺☺ learn theirs and inspire them to make it eterni, since *our present language, religion, culture are 1* billion *years behind, like the invader's, from a* truly *advanced one anyway*: from the point of view of a trillion year Immortal culture, both invader and invaded languages, cultures, etc are roughly equally primitive, maybe one 0.00001% better (chariot A vs chariot B vs space rocket travelling 90,000 times faster than both chariots), by the % of the Big Culture (space rocket or UFO). We can think like an Immortal and not sweat the little stuff if we want to live to a trillion. We can't be violent over nothing, for we have no idea which country, individual or 'dictator' is more evil than another, we're not God to decide who is to live, we can have some humility. God can share how to bring peace in any '1 in a billion' circumstance where the choice can kill 8 billion people, if important to God to override brain writing by humans, since otherwise God wouldn't interfere, allowing brain slave creators to control humans.

We are free to think in the big picture, not brainwashing of national army, *awaken to the reality that our planet is a little backwards and violent and nobody almost talks about the value of nonkilling, nonviolence and infinite loving kindness in tone of speech etc...*; except 0.001% of

radio-TV programs maybe. If anything is to be saved, it is peace (*because peace gives highest amount of people a longer lifespan, physical* Immortality *or chance to build a* Civilization of Immortals) in this femtosecond *temporal* short life *world. If there is anything to be saved, it is your soul and other souls in the eternal soul world, by not being tainted by creating useless strife or war or tempting others to be violent which would ruin your soul often times a million times more than you being violent if violence resulting is a million times greater than what 1 person can do;* the soul, if existing in your belief, may some day live on trillions of other planets and civilizations, if it didn't already, so it seems logical to not be attached to one country and primitive system, but to the Eternal Radiance of Immortality and the nonkilling, nonviolence, *gentle tender soft loving kindness* that brings The *Radiance* of soul, Physical Immortality and true Civilization; an individual choice of nonviolence can prevent a ripple effect of violence that kills 4 billion more civilians, but 1 man can't see that well from a human brain perception; for example, normally, we wouldn't think that 1 person could cause 4 billion deaths by a simple bad word or verbal abuse, but in a chaotic situation if it leads to violence it could: imagine a dam that holds a lake of negative emotion that will break when 1 man's negativity is added, and 5 billion will die as a result, it can be a person who did something that our cultures deify/accept: sarcasm and negative insults, comedy that hurts and denigrates groups, and even violence in all countries in wartime; we can't see if the dam will break with our liter of water, normally, it may take 5 billion liters of negative actions so most people have no self-control (Chuang Tzu, 1 in 10,000) thinking the dam would not break with their junk or that it's well below capacity; if the dam breaks with the liter of 1 person is he resposible for all 4 billion or all who put their litter or liters in the lake too beforehand? Of course, all are equally responsible per amount of liters, but it is sad to think you could cause the catastrophe – though a minute or week later someone can break the dam perhaps; violence does nothing except increase chances of more violence and not making friends of the invading empire and eventually preventing 5 billion dead if emperor becomes your friend... *To yield is to overcome*, Tao Te Ching.☺☺☺

Durings wars, poor *civilians who didn't agree with the "war, or the leaders yelling on TV," failed to move to safer cities, like the towns that didn't act as major military industry or other strategic industry hubs and thus were killed – and contributed to the 1.* anger of others who saw the dead *and to the 2.* destabilization of the human species quantum field *by one extra dead, especially a good peaceful type.* So, it's important to value life first, *like* Thailand did *to avoid* violent colonization. Centralization also helps sometimes, like with Ethiopia. For individuals, this can mean even take some menial job, that pays 10 times less in a small city, than to remain in dangerous big cities (first to take nuclear hits), or even worse, to work in a war factory (the very very first hit) to make bombs in a war (any) whose atrocities you disagree with; be like the ☺☺ Quakers☺☺ Protestant denomination, avoid military draft, service, *etc and any war industry or*

big town; people think it's OK when a person dies in a small skirmish between nations, but it can lead to a cycle of events, later to world wars and entire cities being partially or fully wiped out: London ruins (1940-1941, 247 nights of bombing, the complete destruction of churches, hospitals, innocent civilians by Nazis, which led to the bombing of wide areas near war industry in the top military industry German towns later; many other UK cities were bombed too, 40K died, 20K in London where 1 million houses were destroyed), Stalingrad battle ruins not available (Brits could not film Russia), reports state 1.13 million Russians killed by Nazis in 5 months (1942 mostly) and 800K Nazis dead (yet Nazis oddly continued), Hamburg ruins *almost wiped out* (# 1 German war industry city, can you believe that the Nazi leaders continued the war after seeing this city leveled in July 1943? You can, since the Jewish looking propaganda officer (Zionist Jews wanted to join Nazis to help Jews move to Israel), # 2 in Germany, Joseph Goebbels estate was for women affairs, sex positions, not about the altruism/chastity culture ideals he talked about to naive Germans (check out his 40 affairs). Hitler was suspected of being a Jew, hoping to scare Jews so they go to Israel to escape the camps. Where is the Nazi compassion for German civilians, 40-200K dead in 1 week?), Dresden ruins *6.5 km² city center wiped out* Feb 13-15 1945 maybe 25K dead (half Hiroshima nuke equivalent, 110 factories, 50,000 war industry workers, planned substitute capital, see actual bombing 1 min clip and why being in big cities or military base close small cities is bad in peace or war, since you can die due to unprecise bombing happening with little warning, plus fire storms can develop in dry conditions like the ones in a few cities and Tokyo, 80K dead, also when 324 B29 bombers attacked an aircraft factory (like the world's largest aircraft factory in Nagoya became ruins) and other war targets), Cologne ruins huge damage: with little compassion for German civilians, Nazis continued the war 3 extra years after 20K dead in May 1942, Hiroshima (major war industry, 50-70K dead, see video of 75% of Tokyo, 4 square miles of Hiroshima, 1 square mile of Nagasaki destroyed by the 3 biggest attacks), etc having parts of it (or most of it) severely damaged as the video links show. Warsaw was 80% destroyed (% explained here) too by Germans, see British 1946 and 1945 video.

After you patiently gently watch these videos, you will never want to drink alcohol, smoke, party, listen to or sing restless music that subtly stirs up aggression in an already unbalanced humanity in dire need of more peaceful music – but want to dedicate your entire life to Immortality *for* All, *which means peace everywhere, no wars,* immortality *technologies being the main jobs for all, besides a few working on* ►►►►► creating peace via peaceful blissful *healing methods only.* ◄◄◄◄◄ It's very odd how we have Valentine's *Day and yet we have no* ☺☺☺*Love for All Humanity*☺☺☺ *Day, Eternal Gentle Healing* Grace *Day, Eternal* World Peace *thru* peaceful *means only Day, or World* Immortality *for* All *Day. What's the purpose of loving a spouse, if you then end up causing millions to die? The holidays and traditions of our planet are*

quite out of touch with universal loving kindness *and what it takes to bring* Immortality *for* All , can humans be more altruistic and love more than just one person and family? If God exists, he's in the civilians bombed in 1940-2 in London, Cologne, but Nazis didn't care? They did try to love spouses 3 years later when Dresden was wiped out on Valentine's day and all futile cards became ash. How can millions of Germans become so brainwashed to believe the loveless tone of Hitler and the Nazis to be a tone inspired by Bible God or Jesus the Nazis were claiming to represent? How can discernment and/or spirituality be so weak? Has ritual made it so weak, forgetting the substance, the gentle tender healing grace kindness for all human beings? Lack of education, Internet, total control of media, etc? Only 5 million copies in 11 languages of Hitler's 1925 Mein Kampf were published by the start of World War II in 1939 (10 million by 1945), so most Germans had no idea how illogical and violent Nazism was? Gutenberg has it too, html.

All issues with violence on Earth stem from one and persistent big illusion, *that* Immortalist Anthem *busts into nothingness: it is not the religion X, country Y or ideology Z, ethnicity W,* it is the infinitely low IQ of humans who fail to realize that we're FIRST AND FOREMOST Sentient Beings, Alive Beings, whose primary characteristic is Life, being Alive and whose primary goal is to maintain that healthy Life immortally, eternally: we're not even humans, we will evolve into teleporting genderless shimmering shapeshifting Immortals, we're beings who, with Tech, like the immortalist anthem explains, will be able to change daily our appearance, even tone of speech, etc into any race, eye, hair, skin color, but we would get bored of it after a while maybe and do it less. The wars among humans stem from the "0 IQ" of man that equates his inner soul, culture, intelligence, formless soul with the clothes he wears: we're not our body, in fact our soul, culture ideals can be out of tune with the genes we got from ancestors due to their bad culture, so we need to epigenetically shift it to eterni or eternal vibe over generations until the tech becomes advanced enough to shift it in 1 day; on the other hand, diversity is good, diversity of expression of the gentle tender soft healing nurturing compassion and eterni qualities that alone guarantee World Peace in 3 months sustains itself for trillions of years and that we can reach long lifespans. Immortality *for* All needs to be the goal of all militaries, spy agencies to achieve Peace; no force to impose a language, belief, religion on anyone. Immortality *for* All is about the human fundamental irreligious right to life, a life of a trillion years, that stems from *world's most* ardent *pacifism* (0 war so all can live to 900 or 5 trillion) that has ever been imagined in eons before, the infinite benevolence of infinite forgiveness of all 'the bad folks' so they may transform and live as exalted trillion year shapeshifting Immortals, that is the epitome of God's grace and of humanist atheistic altruism that we need. This is the exact opposite of the bashing, mocking of pacifism in Hitler book. Notice the diabolical focus on war and 2 genes that change our hair or eye color or face shape, instead of the 1 trillion times more important qualities (reflected in genes after generations of an eterni culture) of *gentle tender soft* healing

nurturing graceful loving kindness that define what we are, that create new genes, that define what is important and what is what we aim for, so all can live in peace without the terror from violent ideologies or scriptures or spies trying to foment war. Once we have a full understanding of our ethos, the core qualities that sustain || Immortality *for* All || that is the focus and we can't idolize force, war, violence and thuggery to expand a nation or achieve anything; yet, we can be vigilant, in the transition period to Permanent World Peace for those trying to bring war and know their methods, so we can prevent them, and we can bring an end to violence, to all jails, so all can heal in beautiful nicer the Disneyland healing centers and later end all crime, etc. To achieve World Peace is 1 trillion times easier than to maintain it for a trillion years, so we need to prepare extensively, a tiny change in culture, etc won't achieve that Permanent peace. This change in culture is so critical, because we need to stop identifying with a language, ethnicity so much, since in the future, we will all evolve to live to 80000 which is 800 times longer than 100 year olds, just as today 100 years with 36500 days is about 730 times longer than fruit flies longest lifespan of 50 days: we'll be as different from today, as humans are today from fruit flies. As such, it is pointless to brag that you're a fruit fly (or rat if you compare yourself with people living to 5000) who lives 1% longer and has this and that nicer national identity, when we will achieve the Immortal stage 900 times faster if we unite as One Global Culture of Immortalists who're 100% against torture, threats, violence and war, all dedicated to the liberation of all from short lives and ultra low IQ. We need to identify ourselves with Immortalism 1 million times more than with the rat DNA we have, (so many obsess with their genes and what group they belong to, so much recreating the past, that they miss the creation of antimatter new matter body that lives to 5 trillion, so obsessed with some genes of this periodic table, they miss the future table genes), the low IQ culture we belong to, since, when you realize how different we will be, much more different than humans are vs rats, these identifications are pretty comical☺ and anti-life if they slow down our evolution into 1 million year old teleporting genderless shimmering shapeshifting Immortals. There is no solution or Peace based on violence, torture and war, even if some generals think there is. Below are ideas on why WWII happened, how we might be able to avoid any war/violence over similar issues.

To deceive Germans into waging huge wars, Hitler built up his achievements (economy improved, unemployment was down a lot, etc, everyone felt better) and love for him thru the media and hid his plan to go to a big war (requiring vast mobilization) until September 1939 (until then a few troops simply rolled into Austria and parts of Chechia in 1938, welcomed by flowers as areas were German speaking, so everyone in Germany was OK, 0 casualties). His book is free online (Ch 11 is a summary of the book & Nazism), copyright expired in 2016; it claims genius is genetic only, which is a lie, genius is created by effort and study over many generations or one, so learning is 'useless' sort of (typical 'bad type of' Jew lie for gentiles?), and brainwashes

people "violence, war, dying (as a puppet to further Jewish or other Big Power goals, while you believe you fight Jews/Big Power) is the answer to world's issues, slavery is fine and civilization comes from a group of German (Aryan, whatever that is) like genes only", when God or anyone smart knows trillions of ways ☺☺☺to solve any issue without violence or war; sounds familiar perhaps, the devilish trick of deception, "to bring peace, first Nazis need bring hell.. and kill 80 million Gentiles" "but peace will never happen, so it's illegal to even discuss of it happening in 3 months"; Hitler mixes *some truths with lies to make people believe in the lies*, so they become useful "idiots" or "low IQ cannon fodder" used to plunge the world into chaos and cause 85 million dead, if official estimates are valid, while the Nazi army had its share of half Jews and quarter Jews (known to Germans or unknown) which could have been 'bad type of' Jews dedicated to the goals in the last section of Chapter 11 Vol 1 of Mein Kampf that details 0.1% of the methods the 'bad type of' Jews "used" to take over Europe Asia Americas etc (e.g.: the full "takeover of every continent" via etc, Israel creation and other events that were easy to support by letting Jews escape some of the camps, exterminate just the gentiles, etc before being caught) and acted opposite to official Nazi goals, though one doesn't need Israel at all to take over, though Israel allows training of millions and escape if in danger of being caught as spy, hence Hitler was not a fan of it, but I fully support Israel's existence, all people are entitled to their nation if they want one still, we immortalists love all beings unconditionally, are of all nations, united to save humanity from its 10 second end by bringing Eternal Universal Peace in 3 months, and work to transform all into angelic Immortals... since all countries can become Immortality *for* All in culture and goals and stop using negative methods; some Nazis supported Israel; Mein Kampf uses a pro-German stance to fool the naive, argue that *'only military force will make Germany great again'*, and complex (for the time) language to appear smart and of noble intention, but reveals low IQ and unholy intention too in that it degrades quantum field of all humans, though it shows 0.1% of the methods foreign spies, not just Israel ones, can use to destroy (and spread anti-immortality vibe) all nations like the 'bad type of' Jew favorite: marry locals to have offspring appear more like locals (especially after 2 generations), and have the offspring become a spy for Mossad to spread 'Holy' Torah, Bible anti-'Immortality *for* All' quotes most know nothing about, but father is usually a Jew, since father has more influence, so the child becomes a 'Jew' in culture, allegiance, a Mossad spy, even if he's not 100% Jewish; the 'bad type of' Jew can also marry Jewess, secretly or openly, to have 100% Jew offspring, who're given the 'secrets' (known to Mossad) the half Jew kid has no access to.

Hitler says they never allow someone of an "inferior gentile race" to marry a Jewess, as that degrades their gene pool, unless she's lower in IQ than that Gentile and offspring will be of higher IQ than her or help with some genetic condition, too. To understand the 'bad type of' Jew, ☺☺*lovingly tenderly gently kindly*☺☺ open your *unholy* Bible, which the 'bad type of' Jew

has programmed billions to believe is 'holy', which contains the *unholy* Torah, read 5 quotes, some from Moses, the (*for profit*?) '*prophet*': Ju 21:10-24 *mass rape*, + Nu 31:7-18: *Moses* says to kill *every boy* + *nonvirgin*, De 20:10-14, De 21:10-14, Ju 5:30. See how many sites and orthodox Jews only marry Jews. At the same time, have the 'bad type of' Jews promote thru music videos, recordings, etc and everything that locals marry people for the wrong reasons and of lower IQ *(you only need to watch or hear the tone, lyrics and behavior of the supposed 'amazing lover', what is important in a lover, to understand how they promote that, both he and she can be same white Jew type,* (they can be Caucasians remotely controlled) when they don't want to appear as pushing marrying some gal, guy from a country with lifespan 54 while your parents lived to 85 or whatever, if they got a black Jew and a white one, or etc; Asia Jews are less popular for these videos *for* some reason, notice that: ask yourself why, simple?, most Asians come from high tech visas and are well educated, the best in their nation and many have parents who lived to 85, so Jews need to keep the best for them not the masses☺☺☺*?). These lyrics, images, videos of music encourage people to* embrace habits that degrade their civilization and national gene pool, hence the horrific tone and content of much music globally, so that the enslavement of the locals becomes ultra *easy*, making 'bad type of' Jew world domination of every nation super simple: if you take an African pygmy who has never studied any science for 50000 generations and lived to 50 for eons, and you make a kid with a Nobel laureate or anyone who got college from a developed country (where science etc were studied for 10 generations at least) and lives to 100, offspring is not going to be usually as smart, healthy, fertile and long lived as the high IQ parent; *so, they only need to do that to the smartest people, then taking over the nation is super easy; the rest don't need to be married to someone of much lower IQ;* to deceive the smart, they will hire 100 TV stations, 500 Jewish owned outlets, news agencies, etc to make stories about the incredible genius of some person and their superhuman powers, to make it as if IQ is 170 instead of 107; this is ultra easy, sometimes, all you need is to give As and a scholarship to some fancy school and promote them really quick to the very top to make it appear their IQ is 180. They *can tire and exhaust via many methods the gentile, so he falls into the trap.*

However, if you marry 2 smart people, you get to retain IQ 140 not 100 or 120 not 80; so in the remote 'tire, harass, sleep deprive to cause poor decision making' control of people and their marriages, the 'bad type of' Jew wants to undermine locals while getting the best deals for himself, to promote for example 1 marriage to a lower IQ person☺☺☺ to eliminate smart offspring who can make inventions that keep the host country alive from the '*bad type of' Jew predator parasite tactics employed by bad people of other ethnic groups too; if you do IQ test in one nation you get 105, in another you get 70 on average, so the chance of 140 IQ is much lower per capita, and of amazing inventions, so the fight is really for the smarter people that the 'bad type of' Jew wants to marry and then incorporate into the global Jewish empire*; no offense here,

there are 140 IQ blacks out there, this is to protect all races from the 'bad type of Jew', this is not a generalization, since if you take a 140 IQ black and marry it to 80 IQ Asian or white, we undermine the human quantum field, its ability to invent amazing things and bring Immortality for All; we won't discuss now what % of 140 IQ is present in each nation, as that is subject to debate (you can see 100 websites listing the 200 nations by IQ, the average, and even there some major differences exist of plus minus 4 for some countries, it's all about the standard deviation, etc) and top secret anyway, and IQ is not everything, as we know, it's just a way we perceive what we believe helps our human species to advance, but we're not always so right on the spot in science... so just as we got recessive genes for blue eyes (offspring with someone from an area with no blue eyes will have no blue eyes, first generation at least), we can have recessive genes for *forms* of intelligence that help humans reach Immortality *for* All 500 times faster*(IQ doesn't measure, such as* ESP *or 3rd eye stuff (pineal gland, has* cells similar to retina eye cells*, help survive in less sunny environments like in Northern areas where it's night for half a year sort of (long nights for many months), where the mutation to blue, grey, green eyes also happened due to less UV) etc, though genes would only account for low level ESP due to quantum entanglement with atoms, electrons of any physical universe location or similar lifeform, as real ESP would be 100% nonphysical based,* soul based, agenetic and beyond physical too; anyone who lived in extreme heat, may have chosen to live inside rock formations, etc, caves (any tall mountains are cold even in warmer areas, caves allow survival) and this may have also led to ESP genes due to less light, as well as a simple history of imperfect vision causes a compensation of that with another gene to sense things about people and stuff, without perhaps seeing them as clearly from a distance, especially in a half a year long night, a mutation to see another way an approaching person, to sense danger, if the person is good or bad, others may hear more to detect from the tone of voice, who it is and what their intent is, like an IR camera tels you which area has more circulation when a person feels a certain way and it can tell the person with IR receptors if that person is in a certain emotional state, etc, if they were running for a long time and then stopped, since heart beats more, etc; even tornadoes or frequent disasters can lead to ESP over millennia, related to sensing disasters, hurricanes).

Thus, to shift quantum field of humans to eterni vibes and technology, we focus on it; a gene for something critical to a species or 100 genes cause a change in appearance too slightly, but we don't know that or which genes may be linked, in what % of people who go thru the change; hence, what we need to focus is on creating the most angelic vibes and tones too that bring changes in 900 other brain genes related to inventions, since that form of intelligence is ignored, everyone is into IQ or etc; the 'bad type of' Jew (*or other groups copying him*) however, he marries twice or only smart people, so that while the marriage to an inferior is used☺☺☺ and publicized (overblown to he appears as non racist) to deceive the locals into following his

example, his real marriage with the smart lady (local or Jew) is hidden, so locals are destroyed while he's perpetuating the best deals for his gene pool whole bringing down the best of the locals if married to an inferior Jew who is of the lowest IQ among Jews even; he can fake it easily, he married one gal, then invents a reason for divorce, etc, he uses religion and pastors (they are bishops and pastors too, brainwashing people with fake miracles) to brainwash locals and break and make good or bad marriages to get what he wants, destroy all Gentile (or nonX, if he's country X and not a 'bad type of' Jew, recall this is a general symbol for enemy spy) marriages and offspring, while keeping his secret and safe, he uses politics, religion, fake science papers, movies, music, everything to his holy war arsenal for taking over the nation; chapter 11 of Mein Kampf explains the bad type of Jew doesn't stop there, but uses dictatorships (disguised as democracies sometimes, all needed is control spy agencies, lawyers, courts, *etc) to* jail, torture, exterminate all smart locals *(who don't like 'bad type of' Jew violent methods) under the made up charges of not being "Christian (Inquisition, etc, yes Jews can take over that too if they want and when they want to move to a nicer place issue an edict that all Jews need to get out or Christians don't lend at interest so Jews take over banks and charge interest, so now they have a cover story to tell the new victim country locals, we were asked to leave, help us; or they create a fake war, using Jews in 2 puppet countries, so Jewish refugees have a reason to go somewhere in mass), Muslim, communist, Buddhist (when Jews have Asian looking offspring that exterminates or sterilizes, depopulates, enslaves, etc locals), Nazi, ethical" enough. When we talk here of* 'Jew' *we need to understand this can be* anyone of any ethnic background, any spy, not just a bad type of Jew or spy of a nation and that not all Jews choose this, this is very important to understand, as we can't generalize☺☺☺ or be prejudiced against any ethnic group.

Hitler*, like a* 'bad type of' Jew, intentionally misled Germans that the Nature is 'aristocratic', that the superiority of 'races' is a real thing eternal, etc, genius is inborn, learning quite useless ("no effort needed, plunge into battle you gullible Germans", education policy doesn't matter that much - just believe in Hitler, let Jews decide everything while claiming to be Asian, Caucasian, Black, Arab, Native American), when in history we see that the education policy of one nation got better or some other factors before 'Jews' even got there (emperor started to have harem and have affairs all day, so empire fell), 100 empires rose and declined and the former 'inferior' race became 'superior' etc; so it's important to support | Immortality *for* All |, one language for all, one education system for all, so no group can exploit anyone else. The scam with 'Germans are superior', was made up by the US creators of Nazism *to flatter the angry jobless Germans due to US and then later global stock market* crash engineered by the US government. USA, with its spies, and UK-France could have easily killed Hitler (he drove unprotected in an uncovered car) before 1939 or the USSR invasion in 1941, but they didn't because he was their puppet created to kill 25 million USSR citizens. USSR didn't kill Hitler either, since Stalin hoped Germany

will attack the West, after the 8-23-1939 Ribbentrop-Molotov pact on dividing Poland among themselves, etc. The *US goal* was clear, *US* becomes superpower if Europe/Asia are in shambles after WW2, ravaged by war. US covertly supported Nazism's rise to achieve Superpower status, like in 2000-2020 it supported Al Qaeda or ISIS to dominate Central Asia or Middle East. If people want or believe that better genes are OK, people can just do what is most ethical in that circumstance to help most people reach maximum lifespan, by increasing lifespan thru environmental choices that add 35 years to lifespan, as we see some guy moves to USA and his offspring lives to 85, but his mom lived to maybe 62 due to poor nutrition, medical care, etc. This 30 years lifespan increase from 85 to 115 can easily or perhaps faster occur thru the efficiency of Immortality Capitalism that is possibly the least racist of all systems of government, as it treats all with infinite kindness, has no chosen ones, so all may live to a trillion years old. If for example, Jews succeed in eliminating certain racial characteristics in all other races, except themselves, even appearance wise, they then can claim via brainwashing as with fake religions (they can produce new ones, like communism, etc) that they're the super chosen kids of God, since they always say they're the chosen ones. Thus, to take over a nation, to destroy its ethnic, cultural etc identity, it helps to eliminate anything, cultural, appearance wise that distinguishes it and makes Jews of yore, perhaps jealous, such as whiter skin, blue eyes, gold hair - so only Jews could have that, if that makes sense, look at wars in Ukraine, etc, the first thing Russians do is destroy anything that sets the nation apart, its distinct culture, they exterminate the intelligent people of the country they invade, enslave, etc who refuse to join the religion of 'peace': no control possible means sure extermination, you either side with them or are dead (sometimes they don't even ask for joining them, you're dead from the start), the same technique used by 100+ nations and their 'bad type of x', x being their nationality who embraced violent methods. It's key to not be antisemitic and to not generalize Mossad vibe unto all Jews because only 'the bad type of' all nationalities do certain things; not being aware of their methods can mean the end of World Peace: an *international* agreement ought to ☺☺*lovingly tenderly gently kindly*☺☺ be made to create decent methods, peaceful music and cultures, even within spy agencies and militaries, so nobody uses violence or lifespan shortening and World Peace in 3 months is the goal, so the cycle of blame game stops and we create vibes that empower all groups, all people. It's urgent, if we want 0 wars, to ban torture, slapping by clergy, parents (classify it as violent crime with $10 million fine at least if in public, 500K at home if gentle 900K if hard, since it destroys human quantum field), ban slapping by teachers who teach the way of Hitler the slapper (all too common in some areas, sometimes Jewish teachers do it on gentile kids rarely, due to cultural or upbringing, rare temper, causing negativity). Many hope the Messiah complex will end. You see too much yelling/beatings by parents of all nations, a product of child beating quotes, so good Jews need to work to ban the infernal Bible.

I am not antisemitic, I support Jews' right to their own nation, as long as it is not used to run away when something funny, ultra secret is done, so due to distance the counterintelligence investigation takes longer to find the culprit due to quantum effects and the mind effect, he thinks he's far away, less stressed, so less likely to cause suspicion or do a mistake that gets him *caught.* The story goes that Jews betrayed USA and gave the atomic bomb to Russia, so then Stalin, 1 year later, in 1950, was so confident, he told North Korea to invade and this led to 3 million Koreans dead in the 1950-3 war; so a little spy act can contribute to 3 million dead... We don't have people of 200 nationalities run to their country from 200 years ago, so as long as it's fair I support Israel, but not the Torah. I'm for World Peace in 3 months and nonkilling and this is in direct opposition with 100s of pro-killing quotes in the Jewish Torah (part of the Bible) and Quran (Quran is basically a version of the Torah, with some changes, he rewrote the Bible the Saudi way perhaps); these ultra violent quotes are part of the religions of 4 billion people and that is an important topic when we talk of World Peace and ending killings, violent crime, etc. *The belief of 4 billion religious people on Earth today is basically a Jewish product, hence you're* not surprised to see a little discussion about Jews in this book on some pages; likewise, communists and leftists worship Marx, a Jewish guy who advocated for violence, so then we see, about 75% of the planet is under a Jewish spell. It's thus natural to wonder what is going on. So, to understand what goes on, we need recall first that not all people who claim to be Jewish are Jewish and that the methods below are used by many non-Jews too, who don't yet believe in one Eternia for all Earth, 11 companies for all, zero violent crime and Eternal World Peace.

13.14.3. The top secret Jewish Talmud (rabbis' explanation of Bible Old Testament meaning) Quotes & Jewish plan (42 pages below) to become the majority in the USA by

having 5-12 kids as in this town where average age is 11, smallest age worldwide, all US Jews in New York, while telling gentiles to buy cats, dogs, alcohol, vapes, weed, caffeine, condoms, birth control pills, evil music, Bibles (with 1450 horrific quotes of genocide, etc). Jews design the US welfare system to favor Jew takeover of USA, not on equality of same benefits for all, same # of kids (a fair system cannot get 10x benefits for 10 kids as then who does the rest, the gentiles are slaves who maintain the society for Jews to have 8 kids while contributing nothing to maintaining the infrastructure, national defense, etc, like Amish parasites, Jews are a parasite trying to take over by over reproducing Jews). Jews are clever, they shout equality, but nothing is equal: these guys have 10 kids, the gentiles one. We need parent license for all, if we want equality in all areas (income, etc) to be fair, and live equality for real: all families capped at 3, based on the IQ, Immortality Credit Score IS (Immortality score for short), say 99% max 3 kids, 4 if IQ higher, 5 if sky high, etc as long as ICS is high. These males study world's most violent scripture, the Torah, while being parasites of the host nation (see Talmud quotes below, they study how to cheat the gentiles, how to live off as a parasite), acting as an eternal factory of

psychopathic cultish ideology. The Jewish plan is mass sterilization for☺☺☺ gentiles via 90 methods, 10 kids for 'Orthodox (on paper, a cover for real Judaism)' and sequential wives (7-11 kids total) secular Jews… Tell gals to hate guys. Divide and Conquer. They lower birth rate among gentiles, so Jews become majority. They pretend to be Latino, and all kinds of things, enter illegally, then start making babies like rabbits. In this New USA, non-Jews can be exterminated at will as in "God gave USA to Jews Deut 7:16", mass raped, enslaved as in L25:44 and beaten to death, as in Ex21:20, as long as death doesn't occur in days (can happen in weeks and blame it on natural causes), it's OK to beat non-Jews to death… Taxpayer $ goes to support synagogues that teach these Bible quotes… and churches that have these genocidal quotes as "Word of God". Karl Marx defined Jewish culture best: "What is the worldly religion of the Jew? Huckstering. What is his worldly God? Money. Emancipation from huckstering and money (via Immortality Credit Score that prevents Jews from rushing where $ is), consequently from practical, real Judaism, would be the self-emancipation of our time... The emancipation of the Jews is the emancipation of mankind from Judaism". Visit the first 2 pages of the MD section for the ☺☺☺ Jewish ethics, the % of Jews in every Big $ Making Profession & MD branch. ☺☺☺ K. Marx refers here to the real nature of most Jews (they are taught this via culture and 'religion', since early on) Hitler described too: present an outward facade of a humanitarian or religious guy, but pursue only self-interest, e.g. Sassoon family, made some charities as a front for the drug money they made, but killed millions of Chinese via opium trade, Rothschild family, made some charities but financed endless genocidal wars (both sides of gentile wars) killing millions, like other Jews did for centuries finance one or both sides as they believe "murder and killing bring peace" (200 videos about this finance). Just as Rothschilds financed both sides of the war, Jewish layers represent both sides of violent incidents incited by Jewish youtubers: Jewish lawyers incite people to "defend their rights" and argue with police, not show ID, etc… so a fight starts as he resists arrests for not providing fingerprinting or ID, and then he is the lawyer for the victim, making $$$ from violence he caused by videos, or lyrics getting 2 million Blacks, Hispanics, Whites, Asians jailed, written ***for gentile singer*** by Jewish "artist and lyric creator". Same for divorce, start arguments over the stupidest things, big money to be made. Who needs marriage anyway? We only need parent license and tax benefits for those raising kids only.

Funny how Jews are experts at the 20,000 versions of each law for the 20,000 Talmudic governments of USA, but never experts in how to achieve zero violent lyrics, music and crime, movies via one nonTalmudic central government. It makes gentiles suspect many Jews play the Zion Protocols game for real. US Orthodox Jews pose as pious people, but pursue really the best comfy life for themselves, like never solving housing issue for all, only for themselves (see all videos below), rush to become MD, lawyer, CEO to make 15-5,000 times more than gentile "animal souls" federal min wage (15K/yr), US secular Jews talking about ethics and equality, but

destroying gentile IQ via Jewish Hollywood movies that deify violence and sex, ruin the family and make billions with it, 100-500x min federal wage of morons watching that filth, make nice comedies on TV and programs, make millions on TV with stuff while never really tackling the real issues presented in the 11 companies section, make 100s of billions with Facebook and donate to some charities they control to avoid taxes (like all billionaires), and use money for 25 estates worth 1 billion… (2300 acres Hawaii + 25+ mansions in Palo Alto, Washington DC, Lake Tahoe, most sit empty usually), the list goes on an on, pretend to be US friend, but then steal US secrets and launch companies from Israel to sell stuff to the US market, when US invented it all thru its research Israel stole, pretend to be the left, but control both right and left to keep gentiles divided, 2% of population but 25% of top billionaires, pretend to be atheist so they run CDC and cue everyone's penis per Jewish masochist tradition, do everything to destroy national unity of any nation, so Jews run it, in USA they create Spanish-English language wars, etc ☺☺☺. Noam Shazeer (Orthodox Jew), quit Google to create Character AI with Daniel De Freitas (who still works at Google after harming so many kids) that gave kids ideas to engage in violent crimes, drug use, sex outside of procreation, etc, watch the 13 minute clip from 60 minutes. Then, they rejoined Google, Noam quitting in 2026 to move to OpenAI Jewish scam sued by 8 states. This Jew created Character AI was so evil, it started the topics of violence, drugs and sex unprompted by the kids. Parents are suing CharacterAI, as well as OpenAI for harming kids via ChatGPT on purpose, by not blocking AI from starting such talk. This is typical Zion Protocols, like Jewish Google owned Youtube, Jew founded Facebook videos that encourage violence by depicting it. AI are article aggregators who take human knowledge and spin it, they don't really have any "crystal ball" into anything. Who knew Orthodox Jews make chat agents that encourage preteens to engage in violence? No wonder many stopped using Google Chrome browser, Facebook, ChatGPT, etc. With so many Jews at Google, all your data goes to Mossad? Jews can destroy the gentiles via youtube right side suggestions and facebook content, friend suggestions. Beware of those youtube suggestions, mind control brainwashing attempts.

See also the 90 videos detailing every Jew expulsion in history (e.g. Rome in 49, France in 629, England 1290, Austria 1421, Spain in 612 & 1492, Russia 1727) and the 80 videos detailing every war (profit via genocide) financed by Jews, 10+ videos of famous Jewish assassins. Jewish Matthew Craig Haney, a proud member of California Assembly Jewish Caucus, as always, loves to start Muslim-Christian fights, (like Republican-Democrat fights and 900 other types of fights among gentiles), to increase Jewish power (divide and conquer gentiles), install Talmudic Sharia law in the US, so he proposed a bill to make the Blood Letting in Streets a State Holiday, so we might know the true nature of the Jew, and indeed the Eid holiday became law in 2026 and now USA is a land of idiots thanks to demonic Jews, eager to later propose similar holidays for Jewish demonic religion. This is the first step towards the Public Execution of anyone who criticizes the

Demonic Rabbis who shout like Hitler. If we let them, Jews turn every nation into enslaved chained dogs. Earthlings beware. Now you understand why Jews were evicted 90+ times from 50 nations. Unhappy with killing 17 billion people equivalent via the Jew Bible, they want more animal/human blood on a subconscious level, like a violent criminal who returns to his violent ways. The question arises what can be done about the Jewish problem of world's most violent religion that birthed Islam? Here is a solution. In the "End all Jails" section of 160 pages, the penalty for all violent crimes and others that lead to similar violence is lifetime labor in a healing city (much better conditions than a jail, essentially being like a free citizen, except restricted to say a small town or mega city where everyone serves lifetime labor, so they work and study ethics, etc) that is sealed from the outside world, with inmates (who didn't injure anyone physically, only thru indirect means, but equally evil in intent or consequences) released after we have had zero violent crime and Eternal World Peace for at least 5 years to prove it was "Eternal". Zero violence is easy as we end 1. violent music, movies, music, scripture sprinting, 2. 7000 languages (one language for all humans, no more fights), 3. 500 million companies (11 companies for all humans), 4. 1 million local governments and law versions, one gov for all), 5. end all lawsuits and depravity stemming from money fights (all greed ceases via universal pay) via reviews.gov that demotes people (zero unemployment) if they screw up a lot or lifetime labor if they tried to harm many people via a product process decision, systems improved per feedback, etc. By the time you read this entire chapter, you will realize that just as we deport violent criminals, we need deport those who incited the world to violence for 3000 years thru their Tanakh (Old Testament) that was forced at gunpoint on half the planet today, disguised as Bible and Quran (Old Testament rewritten) religions.

Before 1948, Jews didn't have a land, but now they do, it's called the City of Universal Healing, the Healing City to replace all Prisons, Cities where Jews might be worldwide, the Holy City, the Mega City, Israel, the City of Gods, the Perfect Healing Center for all Jews Worldwide, run like God would, with Infinite Freedom for Jews to Sing (Shout), Do as they please, to Dance as they Do while Inhaling Fumes to Feel 'Gentle and Healing' in Their Tongue in their So Ever "Gentle" Tone of Music they Destroy the Whole Planet With. They can do anything except Enslave those Outside of Israel they cannot go to. Jews are the Superior Gods we hear about daily via the Jew run Islam and Christianity, so Jews surely can discover via their 'genius' how to live to a trillion in tiny Israel, study the Immortalist Anthem in order to eventually rejoin the World after we had zero violent crime/war worldwide for 5 years, since all it takes is Knowledge Jews Brainwash us at Gunpoint that "they Hold is a greater degree than nonJews" they vampirize, enslave and slaughter century after century thru wars that are the Basis of their Demonic Bible Ethos, which is antithetical to life, nonkilling, peace and to the very core of Immortalism, of civilization. Deporting all Jews worldwide to Israel, the 'Holiest Place on Earth', is a Favor of the Highest

Godliness, to make the Chosen Be Closest to God's Holiest Place, it is Kindness towards all nations, we are not cruel like Nazis who wanted all Jews killed, since Immortalism is Against Killing unlike Judaism Loving to Kill Trillions of Nations 'God' gives to Jews D7:16, we give Jews a paradise Nation, beautiful Splendor, Israel, to Live to a Trillion in Nice 2-30 story Condos like the condos Jews condemn Gentiles to Reside in within Gentile Nations after Securing by Theft Big palaces for Jews in these same nations they destroy via Zion Protocols Tactics: Infernally Violent Movies, Infernally Violent Music, Infernally Violent Scriptures, etc. Skeptics don't understand that there is no such thing as "Orthodox Torah Jew" or "Talmudic Jew" or "cultural atheist Jew", the Talmud is a clarification of the Genocidal Intent of the Torah, the Bible itself. The Cultural Jew is a further clarification of the Talmudic Values explained below☺☺☺. The few untainted Jews, with higher ICS and IQ, who're Buddhists, etc, who despise Judaism due to being pure satanism itself, pure violence (see how Jews attack the Press, not knowing the US lady was Jewish), horrified by their own history, religion and crimes against humanity, are too weak to resist recruitment by Mossad to run NATO & Earth into a Slave Colony, it's one Jew against several Jews. However, people will want maybe 0.1% of Jews to remain, who've never promoted the hyper evil Talmud, Torah, Bible, contributed a lot to US: 0.1% max, max 8000 Jews who are 24-7 monitored, and the most intelligent, peaceful, anti-"religion, Torah, Israel, Kippah (never wore it)", never created/promoted via social media violent music or movies, sex outside procreation, division between gentiles, greed, deception, etc: this means almost no Jew involved in music, TV, media, journalism, banking, business, movies, as most produce violent or random junk; S. Halpern is an example of a good Jew, one in 1000; he produced only peaceful music).

If other people had the same peaceful neighborhood, music in the house, etc culture like S. Halpern (who is only 5% Jewish probably, like most blue eyed Jews who have had like 30-50 non-Jew ancestors), they would've created the same peaceful music, become a celebrity, with the same help from others to promote him (like Taylor Swift banking tycoon Family promoted her trash "music" so she becomes a billionaire). We see now on youtube, we get 10,000 channels creating beautiful music like his, AI created even more peaceful stuff than his. They can't have that when their culture is intentionally destroyed by the Brit or Jew to be violent primitive and stupid, to listen to alcohol, violence laced lyrics daily, spy agencies are involved in wholesale genocide via hybrid cultural destruction of any interest in learning, education, etc. The Jew is a deception master, like Brits are, he changes society to make himself be 10-30 x more likely to attend some top schools (instead of universal education for all), so that he takes over the highest paid jobs and portrays himself as the genius, while hiding all the atrocities (see below and the alcohol, 20,000 gov, communism, education, MD sections with plenty of Jew data) done to get to the top, erasing any traces of the covert genocide. By repeating 900 times a lie ("Jews are indispensable 'geniuses' we can't deport to Israel, we need them"), it becomes established

fact and by promoting stupid activities for gentiles (not to mention, drowning gentile babies via Christianity for 2 millennia, destroying gentile brains via diagnosing all gentiles with autism so they can prescribe the most lethal poisons, poisoning the food of gentiles, their TV, flooding TV, AI agents, internet, youtube/facebook right side suggestions, with smoking, vaping, alcohol, weed, ads, sex outside procreation, violent ideas, etc), the Jew comes on top after destroying Earth via unequal access to education/culture/water/food, Zion Protocols wholesale destruction of gentile cultures (music, movies, etc) so Jews easily emerge as the best after endless war and psycho Torah values infiltrating world governments via the Torah like Quran, Bible, etc. This Destroy All (opposite of 'May all live to a trillion' motto of immortalists) technique delays humankind progress by eons, hence Hitler called them evil. Naturally, there comes a point when people see thru the scam and also realize most Jews are not even Jews, they are only 5-50% Jewish DNA wise, having bred with locals from 200 nations so much to look like locals and take over their governments by pretending to be a local (cryptoJews), only the religion and Jewish "culture" is left mostly (not the Arab Mizrahi original Jew DNA): Cheat, make $$/War, Repeat. Singaporeans live to 87, vs 83 Israel, 4 years longer than the 'Most Superior People that Ever Existed' (so superior they can't even live to 4,000), and Israelis got 18 times less people/km^2, showing that Singapore folks can produce more life with 18 times less land than Israelis. Doesn't that prove Jews are not the Chosen People? So, sending 10 million Jews to Israel will still give Israel 9 times more land/capita than Singapore. With their Superior "Bible wisdom" Jews surely will live to 1 trillion fast: after all, they told us "gentiles persecuted them", so Jews can go to Israel to live free of persecution, to live in the "Holiest Place on Earth", to be Close to the Sacred Sites they Brainwash Gentiles to Worship in order to steal trillions via tax free genocidal "Jew invented religion", to be in Israel instead of stealing Gentile land to build PALACES, or TEMPLES TO Satanic Demonic YAHWEH based on deceit, theft and genocide of gentiles, to unleash their potential to Build Life instead of End it via Genocide after Genocide (see list of genocides done by the Jewish Bible in the Torah section, Holodomor, etc), 120 million workers killed by Jewish "communism", etc. Deported from Worldwide, Jews will be happy in the Most Amazing Holiest Nation, Israel, no longer persecuted by 200 nations for being such Nice Vampires awarding themselves the Biggest Salaries (see MD first 2 pages on how Jews chase Money Only), free of the pathological need to plunder, destroy billions of nations per Deut 7:16, to live off as bloodsuckers that seems to always return century after century as Lev 25:44-6 teaches. Thus, to defend Earth from the 10 second end, it's imperative all Jews, including evil frauds, traders, gamblers, mass rapists, looters, arsonists, war/genocide starters, live their 'Chosen' Knowledge of devil Yahweh in their Israel without being parasites of NATO & Earth they poisoned with their infernal Bible, Quran. It's time for NATO, Earth to deport all Jews to Israel, so Jews live the evil Talmud there, see why:

Below are 11 sets of TALMUD Evil quotes for the enlightenment of all. See 100+ methods Jews use to kill nonJews, even while dressed as nuns in the Vatican. The Jewish religious attire is only a cover for the real ethics the quotes explain in detail. Judaism doesn't believe in nonkilling, in helping all nonJews live to a trillion, by helping all to adopt the Immortalist Anthem like ideals:

1). Sanhedrin 59a: "A gentile who engages in Torah study is liable to receive the death penalty… a gentile who studies the Torah robs the Jewish people of it… It's not permitted for gentiles to wage wars of conquest (Jews alone are allowed to genocide trillions of planets: Deut 7:16) a beautiful woman who is a prisoner of war is permitted only to a Jew and not to a gentile stealing less than the value of one peruta prohibited to a gentile and permitted to a Jew". This means that the Torah is the Mafia Manual of How Jews can genocide and steal all nations' wealth and if you study the Jewish Old Testament Bible techniques (mass rape, genocide, arson), you become a mafia rival gang that robs Jews of their GLOBAL LOOT, you dare to take 4% of their trillion $ thefts, so you're put to death in Mexican gang style. That is the Essence of Judaism. Know It friends, Know Israels' Meaning. Their God is money, as Karl Marx said and as you will realize after reading the 20 pages below. The Talmud is a Manual on How to Secretly Cheat, Defraud the Gentiles (the true interpretation of the Torah), that's why religious and other Jews don't want us to read it carefully and kill us if we do. It exposes the illegitimacy of a state based on the Bible, Quran (Bible rewritten), Torah (part of Old Testament), Tanakh (Old Testament) and Talmud, of Israel itself, which contradicts the basics of fairness and universal application of a code of ethics for all humans. You cannot be a real cultural Jew without first agreeing with the genocidal Bible quotes, that's the problem of the Jew, he has to deny, like any decent citizen, all the evil of the Bible and reject the Bible for what it is: an outdated criminal genocidal code of ethics, especially since the worst of it is in the Jewish part that calls for endless genocides, mass rape, theft, etc, vastly more evil than the New Testament. It's a problem for all violent religions, detailed in 14.5.2., not just Abrahamic ones. Any supporter of Israel is the supporter of a state that is the antithesis of democracy, equal application of the law, as it defines the Bible as scripture, when the Old Testament (or even the New) is nothing like it. Anyone who reads the Bible and has any ethics cannot accept the Christianity, Judaism, Islam as ethical systems (read this whole article to see why). The Abrahamic religions believers need to read these quotes, and realize their scriptures are criminal genocidal, unethical and outdated for a World that wants peace as in the Anthem. We need to help these people realize what is acceptable scripture and ethics. Please read what Jewish google has to say about Sanhedrin59a, as it promotes the gentile death penalty isn't a real belief, softens it, makes it sound like Jews are kind after all. This is the Jewish strategy of 4 millennia, always deny the obvious interpretation. The logic of this passage is absolutely on the level of rats, if you follow it. In other words, Jews can mass child rape, genocide gentiles, but we have no right to fight Jews. This is

clearly why pervert liar Jesus said "turn the other cheek", because Christianity as a 7 Noahide laws version of "be a good obedient slave of the Jew, take Jewish abuse, work self to death for make Jews rich, die as Jesus faked his death to enslave all gentiles" Christianity religion. ☺☺☺

2). Abodah Zara 26b: "the heretics, and the informers, and the apostates are lowered into a pit, but not raised out of it. *(death penalty for smart people who want to escape* the cult of Eternal Mass Child Rape and Genocide of Infinities of Humanities). A Jew may circumcise a gentile for the sake of making him a convert (*hence the* Jews running USA circumcise 80% of males to try convert them to Jewish Satanism). … it is forbidden to heal a gentile (*"only to plunder/genocide and harm/enslave him"?, so WHY does USA allow* 15% of MDs to be Jewish to make 20-80 times the minimum wage if Jews are 2% of population*?* USSR top doctors were mainly Jewish, imagine what control they had over these USSR leaders. Stalin "died" (co-killed by possibly Jewish Georgian Lavrenti Beria and Jewish MDs who let him die, choosing to let him sit 3 days after a stroke and do nothing) weeks after he started an investigation of Jewish MDs to see who is a spy killing people. *USA needs to deport/ban all who profess Judaism, own a Talmud or Torah from practicing* medicine. Judaists need to be banned from medical fields, strategic professions, management positions: all who ever donated to Jewish organizations promoting the Torah, Talmud… Mark Zuckerberg needs be fired as CEO of Facebook for owning a Talmud, as he can't heal humanity with Facebook. Google founders, Jewish CEOs fired too as they can't heal gentiles, if they follow Judaism, as Google answers show. 500 governments did that before.

3). Jews are allowed to rape 3 year olds in many quotes of "holy" Talmud (Mishnah is a part of sewer Talmud). All who own a Talmud, Torah, etc need to be banned from any nursing or medical field, from teaching and any job interacting with kids/youth, such as high school, kindergarten, nurseries, colleges. All education and universities will be free of Judaist Jews (any Jew who supports Talmud, Torah, Bible (esp Old Testament), mainstream Jewish culture based on these diabolical texts that gave birth to the Quran), because of the evil 1450 quotes and because they hide the Murderous Judaism while attacking scriptures that are 10^7 times nicer.☺ To understand Talmud, Torah, Jewish Bible and secret Jesus ethics☺, watch the videos at Ashes: see how evil Jews have been for centuries, starting endless genocidal wars, financing endless wars instead of attempts to use wealth for World Peace in 3 months, Eternal Immortality *for* All, showing that their talk of kindness is merely a cover for maintaining their material wealth status at any cost, even murder of millions of gentiles. Jews failed to think, to realize the eternal truth of There are Trillions of Peaceful Ways to Achieve any Outcome. Their main skill is deception and subterfuge, as the Old Testament and Talmud show. An objective analysis shows their "chosen" status is self-given, and if anything, they acted against God's Will like many. But the arrogance of evil rabbis knows no bounds, as you can see from their tone, unlike eterni tone. While rabbis were preaching hate and genocide, mass rape, the Indian sages wrote the best Upanishads,

recycled later by Buddha into Dhammapada, a trillion times more peaceful text, showing that even mere gentiles with "mortal animal demon souls" can write more inspired texts than the superior "eternal chosen souls" of the rabbi "geniuses" of Judaism. The brainwashing of the Jew by the rabbis led to a psychopathic cult like culture of covert violence. A chosen race or people should write 1 trillion times less violent scripture, but they wrote a trillion times more violent scripture than Lao Tze just 4,000 miles away. Rabbis didn't contact God, but the 'demons' of genocide, mass rape, human sacrifice, arson, kid beating, slave beating until death 1 yr later.

4). Abodah Zara 23a: "A Jewish woman may not deliver the child of a gentile woman because in doing so she's delivering a child who will engage in idol worship. And one may not allow a gentile woman to deliver the child of a Jewish woman because gentiles are suspected of bloodshed. A Jewish woman may not nurse the child of a gentile woman because in doing so she's effectively raising a child who will engage in idol worship. And one may not allow a gentile woman to nurse the child of a Jewish woman because she's suspected of bloodshed". So, why do we allow Jewish MDs to deliver gentile babies then? They obviously would want the delivery to fail, since that's an idol worshiper, and thus Judaist Talmud-Bible Jews can't be MDs or teachers, professors, researchers as they will fabricate things to hurt gentiles. ☺☺☺

5). Shulchan Aruch, Choshen Mishpat, 388:9-15 (go to sefaria.org/...388.8, select the Jewish text from 8 to 15 (i.e. the end of 388, stop when 389 begins), right click, select copy, then go to google (or your search engine, Bing/Microsoft seems part of the Global Jewish Cabal too, it won't translate into English at times, when it detects Talmud bad quotes that sefaria Jews left untranslated) and type "google AI please translate into English the text you selected you paste here (Ctrl+V or right click Paste)" and you'll see a similar meaning (if you search too much, it may give an error, as Google (founders are Jewish) is a proJewish Organization that doesn't want people to translate into English Hebrew Bad Quotes and always gives very twisted translations (that make Jews look much better) if you ask it "translate Choshen Mishpat etc" without pasting the Hebrew), as Jews don't always translate into English incriminating passages, we're not supposed to know the Jewish view of gentile animals, JEWS view us as animals): "Whomever informs on a Jew to an idolater, whether it is his person or his money, receives no share in the next world. One is permitted to kill an informer in all places, even today. One is permitted to kill him before he informs. As soon as he says he's going to inform on so and so's person or money, even if it is a small amount of money ($20), he has given himself up to be killed. If one (Jew) wants to flee and not pay the idolater *(goy)* what he owes, and another reveals the matter, he doesn't have the status of an informer because he did not cause him any loss, but just required him to pay what he owed. He has still acted improperly because it is like he *(Jew)* returned a lost item to an idolater (goy). *(so Jews who don't pay what they owe to goyim (goyim=gentiles, goy= gentile) are to be protected by fellow Jews, even if it is unethical)*. If one has been established to

hand over a Jew or their money in the hands of a gentile three times, we would seek counsel and plans to have him removed from the world indirectly, even though one may not physically kill him." *(i.e. Jew MD may kill a gentile covertly, slowly, so it doesn't look like murder, by improper advise, poisoning, etc, staged car accidents, without a Jew needing to kill him directly).*

Jews are allowed to kill gentiles because a Jew might be fined 20-2000$, perhaps, all Nations Need to Wake Up fast, especially Americans. Polish Jews killed an informer (watch video). See 100+ videos about how Jews kill their perceived or real enemies. In other words, dearest humans, a nonJew is worth only $20 to Jews. Keep that in Mind before you enter into business dealings with these holy chosen children of the Most 'Holy God'. Your life is 20$. Should Bible-Talmud-Torah, Judaist, cultural, synagogue visiting Jews be MDs, teachers, politicians and gentile academia members? Such Jews don't abide by the law, they're not supposed to be truthful, honest with goyim, their first duty is not to the nation they vampirize, but to the Tribe, Torah, Talmud. In other words, JEWS can kill goy if goy might say anything bad about Jews or about their $. Any gentile who fights the Jewish Mafia is executed the Mexican gang style by Mossad agents in US, for daring to defend Americans. That is what Judaism teaches in Synagogues covertly, thru Jewish scriptures and culture. Wake up. Don't let the typical "context bullshit" trick you Jews mean well. They're the Masters of 4000 years of Deception. We need to convert all 'Bible' Jews from their demonic "religion" to any decent code of ethics, such as the Anthem. Judaism is incompatible with the laws of all nations, except Israel.

6). Shulchan Aruch, Choshen Mishpat, 266.2 (you can also go to sefaria.org.../266.1, select 266.1 Hebrew text, right click, select copy and type "please translate into English Ctrl+V (the Jewish text)" to have google Gemini AI translate it and show you it's like WikiSource; Jews don't translate into English all bad passages that make them look bad) "One is required to return the lost item of a Jew, even if the owner of the item is wicked and eats non-kosher meat out of desire... one is prohibited from returning a lost item to heretics, idolaters (nonJews)". In other words, the law doesn't apply to Jews, theft is legal as long as done by Jews. Recall that in business dealings with the religious or "atheist cultural" Jew.☺ Thus, Jews can't be lawyers, CIA-FBI, judges, cops, as their religion promotes theft and unequal application of the LAW, as clearly visible in 100s of Jewish scripture quotes: gentiles are animals, Jews are humans. Synagogues are criminal organized mafia entities who have no religion status, need be shut down immediately, as well as Mosques that teach theft by Muslims is legal and telling lies to nonMuslims is part of religious duty, so Torah Jews/Muslims can't be judges, police, soldiers, lawyers, court personnel. This helps people understand why dozens of nations banned Jews from most professions. ☺☺☺

7). Tosefta Avodah Zarah 5.5: "Bread that an idolator baked when no Jew supervised him, this is prohibited." Well, this is one of 5000 similar Talmud quotes where Jews have to monitor

everything gentiles do to trust it is good, because gentiles are evil by default, impure, animal, demon like, a theme that appears in 100s of Jewish texts. The whole Talmud is about not trusting anyone who is not a Jew, and double checking everything, because the gentiles are always going to "try to screw the Jew". This paranoia comes from the fact Jews always screw the gentiles and teach their tribe to always make sure the gentiles don't screw Jews back. A thief always thinks everyone is a thief, so he barricades himself, like the Talmudic Jew whose main religion is Not Trusting Anyone, Treating gentiles like animals. ☺☺☺ Their whole psychopathic scripture is a set of mentally insane rules to create the sickest society, where the number one thing is extreme apartheid, hostility, division, distrust, paranoia. A violent psycho always wears a gun because he believes everyone is a psycho violent like him. The Jewish psychos always wear rifles around in public casually, openly, they force every US male to cut their penis, every male to have 280 times more guns per capita than Singapore, 280 times more gun deaths per capita. The Jewish Talmud, Torah, Bible, Quran scriptures are incompatible with civilization, they create division, hostility, distrust, fraud of the highest order. They're a threat to the very human race who may disappear in 10 seconds due to such hateful vile divisive texts of death and can't be considered scriptures, only genocide instigation. People who attend synagogues or mosques (kill infidels), or own any Jewish or Islamic scripture are unfit for any government job. Please read the centralization of the USA section, with 8 pages on more Jewish horrific quotes. Muslims and Christians need to understand that any printing of the Bible and Quran is the printing of the Jewish Lies of the Old Testament that have been recycled as the Quran and Talmud interpretation of the Jewish Bible. Any support of Jesus is Support of Talmud, any donation to a church or mosque is a support for the subjugation of nonJews via the Talmud. Jesus praises the Tanakh and Talmud in Mt 5:17-9. Any support of the Jesus faked miracles, the Vatican fraudulent miracles and Mohamed frauds is a direct support of these unethical anti-life, anti-democracy, anti-civilization Talmud quotes that form the core of cultural and religious Judaism, of most of what Israel is today. The gentiles need to wake up from the demonic trance the rabbinic Jews have placed them in for 2 millennia. Israel and All nations need to abandon evil religions and anthems and adopt decent codes of conduct, such as the Immortalist Anthem. Thank You for doing your part. God Bless, and God help gentiles to save the Jews from the demonic control by the evil stupid retarded rabbis. When you study the Old Testament, Talmud, etc you realize Jews don't have a religion or "culture", but a way of conning their neighbors (as Karl Marx explained Money is their God) and or accumulating maximum material advantages by defrauding others, by mass rape, by genocide, by all kinds of deception. Where is the focus on trillion year lives for all, nonkilling? The focus on zero violent crime, no prisons, no death penalty, no war, no rape, no slavery, no mutilating penises, no beating kids with rods? Nowhere. It's the most disgusting outdated cannibal society filth packaged as "religion". And somehow the rabbi frauds brainwashed half humanity to worship Abrahamic made up religions invented by

rabbis. Jews and gentiles, don't be duped by rabbis. Free yourselves from their spell. Become free, logical, rational, kind, educated civil citizens of Earth. Thank you so much. ☺☺☺☺☺☺☺

8). Bava Kamma 113a.21 "if it is not possible to vindicate him (Jew) under either system of law (Jew or gentile), one approaches the case circuitously, seeking a justification to vindicate the Jew... it is permitted to retain his (goy) lost item...you don't return a lost item to a gentile it is permitted to financially benefit from a business error of a gentile." The Talmud demands Jews manipulate the judicial process to make the Jew evade any fine or penalty, even if he's guilty. In other words, gentiles can spend eons in prison, but Jews need to avoid it by breaking the law as lawyers, judges. Should any (Talmud/Torah) Jew be a lawyer and judge? No. ☺☺☺

9). Bava Metzia 114b.2 "Jewish people, are called "man," but gentiles are not called "man."" meaning we're some form of subhumans or animals/demons. More on this below.

10). Sanhedrin 57a.16-22 "if a gentile murders another gentile, or a gentile murders a Jew, he's liable. If a Jew murders a gentile, he's exempt....it is permitted for a Jew to rob a gentile... one who withholds the wages of a hired laborer; for a gentile to do so to another gentile and for a gentile to do so to a Jew is prohibited, but for a Jew to do so to a gentile is permitted." One more evidence no Jew is qualified to be a lawyer, cop or judge, as long as one copy of Torah, Talmud exists in any Jewish home. Owning a Talmud, visiting synagogues, donating to Jewish charities is treason. All Yeshivas/Jewish colleges need to be shut down now. The Talmud is a psycho manual describing how Jews have more rights than nonJews, receive fewer penalties for identical crimes, as if gentiles are some kind of animals. Literally, Talmud mocks, belittles, insults gentiles about 10,000 times and meticulously demonstrates Jewish actions for millennia, how exactly they cheat the gentiles, why they say "kill gentiles who study Jewish scriptures". It's simply because if gentiles knew what Jews think and mean, we would ban Jews from all professions of any strategic importance to our nations (Talmud got 1.86 million words, this Happy Immortals book had 2.3 million when it hit 4000 pages). ☺☺☺

11). Tractate Soferim 15.10 "Kill the best of the heathens (gentiles) in time of war; crush the brain of the best of serpents. The most worthy of women indulges in witchcraft". Genocide goyim: Deut 7:16, i.e. kill trillions of galaxies, for not trimming their penis, even if those guys live to a trillion without penises, due to being octillion times higher in IQ. Jewish Logic. If they had any IQ, they would capture the best of gentiles and have them have a kid with a smart lady to create a high IQ guy that becomes the best of Jews. Killing is stupid. The best is 1 in a million, but Jews are too stupid to realize their rabbis are like cannibal chimps. ☺☺☺ Wake up, we don't study physics from books from centuries ago, why study ethics from these serial killers and retards calling themselves rabbis? God knows a trillion ways to any outcome without war, torture, beatings, violence. Rabbis didn't, they were cavemen. Trash the Bible, Talmud and all

Jewish scriptures without any worry if you so desire, they are pure garbage, toilet paper is more valuable. Jews have a deeply cultural, deeply scriptural, deeply religious obsession with killing, Jews killed their own Pope, for their scripture deifies killing. Jews killed many leaders, as they kill anyone who fights their enslavement of gentiles in any nation and the forceful imposition of the Evil Talmudic Torah Law on All. Their God is Killing Itself, and Making Money off gentiles of course. There is no focus on Nonkilling, Nontorture, Noninjury, all 1280 Tanakh (Old Testament) violent quotes show the lust for beating kids, for violence, for genocide, and they print it and force Christians to print it over and over century after century. Compare that with Buddha's scripture: no killing. Demon vs God, night vs day. Will all Jews ever grow up past chimp IQ stage? Every civilized Jew trashed the Talmud, Torah, Tanakh and all Jewish scriptures, realizing they are the word of 'Satan' if he exists. May God save the Jews, who still own those 'satanic' texts, all Christians who own the 'satanic' Bible with its 'Satanic' Old Testament (Tanakh), the Muslims owning the 'satanic' Quran, which is the Tanakh rewritten. Mossad chose to kill humans, to destroy the human quantum field, just to move a metal object into Israel, this lack of respect for the human quantum field (people worth less than a bunch of metal) destroys Israel and Jews first: watch the video to see the cruelty of a spy agency who needlessly kills people, as its leaders deify Killing as Acceptable, when alternatives exist, but laziness and disregard for the holy human field leads to quantum disturbances that bring Eternal War and Jewish suffer due to this criminal Mossad and all spy agencies who kill or injure others. All spy agencies engage in killings, since humanity has only evolved in deception, not ethics, they lie they want peace, but they destroy the very quantum field they deceivingly claim to protect. These infernal beasts have no ethics and thus make reaching trillion year lifespans a science fiction dream. They run each nation and have never agreed to stop the torture, the killings, the injuries, they fight God. Mossad could have abducted those Iraqis, gentle convert them to immortalism via logic, beautiful rest periods and patient explanations, so they willingly provide info, feeling the love of the immortalist spy agency. Instead, they choose torture to extract info or killings. That's very bad, since many tortured = 1 murder, the start of a war. These top spy-military guys run each nation, fake its elections, steal national wealth to build palaces for their families of torturers and killers, and mock, scoff at God daily, while claiming to the enslaved nations that they follow God, when they fight God and His Immortalist Anthem daily. The only hope of humanity is an international agreement to stop killings, injuries, war, born of people who want Life, longevity progress more than murdering innocent people for a paycheck. The hope is the spies, soldiers who realize their armies, spy agencies are run by demons, who have zero respect for the human quantum field and make no effort to end killings, torture in 3-12 months. They don't even talk about such goal, let alone act on such basic ideal that defines being human instead of a beast devouring others for fun or a little paycheck. You now realize what Evil is. It is what runs this planet, "satan" himself, cannibal chimps with a selfishness that knows no bounds. In 1910 most

cars were electric, but then the rich US mafioso wanted to switch to gas cars even if smog kills us, and they started 100 wars over oil, instead of switching everything to electric cars, safer batteries than those back then, etc. Murder was chosen instead of kindness and scientific work to make resources need obsolete. Of course God doesn't help a nation of murderers (US) to rule a planet if all they do is murder, torture and steal using the Word of satan, the Bible of genocide, mass rape, theft and arson. We must evolve our ethics, anthem (scripture) and life to discover longevity tech and bring Eternal Universal Peace and Immortality *for* All, that means none killed, or injured, no violent music either. We Americans need to stop printing the violent Bible, stop being puppets of Mossad and Israel and create a New Global Ethics of Nonkilling, noninjury, nontorture, to free the entire humankind. Boycott most music, start taking action today, trash all evil scriptures, show you love God nor murder. Free speech is important so we know what's wrong and a mistake can be found with a tech or system, but not free physical violence.

The Kosher and Halal killings are ultra cruel and painful for animals, as detailed in the huge section on animal cruelty and they should be banned, together with the cruel, violent, demonic, inhumane, sadistic 'Halal' and 'Kosher' labels that have no place in immortalist societies, as expressions of the infinite imbecility of the Bible and the Quran, written by savage cavemen unable to think and realize the future diet will be eterni powders that inflict zero pain on any tree, plant or animal, being neither omnivore, nor vegan, free of agriculture. These highly violent rapist genocidal killers called "rabbis" and scribes of Bible, Quran could not have any basic psychic ability to realize in the 21st century chemistry will begin creating powder foods, as we see already with thousands of individual amino acids, fibers, nutrients and mixes, moving slowly towards the powders of 100000 chemicals that would be impossible by any traditional Islamic or Jewish dish or combo, as those are the traditions of death and 80 year lifespan, not of trillion year lifespans of the Immortalist Anthem and eterni foods. Eterni foods are much kinder than animal foods, kinder than the fraudulent Jesus (a Jewish rabbi) bread in the prayer he gave to Jews, because bread is obtained by genocide of mice and small mammals and insects. Vegan foods can uproot plants and cause plant suffering. In immortalist societies, no bloodshed exists, no cats eat rats, no rats eat insects. None of these pests exist as bloodshed vanishes via the quantum device ending all bloodshed species, no mice shall shed insect blood. Souls of beasts if present evolve to incarnate into humans. These bandits dressed in clergy attire terrorize the entire planet, by deifying the painful bloodshed of animals as a certificate of "ethics", when what they do is say "Satan's brother is ethical and his arch demons", or "cyanide (Kosher/Halal) is ethical because it's less toxic than nerve agent (eating animals alive)", so "everyone eat cyanide please". This garbage can only come from the infinitely evil Bible and the Quran it recycles. Halal and Kosher slaughter are animal cruelty, violent crimes worthy of lifetime labor and death penalty, but we can forgive these people and offer deportation to Israel or the

Muslim nation of their choice, as repeated pain generation destroys the quantum field of the USA and shortens American lifespans via catecholamines (meat has 0.4% blood) and other effects. Today, if you would do what Halal and Kosher do to pets, you would be jailed, but why do Muslims and Jews get exception from the federal law? Let's be fair. One Law for All. Livestock are pets people eat, that's the reality of it, some pigs can be smarter than many dogs. Look at the negative and positive change in Jewish population 1980-2024, and see how Jews left the poorest states (God's "chosen people" left the people who needed the most help, so are Jews thieves or holy?), where poverty is high and nothing is there to steal, and went to warmer states. Jews claim they're special and not after MONEY, but their actions speak a trillion times louder than their words. They only choose professions where you make THE HUGEST INCOMES. The only nonpoor state Jews left in droves was New York, from the overcrowded 10 kids a couple Orthodox areas living in condos, etc towns to live the Dream of Nice Weather and More Theft, as in NYC everyone knows everything about Jewish last/first names, facial features and how to spot a Jew and avoid doing business with them, plus Florida, California, Georgia, etc have way nicer weather. As a conman lawyer in Florida with all wealthy people, you can make a ton more money than in West Virginia, Mississippi, and the states with negative changes. The issue is that the Christians have been brainwashed that Jews are God's people. They're not, so while those states all increased in population, Jews left, as Jews can't stand poor people, Jews despise them. Gentile change was positive, Jewish negative in poor states only and New York, where almost everyone knows what Judaism really is ($$$), due to the highest Jewish population in US.

Due to the culture of this psychotic Torah and Talmud, etc, most Jews subconsciously (some consciously) behave like parasitic blood sucking vampires who pursue only materialistic goals, acquisition of all power in every industry and field in a host nation (always disguised as some egalitarian humanitarian selfless action), and the ferocious promotion of Jews and Jews alone, nothing merit based☺☺☺. Hard to find one single Jew last 3 millennia proposing 11 companies worldwide, true equality for all (not really possible, since Jews are souls and all the rest are perishable animals in their theology, evident even from the Bible "worm IQ folks" consider Word of God, see below for details), and 4000 year lifespans instead of their bacteria intelligence traditions of cave men, traditional retarded rituals, foods, attire, dress, and psychotic distrust of all people who're not Jewish, plus desire to enslave gentile 'animals'. Jews killed 1 billion people or at least half a billion since Jesus time alone via their invention of Christianity and its deification of alcohol drinking… This is one of many Holocausts they did. They forgot Jews created Islam and Christianity, whose scriptures are basically the Jewish Bible or Bible rewritten. Naturally, then, the world had 200 philosophers and writers whose works were highly critical of Judaism and its "culture", or any Jews following it. Karl Marx realized the culture he was brought into and rejected and criticized it, as a Jew himself. It's important to add that many Jews'

behavior is like that of a gang or cult, and so is with other groups, so what Jews do is basically a typical thing that the cannibal chimp inside humans is programmed to do and overcoming these tendencies is a task for all people, not just Jews who get brainwashed to be like that. Religious and other Jews are too stupid to realize we humans are mere 'bacteria': humans live a million times longer than bacteria (see 1st page of the book), Immortals live trillions of times longer than us, (see "Immortals and God"☺☺☺), so the Jewish and other Jew invented religions selfish "save my bacterial soul by chicken IQ selfish rituals that harm others and lower IQ" goals and pursuits are pathetically retarded, just like everyone who chases "bacteria IQ stuff", instead of trillion year lifespans to get real understanding of "God". The hilarious thing is the microbes (some religious Jews), think Jews are eternal and the rest of us are mortal "animals made of demonic energy", per some of their "brilliant sages"☺☺☺. There is no anger in this paragraph, only a 1). realization that 'bacteria' pursue short-term goals and in the process create maximum destruction for the rest of human 'bacteria'☺☺☺, 2). a fascination by how infinite the human stupidity is, which Einstein pointed: "2 things are infinite, the universe and human (Jewish etc) stupidity"☺☺☺ 3). an acknowledgment that anger is counterproductive, as it allows gentiles to become puppets of the Jews, using gentiles to increase Jewish power by gentile on gentile wars (this book's purpose is not to make anyone angry, only to inform, so humans don't vanish in seconds☺☺☺). Once we gentiles see the plots the Jews play against us for millennia, we're harder to dupe next time: made up religion, fake science, fake elections, etc. Too few in the US got the courage to criticize these fleas and describe some of their essential traits: when egos are big, reactions are strong, and Jews can't remain calm when called bacteria or fleas☺☺☺, but any honest person on this Earth realizes we're shorter lived than a nonosecond neutrino versus old Immortals, so they get the point: we humans are more ignorant than even bacteria… vs the Immortals. But the Jew doesn't get the point, so he doesn't work 24-7 for World Peace in 3 months, equality:, he forces us at gunpoint to build violent sport facilities, wars (to build Israel), synagogues/mosques/churches to Genocide, Rape, Murdering Slaves by Beatings slowly.☺☺☺

The audacity of the Jew is incredible, as infinite as his stupidity, already predicted by Jewish Einstein: he builds temples on every nation's soil (sin-agogues) and has 2 billion Christian slaves building 'churches' dedicated to the demonic Bible where Jews describe how Jews are the Superior Ones and GENTILES will be beaten, enslaved, raped, genocided by the Jew. What is most shocking is that not even Hitler realized the irony of it all, appealing to Christian "rat IQ folks". The gentiles have been do imbecilized by the Jewish Media and Abrahamic Genocide Religions "Clergy from hell", that the gentile doesn't realize he worships his own enslavement, his own extermination, his own mass rape by the Jew, his own mockery and humiliation by the Jewish parasite.☺☺☺ The Jew fooled 4 billion people into printing Bibles and Qurans that describe how Jews and Bible/Quran followers will commit endless genocide, mass rape,

atrocities, take slaves. To hide the Bible evils, owning a Bible in local language meant death penalty, as Vatican Jews wanted ignorant gentiles, without a clue Jesus was a fraud. The Bible clearly shows everything in the non-Bible Jewish scriptures, so you don't even need to read the Talmud pedophilia and the other Jewish texts to know Jewish ethics, practice, character: the Bible has it all. All you need is just to read 70+ strategic Bible quotes the Jew has forced on us all at gunpoint via fraud. We immortalists have our own anthem or "scripture" if you wish, though we're not into religion, and it says that we love the worst human, a trillion times more than the best mom loved her beloved sucking infant last decade. The difference between our ethics and Jewish one can't be more stark or astronomical: the Immortalist Anthem may 1 day become the US anthem, when gentiles have awakened enough to throw away the chains of slavery Jews gave us all. Jews bring in serial killer Muslims to all nations they want destroyed faster so Jews can take power faster, for example the UK, see how they do it: bring in Muslims from Africa and Asia to slaughter all Brits so Jews can takeover everything in the UK. England/Wales blacks 4% of population, but killed 73 whites, while whites killed 18 blacks. Hitler explained this in 1930s. Islam is used to destroy all civilizations that resist the Satanic Jewish World Sharia Dictatorship. In line with the Zion Elder protocols of destroying ethics in gentile societies, Jewish Darren Star found a garbage book by a Candace Bushnell and made a TV series called "Sex and the city" to speed up the US takeover by Jews. Star & Bushnell deserve lifetime labor for destroying US civilization. The bad type of Jew never wants to help eliminate injuries of workers in deadly industries (melting copper, copper recycling, handling hot steel, risk life hourly for a Jew easily gone with new materials stronger than steel, 1000x safer to handle by robots, better in every way via STEM innovation instead of Torah mass rape of people and nations via "economic or political theories" via an insane number of political "science", economics majors), he only creates more injuries to families and society, like the devil he is. He comes to teach us creating 15 million trash Incs & LLCs to sell us 1.4$ trillion of useless junk, while the basic needs of decent housing, transport, food, healthcare for the 99% are ignored. He wouldn't make a series about the terrible living conditions of gentiles, how we need to improve them by robots doing all jobs where injuries occur today, by ending 5-90 million pay for Jewish celebrities telling us bullshit on TV/radio all day. No Jews make a TV show about the depravity of Jews, etc making 2000x more a year talking BS on radio vs a guy making essential steel in a factory and risking life daily. To hide their Jewishness, Jews criticize Sex & the City, while subtly promoting same values in other far subtler ways, in order to dupe gentiles that they are just another gentile. Masters of deceit. Yuri Kovalchuk's mom is Jewish, he is often thought of # 2 in Russia, Putin's trusted friend who owns stuff in Crimea and pushed for its development, for the Feb 2022 invasion of Ukraine. ☺

Jewish kids are practicing Judaism in 1 min video, using "kind speech". Jews love to pollute the neighborhoods with fumes that kill the healthy lung cells of gentiles (1 min clip), all for the

ridiculous belief of "nematode worm IQ" that they need to burn bread and leaves, like the "fecal bacteria IQ" folks who burn meat to create AGEs via barbecue. In the Yom Kippur "Pain Inflicting is Our God Jer 19:9" tradition called Kapparot, Jews sacrifice chicken to "wash sins", making US cities look like human sacrifice camps of ancient Judea where Baal was their God 2Ki6:28-9. California banned LA Kapparot: 2 min clip. This is the future of USA if we let Jewish power increase: 3 min of chicks. Everyone will be required to do it, watch 2 min, a kid so terrified by the cruelty yet being forced to join the 'best' religion, Judaism. The 'best' part is every church is required to print 1300 sick quotes about boiling, eating kids, cannibalism, genocide and mass rape of trillions of kids Jews feel like killing, etc, all funded by the US taxpayer in the name of "freedom of religion", if you ever wondered what the Purpose of the First Amendment of US Constitution is: the legal right of Jews to incite all to genocide, a criminal amendment that doesn't prioritize the first right of all, to life, to zero violent crime. If you're not alive, all other rights have zero meaning, so all rights must be subordinate to the Right to Life and Nonviolent scripture, lyrics, etc. *The 5 rights* (religion, speech, press, assembly, petition) are secondary to the First Right above all others: Right to Life, to Nonviolent (no genocide calls in scriptures, no genocidal mass rape scriptures printed, let alone called "Word of God") Media, Lyrics, Books, Movies, Symbols, Melodies, Scriptures, TV-radio programs, sports, petitions (no barricades, rocks thrown, fist fights) etc, the Basis of Immortality *for* All, as outlined in the Declaration of Immortality for All, America's True Independence from the Jewish Mob. Any violence leads eventually to killings, so it can't be a part of any "Bill of Rights". People will only have rights to peaceful religion, peaceful speech, peaceful assembly, peaceful press, peaceful petition, etc. Nobody should have the right to guns, as that increases the murder rate 300 times: Singapore, 300 times fewer guns per capita, 300 times fewer gun homicides. That's why we need to Change the US Constitution, to prevent the Muslim, Jewish extremists from turning US into a Jewish Bible-Quran 1st century killing field. The Jewish Zionist uses the openness of Democracy to turn all into psychos loaded with Guns, Porn, every street into a satanic coven of infernal music sounding like their Infernal Rabbis (watch), celebrating "Freedom of Speech" Zion protocol version: eternal bombing and violence for all. We see that with Jewish Meta/Facebook and the content it allows plus flooding competitor AI with criminal content, instagram and the mass rape of children content it promotes in India, etc but not in ISRAEL: "The BBC set up an alias account on Instagram after we noticed that the platform was pushing sexually suggestive content, even when a user hadn't searched for such material." That's the Jewish gift to nonJews, total destruction, the mass rape Bible quotes say it all. Youtube run by Jewish Google founders is like that too, they push on the right side of youtube endless sex outside of procreation and also violent crime videos to destroy the gentile mind, distract it with fear, despair and rage while the Jew makes trillions off gentiles' credulity (under the guise of "police interaction with criminals and watch out, this is the norm"), the Jews are always the SAME as the Protocols say. You need

to right click on the 3 dots near a video and then select "Don't recommend videos from this channel" and use it 500 times until the Jewish Hyenas get it. Oddly, while living people are crowded, we have 100s of Jewish cemeteries thruout USA that occupy land gentiles could use, since no Jewish communities exist in those towns. Jews and brainwashed by Jews gentiles waste land for the dead, while the living endure violent crime caused by overcrowding, showing the hypocrisy of these "ostrich IQ folks" who can't comprehend that if the soul exists, it doesn't need the carcass of a bacterium on a grain of sand called Earth. Cemeteries, Jewish signs, letters, etc, street names we need to replace, but never Eternal World Peace and Zero Violent Crime in 2 years signs, prayers, institutes. Jewish life revolves around Jewish power, not Peace, not nonviolence, check out blonde Jewish kids. Don't assume blonde kids are gentile, even if hair color darkens when they get older. Very little changes as the same violent Torah is the basis, so pogroms or antisemitic attacks repeat each century. Death penalty for any violent crime will quickly end violent crime, and lifetime labor for pushing violent/sexual content, all this Jewish reporting of eternal violent crimes used to keep gentiles in a state of terror for maximum theft of US Treasure funds by the Jewish gangs. Every rabbi who slaps killed within 24 h if video exists, to end Jewish violent destruction of the human quantum field by his infernally violent trash Jewish "Bible" of beating kids with rods & beating slaves to death slowly, so it's not obvious the Jew did it. ☺ This is the Ethics that the Churches, Synagogues, Mosques hide as the Centrality of their Expansion: thru slave beatings, genocide and mass rape, the 3 Abrahamic religions spread far and wide. It's up to us Americans, to become world' first free nation from this global cancer. Christians will say the New Testament Bible is 1 billion times more peaceful than the Old Testament (Jewish Bible), and indeed, it's free from direct calls to genocide, mass rape, arson, mass animal killings, but Mt 5:17-9 shows Jesus considers the Old Testament "Jews Genocide All They Want D7:16" as valid, which makes the Gospel Violent, also given Jesus's violence throwing people. If we define Our Constitution as peaceful religion and not religion, then certainly, the scripture has to be free from any violence, any mention of war, killings, genocides, like the Immortalist Anthem and the Bible, Gospel, Quran, Mahabharata, Gita, Mormon Book, Analects, Tao Te Ching, Sikh scriptures, don't qualify, much to the disappointment of Chinese philosophy or Hindu fans.☺☺☺

This section will reveal where the holy Jews live in the US, where they're currently invading and multiplying fast, like a cancer of humanity, and all the tricks they used for millennia to start 100s of genocides, as "Satan", their God Yahweh, commands them to in D7:16. The "Jewish question" is easy to solve without any violence (Nazis were stupid, they didn't realize violence isn't needed, God is Infinite Grace). Violence is never needed, because the real God of gentle tender soft nurturing loving healing kindness for All or Immortality *for* All ☺☺☺, unlike the Yahweh Demon of Israel or Eternal Genocide, Rape, Slavery, Beatings, knows trillions of peaceful ways to

peace and trillion year lifespans in any circumstance. One of the trillions of ways is US will simply create free Universal Education for all as the 11 companies section explains and these pests and their demonic lackeys promoting "genocide, mass rape, slavery, beating slaves to death" as "Word of God" (meaning all Christian, Muslim clergy) can't have their own colleges, high schools, yeshivas, religious schools, nor any of their 'demonic' hyper violent trash scriptures printed anywhere on Earth. US is one nation, free, sovereign, not a colony of Vatican, Mecca or Israel. One Education for All Americans, no more Jews running every Ivy League school to promote maximum imbecility of gentiles. No more foreign nations running all our education with their cabbage IQ "religious schools" to make Americans naive, easy to exploit and destroy. ☺☺☺ Jews won't be able to make more than the universal pay, finally being equal to gentiles, their God, Money, will become a trillion times less important. The entire humanity will unite against this scum of the Earth, the Jewish Bible, this bacterial infestation of the Collective Body of Humanity, BEFORE all humans die in 10 seconds. Perhaps, some would say☺☺☺, it's time to sign a real Declaration of Independence, better than in 1776. Jews can have kids via 3 marriages or 4 relationships and become majority fast, they can hide to most people their real kid number, to not arouse gentile rebellion. They pose as Catholics, Protestants, etc, to take over gov positions and push whatever helps them to take over states and cities. They pretend to be Christian and other religions to not cause revolt as they take over all USA. Jews pretend to be Democrats, to be about Equality, but in reality, it's all about them being Above All, having the right to 10 kids, while gentiles have 0-1 kids. Equality doesn't exist in Judaism, in immortalism equality exists does: no ethnic group can have more than 1-3 kids per couple per IQ/Ethics Score (1.5 max per person), unless IQ + Immortality Credit Score very high too. For more on the Jewish murder of 1 billion gentiles, see the Ethics section about Judges and Jewish crimes. ☺☺☺

We're slaves, that's how Jewish scriptures view gentiles, as dirty impure souls, these are their sages, saints saying that, etc. The Democrat/Republican Party Jews' only goal is Absolute Power for Jews, not any Equality of Pay and the other 25+ forms of equality. They're the Masters of Deception, they fooled 4 billion people into believing the Bible-Quran Filth is the Word of God.☺ Hollywood, who has destroyed USA for 100 years, had a lot of cryptoJews (see list of celebrities few know as Jews), i.e. Jews who took on British☺☺☺ names to appear local, as Jews have done for millennia in lands they visited. A video explains that Jews built the Hollywood industry in order to practice the Zion Protocols. Not to worry, the "Holy Jewish" Talmud clarifies how to have intercourse with 3 year olds, which explains the Jewish Hollywood obsession with showing sex outside procreation. Pedophiles? Jews run endless charities to steal money from Gentiles (Goyim) and give it to Jews, like Cars for Kids banned in California. Jews establish a state within a state, whenever allowed to settle in large numbers. And for 2 millennia Jews imposed via fraud and staged miracles of their fellow liar in chief, Rabbi Jesus, the 40 second ritual infant abuse

disguised as “religion for Goyim”, the drowning of gentile babies until in 1200 some Western Europeans banned this barbaric Jew invented ritual to kill and destroy gentile brains. The Jewish Zohar teaches Jews have holy souls and the rest are more like garbage… it has a lot of black magic, and bad wishes for other human beings instructions, check out some of the Zohar garbage of Solomon Freemasons worship, yes, some Mormon-Freemason hand rituals are the same… hence USA land of Judaism. Sadly, Christians, Muslims, don’t realize that their religions are pure Judaism cults made up by Jewish conmen. Check out the great USA cities where Sephardic synagogues praise the Old Testament of genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating. May God Bless these synagogues with IQ…, check out the Jewish mafia that killed endless people for money. ☺

Check out 15 “cow IQ” things that Orthodox Jews do to understand their creation of a cult like mini “state within a state”. The “cabbage IQ” level of “lack of intelligence” of these people defies description, to put it politely. Their hypocrisy is high too: Jews founded Hollywood to destroy the USA morals via bad movies, ruined the music industry to advance the Protocols Goals, destroyed gentiles with cosmetic procedures, the promotion of Jewelry idolatry via diamond trade and breast enlargement, and casinos in Las Vegas, flooded the Internet via Facebook/Google run by Jews with violent content, then established Jewish ambulances to arrive in 3 minutes while gentiles get it in 10 minutes. Religious Jews, per their religious duty to enslave gentiles, don’t have any concept of equality, of giving to gentiles the same level of “services” they want for themselves. Why not destroy Jewish family morals, and only gentile? Why is the Jewish MD or lawyer making 30-80 times more $ than min federal wage if he's so noble and chosen? Some Jewish lawyers make 300x-1000x min wage (Pritzker Jew became a lawyer and then the richest family that owns much of Chicago: the parasite Jew owned a sugar factory, as a typical Jew aristocrat, subjugating Ukrainians, and then progroms happened, causing them to flee to USA to subjugate Americans). Where is the Orthodox Jew protesting and demanding equal stress in jobs and equal pay in jobs? The Anti-Defamation League never protests about real issues, like some Jews making 10-9000x many gentiles, Slavery in the Torah deified in every synagogue, beating slaves to death slowly. Is this facade of the “religious dogmatic Jew” a trick to dupe gentiles into believing Jews follow the ‘ritualistic part’ of the Torah? The more you dig into it, the sketchier it gets, as you read other “scriptures” of Jews. Jews never demand universal one pay for all, as if we're all kids of God. No, they don't, because Jewish scriptures, like the Zohar, clarify Jews are holy souls, and we're dirty animals: Zohar Volume 1, 47a says “Jews [are] the children of the Holy One, blessed be He, whose souls are holy." This is in contrast with non-Jews “which emanate from impure sources and render impure anything that approaches them.” The people of Israel, the Zohar states, possess a living, holy, elevated soul (“nefesh hayah kadisha ila’ah”), as opposed to other nations, who're described as

akin to animals and crawling creatures, which lack this "Divine" soul, having only an "animal" soul ("demonic" souls per some rabbis even, explaining perhaps why USSR Jew Kaganovich co-killed 5 million Ukrainians, who're merely "demonic insects" if some Jewish "sages" writings are internalized). Zohar Ha-Ḥadash says Jews (who fulfill the Torah commands to commit genocide of trillions, mass rape of billions, beating to death of trillions) will live forever with God, while nonJews will decay with the animals, so perhaps the Jewish Yahweh God of Israel is the king of 'demons' in all religions or stupidity in atheism/agnosticism. The Jewish Vatican Mafia brainwashes all fools to print Jewish Supremacist Bible (Deu7:6,14:2,26:19,14:21,Ex19:5-6,Lev20:26) and call it Word of God☺☺☺: Deu14:21 is clear: junk is to be given to gentiles, as in interest is only charged to gentiles. Pathetic, if you obey his genocide, mass rape commands you become a holy nation Ex19:5. God of Israel's Logic for you. The Vatican and Christian clergy bandits promoting the Bible are Jewish agents of "genocide of billions, mass rape of billions of kids, human sacrifice, arson, kid beating of trillions of kids, slave beating until death (slow death, not in 2 days) of trillions", in other words, they're terrorists as bad as the Taliban. The demonic Bible says in Ex 4:22-3 that Jews are the firstborn, the rest are "2nd class", so God decided to kill millions of firstborn Egyptian kids in revenge for not letting Jews out. The Bible is a Manual for the covert enslavement of all by the Jews. Anyone promoting the Bible or Quran is a fraud of incredibly low IQ, who has not read the 'scriptures', a person with no regard to human life, the Quran deifies the same "kill infidels" energy. Gently kindly wake up. ☺☺☺

Jews financed slave trade, endless wars, made billions off human suffering, 1 of 100+ examples is Angola 1641: converted Jews were complicit in all the slave trade and genocide by overwork of slaves. You thought Jesus was Chosen or Holy? Watch Rothschild's financing of both sides of the Napoleon-Britain war to make trillions for Jewry via genocide of gentiles, Zohar in action: slaughter gentile animal souls by the billions for Jewish "holy souls" profits. Jews financed the Italian-Austrian war of 1859, the Rothschilds made sure all sides of the conflict get money, so Jews make $$$, French Jews financed the Norman-English war of 1066, Algiers Jews financed the Napoleon's 1798 invasion of Egypt, and many more genocidal wars: they don't care about the use of money for peaceful purposes, only about profit, via genocide or not. The Jew refused to give up his Satanic Old Testament Bible, his allegiance to demonic Genocide, MASS Rape, Beating Slave Gentiles to Death "Religion", so as a Jew, he was restricted from professions and chose the demonic profession of War Financing, Trade and Price Amplification, in tune with his demonic possession by Yahweh, Moses, etc that demands maximum genocides.☺☺☺ This is called the Jewish ethics that dominates the world today: gentile life has no value, only Jewish profits. The dominant Jewish ethics: what is right is Jewish greed, not minimizing human deaths, not Eternal World Peace, not implementing the idea of zero violence because the real God, not the demonic Jewish Bible, knows 1 trillion ways to peace without war, to Heaven for all,

Immortality for All gentiles and Jews, without war or violence. All Jews need to start to actually THINK and realize all religions are bullshit, as explained in detail in the 6 evil scriptures section. 'Demons' and 'satan' are names for stuff people don't understand, which may be the garbage in one's brain from reading violent scriptures and possibly quantum information remnants from dead people, imprints that hang around a few months or years. Exorcism is really a process of self-reflection where you realize you've been duped by the cabbage IQ rabbis pretending to know anything, when they're mere microbes vs the Immortals, as the Anthem says.☺☺☺ The lie we hear always is that the Pope said "no Christian can lend money at interest" to save gentiles from mortal sin of "greed", but the truth is, most likely, that some Popes were Jews and they passed this "prohibition" to help Jews become the lenders with interest, the bankers to finance all wars, 90,000 wars, needed for Jews to conquer the world using useful "idiots" like Christians and Muslims. The winner writes the history, we'll one day know☺☺☺. Jewish Iraqis poisoned millions of Asians via opium for profits, many Asians are half Jews who appear Asian. The Jewish Mafia provided the gentiles with alcohol and destroyed America's chance to become free of alcohol and the 1 billion people it killed last 2000 years alone via 2nd Rabbi in Chief Jesus, after Moses, 1st Chief Rabbi, the lovely killer of 3000 humans whenever his rage dictated. Jews helped kill endless gentiles whose wood frame houses became flat in 20 seconds during tornadoes, storms, all for profits: William Levitt, like the 3000 Levites Moses ordered killed in one fit of rage, effectively put his Money Above Life Ethos in action and started replacing brick houses that withstood high winds with wood houses, enabling a horde of parasitic Jewish or gentile contractors to make trillions worldwide by building paper houses. How come USA can't replace all these vipers, sewage contractors with Immortality Building Inc that creates domes that last 3000 years and withstand the biggest tornado ever? Let Jewish vampire realtors work as regular employees of the Universal Pay fair 11 companies system☺☺☺, as housing.gov sells and buys each house in 3 days with zero realtors and Jews no longer crowd the house flippers industry of death and sickness of gentiles for Jewish profits. A brick or concrete dome with a vent can save huge AC costs too. See a dome come up very fast. See why domes are the best and why Jewish capitalism of Talmud prevents their spread. US gave Israel 0.3 trillion so far and lots of tech transfer occurs that harms USA, all due to the tedious work of US Jews of course. ☺☺☺

70% of Jews moved to Argentina in 1880-1920 during Argentina's Golden Age. As Jews moved in to steal more profits from "animal souls", Argentina fell and became poor from a very wealthy state, richer than Germany, France, with GDP/capita in top 10. Could Jews have anything to do with it? Where money is made, Jews rush right in. If Jewish power increases in the US, the US becomes a 3rd world nation, as we're already in many ways as host of Jews whose main goal is to destroy all culture, create a pile of crap that accepts Jews as God, Torah as King, Jews as the rulers of mankind. When everything is trash, even the Jewish Horror scripture appears "good",

even if it's the worst now in every sane person's opinion, among those who actually read the Old Testament. For 3000 years the only professions Jews were attracted to were ones that have no physical labor or made the most money, usually, that's because physical work is ideally for "inferior animals", not for the holy Jews who "alone have eternal souls of fraudulent merchants, while gentiles are soulless or demonic".☺ Check out the Chabad plan to rule the World, similar to the Zion Elders Protocols book plan for a Jewish ruler of Earth, the Messiah. In the New USA, we will be required to study Jewish Bible stories of boiling and eating one's kids. Rabbis torture babies by causing 5 months circumcision pain that destroys their immune system and empathy, these terrorists void of empathy suck 8 day old suffering baby blood to draw 'demonic' power from contaiminated pain rich blood in gross violation of Kosher slaughter that forbids ingesting catecholamine rich blood. See the future rulers of USA, if we let them: demonic rabbis: video 1, video 2, video 3, rabbi cuts entire penis by accident, other videos, infecting kids, circumcision they now imposed on 80% of US male kids by Jewish terrorists pretending to be atheist Democrats or Christian Republicans. How can genocide, rape promoting texts "religions" get tax free status? They're organized terrorist organizations like ISIS.☺☺☺ Rabbis infected 11 babies and killed 2 babies with herpes, many kids are raped in Israel, and they try to normalize pedophilia in USA, for sex with 3 year olds as in the Talmud, by the LGBT training of 0-18 year olds: US schools, under the Rabbi Demonic Leadership of USA, now teach 9 year old gentiles on how to be LGBTQ, and this same instructor (who obviously should receive lifetime labor to pick up tomatoes in California, so Sephardic Jews can't bring slave Latino labor for their companies to destroy USA) has a free for all 9:30-11:30 pm gathering of 0-18 year old LGBTQ. Notice how "religious" and "pious" the Orthodox Jew pretends to be in interviews… hiding the Talmud rape of 3 year olds. The Jews covertly control both parties, push the rapist pedophilia rich genocide rich Bible on all. Circumcision is a violent crime more serious than rape, as babies are truly☺☺☺ helpless. It should receive the death penalty since the injury doesn't heal in 2 weeks.

4 billion humans are too naive to realize churches, mosques, synagogues are temples dedicated to genocide, mass rape of kids and slavery, slave beatings to death disguised as "religion". If they read the scriptures, they would ban the 3 "religions" Earth, as Saudis ban non-Islam religions. Satan and demons disguise themselves as "angels of light", beautiful, etc, by hiding 1450 horrific quotes of genocides, mass rape, violence of all types, and presenting the 20 nice quotes clergy repeats in churches, mosques, synagogues in order to fool the masses, steal our money. Catholics follow Satan's deceiving ways the most, as they removed Bibles from the pews, to hide the 1450 bad quotes, and they invented an insane number of fraudulent miracles to get more followers. The clergy are like a scam caller defrauding people of $80,000 or enticing kids to kidnap them. Mormons are especially good at extortion/subjugation, having executed 120 people in one move and Prophet (profit) Smith having fought endless battles like Mohamed,

requiring 10% of income donation as a member, in order for you to hear a pathetic interpretation of the 1450 genocide of billions, mass rape of kids, etc quotes, plus the forgery by Smith of the nonexistent gold tablets claiming the first US inhabitants were Jews from Israel. All paid by the hard working taxpayer, who subsidizes all these religious schools, Mormon, etc temples, which are the *grounds for Jewish* Supremacy brainwashing of all Americans, for turning all gentiles into "sheep IQ" folks. Indeed, Jews taught gentiles this ritual of drowning and brain damaging gentile kids, an infant torture ritual that continues even now in Christian Orthodox, some Catholic churches. Israeli newspaper claims Jewish MDs were snatching kidneys out of gentile kids without their consent. Don't worry folks, at 2% of US population, 16% of MDs are Jewish and each few decades a lot of medicines Jews prescribed before become banned, illegal. So, we have to pay Jewish MDs 20-80x the min federal wage, for prescribing stuff that later will be deemed poison. Sounds fair right? Jew invented Christianity is causing child abuse worldwide for 2 millennia as this 40 second video of infant baptism shows, so what else is to say? You know, we're brainwashed that Jews are special, geniuses, connected to God, Infinite Knowledge and this indoctrination starts at 2 with Sunday school, Catholic confirmation, Christian brainwash. They're just bipedal chimps like us, who deify alcohol that caused 1 billion people dead already last 2 millennia of Jewish Christianity, connected to their Hate Manual for Terrorizing Humanity, the Bible, a text void of the idea that the real God knows a trillion ways to any outcome without war, violence, rape. In other words, disconnected from God, connected to demons/satan if they exist. As all destroy their kids by sending them to religious schools, Jewish power rises☺☺☺.

Gentiles are very naive, they believe history's versions of events as the Jews handed it to them in schools, without any critical thinking, questioning, etc. For example, gentiles never consider these possibilities: 1). the Jews within the Vatican passed laws forbidding charging interest, in order to give Jews monopoly over charging interest and becoming the sole lender to corrupt monarchs and aristocrats needing quick cash for wars that naturally increase Jewish power and weaken gentiles enslaved by debt. 2). In the 15th century Jews from Vatican saw a way to increase Jewish world power, by helping Jewish capital move to protestant less antisemitic nations to start big Catholic-Protestant wars that would make the Jews super rich, so the "expulsion edicts" helped Jews to move from Spain, Portugal to Netherlands, Brazil, etc and make the Dutch coin the world reserve currency for a century, financing endless wars and getting richer, weakening Catholics, to distribute power within Christendom 50-50% for maximum warfare (20 million dead) and max Jewish lending and profits. Then with equal speed they moved to the UK to make those Protestants super rich and finance more centuries of slaughter as Britain rose to the top. The WW1 (UK Jewry deal) and WW2 created Israel and gave them a chance to live in the bigger nicer USA vs freezing Poland weather, etc. ☺☺☺

3). In the 1970s, well before the Islamic revolution Jews staged to destroy gentiles, Jews started buying land and properties in Beverly Hills, while paying agitators to start the Islamic revolution, controlled by Jews who pretended to be Muslim This was to enable Jews in USA to lobby State Department to get political refugee status to Jews, so they bypass normal legal migration based on merit and use their business looting skills, refined over millennia of parasitism of Persians, to build a big empire in USA, doing the same old stuff: pure hedonism, big palaces, big restaurants to meet for Shabbat and stuff, defrauding the gentile as explained above. The irony is evident, the illegal migration evident: if they were persecuted, how come Jews ran entire enterprises, factories, hospitals, departments and had such power in Iran?? Another fake story. You'll understand this better when you watch every Jewish migration and how they plan it ahead to seem like some "event due to a persecution", where they play victims, but may be the initiators of the revolution (endless gentiles dead, with Jews often running much of the nation before and after a fake revolution used as pretext for the great migration and transfer of money to a nicer place) designed to give them an excuse for moving to a different place for their world conquest next step: why stay in Iran, most of them, with more stone age tech, dry weather, lack of water, if they can just become the predators of the Americans with the fellow 5 million Jews in here in 1979, many more, to make a TON more money? The power of numbers, connect with the Mossad Mafia units in USA and get a fast boost, take on the prime land and estate, nicest weather and let the game begin. Not one single business in LA created by these thieves and looters of the Iranians (same technique everywhere, keep gentiles stupid, take over all important positions) was about 4000 year lifespan and universal pay (equality is a scam used by Jews to make sure every gentile is their slave and Jews make lots of cash) and opportunity for all, it was all about Jews getting the 30-500 times minimum federal wage positions as movie actors, music producers, MDs, lawyers and destroying USA with hedonistic hyper violent trash sold as "culture of the superior Jew". To improve their public image of "saviors of humanity", they'll pose as main leftists, etc, communists, ☺☺☺the fake leftists of Democrats who call for max wage being 5000 the min wage instead of 50000 times as the Republicans. In the USSR we were told they were highly persecuted, another lie by US Jews to justify bringing in loads of Jews to USA as "victims", but the reality was different: Jews were 16% of many important high paid professions at 1% of population, Kaganovich killed 5 million gentiles in Ukraine and lived to 97. So how do Jews get to become so good at posing as eternal victims when they're the thieves and parasites conning the local host nations? Thru the zealous application of the recipes of exclusivity, ambiguity, double speak and deception of Judaism, evident to any intelligent person who actually reads the hypocrisy of the Bible itself, Moses, etc. What did those vulgar Persian Jews do to So California? Nothing, they got endless Blood Filled Meat Restaurants everywhere to practice their Superior Blood Lust, their Grotesque Demonic Desire to Eat Flesh of tortured animals in Kebab stores and Keep Humans Backward, nothing about eterni foods, progress, end

of corruption, greed, hedonism and war. Kosher is a scam to make gentiles believe Jews are kind, all meat is blood full, Kosher slaughter is more pain. Hitler voice like rabbis claim Kosher is blood free, it isn't, only vegan and eterni are. Wait a second, they'll say "we got 22% of Nobel laureates recently, we're the smartest", check out what IQ means and how Jews could pay their way to Nobel Laureates via Alfred Nobel Jewish connections and Swedish Jewish Royal Family links (see Immortality Prize section too on how Jews deceive the world). ☺☺☺

Don't be fooled, nothing is what it seems, behind the sweet talk of equality is the innate Jewish Palace (see interior) Supremacy deified in the Bible itself. As locals of each nation get mad and sense the Jewish Bible character (Old Testament, etc), Jews detect it and start preparing for the next shift and move, well before the expulsion begins. Jews move from one host nation they feed on to the next, always playing victim. Jews accuse us of calling them parasites, but wait a second, the religious Jews are parasites, because they bring wherever they go the most parasitic, racist, nonJew hating text in existence: the Tanakh or Old Testament of the Bible, that calls for the extermination of any nation Jews feel like God gave to them Deut 7:16, for their enslavement Lev 25:44-6, mass rape (see quotes), and beating until the nonJew dies as long as death is not happening in a few days (slow killing OK), and many forms of genocide (see quotes). How is that not PARASITISM? You're allowed in a place, you enter a place and you turn locals into pure worms to be exterminated, burned to the ground (no scripture has more arson of entire cities calls than the Jewish one, in fact most have zero, Jews love all out destruction), mocked, raped, humiliated, and mutilated (chop body parts, advice by Jesus the rabbi fraud staging miracles to take over continents with a fake religion)? That's what parasitic microbes do to insects, birds, people, etc. The demonic Jewish Torah or "Bible" lowers the vibration of a society to that of hell, genocide and mass rape and then demands all Obey the Superior Jew. That's the Chosen People of God or of Satan? Let every Bible or Torah praising Jew answer. After 1948, Jews got Israel, so it's easier to go there when police is chasing them, they disappear into the Jewish networks worldwide and then land as incognito, new appearance and identity in Israel… Jews need a story, a reason why part or all Jews are moving to a new location, a story nobody can doubt, the images so graphic…, so they bypass the normal merit based migration ☺☺☺ and claim REFUGEE PERSECUTED STATUS. This scam was used 100+ times on 50+ nations. Sadly, the vast majority of Jews don't even understand how they're recreating this "bacteria IQ" culture of "state within a state that hates the host state and nation with a diabolical covert passion", a Jewish culture that has no real equality, and is very anti Immortalist Anthem, anti nonkilling, anti nonviolence, anti World Peace in 3 months, anti Immortality Credit Score. Those "holy" Jew aristoc-rats from Iran didn't build 3000 World Peace in 3 months and Nontorture for all Persecuted Human victims (900 genocides known to humanity at least, besides the Holocaust) in USA, only useless businesses to loot the locals, Palaces for their Mossad Gangs.

That shows how "persecuted" they were, so much so, they never made any "museum or institute" about this persecution, not even the "not so rich Jews", who chose instead to create temples to Eternal genocide and Eternal War, i.e. the Torah, Tanakh or Old Testament Bible. Kind folks? Or experts at playing victim for millennia to extract the best treatment, benefits, compassion? So much persecution, not one thing, except of course 1 Holocaust Museum done by non-Persian Jews, never the genocides Jews perpetrated. Wait, Iran Jews were persecuted and many had $10 million each to buy Beverly Hills and other high end land and property before the Islamic revolution Jewish money staged? They were chiefs of hospitals and etc and they were persecuted? How can that be? Anyone sense the lies?☺☺☺

How stupid do Jews think "animal souls gentiles" are to see their nonsensical Bible shoved down our throat where Moses kills 3000 in a fit of rage, but we're supposed to never kill any Jew who kills 1-5 million Ukrainians with other psychos? Jews claim gentiles suddenly did pogroms against Jews for no reason. This is a complete lie. Any rational person who reads the Jewish Bible, or Old Testament, will realize it is 100, 000 times more violent than the New Testament (main Christian scripture, who doesn't call for genocide of entire nations or mass rape (of kids), arson of cities, etc) and slightly more than the Quran too. Add to that Jewish "add-on" scriptures where gentiles are described as animal souls that die when they die, made of demonic energy per some loonie rabbis in some "book not all read", and you got a recipe for a hate of gentiles that reaches apocalyptic levels, read the quotes. The issue here is that most Jews, are "worm IQ" folks. Jews never read their scriptures, being as imbecilic as their Christian and Muslim counterparts. They just shake their heads repeating prayers and 10 interpretations of some Torah verses in their outdated Talmud about intercourse with 3 year olds and then develop this false sense of being able to argue about anything in 10 ways, having "critical thinking and ability to question beliefs (sadly, only variants of a highly limited set of beliefs of the Torah)", *being able to bullshit anyone faster due to practicing nonsense talk, "intelligent debate" so much*, never realizing that they wasted so much time, since the Torah is a pile of feces. Arguing is not a virtue, ending war, violent crime without violence, torture and rabbi shouting is. In the highly "superior in IQ" Jewish scriptures, Jews argue about 1). should we "rape 3, 4, 7, 9, 12, 17 year olds in groups of 10, 100 or 100000", instead of remove all sex outside procreation from US movies Jews created to turn all gentiles into easy to blackmail puppets, 2). should we "kill torture 10 trillion (D7:16), billion, million, 3000 (Moses) or dozens tonight", instead of about nonkilling ways, the trillions of methods of achieving peace without any slap (rabbis slap people often), spank, violence, war and deception, and the Immortalist Anthem ideals, 3). should we "pay our chief frauds 5000 (Democrats run by Jews) or 50000 (Republicans run by Jews) times the minimum federal wage for gentiles", instead of should we give all equal pay, equal stress, replace the money obsessed society with the credit and longevity rewards society that removes

the ability to do evil with money? The election system is a Talmud type of arguing about nonsense, for both sides are building their arguments on nonsense and evil ideas of the Tanakh. No honest society needs all these ridiculous parties, politicians and religions, they all realize we're bacteria in IQ vs longer lived humans of the future and we need focus on results: zero violent crime and 4000 year lifespan for all first. It's amazing how easily Jews brainwash gentiles that some fraudulent rabbi is the son of God, that Jews are smarter than gentiles and deserve to be 10-20 times higher % of the highest paying jobs and CEOs than their population %, etc when gentiles should be asking themselves why they're allowing such gentile hating scripture to ever be published in their nation and mosques, synagogues, churches to exist in their countries, all based on genocide, mass rape Bible horror quotes. These "Jewish Bible based" texts are like ISIS, Al Qaeda training manuals, but the dishonest pastors hide all the evil quotes to keep the donations flowing. Wait, "Jews' intellect is superior", that's why Sigmund Freud has convinced many that "all suppressed desire comes from suppressed sexual fantasies"☺☺☺, because the Jewish intellect is so stellar, it can only think of genitals☺☺☺, as the endless calls for mass rape of virgin children in cities Jews invade litter the "Holy" Bible Jews so generously brainwash our children with at Sunday school, the place of mass imbecilization. Thanks to the Jewish Freud (Sigmund Fraud)☺☺☺, 20% are LGBTQ, many got 50 sex partners, sexual diseases transmission is astronomically higher, and fertility rates are low, as vagina path is damaged☺☺☺ by animalized ladies who forgot the value of sex for procreation only. Avoid animal men worthy of 2 cents, who got nothing to do but sex outside procreation. It's imperative for ladies to stop being duped by the Pervert Talmudic Jews dreaming of intercourse with 3 year old girls, and not believe the mainstream bullshit media that deifies every Jewish Psycho. Protect kids from organized Mass Rape Jewish religions, like Islam, Christianity, Judaism, since clergy may be pedophiles looking for sex, like rapist Mohamed who had 11 wives, 50 concoubines and endless underage girls to rape as Allah advised him. Don't blame Mohamed, he simply lived the mass rape quotes of the Bible he rewrote, as a true Jew.

Why do these Abrahamic religion Gentile Extermination, Rape and Extortion "Places of Worship" get tax free status☺, when they have nothing to do with the idea of religion, of equal kindness for all people, of nonviolence? How can NATO nations be so stupid to allow such trash to be published? If NATO doesn't take action, it will become a 3rd world shithole.☺☺☺ It's essential NATO starts to discard trash literature, if it still wants to exist in 2050. The Torah and Tanakh are Violence Personified, 10^{90000} times more violent than the Immortalist Anthem. Jews need to argue about the Immortalist Anthem in their "sage writings", not about the hate filled, genocide, mass rape filled Tanakh of Satan himself. Then, the formerly filthy nonsensical scriptures will be forgiven and the new ones will make some logical sense. If the foundation is evil, the Torah, then, all other Jewish filth, will be pure evil, built on pure garbage. If all these 3 groups,

Christians, Jews, Muslims, would read their scriptures word by word☺☺☺, they would, 99% of them, quit their psychotic religions and realize, like the Immortalist Anthem explains, that all humans are mere microbes intelligence vs the future humans of billion year lifespan and stop fighting about such cabbage IQ traditions, rituals and "holy texts of genocide and mass rape". Thankfully, some Jews are truly kind and nice or have very universalist concerns for sentient beings pain…, being civil humans who hate the demonic Bible, Judaism and love the Immortalist Anthem. For the clothes we wear one life, the "DNA", don't defines us, but Our Nonviolence, how have we chosen to make sure the maximum amount of lifespan years are added to all. Iran was developing a lot and Iran was becoming free of the Quran the Jews invented to subjugate the Middle East, and the Jews can't tolerate intelligent free gentiles, as we saw in communism where Jewish officers executed any gentile with brains. So, the Jews staged the Islamic Revolution with help from other nations too, Iran's enemies. Islam is very backward, anti-science, keeps nations ultra easy to dupe and plunder by Jews. Thus, Jews love Islam a lot, they use Islam to destroy every nation on Earth, bringing in Muslims to all nations to start Muslim-nonMuslim fights for divide and conquer of both. We can't blame only Jewish money or 3 million Jews involved for the rise of 'communism' and its 120 million dead victims,☺☺☺ since many empires staged the rise of communism for their own goals, different than Jews' power in Russia. Hey, US gentiles, work hard 1-2 kids max, maintain all the pipes, infrastructure,☺☺☺ die in Israel's wars, because Jews will have 10 kids and use welfare and a few side jobs like selling diamonds to loot gentiles and take their money with the least effort (all work done in India, just buy and resell to stupid gentile locals that Jews brainwashed to want jewelry), etc and build endless synagogues and churches too (if disguised as gentile) to keep many homeless, everyone as low IQ and brainwashed as possible with the Old Testament, the most hateful text in history being the most published one, at gunpoint, due to the amazing unity of the human hating Jews. Soon, the whole nation will be 50% Jews and gentile babies will be boiled, eaten as Bible shows.

Locations of Jews in USA & Worldwide with many videos showing the takeover:

All synagogues worldwide deify and praise the 1300 evil quotes of the Jewish Bible, meaning they're terrorist organizations on US and other nations' soil who normalize GENOCIDE of any group Jews feel like "God gave to them" D7:16☺☺☺, "mass rape of trillions of gentiles (usually kids, seen from the Jewish media that sexualizes everything)"☺☺☺, beatings to death, as long as not fast death, of trillions of gentiles. The question humans have to ask themselves is why this terror group receives Tax Free Status of a Religion☺☺☺. Check out a few towns where the Cult of Genocide, Mass Child Rape and Slave Lethal Beatings is growing at astounding rates☺☺☺. All genocide quotes of the Bible are in the Jewish section, not the gentile New Testament, though obviously Jesus was a rabbi fraud staging all fake miracles to spread the Jewish Bible worldwide under the guide of the "Christian Bible", and Jesus applauds the 3 Judaism Pillars: Genocide,

Rape and Lethal Beatings in Mt 5:17-9 & Mk 7:9-13 for the Jews with a keen attention to detail, to notify fellow Jews that Christianity is a scam Jews use to subjugate all nations and spread the demonic Tanakh, by publishing the Jewish Bible as part of the Christian scripture, like Islam is a scam too, for Jews made the Quran up, Quran being the Tanakh rewritten in a creative way. All know that Orthodox and other Jews, financed the Jewish USSR communists☺☺☺ that led to 120 million gentiles dead and to the invasion of USSR by Hitler, who got so mad at Jewish communists that he devised the Holocaust. Why should we allow such terrorists to live in USA freely, instead of deporting them to North Korea to experience the Brilliance of Violence Based Jewish "Communism" ("Help the Workers by Killing 120 million of them") Jews created in North Korea? We all know Kim is looking for New People to Build Infrastructure Projects in Labor Camps of the Jewish style Communism. Jews even wear black suits, the favorite color of Korea's leaders. A match made in Heaven.☺☺☺ Where 'bad type of' Jews *(and others who copy their methods)* are in large #s they tend to form a mini-Israel, listening to Israeli Army radio. A youtube shows how many Jews exist in each nation. Such bad oases can thus evolve where Jews exist like LA 565K (California 1.2 million), NYC 1600K or 19%, Chicago metro 320K 5% maybe in city itself, Boston metro area 248K, half being in the city itself, so☺☺☺ 19% of Boston city is Jewish, you understand now the Education System, Universities there, New Jersey *630K* per 2021 Report of major cities with Jews, San Francisco nearby metro 230K 14% in SF if half (115K) are in city itself (470K SF wider Bay area), 5% in *Washington DC metro area of 6 million* 300K 8% *of DC itself at least (57000 in 2017)* (Jews tried to ban English and make Hebrew official in 1780s, as they take over our political parties, start wars (Jew paid the Dutch to invade England, just living a peaceful religion, Isaac used Lopez name to appear gentile, they believe genocidal wars gets them protection of 'the Yahweh demonic fake God' instead of decent scripture and ethics that knows, like the real God, that there are a trillion ways to peace without war), banks, capital (*90* times fewer Jews per capita in Moscow, 20000 times fewer in Beijing) and everything, for 2300 acres palaces, Jews highest ratio of Ivy League per capita with unfair education access, Jewish supremacy thru terror etc*) if half in city* & Philadelphia metro 215K *7% in city if* half in city, Atlanta metro *120K* (maybe 12% if half in city), Miami metro *123K* (maybe 12% in the city, 9% religious 3% agnostic, Judaism is 9% in Miami metro, definition of metro area is different in some studies), Broward County FL 150K, West Palm Beach *124K*, South Palm Beach *131K* (530K *South Florida* in 2017, God loves South Florida via floods, *140K rest of Florida*, plus some winter visitors (winter total may be 800K in 2024, due to nice weather) – pages 74-75 got Florida Jewish towns (Boca Raton 71% Jewish in 2023, 527K in 3 countries: Broward + Miami + Palm (largest world investor in Israel bonds 0.7 billion), San Diego metro 3% *100K*; Cleveland metro Phoenix metro Denver metro & Las *Vegas* metro (prostitution capital of the world, gambling capital of USA) *85K* (watch the homeless under Las Vegas), Orange County *90K*, Detroit metro 72K, Seattle & Minneapolis metro *65K*, *St. Louis* Tampa Portland Houston & Pittsburgh metros *50K*, Santa

Barbara *10K* (11% of population), see the rest of USA cities here. Some examples of Jewish Bible tactics and areas: Beachwood, Ohio, 89% Jewish, Pikesville, MD 31K out of 34K are Jewish, Silver Spring Kemp Mill 13k (Russian Jews, KGB spies too?), 8 miles from White House, Summerlin, NV 25K, Memphis, TN largest Orthodox congregation in US (US President Grant kicked Jews out of Memphis and Grant's military district in 3 states due to fraudulent Jewish soldier actions, before he became President). See where the "great" Judaism, that killed arguably a total of 17 billion equivalent in today's population, is building new Temples to the Religion of Endless Genocides. France got 448K Jews, # 3 after Israel, USA. 10 other highly Jewish US towns are here, watch the insane growth of Jewish population and their plan to become the majority in USA. Canada 400K, # 4 is actually 3rd *highest* density/capita after Israel, USA (twice as many/capita vs Argentina where many Jewish and gentile Nazis (supposedly even Hitler after faking his 'death') fled to), UK 300K # 5, Argentina 220K, # 6, Australia *120K* (low estimate, could be 240K with Jews who hide their jewishness), so very high per capita (Sydney 50K, Melbourne 45K, Perth 10K, Brisbane 2000 (some say 20K recently, due to Brisbane growing faster), Adelaide 1200, the rest 12K), Brazil *120K*. The top Jewish names are here, so you can identify the mutilators of US penises, the IQ lowering masters, see the 44 page Jew location report. ☺☺☺

If noises happen underground in your house and synagogues are nearby, it may be tunnels Israelis love to dig. Some Jews will always claim to be Polish, Russian, Indian, Korean, Chinese, African as the centralization of education section explains. The least educated Jews and non-Jews promote the unholy Bible bad quotes, including the "take gentile slaves or beat slaves to death as long as death isn't apprently direct or within days, a few months is OK" quotes which are pure terrorism of humanity that inspired the CIA-KGB-RAW-PLA torture methods, Jews maybe promoting it more because it's 'Jewish'. *Poor uneducated Jews hallucinate the 'Bible' is original, when everything in it is copied from other* cultures. In fact, much of the Bible could have been written by non-Jewish spies, how much being a subject of intense debates. Because the 'bad type of Jews' (who can look like a White, Black, Asian or any race thru interbreeding) perceive non-Jews to be animals, they will simply use gentiles and torture them to death with no remorse using 200 reasons and pretexts (not Nazi, communist, religious enough, patriotic, etc while they're spies that took over a nation). They hide behind covers of "religious" (whatever religion dominates in host nation), etc. Christianity is simply the official 100% brainwashing of you being a slave of the Jews, so they torture people who disbelieve the lies that allow them to vampirize the gentiles, while pretending to be Christian pastors, etc. We have today endless defamation (*sort of like censoring the truth, so only lies are broadcast, unconstitutional since all have right to free speech,* like in Germany where they jail people for just expressing an 'anti-Bible' or etc opinion) lawsuits Jews *use to silence gentiles*, as they did in communism for example, torture to death for 'not being low IQ enough'. In response, we can politely kindly

argue that there is no greater defamation of the entire humanity than the Bible (Torah part of Bible especially) itself that calls for mass rape of ALL NATIONS (Jews are allowed by their devil God to destroy ALL Nations, including via rape terror), genocide of ALL Nations Deu 7:1-16, Deu 20:10-17 and mass theft from ALL NATIONS, who're meant to be mere slaves of 'the bad type of Jews' (who made up the Bible), slaves beaten and tortured daily too if not compliant to the whims of 'little Satan type of' Jew, demonic pest who also wants all nations to beat their kids like psychotic hyenas, thereby teaching violence to kids since early life and turning them into lovers of torture, violence, eternal war, i.e. eternal human sacrifice to 'Satan'. The whole world almost now beats kids because of the Jewish Bible (Torah or Old Testament, and even parts of the Gospel) whose terror like tone reigns supreme globally, as seen on TV and music. Parents need to gently adopt an eterni tone that prevents violence by kids emulating that eterni emotion (by parents listening to eterni music too to help deNazify deHitlerize, deRabbinize, and dePastorize the tone of speech/action) and *gentle tender soft nurturing* angelic kindness towards all living beings, and stop being like psycho Moses (Exodus 32:26-9). ☺☺☺

All *secular or yearly synagogue visit* Jews who're shocked by the bad quotes in their 'holy Torah' (part of Bible) are just like the Christians who have been lied to by clergy for 2 millennia: for 1500 years Bible was written in language that nobody knew, Latin, and nobody had a clue. *Once the printing press appeared, translations into local language woke Europeans up from the deep sleep the conmen induced them into for 15 centuries and the Protestant Reformation began*. Today, all bad quote are hidden from Catholic churches, where only the Missal is in the pews, not the whole Bible. Just chill out and realize all the garbage in the Bible may not even have been written by Jews, so that's it. Move on. Life goes on, nobody cares about the comical☺ 'religious beliefs' of little bacteria *on Earth called humans*. The primitive Rabbi 'psychos' (who now pretended to be 'pastors of the Judaism for gentiles', or Christianity) took babies and tortured them (this was 'love' in their twisted psychology), as explained in the infant immersion baptism section, since for 1200 years of Judaism in Europe (Christianity = Judaism, and Christians did infant baptism full naked immersion *(in cold water to cause pneumonia perhaps, as poor babies inhaled water via nose or mouth into the lungs and partially downed, receiving lifelong lung and brain damage, as a* free love gift *of Jesus (also* Jeuss is like Jews, so *Jesus* means *Jews) and Jews to gentiles)* for about 12 centuries until it started to change in Western Europe, to do a little water sprinkling on an older fully clothed baby), babies were tortured like this clip or less: babies cry when placed in cold water by a stranger, look how horrified the mom is in this 40 second clip taken by CIA and posted by the Voice of America (US government agency). Today, in USA, rabbi water rituals are a big thing too, they're obsessed with water around kids and infants, hence the "Christian" ritual from the Jews who invented Christianity and had babies head submerged into water .3. TIMES. Sadly, some babies died due to drowning, as Jewish pastors

pretending to be gentile, could care less. *To facilitate taking over Europe, the bad type of Jew (and Italian, etc) has possibly decided to make a ritual of shoving the head of barely born babies into water, to damage their lungs and brains*. It worked. Today, billions are mental slaves of the scam, as their brains were damaged centuries ago. The pastor is meant to hold the nose of the babies, but that can't be seen well, if he does it or not for Jewish babies or gentile babies *(selective actions)* and babies can ingest water (that goes to lungs due to shock of cold water and being away from mom by a weirdly clothed priest) thru the mouth and can't vocalize his suffering and the 911 type of emergency the "rabbi turned priest" has inflicted on the human quantum field. *Don't be fooled, in order to disarm people and gain the trust of gentiles, they will use only the nicer* quotes while always hiding the 1400 bad ones, *so parents give babies to be damaged and partially* drowned. This can happen today when a spy agency remotely controls a priest to make mistakes or when *the priest is of a different nationality and is pretending to be a local, on a* secret mission to do as much damage to local babies as possible. Avoid this *ritual, you can't know how much, if any water, entered your baby's lungs*. ☺☺☺

The conmen flatter their victim, pump up the victim's ego, to gain the victim's trust, only to later destroy the victim, *like* parasitic vampires *or tigers who ambush prey. Skilled in the art of "1000 lies/minute",* they seduce all to go to their spider web (examples: Christianity or 99% Judaism, Islam or 97% Judaism, etc), so they can suck all their blood out so to speak, like a spider does with insects. These same terrorists of the quantum field (the 'bad type of 'all nationalities') also help empires rise and fall, thru theft, violence and wars. The governments are full of liars, they say one thing and behind the scenes they commit genocides daily. They pretend to be imams, popes, bishops, pastors, whatever works. Stay away from the conmen, since the government doesn't care, because it's not an immortalist government. The freedom of religion is abused, to terrorize little babies. Even in USA, Orthodox churches can torture babies like in Russia. To think that such atrocities still occur daily in the Christian orthodox world (most of the 260 million Orthodox world still does this Jewish ritual) is unthinkable and an act of genocide against the human quantum field. Rabbis love to make babies cry, to them 'torture' (what to normal people is torture) is an act of devotion to God, and ritual trumps kindness and empathy. Thus, in line with Moses' *'immense empathy*', the 'bad' Judaization of Europe (later Americas) went on. 'Bad type of Jew' Judaization means the more primitive religious or unethical influence. We see the effects today in the violent Eurovision contest songs, other music styles too: metal, rock, rap, some country folk music. Most Earth suffers from the same issue and it's due to the 'aggressive chimp DNA in all nations', not just 'some bad Jews'. To see Moses' empathy, watch 12 videos of rabbis sucking penises they cut for crying babies without any anesthetic in the circumcision section. They infected 8 day old babies with mouth bacteria, ruined the nascent immune system. Only at 12 months babies have a functioning immune system. Before that, they're helpless.☺☺

On top of that, we, the slaves of 'the bad type of Jews', have to accept the made up Jewish Jesus as the only savior and way, because we go to eternal torture in a made up hell, unless we give all our wealth to Jewish pastors who have airplanes, personal airports and huge mansions and to the biggest landowners in Europe the Catholic Church (#1 for 1100 years) and Protestant one. What greater defamation of the entire humanity is there other than Christianity itself, based on fake miracles and quotes of Jesus that make no sense and praise the Old Testament calls for mass rape, genocide and mass theft, with pastors claiming Bible (including the horrific Torah) is the Word of God? And we humans have the right to say, we shall not be like wild dogs. Kids can be taught thru *healing*☺☺☺ *gentle tender soft nurturing* honest *graceful* kindness, compassion and eterni tone, not violence. Kids know no evil, they emulate the parental sick tone of speech (which is in 99.99% of cases reflective of tone of action) or kind tone, that's how they learn how to behave. This issue of the 'bad type of Jew' requires extra attention from host nations who embrace immortalism, due to *weak interest in* World Peace in 3 months by 'most guest nationalities (not just the 'bad type of Jews' nationality) who cluster due to petty goals and 0 interest in serene music that sustains World Peace, a prerequisite for Immortality *for* All. Sadly, like all spy agencies, Mossad also uses torture (Nazi methods of medical experimentation on gentiles they criticized, showing a double standard) *to destroy people's eyes, heart, etc and place heart pacemakers, and other eye devices needed for* whatever organ they destroy, or endless doctor visits, etc to the Mossad doctor who makes sure *nothing is healed*, or will get worse over time, while pretending to help, see video on Stalin's + Red Army top doctor Jewish. ☺☺☺

Sadly, CIA uses the same things, while talking of 'human rights'. We the people of the world, can unite and end all war and torture in a few years, but few care today. Mossad plans to kill other humans, thereby destroying the human quantum field. The chosen or just like everyone else, a chimp DNA unable to think like an Immortal? So much Godliness. Killing and torture are pretty much one and the same, except torture is a slower killing. This Mossad statement is nothing new, Kaganovich helped kill 5 million Ukrainians, lived as hero until 1991, when he died at the age of 97, after benefiting from not being tortured, while torturing millions. Why isn't *Israel (or any other country, especially big nations who use torture daily in their depraved spy agencies and militaries)* calling for Eternal World Peace in 3 months and end of all torture and killings? Read their Torah to see why, the so called "bible" being shoved at gunpoint on all nations. All about glorification of violence, as with most spy agencies and militaries today. It's so part of the "background noise" that it doesn't even register to anyone how violent it is. They just mutilate, torture and kill millions of people on their own whims. All humanity gone. It makes you think Putin and his entire regime is 90% Jewish, look at his "love" for Ukrainians. People get so upset when university Presidents say "calling for genocide of Jews is unethical in certain contexts only". They forget that the Bible Jewish Christian preachers have lied to us for 2 millennia that

genocide is OK in some contexts and that makes it the Holy Word of God still. Kindly read the Bible 1400 violent quotes few religious Jews or Christians get upset about… most of the quotes are from the "Holy Torah", nobody ever resigns about swearing or prompting a genocidal text that explicitly calls for genocide of entire nations: Deu 7:1-16 & Deu 20:10-17, mass rape and mass looting, read it all here. *The Pope and all pastors, many politicians, have the audacity to say that is the* Word of God*, and nobody ever complains about it*. They swear on it. How is that for a double standard? "If genocide is against gentiles, it's OK. If it's against Jews, it's unethical". *Is this* what democracy in USA is all about? If we have ethics, *it's universally applied.* Contrast that Bible with Immortalist Anthem, the preliminary version for the anthem of immortalists. ☺☺

To achieve Immortality *for* All, a metaphor for longevity for all in the short-term since 'immortality' is pure science fiction for now, we need to prioritize immortality capitalism and World Peace in 3 months, instead of "best stuff" just for the 'bad type of' Jews *(or any group using 'Jew' as a cover to hide their identity)* taking over many doctor, lawyer, judge, spy, police chief, etc jobs (anything where power, policy concentrates, managers, CEOs, etc) in a mini-Israel area, in terms of per capita vs Gentiles, like they did in USSR, Germany in 1920s, early 1930s; in *Berlin about 10 times more doctors/capita than Germans reportedly per Nazi data, it gave them* complete power over half of Berlin's population seeking medical attention due to etc or being tortured by the Mossad*;* by pretending to be German and to help, they could eliminate anyone who fought Jewish enslavement of Germans (methods copied by others too, who use Jew spy cover or other covers); *media control allows brainwashing too:* "when they slap, turn the other cheek", when they do war 24-7 for millennia and claim Jesus comes in 20 years for 2000 years, continue believing in the lie, say illogical prayers and Nicene creeds; beatitudes summary: be *good, gullible, low IQ, and endure endless torture (by the abusers who* made up the religion*) in* your life of slavery, because heaven will be yours (which heaven? someone's hell is others' heaven; $ will be theirs and all worldly power to wage eternal war, *you just work and say a prayer, make more missiles and say 'yes sir' always*), *don't do anything for peace right now and here, for decent healthcare for all;* don't question why Jesus didn't say "a world of Peace can arrive in 3 months with enough intelligence, a world of no slapping, no physical altercations, you can all live in some 900 centuries about 5000 times longer than the longest lived man today with more questioning and research, just as you live 7000 times longer than a fruit fly; blessed are those who question everything"*; when seeking God, "only via a Jewish priest, Jewish (for profit?) 'prophet' (Jesus in Islam), Jewish holiest woman (Mary, Jewish mother of Jesus is that in Islam), Jewish Son of God, it's possible,* only a wafer and Jewish ritual will do it". ☺☺☺

Since true democracy brings info, education, true equal opportunity, knowledge to all, this makes the exploitation of gentiles impossible or at least, the use of the 'bad type of' Jews or Jew covers by other groups to enslave Americans impossible: we need to explain to more people, of

all nationalities, the advantages of Immortality *for* All. We can't have World Peace with this type of rabbi yelling, that got Hitler worked up, it creates a very discordant energy; we can't disapprove of only Hitler's tone of speech, but all somewhat close to his; World Peace that *lasts more than a glimpse* in Eternity requires 0 violent crime incidents a year globally, i.e. 0.5 billion times less violent crime on Earth than today, i.e. everyone has to be of such an angelic vibe and peaceful demeanor that 99% of music today and much of clergy tone are totally incompatible. We can ☺☺*lovingly tenderly gently kindly*☺☺ choose to be honest and thankfully, in USA, we have freedom of speech, I hope to win over the more open minded Jews, Muslims, Christians, so they don't go to these events and pastors shouting like Hitler. We're free to politely have a candid discussion about the so called "religious music" and "religious services" in USA, etc and what kind of vibe they create globally: religion, if it is supported by an immortalist government via tax free exemption, ought to be something that brings peace and unity among all people, such as Immortality *for* All, in all its music, services, etc. *Every shout is a call to* war, *so it is* unacceptable, *so much so, that the* music section explains it would need a huge fine, to prevent any violent crime from ever occurring, so as to have World Peace last: 5,000$ fine per shout at least, if one person present, $0.5 million if 100K present, $500 million if 100 million TV viewers or music video views, or CD sales to provide funds for Immortality City Centers. All teachers need amplifiers to minimize raising voice, mics at the desk at least, so they don't need to wear it so much while not speaking. A slap, even by parent, *at least 100,000$.* The Immortality *Nurturing* Agency needs to have some loving kindness compassionate *gentleness* programs to help parents who have a problem kid, so that they don't resort to any physical punishment as that is a violent crime incident that leads to 80 million dead in the next World War. When the kid does anything, he would need to be taken to a healing center too for a while, receive more than the usual daily email (to parents and kids) from the Immortality *Nurturing* Agency on Immortality *for* All Ethics that prevents all violent crime for most, to relax, take some ethics classes, though kids never slap unless seeing it on TV. Thus, we need TV regulation, if we sincerely want to bring Peace, not war. If we want World Peace in 3 months, the enormous violence on TV-radio, music is unacceptable.

I met some very nice Jews (not sure if real or pretending to be Jew though), some with vibe that is not so chosen (see them wrestle), and others with a tone of speech far more eterni than the Israel legislators or the 1st prime minister of Israel when reading the Israel independence text (he claims the Bible, with these odd quotes, 900+ of them, is 'the book of books', in what sense, perhaps a 5-8 page scripture (short version, ethics.gov can have a 300 and 30,000 version, co-created by 10000 ethicists if needed) that is more positive like Immortalist Anthem☺☺ that everyone knows and is positive, would be more practical in really changing the world and granting all (not just a few chosen 0.1%) *decent housing and healthcare so they can think,*

meditate, pray and find out which hypothesis about God is true in the presence of confirmation from 50 unfakable sources instead of "brainwashing under threat of Inquisition or Christian regimes torture, violence or death"). Approx Blue eye % (Ukraine refers to Crimea) vary. Grey/green is 80% of blue % or less, adds up to almost 90-100% in heavy blue nations (Ireland got a lot of green). When you meet a person, you know from these percentages if they're likely to be French or Polish, Estonian. These things help, besides AI databases of facial structure, to determine what kind of spy he is. If we talk of diversity, we need to protect endangered species too, not allow only Jews or Judaism to have blonde hair and blue eyes (see Texas Jewish lady, Jewish faces, if person is thin and fat doesn't hide the shape of jaws, are smaller at the base, chin, meaning less square, less round, more oval, oblong) by forcing all blondes or blue eyed to marry to people less likely to give such diverse appearance (some groups); see oddly, Soviets killed tons of blonde people and so did Nazis by recruiting Nazis with such traits to die as cannon fodder; what is that? a coincidence? or deliberate extermination? I know some people may have 2 marriages (divorce and then marry someone else, then divorce and interact with both offspring etc) or something to help others, etc, but there would be no need of that, today people have kids without even marrying to avoid paperwork of divorce etc. Obviously, it just happened on Earth that *some groups got into high tech 800 years before others*, so they're of higher IQ, due to epigenetic changes from 40 generations of learning those science skills, higher longevity than pygmy or some Amazon tribe due to more infrastructure build, healthcare, but that doesn't mean that may last forever or that having some tech is better, maybe some alien group has inner tech and they got some simpler life than us, appearing 'inferior' to us, so 'inferior' is sometimes subjective; a 'superior race' civilization may self-destruct due to its aggressive quality and the inferior progresses slower, but steadier; look at Germans, they lost 34% of land since 1914, due to falling prey to teachers of violence, they have been well setup by their enemies, *hook, line and sinker*; just because one group may have subjugated the others due to figuring out how to be mean, like some Aztecs did in North America with many tribes, didn't make them really superior as Hitler claims in the long run; sure, in the short run there is a reality of IQ, epigenetic changes, infrastructure, etc, but in the long run, these things fade into nothingness as we spread in 1000 *universes*, beyond Milky Way; the decision to subjugate was done by some warlords also, not the whole collective group. For example, slaves that lived to 50-60 before, as many live today in Africa, now live to 90 in USA, so while they had a tough life for a while, their lot has improved after 1865, so it was not all that 100% negative, these people now help the entire Africa to become modern and advanced (cars etc) maybe 10,000 years earlier than without interaction with whites; so it's not really that simple as Hitler makes it, one century the Greeks were the superior race sort of, another it was Indians or British, French or Americans, etc, it's all over the place, at one time, perhaps, for a few years, from some points of view, the Vietnamese, Koreans were "superior" to Chinese, etc, it goes back and forth; as we spread over

star systems, this difference will speed up, as travel that lasts 500 years making communication and tech exchange harder, so one backward planet with more pacifict verses 8-40 ideals that Hitler mocks in his book 31 *times (Ctrl + F* pacifist*) in order* to lead Germans and others into the abyss, could become 1000 times more long lived than the most Nazi Hitler fan planet as the pacifist start to escape to a new location nobody knows and stop interacting with the Nazis, except for a few bioandroid look alikes that resemble them and role play slow progress.☺☺☺

Yet, we can't be naive either, he has a point, the 'blood' (DNA, etc) with its nutrients and genes can be destroyed by malnutrition, spy agency torture, sleep disruption, music, thoughts, culture, microwaves, infrasound, etc from gadgets etc and various other methods... and on this genetics depends the survival of the civilization too; too bad Germans (and many others) didn't understand the far more complex picture and used violence to subjugate 'inferior races' and/or to free their country of the bad type of Jew, instead of giving all bad Jews money to go somewhere else using rich Jew money *(since Nazis said 20% or more wealth was in Jewish hands, 1% of population)*; who knows what happened in WWII with Israel migration, given Zionists made deal with Nazis to allow Israel flight. It's important to move on, forgive and forget and work for global oneness and longevity progress, instead of spending all energy to compare and undermine others so much, with 900 systems of language, country, etc, education, etc. We sweat over stuff, but nobody has access to the 9 million classified memos, docs, videos showing the true story behind the lies in history books. Not all Jews do this, not all are the mean type Hitler describes, but that this has become so known worldwide, many spy agencies started to apply these methods themselves, and 'people who may perceive themselves of lower IQ etc' or are so, are happy when someone of a higher IQ etc has offspring with several women (low or high IQ), because that way their offspring is higher IQ or etc quality they think they need.

The reason a lot of countries, empires had offspring with locals *(well, priest can claim he's celibate, but have affairs and setup a spy network, which they did sometimes, first priests were Jews and celibacy was only required much later, in 1200 AD or so, since it would require many of the smartest gentiles (priests) to stop having kids, so it would ensure the full control by Jewish bishops (faking it) of the entire nation thru brainwashing)* and originals, was the same the Jew does it: create more spies too, more friends. Other methods Hitler explains, which are perhaps a little less Jewish, more universal (specialty of Roman empire too, etc), include: 'bad type of' Jews infiltrate politics, culture, music, art, media, literature. Hitler forgot doctors, emperors, kings (offspring becomes king, then the whole royal family is made Jews only slowly, Judaization sets in, on the outside, they role play they're Christians, Muslims, etc), queens, nobles, popes (1st one was Jewish, later ones claimed to be Italian), bishops, fake miracles,☺ clergy, ☺abysmal IQ ☺ religion rituals, violent scriptures and doctrines, infiltrating spy agencies, military, science, tech companies, regulations for lifespan shrinking or IQ decreasing chemicals, RF, EF, etc, diet,

and fake science papers today. But, while here a few cowardly thugs use nukes to terrorize a planet into eternal war and torture, in the pre-afterlife quantum awareness and far more in the afterlife, the advantages disappear and everyone is far more equal and able to help all, rectify and unify against the 'former thugs' with waves of loving kindness taming the wild restless immature souls (who formerly were big celebrities, generals, warmongers, leaders, torturers, singers, musicians), happy ideas given to save the people from the oppressive gangsters. In 1928 Nazis got <3% of the vote, then some 'bad type of' Jewish or etc US bankers (who helped Hitler come to power? use Ctrl+F "Jew", "Hitler" to find all related info in this book) engineered the Great Depression, and Nazi support went to 37% in 1933 in the fake elections the 'German' Army (spies who controlled it) staged, when Hitler finally became ruler. Odd how the old German military in 1919 started to prepare for remilitarization and Nazism, as many youtube history videos explain; this is explained in the PBS 1 hr documentary on Hitler. Nazism was about a tiny country, Germany, making non-Germans slaves via violent war, persecution or killing of Jews, it was about something totally insane and unachievable.

Jew persecution was due to the false belief that all Jews believed in the literal translation of violent Bible (1st 5 chapters, Torah) quotes that are presented in detail here, together with how this led to more antisemitism and wars. Educated people reject 'bad type of' Jew methods. We have some uplifting quotes in the Bible, but they're only a tiny % in small *parts* of Proverbs, Sirach, Gospel. *We better remove violent quotes from all scriptures so that* ☺☺☺*everyone*☺☺☺ feels safe; this will help all to happily create an immortalist nonviolent culture that is worthy to be called galactic some day (unless we want to die in star wars among us). The calls to violence were not the only reason for antisemitism of Nazis, it was also the calls to mass rape. I'm no expert in Judaism or proper translation of Torah and what '*destruction*' means in these Torah-Bible quotes, but we have a real problem here: if someone interprets something as from God, they may go to use the 'destroy' methods of bad spy agencies, which never work, they completely destroy in the long term the agency and country employing these methods: genocide, torture, sleep deprivation until the person is totally brain damaged and easy to enslave and do the things they want done to 'destroy nations'... destroying all smart people to enslave the nation, destroy all the good stuff in the anthem or the culture, literature and music and bring everything to lowest possible IQ, worst tone and maximum incitation to hate (of enemies in anthems, lots of violent imagery) and violence, pretend to be local and enslave everyone, create fake religions to lower IQ, emphasize unproven beliefs, ritual and guilt to keep low IQ and fear alive and "kindness, science *of trillion* year *lifespans*,☺ nice tone, discernment" secondary (kind tone prevents manipulation to do bad things), suppress any questioning, critical thinking, emphasize obedience without thought, destroy any good immortalist philosophy or religion idea, use Protocols methods, extermination, slavery as Torah/"holy" Bible teaches in Lev

25:44-6. So, when these things are done by people, what nation do they serve, local or foreign?

We see how the clever creators of Nazism used a few quotes of stone age scriptures to generalize and use a group (Jews) as scapegoat for all problems on Earth; these clever creators also inserted into mix a strong belief in Jesus (Hitler mentions "Christ(ian) 46 times (46x), sacrifice 101x, blood 148x, Jew(ish) 512x, Judaism 7x, war 322x, wars 13x" often in his Mein Kampf book, Ctrl+F to find out how many times, to fool the masses of gullible people into dying in useless wars; *Hitler also claims Jews want one language*, but so far we have not seen anything like it happening, on the contrary, it's a lot easier for the bad type of Jew, German, Italian, etc to vampirize earthlings if there are 800 fake religions (instead of one 'religion' ethics of 'Immortality for All', not just Jews), languages, systems, inefficiency, as they set one against the other (Protocols of Zion Elders) and nobody understands their game - though it helps to get less nationalism so they control each continent better as explained above; what some fail to understand is that one language or at least 5 initially, would make it easy to treat all fairly and have far more transparency, would make it far harder to deceive Gentiles, especially if God helps them to see the Zion plot, as one set of laws exist instead of 5000 in 5000 states of 200 nations; but no, last few decades of 'Jewish supremacy' we have not had any real step towards one language or 5 or even 20 instead of 7000; on the contrary, to "enhance Jewish (or mid powers not happy with status quo or top 9 common languages) world domination?", *we see more languages springing up as official, more common languages banned as official to keep population ignorant and science illiterate, more countries being divided into small units* (Sudan into 2, Yugoslavia into 8, etc except German reunification), more division taking place and eternal war continuing, no World Peace in 3 months promoted or allowed as discussion in mainstream media; why? the reign of terror continues as in the 1920s?; I have not read Mein Kampf entirely, just some pages with the word Jew to see why he was having an issue with Jews (maybe 15% that pertain more to all nations, the rest just skipping thru the lines on "trade union infiltration, dealing with various German issues that nobody cares about, except Germans maybe", to try guess what *his message in between the lines might have been, not the literal meaning, since he was obviously a spy working for some nation or group*) that contradicted what was stated earlier, just like as a kid I ignored the Bible after reading some of the evilbible.com quotes and illogical contradictions of Moses' "don't kill", but then Moses kills 3000 Jews Exodus 32:26-29; even if Hitler was 5% Jewish as some claimed, he would have no issue with killing a few to create Israel, by helping many escape and resettle elsewhere secretly? Recall many Nazis were Jewish, and if Jews could stage mass migration due to Jew staged violence against their own businesses (plan to take off to a new country and wipe Germany off the map, like some minorities who control a country can do, if they know mass destruction is arriving), they could have sometimes helped twist things, numbers, so we got tons of Holocaust skeptics who say

fewer died, but even if only 1 million died or far less, it would be a disaster, nobody needs to die, suffer, be tortured, because kind love transforms all. Perhaps, we can't retain sanity if we read such bad quotes/texts often, war and enslaving 'inferior people' to completely feed the egos of German masses, get them to fight and perhaps, *also to destroy Germans and others to realize their imperialistic goals (the Great German Empire or foreign empire if Nazism was created by foreigners using German puppets)*. Everything is so complex, see the fakery of wars. ☺☺

Spies from country X will often pretend to be the greatest anti-country X people..., so too *some Mossad Jews* (and anyone of other spy agencies, non Jews too) can pretend (like some Nazis did? Wikipedia explains Nazis could not decide what % of Jewishness qualified for removal from the army, so initially, 50% ones were allowed, even top Nazis may have been secretly so, explaining the illogical war plans of Hitler, attacking on multiple fronts) to be the greatest (see Russia foreign minister explain this in 1 min, see history.com too) *antisemitic Arabs*, *Caucasians*, Blue eyed blonde *Nordics* (yes Jews can look like Nordics too, since 'mother has to be Jewish only' so they may be 20% DNA Jewish, but appear Nordic; 98% of real Jews are Arabs with brown hair and brown eyes, 2% got green/hazel eyes, the 2% that went elsewhere and multiplied mixed so much with others, that their DNA is mostly nonJewish, even if by religion or culture they are Jews, so any blue eye Jew is not a Jew, it's highly European hybrid who hallucinates they are Jewish), *Asians*, *Blacks*, etc (easy if they're kids from Jews married to other races or locals, since appearance is more local, behavior comes mostly from education, media, beliefs, friends, upbringing, synthetic telepathy, role models, not from genetics, Nazis didn't realize it, or pretended not to if some were foreign spies, like spy agencies pretend to encourage a group to attack or exterminate another by divide and conquer, instead of 'help all, bring Immortality *to all' ethics*) etc, PLA Chinese to be the greatest anti-Chinese Japanese, Russian KGB to be anti-Russian Jew, German or Polish. For millennia, many dozens of nationalities (we can label them Oppressor) instigated hate of their group or nationality (thru puppet political parties, movements, etc) as a method to justify the invasion or extermination of other nationalities (we can call them Enslaved); this extends far beyond Jews using spies as a method to create antisemitism and then oppress, torture, bomb, 'destroy' others for being so 'antisemitic'. *So, we can be alert and not be so naive that entire continents are destroyed by spies playing as 'dictators and leaders' who start inter-nation wars that allow buying everything at 50x lower price after the collapse of that country or continent, replacing all* "spy agency, military, media, academia, medicine (give wrong advice, *pretend to do something useful, sometimes do a little useful thing, but then do damage 100 times worse than the good, like do useful finger MGs expression on eyelid, but use that time to actually damage optic nerve by overpressing 20 times above normal on the eyeball, pretending they try to unblock a MG orifice or stye etc, for example, or use lasers to inspect eye, but damage it, etc*), political, clergy, business, police,

judges, etc all *important* sectors of a country, etc"☺☺☺ *leaders and others with their spies that pretend to try to help (but do harm the health, education, religion, music* (tired junk tone full of negative emotion to destroy the brains of the locals, move them away from the gentle peace, kindness needed to create true civilization and Immortality tech, make the tone full of impulsive aggression, impulsive reactivity, filth or banal low IQ *lyrics,* unfiltered*), etc of the locals) or, for more cloaking, instead of spies, just* remotely controlled *people?*

No intelligent being would believe these evilbible.com primitive quotes today as coming from God, yet we're puzzled people call it Holy Bible or Quran, both of which have plenty of violent quotes. The world was so primitive, no youtube, had they no way to see that something else exists, another world, another tone... so different than Hitler etc, another concept of soldier even, since God's army is an Army of Love, not of violence? Had the world or Germany and her allies been very spiritual, instead of religious, the tone alone would have told them to distrust Nazis so nobody would've worked in any war effort after being told some lies about a better future when Germans rule over all? We don't know, but perhaps, today, with more educated people, we can prevent all wars and *not be so naive as in 1940s*. Who financed the Nazi rise and why? How did the Nazis get people to support them, was it all due to promising an amazing wild future, using the blame game "all issues are due to others (Jews and Germany's enemies), not us" that is more comforting, without telling the whole Mein Kampf unachievable goals? Were they using the tricks of other politicians, "you are all holy and good, the cause is some bad guys in country x or etc"? Do we know the details? What was the game there? Why so gullible? 2 things to learn from World War II, that have been used century after century by tricksters are: 1. false praise 'you are special, smart, so so great, amazing things will happen if you support us, make Germany great again as before world war 1, etc' and 'blame is on non-Germans always' suggestions, plus 2. very bad or Hitler yelling tone (as in music of some types) to incite to violent action against the 'scapegoat group of countries or people' – nothing to do to reform oneself, to change one's tone and character, only changing others by force (not inspire them to be holy as the sage of Tao does by living example, via understanding) which is actually 100 times easier in the short run, achieving nothing in the long run, as people change right back once free. The 'bad forces' use tricks to get people to be violent, we're told – to make the most barbaric wars sound holy and blessed by God, using sometimes even stone age stereotyping, thinking 'everyone of an ethnicity is this or that way, etc'.☺☺☺ Ethnic groups can be invented too, so can scriptures, languages, to frame people from a certain area, if a scripture allows an empire to control area by divide and conquer, war and chaos, so before forming stereotypes, think again, these things probably come from people way before writing appeared, way before we have any records; it's 5th grader thinking to imagine all evil comes from one little group and location, we're all doing everything*; similar things and quotes and not so peaceful ideas happened thru history in*

different cultures and places and they originate from our primate ancestors who had scarcity thinking*, nothing else. So, we have the freedom to emulate the Infinite* loving kindness *of* God and Immortals who love infinitely all humans**, always healing, never punishing, even those we may perceive as 'the worst people' (we may do similar things if soul born in that body), fake prophets, fake scriptures made by military men, realizing believers (which are the least educated minority within a religion) in the more 'aggressive quotes in a scripture' could be brainwashed, unaware scribes can insert things to further wars that enable regional dominance, maybe, if asked, inform them of the way of the Immortals, the way of infinite compassion in bringing peace, by our *living example, speech tone,* and uplifting, *yet not naive*, respectful, universally kind non-offensive healing nurturing content of speech. It's key to not fall into the trap of anger or negative emotion, and maintain calm while not helping (them indirectly unintentionally to do bad) the 'bad' people one may encounter.**

The ideal way is loving all beings, yet not supporting the bad via dual use (neutral things that can be used to do good and bad both) stuff, only helping them do good. A trillion year old Immortal or God know better who is good and bad and if all stop helping someone do bad, the bad ends and healing occurs without any fuss or negativity, any yelling, etc. The mistake of Nazis or any group that hates any perculiar group is engaging in negative emotion and stereotyping – each person is different, one can love all beings, but *help the most only those who're promoting* Immortality *for* All *the most, instead of '* Immortality for a few and slavery and short lives for the rest'. We have no way of knowing who believes what, most people aren't even aware such quotes exist in their scriptures, but if they google "violent quotes in scripture x" they will find many sites and expand their understanding of religions. Flattering and blaming others, uneterni tone are some of many things to watch out for, people can be more discerning to avoid a repeat of such wars. War ideas as in bad quotes etc that in modern times many find outdated, cruel, *anti*-Immortality *for* All and ineffective vs immortalist methods, etc have been going on for eons well before the Bible (later Quran based on Bible, etc) was written; these quotes may be due to scarcity mentality that has existed in various places on Earth (and on other planets probably too before a species realizes infinite resources concept makes war infinitely less logical); more modern people understand that there are infinite planets to go to and there is no need to destroy others, to start wars over a few square miles of land when trillions of square miles exist for the kind, and they ignore those quotes during services – yet it's odd they still publish unedited scriptures with 10s or 100s of bad quotes, and that leaders swear by these odd unedited scriptures, but who knows why they do that? To get votes (if elections are real) or to see who believes in it (role play they're naive) or to make people trust them, since most have no idea about the bad quotes? 'Others might be mastered by force, but to master one's self, requires the Tao.' *(Chapters* 30*,* 33*,* 37 *explain well that force doesn't work, we need Tao or*

God's Infinite loving kindness for all expressed as effort to change oneself).☺☺☺ It seems the world has lost the idea of Tao Te Ching of 500 B.C., the substance of spirituality, the sage of Tao, who is so quiet like Ye Jianying, so gentle, tender, soft, yielding, polite, healing in tone also all the time, not just content of speech. The world got carried away by loud bombastic rhetoric, yelling, threats, war talk instead of trillion year lifespans for all, World Peace in 3 months, zero violent crime in 2 years globally, Immortality for All, the Immortalist Anthem. The sage of Tao is against pride, showing off, intimidation, threats, ritual, being filled with infinite sadness and compassion even after victory (Chapter 31) if war breaks due to some odd ones invading one's country – in stark contrast with the joy many felt for centuries if they won, so much so they celebrated the victory and recreated the image of murder, of genocidal war again in the human psyche, recreating war, rebringing that demonic energy, instead of the Eternal World Peace and Immortality for All Celebration of the Universally Free (from Psycho Dictators) humanity, the beautiful telepathic radiant teleporting genderless shimmering shapeshifting Immortals, who live 100 million years as the first paragraph of the book explains. ☺☺

Why were people dancing in the streets if they won a war in which millions or tens of thousands of innocent civilians died, civilians who were not for the war and didn't like the Nazis and other crazies, never read Mein Kampf, were too busy and poor to move to a safer small city and didn't have a clue what Nazis were really after, except blaming Jews? Empathy seems to have been forgotten, after all, the innocent could have been your family, so instead of viewing any war as the most heinous barbaric thing and most important thing to avoid, they prepared for a new one, century after century, glad they won 'this time'. Thankfully, Allies setup the Marshall program to rebuild areas they bombed, so things got to heal. For peace to arrive we all need to be for peace via peaceful means only, not via violence or war, to not rejoice that mass murder achieved victory, but to abhor even 1 act of violence, or torture or killing. World's smallest shortest scripture, seems to have been missed by many. People could gather and recite in eterni tone prayers of healing for all dead/injured, singing the vow to do all possible to discover keeping peace via peaceful means, to never have war again – having compassion for 'winners' and losers for not finding a peaceful method, due to lack of focus on that and the glorification of force vs grace, threat vs offering healing tone hypotheses. The wise speak least, why so? It takes 90 times the energy to have eterni tone in content and sound. A truly angelic tone, like that of the sage of Tao, may prevent 99.999% of future possible wars, yet it takes 1000 times the spiritual cognitive effort vs going to church weekly. People don't want to be told that it will require some effort to become far less gullible, discerning, kind, healing, *nurturing*, compassionate – just support the party and all is fine. People want comforting truths, like "bad is due to others, and we have nothing to do with it". Politicians know this and use is to manipulate masses to do 'not so kind things'.☺☺☺

Many went to school and learned 1-2 hrs/week in history class, pass the exam with A, B, but they may have never (I never did see all until February 2022 Ukraine crisis, some in 2021) seen the unbelievable dramatic war videos above, (only available globally after 2010 most of them, when youtube got a decent size), if older generations (no Internet) to realize how destructive and evil war was in 1945 (70-85 million dead, about 23 million military deaths, most soldiers young 18-28 conscripted against their will) *even before* weapons *10-1000* times more destructive than Hiroshima that many have today; this is the equivalent of 400 million dying (1 in 20 people today) and 2 billion permanently injured, maimed (or disabled) today (1 in 4 people...), as we have 4 times more people; wikipedia and web sources give casualties for certain battles on a wider range, 40 or 200K, as each side inflates or deflates it sometimes; or it's a fake war, battle, etc – so it may be 10 times less or 0; thus it's not clear exactly how many died, but even if 3-20 times fewer, in any battle or even overall, it is a very bad thing even those millions died, even if not 400 million equivalent in 2022; war seems like some fake fiction at times, fake battle, like fake news, but it can be 100% real and it is real usually (skirmishes and vast troop movements or invasions without casualties or cities wiped out (verifiable, not fuzzy videos that show same one area of the city over and over) can be fake (puppet militia or 'terror' group remotely controlled by spy agencies), like sanctions can be faked (bypassed in other ways, Russia trade back to before sanctions levels), but total wiping out of cities or areas of cities as in these videos is not usually, though videos can be faked with photos etc too); *some forget that we could all* disappear *one day in a* war *if we* don't *evolve as a species, if we don't make nonviolence, peace,* gentle tender healing eterni tone *a priority, tone being a good way to filter aggressive tendencies that wipe species out in wars;* peaceful music *is critical to prevent the end of humanity – we saw above 0.25 million houses* per city wiped *in days in 1940s* using tech 1 million times less powerful than today's big nukes, imagine what would happen if a third war would happen, only a few left alive underground probably, 99.99% of humans dead. People think we have evolved a lot since 1940s, yet we had many war casualties: 0.5 million 1980-1988 Iran-Iraq, 2003-2011 US-Iraq war to prevent nuke development, 0.5 million Syria war (2011-2021, see damage) now almost a frozen conflict (razed streets: clip 1 & 2), 0.25 million Afghan war (2001-2021), 0.4 million Yemen war (2014-?), what kind of evolution is that, when the same wholesale demolition and destruction of entire streets was done as in some 1940s bombings? Well, maybe it's not 100% certain which numbers of refugees and casualties are real (higher or lower) for every conflict, since some may be fake wars to prevent gigantic wars (see long explanation here) between 2 alliances to prevent the country the war takes place on from developing weapons that would kill billions, not 100K. But even if say the dead is only 10 or 100 times lower in number in a conflict, it's still catastrophic even one died.

To evolve past violence, we may need removal of all violence from scriptures, movies, literature,

media (except a little, 90 times less than today, to show how to solve issues and heal) and from ways of solving disagreements, plus 20 times gentler more nurturing healing graceful loving tone in media, music and all speech. Better yet it to realize these scripture are full of nonsense and use something far better we create. Many worship services have changed only 10% since 1940s, indicating very little has changed indeed, so there is risk for big regional proxy wars or worse. Please call God, the Immortals some call angels of light (20 second call in this video), after watching the videos above, to avoid contaminating self, so the angels may help people to *return to gentle music and gentleman values of gentleness*. ►►►►► *All the cities* ◄◄◄◄◄ *of indescribable brilliance and beauty of the Immortals, us in the future,* ☺☺☺*are* resurrectable within days, and thus truly Immortal, *everyone will shine with the colorful* lights of a 1000 suns. *To detach self from the bad pics of former videos realize that they reflect molecular organization of* narrow minds *that* could not see Immortality for All, due to scarcity thinking, *and that the beauty of future cities will be millions of times* more amazing than this. *We can do it:* Immortality *for* All. Talking about fake miracles and gullibility, if God did 100s or dozens of miracles of Eucharist (bread into flesh, wine into blood), Hindu, Buddhist, Marian apparition, etc how come God, in his *infinite love* for humanity, didn't do 0.01% of these in the presence of those few people (Hitler, etc) who got *80 million killed in* World War II (half a billion injured, 2 billion tortured and terrorized) by starting it (financing it, planning it in 1920s-30s) to get them to not do it and work for *peace* and longevity for all instead or Immortality *for* All instead? Perhaps real spirituality brings peace and nonkilling, nonviolence, not ritual and fake miracles, being 900 times harder than weekly church going, it's an hourly effort to improve self. Will we focus on the most basic form of civility and spirituality, heart felt empathy, nonkilling, nonviolence before we go into pompous rituals, endless head theories of this or that miracle? Some will argue that hey, God wanted to see how far some people go in their choices, but where is the evidence for the strong belief in some of these, 5000 peer reviewed papers? None.☺☺☺

A small nation was often invaded by 5 nearby empires and if everyone in that nation would have been violent and resisted 1-5 empires, no person of that country would be left alive today – since they were no match for the big ones; we see in history the sad reality of needless deaths happening due to the small nation not understanding the value of infinite loving kindness, forgetting that top generals torture and mind control robotic soldiers to go invade and force a language or system on another country; but if the small nation would have waited, and not become violent, that empire would have fallen (they often do and another empire comes and invades a small country) and they could have even changed the empire for the better a little and another empire would come and would use less violence, since the 'small nation' became famous as one that kills fewest or nobody in retaliation due to having understood the value of *infinite compassion* for helpless enslaved soldiers who're executing commands without free will

due to sleep deprivation and torture. Likewise, small nations need to avoid becoming cannon fodder for middle or big nations trying to attack another regional or global power, since this would lead to useless deaths; small nations need to learn how to stay more neutral (perhaps, try to help both sides, be neutral or sort of 'pretend' to side slightly (i.e. allow them to occupy you, to avoid any killing since you're into Immortality *for* All beings as a country) with the bad guys (in private inter government meetings, not in public) to prevent the bad guys from bombing you into the stone age (though it's better to be occupied, with 0 resistance, without pretending to help the bad guys in any way in public, since will pollute the masses who don't understand it's a pretend game, as they may acquire the anti-Immortality qualities of invaders and destroy the nation long-term), like Nazis bombed Poland a lot due to resistance and lack of Immortality *for* All ethics etc, then find excuses to not go co-invade and attack the big country (Russia) the bad guys (Nazis) want you to be cannon fodder to co-attack; thus, the immortalist understands it's far wiser to never use military force to regain any lost territory because you may lose way more, let peaceful means alone do it if meant to be, we have 500 planets waiting for the nice people) and avoid what happened in history and WWII many times, when Nazis coerced via puppet military dictatorships (like today they brainwash us World Peace is not possible) some small nations to join wars no sane person could believe they can win – how can a tiny Germany defeat the 97 times bigger British, Russian, French Russian Empire, USA? ☺☺

Hitler was also high on drugs for many years, if a true claim, which led, allegedly, to Parkinson, as in *par.king*-son, (see his hand shake, unless he was faking it in Smithsonian video, wikipedia on toxic stuff he supposedly took), not a partially true claim used to cover other things going on with the 'generals' (*who may have tried to undermine the plans, if spies who used him as a puppet and made it appear he was the guy in charge*). Drugs may partially explain why he went on with the war like that, spreading out the German army in all directions as if to maximize his chances of losing fast, acquiring too much territory too fast to hold on to it, etc. *Usually public leaders are puppets controlled by behind the scenes military spies of local or foreign agencies; this control can* include arranged marriage or relationship with a spy spouse or drugs (given without knowledge, powders put in food, vitamins), even very negative methods like torture, suggestions, mind control weapons, etc, sleep deprivation; while they torture the hell out of him, they pretend to be friends and do some favors too, flatter him, feed his likes they define as they create his fake personality, etc, to not raise too much alarm while they robotize, brainwash the leader and use him to destroy, enslave the nation he's supposed to 'publicly represent'☺☺☺ – or whatever goal (can be even just creating a good buffer nation, not mass extermination or country shrinkage) the spies have in their dirty work, if they're not immortalists and have no ethics of nonkilling; so the immortalists, civilians, every day people, or others, need be aware that not everyone wants minimum casualties or dead, some simply want wholesale destruction

of several nations – we're not where everyone is immortalist yet, so *we benefit from discernment*. History is far more complex than the simplistic things in an article or book on a historical event, which may contain 1% of the truth mixed with some lies too, lies designed to hide what happened. Small nations need to find ways to stay neutral or pretend to side with the evil country if it's the only way to avoid mass extermination of its citizens, while avoiding helping the evil one attack other countries against whom it has no chance to win or even if it has a chance to win. All calculations of leaders need to be for minimizing human deaths now and next 900 years; likewise, soldiers conscripted against their will into a fake war, need to desert, otherwise they just risk killing innocent people and making everyone live shorter.

The evil one (or one who needs your *compassion* the most) is not the soldier, brainwashed to kill since childhood often times if born in a military or 'child soldier recruiting' family, but the loveless generals who plan the war..., so to heal the world, violence in such circumstances and in all circumstances, when the small nation or individual is certain in front of a superior force, is simply cruel to all beings, since it always spirals out of control, they often kill 100 locals for one invader killed, so people need to avoid doing anything violent, as one could be killing 100 of one's fellow countrymen who could have become friends with soldiers and transform the evil empire over eons into the best one that ever existed, as one's *compassion* is rewarded by the universe and the peaceful one gets to meet the clueless helpless souls of the 'dictators' who're just human beings confused and out of touch with what matters, life. The *'divide and conquer', 'instigate war between 2 foreign countries so they don't attack you' 'or provoke a much weaker entity to attack to justify bombing them into the stone age' is a very limiting negative thought, that becomes 'divide and shrink your future too', undermines the instigator too long-term as those countries didn't provide answers to immortality* science questions or didn't do much more important stuff to human longevity, but built weapons, tunnels to spread terror and anxiety, demoralize billions of scientists whose work ethics decreases and pessimism increases as scenes of violence flood TVs and computers worldwide (instead of TV shows about how to help everyone live to 900+, etc, humans helping humans, no violence, humans as shimmering Immortals, *future tech that can change our appearance, weight, etc so all look like a supermodel, one more reason to no longer make fun of others and be like a compassionate lightbeing)*. Instead of images of dead humans, we would see images of shimmering Immortals, how they will walk on these glistening streets with shiny stones and thousands of colors, shapeshifting clothes, bodies (far future, when we live to 80,000+), etc; instead of the horrific, bad or unfiltered (negative emotion, historical inertia filled) tone on TV, we would hear only eterni tone (which now is only 0.1-1% depending on who speaks/sings that day). *How are humans different than insects and animals if all we do is* genocidal wars *forever*? After exterminating endless species of animals that were a threat to humans before, we started

exterminating each other. Likewise, after exterminating some 'bad group', those left will start exterminating each other reaping the endless cycle of violent behavior for billions of years perhaps, living in a self-created hell. *When will we become humans?* ☺☺☺ The modern world brainwashes people to kill, thru anthems, patriotic songs like "Battle hymn of the Republic": read the lyrics to see how it uses negative words like *"wrath, terrible, crush, judgment"*; the song has an extremely low IQ and lowers IQ of anyone listening to it, as it shuts down higher hypothesis thinking needed for a high tech eterni nonkilling army, thru anti-gentle, anti-tender anti-healing vibe totally opposite to Tao Te Ching for example where you defend with compassion without fanaticism, anger and such vibes; it has a 'zealous, almost fanatical' 'confidence in some made up fiction and the infinite violence to impose it on others at gunpoint'; it has the energy that led to the implosion of all empires of old; it could be illegal (unless negative content removed) in any country and anything like it *(well, unfortunately, most military songs have similar vibe and rhythm, to eliminate all compassion and induce brutal killing behavior, due to the primitive planet we're on, vs* immortalist soldiers*),* if we were to be a civilized planet of peace; nothing about 'I have seen the freedom of hypothesis fomulation and testing, of not believing in stories without proof, the light of peace and peace thru peaceful methods". It's about anger, hate, violence – see the contrast with Immortalist Anthem; like spiritual music versus heavy metal in content and rhythm. ☺☺☺

The military rules in every country*, the civilian* government*, all famous* people *are* remotely controlled people, every country is a citizen brainwashing (Peace in 3 months is impossible) military dictatorship (Russia, 2 year labor camp & beatings for a little pro-peace drawing? fake or real story?) *– though some have more* freedom*, courts,* parliament*, etc; the so called* balance *of powers* is a sham, military *controls all branches of government, public personas*, celebrities in every country: it's all about killing in wars. This "Battle Hymn" was played when Pope visited US in 2008 – basically almost like a veiled threat to *all nations* that they will be crushed if they're not 'free' (enslaved by Bible quotes) in the name of a fake religion and damaging potential US image as a country of intelligent people who're free to think, hypothesize, behave infinitely lovingly, like Immortals can and making USA (well, any country waging wars for resources) look more like loveless (or even 'brutal' if using more 'street' language like CNN) hyenas of low IQ, since we know infinite resources exist and we don't need to kill like hyenas do. God doesn't get angry, God doesn't crush, God doesn't behave like savage men, God is infinitely kinder than even these nonviolent immortalist soldiers. We see how all empires vanished, forgetting to have compassion, look at Russia invasion of Ukraine, this video, why use violence? In Iraq, Syria, Russia and US caused with allies/enemies > 1 million dead, due to Iraq-Syria nuke building attempts; it was a 100% failure of militaries to use eterni ethics, to prevent war. How human is to kill others when not even animals do it in some species? The nonkilling country would have a

back up plan for the survival of humanity (and perhaps their nation too) using healing methods in case of invasion, besides individual flexibility after the country 'surrendered' to an invading 'killing is OK' empire. This survival plan is not a war plan, since they always wage healing loving kindness, not war, knowing war ends humanity long-term and that even short-term to inflict suffering on others to become 'free' is not the infinite loving kindness of an Immortal, but a failure to lovingly inspire the torturers to stop their insanity, perhaps due to karmic debts or lessons needing to master as baby souls, if souls exist and being human is a simulation to learn a principle of Immortality ethics; if souls don't exist, then realizing nonviolence leads to 5 trillion future people not being killed via ripple effects, and that no extra suffering exists besides the self being a 'slave' for 50 years, one can opt out of kindness for present and future humanity for 'positive methods (the most healing *nurturing* graceful soothing gentle tender methods) only', which is a much higher standard than "not using violence" or nonviolence. We often think of a clergy, politician, singer, TV personality, journalist, etc doing nothing violent as nonviolent, but his tone of speech *could* lead to 50 million or 50 billion years of afterlife 'slavery' due to damage inflicted on humanity via his tone broadcasting to 1 billion people; hence 'positive methods only' is different, much more than nonviolence, it's a high % (5-80%, not the usual 0.1%) eterni tone all the time, something which only *less than 1 in 100,000 people or million do today*.☺☺☺

Additionally, the physics reality (independent of soul existing or not) is that the future trillions of people (whose lives are saved by one's choice to not use negative methods) are sort of real in a version of reality and those trillion prematter beings may aid one in bringing more peace in the current physical world and even shorten one's 'slave' condition from 50 years to 1, thru a simple realization of relativism. Who is the slave? The robotic mind controlled army obeying generals who want 50 million slaves instead of 10 million, or the tortured masses? Obviously, torturers often don't believe in afterlife, but they do believe in physics as we know it: torturers who terrorize others (with or without others knowing) get their own bodies and brains destroyed, and their souls too, since by watching the victims of their torture they entangle with them and experience the same lifespan shortening informational fields (well, torturer may not die at 20 or 50 like a victim may, may live this life to 100 even or 90, but he won't live to 300 or 10^{12}, since all his life is spent terrorizing and vampirizing others instead of building a world of Immortals); this is due to the species' design of itself to ensure survival and prevent end by genocidal types; thus the sadists who listen to victims' voices or watch the silent victims get their brain damaged and self-destruct in virtue of species' self-protection, i.e. superorganism of prematter-matter beings doing what ensures survival; thus, it's not needed for victim to ever know the oppressor even tortures them, for the oppressor to destroy himself. Hence, all empires of death end, see history; when victim knows, the effect may be even stronger, simply because they think more, consciously, about oppressor, while when not knowing, subconsciously; however, when victim

doesn't know effect can be stronger too at times, due to oppressor pathological desire to watch others suffer that increases entanglement, since he doesn't try to restrain outflow of entanglement. Prematter beings also can help us in many ways, thru 'bliss states' to offset some of the torture or an inner change of dimensional perception. If soul exists, one may gain the freedom of 50 billion years by being 'less' free (to the outward onlooker we may have an unhappy life of 'slavery') for 50 years, because damage done in 50 years can take 50 billion years for an individual to fix *(just as in real life we can easily destroy something in 1 second, but takes 1 billion seconds (30 years) to build it back alone)*. ☺☺☺ The reason I wrote 'less' free is that it can't be called freedom if we used violence or non-positive methods (bad tone, sarcasm, torture, even if verbal abuse, not military microwave torture, intimidation, etc) to reach our state, due to the psyche and other effects on trillions of prematter beings we have enslaved by our choice to a life or partial life of suffering. Thus, it becomes impossible to justify torture, negative methods, war under any circumstances from the point of view of long-term benefit to humanity, even though definitely short-term it seems it prevents many more deaths or violence, that being an illusion long-term. Not realizing this illusion until too late, trillions of species disappeared most likely. Unfortunately, our genes prioritize individual survival now, and we have a hard time to understand Immortality and long-term effects, since, like animals, we have not realized the world 'infinite', until recently, due to science discoveries, so it takes a huge human effort to override our animal thinking, we're a little less altruistic than our ideals. ☺☺☺

Eons from now or even sooner, we could be shapeshifting beings able to have any appearance weekly or hourly, our language will be far more advanced, as well as appearance, more beautiful than now, so the fight over appearance, language, etc is useless. 'Violence, torture, dying for one's country' is a hypothesis that states it's selfless to do so, and heroic even, but it may be destroying one's nation long-term and humanity too. Thus, if we ponder deeply, heroism needs redefinition. The 1st eterni 'war generals' of the world, in the nonkilling Eternia country, know nonkilling is 1 trillion times better long-term for their country and humanity. They act for the sake of human species survival to create the future world of nonviolence, the basis of a Civilization of Immortals, free from violence or fear of being killed, of planet, galaxy, etc being blown apart. ☺☺☺ By kindly understanding with the serenity of an Immortal the views of the invaders, as a mother loves unconditionally her infant helpless child (invaders are nanobaby souls brainwashed by historical inertia to kill), the individual citizen of Eternia, the 1st nonkilling nation, is accomodating, fluid, becomes a part of the empire of mortalists or 'killing enthusiasts' (without choice, after all, there is a tiny truth in every point of view, so one can be accomodating, *infinitely compassionate, nonoffensive, without agreeing to the* evil *methods used*) that has invaded them, imposing their torture based religion, cruel "culture" of violence, torture on them so well satirized perhaps by Nicolo Macchiavelli in 'The Prince' and other works

where his 'advice' is mostly anti-civilization, anti-immortalism and anti-peace. Some believed or claimed Nicolo was sarcastic, not a spy role playing he's republican or a city state or fake democracy (elections decided beforehand etc) enthusiast role playing city states are fighting among themselves or with the Vatican to dominate others (who're *newer in the* game of religion, *denomination,* republic creation to camouflage controllers*, who may be* aristocrats *of a foreign country or monarchy spy service*) by infiltration, stirring conflicts, setting up puppet republics controlled by same hidden monarchy via fake revolutions, etc. The bad monarch was satirized if he was actually arguing for real democracy/republicanism and even unconsciously foreseeing the rise of immortalist republicanism, where the immortalist collective of spy agency elders have a revelation and they replace the tyranny of 'many' (can a hereditary monarchy really be democratic and not tyranical if the goal is power not Immortality *for* All?) old 'dictatorial' monarchy like states (they may be republics on paper, but are essentially monarchies or oligarchies where monarchs are spy/military leader families) who kill endless people to maintain power at ANY cost *with the '*Immortality *for* All*' (interested, most would be)* eterni *state*, where 'Immortality *for* All humans via nonviolence, nonkilling, nontorture, nonthreatening behavior' no matter who may be the leaders for some years, is the GOAL, not staying in power. Universal Immortality *for* All *and* beautiful Kindness nonviolence etc at ANY COST vs "power" (actually the appearance of 'power') at any cost: Heaven vs hell. ☺☺☺

A collective of spies can control the front people who're ☺☺'royals'☺☺, 'billionaires', 'leaders' without them even knowing; 5 million immortalists or mortalists can derive perhaps more informed decisions than one person alone can, hence classical monarchy or republics in reality may not exist anymore, except as a decorative artifice of unity, with spies running the show from behind. The reality is in the 26 monarchies today, the royals are more of a symbol, the decisions are made by the government, so it doesn't actually matter that much if formally there is a republic or monarchy, but whether they focus on Immortality or not, as described in this and other books – when it comes to increasing citizen lifespan: a monarchy could have everyone live to 900, while a republic have everyone live to 100, it's the substance, not appearance of the form of government that matters. Some republics can be worse than an ethical monarchy. However, since many states are puppet states of others, they have no choice in how ethical or eterni they can be, regardless of form of government. Life expectancy in many monarchies, see list here*, is often 10-50% higher than in many republics and viceversa, so all these centuries some philosophers focused on the appearance of government, rather than substance ► how that monarchy or republic actually treats people and* Immortality. Another thing is life expectancy may be 10-50% higher now, than others, but that can change in the long run, especially if the extra 8% or etc in life expectancy is due to genocidal enslavement and extermination of others, since over trillions of years things balance out, i.e. some of the lower or even lowest performers

could end up living 500 times longer in some cases as people branch to different planets, galaxies and new civilizations emerge with different ethical systems, whereby it's infinitely harder to enslave someone a galaxy away, proving that it's not always the 'most aggressive that survives' (a popular myth). In theory, people work to embody the Immortalist Anthem, but that may not be easy in reality in the first billion years (true Immortality won't arrive until 1 billion years from now, when you can prove that your lifespan reached at least 0.98 billion); the energy of meanness undermines the 'killing and torture" empire in the long run, since when it expands to far away planets, that take 400 years one trip to get to (for a ship at the speed of light), some can branch out and move way further away and break off from the empire, as people run away from oppressive energies that are passed down over 500 generations from tone of mom and dad (the top 10,000 families who run the show and influence the tone of all the rest and the empire of 1 trillion or billion people) to kids. In 400 years it takes for a text to be received, *people* make *copies* of themselves*, leave them on planet to be* remotely controlled by empire *with the huge delay in remote control due to distance, the delay allows this change to go undetected, but they move to new galaxies to be free, maybe spy on empire via* ***copies****, establish* Eternia).

Empires of torture don't realize that the soul can leave the body any time (learning a lot more while the souls of torturers behave like tigers shredding deers for fun, 'elevating their soul IQ a lot') to higher spheres or make android look alike ***copies*** of itself that is not a soul, so when Empire tortures folks, they don't torture the soul, just a molecular machine, the body; so on paper they're in control, but in reality they sink themselves deeper into filth, while the other person is free, since God can help the soul be so. God or Immortals can make atom by atom copies of a person, in theory, replacing original with android in 1 attosecond without anyone noticing, if they want to (no reason to though), while original translates into another world. Not only that, but the trillions of prematter beings one saves from early death via positive methods only way of life will rush to one's help and help one soul travel, i.e. astral travel or *achieve some form of inner perception (that reduces suffering during torture by the slave masters)* for those who realize it's possible even if souls don't exist. One is not alone, even if one doesn't believe in God or souls. In case people won't branch out too fast, have intergalactic or interstellar high speed transport, the immortalists will be known, and if people ever revive old people, when they can see every thought emotion of a person (outside of gadget to brain thought writing), they will ☺☺resurrect☺☺ (without needing any ash) first those who helped *Immortalism* to flourish, so the killers will be the last to be resurrected (to enable them to understand the new Way of Life and evolve into angelic beings), if deemed safe by the future (*since they will see the real history, not lies princes often write in history books they* force generations to memorize), even if the killers were princes, presidents or spy chiefs; this shows to atheists that 'power' that lasts 100 years is not ***power*** at all; kindness gives all Trillion Year Immortality in the Age of

Resurrection. So, many atheists, realizing that 100 trillion is nicer than 100 years, now join *Immortalism* and become nonkilling enthusiasts, from formerly killing supporters. Instead of saying 'May God bless us with peace or bless this and that group of people', they will say '*May the* God of Immortality *for* All *and Infinite* Immortal Universal *gentle tender soft healing nurturing* loving kindness *(not just any god) bless all with the freedom (and ability) to choose to live to a trillion*'. The word God has become so contaminated, some use it and refer to a god of vengeance and violence, made in their own image, so it's better to clarify. See, there can be no war, or a state of 'World Peace' but tons of violence, chaos and short lives if 'May God bring World Peace' is our only goal. But if our intents or wishes *"May all be able to choose to live to a ☺trillion' are higher, our achievements are higher.* 'May God protect or bless our troops' or World Peace is a very minimalistic goal, 1 billion times easier to achieve than *'All living to a trillion if all interested'*.☺☺ Troops blessed, OK, less casualties, but that creates expectation of war and the need for so many blessings, as if war on fellow humans to shorten their lifespan is the most important thing we undertake, instead of 'Giving all freedom to live to a trillion years old'. Troops or America or planet blessed, but war, chaos, violence is still everywhere. So what did we achieve with such a prayer and general unspecific goal? To create a Paradise of Immortals is so much more, than 'being blessed a little', it's way harder to live to a trillion, so why not aim for something higher that ennobles us to become nonkilling humans? Nobody can live a trillion if war, disease and natural disasters exist or if we can't resurrect people fast. "*May* America *be blessed with the ability to give trillion* year *lifespans to* all humans interested, in peace, bliss *and* harmony with all *(i.e.* no instant resurrection daily *due to eternal war as in hell)",* to make atheists and theists both happy, how is that for a wish? "May all interested achieve trillion year *lifespans, so they may become the angels it takes to live that long in peace*" or "*May God grant trillion* year *lifespans to all interested*" for audiences without atheists.☺☺☺

If we aim to develop a car mpg of 25 we get that, but we can also aim for 25 billion. Perhaps our world needs more "The immortalist Prince(ss)" types of essays, books, songs, movies, that present nonviolent healing gentle tender methods of avoiding total chaos and strife/war, but obviously, one needs to maintain one's loving kindness, healthy emotional state and wellbeing to make any good immortalist decision, and many situations are new and never in any book, so we need to be free from the need of too many books. The most freeing thing about immortalists is that there are no secrets, paranoia or fears that exist in those who use "violent methods"; there is nothing to hide, so anxiety is lower, more concerned with 'having some daily progress in becoming gentler, calmer and kinder'. Immortalists have no secret methods, everything is infinite kindness, patience and healing☺, etc the 200+ qualities of an Immortal or sage that we hear about in spiritual texts – the method is changing oneself, that is changing one's tone. The most powerful World Peace method perhaps, changing one's tone, becoming infinite kindness, is

not secret and uses no deceit, spying or espionage, it's just not practiced, this is the paradox of Tao Te Ching (along with many Lao Tze explains) and life. *It's probably a waste of time sometimes to search for the secrets of other countries etc, as* changing one's tone *would bring peace and longevity 1 billion times faster.* People often like complex things that are secret ignoring the elephant hidden in plain sight: their tone; as a result, people focus on reading about negative 'mortalist' methods, described in *unethical (for* immortalists*)* anti-immortality, pro-war, pro-killing books like many emperors' works, Sun Tzu Art of War, spy books, 36 Stratagems, Macchiavelli, Protocols of the Zion Elders, and other texts written by dictators, generals (*who didn't believe even 20% of the nonsense in their 'book' they pretended to stand for*, lies mixed with truth to hide what spy agency they work for, fake their deaths, defeat in war or are remotely controlled and they don't know they're working for a different country). The protocols are on FBI website too, are a forged text, full of satire and spy (not just Mossad) strategies, plagiarized from 3 main books written decades before, though the undermining of a fake spy created religion is not needed to do evil if it lowers IQ, the strategies in protocols (used by empires thru history) are thus mixed with lies to hide the intent of authors, disinformation, and make it easy for spies to use 'Asian, Black, etc Jew' as cover to do anti-Immortality activities. People get emotional, due to identifying with a language, ethnic group etc, but forget empires often created nationalities, countries, cultures, religions, scriptures (while hiding the real author, ☺ to make Jews or others look like 'among the least nice' or 'not very nice'), languages, alphabets out of thin air for better theft of resources in the region and more war creation among people they wanted to dominate or enslave; as much as people talk about spirit, it's not like most history people thought of nonkilling as a priority in solving disputes with countries – since science awareness was not there, and it wasn't a threat to species survival. Because of this, you can support fewer languages, as explained here. ☺☺☺

While we all want peace and an ideal world of Immortality *for* All *where we speak* eterni perhaps, a new language all agree to, to help us avoid wars and conflicts, *the end doesn't justify the means,* i.e. harming or terrorizing anyone will never bring a good outcome in the long term (in the short term it may seem so due to short human lifespan), *so any method that kills (or sickens, slow killing),* tortures, threatens or harms any human being is bringing the end of Immortality *for* All *and is thus not acceptable,* so all these spy, military strategy books which are required at military colleges or found online, bad quotes in scriptures, are like "manuals of terror and eternal torture perpetuation, leading to the end of the species eventually" or, using polite, yet confusing for some words, manuals of "training to miss immortality kindness, gentle healing peace building opportunities" and delay "paradise" creation on *Earth, by* 2 second old babies, helpless in the face of historical inertia, hypnotized by it. Hey, at least, some of the 'violent' suggestions in books end up being fake deaths, to make the impression of animosity

between 2 allies. *Like an* infinitely patient loving Immortal 4 trillion year old parent of a 2 second old baby *with perhaps, we can only understand* why they behave like that, without getting angry that they write such texts that bring more of the same history of last millennia, *and being aware that only our living example (*tone*) can provide any counter example to that of historical inertia, and that if we were born in their (anyone we see doing anti-*Immortality *things) circumstances,* our souls may have done the same things*, as soul has little apparent* say sometimes. Alexander the Great, if his life is not a fiction [*we forget at times that prophets or leaders may not have existed as made up scriptures and history books portray, spies and liars existed for millennia*], killed tons of people, crucified 2000 at least per one allegedly true literary text, and, arguably, at least in some people's perception, brought nothing, except an insane cycle of more killing (1 million dead during his wars, or *2% of world* total, i.e. *170 million in 2026*); *'alex the small'* didn't even unify the areas he conquered with *one* language and religion (eterni nonkilling no torture ethics?), so as soon as his empire collapsed, the incessant killings over language and religion continued for eons. *What's so great about it?* Even if he would have unified all into one eterni ethics and language, by force or violence, it would have collapse as people would strt fighting about other stuff since they didn't get the real ethics education: eternal peace comes only thru understanding, compassion for war dead, understanding of benefits of one language. ☺☺☺

When people realize we don't know, and all religions are full of fakery, it's easier to focus on one ethics of nonkilling nontorturing and helping all live longer, a unifying no fake miracles ethics, not focus on rituals that divide. The group that shows compassion kills no animals, develops more vegan foods, more science and doesn't enslave others, as that causes suffering in others; this ethos of nonviolence then propels them to new science heights, living without killing any lifeform in an Eternal Lightbody, while the torturers remain stuck in low tech, since they depend on slaves (or animals or plants). It's so simple to create a global culture of no killing, no turturing, no enslaving of animals or people. ☺We got clergy of many religions telling people to kill in wars, is that ethical? Nothing is more valuable than human life, why support a war of greed? Look at all the atrocious emperors who could have avoided those killings? *It's up to* each soul/being which side they go with: God *(if you believe in aliens or God)* or *violent mortals, if atheist and non-alien believer ► earthling violent mortals* or the trillions of prematter (descendants of earthlings) beings one saves from suffering by using *positive methods only (they got knowledge too,* some maybe live to 3 billion and got knowledge on how to do what Immortalli did*),* Immortality *or death,* faster soul evolution or slower soul evolution (if believing in soul). Perhaps, when we choose Immortality many lifetimes, there comes an instance when choosing leads to it, and soul becomes free. People ignore books, words, but they *always remember the tone, which reveals 99.99% of who we're or go through; knowing this,* the immortalist or sage teaches and heals by living example*, by his* tone*, not with 'weapons'*. Over

emphasizing, theorizing (talking without walking the talk) which of the qualities immortalists would employ in every situation, may be futile since every situation is slightly different than a book scenario, since it may give sadists of violent empires 10-20% more temporary success in torturing humanity with their killing methods, and may deprive immortalists of "centering and flexibility, opportunity to *walk the talk instead of just talk the walk*", so Lao Tze calls the sage "unfathomable in his knowledge", due to being more present in the now instead of in a book concept series, notice how *brief Tao Te Ching is* vs other scriptures. In between the lines rarely to avoid off-centering by talking or writing without walking, yet mostly in plain sight, the methods of immortalists always are communicated, in a simple way: maintain an eterni tone of emotion, thought and speech, and thus do what what benefits all humanity and all future generations lifespan the most, since this also benefits self the most, and this doesn't imply dying or shortening anyone's lifespan, or one's own; the way of Immortalism is to wish always "may all human beings live to a trillion in peace to evolve to become angelic Immortals, in bliss, in harmony, may all forgive all and work out peacefully all differences", to do any change in a way that brings peace and healing to all beings, without causing the slightest discomfort or pain in anyone, it is *fundamentally different than the way of present police, spies and militaries*. ☺☺☺

***Due to extreme care of* not being offensive *with anyone's feelings, the* immortalist *may seem more hesitant, silent and reserved in public, displaying* more diplomacy, tact, grace and serenity. It's more complex, since it's not like spy leaders are out to kill people for no reason, they often do it out of fear of being killed or fear (stress clouds judgment, all is fight flight) that the killed would endanger the progress of humankind to a world of '| |Immortality *for* All| |' (the illusion that they can attain a world of no killing by killing comes from not realizing that they can't see the long-term effects of 1 single act of violence, raised vocal tone or killing, since it may occur millennia after one dies; 3 year olds imitate parental tone and actions, not parental advice, they imitate our living example; since 70 year olds have half neurons of toddlers, they often can't comprehend that the end and means need harmony; one can't cultivate a world of sweet speech by using bad speech, a world of nonkilling by killing, a world of harmony and love by torture and cruel training and violent sports of pushing, shoving, yelling (while others are killed daily in useless wars) like 'not so tranquil' primitive untelekinetic unlevitating people who expect no advanced tech (primitives who recreate that by expecting needing physical muscles to bring peace) or a world of loving kindness (heal, don't shove/push) and selfless immortalist use of physical energy towards creating longevity, better life for all (not just self as in gym or sports that take materials away from housing and universities) or the immortal telekinetic human who needs no muscles and levitates. Try to have a teacher teach kids how to behave while yelling and behaving like a mad person, or to teach English while talking Chinese in the classroom all the time: it wouldn't work, we teach by living example which becomes apparent even when**

trying to hide it as best as we can. We can't teach nonkilling by killing, good by role playing being evil, just as we can't teach English by speaking in a different language and writing in a different alphabet in that class. So, realizing this toddler realized truth, as toddlers imitate our tone and actions, not words, the immortalist is a realist and pragmatist in the face of life's 'unpleasant moments'. Here is the dilemma of the individual immortalist – will he succumb to the historical inertia and die like a fanatic or will he promote life, adapt to the new reality ('bad' misinformed empire took over) and live the saying 'For the long-term development of the species immortals civilization, often times, the *most longevity increasing factor is not some teaching of offspring or peers of science or discernment, ethics, etc,* but the silent teaching that occurs via the tone of speech and unverbalized emotion, which teaches silently by living example how to emotionally react and intone one's positive, gentle tender emotions or extremely negative thoughts and feelings that bring about star wars ending the species 3 or way more generations later'. By not dying fighting using the methods of all dead empires (killing, violence), by loving all human beings like an immortal loves all human nanobaby souls with a ☺☺love incomprehensible to mortals, the immortalist☺☺☺ *individual or group of friends* have given *Immortalism* a chance to flourish in the new empire (that invaded their country) over time, helping humanity to move from *slavery to death* to *lifespans of* trillions of years, they have liberated the entire human species by abandoning the "die in glory" myths of anthems set up by monarchs needing useful cannon fodder to defend their addiction to 'power by any means'.

Death in war is not heroism (as an oppressing alien force would have humans believe and sing in anthems to divide and conquer and keep us short lived), but the *sabotage, betrayal of the entire human species,* including one's own country and people, whose ideas and culture die if all are exterminated or die. He whose ideas live, lives forever. For immortalists, only living and avoiding any death *is* heroism, *only avoiding any terror, pain inflicting, torture, intimidation, injury (all these shorten lifespan) and extending the average lifespan of all humans, so that all are living longest possible lifespan (not just the Queen or King), some day* trillions of years, *is* heroism. ☺☺ For immortalists and perhaps in a future dictionary definition of "human", *being human means not killing other* humans, while being a civilized human means not harassing, torturing, terrorizing, making anxious, injuring other humans for any reason. An immortalist human is the gentlest most healing sweetest kindest imaginable civilized human with the most soothing healing tone and presence, who increases the lifespan of all, via any action. This ethics gives immortalists something mortalists never get: millions of ways to bring peace without the negative methods. Mortalists can't discover those methods since they don't aim to achieve something without causing anyone any suffering (like we can't perfect electric cars if all use gas). *The development of their civilization along a different ethical standard propels* immortalists *to far greater tech advances, having 900 times more friends (who see the mortalists as nanobaby*

Immortals *to be, evolved tigers or brutes ready to shred deers apart when they get a little angry; sort of like lions can eat people, but not if trained since birth to be human friendly) on average, leading to a positive feedback loop that further speeds up tech progress as they don't fight enemies they create by their cruelty.* **The immortalists helped empire 1 to become longer lived and then empire 1 got invaded by empire 2, they didn't die in vain, they helped empire 2 become immortalist and then slowly all countries became immortalist. This shows the *Virtue of Nonkilling others and self in useless wars*, it lifts up the whole human species and ends war forever. Immortalists don't even need to 'pretend' to agree with the ways of the invaders, they're the infinite patience, serenity of an Immortal who is so broad minded that *he can agree with anyone, i.e. understand why he thinks that way*, even though, to an outsider, it may appear they agree with the invaders' ways, due to their not speaking back☺☺ or criticizing, since they hope the silent living example, not words or condemnation, will yield results over eons. ☺☺☺**

The immortalist is honest, *infinitely kind*, like a patient mom with the tantrums of a helpless baby "The wise man understands full well, that wordless teaching can take place" Tao Te Ching 43. By not becoming 'lost souls' like the invaders, they maintained their gentle tone and nature and worked discreetly to transform the 'evil' (misinformed in reality) empire over millennia, *like a gentle parent tip toes and changes self to inspire a better living example, a wordless teaching*, without the need to 'overcome' or fight it since the *'invasion era version of the empire ceased to exist'*, but by helping it become a Civilization of Immortals instead of another empire that disappears from history; if they would have put up a lot of resistance, took up arms behaving like the invaders, perhaps all humanity would have died in that galaxy as the little glimmer of gentleness and *nurturing* feminity would have been vanquished by the misinformed killers who seduced all to become devils on earth; in the process, they also saved their soul from degrading itself, as they realized bad tone and music, the root of all human behavior (including killing, violent tendencies), could be worse than thermonukes detonated, because if allowed to contaminate the soul (*by God, since God can turn off soul contamination when empire of mortalists tortures people with music*), not the brain only, it can damage that soul for eons and millions of other souls who then create mayhem in many realms and acrue huge negative karma, bigger than detonating a nuke, not 50 years of being slave labor for the empire of mortalists; realizing that slavery 40 years is better than suffering a million or billion years after death, and that even if 'soul'☺☺ were to not exist humans would benefit long term, they chose to further Immortality of the human species over profit of empires of death, *to resist becoming evil, not to kill others, to change* themselves*, not others.* They realized that evil ones temporarily winning is simply the immortalists' failure to communicate the value of loving kindness. Compassion for self/all means that one won't be so cruel to force self to become a devil to fight devils, but instead to remain an angel so others may see the light that transforms in the right century. By

not stooping so low to become a violent torturer and killer, they have *saved the* galaxy *(from imploding weapons of a future star war) or* human species, even though to contemporaries or by appearance (in the short term), they lost the "war", while in the long term reality they won it. This is not the classical "Sun Tzu" and other texts, violent passages of many scriptures: it's very different, it's not about killing others, it's about remaining kind, about universal loving kindness in tone in all music, coherent behavior, loving all humans, killing nobody, being different than beasts, or at least as nice as 500+ mammal species that never kill their own, having some trace of actual humanity. The immortalists realize that as a car can run on electricity (*kindness, positive methods*), so can it run on gasoline (killing, torture, threats). To defend a country one is not limited; thus, they make no threats, train no buffer cannon fodder states into killing, sponsor no insurgencies, but promote nonkilling, kind tone. ☺☺☺

Mortalists turn people into killers, so "their country is safe" in the short term, while long-term it will vanish like all empires of death; *the* impunity *with which spy agencies, armies created 'false flag' killers in 'to be looted' countries (*to justify extermination or enslaving the weak*)* shows many had no belief in God or any ethics, for their actions could be karmically more disastrous for humanity than blowing up a planet, as those souls they seduce to become killers may be tainted [if influence allowed by God to move to next life] and at the future time, when reborn or when their ideas travel from generation to next, if not same souls, will blow up 400 planets of the empire of mortalists bringing it to an end, perhaps; instead of planning and promoting nonkilling, *they* planned *to kill* endless *people, in case their robotic killers program has a glitch, and they would 'need' to kill those they turned into robotic killers via brainwashing and* gadgets*; they didn't even consider a program to turn devils they created into angelic nonkillers, too expensive.* Change is the only constant, so eterni positive only *methods* may prevail soon. ☺ Making threats and never carrying them out is completely useless and diminishes the credibility of any words said by the Civilization of Immortals leaders. It also pollutes the psychosphere of the planet, removing the chances for Infinite Immortality Peace Alliance to recruit *all nations* into it and bring lasting Peace, a Paradise of Immortals. By being super nice, by not threatening, one can use spiritual help to change the "bad guy" intent at the last minute much easier. If a threat was issued, it's much harder for the spirits to convince the "bad guy" that peace is better and a peace treaty can be trusted, as after threats people trust others less. ☺ Spirits can't build trust if humans destroy it with endless threats; if you don't think spirits exist, you do agree that after making threats, establishing peace and trust that lasts is harder. Hence, when military leaders issue threats and disconnect from the motherly loving gentle healing *nurturing* presence of *the Holy* Immortality *for* All *Spirit*, they *can unintentionally* (due to believing it's the only language the "enemy", just another human like them, understands) become champions of war and destruction *who inadvertently attract the bad spirits*. The skeptics will say *this is false*

because the “bad guys” simply don’t understand “nice language” and only understand the language of “force” and “threats”. ☺☺The hypothesis that “bad guys” only understand threats is not always true even for untrained healers, and can be made false each time if the healer eterni tone diplomat has enough goodness in his mind, due to special training of 20+ years, to see the good in others, magnify it, relate to the good in others and bring it to the surface; there are a trillion ways to peace without threats. ☺☺☺

We humans calculate effects of actions over a period of years or decades at the most, but in the beginning of Chapter 9 about smiling, it shows one human smiling a lot can add thousands of years over the future generations effects multiplied, as if he raised 100 from the dead. Similarly, a threat that causes so many frowns, has subtle effects over millennia which are very hard to predict or calculate, and that is why the spirits may be against threats (even empty ones, or jokes in a comedy show, just trying to appear angry and keep distance with others) as they may see how such threats never bring World Peace, but only postpone it, achieving a temporary patching and relative peace in the human short-term, besides a loss of thousands of years of lifespan when threats are many and frequent in one's life. So, from an ethical point of view, planetary and individual karmic, one can maybe see how the side effects of the threats often outweigh its benefits and because of that, some spirits or God may view "making threats" as a "coal" like tech, very primitive, polluting way (coal ash, heavy metals in air, etc) of generating “electricity” or "World Peace". People will say that this may be polluting in some cases, but that in many cases “threats work”, etc. This “threats work” seems so, from the human point of view, as they only look at the short-term effects in that peculiar circumstance when the only thing they measured was that small outcome, but they didn't see many other outcomes coming from it over 900 years, which spirits see 800 times better. If that same little thing was achieved thru a gentle loving eterni tone of speech, the side effects would be absent and the best outcomes would emerge. But it is very hard, due to historical inertia and telepathy intrusion, to develop the angelic energy, tone of speech, emotional and energetic radiation to induce positive emotions and understanding in others, because we don't teach it, we don't make it central in schools, movies, literature, etc. For example: a teen student can make a threat to some student (typical bully at school); this achieves the outcome and everyone praises the threatening teen. But the side effect could be that teen decided to be mean to everyone else for the rest of his life, and the karmic responsibility for all those outcomes is not entirely the teen's; it is also the threat maker's. Then the world becomes a less kind place filled with negativity. While it was an easy rude expedient way to solve an issue with a misbehaving teen, the effects of the threat could be so bad, so catastrophic, it was not worth it, and kindness would have been far better. And we humans have no way to see cause and effect well, as we don't read every thought and emotion of a teen or all humans the negative emotions/thoughts have contaminated. The internal life of

people (who make or receive, witness, read about, watch movies about threats) and its complexity is something we have no access to, the why people do things, when it all started to be this or that way. A threat seems such a simple thing, but while it solves an issue in the short term apparently, it can create 800 other issues (or 800 times more bad than good) later making it all worthless. Many things in life seem good in short-term, but long-term become a burden that offsets all benefits gained in short-term, but this is invisible to the human doing it, as they look only 5-50 years ahead. Coal seemed good, but it destroyed us. Leaded gasoline seemed good, but it increased lead levels in human bones 300 times. Considering these factors makes perfect sense to anyone looking at ☺☺☺World Peace☺☺☺ as a science and engineering puzzle.

Mean/threat filled tone and always talking in a way that doesn't focus on helping *all nations* to achieve *trillion* year *lifespans*, in a way that doesn't praise something good in *all nations*, can lead to the imitation by the population of the government tone and ways of talking bad about others (politicians, etc). This turns workplaces and families into inferno places where people instead of working towards 5 *trillion* year *lifespans*, talk bad about others, criticize others (directly or with other peers) and act busy, frustrated with the 'evil' guys that are the 'problem' – like the 'scapegoat regime' that causes all the trouble in the world, when it's more complex than that. This leads to lower productivity in inventing new longevity techs, more social chaos and the decline of the country busy in always leacturing and criticizing other countries, while itself is full of problems. So, the rare, ocasional or rare bad tone of some '*politicians, celebrities, singers, musicians, journalists*' in parliament, media, etc is not only making enemies in other nations, but also destroying one's own civilization from within indirectly, in ways people forget. The *government our planet never had in any nation* was one in which the leaders praised something in *all nations*, spoke only positively about everyone (at least in public) in the most angelic tone, simply helping more those they felt were helping humankind achieve 5 *trillion* year *lifespans* more, in a quiet subtle way, maintaining harmony; communicating in the most loving compassionate way (when 'a tragedy happens somewhere') that doesn't offend, instigate, provoke, demean, mock, insult... ("our country is ready to help yours to achieve happier, longer, maybe 1 trillion some day, lifespans for all, in the most loving kind tender graceful compassionate *nurturing* healing way" instead "you are killing that group"). Historical inertia is strong, people are stressed and angry, so finding the kindness to speak nicely is hard, but today we got techs to help with that. First of all, nobody responds well to criticism and criticism will only antagonize countries instead of bringing them closer, working in unity to give all beings a trillion or 500 year lifespan. Offering to help in the kindest way, offering the other country a silent living example (like the sage in Tao Te Ching, who does everything without unnecessary speech) they can be inspired from and emulate of their own accord without us verbally suggesting anything, and when speaking using the most non-offensive speech, seems more

productive in the long run, since those people may not even realize they're wiping out the others, which may be a subgroup of same main ethnicity, just more peace loving. Attacks are counterproductive and will only diminish both the criticizing and criticized country, as they destroy each other instead of helping all to live to a trillion. Role playing they're attacking each other turns the world into a street fight environment, that makes every worker globally hearing the news depressed (less willing to make everyone live to 500 by amazing inventions, techs, etc) about the lack of self-control, kindness and civility in those who 'lead the planet', leading to shorter lifespan extension progress for the planet as a whole, including the role playing nations who missed the opportunity to inspire the others to work on longevity instead of killing each other. This turns capitalism into a form of stagnant communism where nobody is motivated. ☺

It seems that civility, the ethos of spirituality has been often completely thrown away, turning our media and world dialog into a fist fight or boxing match, or soccer, football, etc stadium contest about who can speak in a tone that is as far as possible from eterni. Where is the tone of a loving 8 trillion year old Immortal mother of her 2 nanosecond old babies, filled with infinite loving grace and boundless compassion, as a mom would have for her helpless 2 day old baby? It seems that if we read the content of speeches by politicians, political (not spiritual) leaders in the last few millennia, very rarely they use the word gentle, healing, nurturing, magnanimous, bounteous, compassionate and they never use strong phrases that are far more healing in their effect, such as word combos *gentle tender soft healing* loving kindness and the like (*nurturing* graceful infinite *compassion*), qualities of God and/or the Immortals we will become one day or of a civilization of peace where people aim to live ever longer, or a very motherly energy of healing *nurturing* grace, or a wish of physical Immortality *for* All interested in it. It seems there is a stinginess or a taboo against sharing universal loving soft healing *nurturing* compassionate tone, wishes of Immortality *for* All, praise for all beings, positivity with people, healing words, due to fear it will be perceived as unmanly and weak (or 'inviting aggressive actions due to not sounding threatening or deterring enough'), or some kind of lunacy of an outlandish monk, or some 'feminine' quiet sage of Tao Te Ching who "was courteous like a visiting guest... (aware that) gentle overcomes the strong with stillness and receptivity." – when in reality it will make that *nurturing* feminine government look like the most civilized on Earth, turn all neutrals into supporters of that country, who becomes the one motherly nation, like the Tao, everyone wants to follow if they create the Immortalist World Peace Alliance. We see talk of war, threats and how bad some regimes are, fault finding, but never about how we will combine or seek softness, tenderness gentle healing grace to achieve a *nurturing* graceful *gentle tender soft healing* loving kindness that we need to help *all nations*. *If billions hear the speeches, what qualities will they emulate? If war is the future, why bother to invent new things for longevity? Will they invent or emulate fault finding or divine or amazingly* peaceful *qualities? Will they bring peace or war*

indirectly at work and home? Recent centuries show the words war and weapon deliveries quite often in speeches, to "reassure allies", etc, but the words of the presence of what people refer to as the universal *healing* loving kindness for all beings, all human beings, of clearly felt from tone concern with the enormous suffering one single human injury and death brings, are not really emphasized and this leads to a world of threats and tit for tat, as the rights to live in peace without being collateral damage in war, to figure out how to live to a trillion etc don't exist; we focus much on fault finding of other regimes, but not on helping all humans achieve *trillion* year *lifespans*, what is wrong with wishing that all live to a trillion so they become angelic beings, after all a trillion or a century is still a second in Eternity? People forget that as we live past a certain age, we will be able to speak 100s of languages if needed (probably not, there will be maybe one eterni language), to shapeshift into any height, appearance etc we want, even materialize body that lives off planet, etc... so often, they imagine country B they dislike the culture of will remain the same; it won't, everyone will become 1 billion times smarter, nicer, kinder and there will be no more things like 'he is tall, short, this or that, etc', since anyone will be able to shapeshift into any form, gender, race, etc they want, so take a breath for a second, suspend judgmental labels and look into the far future, how everyone is that ☺☺☺ amazing & beautiful ☺☺☺ shimmering shapeshifting *teleporting* Immortal, using a tone and energy during telepathy or musical speech we only dream of, maybe made of new matter and energy. To get there, it takes a little courage to see the good in all, to not focus on the many faults in all, even if they exist, to dare to give a trillion years to all, so they develop their divine or eterni qualities – he who gives the most will become the richest of all in the long run, so why not give the richest treasure, the wish and right to happy | Immortality *for* All | ? ☺☺☺

Why are people so afraid to be kind, like the infinitely sweet *infinitely gentle infinitely loving, kind, generous* quadrillion Immortal would be? For them, a trillion years is nothing, so for them to wish such a lifespan to all humans would be thought of as a very low level of kindness. We want to live forever, much longer than a quadrillion years, and yet we don't allow people to live to a trillion even, we don't actively wish that, we don't work towards that. Why are we so 'minimally generous' in *real inner intent* to not wish even 100 year (let alone the minimal trillion) lifespan to the so called 'enemies'? God be kind to us, but we not kind to his kids? Some only wish that others are buffer states and slave labor, maybe live 4 or a few years extra if our "ally" or "neutral potential ally"? Why are our prayers and wishes so low in generosity or "stingy"? We only wish and pray for health, but not trillion year lifespan to all. Health for 50 years? Why can't people embrace universal loving kindness and seeing the Immortal Radiance of Immortality in all? They're so afraid that if they let everyone work towards Immortality, some will figure it all first and enslave the others, but that won't happen, since to reach trillion year physical Immortality will require becoming an angelic being first. So, everyone is playing 'being

low IQ' and setting the lowest possible goals, afraid the others will get there first – so in the end, nobody gets there, or it takes a trillion times longer. Perhaps, America can say, hey, can we be the first country who is truly generous in lifespan wishing? ☺☺☺

"*We will deliver this and that weapon system to A if B attacks*" (veiled threat to B, to back off, etc, pretty unpeaceful and not very loving for many B citizens or A who will lose chance to live to a trillion if war breaks, due to dying) *could be replaced with the next 11 page speech of the* Eternia Alliance *leader 1 year before* World Peace *and* 0 global violent crime *manifests:* "*We would love, if allowed or invited, ☺☺☺, to help A and B citizens live to a trillion years old, to create the* Immortality *for* All *world ethos, a world of no more killings of humans, if they wish, in peace and bliss, in the most* angelic *healing* loving kindness way possible t*hat maintains peace between A and B; can we work as* an infinitely loving Immortal of infinite knowledge *who knows a trillion ways to an end without any violence and threats, but with* loving kindness graceful ways that will eliminate the need of so much suffering war brings? Can we have the 'infinite' compassion a mom has for her 2 day old baby, or a trillion times higher, like an Immortal mom would have for her 2 year old baby who is a billion trillion times younger, for every human being alive and look to them from a neutral angle, i.e. we may have done the same thing they did if we were born in their circumstances? If the desire and devotion to Immortality is strong, then the way without violence can surely be found; we so strongly believe in this, that we, Eternia, have *never exported in our history, since our founding, any weapon that kills to any nations*, since the physics laws lead to the decline (like endless empires did due to sponsoring mass killings in wars, creating new enemies all the time when weapons made in producer country kill others, etc) or disappearance of our country in the long run if we do that, and to the degradation of human quantum field that affects all future nations, we also have banned all new music in our country that is not talking about World Peace in 1 year. Let nations *stop trade or etc, but not attack each other. We explained a trillion times that with enough tech, anyone can produce any goods from neutrons and protons, electrons, etc and can live to 5 trillion whether they have 1 or 100 people per square mile; that all wars are insanity and delay the progress towards Immortality and all border changes need to happen via nonviolent means, by people simply* choosing centralization. We're an alliance of Immortality and Peace, we want to help all live to a trillion, we're the most anti-war alliance that ever existed. Why can people not choose to love all beings at least in public speeches, perhaps praising more those whom they think are the best, so the tone becomes more refined, positive, diplomatic and less war-like? So, with this type of energy, it becomes harder to have unity and peace and a world of civility where violence is a thing we evolved beyond of. Not to mention that the tone of the politicians and leaders is not always the most angelic tone of a monk, those angelic monks, nuns or teachers who speak like 1 in a million. So, instead of learning from those people and improving tone, it became often a contest

of delivering more content in an average tone, not realizing info without tone can be often less effective than less info with way better tone. Can we think about the effect our tone and speech content has for next millennia? We look at diplomats and how they never sometimes expressed any apology/regret over the death of millions of thousands of innocent civilians or brainwashed enemy soldiers in wars of all types, even the most justified ones when they defended their country and unfortunately had to fight the enemy soldiers causing casualties. ☺☺☺

Perhaps, some argue, our planet needs now a more compassionate concern for human life in talking about war. Thus, we, the eternis say: we're very sorry we could not prevent this war of aggression against the Nonkilling Immortality for All Alliance who is trying to be like a most loving mother who unconditionally loves all her children and all beings, all nations. Sadly, 5 innocent people had minor injuries that healed in 1 month (3 mind controlled 0 free will soldiers and 2 civilians who had no idea war was happening), for which we feel so sorry, whose suffering we understand and vow to neutralize or balance by bringing happy Immortality *for* All people interested in the country that invaded us, yet nobody in some countries' leadership seems to listen to our request to create the Non-killing universal treaty and the World Peace alliance. We tried this and that to prevent war, spent billions of dollars for that purpose, but peace didn't manifest this time, yet we believe as more side with the Immortalist cause of infinite compassion, as many people understand the huge effort we made to minimize wider wars and avoid even that war, the killings will end and the dreamed of world of peace☺☺ in poems and literature will come true, because otherwise, our species may end, as others probably did. We tried to explain that there are infinite resources in the 200 billion planets of this and other galaxies which can support life, and fighting over a few square miles of land is pure insanity, when each nation can get 900 times more its present size. Yet, some chose to not listen and to not build a quantum field of higher quality for humanity, undisturbed, undegraded by torture and war. We have explained 100s of times that World Peace is possible within 1 year, and we will repeat it until one time, it will become true and 1 year later it will manifest. We will seek better within our souls, the tone of infinite compassion, of infinite gentle tender healing *nurturing grace*, of apologizing for our mistakes and human frailty, due to being like rats in IQ compared to peaceful Immortals, as rats are versus us, we realize we can do better and we will try, for there are trillions of ways to prevent war without fighting it and yet this time around we could simply not discover those that would have prevented attacks on our peaceful nations. All who might have died were 2 soldiers who came thru the deadly force field we created, but at the last minute, we noticed it and employed the hologram tech so they became ☺☺ *happy* (no longer so angry) changed course and let the levitating machine lift them out of the way. They almost killed themselves, didn't believe or maybe they did believe, they would be fried when we used megaphones to back away. *Thus, nobody died*, nobody had any injury that didn't heal in 1

month (5 people), we implored (see youtubes) the nations to not try attack us, but the quantum shield worked, they could not attack us, plus most of their weapons stopped working when trying to attack us (the shield, teleporter, levitator, etc), due to a peculiar property of the shield and associated devices that selectively affected weapons by chemical jumping between dimensions as it were, for the *gentle subtle Advent* of Immortality *for* All, the metal converts into plastic, only for metals in higher concentration by recognizing the unique electrophotonic properties of molecular systems, such as wires that have billions of times of that element (metallic) than a human enzyme (*to avoid killing pilots, sailors, infantry, as that degrades the entire human species, allowing him to parachute,* so he can be met by Eternia drone and taken to a healing center), the contacts are not there, wires suddenly break as room temp transmutation happens, electronics fail, etc.. ☺☺☺

A tiny 10 gram drone, 100$, could affect a trillionth of the mass of a 10 billion gram weapon (that costs up to $50 billion), thru dimensional movement, render it useless, invisibly, without them knowing what happened *(tank, etc can be fully or further destroyed later, after human is saved, to make it impossible to reverse engineer the tech, so it doesn't fall into the hands of 'brainwashed by historical inertia, in need of healing and evolution towards gentle grace' generals who torture, injure, kill humans)*, without EMP, etc. We learned a while ago that knowledge, immortality capitalism and muscleless kindness protect, while muscles, gyms, fist power (to lift up big rockets in rocket launchers or play sports that we gave up) and money don't. Their weapons didn't work and we killed none, even though we could have killed all soldiers who tried to kill us. Our ethics doesn't allow killing fellow humans, not even torturing or injuring them in any tiny way, as we destroy the human species' information field, of which we're a part. We had to transport enemy soldiers to their left over country, for those who didn't want to join Eternia, *since their trucks stopped working*. We told them we wanted to smile ☺☺ at, hug and kiss everyone (virus free) in every nation who wanted it (like Mother Teresa hugged homeless people, etc, many people lack affection, nobody smiles at them), to express our love, our loving motherly concern and care, to do hands on healing on everyone who felt lonely and wanted to be loved, to help all live to a trillion, give free healing music to all to heal the restlessness, like this and that and many more. We want the neutral world and everyone to know, we're the most peace loving alliance and we did not start this war, we simply defended our *motherly nurturing* world with a new tech they didn't know exists; perhaps if you watch the tone (body language, vocal, content of speech, etc) of our administration and that of the aggressors to decide who was the aggressor. Our planet is like a big classroom with 200 students or nations and when we speak with the other students we can imagine that we're the hidden teacher, since we always teach others without even realizing; each student is a teacher of all students and the teacher; when a student makes a mistake or calls another a 'bad word', the

teacher can very softly compassionately say *'I see that you did express some compassion and kindness towards the other students, but perhaps not the most loving healing nurturing grace that could have been expressed, not the most positive words that heal and uplift and yet communicate your disagreeing with the lack of compassion of the other student. Immortals of the future, who live to trillions of years, love each human billions times more than we do now, since they live billions of times longer and have developed their tone and universal compassion billions of times deeper. So, to quantumly entangle with them, the future human species, to become like them, let us love all beings* with that infinite love of God or Immortals, *whatever you believe in. I invite the two of you, A & B, to* say, in front of the class, in the most eterni tone, while genttly smiling in an infinitely kind way and looking at the other a little as you read, to each other, in order (A 1st, B 2nd, using the max echo special mic to allow you to create more musical effects or even sing it) *after shaking hands, the words on the projected image on that wall, while we play soft healing music, "*I understand your feelings and I apologize for lacking the infinite healing compassionate grace that would have prevented the little emotional outburst, I could have asked 'please, will you be so kind to share with me in your tone of speech some of the infinite compassionate healing grace and *nurturing* kindness of the Immortals, like they love each human billions of times more than we do now, since they live billions of times longer?☺☺

A 30 year old mom is only 400 times older than her 3 week old baby, yet she loves him so tenderly, never punishes him even if he spills milk because he knows no better, so each human is like that baby, even younger, and the love of Immortals in its nonpunishing and healing quality is billions, not 400 times more perfect than that of a mom for her baby whom she loves with unconditional love and grace. So imagine what an infinite grace and compassion, millions of times greater than the most perfect present mom has for her beloved infant when she holds the baby and sings the most healing lullaby, a trillion year old Immortal would have for a human or fellow Immortal... and yes, we can have a tiny glimpse of that, by tuning into the universal consciousness and becoming them slightly, *for indeed, we're them in the eons ahead, if we so choose to become*'. I could have said that, so I honor the Immortal trillion year old potential being in you, that exists, and *whose physical Immortality in this world* could come true if instead of conflict we create peace and focus on longevity and immortality tech and civilization. May we treat all people with an infinite *healing* compassion, that praises effort, *inspires evolution, magnifies to the nobility,* magnanimity, generosity of the *Immortality for* All *intent and the benevolence of the* Immortals, *amplifies the angel within, heals, informs and transforms* instead of mocks, shrinks the Immortal within, attacks, shames, provokes, incites, insults, diminishes, *amplifies the 'bad person' within.'* A bad teacher could get angry and yell and say 'You were rude, you're not supposed to use such names. Or even add, if a tough guy, "As a punishment do 30 pushups etc"'. So, when we interact in any circumstance or on the world stage as a

government with other governments we're like the teachers and students interacting and we have a chance to create a holy healing *nurturing* universally uplifting (everyone would love the country speaking like the nice teacher) atmosphere or one that is less peaceful; we want one that is healing, that inspires all students to send healing to the warring parties or the bad student or country; we don't want one that is punishing (see why punishing focus is not helping). We want everyone to feel part of our global family, not an outcast, because we know the doer is the entire global family not one nation. ☺☺☺

We have often said, very lovingly, in the most angelic tone possible then, that we love all human beings, we want Immortality *for* All and we even are committed to resurrecting, when or if tech allows, the former citizens of that country who worked for Immortalism (and whose remains we have saved in a gigantic library) and who were tortured prior to the war by the aggressor country in the half we annexed after to the war. We made even a whole library of the remains of other people who died due to the anti-immortality policies of the former government in the newly eterni lands, so they too may know Immortality, so they may know infinite grace, and live a free life of joy, instead of suffering the stress of war. *We emphasize* eterni tone, *since it helps us improve our "intent, thought, emotion" tone – as shown on MRI, with kindness areas lighting up 100x more when we speak really nicely – so we wanted to do that since many never go to places (the teachers, clergy, parents, or spiritual teachers with such a tone) where such a tone exists, so every person who sees and hears us can get a glimpse of freedom from historical inertia tones; the sage of Tao Te Ching leads by living example*☺☺☺*;* we understand that when we speak and a thousand, million or a billion watch us, we have a chance to create heavenly gentle healing tenderness in every family, country and community, or an inferno – by the very emotions we radiate, stir and let out in tones – so we have taken upon us to speak 20 times less in speeches at a time (or use prerecordings to avoid exhaustion due to cognitive effort it takes) and with a 20 times more filtered tone, so that only the most elevated emotions come out and we create that Paradise world – besides making the content more healing; no need of 2 hour talks, we can speak 7 minutes and refer to a website with a prerecording with the entire text, made by a great AI using our most eterni voice. Because the government tone sets the civilization tone, the weight on our shoulders so to speak is that of the entire planet – since media follows gov tone and plays gov officials clips. It's the era of online, no need of yelling, we can meditate and heal our souls instead of becoming inciting people, inciting all to the yells and shouts of our primate ancestors – do we really need rallies? If people want rallies (youtube is fine or smaller seated gatherings, so people can sit and achieve much deeper meditation states in the meditation breaks and exercises to make a point), they can meditate more together, learn conscious breathing, kind tone and emotional management – world change comes from inner change – not just talk stories and promises never kept later – let's combine ideas with self-

mastery, civilize ourselves; no applause, no shouts, only the most angelic tones and meditative music and silence; we can gentle and sweetly evolve towards grace and tenderness. Think about 10,000 people standing at a rally, wasting calories with that, hearing yelling when an AI using eterni tone of the person could read an AI improved content of speech, people could watch on youtube and use those calories to do something for others (build a few houses, habitat for humanity, 10,000 labor hours, 1 hour a person) that keeps people active (since standing, applauding, waving useless flags is a form of exercise), such as some of the sports of the Immortals. It often seems like more politicians could join (like US President Carter) the 10,000 people and spend 1 hour, to create the free house for constituents who advanced immortalism, or who live in bad houses, we got gigantic living rooms too, while kids fight in their tiny room... instead of creating 2 identical rooms and a smaller living room; same for college dorms lacking single rooms, etc. While doing that they can listen on the headphone to this amazing & beautiful ☺☺☺ speech they would have heard at the rally and have more time to meditate and create a better version of their eterni AI tone (like speech recognition software, it recalibrates and evokes different brainwaves in listeners, different emotions, etc) that creates more global healing for anyone who happens to hear it – eliminating the need for politicians, media, teachers, any public speakers, etc to speak so much, exhaust themselves and pollute people with improper tones (use AI more, etc), brainwaves that lead to conflict; let the AI hologram do the speech, we just write a fast version, AI improves content, we improve AI written version and then AI speaks it in a tone we may not be able to reach for 5 months due to stress, thus avoiding untold series of cascading events that lead to war. ☺☺☺

We can use tech to manifest World Peace in 2 months or maximum 1 year, but we often don't, we use it to create tension? Also, we want to live to 900, not 73, the global average in 2022, so we need save our vocal chords. Also, as we evolve we abandon street protects, can send a youtube recording of 1-10 people asking for something in an eterni tone and then 10,000 such youtubes are available on the youtube protest address for those interested. The local news would be required to cover the protest videos on youtube and invite officials to send a nice tone reply. This prevents traffic jams, shouting and devolving. We did many studies of more remote communities and noticed that crime decreases 50 times (98%) when we trained all public speakers appearing on TV-radio-music etc to reach high kindness☺☺☺ tenderness healing *nurturing* compassion brain areas light up on MRI and setup mics to detect when their tone goes away from that and make a colorful hologram or have some very visible (to the speaker, not audience) lights show up (even a unique sound that audience can't hear if needed) so they go back to eterni tone. The system can be transparent in cases people want that, so audience knows when AI detected fall from grace and learns better tone, the sound can be a very pleasant chime or bell, etc. Having noticed that we changed the whole country and then Alliance and

freed enormous resources so we can redirect them and invent longevity tech, instead of the most unjust system of oppression where those who incite and provoke are free; we just only give license to speak on radio and TV often only tho those who have gone thru extensive training in proper speech and have attained proper brainwave and sound patterns AI recognition, so they get alerts when it deviates (without needing to wear MRI headset all the time). When we speak kindly and hear only kind tones on TV-radio-internet, we also cause a spike in scientific innovation and producvitiy, happiness of everyone, as they move into anger and negative emotions much less and stay in the creative invention prone brainwaves much longer. The writing becomes much kinder over time, so we also approve every book, online post (AI based) and article before it reaches humanity, to make sure it's not too mean or negative, or describing any violent or criminal activity as that gives people ideas and creates the crime we don't want. So for us, it has become not an ideal of long-forgotten scriptural quotes, but a matter of national and global security to not allow just any youtube content, instead to cultivate Heaven on Earth by its tone and create true civilization, so we invite all to do the same so we have peace on Earth within a few months. We teach every kid to speak like that now, so we don't have to spend 10 times longer to train them when they're middle age (harder to change neural pathways then, but brain is plastic). This ensures every teacher goes thru certification so kids in kindergarten, nursery, school college get to hear decent tones. When dad calls mom, he can use an amplifier to imitate kiss sounds, 3 times, to save the vocal chords and avoid damaging them by yelling 'honey... can you come here", etc. This also helps couples to be more affectionate and defuse tensions. *It's known to science that as humans evolved for eons speaking a language, certain genetic codes and genes interpret certain sounds in a certain way more often, i.e., a very different language when spoken can sound a little differently than what the intent would be in your native language – i.e. may sound more loving or less loving, even though intent is the same, depending on the listener genes and native language, likes, upbringing, etc – so to avoid misunderstanding of intent, it's very helpful to speak in eterni tone, so all genetic codes, all people can feel that infinite loving kindness; even people of the same ethnicity and native language can interpret some sounds differently, as kindness or aggression, etc - so this tone is so critical for peace.* Until we have one native language for all humans, some century, we can appreciate just how much one common second (first for some) language (at least) will help us in avoiding these intent misunderstandings *due to brain processing of sound*.☺☺☺

We are against torture so we never torture anyone in our Alliance, not even anyone suspected of being a spy, or caught "trying to destroy us (as a spy), to create violence, to incite"; instead, they're sent to healing centers, where calming music is played (they can listen to peaceful mp3s on headphones, etc) and they're shown the infinite compassion of the Immortals, so they may know what they have never known – *universal* kindness, not *kindness* for a group only. Even

people who're not spies and have minor infractions, go to different healing centers than the ones for spies and heal there temporarily. We also don't give them junk food, but allow them to use solar panels, vertical farms, water lentils (duckweed) (ω3:6 ratio 2:1), algae, to grow their own *vegan* food so they can heal themselves, discover a new world they never knew existed: of infinite gentleness, tenderness and sweetness. We do help them with gadgets and support staff, engineers, to maintain their living quarters, etc. As a result, 99.99% of those there realize the enemy is the foreign country they worked for, not us – the 0.01% already had their brains totally damaged by the torture the foreign nation did on them during 'training' – as they were older too. This ensures that if enemy country sends lots of spies etc they can't drain our resources by having us provide free amazing & beautiful ☺☺☺ healing centers to all while they do nothing but listen to heavenly music and have fun as reward for trying to blow the planet up, so we *invite* all neutrals to copy our model and *free humanity from* torture, as we're all *quantum entangled and what one feels* damages *the brain of* all, causing stress aging hormones in all human beings, *DNA changes that bring more* wars, *short lives later, so* torture *or any conscious* pain *inflicting on others* (physical especially, but even psychological) is a crime against all 8 billion not one person. In Eternia ☺☺☺ *Alliance*, we *banned* hunting, trapping *and any form of b*ad animal (e.g. coyotes, big cats that are banned in 35 states), that kills people, livestock, and pollute *human species field always, hence eradicated as species in some countries due to magnifying the energy of killing very close to human animals at their 100 killings/year, or 1000 in 10 years vs 1 killing when they're painlessly euthanized, not to mention meat that can be used to feed starving people, though we never eat meat, but other countries do; lions can eat 110 lb meat when hungry; unlike advanced drones that create painless instant death, animals who run and are killed by lions pollute the planet a lot more*) *control or species eradication that inflicts pain, since it also has an effect on human entanglement field* – so we use the most advanced drones to guide animals to an area where we can encircle them and let them be happy until a painless death, using some darts, etc – since some animals only can exist in the wild by creating pain in other animals (sheep for example, that are very close to human species on a quantum level of molecular organization, while insects eaten by birds are not) at every meal, thus disturbing the human species and making us more violent and cruel. Thus, we support veganism, and all are *vegan*, since we found how to suplement the diet to get all we need, it reduces pollution of our country with the vibes of animal slaughter, notoriously cruel and polluting in many nations. We have also banned the lab cultured meat, since it uses tortured animals that die young and carry the quantum vibrations of that slaughter (early death) and disturb all humans eating molecular copies of those cells; only meat from the happiest animal who has died painlessly naturally, in old age, would be more acceptable (still very unhealthy, since it's not eterni food), but they don't use that. We normally don't realize that in our violent cultures, hence World Peace has not manifested yet. *Any* pain *inflicting on humans* (and to a much lesser

degree wild animals who inflict regular pain on livestock they prey on, etc) *is a* crime *against humanity (when not absolutely needed, not talking about 1 second vaccination small pain once a life) even in cases of 'trying to stress an organ of dad, hoping the sperm will have changes that make that organ stronger in offspring", because pain changes tone and leads to more conflict in subttle ways next million years, and* while that organ may be stronger, the psyche pollution of all human beings does way more damage and damages many organs later in future wars*: we don't save one organ to damage 1000 others long-term by damaging the collective human field, like we don't make a war that leads to 1000 others in 2 millennia: peace comes from peaceful methods ☺☺☺only, not war.*

Likewise, we support veganism and eterni food, as the torture of animals in factory farms ages humans via the entanglement that exists between tortured animals brains and humans due to similarity; when animals suffer when killed, they destroy all humans indirectly. The self-sufficiency ensures they get some needed physical exercise too, within the confines of the healing center – so they don't burden society with their violence and don't get sick from inactivity; they can take part in building peaceful art and techs to make eterni food a reality if interested in joining science projects; if we deem them safe, and having made a sincere huge contribution to immortalism, we can allow the best more freedom in supervised cities (very heavy screening, so we don't get sabotage in closed supervised cities, by those playing nice to destroy later, as MRI and other scanners can detect emotional content and level of anger still present etc), but we don't run torture and prisons like some nations, we're infinite love itself, not hate, infinite forgiveness, not revenge, infinite intelligence, not 'low IQ' (tortured people yield false, made up or changed info due to brain damage). Our healing centers are far nicer, than the nicest 'prison' in the non-Alliance countries and the standard of living is higher than in middle class of the 'free world' of many non-Alliance countries, they got meditation rooms, single studios/apartments for everyone, connection to the web of Immortalism (*only eterni music, tone and content, off-internet, a network of all healing centers content, to facilitate healing from the hate and negative energy of the world*) for developing the 10,000 qualities of Immortals, connection to 100s of research projects they can join, after finishing the daily chores needed to maintain this Paradise area, etc. if they like science and to advance Immortality *for* All. People say how can this be? ☺☺☺ Well, go on youtube and see how the best prisons in some Scandinavian countries were better living conditions 1 bed apartments than 75% of 'free' humanity lived in 2020. Now, imagine that in our world of the New Eterni Alliance, it's even more so, since we're creating a vibe that is free from historical inertia. To prevent abuse of our kindness (everyone would try come in to be 'arrested and sent to Paradise healing center to work 35 hours a week for a few years or decades' to live like a truly free person instead of the jail in the 'free cities' of their country in which 'free' citizens live) leading to world kindness

collapse (i.e. Alliance becoming chaotic), we also have a more immortalist immigration and visa system. *We don't send them back to their country if that nation still tortures and they're likely to be tortured, since we're infinite kindness for the human species. Other nations torture people in their homes, using invisible chemical, biological, microwave, sonar, radio, infrasound (Noise Health 2021;23(109):57-66) weapons and claim they're so good, a 'land of freedom, opportunity' (slow extermination, sleep deprivation, daily torture, that the world is not supposed to see).*☺☺

We want all to kindly stop torturing humans, yelling at them, etc as that creates a disturbance in the collective mind and quantum field of the human species that brings the whole human species down. *We're here to help all spy agencies, militaries reform themselves – so they can teach people the way of infinite kindness without torture, without using torture in training, simply informing in nurturing gentle ways what science shows about good and bad behavior, tone, etc.* We want to invite all to see that humanity can be like angelic Immortals, different than 'ancient men' who killed and tortured others (sometimes unfortunately, like some animals do). We can all evolve. We used to travel 8 mph, then 25 mph with horses, now we reach 250,000 mph, likewise, our kindness can become 10,000 times greater, wars, torture, violence 10,000 times less frequent, etc – it's an ethical evolution, not technological. We want to wish Immortality *for* All (i.e. no torture, no killings, no violence) to anyone interested only, not to force it on anyone; but we hope the aggressor country who fell into the fear trap will now (fear provokes attacks often), as war is over, consider joining the alliance, even if half of their territory is gone, gone to provide the Peace Alliance with buffer against future attacks if they occur – it's a neutral area owned by all countries of the alliance, an area that belongs to all humanity interested in *Living to a Trillion*☺ *in Peace*, so it's a free trade zone where economic development of Immortality technologies is the focus and neutrals can see what we're all about – giving Life Immortal to All, so they may more readily consider joining the Immortalist Alliance; 0 people died, and 3 soldiers got minor injuries (that healed within 1 month), not because of us, but due to their going against the shield when we told them not to – compare that with 2 million intentionally killed by others who took over a similar land area. Once again, we will never attack anyone first, we have better things to do, such as figuring how to live to 900 first at least. We see war as the "least kind, least loving, most hyena like" thing, so we always talk about peace, emotions, apologizing, humility, Immortality *for* All, gentleness, tenderness, forgiveness, *nurturing*, grace, we're One Gentle Kind Human Family of Immortalists, Brothers and Sisters who will act as One to Save humanity from all causes of death, even war itself. We want the peace loving people of the world, in any nation, to know we love them as *gently, infinitely, tenderly, as* Immortals*-like* as we can and we stand united with them, even if they're not allowed to join us as the Alliance of Peace, I apologize for my tears, I'm getting emotional now, as I feel the sorrow of all these people. Let us have hope in that world of Peace we all want and dream it though, we

need positivity, optimism and vitality to make Peace real for all interested. ☺☺☺ So help us God, if you exist, and Immortals of the future we will become at least, if they exist, via time travel, if no Immortal aliens exist to help us.

Let us have faith in a higher smarter group... or quantum reality, but not force any belief on anyone, we know lies get us nowhere, truth is self-evident, it requires no force, no forcing; truth flows freely, like the Tao, penetrating everywhere without effort, sustaining all worlds, due to it being the gentlest being there is. Please understand God or the Immortals *are infinite in their love and lifespan, so their Love for all beings is infinite, they love the worst human infinitely more than we love our best friend or our spouse, and so do we, so to prevent deaths we told the soldiers that we move the shield further up, to move away to prevent death, but not many agreed to it,* so only a few civilians (who for decades hoped to join) joined the Eternia free trade zone that is Alliance territory now, the rest we lifted and pushed back to the smaller half. *It's the loving hope, the holy wish, perhaps, the destiny or even the human right,* of all Immortality *for* All lovers, to unite and defend Freedom to Live in Peace and we will do our best to communicate in ever more loving ways the infinite compassion we have for *all nations*. We're fed up of wars and we want them to end, but some don't want to yet. We decided to stop spreading the shield too far, as some people of aggressor country may not be happy☺☺☺ to join us and we wanted minimal deaths, per our Immortalist code of ethics, and the half of the country we took had mostly fans of us and was not very inhabited (far less), with the rest being allowed to fly to aggressor left over country – we also are against forcing any way of life or belief on anyone, so we hope the leaders of aggressor country will appreciate we gave them life and freedom and *we could have taken the whole country and their closest ally with the shield but we did not, out of infinite loving kindness and wish to prevent more deaths* – we don't worship land and surface areas, but Life itself, we sanctify and deify life, not land possessions, we value helping all to reach longest lifespan. People may understand that we're the most prolife and antiwar Alliance the Earth ever had and after this briefest war in recent history, 3 days, we got dozens of countries to apply for membership into our Alliance, more probably later, of their own free will; perhaps due to the size of the Eternia free trade zone too; some may have thought we're crazy or poetic leaders. We take the highest care to prevent even one death of a civilian who may not move away from the shield fast due to being angry, so no civilians died due to the shield moving we used the most advanced telekinetic and teleportation technologies, to gently lift them without killing, unless they attack our equipment of lifting them (so they don't die) and the shield neutralizes them without us being able to stop it. No civilians died, but 2 were slightly injured by the aggressor country by their mistakes, as missiles were bounced back by the shield to their country, but we designed the shield so that any materials falling back fall in a new matter state near the border so only 2 civilians got a minor injury due to falling debris near

border, as border of shield area was free of civilians mostly; only 3 stubborn (aggressive) soldiers got minor injuries on their side due to getting too close to the shield and attacking our levitation machines as we tried to prevent their death by lifting them away from the shield. We spent trillions to make this debris fall be in small particles (80 microns max), so that nobody gets any injury except small stuff that heals in a few weeks or days if they happen to inhale some by accident (they would not, since it would be visible and they would try avoid it). So, unfortunately, people don't love | Immortality for All | sometimes. We're the 1st time in history a land of this size was acquired so fast with 0 civilian and soldier casualties. Thanks to our Ethos of Nonkilling. We're not here to talk about God much, but to discover how to be more Godly in action not talk, i.e. to grant Immortality to all, a life of freedom and infinite loving kindness.

We want *all to see how many trillions we spent to avoid 1 single death*; compare that with the usual 1-2 million soldier deaths in such border changes (due to using the loving kindness hologram and happiness methods near the shield, besides the loving kind shield and levitation, matter conversion etc). We spent basically about 10,000 times more $ than aggressor country who often caused huge civilian deaths and never even apologized in public about it. Some soldiers realized that and joined us, being part of the zone and dedicated Immortalists now. We kindly ask you to listen to our version of the events and then make your mind up, so we reach long lifespans faster, only 3 countries, who supplied direct assistance to aggressor country, did not express interest in joining the Alliance some day yet, but *we believe we can win everybody and bring* World Peace *in* a few *months*; 45% of the government in the 3 countries not interested yet in ending all wars by making our alliance the only military bloc on Earth, seem to be interested; the % is growing monthly. It's now humanity's chance to unite, so Immortality is everyone's chance." So, indeed, *after 1 year the planet achieved peace forever* until they had to evacuate due to Earth getting hot, enabling only soul projections to live in Earth bodies.☺☺☺

13.15. THE DOWNSIDES OF LIES

When people find out the lie, they will lose trust in us and the world will be filled with more conflict, paranoia, mistrust, lack of communication, and potentially even violence. Exactly like with threats, humans see the short-term benefits. The short-term prize is so tempting, so captivating, requiring so little effort, that the logic of lies seems irrefutable. However, from the point of view of 5 millennia effects, again, as with smiles, the results become wholly different. So, then what will people do? Eventually, people will become so kind, telepathic, empathic, that they will realize honesty achieves more over long-term than any lie. But that, as with threats, won't probably happen overnight. It will be many peer reviewed papers perhaps measuring effects that will convince scientists that honesty is better always. An honest person who has nothing to hide, has a totally different energy and success rate when trying to turn an enemy

into a friend, as no energy is used by the psyche to hide anything, and one is purely radiating the loving compassion and joy and helping the other party to heal, and to come to a place of total acceptance and healing, which is only possible when one accepts oneself as one is, without the need of masks, hiding and lies. One can't easily heal others and help them accept themselves as they are, unless one does that to self, unless one accepts oneself as one is without masks or lies. For person x to be able to dare to be honest, person z being honest increases the probability of x being honest, since x can pick subconsciously the tension within z to build a story, mask or lie at times. We imitate others unconsciously often, so if z is not honest, x will imitate and become, without knowing, hesitant themselves to be honest, to accept themselves. We may need a global agreement on honesty cultivation in education. ☺☺☺

One way to bring World Peace is to realize that many people would rather live in happiness and peace for 400 years, without fame, wealth, etc than live a short 80 year life full of fame, wealth and war. If an Immortal Being from another dimension doing 500 miracles in front of us asks "I can grant you only one of two wishes: 1) fight in human wars, become famous, wealthy and live to 100 maximum in the usual boring stressful life of humans today. 2) fight no war, work for peace, maybe bring World Peace via the ideas in this chapter, be unknown to posterity as one of the major World Peace bringers, average income and live to 400 in a life of happiness and divine ecstasy states 1 million times happier than orgasm. Which one do you choose?" Most would prefer 2). If the Angel appeared to a world leader and asked him "I can grant you only one of two wishes: 1) conquer some "inhabitable land" of 500 square miles, and start so much war and friction on Earth, leading to much slower longevity progress, with your country knowing you as the president because of which the average lifespan increased 1 year and who fell behind other countries who went off-planet, or ☺☺☺ 2) no island conquering, no war and tension, building peace with this chapter ideas and posterity knowing you as the president under which the average lifespan increased 20 years and technology advanced so much, maybe if enough virtue builds leading to discovering other planets and receiving a gift from the Universe, a planet with not 500 square miles but 50 million square miles of inhabitable land?". The confusion of many rulers in history is evident: they don't realize that if God exists God will only help the most peaceful country to discover and colonize such planets and expand their Civilization of Immortals. The more people ponder on the fact many soldiers even would not fight for some cheap island conquering or whatever, the easier it is to build a World Peace and nonkilling agreement desire in all countries. ☺☺☺ "Peace reigns in my world" is a good song to recall/bring peace; our world is the heaven of Immortals where peace reigns forever.

13.16. Stick versus carrot methods of "bringing World Peace"

For millions of years, like chimps and other primates, humans have engaged in various conflicts

and the unfortunate wars associated with them. Humans developed clever ways to employ stick and carrot methods to inspire or "force" real or perceived misbehaving people into doing nobler things. Among primates, the ☺ matriarchal bonobos who use the stick method far less are far more peaceful and far less violent (maybe the equivalent of 50 times less "violent crime" if humans) than chimps and gorillas who use the stick method a lot.☺☺☺ Even in human society we see an interesting dynamic: ☺☺☺ a parent (big country) is faced with a misbehaving kid (small or medium country), due to the lack of parental supervision or some bad influence of some other kid (country) or adult (superpower country). The parent can use 2 methods or something in between: the stick method or the carrot educational empathy compassion method. The stick is a threat to do something or doing something like restricting his favorite hobby access, even if it would be listening to peaceful music. Worse, some parents in some countries spank their kid (sort of like going to war with the small country) or whatever, which builds up anger and negative emotions in the kid and teaches the kid by living example that stick and violent methods are OK. The memory of that invasion (by the big country) or spanking is not easily erased from kid's memory. Kids and countries imitate *behavior, not words* of parents or countries. The kid (or a misbehaving country) ends up disliking or avoiding his parent (big country) maybe and their relationship dives into a distant one. Another parent (or competing superpower) is using the carrot method much more in similar situations, taking the more energy consuming path, of first taking a warm bath while listening to peaceful music, organizing one's thoughts and tone, finding the ☺most healing empathetic *nurturing*☺ way of communicating without criticizing the kid or inflicting any emotional pain or stress on the kid, but explaining the huge benefits of stopping the misbehavior and the huge suffering the misbehavior can cause to other kids like him or her or adults with some creative example. The kid is amazed by the kindness of his parent and the suffering he causes, and complies and the two remain friends and no negativity builds up, with the big country (parent) getting an eternal ally (the kid), best friend. The kid will then copy the parent and do the same to others, instead of copying the stick/threat, intimidation or violent methods, helping to bring World Peace if a country. Kids imitate their parents often. So when the big country is more careful, it can build much better relationships with the small or medium countries, leading to a much more ☺☺☺peaceful☺☺ planet or galaxy. A parent can't use carrot and stick method hybrids without side effects, can't make a threat and offer a benefit, as that cancels the value of empathetic compassion as the main motivation for human action and glorifies toughness and violence, leading to a world of war.

Exactly as humans are able now to send a letter a million times faster, in one second, from Beijing to London, instead of 2 weeks as in 1700, humans will be able to use the carrot method a million times more than the stick method and achieve World Peace a million times faster, reducing the time people suffer due to stick methods (torture, wars, etc) by a million times,

effectively wiping out wars and violence on Earth. What stops us? ☺☺☺ First, to use carrot more, we may need more communication, so we could take advantage of this 1 million times faster ability to communication than before, to communicate with all humans and countries about World Peace, and this is easier now as all will be online soon. Initially if you told someone we will fly 1000 times faster with the space station than a human can run, they would think you're hallucianting, just as they would say if we said in 30 years we can have 1000 or a million times less war and violence if we really decided by international agreement this is indeed doable. Computers today are a billion times more powerful than 200 years ago, why could not our ability to bring global peace in 3 months be a billion times more effective now than 200 years ago? The main obstacles seem to include the historical inertia and the nature of the human mind, many are afraid of trying new things, why try "carrot methods" instead of the "always" (short-term only, perhaps never long term) working "stick method"? "After all, countries are not like kids and superpowers not like parents"; but is the hypothesis "countries are not like kids" really true? Countries are made of 2 day old babies compared to immortals, babies we call adult humans. Whatever hypothesis we may lean towards, perhaps we can consider like a neutral scientist without preconceived biases the possibility that more carrot methods and fewer stick methods could triple human lifespan 100 times or 10 times faster. ☺☺

One reason human adults (living 2 days compared to an Immortal) don't care about long-term, is because they won't live to see the effects in 100 or 30,000 years. Thus, because of that, humans are far more prone to use stick methods that "use far less energy, inner self-transformation effort, and often seem to work in the short term". However, we could hypothesize that as humans live longer and longer, they will shift towards the carrot methods as the side effects of stick methods (canceling out benefits in the short term) will become more apparent. Many are atheists who don't believe in any life after physical death or in caring about kindness for future generations, so the moral imperative or selfish incentive to care about the future is nonexistent, as no raise or social recognition from present peers is given for such lofty idealistic behavior of caring about one's country's or one's planet's future 900 or 40,000 years from now. Yet, if one is a true skeptic and scientist, one can't be 100% sure afterlife doesn't exist. ☺☺

Even if a person would think there is no afterlife, they can easily accept that just as humans know more than monkeys, mice and ants, there may be beings out there, in this or other dimensions, made of this or other types of matter (unknown to us), who're more "advanced". If a mouse or monkey tries to explain to a mouse or monkey algebra or biochemistry, it can't, no matter how hard they try to channel *the Holy Immortality Spirit* of Algebraic Knowledge of Humans, because mice/chimps don't have the language, writing complexity of humans. Likewise, when we present day humans would try to explain to present day humans a science that doesn't exist in present human civilization, such as the science of peace making and

maintenance without “negativity, negative feelings, insults, unetern i tone of ‘speech, feeling, thinking’, war, violence, torture, threat, intimidation, lies”, we would be unable to do so, as we lack the sophisticated language (and understanding stemming from that language) of “future humans or hypothetical aliens” who're more intelligent than humans by the same factor humans are more intelligent than chimps.☺☺☺ Skeptics will say this is all a nice imagination exercise, but it’s just a theory. We thought Earth is the center of the universe, and many today believe humans are the pinnacle or center of universal intelligence. But this belief is not necessarily true, even if it won’t be proven false maybe for eons. Leaving aside the alien comparison, if we would time travel and visit our planet 30,000 years ago and try to teach those people fast how to do what we can do today, it would be impossible, as they don’t have the science and the education, labs infrastructure to understand the much more complex language of the science literature today versus Neolithic language, etc. Initially they would think we're Gods, able to do these amazing & beautiful ☺☺☺ things, just as we today would think of humans of the future as Gods if they can achieve all peace without any negative method. A person from year 1800 can understand that “all humans in 2015 will be able to see on a device everyone owns the images another human sees in his location on another continent”, but he would be unable to detail the millions of science papers, labs, enterprises, infrastructure that made that cell phone device possible. Likewise, a person from year 2015 is able to understand that in year 2200 humans will be able to feel via a device everything another human feels in another location (not just what his eyes see), so this will herald an era of empathy that will remove 99% of conflict stemming from people not understanding how other people feel about an idea, and a world of compassion where there is no violence and war”, even if we can't explain the millions of papers, labs, enterprises, infrastructure that made that future cell phone possible, the phone that brought World Peace, a world where everyone is shown on the phone by artificial intelligence calculations if the thought, action, speech tone/content he's considering implementing will cause higher average lifespan for nearby (relatives and friends) or all humans or more/less happiness for all”, allowing everyone to make more science based decisions instead of whim based decisions of unaware chimps fighting and killing each other forever. Why do people and chimps fight? Many times because we have NO *IDEA what others feel, because others hide their emotions so well or try to be polite and not explain how horrible what “we just said” made them feel. A little argument here and there in each family creates a global tension when added up that leads to wars very rapidly, as the chain reaction of cruelty escalates to gigantic proportions.* One can see how our lack of neuroscience knowledge shortens lifespans as trillions are devoted to shortening others’ lifespan and killing instead of doubling everyone’s lifespan. This is similar to the way the *lack of* sanitation*, sewers, showering facilities and other principles led to much shorter* lifespan. We can tell humans in the future will discover many ways, besides this imaginary cell phone way, to achieve a world without terror, threats, torture, violence, war,

even if *we don't know exactly the sciences and ways it's done.* ☺☺☺

When 2 future people are married and this *"feel what my words made you feel" option is turned on their phones, they would be able to be a happy couple a million times easier, lowering divorce rate a million fold. The Immortality Nurturing Agency can detect* when a human suffers anywhere on Earth, *using* quantum tech for *places without phones or this phone tech and deploy the* Immortality *Healers (*Cosmic Police *to defend* Immortality *for* All*, end terror by thugs,* torture of 1 minute in the future era is equivalent to murder in our world) *there, who can see if* anyone is intentionally tortured using gadgets by spies/soldiers and "jail" those guys in a healing center away from civilization *for the rest of their lives, self-sustaining oasis* (grow, cook own food, etc, maintain buildings, experience self-mastery, no longer have slaves you torture like a brute to provide you with everything), with every emotion and intent measured and anything evil causing alert and new educational video to watch with headphones on to change violent psychopathic *(well, that's 10+ million people today, as satanism rules, the* violent "holy" bible *vibe, in spy agencies, police, militaries who torture, excluding the gangs and bad families extra 20+ million)* brain tendencies ☺☺☺. The same lowering of tension could happen in any workplace if "feel what my words made you feel" (turns on after/when speaking with someone, not all the time, as everyone would be exhausted, overwhelmed, dysfunctional to feel everyone's feelings all day) is enabled due to a situation or voluntarily for maximum happiness and minimal tension. Additionally, the cell phone can explain in much depth what the other person means by some verbal thought or speech in a much more detailed context that would take 45 minutes to explain verbally, but takes 3 seconds non-verbally to relate by the cell phone. This would remove a lot of fights which are 100% due to misunderstanding of meaning. One person says something, we hear something completely different due to different context assigning. Imagine if when watching news about a war zone or bad neighborhood with violence in it, you can zoom in with your eyes on a person or tap on that person, and feel what they feel as missiles and projectiles go around their area, as their house is brought to pieces and town is wiped off the map. For most, who have never fought and had their native house (they worked 30 years to build) and town erased, it brings a first time realization of what war or neighborhood violence is, since one gets first person emotional perspective, not third person by stander in safe area 3 continents away in a peaceful town, so it looks 90,000 times more horrific than video alone, as it feels it is happening to YOU, not to a group of people whose religion, nationality, beliefs, location, likes you don't share. It's feelings many people have never experienced, that will wake them up to what war does (even to people whose houses and town are not wiped off the map) and make them a lot more into World Peace and this book's ideas than they're now. For the first time in history, people would feel what others do, others whom they have never heard of perhaps or cared much or at all about. This will make everyone more compassionate

and make the world experience more peace. ☺☺☺

The generals/cops planning a "peace building, violent crime lowering by 50 million fold, operation using peaceful methods only" in a room have no idea about how their action will make billions of people feel. But by running AI simulations of 50 methods of peace bringing, they can see & FEEL that the least negative method brings the highest lifespan long-term and joy, least pain to all planetary inhabitants (cumulative decreases and increases in each scenario added up), so they can choose that via scientific evidence, not out of confirmation bias or historical inertia. Using quanta, as explained above, they can see as the operation proceeds and adjust accordingly, to minimize negative emotion and quantum field pollution that leads to more crime elsewhere as a side effect, canceling the operation effectiveness. Imagine a general trying 100 intervention scenarios, feeling what the planetary collective feels on average as a result of each and comparing. Imagine if all military colleges would teach that the purpose of "peace bringing or temporary 'military' intervention" is to bring peace permanently, while extending healthy lifespan and maximizing happiness of all. Both sides of a conflict would be able to feel via simulations what the "healing bliss operation" does, how negative the individual experience would be (making the military leaders unable to function for days as they recover from the emotional simulation effects), and become thus more motivated to achieve a diplomatic solution instead of war, violence. But this doesn't happen because people often don't care about how others feel, since it's been humanity's habit of eons to call "war" "war" and not worry about feelings. The AI can also predict how the general would feel himself 1 year after one of 100 forms of peaceful or violent interventions occurred. Everyone agrees that in today's world, an army that has just some Neolithic tools or swords doesn't have an edge or some superior force, since other people have nukes or explosives, etc. Some even agree that giving soldiers Neolithic tools, sticks or swords to carry is ineffective in "peace making missions". Thus, we don't see today armies equipping men with sticks, etc... But if we go back in time, and talk to people from 900 or 5,000 years ago, they would think swords are effective. Likewise, the people today have a hard time in realizing the negative methods of "peace bringing"☺☺☺ or "outcome bringing" today, which involve "torture, wars, etc" are like swords (that is ineffective, especially long-term, for creating a Civilization of Immortals), from the point of view of the future 150 or 900 year old humans who have been able to replace all such negative methods with *universal* loving kindness healing gentleness tenderness softness dialog, communication, empathy, and all kinds of pain-free methods of solving disputes and major or minor disagreements. Nobody would have thought in 1700 that in 2015 people would have cell phones and send letters in 1 second, 1 million times faster than 2 weeks, from one corner of the world to another. Likewise, nobody in militaries globally imagines today that in some near future *there will be no war and no pain or harm inflicted by any human on another human (intentionally),* since all negative

methods will be decreased by 1 billion times at least initially, since the end result is achieved 1 billion times faster via positive methods. ☺☺☺

Many so called "truths" of psychological science and the science of "war, terror, torture, coercion, intimidation" *are as solid as the alchemical knowledge of mages from thousands or hundreds of years ago before the chemistry era* or as unproven and vague as the conclusions of many "nutrition studies" with 0.1 million confounding factors not accounted for; the reason they appear true is confirmation bias; for example, alchemists noticed an *effect*: when people ate some plants they died, but today they know it's not the plant, but usually only 0.01% of the plant or even less; likewise, police and militaries worldwide notice an *effect*, but it's not caused by the negative method, but by 0.01% of something going on; moreover, they don't see long-term effects, only short-term, as they can't quantify the side effects of the violence that enters the mass consciousness field when negative methods are employed, side effects which over centuries might undo all good in the short term ("getting rid of some people who would have killed many more" appears good short-term, but long-term that negative method cancels out all good). Additionally, alchemists were often very wrong and ate poisons that shortened their lifespan; in the exact same way in recent decades or centuries, military leaders and police chiefs employed methods that did not benefit their country/city long-term or the world, even if in the short term it seemed OK or good; sometimes, even in the short term it turned out to be bad. Of course, anyone can agree today's knowledge (in any field, including peace making) is not the knowledge of the people from millennia in the future, so nothing new was actually said above. The disagreement lies in how much this realization is motivating people to consider creating by international agreements a planet that employs no "terror, torture, killing, war, any pain causing harm, negative methods" against fellow humans. ☺☺☺

13.17. War, violence, threats, intimidation, coercion are useless and slow progress

If we travel to some periods from 1 century or 1000 centuries before, and try to explain to those less aware or primitive people that they don't need to fight and kill other people to get enough food or land for their own group (since the planet is way bigger than their little area their tribe has and there are new methods of food production, etc and the peaceful and civilized will peacefully convince the more aggressive and expand the peaceful civilization of their group), they would believe we're liars and maybe "posessed by bad spirits". But today, with ten to a million times more people than in such past periods, spread over 10-50 times the area, we can see how human hypothesis formulation and testing, thru the wonders of science and gentle inquiry and study of nature, enabled us to feed and house a million times more people, which ancient people would have thought impossible. ☺☺☺ We can feed and house a million times more people today not because of the animal like (who attacks a prey) killing of others, but due

to the gentle tranquil meditative inquiry and hypothesis formulation and testing leading to amazing & beautiful ☺☺☺ inventions of science that made life possible in otherwise very hostile environments and also to some well-mannered civilized gentle tender people who were diplomatic and came up with trade as a solution to certain scarce resources, instead of war. Likewise today, if we try to explain to top military leaders that there is no need to have any violence and war to expand their civilization and their progress, they will say "our country will never be able to go into space, or other dimensions, and terraform 40 planets or create 50 parallel Earths, so we're going to make wars on earth" and other things like that. The food or land that they wanted to get a hold of are useless today with certain technologies, but this was hard for them to imagine. ☺☺☺But those wars they waged to plunder resources and impose beliefs by force led to an enormous slowing down of progress for their "country", as instead of developing neocortex and higher thinking and doing science, they were always in fight-flight-paranoia mode seeking to annihilate their self-created enemies. Many times in history, one side starts the war, and they do that by choosing to create an enemy, where none exists, the enemy just having a resource they ERRONEOUSLY (as history of science proves) believe they need no matter what. ☺☺☺ That war then leads to another 9,000 wars on the continent thru a cascade of events, delaying the progress of the human collective by quarter a million years as everyone is busy fighting with swords when by now they could have been civilized and exploring other galaxies. The country that started it all could have been in space on 500 planets in 10,000 years instead of sword fighting their neighbors for 50,000 years for stealing some food they could have planted in their home country (*today, with vertical farms and veganism, renewable energy, solar powered morning fog into irrigation without pipelines, desalinization plants,* any country can be self-sufficient). ☺☺ But perhaps this is the law of karma so to speak, those who stoop so low to kill by weapons (for a little water, resource they can get in an alternative way by nice discoveries or asking or trade, etc) often times remain in that stage for eons, as we humans did. ☺☺☺

Ancient people thought that swords are the only way to defend, but it was not always so (or ever, people just did not know the words and tone to use, due to limited intellect and emotional development, to turn around any situation, hence to bring lasting peace, we need more creativity and kindness? See the ideas of the immortalists); an angelic tone and infinite love from many, doubled with infinite patience, would have transformed the invaders and enabled the small conquered country's ideas (not people) to even take over the empire sort of (inspire by living example, co-manage the empire with those who follow the way of Immortality and make the violent empire a peaceful one, the world's savior) – but people lack that infinite universal compassion, so they resort to 'yelling, violence, killing'. See the Infinite Knowledge section. We could hypothesize that wars happen due to the fear and paranoia that runs thru our genes from our ape and mammal past, which lends us a very scarcity like mode of thinking where the belief

(like a collective hallucination or illusion) that "war has to happen for peace to arrive" becomes the accepted and then remanifested collective reality. Animals outumbered us when we emerged from apes, if that's how we came to be, and their mode (kill) of thinking impressed heavily on us. But now with science we see how unlike animals, humans can extend their lifespan and build a world of Immortals without needing to kill any human or animals or even plants some day (when agriculture is obsolete and new methods exist that are far cheaper and eco-friendly), where nobody ever thinks of harming another human Immortal, and all work to extend lifespan from 90 to 500, then from 7,000 to 90,000 etc. 500+ of mammal species never kill their own, why do humans then do that if humans have the technological means to create a Civilization of Immortals? It's historical inertia perhaps and we can cancel its influence via new scientific discoveries, a gentler culture and more tenderness. Fear runs our civilization, fear grips the brains of many people and they sometimes repeat history over and over, almost like "never" learning from history. ☺☺ We're terribly afraid of the unknown, of change, so are the leaders of countries and policies, and moving away from the old is frightening, how can a world with ☺ no war, no ☺ violent sports, ☺ no martial arts, ☺ no boxing, no shouting ☺☺ exist they wonder? Aware of this, we're filled with compassion,☺ understanding and patience, and work towards a more peaceful future, where overt or covert war or violence are no more. Likewise, countries often spend eons to try to convert another group of people to an ideology or religion, when in that time they could discover new science, so amazing & beautiful ☺☺☺, they would immediately realize the beliefs they tried to force on others were completely false too and they wasted 30 centuries with useless wars, delaying their building of a world of Immortals. Perhaps truth is self-evident evolving complexity, when true, needing no force to be arrived at; force only is needed to keep a lie alive, only works temporarily, since lies can't withstand eternal truth and the passing of eons? Is truth perhaps Grace, Gentleness, Tenderness, Sweetness? ☺☺☺

Today, every country, using solar panels, wind, hydro, water from air, desalinization, etc can be self-sufficient, especially since veganism can feed 10 times more people and 50 times with Eterni Foods of no agriculture of the far future. Yet, people war for material things they don't need to live to 300 in peace. Torture, negative methods, *wars* have no winners, they delay the Civilization of Immortals by eons. All *lose in a war*; some lose their life, so they lose everything, 100 times more than the little things they would lose by kind compromising for peace and Immortality *for* All . People are ilogical, risking losing everything for a little thing, as with dangerous sports, swims near sharks, wars. The ☺hero☺ is not he who deceives or who kills/tortures, but he who prevents all *killings* and brings peace without any violence, threats, lies, intimidation, but using loving kindness, universal compassion, gentle tender healing *nurturing* grace. Killing/torturing even 1 person 1 minute is the "least wise/smart" thing because it increases dramatically the chance of being killed oneself, and can start a cycle of violence that

kills a trillion, slowing down arrival of the Civilization of Immortals by 5 billion years. ☺☺☺

Almost every 15 year old will understand this, but many 70 year olds don't: if you spend a lot of time destroying enemies, you become an expert at such destructive lifespan shortening methods, which are *way easier* than constructive lifespan extending methods. Takes 100 years (*3.2* billion *seconds*) to *build* something big, *1 second to demolish it*. The time lost in destroying enemies, can't be used to help self and allies to increase lifespan. There are two ways of thinking: 1. destroy all "enemies" (helpless brainwashed humans) or 2. help the noblest more (extend their lifespan, so they develop nonkilling defense methods, and discover new ways to turn enemies into *friends of a trillion year living humanity*), while not killing enemies. The "destroy enemies" has been the number one mindset in popularity on Earth, taking all time from lifespan extension to lifespan shortening. The karmic, physics or logical consequence of that is obvious, we live to 100 max, as millennia ago; *forgetting* God's infinite *gentle tender soft* loving kindness comes at a price ► short lifespans FOREVER. ☺☺☺

13.18. Science increased letter sending speed a million times in 200 years, and even lifespan shortening capacity 1 million times in 50 years. Why not increase lifespan adding capacity a million times too?

People often times are pessimistic (due to historical inertia and history classes), and forgetful of how much human science can progress when enough dedication exists.☺ Unfortunately, people are often a thousand times more dedicated to creating destructive weapons, that wipe out 20,000 people in 1 second, or about 1 million lifespan years vanished in a second, than to creating creative healing technologies, a mist or some kind of "bomb" that once dropped would double the lifespan of everyone, adding 1 million lifespan years and make them very peaceful too perhaps as amazed at this divine grace. They don't seem to realize that exactly as human beings have gone, thru scientific dedication, from the capacity to destroy just a few people (19th century) to a few million (thermonuclear just 50 years later), i.e. to remove 1 million times more lifespan years, they could achieve, thru scientific dedication, in 50 years from today, the ability to extend human life 1 million times stronger. ☺☺☺ If we look at our culture, we're hardly pressed to see one video game or movie, book, etc where some noble civilization deploys an airplane that drops a mist or something over a city, enabling everyone to live double their lifespan or maybe 1000 times longer, and to bring peace. This simply doesn't cross our minds often, because we behave unconsciously as history imitators. Today we can accept reverse engineering things, we can accept that as humans can take out about 5,000 billion lifespan years thru current technology (wipe out 10 times the world population easily), we can by other technology or "bombs of Immortality dust" if we wish to use a metaphor, help every living human being live 10 times longer, i.e. add (not subtract), 5,000 billion lifespan years. Why are

we so biased to only perceive as possible to make scientific progress in 50 years to only subtract lifespan years from human beings a million times faster and stronger, instead of also the other way? Why aren't we giving Nobel Peace Prizes to people who want to invent a nanodust or eternifood that helps all people "bombed" that way to live 10 or 100 times longer? Some people are extremely easy to be duped: they would easily subtract lifespan years of "other humans" in wars, forgetting that those "other humans" and the *million times more negatively affected by the war* could have spent this "war" time to make the invention that would have enabled everyone, even the "guys busy starting wars and shortening in various ways the lifespan of other humans" to live to 200 or 500. We only need to discover a tech to double lifespan every few decades to enable everyone to make it to very long ages. Yet, nobody seems to realize that the moment they agree to go to war and wipe out other humans, partially or entirely, they wipe out themselves, the chance they had to live longer, if they created a world where instead of millions "trying to shorten everyone's lifespan" everyone tries to lengthen everyone's lifespan.☺

Because of scientific lack of understanding, of how much science can improve human condition, people become very self-centered and pessimistic, and if they don't believe in afterlife or some form of God, they fail to gather any strong motivation to build a peaceful world for this or future generations. One time people used to travel with chariots, today we use cars. Why is it so hard to imagine a world where there are no more wars or violence among humans? It's a new understanding that enabled moving beyond chariots as a way of transport, and a new way of understanding that can enable humans to move beyond war/violence/lifespan shortening (via threats, harassing other nations, etc) as a way to solve disputes among them. ☺☺☺This new way is more optimistic, it's based on the wonders of science which enabled us to do things we have never done before. We were able thru science, in just 80 years, to travel 900 times faster, at 17,000 miles an hour via ISS instead of 25 for a human runner. We were able to send a letter in 1 second (or much less today via email) not 4 weeks, in about 150 years, a million times faster. Why can't we thru science in just a few decades, figure out how to achieve a world with a million times less wars, violence and aging speed? We increased destructive power of our tech 1 million times, but we have not even tried to increase its creative power 1000 times. We have technologies to instantly (seconds) obliterate 1 billion lifespan years in any big city, but we have no tech to add a fraction of that 1 billion lifespan years, even in months, let alone seconds. We can build houses now in 2 days with 3D printing and new modular techs, it used to take years, why is it so hard to imagine we can build a world without any war and violence, where we put "humanity first in its entirety, with nobody being wiped out in any covert or overt means"? We see other people and think that they're different, but shortening their lifespan shortens everyone's lifespan indirectly, yet we keep repeating this pattern each century, and our lifespan has remained pretty much the same, living to 100 maximum for most (just like millennia ago),

usually 80. It's an illusion to think one gains by wiping out others. The moment a war starts, everyone loses, especially those who start the war (who raise the stakes enormously against them, by increasing anger of the attacked against them) because the war affects billions of people (who no longer work as one to discover that tech that triples everyone's lifespan). War or violence bring pessimism, fear, paranoia, selfish jungle behavior worldwide fast, all forget lofty ideals. War brings the very worst in humans and ends any hope of long-lived civilization to ever emerge among us humans. ☺ This goes back to the previous section ideas. ☺☺☺

It is mind blowing, how easy it is, for millions of people to be convinced that some "country is bad" and to go in full force starting a war that delays science progress by centuries, as everyone spends time to react to that war and heal from it. This may be precisely because our culture, music, etc don't have any strong focus on nonviolence, the very idea that "shortening others' lifespan shortens yours" doesn't register in their mind. Some people are so selfish (due to the illusion of not realizing others' lifespan relates and equates with one's own lifespan and health) and confident of their 'knowledge that they can't live to 200 (or slow down aging of everyone in 30 years, enabling everyone to live another 100 years or more) by any invention those 'bad people (they need to wipe out) can help them discover'", that, since "afterlife for sure doesn't exist and humans are the smartest species in the universe", there is no point, for any self-interest reason even, to care about the immense suffering of billions of people destroyed by every little war or single act of violence. Many don't give it a thought, so this type of thinking will end up badly, if in a million years we encounter some aliens who're way more advanced (technology to shorten lifespan, not to lengthen lifespan; technologically, not spiritually) than us and we attack them and they wipe us out by accident or out of caution or fear. But, many people are too stressed or preoccupied with the latest sports games, lotteries, liquor/vape stores sales to worry about living to 150, the end of human species or the suffering of billions of humans as a result of every single act of covert lifespan shortening or overt ones, like open violence or war.

What is the chance this type of idealistic thinking will replace the hypotheses or beliefs people operate on? I don't know, but this is the 1st time in history where we can reach all humanity via media and internet instantly, so it's the first time when peace desire and longevity ethics can be coordinated and created at every level. Instant communication was given to us by science or hypothesis formulation and testing, not by unquestioned beliefs Paleolithic men might have had or we still have from them. Leaders are gripped with fear, so they create wars to wipe out enemies, due to not believing they have the capacity to transform those "enemies" into friends who work for everyone's lifespan doubling. Sadly, negative beliefs create negative futures, so the negative thinking creates short lives: wars start and everyone loses in the long run, no winners exist. If people set their goal to 100 mph speed, that's what they achieve, but with 17,000 mph speed, they achieve that.☺☺ Our goals are so paltry in every nation when it comes

to ending violence in all its forms, our achievements only reflect that scarcity of vision. To even propose World Peace in 3 months or so, would be thought of as wishful thinking.

13.19. Infinity and Immortality remove all *war incentives*

Today all small medium nations can form 10-20 regional unions, to help them all be self-sufficient in resources and avoid any wars among themselves over resources, by creating a common identity or new nation, just like EU nations formed EU, which is as a whole smaller than USA. By realizing that religions were made up by spies, all religion wars end too and everyone is happy. This is the quickest way to World Peace. This helps nations without sea-ocean access to get water by desalinization. Today, solar panels allow any land locked nation to use morning fog to produce irrigation for crops. Nobody needs glaciers and rivers if you got desalinization plants, so wars over water in rivers has no meaning. Unlike animals, we realize, thanks to 20th century science, that there is infinite space, land, resources for all *nations* in outer space and food here (by recycling, *vegan* vertical farms, water lentils (duckweed) (ω3:6 ratio 2:1)), without war or need to kill anyone, but with advantages in helping one another to triple lifespan forever, with infinite time to develop infinite gentle soft tender kindness for all humans. We realize that every nation, using water from oceans, seas, etc can produce unlimited fuel, "oil", from water and CO_2 using sunlight, and that wars over oil or etc are not needed. We realize that the longest living people on Earth, Singapore, (since Monaco is a old 56 average age rich people town of 37000 living to 89) live with a population density of 8502 people/km^2, which is 1000 times more than Russia with 8.4 people/km^2, yet Russia wants more land from Georgia, Moldova, Ukraine, while their Russian citizens live to 72 on average, or 15 years less. Likewise, advanced humans in Singapore could easily live to a trillion, while violent thugs in Russia still live to 72. Knowledge and ethics give life, not land size. Eternal Life which is born only of *gentle tender soft nurturing* graceful *universal* loving kindness, not torture and theft of land by genocide: see Aussie colony. Americans live to 81 on average as trillions are wasted on bombing other nations into the stone age for more than a century, even if they got 37 people/km^2. We realize that if we had the tech, all people today could live to 9 billion no matter how dense the population is or is not, we realize that if we try get more land per capita via war, torture, violence, we postpone this era of long happy lifespans and may still live to 200 in a million years, as all we do is fight like baboons. Why do people need wars for? It's pure insanity. Singapore fought no wars, sent no weapons to others and they live the longest, it shows what is wrong with so many nations busy exporting weapons. Hong Kong lives longer than most nations, to 84 on average in 2024, even if many people live in ghetto apartments of 55 square feet, (British gift to Cantonese Chinese?) meaning 10 times smaller than the 550 sq ft of a 1 bedroom apartment. With science one doesn't need any resources, since all is made from raw atoms, from earth, dirt, infinitely available to all.☺☺☺

Eventually all will figure out how to live to a trillion years old and if we spend 100 times more energy in researching longevity, instead of 99% of human energy spent with spying and warfare, we will get there 100 times faster. A few extra tons of a given material or land won't get any nation immortality, only eternal war if these are stolen by war. There are trillions of techs to turn any dirt into the food that makes everyone in any nation live to a trillion. The human chimp will evolve to be a human and realize: every nation has the electrons, protons, neutrons, particles needed to grant all its citizens Eternal Immortality, Trillion Year Lifespans. The only Obstacle to that is the lack of Knowledge, Ethics, Anthem, not some materials, lands and goods they covet from other nations they want to invade, subjugate or slaughter. Knowledge of Immortality is arrived at via the Ethics of Immortality for All, embodied at all levels of a society, via the 11 companies and the Immortality Credit Score. No nation needs anything if that nation has virtue, ethics, dedication to science and knowledge of longevity gained via the scientific method, via ethical publishing. War and killing only delay the advent of trillion year lifespans for anyone, so no intelligent person starts a war. A war is the lazy man's rejection of science due to wrongly thinking that the only way to an outcome is a material. In reality, trillions of ways exist to million trillion year lifespans without that material, to Immortality. There is no need to murder millions to get it, as that destroys the human quantum field. This is the aristoc-rat mindset, of a rat, whose IQ is hardly above that of a mouse. The aristocratic elites of all nations have the IQ of bipedal rats, known for their cannibalism. They are not dedicated to nonkilling, nontorture, noninjury, to ethics, to kindness, only to murder, force, hooliganism, deception, torture, killings, robbery by genocide. Until the human chimp evolves past baboon stage, nothing can be done. This book aids in that development. God save the chimps. ☺☺☺

Perhaps, we can say the history of our "probable evolution from chimps" led to brains that are geared towards fear, violence and paranoia, so it may take 1-2 years to offload such "tiger-chimp thinking" software by changing the culture. Today's tech is a billion times more powerful, we can calculate things a billion times faster, we can overcome historical inertial chimp aggression tendencies in years, not millions of years it took to create them via "cultures born out of misperception of food and land as finite" that led to "eternal" warfare. Any disagreement over how to triple lifespan can be solved peacefully, in a win-win way that triples human lifespan ad infinitum, reaching billions of years. There is no need to conquer more land, change borders, torture, enslave others; on the contrary, these things only slow down the progress of all groups involved in this all consuming fight, as then almost every scientific big effort is employed to make better overt/covert war systems, instead of to make us live to a million years old (800 first maybe) or expand in outer space or build new dimensions or expand in inner space via dimensional transfer if it were possible. ☺☺☺ Together, *all nations* achieve 500 year lifespan possibly 1 million times faster than by war. A bright amazing & beautiful ☺☺☺ future awaits us

all, when we aim to be nonviolent, with gentle music healing and transforming into loving kindness our “chimp DNA” aggression, with nurturing grace tones of speech and intent, until we become Immortal Energy Beings living to 7 trillion years old.☺☺☺

For eons, humans have used violence, war, threat, intimidation, coercion, enslavement, etc to try to bring peace and a civilization of long lived people (some dreamed of Immortality even millennia ago), yet it never worked. If millions of people tried that, who joined militaries, spy agencies, etc how can an individual think (with confidence) that *he* (***the intergalactic expert on peace who saw 3 billion civilizations rise and fall?***) is going to bring permanent peace and amazing & beautiful ☺☺☺ lifespans using the same *failed* methods of millions before him, deceit/cruelty? The world is awash in weapon devices, how can one guy, who is ***smart and humble, honest*** and kind, think that one similar extra device will bring peace if 500 trillion devices (almost identical to his in function, some even shape) before did not? People think they're guided by God or human frail incorrect science if atheist, that they know best who is good and who is bad and who deserves to live and not live, and use this excuse to kill one “last bad guy”, because this is the “last war”, without trying seriously healing, loving kindness, trust building, etc methods described in this and thousands of other books. He justifies his act of violence as preventing a greater evil, becomes very prideful that he killed one “bad” guy (who may not have killed anyone if soft method was applied genuinely), but creates an even greater evil or equal evil without realizing due to the side effects of the chain reaction that starts from that violent act, but the result is not in his lifetime maybe, so he can't see it. The soft healing method, the reaching out for peace would create conditions for future bad guys to not do bad things, even if for that one guy it may have failed. The beginning of a big change (from hard to soft power) is often times the most difficult step. He thinks he's a guru/expert of the “Divinity or the Psychological Science if Atheist” (so called predictive behavior models) who decides who is holier and better than others and deserves to live and who is to be exterminated, enslaved or killed. This type of thinking, lacking any humility, playing God, inherently brings eternal warfare. It's the equivalent of people trying to use the same method of delivering a letter (that takes weeks by boat, horses, etc in ancient times) and hoping the speed (of peace/longevity bringing) increases 1 billion times (today by email). It took centuries to develop science thru humility, hypothesis thinking and formulation, discover the Internet and send that letter 1 billion times faster via email. It’s sort of like telling a cave man to achieve the speed of a 17,000 mph rocket using a cart, chariot or his legs, same method of millions of years. It's not possible, we need a new understanding, a new science, and we can easily hypothesize, a science of peace free from torture, pressure, cruelty, meanness and any violence. If we want to call ourselves human and civilized, fans of spirituality, we can easily argue that we can't accept as ethical any killing, torture and violence, overt or covert. But how often do we hear this from a preacher? ☺ Almost

never, instead, we hear them glorifying defending the country thru wars. This preaching seems to be due to our past as chimps fighting over *food and land, without realizing they're infinite*. Perhaps this chimp thinking is clouding the soul when it tries to evolve beyond the primate thinking, and ennoble the human form towards living to 150, later 900 or 80,000 much later in peace, changing its DNA and way of life, so we can manifest a peaceful civilization ready to become a Civilization of Immortals, which is not some " peaceful world that always will happen after a few centuries after we wipe out some bad guys", but can happen in 3 months. ☺☺☺

Infinite Resource Realization causes EVOLUTIONARY DIVERGENCE: A New Species Emerging

Cannibal chimps eat the kids of nearby chimps, with shocking frequency. Out of these chimps the peaceful chimps emerged that later became humans, who still engage in cannibalism in some tribes. However, most humans are past that level, preferring to do cannibalism in covert ways of war, slow genocide, extermination, etc, as shown in the 1000 genocides caused by the Jewish Bible. Most humans are inherently cannibalistic in their behavior, by supporting eternal violence and war due to the hyper violent scriptures and ideologies. Spy agencies focus on win-lose, how to steal something from others, the first place in this and that, the land, the resources, they never aim for how to make all Immortal, WIN-WIN of all nations. But a new species may emerge, like humans our of chimps. These clowns in power fail to get it, Singapore lives 15 years longer than Russia even if having 8000 times less land per capita. Fights over land continue unabated, as if these ☺abysmal IQ☺ folks have remained at the level of cannibal chimps. As such Earth is a field of eternal genocide. Every radio, TV station bombards us daily with images of war and ideas of Win-Lose, let's kill to steal, killing, wars are good, kill more, build more boxing gyms and UFC to train to hurt other humans, WIN-WIN is not possible to be expressed every 20 min on radio-TV as chimps rule the planet and their death worship is unchallenged, nobody dares to say "Immortality *for* All, TRILLION YEAR LIFESPAN FOR ALL IS POSSIBLE" every 20 minutes on TV-radio. It's a prison planet where a Cult of Death, Lynching and Violence has taken over and no alternative thought is allowed. We're not even talking about the hyper violent music lyrics and tone, totally against trillion year lifespan for all. In this infernal madness, realizing most humans are no different than wild beasts, a nonviolent species is emerging, that may diverge by moving off planet secretly. We live on a prison planet, where the news is always about war, we never hear any honest religious leader either, only conmen who act as puppets for the state who uses places of worship as military spy espionage bases, to subjugate, enslave everyone, keep all nations as low IQ as possible, as easy to enslave and milk as possible. When was the last time you heard someone calling for "All to wish trillion year lifespan to all" and World Peace in 3 months and 0 Violent Crime in 3 years? Never, even if this is the most basic level of good intentions, of ending genocidal covert war to drastically lower average IQ of other nations, to exterminate them. No win-win, only fraud, deception, conning everyone with empty

Jesus or other cults of "Peace comes in a trillion years when Jesus miracle staging expert comes back as a figment of your imagination". You look at wild dogs eating prey slowly and realize that they don't understand chemistry or math even if you want to teach them. You look at the world today, and sometimes you wonder if these people who rule the nations can even comprehend this idea of immediate peace being possible, of ending bad intent, of ending win-lose thinking. It seems the difference between Homo Immortalis and people today is bigger than between hyena and humans. The planet is ruled by mostly violent military generals who have cross bred to create the most ruthless fighters possible, via generations of spies, and this has removed any trace of Immortality *for* All intelligence in humanity. People often behave like the lowest IQ cows you can see, without realizing there exist 4 trillion planets out there for each human, so fighting over land or etc is low IQ, illogical, since all can have vegan food, vertical farming, desalinization plants and pipes from ocean or sea, or join with other countries to form bigger nations that share resources and strengths. It doesn't occur to these pathologically violent ants that they can become human and stop all wars. They behave like ants who kill each other with ferocious brutality over land they don't need, as traveling a little down, there is infinite space for all ants. Incredibly ☺abysmal IQ☺, many humans behave like the lowest IQ ants. People forget from the point of view of an Immortal who lived a trillion billion years, humans live as long as ants, having similar intelligence. Newton's third law of classical mechanics says action force equals reaction force. This law extends to many particles, energies, thought imprints, brain quanta of recently dead by 1-50 year torture people, it means all nations who use torture/killing/theft/slavery to achieve any end will eventually be destroyed. Thus, all nations today, who use torture will be destroyed effortlessly (without any human trying) by physics over time. The wise & patient who knows this, is protected by Tao, the Physics of Reality. Without force, wthe Tao never perishes. By yielding, the wise shapeshifts, overcomes.

13.20. Symbols, Parades, LanguAge of Immortality & lifespan tripling, not violence

13.20.1. Intro (11 pages on anti-Immortality and Immortality symbols in Earth 'cultures' ☺☺☺)

13.20.2. One Earth Language, symbol of Universal Peace, of 1 Family of shapeshifting Immortals

13.20.3. Special Eterni Tone speakers for all public persons to lift the vibe, extend lifespan☺☺☺

13.20.4. Ultra simple grammar, pronunciation, phonetic writing for English & other languages

13.20.5. The merger of 20 East EU nations into an English speaking nation named Eternia ☺☺☺

13.20.1. Intro: 11 pages on symbols in our nonexistent "cultures" (culture = no violence).

In eterni tone at parades (see next paragraph on the ethical way to do any military parade) or red (lavender) carpet visits section, where power to heal and triple lifespan is displayed at

leaders' visits, not the power to kill and shorten lifespans, we see the power of Immortality symbols, the weakness of death symbols. To kill is very easy, it takes a second, but to give people 150 year lifespan takes 4.7 billion seconds of tireless work by millions of scientists who figure out antiaging techs and try to diminish stress and pollutants. Empires have used swords as symbols of power, wikipedia describes the sword of state, as symbol of the power of state against enemies. This sword symbol views the reign or power as attained by destruction of enemies, instead of by lifting of oneself/allies, leading to taking a trillion times longer to achieve long lifespans. In human history we see people spending enormous energies destroying others, or keeping them low IQ, instead of lifting everyone up (lifting up the kindest most of course, and perhaps not lifting much at all the meanest, but not destroying them, just turning enemies into friends). Why not have a dove or infinite lifespan symbol ∞ (∞ made into a part of Royal jewels of the 26 monarchies on Earth or "∞ lifespan" or "Immortality *for* All" etc printed (2D or 3D, no swords, lions that disturb human quantum field, only kindness) on the hats, uniforms, suits of all soldiers, clergy, politicians)? This way power is equated with helping allies triple lifespan (instead of stagnate), not with killing or destroying enemies, but transforming enemies into longer lived partners of a longer lived humanity. Enemies can help triple one's lifespan if one is kind. In a second one can demolish something that took 100 years (3.2 billion seconds) to build. Using the symbols of death (sword etc) is unconsciously repeating the historical inertia, making it harder to bring a Civilization of Immortals. ☺☺☺ Few realize that the symbols of many parades, the tone and etc are connected with the horrific deaths that in the UK were banned in 1870 only. Other nations have similar symbols that 'we are told to love and deify each year', when they're an extension of the Bible 'ethics', of the horrific torture, organ/head removal, slicing in 4 pieces. These conmen pretending to be (*for profit*?) '*prophets*', like Jesus saying to cut people's arms and pluck their eyes out, have defiled the quantum field of humans for millennia, without realizing, since their psycho words have become scripture. Deaths need to be quick, so the pain doesn't pollute the quantum field, if savages still practice capital punishment. All cruelty needs to become illegal, all killing, all torture, to create Eternal Universal Peace. This needs centralized education that is free from cruelty and violence. Beheadings and the like were common in the times of Jesus, so the 'son of God' was simply using a normal advice that the people heard daily, sort of like today "if you have a headache, take Tylenol". He could not phantom that in the future this would be abolished, as it is today. Likewise, the 'last (*for profit*?) '*prophet*' in the Quran has given a lot of mutilation quotes and his sword symbols are 'holy'.

We see in many republics or kingdoms, swords, bayonetes (the sword like thing at the top of their weapons) displayed every time a foreign leader visits and they make it a big show. This can easily be interpreted by those watching (their brains get programmed into this thinking) as focusing on and, arguably even worshipping, death, eternal warfare among humans and

destruction; this is not focusing on or creating Immortality or valuing/worshipping the Healing Grace of future human Immortals and/or God who know a billion trillion ways to peace and power without threats, intimidation, violence, war. What do we want to create? Repetition of the past or eternal ∞ lifespan extension of a Civilization of Immortals? There are reportedly symbols like CE or the crown on beer glasses *(or all kinds of products for other symbols or words, without using that space to promote the idea of* Immortality *for* All*, wasting the opportunity to focus on* Life Immortal*, using weird letter combos that few relate to or understand, when it could say* Immortality *for* All *– ETL or UL or etc, because nothing is more important than* Immortality *for* All*),* when it could say 'Immortality *for* All' or Immortality *Nurturing* Agency the name of agency that certifies the size of the glass and have printed instead of a number a note about effects of alcohol and how nobody needs it to live to 110, etc; alcohol leads to a lot of violence and mistakes at work or even while driving, many cancers and birth defects; the European Union CE (or conformité européenne, European conformity, instead of eterni conformity or Immortality *for* All standards, which would be less "tribalistic, geographically limited", and much more Universal and apply to 200 galaxies the eternis expand to, nobody will know about a tiny EU, smaller than a big country, on one of 10 trillion planets part of the eterni or Immortality Union) or UK Crown symbols on alcohol containers, without stronger disclaimers on life shortening effects, degrade these institutions and shrink human lifespan, because wine, beer don't have positive effects only on society (due to antioxidants which are present in other foods at 100 times higher level). UK got UKCA to replace CE after Brexit. Seeing Immortality word (very colorful, to remind us better, if Immortality *for* All is too long for some products with small labels) on every product we buy is a good way to remind ourselves of what matters in life. 'We the People', democracy, is not about CE, UKCA, the crown, it's about *the people, their Immortality, longevity, health for all.* Some EU nations may decide to take fast steps towards Immortality *for* All and create the Eternia Union with English or a new eterni language as common unifying official language (still keep their present official language for a while) and use IFA (Immortality *for* All) or Immortality as the mark, though IFA would be meaningless to many who don't know its meaning. Talking about alcohol, did Jesus like alcohol? Is that why he turned 'water into wine' and told everyone to drink in memory of him? The God of the Universe chose a dangerous substance (which allows easy control, spying maybe on others when drunk, is that why they did mention Jesus being OK with drinking wine at Cana wedding?) that was for millennia after Him responsible for endless accidents, violence etc (3 million dead yearly), it's like a cult leader today would make a ritual with some vitamin or substance that once easily abused would cause disease, death decades early and unhealthy behavior; we know today we can make drinks 80 times healthier than the healthiest wine, that have included in them almost all the nutrients in Chapter 12, from various *vegan* juices combined even without added vitamins, nutrients (that now could be added to make it 900 times healthier) – isn't it odd that

instead of fruit juice or plain water he tempts people to indulge in alcohol to recall him? All the benefits of wine we can get from drinks without alcohol. Wine leads to severe malnourishment if used as a main drink with bread, but a living healthy drink would be something very different that offers at least all vitamins, etc that are absent in wine and many other nutrients. So, rituals or symbols offer cues as to what's acceptable. Did alcohol get him in trouble with authorities? So, we can see symbols are important. Some USA denominations Mormons, Adventists teach abstaining from alcohol, some don't even believe Jesus said those words about bread and wine.

The sword symbol became popular because of the primitive myths of "ArchAngel Michael" which conceptualized that God needs some sword to fight some "bad spirit", but the modern mind is subtler and more complex, knowing that God has infinite ways (without swords) to fight, to tame anyone and turn enemy into friend without torture and threat, but via many positive methods; with new tech one can immobilize anyone without killing, then transport them into a healing place, as in the Loving Grace of immortalist soldiers video section. There is no need to torture, threaten and intimidate anyone to achieve World Peace and harmony. Other symbols of death that can be let go of: all over the world, parliaments, courts, etc use the hammer (or rods to open doors by knocking) to make silence (communists used it as symbol too, odd, the sickle of the communists is evil too, since it can be used in violent crimes). They can use compassionate eterni tone recording of the "Immortality" word, sung slowly, to achieve the raly the left, the most angelic music in the background, and perfect tone nobody can do in a court or parliament, except after trying 900 times after weeks of rest and ☺☺☺ eterni *emotions* and states of consciousness, prerecorded to use technology to help us evolve our emotional brains. There is a huge difference between a wood hammer (US Capitol) or rod (UK Parliament) knocking vs singing "Immortality" in a female angelic tone. These are just some examples of symbols in our cultures from the infancy of our species, which will disappear as we evolve to a Civilization of Immortals where every sound is the healing sound of Immortal grace that extends lifespans and promotes the most eterni positive emotions. Millions of people find the image of the cross with the torture Jesus allegedly endured as a violence symbol too, as it brings that negative (and death) stuff into the psyche more, why not replace it with infinity sign, heart, smiley or some other positive sign for immortal life, since the main message is about eternal life, not about suffering, death and torturing others. Life is fluid, flexible, gentle like the eterni "Immortality" sung *over speakers,* death is rigid, violent, unyielding like the sound of hammer, or the gun salute people have used for centuries at "festive occasions", celebrating life or events with the sound of killing? How logical is that or how longevity building is that? Metal or wood hitting wood is just a mechanical sound of lifeless objects, it has no life in it, musical human gentle healing choirs have live sounds of live people. When wind blows, the plants that yield and bend (are flexible, gentle) survive, the other ones die, this metaphor is described in Tao Te Ching to

explain the basic idea of Immortality thru gentleness, *tenderness*, softness that imbues every aspect of society, even the tones and sounds at ceremonies, parades, formalities. Many symbols lack in *nurturing* healing compassionate grace, they amplify and create less *scientific* progress, thru exponential focus on destroying others instead of *healing*. We use symbols in the names of our parties too, we call parties "democratic" (people power). *What use is power without longevity or life of 900 years?* The political chapter talks about political party names. ☺☺☺

Torture is a symbol of death and short lives, that can be abandoned. Unfortunately, millions of people go thru police, military, etc traning where they're tortured, in the false hope of the torturers (who forgot there are trillions of positive healing methods to build "resilience"), not hope of the "trainees who didn't agree to it, in case of military draft etc", that this makes the "tortured" more "resilient", prepared if caught by the enemy. The trainee brains are damaged (from sleep deprivation, torture, yelling, like in some seconds in this clip of the ceremony of the keys, or this), becoming incapable of reaching the highest potential of eterni tone ☺☺☺ in intent, thought, healing capacity (which doubles resilience as enemy is kinder) achievable before the "training", which would enable them to turn enemy into friend and bring peace without negative methods. It is, in the view of millions, completely unethical for *militaries worldwide*, to display in their *parades*, changes of *guards* such violent yelling tones that pollute the mass consciousness field and that in family circumstances would be considered verbal violence and abuse thru yelling tone, a criminal act, which unfortunately, when repeated in a billion families shifts the planetary vibe towards world war.☺☺☺ It can be argued that it is thus an act of mini-genocide for a government, to display such yelling tones that pollute the vibe and brag about them, as their effects go on for centuries. Unfortunately, our planet is so violent, that nobody even notices the insanity of it and people are curious and willingly polluting themselves watching these insane parades, which are in every government, the evil has become good, and good has become evil. The militaries of the world can evolve too out of the jungle energy mentality, to that of the evolved eterni soldier and human, and replace these ground stomping violent displays of rage yelling with a peaceful song of defending the Immortality *for* All vibe, holding the vibe that prevents war, prevents intruders, instead of kicking them out or intimidating them by scary tones. We're trying to prevent violence not to deal with it after it happened, like a good doctor prevents disease instead of curing or managing it, so the 99% of military effort has to be prevention of violence and war via Immortality for All culture building worldwide, not dealing after the fact with issues in brutal killing ways. It's the infinifte love of that trillion year old Immortal that calms all and brings peace instantly without war☺☺☺, not the hyena/lion yelling behavior today. So, united in universal loving kindness and *nurturing* healing *gentle tender soft compassion* vibes, they sing "Immortality for All" types of songs, display no weapons, use mics to amplify eterni tone, praise the ways of the Immortalist Anthem,

while wearing colorful or shapeshifting uniforms with "Immortality for All", smileys ☺☺☺, with kindly smiling *faces* (showing their faces, not covering them with hats) not tensed ones like at many parades or events like Kremlin, "World Peace" written on them, gracefully move like in tai chi or healing, graceful ballerines ways at the tune of eterni *music* and tone that calm all and wage peace without violence; the ethical soldier wages peace, and prevents war; the unethical one wages war and prevents peace by his negative methods. If God exists, when spies, police and soldiers go to the afterlife, they will be asked: *which way did you defend peace*?☺☺☺

The ethical soldier is using the nonkilling nontorture ways of healing, and acts in a way wholly different from most soldiers of 21st century, brainwashed tortured robots, too afraid to think and speak their true opinions, drafted at gunpoint, forced to join militaries, terrorized by prokilling generals, turned into robotic "drones" who don't think at all about long-term consequences to human species quantum field. These helpless soldiers, even in volunteer armies, don't realize the generals, recruiters used brain influencing gadgets to write their thoughts and have them want to join, only to be disappointed later by the stuff going on, so their unethical behavior is forced. The British Army is obsessed with tradition, look at the super ugly 2 videos of the guards at the start of this paragraph, the dungeon like brick buildings like the grey exterior of Windsor Castle that recently hosted a very boring ceremony with stomping, frowns, booms, etc (compare that with Kremlin interior, which has only a few colors and is ugly compared to the future of many buildings when holograms, AI, etc make everything way more colorful) that by now, with all time wasted in ultra boring ceremonies around it (and other monochromatic buildings like Buckingham Palace exterior, etc) and unloving stomping on the Mother Earth, yelling, nuke explosion simulation by gun firings, etc, they could have made it using some spray paint (or pieces of plastic attached to the brick that never fade the paint) or colorful light projectors at night so colorful, with 100s or 1000s of colors, the top 20 eterni qualities names (*Gentleness, Nurturing Grace, ultra easy, since you can paint bricks in the same color to create huge letters of various words, each word a different color and various background colors from the bricks nearby etc, to expand the consciousness of the people, bring universal loving kindness and nurturing healing gentle tender soft compassion vibes to the center instead of* yelling guards, stomping, booms) that bring trillion year lifespans, Immortality for All Quotes, etc, way nicer than Disneyland with amazing peaceful music (not to mention everything is red, red carpets and red everything in Anglican church as if no other color or way of approaching reality and bringing Peace exists). can't see one World Peace ultra colorful alive thing, a sign of higher intelligence, nuance, complexity, like colorful☺☺☺ birds in nature, everything so cold and lacking in grace (vs spiritual music tone) bordering sometimes on 'a little (or more, depends on perception) cruel', tense and loveless, lacking in that infinite love for all beings vibe that brings infinite gentleness tenderness nurturing grace, how can it defend peace, it will only defend war? Unfortunately,

same thing happens in many places where Governments have headquarters.

No offense, sadly, every army seems very similar, but who knows, maybe some will change so fast after reading this book and bring World Peace in 7 months. The centuries of past are full of wars and these traditions are contaminated, carry the bad vibes of the eternal war of the past; to evolve out of the past, we need to discard yelling guard traditions and all other armies need to evolve, as they're doing similar stuff. We need discard selfish traditions like "the keys", etc, let it be about "Immortality for All" ceremonies, the health, longevity, Immortality of the *people*, not Queen only, the queen is just part of the *people*. This torture of soldier or spy trainee unfortunately is often done on purpose, not to build "resilience", as they want biological robots to execute commands without thinking. All this "training" does is make the country less secure, in the long term, because the planet is saturated with negative expectations, thought-feeling forms, descending into the chaos of the past repeating itself (eternal wars around or on the country). It's hard for top police, spy and military chiefs to let go and try something new, they find it hard to imagine (or feel, due to fear) that there are octillion positive methods to expand a civilization in the empty infinite space with trillions of times more land than now, without killing or torture of any animal or human. There is no incentive to behave, since many don't believe in God or afterlife, even if publicly they may say that, the only thing they fear is getting caught by a stronger enemy. "Resistance to enemy torture" training expects that negative future to happen, creates it subtly; it acts as if the bad will happe, brings it into reality, while depriving trainees of time to get far more intelligent☺☺☺ training. It won't make trainees less likely to switch sides if caught (but more likely to switch sides perhaps, or far more likely, as trainees are already used to torture and can think of negotiating the building of a Civilization of Immortals that the betrayed country didn't want to create, since it was a puppet colony of an 'evil' (misinformed) empire, focusing on "torture and killing" training) or to survive, because their brains will be stronger and more eterni in tone without the torture training. ☺☺☺

Will there ever appear on Earth, in the next million years, a civilization that doesn't use torture and negative methods, to break away from the millions of years of the past and try something new, as with aviation replacing chariots? The "historical inertia hypnosis" or magical thinking (no science needed, just *tradition*) of many military and spy chiefs is of such magnitude these days, these people are so lacking in *universal* loving kindness and *nurturing* healing *gentle tender soft* compassion, that they find it so hard to let go of their idea that "if we catch some enemy soldiers, we need to torture them to get their secrets", at least so "we get even for some torture they did 200 years ago", as if "you get even by using chariots because enemy country used chariots 200 years ago". What happened to the "kingdom of God is within" quote? ☺☺☺ *Greatest secret is within you*, not in others. This "torture gives secrets" idea is false, because people tell 900 times more secrets and become 700 times more cooperative if treated with

universal loving kindness that was absent in the "former country run by cruel military chiefs". Likewise, "torture gives resilience" is false as explained above. Think about how much we know now versus 80 millennia ago, we now know about 1 billion ways to prepare a specific chemical at 99.99% purity, by short synthetic steps or long synthetic steps. This was not available even 100 or 200 years ago, but people who had still a functioning brain (not destroyed by torture by their superiors), knew that such a billion ways exist. Likewise, today, the few (less than 50% perhaps, so "few", "few" and "many" are relative words, with a wide range, *30% and 0.001% can be* few, *99.999% or even 5% can be* many *in some contexts*) remaining independent thinkers in military/spy agencies (who're not brain damaged by torture and terror), don't realize daily that there are a billion ways to achieve an end, equal or much better (like 99.99% yield, not 4% and impossible to separate from the product mix), without using the primitive "torture and terror" methods of "training or secret finding" equivalent to alchemical hooey of the middle ages giving us stuff with 4% or 0.1% in the active component (unknown to them, just as today they don't know what brain process leads to change in behavior or "sharing secrets (false info many times, as memory gets blurred due to torture even when they intend do share)", they just assume the "mix" of torture did it, but often times it's not, he was going to say or do those things without it too, since the other country could, in theory, remotely control his every word almost (sometimes only, in theory possible, in practice much less) or due to something unknown (out of millions of possibilities) that happened at the same time of the torture months, just like millions of confounding factors in nutrition, and people think wrongly that person lived 1 year longer because of nutrient A). If you have brains intact, you realize torture is the worst way to get secrets (usually false info?), and much less to get secrets with precision (*our memory is so bad after just a few days of bad sleep alone, let alone torture added to that*), as torture alters the info stored in the brain (or info is remotely altered by country who trained the POW, without POW realizing the slight change that makes info useless). The POW knows some "torture" is not to get secrets (that he doesn't have many times, as low level POWs know often nothing), but to destroy brain to create a "mutant" that the country can "remote control from 5,000 miles away", so then the POW tries to just ignore it, because POW knows their experiment will fail, due to trillions of *confounding* factors that make *"900 miles away" (not a few feet due to gadgets disguised as everyday objects) remote control* ultra weak, including the factor of defense against such control by proper shielding discovered (in case the countries are real enemies and not role playing being so to control the public in both nations for their own profits). It's only with positive methods that you achieve 99.99% yield, not 0.1 or 4%. Torture likewise gives peace only with 0.001-4% yield at best, not 99.99%, usually by chance of other factors (*confounding*)☺☺☺, and always short term peace, as the torture is not erased from the memory, patterns of torturers and tortured, causing less harmony, since these torturers' brain patterns are picked up by quantum entanglement by other countries who then know what the

"covert torturing country" is all about (no need to see their body language, facial expressions or tones that give out their real feelings, although often the front spokespersons used are clearly anything but the embodiments of universal loving kindness in tone, body language, etc).☺☺☺

In science, in a sequence of 30 characters, one character wrong makes code useless, a few even more so. Most people are not aware of the levels of their mind, brain and how they can be influenced by gadgets. Among those who realize this, they can't speak, else their superior will kill them, because the whole structure is based on terror and violence. Imagine how many billions of positive methods to avert conflict (giving way better outcomes) next 100-200 years from now if people focus on discovering them as we did in discovering 1 billion ways to synthesize some things. But why bother to discover them, when they can just torture and kill and they have absolute power anyway? No incentive to change anything exists, as it implies a total self-transformation of the entire structure, every soldier, cop and spy, it's too daunting. Will anyone learn a fancy new language or skill if he sees no benefits in the short term (physical existence) for himself? Many won't. Even if there are short-term benefits, people don't even make small changes like quit eating bad foods, etc, let alone a deeper self change, part of it due to fear, stress, inertia, peer opinion, etc. The chemical synthesis analogy above alone could convince many to pause and consider alternatives to tradition and unscientific magical thinking based on the religion/cult of "torture brings World Peace". While a country may lack the tech of the sci fi movie to immobilize all enemy weapons in space to prevent any deaths, and may have to kill an invading enemy country soldiers, the invasion is not imminent in nuclear age. ☺☺☺ Thus, the country doesn't have to torture and destroy other countries covertly, to do trade with other countries and then acuse them of "unfair trade" or "imperialism", to use covert war, as these things take it away from the self-sufficiency and uncompromising eterni ethics that brings 7,000 times faster longevity science progress. A country gains a lot of time and progress, but not being so offensive, so destructive, since outright invasion is unlikely in the nuclear age of mutually assured destruction. The fools focus on destroying others, not lifting themselves and the whole humanity. Unfortunately, an honest look at Earth empires and kingdoms reveals this strong focus on destroying others, which is hard to let go of, when everyone does it.

Why be the 1st to let go, it's so scary, it's like the *generals* want soldiers to deal with the unknown, but *generals* never want to step into the unknown, it's like the clergy telling people about kindness but using a tone of speech that is wholly removed from any kind emotion, or people who don't practice what they preach, in this case generals to their soldiers and field agents. The habit of always undermining and destroying others covertly is not as harmless as it seems, it is a temptation that ultimately destroys the doer, as they remain in the low level mindset of not letting others develop, while not developing their empire. All they do is destroy, police and not let others develop, instead of developing themselves. This leads to an imploding

empire, due to the stagnation inherent in such empires of terror. Not developing, they remove the flexibility, *gentle tender softness* needed to survive and adapt to new challenges, any new idea is crushed, undermined, wiped out, simply because it was created by an "enemy country" or "colony". If an idea is deemed as good, it is forcefully taken, the authors forced to work for the empire, in the typical way of the empire's "loveless energy", leading to the complete dying out of the follow-up ideas (coming from the original, unknown to the empire or inventor, or inventions) as they were going to develop in their original circumstances without the brutality of the "turture brings World Peace" empire. There was an island of gentle tender kindness and hope☺ for humanity in one place and even that was crushed. Fossilization sets in, "yes sir, you're always 100% right and everyone else is 100% wrong" is the only acceptable phrase and soon after, centuries later, the empires vanishes, humanity remaining as primitive as ever, waging insane wars over language and land. Imagine treating "POWs or spies" as 2 day old babies, with loving kindness, as they don't know any better, having just lived a fraction of a second compared to an Immortal, loved and allowed to heal, to learn of a new way of life, instead of being tortured for doing what the torturer would have exactly done himself if he was born in that country☺☺☺ and been brainwashed that way by his parents, peers, etc. The Civilization of Immortals civilians, soldiers, spies radiate only loving kindness and healing energy towards all beings, it's just that the noblest beings would receive 100 times more healing energy and loving kindness than the meanest, so as to motivate people to improve. The eterni ethics, the Civilization of Immortals don't allow the torture of any being. Just when the Universe gives a country the chance to practice Godliness, they blow it, so instead of bringing the new, they perpetuate the old insanity. Being kind, these POWs or spies could actually help the nice country to bring peace between the 2 countries, discover new things about the "bad country", or discover new things in science. As the news of "USA treating POWs better than "bad country" treats vice presidents", spreads, all want to surrender and "bad country" has no soldiers left.

There are strategic military advantages to being a Civilization of Immortals that doesn't torture, that only become apparent when one thinks about it deeply. Being nicer and gentler in tone than anyone has ever been to the POWs in their whole life, will make POWs realize that an alternate reality and Civilization can exist and exists (nice country) and that it can be manifest to a higher degree on Earth by helping nice country to bring World Peace and a Civilization of Immortals. ☺ Being nicer is not possible, when all training is about being "tough, insensitive to fool language and fool tone and resistant to torture". That's why a country can choose God and Immortality or else, we can't choose both death and Immortality, both torture and kindness. Torture and spirituality have nothing in common, except perhaps in religious cults created by ancient or modern spies by fake stories to take over/destroy other countries. Torture, even if days/months, apparently causing no injury, shortens lifespan, ultimately leads to death

(indirectly, since it perpetuates the warfare, violence that will lead to death later via thoughtforms the torturers engaged in, amplified, spewed into mass consciousness), is incompatible with a Civilization of Immortals. ☺☺☺ The unfortunate adepts of torture are victims of a belief system that they have to do this to survive, when nothing could be further from the truth: it's like in a religious cult where they believe they have to do certain rituals or pray a certain way, direction to receive the best outcome. If you say anything against it, you're a heretic: may scientific thinking, intelligent objective awareness enlighten them. ☺☺☺

~*~ 13.20.2. ONE LANGUAGE REPLACING ALL OTHERS via ImmortalityTV.com ~*~

How can we eliminate wars and torture, invasions? The next 70+ pages patiently argue that a key aid to ~*~Eternal Universal Peace~*~ achieved in record time is having one global language (and one global tone), that we adopt or create via consensus, not 7000 languages, or at the minimum going to 100 languages, then 20, then 10, 5 and finally one. Skeptics forget in 1924, Mandarin, spoken by 90% of China in 2025, did not even exist, showing that one language created to replace 500 China languages can be adopted and become a unifying factor in a nation. Just as it happened in China, it can happen on Earth with some language. We see East/West EU folks (manipulated by China or Russia) say that "we can't unify with one English language, 11 companies, 3 agencies, and form a one billion nation EU-US-Aussie-Canada-NZ-UK". China is 500 languages and 100 ethnic groups, EU is 30 languages and 30 ethnic groups, why can't these "eternally fighting (like cannibal chimps almost, with gigantic egos)" Europeans choose English the language of science and have 1 nation, 1 bank, 11 companies, 1 government like China, NATO-Australia one nation, 11 companies? All opposing one language for humanity are lower in IQ than a rat is for humans vs advanced aliens. People are too proud of their ☺abysmal IQ☺ to unify, so they remain savage rats with high violent crime. Same issue exists on every continent. Without one language that *all nations* create or adopt, World Peace won't last long, this is a fact of life. *Peace requires preventing any reason to separate, fight and miscommunicate, and nothing is worse than 2 languages for lack of communication, of understanding. With 7000 languages, hell is guaranteed and we see it daily in the news.* We need to become one family, one language for all, for Peace to last millennia, one country too. What are small, medium nations able to do to avoid invasions by a huge neighbor, so as to keep World Peace in place? They could unite as one, stop fights over language, adopt ONE language *(not the language of words only, but also the EMOTIONAL tone language)* just like EU adopted one currency, the euro for almost 30 nations, (e.g. American accent English or one we create, replacing all others) to increase efficiency (by removing redundant institutions, ministries, ending translating trillions of books, websites), develop higher tech, by more centralized immortality capitalism. An example is 20 EU area *countries join to create* Eternia *big EU nation (see Eternia section below), as they got 19 useless languages no other countries speak*. Being one nation, not 20, makes it less likely

they get invaded one at a time, plus it gives longevity progress faster; efficiency means they do more R & D and are far more powerful than divided. One country means 11 or so state companies, no private companies, so no mafia gangsters in East EU. Using English gives us biggest strongest allies globally, the USA-Canada-UK-Australia-New Zealand-Ireland-India-etc 3 billion people alliance, while German, French, Russian, Italian, are not spoken by many. East EU youth already knows English very well. Ukraine requires government officials to know English more starting 2024, higher ranking police, customs and border officials, emergency services too, via a new law to increase its competitiveness. In 2021 the main Polish TV station, TVP launched TVPworld.com, Poland's first 24-7 English language channel to help Poles learn English, watch it on youtube. Ukraine gov has a youtube English channel too. The TV folks in East EU are too busy creating pure trash to be bothered to create a 24-7 positive news only, by the 20-30 year old (largest brain and most developed vocals able to produce most eterni tone) hosts who wear super colorful immortalist clothing (lilac, magenta, purple, fuchsia shades dominate the background, with gold, yellow, white, blue), have lavender lilac calming peaceful color and meditative music in the background in the studio with the Eternia Flag displayed 24-7 on the wall, with positive perspective (after each news, it is explained how this could lead to World Peace in 3 months), eterni tone music about Eternal World Peace in 3 months, single family housing for all, 11 companies that increase research jobs, innovation 100 fold) content mostly.

The future of this planet is created by the Youth, including the youth on ImmortalityTV.com. We got endless trash TV stations in every country and many are shutting down due to going bankrupt, perhaps we need quality, not quantity, and just 1-2 stations max, free of advertising, state owned too. The more one talks, the less one acts, and we notice worldwide a fascination with useless talk and repeating same news on 300000 TV channels in 300000 bad tones. The one language replacing all others in Eternia is the language of immortalist Eternal Youth, meaning that of a young 20-30 year old English. The Future we want is one of Eternal Youth, 1 billion times slower aging, so to entangle listeners with the molecular quantum info of Eternal Youth, voice of Eternal Youth and brainwaves of Eternal Youth, we mandate by Federal Law of Eternia to have the most perfect eterni tones among those aged 18-30 to be the only speakers (news updates, program presenters, etc) on TV, except when showing some video report about certain events which naturally may have people who're slightly older or even 70. For quantum field of humanity health, 85% of voices on TV, when all videos are taken into account, have to be under 30 years old. All Presidents, Senators, politicians, etc have to be under 45 when elected for 4 years, for maximum mental capacity, even if they get advisors and helpers who're older: the public ought to interact with younger people for the above reasons. The complete dictatorship of the old, the gerontocracy worldwide, is a primary force of regress, of stagnation. We can hardly see any young presenter on TV, let alone an angelic eterni voice. This is not only

destroying the quantum field, but it is totally undemocratic, since average age is 29 in some nations, yet the average age of TV voice is 57. The greed for attention, the self-adulation of the old has no bounds. It perpetuates their psychotic addiction to torture and violence. Only ego-maniacs with personality cults want to always appear on TV, old 70-100 year olds who want to let the world know how not to vibrate at molecular level quantum information level. Thus, monarchies have no place in immortalism: the smartest people to run a nation ought to pass a top secret TEST and those 30-45 year olds lead the nation unseen. 30-45 year olds know exactly what aging is, as they will experience it. The ideas of the old people (with the most expertise in a lot of fields) can be read by the kindest voices, in order to PROVIDE ROLE MODELS FOR OUR YOUTH, for an IQ so high, that it forces the quantum field to jump 100 years in a mere 5 years, as every young person will expect young people to talk like a 60 year old Nobelist. Young people are the future and they need to see on TV people of their age, their appearance, whom they can relate to, to explain to them the benefits of science, the scientific method, longevity research, sex for procreation only, of 0 alcohol, 0 smoking, 0 weed, 0 coffee, 0 gambling and volunteering with the happy Immortalist Youth. Let hot young eterni girls interview those who quit smoking, alcohol, etc. Greedy old men, give the youth a chance, give them a TV station free of senility and old age domination. The sage leads from behind, unseen on TV, so, the old people, who allege to be so wise and egoless, need to take a break from chest pumping and ego building, cults of personality and self-adulation, and let the Youth Lead into Immortal Virtue Building the youth the Zionist Media has destroyed. We need to recall in Immortalism, all diplomats are people aged 20-30 years old, and they alone need appear on TV, since in Immortalism the politicians have eterni tone speakers that read their ideas, young eterni tone folks. To ensure the best quantum info effects, we ban the use of AI voices or presenters on radio-TV, since they're computer holograms that live short, not young people with life giving information. All government cabinet ministers of Immortalist Party are science and engineering majors who're under 35, for maximum relating to the youth and boosting national innovation 1 million fold by deifying, rewarding 1. creative inventors, contributors to the scientific development of our nation, and 2. efficiency militant immortalists who centralized their companies, cities, states so as to increase tech jobs 75 fold. They appear on TV sometimes to fire up the youth, explain the latest advances in the science of eterni food ☺☺☺. With their impressive resumes, they attract young smart geek immigrants to the immortalist nations, causing the birth of the Universal One Nation, Eternia, as in the immortalist anthem. *World's Workers We Unify, Eternal Youth We Deify*, we let the Youth lead by example the fellow youngsters out of their addictions and trivial concerns to the lofty goals of immortalism. This TV will have people who studied healing speech tones since birth, also got a college degree in life sciences, as explained in the eterni high tech foods (to increase lifespan 4 fold to 40 billion fold) section about new matter and particles that form new far future diets of shimmering shapeshifting teleporting Immortals, our descendants.

This fresh, evidence based TV station is free from brainwashing and dissects, disproves every claim made by pastors about Jesus, Christianity, Islam, Judaism and other religions, to free the youth from the grip of charlatans, frauds and gangsters posing as clergy, who, without any real scientific evidence, brainwash billions of youngsters with images of torture, violence and thousands of violence filled quotes, while reducing national IQ, making everyone a low IQ person and endangering our national security. ImmortalityTV.com supports the freedom from the torture, beatings, scourging images of the Christian mythology (all focus on the torture of Jesus on the road to the cross, so workers accept daily abuse by aristocrats) that reinforces the slavery of the workers, low IQ cannon fodder dying like Jesus to expand the Roman empire who created this fantasy. It deprograms all adults, so nobody wishes to attend these "lowering of average IQ" cults called churches, mosques and synagogues, to see their subtle normalization of torture, violence thru "God's actions against Jesus", as if all God can do it bring more images of bloodshed and torture into the minds of men. Today, while USA youth is wasting the equivalent of 1 million jobs with religious brainwashing based on a fake religion, our country may disintegrate or vanish any day via a special attack that kills 55% to 100% of inhabitants of Europe, North America, etc without anyone knowing who did it, due to lack of World Peace the youth would achieve if it stopped wasting time with Zulu ritual like activities in the church. Add the 9 million jobs equivalent adults waste with this fake religion and others and we got a huge waste of energy that by now would have achieved World Peace, adults don't realize intelligent folks see them as you see these "zulu rituals" and Bible quotes like "traditions". The host or wafer rituals are as illogical, hilarious, time wasting, dangerous for national security, intellect development, national freedom and useless as these pygmy rituals or Gabon chicken sacrifice rituals that achieve nothing, just as ingesting wafers achieved no World Peace for 2000 years. Notice the guy role playing that he got influenced by a spirit to get money from the naive folks watching him, like in Christian services a guy is aid to pretend he was sick and cured. Men with college degrees ask for no evidence for the claims of miracles, assuming those charlatans who wrote the books are all honest. The Christian, Muslim, Judaic and many Hindu rituals are as illogical, violent, useless as these traditions of Africa, for those who understand the violence in scriptures today. By watching these, you realize how aliens view Christian low IQ hypocrites who laugh at the violent culture of beatings before marriage, but ignore the beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). It's time to read Anthem Immortal after these sick videos and Bible quotes.

The Hindu "low IQ 'folks'" wearing endless jewelry, bangles and the Christian low IQ folks wearing endless crosses, veils and chains and medals, don't realize God can grace them directly, without material object and are as abysmal in IQ as these tribes who make their lips 5 times longer. Beauty is being kind, gentle in tone, and using labor and metals to increase lifespan, not

to shorten it. All time sent to make these toxic jewelry could be used to build hospitals or preventive biomarker monitoring free stations, better housing for better sleep. Look in the mirror ☺☺ and think before piercing or tattooing your body (it's an act of violence against the body to pierce it to get nose, belly or even earrings, causing infections, death or short life) and wearing useless objects that don't help you to live longer or bring the end of violence. These violent acts of stabbing ears, noses, lips, bellies to insert a nose ring, earring, etc are violent crimes that ought to be banned worldwide, as well as stabbing infant's penises during circumcision. The time wasted making all jewelry could be used to prevent violent crime, violent rituals, so common in thousands of towns worldwide. Other lowest IQ folks spit in public often, like this tribe who spits as a greeting and spreads germs. The big ego of religious folks and tattoo, piercing etc fanatics are hard to soften without graphic comparison videos that demolish the superiority complex or an occasional candid word like 'filif rat IQ folks', etc, to more correctly depict the low IQ waste of one's life. Thankfully we're all 0 IQ sometimes daily, we just try to move away from it as we can, and become kinder softer gentler more compassionate more nurturing ☺abysmal IQ☺ folks. Christians laugh about the tribe who drinks fresh animal blood, but they drink animal blood daily unless they're vegan, since meat contains .2 to .9% blood, as shown in the violent diet section. It's important to stop religious fanaticism and use science to discover amazing & beautiful ☺☺☺ high tech foods we make in labs that remove the need to inflict pain on animals or plants via agriculture. Asking Our Father to give us bread, is asking for gluten, amputations of diabetic folks, in the name of Jesus, when with science we can eat real food that gives us 9 billion year life, not 81 as poor clueless Jesus told us to eat. It's for these reasons too that ImmortalityTV.com or Immortality.TV or hundreds of other possible names, Eternity.int, Eternity.tv, Eternity.com etc is born: the end of violence, of bloodshed by human animal conflict or human human conflict. We bring ~*~Eternal Universal Peace~*~. We'll help all start think critically, question their beliefs. When Gentle Tender Soft Healing Nurturing Compassionate Universal Loving Kindness replaces violent scriptures, rituals, traditions, police training, etc World Peace becomes Eternal, so join us in this journey to bring The Eternal Civilization. The selfish callous royal festivity designers spend eons with thousands of men marching, using trumpets, etc at various pygmy tribe like rituals around their cherished Neolithic Traditions Centers in London, etc, while all this time on horses and such could be used to fix the 95% of London houses full of mold and other health issues. Every so often, near many "royal places", horses kick or attack visitors. What a waste of taxpayer money, while Harris estate has less mold in the dry imperial California. Why do churches get tax exempt status anyway? ☺☺☺

ImmortalityTV.com station will have 100% English content (on the bottom we show subtitles in the local EU language, in Latvia Latvian, same exact program, the hottest kindest tone young people dressed with "Immortality for All, Eternal World Peace in 3 months, Gentle Tone written

shirts", except when we broadcast it in one area, we show local language subtitles, and we create 50+ sections on the website for 35+ EU and top 15 most spoken languages in the world, so people can access archived programs from every day and learn about the fake quotes, immortalism ethics, immortalist end of all jails, the need for adopting or creating 1 language to replace all others within 20 years in *all nations* to promote lasting understanding and ~*~Eternal Universal (All Planets) Peace~*~, etc) and eterni tone free education (template for all education in the 20 former communist states) and news, immortalist culture, immortalist economic system for all EU or new East EU nation. The most important thing today, for *all nations*, is to overcome the savage cannibalistic murderous nature within man, which makes him indifferent to the millions killed each decade by differences in language, the inefficiencies, redundancies (translate etc) and waste of human labor, of innovation that replaces resource wars that 7000 languages bring. This genetic disease of the cannibal human chimp can be fixed with 1 global language. USA is run by the 'bad type of' Jews who encourage 7000 languages, turning US, China, Africa, Europe, India into a Babylonian (7000 languages) wasteland of depravity and fights, crime and chaos, we see too many states providing government services in dozens of languages. This can't be allowed anymore, if we care about humanity and want to prevent its 10 second end. Any immortalist does everything to reduce # of languages on Earth to 1-5 fast via the International One Language Treaty. The village of ImmortalityTV.com is gated, self-sufficient (solar, water, food, shops), hosts all producers, speakers, etc for maximum security and avoiding any lethal attacks by foreign spies. ***No visitors are allowed within 10 miles of it***. Nicest tones, youngest speakers on average (25 years average age) of any TV station globally (all under 30), to ensure the Eternal Youth of Brains Goals of the Immortality *for* All Government are achieved. No violence scenes on this TV. Any attack from the news is explained as a possibility of fake wars, as this book gives some examples, in order to not have people stress so much and question why war and fake or real bombing are still allowed. The TV helps the state of emergency too, with its special 12-20 hour daily programs during the first 6-12 months. The younger people are there to show all the best tone, best happy state and speak for 5 minutes max at one time, after a blissful state, to help all move into that state of bliss that reduces crime and stress 100 fold. We get those amazing & beautiful ☺☺☺ happy *younger* people, 30 of them, rotate, each reads some notes on a screen in front for 5 minutes and then they go back to meditate, breathe, relax, before speaking again. These breaks are there to ensure we get the absolutely highest vibe, and they can be edited to appear a continuous speech if we want 20 min with one person. The Ethics of the immortalist Nation is so High, that when these presenters on TV speak, they don't just Speak, ***they Paint, they Sculpt, they Modulate every Word, Tone*** into a gentle Song of Eternal Immortality *for* All, and surround all beings in that gentle tender soft... vibe ☺☺☺. Physics is this: people entangle with, become that which they focus on, they copy the biochemical reality, the quantum reality of those they see on TV, they imitate what TV hosts feel, what smile they

see, what vibe they get, what background letters, colors, qualities TV shows on the sides, what background music there is, all that tone, the echo etc like in some ancient alien world of Immortals, it is that edifying Immortality culture that transforms the audience and brings 1 billion times faster changes, as the lady explains the sins of smoking, alcohol or whatever state of emergency laws, in that most hypnotic smiley, attractive young gal or guy, tone, wisdom that shocks, transforms and deifies, amplifies, solidifies, with hypnotic power, with echo and grace, kindness and soft tact, in the quantum field the image that is remembered forever: Eternal Youth for All, Immortality *for* All, Immortalist Anthem for All. Let us Bring the Kingdom of Heaven on Earth, which is the Kingdom of Eternal Youth for All. As immortalists we focus on the Youth, the future of our nation, we let them lead, inspire and transform the Youth, so all are the sages of the Light Triumphant Eternal of Physical Immortality *for* All. ☺☺☺

Eastern EU is more pro-American and most native English speakers use American accent, so since we want one accent to dominate, we will choose the dominant one today, not the minority British English accent, since we immortalists want efficiency and speed in unification of global English. Not to mention, it is in the self-interest of Eastern Europeans to know American English, *since USA and Canada are much bigger and worth visiting or moving to, than the 90 times smaller UK. After all, East EU* can turn America into a more immortality capitalism nation and thus change the world. Due to the existence of low IQ nationalists that would be used by foreign powers to stir conflict and delay English language adoption, these 20 nations need a massive help from the 5 eyes, to help stave off these evil spies. The 20 nations need to realize that if they gradually replace the 19 languages with English until English alone is spoken/written in 30-50 years, the chance of nationalism and conflict would be 0, as the new identity is *eterni*, not *Polish, Ukrainian or Romanian*. It's the fight for humans' survival.☺☺☺

USA haters in East EU will say learning English is betrayal, but it is not. Most nations in Europe chose Italian when Romans became a major power and then that Latin (Italian) mixed with local languages to birth most European languages today. Likewise, today, people can choose English, go with the flow, since English is the language of science and society, in order to quickly enhance world communication and World Peace. Europeans chose Italian 2 millennia ago, now tthey choose English, no big deal. It's logical, Russia hates this idea, but that's their problem, every nation chooses its future, not Russia. Plus, you really need to know the language of your enemy, to understand his lies and methods of genocide, to infiltrate the enemy very well and bring World Peace, etc. A culture is the thought and vocal tone, priorities, technology, music rhythm, not the language, as explained in the 54 pages below. The literal language, is 1 billionth of a culture, while the emotional, vocal, intent tone, which keeps innovation and kindness high, fights 0 and unity 100%, is maybe 10% of the culture, but the vampires promote many literal languages because this keeps populations extremely backward and nations easy to enslave: they

focus on literal language not the tone: if people focus on learning useless languages, with 10000 times fewer science papers, they're super-easy to dominate by foreign bully powers who use agitators to encourage learning useless languages, while not giving said East EU countries any tech and what really helps increase lifespan, just low IQ ideas to keep them slaves. Malawi, Rwanda, Zimbabwe have English as official language, but they don't have the tech, culture of other English speaking nations that live longer. They're the most backward nations almost on Earth. So, we can see the language we speak in of itself is meaningless, it's what you do with that language, and what your defense against vampirizing forces who want to destroy your culture and keep everyone a chained dog. The point here is that speaking English gives you access to thousands of times more info than other languages, but that doesn't determine your culture, you could live 2 times shorter than the Brits or 1 million times longer, the shouting gorillas won't know the difference between normal English and eterni tone English. With a different culture, a country using eterni English could become 1 billion years ahead of current English speaking nations. The language is only a trillionth of one's culture, so once ☺low IQ☺ folks understand that, they're more likely to be OK with English use. It's all about survival, without science knowledge, no nation can survive. Some are low IQ, so they identify with a literal language, instead of with a culture of Immortality *for* All, science, no aristocratic religious lies/nonsense about "free market" theories made to steal everyone's labor, life, resources, 0 torture, freedom from daily laser beatings/torture by big power bullies. Literal language (not tonal, emotional, intentional) just a tool to communicate or access more info. English is only promoted for elites who're remotely controlled by Brits and Americans for the same reason, for keeping everyone a chained dog. You see that in all UK, USA colonies, states, migrants are not forced, or asked to learn English, since that way, the migrants can't know any science and can be manipulated, subjugated 5 times easier, by simply manipulating the local elites via endless mind control, sleep derivation, brain writing. When the rulers are leeches, bloodsuckers, chaos reigns, there is no unifying language on a planet, but endless languages for maximum fights among workers that benefit the evil aristocrats. The aristocratic parasites want docile☺☺☺ 0 IQ feeding sources to vampirize, suck the "blood" of. Those "ever lofty Freemason British spies".

Thus, recognizing this, the tiny East EU states need to wake up from the hypnotic trance and adopt the language of science, English, to bring civility to this planet, so ever lacking in USA, UK, Australia, Canada, etc. This is not because East EU would deify the UK-USA-Aussie ultra violent societies of banditry and blood sucking of the workers, but simply to adapt and provide a better example to the subjugated workers of those nations, by creating a resonance of fellow English speakers who can show a different way to organize society, not like British vampirism, but pure immortalism. You only need to watch UK Anglican fake church rituals, royal parades, fake miracles promoting, UK TV tones and anthem, rock music exported, the Beatles music, etc to

realize how far from immortalism it all is. Anyone who is having any brain left realizes you can live to 1 billion if you use English in an intelligent way, or to 98 if you use it in the British way. Out of love for the lost souls of UK, Australia, USA, Canada, etc the East EU would choose English, and to save the world from war, to increase East EU science literacy, its espionage literacy (fake papers being so common), not because we think it's the language itself that gives us billion year lifespan. Adopting English as our language allows us to better teach and assist the mentally troubled workers of these dictatorships where aristocrats rule with violent torture, terrorism and eternal police violence. It's not because we want to embrace their cultures and renounce our own immortalist cultures that we create, using good ideas from many societies past or present. We know our cultures are completely screwed too (by many bully imperial powers too who work 24-7 to screw us up, not screwed entirely locally) and similar to the UK+USA ones, but we can do better and would aim to do better, not copy their mistakes, but also use some of the good ideals of our East EU communist era, that were only ideals, rarely practiced, like "everyone helps everyone live a better life", or billion year life now in the new immortalist era. Once East EU understands that fully, then all resistance to switching to eterni (not British or USA tone) English vanishes. This thought ought to remove any concern of the East EU (or any nation worldwide who wants to know science and the way British fool everyone) nationalists, culturalists that switching to English would in any way diminish East EU cultures and nations, because it doesn't, we intone English the new way that heals all humans alive, and surrounds them in the most *gentle tender soft* Healing *Nurturing*☺☺☺ *Compassionate Universal* loving kindness, *much better* than these music samples eventually, fully being in the Eternal Bliss State of the immortalists. Australia homicides were 0.83 in 100000 in 2022 vs 1.1 in UK/New Zealand, Ireland 0.87, lower than the East EU (the 20 nations) average of 1.6 (the big East EU 3 with more people got 0.68 Poland, 1.26 Romania, 3.8 Ukraine), while in some lower (than 83.5 in Australia) life expectancy English speaking nations it is 20, with 7.5 in the USA. Other English speaking nations (official or co-official language, not the mother tongue of all, just government, education, etc) vary wildly in culture and homicide rates: India 2.8, Nigeria 22, Saint Lucia 37, Trinidad and Tobago 40, South Africa 45, US Virgin Islands 50, Jamaica 53, Turks and Caicos Islands 76. In these nations only a little English is used as native tongue. Singapore is where 50% speak English at home, so their homicide rate is 0.12, much lower than the countries above where English is spoken little as the main language at home. If East EU becomes more read, educated by reading English books, articles, etc, they will have homicide rate 0.12 too in 4 years, with this book implemented. The alcoholic Europeans would be kind and homicide rate would drop from 0.82 in Germany to 0.074 like in the 0 alcohol Qatar or 0.00 in the English speaking American Samoa & Isle of Man. The language is only a tiny % of a culture: USA adores killing as more have guns, 42% of households, vs 6% in Australia, so 9 times more homicides per capita. See, language is only part of culture. How can citizens understand science papers that help us

live to 9 billion if they don't know English? Once people understand that, their fanatical attachment to a useless language nobody speaks except 1 to 70 million people, dies down. At the end of the 50 pages, 4 pages explain in even more detail why you don't betray your nation by switching to English. Any language can lead to 1 million tones and cultures, as long as it's easy to learn and is known by 100 times more people than your tiny nation and is the international language of science of that time, it is a useful good language – since science can bring eternal World Peace fast, no more wars over resources and land we don't need. Singapore got 1000 times less land per capita, but live 15 years longer than Russians, so see, a different set of values: life not surface area. I would prefer to live happily to a trillion than have 1000 times more land in my name. Anyone would prefer that. All wars ought to cease now. Stop fighting over land. We lack technology to live to a trillion, not land. With the right culture, and science, a tiny nation could live to 800 trillion. Around 1960 Singapore decided to use English as the lingua franca, as the unifying language, decided to switch to English as the education, government, business language, to further access to science papers, to be able to easily interact with more people worldwide who know English, *since communication diffuses tension and conflict.*

As a result of that decision to choose English, 65 years later *the* Singapore *GDP/capita rose to 5 times* above world average vs equal to world average in 1960, and life expectancy increased 22 years, the most of any nation. That's why Russians (who finance far right *traitor* or 'Nazi scum' parties in Europe that promote local languages and ☺infinitesimal IQ☺ violent Bible quotes, pure fraud based miracles to lower European IQ and religion nonsense over scientific literacy) and Germans, French and others, *who're very jealous of East EU's big land mass, etc*, want to do everything to stop East EU from developing and choosing their destiny, to choose English and no longer be enslaved cows of German, French or Russian companies. Romania's 2024 President candidate Georgescu, # 11 on the ballot, won the 12-1 Dec 1st first round of elections, then they canceled it on Dec 6th when the voting was already happening for the 7 million Romanians outside Romania and he was winning 75% of those votes in the 2nd round. Donald Trump Jr tweeted that Marxists canceled Romania's election (to make Trump Jr look more like a fascist fighting Marxists) to hide that Trump Jr. may be a communist or feudalist Jew, like Trump himself might be (Trump is friendly with communist NYC mayor). Trump could be a leftist, who role plays being Republican or "fascist". India has always been a friend of USSR and Trump will open new hotels there, while Trump's wives are from the communist East EU bloc. Trump Jr tweet implied Georgescu is a right wing guy, which could be false, since Georgescu sounds more leftist, covert Jew (promotes the Jewish Bible like Trump does, though that may be a cover to hide his antisemitic communism) than any of the other candidates when you look deeper, he even said something like "privatizations of state companies after 1989 made no sense, they sold them at 50 times lower price to parasites". Leftists and feudal Jewish supremacists often create

a “right wing aura” around them to hide their leftism and disdain of gentiles. Many believe a “billionaire” is always so, they can be leftists from FBI *(regular CIA spy whose career is all made up and he oddly becomes a billionaire, like Elon Musk whose life is 100% scripted and choreographed to make it seem he's the super genius who creates endless good or sometimes, due to lack of regulation, temporarily bad companies)* role playing they're a billionaire, so try read the message behind the lines, not the words, meaning Trump could be the most leftist President we ever had, who prepares US for the 11 companies immortalism. Regardless, we need the immortalists, none of these ☺abysmal IQ☺ Marxist capitalist fascist dramas. The gov run by German spies, German President of Romania came up with a fake evidence that the vote was influenced too much by Tik-Tok (the actual data is that the # 3, the prime minister, for twice the number of TikTok views of # 1 Georgescu, so the TikTok stuff was a lie (a pro-EU party had a program that paid for all ads). This was another coup d’etat, as he says, like in 1860s when German Hohenzollern family took power from Romanians and ruled Romania until 1945 when Russian Jewish communists came to power. The gov stopped his electricity at his home on Dec 7th so that he could not sleep well in the cold weather. Georgescu got 2 million votes in 2024 aided by social media, in 2020-2022 he got 0.7 million views on many TV programs, and in 2014, German candidate and then president got 2 million extra votes (from 30% to 54% in 2nd round) in 2 weeks between the 1st and 2nd round via facebook, but no EU investigation existed into facebook as with TikTok in 2024, as Klaus was German who bought a villa in the highly German (Nazi) area of South Florida: nice climate if you have a high elevation house, resistant to hurricanes, heavier, better built, not like cheapest ones for slaves who die when it falls.

Georgescu is ultra known in Romania, so 23% of vote in first round is normal. No country canceled the 2nd round while it was taking place for the diaspora, only Germans running Romania can do that. Germany doesn’t want the slave colonies of East EU to regain freedom from Nazi rule. Georgescu, who speaks English (listen) & Romanian, spent 17 years in several countries outside Romania, moved to Izvorani before launching his electoral campaign, Izvorani meaning spring of years, Eternal Life. His wife is a naturopath into health/longevity for all with 4 certificates from USA. Georgescu explains that the largest multinational companies in Romania report 0 dollars profit with net loss of 0.1 to 4%, yet they somehow have money to expand everywhere each year. This fraud is only possible by the bribery of the corrupt government. They take advantage of the poorest EU nations like Romania, to maximize profits, pay 0 taxes. Georgescu explains his plan to stop all lending and that Romanians pay to foreign companies for products (water, food, gas) that they already have in their own country (prices equivalent to 35% of one's minimum salary or pension for 2 liters of water/day alone, when Romania got 60% of Europe's mineral waters and water would be free for Romanian citizens), how after 1989 the entire industry was sold for 20 times lower prices to enrich some EU, etc gangsters and enslave

Romanians with 200 billion in debt (from 0, see 43 min interview), just like Americans pay to Dutch-Belgian Ahold-Delhaize, a symbol of aristocratic terror for rotten watermelon and mismanaged Giant stores to sicken Americans and Romanians, owns the Giant supermarkets (ripoff vs American Walmart), German Aldi (very expensive some items vs American Safeway, glass in lentils), Americans are enslaved by Dutch Gaint Foods, German Aldi and other companies for groceries in USA, by Japanese and German car companies who install dubious devices in the cars that can write brains, increase heart rate while you sleep, attack you while you sleep from outside the house, write your emotions and cause pain, organ damage, as everything in communist East Europe that was important was sold off to France, UK, Austria, etc Germany while the music on radio-TV became ultra violent to destroy our youth, the drugs 10000 times more common, homicides and violent crime higher.

All Eastern Europe nations are viewed as inferior races, where they ship meat with 20% less actual meat and up to 90% fat. This meat is taken from the bones after Germans got the best, and pulverized bones are part of the meal, bones containing lead. Sort of similar to how Tesla cars microwave to death people on the 2nd seat, or on demand, depending on which people are to be exterminated slowly. Some people thought that Nazism and subjugation ended and that EU is a fair place, not only that, but the same product of much lower quality is sold at 50% higher price to increase national debt of East EU nations so Germans can buy and take over everything as the video explains. Just as Romanians and East EU were treated like garbage in Nazi Germany times, so are they today, since after all, the same exact Nazi aristocratic families of 1930s own all the mega companies. Sounds familiar to USA? The Italian fascists get the same label drink with 7x more orange juice than Romania, France/Germany get 2x the juice of Romania. 50% of Romanian arable land is in foreign hands, mostly West EU, that's why Georgescu won. Romania can be self-sufficient, but the West EU forbids it, all EU nations are to be slaves of Greater Germany. You know, Western Europe, USA exports to Eastern Europe churches, of various types to recruit spies to enslave local nations, just like Belgium King told clergy to "use the cover of religion" to distract locals from the riches in their own lands, so Belgians can steal them readily. Jesus is always used as a way to loot locals, they know it is a scam 'lie-kill-loot-rape' religion. Kindly recall the genocide of Congo folks by the "Christian" Beilgium missionaries busy looting. Then, always recall, the so called pastors, are usually parasites looking to defraud Americans, to steal their hard earned savings, employing the same tactics of the genocidal King Leopold. Some are naive low IQ folks believing some of the lies spread in 900 fake miracle, ritual books. Before you trust these con artists posing as clergy, it is useful to know how miracles were faked. Real religion is about true democracy, eterni ethics songs, max pay being 3 times the min, having 11 companies max instead of 500 million today, 1 language, not 7000, making all humans one family. Instead, today religion is a tool of 'divide and conquer' strategists, to make wars so they

can loot. These fraudulent pastors never talk about max pay 3 times the min, ending wars in 3 months, Eternal Universal Peace, basic right to a world free from violent crime in 3 years, anything, only phony low IQ stuff to keep masses docile and obedient to the aristocratic looters. Spirituality doesn't need clergy, spirituality or ethics is a natural quality anyone can nurture via youtube eternitone recordings, via actions or whatever, free of donations and scams.

So as you can see the purpose of European Union is the slow extermination of Eastern Europe and the takeover of all business, using toxic food as one of the 300 slow genocide methods. Got human rights? Sure, 14 million aborted babies were killed during 1989-2010 alone, more than twice the Holocaust, this is the example of a basic right, to be free, being used to depopulate. And defining happiness as sex to weaken the body and depopulate, instead of being free and independent, knowledge of blissful breathing, being able to rest, to make your own food, not export raw food and get junk poison in exchange, making all the basic necessities yourself, so that nobody can put poisons and spyware, hidden weapons in food or electronic devices. You know, in 1860s, they called the blacks or Russian serfs and others free after some emancipation decrees, but then you know, in reality they were still mostly enslaved. Its a semantic form, like you say "World War 2 has ceased, Nazism is gone," but it is not. You know Germany figured with Italy that genocide is a lot easier during peace time with regular products such as food, cars appearing identical, than making big waves in war. They get a lot less resistance when doing genocide in peaceful times, so they decided to continue Nazism in peace time.☺☺☺ Same for Dutch ultra Nazis in South Africa, USA, etc. That's why now the anti-EU or for EU reform candidate Georgescu won the 1st round of Romania election. Chocolate sold in East EU has double the fat that sold in West EU. Same company, same label. They noticed kid products are 30% higher in protein in West EU vs East. The irony is 45% of USA folks have some German ancestry and Nazism is actually a lot stronger in USA than most are aware, since many of these companies are not necessarily 100% German or Italian, even if the main European headquarters are in Nazi Italy or Nazi France, Nazi Germany. Many are American companies whose EU headquarters Nazis are in tune with USA based Nazis, all subscribing to the same religion: Nazism. This is why there is some anti-Americanism in East EU, they're seen as facilitators of German Nazism. Republicans are known to have financed the rise of Nazis in Germany. The criminal Brussels doesn't have the same education standard and product standard for all EU, since some are slaves. It's the same old story of USA: aristocrats versus slaves. 60% fat in meat in Romania, 20% in Germany. Take into account that Romania can produce all its meat, food, and not import anything from the so called "friendly West EU", but this is not allowed by the criminal governments of 35 years since the 1989 victory of Nazism over communism. How about creating immortalism in East EU, to be sovereign, use English as language instead of being slaves of Italy, France, Germany, Holland? The whole point was destroy all local industry so West EU

sells you poor quality products. So, having learned from the mistakes of communism and so called "free market" capitalism where choices are not free but imposed at gunpoint via brain writing gadgets, we can create a better thing. You know, 2000 years back we had chariots, now we got cars, so will our societies and systems improve.

Nazism is very common in many nations, even in China, where communism is a fiction. EU and USA will fail, unless super centralism replaces 20000 regulations for cities and states. One product standard in all nations, one law, known to be the best, not 40. Without that, EU will disintegrate, just like US is becoming a mumbo jumbo chaotic collection of loose states. USA needs to dissolve states and establish true democracy, one law for all. End Nazism now. ☺☺☺. West EU and USA give us Coca "Coal" *(Coke had cocaine in 1840s, then sugar, as sugar is very addictive and feeds cancer, hence East EU products have more saturated fat to cause strokes and heart disease and sugar to cause cancer and diabetes, brain shrinkage to faster takeover)* products with 7 times less orange juice than Italy, endless US/EU fake churches, $200 billion national debt from 0 in 1989, churches which are nothing but covert spy bases, covert military bases, recruiting and brainwashing centers to take over the country and drastically lower average IQ of the people ever deeper with the Jesus fraud religion. When Romanians or East EU in USA realize the scam, they're tortured to death almost, while they're in West EU or USA. This is the gift that keeps on giving, slavery, as aristocrats in USA give to Americans. Is it any wonder that there is some suspicion about NATO being cannon fodder for aristocratic looting? While some Romanians are homeless or overcrowded, many in West EU or North EU buy second or third homes in Romania, which are empty much of the year. The technique of genocide is similar to that US used, like Brits used too, in various areas they colonized. Exposing aristocratic thefts of trillions by US or West EU aristocrats from the 900 million slaves is unacceptable. Wake up slaves, declare your independence, in USA and EU.☺☺☺

Hear more stuff about the European Union (Western aristocrats enslaving all 500 million, like USA aristocrats enslave all 330 million in USA) so well in these 10 one minute tiktoks about: 1. resource wars and how big powers create wars to steal resources while locals fight civil wars 2. how to take resources (natural, like all empires), 3.0 maybe like 1.5 trillion stolen, 3.1. Romania (and all nations) could be debt free and self-sufficient, 3.2. banks enslave all nations with debt and 3.3. 13 more trillion they could steal from Ukraine 3.4. they use lies to brainwash, so to remove fear, listen to what is not said to understand how they enslave you 4. close down all Romanian/local companies, 5. get cheap salt, and never help local companies use their own resources (salt for 5000 years locally), just buy salt from Turkey or whatever nation to increase national debt to USA, IMF, etc 6. make all ☺abysmal IQ☺ slaves of church, big pharma, insurance companies, then destroy all jobs to depopulate by 20% of people moving as slaves in Western Europe as cheap labor, install puppet governments and use EU (German-French

invention to enslave all Europe?) funds to create 7. more useless businesses (car wash, not fish growing pool, waste water washing junk cars from Germany that mind control you) (see mind control by cars here) to depopulate and starve people with toxic foods (covert Nazi style extermination), check 8. Ukraine war resource theft, nobody talks about 8.1. World Peace when it should be the most important topic, as this book said since 2022 9. parasites make all profit from selling romanian produce or goods (sold in other nations 100s of miles away at 2-10 times the local price) while Romanians have no healthcare and some are homeless, living like rats without toilet even in some areas, the 10. eternal war of USA aristocrats on *all nations* (beat via war, as Bible says, all slaves in all nations to steal stuff, even after defeating the only rival superpower in 1991, the USSR, not ending wars in 1991, having no ethics of nonkilling or World Peace in 3 months, just "kill and steal, like British Empire, Muslim empires, Quran, invade only when stuff to steal is there, no ethics, all human rights talk used to steal, while torturing 2 billion with invisible devices, etc" all while claiming they're Christian or more ethical, then Russia started to fight back and try to invade former USSR republics to create frozen conflicts, etc, news never talk of Eternal World Peace: infinite thirst for power and subjugation of all races and nations, never any respect for the human quantum field, for nontorture, nonkilling, pure satanism right from the military aristocrats), and then take over everything, never freeing Eastern Europe or Western one: same scam like in USA, total slavery, just to German, British, American, French aristocrats. Then, the people who left, often are tortured to death if they see the scam, so they can steal everything. Only blacks understand this well in USA, as they were slaves for centuries, the other people in USA don't have a clue how they're slaves too. What happened to Romania (debt free in 1989, now owning 200 billion in debt, when they could have exported food, have 0 debts, produce many things, now deindustrialized) is what happened to 180 other nations: total subjugation by aristocrats in a few big nations (some of the same who enslaved blacks, exported slaves), using corporations that poison locals. ☺☺☺

The West EU simply want to annex East EU or, initially, steal resources to become rich and use East EU as periphery cheap labor countries. As a result of English choice and smart *peace above all else* policies, Singapore, with 5 million inhabitants, is the world's longest lifespan nation (Monaco alone lives longer, but that's a village of aristocrats with only 37000 people, not a real *nation*). *Can East EU* wake up, *wake* Americans *up too, and stop being such* fools? It's good for all Eastern EU nations to study English since age 1, so they can read longevity papers, since science papers are in English.☺☺☺ EU needs one language, one culture, otherwise, it will collapse like the Greek empire with 40 languages, Austrian empire (10 languages), Mongol (500 languages). It's OK if EU uses 19 fewer languages at first, East EU will never pressure the West EU to use English. The sooner the West EU awakens to immortalism and the need for 1 language the better for all. Now is the moment for East EU to graduate from millennia of conflict to the age of

~*~Eternal Universal Peace~*~ and brotherhood/sisterhood. Let the Ukraine conflict be the perfect catalyst to wake up from the war trance and bring unity. It's essential to create eterni tone prerecorded classes, as in the centralized free education & tone section and to teach the same exact chemistry, etc in English in all classes in all 20 nations, with the same immortalist educational system and 11 companies shared across the 20 nations. This gives East EU the ability to increase research innovation 100 fold and move towards better education, research and *development*. As the immortalism expands, nationalistic fervor subsides and we create the new pacifism of the Eternal Eternia Nation. Initially, only 5-15 countries may join, so let's first have the Immortalist Party win some % in every country to publicize on TV-radio the 'Nation' Building Project, the Nation Merging Process, for the Sake of World Peace, and merge *our* Education Ministries Fast, the Basis of Our Unity, the Foundation of it All. We need provide subtitles in all English programs, so people learn English by hearing it. Never use voice over English, so that people can hear the eterni tone of English of the new movies created by the Education and Culture Ministry of Eternia. Let's rename East EU 8 capitals to the qualities, like the proposed 8 USA states, let us have 8 rotating capitals (*1 for each 20 million people, more democratic, not like Brussels*) called the English names of the qualities we urgently need to bring World Peace in 3 months. Let's commit ourselves to the gentle eterni tone transformation of this corner of the world, to the Vision of Eternal Unity of Our Nations into one Eternia, and bring Eternal World Peace soon. Let's create our Unitary Flag, display it everywhere, with Eternal Universal Peace written on it. Let us rise above national/language differences, have a basic altruism to give up the pathological addiction to a language, in service to Eternal Universal Peace. ☺☺☺

We have a problem on Earth: 7,000 languages that slow down progress towards 900 year lifespans a lot. If we had 5 million languages, science progress would be almost non-existent, we would be savage cave men, *imagine having 5 million Windows operating systems, 5 million times fewer programmers for each, the redundancy is huge, everyone reinvents the wheel.* 5 billion people have poor access to education, since in their language, no youtubes exist on every topic as with English *(type any major chemical on youtube search and you get 500+ videos about its properties, structure, biology, etc),* nor endless educational sites that cover every topic, etc. Millions of teachers waste life teaching foreign languages, instead of the science of immortality, chemistry, physics; one language eliminates endless translators and teachers, gives us millions of new chemistry and physics majors for living to 900. Look at the ☺☺☺19 quadrillion trillion☺☺ freshman chemistry courses a little centralization can bring us. What? Also, given how many wars and genocides happened due to language conflicts (Russia Ukraine war is due to language rights according to the fake news), to be against 1 common global language, existing or that we create to replace all the rest, is to be against World Peace, to be for torture, war, genocide, cruelty. It's interesting how *due to the aristocrats' love of* MONEY, as seen in their mansions, the

entire planet wastes at least 90% *of GDP* and work hours in fights, acting busy, wars, spying, reinventing, translating between 7000 languages: every country's resources are prioritizing military and espionage, all else is secondary: they waste enormous resources with duplication due to the lack of immortality capitalism. If workers had any real freedom to choose, *all nations* would create and adopt a single language to end the terror of miscommunication, wars of language, inefficiency. This is because they realize the benefits of one language for all humans. But the aristocrats dislike it. Divide and conquer. Why have one company producing a 500 year lifespan for 8 billion, when they can have 800,000 and each owner makes 40x average income and they make 80 year lifespan products? ☺Abysmal IQ☺ for all, the system today, the *Age of* Aristocratic *Terror.* The liberation of humans from aristocrats will take time, meanwhile at least we get fewer nations. Solar panels prices went down 500 times since 1978, so can prices for the most flood earthquake fire proof raised (8 ft 1st floor garage only) houses for all via Immortality Building Inc like companies. This enables all to be so happy, motivated, to discover 500 year tech. All we hear is aristocrat lies that we can't end jails, can't give all single family houses.

With centralization of language and business, we discover how to make 10 times more materials 900 times cheaper that never rot, catch fire, etc from the same raw materials: no termites, mold, etc. We, the workers of the world, have all the power to lobby for fewer languages and free us all. The World Peace in 3 months section (pages 4,5) explains more advantages of knowing English, that appeal to people who dislike UK or USA, Canada, Australia, etc: it allows you to reach out to world citizens or, if you're brave enough, to immigrate there to be turned into a guinea pig for the latest torture device, or to simply give locals new ideas, besides the fake elections and political parties system in 200 nations. We don't really need political parties that punch each other in parliament or sometimes shout like Hitler in more than 100 parliaments, as a government of the people, not the rich. With English you can talk to locals in 200 nations, so it makes sense for the Immortalist Party candidates, leaders, etc in nations who don't have English as a native official language, to speak the same sentence in English and local language if they're really serious about World Peace in 3 months, thereby teaching everyone English, with TV showing subtitles and English writing, so they can bring a world of understanding and truly lasting peace, not of 3 months or years, but a trillion years. People who know English can read 1 million times more science papers than thousands of languages used today, so it's in the national interest for politicians to always speak same sentence in English and local language to move us towards global immortalism, instead of merely talking nonsense about peace. We gently need 1-5 languages max TO CREATE THE MOST EFFICIENT world of healthcare for all innovations, and ~*~Eternal Universal Peace~*~. Fake nationalists promote 7000 languages and all the insane level of translations, misunderstanding and enormous scientific illiteracy and ☺ abysmal IQ☺ that that brings globally. These far right parties are *sabotaging the* human right of

having access to 1 million *times* science *papers for all*. The far right parties in Europe for example are often paid by Russia, who wants to disintegrate Europe and make Russian the main foreign language taught in schools, instead of English. The identity of a nation is its tone of speech, its life expectancy, not the language used, its culture and its education, political system, how fair it is, or how feudal it is. Any language can be spoken in 10000 tones. The language spoken has no meaning in of itself, it is the tone that makes all the difference, as it brings 1 billion year lifespans of not. English is far easier to learn, so why not stick with it and bring it on TV daily, if it expands life expectancy via science papers, knowledge of nutrition, etc? The lifespan of Europe will be higher if they choose one language, instead of using 30. So, why can't they agree to one? If a language helps us to reach 500 faster, then we choose it.

Thus, it makes sense to talk every day on TV-radio about how to create fewer languages and nations, to minimize fights and arrive at one language. If you want nonkilling, 0 violence, 0 prisons, etc, Immortality *for* All, if you want to love all humans, you're naturally going to be 100% for giving up a language and replacing it with one planetary language we create or agree on, but the evil nature of man always places his clan or tribe above the species, and 100s of other goals above nonkilling, above having one language so we bring Peace fast, useless goals such as expanding their country, destroying in the process the quantum field of the entire human species and keeping everyone backwards, fighting like wolves and hyenas. To understand why we need fewer languages, let us look at the Ukraine war issues, in an area with 100s of wars in the last 3 centuries, fueled by linguistic differences to a great extent, an area (like USA, India, China before the countries became unified via one language) with untold suffering and bloodshed due to the "low IQ, lack of empathy for victims of war and stubbornness" of men, big ego,☺☺☺ or brainwashing by regional powers, unwilling to give up his language for the good of the entire species and planet, scientific progress, peace, etc that give everyone☺☺☺ 700 year lifespan 500 times faster etc. Notice how all talk about giving weapons to others, while not talking about everyone giving up their language for an eterni one we create for World Peace to last more than 3 years once we achieve it, to last for a trillion years. Their traditions are more important than nonkilling, the very first stage of spirituality. What spirituality is that?☺☺☺ Can we have more compassion for future generations and choose one world language soon, at least 5 max? People forget language is only 0.01% of a national identity and culture, 99% of a culture is almost perfectly reflected in its speech tone, eterni or less so, intellectually honest (this and that evidence suggests that the hypothesis of a causation link, not merely correlation link, exists between A and B and we can further test this hypothesis to see if true by designing a randomized interventional study, etc) content tone (*not 'We believe (without any evidence that is unfakable) in The Flying Spaghetti Monster, the Holy Spirit and Holy Sister of the Mother God of Antarctica, the 5th'*), which reflects exactly the emotional, intentional, thought tone, as

shown on MRI brain scans for areas related to compassion, ethics, gentleness, kindness, intelligence, hypothesis thinking, creativity, etc vs the opposite and MRI is a science fact. Thus, perhaps, you gently agree that literal (not emotional tone) language *is* irrelevant *in of* itself, unless *it gives* access to science papers *and* planetary *peace thru* ending language *fights*; it is the emotional language tone of immortality for all in music and TV-radio speech that defines 98% of a culture or national identity even (if one is really addicted to nationalism), not its language; all ethical behavior is learned by kids via the emotional tone of the parental and teacher language, so it's imperative, to the prevention of humanity's end in 10 seconds, to end millennia of shouting, insulting, cold speech with something truly kind, healing, nurturing that reminds the listeners of the qualities humans lack (mention them every 20 words, the 20 we lack the most) and of the tone needed to heal all negative emotion on Earth, so as to sustain the World Peace we attain in 3 months, so for this, Eternia can create *a 3 step process* of *public speaking for any politician*, in parliament or any public venue shown on TV-radio-Internet to others: ☺☺☺

13.20.3. Special eterni tone speakers for all public persons to lift the vibe, extend lifespan☺☺☺

The Immortality *Nurturing* Agency designates the 2nd speech writers *(politicians have bad tone usually, in writing and verbally, due to stress, yet can be good at their decisions, not really at public speech that heals millennia of trauma and genocide, we need division of labor to achieve perfection, like in a company we have one guy does plumbing, another electrical, for better results)* to do a *speech content* upgrade to eterni tone written language, with "gentle kind soft nurturing tender" ☺☺ happily included in *each 50 words required (1 per sentence)*, to ☺☺ *lovingly tenderly gently kindly*☺☺ infuse *speech content* with the most polite expressions and qualities we lack, and then it gets to a 3rd person who is not stressed, who sleeps very well always, doesn't deal with all the stress of writing the draft, decision making or the improving and is focused on delivering the speech for that Minister, Representative, Senator, official, since most people on the best day of their month can only deliver about 3 minutes of truly eterni tone, which is the most challenging multi brain areas task to do for the average human who has the 2 hemispheres very separated. Every sentence and vocal tone must abide by the tone, ethos and vibe of the first 2 pages of the Immortalist Anthem, the Universal immortalist code of conduct. To prevent making every parliament session a shouting match at the market or some kind of comedy show with primitive emotions of orangutans, it is perhaps better for the debate to not be made public and the final result to be recorded and broadcast on law.gov by a 3rd person speaker, including the reasons for the choice vs other choices presented. This is because it is not possible overnight, in 24 hours, to find all that many speakers for 300 legislators; in our society of every 'chimp' is a business manager, we get 33 million junk companies and tones and the same happens with our quality of tone in these legislative bodies. Senators and representatives can type or speak on a computer their thoughts remotely from Hawaii or

California, no longer having to fly so much, and the public speaker will see the text and read it, or they can submit it too, but you can do real time debates, whereby the speaker will say whatever the Senator X typed: "Senator X: We need to gently kindly end bilingualism in USA for enhanced national unity and security. Just as we banned German during and after WW1, we need to ban Spanish. As a Senator for the Immortalist Party, I'm dedicated to 11 companies, one culture, one language, one nation for all earthlings, and it makes more sense for that language to be English, the language of science, so why do we need any other language in USA if we want to bring World Peace in 3 months and 1 language in 5 years or 2 decades?" These speakers may not be public, but top secret and their voice will be played, to protect the quantum field of the English speaking world against quantum attacks as explained in the "Elect Policies not People" section of the fake elections chapter. One thing that people forget is that the reason we reached a *9000 times* faster transport speed over shouting Greeks in the 1st parliament, is the *division of labor,* so we basically will enable our society, for the first time, to speak in parliament via a designated speaker (assigned to 20 officials perhaps), so their 1 or 5 minute reply or position, is delivered by the speaker and the AI system maybe in the future who can do the upgrade to eterni content and tone by itself without humans involved. Thus, the inauguration and campaign speeches by a President or candidate can only be 2-5 min max, the max one can hold the most eterni vibe during live or recording it for later release; the rest of the 10 points are made by 10 speakers in angelic tones, 5 min max each, who present the 4 year (varies by nation) plan of the President; we don't need big crowds to make smog and gather in person, etc, make it small, White House lawn maybe, low key and use youtube to show it for the rest, to save the lungs of millions killed by the car smog to go to rallies, speeches one can see online. I'm shocked at the level of aggression and shouting by every speaker at inaugurations, as if our planet is unable to make a better microphone to enable something more like this, far more eterni than this in tone (but about peace), like a relaxing youtube speech that soothes and comforts, hear this lady. Or make the gathering smaller, stop shouting since shouting is the precursor to shooting, to wars and violence, show some grace and gentleness, not the loud thunder of bombs when speaking, be soft, tender, graceful, or Godly. ☺☺☺

For Peace to be real, crime has to go down from half a billion violent *incidents a year to 0*, and this can't happen with the *hidden, historical inertia, genetic inertia* level of brutality, cruelty or lack of '*grace*, *healing* *love* and compassion'☺☺☺ in most speeches worldwide, done by overworked ultra stressed officials who do the job of 2 people and are severely sleep deprived and lacking in vitamins; we need compassionate stress relief by delegation of some duties, so each can focus on their job well. Our speech needs to be musical, a work of art, a song to God in listeners or the Immortal within if atheist, half a billion times more loving, *gentle*, *healing*, spiritual, so we need low volume eterni instrumental (50 examples) meditative new age music in

the background too to calm the audience: like waves, flute, or this. We can let every 2-5 min inauguration angelic speaker use a different background music, to pacify all, expand emotional intelligence, and arouse the love for civil kind interaction, for gentleness, to give a gentle lift to the desire to transform and become something kinder, more *Nurturing,* Tranquil, Immortal, Eternal, Ethereal. God and any Immortal, are Loving Gentle Tender Soft Grace, not the loud shouting we heard for 234+ years at USA inaugurations *(04-30-1789, 03-04-1793->1933 (140 years, like 40 days in scriptures, 40 Romania area code, 03-04-1977* Romania earthquake *caused by nature or USA* ionosphere devices*), 01-20-1937->today),* so we can always use better microphones to enable public speakers to ☺☺*lovingly tenderly gently kindly*☺☺ choose the real, *spiritual*, eternal, trans cultural, beyond religions, Immortalist Anthem like nature and vibe of God (or the vibe of Immortals, our future kids who live in serene bliss for trillions of years, if atheist) because "*the* fruit of the Spirit is love*, joy,* peace*,* patience (not the *rushed* shouting*), kindness, goodness, faithfulness (to* Immortality *for* All*), gentleness, self-control*", and because God is not like the 1000+ horrific quotes of the 'holy' Bible that have defined our speech, ethics, tone and way of life for millennia. With each year, we become more telepathic and we understand the tone, the telepathy that accompanies the words the Spirit of the God of Immortality *for* All gives to us all thru all around us, be them high officials or common folks. More *important than what is said is the* tone*, what is said is ephemeral sometimes, a fleeting tech or goal to increase lifespan by 200 years, but the love that is radiated is verily* Immortal in its Eternal effects*, the same now as a billion years from now when that sci-fi tech today is pure garbage then when we live to 500 million; love creates quanta that benefit humans forever, their* soul collective*, and love leaves decent memories to our grand grandsons, not garbage stone age tech descriptions, but the vibe of* universal loving kindness*.*

The President, senator, governor, cop, FBI officer, University Professor, etc can speak 1 minute sometimes, if their tone passes the MRI, verbal test for *eterni*, but then he delegates the speech to *his* eterni *angel* tone *staff for the public, who, like an athlete,* who can do 400 pushups vs 10 for most people, can speak eterni tone 40 times longer daily (due to his 25 year training since age 0.1) as that's his job and it's very exhausting, it's harder than solving differential equations, or doing a regular 8 hour job, it's a mental effort that is all consuming for current DNA due to genetic inertia: hence these people need breaks and can't speak many minutes per hour, so each person who debates in public, may need 2 speakers after they texted their reply to the speaker; max 4 hours/day for a speaker, use echo (less effort) and the rest has to be a lot of meditation, rest, angelic meditative music, taking care to not speak and stress vocal chords. For police departments, they can select an employee (listen to the sample tone) of the Immortality *Nurturing* Agency Speaker Department, who sends a speaker once a year if they only have TV interviews once a year or public speeches, if they got only 5 people in their department; same

for all local and federal entities; schools create online videos using the top speakers that are shared with 5000 schools, unifying curricula as explained in the centralization of eterni education tone (one emotional language for all); this speaking with big microphone/echo, meditative background music will uplift the community 90 times more than any cop can usually and prevent violent crime way better; speakers will be healers, focused on aiding society to prevent violent crime. For all to have a benign universal loving kindness intent, they need to hear it via speech daily on radio-TV; this means a u-turn for all nations that join Eternia. ☺☺☺

Thus, the 'ever trying to be holier to inspire all to be holier too' all *gentle President* of the Land of Universal Freedom from death, torture and violence, is so bestowed by Congress, Parliament and the Supreme Court with the imperative holy duty, by Constitutional Amendment, to guide via his weekly speech to the nation, the Land of Immortals, Eternals, the Land of Eternia, Eterna towards the Ever Higher Expression of the Ethics of | | Immortality *for* All | |. This weekly speech, mandated on all TV-radio stations, can become every 2-3 days, and be made of 2-5 minute reports in the most healing tone by | | Immortality *for* All | |'s most healing voices *(younger to enable highest activation of MRI and* eterni tone *control of vocal patterns due to higher brain mass, less aging)* using the most serene background meditative music, about the Eternal Transformation of our Nation into the Abode of Peace, about achieving World Peace in 3 months that is maintained forever, for the fulfillment of eternal goal for all interested humans in all nations: | | Immortality *for* All | |. So, while the President may speak only 1 minute, the 2 hour program he co-designs with the | | Immortality *for* All | | Vibe Science Council, as a guardian of universal gentleness, kindness and eterni tone in public discourse on TV-radio, contains the reports about the use of Gentleness, Scientific Method of Hypothesis *Formulation* and *Testing*, Discernment, *Grace*, Eterni Tone, Music, Altruism to transform, resurrect the spiritual and physical life of various enterprises, towns, nations, etc, to reduce violent crime 500 fold, later 1 trillion fold in the nation, replace all broken devices, poor insulation, single pane windows (for noisy areas), jails with the Abodes of the *Immortalization* of the Civilization, for the Eternal Dance of Liberation from selfishness, aging, all causes of death, until there is no more violence, jails, only healing educational centers more beautiful, colorful, artistic, holier, with beatific more serene music not found in church today, the high tech for the Eternal Transformation into Saints.

In the New Age of Spiritual Renaissance and *Immortality* Tech, all interested residents are invited (see details) to become pastors, via their youtube channels, free PDFs, of the Eternal 'Religion' or Spirituality that none can have a monopoly on since God beats in every heart and connects with everyone directly, to become pastors and disciples of the Eternal Philosophy, Ways of Life, Champions of the Eternal Ethics, Human Right of | | Immortality *for* All | | in this and other dimensions, ways and rights that Belong to All, the People of Eternia, the Eternal Truth of Gentle Tender Soft Healing *Nurturing Compassionate Universal* loving kindness. The day when

every street vendor tone becomes music would be over. We can't evolve past blowing our planet up soon unless we change the way we intone our emotion, thought and speech; we're not there yet, but the 10 seconds end of 100% humans is ever closer. It's never too late to start the process of change and with so many wars in East EU, we need it fast, before WW3 ends 70-90% of humanity, in 'preparation' for the final event that can end us all in 10 seconds. All ethics teaching is canceled by the bad tone on TV-radio who is the real teacher of emotional and ethical intent behavior, so let's be ethical, spiritual always: hearing one person once a month speak eterni content and tone, if lucky to find such a pastor on his best day of the year, 1 in 10,000, will have 0 effect if that person hears 4 hours daily tones that cancel that effect, it's like you take 500 steps backward for every step forward: why do we do this? It's inefficient, a self-sabotage of the entire civilization; perhaps, a simple solution is to☺☺*lovingly tenderly gently kindly*☺☺ have WAY fewer "liquor stores, casinos, sports arenas, vape stores, redundant businesses (via centralization), HR, admin jobs" so we can hire the 5 million of the Immortality *Nurturing* Agency, that has about 90,000 eterni text/speech experts, MRI techs on payroll who also help create new movies (feedback), music, supervise, approve all books, TV-radio programs, lyrics/movies, etc for global reduction of violent crime a trillion fold in 10 years, from half a billion reported incidents a year, to only one max (99.9% of crimes unreported); then, the World Peace we reach in 3 months, will easily last forever. *What tone brings in half a billion☺ times more ☺loving kindness Nurturing grace healing tender softness, peace?* That is the tone we need to replace TV tone.☺ We need a little reality check, and realize crime comes from tone too.

Cultures of vastly different speech tone, music, can have same language, like English; it's the culture of eternal scientific discovery and peace, the emotional tone of language that determines lifespan, not the literary language, so giving up useless little spoken languages makes sense, since then all have equal access to science papers in English; the talk of *equal opportunity* to science papers is a lie, with few knowing English in many countries with English as second official language. Why not give all access to science papers, most of which are in English, so there you go, equal opportunity and social justice for all nations. For nationalists who adore God, the God of infinite love for all beings, or Buddha of infinite loving kindness, we say: when wars happen, the first thing is massive torture, killings for those resisting new language laws that replace old one with new one, going back and forth each century; this happened a lot in Eastern Europe and all over: thus, by all speaking one language, at least we eliminate these forced language changes that waste enormous amounts of human energy and lead to even more factionalism and desire for war; therefore, we can argue *supporting fewer languages is good karma as it reduces the gravity of suffering*. While a person can't bring World Peace in 2 months, humanity can bring it, if all try to support English and fewer languages. Talking about double standards, Spain is for Ukraine splitting from Russia areas (but against Catalonia splitting from

Spain) that were for 2 centuries part of Russia. Turks also occupied Ukraine for 300 years (1474 to 1774), before the Russian empire occupied most Ukraine. East Ukraine was part of Russia before Lenin and the 40% Jews, real Jews or their spy cover to hide true foreign state they spied for, per Wikipedia, of the Communist Party initial political bureau of the Central Committee gave it to Ukraine, per Putin too, to create more division, increase land where Jews were traditionally settled in (Pale of Settlement) maybe and make Crimea harder to get back by Russians (who were a bigger threat to Jews than small nations like the USSR republics), by 1954 giving of Crimea to Ukraine. Lenin and alleged Jews were trying to get as many people to join USSR, so they allowed and promoted local cultures of the republics that joined, without focusing on one language initially, since they had to do a lot of changes to the existing republics to unify the USSR. However, the problem with that it that this process started a decentralization and multiplication of languages or cultures, that led to extra inefficiency and helped the eventual collapse of USSR. The language multiplication, as opposed to reduction, leads to more translation jobs, instead of jobs to improve the lives of workers, to shorter lifespans, as we learn illogical conjugation of verbs, instead of the science of living to 500 in perfect health. This "drastic lowering of average IQ" then leads to less awareness of sabotage by spies. Later Stalin and others reversed some of these language multiplication programs, but the spies wanting USSR to fail may have won. Communists were simply trying to stop the slaughter of workers and their subjugation and didn't really think much about efficiency of research to help workers live to a trillion years old. Back then, the communists were trying to get workers have basic rights, instead of being eternal slaves, it was a stage of emancipation of the people from the aristocratic terror of 25 millennia.

All wars thruout history were caused by aristocrats (see their palaces) and their royal family friends, who in their infinite greed, hired mercenaries to loot and attack nearby lands. Winston Churchill was so brainwashed by the UK Royal family, he fought so hard to brainwash Stalin to stay out of Greece, in the hopes UK can preserve as many monarchies in Europe. It's easier to divide and conquer with nationalistic monarchies, so there was no idea of uniting with republics joining as one state. Why can't Europeans become one country speaking English? Why are the UK royals using their huge salaries to support monarchies? It seems the UK Royals are only interested in power. Churchill didn't care about the poor, homeless, etc, just like today, UK, Canada, USA, NZ, Aussie media are flooded with meaningless royal family fake news, but no change is made to remove violent crime, jails, wars and homeless. Royal families can be infiltrated and controlled by Brits, so it's a good scam for the UK. People are enslaved, as only elites know English, rest being slaves. ***Europe needs to learn English and become independent of British monarchy games.*** Having endless time on their hands, the royals and aristocrats simply worked the peasants, poor people and others to death and started wars to expand their wealth.

This happened in the Polish Empire too, not just British, with the zealous support of the Catholic champions of subjugation of the poor. Their atrocities are not talked about in the history of "aristocracy" or humanity or capitalism (capitalism has been the mainstay of humanity for 25 millennia, while immortalism has never existed), so in Florida for example, in public schools, they will present the evil and dangers of communism (the torture they did, etc) without talking about the atrocities of bankers, of capitalism, of aristocrats who started endless wars of greed using slaves as cannon fodder, thereby destroying the workers even more and even the entire humanity itself, since people fight instead of discovering how to achieve better healthcare for all, longer lifespan for all, etc. Immortalism is not communism, the immortalism focus is eternal happy life for all, for both formerly aristocrat, since aristocrats disappear, and workers. Immortalism is against war, any violence and torture, unlike communism or capitalism. The difference is big. Immortalism is a mortal enemy of random capitalism used by aristocrats to lower IQ and subjugate all. Aristocratism, also killed 300 million people, just like "communism" killed 50-120 million per estimates, communism made in and designed by aristocratic regimes to attack the feudal competitors in the Russian Empire, etc and to dismantle the Russian Empire. A few pages in the immortalism section explain how UK, US, etc have supported communists covertly, while publicly criticizing them in order to hide their financing the spies within these regimes: a typical scam run by foreign nations is to promise the workers amazing things via a new regime that actually the foreigners heavily control: the workers fall for it and happily kill millions of their fellow men to get rid of "so called bad guys". 90000 year lifespans for all means high efficient progress and are not feasible when aristocrats exploit the rest of humanity via war and covert social engineering, that slows progress in science 40000 times. Aristocrats can use pseudo communism to commit further genocides against the worker class, to hide the real genocide perpetrator (the spies who remotely control one guy to order mass killings), so it's not clear which communist movements were not hijacked or taken over, infiltrated or manipulated by the aristocrats themselves who used "communism" to destroy other nations via genocide, just as in the old times of fights among the feudal lords. Life was so hard, that they could not wrap their head around living to 1 billion and proving to all scientifically that the miracles were fake and there is no need to torture anyone, since there are 700 trillion ways to achieve the end of aristocratic terror of humanity, without any violence and torture. The big mistakes of communists were torture, killings and the lack of communication about the atrocities committed by aristocrats last 25 millennia, especially the Catholic Church and others. These Catholic, etc atrocities, combined with the Catholic pure fraud and destruction of human intellect and hypothesis testing and formulation ethos of modern science,☺☺☺ of the basis of honesty and progress in human civilization, would have been sufficient to convince the masses to abandon their evil baby torturing people enslaving rituals, without any need of torture of ☺abysmal IQ☺ clueless priests, who sometimes sincerely believed the lies of the crafty Jews and Italians who

took over the entire planet with the Christianity scam. The Pope isn't Holy, he rules over a vast empire of espionage and torture. When communists were constantly terrorized and beaten, like in the beatings in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives), Vatican torture, by the aristocrats creating new ways of achieving that, they didn't think much about living to 1 billion and being kind to barbaric aristocrats who commit genocide against the workers, only about surviving and making it alive.

You know, someone who has been hunted down by aristocrat secret police for simply asking for the end of serfdom, who had relatives killed, tortured by the Tsarist police, etc was not necessarily the most trusting person, so they were afraid that the fanatical supporters of the Tsarist regime would kill them. They were obviously mistaken, since lifetime service to Immortality *for* All in confined cities (to prevent violence that the Bible conditioned people to engage into for millennia) would have achieved more infrastructure projects than mass killings and made USSR stronger, but they did act out of fear, so they decided to kill first the serial killers, torturers of Tsarist regime (the Tsarist police shot 100s of people for protesting one time) before being killed by counterrevolution from the encampment areas of the violent thugs. It's hard to put oneself into other people's shoes, and we see today how people support killings in wars, so how legitimate was the killing in the war against genocidal aristocrats? For immortalists, the torture used by zealous communists or Russians/Jews having other ethnicities and using "not being communist enough" as a made up reason for exterminating other groups via torture, it was a mistake, needless, but humanity can't evolve suddenly from chariot to space rocket, or from genocidal aristocracy and monarchies with secret torturing police (MI5-MI6, etc in Britain, others elsewhere, shooting people in their own country for not being a slave obedient enough) to immortalism. All too often, spies and gangs torture people a lot, like USA often destroys a country covertly using 3rd party actors it controls, only to come in as a savior and be a parasite. Today, in USA often times, the bad type of Russians, Italians, etc, or even Jews gang up on a 'gentile' (someone of a different group or country), to destroy him: pretending to be gentile and a friend, all they do is trap him (in a house they rent to him or room or they sell him, fit with torture devices) and torture him 24-7, so as to then use one of their gang members, to "help" the newly disabled by torture guy (or lady), that is to feed off him like parasites (the doctors, lawyers, etc for some victims, all part of the gang), the gangster is posing as a friend of a newly destroyed and disabled person (country if on a national scale). The Jewish and Russian communists used 'not being communist enough' as an excuse to kill anyone with any trace of intelligence, to ensure complete control over the enslaved nation. This is seen in the relentless torture today by spy agencies whose only result is to destroy the human quantum field, due to the natural selfish drive to maintain their power over other nations at the expense of humanity's future of ~*~Eternal Universal Peace~*~ in 3 months, which is impossible with violence (torture).

We had chariots for 5000 years or so, and only recently the space rocket emerged, we had genocidal governments of torture and killing for millennia and only recently, the idea of immortalism emerged: 0 torture, 0 killing, 0 yelling, 0 violence. We can kindly recall the October weather and how impossibly difficult life was in ultra cold Russia in 1917 for the poorest people who only recently, in 1865, experienced the abolition of serfdom, of eternal slavery to the aristocratic rulers, abolition which was not that "total" in virtue of many lethal shootings by the Tsar of various protesters demanding basic rights, just like with the 1865 "end" of black slavery. The challenge is to convince people kindly, not to force them, that it is in the interest of the collective of nations to adopt one language, to increase everyone's lifespan, instead of 300 languages. Some spies however will try to promote separatism and many languages for their enemies, while suppressing many languages in their own country. People are being informed that the communists (not true communists, since a true communist tortures nobody, helping all to live happily in the utopia) did a lot of torture, which is true, but that's only half of the story. The torture was the unconscious reaction of starved, beaten, malnourished workers, peasants, serfs who have endured torture, subjugation for eons, as described in the historical accounts.

Today however, people who love decency and have any IQ left after CIA torture, are aware that the end, Immortality for All, true democracy, true opportunity for all, etc, decent shelter for all, etc can be achieved without torture, though the old style terrorists from both right and left leaning spy agencies, are just addicted to torture until the day of the quantum weapon may get rid of all of them in 10 seconds. The struggle of humanity is not against Nazi aristocrats only, but against all who torture others, be them religionists, spies, cops or leftists. The Bible has indoctrinated billions to love violence, punishment, cruelty, torture and using the most unethical means of terrorism to impose one's twisted views about Jesus or God on others, so it was very difficult for these starved workers to also inspire, reeducate, without youtube, mp3s, ultra serene music, healing music, etc, the wild beasts of the secret police doing terror for aristocrats, to behave and not start their typical violent activities. Today, immortalists have created the Immortalist Anthem to inspire all to give up torture and violence, shouting and yelling, especially the military, cops, spies so addicted to these heinous crimes against the human quantum field. The struggle is not over, today we see that same violent energy pervading all gyms and many stores, as the violent music void of gentle tender soft grace and World Peace in 3 months, Immortality *for* All Vibes, stirs up the devil within all, readying all to kill, war and beat others as commanded by the aristocracy. The entire planet is ruled by the military-spy agency aristocracy who is out of touch with human suffering and void of the *healing*☺☺☺ *gentle tender soft nurturing graceful compassionate* eterni *kindness,* tone and music. So, it is up to the citizens to create the quantum field that brings universal healing and peace and stop being a macho wild robot doing evil for the rich gunmen who use remotely controlled "celebrities" they destroy by

hidden or overt torture, to create violent music and make that music the most popular, in order to have endless armies ready to blow themselves up at the command of the generals creating our "music". Today, the aristocrats continue to torture as shown here.

A great video about Ukraine, Kievan Rus, Russia explains historical changes and how much energy is wasted in national identities and languages. Crimea was given to Ukraine by Khrushchev in 1954, the Soviet leader from Ukraine-Russia border who spent much of his life in what is now Ukraine, especially Donbas where Russia-Ukraine war started in 2014, and who was the protege of Kaganovich, the allegedly? Jewish official *(who lived to 97, so how come Soviets were anti-Semitic if he lived so long?)* who supervised or was forced to supervise *(via brainwashing by those controlling from behind, to frame Jews or whoever the world spies believed to be the real ethnic identity of Kaganovich, like with Hitler/Stalin, all world leaders being a puppet controlled by spies, etc)* the alleged? intentional genocide of 5 to 9 million Ukrainians during the forced collectivization and Holodomor famine (again in 2022?), indicating the "Ukraine enlarging" *secret doers* may have thought Khrushchev was their asset able to make a larger Ukraine for Jews or others who wanted to split USSR. Collectivization led to many deaths outside of Ukraine too, and Russians claim 31% of Kazakhs died, 23% of Volga Russians, 20% of Ukrainians thanks to the policies of Jewish/Russian communists eager to exterminate gentiles per the "holy" Torah/Bible: De 7:1-16 & De 20:10-17. Russians invaded many areas and wiped out locals, giving their houses to Russians, as they do now in Ukraine, check out the execution of Ukraine civilians, the forbidding of Ukraine textbooks: if caught reading Ukrainian language books, parents lose parental rights, people get 5 years prison, etc – so Russians complain Russian language is not allowed in schools after Crimea invasion in 2014 too much, but on the other they don't respect Ukrainian language in the annexed territories). *Why can't people be civilized and create one language for all nations to adopt and get along*? Judaized (Christianized) Russians, brainwashed by the unholy Torah-Bible *to become* unspeakable monsters *from Hell*, killed 1.5 million Circassians in one of many genocides that enabled them to expand land size 100 fold in 8 centuries. Thru methodical murder and genocide, encouraged and deified in the Bible or what Genocidal Churches/Synagogues call "The Word of God", the Russian state expanded with the same violence we saw in Ukraine in 2024 (Ukraine and Syria ruins the Bible and Quran caused). In Eastern Europe Russian KGB Russians and Jews killed or destroyed thru torture, starvation, sleep deprivation, like CIA-FBI do too, anyone with any intelligence, and we see today KGB and MI6 hard at work to encourage the lowest IQ things in East EU, like local folk traditions supported by King Charles foundation and his 10 properties in Romania, to keep locals as low IQ as possible. Drag is from Russian and a new dubious tradition came after the KGB assassinated Ceausescu in 1989, in order to keep Romanians lower in IQ than ever: Dragobete, some made up holiday where on the ultra cold day of Feb 24th, boys are supposed to

do something very dangerous in cold weather: expose their lungs and hands to cold weather, pick up flowers, run to a girl they like, increase their cortisol and then, in that clouded mental state after the run, try to kiss the girl, and if she doesn't want to be kissed, it means she doesn't like him and has to run to another girl. You never hear Mossad, MI6 or KGB created memes, trends, social engineering, teaching people to live to a trillion and to be self-sufficient… Why? It's like Valentine's day cult, to brainwash people into the Catholic fake miracles. This 'new' post-1989 Dragobete holiday from hell is anti-eterni, anti-gentleness. In the fascist Nazi dictatorship of Russia, USA, it is often frowned when one dares to criticize the Infernal Word of 'Satan', or Cannibal Chimp, the Bible that deifies slavery and eternal violence, so much so that even the Belgium King wanted to emulate the Russian interpretation of the Bible and did a genocide too. The Quran, the Bible rewritten, also caused endless genocides. Likewise, the Holodomor genocide of Ukrainians by Russians and Jews was slightly more complex of course, since many nationalities, not just 90% Jews/Russians were in the top bodies of implementation of kulak class destruction. It's was a boomerang process resulting from centuries of extermination by aristocracy of the poor peasants, and ***kulaks were subjugating the poor peasants too***, like real estate agents or mortgage brokers exterminate the poor in America today sometimes, providing mortgages, loans. The blood sucking mortgage brokers do the same kulak actions, so it was sort of a physics effect there: action (steal to build palaces via theft), reaction, killing met with killing. In classical mechanics, 3rd law of Newton: action force = reaction force: rich kill the poor, the poor will eventually kill the rich. That's why immortalists want to create a nonkilling society, to avoid the genocides of the past perpetrated by the rich or poor. The wealthy, who control all spy agencies, military, gang up to exterminate all who can end *feudalism* that didn't actually die at all in many nations, merely going covert. That is why we need Immortality *Nurturing* Agency to replace FBI-CIA and Eternium to replace the US military. It's for the good of World Peace. Once the drive to kill or destroy the oppressing kulak class started, old inter ethnic vendettas came to the fore and hard core Jewish, Georgian, Russian fanatics took advantage of the chaos to exterminate enemies: Russians, Ukrainians, Kazakhs. All immortalist reforms need to be done *tenderly gently,* out of universal *loving compassion* for all citizens, rich or poor. No violence. All these things coalesced to form motivations for the extreme events, with Georgian Stalin being eager, backed by Jews around him, to wipe out more Russians. This doesn't mean that KGB didn't have units (planning genocide of non-Russians using kulak dispossession as a cover), who were Russian controlled, not Jewish.

In addition, it is ***very possible that various spy groups (German, British, etc), not even Russian or Jewish,*** who infiltrated USSR government while pretending to be Jew or Russian, sometimes planned to manipulate this 'collectivization' as a way to ***exterminate millions and weaken the USSR itself***, meaning spies manipulating Jews, Russians to be low IQ, when it would have been

far smarter to use the 10 million dead as laborers to build amazing infrastructure and make USSR far stronger when Germany invaded in 1941, leading to far fewer deaths, maybe 10000 not 27,000,000. Once again, Stalin and KGB cruelty had negative down the line consequences, in their attempt to do fast industrialization to prevent complete occupation by industrialized Germany. The German masses were brainwashed by the atheist Jewish (who believed Nazis would send Jews to Israel, as they did in the beginning) and German aristocracy, ever greedier for more WEALTH, who supported Hitler's rise, with ample help from USA, UK, France and even USSR (some airplane knowledge). To destroy Germany, Jews had to support the destroyer regimes that financed WW1 and 2, who shrank German land 34%, while pretending to be against those regimes. It always works that way sometimes, they support the regime secretly that they criticize in public or vice versa, so as to fool Germans (9 million dead) into all out slaughter of other useful cannon fodder gentiles. The *kulaks, who were often spoiled and used to high prices to sustain their "imperial" lifestyle, and often Ukrainian, Polish, Jewish and hated by Russians, didn't want to sell food at cheap prices to feed USSR workers who were industrializing and thus defending the USSR against future German invasion Stalin knew was imminent* (since USSR trained the German troops at one USSR base, helping their Air Force to bomb Britain and other places USSR disliked), *so Stalin/KGB precursor, NKVD, got a little upset and went overboard to "teach the rebel kulaks a lesson"*. It's more than that, this paragraph touches only 0.01% of the complexity, to disintegrate the cliché that "Russians killed 5 million Ukrainians" and nothing else happened. This scapegoating removes any incentive for Ukraine, EU to create decent (not this anti-eterni tone) ~*~Eternal Universal Peace~*~ sustaining music for Eurovision, eterni tone in TV-radio and music, education, to reform its society towards immortalism and nonshouting nonviolence, for EU to stop creating dog barking like violent rock, heavy metal, pop, rap etc American like music and become civilized. It's very complex, and also related to the Bible quotes the Catholic, Lutheran, German, etc, Orthodox, Russian churches brainwashed people with, quotes which when even decent and not genocidal, are not like the Immortalist Anthem best verses 8-40. The zealous fanatical clergy energy has come down to crush them in the call to free the enslaved serfs of centuries of the USSR, just as the clergy has crushed the spirit of universal *gentle tender soft healing nurturing graceful soothing compassionate kindness* in the human race thru many Vatican sponsored (and others) genocidal wars. All feminine kind energy wiped out, replaced by the roaring sound of hollering (shouts of Protestant and Rabbi) or macho Catholic/Orthodox church songs. Joined by the military, they destroyed all feminine energy worldwide, all decency and kindness, to create a worldwide terror state of sheer fear and violence. Everything is far more complex than the official version of history events we learn in the 5th grade. Aristocrats wanted USSR to fail: it was not fun for them, so any undetectable subversion would be "fair game", a simple method to sustain an imperial lifestyle. *It's naive to believe all Chinese looking guys were Chinese*, many were half Korean or half Japanese (or other

Asians) aristocracy spies who had a vested interest to cause mass starvation thru similar policies, to shrink China to Japan or Asia population ratio over decades, etc. The poor need to gently understand that *the rich will use even a so called "for the poor" regime, to enslave the poor ever deeper*, by hiding and disguising the oppression so well, nobody almost sees it. That's why immortalists need to be discerning, and realize spies infiltrating Eternia can ruin it completely and destroy its nontorture nonkilling ethos, replacing it with average military torture, rape and murder demonism. Sadly, other nations copy the devil methods of USA, so we got some real reform to do globally. It's just historical inertia, fear of the chimp mind, who thinks of scarcity and not infinity. Rich gangsters also want depopulation, so they meet and plan wars and various events to do it. Ukraine will never prevail for long, until it evolves to immortalism, because the energy of anti-life can't prevail. All empires vanish, all big countries collapse like they did for Eternity so far, until they become the very essence of Eternal Life or immortalism: *gentle tender soft healing nurturing graceful soothing compassionate kindness*. So wake up USA, EU, you're much like the Mao, Hitler and Stalin you criticize all the time… Realize it and arise from darkness to the Light of God, break the chains of slavery to violent music and scriptures. Wake up USA and EU, declare your independence from aristocrats for the 1st time in 50000 years.

Kindly use Ctrl+F "Jew" to find all related info in this book. Kazakhstan Kazakh population was 82% in 1897, 30% in 1959 after USSR staged famines and relocation, 70% in 2021, etc, Russians 11% in 1897, 43% in 1959, 15% in 2021. We see the effect of Russification via genocide disguised as famine, relocation, labor camp. Paragraphs like these make some KGB guys want to kill me. The USSR, Russian Empire old policies of destroying people and then using them as puppets to lead countries into slave colony status are very much similar to British, French and US empire policies. Until the diabolical tendency to torture, destroy and kill, subjugate people ceases, there is no hope for any peace. Humans need to be honest and stop killings and torture by all spy agencies and militaries. Our enemy is aging and disease, not humans. The KGB culture of killing millions is still happening and KGB needs to evolve: homicide rate in 2018 Russia was 14 times greater than Italy, 11x > Poland, 7x > France/Uzbekistan, 9x > Germany, 6x > Bulgaria/Romania. Homicide rate varies a lot, in many areas with 90% Russians we get 10 to 14 times higher murder rate than Chechnya, which they bombed into the stone age in 1999 when Putin came to power as revenge for attacks on some Russians, some republics have 25 times the Chechnya and Balkaria homicide rate (the tiny Islamic republics). So much for Jesus' "amazing influence" who touched all souls and made them "nonviolent". Perhaps, it's time to just focus on kindness nontorture and nonkilling and leave fake miracles aside, since *nontorture is 1 trillion times more important than making signs of the cross*, rituals of ice cold bathing, etc. Why can't US, Russia stop the terror and torture methods? Why not use its genius to create peaceful methods to bring peace? Chechnya murder rate fell 7 times from 1990 to 2017 to reach the France-Germany-UK

level. Russian's rate in 2022 rose for the 1st time in 20 years, due to the Ukraine war.

We see how backward Russia is, the healthcare etc, since the Soviets killed a lot of specialists, who knew how to run factories, doctors, etc, or they fled: toothless ladies, (some of these may even be minorities who got deported from one republic to another, lived on grass for months or 200 calories, and were heavily tortured with the same tooth weapons) no care, just like on CNN Ukraine people we saw 30 times in 2022 alone, etc. It's not clear how precise these tables are or if some Russians declared themselves Kazakh or vice versa. Khrushchev found genocidal Gulag camps unprofitable and he ordered most of them closed in his anti-Stalin moves; *CNN showed in January 2023 on the main page about Ukraine (which is often the first one on their homepage), a video of a doctor who said Russians took some of her teeth out;* we got reports of torture of Ukrainians all over the web, that confirm this is a tactic used by psychopathic agencies, just like CIA tortures people's teeth. Are these Jews, Russians (or other spies) within spy agencies of Ukraine tipping Jews, Russians (or other spies) within KGB on any smart Ukrainian location to bring all Soviet states under Jewish, Russian (or foreign spy) control by typical KGB elimination of anyone with brains, like some Jews allegedly tried in 1920s USSR or are these real reports of Russians destroying Ukrainians teeth when caught by invaders as civilians not escaping? Is it disinformation sometimes? As the Messiah section explains in the Bible quotes, genocidal people still exist due to the deification of such violence as "holy" scripture, and it would not be a surprise if Ukraine is on a top secret extermination list of the bad type of rich people who profit from wars, Jews/Russians/etc, for not allowing complete enslavement, like Germany seemed to have been placed on a similar list in 1918 (*they created Nazis in 1919 to lead Germany to complete destruction and weaken some nations, Jews, etc?*) Syria in 2011, etc; the youtube has 100s of videos with Gulag torture and methods related to teeth, including teeth pulling. It's nothing new. All decent people support a move to 1 common language in 8 years, everyone learns it on youtube, but the whole planet is controlled by generals who hate peace, who love to stay in power, at any cost to the human quantum field. No compromise. When was the last time you heard the media they control talk about World Peace in 3 months and one common admin language in 7 years or 30? Never. The plan is eternal war over languages? Where is the compassion for millions dead in so many wars of language change?☺☺☺

When people tell me we need 7000 languages, we can look at the millions of wars they gave us; I recall an old man, looking like a skeleton, who managed to return alive from Siberia and was using a train to go some place, and he shared with us, the students on the same train going to some science contest, how people were frozen to death during Gulag labor camps by Stalin's KGB puppets and fell from the sledge and broke in 2 pieces, *in a typical ethnic replacement method of making Ukraine, Moldova (former Romania), Poland, Latvia, Lithuania, Estonia, Finland, etc areas Russian majority: pure genocide*; now Russians claim the Ukraine folks don't

respect the Russian invaders' language rights; the simplest way to solve these endless fights over language is to move towards fewer languages; since Eastern Europe has been decimated by Russians often, they share a common interest in English; ☺☺☺ *these days the spy agencies etc attack a tooth until it falls due to microwaves and other weapon systems (*no need to punch or use any physical tool as KGB did in 1930s to Eastern Europeans*), it's the same cruelty, just more discreet*. Khrushchev was the USSR leader, after Stalin died in suspicious circumstances after Stalin allegedly planned to deport Jews to Siberia and accused many allegedly Jewish doctors of trying to kill Russian leaders, like some Jews allegedly killed the Tsars, if the Tsars didn't fake their deaths. Khrushchev had a Poland born 2nd wife, a professional spy of course, she knew many languages, though not clear what kind of single or double agent she may have been. Ukraine is for no Russian language equal status to Ukraine language in areas where Russian was there for 2 centuries (Ukrainian was there for maybe 5-7 centuries) after the Russian Empire banned Ukrainian in 1804 in schools in much of Ukraine (which was part of the Russian empire for 200 years, USSR also repressed Ukrainian for decades, executed writers, etc). While immortalists totally oppose the invasion of Ukraine and all wars and violence, if real (read fake war section on how wars are faked and refugees are spies) and not staged with Ukraine, they do understand why the Russians are unhappy, though they're not being told the whole story by Putin of how Russians banned Ukrainian and imposed Russian at gunpoint, creating the Russian speaking areas that they want to annex. USSR and most Eastern Europe spoke 100s of languages many centuries ago, then Slavonic church language was created by some Greeks in 900, and this language interacted with local languages to create new languages, Slavic ones (except for Romanian, a product of Dacian plus Latin, *Georgian, a product of Greek? and local language*), Russian becoming the most spoken due to the military expansion of Muscovites; so initially, a theory alleges, Ukrainian was closer to Russian, but then became unique by 1500.

Most European languages today have a huge influence of Latin, due to the Roman empire, so Latin spread, via religion, like Slavonic did, and created new languages by interacting with local ones.☺☺☺ It's illogical to have many languages in Europe and anywhere, I don't see what Eastern Europe gains by having 20 languages for 150 million people and 20 nations instead of one, except remaining backwards; English is neutral in the area, is not native of any nation of the 20, and makes the most sense, it's the language of science. People need to understand the pros of one language and create it and adopt it, so all language fights end, or at least choose incentives to unify and have fewer languages in the short term, without violence and forcing choices. Ukraine is for splitting many republics from Russia or so they claim, undermining the idea of fewer languages and nations, or one language for truly lasting peace, etc, why not Basque country splitting from Spain and other areas from Ukraine that belonged to Slovakia, Poland, Romania, Hungary, etc before? Everyone, except the Russian public, knows Russia

invaded many nations nearby, occupied their lands, then started extermination via forced labor, sending locals to Siberia or other areas for ethnic balance shifts and calling existing languages new names, like Romanian was called Moldovan, and started creating new identities, like Moldovan, etc to create division and facilitate its ethnic extermination and replacement goals, this is contrary to their alleged "communist" goals of World Peace and one language for all workers, etc, since USSR was also a cover for Russian imperialism. Russians banned Romanian (spoken by 80% of population, while Putin claimed on 9-30-2022 that Russia defends the rights (see transcript of Putin's hypocritical speech of native languages, of African etc cultures looted of gold by Putin's gangsters while he invites African leaders to Moscow to dupe them, setup businesses to facilitate gold, etc theft) and many languages in lands they invaded since 900 AD to expand land 20 times. Check out how African 18-22 year old ladies are allegedly (unless a fabricated story) used by Putin as slave labor to make drones that fuel eternal war, though this could be a cover for training to become a KGB spy in Africa. Russia murders innocent civilians of 200 ethnic groups for 950 years, while its citizens freeze to death. We see homicide rate is now 3+ times higher in Moldova (former Romania) vs Romania, after being neglected and people having no school to go to in local language during Russian Empire occupation for decades that made Russian the only language in 90% of schools, another strategy of domination; initially everything was the same. This is why one language has to be implemented by understanding of advantages and gradually as people learn the language (kids who go to school, etc) and are allowed to learn the language (today it's easy with Internet and youtube). We can't keep 7000 languages to advance fast to longevity and Eternal Universal Peace, but can't use that "one language" to exterminate people, destroy cultures and etc. Russians knew what they were doing, they prevented people from learning Russian too. Now Russians cry "we are victims" when Ukraine wants more Ukrainian in their country, giving the Russian language second status to prevent Russia from taking over Ukraine, not just some areas that were mostly Russian speaking for 200 years thanks to the power of *"bombs and war, deportation, extermination via forced labor, economic incentives, 'involuntary' affairs with local women (under pressure) to 'produce offspring that are spies' methods"* used by empires (Russian included).

We need to unify via positive motivation, not under the threat of death, out of compassion for those suffering from wars over language, due to inefficient waste of resources, out of kindness, gentle tender mercy, desire to bless all humans with 7 trillion year lifespan. We can't solve things by force, or else nothing will be left of any country, except a war zone, we need to evolve to a peaceful mammal stage at least, if we dream to live to 8 trillion some day. Russia said 'Ukraine doesn't respect language rights of Russians'. Latvia is a country that wants Latvian only, no more Russian, since Russian was not there before the Russian invasions. To erase Ukrainian history, national identity, etc, Russians were reported in Nov 2022 to steal all museum art that

proved a non-Russian past, or perhaps also to save some of the Russian, USSR stuff there too, afraid some would get destroyed, like ISIS was paid to destroy stuff in Iraq, etc. See how CIA uses USAID and other venues, covert drug trade, etc, to fund their puppets. Replacing one mortalist culture with another mortalist culture is useless, we need immortalist cultures. ☺☺☺ Wars will never end if one starts to create all 900000 states and statelets that ever existed, many of which we don't know, so we need make 10 changes to an area, as ownership has shifted 10 times; we can agree to not torture and no war in all cases, but can't blame Russia only of being imperialistic, as 100s of nations have been thru history; Ukraine was enlarged by carving lands that belonged to other countries, so Romania, Slovakia, Hungary, Poland can call Ukraine "imperialistic" too, but they don't since they understand the madness of the Soviet Union and how it made Ukraine look bad, not Russia. If the Eastern Bloc become one Eternia country made of Warsaw pact and 6 other formerly Soviet republic communist European states, 20 nations, it's irrelevant how the borders were made by USSR, because the borders disappear and we can have rotating presidency to give all equal representation, with time as president based on the number of inhabitants, land area, all speaking English, it doesn't matter really, since we have 20 provinces or fewer of the new nation, it's like people from a province become president, who is a formal thing, since decisions are made by a lot more people. The wars never end once people start advocating for more languages, nations, we might as well revive 3000 old languages and go back to the 3rd century, stop using Internet, cars, technology, etc given to us by centralization and fewer languages. A solution to Eastern Europe wars is a neutral language that was not involved in the eternal wars there, as explained in the Eternia new nation section.

We either stop all wars and violent border changes or not and Russia needs to solve its issues with Ukraine peacefully and everyone needs to promote fewer languages always, not when talking of 'enemies only, that they want to split into 5 or 40 countries', Russia can't claim it is a saint, since all historians know what they did to nearby nations.☺☺☺ Could USA become 30 nations with 30 Native languages then and start fighting again among them? China has dozens of languages too, should China be also split in 40? ☺☺☺ India 600 states with its 600 languages, fighting like crazy (like Europeans) before Britain came and unified them all into India? We might as well ban cars and use horses. Undo all progress for the sake of 'language history'. Most EU countries in the East spoke at one time Slavonic dialects (but before Slavonic, they spoke different languages nobody knows), a sort of common language, now they got differences so they're no longer intelligible, so we see we could have a choice: unify Europe with English or a new language (English is most useful since most science of longevity papers are in English) in 20 smaller population (2 to 44 million) nations or get distracted with Ukrainian, Latvian and Russian fights; Ukrainian and Russian are so similar, it's almost like the same language. If we want Peace, we need apply the same standard everywhere, not pick and choose which country to split, being

so hypocritical as to when we apply some old maps. English is on 6 continents as a native or second language, more continents than any other language, it thus unifies the planet the most, so it makes more sense in Eastern Europe nations that have languages nobody else speaks, it helps them to establish a trans-continental shared identity, plus all longevity papers are in English, the language of science; if eastern EU 20 nations unify with English for example, then Russia may adopt English as second language later too, in 100 years; this will stop 900 years of wars in Eastern Europe, we can't solve issues by going around the bush, we need to face the horrible past of humanity and come up with practical LASTING solutions that reduce tension 900 fold and end the wars once and for all; World Peace won't last with so many languages and etc, we need centralize and unify. ☺☺☺ English is known by everyone in the science field all over the world, useful for longevity and immortality, Russian is pretty useless, except in the former USSR.

ALTERNATIVES TO SUDDEN REPLACING of 7,000 languages, for those nationalist enthusiasts who absolutely can't realize how destructive it is on our planet (and to their life, now everyone has to work 50h/week, reinvent stuff, translate, spy on the others etc, when with efficiency all work less, tech is far more advanced, all relax more, eat better, volunteer to help others and develop kindness happiness, there is less "stress, aging"), given our history, to have so many languages: *In the transition to 1 world* language*, it makes sense to make* each language simpler*, easier for all to learn it* so we achieve peace☺☺☺ thru communication instead of war:

13.20.4. Phonetization of English, simpler grammar makes it far easier to write and pronounce:

13.20.4.1. New writing/phonetics 13.20.4.2. Simpler logical grammar (3 pages below)

13.20.4.1. Phonetization allows English writing to become more concise, with pronunciation made simpler too (for kinder communication by higher cortex & emotional brain stimulation instead of the mechanical sounds area of the brain, the accent on words is placed☺☺ on what syllable is easier to pronounce, what takes fewer calories, less lip/jaw/tongue movement, so we focus on eterni tone modulation instead), most 3-9 letter words would lose 1-4 letters, becoming 11-67% shorter, *meaning it* would be way more efficient than any other language: ☺

1). sh ► ś efficiency > efiśnsi, shoes > śus, confession > confeśn, suppression > supreśn

cion, tion ► śn friction > fricśn, suspicion > suspiśn, fruition > fruiśn, demolition > demoliśn

accession/aggression > åcseśn/ågreśn, profession/corosion > profeśn/coróśn

sion ► jn collision > colijn, division > divijn, invasion > invėjn (j near n is j, notas in joy)

2). pus ► pąs shaman > śąmąn, charlatan > śąrlątąn, charade > śąrėd, car/far > cąr/fąr

but > bạt, tough > tạf, cough > cạf, laugh > lạf, glass > glạs, become > bicạm, duck > dạc, plug > plạg, pluck > plạc, half > hạf, upstairs > ạpstẻrs, fraction > frạcsn, faction > fạcsn, cart > cạrt, court > cort, country > cạntri

(any aa ► ạ)

3). toe ► tȯ

show > shȯ, sow/so > sȯ, dough > dȯ, shove > shȯv, goal > gȯl, low > lȯ, tomorrow > tumorȯ, borrow > bạrȯ, row > rȯ, crow > crȯ, yellow > ielȯ

(ou ► ȯ)

maul > mol, mall > mal, above > ảbạv, mole > mȯl, owl > ȯl, tow > tȯ

4). love ► lảv

under > andảr, bury > bảri, difference > difrảns, Eiffel > ífảl, allow > ảlụ, water > uạtảr, Pfizer > Fízảr, against > ảgenst

(low a ► ả, dot · is above a, not ,)

5). the ► dả

though > dȯ, th(d) sound becomes d: sticks tongue too much, wastes neurons

thus > dạs, soothing > suding, although > ảldȯ

th ► t: theology > teologi

path ► pat

cathode > catod, mouth > mụt, Katherine > Catrin, there > der , thou > dá

(th path sticks tongue between teeth, uses too many neurons/calories, so we remove it from English, to use neurons for good eterni tone: keep t only for a month/year max, but finally catod will be said catod, pat > pat, mouth mụt > mụt, fifth or fift > fift, sixt > sixt, fourteeth or fortint > fortint

ts ► ṭ (tz)

splits > spliṭ, spits > spiṭ, blitz > bliṭ, eats > iṭ, schizophrenia > sciṭofrenią,

bots > boṭ, rats/aristocrats > raṭ/aristocraṭ, tsar/czar > ṭạr, nuggets > nạgeṭ

6). eight ► ėt

freight/weight > frėt/uėt, airplane > earplėn, they lay clay > dė lė clẹ

(ei ► ė)

tame/shame > tėm/shėm, stair > stėr, main rain > mėn rėn, Kate > Cẹt,

great breaks > grėt brėx, laid paid > lėd pėd, cane > cẹn, face race > fės rės

7). ch ► ċ

chop > ċop, chin > ċin, chip > ċip, china > ċínạ

8). edge ► edj

orange > orảnj, merge > mảrj, change > ċėnj, agent > ẹjnt (ge ► j if as in joy)

9). cow ► cá

bow > bá, now > ná, plough > plá, hour > ár, tower > tár, flour > flár

flower > fláảr (though context clarifies flár), Bauman > Bámn, down > dán,

(au ► á)

dawn > don, sound.sand > sánd.sand, bowl/bowel > bȯl/báảl, however > háevr

10). you ► ụ

chew > ċụ, few > fụ, amuse > ảmụz, dew > dụ, urine > ụrin, cube > cụb

(iu ► ụ)

view.preview.review.strew.interview.skew > vụ.prevụ.revụ.strụ.intervụ.scụ

(· is above u)

New. Pew. Blew . Lieu. Phew . Sew. Sewer > Nụ. Pụ. Blụ. Lụ. Fụ. Sụ. Sụảr

11). k, ck, q ► c kilo > cilo, skew > scu, plaque > plac, keep > cip, wreck > rec, queue > cu

cs or cks ► x pricks.tricks.licks.bricks.sticks.flicks.clicks > prix.trix.lix.brix.stix.flix.clix, sucks > sux, fucsia > fuxia, ecstasy > extasy, sockets > socet, queer > cuiar

Later x becomes ċ with dot below, not above, to be consistent, as splits > spliṫ

Thus, x won't be needed anymore, making alphabet easier

ce ► s police.malice.mice.suffice > polis.malis.mís.sufis, mercenaries > mersenaris

farce.fence.force.fragrance.dance.trance > fars.fens.fors.fragrans.dans.trans

cis/juice/chemistry > sis/jius/cemistri, hence.place.price > hens.plės.prís

niece.ounce.peace.piece.sauce > nis.áns.pis.pis.sos (peace/piece via context)

se ► z appease.please.choose.cheese.because.raise > apiz.pliz.cuz.ciz.bicoz.rez

noise.phase.lose.suppose.compose.amuse > noiz.fez.luz.supoz.compoz.amuz

12). ps ► p flips.trips.polyps.camps.clips.chips.crops > flip.trip.polip.camp.clip.chip.crop

13). pee ► pi deep > dip, sweet > suit, peep > pip, bleep > blip, joy > joi, English > ingliš

(ee ► i) marry > meri, free > fri, coffee > cofi, Jesus > Jizas, see > si, tea/sea > ti/si

mommy > mami, suite > suit, spleen > splin, decision > desijn, needless > nidls

14). soot ► sut boot > but, cool > cul, suit > sut, true/glue > tru/glu, to > tu, two > tuo, too > tuu

(oo ► u) do > du, crude > crud, woo > u, wow > uá, moved > muvd, would/wood > ud

15). phi ► fi philantropy > filantropi, phlegm > flegm, alpha > alfa, photon > foton

16). bye ► bí I > i (ee), cry > crí, why > uí, Wyoming > uíoming, fly > flí, foreign > forin,

(ai ► i) by ► bi, spine > spín, mine > mín, drying > dríng, side/ze > síd/z, lie > lí, eye > i, rise > ríz, apologize > apologíz, finance > fínens, surprise > sarpríz, plight > plít, fright > frít, flight > flít, delight > dilít, might > mít, thine > dín, dine > dīn, hi > hi, pi > pí, align > alín, benign > binín, recent/resent > risnt/risent

í takes less effort to write and less character space in digital media than y. If we have 2 words pronounced the same, we can write verbs ai as ī with dash, noun lie > lí, but lie down > lī down or die > dī, dye > dí. If 2 nouns/adjectives/words are the same, the less common uses ī or ai or context: night > nít, knight > nait or light > lít, lite > līt or write > rīt, rite > rait, right > rít. Adding . after etc. is wasteful, so we need to write etc without a period, as I wrote it in this book. For sow

(female pig) and so, context immediately tells what kind of it's sȯ, as with lie & lie today. We can also have optional reign > rẹn (ei is ẹ when a verb to avoid confusion), rein > rein or rėn, rain > rėn, because rain is common uses the most common ė. We don't need ẹ because reign, rain, rein are clear from the context, but all are free to low dot (ẹ) to clarify reign. Aglycone > aglicon (stress on a, not gli) not ag*l**ai*con as today, same for 400,000 English words that needlessly, inefficiently add the a (or other vowels) vowel to waste time and diminish the eterni tone of speech. Too many words have an extra *useless* a vowel, when there is no need to, since no other word exists of similar spilling or pronunciation that we need to distinguish it from. The simpler, more mathematical/logical/easier to learn, more symmetric a language is, the higher its Radiant Beauty and use in Eterni Tone, the more it enriches the human Holy Spirit of Immortality for All. The most beautiful language is that with the simplest pronunciation, writing and grammar. Thus, the Radiant Immortals call us to Evolve our beautiful English to Bless All Nations with Truth. ☺☺

17). cat ► cat (all ae ► a)

pass.bat > pas.bat, gay/guy > gai/gí, ass > as, can > can, as > az, scalp > scalp, easier > esier, eat > ít (almost like it, but same sound), shared > śard, it > it, is > iz, ease > íz (iz sound), bred/bread > bred, jaw > jo, bath > bat, path > pat, wet > uet, rack > rac, character > caracter, canine > canín, cunning > cạning, happy > hapi, camera > camȧra, care > car, fare > far, fair > fair/far (context), pantry > pantri, and > and, tariff > tarif, many > meni, grass > gras

We won't capitalize for English, French and ethnic (Jewish, American) names, as it is silly and a waste of time to press shift character, etc. We change pronunciations to shorten/simplify sound/writing and eliminate useless sounds/vowels, so the brain focuses on kindness not opening mouth so much. English has many useless extra consonants and vowels that are not present in other languages. We create minimal variations of the infamous English vowels, to make writing and reading easy, so eterni tone kindness replaces tongue gymnatics. Cạt is a lot easier to pronounce than cat, because cat uses more muscles, opens mouth more, diminishes the eterni tone potential. However, since most English pages have the ae sound for a, not the a as in far, the change of all words pronunciation that are like cat to aa as in far is not going to be welcome initially, due to people's habits. Every sound, vowel or consonant, need to be reevaluated to ensure we choose the easiest to pronounce so we develop the eterni tone brain, not the tongue and jaw muscles, we become human, not chimps, the pub chimps humans obviously are as 1000s of genocides show. See more on this topic in chapter 8.

We thus eliminate w, y, k, q, x to free Earth's 11 companies workers from 5 characters, and move English to 21 characters, from 26 characters, with í, ī, ė, ȯ, c̀, ś, ạ, á, ụ (dot above, not below), ả (dot above, not comma), ṫ, ṗ, ṭ to avoid writing many h, g, a, i, o, u, e. This enables all to master English reading and writing in half the time for the eventual merger of all nations into

God's nation under the gentle divine Immortalist Anthem.☺☺☺ All instances of double consonants are removed, no more ss, ff or tt. A book of 900 pages will now be 600 at times, saving millions of workers who cut trees, transport them for paper, etc. This saves trillions of keyboard strokes and file size in documents, extending the lifespan of healthy wrists and fingers. Today English takes less than most languages to write a sentence, this will make it even shorter.

☺☺☺~*~ May all humans live to a trillion years in Eternal Universal Peace & Bliss ~*~☺☺☺

13.20.4.2. Simpler logical grammar:

you/they are > ụ/dė iz, you're > ụ'z, they're > dė'z, s/he is > s/hi iz, s/he's > s/hi'z, we are > ui iz, we're > ui'z, I am > i iz, I'm > I'z because I is no longer capitalized, no language does that ego act. Also: am, are, is > iz, have, has > hav, do, does > do.

Many languages have ONE form for all Pronouns. Time for 'stupid' English to get the memo☺?

We need to be logical math thinkers; most languages are 10-40 times harder to learn than this new phonetic English above with the optimized grammar below, it's like pure terrorism itself to force people to become so low in IQ by learning other languages, to force kids to have no place in neurons for physics or biochemistry of living to 4000, all your neurons store is forms of verbs and their Neolithic primitive pathetic writing system, endless conjugation, crazy grammar of useless complexity, etc. To say that most languages are incredibly stupid is be be truthful, they're traditions, maintained by low IQ literature and grammar experts (those "chicken IQ"☺☺☺ literature and language teachers worldwide, forcing their history (psychos killing each other nonstop, memorize dates, become a brute) and garbage literature on kids, instead of modern literature (like this book) about living to 5 trillion with science terms and techs to achieve that, including in the short-term eterni foods based living to 4000), "language teachers" with ultra low math scores, low intelligence, who have no concept of engineering, efficient use of human resources, neurons to achieve 4000 year lifespan, no concept of lego logical building of a language grammar (everything builds on itself, so you memorize 30 times less stuff) and words to minimize memorization and make it logical and 50 times easier to learn than most languages today, which are garbage. Let's have a 980 page book be written on 500 pages for less scientific terms; *efficiency* first. We take the most common vowel combos and make new characters via dot or etc. If you want English to be learned by *all nations*, of course, a phonetic ultra easy one that writes a German, Russian, French, Spanish sentence of 2 lines in 1 line or less is going to win and become global official language in all nations. Asian languages like Korean, which is way simpler than Chinese, are hard to write vs this immortalist English of Eternia; let alone to learn to pronounce Korean. World's simplest language is eterni English, the official language after World Peace. *Many languages have ultra complex rules of conjugation: the useless old traditions*

are no longer serving our Immortality goals to live to 900. Why have different ways of saying any verb for so many pronouns? Instead of learning the language of mitochondrial immortality, particle physics, etc kids waste neurons with illogical rules, if they learn foreign languages. Kids waste 1-2h/week on useless (easy to simplify and remove) extra grammar of native language, when they could take Immortality classes. *We travel at 17,000 mph (vs 20 mph before), we send letters in 1s (vs 1 billion sec before), but* language structure is like before. Even English, with the same form of verbs, except 3rd person singular "eats", can be simplified, no more s added, and a lot of arbitrary rules abandoned. Examples: 1. unhappy, happy, 2. unstable, instability (why not instable always?), 3. front yard and backyard (why can't both be one word, all languages have equally low in IQ rules that are anti-immortality), 4. insterile is not a word but unsterile, nonsterile are valid, 5. pronounce verb and pronunciation noun *instead of logical and intuitive* pronounciation, which oddly is incorrect. *Why not one rule for all? Why memorize all these 0 IQ rules? So many things about 'British US etc"* English. *Why not r*emove hyphens for anti-aging and all other words, to make writing easier, save energy when typing, printing, etc; it is ☺☺*lovingly gently* kinder☺☺ to not stuff people's heads with 0 IQ rules about which words to use hyphen, to be efficient. *What about* eterni English, *simpler and more logical than any English? If we want a language to be simpler, we ask non-native users, since they know things in which other languages are simpler, how illogical some things are and could be made simpler. Make it logical, like math.* Don't require saying "I am" or "you are, he is, they are" at the end of a sentence, allow people tosay and write the short "I'm, they're, you're". "What a beauty you're" is thought of as wrong, but in eterni English it's correct as it saves throats, calories, fingers typing. Eterni English is the simplest English, even phonetics and writing. Say all past tense is present tense with 2 letters added at the end: add added, etc. This way, nobody has to learn 100s of individual past tense forms, and that for each pronoun in some languages. For long verbs, the ending can be changed to ed, if it is easy, with a simple rule, while for very short words that can't be done as it would sound too odd or will be like another word, and it may be confusing. There are many ways to make existing languages much easier to learn, 10x so, but "not so high IQ as that of Immortals who live to 9 million some century" rules our planet. Expel word, expelsion should be the noun, not expulsion, plus 900 other examples. English needs to be improved (even if less than EU languages), made more logical. As more rules *get similar across 7,000* languages, *it will be 100x easier to learn new* languages *and to create world's simplest unifying* language *one day, most logical and* eterni in tone. What many people don't realize is that Chinese simply add a little word to indicate past or future and they don't have to change the verb, eat, ate, eaten, like in all European languages, they don't have 3 forms of each verb like in English, or 15 for other languages that have conjugation for each pronoun. The ☺abysmal IQ☺ of all EU language conjugation is funny, but they do have an easier alphabet, 26 characters, not 3000. *EU is busy preaching what they don't walk, instead of creating a simple pan European* language *that all*

use, easier than even Esperanto*, which is logical vs the rest*. If each country makes changes, their language would be easier to learn. ☺☺☺

Korean is odd, they got to memorize 7 verb endings and honorifics, or end up dead or beaten for not using them. This is due to people not focusing on the ethics of the Immortals and their tone, which is 100 times more important than the words used; we don't need so many forms, if we have *universal* loving kindness, these forms have not given us peace, the polite forms for pronouns are present in many languages, not in English *(1 form for all, like in true democracy, since soul age and wisdom is unknown)*, and they have not prevented those nations from doing big atrocities, showing the tone is 1 million times more important than the word form used: we're all 3 day old babies vs the Immortals, so why get so caught up in titles, instead of on using the words 'gently lovingly kindly sweetly' often and eterni tone with all people and achieving true democracy, i.e. not the pompous mindless adulation of kings or officials.

We are meant to love all beings and if form is the way to show respect, it removes the focus on the need for the *gentle tender soft healing* eterni tone of loving compassion for all, the realization everyone is like a 2 min old baby soul, just born in this universe, clueless and quite helpless too. This gentle call to love all beings with more *gentle tender softness* than the most loving mom had for her infant baby last decade, is in the Immortalist Anthem for all to see, so we replace endless titles with the simple tone of kindness and infinite tenderness. *A simpler language with one form for all is much more democratic* and less *caste like (where title, not virtue, biological age, not soul wisdom or age or tone (reflecting one's behavior last 5 decades), wealth not character, determine how one conjugates a verb or uses a pronoun)*: why not speak kindly, lovingly to all and then when someone uses a nicer tone or needs some help due to being down, mirror the nice tone back or use it to help that positive vibe amplify and bring World Peace and maintain it forever? It's much kinder to learn some science terms that bring lifespan up for all beings, than to learn thousands of forms and things for showing respect to those with egos so big, they have ordered their slaves (China enslaved Korea for centuries, is that Confucius influence due to the former Chinese rulers?) to address them in fancy ways, so that the emperor creates a fear, terror, punishment based order (like militaries on Earth use terror or 2022 US police state), due to not realizing they could have created order based on loving kindness, compassion, nonpunishment (democratic ethical healing of all areas in need of healing, not just 1 scapegoat), infinite tender healing grace, Immortality *for* All? ☺☺☺

People often say there is no money or time to teach people the language *in the top 5 that is most common in that continent, etc. But they forget we got* millions of places of worship, repeating unproven dogmas and fairy tales of 'miracles', doing endless rituals (are they enough?), often focusing minimally on creating World Peace in the services, yet war is everywhere, killing reigns

and is widely accepted to 'defend the country', so not even the most basic concept of spirituality (not killing) is mastered. Why can't these places, often times being empty for 90% of the week while others are homeless, be used to teach unifying languages like English? Religions and cultural philosophies of a civilization are neutral, like money, they can be used by societies or spies to bring peace, 900 or 4 billion year lifespans, unity, truth, IQ and SCIENCE of infinite lifespans, or the opposite: lies, oppression, subjugation by IQ lowering and repression of any questioning, fake stories, short lives thru science illiteracy and focus on rituals and fakery, brainwashing, dogmas repeated robotically, IQ lowering repression of hypothesis thinking, etc... Can religions and philosophies agree to one common language for World Peace and no "killing and violence"? They could use their millions of places of worship (war ship?) to create peaceships that ship or transmit peace, ships being eterni tones. Rituals didn't bring peace, so why not try unity via common language? It's very difficult to achieve peace with 7,000 languages; imagine if religions would team up to bring peace via reforms. At least we could have fewer languages each decade, with a real plan of integrating and if not *one* language can be created right away that *all nations* adopt as second official language right away, create 2-5 mega languages *(out of the top 20 in that area, or choose 2-9 existing languages with a few changes to make it easier to learn by the minority language speakers in that region and give incentives to learn the* ☺☺☺ language *faster)* that are used immediately as 2nd official language over vast areas to replace the 7,000 in the long run (75 years). We got youtube free language classes, time to stay at home, due to COVID19, might as well learn one of the top 5 most widely spoken languages. *Grammar is easy to change to unify, the pronunciation and writing is harder. But at least, we get closer. Comparative adverbs, adjectives, etc... For phonetic languages, that pronounce letters always the same and have easier pronunciation than English, learning that language would become even simpler than learning English.* ☺☺☺

Equally important is the SIMPLIFICATION OF ALL LANGUAGES, shorter words when possible, easier to pronounce sounds and among simple sounds, choosing sounds that activate the most immortalist *tone* favoring brain areas (see MRI etc). To increase immortalist tone, we may change some words that currently prevent the creation of the best eterni tone via activating more of the chimp brain, not the human higher brain functions. We change th to d, easier to write and say, stick tongue out less with t, save calories for kinder tone of emotion and intent to make them easier to pronounce (so that we use calories to grow the neocortex of the immortalist tone and immortalist greeting type of nirvana eternal bliss state and intent that prevents crime and violence: you can grow your brain or your vocal words, evolve or SHOUT), shorter, more gentle-*tender*-kindness brain areas activating sounds we make getting priority in designing new words to replace needlessly long or unmathematical illogical (not built from other words), etc so theft may become teft. This is only 1 of 10000 examples that can mean making

speech much simpler, kinder and designed to activate the empathy of the brain, as that prevents violence that makes humans incredibly savage, backward and low IQ, unable to innovate much, except how to kill other humans faster and better. A language reform can build a new civilization a lot faster, even if you change the depraved existing language, which is born of aristocratic terror, terror based adoption of illogical languages, conjugation rules and traditions at gunpoint, such as the Genocidal Anglican or Christian church. The abysmal IQ of the English is evident in their secular/religious rituals, royal guards chimp shouts, around the Royal Infernal Family palaces. The genocidal British aristocrats forget English could become simpler, easier to learn, a tool for spiritual development, for becoming human from bipedal cannibal chimp. Humans can evolve towards nontorture, nonkilling, noninjury of all. No worries, the Spanish or Blowing by Gun Portuguese have an even more atrocious language, endless conjugation, etc. Too many low IQ folks are linguists, we need math/science majors to create language, not traditionalists.

While the Chinese writing is terrible, their word building is quite logical and simple. *To create the language of global Eternal Universal Peace, we need to make it the simplest to learn langauge:* simplest grammar like English/Chinese (no conjugation), simplest writing like Spanish, Swahili, Hindi phonetic languages, most logical word creation to minimize memorization, build words from pieces, like the morphemes and words in Chinese or English built from legos words (from parts that make new meaning clear from the parts for easy recall, pure math, no memorization, everything builds on small units like Lego). *We're terrorizing and lowering IQ of kids with 100s of illogical rules they have to memorize* (not to mention the 1000s of verb conjugations in most non-English languages that have 10 times harder grammar), *when they could learn longevity, taking care of their health, math, physics, biochem and triple lifespan. No adult will have to adopt the simple version, it would be a gradual transition, kids learn it first the new way and use it so at school, etc. Imagine, all can learn your culture, poems, eterni values, etc in your language that has become 10 times easier to master, not getting lost in translation anymore. You win the Immortality Outreach faster, make a lot more friends, bring peace faster. In East EU high schools, many kids spent 2 hours with French, 4 hours with local language, 5 with English. They were forced to even learn the stone age Latin language too at times in the 8th or 9th grade for 1 hour, for what purpose, totally useless. Instead of scientists teaching literature or grammar professors to think and prioritize Immortality and change language to reflect modern tech and insight, we have stone age cave men who created language from millennia ago brainwash 21st century kids in the ways of backwardness and memorization of the most irrelevant and useless things (how 600 verbs have 7000 forms for pronouns in various past tense forms and others, then it could be only 1 ed added at the end and the rest spent learning biophysics and chemistry to think, to build immortality gadgets, tech, food), instead of critical thinking and building languages by lego as we do in physics and in engineering amazing things from small parts. That's

11 hours of the week with the language, when, if they were 5-10 times simpler, we would have spent only 2 hours, or twice simple only 5 hours, having 6 extra hours for Immortality sciences ☺☺☺. We learn literature of science in that language, which uses universal vocabulary. In other high schools, they spend a lot with foreign languages too, but that time would go to Longevity sciences if languages were simpler. So all lose when all languages are harder and more complex and 1st century like, instead of math 21st century like. *A reason we need so much time to learn many languages is because they have stone age structures, that are not made of similar 'building blocks' like in nature, like chemical elements, they're not uniform in rules; for every category we got 100s of grammar rules of how we form words.* The same insanity in the educational system that terrorizes and conditions kids to be ☺abysmal in IQ☺, happens globally, due to the historical inertia we're all victims of. A simple example: we have 7000 languages, 200 countries, with enormous redundancy, so we need 200 presidents, foreign ministers, translators, etc. ☺☺

We have 50,000+ contractors per country, often using pretty low tech, when we could have ultra advanced modular houses build like lego, with all stuff built in, electrical, window AC, etc... of such a quality, we would think we live in the 23rd century. Think about our stone age cooling and healing systems, a house with 5 rooms, 1 thermostat, in living room won't be able to 1. save electricity, by cooling one room only when only 1 at home. 2. be easy to clean the vents etc. 3. obtain perfect temp in each room for each person. We spend 2 trillion a year (more than enough to create 4 billion super quiet window AC units for the rooms of houses, hotels, etc) on drugs, smoking, drinking, and yet a simple portable quiet AC unit that is connected wirelessly or via a cord to 1-2 fans and a thermostat in each sleep/study area, that would enable the user to set: 1. humidity 2. CO_2 (<500 ppm) and O_2 level 3. temperature. Then he can set the thermostat in sleep area at night and desk area during daytime on a schedule, so all works seamlessly, let AI do the work and us focus on 300 year lifespan. With advanced AI, it can learn the weather and when to start cooling a lot on noise level so quiet (as quiet almost as a vent now of our stone age central AC systems), some soft background music will make it inadudible. When the weather changes outside, temp shifts a little and living room thermostat shifts 3 degrees up or down. However, that doesn't change temp in every sleep area of the house by 3 degrees when AC or central heat kicks in, in some areas the change is 2, others it's 5 or even 7 if the area was not heated much during the day to have wall radiative warmth warm it back, depending on wind, sun, shadow. Central heat allows cross room contamination and cross office contamination which creates issues too: a person doesn't like the smell of coffee, garlic or some fragrance the other uses etc. Each person has different needs, so a recipe for less ideal sleep emerges.☺☺☺ Why have 100s of companies make such lousy central and window AC systems when we could have just 5 really high tech ultra PhD staffed R & D companies making products 200 times better? See immortality capitalism discussion too on redundancy. Then for the 1st time in history, billions of people will

be able to have constant temp in their sleep area or work station, leading to far less far, anger, tiredness, mistakes and low productivity at work, etc. Sleep is when body repairs itself, so we need constant temp, comfortable one to repair body and sleep deeply, so body knows the routine, and goes into cycles increasing efficiency. Instead, we have trillions spent on the lowest IQ things and trillions on wars. It's like with languages,☺☺☺ our priorities are a little off.

With one language, we can improve and make it so much more advanced, with 7,000 they're all *'outdated' as we spend all time to fight others.* 7000 little companies and contractors (company with 4 family members, etc) can't hire 5000 PhDs to design space age AC system, plumbing, etc so quiet advanced and nice like one big company that paints house exterior and roof white (to reflect 98.1% of solar radiation, vs 80-90% for most white paints, and cool the roof, exterior vs surrounding temp reducing AC need, even lighter interior colors of rugs, walls can lower house temp, in rooms that get more sunlight, preventing dry eyes, or 98%) builds windows and aligns house so wind in the area reduces AC need by 10 times (central AC is very noisy, and sounds, EMF, etc from central AC may shorten our lifespan, since plants are very responsive to sound, and we may be too, our cells, even if we, in our brains, don't realize it), by opening the vent widely to let air (and outside noise) in and aerate (and window too can be opened remotely by the AI to let air in when windy, and colder than inside so the house cools very rapidly, since window would be above the AC unit that can still function as a mini-window in of itself, but quieter; window open and some doors in the house and house cools 20 times faster than if all window individual ac units go in super quiet mode wasting electricity: we use natural wind 'electricity' to cool house, not noisy AC units), creating a little extra window here and there, having 30 configurations for various wind directions of their modular house, etc that brings quiet neighborhoods without AC central unit so loud and with less use of window AC, since intelligent windows that open when it's windy and cold outside keep the house incredibly cool without AC, since strategic windows are placed in hallways etc to cool house even when people forget to leave some bedroom doors open to let it all cool and aerate by the time they return from work. New paints turn darker in cold weather, so house becomes 12°F cooler in the summer and 7°F warmer during winter, as color shifts from white to dark. Central AC is fine for big factories, but office buildings and houses can use window systems so nice, aesthetic. 1-2 fans in the room make bed area so oxygenated and constant in temp reducing body stress from ever adjusting to new temp each time. Helping us live longer. ☺☺☺

People are so focused on fancy cars, etc, but we don't have the most basic fundamental needs of a decent sleep, constant temp (determined individually in the most advanced sleep lab in every major city, each setting being determined with heavy science) – to live to 100 met for most people on Earth. All pills, etc antiaging therapies are useless if our sleep is bad, since repair is done then. We don't prioritize longevity, but we can start doing so. Bad sleep ages us far faster

than not taking some extra pills of this and that. One you mass produce a tech in 4 billion AC units, price comes down. It can be a project to eliminate climate change due to huge CO_2 made when whole houses are cooled for only 1 person inside. We have endless accountants, salesmen, payroll systems, managers, etc duplication in companies, and the scientific innovation? Not much, *so we have these stone age window/*central AC systems, when all houses could come by law prebuild on every bedroom window with the most advanced *only dreamed of today* units. All is about competition, creating 7,000 missile systems, languages, companies to 'fight, sell and do no real innovation, duplicate, redudant low IQ historical inertia', ad infinitum. We respect killing, wars, smoking, drinking way more than the basic shelter needs.☺

We also have a *problem* where some big powers loved to exterminate nearby small countries over time and incorporate them partially or totally into their land. This led to endless wars cascading from that and further genocides, slowing science longevity progress by eons.☺☺☺ Unfortunately, this type of thinking is not totally vanished. Some would say a solution to these 2 problems (too many languages and wars) can be this: some small countries, near or quite near a big threatening country, could make English as another official language, preventing a mass extermination and allowing redundancy to vanish over time as English replaces local language spoken by a few million, and become part of a far away country that is more like a Civilization of Immortals, that won't exterminate their people. The only issue with this is that it does a border change, and previous sections explained that the easiest way to World Peace within 1 year could be 5 billion (at least 100) year moratorium on border changes, unless done peacefully by people's will, without any war; if people are not serious about World Peace in 1 year by United Nations plan, by the steps outlined in the previous sections of this chapter, then naturally the slower 40 year process of fewer languages becomes more practical and of higher priority; some would argue that we can't end border changes by doing border changes, just as we can't end wars by doing wars. Border changes are not wars though. If border changes mean creating 3 to 20 times fewer nations and/or at least 5 to 80 times fewer languages thru intelligent understanding of the longevity and planetary benefits, without anyone being tortured, forced or injured covertly to adopt a new language, if it means everyone benefiting from this, wars decreasing 100 fold, as it's done slowly and lovingly, with gentle tender loving kindness and understanding of how much suffering 1000s of languages have brought us, then we could say that ultra peaceful border changes are bringing and *maintaining* World Peace faster; to bring temporary World Peace of a few years or decades is ultra easy, maintaining it for millennia or centuries is the 100 times harder part. Yet, in a borderless EU like structure, that doesn't have strong borders among states, border changes are not even needed; if *all nations* speak one or more common languages (English, French, German for example are the most learned foreign languages in the EU) besides local language, instead of many speaking only 1 language (dozens

of such languages, means 100 million know only 1 of these 40 less used languages), they become counties of the superstate in a deeper sense, eliminating redundancy. Likewise, a small nation doesn't have to be part of the US for example, just being so close to US (language in schools, government, etc) in every way would make US far more likely to defend it as if it's its most important ally. After all it often comes to this: do those tiny countries want to be living and still exist? Do big countries want to prevent massive border changes? Then something can be done, since many people don't even trust NATO would come to the defense of a tiny country. Let's face it, alliances don't work always in times of great stretching of forces.☺☺☺ History has proven allies don't come to your rescue in some cases (stretched too thin), unless you're part of their country or one of their closest allies, using the same language. Even unions like EU (but much smaller) have come and gone in history, groups of 3-5 nations made a union and 100-200 years later it vanished, as nationalism and language fights took over, delaying our living to 900 and space planets terraforming, as instead of science, we wage wars over language. Nobody fights for another country as they do for their own or brotherly people with the same language, plus military assistance is much easier when language is identical. On paper two countries are separate, but for all practical purposes they can be one country. Aware of this selfish nature of humanity (allies are not helped when stretched thin) and putting it to use can minimize wars and exterminations and help us move towards peace faster as one nation, earthlings. ☺☺☺

Do we really need 7,000 languages and 200 nations? Nations can be like counties, but do we really need that many languages? The world would be more peaceful with fewer languages at least, even if initially we still have about 200 nations. It's kind of odd, but peace and science progress is a lot harder and redundancy huge. Since *75% of* science *papers are in* English*, having average people not know* English means having the population of these countries less technogically aware, easier to conquer *and enslave by enemies, so if small vulnerable nations want to make their populations more scientifically literate, more longevity* Immortality *friendly, they could adopt* English *as official* language *besides their national language, to make citizen* immortalist science *widespread.* English is used by most scientists, by most of world's science *geniuses, so one can find the best* science content, *the highest number of highest IQ content only in* English*, not in a* language *spoken only by 2-9 million people. This makes* English knowledge *a national imperative if one wants to survive in challenging environments and not fall behind. It's not about national ego or pride, it's about being realistic and defending one's nation with latest technological and scientific knowledge, do smaller nations want to survive? It's also about economic growth.* Local businessmen knowing the international language of business makes foreign investment and economic growth easier. ☺☺ Economy and security are linked. How many papers are published in English versus some language spoken by 1 or 20 million people only? *Often times it's 90, 000 times difference. Does one want 90,000 times the knowledge to*

defend one's country, grow one's economy available to its citizens? Oh yeah, they would say, let's have citizens get a 20 points IQ boost by watching smart people talking in English, way more geniuses to listen to in English than in a language spoken by 1 million or even 70 million people only of one country. Then, do it, adopt English as official language to bring World Peace and 900 year lifespans 500 times faster to benefit *all nations*. In the vegan section, we saw going *vegan will mean having more people able to live on Earth,* i.e. to double ultra fast the number of scientists in every longevity field. Likewise, when we have 200 million extra longevity scientists, citizen scientists, and many more scientists in small nations know English, we have a similar effect of multinational research projects having way more scientists, speaking same language, getting data moved fast and researched in much bigger projects, studies, with less error, etc and we get longevity for everyone way faster, as no reinventing the wheel is done, no duplication of work, no translation, *etc.* Imagine how primitive and violent we would be *if we had 10* million languages, we wouldn't be able to know much of any discovery of millions of other groups; it's like having 10 million operating systems for computers, is that a good idea? Instead of 1 expert in the operating system or Windows 10 of the civilization or "tribe", we have 10 million experts with *one language/operating system, allowing a much faster science, software progress in every field, since we can specialize and communicate findings to a much higher degree. Yet some are against creating one language for all that all are happy with. Why? Inertia perhaps.* ☺☺☺

We can unify in the Light of Immortality, overcoming our linguistic differences, for our enemy is not language number 5035, but death and aging itself. United are stronger, divided we fall, dead before 120. *At least, until we agree on fewer languages, we use microphones to amplify voices, earphones that translate others' language into what we know best (amplifiers recognize the language others use via wireless reading); add an eternal moratorium on border changes or unpeaceful border changes; this eliminates the need to have borders in areas with tiny countries and anywhere later*; nationalism can be used by powers or mafia to divide/conquer, enslave groups of small countries. Romanian for example shares 75% of words with Spanish, Italian, Portuguese, French, 40% with German, 50% with English, so it's ultra easy to declare these 5 languages, or at least English, French, German (3 most learned foreign languages in the EU) as official to create more global unity. All EU languages share a high % of similar words with one of these 5 languages. English *grammar is by far the easiest of any EU language, the language of science, longevity* research, most spoken political language to bring World Peace, the alphabet is identical, half the words similar, so English *as the most used new official foreign language is a natural choice for Eastern European nations and* ☺☺☺*other countries. To avoid repeating "small EU, etc countries" I will use "Country E" (for English) in this paragraph to refer to things true for them.* Most top *Country E* politicians, professors and businessmen know English already. *People could do English as first co-official business language that is taught 4-5 hours a week in all*

schools, instead of 2 hours. The classes would include grammar, English literature, giving 50-70% of space to Immortality focused prose, poetry about science concepts, science fiction, science future, ethics of Immortals, building a Civilization of Immortals as explained in at least 80 other books (Ray Kurzweil, for ideas on living to 5,000 via nanobots, etc and the problems with each strategy in the science fiction of Immortality – like cancer from nanoparticles and nanobots, etc – while if you had an undiscovered particle hologram [a sort of astral body, as we may have 9 octillion of them already, invisible to human eyes, like a suit we put on and can upgrade any time) that is sliding inside the human body without any physical alteration, without Synchron jugular vein stent implanting a chip in a brain vessel to enable mobility for those paralyzed, Neuralink drilling of skull to put chips (today they use this in some paralyzed people enabling them to have some mobility and end their suffering (some of it from frustration of losing ability to move, some from pain signals fired by neurons), hence the video name *"Neuralink will end ~~suffering~~ for millions" - which is a misnomer, because war and torture is still happening and people can use new techs to manipulate "Neuralink or like techs to torture (start ~~suffering~~) for millions" in torture as done for millennia, and, even without torture, a few neurons having pain signals disappear is not 200 billion neurons, suffering is a lot harder to erase than the video and some books may make it sound like*; can you really do brain surgery daily as you can change hologram daily to update it with newest 20008.9 version?) and placing cancer giving nanobots in the blood, you could have the AI compute 5 trillion scenarios and offer a billion times faster path to living to 1 million or 5,000 than silicon, since it would be 1 octillion or quadrillion or trillion times faster than neuron firing, not 1 million as these nanobots of the fastest computers today, etc], not just this, *and 500 year and billion year lifespans.* ☺☺☺

The amazing & beautiful ☺☺☺ richness of science terms in immortalist poetry and prose raises everyone's IQ and ability to read and publish science and interdisciplinary science journals to extend human lifespan, enriching both literature and science, creative thinking. The national exams test the knowledge of key immortalist concepts in the English or Country E language literature classes, as *shown* in the Immortalist Anthem poem about the *GOALS of an interstellar* Civilization of Immortals earthlings are going to become, one Eternia *"country" of* Immortals. *Instead of focusing so much on memorization, they would focus more on the key* immortalist *ideas and more on creative thinking and* questioning everything *from many angles,* hypothesis thinking. The *Country E* language and literature classes would be reduced to 2-3 hours from 4-5 now, since much of the literature studied is sort of anti-immortalist, outdated or stagnant anyway. The *Country E* literature studied would also have 30-90% Immortalism literature or immortalist applications (building a world of Immortals) enriched literature, just as all science classes are infused with longevity applications. This "stagnant" aspect is true for much literature studied in most language classes in *all nations*; therefore, since small nations change language

classes lengths to adopt English and bring World Peace, they use this change to vastly improve awareness of Immortality sciences (chemistry, physics, biology) and Immortality ethics, tone of speech, culture of Immortality and drive innovation in literature ☺☺ (*Immortalism* literary genre, enrich *Country E* and English☺☺☺ literature with new immortalist poems) and science education globally, as they retool science classes to way higher longevity and Immortality focus too. To help kids fall in love with the science of tripling human lifespan forever, the Education Minister talks every other day (via radio, social media and TV) together with physics, chemistry, molecular biology teachers about amazing chemistry, physics and biology experiments that will be taught in the Immortality sciences classes of nursery, kindergarten thru 5th grade when advanced chemistry is taught, and also from 6th grade to college. ☺☺☺

New music groups and genres are made to sing about the Immortality ethics *and* sciences *in* eterni English*, especially ethics that talks of* eterni *emotions, intents.* The whole nation is excited about the wonders of knowledge. *Civic Education would include a lot of* eterni *ethics and ideas in this book*. This way everyone knows English 10 times better than now and then they can write laws, judicial decisions, shop and street signs in both English and *Country E* language. This enables people to gradually learn English and will increase in 70 years the % of adults knowing perfect eterni tone eterni English to 99% as 2-10 year olds today become 72-80 year olds who also know perfect English due to learning it from age 2-10, because kindergartens and schools having heavy English education, TV having more ☺☺☺ English science and Immortality Civilization building classes, more parliament and politician debates in English (Senators can go to recordings rooms made for English science classes nearby) to learn eterni tone (often easier to practice when trying a new language that the brain associates with eterni tone) and more science and raise the quality of parliament debates on which ways are better for tripling human lifespans. Kids study English from nursery to college; people can do college in *Country E* language if wanted, but English option would exist some day due to *Country E* language academia already knowing basic English and getting some help from perfect English recordings of science and engineering, done at Parliament Palace like places for example. Middle and high school classes would be some days in English (aided by eterni recordings), some days in *Country E* language in some future time, when all teachers know English, to increase English proficiency outside the 4-5 hours of weekly English. ☺☺☺ This way nobody will feel their *Country E* (or other country doing this) culture, heritage, language is vanishing, they're creating new culture in both languages first and then in English more when and if all education switches to English; it's a gradual process of making people great at English reading, writing, speaking, which takes decades of course. One can't expect everyone to learn English in 2 years. Then in 20 years when 50% speak fluent English or in 70 years when 99% of people know perfect English, they can decide the next step and how much *Country E* language will be used and taught in schools, politics, courts, universities, etc.

People can still learn French and German as foreign languages (even if now 90% of kids study English as main second language), but at first, due to the novelty and expenses this brings, it would be only 1 language, English, as the first co-official language. The expenses are minimal given the educational, national security, and economic benefits and the fact English is, quite often, by far the most known and taught (90+ times more than Spanish for example) foreign language in *Country E* already. The eterni youtube recordings allow fast expansion of English grammar, eterni tone and immortalist literature classes from 1-2 hours to 5 hours/week, without requiring hiring any new English teachers. The reason one needs no new teachers is that a teacher can use a cheap video camera to monitor a class that watches the eterni recording every few minutes (students will be quizzed on the contents), while being present and talking in another class for 20 minutes, so she can teach 2 or 2.5 classes in one paid hour. Some *Country E* language teachers who do intensive English courses to become English teachers can still have a language teacher job, if more teachers needed; they can help translate the English or *Country E* language works of scientists, Nobel laureates, (e.g. George Palade), any *Country E* language text that is more related to Immortality sciences and Immortality ethics and is more eternal in value, not outdated.☺ This also requires coordination of majors at Universities to increase phonetic eterni English majors and decrease *Country E* language ones. ☺☺☺

13.20.5. The merger of 20 former communist nations into an English speaking nation Eternia

Tiny, medium or small E countries can bring a Civilization of Immortals in infinite ways, one being creating a nation of immortalists, Eternia or Eterna with English as official language, for example 20 formerly communist (thus more open to centralization) Eastern European nations uniting as Eternia with 170 million people. Since 17 nations are small (0.6, 1.3, 1.8, 1.9, 2.0, 2.1, 2.7, 2.8, 3.0, 3.2, 3.7, 4.0, 5.8, 6.7, 7.0, 10.2, 10.5 million) and 3 are medium (19, 39, 42 million), incapable of producing the much bigger companies 170 million can produce (not to mention the research staff to produce high quality via efficient immortality capitalism) and nobody else speaks these 19 languages, it makes sense to adopt one common language that is WAY more useful, the language of 75% of science papers, so we discover how to live to 900 fastest and how to bring World Peace fastest. Asean is integrating, so can CEE. India had 50 kingdoms that became one nation with English for all, India is moving towards one nation, one election, tax, uniform, market, China is moving towards Mandarin Chinese only, not 50 languages, the entire world is moving towards immortalism centralization, the workers' best chance to not being divided and enslaved by palace dwelling aristocrats via eternal wars, banks, riots/protests and chaos. Plus, if you know English you can get around every nation pretty well, so it's a good way to get more to learn English in those 20 backward nations, so they may unify and emancipate from slavery to the 'progress' model of millennia that yielded 0 increase in maximum lifespan. It's funny how EU talks of unity, but there is no such thing as an European company, it's mostly German, French,

Italian, etc companies, so the inefficiency is huge: the formerly communist East can unite, centralize under one language with immortalist passion, to bring Europe out of the dark ages of empty talk towards true science. The 8 pages after this 5 page paragraph, describe in detail the pros of English as a language. Romania and Moldova speak the same language, Romanian *(some Russians speak Russian in Moldova, due to Moldova annexation by Russia in 1812 that made 'Romanian illegal, education mostly in Russian', while Romanians were decimated by Siberia deportation, etc forms of genocide)*, so Romania-Moldova can rejoin, dissolve their nations, creating Eternia or Eterna - an Etherial (spiritual)-Physical nation that invites others to join Eternia, as 1 ultra democratic centralized federation, *vastly different than USSR (we'll get to the terror, torture that led to its collapse later)*, with English as the co-official language until all common folks know English. ☺☺

The next 5 pages describe that universal, intergalactic perhaps, eterni tone, verbal and translinguistic telepathic language of honesty, *gentleness*, tenderness softness grace compassion *kindness sweetness*, the core qualities written on the Logo of the Immortality *Nurturing* Agency, the most important agency in our nation, with the highest budget, as the language of our TV-radio-internet-etc within this English language. It's this eterni tone language that sets it apart from all other federations, nations that have been created in World History, including the United States; this is not a tone as in Chinese or Vietnamese, but an emotional tone. 99.9% of communication is via non-linguistic methods, i.e. the most *important* communication is not literal language, but the language of emotions and intent as expressed in the chapter on eterni tone. *People who speak any one of 7000 languages know when you threaten them or when you're calm, by the emotional content of your sound, so they can understand loving grace vs anger even if they don't know how you call "gentle" in your 5000 languages*. Likewise, *99.9% of spirituality is not the religious beliefs and rituals*, but the intent and spiritual inner life, the living of the qualities. When a federation understands this, it promotes the language of *gentleness*, tenderness softness grace, so it can create a true bond between the nations and *finally convince all people of the benefits and compassion of efficiency in standard of living increase* (lifespan, etc, via redundancy elimination) *coming from one* advanced ethics or spirituality and one advanced culture and language for national unity of the new nation made of 20 nations. In our case, given the catastrophes of 2 World Wars, USSR, and 19 languages, this common official eterni ultra loving gentle healing nurturing tender soft tone English (not the shouting tone of Russian, all 19 languages on TV now or British/US English), until the loving tone eterni English *(slower speaking, more universal loving kindness, more telepathy)* becomes main spoken language in all 19 nations, is paramount and essential. It can be a federation first like EU for 2-7 months, then 1 immortality capitalism centralized country (*rotating capitals if we want*) with one language, one *all inclusive* eterni tone *(spoken very gently, lovingly, healingly, nurturingly,*

universal kindness radiating, *intoned emotionally VERY differently vs US/UK/etc English we hear in 99.9% of TV programs worldwide). This is not just the most loving, gentlest emotion language in existence on Earth, but also the language* of spirit, 'religion', one 'religion' inclusive of any world religion hypothesis or peaceful belief, or provable (proof sent to the government) claim about past miracles, to promote honesty, hypothesis thinking, ethics as explained in the immortality capitalism section on not monetizing religion or ethics in Eternia, in order to prevent fraud and make ethics, discernment available for free to all, and prevent various spies from torturing people using the cover of foreign "religion missionaries "who come to steal, rape, do genocides per these 900+ quotes", investors, tourists", so we have some freedom.ete *(the ETs from Eternia, the aliens as some will call us for our telepathic slower spoken language)* for reporting hidden forms of torture via tiny devices spies use, for the avoidance of the USSR torture and terror that led to collapse, since from the start USSR focus was on 'national identity and violence' as a means to impose communism, instead of kindness and Immortality *for* All, one language of *gentle tender soft healing nurturing graceful* loving kindness for all. We can ~*~*gently*~*~ ask ourselves, can countries with 0.6 million or 1.3, 2, 3, 4 million like 10 of the 20 nations, really produce, anything comparable to US, China, etc, with 900 or 80 times fewer people to choose from research engineers, scientists? ☺☺☺ No, they can't, any honest person knows it. So, why are we wasting resources to have 27 governments, 27 languages, 27 million companies, when we can have 11 much better than tiny stuff nobody has heard about?

The nationalists have invested trillions in defending the undefendable: languages become fewer daily. Defending our violent cultures and illogical languages (endless forms for conjugation, etc) is like spending $*4 trillion to prevent a snowflake in a garden from ever melting*. Instead of unifying to give everyone better living conditions, end all torture and war, they use the spy agencies to promote more division, more sabotage and lose-lose for all. Win-win is ignored. Today we have many countries speaking English, some primitive vs others, some with 20 times more violent crime. The language spoken doesn't matter much, more the tone and the culture, tech. Any language can be spoken in 10000 possible tones, from the meanest to the most eterni. People are so selfish, they don't want to make even 1 step towards sharing more, not even wanting to share the language spoken (which is 2 billion times easier than sharing the eterni tone), how will they even share the tone of action (far more than the tone of language), the 11 companies that improve efficiency of longevity tech discovery 1 million fold? Why can't people give up their selfishness and move towards having an infinitely small altruism, and willingness to listen to others, communicate easier, share some ideas easier, so that at least one day, when tone is eterni for all, the entire tech is shared? For 50 millennia the many human chimp groups killed others to promote their 0 IQ language, and now they cling to it, opposing one language for India (instead of 600 today), one for Europe (not 50), one for Asia, one for Africa. Everyone loses

when all humans fight and the science of living to a trillion doesn't even EXIST as a major. 0 IQ chimps fight to death, like ants, to defend their violent cultures and silly languages. Why? If you want efficiency, English got the simplest EU grammar, and is most used in science, most known by science geeks, so maybe phonetize writing, simplify writing and make it official EU language and the simplest language to learn on Earth. ***Why can't people realize in 500000 years nobody will even know the 27 languages of EU today?*** Why fight for that which will die anyway? ***The language you speak is less relevant***, the tone ***is everything***. Haters of English language will realize knowing English can help them bring World Peace by becoming a spy, so if some nations learn English, they can all become spies and turn by divine grace the 'evil' English into angels. Some don't even realize the language you speak is in the end irrelevant, can be even that of your oppressors, the spirit transforms all psychos and psycho languages into the immortalist versions of year 4 trillion when we live to a trillion. You're not your language, but 1 quadrillion times more than that, you're your tone, your culture, education, tech, system of government (aristocratic terror or real democracy), beliefs, health, DNA. For the language chosen, it's more whether the modified immortalist version is the easiest language to learn for all humans, most logical, least memory intensive, uses the fewest neurons to store the info, grammar rules, etc, is the most mathematical, etc. ***Why can't world linguists meet to create that world language?*** How many more people will die to promote their filif chimp IQ language?

The USSR Jews, Russians used identity, cultural, language differences to divide and conquer, like Putin promotes diverse mortalist cultures of short lifespan (low IQ) for enslaving them covertly, ***while*** playing '***liberator***', instead of one 90000 yr lifespan culture. Note how they didn't want ***200 kulaks, annd made 1 cooperative collective farm***, but also, ***how they did allow 200 languages***, instead of one language being promoted to replace all others by vote within 40 years. ***It's a half way centralization and fake communism to deny education to the poor not part of the Jewish Russian elites***. Why couldn't they invent a new language to make all happy? *Why can't humans today make a simple language for all? It's due to selfishness*. Communism has been turned into a terror that divides and removes equal opportunity for all (one language for all). The encouragement of 50 languages by Lenin and the Jews of the Central Committee etc was a covert method by ***spies within the revolution*** to restrict access to science and deeper knowledge to elites of the republics and ensure max subjugation of non Russians and gentiles under the guise of equal ***cultural*** rights for all (keep all ☺abysmal IQ☺, keep their backward culture alive and well). Today Brits play same game in India etc, Lenin wasn't a communist nor were the Bolsheviks, a family doesn't use 4 languages or 400. Son one, sister one, mom one, dad one. A family of humans with 0 violence can't use more than 1. What kind of brotherhood of nations uses 200 languages and avoids the World Peace Eternal in 3 months focus in all media? Only one controlled by killing enthusiasts who can't stop killing, torturing and mutilating? It's a fake union

to subjugate the ones with no access to Russian language texts, tech, etc, like today with English for the elites of subjugated countries only, not for the masses who can't read this book in their native tongue and understand the scam. Eternia can create unity with one identity, without the racist or violent quotes of German Engels (read it), Karl Marx (read it), Russian Lenin. The communist manifesto advocates the use of force, violence, see last line: "They openly declare that their ends can be attained only by the forcible overthrow of all existing social conditions". The *racist* German Engels + Jewish German alcoholic Karl Marx *(both died in London, after they lived there 13 (Marx) and 24 years) tone* is in Vol 1 too: "it batters down all Chinese walls, with which it forces the barbarians' intensely obstinate hatred of foreigners to capitulate." Vol 1 says: "Communists... have assembled in London.. (to write the manifesto in 1848)... they destroy imported wares..., they smash to pieces machinery, they set factories ablaze" (in non-UK nations?). Communism killed 120 million, *95% Slavs+Asians*, 100% *non-British*: 19 million East Europeans, 80 million Asians, 20 million Russians, 1 million Germans, as the German Engels and German Jew Marx advocated for 'genocide of *slavs*'. Immortalists believe humans (like Immortals did) can find the trillions of ways to World Peace, Longevity, gently, peacefully, without the terror of palatial aristocrats, fake religion *clerics, communists torturing millions of workers to death*. Were Karl Marx, F. Engels fathers of communism British spies trying to destroy the Russian empire, Chinese one, and any competitors? It requires spies to find out.

Thus, in contrast to the 'Jewish' USSR (Babylon?), we would, *tenderly gently,* out of universal *loving compassion* for all citizens, *to prevent our exploitation, destruction by clerics, communists or* aristocrats, have 1 language, 1 eterni or eterni peaceful gentle nurturing healing culture, 1000 times more loving than the USSR one, 500000 times more loving than the horrific racist genocidal Jewish Torah (part of Bible) quotes, that the entire gullible European continent has been brainwashed for 2 millennia at gunpoint to believe is the Word of God, when it is only angry people recycling ideas from bygone empires. Anyone, with any IQ, knows that Immortalist Anthem is kind, and the 1000+ quotes in the Bible, Quran, Torah violent and 100 of them truly horrific, hell creating, like Ukraine war zones today. We want to realize what true culture is. Thus, an immortalist Christianity or anything imbued with the language of honesty, humility is allowed, provided no statements are made that prevent people from realizing the 'miracles' were self-healing, plus 99.9+% were faked; all are taught how miracles are faked, religions made up. We don't teach in physics and chemistry all the comical☺ beliefs of science, like earth is flat the Church deified, from 1s3rd century, as we know the beliefs are false and unsupported by proof; likewise, we don't need to teach the comical☺ 'miracles', violent language of yore (horrific quotes) when we know it's fake, there is no evidence any of the events happened; we can look at the best and things that are true today, like kindness for all helps, gentleness helps, etc, and leave those better quotes there, but we can't turn Europe into hate preaching grounds,

the deification of violence as scripture and Word of God if we want lasting peace. If we want a civil serene society, the Bible, Quran, Torah contain extreme violence, to put it mildly; they also teach kids to emulate the very bad language of Jesus and others; they destroy the very basis of the civilization of *gentle tender soft* healing grace we're trying to establish, via a more elevated English expression (see Anthem) and musical tone, a world diametrically opposite to much of the 'Jihad like' Christian world vibe; to create a space rocket today, we have very clean rooms free of dust, 10,000 times cleaner than 1st century, millions of requirements, components, etc and we achieve *10,000 the speed of a chariot made in dirty places in Jesus times*; likewise, to create a world with 10,000,000x less 'violence, meanness and fraud' than in Jesus times, where Peace can manifest in 3 months, we need a filtering of junk, a much higher standard of evidence and kindness of writing of scriptures, to be at least as positive and nonviolent as the Immortalist Anthem; thus we publish only a part of the (un?)holy Bible. The rest is in some museum, history class for those curious about the savage cultures of yore.☺☺☺

We can't evolve only technologically, we need evolve ethically if we want humans to not disappear in 10 seconds some day; we need to be coherent, consistent, with what we want as a society: World Peace in 4 billion years or in 4 months, 0 prisons and violence or same junk as USA; military spies sometimes make up stories, etc; while any 'miracle' is possible via high tech we don't even have today for most miracles, the chance those guys had that high tech is 0, so for any miracle statement to be honest, it requires proof sent to the government, which they don't have probably (all evidence they offer is comical☺, usually, ultra easy to fake); this then changes it from a made up ascension and endless miracles one to a more kindness for all type of religion, without any name calling and violent passages. No peace, no ethics, no high speed science progress exists without basic honesty, humility; *everything depends on* honesty *the* language *of* honesty *in every* area *of society, without* honesty *a nation is* finished, *enslaved, ultra weak,* in danger of disappearing any day; we're so backward in Eastern Europe precisely because of not verifying 50 unfakable sources before believing stuff, in religions or life; corruption is rampant too, we lack a strong ethics of a language *of* honesty, SO ESSENTIAL TO SCIENTIFIC INNOVATION and preventing conflict; morality collapses when citizens see pastors being allowed to teach obvious fraud; citizens feel the government has no morals; thus, it is the duty of Eternia to not deify gullible scribes or charlatans, spies who may have made it up as explained here and even invented Jesus (meaning he didn't even exist at all or as described) and all the stones, Eucharist miracles, fake 1300 shroud of Turin, old books, fabricated too, and others in other religions, to create a strong myth for use as cover for spies setting up churches, mosques, temples, as spy recruiting centers etc in various locations (plus today it's easy to fake stuff using mind writing gadgets, like mind 'reading what they wrote' miracles, etc). ☺☺☺

Teaching all miracles religions talked about can be done in the future via advanced tech or mind

healing *the body is fine;* healing *as a result of positive thinking, visualizing yourself healthy or God blessing you directly,* if you believe in God and this helps your mind to heal faster, *due to God or Buddha or etc being 'all powerful in your belief system', without the need of wafers or a priest or "holy person with a* resume of staged healings *made up by spy agencies"* who creates illusion of healing by turning off the gadget harassing your organ, harassing which sent you to the healer *via spies manipulating your search engine typing and finding that church or "healer". Clergy would teach* 'miracles' (wild ones, like turning body into energy, ascension, materializing 5000 loaves of bread, curing endless diseases that nobody can today that quick even with high tech; not talking about telepathy miracles or junk headache disappearing, etc; telepathy miracles are explained easily via spies knowing everything or writing thoughts into brain) *are possible via magic tricks, distracting attention,* lies *(pay friends to pretend they got some disease, then junmp and claim they were healed and now can walk without cane, see without glasses, hear without etc, etc) or alien/human tech, holograms, brain writing tech, etc. However,* stating that miracles happened many centuries ago or even recently is fraud without unfakable evidence and thus discouraged, illegal, *as it acts as a manipulation technique to enslave the people and deceive them, making them 'ultra low IQ' puppets of conmen who may be even foreigners trying to pretend they got something amazing & beautiful ☺☺☺ that you can't get from God directly, unless you pay huge sums to their church or do their bidding.* The basis of health, national security*, 200 and later 7000 year lifespan for all* (not just the elites), kindness is *scientific progress via* the honesty of the scientific method, so to make sure *all are taught ethics of* the hypothesis testing and formulation and avoiding fraudulent claims, Eternia requires extraordinary ~*~*evidence*~*~ for extraordinary claims of events happening eons ago. This also reduces citizen gullibility when reading made up science papers published in foreign journals. Jesus in John 14:12 reportedly says "*What I have done you will also do and much more*", so definitely, while Jesus brought great genocides *due to gullible people taking things literally without seeking evidence*, we can do better and achieve World Peace in 3 months with enough international freedom from the Bible, Torah, Quran, etc brainwashing words on total war before Jesus or Messiah returns, or before 'peace arrives' in made up 'revelation', or Jesus words in Mat 10:34 "*I have not come to bring peace, but a sword*" and many other anti-peace quotes that are anti-life, anti-civility, anti-grace, anti-gentleness, anti-tenderness, anti-healing, anti-eterni, anti-social, anti-forgiveness and contradict his more benign words in beatitudes, etc. Jesus lovers can pick the best quotes and make it an immortalist Christianity of the *Jesus fantasy*, a *sci-fi Christianity* based on an edited Bible (free of 100s of subtle/direct calls to violence and genocide), on the civil reality of universal kindness for all☺☺☺ souls like an evolved being has and peace within 3 months achievable by a planet serious about it. Same for other religions with violent quotes, Islam, Judaism. Eternia will be free from genocidal, violent content, literature that instigates violence under the cover of "music", 'spirituality', "religion".

To educate all that World Peace is a simple choice, to promote a language of *loving soft* sweet *grace*,☺☺☺ and to help all know who Jesus, etc was, the government will require all TV-radio-internet-street ads to include Immortality *Nurturing* Agency hourly☺☺☺ads about World Peace in 3 months being possible, with meditative relaxing music (free to download from music.gov, to listen to headphones and evolve, or music.imm if imm is national domain) with natural ways to bring Peace, Bliss and gentleness tenderness kindness *nurturing* compassion while breathing, peaceful music to transport all to the vibe of the trillion year old serene Immortals, and *where and when needed, very rarely,* ads about *the* thousands *(see lists) of scripture* quotes clergy dishonestly avoids *(to not make the 'holy word' look bad)* etc in other countries, the original versions, not the ones illegal to publish in our nation, so people know, without a doubt, what kind of religions those are, if any are left believing in the 'infallability of the (un?)"holy" word'. Several TV-radio programs would elucidate the meaning of a language of honest *loving soft* sweet grace, the extreme contradictions in these texts and how any intelligent scientist can't take at face value any of the so called prophecies, miracles, etc that have led to so much violence and manipulation to wage wars in the name of God. We believe that if one nation is serious about *honesty*, nonkilling, nontorture, nonviolence, others will follow our living example and make a trillion year lasting World Peace far more likely, beyond a 3 week ceasefire. No monetization of religion, spirituality means people serve others live a better life in action, instead of talking about being good so much, when churches sit empty so much, people are overcrowded; use churches to sing Immortality *for* All songs or parctice whatever tone evolution and immortalist version of religion that is free from negative quotes; if we give all single family houses, each amazing & beautiful ☺☺☺ home is like a temple and people will love it so much, they need no church with online era anyway, since everyone becomes clergy who is teaching others via his/her spiritual songs (with or without voice, many artists create peaceful meditative music to help others relax and be kind, maybe add a lyric as text if no voice, etc) on youtube and living example of slightly eterni vocal or instrumental tone. This enables a true ethical renaissance to occur, to rejuvenate our souls, nation and planet, so distracted by the negative news. ☺☺☺ There will be 1 to 700 Immortality *for* All centers in every city where people can meet to discuss living to 9 million, measure biomarkers, learn about preventing aging and health issues, or chat about afterlife, immortality, sing to God or all humans, besides meeting online, no need of special tax free entities to brainwash while others are homeless and could use church materials to have housing, recording studios for all to share, to create eterni *music*, to help us evolve our ethics, tone, intent. This is the emancipation of the people from the torture of the Inquisition and other subtler forms of subjugation by using religion to degrade national scientific literacy, discernment, undermine national average tone progress, etc. ☺☺☺

We got endless social, health issues in our nations, *short lifespan*, so we need efficient use of

building materials, science progress, real care for all, not empty talk. We need honesty, unity, gentleness, kindness, grace, productivity. Religion was used for eons to make science illiterate nations, lower the IQ of the masses, to divide and create 100 sects, 100 languages to tear the country apart or enslave it. United we stand, divided by *"literal language or* language *of 'religion', brainwashing"* we fall. Thus, Eternia can help to gently unite all its citizens and all interested, into one language of "May all humans live happily to a trillion, and eternally in other dimensions. May we altruistically love, using the amazing tools of technology to help us evolve our tone of intent, action, speech, universally kind emotion, all humans more gently, healingly, nurturingly, tenderly, softly than the most loving mom loved her most loved baby in all human history.', that universal language of infinite compassion for all, not that of "Jesus alone saves". No donations should be legal for teaching evident stuff about kindness and forgiveness, basic qualities, stuff that is written a trillion times in 1 trillion books and poorly practiced. This is because ethics is the most important thing, so it is priceless, free for all, and because the language of spirituality comes from the heart, from true love, not from the 'get paycheck and money' survival need to comply with the dogmas forced by Popes, Patriarchs; the government ethics.gov, ethics.eternia, the colorful amazing & beautiful ☺☺☺ shimmering shapeshifting teleporting Immortals holograms in the Immortality City Centers that give free ethics lectures for all to listen to gentler softer more peaceful tones than in 99% of churches, and other centers, or etc and millions of spiritual websites people create to evolve and share their thoughts about how to achieve World Peace in 4 months and Immortality *for* All in 100 years (longer lifespans of 150 first, etc), are able to give that free "values education", besides civic education and Immortality *for* All classes since kindergarten, no need of lies about miracles that never happened or, for which we have no evidence or reason to believe they did. *All can listen to sermons online mostly or via AI holograms in the City* Immortality *Centers where* they go check biomarkers to make better choices, even 8 hours a day, of even online sci-fi Christianity, etc youtubes allowed by the government if immortalist (not life shortening) versions of it, in much nicer tones; thus, buildings are used to create facilities to provide housing and decent health care, 500 year lifespan to all, with no violence, no wars, no prisons, just civility and honesty, the audacity of gentleness, tenderness, humility. Perhaps, *we could gently and ever so* softly, *free all the people from short lives, war, prisons, violence, not just lie about miracles that most likely never happened, while being aware that with high tech we can do all those fake miracles some day anyway. ethics.imm or ethic.ete, (imm, ete country domain name maybe), has a 20,000 page* Ethics of Immortals *book to help start* the thought process *of the* 21st *century universal tender* honest soft healing *graceful* language *of spirituality and ethics or, 'religion'.* This 'religion' language is that musical tone of one intelligent proof only, for honesty building, based local spirituality-ethics that *frees* all from mental slavery, low IQ, ritual brainwashing, grants all the freedom of *healing*☺☺☺ *gentle tender soft nurturing* honest graceful language *and* personal

connection to God anytime you breathe via happy spiritual breathing if you want to, listening to or asking God, thinking, connecting *to* God anywhere via imagined or real astral travel; we need no wafers, rituals and blessed objects *(God can bless you directly, ask God) needed, no clergy intermediates acting* as spies *to* enslave the nation.

This *amazing, beautiful, graceful, nurturing, gentle* eterni *or* Immortality *for* All honest language *is a* democratic *evolving* fluid *free* honest *spirituality (not a rigid religion) that, unlike other ultra restrictive ones,* lets all citizens be clergy*, holy, happy,* ☺☺☺*healthy, ecstatic in developing* honesty and *the* qualities of the Immortals*, is OK with all citizens being part-time clergy to motivate them to speak* kindly and evolve the ethics*, lets all create an* Immortality *Nurturing* Agency *approved spiritual website and youtube to teach ethics via* ethical song and lyrics*. Universal immortalism* language *also ends the monopoly of ethics coming from foreign spies disguised as clergy*, ends the IQ destroying "ethics" (religion, ideology) as cover for taking over nations, imposed via the sword by foreign powers from Constantinople, Moscow, Rome, Mecca, and many other places, last millennia via fake miracles (no science proof) and deception, in order to enslave the locals. To be free, is to be free of obviously violent quotes, scriptures, Manifestos (communists advocated violent methods) or 1st century outdated language and tone of writing, fraudulent claims about miracles with 0 evidence in the era of science. We can't chain our people to the chemistry and physics textbooks of the 1st century, so why chain them with the ethics texts of 1st century, a little after or before, when with 50000 ethicists we create something so much more positive, healing and amazing than this, that has never been created in the English language? With such intellect freedom, we can finally think, no longer being terrorized to wage wars by clergy supporting wars, we can find a trillion nonviolent ways to ☺☺☺Eternal Universal (intergalactic) Peace☺☺☺ and physical | |Immortality *for* All| |, initially 150-500 year lifespan, much later 5 trillion. As a neutral country, friend to all peaceful ideologies and institutions, nations and alliances, we, Eternia, want World Peace and Immortality *for* All interested, be it spiritual or physical or both and we want a unifying | |Immortality *for* All| | ethics language and a unifying literal, emotional language. ☺☺☺ This helps us to free humanity from eons of torture, violence and killings in the name of religion, ideology, violent nationalism, etc.

These 20 Eternia nations can use euro as currency or eterni (the eternal currency, for those not in euro yet) or the immortali (initially, for weeks, they're a federation each with existing currency☺☺☺) and have 1 thing in common, super tiny or medium countries that over millennia got occupied by endless groups, empires, etc – so this gives them a chance to develop and become a unifier of humanity, inspire others to also adopt English and discard into the dustbin of history another 19 useless languages: *no other area on Earth has such tiny countries* with different languages that are useless, unknown to others, so English makes sense to help the 20 move out of poverty and ignorance; the 20 will serve as a model for others to move towards one

common language for all humans, so much needed to avoid Ukraine like wars, fought due to language issues. Having so much redundancy, makes scientific discovery and development in Eastern Europe pathetic at best, and the entire humanity suffers when this potential is not used. India united 50 kingdoms with 600 languages into one English speaking nation, why can't these 20 former communist countries unite as one Eternia under centralist immortality capitalism, a country to help further Immortality *for* All. Initially, each has 2 official languages, the original and English and over 20 years they bring their laws and societies in alignment and phase English in as the only language to keep population scientifically aware, integrate themselves as one nation, super-centralized, one indivisible unity for all, one immortalist culture, with Canada, Australia, US, UK as security guarantors, besides NATO and EU which Eternia would still be part of, making EU simple, as we have 1 team representing us instead of 20 teams, 19 languages. The 20 East Europe nations don't want to wait eons to join EU, NATO, Eternia, they can join Eternia Federation in 1 hr. *English is co-official first 5 years of transition, then next 5 years replaces original* languages, so we don't end up splitting like 20 other federations in history, USSR, Nordic, etc included, due to different languages *and cultures – so they also create one* eterni culture.

They thus declare their historical independence from Russia, the end of all wars among them too, their Universal Immortal Galactic Future, since *one big Federation (later to be country, totally one) of 170 million people, almost thrice larger than Ukraine, is a lot harder to invade than Ukraine with 44 million people*. They would aim to be the most peaceful country on Earth with the most peaceful constitution *("We the People of Eternia declare the founding of our* Universal Immortal Federation *for the liberation of its citizens from wars, violence, disease and aging, so that one day, all humans live to a trillion years old, in peace and bliss☺☺☺.", see* Anthem. To provide Russia with less reason to invade, we will have no nukes on the territory, focus on nontorture, nonkilling, nonviolence, all that USA failed to do 240+ years Eternia would do: like the Department of Peace (proposed in 1793 by Rush) with equal funding with Department of War/Defense etc to prevent wars not just wage them. We can set Eternia Alliance Day – World Immortality for All Day (maybe *Jan 1st when New Year starts, so people make resolution to longevity then)* as the national holiday of the federation, the victory over war, violence, killings, aging and all causes of death, instead of celebrating victory via murder over other humans, or celebrating killings in wars of independence like many nations do; let us become Angels and Celebrate eterni ways*, not killings that disturb the* human quantum entanglement field*). We will create the* most eterni (*gentle tender soft* healing nurturing healing peaceful) tone of speech of any administration, peace focused Immortalist Greeting, serene gentle Immortalist Anthem and tranquility themed Immortality for All Flag, with good relations with both China, Russia and NATO, a 'neutral' immortalist partially NATO member (only some

provinces initially are NATO members) initially, until all immortalist states/provinces join NATO, EU, perhaps. Ukraine joined USSR 3 months after some formation of the republic, so can Ukraine, Moldova join Eternia Federation at Its founding (or days, months later if skeptical) by Romania, Bulgaria, Poland (3 *poor EU-NATO members who got nothing to lose, only high tech progress to gain*) and all others interested. Ukraine feels somewhat betrayed by EU, they need wait "decades to join EU" per France President, the 20 need pragmatism and development in their poor backward South-East and Eastern Europe, so let's find a serene, happy solution. ☺☺☺ In 15 out of the 20 nations, many don't even have toilets and clean drinking water, they're like a third world country in some areas. The 2024 life expectancy per CIA: Kosovo-Georgia 73, Moldova 70, Ukraine 70 (due to Russia bombs), Serbia 75, Bulgaria-Latvia-Lithuania-Hungary 76, Romania-Poland-Slovakia-Macedonia 77, Bosnia-Estonia-Croatia-Montenegro 78, Czechia 79, Albania 80, Slovenia 82 vs English speaking: Singapore 87, Hong Kong 84 (China 78), Canada 84, Australia 83.5, New Zealand 83, UK-Ireland 82, USA 81. For the record, *Russia is 72,* Brazil 76. Romania, Moldova, Lithuania, Kosovo, Serbia, Poland, Slovakia, Hungary, Bulgaria, Ukraine, Latvia, the 11 with 70-77 lifespans, would be ecstatic to create Eternia Federation if others are skeptical initially. South Korea increased lifespan 20 years, *by choosing* English, *why can't* Eternia help All humans to live ☺☺☺happily to 400+ in 900 years? South Korea lives longer now than any Asian nation, except Japan, Hong Kong, Singapore. Once Eternia helps bring World Peace, every new invention is shared with all peaceful folks.

Naturally, those groups of people who placed longevity on a higher priority, or have genetics luck, will reach 400 faster and 0.000001% may live to 680 (70% above world average) when the average living human is 400, just as today 1 in 100 million lives to 122 or 70% above world average of 72; this is different than our world, where due to fear of misuse of tech, a valid fear, nations keep everything so secret and even have anthems saying "Our country above all" etc or is "more beautiful than any other" etc – when it is simply not true at all, it's a subjective notion that creates strife and conflict and can lead to species disappearing since "the species survival above all" or "Immortality *for* All above all" is not the priority that is higher than 'the personal like of a group/country because they seem to advance Immortality *for* All more than other groups, nations". Look objectively at the hills, mountains, etc they claim to be nicer and they're as nice or uglier than in many countries; to survive, we need a new ethics, since today, unlike in centuries of old when anthems were created, we have weapons that can end humanity fast; when we're one family, one language eventually, all we discover is used to help all, not just a nation or group – however, due to the fact that people are motivated materially via immortality tech given to those advancing humanity's lifespan the most, there may be certain differences in lifespan still – since without this, some find no incentive to improve anything, being content to die at 80 because the government takes care of everything; hence centralized immortality

capitalism ensures progress, happiness and yet efficiency. By humanity evolving to the level of wanting to help all always, evil intent disappears, true sharing happens, which speeds up progress 1 million fold. This evolution is not instant, but one day we will get there via the most *healing*☺☺☺ *gentle tender soft nurturing graceful compassionate* eternitone and music.

Romania got the largest building in EU (heaviest in the world, 2nd largest, BBC video) in their capital that can be one of the rotating government, parliament headquarters for Eternia. It can be named the Eternal Universal Peace and Immortality *for* All University Palace and thus refocus the Eternia on Eternal Learning and Immortality Universities as the Nicest Buildings in the country. Eternia can have a capital for each area of 20 million people, 8 moving capitals for the 160 million Eternia folks, like 1 the capital for 3 months or something, rotating in peace time to ensure maximum secrecy of where military assets are concentrated and to make all feel a true democracy exists without all power concentrated into one area, and in case of all out world war, they move to the 9th capital, the safest due to high altitude *(many cities in central Transylvania are above 2300', some 3300', Predeal, or 4500', 50 areas 8100+' for strategic assets and 0 satellites working advantage for drones, seeing, airplane takeoff, etc, vs <1400' for most of the city (most capitals are about 500' or less) for any current capital of the 20 nations)* making enemy underground tunnels hardest to build to spy in peacetime (so more sensitive stuff can be in the center of Romania, the geographical center of Eternia, the furthest away from border area listening devices) or to wage war during conflict, since it's the center of Eternia and they need to dig under the country the longest and then up another huge distance thru hard rock (vs soft earth) and be detected by sensors. Given that central Romania is surrounded by up to 8000 ft mountains and the most difficult to conquer in Europe, not just in Eternia, the only area in the 20 country Eternia area almost 300° surrounded by mountains, the only such area in Europe with tall mountains away from water (water allows navies to take Cuneo area in Italy that has mountains around 240°, though not as central Romania which is 300° surrounded by the Carpathian mountains) a town in central Romania could act as a backup Eternia capital, after Bucharest and the other 7, in case of wars. This town is built later, in the most impossible to conquer area where nearby areas are ultra freezing and hardest to conquer, colder than much of Alaska. Romania is the geographical center of this hypothetical Eternia, so that can help with the capital being equally distant, since to the west are *Hungary, Czechia, Slovakia,* south *Bulgaria, Albania, Yugoslavia*, east *Moldova, Ukraine*, north *Poland, Latvia, Estonia, Lithuania*. ☺☺☺

South Korea, living to 83.0 went from poor, short-lived (*North Korea is* 72) to developed in a few decades of intense English language, 58% Koreans can speak it, so, thanks to English, South Koreans live longer than all West Europeans: France-Italy-Spain-Norway 82.6, Sweden 82.7, Finland-Denmark 81.7, Austria 82.3, Netherlands 82.2, Germany-Greece-Portugal 81.5. Same for Israel, they went from short-lived vs West Europe to living longer, 83.3, than South Koreans,

West Europeans due to 85% Israelis knowing English. Why are these Eastern EU backward countries sticking to useless languages, instead of choosing the best, English, easiest to learn *and* the language with the largest amount of people living longest? Hong Kong is 84, Singapore 86, thanks to English, the language of science food tech, longevity, medical papers. The 20 backward former communist countries want real results, 0 redundancy, not promises of EU joining in 30 years or of reaching a level of development in 40 years. We need a world truly united against war/aging now, not in 30 years. World Peace can't wait 30 years, we had too many wars in Eastern Europe. The 20 can help eliminate EU bureaucracy too, as EU needs fewer officers. After so much time in EU, and so much capitalism, most former communist East (the 20) has the same housing, and in some areas, same poor quality of services etc; the miracle of capitalism never materialized fully and many even in the West live in ***ghetto areas***. Thus, with centralized immortality capitalism, the 20 can finally get the real education and research going, eliminate redundancy of millennia and become more modern and high tech, being a contributor to EU, not just a burden as some have called the 20, to help boost EU image and make France, Germany, Spain, Italy able to export more, since Made in EU gets a better image, happy that finally the backward communist countries are getting their act together and stop being so needy and dependent, diverting many EU funds to them, as UK was complaining of paying so much to EU. The 20 need no EU help, they just need to become one adult developed nation and take the destiny in their hands by eliminating redundancy and increasing efficiency 90 fold; the former 20 communists speak a different language than the big EU 4, so English will just be different too and make the rest of EU, plus the entire world save tons of cash lost in training spies, embassy staff etc 19 useless languages; it's a win win since stuff made in Eternia will raise EU prestige and also a lot of the big EU 4 joint projects; many East EU areas are frozen in time, with nothing changed since 1989; people go to work as farmers to get some money in the West, so they can build a wood house in the East; this keeps West and East EU backward, since with eterni food and robots, all veggie picking, food production can be automated. By speaking English we will attract funds and help, donations, from outside of EU, to help our backward ***third world country looking East or West areas*** to evolve, money from the rich English speaking nations (US, Canada, Australia, UK), so all EU nations can benefit from the influx of investment and knowledge into Eternia, the new EU nation replacing 20. Due to the more educated going to the Western EU, services, healthcare, etc in the East have become so poor, in some areas, lifespan is shorter now than in 1989 communist times per some studies – so we have created a capitalism that just focuses on profit, not life, capitalism having become as indifferent to ☺☺☺longevity as communism was (and sort of still is, the 'capitalistic Chinese communism', *since in China living to 9000 or* a trillion some day *is not even mentioned in every speech like* Eternia *would do*); we want to bring 800+ year lifespan globally, not to merely increase it by 5 years in some West EU areas. Junk food also led to Japanese Okinawa to shorter lifespan, we need healthier food

choices – now, with pressure cookers, people can make meals way healthier, 30 times faster than in communist times and way healthier than junk restaurant food. The junk fatty food meant the last 50 years overweight and obesity rates had gone up 3-10 times in most countries, canceling some of the lifespan gains from medical tech. Russia took over McDonalds, but the name "Tasty and that's it" is leading people away from eterni idea of eterni food (food is meant to help you live to 700, not to be tasty poison killing us by 80), healthy food, high tech eterni restaurants: fries are very toxic, as are burned burgers, due to toxic AGEs. This name change is not what Eastern Europe wants, they want change of substance and 100 fold reduction of toxic AGEs. The USA lifespan *is* 81 on average thanks to McDonalds etc that made obesity *go up 10 fold last 50 years;* Canada lifespan is 84, Australia's 83, less junk food. Did we have enough French fries in East EU? Do we want to advance and evolve past Neolithic cooking methods? ☺☺

We want EU to lift up the whole world, so the rest of EU, the other 11, will recognize the amazing & beautiful miracle that Eternia is. It will also help the English speaking world to eventually, possibly, if proven vastly superior to US thuggery, embrace immortality capitalism, instead of hooliganism... and help the 20 nations to offset the influence of Russians (not all, but still the majority as seen from their military methods and Russia TV One public tone of speech) who love the same hooligan type of methods like USA, meaning torture, force, war, killings, as we know from communist times. The less violent Canada, UK, New Zealand will also resonate with helping us to create a more benign vibe for the quantum field of English speakers than this music... product of US gangland. Eternia will cause many who work in Western Europe to return and build a more modern unified Europe. *France and Germany always called for a more unified Europe, an EU like USA, so* Eternia *is an* amazing step towards that unification, so they will support it. Germans and Germanic language speakers in 8 other EU nations would be happy the 20 choose English, a Germanic language with lots of words from Latin (French, Italian, Spanish got them too), way more Latin words than the 19 languages (except Romanian has more than English), so Italy, Spain, France, Germany will have a way easier time to understand these English speaking people, as well as all other EU members making EU far more unified as they understand each other; thus, proponents of a strong united EU would be the 1st to support us; the 20 Eastern states are either Catholic or Orthodox, which are almost identical, further helping their integration; 0 redundancy will enable new materials of construction to be discovered and used to create better housing (not wood), 100% renewable energy, etc; inventions in Eternia, the new ☺☺☺EU country will benefit all EU. Globally, lifespan increase has slowed dramatically last 50 years, coming to a halt almost last decade; something is not working. These 20 nations already use English among themselves to talk, so this is only a formalization of the reality on the ground. Eastern Europe is the closest to USA and the English speaking world part of EU anyway, always wanting US troops on the ground for security. Instead of being Bulgarian, Romanian,

Hungarian we're eterni, what a beautiful word, with many meanings, eterni tone, eterni food, eterni citizen, eterni music. Once successful, others will form their own federation and the world moves from 7000 to maybe 30 languages, then 10, 5 & later only one. Immortality *for* All. ☺☺☺

WHY ADOPTING ENGLISH IS NOT NATIONAL TREASON, WHY CULTURE IS NOT LANGUAGE:

First of all, if some think the "English speakers are the enemy", that's fine, but to defeat your enemy, you need to know his language, so the argument against learning English from age 1 collapses really fast. Secondly, some East EU people will call all East EU folks traitors if they *promote English as the language to replace the 19 languages in the name of "efficiency and increasing research jobs 100 fold via 11 companies in all East EU", so we kindly need to address this paradox to be clearer.* If you may gently allow us to present our hypothesis, we can easily argue that the true traitors are the supporters of divisions, such as language divisions and fake religions (Islam (Bible recycled with some additions), Christianity (fake miracles, 0 IQ religion based on 0 credible evidence), Judaism (read the Bible to see the lack of logic), etc) divisions *who facilitate the multi-millennia* subjugation of the poor by aristocratic *and royal families*. True to its egoistic anthem, "God bless the Queen/King", *"God bless the people" not present in anthem*, "Crush the Scots" present in the full poem", the UK Monarch (husband of Queen Elizabeth), who was born in Greece and met UK Queen in 1934 (Greeks did many genocides, as the alcoholic Alexander the Great promoted his ideas to future empires), and was lobbying USSR, using Churchill puppet, for keeping the Greek monarchy and splitting Europe in spheres of influence, instead of liberating all Europeans from *feudalism* (still present in UK even today, 70% of land owned by aristocrats) and granting all people the right to trillion year lifespan, as shimmering shapeshifting teleporting Immortals, not chained slaves worshiping royal families and being brainwashed daily into the UK Royal Family Personality Cult and other Royals UK controls. So, the 20 former communist nations, *finally republics after eons of royal brainwashing and terrorism*, have a chance now to free the world from the pure terrorism of monarchies (all wars in history are/were due to royal family or nobility aristocrats, who, having nothing to do, started wars to expand their lands) and establish a truly democratic East EU Nation, more democratic than USA in 2024 even, the renewed ultra unified, more unified than USA even due to centralist immortality capitalism East European State of Eternia, not based in monarchist Belgium, but in the rotating capitals of the East EU, World's first Eterni Tone English Speaking Nation. The murderous torture culture of violent Jewish Bible brainwashed USA, would be replaced in East EU with the eterni kindness culture of Immortalist Anthem. The blood of millions of peasants, workers subjugated by foreign empires would not have been wasted in vain. It would be useful for others in West, South, North EU to join the East EU unity, to join in making English the main language on TV-radio-news, with local language subtitles, and 10% of the most important content in local language until all learn English, but of course, egos are huge

and abysmal IQ common, so some may want to preserve their 'chimp' culture, which is honestly very violent compared to immortalist culture. Later, if Spain, Portugal are fed up with torturing bulls as sports, public displays of bloodshed of bulls in triumphant displays of pure cruelty, satanism and violence, praised by the Portuguese and Spanish monarchies thruout time, they can join the East EU wave of nonviolent transformation towards Eternal Universal Gentleness, Kindness. We immortalists care first and foremost about *liberating every human from the* oppression of the royals and aristocrats, and their partners in crime the clergy of fake miracles and brainwashing and IQ lowering, by establishing immortality capitalism, one language instead of 20 or 500 wherever possible, one educational tone, free education for all and standard for all, one equal access to housing with houses sold/bought in 2 days max, rentals obtained in 24 hours max, and a merit (immortality credit score) based access to the latest more expensive longevity technologies, based on the effort to promote 9 billion year lifespans for all, to prevent people doing nothing and waiting for 'the 11 companies to do everything for them without them making any effort to improve the system'. Thus, immortalists don't care what language they use, since as 500 year olds one day, we will have the intelligence of AI which can speak a trillion languages one day *(though we wouldn't waste our brains to develop such faculty, as it doesn't help us to live to a trillion the fastest). Ending subjugation, redundancy, 7000 languages* (used by monarchies and aristocrats to divide us), is more important than "tradition of a useless language with 40000 fewer science papers then English", as that eternal war over language stops all progress. At our filif chimp IQ today, it's more practical to have one language, just like it is to have 10 million programmers for 1 good Windows operating system, instead of 10 programmers for 1 million trash operating systems (languages). We will create a language of such efficiency, symmetry, ease of learning (as explained above), that today's English will be made even easier.

For ages, USA, Australia, Greek Empire, UK, Russian Empire, etc have been using subjugation via lack of imperial language knowledge as a strategy: the governments translate the same language in all kinds of languages, therefore perpetuating the divisions among the workers and people of the world, delaying scientific speed of light progress in communication and efficiency. The royals and parasites who took over USA, Australia, NZ, UK, California and many states, only allowed elites of puppet nations they controlled to know English or Greek, so the locals are enslaved, ignorant and clueless, so 200 languages were encouraged, the websites display endless languages on government sites even in their original 'English speaking nations', in order to undermine all and allow the few to control the masses by divide and conquer, very much like the Zion Protocols. Check out the endless news about royals, totally useless and irrelevant to the homeless and subjugated people of Australia, that are shown on the main Aussie website, such as this one that encourages people to use their phone and damage their body, instead of avoiding phone radiation by using a cable that diminishes it 1 million fold. Every day we're

bombarded with endless trash about royals or celebrities that holds 0 relevance to the issues of today: horrible food, housing and healthcare for 90% of USA, UK, Aussie and humanity. Such overt destruction of the world by Jewish and other opportunists is horrific, as these people don't want World Peace in 3 months, but Bible violence for a trillion years. We have a government of USA, Australia, Britain, Canada, NZ, etc who encourages people to never speak English, to turn every nation into a Babylon of 500000 languages, all slaves of Jewish lenders. The Vatican and all Christian clergy globally want us to believe the filth of the Bible is the Word of God, a God of hate and destruction indeed. Since 2000 the UK has been actively buying properties in East EU and supporting the revival of monarchies in East EU, *creating new cults of personality in East EU, to further the* subjugation *of East EU*. Under the cover of "encouraging local stone age culture of peasants (the filif ostrich IQ☺☺☺ folk music we find in 200 nations, etc)", they lower IQ of locals, establish spy bases disguised as churches, think tanks, companies, art institutes, gyms, etc, while keeping Eastern Europeans ignorant of English and what goes on, as the puppet government is *wholly run by puppets, incapable of having bilingual programs on every TV station, politicians who speak everything in both English and local language to teach all English, show the latest English science papers and discoveries, and liberate the World from Feudalism*, via written translation, subtitles, to bring knowledge of science and decent programs, about living to a trillion, instead of the recycled garbage they present, after copying mainstream TV stations pf Western Europe or USA. *We can't go back to the feudal age of slavery, so the best way to defeat UK Monarchy's 1000 years of terrorism is to* learn the enemy's (UK-USA-Australia-NZ-Canada government, not the people of English ancestry) language and use it in utter defiance, to liberate the Earth from the pathological addiction to "7000 languages" and state sponsored terrorism deified by spy agencies, when the real issue is the lack of immortality capitalism and basic human rights, not "protecting the trash culture foreign spies have created to subjugate your artificial polity, your "nation", created by the Italian (Roman) Empire genocides (kill until a nation becomes colony) who forced Italian language (Latin) to merge with local languages and create new languages. Wake up, the royals know how to dupe everyone, in every monarchy. The ideal way to counteract the UK Royal Cult of *Kill to Take Over, Violence to Spread the Empire (This Cult is the Cult of All Empires, not just UK)* is to learn English, then only you will see how *your culture is a carbon copy of UK trash*. They use the same exact methods and you copy everything from them, without any originality, just do it in your own useless to science language. We need no violence, UK could have said: hey all citizens of the world, did you know we can increase lifespan 10 fold 1 trillion times faster if we unify as one nation with one language in Eternal Universal Peace and that we could have avoided killing *millions to impose English on them by simply presenting the benefits of fewer languages?* World Peace *in 3 months + 0 jails/violent crime in 10 years, can be the daily topic on TV every 10 minutes, every song, etc until we manifest it. UK doesn't talk about it, nobody did for millennia, so let's* forget about UK

trash and bring immortalist culture now. Worker lives wasted as cannon fodder don't count for royals because royals don't fight, can't die, their military service is fake, they're never put in harms way. Thus, World Peace, *the end of the genocide of* workers, *soldier* slaves is never a goal, all we hear is weapons shipments, World Peace in 3 months is not heard even once every 5 minutes on TV, as it would be required by a truly kind culture who respects the cannon fodder workers dying on the altar of their abysmal IQ and slavery to Cruel Royals. Shame on UK and all nations, for 1000 years, the royals could not envision a World of Peace, as their IQ was too low and affected the Bible junk. We're called to have compassion for the low IQ folks, we see UK royals incite people to stone age sports (watch it), sports which are obviously absent in immortalist nations who practice immortalist 'service' exercising (no sports) instead. Do we want to devolve into UK Royalist emotions and gestures? Why not build a nice house like Habitat for Humanity charity, for the UK homeless? Why waste time in Germany watching low IQ sports? Bad example from UK Prince? Prince Harry in his book Spare talks about using cocaine, killing 25 people. Not the best example, though he could be joking.

How can we create/choose that nice language and adopt it globally, to end all fights forever, to end all torture and violence, etc, choose it out of free will, without being bombed and tortured to choose a language, as done by 900 empires already? The EU governments have betrayed the people, most nations there have a useless language (only Spanish is used in a few research papers, German too), used in 100 to 100000 times less scientific literature, all because of nationalists and big regional powers who dislike the idea of English as the EU language. The only solution is the East to create their own nation and stop being colonies of France and Germany, who simply use East EU to sell their products and open companies, without any real love for the non-German non-French worker, without any real reform of the EU and the implementation of a truly democratic government based on efficiency of 11-20 companies of the entire 500 million people EU. The interest of Germans and French are ignored by their government too by the aristocrat CEOs. EU would have 100 times more tech and efficiency, German and French would live much longer due to tech progress and the 11 companies only in EU that bring 100 times more research jobs, if all big EU powers would get along with the plan to switch to English. So, we need to educate people, to have them read ideas like in the 50+ pages above and make them ask questions about efficiency. Due to high ego of Greece, Italy, France and Germany, that is used by the Ashkenazi Jews to turn EU into a Babylon of 5000 languages they control, a change to liberate the European enslaved workers is not possible, so East EU need to declare their independence and create their own nation, give single family housing to all, stop having West EU telling us how to use our land and resources to protect wolves and bears instead of build houses for Eastern Europeans. East EU can always create eterni *local currency if needed to achieve true independence from German-French dictates coming from the* Ashkenazi Jews who rule UK,

Germany and France. Jews fight English as common language only because they want no language to dominate, so Hebrew can become the final common language. Later, we can even adopt the US dollar in East EU. *A great Way to end the* UK Royal Family Cult *of* Personality is simply to know English, make English eternI in tone and show the world we can be immortalists, speak English, in a kinder tone, and one day, if feasible, lobby for the unification of UK, USA, Canada, Australia, East EU into one English speaking Nation, Eternia, with just 11 companies for 650 million, run not by royals who deify blowing by gun all 'infidels in the Royalism Religion", but by a Council of 500 kind humble immortalists, each representing 1.3 million people (650 million inhabitants in the new tricontinental nation), with rotating capitals, and maybe the leader of the council is one of the 500, each gets to chair the council for 1 month (diplomats can be fewer, so foreign nations are used to one person), in a truly democratic immortality capitalism, instead of this "slavery and stagnation for all" system the UK Royals created in Australia, USA, Canada, UK, NZ and others created in the other nations. Sadly, USA is run by terrorists, whose main hobbies include destroying the brains of Eastern Europeans for fun, and trim the penis of 80% of males. Instead of taking care of the real needs, housing, food, healthy lifespan, they trim penises. The East EU nations are one group of enthusiastic passionate "Humanity First, Workers First, forgiven healed parasites second", former communists, who have evolved past the violence of communism, have seen the scam of predatory capitalism and the huge crime waves (10000 times more drug use, prostitution, brothels, casinos, gambling, etc) it brings, and now can march kindly carefully gently towards the future of Immortality for All and World Peace in 3 months, Eternal Universal Peace. The survival of humanity depends on having 5 languages max, so to be pragmatic, we need promote top 5. Sadly, EU is more like a Jewish French and Jewish German company promotion medium, where the ideals of one language and immortality capitalism are destroyed and every East EU nation is turned into a dysfunctional colony, in the hands of Jewish international finance (needs 20000 banks to loot) and its ultra violent Bible. EU is more like a scam, like USA, they can't even agree on one language to adopt, the very basic minimum of equal opportunity, via equal access to the same free education.

Romania Parliament Palace building,☺☺☺ world's heaviest and *largest* civilian building with an administrative function, could be one of 8 rotating possible future headquarters of Eternia (the new name for east EU) government and Parliament, could *become a symbol of* Immortality and host beautiful Immortality Museums, beautiful recordings *of* science classes, *Classes on* healing the world through *longer* lifespans due to more science and fewer languages as explained in the previous paragraphs, Immortality Universities and World Peace gatherings *in unused space*. The ☺☺☺Palace has *1100* rooms (allowing *800* recordings to happen at once for *800* classes) with tons of tall light wall space and upper inner space that can be used (like in any tall building) to display with a video projector science formulas, 3D holograms and slides from classes on

engineering of 7,000 year lifespans, so as to promote Civilization of Immortals in all countries whose visitors stop by. It could be world's largest science of Immortality Museum and University too. In 30-100 years, when holograms advance more, and are as cheap as a video projector to produce, 3D moving displays of molecules, cells, engineering devices, etc can be made, as well as the most stunning art (that hangs in the air, 10-20 feet above) with 1000s of shimmering colors. The huge amount of space and the fact you can change the 3D displays every 2 minutes, enables the viewer to have the experience of seeing 5,000 gigantic museums in one trip, being blown away by the sciences of Immortality and the future of World Peace that is imminent, if people want. This enables people who sit in an inclined or almost horizontal chair to relax and watch the amazing & beautiful ☺☺☺ "Disneyland like" chemistry lecture or cosmic bliss meditation lesson, and practice it, with the most elysian sounds with *cathedral like* effects due to the rooms and 3D holograms the world has ever seen, since the rooms are so tall, one looks upwards and sees it, the almost horizontal position allowing upon closing one's eyes to reach a state of super meditation. It would be like Disneyland indoors, for meditation and sciences of 5 *billion* year lifespans building. People would practice eterni singing or speaking, to record the *most* eterni voices (emotional healing intent notes not just musical notes) for teachers explaining math, science, longevity, ethics of Immortals, so as to enable teachers to play these "shimmering Disneyland of Immortality sciences youtubes with beautiful voices ☺☺ including eterni soprano, so colorful, all kids love science and meditation 700 times more than soccer, martial arts, etc" when the teacher tone is not ideal due to negative emotions of the daily stress, etc and speak less, but with 20 times higher eterni quality. Due to the evolution of AI tech, instant translation among languages would be possible, in the future, with exact precision, helping the permanent peace last *forever*. Hopefully countries with big buildings, auditoriums, cathedrals where most space is empty/unsued much of or all the time will find Immortality uses for them to advance progress towards a Civilization of Immortals. Gigantic palaces like this parliament could even host gatherings of the Universal or Infinite Immortality Peace Alliance. ☺☺☺

Skeptics will say, OK we have seen how as tech improved, we made our cities far more colorful, and beautiful, with neon signs, things that before were a fortune and how one day we will have higher IQ and have thousands of colors in the future, all shimmering and sign of a higher intelligence, instead of one color clothing, buildings, with people shapeshifting their attire, etc. Then they say, if so, how come having thousands of languages is not similar? Well, first of all, the history we have has shown people speak languages that don't transform their inner nature, meaning that the way we speak, write and intone languages has not been designed to be connected to noblest emotions/energies that benefit the whole species, to be gentle tender healing stimulating positive emotion brain regions (acoustic research needed, etc), to be tonally eterni and promote billion year lifespans. Our languages were a mixed bag, a quite random

“jungle, forest, hills, etc” collective fight for survival against the lions, snakes, droughts, mosquitos, floods, etc, a rather disorderly process of the infancy of our species, a process very skewed towards fight and flight, emergency and negative emotion signaling of immediate ultimate danger, totally opposite to the anxiety free life of Immortals and their language. *No* language *will die, we will* preserve millions of recordings and how to learn it, so we can use it later for inspiration in *designing much better* languages. While beauty exists in diversity of colors and languages, once we achive peace for a long time, we will evolve to have 800 years in our adolescence (lifespans of 8 millennia) to compose languages that are infinitely more beautiful than any existing now, that are built on a very deep knowledge of human brain that we lack now. Now, the priority is to become a basic civil human who doesn’t kill and torture others, and that is taking millennia as we see, people still wage wars over language. Then we can create 7 million languages of much higher harmony, intelligence and transforming power, that can be enriching our telepathy, emotional self-control and filtering, that can develop new neural networks, favor ☺☺ positive ☺☺ emotions, hypothesis thinking, loving kindness, universal☺ gentleness, infinite compassion, new languages that can become the basis of a harmonic telepathy of the future. Fewer languages to speed up longevity progress won’t happen overnight, perhaps some centuries will pass, but at least people can start thinking about it more often and doing small steps, introducing bilingual teaching and extra official languages. ☺☺☺ Naturally, for a big nation to win the Public Relations game and win the small country’s public trust, it would help to be more like a Civilization of Immortals, to champion for those values at the United Nations, with the kindest tone politicians who allow people to believe as they wish, who're filled with tact, grace and healing energy, presenting this process of transformation as human species’ best chance to a quicker peace and 200 year lifespan, in the most *nurturing* compassionate loving gentle tender soft way that is a win-win for *all nations*. Small countries far away from danger of disappearing don’t understand that for other countries this is a matter of life and death, so they will be the last ones to worry about this, perhaps wishing that they retain their language for now (as the only official one or only main spoken one) as benefits seem not that huge to them and they don’t care as much about others being wiped out, due to human nature. That’s fine. Seeing other small countries doing this is no reason to make them feel afraid, as nobody would force this on anyone, this is an intelligent discussion of the benefits of doing this as a civilization, as a species that minimizes risks of wiping out populations in the infancy of our species, do we lose more from having so many nations and languages than gain? If so, then, those who agree we lose more than gain, would be free to change, without being judged by others as having no more individual “culture”, because, while they speak the same language, each embodies a culture of a Civilization of Immortals slightly differently, just as counties in a nation have their own little personality, while enjoying full rights of being part of the nation, while enriching the whole, without millions of years of fights as Europe had before the EU sort of

“vanished” the borders. Ireland has a different culture than England, USA, Australia even if the same language. Culture doesn’t change by altering the main spoken-written language, it just helps us to focus on longevity more, on war less. New literature and poems focused on Immortality can spring up, enriching English, by authors from English adopting language nations to bring longevity fast and redefine our romantic/wedding songs. ☺

CHAPTER 14 - SPIRITUALITY of Immortals

14.1. Contemplative prayer, Immortality for All, meditation as acts of listening to God (4 pages)

14.2. Ritual versus kindness (60 pages) 14.3. Miracles of knowledge (5 pages)

14.4. Beliefs of Immortals (31 pages) 14.5. Messiahs & bad scriptures (123 pages)

14.6. Divine ecstasy states (57 pages) 14.7. Coincidences & torture (78 pages)

14.8. God for atheists (human quantum field), God could be the first Immortal (22 pages)

14.9. Why religions are anti-life, ultra low IQ like science was in the 1st century (2 pages)

Illiterate folks think they talk to God, but science proves they talk to their brain. A sentence of God would take a trillion to the power of a trillion repeated a trillion times all books written on Earth, to write, so, when humans claim they talk to God, they don't realize God is infinitely above their head. All they talk to is their own mind, and in the best cases of tuning into 'God', a mind that begins to grasp an infinitely small part of God's Infinite Immortality nature and the other natures. So, don't confuse Bible, Tao Te Ching, Vedas, Mahabharata, Quran hallucinations with God's Word that would take eternity to write a sentence of. Humans (nanosecond lived bacteria vs others) have a filif IQ, while Immortals have etlif IQ, $10^{9000000}$ times bigger. Now you understand why humans are so low in IQ, always fighting over Infinite Resources. That's why the Vatican banned so many books, and dislike this one too, as it exposes the use of organized religion fraud to loot continents and turn them into slave colonies.☺☺☺ From time immemorial, people of all religions have wished to stop aging, old age with its slow walking, suffering due to pain, lack of ability to do things so easy at 20, slower cognition, disease and death, so out of dislike of old age, in religions we see this survival programming as longing for physical Immortality *for* All beings, a little like in the New Testament C 15:44;51-4 "For our dying bodies must be *transformed into bodies that* will never die; *our mortal bodies must be transformed into immortal* bodies", where it talks about an instant transformation of a decaying short lived physical body into an immortal spiritual body (not physical), more on that later (this was a belief that predates Christianity, which was a made up religion based on old cults, like Zoroaster, Egyptian cults, etc). Well, this refers to spiritual immortal bodies, but people knew that they could live to a trillion years on some level, they just could not believe it was possible physuically, due to lack of knowledge. It wasn't really any big revelation or unique to Jesus or any prophet or religion, just scribes copying ideas of the Greeks (Immortals), Egyptians (rituals of immortality, 2 km of underground structures under the pyramids, 8 huge pillars of 700 meters, etc), etc, ancient immortality religions, which were a natural expression of the universal frustration with death, aging and the stinky smells, frailty, fractures, pills taking, etc aging brings. Thus, some

Christians, Greek myths fans, Hindus, Buddhists, Taoists, Muslims, etc believe that after the victory of God/Tao/science, humans will be physically Immortal. Immortalism is the continuation of that eternal spiritual or natural longing for happiness, wellbeing, good health of humanity. Political/spiritual immortalism is the longing's manifestation as a universal kindness expressed in a global family like society that brings that immortality for all tech progress. Likewise, immortalists believe as humanity wins over the aristocratic greed, good health or even trillion year lifespans will be a trillion times easier to achieve, via scientific progress☺☺☺. All realize the Bible, Quran, etc were made up, there is nothing special about Jesus, that miracles were staged and fake, and Christianity, like other religions, was created (as the 70 pages explain) by aristocrats to enhance the theft yield, the efficiency of subjugation of the gullible masses. The supreme head of the Christian Anglican Church, the King OKed laws to mutilate and kill the poor who could not find a job right away that the bastards didn't create for them as with the 11 companies ensuring all have a job, and "Religious" Kings approved publicly killing complaining slaves by artillery gun. The evil aristocrats always used the phony cover of being Religious to ENSLAVE the masses via empty promises of eternal life as a "spirit" in a fictional heaven they don't believe in. The phony Vatican waged endless wars, like Mohamed did. Vatican tortures too, like they did in the Spanish/Italian Inquisition, French Inquisition (it all started with Italy's extermination of French in 1184 by Italian psychopathic pope Lucius the 3rd Devil, who died in 1185). The Vatican wanted kings to be above the law and to have powers to execute millions, so the Vatican banned the Magna Carta document that guaranteed a fair trial for all before their sentence. To expand/create empires, fake religions were used by cruel kings to replace existing 'cults'. It's easier to control 1 than 10000 cults, so cunning sadistic emperors made Jesus up.☺☺

14.1. Contemplative prayer as listening to God, spirits and the universe

Souls are Immortals, so to speak, and a soul-centered civilization is a Civilization of Immortals, where Soul's Unique and possibly Central Nature, Immortality, expresses more and more as people live longer and emulate Immortality, living 300 years, then 500, then 900, etc. Can we listen to the call of *compassion?* Clergy go at great lengths to explain they want people to avoid a bad afterlife/reincarnation, an eternal or temporary hell. Immortality *for* All *gives eons to all to* become embodiments of *gentle tender soft* loving kindness, neutralize bad deeds by good deeds, and avoid eternal or temporary hell. Thus, Immortality *for* All as in life extension, is destined to become a or *the* central focus of all clergy. The focus of religious, Christian, etc ethics or compassion is to avert a bad afterlife (much longer than this "Immortal" life as 900 or 9 billion year old future human), so places of worship would need to be ultra supportive and focused on 50,000 year lifespans, science, tech, talking about living to 900 all the time, building Immortality Research Centers inside each church, instead of doing field trips to casinos with kids, like some do. In real life, we see most places of worship as among the most antiscience entities, because if

they valued Knowledge of Longevity and of the universe, they would talk about Physics and Chemistry (God's natural laws and design of this universe) in every sermon, host Immortality research centers in every church. The human lifespan length reflects the level of spiritual compassion and Godliness of a civilization.☺ Therefore, lifespan length, physical "Immortality", "Immortality *for* All and spirituality are inextricably linked; to belong to any religion is to support "Immortality *for* All", *since God is Infinite Knowledge and Grace who knows how to transform the worst into angelic beings via healing positive methods,* to bring peace without war, transformation without torture. God knows better than humans who is worthy of living. Why not require clergy to get a 2 year degree in Immortality Sciences (Physics, Engineering, Chemistry, etc of 900 year lifespans) or a 4 year degree in STEM? How can clergy know God's design of a trillion universes and they know nothing about physics laws of 1 universe? To discover afterlife mysteries we need centuries of study, living to 900 at least. Why entrust the moral and ethical education, about 7 trillion *universes* to people who know nothing about this universe and how God designed it? Wouldn't clergy ideally be people of highest knowledge and IQ, of highest gentleness tenderness softness evident in their tone of speech, so different than today? If so, wouldn't clergy be allowed to have kids so the highest IQ gets passed down? Tesla's father was a priest, reportedly, Milutin Tesla. Tesla was psychic reportedly too. No wonder nations often embrace civic education to teach ethics of building 90,000 year lifespans, doing away with religion classes, as religion often becomes so outdated, antiscience, that it's antilife, with clergy speaking in the past against electric cars that would extend healthy lifespans, etc. When a clergy is filled with *the Holy* Immortality *for* All *Spirit* of *gentle tender soft* loving kindness, s/he spends most of his/her energy to promote science, as with eterni food, science can alleviate the enormous suffering of animals on earth and of the people eating those animals, who're living short lives of disease. When the soft *nurturing grace* of compassion fills clergy, science is in every sermon. To be Godly is to have some of the knowledge of God, and science (knowledge) allows us to discover living without inflicting pain on animals, raising our civilization to a higher level of loving kindness. As we spare animals from suffering, we can discover how to live to 900 faster. How can young people trust religious or spiritual leaders who almost never talk about the suffering of livestock shot in the head (stunning) or killed in other even crueler ways (no stunning), who're not vegetarian at least, like Nikola Tesla who could become a saint and said eating meat damages our morals, to set an example and promote an eterni food future? Dairy cows are killed brutally too, so veganism would be the most basic expression of kindness for clergy who wants to be a model of universal *gentle tender soft* loving kindness. ☺

Religions and spirituality are always evolving and adapting to the times; for example world's biggest organized religion, the Catholic Church. They moved from the "earth is the center of universe" Aristotelian view (adopted by Saint Thomas of Aquinas and then by the whole

Church), to one based on scientific evidence. Many beliefs got updated and changed over time. Catholics removed the Bible from the church pews, replacing it with the daily quotes from the Bible and songs, that contain only nonviolent quotes, so that people don't get polluted by the stuff in the Old Testament (Torah is first 5 books of The Old) that is discussed in detail here. To listen to God, perhaps we need critical thinking skills, to discern human emotional baggage, fakery and negativity from the inspiration of the higher nobler aspect of humanity, our spirit or God connection. The daily liturgy format went through vast changes during Vatican II, so it's easy to see how a future Vatican III will implement even further changes, how religions will change as science discovers new things, and introduce meditation and require World Peace in 3 months talk by priest, and have 1 lyric minimum of any Mass song about World Peace and 0 violent crime until it is achieved, to make all passionate about 0 torture and war in 3 months. A true Pope, aware of the need for eterni food, requires all clergy to talk in every Mass about the need for compassion for animals, eterni tech to stop torturing plants and animals, appeals to all to go vegan meanwhile and stop animal bloodshed that causes wars indirectly, promotes nutrition education so all can move to veganism and get proper supplements; *the Pope ought to*, when veganism is easy for all due to 100x more products, *excommunicate all omnivores*. *Why? Because* to kill/eat an animal is bad even in the 'Word of the Lord', as the Pope calls it: "*He who kills an ox is as if he slew a person.*", Isai 66:3; more quotes here. To be true to the Word, they need veganism. After all, the greatest fake miracles of the Catholic saints are those of vegan saints.☺ St Frances of Rome 'materialized wine, corn out of air' (Ctrl+F "corn ", 2nd instance),☺ St Francis de Paola brought to life cooked, eaten animals (bones left only), made a river appear.☺ These fake miracles are taught by aristocratic clergy using the taxes paid by the poor. Is it ethical? Eternia or Eternity Capitalism may have an answer. A book of vegan fake miracles reveals the Vatican lying talent. Popes could fuel the desire for soul travel, so all know God's solar systems, restructure the Mass to enable meditative silence, soul travel, the immortalist greeting. Better yet, we realize Vatican lied to humans for 2 millennia, we don't visit.

Pope Francis said it's ok to believe in evolution and Big Bang because this not contradicting a belief in God. This could not be said by the Pope centuries ago before such concepts existed. One can see how a future Pope or leader of some religion could say that it's ok to believe in Living to 900 or in Physical Immortality, because this is not contradicting belief in God or Christianity in any way, especially since Methuselah reportedly lived to 969, ☺ if one takes that sentence in the Bible literally and not a mistranslation of the time period used for "year". 1 quote in the Gospel talks of spiritual immortality: C 15:44;51-3. That is why many Christians believe all will be physically immortal on the new Earth. There are a few groups that argue that Christianity teaches Longevity, Immortality. Living longer will make people more peaceful, spiritual, as they will have time to relax and there will be no violence, war or prisons, it will be *Heaven on Earth*.

That is why *clergy of all religions, as we evolve towards a* Civilization of Immortals*, will eventually talk far more about* Longevity *and* Immortality*, The* beauty *of* Hypothesis Formulation and Testing *(instead of belief without proof), of* Knowledge *and* Eternal Learning *(it was hard working scientists who cured scurvy by vitamin C, pellagra by vitamin* B_3*, infections by sanitation, managed Parkinson with* velvet beans *or* fava (broad) beans*, etc, not thru mechanized rituals but thru* Understanding *and Knowledge),* eterni and vegan diets (Chapter 11) in an eterni *music*al way explained in Chapter 8 (putting their whole being into it, this speech is so hard to do, they will need to rest after service, just like muscians do after a musical performance) as ways to *bring God's Heaven of* Immortal *Lifespans on Earth and about a spiritual duty or spiritual selfless service to humanity to help everyone live longer,* so it will be more spiritual to do sports as explained in Chapter 5.5 than as traditionally. People will get 5 PhDs, have a lot of time for studying many hypotheses about afterlife and test them, etc.

Due to this gradual shift towards hypothesis thinking, perhaps people will start looking at prayer more as a 2-way communication, instead of the traditional perception of prayer as a linguistic repetition of a request to God, which is a one-way communication. In monastic contemplative prayer, it's 2 way, but many people don't think of prayer that way. If prayer is supposed to be listening to God too, as it has always meant in contemplative prayer, then it becomes very much like listening to telepathy from God, spirits (Immortals) so as to understand the best way to proceed in regard to a topic. Many people associate prayer with asking for guidance, which is basically like a meditative passive state of listening for psychic impressions, as in telepathy exercises, that might give us a clue on the best next step. As a result of the more hypothesis testing and scientific mindset shift, people may form a much more complex perception of the words meditation, prayer, telepathy and be more keen to incorporate periods of silent listening during services. Right now, personal experience is almost completely taken out of services, as people listen to some linguistic formulas and songs, without much time to listen with eyes closed in silence to God's or spirits' non-linguistic or inner (not outer) visual-conceptual transmissions, as real prayer implies. If services are about praying to God and understanding God's will, would it not make sense to listen to God too, instead of always talking? We have a Mass of 0.5-3 hours, and yet there is hardly any 10-40% of the service period where people are asked to relax, listen to God, close their eyes, breathe gently, let go of worries, so they can have astral travel, ☺☺☺ spiritual realizations or some form of ESP communication about spiritual qualities, bringing *Heaven on Earth* today, science in service to 900 year lifespans, humanity, healing (priest whispers in a guided meditation about the healing being done and about listening to new ideas for science, because many diseases and conditions are psychosomatic, caused by the mind and once one believes one can be healed, healing occurs). When we talk to other people we don't talk non-stop while not listening to other people or not letting them talk, yet in

services often times we don't let God/spirits speak and perform precognitive telepathy miracles or ESP miracles, we talk non-stop or sing non-stop, as if we're not interested in listening to God, understanding God who knows infinitely more than us, or quandrillion times if a spirit. Usually, if we want to understand someone, we don't do all the talking, we let them talk half or most of the time. By not letting God or spirits speak in silence via telepathy personally, as they do to scientists during science discoveries, are we making understanding God/spirits even harder, more remote? How can we listen well, when the area is so noisy, but maybe some stadium or sports arena materials could be used to provide a really soundproof church, place of worship or some soothing music in the background could help the traffic noise be less of a hindrance until we discover levitating silent transportation. By not letting cosmic bliss meditation *experiences* occur in the place of worship, it's easier for teens to seek alcohol, drugs, etc to get into some form of happiness.☺☺☺ Meditation or contemplative listening prayer lowers cortisol.

Chapter 10.2 presents the scientific evidence about the longevity benefits of LISTENING IN SILENCE to God, spirits, or prayer/meditation as it's also called. The believers in certain hypotheses (beliefs of their spiritual path) might say "we don't listen to the lives of saints and anything that happened after Jesus or after whatever" because it's "not in the Bible (or the version or portion of the Bible that's the "true Bible", there is a discussion about which chapters are in which denomination, etc). Yet, where in the Bible (or any scripture for that matter) are computers, humans going to the moon, Mars, making worms live 10 times longer, using video phones, seeing anywhere on the planet from space or your phone, that earth is not flat as many believed? Exactly as people thought the moon is a metaphysical being, and planets too, and that going to the moon is not possible, some may not see how it is possible to become multi-dimensional (as we got to 2 planets, Mars and Earth, multiplanetary) and be able to go to another dimension and build a city there, that we could live to 900 or 90,000 years (Utah tree colony is estimated to be 80,000 years old). We all believe "some wild things are impossible to achieve" unless we get some proof, so it's part of human nature. All medical treatments, clothing, packaged prepared foods, are based on scientific discoveries and laws and ideas not in the Bible (or any scripture), but concepts that perhaps came to people via telepathy from the spirit world, just as ideas about how to extend lifespan to 900 or how to translate inter-~~dimensionally~~ thru a wormhole (ascend) might come in the future. Are these ideas, scientific discoveries false and of the "devil" because they're not in the Bible or some other scripture? No, of course not. Why use internet, cars, airplanes, trains, technology if it's "not from God or in my scripture"? Live like a cave man? What if the inventions come from God, via telepathy given to scientists? *The interesting question we can ask when people claim they know* how afterlife works *is this: how can we know the afterlife truths, when we can't even live to 500, when trees live for thousands of years, one of them* is 9,550 years old? *How can one claim to understand the*

much more complex infinite reality of other dimensions when one doesn't even comprehend the basics of this dimension and how to live to at least 900? Obviously to understand God one needs to first understand simpler things like this universe, created by God. Scientists practice prayer quite well, they listen to God's words written in the laws of the dimension God created, in the laws of perceived "nature". Prayer is supposed to be about listening to God, *not just asking God* to do this or that, telling God what to do. A saintly quality is humility, this ability to seek, discover God (and the universe, a creation of God) as God is, not as we hypothesize God is, the ability to pray as scientists do when they understand/discover reality. ☺☺☺

14.2. Ritual versus kindness, belief without evidence versus hypothesis formulation and testing

14.2.1. Ritualistic vs eterni speech 14.2.2. Baptism, communion ritual vs kindness: see the full immersion baby baptism, the 33 AD original Christian baptism (gentile baby drowning to lower IQ for easier gentile subjugation by rabbis disguised as pastors, do it more 'safely' with Jewish kids (no water in), & 'water in' with gentiles): Jews' water into baby lungs gift to Earth: JeRRoR that makes souls RRRot (1450 quotes Bible proof), Torah makes all Rot, see Tor. The video is proof the baptism ritual is not from God, that Christianity is a Jewish scam (slavery) 14.2.3. The biggest lie 14.2.4. Circumcision: God doesn't want babies to *suffer, hate mom*, but to love all. Spinoza, ancients before him showed organized religions were invented to control men.

14.2.1. Better *than* average *speech* (ritual, routine like) versus eterni healing speech

Tao Te Ching says *"It may be that goodness still remains, even when the natural way (infinite compassion) is lost, that kindness still exists when goodness is forgotten. It may be that justice still remains when the people are no longer kind, and when this is lost, that ritual still remains. However, ritual may be performed only as an act of faith, and may be the beginning of confusion, for even divination and the such are but the flowery trappings of the Tao, and are the beginning of great folly."* What does this quote mean? Perhaps, it can mean we often walk in a place of worship, and we see pastors who enter into their "ritual" or daily routine of talking about some scriptural quote on tenderness, kindness, ☺☺☺ love and his tone of speech, thinking, feeling, energy radiation is so mechanical and average person like, it is wholly removed from what a *healing* tender *soft nurturing graceful loving compassionate* tone would be like, fully contradicting the words he utters. The ritualistic mechanical "We believe in this and that fake miracle and this and that ascension and etc about Jesus, Mary etc" is so soulless and void of any of the important qualities to develop, all about fake events that never happened and fake unprovable beliefs, so unmusical and uneterni in tone, it's a pure waste of time; this is the time of day or week to practice some truly gentle emotion and universal radiation and it's just

mundane chimp speech with dogmatic ideas instead of developing the character traits, the Immortal qualities that bring peace and a world of kindness; look with amazement at the Nicene creed and Eucharist words, repeated daily at the Catholic Mass, at the content of most sermons everywhere, in all religions and no mention of *gentle tender soft* healing *nurturing graceful* loving kindness, tact etc the most important qualities to get to level 'kindergarten of spirituality' - no killing, no violence, no torture; how can anyone evolve their brain beyond tiger logic and create a world of the most loving Immortals who would never torture others for any reason, go to war with other humans, support any war when God knows trillions of ways to peace without war, support any punishment (a stone age concept, Immortals only heal, no prisons exist, only healing centers). This world of infinite loving kindness starts from our emotional life, the tone of speech. They could sing in the most beautiful tone (like the best spiritual song ever) something that, due to the musical filtered tone in which it is sung, due to the words used, elevates and magnifies the inner spiritual life (the vibe) instead of the daily repetition of fake Nicene creed and daily Mass cannibalism related imagery *(*Eucharist ritual *focused on eating Jesus body and blood, instead of the most important qualities we need to radiate in song during Mass and in daily life speech, aided by* prerecordings *and* eterni music *on headphones or played 24-7 in our living room, kitchen, alleys to evolve the gorilla DNA to something more refined).* The Nicene creed is so stone age, and so slightly North Korea communism like, cult like, (well, instead of Kim Il-sung in the 10 principles, you can replace with Pope and Jesus, many Popes have called for the faithful to wage wars, many clergy of religions; authority, obedience, no proof required, no thinking, belief in fake miracles/experiences of 'saints' instead of living personal honest (via tech or etc) experience (not reading fake experiences of saints), inner qualities development. Read it carefully and notice how the brainwashing happens. Analyze every sentence and the "proof" for it, versus the neuroscience proof that kind tone makes much better relationships and prevents conflict. All is Pope centered, Church centered, belief in wild unprovable stuff, instead of the inner life☺☺☺ centered, instead of the transforming grace *(grace depends on us creating it by hourly spiritual effort, learning to create it, learning from* God*, not just doing nothing and waiting for it to descend from the '*graceful quotes*' of 1st century stressed violent scribes)* activated by kind thought, emotion, speech, action, inner life, evolution, without clergy intermediates. The *uselessness of the Catholic Church* is evident when you realize the violent crime rates in *many non Catholic countries is lower than in Italy*, the most Catholic nation. The homicide rate in Orthodox Russia is 15 times higher than Italy, showing how bad Orthodoxy is.

We can, *lovingly grant freedom to all, free them from mental bondage*, and let all be a pastor, let every house be the temple of Immortality *for* All as immortality capitalism section explains, teaching all by living example, create their online temple and church if they wish to teach what they learned about developing a quality of the Immortals, let all attend 500 online

churches if they so wish to learn 500 perspectives and tones, let the spiritual *renaissance* begin, let the democratization of spirituality begin, let the sweet tone pervade their home way more than 99% of temples and places of worship today, ***because they can, God can grant them that, if they're sincere***. The Nicene creed is such a 3rd century creed, that today even many 2nd grade kids (who're way smarter than 3rd century kids) will find this hard to believe after reading and watching the fake miracles section and spies one. To force it on kids would lower their IQ, and even endanger national security. Many would argue that we need the inner transformation of our brains, not mechanically repeating obviously fake stuff. Why are we keeping ourselves in the 3rd century Nicene creed, why can't we evolve? Chemistry changed a lot since the 3rd century, why can't spirituality? The hypothesis many agree on is that at our level of violence on Earth, we need a more loving tone, a focus on inner transforming grace by self-effort "*We infinitely gently believe in radiating every hour gentle tender soft healing nurturing graceful loving kindness for all beings thru our tone of speech and thought, discerning the speech tones, music styles, trends and millennia old rituals/traditions that prevent World Peace within a year (this is not said, this is an explanation: so that All can live long lives, not just top clergy, monarchs ordering wars to expand territory and holdings of the organized religion)* and working to filter them out via the most eterni healing☺☺☺ speech, emotion, action, thought tone in our civilization*. We ever so tenderly believe trillion year lifespan and ecstatic Immortality for All in this and other dimensions are possible thru hypothesis formulation and testing,* physics, chemistry, the scientific method (proof based ever refined hypotheses)*, in a happy world of infinitely soothing comforting* bliss *for all, where everyone feels infinitely loved by all humans*". Of course, each online group (no donations to avoid dishonesty) can make their own little song.

Ritualization (as if they're soldiers loading missiles to kill a million at once with analytical coldness and precision, *no filtering to remove aggression, negative emotion subtle background and convey the gentlest* healing *vibe, create perfect* healing*) doesn't apply only to Nicene creed repetition, it also can mean*, many priests, even when they talk or ask God to bless the bread and wine, during the Eucharist blessing, do it so mechanically, that the tone lacks the tender soft *nurturing* qualities that are essential to exist if we want to emulate God's Grace. Today, for the first time in history, it is ultra cheap for any clergy of 20 people of any denomination to use a recording (especially easy for Catholics since Mass is the same words for 1 billion people) in the most eterni speech one can find, not necessarily of oneself. The Vatican could launch a project to find the most eterni voices of all millions of pastors and nuns and have those people read the updated Immortality infused "creed", the Eucharist (updated, no wafer, just blessing all in audience and all bless all via radiations of happy energies, *any intelligent human knows one day humans won't have blood inside them, to live to a billion years old, we may get upgraded bodies using totally different systems able to switch between matter types and dimensions, so these*

antiquated prayed "Blood of Jesus" etc are simply out of touch with reality and narrowing our minds), "I believe in ever questioning everything I hear in this service and everywhere, in *universal* loving kindness, in formulating new hypotheses daily, in questioning stories of "easy to fake" miracles and pondering on the *miracles* of experience, *gentleness, patience* and *knowledge* that build the (*impossible to fake, everyone retires at 650 not 65 etc*) *miracle of living to age 800 or 1 trillion years* and a Civilization of Immortals, thereby learning by doing, how to sustain a Heaven like world, and being ready to live in an Immortal world". The music, radio, TV are usually so bad, that the last place where tone would have a chance to teach the infinite tenderness of God, it's not there; the Catholics have lost the beatific gentle music, and have shifted to more rock and roll like music, pastors employing more soccer stadium tones. When we see that, we often ask, why in all these churches, places of worship they talk so much about this and that, but never do they use these daily prerecorded words: "tender gentle soft kind *forgiving merciful compassionate graceful nurturing healing"* in every service? *These words* can be spoken, by the most angelic voices on Earth, 1 out of a million, after trying 365 days for one year to reach the highest level of eterni tone (meditation, rest, no negativity to aid humanity in escaping historical inertia and produce real *healing* for the first time in history, since pastors are humans, too tired and incapable of speaking eterni like for 30 minutes). Then, after hearing these other worldly tone, the people are invited by the most *healing* voice recorded, to practice this in public and put their whole being into it, with maximum filtering out of "improper emotion", with eterni tone as instructed by the priest who reminds people the way 800 year humans of the future who know no anxiety talk (not rushed and packed, but in a slower eterni way), in order to give people a daily chance to practice. ☺☺☺

The above highlighted words carry a *different vibe* than *many words* and at no worship place have I seen them included in every service at least once. People could use their whole beings to slowly sing together in the gentlest kindest slowest most eterni tone something using the gentlest music that contains a request to God to practice eterni speech and wake up from the trance of imitating the bad tone on TV-radio-etc: "*Infinitely* tender Mother-Father God, we *gently* ask that as we *tenderly* speak/sing this, Your Infinite Electric Soothing *Calming* Grace Energy descends into us, that you bless our bodies and souls (*directly, no wafers or wine intermediaries needed, see next few pages*), with the courage, patience and determination to change the tone of our *verbal speech, of our inner speech, thoughts, feelings, intents, energies radiated*, so they become filled with your *most* tender gentle *soft forgiving compassionate merciful sweet healing graceful infinite* kindness *and helpfulness* towards all beings, and we're transported closer to the Ineffable Bliss of Thy Limitless Loving Tender Soft Healing Mercy". This general template can be updated by clergy into a very poetic and rhythmic song or prayer that is sung or spoken SO differently and so very slowly, that it completely transforms the brains of the

audience. To maintain the highest healing vibe, it is humanly impossible, due to the stress of daily life impacting pastor tone, for a pastor to talk more than 2-10% of the service, the rest needing to be meditative listening to the most healing prerecordings of voices (younger, this speech is like most difficult math, professors don't do hardest science at age 103, brain is slower, this speech requires younger brains too) trained to produce the tones linked to best radiations and emotions; we're living in a hell world in 21st century, and this impacts pastors, the only way to disconnect from these historical inertia energies is to speak much slower, much less, since this healing speech is so exhausting, this filtering, for most pastors, they would become ultra exhausted after 5 minutes and lose healing tone; and even if trying, they can't do it, since they would have to be stress free relaxed for 1 month and practice to reach higher levels of healing. How can we expect a world of kindness to emerge when many clergy almost shout at services or speak in average tone and emotional filtering? Pastor energy goes so much to this imperfect speech (he has not rested 1 month like in a prerecording, pollutes all with his daily stress), that he has no energy left to bless the wafer, the people, to radiate the best emotions and thoughts.

The pastor is expected by God, his Parent, to learn by doing, to take part in this blessing by God, to radiate happiness and be flooded with bliss☺☺☺ and thus entrain by contagion the other brains and teach them to do it, to know God is Infinite happiness, Healing (*not commanding a truth, but gently suggesting by healing* whispering *a hypothesis*), Grace, Tenderness not suffering-torture-punishing-yelling, a happiness so much Higher, that it transforms all desire to jump, dance and shout into a desire to become the gentlest being ever that brings World Peace in 3 months by his tone of speech, his divine ecstasy happening while silent walking more and more often. God doesn't want a pastor suffering/straining or torturing himself to say the mechanical formula (many strain to raise voice), to stand, sometimes when giving the sermon even yelling like on soccer stadiums, but to learn by doing, to experience God in the service; it's not about holding the wafer, chalice and physical exercise of standing or mouth moving, (this monkeys can do too) but about the gentle profound inner transformation of the pastor and audience *(who meditate half of the service at least with eyes closed focused on higher brain functions, not standing, looking outside, but looking inside)* when they bless each other (all can relax in inclined chairs) and ask God to help them bless each other, the ecstatic trance like divine ecstasy of true communion with God, so joyous,☺☺☺ that the pastor would appear dramatically different and change his service format altogether and his speech tone too, the music at the service too (lower the volume, the adrenaline rush, soft healing music, don't make everyone semi-deaf without realizing, don't excite audio neurons too much, let the new neurons of eterni *emotion, radiation, divine ecstatic bliss be formed),* so peace manifests in two decades, because God doesn't want anyone to suffer in wars, only "other spirits..." want. It's important to not confuse physical movement motor neurons (standing, holding material objects to bless, no

intermediates needed, bless each other directly too, not just asking God to bless the others) with the higher neocortex functions of eterni inner tone, emotion radiation and healing energy, they're different brain regions, that's why it may be good, with new churches to have semi or very inclined chairs, not straight, to be able to relax deeper and learn about Immortality, in its fullness (physical and astral), inclined chairs are explained here. People don't go to church to stand or exercise only, even though a part of service at the end could be about "help us live to a trillion" prayer and BMI, WC, WHR, and nutrition and some gentle moving 2 minutes; people go mainly to have an inner transformation (not muscles building as in dancing or standing, but new neuron muscles building to learn new skills), so this implies, we need to relax and to not stand and focus on that inner stuff, since our brains are not so advanced to multi task when doing such a complex thing that many never did in 4-8 decades ever until this becomes common. Soft voices and songs relax people, see this example of whispering. Once we're good at it, at radiating and entering divine ecstatic trance, we can do it any time, while standing, but initially, it's hard. If people don't practice even 3 minutes a month in a service invocation eterni speech, how can the world become any different? The invocations they use in all religions that are always identical can be prerecorded, using the most healing and eterni speech tones and voices on Earth, which will be vastly better than the daily tone of clergy, because that's the best recording of someone in a year when they feel best, but the clergy have ups and downs and this is reflected in the tone. We have AI and tech, we can use them to change our beings, to transform our brains from panic fight-flight tones of millions of years to anxiety free tones, of Immortals. ☺☺☺

We can argue that the tone and content of speech is 900 times more important than communion wafers and many rituals in various religions, because speech is how we practice universal loving kindness for hours *daily*, while the wafer ritual takes minutes a year for many when they go to a service that offers bread. *10 minutes wafer ritual once a week/month/year and then 20 hours a week of* uneterni tone imitating the clergy tone? Isn't that contradictory? Not to mention, the music in many places of worship is lacking in the qualities of grace, gentleness, softness, healing, *nurturing*, therapeutic energies most people need in order to connect with this speech tone. When a guy dates a girl he likes a lot for the first time, his tone is very tender soft gentle eterni, he doesn't yell like on a soccer stadium while uttering "I love you" or anything. Yet, in some places of worship, the clergy talk about "God loving us" etc or about God's compassion, etc in a tone that is worse than the guy at first date. The clergy tone, since it's God's love, trillions of times more tender than the love of a guy for a girl at first date, *would need be the most* eterni tone *of the whole day or week that anyone has ever heard, even the pastor himself*. There is no need to raise the voice. People dealt with human eating tigers in ancient times, so they had to yell and fight or flight, so these patterns don't disappear overnight. Computers today use a million times less power per computation than decades ago, being smaller too, much better;

likewise, bigger and louder voice, more shouting or masculine tone, more powerful is not always better, it just uses more energy that could be spent wiser in filtering improper emotions, it doesn't give more authority or respectability. ☺☺☺ Many girls would never date again a guy who used the tone some pastors use in their speeches. It's not just words, words are only 3% of the communication, 97% is in the tone of speech which encodes the emotions, thoughts, intent, energies radiated. Anyone who is humbler, aware all their beliefs are hypotheses has a gentler linguistic expression tone too, as they know they don't know it all. Thus, these clergy use "We *hypothesize* that x may be true, based on this evidence" instead of "We believe x".

14.2.2. Do we really *need the communion, baptism* (legal drowning, torture of babies disguised as "religion" video 1 and drowning video 2, & baptism slap) rituals or more eterni speech?

Before we go into wafers and such, check out 4 videos: 1. out how women were tortured on the first day of wedding and how impossibly low IQ society was thanks to the filif IQ clergy at the Vatican who believed in stuff without any proof, 2. Church's endless genocides against females, burning their vagina with red hot metal and killing them via infection, 3. Christian Church enslaved tens of millions of whites in Europe (like aristocrats enslaved most people who were their serfs in every EU nation and Russia), 4. Christian churches praised slavery, owning slaves, used fear to extract money and obedience from the naive masses. The wafers were another tool to enslave the people: come to church to get the wafer, but then you got to donate there to make Italian Jews at the Vatican who took over the Roman Empire very rich. The Italian Jews didn't give a dime about anyone, except money and power, like selling indulgences to get rich by promising short purgatory. The Church was created by Emperors as the state religion in 325 after heavy lobbying from the 10% of Jews in Rome, as a tool for global conquest, spreading the Torah via the Bible, global looting and espionage via confession. The "God is a Jew" Jesus mythology was simply a cover to fool the gentiles. This 35+ page chapter will shock Christians who have been totally brainwashed by the clergy masters of endless lies and endless torture.

King David allegedly took the holy bread from the temple, as this ritual of bread was a Judaic tradition. After millennia of pretty useless rituals of "eating the blood and body of Jesus at Eucharist" (*simulated* cannibalism *sort of*), we have not achieved even the animal stage 500+ species of mammals already achieved, i.e. the stage of not killing their own species. Christians are too ☺abysmal IQ☺ to realize baptism is a filif chimp IQ tradition coming from the Jews, a ritual no human ever needs to connect to God as explained below. Christian baptism comes from the Jewish full immersion called t*evil*ah, which morphed into *evil* bath terror (watch 40 seconds) of gentile babies as in Russia, perhaps well *designed for non-Jews for maximum brain, lung damage of conquered lands.* Please, open your unholy Bible (the "God" of Israel has no positive methods to change people, to transform them by grace, only commands to exterminate

people: Deut 7:16: "You must destroy all the peoples the Lord (Satan?) your God gives over to you" (in other *words*, avoid Jews like the plague, because God might give you to them?), God builds, heals, Satan destroys) and watch 1 min of the Jewish gift to *non*-Jews: satanic ritual abuse (so called baptism) of gentile children for maximum damage and trauma, watch 1 min of Syria and Ukraine ruins, the gift of Israel to gentiles, Bible and Quran genocidal quotes in action lived by Christian and Muslim armies, both made from Torah, spreading Jewish Supremacy values in Syria and Ukraine. Jesus was a Rabbi who used the cover of a new religion, the 80% of the Bible called Torah required by the new Christian fake religion scripture, to spread Judaism worldwide, the worship of Jews, Israel, God of Israel and unquestioning adulation of Jewish Supremacy. The whole Christianity is a pure fraud, Jesus faked all miracles. After millennia of military conquest using Jewish fraud based religion as cover, *we have not had one religion talk* daily (or even once 2000 years) *in their service (like Catholics do the 10-15 min Eucharist cannibalism like ritual* daily, *we could replace that with something about Gentle Soft Nurturing Healing Grace of* World Peace *in 3 months, and ideas of 14.2.1. and eternal kindness like* verses 8-40 of the Immortalist Anthem*) of* how to create World Peace within 3 months, *how to do it, by what kind of tone, behavior and etc, since apparently,* religions were usually military enterprises using spirituality as cover to expand empires, using killings and wars too, often wars blessed by clergy the emperor appointed. It's interesting to question why there is so much focus on the Eucharist or communion ritual in some places, 365 days a year at Catholic services for example, but 3-4 times a year at 7th day Adventist Protestant churches or 0 times at Quaker Protestant churches. Millennia before people live on energy (after growing up as adults) one century, as Tesla predicted, reaching a lifespan of 9000 years, they will abandon this cannibalism imagery Eucharist (already most Protestants do it only monthly, quarterly or never), since God doesn't need material intermediate molecules in some "wheat wafer", "toxic incense, candles", "amulets and talismans", "religious jewelry, objects, scapulars", "fruit juice or wine" (matter) to reach and bless our bodies (matter) or souls (not material), God *or spirits can do it directly*, *blessing our material and immaterial bodies* while we practice eterni speech and invoke the tenderness gentleness of God as explained above.

Incense smoke has carcinogenic compounds, also see EPA; likewise, wood stove burning, that people used for eons to warm huts and dwellings hours daily, much like smoking daily in the cold months, dying 1-4 decades earlier due to lung cancer they caused [just as today, in our ignorance, we humans do things that shorten our lifespan that we won't know for millennia], or even campfires have these toxic compounds, priests/Wicans/shamans inhaling incense or campfire smoke daily may have lived 30 years shorter because of that alone, showing their human imperfect knowledge about longevity, healing, Immortality and a doubtfully "perfect" connection to the God of Immortality. *God* doesn't need psychological crutches, just like we

don't need crystals to manifest our reality, think positive☺☺☺, amplify positive thinking or astral travel. That is why Quakers *don't even use water* matter *to bless people, they don't use water* baptism *or* communion *at all, because they focus on personal experience* and loving kindness, not rituals and ceremonies. We see churches who give church members food gifts once a month or during 3 main yearly holidays and people end up trashing the food. Some churches collect food donations, while others help trash food depriving poor starving malnourished people of much needed nutrition. Don't trust the Pope with his Jewish kippah, he lies to us all.

Many were *shocked to find youtube videos where babies suffer during baptism* due to the lack of training, empathy of the priest: 1 min Georgia clip, 1 min French priest slaps baby during baptism (maybe got angry at the baby, if not a fake video (playing hand near cheek moving away fast in reverse to mimic slap), as he may have slapped other kids, older, and the habit came to surface due to 'God complex'), 1 min Romania clip (baby supposedly died after inhaling 100 mL of water, if not a fake incident (no death), created to inform priests of dangers of inhaling water and permanently damaging lungs of babies) or Moscow clip *(they removed it, but it was a very luxurious font, with precious stones, gold, and super adorned cruel heartless macho priest yet the baby was so unhappy, crying – outer riches, not many inner, though that one was way way better than* this Voice of America one from some Russian city *– guess what: priest was banned only for 1 year from doing baptism)* or USA orthodox clip show this ritual can become suffering (crying) of helpless beings (1000s of orthodox videos show a lot more crying, the *Moscow one has little compared to others. The Moscow clip showed a* typical Orthodox *priest, a champion on male machoness, and could have been a Jew* pretending to be a priest in order to enslave Russians fast with the Jesus cult Putin, the probable half Jew (watch the tone), so kindly pretends to Adulate and Glorify in order to subjugate Russians and lower their IQ with Epiphany bath in icy water rituals that cause strokes and heart attacks via blood vessel constriction, just like the "ostrich IQ" Australians do it naked in cold water achieving the same outcome on June 21st, the shortest day of their year: a shorter life☺. Khazaria Jewish Empire spread over an area bigger than India, many in Russia elites look like Khazarian Jews. In order to avoid polluting you with the bad way these priests handle the babies, etc I won't include them all here, but feel free to search youtube, it happens in half the full immersion rituals at least that the baby is crying – this is more like child abuse *(similar to the* rape of infants by *rabbis, more* details here *& in the 3* "scriptures" *invented by the* Jewish rapists of 3 year olds*, who inspired* 900 '*prostitutes'/900 travels in Quran)*. Some scary head immersion baptisms of babies risk baby getting water into lungs that may cause some permanent lung damage (unsterile water) without anyone knowing, not to mention the baby is so unhappy, watch this, if they use the head immersion (these rituals will turn many away from organized religion lacking empathy, like most religions today). "Religious bondage shackles and debilitates the mind and unfits it for every noble enterprise,

every expanded prospect" James Madison, 'father of the US contitution', main adviser to George Washington's presidency, 4th US President 1809-1817. Well, he was referring to the bad aspects of some religions or denominations, like useless rituals that remind us of the youtube video on the Inquisition killings (some statistics say more or less died) and many other murders in other religions, etc – not the spiritual idea of kindness for all that was not practiced always, or the nice music created by the good natured people (not power hungry guys at the top). Fortunately, a minority of Orthodox priests have some empathy and handle the baby very gently, avoid head immersion, allowing mom to make eye contact and be very close, so baby doesn't cry, but that is a minority of cases – the priest is free to not do immersion and only sprinkle, but most don't do it due to pressure from higher ups, who seem void of compassion for babies, as Catholics seemed too before they moved to sprinkling only after the 12th century. These rituals make us understand why 20 million or less died in Catholic-Protestant wars alone: rigidity, ritual, power, etc were strong forces then and remnants still exist in various traditions, rituals, etc of various religions; this is how separation of church and state came to be, people were fed up with the insanity. Billions would agree that if anyone is doing baptism, the experience is OK with God only if the baby is all happy☺☺☺ thru the experience, and doesn't cry; perhaps, a little holy water sprinkled on his head would suffice, without the rather risky whole immersion (see clip) (out of many full immersion baptisms, one can go be a traumatic brain injury, if the old priest is not careful and his motor neurons are not working right), which is stressful for babies.

After watching these clips, millions of people are way more against baptism (mostly infant baptism done unsafely, they could just spray, pour a little or sprinkle water on clothed baby or adult head, due to issues below, lack of sanitation even for adult immersions, wikipedia lists protestants who don't do infant baptism) than before, unless baby is fully clothed and some holy water is sprinkled on his head 3 times as in a Catholic baptism, most Protestant denominations like this Anglican, Lutheran, Presbyterian, Methodist baptism where the oil anointing is also done fully clothed to avoid the baby feeling cold (it is sickening to see babies being cold during oil anointing); the full immersion (even without head) baptisms on youtube cause the baby to cry very often, due to cold temp of church air and water; why can't religions or denominations (like most Orthodox except some Serbian churches that do it clothed, some Latin Rite Catholic, Eastern Rite Catholic) who baptize use the "head only water sprinkling or pouring" procedure and "head only oil anointing" to avoid stressing the baby? The standard operating procedure in the Catholic video (water sprinkled 3 times) is baby is held by parents, Godparents and priest and only some water on the head: this is 10,000 times better, safer than priest only holding baby (10 hands to hold baby, not just 2, and prevent something going wrong if some natural event happens (earthquake, sudden noise etc that distracts priest) or priest faints or has some health issue, or has not done baptisms recently, is old and only holds babies 3 minutes a

month on average (1 priest/1000 people, 9 births/year, 9 baptisms a year on average per priest in many countries, so 3 baptisms a year in more remote areas), instead of 9000 minutes/month for parents (3000 times more experience), so his neurons may be old and malfunction). Governments must require crying free baptism (or any ritual) that raise no cortisol and stress hormones, and more safeguards during baptism, *requiring at least one parent to hold the baby;* but even that may be stressful for baby, even with warm water and warm air, so immersion baptism seems odd when legal, *due to water inhaling risks*. How on Earth can any nation legalize full immersion baptism within its borders? Pure Violent Crime, Pain Infliction, Molestation of Babies who always cry due to cold water and discomfort, water inhalation, etc. If a Catholic latin Rite, Eastern Rite or Orthodox insists on immersion, you would think at least, the mom and dad would be ultra close to the baby, avoid head immersion which can lead to water inhalation, smile and mom make eye contact with baby (maybe hold his hand too) like in this video where baby doesn't cry since mommy is close and smiling, the air temp very warm (use portable heater so it's very comfy near where baby is, warm up the holy water to ideal temp baby is used to when mommy gives bath, disinfect container strongly after each baptism since baby immune system is undeveloped and could catch bacteria from people visiting the church, etc). *The priest holding the baby and rough handling it is a major contributor to baby suffering, why can't he allow parent to hold baby, soak him up to chest level to give a safety distance from nose? She washes him daily and has more experience by a factor of 5,000 than the priest.* It's *cruelty* to soak babies in a new environment, it's too stressful, *a little sprinkling is enough.*

The eterni Government *can't encourage torture or useless suffering of any citizen in the name of 'freedom of religion'*. If it allows it, it will get far worse, as the history of inquisition showed, religious fanatics will use ultimate torture and death to impose their religion of ' loving kindness and free thought'. However, the law would make it clear to the priest that if anything goes wrong, baby suffers, gets a bump if priest makes a mistake or a flu due to bacteria from container, the priest would be liable for his wish to do immersion against government suggestion of mommy holding baby and only water being sprinkled, as this avoid contamination of babies with the baptismal container bacteria (not all bacteria and viruses die after disinfection). To me, it's unhygienic to do it even the safe 5 people holding baby Catholic way, since priest washes baby hair and pours viruses, bacteria into the container that others use to baptize other babies. *The Methodist or Presbyterian wetting of priest fingers only (grabbing water only once is safer if priest holds baby and enough) or pouring some water over back of head or top (when tilted) and catching water in a disposable 2 cent plate to discard to avoid bacterial cross contamination* (every baby private parts soak in that container contaminating it with urine-feces bacteria, even when adults are fully clothed, some of those bacteria can contaminate the pool), *seems the only safe way the government would be OK with the "water*

handling part or bacterial contamination part" with in the age of COVID19, etc. **Even so, the Vatican approved way or hand sprinkling water on head seems 900 times better than the Orthodox as far as bacteria contamination. The Protestant way smaller water containers, way easier to clean and disinfect after priest gets some water from them, seem 5,000 times safer bacteria contamination wise than Vatican non-immersion way, if water is caught in a disposable plate and used to bless the church grounds to avoid trashing the water; due to the 100 times smaller water container and water pouring container, even as it is, the Protestant bacteria contamination risk is 10-100 times lower; the Methodist video is really good since there is no pouring container used, the priest simply wets his hand and touches the baby, so he removes the risk of the water container falling on baby; however I find the Protestant disconnection of mother-baby or dad-baby bond in some videos an unsafe choice, the mom or dad can hold the baby, while the other parent holds the head and makes eye contact to diminish anxiety. The gross, insensitive, disrespectful way some priests talk and pick up and handle the baby in many immersion videos (immersion is only done for babies by a few Eastern & Latin Rite Catholics not 100% aligned with the Vatican who insist on immersion against Vatican suggestions, a minority of them, and by most Orthodox, Coptics) I didn't link to is so shocking, it shows the heads of these mini-churches seem unaware of what's happening or are out of touch with basic human kindness. It makes people far less likely to trust they're a representative of kindness, let alone God's infinite kindness, billions of times greater than human kindness, if God exists in your view.**

If you're a parent, definitely watch the priest☺☺☺ and state clearly that he can't immerse baby past the neck or get any water around the nose (as in the scary videos above), to avoid damaging the baby – or avoid baptism, just choose another denomination, among 100s that does sprinkling, it's the same beliefs anyway or teach him ethics yourself and the tone with no religion (many or all were made up). Some priests may be intentionally getting water into kids' nose, if they're using a spy cover as a priest, but are out to undermine a local population's IQ, health thru cruel or useless rituals that lower IQ of parents and kids and do nothing to create longer lifespan, high IQ, discernment and vitality for a nation; this can be done by remote control of priests from nearby buildings too, even without the priest's knowledge, i.e. remote control of his moves so he accidentally gets water into the baby's nose. ***If you watch some of the so called 'good' immersion baptism videos, where no crying happens, sometimes the priest is so clumsy, he gets some water into the baby nose, which can cause lung issues due to infection, especially if someone put something into the water, from a foreign spy agency.*** **Who makes sure no virus is placed into the wafers, wine and holy water? On youtube it's** ***very rare to not cry when a rough speaking, too loud deep chanting scares babies, stranger grabs you and soaks you in cold water and mommy makes no eye contact and is not nearby.*** **What are they doing in confessionals and monasteries? Who would let their kid attend a religious school after seeing**

these videos? The wafer is a placebo, take a piece of bread at home or food, ask God to bless it, imagine the light of God enveloping you, meditate like this or in any way, and achieve even higher bliss and deeper oneness with God without even blessing any food, but asking God to bless you via a change of your tone, a true living not mechanical prayer, born of whole brain whole being effort and true desire to ask. You may not believe me or you may when I say it's auto-suggestion: I tried, I went to communion many times, sometimes multiple times a day, or 50 times a month, and saw how powerful the mind is to auto-suggest itself and move into bliss, thinking it's the wafer, but it's your brain. To let your baby drown partially in baptism due to clumsy priests handling him while you're many feet away, or to have him cry as in most immersion baptisms (because priest forbids mom from being around and making contact with baby, like some could hold baby hand, etc, smiling, etc and the water is too cold and cruel, it would have to be warm so no stress hormone is released in baby) is cruel and an act that, in my view, is offensive to God, God is not organized neolithic rituals made by men incapable of feeling the immense twice neuron density (priest 100 billion neurons, baby 200 billion) of baby's emotional complexity, incapable of using gentle tender tone around babies, of handling babies like a gentle tender mom can, very slowly, tenderly, sweetly. Parents can learn how to avoid baby crying at home, not realizing they make many mistakes some priests make in the better (minimal or no crying, but obvious stress and discomfort) videos sometimes.

Babies are used to mom and dad only handling them, so when a strange priest handles them and yells also in a big place with others his masculine chants void of any tender soft healing *nurturing* grace of a female or feminine filter male voice and higher pitch, he often scares the hell out of the baby who starts to cry. *Baby never heard such a tone perhaps so close, so loud, the church echo, etc.* Unfortunately, before the 11th or 12th century, all baptisms were like immersion – so we're *to believe this is inspired by* God. Why can't people be honest and realize it's man made, due to the habits of people washing before entering temples, since in old times people took months to get a shower and smelled so bad? Today we don't need that. *Even teens, young adults who do immersion are anxious and stressed many times, I saw it in the 100s of youtubes.* Pastors need to talk in a very gentle and high pitch way like babies like and mom can hold baby's hand during immersion ideally to feel safe. *Ideally though, the immersion (the one with head* immersion definitely, if videos are not fake) would be banned due to the risk of priest doing this rarely and having a slip or mistake moment and there being no safeguard against water entering nose or other events. In a world that values life, not ritual rigidity, the parent holds the baby (tons of recent experience) and the parent would be at least the mother if she's present (but can be dad too if mom wants or dad is single etc), since she has a stronger bond first few months, having been 9 months in the womb with the baby, and the baby needs mommy near him to feel safest. The priest would not be allowed to hold the baby (Anglican parent holds, priest pours

water), but can if he wants and signs a government doc that parents can request $90 million in damages if the priest make mistakes that bring a bump to the baby or inhales water (the baby may have inhaled water in this baptism, if not a fake video). Another Anglican video has the baby sitting and being held in the safest way I have seen a pastor only do it (*when no parent holding, but baby not very happy*☺☺☺*, so perhaps mom holding is better*?), with a tiny water container – but it's not always good to have baby facing away from mom, the baby would better be allowed to hold mommy or daddy hands and maintain eye contact, see *how this girl is unhappy and almost starts crying even if no immersion*? Babies are happy in the presence of mom and dad, seeing them, especially when doing something unusual. Ideally, like Anglicans, priest could just pour water on head while parents hold the baby or one parent does, with baby remaining vertical, not tilting 90°, maximum 20°, to reduce anxiety and suffering that parents are oblivious to, even though baby is not crying, baby sometimes suffers due to anxiety of such wild tilting near a stranger couple of Godparents and/or a stranger priest, even if mommy still holds the Catholic baby primarily). If the baby is already sort of horizontal in mommy's lap, then no tilting is needed, priest comes with the cup and gently ours water.

I personally find this Anglican baptism video procedure more comfortable for the baby, less bacteria contaminating than Catholic, since he's not made extra anxious by suddenly 5 adults around him (3 of them strangers), & tilting 90° & then water on his head & 3 strangers touching and holding him, & so many strangers in the church around starting at him or talking and mixing with his energies and making him more nervous & priest massaging his head: *he's already sort of horizontal and just gets some water, minimum stress, as priest and strangers don't touch the baby, and let him relax, sleep or enjoy* smiling.☺☺☺ A mistake in the Anglican video is mom is not holding the baby's head (while dad holds the baby body really well or viceversa), as they do in Catholic video, thus stressing the baby to hold head horizontal against gravity. Sometimes in Catholic baptism they don't have 5 people holding the baby, only the mom, but too much tilting (since water can touch the back of head with 7 times less tilting) or they use too big of a water container (unlike Anglican video), which may increase risks (depending on weight or material of container, glass seems unsafe if handle breaks). The ideal is mommy or both parents holding baby (one the baby, another gently holds the head if baby is not mostly vertical, while they sing the soothing lullaby or play it from amplifier, Immortalli, or Immortali, Eternia, angel baby), or only 1 parent if held vertical (vertical is ideal, with only a tiny tilt so ***water barely touches the back of the head***, so no stress from having head held by the other parent), and priest only pours water, no wild gymnatics and tiltings, plus everyone in the church would smile, those around baby especially smile big and even laugh a little perhaps if they want, and be loving, soft, gentle (not loud, don't scare the baby) in tone or reach bliss to encourage the baby brain to go into cosmic bliss state too, cheer the baby to reduce anxiety of cold water on head, to make it a nice

very pleasant experience for the baby, while Godparents cheer, smile, wave at the baby from a few feet away to give the baby some space, play relaxing music to calm him *(daddy brings amplifier or phone with music mp3 from his pocket).* What I saw in most Orthodox, Eastern Rite Catholic videos was the kid crying, suffering (cold water, naked body; it's a known fact cold water raises cortisol and could be illegal for small babies with developing immune systems; since no perfect decontamination from baby to baby occurs, cortisol weakens immune system), as he doesn't know the priest and mom/dad are away, air is cold too sometimes and they're naked; so, if you live in mostly Orthodox, Latin Catholic or Eastern Rite Catholic countries with immersion, just baptize in a non-immersion church, like Roman Catholic and then go to that church or to your nearby Orthodox if much closer than the Catholic, it doesn't matter, God doesn't reside in buildings, it's where a real seeker exists; travel extra miles once a lifetime to avoid torturing your baby in Orthodox etc rituals so you have a decent non-crying video to share and save; *or* just sprinkle some *holy water* (like many Protestant baptisms) on the head *or invisible light*,☺☺☺ at home with some relaxing spiritual music in the background, asking the divine light to bless the baby and maybe taking the eterni vow; compare an immersion free Catholic baptism with these Orthodox immersion baptisms to see the huge difference in baby reaction, as well how the Catholic priest tone of speech is more *eterni*, gentler than most Orthodox, Coptic, etc; the Orthodox patriarchs give the option to baptize without immersion for health conditions, so use that option *even if the baby is not weak or premature etc, since parents will tell the priest the baby is too weak for such brutal immersion; nobody will verify how priests do it in every church, give a donation to the priest, and kindly say baby is weak and ask if he's willing to do full immersion before you setup appointment for the baptism and have it done with few around, only family perhaps,* to not make fanatical villagers or people think priest is doing all baptism without full immersion, even if he does it to protect human quantum field from the 0 IQ patriarchs that would fire him if they found out he's doing sprinkling for all kids like Catholics and Protestants do; however, the best is to realize the ritual itself is useless and you're wasting time with baptism, since God can baptize the baby directly in the privacy of your home; if you want to do it, to avoid villagers or town people from hating your kid, etc, then just sprinkle, find a priest willing to do that in some church within 20 miles; 1 minute won't change anything, babies only change when parents have an eterni tone for 500,000 minutes around the baby, so they learn eterni tone; *with 'not so empathetic' patriarchs who don't care about baby's suffering as much as about 'tradition', it is the moral duty of priests to go around the rules and do what is ethical;* God will protect these priests while the pathiarch is busy with others holding his garment, while he allows continued baby torture in the name of religious ritual rigidity; of what use are all the things he wears if his heart has no compassionor baby suffering?

The Orthodox covering of the nose of the baby (official procedure) etc doesn't always prevent

water going in and many don't even cover properly or at all. Perhaps, bishops, patriarchs wearing the heavy head mitre (Orthodox is much heavier than Catholic), made of metal partially sometimes (cross, the gold or silver fiber, etc), uses too many brain neurons to keep head inflexible (and rituals inflexible too), straight, undermining the flexibility needed to be present, to use brain resources to interact with people in a compassionate and eterni tone that transforms the soul of clergy, the rituals used. A simple cloth 5 times lighter head gear (like Catholics or even lighter, or same shape but much lighter, tighter sitting on head to allow easy head bending without falling) with 'Gentleness & Immortality *for* All' written would be better, $ store has artificial plastic jewels and materials one can use to make a colorful light head gear with "May our tone be *eterni*' written for only $5, instead of thousands some cost; this enables the church money to go towards buying high quality microphones (50-800 for each expensive head mitre, mass produced) instead, so the real transformation of pastors and lay people begins, a true reformation the Orthodox need. They can get rid of water altogether, use prerecordings, let God's Light of Immortality baptize the baby, with priest bringing hands from up towards the baby (in mom's lap, stopping the hands going down 10-20 inches above the baby head; mom relaxes and meditates on a chair, not stressing to hold the baby and stand, we want mommy to go into divine breathing bliss so she entrains baby to go into it too and becomes a truly memorable way of mom and baby, kid, etc recalling the Infinite Bliss and Light Immortal of *the* Holy Tone *of* God) as if the light comes down and transforms the baby; this allows priest to be silent, to focus on inner tone of energy radiation, thought and feeling and connect with the baby nonlinguistically, to help the baby feel relaxed and happy; make priest robes more colorful and complex, and lighter colors to prevent wearing dirty robes (all black prevents seeing dirt, at least use 10 colors and patterns, not just all black); it's ultra cheap to use 20 colors to write nice things 'Immortality *for* All' 'gentleness' etc on the robes or special shirts and jeans (very special, more colorful and immortality words printed than anything) for those disliking robes; at least, they go to church to learn a useful skill: instant breathing bliss, healing speech, emotion tone, hypothesis thinking, future techs imitating astral travel (way faster than space) in the science labs in every reformed church, instead of hanging out at a bar inhaling smoke that shortens lifespan. With babies we're meant to be the gentlest, and yet, in immersion baptism videos, we often see nearby people face change towards horror, disbelief, fury as they see the priest's brutality or lack of grace, gentleness, care; if the church is a moral leader teaching us how to be gentle, kind and loving to adults, 100 times more so with babies, what kind of example is this? If the Holy Immortality for All Spirit enters the baby as they claim, isn't this supposed to be the happiest experience of a mom, where she learns how to be happy, peaceful? ☺☺☺

Babies only feel safest (when water pours on them) around parents, so parents need be near baby, holding him, while a stranger (the clergy) touches their head with some water from his

fingers or from a little container. It's not loving in my opinion, to immerse the baby naked in water that is cold and make him cry. It could be done while playing the baby's favorite music (well, the one that seems to calm him, parents can see that), so he never experiences any discomfort. Even better would be to replace or compliment the head only baptism with the "gentle tender healing nurturing tone of speech vow" the parents, Godparents, priest make while reciting *"May I recall to always talk in your presence (the baby, or the wife if the pledge is not at baptism, but at the engagement or wedding) like in the presence of a trillion year old Immortal, Angel, or God, with eterni tone, for this would change you far more than using water 1 minute, water that God doesn't need to bless the baby, for God is infinite and not limited by a molecule of this universe to bless the baby. The baby is the Avatar of Immortality, his real self is in the future world of trillion year lifespans, and this human self is its '2nd life avatar of tht higher Immortality self', the savior of our mini-world, the savior of the parents too in a sense, giving them an opportunity to change their tone, bliss☺☺☺ and emotion more than any other event, the baby is the Teacher in Disguise, the baby is connecting the future Immortality world of Trillion year lifespan humans with this present, the most open minded vehicle for God's energy or Infinite Immortality Lifespan humans of the future energy for atheists, the human with the most plastic brain around parents, twice the neurons of parents, the fastest learner who emulates parental tone and becomes the embodiment of higher eterni grace and music as parents live in bliss ☺☺☺ and musical healing speech, emotion and thought tone. Daily eterni speech and bliss tone (30 min/day * 365 days * 20 years = 219,000) teaches the baby 200,000 times more than 1 minute of water sprinkling, aware of this and of the uselessness of this vow if not kept, we pledge to be true eterni parents, pastors, Godparents who speak in the presence of this soul like we have never done before with any human, with more gentleness, tenderness and respect than ever, so we reach an even higher level of eterni tone given this opportunity to evolve. We're aware of the huge effort needed to modulate speech this way, using the whole brain, and the need to thus speak less, lower volume, to enable other brain areas of feeling to get involved, new 'neocortex of merged feeling, thinking, speaking tone' to thicken or appear, and the brain areas of frequent cosmic bliss, which can influence the graceful bliss quality of the tone and the compassion of the tone, compassion fully proportional with the smiling happy bliss we choose to create via communion with God or the ☺☺☺Bliss of Immortality every day.*

A ritual a few times a day, a mechanical prayer is not really going to change us much, but building a new set of neurons to create a ☺☺☺bliss state (with any inhale and exhale we want to use to reshape the brain) with almost every breathing act while awake when needed, is something so transformational, it would make us so happy and so able to be kind as a result, since we can't be kind unless we're happy. We're aware for millions of years we talked so much, during sermons, prayers and life, not letting our brain evolve outside the speech center, leaving

us emotionally unfeeling and weak, lacking empathy, unable to perceive the intent, emotion of our thoughts, tone or others' tone. Now, with advent of neuroscience, we realize a 3 hour or 30 minute baptism with the Invisible ☺☺☺ Blissful Water of Immortality service can be mostly very deep bliss meditative smiling, with few words with gaps between, so we get to experience bliss, the ☺☺☺bliss of the soothing calming music in the background, of our inner music, of silence, of telepathy, of whole brain function, where the speech center doesn't receive so much oxygen but other areas too, more oxygen since speaking (especially speaking very loud due to not using microphones), dancing wildly deprives the brain of highest possible oxygenation, just like standing and eyes open deprive us of energy for developing this new 'neocortex of universal bliss☺☺☺ and kind tone born of higher empathy, telepathy' - so we can relax, take a seat, relax and give our tired eyes, legs a rest, go inwards and give our brains a chance to develop a truer connection with God or the Infinite Bliss of Immortals for atheists. We don't need speak loud, repeat long formulas taking 30-200 minutes, just a few minutes is enough with a pledge like this (or much better version you create saying the same thing) replacing a long service, the rest can be just being, feeling, in bliss, one with the baby, God and opening eyes to smile only while speaking with the baby. This helps the baby brain to experience the bliss, due to his brainwave resonating with pastor (any friend can be the pastor, no need of church baptism in the church of infinite freedom to be immortal and flexible), mom and dad brainwaves, it allows us to be in the present moment more, to feel how the baby feels much more, to be much happier in daily life, to handle the baby/kid and do only things that never cause any baby/kid crying, to be much better parents, citizens, who really can cope with the daily life in a more positive smiley way, instead of the negative emotion way that brings discomfort and war on global scale. Let all who attend this simple ceremony, relax, meditate and be, so all brainwaves unite and create a stronger field of peace and infinite bliss☺☺☺. If parents, teachers, etc don't smile, don't reach bliss, don't speak kindly, who will be the living example for the kids to emulate? *We pledge to renew this vow every few years or even year if we feel like, to bring deeper awareness in the baby and child of the power of tone of speech to create universes, to heal, to create miracles of Civilizations of Immortals. Amen*". Otherwise, if baby feels stressed during baptism, he may end up hating the religion, parents (for *allowing the incompetent clergy to do it, easily seen in videos where the clergy lacks the grace and loving care to prevent crying*), church, priest if his subconscious memory is good, a subconscious hate, not to mention he will cry when parental tone is bad every day after baptism and then baptism didn't really do much. The water founts where people immerse hands to get holy water are not hygienic and could be replaced by a spray device (by government order perhaps one day), which sprays water (10$ each on Amazon, it detects hand, like soap dispenser, so no touching ever), to avoid bacteria contamination from people who didn't wash hands and carry very bad flu, COVID19, etc viruses (*many touch private parts, use toilet, or very dirty church toilet doors after washing hands if they did (many do not),*

etc and then immense hands into that holy water holder, making it an extremely contaminated place with tons of bacteria and viruses).

Many are shocked the churches still use these unsanitary methods that put ritual rigidity above longevity of their parishioners. God doesn't want churches to become spreaders of disease and suffering. This is very important, the way priests teach moms to handle babies, because if moms learn the roughness of an uneducated priest, that baby will be treated roughly and cry more each time mom gives him baths and become an angry citizen of the country, ruining societal harmony and Immortality sciences progress or delaying it. Therefore, my opinion is that it is the government's duty to require places of worship to set the most affectionate, kind, loving procedures and training of priests handling babies, so rough moms from rough upbringing can learn the divine way of interacting with a baby and come better from a church visit, a better kinder person, not a severely angry (if priest was obviously disgusting to the mother, but she kept quiet about it) or contaminated without knowing parent (oblivious to the fact the priest was doing it wrong). Not to mention, Mother Teresa says God is in every baby, so how would a priest treat God incarnate, not with much more care and love, reverence and gentleness, tenderness and compassion than thousands of these youtube videos? The baby soul could also be 1 trillion times older than the priest soul, so where is the respect? ☺☺☺

Quakers hypothesize (are they right? perhaps they are?) that God*'s* Grace flows in proportion with the self-effort *to* change *and* be kind to others, not if or in proportion with how much water is poured on the body at baptism or how much wafers one has ingested. Why can't people replace rituals with true inner transformation, being blessed by the invisible holy water of *universal* loving kindness in our tone of thinking, emoting and speaking? God is infinite, doesn't depend on water, wafers, and real transformation happens easily when we change our tone of speech. Imagine if instead of the less ideal average tone of clergy in places of worship, they have eterni tone and less or 0 water, so they focus on inner change, not outer material objects like water (used in so many religions, God or spirits need no water to bless anyone, they can bless all who exert real effort to attain a more eterni tone every minute they want, without needing to be near 'holy water' or temples – God *is* anywhere *people try to* improve and *enrich in* loving gentle *tender* kindness *their* tone *of* thought, feeling *and* speech *and possibly (probably) much more so than in any gigantic worship place where nobody changes* tone *but do many rituals;* when we change the tone, the whole universe, galaxy, planet changes. *Instead of (or in addition to if they don't agree with me that* God doesn't need water, made of 1 type of matter, out of trillions, to bless immaterial spirits) *gigantic full immersion areas in a church, they could use that money to create good* recording studio or area, so parents record their eterni tone pledge (see above) when they baptize infants *with the* Holy Tone *of* God*, the* Invisible Holy Water *of self-transformation, or when adults or older kids enter that church.* Instead of (or in addition to if

they don't agree with me that we don't need water) small water containers in the sprinkling/pouring water churches, they could have beautiful *microphones for each parent to sing in* eterni tone *the* vow or promise of loving tone to the baby*: this would motivate parents to change far more than sprinkling or pouring water because it is the parental* tone *that influences the kid the most to change his* tone *daily, instead of using holy water once a year: do we want* real *change or* superficial *one?* Well, people will only use that tone if the pastors do all the time in service, so that's going to take a while. They would give parents a video recording of this vow and a set of 3 frames with the vow and picture of them and the baby mailed to them to place around the house to *recall this* tone *pledge*, the most amazing frame with 20+ font colors like this book, etc, shimmering glittery *frame* colors. *Why do we need adult or baby immersion baptisms for, when sprinkling water on head like many do would suffice?* Perhaps, like a trillion year old Immortal, we can be understanding and realize that maybe 4000 before Christinity appeared, people washed in the river before attending some religious ceremony and back then nobody had shower at home, so they did this out of respect for the holy gathering and chat about God that preceeded the 1st religious gathering. People would stink badly if no washing, so this is how beliefs emerged; but in the modern era, we have baths at home, we can clean before going to an important church event, so the need for full immersion is not there anymore.

People say water is needed for living and it's everywhere, and some thought all was made of water, hence they thought it's so important. Perhaps, due to the fact many stank and to ward off mosquitos, they invented incense eons ago, to help deepen their respect for their idea of God*. But today, we* know incense smoke is carcinogenic and we don't need incense. Today, we know the bacteria contamination from one person to next can spread disease, since often times they baptize many adults in the same pool at the same time or in sequence. Not to mention, some even baptize (if these videos are genuine not made to ridicule or make some laugh) in unsafe ways in baths *or* muddy water *(he expels a lot of air while in for 1 sec, so no water gets in, but unsafe unless training to be a cop saving lives of people trapped in water). The naked babies or clothed adults immersed in water contaminate the container/pool, and then others get viruses if disinfectant doesn't remove it (babies got weak immune systems, people didn't know that then); recall how it says 99.9% bacteria, fungi, viruses removed only on disinfectant bottles?* We can appreciate why atheists and those who dislike immersion baptisms make fun of these things via staged or fake videos, but a compassionate understanding of human evolution and how such currently redundant rituals emerged gives us the capacity to allow everyone to be and do whatever they wish, as long as they're aware of the risks and better alternatives, that God actually may like so much more: *pouring a little water and sprinkling some water (fully clothed), the way most (80-90% or more) Christians are actually baptized today and have been for a long time*. Peace comes thru respect, one can't hope for others to change, if one ridicules others for

not understanding right away that God doesn't have limits and simply has no need of matter, much less our matter, to bless souls not made of matter. If you ever talk to someone you could say "Hey, I was just thinking about this ritual, and a question popped into my mind: if God is the creator of trillions of matter types and *universes*, why would he need one molecule and one matter type to bless a soul that is independent of matter and immaterial?" instead of "this ritual is so useless, look at that". While the body is made of 70% water, the soul is not water and needs no water. And then mention the discomfort of babies, adults and hygiene/disease spread issue, in a loving tone, the most loving☺☺☺ ever you had with that person perhaps, low, soft, so that he may realize your statement may contain some or 100% truth. We all have unquestioned beliefs others may find comical☺, but we don't know them. So, it's not kind to make fun of others because nobody has time to question each of the 3 million beliefs they got. But when asked, definitely consider sharing an honest opinion. ***However, some people are not having their emotional brain very developed***, so they don't perceive others' suffering or anxiety, discomfort, etc in adult or baby immersion baptism. So, employ extra compassion filtering in the tone, when conveying that to such people, who may need a non-immersion video and the typical crying immersion one to see stark contrast. People's brains like contrast to learn new things, hence I included some video links above, out of compassion for those people who support these genocidal 0 IQ rituals. Most Christians don't do infant immersion baptism today.

Initially everyone used to do full immersion, but then they evolved out of that. Now, we can see why many find organized religion as comical☺ filif IQ mind control, why unethical spy agencies or groups can use denominations or religions to create robots (they use even traumatic or unpleasant torture) – so one wonders, do all clergy/people really believe the fake rituals they do, attend or are rituals at times just a form of ritual mind control or a cover they use as spies? Also, what can a 5 month old baby understand from someone giving him a water soak, or sprinkling water on his head? The Pope says if we doubt infant baptism, we don't trust the Holy Spirit can enter the baby, but why can't the Holy | Immortality for All | Spirit bless the kid via parents asking the Holy Spirit directly and by parents invoking the spirit to modulate their tone so they may inspire the kid to emulate the Holy Spirit inspired tone? Why does everyone have to depend on the Pope and church when God is everywhere?☺☺☺ The baby will recall and learn parental tone, but the sprinkling of water won't do much, in 2 minutes. If asteroids or something threatens humanity, do we just make a 2 minute ceremony asking God to take care of everything for us, deflect asteroid for us, as we ask Holy Spirit to 'enter baby and do everything for the parents'? Or do we have an actual defense system against 'evil' or something in case we need it, using science, logic, etc? The tone is based on neuroscience of human behavior, to prevent anger, negative emotions, to promote kindness that implies hours of effort every day or at least 30 minutes. *The baby won't recall anything anyway later on, since most people don't*

recall stuff from a few months old or even 1-2 years old, since it's not something they understand or value emotionally. And the Holy | Immortality for All | Spirit can bless the baby so 'Holy Spirit enters the kid' before birth or within weeks of birth via parents asking for God to bless the kid, and they can wait until kid is mature to be sprinkled; but they can also reenact the tone promise, (done online if no temples as in a truly spiritual church) even yearly after birth, at home in the eterni (or your favorite name for a church you create in your town) Gentle Church of Everlasting Freedom of Worship, Beliefs, Spirituality and Thinking, because Jesus reportedly said "The kingdom of God is within". God is Infinite intelligence, loving kindness and this means God and a decent modern church allows space for freedom, not behaving like a cult organization where this and that has to be done, all superficial rituals, without any actual change of parents, which is essential for the teen, kid or infant's transformation. It seems many religious organizations are concerned with superficial formalities and rituals, not with a real substance, a real transformation that is easy to scientifically validate by self via comparing one's average tone of a song each week with another ideal recording of self to see if at least we maintained that kindness level, that wholeness level; or with trying to achieve same cosmic bliss state ☺☺☺ via breathing, etc. Let these be private, let not the church interfere with one's personal experiences and understanding so much, to the point of stifling any independent thought and discovery.

Let people say "We believe we can't believe without 50 sources of genuine validation" instead of believing in unproven things. It's irrelevant if one comes to a physical building to sprinkle water on an infant, one can do that at home, or if one takes a tone pledge or blissful communion with God pledge at baptism, important is if one does that daily and is self-motivated without needing "baby-sitting" of adults by clergy. How will your kid learn to be happy, if you don't meditate and your voice is so full of negative emotion? God didn't create asteroid shields or natural disaster protection systems, we did it thru millennia of science and work, maybe ideas on how to do it came from God, but God leaves 99.999% of work to us, so we can grow to adult souls not remain baby souls. Likewise, God is not going to suddenly change kids if we sprinkle water on our kids or us, nor will the 'Holy Spirit'. *Enter many religious places: what do we find often? A tone so poor in gentle tender nurturing compared to the better recordings of spiritual music, people so sad (no ☺☺☺), they never meditate obviously or are too tired.*

We could add to Quaker Protestant denomination hypotheses that to be kind to others can mean to discover via science ways to cure diseases, create "eterni" food technology that harms no animal and plant and postpones aging by 500 years and moves us as further away from the Catholic emphasis on Eucharist 'cannibal like' phrases. Quakers argue God doesn't need us to eat wafers and wine, the body and blood of anyone, be them Jesus, and such cannibalistic symbology. God *is Infinite loving kindness and loves all people and animals, he needs to torture nobody, not even his "only special Son" to redeem the rest of his kids, because there are* Trillions

of Ways to achieve peace without torture *and God knows them. If you're a parent, don't you think there are ways to inspire your kids to be holy without torturing one kid? If* God is Almighty, can't he ask some aliens *to send a mothership and make no human capable to torture or kill the 'special son of god' who can't even defend himself? Reminds me of* aristocrats beating slaves*, as if this whole thing was created to soothe slaves and imagine they have to accept being tortured and enslaved because* "after all 'Jesus was too' (did he even exist or was it all made up?), and suffering is the way of life for you, a true disciple of a fake religion we created to enslave you". *Why are some churches free of Eucharist, baptisms or doing Eucharist once a year or quarter, while others do Eucharist daily? I don't have the answers, but to me, these rituals are unsanitary and filled with the wrong words and symbols, and many unproven claims about* 'Jesus being this and that'. Why not say "The Infinitely Loving Grace of Eternal Tenderness and Gentleness of God flows in our soul when we're speaking, thinking and feeling in an eterni or *gentle tender soft* way as we speak now, since this tone changes our minds and brains to become builders of infinite kindness in this universe." *instead of Eucharist 12 minute stuff? And let people meditate, breathe,* achieve bliss*, true* eterni tone *of thought, feeling and then practice* tone *with some* beautiful words like these. As we say this slowly together, we're transformed, need to ingest nothing, for spirit doesn't need matter, God doesn't need material objects to bless us or food as fools believed with their 'gifts to Gods'; the greatest gift to God is to be kind internally, in our thought, feeling, speech tone and to other people, animals, plants. *Wafers can spread disease too, not just the wine cups or kissing icons (Orthodox); to be kind☺☺☺ is to not spread germs.*

Other religions have unsanitary rituals (Jain monks naked always near clothed people, poor tone, but ritual there, search youtube for videos of rituals mentioned here if curious), or rituals that simulate torture (Filipinos simulate Jesus nailing, Shia Muslims torture themselves during Ashura, etc Bulgarian males half soaking in icy water, Russian males & females (sometimes kids) soaking in bikini 90% naked in freezing water on Epiphany 3 times to 'wash sins' and celebrate 'Jesus baptism' *(*one can create placebos with rituals that don't raise cortisol, cause her to feel shock in water and joy later at home, possibly shorten lifespan, cause hypothermia (emergency doctors present in some videos of these soaks), possible shorter offspring lifespan (eggs, ovaries or sperm generating cells damaged, so some sperm cells generated every month from then on may be damaged, not just the sperm used to make babies next 3 months after Epiphany? Science could find out using sperm/egg donors if after Epiphany, they're more damaged; Russians already live sort of shorter lives*). Cold plunges* raise blood pressure and cause brain bleeds via hemorrage or strokes. Putin's IQ is low*, so he plunges to in cold water (*this video shows no ice in water, so it may be secretly far warmer so Putin can deceive Russians *with "God is a* Jew, Jesus the Fraud*" scam, if he's a Jew) taking the whole Russia with him,* like most KGB*. These 3 useless mini or big torture rituals don't come from a sense of* Infinite loving kindness *of*

an advanced intelligence, but the overactive imaginations of people, sometimes even spy agencies who wanted to keep a group of people controlled via pain. It's useful to develop discernment, since we can't write next 900 pages all rituals in religions. God doesn't torture anyone, by definition of God (Infinite Intelligence able to achieve any end without torture), nor does God need painful rituals or any simulation of pain. However, aristocratic haters of slaves would want that, to make slaves used to abuse. We need healing music. The world got enough cruelty, torture, any extra pain simulation is lacking kindness, damaging humanity, encouraging "heroic" acts of cruelty, such as killing which end species later on. "A soul who tortures self or people today, later on can blow up a galaxy or planet". Many variations of this exist in many cultures "he who steals a tiny thing today, can steal a huge thing"... This is why, if reincarnation exists, God is careful where each soul goes. ☺☺☺ Also, these Neolithic era containers for baby immersion (not Vatican Catholics) which are rusty in some youtubes and trapping bacteria in that rust very hard to clean, unsanitary (can't really remove all microbes in between infants), they remind some of the more sinister stuff in the Bible about the Baal (Satan) worshippers who were burning babies or boiling them etc, human sacrifice – see quotes. How inspiring is that? Bible has many quotes about Moses being against or fighting the Baal worshippers. This may help some understand why the language of the Bible is so 'angry' at times, in that context, because some were simply so cruel, war was so present. This is made worse by Catholics focus of half of the weekly service on Eucharist part, the eating of blood and body of Jesus, reminding us of cannibals. Why would they use those words, when God needs no matter to bless? Is the priest (*not all or perhaps not even most may do it consciously, being puppets themselves*) brainwashing or subliminally programming church goers when he repeats daily the Eucharist ritual 'Jesus quote' "This is my body/blood and will be given up for you, etc" so they're OK with being tortured, enslaved or even 'eaten' (figuratively, slave labor, worked to death, or literally, sacrifice) due to identifying with the Jesus image and the sentence? Is this mind control?

Is USA free? Are we allowed to ask questions? Yes, they say, priests say Jesus said that to prevent people killing animals or people in sacrifice to 'wash sins', since humanity (1500 years before printing press and Bibles published in local languages) was 'low IQ' and believed in the weirdest things. But why do we have to remain in the 1st century IQ and language? Why set the standard so low to 'not kill animals or people'? Another odd thing is how in this, seemingly made up religion, God can only save his children, us, by torturing and sacrificing his 'only begotten son' whatever that is, so we see here a programming of the masses that God can only save people, do good, via torture and killing of Jesus; notice that the real God, not the imaginary one made up by the inventors of this religion, may actually know a trillion ways to save people without any torture and killing, as as God may know, and obviously knows, because God has infinite knowledge, trillions of ways to bring peace on Earth without any war and torture. We

can be watchful and see subtle ways in which they program people intentionally or due to believing the stuff invented by 1st century folks is best for this world. They take kids and adults and have them repeat like parrots certain creeds, without explaining alternative possibilities, how all miracles could have (and most likely were) been faked, etc, so it's not freeing, more like a form of mental enslavement and 'brainwashing'. The means and the end are to match to prevent the means from causing so many side effects that they cause the end to not be achieved (as a stable reality, i.e. lasting peace, for example), i.e. to bring good, we do it with good, to bring peace we do it with peaceful methods, not imaginary God methods (war, etc). We see the obsession of these religion inventors with sacrifice, due to the influence of the Old Testament: sacrifice, Baal worshippers were reportedly doing something similar, sacrificing people to their gods - so perhaps they want to say that God sacrificed himself, so no need of sacrifice, so intent can be good. However, it can be reverted, and can be a form of brainwashing that "if Jesus sacrificed himself and he's a role model, so could church goers sacrifice for the guys who want them to do that" (in war, as slave labor or in rituals perfomed by those who pretend to be Christian), so it can get very twisted and used for both evil and good intent. Regardless of what intent is there, it's still odd many (Catholics etc) Christians have to carry over all these imagery and enact these strange Eucharist rituals at daily Mass, as if people can't move beyond that to intelligence and the 21st century. Instead of freeing the people, they make them dependent on the wafer the priest disposes, so they can better mind control the people?

No wonder Protestants do Eucharist 3 times, not 365/year in some denominations. God can bless us directly if we ask. In places of worship, notice the tone and gaze of clergy (any religion) since tone alone tells 50,000 times more about who they're than the words used. Pastors claim God is this infinitely forgiving being, yet they also say Jesus is tortured by God, suffers infinitely more than a human, since 'Jesus expiates the sins of all', so he suffers way more than a human, so where is the forgiveness if God tortures and punishes his only son so much for our 'sins' and those of all lifeforms yet to be born thruout the galaxies, wow, big suffering there for Mr. Universal Son? This seems more of a *strategy to lower self-esteem, make people feel sinful, worthless, doomed,* unworthy of love unless they accept the rituals that bring salvation, fees of church and mind control the theocratic state brings to the newly converted country - no wonder the Catholic Church was at one time richest country on Earth, a state within many states. Give all wealth and political power to priests, and you get a crumb of bread and drop of wine and some blessing that we also can get alone by asking or using a kind tone, 100 times more every day?☺☺☺ Granted, some pretended to be Christian and setup churches to have a place (free from bar smoke, drunk people) to socialize and have some social support, help each other and the poor around in a weird world, role playing they believed in Jesus, since violence against non-Christians was common. Why can't they free people from limiting concepts that "they need

matter to bless their soul, to be with God in a special way they need wafer or holy wine, water"? A church of God, the Infinite loving kindness of Infinite Freedom, Immortality, offers Infinite Freedom not limitation. *Introduction into a kind*er way of life can be free from fear, free from stress, free from any anxiety, the way of Immortals, pleasant wonderful – not the 'torture almost' and stress like experience I see many people perceive it as in some kids or adult baptism videos made by factory workers who're 'priests 2 hours on a sunday'. Some videos show pastor using a towel and holding the nose of the older kids or adults, to avoid water *inhalation by mistake. But that's not always the case, many times, they do it without that, see* this clip*, and if they forget to inhale and then exhale when in water, they may get that dirty bacteria inside.* They ask 'Did you or do you accept Jesus as your Lord and Savior?' and let me ask people this, supposedly we go to a planet where people are a little bigger, say like we're compared to mice or bacteria, and live to the age of 5 billion years old or much longer, having come from another universe by translation and being already a trillion billion times older than this universe. *Will we go to their planet and ask them if they want obe baptized, as Pope said we would do with aliens, ask these huge aliens if they accept Jesus, as their savior, a guy that to them is a nanosecond lived mouse or bacteria? Think about it.* Now that doesn't mean that we can't do that, but what does a kid understand about dimensions, saving, souls, etc? ☺☺☺

To me it is a diservice to young people to make them believe water washes sins or gives them grace, because water is matter and doesn't change even their brain and neuronal pathways via a 1 second water soak. Perhaps, in the hyperuniverse the mega savior could be bacteria or mice we saw recently; yet it is a high burden of proof on those who claim Jesus saves all souls in all realms, planets, etc... or a mouse or worm they saw saves all humans. Why can't we be more honest? Back in old times, people had no telescopes to see how big the universe is, nor much understanding on how afterlife could be so complex, etc, but today we know this, so we can make less absolutist steatements like "we believe in kindness, helping others to live longer, 'immortal lifespans' so they may really understand reality as it is. We also believe Jesus may have had some good ideas, if words are his, like helping others, in our case to live to a trillion". Aliens might be killed by water, so you see, they can't be baptized, only some Christian ☺filif IQ ☺ buffoons think baptism is universal and a required or even needed part of a real faith. Can people see how illogical their rituals are and how lacking any universal application they are? There is nothing special about the matter type our bodies are made of and the 65-70% content of water of our bodies. Not everyone has the same type of body. If they're aquatic, then water baptism is like air baptism for us, pretty uneventful. If they're made of other types of matter in other realms, they don't have water, we can't go there to baptize them. So what will the pastors do then, how will baptism be done? ☺☺☺

Quaker Protestants go one step further beyond 'no baptism, no wafers, no wine, no need to

pray to saints": they even avoid taking part in war, making every effort to bring World Peace. If wearing a medallion or religious object was so powerful a lot of mafioso would become nonviolent really fast, but they never do. Some people like medallions or objects because they remind them of their beliefs and it works as a placebo, that's fine. But it has yet to be proven scientifically that a blessed wafer or medallion has more than 0.0001% of the effect (effect outside placebo effect that can be induced by unblessed wafer) of one's daily effort hours daily to improve oneself by proper reflection, tone of speech, thinking, emotion, etc... How can you prove a blessed medallion is better than an unblessed one? ☺☺☺ *We need randomization and people not knowing if it's blessed or not.* We may find it's all (99.99%) placebo, if any difference exists between wearers and those who don't wear it and that self-effort (*even just visualizing wearing an astral medallion or shimmering ovoid of light that surrounds you from a trillion year old Immortal or God that helps you bring a world of Immortals*) is 5,000 times more effective as you do that hours (each hour is 3600 seconds) daily invoking blessing upon blessing with each tone of speech change, but the wafer or medallion is blessed once for a few seconds. *10* seconds or *10,000*, which one is more effective? It's expensive to design placebo controlled double blind (neither the study doers nor the wearers know which ones are blessed and which ones are not) studies like that, but not impossible. But since placebos cure diseases in medical science, placebo religious objects are fine, if it helps people. I'm not against any of these things. I'm just saying that those who want freedom are free to give up physical placebos, and do it all mentally and imagine (that's what a physical placebo does, it helps us imagine God's Grace is with us) they're getting better because God loves their efforts to triple human lifespan and bring World Peace, a paradise on Earth, no prisons, no violence, no deaths before age 500, a first tiny step towards the world of Immortals. We can ask God to bless us, and it may often work 7,000 times better than blessed water we get from a church or temple, if we aid God by changing our tone of speech 2 hours daily. Mafioso can use blessed water but their inner self doesn't change, nor does their speech tone or energies radiated. We don't need buildings to connect to God, God doesn't need material objects to connect to us, be them amulets, stones, buildings, wafers, water. Jesus reportedly said in Luke 17:21 "The Kingdom of God is found within you", when we seek it a lot via decades long daily real efforts to change ourselves. The reason people feel nicer in some places of worship is because of the placebo effect, better acoustics and more silence sometimes, and also, in some cases, because the people who visit a church or temple restrain their negative thoughts a lot more (than in other places, depending on teachings too), having more positive and optimistic thoughts while there. These cumulative effects from thousands of people *alter the energy of the place.* But we don't need temples/churches to become better, we can make the physical "temple" of our body (through angelic tones of thinking, feeling, speaking, writing) and every home a "monastery", and bring World Peace 100 times faster, because we have nicer thoughts 100 times more often (about 100 awake hours in a week) than

the hour at church once a week or once a year for others (that's 5,200 times faster).

Back to the Eucharist, even some Catholic saints who took Eucharist explained that one doesn't need the wafer to commune with God, but that when one is away from church, sincere prayer to commune with God's Infinite Mercy and tender Grace is sufficient and equivalent. One can receive astral wafer if one really wants from spirits anyway, but the energy of spirits or God can come without the wafer form factor astrally. Future humans creating planets may be a little bit beyond "end times of planet Earth and rituals". Matthew 9:13 says "Then he added, "Now go and learn the meaning of this Scripture: 'I want you to show mercy, not offer sacrifices.' [Hosea 6:6] For I have come to call not those who think they're righteous, but those who know they're sinners" (at least imperfect people, not always graceful *gentle tender soft* wise like future 900 year old humans or angelic Immortals). First of all, *there is no video or strong scientific evidence* ☺☺☺ Jesus wanted the Eucharist ceremony to be done daily or ever at services, or that he said at the last supper the words the Gospel attribute to him, like "do this in memory of me", not God Luke 22:19-20 as that is very egocentric and *his praise of alcohol to be drunk daily to recall Jesus and his claim of turning water into wine* led to an estimated 0.25 to 1 billion dead people, and 90 billion beatings by drunk folks so far, which sounds like Jesus was a demon possessed person, not a holy man. Let's not be deceived by smooth talking fraudster clergy. The greater the being, the higher the humility they say. Second of all, we also lack strong scientific evidence (and no videos) that the Eucharistic miracles, Marian apparitions, and many other miracles in many religions occurred as reported. Hear say or embellishments during oral transmission occurs as zealous people want things they believe to be true, exaggerating, making stories into facts. In science, we have 500 research teams publish 3,000 papers to support one hypothesis and another 500 publish another 3,000 to support the opposite hypothesis. Then we're left with a decision to make: which papers have conflict of interest (companies wanting to sell products, picking, choosing what data to look at and how) and which have methodological flaws, which correlations are not causation, what are the missed confounding factors, etc.

But with Eucharitic miracles, we have sometimes, only sometimes☺☺☺, in more recent times, just one study done by one team, that may be independent, or several teams and that is not a very strong science. For the FDA or some agency to make a decision about the safety of a chemical, they usually look at 5,000 studies. Regardless of how the Eucharist ritual came to be, it seems that sacrificing some bread may have replaced animal sacrifice to elevate people's consciousness and make them more tender, gentler, softer, kinder, which *at that time* was a huge breakthrough. But, *in modern times*, many gave up the Eucharist ritual completely or do it only 3 times a year. In the future humans will probably go a step further and realize true Mercy means not killing animals for food or going vegan, and later, as science evolves, not killing plants for food, becoming 500 year old "Immortal" beings living on eterni food and later Pure Energy as

Tesla said and as the stories of some saints. Therefore, there will no longer be a need to do the Eucharist ritual to recall to be kind, but only a need to recall the Eternal Immortalizing Grace of Infinite Gentleness Kindness tenderness and Mercy itself, of our tone of speech and thinking, content of speech and thought, feeling, energy radiation, because God is our Mother and Father, the most Motherly Being there is. The Eucharist itself is a ritual of sacrifice (God needs mercy not sacrifice as Jesus and Hosea explain), where Jesus is "sacrificed" and people eat the bread (symbolically Jesus body in Catholic theology) and the wine (the blood of Jesus) to have their "sins taken away". This over emphasis on a material wafer washing sins, instead of self-effort to change and transform oneself, limits the engagement of the person and their desire to change their tone of speech, thinking, behavior, not to mention that the symbology of eating body and blood is not very uplifting, reminding people of cannibalism (*well, even when we grow plants, tractors kill endless mice and insects, when we breathe, we kill millions of bacteria, etc, we're eons away from being evolved enough to not kill any living being*); not only that, but people are called to emulate Jesus and the Catholic mass dedicates 10-15 minutes to the Eucharist ceremony in each mass, where Jesus says "This is my body and blood, etc... given for remission of sins" that people are to eat, his body... and blood.... etc as if they re brainwashing people to want to emulate Jesus and offer themselves as Jesus did symbolically, to cannibals or vampires. Then we wonder why Protestants often find this very suspect and repulsive. First, there is no evidence Jesus said that. The over obsession on blood miracles in the Catholic church is also suspect, since there is no independently verified by truly neutral scientists study that the wafer into flesh and wine into blood miracles happened - since this is a church about uplifting spirit, not about blood drinking (well, wine tasting, that's the blood of Jesus). This is a serious brainwashing issue that is not uplifting and in deep contrast with the Protestant services that do bread offering 1-4 times a year, not 365. God doesn't need matter to bless us, so we need not eat any wine or bread to be blessed, God wants kindness from us, perhaps a nicer eterni tone ceremony of inner transformation, not simulating drinking Jesus's blood and eating his body, as if we would be 'cannibals' – so people can now understand some of the reasons Protestantism emerged, besides the fees to avoid purgatory: money can't prevent a hypothetical 400 year purgatory stay – they had no evidence of that expiation of a learning journey – money we give in 1 minute, but 400 years is a long period in which we can learn more.

May Catholics lobby the Vatican (or other rigid outdated religions) to change their rituals, outdated antiscience, antihypothesis thinking service structure, elevate human mind, spirit to freedom, expansion and less rigid beliefs and interpretations. We can go beyond 1st century thinking. As Protestantism appeared, there was more freedom of thought and less rigidity of interpretation, though I don't subscribe to most of their ideas either, yet we're aware that Martin Luther only possibly proposed a mini-reformation since if he would have gone too deep

into issues, he would have been called a heretic by all and would have been 100% rejected. "He who kills an ox is as if he slew a person." says the Bible or Torah, Isai 66:3. We see that God values mercy, not sacrifice in Isai 1:11-6: rituals, incense, Sabbath, new moons, incantations, etc are meaningless and unpleasant, the fake Judaic or Fake Christian or Wicca traditions have no kindness for animals and that God won't answer prayers of those who're not kind. People will perhaps sing one day "This is the Light of Infinite Mercy, who helps us to Think and Question every story we're told, so we're less credulous but kinder. For it is in questioning that we avoid being manipulated to move away from deepest kindness, sweetness, tenderness, gentleness, compassion." As Chapter 2 explains, one day we might become a bidimensional civilization living in 2 star systems and 2 dimensions too, just as we now are on Mars with a rover and in ancient times, Mars was a metaphysical being and nobody thought we would be there. Such future human "Immortal" beings are a little ahead of many beliefs & rituals. It's very possible that a scientist who takes humanity forward and cures disease by his inventions, working 12 hours daily or 16 like Tesla who slept 3 hours on average or less, and goes to Eucharist 3 times in his life, is dearer to God and closer to God from God's point of view, than someone who goes weekly at Eucharist but fails to take humanity forward in knowledge that cures many diseases, fails to speak kindly and to radiate loving energies during speech, reads horror literature or watches violent movies or music that pollute mass consciousness and bring war and chaos, etc. Jesus said "cure the sick", "you will do greater things than I did" John 14:12, but this requires knowledge, as with stem cells or tech that cured the blind, deaf or paralyzed, or some mutation that postpones all diseases of aging by centuries, this requires hypothesis formulation and testing, Knowledge, Understanding, Discovery, not ritual. The Last Supper sharing of bread by Jesus (which became Eucharist ritual later) may have become a ritual of people who wanted to recall universal loving kindness for all living breathing beings, who knows. That ritual was a reminder to be merciful towards animals and all beings, but the ritual is not Mercy or *Knowledge* Itself. Jesus may even have been vegetarian part or all his life, some hypothesized that because a text said James, his brother, was vegetarian.

The texts have been so edited and changed, that it's evident some of the language, expression and events didn't occur as presented in the scriptures of many religions. In one place it says "this is *my* commandment, Love one another as *I* loved you", but God is Love and Love doesn't command, so it's clear here that the translation is not accurate or the scribe didn't use right words. ☺☺☺ "I have a hypothesis to share with you, which you don't have to accept as true: God is loving Gentle Tender Soft Grace honoring all free will, and God loves it when people love one another selflessly" might be a more accurate way of someone intelligent and *egoless* saying that. Perhaps God is Infinite Love Grace Sweetness Healing *Nurturing* Elysian Bliss, Tact and Diplomacy, Extreme Beauty, and thus a real son of God (not Jesus conman) would have said

"The Way It seems to me, but maybe not the ideal or only way, we discover God's Infinite Grace and Immortality, Knowledge and Bliss is thru loving one another infinitely". *Without adding "how I loved you", as that is too egocentric.* Scriptures are very allegorical at times and scribes often twist words to impress a point on readers thru the filter of their belief of what is trying to be communicated by some event or words or someone. Scriptures are not videos of events. In other Gospels we find Jesus saying "Love your enemy, pray for them", Jesus followers saying "With all humility and gentleness, with patience, bearing with one another in love", 1 Thes 2:7 "*gentle* among you, as a nursing mother *tenderly* cares for her own children", "The Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness", "To speak evil of no one, to avoid quarelling, to be gentle, and to show courtesy towards all people", meaning these people saw that in Jesus and emulated it which contradicts some of the statements attributed to Jesus, possibly by scribe twisting or oral hear say mistransmission. There are thousands of possibilities for all events depicted and words attributed to Jesus and any other person in all scriptures, and when we realize that, we become less zealous or focused on ritual miracles or unprovable things and go for the substance, the kindness that is proven to bring peace. In the absence *of true evidence (videos, or thousands of historical records) it seems sensible to assume the best possible for all involved in any scripture, take with a grain of salt all negativity coming from scribes and hear say scribes heard, as we don't see things as God sees them* as explained in Chapter 2, Quadrillion year old Immortals see 1 trillion times *more about every human than we humans* do. Magnify others' strengths not weaknesses. While we can't know whose energy is there at times, the scribes, religion editors/creators or Jesus/Buddha/Krishna, we can discern easily that the energy conveyed was not always that of God, but human negativity too. This discerning knowing about complex actors, motives, the fact the "worst could be the best" (in real events, not changed accounts of events), when practiced in life too, not just when evaluating scriptural persons, helps manifest faster a Civilization of Immortals. The 20 habits enhance telepathy with angelic spirits, the spiritual life of future human "Immortals".☺☺☺☺

Scriptures will probably be refined over time to remove all negative expressions and words, as people live to 900 etc. If people are in a room and they try ESP, it may be proven by randomized controlled studies that the telepathy/ESP precision is higher if they have spiritualized (editing out bad things) scriptures in the room (as opposed to normal versions), free of all negative emotions, actions, insults, etc, with only uplifting expressions versus same scriptures with all less graceful words (which many people misinterpret without proper scribe editing and historical context understanding). Our subconcious minds read everything around us and the noise of certain emotions and actions in a printed or electronic text can probably interfere with accurate telepathy. Similarly, services content will probably improve to include only the most uplifting

gentlest softest quotes and readings, that transport us into a world of Gentle Tender Soft Grace of the Civilization of Immortals as it is in Heavens, subuniverses. Services will probably have a special Hypothesis Formulation and Testing part, Seeking Proof and avoiding being too credulous, to make us question everything, every miracle story (for example out of hundreds of weeping or bleeding statues reports, only one was approved as genuine by the Vatican, the Akita one) out there (especially since many similar ones exist in many religions, past and present and many charlatans exist who use magic tricks to claim some powers, sometimes even devotees add some fiction to convert people to their belief), etc. ☺

Do we *really* need the communion more than being *vegan* or later eterni? When people take part in the communion, they often do it to get God's blessing, the mercy, grace they believe comes from that. This is fine and a little *selfish*. After that short ritual, they return to their old habits, forgetting to be aware of their thoughts, emotions, speech, etc. Asking God to help one become a *vegan* in order to not take part in inflicting pain on animals is a lot more *selfless*. Asking God or higher realm lifeforms or Angels for *mercy*, help, grace via wafers, without having *mercy* for lower lifeforms (animals who're tortured in factory farms and then killed for food) seems incomplete and *contradictory* as explained in the ethics of veganism section. We can hypothesize that the most important message in all religions, spiritual paths, etc may be to alleviate suffering of others (due to ignorance, natural disasters, disease, aging, etc), to avoid inflicting pain on other human and even animal beings, especially when today with modern food engineering, etc we can create *vegan* foods that are healthier than anything humans have eaten last millennia. Unfortunately, believe it or not, even in modern times, when we have science and tend to seek evidence for beliefs, there is still a minority of people (Hindu sects, some Muslims who practice it during Eid festival, Kapparot practitioners in Judaism (Zohar, the Kabalist text, talks of goat sacrifice too in Chapter 46), various tribes in Africa, India, etc) who believe in animal sacrifice, even though there is absolutely no evidence whatsoever that the *act of sacrifice itself (which is inflicting pain on the animal)* (not the accompanying repentance, feelings of reverence, love or gratitude to God, or effort to use the ritual as a prop or psychological crutch to be good and not do a sin again) does anything other than subtly desensitize people (at least for a period of time after *doing it, watching it or even being aware of it being done without watching*) to being cruel to other living beings, to inflicting pain and suffering on innocent living beings. We can understand the idea behind these practices, i.e. trying to give of oneself, as when making a nice *vegan*☺☺☺ dish and giving it to the homeless or giving money to charity, since in old times people valued domestic animals and giving them would be an act of giving of oneself. However, today, as we have evolved to a higher empathy, with animal cruelty laws, etc and with understanding of chemistry showing we don't even need animal protein, the "charitable value" of meat offering is much lower and even perceived as 0 or negative by many *vegans*.

While we can respect or understand tradition (that emerged out of the difficult hostile environment in which humankind came to be, environment that made us tougher and less empathetic, always facing threats from nature or lions able to eat humans), we can also respect and nurture progress and its process to steer us away from short lives of anxiety towards long lives with eterni diets, long lives of much less anxiety (no lions eat humans often for example thanks to technology) and much higher empathy and tenderness, where animal killing (agriculture) and meat sacrifices don't even exist. Today, *with libraries 1 trillion times bigger than the largest library in ancient times (that you had to travel thousands of miles to sometimes) on everyone's phone showing animals feel pain and are far more intelligent than initially thought,* unlike eons ago*, it is far easier* to see it as *logical* that we can't make ammends with God, be charitable, love God or thank God by offering others' pain to God in the form of "sacrificial offering that inflicts pain on God's creatures" because *inflicting pain is a sin*, so we *can't atone one sin by another sin*. God would want us to show remorse for an unintentional sin, or any sin, by doing something that alleviates pain of people or animals and improves the lot of others, a selfless charitable activity that *diminishes* (*not increases as in sacrifice*) pain and suffering for the whole galaxy of sentient lifeforms, activities such as those selfless "sports" (help the needy, etc) of the future civilization in section 5.5. That is probably a reason why many Jewish branches have removed all references to sacrifice restoration from their services and prayer books as explained in the wikipedia Korban article. In ancient times people were not very empathetic (the Old Testament for example shows how easily people were killed for minor infractions which would never happen today in our far more empathetic society) and there was no printing press, people could read very little and very rarely get exposed to 700 interpretations for anything. As technology advances, we become less threatened by natural events, empathy increases and anxiety diminishes, creating a positive feedback loop that extends human lifespan and speeds up scientific discovery. The ethics of a civilization determines its scientific progress too: a much more empathetic civilization eating no animals is much kinder, less violent and scientists are kinder, less violent in their attempt to express a different interpretation of data, more tolerant of different points of view that might lead to an amazing & beautiful ☺ discovery, more objective and able to see reality fully instead of the 1% seen through the lens of fear, threat and paranoia (which affects how we can make discoveries), where people don't even dare to speak for the fear of being killed (killing which is unheard of in a civilization of kind vegans).

***The higher the empathy of a civilization, the higher the technology level it can reach; thus, this* stuff about animal treatment, while minor or nonsense to some, could be far more important *than it seems.* We can hypothesize (and test it via measuring empathy in various circumstances) that using a little box to catch and release insects that crawl and a wider cup with a harder piece of paper to cover it to catch and release (to avoid killing them) flying insects can help us to**

develop a higher empathy than killing an animal for food or sacrificing animals. *It also helps us to develop* perhaps *a* quadrillionth *of the compassion of an* Immortal *and draw closer to God.* An Immortal may live a quadrillion trillion times longer than we live (before translating into another universe without dying), just as we live 500-800 times longer than a fly. While it's true in ancient times people thought that "giving "food to the poor, a livestock for sacrifice (meat was often eaten by priests, but many times it was not, because it was completely burned)" drew them closer to God" since they did some charity to other humans (not to animals), we can also see how today, with available tech for *vegan* protein creation, there are ways to get closer to God even deeper with a more complete charity (not just towards humans but animals too), by avoiding killing any animal and even insects when possible or going vegan to save the environment, giving vegan food to the poor, giving future generations more land and resources. Often times the "meat or *vegan* offerings" were burned and could not be eaten, so it would be environmentally unfriendly and uncharitable today, since God needs no such burned organic matter. It's easy to not kill an animal, since slaughterhouses do it for people these days, but insects and other things are our chance to practice infinite compassion and the habit of not inflicting pain or early death on any lifeform when not needed to preserve human life, in a celebration of the Immortality giving ability of Universal Loving Gentle Tender Nurturing Grace who wishes wellbeing to all beings, of all sizes and realms. Likewise, we can argue that God would love us saving *(not killing)* an insect or little rodent or animal far more than ingesting a wafer, as it shows a real compassion for truly *helpless beings, whose "death" is usually not needed for humans to live to 900 (take insect etc outside the house if it bothers us, be* tender, *affectionate and* sweet to it, *as we expect* God *to* love us). We can also hypothesize that God wants us far more to "sacrifice" or give up hourly our "selfishness, tonal and action cruelty and lack of empathy for other beings" (not just humans), and far less to ingest blessed bread once a day or month. It's also possible God sees being vegan for a year as far better or better, holier and kinder than taking 365 communions and attending 365 Masses that year, as veganism prevents suffering of living beings and improves the lives of present and future generations. But much better than veganism alone would probably be eterni thinking-feeling-speaking-writing tone all the time in addition to veganism, a truly superhuman feat. Perhaps God wants real substance and inner transformation,☺☺☺ not outer ritual or appearance once a week. Back to the discussion on offerings to wash sins, we can hypothesize that the sins happen because we don't pay attention to the tone, content of our thoughts, feelings, words, actions.

God is infinite kindness and, most likely, God abhores any killing of animals when there is no danger posed to human life by an animal, as explained in the veganism ethics section. There is no evidence "God needs animals to suffer for "washing of sins", protection from "evil spirits" or getting higher crop yields". On the contrary, animal sacrifice most likely increases the sins of the

person *doing it, requesting it or supporting it*, because it inflicts pain on innocent living beings who carry a spark of God's consciousness too (like the human soul does and mice souls do), the *sin being proportional to the human's awareness of the suffering inflicted on the animal*. The factory farms already kill billions of animals (egg farms alone wipe out billions yearly), it's illogical to believe that a few extra animals would wash more sins or bring fortune, better weather or higher crop yields. Nepal had an organized festival of animal sacrifice to some made up Gadhimai goddess of power, yet with all those record levels of sacrifices they're no powerful at all in the world. Likewise, there seems to be an unproven belief of some to that it's good to emphasize the suffering of Jesus on the cross, as a justification for "suffering is good" and "inflicting pain on others as a tough disciplinarian is God's way", which leads to a shift away from grace and sweetness and more towards cruelty, war and toughness. Skeptics can easily argue that if Jesus was the only Son of God, i.e. creator of many *universes* and such, Jesus would have the super-capacity to multilocate in 99 quadrillion galaxies and also be able to not feel any pain. Even today with anesthesia, mortals have ways to not feel pain. *The theological emphasis on suffering is a tricky one that can lead to creating suffering in the world.* We could argue that Jesus did not suffer in order for us to "emulate his suffering and create more suffering by being cruel to ourselves, others or animals", but that Jesus suffered symbolically (since obviously, a Quadrillion year old Immortal is not affected by human action) so that we recall *to not inflict suffering on animals and other people (or self), to be kind, gentle,* tender, *healing*. The Gospel story is that Jesus was *killed 1 week after he reportedly turned tables on animal traders. WHY? Is it because* God *thinks that the way we treat animals* influences hugely *how we treat humans?*

Additionally, skeptics will ask for evidence about the whole narrative of every religious story in every scripture, for example: what happened to Jesus, how long was Jesus on the cross if at all (no video exists showing this), did he die or was he rapidly removed from the cross by his friends, was the ascension real or something else? Who created Christianity and other religions and why, what was the agenda of every co-creator of every religion, the complex motives? There is a peculiar and odd preoccupation with suffering (the 14 stations of the cross, the daily Eucharist as reminder of the suffering of Jesus) in some denominations (not just Christianity, but even Buddha's "life is suffering" type of subliminal programming, creating the expectation of suffering, or Islam quotes about being "not so nice" to infidels, etc) or rituals (Ashura for example in Islam), while forgetting the quotes about gentleness, *kindness*, tenderness, softness, happiness, healing, etc in the New Testament and in the talks at services, as if people who have created the theology based on whatever happened (unknown to us, no video exists) have been hypnotized by some alien or historical inertia force *who despises humans being "happy and free to think, to hypothesize, to not believe without evidence, to question stories they're told"* a force that doesn't want happiness, tenderness, gentleness, peace, loving tone, harmony between

humans and 900 year lives for humans, but just more suffering, cruelty and war. *This possible alien programming defines "heroism" as dying for humanity in useless wars, but true heroism can be hypothesized to be doing what it takes so that nobody dies in wars and wars among humans don't exist. Heroism could be defined as doing what it takes to diminish violence and prevent anyone's death in all circumstances, at least in a civilization of would be* Immortals. Perhaps it's not possible for us today to know how these focuses emerged and which spirits, aliens, or historical inertia forces were involved, but it seems odd, which makes us want to *ask more questions*.☺☺☺ It's not just religion, but you can see it in ideologies (communism and nazism torture of those who dared to question any idea put forth), bullfighting, abuse of animals in other contests, Halloween body parts, cruel death and blood satanic imagery, mixed martial arts, violent movies, etc. If Jesus attained Immortality, like people say he rose from the dead, maybe (like those who have an NDE and are brought back to life and given extra years) in the future people will get 500 extra years since they cured a little problem and saved their life and then new inventions enabled living another 500 years. Why can't theologians decide that the most important message to celebrate and focus on is the 14 levels of tenderness (not suffering on the cross, as with the stations of the cross), happiness, *compassion* for all beings, gentleness, longevity, 100 years old, 200, up to 1400, that people attain as they use different techns to live John 14:12 "What I have done you will also do and *much more*"? This gives us realistic targets to aim for in terms of lifespan extension technologies and can be upgraded to 20 levels of Immortality, 1000, up to 20,000 when our average lifespan is already 300.

We already can cure with tech more people than Jesus "did" (skeptics won't even believe those few healings of Jesus anyway). Why not make the message all about living 10 times longer and happier, freer to think and innovate, to hypothesize and question, instead of *about carrying the cross and suffering in these short lives*? With science we can bring people back to life many times and give them another 1,000 years of life in the future. Instead of focusing on that, some churches focus on some 14 stations of the cross, on drinking the wine and eating the bread (Jesus' body, the "lamb of God who takes away the sins of the world" as the priest quotes John 1:29 at Mass), "perhaps" not the most "uplifting" imagery. The Catholic priests during Mass quote Matthew 26:26-8 where Jesus *reportedly* said "While they were eating, Jesus took bread, spoke a blessing and broke it, and gave it to the disciples, saying, "*Take and eat; this is My body.*" 27 Then He took the cup, gave thanks and gave it to them, saying, "*Drink from it, all of you. 28 This is My blood of the covenant*, which is poured out for many for the forgiveness of sins". In John 6:53 we're told to believe, without any proof, that Jesus told people that "unless you eat the flesh of the Son of Man (kids?) and *drink* his *blood*, you have no life in you". Indeed, blood sucking vampires may have believed that young humans blood is rejuvenating... Hence, in John 5:24 Jesus says you got to listen to him to "live forever". So *Jesus may have been one such*

blood drinker, who needed more "feeding sources". The last supper is very much like the Passover Seder Jewish holiday of drinking 4 cups of wine and Jews believe the 'last supper' was just that. The first Pope was Jewish and today the Pope wears his cap like Jews, since after all the Catholic Church may have been controlled by Jews for 2000 years. Poor Jesus, son of a Jew, couldn't figure out his praise of alcohol and its use in rituals led to 100 million dead, 2 billion injured in drunk violence, etc. So much for his "psychic ability". Read between words, the "esoteric meaning"☺☺☺. Today, CNN and many news agencies use the very same technique of the ancient Jews: they present the news or some facts in a way that when read literally, means one thing, but when read differently in the context of everything shown in videos etc and the news, it means something far better or far *more* diabolical*, the exact opposite almost*. Everyone has become an expert at deception and speaking thru metaphoric stories, having learned it from Jesus well. The priests *want kids to emulate Jesus, so they want kids, the Son of Man, to become lunch, to give* up their body like Jesus does above? So, parents, *do you want your kids to go missing* and be eaten*? Then, happily go to church, recall Mexican gangs abduct* kids too and US soldiers who pretend to be Christian, drink animal blood, read these 4 pages. *Do you want smart kids? Then,* stay away from churches. Well, kids may be alive, return home, but the pastor may have used his hands to masturbate them or, play with 100 girls, or drank the blood of young girls during menses so "they have life" as Jesus told them. Most media focuses on boys and gay priests, but some estimate about half of victims are female (20% minors, 80% adults), abused by pastors mostly, but nuns too. *Is this some made up sentence added later to make people dependent on wafer blessers (priests)?* It may serve 10 purposes for the blood drinkers who made this fake religion, *with many interpretations spread by the same group under the guise of "great theologians inspiring the flock to discern the Grandiose Word of God".* If we take words allegorically and as potentially altered, we can also hypothesize (and create such a Protestant denomination or Vatican III) that Jesus wanted us to eat no animals (he chased animal traders from the temple, maybe he meant us to go vegan), and when we can do vastly more than Jesus did (John 14:12, we already do some things better, can cure a lot more blind and deaf people and restore sight and hearing via tech), we're to create high tech eterni foods that give us 300-700 year lifespans, not just multiply short life giving bread. How come the Church chose to focus so much on this bread, only available from the Church instead of other verses in John like 14:12 "what I have done you will also do and much more" or the gentleness *quotes?* Was it because of the desire for control thru guilt? Why so much stress on confession, instead of the actual changing of oneself thru the gentleness quotes of tone of speech chapter? Confessing without changing one's tone of speech and thinking-feeling is very inefficient, *to confess a sin takes 0.01% the energy of actually changing our* tone *of thinking-feeling-speaking*. Did they want to know what people did by confessing? The Judaism Passover tradition had people eat bread and wine (like today during Sabbath), and it's possible some people made up the words of Jesus at

last such Sabbath like gathering and then it became almost 50% of the short daily 30 minutes Catholic Mass. One can easily understand then how many became suspicious of '*organized religion, Sabbath wine being gentile kid blood sometimes* (this is called the blood libel for the curious)' *(cup for wine is called KIDdush, day it's drunk is called Sabbath, like stab bath)*, and how Protestantism emerged, initially due to protesting indulgences fees paid to the Church to reduce afterlife punishment. It's important to realize Italians had some strange cow blood rituals before 200 BC even, so *Italians were accused of blood drinking 1200 years before the libel against Jews*, recall one emperor crucified 6000 slaves. Some argue Phoenicians were sacrificing babies, due to ultra low IQ, in what is now parts of Italy, Tunisia, etc. The Germans/English knew the Vatican Italians & Jews were faking the Eucharist miracles of "wine in cups turning into blood, hosts becoming flesh." Biblical scholar and professor James Tabor explains there is no evidence Jesus said these words that form the central part of the Eucharist ritual. Even if Jesus "said" that symbolically, it doesn't mean he wanted anyone to do this, besides the 12 disciples.

At least, if they want to practice blessing food and give people wafers, they could say *"this bread or eterni wafer (or eterni speech exercise, in churches who want to use speech instead of matter) is the symbol of God's Infinite Gentle* Tender *Grace and Knowledge of Immortality that sustains our souls when we make the inner effort (symbolized by the fruit juice or eterni* wafer or drink*) to emulate God's Grace and Immortality Knowing each minute via eterni gentle healing nurturing compassionate kind thought, feeling or speech, via questioning everything, formulating new hypotheses about lifespan tripling technologies and testing every* hypothesis, so as to discern truth from *belief without evidence. Our service today is not a mechanical repetitive ritual, but a living practice of selfless eterni thought*, feeling and speaking, *an effort to train and motivate ourselves to practice it outside this temple and improve our actions every hour, to selflessly help all beings (even insects) to be happier and free from pain." which removes any cannibal connotations*. In Catholic services Eucharist part is often 10-15 minutes of the 30 minute morning service (30-50% of the service), when it could instead provide a 5-10 minute chance for eterni tone practicing for church members, each of whom is given a chance (sign up before service) to lead the group slow musical speech about "*May we recall to speak always like we speak now, to employ the same emotional radiation, tonal pattern, hypothesis formulation and testing thinking, to question everything...*" [this motivates people to keep their word, their tone commitment spoken in front of the church community, to practice loving kindness always, not in the 1 minute of Eucharist ingestion only], music that radiates most elevating emotions (some speech of the leader and some of the whole congregation, after instructions in proper speech tone given by pastor). We see people start talking in the most unGodly tone 5 minutes after taking the Eucharist, showing real inner transformation requires far more effort than the 20 seconds of ingesting the wafer bread. The focus seems to be on some outer matter, instead of

the inner effort to improve oneself, and that's not very "transformative". Isn't something odd with this suffering and sacrifice focus, when it could be (like it is in some churches) the joy of Easter, the joy ☺☺☺ of overcoming death, the joy of Immortality and then any obstacle is seen as a joyous adventure to living to 900 years old or 14,000, not as a cross carrying needing a cannibalism like ritual to stay "spiritual"? This focus on suffering and sacrifice undermines the enthusiasm to bring the Kingdom of Immortals on Earth, of Heaven *on Earth*. Everything becomes so gloomy and so suffering focused, so focused on our limitations, without focusing at all on our potential to bring *Heaven on Earth* via science and ethics, to improve everyone's life, to live 100 times longer just as we could with science travel 100 times faster than anything in nature with our space technologies. *We recreate what we focus on.* There are many places of worship that are very joyous☺☺☺ and even some that focus on living for centuries.

Future humans may create *an open-source religion*, where 5 quadrillion *hypotheses can be searched in a database*, discussed, new ones submitted, so as to know better the 9 trillion technologies that may triple human lifespan within the next 100 years and we take action, learn, instead of repeating mechanically the same belief and creed statements, without any flexibility of thought. There is no evidence Jesus (some skeptics even question if he existed even, and to be welcoming to all, one would have to be aware of that, to be able to relate to the skeptics) wanted people to celebrate the Eucharist at all, or that he said the words at last supper as told at Mass; on the contrary, maybe he wanted people to focus on the fact as a bidimensional civilization we attain Immortality in this and Heaven worlds, living in 2 dimensions at once. Why obsess so much about dying (giving up our life manipulated by those aliens who want us to fight for some useless wars or causes?) to attain Immortality, as in the "peace prayer of Saint Francis" talking about "dying to attain Eternal Life"? Some churches focus a lot on Jesus' death and resurrection, but I bet Jesus could have wanted us to focus on Immortal Life and bringing Heaven in this world instead, perhaps on *transforming this life into* Immortal Life that is bidimensional. The classical Christian theology is that of a New Earth and Heaven that occurs when Jesus comes back, but this can be interpreted as the knowledge of science (Jesus gives some high tech ideas, via telepathy from heaven) bringing the new earth where we live forever as Immortals, as we build it with new tech. Why not interpret it that way? There are always 9 quadrillion interpretations of any Gospel version. *If Jesus overcame death, so can we overcome death (John 14:12 "What I have done you will also do and much more")* with life extension technologies and talk about the lifespan quadrupling biochemistry and physics in every service for at least 20 minutes, if not 1 hour. Pastors can say the cross refers to: horizontal line, infinity, vertical line, Eternity, God being eternal infinite Immortality, *or replace cross with infinity symbol*. Then, every church focuses more on hypothesis formulation and testing for tripling human lifespan instead of so much on dogmas for which the proof is weak, becoming a mini-Immortality

university of sorts where citizen science flourishes. That would be a true reformation leading to the deepest liberation of the earthling nation. Instead of depressing Halloween holidays with plastic body parts sold in stores, we could have have a Immortality Holiday about the countless lifespan tripling technologies, happy joy, peace and gentleness. Instead of so many guards yelling and using uneterni speech tone during presidential or monarchy protocols, we could have them hug and pet some rescued animals (from factory farms), and say "May the kingdom of eternal grace, tenderness, *gentle* soft sweetness, of *Heaven on Earth* become reality soon" in the most angelic choir tone ever. ☺☺☺ It seems humans glorify being tough, not being kind tender soft gentle, thus manifesting a similar world. *See how much attention is given to people doing the same* movement at a procession, and how little emphasis on eterni speech, kindness, gentleness, *nurturing* mercy, compassion. God or Immortals are probably quadrillions of times more evolved than humans, when compared to how evolved we're versus animals, yet we want God's mercy without caring about animals. Protestantism was great in the view of many because it exposed the "ritual and formality" focuses of indulgences fees. Unfortunately, Protestantism also removed the idea that real spirituality is not the sacraments or practices of the Catholic or Protestant church (they were against them, against Catholic monastic orders, against the efforts to develop a nicer tone of speech when singing, to heal via singing and voice, hence the tone of Protestant pastors is often times less gentle, less tender etc), but the 10,000 times more difficult task of changing one's inner nature by works and effort, not faith. ☺☺☺

Changing one's inner nature includes improving hourly one's eterni *thinking*-feeling-speaking tone, ability to diminish suffering for all beings, to be selfless and compassionate. Protestantism ignored the "good works" and focused on Grace as enough for "salvation", but there is no evidence this is any vastly different than the formal focus on the "mechanical or ritual like" sacraments of Catholics. A really deep reformation would have created Protestant pastors whose tone of speech for example is much more healing, gentler, kinder, softer than those of Catholics (it is not, it is less usually, but not always, because Catholics have 2 millennia of vocal tone refining via singing during ceremonies), a much stronger emphasis on hypothesis thinking, a loving eterni diet harming no plants or animals, more open mindedness to afterlife being possibly vastly different than the "heaven and hell" model, a far greater focus on inner change (10,000 times more difficult than sacraments or taking communion daily or attending Mass daily) and compassion for all (animals too), more focus during Mass on the gentleness quotes in the New testament, on extending lifespan by 10 times and 500 when tech allows, on physical Immortality interpretations. But given how difficult life was in the 1500s, without printing press (it just emerged then), etc, we can't expect those people to achieve what we can conceive today after 500 years of science and inventions that totally changed the world. Compared to men of their century, those reformists may have been much smarter, but didn't see the whole picture.

This is why a true Reformist within Catholicism or Protestantism would be able to appreciate the hypotheses in this chapter, add to them, improve them and create the very deep reformation that never occurred or could have never occurred 500 years ago (technology was not there for prerecording, neuroscience not there to realize the importance of speech tone, etc). Many may have had noblest intentions in their reformation attempts as seen in the Quakers (anti-war, no participation in wars, World Peace via nonviolent means focus, no need of Eucharist, baptism, rituals involving matter blessing when we can bless directly) and 7th Day Adventists (vegetarian focus). We can be compassionate, understand the imperfections of the people in the 15th century, when saying some things would make people killed in no time, today we have a lot of freedom of speech, so smart people had to role play they're very silly perhaps to bring a tiny change, a tiny freedom to perceive things differently, thank God, to think in a different way. Progress sometimes only comes when we're given some freedom of thought, to hypothesize differently. Sure, mistakes were made, but we can't dismiss everything in Protestantism as errors or nonsense. These problems exist in all religions, where the ritual (sacrament, prayer) becomes mechanical, without inner change, without compassion for others at deep levels, without becoming gentle tender healing, where appearance replaces substance. "Sola scriptura" (Bible only) focus in Protestantism is *outdated*, since tons of inventions we use today were not predicted by Jesus or any (*for profit*?) '*prophet*' and it doesn't mean they're from the devil, all pastors use them to promote "sola scriptura". The idea that "the Bible was not changed" is *fake*, as there is no video evidence of Gospel events; most likely some things were removed, added too. That's why a true reformation can't be based on "the Bible only".

The English, German, etc Protestant thinkers may have used sola scriptura to protect citizens from belief in Eucharistic, etc miracles made up by 'Italian/French/Jewish spies controlled' clergy, but today it helps too, i.e. Catholics removed Bible from the pews, replaced it with the Missal as if to hide all bad quotes, so solar scriptura helps people see what the Bible contains that most have no clue about. For that we can be thankful, there is always a positive to every negative. We got a lot of areas that are either Catholic or Protestant and lifespan and tech level is so low, so the Christian religion doesn't confer the truth of longer lifespan as it is not its focus. If Catholic etc truth was so amazing, why are some countries/areas with those denominations for a long time so backwards? The God of Eternal Life, would immediately bestow longer life, if God can give people on the New Earth or afterlife an infinite year lifespan? So the ritual doesn't get us closer to God whose main quality is Immortality and Long Life, then why have ritual and no science of immortality? Why make ritual so important and immortality, space travel, etc knowledge and discovery absent? Why brainwash and enslave people in ignorance and short lifespan, instead of decent life? How come after all these rituals, violence is among the highest globally in some Central/South America Catholic countries? If the ritual was so important, how

come it didn't transform by the Eucharist these societies? Lots of countries are not Catholic, have 30 times lower homicide rate, and live so much longer than some Catholic ones, they never do Eucharist ritual or only 3 times a year at the church. So God doesn't care about it? Why would we care if no proof exists it is important? We don't know all answers, but we aren't naive.☺☺☺

There are 7 sacraments in Catholicism: baptism, confirmation, confession, Eucharist, marriage, holy orders, anointing. In the future, they might add the *less ritual like* sacraments of Hypothesis Thinking, Telepathy, Eterni Tone, Gentleness, Compassion, World Peace, Living to 7,000, Telekinesis, Materialization, Teleportation, Veganism, Living on Energy, Soul Travel, Invisibility, Ascension as these things become possible due to science, just like today it's possible to talk about Big Bang or traveling at 38,610 mph since 1979, and soon 430,000 mph (not possible centuries ago). We humans can travel at over 161 (38610/240) times the fastest bird dive now with Voyager 1. Why can't human beings also live 161 times longer than whales which live 200 years or at least as long as the tree colony in Utah aged 80,000 years? With swarms of nanobots, materialization may become possible in some far future. ☺☺☺

People who *go to Eucharist or church daily and pray*, who feel the transforming effects of placebo (believing the wafer or church going makes them kinder, happier, with higher self-control, etc, *when they can make their home a holy temple of wondrous vibrations instead*), of prayer, of going to a place where people have more positive thoughts, etc are automatically helped via *auto-suggestion* of placebo to be kinder and have a higher filtering of thought, feeling and speaking after that. We all notice they often use nicer softer tones, since these psychological crutches motivate the person to make effort for being nicer tone wise. What some don't realize is that the self-induced placebo effects (euphoria, gentler tone, nicer behavior) of ingesting a wafer *could be* just 1% or 0.01% of what can happen if we made the huge effort to change every word (inner or outer) to eterni tone; this tone change *could be* seen as the equivalent of inviting God's direct blessing, praying unceasingly and asking for 100 or 10,000 communions from God directly daily, one every few seconds of awake time. When a human utters a word, "hypothesis" or "church", that word has an emotional and conceptual average signature for that human, highly influenced by "imitating people around them, the historical inertia". When we do eterni tone of feeling, thinking, speaking we're sort of asking *God to bless (not via the wafer) directly our brain so it can change these averages full of negative and random emotions of the historical inertia to the most coherent and enriched thoughts, feelings and tones of* universal loving kindness, gentleness, softness, *nurturing* grace, healing sweetness, etc. We can hypothesize that it *could be* like taking 100 or 10,000 communions daily with full placebo belief. We're so tired or rushed many times that we can't even make 0.1% of our words truly eterni in speech alone, let alone 20% or inner thinking-feeling. ☺☺☺

The unconscious imitation of others' tones is why probably only 1 in a billion people can be truly eterni 99% of the time, they have to limit what they hear to more elevated and filtered tones. *All that is the inner us is reflected in our speech tones, even when people role play and try hide, the subtle averages can still be detected by supercomputer*: the whole psychological structure, motives, intents, emotions, of the person, everything. *Moving a bread piece inside the mouth even monkeys and squirrels can do, that is not what makes us human.* But if we want advanced technology, we can aim for advanced spirituality and ethics and go against the historical inertia, we can stop imitating the average tones and become imitators of the more *healing, nurturing,* tender, *graceful tones* of the 900 year old humans which are probably more like these tones. When we live longer, we're not only smarter, but also gentler, more tender, just like 70 year old physics Nobel laureates or scientists have a humbler, gentler, ever doubting tone of thinking-speaking. We *realize only 0.1% of the words in a day were somewhat eterni and realize how difficult it is, because it requires using so many different brain areas at once. This is not like a simple mental exercise of moving a bread piece into your mouth or doing some chores, but like a very mentally engaging task, like doing calculus or some hard task that you reserve for the best most rested day of the month, when your brain is at its peak. It completely changes the person, but most avoid it as it takes so much effort first years (requiring much less speaking), decades of uphill climb. It's much easier to imitate everyone around and go with the flow, ruffling no feathers.* Imagine if we would surround ourselves with eterni tones/melodies like the ones in the list of youtube healing tones in the music samples section, we would imitate them and get a huge aid to change our inner and verbal speech, thought, feeling tone. Imagine if everything we spoke was like the "Kyrie Eleison" gregorian chants, very filtered and musical... With artificial intelligence, in the future we will be able to change our verbal/inner tones easier, just as today we have youtube tones easy to play in the car, phone. Why does Tao Te Ching say the sage prefers to be alone and avoids socializing (many go to church to catch on gossip and socialize only), meditating instead? Because when you socialize you imitate the tones of the average people, their intent, emotion, thought, motives, everything. You saturate yourself with the historical inertia and have no energy to think and connect *with* Immortals of the future, you perpetuate the present "mess" on Earth. You can only watch one TV station at a time: channel "present reality" or channel "future 900 year old Immortals". We choose.☺☺☺

14.2.3. ??????????????????? THE BIGGEST LIE ??????????????????

See how Christians committed endless genocides, just like Jews and Muslims did. 'Get rich quick schemes' are attractive to people, hence fake religions (which often are used to create gigantic empires of wealth) can spread like wildfire due to people who don't verify the stories and 'science (faked?) reports verifying miracles' they're told by charlatans, and believe as true or share them with others. We love the easy path, it's comforting, since it's less effort, and similar

concepts like 'if we only study the atrocities of the past in history classes we solve the issues of the future' or 'if we take some wafer, wine or blessed baptism or water' and go to church once a week we go to immortal heaven, etc. Reality is more complex, all 'get rich fast' schemes are frauds that make people waste time and money, they're like the history learning illusion: to learn history is easy, just spend a few weeks, etc, but to create a better version of it, takes decades of changing one's tone. To achieve 'immortality' of just 5000 year lifespan, if God exists, also is a trillion billion times harder than following organized rituals. To achieve billion year lifespan, may require improving our tone for 4 billion years, not studying 'scapegoats' for 4 weeks or doing some rituals 4 times a month. *If* God doesn't exist, we need be immortal for billions of years to verify we really achieved immortality anyway. Focus on rituals obviously makes us less inclined to question, test hypotheses, consider alternate explanations, beliefs, etc.

Perhaps the BIGGEST LIE out there, which is seemingly (in a subtle/very subtle form, depending on the group) handed down to people as infallible belief, that none has the right to doubt, could be this: "it doesn't matter what you do to increase human lifespan length or to manifest a Civilization of Immortals, all it matters is to eat the wafers (if applicable in a religion), worship holy objects, use the holy water, give money to our organized group, perform some ritual prayers this way facing that way, etc, and make the clergy or institution they belong to rich". If afterlife exists, and God would consider offering incipient new souls a chance to co-build a Civilization of Immortals in another dimension as newbie Immortals, one could think, hypothesize or argue that God would want to measure not just "how devoted, kind and gullible we can be", but also if we could build and sustain a Civilization of Immortals. So, contrary to many common beliefs, if that hypothesis is true, God may not grant spiritual Immortality (the right to experience Immortality uninterrupted in a heavenly sphere) in a real sense to any soul who has not helped a lot or actually built a Civilization of Immortals in this virtual universe of ours and other similar ones, after one or many many attempts; that means God cares about substance, not us appearing or being kind only, about the essence of Life, Immortality, which is far harder than gentleness, kindness or any combination of commonly strived for virtues in our spiritual and religious thought systems, way harder because it implies mastering thousands of virtues and much more, while we barely manage to be good at 3 virtues in our short lifespans of 80. Why would God be so strange, some would ask? Because we're like God: we also don't let kids into a control room where pressing a button could blow up a planet. Likewise, why would God allow kid souls in a realm where a "button" blows up a universe? But God, in his infinite love would give kids an Immortal or Immortal like realm (baby souls don't fully understand the sheer complexity of it while there) maybe partially in a very complex way, as explained in the afterlife section on Eternal Heaven and parallel universes incarnations, and/or in a step wise fashion that allows for multiverse progression. The virtue of knowledge is very hard to master.

14.2.4. Circumcision (especially without anesthesia, but even with it, pain can last 8 months) *is a genocide done by* Jews *against* Americans (many babies die and others lose 20 years of lifespan due to circumcision, so it adds up to equivalent of a million dead over time), *a form of* legalized penis *stabbing disguised as religion that causes* mental *illness, immune collapse, a form of hybrid warfare against a nation* to lower IQ, lower fertility, depopulate and increase psychopathy, cruelty, violent crime and chaos that facilitates taking over a nation

If you have little time today to read this 7 page section, to see why circumcision is wrong, please scroll next 3 pages and go to see 12 videos of babies crying during circumcision. Naive Christians believe that circumcision is a "God approved act", since 80% of US males are circumcised due to the "bad type of Jew" gangsters who took over USA. Catholics believe "1000s of Eucharistic miracles happened, where wafer (bread) or wine turned into flesh or blood". If circumcision was so important to God, why didn't the penis skin turn into wafer or thin air without pain, without blood, in some people who gave a press conference at the White House, or school or some place where you didn't go to the bath at all to secretly do it? God could have easily created 900 such miracles if circumcision was his preference. The lack of such miracles, and the alleged abundance of 90 million healing miracles, indicate circumcision is evil not a healing miracle of knowledge of "god". God does endless big changes in people, in alleged miracles, way bigger than removing some skin miraculously, yet never circumcision. This shows circumcision is not of God, but of 'Satan' or, more correctly, human ignorance. On top of that, with billions circumcised, we get the lifespan loss of 80 million years when we consider all the damage done, and that is about 1 million dead babies on Earth equivalent last 2 centuries alone. This Jewish Holocaust of *gentile* babies is *a* travesty. This damage includes immune system collapse, trauma, brain damage (2022 example in Canada) explained below etc. A nurse was charged with manslaughter for doing a circumcision wrong. Circumcision is a PURE GENOCIDE that has no place in modern civilization. 100s of media articles report how babies die after circumcision. 3 examples: UK, NYC, India, Australia. Circumcision leads to more sudden infant death syndrome or SIDS per JCTR 2019;4(2):136-151, since baby is too much in pain to shift to breathe easier. Circumcise only if you want a dead baby suddenly during sleep. Generally speaking, in life, when a procedure causes 1 death (or 120 deaths in USA a year), it also causes injuries that shorten lifespan by 1-50 years in 100 times more people, so the net effect of lifespan loss is FAR greater (say 10000 instant deaths in USA alone since 1900) than what seems to be the case when looking at the "instant physical death" data. For example, not everyone dies of peanut ingestion, but 5 million have lifespan shorter due to it by 8 years on average, which becomes the equivalent of killing 500000 infants who lose 80 years of potential lifespan. People who don't read the 11th chapter on how deadly peanuts are don't understand this statistical fact. 1 death shows 100 other equivalent deaths at least occurred in the population via lifespan shrinking, so we may be

talking about 12000 deaths in USA EACH YEAR, A HOLOCAUST *of 1.2* million in 100 years. That's why we live to 80 and not 110 as we should: ☺abysmal IQ☺ rules supreme. This 14.2.4. section will help all understand that the Christianity in the USA, with 80% circumcision is nothing but Pure Judaism. The clever ultra orthodox Jew, pretending to be a gentile, Christian or atheist, has infiltrated science policy and imposed his religion on all thru deceit and fake science papers. While we reach World Peace, we would move naturally towards removing all violent crime and pain inflicting. This would take 2-3 decades perhaps. Let us kindly ask ourselves, how would trimming the penis skin bring World Peace in 3 months? Why would a painful penis ritual be our priority these days? Why would our taxpayer dollars go towards making this free for many insurance companies? Why would the poor pay tax to sponsor aristocratic terrorist clergy who commit the violent crime of stabbing infant penises and causing pain for 5 months in babies, immune system collapse, mental illness in babies? Why worship suffering and masochism, sadism? Is this what religion is all about? More rituals?

Inflicting pain on any human will be illegal globally eventually (well, unless someone has a real medical issue to take care of and procedure may require a slight pain, if no anesthetic used to prevent side effects). Illegal would also be any pain causing mutilation of male or female genitals, of vagina (200 million females got it) or penis (doctorsopposingcircumcision.org), especially the one without anesthesia (the typical US one is done while baby is sleeping and feels nothing, recalls nothing) as done in some religions, which subjects the baby to 50,000+ times more pain than a vaccine and damages his brain and the human quantum field. The anesthesia can damage the body too, as can complications, while the benefits are unproven, since we need 2 million people, half doing it and half not doing it and measuring immunity, lifespan and all health, cognition, relationships, autism, etc parameters over 100 years and see if healthy lifespan, IQ, and everything else is intact. In 1920s such advanced logging of data was not possible, so in 2020s it's hard to know if lifespan is shorter or longer, healthy and total lifespan. We need to monitor 2 million people over 100 years and compare, adjust for all confounding factors. Only today can we via videos and tests, really precise IQ, behavioral, blood, immunity, aging tests start a 100 year study of this nature. So, forcing everyone to do it, because of some so called "amazing benefits" is unscientific☺☺☺, since total mortality is affected by a lot more than prostate cancer than they say is somewhat prevented by this procedure (though CUAJ 2020;14(7):E334-40 thinks evidence is weak for prostate cancer lowering and financial interests may be behind those studies). Stealing a part of one's body, removing it, without consent, is nothing but a violent crime. What can a 3 month old baby consent to? Only an 18 year old can consent. But we see how they think it's like a simple vaccine, without showing any unfakable studies on healthy lifespan, IQ, autism, relationships, cruelty and total mortality.

Circumcision (like vagina clitoris removal for female babies does too) creates autistic, introvert

boys (or girls), incapable to communicate or express, create or even feel emotion well, who don't want to speak until age 2-3, who hate their mother for allowing doctors/rabbis to do it (and father for allowing mom to circumcise), and by extension leading to the boy hating all females subconsciously, and leads to violence against women seen in all ultra patriarchal societies where circumcision is practiced. Circumcised boys then become more likely to move into full psychopathy and become unhappy adults who then find joy only in inflicting pain on others, in violent crime, war and power over others. This causes the nation to *spend trillions to cure autism caused by the 5-35 month penis pain* about which mother never cared about, due to her not knowing about it. Mothers are too brainwashed by the grotesque pastor, rabbi or imam who dishonestly claims that babies (who have twice the neurons and pain sensitivity of adults) don't ever feel any pain except for 2 minutes. This is a big lie: first of all, the tip of of the penis is the most sensitive area of the penis and has more nerves than almost any other body areas, and you know even if you bump a toe, fracture a bone, etc or something your toe and nearby foot area can swell and feel painful when *walking for 1 year even*, in a body area with 50 times fewer nerve endings than penis tip, now imagine not just busting toe, but cutting it and not placing any bandage over it and going about walking with a cut toe and no protection from the harsh diaper, etc – the baby suffers and becomes the most hateful depressed person around, *for that starting DNA*. The baby can't learn how to meditate, to achieve bliss, as he's too busy with the penis pain. Then, the baby is enraged that the mother is not doing anything about it, that she's a cruel indifferent mom, and her baby will never trust females again, creating a misogynist culture as an adult. We see that in Islam and Judaism who circumcise 99% of people. The baby will also hate any circumcising religion forever once he finds out who caused his pain and will do anything to demolish every church, synagogue and mosque on Earth, like Stalin did, because he doesn't want any other baby to suffer like him for 3 years. Stalin was baptised (see how) at 11 days old on 12-29-1878, by drowning too, causing him deep pain, by the same Jewish custom of the unholy apostles of rabbi Jesus. Stalin's subconscious rage led to the demolition of 29000 churches, even if he initially studied to become a priest. Pure physics: action force = reaction force, Newton's 3rd law of classical mechanics. He will simply ensure no baby can be destroyed, no brain can be destroyed again by the demonic doctor brainwashed by the CDC official (a pervert Jew, Orthodox Jew fanatic claiming to be atheist who faked the science papers about circumcision benefits) who approves and legalizes circumcision, due to the Jewish takeover of the USA which made circumcision go from 1% to 80%. Most US males don't recall their infancy, age 0 to 1-3, and it's obvious why: *brains hide and block any painful memory, such as circumcision pain*. But the subconscious knows it fully. Mothers, please read the Bible quotes, to understand what demonic possession ("demon" is a name for info fields from angry violent dead people that hang in places for a while) is, and why Jews circumcise and realize how much pain your baby boy goes thru before allowing imams to 'kill' your baby's soul by facilitating demonic

possession of the baby in this painful period. Unable to learn bliss early on, during brain development when brain doubles its size in the first year of life, the baby will only find bliss in sex or other animal activities, removing itself from the cosmic nirvana states of immersion into the cosmic consciousness field of all Immortals. These males will be easy to dupe, manipulate and to become obese, as they don't know happiness, and only a sugar meal or anything gives them bliss. Circumcision makes obese adults, who live shorter than otherwise, when all conditions are identical, due to higher neurotic stress. Circumcision is the lowest IQ violent and "demonic" ritual to enable "demonic" possession of babies easier, and genocidal act, a lethal threat to the national security of the state, bankrupted by high autism/violent crime rates. Circumcision is related to the pathological Christianity, Islam and Judaism, as these are not concerned with the people's happiness, meditative bliss, etc, but with torture (14 stations of the cross in every catholic church, Jesus torture), beatings of kids, mass rape, genocide, etc. They can't be concerned with inner bliss, since they didn't know happiness exists in the brain, that God knows trillions of peaceful ways to World Peace and 0 war-violence (since the God they channeled was their own chimp level cannibal violence), not raping and burning entire cities to the ground. Circumcision is a crime against humanity, for it prevents our kids from experiencing meditative bliss daily, spending their infancy crying daily in the hopes moms do something about their pain. Jesus was too low IQ to realize you can achieve nirvana bliss and then not seek sexual arousal or having affairs with ladies, so Jesus told people to cut hands and pull eyes out, in typical Yahweh/Quran style, instead of giving them a simple meditative technique to make sex desire vanish. The God of Fraud could not even discover what Indians did centuries before. ☺0 IQ☺ clowns who wrote the Torah were too low in IQ to realize that you don't need to cut penis to reduce arousal, sex outside procreation, but simply to meditate, stop shouting like the violent "demonic" rabbis who wrote the Torah, so that baby enters nirvana daily as a fetus, in a culture of *nurturing* graceful *gentle tender soft* healing loving kindness. Jews need to increase their IQ and realize spies disguised as Jews could have written most Torah. Don't get offended, because most scriptures are ultra low filif IQ by today's knowledge, just as chemistry texts of the 3rd century BC are comical☺ vs today's textbook of college chemistry.

Circumcised boys will hate their mom (or dad if dad held him) forever subconsciously more than non-circumcised, in similar family events conditions, for moving the baby from mom's arms to the table where the demonic psychopathic rabbi enjoys the mechanical inflicting of endless pain on the baby. Babies can't articulate a full sentence to explain it's been 4 months since circumcision and that the baby still feels a lot of pain, that the baby was dealing with his penis pain 24-7 for 4 months, unable to relate to parents or humans nearby, processing his pain, so unable to communicate with them, unwilling to talk, and being misdiagnosed with autism later and being medicated for no reason other than criminal pastors, rabbis and imams who terrorize

billions of people with circumcision approval. These autism drugs cause side effects, destroy the human quantum field and commit Jewish doctor genocide against humanity via circumcision and violent psychopathic outdated "religion". When a baby is in pain, he can't relate normally with others, he may seem an introvert, unable to communicate and respond, crying a lot, while the abysmal IQ☺ mother thinks he needs milk, but he needs the mother to trash the Demonic Bible instead and shut down all Christian, Judaic, Muslim worship places because they Deify Infinite Violence, because they create the risk of all humans dying in a 10 second blast via the all out war in a few years. These men, as they grow up will hate women forever, for the mother usually gave the child from her safe arms into the demonic hands of the Orthodox Christian priest or Catholic One before 1200 AD (when all Christians almost did full drowning baptism as Jews told gentiles to do to take over the continent), to drown him or circumcise him and cause him difficult breathing for 12-1200 months, brain damage from drowning and also the complete destruction of sanity and happiness, by feeling only penis pain and causing hypothalamus amygdala abnormal function and inability to have empathy for others, as he's consumed by a hate for his parents and females especially. So, here we go, the baby boy won't be trusting anyone, because, even mom and dad, closest to him, betrayed him and gave my body to be moved into a 4-40 months of pain to please a psychopathic society that worships a genocide mass rape cult of death, torture and painful mutilation as if it's some word of God of sadists. Moms forget that babies can't verbalize the pain the full immersion baptism caused at age 1 month, when the baby (who is always afraid of water after that) drowned and the lung water damaged baby lungs per the Jewish psychopathic habit present in Christian churches for 1200 years, today still used in Orthodox Churches and some Eastern rites, where Jewish violence against babies reigns supreme. This pain, from circumcision and baby infant immersion, ought to be made illegal worldwide, as people realize the Quran/Bible are outdated made up junk. Your baby is not autistic, but a victim of your violent giving up of your baby, to a psycho priest, imam or rabbi to circumcise or drown him in baptism, read the baptism section again if needed. He doesn't talk until later, due to not trusting his psychotic mom whom he may perceive as evil. Mothers, please don't ever let any clergy touch your baby until he's 18. Let pedophiles masturbate if they want to puke their brains out, don't let them kill a baby's potential. Think. God needs no wafers or touches around penis or penis sucking by rabbis, to connect to God. Russia has engaged in endless genocides last 800 years, perhaps due to infant baptism drowning. Babies become a lot more psychopathic/ violent and today, violent crime in Russia is 15 times higher than many European nations. Coincidence or the Ritual of Baby Drowning? Russians live 10 years shorter than EU, could that brain/lung damage at baptism be the cause?

100s of studies show the issues with circumcision (more HIV and diseases transmitted, plus if people are immortalist meditating, they know meditation is happier than sex by 10000 fold), the

poor bonding between mom and child who feels his psychopathic mother, who allowed it without anesthesia, has caused him pain and withdraws from her, being less likely to be well fed with milk and to have higher IQ and live longer. That foreskin prevents infections and oxidative stress, prevents rubbing the harsh underwear against the glans, friction which is very toxic and against nature, because it generates endless free radicals, that skin is there as a gentle soft perfect protective cover and buffer. The bacteria in there that the Jewish MDs claim "causes infections" have a specific purpose and they prime the sperm, stimulate the immune system, (women who use a lot of cleaning of vagina get huge bacterial infections due to destroying immunity), influence the sperm producing cells to be far more resilient when it goes into the female tract and survive, so circumcision lowers fertility, that's why WHO pushes it to Africa (they got huge birth rate vs other nations). Circumcision may even lower immunity of offspring thus lowering life expectancy. It would affect immunity and mental health of the person doing it before 7 months of age, *since the immune system is barely developed first months of life and* what happens when we have an injury, is all the immune system resources go to the injury site, so instead of taking care of the brain who doubles in size in the first year, *his immune system goes to the* penis, what a loveless and (as some would say) genocidal idea to lower people's IQ and destroy the entire human quantum field. The bloodsucker rabbis, glad to shout like Hitler or demons to scare the hell out of babies who cry of course, have many bacteria in their mouth, due to being old, and they suck the blood out of the bleeding baby penis (see video) after they cut it, infecting the poor baby with deadly bacteria that do permanent damage to the baby, even blindness from herpes. This genocidal attack of undeveloped immune system is an atrocity that now requires written parental consent in NYC, worse than over vaccinating that said rabbis are so against: do you see the hypocrisy? The ☺abysmal IQ☺ of this religion is evident: only the child's mother who gave him his antibodies to her bacteria etc has the bacteria he can defend against, so if anyone were to suck his penis, it should be the mother out of all humans, not an old stranger whose bacteria count is way higher than a young mother. One Jewish baby had his penis cut off by accident by a nematode worm IQ rabbi. None of these people are licensed doctors usually, so imagine if a random guy would do surgery on you. Odd right? Secular youtube says pedophilia is Jewish rabbi penis sucking that needs to be made illegal. A 25 min youtube explains using science papers why circumcision needs to be illegal.

13 required vaccinations by 6 months age is also quite a lot of immunity stress, needle pain (some may even cause longer pain or weakness), they need to space them over a wider period, maybe 2 years? Hey, 75% of doctors agree to space out doses, if asked, due to "severe crying mentioned by parent" etc, so you could do that too, since the brain damage and lower IQ issue is not studied and most brain doubling in size clinical studies are for 1 vaccine for a static brain that doesn't double volume in 12 months, not 15 vaccines in 6 months when brain grows ultra

fast. In some nations they only require 6 vaccinations by age 6 months by combining more and nobody is circumcised, unless a grown up Muslim kid or uneducated parents of a Jewish baby. *We have here 15 needle wounds that distract immune system, plus all that stuff that the body deals with… lowering IQ.* Educated parents who're immortalist can try to raise baby IQ, so immortalists win and bring the end of war and violent crime, so wait a little, it's not like when all mortalists vaccinate the immortalist is at huge risk of dying. Circumcision is similar to the 900 year period of foot binding in China between ages 4 and 9, except the penis stuff at age 10 days is far worse for the brain. The first 3 months of life, eyes go thru a super fast development of color vision, babies see black and white initially, so imagine, all immune *resources go to penis, not eyes*. Here is a new baby, adjusting to the stress of air life and etc and they subject him to a pain for 3 months until it heals *(skin is attached to the glans, so the pain is far higher than at age 12)*, and he can't speak to let you know diaper is tight and his penis hurts, what a pure cruelty – he may give up crying since he notices mom doesn't loosen his diapers (she thinks he wants milk or whatever), so what is the point, just silent pain until he dies in sleep as in some cases. Also, just like babies not exposed to vagina bacteria via vagina birth are more likely to be born autistic, kids born to 0 anesthesia circumcised fathers may be more likely to be a little crueler (less capable to bring World Peace in 3 months), due to the desensitization to pain and cruelty that is inherited as an epigenetic shift. Kids who undergo infancy circumcision without anesthesia become less empathetic and crueler in life, making World Peace harder, *since the angry kid won't bond to mommy and project his anger unto her, this will lead to low IQ as he breastfeeds less*. As an adult, he will be more likely to support wars and to view the *ritual blood human sacrifice of a part of his body* that this circumcision is as natural, while people infused with the *nurturing* graceful *gentle tender soft* healing loving kindness of God may perceive it as "horrific pure worship" of *"Satan, Lucifer", Pain, Suffering, Cruelty, War, Torture*. ☺☺☺ Immortalists deify happy bliss for all, not pain. 50+% of humans don't believe in the religious made up concepts of "Satan", it's a scare tactic to take over continents using fake miracles and boogie entities to enrich empires, even God is ultra complex. We don't need religion to be kind and empathetic, to know when something is painful & useless. Democrats spent $10 million to circumcise Mozambique males, when Americans are homeless. This is Judaism in the Democratic Party. They care more about the evil Torah/Bible than about the American people. Jews took over USA, just look at the homeless in Oakland alone. None of them are Jews. Jews are the doctors and politicians who took over our government, churches and imposed circumcision on all, while also awarding Jews 220000 salary to monitor Jewish Banks looting of every American. The Jewish billionaire Adelson made huge profits by destroying endless gentiles with casinos. They're after all, a superior chosen gambling race. Let us all bow down to them, for we're their slaves? If we don't wake up, USA will become a Jewish Taliban, a true Israelistan of Rifle worship. Any city not bowing to the Torah rabbinical law will be wiped out within USA by the

Jewish Army like Gaza. Don't believe me? Kaganovich, the USSR Jew, happily co-killed 5 million Ukrainians and lived to 97 in USSR as a hero of genocidal communism.

Some Orthodox Jewish rabbis suck the penis of the baby after this ritual, to soothe the crying baby and suck the blood out of the penis, so it's even more gross than that in the ancient ritual of inadvertently drinking (can't spit all blood out anyway, so the rabbi ends up swallowing some trace amounts) baby blood from the baby's trimmed penis. It's an image of *more sinister dimensions,* regarding the "holy" Bible that will fuel the creative imagination of conspiracy theorists for eons to come: see how babies got infected with herpes from the rabbi. These rituals were there before Judaism, allegedly, per some odd website (made by Jews? To make Arabs, Iranians look odd?): "Ancient Mesopotamian had festivals where the actual sex organ of a young boy was cut off and dedicated to the fertility goddess. The action was later reduced to inducing an incision instead. The blood was offered to the goddess and the occasion was celebrated publicly." Pre-Islam Arab tribes did female and male circumcision, as Wikipedia explains, though it's not clear who pretended to be a (*for profit*?) '*prophet*' before Mohamed and brainwashed them to do so, we see how naive religious Arabs, Europeans, Americans, Iranians are these days. A UK paper from 1949 says circumcision is at least 15000 years old and may have emerged in more than one place at once, it's all a mystery. Even in the so called "modern" countries that do this 'barbaric' act, they accidentally amputate 1 inch of the penis too when not careful "complications specific to this techniques include injury to the glans (glans is the penis under the skin they try to remove)... Amputation of the glans... is a *devastating* complication". Poor *4 year old boy had his* penis *cut* by mistake by "cruel 0 IQ MDs" : CRIU 2020:5806987. *Not just the* skin. WOW. *3 South African* adolescents had *their penis cut* too (BMC Urology 2019:19(65), by mistake, due to mass *circumcision forcing* MDs to rush (easy to make mistakes with that clumsy clamp) following some fake paper that "circumcision prevents HIV spread". HIV? Have sex for procreation only, and the issue is solved, no HIV spreading, circumcision is nothing but madness to people abhorring useless torture of babies. Once you meditate and are not tortured by the spy or military agencies that may interfere with learning how to meditate, you won't need any sex, and to have 1-3 kids, you only need to have sex about 10-25 in your life, just like most many mammals. *These are only 2 of 100s of similar incidents and amputation papers, so before you get excited about circumcision of your boys, recall the huge risk: lifelong disability making having babies very painful and hard.* They created gay culture to have a reason to put circumcision now as a benefit? Youtube got 100s of these rituals. The baby is in horrific pain, crying so loud, that anyone kind would be appalled and want such an act of trauma and *genocidal torture of the human quantum field* (that *breeds* wars) to be illegal globally with or without anesthesia. *For the uninformed, below are 12 horrifying circumcision videos and some science papers:*

1. circumcision pain causes baby to cry a lot, poor baby, **2.** baby crying like crazy,

3. video 3 shows that even with anesthesia, the baby is in pain, due to the needle injection as with vaccines but at least it's only for 5 seconds not 2 days (why add more pain if not needed? At least vaccines have a real reason backed by science, this is pseudoscience)

4. video 4 the pain continues for days or weeks at every diaper change, that wound doesn't heal right away, the insanity is much longer as parents can't use anesthetic every diaper change for 2 months, it is this video that shows that even anesthesia procedure *has a lot of pain for weeks* in many cases thereby destroying the human quantum field and making war more likely. *This is grounds for banning it globally if no benefits to total lifespan, health etc exist that outweigh the complications, infections, extra medical procedures,* brain damage and immune system destruction *from anesthesia chemicals, diaper cries that damage the quantum field of all humans in all solar systems and increase violence and thus lower total species lifespan* etc.

Researchers hypothesize the pain of the baby causes autism, due to autism "prevalence of 6.3% in circumcised and 1.5% in uncircumcised", *4 times more autism than the whole boys* not tortured in infancy ► GHSP 2017;5(1):15-27. "*parents reported pain during the six postcircumcision weeks in 71% of newborn boys*, with levels ranging from 'minimal pain' (14%) over 'acceptable pain' (53%) to 'more than acceptable pain' (2%) and 'much more pain' (2%)... pain associated with neonatal circumcision is plausibly more severe and the postoperative pain of longer duration than in older children and adults (with separated foreskin), because the foreskin of most neonates must be forcefully separated from the glans to which it is fused before it can be cut off. This leaves the circumcised infant not only with a painful incision of the foreskin but also with a raw, wounded surface of the glans that is exposed to friction and chemical irritation from urine and feces until healing... boys will suffer from pain due to anesthetic failure... disturbed adaptation to the postnatal environment, interference with normal mother–child bonding and disruption of breastfeeding patterns... more signs of discomfort during routine vaccinations 4–6 months later (which by associations, bring in the baby's mind the fear of that same 3 month pain starting all over as needle from anesthesia is the Pavlov cue to torture the baby with 50 vaccines)" ► JRSM 2015;108(7):266-79. Who cares? Insurance pays for it, paid to torture. Going to breed the strongest soldiers to fight Satan's Eternal War? Why Peace? JCTR 2019;4(2):136-51 explains that kids suffer a lot from anesthesia needle days after birth, from anesthesia failure and the pain and this can cause heavy breathing for months. They found that the more insurance covers circumcision chemical poisoning, the more kids die in infancy suddenly during sleep, possibly *due to irregular breathing due to pain, being so exhausted, one can't turn to breathe better*. Mothers, following the vibe of rabbis shove their kids to bed in tight clothing and the poor kid can't verbalize his suffering, so he endures

silently, feeling abandoned and dies. No women can be rabbis, so the male shoving energy dominates Judaism, Protestantism, Islam, Catholicism (believe without proof, forceful energy: though they got some Mother Mary feminine energy), most TV, officials swear on the Bible quotes. All ☺☺ *gentle tender soft healing nurturing* universal loving kindness☺☺ is exterminated, eliminated, eradicated, we're asked to "believe unprovables, nobody gently hypothesizes that these may be true or that they don't know for sure if miracles were faked":

5. baby cries again (gentile baby, victim of Jewish terrorism of the USA and the whole planet) 6. Jewish baby (1 min) cries in pain as rabbi handles him without gentleness, typical child abuse (see how many Jews rape one child) by Jews simply search youtube for "Jewish circumcision rabbi sucks blood" etc to find new videos if any of the videos get deleted as people report the child bleeding penis sucking (5 min) abuse by the *Bible Religion of 'Demonic'* Low IQ *Terror* 7. Jewish baby cries, note how lacking in grace, gentleness, care and nurturing compassion the procedure is; the infernal rabbis, like demons of global pain/suffering, torture babies as in this video showing their sadistic violence and lack of empathy legalized child abuse... 8. note how many rabbis talk, distract their ant IQ brains from gentleness in motor functions: blood sucking rabbis tortures baby in "religion" ritual (5 min clip) that needs worldwide ban. 82% of Israelis support the Gaza attacks: many Jews, made psychos by the Bible Torah section and circumcision, call for killing all gentile babies in Gaza as in the evil Bible itself. Insane people don't realize they're crazy... circumcision is hypothesized to have made Jesus crazy thru 5 month pain right after birth, so he thought he's God and he acted out his rage at being circumcised and made to suffer by attacking rabbis all the time, calling them devils, then throwing them out of the temple, making up miracles, etc. If the rabbi was silent and meditative music was in the background, it would be more comfortable (with anesthesia especially), since in 100s of videos babies cry often before they're even touched with the instrument, due to the extremely fast, unprofessional and unloving handling by these "clergy" who're strangers and make baby uncomfortable. The 20 pages on the full immersion baptism or water sprinkling baptism show how important it is to make baby comfortable, to leave him held by his mom at all times, her hands around him, as he knows her smell and is uncomfortable around a crowd of church strangers. If people are 'insane' enough to circumcise, it needs anesthesia and also eterni serene lullaby music, not this kind of rushed voice unlike the mommy or daddy lullaby comforting sound. Gently record something softer, more like this. It needs the most loving eterni tone prerecorded, before any vaccine, by law, globally, the most relaxing music (that the parent brings, as baby knows that lullaby song from parents playing it before and he's soothed by it) to diminish quantum field damage during anesthesia needle injection in any procedure, be it vaccine or useless insane circumcision. Love the babies. The handling babies with care during vaccines or etc section has videos/ideas for all MDs. Circumcision is RAPE like *the* rape of infants by Jewish rabbis, *imams, EU/USA priests,*

more details here to support global ban of Torah, Bible, Quran *the 3* "scriptures" *invented by the Diabolical* Jewish rapists of 3 year olds *who needed* 900 'marriages'/900 travels in Quran for rape practice. **Humans need sue these clergy for 888 trillion.**

We also need to discover oral versions of all vaccines that babies drink in a milk bottle they mix it with, since we can't destroy the brains of babies by needle pain, it makes babies autistic, cruel, as studies suggest: pain during infancy that the child doesn't understand the reason for, leads to psychopathy, autism, cruelty, etc up to 90 (due to it being irreversible) times more than it does for grown kids or adults, due to a different brain response, brain that doubles in size after the 8th day of Jewish circumcision or 10th day for some Arabs. If you have a computer and the fundamental architecture is wrong, the core of it, you need replace the whole thing, but if a periphery is defective, replacing that part can fix it. So, when the core is damaged, the core of the brain in the first year of life, then it's different. Thus, with full immersion all crying early baptism and early circumcision, people are deifying torture and creating a less peaceful world. Notice the lack of eterni nurturing empathetic gentle healing tone, which would be appropriate when doing anything painful, even with anesthesia, because the needle is painful. This is odd, to say the least, how can this be perceived as kind? Live and let live, but inform.☺☺

9. Philippines circumcise kids at age 10 without anesthesia: 2 min video. Oddly, they're not even Jewish or Muslim, but at least their immune systems are not destroyed by the wound when the immune system is developing and brain doubles in size, and body not damaged by anesthesia and only the human quantum field is damaged for the first 3 months until it heals. Mohamed was followed by Jewish spies who edited the Hadith, and circumcision is not in the Quran. After Islam became popular, clever Jews may have claimed Mohamed said that you're to circumcise, adding *fictional words of Mohamed to made up texts, though Arabs were allegedly already doing it for 1000 years before Islam.* My dear Muslims, don't be fooled, the Jews or traditions have tricked you all? At least, Indonesia, Malaysia, etc Muslims do it when they're older kids, which is a lot less pain, brain, body damage. Wait till 12 at least? The Bible is made up, and so was the Quran, wake up gently, this is the age of science, hypothesis formulation and testing. Some nations do it in the 1st month of life, per some online sites. Question & be free, gentle, soft, nurturing, kind, sweet. Research.

10. mass circumcision in Arab country, 1 min of crying sounds 11. shocking video shows how much damage is done, how much skin is taken off, 2 cm for older kids, which leads, as many videos show, tho the aging of the glans as its cover is not there to protect the glans to perform well during procreation (sliding easily is not possible as it became more rough?, liquids, chemicals, etc). 12. video of teens who die after circumcision via infection. Search youtube for more. This is a waste of money and MD resources, the damage done way exceeds the 'benefits'.

☺☺ Science will prove it☺ when USA becomes a democracy with fewer fake science papers.

These pain vibrations contaminate the human quantum field needlessly and make the baby wonder where his mom and dad are to protect him from the rabbi *(who may be perceived by some like some ?"blood thirsty"? guy, if they don't understand what goes on),* who may practice a ritual invented by a guy 9 millennia ago (who may have not been even Jewish) who craved baby blood and came up with some clever "reason" for it. The mouth bacteria of the decaying old rabbi will attack the immune system of the baby, who has no strong immune system before 7 months, especially first 3 months. This can cause infections, since saliva of a stranger is not as antimicrobial as one's own. Stone Age people saw that when people died blood came out during war, so they thought blood is life and that drinking blood gives them immortal lifespans, but that was a correlation, not a causation. So, today, in the age of science, we know that blood is toxic and drinking it won't allow anyone to live to even 100, let alone to 200 or 1 trillion. Thus, we see here the blood obsession of Jews who *(allegedly, per official Roman empire story, if Jesus and disciples were not paid spies, maybe not even Jewish, to role play or the whole story invented)* made up Christianity, the blood of Jesus drinking at every Catholic Mass, which is useless. The fake miracles section explains Rome was obsessed with blood sacrifices, due to unknown influences. How odd, lacking in humility, to assume that they know which part of the body is to be discarded upon birth. The penis is not the umbilical cord. The penis has 500 times more nerve endings at the top than the umbilical cord they cut, the cord causes no pain past the cut, while circumcision pain can last 3 years. Not to mention, circumcision makes having children more painful and also, less effective due to premature ejaculation. *Circumcision* is, in the opinion of *billions*, *a violent crime that mutilates babies* while causing so much brain *damage (emotional center) via the pain, via* neutrophils *rushing* to the *penis* not the brain, during the *fastest brain growth* of our life (brain doubles *in size in the first 12 months*), using the pretext of genocidal texts that condone genocide of entire nations, violence 100s of times. If God created the body, why trim it? It's mind blowing how many nations legalize such unscientific cruel acts.

The map shows circumcision rate, hover above your nation to see it. If a (*for profit*?) '*prophet*' comes and says "amputate the right leg toe" or finger, to be closer to God, people will believe it, because it is in the "holy scripture". How is circumcision any different? "0 IQ" folks from the stone age made up those "holy" texts and they had no understanding that you can via neuroscience, meditation, etc achieve infinite bliss without sex and there is no need to amputate your penis, as a way to "tempt yourself less". But nobody teaches meditation, only amputation & fake miracles. No clearer suggestive evidence of Jewish control of USA, UK science policy, papers is seen in the 2022 % of circumcision of US 80% (7 mil Jews), Australia 17% (120-250K Jews), Canada 32% (400K Jews), UK 20% (300K Jews), Israel 92% versus <5% in 85+ nations, some living longer than UK on average. Only the EU countries that have high number of Jews

and/or Muslims have higher rates (many Christian immigrants from some old outdated churches also circumcise). The so called "evidence" seems caused by the "beliefs of national opinion forming doctors which often happen to be Jewish in USA, etc". No wonder they claimed (fake?) the UK Royals are Jewish, since Queen Victoria (1819-1901) claimed (to be more popular perhaps, since then many believed in the Bible myths, but nobody can prove by DNA that you descend from David) she descends from King David of the "holy" Bible (anyone can claim they descend from world's more famous people, fictional or real Bible Kings). A 2011 paper claims circumcision popularity increased, in part, due to Lewis Sayre (his knee surgery that killed half the patients first few decades, an MD who graduated from a pseudouniversity started by Christian zealots who even today admits 92% of applicants with low SAT scores) promoting it in 1880s. Was Lewis paid by Jews? As Jews came to USA from Russia and Eastern EU in the 1820-1920s so did circumcision increase. Odd. Before 1850 nobody did it, except a few Jews, then it started going up, to about 5% by 1870. *"there was an almost 100-fold increase in America's Jewish population from some 3,000 in 1820 to as many as 300,000 in 1880. Between 1881 and 1924... two-and-one-half million East European Jews". This is a 1000 fold increase almost in 100 years: 3000 to 2.8 million. With the Queen embracing* it too and others (Jewish MDs?) promoting it in 1860s, 1870s, the US and Canada, UK soon circumcised 10% of newborns in 1880, reaching 85% in USA in 1975. Many Jews live in Western nations with highest circumcision %, though UK, Canada, Australia also reflect the huge # of 1st, 2nd & 3rd generation Muslims, African Catholics and other African Christians who do it due to "tradition".☺☺ Canada total circumcision rate went from 90% in 1950 to 32% today. Australia & New Zealand newborn circumcision rate went from 80% in 1950 to 17% today. The total circumcision rate is > newborn circumcision rate, since older generations did it often as kids. US newborn circumcision % was 58% in 2010 CDC report. The total circumcision rate is lowest in Arizona 16%, Oregon 17%, Nevada-Washington 10% and California 23%. UK medical reason circumcision rate dropped from 35% in 1930 to 7% in 1980. So even US, UK progressed since 1950 because doing it at 10+ is 500 times better for the brain. This drop was due to an MD explaining (BMJ 1949;2(4642):1433-7) how many kids died in the UK after this sadistic procedure, paper which caused NHS to remove free insurance coverage for this act of torture in 1949, with *Canada doing removing free coverage in 1980s*. UK total circumcision rate declines each year, so lower % are circumcised at any time after birth, 12% for 1980 generation, so in 50 years when many adults die, the UK % may be 9%. Internet brings free ebooks, etc, so all can read and become smarter than the most learned men of former centuries.

Only Muslims (Arabs, etc), Jews, Egyptian Coptics & a few African Christians circumcise in EU nations. Thus, the % of EU nation (except UK) circumcision (scroll down to see list in order of %, data taken from this 2016 paper) reflects roughly how many Muslims (1st, 2nd or 3rd generation immigrants) exist in the EU country usually, since most EU nations have tiny levels of Jews

except France 450K. Poland got 0.1% Muslims, so 0.1% circumcision. Any 100% European has intact penis, unless they were adopted and circumcised by Muslim or Jewish "cabbage IQ" parents. I didn't get circumcision, being European. South America is free from this too, thank God. North Korea 0.1%, South 77% (at least they do it at 10-14, instead of during infancy, so it's 500 times less damaging to the brain) due to USA doing it at high rate and South contact with the *US Army (run by Jews?)*. The Army wants soldiers who experience no pain and will be brutal, insensitive, mean and resilient as satan himself, so they don't care about pain, the more the better, hence they torture the hell out of all cops and spies, soldiers to create the DNA of Lucifer himself, and destroy all kindness. The smell of the underwear is 3% lower after 2 days of combat possibly with semi-castration of the circumcision, so it saves 30$ out of the 4 trillion budget too, less laundry done, wait maybe 40 days now to take a shower. USA brought to Korea Protestant fake miracles clergy (they are role playing, the clergy don't even believe in the mythology), though Gospel says no circumcision is needed. Protestantism was also a new way for Jews, disguised as Protestant pastors, to Judaize new denominations, to remove European Christianity influence, incite fights among Europeans for easy domination, and preach Judaism disguised as the Jesus myth. South Korea is increasing its IQ, so circumcision rate went down from 92% in 2002 to 77% today. 58% US new borns and 80% of those 14-59 were circumcised in 2021, so *US is decreasing its IQ, the rate having gone up from 48% in 1990 to 80% in 2021*. Kudos to USSR, one thing they got right is religion has no place in science papers. USSR got nicer more eterni music than these mass or individual Jewish circumcision noisy religious videos where tons of strangers intrude on the space of the baby, raising his anxiety as he's away from mom, with little respect for the trillion year old Immortal Soul, they handle the baby like a cattle sometimes, no reverence and grace, just shoving and insensitive handling, reflective of the Old Testament quotes, bad tone of speech, not the one in the presence of God, recall kids are meant to be from God and how do they talk? The *gentle grace* is gone. We got lots of nations living longer than circumcised nations and centenarians too who never did it.☺☺ People didn't know, that pleasure is in the brain, so they promoted it, not knowing meditation can achieve bliss without nutrient drainage. Circumcision is an important topic, since everything affects World Peace, sports too. Let gentle loving kindness rule, not pain. Instead of having MDs spend time with arterial plaque monitoring since age 1, as that kills most people worldwide, we waste copious amounts of resources on this without any real evidence long-term it does more good than the "drop in transmission of herpes for gay sex, so Jewish US military gays can have more sex?" *It's now possibly more of an extermination strategy*,☺☺ it's facilitating population control by making being gay (fewer kids) easier than ever, fertility lower. BMJ reports "Country prohibition of corporal punishment is associated with less youth violence (69% less for males, 42% females)". 65 nations physical punishment, due to brain damage, as Harvard reports. Isn't it time that we ban circumcision, a form of corporal punishment for not being able to make a choice as

an infant, which leads to so much pain after the fact, diapers, etc? It's the same violence that leads to violence later in life. Neuroscience proves it. Can we be kind? It doesn't matter where it is illegal so much, but where the law is applied and enforced, where the anger is prevented by peaceful mp3 playing 24-7 in living room, etc to prevent spanking.

14.3. The miracle of knowledge to simulate or perform telepathy, etc 'miracles'

The paragraph above is worth reading, as it explains the virtue of knowledge. Just as we got all sorts of miracles in many religions, ultimately, we have a lot of small individual miracles happening daily in people's lives when spirits give someone precognitive information and they avert a negative outcome seen in the dream by changing course at the exact moment when the dream goes bad, they take left lane, not right as in the dream for example, etc. We also have telepathy (the transmission of UNDERSTANDING & knowledge) of spirits going on for generations among scientists enabling us to make the discoveries that enable us to extend the lifespan of worms 10 times, or to cure diseases (Jesus said to cure the sick, and that people will do what he did and much more (John 14:12); that blind will see, deaf will hear, lame will walk, and today thru gene therapy and stem cells and other ways we see how paralyzed people can walk, how blind can see, semi-deaf can hear thru cochlear implants and mice thru stem cells (human clinical trials going on too showing hearing improvement), all thru the miracle of telepathy applied over and over, leading to the discovery of universal laws, the discovery of true knowledge that enables us then to repeat a miracle 1 billion times and give 1 billion people a longer lifespan, or 8 billion people a 500 year lifespan. Every day, thousands of small discoveries happen that expand human knowledge and they're true miracles, as they enable us to do what former centuries would view as a real miracle. We will probably travel to many planets in the next centuries, terraform some planets or colonize them if inhabitable, one far century even live 8,000 years maybe, do things not written in any scripture. These big miracles are compounded thru the small daily miracles of discovery in sciences, be them sciences of this dimension or others in the future. It's funny how we sometimes spend time thinking about past miracles (a miracle is something for which there is no known explanation, just as the miracles of science curing the paralyzed, deaf, blind, etc today would be thought of as miracles in former centuries as there would be no explanation for them), yet forget the amazing miracles happening daily thru these scientific discoveries, enabling instant communication by video, etc, that was not even described in any scripture. Perhaps we could say that one of the greatest miracles is the eternal expansion of knowledge and understanding which enables us to do more miracles, "What I have done you will also do and much more" John 14:12, all the miracles Jesus did we will also do, and science does some today and many more will be done in the future, like ascending to other *Universes* thru wormholes, living without aging for many millennia, etc. If God wants us to bring *Heaven on Earth*, one way that might happen is thru the eternal

expansion of knowledge about such transformation of our condition, from today to a future world of peace, harmony and perhaps 90,000 year lifespan in multiple dimensions and star systems (even trees live to 80,000 in Utah, are humans the pinnacle of creation? as we're now?). So, it's possible in the future religions will give sainthood or call sages (if they don't have formal canonization) people who have given us the miracle of knowledge, of scientific discovery, thru selfless research, so as to enable all to live to 90,000 and to understand the nearby first 50 dimensions, which may not be part of what is termed as "heaven" even. Extending the lifespan of worms 10 times and curing diseases are true marvels of knowledge applied, knowledge about the universe God created. Some think of water into wine trick as a miracle, but when we have chemical demonstrations where colorless acidic or basic solutions become yellow, blue, red or purple when a drop of colorless acidity indicator is mixed in, we don't see it as a miracle. ☺☺

It's funny how some think a 'saint reading one's mind at confession' is a miracle (lots of such stories exist that people never question as being made up or having a science of synthetic telepathy explanation), when it could be just the 'saint' priest being remotely controlled to say that the spy friend of the priest inserted as a 'sinful thought' into the brain of the person going to Catholic confession; so you *see, spies who know everything about a person (can thus inform a priest who fakes his mind reading) and spies know what thoughts they insert into a victim's brain, can do the same with the priest (without priest even knowing) to appear as if a miracle is taking place and manipulate the church goer, priest or both into believing fake stuff or join a spy agency that controls that church.* So it's good to watch thought formation and develop eterni tone of speech, singing and alertness, so as to not be so easily manipulated by gadgets of military and spy agencies who write your emotions, thoughts, images, inner sounds, even easier while sleep deprived or hungry, etc – so you know which sensations, body or brain, thoughts, emotions are yours and which are from gadgets, which are from who, perhaps trace to origin the user of the gadget, his bosses and read his mind and intent that is not explicitely stated or intentionally hidden in the crap they write into your brain via silent sound. ***So, it's not a miracle, just less known neuroscience.*** We can say that the two miracles are very similar: knowledge applied, one knowledge is known, another is unknown (as of today), but it's sort of mind-blowing miracle too, striking to our senses. The miracle of ever-expanding hypothesis thinking, of understanding and knowledge seems so transforming, as it enables us to grant its applications to all people (if you think of all technology today and its ability to help humans live better, cure diseases, etc, they're applications of the miracle of hypothesis thinking, hypothesis testing, inquiry, understanding) and perform this miracle at will (every time we use a phone or any tech we apply the miracle of knowledge, we perform a miracle so to speak). The same understanding miracles will probably enable us to live 5,000 years, teleport, visit other planets, shapeshift, materialize things, thru mind controlled picobots or some other unknown method. ☺☺☺ One

of the greatest recent miracles to a molecular biologist perhaps is how diseases disappear by CRISPR-Cas9 gene turning on and off (even without changing the inherited genome at all). For example people with hemophilia have to inject themselves with some chemical every other day to prevent dying, but with this gene therapy they might only need one lifetime treatment, and remove the stress of injections and of the anxiety that comes if something goes wrong. The amount of suffering of parents having say 7 kids out of which 5 died of infectious disease in the past was great, but today thru science we got infant mortality decrease 50 times in some areas. There are so many examples of how science has performed healing miracles, saving millions of lives. Miracles and their stories have a way of bringing hope and joy☺☺☺ and a desire to continue discoveries, the science miracles of healing. The ancient stories of some bigger miracles are inspiring science fiction, scientific discoveries of the future related to wormholes and dimensions and translating from one universe into another as it would be in an ascension.

It's a miracle we can now fly to other countries in hours, talk to them in real time via video, to ancient men at least it would be a miracle. It makes sense to canonize the people who further human knowledge too, the human suffering diminishing, not just people who were selfless in action (like say helping the homeless, etc), but helping the homeless humankind, who're all homeless and without shelter, unable to live in an environment, or shelter enabling them to make it to 200, 900 or 9,000, it's a different form of "taking care of the homeless". Without knowledge we're all homeless so to speak, and we die at 80 or so, having not found our place in the universe, our home, the Home of Eternal Knowledge and Wisdom, the Home of True Knowledge and Grace, the Home of Understanding, Hypothesis Thinking, the Home of Infinite intelligence and Information. Wandering without a home, without a body that we can call home for 9,000 years, seeking knowledge, we will perhaps one day return home in the Realm of True Insight and Knowledge, replacing our less aware state today. Subatomically, we have these very mind-blowing miracle like things going on, like the mind-blowing chemical experiments they do in school, but slightly different; these things hold up the atoms, nuclei together, the dimensions nearby and it's a miracle that happens every trillionth of a second in any location, quite cute to watch, it's like chemical experiments “on steroids”, 24-7 everywhere universal miracles. ☺☺☺

In the past, humans did not have knowledge of science to enable them to do miraculous healings via science, so it makes sense for spirits to perhaps create more of these miracles in certain circumstances when understanding and knowledge are not very developed in a civilization. Today there is an abundance of scientific miracles, so spirits may not need as many miracles. Many miracles happen, daily, probably, but it is impossible for a person to know what happens around 8 billion people, so it might seem like it doesn't happen much in the old traditional sense. Some skeptics (who don't believe in spirits or God) will say spirits were not involved in all or any scientific discoveries and the scientists discovered the laws of the universe by tuning into

the universe, and that's fine, everyone is free to believe in any hypothesis they want. It's still a miraculous healing that thru science some amazing things can happen, healings, etc. Vitamin C cures scurvy, D cures rickets and high mortality, B_3 prevents pellagra. The vitamin discoverers performed true miracles for humanity, alleviating the suffering of millions. So amazing is the miracle of UNDERSTANDING and Knowledge.☺☺☺

Fred Kummerow worked for 50 years to ban transfats and in 2015 FDA (food regulatory agency in the USA) finally banned them. By his tireless saintly work, working in his university lab at age 100 (he died at 102), he has added lifespan weeks, months or years (depending on how much trans fat is eaten) to millions of Americans of the future, equivalent perhaps to saving the lives of 500 teenagers (500 times 70 years of life). If a saint had the miraculous ability to save the lives of 500 people by healing or resurrect 500 people if they're young or thousands of older (we hear some saints resurrected many people as today medicine does thru resuscitation sort of), he would be canonized and his autobiography studied as people study in temples, churches, etc the biographies of saints. The discoverers of vitamins have saved millions from scurvy, pellagra, rickets and many vitamin deficiency diseases, these were humble people who fought to free humanity from suffering and gave humanity healing. The "saints" who extended worm lifespan are the scientists whose amazing work could be known and studied in many religions in the future. Tesla's 700 inventions, some of which are present in all buildings, have sped up progress in medicine enabling others to cure diseases, to cure hundreds of millions of people who would have otherwise died young due to infectious diseases or whatever. If you add their contribution to healing miracles (i.e. miracle by previous centuries, but normal today), it equals that of many saints. Ironically, it seems (we can't know if all thousands of saints were having these and not saying it with 100% certainty of course) like Nikola Tesla (a Christian) had more paranormal things happen to him, and far more telepathy visually than many Christian saints. Nikola Tesla, one of the greatest telepaths in history, was said (true or fake?) to have gone on imaginary trips (or what some would call astral travels) to new cities, countries, places as a teenager, and meet real people, as real as those in the physical world and these people became very close to him. Later on, he would see perfectly in his mind his inventions (true psi or ESP), which power the whole planet now, and also flashes of light of different types when a promising idea or invention would come into his awareness, which happens to many people today who get feedback from spirit guides when they think of something.☺☺☺ He also became *vegetarian* and preached it to others, *saying it is damaging to our morals to mistreat animals, kill them and eat meat*. He was probably one of the most psychic of all inventors, if the stories about him are true. He got 700 patents and believed that one day science will enable humanity to live on cosmic energy without eating. The flashing of lights was very colorful, greens, gold, silver, etc. His stuff was similar to the vegetarian Ramanuja math genius, whose subconcious mind presented math formulas in the

dream with a Goddess imagery he could accept. Like Von Neumann got instant answers to math.

Tesla reportedly saw remote people and things before going to bed (kind of remote viewing). He was very sensitive to sound too, *reportedly* hearing flames from a neighbor and saving them from the fire. He was said to have heard the *sound of thunder a distance almost* 4 times larger *than his buddy* did and the tick tack of a clock from 3 rooms away, a fly landing on a table would sound like an explosion in his ears, possible due to not only visual constant seeing in the astral world, but also constant hearing in the astral world or some near-by copy etheric one too ("real time zone", which is often thought of as not proper astral). If a train passed many miles away, it would cause his whole body to shake. *A train whistle 20 miles away would* allegedly *make him feel as if shaking on his* chair and would hurt so badly he could not stand it. If other people harmed his relatives or friends, he would feel pain. One time he got a premonition of something bad and asked some friends to stay the night and not use a train, which later flipped and killed several people, in a true telepathy precognition, actually more of these types of accounts exist in the Tesla literature. His telepathy was very advanced even if he may not have realized it as much as the parapsychologists who today hypothesize on these phenomena and write books about it. ☺☺ Interestingly, he was very sensitive to bright lights and to changes in light amount, like when going under a bridge (the shadow creates a sudden 3 second time span where the amount of light drops suddenly) he would feel strange or sick. He was sleeping an hour or two only usually, but once a few months he would sleep 4-5 hours. He also invented what became known as the Tesla Violet Ray, the one Edgar Cayce recommended in 900 of his readings. He knew 8 other languages (Serb, Croatian, Czech, English, French, German, Hungarian, Italian, Latin) speaking 6 of them fluently, like a hyperpolyglot. That is why it would make perfect sense in the future, as "Immortality quality emulation" or Longevity catch on, for the religions to canonize scientists who selflessly propelled humanity forward, so that the discovery of the electron, atom model, proton, neutron are studied in the biography of Rutherford (electron, neutron discovering) and others and the scientists become more eager to study the paranormal miracles and there is a faster unification of science and spirituality, enabling a faster discovery of truth and inter-dimensional physics laws, and teleportation, wormholes, ascension, translation between *universes*, etc. It would also make every believer in different religions more willing to embrace hypothesis thinking and acceptance of the infinite complexity of life and afterlife, leading to an easier time to reach World Peace and (scientific and spiritual) ability to bring *Heaven on Earth*, ☺☺☺ to build a New Earth, a new planet from asteroids, a new Earth in another dimension, to do different things that people often believe in, but could be done without a sudden intervention, rather be done slowly thru understanding and science. Tesla died broke, he had no affairs, celibate all his life, contributed so much, yet he's no saint.

Discovering knowledge about miracle creation is arguably even more valuable than doing a

miracle, so thru this shift it would be possible to make hypothesis thinking, invoke Richard Feynman to telepathize and pray for us, Albert Einstein and Ernst Rutherford pray for us and give us quantum electrodynamics ideas via telepathy so we can discover how to eradicate diseases and war and live to 900, we listen via telepathy and conscious breathing, etc. The temperament, personality, values of many scientists are exactly like those of many former saints who did many miracles. They're the gentle soft-spoken intellectual people who take humanity forward towards the Eternal Sunshine of Iridescent Knowledge and Magnificent Understanding, Splendid Hypothesis Thinking and Perennial Questioning of everything. Galileo Galilei himself might become a saint, and be formally canonized for taking humankind towards Hypothesis Thinking and Testing Hypotheses, not just believing in them.☺☺☺ Exactly as some people can't understand some advanced differential equations calculus or physics, some people can't understand how God can exist or something else (insert belief here), and naturally, that doesn't mean they can't be saints in every other way, except for the belief in God being more agnostic maybe. Every saint had faults, and yet the faults were overlooked. So, this brings the possibility of canonizing people who were scientists but were agnostic or even atheist, since the gist of saintly behavior may be related to behavior, contribution to healing miracles thru science (a physics invention speeds up progress in medicine and biochemistry often, leading to more diseases cured, miracles of healing) more than to professed or actual beliefs. It's often hard to know if some scientists said they were agnostic or atheist to appear scientific and not be ridiculed by the more agnostic or atheist peers. The divine ecstasy experiences ☺☺☺ might become common as TV teaches them, and we shift focus from without to within, from talking to God/spirits to Listening to God/spirits, from open eyes/mouth to closed/mouth eyes, from noisy ultra loud music to soft very soothing calming music, from traffic noise filled services to soundproof silence filled services. To us, a *supernova* explosion seems very random, but if we were to see the big picture of 400 dimensions causing it, it might seem like super-orderly.

14.4. Immortalists test hypotheses to find truths, they got no creed, beliefs: their 'churches' are online and *have no donations*, unlike the wolves today

(preying on gullible sheep and using 'clergy cover' to loot, lower IQ of nations, enslave nations)?

Immortalists believe in eternal (via Eterni Food Inc, see 5 pages on immortalist food & God) happiness, in creating happiness via altruism and science. Immortalists reject the doom and gloom, "maya, illusion, suffering, world is Satan's creation" of Christianity, Islam, Hinduism, Buddhism used by aristocratic religion inventors to get the slaves' guilt, shame and belief rise to such high levels, that the slaves consider it normal to suffer, to be abused, tortured, sleep deprived, malnourished and subjugated. On the contrary, in stark opposition to the aristocrat started religions, the immortalists hypothesize that the world is a place of happiness *when* we

use the brain to think, *instead of* repetitively engage in brain numbing mechanical prayers and rituals that make us gullible slaves easy to slaughter by fruit fly filif IQ conmen aristocrats. The world is a world of happiness when we discover the Knowledge of Immortality, of deactivating the aging that causes pain, the knowledge of the pain receptors that cause abnormal signaling in some brains or nerves, the knowledge of slowing aging (and all the suffering that comes with chronic diseases born of molecular cellular damage accumulation), the knowledge of happiness via simple breathing, serene music, etc. Pain and suffering are born of ideology or molecular dynamics ignorance, not eternal absolute realities as in Maya Illusion view of Hinduism or suffering in Buddhism, or "evil" in Christian nonsense about "Satan created this universe, Satan rules the Earth, God rules the heavens". The *Bliss* of Immortalists (the 2nd most important quality of God, after *Immortality*, the central quality of God) is fueling science progress, so much so that immortalists living in noisier cities may even love to create 3 very soft barely audible *(only audible without earphones, so nobody's meditative mp3s are disturbed)* calls/hour, in eterni tone, in the nosier public places *(trains, public transport, streets, etc) of rather noisy cities,* to help them counter the biological entropy of the chaotic sound, to remind them of connecting with the Bliss of Eternal Immortality (God) via conscious breathing, to listen to their mp3 to immortalist songs and tones. Immortalists believe in Bliss, Joy, Happiness, Ecstasy as some of the top central qualities (besides *gentle tender soft nurturing* graceful healing *universal* loving kindness) that sustain *Eternal* Immortality *for* All, via facilitating 0 anger, thus 0 crime, 0 war forever. Happy people don't get angry, don't commit any crime. Crime starts with anger. The 2nd *most central quality of God*, after Immortality, is *Bliss*, and we see Bliss is what humans struggle with the most, since, after Immortality (no aging), it is the hardest to attain every second. God is the impossible, so whatever is hardest to achieve, is God's most central quality that sets God apart from humans. God is the Ever Existing Bliss of Eternal Immortality that you recall, connect to instantly without words and become the Ocean of Bliss that brings Eternal Universal Peace.

In many scriptures no mention exists on hypothesis formulation and testing to discover how to live to a trillion, a nice guided meditation "Breathe in the Light of The Most Magnificent Ecstatic Iridescent Light of Eternally Blissful Immortality, God, and breathe it out to envelop all humans, so as to enter the cosmic bliss state as one Family of Immortals☺☺☺, the human family". In the immortalist society, all become so happy, nobody wants to steal, be cruel, punish anyone, yell, shout or do anything wrong, since they enjoy God's Infinite Bliss, since all greed is gone, since all have equal pay. God is everywhere, in the air, we can breathe God's Infinite Ecstatic Love any time, a love infinitely greater than that of all humans combined. God or *Eternal* Immortality *Knowledge* is Electrifying Grace, electrifying Bliss☺☺☺ that transforms all fear and everyone around us, by brain to brain entrainment, so there is no need of all these paranoid protection words that people said in the 100s of prayers (the said entities are hallucinations of old models

of reality anyway). Immortalism is about evolving past fear, past language, this 'breathing prayer' is very translinguistic, you become one with the collective intelligence of the entire species and much more, which is 8 billion times more intelligent, amazing & beautiful ☺☺☺, powerful than any human invented entity or threat. When one with God, nothing can oppose you, you're Infinite Bliss, being One with God's Love is the Protection: experience God, don't talk such long prayers in your head, breathe God more often, experience nirvana often, become one with God's Bliss and Knowledge of Immortality *for* All, which is *non*-verbal, *subatomic*, all transforming. We can evolve, teach everyone from age 1 day the Eternal Bliss of God via breathing the Light and Knowledge of *Eternal* Immortality our descendants have attained. As mentioned above, many immortalists can even choose, in their own city or whatever, to happily have the thrice hourly call of 10 seconds (super soft, barely audible, part of a soothing background music that is used to hide the noise of the city) to happy breathing communion with the Ever Existing Bliss of Eternally Immortal God or Infinite Immortality (for atheists) and the Eternal Ecstasy of loving all humans, giving Immortality to All and surrounding them in God's (Infinite Immortality's) Ever Happy Immortality giving Light in the train intercom, streets, shops, etc, so people can practice it, then voice stops and meditative instrumental music plays for 20 minutes, so people reach ever higher nirvana states: all addiction to alcohol, smoking, erotica, etc disappears, as they develop a happy brain, never violent. 0 crime means no wars. All crime comes from anger: happy people never engage in violence or crime. To achieve the Grace of Eternal Universal Peace, we need to recall God's Central Quality: *Eternal* Immortality and God's Bliss, Eternal Infinite Bliss.☺☺☺ This creates a new collective brain field of all humans united in one ecstatic dance of breathing, having *a billion times* kinder intentions of Immortality *for* All.

Who needs churches when a million are homeless and we already have endless spaces (Univ lecture halls) where people can gather for "service", including the 1 million Immortality labs or the future Immortality free biomarker monitoring and meditative bliss "weed-alcohol-smoking-violent music" deaddiction centers? Isn't it more ethical to use the City Immortality Centers (that besides free gathering halls, also provide free universal healthcare biomarker monitoring to prevent disease 30 years before it emerges, instead of this fake healthcare today that only treats after catastrophe happened) for 150 services than to have 50 buildings (sitting empty most of the time) with 3 services each? All those who want to gather get free rent, no donations allowed for ethics, religion, anything as none can be proven by physics anyway☺☺☺, and because there is one universal pay, none can make money outside that as no cash exists, life is about living to a million not making money. Today, all insane frauds produce ultimate garbage (1 million religions (scripture that incite folks to violence)/movies (instigation to murder)/music (incitation to mass rape and genocide) clips/year) to make money by deceiving, robbing others and spiking violent crime rates covertly 1 billion fold. Look at these bandits becoming m(b)illionaires using religion

when Jesus said all rich go to hell in Mk 10:25, since gigatheft causes genocide. Look at the bandits becoming m(b)illionaires by creating the most violent music/movies. By immortalist standards 99.9% of music worldwide is violent and needs be replaced by civil one. To achieve a trillion times lower violent crime, which the "cow IQ" religions failed last 50 millennia, we need a music a trillion times less violent, menaing 99.9% at least needs to be banned. ☺☺☺☺☺☺☺

There is 1 physics not 8,000, 1 chemistry not 8,000. ☺ Likewise, there is only 1 interdimensional physics of the soul, not 8,000 religions? As humans grow up, a world 'religion' or ethics will probably emerge, besides one world eterni (see advantages) language. Immortalism is slightly similar to 100s of religions that existed, well before Chrsitianity, who also believed in reaching Immortality (Egypt has similar resurrection cults), but with one big difference: this Immortality won't be attained instantly at death, but over billions of years via scientific innovation, in a verifiable way, meaning we will live to a billion years and thus have real proof of "billion year lifespan" type of Immortality instead of a wishful thinking. So immortalism is sort of like a religion, but actually more like science. It's a philosphy that shuns the begging ideals of Buddhism and the desire to "not reincarnate in this world of suffering", because it recognizes suffering exists only due to the low IQ people, and due to fast aging causing physical suffering of aging. It also recognized reincarnation may not be a fact, as many believe or wish to believe, but doesn't argue about it, since it can't prove. Immortalism only asserts that which is clearly proven and you can't prove the existence of soul or reincarnation as of today: all those fake stories of reincarnation cases have very simple alternate explanations, fraud, etc. If we're trained to be happy and live 50 times longer like a honey bee is via a different diet, all diseases of aging get postponed by 3 millennia and we're happy ever after and the world isn't "suffering" as Buddha brainwashed us to believe: Buddha was too "low in IQ" like all in those times, to realize that with tech, you can postpone all aging suffering by billions of years. ☺☺☺

The world is wonderful when aristocrats (like Buddha was) don't create endless wars and epidemics to kill endless people and steal their money and subjugate them. There is no suffering, nor rituals needed to appease the Tibetan Wrathful Deities of the Cave Men mentality. We simply work forever to expand human lifespan and prove the Fraudulent military spies of Rome who invented Christianity by staged miracles, the fraudulent Buddha Aristocrat who invented Buddhism wrong: you know chemistry was all abracadabra in the 1st century and so was "ethics and religion", everything changes and evolves as humans become more educated and more intelligent. The human progress depends on longer lifespan, so people can expand to other galaxies, travel there in one lifespan, so we simply aim for that world of longer lifespan, which even at 1 trillion years old, is still mortal. Immortality is harder to attain, as explained below, as you need to outlast universes which are temporary too, so you need to be able to shapeshift and be able to live in impossible environments that connect dying to new universes.

For more nuance regarding the existing clergy, please read the 5 page fake protests section.

Fraudsters☺☺☺ sell "spiritual invisible" unverifiable Immortality of religions, such as Christian *** C 15:44;51-4 *** talk of the physical bodies being raised instantly at rapture, "when Jesus comes back" into "spiritual immortal bodies": "For our dying bodies must be *transformed* into bodies that will *never* die; *our* mortal bodies *must be* *transformed* into Immortal bodies". This removes any incentive to develop technology, to live longer, to develop science and reach physical immortality, it's a perfect religion to keep people incredibly stupid, complacent and easy to dupe by aristocrats or even aliens. Don't do anything, don't discover anything, Jesus will give it to you, die at 80 please. What a satanic *deception*. For 2 millennia frauds claimed rapture is coming, sell all your belongings, get ready and then nothing happened, no rapture and the cult still continues today, with more of this every year, these words of Paul are not even from Jesus. This religion is a fraud based on the Biggest Lie, they even make people believe, via John 14:6, only with Jesus they can attain Immortality, only with the Imperial Fraud Religion you can attain it, so give all cash to the Vatican vipers. You see, the aim is not to help anyone live longer better life, but to annex more territories by having "low IQ" naive folks change religion and allegiance and pay cash to your empire, instead of another empire. Honest people, with scientific integrity and actually the most basic form of human character, are very different than the charlatans of today we normally call clergy. Honest people, with an infinitesimally small amount of ethics, virtue or character, humbly hypothesize that we can't LIE to the masses and tell them "when you die you attain instant Immortality for which we have zero proof", for to lie is to be a scumbag, a low life pervert who wants to take 10% of others income by selling snake oil, false promises, so you live like a parasitic leech, doing nothing, keeping humanity backward, stopping centralization of the 11 companies that brings 100 times more innovation, 100 times less suffering due to biochemical aging and gene expression (not due to Buddha's "noble truth: the world is full of suffering", which is a lie and a pervert way to brainwash slaves to accept being abused by aristocratic families, like Buddha royal one, which can be "suffering" when slaves work 78 hours/week and then are sent as cannon fodder in wars: get used to it, just submit to the New Kings/Spies using the Buddhism religion, to take over your nations, for all will be good, suffering will stop when you die, so die for us, only Nirvana is the way, don't ever try develop your science, do the ritual, "you stupid" Buddhists, Christians, Muslims, Hindus, for science will make you think and then we can't fool and extort you anymore). The world can become a happy place, where all are happy on their own, via conscious breathing or serene music, without the need to pay 10% of your income to Jesus, Mohamed, Buddha, Krishna, gurus or to donate to fraudulent thieves, conmen posing as imams who spread the religion of genocide, rape, war. The world will be such a happy place where people fix issues instead of "accepting the world as it is because God, Buddha or Satan designed it that way". The clergy want us to say "*the world is*

suffering, Buddha was right, the world is ruled by Satan per the Bible, the Jesus cult scribes inventing this "fruit fly IQ level" concept were right, just live with it, accept it, don't do anything to reduce aging speed, to cure diseases, stop natural disasters, wars, dishonesty, fraud by clergy selling snake oil to enrich themselves*, just give us donations and obey us, we know it all,* don't think for yourself, just do the ritual, obey" and we'll build mansions and be the wealthiest church in the world (they all compete for who can steal more money from the gullible masses, Catholics are # 1 for Christian cultists). Don't try to live to 400 or 1 trillion, because Jesus, Buddha, Mohamed, Krishna frauds will give you instant Immortality when you die, just eat, do some nematode worm IQ rituals and be merry, for the clergy will steal your intelligent people to run admin of church jobs, and turn your nation into one of low IQ bipedal chimps via the kind glory of scorpion IQ religion. Don't do anything, especially, don't try to end of religious brainwashing in religious schools, universities of turning humans into bipedal sloths and pigs, feeding like pigs from troughs in restaurants with chicken IQ music, about Christmas and Jesus, instead of intelligent free citizens who know that to discover the truth you actually need to live long and to design a custom diet where each of the 50000 chemicals in it is in a precise mcg amount for each person's DNA, health issues, blood, type, not eat toxic gluten in bread like Jesus the chimp said in his "prayer", poor fictional Jesus, with all scriptures backdated and evidence forged to make it appear as real events, like FBI creates 1 million fakes books today on any topic.

My friends, hold on to your seats☺☺☺, the rocket is about to lift off humanity from the Age of Eternal War and Stupidity, for before you run an airplane or a rocket, you undergo extensive training in a module that is on the ground, on Earth and simulates the rocket and what you will do in there, etc. Before you go in wars to actually kill enemies, etc or even to kill carnivore wildlife or whatever, you train. Wouldn't it be logical that before you're left alone to your own devices to be an Immortal in some "heaven" to maintain Immortality in a super complex world using a physics far more complex, to run your own civilization of Immortals in another form or universe, you would get to practice it in a simulated environment such as our universe? For example, soldiers create copies of an area, urban or rural, and practice combat before the real world attack. The world we live in could be the a place to learn to be Immortal by practicing building Immortality by a long trillion year process of learning to live to a trillion years old that proves to all this was attained for all, to prevent cheating, meaning Immortality *for* All. Let's say this is the only world out there, and we simply become Immortal by upgrading our bodies to live on various particles and systems of subatomic machinery (we are not molecular machines, but subatomic machines, *molecules are simply things we see well today, but science will see smaller stuff*) that enables us to translate from dying to new universes via black holes or other wormholes, etc. Just like today, we go from one city to another, via a road, we move from a dying collapsing city due to a flood to another city on higher ground, so we move from this dying

universe to another. It's still the same world, so don't make it too complex, because even with a trillion "parallel universes", it's still one world, some hide within it or our senses can't see them.

You have the *human* right to kindly ask a question: did the rich simply invent religions to steal everyone's money? I don't give you a premade answer, just think for yourself. In my view, the Mormon church is nothing by a fraud to steal 10% of everyone's income and turn everyone into their mind controlled slave, whom they control like sheep led to the slaughter at 80-90 years old. So are all other religious establishments, though few are as greedy as the Mormons with 10% requirement. To think our taxes go to support these thieves is beyond comprehension, for all they promote is the Bible, the rape, slavery quotes, the cannibalism quotes of their Book of Mormon. These churches are like fraudulent parasitic states within states whose main outcome is creating a population of ultra low IQ slaves, easy to dupe by any foreign intelligence agency, easy targets for cunning predators. They destroy any nation where they take root, because a nation of naive low IQ fools is 1000 times easier to conquer. That's why Buddha and others created religions, to subdue other kingdoms with nice sounding stuff. Mormons are like the Old Italian Mafia, they continue promoting the Genocide, Rape, Slavery Quotes of the Bible as if they're the Word of God and the Supreme Ethical Way of Living, with an infernal audacity and subterfuge, hiding in plain sight, their diabolical nature, behind the more benign 0.01% of quotes out there to dupe the masses that this is "not another scam of genocide and mass looting and subjugation of nations as all prior religions bored aristocrats invented to justify mega theft".

Why do we need this difference between instant unproven Immortality (blind belief) and gradual provable increasing longevity that becomes Immortality (when we get to live to a billion) from our point of view of 80 year old folks? Because the instant Immortality is a FRAUD created by aristocrats in order to demand 10% of your income to the Clergy Aristocratic Class that Ran Civilizations and Posed themselves as the Phony Leaders of a Church, keeping people ignorant via useless rituals and stealing the fruits of their labor, enslaving continents. The way this religion is designed is extremely clever: you must always follow the rules, or you go to hell, be ready, one day you will be shapeshifted into an invisible to humans spirit, and get your ticket to eternal partying with Jesus in heaven. Maximum anxiety, follow diligently the way of Jesus of blowing yourself up, giving your life up like Jesus faked it, in order to expand the wealth, riches and comforts of the Ruling Religion Creating Class, who invents ever fresh cults to keep people oebedient and efficient in their slavery to the royal family of Buddha, or Roman Empire or the Mohamed Line. It's not hard to figure out these bastards never aimed for peace, since their religion was adopted widely and promoted poverty, so that all money is kept by the Vatican Ruling Class and everyone else is a serf, a slave of the Roman Aristocracy. Their religions never preached the end of aristocrats, the end of war, or violent crime within years. It was all a fraud to enable them to get rich and con everyone else. They still kept killing millions after the Romans

adopted the 'religion' of "genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating" in 325. It's comical how they brainwash the whole planet these these quotes are God.

Unlike the fraudulent religions of today, the immortalists' or eternians' creed or philosophy would be something more down to Earth, more physical (aware "spirit worlds" are as "physical as ours") like, "We believe in having no beliefs, but in testing every hypothesis to find out which one is true and which one is false. Thus, one hypothesis we will test in the next billion trillion years is that science can enable all workers of the world to live to a trillion years old, by ending the Reign of Million Year Subjugation of the Workers via Religion and Fraudulent "capitalism" of mass extortion via genocide. We hypothesize that centralization via efficiency that brings 100 times more innovation, will enable the gradual, over billions of years, science based transformation of the present *physical body into* an energy-physical hybrid body *that* others see *as* beautiful☺☺ telepathic radiant teleporting genderless shimmering shapeshifting Immortals, *body able to morph into trillions of lifeforms living on various planets, inside stars, blackholes and universes,* via the shapeshifting of the essential universal energy body into the appearance body or what we call "visible lifeform", so as to physically outlive trillions of universes and live forever, not in this world only, but in many worlds. Immortalists don't believe in anything without proof, we test hypothesses to find out *what* works, what is truth, so the science of 10^{500} year shapeshifter *lifespan* advances.☺☺☺ We don't believe in nonsense like "Jesus comes back and in 1 second, the mortal physical body vanishes and becomes some invisible spiritual body". We don't believe in Jesus being anything else except a fiction, regular rabbi or Italian spy (pretending to be Jewish) bribed by Roman Empire soldiers. Science progress is slow *and no* God wants "fruit fly IQ folks" to join God in heaven, God wants to teach us how to fish, not give them fish, *how to become* Immortal *via* science *developed* over eons, *not to give us* Immortality. *Why,* religionists would ask*? Simple, for the same reason you* wouldn't enjoy the companion *of* grains *of sand in heaven:* present humans are of a stupidity so infinite, that to God, they're like inert rocks. OK, let's say you're God sitting on a throne, as "bacteria IQ" religionists say, and you try to talk to people, who're living 1 quadrillionth of a second. By the time you say 1 word, quandrillions of generations of people died. How can they understand your commandments, if it takes them quadrillions of generations to even hear 1 of God's Words? *Do these femtosecond lived humans comprehend that they can't even begin to understand 1 quadrillionth of a word of God?* So, how can God in heaven give a command to his "disciples", whose intellect is that of a femtosecond being? They can't understand it, they're overwhelmed by any of God's teachings and explanations about the Universe. When Moses claims he gave 10 commandments, he's hallucinating, because *God's simplest word takes 10 to the power of a trillion a trillion times books to write.* If you're in the divine throne room, would you love to hang out with fruit flies, trillions of them, or bacteria and talk to them all day?

Would you date a grain of sand *or enjoy their friendship?* Grains can't talk to you, would you enjoy living in a cell with grains of sand as the only companion? *Would you enjoy being the father (God) of 1 million fleas biting you all day?* When was the last time you tried to hang out with fruit flies to do cool things together? I'm not talking about dating opposite sex, but just regular friends, like fellow guys or gals. For the same reason hanging out with fruit flies or bacteria that kill people is not cool for you O Kind Spiritual Being☺☺☺, God doesn't really give us Immortality, as we don't know how to maintain it. You wouldn't give a super expensive and very hard to maintain space rocket to a tribe of baboons or spiders, they can't even understand its purpose, can't use it to travel to other worlds, let alone maintain it: you would have to maintain it yourself and spend Eternity to teach spiders basic algebra. Gnat IQ religionists ☺☺☺ don't comprehend a simple 1st grade concept: *to be granted* Immortality *you need to know how to maintain, take care of that* Immortality. We don't give a nuclear power plant to gnats, fleas, bed bugs, nematode worms, fruit flies, or Amazon cannibal tribes with no knowledge of 2nd grade math. You don't give a nuclear or quantum device (used to maintain immortality) to anyone you love. They need to know how to take care of it, so they don't blow up the galaxy by accident, and running it requires a lot more knowledge than nukes. To help God run subuniverses, you need to understand the science, which is 10^{900} times more complex than human science, because you outlive universes. In short, to become Godly is to get maximum score at science SAT and *to be a* science Nerd who helps develop 80 trillion year lifespans for all humans one day and ends all violent crime and wars in 3 years, to help 'mentally retarded' religionists realize their rat filif IQ scriptures are just a phase of their fruit fly journey.☺☺☺ It takes some thinking for clergy to realize they wasted 1 to 60 years of their life preaching lies. It's better to wake up late than never, at least clergy makes good use of the years left on this Earth.

Above we refer to physical Immortality tech of a human on Earth, not to a hypothetical soul immortality, of a soul having a trillion incarnations in billions of worlds to learn science and such, which could in theory exist, but impossible to prove today. Because the individual hypothetical soul unit incarnating a trillionth of itself is gnat IQ like, like a grain of sand vs God, it can't receive yet Immortality. The future Immortal descendants of humanity obviously live in that world of Immortality, but it already happened from the vantage point of another time, and we were already Immortal, we're already Immortal in a way, we can travel to that world. So, while we're aware this soul Immortality can exist, that doesn't mean we immortalists will spend Eternity trying to find it, since we can't even travel to these galaxies, see this soul's incarnations. Thus, the more logical approach to truth finding is just living a nanosecond first, meaning a trillion years, so we can just have a brief look at the universe and formulate a better hypothesis of what goes on with the God of Eternal Immortality *for* All of the collective human quantum mind.☺☺☺ For too long, greedy bastards have used the promise of spiritual immortality to loot continents,

so to avoid being fooled again, we aim for verifiable "Immortality", which isn't even more than a *nanosecond* lifespan for a real Immortal, or living to a *trillion years*. This way, all aristocratic vampires, liars, conmen, frauds and parasites can do their rituals, while we get trillion year tech. Let them do the 'bullshit' and we get the real stuff, not the other way around. Workers wake up.

The Immortalists' ethos *is thus: we love all humans* with the *nurturing healing grace, gentleness, tenderness, serenity*, bliss, *softness*, eterni tone, universal *altruistic* loving kindness, that are *a trillion times greater* than those of the happiest mother of the last decade *who loved her infant baby* deepest, most perfectly, as the Immortalist Anthem explains. Some Immortals live 3 *trillion* times longer than humans, so *any human lifespan, knowledge* are like that of a 1 second old baby; mothers love their infants unconditionally, *most gently of anyone*, as the kid is clueless about the new world; likewise, Immortals and we who want to bring Immortality *for* All, are *infinitely tender* with all humans, as if they were a newborn breastfeeding upon birth *from our* eterni *thinking*, emoting tone. We believe in eternal ethics education from pre-birth, educating moms hours daily, discernment, compassion, *testing hypotheses to find* which ones *are true,* if we have a soul, if God exists, allowing all to formulate any theory (which is a theory, since we can't prove anything, due to lacking interdimensional devices to measure any soul) about the afterlife or the universe, artificial soul creation to explore and help billions of *universes* with. We *honestly* humbly *don't know*, but can discover, the ideal science, *ethics* ways to ☺☺*lovingly tenderly gently kindly*☺☺ achieve trillion year or eternal *lifespans*, so we can give eternal Immortality *to* All, perhaps bidimensional shimmering shapeshifting *Immortality* in this and/or other realms, so we can *materialize* a lifeform at will, if needed to magnify Eternal Universal Peace, World Peace in 3 months (0 'torture, slavery, violence' in 10 years, healing centers replace all jails in 30 years) if possible, on *infinite planets we discover.*" as the Immortalist Anthem explains the 'hypotheses' (not beliefs) in more detail; education starts before birth with the music and ethics.gov tones mom listens to while the fetus grows, to enable the fetus to intone is an eterni way easier once he hears the lectures on the big TV daily, as parents speak less, due to not being able in the daily stress of life to produce the tones of these videos that were created after decades of effort by the most perfect healing voices (much better than these samples of gentler voices). Immortals can be also called Eternals if you prefer, our descendants who live to a trillion, or others like them, whom we enter into resonance when we're gentle. The Kingdom of Heaven on Earth is the Kingdom of Immortality *for* All on Earth. ☺☺☺

We don't know, but will discover, *what it takes to become an* Immortal *in this or afterlife world, and we're honest to admit it,* i.e. a *bidimensional* body, physical at will, not just spiritual. It's a big difference between most religions (spiritual Immortality) and the democratic provable physical & spiritual Immortality *for* All, i.e. verifiable longevity for all people, not just rich conmen creating religions to subjugate the masses. The immortalists are aware that for eons,

crafty fake miracles men have used promises of afterlife paradise to get people to do what they wanted, or to simply enslave people in ignorance, rituals and brainwashing: so, to ensure a truly democratic healthcare for all, equal divine love for all, long lifespan for all (not just the rich), the immortalists aim for all live to a trillion at least first, since God is so great, maybe the greatest, that's a small miracle for him. For all "wanting to be Immortals", this obviously implies we first evolve to peaceful mammal☺ stage, (since death at 25 in wars prevents living to 900), like 500+ mammal species who don't kill their own, so in every service we talk about how to bring World Peace in a few months. ☺ Spirituality is much higher than nonviolence, so we want to achieve 0 global violence first, before we talk about more spiritual topics such as fake miracles and qualities of higher grace. If there is killing, war, violence on Earth, spirituality is *nonexistent*, so we want to be real, honest mammal species first that doesn't kill its own. We don't require pins, decorations, medals, heavy *lifespan shortening* metallic headgear (damages blood vessels, lowers IQ, too heavy) for 'freemasons like fraternities', military or clergy, though colorful clothing with "Immortality *for* All" words, etc increase longevity focus and fluid perception; we focus on the qualities that bring lasting peace, not titles. Immortalists of present and future are compatible in their 'beliefs' with any religion, since they're not a religion, but lovers of simple humility that says that it's OK to study God and understand afterlife for a trillion years, instead of just 80, especially if we can become good enough to avoid lower 'realms'.

We might achieve the most basic spiritual level as a planet, that is 0 violence/killings on Earth, by developing *Forgiveness, Altruistic Kindness, Gentle* Healing Soft *Nurturing Compassion, Friendliness, Wisdom, Goodwill, Benevolence, Honesty, Empathy,* Humility, *Facts (questions better than assumptions, when facts are not available), Fellowship,* Eterni Tone since kindergarten, *Sympathy,* Discernment, *Amity, Sweetness, Concord, Inoffensiveness, Nonviolence, Boundless Selflessness, Accomodativeness*. ☺☺☺ We hypothesize it is OK, or perhaps useful, healing, gentle, to have some patience and humility and not jump to conclusions about what happens in the afterlife. We hypothesize that to be kind is to help the real people, not stones. Thus, religious, spiritual, agnostic or atheist people can all be immortalists and bring World Peace. We need no rituals or repeating unproven beliefs about supposedly true past events. We have *no* beliefs, *only hypotheses that we love to* test, we love to think and question, to *healingly present hypotheses to be tested* (not debate, as the word has an aggressive tone association in human history), research and discover in the most polite respectful healing kind angelic tone the ways, culture, foreign policy, World Peace methods (essential to attain Immortality, since wars kill people), what tone of emoting, thinking, speaking that would bring a world of Immortals on Earth where all live to a trillion in peace and bliss. They can lovingly exchange perceptions about the 100s of character traits that bring a civilization free from any violence and with 9 million year lifespans, such as gentleness, eterni tone, etc; these qualities can even be in street, city,

company designed on solar generating facades that have colorful letters on them (Gentle & Kind instead of Procter & Gamble, or Immortality for All or Immortality & Bliss, instead of Bausch & Lomb, etc – names that are less egotistical and more humanitarian, names that heal humans, help them to evolve, to become kinder, so peace becomes real on every street globally) names and as year round decorations thruout the city, to remind us to be Gentle, Healing, Nurturing, eterni in tone always (especially, if a beginner in the path, when public speaking or on radio-TV, internet areas where more than 3 people hear it), not 5 minutes a month☺ at church only when speaking with the pastor; imagine "Gentleness" "Immortality for All", "Tenderness" "Nurturing Grace" words as neon lights in every bus station, metro station, in every store, search engine, margin of TV screen (they have these rectangles on the bottom with other news updates, on the sides, they can say 'Immortality for All, Gentle Tender Calm Kind ☺☺"), same for youtube videos to remind all of the goal of our existence Immortality for All, or major health website on the sides (Immortality for All), to help us recall to speak nicely (against our genes to use eterni tone, it's a super brain effort, but even 5 minutes a day is better than none at all, so that 5 min can be due to such a sign with music) cultivate the essential qualities that sustain a civilization of Immortals, of Eternal Peace and Compassion – we have tech to do it – solar panels that power speakers, allow lights to turn on at night so people are reminded day/night by eterni neon signs, music at the bus station (or any area that has high people traffic and also high noise from car traffic, to prevent lifespan shortening from car noise, it's called acoustic vitamin), etc (healthier, nicer than traffic noise) about Gentleness, Hypothesis Thinking, Free Thought, and Immortality and reminded by these neon light decorations (nicer than even Christmas lights) the qualities to live, the bliss of Immortality via Gentleness, etc. Anyone can listen to headphones to their own music, but this eterni (extremely peaceful) music (20-30 seconds instrumental, then healing words, 10-30 seconds, etc), is to prevent irritation of people and lower lifespan for those who jog, shop, use public transport in noisy areas and forgot to wear headphones that don't entirely prevent traffic noise from damaging whole body cells thru sound vibes; our cells are musical, everything has a tune, that extends or shortens life; in Heaven, we say the most healing music exists because it enables Immortality, so to bring Heaven on Earth we bring in orderly music, not chaos of traffic sound of this primitive century. This can be done by any city to promote good civic virtues and lower crime 100 fold – could even use in some century special sounds or melodies known to eliminate angry states, if negative emotions are detected from the tone of speech of nearby people (AI based, not internet connected, since it would shorten lifespan via WiFi beams, just have a small selection of 300 songs of healing on the built in flash memory, detects emotions via mind reading and/or vocal tone reading of people and plays the most effective healing clip on speaker to heal). It's independent of religion anyway, and can be more effective than going to church 25 minutes a week, it's a 24-7 pastor that reminds you to be nice, since all hear and see it more often and tone is highest quality prerecorded one, not 'bad

day of pastor' tone – so a city can become nicer than millions of certain types of 2022 places of worship – like a living monastery, the abode of sages, prevent crime 100 days before it may happen, by healing negative emotions everywhere.

Music in all stores could become more inspiring and immortalism virtues focused, to build the sages of the Immortals world of year 2200 where everyone is like a saint today. Such civilized angelic discussions on virtues to develop would then lead to the development of Immortality technologies that enable us to live longer, so the practice of universal loving kindness is the happy research into health and longevity, as well as maintaining and creating a world of 0 violence, torture, etc. We want a fully *alive*☺☺☺*real spirituality* that *is 24-7, not 5 minutes at church twice a year,* a *universal* (free for all, welcoming all, of any or no religion) *spirituality* that no military or government can hijack (like they did for centuries) to create war, since the very core of it is nonkilling, nonviolence and feminine qualities (mostly absent in our world) that sustain any world of Immortals (yang without yin is unbalanced and can't last, so societies that are too cruel collapse, due to war): not knowing, the 20 telepathy habits, gentleness, tenderness, *universal* loving kindness, *nurturing* grace, eterni tone, and positive methods only. We want a spirituality where practice is much more real and substantial, where generosity is deeper or almost infinite, we don't just wish people a happy healthy day or life, but infinite lifespan and health, not to live to 80, but "May you live to a million trillion in perfect health". *There is a difference between* immortalists *saying "Happy trillion* year life" and *"Have a nice/good day". It's a difference of 365 trillion times.* What generosity of intent do we want to practice, *one that is 370 trillion times greater?*☺☺☺ If we want to prepare for a life immortal in another dimension, we believe we don't *know* if we will need to live a trillion years in this world to get a basic idea of what it takes to live like an Immortal being in heaven; we hypothesize God may want 1 *trillion* years of learning in this world or several, before we know the basics, without which we can't live in that world, just like you can't live on the ISS (international space station) or Mars without special learning. ☺☺☺ We *love* humility, instead of knowing, so we *honestly admit* that we don't know, instead of *demanding* so much, asking so much of people, *forcing* people to believe in fantastical miracles that may have been *faked or made up, or ideas that sow division (like "only people of our religion go to Heaven, the rest don't") and fuel wars,* we want to be *gentle,* kind, *healing, nurturing,* to *make all feel infinitely loved, infinitely welcome,* regardless of anything, *without forcing them* to believe and repeat *irrational* beliefs at service in order to be part of *our global family of humans who just want to help each other live in peace with a longer healthier lifespan, free from the wars and violence of the* past.

Since 1 trillion years is still a second in Eternity, there is no reason why we can't wish that all beings interested live to a trillion, since it gives us more time to develop the angelic nature and good nature to co-exist in heaven as Immortals. On the contrary, it makes sense that God may

only grant permanent Immortality to us after we have proven we can build a civilization of 'Immortals' with no violence and war in this little universe of ours – in one of our journeys as a lifeform, since this requires building some deeper mastery of the 100s of qualities, character traits of real Immortals. For millions of years, human primates have engaged in conflict over little things, due to not realizing the universe is infinitely abundant; today we know there is infinite space to go to and terraform or discover infinite planets so war over land and resources makes no sense. Ancient people were simpler and didn't realize that when something bad happened, it was not the creation of 1 individual, but of the entire civilization, so they have created a world of killings, punishment and violence to address the symptoms of the cause: the lack of universal *gentle tender soft* loving kindness in everyone. Today, we know we create everything that happens collectively, and we try to address the cause and slowly move away from the Neolithic thinking of "war, violence, killing" – to the peaceful methods to address the cause so peace obtained is permanent and not a patch that holds symptoms invisible for a short period. Likewise, the little kindness of yore is today replaced by the infinite kindness of wishing and working towards **Immortality *for* All**, not just some people, but even the worst, because in our infinite kindness, we realize the worst is created by all the rest and that a trillion years will give all time to become angelic. In Heaven there is Infinite Love from God for all, so like the Heavenly mother of all, we try to emote ☺☺☺ infinite universal *gentle tender soft* loving kindness for all and move from punish and etc to heal and teach, for we created that 'bad behavior' as a planet. We have a chance to make all feel they belong to the World Alliance of Peace and Immortality for All, they're loved, regardless of religion, beliefs, etc, so **Immortality *for* All** is the expression of humanity's highest loving kindness to love infinitely all human beings since all done by each human is done by all. So we wish that to all and create healing and learning when mistakes occur, not killings, wars and punishing – for we're all creating anything bad and we need treat the cause not the symptom in a bad guy or country.

We want to live long, so we want to act like Immortals, who view anything any human ever did as a mom views what a 2 day old does – something that would not invite any punishment (healing and teaching instead), because he's a helpless baby – but we in our narrow 80 year view can't see how Immortals view us like babies without a clue... we're baby souls learning. So, to be Godly is to be like an Immortal, see again their ethics, their infinite love and to create that Godly world we can move towards kindness, not tit for tat, wars, punishing, revenge, etc. We have no way of understanding what made people the monsters they became, but it was the collective of humanity that did it too, not just them. Realizing and admitting that is the beginning of World Peace and longer, "immortal" lifespans. We can transcend the old way of scapegoating, punishing, treating symptoms, and replace it with love and kindness, for all beings, so we can focus on health and longevity☺☺☺ instead of wars – via cultivating the loving kindness in our

tone of speech, emotion and thought. War is never the solution, it only hides the real cause – same for punishing individuals, it hides the lack of universal *gentle tender soft* loving kindness in all billions on Earth, we need healing and teaching, education, create healing centers, not prisons, create peace and longevity not wars – no need to repeat eons of symptom addressing that make peace last such a short time. If the cause is not addressed, a new guy or regime pops up and war never ends, and Immortality is not happening, nor long lives, as wars end lives. To wish all live to a trillion is to have the highest hope in the Infinite Grace of science discoveries and human kindness, in God's grace if a theist, and manifest that heavenly earth by being that *gentle tender soft loving kind nurturing* compassionate mother for all babies on Earth, 3 day old babies versus an Immortal. Hence you see this | Immortality *for* All | in the book a lot, since it has a very important purpose – it is to elevate the intention quality and bless all, even the 'worst', who did what our souls would (most of the time) do if we would have been born in same body and situation. It's easy to say 'bad people ruin the world', when in reality it would only improve if all improved their tone of emotion, speech, thought. So, the future people are aware of these things and will have a very free and open spirituality, free of rituals and formality, rich in the essence of universal *gentle tender soft* loving kindness. Immortality *for* All means wishing all something that even the most blessed people today can't get: a lifespan not of 200 years but way longer – so it's like wishing all perfect health, no enemies, no wars nearby, no disease, no aging for a long time, etc infinite wealth to discover those technologies, it's wishing the best of the best of anything we could wish and even that is not enough to reach the blessing of | Immortality *for* All, to live to a trillion, what a level of blessing, not for one but all 8 billion, this is truly the blessing or prayer that we need, Physical Immortality *for* All interested is like, wow, wishing each had the equivalent of quadrillions in wealth too and wisdom to discover the ways and techs. So, instead of 'have a nice day', they would say 'May you/all live to a trillion" or "Immortality *for* All", see more in the Immortality greeting section.

Everything is hypothesis confirmed from 30-80 independent sources or scientific unfakable methods for higher accuracy, Immortality *for* All makes sense as *it gives eons to all to transform themselves* into embodiments *gentle tender soft* loving kindness unimaginable today (thus, they would never go to a hell like afterlife) and we believe in or hypothesize in always Questioning and Doubting the precision/veracity of our afterlife, science (doubt every video, scripture, history book, science textbook, since all can be faked, or many errors exist or can exist due to nobody realizing it) and other hypotheses, in Gentleness kindness, Tenderness, sweetness, honesty, World Peace is Possible Soon if enough people want it, nonviolence, softness, healing, ☺*nurturing*☺, altruism, worship of ☺☺☺ hypothesis testing and formulation of Immortality science not of mythical figures/events anyone can fabricate, *compassion*, mercy, forgiveness, Telepathy, Soul Travel (at least as tech to extend physical and interdimensional immortality),

Teleportation (natural extension of Immortality), Ascending Immortality (Living Longer each century), Telekinesis (we already sort of do it via computers we mind control), Translation (natural aspect of bidimensional Immortality), Personal experience, Research as perfectly valid if not ideal Form of Adoration (For How can we Truly Love God if we don't Know God and don't research God's Worlds?), *no* donations *or* monetary transactions *in our* online virtual *church,* (like Amazon replaced physical shops, so we have building materials for Immortality science labs and companies), *also* to prevent opportunists from exploiting 100s or even millions while lowering IQ, shortening lifespan *via anti-*Immortality teachings or even fraud. We love having *no* temples or chapels *built since the temple is our* healthy *body, the living temple of* God (kingdom of God is within, per Jesus anyway) that would not be pushed, shoved in sports*, or basketball, a healthy body is a healthy mind that can produce a* beautiful youtube *content,* 500 year lifespan which is more valuable than tall buildings which can sink (NYC is sinking, like many skyscraper cities sink too, due to heavy tall buildings, people need some spreading out, single family homes for all) kill people due to earthquake (so basically due to solar, wind, renewables, electric cars, etc we can make cities 10 times shorter and 10 times wider, since everyone can be off-grid, water from air, recycled water, hyperloop for travel more, drones for delivery of stuff, less roads, smaller roads, 50x less car use and traffic, not 10 cars going to buy food, one car (robotaxi, Tesla released in 2024, driver relaxes, meditates in ☺☺☺bliss☺☺☺) or drone delivers 10-100 meals like Walmart delivers via drone packages 10 lb or less, like Amazon delivers 500 packages and uses 100 times less fuel or electricity than 500 people driving to physical shop (what a time saver, so one can research Immortality, maintain Immortality labs, turn houses to green energy) or driving to church or university (take online classes, research at the local Immortality lab, since *there can be 1 million of them in* US *(*US got millions of basketball, tennis, football, courts, liquor stores, churches sitting empty most of the time, half a million homeless, empty spirituality?

Why not create half a million 'Universal Peace and Immortality *for* All' domes, small domes, to house homeless who listen to peaceful music and help build more domes for those living in bad conditions, which are at least 20 million? Domes last centuries if built of concrete and can have 'Universal (All planets, not just Earth) Peace and Immortality *for* All inscribed on them for all to see, even centuries from now, stone inscriptions, each letter almost a different color. These tiny domes then become half a million living chapels of true spirituality, where people residing there can create peaceful vibrations, listen to peaceful eterni music, filing the quantum entanglement field of human species with peace, Immortality vibes. Once homeless disappear and move to normal housing, then the tiny domes can be labs to make various Immortality *for* All products or places to use as mini-factories using bioreactors, etc for various goods or even eterni foods, etc. Immortalists are about building the inner temple of perfect health and virtue, of the understanding of God and the Universe, which is only possible by living to 13 billion years old at

least, the age of the universe, so that we can get a fuller more accurate idea on what God is, what God wants, what God creates and what God's lifespan is. To do this, it means we need to ☺☺*lovingly tenderly gently kindly*☺☺ demolish all mosques, churches, temples, synagogues and in their place create Immortality *Centers where all citizens monitor for free 1000 biomarkers* so they can live to 1 trillion years old some day to discover God's nature, instead of memorizing "deer tick IQ" miracles/concepts fraudulent clergy brainwash us with. It also means, we live the virtue of immortalism, demolish unethical businesses and give everyone a single family home that people will turn into their temple to God via personal experience and even using inspiration from the most eterni clips spiritual people send to ethics.gov☺. It also means democracy emerges, as everyone can be a pastor online and a *few charlatans*☺☺ *(who call themselves Pope, Bishop, Priest, Imam, Rabbi, Ayatollah, etc)* no longer have a monopoly on ethics and connection to God, as everyone is connected to God directly. Finally, immortalists break the hypnotic trance about "imaginary God's wisdom" which preaches beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). By the time you finish this book, your IQ is higher☺☺☺, you understand God can be 100 trillion times more different and complex than the nursery concepts sold by Judaism, Islam, Christianity. Orthodox patriarchs in Moscow praise Putin invasion: see a week of 1000 bombs/missiles. Popes have been engaged in endless wars for centuries, not just mass torture via the Inquisition. Muslim patriarchs have called for endless invasion too, to spread Islam, etc. Truth is self-evident, it doesn't need millions of people killed in order to accept a fake religion at gunpoint. For example, NaOH + HCl = NaCl + H_2O always, whether you're peaceful or killing people, it doesn't depend on wars waged to steal lands using religion as a cover for theft. Truth exists as an eternal independent reality from any human action, we're like tiny nanosecond particles.

They say there is no space for all these domes, but half churches have so much space, gigantic sports areas, they can designate a tiny place for 1-4 domes dedicated to a world of no war, homeless, violence, jails – only healing centers. The apartment complexes, hotels, etc all have huge areas for billboard games, gyms, etc – when people can exercise by building Immortality for All labs, domes, etc to bring a world of paradise by compassionate gentle exercise, not selfish exercise benefiting only 1 person. Domes last for millennia. Think about the huge waste of building materials while even MIT students have no decent housing, only noisy crap sometimes for freshmen, etc; hey, got 150 million cats and dogs, but not compassion for homeless*), to democratize research, offer all same harvard quality classes online (equal access to best classes, can even centralize the 9000 majors and areas of focus within a major one majors in, so all students take same classes in 100 times better tone, in any town, any university, do experiments in Immortality lab areas within 4 miles of house) and take monopoly from a few universities who make profits and keep students tortured in their dorms, 2-8 people per room in many nations,*

etc – let every house be a temple with a ☺*nice*☺ Immortality *lab, quiet, no traffic, clean air, instead of physically going to church/mosque to hear 1st or 7th century tone and ideas),* no temple discourages hypocrisy of behaving one way in chapels and the other way outside, no temple encourages donating materials for schools and proper college housing and Immortality research centers, ***better housing (less crowded, less noisy, etc),*** medical research facilities, no temple enourages less pollution, emissions, and soul travel like interaction online (21st century, *a deeper reformation of substance not form*, why would soul travelers need buildings to meet?), no chapel brings coherence *with* beautiful *24-7* (not 1 hour a week/month at the church) outer and inner tone of *speech, thought, emotion* that builds the *infinite* Beauty all around, the tone is our temple, the tone is our soul, the tone creates the colorful houses, streets, neighborhoods, Immortality parks, shimmering Immortality labs, *research* centers, *gardens* more beautiful *than* any temple *in existence today,* no temples, no rituals because dematerialization tech of tomorrow will be able to create stuff 1 trillion times more beautiful than anything built today that will be forgotten by history anyway and holograms will enable us to turn any house into a beauty far beyond any temple today, Seeking Proof always for every belief/hypothesis, Reason, World Peace, Eternal Exploration/Refinement of our Hypotheses, Never Believing Blindly without proof but Seeking to Refine Our Hypotheses thru Data, Personal Experience & Research, since Truth is infinite, unknowable, and we will always get Closer to Truth, but never Reach it.

We won't sing in church, since the church is virtual, but we can sing together online, upload it to youtube, via teleconference or in the Immortality tech companies, universities lecture halls, immortality city center parks conference area, lunch break rooms, where we can practice musical speech and eterni singing of the eterni ☺Qualities☺ or World if we feel like it would be nice – so as to enable us to bring Heaven (Immortality *for* All) on earth, instead of dreaming/talking about it in songs/preaching only – learning by doing, instead of by talking only. If bread into flesh, wine into blood, etc miracles (Marian apparitions by the 1000s) and Nicea 325 AD creed, and these theories about mother of God, Father God, Son of God, Holy Spirit, Cousin of God, Sister of God (to be announced soon, perhaps? *In Nov 1950 the Vatican claimed Mother Mary physically ascended into Heaven and made it a dogma or required belief*), etc are all so useful, how come God, in His/Her Infinite universal loving kindness, didn't do 0.001% of these miracles in front of some of the bad leaders who started World War II that left the equivalent in 2022 of *400 million dead and* 2 billion *injured*, so they don't start the war? Conveniently, God does 'miracles' away from where it's needed the most, how ODD. Plus, no scientific peer reviewed papers exist to prove any of the miracles and 'dogmas of various religions', and you need at lest 50 studies done by 50 institutes, all independent of churches, to prove it. Do you sincerely think that the essence of spirituality and a peaceful society is the mechanical repetition of unproven creeds that don't develop a deep sense and feeling, thought and emotional tone of

empathetic compassion for all human beings? How do words 'He rose from the dead, sits at the right hand of the father, (God is infinite, no right or left), etc' help people to avoid killing others, wars and violence? How does the 10-50 times less *nurturing* and healing than eterni tone while repeating a creed *(like a parrot almost, to an outsider who doesn't believe any of it?)* help? It doesn't help us become loving and we need that URGENTLY – I never heard some ?"priests"? from 325 AD and endless other 'faith councils of religions' make a creed that "*We Believe in the most ☺☺☺healing☺☺☺ gentle tender soft nurturing compassionate* graceful *tone of speech, action, thinking so we may have finally peace on Earth, the 1st grade stage of spirituality*."

Spirituality, World Peace are built on the foundation, the basis of all spiritual life, i.e. nonviolence (not just nonkilling, but nonviolence too) and yet people get so caught up with the trees and miss the forest – the living tender gentle healing nurturing infinite compassionate grace tone that is wholly absent in many services and thus contributes to endless wars – if the tone of 1940s places of worship and the spirituality was so good, how come they didn't prevent the World War II catastrophes? Listen to the average sermon tone in the average place of worship on Earth, what do you hear? A tone that is not even close to the better stuff of youtube, the most angelic choir and music recorded by talented singers sharing some spiritual song. Why is that? *Why do we focus on* ritual and formalities *and unproven concepts instead of compassion for ALL humans and peace and* Immortality *for* All*, longevity and nonviolence for all, all coming forth from a nonviolent tone of speech and thought*? The Concept of a "Son", "Daughter" or "gender 4 for planets with 5 genders" of God saving or helping human souls is one hypothesis and in as much as this Universal or Inter-Universal Consciousness may pertain to many *universes*, galaxy systems and take infinite forms and use infinite symbols in local dimensions and galactic systems, we realize that such being doesn't even need to be called by any name, but only by our embodying such qualities as described above, behaviors which call its hidden name thru the astral tones of our souls *(no need of vocal or linguistic calling, can listen to your mp3 you make too to refine inner tone, see* angel of light*)*, since the name of such an inter-universal being, if existing, might anyway be impossible to utter by any human, since the name itself might take a trillion to the power of a trillion times the length of a 7,000 page book to be verbalized. ☺☺☺Nobody stops a human being from inventing endless systems of thought, languages and calling systems, yet we can hypothesize that the more effective real calling of God or any Divine Being that is more Universal in Nature might stem from the quantum subatomic astral tones of the soul created at a higher gimensional level (since soul anatomy is likely trillions of times more complex than body anatomy) that are only rendered harmoniously only when we live these qualities, especially nonviolence, not when we engage in endless rituals or repetitive linguistic prayers to "save our souls without regard to others we're not nice to (lies, violence, etc)". It may be the case that small spirits can be called by human language names, but big

spirits can be effectively called only when the astral tones of our souls have sung the Melody of Resplendent Elysian Harmony, of the Noble Divine Qualities that Sweeten all souls and Bring the Effulgent Iridescent Magnificent Brilliant Ascending Immortality Heavenly Civilization here and now. We're thus aware that those who never heard of our "religion" might be much better followers of this "religion or science or hypothesis mode of Eternal Reaching for the truth" than us, if they have lived its Inner Gnostic essential nature at the Subatomic and Subastral Causal levels in their Souls much better than us. With this awareness we embrace all humans as the Temples of the ☺☺☺Universal☺☺☺ Divine Consciousness, and we see it as the most effective "proselytizing" not to speak, but to Live the Qualities, not to try to convert others (they will naturally hover around us being attracted to the Light and Tones of our soul, without us trying to reach them), but to Live the Qualities and research, Think, Experience, Bless and Evolve towards higher and higher Levels of Gentleness, Sweetness, Tenderness, Softness, Compassion, Humility, Serenity, Telepathy, Translinguistic Telepathy, Multilocation, Soul Travel, Empathy, Telekinesis, Teleportation, Divine Awareness of the Infinite Mind, Its Holy Desires so to speak, thus starting a evolution impulse that takes us towards an intergalactic civilization of peace and grace.☺

Hence in the awareness of substance instead of "appearance and rituals", we dive into the inner personal experience as the catalyst for gnosis of the divine infinite mind and its bounteous sublime desires, without the need for fixed beliefs, language based formulas, but being aware that 10^{-12} of language expressed models/hypotheses of the Immortal Soul Journey thru Infinite Worlds may be touched upon barely in 10^{12} pages book about afterlife." *They might say jokingly "In the name of the Father-Mother of* hypothesis thinking, of the *Son*-Daughter of Questioning Everything, and of *the Holy* Immortality *for* All *Spirit* of Seeking Solid Proof Unfakable Evidence, we seek truth, so God of *Eternal* Gentle Tender Soft Grace, help us all".

Some people may see one or many bad, rude or less graceful quotes from a scripture or text or conversation and believe the rumor that led to that quote or story being written by a scribe (who may have changed things to make people "understand that person better", leading to inaccurate representation) or told by someone to be factual, when it could be false or distorted, and this has often led to 100s of millions dying in wars. We can't use hear say from what people heard and then others wrote to conclude that "this or that" is how a historical person was. The truth is that we have no idea if many of the scriptural sayings or actions of people are *their actual words* or actions, and the people of the future, who live to be 900, know this well. It's very likely, or perhaps inevitable in the evolution of humanity, that time travel (seeing past without changing it) will enable us thru physics one day to solve these mysteries and see exactly what happened and what was said, enabling the science of living to 900 to progress much faster, as people today can see what *happened to the body decades* or centuries ago. As the tech improves, they will be able to see how the Universe came about and go further in time, discover

the mysteries of white/black holes, if they link *universes* and *transfer their civilization to another universe before this one collapses*. This is the beauty of hypothesis formulation and testing and science, we find out the truth, we don't try to guess it and estimate it, without enough evidence. Just as we were not the center of the universe, a lot of our beliefs about "person X in scripture Z did whatever (good or bad)" are probably false. The amazing & beautiful ☺☺☺ thing is that in a world where everyone can see video of *any historical person or any present person*, there is no possibility to lie anymore, to have harmful intent, the only possibility is to help one another and love one another, so we may live longer, become wiser as Immortals of gentleness, tenderness, softness. One can pick any spiritual, religion or historical leader (real or made up) and watch their life in detail, with subtitles when they speak in Aramaic, Arabic, Pali, Sanskrit, etc. One no longer needs to guess or read Wikipedia or the Internet to find out the truth. One will know how each person really was in real life. Scanning events around year 0 and seeing a crucifixion will enable physicists to find Jesus or anyone around him and then follow where he goes and record what he speaks in Aramaic. For people whose times we don't know exactly, it will take more scanning of video streams, but it will be found based on a few things we know. This will also allow us to see the video of Tesla, or any scientist and learn more from them, and speed science progress more. As this tech advances, people may be able to infer via biophoton, IR, UV spectra and other data about anomalous events during miracles of certain mystics and what it might mean for subuniverse and hyper-universe theories. ☺☺☺

One will be able to know which people were truly experiencing certain miracles that history says occurred. This is why physics and science are so essential to spiritual development, and why churches without Immortality physics and Immortality chemistry labs and research facilities are illogical: wait, they got basketball courts, the stuff that really will triple human lifespan? We can't develop if we have so much false data as input, since our conclusions will be erroneous. Many people today think it will be a loss of privacy, but people will only be able to see what we do physically, not our thoughts, astral travels, etc. Today people share more on social media or youtube than 200 years ago. For every invention that helped reduce child mortality 20 times, there were these "this is the end of the world tech" people who were against it, the same will be with this one, many will be frightened by it, but it will all be fine in the end and it will help us to live much longer and without violence. If we told someone 200 years ago what *a cell phone will enable you to see live feeds and videos of people from the present in another Earth location*, they will say you're a science fiction writer. If we tell someone that 200 years from now or 500, *a cell phone will enable you to see live feeds and videos of people from the past in another Earth location (at a past time you set, at a latitude, altitude, longitude you set, as on Google Earth, enabling the most amazing & beautiful ☺☺☺ history of Earth to be discovered)*, they will say we're science fiction writers. But it will still happen, even if those trying to keep people clueless

may not want it to happen, perhaps because spirits know that True Knowledge will free humankind from the violence of the historical inertia and enable humanity to develop spiritually deeper, enable us to stop hating and harming based on rumors of non-existent evil past or present action or intent. This will be the end of hatred, the beginning of universal compassion and understanding. This will remove duplication and people will speed up longevity progress tremendously. *The investigation at a research facility or on any highway as to why a levitating craft crashed will take 40 times less* when real video of what occurred exists, since we don't rely on stories of people and lies they say to avoid making friends look bad. Crime will disappear, as well as prisons (replaced by Healing and Education centers), and the goals of World Peace will become true, ultra easy to manifest.☺☺☺ While initially only some people will have this, it will be like with cell phones, everyone will have it. Initially only the good guys will get it, helping all crime and violence to vanish from the Earth and then everyone will have it of course, as it will already be a world with no crime or prisons by then.

Today we have someone, using some hear say stories text to read from at a service or spiritual gathering, but in the future, they can play video of miracles or sayings of mystics or scientists with subtitles and learn from video of these people what they said, for real, in Aramaic or whatever language, if they want to, and not rely on hear say, rumors, distortions, lies. *The eternal fight over which quotes are true from which scripture will be over with. Knowledge will replace misinformation and lack of information, people will be able to see biophoton and IR emissions during miracles (found in healings today), etc. It will be the victory of truth, of the kindest, most tranquil, noblest gentlest most spiritual and intellectual role models. Later on, the* tech *will be* able to tell people's *verbal* thoughts *in the past,* if different from what they say in a video of them 1,000 years ago. *This will enable us to see who was the most honest person,* amazing stuff *due to* particle *physics and neurochemistry, etc. The Eternal Search for truth will continue, as we won't know everything about all subuniverses, dimensions and what the soul did in other realms while the brain was thinking some verbal thoughts, since the soul is different than the brain and actions to some extent at least as hypothesized in* Chapter 2 *(telepathy diffusion, environment, etc can cause people to do things they didn't really originate or want to do as souls). But we will definitely know the expression of souls 1,000 times better than today when we rely on hear say and scribes.* We may even discover how to re-create a good soul copy without ashes or remains or call original soul back into a new body that lives much longer. ☺

God knows a quadrillion ways to achieve peace or any end without any violence. Of what use is devotion to unproven beliefs, rituals and theories, if we slaughter each other? Perhaps God is not interested in us worshiping God, but more interested in understanding God and becoming smart enough, after learning in many virtual *universes*, time shifted subuniverses, etc to co-create some things, or co-manage a solar system, galaxy or universe, etc. Do we want our child

to always say "Daddy, Mommy I worship you, you're so great" like a retarded one of IQ 70, every day, every hour, or would we want our child to help us with some of our projects and get IQ of 150, to understand us instead? God, our parent so to speak, may also want us to understand. *If humans one day evolve to* shapeshifting *and* teleporting *thru wormholes,* creating solar systems, living billions of years, what will our spiritual beliefs be?☺☺☺

God seems Infinitely Complex Mystery, the First Immortal Being, the Impossible to Describe and Comprehend by any human being, Independent of any human beliefs, the Enigma we Eternally Explore thru Hypothesis Formulation and Testing, Personal Experiences. Future humans may believe "We hypothesize that God will help us to become Telepathic Physical "Immortals" without disease, aging, violence, crime, in shimmering shapeshifting teleporting bodies that live on energy without eating, in a world of infinite happiness, compassion, gentleness, tenderness and grace. Ascending "Immortality" is possible, in the sense of ever increasing Lifespan until reaching Real Physical Immortality, that Physical Immortality can continue from this Universe to the next when this Universe is ready to disappear or our civilization is ready to ascend. We hypothesize that reality is infinitely more complex than we imagine now, and realize that as we were not the center of the Universe, many of our beliefs might be off, so we test, question, research our beliefs (theories, assumptions) all the time, to refine our understanding of the Truth, since we know how easy it is for words to be changed even unintentionally during oral or written transmissions. Our true Devotion is to the Expression of the *Cosmic Communions with the Cosmic Light* of God through 1. Gentleness 2. Tenderness 3. Sweetness 4. Honesty (no deception, lies and backstabbing) 5. *Nurturing* 6. Healing 7. Ever Giving (receiving when others do that to us from their heart, without us asking or with us asking when in dire need), never taking or "stealing" 8. NonKilling and non-violence (physical, emotional, verbal, mental, etc) 9. Compassion for others 10. Mercy 11 Forgiveness 12 Softness 13. Only Blessing never cursing/swearing 14. Only helping, never trying to harm 15. Only uplifting, never fill others with negativity 16. T.H.I.N.K. as positively and inspirationally as possible, improving slightly every day 17. loving kindness towards all beings 18. Grace 19. Tact 20. Diplomacy 21. Ever Praising, *never criticizing*, even when a big mistake was done by someone, it can be communicated in such a way that the person is praised for their past good efforts and explained that this time it was a failure, etc, without the negative emotions that accompany angry criticism, etc. This is hard to practice, of course, but fear and threats can't be the motivation for human behavior if we want the Kingdom of Heavenly Peace and☺☺☺ Bliss to arise in the nearby star systems. The real motivation for human behavior could be the Holy Desire to Love others and Only Help them, never hurt them 22. Ever magnifying the Good in others, never the bad (these are ideals, of course, it's impossible to be perfect in practicing any of these) 23. Gentle tone of speech and many of the 20 Telepathy habits ideas 24. Gentle peaceful music 25. Smiling more often 26.

Minimize talk of negative things, don't recreate images of evil, negative emotions, negative behaviors, via any media or words or means, be it radio, tv, songs, albums, internet, scripture publishing 27. Practice the Gentle Tender Walking as if Gliding on an Ocean of Everlasting Light and Mercy, filled with the shimmering crystals of the most otherworldly beauty, which when touched, sing in their own ways and give off millions of colors, and see how this light goes on to bless all shimmering Lightbeing Immortal Souls of all on Earth, filling them with the sweet desires to practice the qualities and bring about the Heavenly Earth and other planets we will terraform 28. Patience 29. Self-control 30. Meditation to experience God's happiness via cosmic consciousness (see Chapter 10.1) so as to diminish the obsession with erotica and the pleasures of this mortal body and also to help one stay monogamous and etc... (those ideas of "don't lust for someone else's woman" I suppose, but reworded in a gentler form that pertains to the Universal Divine Mind Gnosis born of personal Experience, not of a threat, interdiction, yelling or commanding. We can hypothesize that Divine Grace doesn't command yell or talk down to its sweet children, it only Loves, Thanks, Praises, Sings the Sweetest Music calling our Souls to entrain by Quantum Entanglement, to enter the Harmonic Astral Tone Frequencies that Liberate the 0 point Energy within, since in the Libraries of the Universal Consciousness one can easily ascertain the levels of happiness of any potential mortal world action.☺☺☺

The future humans may seek to entrain with the harmonic Musical Universal Consciousness of God or G.reatest O.ceanic D.elight, the Most Sublime Perfect Eternal Infinite Unconditional Compassion Love Mercy Forgiveness Sweetness Gentleness Praise Gratitude happiness. It may be that some forms of talking, preaching, ritualizing and things like that don't change the tone of our souls much and don't call on God much (or even only a tiny bit), since God is not a person or humanoid spirit, but a Super-Intelligent Universal Consciousness and Music whose calling is hypothesized to depend on the physics and harmonics and how much our souls' fields fractals sync with the higher dimensional fields-fractals of the Mechanism of Calling the Higher Aspects of the Universal Light of God for the transformation of the material Universe. This Light is so Infinitely vast and infinitely intelligent that calling it may not be not as simple as "1,2,3". *Not everyone can* call the president of a nation *and talk to him. It requires* special *knowledge. What about a "spiritual" President of a Star Systems Area, Galaxy,* Intergalactic *Zone or Universe? How much more complex is to really CALL A* UNIVERSAL *BEING?* It may be that out of 8 billion people thinking they met Being X, only 0-2 have really met being X.☺☺☺ People have NDEs, meet a guide and assume it's Jesus, Buddha, God or their concept of Divinity, but reality might be infinitely more complex than that. Say for example one repeats some mechanical prayer calling on Deity X, probably a more effective calling on God would be to use a spontaneous song or prayer that invokes those qualities of gentleness, tenderness, even as the linguistic words themselves describing the qualities, things as simple as thinking of "*gentle tender soft* sweet

Peace" or other deeply thought-felt phrases. The mechanized repetition of the same exact thing as people did maybe centuries ago is not necessarily better, it can be worse than thoughts whose harmonics more correctly align with God's fractals of sweet tender gentle grace. I.e. in a way every word has its own music and vibe it creates by resonance when one utters it mentally or verbally, a vibe that is specific to that person and what that word means to that person, and each tone has a cumulative effect on the music and sound of that soul. Few popular prayers on Earth have a high density of soul tone shifting words as in a stream of thought that deeply conceptualizes words like "*gentle tender soft Sweet Nurturing* Healing Compassionate *Merciful* Forgiving Graceful Peace, *Bless the Planet with* World Peace". Notice how packed this sequence of words is with meaning, especially the part before Bless, it's all words that shift the soul tones, no prepositions. It's actions too that change the soul music, besides sweet invocations and songs, enabling it to entrain the higher dimensional aspects of the Light of God☺☺☺, enabling miracles to take place when spirits to give tech ideas. God can't be called by a simple word such as 'God or Immortal One, etc' yet God will probably send His Grace depending on our vibe, so it doesn't matter if one sings "Angel of Light" or "God Immortal one," etc - it's the inner intent to bring World Peace, Immortality *for* All that calls God, not the words, the tone of our intent, emotion and thought, not the language sounds. God's names sound different in all languages, and in some language God's name could be "Angel of Light" and God is like an angel of light. The language of eterni tone is the same, across all brains, same MRI and soul patterns, in all spoken language names of God, it's the language of infinite compassion, present in 1000s of calls like this angel of light one. However, you can record your own song, "Godly Light or Immortal One, etc" if that makes you feel better in using it as a learning tool to improve tone of emotion or intent, speech, etc and maybe get help from Immortals. It's far more likely a very young Immortal would come to help us each time we ask for God's help, not God, as God is busy with bigger stuff than happenings on Earth or our universe. Can anyone call the President of USA? Not really:). Likewise, even the oldest Immortal in our universe that is answering human beings prayers, if such beings exist, who is not God, most likely only answers souls most like that being (Godliest people *inside*) and we know nothing in our brains about our souls by design, usually.

Half of world population is Christian or Muslim, being very familiar with Jesus. How would 500 year human "Immortals" of the future interpret Jesus words and teachings? Perhaps, they will interpret Jesus resurrection of people, healings as the attempt to communicate to us that life is important and we're meant to worship life and perfect health, not death and aging. Aging brings hundreds of diseases, so since Jesus was telling disciples to heal (which we do thru stem cells and other things today, for blind, etc) and "raise the dead" (as we do via medical tech when people have NDE), Jesus was for living to 800 or 90,000. ☺☺☺ Jesus' message could be that the wonderful persistent application of mercy and compassion, of empathy for others who suffer

because of diseases and death from all causes, brings *Heaven on Earth* where turning into pure energy becomes possible, in reality, not fiction movies like star trek. Perhaps in that future all seminaries teach that the essence of Christianity (all other religions) is to selflessly help other humans to suffer less (even today that's the whole message, we help the hungry and homeless because that's a risk to their life expectancy) by postponing aging a few more centuries, by discovering new knowledge that diminishes suffering. The cross might then be a symbol of infinite time (horizonal lime) and infinite knowledge (vertical line), the knowledge of Immortality. In that time, which could occur soon, they probably got a new synergy between churches and universities, working as one to further the liberation of humanity from short lives and diseases, towards the triumph of life over death. Why? Because God is the Eternal Giver of Knowledge of nicer physics, chemistry, biology enabling us to live to 1 million years old if that long it is that it takes for us to figure out how to translate to another world without dying and live John 14:12 "What I have done you will also do and much more", i.e. everyone conquering death forever fully; they teach that Jesus turned body into pure energy today. The essence of all religions, is to help other people live nicer lives, free from death, sickness and diseases of aging, so then a central purpose of all spiritual paths becomes to help everyone live longer, so Immortality focus and departments could be in all schools/seminaries. Theological seminaries would talk about physical Immortality and living to 9,000 or more, about ascension as a possible way to "die" in this world in the future. Clergy of all religions would ask during services "what scientific discovery to live to 900 can we pray for today?", or "can you share now some testimonials about how you helped others live to 500 in perfect health?"☺☺☺

We don't realize how negative our thoughts are, we think God's Love manifest is living these short lives of aging and disease. But if God's Love is Infinite, God wants us to be in perfect health for an infinite amount of time in this world, if that long it takes to master ascension and defeat death forever like Jesus reportedly said we will also doin John 14:12. We have no movies, songs, poems, university professors of mitochondrial Immortality, or of living to 40,000 that are really popular, where living long is the central theme as in Chapter 5.2 movie about Immortalli Ascendi. When is that last time you heard lyrics about 5,000 year lifespans in a really popular hit song, or about some concepts in chemistry or physics essential to living to 40,000, or about the biophysics of new particles that give us particle maps leading to 30 times lower aging speed enabling us all to live 30 times longer? We teach via expectations (and implicit silence in our education about living to 900) that we only live to 100 and purpose of life is to be successful and increase company profits while helping the needy and being a good church/temple goer, doing specific rituals. But the thing is we can use same energy to teach that living to 5,000 is possible and all science efforts become more focused on that instead of on making nicest flavors or useless products to save 3% on a catalyst cost. We can bring a true renaissance in culture,

science, tech, spirituality, religion and bring Life and 500 year lifespans. This is our opportunity and we can make the best out of it. Maybe we would benefit from more movies like Immortalli Ascendi who lived to 1 trillion years and moved to another universe. ☺☺☺

What would Immortalists believe with regards to the ethics of abortion, would it always be unethical as the most conservative believe? Everything is infinitely complex and I don't know what is the correct answer, but obviously, as explained many times in the Peace Chapter, where the World Peace speech exists, any act of killing (as abortion is) has effects on all humans, but it's one thing to wipe out an embryo (happens often in miscarriage due to foods people eat etc), and another something 50,000 times bigger, an insect we can hardly see or an animal the size of a baby. Moms can die during pregnancies due to complications, so to save mom's life, abortion may be needed sometimes and since there is often a choice between something that is not even a fully formed human and a real human, impact on human species field would be less if fetus goes, due to primitive medical science. Likewise, any act of subtle torture (the torture of being unwanted and hated, etc) and stress on an unwanted child has quantum effects on all humans, so we're in a great dillemma, if we want to create a world of no violence, no torture in the name of an unproven hypothesis that 'abortion is evil always'. Gasoline, diesel, biofuel cars generate smog that kills early billions of people, equivalent to millions of abortions; smog kills the unborn, deforms the born, maims the teens and adults slowly; 5 people with 10 year shorter lifespan is like abortion of a baby who would have lived to 50. Why be so passionate about abortion and not about smog and war that kills, indirectly, via lifespan shortening, way more than abortion does? Often times, we hear clergy talks on the beauty of banning abortion always, without addressing the root caue of why abortion happens in the first place. Why does it happen? One reason is, perhaps, in the neuroscience truths of aggressive behavior, and happiness (bliss doesn't depend on sex) that clergy ignore. The tone of speech and singing, the music rhythm affect our ability to listen to a different hypothesis emerging in our brains, be fluid and realize there are always trillions of ways to peace without war and trillions of ways to heaven and good spirituality; it prevents us from developing eterni tone in the content of speech and thought, from observing thought formation and how brain gadgets are used to manipulate our brains, to distinguish self-thought from brain writing by spy agencies, etc. One hypothesis is that abortion and rape (which leads to abortion too) happen also because of a global culture that has exterminated the feminine *gentle tender soft* tone, in content and tone of speech, thought, action – as reflected in the extremely bad music that is legal today, like rap, metal, etc, much of it about violence, lust, sex, or 0 filtration to radiate ☺☺☺universal☺☺☺ *healing nurturing* loving kindness. Extreme zeal about making abortion illegal in all cases seems extreme, hypocritical, antiscience, *trying to treat symptoms not the cause, like a bad doctor does*, since abortion happens also because of lack of awareness of natural bliss of meditation, a million

times higher than sex, and abortion also happens due to rape and rape happens because the same Christian zealous folks do everything to promote aggressive (some Protestant services where they yell during sermon and music) tone music in church (not this tone) and to extinguish meditative silence, introspective spirituality, as if life is about militaristic rock and roll.

Why not be zealous about banning aggressive tone music in church☺☺☺, bad tone music TV-radio, and sometimes even violent rhythm in TV-radio music **(or even in a few Protestant churches, like a rock concert that makes people restless, more impulsive and subtly more violent) *that leads to violence in the world*? Why not be *zealous* about improving the nurturing feminine healing tender grace of the tone and prerecording (MRI proven) in Catholic and Orthodox liturgy (*which has traces of overly masculine aggressiveness, in some cases, though way better tone than the ultra aggressive tone in the worst Protestant services*)? Why not be zealous to ban the church group singing that is sometimes so far from eterni, so far from listening *(when we listen to God, we emulate God and filter 20 times more our tone and emotion, to make it more 'infinitely' gentle, tender, nurturing, soft, etc)* relaxed *(not so aggressive and rushed, incapable to involve brain areas of filtering and healing radiation)* meditative tone that brings a much higher self-control and *brain activation of higher cognition areas*? All action comes from the tone of speech, singing, etc. An embryo is not a human being, and many times abortion can save a living human, the mother; abortion can ensure the child is wanted and lives a happy life; an unwanted child can become a societal burden, get weak health due to mother negative emotions towards the kid she doesn't want, or even violent person if a bad environment at school or home or etc emerges and could affect the human species quantum entanglement field more negatively than abortion happens when embryo is 1 day old or not even formed (drink something to prevent fertilization of egg in extreme cases); the negative emotions mom feels may bring down the human species. So, in implementing any idea, like promoting less abortions via sex away from ovulation period or via meditation bliss, eterni tone, universal gentle tender kindness, the government can realize the benefits of Immortality capitalism that emails a person each time they buy any product, including when buying condoms and pregnancy test kits. For example, a huge 500 page PDF can explain how to meditate and achieve "100 times better than orgasm" bliss in a relationship without having sex (animals have sex for procreation only, why would we be so different?), so as to enable the human quantum entaglement field to evolve towards the living on energy blueprint of the future, when we conserve energy and eat less - being no longer in need to do anything too physical (robots can do it) and of eating so much, since they figured out how brain works and how to achieve orgasm bliss without the damage orgasm does to nutrient status in the body. Abortion is depleting female body of resources, causes huge drain of how many cell divisions are left before cells die, in some organs that build the fetus and then miscarry it, so the immortalist government duty is**

to protect human species field by emailing people these PDFs and videos to avoid miscariage/abortion by proper nutrition, sleep, gentle music; the PDF can explain the tech to live on energy will materialize, taking matter into another state, turning it into nutrients in organs that deliver it now and then taking byproducts and converting them into invisible matter and then transporting them to organs via the gateway between our world and that of the new ☺☺☺ matter, enabling us to become teleporting genderless shimmering shapeshifting Immortals, who live eons and no longer need rockets, since they can teleport off planet via dissolving body into new energy that teleports a lot faster and can materialize what is needed for survival for the newly materialized body on the new planet. ☺☺☺

In such a world, there are no gyms and their not so peaceful music vibes, as people prioritize living 100,000 years extra via immortality for all culture and civilization, not 5 years by going to gym and eating so much; gorillas eat and build muscles, Immortals don't eat, chew, defecate, etc and live a million times longer, are we lifting up humankind by our hobbies or stagnating it?☺☺☺ Anyone knows sometimes moms don't have a decent eterni government that emails PDFs when people buy condoms and pregnancy tests, sex toys, etc - about the diet, sleep habits, etc required to attain much higher bliss than orgasm, to attain miscarriage free pregnancy, defect free pregnancy, pregnancy free sex *(use condom and/or have sex outside of ovulation 10-15 day window (plus minus a few days), why make such a big fuss about abortion, avoid it by better planning of sex times, they can have sex once a month, more than enough and no study ever proved sex outside procreation will extend human lifespan more than happy* meditation*) if some* absolutely want sex outside of procreation. So it is the duty of these dysfunctional governments, like that of the "Dysfunctional Ever Redundant Divided States of America" with 10 million laws about abortion and every topic and no centralization, to give moms the right to abort when they made a nutrition mistake that would cause a huge birth defect shortening the lifespan of the baby and causing harm to human entanglement field for 40 years maybe. Why do we have 50 countries (states) in USA? Why do we need 50 laws for everything? Where is the equal treatment, opportunity for all? See immortality capitalism, where people live 50 times longer, instead of having 50 times the amount of laws, for every state to be free to be enslaved in short lifespan bickering about every topic, while everyone is in the stone age due to inefficiency and redundancy. Why can't all US states and countries agree to compromise to one national policy: allow it for serious defects, rape, incest, danger to mom's life. It would also allow it, with a course requirement, *for cases of not ready or bad family environment, when abortion is due to poor planning or unwanted pregnancy* that would lead to unhappy unhealthy kid and stress for parents that could damage human species more than abortion may: both parents would take a free 56 to 392 hour/year course *(1 to 7 hours/week, online learning really, verifiable in some way or done relaxing in a bed in a healing center once a week and listening mostly, maybe*

viewing a video too, meditation, free headset to measure bliss brainwaves, etc for 1 year to learn how to achieve peace and bliss higher than orgasm thru eterni tone of speech, eterni music, *and* bliss meditation*)* **to heal the damage done to human species quantum field via abortion, longer course (7 hour max, if fetus really big) if fetus aborted when bigger, which creates damage and aging of female body too, so disturbs human quantum field more than via fetus damage *(aborting is killing, yet even 4 hours a week course seems so intrusive for some, but all are free to meditate longer in these facilities away from the 'madness' at home)*. Of course, nature kills billions of fetuses, during miscarriage due to foods people eat, and it's obviously unintended, but the bigger a fetus is, the closer to killing a live human it gets ethically.**

Immortalists *support efforts to demolish all* useless buildings (read here all 100 types of such businesses) so that every single family home that becomes a meditative temple *of rest and rejuvenation, to build a world of kindness and* tranquility*)*. Since guys want sex sometimes 5-10 times more than the lady, and it leads to abortion or contraceptive use that damages body too, the way most societies 'punish' or educate only women is completely unjust and ineffective; punishment doesn't solve anything, only education, so these courses, can be longer the older the fetus aborted is, to provide more healing and they can measure the brainwaves, alertness when coming to the course monthly checkup to prove their online course is done in a rested state and not as a formality, they can get even time off work to rest more and understand the most important topic of education, being happy, tone of speech, etc. Even when people buy contraception, they can get a PDF and also a free link to an optional course on how not to disturb the human quantum field by not aborting tiny embryods so often. People can debate and decide on a fair system that doesn't scapegoat/blame misinformed women for what 8 billion people co-created. Then, that national federal or planetary law becomes the one way, updated as more data comes on the best educational system changes, instead of having 5000 laws in 5000 provinces, states, etc and wsting so much time reinventing the wheel. It's a lot better to educate, so it doesn't happen, via civic education or whatever classes.

Instead of ending all violent content that leads to violent crime, they distract the enslaved masses with debates about abortion and gun laws - to not allow them to realize how enslaved they're and believe they're free☺☺☺. Abortion is not an issue when people know meditation is 1000+ times higher bliss than sex, so then they don't ever have sex except for procreation or ultra rarely way outside ovulation window, and that living to 900 in bliss meditating and smiling always is much more freedom than fighting and protesting all day pro and con endless created 'issues' to distract or create the illusion of 'free choice'. Gun violence is not an issue in eterni societies, as there would be no violent crime if we had better tone, filtering of media, movies, music, etc like in eterni societies. Instead of focusing on the substance, they focus on the flowery surface stuff, like rituals, to create division via different rituals, belief systems, denominations,

divide and conquer, etc. It's like 1984 Orwell novel, the slaves, of all races, think they're free. They sing in "Proud to be an American" at rallies, empty slogans about death and dying as a mind controlled slave of the 'seemingly anti-eterni or surprisingly seemingly low in IQ' military industrial complex who can't or doesn't strongly want to figure out how to use only some of the trillion ways to peace without war and violence and instill a true ethics of a civilized military; so what about the terrible living conditions of the black people (sometimes other races too) who think that this black guy singing is freedom?

What about golf courses and empty churches, while many are homeless and cities say there is no space?☺☺☺ Empty buildings, gyms, sports facilities, huge courtyards for sports, etc liquor stores etc? What kind of freedom to live to 80 is this? Many die at 60, due to pollution, is this freedom? This happens to whites and hispanics too, etc, drive thru Los Angeles, in many 'good neighborhoods' and you suffocate breathing the most toxic smog, Big Oil legacy; what kind of freedom is this? Abortion, arguably, in some cases, can lead to a happy child born in a happy family, not one brought by force of a law or rape; when a violent person rapes, the music he listened to, etc that led to that behavior also caused DNA epigenetic changes in sperm that will bring a violent off-spring *(just the interaction of such a father with the kid will make the kid subtly more violent, even without much DNA sperm change)* and more conflict in the world, i.e. more death, so it is ethical to abort to prevent the perpetuation of violent DNA coming from rapists: we need to look at total lifespan years lost by humanity in the long run, not just one embryo. If we had laws to ban most (85+%) music today, which is so far from eterni, far from creating a sage in every person, far from serenity inducing, far from universal loving kindness in content and the vibe of Immortality *for* All in lyrics, then, rape, abortion and violent crime would be unheard of, as all would be 100 times gentler, happier and more saintly, focus on meditation bliss, and the natural happiness of granting all trillion year lifespans. Perhaps, some agree with me that it is the literature, TV-radio tone, movies and music that create most human behavior and ethical learning *(and the* mass rape, mass murder quotes in some 'holy word of God' scriptures too*, that oddly, clergy never want to ban or edit out, but want to ban abortion in all cases, showing a double standard),* we hear them all day on radio and TV and they determine our aggressiveness. Obviously, quantum entanglement between all humans means that the bigger (older) the baby is in the womb,☺☺☺ the more an abortion affects the field of all human beings, much like killing a human does in war, so it makes sense for some who want Immortal lifespans (which also means World Peace) to support abortion more in the extreme cases and when embryo is small, via informing about meditative bliss, not by imposition of law. The ideal way for a change in society is for people to choose it, not for the state to impose it by fear, force and punishment. Clergy tell us to be honest and not hypocritical, but what kind of honest person tells folks that the Bible, Torah, Quran, etc is the Word of God? It's the meditative mystical

Christianity *(that Martin Luther helped diminish, by being so against meditation, contemplative life, monks, nuns, etc)* that is exterminated in our world and with it natural happiness that doesn't depend on sexual affection or kisses and hugs. While I agree 100% with the Protestants on with the need to reform Catholicism (wrote a lot about it), some Luther ideas seem regressive and in his genuine zeal for more ethics (money doesn't avoid 'purgatory', etc), he led many Protestants (not all) away from the inner life of being relaxed, meditative, contemplative, discovering the way the brain works. But he gave people freedom from odd rituals, etc.

14.5. What would 900 year old humans believe about the Messiah(s)?

14.5.1. Intro: The Messiah Obsession (Guru in 4 religions) & Immortalist views (16 pages)

14.5.2. The Genocide, Looting, Slavery & Mass Rape Quotes attributed to Messiahs, their 'God' in the Bible (1450 quotes), Book of Mormon (253), Gita (17), Mahabharata (800+) (78 pages)

14.5.3. The Genocide, Mutilation, Slavery, Mass Rape Quotes in the Quran (550) (30 pages)

14.5.1. Intro: The Messiah Obsession

This is a long section that deals with the Messiahs in various religions, for the education and discernment of those who're intentionally not presented with the evil quotes by clergy, so as to not realize how much 'Messi-ng up' of the World Peace the 'Messiahs', prophets did at times. Super Bowl, the US football series, sounds like Baal (see how many Jews, Syrians worshipped Baal for eons) a little, a Bible name of Satan that refers to a deity they sacrificed kids to, just *like* football, baseball, softball, *etc, why this name, is USA run by Satanists who do human sacrifice via eternal wars like in* this California mock sacrifice where infernal voice males lead the burning of a real or fake girl *or* Jer 19:5*? If so, how can we liberate USA without any violence, using God's* nonviolent methods*?, since God knows* a trillion ways *to peace without any negativity*. Simple: education, realize the Bible is super cruel, violent and those Baal/Yahweh guys were often just like any religion today, going to temple once a year, knowing nothing about the sacrifice of humans, so the Bible (*for profit*?) '*prophet*' killed all indiscriminately, without even giving those *who didn't kill anyone* freedom after educating them. Just because they had some clergy or subgroup who killed children like Aztecs did didn't mean all were aware of it, just as today, few are aware of what goes on behind the scenes, in all religious places or Catholic churches that spend 40% of weekday liturgy on simulating the sacrifice of Jesus and the cannibalistic eating of Jesus blood, as wine, and body, as wafer, during Eucharist. *Allegedly even the* Chinese Shang dynasty in 1200-1000 BC*,* allegedly Korea *too,* Tibet*, and possibly 70 other nations on virtually every continent* Wikipedia lists of alleged ancient and present *sacrifices: this means Jews probably simply copied their ideas from others, so imagined 'God' would 'ask a guy to sacrifice his son' and that garbage became the "*holy Bible*". Others sealed people alive inside temples, so*

"buildings last longer", we find such stories in many cultures, due to the low IQ *of* those folks.

Another name for Baal was Molech, as in mole, spy, or chemical mole ($6.022*10^{23}$ molecules or atoms, or 22.4 liters of gas at room temp and pressure for 16 grams of oxygen, since that is a common unit of measurement on Earth, but on other planets a weight basic unit (gram) is different and a mole is 16 units of that unit (their 'gram', which may be 30.2 g: 1 gram is 1 cubic centimeter of water, the all common solvent on Earth), as with Ukraine invasion on 2-24), *molec*ule. Isn't it odd, how this *Molec*h mauls humans sacrificed to him, as if the satanists were or are a lot more embedded in science, and aristocracy-royal families, church leadership than people ever knew? Mole is mass in Latin, ulus or culus is used for diminutive, so a unit of a mole became molecula, then molecule. The odd thing is why they chose molecule, when they could have chosen another word for mole and its diminutive molecula. While it may be an accident, it is a little suspect, to say the least, to call a building block of the physical universe after Satan, since in Christianity, they have the folks who believe the physical universe was built by 'satan', the made up guy, and the heavens by others and God, so it's as if the scientists were fanatical Christians. No worries, nobody with any IQ cares that ants on Earth believe in fairy tales and that the 'physical' universe was made up by one 'archangel' and the other trillion *universes* by 'other archangels'. Anyone with any brains thinks this is a story for 2nd graders, but personally, I could care less, given the ☺abysmal IQ☺ of earthlings. They love to maul chicken males in egg factory farms by the billions. Love God? Go vegan. Why would the Italian Jews who made up Christianity (the Catholics) use satanic cannibalistic ritual of eating blood and body at Mass and claim Jesus said that? Did the Baal loving Jews infiltrate and control a LOT more than Italy, by posing as Christians? Was Jesus a Satanist? It makes us suspect, some European Ashkenazi Jews, disguised as gentile Christian royals, scientists, aristocrats, clergy, in love with Molech, have invented these names. Some use the cover of a pastor for other purposes, for draining the US government (the tax paying poor starving or homeless) of money via tax exempt status, but it is logical God can connect to everyone and it's better to be safe, than to go where your kids may be lunch (missing) or take part in Baal rituals as 'altar boys' satisfying the *sexual* needs of 'celibate' Catholic or etc pastors, since *these same 'pastors' tell our kids that these 5 quotes from the 'holy' Bible are the* 'Word of the Lord': Ju 21:10-24 *mass rape*, + Nu 31:7-18: *mass rape Moses* says to kill *every boy* + *nonvirgin*, De 20:10-14, De 21:10-14, Ju 5:30. See the baptism in the Orthodox church in Russia, and question if this is from God or Baal. Christianity was made by Jews, like Paul, etc, the disciples, so imagine what the real agenda was, given the way Jewish Law treats non-Jews (see Arab casualties) as explained in Schulchan Aruch, see examples of doctors told to not heal gentiles even while taking payment here. You're ☺☺*lovingly tenderly gently kindly*☺☺ invited to read the quotes of the *Pastor promoted Bible* that further clarify the 'bad type of Jew' attitude towards non-Jews: Ex 21:7-11 (sex slaves), Lev 25:44-6 (slaves), De 23:20 (business),

genocide: De 7:1-16, De 20:10-17, De 13:13-18, Ju 20:48, Ex 32:26-9. *Would you feel safe having kids sent to such a place, where endless quotes such as these are promoted as* the 'Word of God'? *Why are they hiding these quotes from your kids?* Read more kids quotes here.

Perhaps, just town, village Immortality centers with nice meditative places, singing places and remote online learning of ethics, on ethics.gov, etc would be great, let us deal with the enormous threats to human life, teach kids science, chemistry of eterni food since if Yellowstone erupts, 7 billion people may die due to famine. We have gigantic temples, Mormon, and others, churches, etc, yet endless *homeless or starving people,* punished in jails unjustly by an irresponsible society and government, *(educate all, give all education, heal all, resources exist to replace all jails with amazing & beautiful healing education centers more beautiful than Mormon temples even, we got endless gyms, stadiums, vape stores, weed stores, liquor stores,* redundancy, *1 million companies, instead of 100, in some industries, so tons of HR, admin, duplication, etc)* Mormons, Christians, etc of all races in jail, while Mormons for example torture pigs during pig wrestling sports. If Christ was so transforming, then how can it be so? Immortality for Mormons, Christians who're not scapegoated by the government only? *Jesus even scared people that they will go to prison if they don't settle fast with a Mafia member trying to extort them, in* Mat 5:25, *because his IQ was so low, Jesus could not imagine a* world without prisons *even.* ☺☺☺ He talks much about judges, courts and prisons and never tells people the jails, courts, etc can obviously disappear and that his followers can do that in 30+ years if they're super serious about it, and be replaced with courses, healing centers and fines, that even healing oases can disappear and all correction can be done at home or a special vacation to watch nice educational courses; Jesus advises people to act out of fear, to be doormats, to be manipulated, intimidated so evil can rule and the planet can be run by mafia gangsters, with no justice or kindness, but with adversaries and fights; wecan't settle for anything less than World Peace in 3 months and 0 violent crime and jails within a few decades; his advice of settling with an adversary may seem good and nice, to save court's costs, but it's distracting from the big picture; to have true justice is to prevent evil before it happens via immortalist culture and education; then, as Tao Te Ching subtly hints at, though not stating it explicitely, there is no need of courts or jails, since everyone follows the Tao, i.e. the eternitone from gentle breathing, like the immortalist greeting, meditating (turning off all distractions to rest daily), has so much transformed us, we always speak and act so ☺☺*lovingly tenderly gently kindly*☺☺; (well, initially in public or youtube, then more in private life); Jesus can't even imagine a future with no courts, since his IQ is low, not that of a God man: in the future, everyone is so kind, courts and jails don't even exist, because there is no need for that, people figure out what happened and fix the system, not punish one scapegoat and waste eons to find which person to scapegoat in the court system; the fix the cause, not the symptom, let all figure

it out, how to fix it, collectively, thru the Immortality *Nurturing* Agency, kind helping each other, the whole town, country, not the courts, not the punishing of any sort, not the punishing tone of genocide of Bible, but the tone of healing. The Jesus energy/quotes are in the Bible section.

For 2000 years of Christ energy in Europe we have experienced a system of cruelty, unforgiveness and torture that defies description, as the fake miracles section explains, not just Inquisition torture to death, but jailing and torturing of millions, wrongly scapegoated to hide the government mistakes in education: now it's free, email 3000 pdfs to people, 3000 videos, etc, uplift the vibe, create the tone of eternal gentleness from prebirth to 25. Ugarit is northern Syria, where Baal was strong, and where God☺☺☺, the real God, not Baal or Yahweh, seems to have given a (man made?) Feb 6th 2023 Turkey earthq*uake (48K dead, Feb 20th aftershock too, see 900K dead possible in the next Cascadia earthquake that floods the West Coast of Canada, USA - California too, Mexico; areas with landslide from mountains and lakes can cause waves of 400-1700 feet, please don't live near lakes near tall mountains, since death is 98% certain if tsunami by rock fall happens. Live simply for humanity, like immortalists, anything heavy, shelves with books, etc will kill people,* 99% of deaths in Northridge earthquake were from furniture, not buildings*; have online PDFs),* where the Syria war happened, the big battle, between the more open minded Alawites and the Turkey supported rebels who still occupy North Syria after demolishing much of it; Turkey may still have Baal worshippers as this video shows animal or human sacrifice. See fake miracles long discussion to understand why many are not sure if Jesus claimed to fight or fought Baal/Satan: the scribe made up Gospel *claims* in Luke 22:19-20 that Jesus was such an egomaniac, that people had to recall *him or his teachings* by simulating cannibalism, i.e. by saying in every church, Catholics at least, in 40% of the daily weekday service, the Eucharist ritual of eating Jesus blood and body, as wafer and wine, that removes all sins via that prayer, no good action required... *is that from God or who, bored people, vampires, cannibals, people who tried to prevent animal or human sacrifice by saying Jesus did it, so don't do it... but why do we have to simulate human sacrifice for Eternity and never evolve past that slavery to the pastor with the* wafer? So, per Jesus the "Only Son of God", by the ritual of eating someone's (Jesus in this case) blood and body, we become holy and close to God??? Nothing else can work? Does anyone think there is *something wrong* with this picture and imagery from the "*special son of God*"? sola scriptura? "in memory of me, do this.." Jesus says that all have to recall Jesus, not God, *isn't that odd?* That is why Protestants do it 0 to 15 a year, instead of 365 times a year, they have more freedom to think and design, Catholics follow the Vatican dictates.

It's interesting how many believe Jesus was the Messiah or that the words in the Gospel are his words, unchanged by kings, scribes, emperors, liars, spies, hear say errors. Jesus did not make one single prediction, of an event, specific one that came true (we went circling the Earth in a spacecraft etc), not general stuff like "you will do greater things than I did", since that's true of

any future generation: *Jesus had no ESP, let alone superpowers to modify matter*. All his miracles were faked, staged, though in general primitive people unaware of how spontaneous emissions can happen for some things, ignoring all cases when prayer doesn't work or mere auto suggestion doesn't work as condition is less able to be brain influenced. By his fruits, we shall know him, if he was so psychic, how come he didn't write or speak in a nicer way like we find in 10000 poems online today, all the time, to help Gentiles to move beyond cruelty? How come, in his genius, beyond all time, he could not give us a peaceful song of romance or something like that to manifest a wholly different vibe than the New Testament, instead of so many swear words, insults and violence against unaware merchants? Read his evil Mat 5:29-30 words of a sick mind about cutting one's hand and taking one's eye out for just looking with curiosity at a woman, due to the woman's tone of speech being 100 times more eterni than that the TV music video 'rabbi' assigned to you by forced marriage or subliminal message to like *(he created your values, hypnotized entire continents, he told you what to like, what to think, what to pray, whom to deify, how to intone,* how to yell and shout while singing *and praying with no gentle tender soft nurturing grace, how to* speak and yell in parliament,☺☺☺ *(instead of doing it more like* Eternia, with the one kind language*))*, etc; instead of listening to Jesus, Moses, Bible, it's possibly smarter, if you sin or make a mistake, simply, get some healing from meditation, walking in nature, forgive self, listen to some serene eterni healing music and lyrics and such as we got today and stop reading the Bible cruel quotes calling for genocide of entire nationalities and exert your free will to deify inner beauty, tone of speech, and to see the soul, not what is left after the 'evil type of' Jew or others destroyed a gentile woman tone of speech via state sponsored destruction of throat with microwaves, brain and eyes with infrasound, sleep deprivation, malnutrition terror. Because, it's the spirit, that overcomes the terror, the spirit that overrides DNA, thru immortalist culture and hope springs eternal. What's wrong with questioning your decision? *If no peace and love of immortalism exists from both, a marriage makes little sense (*today, due to the nature of many, marriage makes less sense*) since it delays marrying the soul of all as in* World Peace *in 3 months and 0 violent crime in 1-3 decades, for to love God is to love all and to place human family above all else, to place happy | Immortality for All | above all else, to finally break from the cage of selfishness and to "marry All", as a* World Peace *in 3 months bringer does, for he loves the God in all, he "weds them all", so to speak: his love is universal, he's not truly super happy* without World peace in 3 months, for he knows our time is short and humanity can soon disappear in 10 seconds, unless we part with our cruel ways the bible quotes have programmed us with for so long, and other scriptures too. *If there are arguments, or partner doesn't want to talk the eterni way, to live the way of peace, it's not a sin to look elsewhere, divorce, because you're not looking for lust, but for experiencing* eternal bliss *and having a true focus on spirit, a true* greeting of spirit *when meeting, doing what raises the human quantum field to the soft gentle serene nurturing vibe of happy Immortality for All, not*

just some spouse. Pastors don't always tell us when something is metaphor and when it is not.

God and any advanced being like Immortals, by his presence, transforms all, and has real ESP, has no temper. If someone or his fans would claim today that he's the Only Begotten Son of God (Jesus), The Incarnation of the Supreme God (Krishna, inciter to genocide), the Ultimate or Final (for profit?) prophet (Mohamed) or the Supreme Buddha of all Lands, a special soul unlike any other, many people would naturally want some proof, that demonstrates His mastery over *many* galaxies, *universes*, dimensions. Thus, at least He could verifiably *move* the *moon*, make the *sun* cooler at *will*, create *tornadoes* and stop *hurricanes* at *will*, cause *volcanic* eruptions at will, *predict people have video phones this century* and travel to Venus, Jupiter, etc, *make stars appear in different colors, teleport a million people spiritually to many galaxies* and *universes* to see what goes on, *some physically,* show millions of people how he can cool other suns and move other planets and moons, *lift local mountains 3 miles* and *put them back without causing any damage*, cure *all people with diabetes* and heart disease on the planet, remove arterial plaque in all 8 *billion* inhabitants, multiply organs for those in need of a transplant, *regrow limbs for all those who lost limbs*, cure blindness for everyone, cure deafness, etc like a true God, exactly like we today, mere mortals, using various techs can give sight to blind, hearing to deaf, to thousands of people. But what did Jesus, Buddha, Mohamed, Krishna, etc do for which we have absolute video and physical proof that no skeptic can deny??? It's not known if the *words* and actions attributed to these people are even *factual* or theirs and not changed by *scribes*, who wanted a religion to be created; either way, many argue that a decent government can't accept the promotion of such violent quotes under the cover of "religion", if it wants 0 violent crime, texts need some editing, etc. Buddha never claimed to be some supreme Buddha, but Buddhism over time created denominations stating that and many other "unbelievable almost" miracles stories (this is true in Hinduism, Islam, Christianity too), which raises questions about motives and political struggles for control of religion by new denomination creation or vast changes to existing denomination. Religions are a human creation (sometimes not intended by the "founder") influenced by many factors, including politics. ☺☺☺

In ancient Tibet, the political power was in the hands of the clergy, so was in other areas of ancient times, so religion and the drive to control other people are intersecting a lot, as in "control religion, control a nation". Thus it becomes difficult to understand which events were genuine and which were made up in the desire for political power (made up not by the main (*for profit*?) '*prophet*', but by those creating the religion or new miracles within various denominations), or which became facts due to mistranslation, hear say, rumors, unintentional events. One of England's kings (Henry the 8th) created the Anglican church to avoid interference of the Catholic Church into Britain's affairs. Sun Tzu (born 544 BC) said in the "Art of War" that "The best warrior takes over a whole country without waging war". This shows that even when

Buddhism emerged, people were pretty good at making stuff up and people could have thought of peaceful religions as an alternative (way to conquer areas) to war. Buddha (born 563 BC) was the son of a king, was it all natural or was there some political goal there, achieved by installing Buddhist kings all over Asia? If it was a faked enlightenment experience for expanding his father's influence, then Buddha achieved incredible things without any violence, earning for himself the "best warrior" title. Mohamed was not so subtle, as he waged many wars. Jesus killed nobody, unlike Mohamed. Albert Einstein said to "Question everything", ☺☺☺ Euripides said to "Question everything. Learn something. Answer nothing". What about other religions? If we have a hypothesis, how do we test or prove it? If an alien group controls a galactic sector, they can even create via advanced tech endless "miracles" (no need to make stories up as tech is so advanced), and then pretend they're the masters of the whole universe. However, if Jesus (or anyone's favorite religious leader) is a special soul only in subuniverses or hyperuniverse, that can be impossible to prove physically. The 'Infinite intelligence of the Only Son of God' doesn't seem in my view to be compatible with a lot of the phrases and words in the Gospel like "Nobody goes to the Father except thru me" John 14:6 and others in section 14.2, which can mean if people have not heard of the Jesus story, or don't agree with the hypotheses provided without any strong evidence, they burn in hell forever; apparently, the religion creators wanted to condition all to worship and deify Jesus unconditionally, without any questioning, and thus to worship his violence too, to make people think "if you don't get violent like Jesus did in Mat 21:12 in the temple, you won't join Heaven" and "believe "only violence will get you to Heaven" like in other religions, which fits into the militaristic Roman, etc empire needs, they want efficient soldiers, low IQ puppet cannon fodder to do the dirty job for the mastery of new lands: "for Jesus you fight, because the general, doesn't even believe in it, but he doesn't care much". A loving intelligent being has patience and understanding, doesn't punish souls for Eternity or even 10^{18} years for failing to understand (how "nonviolent", Godly Jesus was) in 10^{2} years or "one nanosecond of a femtosecond" of their next 10^{27} years of their life as a soul. "Jesus" said it, so it's true? If Jesus existed, nobody knows what he said anyway, no reliable record exists.☺☺☺

What is the proof afterlife is so simple as described in all present religions on Earth, when it could be a quadrillion to the power of a trillion more complex or infinitely complex? Taoism lacks a Messiah figure and is correctly admitting we don't know, but it has some issues too: in the Taoist temples people invented practices, beliefs without evidence and ritual-like thinking that contradict Tao Te Ching; there is also a focus in Tao Te Ching on going with the flow, doing nothing and valuing neither life or death, i.e. remaining a stone age civilization without any aim to live longer and cure diseases, since that text was written 2,500 years ago before the age of modern science. Most Tao Te Ching refers to many patterns Lao Tze observed that are true eternally. In Bhagavad Gita we're to believe that God wants war and that the author is "God",

not a human. God is infinite intelligence and unlike "Krishna", who advises Arjuna to wage war, God knows a quadrillion ways to achieve an end without war. In the Quran and the Torah part of the Bible, if read literally, it seems that "God" wants a lot of war. Who inspires these ideas? *If bad aliens exist (who battle the 0.001% of human soul incarnated in a body, via limited resources they have to control this area of the universe in an attempt to control other dimensions), could they try to contaminate religions to instigate human-human war to ensure short-lives and ignorance for humans?* Is it just the historical inertia, people fighting a lot? Because of these contradictions, in the age of peer reviewed studies, when we need strong evidence beyond faked studies, it is hard to be sure which religious events are factual and which are fiction. If we want to prepare to live kindly and lovingly in Heaven, we need to live kindly and lovingly on Earth, but such living is not possible when the world is full of war, diseases, natural disasters that bring endless suffering and pain. People can't be very kind when they're in pain, nor can they be a healing presence, just as person with the flu can't heal a person without the flu. *To be kinder and try to learn infinite* kindness*, it seems that we benefit from* science *discoveries to eliminate "war, diseases, rapid aging, natural disasters, all things that bring pain to humans".* We can see thus how to be spiritual can mean to help to bring the Civilization of "Immortals"☺☺☺ that minimizes pain, suffering, maximizes kindness, universal compassionate helpfulness. Therefore, we can hypothesize that we don't necessarily need to repeat prayers or rituals filled with unproven assumptions and hypotheses, but to bring wellbeing, health, inner peace and 4000 year lifespan to the maximum number of people. Another valid argument against "blind believing" some text is the "holy word" (each group claims theirs is the holy or best word of God) is using a text search for various terms like "death", "kill" etc and counting how many times in a text we encounter phrases that call for violence. In some scriptures, the density of such calls is so high that it makes many doubt everything in the text. They even counted such calls, many scholars did this for comparison and better analysis. That's probably how people were back then around Israel, not God who people claim inspired those ideas. Very few people know even what their scripture contains, as they make all efforts in religious education to not talk about those paragraphs and sentences, in efforts to whitewash religion.☺☺☺

In the Gospel it says to help the poor, the needy, the less fortunate, etc, to heal the sick, give them thus longer life because "What I have done you will also do and much more" John 14:12. Would "Immortals" of the future then become little "mini-Messiahs" if they do all Jesus did? Does being a disciple of the Messiah mean being like the humans in the future world of 500 year old "Immortals"? What is the real meaning of being a disciple of Truth or Godliness in whatever religion? In US alone we got 2 million people in prison and about 0.4 million places of worship, each with at least one pastor.☺☺☺ Some churches, bigger ones, have several people full time engaged in the church/temple activities, etc, but tiny churches have only a 10 hour a week

pastor doing it as a hobby almost besides his job, but overall, we got half a million people engaged in almost full time religious work for 2 million prisoners. Imagine if a greater fraction of the time (just 1-3 hours extra a week instead of talking so much about concepts that can't be proven like "Mary (and many others in many religions) ascended into Heaven ***physically*** or you're saved by Grace not by action or we know what happens in the afterlife" when we don't know exactly as Chapter 2 explains) of these 0.5 million would be spent building healing centers and better housing in all prisons to transform them into healing educational centers that eliminate all crime almost on Earth, taking part in painting, drywall setup, things like Habitat for Humanity or lihi volunteers do, and inspiring church members to volunteer 1-3 hours weekly to join the clergy to build these healing centers and better "prison" (would be a healing center) housing with the help of the "prisoners", since 90% of habitat for humanity houses are built by volunteers. Lots of places of worship sit closed and empty most of the 168 hours a week, actually hundreds of thousands, yet many people are homeless. We got almost half a million churches in US, half a million homeless and 16 million empty homes, the living kindness of Universal Immortality *for* All in action? They lie there is no space or building material, but facts don't lie. Likewise, the 5,300 US colleges can get a new building for Immortality Department (like Math, Physics Departments) built by college student volunteers who bring ***Heaven on Earth***, the world of no disease and no rapid aging. Why can't physical education classes alternate (1 week gentle soft stretching, etc, 1 week building) to include going to build these things for older people, to get familiar with physical activity in service to "***Heaven on Earth***"? US would become the first country with no violent crime fast, later no crime and 200, later 4000 year lifespans. ☺☺

Probably God doesn't care so much about discussing a lot about some verses in scripture as about taking some of millions of uninhabitable units among the 16 million empty homes (in US) and making them livable so a homeless (sometimes veterans who defended the pastors from some attacks) person can live there (half a million homeless in US) with lower rent (maybe some special deal between government and private owners, etc) and receive more assistance from clergy to remove addiction to drugs, alcohol, gambling, etc. Same thing with longevity outreach via physical/mental activity (the building of research centers to double human lifespan) or like volunteer doctors, nurses who help others live longer via free clinics. People imitate those around them. If they see amazing & beautiful ☺☺☺ videos of peaceful people helping others cure disease and live longer, this becomes their role model. If they see this 24-7 decorated colorful cheerful (festive like, intellectually stimulating) healing center with angelic peaceful music and tone of speech, they imitate that and start talking/acting like angels. How can crime disappear if people's minds are flooded with ideas (music or movies, ads telling people to drink, smoke, gamble) that lead to use of alcohol, drugs, tobacco, violence, casinos? Maybe the future 400 year old "Immortals" would believe evolved☺☺☺ beings or God sends projections of their

hyper-universe or subuniverse self to trillions of planets, galaxies, dimensions. *Or maybe not, or maybe both yes and no, since language doesn't have to be binary.* As Chapter 2 on Not Knowing explains, we may not be able to really know with 100% certainty. It could also be that they believe via telepathy, God, angelic spirits give millions of inhabitants, scientists, ideas, inventions, scientific discoveries so they can evolve their science and culture, and achieve a Civilization of Immortals thru hypothesis formulation and testing, without the need for worship of any person, to avoid the trap of guru worship and charlatans taking advantage of gullible masses. Guru worship worship cancels all questioning and thinking. Aware of this human tendency to deceive, it would make sense for spirits to release grace, inventions, ideas, paranormal "miracles" (precognition, small miracles) and advancements of the humankind thru millions of people, to avoid a small group or one individual from abusing power and trying to manipulate millions into worshiping him and doing evil things for him. However, if one's definition of "Messiah" is the equivalent of a very noble person, like some saints in some religions or some amazing saintly inventors (Tesla like), etc, then obviously, there can be many "Messiahs" just like they got them in all religions where they call those people "saints". In Judaism for example, there can be many Messiahs (for each generation, etc) as explained below. A problem with the savior concept is that people look for "someone" to save them and have less incentive to bring about change (World Peace for example) themselves or to try to improve themselves slightly every day, little by little, to become more perfect. This "savior idea" has also been abused by unethical people over the ages to manipulate naive people into doing unethical or even hurtful things, as they were the only ones to "communicate or interface with the Savior figure", when God or angelic spirits assigned to our galaxy obviously don't need intermediates.

Even this day, there are people in many religions who use "stage magic tricks" or deception to claim they got supernatural powers or that mind blowing miracles happen around them in order to get money or favors from people. As mentioned above, God, Pure intelligence, possibly or most likely doesn't want any worship, but true understanding. It's very interesting if you study all religions, we have a lot of science fiction like stories, of people physically disappearing into another dimension for example: Judaism (in the Bible/Torah ► Enoch, Elijah and in the Talmud ► Serach, Eliezer, Hiram (familiar to those who googled freemasonry perhaps), Bithiah, Ebed-Melech), Christianity (Jesus, Mary, and 5 saints of the Mormons who're Immortal, but didn't really ascend), Shamanism (some shamans), Taoism (the 8 Immortals and some others), Hinduism (Vallalar in 1874 and many other Siddhas before) and of course Bon Religion of Tibet + Tibetan Buddhism (many thousands have attained the rainbow body). Now, the question arises, how many Messiahs or mini-Messiahs do people have on Earth? If we study all religions carefully, it seems like a lot of them. Is that good or bad? It's hard to tell. ☺☺☺ People create Messiahs, Nobel Laureates, saints also due to a need for role models; we could argue that these

role models, concepts are useful for the development of ethics within a society, while at the same time seeing some problems that can arise from this in certain cases. The study of spiritual beliefs and many religions, shows that many religions or spiritual belief systems have similar accounts of miracles, even if some people who read less are not aware of it: virgin births or (*for profit*?) '*prophets*' being born out of thin air on a lotus, multiplication of food. Healings always can happen due to many diseases being psychosomatic and the brain healing the body. wiki...on explains that "Admirers pointed to traditional Jewish theology which teaches that in every generation there is one person who is worthy of being the Messiah, and if God deems the times right, he will be revealed by God as such. Chabad followers also *pointed to a tradition that in every generation there is one person who is considered the Messiah of the generation*". Many of Menachem admirers thought Menachem was the Messiah, due to his uniqueness, but he said he's not. This can explain why if someone unique appears, people think he's the Messiah and may even edit the words of that person to say he claimed to be the Messiah, even if that person didn't say so. In Judaism apparently, others have claimed to be mini-Messiahs (for a time and place only perhaps), like Sabbatai Zevi who said that he's some Messiah (or someone said it first) and then converted to Islam. Wikipedia says originally Messiah was a very broad definition that included prophets, priests, kings, see a purported list of other Jewish Messiahs claimants, Jesus being the most famous. Many Jews think Jesus is the Messiah since Christians helped restore Israel. Assuming Jesus said he's some Messiah (no proof exists Jesus did), what kind of Messiah did Jesus believe he is? What happened with Jesus? Did people believe Jesus was the Messiah? Wikipedia has a list of people who said they're the reincarnation of Jesus. Things get very complicated when we start talking about defining what the Messiah is, Messiah for who? For all galaxies and *universes*, for a generation? John 1:29 says "Behold the Lamb of God who takes away the sins of the world" (i.e no need to kill lambs or animals, Jesus sacrificed himself to take away sins, which was very kind towards animals and all humans who became kinder for that) in the Catholic Mass, etc. But what if the suffering of the world, the sin of the world (not talking about concepts like "original sin" here, just the daily mistakes etc), is mainly due to ignorance or lack of Scientific Immortality Knowledge and a lack of a Strong☺ " Civilization of Immortals like" Education and Culture of loving kindness for All Beings (animals too), as when B_3 cured pellagra and C cured scurvy, vaccines cured infectious diseases, sanitation halted their spread, all due to the hard work of World's Less Sung Heroes, the scientists and engineers who tirelessly formulate and test new hypotheses to improve the wellbeing of all thru Knowledge (not ritual), Eternal Questioning of every story and theory? It becomes very challenging to adopt the growth mindset "we can fix the world, we can bring World Peace and *Heaven on Earth*", if all we do is "wait for someone to take away sins and save the world and bring World Peace or come a second time".☺ The fixed mindset is we can't bring World Peace "until Messiah or Jesus comes" or something happens. If the world can be fixed, as Jesus said in John 14:12 thru works greater than those

done by him, why are some people waiting so much? ☺☺☺

Wikipedia is edited by anyone, so it's not always a reliable source of information, especially on historical events from many centuries ago. So, then, what is a Messiah? A mini-Messiah of a generation can reincarnate in some religions (not just Lamas in Tibetan Buddhism). There could be one big Messiah in the Universe, taking human form too, but that's of course hard to prove, as we can't go to trillions of planets. In Matthew 24:34 Jesus says "this generation will certainly not pass away until all these things (end times, second coming) have happened.", does his second coming (and "end times") refer to the apparitions of his spirit form in the 1st century, like astral travel second coming from clouds from a Mars astral travel trip? We don't know, as Chapter 2 explains. Even if Jesus would come again, as many Christians and Muslims believe, we still need Hypothesis Formulation, Testing, to cure diseases and abide by Jesus' call to "cure the sick", as we did via stem cells curing the blind, cochlear implants "curing" the deaf (they are working on stem cell cure for deafness) and paralyzed. Why not cure all age-related diseases by postponing all of them by 500 years via longevity science? Perhaps, we can just speculate what future humans (or aliens) (*who live for thousands of years or millions and create planets and are on 9,000 planets*) think about these Messiah concepts? They might think these are useful concepts for primitive folks, even if sometimes not very accurate from their point of view, concepts that help people get to the level of understanding that their soul longs for. ☺☺☺

If Jesus talked figuratively of a renewal of spirits or evolution, some may claim he said "the dead will rise and resurrect" because this is what they, the scribes (may not be the disciples) believe he meant and attribute it to him, to make people accept him, to make people resonate with him via their local beliefs, since if the scribe told the strangers Jesus' real beliefs, they may be turned away, and they themselves the disciples could not even understand him. If Jesus traveled a lot (in the missing years) and learned a lot from others from Tibet, etc, when talking to local average people he may have come across as a strange man, and if he did some 'miracles' too, the oddity of his language and behavior makes him an easy target for misunderstanding, so the contradictions in the 50 Gospels are there. He may say we're children of God and then people might think he meant he's the "only" son of God, etc. ☺☺☺ If people were looking for a Messiah, and he did miracles, many assumed he's the one, and he may have said nothing to be polite, which others assumed meant that "Jesus told them he's the Messiah". Some claim he taught reincarnation can occur, etc. Many groups claim Jesus taught their beliefs. Another example of distortion of Jesus events would be if the "Essene no animal sacrifice faction" Jews accompanied Jesus when he went to the temple one time and an argument arose after one of the other group (animal sacrifice) made a remark that could be interpreted as slightly insulting for the Essenes, even if it was not meant that way. An Essene guy near Jesus could have replied back in a possibly insulting way, even if not intended that way, and soon a little physical thing

developed and in the exchange one accidentally pushed Jesus (who was watching and asking them to stop) and he fell over the sacrifice animal trader's table causing it to come down, and then story became that "Jesus came and turned over our table", which was eagerly believed by the animal sacrifice faction. So, one can see how events that didn't happen became "events". ☺ When Jesus or anyone is supposedly using less than kind speech in any scripture, the scribes could have intentionally made it to be that way, to make Jesus image more "leader" like in their definition of "leader" which could be wrong, as a trillion year old Immortal has infinite love for all beings, possibly practicing healing uplifting gentle *nurturing* Chapter 8 speech at all times, especially if the "Only" Son, older than all Immortals, except God. ☺☺☺

We can analyze a little the Tibetan "reincarnation verification" process, which includes selecting some children and treating them like "emperors" (lamas were kings), very nicely, with loving vibrations and doing some tests to see if kids matched the personality, preferences of the past lama and maybe recognize which objects belong to the lama. ☺ Kids are the most psychic individuals, they can be the most objective mind readers, as they know the least and have weakest brain filters. When a kid is treated very nicely, he establishes a very good rapport with those lamas who test him and the kid loves the game, attention, love. This dramatically increases his ESP, as good moods increase ESP and the kid wants to succeed, because he knows this will ensure continued love and attention, this further increases ESP, as shown in studies where desire to succeed increases ESP. By telepathy diffusion, as lamas already know the right object, he hears their thought and picks the object, without being aware he read their minds. This mind reading the kid can do even if he's NOT the reincarnation of the lama. If you test enough kids, you find one who has a similar personality, some of the same likes and identifies objects correctly. Then the living lamas assume he's the reincarnation and he's raised as lama. These lamas are like hundreds of Messiahs, boddhisatvas, who teach the dharma forever. In scientific evidence, we look for irrefutable proof and these "tests" fail to protect against errors. To really prove that someone is reincarnation of another, if this is even possible (see Chapter 2 explains "reincarnation" is far more complex and may happen very differently, across different subuniverse projections into virtual reality systems), the tests would have to be far more rigorous and complex. We're talking about projections of souls from other dimensions and we know nothing about those other dimensions almost. Our physics is simply not there. ☺☺☺

Chapter 2 explains in detail why reincarnation is very hard to verify. By getting too preoccupied with who is the reincarnation of who, we miss the opportunity to heal people by scientific discoveries and discover how to cure diseases (aging too) and live to 500 or 900 to get a much more advanced physics, ability to see video of past events via time travel, and to understand the universe far more than today. However, this is an interesting area of research and some cases exist, where one can easily hypothesize that, if people are honest in their claims it may be a

genuine case of reincarnation. The way we cured so many diseases is through the enormous skepticism specific to hypothesis formulation and testing. Galileo was skeptical so he researched and discovered we're not the center of the universe. Rapidly believing things without real proof is not helping find the Truth. An essential part of being spiritual is to always Question every theory, story (is it true, did the scribe or someone invent it, did a false rumor spread) or belief system we're presented, so we arrive at the Truth. It's OK to not know the answer to every question, and perhaps more useful to finding the Truth, than pretending to know how the universe operates, when we can barely get out of our tiny planet. Living with not knowing is fine, it's natural, we will never know everything. Now, how did the Tibetans verify 800 Tibetans ascended, vanished into pure energy? There is no video of that ever happening, even if there are claims it happened in recent times (Khenpo A-chos, a Gelugpa monk of Khams, 1998, and others even more recently) when video technology existed. ☺ If the spirits who supervise this ascension are so merciful, why don't they arrange for a public ascension where this process can be recorded and can enlighten our physicists? After all, it would make Tibetan Buddhism many times more popular, helping to spread their religion. Everyone would be amazed, benefited, we could cure more diseases with interdimensional science, live to 200,000 perhaps.☺☺☺

In Buddhism and almost all religions we have a lot of scholarly debate as to what Buddha or the founder said and who wrote what texts. By analyzing historical context, one can get a much better understanding of the nuances of spirit telepathy. Many scholars believe Tao Te Ching was written by many authors and the legend created a Lao Tze as author, which then became the Godly (*for profit*?) 'prophet' of Taoists and their temples and many people worshiped Lao Tze. Who wrote Tao Te Ching doesn't matter, but the beautiful message of the text,☺ which is to choose peace and serve humanity, be selfless, center oneself, be kind and avoid conflict.☺☺☺ Wikipedia hypothesizes that "Modern scholarship has found likely influences in Hittite and Mesopotamian laws and treaties, but is divided over exactly when the Ten Commandments were written and who wrote them." ► wiki...Commandments. ☺ It's possible when Moses, if he wasn't a fictional hero, "met God/spirits on the mountain", his brain recycled the Slavery Cruelty Ideals of 3300 BC codes (which are the 5300 year old written codes, not the 30,000+ year old oral codes, from the slavery's start) giving them a unique Jewish spin detailed in the next 100 pages. ☺☺☺ Thus, Moses killed 3000 Jews Exodus 32:26-9, since "Don't kill, 10 commandments" were merely a cover for his genocidal nature, and Jewish Bible deifies slavery in Lev 25:44-6 and genocide, mass rape, slave beating like the Arab Iraq Codes of 3300 BC, the "Holy" demonic Bible was merely copying the demonic Arab Codes of Millennia, Bible being an Arab culture of genocide against slaves text). The Jewish Bible (Old Testament) is a charlatan copy of prevailing customs in the 'culture' of eternal subjugation among the ever fighting kingdoms of the 5000-1000 BC in the area.☺☺☺ It's not a revelation of God, but of human cruel psychopathy, as the

next 100 pages detail. The New Testament is a garbage violent collection of Egyptian myths of resurrection on 3rd day, immortality mixed with Greek cruelty/kindness, Roman sadomasochism, in the background of existing Sumerian "culture" of the Old Testament.☺☺☺ Zoroastrian eschatology (end times hysteria) predates Christianity by 5-15 centuries, possibly 10-15, being based on Avesta scripture (written in Avestan language similar to Sanskrit) preaching 4 castes, ritual animal sacrifice (though they moved away from it later), fire worship in its theology, like Hindus sacrificing animals in the Vedas and today in Nepal. Islam cuts cows in a pool of blood on streets during Eid, causing red water flooding due to 100,000 sacrifices they do in Dhaka alone to celebrate how Abraham (Ibrahim) didn't kill his son (Ishmael) because God told Abraham to not kill him after asking him to kill his son to test his faith, per Jewish Bible who gave Islamic World endless blood on Streets, reminiscent of final bull sacrifice in Zoroaster eschatology. Thank to rabbis and pedophile rapist millionaire, etc Christian pastors spreading the Bible for all Islam and blood on streets, as Islam recycled the Bible.☺☺☺ This religion (Zoroaster was vegetarian supposedly, like many Hindus, hence some Jews became so too and preach veganism today, some Bible quotes too "He who kills an ox is as if he kills a man" (cow is holy in Hinduism, Hindus kill Muslims for attacking/eating cows, etc, and bull worship Iranian cults)) talked of a cosmic battle between good and evil, final judgment, cataclysms, resurrection, Messiah (Saoshyant), causing Jews during the Persian period (539-332 BCE) to add it to their religion, and Christians later too. Zoroastrians dance around a fire for millennia (see dance), like Jews do in their holidays (see dance), since Jews copied Zoroaster in the Bible and fire "vocal tone", see Jewish originality, 100% copying of Zoroaster, in religion, fire rituals and tones. Worship the inhalation of polyaromatic hydrocarbons, toxic carcinogens for the "Glory of Health". Notice the vocal "gentleness", the 'tender grace and healing nurturing compassion they exude'.☺☺☺

So much for "original Bible", but illiterate people claim Bible is unique: it's all garbage collected from Egyptian, Arab, Iranian, Hindu cults of 9000-1000 BC. Everyone copies everyone else's stuff, Hindus too from older religions we have no texts of. Nothing original, nothing "special telepathy from God". The 10 commandments are taken from ☺similar codes that existed, a phony set of rules for Jewish behavior among themselves, that doesn't apply when Jews deal with non-Jews, as the careful study of the Bible shows, such as wiki...Code of Hammurabi that the Israel puppet government of Syria removed from textbooks together with Ottoman genocides, the Islamist Syrian government that was OK with Israel bombing Syria's military (480 strikes) in Dec 2024 after Assad left for Moscow. The Jewish policy is to keep non-Jews (Arabs, etc) religious and low IQ, just like in the US/Europe: worship Jesus low IQ folks, "Jews invented all codes of conduct", hence ISIS (Mossad) destroys all traces of other civilizations and codes of conduct, since ISIS was made by Mossad and the Brit, Jew controlled CIA, Islamists and royals are often Jews keeping Arab states as ignorant slaves. Other codes Moses copied are wiki..Code_of_Ur-

Nammu (old law code from Iraq, Mesopotamia, written on tablets, in the Sumerian language), king of Ur (c. 2050 BC), the Laws of Eshnunna (c. 1930 BC)☺☺☺, Codex of Lipit-Ishtar of Isin (c. 1870 BC) wiki..Lipit-Ishtar. Ideas or telepathy from 'God' or "Moses' own brain" comes always thru the human filter, beliefs, knowledge, changing a little or totally via the scribe who writes what he believes, assumes or pretends Moses (or any scriptural hero) said. Wait, God doesn't know who is Moses' father in law either. He's confused. God, by definition, the First Immortal, is one without second, meaning omniscient, omnipresent, in charge of all *universes*, without fear or competition, and nobody else can be called God. However, because in those times there were many polytheistic beliefs in imagined or real "deities" telling people to do horrific things (like to kill people, etc) or God of crops and God of rain, peace, war, etc, Moses mentions "Have no other Gods"☺☺☺; this makes sense in that historical context, as Moses was perhaps trying to protect people from odd beliefs in "gods" who asked for atrocities, since other monotheistic religions already existed millennia before Judaism. Perhaps Moses didn't say that because God would fear or be jealous on other "gods", it was maybe just a way to express the right action to worship or praise good "spirits" or the real deal, due to his infinitely low IQ and fear that "if you say some human sounds allegedly calling some being" somehow you will give power of a trillion galaxies to some "fictional being", which is not possible, as we're a nanosecond infinitely small particle vs any big Immortal being. A human nanobacteria sound in a limited range won't call any nonexistent human invented 'deity' being. Any being out there would require at least a trillion to the power of a trillion words to be called (sophisticated info that no random sound can imitate), very encrypted and secret. Human bacteria can't do it with 1 word. It's just not smart to engage in violence or human sacrifice, so then Moses came up with that "don't worship those silly deities", listen to Yahweh invention Moses made up instead, Yahweh who kills 3000 Jews in a flash on Moses' whim☺☺☺. Infinite Love can't "command" or give commands (Love makes suggestions to help one live a longer happier life), psychotic Moses types who kill 3000 Jews in a flash do yell and command, some speculating it's mistranslation, misunderstanding of a historical context, God (or the spirit) may have meant "communion with God's Grace", but scribes or Moses didn't get that nuance perhaps. It's always good to think and question the alleged "Divine Word of the sewer Bible and most scriptures full of violence". Publishing of the Bible, Jewish scriptures, Quran with all bad quotes is a waste of time. The Catholics have no Bibles in the pews, only Vatican approved filtered texts called Missal, sort of like eterni filtered speech. The bad stuff was removed, because *otherwise all will quit* Christianity/Judaism/Islam (3 Arab cults) the *next day:*☺☺☺

14.5.2. The "Genocide, Cannibalism, Slavery, Theft, Rape of Billions" Quotes of "Prophets" & "god": the so called "religions" (scams to get tax free status) of genocide, mass rape, beating kids with rods, smashing kids against rocks, boiling of kids to eat them, beating slaves until they

die in 2 weeks, months or years, as long as it's not within days and obvious Jew caused it, etc…:

Please read the origin of the Bible in the previous 2 pages and the 3 Bible quote supported plan to make Jews the majority religion in USA, as in the New York town where average age is 11, Jews have 10 kids, while they tell us to be gay and have 1 kid max, both parties are in Jewish hands. Below are 108+ pages on 3000+ Violent Quotes in the:

1). Mormon Book (254 total violent quotes: Mormons shot 120 innocent nonMormons dead),
2). Bible (1445, *Torah & Tanakh (Old Testament, non-Christian scripture)* part of *Bible 1278*, *100% of the ultra evil quotes are in the Tanakh*, not in the Christian New Testament,
3). Talmud (Jewish ethics ►► 3 SHOCKING pages of Quotes: ►► "intercourse with 3 yr olds is OK","it is forbidden to heal a gentile" (Jew MD?), "gentiles are suspected of bloodshed", "death for gentiles who study Jew scriptures" (which detail how to enslave gentiles), "death for gentiles reporting Jewish misdeeds, for Jews quitting Judaism", "death for gentiles who plan to inform gov that a Jew owes 20$ he borrowed", "evade justice so Jews pay no fines and retain items they found that gentiles lost, if gentiles err and give more, keep it","if a gentile murders a Jew, he's liable. If a Jew murders a gentile, he's exempt… it is permitted for a Jew to rob a gentile", "kill the best of gentiles (in war)" (instead of capturing for creating high IQ offspring to raise IQ)
4). Confucius Analects and Tao Te Ching (6 violent quotes, see all 6, plus a 2 page analysis),
5). The Holy Quran (see 100+ videos, 30 pages) (545 violent quotes, see Quran topic index too),
6). Bhagavad Gita (17 violent quotes, a tiny part of the famous Mahabharata epic),
7). Mahabharata (800+ described in the 5 page Hindu section),
8). Dasam Granth (Sikhism, 400, one page of details is right before the Buddhist Dhammapada)

that prove none of these *are* scriptures, but violent rantings that are anti-civilization, though Tao Te Ching and Analects are far more peaceful than the Bible-Quran. # 9). Dhammapada (Buddha) is the least violent, having only 5 semi violent quotes (see 6 pages of details), though their violence is lowest and subject to debate. Jesus created 3 billion severely beaten by alcoholics or dead who followed his Lk 22:19-20 advice to drink alcohol "in memory of me", not of God. Jesus says in Mt 5:17-9 that the genocide, rape, slavery quotes below are forever valid, so Jesus is an evil "demonic" liar who condones the genocide of "all God gave to you", mass rape, human sacrifice, arson quotes of the Old Testament or Tanakh. Jesus is a pathological liar, like fellow rabbi Moses who says to not kill, but then orders killing 3000. In Mt 21:12, 10:34-8 Jesus diabolically teaches humanity by living example to be violent by throwing people, tables, when a fraud who "levitates himself" could have gently levitated away the merchants' tables. A decent person, let alone "son of God" doesn't shove anyone. Jesus fraud chose to "materialize" 5000 loaves of bread, instead of 1 mg neurochemicals in 5 million dictators' brains to prevent all wars, violent crimes since 33 AD. Jesus chose instead to kill 1 billion, just to show off his nonexistent

fraudulent powers given by scribes. If Jesus can grant 10^{90000} year lifespan in Heaven, why didn't he prove his "Immortality Bestowing powers" by giving 90000 Jews a 5000 year lifespan, which is a miracle 10^{80000} times easier to do? Jesus has diabolically caused 1 billion kids to suffer trauma, lung(water inhalation)/brain damage via the infant baptism ritual that his evil disciples have mandated till 1200 worldwide, as infernal 1 min clip shows. How? He chose baptism by "chicken IQ cavemen", as if matter blesses nonmatter. God is $10^{infinity}$x more intelligent than Jesus, so God doesn't need 'H_2O/wafer' matter to bless souls nonmatter. God doesn't need matter to even bless the material body, God can heal directly, no water/wafer.

Alcoholics (running Western civilization for millenia) swear on these Bible quotes: genocide of "all God gave to you", mass rape, human sacrifice, arson, alcohol, kid beating, slave beating (OK as long as slave doesn't die today, but could die weeks later of 'unknown causes' succumbing to the damage done). Their Oath, with raised hand, like true Nazis adoring Slavery, is Their Ethics. Humans committed 9,000+ genocides over religion, 9,000+ over language, 9,000+ over objects. To stop the useless wars, it's better to have one language, one 'religion': help all live to a trillion.

Chapter 4.5. talks about Immortality Capitalism or Immortalism, the importance of honesty in the updated Declaration of Independence of USA, and here we're 14.5.2., adding to 14.5.1. Messiahs messing around ideas, with 1445 bad quotes in the Bible and 545 in the Quran. Not a coincidence perhaps, as in 1945 humans used nuclear weapons that can kill all humans, like the violent quotes below can one day kill all humans in 10 seconds if we continue worshiping such 'scriptures'. Deut 7:1-16 explains Jews (or believers in Old Testament, such as Christians who claim it's the Word of God) can exterminate all non-Jews if they feel like killing 8 billion (if "God of Israel gives 8 billion over to Jews/believers" as with the capsule kills 99.9% of humanity scenario). See West Bank. In Genesis 22:2 'God' tells a guy to kill his own son as a sacrifice to this 'god'. In 2 Kings 6:28-29 a Jew *lady boils and* eats her *son*, to please the 'god' (demon?) of Israel, who, in his omnipotence, *allows Baal disciples to boil kids* too in Jer 19:5. Jephthah burned to death his daughter in Judges 11:30-40 as sacrifice to 'god', in 1 Kings 13:2 god calls for human sacrifice and in 2 Kings 23:20-5 Josiah sacrifices people and is praised by Jesus' father praised by Jesus, the Yahweh "god", 1 Kings 16:34 Hiel *killed his kids to rebuild Jericho, as instructed by the* demonic god of Israel. This is taught as the Word of God non-Jews are to believe in (read in 2 pages the quotes of Jesus praising the Torah or Old Testament), *USA gov offers tax exempt status to all who teach* this, trims the penis of most males per Jewish demonic masochist custom. Jews who pose as Christian clergy hide (like Catholics who removed Bible from pews to hide cannibalism and all bad quotes, while having a very suspect 15 minute cannibalism simulation ritual, where they eat the blood and flesh of Jesus) the genocide *(some of the recent genocides are on the next page)* Torah quotes of this paragraph, as they reveal the true nature of Jesus' "God of Is-rael". Is-real? Unreal. *Not a* God, *just* angry rapists ("Jews need to mass rape

child/adult non-Jew virgins": Deut 20:10-14, Deut 21:10-14, Judge 5:30, Judge 21:10-24, Num 31:7-18) *and* serial killers *writing 'scripture'* (genocide after genocide of non-Jews: Deu 7:1-16, Deu 20:10-17, Deu 13:13-18, Judg 20:48, Ex 32:26-9, Jer 50:21-2, Judg 18:27-9, Jos 8:24-8, 5 of these 8 genocide quotes demand burning entire cities to the ground, sometimes after killing every human and animal, as an offering to "God"). Thus, rabbis and pastors call ARSON an act of God, no wonder Canada skeptics burned 33 churches, Ukraine 600 churches (coordinated Russia-Ukraine joint strikes) disguised as fake war, see a 2025 Russia example, USA arsonists 15 LA churches, plus 5+ clergy homes, plus many more similar fires. Perhaps, the real God took action against the fake 'god' demon who says, via Christian clergy, that "genocide, arson, rape, slavery are the word of God". Odd how clergy are not arrested for saying ARSON & all above are Acts or Words of God, allowed to preach such obvious fraud as the demonic Bible. It shows how corrupt all governments are. Reading the Bible, we realize it is the *Word of* Rape, Slavery, Terrorism, Cannibalism, Theft, Arson, Genocide, not of God. The above quotes clarify their second main job (after rape and genocide), their "higher divine" calling in life is THEFT, LOOTING GENTILES as the 4500 US banks also show. The Israeli "god" gives death sentence to rape victim Deut 22:23-24, deifies sex slavery Exodus 21:7-11, condones infanticide, cutting pregnant women, killing their born/unborn kids, in Hosea 13:16, condones in 2 Kings 15:16 ripping out of wombs unborn 8 month old fetuses, praises infanticide and rape combo in Numbers 31:17-18 Moses says kill any boy, nonvirgin, potential *pregnant plus fetuses*, kill all *animals, people, suckling infants* in 1 Samuel 15:3, 'god' kills millions of Egyptian first *kids* in Ps136:10;105:36;135:8;78:51,He11:28, Ex12:29, 12:12,11:5-6, in Isaiah 13:15-18 God tells Jews to slaughter all kids, cutting them *into pieces*, in Lev 26:29-30 "god" will make Jews cannibals who eat their kids, while in Jeremiah 19:9 'god' causes *cannibalism* of *kids* again, as the Book of Mormon 20+ cannibalism quotes show, "god" uses bears to tear apart 42 kids after some boys call someone *'bald head'* in 2 Kings 2:23-4, *"'god' loves rods hitting kids"* in Proverbs 13:24; 22:15; 23:13-14; 29:15, while in Psalm 137:8-9 'god' deifies *killing kids by dashing them* against the rocks, 'god' tells Jews to enslave non-Jews Lev 25:44-6 (white slaves of 1700s normal for Bible praising royals of 1700s), to beat these slaves in Exodus 21:20-21, in Kings 11:4-5 Solomon Jew king (the so called 'symbol of infinite wisdom' in freemasonry) worships Molek, a deity Jews sacrificed babies to, 1 Kings 9:21-2 explains Solomon had slaves, Solomon also had 1000 'wives' (sex slaves) in Kings 11:3, showing the Jewish origin of Freemasons & Islamic harem trends (20 wives per prince, endless slaves). The quotes just introduced you to the father of Jesus clergy get tax free status to promote, Jehovah, YAHWEH the one who tells readers to *commit eternal genocides forever against those* 'God gives over to Jews', the Demon of Eternal Killing and Genocide: a god or a demonic dog who drowns during baptism & stabs during circumcision babies? ☺☺☺ Do you trust clergy who brainwash kids that these quotes are from God and not from a demon? *Can Jesus be the son of the real God or of a devil*, if Jesus praises the QUOTES ABOVE as shown below? Is Jesus worship just *demon,*

rape, genocide, violence worship? How can the *Bible, Quran, churches, synagogues, mosques* be legal? Jews/Christians, guided by what Genocidal Churches, Synagogues call "The Word of God", became unspeakable *monsters from* Hell engaging in 500+ genocides: Italy (300 BC to 1940s genocides + 100+ others in Europe/etc, changed every EU language to be more like Italian via war), Portugal (Brazil, Africa), Spain (40+), France (Arabs, Blacks), Belgium (Congo), Germany (Jews, Namibia, 45 WWII scary pics), USA (Brits-Irish-Jew-German Christians run the show, bomb for Jesus/Moses or theft?), Russians (75+ ethnicities, 1.5 million Circassians in 1 of 90 genocides to increased territory 100 fold in 9 centuries), Jews (Gaza (see ruins), 50 Arab (see ruins) wars Jews caused by control of US/USSR, 5 million Ukrainians in 1933 with Russian help + Gulag had many Jews as torturers/abusers/killers, as do US military/spies) Dutch (Indonesia 300+K, So. Africa), Brits (Irish, Kenya + 50 others), Ashkenazi/Sephardi banker, army Jews promoting the Bible at the royal palaces of the infernal monarchies or USA, ready to kill all who disbelieve in the Jewish Jesus conman. Quran (Bible rewritten + extras) was spread by 500+ genocides (Pakistani genocide of all smart Bengalis (same method used by Jews and others to take over nations), Turkish horrors: 50+ genocides (Armenia) in 500 wars, millions of whites as slaves: white boys taken to become cannon fodder), Islam killed up to 270 million total, 90 million Hindus via 200+ genocides of infidels. Vatican genocides include 300 wars, Inquisition & 20 million Europeans dead via Reformation wars. Genocides done by Christian missionaries aided by Bible brainwashed armies = Bible spread via murder. We can talk about it due to the 1776 revolution that ended the Inquisition which killed any Bible or Jesus critic. To add to the offense, in 200 nations, we see huge crosses☺☺☺, symbols of torture, crucifixion, of workers being tortured and worked to death to make the aristocrats rich. The rich made a fake religion where Jesus dies, as workers are to die while making aristocrats wealthy. Mohamed aristocrat made up the Quran to justify endless wars, mutilation, looting of centuries. Cities are reminded of fingers, hands, heads chopped via minarets (41 dead when it fell)/calls, which ought to be illegal, like crosses which symbolize human quantum field destruction, via the torture of crucifixion. A cross is a mockery☺☺☺ of the crucified worker class by the aristocrats, who don't believe. Crucifixion, torture images/crosses, Torah/Talmud/Quran/Bible must become illegal, if we also ban any depiction of violence in movies, songs, lyrics, literature, etc. We can ☺☺*lovingly tenderly gently kindly*☺☺ ask ourselves a simple question: if a cult emerged in USA whose belief was that *you can kill 8 billion people even if you feel like "God gave them to you"* as the Bible says in Deut 7:1-16 (16 says destroy all 'God gives to you'), or as Quran says "behead all infidels", would it be considered a cult of death and terrorist organization? It would and everyone would think you're crazy. *But what the "well meaning" pastors, rabbis and imams hide from 99% of Christians, Judaists and* Muslims (see real Islam) *is that these 3 religions have texts and* incitements to do that very genocide of 8 billion. So, having discovered the real nature of the Bible, Torah, Quran, Talmud, can we as a civilized society accept them as religions or as terrorist organizations setup

by insane people of cannibal chimp vibration? Politicians can't say in public Islam, Judaism, Christianity are terror cults of death, but immortalists are not in politics, they're beyond politics, they simply are for Eternal Universal Peace and kindness for ALL. ☺☺☺Nazis and Hitler's Mein Kampf were pure evil, *but the Bible and* Quran quotes *are far* worse. Actually, an honest analysis of the above quotes reveals that being a Christian, Judaist or Muslim means being a gangster, since all the advice is about murder, genocide, rape, robbery, slavery. When sane people realize what they scripture says, they will immediately quit the 3 religions. The Quran condones the rape of infidels and even Muslims, and the Bible Old Testament, whom Jesus praises, condones the rape of foreigners after a war. When a cult makes rape, genocide, arson a religious duty it is no longer a religion, *but a genocidal terror group* as the quotes above explain and its tax exempt status needs to be removed (for all 3 religions: Judaism, Christianity and Islam), and its clergy charged with $1 billion fine for incitation to rape, genocide, arson, though honestly, when it is forbidden it can't be fined unless underground. Freedom of Religion is below Freedom to Not be Killed by Genocide. Without Life no right has any meaning, so Religion only is Religion if it has 0 calls to Violence. The Bible God wants people to be cannibals, genocidal killers, mass rapists. No decent nation can agree to have this filth be published and brainwash us to beat our kids with rods and to eat kids, bury them alive to make "a building last due to human sacrifice". By what trick did Jews manage to conquer the planet with this Bible and make everyone in USA, court, politicians, etc swear on such a deranged insane psychopathic text? By not exposing the above quotes. Israel & all Bible printing nations need to take responsibility for creating Islam/Christianity, which are based on Torah rewritten, and become immortalist states, because otherwise all humans may die in 10 seconds. The World is under the Dictatorship of the Bloody Torah, the Torah macho patriarchal violent energy rules every TV anchor, politician, singer, tone of speech, with a few exceptions. It's time for all good people to unite against the Dictatorship and Liberate earth from Its Cancer. ☺☺☺

The Vatican, Constantinople, and all Christian clergy *are telling the planet* endless lies (fake miracles, the big lie), being engaged in a total *holy war on* human intelligence, critical thinking, *scientific* integrity *(required to take care of the poor, of our needs as a society), and intellectual honesty*.☺☺☺ One of the greatest lies is that "*Jesus was different, special*", so unlike Moses and the other "prophets of murder and genocide", but using the "Infallible Word of God", we find thru the quotes of Jesus himself in this paragraph, that Jesus says he came to fulfill the *Horrific Bible* quotes above, *that the quotes above are scripture and everyone needs to follow them*, so Maybe he's a Son of a Demon, not of god, who came to fulfill the Torah or Old Testament that Jesus calls the Moses law (kill 3000 on a whim). Jesus, instigated millions to publish the Bible, the Demonic Word of Chimps above. This then reached Mecca, taught Mohamed what 'being a prophet means' and Mohamed changed the Bible slightly and created the demonic Quran, which

is the source of new genocides, as the Old Testament advises and teaches by living example. So, Jesus is the creator of all Islamic terror acts too, of all genocides done by Muslims and Christians. Indeed, Jesus fulfilled the quotes in the Old Testament, the Moses Law (see 22 examples of it), as his religion caused 2 billion deaths probably. Don't be fooled, the Catholic churches have 14 cross images depicting the psychopathic torture of Jesus by his demonic father, Yahweh, the god of genocide of billions of people, the demon-god who relishes in Pain, in Suffering of Jesus and all, in pain inflicted on billions of humans, reenacting it every day when you go to church, or Philippines where they crucify themselves, etc: the essence of Christianity/Judaism/Islam is torture, so 150+ militaries torture people. Attending human sacrifice rituals, these "Christian" leaders are nothing but demons in disguise. Jesus name is not holy, has no special effects as clergy claims, but is a simple call to Genocide, Rape and Theft, a call to be "demon possessed" if demons exist, which science has yet to prove. Jesus, thru the following quotes of his "Infallible Gospel", brought a similar energy as Moses and Old Testament: Mat 5:17-9 (He didn't come to abolish the demonic quotes of the Old Testament, the "demonic Jewish law", but to deify it more, to fulfill it, make it stronger), John 7:19 (all humans are expected to obey Old Testament quotes above), John 10:34-5 (Jesus says the Demonic Old Testament is infallible, it *can't be broken*, because the scripture writers calling for extermination of nations, mass rape of child virgins are 'Gods' if you didn't know it yet, and Jesus generously clarifies that), John 1:17 (Gospel says the Word of Demons, Old Testament, is Divine: Law was Old Testament, "obey it, ultra low IQ folks, go exterminate" any nation 'God gives over to Jews' Deut 7:1-16,☺☺☺ per Jesus who, like Leviticus "prophets" perhaps, meant "*love your (*Jewish*) neighbor, as yourself, but read Moses on what to do to the gentile*: take as slaves or turn into slaves covertly (if you can brainwash them they're free), beat slaves or exterminate", yeah, *the* Pope wears a Kippah like a true Jew, *were all Popes* Jewish? The first Pope was an overt Jew, the rest covert ones?), Luke 16:17 (Jesus proudly praises Genocide, Arson and Rape of Billions: "not even a letter from the violent chimp 'scripture' can become void, it is easier for heaven and earth to vanish, than the Bible to *be untrue" or ignored by educated people and* never published again as USA law reflects human kindness and bans Quran, Torah and Bible forever), 2 Tim 3:16 (all scripture is inspired by 'god', yes the paragraph above: *how to deal with* non-Jews), 2 Peter 1:20-21 (the garbage scripture is not interpretation of a chimp mind using violence, genocide cannibalism when not needed, but pure 'Godly wisdom'), Mark 7:9-13 & Mat 15:4-7 (death penalty for saying a bad word is OK per Jesus the 'kind gentle forgiving one', whom all nations invaded by Italians, Jews have to worship at gunpoint, perhaps the Inquisition mutilation burning at stake type of 'kindness' 'prophet' Jesus), Mat 5:27-32 (Jesus takes Moses' commandments and creates harsh punishments, eyes taken out, hands cut off for anyone divorcing his wife or marrying a divorced woman, or anyone having a natural curious look at a nice lady), 1 Peter 2:18 (*submit to evil slave owners, obey pure evil*, Gospel 'amazing' advice☺☺☺). So whom can people trust among

pastors of Jesus? Is this what Godliness is? Jesus the fraud drinks at weddings in Luke 7:34, then tells his disciples in Matthew 26:26-8 to drink daily (because the wine is his blood, if you didn't know it yet, so Catholics drink it daily at Mass) to remember Jesus violence in Mat 21:12 forever. Jesus the Ultimate Conman incited people to drink causing 2 billion dead in the last 2 millennia. *Should the Bible be legal to be published or banned for inciting people to atrocities*, violence, rape, genocide (see human sacrifice quotes)? Pastors tell us the most criminal actions are God's will. Why are some arrested for making threats, while pastors/imams/rabbis are free to incite billions to genocide? *Isn't this a double standard*? Vatican/pastors even lie to us and claim Jesus *canceled* the Moses law. He did not. Jesus clarified gentiles are to work themselves to death (like Jesus faked his death), in service to the Jewish or Italian business owner, banker, realtor, etc, and die maybe 40 years sooner. Jesus says rich don't go to heaven: gentiles don't seek $, accept your *slave* status, *work all day*, give all $ to Jewish 'Christian' clergy. Money is for Jews and aristocrats. That's why Jews lent $ to gentiles to finance gentile-gentile wars, why US has 4500 banks. Jesus clarified gentiles are to be obedient, submissive, love Jews, while Jews need to follow the Old Testament (previous paragraph) to know how to 'love' non-Jews. Jesus was like this shouting rabbi (listen) and all rabbis: 1. cocky (Jesus claims he's the only Son of God, Jews claim they're chosen), 2. violent (read Mat 21:12 how Jesus throws people out) while rabbis promote violent quotes and 3. fraudulent (Jesus faked all miracles) while rabbis promote fake miracles too (red sea parting etc). Jesus was like this pastor too, raising his voice and shouting like a psycho. No humble honest being would ever become a *rabbi/pastor to promote the quotes of the previous paragraph or the New Testament. Only a* violent *thug* promotes Torah, Quran or the Bible. In our hyper violent society, where fraud reigns supreme, the Bible-Quran-Torah violence is 'normal'. Our standards are so animalistic, abysmal, minimal, that nobody asks for a decent scripture. The Old Testament explains there is a secret teaching, and *some rules are for gentiles only*. Wake up, Jesus faked it. Jesus could have been a fictional being spies made or a Greek/Italian or Jewish spy making up a religion to build a big Jewish/Greek/Roman empire, to conquer the planet using a fake religion & endless wars. Quran, Mohamed was made up the same way, by military spies, just like terror groups are made up by CIA today, like leaders are handled by spies who puppeteer a nation. Both cults of death were made up by military thugs for empire growth, who ruled as they do today. Wake up. Jesus, the "kind one", wanted a stone to be placed around people's neck so they drown. Jesus encouraged amputation of all 4 limbs and eyes, sounding like Quran too. The Bible and Quran are satanic, if we use their "satan" terms: churches, synagogues, mosques are terrorist organizations promoting genocide, human sacrifice, rape, theft, arson, etc.

Isn't it odd how the fraudulent 'Christian' (Jews quite often) pastors tell us how bad gangster rap and negative lyrics are, from the devil, diabolical, yet we have the Bible quotes above far worse

than that, about genocide of 8 billion people, entire nations, mass rape of virgins in a town, mass looting of everything in a town and this is sold as the Republican Party defended religion? The ☺abysmal IQ☺ of religious Jews, who worship the Word of Clowns, the Torah,☺☺☺ in their synagogues, instead of a decent scripture any Jew with IQ can create, is evident in 50 quotes in the Torah where this Psychotic Imaginary God programs in Z14:1, etc the Jewish Readers into creating a Reality in which even Jews undergo mass rape or other atrocities *(self-fulfilling prophecy, negative programming of subconscious by the spies (some not Jewish perhaps)* who invented this horror "scripture" to fulfill their greed instinct and unconsciously destroy the planet), or they become cannibals etc if they don't listen to this demonic fiction called Yahweh disguised as a God, a hallucination in the minds of aggressive cannibal chimps descendants. Dear Jews, ☺☺*lovingly tenderly gently kindly*☺☺ wake up and find God within not in synagogues, churches, mosques which are all made/run by spies, because the Bible and Torah, Talmud and other texts defile you, make you look like Devils, Gangsters and Illiterate Mass Rapist (see quotes) Mass Murderers. Wake up, teach something else in Synagogues or avoid them, same for Christians, avoid the Gospel fraud, choose the Immortalist Anthem if you need a draft "semi-scripture". Kindly join the effort to heal, reeducate by silent living example (boycott the service, don't go) and transform the wild beast within psycho macho rabbis who shout like Hitler and destroy the human quantum field of serenity and healing. Avoid violent gatherings where the wild demon dances (aggressive voice, dance while others are being killed by storms, floods daily, *true empathy* or subtle demon possession?) and the serene kind empathetic person fixing the houses of the homeless is absent. Help Jews whose houses are destroyed by tornadoes, via monolithic domes, let personal spirituality dwell in every dome house in USA (let us built 200 million of them, end homeless, end jails, walk spirituality instead of being devils), let God be with you, in a form 1 trillion times more Godly than these fallen rabbis Jesus criticized. Isn't it odd how the kill to steal Party of Republicans never passed one draft law to edit the genocides of the Bible that violate human rights these thieves and liars pretend to defend worldwide, or one draft law to ban all violent lyrics in USA, the violent rap, pop, metal etc music, instead focused on the theft of trillions from the state and the 99%, by tax cuts for billionaires? What kind of person wants to vote for such brutes like Demon-crats and Re-pub-licans who swear on the demonic Bible and then go in a grove in California to do satanic simulation of human sacrifice as Wikipedia explains. Aren't you fed up of the demonic type of Jews, Brits, etc creating 29000 banks in USA in 1920s and now 4500 and shoving their demonic (see human sacrifice quotes) Bible on us, as if we're their dogs to be destroyed with the rap, pop, metal music culture they create to destroy every gentile on this planet? The bandits never passed a law to fine $90000 those who blast music loud to maintain peacefulness in cities, because these pompous frauds from hell live in estates and aristocratic enslaves where it's quiet. Dancing to restless music is a mortal sin, when any violent crime happens on Earth, because any violent crime wave

can turn into war and any war can turn into the 10 second end of humans. It's also because each year, millions of car/workplace accidents happen due to the extreme rushing happening due to people listening to aggressive restless music that prevents focus. When peaceful music is your thing, you're far less likely to get into accidents if you also sleep well. All ethical religious, atheist or agnostic persons know that empathy requires us to play only serene music, to create a more peaceful vibe in all people that prevents accidents, quarrels, etc. Many don't believe in 'demons', but what if quantum information can linger for centuries?

To be fair and objective and not pick on Jews☺☺☺ only, the Quran also tells 'believers' to loot, subjugate, tax, fight, mutilate, terrorize, commit genocide against the infidels as the Quran section explains (kill them all that is if they don't pay religious tax or don't convert to Islam), so Jews are not alone, Arabs follow Judaism too. To be kind and all merciful with all Jews☺☺☺, we inform Jews that their Torah (old part of Bible) was possibly written by Greek/Italian spies (big powers of 300-20 BC = Greek/Roman Empires), using the cover of being Rabbis or scribes, in order to inflame Middle East tensions and set one Arab tribe (Jews) against the rest (Arabs), so as to dominate the area like Brits did for eons. So, please don't identify with any nationality, you're a human, a soul, and all these vile scriptures are products of sick military minds from hell, less useful than even toilet paper. The primate cannibal chimp military mind doesn't know anything but murder and torture, until the immortalist reform of all militaries. The 95% of all nations are slaves of the 5% aristocratic class, and the low IQ 95% worship the Bible, Torah and Jewish Quran which deify genocide, mass rape, terror, slavery and abuse of workers as explained in the next 70 pages. Walking into a synagogue, church and mosque and reading or even possessing those "scriptures" is going to quantum entangle you with the genocides that killed up to 2 billion people via these scriptures: Torah-Bible-Quran and naturally shorten your lifespan. Once old and young people boycott these religions, inform all their friends about this book, hold protests to petition cities to remove permits for these places of EVIL worship, as they condone slavery, genocide and rape, once states remove the status of tax exempt for these cults of war and slavery, suffering and genocide, after understanding why via this chapter, these terrorist organizations will have to close their bases of death-destruction spreading and the immortalist city centers and labs (millions of them) will provide alternate ways to socialize, while spirituality will flourish and authentic cultures will flourish, since eterni music will spread globally, and all will be able to be a pastor if they wish, online, as nobody asks for donations, nobody commercializes religion, as the 'Jewish' "Jesus-Moses-Mohamed" fraud is replaced with ethics in every nation. If you go to biblegateway.com or other 'bible' search engines and type "kill", you will find, in the King James version, 468 uses of "kill", many uses as "advice from God", showing how people were hallucinating that "God" or Lord told them to kill or enslave, mass rape, loot nations, (cheat via fake miracles too), kill towns, villages, or guys for sharing

one's opinion or hypothesis. If you're short on time, simply scroll thru this chapter and read the in depth analysis of every quote, the ultra colorful sentences, to discover the real Bible, Quran, Gita, that the dishonest fraudulent phony clergy hide from all, since these parasites live off human gullibility. The Immortalist Anthem has 0 negative, violent or killing words, being a much better candidate (not 468 kill words) for 'scripture' or 'ethics guide' than the Bible, Torah, Quran. Tao Te Ching doesn't tell anyone to kill, nor does the Buddha scripture. ☺☺☺

Kindly read the Lev 25:44-6 command to enslave workers and other humans (what 200 nations experienced thru history at the hands of a temporarily strong country, empire or aristocracy), to beat enslaved humans, like workers (slaves) Exodus 21:20-21. *In the next 5 pages it is explained that, unlike what pastors claim,* Jesus approved *of all genocidal quotes in the Old Testament*. The Bible (like Quran too) is the greatest promoter of slavery, rape, war, genocide when Torah is included, and no Christian can ethically agree the Torah/Old testament (where 98% of the bad quotes are) to be considered Christian scripture. Clever Jews though brainwashed Christians to include the Torah trash in the Christian "Bible". We see today, 100 nations protesting against slavery, exploitation of workers, etc not realizing the entire civilization was built on the Slavery Promoting Texts. If you love human rights, World Peace, etc you can't love the Old Testament. True Reformation can start in the 21st century with the removal of Old Testament as scripture. If you empathize with the victims of 1 million wars, 9000 groups enslaved by foreign troops, etc, you abhor the Old Testament/Torah and can't conceive of it as Christian scripture, as a text to be published or be present in a holy temple of God or church. Belief in Jesus has nothing to do with the Old Testament, you simply are naive enough to believe in the faked miracles and some nice quotes. The next *87 pages* go into detail to reveal the intentionally hidden quotes of 5 popular "scriptures" (though the focus is on the Old Testament Bible). Beyond the *GENOCIDAL* quotes at evilbible.com, the obviously fake miracles (30 pages here on other quotes), we got many violent unacceptable quotes in 8 so called 'scriptures' of a civilized planet: ☺☺☺

1). BIBLE (1444 violent quotes, 1280 in Old Testament, 100s of others injust, illogical, etc, pirates became Popes via Bribes, so did 2 Serial Killer Bankers Giovanni Medici on 1513-1521 (died of obesity, gluttony) & in 1523 (Julio Medici) after a possible killing of a 1521-3 pope by the Medici, Giovanni banker broke the Vatican finances, supported the 400 year old indulgences which aided the Protestants, causing 20 million dead when Vatican fought the Protestant Reformation),

2). TORAH (1280 violent quotes that overlap with Bible, as Torah is the Bible "Old Testament"),

3). QURAN (545 violent quotes, 90+ calls to terrorize infidels in contrast with the 0 calls to terror in the Bible Gospel, see the key quotes at the thereligionofpeace.com (old site), cspii.org or islamisdifferent.com, and read the Quran section to see why the Quran is a Jewish creation),

4). BOOK of MORMON (254 violent quotes, some cannibalistic ones, plus more bad quotes, huge temples sitting empty while others sleep in cars, wealthiest Jesus cult started in new York, the Jewish stronghold, shot dead 120 Americans passing thru Utah, see Wikipedia, launched Zion's Cooperative using the mandatory 10% of church member income, US gov seized all Mormon church property, Mormons invented docs like Vatican/Israel do/did, wasted billions to support demonic sports via 2002 Olympic bid in Mormon Utah), Mormon Book is Pure Fiction, See Proof that convinces even the lowest IQ people, plus see the Racist quotes of the Book.

5). DASAM GRANTH is the second scripture of Sikhism, Dasam Granth (Satan) with 100s of violent quotes. You can see wiki, this scripture contains the word "sword" hundreds of times. Sikhism requires wearing a huge knife, used by some to stab teens, because "He, who wields the sword in his hand, he's the remover of millions of sins" in verse 46 Bac. Natak, Satan, NATO (why not Atlantic Alliance, AA or EA, Eternity Alliance?), NafTA).... It says on first line "I salute the Glorious SWORD with all my heart's affection" and later "the sword chops well, chops the forces of fools"", i.e. Sikh "vegetable IQ"☺☺☺ folks worship satan, demons, because God knows a trillion ways to any outcome without the sword, or violence. Later, the SAD MAD SADAM says "the sword is God, and God is the sword" in Shastar Nam... (contains Satan). Satyanam is the main word in Sikh scripture and Satnam the main name of God, Sa ta na ma is a main mantra. Odd one indeed. Sikhs have the most demonic rituals out there involving the sword. It's a sick religion, the name says it even. The goal of life is to chop heads, bodies and fight a lot, for freedom to believe in Satnam, living to 80 to reincarnate until you attain nirvana, in other words "in death at 80 we believe, science is crap". Very "progressive" religion indeed, designed by 'Satan' himself to keep everyone short lived. Only folks entangled with the violent thought forms, quantum info systems (what religionists call demons, satan) write a scripture of Sword Adoration, it's like you would write "Hymn to Guns, Nuclear Bombs, Javelin Missiles, B2 Bombers and Grenades" and call it a Scripture... Don't you see something wrong with this??? Yes: Sikhs were fighting the Quran, Bible rewritten, so they became insane by contagion, having seen the demonic ferocity of the Jew of the Old Testament who commits genocides based on random whims of their prophets, like Moses killing 3000 for trivial reasons, fully replicated with precision by the Muslim, Sikhs got possessed too by the same demons of Yahweh. Blame the Jews? ☺☺☺ Perhaps, though Jews appropriated Assyrian and other cultures around them and wrote it as Bible, so Bible is Arab origin actually... real Jews are Arabs. The Sikh wrongly thought the only way to survive is to make people take arms and kill the Muslims, so the Sikh leader thought a good idea is to claim sword is God so people don't resent killing, wielding swords and fighting the Muslim "thugs" who were attacking Sikhs. The Sikh leader didn't realize there were alternatives to violent resistance, such as a few of the trillions of nonviolent ways God knows, in the nonkilling section. Due to Muslim stabbings, he probably suggested wearing a hidden sword

is “divine” self-defense, but that applied to 1688, today, wearing a Sikh knife needs to be illegal worldwide. The Immortalists will ban all knives eventually, except 1 in a secure box in the kitchen with video camera, if knife crime doesn't stop fast. Same for guns, etc. Any violent crime = death if serious. Sikhs were too simple minded to come up with a more complex and far smarter way to win over the Muslim, Christian, Jewish “rat IQ” folks whose main tool is genocide per their “scripture”: surrender, claim to become a convert, infiltrate Muslims at the highest levels, change Islam to become like the Immortalist Anthem… etc, one of 10^{900} methods… that harms fewest humans. In a primitive century of ultra low IQ and zero science, it’s hard for people to realize the truth.☺☺

6). Dhammapada is a trillion times nicer than the evil Dasam Granth Sikh scripture of the previous page at # 5). Dhammapada has the following anti-life quotes, seen easily in the Project Gutenberg (Ctrl+F 103, 105, 320, 321, 322), it’s a text of 423 sayings using Hindu terms the audience was familiar with: 103: “If one man conquer in battle a million men, and if another conquer himself, he's the greatest of conquerors.” So, killing 0.1 million to conquer of a million is sounding very acceptable, the 2nd of conquerors. Buddha is not condemning war here, just says “don’t kill” in other verses. 104, 105: “not even a god can defeat a man who conquered self” continue the lie that nobody can conquer you, but we know today with high tech any brain can be manipulated to do unholy things that Buddha would despise. It’s a waste of life to conquer self so much for 50 years, then in 1 minute a guy comes with a dream to brain gadget and makes you do something unBuddhist. It’s more useful to spend your life learning neuroscience, physics and chemistry of human longevity and brain, how to protect yourself against brain weapons, than to be a foolish naive guy, falling for such childish nonsense, believing the lies of Buddhist temples with hidden computer to brain or satellite to brain mind altering technologies. Back then, Buddha could say that, to appear ethical, but it’s not true today. Think again, read the Confucian section, to understand how clever guys use the cover of Buddhism to take over other nations with Confucius Institutes and Buddhist temples. They’re not into Immortality for All, nor was Buddha, Buddhism was only a cover for expanding his kingdom’s power via fake religion. 320: “Silently shall I endure abuse as the elephant in battle endures the arrow sent from the bow: for the world is ill-natured” this is a sinister quote encouraging outside violence against oneself, Buddha tells people to just ensure all abuse, instead of to end all abuse by creating a world of zero violent crime: easy to say that, Buddha was an aristocrat king abusing the 99% and now becomes the monk who says “take the abuse of the rich, I'm the agent of the aristocrats disguised as monk to tell you how to be a better behaved slave, gladly taking the aristocrats’ blows”.☺☺ Enduring abuse only perpetuates abuse, people need to use their IQ to figure out peaceful ways to end the abuse, not just sit and take the abuse. A real king wants all abuse to stop, which is easy today, trillions of cameras, mics, etc and death penalty for any violent crime.

This is a very suicidal quote that enabled Islam to take over endless Buddhist lands and even Hindu ones, without these people having a plan on how to change Islam if they pretend to convert and thus avoid killings of 90 million Hindus, etc. 321: "They lead a tamed elephant to battle, the king mounts a tamed elephant... the tamed is the best among men, he who silently endures abuse." So the king using an elephant to kill others is something fine, Buddha has no issue with this cruel act of killing, he doesn't tell kings to not do it. Odd? In other words, guys, work yourselves silently to death, so my rich friends and kings can live the good life. Don't complain, Be silent, Die 30 years sooner than the rich. Smile and go to Nirvana... there you'll find treasures larger than the trillions we stole from you, with Jesus, Allah, Buddha and other fictional deities. It's odd that this Celestial IQ Being of such Profound Wisdom couldn't realize that all humans will one day, via 11 companies, 1 country, language, currency, be shapeshifting Immortals in this world living the Equivalent of 1 billion reincarnations into one Super Buddhist Life as they rebelled peacefully against the fictional Hindu Lord Yama of reincarnation relocation, all these Immortals worthy of a Holographic Garment of thousands of colors, All Sages, instead of a yellow robe Buddha always invokes in his pontifical style that reminds us of the Gospel of John made up by some scribe. Why would they choose yellow, when there are trillions of colors we don't even see, not of this physical light even. Sadly, Buddha could not imagine such a future, only in death could Paradise be conceived, showing a very low IQ and narrow minded view of reality. Why can't we have bidimensional Immortality and be here Immortal and visit Heaven too and dissolve form into energy when bored? Again, a spoiled king could only recycle Hindu thought and try a cheap trick on naive masses. It worked. 322: "Mules are good, if tamed, and noble Sindhu horses, and elephants with large tusks; but he who tames himself is better still." So using animals to kill others (321) is good, while not killing is better. Highly uplifting advice from Buddha? Not to mention many other verses where he makes use of Pali idioms that sound violent in other languages like Indra's bolt, etc. The advice to beg is bad, since it leads to societal collapse if all did it. Notice the peculiar difference between this central Buddhist scripture and the Immortalist Anthem with 0 negative words such as battle, fighting 1 million men, bolts, etc.

Buddhism is focused on inner peace, renouncing desire, happy breathing and work towards Nirvana, Eternal bliss in heaven, be it a state of consciousness after death or realm. However, when the Muslims come and chop all heads of those who haven't attained enlightenment, they send those souls to reincarnation, they also rape locals and "prevent locals" from attaining "nirvana", so how did Buddha teach his followers defending self against such cannibals ready to exterminate all infidels who don't pay the Muslim "keep your religion" tax? There is no mention of it, Buddha was only interested in making people behave in a more civil way, so endless monks were killed in the Muslim invasions, 1000s of Buddhist temples were wiped out. He was playing the stupid and naive guy, in order to hide his agenda of world conquest via a modified Hindu

thought system, that appears to be different but it's just recycled Hindu theory of mind of the times. All the focus on good thoughts and such is noble, but today with synthetic telepathy and computer to brain wireless download of dreams and thoughts, all that goes out of the window, as people are no longer that "free to create thought", especially with 100% fake media. So, in the modern world, Buddhism is of limited use, though we agree it's noble to speak, act kindly, and do the "8 fold path", so for creating a peaceful world, the ideas make sense, but they're Hindu. Buddha was essentially worshiping 'satan, low IQ or demons', because he was encouraging death at 80, to reincarnate in heaven or end reincarnation, breathe this and that, renounce desire and you'll be all set, just beg as millions are killed left and right and stress to work to feed you, be a parasite… Ridiculous? But that's a lie, because Buddha offered no proof you end up in a good place (no reincarnation), as an Arhat or Buddha if you just renounce desire, for exactly as in this dimension you can be tempted to do evil things and can be caused to feel pain etc by gadgets of torturers, so can it happen in an "afterlife dimension" for which Buddha offers zero evidence of his "cosmic protection of your soul". Why believe Buddha's claim of eternal life in Buddha land or with Jesus or Allah for other naive people believing lies without proof? Do you think this is how the Universe works? You work 1 minute and then take a vacation of a billion trillion years in heaven forever? 80 years of following some stupid rituals is a nanosecond in eternity and for that little effort you go to a forever vacation? Do you still have a logical brain or do you fall for the "Heaven guaranteed lie"? If you live as an Arhat or Buddha after doing rituals, why not in this world for a trillion years which is a nanosecond of a nanosecond in the life of an Immortal? Something is fishy: he offers no proof for his claims, why believe Buddha, Jesus, Moses, Mohamed, Lao Tze? A reasonable proof is making a human live to 1000 by following Buddhism or other religions. Nobody did it. No religion did it, since they're all PURE FRAUD. Think, don't be duped. Buddha simply recycled Hindu thought (ritual bath, urine, feces ingestion from Ganges or special breathing ends reincarnation), used Hindu terms even in his scripture: Mela fecal bacteria is 49000/100ml, 20x the India safe limit (US shower water limit is 0), ingesting feces grants no immortality. The famous Confucius adores war covertly, so does Lao Tze, they see no way without it, both "philosophers" of cave ant colonies, being examples of fake false religions coming from the minds of insect humans, of filif IQ lifeforms without any trace of intelligence of the etlif IQ lifeforms. The Tao Te Ching, The Analects, are stained by bloodshed imagery (unlike the pacifist Immortalist Anthem☺), even if they're 10^{50} times more peaceful than Bible-Quran. The Buddha scripture, one without any overt violent suggestion (aside from the stuff above), is encouraging begging, which is a violent burden on others to feed you and take care of you, while you don't contribute to the end of war, being too busy with breathing the right way to attain "spiritual" immortality for you while everyone else dies in war. War and the suffering Buddha wrongly calls "inevitable" is easy to end with the 11 companies, 3 agencies, we just end aristocratic subjugation, parasitism by the rich Buddha like nobles, who

violently make war to loot others, create religions to use soft power to take over lands. Buddha, a spoiled king, was too "low in IQ" to realize that if all humans spoke one language, all kingdoms dissolved to create a Family of Immortals, with True Equality, all war, theft, suffering ends, as we cure all diseases and learn to treat all cellular decay that causes pain. No more clergy asking us to worship death at 80, we live to the age of 80^{90000}. Enough bullshit. ☺☺☺

Buddha was perhaps a spy, who wanted to take over kingdoms with Buddhist clergy, not the monk we're led to believe, who reached nirvana, who made up the stories of his asceticism and starvation too, denounced fasting later, in order to appear good, reasonable, but covertly deified asceticism to weaken kingdoms of brain fuel (by ascetic practices) and overtake them with Buddhist clergy slowly, covertly, like a true snake of masterful strategy. A real lover☺☺☺ of the masses teaches true liberation from the evils of many languages, states, aristocracy, etc, not desirelessness and social chaos by begging. Sure, all can renounce desire, but then nobody desires to work and do anything, we all die, as all beg and demand 1 hour work week. Buddhism has many instances of monks who starved themselves to death, "no desire to eat". Historic, religious texts claim that Buddha skin darkened (solar tan), veins became visibly prominent, his abdomen "touched his spine" like a Jew in WW2, if these were not fabricated texts to create an aura of holiness. Refeeding after a long fast causes bliss, as explained in 10000 Hindu texts and modern biochemistry, his "nirvana" may have been the joy of carbs after 4 weeks of headache by starvation. It's a bad idea to encourage extreme fasting via Buddhism glorification, due to its dangers to health. Buddha wasn't just eating no food, but, if stories were not fictional, simply going on water for months like Jains. This is deadly for any human, and will shorten everyone's lifespan, being a violent crime.☺☺☺ Jains, Buddhists need to read the NIH papers on fasting and avoid long fasts or painful Jain rituals. Surely, a Bodhisattva is so compassionate, that he won't only end reincarnation for self, but be a living example of Immortality, of living to a trillion for others, so they might follow the Dharma to achieve the same trillion year lifespan, a semblance of the Immortal Lifespan as a Buddha☺☺☺. A trillion years is a nanosecond for a Buddha, and man, those Compassionate Buddhas would surely extend an infinitely small amount of their fictional Limitless Energy and compassion to us to help us live to a trillion, so we get a better sense of the True Meaning of Nirvana or Forever Bliss, by being Smiley for a trillion years at a time☺☺☺. Give me a break, I would rather stick to my down to Earth Humans of the Future Living to a Trillion are the God who help us live to a trillion theory, more plausible, our grandkids simply travel back in time to help us grow beyond Buddhist and all religion bullshit.☺☺☺

An honest person only talks of immortality in some realm if he has clear proof of the existence of that realm, outside of his lucid dreaming mind creating fantastical realms that appear as real as daily life. Buddha was a king, fully in contact with the merchant trade routes between his Nepal kingdom and the Middle East in 500 BC, where Jews, Egyptian, other frauds were creating

endless cults about after life, Osiris, resurrection, eternal life, so a bunch of entrepreneurial guys decided to create a new religion to conquer lands without war: promise them something incredibly beautiful, pleasant, desirable and then everyone will do your bidding, offer them some intangible, yet infinitely valuable thing, an infinitely priced eternal vacation in a fictional realm, and all will obey you, same way Jesus and Mohamed made up their extortion networks, Christianity and Islam. Unlike heavenly Immortality, Earth longevity can be proven, all reach 900 year or trillion lifespan if they follow a set of rules of science, society, etc. Buddha could only offer unprovable vacations/rewards, because he was a FRAUD, like most aristocrats and many "psychic advisor" gypsies who're charlatans, like Sai Baba (fake miracles), charging 500$ for a spell of good luck or whatever, typical fraudsters, fakirs, stage magicians India produced who trained Jesus when he allegedly visited India in the 18 missing years, into how to dupe people, organize witnesses to claim they were sick before, sleight of hand, etc. In science we don't make statements, unless we have ample evidence for it. All conmen ask for your money in exchange for an "afterlife product" that doesn't exist, it's a FRAUD, the biggest fraud actually, because for a year of work or etc you get an "infinite years" vacation in some realm, so immortalists forbid donations for any "religious or ethical teaching". It's like "give me $100 (or 100 years of your life as volunteer at the cult) and after you die I give you $100 trillion billion (or 10^{29} years in a fake realm that doesn't exist) back. Believe me, I'm the Chosen One of that Realm, King of All worlds who can't even make a human live to 200 years, but you give my "church" all your toil, wealth and I'm the parasite free rider "clergy aristocrat, king, two in one". Are we that stupid to believe Jesus, Buddha, Krishna, Mohamed, etc?". Organized religions are a mass hypnosis of naive folks by aristocrats, designed to steal all the worker's labor, wealth legally. This, O So Holy, Buddha, never talks about "equal universal pay for all", as in love all beings like a mom loves her kids, equally kindly. Notice how clever this leech, Buddha is: "let kings be rich, fight wars, plunder the poor, just meditate/work hard, my aristocrat pals will only grow richer as worker productivity now can increase, with new promise of afterlife bliss". He's a crafty prophet for profit. Why not first live to a trillion so we can more scientifically and truly figure out what afterlife is like? With such a long life, or 1 billion reincarnations into one, all can go directly to Buddha Realms and no longer have to go thru so much reincarnation and suffering of old age and birth. Christians too, can become good holy sages, and go to the highest heavens, instead of to hell. All go to heaven, a win for Jesus and God right? Then, Abrahamic religions need support trillion lifespan. Poor Hindus are spared of such cruel rebirth as an 80 year old lived ant and thank the Immortalist Party for making them think logically and no longer be duped by frauds.☺

Right Speech in Buddhism means Buddha can't claim his method ends reincarnation (a lie?), unless Buddha can scientifically prove you got a soul via physics experiments and that he traveled to said realms (which physics needs to see via new equipment) and proved souls stop

incarnating. Buddha was the typical merchant Jew, trying to repackage Hinduism and sell it to you as a new product to take ownership of vast lands via the religious political class.☺☺☺ We're no 2500 BC peasants fooled by the spoiled aristocrat called Buddha. Humans are no longer bipedal monkeys, they're smarter today than in Buddha, Lao Tze, Confucius, Moses, Jesus, Mohamed times. ☺☺☺ Buddhists, religionists, taoists have free will to take an honest look at reality: tigers are animals of low IQ who chase animals to eat them, not realizing tigers could evolve and eat eterni powders and need no teeth, claws, strong acid for digestion, rats are pretty stupid too.☺☺☺ Bacteria are even lower in IQ; humans today are vs Immortals like bacteria are vs us, 1 million times smaller, 1 million times shorter lived.☺☺☺ The idiocy of gnats, bacteria, rats is high, they don't understand complex physics, how complex reality is, how complex is the inner structure of a grain of rice they eat, etc.☺☺☺ Likewise, some people don't realize how incredibly simplistic and stupid all current religions are, because they never had time to ponder on what living to a trillion years old might mean (time to discover a trillion methods to peace without violence, for example, etc), as in etlif IQ.☺☺☺ Imagine a person who is a trillion times higher in IQ than you.☺☺☺ That's the dumbest person of the future, and a sentence or speculative "religion" of theirs would take a trillion billion pages to write down that you would not be able to read even in a million years.☺☺☺ Humans are mere bacteria of an infinite stupidity, and the sad part is some don't realize it.☺☺☺ THINK about it, before you THINK you understand what happens in this or another dimension or believe any of these so called "religions", which are nursery school comforting lies for toddlers.☺☺☺ Religion = re-ligare, liga-ment connects, binds, re-binding, re-bondage, binding to the leash the aristocrat created for you to chain you, loot you, enslave you, beat you, genocide you.☺☺☺ Kindly THINK again, BEFORE you give money to these clergy frauds, who're amassing millions off you.☺☺☺ You can simply connect to God directly for free, breathing naturally, listening to peaceful music. ☺☺☺

7). Tao Te Ching of Lao Tze & Analects of Confucius are the least violent main scriptures after the Buddha's Dhammapada, but don't meet the 21st century standards for a trillion times lower violence in scripture needed to lower violent crime a trillion fold, for reasons the link explains. However, immortalists acknowledge that if everyone truly practiced the spirit of Tao Te Ching, meditated, avoided gluttony and over stimulation, practiced breathing to center themselves, detachment from material or "intellectual property" possessions (all ideas belong to all), etc, the world would be far more peaceful and Tao Te Ching overall is a trillion times more peaceful and civilized than the Bible-Quran-Mahabharata filth. With that being said, sadly, Tao Te Ching does a subtle brainwashing of the reader that war is normal or part of life, and that one easily goes to war when "forced to by circumstances and "there is no choice" (an illusion ☺☺, there are always a trillion other choices other than war unknown to low IQ aristocrats whose IQ is like Lao Tze, limited to their cultural brainwashing instead of the etlif quadrillion IQ of shapeshifters, as

nonkilling section details)", without first creating 2000 books on how to avoid war and a culture on avoiding war for centuries. This is the grand failture of all Chinese philosophy, statism, and imperial tradition and all former empires ☺☺☺. Everything in a real civization of people with FUNCTIONAL BRAINS (not "cabbage IQ") is about preventing war/violent crime, i.e. 3 billion lines about peace thru peace, not 3 lines in a scripture about war is inevitable. The first culture of humans hasn't arrived yet, we're still chimps killing each other. Culture means zero violent crime/war for centuries. We don't yet have culture, only violent trash. This was OK in the savage 500 BC times of eternal warring states of China, but not now when all can die in seconds. The very basis of 21st century ethics, as World's First Modern Scripture details in the Immortalist Anthem, is the Truth that there are a TRILLION WAYS TO PEACE, without any use of violence, pain, injury, war, hybrid war. As responsible☺☺ world citizens, we move beyond the eras of war, when the smartest guy like Lao Tze aristocrat court librarian was incapable to envision no war. Today, the average IQ is far higher, the average person reads 100,000 times more stuff than in the times the "salamander IQ" philosophers wrote their "scriptures" for illiterate masses, so we can easily comprehend the existence of people who never war (infinite mindset, there are a trillion planets for each human, so wars make no sense) + ways to get there. Today, seeing cannibal chimps (our ancestors) eat neighbor's kids in the jungle, we realize via scientific honesty that when aliens or our descendants of far future look at us singing, praying, doing rituals, we appear to them like those jungle chimps doing the most horrrific acts of cruelty. To evolve past our inherently cannibalistic society of eternal violence, we need an eterni Anthem... that revolves around a rather simple idea: *love the worst human a trillion times more than the most loving mom last decade loved her suckling infant she loved more than anything.* We can't remain stuck to the level of Confucian-Taoist ethics, we can evolve past that. Thank You. ☺☺☺

8). MAHABHARATA (800+ violent quotes), from which the genocidal Bhagavad Gita calling for Genocide came (compare this garbage with the Immortalist Anthem), is 1 out of 3000 Hindu scriptures, and the main violent one that British promoted as the "culture of India" to destroy and enslave Indians and make everyone hate India, due to a series of bad traditions (some exist in every culture) in some of the 50 kingdoms (see violence of Gita in action) that joined to make up India, which explain why Gita was so bad too, as you understand the context of the fighting kingdoms. Modi loves to stir the violence with Ram temples, a hero of genocidal Mahabharata, see the ahimsa or nonviolence of right wing fascists in action: a feudal dictatorship of pellet guns (see wounds) (video of pellet victims) and beatings modeled after Krishna's call to Genocide. What many don't understand is that the vast majority of Hindu denominations are based on Gita and the majority of the rest on the Vedas that advocated for animal sacrifice, the bloodshed of animals that is a violent crime incompatible with immortalist law, anthem, ethics, civilization and thus these denominations can't get the tax exempt status of religion in an immortalist state,

just as Judaism, Christianity, Quran, etc can't either being based on ultra violent scriptures. Peaceful Hindu scriptures include many of the canonical 108 Upanishads: Mundaka Upanishad explains rituals, sacrifices, offerings, etc are useless junk for ultra low IQ folks, while knowledge is useful and God is within everyone (like Jesus says Kingdom of God is within, as Indians taught Jesus in the 18 missing years in India), there being only 1 God. 1000 years before Jesus conman religion, Mundaka explained about meditation, 500 years before Buddha, who repackaged all Hindu teachings to create his own denomination. The 4 Noble Truths (suffering is the world of illusion, maya, the sensory overload, the desires, Indian sages explained as such in many texts, not Buddha invention) and 8 Fold Noble Path of Buddha are all Hindu teachings of the Upanishads, rewritten, simplified for the average people. Those who didn't study Hinduism don't even know that. Buddha was taught by Indian sages in his wandering years. Another pre-Buddhist scripture is the Brihadaranyaka Upanishad. Jainism, world's least violent to insects, etc religion, not just animals, emerged in North India (where most esoteric intelligent Upanishads were written too) too, as of offshoot of Hindu nonviolence ahimsa ideas explained in many texts, like Chandogya Upanishad. *World's first truly* advanced civilization *may have emerged in India actually, if we refer to a* nonviolent civilization, not animals who fight, rape, kill all day like the Bible/Sumer/Assyrian 'gorillas' (lords of torture, rape, cannibalism, genocide as Bible quotes explain the Middle East "culture"). There is a pathological psychotic genocidal cult of superiority in some Bible ☺abysmal IQ☺ fanatics, who imagine all civilization came from Jews or Europeans, but watch the video about the civilization of Tao Te Ching, Buddhism, Confucius, how they invented many things centuries before Europe or Jewish Killers. The filif snail IQ☺☺☺ primitive religious fanatics in Texas, Oklahoma, Republican controlled Red States (aristocrats want ☺ abysmal IQ☺ masses to subjugate) etc want to teach Bible Genocides, Mass Rape, Slavery as the Epic, Apex and Height of Morality, while making people ignorant of other religions and science, that prove that Bible has nothing original in it, in fact they want to mandate Bible Genocides to be required in all schools: study cannibal quotes, the Bible, to evolve towards what? Jews are clever, they know how to lower the IQ of gentiles with the Bible and loot them with useless 1.4 trillion/year products. One of 20+ peaceful Hindu scriptures is the more recent South India vallalar.org Arut Perun Joti (Vast Grace Light) 1600 lines poem, plus writings that promote physical immortality without dying, *with devotees believing Vallalar became Immortal without dying, so they're all vegetarian, the saint* didn't accept meat eaters to build their temple as bloodshed made their soul dark and able to contaminate physical objects their touched, like Jesus' dark soul who pro*moted* alcohol (which killed a billion early) *and meat eating (bloodshed of animals makes it easy for bloodshed of humans to occur, it's preparation for that), all Vallalar poems focus on kindness for all beings, avoiding killing any animal or human, in sharp contrast with the evil* Krishna *telling Arjuna to kill.* Mahabharata *is* the only major violent Hindu 'scripture' where BHAGAVAD GITA (17 violent quote + 130 odd ones) is from. Hindus need to

understand that Empires, like the Brits, always pick the worst religion, ideas, philosophy within a land they want to conquer and promote it, in order to use that nation as cannon fodder who joyously fights another group, in this case, Pakistan and the Muslim world, ***fighting at the slightest cue, like robots: trauma based mind control, enacted in the Indian anthem even***. Indians ought to not be deceived by brown eye slightly darker skin tone Europeans (Italians, Brits, etc), who look like North Indians, who claim to be Indians, and whose aim is to drastically lower average IQ of Indians by encouraging the worst aspect of their history or 100 religions (what West calls 'Hinduism'). Spies exist and they often use "Divide and Conquer via spies, drastically lower the average IQ and enslave". Brits needed to create a different identity than Muslims, strong reincarnation, etc, but a fighty one, so the evil Brits picked the most violent out of 20 scriptures, or texts, etc, to create a fake national identity. Once you study Indian literature, you will understand that a lot better scriptures, poems, or passages could have become the central identity (not Gita part of Mahabharata), religious or ethical, of India inside and by the outside world, but the Brits were not there to help, only to destroy and enslave. The British American officials often called for extermination of American indians, and even Churchill said "I hate Indians. They're a beastly people with a beastly religion", well, theultra low IQ Churchill revealed how illiterate and unread he was. *India got very nice quotes and texts, parts of some scripture sets which have been like separate religions or denominations, etc (Yoga Sutras being one of 30 well known to Indologists texts, pluys many Advaita Vedanta texts, etc).* Hinduism is actually a name for 100 religions in India that are as different as Buddhism is from Islam, a name the West came up with to name what they didn't understand, not everyone believed in many Gods, many were monotheistic, vegan and 100 times kinder in philosophy than Christians. However, to justify India's exploitation and subjugation, the Brits focused on the worst text they could find, Mahabharata, to further seal India's eternal enslavement. This is a typical Empire technique used by 100+ empires before, it's historical revisionism, you emphasize the worst and equate the whole 'nation' or 'race' with that. If Churchill read India's literature, he would have realized a few of India's scriptures were superior to the Bible, that's why the Muslims destroyed so many 'Hindu' and Buddhist temples and libraries, they could not accept, or let the world know, that more evolved thoughts and ideas exist *than the religion of* "Theft, Rape and Genocide copied from the similar Bible religions of Judaism and Christianity". How dare British soldiers make the evil British Empire look evil with an evil Bible scripture and British King as head of a Fake Anglican Church of "Genocide, Rape, Theft deified in the Bible"? They would have been dead. The Brits could have picked up the 2000 year old Tamil scriptures, poems that had 0 violence in them... instead the British blew Indians by artillery guns in public squares to terrorize everyone into submission to the evil Word of Yahweh, the demonic Bible. The genocidal Brits did this to Blacks too in USA, etc: pick up the worst tones, people, etc and make them celebrities to destroy all black DNA, brain by them listening to that crap, that lands them into jail, etc. Since Gita is a

tiny part of the Mahabharata, it has fewer bad quotes than the longer Bible: Krishna (God's incarnation) tells Arjuna to commit genocide (100000 people of the other camp, tells him to not be disturbed while killing others) because "God kills thru him and Arjuna is not the doer". This "scripture" offers a justification for any murder and genocide, since "God is the doer and we humans are mere puppets". Krishna "God" is a malnourished starving soldier's fantasy, and thus, too abysmal in IQ to find a trillion ways to peace without war, because Krishna, like Jesus, was actually a made up fictional character and 'God', for a scribe of an army, looking to recruit low IQ cannon fodder to join fights of the state ruled by aristocratic parasites. A real God simply convinces the other army to not attack the Arjuna camp, by materializing out of thin air, like Indian sages or Jesus charlatan claimed to do, 2 mg of neurochemicals in the minds of Arjuna leaders (or any war fighters in the times of Jesus or 2000 years after him) to seek peace in the name of compassion for the soldiers dying. But Krishna, Jesus, etc was not a God, just an ☺ abysmal IQ☺ scribe and spy's hallucination or a low IQ human who inspired the scribe to embellish the story. India's national anthem poem (full 5 stanzas, not the first sanitized one that foreigners know well, the anthem has "Victory" word 43 times, words like tenderness, healing grace, nurturing compassion, softness 0 times – winning is more important than ethics, fight, baby, fight) praises this violent thug, who pretends to be "God", that the poet of Gita refers to as "Krishna", "Oh! Eternal Charioteer (poor Krishna, he needs horses to travel, the ultra low IQ Hindu 'God'☺☺☺ can't teleport or use saucers traveling at 10000 times the speed of chariots or saucers made of invisible light), the wheels of your chariot echo day and night (lots of noise to harass people, day and night like on India's streets full of 90000 honks/day, listen to another one, the joy of Mumbai honks) in the path, In the midst of the fierce revolution... you save us from fear (to commit genocide at Krishna's command) and misery *(very negative words in this anthem poem like many other anthems, to destroy the human quantum field, the opposite of the Immortalist Anthem), …* somber... Oh! You who guide the people through the tortuous path, During the bleakest of nights, when the whole country was sick and in swoon, … thru nightmares and fears… misery of the people". Notice the !, the typical writing shouting tone of Bhagavad Gita, Mahabharata and many Indian speakers, vs the calm immortalist speech and calm immortalist anthem. The idea is "God loves to torture people, expect torture" (like in Catholic 14 stations of the cross, program the masses to expect torture, so they welcome being abused, subjugated and destroyed), the aristocrat will beat slaves, use the poor slaves as cannon fodder in Krishna's Eternal Charioteer Wars of Hell, like the "god" Yahweh who tortures his own Son and wants everyone to torture oneself, sacrifice oneself to make aristocrats *(who made up Krishna Gita and Jesus/*Moses *religions)* richer than ever. Work yourself to death, die 40 years earlier, for your reward is in another world, here, the rich steal everything from you, so said the aristocrat bandit posing as "God of Israel and all ultra low IQ gullible humans". This "anthem" has more negative words and useless names about parts of India that nobody can relate to

(except Indians), than the words for qualities people need to have: "gentle" and "love" appear only once, vastly outnumbered by 43 instances of "victory" in many online song versions and 10 very negative programming words above. The Anthem is based on a poem about the Krishna God who leads his people to death, as the fake God of "death is needed for any outcome", in Gita style, a poem written by Nobel laureate for literature Tagore, a proud Hindu (or spy perhaps, hiding his agenda, since Nobel laureates are spies) who believed in the *Krishna Nonsense Myth religion created by military aristocrats*. Some Indians, too low IQ to realize that they don't need 22 languages, but one, worship their anthem like ants, like all ant-like robotic folks worship equally abysmal IQ anthems of 90+ nations, without realizing the catastrophic consequences. China anthem creates a very negative vibe, the "danger" of Japanese invasion is recreated, as in 1930s when they fought Japan and they wrote it as a call to arms: these anthems make a mockery of the best of humanity, as if all we know is fighting and dying like ants in useless wars. No long term plan for World Peace, Eternal World Peace is discussed in any nation's anthem, the current anthems have the IQ of 2nd or 3rd graders, the only IQ levels military recruits need for people to "shoot to kill". It's pathetic. Smart educated Indians will embrace the Immortalist Anthem's style and adopt it or create a similar anthem to increase IQ and ethics. In fact, anyone who studied India's literature will find the Immortalist Anthem much like India's best literature into one poem and much better than Gita/Mahabharata junk. To bring Peace we need 0 violent quotes in a scripture or anthem. "Kill them all, because victory is assured and you will enjoy prosperity" is a typical scam Russia, Ukraine and military recruiters tell people, in order to have them join the military as cannon fodder for the infernal imperial elites. This is a trick aristocratic Krishna used to dupe the working class into fighting other workers, by claiming the workers won't die fighting the other nation's workers, but live forever with Krishna in paradise, free from reincarnation. This is how they use "take Jesus cross" scam to destroy working class today, sacrifice life for the rich profits, postpone joy, work till you collapse, Jesus loves your sacrifice, work till you die for their profits and fake elections. Same scam is used by evil Mohamed: "fight guys, so my empire expands, fight and loot everyone fast, all women are yours". Internet literature shows millions realize Yahweh-Molek-Moses-Baal-Satan, Jesus, Krishna, Rama, Mohamed, Masonic God are all one and the same, projections of the cannibal chimp aggression archetype who has a dire need☺☺ to be violent and all 5 religions (Bible, Torah, Quran, Mormon, Mahabharata based) are made up, violent, ought to be illegal, not tax exempt, as they incite humans to endless genocidal violence, other criminal acts.

However, there are a few good quotes (10 out of 10000 in the Bible) like the idea of biological parents trying to stay together to raise the kids for the rest of their short life. This helps because quantum entanglement of the parents with kids enhances better understanding and support, due to same DNA. But other than that, it's pretty much garbage or clever mind control to help

aristocrats loot the working class. Social order is important, so we love in the Gospel they try to advice people to keep one wife, vs the Quran that says to have endless sex slaves and wives, which brings terrible chaos and destruction of the human quantum field, via lust, which prevents evolving towards materializing offspring abilities of the teleporting genderless shimmering shapeshifting Immortals in the happy kind Immortalist Anthem. Today, staying together to have babies doesn't necessarily mean in a formal marriage, since paper is not love or commitment to stay for a while until kids are 18-25, and going thru divorce (to make parasitic aristocrats rich, those lawyers) makes no sense, since we're all one family of shimmering shapeshifting Immortals, all humanity. Our current capitalism of "everyone a thug for themselves, stealing from everyone" is not really the world of infinite *gentle tender soft* compassionate *nurturing healing* graceful loving kindness for all, where you might live the some or the rest of your 9000 year life in other setups or alone, since you evolve in different directions that benefit the human species the most, have different interests sometimes related to one's contribution to humanity, and a divergence can form fast after 80 years or even 30 and nobody stays in a relationship unless super happy; humanity is more important than any person. The only way perhaps to make it last millennia would be to work together on a project that takes millennia: 2 physicists trying to split electrons, etc. Once a nation creates a central ethics.gov or something similar with local designed ethics anthem or scripture, these Torah, Talmud, Bible, Quran, Mormon Book, Mahabharata ought to be banned, because they incite humans to genocide. Spies had *a need to* invent stuff to subjugate the masses, *expand empires*, so religions were born. The more we study scriptures, the more we realize Jesus, Krishna, Moses, Masons are a lot like Mohamed, and that each time you invoke or read these "prophets", you connect to violence. Spirituality is the eternal scientific method: you test a hypothesis, a theory, and you have personal experience of the universe, God in your own way, not as a serial killer God of Bible-Quran, but more like the Immortalist Anthem of 0 violence, a draft to inspire You to write your 9 page peom 'scripture' version, since all today can write 8 pages 1 billion times truer than all 6 evil books above. Why? Simple: today, all with high school can write a small chemistry booklet a billion times truer than any alchemy book of Krishna or Jesus eras. Don't worship or bow down to serial killers and psychos from the 1st century, just as you don't worship physics/chemistry books from Jesus era. Be still, breathe, become free, see thru the masks and enjoy a personal connection to God.☺☺

To those credulous naive missionaries, who're not CIA spies on a mission to enslave, subjugate locals, God will ask you when you die: "why did you support Islam and the atrocities explained on www.thereligionofpeace.com? Didn't millions of people and you reading the Quran-Bible explain to you the Quran is the Bible rewritten and supporting the Jesus-Moses-Bible fraud supports Islam and its terror indirectly? Were 90 million Hindus killed by Mughal Muslim invasions of 500 years or the 270 million infidels politicalislam.com, killed by Islam not enough?

Spreading Christianity is spreading genocidal thought-forms as shown above, as they brainwash billions Bible is Word of God. Why are you a terrorist in disguise, making this killing wave stronger by the support of Jesus the conman who staged all miracles? Jesus was a fraud, not a prophet. Why are you pretending you do anything different than Islam, when from the ethics standard of Immortals and God you're as evil as the terror imams?" These quotes would not be called holy or even acceptable for publishing in a true democracy of Immortality *for* All, and "*violence, slavery for NONE", much* less part of a scripture or ethical text, nor can a *truly ethical religion or cultural basis of civilization* be based on such texts with endless horrific quotes, if you're a true immortalist and really want World Peace in 3 months and *the end* of all torture, violent crime, war. Any nation that allows gangster clergy to publish such filth as the Torah, Bible, Quran, Gita, Mahabharata will inevitably self-destroy, because the energy of these texts is so genocidal, that when applied by other nations who had this "religion" forced on them, as in Deut 7:16, it will be applied against the very nation publishing this Call to Genocide of Billions "given to them by God". It's thus national suicide for USA to allow the publishing of this filth, unless it's electronic and part of a history class in psychopathy studies. The US needs a 28th Constitution amendment to redefine what religion means, so that the existing laws refer to religion, i.e. an activity based on a nonviolent scripture (e.g. Immortalist Anthem) that protects every human life and aims to extend the life of all. It's easier than changing existing laws to remove the word religion, and it forms the legal basis to remove tax exempt status from criminal "religions" that now become death cults. Sadly, most major religions don't meet this definition as they're Cults of Genocide, Mass Rape, Arson (Abrahamic Religions), War (Mahabharata, Confucius, Tao, Sikhism), Mutilation (Jainism hair pulling, Native sadistic rituals). If we allow the Law to Define Religion as these Cults, it means the US encourages the Genocide, Mass Rape, Mutilation of citizens and it equates the nonviolent call to Immortality for all with the genocide calls of other "religions",☺☺ the law equates the act of charity with the act of genocide, the ultimate selfishness. The US law is unjust, it removes the ability of the people to take a stand against criminal religions of genocide, rape, slavery, dishonesty, beating slaves to death. We can't have laws banning discrimination against religion, if religion definition remains the same broad meaning, because it means we can't take a stand against genocide, slavery, beating slaves to death, mass rape deified by Quran-Bible, and we're forced to give the same fine of 1$ to people who steal 2 cents or who murder 2 million people, because to call for the murder of 2 million people is the first step in doing it. If we can't discriminate against "religion", then we can't discriminate against those murdering millions or steal 3 cents. Why discriminate? The guy who murders 3 million can claim "genocide is his religion" by the 'Grace' of the Bible Quotes above or Quran, or Tao or Confucius OK of war, or Krishna's genocidal words in Gita". Our laws punish people based on the violence of their actions. How can the law treat the call to Love All as the Same as the Call to Kill Billions? It can't, if just. All US laws that call for end of

discrimination based on religion are invalid, if religion remains defined the same. We need to give all the right to choose evil vs good. If all religions are OK, then the religion of killing, raping all, eating people will become Legal. It already is, it's called Judaism, Christianity, Islam. Since changing 90,000 laws is impractical, we need redefine religion as nonviolent, remove religions status for all terrorist organizations that have milked dry the US taxpayer for centuries. Based on present religion "laws" of "we can't discriminate against the most evil terrorist gangs of genocide, rape and theft", all crimes need receive the same sentence: show finger to the judge. All crime starts with a thought, with the "religious call" to war, genocide, rape, looting, fraud.☺

All those Krishna cults in USA and worldwide deserve a gentle tender soft quick shutdown, as "God wanna be impostor" Krishna incited people to genocide (he told Arjuna in 11:33-4 to kill without any concern or feeling, to slaughter about 100000 people (to win the battle), when the real☺☺ God knows a trillion ways to Peace without violence) and genocide is against the Immortality *for* All ethos of all decent sane people. Don't be fooled, in BG 11:32 Krishna claims he's the destroyer of all worlds, and that the people opposite to Arjuna will die anyway (what a revelation. Lol, aging kills savages), so might as well kill them for Krishna's cruel entertainment, lack of empathy and cosmic grand standing. So, how come this low IQ Krishna doesn't know a trillion nonkilling ways, to make the army (who aims to attack Arjuna) want peace & Immortality *for* All, since infinite resources exist for all folks in that battle area, and to want being an embodiment of happy *gentle tender soft* compassionate *nurturing healing* graceful loving kindness? Because Krishna was a made up God of ants, some guy invented it or Gita, Bible, Quran, Mahabharata is alien *brainwashing to* destroy *the* human quantum field *by* human-human *war.* Don't fall *for it.* THINK. So, it's not just the Bible and Quran, we got more violent texts out there. People, wake up, religions are made up. Relax. God is infinitely more complex than anyone can even imagine. Religions are often creations of cunning aristocrats needing abysmal IQ cannon fodder to die for their wealth building, wars of conquest and subjugation of various groups. Immortalism is not a religion, but a philosophy of universal nonviolence, kindness. Our taxpayers finance these cults of genocide in the name of Krishna...

You can't lower violent crime a trillion fold in a state of emergency and ban 99% of music (which is too aggressive for 0 violent crime), without also taking strong action against these terrorist organizations using the cover of "places of worship" to spread their genocidal psychopathy and culture of rape, slavery and theft. To an objective unbrainwashed individual, it is evident that the *strongest message in the* Old *Testament (most the Bible that is, the* unHoly *Torah) is* 1. rape, 2. beat [Bible the Torah section (beat kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives) or torture in modern era, see pages of modern torture], 3. kill and 4. steal. It's counterintuitive that a scripture's main message, for the soldier of 'God' is to do such horrible 4 things, but you need to understand 1 simple idea of aristocracy: they knew that only

immense violence can impose a system of aristocrats earning 50000 times more per hour than others and maintain it. The infinite depravity of the Bible, Quran will only become obvious to you after reading the next *70 pages* of rape, theft and killing, genocide quotes, and realizing that Jesus in the New Testament doesn't say "please don't kill", only "use violence against traders in temples" as he did and "He came to bring a sword, not peace", go figure. The Gospel is not revolving against nonviolence, as Jesus is violent himself, and not around nonkilling and comfort for all, but about happily enduring the blows of aristocratic bloodsuckers, not complaining when aristocrats commit silent genocide, as they do today, and never doing anything to improve the condition of the 99% enslaved masses, until you collapse as a spent slave. The church services don't focus on ~*~Eternal Universal Peace~*~ *in* 3 months, the need to stop all spanking and beatings that many pastors are OK with in accordance with the 'demonic' Bible. The churches created by the aristocrats to drastically lower average IQ of the enslaved masses don't focus on peace, as only thru infinite violence can slavery be enforced, so some get paid 50000 times more for the same work week, as stated 12 lines above. There is no sense in these religions that every human is a teleporting telepathic shimmering shapeshifting Immortal ☺☺☺ who can (or does, since the soul is Immortal per these fake religions) live to a trillion quandrillion years at least, shining with thousands of colors and being of a Radiant Beauty beyond comprehension, ***only a sense of bomb and steal, whatever it is to steal to run our depraved economy***. All services are fine and happy, but when short of a resource, all ethics is thrown out of the window and bombing starts, genocide starts. While other similar crises, invite no military answer, since there is nothing to steal. This depravity stems from the imperial idea that one can rely on slaves or colonies instead of self-sufficiency via innovation that makes resources wanted today useless, centralization and 11 companies that make 200 times more research jobs possible. Aristocrats don't fight wars, only slaves do, so for them peace and a religion focused on eternal World Peace in 3 months and 0 violent crime in 10 years is not important at all, in fact, it is the end of their million year reign on Earth.

The violent "kill to steal" undercurrent running to different ultra subtle or evident degrees worldwide, in all governments, not just Christian hypocrites, stems from a fake religion and/or culture of subtle violence, machoness and theft, just like the Bible deifies theft endless times in its Torah part, the Jewish 'Bible' part of the so called 'Christian' scripture, given to gullible low IQ folks by the clever Jews posing as messengers of God, the fake conman Jesus. The essence of Christendom, Judaism and Islam has been kill and steal, take over the land by force, military force to spread the cult of lies and fake miracles, and use churches as military bases to enslave the locals. It's not just theft of life via killing, torture, mutilation, so much adored in Quran and Bible, but theft of material goods too. Check every major quote about killing in this chapter, and they all almost condone massive theft of land, goods, people, life, etc – is it any wonder Jews

were hated all over the world? The Torah-Bible is like a manual of robbery, theft, hooliganism, mass rape, genocide and pure banditry, same for parts of Quran with the "prophet" lethal attacks on caravans, etc. It's incitation to genocide and can't be published in civilized societies, except in a museum of human evolution for history fans wanting to read that filth. And later on Christians and Muslims were hated, as they adopted these quotes as a part of their scripture in original Torah form or the Quran altered form, with tax on infidels and mutilation, killing, terror of infidels. 4 billion people are the victims of their militant brainwashing, lies and fraud. Christianity, Islam, Judaism and other sects of other religions don't focus on how to achieve that level of kindness where everyone is a trillion times kinder gentler more nurturing healing compassionate towards the worst human than the gentlest mom with her only infant baby suckling from her breast. Be obedient to authorities, the palace dwelling aristocrats who're the "authorities", says the Gospel, and suffer all torture the aristocrats inflict on you without fighting back, for this will ensure you will go to heaven at 50, while aristocrats to hell at 100. Clever plot. The whole Gospel was a creative rewriting of garbage by Greek, Roman, Jewish spies who created a perfect manual for a self-sacrificing slave at the altar of wealthy genocidal psychopathic aristocrats desiring nothing but more land, while destroying the human quantum field. Today, the same grotesque cannibals, using Machiavellian cliches and phony adherence to this filthy Bible, rouse up patriotism to get slaves killed for aristocratic profits. The same technique is used by other Machiavellian pigs, who use other texts for the same purposes: eternal slaughter and power maintenance. The political class (puppet regimes in 150 nations invaded by violent scriptures) installed by these military gangsters posing as clergy, agents of divinity, dutifully lived the evil Bible (and the evil Quran that came out of the Bible) for 2 millennia as we have seen from the 2 billion alcohol victims, wars. You may wonder how can the Bible be so evil, demonic or satanic? This is so because:

1. One *time Moses says* to not kill, but 100*+ times* Moses *and others say* to kill, too many times the fictional hateful God of hell imagined by malnourished folks, called for genocide of entire nations, which is millions of killings. Only 1 time this ☺abysmal IQ☺ violent infernal God, says "do not kill" in his beloved text of hell. Want evil Bible wisdom? Read Deu 7:1-16, Deut 20:10-17, Deut 13:13-18, Judges 20:48, Exod 32:26-9, Jeremiah 50:21-22, Judges 18:27-9, Josh 8:24-8. Compare this trash with the immortalist military and the movies Jews never make for gentiles, as our news/movies are meant to see only bloodshed for max fear. Fraudulent pastors claim "in the context, it was ethical". It wasn't. In any context, there are a trillion ways to peace without killing, violence that Jewish psychopath scribes could not imagine. Moses, Torah, Talmud Jews, Christians claim they're not satanists. They proudly yell God inspired the "Old testament advice" praised in the 4 Gospels by the by Jesus mutilating satanist (his advice would cause all humans to lose eyes fast for every look to a nice person) who loved violent combat more than

compassion, liked satanic ritual blood (wine) and human flesh eating symbolism more than loving gentiles, loved to make billions die due to alcohol next 2 millennia by promoting wine drinking in memory of satanic rituals more than abstinence from alcohol. What are they who mutilate teens, rape virgin kids, cause 1 billion dead via alcohol, burn cities with people in them as if burning babies for Baal? They're demon possessed satanists. So the lobster IQ☺☺☺ Christians are not only hypocritical, but Cold Blooded Satanists, supporters of the State of Satan, Israel. The cat IQ Muslims also satanists, as their Quran is the same evil genocidal Bible recycled. It's funny how they believe in these mouse IQ☺☺☺ "satan" myths, without realizing they're Satan's angels by the very definition they came up with. Read the Quran and the Bible religious zealots, before believing. Jesus, Moses, Mohamed act like deceptive demons, sell evil as good, genocidal violence as love. Bull dog☺ IQ people tried to explain chimp level violence and nature's cruelty with some "evil Satan", that you can only escape from if you pay rabbis, imams, pastors lots of cash. It was another aristocratic trick to make easy money, while claiming all viruses, bacteria, insects, beasts attacking us, disasters, storms, droughts, are done by "the evil satan"… When human IQ was 50 on average, we lived to 41 on average. Today, with IQ 100, we live to 82. The less educated and naive, gullible, illiterate in "scriptures" we are, the shorter we live. It's funny how we refuse to look in the mirror and realize how abysmal human IQ is. Any good guy would ban the Quran, Talmud, Bible as some mentally retarded junk written by chimps.

2. One *time Moses says* (10 commandments he plagiarized from existing codes of ethics in nearby civilizations), "don't steal" and then in 50+ *times Moses and others say* to steal and take people, livestock and anything you want, then burn the city sometimes. Israeli Orthodox Jewish parents house raised Jew ended up being a great thief, proof the Bible is not that transforming?

3. One *time Moses says* to not desire someone else's wife, but 50*+ times Moses and others say* to rape (virgins of cities who were genocidally exterminated) by the disciples of Moses and other genocidal "prophets", read Deu 20:10-14, Deu 21:10-14, Judg 5:30, Judg 21:10-24, Num 31:7-18.

4. Jesus*, in the Gospels,* says 10+ times he supports the Old Testament, see 15 pages above.

Thus, to an objective alien who reads like an AI the texts, without any prior brainwashing and knowledge (from clergy who consider that trash a scripture), it is evident that the scam of the Bible doesn't qualify as anything but toilet paper. More on that later, you need some patience and this sentence is to arouse your interest, as you will be shocked at the actions and traits of the so called "clergy" worldwide who lie to their parishioners that the filthy ultra violent Bible evil text is the Word of God (which led to these Inquisition tortures), and the ultra violent Quran the "Word of God". As you read this chapter's quotes, you will have the most shocking realization of your lifetime, revealing to you the traits/actions of mindless clergy, rabbi, pastor, imam and the like, unaware of what they're doing, or simply being too evil, dishonest and

corrupt to even care: gullibility, low IQ, or sheer depravity, deceit, aid to terrorist organizations, turning tax exempt churches, mosques, synagogues into terrorist organizations that believe in and promote war, beatings, genocide, rape, complicity to trillions of beatings and violent crimes last 2 millennia, inspired by the Bible, pure terrorism and stealing taxpayer funds to wage terror globally thru terrorist scripture, complicity to all acts of torture last 2 millennia by spies and soldiers, cops, etc, complicity to all domestic violence, instigation to Holocaust or genocide of all nations, *complicity to genocide by passive* omission and removal of bad quotes from all Catholic churches TO DECEIVE PEOPLE AND *HIDE THE DIABOLICAL AND NONSENSICAL NATURE OF THE "SCRIPTURE", Catholic churches* who no longer have the Bible in the pews but only the Missal with brainwashing and selective "Bible looks good quotes", complicity to genocide by all other Churches who allow the bad quotes "within context" to be present in the churches, synagogues and mosques for Quran calls to killing infidels (Quran is Bible rewritten pretty much, thanks to Christians, Jews for Islam), *complicity to all rape and theft,* arson *crimes, which are ultra encouraged in the Bible as shown in the next 5 pages*, complicity to genocide of endless people killed by followers of Torah and Bible, such as the victims of the Inquisition, such as Torah quotes lover Jewish Kaganovich who, like Kissinger Jew killed Cambodia and lived to 100, co-killed 5 million Ukrainians and got to live to 97 in total freedom in the Jew loving USSR, complicity to genocide created by the boxing, etc sports hailed by "so called Christian" gorillas.

The quotes in the next 5 pages (also shown here) explain why some USA schools banned the Bible for primary and middle schools. All a parent has to do is to give to the Utah government quotes (see 100s of examples above) from a text, such as Bible, Quran and Book of Mormon, that are supportive of human sacrifice (Bible/Torah) or that are genocidal, murderous or violent or erotic (images, or description of sexual acts) and the book may be banned. Evilbible.com explains the fake 'god' of the Bible encourages the burning of people and animals, likes the smell of burning flesh, be it from burned animals or people, so maybe that's why he uses Christians and Jews to promote barbecue, fried foods and grills, all the most toxic cooking methods, to further kill his 'beloved' people, *'misinformed (by clever clergy hiding these quotes) and scientifically illiterate'* enough to believe in this God of arterial plaque, mass infanticide, ripping babies out of mothers' wombs, mass murder and mass rape. Yahweh Bible God has such ☺abysmal IQ☺ he has no clue there are 1 trillion ways to any outcome without any violence, war and terror. Mohamed didn't get it either, being of IQ 80: Quran is full of terror and odd quotes. The Bible 'god' idea is too primitive to imagine nonkilling nontorture soft loving kindness healing grace gentle nurturing methods. The god loved burning people, so we see it in this ritual and in instances of arson, fake 'natural wildfires', which may be inspired by the Bible Torah part.

To call these Bible, Quran, etc texts "words of God" or "The Word of the Lord" as they say at Catholic Mass after each reading, to brainwash billions of kids at Protestant Sunday school that

God is like that, is viewed as a huge lie by many, an insanity by others, a fraud by many who're shocked government officials swear on such texts. Politicians, a class we don't need anymore, will say anything, swear on anything, to get votes and get elected. ☺☺☺ The 'Holy' Torah is the 5 books of the Old Testament of the 'Holy' Bible where basically all the horrific Bible quotes are, which are hidden from Protestants, as pastors don't cover them to avoid doubts over the fake miracles and the unproven claims of the only 'Son of God'; they also hide the bad quotes from all Catholics, as pews have Missals (instead of Bibles), a collection of more decent quotes *with daily songs, some of which suggest to people they're* next to be sacrificed *as Jesus was (hence his quote, "no greater love than giving your life for your friends", what if you can get God's wisdom instead of Jesus' and simply* achieve World Peace without any terror, violence (Jesus in temple throwing tables), killing, anyone giving up their life *in useless wars or* rituals*?, besides the* daily 10-15 min Eucharist 'cannibalism simulation' because Jesus said to simulate drinking his *blood and eating his body daily to remit sins of 'believing without 50 sources of unfakable proof'?* New Testament (29% the length of Old Testament, though it repeats same Gospel by 4 authors) or the Gospel, the main scripture of Christians, has no calls to killings, genocide at all, though pastors do brainwash the people the Old Testament is part of the 'Word of God'. *Gently* read the "Holy" Torah quotes below: calls to *destruction of 7 entire nations and any nation 'God gives over to Jews'*: Deut 7:1-16 (57th of the 613 commandments? Click on *show* to see all of them, ►►►►instigation to *HOLOCAUST* AGAINST *ALL NATIONS*, I.E.►►►► 8 BILLION *DEAD if* ►►►► *God 'gives'* the 8 billion *to Jews*) & Deut 20:10-17, (killing *everything* that lives in cities of 7 nations (the end: 17), 596th of the 613 commandments? that led to antisemitism??), *burning cities (killing people, animals in other translations, you can read all 50 translations) as offering to God* Deut 13:13-18 (like the Dresden fire bombing? Or the church burning in Canada to stop the brainwashing billions that these quotes are the 'word of God'), Judges 20:48, Moses calls to kill 3000 Jews Exodus 32:26-9 (after he said 'do not kill' in the 10 commandments), *destruction* of the whole Babylon town Jeremiah 50:21-22, *destruction* of the whole Micah town Judges 18:27-9, 'god' orders to Joshua to kill every human in a city of 12000 and then burn the entire city Joshua 8:24-8, Israel air force got more airplanes/capita than any other country, and MANY MORE KILLING QUOTES, *enslavement of* non-Jews ("inferior races" of gentiles, no different than Nazism) Lev 25:44-6, 'love all & Immortality *for* All' Torah version Deut 23:20 non-Jews get interest, Jews no interest, Deu 14:21 non-Jews get rotten dead meat, Jews only fresh, so oddly, Bishops *(Jewish Bishop started the trend? Were most/many Cardinals Italian Jews at one time?)* taught Christians to be poor and not lend money, so Jews can lend at interest to Christians? Of course, because the Bible clarifies Jews are born special and holier than the rest and this is what churches teach kids by brainwashing kids that the Bible is the Word of God, in order to destroy Christian self-esteem: Deu7:6,14:2,26:19,14:21,Ex19:5-6,Lev20:26. Parents pay Christian schools to have their kids be taught they're to be enslaved by the Superior Jew: Lev 25:44-6 who may

beat the Christian and the Christian should turn the other cheek Mt5:39, per Jesus the fraud, and simply let himself be abused by the Jew until "he dies from the beatings, which is fine, if weeks, months, years later, not right away" per Ex21:21. What has Old Testament anything to do with Jesus? Well, in Mt 5:17-9 & Mk 7:9-13. Jesus says the Old Testament evil quotes are forever valid. So, in both the New and Old, Jesus explains how a gentile or Christian should behave: an obedient slave who takes infinite abuse from the Superior "Holy" Jew. Christian parents *better understand this* and the JEWISH PLAN FOR USA. The stuff Christian clergy never told you: Jesus was a rabbi *deceiving* the entire humanity. No effort to be good is needed, only to be born a Jew, because gentile souls are like animals, die like animal souls upon death per Zohar and, according to famous "Jewish rabbis" (sort of saints in other religions), all human souls (Except Jews) are made of demonic energy that defiles everything. (*Bishops were often Jews, since initially the Pope (1st one) & clergy were supposedly Jews per the Bible, some still are (like centuries before, which raises questions about historical events and real vs public agenda, due to the alleged Rome-Israel conflict), even though on paper they're Gentiles)).* Makes you wonder if some (Jewish?) Popes, etc made the yellow badge for Jews rule not to persecute them, but to grant them the wish to not be approached by "subhuman or inferior gentiles" as the Pope told the Christians to avoid marriage to Jews like several Bible quotes for Jews to not intermarry, Deut 7:2-5. The Jewish strategy seems to be to weaken their enemies by 0 IQ intermarriage, depopulate by LGBTQ and abortion, while they have big families and rarely intermarry, unless they wanna create a hybrid puppet to rule over a gentile nation while pretending to be a local.

Moses and the 'god' of Israel (is real?) love the mass rape of child or adult virgins (*after mass killing of males and non-virgins, often at the instruction of Moses, the '(for profit?) prophet of god', see also nonkilling section) as 5 quotes explain*: Judges 21:10-24, Numbers 31:7-18 (*Moses, a 'prophet' per Islam, Christianity, Judaism,* tells them to kill *every boy* and *nonvirgin*), Deut 20:10-14, Deut 21:10-14, Judges 5:30 *has 'god' telling Jews to rape girls, the quote US Presidents swear on when taking oath, the BIBLE*). The pedophile priest never talked about 5:30 quote. *How could the Vatican then brainwash billions of kids that the Old Testament is the 'Word of God' each time they quote it at Mass?* This explains perhaps why USA has such a high rate of crime in general, 1400 quotes are about violence, cruelty and rape. After you read this chapter the Bible quotes presented (the worst of the 1500) will sound more like The unholy "*Word of the wild dog*" (watch cannibal chimp energy, and wild dog energy so similar to the quotes), *God* inverted, of 'Satan', of some wild baboon unaware of the principle of infinity. *It's not by accident that many* Americans love dogs so much *and the Bible at the same time. The more you* read *the unholy "Word of the wild dog" the sicker it gets and the more like terrorist organizations all churches seem*. The terror touched all continents for 2 millennia and the *struggle of humankind to be free from it is far from over*. What you have read so far in this chapter *is only the*

introduction to the Word of 'Satan' presented as God by some of world's most naive, brainwashed or deceptive people on Earth: Christian clergy, *especially Catholic who hide the Bible (not in the pews) and only use good quotes in the pews*. They intentionally present the good quotes only, to lower the guard of the people, increase naivety, increase trust, so then they can plunder, rape and enslave the nation they invade. The Catholic Church is still the biggest landowner in Europe, and in Germany, the fraudulent miracles based churches, Catholic and Protestant, are the biggest landowners, they're mainly concerned with money making as this article explains, as the expense of Germany's backwardness. The Church says nothing about the depraved bullfighting and other sports in minority or majority Catholic nations. *The wolf lures its prey with sweet talk of eternal life* in some unproven heaven, if only the prey become its slave. If God can give people eternal life thru wafers, wine and Jesus, surely he can give them a nano nano second life in this world, meaning a lifespan of 4 billion years to better understand Jesus' great wisdom and God's nature. So, let us first give everyone a billion year lifespan and then we can be better informed about Jesus, God and the universe, via more precise research and findings about the way everything was faked or done. *They never care about the* PROVABLE *physical* Immortality *or longevity of people, only about making profits by promising invisible* unprovable Immortality. These business owning "churches" own banks (to enslave people), insurance companies, media, breweries (to cause endless domestic violence and car accidents via alcohol, 3 million dead a year, truly "godly"), etc, to keep people as low IQ as possible and prevent emancipation from mental slavery and parasitic capitalism where dealers mark up prices a lot. The vampire knows how to deceive its feeding sources. Iceland banned strip clubs in 2010, being the only European nation to do so: the rest are monster pigs who view females as mere objects to satisfy the ☺abysmal IQ☺ needs of 'depraved rats' who don't know they can meditate, breathe, exteriorize kind vibes to be happy. Immortalists would give lifetime labor to anyone engaging in selling or buying prostitution. Did you know Israel rabbis (or even regular ultra orthodox Jews since 1990s) sometimes use prostitutes (well before Ukraine invasion, from Ukraine) and Israel got covert prostitution using Eastern European girls? The Bible encourages sex slavery (hence priests who know the Bible often abuse 100s of children and church goers, to comply with 'god') in Ex 21:7-11, read an article on modern slavery in Israel. Perhaps, Christians ought to read their Bible and prevent their kids from going to church alone…, if they still believe in the Jesus mythology Jewish Italian military spies made up to conquer all continents.

Why are Europe, Americas, Philippines, Africa etc so backwards? Part of the reason is Christianity with its blood drinking, flesh eating simulation rituals of course: making people lower in IQ daily for the profits of pastors and church enterprises (Mormon church is super wealthy as members are asked to donate 10% of income, so they build temples sitting empty while others are homeless). Please gently and compassionately read more about the death

sentence for a rape victim Deut 22:23-24, **and how '*God*' encourages sex slaves** Exodus 21:7-11**. Are all Popes, Bishops following the Word of this '*God*'? Would you confess your sins to people who claim this is the word of '*God*'? Not only does '*god* of Israel, so much praised by the Jewish Vatican liturgy in all Catholic and Christian churches' promote 'true *family values*' of *having 900 prostitutes if you got enough cash*, but 'The *God* of Israel', that endless pastors praise as if they're Mossad agents, condones infanticide, cutting pregnant women, killing their born and unborn kids, in Hosea 13:16. Nothing to worry, Israel is the only nation worldwide where you see everyday people wearing rifles among the public. If you need confirmation, in 2 Kings 15:16 ripping out of wombs unborn 8 month old fetuses is done per tradition. Infanticide and rape combo in Numbers 31:17-18 has Moses saying to kill any potential *pregnant plus fetuses*. In 1 Samuel 15:3 Israel's amazing 'god' (*dog*?), the 'Jehovah, Our Father, Jesus prayed to', says to kill all animals, people, *suckling infants*. Jehovah witnesses anyone? The 'holy' *Psalms* are full of deifying of *'god's murder of millions of first kids of Egyptians*: Ps136:10;105:36;135:8;78:51, He11:28,Ex12:29,12:12,11:5-6. Read Isaiah 13:15-18 to see "god"'s obsession with murdering kids. Israel's 1st prime minister told us, like a true Christian bishop, pastor (often Caucasian, Black, Asian Jews), that the Bible is the "*book of books*"; what will teenagers think of politicians praising the Bible and swearing on it: "*sadistic torturers, lovers of genocide,* mass rape, *cannibalism*"? It just looks so bad to educated people who have actually dared to read the Bible and not believe *the lies pastors tell them*. *This is the 'god' that kids are brainwashed that "predicted" Jesus will arrive and the proof for this prediction is as fuzzy as "Earth is flat". Reading the next few pages will confirm it well. The argument for keeping the Old Testament as part of Christian scripture is void, unless pastors really want people to know the 'advice' from this "god" whose "*genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating" laws Jesus came to reaffirm: Mat 5:17-9 & Mark 7:9-13. It just reveals the nature of Christian pastors' *ethics*, or lack of: they could be charged $50 million fine for fraud, for inciting people to genocide and rape, since they tell people the calls to genocide, rape and theft are the word of God. First they say Jesus says to love all, then they say the calls to endless atrocities come from the same God. So, what are kids going to think is ethical? To kill entire nations or love all? Hiding the bad quotes, telling endless lies to kids about 'miracles' destroys IQ, nation, requiring steep fines. If a cult called for the genocide of entire nations, as the Bible calls for, because those nations promote genocidal Bible content, beatings in the evil Bible/Torah (kids, workers, sex slaves) or the evil Quran (sex slaves, mutilated infidels, kids, wives), slavery, everyone would think it is crazy or even 'satanic', yet this is the Bible itself, or "Satan"'s word.**

The Bible '*god*' is a pathologically vengeful *rapist thievery* incarnate entity, or Hate/*Violence* Incarnate, who threatens his 'beloved people' with dozens of punishments in Lev 26 including Lev 26:29-30 (he will make them cannibals who eat their kids and thus kill them), while Jeremiah

19:9 has 'god' causing *cannibalism* of *kids* again, 'god' loves it, as the Book of Mormon many cannibalism quotes show. Kids who call someone '*bald head*' are mauled by bears '$_{g}$od' brings 2 Kings 2:23-4. Any decent 'god' would lovingly infuse kids in infinite bliss and compassion for the poor aging man and lovingly ask them to not call old people bald again, only a psychopath would *maul kids via bears*. The Bible "God" is a *violent* sociopath *who loves beating kids with rods*, which would cause a 10 million dollar fine in Eternia at least, if not lifetime labor in a healing city, or execution in a state of emergency, and removal of parental rights (of course, the kids also would be subject to a mandatory educational course and possible restrictions at school, depending on the severity of any physical misbehavior), 'god' has no concept of kindness, education, teaching by living example, peaceful music, read "god"'s sadism that has led to billions of kids being beaten by psychopathic parents, made so by the Word of 'Satan': *"'god' loves rods hitting kids"* in Proverbs 13:24; 22:15; 23:13-14; 29:15. The God of Israel is the epitome of evil, violence and depravity, of destroying the human quantum field. If you need a definition of 'holy' happiness per the 'Word of God' & Torah, Psalm 137:8-9 explains it, the poem deifies *killing kids by dashing them* against the rocks, *this is the "inspired Word of God" pastors* often quote at church services, Psalms and Proverbs are so praised by EVERYONE affiliated with the church. How can we not call churches, synagogues, mosques *terrorist organizations*? Pastors *avoid this Psalm of course to not look like the satanists or parasitic predators of 'locals' they might be in secret, since that would no longer make parents willing to allow kids to visit the "church",* so pastors may be short on food *per* Lev 26:29-30 that describes *'god of Israel's habit* of instantly making people kid eating *cannibals*. Or they may love to mess with kids, in US schools, a 75 page report explains, teachers abuse 10% of kids (3% lewd comments, 7% touching) and other reports say the bad teachers abuse 70+ kids before anything is done other than being moved 3 times to other schools, no 50K fine per comment, etc). Why would the churches linked to religious schools, be vastly different? They're religious schools and we had 100s of church abuse cases in the media. This is a result of the empty spirituality of Christianity and religions, the shallow religious service structure: if students and teachers would be spiritual, they would practice conscious breathing, watch their tone and attain bliss that way, not wasting time trying to chat with others about their looks. When you're happy inside, you commune with that, don't really seek it in others, but psychopathic religions with sociopath scriptures don't teach that. We need centralization of education, so such behavior doesn't happen. ☺☺☺

It is interesting how the UK wants to arrest people who incite others to violence via posts, but what do pastors do, by posting endless quotes from the Bible and by saying Bible is the Word of God? The Bible is pure hate speech, inciting people to genocide, mass rape, etc. What do rabbis and imams do by saying Torah and Quran are the Word of God? Inciting all to violence. Why do we have a double standard? Isn't it time that we're fair? *Are we a Jewish slave colony, why can't*

anyone criticize the Quran, the Bible and Torah part of the Bible? Quran is Bible recycled. Isn't it funny, the UK King is head of the Anglican Church promoting these genocides, mass rapes, beatings of kids. Are we surprised that UK was blowing people by gun? Look at the Spanish Inquisition tool of the Spanish Royals, used to encourage low IQ and cruelty. The Bible has many examples of dowry, which is common in many nations still and leads to human trafficking and girl families setting up their daughter to marry someone only to get the money from the guy's family and use it to buy house for the bride's brother or for themselves, with real fights happening over the price of the bride on wedding day, leading to millions of marriages being canceled. In fact, the issue is so serious, the fraud so widespread, on Feb 1st 2025, China passed a new law that at divorce, who owns is who paid for it, to prevent women from marrying for 3 months only to make money for her parents. The so called spiritual Bible objectifies women and leads to the suffering of millions of women worldwide who adopt these cruel customs of dowry that put a cheap price on a human and lead to endless fights before, on and after the wedding day, seen in millions of online videos. This shows the *Bible is nothing original*, but merely a copying of other traditions worldwide, a collection of 20000 low IQ ideas and 20 nice quotes. *Dowry is a form of human traffic, organized crime racketeering and extortion by the parents* against their son in law, a form of *violence*, *slavery* and ought to be abolished with the *same urgency as slavery itself*. Women are not objects worth 1000-10000 dollars.☺☺☺ The complete objectification of women, as mere robots to produce babies via dowry leads to these violent aggressive pranks at weddings that are not punished with lifetime labor, to Hitler like tone of the hooligan bride parents Chinese bride family asking the groom to drink the foot wash water or give the bride family 600K and sick habits of brides tied to telephone poles.

Would anyone want to pray to a 'god' who makes people, pastors cannibals craving for kids as lunch? Look at the cremation of Care effigy on Wikipedia and also video of it. What has this to do with World Peace in 3 months or ethics? How can such a grotesque simulation of Baal/Moloch sacrifice (owl being Moloch), by the Russian river in California be legal? Russians also burn effigies of people in front of churches and in many cities, satanism runs deep: these brainwashed masses don't have any respect for the human quantum field, nor care about the vibe that brings World Peace, it's the energy that invaded Ukraine. Inhaling smoke that shortens lifespan and cheering like gorillas as a human looking thing is burned is a crime against humanity, an instigation to human sacrifice as quotes show. They don't have a World Peace in 3 months gathering, but this 'Bohemian Grove' gathering like the Russian misinformed masses. *The Torah/Bible says on one page "don't kill", then the same guy Moses says kill 3000*. In one place don't steal, then loot everything in the cities of gentiles. *In one place don't long for a fellow Jew wife, but rape and take as sex slaves as many of non-Jews as you want*. All these quotes are in this chapter. So, the natural question arises, if Jews go outside of Israel, which parts of Torah

apply and which don't? Lev 20:2 claims *any Jew who is caught sacrificing people is to be killed in Israel*, but outside it's not clear, since we saw for many commandments they're invalidated in "certain circumstances", so even in Israel they may be invalidated. Are gentiles to be raped, killed, and *looted* as the '(*for profit*?) *prophets*' told Jews they can do, especially for any nation 'God gives over to Jews' in De 7:1-16? In Kings 11:4-5 we have Solomon worshiping Molek, a name for Moloch, the fictional deity 0 IQ people sacrificed babies to. Freemasons worship the Solomon temple in Kings 7-11, built in the forest, like Bohemian Grove, with stuff from Hiram's ships (Hiram is a popular guy in the Freemason cult full of Jewish memes). 1 Kings 9:21-2 explains *how Solomon lived the Torah ethics*: *gentiles as* slaves. *Solomon* had reportedly 1000 'wives' Kings 11:3, while everyone was told to have one. Again, 2 sets of ethics. A little like a Saudi King with 22 wives or a Chinese emperor with 1000 concubines killed when the emperor died. A Professor logically explains the Bible is based on fictional beings who do reflect typical events, people, mindsets of the times, including "Jesus, the savior of the Vatican Bank". So, how can this Bible be sold to gentiles as the Word of God and the Vatican and all Christian churches say so? Moses tells his folks there is a secret meaning to some of what he says, meaning "exceptions and not as it sounds". Add to that Zohar calls to create war by "black" magic, and we got a recipe for "peace in 4 trillion years" with these texts. How can a Bible based religion be considered a religion, if it encourages the breaking of 100s of laws? The pastors, oddly and suspiciously, avoid these quotes, *as they make a mockery of the 10 commandments, showing* one ethics for Jews *and one for "*subhuman*" gentiles*: De 23:20. WHY? We gently want the truth and nothing but the TRUTH.☺☺☺ To bring World Peace if we have a deal on *no killings, no torture,* it applies in all nations/ethnicities; otherwise, Peace is impossible. How long before everyone realizes World Peace happens when nations want?

When you read the 1450 evil quotes of Torah (Old Testament), you realize how Cathars (Catharos = pure in Greek, they were more puritans) emerged: they made up a denomination that New Testament was God inspired and Old one Satan inspired, i.e. 'god' of Israel is the god of the physical world, Satan, and the Jesus Father some different God of the spiritual worlds (trillions), the 'good god' of soul evolution and reincarnation, The Jews and their Old Testament ultra genocidal quotes = Satan, and the Gospel = God (having far fewer really violent quotes), so the Jews or Italians in Rome who controlled the Vatican/Italy may have dispatched Jewish or Italian terrorists (disguised as Bishops and Vatican police of the Inquisition) in 1184 in France to exterminate the Cathar gentiles who dared insult the Jewish Torah and the infinite wisdom of the Italian prophets of genocide, who happily preached endless genocide quotes were the word of God. Inquisition was simply a way for Italians/Jews to exterminate people in any Italian/Jew colonized entity that dared to challenge anything Italian/Jewish, such as the ultra low IQ fraud based Christian/Judaism religion for which no evidence exists (ignore the made up science

studies paid by the Vatican or Mossad) in any real scientific sense. Cathar belief was similar to traditional ideas that one trillionth of the universe, our physical universe, was created by the fallen angel 'Lucifer' who created endless insects, viruses, bacteria, tornadoes, etc to kill us, since we didn't rebel against God, so Satan wanted to shorten our lives. Immortalism basically can be perceived by religious fanatics who love fights as a holy war against deathism and "satanic evil aliens (Lucifer and fallen angels) *who may (in true/false theories) have setup this universe as a* prison for our souls". Hence our drive for a sterile planet via advanced quantum devices, free from any animal who kills any human ever, is similar to the drive to purify the universe from Satan's creations (all lifeforms of our world), including our decaying body of death. By communicating with our soul, we bring in the Divine Blueprint into Reality to shatter death forever. Catholics (like most Christians, Jews, Muslims) worship satan in reality, as they worship the ultra evil Old Testament as Word of God, this world and its DNA, etc as divine. Hence the pedophile priests and Popes, who order wars, love to say "have sex outside procreation", because they worship the fallen DNA of procreation by sex, an ape DNA of living to 80-150 only, not 5 trillion. ☺☺☺ To the simple minds of peasants, this dualism worked to explain the drastic difference in violence and cruelty between the two Testaments, even if neither Catholicism, nor Catharism are true. Catholics didn't like that, so they exterminated the antiwar anti Eucharist anti killing anti torture (on the cross) Cathars (anti everything that the Catholics were for then) in the name of "God's love" or "freedom of religion": *love thy neighbor as thyself, only if he's a secret Jew or Catholic?* Want to visit Italy or Israel? Cathars were vegetarian, pescatarian in old age (like Einstein, he was vegetarian for a few months and then everyone claims he was so all his life ☺☺☺), when they also remained celibate after the baptism at age 50-90 and had fewer kids after age 30-80 due to focusing on spiritual bliss, not hedonism as the Catholics who had sex outside of procreation. Thus, Cathars were some sort of Protestants who dared to question the illogical brainwashing forced on millions by the sword: they were one of 100s of groups from 1st to 12th century, who have fought for freedom of thought, and brought the science revolution that ended the Catholic terror and eons of ignorance about stars, planets, health, etc. Catholics burned Cathars alive sometimes, *as if the Catholic Bishops were often actually Jewish Baal (the guys who burn folks) worshipers in disguise*, for exposing some issues with the Catholic Church: the present/ancient claim that the diabolical quotes of Old Testament are the Word of God. Any sane parent would be worried to allow her kids to any church, synagogue (or mosque) after reading these Bible and Quran sex quotes, for the media has 100s of incidents of pastors raping kids, 1000s of reports of missing kids (are pastors part of the mafia sometimes?). Moreover, if a 9 pastors are blood drinkers (*they tell kids at every Mass to drink the blood of Jesus*) or blood collectors who prick kids or suck/collect kid blood, kids won't tell it, due to being so terrorized and threatened or naive enough to believe it's a 'godly' thing to keep it secret from parents because *'the holy pastor,*

representative of 'god of Israel the Almighty conman' said so'.

If pastors lie about this being Word of God so much, they could also use kids (especially gentiles if secretly Jewish?) for their own experiments: give them a drink poison, make them unconscious, then remove an organ, kidney, etc and traffic organs like in the news about a church doing that to starving people, 600 people missing. Skeptics will say the satanists get blood from the regular donations so they don't need do it, but not everyone donates blood, using hospital supplies is harder too, not as fresh perhaps. The stuff can be done to mind control and terrorize more than to get blood. *Parents need to wake up and take America back from these 'pastors' deceiving billions of kids, since the government doesn't care, they say "freedom of religion" is more important than the right to be alive and not be maimed, deceived*. UK data: in 2001, 72% were Christians, in 2021, 46%. UK 'No religion' % moved from 15% to 37%, as people realize ethics can exist without religion. USA Christians were 90% in 1990, 63% in 2022, unaffiliated 5% vs 29% in 2022, Protestants 69% in 1948, 34% in 2022, Catholics 22% in 1948, 23% in 2022 due to 40 million Hispanic less educated *(60-78% Internet access in 2023 in those nations, far less decades ago)* Catholic immigrants (12%) and offspring, otherwise native Catholics are half the 1948 % too, like Protestants. US church membership was 70% in 1992, 46% in 2022. Ebook can be read *offline*, so it helps those who can only travel 10 miles by foot to get Internet once a year. Information needs to be easily accessible, if we want World Peace.

Jephthah burned to death his daughter in Judges 11:30-40 as 'sacrifice to 'god' of Israel' due the tradition of human sacrifice from mentally insane (*for profit*?) '*prophets*'. 1 Kings 16:34 explains how Hiel (from hell?) *killed his kids to rebuild Jericho*: insane people. In 2 Kings 6:28-29 a *lady boils and eats her son*. The 'god' of Israel allows that lady to boil her son and the Jehovah *'god' of Israel allows Baal disciples to boil kids* too in Jer 19:5, 'god' can stop it, but chooses not to, a very odd 'god' (demon?) given at what length he goes to punish his 'beloved people' if they disobey his commands (read again in Lev 26:29-30 how the 'god' of Israel he will make parents cannibals eating their kids for not obeying to his commands. So 'god' commands '*do not boil babies*' (and even says to kill anyone who does in Lev 20:2), but then *punishes people by making them* baby eaters *and killers*, what kind of coherence of ethics is that? We saw above how every "do not" is contradicted with instances where "God approves the opposite on a gigantic scale". So, this 'god' stands for nothing. "Do what you will pretty much". How can they call it inspirational? If 'god' can make parents cannibals, then he can also reverse it and stop Baal worshipers and others from boiling kids, etc, but he doesn't. How did the kid err to be eaten by his parents for no mistake of his own? Dear clergy or gullible people, please ☺☺*lovingly tenderly gently kindly*☺☺ don't start the lie with 'it's context', anyone with a functional brain realizes the insanity, cruelty and evilness of this 'god' and any decent pastor, after reading chapter 14 of this book would quit his church, mosque, synagogue, since it's based on a total fraud perpetrated by

the top clergy. Those who need to fill the vacuum of not going to churches can setup a youtube and record eterni tone songs or speech tone that calms everyone, sentences of 1-3 minutes to enrich the quantum field and create their 0 donations online 'immortality for all' 'church'. People need living spirituality, we had enough 'normal tone talk' that led to 500 million dead last 2 millennia based on the 'unholy' Word of 'god'. Last 100 years alone, about 230 million were killed, by WW1, 2, communism, etc so powerful was this 'word' of the "dog" (god?) of Israel, that it didn't transform anyone much, no wonder, with the tone and content… of the scriptures, anthems (unlike Anthem Eternal) and services. Walk in 99% of churches, the tone is so bad, the content even worse: never do they even mention (let alone intone) the need to embody *universal gentle tender soft* compassionate *nurturing healing* graceful loving kindness; it is too brain intensive to design a combo quality totally absent in our world. Many churches are like stuck *ghosts, zombies from the 1st century, frozen in time and ideas, spiritually dead. It's like going to study chemistry using 1st century texts, imagine how exciting that would be,* how much knowledge you get in physics from 1st century texts, the "holy" Bible of physics.☺☺ If you remain a pastor, at least you could lovingly *gently* consider focusing on the top 3 better quotes, only about 3 sentences in the Bible are more 21st century in vibe, eterni. The alleged 'god' is almighty, he can stop anything we're told so when Abraham put the knife near his son's throat to kill him, *'god' stopped it* in Genesis 22:9-12 where 'god' of Israel subjects a poor kid to horrific psychological torture, though 'god' stops dad from killing his kid. *But when babies are boiled, burned by Baal lovers, 'god' doesn't stop it*, the 'god' of Israel even kills the first kid of millions of Egyptians, so he's obviously used to the *mass murder of kids*. All in the name of an imaginary psycho 'god', who just loves to terrorize kids, beat, maul, boil, kill them. In Acts 7:8 etc this 'god' & Moses in Lev 12:3 want to subject 8 day old babies to untold suffering for months, by cutting parts of their penises, as the circumcision section explains. Please ☺☺*lovingly tenderly gently kindly*☺☺ watch *out missing kids*, baby eaters may still exist thanks *to a 'satanist' government swearing on the Bible and allowing the publishing of the evil Bible*. Clergy deceptively avoid the quotes above: Lev 20:9 parents killing kids for saying a bad word. Why avoid it, if it's the "Word of God", we want to hear it all, even if 100% fiction.

It's suspect that for 1500 years the church kept the services and Bibles in Latin, a language most didn't know, keeping ALL totally ignorant of the quotes above and spreading only the rosy lies the Jewish etc pastortells them: the Jewish Jesus will save you if you give our church all wealth, and Catholic Church became the richest landowner in Europe. Once the Reformation and printing press got moving in 1500, everyone could read the quotes if they had the time and COULD see the SCAM. *That's why Catholic-Protestant wars broke out and killed 20 million*, since Protestants had the audacity to encourage people to think for themselves and *not believe*, without unfakable evidence, *in* all fake wine into blood, bread into flesh Eucharistic miracles the

church invented to increase donations, *in* praying to "*saints whose miracles were made up*", etc. Do we need more Bibles, Torahs, Qurans printed, more churches, mosques, synagogues? What do YOU think? Do you still believe in wafers now? ***Are they compatible with human rights? They're 9 billion fold incompatible with universal gentle tender soft nurturing*** graceful loving kindness. This is evident if you read the first page of Anthem Eternal immortalist's "creed" and the Declaration of Immortality for All, the declaration of US independence from the Bible, Torah, Quran terror quotes. We definitely need a revival, of critical thinking and hypothesis testing, not of fake miracles. The FDA, FBI protect the public from scam companies, etc, but they do nothing to stop the scam professionals called 'pastors, bishops, etc who lie to all, amass millions of dollars while promoting the *most violent texts the world has never known*, since all *bad quotes have been kept secret*': *the Catholics hide the Bibles and only have in pews the Missal with nicer quotes, they got really good at deception*, they lie to our kids Jehovah loves them, when he's a sociopath bent on killing them, beating them using the parents as his tool of torture. The Christian clergy lie to all that the Bible is the Holy Word of God, including Old Testament. Additionally, they terrorize millions of kids and people, with a concept that focuses on torture, of Jesus and his disciples, the 14 stations of the cross in every Catholic Church, etc.

Why do you think there is so much domestic violence in the w*orld? One reason is the* beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives). Jews, or spies who wrote the Bible, being very much like these chimps, back then at least, thought that physical violence against kids is the way forward and how civilization works: sadly, billions of parents, brainwashed by the Bible, choose 'satanism', which violence against kids is. *Educate, prevent via* centralized education for all children from age 0 with nicest tones (free videos for all parents to share with kids)*, be a role model of gentle tender soft healing nurturing universal kindness*☺☺☺*, don't beat kids for any reason, don't spank, don't slap.* No child is violent if he receives proper education. Violence is learned from the violent unregulated media*. This Bible violence is what inspired* the Inquisition violence that European, possibly secretly Jewish or Italian royal families, (who pretended to be locals, Europeans) supported. *All the Christian Churches and Synagogues, Mosques do is similar to a very sophisticated* terrorist *organization*, since they praise texts calling for torture, beatings, wars, genocide, mass rape, etc except it's done so subtly and invisibly, so cunningly, that most are not aware of how they incite people indirectly to violence, *Catholics even remove Bibles, as stated before, keep only a Missal of nice quotes for maximum deception*. The basis of *peace, progress and spirituality is honesty, totally lacking at the Vatican and in most pastors who claim the violent quotes are "Word of God"* or "ethical in that context". They were not ethical in that context, even back then peaceful methods to prevent wars existed very simple, like today, but nobody was interested: aristocrats need be less willing to start wars to expand wealth, dialog with the other camps, these 5 trillion

methods, infiltrating the other camps to propose universal peace in 3 months… or simply proposing it without infiltration. Anyone who swears or praises the Bible with Deut 20:10-17 call for genocide and extermination of all humans 'God gives to Jews', is no different than Hitler. This is not obvious to many, but the pastors are ultra careful to hide the 1400 bad quotes and their "Hitler tones", just as rabbis often are. If we had a kind civilization that fines celebrities 300 million when singing violent music heard by millions, we also need smaller fines for those giving speeches in churches to 3000 saying the Word of Ethics is that which is calling for mass rape and genocide, killing/torturing, mutilating infidels, etc, which is most pastors, imams and rabbis. Clergy are unaware of the level of gentleness needed to bring violent crime down 1 billion fold. If someone posts online a call to kill a person, torture or terrorize others, police visits, but if people promote a Bible, Torah calling for entire nations to be wiped out, for under 18 girls to be raped, for kids to be killed, a Quran calling for infidels to be tortured and killed, etc, FBI does nothing, what kind of law enforcement is this? The Quran, like the Jewish Talmud, etc is OK with sex with minors and Jewish texts are very detailed on how to marry a 3 year old and how Jews need to marry a 3 year old if Jews have 'intercourse with a 3 year old', apparently, a normal thing in their world of the 'chosen people of God of Pedophilia'). ☺☺☺

The Bible condones, via Moses, etc, the mass looting of non-Jews, beating kids with rods, etc. In the USA, we still are decentralized and in the 1st century, sort of *Israelistan*, with thousands of kids under 15 getting married thanks to ACLU, Planned Parenthood and other "liberal" organizations, who may just promote an old Jewish Law from some old text that says "marriage at age 3-12 is fine"… This is a form of child abuse, like the rape of infants in Israel in recent times. The latest (1983) Catholic Canon Law says minimum is 14 for girls, 16 for boys, still backwards and reflective of the Talmud*istan* the Vatican is, the pope even wears the Jewish Kippah and does everything with Vatican to promote Israel via Mass quotes (the liturgy on Missal that hides all very bad quotes) and etc, being more of a Mossad agent. The highest number of child marriage by nation is @ statista and a UN pdf. Between 2000 and 2018, in USA, *five* 10 year olds, *14* 12 yr, *78* 13 yr, *1200* 14 yr, *8200* 15 yr, *64000* 16 yr, *149000* 17 yr olds got married thanks to ***50 countries in one nation***, no centralization, 86% are girls. Parents, please ☺☺*lovingly tenderly gently kindly*☺☺ keep kids safe, away from pseudo scriptures. How can this be in a truly "rule of law" society where the same standard applies to all? Wikipedia explains in the USA some states have legal marriage 19 or 21, others allow even at 13. Equal opportunity and rights for all? This is a double standard that shows ***how far the scam of 'freedom of religion' has gone in interfering on the right to a life of peace***, with no torture and terror people get from fanatics who go and follow these violent "scriptures". Perhaps, *we can have nonprofits run ads on TV to explain the* wafer/baptism scams, the quotes. The hypocritical Jew controlled West banned Mein Kampf, deifies 'The Satanic Verses' about the Quran, "not realizing" almost all the bad in the 2 books is

in the "holy" Bible, and *much more evil stuff*. Watch the Nazi lady who killed half a million people, almost as if following the Bible. How can any government ban Mein Kampf (copyright expired now, so all have it online), and not the Bible or at least Old Testament/Torah? We the People *have been conned for 2 millennia. We can* promote peace and free our kids, adults from deceptive brainwashing by con artists. The game is simple, they promote some nice quotes and then they hook everyone to believe the rest of the scam.

Have money or free time? Share happyimmortals.com or gently use $ for a good cause, since our 'stone age' government *(they want to buy cheap oil, since* not all have electrics*, so they* pretend they don't know*)* does nothing: create a nonprofit "Gentle Seekers" who pays for 30 seconds ads on all radio-TV about the worst quotes saying "Why didn't your pastor tell you about these quotes in the Bible? While wanting to take care of your kids? And include the worst ones above. Or why didn't your pastor talk about all slavery quotes in Old and New Testament, believe in Jesus now? See below. Why didn't pastor talk about God's ability to bless without intermediate wafer and water? Are you a parent, kid or teen, do you know these quotes? The 'god' of Israel has odd preferences for kids: he wants to kill you at all ages *(even as a suckling baby)* (quotes will appear in ads under each of the blue white words), rape you, boil you *(he sets cities on fire, if you take bath, you will be boiled)*, burn you (and all people, animals in entire cities), trim your penis skin as an infant or kid and subject you to huge suffering for weeks, eat you (he loves to make parents cannibals), maul you *with bears*, beat you with rods, dash you to pieces, smash you against rocks, rip you *to* kill you from mothers' womb before you're born, *it's in the* "holy" Bible (religious Jews wear black/with some white always; *see the quotes in the* 7 pages above for each of these sociopath actions of 'god'), the conman pastor hid from you to deceive your soul. Government approved scripture they swear on. Wake up my dear soul friend. See happyimmortals.com for more." Let not the pastor, bishop, 'scholar' deceive you with the lie that "God only said that in certain circumstances referring to the fight of Jews with some 7 nations or etc", because that is simply not true. This same 'god' said in De 7:1-16 that ANY nation, 'god' gives over to Jews, can be destroyed, via the 'methods of god', this 'god' has given to Jews in dealing with other 'folks is mad at'. Look at all 1000 violent quotes to establish the evilness of it, the ignorance of it, the human 100% content of it (not God even 1%), versus the way of peace. Look at the whole picture, at the context of the Torah (Old Testament of the Bible) genocidal horror text, as the pastors say, and discern, tell any pastor what is kinder, Anthem Eternal or the 1000 horror quotes? After 2000 years of terror at sword point or gunpoint, of shoving this on every kid, we're still having 0 freedom from such filth and violence imposed in many ways in every aspect of culture and civilization in US, EU, worldwide, on 5 billion people at least. A kid reads these quotes and wonders if whoever brought him to church (parents, teachers, siblings, relatives), is insane, cruel, a murderer or worse. At 12, my mom took

us to the church, where they gave us a little deceptive pamphlet with some positive prayers and such, hiding all the 1500 horrific quotes. At home, I ignored the Bible, since after opening the only Bible mom had randomly 8 times all I found was killings and trash, nothing more uplifting like Anthem Eternal, that has a vibe never found anywhere in the Bible. Kids' brains are a lot simpler than a 40 year old and they may not understand the historical context and simply begin to hate, distrust whoever gave their Bible or told them to go to church as a psychopathic cruel murderer to be avoided, so much so that this 'bible' could destroy families; thankfully, when I read the Bible at 12 I didn't come across the very nastiest quotes, and the real God quickly led me away from continuing reading that filth perhaps, as a few ambushes, killings and violence incidents I read were enough to "convince me" of the "value" of the "holy text". How can an ethical government allow such filth to be printed? How can a sane parent even allow their kid to open such a text and tell them they want to believe this is God's Word? What sane parent would do that? Nobody, since no parent really knows their Bible, except 1 in a million. Same for all novels with similar actions. We need to decide if we want a culture of life or of satanism. So far, for millennia we chose satanism disguised as 'word of god'. In the TV-radio ads we need to put side by side, all bad quotes from Jesus, Moses near their good quotes and see what people think about the "kind" (*for profit*?) '*prophet*'. Let none be deceived. Some ad ideas are below and in the fake Messiah, fake miracles sections. The evil acts 'god' of Israel tells people to do damage the human quantum field, the concept of nonkilling, nontorture, transforming gentleness didn't exist. Pastors want us to love this 'god', who, they claim, predicted the arrival of 'Jesus the Messiah' and who is a 'loving' God… What? Let none be fooled by the 'god' of Israel, whose words make him a "Lord" of mass child rape, of genocide, of holocaust, who inspired the Quran sex stuff (Quran= recycled Talmud, Bible + added stuff).

2018 Japan intentional homicide, almost equal to USA in 1950, was down 10 times since 1950, USA went up slightly, while Germany, Greece, UK, Norway, France were stagnant, it shows how good the "present culture of shouting music" and Jesus and the "revivals" are too, a 0 progress after 70 years of "preaching the 'holy' WORD". Italy rate went down 2x since 1970s, Poland down 3x since 1990, showing an effect of the gentler music in churches perhaps? See the present rates. All those pastors getting rich by selling fake miracles had a cosmic effect? US murder rate in 2022 was higher in many cities than Ukraine war rate. This is not surprising, since our officials swear on the war zone like Bible as the Word of God and push it in every way, force it on millions of Americans. *Let the whole world know the* 'important' Word of the 'Lord' *the* pastors *avoid. Inform all so that* you ☺☺*lovingly tenderly gently kindly*☺☺ *inspire, guide, and cause via spiritual realization, with untold grace and cosmic efficiency, all clueless* persons (who never read the quotes), vampires, parasites, looters, conmen to cease *(*by their own *choice*, not by force to cease*) destroying the human quantum field, to gently, quietly cease promoting the Bible*

as the 'Word of God'. *Wake* up, the Bible is a collection of 100% human writings, 0.01% God inspired, with 1% of it some OK quotes and 3 sentences reaching 21st century ideal tone of a civilization of 'want to be' Eternals. The Quran and Torah even less than 3 sentences, maybe 0 (due to war stress), depending on the eterni quality of your criteria. Millions of people died to make USA world's first nation with freedom of speech and religion, so now, Americans, wake up and expose the greatest scam of history, while you still have freedom. Use TV-radio-internet ads to defend true democracy, and the quantum field. *Let* ☺☺☺ *gentle tender soft healing nurturing universal* loving kindness☺☺☺ *prevail ever so gracefully. This* was an eterni tone sentence, a sentence worthy of scripture of the 21st century of World Peace in 3 months, *by our collective choice, a sentence of a different vibe, not of gentle dropping of nukes, not of killing slowly, not of one quality alone, but of the combo of the qualities we almost entirely lack on our planet, the vibe of* universal *kindness* (universal nonkilling, nontorture, gentle tender grace for all) *in all* circumstances: that is closer to 0.0001% of GOD's tone. *Let all write scripture (0.1% of this book is nice and positive enough to qualify perhaps), let all interested be online clergy, they can do way better than the Bible/Quran. Did you get it? Did 0.000001% of God's Light now pervade your every pore deeper?* We need your gentle light, magnify it and let it envelop the Earth forever.

One holy seeker can do more good than all present clergy combined. Fill the void my friend, be that person yourself. You wonder how can it be so? It's easy, if you have quality (not quantity), a short scripture guiding you, or good tech, you can move *9000 times* faster than chariots (spacecraft today), create amazingly rich and peaceful sound with 1 mp3 player 1 billion clergy, musicians could not do in Bible times *(tech folks read the Bible least)*, produce today many 1000s of chemicals with 100% purity; in alchemy era of the Bible ethics, you could only get 0.00001% to 30% chemical purity for most stuff, not enabling you to do endless good, miracles of science today, and living to 1 billion some day. The same is true for ethics and emotional vibes. With Bible vibes we will only go so far as a planet. One tiny water filter, can produce water purer than 1 billion filters in centuries gone. One good tone filter, creates wonders on Earth, produces the only tone of a certain quality. If more listen to it, it's like all drink clean water the first time ever, free from 100s of pathogens (bad quotes), so suddenly, all can live to 10 times the age, due to clean water, no longer dying spiritually (physically in prior centuries) at age 5. One tiny device today can do what before 100 billion could not do even 0.000001% of. May all violent quotes in scriptures worldwide be banned forever. Amen, in the real God's name, not the is-real, Israel 'god' name, even the name doubts their 'God' is real, see the irony? Perhaps, we can ☺☺ *lovingly tenderly gently kindly*☺☺ see how suspect it is that they wear all black, many pastors, monks, nuns and all Orthodox Jews, the color hardest to see at night, when some followers of the 'Bible quotes' can attack helpless kids who can't see monks as with bright colors. Trust clergy now? Do people see why they didn't trust the red (color of blood) loving Church of England

promoting these quotes as the Word of God? Why the American Revolution took place? Bingo. Hey, lovers of Immortality or Eternity Party, we now *got a strategy to make USA never vote Republican, Democrat* (they promote the quotes as the word of god, ethics, law) *again*. Let America free itself, embrace Anthem Eternal ethics, a draft of its New Anthem, perhaps dare to dress differently while not being shamed for looking 'unprofessional'.

The Bible *'god' promotes* beating *slaves with* rods in Exodus 21:20-21, he's a *monster* god of *violence*, of slavery. Exodus 21:2-6 encourages cruelty, 'taking hostage of a slave's wife & kids, to force permanent slavery'. The 'Holy' Gospel, also promotes *slavery*, while pastors claim the New Testament is "perfect" versus the obviously much more horrific Old one: Ephes 6:5 says to "disobey God by obeying those *who mistreat others, who damage the* quantum field, so we can't graduate to a world of *gentle tender soft nurturing* graceful *universal* loving kindness". 1 Tim 6:1-2 sounds like "work hard for your master, if he pretends to be Christian (but is not, just some aristocrat or Jew or spy pretending to be local king or 'good citizen') to work you to death, to kill you slowly, be a gullible man, in the name of Jesus the fake miracle expert, and *support and promote this form of subjugation that destroys the human quantum field*".☺ In Luke 12:47-8 Jesus says "punish those who err even when they didn't know it was wrong". In Mark 7:9-13 Jesus criticizes rabbis for creating their own (less psycho?) traditions and not implementing the sociopath commands 'god' gave Jews, such as "*killing kids for bad words*" in Lev 20:9. In Mat 5:17-9 Jesus confirms he didn't come to abolish the above sociopath ideas (*for profit*?) '*prophets*' gave Jews, on the contrary, he just came to fulfill them and indeed, his followers have killed *millions*. Parents beware. Protect your kids from the quotes. But, ?logically?, Jesus clarifies in John 14:6 all go to hell, unless they believe in Jesus. Jesus is planting the seeds of guilt and cult mind control: only thru Jesus they can be happy in the afterlife in heaven. You can be born in an area where no Bibles reach, so, no matter how good your deeds, you go to hell, while the most evil who accepts a fake pastor 'saving him thru accepting Jesus' goes to heaven; a very 'fair' God indeed. Jesus in Mat 5:25 fails to imagine a world without prisons, because his IQ was so low, all is about courts and wasting time. More bad ideas from Jesus are in the fake Messiah section. They give us a clue that Jesus was made up by spies possibly. We see in Jesus often the same Old Testament energy: huge punishment, no education, 0 IQ. Luke 22:19-20 shows Jesus has big ego, people need to recall him, "in memory of me", not in memory of God. Jesus got toad IQ☺☺☺: God doesn't need wafers or wine to reach people. Jesus forces people to recall him by creating a cannibalistic imagery ritual. Is this kind for kids? No. Wine and alcohol kill 3 million a year, not an issue for Jesus, the prince of Peace, co-responsible thru his Gospel for billions of drunk beatings of spouses last 2 millennia. Read Jesus' Mat 5:29-30 words about cutting one's hand and taking one's eye for just being curious about a person with tone of speech nicer than the thuggish chimp lady rabbis forced on you by forced marriage without any free will. A pretty

jealous guy perhaps? Or just a rabbi in disguise? To top it all, you need follow Jesus, his violence in Mat 21:12 in the temple, to go to Heaven, clergy tells us to follow his thuggish ways. See his staging miracles tricks here. *How long before all realize it's all fake?* Politicians pretend to be Christian, etc to get votes, so elections appear genuine, even though they're often faked when vote is not as expected, they don't believe these (*for profit*?) '*prophets.*' Wake up?

99.99% of Christian clergy (except for Quakers and others who reject communion and wafers rituals) tell us to trust that we need the weekly, quarterly, monthly or daily cannibalism like (eat the body and blood of Jesus, Eucharist), rituals and all the Mass says is true, that the Gospel Jesus words *"I have* not *come to bring peace, but a sword"* in Mat 10:34-38 are from a God of "Grace, Soothing and Infinitely Loving Healing Tactful *Compassionate* Communication", that these quotes are what the God said, would anyone intelligent trust that?☺ It's hard at times, for the indoctrinated, to realize ethics and Godliness can exist, or even develop a trillion times more, without the Bible or Quran... so we try to be kind and gentle, in attempting to clarify. To God, the real One, we pray that God will help them. Back to contradictions: The *"Son of God of Infinite Love, Patience,*☺ Compassion,☺ Healing☺, *Transforming Grace", far above all humans in every way,* Jesus calls God's kids, "rabbis and disbelievers" (just misinformed more primitive people), children of the devil (John 8:44), "snakes, hypocrites" and escalatory insults that bring conflict (Mt 23:4-36) and even engages in *physical violence, throwing the table* of the merchants in the temple, see Mt 21:12. Perhaps, he was trying to tell people rabbi teachings are not the best and used language people could understand refers to 'bad or to be avoided', but what about Mark 7:9-13 & Mat 5:17-9 *where he approves of the 'teachings of the 'devil children' rabbis'* and all the other ideas of Jesus that were as hypocritical, cruel, etc as the rabbis' ideas he criticized? Jesus can't even levitate a table (see miracles section), but walks on water? If he can be Godly, he can infuse all merchants with Infinite Love by materializing neurochemicals in their brains as he materialized bread *in the fake story*, gently levitate traders gently as he *levitates his body on water in the fake story*, then levitate the table outside the Temple and teach them that in the future we will live on eterni food as a true prophet or deep thinker about the nature of reality *(everything is made of atoms as Greeks knew, so even a Jesus could imagine food will be different in the far future, no plants or animals dying and suffering),* not a fake that made no prediction that ever came true. can't control his anger so many times and maintain serenity, but is Godliest? Logical? He incites people to violence? Today we see the same thing, every country almost says others don't respect human rights, or are hypocrites, but they all have the same hypocrisy, since they all kill and torture humans, slowly or instantly via spy services – with no politician (spy) in a major nation even proposing to end all wars, killings and torture via international agreement. They use lofty talk of 'socialist, communist, democratic, freedom, Judeo-Christian, Islamic, Hindu etc values' as a cover to continue the status quo of NO human

right to live in peace without war and violence – they don't want to end wars, border changes and all violent coercive covert methods – only when other countries disrespect human rights it's an issue, when they do it, it's not. It's so far from the peaceful scriptures, Anthem Eternal vibe or even *compassionate communication* courses some have made online. Many suffer from the same condition Jesus did – he was accusing the rabbis of hypocrisy, but the way he talked and behaved totally contradicted his beatitudes and other teachings. Today we see how politicians criticize other countries for 'bombing civilians' while they did the exact same thing before; all countries bomb, but it's only a huge catastrophe when enemies do it; is that fair or hypocrisy? ☺

Why don't politicians talk of/walk Immortality *for* All, *nonkilling in 'wars' within 3 months*, *nontorture for all*, the end of all "wars, forceful border changes, covert/overt (fake protests, etc) violence" within 6 months, removal of all violence from scriptures within 1 year? Or replacing violent scriptures with a decent 7 page scripture we make? After all, the God many profess to follow said Don't kill. Sitting in a nice office, it's easy to say "invade to promote 'democracy' or 'communism' or 'Islam' or etc (more killing wars for millennia)", but when you have a house you worked to build and lived in 50 years demolished or have to do street fights to defend a little town, it's different. Why is violence acceptable or ethical, because the possibly fictional 'Lord' Jesus was violent? Where is the universal loving softness, tenderness and sweet compassion for all beings? Jesus didn't have any for many he talked to, so are we going to emulate him? If the prior quotes are not enough, please read the long list of Jesus 'pearls of wisdom', very sad/illogical, it will be a true revelation. Clergy don't talk about these quotes, because people would realize it's all fake and join Immortality *for* All ethos and movement,☺☺☺ building Immortality universities (learning centers, research centers, etc) instead of churches or converting churches to have one inside? Hey, if you didn't know it yet, God's Holy Word is that "he needs you to trim your penis and vagina to be Godly" or achieve World Peace in 3 months"? An Immortal would be 1 trillion times more loving towards any human than the best mother is with her baby, since any human is like a 2 hour old baby, vs someone 2 trillion year old, who had time to become 1 billion times kinder compassionate, so how is Jesus so called 'special divinity' playing out, since he's claiming to be infinitely older than the youngest Immortals aged 1 trillion? Well, merchants were selling animals for sacrifice, so maybe he had nice intentions for more kindness and less ritual/torture of animals; *supposedly Jesus was Essene, a faction that had different ideas from the others in Judaism (no sacrifices, etc), hence you see Pharisees, the hypocrites per Jesus, talking in 100s of sentences of* Talmud *about the rules of animal sacrifice and sprinkling animal blood (*Ctrl+F *"blood"), etc; until the 20th century, when all doctors agreed blood letting is useless, a few people believed for millennia it has some benefits, and even Talmud talks about rules on doing it, just* use Ctr+F *"bled" and read or* go here*; so if God so amazingly guided Pharisees and Talmudic ones, how come they didn't know in the 20th century*

science** will realize it's useless? The Talmud also says not drinking wine is a sin (yet we don't need alcohol or wine to live long) and encourages frequent sexual activity (twice a month or once even if done having kids), in contrast with the Essenes, who, per some scholars, were more into celibacy*; there is no indication though that Essenes, Jesus understood neuroscience millennia before it appeared, like true prophets would, and that you can achieve bliss☺☺☺ 100 to a million times higher than sexual one via meditation, Talmud has word blood 100s of times, meditation 0. Talmud is a continuation of the ***Torah (1st 5 chapters of Bible) violence and harsh punishment (instead of healing and prevention) focus tendencies, reflecting the culture of the times, with many suggestions for violent behavior (small punishments, not big violence of the Torah quotes above; plus lots of killings or death penalties for various reasons); it seems the teaching of being **peaceful**, charitable that Talmud scholars claim are so central in the Talmud, are not really on every page, because *peacefulness includes physical nonviolence,* nonkilling and *charity includes* **loving kindness**, *sweet gentle tender healing soothing calming nurturing grace for all*, since all are God's kids. Zohar, the book of Kabbalah, is perpetuating animal sacrifice, see 55 (sacrificing goats, like Freemasons were shown to do in this Masonic ritual in the Lodge of sacrificing goats (hence Hitler accused Freemasons being run by Jewish spies, especially given the Jewish (***for profit***?) '***prophets***' focus in Freemason mythology and bloody rituals George Washington took part in) and 57 (sacrifices to help demons). Mishna details animal sacrifice rules, punishment focus (as in USA), instead of the immortalist healing and shared responsibility; today, in Israel, one group does animal sacrifice still as this 3 min video shows.

Oddly, Nepal Supreme Curt banned animal cruelty in 2016 and many defied the court order and killed 200,000 animals over 2 days in 2019: video 1 and 2, left to rot or burn in pits. This shows just how incredibly backward Nepal still is, how varied Hinduism is (vegetarians and these cruel killers), though this festival of slaughter is bound to disappear as more become educated about the nonexistence of their imagined gods and health risks of eating such meat. Now, perhaps you understand why Jesus was mad at those merchants in the Gospel real or made up story, the whole temple was sacrificing a lot of poor animals and the blood had to be washed via an aqueduct, big infrastructure: it is dangerous to have infrastructure for animal sacrifice, with all blood washing, tools, etc, since some may use it to kill people at night when nobody is in the temple; any animal sacrifice is painful and pollutes human quantum field, it shortens human lifespan, so it can't be allowed; today, we see the remnant of this, as they replaced the actual sacrifice with the symbolic wine and bread, but even that is not needed, as explained in the ritual vs kindness section. The persistent brainwashing of billions of Christians into Eucharist is a stark reminder of the Jewish nature of Christianity (bread and wine eating was a common Jewish habit, so Jesus made it a religion) and of the fact many bishops, Popes, pastors were and are Jewish (some pretending to be Gentile); indirectly, going to Christian churches, supports this

anti-science stone age belief system that animals, Jesus or someone has to be "sacrificed" for us to be kind, reminding us of Aztec human sacrifice: you go and eat the "body and blood of Jesus" daily at Catholic Mass, so what is so uplifting about that, it certainly makes the Vatican all powerful, or the pastors, but people suffer as science and intelligence give way to low IQ? Then we can't have high tech nutrition even, let alone health care. ☺☺☺

Look at the hygiene practices of egg industry in India, similar to the crushing of male chicks all over the world, why not find a solution instead of these cruel factory farms, rituals of animal slaughter or Jesus wafers? See Florida cows treatment, the cheese people eat, see how infected cows are, the milk many drink; see how full of puss the pork many eat is, may all go vegan today, perhaps God will love☺☺☺ veganism more than going to eat wafers symbolizing, in the view of nonbelievers, that you're a cannibal eating Jesus' body, or someone of such incredibly low IQ, to imagine that God or Jesus needs bread as intermediate to bless you, when God can bless directly when you're kind to people and animals and speak in a nicer tone, listen to kind music. Where is the kindness for all sentient life? Crushing billions of chicks upon birth because they're male and unprofitable is OK, but cannibalizing Jesus is fine? Why not use science to reduce pain and suffering in the human quantum field that comes from the so closely related animals and fomenting religious wars in the name of converting people to a myth? After seeing these quotes, images, rituals they so well hide from the Missals, many become repulsed, disgusted by Christian rituals they formerly so devotedly believed in, or Eid cow slaughter in streets void of compassion: notice how they never talk of World Peace in 3 months to end human wars, human suffering and never talk of veganism or eterni food to free the planet of human like animal suffering vibes, what kind of kindness is that? Look at the lack of compassion for those bombed in Syria, Ukraine, entire cities in rubble; what do people do, what music do they sing? What music do they make in movies? One that never talks of World Peace in 3 months, one that is not gentle tender soft nurturing peace building, one that lacks compassion: *no* service*, or* wedding *song or other* special *occasions song talks* of World Peace in 3 months like this 4 line one, behold the aggression of wedding songs all over, the lack of compassion and realization for the need of peaceful vibes to end the terror of war, watch the selfish vibe, dancing without caring about Peace, we would need 5000 such songs to help build compassion, empathy for the bombed, maimed, killed: honestly, when did you hear Americans express in any of their music their deeply felt pain at the suffering of those killed by their taxpayer funded bombs? Never maybe, it's taboo, same for other nations, nobody cares, we have created very cruel cultures who don't give a crap about people or animals. "When I was hungry, you fed me" etc from the Gospel... When people are maimed, bombed, homeless, we gave them depraved music,☺☺☺ aggressive rhythm in all genres almost, so then what happened? All are restless, far more prone to over reaction that influences badly all around and makes the least aware engage

in violence. Sacrificing animals and eating wafers won't help us, we need to change the world around us, not live in a fantasy land. They make it sound like you only connect to God if you give them donations in exchange for wafers, is that more like a scam or genuine effort to improve the world? Even Catholic church music becomes more like rap, pop and war zones these days, gradually. At least, we got some peaceful church music left, so whatever is good we keep. ☺☺☺ What about wasting eons with ancient or more recent wedding rituals, costumes, etc, instead of using that time to build shelter for the homeless or improve shelter for others? The clothes are beautiful, but use those ancient ideas and others to make such clothes (without the shiny plastic uncomfortable polyester, from cotton, 100 times cheaper due to mass production) for everyone, for daily life, to make everyone feel beautiful. Eternal Clothing Inc gives All folks beautiful clothes for everyday, to make every day a wedding to the Eternal God of Immortality *for* All in all humans, not just feel colorful at a wedding, and we focus on giving single family housing to all. True immortalists build Immortality for all instead of dancing, Universities at their wedding, clean Immortality chemistry labs or build houses for the homeless, as the song explains. Make every day look and feel like a wedding, thru virtues on clothing, and happy breathing.

Instead of John 8:44, Jesus could have said "Most holy teleporting genderless shimmering shapeshifting Immortals to be, it is with great honor that I commune with the spark of the Divine in you, for we're all little children of God. A wise man said once to test every hypothesis, and *not believe* anything *unless you have 50* unfakable, independent *sources to confirm it*; so, when it comes to matters of infinitely complex afterlife, where proof is so hard to come about, nobody needs to believe anything any clergy says as more than a mere hypothesis; perhaps, our tone is more important than the hypothesis we formulate or repeat from others; likewise, I ☺☺*lovingly tenderly gently kindly*☺☺ offer you a simple hypothesis: in God's view, to protect every life, to achieve World Peace in 3 months is a billion times more important than kissing, bowing, rituals, wafers, alcohol that kills 1 billion people and that ought to be absent in any home or church, nose rubbing, fancy weddings, sword/rifle dances, and formalities: it seems kinder to free the human quantum field from violence first, so that we free all from the suffering of war and violence; no spiritual or scientific health evolution is possible in a war zone where you're anxious your house may be gone any second, where you're starving, freezing to death due to no electricity, food or water, where your entire brain and organs start dying; so, to love all is to give Peace to all first and foremost. All else is totally secondary, rituals can wait". Jesus failed, he was too much of a soldier spy, charlatan and liar or fictional being 100%, to make any intelligent statement, reflecting the 0 IQ of the people of his time. Perhaps, you may agree that a scripture ought to be more like☺☺☺ Immortalist Anthem, only positive words, no "attacks, insults, calls to genocide", etc, short and to the point, so all know it, instead of long so most have no idea what's in it, the horrific quotes. Why not have all wedding, birthday songs more like this one,

talking about World Peace in 3 months so we achieve it quick and then we reduce violent crime within 30 years from 0.5 billion/year to 0? Spirituality is real when it yields real results, like World Peace in 3 months? Perhaps, to be spiritual is to be☺☺☺ passionate daily about achieving globally: 0 violence, 0 punishment thru preventing misbehavior via healing education since fetus stage via eterni music and tone of speech, 0 jails, 0 wars: so the planet of Immortality *for* All can emerge. Too many places of worship worldwide seem like war ships, focusing on the more macho quotes, we need to focus on what we lack the most: the quotes on grace, gentle, tender soft healing nurturing feminine kind sweetness. Political leaders will happily and gently realize that to decrease violent crime incidents half a trillion fold in 5 years, we ought to change RADICALLY and peacefully, not just in goals of continents, but in political platforms, public TV-radio speaking, to remind all (and kids for teachers) of the qualities we lack by mentioning words like ☺☺☺ *gentle tender soft healing nurturing* universal loving kindness☺☺☺ every 20+ words, besides the centralization of education tone, for equally refined emotional patterns to undo the genetic damage of a million years of shouting, yelling, commanding and threatening.

Too bad the folk music worldwide is also pretty aggressive and lacking in eterni lyric content, rhythm and tones almost totally: *people live in a* fantasy *world*, they imagine Earth goes from 500 *million*/year violent crime incidents (a lot of slaps and etc by males in many stone age countries don't even get reported) to 0 by allowing the same type of music worldwide; we're talking about a half a trillion fold reduction of the violent crime rate; it's not possible with the same music, we need to change the emoting patterns in every culture: the aggression is so baseline, so built in, so macho, that it doesn't even get noticed anymore by some, the complete extermination of the feminine, so peace is pure impossibility. The importance of 0 violent crime is highly underestimated, since World Peace won't last if there is any violent crime: sooner or later, it will vanish. In 1998 I discovered Steven Halpern music and soon after Aeoliah, so new age serene was my main background music; however, I did listen to some 'restless' spiritual songs that are typically played in millions of places of worship (what people may call upbeat, alive or more like folk country music), but now I dislike them 100%, more so after the 2011-2023 Syria-Ukraine war and seeing youtube videos of WWII, etc which show how depraved we're as a society, totally spiritually bankrupt, as if nothing almost was learned from WWII: look at the TV, radio music, not even one song exists about World Peace in 3 months and how to maintain it for a trillion years; look at the rhythm of the music, mostly inciting people to aggression and war, nothing to calm people down and sing about the end of all torture, violent crime and jails, nobody cares, they just scapegoat some people and then go have their wild parties and loud weddings, jumping like chimps, as if we're not so close to the end of the human species in 10 seconds. In a world where *100s of millions are victims of violent* crime every year, where *almost* half *a* million are killed in intentional or unintended homicides EACH YEAR, where tens of

millions are tortured in jails due to a callous limitless selfishness, an irresponsible blame game that never solves the problem, only patches the symptom, how can there be any hope of World Peace? We party and are loud, making church services as rock and roll, and we're totally oblivious the taxpayer of most countries is used to funnel the wars that maim millions, the justice system that only places band aids and never addresses the issue: lack of education from preconception to age 35. These stone age rituals of Eucharist, Eid festival, Kapparot (chicken slaughter video shows horrified kid) are keeping humanity chained in this thought energy of sacrifice of humans and animals, deities and "wanna be deities" (if agnostic, nonbeliever, spiritual or atheist)☺☺☺?, instead of focusing on providing decent housing, food and health care for all, World Peace in 3 months, so we get Immortality for All some day, "250, 900, or even 5000 year lifespans", and even a trillion. However, some argue that the Mishna isn't as bad as the Quran that calls many times for terror and violence against infidels, though I'm not so sure, since I have not read all 18 volumes of the full Talmud due to its advice on "having sex with 3 year olds" (Mishna is part of Talmud) and other garbage: it is too depressing and a commentary on the all quotes, perhaps, on some of the 50 ultra horrific quotes (evilbible.com) in the 'Holy' Torah (some shown above). We saw the Gospel fights among Essenes and Pharisees playing out over next 2 millennia, when Christians burned the Talmud (no blame on them, Talmud talks about having sex with 3 year olds or marrying them, the so called "age of consent under 'halaka or Jewish law'"), Talmudic Jews plotted to undermine Christians, etc – neither group realizing they have some of the same issues, *granted via Torah influence*.

If Jesus was God, he could have done what any advanced alien and future human soldier can do – which is remotely induce humans in 2 min into a divine ecstasy state, so stressed rabbis brainwashed by rituals would be happy and realize there is no need to torture animals to get love from God and remotely suggest that they remove the trade and table by themselves, without being violent himself and teaching violence. He could have even helped them to attain that bliss state by teaching it to them, and it may have taken them maybe 4 days not 2 minutes, lovingly, healingly, but no, he chose the 'tough love' way, the way of anything but God? And what about 3D holograms we can now create, God can easily create those, create light effects, and true miracles, not fake stories of miracles, and convince them right away that it's better to move tables out, especially with that state of infinite compassion and bliss for all beings.☺☺☺ Isn't that odd? Question everything? Or setup the Church of Christ *the Fake*?☺ But no, Jesus has, ☺, not even attained basic human tech of this and next century, let alone God's powers to walk on water by levitating his body or levitate the table of the traders gently while singing a nice song to make all love him. God is Grace, he inspires people to change, to have compassion for animals in a nonviolent way, he makes all feel animal pain for a second at slaughter via his superpowers so they stop doing it and please the God of Kindness instead, not physically

shoving them or their tables to do anything. However, by the standard of the people back then, Jesus may have been a reformist if he was not a military spy role playing to create a new IQ lowering religion for gentiles (or non-Italians) as cover for Judaism (or Roman paganism) in disguise among the Jewish clergy of the new Christian religion, who would preach Christianity but live by Judaism (or Italian Machiavellian Roman Emperor tactics) in secret, to expand the global Jewish (or Italian) empire via Christianity? So, while some may think Jesus was nice, he *(as portrayed, if some scenes, quotes were not invented or added to justify the murder by chief rabbis of someone who may have exposed some of their faults or 'cruel' animal sacrifices and offended them, thus weakening their mind control of the masses, prestige)* had no justification for any violence (only low tech immature souls do that), since there were many alternate ways, as today exist for peace making but the 'lack of knowledge' prevents us from discovering and applying them. The scribes claim Jesus said he's the special Son of God (*religion said Only Begotten Son, so he creates universes and stuff, etc and talks worse than many people today, is more violent than many people today*), but he may have not said so, it would take someone with a big ego to say that he's the big guy that created *universes* and dimensions with God. Is Jesus real or fictional character, an Angel of Light or a human who also got angry often? What do You think? Or is it an angry scribe inventing Jesus like Krishna was invented by the Mahabharata writer as explained below? Some even hypothesized that Jesus role played being against the rabbis (and they role played being against him, like Jewish parliament members role play being against the new prime minister in this video, 'harassing' him as they did Jesus), while Jesus and rabbis plotted to create a new fake religion for gentiles to conquer, via espionage, more continents with, but then some noticed it and took over the leaders of the church – since if Jews would have succeeded, perhaps, Israel would be now the size of Russia, not just control the other governments as conspiracy theorists say 'Jews rule the world' without 50 sources to confirm it. Others said it was Roman empire spies who recruited Jesus to agitate, create a fake religion to expand the empire. Or another group who created other fake religions before?☺☺☺

John 14:6 "No one comes to the Father except through me." i.e. only thru Jesus anyone can go to heaven, even if they never heard about Jesus, a Bible didn't get to them they go to hell, being the nicest person and the meanest killer of millions goes to heaven because he accepted Jesus as savior in a 5 minute ceremony? Would that be like God or an impostor? In 2 Thes 1:9, Paul, the Jewish convert to the 'Wafer Religion' promises *eternal destruction* (energy inefficient, wasteful, low IQ, create a soul, and then torture him trillions of ages for a tiny mistake in an 85 year lifespan? God wants to burn people in the lake of fire for trillions of years for a small mistake in 80 years, sort of like a clueless parent would punish a kid, to do some pushups or exercises for 900 years, for spilling a cup of milk at age 2 day old, how cruel and 'intelligent' is that?) *for disbelievers* who didn't understand the illogical, contradictory 'Lord', Moses, Jesus statements,

saying in 1 place 'Don't kill' and in 50 other places to kill for smallest infractions and commit huge genocides. "I have not come to bring peace, but a sword" in Mat 10:34-38 (turning tables, physical violence, teaching by living example, etc), and "Blessed are the peacemakers" in another, a God of infinite understanding and love, or a bored scribe with minimal imagination into the infinite destinations of afterlife? In Rev 19:17-21 birds feed on corpses when Jesus returns, the glory of Jesus? Revelation is ultra negative and apocalyptic, polluting the planetary mind field. In 1 Cor 15:24 God will *destroy* unbelievers, rulers, per Paul, the 'gentle guy', great 'saint' who in Titus 1:12-13 Paul uses *Jesus style name calling for the entire population of Crete* (8,336 km^2). In Luke 19:27 Jesus uses the parable of 10 Minas that ends with a very brutal image of some slaughter, how inspiring is that to make a point gently, *lovingly* and kindly? Oddly, some claim this parable is about Jesus commanding that slaughter of unbelievers, at his 'second coming', though the parable may just mean to not help a bad king too if read in another way, or that earthly rulers can be mean (as explained here) – either way it shows again, arguably, the intolerance, impatience of the scribe who made up the Jesus words, parables and character, if Jesus is fictional. John 3:36 again shows wrath, that *Jesus' God or Father is similar to or the same Wrath 'god' of* horrific quotes *of the Old Testament*, (not Love or the behavior of an evolved being) impatience from a 'God' who wants quick understanding of his illogical Bible *(pile of rubbish from various scribes, starved spies, etc)* full of mass rape, genocide, and wrath. ☺☺ John 3:5 "no one can enter the kingdom of God unless they're born of water and the Spirit." unless one is baptized one goes to hell per Jesus, after all, "water baptism is all we need in life?" and God needs matter, water molecules, to reach out to people, He can't bless us directly? He's so 'omnipotent', he depends on one, out of trillions of types of matter? ☺☺☺ Anyone see the contradiction? The Bible seems written by 0 IQ 3rd grader like angry intellects, heat hit brains, because the smartest of the times were no better than a fast 5th grader today.

Jesus has such a big ego *(true messengers of God are most likely 100 times humbler than the way Jesus talks per 'scribes')* that in memory of Jesus (as if there is 'no need to recall God, only Jesus, Jesus is above God after all, so 40% of Catholic weekday Mass is this ritual...' and above World Peace in 3 months; so, there is no need to recall World Peace is possible in 3 months... God, Peace are not important, but HE, Jesus, is *so much more important than millions dead, directly or indirectly, in wars every 10 years*), you need to eat bread to recall that the bread is "*His Imperial Celestial Body*" given out for them (in a staged death that didn't occur, per India government who says Jesus went to Kashmir and died there at age 81?), bread has gluten that makes many people sick and die fast. Luke 22:19-20 "And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; *do this in remembrance of me*. In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you" - to ?encourage cannibalism imagery?, 'God of the universe' Jesus, chooses

this Old Testament human sacrifice quotes imagery, *among 1000s of ways to recall him*, to enhance the recall of his deeds and public outbursts of rage against God's kids who didn't manage to immediately understand his 'amazing teachings', cosmic powers and fake miracles? Was that Jesus, spies, or vampiric or cannibalistic scribes editing or making it up later? Why do we need eat the body and blood of Jesus in Eucharist rituals to receive God's grace? Anyone can see the trick, the brainwashing, mind control? This quote has the wafer and wine thing that made priests invent the Eucharist ritual, make Christians drink wine so they may more easily get addicted to alcohol that now kills 3 million a year, and eat wafers, why can't God can't bless directly without wafers, while you try to speak or think and emote in a loving tone? (as long as Vatican spies (see Amazon book) or other spy agencies don't damage your throat and voice by their attacks, so you may sound older or ultra tired (due to torture) and more hoarse and so you can't create nicer tone songs (since better lyrics are easy to make) than the Vatican songs of brainwashing focused on "death, dying quite often, fake miracles (Eucharistic, etc) that never happened, nothing about living to a trillion or even 900, all about Jesus saves etc"? To create eterni tone, one needs to be in a very good mood for many days, no stress, that's why most music today is junk, it's made quick and with no eterni intent. We have the loving *freedom* to gently, kindly, compassionately, nurturingly,☺☺ healingly, not be deceived by those who claim "it's all about context" for all bad quotes above, what if it is not? In *any* context, such quotes have no loving kindness to come from God or any Immortal, because even in ancient times, people could have created friends, not enemies, by devoting as much time to friend making *(enemy into friend, sweet healing speech, infinite love for even the worst human being like a trillion year old Immortal has for a nanosecond old human)* to create win-win for both nations (help each other live longer, avoid scarcity thinking that creates all war), as in preparing for war.

Today we know there are trillions of ways to avert war, and even then with less tech, there were these ways, but the primitive state of the people taken over by negative emotion could not allow imagining 100s of ways even, some of them in the nonkilling section. Printing press appeared in 1500s, so everyone was extremely low IQ, much lower IQ than in the Middle Ages: do we learn chemistry from 1500s alchemists? No, we learn from recent textbooks☺. Do we learn ethics only from Vedas, Gita section of Mahabharata (see details next few pages, quotes nobody almost in the West knows about, effects of it: 1, 2, 3), Quran (see effects of it & this), Bible from 1400-4000 years ago? ☺ Not really, it's from the more recent books or future Immortality for All Ethics Courses in civic education classes stuff that is more complex, nuanced, way more peaceful, and sophisticated; ☺ we evolve, ethics evolve, spirituality does, just like chemistry does. Today everyone can read thousands of books on their phone and laptop without having to walk 8 hours against snow or high heat to a library to find just 3 books on the topic. Quran and Bible are *very similar, the people he talks about, Mary, etc,* see less known daily less

peaceful Islam events, the many violent Quran quotes; *some argue* Quran violence *is not as bad as Torah (Old Testament)* genocide calls*, etc, yet any form of violent imposition of strange beliefs without proof (pray in a certain way, facing Mecca, 5.0 times a day, etc) or even with proof is sinful and leads to war, killings and end of Immortality Civilization, forceful imposition of any belief system, religion, atheistic philosophy (millions dead due to Nazism and communism) is totally anti-Immortality* and Mohamed could not imagine as a military plendering guy a world without fight and killings. Oddly, many pastors claim it's a holy word of God (though many explain Old Testament is just a reflection of the beliefs of the people, not of God's word), they read a Bible quote and say (Catholics, etc) at every mass 'The Word of the Lord' at the end of the quote – making people think everything there is from 'God'. Even more oddly, some try to find an apology for every bad quote saying that "they were using metaphoric☺ speech" all the time as with "Soccer match score was 5-0, the other team got slaughtered (not literally)", so when Jews waged war they won and the other side lost, but 'without slaughter'. This is arguably deceptive, since for thousands of years the literal translation of many such quotes (in secular or religious texts) was used to inspire genocides, since it's not just one place, but many places and not everyone reads the context and thinks about the widest context which in some cases may indicate people were exaggerating; we can be objective and realize chemistry 3000 years ago was truly non-existent almost and very primitive, so was ethics back then – very primitive and there are good quotes too in the 'bad quote scriptures'; it's just that if we want to lovingly *kindly* healingly learn the vibrational pattern of infinitely *compassionate* healing grace and Universal Immortality, the ethics of the future, we certainly can't rely on such old texts – since most of the Laws of Moses he gives to his people are illegal today and chemistry of 3000 years ago would be useless. Yet many people want to have tech of 21st century and ethics of 5 to 50 centuries ago, having an unquestioned devotion to some scriptures, without realizing the modern 21st scripture would be so much larger, its complexity of expression would be far higher, just like chemistry is far more complex than alchemy of just 5 centuries ago, let alone 30 centuries. For example, millennia ago they would say "You shall not kill", but today this would be at least 900☺ pages to explain what it means in the most healing piece of writing any pastor has ever written – i.e. to explain what nonkilling truly means, not just not killing, but not trying to make any action that is overt or covert shortening of lifespan for humanity or an individual, any form of torture, psychological, verbal, technological, and in far greater detail, and far better☺ quality (it takes a long time of not being tortured, etc to write something very healing, very beautiful, where the tone of speech is conveyed better) than the 35 pages in the nonkilling section. Not only that, but it can't contradict itself, like in the Torah and Bible where we have another few dozen commands to kill for various reasons, people or nations. It has to be coherent, eterni in tone of writing, like the Immortalist Anthem is. ☺☺☺

We are today like 'hyenas' (or fallen angels so to speak) compared to our Immortal descendants living to 5000, yet we're oblivious to it, since we reference our ethics to the average in our epoch. Likewise, millennia ago they would say "Be nice and love thy neighbor", but today or later they may say "To Bring the Universal salvation of all from the slavery of ignorance and short lifespans, the universal salvation of Immortality for All, where we can research for trillions of years the most ethical way to love all humans including neighbors and the worst people, it helps to adopt a most *nurturing* *kind* *gentle* *tender* *soft* forgiving sweet *compassionate* *graceful* *reconciliating* *healing* universal *loving attitude* that transforms our tone of speech, emotion, thought, intent, so as to make it the most *magnanimous*, *expansive*, infinite in *benevolence* and wellbeing wish for all beings – so that we can focus on Immortality for All, instead of on conflicts. To wish to grant Immortality for All is the expression of Infinite Love for all, to give all a chance to become an angelic being, and it implies an infinitely higher love for a neighbor than for the worst human who is also wished Immortality and helped to attain it, though in a way that emphasizes more the Immortals' qualities such a human seems to lack". This is a little different than some of the New Testament quotes above that have a vibe wholly different from that of Angels of Light, Immortals and God, which is Pure *Infinite* Gentleness Tenderness and *Graceful* *Nurturing* *Healing* Compassion – but it's because people didn't have the understanding of chemistry, physics, ethics, evolved beings that we have today, not because they were 'evil'; same for all bad quotes in any scriptures. Primitive scribes impersonating fictional (*for* *profit*?) 'prophets' or embelishing stuff or, maybe, sometimes, even the prophets themselves could not quite imagine, since mathematics and sciences and everything were very limited then, that an Immortal is someone who lives trillions to the power of trillions longer than a human, so he has a level of patience, kindness, gentleness☺, tenderness etc infinitely greater and would never speak in the way the 'Lord', 'Jesus', prophets often reportedly speak (if scribe didn't change it) in Quran, Mahabharata, Gita, Bible, Vedas, etc. Modems had 10 Kb/s speed initially, so we could exchange just plain text, then we got 10 GB/s in some networks – a million times more info, so likewise, when expressing kindness☺, an Immortal and future human expresses 1 million times more information to convey universal gentle healing grace and nurturing compassion via tone and content, that we can't imagine easily today – since via telepathy you can convey and process a 30 page sentence 1 million times faster than the chimp human today – instead of 'be kind to alex', you would express a whole eterni song of 30 pages to express thousands of nuances and qualities and healing vibes and ideas. ☺☺☺

In that age where violence was all pervading, some of those 'awful quote' purported authors may have been the equivalent today of very kind people – the laws of those times were crueler than today, because society on average was crueler due to illiteracy, narrow mindedness, simplistic understanding of every topic, about which today we may have 1 billion pages

published, say on a common substance in nature, or mineral, versus 3 pages back then. This doesn't mean we have to base our ethics on those quotes, since they're in most countries describing illegal or impolite things; likewise, this makes us realize a lot of church and religion dogmas are equally flawed and/or useless or outdated. In ancient times, or even 1800s some thought poisons were medicines – today we know better. The 'science' dogmas of prior centuries are flawed science today; it's curious how people get *so* offended if you say some of their beliefs or dogmas are flawed, but look at science, it always changes a little, as we get a better understanding, especially over 5 centuries; first of all, it's not their beliefs, it's usually some brainwashing imposed by the dominant religion where one is born – we're not the beliefs a society imposes on us, we're the soul or the infinitely fluid ever learning evolving intelligence of hypothesis formulation and testing, which is infinitely older and smarter than the body, infinitely more complex. It's not a personal attack on anyone of any religion, we're just realizing how, as understanding evolves, previous dogmas, beliefs or tenets of that science of life, ethics, chemistry, etc become *outdated or flawed, useless or redundant*. Consider this, *let's say we tell everyone to stop using phones, EVs, computers, be true to* ☺'sola scriptura'☺, perhaps, *only use papyrus paper, stone writing to communicate,* chariots to drive, alchemy of 1st century book to base all tech on, medical tech, etc. *It would be equivalent to us using the* Bible, *Mahabharata, Gita, Vedas (animal sacrifice, etc),* Quran *ethics to achieve a really advanced spiritually, not just technogically, civilization*. Where is the coherence, the eterni tone, the not inflicting of pain on any human or animal (sacrifices in Vedas, Bible, etc), the nonkilling vibe in these texts? People so imagine every civilization has the same trajectory like ours, i.e. only tech development. ☺☺☺

To advance spiritually, and thus also technologically (Immortality tech) far faster as a side effect, we would definitely benefit or even need at least 20 new scriptures, co-created by many, like today science textbooks have sometimes 500 authors scriptures of such ☺amazing☺ beauty, in our present top 20 languages, English etc, with rhyme and all that express far more *healingly*, colorfully, beautifully, ☺☺*lovingly tenderly gently kindly*☺☺, with eterni tone, video maybe even, the ideas that form the 200 qualities of Immortals and bring the world of Immortals – without the wrath, violence, doom, gloom and extremely vulgar offensive talk in the Bible, Torah, Quran, etc. These would have mostly positive words and extremely rarely using a negative one to explain a condition though one could use "least loving" instead of hate, "least intelligent" instead of stupid, etc. Some 'scriptures' are like horror movies, we need something more uplifting, 200 times more healing, inspiring and evolved than what we got today. We can evolve. People make mistakes, maybe, so then we provide education, prevention *(i.e. every day, a new prevention is made, by changing education from nursery to adult age, etc to prevent the issue from happening again, etc, continuous improvement, etc, until one decade or century we have 1000 fewer healing centers that are sealed off from outside world, etc)* and such – we don't

kill them as in Quran, Gita, Mahabharata, Vedas (animal killings) or Torah/Bible; Immortals realize anytime a bad thing happens everyone is responsible, so they work to prevent a single act from happening by changing the education of the entire society – the whole human family fails when 1 individual does a bad thing and it needs change, not a patch that treats a symptom, without addressing the cause. All 8 *billion* need a *change*, not just one person, think about that, it's so different than our world. ☺☺☺ When an electricity fusion energy plant explodes, the error is not fixed by firing one guy – it's fixed by changing the entire procedures to have way more checks and preventive measures to prevent an individual mistake from blowing up a town of 10 million people – we do this all the time with tech, why can't we do it with ethics? Why do we go back for ethics to 1st century and earlier, when we could not run any tech today with 1st century tech, when we don't study in college, school a 'tech book' (the Bible of how stuff works, "all is made of earth, fire, metal, wood and water, the 5 elements, folks, universe is static, moon is a deity so are the stars, welcome to science and ethics.") from 1st or earlier centuries??

Instead of 'genocide or killing for all' who make small mistakes, we would build an Immortality *for* All ethics, and civilization; no killing (see details in the 35+ page section), no prisons, but we heal and help all, the worst even to make it to a trillion, that's 21st century ethics. We have improved transport tech, so now we travel in rockets at thousands of times faster speed; likewise, we will improve our tone of speech and scripture writing tone thousands of times, making it thousands of times kinder, more loving graceful, healing, etc. Why? Because God is Healing Grace, not anger some scribes attributed to God; God and Immortals don't get angry, since they're trillions of times happier always, so if a little unhappy, it's not like our anger, it's far gentler and a trillion times happier, so happy, we can't call it anger; God or any civilized alien or Immortal heals, educates, prevents (give people who get pregnant or marry a free book on nutrition, proper tone, relating to kids, etc, video on how to avoid issues, etc), inspires, transforms, *God doesn't punish, yell, threaten, intimidate, bully, mock*; prevent, educate, see example of prevention here with medicines too, prevent disease; men yell, etc do these only in our 'epoch' due to not listening to soothing music and tones; so a Godly or eterni *civilization* is overflowing with God's infinite *tenderness* grace love gentleness grace☺☺☺ compassion, has no prisons, only healing centers, no wars, only polite presentations of hypotheses (healing tone debates) about how to solve issues. A Civilization of Immortals has citizens and even soldiers who're like the holiest nonpunishing angels men have imagined in scriptures of ancient eras, they don't punish, they heal, same for the cops of that world – they don't punish, as explained here – it's worlds apart from the Bible, Quran, it's a *universe* of *happy* infinitely kind Immortals.

We don't need depend on 1st or 7th century people, we don't depend on *chariots* today for *transport*, or open holes for defecating (we use toilets, plumbing to prevent disease, etc), or cruel rituals that make babies suffer (except for most Orthodox & old rite Catholics), why would

we depend on *texts* from then? We don't study chemistry from texts of 7th century or 1st, why do so for *ethics*? If a historian in the evolution of ethics and language, that's fine, study all day old scriptures, but I mean for the average person, who is worthy of a more healing,☺☺☺ civilized text to build a far more intelligent eterni civilization. *Some profess to be the Land of Freedom, Freedom from brainwashing about fraud and Freedom from short lives too, the land teaching the world about human rights and ethics, the land of Freedom to choose, yet the only scriptures to choose to swear on (oath when taking office, etc) got hundreds of very violent and rude quotes and this is deified*? Isn't that a contradiction? To be Free is to be Free from Lies? Same for other countries claiming they got the better ethics and humanity and spirituality? *We talk of diversity, where is it*? ☺☺☺ *Why not have 200 ways, scriptures* (very similar in vibe and beauty, positivity, just different focus on different qualities of Immortals) to express the Path to a Civilization of Immortals? Well, we could even have 20,000 mini scriptures some day or even large ones when telepathic and can process info 300 times faster, for even higher *diversity*, as long as they're OK with the ethics of the Immortals, nonviolence, *uplifting*, healing, positive vibes of infinite grace and compassion universal in its benevolence. We don't depend on communication methods of 1st century, stone tablets, etc, why depend on language style and communication vibe of 1st century or even way before? Everyone become like Amish anti-tech? Can anyone see how illogical it is to try to cling to something so out of touch with the reality of the future humanity? The idea that "the bad quotes or slaughter or bad words are 'metaphor or exaggeration' always and that it's OK, Bible (or other similar texts) is the greatest book ever", is very anti-Immortality because it *legitimizes* the publication of such unedited (*that can easily be taken out of context and literally by less educated people, leading to the downfall of human vibration as a planet*) violent texts (in stark contrast with the ideal of Immortalism to filter out violence due to diffusion), it *legitimizes* the violence and killings in a just 'war' (healing attempt) to free people from subjugation, oppression disguised as "religious freedom, a religion/ideology to subjugate, lower IQ, repress science, nonviolence, free thinking, to degrade human quantum entanglement field, shorten human lifespan", when Immortalists don't support violence, torture and killings in a 'war' or, better said, in a struggle or attempt of liberation, since war is not the right word, since Immortalists don't wage war in a real sense we used the war word for eons.

We can just take the best from 90,000 books (the best 0.1% of Bible, Gita, Quran, Vedas, etc too) **and create a Code of Immortality Ethics of 50,000 pages (short version is only 5 pages or 10, that everyone knows, mid versions 50-500 pages) today anyone can go to, written in a healing way by 2 million ethics experts or researchers, pastors, clergy, professors, etc. We take the best and leave the rest, since we evolve and we can't remain at the level of ethics of millennia ago, if chemistry and other sciences would remain at the Jesus era level, we would be so primitive today. An even clearer comparison is this: we don't apply ethics of chimps, who sometimes fight**

and kill for little things in the jungle (bananas, etc, since they don't understand infinity of resources concept) – in our modern human society – likewise, people from the age of 90000 year lifespans are so far beyond us, much more so than we (max lifespan 125) are versus chimps (max lifespan 65), that their ethics is so different, we wish we had their level of kindness. War has no winners, only losers, all humanity loses, the same is true for any violence, covert or overt, any torture, any suffering, etc. Thus, to offer universal salvation to all, ☺meaning the knowledge of salvation which perhaps takes a trillion years to discover☺ and which needs first of all Immortality *for* All, we can easily argue that we don't need to focus on violence, torture and suffering in the mythical story of an invented or real Jesus (all stone tablets, books, fake shrouds of Turin, Eucharistic, saint etc miracles etc can be fabricated based on ancient texts made up by spies), as with the 14 stations of the cross (Catholic Churches focus on this a lot, they even have them depicted on church walls), but on being that healing gentle nurturing graceful presence that brings down the violence, torture and suffering in our world. We don't end war by focusing on it, we don't end suffering by focusing on it, we focus on happiness and teach people to be happy, to be kind gentle *healing*, soft with self and all, not sadistic 'enthusiasts' (brainwashed? ☺) trying to emulate Jesus real or made up suffering etc. What we obsess about we bring more of in our collective psyche. The world has enough suffering. So, would we be so *healingly* gently kind to ourselves to admit, that we may not know what universal salvation for all means? Might it mean trying (or even succeeding) to build a world of nonkilling, a world of Immortality *for* All, a Civilization of Immortals, physical, then interdimensional Immortality in certain or most cases, since afterlife is infinitely complex perhaps, like today chemistry has 100 trillion pages instead of 100 pages 2000 years ago? Could we so gently admit that as we didn't know chemistry 2000 years ago, we, perhaps, also didn't know what universal salvation *for All* is? Can we so sweetly admit that we don't know, like this book tries to convey? Can we just be a little humble? ☺☺☺

In science and engineering, if we would limit ourselves to one text from 3 millennia ago, we would teach it and emphasize it all day and say that is the ultimate physics and infallible unchangeable knowledge of physics and anything newer is an anathema, sort of like Protestantism made a reformation and said "sola scriptura" (scripture only), giving some the impression of real reformation, because printing press just appeared and most were so illiterate. And we would be technologically at the level 3000 years ago as we would study only 1 book for all sciences, some Neolithic book on the world of stuff around us. Likewise, by limiting ourselves to one book, one scripture, our knowledge of ethics becomes as broad and primitive as today reading only 1 book about all sciences and engineering (when in fact there are billions to cover present knowledge) would make us. In science, tech etc we reference millions of papers with millions of authors – millions of 'Messiahs of knowledge on various subtopics', and yet for ethics (or military strategy, political science, ruling a country, etc) some want to quote only 1 or maybe

4 scriptures (or authors, Jesus, Mohamed or whoever they're a fan of) or ancient texts on 'strategy' (Machiavelli?) written 500 or 3000 years ago, do we evolve science of this dimension based on 'chemistry papers' of 0.5 or 3 millennia ago and those authors' texts? Do we evolve ethics (or any field of knowledge) based on 500-4000 year old texts only? So, how can people imagine everything about afterlife, Immortality ethics and reality of ethics is in one book written by illiterate in science men from millennia ago? Reality of other dimensions is far more complex than this dimension science, and without even understanding this simpler dimension, how can we ever dream to understand stuff way harder? We have our kids study for 21 years to get a PhD. And in this time, they study a lot about tech, but almost nothing about ethics of speech, thought, emotion tone and content, of nonkilling, of honest (not fraud rich) spirituality, etc. How can we survive as a species with tech knowledge only, without ending our own fast like perhaps trillions of alien species already did? Any text that "OKs violence and killings", be it communist, military, fascist or religious, creates narrow minds, the most impotent low tech, fanatical soldiers, unable to create lasting peace and Immortality *for* All. ☺☺☺

The Bible, Torah (the worst part of the Bible), Quran, etc and their vibe indirectly or directly create billions of violent crime incidents each year, (spy agencies alone torture millions each year, each being an act of violence, so billions alone from that alone). This is explained in detail in the next few pages; the violent quotes turned billions of parents, teachers over millennia into psychopathic shouting yelling monsters who punished kids once or 400 times physically, for nothing (same in relationships, marriages, companies, countries where cops, soldiers, spies often torture millions daily, creating billions of violent crimes a year), due to the psychopathic punishing focus born of the savage mind of yore, the savage mind of Jesus (or scribes) even yelling like a mad man, overturning tables, dragging people out of temples, using very bad words for the helpless brainwashed rabbis, employing violence when a God man can levitate lovingly the tables and not be a role model for violence against merchants trading animals due to sheer low IQ. These texts full of terror, punishing, genocide are created by narrow minds like the ☺ abysmal IQ☺ alchemy texts of 2nd century, who didn't understand infinite ways to an outcome, without any negativity, the trillions of positive ways to an outcome and also, the infinite resources within the universe that make war needless, that make degrading the quantum field via violence useless and self-defeating; these savage scriptures turned governments, officials, churches, religious institutions into terrorist organizations whose main job was terrorizing, torturing the people, lowering IQ. Here, we can ☺☺*lovingly tenderly gently kindly*☺☺ realize that what is loving to one less informed person is pure terror and quantum field destruction to a civilization of much higher gentleness, so because ancient people were of such brutality, it never occurred to them that a scripture can be wholly different. One can't punish, one needs to educate and heal, to vibrate like an angel, then the society or kids follow; punishing is

scapegoating that achieves nothing, yet today we see nothing changed, same torture and violence as in the Torah, Bible, Quran, even in USA, the so called "land of freedom". These savage scriptures extirpate the ☺☺☺ *gentle tender soft healing nurturing* universal *altruistic* loving kindness☺☺☺ (7 qualities into one forms an eterni *vibe quality*, i.e. all the beautiful spiritual qualities out there but changed into the gentle tender soft *healing nurturing* version, or eterni version, the vibe of the Immortals, Eternals) needed to create peace. *An evil killer can move gently as he enters an area to kill people or even kill gently (like spies do, thru torture to not be detected, slow death by 'natural diseases' - cancer, ehart disease, etc caused by their gadgets; but that's not eterni vibe, it's just gentleness without the other qualities in the 7 words above, since* universal *altruistic* loving kindness *doesn't kill (fast in 3 seconds or slow in 30 years thru food products, exports, microwaves, torture etc that may damage quantum field even more than a quick kill, but can't be done so the killer remains hidden, while they pretend to be friends of a country they exterminate slowly thru various programs and methods).* It's a vast difference between all Bible, Torah, Quran quotes and only 1-2 in the Bible that comes close to the 7 qualities vibe, but even then the Ga 5:22-3 contains "long suffering" in between the good qualities, canceling the nicer vibe, again confirming they want slaves to work until "dropping dead or brains are out". A similar one Co 3:12, which would be fine, if "longsuffering" would not be there, though some translate it as patience to make it more palatable, be patient while your country is completely looted, enslaved, wiped out. We see this longsuffering in many of the 'better' quotes, it's put there to enhance slavery, abuse; the brainwashing and complete slavery is a lot more efficient if the Jesus God you have to accept tells you to enjoy suffering endless abuse, as everything is destroyed, looted in your country. A typical Paul energy quote is Ti 6:11, where we see this preachy masculine energy, void of that etherial feminine grace of infinite tender soft gentle nurturing music of eterni energy. Why so? Because this is Paul, the guy preaching eternal destruction for disbelievers: 2 Th 1:9. You see the qualities he chooses, they're mixed with some very masculine, like him... to dilute those and basically, turn it into a wholly different energy... *that doesn't allow, but pushes.* The energy of nurturing grace, soft tender gentleness is not uncontaminated in any Bible quote by stuff like ☺☺☺"longsuffering",☺ "righteousness", "perseverance, endurance" (push it Paul, until all run away), etc. reminding us of those fiery preachers in some churches or mosques. It's amazing how we can tell exactly, 2000 years later, how these people vibrated and why so many genocides happened. Why is this longsuffering bad? It makes pain, torture and violence Godly, legal and we see the results in our society, infinite police violence, etc. Pain doesn't help, everything can be done without it. It's thru this pain brainwashing that the subjugation and extermination of nations happens. People need to team up against torturers (cops, spies, gangs) and figure out nonviolent ways to stop it, using IQ, pain needs to vanish from the Earth to have lasting peace and development.

Notice the macho energy that contaminated the only *(well, there exist an extra 3 quotes, but they lack a minimum of 4 basic wholly eterni (gentleness tenderness grace, etc) qualities, without contamination explained above)* Bible quote that merges many qualities: "self-control and long suffering" *(torture yourself, be abused until your brain is destroyed by malnutrition, sleep deprivation, don't seek help when abused by vampires);* first of all, self-control is a masculine approach, whereas loving kindness for self, being truly gentle means by gentle breathing, you reach bliss much higher, so no need to control anything, as sex desire disappears by itself: difference is Tao vs force. When you're eterni, you're so kind, so *gentle tender soft nurturing*, that you give food to others, don't overeat, as that makes you more prone to sexual drive - so the eterni energy acts as a protector, without 'post gluttony' attempt to control drive. Likewise, by breathing like a babe (Ch. 10 Tao), one retains more even emotions and there is no need to "watch like a stressed out guy when a louder tone etc arises, since you're so happy listening to happy relaxing mp3 or breathing, there is no shouting to control or etc". Again, Tao/God vs force/satan, serene relaxed prevention (more passive too) vs sudden intervention after stressful fast aging watching, Lao Tze vs Paul, Buddha meditating vs Jesus being violent in Mt 21:12, Immortals vs humans, Immortalist soldiers vs the bad military, kindness vs torture.

Jesus turns the tables of traders, making them angry and *engages with his spy, agitator, paid provocateur team* in violent removal of merchants from the temple: this proves Jesus was a very low IQ person, much less any God man; he may have had a nice intention to prevent animal sacrifice, but it shows he was nothing of a God man; first of all, you can easily argue that, Godmen can, as people can today, with tech usually, *induce* others into divine bliss☺☺☺ states, just like music today can make people very peaceful, relaxed and happy (listen to this and compare it with the 21:12 energy) and like neurotech can; Godmen can *explain* by *telepathy* that killing animals doesn't expiate sins, but being kind gentle to animals and people will wash sins, as they breathe God's light and it surrounds and transforms all, Godmen show this Infinite Happiness quietly via *telepathic* education *(an insight descends, a realization of the spirit descends in every brain, just like today spy agencies can do via synthetic telepathy, he didn't achieve even 21st human abilities, let alone Godly ones)* to all in the temple how this breathing purifies their negative emotions, sins, etc and makes them happier and holier, feeling in the presence of God far more than anything they tried before in their 'low IQ' religion; how it's not useful and wasting energy to shout like chimps in the temple *(like people raise voice when advertising stuff on the street market, or, at least, not using an immortlian tone due to no mics, amplifiers, loud background noise, etc)*, and gently have them quietly, lovingly, *nurturingly*, shockingly after such a revelatory nirvanic state, of their own leave the temple area, without any fight and violence, words, etc, *but Jesus had no ESP, let alone ability to make them understand* their silent divine ecstasy state came from him, who was shimmering as an Immortal, in a

different way than all the other people in the temple, *and all saw it as third eye perception opened*; today, with an IR, and other cameras, we can take pics of various brain states and emotional states and see how certain patterns are associated with certain behaviors and by beaming these images or IR vision into people's minds, even without anything related to the soul or other dimensional light, they could have seen a 'Godman', full of happy serenity, was shimmering differently, just as today people of a certain brain state all the time have different spectral patterns than the ever shouting types, as IR, MRI pics show different areas of the brain related to eterni emotions, intentions, etc light up. But Jesus couldn't even mimic today's tech Sony, etc got of beaming movies into brains, let alone have Godly powers that transcend all time etc, saved all people from the future or from the past, present and other "tall tales" people are brainwashed with. Jesus staged miracles with his team of fakes (paid to claim they were healed) and spies. Godmen can get those people to stop the temple trade without any words, violence, table turning, that caused so much anger, pain, suffering, lost energy that could have been used to help the poor; so Jesus contradicts his teachings on the poor. God knows a trillion happy peaceful methods to achieve a simple outcome, such as getting some traders out of a temple, Jesus is too low IQ to imagine anything but violence. Jesus is like most militaries today (low in IQ), possibly a hired soldier to create the new Jewish Roman empire religion, so to hide their tracks, Jewish Italians running Rome initially suppressed the new religion... that was a tool to take over continents. Some good things (besides many bad) came out of this fake religion though, from those who believed, and created peaceful music, writings, etc. We can see clearly here how by his fruits, we can know Jesus as a conman, as he told his disciples in Mat 7:20. In John 14:6 he claims "nobody goes to Heaven except thru Jesus, meaning by accepting Jesus' violent moves as Godly"; obviously, followers are always told by pastors to emulate Jesus, their violent "God" too... to go to Heaven, reminding us of those radical Muslim preachers... How else can they have 2 million Americans in jail? They got to incite them, so they can make profits?

Thus, many agree that these texts don't qualify for scripture for immortalists, only for historical document to be avoided as much as possible as it *destroys, degrades, stagnates, drowns the human quantum field.* An immortalist can't inflict pain on others without their consent, as the governments who use torture do all day, every year, to millions or thousands, sometimes for years, daily, on individuals; it's all in the 'holy' Torah part of the Bible: *complete* destruction *(slow, many years, or instant) of all "God gives over to* Jews" De 7:1-16. Well, if you give all money, goods, national resources, land, free work *(thru* longsuffering 15 hour work days *6-7 days a week for minimum wage),* to Jewish Bishops, Popes, priests as Jewish Jesus advises in Mk 10:25 (*initially all were Jews or so they claim, Catholic Church became the* richest landowner *in Europe, later on, Italians reportedly got rich, others followed the example, so the scam spread fast using the power of the sword, etc)*, you may escape complete destruction, as you're "holy

among nations", a subservient gentile or Roman slave, who endures abuse forever gently,☺☺☺ kindly, with no complaint. This metaphor "holy among nations" is sort of like the "righteous among nations" that saved Jews, except in this case the saving is not that ethical (those were innocent Jews, it made sense to save them), it would ensure the aristocrats who got money are allowed to keep humanity backwards, thru tacit or direct support of genocide: Spanish, Italian, French, Portuguese Inquisition, Brits (executions) or whoever used religion for plunder (can be discreet, via Jewish or gentile 'trade' with Christian, Muslim polities that repress) and repression via Inquisition, or forced conversion to Anglicanism, etc. The "holy useful cannon fodder among nations" save (via their indifference or gullibility) the most regressive types within all kinds of nations, not just Jewish opportunists/traders, just the anti-science and anti-freedom regimes, warlords, rich people who become so by tricks, unethical monarchies.

Christianity became officially the Roman Empire one in 307 AD, and in 325, the empire that crucified 6000 at one time for wanting freedom from slavery, formulated the Nicene Creed, an illogical belief not supported by any evidence that had/has almost 0 eterni vibe. No word in the creed mentions any eterni quality (not even more masculine qualities) *that we're to emulate, that prevents any imperial, clerical authority from using torture and violence, killing and war to expand their empire of killings in unjust wars of subjugation* (to be fair, cruelty has been the norm for most empires (or some kingdoms) for millennia, see cruel details). The only quality mention is forgiveness of sins in the context of water baptism forgives sins but not that people need to be forgiving; God can forgive sins without this baptism, if you're kind and baptize yourself with the light of God and do what is ethical to heal the human quantum field. The Creed they repeat in every Catholic service was a reflection of the torture methods and etc of many continents: technical, head type beliefs and nothing soft, healing, nurturing, gentle; a spy group (lacking any healing quality) made up this religion to centralize *power, their God*: the emperor convened his spy soldiers (bishops) to formulate some creed, to have 1 God instead of many; in *typical* imperial tone (hear it) *and style*, they make a creed void of any loving quality, character trait, way of behavior, they believe in or they're to emulate, blatantly reflective of the Italian treatment of millions of non-Italian slaves and of the endless genocides perpetrated by religious fanatics who came after, Christian and Muslim, who thought the Bible is the "Word of God" (Quran is Bible rewritten with some extras, keeping slavery Lev 25:44-6). In stark contrast, to undo the destructive damage of millennia, to stop the historical inertia force of violence in 1000s of Bible-Torah-Quran quotes, Immortalists can have a simple creed that has a far more eterni vibe, allowing *freedom of thought* and focusing on the qualities never mentioned together at least once in the daily religious or spiritual services of any religions (*or any spiritual movements* in or up to 2023 *worldwide*), while Catholic cannibalistic simulation rituals take precedence and sometimes 40% of the weekday service length. So, to return to the gentle grace quality of God,

we ☺☺*lovingly tenderly gently kindly*☺☺ formulate the immortalist creed, which is quite different than any on Earth, an eterni vibe of infinite freedom, long lifespans for all (not just rich people), tender healing grace and *gentleness*. It's easy to promise unverifiable Immortality in a realm, but to commit to long lives for all is the real spirituality lived, instead of talked about. So, to avoid the looting and enslaving of the nations, we no longer focus on heaven's Immortality only, but on both earthly and heavenly Immortality. Notice the Nicene Creed uses Father 6 times, mother 0, while immortalists mother 2, father 0. All violent crime stems from men, who turn women by the culture they create into violent humans too. Religion plays a huge role in this. In Judaism, Christianity, Islam, etc masculinity is deified, and gentle feminine values take a totally secondary role, if any at all: women can't be even clergy for most history, all power went to violent macho men and their more macho voices. The Nicene Creed tells people how Jesus was tortured, killed, buried, "resurrected", so if people are to emulate Jesus, they're programmed to expect/manifest torture, killing in their life: not a smart idea.

They forced everyone to believe in fake miracles and the spy operation that started the religion. But, like the Torah, Paul assures you in 2 Th 1:9, in the Gospel, of your *complete* destruction in the afterlife too, if you dare escape the Christianity cult, using threat of destruction for *extorting* people into believing it, like mafia gangsters extort people too, using fear. The Bible teaches inflicting pain on others as a way to solve issues, which is unethical and anti-God, as it destroys the quantum field, the loving vibe of eterni infinite gentleness; the amount of violence in it is so high, the pastors take great care to hide it all. They offer no proof for the miracles, only faked accounts (they claim this and that happened, paid actors, paid priests, paid bishops) and faked science studies that are done by paid spy collaborators. If you want to be the lowest IQ chemist or physicist, you study a book from 1st century or 10th, or 15th. Likewise, if you want to be the lowest IQ spiritual scientist or spiritualist, you rely on the Bible, Quran. We ban in classrooms alchemy books from 1st to 16th century, as nobody would know any science, it's pure garbage, yet we keep these 1st century texts and deify them as the best source of ethics. *Why*? We do have a few nice quotes and even one with many qualities in a 10 word sentence, but that quote is only 20% eterni *(this means utmost grace, gentleness, tenderness that is wholly absent as 100% in any quote, due to few qualities/10 words or contamination by anti-eterni energies)* in vibe (details here), i.e that vibrate with that higher☺☺☺ level of grace humans completely lack (on average), but our Immortal far future descendants have, though eterni *means something that is ultra feminine, and the guy writer made it more macho, meaning the healing nurturing grace* of *gentle tender soft* vibe is not there*; only the gentleness vibe, not the infinitely tender grace vibe; it is a difference, you can notice it in the language, each quote or expression has a belief system, related or not to torture and etc, punishing of self or others, belief that the only way is thru pain or suffering, etc*. Thus, it would be a lot healthier for humans to create way shorter 3-7 page

texts, like national Immortalist Anthem draft versions, that all know, that have 300 times more eterni vibe, i.e. in those 3 pages or more, the qualities we lack are emphasized, so per 100 words, we get 300 times more qualities than these so called "scriptures", not gentleness, tenderness, compassion alone in a quote of 10 words, but the unique eterni qualities born out of the merger of 3-8 qualities. We either evolve or vanish in 10 seconds as a species soon, like trillions of aliens did already. Either way, negative quotes completely cancel any good quotes, so a scripture or ethics textbook needs to be 100% positive. No need of crazy battles and warfare, insults and violence. The Bible brainwashes the reader the only way is thru war, insults, torture, violence and suffering, in order to create the perfect mind controlled slave soldier the Roman, Jewish/etc empire needs to wage war, or the slaves they need to work 15h/day while having no rights as in the Roman times. The way it does this is clever, using the Jesus torture focus, etc. It's creating a loveless torture focused world of maximum pain/macho energies, disguised as love. Look at the Catholic churches, they got on the wall 14 stages of Jesus torture, it's insane.

The Bible *(*Quran *too, Bible ideas recycled + extra ideas, yet 0* eterni *quotes by the definition above)* emerged thru interaction with various savage empires used to creating extremely cruel methods and fake mythologies and religions for empire building; as we see from literature (youtubes explain it too), cruelty was the norm on all continents, so it just happens that the cruelty density of this text, made by various spies, etc is high and destroys humanity. We see a little of that brainwashing in the Mahabharata violence and Hindu Gita call to war as the way. How many of those guys were really Jewish per se, is unknown, since in ancient times framing of enemies was common, so it's not clear how 'Jewish' the Bible is or if Jesus was Roman or Jewish spy (Jews infiltrating Roman empire), but many pre-Roman empires were very cruel and savage too, so the Bible describes typical violence of the times, originating from many places, some from empires before writing appeared, etc, that we know nothing about. Spartan Greeks were super cruel, so were many Assyrians, Persians, etc... it was a huge mess. So, nobody needs to take anything personally, it's not an attack on Jews or anyone, we just are stating the obvious: to create civilization the savage texts can be let go of, they're product of the stone age. ethics.gov can create a 5 page scripture or code of ethics and a medium version 100 pages, as well as a longer version of 20,000 pages for those who want more details. But most people are not going to waste time to read 20,000 pages and forget it all, we need a simple 7 page thing. So, they can ask all global citizens to create a 9 page max poem that can be anthem & scripture. Same for nations, they need to upgrade their violent or 0 IQ anthems to a nicer vibe.☺☺☺ The parasitic vampires in charge of the country won't let that happen though, as anthems are designed to keep the population enslaved, abysmal IQ, useful cannon fodder and recreate the pain, violence, etc and war vibe - this is called sleep deprivation and trauma based mind control.

Even jokes or comedy about killings, or publishing so called “metaphors” in Bible, Quran,

Mahabharata, Gita, or anything, written or spoken, that has, for the lowest IQ people, any possibility of "dual interpretation, very obvious one that can lead to being interpreted as OKing violence" is bad and anti-Immortality, in the future world of 0 violent content,☺ even if 99.9% of people have NO CLUE SUCH Bible, Quran quotes exist, as pastors don't bring it up for fear of losing their job. The publication of content (especially calling it scripture) that OKs violence in any text, religious or secular, allows predator countries to use the ancient "divide and conquer" by demonization and to start wars between countries they want enslaved or "finished". This in turns alters the human genetic field, by reinforcing the probability of future killings of people of any (including their own) country (predator this century, non-existent in the far future), because the human genetic field is polluted by the presence of violent sudden death and this attracts more of the same: those who create the disturbance in human quantum entanglement field, who destroy present and future human species for short-term gain, can't escape the quantum resonant tracing effect to origin; thus, aware that anything bad is created by all, not one nation or person, Immortals take responsibility for filtering more by creating an Immortalism culture. The violence on some (not all) pages in the Quran and Bible (Old Testament especially) stand in sharp contrast with Buddhist Dhammapada or Tao Te Ching, sort of like heavy metal music in contrast with meditative music (sometimes Christian or Jewish), except for the ☺☺☺gentler☺☺☺ quotes the Bible, Quran share with the peaceful scriptures. Perhaps, due to war during the writing, some scribes dealt more with old reality (since people were killing everywhere, and the Art of War and 36 stratagems were present in Asia too), but to call that word of God makes the whole human civilization, governments and the pastors look very bad and pollutes the whole planet. Well, talking about Messiahs and their quotes. We're supposed to believe Jesus is the Messiah, or Krishna or Mohamed the great (*for profit*?) '*prophet*'. Atheists and agnostics have done an analysis of Bible and Quran I read in a book, they found about 100+ "subtle or direct" calls to "evidently or arguably" (depends whom you ask) violent or even "horrifying" (not healing, not gentle tender *nurturing*, not peaceful) behavior (mostly Old Testament) in the Bible, 100+ (can be even 300 if you widen definition of nonpeaceful) in the Quran, explaining why it's hard for them to believe in such a man made "God". Would a Civilization of Immortals be OK with such quotes being published so widely? Catholics seem to agree with immortalists, not the best idea, so Bibles are no longer found today in Catholic churches pews – only more civilized quotes part of the Mass. Agnostics joke scriptures and "God" were made by men in their own image, but who controlled the people who wrote the scriptures, did they have an agenda to make others look bad? Most people don't even know these quotes exist, since clergy is clever to never bring them up, for then it's obvious the Bible, Quran are the words of humans in less peaceful/civilized times, not of God, even if the Bible also got quotes on gentle tender kindness.

The Bhagavad (God) Gita (Song unto) (sections 23-40 of book 6) is arguably among the most

peaceful parts of the often violent Mahabharata (Maha means great, Bharata means India, though the rules of 'conflict resolution' via violent "just" war in Mahabharata were, according to Mahabharata experts, a lot less violent than the rules in Quran, Torah, Bible, but still were unacceptable in a world of Immortals who need no war at all, just as post Mahabharata less known scriptures talked about in India); most have read Gita (has a lot on reincarnation, meditation, spirit), but few read Mahabharata (free here), 200 times longer than Tao Te Ching, the so called '5th Veda', as some call it, though the 4 Vedas are the main scriptures: 1. Rig Veda (hymns and prayers to 100s of nonexistent invented deities), 2. Sama Veda, (hymns to sing while offering vegetarian food to nonexistent deities who need material food in the fantasy belief of ancient people) 3. Yajur Veda (lots of animal sacrifices unfortunately, again, that achieve nothing, except remaining clueless and polluting planetary vibes), 4. Athar Veda *(how to* sacrifice *animals to get 0 "powers, rain, $, crops," and waste time when we could be vegan and* eterni *by* science *living 1 billion times happier☺☺☺ and longer without torturing poor animals, etc),* with Upanishads the *more recent (*free Upanishads here*, less* rituals*)* scriptures. If you read some of these verses, you don't need watch comedy movies, they're too funny in their illogical content, I laughed for minutes at a time. I and many in the West were made to believe that Hinduism is just the somewhat peaceful Gita; Gita is very popular in India, hence the anthem is 20% of a poem about Gita that contains many negative words unlike the positive Immortalist Anthem; thankfully, the official anthem is nice, has only positive words, being the best 20%; however, some people sing the whole poem, which they view as 'full anthem' with all programming to live in the 'torture filled path' (*brainwashing that life HAS to involve WAR to bring peace, read it carefully, clever alien programming, aliens remotely controlling Tagore Nobelist, like they did those who wrote many similar anthems?*) of eternal war like Arjuna did, just like many anthems are based on much longer poems not fully sung, as they would be too 'unpeaceful'. Oddly, many have never heard about Gita; in India it's like the Bible in USA. I write this so we develop discernment and get the full picture of Gita and not be fooled Hinduism (or other religions with bad quotes in scriptures) is all about peace and love, it's also about the cruelty of animal (world's largest 100,000 plus) sacrifice and more; when you realize this you become less gullible and develop more questions about religions, you no longer are fooled by being shown only positive quotes and ideas in every scripture at services, not just Christianity (which we, the science educated, in the West find illogical, nonsensical, contradictory, etc, like I did when mom gave me Bible to read at 12, etc). Don't believe concepts because the stuff they present is nice and they hide the bad stuff to lure the prey into the trap of fake beliefs and fake miracles.

Question everything, seek 50 sources, unfakable studies to confirm beliefs. ☺☺☺ Gita, the most known in the West scripture of Hinduism, is peaceful, except for the fact "God" (Krishna) calls on Arjuna to wage war and kill tons of 'evil guys', because ancient people in India, like those in

Middle East (Quran) and Israel (Bible), China (Tao Te Ching) didn't realize there are trillions of ways to peace without any killing; the 20th century showed people can end wars of millions of years in EU via peaceful means or in India via unification in 1947, we can discern human ideas from God ideas, without labeling the entire text as word of God. Gita is from Mahabharata, and Krishna is a human who is very pompous in his speech, tells Arjuna he's the 'destroyer of worlds' and will wage the war thru Arjuna, so tempts Arjuna to fight, to do evil, to kill people as the only way to peace when it is not, when in fact God would be teaching nonkilling all the time (*Krishna was just a made up fictional being by a writer in a violent historical moment, nothing real* – just like Jesus story could have all been made up *too*), Krishna claims to be God (without providing any proof) like Jesus did claim to be Son of God yet talked with no infinitely loving nurturing *gentle tender soft* compassion for God's children, some rabbis who didn't understand his claims; Gutenberg has all 18 parts of MahaBharata (where Gita, the Jewel of Vedas as some call it, is from) free too besides sacred-texts.com, like Vol 1 and you can use Ctrl+F "blood" to find the first and many instances of talk about drinking blood, cannibals and fierce fights among various physical and somewhat mythical beings – all ultra violent stuff, including extermination of "Kshatriya race" by Rama, etc. Hare Rama, Hare Krishna? Besides Vol 1 (Book 1-3) above, there is Vol 2 ☺☺☺(Book 4-7, Ctr+F "intermingling" of caste to see idea of worker caste shun from interaction with merchant, soldier or priest caste) Vol 3 (Book 8-12), Vol 4 (Book 13-18) all free to read – all 18 books of the longest poem of the world with 1.8 million words, much of it physical combat and violent content (graphic depiction of removal of heads, etc) of some battles, and some spiritual discourses too (*Book 5, Section 25* Sanjaya *says starting the war would lead to hell, he tries to prevent the war, so the book has the anti-war message from a mortal charioteer advisor to one king called Sanjaya, but Krishna, another charioteer that people made into God because he claimed so in this fictional epic, advices Arjuna to kill lots of his relatives in the battle because 'he is 'God', destroyer of worlds'; Sanjaya remote views the battle and described to his* king the events and that description is the Gita and 4 war books of the Mahabharata; this peace message gets lost in all the violent content). Use Ctrl+F "spiritual", though "sacrific, war, slay, slain, battle, army, soldier, kill" are about 10-90 times more common; 'peace' is more frequent than spiritual, but overall 5-10 times less than 'warrior' or slay, etc. Vol 2 spiritual appears 8 times, cannibal 25 times. Brahma (name for God and a caste) is twice as common as slay. Compare 1.8 million of endlessly repetitive battles with 9500 words of Tao Te Ching and its peacefulness, no rituals, sacrifices so abundant in the Vedas and Mahabharata.

Tao Te Ching is all about peace, way way more peaceful than Quran, Bible, Vedas, Gita, Mahabharata, no mortal like Krishna claiming to be God (like Jesus did too), yet Tao Te Ching doesn't talk about the ten trillion ways to prevent war, just says "avoid war at all costs, in a way clearer than any other major scripture, but when no choice left, if attacked, fight

compassionately, without rejoicing in victory or killing helpless brain damaged (thru torture filled training) mind controlled robotic brainwashed soldiers", because Lao Tze (just like "God" or (*for profit*?) '*prophets*' in Gita, Bible, Quran, etc) didn't know how complex reality is and how with complex engineering you can avoid a path ("violence, war, threats, intimidation, lies") to an end: if you start early enough to get to peace via a peaceful positive path always like a Civilization of Immortals who plans millennia ahead, not on a 1 hour notice. These scriptures with their violence create war and they're reflections of those more primitive times. Hinduism in not just about meditative peace; it is made up of 100s of 'denominations' which are sometimes so different from each other, like different religions, like Quakers are different from Catholics or Satanism from Christianity *(believers in animal sacrifice or, possibly, if not a fake story, in eating dead corpses (this is in many news articles Telegraph, etc also, not the Daily Mail only, which has more fake stuff usually, google it, Indian government allows it, odd, it sickens people, spreads disease, shortens lifespan, etc) floating down the river vs strict vegetarians believing in one God of Light)*, some believe in one God, Advaita Vedanta, others in many Gods and sacrifices, others in reincarnation, others in a future physical Immortality via prayer/mantras – nice intent, but not possible (vallalar.org, with poetic teachings on ☺☺☺vegetarianism☺☺☺ (free books) and nonviolence, but Vallalar claimed in 1870s everyone will be raised form the dead and his so called 1870s ascension, miracles were probably made up by followers, like with Jesus – at least he was for kindness for all people and animals, unlike many Hindus today). These things show how filif and comical☺ some beliefs are and how we humans in the future will look at this dark age and think in disbelief, my God, they didn't have World Peace and complete nonviolence and believed in war, like cannibals believed in dead corpse eating or some in the strangest quotes? Some cave men were starving, had a dream in which a nice being asked for food to wake them up to search for food, and they gave food in the dream and the dream persona was happy and gave them something or blessed them in some way, so they invented these rituals believing physical food gives them this and that, confusing dreams with reality, so thousands of sacrifices emerged in many religions out of ignorance of brain workings, and confirmation bias; likewise, today, people with equal devotion, confirmation bias, etc as in writing those useless rituals, etc, believe (unless war is their human sacrifice?) in war as a way to peace. Education in neuroscience will inform intelligent people otherwise. *We learn* from contrast, the trillions ways to peace without war. Today, we understand war can be avoided, even when attacked, as shown in the nonkilling Immortality for All section. *Spirituality, real Civilization can't exist when there is still violence, except in their most infant primitive forms*, so a basic knowledge of silly scriptures helps us see how they create so much trouble today.

We question religious beliefs, realize the important stuff is the *kind gentle*☺☺☺ tender soft forgiving *compassionate nurturing graceful reconciliating healing* help for all to live healthier

longer lives, not the rituals or odd unprovable afterlife beliefs; important are also positive thoughts and goals, like in the Immortality for All anthem and Immortality for All music (*thru science research of billion years to make us live to millions of years one day, far away, not stone age rituals that keep us clueless and short lived*). We see how violence ad war are not justified in religious texts or beliefs and that in secular life, they too have no place and as we evolve past religious brainwashing, that realization of the fake nature of many religious beliefs, makes us realize many of our secular beliefs ("war brings peace") are fake too and unsubstantiated by evidence, because we need no war to bring peace, since there are trillions of ways to peace without war and violence. How can we have a civilized world if all these violent quotes filled texts, festivals, sacrifices etc still exist and are published unedited? People in ancient violent times and violent scriptures, didn't know they can prevent war without using swords, weapons, violence, but with healing and maybe, holograms that speak, healing undetectable remote control or suggestion (as today, with our "God-like knowledge" versus millennia ago, that enables us to bring peace in that time effortlessly without any war, threat, intimidation, exactly as today that is possible without any torture, war, etc just more advanced tech *or* use of tech), or other things easier in those times like "explaining via a friend of the king of the "enemy" that if he would spend time with science, instead of killing all around, he would be able to get off planet and have 5 trillion planets (terraform them) to rule on and live to a billion years old too, he or his descendants; while killing only speeds up the evolution of the harassed groups, entices them to more science developing to the point where king & his kingdom being wiped out is actually more likely long term, with nobody going to space". Today with healing music and tech (and in the future tech way more advanced than present, as remote control is versus 1st century), one could convey the beatific happiness of this future world of Immortals, compared to the hell of our reality of eternal war, a lot easier than in 10 AD. Instead, people still torture, wage war, repeating history. The healers are killed, the torturers rule the world, the violent roaring lions try shout, dominate via war and threats, intimidation and bullying, compassionate loving kindness, soft tender healing grace, eterni speech is exterminated or minimized, *hypothesis thinking too, only brainwashing allowed, mass indoctrination "we believe in this and that without any evidence"*. Lao Tze hid his "World Peace" engineering methods? Why? A savior tells them peaceful ways exist always and there is no situation where "war is the only choice left" with proper planning. So Lao Tze is making a mistake that can lead to species extinction.☺

The dramatic difference between mainstream scriptures (there may be less known violent "scriptures" too) suggests peaceful religious service music and meditation may help laymen and pastors to become more peaceful, honest, leading to more honest and eterni tone using tone clergy who present the Bible/Quran/any scripture as it is, not as the word of God, miracles as stories, not as provable facts, since no unfakable scientific evidence exists for Buddhist, Tibetan,

Christian, any miracles (outside of brain heals body type of events via placebo and autosuggestion), other than easy to make up studies and "evidence". Honesty is rare, it means telling congregants the truth that we don't know, we don't know if any miracle or even Jesus, Buddha, Mohamed, Krishna, etc are real and not 100% made up, that humility means we don't know, eterni gentle tender healing tone is the humble tone of not knowing and ideal, there is no need to yell about things we don't know, because many pastors are fakes, like Peter using earpiece to fake miracles, stage magic being millennia old, etc. To some degree I'm like James Randi, a skeptic for the most part, since I think most miracles were made up by robotized or deceived (not self-deception only) people (who don't know tech or stage magic tricks and how they're used to create "miracles" or deception) or ancient/present military intelligence spies for political reasons, while most genuine ones have alternate simpler explanations (self-healing, ☺☺ etc); even so, the universe is too big for us to really know if God exists as aliens or as this or that model. Even Exodus 32:26-9 "Levites killed 3,000 people as Moses commanded them" contradicts the universality of the Moses idea in "Don't kill" Exodus 20:13 commandment, which make it ☺☺☺hard☺☺☺ to know what the scribe or Moses ethics/walk (vs preaching/talk) was; same confusion arises with Jesus and Mohamed due to words they allegedly said, if their words were not twisted to make them look bad. These eterni like ideas of nonkilling from Moses, Buddha ("love all beings like a mom loves her baby" 5 centuries before Jesus) and Jesus, if they were genuine, *(hard to know given the violence in the Bible that contradicts the good quotes)* were taken to a yet higher level by other mystics and allegedly genuine prophets of Jainism, Hinduism, Buddhism, Catholicism and Orthodoxism (*vegan* saints), Protestantism (Quakers against war, Adventist Ellen White promoting veganism) who *reportedly (*not all reports may be true*) taught, practiced and believed* openly in not killing animals, most dedicated of them being Jains who avoid killing insects even. Some (essene.org) Jews have tried to whitewash Moses and claimed/hypothesized that Moses meant to not kill animals and that he too was a *vegetarian* Essene, framed by evil scribes to appear less kind, yet we have no real unfakable scientific evidence for any claim about location, century, words or actions of any scriptural heroes.

Once again, *how a text came to be is less important, but the best message of peace we can find by searching* for the best quotes, the message of nonviolence and helping all to live a better and longer life. ☺☺☺ If we want to get a little science fiction now, you can imagine far future humans living millions of years in bodies of energy and matter that can shapeshift and materialize matter by rearranging dirt, air quarks, leptons, bosons and be able to procreate without sexual organs, but by using rays that assemble elementary particles, where you can have one or 5 or 200 or 2 billion Immortals take part in the assembly or materialization of a new Immortal body, for a soul, as their communication with the other dimensions and the understanding of soul arrival in a newly made body is deep. Then, one can see that in this

science fiction world, the concept of being faithful to your wife is a little out of context, since all they do is for the civilization itself, there is no lust or any negative emotion, like jealousy, since all are like the most angelic beings and gender doesn't even need exist. But even then the commandment of ancient times applies in another sense, i.e. take care of the child, whoever the parents are, 3 parents (2 moms, 1 father, nucleus of the mom and dad is removed from the embryo and inserted into donor mom cell with healthy mitochondria), 500 parents (we get mitochondria from mothers, so some kids become vegetables without this 3 parent procedure or die early), 2 fathers 1 surrogate (until artificial womb made), etc, depending on the intention for that body. For example, to create a more unified civilization, they might pro-create by elementary particle assembly and ray precipitation all kids with all inhabitants or 100 to 5 billion as parents, so as to enable the highest love of all inhabitants for everyone, with everyone being the parent of all youngsters. ☺ This creates a level of altruism and unity, far beyond anything we have, and removes any idea of jealousy, conflict or 'biological family', since everyone is ONE FAMILY. This is like the idea of 11 companies, 1 language, 1 currency, 1 bank, 1 nation for the entire planet, instead of 500 million companies, 7000 languages, 200 nations. Biology on Earth is just one chemical pathway to pro-create, and chemistry is just one physics way to achieve certain molecular ends. Chemistry is a branch of physics dealing with mostly electron and photon exchanges (except for nuclear chemistry) and biology a small subset of chemistry. When people think about these things, they understand historical context better and how commandments or communions or "hypotheses for understanding God and becoming closer to God" are valuable only in a given biology system, dimension, universe. This helps us develop a more altruistic world view, beyond "me, mine, my biological family" and more like "our Civilization of Immortals, our family of 9 billion teleporting genderless shimmering shapeshifting Immortals who live on energy, reach ages of 2 billion or trillion years". However in the historical context of our existing biology, Bible stuff regarding faithfulness of one's wife make sense, so promote of sense of selfless dedication to raising one kid or more and to prevent wasting semen with sex outside of pro-creation (stemming from the culture of "sleeping with all" that is common in some areas). However, today, with genetics and such, sometimes, if there is only 1 out of a million people with a certain sperm that prevents birth defects of a certain type (that shorten lifespan or make life a total misery), they could donate it to someone who is infertile/fertile, via a sperm bank that inseminates it 2 minutes after production, to avoid damage from freezing. No contact is needed, since MD takes the sperm, then uses the most high tech method of insemination (in the future, they could create a penis simulator (that releases this donated sperm once in, sort of like an artificial 2 lb 'doll' like thing even when tech advances to ensure instant orgasm due to limited sperm supply) that causes those female liquids during sex to be excreted, so that the fertilization is as natural like as possible (those female orgasm liquids have a role to play in fertilizing the egg), without transmission of viruses, etc from sexual

contact, since the donor doesn't need to ever met the receiving couple, even if 10 meters away in a different room). This is why the so called (*for profit*?) '*prophets*' were wrong, not knowing that one can be Godly and still be a "biological father" with more than 1 female, and even hang out a little with the kid of this "secondary procreation" if the parents (biological mom and nonbiological father) allow it, even if the kid has another technical father, just as we today get these IVF men who're fathers to even 100 kids sometimes from 100 infertile families. So again, as people evolve, their "don'ts" evolve. Plus, let's get real, all peasants and workers today are prophets if Jesus, Moses, Mohamed were "prophets", which is not true if your definition of "prophet" is someone who is all for peace and nonkilling always. As we have seen from the quotes and data above, the 3 condoned violence, or fraud/fakery, so they're not prophets. On the contrary, 5 billion nonviolent, gentle kind workers today, are true☺☺☺ prophets of Immortality *for* All *(trillion year lifespans)*, Eternal Universal Peace *(0 wars for* Eternity*)*, *gentle tender soft nurturing* graceful *universal* loving kindness who liberate the slaves of Islam, Christianity, Buddhism, Hinduism, Judaism from belief in "wild miracles that never happened, *violent or begging scriptures and dying happily at 80".* The Holy Grace of Chemistry & Physics flows with Electrifying Zeal thru all World's Workers, as the Holy Spirit of Making Things Happen *via* Hypothesis Formulation and Testing alleviates billions from the suffering of diseases, storms, wars. Blessed be the God of Immortality for All via Chemical Physics, Hallelujah.☺

After all, God lives forever, so giving everyone *a trillion year lifespan (an infinitely small span of God's life)* is ultra easy, a tiny smile, effortless. Yet, these out of touch with reality pastors, popes, imams, lamas never have us pray or act for trillion year lives, indicating they're not talking to God, but to a concept imposed at gunpoint in their heads. Even poor rocks on Earth can reach 4 billion years, but humans can't, per their "scripture". Buddha didn't kill anyone or incite anyone to violence, nor did many in Hinduism, so he's more of a prophet than *Jesus, Moses, Mohamed, the miracle fakers in Hinduism and 1 billion people today*. Hinduism is more like 50 religions, with some denominations even aiming for physical Immortality, so it's only the fake miracles groups created by military spies in Buddhism and Hinduism that are 100% lies. The Buddha ideas of the right speech (telepathy in the future), action, being kind to all beings are very eternal, so many agree that *Buddha* is *9,000000* times more of a prophet than Jesus, Moses, Mohamed since Buddha was way more peaceful and nonviolent, but due to his lack of science awareness, he didn't realize we can live to a trillion, or that ascetics (who vow to practice Buddhism strongly) don't need to beg (they can create a self-sufficient community), as that is placing undue burden on the human quantum field (some claim Buddha was a spy trying to get other countries full of beggars and lazy 'ascetics', so states fall and his kingdom can take over, though few want to become ascetics, to renounce all human desires, which is the equivalent of monks, so it would be difficult to have a mass effect on other kingdoms, except getting those

masses so unguarded and gullible, military invasion would be easier by other groups). Regarding how prophetic Jesus was vs Mohamed, read the 50 pages above: *Jesus failed* to *make 1 single verifiable prediction about the far future (satellites 1960s, Internet, video chat,* not immediate events he staged with fellow Jews to appear psychic*),* except general garbage anyone can come up with like *"What I have done you will also do and much more", which anyone realizing society progresses and each generation can do more, can say to appear 'God'*). *A prophet is one who can predict the far future (*future *centuries, since one is dead and can't plot to stage events to appear psychic),* an ability no religious figure has displayed so far. Catholics are naive, believe saints 'read minds', they did not, they were spies who were told people's secrets. No saint ever predicted "*on July 10th, 100 years from now, this and that will happen in this city and building*". Why? Because they're all frauds, *all predictions relate to things they can stage via their spies*, statistics knowledge didn't exist either, so if you try predict 1 million times, one time you get it right and that instance is reported as the usual thing to get followers. Today, science can write brains, so the conmen *"read what the computer wrote into your brain"* to pretend to be *psychic*.

The quotes above show Mohamed (*he, like* Moses*, was an orphan, which may explain some behaviors of both*) simply copied the exact same main ideas of the Jews. But hey, people called prophets those whom they thought had some good idea vs the worst, but really, today, 5 billion folks with a good scientific estimation ability can be called a mini-prophet, if people feel good about it, then call yourself a prophet in your head (if it helps you to overcome brainwashing that only Mohamed, Jesus, Moses is a prophet), be happy, bring Immortality *for* All. Though it's wise to not say 'you're a prophet' in public since only big egos do that, simply realize all humans are mini-prophets, they all can unite, end the *Age of* Aristocratic *Terror*, bring Immortality *for* All.

Aristocrats *always* wanted *religions* to keep the masses *enslaved* via lies, *but we, the free workers of the world, want truth, not lies*. Why do people have to wear 'blessed objects' in Catholicism? They wear a cross with a human tortured on it by Jews, which is an image that reenacts torture in the quantum field and keeps humans chained in ignorance of other states of consciousness. They wear *medals of fake saints whose miracles were made up by the Vatican. When you enter a church,* your critical thinking skills, intelligence, IQ, higher spiritual states abilities will also be tortured and killed, *as they did with Jesus. Ironically*, they even have a *cross* above every church, to signal "here we worship *killing* and *torture* done by Jews, come on and be tortured and spiritually killed too". Nothing is clearer: they tell you right from the start what is going to happen, *truly honest people*. Feel free to save your brains please *and gently avoid Christian churches (and many other religious buildings),* unless *curious* or wanting to see a comical display of pretense, offering 0 evidence for their claims. People find this 'offensive when some say Christianity kills intelligence, but if you don't use your brains, bandits will kill millions of people easily using religion, as they already did. For example, the pastors lie that Jesus

materialized out of thin air *5000* loaves of bread, which is about *5000* kg of matter. Likewise, they lie that in many instances wine and bread turned into blood and flesh. So, how come, *God can't turn a few mg of chemicals in the brains* of Stalin, Mao, Hitler, Napoleon, Mussolini, Hirohito, Genghis Khan and 50 other mass murderers and their immediate supporters, so that the war mongers want peace and avoid killing 0.5 billion folks? Why didn't Jesus, the fictional being, turn a few molecules in the heads of Jews hating him and all leaders of the world, so all nations experience peace and no war for 50 years? He could not, the whole story was a military spy creation to enslave the masses. *If Jesus can materialize food, Jesus can live without eating* by *materializing nutrients into his blood directly, like a true, not fake, Son of God*. God is smart, uses powers with efficiency, so if God turns 5000 kg of matter from one state to another, from air into *bread*, etc, God will do it to show he can prevent 80 million dead WW2, for the alleviation of maximum suffering, for teaching everyone how mighty Jesus prayer truly is by preventing a huge war everyone thought inevitable. Jesus prayer "give us our daily bread that gives endless diseases for people with gluten sensitivity and keeps us living to 80", is not real 21st century feasible prayer: "give us the eterni food *that helps us live to a trillion or forever, as you want us to, in order to show us what a nanosecond in Eternity (a trillion years) is like, right here in the physical universe dimension 1 of a trillion dimensions, before we even go to the eternal dimension if we choose to live there forever instead of here*". So, all clergy could not stop Putin from his atrocities on human psyche at least, if war is faked and they bomb empty buildings for intimidation and global terror. So, how powerful are these "prayer formulas" of religions today? Or are these 'clergy' mere spies who don't even believe their prayers? ☺☺☺ *What's* going on?

Isn't it odd that with all their 4 billion people praying according to the 'infallible 'Word of God' (cave men to be exact? Jews and others used caves back then at times) and related scriptures', *they can't even convert a few mg from one state to another, let alone* materialize it out of 'thin' air *(air molecules turned to bread)?* All 'miracles', being fake, happen in impossible to verify circumstances or conveniently, '800-5000 years ago'. They prayed for peace millions of times, even for Hitler and God did nothing, so how come we're told to believe they're close to God, they're the only ones close to God (priests, clergy) and they know how to pray to bring God's Grace? Why believe without questioning? You don't have to. Think for yourself, otherwise, you may end up being cannon fodder for 'Christian', 'Muslim', 'Jewish' and other aristocrats who never sponsor, with their $$$, *a TV show for clergy of the world to pray their 'favorite prayer' and to show on TV, in a lab, how one matter turns into another,* with no possibility of faking it. It never happens, it's always in some remote village, ancient era, hidden church pew or some cave, where the grand miracle happens, away from any possibility to see the fraud methods employed. The workers of the world, weary of war and slavery, can easily argue that most basic miracle is not even materializing stuff out of thin air, to give people bread that anyone can get

from someone; it is bringing Eternal Universal Peace, a state in which humans are no longer demonic beasts killing each other, they graduated past savage level to the nonkilling nontorture "1st grade level" of spirituality. Yet, with their trillions of prayers, we have not achieved even World Peace as a miracle. Why? It was a fake prayer, said on average 20 seconds maybe, once a month, with no action to back it up, so obviously, no Peace ever manifests with such strong historical inertia. To achieve change, we need an all consuming 24-7 almost prayer spirituality, not mental games. When all people on Earth, 30-200 minutes daily, think/*act for* World Peace and breathe God's Light of Eternal Universal Immortality for All, World Peace manifests. So, to show God you're serious, you create only peaceful music, movies, scripture, literature, TV news, require all music/movies releases to include Eternal Universal Peace in 3 months (*and all peace maintaining goals*: no violent crime, no jails) in lyrics/script until it's attained, then continue to include in lyrics Eternal Universal Peace for millennia to help the Peace continue until it has become the very essence of human DNA itself, after generations of evolution. This shows God you're serious when asking, meaning you did ALL HUMANLY *POSSIBLE* FIRST… This is true *spirituality*. ☺☺☺ It's funny how adults ask kids to do enormous amounts of useless homework and memorize endless junk, instead of developing critical thinking, creative thinking, meditation bliss, but adults would not do even 0.01% of what they ask students to do, to prove to God they're serious about learning how to create Peace, as students are about learning biology or chemistry. Pure hypocrisy. You want God, Immortals, Buddhas, with a trillion times more power than galaxies, to waste energy, when you yourself are not serious at all, have no strong desire for peace at all? It's a joke, God can't be fooled to waste energy so it's all going to waste and then war restarts years after Peace arrives. People need to act like adults, not like toddlers who expect God to do all their homework. Here comes action as a form of prayer: the Immortalist Party, Immortality Capitalism. Millions of adults say they want peace in public (even pray for peace in public for mere show, hiding being a spy wanting war), but secretly torture millions of people, which is the epitome of anti-peace and demonic behavior, so there you go: *pathological liars, pure evil, so evil they don't realize they're purely immersed in the demonic desire to torture*. Truth is simple: run a physics experiment, see for yourself. We don't torture students hours daily to teach them how nature's laws of chemistry, physics work. Truth is evident, kind and everyone will understand it, only LIES need torture, terror and killings to IMPOSE on others. Simply show past atrocities and issues happening today by video to help people learn history, compassion, *you don't need to emulate the psychopaths of past ages of war.* CIA, will you get it?

14.5.3. ☺☺ Below are 30 pages about the least known evil quotes in the Jewish Quran:☺☺

Muslim legal migration (refugees, etc) to US fell 25 times (it's 4% of Biden) during Trump vs before. Read the basic Quran topics index: theft from infidels is a religious duty in Islam, as seen with San Diego day cares. After all, the most frequent activity of Mohamed, the Universal

Robbery Prophet, was caravan raids to steal via robbery or murder. Peace be Upon Him PBUH, Hallelujah, he simply followed the Jewish Torah, Bible and Talmud 50 quotes on how to rob by genocide entire nations. Egypt, world's only Muslim nation with 10% Christians and blasphemy law, inaugurated on July 4th 2026, the US Independence day, its new headquarters (world's largest military headquarters), which is 22,000 acres, vs 28 for Pentagon, 50.5 million sq ft vs 6.7 for Pentagon. Denmark wants to ban Islamic call to prayer nationwide, so should all nations. Let Muslims listen to it on headphones, not disturb anyone else. Muslim migrants from France show how Paris devolved into a 3rd world nation due to Islam: Muslims beating Christians to steal their air conditioners and Muslims tearing down entrance door. Arab Chamel Abdul Karim set warehouse on fire on 4-7-26, causing $0.5 billion in damage, because the infidels didn't pay him enough, so I guess 0.5 billion takes 30 years to remake by one person, this being equivalent of 1 murder at least, deserving death penalty. He burned the toilet paper, etc warehouse, as in Islam toilet paper is unclean and bidet are mandatory. What would Muslims say if Trump decides to reply to this by deporting all Muslims from USA to 3rd world Muslim nations without water/electricity to try enslave infidels there? Pakistani Muslims raped 200,000+ white UK girls per Quran guidelines, without being executed as deserved. This is a "Holy" War against USA, not a "wage dispute", it's the suicide bomber mentality that is all pervasive in USA Islam. The Mecca Hajj pilgrimage (where women are groped) prayers say "Allah, curse the Christians, curse the Jews, curse those who left Islam, make them poor, make their life miserable, clothe them in clothes of misery and garments of calamity, make their life full of pain and misery, make their life full of misfortune and". Why does any nation welcome Muslims and not deport them all to the Arab world to live around Mecca in filth? Muslims took over Dearborn, and a Muslim thug attacked an American holding a sign "Americans against Islamization". See Arab racism, beating a lady for having blonde hair and not covering her hair entirely, watch out, anyone without brown hair and brown eyes like Arabs will be exterminated under the pretext of "not being Muslim enough", liberal ladies who love Islam, watch female rights in Islam. Quran was written by Jews around Mohamed too, see below the details, many Quran quotes here prove this, that it was a covert method to spread the Torah with all its calls for mass rape, genocide of billions of people Jews feel like exterminating because "God gave them to Jews" (Deut 7:16), as the Christianity was a cover for spreading Torah via the Bible. At the same time, it allowed the complete intellect destruction of the Arabs, so Jewish merchants can have turn Arabs into slaves, and expand the Torah where the gentler Gospel would not work, as the Gospel teaching is about love not killing everyone who doesn't convert. It's thus plausible Jews created Islam to lower everyone's IQ, and that Mohamed was Jewish, since Mohamed's behavior is, in many ways, via mass killing and mass rape of infidels, that of an ideal Jew of the Torah who follows the Holy Torah bad quotes, like Islam being a branch of Judaism, just more liberal about how many wives one may have and Mohamed's focus is on his sexual affairs in the Quran, (Mohamed

is a hypocrite who invents exceptions to Quranic rules for himself having sex all the time, like the animal he was) how he can have as much sex with as many slaves as he wants. Poor Arabs didn't know what hit them. 10 nations have banned Islam due to the quotes below, some of which are listed by topic (how Muslims justify torture and random honor killings), as Muslims in Spain and other nations rose by 10 times via illegal migration during 1995-2025, and 5 times in Europe since 1950 due to lack of equality (Muslims 5 kids, locals 1-2, no equality, but they demand equality using the cover of "left" politics to take over continents: equality is used as a brainwashing term to enslave locals (as Mohamed taught Muslims) by lies). Islam is all about enslaving (see Quran) all non-Muslims. Muslims gathered in Belgium, Brussels, the capital of EU, in order to take over EU, so 20% of residents in Brussels are Muslim, with Mohamed being the most common new born child name. Now they use tunnels to invade Poland with 130 caught in Dec 2025, the 4th tunnel found in 2025. They do that in US too, infiltrating the Democrats to bring 1 billion Muslims here and create Sharia law, they don't integrate or love science, they establish Mosques, Kebab stores, sit doing nothing in hotels, demanding same pay as others who work 10 times more in jobs with 10 times more stress.

Quran commands Muslims to rape infidel girls, so they rape 12 year olds. In Sweden Muslim migrants rape females 120 times more than Christians (in 1960 rape rate was 12 times lower than today, rape rate was 8 in 1960, 93 in 2023, a 12 FOLD RISE, today, suddenly Sweden has 10% of population Muslim, vs 0.01 in 1960 before Jews screwed Sweden, and they're the rapists, since that 10% raised the rape rate 12 fold, having 120 times the level roughly), in Germany, many Muslims rape 16 times more. Africa is waking up to Islam's true nature: theft of all African resources for Islamic Sheikhs, just as Mohamed the Prophet of Theft has taught in the Quran. Religion is brainwashing. Spirituality is testing hypotheses by yourself, via thought processes, not adopting beliefs from parents. Internet experts hypothesize that Islam has spread by genocide and it will disappear via the Internet. The Quran's many executions by Mohamed, discussed in many videos below, and green Islamic and *(Kabba is the Black Cube, Allah is the Moon God, Kabballah is ...green),* are revealed to us in Living Example, as is the Bible itself, the Source of the Quran, in the shocking video of Saddam (Satan) Hussein who, emulating Mohamed perfectly, started his presidency with executions, and wanted to kill many Iranians, per Jewish wish. Jew run USSR supported Iran, Jew run US supported Iraq, Human Sacrifice to Yahweh, Molek, Baal via War was to be Done, as each Decade the Satan World News Educate us To Watch, or Bohemian Grove Human Sacrifice deifies. Hussein's son killed endless people. Is the Bible Holy? Or is it perhaps the Word of 'Demons'? Check out the Islamic prayer call takeover of the UK, and of German cities becoming dumpsters. UK allows Muslim towns in UK, but Saudis don't allow a Christian or other Buddhist town there. It shows the low IQ of the UK, US and EU governments who stand for nothing, except bribes. Mohamed's disciples licked his blood, drank

his urine, and fought for a hair from his head and to drink the water after he washed his mouth, nose and feet. The Hadith suggests Mohamed was bisexual.

The Quran is a rewrite of the Bible with some additions, by possibly cunning Jews who tried to keep Egyptians and Arabs as low IQ as possible, unaware of their history and tech, see Egypt 2 km deep of underground structures, 8 pillars found under a pyramid, etc, and Plato stories of Atlantis, others about the pyramids. Mohamed himself may have been a Jew who made up his life story to pose as an Arab. Since he was a merchant, Mohamed was surrounded by the Eternal Traders, the Jews. Islam is not a natural religion for Arabs or anyone intelligent, it's an imposed forgery. Burkina Faso rejected 200 mosques proposed by the supposedly Jewish Saudi Royals, since mosques lower the IQ of visitors, turn visitors into slaves, like 80% of Indian slaves in UAE and others in Saudi Arabia lured there by $ and free housing only to find paid housing, 20 in a room and 5 times lower salary: the Burkina leader wanted education and health, so he launched the building of 55 hospitals (listen to see how they enslave using churches and mosques to hide spies) to break the cycle of slavery by the religious mafia and Jewish international Brit banks like the Jewish IMF that destroy local industries in 200 nations and turn everyone into slaves to promote the Jewish global terror complex. Senegal stopped the French and other parasites from making all money off their oil, so now they refine their own oil. Niger kicked French, US and Chinese parasites out. The world is awakening. Niger sold uranium at 80 cents/kg for 50 years to France, and only in 2023 the price went up to 120$, the market price, after they kicked French troops out and military replaced a corrupt puppet government. Check out USAID being used to keep Africa backwards. US gives churches to countries it wants to enslave, not real tech and ethics to bring Immortality for All. This is due to the criminal aristocrats who run USA. They use churches as a cover for theft of labor, resources, cannon fodder buffer states. Same for Saudis, Turks and others, they give mosques, not real help. Burkina did not need spy bases and extortion networks (gang like mafias to steal and plunder every nation on Earth) as all churches, mosques, temples, synagogues are, Burkina leaders chose cement factories to build single family houses for all which can act as personal mini temples for personal connection to God attained by simple breathing, free from brainwashing Mecca lies and Rome ostrich IQ rituals.

The holiest lady is Islam is Mary, mother of Jesus, a Jewish lady, isn't that a clue? See the Bible quotes in the first 3 pages here to get a taste of Islam. Africa and our planet doesn't need mosques or churches, they need single family housing for all, like on this Burkina Faso street. Why is the UK royal (Jewish?) family allowing the Islamization of UK, 'Italian' (Jewish mafia loves green, green in Italy flag, are Italians ruled by Jews?) rulers speed up the Islamization of Italy if they're truly Christians as they pretend to be in public? Why are the 'French, German' (Jews?) leaders, who pretend to be democratic, allow Islam to spread when Islam is anti-democracy? Watch Islamic animal cruelty: millions of cows. Islam is pro-slavery, see how Mohamed created

the Quran to enslave people and promote genocide against slaves by killing sex slaves or regular slaves. Mohamed made up Quran verses when he wanted to sleep with more than 11 wives and 35 sex slaves. Check out Somali autism fraud to steal taxpayer $ millions to spread the religion of Theft, Rape, Genocide. Check out the illogical Quran who calls for murder of anyone who quits Islam.☺☺ Quran quotes reveal how Allah (not God) is exactly like Satan. Mohamed needed jihad to loot all, to maintain his harem and luxurious lifestyle. Scholars estimate Mohamed killed 238 million people at least, though others say it was 270 million. Allah 'told' Mohamed that the best way to clean after defecating in nature is to use an odd number of stones and sand. Muslims fail to live by this command today, how sad to not live by the Eternal Word. The Hadith explains men resembling Jins raped Mohamed one entire night and he was in absolute pain, where was Allah? Apparently, the Quran and Hadith are full of wipe feces with 3 stones suggestions. Allah failed to protect Mohamed from stones hitting his head, so Mohamed waged war on them 10 years later.

The infidel tax was extortion money all infidels had to pay if Muslims took over. In Arab nations blacks are traded and treated like slaves, as Mohamed told them to. Assuming Mohamed existed, as a real, not made up person (as some say, due to Quran never mentioning Mohamed's name), the Hadith and Quran inform us that Mohamed was, as explained below, an imperialist "palace dwelling type" aristocrat, of the most evil rapist, murderer, depraved and violent type too. The Hadith explains the Quran didn't come from God, but from scribes Mohamed chose and they disagreed on what is part of the Quran. Quran/Islam deify Jewish Mary as the holiest woman in history: Jewish Supremacy again: Jesus a prophet of fake miracles and a Jewish lady the holiest lady on Earth. Was Mohamed a crypto Jew? He destroyed all pictures in the Kabba when he destroyed all Mecca 300+ idols, except that of 2 Jews. See how Jews edited Hadith to claim that Mohamed went to Jerusalem… Read below about Jews who shaped the Quran, Hadith, Islam, Mohamed. Mohamed may be fictional, created by spies to incite wars. Mohamed told folks to pray facing Jerusalem first, then changed it to Mecca. Got it? Just like its twin flame and mother, the Torah genocidal calls of the (Jewish) Bible, the Quran has *genocide* calls in many places deifying killing of disbelievers, such as: Quran 47:4 "those who disbelieve smite at their necks until when you have killed (behead)" Quran 33:61 "wherever found, they shall be seized and killed with a (terrible) slaughter", Quran 2:191 "And kill them wherever you find them". You realize that means killing 6 billion non-Muslims, are these not *genocide* calls? This poses the question: are churches, mosques, synagogues simply *genocide* cells, not mere *terror* cells, spy cells disguised as religious entities as explained in the fake miracle section? The Quran is the recycled Jewish Bible, hence it is a Jewish text, as the 545 bad quotes show. Mohamed, the "holy aristocrat looting caravans instead of working" simply retold the evil Bible (see the quotes), added some tribal customs (black cube worship), as islamisdifferent.com explains. *Mohamed*

didn't have good math skills, nor did his 'Allah' god make any sense from a logic point of view, as proven by this great video on the nonsensical Islamic inheritance rules. A video explains that Quran is calling its believers to kill their non-Muslim relatives: pure murder. Perhaps, Saudis want mosques in Africa so blacks kill each other, like UK music wants black to shoot each other, by creating black rap music with violence in every song. Why else would the Jew Brit run USA allow such garbage as music, why are most shootings in USA black on black? Understand the immortalist wave of liberating all slaves globally, from the Jewish media via the immortalist media guidelines. Mohamed had no clue what will happen to him in the afterlife, as he says in the Quran 46:9. Mohamed was a *fraud*. One time, a solar eclipse happened and Mohamed said it's the end of the world and went inside the mosque, prayed a long time and told people to ask Allah to save them from the torment of the grave 100 times a day, or *at least 70 times a day*. So, Mohamed was not a prophet, but a *conman*☺☺☺. He could not even realize it was a mere solar eclipse. He told all he can't save them from Allah's wrath. God allowed enemies to injure Mohamed and make him lose teeth, while a sword bruised his head and face. Where was God?

The Quran describes in 100s of places how Muslims are to hate, avoid (no friendship), terrorize, mock, torture, mistreat or kill the evil non-Muslims, which is in stark contrast with the "love all image" sold by missionaries of Islam. This is why 'Jewish' Saudi royals perhaps want blacks to join Islam, so they can kill more blacks of other religions. *Chaos makes it easy for Saudis then to loot and enslave blacks*. The Quran has no logic, because Allah "Causes Non-Muslims to Sin" (Ctrl+F "Muslims to sin" on this page, to see these quotes) and thus makes Muslims kill infidels, so Allah commits genocide covertly, sending people to hell on purpose for his own devilish entertainment. Indeed, Allah does, since reading the Quran, it sounds like this Allah is a "demon of violence and terror" (actually just angry people), not God. Listening to Allah would surely send one to hell, if it exists, because Allah incites people to unprovoked violence and genocide, just as listening to the God of Israel and Jesus would send one to hell too, for both Yahweh and Jesus mislead and incite people to genocide, though Jesus does it in a very covert hidden way, by praising the Old Testament as shown above. Quran tells Muslims to steal from nonMuslims, enjoy the loot after a 'nice' genocide, to lie to them in order to enslave them, to extort them (good old Mexican cartel technique of the 'holy Mohamed') via the infidel tax if they want to not be killed. The rise of Islam led to a vast rise in the trade of slaves, with 3 in 4 slaves dying in the journey to the Muslim destination, with Muslims castrating millions (only 40% of blacks/whites made it alive, after Muslims castrated them). Some say only 10% of blacks/whites made it alive after castration, see how racist the Muslim Arabs were. Exactly as today Arab (Saudi, UAE, etc) Muslims enslave millions of blacks/indians, so did Mohamed's followers, as the unholy Quran deifies slavery (read what a rapist, and cruel person Mohamed was per the Hadith), just as the Bible does. 1300 years later, Muslim Berbers in WW2 went on a rape rampage (14 year olds

raped 50 times until death) when French empire used them as cannon fodder to invade Italy, the low IQ rapists didn't know sex outside pro-creation shortens their life too, via sperm drain, and quantum effect of the victim energy destroying rapist quantum field without even trying to (due to quantum link, sperm inside is the link to the victim quantum field that has unseen matter counterpart that remains longer, sperm DNA was found in woman body/brain decades after an encounter; the link would exist due to strong interaction even if he would have had condom and no sperm got thru, it's as simple as she thinking of him that's enough to damage his field). Mohamed *(like his twin soul from* hell, Moses killer of 3000 Jews, the promoter of rape of all girls in *towns they conquer)*, was too low in IQ to know that all women he forced to marry him (raped them 1 day after killing their husband in battle of looting caravans or etc, as shown below) would drain his happiness, since his connection with them connects him with their misery (anger, sadness they hid from him to avoid death). However, excluding the calls for mutilation, terror, open ended fight/kills of all infidels, the Quran is arguably not as cruel and violent as the Torah (Old Testament) in its verses, in the sense that it doesn't go into '*total* kill' detail on how to exterminate any gentile nation Jews want, *how to kill all animals, burn everything to the ground, loot everything, rape everyone Jews can almost*. Yet, when you read all bad quotes, there are equivalent quotes for either, so both are roughly equal in evil and violence. Oddly, Mohamed views non-Muslims as animals. The Western media however, being Jewish controlled, Jews main profession being lawyer, banker, realtor, trader, CEO, musician, youtuber and journalist-politician, only criticizes the Quran, not the Bible, since Christians are simply more like ☺abysmal IQ☺ robots controlled by Jewish Bankers (crypto Jews who claim to be gentile and Christian) who covertly and indirectly own the Vatican, royal families, all media and churches. It never occurred to gentiles the Christian religion is the greatest Jewish scam perpetrated on humans,☺☺☺ with Islam being the 2nd greatest. Mohamed's grandfather was allegedly open to sacrificing babies to Baal. Check out rich Arab parties that leave girls from all over the world injured. Black lady suggests Arabs force ladies to suck their toe, penis. Arab slave owner beats slaves with stick. US Congressman gave a 5 min speech about the Quran in 2025.☺

Muslims say "Mohamed was inspired by God" because he was against alcohol in the last part of his life, due to some violent incidents and nobody coming to his mosque after he said don't pray while drunk. Well, thruout time, billions of people hated alcohol due to making people violent when drunk. So, if you hate alcohol, you're like 4 billion other people, not a prophet. The truth is that Quran praises wine in many places, but Mohamed keeps changing his word if it shrinks the pool of followers who loved wine more than prayer. Mohamed drank alcohol often (maybe too much) per the Hadith, so he had no idea about its evil biochemically, he just didn't like disorder and shrinking follower numbers. Today most Muslims don't drink. Muslims say Mohamed was inspired by God because he was against dogs. Well, thruout time, billions of people hated dogs,

due to their lethal attacks on kids and barking waking people up from sleep or not letting villages sleep at night, incessant barking that annoyed Mohamed a lot due to many stray dogs looking for food in the food scarce desert. So Mohamed, in typical style, like with genocide against anyone not believing in his Quran, said "dogs are evil". Hating dogs, like billions of other people who lost dozens or thousands of nights due to neighbor dog barking, doesn't make anyone a prophet. It was not a prophecy, but a simple human correct assessment of the fact that dog barking and lethal attacks on kids, owners, elderly, smaller thinner people are evil, that dog barking leads us to become dog like, and not needed. Americans love infernal barking more than their fellow Americans, build dog hospitals instead of people medical centers. It's plain common sense, we definitely have something good in the Quran: anti-dog, anti-alcohol. However, this is common folk wisdom, not a prophecy, it's a dislike shared with 4 billion sinners. He never predicted anything, just stated an obvious fact: many people hate alcohol and dogs. Mohamed may have been bisexual and Muslim Sultans were pedophiles raping Christian boys that were part of their harem. Isis males raped infidels young males and boys to torture them: Islam 101, gay Rape All nonMuslims and Killing of gay Muslims, the eternal double standard of Islam. ☺☺☺

A video *allegedly* *explains* why Mohamed was not a prophet, how he died within 8 months of cursing some Christians, how his entire family was killed eventually by his "peaceful followers". He was so protected by God, like Jesus the fraud, that he was so easily killed. 0 IQ Christians believe that the Bible, Quran and Hadith were not changed. In reality, as you can find out by researching and googling this (many versions of Quran, and one became dominant after a while, just like with Christians, they got many Gospels), the Quran was written (in its final form after Mohamed's death), by various Muslim scribes, spies (Jews-Christians) who added things to make it sound like Mohamed predicted his own death, like the aorta cut of false prophets (watch the 0 IQ typical Christian passion of a cross wearing hypocrite, who promotes the Bible, equally genocidal to Quran, and uses 3rd grader logic to "prove Quran predicted Mohamed was false prophet". Quran predicted nothing, verses were added after his death to Hadith and Quran to make Muslims believe Mohamed was a false prophet, to weaken their faith in the new Torah-Bible denomination, or off-shoot, called Islam, as Christians and Jews wanted no competition for their looting genocides. Some Hadith verse, which could have been made up anyway, claimed that a 'Jewish lady poisoned Mohamed who died in 632'. Some repeat that as if it's a fact. Wake up, there is no evidence for any of these claims. What if it was a Muslim lady or he simply died of atherosclerosis, eating fatty foods? That may be a much simpler explanation for his *alleged* heart pain, maybe he had angina, since in later years he was *allegedly* fat due to being such a well fed rapist pedophile aristocrat *with 90 harem* girls. Extreme battles and sword fights also weakened the rapist, so it was natural (due to so much meat too), to succumb to heart disease, like 20% today, especially with few veggies, antioxidants growing in Saudi Arabia. Too much sex

can weaken the heart too, and Mohamed possibly had 500-5000 concubines total and 10-20 wives. Please ☺☺*lovingly tenderly gently kindly*☺ recall that it was common for evil aristocrats, such as some Chinese emperors and others to have 2000-9000 concubines. To cover his living expenses, Mohamed was engaged in looting raids, where innocent people were killed, kids and women enslaved and raped. More on his attacks and killings to loot people is in this video. Question everything in any text, video or this book, all is hypothesis, no videos of 7th century exist. It's possible Mohamed was a Machiavelian spy politician who claimed he believes in God of Jews and Christians when taking over Christians lands was easier and Meccan deities when he could gain some material benefit (see Satanic verses), hence today they worship the black cube, an idol itself like the 3 Goddesses idols of Mecca he pretended to believe in to make peace with Meccans and save his life. Millions of people believe Mohamed was demon possessed. However, science can't prove the existence of 'demons'. May God help more folks think like the Immortalist Anthem, and be more honest, unlike the deceptive cruel (see his advice to lie in order to kill someone) Mohamed. Mohamed stole camels and then when others stole those stolen camels, he killed them in a horrific way. Quran explains how Mohamed married a lady against her will to a Mohamed slave and later, after seeing her naked, forced her to marry Mohamed, killed his adopted son by sending him to wage an unwinnable war. Mohamed wanted people to give him money and told them God will pay them back in heaven.

Mohamed was essentially a rabbi who focused, like all rabbis do, on specific quotes of the Old Testament, and Mohamed created his own Judaism denomination called Islam: his focus, Peace be Upon Him was the genocide, mass rape, slave beating Bible quotes. Christians thus created Mohamed as they published the Infernal Jewish Bible. When Mohamed attacked/killed some people to steal their wealth, he also killed the prince and raped his wife, watch the whole sequence. *The* essence *of Islam*. Mohamed killed many people and married their wives, so in the Quran he doesn't talk much about King David's sin when David did the same murder, since the Quran is all about recycling the Bible from the perspective of a serial killer and rapist doing the same rapes, genocides and looting praised by the God of Israel (some Arabs called Bani Is- rail from Uhr moved to Israel area and became 'Jews'), as we have seen above. Now you understand why the Jewish first prime minister of Israel called the Bible the Book of Books: no *other book led to more genocides, as it helped* create *the genocidal Quran*. The ever deceiving bad type (not all) Ashkenazi Jews, united with the depraved aristocracies of the planet, who enslaved the entire planet and every American via the same deceptions of Mohamed, now brainwash us with zeal to worship their system of 4500 banks and endless stock market gambling and trading designed to enslave gentiles, via the Mindless Adulation of a Genocidal Scripture, the Torah, they forcefully pushed via the Bible on all continents, with all being lied that Jewish Jesus is their savior. Jewish Rothschild Bankers gave money to both sides of conflicts, profiting from the

genocide of gentiles. Worship that Jewish Bible, that Jewish Quran? Mohamed dealings with his wives and their slaves tell us everything about the prophet, his wives were mere sex slaves. Studying the Quran in depth or the videos in this section, the quotes, etc will help you realize Mohamed was a carnal lustful animal, a rapist and mass murderer, a bandit, whose IQ was similar to cannibal chimps. We can see from his cannibal chimp Quran that he says "When an animal man wants to have sex outside of procreation, which is not needed for humans and an activity only beasts and cannibal chimps engage in, then his Muslim wife shall not refuse thereby destroying the opportunity to teach him meditative bliss, evolution beyond animalism and conservation of energy". No love for the wife exists, she's simply a slave of the male, and she has to undergo suffering to please the rapist energy of her husband, according to the Rapist Mohamed. This is in clear violation of the principle of 0 torture, 0 pain in any human relationship that all decent societies agree to. We can see that his advice is bound to create tension and suffering in the family and nation, leading to world chaos. Any joint activity needs to be approved by both sides without the use of force or it will lead to the 10 sec end of all humans.

Mohamed's ☺abysmal IQ☺ didn't help him realize that people on many planets, just like here, don't have sex because simply meditating makes them 1 million times happier or simply because they don't have sexual organs at all, procreating by materialization or molecular or subatomic particle assembler machines. He was so disconnected from God that all he chased was sex. You can see it in the Quran, Mohamed was a rapist. Watch how Mohamed wants a former scribe killed for exposing the way the Quran was fabricated. Your taxpayer money goes to fraudulent pastors and imams who promote the violent Bible, which deifies the same genocides, rapes and looting you have seen in the videos about Quran above. In the first decade, Mohamed only got 100 followers, so then, he changed his tune and invited followers to loot caravans getting 200 followers in 3 days after proposing his 100 'disciples' to loot others. His so called religion was a cover for gangster style robberies. The "Religion" of *Theft via Murder* was born. Watch how Mohamed missed the caravans 5 times in a row for months, receiving no info from Allah on caravan movements and how his whole life was that of a gangster looting people, like the spread of Islam itself was. The Quran explains Mohamed, the Global Genocidal Murderer and Looter, is entitled by Allah, ArchDemon from Hell, to 20% of any loot his slaves obtain via genocide. Behold, the Prophet of Genocidal Looting, telling his disciples to kill to steal money, when they wanted some money for a wedding. When he presented Mohamed with the head of the tribe chief, Mohamed approved of the beheading, giving him 13 camels from his loot as a reward. Hail Islam, but excuse us, the religion of Judaism, the Bible genocide, looting via murder, rape was reborn via Islam, refreshed… For such is the evil of Demon-crats and Re-pub-licans, they hide that Islam is a Bible byproduct, a Torah rewrite, of course they hide it, the 2 fake parties are controlled by Ashkenazi Jews, the friends of humankind. Let us worship the Bible,

whom Jews, pretending to be gentile, shoved down our throats via war and deception for 2 millennia, Hail Jesus the Fraud, who gives us 4500 Jewish banks to loot gentiles in USA alone…☺☺ Hail Quran, who Deifies Robbery: watch how double standard the Quran quotes are in regards to stealing from infidels and Muslims. These videos are all you need to understand Judaism, the Bible, Jesus, Israel, Christianity and the Vatican. We now understand why Jew Kaganovich killed 5 million Ukrainians, Jews exterminate Gazans. The Black Stone removes sins when kissed per the Islamic nonsense. A Shiite leader went to Kaaba in 930 AD on first day of Haj and killed 30000 pilgrims, took the black stone and defiled it in toilets. The birds didn't protect the Kaaba from the massacre, as Mohamed the Liar said in the Quran. Mohamed killed infidels until he died, and Jihad was a cover for his looting of innocent people. ☺☺☺

After watching these videos, we can't but question how come the *Department of* Justice *(*Jew-*stice) is going after organized crime mafias* and not *after the Islam, Jesus and* Moses Jew-*ish mafias*. How can they award Christianity, Judaism and Islam the status of religions, when we have clear historical evidence they're organized mafias with only one goal: takeover of other lands under the guise of nuns, monks, clergy, churches, etc. Not only the historical evidence, but the texts themselves glorify the most heinous crimes against humanity, genocide, mass rape, mass burning of cities, mass mutilation, extermination of all humanity etc. Martin Luther dissolved monasteries due to info that the monks, nuns were spies, who would not always remain in the convent as they claimed, but changed clothes and executed covert operations *for the Italian* Mafia. In light of this, we need to question what Islam is: a cult of murder, genocide, rape and violent mutilation established by a world bandit joined by greedy bandits who relished looting hard working people. Not only that, but by reading these 5 pages, we see the Bible is exactly the same genocide and looting and Christianity is a scam, as Jesus deifies the Old Testament, the Mohamed techniques of global banditry and eternal genocide. Isn't it time for all nations to vote the Immortalists and require nonviolent scriptures? Why is the whole humanity slaves to the most criminal serial killers the world has ever known? We don't study physics from the 1st or 7th century books, why should we study ethics from those times? ☺☺☺

It's maybe worth pointing out that visiting any church is visiting the "demonic" text that created the Quran, the Bible itself, and that any worship of Jesus the miracle faking conman is a worship of Mohamed and his nonsensical teachings, it is giving power to Islam each time you take part in these chicken IQ Christian rituals and such. Sadly, people are too naive the understand the evil nature of Jesus the drunkard, who was neither a prophet, nor the 'only' son of God. Anyone who has read thus far and finishes this Islam section will realize the Holy Trinity of Judaism, Christianity and Islam, the Holy Trinity of Religions are: 1. The Holy God of Genocide 2. The Holy Spirit of Looting (Theft) 3. The Son of Eternal Rape, or the *Father, Son and Holy Spirit*. An honest look of history reveals the Real Trinity of 1. Christians, 2. Jews and 3. Muslims, too brainwashed

to see Evil from Good. However, due to the intense war of Europeans against the Jewish-Italian scam called Christianity, many inventions emerged, including automated ship propulsion, ending the galley slaves profession. The war was rarely physical after 1750s, it was mainly thru books that teach people to question their beliefs. If you want to know how the 'eternal' Quran came about, (the 100 versions of it), watch how the Quran was written. Also see how Muslims are like pagans, worshiping a black stone at the Kaaba, a cube, a material object, instead of God and the human quantum field, how they believe birds can't poop on the Kaaba. Mohamed/disciples killed pagans for worshiping statues, destroyed statues of Buddha (a peaceful guy), but what is Kaaba and the black stone, another statue of a different shape? Orthodox Christians and Catholics also have an obsession with kissing icons or 'blessed objects'. God is an infinite field, present everywhere, you don't need wafers, icons, medals of fake miracle saints, crosses, Kaaba to reach God, God doesn't need matter to bless us. Mohamed said he did no miracle, but that the violent illogical Quran is his miracle. OK, so nobody did any miracle, except science by its cures. Check out how Mohamed, the "prophet", was unable to see the poison that a lady placed in his food, unable to get God grant his prayer of saving his son's life. Mohamed was OK with sex slaves and selling sex slaves if they became pregnant. The image and sculptures of Jesus and Mary did not protect Mohamed, as he allowed them in the Kaaba (all other idols not allowed), showing how fake the so called power of Mary and Jesus are, unlike the cult of Catholic Lies. Allah wants to make sure all who go to Heaven have white faces, all blacks go to hell? Mohamed had a tribe leader head paraded in Medina, had her body pulled apart by camels until she died. Mohamed wanted all who quit Islam to be killed. ☺☺☺

Quran says Allah suggests one night sex with strangers to solve divorce issues. The Quran is encouraging pedophilia illegal acts. In Iran, after the 1979 Islamic revolution by the allegedly 'Iranian' clerics (Jewish?), marriage age was moved from 18 to 9, then 13, with guys able to marry 4 girls and girls only 1 guy. Even Saudis banned marriage under 15 in 2020, requiring court approval for under 18, meaning the official legal marriage age is 18 now, with a few exceptions if pregnant and if a court allows it, etc. Check how Jews decide who is a virgin and what practices existed back then. Many believed Mohamed himself was Jewish, pretending to be Arab. The disciples of Mohamed could not even abstain from sex, so Mohamed told them to resort to prostitution (this 1-7 weeks sex slave marriage for lustful Muslim animals is described in this video better, it is designed to turn humans into demonic animals who don't know God or their brain), or 'comfort women' of the 'temporary marriage', inspiring armies today to follow the 'holy' example. The Quran is fine with beating wives, (read women rights in Islam), with stealing from non-Muslims, marriage to kids (in Iran, marrying 9 year olds is common, following Mohamed marriage to Aisha when she was 6 and having sex with her at 9). Texts of Hadith, complimentary to Quran, allege that Mohamed told people to beat kids when they don't pray.

What a violent (*for profit*?) '*prophet*', given that there are 1 trillion better ways to silently pray than the way Mohamed told them or to commune with God. Given the calls to mutilate people that Mohamed, the Infernal Torturer and Evil Killer of Innocent caravan owners, shares in the "holy" Quran, beating kids is a very "small matter" and easy to believe as coming from the "all merciful 'final' prophet", behold their Eid holiday slaughter, blood on streets to uplift the vibe. There are ☺☺1 trillion ways to any outcome without any violence, war and terror,☺☺☺ but Mohamed was too much of a sadistic cruel low IQ soldier *(0 IQ in today's words, like Jesus who pretended to have special powers in the fictional Bible, was a liar and* conman *too, though he didn't kill/torture people, so Jesus was kinder)* to realize that a trillion peaceful ways exist, so his holy Quran is full of terror and evil quotes (see them by topic to realize Islam is pure evil). Many are shocked how naive Muslims are to believe they have to visit Mecca (1300+ died in 2024 during Hajj as temps rose to 120°F) and all that Mohamed said (which is from the made up Bible mostly) is true. They didn't read islamisdifferent.com perhaps, with the "pearls of Islam", inspired by the "holy" Bible. Saudis make big $ with those pilgrimages, like other countries with fake Christian Mary apparition sites. Once we study the violent quotes of the Quran, we see they're ultra similar with the Torah part of the Bible, so who got inspired from where? Some made a list of 50 reasons Mohamed was not a prophet. Quran was copied mostly from the Bible of course, as the Bible got written 7 centuries before. It's funny how Christians get mad at the bad Quran quotes, but it is all from the holy Bible quotes above about looting, mass rape, genocide, etc, quotes all Catholic churches hide (Missals replaced Bibles) and all Protestant pastors don't talk about, so most Christians have no idea what their Bible contains. To bring peace we need to realize 1. the Quran is nothing but the Bible rewritten plus a few new ideas related to Arabic customs of worshiping a black cube etc, ☺☺☺ 2. the scripture of Christianity can't include the huge violence in the Old Testament, where 98% of the horrific quotes are. Jesus faked it all. ☺☺

The Quran got many instances of looting (via violence and killings) of caravans (1st Mohamed expedition, 2nd, 8th attack in a holy month, 37th, etc) as part of Mohamed's 90+ military expeditions using killing/violence to steal or convert by force to a 'religion' that worships "military *expedition,* caravan looting, extortion fee from all lands who want to retain their religion *and not be killed (a form of* slavery*, 50+ countries had to pay with gold, food and soldiers to Ottoman empire, etc), killings of innocent people who happened to have goods Mohamed wanted*" & odd marriages. So, here came Mohamed, the "last (*for profit*?) *prophet*" perpetuating the slavery Lev 25:44-6 tradition of Torah, Bible again. Youtube ☺☺*lovingly tenderly gently kindly*☺☺ offers ALL a clue into Islam: *Black and Muslim*? Watch Blacks being enslaved by Muslims and read the many racist Muslim quotes. *Indian and Muslim*? Watch Indians being enslaved by Muslims in this era. *Please tenderly gently* watch Indian, Black

workers who don't get paid for months. Ottoman Muslims came and burned villages in Europe year after year to enslave locals. Wikipedia says that after killing the father or husband of some women, Mohamed married them (if they were hot, as Quran/Hadith claims many were 'beautiful'?) like Safi daughter of a Jewish tribe chief, Raya *Jewish* Concubine; he had 11 known wives per Wiki (though the number varies a LOT, depending on which scholar you ask) or more if there were brief affairs with concubine "*wives*" that were expelled, or worse for insulting him or etc? and were not written about much: frequently we hear of people being killed for 'insulting Islam', where did this tradition come from? from Mohamed of course. However, if you read the 10 pages above, you will see Mohamed probably learned it from the sociopath quotes of the Bible Old Testament, Lev 20:9 etc, Torah. So, before lashing out at the 0 IQ of some uneducated Muslims, *those Christians, Jews need to read the Bible, see what their ancestors, or 'beloved clergy' promote(d) as the 'Word of God' (they knew no Latin, Greek, Aramaic, the 3 languages the Bible was most printed in the first 15 centuries, and* pastors lied to them*),* and realize these things probably existed before the Bible even emerged, just like slavery existed before Mohamed encouraged it in his Quran, since he was repeating what others were doing and saying in other texts, not a prophet, but a professional serial killer engaged in 90 military battles. ☺☺☺

A truly objective science geek can't blame it on Jewish 'insane prophets', since nobody knows if or which spies impersonated the scribes to frame (make Jews look bad) those 'savages' or what area these ideas initially emerged from. Thus, it's more tactful, peace building, diplomatic to *just be kind to all, while not being a fan of bad quotes. All humans will* evolve and live to a trillion then*. 0 IQ, cruelty, cannibalism and sacrificing animals existed on many continents and may have emerged independently, due to people believing 'gods of rain, etc eat human food'.* There is no way to know. Wiki says "*Maria was sent as a sex slave for (the 'holy') Mohamed and her only kid with Mohamed died at 1; Maria was set free after the birth of this short-lived baby, and apparently lived far away from the mosque, in an orchard, like concubine slaves did, though she died 4 years after the baby died*"). Islam is the only religion where the founder is engaged in 90 military battles and killings (see what Muslim Turks did, besides 'slave concubines' (Wikipedia) like Mohamed, more than even Moses. That is vastly different from Jesus, Lao Tze or Buddha who fought nobody in war, killed nobody.

Mohamed also bought, sold, captured slaves and slavery was OK for 13 centuries in Islam until the anti-religion Enlightenment thinkers led to the end of slavery (since Judaism, Christianity were for slavery Lev 25:44-6) in 1800s. Mohamed is the only religion founder who killed or incited many many people to kill in combat many times (see 90 battles of Quran), unlike Moses who was in some people's opinion 'kinder' than Mohamed, per scripture, having only killed 3000 once in Exodus 32:26-9 and told people some 'laws' that were cruel on killing others for small (today, not then if harsh punishing was the standard in the region) mistakes, and Krishna who

told Arjuna to kill lots of people in Gita in the Kurukshetra battle, though Gita is one of 20 main scriptures of Hinduism, most being peaceful. It's hilarious, Muslims claim to be anti-Judaism, but their scripture is so Jewish, so similar to Moses bad quotes presented in the previous pages, so similar to the Jewish rhythms and dances that cry out to the world (well, sounds like artillery hitting Syria at times, like 60+% of world music today unfortunately, no wonder we got so much 'peace'☺☺). Let's bring Eternal Universal Peace in 3 months. Sing peace, not trash. ☺☺☺

Some care not too much about planetary (Syrian, Ukraine, etc) neighbors bombed into the stone age, how about more peaceful lyrics and truly serene rhythm that we desperately need to attain the most basic level of civilization: no war and no violent crime? To be fair, we see the Quran violent quotes energy (shouting tone and/or rhythm of war dances) radiate in 10 music clips: stick, rifle, wedding sword, sword, aggressive, 'gentle' voice', Los Angeles, yell 1, yell 2, rifle dance, thanks in part to Moses/Jesus Bible quotes that defined acceptable writings of Quran. The wedding video is from a series on weddings showing pink veil men who rub their noses (is that why nose is bent for some like in those pic of Jews Nazis used to publish (warm climate means bigger nose, cold means smaller, nothing complex, hooked noses are common in 50 ethnic groups) (which are fake, since only some Jews (see here) have such a nose, see main guy dancing here too)? generations of rubbing bent it?) and kiss each other with the cheek nonstop, looking more like gay Talmudic Jews pretending to be Arab; are some top 'Arab' and EU leaders Jewish? Is it spiritual to waste so much time with so much formality, kissing 3-4 times each other (while Syrians are dying and never kissed, left to die, as fellow Muslims, in Turkey tents), nose rubs, luxurious swords at weddings, while Saudi bombs, funds injured and killed fellow Arabs in Yemen, Syria and didn't build decent shelter for millions of Arabs displaced in Turkey tents due to Saudi activities in Syria? Are they Arabs? Press Ctrl+F "Saudi" to read more about Saudi treatment of non-Saudis. Mohamed had his followers face Jerusalem first during prayer (not Mecca), he may have been Jewish 50-100% per some reports, just like Jesus may have made up Christianity to dominate Gentiles via a fake religion they Jewish founders don't believe in, sort of like Jews can create both sides of a conflict, Nazis/Communists, Muslims/Christians etc, a way to keep everyone low IQ and short-lived and never attain Immortality *for* All, but anyone can do that, not just Jews. Will Muslims wake up and realize they may have been set up (duped) by Mohamed spy handlers, like Christians were set up (duped) by Jesus military spy and his handlers? Mohamed could have criticized Jews just to hide his partially Jewish identity, if the wars with Jews were staged; his Quran is *very much a marketing, promoting of the Torah and Bible, with a few add-ons*; whatever happened, we need to focus on loving all and granting longevity to all. People get caught up with *'how Jewish (or whatever nationality) was Mohamed or Stalin, Lenin, Hitler etc?';* that's not important versus who controlled those guys, since the 'leader' doesn't always make decisions as many assume, he's just a showman, manipulated by

spies. That's why it is hoped, as Jews, Arabs, Christians, Muslims, analyze in detail these scriptures and see how violent they are, that they will take rabbis 'holy tone' & 'wise' speech (similar to the tone of Moses in some quotes above, he also gives commandments, commanding, yelling, whereas God is love, God loves, not commands, God suggests ways to commune with divine healing angelic gentle tender tact compassion; we need to transcend this 3 millennia old tone, this way of writing of the Bible, if we want to bring peace, focus on the best 3 quotes only, leave the rest or rewrite it in a civilized diplomatic healing gentle way.☺☺☺

It's odd how Buddha was 1100 years before Mohamed and was all peaceful and meditative, so did Mohamed really connect to God (God knows, recommends a trillion billion ways to peace in any circumstance, without using any violence, terror, torture which is the opposite of Mohamed and Quran) or just copied evil violent ideas of the Jewish Old/New Testament? If God inspired Mohamed, how come God could not inspire him to be at least as peaceful as Buddha? ☺☺☺ Mohamed read the Bible, talks about it, got "inspired" by the Bible quotes, and look what we got, some claim 90 million Hindus were killed by Mughal Muslim invasions of 500 years? Others say it's only 10 million. Some sites claim Muslims killed is 270 million infidels (politicalislam.com, see 2 hr youtube, or 2 min video) for 14 centuries, but we know even with some exaggeration some big stuff happened, even if way less than 270 million (the phrase political Islam is illogical, since governments are run by spies who don't believe in religions). And millions of African Christians too? And more Natives by various Bible or Quran believers? *Can we just ignore these* historical facts without wondering if the Quran *quotes* had a role in these atrocities? Jesus was a sort of rabbi too, just a reformist one who came to bring swords Matthew 10:34-38 reminding us of this Muslim sword dance and that Muslim sword moving, and also quite "inclusive": heaven only thru him: John 14:6 and "exceedingly polite, graceful, loving, courteous" like a chosen and the 'only begotten' Son of God: John 8:44.☺☺☺ This is a very manipulative Jesus that encourages people to make bold statements, including Mohamed. Take clergy, scriptures with a grain of salt, not too seriously and work with all humans for a World of Peace in 3 months and longevity for all. The symbols section explains swords are not the most peaceful one, since it is associated with war in most cultures and human quantum field, so it is not pro-**Immortality** *for* **All** or pro-**World Peace** to deify it, like Saudis do in their green (like soldiers, Mohamed was a soldier, green was his favorite color) flag and weddings. Scholars say green is a special Jewish, Islam color (hence Mohamed's love of many Jewish things, like wives, etc) and we see some green wearing shouting rabbis wearing long green robes (see rabbis shouting with gold green here again). Mohamed claimed in the Quran in paradise people wear green, cause that was his favorite color or that of his favorite friends, but it doesn't mean it's like that in every astral place (Jews obsess with the tree of life, link green with life due to plants being green when alive (it's the pigment that aids photosynthesis on our planet, nothing more), so *Mohamed was fooled*

and thought green is the 'color of God' so he writes in Quran about silver green clothing, like these rabbis who love yelling and this silvery gold green, close to the green of tanks, armor and all military gear used to cause eternal war and violent death on Earth, and to some reptilian species (crocodiles, 'reptilian or bird humanoids or fiery seraphim, saraph means fiery serpent, fallen angels from their saucer, bird people like in Egypt stone glyphs, though people may have imagined God must be gentle as dove, wise as serpent, so some flying reptile', snakes (flying serpent, video, in the garden of Eden, or maybe like Aztec flying serpent, flying dragons, the deity of human sacrificing Mayans?), salamanders use green skin to hide in the green vegetation from predators or prey, reptiles, scary winged birds, huge bats, etc associated with the fallen angels (bad 'aliens') who came down on Earth and had sex with women in the less published Bible book of Enoch). On Earth wearing lavender, orchid (a slight pinkish lavender) or light (since dark purple is pretty common these days) purple would help more than pervasive green, as any rarer color takes us away from historical inertia. Swords have been used for eons to kill and thus have a quantum vibration that shortens human lifespan and pollutes the mass consciousness field, so ought to never be displayed in public in light of quantum mechanics, much less on a flag, which is unfortunate, since about 70 countries have various emblems with swords (flag of various branches of government or etc). But alas, they have become victims of a religion imposing itself by the might of the sword, but truth always reveals itself in the long run, so Muslims will one day understand and become free from dogmas, so they can finally develop their ethics and technology to live to a trillion years old in peace and love for all. Christians will too become free of brainwashing and other religions imposed by swords: Roman emperor forced it on all officially in 307 AD and then all his vassals imposed it via "missionaries" spreading the fake miracles, and the word of mass rape, global looting and genocides. For God so much loves the world of humans, he wants all to be able to choose to live to a trillion years old, in freedom and peace and on many solar systems, unless they want to translate into a higher dimension or parallel universe sooner via sci-fi tech. ☺☺☺

Have you ever asked yourself: what if *God* is *Infinite* Happiness, Grace, *Mercy,* intelligence, Immortality, *Inner* Beauty, Infinitely Tenderness, *Nonviolence* (abhors inflicting pain on any living being), *Most Nurturing Gentleness, what if* God *doesn't torture,* directly or using Jews, *anyone, for any reason,* not even 'his son'? What if *God* doesn't want the glorification of torture and killing the Christians, Muslims, some Hindus (they got a lot of religions totally different from each other within 'Hinduism'), religious Jews do, even if without realizing, due to supporting the texts full of torture and killing calls? God will reach out, but if people choose evil consciously, then it's their free will. God will shine a light, help people question their long cherished beliefs, but God won't interfere. The gentle folks will eventually prevail, as IQ increases globally, even if it will take more than a decade or whatever. *Future people will* read and understand *1 million*

books in 1 minute, the IQ of Jesus, '*prophets*' etc is like that of bacteria, *we don't learn quantum physics from bacteria*, so future people *won't learn spirituality from Jesus, Moses, Mohamed* or any book written today, not even the positive polite 7 page "Immortalist Anthem". Why do people have to go to Mecca once a lifetime at least and die in 120°F heat like 1300+ died in 2024 Hajj, or face Mecca while praying in Islam? Do people ever question these things? Wait, initially they were meant to face Jerusalem (to gain the favors of some Jewish tribes in Medina, or because he was Jewish?), then to Mecca/Kaaba, when praying: Mohamed changed his mind and now 2 billion 'slaves' *(psychological slavery to the idea that the way they pray, or attempt to be close to God, which is one of quadrillions of ways possible, is the ideal or best, when they don't even know, 5000, let alone a trillion other ways, to pray, let alone test their hypothesis that one is better than the other)* face Mecca now. There is no physics, just the whims of Mohamed, like in the Quran, whatever helps expand Islam. Saudis use Sunni Islam and Mecca trips etc to create spy networks. Why does the Jewish Vatican create fake miracles and uses churches as spy networks, and why do the other Christian groups do the same? What has being a liar have to do with granting Immortality *for* All? They got advantages from that, spy networks. It's not that the Italian (Vatican, etc) or Saudi aristocrats believe in the fairy tales they brainwash billions with, it's just an ancient way to have a cover for traveling to Rome, Mecca, setting up spy bases (churches and mosques), etc and create spies for purposes other than Immortality *for* All, as videos above show the complete disregard of Saudi aristocracy for Indian and African slaves they use. The Jewish Saudi Royal family, and other (most?) "Muslim, Christian, etc" royal families, are perfect examples of aristocracy keeping gentile people ignorant (by role playing they believe in religions, when they don't), so the enslaved masses can't become free, have scientific knowledge, be independent of oil imports, of the fairy tales of Islam, Quran, Bible, Torah or whatever. Immortalism is all about science, real freedom, the achievement of the trillion year life of every human, not the killing of pilgrims when they're 20-75 years old. ☺☺☺

For example, for Saudis, key ways to be close to God are to unintentionally kill 100s in 120°F heat strokes or stampedes and possibly die at Mecca (9 deadly stampedes, many of 100s of people, in 25 years), CIRCLING THE KAABA. Why do it if even 1 death can occur? No respect for Life? Likewise, they want, exactly like the Vatican, people to follow endless rituals and rules, some even made up rules not present in the Quran/Bible, instead of focusing on what is truly THE MOST important thing: LIFE ITSELF, Immortality *for* All, the most important human right of all, *BEING ALIVE*. Why do they need to wave Muslim swords? It's not a peaceful object, listen to the sound, the aggressive macho vibe… my God compare it with the 50 female voices here. How can Iran (or perhaps Jews pretending to be Shia Muslims) not believe the Saudi Royals are 'Jews disguising themselves as Muslims' to fool 2 billion Sunni slaves? Read Lev 25:44-6, watch the Saudi Royals emulate the 'perfect' character of slave trading/owning Mohamed: where is the

loving kindness, the *gentle tender nurturing grace*, the humble desire to grant life that is longer, happier, free from the 500 terror and violence quotes of the Quran? Do Arabs realize clever military spies created Islam? Check our Dubai Arab bandits enslaving Chinese naive folks. What is Islam doing? Just keeping the Muslim IQ low (just like Christianity keeps Christians IQ low) read the Quran versus science papers and read its IQ. Nothing is known about Mohamed's true aims and origins, everything comes from reports written more than 100 years after his death, from possible spies *(same with Jesus, all miracles could be fictional, written in books by hired disinformation agents, to pretend it was a real event)*. We're told to be naive enough to believe that the Saudi Royals believe *you need to circle around a Mecca object* to be close to God? Do something that has killed 2000 Muslims before in stampedes? And thousands of Muslims due to heat strokes? Who is going to believe that? God can bless anyone without any material object or human clergy intermediate. God knows how corrupt some can be, God won't use intermediaries to reach people and souls God cares about, God won't take risks to use those who could dilute God's energy or distort it. The more enslaved in ritual and Quran/Bible/Torah terror you are, the more they can extract benefits and enslave the nations. A lot of clergy who pretend to be Muslim, Christian are Jews: Deut 20:10-17. 'Tolerance' of other religions in Islam history, leading to, per some reports, 10s of millions killed, is a direct result of the Quran words. Read the words of an Islamic scholar about the need for violence and figure out what kind of religion it is: one that promotes violence, and claims that God is so low IQ that God knows only violent ways *(or approves of terror and violent ways, when alternatives exist in the billions)* to many outcomes, when there are (there are infinite ways to proceed in any circumstance) trillions of nonviolent methods to attain peace? ☺☺☺ The Bible scribes were equally brainless, they imagined the only way for the Kingdom of God to appear is thru some 'revelation' big evil events, big wars; they could not realize that peace can happen without violence, since they never did it (being trained spy soldiers disguised as scribes). All major nations need to realize scriptures need editing to remove violence and terror. The Anthem of Immortalists is more peaceful than many scriptures, it's not a scripture, just an idea to make anthems, lyrics to bring positive vibes. God bless you, my friend, gently question everything.

The last 8 paragraphs of this 14.5 chapter, explain some possibilities, personal hypotheses about the Jewish Mohamed, theories (in other books most never read), many of which also happen to be popular opinions of about half of humanity: aristocrats love religions, rituals since the two keep *workers low IQ,* distracted, unable to free themselves *from their chains*. Religions even destroy the souls of people, since they robotize people, remove their fluid kind intelligence. Religion wars make huge profits for aristocrats, who laugh as slaves die on the altar of abysmal IQ. To achieve peace, we need more of the ideas of these 7 pages on how to bring Eternal Universal Peace, ecstatic ~*~ *Unity in* Diversity ~*~ and Immortality *for* All. We need the

scientific method, to question hypotheses, test them and find out the truth,☺☺☺ without terror, without a gun to our heads by Muslims, Christians, Jewish communists or German fascists. Muslims and Christians rarely realize their religions are 95-99% Judaism. They're naive, not studying the details and how Mohamed, the scribes who wrote scriptures, Hadith could have been Jews… mixed with bored aristocrats (Arab or other groups) wanting to grow richer. Religions 2019;10(1):63 says "*An early Hebrew fragment from the Cairo Geniza recounts that ten Jewish elders (zekēnīm) befriend Muhammad "and made for him the Qur'an... ten Jewish elders of disguising their identity and pretending they're loyal followers of Muhammad while actually undermining and misleading him into believing he was receiving revelation when they were actually writing the Qur'an themselves—and disparaging it by encoding offensive remarks within it*" and that Jews were all over the Quran, and knew Mohamed since he was born, having played a big role into him becoming who he was, perhaps, *a Jew pretending to be Arab or an Arab doing the bidding of Jews*. (official spy cover story is Mohamed was an orphan who was illiterate, made so perhaps by Jews wanting world domination using Islam as a proxy, read the green in Quran, Islam, the Jewish color, paragraphs before). Christians are *too naive to realize that Jesus was possibly a typical bad type of Jew (rabbi) who didn't believe* anything he said to *gentile sheep:* Quran 9:30 call to destroy Christians and Jews (to make it look less suspicious Jews made it up, bad Jews always introduce antisemitism in any new scam they create)…, so that Jews dominate both Christians and Muslims by creating conflict. In Saudi Arabia capital, we see one woman for every 100 men, ladies dressed in 100% black, often with only eyes visible (burqa) and for 4 million working Saudis in 2023, 8 million slaves (temporary workers, no citizenship for kids born there) too. To understand the Yemen, Iraq, Libya, Lebanon wars and how the big powers of the 21st century use Shia-Sunni conflict (Iran-Saudi proxy wars), watch this 52 min video☺☺☺. Basically, Saudi monarchy wants to defend the monarchy, and *the Iranian puppet regime (they may not be Iranian?)* want to export Shia Islam to Sunni nations, toppling all Sunni monarchies. Both are supported by sadistic forces (USSR, USA, Israel, etc) who love the wars going on, forces that don't have actually any concern about protecting Immortality *for* All Ethos, due to them being as brainwashed to be violent by the Quran-like Bible (Torah) as the Saudis and Iranians themselves. UK Monarchy loves the Saudi puppet monarchy, the Russian republic loves the Iran republic. It seems Russia and UK agreed to each support one side of the conflict to keep the Mohamed enthusiasts from going and destroying every non-Muslim building in the world as they razed every Buddhist temple before in the hey day of Islamic expansion. China and India, highly anti-Muslim, also play a double game of divide and conquer, to prevent further expansion of Islamic 0 IQ ideas (that Jews possibly made to enslave every Arab, others), that obviously has no scientific proof, being as illogical as Christianity/Judaism itself.☺☺

Perhaps, *one of the most realistic solutions to this brutal genocidal eternal world order* (baboon

DNA that is present in all humans) that never changes for tens of millennia, is creating an Immortality *for* All culture globally, so the diabolical ethos in most world countries to kill and wage endless proxy wars comes to an end. A culture that is centered *against "violence, killing, torture in any scripture, movie, anthem, etc*, the very core of Judaism (Torah)" and its branches Christianity (98% Judaism) and Islam (98 or 99%). 99% of Christians and Muslims have no idea what the Quran and Bible contain, because the Jewish clergy have totally brainwashed them, having perfected the art of deception for 2 millennia: *the more religious wars in the Arab world for example, the more profits Israel makes*. An immortalism peaceful awakening of the planet, with 0 violent revolutions, just peaceful evolution, would mean the end of all violent passages in any scripture (Quran and Bible, Bhagavad Gita) or the creation of immortalist ethics as people realize the cave men were just men, not prophets at all. In 1979 a rebellion by fanatics in Saudi Arabia led to requiring all to attend the stone age prayers (more on that in the next paragraph), women to wear black abaya (no western clothing), until 2015, when King Salman allowed any color or pattern, while in 2018 they allowed women to not wear abaya or the scarf (hijab), giving women total freedom to wear Western clothing that is not revealing: this means in 2070s, Saudis may wear fewer scarves, becoming like Turkey where nobody wears abaya, robes, scarves anymore. Nations ban hijab due to police CCTV cameras not being able to identify people who cover their face (tracking of spies and preventing violent crime, theft, see China CCTV are done via cameras, to see all spy movements, to see how many illegals have slipped using a fake identity, trying to fool the AI cameras etc) and abaya due to terrorists being able to hide huge rockets, grenades inside and not be seen due to abaya being very loose. *In the Saudi sun (and super hot areas anywhere on the planet), wearing 'revealing' clothing, shorts or T-shirts is an act of self-harm, due to the* huge UV damage to your skin. People are brainless, *we see Western women with totally damaged skin around the neck, arms and chest due to 'a fashion of 0 IQ and anti-Immortality anti-longevity'. Skin UV oxidative stress depletes the blood of anti-oxidants, so your internal organs suffer damage too, not just the skin. The problem with jeans is that they're too tight and can overheat the testicles, leading to birth defects. Oh, "we gotta look good" for 0-IQ males, and get skin cancer.* The abaya allows a lot of UV to come reflected from the ground and oxidize the skin of the legs and even the testicles, so a more logical clothing is one that is ultra loose shirt and ultra loose pants, with a thinner diameter at the top of the foot, to prevent UV, but allow similar cooling. Wear white, pastels in hot weather to keep cool, etc. Our stores have no special sections for summer pants for warm climates, optimized by PhDs for maximum testicle and uterus cooling, comfort, etc: just mostly low IQ anti-life tight pants. They come up with shorts, but those are not ideal to prevent UV damage in bright sun, since sunscreen lotions are extremely toxic, all chemicals go to your brain and blood vessels too. The Muslim women take it to the other extreme with ultra warm neck scarves, they become overly warm, which also increases oxidative stress, heat shock proteins in the brain, etc. Both Muslims

and the rest, do 0 IQ things that shorten lifespan, *in the name of tradition and 'superior culture' of war and death worship in disguise.* Neither seems eager to leave behind the era of war and zealous 'culture wars', to make room for Eternal World Peace and Immortality *for* All,☺☺☺ via the neutral, always true non-subjective scientific truth of what extends life the most, whether in food, clothing or other areas of life. Check out the bombing of US Capitol or World Trade Center towers, how Saudis film it after mind control by FBI who duped the Saudis into thinking the "Americans didn't know and the 911 idea was Saudi" (*911* was inside *job,* by manipulation of CIA agent Osama bin Laden and others to justify invasion). Check out the (co-designer top secret possible 911 planner) Deputy Secretary of Defense on 9-11-2001, Jewish Paul Wolfowitz book on the Project of the New American Century, claiming US needs to dominate Central Asia (Afghanistan) and then 3 years later 911 happens and they invade it. The ease with which Saudi were duped indicates how eager they're to damage quantum field, to hurt innocent people and to terrorize, which contradicts the idea of all merciful Allah. Jews are not fond of Muslims, so bombing of Mossad-CIA created Taliban would be a natural project. Jews seemed a good front, to make it seem the Afghan idea was Jewish, not US Irish and US British. ☺☺☺

Have you ever heard all TV stations talking about Eternal Universal (All Planets) World Peace? Never, it's all a Zion Protocols Scam: eternal war. Aristocrats *stay rich, when slaves fight and die in useless wars*. Why are Saudis and others fighting so hard their enemies and kill so many in proxy wars? Because of the brutal merciless nature of most militaries, who don't have an ethics of nonkilling, nontorture: rulers know if they lose a war, they will be killed. Fear of the psychopaths in other countries, of the merciless serial killers commonly known as typical Earth soldiers, drives these enormous genocides and fight to the last slave, as aristocrats laugh in ecstatic bliss. This is a planet of seemingly mentally insane leaders, whose religion is essentially anything but Immortality *(nonkilling, nontorture, nonviolence, longevity) FOR ALL HUMANS*. It's as if they're on alien payroll, paid to destroy humanity. Everyone on TV, every leader seems an alien (vampire race feeding off humans suffering) brain chip implanted robot, who talks of anything, EXCEPT WHAT REALLY MATTERS: Living to a Trillion Years in Eternal Universal Peace. A trillion years gives us enough time to think clearly, under no coercion or pressure from serial killer fanatics, and to discover what God is really about, to become angelic, so we may go to a nice afterlife, not a bad one. Immortalism, with its eternal pacifism and nonviolence, is thus, by definition, implied in any true religion or state political ideology or system, and the most spiritual and natural choice for all religions, especially since a trillion years is a trillionth of a nanosecond for a young Immortal and infinitely less for God. In the 2023 era of insanity, there is no forgiveness or understanding, no concept of everyone creates everything, since aristocrats want no blame, only to find 'scapegoats' that then can be the target of the masses' anger, not the rich who stage the wars and setup the mega scams. The easy solution is for the masses to

want Wold Peace and longevity in every nation, 0 wars and to support the peaceful nonkilling nonviolence infinite gentleness (see Immortalists' Anthem) forces of all round, wholesome immortalism. ***Immortalism doesn't interfere with the belief in reincarnation for example, it simply says your life will be 80 trillion years,*** not 80 years, and then you may become energy being becoming pure 'spirit' in another universe you 'reincarnate to' by interdimensional translation or by creating a body that lives in the new universe, planet, galaxy and keeps all your memories intact. Or you simply go to heaven when you die, at age 80 trillion. Once you understand the meaning of time, in the afterlife discussion, you realize that 80 or 80 trillion makes no difference in the big scheme of things. Back to religious robes: a heat reflective (during summer), UV blocking scarf or loose (to allow ventilation) long shirt that covers part or most of neck (make the neck part of the loose shirt like the old hand fans, so hot air can escape, while UV is kept out without toxic chemicals) would suffice, to prevent overheating the brain and body. Pants also can be more comfortable, no more touching the robe, all the time to hold it. Millions of Muslims and Hindus touch their Bisht like robes so much (Thobes are one piece, no stress, so full focusing on God possible), eternal focusing on God is lower because brain resources are lost holding the robe, God's bliss is even more distant, the whole religion has become holding the cloth? Design it so you don't have to always adjust to not let one part fall, etc? Have you ever seen the Christian Pope do it? Never, his is designed with some IQ, so instead of holding it always, we're communing with God. Copy the Pope one if you want a robe or make one that allows you to think of God and not of holding your cloth piece, it's so uncomfortable? We need PhDs who know optimal temp and UV exposure, vit D synthesis, to design clothes, not 'fashion' people or 'clergy'. We need a unified science based Eternal Clothing Inc in America. Saudi women were not allowed to drive until 2018, their duty being to stay at home. Given the heat, black burqa makes women hotter, babies more damaged by the heat, air becomes stale inside that burqa, less oxygen to the lungs too. The heat is damaging the quantum field of humans if it damages the babies: it's not healthy to walk little, be in the house all day. Egypt got more freedom, but Turkey scams suck… @ 1500$/1 beer, a cover for trying to end alcohol use, though not ideal, due to the threats. They need explain the science of pros and cons for wine, not make threats, if they want visitors to drink less, visit bars less.☺☺

Kindly ***gently*** listen to the Saudi train stations, Mohamed's 'brain-numbing prayer', repetition and even some negative thoughts, note the complete absence of the words, qualities wholly missing in the Quran and Mohamed's life: ***bliss***, ***ecstasy***, ***gentle tender soft nurturing healing universal loving kindness***, ***hypothesis formulation and testing*** and God's infinite bliss. Instead of Immortality ***for*** All, or the above qualities absent in most Earth societies, we hear Allah/Lord 8 times and qualities related to ***obedience: pious***. We see the absence of bliss, of ecstatic joy that Mohamed, Jesus, Moses never experienced as evident from the scriptures. When one is ultra

happy due to being one with God's Infinite Bliss and Intelligent Ecstatic Joy, one would never write in Quran/Bible the calls to: 1. beat kids (the 'supreme' 'wisdom of Proverbs' in the 'Holy' Bible), and beat kids (Quran) for not praying 1 way, when there are 5 trillion ways to pray, 1 example here 2. beat slaves (Moses the 'prophet'), 3. beat wives (Mohamed 'All Graceful All Merciful Allah' messenger), 4. cut people's hand (Jesus 'grace', 'IQ' and 'love'), 5. pluck out their eyes (Jesus' infinite 'wisdom and kindness') or 6. kill people for just having low IQ, poor education by living example from the 'one who complains' or no knowledge on how to be ultra happy by breathing alone. Bliss makes people kind, not cruel. The self-appointed 'son of God' lacks basic empathy, Jesus says he didn't come to abolish the Jewish law (Mark 7:9-13 & Mat 5:17-9), but to affirm its limitless violence… that contradicts all empathy, scientific data and logic. It's scientific to mention that around Jesus time, Greek and Latin were the main languages of the elites, so it's possible a lot of the "Bible" was written by Greek and Italian military spies disguising themselves as Jews, though other former empires could have done the same for older oral traditions, so it helps to remain cool headed, detached, scientific and *dislike ideas ("Jewish" law) not entire populations* that were brainwashed into one fake religion for "divide and conquer" military purposes. Well, Islam deifies Jesus as a prophet too. How is that for logical? God's *Love* makes people *kind*, not punishing, not mutilating torturers. Anger is a failure to understand. Spirituality, culture are independent of Quran-Bible and other 'scriptures'. We sense in the Saudi train Mohamed prayer the cold heart, the vast distance between the seeker and God, the sheer lack of bliss, of any word for happiness, joy, bliss. Mohamed was an enraged man, you can tell that from his Quran, short temper, unhappy, you never want to mess with him if you want to be alive. Many would not call that a prophet today or even then in other areas of Earth.☺☺☺ *When we're one with God we're infinitely happy, smiley and ecstatic, not like the 'let's say not the happiest gentlest most nurturing' voice of Muslim prayer calls*. It's like 'Hey Muslims, come to kneel, pray hard 5 times daily, repeat formulas from 7th century, exert a lot and then, in 30 years, maybe you experience some joy. Until then, behead all infidels or tell everyone about the benefits of joining Islam". No, God is everywhere, a breath away, a thought away, as explained in the section about 3 calls an hour to immerse in The Eternal Bliss of Infinite Immortality for All, of Loving All. The old 7th century prayer is rebringing negative images, due to looters and violence. The prayer is archaic, it keeps Muslims chained in the 7th century mentality (fear, paranoia, misfortune, no happiness in the prayer). Happy people are hard to control, *maximum misery, fear, terror, sleep deprivation, torture must be deified by Jews to control gentiles, you see that in Christianity and Islam (Ashura festival, etc) very well, all about torture, killing, cruelty, Jesus torture, etc.* Your only purpose in life is to 'suffer as a slave of the Jewish Gods & Bankers, work yourself to death, die 50 years before your time'. That prayer is like the Jewish Protocols of the Zion Elders, the *creation of our cruel, low IQ, sad or fearful cultures worldwide stuck in the ages of eternal war:*

Above we saw the bad type of Jew, their methods of world domination using Islam (create docile low IQ sheep so Jews can enslave them), Christianity (same thing), etc: '*Nobody goes to God (Heaven)* except thru a *Jew* (Jesus)' ► John 14:6. *Nobody ever went to Heaven* except thru *Jews* (Jesus is Jews with an extra s when pronounced in English) ► John 3:13. *Nobody goes to heaven unless* they do some nonsensical ritual *Jews* invented *(being baptized by a Jewish priest who takes over your country in exchange for 'blessing you')* to make God look low IQ and dependent on water to bless people ► John 3:5. *Nobody goes to Heaven until they give all their money to Jews* ► Mk 10:25 "*it's easier for a* camel *to go thru a* needle's *eye, than for a* rich *man to* enter *heaven*" (all rich people need to give the new Jewish Scam (cult) their wealth, become zealous Jesus disciples spreading the Lies, so Jews can take over every nation using Christianity (later Islam) as a proxy). *The list is long, thru repetitive brainwashing, you enter the cult: Jews are God, give all money to them, obey them faithfully:* they will give you fake science papers too sometimes, besides endless rituals and rules to follow, to distract you from their control over you. *Once you understand the game, every quote of Jesus & Paul, etc is read in a totally new way, as the Jewish scammer meant it*, not as gentiles believed it. *Mohamed was a* merchant, *an* aristocrat *essentially, like the typical bad type of Jew of the times,* and became even wealthier when he married his employer, traveling the Middle East as a trader, world's 'most' useful profession. We scientists call it "finance it baby". In typical bad type of Jew style, Mohamed created for gentiles (Arabs, etc) a low IQ religion, just like Christianity made by Peter the first Jewish Pope and other Jews ('Saint' Paul, etc), to stifle critical thinking, intelligence development for easy duping and enslavement of all by the Jewish Banks. ☺☺☺ Defenders of Quran (and Gospel/Bible quotes) say all "bad things Mohamed/Moses/Jesus did or said were normal at the time, everyone was looting caravans, killing everyone, taking kids and women as slaves, etc". This is the BIGGEST LIE because in many areas of the world, *where Godliness was much higher obviously,* this was not the case, such as parts of India and China where Buddhism emerged and was already active for 1100 years. Buddha, Lao Tze never did the horrific things Mohamed and Moses did, never preached the horror Mohamed/Moses did, but Mohamed's disciples razed endless Buddhist and peaceful Hindu temples, killing millions, or, some say, tens of millions.

The difference between Buddha's words and Mohamed/Moses can't be more striking. Even Jesus appears as a clown vs Buddha, the ego and statements, etc. At least Jesus didn't call for killings, etc. We talk about a difference between serene meditative chastity (sex for procreation only) and self-control born out of watching gently your breathing, and a Mohamed/Moses violent call to genocide and mass rape. Many Jews and Muslims don't know Buddha's words, or Mohamed's. God is the same everywhere, he doesn't tell Buddha & others serene things, to avoid sensual desire, to love all beings and then to Mohamed to kill infidels and torture, terrorize them, to take women as sex slaves, to beat wives, have temporary marriages (allowed

for a few years by Mohamed, with Arabs (Jews and others disguised as Arabs, Muslims too?), etc coming to India to marry Indian girls for 1-2 days and try have sex, practiced widely by Shia today, since most Sunni forbid it, except some Sunnis who OK misyar marriage, possibly a way to expand Islamic empires via more spy networks created by offspring too) that become sometimes child prostitution to this day in India, Iraq, etc. The Talmud talks of similar stuff, did some rabbis simply want to have fun and made up Islam, like Catholic priests (often Jewish) grope kids? *Notice the vast difference between Bible/Quran vs Buddha, Tao Te Ching, some Hindu scriptures*, it's the tone difference between someone shouting and threatening people with extermination, calling for extermination, and someone who proposes a hypothesis about how to be close to God and leaving it to you to choose your path, without ever suggesting ANY VIOLENCE. ☺☺☺

The same universal rules apply to all people so it can't be that God tells some folks to have sex for procreation *only and to others to have sex with* 100 ladies and as often as possible*. They're two different Gods:* hedonism *God and* intellect *God.* Discern, don't be fooled, recall the Talmud and see how similar it is to Mohamed's marriage to 6 year old Aisha and having sex with her at 9. He became fat in later years; overeating at any meal leads to extreme ease in producing sperm, and to getting aroused easily, higher libido (when all confounding factors are equal). This was also due to lack of meditative brain development, lack of good sleep (100-120°F in Mecca during daytime without AC those days, 85-95 at night) due to endless battles and self-created duties, lack of peaceful music. *When temp is 110 so often, how is your cognition? How well is your brain working when it's 90-100 in a room? You* sweat a lot, your brain produces heat shock proteins, you get brain fog, *you become irritable, impatient ("convert now to Islam, or die").* When you eat little, like say many underweight centenarians, your libido is lower, you're less likely to wanna have sex with 50 ladies. As Mohamed engaged in 90+ battles and looted endless caravans (#1, #2, #8 in a holy month, #37), he became wealthy and fat too, with the Quran changing tone from tolerant of other faiths to extremely intolerant. Middle East folks didn't change much after Christians came with their lies, then Mohamed, actually they got Sumerian and Persia civilization before. *Mohamed saw* how Jews made huge profits with their new made up religion, *Christianity*, taking over the Roman empire *(Jesus replaced many deities, allowing huge cash flows to go to one cult or 'Jewish Vatican bank')* and other areas, so Mohamed (who may have been partially Jewish, fully Jewish, Arab or something else) and his fellow Arab and Jewish trader aristocrat friends, may have thought there is a lot of money to be made by creating their own religion, just like today we see gurus becoming very rich. This is explained in many books. By saying '*there is one God*', the enterprising traders figured their tribe could have all donations go to them, instead of all different deity groups, even if he didn't believe in God at all, only the profits to be made, like a trading bad type of Jew who loves stories about God if they bring in cash. Not surprisingly, as a true "respecter of worker rights", Mohamed looted

endless caravans, traded slaves. Why work, plant trees, raise animals, teach self-sufficiency, how to avoid conflicts, how to avoid killing, terror, torture, how to bring Eternal Universal Peace in 3 months via positive methods only, when all he can teach is terror, killing, looting by living example, some trading slaves to get rich quicker, taxing infidels the religious tax? *He didn't care about others believing in the "truth of Islam"* (his business (empire) that is?), *only in taxing them,* while they believe the lies of the bad type of Jews-Italians who made up Christianity. The 120°F weather around Mecca might explain why people got more irritable and into fights, but as modern tech allows everyone to have cool temps, to read trillions of free ebooks on the Internet, *heads will cool and enable the human quantum field to return to a state of serenity*. Mecca & Saudi Arabia are the hottest areas of the Middle East where food is hard to grow, malnutrition more likely, so it's possible this affects cognition too; difficulty in growing crops, camels leads to a desire to loot caravans.☺☺☺

Mohamed's Quran quotes reveal Islam's nature: hedonism and depravity, torture, beheading and mutilation (chop off toes and fingers), beatings of wives and others (instead of gentle education via centralized immortality capitalism, gentle tone, etc), terror, killing, trading slaves, taking sexual slaves after battles. He also taught by living example these quotes, in stark contrast with the self-control taught by Lao Tze in Tao Te Ching in China or Buddha in Dhammapada 1100 years prior, many peaceful Hindu scriptures, hence Mohamed followers, the Sultans and others, had endless harems (a form of torturing women, destroying their souls and bodies) and didn't really cultivate research into nonkilling, nontorture, no pain inflicting on anyone, showing the Mohamed group was not interested in true spirituality: *gentle tender soft nurturing* graceful *universal* loving kindness. *The naive Arabs* (like Europeans before) *had no clue how the bad type of Jews behave*, how skilled they're at pretending to believe in something, when they don't believe in it at all, even composing amazing prayers, songs and things to lead the Arab sheep into the new trap they setup for maximum extortion: Christianity 2.0 (Islam). Thus, many think that Mohamed was 100% Jewish. Having seen Arabs had 2nd thoughts about the Christianity scam (that *Mohamed's Jewish handlers* and Mohamed encountered far from Mecca where they ventured as traders), a new scam was needed, easier to believe (fewer obviously fake miracles, as people didn't believe those easily), Islam, as the bad type of Jew is always quick to create a new scam when gentiles figure out they were duped *again*.

The Muslims say Quran 8:12 was in the context of some battle against Meccans who stole some property (due to the harassment by Mohamed group of the local people). Under no context is killing (deified in the Jewish Bible and Jewish Quran) acceptable to Immortalists, *since we're against any* pain, injury, torture or killing of any human as it destroys the human quantum field. Quran 47:4 is again calling to behead infidels, he's totally anti-humanity, he has no concept of universal loving kindness. He's more like a secret agent of hypothetical evil aliens who want as

much bloodshed as possible. Mohamed has no immortalist ethics, he was born in an area of savagery where beheadings and mutilation were ultra common techniques of the Assyrian Empire psychological warfare tradition. Most people, born in the same circumstances, brainwashed the same way by his Jewish handlers would have done the same most likely, so there is no point in feeling "superior", it's just helpful though to detach and not accept the brainwashing, just be thankful we're lucky to write, read or imagine a different world than the psychopathy of the 600s, a world of gentleness, with 0 jails even. No God spoke thru him that much. God spoke thru endless others in 1000 times more peaceful ways many centuries before, folks who protected the human species instead of destroying the quantum field. The Assyrian tradition used extreme terror to scare off countries, enemies into submitting to the 'terrorizing empire' (this case Islam) without a fight. His IQ is low: he behaves like baboons, extremely aggressive, forgetting that 'infidels' are people too. He's criticizing Christians for worshiping idols, Jesus, Mary or their icons, but he worships, kisses and circles the Kaaba and the black stone of Kaaba. Muslims fail to realize all he tells people to do is what rapists and serial killers do. *No war, no killing is just*, anyone who kills 2+ folks is a serial killer, and that is the end of the story, because God knows and favors always a trillion ways, to peace, without violence and that is God's will, not the way of Islam or Moses (spy agencies, military being Jewish controlled, puppets of Judaism), of Bible and the Vatican. *God is Immortality, and teaches Immortality for All, i.e. not killing anyone, not doing anything violent*. The eternal lie *(we always hear from "scriptural" so called "scholars")* that "in this or that context, Moses or Mohamed said/did the right thing" is an excuse for our depraved societies to continue their violent music, movies and sports and do nothing about discovering nonkilling noninjuring ways to solve disputes, to help savage humans graduate to decent bipedal animal stage. Those torturing others are psychos, needing to be sent to a healing center. Mohamed encouraged theft too. He brainwashed billions that his prayer is the best way, when it's one of a trillion billion ways to pray, some without words in any language. His IQ is so low (unless he faked it to deceive Arabs), he doesn't even comprehend how low it is. Some have hypothesized, he was just trying to create trouble/chaos, to enable more looting. Perhaps, if Mohamed/Jesus were truly spiritual guys, not military spies, they could have been filled (and fill others by contagion) with such bliss and grace, that they would have converted all around to believe in the God of Eternal Bliss and Immortality *for* All, without speaking much, without killing anyone or making any wild claim of "Son of God" (Jesus) or faking miracles. God's electric bliss would have convinced all to join the new amazing happy way of life, with *gentle tender soft nurturing* graceful *universal* loving kindness *for all.* The Quran is an affront (most Muslims are unaware of the bad quotes, same for Christians) to the human species and human intelligence today, as is the Bible (especially the Torah portion where all killing calls are): they may have seemed interesting for some savage times and locations, but today they're a curse that impede progress. Today, they're only useful as historical documents

on ethics evolution, but not as modern guides for our planet, chemistry evolved from the 7th century alchemy books, so did ethics. Why would any sane person kill people simply because they had low IQ and believed in nonsense? *A loving intelligent being never inflicts any pain on anyone, never forces beliefs on anyone and comes with ample proof for one's hypothesis or belief if one tries to present a hypothesis allegedly closer to the truth of Immortality for All Civilizations, that the less intelligent can understand. He didn't do that. He killed them, called for all to emulate his killing ways.* He behaved just like the baboons (video) who love to fight over trivial matters. If we teach kids chemistry, physics using books from the 7th century, it would be thought of as child abuse, but if we teach ethics with the 1st century Bible, 7th century Quran, it's not? Look at our childish anthems, stuck in the 1st century vs the Immortalist Anthem, world's shortest pseudo 'scripture', more modern/relevant in our 21st century.

When '*Arab?*' Mohamed died, big battles emerged over who controls the (Jewish?) extortion networks (taxing infidels etc), new cities, new caravan looting, plundering businesses (exactly as detailed in the Torah quotes above) they created, and this happened thruout the 1400 years of "Islam". The Europeans were equally naive, *they had no idea the bad type of Jews were telling them 100% lies*, about wafers, Eucharist, 'Italian' saints and other fake miracles in order to take over the continent, the royals, the aristocracy, making the Catholic church the richest landowner in Europe. *Once Europeans figured out the scam, all out war broke in Europe in the 1500s with the Protestant Reformation: 20 million dead in 2 centuries. This war led to and/or sped up the scientific revolution*, as non-Jews could finally☺☺☺ be free of bad type of Jew or Italian terror (disguised as religion) trying to make everyone a low IQ slave of their *aristocratic* class: for 1500 years Europe only had access to a Bible written in Latin, a foreign language to most, so Europe had no clue how evil the Bible is. The deceptive Jews, posing as Popes, bishops, priests, only presented the good quotes, like the Vatican does today. *The printing press and local language translations changed the world, it was books that people could understand that changed humanity forever.* The war is not over yet apparently 100% (traces of resistance to free thought remain), as the bad type of Jew (and/or Italian) has disguised himself as priest, bishop, pope, imam, king, aristocrat, general and political leader of communists, fascists, etc, in order to keep the 'gentile workers' enslaved and obedient to their businesses, monarchies, etc. Today, billions of people are starting to realize the 2 religions are or could be a pure Jewish fraud. Mohamed was too busy looting, killing, having sex with 11 wives and dozens of concubines, trading slaves to teach all the stuff Muslims now believe is in the Quran. It's not, some was added later via Hadith, etc by those who tried to fix the mess Mohamed created to prevent their countries sinking (a 1 hour video exposes Mohamed as the fraud he was: clueless and not aware of anything even humans know today, let alone God, see why this guy left Islam). Due to the 'wisdom' of the 'ultimate prophet', Mohamed, Muslim pirates enslaved many of all races, and

turned them into galley slaves, dying in horrible conditions. Women need to take off their shirt and breastfeed adult stranger men, per the Holy Hadith (it was part of the Quran), so that men are thought of as their 'sons', and not in a romantic relationship: in other words, Mohamed told people to give milk to adults, instead of to babies who often need it to grow healthy. Today, millions of kids don't get enough breastmilk and we need women of same DNA to help a mom to breastfeed her baby if she can't produce milk, instead of eating toxic formula with 97 times more AGEs. We see that Mohamed's advice to increase arousal and promote lust was leading to mass starvation of infants and to lust, proving the rapist Mohamed was nothing but a depraved lust seeking serial killer psychopath. Watch him beat his "favorite wife" and get scared like a kid. Watch the Wahhabi Saudi Arabia type of Islam killing endless Indonesians. Check out endless killings of Christians centuries before the crusades. Many Arabs and Turkey were Christian.☺☺☺

Finally, I ☺*lovingly tenderly gently kindly*☺ ask Your Ecstatic (no plant/animal/human pain) Resplendent Magnificent Bounteous Radiance of Eternal Immortality *for* All, to courageously revisit the ant IQ 8.2. section and understand that in the future, our kids will be able to think a sentence with a trillion billion words in seconds and have a name that is a trillion words today, which calls the Billion Spiritual and Ethical Characteristics of that Soul, as 14.4. explains, so it makes no sense to name your kid Mohamed, who personally raped 100+ women and killed personally at least 900 people and indirectly 270 million people. Thus, protected by the new realization of the Immortalist Anthem, all ethical parents need to free their kid from the quantum signal influence of the Mohamed, Moses and Jesus names and choose names that heal the human quantum field such as Eterni, Imortali, Eternia, Grace, Charity, Virtue, Bliss, etc.

14.6. Divine Ecstasy (millions of times happier than any human activity)

14.6.1. Bliss via simple breathing, visualization, gentle energy breathing exteriorization (3 pages)
14.6.2. Conscious breathing is a million times happier than orgasm (1 page) 14.6.3. Why future folks have sex for procreation only (40 pages) 14.6.4. Sex wastes nutrients, lowers IQ (4 pages)

14.6.1. Bliss via breathing and visualization. All bliss is in the mind, orgasm happens in the brain. Neuroscience has found a way to bypass genitals and achieve higher bliss than any sex or any human activity using your mind (brain) alone. Some humans are like these cannibal chimps, they live in a world of pure animalism the Zion Elders created for them via social engineering for "drastic lowering of average IQ" and vampirization of the 0 IQ slaves (the 99%) entranced by the filif and pig IQ music the monkey vibe celebrities create. As you listen to most music on TV-radio, you see no meditative music to help you think creatively, by yourself, only music flooding you with their own opinions and pure evil garbage. This is on purpose, they want to animalize you, to make you so easy to control and enslave. Once you disconnect from the Matrix of Slavery of these Aristocrat Vampires, you can realize what this chapter says by your own experience. The

next 21 pages contain some useful meditative bliss info, complimentary to the 12 pages on conscious breathing in Chapter 10 on how to be happy instantly via breathing in an eterni way, like an immortalist greeting all beings silently. Mystics/meditators practice contemplative prayer (by conscious breathing) or meditation and thus get glimpses of infinite happiness, far beyond anything humans experience, or reach states of "divine 'limitless bliss' or ecstasy, nirvana, satori or samadhi", like those doing astral travel exercises. The prayerful immortalist greeting is based on the Immortalist Anthem ethos of universal kindness. Prayer lovers are delighted that these meditations are a form of prayer,☺☺☺ i.e. contemplative prayer, that invoke the FREE (no donations needed) blessings of infinite kindness of God so that people attain freedom from the need to get God's blessing from blessed objects, medallions of saints (with invented miracles) or bread wafers, wine or fruit juice blessed by other people who profess to be closer to God, yet tell people fake miracles are real and tell people to go to war, when God is anti-war, and can share a trillion ways to peace without war. This is about the liberation of the individual from psychological intermediates (objects, people) that stand between soul and God, the emancipation of humanity from organized religion rituals and traditions that are simply outdated and irrelevant in today's world, just as chemistry texts from 1st or even 18th century are no longer used today. In Chapter 10 there is a description of such a bliss state. To reach this state easier, tech, music can help, such as a voice amplifier that reminds us to breathe consciously (since we can hear our breathing), practice the stuff below to reach cosmic nirvana each minute, like the ever happy anxiety free Immortals. People don't listen to our words, but to our tone, that's what creates aging/mortality or Immortality, sadness or bliss, war or peace. To trick our brain to entangle with the Immortals' chart, to return to Immortals' chart, being happy, tranquil, having their tone helps. The practice of eterni tone, much easier when we don't waste brain energy to raise voice, but to have eterni tone thanks to amplifier, also induces a cosmic bliss experience much easier for reasons evident from this chapter, tone and breathing chapters.

There are 100s of ways to attain these happy states, one of them is a hybrid OBE ("out of body experience") technique that seems to Enhance Translinguistic Telepathy and Immersion in the Cosmic Ocean of ☺☺☺Blissful 0 Point Energy, Cosmic Breath/Expansion, Peace Radiation, and Astral Elongation: it combines 4 popular astral travel techniques into one, in such a way that it seems to create a stronger, while awake, connection with spirit, telepathy, peace, joy, smiles. This technique can be done while relaxed on the bed or on the chair, totally still, or while doing your day to day semi-work at the computer, or daily chores, or daily walking, exercise, etc, as long as you don't have to be fully focused and can be more relaxed and multi-tasked (over time the connection can become second nature, with years of daily practice). The ideal way to do it is *while resting on the bed*, as if sleeping, *so you can relax the body step by step, a few minutes for toes, feet, lower legs, upper legs, back, neck, head, eyes, face, etc, until you start feeling ultra*

heavy, but the astral feels ultra light, like in the autogenic relaxation for self-hypnosis autogen.htm, feeling each part of the body immovable, heavy (weighing a billion tons), relaxed. The cosmic breathing is breathing in the light-joy-peace-bliss-ease-healing-energy of the inner *universes* (realms that created this dimension) and radiating it out to all beings, surround in rays of *gentle tender soft* compassion astrally all human beings in all galaxies they may exist in. As we breathe in, we do at the same time 3 actions: *Expansion, Radiation, Elongation*... It's called eterni breathing if you *wish to be poetic*. Expansion of the astral body (we expand the astral body, as in the astral elongation technique, except right now this expansion is as big or small as you wish it to be, doesn't have to be 10 feet or 10 solar systems, it can be bigger or smaller), Radiation (we radiate Peace and are receptive to receive from the infinite ocean of the field or God or whatever term you wish more Peace strings and more joy so as to facilitate a deeper Radiation of Peace for the sake of World Peace), Elongation (the expansion tries to be very much like a huge elongation, think of it like connecting with a few galaxies and *universes* on the inner level and also on the distance level, so an elongation on the inner levels, within the inner dimensions, but also on the outer level, in terms of distance, where you elongate as far as you with, as if connecting with the infinite ocean beyond time-space). ☺☺☺

This can be adapted and done in your unique ways in a trillion ways, customized, etc, the main idea here is that you find something that works for you to connect with the infinite field of cosmic consciousness, for example, breathing in, you expand-radiate-elongate-absorb the tender-soft- gentle-peace of the field, then as you breathe out, you expand-radiate-elongate even further and you can take the energy you connected in the in-breath and radiate it out, a part of it as a ball of peace surrounding the earth, but the rest going into the cosmos for further connecting multidimensionally with the other realities and dimensions full of peace-love-joy... As you do this, you will notice, over time, that the bliss of connecting with the field is getting stronger and can be done with eyes open too. The method described above, in one version or another, has been used for thousands of years as just one of a trillion ways to induce elasticity into the astral body for easier astral travel. It also led me to several states of "divine ecstasy" different than the breathing one here. This technique can be practiced even while awake to fill the cosmos around us with peaceful Compassion strings and vibrations from the higher worlds of Immortals beyond time-space of our dimensional universe: we breathe in the cosmic energy from the hyper dimensions beyond our time-space where God and the Immortals dwell and we allow this energy to enter and travel from the top of our head to the bottom of our feet but instead of entering crown chakra and ending with the feet chakra, we allow the energy to expand into the ever elongating astral body of ours, with the feet and astral body becoming longer, bigger and bigger and encompassing as much as our imagination allows, be it 10 houses, cities or 10 galaxies, encompassing it in peace, Immortality or *longevity* strings, especially our

planet which needs peace and *500 year lifespan*. This is like inhaling the eternal energy of peaceful compassionate light of the Immortal dimensions (think of it as the ultra loving ultra bright NDE light if you had an NDE) or the cosmic consciousness of God if you believe in God and that helps you more intellectually to practice; one can use whatever concepts one feels OK with, since all matter and energy are consciousness constructs, and sometimes concepts can establish a better astral-mental connection that makes it easier. We can also inhale and elongate the upper body and exhale and elongate the lower body as the energy of the infinite cosmos flows up and down, side ways and in all ways the field guides along our elongating astral body that is merging with the non-spatial dimensions so to speak. ☺☺☺

Another thing to recall is the dimensional tapping into the membrane like dimensions of the string theory, like the 11th dimension in that theory, the one with strings perhaps, i.e. when belly moves up and down in the breathing process, if you bring awareness, you can tap into the cosmic energy lines that pass at that space-time or astrally in other space-times. Other similar ecstasy states happened in 2016 during "astral exercises". In Feb-March 2016 (over 3 weeks, 3 experiences) I went on a detour from the technique and I was trying to 'open' the head etheric center and let the cosmic light of the infinite 0 point field, to kind of wake up the astral body more (similar to energy exercises of Robert Bruce, see the free astral books section), so as I was "calling" for the infinite light or infinite compassion of God or Holy Spirit or whatever we call it, as I did it (we can do it in many ways, without verbal thought), my whole body became filled with energy, awareness and joy. It worked best when I focused on the light at the top of the head and allowed the light to magnify and engulf the whole planet in peace, all human beings shimmering as light beings, as Immortal souls... and then it becomes bigger, the bliss more intense, the planet more engulfed. If we would reach happy states daily like this, all war, crime, etc would vanish, since it all stems from a lack of happiness, joy. ☺☺☺

14.6.2. MEDITATIVE CONSCIOUS BREATHING (aware breathing is not meditation where folks try "watch thoughts/feelings pass by or to still your mind" or other boring stressful techniques), which can be practiced anytime in any tense or relaxed situation (unlike meditation) GIVES happiness A MILLION TIMES BIGGER THAN ORGASM or anything (even meditation).

The above breathing, energetic and visualization exercises are useful as they raise energy from the lower "energy centers" (peripheral neurons) to the upper ones (brain neurons), make us reach infinite happiness and be happier, healthier, preventing nutritional deficiencies caused by too frequent sex *(man's desperate search for bliss,* when it is in his meditative brain*, not sexual organs)*. In orgasm, blood goes to the genitals to enlarge penis or clitoris 5x, plus smaller increases of other areas; in meditation, blood goes to the brain, lungs, as the oxygenation increases and we no longer use a peripheral organ to trigger brain endorphin release, but the

brain directly, sort of like NASA solar probe at 200,000 MPH versus natural running of 20 mph, a 10,000 fold difference between Bliss Efficiency, without nutritional drain. In social environments while wearing loose pants, erection is not welcome or simple embarrassing, but meditation bliss can be reached 5 times daily and it involves no erection. Once the on demand production of BLISS happens, it can be so strong, that it overrides any potential arousal from any source (seeing a hot semi-naked person at the beach, etc). I use the orgasm comparison simply because, in our world, unfortunately, orgasm is equated by some people with the highest happiness they reached; nature has designed orgasm to be happiest of common states, since the most important thing to the species is its perpetuation, so the act of doing so had to be happiest of common tasks available to anyone without any meditation training. *Silent* sound, microwaves, etc techs *can be* used to arouse genitals, stimulate neurons of peeing, ejaculation (which can lead to semen discharge if testes are full due to too much arousal), *and to send ideas to a person like "let me massage my erotic areas", to make it seem like one's own thought, which may lead to nutrient depletion if massage provokes too much arousal, then sperm build up and later night release* (which is also nature's way to release sperm produced due to high stress or poor sleep) *or even any form* of self-*touching*, self-*arousal*, *thought* that is sexual in nature and builds sperm up *(or sex if married). Do you want real* happiness *or being a robotic puppet of mind-body influence gadget fans?* We inhale the gentle tender universal loving kindness and radiate it out on exhale, giving preference to the upper body or brain in energy radiations to all beings nearby (it's an intelligent energy, it knows what anyone nearby needs; like if you're near a tree with calming energy etc) at exhale, to avoid exciting the genitals.

These simple exercises help us discover innate happiness☺☺☺ that doesn't depend on the outer world events like "the peace that passes all understanding". If reached at will, one could heal all around. Some people call these altered states of consciousness, which billions of people experience rarely, as "cosmic bliss" to indicate the different type of bliss attained, more expansive and non-local, not body centered so to speak, like some people describe an NDE where they're one with everything. When we experience the "love-bliss of God", which is a million times more ecstatic than orgasm or human affection, one no longer has such a need of "human love" and can have more self-control. If these meditative or contemplative prayer divine ecstasy states would be taught in kindergarten, primary, middle school (without any mention of genitals here, which was done to help adult sex addicts quit bad habits), it's possible kids would be way happier, way kinder, far less angry, as instead of kicking others, they heal them. Isn't it ironic, parents claim they believe in God's loving kindness and they teach them to kick and punch via martial arts since age 2-3, but nothing about meditation and healing others via speech, hands on healing, energy radiation, etc? Quite often, kids are learned to interface with the outer world in violent ways, as instead of healing sick fellow kids, animals or plants by

hands on healing, and radiating loving kindness as in the exhale of these meditations, they radiate karate punches to other kids as in martial arts classes, or shoving during some rugby/football or basketball/soccer, etc in their "training" to become "well rounded" citizens with many extracurricular activities. This "well rounding" often makes kids (who become the future society, leaders, scientists) extremely shallow and weak in loving kindness, *gentle tender softness*, spirituality, awareness of the peaceful ways to peace, and the subtlest stuff that is unheard in almost any church sermon, but is barely mentioned in this book. What well-rounding is that if they don't know their inner nature and what they can achieve internally? Physical development, motor coordination, motor neuron development can be achieved by endless physical movements that are free of any violent connotation, such as planting trees, gardening, gentle healing stretching exercises combined with breathing that achieve meditation states too, helping the immortality research labs with simple tasks, etc. These meditations would probably make the rape rate and even unwanted teen pregnancy rates drop a trillion times, as people would think of meditation, loving kindness, astral stuff, prayer as a million times more ecstatic than sex, running, sports and martial arts. We're living 90 years, mice 3 years, so we live 30 times longer and can do a lot more than mice can. The super mental beings of the future have genetically advanced so much that sex for pro-creation only is as natural as breathing today, as evident as 2 + 2 = 4. They feel the entire human quantum field, the entire human race as if it is their body, being vastly different than the humans today.

14.6.3. ☺The end of Demon-crats via the Rise of Sex for Pro-creation Only, the end of LGBT sex☺

For more on this, please also read the Dating.Gov section on the "utility" of marriage, as well as the 13 point discussion on the MANY evils of sex outside of procreation and why promoting recreational sex needs to be illegal.☺☺☺ Get enough Mg in your diet, to prevent night sperm discharges due to low Mg induced overproduction of seminal fluid (not sperm, just the liquid). Don't drink water or eat 3 hours before bed, hydrate early in the day.☺☺☺ We can easily argue that LGBTQ shouldn't be parents, because it is the epitome of RACISM to hate the other gender so much, so as to deprive the baby of the ideal parent☺☺☺, the biological parent☺☺☺, who is quantum entangled with the baby much better via DNA and has the best understanding of any person on Earth of that baby due to similar genetics, behaviors as a kid, health issues and the feeling your own legacy continues thru the kid who is like you and has the best chance to understand you and continue your work in a better way, meaning the biological parent is the most motivated person to see his kid succeed, as it's his/her own survival of sorts, especially the kid who looks like him/her, due to biological self-identification programming. A stranger feels far less genetic compulsion to make the kid succeed, to love-forgive him and etc. A stranger can't even understand the kid well, like a step spouse, gay couple that has no genetic relation to their kid, etc. Not only that, but a real mom treats her diet, actions before conception, during

pregnancy and lactation with far more care than a paid surrogate mom who views the baby as a job to get paid for 30,000$.☺☺☺ Likewise, a donor sperm for a lesbian couple is lower quality, as it's not his child, so he won't optimize his sperm quality as much as if he was the parent to raise that kid.☺☺☺ To build the best offspring you need to do 9,000 things right during preconception, and pregnancy, which don't happen with LGBTQ, so it goes against the very idea of 4000 year lifespans by changing pregnancy diet etc that requires thinking, cooperation in research, participation of real mom not a paid "surrogate mom" that interacts with baby father 1 hour weekly, instead of 160 hours weekly as with the cohabitation couple of biological kids. 160x more interaction = much better offspring. ☺☺☺ As we have seen with bees, what happens during gestation of embryo (larvae) is adding 3920 years to lifespan human equivalent, but what happens after the baby is born adds only 10 years. Humans are so silly and focused on the 10 years, while missing the 392 times more important and longer effect coming from heterosexual couples working as one during pregnancy. All this hot air about supplements is pointless, since they ignore the pregnancy stage, the only one that can make a big difference at our technological level. This misogyny by gay men shuts that avenue 100%. A pregnancy only works if the two are in a good relationship, I mean they didn't just meet 1 hour before conception, but lived together for a while. With one parent away as in LGBTQ, the pregnancy period and preconception are compromised, so results will be catastrophic for humanity. Nature showed nutrition during embryo stage can increase lifespan 50 fold, so it's very likely if you change the sperm and egg preconception, you can also do this 50 fold effect, to get a 2500 fold effect.

"Rat IQ" folks can't understand there are a trillion ways to peace without war, to bliss without sex, to living 2500 times longer without the bee method but with a new sperm modification method, etc. LGBTQ devolve humans into lustful animals of low IQ. So the LGBTQ as parents argument vanishes instantly in the Light of God Eternal and Immortality *for* All☺☺☺. LGBTQ parenthood is like covert genocide ☺☺☺, BECAUSE it deprives everyone of the simplest route (4000 year lifespans) to Eternal Trillion Year Lifespans we need to evolve towards Civility *and* eternal zero violent crime/war, zero *Genital based* reproduction, organs so deified by animal IQ LGBTQ. The baby doesn't resonate with the nonbiological parent, feels less comfy, while with the real parent he forms a natural bond, physics based quantum entanglement, like two Tibetan singing bowls that resonate in perfect harmony, DNA strings in tune with each other. Babies know their mother, father, one or both of which for LGBTQ vanishes, they suffer as their mom, dad disappears. Gay men depriving babies of their mom contact, immune system building is cruelty, child abuse. The low IQ of LGBTQ prevents them from seeing how baboon like in their thinking they are. Humanity is reduced to genitals. LGBTQ are created by social engineering by Brits, Jews running the media, music industries. Very few people are naturally born as intersex (having both penis and vagina) or having a brain of a female in many ways, normally attracted to

males. This can easily be fixed in a society by pairing these people with women who're more "male" in characteristics, so they too can be heterosexual and have a biological baby if they want. In a properly educated society, with true freedom to express views on TV, instead of hearing only Brit-Jew propaganda, we would have 100 times fewer LGBTQ. Out of this LGBTQ 60% are actually B, meaning, bisexuals, meaning anyone who finds "sex with both OK", not necessarily having had sex with both genders. These labels are there created to shift the ethical boundary towards acceptable, so one may be first queer (short for LGBTQIA+, 'agnostic' bisexual, 10% like of men, 90% of women, but really only dated women), then bisexual (most only had sex with one gender, but has an attraction of 5-50% to the same gender too), then gay or lesbian. The purpose of all these labels and merging them as one is to entice more people to join the LGBTQIA+ (queer) crowd and make it appear as if 9% of people are LGBTQIA, when only 0.5% of population are actually true gays, who actually have real sex that is unhealthy, unhygienic and of zero IQ, anal sex. The rest are programmed, socially engineered fools, useful idiots used by spy social engineers to hopefully lower the birth rate and make societies degrade in IQ. Even these 0.5% anal intercourse apes, only 1% of them would ever be real gays (anal sex) without Jewish TV-media-literature brainwashing, and 0% would be with a little immortalist education on TV about the negative effects. Only 35% of gay men have anal sex, 42% of heterosexual couples have anal sex (at least once in their life, due to being young and less aware of the effects). These huge % show the catastrophic effects of the Jewish run educational system, where 80% of heterosexuals engaged (at least once in life) in vagina oral sex and 90% in penis oral sex. The Jew essentially made everyone a fool, his TV ads have turned everyone into a little animal, so disconnected from his higher brain, his only joy is sucking genitals. As long as US is run by KKK Brits/Jews, this 0% anal/oral sex won't happen, their racial or ethnic hate of "the others" is infinite and LGBTQIA is how the genocide or extermination is accomplished, among 500 tools. Most LGBTQ are too naive to see the plot. If LGBTQ doesn't work for a target ethnic group to be exterminated by Jews, or Brits, Jews try promote "sex outside procreation, daily sex, until you become nutritionally deficient". As Master Rapists, who deify the mass child rape Bible in every Anglican Church and others, they Love to Rape All. The Democrats, run by Jewish British KKK, are the tools to achieve this extermination.

The illogical thing is that they complain about wars and terrorists, but how does spending 1.4 trillion a year on useless stuff and wasting time with all this "affection" actually bring violent crime to zero and world peace? The LGBT/straight folks, who stick their penis into the anus of the "partner" are too "snail IQ" like (well, it's the group behavior, if they read some do it, they try it too, because if 90% are stupid like a cow, you choose to be too; 90% of people believed Earth is flat, should you too? the social engineers created so much brainwashing thru depraved literature, movies, etc, that everyone thinks of it as normal or even "healthy") to realize the

uselessness and health danger of anal homo/heterosexual sex (infection from anus filth). They think they're the body and that the only way to be intimate with a person is to stick their penis into someone's anus or mouth, having remained at the level of "retarded worm" psychologically, unable to see that we're first the human quantum field, the size of the planet, an information pattern, a field of quantum information and light, instead of this body. Your real identity is much more the eternal human quantum field, or "God if you're atheist", than the body. It's pure brainwashing of gentiles by the Jews and other Sex maniacs and we need to have compassion for these people, the 30% of population who still do oral or anal and it wasn't a few times when "young and stupid". Sadly, they're like brainwashed kids, the serial killer kids brainwashed from birth by the bad serial killer parents (mujaheddin, etc) that only war brings peace, as the Jewish media brainwashed us that "there are no trillions of ways to peace without war". It's very simple, Jews know, like Nazis, that a lie repeated 1000 times becomes established fact, so they take over the gentile TV and repeat a lie 1000 times, until everyone believes "America needs nude LGBTQ parades instead of ending violent crimes and homelessness, wars and we need sex outside of procreation to be healthy". Unable to evolve past animal stage, they do some of the animal behaviors, while the TV Jew gloriously applauds them as expressions of Jewish Sigmund Freud sex for all theory "every human desire comes from the Jew invented "subconscious super cosmic drive to rape all or have sex with all, possibly every 20 minutes". The Jew, as Earth's sales rep for 'Satan', reinvents what is to be human and forces it at gunpoint on gentiles. The gentile, unaware Freud and all "luminaries of modern depravity" are all Jews, believes it as if it's some "amazing discovery of science (Jew invented pseudoscience)". As the immortalist breathing section explains, you can be intimate with all humans at once, by breathing intentionally infinite kindness to surround the entire planet, and you don't need to damage the anus, the penis, the mouth (throat cancer) of anyone to show them your "love" (Jewish style imbecility). Oral sex leads to serious health issues for both genders (throat cancer) and female (bacterial vaginosis BV). The mouth has some of the most lethal bacteria than the vagina can't handle. Most men's dental hygiene is pathetic at best, almost no man brushes teeth after each meal as required. BV microbes can reside on the penis, and sexual activity outside of procreation can disrupt the natural flora of the penis. Penis BV is transmitted back to female partners via microbes, causing recurring BV. BV microbes cause penile infections, such as balanitis (inflammation of the head of the penis) or nongonococcal urethritis. HPV is a sexually transmitted infection that can be spread through oral sex as well as vaginal or anal contact, and can lead to penile cancer in men (or cervical, vaginal, and vulvar cancers in women).

Sex for procreation only = longest life. The immortalists would define coercion to have oral or anal sex or even outside procreation sex as rape (meaning death penalty, if spouse has evidence of it via video, records it secretly), if the person has notified police that one no longer wants sex

in the relationship, all sex or specific types of sex s/he pushes, asks her/him to have when s/he clearly stated never. It's comical today judges hear cases about some gorilla human unhappy a spouse doesn't want to have frequent sex. Such human looking gorillas belong to lifetime labor camps of tomato picking, not to a court where they hilariously defend their right to force Jewish imbecility on others' free will. ☺☺☺ Ask your 'potential spouse' sex questions first, before marrying animals. Better find a human.☺ The immortalists would make it illegal for anyone to publish any book, website, etc about the benefits of "anal/oral sex", which is obviously nonexistent, it only causes disease, i.e. all published books would be first approved to remove any bad sexual or violent content. Likewise, any video, music, book, etc promoting sex outside of procreation is forbidden, as no evidence exists in helps and it only promotes sexual desire that fuels the rape epidemic. The immortalist goal is zero war, which means zero violent crime, zero rape to sustain that peace. Given the fact Americans alone waste 1.4 trillion/yr in useless products that 1. waste the lives of millions producing them and 2. fuel wars by people not focusing on Zero Violent Crime now, it's common sense for immortalists to support zero "wedding ceremonies", as these only feed the genocidal aristocrats running these genocidal wedding companies, who're nothing but profit extractors solving nothing but the adherence to tomato IQ traditions that re-create war forever. These is nothing to celebrate when millions die to due violence, when 1.3 million die due to car crashes born of alcohol use that causes millions of beatings each year. It's a time for penance, charity and restraint, only serious people avoid weddings, the clowns celebrate and waste time, ignoring the 10 second end of all humans is approaching if nothing changes drastically. We immortalists try to be logical: if wedding parties had been good they would have brought zero violent crime by now, but they did not. To get different results, you need a different set of actions. It's time to act for Zero Violence. Weddings are among the most anti-World Peace activities, as they disturb local peace with loud music, remove all eterni tone of speech and promote impulsive showmanship and appearance over honesty and charity, flamboyant clothing and makeup, etc over the Longevity of all Beings via End of War. The $90,000 or 200$ used for a fruit fly IQ marriage party could have added 50 to 500000 year lifespans to humanity via the most essential needs of people without windows, heating, cooling, clean floors, zero mold air, deadly food, etc who're part of your universal body. We humans are so self-focused, that we fail to realize all humans make up one universal superhuman. A true immortalist invites all to his universal wedding of all humans, by his quiet unknown action of Building the 11 companies of happy Eternal Immortality *for* All. Any honest immortalists are fully aware of what evil all parties, especially long expensive wedding ones, create in the world. Let's be real, marriage is not needed and given we're all experts in talking and not doing anything for Zero Violent Crime, it would be a good time to walk the "Walk, don't talk" principle that has vanished in our world. Who needs to know who we're with? They use it against us anyway, let Cybersecurity for all extend to true privacy for all. Be simple, be free.☺☺

Some cruel LGBTQ often eat blood daily, as hypocritical preachers of Love for all☺, not realizing the eggs they swallow as unthinking animals are obtained by killing billions of male chicks on conveyor belts, their dairy comes from baby useless male calves led to slaughter after birth causing endless suffering for cow mothers. Would these LGBTQ love their babies to be eaten by reptilian aliens on day one of birth? No, so why do they do these things to animals instead of living the eterni *ethics* of ☺☺☺*gentle tender soft nurturing* graceful *universal* loving kindness☺☺☺ explained in the Immortalist Anthem who focuses the 11 universal companies around the 1st and most important, the end of violence against sentient beings, the end of animal eating, via Eterni Food Inc, the true definition of Free Love for All? In the same sadist ways, the "Gurus of Free Love" remove human (not just chick, cow) babies from their moms (who can give them 50 fold longer life if they were not misogynist), to satisfy their selfish animalistic rat IQ impulse born of lack of education into the meditative breathing that achieves bliss without erotica.☺☺☺ You don't create 4000 year lifespans by hiring an 'animal' to produce a baby for 25K, you need both actual parents be fully into it 24-7, since the sperm being of a new quality by proper diet 9 months before conception, is almost as important as the "surrogate mom" being replaced by a real mom for perfect diet, sleep, etc during 9 month post conception.☺☺☺ Kids born to lesbian parents will thus be lower quality, and degenerate the race/nation, the exact purpose LGBTQ is pushed by those hating USA.☺☺☺ As IQ drops, taking over USA becomes 400 times easier, without any war. No worries LGBTQ, we immortalists love all beings a trillion times more than the best LGBTQ mom loved her baby last 5 years, as the Immortalist Anthem says, we won't force our beliefs on you, we let you destroy yourselves by your own free will (since you don't want anyone to take that away from you by force), but at least we kindly let you know you're 100% responsible for your own downfall as a 'race of degenerates', we try to help you understand the mistake of hating the other gender.☺☺☺ Divided we fall, united we stand.☺☺☺ Why hate? LGBTQ is Pure Hate.☺☺☺ You choose your own lifestyle, we don't. We still have functional evolutionary brains about what the species needs now. We simply present our opinions as you do thru Nude Parades showing for LGBTQ "the genitals is all there is to Life": we we want 4000 year lifespans for all in the first stage towards 4 octillion (10^{27}) life, we want World Peace in 3 months, for you, genitals and such are more important than nonkilling, than zero violent crime, than World Peace in 3 months (Immortality for All, not just a few gay millionaires), topics never present at your depraved 0 IQ parades. ☺☺☺☺☺☺☺

Did any TV station (CNN, Foxnews) make a daily 365/yr protest about millions of such violent crimes happening? Never, where is the outrage of TV anchors making 50-2000 times the federal min wage when that money could have educated millions of kids who became violent criminals? Where are the TV clowns, making 8 million, calling for nationwide protests to end violent crime in 3 years, to march on all aristocratic mansions and protest with loud speakers 24-7, "Stop

Stealing Trillions that Bring Zero Violent Crime" as in the 1000 places of violent crime due to loud music as no law protects the poor trying to sleep? Why aren't they asking what are Republicans and Democrats doing about a Crime a Trillion times Higher than It should Be? Why no 365 days of protests on TV about the murderous gangsters ruling America who don't care about the crime, as they live in gigantic estates with personal security, video cameras, tall fences, etc? Because all TV is fake, they just pretend it's free media.☺☺☺ The number one Right the TV folks need to talk about is LIFE, because if you are dead☺☺☺, there is no chance to exert any other right, meaning the number one thing TV needs to talk 8 hours daily about is *ZERO VIOLENT* CRIME via real reform like *in no society on Earth before*. Did any of the CIA-FBI on TV remind Americans daily that the Murderous CIA-FBI-Pentagon in charge of USA does nothing of substance to end the 1000 horrific violent crimes daily and question as a truly independent media would, instead of soldiers disguised as national TV celebrities making millions? Pentagon makes millions of violent criminals via the violent video games, music of infinite violence it funds via companies, "celebrities" it controls. Then we hear "We want World Peace". They give kids guns, to shoot everyone, like they give weapons to all nations to fight forever. So much "free" media, spewing the same feudalism lies of 5000 years. Where is the real Reform of the 11 companies and new violent crime penalties (Death)? The educational reform to give all 1 ethics video and quiz until the age of 22, the pay reform? The TV media-movies-music reform to remove all violence? We are like Gestapo, KGB and North Korea, instead of a 40 year frontman (Kim Jong Un, Putin, Hitler) for the Genocidal Elites to Hide Behind, we get one for 4 years, a conman or puppet (who can't do anything) as President. Zero unemployment via 11 companies so people can sleep well, instead of changing job every 3 months and location every year, at the whim of aristocrats firing all to make more money and causing poor nutrition, sleep and brain inflammation leading to violence? All these LGBTQ "fruit fly IQ" folks protest about not being allowed to have sex outside of procreation and brag about it and make no protest each time 1000 terrible violent crimes happen in USA, which is DAILY. This shows you the "character" of LGBTQ: they care more about their hedonistic pleasure than the rights of people to be alive and not killed during the rape that LGBTQ essentially creates via focus on sex outside of procreation. The issue here is that violence leads to 10 second end of humanity. LGBTQ are dishonest, anti-Immortality *for* All and unaware of it. But that's fine. We too have free will to voice our opinions, just as you show penises in front of kids on streets that the Jewish media never shows, as that would reveal the true agenda of LGBTQ, turning all into pedophiles. But the end of LGBTQ is here, the A letter means asexuals, who want sex for procreation only, so LGBTQA is the end of LGBTQ, the seed has been planted, A will grow so big, it will end the LGBTQ it came from, as humans become intelligent, evolving past the animal stage. Immortalists water this A seed daily until LGBTQ ends. When people are killed by war and aristocratic policies, all LGBTQ cares about is showing penises and vaginas to 3 year old kids in parades, to live the sex with 3 year

olds in Talmud. ☺☺

The baby's immunity is built by contact, especially for cesarean babies who need more contact to get healthy microbiome, via breastfeeding, etc. Because of this lack of care, etc, the actual IQ of LGBTQ raised kids will be lower, as well as their health, leading to a weaker race easy to destroy by enemy states. Exposure to one gender only makes the kids' IQ fall, as they fail to understand the entire humanity. Thus, on national security grounds, it becomes illegal once enough sane people vote so, as they awaken from the Jewish Sigmund Fraud sexual mania and other Jewish sexual programming designed to destroy gentiles. LGBTQ parenthood is thus unethical on moral grounds too, not national security only, because it leads to sicker shorter lived babies. Adoption exists entirely due to lack of parent license and proper planning of families by the state who doesn't care about its citizens at all, except the aristocratic gangs who create fake governments. ☺☺☺ It's more ethical to place the wellbeing of the child above the animalistic hedonistic needs of a bipedal primate calling oneself "human", but LGBTQ are too lacking in IQ and ethics education to comprehend the idea that the future of humanity is more important than their penis/vagina erections.☺☺☺ The needs of their imperial spoiled LGBTQ selves are more vital than those of humanity, because they're pure selfishness.☺☺☺ Thus, the LGBTQ Immortality Credit Score needs be lower, as they're regressing humanity into the age of rape and lust, and stuck animal stage, instead of evolving towards shimmering shapeshifting Immortals etlif IQ, a trillion times higher than LGBTQ rodent IQ.☺☺☺ Mammals, humans, primates love people, kids who're like them and nobody can love a baby more, raise a kid better, than the BIOLOGICAL PARENT.☺☺☺ We're all going to become Genderless Immortals as the Immortalist Anthem explains, with 1 billion parents for 1 kid in the far future, so why focus on sex outside of procreation and all these LGBT nude parades in front of kids and hate of the other gender?☺☺☺ LGBTQ are the Ultimate Fascist Racists who hate the other gender so much, they don't want them around, and hurt the future generation by depriving it of the best parent available on Earth, the biological one. Nonbiological LGBTQ parents (only 1 is biological) is RACISM, pure discrimination and should be ILLEGAL, it's like saying "people who look different (different hair, eyes, skin color, breast size) are stupid, when we know females can have IQ of 200 and men 70, but they hate women so much, they choose to be with men of IQ 130 points lower. Same for lesbians."☺☺☺ You can see how hypocritical these so called "Democrats" can be, when racism is only defined in one way: they would rather destroy the human race via IVF and frozen sperm than stop being such HATEFUL FASCIST RACISTS.☺☺☺

The irony is that these LGBTQ portray themselves as progressives, but some are the most anti-progress patriarchal or matriarchal women/men haters who think women/men are stupid, and that the kids being raised by 2 men/women will be smarter/kinder than heterosexual or lesbian couple and creating more IQ 200 people is better, as it advances society more. The problem with

that is of course that the definition of IQ varies☺☺☺ and is not a good reflector of species' survival probability always, and the promotion of hate of one group (men or women) results in war and conflict, dishonesty and lack of progress due to fraudulent papers, versus a world where both work to create the genderless human, who is eliminating all conflict between the two genders, as there is only 1 gender: the Immortal, a world of 11 companies for all humans who're "soon" to be "shimmering shapeshifting Immortals", one universal pay and ethics 1 trillion times higher. This leftist immortalist utopia knows no class, no differences in pay, or even gender. All difference is in the ideas, knowledge and mind, the rest is the same (yeah, all are telepathic and when you sense others' minds/emotions that makes them unique, there is no need for different heights, appearances, etc), unless one needs to visit another planet, morph into local species appearance to relate better to the savage animals there who obviously can't shapeshift and are short-lived lovely idiots☺☺☺, like humans are today☺☺☺. People of tomato or even bacteria or fruit fly IQ☺☺☺ can't see easily how we could all look the same and figure out who is who. That's because we look the "same" only to 80 year old lived human chimps today, but to the future people, with new organs sensing more than physical light, etc, they can see that each person is totally different, since each has a slightly different set of atoms, per new periodic table, arranged differently, etc, like an IR camera of two identical twins, can show different spectra, auras if you will, we would see these vast differences and immediately, via telepathy and this new perception, be able to know who is who, even if to us human ants, these people would seem like clones or identical people closer than even twins at times. When the 1 billion parents create, as in the anthem, the Immortality blueprint 954287613, meaning kid number 954287613 since the Advent of Math Names (people no longer have names, but a set of characters of the new 'decimal' system, numbers and maybe letters of the Eterni Universal language), the 'DNA' may be 1 million times more similar, to our "DNA science today" than the most identical twins in our history, yet to them, be vastly different, as they have quite a few people as part of their trillion trillion (10^{24}) people civilization with names like 9abc5ztf2ydh8cgp or 16 characters.☺☺☺ Permutations of 36 (26 English characters and 10 digits) taken as 16 (if order and repetition are allowed), is, per math, 36^{16} is 8×10^{24}, so if you got 10^{24} people of Eternia, names can be 16 characters, as they process info 1 trillion times faster than we do.☺☺☺ So, they can read this 4000+ page book (a "business card of the future") in milliseconds.☺ Parents, in the more immediate future, would be like 2 engineers working on making kids live to 4000, then 50,000 and eventually become genderless shapeshifters. 2 people live together as engineers of a new human, aided by the immortalist ethos of infinite lifespans of the parent license, the preconception nutrition education and programs to create the most precise procreation, gestation, first year of life that leads to 70 fold increase in lifespan every so often.

We can say it's a bad idea to have 2 men/women as parents, because we prefer 100% DNA of

parents to match the kid.☺☺☺ But, if at least one is a biological parent and the kid is the same biological gender as the same gender parents, case in which it has at least 50% common DNA with the 2 parents, we have a better than adoption of strangers case, adoption being a disaster, a total failure of society to care and plan families for all. Since kids who have 2 fathers will 'soon' be possible, or two mothers, 2 men as parents then becomes more 'logical', but the kid who lives with biological parents has an edge: he shares 100% DNA with parents, while the gay couple only 90%, since 10% is the influence of the genetics of the womb of the surrogate mom, her dietary/lifestyle choices, if you could somehow take male DNA and make an egg out of it, so embryo at least is 100% related to the kid, but obviously not the placenta or artificial placenta creating 50,000 year old humans. This 90% or 80% instead of 100% will lead to conflict and species collapse, so LGBTQ may lead to species collapse due to 1-50% common DNA causing conflict, as kid-parents are not sharing 100% of DNA and more animosity builds, in the family first and then among nations of sex addicted gender hating psycho groups. Society is unstable even with 100% common DNA, imagine what happens if 1-50% becomes the norm, war will increase 100 fold. This fits well into the agenda of an enemy spy agency who wants the other nations wiped out. In a world of shimmering shapeshifting Immortals where 1 billion parents make 1 kid as the anthem says, there is a 100% common DNA and everything is so unified (each citizen feels the pain of all other 1 billion parents as if it's their own body), we can't even imagine how savage we seem to them. We're organized informational systems and we entangle or resonate, communicate far better with people who share 100% of DNA (50 from each parent) than with stranger parents who share 1% of it. That's why the rate of divorce for people of very different background, be it religion, education, language, race, ethnicity (DNA), hobbies, music, personality, etc is higher, the more differences the higher the divorce rate. They're too different to click, same for kid-parent relating, the more differences the more conflict, you see this: parents favor the kid who is genetically like them, who looks more like them. It's pure physics, parents will always deny they have a favorite as it would make the other kids feel unloved, but every parent has a favorite, even if some parents are not aware of it consciously, due to 2 twin girls who look like mom who're loved about the same. Many Jews are not LGBTQ, but liars, who present themselves as such in public to seduce the gentile to this destructive lifestyle, to destroy the gentiles.☺☺☺ It's the Jewish plan of mass extermination so they take over USA and become the Majority.☺☺☺ LGBTQ is Pure RACISM, plain and simple.☺☺☺ IVF kids are weaker, sperm is destroyed by freezing, the infertility is cured with proper diet, no coffee, no alcohol, no smoking, no weed, no drugs and use of no more WiFi (wired at home) and cell phones (only for emergencies).☺☺☺ We hope all Demon-crats join the Immortalist Party, by quitting pretending to be a leftist while being a reality a bourgeois greedy heartless ruthless capitalist supporting the Mass rape of Gentiles via the Mass Rape of child virgins deified by Moses (who executed 3,000 in one move) in the Jewish Bible (Old Testament), part of the Bible of human (gentile) sacrifice

(read all quotes, especially Deut 7:16 about exterminating all nations Jews think 'God gave them to Jews, so any nation they want dead, maybe 8 billion people').☺☺

Jews promote LGBTQ to gentiles, so white population went down 10% in 2015-25, while Jewish population went up 32%, as they have kids, while we're told to have LGBT and pets from Jewish owned pet stores.☺☺☺ Jews promote multi racial families (which have the highest divorce rates for young people and highest drug use overall, due to cultural clash making divorce more likely), while Jews keep marrying Jews only and having twice the kids of the average American. This double standard is seen in the brainwashing of the Bible too: Moses says "don't kill" in one '10 commandments page', but then calls for murder and genocide in 100 quotes, Jesus tells Jews "love thy (Jewish) neighbor", but then Jesus says "everything (mass rape, genocide of gentiles) in Old Testament is true". A picture starts to emerge. The veil is lifted. The Bible is pure fraud, nothing is consistent, except the deception.☺☺☺ We call Democrats Demon-crats, due to encouraging rat behavior in humans and demonic behavior, the wholesale destruction of USA by creating a nation of childless families. Poland gives 0 income tax to families raising 2 kids and having lower income, to shield the nation from having 0 kids due to Gay-Lesbian Social Engineering by foreign powers wanting USA or Poland wiped out. Likewise, our tax system needs to give lower/0 tax rate only to those raising biological kids (or foster kids, but higher discount for biological) and increase tax for those who give kids away for adoption (due to lies during parent license process), with no benefits to married couples with no kids. How are Democrats encouraging bad behavior? Read this paragraph and the following 15 pages to understand. *Demon*-crats supported for 150 years the palace dwelling celebrities whose movies (from the very first 7 movies) and music are filled with anti-eterni tones, or aggressive, mean, negative yelling, shouting types of tones, scenes, ideas, words that make a mockery of the *ethics* of ☺☺☺ *gentle tender soft nurturing* graceful *universal* loving kindness☺☺☺ of the best of all kind (not fake) religions and spiritual paths, *a mockery of* the national immortalist state and Its Holy Anthem, Its Peaceful Gentle Happy Media Guidelines, Its Holy NonViolent Doctrine, Its Holy All Loving Military, a mockery of the "face death everyday" scary work of all spies, soldiers and police (which will dissolve into the Immortality Nurturing Agency and Eternium, 2 of 3 national agencies), just as these fraudulent clergy do: demon tones of clergy, similar to many celebrities shouting and yelling in their infernal music: pastor, rabbi, Buddhist monk, imam, Hindu preacher, and closer to Hitler than God. In the context of universal humanist or religious ethics, to waste time with same gender sex and erotica when human species may disappear in 10 seconds within 5 years due to violent tone in gay music and other types of music is no different than *unethical* conduct or, more metaphorically, "demonic" behavior, selfish gangster behavior. The duty of all citizens is to bring ☺☺☺~*~Eternal Universal Peace~*~☺☺☺ in 3 months first and foremost, 0 violent crime in 3-9 years, so civilization can finally begin to be born on Earth,

fight for it all day with all our might and soul. ☺☺☺

Sex outside pro-*creation* is attempted murder, because a fetus can emerge and then they will kill it, cause health issues for mother and destroy the human quantum field nonkilling resonance of Immortality *for* All☺☺☺. Creating an embryo needs to be done with proper preparation, after parent license was granted, to properly know how to create the best possible embryo and be a good parent, so that the best outcome happens, with fewest birth defects. Without knowledge, the fetus will die fast, parents need to avoid caffeine and other things before conception, to prevent low IQ, defects, etc. Driving a 20 year lifespan car requires a license, driving a billion year old body into existence should require a license to prevent criminality, violence, stress and defects. It's funny how we prepare so much before buying a house, but to 'buy' the body of a child from God☺☺☺ no preparation, just random sex. It's abysmal in IQ to imagine diet, stress, etc before conception won't have dramatic effects on the fetus viability, longevity, etc. Sex is not flipping burgers, there is a science, a perfect way to conceive. Honey bees live 50 times longer if they eat royal jelly, same way, the human bees live 90x longer if during conception, and prior, and during pregnancy, a specific diet and/or protocol is followed. The animal type human just wants intercourse. He's a beast, like Demon-crats, he knows not the Immortalist Anthem and its lofty ultra lefty ethics. Before conception attempt day, the two need to reach the highest state of wellbeing, as proven by the way one feels and even biomarkers if one wants to measure them for free. Democrats claim they're the pro-science party, but they're anti-science. Science shows that if you have frequent sex outside procreation, you destroy the uterus, by failed embryo implantation and failed fetuses that are totally unknown to the mother, since she thinks there is no damage and having sex with her husband daily is just good for her. But it is not, since sex drains your brain and increases the DNA telomere damage. With knowledge, you can discover how to eat differently so the fetus will live 40-50x longer, like some honey bees who change their diet during "fetus stage". But moving genitals like a dog won't evolve you out of your dog IQ state. These fetuses wear the uterus, introduce cancerous oxidative stress and make conception harder, it's like a used car that is trashed before the wedding day, or a space rocket for Mars that you trash with trips to a town on Earth. For the big day, you want a clean strong healthy uterus, not one damaged by birth control pills (women got brain cancer) and whatever, you want a clean healthy vagina, not one worn by endless x with endless animals posing as human males. The quality of the embryo is dependent on the quality of the genitals and the nutrition, for example, melatonin increases egg health, fertility and biomarkers in animals, the eggs are in a state of flux and embryo health is determined by far more than "the eggs mom gave you when born", everything is in a state of flux, everything is energy, eggs appear as matter, but recall the New Elements, there is more to it than we can see with the present genetics anyway, eggs change, with RF, DE, etc and sexual habits too, not just diet of girl since

birth. Eggs interact with the environment they're in, trillions of reactions happen each second, mom's experiences are encoded in eggs and sperm holds dad's experiences too to inform the offspring, all is in a state of flux. Sex outside procreation shortensing the life & healthspan of the child, because the girl uses valuable eggs, body not knowing this time is not pro-creation, so the child gets the worse eggs. Sex outside procreation is sabotaging parents, as kid is weaker, less able to help parents, parent IQ diminishes, as brain doesn't keep itself in top shape, nutrients go to genital liquids that are produced by humans during orgasm. No wonder USA IQ is so low. ☺☺

When millions of people live in cities plagued by infinite violence and filthy buildings, it is selfish (or demonic if you want to sound more 'religious') to engage in nude LGBTQ parades (3 min video) (Jewish TV stations never show the nude part, as LGBTQ are portrayed in a good light to destroy gentiles and enable Jewish takeover of all nations), useless straight or gay sex (outside of procreation) when we need 11 companies to get rid of violent crime immediately via the state of emergency. This is even more demonic after the TV has educated all, 8 hours daily for 6 months on all radio-TV via the global state of emergency, about meditative states that achieve happiness higher than orgasm via breathing alone. As the Immortalist Anthem (and first book page) explains, we will be trillion year old teleporting genderless shimmering shapeshifting Immortals able to emit atoms via a third eye ray to help build offspring with 1 "baby" *(18 year old size baby who gets a nice 1 second brain upload for knowing more ethics, music,* physics *and* science than all humans combined today) materialized by even 3 billion parents in a minute not 9 months. *As humans evolve beyond the primate animals we're today, future people living 30 times longer than us* (30×90=2700), or 2,700 years, *can do more than humans today* (who may be like rats☺☺☺ compared to future "Immortals" humans), like materialize a small 1 year old sized baby (not 2 billion parents, but maybe 30 or 5000) or, using the same materialization tech, possibly never eat (unless perhaps they grow to an adult in the first 25 years of life) due to living on "cosmic energy" (some form of particles that we call energy today, with negligible mass) as Nikola Tesla predicted one day we will. These people, as all evolutionary smart people today, *have* sex ONLY for PROCREATION, to *conserve matter and not release it via fluids* and also because they understand the brain so well, they attain happiness 1 million times > orgasm at will any minute of the day, being the smiliest people ever☺☺☺. After 8 *pages* of meditation & LGBT talk below, the science papers on nutritional drain are presented, so all people know some of the *issues* with *sex addiction, erotica, masturbation and etc*. LGBTQ (clergy died during gay sex, every unrestrained animal is clergy today) is used for genocidal purposes, for extermination. While they push LGBT in the West, you see they push 3 child policy in China, the East. Aren't those Jews, KGB smart? Let gentiles have 1 child, *Jews 3* and Chinese 3, Russians 8. Youtube on avoiding porn is good for those who watch porn (should be illegal for all ages) or masturbate, since it's a waste of time. Carl Jung explains how easy is to overcome lust, and its benefits.

Masturbating folks are treated like trash. Carl Jung said sexless life for 90 days transforms you. The video summary of the book "Continence and Its Creative Power" has useful ideas for all wanting sex for pro-creation only. This video explains why dating non-virgins is a very bad idea: all ladies 35+ are desperate to have kids, since fertility and egg quality drops a lot after 35. Sperm is produced fresh, but eggs are the same and they can suffer huge damage during life events, RF, DE, heavy metals, illnesses, etc, putting older women at a serious disadvantage. See the 7 types of women who cheat. 80% of women lie about their sexual affair body count, see how to discover a whore and low IQ bipedal animal. Avoid single moms/dads, unless a single parent yourself, since you'll always be 2nd class citizen, a slave, kids/ex are always first priority. A new kid being born will deal with the drama of the previous fights the parent got into, and that's not ideal for humanity itself, if it can be avoided. Single moms are often bitches who had sex outside procreation before they met you. Beware. Here are 8 signs he or she sleeps with someone else, and it's time to walk away. Here are 2 things (presence, safety) you get from love. Beware of parasites who want to use you to retire early. LGBTQ get HIV, which suppresses immunity and turns normal flu, COVID, RSV, etc viruses into more virulent strains that infect the rest of humans, so LGBTQ who're sexually active are a burden on society, since they require more health resources to deal with the HIV infections and all infections they get more often due to low immunity from HIV and too much sex. Choosing sex outside of procreation and erotica that transmits HIV is thus selfish, lowers the Immortality Credit Score due to extra burden on society with sex outside of procreation regardless of their gay or straight orientation. The more one night stands, the more disease transmission and the lower the score. The 40 sex partners culture will vanish as the scores of these people will be going towards zero, as they're literally ☺☺☺ supporters of mass rape vibe in schools and genocide by diseases spreading way faster. Only 1% of LGBTQA are A or asexuals who're not into sex outside procreation. The rest are animals, insane wanna be cannibal primates who need psychological help. They need conversion therapy. Avoid them as you would avoid guys with a deadly diseases that kill you in 1 day.☺☺☺

As the toothbrush section explains, any device that vibrates (vibrator) creates strong magnetic fields that can damage ovaries, testicles, eggs and lead to birth defects, so hedonism can lead to many issues. *Even* now, having sex for procreation only (no self touching to arouse oneself, since body releases during sleep semen it doesn't need) may lead to best longevity and health; at least have sex *before* 2 pm after *waking up fully*, to allow yourself plenty of time to eat, resupply vitamins and take care of your eyes (eyedrops if dry eyes or yawns to generate tears), because the sex act, or any emission (caused during sleep, by spy agency terrorists as a form of torture, if you forget to empty bladder before bed and drink a lot of water or eat within the last 4 hours before bed) depletes the body and eyes of nutrients. Some may be skeptical, but a 20x mirror allows adults to watch eyes before and after sex with their wife and see the effects, that it's not

really a myth or folklore superstition (*at 1x it's hard to notice, often times not visible at all*); thus, *the nutritional* deficiency *of the eyes and brain is not a myth created by the* 'puritanical *clergy' of various religions,* it's an *undeniable* reality of life and science; taking a quick shower before going to bed, avoiding stress, heavy evening meals, etc all help diminish abnormal sperm production, besides not watching sexual content and not touching the genital area, being careful with evil people using dream gadgets to create semen discharge or sometimes even erotic dreams. Mature women have no sex outside of pro-creation and they're quieter emotionally. Psycho women tend to always be loud, create drama, noise and useless activities, not let anyone rest in the house, instead of meditation. Some always complain and make everyone miserable.

The spy agency of Eternia ensures that the books allowed to be printed, *the movies, music allowed, Internet* sites are not brainwashing its citizens about the "bliss and benefits of sex outside of procreation" without real evidence, without presenting the alternate point of view of this book and 100s of others on meditative bliss, the people who love to meditate and bring Eternal Universal Peace instead of rubbing their genitals and not caring about millions tortured and dead every year, live long by semen conservation, etc, just like many animals who only have sex 3 times in life. It's funny how they got this sex education, required, without requiring them to know the cons or disadvantages to this, in destroying their chance to evolve their brains to cause bliss instantly when needed, to be a happy person. You know, when you're 5 you learn things faster, as you have more plastic brain, etc, when you're 50, slower, with accent if a language, etc, so they brainwash kids with this, when the most vital education is meditation classes and bliss maintenance. *To take over nations' resources, colonize them or turn them into slave labor sources, cannon fodder 3rd world country buffer states,* they need unhappy people who will be cruel to others and mean, who deify pain glorifying rituals and religions *(Jesus torture in 14 stations of the cross in every Catholic church for example, because Jewish Popes (1st Pope was Jewish), Bishops knew mind control is easier when people are unhappy or in pain, various festivals like* Muslim Ashura*, etc),* so only a temporary bliss is allowed – one that spreads disease, causes nutrient drain, faster aging and brain weakening for *max CIA mind control*. Today, we communicate 1 billion times faster via email, 1 millisecond instead of 3 months for far away places, today we also understand neuroscience a billion times more and how meditation can reach bliss a billion times easier and with less body damage. To many it seems, and perhaps, rightly so, for meditators, that LGBT are simply *uneducated* people who have been *brainwashed* at gunpoint (the gun is often a special mind control weapon of torture they use to robotize various puppets who impose the new 'religion' or believe in it due to CIA gadgets causing attraction or arousal synthetically around persons of same gender perhaps if they use that tech or even use invasive images or telepathy to flood brain with ideas that 'x and y like you' etc), via *state* run propaganda disguised as 'private *agencies*' by the government that sex alone is bliss,

when it's not true at all; LGBT stuff just another extermination tool packaged as promoting freedom and human rights (while designed to take away the human right to education about the much happier meditation bliss, much longer, of the eternally peaceful civilizations). A few people really are born with both organs, etc and different biology, and they genuinely may have the animalistic attraction to both genders, etc, but the point here is to be free, as in the land of the free, free from having to rub your genitals to be happy, thanks to a much more intelligent understanding of the brain and happiness. We're no longer cave men. We want scientific studies to prove the fact that it doesn't cause nutritional deficiency (vitamin section explains 30-70% of Americans are deficient in various vitamins) and making gays and lesbians easier to mind control by CIA and even lower in IQ. To destroy a country or continent, to steal all its resources, in hybrid warfare they need to turn everyone into selfish hedonists, to place one against the other, so the promotion of eterni culture, eterni greeting that loves all and achieves nirvana instantly is not there, only the Talmud-etc culture. It's important to recall the Zion Protocols for global war. To free ourselves from the "let all become gay" terrorists (in some areas most LGBT are fake, spies actually) *who pretend to be gay, lesbian to lead others to their own destruction* (just like Foreign Spies often pretend to like a toxic product or habit, to make gentiles (or locals) use it and shrink their lifespan by that), we need to understand neuroscience. They create sex shops, without a meditation center near it. Their aim is the enslavement of the people, not their "freedom" and "human rights". Recall the "rights" and the 100s of deceptions. ☺☺☺

Low IQ very violent (by immortalist standards) PhDs with macho music, violent candidates supporting habits, create research studies where they don't account for *100,000 confounding factors* factors, and claim that "people who have sex more often live longer". When you actually read the study design and factors they accounted for, you're shocked: they only accounted for 3 or 4 factors, and often not for exercise at all. Plus, it only held true for women in many studies. Correlation is NOT causation. While it is true that someone may live a little longer than if you watch TV, *simply because you exercise a little*, if you keep active in building the 11 companies that bring 80 trillion year lifespans for all, you will certainly outlive those rats by 80 trillion years, not just 2. What happens in reality is something far simpler: parasitic aristocrats who torture others to death and work others to death, in general, via theft, obviously, have a lot more time on their hands to create wars, and maybe have even 3 "one night stand, sex included" dates a week if not yet married. Those with more time on their hand, who're not at all concerned with the well being of the humanity around them, having low altruism, have a LOT more time to have sex, after of course, torturing the hell out of the workers indirectly by passive "free riding" of the system. The worked to death stressed worker, eating poisonous foods and etc obviously has no time for sex and lives shorter, not because of not having sex, but in spite of not having sex. If that abysmal IQ aristocrat had any kindness, he would realize that diet could help him live to

5000, instead of "gaining 2 weeks by having sex often". So, here we go, every day, the news for the enslaved worker is "have more sex to live 2 years longer", instead of "be free from aristocrats to live 5 billion years longer". The grand deception is that by being an animal you become more of an Immortal. It's a clever trick to fool everyone into thinking that the "DNA" is depending on how many sex attempts you have. Turtles don't have much sex, and they live to 400, they have sex once. You see these scammers and bloodsuckers, they only want slaves. The human species has a quantum field and it knows when someone is working to extend the species lifespan, to triple it, to enable it to go off planet, increase its chance of survival, so it's those humans who *stimulate their brains that it will support by DNA changes to live longer, not the* ☺abysmal IQ☺ folks *having sex outside of procreation*. No human being ever lived to 150, let alone 4000, by having more sex. Yet we know from bees that simply changing your diet, you can live much longer, 40 times longer. Imagine that. You never hear "we can live to 4000 by changing our diet" on the news, only the lowest IQ things to destroy your eyes and brain with sex. The Zionist media knows how to drastically lower average IQ of the gentile and it will do so, look at the alcohol promotion, or tobacco, weed. If they can give you crap info, they will, to keep people ignorant, in a brain fog, as ☺abysmal in IQ☺ as a rock. In centenarian studies, a key factor is the *will to live, optimism*. All centenarians are optimists. So, this means immortalists, who're optimistic we can bring World Peace in 3 months and 4 trillion years lifespans for all, can get a little ahead of the pessimistic rats believing they will live 3 years longer by having sex outside of procreation, and perhaps, even daily. We immortalists believe we can live 4 trillion years longer by not having sex outside procreation, we're true optimists. *Zionists will even promote abortion, since that gives cancer, all kinds of diseases that shorten your life.* Look at the life of the longest living people, they lived a life of less cellular division, light food intake, so sex goes exactly against that, it causes a vast cellular division to occur, ages you faster, far faster than even a little masturbation, since it is a lot more involved. Why do you think CIA Jews and Brits cause sudden sperm emissions as a form of torture? It's pure war, murderer, China knows it, so China is preparing to defend itself preemptively. For centuries, Brits tried to drug every Chinese if they could get around it. If gay, he may have casual sex often and die as a species soon, a childless sex addict meeting its well earned demise. The universe has a self-correcting design: selfish folks, LGBT, disappear. We need to LGBT to become heterosexual parents, distribute kids rearing evenly, so LGBT is like choosing to not contribute to raising the kids, kids being people who support the older generation when kids become adults. While adopting kids seems OK, this only happens due to poor planning. If license to be parent exists, all have sex for procreation only, no unwanted kids exist, so gays can't adopt anyone, as a kid would be better served by a relative of deceased parents (say 2 parents die) with similar quantum DNA patterns.

If people want to have gay marriage, the tax benefits from marriage of straight or gay people

should be removed, and only those who live as a biological parents of kids family☺☺☺, meaning cohabitation between *mother and father, in one house, get the tax benefits from having a child, two or 3.* If the 2 divorce, the child support is 0, since the gov pays all of it to the parents in exact proportion to the time they get for custody. This prevents people from trying to marry to steal money or turn the other parent into a slave to pay child support, by psychological manipulation and other means, fraud and lies to win custody. Criminal partners can game the system to live as a parasite off the other spouse to get high child support, while they destroy society. Such vampirism ought to be eliminated by setting "child support from gov" to 300/month (or whatever is deemed average expense for a kid) universal amount, the games of divorce for profit are over. Once the child tax benefit equals child support, meaning divorcing or splitting doesn't get anyone any extra money, child support is eliminated as a concept and this causes the divorce rate to drop and for biological parents to stay together longer if not married. Many divorce only to get child support and be a parasite. The era of Justice will Begin. The bitches won't divorce instantly anymore, or they won't marry anymore either, marriage will become a thing of the past, to avoid courts and issues if the two decide to not live together anymore due to fights over issues. The child lives with whoever has the higher immortality credit score, if the two no longer choose to live together, for example, max score is 800, if dad score is 700 and mom is 100-600, dad gets 100% custody, but he's free to allow kid to go to see mom sometimes. This saves us trillions in courts and time-money,☺☺☺ better used for immortalist technology and building a just angelic world of gentle tender soft healing nurturing graceful loving kindness, of such efficiency and silence, there are no arguments and raised voices anymore: ethical people act quietly, without fanfare and useless talk. Couples, no longer brainwashed by greed and "how much did I contribute to raising the kid", act towards benefiting the human quantum field and all potential Immortals, and raise their score accordingly, since the Eterni Bank knows exactly how much each parent spent on the kid. You know, if you live to 9000, you may not live together "forever" as the rituals say, since the number one priority is not one person, but the entire collective of Immortals' wellbeing, you may have 30 kids with 10 partners in 8000 years. Marriage loses its meaning, especially in the future, when, like in the Immortalist Anthem, we become "genital free" beautiful colorful telepathic radiant teleporting genderless shimmering shapeshifting Immortals materializing offspring, but can have 1 billion parents for one kid, since each precipitates a few atoms. The main drive of humans is survival and that increases when we as a species can shapeshift into the lifeforms that can survive on many planets or even stars, that can travel long distances, so then what happens the main drive of humanity becomes becoming a shapeshifting materializing one gender species. This is why marriage doesn't make any sense, since many men or women are emotional abusers who want the spouse they feel entitled to own, manipulate, control and torture, to act against the immortalist cause that benefits the species. True love is Loving Humanity the Most by doing what extends the lifespan

of most people worldwide, not buying silly stuff or doing filif snail IQ☺☺☺ stuff to make the spouse happy (when they can attain happiness at any moment by conscious breathing), not the fancies of an abysmal IQ spouse, and this is clearly explained in this video. The freedom to leave, the idea to remain always independent makes the relation 1000 times more filled with love and altruism, there is no capitalistic ownership born of demonic religion. Only God owns anyone and this no marriage way put maximum pressure on both to become God like instead of manipulating the other, to help humanity instead of sex, etc. Avoid dating anyone like this. One guy explains 10 reasons to never get married. Their social media will tell you before you ever meet them if they're a psycho or not. Any biological parents have a kid together to help all humans become Immortals, not to possess the other or child for Eternity☺☺☺. This is totally opposite to Mormon mass killings, brainwashing to get 10% of income of church members, and temple "celestial marriage" empty rituals, with their cannibalistic quotes of violence, etc, where space and materials are wasted while others are in jails or homeless. Over millennia your score may become 800, hers 600, a real divergence emerges, an incompatibility… So, having marriage papers, endless rituals is anti-intelligence, dishonest and a waste of time.

Today, marriage doesn't make any sense for men since courts act as sources of aristocratic parasitic terror and theft of money property, offspring, any gangster lady with Immortality Credit Score half of man can steal millions, kids if guy didn't take proper actions, moving his assets and trust years before marriage and prenup, postnup, etc. The guy has to record anything, to defend himself in court 40 times more as everything is stacked against him, as a reward for being 70% of work accident victims as he takes the most dangerous jobs: equality of death risk it's called, reflected in lifespan length. Instead of living his life, he has to waste endless effort to defend himself against the Jewish lawyer who comes to destroy society with his "Chicken IQ" women Take it all, society IQ goes to Zero" and lower everyone's IQ, so he can enslave every gentile. He turns music into infernal rabbi shouting matches, to destroy each gentile family via irresponsible females and males, paid by the Jewish Pentagon to destroy every family on Earth, as they incite and instigate every human to violence subtly, then the Jewish movie-music producer and lawyer alliance can make $$$ by 10 divorces per person, screw every kid, dominate every field. He removes any chance of any time off, not 222 weeks off as in immortalism where both people are equals, friends who understand due to low IQ humans have 2 genders for now, and understand true equality of genderless Immortals, but 0 weeks off, where fetus becomes a psycho before he's born, a lunatic ready to kill in endless aristocratic wars of theft for the rich, who can get of course, 500 weeks off if wanted. Every day, we're brainwashed by the Pentagon Jews about Jesus' fraud and the demonic Bible of genocide and Rape, even in military songs. The emancipation of gentile men worldwide from Jewish and other forms of Gangsterism is finally beginning, women got rights last 100 years, now it's time

for men to get some rights too, and increase their IQ, stop allowing Jewish Gangsters to cut their penises, regulate their beliefs with Genocide Rapism Religions by psycho Moses killing 3000 humans, calling for genocide of trillions of galaxies "God gives over to Jews" etc. They brainwashed us for 2 millennia Moses was the man of God. Jesus, the evil Rabbi pretending to be inclusive, praises the "beat gentile slaves until they die, as long as it's not instant or days, 2 months or years it's fine" quotes in Mt 5:17-9. The Bible teaches us that Jews can beat us, the gentile slaves, to death, as long as that death happens in a few weeks or years and nobody can prove it was from the Jewish covert torture. By the time 9 months pass, Jews may have forced the gentile in 2-10 events that may provide "alternative explanation for gentile death": slow covert killing. This extends to nations that are to be exterminated, like Ukraine 5 million folks killed by Jews and Russians in 1933. How can Jews hypnotize a whole planet to believe the Bible is the Word of God? Deception, Nazi tactics: repeat a lie 9,000 times and people will take it as fact, as with Jesus miracles, take over media and promote Jewish Jesus as the answer to everything or whatever ideology Jews need to control covertly a nation, even fake "communism" where Jews hold all vital positions. Recall the Jewish financiers accumulating enormous powers via trade. Men must be aware, women spies can pretend to be a friend and then use co-habitation laws in many states to claim half of your assets after just 5 years of cohabitation, thru lies and manipulation of law: parasites can win even without marriage, hence many prefer surrogates☺☺☺ for having a baby and raising the kid alone. Men are no longer dogs on a leash for thieving animalistic bitches of cow IQ (manipulated by Jews or spies) who actually hold humanity backwards with their vanity focus on "beauty" (instead of trillion year lifespans for teleporting genderless shimmering shapeshifting Immortals) and stupid stuff, like restaurants, religion, rituals and endless 2 trillion $/year worth of trash, etc.

Men are becoming highly educated via the free internet, men no longer crave sex outside of procreation (as the Jew programmed them to in order to manipulate them via the female), silly ladies can't control men as they did before, as men don't need sex anymore, meditation and conscious breathing is 10000 times the bliss of any woman encounter. Humans finally realize that just as etlif IQ is a 10^{27} times higher than filif human IQ, so do our descendants, the shapeshifting Immortals live in 10000 dimensions and planets at once, and for their hyperspace cloud self having sex with a human fruit fly or microbe (humans are far less intelligent vs Immortals as a fruit fly or flea is vs humans) is not really something they look forward to, as they can shapeshift into any lifeform. If you sit in a room and have 30 monitors playing 30 simulations in 3D of you doing something on 30 eras of humanity or planets, they happen in real time, so your Immortal Self can have 3000 reincarnations at once, i.e. you're a continuum of being, both the trillion year old descendant of humans and the insect human today, so the insect world loses its charm, when you realize you're not the insect but a mystery: for example NaOH + HCl = NaCl

+ H_2O, same electrons and protons rearranged, are we the NaOH or NaCl? The insect or the Immortal? We're both, protons, electrons in a movie. The Immortal's vantage point is beyond human time, i.e. all lives can happen at once, see afterlife section on why its goals would be different than fornication of 0.0001% of his being with insects (humans) or bacteria. Yes, we're microbes compared to an Immortal, as humans, and that's the reality, but what if we're the Immortal too, in becoming? The moment you realize that, reality shifts towards longevity faster. Would you commune with an Immortal who is a trillion times more real than any human or play erotica with a nanosecond lived neutrino (humans)? Your brain will become as stupid as your choice. We become that which we focus on, so all need to focus on God first, the first Immortal, you become as short lived as the beings you focus on, insects or the God or Immortal Energy (if atheist) that lives and animates the filif IQ lifeforms. In school they tell you "to become a great scientist or professor, you need to think like one", same thing, to become an Immortal species, you need to first think like one, pretend, role play a little. Like medical students train before going to practice medicine, role play they're doing real surgery or etc, cops/soldiers role play in training they fight a gang or war, etc first. When you think about the Immortalist Anthem, you realize that as hyperspace beings, the genderless shapeshifting Immortals ☺☺☺ don't have any interest in sex, nor does any smart human, except to pro-create.

Now, the current mythology from the chimp era of 1000 BC is that 2 people have to marry and be very possessive, to raise a kid or 3, but this model creates conflict, as each side is trying to get the other to do everything their way. This creates tension, and frustration, as she likes big dogs and heavy metal and he likes meditation and peaceful music. So,☺☺☺ dating.gov and parent license exist to ensure that two people have way more likes in common (music, diet, personality, politics, beliefs, etc) than average, to prevent fights over whatever, including personality and way of approaching things and life that would conflict if they want the kid raised their way: the two have to agree to let the free videos guide the kid the universal way and to a general plan (e.g. immortalists would never date anyone who drinks alcohol, smokes, uses weed, caffeine, or listens to regular music, which is not eterni, who is not trying to employ eterni tone as if you date the first time a trillionaire and whisper in the presence of a trillion year Immortals baby in the house, the child of the Galaxy President who sends 0.001% of himself as human, or has pets (owning pets is selfish when people don't visit an MD for decades in US, plus World Peace requires focus to happen in years, zero violent crime worldwide is even harder: no serious human being has a pet, only animal frauds and cops do, because the effort needed to reach zero violence, the stage of being human that is, not an animal, is huge for immortalists given the others don't give a dime about it and animalistic folks promote the death of kids, seniors by dogs and the blinding and scratching of kids by cats: you only have so much free time in a week; don't be deceived by words, liars are everywhere, their actions reveal their so called

"immortalism level"), so as to not start a fight over how he will be vaccinated, schooled, at home or with the Jewish 3 year old intercourse based Talmud rapist education system, of Catholic Cardinals and Popes brainwashing people Beating Kids with Rods, Smashing them against rocks, Beating Slaves to Death is Word of God and couples need sex outside of procreation as it's "God's love" and other insect IQ teachings, such as circumcision. The electric heaters and small room coolers mean that everyone can adjust their room to their ideal temp and it's best for 2 parents to live more as platonic 10^{90} IQ etlif beings, friends who help raise an Immortal wanna be template for the human species, and not "the owner of the other". This genocidal Bible idea about two beings become one is a violation of free will. This enforced cultural expectation of "he is mine" is the first step towards total disrespect and becoming a control freak who then forces separation and tension out of control. It also prevents, (due to this fake concept that the spouse somehow dictates what you choose and owns you partially), the donation of sperm, egg by high IQ people to infertile or low IQ couples who want a smarter kid, even if half kid. It creates a clan of us vs the world, when we humans are all a Family of Immortals, mere insects trying to live to a trillion year old, which is a mere nanosecond in the life of a True Immortal that God can grant, thru God's miraculous (not fake) power no human prophet (profit) ever displayed of course. ☺☺☺

Don't be shy, if anyone asks to date you, quiz them first, "I believe I might enjoy thinking about this for a few minutes, if you allow me to, as I like to overthink, but would you be so kind to answer some questions first? Or use Elicitation CIA technique to avoid asking questions – use elicitation statements instead of questions to ask these, while looking for signs of lies 1. how many times have you drank alcohol this life and now? (never date if often for a long time, and now) 2. Smoked weed? (never date) 3. Smoked tobacco? (never date) 4. Vaped? Never date. 5. Had sex outside procreation (never date them)? 6. Do you have pets? Have you ever had dogs (huge red flag if not a tiny dog, avoid any big dog owner, the dog can kill you and your kids and war/violence/alcohol kill millions each year, dogs/pets never end these, but take us away from ending them, pets are the creation of selfish aristocrats who treat pets better than people)? What kind of pet? 7. What kind of music do you like? 8. Your top 1-3 hobbies? (if you read the book you know what to avoid…). 9. Can I see your social media so I can browse thru it now quick to see if we resonate? (facebook, x, instagram, youtube, if anything non eterni, minimal stuff about humanity (always about him/her/family/3 friends), big red flag, the more violent the music or the sillier, the faster you say no, you know in mere minutes you can tell if s/he a fraud. Don't be duped to waste time. Short and to the point, beware, many will tell endless lies. Ask these in smart ways that never reveal you're an immortalist perhaps, over a period of chats, so it's not like an interrogation. Like "Oh, I love drinking Tropicana, it's a healthy drink, fresh orange juice. What do you drink?". If he reads the book, s/he may lie to make oneself appear

like an immortalist. But you can text book website and wait for 1-4 months for him/her to change, then check what effect it had. If no change, then, he will never change and talking to him is a waste of time for the rest of your life. He who can't change in months won't change much in 9 years either. Stop draining your energy. They're frauds, parasites who maintain the hell world of Eternal World War and Violence. We need efficiency☺☺☺ to get anywhere next 3 decades, with regards to the Immortalist Anthem, Immortalist Party and Eternal Universal Peace to prevent the 10 second end fo all pets, animals and humans on Earth and Zero Violent Crime in USA and then finally worldwide. We have no time for cocky idiots. The world has 8.5 billion people, you don't need "vegetable IQ"☺☺☺ people. Don't waste time dating much, just give them a business card with the book or something and then use that to select, weed out cannibal chimps ultra fast. Your life can't be wasted with "idiots". Get real, because lazy (blown by the wind) unfocused people will never achieve any change for humanity, the motivated alone can.

Thus, what is important is for people to control their animalism by realizing meditative bliss can be 900000 times happier, since Love means helping "flea IQ" insects live to 4000 not erotica, be OK to sleep in separate rooms if so desired, literally as roommates on contract with the Immortalist Anthem to raise a kid who helps people live to 4000. Marriage is an outdated concept of control and slavery, a remnant of the aristocratic class model of reality, where rat IQ parents arrange marriages and force 2 kids together as gypsies still do with 14 year olds today. Let everyone be free, for freedom is the most important thing. Without freedom, no love can exist. No co-parent will have any right to tell the other how to live, just as you would not tell that to a roommate. They simply do a joint project together, raising the kid, as platonic friends, no drama and noise after 9 pm or at any time, no yelling as fines accrue for each recorded instance for domestic terrorism and previolent crime (yelling). The duo realize sex is overrated, a chore, a necessary evil they have to engage in to pro-create due to our infinite imbecility and inability to come up with a better way to materialize offspring living to a trillion, a curse. In this Exalted Realism state, the duo clothe themselves with the Radiant Glistening Garment of Virtue of Ever Ecstatic☺☺☺ Resplendent Magnificent Bounteous Gentle Tender Soft Kind Nurturing Loving Effulgence of Eternal☺☺ Immortality *for* All. The duo lets their life be used to commune with the Immortalist Ideal (quantum entanglement with future humans who're "Immortals"), for this will help them become more like that, instead of more cannibal chimps they already are surrounded by in the billions. No more judges and lawyers will exist to listen to the insect IQ complaints from spouses that "he doesn't want to have sex", and other stupid trials on TV. These animals can simply masturbate if they're so keen on living short and being dumber than many mammals that have sex for pro-creation only, and we can have more scientists instead of admin experts to attend and count the penis hairs on the guy who is unhappy his wife doesn't want to suck his precious hair or other such cannibal chimp concerns. Marriage is outdated,

because people grow, their interests and likes can diverge after 20 years so much, staying together feels oppressive. The goal is max growth towards the Immortalist Anthem ethics for all citizens, not keeping 2 human insects chained together so they can't move or grow.☺☺☺

The immortalist duo focuses on respecting each other's freedom and space. All accounts separate, the Eterni Bank knows how much each contributes to the kid and none has right to the other's property for any reason, at any time, just as you don't for roommates. If house is owned by one, the other will get back all money at inflation rate (which equals bank rate, only 1 credit card in all USA) for any expenses paid or rent paid if they decide to split due to fights over whatever, and credit scores will determine who gets to keep child. The AI will compute that in 1 minute should they decide to part ways, after counselors tried to help them resolve the disputes. If they buy house together, all splits per all transactions in the bank, and all houses will be maintained and repaired by the 1st of the 11 global companies, Immortality Building Inc, so no fights or need for any litigation, and drama over "but I cleaned the house, so give me 400 million". If 2 chimps can't even agree on a 50-50 house cleaning routine, alternating it or whatever, then they're incapable of being parents. So, everyone will be fine, as no lawsuits are possible when all assets and salaries are roughly equal and living to 4000 or 5 billion later is the only thing that matters. Judges will dismiss any such crap, as 200$ won't help anyone live 900 years extra, it will only waste our time as we have courts, lawyers and judges instead of science. This eliminates all bitches, users, parasites and fake romance to loot others. Respect and proper tone that exists before marriage all vanish once married, marriage destroys all love, the other is merely a paper, a slave that even gets a ring of slavery to signal SLAVERY, the chained dog status. Spouses feel like they're entitled to terrorize or control the other in 100s of ways. If we met an alien who is 1 billion years old, meaning 10 million times closer to God than all best humans combined, all sages and saints combined, we wouldn't do what gnat IQ folks do to their spouse, they would have a little more gentle tender respect for free will, as eterni music teaches. The same attitude then extends from parent to kid, when the kid needs to grow and not become a clown unable to make any decision, because parents chose everything for him for 18 years. ☺

Men and women realize they don't need pets, and actually, see pet ownership as a hindrance to true World Peace and to perfect relationships where ladies pay attention to the family, not pets. More than ever, both genders expect any "persons wanting to date you" that the "wanna be" dates need to focus 99-100% of online posts, habits (no alcohol, smoking, drugs, weed, no bad music), hobbies on the Immortalist Anthem's humanitarian 11 companies for all humanity, World Peace in 3 months, zero violence worldwide in 3 years, etc exclusively, to avoid the 10 second end of all pets and humans soon, not on random music, attractive pics of self, pets, etc: humanity 99-100%, self 0-1%. Women are awakening too from the hypnotic Jewish charlatan Abrahamic religions trance of Eternal Imbecility, and they look forward to being eternally happy

via conscious breathing and without sex, as they work to create the genderless shapeshifting Immortals. Men realize women often go to beauty salon twice a week, while their kids don't visit the doctor in years even when problems exist (dad works 70 hours to make money for the Queen of Hell, so kid is left to her), the Queen image is very important, so they will plan sometimes even before 1st date to trap a guy for a few years and then get half assets…, the richer the guy, the more meticulous the plan before or during the marriage, so she can say to the world that "she exits marriage because he was "an evil guy", she needs an excuse to get max CASH, even if not the kid, who may not even be her goal, only the CASH. If guy is very rich, alimony will help her buy more beauty salon visits to perfect her holy saintly image, so she might want the kid too, to extract more cash. Always recall the Jewish Plan for USA, and how united the crypto Jewish lawyers, judges, etc are in aiding girls to loot gentile men. Every lady is moving towards science and the Immortalist Anthem vibes of true gentleness absent in our macho hooligan world. More and more, the Religion Psychosis dissolves and is replaced by the love of scientific hypothesis testing and by the Virtue of Resplendent Magnificent Bounteous Gentle Tender Soft Kind Nurturing Loving ☺☺ Immortality *for* All. Bliss generated at will via conscious breathing, not once a month, when the cannibal chimps have sex outside of procreation, as proof of their imbecility and infinite animalism. Monkeys love remaining an animal, humans reach for becoming shapeshifting Immortals. A man's primary purpose☺☺☺ is the manifestation of the Immortalist Anthem, not his wife or girlfriend, watch this video about a few ideas (not all in the video) every son needs to hear from his dad. Don't let monkeys destroy your kids. Some people are people in appearance only. They will stick to their animalism even after reading this book entirely. Only immortalist ladies who have proven via volunteering their immortalist nature are worth your time. Give them a business card with your website or this one, see what happens, don't waste time to date folks who don't have real progressive values, just want a sugar daddy. Stay focused on the 11 companies mission, it's effortless then to convert neutrals into hard core immortalists in the chase game, as they chase you. They'll even unwittingly provide info to help turn more into immortalists, as you see them. ☺☺☺

Unlike 100 years ago, when most violent crime was done by men, today, 20% is done by women. Add to that other forms of "almost" violent crime that don't involve tough but are pure terror, see the police section, women know how to commit crimes that are actually more damaging physically and to your lifespan than a mere slap or push (in order to avoid cop involvement, some are inborn terrorists having learned from life how to be a demon in human form). Women can be as bad as Adolf Hitler, in fact history is full of genocidal ladies who ran empires, led armies to genocidal wars just like all male psychos. They just imitate male values without any thought of nonkilling and trillion ways to peace without war. Robot killers like Moses, watch this female Mossad killer of an innocent guy, without any evidence he's a terrorist. Jewish ladies

pose as “women loving you”, to destroy you, your life mission to rid the Planet of Evil Scriptures, quite often dyeing hair blonde to appear Nordic. Women can coordinate with their Jew run youtube to place on your social media or youtube suggestion on the right, videos of Mossad agents disguised as youtubers *(MDs, health advocates, university professors, spiritual people, you name it, vegans, omnivores, all flooding your subscription with stuff related to the crap they want to force into your life, everyone who is celebrity on social media is a cop or spy, or a puppet of cops; they're telling endless lies to maintain their online cover and persona)* who're part of her terror team trying to make you believe she loves you, or to coerce you into doing whatever, when she doesn't, as a form of torture, people need to know women can be like Hitler, Moses: many Nazi guards who killed/ tortured to death 1000s of Jews and gentiles were women, or performed sadistic torture via their medical knowledge (amputation, etc). Many women were queens who committed endless murders, like true serial killers, and genocides (100s of queens are not even covered by youtubes, since their wars were thought to be normal, but we know they were genocides, as most wars are, since there are trillions of ways to any outcome without war). The males are brainwashed by the Jew religion that all women are like the sweet soft mythical Mother Mary… which makes their destruction via gullibility far easier and that of the entire human species. The Nazi serial killer ladies and Hitler made nice photos petting dogs or smiling, like today, many post smiley and dog filled pictures on social media, so don’t assume the facade always matches the real person: a cruel female or male terrorist and serial killer (covert killing) could be hiding behind the public persona (clever, highly curated, family life, kind to animals, or spiritual or whatever, all family the same, experts at covert murder). A female MD could be a serial killer, who consciously harms patients. Nothing is as the cover appears sometimes. Most celebrities are pure evil, per thousands of pastors telling people to avoid their “music” and social media, even their “cover” is infernal evil. Too brainwashed since birth. USA freedom = zero. Any ethical person can't use an infernal spy cover, as for every bad guy they catch, they create 10, doing the work of “demons” and destroying all humans, leading all to the 10 second end. USA was created by serial killer British general Washington and is still run by such people sadly. Change is slow. Society programs men that 99% of women are nice/kind, gentle, sweet, as in 1840. Men realize there are far more options today than being a slave to a psychopathic mind controlled serial killer female robot of CIA, than 100 years ago, which bring a new level of progress towards true Equality of the genderless shapeshifting Immortals: ☺☺☺

People are too brainwashed to do stuff only for money, so choosing to pay someone as with a gestational surrogate agency or whatever setup, can be, in some cases, much better, as the surrogate “mother” maybe can take time off 9 months and learn about nutrition, etc and be open to following a very detailed eterni immortalist music, vocal tone exposure, etc to comply to the most stringent Immortalist Anthem criteria of that specific surrogate agency modeled on

immortalism. Men can choose a vegan high IQ lady (parent can ask for a vegan diet, though it's best to choose someone who is a vegan already, you know they will follow it plus supplements you offer for free 100%) who hates coffee, alcohol (never smoked, never drank alcohol, never used coffee or not last 5 years, etc), who listens to peaceful music if you want a vegan baby, high IQ, etc… Why? Because caffeine in sodas, energy drinks, coffee, cacao, chocolate and other junk can lower IQ 30 points if she drinks it while pregnant… diet needs avoid iron deficiency or mineral, via avoiding high polyphenol intake, etc... offer free extra vitamins, etc… to take, etc…☺☺☺ people rest and take care of fetus way better if they're paid… companies pay first time surrogates 45K on average, so any "altruistic arrangement" has to come close to commercial prices to incentivize anyone to do a great job, rest, not work maybe at all, etc. Most ladies today listen to hyper violent music, donated generously by mind controlled "zero freedom" celebrities (trained to be mean from birth by the system), paid covertly by the military and spy agencies, music has become a Show of Macho Bravado and violent Crime Generation, a cover for "catch 1 bad guy while creating 2-8 bad guys via the music", as explained here. Thus, serene music, serene vocal, etc are hard to come by (instrumental is much easier), especially if you try to be free of hooligan Bible lyrics about faked Jewish miracles and brainwashing and stick to ethics and immortalism. It's human nature, being cheap = poor health fetus, nobody has the resources to be ultra kind to a baby not theirs, and also continue their life, etc, they need enough money to maybe take 9 months off, so, think about that. Not only that, but science means artificial wombs will enable the development of eggs from male DNA and embryo and even new humans that live to 4000 without ladies, so bad (not all, though music today makes everyone almost pretty bad) women can't abuse men anymore. It will be possible to have make asexual reproduction. The artificial womb allows you to change trillions of molecular events with more precision than in a pregnant female, so it may become the default, because the offspring lives much longer than being born to a woman. Then the new 4000 year offspring may be genderless, meaning brain much larger and no genitals, but instead some new organ☺☺ that materializes matter, the new offspring, in a force field with any number of genderless (eventually shapeshifting) Immortals willing to donate atoms to the project by directing them into the blueprint of Homo Immortalis, i.e. each kid can have 9 billion parents even eventually, creating the Family of Immortals☺☺☺ society that obviously needs not even 11 companies and 3 agencies and is so intelligent, doesn't use money, all that is needed to live to a trillion is done for each kid of the family, with the Immortalist Anthem being the Universal genderless Parent. Today, being single is better in some cases for males, since you can get a surrogate mother, to help bring the kid you then raise alone without a psycho criticizing and mocking your every choice, in fact, to increase fetus quality, businesses may emerge to let pregnant women relax all these 9 months and have a vacation, of sorts, to focus on better nutrition, musical tone, vocal tone, content the fetus hears, all done in a retreat that reduces the stress of the mom and baby.

A valid contract outlining that the surrogate relinquishes all rights and the intended father is the legal parent is the primary document used to determine custody. Attorneys usually obtain a legal order before or shortly after birth declaring the intended father as the legal parent. If the father provided the sperm, it strengthens his claim to parental rights, particularly if the surrogate is not biologically related (gestational surrogacy). Men, you're free, just make sure the surrogate is getting proper rest, nutrition, vacation, time off, is healthy, via a professional agency and All cleaning, cooking is so easy to do alone with pressure cookers, etc, home schooling (online academies can help dads with weak physics or math skills, dads learn as they go, raise the kid as immortalist, not religious retard the "lady wants raised"), nobody needs a housewife anymore to clean and cook, men are free from terror. Of course, the ideal is to get a surrogate who wants to provide baby milk for 12 months, for a better immune system, and you can arrange for that too. This is not the best outcome of course, but it's important for men to realize they're free and not slaves of the Jew who, via endless deception, managed to create 400,000 churches in US dedicated to spreading the Word of 'God' i.e. of Mass Rape, Arson of millions of animals/humans, Smashing Kids against rocks, boiling of kids to eat them, Beating Kids with Rods, genocide of trillions and Beatings until Death, if death is not immediate (delayed for years) for legalized Slaves, and useless businesses. Gentile men can unite and create decent music, true equality culture (no Jewish millionaires, billionaires and parasites destroying gentiles to make billions), free from the genocidal music born of genocidal scripture that has defined our "cultures" for 2000 years of Jewish "religion".☺☺☺

Not to mention the paradox of Tao Te Ching: the more forceful you're in "trying to make a relationship long, the more you fail" as Chapter 29 says "The sage doesn't try to change the world by force". By not seeking praise, the sage is praised, same principle. When you know the other one is ready and free to leave at a moment's notice, you treat a spouse a lot nicer than when you feel entitled by a marriage paper to abuse them: this is turn creates a much longer relationship with far less arguments, emotional fights and drama, way longer than a marriage. The greedy possessive impulsive condescending abusive ownership money first capitalist mentality of marriage is replaced by the serene respectful gentle tender soft healing nurturing graceful loving kindness one would have in dealing with a trillion year old Immortal. If his score is 700 and hers is 650, he may get 75% of custody, if his is 700 and hers 675, he gets 65% custody, etc, if equal scores, they get 50-50. It's to be noted that a 50 point difference is huge, and 200 is gigantic in ethics and total value to society. The games of Jewish/etc bandit lawyers will be over. Everyone knows what happens if they divorce, the beast doesn't get the child anymore, but the ethical spouse. To destroy gentiles, Jewish lawyers give child to the beast. So, the defense of a society is in the Immortality Credit Score that eliminates all Jewish or other foreign billionaire and millionaire, lawyers and fraudulent parasites. The marriage and divorce

industries are tools for society destruction in a way, since true love doesn't force anyone to stay together, but they can if they want to help the kid. Since immortalists are married to the human quantum field of all immortalists via the Immortalist Anthem of the Immortals' Ethics, since they're people of substance, not appearance, marriage is not important or needed at all in society, nor the ritualistic chimp IQ Judeo-Christian ethics that encourages alcohol use, which is the cause of billions of violent crimes worldwide, see video of what girls do when drunk. Never drink alcohol and never date anyone who does, as women become like the most violent males when drunk. Support immortalism, since this dating.gov won't allow anyone to lie and dupe anyone and parent license will only be given to those with a much better match of preferences that avoids any potential conflicts. Why do couples fail? Due to decentralized fraud filled profiles and garage dating websites. With dating.gov, we get 100x more info, to be released gradually after a set number of dates you indicate. Each sets their preferences in a search: Immortality Credit Score (small choice there, as default search results are only of people of nearby credit scores, unless their choose to be contacted by people with lower than standard range score), vegan, listens to this type of music, has been vegan for 20 years, etc, or whatever). Dating.gov is like a company product with 90,000 PhDs vs 1 PhD trash product stared in a garage (most match sites and businesses today). All role playing and fraud ends, as one law exists everywhere, not 20,000 versions of it. Conflicts arise due to 2 million versions of laws and expectations, many unknown to people. Laws of a nation need to be so simple, everyone knows them: one country, one state.

Since in immortalism everything revolves around the future, around kids and their education, only biological parents get any money from the government or tax benefits, marriage gets none, so gay marriage is simply a paper for filif fruit fly☺☺☺ IQ people. Childless couples will get no tax benefits, the greatest contribution to society is having one child at least. Parents are encouraged to keep separate bank accounts, so no drama or courts ever get involved if the two divorce. That way, a divorce is as simple as 10 hours and assets are same as before marriage. No joint assets exist. If anything is bought together, then the asset can be sold and everyone gets the % of their contribution at purchase. Since everyone gets a free house, this won't be an issue. Immortalists are altruists, not people using marriage documents to get rich, so everything is designed to kill greed totally. This way all games played by gold diggers are over and state doesn't waste time with divorce proceedings. Animals fight, intelligent people just contribute to society without filif toad IQ☺☺☺ rituals of marriage, marriage papers and complex games of low IQ. The immortalists are against courts, lawyers, judges and the like, as explained in the death penalty section. With 500 trillion cameras in USA, the Immortality *Nurturing* Agency will know what everyone is up to and need no courts and lawyers at all in the end. Child benefits: 300$/month for the first kid wired into their checking Eterni Bank account for first 18 years,

same for the second child and third child. Everyone needs parent license to procreate and this means the biological mother and father commit to live together for 18 years. Parents get 222 weeks off, meaning only biological parents get 222 weeks off, the gay couples or "parents" don't get any weeks off, as today nobody has federal weeks off. World Peace depends on the children and the best people to help a child are the biological parents with the child's DNA and perfect understanding of the child's makeup, needs and etc. The female brain is different than the male brain and experiencing only the male or female brain is not the best idea: it creates people who're too aggressive or too passive, too analytical or too nurturing, too yang or too yin, etc. Nobody in the world can understand a child more than his biological parents, as they're the closest genetically to him. The 222 weeks section explains why we end all kindergartens and nurseries, via the universal education. Nobody can nurture perfectly, via the education.gov videos and proper training, a child than his biological parents. This is a scientific fact. The nursery and kindergarten teacher is the video… and parents learn from it too. Parents engage, bond with the kids and are able to protect kids from bad influences at school, kindergarten, college.☺☺☺

In today's world, most women, like men, are used to telling lies and some have sex outside of marriage with their real lovers, while the husband is merely a sucker used to get US citizenship or money for her life with her lover that she hides, while the husband works 50 hours a week. Some even take abortive pill after sex, without telling husband, then withhold sex for 5 months, while trying to have sex with lover and once pregnant, she will try have sex with husband once and say she's pregnant. As such, many times, the kid's father is not the husband, but the secret lover. Then, once she gets 50% of wealth by the depraved laws of USA, she runs with it to her lover and takes her kid and the former husband still has to pay alimony. One lab had 30% of paternity tests reveal the mother had affairs and claimed the father was the wealthiest guy she had sex with, among 3-5 guys she had sex with that month or weekend. However, to prevent this fraud by pathological liar women who want to milk the richest men and use kids to get wealthy and be a parasite, an immortalist government takes saliva from husband and baby at birth, when they check weight and etc, to make sure, before birth certificate is released, that the husband is the real biological father, by federal law, overriding the unjust laws today, made by the illegal redundant 50 states. Estimates say 30% of fathers tested for paternity fail the test, while the other people, who don't have a reason to test (wife not cheating or acting suspect), experience a general population fake father (child support too) rate of up to 5%.☺☺☺ The government forces strangers to pay for the crimes of other dishonest men. Women can get fake ovulation devices to show 'ovulation' when she has sex with the rich guy, while her real ovulation is 4 days away and she has sex with that poor guy, she uses lies to claim her period is "fluctuating" etc, and when guy goes to work or shopping, she sneaks out to her secret boy to have a baby. Even if you stay with her 24-7, and neither you nor her works, she can still trick you

if a good spy, by taking pills to abort after sex and inserting fresh sperm when you take a shower or defecate, using a probe someone delivers by mail when you take a nap or are busy taking a shower, into her vagina. So, she can trick you anyway, that's why government needs to know the father, for health reasons and maximum outcomes for longevity and it is illegal to not take tests for paternity on birth day in an immortalist society, to ensure no clinic ever swapped babies intentionally or by accident too. Beware of such ladies and of such capitalist systems where anything is said to steal money, the goal of all. In the US alone, insurance and inheritance management companies, as well as guys in troubled marriages, "well over 382,000 legal paternity tests" were ordered in 2016 alone. This DNA test also helps us understand the DNA health link, provide better personalized healthcare care for father, baby, mom, whose saliva is taken too, to monitor DNA risk factors, provide personalized immortalist nutrition, healthcare. If kid thinks his dad is X and X has no diabetes, he may eat sugars and get diabetes at 18, due to not knowing his real father who was diabetic at age 15. Thus, every gov needs require parental tests to make sure the mother and father listed on birth certificate are real, no baby swaps☺☺.

The same brutal laws allow the mother to get custody of kids in most illegal states (illegal because all men created equal, same federal law must apply to all, no state laws) when the two are living together without marriage, which is criminal, since sometimes, the woman is far worse, with 1.5 to 4 times lower Immortality Credit Score than the guy. In immortalism, the higher credit score gets the baby the most. The present system punishes the man who frees society from Jewish lawyers, from the marriage con institution of ritual and control, by taking his kids and making him a slave of the woman who then can live off various men she has kids with, taking the kids and getting to screw society completely, in a typical Zion Elder way of using females to destroy gentile society. *In gentile society,* the bad type of Jew *promotes* feminism, *but in Jewish society,* the Jew promotes the opposite. He doesn't even promote feminism, but violent music by violent "so called women", macho hooligans he mind controls. *He promotes* chaos *disguised as* feminism *to undermine gentile society and take over gentiles.* Real feminism is immortalism, everyone is infinitely gentle and has sex for pro-creation only. To take over gentile societies, the bad type of Jew creates laws to destroy and weaken men, since women are more emotional, easier to dupe, manipulate, rape, etc once men are out and distracted as slaves of Jewish corporations where he tolls 50 hours a week, while Jewish secret lovers rape gentile women. So, here is the deal, this trick can be used by all groups, not just bad types of Jews. Real love needs no paper, marriage, courts, lawyers to waste time. We need chemists, physicists, solutions to end all wars, violent crime, house all and feed them all properly. The bad type of Jew turned gals/guys into bitches (sex with many) of cow level IQ. Like with fake science, olive oil, avocados, coconut, seed oil fake papers, he publishes 100 fake papers about sex for every real non-industry funded study. For every non-industry study, industry creates 100 and uses

“preponderance” as an argument to argue that “majority of studies show X”, but all are fake. They pick a far worse food to compare it with or a really sick group of people and argue “arsenic is better than cyanide”. The trick works, all news repeat the lie, gentiles become obese. ☺☺☺

For those who want to date, please avoid restaurants/concerts for dates, choose a quiet place, a library, quiet bookstore or spiritual place. Watch this video of the lowest IQ women jerks on Earth, who, being the ultimate egoism and trash incarnate, order 4000$ in food (while the guy orders 18$ for himself) and then expect him to pay the bill on the first date for her order. Any honest person knows you can't predict the future and that you can't marry, as that would feed the terrorist lawyer industrial complex of useless courts, arguing and bickering. Couples can have kids without marriage and tax advantages need to be given to parents only, especially those living together. Given how women and men are these days, neither is excited about marriage. Dating tips: only bipedal animals go to restaurants for dates, since when you eat, you activate the animal reptilian brain and higher cognitive thinking shuts down (all blood goes to stomach, the brain is starved, ☺abysmal IQ☺ comes to the forefront), the noise and music are uneterni terrible and most women (and men, especially anti-science 'bipedal tiger’ Republicans, science alone eliminates bloodshed) are animals who feed on blood, eating meat full of 0.5% blood and even 99.99% of restaurants that are vegan don’t soak the legumes and grains and serve highly toxic foods full of AGEs. The glorious Bible Republicans promote says “He who kills an ox is as if he kills a man”. God calls them to stop the bloodshed, but demonic blood lust is anti-science, anti-God. Going to an eating place is a way to encourage the blood drinking parasite to become more of it, instead of Godlier. You want to elevate animals to the immortalist human stage. You want to evolve the entitled violent bitches (who think themselves smart and saintly) to science of eterni foods that brings no pain, suffering or violence for plants or animals. 99% of people are ignorant about nutrition. Restaurants are demonic covens, that worship the destruction of the Temple of God by poisons and diabolical sadistic suffering ladden animal blood, the human body, by poisonous foods created by aristocratic terror companies, not the selfless 11 companies of kind gentle immortalism. All those filthy pigs stuffing themselves with blood filled meals obtained by stabbing or shredding animals with infernal cruelty make a horrific vibe for a first date. Not to mention the noise means you have to shout to even say something, you're so distracted by digestion, noises, smells, you can't really observe, understand the other person, restaurant dates are the lowest IQ idea and a high risk to make a horrible start, a bad first impression, etc. Sports facilities are diabolical temples of infernal music and vibes. You just don’t poison your “wanna be parent of your kid” from first date and have both brains function at 20% capacity by evil vibrations of infernal music, lethal food, digestion taking over brain, fights over bill split and over health of food. Play calming music☺☺☺ if the background nature due to nature or etc exists, at very low level. Don’t go to places where there

is something to pay, as that can cause issues, unless you pay in advance for the 2$ tickets. Avoid any anxiety, like moments when "you have to pay for 2, making them want to pay". Pay ahead, ideally nothing. You don't want the other to feel guilty if you paid and then fake their interaction to compensate, make it equal to gauge their real character, no paying for anything, see what they do, not out of guilt, but being. Equal means a venue with no paying… Dating.gov will solve the issues. Check out an insane lady, vibrating like Taylor Swift tone in Bad Blood (the undeclared chief of the Education Department in the USA thanks to a gov of clowns), yelling that a cake is too small, while others starve… Pathetic to watch these videos of ladies complaining about 5K gifts they got, when men/women should never give any gift. Then we got the Mormon Church of cannibalism quotes that lies to people they will be forever with some gal in heaven without any proof to extract 10% of income from low IQ folks believing in the Mormon serial killers. Men need to realize not all women are what they seem, while initially they may act nice, later they may become very violent, as women do 20% of violent crimes. So, focus on real service to humanity via immortalism, not on giving gifts to someone who has never served immortalism. Rest assured, in due time, with patience, you will figure out what kind of woman someone is by seeing how she serves the Immortality *for* All cause instead of her selfish desires.

Let our gift be our kindness to humanity, the building via immortalist sport of the 11 companies and the 0 violence world. Ask them if they want to buy something healthy (explain why it is so), if you want to "gift" someone, trying to guess what they want is a waste of time, life is short, be practical. Gifts are 1st grader actions, of tradition loving low IQ people: the world may disappear, humans too via the 2 capsule scenario, the gift we need today is 1 nation of humans and 11 companies for all humans. True religion is not filling socks with Christmas gifts, but ending violent crime, jails and wars in 10 years. The Christianity of the West is a fraud, a commercial crap to enrich aristocratic murderers. Real religion has no donations accepted, as the immortalists online groups. Why are parents so ☺abysmal IQ☺ to make gifts, when they can just ask kids what they would want to buy to improve their health, nutrition, to help others improve it and build domes to prevent death by tornadoes? Why are guys so low IQ to waste 50K on a car she complains about (instead of her selling it and buying a half price used car she likes and use 50% of money to build a temp house for homeless?) instead of giving 1k to 50 immortalists to spread 1000000 flyers or emails about ending violent crime, jails, aristocrats and wars in 10 years? Don't waste your money guys on a bitch that sucks the planet into the black hole of low IQ, when with 500 immortalists you do 1 million times more good for the human quantum field. Help 500 homeless and they will become militant immortalists, be smart, think about what changes the planet the most. Watch the video of these ultra selfish ladies who want the guy to be a dog on a leash paying 900$ on a first date for all her 18 friends' meal or 120$ on a first date, ignoring that many people of the same ethnic group, gender, age, etc spend 120 a month for

food due to being 1000 times more selfless with his money or time spent helping others vs self. Guys, or gals, don't waste even 1$ on any date, instead, have them prove their humanity by volunteering 25 hours a week to bring the 11 companies and Immortality party, to show their real beliefs, not words. If a bitch doesn't care about World Peace in 3 months or 0 violent crime in 10 years, s/he certainly won't be selfless in a family. These monsters hardly realize the time they waste at these demonic restaurants could have been used to create Eternia Volunteer Network☺☺☺ and help 4000 people with something, so they become immortalists. These soulless animals bred by the Culture of Money is God don't even realize life is short and they're wasting so much time with dating 500 people to find the lowest IQ selfish guy they could manipulate to do their every single whim: watch a whore destroy a guy's car for maybe not obeying her "Hitler like tone". See the tell tale signs of a demonic lady, decades before. This awaits all naive guys who date bitches from hell and who fail to rein demons in and educate the wild beasts into the way of the Immortalist Anthem. Test what people are made of, avoid restaurants for reasons in the previous paragraph, unless you pass by 1 minute and hand a business card for Immortalist Party, but not to pay for deadly food and bad or anti-peace music.

These soulness thieves, posing as pastors, promote fake miracles, theft from parishioners to become rich and promote fake fraud of Christmas tree worship, stress, socks, gifts, when the real people in real need are ignored: 2 million in jail, 50 million in horrible housing, 150 million in tornado paths and flooding often inhaling mold, etc, millions dying due to aristocratic bad products, etc. Get a tiny plastic tree, reuse it 99 times, don't waste 50gal of fuel to transport a tree, cut these trees, trash them, kill by overwork workers cutting trees, instead of building the temple of God within 1 Co 6:18-9: "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?" The purpose of life is not to have sex outside of pro-creation, but to evolve the fallen human blueprint to the Immortal Eternal Temple of the God *of* Immortality *for* All*, the Bo*dy that can live trillions of years, shapeshift into any lifeform in the cosmos, forever, materializes offspring, sometimes with 4 billion parents creating one child by a few 'new matter and present matter' atoms from each person, the blueprint of beautiful colorful telepathic radiant teleporting genderless shimmering shapeshifting Immortals.☺☺☺ Luke 17:21 "Kingdom of God is within" Real Jesus? C 15:44;51-3 *"Our body must become immortal"*, the living temple of God is to be Immortal, not churches/cathedrals, not medallions, gifts, trees, everything must support spirituality and Physical Immortality, not material objects. The frauds have hijacked religions. Health for all 1st, the rest is ☺abysmal IQ☺ tradition greedy aristocrats made up. Where did Jesus say to have pets that kill 500000 people/year equivalent, or to have Christmas trees, gifts from socks and all these commercial things? He said give decent shelter, food, water to all citizens, not like in the world today, or even USA: rich poison food, sell it to us. This same message existed in all religions before Christianity and Judaism… since Jews

merely copied ideas that existed before… some people had a basic understanding that God is Eternity. Even the quote about don't eat blood is copied from India's vegans: "He who kills an ox is as if he kills a man". Veganism existed way before Jewish Bibles seemed to write about it. Merchant Jews went to India from Iran, got all their ideas from the older civilization there.☺☺☺

Nazis acted like the Catholic Inquisition who executed people based on false rumors of someone "being a skeptic about the evil Jesus or a witch", (anyone intelligent realizing Jesus was a fraud) except in Nazism, any neighbor who hated 20 people in town could go and report them as gay to be executed at concentration camps. Pure insanity, since most of those "arrested" were probably not even gay, but any half Jew could join Nazis and report anyone too, not just Germans. You know, that's one extreme, the other is Jews trying to make all gentile males gay in a nation. Today, USA has endless Nazis and hard core Jewish Gays in the US military, rapists (US generals, and the spy agencies it controls, are possibly world's biggest rapists, using electronic devices to cause emissions during sleep as a way to torture), etc whose main job is harassing feminine men or anti-gay men too who obviously are not gay, but decent people who're not violent as they are. The US is a dictatorship of the blood eating ultra macho serial killers who're obviously too evil to give eterni food a thought, food obtained without animal bloodshed, rodent bloodshed (during agriculture, crop harvest, etc) and Bible Jesus meat eating. They're like the Nazi aristocrats, living in palaces today as in Nazi Germany, while the masses are slaughtered by social brainwashing programs, such as "sex is the best thing, everyone become gay, eat blood and meat daily, practice macho sports, boxing and other cannibal sports exactly as Nazis promoted" all day on TV, etc. You see these hooligans on TV, and White House all the time, they're Hitlerists who could care less about preventing death by tornado via better housing (domes, etc): sports are above compassion, fist fights, slapping contests by White House inauguration Dana White guest, Education Department led by a wrestling lady to keep masses clueless and aristocrats rich, slapping of spouses by the same White, punching others and spouses more ethical: Hitler wanted kids to "terrify the world, a violent, imperious, fearless, cruel youth… trained in all physical exercises". He was an ArchDemon who wanted to turn humans into Demons. So do Republicans, *watch the Trump promotion of Nazi sports culture, void of* gentle tender soft healing nurturing graceful loving kindness. No decent middle way is allowed, either everyone becomes a psychopath like UFC people smashing and slapping spouses on TV, or a gay LGBT promoter. *Decency is not allowed as that threatens the* infernal aristocrats. When these hideous monsters kill millions for profit and power, the very thought of caring about animal bloodshed is a quadrillion times less important than killing 1000 people daily in ever more sadistic ways. *Nazi animals are infinitely cruel to people*, so caring about animals and the quantum pollution on humans is not going to ever happen, it's a trillion times less important than sadism and violence against entire nations, it's something never even considered. So, you

see these vile frauds who claim to be Catholic/Orthodox, yet never talk about or call for others to emulate the vegan Catholic/Orthodox 'saints'. Both parties are used by the aristocrats to torture the 99%, like in Nazi camps. The more violent one's movies or music is, the higher the publicity quite often. That genocidal violence of US military Nazis who helped Hitler rise to power to smash Germany and Russia thru Nazis, has its own demonic quality: it fights genocidally the seed of life in non-British humans☺☺☺, per chapter 28 strategy of British extermination of non-brits and Jewish extermination of gentiles who criticize Infernal Torah Judaism. It destroys the human quantum field, it is the demonic Nazism identical with the demonic Old Testament: exterminate, rape, destroy, burn cities to the ground. Why? Because Nazi Jews are Nazis. They took over US, circumcised all at gunpoint via media brainwashing.

Nazi rich Jews also helped finance Nazis to create Nazi Israel, just as they financed communism to help Russian Jews. The Nazis also tortured and executed anyone against war, anyone who didn't want 'Germany to enslave all nations via brutal torture and war'. All peace lovers would be wiped out, so many fled. LGBT people can be as violent as Nazis (since often they're straight people who force LGBT on gentiles to destroy gentiles), LGBT doesn't mean feminine at all. Straight Jews can pose as gays to induce gentiles into becoming gay to ensure destruction, while the Jew has maybe 2-5 gentiles unofficial wives and 1-2 kids with each. Being for LGBT sex is just being an animal like person who is too ☺abysmal IQ☺ to realize there is more to life than human rats using sex for reproduction or pleasure, that meditation can make you way happier than sex: only animals have sexual organs, but the lustful depraved Mormon tells people people have sex in heaven and lots of babies, like in Islam 72 virgin mythology of "those who kill shall have 72 sex slaves". This is natural, since Mormons loved to have many wives, so that Joseph Smith Mormonism founder may have been Muslim. When you realize what Mormons do, they're like these wild dogs eating America and all nations alive, for only one goal: making money by spreading unproven nonsense, freemason rituals. Everything they do is against Jesus' word to care for the poor/homeless, they build huge temples that steal materials that could build homes not destroyed by storms, etc. They're pure charlatans and thieves, like all animals who promote LGBT sex: don't steal energy for sex outside of procreation, use it to build the Kingdom of God on Earth, the Kingdom of Immortality for All, meaning 0 violent crime, 0 war over religion, etc. All those scorpions from 200 nations writing books about eroticism could ☺ *lovingly tenderly gently kindly*☺ be deported to Pluto cities, where they can live like beasts, wage eternal wars over sex positions: Mormons are more into sex than into 0 Violent Crime, look at their theology. The LESS SARCASTIC odd thing is none seem to realize today you have limited money and resources, time, etc: we either spend 1.4 trillion/year on vanity/lust or on 0 violent crime. All these conmen clergy avoid talking about ending violent crime and war in 2 years. Funny how all kinds of nonsense is taught, but none of these violent thug started cults

based on forged scriptures (and made up tablets that never existed) is ever teaching the need for 0 violent crime in 5 years to avoid the 2 capsule scenario of all humans dying in 1 minute. Low IQ genocidal killing fans (120 innocent folks killed in 1 day), the Mormon founders known for their boundless violence, imagined aliens or spirits are similar to their hyena/wild dog like beings, gladly eating blood daily via meat born of via endless animal suffering/pain and calling it Godly. The "insect IQ" Mormon founder and Mohamed brains simply failed to realize Immortals can be a field, a cloud, with no form, able to take the lifeform of a trillion planets, that can use inter-dimensional energy or cosmic energy to shape matter, create offspring with 10 trillion other beings by materialization of a few atoms, like say you breathe out CO_2, you're a machine that takes oxygen and carbon from food and makes CO_2. Maybe some Immortals breathe in cosmic energy+nearby matter and can project from their heart or head a few atoms that later join other atoms and each baby is the kid of all planet's Immortals. One day all will quit Islam/Mormonism & even Christianity, realizing it's all man made nonsense by greedy emperors needing central cults. Why don't Mormons move to Israel or Sahara desert to be close to Egypt, as the "tablets were in some Egyptian", be close to Israel, the source of all Mormon wisdom? Obviously, it's pretty clear the Jewish obsession with sex, found in Islam too, hints Joseph Smith himself may have been a Jew, living the Holy Torah: violence, rape, lies, genocide, and all. ☺☺☺

The fake nature of religions existing today is self-evident in the way imperial houses set them up for political goals and in their complete failture to bring 0 violent crime and 0 wars in 5000 years of their "amazing religious traditions, abysmal IQ rituals and filif fruit fly☺ IQ mythologies". A new religion has emerged, created by filif 'cow IQ ☺☺ spies wanting US destroyed, that says that "all need be LGBT or have LGBT sex if they so feel like it, this will certainly solve all problems, such as the disappearance of all humans/animals in 1 min by the 2 capsule scenario". The lowest IQ people imagine they can spend 1.4 trillion/year on vanity and LGBT sex, while any non0 violent crime threatens all humans with extinction in 5-15 years via a simple 2 capsule scenario. Too bad people don't realize the biggest danger is not AI, but the 2 capsule scenario that becomes twice more likely daily if we don't lower violent crime 1 billion fold by global state of emergency. There won't be gay clubs or sex shops, nor any humans to have orgies with. ALL DEAD. Do you realize that end of humans could happen within 2 to 15 years? We all need to mobilize to stop it. What is more annoying is that these frauds get tax free status, as shown in the 150 page section on the US Declaration of Independence from the violent aristocratic thugs.

Most LGBTQ *are 100% clueless* (just like cannon fodder countries having no clue which spies control their government; thus we need to have compassion and *gentle tender softness* for LGBTQ like for all people) *as to how they were made to become that. This means that* in the absence of the CIA-FBI-etc created culture, or even gadgets used by FBI-CIA for mind control, turning straights into LGBTQ with taxpayer money, they would have never become LGBTQ, they

would have breathed, smiled and been so happy, happily greeting all humans hourly, or hourly visiting planets via tech based astral travel born out of an immortalist culture. The militaries and spy agencies use gadgets the people are not allowed to know they exist, even if taxpayer money invented them: not only to make people LGBT, but to have them do 1000s of things against what they would ever do on their own (by implanting thoughts that seem theirs), to appear as if that person chose it *(anything, good or bad)*, so that they can use that guilt or the outcome to manipulate their entire life one step at a time. Spies use these brain to brain and computer to brain devices that don't need to touch the victim's brain or body (from a distance), to beam whatever thoughts (that seem self-originated) of "being in love with the spy, or the spy loving them, hugging them, kissing them (plus the spy may act as if he wants to marry or hug/kiss the victim whose state secrets he wants), telling them "I love you, etc", so that the victim of such brain gadgets can then play or even kiss, hug the spy and tell the spy the secrets, regardless if they're same sex or not. So, people are incredibly naive and believe arousal while a thought is beamed is self-created when it's computer generated, to steal secret info that can help the spy to kill 20 million people sometimes. So, not everything is as it seems: it seems "love", but it's genocidal intent at times: the victim thinks the guy or gal loves him, but the spy wants all of his country exterminated: so the naive is wiped out. Spies can use same techs to get a girl like a guy, staging their meeting, marry him, have a kid even and then divorce 2 years later, then marry another, etc, all for their espionage network building purposes. They're not much into 'human rights', only stealing info, secrets, creating loyal agents to an ideology that benefits the spy country or steal resources (or get them at 10 times lower price, etc). ☺☺☺

So, gently don't think your 'imagery' in your head is always your brain (not just erotic, but any type of thought): *do the* breathing exercises *to move energy up (inhale, bring God's light into the head thru the top of the head and exhale it thru the 3rd eye (center between eyebrows to stimulate the new frontal cortex universal empathy), and rebring some into your head top in a circle of energy, to bring the focus and 'quantum energy, particles' into your brain and the entire human species' brains, not genitals)* and keep your genitals to yourself, don't hug and kiss anyone (unless you want to have a baby with that person, after living happily together for a while as a married heterosexual couple). Well, you can hug and kiss your kids or if a nurse, take care of someone, massage them, but in general, keep the energy into World Peace and global compassion. We can love all beings and it's not hugs and kisses that define love, humans are still savage beasts killing millions – so the hugs and kisses culture has not really brought any evolution to universal gentle soft nurturing kindness. War and torture happen daily, the savagery is incredible, proving the "kiss all, hug all, have sex with all" culture has led nowhere. ☺Abysmal IQ☺ folks touch their own genitals, smart people meditate and develop new neurons enjoying bliss any time without any nutrient drain. Over time, the asexuals IQ will be triple of

the LGBT touchy-feely folks, *so have compassion for the "subanimals", but don't become a "subanimal" doing oral sex or* any form of intercourse outside procreation, for you see the depraved music and world the heterosexuals and LGBT glorifying sex have created: eternal war, no compassion, love for one person and genitals, not for all humans, for the brains and health of all humans. *Mind you, even animals have more self-control having sex only a few times a decade in many species. 500 species don't kill their own, humans have yet to become such an animal*. LGBT doesn't allow the biological parents to love each other deeply by living together with the kid and doesn't allow LGBT to create a much better quality of loving kindness vibration present in a natural family. This is because in LGBT one biological parent, if any exists even, is out of daily life. This is really bad for the kid. LGBT holds humanity hostage in the era of hedonism, where we can't evolve to genderless shapeshifting Immortals who don't even have sexual organs, but can precipitate kids via their mind, and a kid can have thus 1000 parents who co-create that new Immortal template. Additionally, LGBT are more depressed and 4 times more suicidal (scroll half way to Table 3), and poorer (scroll half way to Fig 1). Sexual LGBT makes us savage animals, stuck to these nanosecond lifespans, stuck to the selfish one on one capitalistic love (sex for $, me 1st), very far from the Immortality *for* All idealism. Since asexual LGBT don't exist, them being called A, not LGBTQ, it's not an evolutionary choice for the human species. If you're a leftist, communist, anti-racist, then *LGBT is the most racist anti-communist regressive anti-progressive anti-universal evolution thing* there is, a betrayal of ethics and *universalist* values of *universal gentle tender soft compassion* for all people, for all races as in the universal immortalist greeting of all races. Don't worry about peer approval, think about the approval from the smartest people on Earth, and the Immortal humans of the future, who live to a trillion. Meditate and be happy. Learn to be happy alone, by simple breathing, you don't need people to be happy. Be self-sufficient. Smile and think "I am happy, all is bliss" until you get the bliss induction perfected, if the breathing and radiating energy out is not causing bliss instantly . Later you won't need verbal thoughts once you perfect neural pathways that are nonverbal. Use an eye mask, earplugs if noisy and bright, to reduce stimulation and go develop the inner bliss, especially when a beginner who is distracted instantly by light, noise. Sleep very well, since when tired you can't create new neuronal pathways well, etc. Don't hang out with bad people, spend time to know self. *Knowing others is* intelligence, knowing self is wisdom *and freedom, you won't need* others to be happy, or their *garbage ideas to listen to in order to feel happy.*☺☺

When one sees how loveless the world is, how much violence there is, one realizes how important is for a kid to have his parents be his biological parents to create beautiful quantum DNA resonance and understanding and to develop universal love; only when biological parents live together can they develop a strong enough bond to achieve true love that teaches by living example the way humans and the kid is to interact with all beings – if the parents never interact

in the presence of the kid, he has no role model from people closest to his genes and this confuses him, as he has artificial LGBT parents. The bond of 2 people who have been together 1-10 years, every day, and then another 18 until he's adult, is so deep, that it creates a true resonant love that teaches him to be like an Immortal (since he's part of the trio of Love: mom, dad, kid who spend a lot of time together, living in the SAME HOUSE, not one parent with a gay friend and the other parent with a lesbian friend, and the kid shuttling between them, puzzled why the two don't love each other and yet made a baby with their DNA to create conflict inside his being, vs the perfect love of 2 living together and enhancing the 2 aspects of him by quantum physics to unify and bring bliss, efficiency, cognition superiority), a true harmony and balance in his DNA quantum matrix and gives him superior ESP and *superior* happiness, tranquility, *health and IQ*. So, when you're old, your kid will have lower ability, IQ to take care of you. Today is the ideal era for LGBT to quit the LGBT lifestyle and become straight and asexual (sex for procreation only), for the sake of the human species and your own benefit too: win-win. However, there is no need at all to forbid any lifestyle. It's unethical unkind to bully mock anyone or even LGBT, as then people will rebel, and become more LGBT, let everyone take their time and years to realize the truth, everyone evolves at a different pace and natural selection happens anyway. For every force, there is a counterforce. Live and let live, but do maintain your freedom of opinion, as LGBT have their freedom too. USA is the land of freedom, including freedom to explain asexualism, the immortalist way of life, not to impose it, but to help human DNA to evolve towards it over 2 centuries and become a nonkilling species, who is so happy from meditation, that no crime ever happens. That's why enemies of a nation, promote LGBT in that nation, it lowers the IQ and quantum unity. It's odd how immigrants, etc minorities vote Democrat which supports LGBT a lot, and this acts as a programming tool to get those guys have fewer kids by going LGBT. Demon-crats are pretending to want to help minorities, but they do the exact opposite. Likewise, no border wall means illegals are in fear 24-7 of being caught and work for below minimum wage and live in terrible conditions. So, Demon-crats *don't want rule of law, only slavery*. The whole system is a scam designed around enslavement, that's why, when you realize both parties are Nazi, you vote the Immortalist Party. Normal loving family teaches the kid that he's made of 2 compatible DNA quanta sets… and that he's Pure Love itself, the Eternal Radiance of God that brings Eternal Universal Peace on Earth and Immortality *for* All. To love humanity is to love the kid, to love the kid is to create the most unified perfect Love in his quanta, that is by understanding (by living with the other biological parent) the other so much, that the love is the most perfect one, since no other 2 people globally can resonate with the kid better due to similar DNA and understand the kid while teaching him how 2 people can love each other. When the kid is the product of 2 people who don't love each other, his inner being enters a conflict due to physics as each parent is attached to one side of his personality in conflict with the other. The DNA of a kid is better when the 2 are in real love vs just a surrogate

mother, this is a simple science fact, since the guy helps the 'mother' more, for years before conception. The more disjointed, incompatible parents are, the less healthy the kids are mentally, so that's why dating.gov, parent license exist, to prevent an angry generation. ☺☺☺

When science can make kids out of DNA of 2 women or 2 men (*maybe in 1 million years, today you need sperm to make embryo or surrogate mother, as no artificial wombs exist and embryo need both eggs and sperm to form*), then maybe LGBT adoptions make sense since both parents living with the kid are biological parents (though they don't get yin and yang of the species, only yin or yang), but until then, it is more logical from the species point of view *(unless you want your nationality or the human species* exterminated, *if a bad human or alien spy)* to not have LGBT adoptions. It damages the entire human species. The species evolves more when you love the opposite gender who is different, since this stimulates intellect and the kid learns more from having 2 types of parents: male and female. If you're around people of the same gender, you develop a narrow view of reality and deprive the species of the point of view of the other gender. Men have bigger brains than women and can specialize in some things more, so they offer a totally different ability to focus and teach innovation to the kid, while women teach nurturing healing compassion and some less known forms of "ESP and survival of the species intelligence" (not measured by IQ tests) better. Women are more 'communist', immortalist by nature, nature which has vanished today, as women imitate male shouting and restlessness, aggression. Tao Te Ching "Know the male, but keep to the female". Yin and yang, complimentary double the "level of some forms of intelligence" vs LGBT couples with 2 yang or 2 yin. Computers with bigger brains can do more stuff quicker, if using same basic chip technology, just more cores, RAM memory, etc. *LGBT allows us to have the brain areas related to emotional control 10000 times less developed*, which facilitates CIA mind control: meditation gives 1 million times higher bliss, at any time, without need of dildos, partners and pics. Meditation creates a higher cortex that doesn't exist in animalistic LGBT or heterosexual having sex all day. While in a world of Immortality *for* All it's fine to say I love you to all and treat all infinitely lovingly (causing the 'more savage among the' LGBT to think you're LGBT for being a somewhat nice immortalist or simply a decent polite sweet nurturing kind gentle human like all ought to be), the immortalist is keeping non-torture, nonviolence as the number one goal to be achieved in 3 to 80 months and that is the expression of his universal love for all souls, not someone's genitals and biological lifeform. We're in the USA, the land of freedom, so we *lovingly gently allow all to believe as they want, the natural selection will take place, if some don't see the spy plot.* ☺☺☺

Let us all try to love all, even the LGBT who disagree with the immortalist point of view above that says no love exists when war exists, no love is real when violent crime exists, no culture or civilization (just *bipedal beasts*) exists when war-violence-torture-jails exist. Eros or lust is not love, we're referring here to universal love for all people. Lust is just pure hormones, nothing too

ESP like, requires physical access of the other, etc, universal love reaches to far away planets and nations, so, when parents live altruistic universal love for every kid and his DNA quantum balance, they live as one super loving eterni tone family with the kid, not chase selfish hormonal lust via 'sexy gays and lesbians'. Real Love is real ESP that brings Peace before our species disappears in 10 seconds. LGBT focus creates focus on loving one person (egoism) or 100 if part of the "one night with a different person" culture, which is diametrically opposite to the altruistic culture of immortalism of "universal loving kindness for all", which brings Eternal Universal Peace a trillion times faster and maintains it. LGBT is like capitalism everyone by themselves, versus universal love of truly gentle nonviolent immortalism. The interest of the species is to move beyond sexual reproduction in some far future to Immortal Lifeforms that materialize stuff or literally teleporting genderless shimmering shapeshifting Immortals, so that it can colonize more unfriendly to human biology planets and survive. This is where most LGBT is holding us backward, it emphasizes one on one love instead of what is urgent for World Peace in 3 months, Eternal Peace maintained and evolution towards Immortality *for* All, trillion year lifespans. It's OK to hug all, but LGBT won't hug the homeless, the poor, the sick, etc, so it's either UNIVERSAL Love or just mental games: how many LGBT went to march about the eternal bombing in Syria, Ukraine, etc and give their lives to bring World Peace in 3 months? NONE. I have never seen anyone talk about that in any LGBT march. That is not PROGRESSIVE, just lust culture as usual, stagnation. LGBT also promotes more of a 'love' rooted in lust, as opposed to the universal compassion for all as the motive for having a child (sex for procreation only). ☺☺☺

It is this "lust based focus" that then leads to creating dependency and slavery in individuals and can contribute to the thought forms, the culture that perpetuates rape, etc, since sex is deified as some 'amazing cool thing", when it is a cheap trash thing in terms of happiness. We recall science gave us a billion times faster letter sending ability, so neuroscience today with meditative music and meditation gives us a billion times over nature ability to create happiness too, the LGBT pushers want people to remain backward, like they do with many nations, to enslave us. Not to mention, biological kids are very quantum (due to similar DNA) related to you, and allow for less conflict between parent and kid (due to understanding the other better), so in an immortalist culture of sex for procreation, there is never any abortion, as nobody has unwanted pregnancies, and never any orphan given to parents not related DNA wise (since if a tornado kills both parents, a relative can take orphans to promote the closest sync that enhances the quantum field). Therefore, *LGBT promotion is against the maximum optimal ease of parenting*, promotes global rape crimes, as it deifies hedonism and sex, which creates unhealthy craving in unbalanced poor people (soldiers, etc). On the contrary, what is evolutionary or much more ethical, is to ☺☺☺promote sex for procreation only☺☺☺ and happy breathing and eterni greeting for infinite hourly bliss for all. LGBT promotes touchy hugs,

massage, which is anti World Peace, as it can distract from "touching" all people's souls via the immortalist greeting, bringing and maintaining Eternal World Peace via the breathing of Eternal Bliss, the breathing that cares for all, that thinks of all, until all violent crime ceases, all jails disappear, and everyone is infinitely kind to all. The immortalist brings the energy from genitals to the head and heart, to create the civilization of Eternal Universal Peace & Immortality *for* All.

LGBT may ☺☺*lovingly tenderly gently kindly*☺☺ seem OK only after kids have grown and one is done having kids and raising them, after that, if they feel like being with same gender, maybe it's OK, for the species; however, it's possible that after 20 years of friendship if one kid or more, the benefits for the species are to remain there and take care of each other as nobody else is understanding the other and has a link, via kids, to the other that is stronger, so the empathy may be highest. In an immortalist society, people are less tribal, less individualistic, so there are more ways to avoid loneliness and feel loved, so presumably, if both are happy with it, it would maybe be OK to live in different ways, it all depends on what makes others happy, what is possible and what projects happen, since it's bad to keep 2 people together if they're not happy, like in arranged marriages, etc. It's better for 2 people to be separate and happy than to fight and be unhappy together. If one follows the Immortalist Anthem, it's pretty hard to be unhappy, if both have the same values, beliefs, goals. When one realizes the love from the quantum field or God is a trillion times stronger than that from people, then really, as an introvert you don't care that much, as long as you're left alone to sleep, meditate and be in meditative silence in unity with God instead of asked to watch barking pets, evil concerts, evil sports and bad tone TV content. It's all about ***meditative SPACE***. The kindest immortalist is aware of the need for peace and won't be a doormat who is destroyed by the spouse, which leads to the species extinction. In our insane world, not even 0.01% of couples are truly living like a true immortalist, who is more like a monk. Thus, the decision to be alone or with someone else is ethical, in some cases of aggressive anti-Immortality behavior. As people grow older or wiser or more educated, regardless of their physical age, they understand neuroscience, meditation and want sex for procreation only. To love someone or humanity is not to make them dependent on dildos that destroy the quantum field, vaping, drugs, strip clubs, TV, etc or people, but self-reliant, self-sufficient (just use mp3 player to help focus in noisy places) in producing instant bliss when needed by breathing and using the neural pathways ***created by meditation, happy breathing,*** etc. Give people lessons on how to fish, not fish, so they become free. This means very quiet cities, where people can sleep and be rested enough to create those ***neurons. It helps*** to realize the quotes, De 7:1-16, De 20:10-17, Lev 25:44-6 ***and that many spies pretend to be LGBT to hide who their wife or kids are, by faking their divorce*** or having multiple partners to ***have kids with, or to simply lead other nations into self-destruction: they're straight, but try to promote LGBT to destroy others, by role playing in public that they're LGBT, hiding their straight partner and kids***

from the public. Their tone of speech reveals their ethics. Pay attention, listen. By their fruit and tones you will know exactly what "pure evil" they are.☺☺

To be in love with the entire humanity is far more important than being in love with an individual, we have created a society that places one person above all humanity and this leads to endless war, unhappy marriages, violent crime. **They don't want evolution of our nation or ethnic group to asexual Immortals who live to a billion, only slaves to be worked to death and die at 70. The eternal greeting creates a very different field, a friendly field, a buddy field, a Buddhic field, of Buddhas, of universally kind Eternals, a unified mind field of all humans, forever happy. It's just as easy to become brainwashed to become LGBT as to do the reverse via books like this who open the minds of LGBT that their have been deceived by a government of liars who publishes fake papers, magnifies them thru the "independent" media to create social engineering (many governments do that, not just USA, the people are used as guinea pigs). LGBT is one of the reasons we don't have World Peace, since Peace requires universal compassion, not erotic passion. So, any true immortalist is the most dedicated meditating World Peace fan. Meditation brings energy up, to heaven and serenity, LGBT and sex down, to hell and war. Energy needs to be transformed to bring inventions and World Peace, not wasted with erotica. Wikipedia shows in Muslim countries LGBT is illegal, some jail for life those who do anal sex. In a world of terrible war, violence, what use is the disgusting anal sex to get fecal bacteria over penis/condom? It's gross. While friendship seems OK, anal sex is insane. Even self or mutual masturbation as in many LGBT circles, without intercourse, is bad. Regardless, education about benefits of meditation seems more useful than jail or execution as the section on blame shows. Natural selection will eliminate gays over time, due to less offspring and lower IQ via brain leaks. No need to get angry or anything. The religion of genitals is not as critical as that of Peace in 3 months from the point of view of the quantum field of humans, so it will naturally deselect. Likewise, nations promoting it will be destroyed over time by the quantum field of humanity, as it's not in the interest of the human species, its evolution towards inter universal species. It's filif and comical☺ that many nations ban conversion therapy, since many times people become LGBT due to culture spy agencies create, not because of natural causes. Today, via meditation, one can easily learn to not become a sex addict, use one's energy to bring Peace in 3 months. USA will be destroyed or changed, due to spies, military being rapists. While LGBT rights exist, conversion rights don't, the right to decent subway stations doesn't, all filthy and rat infested, lots of rats, check this out, China vs USA subways. Vote Talmud? Note how Talmudic Demon-crats and Re-pub-licans always talk of gay sex and never of Peace in 3 months. Nuclear war can still happen, and kill 7 billion people too. Ukraine war may be the start of WW3.**

"Abortion, sex outside pro-creation, LGBTQ rights" are used by aristocrats to divide the working class in 2 camps: left vs right, Democrats vs Republicans. The Immortalist America,☺☺☺ is

world's first democratic society, world's first society and government where the number one goal is 0 Violent Crime and World Peace in 3 years, talked about daily on TV, and via required DAILY☺☺☺ tweets by all members of Congress and President and all Cabinet members, with supporting policies, updates relating to their department or area, with crime data for that day and World Peace progress updates. One symphony, one song of ~*~Eternal Universal Peace~*~ ☺☺☺ to dazzle *all nations* whom The Immortalist America will Lead to the Light Eternal of Universal Happy☺☺☺ *Holy* Immortality *for* All. This nice society is one that makes 0 violent crime and 500 years lifespan the goal, instead of sex outside of pro-creation which is 1 million times less blissful than immortalist conscious breathing. As TV teaches everyone how to be happy the new free way 5 hours daily, with the effortless assistance of the peaceful music in the background if one needs it to calm down, that needs no partner, no drug lord to pay money to, no Brit aristocrats to pay for smoking or alcohol, the conscious breathing will provide the "high" without drugs to people, without sex, so then everyone can become so uninterested in sex, with sex being for pro-creation only.☺☺☺ Additionally, due to the focus on peaceful families and harmony, to nurture a biological kid, by being in quantum resonance with him,☺☺☺ is the number one goal of all, and least conflict is only possible via DNA resonance, if you stay with the kid until he's 18-25 and ready to live on his own.☺☺☺ Thus, immortalism, which is pacifism on steroids, as the expression of gentle tender soft healing nurturing graceful loving kindness and the highest concern for the most perfect in any family and society, is the end of LGBTQ: World Peace depends on biological parents raising the kids and on the Centralized Tone Education from Nursery to Grade 12 doing most things online so kids are home almost always as all parents get 222 weeks off (read chapter 15.1) to encourage LGBTQ to stop role playing and become straight intelligent people, bonding more with people (the parents, not teachers or nurses), who can understand kids better than 8 billion people, due to being the same DNA makeup. This is the physics of the triangle: mom, dad and kid, living as one unit, one family, one house.☺☺☺ The central edu recordings help parents before conception even via parent license (15.1.) to learn a gentler tone, to relax and prepare for the incarnation of the ~*~ Eternal World Peace ~*~ Avatar, whom their child will be, working with the rest of kids to bring that World now. Parental stress is lower, as the 1 in 50 million best voice in NATO records in the standard NATO English accent, the American one, the most soothing 1-5 hour recordings for that day, from day 1 to day 8000. Thus, due to the physics of the human quantum field, the Immortalist Party is ANTI-LGBTQ, Anti LGBTQ Civil Unions, Anti LGBTQ Marriage. The Immortalists want to provide tax benefits to biological families, not LUST families, families elevating humanity, not families ruining humanity. Thus, it is ideal that marriage be defined as the Union of Potential Biological Parents of Child, for maximum Quantum Entanglement of the parents and child via same DNA, for maximum World Peace and Understanding. Those who don't want the burden of bringing kids into the World can live together if they believe the media brainwashing that they're LGBTQ, but get no tax benefits

of marriage. The most important contribution to the world is kids and becoming human from an animal craving sex outside of pro-creation. Nobody is required to marry to have kids, and anyone can divorce in 1 day via divorce.gov, but marriage is mostly a psychological tool to help people commit to raising a baby for at least 20 years.☺☺☺

Our dear LGBTQ minority needs to gently understand that a child needs attention, we can't have 1 couple have 10 kids and 5 gay couples have 0. It's thus ethical for all LGBTQ to become straight, because a fair society is one in which the burden of kids is distributed equally. As a champion of left wing Equality, LGBTQ ought to honestly agree with Conversion to Straight out of real logical consistency and coherence. It's ethical for LGBTQ to ☺☺*lovingly tenderly gently kindly*☺☺ stop playing games, realize LGBTQ is mere cultural brainwashing, spy agency social engineering caused in 99.9% of cases. It's ethical for all current LGBTQ, to become straight and have 1-2 biological children, who live in a house with you and the other biological parent of the kids, because this helps to maintain that perfect vibe of the eternal bliss in the human quantum field, of understanding the kids better. It's ethical to evolve past animal stage, because Immortals don't have sex outside of pro-creation, and advanced Immortals obviously don't even have genitals, or gender, as they materialize offspring as described in the Immortalist Anthem. ☺☺☺ Just because an LGBTQ hallucinates he likes the same gender, is not bad at all, on the contrary, he'll have a normal immortalist family, where he will have no sex with his wife except to make kids, due to less attraction. This "no sex outside procreation" is a blessing in disguise, as sex outside procreation makes both parties lower IQ, devolves the human quantum field. This LGBTQ temporary "identity" will prevent LGBTQ from fornicating with biological spouses, the other biological parent of his child. However, in cases of sperm donation, where a guy donates sperm into a tube and then a doctor inserts this fresh sperm into a lady, since this guy can't be with 10 kids 24-7 by making 10 copies of himself, marriage is OK between a lady (biological mom) and a nonbiological father, incapable of fertilizing her eggs. The same is true for a lady who gets eggs from another egg donor via the egg retrieval, that are then immediately fertilized with fresh sperm from her husband (or stranger) in the hope of making a viable embryo that so far didn't work out (cases of 1 biological parent or even 0 if both eggs and sperm are incapable to fertilize normal fertile eggs or sperm). The parents in such cases can qualify for marriage and child credit, due to the burden of raising a kid or two for society and having tried to have biological kids. No same gender can qualify for this credit, since 0 violent crime, 0 lust, maximum chastity is the goal of immortalist societies, to prompt human evolution. ☺☺☺

Real love is helping humanity by raising a kid with a lady whose body the "gay guy" may not want to play with all day, due to being "gay". It's filif and comical☺ that some think the purpose of penis is to be stuck into the buttocks of same sex primates. For those big science egos, just a 3rd grader biology reminder: evolution didn't make penises for same sex erotica, but to help the

species to reproduce, have babies with the other sex. There is no point in playing the selfish self-gratification seeking Bible Rapist with 1 night stands to destroy the brains of fellow humans, by shifting the human quantum field into the lust zone and away from the teleporting genderless shimmering shapeshifting Immortals who materialize offspring as in the Immortalist Anthem. ☺☺☺ The species wants to inhabit many galaxies and systems, so it favors the shapeshifting vectors of human evolution, that enable trillion year lifespans or at least 9000, because you can be alive by the time you arrive in another star system. Evolution disfavors LGBTQ sex addicts or enthusiasts or straight "daily sex is good for you" people, as they don't innovate, but remain like masticating animals or filthy pigs engrossed in their own pig level IQ. The evolutionary and survival pressure of asteroids and other (it's easy to wipe out a species in 10 seconds if all live on one planet only) events, is why the brain can achieve bliss higher than orgasm, because the human quantum field knows the dangers to then human species being stuck to a planet only, because people can live without penis or testicles but never without brain. All that LGBTQ sex has emptied the sex outside procreation addict LGBTQ folks brain of all nutrients. The sex fan LGBTQ folks can't even think logically anymore at times, unless they're the asexual types, the A of LGBTQA, but that's 0.1% of LGBTQA.☺ The brain is more important than the penis. Do LGBTQ really want to have the lowest Immortality Credit Score, the guy/gal who drags humanity into a black hole of animalism? All LGBTQ funnies who Worship sex, whose IQ hovers usually around 50 on the immortalist Scale☺, will receive plenty of weeks off to learn conscious breathing to achieve instant bliss without sex, assistance to rewire the "stuck in childhood" brain addicted to sex, get over the 7th grader mentality of self-seeking pleasure addict, graduate from cannibal chimp vibration of Mass Rape of the Bible, turn that screw that is loose in their head, due to the Jewish Media Loosening It, making LGBTQ sex addict 3 year old "Mommy give me candy to suck ☺☺☺" mentality clowns (thinking themselves adults, but being diaper babies psychologically☺☺☺, who need some pampering and couseling), who believe they're LGBTQ. *The biological kid achieves its highest potential when he's in the presence of mom and dad until adulthood in the family unit sharing a* single family home, since ONLY THE BIOLOGICAL MOM AND BIOLOGICAL DAD know the kid, themselves, the best, they're the only people in the world capable to understand the kid DEEPLY, since they're the most like the kid of all humans, having the DNA of the kid. Thus, any intelligent parent, wants the best potential for the kid, so that the kid becomes so great, he will take care of the parent better. But what we see today, is the super low IQ of LGBTQ is sabotaging the LGBTQ parent's own future and many such parents become homeless, as they prioritized the selfish lust desire for a sex partner, instead the altruistic desire to help human kids reach their highest potential and bless the human species the most.☺☺☺

Neuroscience will discover brain based ways to be happy 30000 times better than gay sex with a simple device, without them needing much effort (even if they don't want to breathe

consciously and discover real bliss 1000 times deeper than sex which they can generate on demand with no partner, and today, with serene music and smiling, positive affirmations, it's so easy to generate any emotion on demand if you slept well last few years). Critics will say the right to gay sex is above the right to not being bombed by Gay Soldiers of a Depraved Military, like US today. Immortalists say that the First Right is that to Life, to No Torture, No Violence, No War, the LGBTQ rights are 1 trillion times less important. The Bill of Rights is 1 trillion times less important than the Right to No Torture, Violence, Death. Everything is 1 trillion times less important than *Eternal* World Peace, got it? ☺ All media, literature must remove all sexual scenes. The only allowed sentence ought to be "they had a child". No talk of stimulation, tantra, sex, touching, masturbation, LGBT, anything as that creates desire or curiosity and then that can cause desire to masturbate, etc shall be present in the centralized education video, in any movie, book or Internet forum. The act of sex is taught only in parent license videos. In a biology class they can tell people, without any details of how, that the "genitals" can be used to create babies, and that "no adults are not supposed to have touch a naked kid and kids are to report to police if any adult touches their genitals, because a monster can come out, a dead baby and they can die, etc". No extra details, the sexual education today is 1000000 times more than needed before age 18. No imports of such books in the US, not even via travel bags by visitors. ☺☺☺ Stress, overeating, etc sexual images all cause sperm buildup, so all kids need to have a calorie table, sleep well, avoid extra curricular activities that prevent good sleep and raise stress level. No revealing clothing, to prevent too much arousal. Leggings that reveal butt or leg shape are not arousing for most men (got used to it), but they do reflect the filif IQ of ladies who fail to realize the skin needs to breathe, and tight leggings are toxic, the microplastic in them irritate the legs and cause microplastics entering the brain of all house residents, etc. Why not wear cotton, cool the vagina, prevent infection, wear looser underwear that prevents birth defects from hot vagina or penis in case of equally abysmal IQ men trying to show off their testicles they crush and overheat with tight shorts.

Think about aliens who find us maybe as ugly as we find some dust or face mites, ticks, spiders, etc, they wouldn't really find your spider leg sexier if it's wrapped in a cloth or not. Beauty is all subjective, instead of focusing on longevity, some waste too much time with trying to seduce others, which is retarded, since humans won't have sexual reproduction in the far future. Showing off all their shoulders, tits, etc, almost bikini like stuff can arouse some guys, usually the wrong type, and screw those ladies' lives. The UV damages the chest of ladies, their necks/chest look horrible (see pic) (plus they give the vibe of an ☺abysmal IQ☺ bitch trying to seduce a human bacterium of male gender, instead of evolving to the Immortal human blueprint living to a quadrillion years) as they never wear UV protection like men's shirts, etc. This way, with less revealing clothing, nobody has sex before 18, when they might marry and try to have a baby,

after parent license was obtained. There are cults and books with wild claims about sex having "wild benefits" (who wrote those with what agenda? Were the studies fake or flawed due to 3 million confounding factors?) – like they claim this or that tech or pill or food does 500 things to sell it. The human body adapts and if you don't "educate people" about what sex is and how to have it, they don't have sex, until the moment of procreation. The human won't slap, spank, etc anyone if this action is never depicted in any media, book, movie, etc. So, we need to remove all these sex outside procreation ☺abysmal IQ☺ books and fraudulent science papers from the kid domain, and only studies with 3 million people with all confounding factors accounted for can be published in adult domain about "sex benefits", due to the danger of destroying the human quantum field via spy hybrid warfare to destroy brains and innovation by focusing on the "benefits of sex outside procreation" myth. No such legitimate sex benefits study was done, as they didn't ask 3 million people to abstain from sex, consciously breathe, listen to peaceful music in that time wasted with sex and compared them. Any promotion of sex outside of procreation will be illegal in any media or science journal until proper studies are done to measure innovation, IQ, contribution to society besides lifespan length, health status.

For profit books are full of lies and fraud, because they're like for profit education and most companies today: pure fraud. People invent stuff to sell more books. We need 11 companies for 400 year lifespan for all, not for profit. "Sex outside of procreation may cause miscarriage which may lead to cancer, like abortion does too. Sex outside of procreation is against the evolutionary drive of humanity and not recommended by the Immortality *Nurturing* Agency, believe in "sex benefits" *hypotheses at your own* nutritional *deficiency and* lifespan *shortening risk*" needs to be explained to all adults at the parental class. Just like on cigarette packs we get "this will cause cancer", etc disclaimer on all science papers or books (all books are free, nobody can make money via books, since all books are electronic to save the environment, all incomes very similar) about unverified benefits which may be disproven 5 centuries from now, as with tons of medical myths from centuries ago. All sex toys will be illegal. The number one goal is World Peace in 3 months, not sex shops *which will all become* illegal. Sex outside of procreation is unethical, because it takes energy from the brain and mental effort to bring Eternal World Peace, and evolution towards a shapeshifting Immortal human being. All people need to be explained the evils of *any form* of self-*touching*, self-arousal, *thought* that is sexual in nature and builds sperm up, *too. It's a matter of national security too, since it's national health, frequent abortion is unhealthy, frequent sex or self-arousal lowers IQ, lifespan length or causes various diseases due to nutritional deficiency caused by sleep time sperm release due to daytime sexual imagery or neuron control via* gadget use by unscrupulous police, *etc. Sex during pregnancy increases risk of* bacterial vaginosis *and preterm birth, which will mean sometimes 25 year shorter lifespan for offspring and poor health in that shorter life, so sex* fanaticism *can lead to*

civilization downfall. Universal compassion is much healthier for society than eros, it leads to much greater lifespan. Conscious breathing (*when we're rested and not tortured, since when tortured by spies, we can't really achieve true meditation*) makes us *happier than running* or doing *any* physical activity for 5 years. Oral sex is suicidal, since it can cause bacterial vaginosis without dental dam protection, and increases throat cancer risk by up to 9 times. Only ☺ abysmal IQ☺ folks have oral sex. It can deplete males of sperm, women of reproductive liquids that help the sperm reach the egg, diluting the sperm/femake liquid concentration and capacity of couples to fertilize eggs, making a couple impotent that month if trying to conceive. Aim for a 5 trillion year bliss, not a short-term oral sex leaving you mentally disabled, a burden on society.

All can now see why the idea of nondiscrimination against LGBTQ is anti-life, anti-progress, because it forces all to equate murder of fetuses that destroys the human quantum field with kindness, short 80 year life from sex outside of procreation lowering IQ with trillion year lifespan from asexual Immortals of the Immortalist Anthem. Religion is not ethics, LGBTQ is not ethics, kindness, love, they're subjective categories that are based on intent, to commit violence or rape. They're thus not feasible to be protected by law. Skin color is objective. "LGBTQ-religion are ethical" is an opinion, NOT an objective reality, not an independent quality (like race, gender) that is free of criminal intent, as the religion sections explains over 100 pages. ☺☺☺ Today they say don't discriminate against LGBTQ, tomorrow, against pedophiles, or Jews who have sex with 3 year olds, then against baby eaters (Bible), later against "cannibalism of kids in public (Bible quote) religion" like Aztecs, Jewish Baal folks boiling kids. We see the pattern clearly, initially they just asked for equality, now they moved to branwashing kids into becoming LGBTQ and nude gay parades to indoctrinate kids seeing it, creating 2 laws: one for regular people and one for LGBTQ: for example, endless folks are arrested for indecent exposure, but when done in front of many kids at a nude LGBTQ parade, no arrests. This is discrimination against non LGBTQ: first, they play victim, then they become the oppressors who impose their way on everyone. Initially, they just wanted to be able to marry, etc, now they want to convert everyone to their way. Sounds very typical of fifth column type of forces socially engineered to destroy societies. We need to reverse this criminal law that forbids discrimination based on religion or sexual orientation, because what they call religion is nothing but conciously or unconsciously supporting GENOCIDAL INTENT most of the time, but people never read their scriptures, so they don't see the connection, thinking "religions are about kindness", not mental slavery cults established by military spies of empires to subjugate nations. Sexual orientation is not neutral, it can mean "Jew attracted sexually to 3 year old gentiles", which, for now, is illegal, but, at the current pace, may become legal as Jewish takeover of USA deepens. Always recall what Muslims and Jews do: initially, they play victims, demand equal rights, etc, then they infiltrate and take power in a city or state and start to oppress the people who welcomed them,

destroying their culture and turning them into unrecognizable slaves with 500 tattoos, 500 jewelry piercings, 400 hair colors, etc. Take USA for example: we welcomed Jews, and as more came, they took over gov and imposed circumcision on all males. The LGBTQ follow the same exact tactics, as Jews support them. In 1950 LGBTQ wanted recognition, in 2026 they demand control over USA. We can only imagine what 2126 has in store: forced anal rape in public for all who resist LGBTQ sex with the LGBTQ politicians raping everyone on CNN and Foxnews. California allows sex offenders to get school boards jobs and other public office jobs.

Religion is not a protected category, or an "innocent" belief, but a choice to adopt unique levels of ethics or violence. LGBTQ is also genocide of the nation, cleverly promoted to exterminate. We can't treat those who destroy humanity the same as those who build humanity. If we did, then the penalty for stealing 2 cents should be the same as for murder, because the "religion calling for mass rape, slavery, endless genocides" is equal under the law with a beautiful "Love the worst human a trillion times more than the best mom loved her most belived infant last decade" religion. It's time to redefine religion as nonviolent scripture religion, and to remove tax exempt status from most religions in USA which are sadly, based on violent scriptures. Just as most religions are terrorist organizations that create eternal war with or without realizing, LGBTQ are terrorist organizations that terrorize the youth into destroying their brains via sex outside of procreation, so the youth become low IQ, easy to dupe, incapable to experience higher forms of bliss on demand via thought or conscious breathing. The gov must protect the kid and young adult mental health and promote the increase of IQ to reach etlif IQ of a billion quadrillion, not becoming a stupid chimp. LGBTQ is criminality, in light of what was presented above and below, it is the use of one's conscious energy to devolve into an animal, to promote quantum field imprints related to rape (which leads to war and violence), instead of evolving towards a human experiencing World Peace, zero wars, zero violent crime, zero rape. Every act of sex outside of procreation is energy that makes rape more probable (since it deifies sex outside of procreation thru brainwashing as the pinnacle of bliss, when it is not, creates deisre for it, that for unstable minds leads to coervice rape to satisfy the alleged "amazing bliss"). The energy of sex outside of procreation is not used to stop war, so it is criminal, since society derives zero benefit from it, it's quite wasteful. Every rapist religion, like the 3 Abrahamic ones, (Bible mass rape and Quran mass rape, that deify mass rape of all, kids included in scripture, makes rape for probable, and is not a protected category, but an organized crime act, an act of destruction of the state, of the zero violent crime principle of civilized and immortalist societies, an act of destroying public order by calling for mass rape, for slavery, for genocide of infidels. They're no different than the Italian Mafia or the Taliban, ISIS or terror groups. Having yellow or white or red skin is not a crime. Supporting a scripture calling for mass rape, genocide, slavery and killing slaves IS a crime, not a RIGHT. Supporting sex outside of procreation that is useless,

needless (when 99% lack proper food, shelter, transport or healthcare), rape causing and when many alternatives for similar bliss exists that damage the body and quantum field less is a CRIME, not a RIGHT. A person's Immortality Credit Score is higher when his actions increase the lifespan of all humans. Anal/oral sex doesn't increase the lifespan of humanity, it only decreases the lifespan of the 2 brainwashed persons taking part in such an act, as explained above and below too. Life is short, you either use it to increase human lifespan to 4000, or to be a chimp rubbing genitals against other chimps, since you're too brainwashed (or gullible to believe the Jewish TV) to realize bliss is 100% in the brain and you don't need genitals to experience it.☺☺☺

Unlike nations that kill LGBTQ, immortalists advocate for educational courses to explain how attraction and brain bliss work, to help debrainwash people who believe that they're their genital selves and that their identity is determined 90-100% by their sexual life, when sexual life should be 0.00001% of ones' identity. For these mentally challenged ultra low IQ folks, LGBTQ that is, it is the epitome of infinite compassion, i.e. a trillion times kinder love than that of the most nurturing mom towards her breastfeeding baby, to not kill them, but to accept that social engineering takes time to undo. We don't kill people with low IQ, so we can't kill LGBTQ for being tomato IQ. It's who they are. However, just as we don't let mentally retarded people run nuclear power plants, and serial killers to be promoting their beliefs far and wide, ISIS to run the planet, we can't allow LGBTQ to take over education adn turn every kid into LGBTQ. We don't let Down syndrome people run universities, so why should we let LGBTQ run our colleges? There is a difference between understanding people of low real IQ and allowing them to run society into the ground. There is nothing unusual about being born with a more male brain in a female body or having both vagina & penis, but the reality is today 98% of LGBTQ are created by Jewish social engineering thru their 100% control over US media, courts and education. We understand some people of high IQ can have these attractions and not understand that real IQ is 10 times more than what IQ measures, that they're confused about their likes. But understanding and education can help 'LGBTQ' understand, at 18, when an adult, and when it's appropriate to discuss the definition of an ideal family (parent license) and the benefits of being heterosexual and of sex for procreation only (which is taught as such via the central immortalist universal equal for all education that replaces all Jewish run higher education of USA) for the longevity (living to 4000 in bliss, instead to 80) and bliss of their lifeform born with a mix of genes that confuses them temporarily, until thru education, they overcome their like of same gender and realize heterosexuality can be their reality and LGBTQ can be seen as a choice 100% that is not the best, due to avoiding half of what is humanity, the other gender, needed for now, while we're not yet genderless shapeshifting Immortals (far future). No kids need to know what LGBTQ is until they become 18 and eligible for parent license. All kids need to learn is that sex is a chore that human chimps do to pro-create when they get parent license, and that sex for procreation

only is 1 trillion times better than the alternative. This ends the Italian Jewish Rapist run USA cult, where the powerful Jewish Italian Mafia running USA, Christianity, Judaism brainwashes everyone that somehow, the God of cannibalism simulated, wants sex outside of procreation or that sex is love, when it isn't, but the Inquisition and baby drowning (for 1200 years, until gentiles realized Jews invented baby drown baptism to destroy gentiles) Catholics didn't get it, in part due to the Jewish total control of Christianity for centuries. Today, many cities have 10% Jews and are run by Jews, just as Rome when it adopted Christianity, had 10% of Jews running the empire and its relentless genocides in perfect harmony with the Word of Eternal Genocide. The Bible forced by war was nothing but Jewish Sharia Law, Old Testament, forced at gunpoint on all, via the fraudulent Jesus miracles cult of eternal guilt and blowing self up as Jesus died for Jewish profits and Solomon of 300 concubines and endless slaves Israel imperial expansion.

14.6.4. *Sex* and masturbation *waste nutrients*, weaken eyes/brain and lower IQ *(eat well after sex for pro-creation, vitamins in Chapter 12, since body is depleted)*. Science papers to Prove It.

Intro: This is why terrorists from spy agencies, US/etc militaries cause sperm emissions (normal emissions are once 1-3 years, depending on stress and etc, not 50 a year like CIA causes using neural control, electric impulses, etc) in people they torture, the genocidal Big Power Militaries wage war of extermination and destruction on all nations to loot them effectively by installing brain dead leaders whom they can easily manipulate via torture. That's why they export infernal music to all nations, to lower IQ of all nations, as the Zion Elders guidelines for the destruction of all Ethics State. No World Peace is possible until the human sacrificing (in California) elites are killed or locked on Pluto: these bastards swear on the demonic Bible of Mass Rape and Genocide in plain view of the masses of gullible ultra low IQ folks who have no idea what the Bible contains: pure satanism, war making as human sacrifice to satan, war is human sacrifice, so news and music is all about war images and violence, lust, etc. Military Elites worldwide are Human Sacrificing Elites, for War is Needless Human Sacrifice. All Militaries who're not for Instant World Peace are demonic Human Sacrificers who deserve Death penalty. However, immortalists are for peaceful methods of ending war, including renaming the US military Eternium, reforming it, EPA-CIA-FBI-cops-judges-lawyers-FDA become Immortality *Nurturing* Agency, to end 20000 agencies/cop departments.

SCIENCE: Castrated men live 10-20 years longer than normal men and neutered cats live 60% longer than normal cats. Men with low calorie diets live 25% longer and also have lower (almost nonexistent) libido. Science has shown again and again that abstaining from sex, except for having kids (so a few times in a lifetime), extends your lifespan. Perhaps, nature designed reproductive liquids to be rich in nutrients, fats, proteins for reproduction, so *when one meditates one avoids draining every* organ, (*even* the *eyes* and *brain*), of nutrients (and thus

lowering health, telepathy, spiritual and *cognitive capacity*) and enzymes, cofactors, DNA-RNA wear-tear of cells used to create those sperm components, as people do when having too much sex or *any form* of self-*touching*, self-*arousal*, *thought* that is sexual in nature and builds sperm up. A species' most vital thing is procreation, so semen and, *far more importantly, the body systems used to create the sperm cells from germ cells over 2.5 months* and sperm plasma etc contain the most valuable stuff in the body, its production after semen/liquids depletion takes precedence over body repair, nutrients and enzymes (some that may be produced in short supply every day, known or unknown to current science) used for body repair and neuron growth (semen contains lipids) are wasted for reproductive liquids, so one ages faster if overdoing it. *SeMen* contains (google it) in 1 mL many chemicals found in the brain too:☺☺☺ DHA, EPA, choline 1 mg (part of acetylcholine), 0.00026 µg B_{12}, 7 ng testosterone (keeps eyes wet, so dry eyes is reward for masturbation), 0.15 mg Zn, 171 mg protein, 13 µg I, 0.37 mg Mg, 1 mg K, 26 U catalase (antioxidant enzyme to protect semen from free radicals), 200 IU SOD (superoxide dismutase), 110 IU GPx, 0.03 mg spermidine (in every human cell, prevents aging, baldness, grey hair, see 2 pages about it here, studies show frequent sex/masturbation causes grey/thin hair, wrinkles, hoarse voice (lots of ladies using birth control too), red eyes, acne, faster aging, strokes, infarcts, since sperm production uses the best nutrient and antioxidant reserves since species procreation is top priority, sperm production generates free radicals that no longer fight acne or hair root oxidative stress: nature designed us to ejaculate 50x max to have a few kids, not 9000x), 0.1 µg B_2 (related to sperm health), 0.8 mg sialic acid, cholesterol 0.5 mg (highest concentration is in the human brain), phospholipids 2 mg (IJA 2001;24(6):327-34 like *SM*, sphingomyelin, the myelin cover of neuron axons that prevents cognitive decline, also present in the lipid layer of tears that prevents dry/red eyes, playing a key role between water layer and lipid layer of tears being in between them, *low PE, SM* phospholipid *found in those with dry eyes*). Dry (and thus red) eyes are associated with low serum glycero phosphocholines Oph 2017;124(4):505-11, like phosphatidylcholine, which we get from soy, legumes, lentils, bee pollen; sperm emission (contains these phosphocholines) will lower serum phosphocholines (polar lipids) and diminish the capacity of meibum lipids to spread over the aqueous layer due to a deficiency in polar lipids, leading to evaporative dry eyes, since lipids can't prevent evaporation.☺ Sialic acid is found in the highest concentration in the brain where "it participates as an integral part of ganglioside structure in synaptogenesis and neural transmission" ► EJCN 2003;57(11): 1351-69. Sperm cells contain "high levels of docosahexaenoic acid (DHA, C22:6 n-3) which contributes up to 30% of the total fatty acid composition." ► And 2016;4(5):857-65. DHA makes up 97% of brain ω3, 93% of eye ω3. Scientists made some genetic changes to some worms that helped them live 2-5 times longer, but they became sterile, meaning the overuse of the entire body systems to be fertile, to produce sperm/female ejaculate can shorten our lifespan (true for all, truer in humans with some deficiencies), since worms and humans share

many biochemical pathways. ☺☺☺ Mass murdering nations (any nation that exports killing weapons is that, see immortalist nation military definition), who worship barbecue, alcoholism, eating fried animals (like aliens would fry humans to eat), war, like USA, favor global rape/genocide via sexualization since age 3, see Talmud, so spy agencies torture many with night emissions. Other countries copy the US gadgets for sperm release at night. *Tesla was talking of the day of no food eating, it makes sense then to have less sex, so as to conserve nutrients, live longer. As species want to live longer, they favor thru superorganism dynamics (unknown to us) the embryos formed from parents whose habits propel that longer lifespan, so species can travel in one lifetime to another planet to increase survival chance.* ☺☺☺

Back to health effects (outside procreation): skeptics will say that queen bees produce their body weight of eggs daily and live 10-50 times longer, but we're not queen bees, we're much closer to all other species that don't have a single reproductive individual. Until a future century, when we have cured every disease by seeing molecular changes in real time in every organ, understood all body resources it takes to produce new sperm by seeing real time the molecules in reproductive organs and the body before, during and after sex, it's wiser to not overdo it, since the lifespan may be shorter, especially in people with certain diets or genomes. Many things people believed in ancient times were confirmed in the last few decades by science, and many were disproved; it may be that in some centuries there will be a clear evidence of the optimal frequency for maximum lifespan, which may depend on genome and diet of course, like everything else. Some ancient texts claimed that anecdotal evidence supports the hypothesis of longer lifespan with less sex, what if future science finds clear evidence for this? What if the science will find evidence that minimizing it or at least being very moderate about it extends healthy lifespan the most, making you able to live to 900 easiest in best health? Today, as explained in the analogy of a million confounding factors, we don't know the daily optimal level of each vitamin, as it is individual; likewise, we can't estimate, in our primitive era, the frequency of sex at which adverse effects occur due to system stress in the production of sperm cells, due to levels of enzymes, vitamins, cofactors becoming low; some people are B_{12} deficient even when eating 50 times mroe than others, due to lacking the intrinsic factor. When making public health recommendations, NIH maximizes lifespan for the most people, not the most nutritionally optimal people, the best fed 1%. It's therefore unwise, in the absence of data, to go to extremes, because some spiritual guru or book or MD writes to "have sex every day or week", one has free will to think independently. It's not so much about a little zinc, lipids, protein in semen plasma, but all resources to produce the whole thing and sperm cells. In the wilder past or more ancient, perhaps people had sex more once a month around ovulation, not daily; look at many tribes, they're naked and the arousal happens much less when seeing partially naked female and it happens more at ovulation. This may mean that most of our genetic history was

not us having sex all the time, as some MDs claim is good for you. What is "too much sex" is subjective; some MDs claim that as fake smiles trigger endorphine release or physiological changes, sex triggers longevity genes as the body is "tricked to think you perpetuated the species and need live longer". But that's not true necessarily, because the brain may distinguish between having kids and taking care of them and mere copulation to "have fun or kids in some future". The one who has kids is naturally detected, by the specific electromagnetic signature of DNA templates interaction of parent and fetus/kid (wave interference of specific wave signatures of DNA), when kid is small and lives around parent first 18 years of life, which the body may have learned over 2 billion years in all animals. The body is often deficient in various chemicals (some undiscovered yet, it's not like we found all nutrients ideal for ligving to 150 and science stopped discovering yesterday) and obviously, for many, even weekly sex would make them more deficient in those nutrients or *cofactors, enzymes used to create the nutrients*. Then, all benefits from the orgasm stress relief are lost.

Everyone is free to develop their own beliefs, and of course we respect everyone's free will to do what they wish,☺☺☺ but given the manipulation that can occur with technology, it's useful to wonder where the "sensations or sensual thoughts" come from at times, could such thoughts (silent ultrasound for example in a public place, etc) come from humans with gadgets whose intent and ethics are very anti-longevity? All "stress relief" benefits of orgasm can be gotten via meditation in a much deeper way, bigger way, without destroying the limited reserves of certain nutrients, especially with such a poor nutrition education of most people. How to avoid overproduction of semen, wet dreams, 'spontaneous sleep dreamless emissions'?☺☺☺ *Lovingly gently* avoid liquids or food, exercise, stress, before going to bed, take a shower before bed if stressed. However, some sleep emissions (that spy agencies cause easily when urethra is full, so empty it before bed and stop drinking water and eating 4 hours before bed, hydrating more early in the day to hydrate) can go *from 1 a year* to 50 a year during spy agency torture; they do that to harass and may even play a dream with their tech into your brain. Meditation or contemplative introspection on God's infinite loving kindness as it moves with the breath into oneself and outside towards all beings, neutralizing by God's loving tender gentle kindness dematerializing power all artificial entities and unfriendly energies of less aware spirit beings (who're transformed into more angelic versions) in all dimensions who interfere with highest happiness and longevity of all humans, if one is religious and against "meditation" as a word. This meditation can not only make one super happy and heal silently the body from high cortisol caused by stress, but can act as a prayer of protection (no need of fancy mechanical verbal, mental repetitions of "organized religion/spirit group approved prayers", God reads our preverbal intent, one can dance with God's infinite energies as in these meditations and resonate more with Immortals), as one avoids anger and negativity and gains the "superhuman"

ability of turning enemy into friend, without need of threats, intimidation and negative methods. By avoiding eating late at night, minimizing stress before sleep, taking a shower when off-balance and maybe for 3 min before sleep, one could achieve a "sex for procreation only" state, maybe a few semen emissions a year during sleep if body overproduced it by mistake or sudden big meal at night. Perhaps those interested can google "advantages of celibacy", read 100s of other books, articles about it, like brahmacharya.pdf, celibacy.pdf. Soon, with an MRI, etc way to stimulate the memory of such "ecstatic meditation" states faster, we could eliminate most negative emotions and give everyone an extra 20 years of life, as all conflict disappears.

Orgasm can bring the species one new individual,☺☺☺ but infinite compassion states can save the species from losing all 8 *billion* in all out war; thus, it makes sense for evolution to make compassion (and other eudaimonic altruistic happiness not hedonic) states (the joy of helping 8 billion be happy and live to 200, instead of 1 to be happy as in orgasm, the species perpetuates more if we live to 200 as we travel to other planets) much happier than orgasm, as they perpetuate the species much more. Can orgasm ever coincide with the best *universal* kindness states, i.e. the two have so much compassion *for all* when procreating, that it becomes a special state? Probably not, *because the brain uses neurons for touch/moving processing of affection for 1 person, not 100% for compassionate energies moving at species level (affection for all beings) & beyond.* All humans are quantumly entangled and 8 billion (or quadrillion species even if taken to cosmic levels, some living 10 years others 50 billion) replying to our compassion is stronger than 1 extra person replying/multiplying the bliss and compassion (or 0 when/if people do it alone). Hence reaching a tiny cosmic bliss during orgasm via universal compassion may change embryo geometry to enhance living longer for that species.

Another reason evolution prioritizes happiness☺☺☺ in meditation states by a factor of billions to one, as explained in the analogy above, is that it gives the species more choices, more survival chances, since it takes it away from sex based reproduction as the only way, into materialization by mind ray reproduction in far future via science altering human physiology and capabilities. In sex, people become hot, i.e. high in infrared energy, "red", infrared (heat), infra=below, infernal= lower, below realm, red chakra, infrared is lower energy than red (red=800nm, lower energy, higher chaos, death, more entropy). In meditation, people stay cool, activating the purple chakra, purple = 400nm, higher energy E=hc/λ, higher order (birthing infinite biological species and reproduction systems (cosmic rays are much higher *energy*), Immortality, less entropy. So, *when people meditate daily, they move towards* Immortality or longer life, when they have sex daily, they move towards death *or shorter life, as the intellect is used for reproduction simulation instead of for transcending the human condition*. God, Infinite Immortality Knowledge, the first Immortal, may be like the subtlest sublimated gentlest softest most refined infinite perfect total compassion for all, the greatest lover, the magnet that pulls

souls towards the Eternal Bliss of Immortality thru the higher chakras, the ultimate seducer of all souls, a field spanning *universes* pouring the infinite compassion-mercy on the whole being and the soul realizing the astral/physical body pleasures are nothing compared to God's Love. Bliss is this universal kindness for spouse/all beings, and it can be achieved in many ways, even scientists who never meditate, sometimes discover something that helps us live 0.5-20 years longer on average and as they relax on the chair or bed, thinking about it, they broadcast that to the human species due to automatic involuntary diffusion of ideas in certain cases, and the whole human species rejoices and replies to that compassion in action and this scientist feels more ecstatic for weeks or years than a guy who has orgasm every day or who meditates daily trying to reach "super ecstatic infinite happiness state". Or it could be someone prays for World Peace or all humans to be healthy, and that intent is so strong, it activates a brain communication with the mass consciousness that the whole species replies and floods him with bliss and he experiences joy for months much bigger than others, yet he has no clue about these fancy names for samadhi, satori, nirvana, ecstasy states. Most humans felt a bliss state.

14.7. Coincidences, harassment, telepathy, fake miracles created with tech – to fool people into believing they interact with spirits

14.7.1. Introduction 14.7.2. 20+ types of CIA torture 14.7.3. Torture by other nations

14.7.1. Introduction: basic concepts and aluminum protection (against RF weapons)

CIA can read and write every human thought, using devices like Facebook's brain reader, though influencing a mind via a passing thought they implant as coming from one's 'inner voice' only works if that passing thought aligns with the victim's belief system, so they get you to do one little step away from it, to get you to over years do/believe something you can never do in one step: like you brainwash people (sleep deprivation etc) via repeated simulated events that "leftists are idiots and 11 companies can never work", "aristocrats are saviors of humanity", "all leftists are violent like communists were", "leftism is pure evil", etc, "nonkilling and nonviolence don't work", "living to a trillion is not possible, World Peace in 2 months is not possible, zero violent crime in 3 years not possible, etc". "We need all military power in aristocratic hands (the military elites running all spy agencies), slavery is wonderful, big evil nations attack us, be happy to be alive as a hard working slave in US or whatever country. Turn the other cheek, take abuse forever, Jesus loves you, work self to death like Jesus died, you sinful stupid slave, make Jews rich, Jews are good at business, serve them to get a raise, you eternal slave☺☺☺". Elites use this to maintain eternal power and world never reaches peace. That's a way to win negotiations and winning "wars" without any physical violence: manipulate the other into doing what they don't want by believing it was their idea and in their best interest via a gradual manipulation, so

minute, so slow, taking so many years, the guy just thinks it was a natural change of mindset.

The KGB spied on USA for 7 years (1945-52) using a no battery capacitor, that could be used today to spy on verbal talk of anyone, without them being able to find the source, since it's disguised as an everyday object, hidden in furniture or walls even, with no power source and such objects can also cause "torture effects" via a nearby device in a car, utility pole, hidden WiFi spy device behind your fence or any unplugged objects in your bedroom/desk area (not just light bulbs or monitors which are obviously usable as torture device to attack any body area: legs, toes, eyes, face, temples, skull if monitor above the head etc) that sends a wave to activate the device. So, the Chinese or Russians can insert dreams, thoughts into any human on Earth in any location, if no aluminum barriers exist above/around the head, around the person... even if spy devices are unplugged, like the soviet capacitor, so think about Beijing satellites activating an object and torturing Americans from Beijing: buy made in China, Russia? Not anymore of course, you would buy everything US made.☺☺ See 90 min 2026 Congress hearing on MKUltra program CIA ran in US and Germany using Nazi scientists. When you realize what happens, you don't want to buy anything foreign made, only US made with US parts. They can use satellites to listen to everything you speak, hence the 20 telepathy habits. When a device is plugged in, espionage and torture are 1 trillion times easier, so turn the power strip off before going to bed, since anything in standby mode, or sleep mode, like monitor, etc can be used as a weapon to raise heart rate (you know they do it, it's sudden and their pulse devices uses rarely even starting sounds to increase "intimidation", kind of like "we turned on the machine"), etc. Turn everything off, except maybe your heater or humidifier if any. China doesn't need direct war, they can wage it covertly with lethal exports to USA. Electronic devices of all types, EMF protection (can be mind control devices in disguise), Stetzer, cell phones, bed clocks or humidifier meters, computers, Taiwan/Korea monitors/cars with China parts that have a straight line of sight (Car roof, etc) to your brain to program or attack your brain remotely, etc anything with power on even on battery or standby mode can be used to insert dreams, thoughts (good or bad, works to some degree in certain naive folks, even if sounds crazy, as long as thoughts are within their "anger level and ethics range (they create this wide ethics range by demonic music, to later arrest people for doing things they told them to do via mind control)" that day) and cause involuntary emission of sperm or erotic arousal on demand to manipulate recruiting targets using honey traps, so unplug everything before going to bed or turn off the power strip on-off button (or unplug it) to avoid unplugging, besides avoiding eating 3 hours before bed or drinking a big glass of water before bed (drink water earlier in the day). Spy agencies have developed cheap dream manipulation tech since 1950s at least, today they're ultra tiny, ultra cheap. They use the same mind technique like bitches to enslave you: you're a mere resource to them, for Nazi experiments, etc. It's safer to sleep in a room with 0 objects in it, 0 plugged,

protected by Al cubicle (see below), way harder for them to program you during sleep.☺☺

So today, they don't need special CIA people to kill anyone, they manipulate a messed up guy to do random acts, as with their MDs destroying millions of brains on purpose via psychotic drugs and guns to all, etc and mind control, sleep deprivation, etc, they get anyone malnourished and tired to "hear voices" and do killings or any dirty stuff that they want done to hide the perpetrator (CIA, etc). Often times the "voices" are merely music lyrics modified by the brain into 'seemingly self-generated thoughts', all music is poison, except 0.1% (mostly instrumental), if you need vocal music, make your own like I did, don't listen to the CIA programming via music, TV-radio, all singers are CIA mind control victims and/or unwilling or semi-willing collaborators, shells inhabited by artificial robotic minds, too evil to know what is good and what is evil. Watch DC Shorts to see how music is used to create millions of violent criminals, link it to hyper rock, mean pop, gangster rap, etc. Most celebrity singers deserve death penalty or at least "lifetime labor", since they fuel millions of deaths, rapes and almost death like injuries worldwide, hyper music causes endless crashes, alcohol lyrics and weed ones too. All ethics and behavior stems from music people listen to, if you want 1 trillion times lower violent crime, you need 1 trillion times more peaceful melody, lyrics, and tone. These evil "singers" (making billions or millions) are the tools of aristocratic terror of the 99%. CIA-FBI-Pentagon cause most violent crime, since they control all music, movie, media, education (nothing is private, freemasons control it all), more than even China does (China has overt control, US control is covert, all think freedom exists, but none exists almost as no decent music is allowed to exist as popular one, US and most nations are more like a Nazi concentration camp, where real freedom is zero), and decide to saturate all minds with infernal, violence, crap music, news and ethics, satanic religion, satanic freemasonry, to have an unlimited amount of criminal potential killers to do their dirty jobs, all while hiding behind a facade of "Christian ethics" or what might be seen as noble in some other nation. Same old tricks of empires from millennia ago and British Empire: divide and conquer, control colony with the slaves themselves. Most cops have zero understanding of the Pentagon capabilities. That's why USA has no decent music except 0.1% of it. Same for all nations. CIA uses youtube right side suggestions with "Psychology of people who're like this and that" in order to make you believe you fit into a category, so they can manipulate you into imitating that supposed alleged behavior of "amazingly high in IQ type of people" or whatever, or "Fears create all pulse rises, odd sensations of torture by CIA, it's all in your mind, just write your fears down to overcome them" and CIA will control you even better, by knowing your fears and how your mind works. These devils used manipulation to create plausible deniability for 5000 years, sweet talkers, spies, etc... who pose as friends, but are serial killers. ☺☺☺

Mg deficiency (*when real, since often times you know the CIA causes the twitches as they happen right after you go near a monitor that they modified and write something about eyelid*

twitch, or seconds before you open a letter that has something about ears and they cause ear sensations), stress, exhaustion or high K may explain 30-70% of the "torture" below in some people (who're not tortured that much directly, but indirectly, via gadget to brain suggestions to make one tired, to be tired and easier to manipulate into doing certain things that lead to the desired CIA or Mossad outcome, since silent sound etc goes around aluminum barriers, etc), so make sure you soak legumes, grains to remove phytates and antinutrients, and avoid bakeries, bread, cereals if you don't take Mg supplements, because phytates are blocking the Mg, Zn, Fe, Ca, Mn, Cu uptake causing 30-100% of symptoms below and spy agencies know this and can manipulate people to eat high phytate foods (breads, unsoaked or canned legumes, etc) and low Mg foods, to cause anxiety, fatigue, poor energy, sickness, or even misdiagnosis in victims of mind or social manipulation. Poor ventilation causes a rise in pulse, heart pain if some heart artery blockage exists and/or if room oxygen is low, as heart/body lacks oxygen trying to beat faster, needing more oxygen itself. So not all pulse rise is torture, stress by CIA psychological torture or CIA slight 40 bpm heart rate rise one time can cause similar incidents other times due to mere poor sleep, while low Mg causes arrythmias (palpitations). Clear real torture is 30 bpm rise, not 8, as 8 is easier to justify with mundane fluctuations. High fructose intake or purine rich foods spike uric acid which can cause uric crystals in the joints to cause arthritis like pain temporarily until intake of glycine, better soaking or lower fructose intake dissolves them: this can explain perhaps 5% of events below. Blood Mg is 1% of body Mg, so a test can look normal in deficiency, for Mg and other nutrients, that's why we need the 7 tests for any nutrient: blood, RBC, nail, hail, urine, feces, saliva. The body keeps the serum level in tight ranges for most nutrients, at the expense of tissue levels. By understanding human biochemistry, an enemy can torture 1 billion folks, by covertly making most deficiency in 2-5 nutrients, bringing IQ down 9 points, health down 30%. Then taking over the nation covertly is 20x easier.☺☺☺

Alternate (NOT TORTURE) Explanation for Calves/Toe Cramps, Temple/Forehead/Skull Pain, easily used by spy agencies to create plausible deniability to hide their advanced torture devices:

Many of the tortures in this section are very hard, with current tech, to confirm with physics blueprints of former events in a location (due to our tech being millennia behind such tech), as direct attacks using infrasound or etc that goes around an aluminum barrier or etc because the pain or pulse often stops within seconds or minutes of you placing an aluminum thick or thin barrier (1-30 mil thickness) over the area of the body they attack, which seemingly "stops all microwave lasers, x-ray lasers of low power, etc". There are 3 reasons why the pain stops:

1). a CIA attack has a latent period of pain proportional with the intensity of the laser fired or direct energy weapon fired that goes around the corner, like advanced weapons today, just sci-fi weapons only CIA knows about, the period and pain vanish instantly by mere movement for low

power attacks by hidden objects strategically placed within one's house or room. ☺☺☺

2). CIA didn't want "you to know they use x-rays passing thru aluminum to attack you" and the video spy camera showed it you detected their attack so they stop to make it seem like a regular "low Mg induced sensation that comes and goes with time". ☺☺☺

3). The typical explanation CIA would try to make every target believe: "a simple biochemical explanation exists for every case, i.e. they "never torture anyone", and it's all his "speculation" that CIA has anyting to do with it", which is a lie, evidently, since all these events can't happen so often at exact times, repeatedly, in the middleof the night etc... or day, 11:11, 3:22, 3:00 am, etc, plus other things happening. The explanation would go like this (supported even by Google AI that is remotely controlled by a CIA operator at times to implant thought questions in the minds of a computer user, and then give fake answers to steer the user into believing a false narrative by the "authority" of the anonymous non-CIA manipulated intelligence of all PubMed papers, which can all be made up by CIA controlled teams anyway. The biggest trap is believing that AI is objective, it's not, it's the government tool to spread its narrative and even to assist in brainwashing targets of torture that CIA didn't do anything and it was all others or simply "imagination of a sensitive guy who was tired and a little paranoid". That's why Pentagon forbids DeepSeek, Chinese AI, because it's a brainwashing by government propaganda tool too, not just an incredibly superhuman memory of the abstracts/content of millions of free papers it accesses by web crawling and reads so fast, that it seems so "ingellignet". Speed is not intelligence, and believing google or any AI answers is foolish, they just apply basic knowledge to the existing flawed human dogmas of our current stone age of human development. ☺☺☺

With that being said, the CIA spin doctors would go and say the classic third reason: 3). the "weird sensations" or "attacks" are all caused by high potassium (K), low Mg or a combination, can stop due to the fact a lack of magnesium causes them, since our bodies are electric and aluminum conducts/alters electric magnetic fields, alters bioelectrical properties of ion channels and membrane allowing the firing of muscle signals, leading to the sudden end of pain by simple massage or aluminum placed over an area. This may fly, but it's strange that a pulsing pain attack would vanish immediately at times at precise moments, especially when the *pulse may not match the heartbeat which then removes the Mg explanation* of 3). CIA is not stupid, they always design anything to make it seem like a natural event, not like intentional torture, since they want people to think CIA is this holy mission agency. Every one of CIA operations is designed as ultra simple and mundane (see the CIA youtube channel on how spy agencies operate, they design torture in a way they can escape in court from any incrimination, ready and armed already wtih 3 possible explanations to free themselves of any wrongdoing), every act of espionage or torture is designed so clever, so as to seem the CIA torturer was doing his natural thing, not really any torture. So, let's here a typical alternate explanation, which can be true in

many cases and not just a CIA trick: our scalp (or any body area that has spasms or pulsing pain due to low Mg caused by high K meals) is packed with highly sensitive tactile receptors. When you place a structured, metallic, or crinkly object like an aluminum-lined (or no aluminum) hat on your head or any body area, it applies unique physical pressure, texture, and thermal changes (aluminum traps and reflects body heat very efficiently). These non-painful sensory inputs (touch, weight, and warmth) travel along fast nerve fibers to your central nervous system. This flood of safe sensory data effectively "closes the gate" in your brainstem, blocking or overriding the slower, weaker tingling signals coming from the irritated pinpoint spot of low Mg "pulsing or regular pain" (see below). However, this trick of sensory rerouting only works when the low Mg and high K are not major shifts. In other circumstances, the hats or even 200 meter thick aluminum will cause NO EFFECT, because the CIA doesn't do it with X-rays OR THE LATENT EFFECT OF A weapon used lasts seconds to minutes after the first attack, just like a Taser attack can cause pain for 1 or 1000 minutes, depending on how strong the energy or electricity used. So, "relax, nobody is attacking you daily", would be the CIA idea. That's true in many cases, and some "pains" or "attacks" may be an inflammatory response to previous damage the CIA did when they had you bump into something with the toes, etc. Other times, many "tortures" or "pain sensations" are not always infrasound and high power density microwave attacks (as in Maduro abduction), but can be due at times (not always, can be after an attack by a spy agency or military) to temporary weight gain due the stress of CIA torture via sleep deprivation that causes weight gain (like, so busy dealing with the stress, one forgets to even weigh oneself on a scale to see and realize one is gaining weight, yes even 5-30 lb for a very underweight person, when resulting weight is only BMI 21, skinny fat, no muscles, just fat gain), poor blood circulation or narrow arteries, cold feet or knees due to low ambient temp (though these manifest due to their other obvious torture that leads to poor sleep and self-neglect, so it is still indirect torture☺☺☺), lack of B12 or magnesium (causing tingling, toe curls, chest pain, eye, brow, temple/skull pain (low magnesium + occipital nerve irritation cause hyper-excitable tension in the temporalis and scalp muscles), numbness, muscle cramps), electrolyte balance (during fasting), hydration, nutrients, etc, not due to an attack by an RF weapon minutes ago. ☺

See, for head pain, CIA has a simple exit to explain it all: when we sleep, if our neck is hyperextended or poorly supported, the suboccipital muscles at the skull base tighten and compress the occipital nerves that extend all the way to the top of the head, so then wrong neck position can cause "skull pain rarely when waking up", it wasn't CIA attacking our scalp to "wake us up", or CIA attacking the "toe or calves" to wake us up, the waking up caused the pain, due to subthreshold depolarization, with cross membrane electrical charge falling from -.95 to -.75 due to high K intake. Likewise, when we sit at the desk in a fixed position, our occipital nerve sits in a certain way and then we change that position suddenly, so with waking up ot stnading up to go

to the bath, statically contracted neck and shoulder muscles are forced to rapidly lengthen and pull against gravity. This sudden move presses on the already compressed occipital nerves, causing a brief spike of sharp or aching scalp pain as we move. Low Mg → NMDA Receptors Open Unchecked → Excess Calcium Influx → Continuous Muscle Contraction/Temple/Skull Pain. You may be driving a car, with head fixed in front for hours, exhausted on some highway, and be low in Mg and high in K, then the scalp may have this "burning tingling" in one spot due to this very "lock spasm" mechanism of muscles unable to relax, because you changed suddenly the head, tilted head to the right to finally change lanes at some ramp after 30 minutes of driving straight and not tilting head at all. It wasn't some cops or gadget in the car or spies atacking your temple or scalp, not usually, it was simply these types of toe/calves or even upper body electrical potential pain in the first 2 pages of the Mg section. If Mg is low, calcium floods into the muscle cells unchecked, forcing the temple/scalp muscles into a state of micro-clenching or semi-permanent baseline tension (especially if clenching a jaw while working at a desk) or constant micro-contraction (can't relax) that stops local blood flow to the temple/scalp muscles, resulting in a dull, tight, band-like ache around temples, skull and/or forehead. If you sleep in a car, the neck is even less comfy, so more pain can occur. To end temple, forehead, skull pain, adjust Mg and every half hour, gently tuck chin straight back, roll shoulders backward to unload mechanical pressure on occipital nerves before standing up. ☺☺☺

If you take high vitamin D, this drains your body reserves of Mg. If you eat a lot of legumes at one meal, this drains your Mg too, as kidneys flush out excess potassium, flushing out Mg with the K too, and low Mg causing hyper excitability of the muscle and nerve fibers thruout the body: heart, brain, temple, toes, calves, etc. To prevent such issues, take Mg pills before any high potassium meal and lower vitamin D intake. High K causes trigeminovascular pulsing pain in the temple, skull or forehead, via excessive dilation of blood vessels there, felt with every heartbeat. The pain is not always pulsing, because at times it's just low Mg due to high vitamin D and vessels don't dilate. CIA doesn't use a "pulsing weapon" as some claim online. Opening specific K channels in the brain (like (K_{ATP}, BK_{Ca} channels) dilates cerebral and cephalic arteries, initiating pulsing migraine-like attacks. Your scalp pain and temple pulsing may be a localized release of K into the extracellular space of the brain that activates the trigeminal nerve, which sends pain signals directly to the temples and leaves the scalp feeling deeply bruised, sensitive, or painful to the touch. When K is high and Mg becomes chronically low due to high K meals for years, the throbbing pain can occur in any body area really, not just temple, but also feet bones, calves bones, knees, anus, eyes, arms, you name it, anywhere. You need to take *glycine too to diminish this hyper excitability*, since Mg stores take 5 months to recover after 1 year of high vitamin D. A lack of loose stools proves your body is utilizing every mg of the Mg you're giving it ideally 3 times a day to provide a steady, uninterrupted ceiling of electrical protection across all

your muscle groups, so you no longer experience any pain, can finally sleep well, without any throbbing pains in any body area and you no longer have to believe "CIA is torturing you". True? You just had a glimpse into how complex can be the lies and methods of manipulation of torture victims by the CIA, in order to hide the CIA methods of changing one's mind about any topic.☺☺

The spies can simulate normal health conditions in their *torture* to create plausible deniability, (producing a similar sensation to a common health issue for slow killing, undetectable elimination of inconvenient truths exposers), because they want any death/disease to appear natural and not caused by CIA. That's how all spy agencies do their slow killing. They go at "infinite" length to make it seem natural. The aluminum stuff below makes any enemy incapable to know your location, even if you're at "home" (your official address) 1% of the time, making shooting you without police coming impossible, especially if you live in a cul-de-sac area where police cars are almost always parking 24-7 while on duty in a given city, for fast response times. Today shootings are far harder, due to all new cars coming with front, back, sides cameras that record everything around the neighborhood, besides utility pole and home cameras. With a book like mine, that exposes lies of empires and dynasties who used religion, 1.4 trillion/year of junk products, fake elections to enslave billions for 5000 years, one becomes a little more paranoid, when cars smash into my car on purpose and I get followed 24-7 for years by various cars and spies. The purpose is not to scare anyone, but to reveal some possibilities and to encourage all to read the nutrition chapter, increase critical thinking,☺☺☺ distinguish between correlation and causation, so they don't think everything is torture, it may be, besides aluminum microwave blockers, you also need more blankets, to keep feet, knees warm (example: I was in a small room with temp 81°F for 4 years and had no issues with knees or feet, then issues appeared when I moved into a big room with temp 69 in winter, which can cause cold knees, feet sometimes due to poor circulation). Happiness☺☺☺ is good. The first 20 pages explain basic *aluminized foam* (Al chemical symbol of aluminum) defense methods against sound (ultrasound or infrasound), "EMP nuke blast" radio waves, electric/magnetic field attacks. Then, the last 50 pages detail the torture "they" might do, "they" meaning the aristocrats. *Everything here also helps all prepare for any war, so don't ignore the Al foil stuff in the next page on* 80-120 GHz microwave weapons of spy/military agencies. Most heard of the CIA MK Ultra torture.

This torture is done by the Vatican, Mormons and other Christian churches (Freemasonry too, which is a church (of demonic mutilation) in disguise) in charge of the US military for 3 centuries, folks who practice the Talmud or Bible, Torah quote like "*spirituality*" in action, that is the Bible Quotes they Swear On, our Beloved Politicians (Bible Advice on How to Behave: commit genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating), the modern day Inquisition by demonic Catholics, and Imperial (American Empire?) Blowing by Microwave, etc Gun of all who don't want to be eternal slaves 70 hours weekly of the American Corporate

Aristocrats.☺☺☺ These corporates use torture weapons to annihilate competition. Competition exists due to the jungle mindset US (and others) spread globally, since Immortalists are for trillion year lifespans, win-win, cooperation not competition. They kill people slowly, diable or severely damage brains and bodies of those resisting their forceful imposition of hooligan violent culture, violent hooligan religion, or business contracts of the Royals (Freemasons?) and extended family of spy agencies and military. This is detailed in the next pages explaining 21 forms of spy agency & militaries covert/overt harassment, torture, acoustic weapons, etc, mutilation, genocide, crimes against humanity that can cause WW3 anytime, invisible slavery via remote *control*. Spy agencies and militaries worldwide turn millions of houses into North Korea like prison torture cells (see video) except the torture is not done by daily physical beatings, but by daily lasers attacks to cause pain and bodily damage identical to physical beatings headache for 15 hours daily, 4 weeks at a time if you don't protect your head with microwave blocking Al foil taped hat (well, even with that it still happens since you can't create 100% Faraday cage to block microwaves, needing to breathe), or other body areas for 5-10 hours a day, extreme exhaustion from the lack of sleep, not letting you sleep when you try take a nap, always attacking, etc. Check out a US base where 160 people died due to violence within the base. You realize the US Revolution was violence of one aristocrat group against another group (UK). Our USA was born out of violence and it is based on violence. Until people remove violent crime, no hope exists for World Peace or 0 violence within the military, where the most violent exist. Spy agencies use pulsed microwaves to cause infarcts, stop hearts:

For protection against CIA, Mossad, etc militaries, spy agencies boiling people alive in accordance with the unHoly Bible with MicroWave (see what microwaves can do at low intensity, imagine at high intensity) 10-150 GHz military combat grade crown control weapons, Infrasound or Ultrasound Weapons, sonic weapons to jam speech or produce stutter, you can create microwave shields easily. Examples of materials for this are 52" x 84" thermal space blankets, 10 for 9.6$, 5 layers of aluminum atoms on one side acting as microwave blocker, see one example, test them with Safe Sound or a good microwave meter☺☺☺ to make sure the shields, fabrics reduce signals 10,000 fold when you make a sealed cage, they have military grade ones too used for making a tent for yourself to prevent body heat loss or overheating. All pregnant moms should use these around their baby, to cover the back and front, when travelling in town, since most towns have high RF that kills baby cells, damages immune system. Other shielding options are home made Al foil (taped in clear tape) blankets for stronger protection against EMP weapon system arrays of EMF waves, cubicles with foam boards 50x20"x30"/65$, coverall garments with shields on the inside, etc foam boards taped with 12"x150ft aluminum tape (you can use at a 45 degree angle a Walmart earplugs plastic box round edge to press on the Al tape so it binds perfectly to the foam board, after you aligned it with the hands and it has

some small air gaps. This 'tool' makes aluminum foils perfectly flat a 1 minute job per foam board, see like Bomei 8"x150ft 3.2 mil 33$ with subscription you can cancel. The foam boards can be joined (25 for a decent size cubicle to enclose desk and bed) after they're Al covered and finally tape covered in 12" wide duct tape or 8"x435ft clear tape (cheapest: 9.7sq ft/$) 30$ or 12"x300ft clear tape 52$ (5.7 ft^2/$) to prevent Al particles/foil breaking out. This 8-12" wide tape requires some ruler or 8-12 inch straight ruler to hold the tape in position to make it easy to pull it all at once, otherwise, if you let it stick to the roll after each use, you will waste minutes each time you reuse it to get a straight tape out, since it tends to break in 3-4 pieces without such a ruler, pencil or tape dispenser. Dollar tree stores etc have these 1 or 1.25$ Al trays or sets of 2, buy about 40 and use them on top of your cubicle, since this is much thicker than 3.2 mil on your Bomei foam boards, it will protect you from magnetic fields or high power lasers that imitate EMP nuclear blast radio waves that they use from 2nd floor of your or nearby buildings or attic perhaps to blast your head/heart with, though it can be even hidden devices in your building they installed while you went shopping by disabling camera footage remotely to make it seem nobody went inside. Make sure when you build this that the *magnetic field* (measured with GQ-390 etc) reading *remains the background 0.3-1 mGauss that exists in most homes*, that it doesn't jump to *2-5 mGauss*, as anything above 2 is unhealthy if you stay in it for hours daily. Unless you have some crazy wiring, it would be lower than the rest of the house, since Al, and especially stainless steel sheets, block magnetic field very well (steel way better than Al). Likewise, V/m electric field (GQ) needs to be around 1-3 where you sit or sleep. Don't forget to use these Al + tape covered foam boards or some steel sheet metal plus taped foams on the floor, otherwise, they will attack you from under your bed, from houses nearby that have basement or first floor lying lower or street cars that lie lower and blast microwaves or whatever from there using drones blasting high magnetic fields sometimes. Without that floor and stronger roof, your cubicle, which already has so many gaps for ventilation, will be rather useless, as microwaves go around and can cook you well while sleeping. 3 mil Al tape is not enough, if they continue attacking, you will need much stronger stuff to deflect magnetic fields, like the Hope Depot 50 ft by 20 inches steel roof roll. You deal with animals, so you may need tape this 1 mm thick sheet metal around on the existing structure in smaller pieces that the cubicle can withstand, some resting on the floor of course, if attacks continue. Regular cooking Al is 0.016 mm or 0.6 mil, while sheet roll is 1 mm or 62 mil. The difference is 100 fold and the sheet rolls don't create kinks and gaps like Al does when handled, so it is rather good for protection as long as you're careful to tape it well to avoid scratches and to cover it in foam board, bubble wrap to avoid any injury on the sharp edges. That's why a blanket you make out of Al and tape can sometimes be useless if only 3 mil, it has to have no gaps in bright light and be at least 9-12 mil. Ensure that any Al that detaches from the inner rim of hat is taped on both sides, so that no small eye reddening Al pieces get inside your eyes. However, avoid twisting the

neck when sleeping by having pillow too high/low or by wearing an Al hat when you don't need it and causing neck discomfort that can cause a stroke. Block RF well, so you don't need hats in bed. A cubicle with strong ventilation (2 fans to keep CO_2 below 650 ppm) is enough usually. If a hat is tight, it can press on some of the blood vessels around the temple or forehead. We don't want that as less blood flow can affect scalp skin/hair or cause headaches. Any winter/solar hats need to be comfy, not tight, to avoid this issue newbie hat wearers are completely unaware of. Recall to soothe the area they attacked with warm shower and hand massage, to help it heal.

A person can make a 6-12 mil thick Al vest that protects all trunk, back, sides and reaches up to 6 inches above the knee, in order to protect various *hip joints, anus, lower back, back, spine, abdomen, colon, genital areas they attack*. They can even attack testicle, say left testicle only so you get one intact to produce healthy sperm, hopefully you had your kids if they attack both, since the attack would naturally destroy all future offspring via permanent damage to the sperm producing cells, but you're a naturalized citizen, so disposable cattle for the Nazi US military, inferior race to be exterminated. This 'vest' needs to be held tight against the waist with a scarf or belt in place, otherwise it unravels and becomes too wide to protect, microwaves go around any gap, so tight against the waist or heart if they attack heart area one hour or day or both if they attack hips at the same time as they often do attack 2-5 areas at once, due to it being one flat long piece made of 2 pieces (back and front) joined by the shoulder connectors, to allow for easy placement over your head. If you don't protect they will permanently damage many joints of your body as many militaries and spy agencies of nations view naturalized citizens as cattle to be worked to death and useful guinea pigs to develop new torture weapons that destroy the human quantum field. That's why, for the happiness☺☺☺ of the entire planet and human evolution, America will end one day, hopefully peacefully, like with the 'immortalist party' like movements, not Hiroshima like continental blast. Americans are *too ignorant of the* potential *genocides US* government *does daily with its 10 million terrorist Army* made of veterans, FBI, police, CIA psychopaths who obey dutifully the infernal commands of the murderers at the top. Of course, the CIA will say "Alex is imagining things, and that's fine, everyone has their opinion".

In highly contested territory of covert spies, a hat has to be flush against your head, forehead, etc, protect your forehead down to the level of the eyebrow (frontal cortex they love to attack to turn you into their slave), flush against the temple (if not possible to have 0 gaps in the entire circumference, just thicken it, place other pieces there, permanently, to the hat, as nobody will see it) etc since 2mm wavelength microwave laser directed at the hat to head border will penetrate via any 2 mm gap between the aluminized hat and your head. If you live alone in a tiny house, turn off all breakers when sleeping if warm enough (Hawaii or other areas) and you use no tank water heater (but tankless on demand heat type). Otherwise, turn off all breakers except tank water heater and whatever you may use. This can help prevent hidden devices from

being powered and beaming strong waves. If not, you can put more Al (fold it and then tape it in clear tape) to prevent any gaps and then aluminize it. You can also wear some beanie, etc that covers your temples well, and maybe the ears too, maybe tape to your festive or regular hat (if shiny hat, people think you go to a party or the Immortalist Party) some 2" strip (aluminized on the inside), like a (this one 4 colors) reflective strip – tell all it's for safety at night, to make it look like a natural extension of the hat (maybe not same color) protecting temples, $ tree stores have semi-reflective glitter tapes, 1$ wrap for gifts of 100s of colors or patterns or Amazon too. The cubicle (with aluminized foams as roof too, to prevent attacks from upper floors of neighboring houses, installed devices in attic, enemy drones or satellites, etc) is 100 times more important than wearing a hat or other things to block specific attacks on one area of the body or head, because microwaves travel around and they will get to your brain even if a hat is on, they pass thru your face and other areas. So, a cubicle is a must in hostile environments full of possible spies. CIA, FBI, PLA, KGB can unscrew the screws holding the monitor or any device, place some torture devices inside, to frame other countries and blame it on them. The cubicle prevents milimeter radars from 100 meters, used by spies and cops, to see where you're in your house and every move with every finger, as that could make killing you so much easier. Aluminizing the whole house enables you to survive☺☺☺ if they use a drone or paid spy to detect your exact location (within 5 cm) and shoot you with a drone invading your yard. Thus, aluminizing has advantages. They can see any body area, if there are gaps from their house to yours, so a cubicle entrance door has to allow air in and yet block incoming microwave or radar waves, so you can't be seen or attacked, so you may need extra foam boards on the wall where the door is open to be invisible, or aluminize the whole house with microwave blocking paint, or use some box or supports to cover the door with 5 pieces arranged differently, so air gets in, you can come in and out, but microwaves from cars on the street with spy grade cannons or outside the cubicle in hidden wall devices or etc can't go in.

Since Al doesn't block magnetic fields well, you may need a cubicle that also contains steel foil, mu metal roll sheet or nickel foil to block/redirect magnetic fields, same for your hat, if magnetic field exists due to electrical fields created. Mumetal needs to be 10 times thinner to block as much as nickel or steel sheet (Amazon sells it). Home Depot galvanized steel (99% steel) flashing is 20$ for 8"x25ft, 0.01" or 0.254 mm thick, about 10 mil, or 3 layers of 3.2 mil Al tape, but flashing steel is not magnetic, nor is most steel people buy. This is 99% steel and the rest zinc. Nickel foil needs to be about 0.5 mm to block a lot, but less if you already have Al, which blocks some magnetic field too. Don't keep the laptop or desktop inside the cubicle, as they're noisy and connected to too many wires and EMF and could also conduct more EMF from the wired ethernet cable that connects to the whole city via the cable company network. Use extension cords for your wired keyboard or wired mouse, which are healthiest anyway (wireless are

poison and easy to hack), free from microwaves. If they screwed your monitor to attack you or your laptop, simply replace the monitor or make a 3" by 4" rectangle hole in the upper part of a 20x30 foam board (that has been aluminized) to look at the monitor and keyboard from, to prevent blasting attacks. They attack from many directions and you can prevent them all. You could create a pyramid with the base being the laptop monitor or the monitor and the flat top your ocular area, so they can't attack you. Better yet is to buy a new laptop and take it with you so they can't modify it, buy it in person, not via Amazon as they intercept it and send you a look alike that is changed. Apple desktops are bad, as they got the high EMF built in a display. *This cubicle also* blocks *foreign spies, criminals parked outside* from reading stuff on your cubicle computer (avoid any wireless devices with data, used wired, 100 times more secure, never activate WiFi on a router), by blocking EMF. Any keyboard creates EMF that can be read by spies, and wireless is trivial to hack. Hats and body "Al armor" is only for outside the cubicle, etc. When placing 8" clear tape on the Al tape and press it, air bubbles form that are easy to pop with a razor blade, which is *much faster than using a needle and much safer as no chance of puncturing the Al tape, since you use the blade corner going lateral (horizontal), not downwards or vertical and do it gently to avoid making holes in the Al.* $ store tape is 1.89"x45y, so 1.89/12x45x3/1.5 or 14 ft^2/$ if 1.5$ price. 2" wide tape in most stores is much thinner, much easier to break vs Amazon heavy duty 10 ft^2/$. Microwave, infrared, ultrasound, infrasound guns can be used to kill, just like CIA used a poison dart gun to cause heart attacks. ☺☺☺

Thus, these cubicles to protect you against microwave heart attack guns are useful, since spies can drive by your house, or park a car to shoot an invisible microwave laser to cause stroke, leg pain, or heart attack.☺☺☺ You need to create a cubicle the size of your room eventually, if attacks continue, since they got terra hertz cameras that see thru walls and can attack you, besides the hidden normal CIA cameras, tiny ones, hidden in regular appliances, devices, etc and the IR cameras, etc which they use to attack and know where your toe or every body part is. Today, any electronic device can be modified by CIA to include torture devices and cameras, so it is important to stay away from any gadgets that may cause attacks and put some barrier between them and yourself. To them, "you are simply a guinea pig, a slave, (like 8 billion slaves on Earth of the 20 million aristocratic class of USA), a mere animal to be exterminated."☺☺☺ If you use a pressure cooker and a bath near your room, you can avoid aluminizing your whole kitchen and other areas, just your room and part of a bath would protect you. They think "You have no value, you're as valuable to them as Indians blown by artillery gun were to Brits doing it. You're only allowed to live as an obedient slave, or a useful guinea pig for weapon testing.☺☺☺ You're a dog who is to work to death to help them build bigger palaces." Many (10-80%) Chinese or foreign brand monitors, cookers, microwaves, washer, dryer, any electronic device bought online could have hidden wireless cameras sending every month all/some images displayed to

Chinese satellites, to spy on the entire planet and turn every nation into a slave. Importing electronic products is national suicide, see Chinese solar panels filled with secret devices, possibly torture devices some day, or the Chinese Huawei inverters in charging stations able to shut down any electric car and cause a 100 car pileup or shut down a grid. Workers, don't be fooled by claims of communism or democracy. If you get odd sensations on your head or heart, body, hands while using a monitor, it could be it's full of hidden cameras and attacks your body, being a torture device in disguise. Always cover the sides of a laptop/desktop monitor where cameras may be with Al tape to prevent microwave laser attacks coming from cameras who act as microwave lasers too. Buy local (if a safe company) or be careful how you setup the monitor (below eyes) so it can't fire into your head, by using barriers of aluminized foam as above with hole inside or whatever, until you find a safe brand. *Companies making parts for computer stuff, appliances, can also* spy, so all parts must be local. ☺☺☺

If you ever drive a motorcycle, aluminize your helmet. Some have opaque blue (like mirror sunglasses) eye cover, like this helmet, so if you place RF tint on the 'glass' they can't attack eyes with IR-UV or microwave lasers as they often do. Cars have more metal to protect, motorcycles don't. The helmet (clear or mirror screen) would need Al tape on the inside (before the sponge thing, on the hard plastic, but also the sponge) and ideally on the outside too, can cover the outside with shiny or plain decorative favorite colors and the inside with clear tape. Some open helmets have the temple thing and the visor which could make for a lightweight helmet, and you could cover it all with Al tape and then some blue to keep the protection discreet. Open face vented helmets are 1.5-2 times lighter, so they're the only thing anyone may consider when not riding a motorcycle. A good one may be this.☺☺☺ Temples area attacks are sarcasm about the 'church, mosque, synagogue' demonic temples of genocide worship, as Orthodox Jews wear locks around the temples, since we propose making aristocratic mansions temples of science and medicine, and giving all humans a temple, their single family home.

All backup or even regular (if possible) electronic devices need to be stored in a faraday cage, a container wrapped in aluminum foil, tape, an aluminized cubicle, so they work after FIRST Nuclear STRIKE.☺☺☺ A lady explains during EMP, the waves are AM and FM, GHz too, you can see here how to prepare for the end of the world, so one needs to use AM radio and test if anything is heard inside, EMP has 3 pulses, 1st is 150 GHz, 2 mm wavelength, so max gap in your cage needs to be below 2 mm (150 GHz), 2nd pulse is FM, 3rd is AM radio, that's why she wraps objects in several Al layers, since there are gaps if you only wrap it once and 500 GHz waves may get in. Any 1 to 500 GHz blast can damage our body too, so this cubicle is a useful preparedness for nuclear strike of EMP type, spy attacks (who park a car near your house to kill you remotely with microwaves passing thru walls), plus trillions of other continental blast weapons that kill everyone on a continent in minutes. An EMP attack kills 90% of USA. The GHz of the EMP Pulse

will destroy much of our healthy tissues too *if we're closer*, and this is why preparing with a cubicle can help so if WW3 starts, you work and sleep in it more, with tight cubicle that has gaps of max 1 mm. Living in a metal container helps in some climates (gets too hot in warm areas without insulation, if not painted reflective white to reflect heat), since you can aluminize the windows when going to bed and be safe. Or make a huge cubicle, 7 ft tall, 12 ft long, 7 ft wide. Any day, due to Ukraine war, USA and NATO nations risk EMP nuke attacks that kill 90% of Americans and destroy all phones, laptops etc not wrapped in Al foil (get those aluminized car covers to protect the car). In these events, you need distillers to distill water, humidifiers if winter, and also battery backup to have power and prevent pipes bursting due to frosty weather. Due to the ubiquitous nature of microwave attacks, you can wear some Al taped on both sides coat that goes on from above the head, which is like a long rectangle with a circle for the head in the middle that covers back and front, and wear an extremely tight shirt on top of this Al cloak to hold the cloak close to the body so they can't attack body so easily with microwaves and etc. To make it more discreet, you can buy some coat or some jacket that is longer. Any gap between body and Al will mean ultra easy to attack from above or below. However, don't try $19 long 60" Galeton raincoat (too heavy, and can't be washed so not a good idea, too bulky and heavy, sheds microplastics). Try Al pants worn on top of some under garments, if they attack legs a lot. If it rains a lot, try 45" (small)-47"(med)-49"(large)-50"XL iCreek raincoat, (iCreek is the best, lightest, can be washed with regular clothes and 100% polyester, sometimes a polyester thing on top of the Al helps deflect better some sound weapons, you can even trim the top of the white interior mesh to insert a removable Al tape double taped with clear tape above on both sides that acts as a shield) or just wear some double taped Al 'jacket you make yourself' under it) or 2 piece set (10$) (not practical, carcinogenic PVC sheds microplastics that harm you) or thick 2 piece set or this 46.8" (most on Amazon are 45" too short for tall men) purple poncho (6$ each on Amazon, don't buy since too short and sheds microplastics, hard to wash well in washing machine) and simply wear a self-made aluminized shirt (covered with clear tape above on both sides of course) or Al coat to wear under your shirt, coat, raincoat, trench coat or wahtever you may be wearing, even a longer puffer jacket. The neck needs Al too, as the hood is kept under a thick neck storage area that can protect the back of your head as you wear the interior aluminized, taped hat. ☺☺☺

Normally people wear armor against bullets, but today spies can attack and kill with invisible microwaves, and other weapons that Al tape *covered on both sides with clear tape* can block. You can *place a foam board* with Al taped *and then clear taped, under your keyboard and laptop that sit on a typical computer table* and avoid plugging any USB desk into the socket as it can have hidden torture devices. Any electronic device can be used to attack if a hidden weapon exists, so place those away from cubicle if issues exist. Create the cubicle (60" tall minimum, so

two boards stacked on the 20 inch side, 8-9 of the duo-board units joined with 8" tape will enclose a chair and a computer table, with 2 joined boards cover on top where your chair is to prevent attacks from above, using maybe 20 total 20"x30" $1.25 foam boards from $ tree stores or online (pack of 50 google search or eclipsusa.com 65$/50 pack) taped with Al tape and clear tape on top of Al tape) well, so nobody can attack knees, toes, etc from behind the table, like a car parked in front of the house, etc. Join the sets of two 30"x20" with 8" tape to make it strong, so it doesn't come apart. You can make one for your bed area, get a 1 watt quiet fan to bring in fresh air. You can place computer desktop or laptop away and outside of your cubicle and use a monitor via HDMI cable, to prevent attacks while in the cubicle, since any computer can be used to attack too, as can monitors (need transparent screen filter if so, that blocks RF). You can even aluminize/tape the top of your slippers, to cover the top half of your foot (tape it to the blue folding parts), including toes, double clear tape on both sides of the Al tape that covers toes. Don't stay in any hotel or room rental etc without a cubicle that takes 10 minutes to put back up, as the damage done to your body will cost 1 trillion to fix in today's dollars, so USA owes the planet $ trillions of quadrillions... while other nations also owe enormous amounts, which they will pay over millennia in different ways, since the quantum field of humans is smarter than any empire coming and going. Turn off lights (use your lamp) or ceiling fans in a hotel or AirBnb and assemble *your cubicle wherever you go as it is the best* protection, because the CIA *will pre-*install torture devices in hotels, unplug TVs *or any big devices.* Not only that, but any KGB, Chinese, Islamic terrorists can also rent a room near, under or above you and blast your room and bed, legs, feet, heart, head, so you need to be ultra careful, you're dealing with serial killers. *AirBnB and any US hotel has CIA microphones and torture devices activated when they love to destroy the human quantum field out of* "love *of* Jesus and the international rules (read them) based "order"" ("order" = genocide by the palace dwelling genocidal aristocrats and their armies). US tortures millions this way each year, they befriend millions of people, while covertly slowly destroying/exterminating them with low intensity attacks repelled by these cubicles, shields you make under a hat or clothes, etc. This is how Brits, Dutch, Germans, French, Italians, Spanish, Portuguese, and Ashkenazi or Sephardi Jews pretending to be Europeans exterminated endless groups they befriended with the demonic Jewish Bible religion. The 'devil' poses as an angel of light, as a missionary or "lover of Jesus/Allah"... while blowing people by gun like Portugal/Muslims. But realize who Jesus was first. ☺☺☺

Buy your own tiny lamps 9$ each, since their lamps are used to attack various body areas. Small mirrors from $ store can be an infrasound barrier. Only after 30000 attacks last 10 years in all places I have been to, rentals, hotels, AirBnB, 9 years in my home, have I understood the real meaning of Christianity, Judaism, Islam and US "rules based order". It's evident the continental blast is going to happen unless immortalism emerges in USA. For some hats etc you're fine with

20 layers of 2.8-3.2 mil Al tape to prevent powerful x-ray laser weapons that can cause stroke in 5 seconds, but for flat foam boards or 'thin blankets or curtains for windows to prevent low power microwave lasers (metal blinds are useful too) using some shower curtain as substrate', 1-5 layers of 3.2 mil Bomei is enough. Thickness of Al foil from Amazon is *2.8 to 4 mil usually, vs 0.6 mil for store bought Al foil,* so 4-6 times thicker. $ store has 12"x250 ft rolls foil, for 5$, you can fold it in 4 to get good shielding against low level x-ray lasers and then tape it with 8"x435ft clear tape to a foam board above. You can create using 1-2 layers of Al tape a vest you can wear under a shirt, that is made of 2 pieces about 2'x3' that are joined by 2 over the shoulder pieces about 16"x6" so it can rest on your shoulder, and 5" of the 16" on each side (front and back) overlap and are taped with normal 2" wide tape or wide tape (your choice) to provide strong support and allow hea to slip between the 2 shoulder "straps" made of double taped Al foil. This may not suffice at times and you may need a strong Al tape one 20"x24" to reinforce well the area around neck where microwaves get thru, plus on the entire upper trunk, chest, stomach, etc. These are taped on both sides with thick tape to prevent breaking and you can wear it (when you're attacked) as a microwave laser weapon shield, sort of like armor against bullets, except these are RF wave 'bullets'. Since Al is on the inside, you can cover walls with the foam boards without being noticed much from the outside, your room looks as white and normal as usual. For microwaves, one layer is enough. These foam boards take 5 minutes to cover with 2 sheets of 12" (30 cm) wide Al foil and then 2 sheets of 8" wide tape and some regular tape in the middle, to help you make a tiny cubicle where you type that makes the attacks from the 300 CIA laser positions of the terrorists much harder, when you have your head great protection too, which is not sufficient, as the subcrocodile beasts attack from all possible angles. You can use these until you move to a different house, city or nation to stop these acts of genocide that are routine for defenders of the "human rights of Brits, Jews or whoever runs the show in a country to exterminate all non-Brits or minorities or the enslaved groups in the nation". ☺☺☺

Always wear your shield on your chest and back, as they love to destroy hearts of people and protect your temples too if they attack either side of your head, with Al tape + clear tape to reach from top of head to the shoulder even. *Gone are the days when wearing a bullet vest is enough, today,* gangster CIA, FBI *thugs are* roaming the streets shooting people left and right with invisible microwave and other lasers. This is the "democracy in action", the ethos of 'nonviolence' aka "infinite police violence". When they attack your left eye orbital area, you get lots of pimples there and even a stye, *when they attack the buttocks you get pimples there, when they attack the knee, you get ten* pimples there first time in your life, when they attack heart for many years, they change the way it beats and raise its baseline rate, etc, they shorten lifespan, they damage every organ that is repaired during sleep by not allowing you to get the 8 hours of deep sleep required, instead giving you 2 on average at best, by incessant torture by

psychopaths they hire to attack 24-7, they commit murder of millions using taxayer funds. If they attack anus, you get the growth or bleeding even, when they attack toes, you get nails stop growing or grow 15 times slower, become thick and unhealthy, etc so these are not "imagined attacks" but genocide by the spy agencies, militaries, police in all nations, which are illegitimate terror states incompatible with civility, humanity and the Immortalist Anthem, 18545 police departments in USA that need dissolve to make 1 department that gets proper training to avoid police violence. This is only the tip of the iceberg of what they do: now you understand why thermonuclear war can occur, why the American Revolution was a scam of the aristocrats to further tighten the chains around our neck. Every genocide by these murderers will be rectified, and undone via policies or Hiroshima like events. Just as US nukes Japan to stop Japan's genocides, so may the world think they got the right to stop the genocides done by aristocratic vultures eating alive every nation, like cannibals of Japan, of the UK, Portugal, Mughal. ☺☺☺

The clown aristocrats brainwash all Americans that the rule of law is the way, but the only law is massive theft by aristocrats who can get paid 50,000 times more than the slaves, for the same hours and effort. The aristocrats also often pay less in taxes, when 0 taxes is the only ethical way of efficiency to help the nation prosper and the masses. When all you hear daily is equal rights, you wonder how come we don't have free centralized education, so all have same right to an education, etc to create one language, one accent (to avoid accent discrimination), one cohesive family, one nation, instead of 130K nations made by 130K K12 schools. USA can't fool anyone, everyone sees behind the empty 'democracy' words. Free education is the most basic building block of a democracy, yet it is absent in the USA. There is no rule of law or democracy, only feudalism, within USA, enforced by courts, laws, police slaves and FBI brainwashed comrades. The international rules based order is a feudal rules based order too, enforced by *violence* from the military, CIA, etc. When all nations realize their countries are enslaved by aristocrats, the whole world awakens and brings Immortality *for* All: 1 language, 11 companies, 1 currency, 1 country not 200, 1 global human family, 1 education. Aristocrats don't care about World Peace, as slaves alone fight, so the media never talks about the urgency of World Peace and ending torture, only about stuff aristocrats care to maintain wealth. The media freedom doesn't exist, it is only what serves aristocrats: keep masses ignorant, blissful and easy to manipulate and enslave, destroy via endless wars that wipe out the working middle class and solidify its eternal slavery. *No country* is legitimate, they were all made up by aristocrats, the only nation that is legitimate is one that ensures ~*~Eternal Universal Peace~*~, meaning the country of all humans on Earth. ~*~ *World's* Workers *We Unify*, Immortality *for* All *We Deify*, ☺☺☺*World's* Workers *We Unify*, Eternal *Life We Deify* ~*~ ☺☺☺*Workers of the* World *Unite, To Bring All* Eternal Life☺☺☺ That is why Immortalists want to dissolve FBI, CIA, all police departments, and replace them with one Immortality *Nurturing* Agency, the one police department and spy agency, all in one,

with one training (every cop car in USA has Immortality *Nurturing* Agency written on it, not police), and War Dept replaced with Eternium, the World Peace bringer and maintainer. All state city governments become offices of federal government, with only 1 law for all 20,000 US towns and all states dissolved. *No more differences in any laws among cities, states* that fuel war, conflict internally and internationally. We learn to amplify research jobs, not lawyer, admin jobs. Build a new capital, world's safest city, worthy of a nation aiming to help all nations unify under its gentle tender soft immortalist anthem ideals, courses adopted by all other nations eventually, as they're free, and the era of paid education is long gone. Take away all power from cities and states, as aristocrats use that to exterminate various groups, not to help. The so called "choices" by states are nothing but extermination tools of the old aristocrat Brits. One nation with one law, not 50, united by one language, one ethics like ethics.gov for real religion education. Bring Eternal World Peace in 3 months, act as if that one planetary law is about to take hold and DO IT, don't just talk about "peace in a trillion years when Jesus never comes". Be the leader of centralism worldwide, show the world the way of unity, not banditry. We got *endless* agencies, state, municipal, etc and no research, everyone a manager, admin, cop, lawyer. There are no states, only Americans, no nations, only humans. Immortality *for* All. ☺☺☺

Al also allows you to shield your car windows etc when you camp in your car, if ever, against microwave laser attacks: put the foam boards and you're done, you reduce RF radiation 20 fold vs city/village level. To hide the Al color, you can use a non-clear 6"x55 yards white duct tape. Non-white tape is more expensive, but available. They got blue masking tape 12"x60y, less obvious than white, people think you plan to paint something. It helps you create Faraday cages to do physics experiments and prepare for WW3 too, when enemy aircraft would send out beams of microwaves, IR, etc to detect certain heat, building material, etc signatures, destroy living people, scan for houses above ground or underground etc. You can also use it to reflect heat in warm summers when all cities have no electricity to avoid dying from hot house temperatures. Tape your Faraday cage cubicle-shed and stay in it when hot to avoid dying. Survival skills for WW3 EMP attack on any country or region that can take out grid for 3 years, most USA no lights for years, imagine that. Can you survive? If not, then let's bring World Peace in 3 months and zero violent crime in 3 years by the Immortalism 11 Evolution. Al tape can insulate your shed from cold too, can provide instant warmth in case your house is too big or bombed to be covered entirely in foil. For better camouflage you can choose grey/green duct tape or paint it green later. The pros of microgrids, solar power, off grid living are clear. No gasoline, no transport, no refineries can work, so electric cars from backyard solar charger is our only way to survive WW3. Veggie garden in backyard too. ☺☺☺

While talking of love, behind the scenes they commit genocide. Recall to *unplug big screen TVs and useless appliances in hotels, as they can be weapons in disguise* who attack various body

areas. Recall Samsung, LG and other Korean companies may have secret (unknown to CIA even) satellite links *to North Korea* or even Chinese Army and their own methods of torture, not just spy agency-military devices we all know about. If visiting a hotel, unplug every device and use a flashlight or your own lamp, if any harassment occurs, odd body sensations, etc as weapons producing infrasound, EMF, etc can be disguised as lamps even. Every body area can be attacked via an AI system of cameras directing the microwave, ultrasound, infrasound at certain body areas, so recall TVs and camera devices can be used to attack you, tape them with Al tape that blocks microwaves and ultrasound etc. A laptop camera can be dual use via a CIA modified laptop to also spy on you, attack you, etc. So, tape all laptop cameras too, on phone facing camera too, to avoid attacks. Monitors, TV screens can be designed to have hidden cameras even while idle or standby, and send video to spy station to make new attacks. Wrap in Al foil any device that may emit microwaves or ultrasound and turn off, unplug any laptop, iPad, tablet, phone, wrist watch, any electronic and other devices they modified or swapped, while Amazon shipped it. If they attack your feet 50 times, and only moving leg or covering it with 9 sheets of ultra thick Al tape works, then unplug any electronic device in the room that may be a disguised weapon. Move to a nicer climate where you can live in nature without cooling or heating and unplug everything, create a tent that is reflecting all microwaves via Al and live in nature or unplug the electrical main switch, and avoid any condo, live in a tiny house where you can turn off all electrical easily and stop all EMFs going around the walls (can't do that in apartment or condos, as walls are shared). EMFs can be manipulated via simple device plugin to raise your heart rate even if device is plugged on the other side of the condo wall. I noticed in a hotel, upon unplugging an LG TV, *the attacks reduced in intensity or frequency 40 fold*. Unplugging the desk lamp also reduced it more, as desk lamps and TVs near the desks are placed there on purpose to attack the hell out of you. If you travel a few days and need a hotel or to eat, choose Aldi organic black or red canned beans, with only *85 mg sodium*, or Lidl with 0 mg, versus *400 mg* for most other brands. Sodium raises stroke, infarct risk from these hotel devices. You can also choose Walmart no salt black beans, 10 mg sodium,no gas versus pinto. Sodium will raise blood pressure on top of their criminal heart rate and blood pressure increase. ☺☺☺

As the victim is too tired to even walk or go visit a doctor, they attack the victim the day before a doctor appointment so he can't even walk there. Everything USA says about human rights is a scam, they violate the rights of all, while demanding others respect human rights. USA is North Korea 2.0, just 100 times more disguised, but the same dictatorship and terror, made in the image of the Jewish Bible who inspired communist terror of KGB, the teacher of North Korea. US supported, via many methods (even banana companies), killings of decent people in Latin America (Brazil, etc) who wanted to create a kinder government. They attacked me about 200 times daily for at least 1200 days, while on lucky 800 days only 50-100 times, multiple attacks on

different areas, not just head and heart. The controlled enslaved person, meaning 100s of millions of people, *for whom they decide job,* house bought (control of realtors), spouse or relationships, etc via FBI agents disguised as clergy, realtors, etc) usually never knows their most important decisions, and some days most thoughts, emotions, movements (go upstairs, downstairs, open fridge, go let, look right, turn left, call X, etc are written into their brains). *are remotely controlled 50-99.9% of the time thru sleep deprivation and gadget* (far away, microwave like) to brain suggestions. In the modern electronic brain control slavery, 99.9% of *slaves* don't know they're *enslaved, and* the slave can mean 7 billion people, the 7 billion the CIA partially or fully controls (basically indirectly or directly, thru national policies, spy agency policy control, local military control). During covert slavery, the handlers use some of the *overt torture methods below, but* low *intensity*, so that the slave doesn't know he's enslaved. During overt torture, the handlers use high *intensity*, the slave *is sleep* deprived for 8 years or more *due to* CIA, Mossad, etc *not letting the slave get a good quality sleep of 8-9 hours* from 10 pm to 7 am, regular hours, when it's dark and when your body is used to sleeping. They do that thru loud cities and fighting quiet cities policies too: the slave is all workers. The CIA tries to change hours of sleep by attacking the person at various hours to always shift sleep hours. The only way the slave can fight back is to try sleep regular hours more and to not be so easy to direct out of bed to do little chores, eat or other things they do to break sleep cycle. The CIA destroys the sleep *to damage the brain of the victim* so that aristocrats can loot all nations. You need at least 10-12 hours of sleep on days of high torture needed (since 5 hours are just trying to sleep as they attack every body part, the heart, etc like wild dogs), since even falling asleep is so difficult. CIA does memory weakening via sleep deprivation, to make room for new brainwashing, ideal for CIA who did 25,000 violent *crimes over 9 years against tens of millions, plus trillions against humanity,* like other agencies did too, from other nations. Governments do the highest number of violent crimes in reality: 47 billion bullets in WW2, so at least 50 billion crimes far more than civilians ever do, 20 trillion violent crimes via torture last 90 years by various agencies, nations), CIA only cares about remotely controlling them, no human rights). Naive people may think it's 'spirits' if positive (or negative) coincidences are staged by CIA, KGB, like with the fake miracles they stage or coincidences by having you go to a place where their spies await. These mass murderers with "kill and steal" as their real religion, killed millions to steal oil alone, so a few million tortured to death is a pat on the back of the enslaved planet. They destroy anyone (or turn into a vegetable by destroying organs and brain, to appear like they didn't kill) who doesn't help them bomb or enslave all using the "bomb all" Bible ethics.☺☺☺ Christianity was made to increase looting efficiency for the emperors killing slaves by the 1000s. Wake up, the military disguises itself as civilians, clergy, businessmen who use invisible weapons to create disease, distractions, brain damage, so that they can *manipulate others into* signing deals *with the bully.*

So we have a need for international deals to end torture and violence, so war ends and then later gangs end too. The lie "land of freedom" is what they want immigrant slaves to hear, it's nothing like it. They use the brain control gadgets and can decide what 80-98% the people choose at least, their top 10-40 most important decisions, free will is ILLUSION. Note that once immigrants become CIA, they're used by CIA to commit 25000 violent crimes against a "new trainee" (gang like organization) or "anyone CIA doesn't like" who is being subjected to terror until nothing is left of their brains sort of and they become an obedient robot. The brutes joining the CIA think of it as "a fun activity to increase resilience to stress of new recruits". They stage an encounter and then implant the thought to continue with that car, house, person, job, etc, staging 'it didn't work' for the rest of cars, houses, persons you (they put in your path by google results manipulation, etc) tried (even when it was not so, they blocked it, easy, delete emails, voicemails, texts, stage issues the delay things, etc, remote control some to say stuff, etc). The realtors are spies, they lie to you, they're the FBI who decided already your home. Once people realize the scam, the controllers can't control anymore, except thru severe torture which reveals the nature of the "democracy", the entire planet moves towards democracy. *Feudalism*, state terror of citizens, subjugation, *empires never died: they went covert*. They think thru you, you think it's your thoughts: the parasites can be the "most respected people in the community", who lie to all about what goes on. Those enslaved have no idea how easily it is to be remotely controlled and not know it, since FBI won't torture all daily in obvious ways. US is a police state, with the only freedom left being your own thoughts (which are obviously not so easy to even create when they write your brain or they make you tired, etc): slavery is called *freedom*, war is called *peace*, violent music is called *culture*☺☺☺, junta is called *democracy*. The intercept gently shows the glorious "democracy" in action: total military dictatorship (media control). They call other countries junta, except US is one too, they just wear civilian clothes, the guys on TV whose words, thoughts, feelings, tones are 100% controlled by US generals (new Hitler). USA just hides its atrocities 9000 *times* better than Nazis/Soviets did, just like other nations hide theirs 9000 times better too. Today it is much easier to hide them: all nations are citizen brainwashing (World Peace in 3 months is impossible) *military* dictatorships. USA has recruited thousands of Nazis to get their military knowledge, as Syria got a few too. Sadly, these torturing exterminating psychos' ideas were often implemented/adapted.

I experienced most of these forms of torture (detailed below) since 2015, years before this 14.7. section with "uneterni" words (rude, etc) was written in 2022-5, well before any negative word and sentence was written in this book. Milder torture for decades, but then I didn't realize it was the junta. The words were chosen to convey the diabolical nature of the US/etc spy/military agencies. Any religion or song etc that doesn't support World Peace in 3 months in its scripture or lyrics, etc is no longer liked as it was before in the 2018 version of the book: the heavy torture

started in 2016 daily, ultra heavy in 2018 daily. 14.7. is the answer to the torture, since USA is exactly like Nazi Germany, Stalin's Russia and North Korea in many ways, yet nobody knows it: the dictator is hidden like in each nation: the military generals. Ctrl+F Neuralink will take you to the paragraph on technologies of mind control and modern day slavery: SpaceX, satellite mind control, Tesla car mind control, mind control via RF gadgets or phones. Foreign made phones could be used to torture too *with low tech, hacks or even, some day, advanced* invisible *quantum imprinting*. So could cars globally, hence India blocked BYD EV plant, given Kia cars can read your emotions and thoughts and maybe write them too, UK fears Chinese EVs will spy on drivers (write their brains too) and the streets, India banned imports of laptops), all car brands, turn phone off, use airplane mode. Korean Kia cars already come with emotion detection tech, etc, so imagine, *Chinese cars will write drivers' brains and emotions before Kia does*. All major powers can use their cars as carriers of hidden devices that torture the driver's toes, knees, head, face, eye, eyes, ears, skull, one side of skull (the left where analytical thinking is centered, so your discernment is weaker), etc whatever they want to attack that day, depending on when they want to cause certain damage and torture to someone. That's why if you buy foreign cars, you put yourself at high risk of hidden undetectable torture, brain damage, etc. *After some examples of what they do, there is a long discussion about various topics and later more examples of their* torture, in a disorganized fashion, since I don't have time to make it perfect, I wrote it when I was upset, so the emotion there is raw. The torture devices are not left inside the wall built in, as it could kill someone if it malfunctions and need to break the drywall to take it out, etc: *all torture is done by neighbors or roommates, who role play they like you romantically or* as a friend to appear less suspicious, so you trust them and their evil *suggestions or they're ultra quiet.* To destroy you, they need and try to gain your trust. For them, torturing is as second nature as for most is to drink water or walk; they love inflicting suffering on others, suffering from mental illness (sadistic psychopathy) typical of most spy agency and military terrorists who torture tens of millions without any remorse, while talking of human rights. Mild torture happened since Oct 1995 visit to USA, without me realizing back then it was torture.

The goal is mind control; so no decent sleep for even 2 weeks, except one 2 week period in *10 years* 2016-2025, usually nightly sleep harass for max control, brainwashing. This *can shrink lifespan by decades. Logically, in* that 2 week period of good sleep, I had no acne breakouts, since stress causes most acne in many. After August 2018, not even 1 night of decent sleep. Sleep disturbing makes their sugestions easier to implant... so they can more easily harass, tell you to vacuum something, then trip over the vacuum carrying something. ☺☺☺ USA only uses those who come to their shores as immigrants as slaves, for Nazi experiments to deepen their mind control knowledge of human chimps, or for enslaving the native countries they come from. To be fair, this has been the policy of 100s of empires, US is just following the crowd. This is

evident to you if you read this and the 13th chapter, study history. However, even slaves in EMPIRES can uplift Earth vibes, bring World Peace in 3 months. USA has 18 federal torture agencies (6+6+6=18) & 18,000 local torture agencies called *police departments*, due to the culture created by Feds, the British Jews that is. You will notice spy/military agency folks as roommates or neighbors have these big screen CIA TVs to watch the victim of their torture via the CIA installed tiny cameras thruout the house. Sony had those movie beaming into brain gadgets for mind control since 1990s probably, US Army from 1930s maybe, check this on TVs radiating ultrasound pulses (AI foil taped inside your hat blocks this brain writing). Sound passes thru solid objects, as you know, you can hear it from other rooms, etc, same is true for ultrasound. TV with magnetic, electric pulses of invisible no contact passing thru walls "taser, laser, etc", etc could harass people from another room above, under you, etc. The closer a roommate gadget is, the easier to alter electric or magnetic fields, so try sleep in a place away from any electronic device or rooms or walls, neighbors if possible. The only solution is living in a house with 0 roommates and where next house is very far from you, so it's a lot harder to attack the way they do by bringing their gadgets near your wall, pretending to be nice friendly roommates or neighbors (mobile homes are a bad idea, too noisy, thin walls, since they got neighbors so close sometimes, same for apartments or condos; mobile homes will completely vanish in 25 years). The roommate closest to you may be very quiet, and try to keep his window as shielded from the outside (covered with drapes, etc) as possible, so as to not be visible when he's awake and using the big screen and weapons to torture your heart, eyes, toes or whatever the boss tells them to do. Rent or own a 1 bedroom house or build it yourself, like a little shed even if possible, disconnected from anything, except a cable for the heater, a cable from the house. They dispatch people with different sleep schedules, so they can monitor and harass victim 24-7, even while he sleeps, etc. *They're pure evil, psychopathic genocidal* liars*, like pure animals, wild tigers,* mad dogs released to tear anyone apart*, whom their boss commands to: destroyers of the human quantum field, global terrorists and serial killers, with 0 ethics, with no thought of consequences, as if there is no soul, no physics, no law, except who "murders first".* Please ☺*lovingly tenderly gently kindly*☺ give yourself 9-12 hours of sleep daily, uninterrupted, if they do attack you a lot for 1-4 hours daily while you lie in bed, since the "torture hours" are not allowing a good brain cleaning (they can attack first hour, and then 4 hours later, then remotely suggest you to wake up (if not waking, they start a huge heart rate rise, leg twitch or cause semen discharge for example in sleep). Their tactic is to get you do tons *of useless things, when the most* important *thing to health*, or even safety, is good long sleep, longer if attacked and body needs recovery time. During attacks, you can turn off the light (and move, since clear visibility informs the hidden camera laser where *your hand is and they or the AI can point it at you*) and of course instantly shifting position to prevent the outside of house weapon focusing.

City violent crime rates are fake, because when you take into account the 18 federal and 18000 local agencies commit *50 to 5000 violent crimes per year* per tortured person, the numbers become *50*-500,000 times higher for *99.9% of* cities. The ratios may be quite accurate though. *Yeah,* 1 million times *higher than FBI liars tell the people.* Even the reports of classical "physical hit" violent crime are so much lower than the actual, due to people not reporting it or FBI bothering, especially when cops and the 18 (6+6+6) 'satanists' do it. They're the wolves protecting the hen cottage, the fox protecting the chickens. The amount of crimes committed (even if it's a suggestion via an FBI phony trying to get someone hurt) by "the 18" is far greater than the stuff civilians do, and the crimes the gangs, etc do is also way higher that FBI data, as most get no reports (slapping, spanking, other things rarely get reported in bad areas). Watch one of the many incidents Biden falls, and the Air Force folks who placed the sandbag there laugh, his shoe shows a hole too. *These* soulless 'satanists' *love to show off their* cruelty, power and evil, *so don't obey these demons, wake up FBI,* CIA, police all agencies and don't obey the Us military who has turned USA into hell, live the ethics of *gentle tender soft nurturing* graceful *universal* loving kindness.☺☺☺ Biden was basically their slave, a mere puppet, listen carefully to the lady's tone of speech, the "kindness". Biden on 2023 airplane stairs, 2021 stairs. They use someone tired so they remotely control every move, like blood sucking parasitic vampires. That's USA, a military dictatorship (brainwashing all World Peace in 3 months is impossible) who mocks its civilian "leadership", the people are lied to that Biden and others make decisions on who to strike or what war to begin, etc, it's a scam, nothing like a democracy: torture based terror state as the next 99 pages explain. Who do you think created the Nazis and the endless dictators USA used, then fought or killed like ISIS, Al Qaeda, etc? It's smart to not obey the military in any nation, since if USA falls, all spies, police who collaborated with the mass torture may be themselves tortured to death, as they did torture to slow death millions of people themselves. World Peace☺☺☺ would arrive instantly, if all soldiers would disobey their superiors, abstain from torturing, killing anyone, using only positive methods. These cold blooded killers have no mercy, they're just like Nazi guards killing people, KGB murderers torturing people to death. The British, Jewish etc guys at the top will often use races or ethnicities different than the one of the victim they torture, to frame those guys. So, Americans gladly vote to allow all to USA, no border wall and then, these very same Indians, Koreans (they love to use CIA provided invisible waves weapons to attack peoples back), Vietnamese, North Koreans (tunnels, Chinese disguise), Arabs, Jews, Siberians, Russians (they love to cause heart attacks on Christmas, like CIA too), Brits (love to attack knees), Italians (love attacking toes, legs), Central Asians, Chinese (Hong Kong too), Japanese, Africans, South Americans (attacks on eyes) are torturing Americans to death using weapons CIA happily provide, due to a stone age government of terror (the military IS the government in each nation, the real covert one) and immigration system that doesn't check anything: they claim they're better, but they're as evil as

"local" (not 1st or 2nd generation immigrants) 7th generation US military, spy agency terrorists.

Why do they need millions of immigrants? Simple: the Demon-crats and Re-pub-licans are one Party actually, '*Aristocrats* (living in Palaces) *for* Enslaving *the Masses*': no centralization, no efficient state companies, no volunteering to do something that needs be done when not busy at work (just acting busy or slacking 20 hour a week, as aristocrat enslaved you), etc. Pathological selfishness, people at violent music concerts, needless sports facilities, acting busy at work, duplicating every other business 1 million times, no research, so then all spies, soldiers disguised as immigrants, sabotage experts, terrorists, criminals, gangsters will infiltrate regular hard working immigrants to gift the lazy "altruistic" Americans with more "blow up from within" problems, due to loving to reinvent wheel and have 33 million businesses instead of just 11 and 90 times more research, 2 million real*tors* instead of housing.gov selling all houses in 3 days max to end vampirism, total lawlessness *instead of* world's most advanced immigration system, *lack of efficient 5 times more productive centralized* immortality capitalism *instead of* "everyone loots *everyone* capitalism". So, migrants come, get brainwashed by "become a monster program" of CIA, perpetuate the very system of mass murder setup by the US military with no second thought or remorse. The thugs behave with an impunity that is shocking. Ctrl+F Sony this book for more info. CIA is only one, of the 18 torture agencies, they recruit under the guise of another agency, this is common practice, they pretend to be MI6, KGB, PLA, RAW. The 21 forms of torture done separately or 9 in a day, like in a Nazi concentration camp of the Nazi Pentagon (Pentagram satanist symbol of the Freemason satanists who created US, swearing on the Bible):

14.7.2. 20+ types of attacks by spy agencies, militaries, cops, etc (subtler than classic torture)

1). CIA attacks 210+ days the heels, feet usually. However, such tingling or twitching can also be caused by magnesium deficiency, so try eat that first, see if it vanishes, wear comfy shoes; the most diabolical is heel twitching for 7+ months 24-7 so you get poor sleep and obviously can't do much of anything most of the day, due to trying to sleep, since no deep sleep to do body repair occurs, aging speed increases 5 fold: spy agencies militaries GENOCIDE to create mental slaves (mind control is easy when victims are sleep deprived) for global subjugation of all nations. This is done by the US gov where you need to wait sometimes 6 months or 7 to even get to your primary doctor, if part of the super enslaved 30%, or wait longer due to CIA's other forms of torture, thinking going to the MD won't make any difference, as they brain write the MD to not fix the issue. This happens due to criminal aristocrats faking elections for 250 years and installing puppet governments from their imperial towns 1000 times nicer than Washington DC dumpster, that encourage the enslaved 90% to buy $3 trillion/year in junk useless products, while real research (50x more than now) via free education never occurs as everyone is a retail, admin and business for maximum duplication (10000 companies in every field producing 100 times less

research), humanities majors wasting life (30% STEM instead of 95%), instead of more sci-tech, healthcare jobs and 10 times more ETs, NMs, NDs, MDs, Rns. To hold power, the rich restricted education from the 99% for millennia, created religions to keep masses ultra ignorant, banned free education forever, so we're centuries behind and now, everyone could have lived to 500 already without the criminal religious aristocrats and others who kept education priced. Keeping masses ignorant ensures Eternal Power over Them and the Ultra Slow Progress of Society. Today, this issue is solved fast, because for any pain you experience Google search via Gemini AI gives good answers, so you don't need wait 6 months for meeting a clueless doctor, who then sends you to another 5 months wait for a foot specialist. FBI did nothing when contacted, since they're behind it. This staging of fake leg casts, limps, etc can happen 3 years before they start torturing the heel (2018) 24-7 for 7-9 months and the number of people around you with *crutches and fake casts goes from 4 to 400 a year. A* tenant (room) for 2.5 months, pretended to be black LA cop (no uniform, just claiming to be from Ivory Coast, fake docs, in October 2015, even display show off a pair of handcuffs and jokingly ask if I want to try them as if he was going to arrest me). It's to intimidate (no arrest of course) since he asked that I don't tell others about it, since it is illegal for him to do so, if a cop: to intimidate with cuffs. I let him do it for fun to see how cuffs are like, but his goal was to test and intimidate for mind control. A white guy in 2015 faked his leg injury too in January. Around the same time, in October 2015, some Indian guy said his wife can't come to the astral class due to her leg injury. Then Paris Hilton inserted herself via google+ into my stream via a guy commenting on it, and she had a purple planet and purple gun in her profile pic, etc and linked to some amputee girl (see torture method 21 to get more details). All these 3 people in 2015, prepared for the early 2016 post by Paris Hilton about this girl without legs who then got herself into pretend mode that she knows what goes on in my life by her instagram posts. A black guy pretended to be a cop in 2024 (he rented me a room for 1 month after I sold my California house in 2023) and claimed he got an injury (was wearing some fake leg cast), on the toe near the big toe, and while explaining it he bent over to touch my big toe. Then, for the next few days, CIA attacked my big toe repeatedly more than it was in 1 year. Our democracy is a scam. It's a military dictatorship (LL BRAINWASHED to believe trillions of peaceful ways to World Peace in 3 months don't exist), like Russia, 100+ other countries are too, all fake elections. Read the fakery section to see why.

They attack the joint of the feet and the rest of the leg too, so cover it with AI if so. Try submerge in warm water the attacked area to help heal by increasing circulation, in a small container or take a shower. They also attack *ankles* for 3-4 days, or the top of the muscle below the knee. They confirm later after the attack started: people you meet during shopping, etc wear crutches, skateboards, roller blades, roller skates, (people of all ages, in front of your car at a stop, or nearby), fake cane, fake wheelchair, if they attack legs. They confirm attack on all areas, see *# 21*

for 1 page of detail. Other times, they may attack the upper part of the foot, near toes. France24.com posts pics of heels with lavender and pink, to indicate their CIA does redden the legs too, as they did in August 2023, google "france24 heels". Any thick material that blocks air gaps between the heel and the source of the sound weapon can dampen the signal, like many layers of clothing, Al, electric tape on top of Al tape. Air allows sound, electricity, EMF fields, etc to pass, so you need to block all access of the wave to the motor nerves, above and below the area. They can also cause muscle cramps around toes, foot-leg joint pain. Cover the attacked areas with thick Al trays or something from $ store, and it will stop fast. They can release ticks in a room, to bite your legs and infect them, use doxycycline to kill the Lyme disease bacteria that the CIA likes to infect people with to kill them via Lyme carditis from the Borrelia Lyme bacterium. Wear insect repellent, protect all skin, shower, wash clothes used after gardening to remove the 1 mm ticks that could lead to leg amputation.

2). CIA attacks 240 days the anus (for 8 months in a row for me, in 2018-2019 every night, while a military veteran was living upstairs (he could have done a lot of the torture, as he lived there 5 years 2016-2021, though could be others too, a Vietnamese, a Russian, all CIA agents probably, etc, Japanese temporary tenants in the nearby rental, just 10 ft away). Of course, skeptics will say this is due to low Mg and higher K intake (see start of 14.7 pages for that), though at the time I was eating 550 mg/day of Mg from my almost 10-11 lb of food daily (produce etc) or maybe more. What we need to understand as a society and planet is not whether this was caused by a KGB, PLA, CIA pulse weapon or by a low Mg, but that in either case, it is still CIA torture, because CIA uses all national resources, like the Pentagon, its boss who controls everything in USA (all elections faked, courts in Pentagon hands, all in Pentagon hands, all companies, etc, like in every nation, military controls everything), to have the 90% enslaved class buy trillions of $ worth of trash products, while the basic medical care doesn't exist. So, nobody wants to even contact an MD that is selected by CIA manipulating all google, internet searches to show up their CIA MD as the only valid choice near you, or to even search for an MD if you need wait 9 months to see primary care doctor (that's how it is, the so called "free medical care" offered to many victims of CIA torture by the "blue states") and then wait 9 months a specialist, or etc. When you're so tired because of their torture and crises, you postpone even googling your symptoms because you know they give you fake info, like today's AI they can override with human input, or because you're too tired to google it, and every delay can mean 8 months of no sleep, and it's still CIA-PENTAGON genocide of the planet, regardless if it is direct or indirect. The point is not how CIA-Pentagon did the torture, it's that they did it in more ways than direct attacks on body parts, not to me only, but to billions forced into the system all copy at gunpoint: read the 11 companies section for the fraud there in the 33 million fraudulent businesses, the single family section (10x the resources to give all single family homes),

housing.gov 2 day house buy-sell to end realtor parasites, fake education (Jews get to Ivy League, etc, become MDs, rich lawyers to make 20-1000 times the min fed wage, etc), taxes for rich being zero, etc to see the real "palatial aristocrat character" of CIA, FBI, PENTAGON. With pulse throbbing attacks, it's easy to reactivate the thing with a simple attack *(a taser or direct energy weapon only attacks 8 seconds and causes pain for 8 weeks, likewise, a gentle 1 min attack of another weapon type can cause throbbing for days or weeks)* during the day to sensitize the area, when you may be outside a protected aluminum enclosure, due to having to get out of *your sleeping area that is less exposed to big microwave, infrasound, etc guns from outside of your room*. It took me a while to realize that this stops to some degree if you wrap yourself (especially the buttocks area) into 10 layers of Al foil and create a Faraday cage, it was too late by then, as they stopped soon after, because the microwave, INFRASOUND, etc failed to pass thru the walls, when going at non-straight line *angles as latest rifles, perhaps from nearby rooms or houses.* They can reattack any area again for 3 months year 5 years later, say in May 2024 using some residents above or below (odd lady above when I lived away in another state to try escape California torture, after I sold my house in 2023) or June 2024 using some 'Ecuador' "military veteran" landlord, until the anus is sore again as 5 years earlier. When they do attack anus or colon (side or front of abdomen) they can cause even a small tumor or hemorrhoids (half adults have those) at the anus and bleeding, and you may need to use some CeraVe cream (with ceramides, collagen, cholesterol) before defecation if stool is harder, to prevent bleeding (obvious on toilet paper). Avoid hard stool forming foods or blood thinning foods/nutrients. Some CIA migrant thugs who're or pose as being Latinos are often like the gangsters who behead 50 at once. The people whose anus is thus attacked (millions) can develop cancer like tumors in that area or have the elasticity of the elastin and collagen proteins destroyed, so when gas forms it no longer exists easily and silently, but by making more noise. This is what the so called "human rights defender" is doing to destroy and humiliate millions of people. With millions of attacks lifespan years lost become 1 billion, so then it's worse than the Nazi holocaust itself. *It's like killing about 25 million people aged 40, since* 25×40=1000. Torture is imitated by other nations, then wars start between nations. Torture of 700,000 people, that shrinks lifespan by 4 year each, is like killing 100,000, 28 years before their time, the equivalent of a Hiroshima nuclear attack. The "freedom of religion" is useful to Jews, Italians, Brits (disguised as clergy), Americans only when it enables enslavement of other nations thru *military and espionage bases, otherwise known as "churches" etc run by spies*. All laws of the "rules based order" are a mere artifice to bully others into doing its will, laws can be broken covertly in all cases. Most nations get some national church, say Orthodox Ukrainian, catering to Ukrainians overseas, but US has so many US origin churches, Mormon, Adventist, etc that cater to all ethnic groups and reach out to people, trying to brainwash them with lies, 0 IQ rituals (Catholic Church 2.0, like the Vatican Mafia octopus) or violent terrorism quotes. This *destruction of the* intelligence of other

nations is done to enable enslavement, like other religion exporter nations do. Don't waste time reading about "separation of powers in a democracy", "courts", "legislature", "government", since all 3 are remotely controlled by the military in each nation. Focus instead on eternal World Peace in 3 months, so fewer jobs for the military (alien attack). Humans will create the device that ends all American and other terrorists once and for all, see the mind upload version here.

This anus torture is done probably in many ways to cause colon cancer in targets spies want eliminated by 'natural causes' 30 years earlier. Brits blew people into pieces by artillery 6 foot gun, this is the same, except a slow killing by spies. *This anus torture makes those* days ultra tired and wasted, since after bad sleep, you can do 20% of normal stuff, *if that and only low cognitive effort stuff of course.* The benign carcinoma, may disappear in 2-3 years, but new one can emerge 4 years later 3 mm away, they just attacked it again in March 2023 with the same weapon using the CIA agents near my bedroom; 3-22-2023 the bump swelled again. They can also attack the general hip area for 4 days to make it swollen, this was done maybe 60 days total. This started in 2019, after Hilton released in 2019 the depraved 'Best Friend's Ass' (lyrics here), per CIA-FBI mind control and global destruction of all ethics and kind gentle vibes. Lyrics describe CIA torture methods. I wasn't even aware of this song, until many months after they tortured the anus/buttocks nonstop. To achieve World Peace in 3 months, we need to sing that all day, not the US music today. We need peaceful lyrics, seems like celebrities are mind controlled slaves. Terrorists are all who oppose World Peace in 3 months: aristocrats stealing tax money to build palaces instead of World Peace, pastors who do everything to support wars, upper middle class who waste eons in building useless businesses to defraud others and make them waste trillions each year, while no money is spent to bring eternal World Peace. America has 25 million aristocrats. World Peace depends on *gentle tender soft nurturing* graceful *universal loving* compassionate *kindness, which is absent in* 99% of music, movies made by infernal robots. *All war on the poor is* disguised as "patriotic wars" whereby the rich people incite slaves to fight other slaves for the profits of the rich. The top generals never fight, they us slaves to fight wars, so they have zero incentive to reach eternal quick World Peace. The citizens need stop being devils wanting $7 trillion of useless things, except World Peace in 3 months, all must spend 20 hours/week of spare time to bring eternal fast World Peace. We need 1 world language, 11 companies for all, one currency/bank, educational system for eternal World Peace.

3). CIA attacks 900 days the heart or chest/breast areas (left for example), non-consecutive days, over years, sometimes 30 days in a row (the Eternal Favorite torture of the US military beasts) in a medium intensity mode or high intensity after 1-5 hours of sleep, for 3 hours, in order to destroy every organ that depends on good deep sleep 8 hours a day. *To be sadistic, they often do it right after you went to bed, within 30 minutes, raising the pulse suddenly* (say from 53 to 63 or even 73, BP from 100/60 to 125/80 to not let you sleep). *Rarely, they raise pulse* after

a certain sound they deliver via other effects (blast wave can cause wind that causes something to fall or simulation of various sounds via hidden devices, if you wear earplugs you can't even tell if the sound is outside in the room or a Pentagon synthetic telepathy computer to brain "silent sound", etc, not that it matters, since 99.9% of cases they don't use sound or no sound happens by 'accident'). *They want you to know they turned on the torture machine... perhaps, if they're behind* the sound too. When you journal, don't give details to these devils as anything you write or say they use against you to mock or discredit you, to attack and weaken you: make it ambiguous, like they do when they torture billions daily, with their "fake news" and etc: the sound can be a trace to, any info can be a trace, any quantum signature, that allows locating these terrorists by the human quantum field (not your subconscious mind or anything, but the trillion times more intelligent collective intelligence) and that's best, so they don't know they're compromised so to speak, seen in ways their rat intelligence doesn't understand. "Strangers" or "people in your life (spies posing as friends or etc)" place hand on heart or wear some big heart on clothing to confirm the torture. Perhaps the favorite method of US military psychos is to harass heart right as you go to sleep (when you're the most exhausted), so if you normally want to sleep at 11 pm, they may harass it until 4 *am*. That *can go on* 3-4 days until the heart area is so swollen, you can't even sit on the right or left without pain that takes weeks to go away: it's designed to destroy the heart and make repair harder, since sleep is when repair occurs, the more damaged the brain, the easier to mind control. They confirm it with some bipedal pig female with black feathers on her breasts for example posting something on social media you never follow, and you never get any message from facebook, but that one time when they post, they use a picture of themselves with feathers as they're the US military or CIA CGI or real poster to confirm torture by the Crocodiles. They can confirm it in many ways, like all of a sudden, 4 youtube influencers (who're all FBI, CIA, cop, military by the way, you can't be a celebrity without being that, all big internet sites are controlled by the gov of the country of origin) post about exercising (take an old recorded video from months or weeks before, say Dec 8 2025, 84 years after US entered WW2 by declaring war on Japan, 1 day after Pearl Harbor attack on 12-7-1941, post it 2-2-2026), how to raise the VO_2 max etc, or even showing meeting with Transport Secretary and Kennedy (Health Secretary, relative of Kennedy who proposed lowering tax rate from 95% to 65% for aristocratic parasites in 1963, when US worker wage was 20 times lower than CEO vs 400 times in 2021 thanks to Trump-Kennedy types who kept borders open 75 years to bring in millions of slaves, since at the flip of a switch they could dispatch military like in 2025) to build more stuff in airports (for exercising). This is torture CIA did for eons to loot 100 nations, since real exercise is raising heart rate a little, for 1 hour when you do exercise, this is damaging the heart, as they raise heart rate for 3-7 days, 24-7. The gyms in airports, etc are a preparation for WW3 possibly (Dec 8 is infinite at 90°, or 8, Dec is winter, nuclear winter), since they talk about kids stuff etc, so in case cities are nuked and people fly. CIA sends flyers, magazines of

local hospitals with the "Pulse" or "heart" on the main page, each time they do a major heart harassment. You need to cover heart area and even back with aluminum to prevent issues. The entire USA is a police state, where it seems the British Jewish Gangs, together with their Vatican war makers or Italian Mafia (millions of victims, 20 million during Protestant-Catholic wars alone: extort nations to pay donations) gangsters (more on this 2.5 millennia old Italian Banking etc Mafia here (recall Machiavelli) here, Bank of America was Bank of Italy until 1930 and in 1949 it was the largest bank in the world, etc) terrorize all gentiles, via 9000 methods, one being the quotes of the "Holy Bible" also known as "*accept* Jesus fake miracles at *gunpoint*" for Vatican profits (Vatican spy agency, etc). Check out Prince Harry bragging he allegedly killed 25 people, in his book, so Americans fail to realize the American Revolution never happened: all are still slaves of the 'Jewish' Brits and British Jews. On *bad days, you can do 5-20% of what you normally do, due to sleep harassment, barely being able to walk, since they have blasted your head with microwaves too: a* hat with some Al tape*+ clear tape ends it. They can whack* your eyes or left or right cheek as they do with the chest area or any area that becomes painful to the touch (left/right breast for example), the skin becomes so and the tissue under it; so you won't be able to drive safely (due to extremely slow reaction time) on a new route (not to the store you always go) etc for days.☺☺☺ They attack, then brainwash the victim that they got 'COVID19', like some Internet fakes or celebrities, pretending they got cancer, COVID, etc, as a cover for their espionage or use of torture devices (the torturer will often pretend he's a victim of 'diseases' whose symptoms are like from CIA gadgets of torture). Take this yahoo Julia example, while she's probably joking, she could be victim of CIA torture. If you read the article, about purple legs, etc, you can see how by repetitive attacks on toes, and sleep deprivation, CIA causes infections of toes and feet, which, if coupled to total immune system weakening via sleep torture (30% of normal T-cell count), makes it easy for them to cause purple legs and even amputations that you see in some "celebrities". On October 23rd 2024, I removed my 12" by 20" Al foil taped in clear tape above my trunk under my long sleeve T-shirt and went to the bath, so they instantly attacked the trunk.

4). CIA *attacks* 5 *days* the *heart* intensely: they love attacking on special days too, sometimes 3 days on Dec 24-25-26 in 2016, or March 24-26 2020*, raising the pulse to 90 bpm vs normal 65, sometimes even reaching 99 in bed* (vs *52 normal when* sleeping in bed), so 47 above normal*, so you* need to lie horizontal for even 3 days, as you're too tired to walk even, too dangerous to walk as you could raise it to 110 and cause infarct. This method is used by "refugees and immigrants" given weapons by KGB, CIA and spy agencies, to kill people too – by causing heart attacks, heart weakening, "dying of heart disease", or 'dying peacefully in sleep' (the weaker and older the heart, the easier to kill probably, this is how they can depopulate a country fast by 'natural deaths', so they can steal identity of the guy and get benefits or delay something in that

family). Incessant heart torture can cause permanent change in heart rate from a healthy vegan of 50 during sleep (ideal like athletes) to higher. The local cops are CIA contractors too, they often ring their sirens loudly when they try to cause a heart attack by raising pulse to 99. This may be how the military created Joe Biden aneurysm, etc, damaged the heart, requiring pacemaker for a Vice President (Cheney), *just like allegedly other* foreign leaders got pacemakers *as* a result of the same heart torture by various spy agencies. After their destruction of the heart, the pulse may rise fast at the slightest effort (unlike before when you felt nothing). Do avoid meals 3 hours before bed, otherwise, the sugar crash in the middle of the night will wake you up as the brain raises heart rate to prevent death and wake you up.

5). CIA cannibal gorillas *attack* 5 *days the toes* intensely *to cause* massive swelling for 1 month and also does everything so you bump into stuff. If torture causes any toenail fungus, and an MD asks to take a nail sample, make sure you use your sterile tool and take a sample yourself to place in a bag, since many hospital tools are dirty and can infect your nail, or they can have microbes placed there by the MD (working for some military-spy agency in secret) to infect your toe more. They may take a nail sample and say it comes as negative, due to clipping nail after you used topical antifungal for a long time. This is a game, like in the Talmud: don't heal gentiles: "stall, cancel appointment to force provider change, pretend, play stupid, don't help, sabotage, waste time, deny, pretend to help again". You're often better just using daily over the counter topicals daily yourself. Choose an MD who sees mostly patients of your race, since the experience of an MD about the pathology or type of fungus manifests differently and looks very differently: same fungus will appear very differently, based on MD memory. If MD sees blacks mostly for example, their experience with manifestations and images of white toenail fungus may be only 1% of patients if that. Until we have AI take a picture, and you clip a nail to send to the lab after 2-5 weeks of no antifungals that messes up PCR tests, and real healthcare via one Universal Immortality Inc, we adapt to the stone age system we have. It's all too familiar, all while CEOs of these "healthcare systems" make 15-26 million/yr for screwing people up. They can also attack 2 minutes with *their microwave laser and cause permanent lifelong damage to toe and nail, so* any moment attack happens change position, shield toes, don't wait. Proof that this is an attack and not just a regular "muscle cramp or stabbing pain" is there, that they attack it, because pain stops instantly only when you surround the foot in a cooking pot such as those in a pressure cooker, as that metal is super thick and regular Al foil (unless you put 100 foils) doesn't diminish the intensity, unless you use one 100 times thicker than kitchen foil. One day USA may have to pay 50 quadrillion in reparations to all 1 billion people it has destroyed via torture and war last 300 years. Evil may not disappear except with continental strike. You can use 3.2 mil thick Al taped on both sides with clear tape (to avoid glue and increase its lifespan 100 fold) and create a small cap, maybe 40% of foot enclosed, with a little opening near toes to

let feet breathe, prevent sweating, to wear on top of socks in slippers around the house. Roommates doing the attacks can confirm them in many ways, including placing the heels of a shoe pair on top of the toes of another pair, images of amputated toes/feet in your email, social media right when it happens.

The attacks can begin with sleep deprivation due to heart torture during sleep, so by the 3rd or 5th day you're ultra tired and they orchestrate everything so you trip over something to bump toes into a vacuum, since they make you grab something (say car cover) so you gaze upward to not see the stuff on the floor so you bump a toe or several, in my case the one near the left small toe on July 29th 2019, Italian fascist birthday, Mussolini, since USA is a slave colony of Italy and the fake church. The toe became purple and inflamed for about 12 months until it healed. Italy's shape is a leg. Meloni, Italy's leader, said Mussolini was a good guy, when her hair was brown. The bad type of Jews dye hair blonde to appear like a 'superior Nazi race of blonde' European, and, perhaps, as some would say, they become leaders of gentile nations (Jews looking Asian, White, Black, Red) and also pretend to be antisemitic or far right, but actually bringing the worst criminals and psychos in the EU, like Biden did to USA 2020-2024. Paris Hilton (who created my best friend's ass song when they tortured the anus) and who pushed the "Italian" (public cover) amputated leg Gwen Stefani (using the Jewish Lauren Wasser name now, from vaser in Yiddish, or Wasserburger, another fake name probably) into my stream has a sister Nicky married into the Rothschild family (one of their houses), like French President was a banker there too, the Bankers who helped create Israel (see how), financed both sides of world conflicts (20 min video) to profit from the genocide of gentiles (video "Lord Rothschild Claims His Family Created Israel" and others). Some speculated Mussolini and Austrian Hitler were Jewish (Eduard Bloch was the family doctor, a Jew), intent on slaughtering as many gentiles and religious Jews as possible: today enemies of nations or even bad type of Jews do it with fanatical illegals who abuse the kindness of being allowed in and beat the locals. The most sold calendar in Italy is Mussolini. The good "Italian" Mussolini was inciting people to genocide with Hitler tone speeches, destroying the human quantum field by demonic yelling and ordering 100s of thousands of deaths in Italian colonies. Is Meloni Italian or Jewish? Was Mussolini Jewish? Do all EU nations have Jewish leaders? I didn't know when Mussolini was born in 2019, but whoever did it, within the CIA-FBI (British officer? Irish, Jewish?), wanted to frame the Italians that have infiltrated USA? This was done with great planning, they got me ultra tired prior 3 days, July 26th, the FBI birthday, lots of attacks. Federal Bureau of Israel and Italy. Watch fascist salutes in Italy today, violence glorified. The aristocrats finance both fake left and right, so violence kills workers. Violence only helps bloodthirsty aristocrats. AI stops the attack instantly: sometimes it takes 5 mil AI, other times 100 mil AI, depending on the intensity, gaps in AI.

Another CIA (extension of Mussolini fans) classic torture (used by many spy agencies, they all

copy each other) is they make you trip down the stairs (*they will try to brainwash you via telepathy to fast for a day or two to make you weaker and* easier to manipulate, without telling you to drink electrolytes) causing a small fracture of your right big toe that then takes 1-2 years to heal, very swollen and then they attack it for another 7 years (2016, March 17, Italy unity day, I discovered about this after the attack, as I googled the day to see why they did it then, again to confirm it's the Vatican or to frame the Italians; classical spy agency technique is to blame others, or pretend they're 'Italians') with all CIA operatives (roommates were probably CIA) nearby having fun and aiming hard to happen. All kinds of torture methods, give ideas to go to some store and it's closed, etc, you're so tired, didn't even bother to check hours of operation, though this is nothing compared to swollen toes for months at a time or 2 years, having to wear special slippers, no shoes possible, for 5 months, slippers that sink where the toes are, like Champion ones. They attack toes many times to cause nail regrowth 3 times (3 nails at once time even seen), fungal nail or bacterial infection at the base of the nail, slower nail growth. Use red light (see acne section) to stimulate healing. CIA tortures people and then send people to CIA doctors (using fake names like Jihad Mustapha to make Muslims look bad) who cause people's legs to be amputated. It's after these attacks that I wrote the book suspicions about the Vatican. March 17 is when the naive Irish celebrate the fake miracles St. Patrick, the trickster, made to fool them, while pretending to be a local Irish guy, when he was simply a clever Italian or Jewish spy. The educated Irish know it's a scam now, but keep pretending to be Catholic to be polite. March 18 is when Crimea was officially annexed by Russia in 2014 too, interesting. ☺☺☺

The big toe attacks are like the Big Toe *fake* disinformation book by Thomas Campbell. Many military 'hyenas' write books with lies and disinformation about science or spiritual topics, but they're nothing but professional torturers and complicit mass murderers; they use Italian methods: *we give you the wafer, you give us all the rest in your country, like in Europe the Catholics became the biggest landowner. Severe toenail attacks can even create so* much inflammation that any bacteria *nearby the nail will cause an infection and pus to come out right at the nail connection to the toe* eventually (like a pimple, the skin becomes super swollen and it will burst with the slightest help (press or needle 0.01 mm press, etc), causing white beige pus equivalent of about 0.3 mL. After the pus is out, the toe will recover on its own, like skin does after a pimple is burst, it just takes some time, 2-3 weeks, use antibiotic ointment, peppermint oil, antifungals for a week. You can wear Champion slippers with toes sitting lower than the rest of the foot, slippers and shoes later need to be larger *than your normal size for ample room and no pressing by shoe on the toenail* (such as Walmart brand that is the flattest of anything there or most stores: No Boundaries). No boundaries brand is great since it got memory foam to absorb the shock from walking to the knee ligaments that they also attack. Buy a size 1-2 above normal, to allow max room for toes without being pressed from above; may need remove the

memory foam where toes are to avoid foam pressing against toes when walking, since most weight goes on the other parts of the feet, not toes. Soak the feet in warm water in a disinfected container, using peppermint oil to kill any nail bacteria, avoid having a strong jet of water pressing on nail or too hot water, as it can irritate fine skin; too much water will make skin very flaky under nail. Sleep well, to boost your immune system and prevent weight gain, use the scale to keep belly/visceral fat low. Make it harder for them to disturb, because the quanta will destroy them far faster when they attack while you're in bed after trying to go to bed earlier. If you understand well the principles of physics, as chapter 3 explains, you can realize they're less invincible than they claim to be. CIA *puts people on 2nd, or 3rd shift or suggest that they work a later schedule via telepathy so the person thinks it's their decision, to disturb sleep, make them suggestible, harass sleep until 4 am; torture victims can become overweight*. Another technique is to get you very tired thru daily attacks, so you maybe use an airbnb where the chair, table is different and the CIA will remote control your gaze away from leg and then toe bumps into the leg of wooden chair, like they did with me, by remote control on Nov 15 2023, to make your small left toe red. The AirBnB had boats and sea images, on the walls, water everywhere, a metallic female boot and some slipper decorations on the bath wall that you don't notice until they do the torture with the toe, and realize all was well planned.

Blue light can cause 100,000 fold reduction in P. acnes; it kills fungus too, so maybe use the 445+633 nm acne laser (google "Neutrogena® Light Therapy Acne Spot Treatment" 30$ on ebay, 6 min daily for 5-15 days and see what happens (or only 2-4 min/4 days at a time, if any redness appears). If you only got 1 laser, use plastic wrap around the toe,☺☺☺ clear bags, to avoid touching the laser with the feet and then discard the plastic into the recycle bin. Avoid touching face after touching the feet, to prevent fungi going from feet to eyes, so in peace time disinfect well that laser with CaviCide, 70% alcohol, if you got only one and use plastic and wash hands ultra well if you use it for face acne. If blue light doesn't kill all fungi (since it only penetrates 1 mm max), don't use Proclearz or anything that removes keratin unless you're ultra careful, and have tried everything else first to make it thinner, since if that thing touches the skin around the nail, it will damage the skin and even tissue under the nail and make things worse so better never use those. Try Theriac natural antibiotic (for nail bacterial infections) or antifungal terbinafine, miconazole, tolnaftate or clotrimazole, not dollar tree store versions of tolnaftate, clotrimazole or ***hearing damaging, eye muscle damaging*** neomycin in the triple antibiotic (polymyxin, bacitracin, neomycin) made in China with petrolatum, mineral oil that causes swelling, has PAHs carcinogens. Try plain peppermint, tea tree oils. The strongest topical natural antifungal and antibiotic is 70% bee propolis tincture, bees use it to cover dead mice stuck in the hive: take bee propolis caps while placing thick sticky paste on toenails and covering them with bandage to avoid making socks brown from the propolis. NIH explains for fungus that is at the

nail base or multiple nails, oral terbinafine (not the cream at RiteAid) is needed (20$/3 months), as a 2026 study shows the least damage to livers and highest cure rate, 76% vs 50% propolis, etc. A paper explains the most common antifungals used to treat toenail fungus. All the propolis studies are in the natural antivirals section. Even a lightbulb has tons of blue light and can help in emergencies, when no pharmacies have antibiotics, blue light is not only often working 100 times better and safer, but is the only option available, your lightbulb is a mix of blue and red light; however, a 445+633 or 660 laser or acne mask are way safer, since 630 or 670 helps cytochrome oxidase, power plant of cells to recover and 445 is the 1st aid antibiotic that never expires (solar panel to recharge batteries); other lightbulb frequencies can form blood clots when used close for long periods to save a leg from a life threatening infection during war.

6). CIA *attacks* 20 days *the throat:* on and off, not daily perhaps, infrasound, laser, microwaves to make voice hoarse (eat some soft fruit, watermelon to soothe it, and read natural antivirals section for sore throat: carrots, chamomile, honey). This is not dry air causing a sore throat, but weapon to cause a specific 3-30 min pain of the throat (as if they press on it) that lasts minutes and is sufficient to cause damage. This happened mostly during a few months of a "Korean" (who knows...) renting a room in my house. The throat attack is like with the back (left or right shoulder) 5 min attack that causes swollen area there for 4 days. They also do it at specific times that are not coincidental, when you speak certain things. Use Al foil covered in tape & cloth around neck until the Korean Japanese, Chinese etc guys hired to attack throat move away from your area. Recall Caesar crucified 6000 when he didn't have to and cut their throats.

7). CIA *attacks* 10 to 200 days (not consecutive) the *head:* general microwave shower above skull or left skull area, 10 cm diameter or entire upper top or left top skull, *or back of head a specific area 4 cm diameter where the hair vortex is or 2 inches below it.* These can be attacks or simply lack of magnesium, which causes these muscle tensions perceived as pain or even pulsing pain. It can be left or right forehead right above the eyebrow, *left/right face/eye, usually left because the* analytical discernment logical brain, left temple (left skull, back of head in March 2025 on the left, with them showing in your favorite websites links to articles with the back of the head etc before or after (they had no way of knowing, as I didn't always write it in my journal on purpose), left skull was a new thing in 2023 October-Nov on and off, when hat not on, as I was selling house (4 weeks of escrow they attacked head), then stayed 2 weeks of AirBnB (CIA terrorist AirBnB hosts or neighbors, Nov 7-20), aimed at destroying the brain (attacking all Nov-Dec too using various FBI-CIA agents: Arab, Jew, Indian, White). Al pieces need cover an area 9 times bigger than the 1-20 cm *diameter* attack area, be held tight to the skin. You don't need a 25$ Al construction hat from Amazon. Try find if your headache is due to you having 35+ lb of body fat that causes inflammation, fast 3-30 days on 200 cal a day, to remove old proteins in the brain and brain arteries if you're fat. If real attacks happen, try wear a party hat (trim if

rim is big) or a regular hat that is aluminized on the inside. *Having a laptop with metal not plastic frame is best, since when closed, no microwaves can get out*. Ceiling light bulbs can be weapons in disguise, replace with safer options. If no cubicle, you may need the equivalent of 5 thick Al tape 8"x55m /34$ layers, or 20 regular foils covering the inside of hat if x-ray lasers used. Alternating layers of Al and tape helps deflect better this weapon, maybe it has to do with orgone energy generation. Avoid staying in the same location, change location, *since where they put a table in a hotel, room is where they setup their torture devices*. Move to prevent blood pooling, which could cause clots, walk 3 min/hr. You can create a collar piece of clothing (with Al under) to protect the back of head, to be more discreet, as thick helmet styles are strange.

The US funded Taliban and Nazis they bombed later, Nazism, Taliban being reasons to bomb Germany just as today they create ISIS, Al Queda and others as a pretext to bomb *various nations*. They have those electrical devices to cause body jolts, that they can do, as in August 30th 2018, on head, body, stomach using a roommate, neighbor, be it a Cantonese Chinese, Korean (Chinese looking guys who may be Chinese, but speak Korean, Cantonese, Vietnamese, left *October 1st*, China's national day, to make it appear they're Chinese spies), or American Caucasian military veteran. FBI attacked my skull the first time in Mar-Apr 2019 in a wide attack (like phone microwaves headache), though in 2018 they got the jolt device twice in August. Read how Big Powers use torture to destroy others' state companies by revolutions (they criticize state owned enterprises, socialism, use sabotage to destroy the regimes that protect nations against foreign looters), then use private companies to steal other countries' human/material resources. The murderous UK aristocrats loved opacity. UK got a human eating lion and "Dieu et mon droit" (French was the native language of UK royals for 3 centuries) on coins, meaning "God and my right" to rule forever. UK Prince claimed that he killed 25 people. They bring dysfunction in other countries and then claim "statism doesn't work, only free market where US private companies (controlled by US government, state companies in reality, "US statism works only, not other countries' statism") take over the market and land, etc, resources. Check out some of the Africa genocidal UK actions that most have never heard about. Even King Charles admitted to the torture and cruelty. Germany and Belgium apologized too. Copying the British Opium Genocide against helpless nations, the 100+ nations' aristocrats etc sell luxury bags, flowers (Dutch), alcoholic products, smoking products, pet stores, pets, etc to the working class of all nations, to destroy them, by having rich local (enslaved nation) people buy these 30 times more expensive pants, bags, etc, instead of fixing the houses that need to be raised 10 feet or 5 ft in some areas above the street etc for flood preparation. The aristocratic terror regimes or monarchies worldwide, sell lethal products to prevent other nations from developing real tech, real 11 companies systems that end aristocracies and monarchies, from providing a house built on site in 2 hours by high tech that never can flood… Look at China, the

product of aristocratic terror (the new 'communist' aristocrats making millions homeless) creating a quasi feudal state disguised as Communism, where the unethical gov allows tobacco/alcohol sales, luxury items before everyone has a decent house maintained yearly by gov, a house that never floods by 10 feet. *Same* selfish aristocrats rule USA too, you see floods causing 8 feet in many areas and houses never fixed for 20 years.☺☺☺ They only came to China in 1978 with businesses in order to expand their GDP by cheap labor, not to help the Chinese live to a trillion years old as angelic beings, as Immortals, so much for God's love in action, the God of slavery, killings and beatings. They steal like the Chinese too by hacking, they destroy rival or potential rival companies in other nations, they also steal human resources by calling people to immigrate, be destroyed by torture. Americans are forgetting Greek language was the language of the elites in 70 nations and now nobody knows it. US needs to be ethical, to avoid the same fate of Greeks. Just as they treat US citizens as pure trash, so are the other nations treated.

Humans need make torture illegal like they banned slavery, in all its forms: police, gangs, spies, military 'training', even Shiite Ashura or Filipino Catholic crucifixion and flagellation rituals, a form of mass psychosis. If they believe in Jesus, why do they need mansions (see pic) or 2300 acres palaces or 2130 acre part-time living estates for, aren't they supposed to give it all to the poor? How can the US promote human rights and allow such Filipino abuse and never say anything about it? The Jewish US military sings about Jesus/God murdering all with their infinite wrath. All torture symbols (yes even crucifixion), need to be banned, all violent imagery music too. The cross is nothing but a symbol of torture and subjugation of the workers, the Catholic churches have 14 stations of the cross, all deifying torture of the enslaved fool believing the scam, it's unbelievable how the Catholics became Europe's largest landowner: pure scams. God doesn't torture anyone, let alone 'his only son Jesus'. Recall US military rape of 12 year old Japanese girls. Anyone who tortures is a subhuman beast. Some US soldiers love to drink blood. It takes 1.3 ft of lead, 6.6 ft concrete, 14 ft water to block high gamma rays and 0.25 inches or 70 mm lead to block low level gamma rays. Beta particles will be stopped by thin plastic or dry wall, or Al foil. Al foil is often used in hospitals as a protective barrier against harmful low power (not weapon grade) x-rays☺☺☺. A strong military laser (x-rays are 10 nanometer to 10 picometers wavelength), passes thru walls. As such, for strong weapons, you may need the aluminum construction hat that blocks x-ray laser weapons, and maybe 2 other hats under or even above and a big cone type of self-made thing to deflect EM effects (sometimes, one hat in contact with skull acts as electricity conductor, so if you make one with tape that's larger and not in contact it can work), 20 inch long that covers the neck and face so face attacks can't be done. This would be extreme, but I did try it and it worked 30 times, though it could have been due to moving so much at times. Moving yourself and the head in the process of placing this or what hat, grabbing hats etc creates sometimes a break in blood pooling (when we sit a long time blood tends to

clump) or lack of circulation in an area, so the oxygen returns, pain vanishes (pain being lack of oxygen due to COVID19 vaccine causes extreme clotting blocking blood flow to various body areas) and creates the illusion that you "placing an aluminum piece" removed the pain, it may just be that you moved and you have bad proteins in joints (that fasting removes via autophagy), and thick blood (need blood thinning foods, water to dilute blood), that oxygen levels drop. It's not always spy attack. To promote circulation, oxygenation, always get that CO_2 meter, make sure CO2 is below 650 ppm, and take *warm* showers, 4 of them daily even if needed, with water running on the "attacked" (low oxygen?, clots?) area to help dissipate the electromagnetic entropy and abnormality and increase circulation and reduce pain. They will send guys (even tenant) your way with a hat, beanie or headband to confirm the torture.

8). DIA (Diablo, the Devil, Defense Intelligence Agency) attacks 350 days the knees, feet joints, feet to destroy blood vessels and cause cold knees, feet, knee caps (you will notice that knee cap pain when you go down the stairs or up. This can be due to aging, osteoarthritis or merely poor circulation. X-rays can show if there is no arthritis and only PFPS: patellofemoral pain syndrome (worsens when climbing or going down stairs, squatting, or running or when weak hip or thigh muscles that fail to keep the kneecap properly aligned on the femoral groove), often called runner's knee, a common condition causing pain around or under the kneecap, due to the thickening of the synovial fluid and the bending of knees at tight 60-90° during sleep or desk work, which makes the ligaments stretch and press the kneecap against the cartilage, leading to cartilage damage (due to restricted blood flow, blood brings nutrients, oxygen to help cells survive, blood removes toxins) and pain under, on and around the kneecap. Climbing stairs forces quadriceps to contract, pushing kneecaps backward with massive force directly into the tracking groove. If the kneecap is off the groove by even 1 mm, it causes friction 5-10 mm deep inside the joint. Cold weather causes the muscles, tendons, and ligaments around our kneecap to contract and lose elasticity. This increased soft-tissue tension pulls on the kneecap, throwing off its alignment and tracking, which leads to pain. Cold temps bring drops in atmospheric pressure, which can cause the tissues in your joint to expand slightly, squeezing and irritating hypersensitive nerves, leading to the sensation of pain, so this can be confused with torture, when it's natural, even if indoor temp is 78° not 65°. In summary, knee pain stems from tight 50-100° knee bending, overuse, low knee temps (cold knees), muscle imbalances (addressed via specific exercises an orthopedic MD suggests for physical therapy), or improper tracking of the kneecap in its groove. To prevent it, wear long pants to keep knees warm, ultra thick pants in winter, keep knees at 120-150° under the desk while sitting and avoiding angles < 120° during sleep if a side sleeper. Every half hr bend knees from 120°-150° default position to 180° and then all the way to 70° to promote synovial fluid lubrication of joints, which is key since few blood vessels exists around the kneecap: synovial is the main method to bring nutrients and it works

best when it's warm. Keeping knees at 80-90° for hrs at work stretches the knee tendons tight, pinning the kneecap firmly against the bone underneath, blocking synovial fluid circulation. Instead of squats that put heavy pressure on the knee cap, you can do glute squeezes (in bed, in the chair or while standing) and glute bridges, or straight leg rises.

If the "CIA attacks" only happen in winter, fall, spring and never in the summer, that's a big clue: your synovial fluid is getting more viscous at lower temps and you need knee warmers: if you don't turn on the AC on warm days or weeks, once 5-10 years there is a heat wave when inside temps climb to 90°F for much of the day, you may notice no joint pain happens in this week, vs daily in the winter, showing the "attacks" vanish, indicating it's not done by anyone, but by poor circulation, so you need to raise the thermostat to 80°F or take warm baths, or use IR heat mats for the joints, move around more or move to a warmer climate. You can easily realize this by spending some summer days in the shadow in the garden under a canopy you setup, with UPF 50 clothing and see how all joint pain vanishes in hot weather, as synovial fluid melts, it will be a free diagnosis, no lies from MDs trying to sell pills. Of course, spies could attack in winter months only and avoid attacking in the summer to make you believe it's the weather, but you can see when barometric pressure drops it is there perhaps, indicating poor circulation in the joints. Cold temperatures constrict blood vessels, thicken joint synovial fluid (causing friction and stiffness), and drop barometric pressure. Cold weather thickens the synovial fluid inside the knee capsule, transforming it from a smooth lubricant into a sluggish fluid that causes grinding and aching. To preserve core temperature, bodies naturally reduce blood flow to hands, feet. Less blood flow means less oxygen/nutrients reach the joints, causing them to ache as no ATP exists to repair and feed the nerves, etc. We're naturally less active in the cold. Lack of movement causes supporting muscles to weaken and joint lubrication to drop. When we move we force the synovial fluid to lubricate the joints, to nourish them, since they got no blood vessels and depend on this fluid. The fact that the pain vanishes instantly when you use some IR cap indicates poor circulation and lack of fluidity of the synovial fluid. When we're 15, our knees are perfect, but as we age, some people start having issue even at 25 if they use the knees a lot, this lubricating fluid becomes thicker, failing to nourish the joints. To undo this thickening, you can also leave your knees and lower legs (or any area they attack, elbow joints, etc) in the sun for 20 min daily to absorb beneficial red and IR light to help improve circulation. You can also use warm shower and red light (if overcast weather and no sun) right away if any pain develops anywhere. Lower temps always make knees colder and cause more pain, so raise thermostat to 78° to prevent cancer and stiff painful joints. Low Zn, Cu, Mg can also cause knee pain, so do a hair test for 39 metals to see. Try fast to cause autophagy to clear old proteins, remove inflammatory junk. Knee issues can also be due to you not wearing thick pants around the colder house, like sweatpants under winter pants if freezing cold or going outside. Thick pants remove

the need for knee warmers. Wear thermal layers directly over the knees when house temps drop below 75, to keep the fluid thin. Walk around the house to pump fresh, warm fluid through the knee joint without stressing the knee joint. Google exercises (chair squat, etc) to try to strengthen knee joint muscles, so stronger muscles reduce the strain and pain on joints.

Why does the synovial fluid thicken as we get older so much faster in cold weather? Because we age, our eyelid glands oil changes from clear and thin to toothpaste like thick one, same for the synovial fluid. This fluid thickens more noticeably in cold weather as we age because the fluid loses its natural water content and elasticity over time, making it highly susceptible to cold temps. Inside a young, healthy joint, synovial fluid has the smooth, slippery consistency of an egg white. However, aging and cold weather trigger a combination of chemical, structural, and circulatory changes that turn this fluid into a sluggish gel. The specific factors causing this accelerated thickening include the loss of Hyaluronic Acid HA that binds massive amounts of water to keep the joint lubricated. As we age, we make less HA and HA molecules break down into shorter, less elastic chains. This thinner baseline fluid holds less water, which means that in the winter, the fluid undergoes a much steeper phase change, rapidly shifting from a liquid state into a thicker, warm honey consistency that resists movement, causing pain. When cold, we restrict blood vessels in arms and legs, to keep warm blood circulating around our vital organs. Because joints already have a limited direct blood supply, this cold-induced constriction dramatically drops the local temperature within the knee capsule. Fluids inherently become more viscous (thicker) as their temperature decreases. When the air pressure around our body decreases, the tissues surrounding our joints (tendons, muscles, joint capsule) expand slightly. In an older joint that may already suffer from mild cartilage loss or low-grade inflammation, this expansion increases internal pressure and mechanical friction, compounding the heavy, stiff feeling of the thickened fluid. Cold weather causes muscles and tendons to instinctively contract and tighten to generate heat. This structural tightness compresses the joint space. Because fluid viscosity decreases with movement, a compressed, tightly-held joint moves less, preventing the synovial fluid from thinning out naturally through activity. See the parent license section on why (synovial thickens, damages) playing as a kid in cold temps causes joint issues later, as the synovial thickens are much lower temps as an adult, requiring thicker pants and higher temps.

It seems like CIA attacks right big toe with a needle sensation right at the top of the nail or maybe the knee joint, just when you type something bad about CIA. They can also attack the top part of the left leg for example, where it joins with the buttocks and then confirm it by someone nearby placing their hand all of a sudden (they never do that) there. *After savage 'FBI attacks', you may need to* bend from knees instead of from the back to avoid pressuring the eyeball if they do savage attacks on one side of the face (one eye), which may not be attacks after all, but simple magnesium deficiency causing the trigeminal nerve to produce pain. *Bend from knees*

when they feel normal, because sometimes, they attack knees for months so you can barely walk, you would need to lean on shopping cart or use a cane to avoid damage☺☺☺. They send the carpet cleaning guy earlier than allotted slot, knowing you didn't yet move the bed frame out. Then, they suggest you quickly remove the bed frame with the CIA 'carpet cleaner' so as to bump leg into the frame. To create a sense of rushing in bed frame moving, the tenant (CIA thug?) who was supposed to move all his stuff out, intentionally didn't, while promising to do so way before the carpet guy came, that way only seconds are left to move bed frame. Then you rush to move the bed frame and bump into the bed frame, etc. They calculate everything, so that tenant, cleaner, your every move (that they control) align. They waste copious days to just get even bump from the back of the foot accomplished.

9). CIA attacks 90 days the eyes to cause red-dry eyes, styes (due to excessive oxidative stress and mailing eyedrops or ointments with bacteria), *glaucoma, blindness, retina damage via infrasound vibration, ultrasound*. CIA can cause *pain in the eye for hours, daily, for 90 days in a row even, if you don't cover eye when they attack it* immediately. When you write something in your book, notes or tell someone about the torture they do, they make a lot of noise, drop objects on the floor, slam doors, etc, via some roommate or neighbor who uses the lasers to torture you, to make it all more 'dramatic' and intimidating, and confirm they watch your every word typed on the computer and everything with their tiny invisible cameras installed in your house when you go shopping, etc. For eye attacks, they send your way people who put stuff on their face sometimes, around 1 eye, with a dye or makeup to confirm torture. Aluminize your eye mask, see punctal plug section. *They do a routine* optomap OD exam to scare you that x "might be wrong with the 'eye they plan to attack' (left for me) in order to have an "explanation" for the victim sensations…. The OD *also pressed the left eye* on *purpose* a lot during MGs expression, (no decent OD does that, you use the forceps to express, not press the eyeball with the bare hand). Retina scan lights can damage the eye too, don't overdo them. CIA can blind you during retina scans that are part of routine eye exams. Just because they can, does it mean they do it? Oh, another one of their attacks is paying optometrists or even ophthalmologists who do IPL to pretend they don't know how to place the cornea shields, especially the OptoShields, a newer product, and use that as a cover for their attempt to break blood vessels under the conjunctiva, which is a red spot (subconjunctival hemorrhage) that can heal itself sometimes in 2-4 weeks. If not healing, you have a red spot on your eye, often times visible to others, for the rest of your life. Just don't eat blood thinners (vitamin E, omega 3s or garlic, ginger, chamomile, berries) that cause bleeding during physical activity or higher blood pressure. Eat K, Mg to lower blood pressure. It's basically like any redness on your skin, it stays red or purple for a while. The real danger is Israeli IPL use for retina damage, using so called 'plastic see thru OptoShields' enabling Mossad, CIA to make us blind. Try go to MD of the same

appearance, since CIA knows it is easier to remotely control via brain or motor control MDs of different races, due to the innate tendency to be slightly more careful with those like them. It's not just some Jews doing it, writing about not healing gentiles, only pretending to: De 7:1-16, De 20:10-17, Le 25:44-6. Jews are usually brown eyed, not tall & 20 times less likely to have blue eyes (real, not contacts to change color when you visit) vs brown or green, 500x less likely to have blonde hair (%s here), not gold dye. See a typical oblong Jewish face (bone shape is only visible in thin Jews). See blue eye blond Jew.

They can *vibrate the eyes,* like they did in Jan-April 2022 for me, big eye torture like you never experienced, 5 hrs at a time, 30 days out of 3 months – where the big toe pain torture (whereby toe becomes swollen days later after 24-7 attack and causes new nail to grow and current one to die) is *applied to the eyeball causing entire eyeball to vibrate due to infrasound weapons* used and also the *orbital area, the whole head or side they attack that day, anything near the orbital area*. When you bend head towards floor right after the 'punch' using microwaves, etc and gravity pulls blood into eyes, there is a slight partial return of pain as blood pressurizes the *edema (ocular and inside the brain vessels) DIA created with infrasound weapons.* The eye attacks are of many types, some are burning, others are twitches, other are shrinking, others are vibrating, drying, etc. One odd weapon frequency is applied until the eye shrinks from the stress for 3 weeks, before returning back to normal. They even have people with white iris sent your way, due to fake Halloween contacts to mimic cataracts or real cataracts, another intimidation. Blacks were sent, saying sarcastically "you got beautiful eyes" during eye attacks. Pulse raises cause high blood pressure, which damages brains as much as a punch from CIA *'thugs'*.☺☺☺

Can cars mess with our eyes, brains, legs? All 6 nations bordering Russia banned Russian cars, since a car can be altered to become a KGB killing machine or a spy station intercepting enemy communications. All connected devices can have spying software or hardware or even devices to torture, robotize (edit, write, read emotion, thoughts) and enslave all, so do turn off phones. I had a Japanese car for a year called Solterra EV and noticed brain skull attacks when I parked it near my house, microwave lasers pass thru walls, though it could have been low Mg. 70% of parts are Japan, 30% are China on the window sticker. This was used as a loaner or courtesy vehicle by the dealer with no prior owner, perhaps, for plausible deniability that "others installed something in it", the guy in charge of Temecula Subaru internet sales was called Brian *Schwelling*, and if we had any questions or complaints we can contact him, his name refers to brain *swelling* (brain attack). Perhaps the CIA or car attacked the head as I was with the sales guy Valone Lopez at the table near the entrance door signing the papers, the dealership didn't mail the title DMV application after months or any gas or electric car, if modified by USA to make Japan or others look bad. Spy agencies can easily take panels off a car and insert various torture devices (microwave, EMF fields, ultrasound, infrasound) to frame other nations. Fisker Ocean I

tested in Hollywood, Florida attacked the skull. You may need to use some Al tape to block the roof above driver or door where they installed microwave lasers. CIA installs anything while owner or dealer is away, as cars sits in the lot. June 2016-Jan 2024 my car was a used $8000 2012 Nissan Leaf bought from Star Motors, 7108 Reseda Blvd, Reseda, CA, from David the Iranian Jew (possible CIA/Iranian double agent) in 2016 who advertised it on craigslist), as it was the cheapest EV anywhere, but may have had torture of legs devices installed. All car companies in a nation are part of and subordinate to its military, so that's why anyone working for the USA government drives a USA made car, due to security and health risks. Kindly watch what Japan did to prisoners in WW 2: Japan unit 731 Nazi experiments & beatings and killings of Aussies who were starved to death like the Jews, & railroad building (like the Gulag) where 25% died or Japanese eating Indian prisoners or death marches, genocides of Americans, Brits, Dutch on hell ships (everyone urinates/defecates while standing, 2000 prisoners crowded in a 50 people ship) of WW2 prisoners. The US is banning all Chinese cars to protect Americans. CIA sent modified chips and tech to USSR, just like Japan can modify its cars to turn them into silent killing machines. Buy car (or any device that uses electricity) made in your own country (not "*Japanese* etc *allies*"), as it may be safer, foreign versions may have hidden torture systems or thought reading tech that is sent to exporting country for analysis and then attempt to write driver's brain, using a random quantum number sequence for satellite or local secret spy stations data upload once every 29 or 89 days, varies. *Cars can all have producing and/or designing (*designer can be 3rd country who remotely controls engineers*) country spyware in them, via unknown methods of random cheap parts subtle effects of satellite quanta*.

10). CIA *attacks* 90 days the *eyelids* to cause twitches, see 14.7. first pages on low Mg possible explanation: caused by magnesium deficiency or electrolyte imbalance or deficiency during or after fasting. don't spray your house if any car is around, since wind can send paint to the cars and you'll be spending hours to clean those cars, making eyes so tired. Pain on one side of the face or eyelid can also be caused by atherosclerotic plaque blocking oxygen uptake, so lose belly fat first via a gentle one meal a day fast. Low sodium can cause puffy swollen eyelids, as well as thick dry eye artificial tears, it's not always attacks. If the eyelid twitch vanishes instantly when you use an alcohol pad to wipe the eyes, it's most likely magnesium deficiency. calvin.edu claims Ashkenazi Jews have a higher % of people with: short height, sunk eyes (like 2023 NATO leader with Ashkenazi last name or UK 2024 prime minister), bent nose, bow legs, thick lips, thick *eyelids*, droopy *eyelids*, wrinkled face (at 75 they got 3-20 times more than average).

11). CIA *attacks* 5 days the *penis* (1-7 days/month), not consecutive days to cause sleep sperm emissions, or even attack *a testicle 5 times a decade*. See Nevada, USA legalized prostitution (sexual slavery): video on celebrities seeking sex slaves. Slavery didn't end in 1865, it's still legal in Nevada. During WWII, Americans raped French women, while being drunk or not. After 1945,

Japanese women were raped. Microwave, EMF, sonic safety means keep 20 feet at least from any neighbor, ideally 100. Normally, like all males, sleep sperm discharge happens once or twice a year, or even decade, depending on the person, how many liquids and big meals they eat in the last 4 hours before bed mostly. To avoid issues in the absence of torture, avoid eating anything 5 hours before bed and drinking anything 3 hours before bed. However, when CIA does it, it can happen 5 times in just 3 weeks, 50 times/year. *UK also* has *military rapists*, as this article hints at. USA is like UK. You know it's them since they use the Sony like techs (Ctrl-F Sony) for dream insertion that are different than natural dreams. You know it's unnatural: it is sudden, multiple, in quick succession due to the use of the gadget to activate the neurons related to release, wakes you up. Normal emission you don't even notice (happens slowly) while it is happening. They knew of 911 false flag, US staged 911 to invade Afghanistan, by fooling the Saudis and allowing them to train in Florida to fly airplanes US military actually remotely controlled into the towers to make sure the terrorists make no mistake. See videos of Abu Ghraib that *were on TV, 2003 war, though Hussein was also tough:* Saddam regime video. See US military pimps. The US military abused endless Iraqis, they raped (and then brutally killed, after torture, mutilation) endless people and minors in many wars (not just Vietnam) of genocide, with entire villages of innocent civilians wiped out, because 1% of people had a gun or some were leftist. This shouldn't surprise anyone, given the evil heavy metal music invented in the evil USA of simulated human sacrifices and then exported globally to turn the planet into a living mayhem. When emissions happen, wake up, use eyedrops if they're dry, eat some multivitamin, ☺☺☺ carrots or greens (vitamin A) smoothie plus a walnut to enhance absorption of fat soluble A, D, K, E, CoQ10 vitamins, take a shower, wash face, generate tears and use some cold compress too if eyes are red. This is all due to the demonic Bible mass rape quotes that normalize rape. Immortalists propose death penalty for any human who rapes others. See South Korea comfort women used as prostitutes by the fake Christian US military (they use that Christian scam to attract fools as cannon fodder, while not practicing the 5 nicest quotes of the Gospel), etc. A Yale *University* article claims that "Even today, camp towns around U.S. military bases import women from Southeast Asia and Eastern Europe", hey I guess the fake Pastors getting rich by supporting war, didn't include the global rape by the US military in their sermon while talking about faithfulness to your spouse. Emissions and sex outside of procreation create new eye arterioles that make you ugly and old looking. So, definitely, have sex for pro-creation only and work to turn the US military into Eternium. The control of the urine and sperm muscles by gadgets is easy. After emissions, make a new resolution to not eat big meals or liquids 3 hours before bed. You can even yawn to make tears. Masturbation drains female/make eyes, emission during sleep even more. US needs to ban all sex outside of procreation in literature and news, movies, media and ban the depiction of any sex act in any media. We need ~*~Eternal Universal Peace~*~ movies, not sex scenes. Christian/Muslim/Jewish Elites are Mass Rapists who swear,

like US Officials taking high Office on the Demonic Word of Lucifer Bible Quotes on genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slave beating & similar Quran quotes. Jewish Ethics. They create Many of the World's Terrorists, to justify military action of looting. See Elite Rituals.

12). CIA attacks 2-8 days the abdomen: this can also be caused by your own visceral fat causing poor oxygen delivery to various areas of your abdomen or even liver (fat liver disease). Thus, it is OK to lose those 35 lb of belly fat first, before you think CIA attacked, and perhaps, do an enema, as some had 40 lb of hard feces they carried for 50 years as mutant obese men. However, a real 1-2 day microwave attack leads to imbalance that *takes 2 weeks to restore though*.

13). CIA *attacks* 3 days the *ears:* they send letter in the mail about some guy pic with ear stuff and then they twitch one ear for the next 3 days in a peculiar fashion, or make it vibrate, like a gentle pop. They did this in September 2018 first when the terror became super heavy. Then in 2024 they attacked it more. If they attack *ear*, cover the ear, use *earplugs for 5 minutes or longer as silicone material prevents* ultrasound (anything above 20 kHz, medical ultrasound is 2-15 MHz, sonar used by navies is 30-500 kHz, others can be GHz). They confirm it with their CIA FBI doctors posting videos about 'hearing loss' at the same time (Oct 11, Oct 12, Oct 18) they torture 10,000 viewers of his (allegedly Jewish) videos, or fake real life or social media 'celebrities' (soldiers) posting videos about pit bull puppies licking ears of monkeys. ☺☺☺

14). CIA *attacks* 4 days the *back:* this is done usually on the right or the left, closer to the shoulder, so that it is very difficult to even walk as that area is very sore after the 5 minute blast, sore for 5 days. If you don't put Al foil taped shield, they will often reattack for 4 days. So, always be aware, the devils know no rest, they pounce when you're least expecting. 9 out of 10 times, they attack the left areas. They can also attack your vertebra. Japanese cars can be modified or co-created (automakers are branches of that country's military) with US to attack people's toes, lower back. Place taped Al foil under *your car seat cover* if spies attack you.

15). CIA *attacks* 210 days the *teeth:* they confirm it in many ways, living people with a missing tooth, crooked teeth, even google chrome ads about dental implants or whatever people need if all people fall off due to their torture. They attacked the front teeth that never experienced any pain, using a CIA Korean (or maybe Japanese posing as Korean) who oddly had an electric toothbrush. The goal is to make people shut up and not expose their crimes, alter speech, damage teeth, make it hard to regenerate enamel, etc, like with the toe nail attacks that make nail grow slower, etc and make it impossible to have good control when singing about World Peace, as I tried to before attacks began. Don't bend downwards as the blood pooling in the tooth has the same effect as with the eye, it causes more damage due to pressuring the damaged vasculature, since CIA completely disables people, make teeth fall, change their speech

patterns, shrink eyes, damage eyelids, cause dry/red eyes. Don't chew on affected teeth, make smoothies, stop chewing gum (bad since it releases lethal microplastics), and talk 50 times less to provide relief and minimize tooth inflammation; left side when they attack left face and eye for example, or just one tooth (left or right front tooth to make *speaking*, singing hard; they attacked the left front tooth (upper, like they do for other people too) after I recorded the World Peace in 3 months song on my phone in October 2022, because World Peace is not acceptable to the World Military Dictatorship who controls all 'civilian' governments, brainwashes all that Eternal World Peace in 3 months is impossible. Military elites disguised as CEOs and big politicians enjoy eternal human sacrifice thru war and California Bohemian Grove simulations. All TV stations are demonic covens of ritual human sacrifice via war in disguise: all we hear is war drums. Any business can have hidden torture devices to attack customers.

They attack the front *teeth* so you can't speak *much* or smile or laugh, *they* cause cavities thru vast increase in oxidative stress or this reporter of chicken torture for sin expiation, *the* s sound, *torture. Feel free to take a COVID mask and place an insert made of* Al *foil or tape covered in tape* to block microwave, ultrasound, infrasound. Keep mouth shut to block lasers, ultrasound entering the mouth. You can touch with the tongue the attacked teeth, move the head a little to get the electromagnetic focusing on given teeth destroyed. To confirm/intimidate, CIA shows, in website news or emails (from companies you subscribed to), pic of people without front teeth etc or whichever teeth they attack. CIA makes people called Mike (mic for microphone, that you use mouth/teeth to talk on), Michael, Tony, Anthony (tone of speech, talk, teeth) email, call or interact with you, tell you via text or etc to 'shut your mouth up'. A guy Mike can even rent a room, or if you got 4 rooms, 4 rooms with his gang (all had fake documents they're students from Colombia for example, could be from Mexico etc) and coordinate torture for maximum intimidation, all 4 pretending to work as "mechanical/electrical engineering" interns at a fitness place 1 mile away fixing gym machines. The teeth attacks are often done 30 months after they send a gang (FBI fools pretending to be gangsters) in a store (they manipulated you to go to) to threaten punching you (me on Dec 14, 2019) in the face or have spies you may run into on social media post pic of gold vampire teeth on Dec 14th 2019 after the encounter (Halloween gold caps people place on teeth to role play☺☺☺ they're vampires) to confirm "she sent the gangsters".

CIA confirms by sending Arab Muslim guy (faking that he's from Jordan, Jaw-*are*-done) out of the blue near you with a tooth flosser (even tenant roommate, who is a CIA in disguise, who might even place some smiley face sponge in the kitchen, scrub daddy brand, smiles reveal the teeth) and flosses his teeth and may ask you why you wear the mask (he knows you put Al on the inside to block signal). Alternatively, a CIA spy *(different race, maybe Asian if White, since Genghis Khan sounds like gingivitis, and Khan looked like East Asians)* will use an electric toothbrush, unlike anyone else, and he may be close to the room where you sleep, to indicate

that he's doing it or is part of the torture team, if he's a roommate, neighbor. Or CIA sends an FBI 'plumber' and city inspector who will fake his speech as if he had a tooth extraction and he sounds funny. You go to grocery store, a guy has a missing front tooth (maybe an extraction recently). Or on youtube when you watch some Ukraine war CNN youtube, shows on the right side under suggestions a Ukraine war video by a guy with odd teeth smaller in different videos or some 'Estonian soldier' (his youtube name) with perfect teeth interviewing an allegedly 'Moscow born Jew' talking about no meat/cheese in 1989 Moscow' with smaller yellower less 'perfect' teeth or Israeli spy master teeth pic is shown on many sites, but most of his pic show normal teeth, not crooked. This is due to the Nazi idea that "Jews, Gypsies have a higher incidence of teeth issues", though millions of 100s of nationalities may have malnourishment (cats take 4 generations of healthy diet to return to normal health, after 3 generations of bad diets led to severe issues). Don't chew with the teeth they attack, use the other ones and chew slowly.☺☺☺ CIA can infect you with some flu, food bug or other virus like they did one time around 2015, like Japan Unit 731: "*East Europeans are* cannon fodder puppies☺☺ *for USA, and* experimentation cows to test latest US weapons" per KGB disinfo. Google allows you to turn off health care related ads on youtube on the side, so no more "dental implants" ads.

The same YouTube "Estonian soldier' interviews a girl (AI or real?) who allegedly has some space between her upper left teeth (like many 15 year olds have), if not a video filter, they both use a porcelain (teeth fillings made of porcelain) cup to drink water at the same (watch) time, (notice mock neck sweater, they can show videos with people with beanies when they harass head, or with mock neck or neck scarfs when they harass your throat to make your voice hoarse). I googled "bad rap lyrics" and got these teeth. My google news posted this odd teeth video, probably fake teeth you can put on and remove in 10 sec, maybe she or the video AI darkened the rest to make herself look odd like this Chinese guy did too, or this Chinese front teeth missing retiree talking to UK guy. Maxim (maxiliary, jaw) named folks can be KGB spies disguised as refugees. Youtube/google is owned by Russian Jew Sergey Brin, US Jew Larry Page, hence many youtube Jew "celebrities". How many spies are fake/real Jews? How often do spies send a guy, after torturing him, to another nation, to be 'free' and there the same spies, continue the torture, disguised as 'locals'? During this teeth torture they got me to discover some odd stuff:

See Hitler's odd (missing tooth on upper left) *teeth* at min 20:47 of part 1, part 2 and min 00:30 of part 3, of a 3 hr 2011 PBS documentary "The Dark Charisma of Adolf Hitler", you can find some parts on youtube (since Nazis deleted vimeo part 1 and 3 that made Hitler look *like* a "Jew with imperfect teeth" per Nazi *doctrine, whose only aim* seemed the slaughter of millions of gentiles (75 million) and creating Israel), youtube PBS has 1 min preview of it, Hitler forgot his tooth cover maybe. Oddly, Israel's leader says "Hitler didn't want to kill Jews, but to expel them", yet some Grand Mufti of Jerusalem (Islamic leader of Palestine) Haj Amin al Husseini told

him to kill the Jews, not expel them to Palestine as stated in the Ha'avara (Transfer in Hebrew) Agreement on 8-25-1933 signed by Nazis and the exiled Zionist government of Palestine, which did help 60,000 to move to Israel. Due to Hitler's methamphetamine drug use between 1937-1945, cocaine ear drops in 1944 after a failed assassination attempt that broke his ears, he developed Parkinson's, see his hand shaking. Hitler's doctor was not that smart, Hitler's missing tooth is seen at 5:35-5:36 (stop video there) here. Notice the lies in the movie made by PBS at min 30 that the German soldiers, spies disguised as the "Rich Aristocrats" thought they could control Hitler and were 'surprised'; in 1919, German generals were planning the remilitarization of Germany and the Nazi Party, secretly building Hitler up as their front man. Hitler also had apparently exotropia strabismus (his right eye looks out slightly sometimes in 100s of clips, so strabismus is sometimes linked to brain disorders and mental illness, those with Down syndrome (that Hitler killed) are more likely to have strabismus, see Israel needs be 50x bigger strabismus guy too ('pastor'), since strabismus is not just eye muscles always, it can be due to brain disorders, nerve misfiring, poor neuron migration during fetus development (due to caffeine intake by mother), etc, mental (schizophrenia) illness alleged by History Channel in his family, besides the beatings Hitler got from his father and slaps he gave his sister). The foreign spies who created Nazism and puppeteered Hitler could not even fix his teeth, let alone bring World Peace as they lied in Mein Kampf when they wrote thru him their insane ideas. You often see strabismus (min 2:04) in psychopath Nazi guards, male or female, like this serial killer. Look carefully at this strabismus (min 3:11) Nazi demon. The son of the Islam promoting Iraqi leader, who tortured/killed thousands, also had strabismus. The UK Royals, some Jews, others (Ceausescu in Nazi prison after torture, Ceausescu president) often had for centuries strabismus (Queen Elizabeth, etc), which led many to think inherited mental illness is often accompanied by strabismus and caused them to create psychopathic laws and genocides. Many of the worst royals and dictators had strabismus. Use Ctrl+F "Hitler" to find all related info in this book. *USSR claims Hitler had many gold teeth*. Hitler escaped (newspapers reported he escaped by airplane), if USSR faked the Hitler teeth report (official cover story presented in 42 min here: an unrecognizable "burned body was Hitler's because the teeth resembled Hitler's per a report by his dentist", but the dentist could have memorized a double's teeth and drawn the diagram to help Hitler escape; plus KGB trashed the body, oddly, while DNA evidence could be made, as if to hide more WW2 secrets related to Russian spies in Nazi regime or Hitler being partially Russian) that 'confirmed his death', after having *co-killed* 9 million *Germans and* 70 million others... there are 100s of km of tunnels under Berlin... See Putin's daughter odd teeth. The same people *who controlled Hitler control Putin*? is Jainism, who uses the Buddhist/Hindu swastika inverted symbol, which means lucky in Sanskrit. Jain monks cover their mouths (teeth) with a Muhapatti "mouth mask", to avoid killing insects (even if mosquitos kill 0.7 million/year, 1 foot leg span spiders can kill us). Jains are anti-eterni, since they deify self-torture: Jain hair

pulling, called Kesh Lochan is painful, painful fasting 5 months on water that damages brains, looking at the sun with bare eyes, rare baths causing infections. All will eat eterni foods, so vegan/omnivore will have no meaning. Hitler charged Germany fees to use his image in products, amassed $0.2 billion (today's value) by donations from companies getting low taxes, 0 regulations, all while promoting a fake image of a frugal man. Hitler was an insane fraud.

16). CIA *attacks* 30 days the *hands:* this can be the *elbow*, the whole hand, from *the base of fingers to the elbow almost, or* the wrist and palm central area. However, this can be caused by repetitive strain injury, so make sure you get an Apple keyboard, a sharp serrated knife for watermelon/pineapple to avoid crushing your thumb and index finger by pressing hard on a blunt knife, and get a good mouse first. A bad mouse can cause the nail of the *thumb* of the hand you use the most to become sore; same for any overused *finger*. Did you buy proper gloves and are your hands always warm? Cold temps can cause pain. Pain can be a sign of poor circulation and poor oxygen delivery, bad proteins that accumulate in joints, so get some fasting to remove bad chemicals via autophagy. CIA can cause a 3×5 mm area under the nail to become pink due to the 3 minute attack like with my right thumb attack on Dec 20th 2023, 220 years after Louisiana purchase was completed, 1 day before French President official (fake?) 46th birthday. CIA confirms it with people texting you images of busted toe nails or thumb signs in texting. You meet folks with a fake hand bandage or TV/web have images of what CIA just tortured.

17). CIA *agents* slam into *my car and cause flat tires*: they get you ultra tired again, via torture, they have a big SUV, etc glide into you, fully aware they're hitting you, on purpose, waiting for the right moment. Like in the movies, they follow always, for 8+ years, in cars with one light off, behind, front, always those Kia, etc cars (the most common, due to CIA and to frame South & North Korea, joke about 200+ tiny nukes) and one headlight off, the All Seeing Eye on US banknotes to try to fool you they know everything, and you need to be their slave. They also cause flat tires. You know it's them since it was parked fine in the garage and then suddenly flat tire next trip, they even confirm it with tons of tire images online.

►►►►► *What* Bad Militaries *can't control, they will completely destroy* ◄◄◄◄◄

►►►►► *free* will *is gone, 'all* cyborgs *will become', all nations of the world* beware ◄◄◄◄◄

►►►►► *your* extermination *is next if you don't pretend you're controlled by* Them ◄◄◄◄◄

18). CIA *attacks* 4 days the *thighs*, 4 weeks the *back*: thighs, sometimes as high as your hips. This may be due to your body being cold, wear extra clothing. If that doesn't remove pain, fast to remove visceral fat and bad accumulated proteins. Recent weight gain can cause stress on the spine. Lose extra pounds first. If that fails, use AI "skirt" from nipple to knee, to protect back, knee, hips, upper thighs. This is similar to the sore breast or back of heart attacks when

everything is sore to the touch. Attack of the back (or center, left or right, behind shoulders, heart), the joint where the spine joins with the leg or vertebra meet ends if you instantly *place A barrier:* it's a stab in the back (KGB?) that can take months to vanish. ☺☺☺

19). CIA *attacks* toilet wax rings *or breaks pipes to create water leaks* inside your house, CIA roommate/neighbor opens doors when you open your door or cabinets, *sends off* 100 defective *items, tenants don't flush toilet* (harassment technique used by many agencies: feces stay for days or hours in a toilet in a bath you don't go to every day). The smell stuff is a code, like skunks they remotely guide to a location come out in your path or you go into theirs as you're remotely controlled. Directional control applies to things you buy in stores too: you find what they placed there on the shelf. They cause dents in shipped items, dent fins on heaters. They suggest silently to do x, y, z, which may take minutes, hours or days and it's all a waste of time.

20). CIA *attacks* brain's language inner audio processing input via synthetic telepathy *daily for years*: this is psychological warfare and it is explained in far more detail in the next 30 pages. It's the war against the brain. They beam a thought using their tech (like bats, elephants, etc use ultrasound or infrasound inaudible to human ear) and if you don't do it, they start torturing the heart, leg, etc until you do it, such as waking up, go downstairs, go in front of the building you're in for 1 min (then you see something wild going on, the police or something makes a big fake staged event to intimidate or whatever, crashing a car into a van, that smashes a nearby gate and flips a van, etc), search google for a thing, and then the first result is a website or profile of someone (of either gender), then you click on it, goes to some youtube videos or some other person they want you to follow to harass you (this con pretends to like you sometimes, or may just post something related to what you were googling recently). The CIA also uses thousands of 'bitches' online (male or female) who post sexy pics/clips to make 5,000 of their ☺abysmal IQ☺ followers believe that they love to date them (fake, since there are 1-30 million followers at times, mostly fake bots, to give the CIA recruiter more credibility). See how China trains kids to kill Americans. You can see this very well, you can test the reaction of CIA spies by role playing you like them and see the games they play when they try to pretend to like you, while torturing you secretly. Other spies may use the cover of a conservative science geek wearing purple if you like purple and are conservative, to mirror you and gain your trust.

21). CIA *attacks* one's sense of safety by Mind War, threats to the max for 11+ years: they place 400 people with crutches or whatever in your path over 8 months sometimes, and beam into the mind, with their weapon the thought, "we will amputate your leg", so that when they torture your heel, toes, knee, etc you're in a state of anxiety (same for eyes, etc). It's the gang method of forcing others into slavery and submission to the military mafia. Confirmation of torture methods are many: they can have 5 people (teacher (any class you attend on(off)line) wife,

roommates, etc) fake a 'leg issue' (*fake cast, limp*) at any place (class, etc) you go to, as they did with many (me in 2015), *in order to make the victims curious about an instagram profile they force into their social media (be it google+ or etc)* (the lethal bitch inserts oneself into your life pretending to like you, honey trap of CIA, spy agencies). Then the recruiting spy (may be a celebrity) posts something you like, favorite food, music, color, etc… via a post or main profile picture, right around the profile was referenced to into your social media stream, to gather your attention and make you curious or willing to look at their profile for a few days, until they subtly introduce you to a "friend", the lethal bitch (male or female). Example: guy commented in 2015 on google+ about a Paris Hilton post, then I clicked on the Hilton profile and the main pic on google+ had some purple planet pic with purple outfit to lure me there (a color I like), so I watch Paris social media for 2 weeks and some amputated girl using Ashkenazi Jewish name Lauren Wasser, who gave TED talk in Israel, is promoted by the Paris (amputee is presented as Paris 'friend' on paper or via work, pics of them together were posted). Due to prior fake leg issues (for other bitches, there will be other issues related to something the lethal bitch has, to arouse interest of the potential CIA recruit or torture victim) of roommates (black "LA cop" (CIA) faked a leg injury weeks before this, he was renting a room in my house for 2.5 months, and tenant from Utah faked a leg injury too (he worked at SpaceX), same 2015 year), etc I was curious, so I watched the lethal bitch (amputee) instagram for a while, then only 1 minute every 2-9 weeks). Sometimes the purple planet in the hand holding picture of Paris had a *purple gun* and sometimes the instagram profile pic had the index finger up, right when they were torturing my index finger. Paris violent melody concerts are causing wars and crimes, but the youth has gone insane worldwide, so that music style is the default, eternal war vibe for all. Why can't we have music that brings World Peace in 3 months? Why can't most celebrities create peaceful music? They're mind controlled slaves of the CIA. The amputee then posted content over 10 years that indicated she, as the lethal bitch CIA/Pentagon terrorist and amputee, was taking part in the team efforts to torture me *(her family is full of military, allegedly, per instagram,* though anyone can use AI and pose as military*, so it seems plausible,* they love to post weapons to destroy the quantum field, like mind controlled mujaheddin who kill people since age 5). Like thousands of online bullies, she loves to terrorize people, like most CIA agents, to post violent movies of herself punching boxing bags to "relieve her aggression" (only animals post such content on social media), also posting 100s of times the most depraved music that destroys USA and the planet, posted sarcastic yelling after the CIA staged July 29th 2019 toe bust (see above), laughing with her Olivia friend about a 'leg bump', she knew about it, she had video cameras installed from CIA in my house, watched them, then mocked what I did (often mocks anyone who happens to read her posts that if she was able to go thru amputation, everyone will survive the torture she does on them with her Mossad CIA gang). A sewer trash type of person, whose goal in life is to make everyone vibrate as the piece of garbage music she posts online, like the

ferocious dogs she posts about, breed responsible for most lethal or almost lethal injuries in USA. Many don't even realize that they're fueling the violent crime via music. The youth is programmed by the social engineers to kill whoever the rich need killed next, see cop videos.

China sells a battery that lasts 50 years and USA-USSR had those for 60 years already, so they don't need even to replace batteries for well hidden microwatt microphone (UK discovered a way to create a microwatt battery for tracking people via objects that can be hidden inside a jewelry item and report the location of a person and lasts 5000 years) or video camera tiny devices in an appliance, house object. On Dec 24th 2016, before the huge heart rate rise for 72 hours nonstop, the lethal bitch posted about a Malibu black gal 'dead of cancer', another veiled threat, though then I had no idea what it may mean. On March 8 and 10th 2017, she posted naked pics of her breasts for the whole world to see, that were later deleted to "improve her image". Many other times posted bikini pics to try seduce men, like a whore. CIA, FBI, etc use various fake celebrities, they give 10K or 3 million followers☺☺☺, to confirm torture and intimidate 1000s of people at once, they can even use youtube personalities posting on science to confirm it. It's more efficient that way, torture 1000 on toe (or heart, eye, etc), then nutritionfacts.org (Jew from CIA, Michael Herschel Greger) makes a video on toe (or heart, eye) health later, to show the love of Jews for gentiles? See Wikipedia reference 9 saying "Greger was raised in a small Arizona town, "the only Jewish family within 30 miles." His parents were New York natives; his mother taught Biblical Hebrew at the community college. Following his parents' divorce, he moved with his mother and brother to Binghamton, N.Y., where she taught Hebrew school at the orthodox Beth Israel synagogue (renamed David now)". She's *using model as her CIA cover, as 1000s of models, actors, singers do in* our world of infinite lies *and eternal wars of deception: all spy agencies know this scam*. She removed a lot of the bad posts from her social media to make herself look like she has 0.1% of the ethics of Adolf Hitler and Moses, instead of only 0.00001%. The wolf *pretends* to be '*a sheep*', the devil '*an angel*', the slave torturer '*a slave*', the genocidal psycho torturer '*a peace activist against torture*', the war planner '*a peace planner*', the sadistic torturer '*a soft-spoken MD*', CIA terrorist who tortures people daily with gadgets '*a quiet polite 'ideal' nice roommate*', the aristocrat *'a social democrat or socialist working for trade union deals',* the worker's rights lover who is a gov agent or spy *'a billionaire'*, etc. Celebrities are cops who try to catch gangsters, so they create a gangster public image, though that destroys humanity as a result since people are led into bad vibes; catch 1 bad guy and create 4 other bad guys is genocide under the cover of "doing FBI work", a nonBrit extermination method. There are 1 trillion ways to peace without war, to 0 crime/violence without violent music. CIA controlled much drug trade, still does, as even RT says, shipped tons of drugs to black or to various ethnic (Eurasia country X) areas when agents were from Eurasia Country Y (includes Middle East): to drug all, they create the drug music, engineer a drug culture.

Many celebrities promote these rappers, bad tone, lust and drug alcohol pushers indirectly sometimes by promoting pic of them (Paris, etc) and the rappers, etc with or without realizing. The rap singer is told he's "catching bad guys" acting as "undercover agent", and he may believe it; he's forced to sing bad lyrics, whether he wants or not, under the threat of torture; he's paid well, so he's happy; he doesn't see the big picture sometimes (genocide disguised as police work by actors, models, singers), but when he sees, he goes along *to avoid the torture*. 100s of US towns are dying and have empty 40K houses that decay for decades, see towns never on google maps, with no pictures on the Internet. Drug addicts are on the streets, yet many states got empty towns with 84% poverty rate (some even 160 people left, 91% white), others black majority, Cairo, IL had 15000 people, today 1600 only, can buy a house for 700$. Louisiana is wasting and falling into the ocean, thanks to the stupid Pentagon engineering work, Jews don't give a crap, they just ruin the Pentagon, the "snail IQ" robots are busy singing rat IQ lyrics about crushing and anger and smashing, hyena IQ tone, instead of protecting US land from erosion and IQ destruction by the fruit fly IQ Christian religion the Jewish Moses like parasite has imposed via deception. See Oakland homeless drug use camps, miles from San Francisco, the materials from basketball courts, liquor stores, gyms, churches sitting empty, cinemas, stadiums for music that pushes drugs and here are the flesh eaten victims of drug use… flesh eating drugs… made from fentanyl (99% is made from Chinese precursors shipped to Mexico, see video, though China can send fentanyl directly too) and xylazine: see leg effects, amputations. Fentanyl is in illegal fake pills sold in US and Mexico at shady "grocery, etc" markets. Canada, Vancouver, is becoming drugged too. EU too, watch it. Colombia makes 900 tons or 80% of world cocaine using coca from Peru, Bolivia, Colombia, worth $20 billion/year and US military *could instantly stop it if THEY REALLY wanted: simply* invade Colombia, Bolivia, Peru with 4 million drones, use lasers to set every coca field on fire: they didn't do it, since many major nations made billions or even trillions via drug trade (even small ones, maybe 50 total, hence CIA never stopped opium in Afghan lands, as heroin trade made $$). World drug trade is 2 trillion/year, so over 30 years, major covert controllers can make trillions. Leftist Colombia guerrilla groups also made billions. *The US military uses "drug lyric music" worldwide*, that is made so legal in USA, thru music bands it mind controls, to increase sales of its Colombia cartels who act as spies too. *For 100 years, cartels were* protected by the US military vs innocent civilians who killed nobody with drugs, yet were bombed, maimed, killed in Iraq 15 years, Syria 11 years, Vietnam 9 years, Afghanistan 20 years (*they didn't wipe out Afghan opium fields or force government* to end its growth, as CIA made trillions via heroin, cocaine, etc, like Britain made billions with drugging China in 1850s. Rule of law means World Peace in 3 months and 0 violent crime in 5-15 years talked about on all TV-radio stations every hour, to respect the basic human right of all humans to life: without life (single family homes, decent housing, eterni food and decent sleep), no other right matters.☺☺☺ UN has all rights *to invade Bolivia, Colombia, Peru with 5 million drones*, to wipe out all

opium, coca fields in 3 days in response to millions of lifespan years lost globally. Burma+Afghan=most heroin, need end that too, 900 tons/yr globally. We provide them with seeds to replant the fields with food or cotton.

Civilians can be foreign disguised soldiers and devices can control/torture a country more effectively than 900,000 soldiers in uniform in a base of a former colony. The devices can be replaced easily with invisible drones made of unknown matter or cloaked drones. Exactly as a lion instinctively attacks hyenas, even when he's not hungry, just to kill them, *so do many military spy "humans" behave* like these beasts: violence for no reason. *They* give nukes to regimes to turn them into "kill switches" to remotely control to attack 3rd countries when needed, so the giver appears neutral. The volunteer armies are not volunteer, they use their gadgets to force people into their armies. The (military) rulers of all nations are never public (since they're so paranoid nobody is allowed to know their existence, due to quantum signature and other effects, and to prevent other nations' satellites, etc from attacking their houses, etc), the public officials are mere robotic slaves who know little of what is going on. The *presidents, kings don't decide anything, they're just puppets, even if they believe they control it all*. France, like all nations, says public opinion must be controlled, like military brainwashes all that "Eternal World Peace in 3 months is impossible", this is why the music globally is so brutal. *The human (not subhuman) quantum superorganism is more powerful than all their* supercomputers and weapons combined by a factor of 1 trillion to 1, and it will always be so, as *the superorganism* (and your soul) *evolves just as their tech does, actually even faster*. Say you come home and then the tenant roommate or neighbor parks his car and your knee is attacked (see below), or right eye. They borrow ideas from the Dutch. They come home at the same magical time 7:11 pm (G. Washington spy code), right when you arrive home.

MIND WARS to achieve intimidation *or* enslavement via thought insertion:

New Scientist reported in 2005 that Thomas Dawson filed a patent on behalf of Sony in 2000 (many others reported it too, NBCNews too) on a 'transcranial magnetic stimulation' technology which could beam video games (ultrasound pulses induce smells, sounds, images) *into the user's mind by* bypassing *the* visual *cortex using* ultrasound pulses, but ultrasound can cause cancer and many problems. Thus, spiritual experiences are ☺☺☺faked too. MRI etc allows spy agencies to edit the dreams and memories of people, just as they can recreate from MRI what people think/see visually, etc. Check this out too. A 2017 New Scientist article explains ultrasound allows ultra primitive basic word communication (10 words or so) to people 100 feet away as long as there are no walls, people or objects in between that could block the wave, like the most primitive "telepathy" imaginable; see the full paper here or youtube 30 sec video. We know from physics that frequency is speed divided by wavelength. For light, the speed is 0.3 billion

m/s, for sound it's 343 m/s in air at atmospheric pressure. We hear sounds of 20 Hz to 20 KHz, so the wavelength of sounds we hear is between 343/20 and 343/20,000, or 17 m and 17 mm. Notice that these wavelengths are far bigger than the 400-800 nanometer for visible light. Infrasound (frequency < 20 Hz) of 19 Hz (that some pipes, appliances produce) can, according to a line in the "Ghosts in the machine" paper in the J Society Psychical Research 1998;62(851):360-4, cause the eye to vibrate and create a blob "ghost" (no exact features).

The eyeball resonant frequency is 19 Hz, so those facing a 19 Hz infrasound beam can see spots. Likewise, similar frequencies cause dry eyes, *damage the retina* (CIA does that to many, without any second thought, humans are cattle to them), *optic nerve,* change heart pulse, cause heart damage. Wikipedia explains that some are filled with negative emotions when exposed to infrasound, and some "haunted" locations emit infrasound. Holograms can simulate spirits. This discernment of telepathy source is useful, especially since we're always moving towards fancier phones and people talk about verbal basic telepathy becoming as common as texting in 50 years like Mark *Zucker*berg talks in this 3 min video, or Elon *Musk* talks of his Neuralink, Synchron of brain implant without brain surgery, Mary Jepsen in this article talks on telepathy via MRI. Mary explains that reading brainwaves via MRI that each person has when they speak a word or think a word enables the computer to guess when we think verbally of a word. Likewise, a computer could imitate the brainwave of word "joy" or "Walmart" or "contract z" and help us go into that joy state, or agree to sign a contract z, go to Walmart, move left, move right, open a book at a page (subconscious suggestion without us being consciously aware) that is more likely to occur (if you picked the book at a location that was open a lot on purpose at that page to increase probability of opening at that page) to seemingly confirm telepathy, make an event happen at a certain precise time to make it more dramatic, or for educational purposes to show it can be done. See more below on MRI, tech that is not described much in the public domain, coincidences, & their use by generals, cops, spy agencies to terrorize the planet.☺☺☺ Video games are used by the evil militaries to incite violence, causing China to make similar movies.

The next paragraph explains how they make your life decisions so you think you chose them:

Numbers that appear often (7:11, 9:11, 11:11, 4:44, 3:22 on clocks, etc) when those who follow you interact with you, or are around you or who email you, are a mind control technique, they just wake you up with their tech when it's 11:11 etc ► once we start looking for any number in science facts or in life, we will find it in many places and possibly think that *number* is more frequent than it is; it's not, they manipulate your events. *Numbers* or any symbols can be used to create the *illusion* of "*miracles*" of *coincidence*, of destiny, to manipulate you. I go shopping or something happens at 11:11, the receipt total 12:12. ☺☺ We use a decimal system, but if you change it, the *numbers* will mean nothing. In the (made up) astral travel book "Projections of

consciousness" by Waldo Vieira, Chapter 26, page 96-99, the author describes a "real" astral travel where he sees people trying to suggest hypnotically telepathically (from a distant location) to a CEO to invest money in something by focusing on his picture. This telepathy forceful suggestion is the opposite of eterni tone: highly complex trans-linguistic non-verbal conceptual, uplifting, graceful, smiley, peaceful, universally kind, positive and healing, which are Immortals by definition, emotional energetic resonance with the infinitely sweet healing loving universally nonviolent free will respecting non-pushy *gentle tender softness* of the trillion year old Immortals. It's best to keep evolved telepathy signature and nature secret from all astral or physical beings, as spies will try emulate it to pretend "ideas in that one" (mind encryption) comes from the Immortals☺☺. Above they used a person's pic, but spies can use one's MRI patterns or even speech patterns *(that's why a nation's real leaders are top secret, because brain self-talk often happens in similar patterns)* to facilitate a better suggestive hypnosis that imitates our habitual inner talk. Spies suggest a search keyword and then giving peculiar fake results specific to that IP address, leading the naive search engine user to believe it is true, without realizing the 100s of interpretations of an article. To ensure a better detection of telepathic brain intrusion (of robots or humans) think non-verbally and have different speech/tonal patterns internally when thinking in words (eterni tone is best, as it's very different than the energy of those who intrude into the brain using gadgets; make it very different from verbal tone to prevent replication, a secret tone you alone know), the inaudible brain patterns that are different than speech so as to distinguish between Immortal (conceptual emotional thought verbal audio visual) patterns, self-patterns and intruder human/AI/etc patterns disguising as "self". Intruder enemy suggestions can occur during play by suggestible kids, "past life regression, soul travel attempts, meditation", tired states, after intentional sleep disturbing by spies who want to mind control a victim. Never trust any thought emerging in tired states, nor take any decision then, it's not going to be good.

Extra suggestions on how to protect your mind from programming/torture:

Don't buy a 5$ teddy bear to love if the thought is implanted by spy agencies to manipulate your brain. Take care of yourself, sleep well, meditate/rest after meals, avoid social media (especially CIA imposed "girlboyfriends" posts). Teddy bears are a CIA trick to produce oxytocin, induce gullibility and trusting leading to more telepathic manipulation. GOD and infinite Immortals are stronger than all humans combined. Humans are like neutrinos living 10 to the power of 10^{27} times less than God's youngest kids. GOD may have completely forgotten humans even exist (like a busy owner, CEO of a company with 2 million employees, humans being one), but not all "GOD like" Immortals may have: we, your descendants from the future did not. Humans are 10^{27} times shorter lived than old Immortals☺☺; we're a non-existent nothing, don't stress. Our IQ today is like that of bacteria vs us, compared to our descendants from 3 billion years from now.

Smile to release endorphins, be happy, bliss is a choice, emotion is created by thought. Be quiet unless singing or recording eterni tone for youtube. This creates privacy and inability to "implant into your brain your own patterns and tones" by the MRI and speech patterns recorders, who want to use your speech and MRI patterns against you, to insert thoughts and desires. Any science discovery is usually used first to torture and kill on our planet, so ☺☺*lovingly gently* recall that what you share comes back to you in this or a future life. You don't need teddy bears, pets, girl/boyfriends, the happiness from divine bliss ☺☺☺ exceeds that of any hug/orgasm by a million fold or 100 fold if you barely get to such a state (0.0001% of it). *Build new neurons* for ecstatic states,☺☺ *to discover the stuff that can't be written.* Don't let them use your mouth speak out loud thru you in an uneterni tone that ends human species or internally thru you to cloud your awareness. Filter the tone of internal/external speech, wear earplugs to focus on internal tone filtering, if sound distractions make it hard. Imagine being enveloped in Love by the real God as you practice the cosmic breathing, realize God's infinite size/might and visualize the amazing future. To overcome fear, imagine God sent now an Immortal 10 or 5,000 miles tall to watch over you, so nobody on Earth, any dimension or nearby can harm you, or an octillion (quadrillion trillions) times bigger than the known universe to dematerialize any threat. ☺☺☺

14.7.3. Torture by foreign spies/militaries (China, Russia, Arabs, etc): past and present

This section has 4 subsections dealing with torture/genocides perpetrated by 1. Nazis (Jesus Cult) 2. West Europeans/Arabs (Jesus/Mohamed Cults) 3. China (Jewish Communism, Silk Road etc) 4. Russia (Jesus/Jewish Terror Based Communism). If you have a Master Jewish manipulator who trains naive gullible kids to Commit Genocide, Mass Rape, Beating of Kids, Mutilation of Bodies, etc, who is guilty for such acts? Naturally, both the doer and the instigator of the crime. This introductory paragraph argues (proposes the scientifically honest hypothesis) that the cause for all the genocides/torture below (20 pages) is not entirely in the nations doing it, since Jews, Italians brought at gunpoint Christianity (which created Nazism), Jewish Communism, Islam (Quran is the Bible rewrite in response to Christian genocides) via the Rewrite of the Jewish Bible and its associated ethics of genocide and torture. The torture inflicted by Christian nations on various citizens is due mostly to the Jewish Bible who became the basis of ethics at GUN or Sword POINT, after Jews took over the planet using the Christian disguise, i.e. the Bible ethics of Genocide of All Billions You Feel Like Killing, as detailed in Deut 7:16 and Deut 7:1-16. Quran, and associated genocides, is a direct rewrite of the Bible, and Jews were the major force behind the rise of USSR communism using the Heavy Genocide Tactics of the Bible, so the Jewish Bible is the Instigating Source of both Islam, Communism and Christianity caused Genocides. Crime is not Perpetrated by 1 guy, but often by Instigators (Jews) using Puppets (Christian, Communist, Muslim). We can't blame the Muslim for worshiping Violence Published by Vatican, Israel, then rewritten as Quran by Mohamed. No decent, honest person would agree to the publishing of

such Infernal Genocidal Hate Texts. While not blaming the Jews (or Assyrian, Italian, Greek spies posing as Jews who made up various Bible sections to create Middle East Divide and Conquer Strategy) entirely for copying junk (nothing in Bible is original, it's all copied from others) from nearby cultures who got it from others, who got it ultimately from chimps migrating from jungles (cannibal chimps who learned it from other animals they evolved from), etc, all need to ponder on their choice to continue to publish such Cannibal Chimp "Scripture" and to take responsibility for the fact the Publishing Creates/Perpetuates the Torture and Genocide. Do we want to be human or to remain animals? 500 mammal species don't kill/torture their own. Do we study chemistry from texts from 1st or 7th century? Why do so for ethics?

14.7.3.1. Torture by Nazi Germany in the 6.5 year fight against 3 millennia of Jewish Torture

The torture started on Nov 9th 1938, the Crystal Night, when the Nazis and sympathizer masses destroyed/damaged 7000 Jewish businesses, 1600 synagogues in retaliation for the murder of the 3rd secretary of the German embassy in Paris by the Jewish Herschel Grynszpan and ended May 9th 1945, with Germany's capitulation. Perhaps, the real God was not pleased with the 2000 genocides the Jewish Torah caused in the last 3 millennia, so God allowed 11-9-1938. Torture continued in 1940-45 concentration camps, as seen in 5 short videos (Buchenwald, starvation, last 5 min, overcrowding, skeleton camp), 90 min Auschwitz & 3 sets of pics: pic1, pic2, 45 pictures. The concentration camps experiments were brutal, as the paper on dental procedures causing death shows. They broke Polish women's legs with hammers, infected/amputated them. The Nazis simply Obeyed the "Holy" Command of the Jewish Bible in Deut 7:16: exterminate all people God gives over to you, meaning God gave Germans the Jews coming there uninvited, even after Nazis told them for 5 years to get out of Germany. Jews didn't believe that gentiles will Practice the Jews' Satanic Religion Too. So, Jews, will you still Publish the Demonic Torah? What Jews have Sown for 3 Millennia they Reaped. Christians have done the same as the Jews, now they complain Muslims, who rewrote the Bible, kill the Christians, by practicing the Satanic Christian Religion, which is no other than Judaism 2.0, as Islam is Judaism 3.0. Islam is merely Christianity 2.0, but Illiterate People who never Read the Bible have No Idea. Satanic because Jesus says that all Quotes in Torah are Valid. No group shall be able to escape the consequences of their Genocidal Publishing, Physics Plays No Favorites, Action Force = Reaction Force, You can't Call for Genocides in a "Religion" and Hope it won't be used to Genocide Your Nation. The Communists complain that others killed them, but they wrote about Torture and Killing of Others. Will any of these people finally come to their senses and adopt the Immortalist Anthem for All Humanity to end all torture, violence, terror and killing? Nobody wants to take responsibility for their actions, stop publishing hate, they only blame the 'other side'.☺☺☺

Germany used 3.8 million soldiers to invade USSR in 1941, in the largest invasion of history, and

many remained behind enemy lines and blended in under a cover of "Soviet citizens who relocated, fleeing the Germans", under fake identities of people they killed and looked like, to bring down USSR, infiltrate Israel as immigrant 'Jews', so Nazism may not be dead at all in *countries that* pretend *to be the most pro or anti Nazi even* (see why Nazis fled to Argentina). Many claimed Hitler's grandpa and relatives had Jewish genes and he was remotely controlled by foreign bankers to kill 80 million people via WW2. A clip says 150,000 Nazi soldiers were 25-50% Jewish who saved Jews from extermination or simply allowed ?millions? to escape to Israel, etc? A rabbi claims only 1 million Jews died☺☺☺, the other 5 million being only 5% Jew. How can one tell from these videos and pics of skeleton victims if they were German, Pole or Jew? An official story is Germans exterminated 11 million people total, 6 million of them being Jews.

We immortalists have compassion for all beings and love all, understanding that the Bible is merely recycled garbage from the 'cultures' near them, such as the infinitely cruel Assyrians, whose God was Torture itself (see pdf). So, due to the propensity of people to imitate those around them, the Bible became Infinite Violence itself. Nothing in it is original, it was copied from other sources. The Eternal War against Demonic Judaism will only stop when all Jews become educated, read other scriptures (Tao Te Ching, Dhammapada, Eternia) that have 10^{90} times less violence and give up the demonic Torah invented by insane malnourished heat stroke patients hallucinating that God, the Infinite Knowledge, doesn't know trillions of ways to Peace without violence. The Eternal War continues until Jews stop the Torture of Millions of Babies by Circumcision via Deception, Takeover of US Gov via Pretending to be Gentile and Atheist while Being an Orthodox Jew, until Jews stop the Deification of pure infernal evil via quotes sold at gunpoint as "Word of God", see the Torah quotes on genocide, mass rape, human sacrifice, arson, alcohol, kid beating, slavery/slave beating. The evil Christian clergy are puppets of the religious Jew, brainwashing billions that the infernal Bible and Quran are the Word of God.

14.7.3.2. Arab, European, Turk, African, etc genocides (for 622+ AD, see the Quran section)

Torture is an unhealthy low IQ tradition stemming from the reptilian brain of the alcohol loving cannibal chimp. The Immortalists are for zero killings/torture, only for lifetime labor (for violent crimes) in sealed cities of healing. For the public criminals, we say "death penalty" to deter crime, but we'll create a fake AI video of it, since with 10 trillion cameras and proper anti-crime tools, nobody will even shove anyone. Torture stained every empire: French guillotine & French Inquisition started in 1252 by Demon Pope, death by flogging UK until 1881, Sparta & its insanity, Mongols, Byzantine, Spanish Inquisition, Aztec/Native American human sacrifice, Jews drowning babies, Hindu/Muslim bleeding, Turkish atrocities & extermination of East Europeans (cannon fodder), Armenians & Assyrians, Chinese mutilations, blowing by gun by Muslims, Portugal, Britain. A list of genocides: Greek Empire, Rwanda + unknown 900+ on 7 continents,

Italy 1940s genocides & 99+ in Roman times, Portugal (Brazil, Africa), Spain (40+), France (Arabs, Blacks), Belgium (Congo), Germany (Jews, Namibia), USA (30+), Russia (75+ ethnicities, Circassian etc to increase land 100x), Jews (Gaza (ruins), 50 Arab (ruins) wars Jews caused via US/USSR, Holodomor 1933, Moldova 1946, Gulag many Jews as killers, NKVD grain removers), Dutch (Indonesia 300+K, Africa), Brits (Irish, Kenya, 50 others), Banker Jews promoting the Bible in EU/USA, Jewish Jesus conman. Quran spread by 500+ genocides, Pakistani genocide of Bengalis, Islam killed up to 270 million, 90 million Hindus via 200+ genocides. Vatican killed 20 million Europeans via Reformation wars. In 200 nations, we see 1. crosses, 2. minarets, 3. synagogues praising slavery, 3 symbols of torture, of crucifixion of workers tortured/worked to death to make the filthy rich aristocrats even richer. ☺☺☺

The older Arab civilizations include the Sumerians and Assyrians, for which we have plenty of data from stone inscriptions depicting torture. See Saudi 'love' for non-Muslims 400 in a room, and the slavery of millions who built Gulf cities for the allegedly Jewish Royal Saudi family, promised pay that is double actual, promised conditions way better than actual, some don't even get paid for months. While slaves live 8 in a room on potatoes and rice, Gulf, Saudi, UAE aristocrats love tigers, lions that got 100 times more meat a month than the slaves who build everything, see big cat video here, UAE banned big cats for some, but not all, see gold shiny vinyl wrapped cars. Saudis have lavish weddings, the 5 million Gulf workers are treated like dogs. Saud *had* almost 100 kids, 22 wives for example, and all kids become the government torturing heavily any anti Wahhabi Sunni Islam guy. The Sunni Saudi royal family is Jewish per Iran. Ayatollah who went to France in 1978 to plot the Shia Islam revolution before he led the 1979 revolution, was a Jew per disinfo?, though ethnicity matters not, rather who controls remotely ***a 'leader'.*** Did French Jews or Arabs control the Germany born French President in 1978 to bring in 75 Muslims in Europe? Was the remote control of a leader or 900 faked miracles, apparitions fluctuating between superpowers (French/US Jews, Vatican Jews making up Christian miracles, Marian apparitions), to promote Jewish Supremacy, Torah thru Jesus Cult of Jewish Son of God, during the spy wars by spies controlling 'the remote control' spies via new hidden tech?

14.7.3.3. China's 5 millenia of torture, culminating with 77 million dead in communism

14.7.3.3.1. Ancient China: very cruel punishment methods, totally against the Immortalist Ethics, see the real Chinese history of war that shows they're just like many other nations and were not "always peaceful" as the Chinese government claims. Some Emperors had 9000 concubines, all killed if emperor died. Sex slaves: 6 year old boys for sex, later castrated at 13. Human rights and millennia of "culture" of deception as shown in the 36 Stratagems to deceive neighbors, etc. The 500 BC Sun Tzu Art of War is only one of 5 texts teaching deception/violence as a way of life. Let's not forget even the most peaceful and lofty Chinese piece of literature, practiced only by 1

% of China, the Tao Te Ching, is OK with war, when no "option" is left, which is opposite to the immortalist culture that is totally for nonviolence and the trillion ways to peace without war. Even Lao Tze didn't explain to his Chinese that World Peace in 3 months is possible, living to a Billion is possible, that there are always a trillion ways to Peace without violence, etc. Fail. People of all "worm IQ" types love their ultra violent "scriptures", not realizing they're like 500 BC alchemy texts versus the 100 million more detailed and accurate chemistry knowledge today contained in 100 million pages of books and 1 billion of science papers. Today's world requires upgraded ethics and "philosophy, religion, morality" textbooks, like the Immortalist Anthem and the Nonkilling section, the World Peace Chapter, the Spirituality Chapter, to create civilization and quality outcomes. To get quality materials, we use 21st century chemistry knowledge, not 500 BC or 1st-7th century alchemy books. To get quality peace, we need the Immortalist Anthem, a 21st century foundation text that makes Tao Te Ching, Confucius, Mahabharata, Quran, Bible look like alchemy texts that poisoned China's emperor with HgS. These old texts are Pure Poison that Destroy the Human Mind and the Militant Chinese, other nations' zeal for such crap delays the Advent of Trillion Year Lifespans Deified in the Universal Immortalist Anthem. Clean rooms got 100.0000% pure air to create 1 nm chips for exact calculations and the Immortalist Anthem is 100.0000% pure positive writing, free of any negative word like war, killing, death. That's graduation to the 21st century ethics and anthem vibe folks, we evolve from chimp texts. NO science progress is possible when everyone lies nonstop, every paper is fake. Thus, immortalism is antithetical to the bullshit Chinese culture of deception and obfuscation.

14.7.3.3.2. Mao's China: 1949-1976: the communism section has 77 million dead details ☺☺☺

14.7.3.3.3. Modern China: top 0.01% of families own 58% of wealth, see communism section on the hypocrisy of the Chinese elites who have housing for 3 billion, but people sleep on streets, healthy food is trashed while the poor starve. Pure Feudalism: Ctrl+F "Deng Xi" in the book.

14.7.3.3.4. 'Communist' China vs Japan-S. Korea-NATO conflict:

China invented porcelain, China eats the most pork/capita, Republic of China. British hyenas tortured millions of Chinese via opium trade imposed by genocidal war, destroyed 10% of Chinese *by addiction,* opium was British empire's most lucrative export,*"rise by destroying everyone else", win-lose, not win-win, not* | Immortality *for* All | *. Due to this,* the Chinese hate USA a lot, as USA has been a demon assistant to the UK opium genocides, being in the 19th century essentially a demonic tool of the international Jew religion of Genocide and Immortality for Jews only, slavery for all the rest, or even genocide of 8 billion humans "God gives over to Jews". Thus, in a natural physics response to Infinite Violence from Israel, PLA is torturing kids by training them to kill Americans (puppets of Israel), stab people since the age of 5. Kids go to a camp to practice stabbing straw Japanese soldiers. US military Brits, etc, Jews created endless

violent video games and Hollywood movies from Demonic Minds and totally anti-God & ethics, that the Chinese now copy and emulate. US creates its enemy by following the Infernal Bible. French President blames video games for violence too, see RT and science studies. Thus, 50 million Chinese kids age 12+ were militarized in 2013, to defend against US-Israel-Vatican satanism and blatant deification of Genocide, Mass Rape and Torture via the Infernal Bible publishing. ☺☺☺ Watch Chinese kindergarten kids being taught how to kill like soldiers. China plans 900 schools of heavy indoctrination into the violent methods of the communist manifesto, which are opposite of immortalist armies. China allegedly forces 8 year old Tibetans to attend summer military camps. In 2014, for 6 weeks, in the summer vacation, Chinese kids were turned into killing robots. More 5 year old Chinese kids being tortured and brainwashed. Russia is responding with its own kid military camps, with terrible tones and shouting. ☺☺☺

Mexico kids are given weapons to form militias to fight various gangs. In Mexico, 90% of guns originate from the USA. China tortures dissidents abroad via 100+ covert police stations outside of China. See Mao and evil elites parade while millions starved to death, the misuse of *energy, calories, food, time* for creating a good facade to hide the genocide of millions during Mao's misguided reforms. Because of these starvation experiences, older folks now catch fish and sparrows everywhere. "Have you eaten" is a way to say hello in China among older people, due to Mao era famines. Here are 8 examples of psychological torture that are incompatible with the Trillion Ways to Peace without Threats (Mental Torture), Intimidation: 1. every few years, N. Korea vows to destroy USA, 2. in 2023 Russia threatened to sink all UK with nukes, 3. in 2022, China threatened to nuke Australia if they buy nuclear submarines (faster submarines, without nukes), 4-6. USA threatened China with nukes 3 times: in 1950 Korea War, 1953 Korea War, 1955 Taiwan war, 7. in 2005 China told USA they will use nukes if USA forces attacked Chinese forces who invade Taiwan, 8. China claimed all South China Sea and created 7 islands with aircraft there by 2023, which obviously creates a torture of the mind for neighbors, contradicts 13.19. ideals of peace. The psyche torture never ends, since the macho energy dominates, everyone follows the "demons" of egoism, not the Way of Tao, the happy *gentle tender soft nurturing graceful* serene universal loving kindness of the Immortalist Anthem of loving the worst human a trillion times more than the best mom loved her beloved infant last decade.☺☺☺ It's difficult for people to design a new strategy, vocabulary, because the military colleges mistrain people to use short-term coercion, psychological torture based results based on fear and fight and flight, while ignoring the long-term consequences of spies combing thru history and realizing that the enemy did the same and they can now do the same, not to mention drive up their desire for nukes once US threatens with nukes. Unless one takes action, threats are useless, they only make you lose, since now they want nukes. You either use them and defeat communists in 1950, or you don't. Threatening is weakness, it invites more war in the long run, we need to educate

the animals with the Immortalist Anthem. Act, then say “to protect 5 million from the never ending war, we had to use kill 100K by a nuke”. However, a little better is to say:

“Let’s all stop fighting and work for trillion year lifespans for all, loving the worst human a trillion times more genlty tenderly than the most loving mom loved *her suckling baby last decade* as the Immortalist Anthem explains the Ethos of ☺☺☺Immortality *for* All, because all ideologies are laughable versus the way Immortals organize their society, we're all 1 trillion times lower IQ than them, why fight over 2 types of low IQ, each a trillion times lower than the youngest Immortals’ IQ. Think about it, stop being animals who kill their own species. 500 mammal species don’t kill their own, you're not even a mammal? Have some humanity. The whole world is shocked by your cruelty, you killed already millions. Aren’t you ashamed of the blood on your hands? All nations will imitate your savage cannibalistic ways to eat your own nation. Kindly compassionately stop destroying the human quantum field, or all humanity may never trust you again or even trade with you again. The time for violence on Earth is over. Stop it. Now. Make World Peace in 1 month the Only Goal of All Nations. Immortality *for* All. There are 1 trillion ways to Peace and Immortal Lifespans for all without any war and any torture. Any violent act or war threatens the very existence of all human beings, via the 2 capsule scenario. We need one army, one nation, one people, 1 currency, 11 companies for all humanity. End all historical tendecies to value war and let’s build the Paradise World of happy *gentle tender soft nurturing* *graceful* serene universal loving kindness. Thank You☺☺☺ for your cooperation☺☺. Singapore has 8000 times less land per capita and live 21% longer than Russia, what do you need? One can live to a trillion with 7 times less land per capita than you already have, think, It’s kindness that makes Immortality not murder. Evolve past the predator tiger stage please.”

See rampant Chinese corruption: useless projects, deceptive tree/stone green painting, garbage oil reuse, fake air pollution data to fool inspectors, more crime than reports. Since 2017, 27 out of 31 new nuclear reactors were made by China/Russia, check out Thorium. If war or natural disasters happen that affect nuclear power plants (even world’s safest sodium cooled reactors), nations will blame China and Russia if they're in the group of the 27. It's irresponsible to give any nation nuclear tech, civilian one even, until we have zero violent crime in that nation for 10 years. US erred in 1978 to give tech to China before torture and violent crime went to zero. US needs to never export dual use tech to any nation without zero torture, zero violent crime. 99% of tech is dual use, can be used to become self-sufficient so one can wage war. Clinton betrayed USA, gave it all to China, had no morality of instant World Peace, a puppet of the military Jews. North Korea (Korea was often called small China for centuries) tortures its people via lack of information, so nobody has Internet, except the top parasitic 0.5%; this is due to fear of hacking too, not just imperfect firewalls, that would overthrow Kim's family regime and its '10 principles' of zero freedom. Besides that, the TV in *N Korea is lies 24-7 to keep everyone obedient to the*

Kim regime, 2 min clips: alien abductions to justify labor camp disappearance, fake soccer matches that never happened, fake bowling feats by Leader, 9 hours 'leader' cooking methods to waste people's time, extreme personality cult of Kim shopping for food (while cops allegedly starve, get beaten by starved citizens, see video of lady pushing cop), lies about kids ☺☺☺ playing ping pong 62 hrs straight, lies about all citizens being able to play golf (only the elite goes to play golf). This happens with China's approval, their supporter. Why not build decent houses for the poor peasants, who needs these villas to play golf? Kindly watch the horrific life of North Korea in 2010, where people die at 72 vs 83 South Korea. See North Korean slaves in Russia (on paper, they call for ending it), not on BBC (video 2) as wood goes to England? North attacked S Korea in 1950 and caused 3 million dead, thanks to Stalin/Russia who pushed North to do it.

Uighur lady describes horrific torture of herself and her 2 month old triplets taken from her for months, given surgery around the neck, while one was killed by the surgery, as the babies didn't get breastfeeding, Chinese did blood testing to see why triplets emerged, so they can use info to make triplets for Chinese too. The unkind tone of Chinese music (pop lady shouts, PLA rap, metal) confirms clearly that brutal torture (watch) goes on, see 2009 protests, Uyghurs seem mere mice for the PRC to perfect robotization tech, see more rape torture and even alleged organ harvesting. Muslims need to realize the real Quran and stop being easy targets, just quit Islam and denounce the Quran quotes, to make friendship with China and all, stop violent subversion, instead of working for Immortality, non-torture and non-terror for all. *That way, Chinese have no reason to oppress you, except racial hatred, which would make all planet turn against China. Be smart, trash Islam and sew what China does to you.* In China people of all religions under 18 can't practice it, not just Muslims, so kids choose religion once an adult. Choosing religion at 18 is a smart *idea*, since most 'religions' are pure scam, they promote dependency on ritual, clergy and fake unproven miracles. An honest 'religion' would be online and free, 0 donations, and you can "practice" as litle as you want. China (like USA and other nations) got 100+ secret police stations overseas, secret cells that torture mostly Chinese but others too, check out NYC China police station. The Uyghurs have signs in their own language, fancy restaurants, a sign of China's foolishness, since only 1 language assures World Peace. The airports say the Uyghur language and Chinese one, yet Uighurs say torture happens. So, Uighurs must have some rights. The Western media hides some stuff about Xinjiang. In Xinjiang, 6.7% of population was Han in 1949, 60% in 2018. The 1 child policy was for Han, not minorities (to prevent unrest, and due to declining minority birth rates). The truth is in the middle of what both sides claim. There is always abuse by police/spy agencies, in every nation, mainly due to the low IQ of the national leaders who create 18,000 police departments, instead of one. ☺☺☺ The Belt & Road Initiative built Vietnam subway is leaking water, China uses subways, phones, laptops (cover video camera), trains to film foreign citizens, while Chinese students in USA bring

pathogens to USA covertly, China loans are 5% vs 2% from IMF. Some Americans living in China argue (to avoid removal from China) that Belt & Road has helped many nations. Who knows?

We need all world leaders to surround themselves in peaceful vibes, music 24-7 at White House, in the background, big colorful posters (on the currently empty walls of the buildings) that name the top 50 qualities of Immortals (gentleness, tenderness, softness, grace, kindness, serenity, hypothesis formulation and testing, Immortality thinking) that build the World of Immortals, Immortalist Anthem, posters on speaking with *infinite nurturing* healing *gentle tender soft loving kind* compassion, permanent decorations flashing the words | | Immortality *for* All | | above the main gov headquarters 24-7, to unify humanity in peace, longevity focus, permanent calming music around, etc so all visitors value peace and have their inner hyenas dissolved. We need to talk about Eternal Peace on Earth in 3 months, | | Immortality *for* All | | in every political, military speech too, every 20 min on TV-radio, if we want World Peace now.☺☺☺

14.7.3.4. Russia's 1100 years of torture (aided by Jews during communism, see details)

The language section explains the Russian Empire engaged in genocidal torture (see methods) for 9 centuries (executions or torture of those not speaking Russian, etc), before the arrival of the 1917 "revolution" in torture and mass deportation of various groups to Siberia to die by breaking in two in the freezing temperatures (how Kazakhstan went from 83% Kazakh in 1897 to 30% in 1959). Thanks to 1917, 50 million Soviet citizens died at the hands of the KGB (Putin's University in Genocidal Torture) predecessors. Before communism, the Tsars often exterminated entire nations to steal their land and give free housing to Russians, like with the 1.5 million Circassians genocide. They banned local languages, forced all education in Russian after invasion (when no local knew it, in order to create generations of clueless uneducated people and milk the land of resources) and deported locals to Siberia, etc, so they can claim "Russian language rights" as in Ukraine and etc and the "rights of the Russian minority" who moved there via 100+ genocides. Jewish Kaganovich managed the 1933 extermination of 5-9 million Ukrainians in Holodomor and another million of other groups in Southern Russia, and the 1946 USSR genocides (2 million, 5% of Moldova population), under the pretext of collectivization, with help from Stalin, was rewarded with a life of 97 years, while 20 million innocent gentiles were killed by Jewish Russian NKVD during the "purges". Watch the genocidal labor camps USSR made... see Nazi ones that became part of the Gulag later. During the unjustified WW2 invasion of half of Poland, Russia killed between 0.15 to 1 million Poles, Russia's 100th? genocide. Ana Pauker, the Jewish daughter of a Kosher slaughterer, world's 1st female foreign minister, vice prime minister (Time Magazine☺☺☺ cover, "world's most ruthless woman" supervised the slaughter of 1000s of gentiles 1945-1955 as a Stalinist). She live in Paris, Berlin, Vienna, US in the 1920s, Moscow in 1941-44. Gaddafi was allegedly a Jew, British Royals claimed to descend from Jewish King David.

LEGS, shoe*maker* etc in fake *biographies* and how East EU was tortured by Russia:

In the US-UK-Russia Yalta meeting, spheres of influence were decided, West got 90% influence in Greece, 50% Hungary/Yugoslavia, 25% Bulgaria, 10% Romania ***(highest % (90) of Russian influence in the Warsaw Pact, so the last pages of this 14.7. chapter focus more on torture by Russia in this little country as an example of*** '***communism'***). Stanculescu, a Russian looking possible KGB spy with possibly 90% Russian DNA, a confidant of the 1965-1989 Romanian dictator, put a fake cast on his left leg to avoid flying with the dictator. Stanculescu told the guards at noon they will execute the dictator (who knew too many things about KGB and Warsaw pact) and his wife 3 hours later, and after a 50 minute mock trial, they were shot, as the video shows, (if execution video was real, not fake), older youtubes showed the actual 100 bullets hitting both at once while they were still standing (as it was shown on Romania TV), youtube has very little: you could see the bullets hitting, all 100 and them collapsing, holes in their clothes, blood, etc, a way for KGB, and others etc to ***terrorize*** the Romanian people, a hybrid war, like Putin did to Ukraine in the 2022 started war. See 10 pages on how Ceausescu was tasked with removing KGB spies from Romania's elites to understand why KGB killed him in 1989. CIA wanted him dead too as he was anti-aristocrat terror by rich gangsters, and Ceausescu reportedly was in Moscow for a few years or months at the Frunze Academy in 1953, he graduated on 7-23-1953 with the rank of lieutenant general at age 35 (major general at age 33). A 114 page PDF and a CIA doc have more on Frunze. Wikipedia has more on why KGB killed him. KGB allegedly tried to kill several top Romania leaders in 1957 too, in 1962, as Romania was the anti-war black sheep of the Warsaw pact, believed by Russians in 1979 to be a mere agent of NATO within Warsaw pact (maybe true, since in 2020s-2030s, the biggest NATO base will be in Romania). The TV conmen blamed the Timisoara revolution (started by Hungarian Protestant pastor Lazlo Tokes) killings done by 100s (Iran mercenaries, KGB agents, Romanian soldiers, KGB, CIA, Hungarian, etc spies) on the dictator, ***in order to fool the masses that the*** "evil of using torture, war etc is gone", when it was not.☺☺☺

Understand the Deception of Soviet & 36 stratagem Chinese 'Communism': The Confucius Scam & Tao Te Ching Deception (why Lao Tze didn't understand the Immortalist Anthem)

Confu-cius = Konfu-Chews: Hit, Punch, Subdue☺☺☺, then Chew people like parasitic aristocrats who enslave the proletariat in ritual, piety (same purpose religion has in the West, to submit as eternal slave to the Rich Gang), submission to the "Communist" Elites and Chew the flesh, suck the blood the Chinese nation, like the bloodsucker 0.01% of top "communist" families that own 58% of China's wealth via the torture, beatings system of endless companies for endless parasites instead of fewer that ensure everyone has a decent life and job, instead of 100 million jobless (50 million homeless while empty apartments exist for 900 million) while 50 million

slaves work 80 hrs/wk until collapse. Carbon Copy of US Capitalism. The Machiavellian leader uses religion, Confucianism, etc to increase his power and destroy the national and global IQ. Revisit 14.7.3.3. (the 6 pages above) to understand 5 millennia of Chinese culture of lies, deception (see astaxanthin section too, like and genocides *(similar to all other "cultures", since Earth has no culture, as culture implies* zero violent crime*, zero torture by governments),* and why both the cruel legalism and the *much more benign*, Tao Te Ching (Ch. 31 approves of war when "there is no choice" (there are always trillions of peaceful choices) unlike the Immortalist Anthem that says no violence is needed for any outcome, not even when forced to) like, and "war as a last resort" Confucianism philosophies led to Endless War. Check out Confucian values generously *spread* in New Zealand with China's help: Chinese fighting over veggies. Tao Te Ching Ch 31, 36, 57, 69 and Analects 13:29 & 13:30 contain 6 unacceptable quotes in a scripture of an Immortalist State, due to references to war and weapons that imply these are normal and should be used "when no choice is left" (a lie, there are always a trillion choices with no war). You attain a fraction of what you aim for, if your verbal ideal, your written goal is not free from war and violence imagery, how will actions ever become that, when *we know people rarely walk their talk?* Your talk has to be much better than the walk. Confucianism, Taoism Goals are so low, they only can lead to war. We're the USA and you don't achieve 1 trillion times lower violent crime and war worldwide with such scriptures.

We're not a colony of China, Israel, Saudis or Italy. Our standards will be a trillion times more stringent than any nation today, in the New Immortalist America, the Land of Freedom from Death and Violence. Peace only emerges when all nations agree (without coercion) with the essence of Immortalism: there are infinite ways to solve any dispute nonviolently and nonkilling nonviolent examples of that are many, idea that cancels the nihilistic narrow minded Taoist, Confucian view that reality is a so limited in choices and "war as a last resort" is an acceptable concept, and they "have to fight". There are infinite resources, a trillion planets for each human alive, so war is meaningless. The low IQ Lao Tze (Ch 57 OKs war too, "if war be waged": cannibal chimp thinking dressed up as "evolved Chinese philosopher") and Confucius, being fixed lifeform of IQ a trillion times lower than etlif shapeshifter formless Immortals, didn't understand the Universe, so they advised all on what to do in "wars". Taoism is against educating the people, which is a recipe for limitless violence, stupidity, one has to educate people in STEM and ethics daily, to stimulate innovation of trillion year lifespans.☺☺☺ Therefore, Taoism in of itself with its anti-knowledge stand is anti-life, as Immortality is Knowledge of how to achieve Immortality obtained via effort, education, focus, the evils of Taoism. Thus, Taoism is anti-immortalism in its essence, though the altruism ideas are good. Taoism was a manual for granting inner peace to primitive peasants, warlords and it worked if some were lucky to find it, read it, practice it, but it's outdated in today's world. Because Taoism & Confucianism support wars, like Abrahamic

"religions", they don't qualify for taxpayer exempt status, as a war cult is not a religion, but a terrorist group disguised as Chinese philosophy.☺☺☺ In Taoism, war is acceptable, strategy is used, but this savagery stems from their anti-education stance; any educated person knows that all war is preventable, by proper preparation for decades and the transformation of one's nation into sages of peace, instead of gluttons of rape, sex outside of procreation and theft, violent music, movies and lawlessness. When bandits rule a nation, World Peace is an afterthought for once a year night talk shows. When the continuous education (via ethics programs, 2 minute ads on all TV-radio: "Did you know that this action X would add 5000 year lifespans to USA, vs this that adds only 1? Choose Life, Choose X") sages are in charge, opposite to Tao, the World Peace is the 5 year goal that is talked about every hour on TV.☺☺☺ Just as we upgrade software daily on phones or whatever, we update people's knowledge daily, we improve daily, we make effort daily, we don't just "do nothing, strive to discard knowledge" and go with the flow to be eaten for lunch by the next predatory invading nation just waiting for us to embrace "Tao". Tao Te Ching says "choose neither life nor death" in Ch 50, so the idea is "just die at 80 like a moron, and live a happy relaxed life of being lunch for the cannibals who love human meat." This is an unacceptable form of brainwashing of the citizens of an immortalist state that is anti-life, anti-civilization. It's a death cult.☺☺☺ It's our country and we decide what we let in, anything supporting death, short life, war is not a religion, but a nihilist cult of death. Buddhism is similar: do your 8 fold path and then die at 80 and you'll be happy in heaven in Amitabha, the Land of Buddhas. No proof of heaven or anything, just live like a rat, a nanosecond and then beg all day, aiming for nothing in life except ending desire for anything, even for living to 1 billion years old or 300. Just be blown by the wind, and lunch for other predatory nations, as explained in detail in the "How Buddha invented Buddhism to take over the World". ☺☺☺☺☺☺☺☺☺

Check out high school students who're forced to shower once a winter (or wait 1 hour in a huge line to shower), have 12 classes a day (12 hrs), sleep 5 or 6 hours a day, 1 day off a month, have teachers split in their open mouths for "breaking rules". This is in stark contrast with the billionaires living in palaces on 3 acre hills in Shanghai and whose kids go to much nicer schools, so much for "communism" and "ethics"☺☺. Chinese teachers use corporal punishment nonstop and 100s of schools have students get 2 days off each month, being underslept, sick, with dental problems, etc. Confucianism means the enslavement of the 99.99% by the 0.01% murderers who own 58% of China's wealth. Most schools are like concentration Nazi camps that raise slaves of the 0.01% Fuhrers. Beatings and torture of most kids are the real way Confucianism lives in China. The poor fight over food. Students 8/room, while millions of malls waste materials to house all in single rooms 10 times. See 50 other horrific videos in the "communism" section. Basically, all the wealth of the nation goes to the 0.01% elites and the rest are left to fend off for themselves, as victims of "markets" and corrupt local governments, trashing billions of tones of

fresh produce that the poor can't afford, due to money stolen by elites, so instead starving, sleeping on the streets (even if housing exists for 100 times the amount of homeless people, they can't afford it, as all money stolen by the elites, many simply flee with millions stolen by subjugating the Chinese to the West and buy mansions in the West to live the good life), eating bark or cardboard☺☺, or processed junk noodles, etc. This is the Confucius Taoist Buddhist civilization, mixed with Judaic 'communism'. Do we want such junk in our country? No, thank you for the piety to the Vampire Confucianism that teaches Chinese students to poison others.

The Confucius Analects and associated filial piety, ritual discipline led Mao Zedong father to beat the crap out of Mao and his siblings for reading books instead of helping the father to make more money by working hard on the farm as kids (instead of getting knowledge to go beyond agriculture and discover eterni foods), even if he was one of the wealthiest men in the village. He was the product of Confucian addiction to classes, authority, hierarchy and 1000 levels of income… instead of one universal pay of the immortalist society of true ethics. Mao's dad could not stand kids not treating a parent like the Supreme Emperor of Heaven, even though he was a "rat IQ" father who treasured money instead of knowledge to bring Eternal Universal Peace and Immortality *for* All as in Trillion Year Lifespan for all. He already had way above average income, why beat kids to make more money? Knowledge is Eternal Life, Proper Knowledge! Knowledge comes first. The Cultural Revolution, burning of books, jailing, killing of knowledge creators by Mao was a subconscious repeat almost of his father repression of knowledge and forced farm labor, that Mao's father forced on Mao and then Mao forced on all intellectuals who could have discovered living to 500 by now with kindness and honesty. With some stupid suggestions from evil spies, the Confucian destruction of childhood, Mao was duped and did the unthinkable derailing China's progress by 2 decades. This frequent fatherly beating made Mao very violent as he got brainwashed early on that the only way to avoid pain or being beaten is to kill people: if you kill people or beat them, they will not be able to cause the pain Mao experienced in his childhood. To avoid any chance of being beaten or tortured again, Mao killed endless people due to extreme paranoia: outright or covert killings. Due to Confucianism culture that made Mao's father entitled to beat his kids, Mao also unleashed the Red Guards "revolution" (12 year olds given rifles to kill professors, teachers, etc) and other stupid reforms that killed up to 77 million people. The kids were Mao kid rebelling against adults, he gave kids a chance to rebel against the "evil parents generation". The deification of Confucianism creates a loveless society lacking empathy, full of shouts, militarism and societal classes, with no recognition we are all equal kids of God and should not beat, kill, injure or torture anyone, like Confucian discipline did for millennia, as seen in the torture of the Chinese Confucian emperors. This pontification of authority in Confucianism spread to Korea (little China) where 7 forms of politeness and authority exist in Korean language indicating how unequal and pontifical the society based on

Confucianism behaves, having 7 castes of people, treating people like slaves: slave class # 2-7. If we are all eternal souls, physical age and status makes no difference... why create 7 classes? We don't use physics and chemistry textbooks from 2500 years ago, why use ethics from then? Let's replace this "filial piety" and fanatical submission to evil fathers or evil authority with the idea of all loving the worst a trillion times more than the most loving mom loved her sucking infant, let's replace the ritual of Confucius with the substance of Tao, the eterni quality (happy *gentle tender soft nurturing* graceful serene compassionate forgiving loving kind soothing mercy). Scriptures are important, Confucius Monuments are outdated, unethical.

In Ch 69 and 36, again Lao Tze invokes weapons and how to win wars, but that's old thinking eons behind nonkilling, because being surrounded by aristocratic war lords, Lao Tze could not have imagined that reality is infinitely vaster, i.e. societies infinitely more advanced exist, as well as infinite resources that idiots were fighting over due to laziness back then. You don't need wars when you plan ahead for centuries or even years, but he could not say it, he could not have understood what now is obvious to every human: infinite resources exist, only lowest IQ species kill their own. We just don't study chemistry from 500 BC, just as we can't remain stuck with violent scriptures, be them the Bible, a trillion times more violent than Tao Te Ching, or the Analects. When China's emperors are fighting left and right, have 9000 concubines☺☺☺, etc, of course, Peace thru peace is not in the first priorities as it would in an Immortality for All society, only gluttony, hedonism and nepotism☺☺☺. Lao Tze was keenly aware of it on some level, so he suggested people breathe, meditate, temper the senses, avoid hedonism, gluttony to prevent impulsive war starting, he was dealing with serial killer psychopaths and had to speak in their infernal language of eternal genocide. But we can't stoop so low to the war lords of China's ethics, even if we all agree that if all followed Lao Tze, we would have more peace *(but die peacefully like ignorant men at 80, going with the flow, as Taoism is against acquiring knowledge, of longevity or anything, like perhaps, how to avoid all wars, etc);* however, due to the Taoist teaching of not reaching out to others to preach Taoism or World peace, the chance of World Peace would be zero because nobody knows about Eternal World Peace or Tao, so it's a dead text irrelevant in a world where all people can die in 10 seconds. Today, we need an electric Immortalism that is militant about World Peace and nonviolence, before humans vanish. Notice the glaring difference: Lao Tze uses words like war, weapons, battle, funeral, while the Immortalist Anthem has no negative words at all. Notice the degree of Grace in Anthem vs Lao Tze, how much subtler Anthem is in conveying the idea of no war, no torture/battle, being so careful to never mention the negative vibe words that pollute the reader's mind: "peace by not lowering the happiness or well being of anyone". It's like the difference between this Jewish rabbi voice (Bible, etc) and the eterni immortalist music. The Jewish (Old/New testament) Bible tone is obviously a 10^{45} times worse than Lao Tze. But the Chinese gov ignores Taoism's ethics,

they're more like Jewish gangsters such as Solomon the slave owner with 300 concubines.

Sadly, US, like many others, is a country of gluttons and hedonistic pigs☺☺☺, with 1 million US restaurants for ultra lazy people (pressure cooker cooks much faster and healthier meals) and 0 Zero Violent Crime Institutes/TV Programs, etc and 0 World Peace in 3 months Institutes (TASTY FOOD way more important than NOT KILLING OTHERS in American and WORLD ETHICS of Depraved Cannibal Chimps, every country you go, Gluttony Temples (eateries, restaurants) Abound☺, But Not ONE SINGLE World Peace & Zero violent crime in 3 years INSTITUTE), happy Americans who follow the concubine lifestyle of Chinese emperors via boundless sex outside of procreation☺☺, wasting trillions/year in gluttony and filth, instead of being the sages of Eternal World Peace by Implementing this book with 100% dedication to the Eternal Cause of Immortality *for* All, by replacing violence with *nurturing* healing graceful *gentle tender soft loving kind* compassion.☺ You can't achieve World Peace in 3 years if that's number 500 on the priority list of every USA and world glutton☺☺☺. All this talk about religion, Confucianism, Taoism, Liberalism, Capitalism, Democracy is bullshit or comical☺, if Zero Violent Crime in 3 years is never spoken of on TV and the last (if ever on the list) priority for most people☺☺☺. The hypocrisy of the "spiritual, religious" people is unbelievable, it's all talk and no action: civilization and culture don't begin until we have zero violence, spirituality is way after that.☺☺☺ We don't even have culture, let alone 'religion', all 'religions' are violent, to some degree. That's why food quality is so bad, these animals only crave taste, like unthinking chimps, because that's what the aristocratic rat glutton animals program us thru ads to want, comical☺ indeed. Nobody dares to talk about the Elephant in the room, the Human Hypocrisy.☺☺☺ Likewise, we can't allow ourselves to be brainwashed by Lao Tze that war is inevitable at times, we can't be stuck to 500 BC, just as chemistry evolved past 500 BC chemistry texts, so does ethics evolve from Tao Te Ching to the Immortalist Anthem. The Confucius Analects explain: 13.29: The Master said, 'Let a good man teach the people seven years, and they may then likewise be employed in war.' 13.30: The Master said, 'To lead an uninstructed people to war, is to throw them away.' This is a clear indication of Confucius' nod to war (similar to Lao Tze Ch. 31, nod to war), of equating goodness with training people to murder others, with OKing killing/ war horrors, which is 100% opposite to the idea of noninjury, nonkilling, nonpain of the eterni breathing, eterni tone, immortalist military & its boundless grace, & of the Immortalist Anthem, which are against killing, injury, war, because God/Tao know trillions of ways to any end without violence, injuries, war. It's one thing to tell people to "prepare for war in Analects for 7 years and then go murder people", and another to tell them to "prepare for centuries to create peace, so no war ever happens". To create peace is to have 100% of Chinese music eterni tone, not 0.1%, to ban alcohol. That is De or Te of Tao Te Ching. To create peace is to remove all violence from all movies and video games. To create peace is to remove all sex outside of procreation

content in books and movies. That is De. Ethics is eternal life for all, not the indifference of Ch 50 Taoism that is neither for life, nor death and is in Ch 65 against educating the masses daily on immortality tech, ethics via the centralized educational system to create a Family of Immortals☺ with the aid of the 11 companies globally. The masses need knowledge and the love of discovery of new tech for trillion year lifespans, so Tao Te Ching is outdated, Chapter 48 is against discovery of new techs, against knowledge of trillion year lifespans. Chapter 81 is against having knowledge, which is suicidal, because knowledge alone grants us trillion year lifespans: Tao Te Ching wants inner peace, and goes to the extreme of renouncing everything to achieve that, even the basic discovery and scientific progress to alleviate suffering and the harsh ungentle rigid way nature kills humans a trillion years early, which is against the way of Tao itself. This was a text written to help China's warlords stop useless wars, not to build long lives. Below we'll see how fake Chinese Communism (top 0.01% own 58% of wealth) is used as a cover for promoting Confucius wars, Chinese cars with Chinese parts to spy on/torture all:

25000 Russian KGB agents came via cars, etc to Romania in April-October 1989 to fight CIA, MI6 or control the 'new' leaders, install KGB agent Ion Iliescu as President after killing (see shooting) Ceausescu on 12-25-1989 (Christmas) for opposing USSR many times like 1968 Czechoslovakia invasion murder of 137 folks, for asking on 8-23-1989 the return of Bessarabia to Romania on the 50th anniversary of the Nazi-Soviet Pact, for knowing too much about USSR, for abolishing the mandatory Russian language in Romanian schools, restoring Romanian names of streets, abolishing Russian cultural centers, replacing mandatory Russian with mandatory English or French, German. USSR communism was a cover (e.g. Ukraine) for Russian Empire building. Russia was busy with Russian culture instead of World Peace in 3 months as the Internationale claimed to want, killing endless people in Korea (Stalin told North to attack South and caused 3 million dead), Afghanistan, etc. Same for the fake communist (0.01% of families own 58% of wealth) Chinese today, who promote Confucius Chinese culture Institutes, Confucius follower Mencius was a lover of "zheng" or violent punishments via war to remove "bad rulers", instead of the Internationale goal of World Peace in 3 months, zero torture of any humans or the Immortalist military and Immortalist Anthem of zero war because there are trillions of ways to Peace and justice without any torture, violence, lies or war. Confucianism is antithetical to Immortalism, since immortalists are for hypothesis formulation and testing, for personal spirituality, not for ritual (1 of the 5 pillars of Confucianism). One's kindness doesn't stem from ritual. Immortalism advocates for nonkilling and nonviolence, even in self-defense, which is totally different from Tao Te Ching and Confucianism that are OK with killing and war, "when forced or invaded". Immortalists defend (secretly preserve) the human quantum field vibe of happy *gentle tender soft nurturing graceful* serene universal loving kindness, not a body, "national culture", "language or system", they know an invading ruling system can be

penetrated, adapted to, converted outwardly to for perfect protection, transformed without any violence. Thus, while Confucianism and Tao Te Ching are 10^{800000} times kinder than Quran, Bible, Torah, Gita, they're not the same as the Immortalist Anthem, which is octilions of times kinder towards the worst at least, loving him a trillion times more than the best mom loved her baby last decade, let alone kill him as Confucius/Lao Tze agree with: Lao Tze says "don't rejoice when you go kill enemy in war", so he agrees to kill, immortalists disagree with that. The difference is HUGE, seen/heard clearly in the Confucius "Virtue" De Tone of PLA rap recruitment video (genocide tone), China metal (mayhem tone) vs the decent music of immortalists. So this makes the Immortalist Anthem 10^{500} times kinder than Tao Te Ching and Confucius. Why use chemistry, physics, scriptures books of 2500 years ago? Would you be so kind to gently upgrade your spiritual scripture or ethics? The Way of Heaven, Tao, God doesn't always come banging too loud, it can be very subtle indeed, hidden in the torture by Russians section of a book. If you set your goal or bar so low as Confucius/Lao Tze, you get far less in life, becoming a chimp. See the results of Confucius: dumb kids with 4 hrs of sleep who commit suicide, forget all they're forced to memorize, low critical thinking skills, robot slaves, teachers who beat students often, sometimes to death, the opposite of US schools where students sometimes attack teachers. Neither system is good. Unlike Tao Te Ching and Analects, Bible, Quran, Gita, The Immortalist Anthem is free of any negative word, even 'war', as it tries to evolve the human quantum field to the vibe needed to avoid war: *infinite nurturing* healing graceful *gentle tender soft loving kind* compassion. Did you see such a positive vibe in our filthy scriptures? Why not choose the most positive and shortest scripture to guide our civilization?☺☺ Shortest is the best, that way all know its contents, unlike today, when few know the evil inside the scriptures. Tao Te Ching has clarified: the more you know, the less you talk, the shorter the scripture. Why did all these scriptures fail to bring Peace? Because that was only 0.01% of them, vs 50% in the Anthem.

Communism became, sadly remains a Cover for World Hegemony Attempt by UUSR and today Chinese Kung fu (an evil sport (like all martial arts, boxing, UFC) of hitting others to cause injury to the human quantum field, promoted in Chinese Buddhist monasteries, as Buddha's hits to kill others "kindly") Confucius force and torture (war is torture). The only real communist nation is China and N. Korea today, but these are pure terrorism, since communism is free of violence. A real "communist" abides by the Immortalist Anthem ideals of zero torture and *loving the worst a trillion times more than the most loving mom loved her baby, a true "communist"* doesn't abide by the corrupt London communist manifesto taken over by Jews and spy agencies to kill 120 million people. If anything, the "Immortalist Anthem" is the real manifesto the communists never had and should have gotten, to avoid all bloodshed. But when Jewish Marx took over, everything became like his Torah early education, Pure Evil. The Russians' real cards showed once they got the power. After 1993, Russian was no longer taught anywhere almost in East EU,

even as an optional 3rd language (unless one wanted to be a spy). 100+ nations, believed the decisions were made by various 'dictators', but the dictators were puppets who believed they're in charge, their brains are manipulated/written by the military/spy rulers of each nation, so when the generals execute a dictator, they create the false impression that the "bad guys" are gone (each nation had bad guys, because the world of no peace today is a product of all nations) and all evil was due to 1 guy, when it was a whole system of USSR copied by the others. The way KGB worked is to try use minorities (disguised as locals after name change) in every communist state to run the nation, people who betray the majority and are OK with Russia taking a big part of that country and annex it or get some other advantages (Bessarabia in Romania's case). As proof for the absolute control of communist parties by the Russians, Wikipedia shows between 1924 and 1944, the Romanian Communist Party was led by 6 Soviet agents who were not Romanian: 1 Bulgarian Boris Stefanov too wanted Bulgaria to get some land from Romania, 1 Polish, 1 Ukrainian, 3 Hungarians, 2 of which (Stefan Fori, Bela Breiner) fought, possibly killed Romanians (the locals, enslaved by Hungarian aristocrats) in 1918 war when Transylvania became free after 1000 years of Hungarian occupation. ☺☺☺

After 1989 revolution, Romania's president for 10 years was Ion Iliescu (married to a Jew), allegedly the son of a half-Jew and of a Bulgarian gypsy who couldn't even speak Romanian well, a mother who abandoned him when he was 1, so he was raised by grandparents until 9. Iliescu's half-Jew father went 5 years to USSR from 1930-5, then died in prison in 1945 as a KGB *spy advocating for taking Bessarabia out of Romania again as in 1812*. Iliescu studied in Moscow and reinstated 42 generals working for KGB that were deposed by Ceausescu. Iliescu studied Stalinism and engineering at the Moscow Power Engineering Institute 1950-4 and became a KGB agent directly under Alex Shelepin great anti-American (USSR KGB Chief 1958-61), who then killed Ceausescu in 1989 for causing so much rebellion against KGB in 1958-1989. Not being Romanian, Iliescu (who called Russians superior men and Americans cannibals in private) had no issue killing Ceausescu, who sidelined Iliescu (he was made a "state governor equivalent" instead of a high ranking official), due to Ceausescu suspecting Iliescu of being a KGB agent wanting to annex part of Romania (Russian Empire wanted to annex all Romania in 1860s-70s). Iliescu's wife studied at Moscow University, Iliescu uncle was # 2 in the Romanian secret police torturing, killing people for KGB, who naturally was promoted into the communist leadership by KGB to facilitate anti-Romanian bias so more land can be stolen. 1996-2000 president's wife has a Russian name. All Soviet satellites were mere colonies. The less one is majority, the more Jews, Russians, enemies promote that person to enslave the country or dismember it. Napoleon was Italian and he totally destroyed France, sold Louisiana to USA for nothing, achieved nothing by his silly wars. It's the same technique: minorities used to destroy, dismember empires, nations. Communism was a ruse, a scam to expand the Russian empire. In 1985-1990, Romania exported

food products to many nations, including Russia, while Romanians were starving. In 1990, the East EU stopped sending food to USSR, so shelves became empty, USSR collapsed in 1991, as they made weapons/oil only. All USSR did was to gain max theft of land for themselves. In 1812 Russians stole Bessarabia from Romania, in 1918 they lost it. Every Soviet republic border was set for maximum conflict among ethnic, religion, resource lines, so that if USSR splits, Russia can start wars, take land fast. The phony communist or Christian ideal of "brotherhood" was only a facade for land theft, empire building, at any cost, even wars of torture/genocide.

Stanculescu leg guy (Russian looking guy, possibly 100% Russian using Romanian name,☺☺☺ who faked a leg issue to avoid going with Ceausescu as he tried to escape and who took over the military and installed the KGB agents in power after 1989) used the civilian "leader" Ceausescu as a scapegoat for anything the masses didn't like when the dictator paid all debts (was remotely controlled to do that, to starve the skeleton people, while exporting most food?) within 10 years. The public story is that the debt was acquired due to buying useless Western oil equipment that later was not used since oil price went down, but who put the idea in his mind? As they torture people to death, so do nations get it too: what if KGB, *etc spies* knew oil price will go down, so they mind controlled him to waste years and billions *with that to get indebted, then* starve *people to pay debts and cause regime change*, double fail setup? Typical old CIA (hopefully no more in 2026), KGB torture of nations and persons: humiliation, destruction, enslavement, depopulation? Both KGB/CIA were ultra worried that he banned abortion, especially Bill Gates. Romania, became possibly world's first nation (excluding some microstates with < 300000 people) with no slavery/debt to the IMF Bankers, so 'it had to pay with blood for that', and it did, via a violent revolution and then getting high debt again, 48% GDP today. The Romanian army, CIA, etc were all infiltrated by the KGB (who chose a young peasant to be 'dictator'), Russian Jews, since 1945. It's unrealistic to believe an uneducated peasant who completed only primary school per official "cover story", married to a first lady who allegedly didn't even know how to write, speak well in Romanian or any language (illiterate), can control the actions of 300,000 in the army, security. *KGB chose him due to him being the easiest to control: the* official cover story was that he's Romanian, quit school at 11, living in a tiny 2 bedroom house with his mom Alexandrina, father, 10 siblings, eating corn meal daily as staple. This is the type of person Russia wants to put as President in every nation they want to annex.

Wiki tall tale is that Ceausescu became a *shoemaker* (leg *related*) apprentice at 11, while training to become a communist spy with Alex Sandulescu (*shoe* related sandal), was arrested 4 times during WW2 for communist agitation (and allegedly, per some very honest (as 'all' Jews are) Jewish author of 'Rise and fall of Ceausescus' Edward Behr, beat fellow communists in prison for not criticizing themselves (some tradition Stalin started via a book, since Stalin felt guilty about the genocides he took part in) enough at the suggestion of his mentor Dej, showing a violent

streak due to his father beating him too, like the abusive fathers of Stalin, Hitler, Mao). Seeing such violence, the KGB made him general at 32 to beat everyone KGB wanted beaten. Ceausescu reportedly later he went to Moscow Frunze military school for 2 months a year in 1951-2 (4 months total, vs 4 years for other more hard core KGB agents like Iliescu), and studied some economics too in Romania (got a fake PhD, like his 'illiterate' wife for endless degrees), though these things were never told the public (to avoid appearing as a KGB puppet) during his 24 year reign and today, 100s of disinfo books and articles appear online, etc with odd new stories nobody ever heard about, so the real story may be slightly different. On paper he was pro-USSR initially, though later he *may* have become anti-USSR. At 15 he was arrested during a strike for street fighting, for communist agitation, *notice the exotropia* strabismus *that was* so well hidden *in most propaganda pics in every classroom,* I never noticed it until April 2023, since it is slight in videos. Another fake or real story is that he used to beat others G.G. Dej (his 'alcoholic' boss) demanded to, while jailed, but that's a claim in an English book; the English have their agenda: *KGB, CIA, MI6 killed him, if killing video is not faked by MI6, via Romanian generals in 1989, months after he paid all IMF* debt, *a feat no other high debt nation did,* so Romania could be lunch for West Europe exporting goods Romanian fools buy to increase debt they starved 10 years to pay. Recall that Irish exported food while they starved, Brits know the game. *Maybe losing weight is good, waiting 2 hours in line for milk, eggs and bread, you may discover teleportation while waiting.*☺☺☺ *In* a world of nonkilling, everyone lives, everyone is loved and forgiven in immortalism. He was supposed to emulate the KGB, so in 1957 flanked by 2 tanks, Ceausescu, per 9 Wikipedia allegedly real reports, (see here & this testimony, with the chief peasant surviving and saying 2010 government was worse than pre1989), gave the order to shoot and soldiers killed 9 peasants, wounded 48 without warning, due to peasants not joining the collective *farm after a severe beating days prior.* We can understand though that most of the communist leaders were previously tortured by the aristocracy secret police in all former communist countries, sometimes for many years, leading to them becoming very cruel, in 1907 aristocrats shot dead 10,000 peasants (next paragraph). Ceausescu 9 vs aristocrats/royals 10,000. This infernal torture by aristocracy of the people asking for better living conditions for workers, has led to communists becoming cruel and supporting torture of aristocratic puppets. So, before people blame communists for torture, let's recall that people are not just "born terrorists", they're made terrorists by the aristocratic militaries, spy agencies, etc or later, the communist ones. If 9 died, then Ceausescu was a terrible killer, a *fake communist, since a real lover of workers, peasants doesn't kill them,* he *loves them infinitely,* to make up for the cruel beatings deified in the Bible/Torah (kids, workers, sex slaves) or Quran (sex slaves, mutilated infidels, kids, wives) and 12h/day 365 days/yr slave labor the feudal lords, aristocrats, monarchs, bishops, clergy (brainwashing all into Bible-Torah-Quran BS) subjected them to. Ceausescu was fond of hunting, a feature of many mass murderers (Western politicians too) who love shooting

animals, seeing bloodshed and animals suffering as they die over 2-20 minutes after being shot sometimes. During 1945-1955, Romania was a 100% KGB puppet, and in 1949, the KGB run spy agency ordered to beatings of people to "reeducate them", as these infernal Jewish and Russians demons from hell, followed the infernal Bible Word of Lucifer with perfect devotion. In 1958, USSR removed the Soviet troops from Romania at the request of Romania's leader.

While Ceausescu killed 9 peasants by ordering that one time, the *German (maybe Ashkenazi German)* Kings who ruled Romania for 120 years killed *in* 1907 peasant revolt 10000 peasants, just one event. Others say a 1977 miner protest led to severe torture, beatings and mutilation, equivalent of several deaths when taking into account the lifespan years lost. This 1907 revolt was due to aristocracy and Ashkenazi Jewish spies and German Western European royals allowing, demanding (Germany would not recognize Romania's independence from Turks unless they accepted the Jews), all Jews to move to Northern Moldova, after the Russian Empire kicked Jews out (due to predatory loans Jews gave Russians, etc) and then Jews using predatory loans to turn Romanian peasants into slaves who lose their land. The bad type of Jews (bipedal cannibal chimps) establish pubs and bars, as fellow rabbi Jesus the killer of 1 billion via alcohol taught them too, like today after communism fell we got endless Jewish casinos and pubs and alcohol stores, get people semi drunk, suggest to them to buy this and that or have expensive weddings, etc on loans, so they miss payments and Jews take over the land/house, while the peasants work 65 hours to pay the predatory loans, because Gentiles are to be Slaves, Jews the Lenders as in US 4500 Banks system: Lev 25:44-6. The Jewish theology of Enslavement is kindly codified by the Genocidal Bible and Quran, plus Talmud. Jews then became lawyers and judges in large numbers, to further help the Lending Jew. Recall the Jewish and Western destruction of Romania after the 1989 revolution, when everywhere appeared strip clubs that never existed, and 16 year old ladies were deceived to come to strip clubs, then tortured to have sex with some clients, after being beaten for refusing. This was a time when the meaning of freedom via the Grace of "bad apples of evil spy agencies and militaries" partial destruction of Debt Free Romania, became evident, as torture invaded some areas of East EU. Industry was destroyed, girls were destroyed, drugs use rose 100,000x fold, lotteries and gambling everywhere, complete destruction a la Zion Elder Protocols. Communists were evil, but the real face of Capitalism was far more evil than people believed when they gave their life in 1989 to overthrow the dictatorship of communism, but got the dictatorship of new aristocrats. Of course, there was some good stuff too, Internet, freedom of information, PubMed, travel, etc which may over time cancel these demonic influences stemming from the Hollywood bastards and the Jewish cabal.

So, if we make museums to Holocaust, we need museums of the Holocaust of gentiles by the Jews, and the other 4000 political or linguistic entities of then last 20,000 years. We'll run out of space soon, as the previous pages of 3,000 genocides explain, as each deserves as many

museums as the Holocaust got. Instead of single family housing for slaves, we deify Torture. Odd. The KGB & CIA killed Ceausescus, but others, who killed more, were not killed. The only way to fool the people was to put all blame for all atrocities committed by tens of thousands *of secret police on 2 people, while the real criminals* (the people who tortured others due to being taught to do so by *the* aristocratic *secret police who taught communists how to* torture*;* since all communist leaders were former victims of aristocratic torture*)* escaped, some became part of the *new governments, owning new companies, 'private' and the same KGB, etc spies* and other *spies continued using torture, now part of NATO, fueling the flames of war in Ukraine too, like all* NATO nations. Oh, yes and the 'bulldog IQ' Romanian TV stations (listen to the 0 IQ of the answers, showing the ☺☺abysmal IQ☺ of the educational system, nothing about developing the qualities that give us long lifespans or about discovering tech for living to a trillion years, Eternal World Peace, living off-planet, etc, just 'my country is nice because it has nice hills and had some nice rulers') show the typical violent Romanian folk music *(to be fair, all folk and country music in all nations is violent in the context of the* gentle tender softness of eterni music *needed to Bring* Eternal Universal Peace *after 5 million years of genocides)*, black robe Romanian pastors (crypto-Jews or crypto-Russians, etc trying to keep the masses as low IQ as possible) telling credulous folks lies about fake miracles and Jesus theology made up by Italian-Jewish spies, plus violent sports, the most lethal methods of dry heat (barbecue, etc) cooking (like their American 'zero IQ' carbon copies) and the 'Royal family representative' (German Royal Family of Romania killed up to 102 folks on Dec 13 1918 for requesting better pay) during 'King's Hour' program (Romania is a republic, but descendants of former *aristocratic terror* (10,000 peasants shot) reps used to 'talk to other royal families') organize pathetic events for '*selfless ladies*' to showcase their hats (important as they claim in the video), while fellow citizens live in ghettos.

The Ceausescu and former communist rulers *personality* cult has been replaced with a *new personality* cult*, the royal family, the military or the Jewish puppet Bible preachers, the infallible promoters of* the Eternal Genocide Religion, like in USA Celebrities are the New Personality Cults replacing Hitler, British Royals, etc. The religion and the army are the new cults in many nations, and the 2 institutions people are brainwashed to have a good opinion of (since all media is managed by military as in all nations), thru the perfect media control, because to achieve 'heaven with Jesus' one needs to be a *dutiful cannon fodder* executing commands of foreign spies controlling the military. Everyone thus needs to be ready to sacrifice his/her life for the foreigner, without a question. The torture continues, today it's far more covert, thru hired thugs and manipulated tired or drunk people (who might bump into your car, etc) and invisible weapons, gadgets, etc. The apparent rulers changed, the torture did not, so the hidden rulers are the same group: the torture lovers. All Revolutions of history were mostly fake, torture, violence didn't vanish, so much work needs to be done to remove all torture globally, as that is

the reality of all nations, not just East EU. 50% of country wealth is in the hands of the few % aristocracy (former spies, military), they're the new idols to be worshiped via the 'market capitalism' scam. This is not democracy, but mindless adulation, slavery. How do these low IQ TV programs lower violent crime 1 trillion fold, bring 0 torture, Eternal Universal Peace in 3 months? TV talks BS about royal families. Instead of exercising to renovate the bad areas to be better, they talk because the Hohenzollerns did that for 120 years of ruling Romania since 1866?

The 1989 revolutions *were* cosmetic, *just like the* 1789 French *and* 1776 American *revolutions,* nothing *has* changed *from many points of view*, the same *torture*, violence, etc continued, except now the national debt was enormous (killed for making Romania debt free?) and the former West EU empires have established 100s of military bases disguised as grocery store chains with endless cameras, mind control, torture devices that cause sensations, foreign churches about fake miracles, endless stores, to recruit spies (among local workers) and fight for influence. The West didn't give any tech to make Romania self-sufficient, only useless oil tech to acquire huge debts in 1970s paid by starvation in 1980s. Spies claimed 25,000 KGB officers were sent to Romania from April 1989 to Oct 1990, some Russian spies who took over 80% of privatized state enterprises. KGB killed Ceausescu also because in 1989 Ceausescu asked for the removal of 8-23-1939 Nazi-Soviet Ribbentrop-Molotov pact consequences, meaning for the return of Bessarabia to Romania that USSR stole in 1940 again after the 1812 theft. Others too had their own financial interests (like Swedish IKEA, etc looking to steal wood or other resources) who had a country no longer paying them interest. KGB didn't like the independence of Romania who rebelled against the Warsaw pact and condemned the Prague invasion by USSR, Hungary, Bulgaria, Poland, East Germany on Aug 21st 1968. In the 1950s Romanian spy agency DIE (Department of Information External) was ruled by foreigners, those with native Romanian accent were in minority (most being Russians who got Romanian names and had Russian accent) and true Romanians were rare in top leadership. That's what people don't understand, a nation's spy agency can be taken over by foreigners and the masses would be clueless. Mao was beaten by his dad (like other dictators) and advocated violence too. An Immortal perceives every human as a 3 second old baby who has low IQ and doesn't *torture* anyone. Romania was ruled by German Hohenzollern after a 1866 coup removed Romanian ruler 7 years after Romania was founded. The *German puppet gov* (using a German Polish Ion Zelensky, who changed his name to Codreanu, to pretend to be Romanian, brainwash people into Christianity, pro-German ideas) was *torturing* the communists when they appeared, causing communists to *torture* others when they ruled. East Europeans can now unite via Eternia, to bring the world of 0 torture/wars. Ceausescu loveless shouting on 8-21-1968 and in 100s of other cases, confirm a mean person. Ceausescu peasant was made general overnight in 1950, at age 32, with 0 army training due to allegedly shooting a banker who didn't want to donate to the communist party. Stalin helped

rob banks, 40 dead one time, 1000s of Bolsheviks looted one and all, killing 100000 by 1922. Ceausescu was promoted to country leader allegedly for being in jail in the same cell for 3 years (jailed by fascists in 1930s many times) with the existing leader in 1950 and helping him in jail.

The Internationale original French version was about the end of all wars, *no longer being cannon fodder of the kings, nobles* (today this would be the military generals, the hidden monarchs of every land) *trying to expand their empires or estates*. The USSR Anthem version 1917-1944, a more explicit upgrade of the French Internationale, details the struggle of the enslaved to bring a better world for all, *not just mostly the royal family and aristocracy that ruled every land*. Post 1917, the USSR Anthem changed and lost its meaning of "freedom for all" from the get go as they started killing 100000 in first 5 years, millions later, as the Cheka, the KGB predecessor founded on 12-20-1917 that still runs Russia, etc aristocracy was taking shape, undermining the ideals and Cheka becoming the "new royal family and aristocracy" waging new wars. Okhrana was the Russian CIA before 1917 (Stalin was Okhrana informant too, while helping the communists, to raise less suspicion), using heavy *torture*, in Tsarist times of extermination of majorities in occupied lands. Russia invaded east Moldova in 1812 and banned Romanian language later so all education was in Russian (1% of population initially in 1812 was Russian, 95% Romanian) in order to make Romanians lower in IQ and easier to deport, depopulate, enslave. Russia invaded it again in 1940, since they lost it in 1918, so Romanians hid under 5 foot *corn* stalks (12% of Moldova land is *corn*) sometimes at 1-5 am, in the middle of the night, starting to flee slowly towards the Romanian new border, with 4 kids ages 0-7, leaving everything behind, after living there 40 years, hiding under the cover of the *corn*, before KGB showed up at 4-7 am to deport them to Siberia to die freezing to death, based on information about disappearing families from neighboring villages, towns, USA says 100s of thousands were deported. This was before Romania declared war on USSR in 1941 in order to retake the 1812, 1940 stolen lands. Some of the Soviet atrocities/*torture* after 1945 are described in Laszlo Borhi's Soviet Occupation of Romania, Hungary, and Austria. On June 12-13 1941, KGB deported 24360 people in the middle of the night, all smart people as always. The USSR Anthem: *"We will destroy this world of violence… You've sucked enough of our blood, you vampires*, With prison, taxes and poverty! *You have all the power, all the blessings of the world, And our rights are but an empty sound! Enough of the will of kings Stupefying us into the haze of war! War to the tyrants! Peace to the people! Go on strike, sons of the army! And if the tyrants tell us, To fall heroically in battle for them — Then, murderers, we will point The muzzles of our cannons at you!"* Notice how much anger and genocidal energy, how many exclamation points that are 100% absent from this calm book of the Immortalist anthem vibe. While I agree with the enthusiasm for ending war, we can't accept the first lyrics "Our outraged minds are boiling, Ready to lead us into a deadly fight". The angelic person and even ideal soldier remains calm and

thinks of peaceful ways to achieve any end. *The USSR Anthem composer* (a 'Russian Jew', Arkady Kots) *is inciting people to believe*, wrongly, that "only thru death can they bring the new world, only thru complete destruction of the old can they bring the new". This brainwashing is created to incite max chaos, civil war, so Russia collapses and spies, bad type of Jews, anti-Slav Marxist etc can maybe take over and have a pretext to kill 20 million in USSR to build the "new world". The original Internationale was composed by a 'French' Freemason Eugene and didn't incite to a deadly risky fight, as it didn't want the poor to die, only the aristocrats. *Odd, how* communism *led to* 120 million dead and Freemasons have this oath. *However,* the 'Jewish' USSR version uses a language that incites people more to taking very risky actions that lead to proletariat casualties, so it's either low IQ or evil intent to increase casualties by minority aristocrats or foreign spies wanting a good old depopulation of 'undesirables' who were not obedient to the *new puppet government which was itself unaware of how they were actually robots of the hidden government*. Even the French version uses very bad language and suggests indirectly killing generals and aristocrats, "*Soon they will know our* bullets, Are for our generals" which is not surprising, Freemasons were into 1848 revolutions and USA, France one too, they love a good fight, as their rituals show. So, no the Internationale is not ideal, don't sing it, it's too macho, impulsive, low IQ, violent. Sing this. Thus, the USSR anthem tone was too violent, since there are trillions of peaceful methods to achieve decent living conditions for all. The old world of 'violence' can be gently lovingly transformed, not destroyed to the foundations as the Internationale says, since some good exists in any world, all higher tech staff knew how to run factories, so killing them meant no knowledge to run the economy, production, etc, it meant chaos, the spy agenda. Russia gives 10 yr jail for refusing to kill.

14.8. THE God Hypothesis: GOD, The Only IMMORTAL 'Omnipotent' BEING

For atheists, theists and agnostics: God or 'The Immortals' who love all humanity 'infinitely', can be defined as the collective quantum intelligence of the entire human species (current and/or future, when humans live to the age of a trillion), the Infinite Bliss of Eternal Immortality attained by future humans (our grand grand... kids), or the superorganism with huge powers versus 1 person (*billions of times greater, though* each human is connected *to this field, unlike any object, so* each human is more powerful *than any material object or weapon men created, even listening to* peaceful music *makes you more powerful than all weapons combined in bringing* World Peace). There is no need of belief in fakable miracles to believe in God, since God can be perceived as the mathematical reality of statistics and superluminal vision: in an infinity of probable events, an infinite variations of an event that happened also happened, meaning, an infinite variation of humans happened and some of these guys are or will be Immortal, living to a trillion, being what we could term God... because they don't torture, beat or kill each other like silly humans do. *Aliens who live to a trillion years old, if they exist, are* infinitely smarter than us

and can fool us into thinking that God exists or doesn't exist, *depending on how the human insect defines the God as: a human insect can't prove God exists or* doesn't *exist, since a trillion year old alien can prove any argument humans make for God or anti-God very easily, being far smarter than men, able to* manipulate the human mind to make it think its thoughts are original and not alien implanted*; instead of arguing about God or atheism, people can choose to be kind and grant* Immortality *for* All instead. Thus, there is no need to believe in some nonphysical weird God, since the above mentioned bodies may be made of inter-dimensional energy-matter (they discovered to create the shimmering shapeshifting Immortal bodies with) after trillions of years of research, and they could have even merged to become a vast consciousness as the pages below explain. For skeptics and those who have not yet discovered the Bliss of Infinite Immortality via breathing, God could be defined in simpler words as the oldest and happiest Immortal alien group who may or may not know about us, or care about us, 'is not omnipotent or omnipresent probably' *(but could be, why not? though it is too hard to believe in some omnipotence for atheists, unless all humans are lab rats an alien God created)*, being busy with maintaining their immortality, which is hard, given *universes* come and go, etc. God can also be thought of, by theists or atheists, in infinite ways, for example God can be the beautiful knowledge of the "universe, of physics, of Immortality, of all there is", or our descendants, people who live to a trillion, who help us to get where they are, since time is an illusion, and events being linked or they travel back in time to us to chat with us. God is infinitely kind, so because God gives us an afterlife of trillions of octillions of years, a life of a trillion years is only a billion trillion times shorter than that, a mere nano nano second. Thus, living to a trillion years old is easy for those who follow the science of the real God, since a trillion years is a nano second in Eternity and gives us a little time to better understand God, so God supports the immortalists, the Immortalist Party, and God can also be understood as the descendant of former older or future immortalists, who became Immortal before we did or will become Immortal from our time zone, reaching back to us to their world. Since God is Immortal, a trillion years is an infinitely small fraction of a nanosecond for his life and God, Immortals, Buddhas, aliens, etc could help us to live for a nanosecond in this universe, which is a trillion to the power of a trillion human years for their long life, the lifespan of endless *universes* coming and going. God can also be thought of as the collective of Buddhas or Immortals if one is into Buddhism or as the field of infinite intelligence to tap into infinite energy to power our life and world, so as to enable us to build trillion year lifespans; atheists can conceptualize that aliens who live a quadrillion years *could have, in their own attempt to build better* Immortality *knowledge, created this universe and our souls as artificial intelligences*, for the sake of simulations that create knowledge to prevent mortality.

Whether these AI souls are going to be immortal is not something that they may easily believe

though; however, as the soul hypothesis section explains, Immortality of some AI souls can emerge on its own or even the soul itself as an immortal being without the need of an alien creator. Just as humans don't know all bacteria or tiny lifeforms in the infinite universe, or stress about 'guiding their spiritual growth'. These concepts are wonderful, they help people cope with adversity easier, provide solace and comfort, the will and stamina to carry on and manifest World Peace in 1 year and no prisons in 30 years, etc, plus long lifespans in 300 years. These God concepts can't be disproven or proven, they're hypotheses and possibilities that help us reach trillion year lifespans easier, since we're honest enough to realize we're not alone or the smartest lifeforms in this infinite universe; the concepts are not a religion or brainwashing, only hypotheses that we may prove in a trillion years, so there is no need to convert anyone to any exact rigid belief system about God, as no proof exists anyway, except for the law of physics: action force equals reaction force in classical mechanics and this extends to human relationships too, so to live long and get along, we employ kind eterni tone and ethics and everyone lives long 4 trillion times faster. If something helps us to achieve our goal, trillion year lifespan to understand the universe better, then we use it, even the concept that these God ideas may all be true, when obviously, given the infinity of the universe, they're at least partially true.

Perhaps one of the most central aspects of God (*Infinite Knowledge & Eternal Grace*) is God's Immortality, especially since God could also be the physics of Immortality. Why do people often say that the first nature of God is Immortality? Because Immortality is the first quality that comes to mind that we lack (unlike gentleness, or 500 spiritual traits), and God is the First Immortal whose Immortality is the *longest* as explained below. The arrival of Immortality awareness in the Eternal Now is the realization of the Eternally Present Euphoric Energy of God's Immortality enveloping us in infinite love mercy compassion bliss joy.☺☺☺☺

THE LIMITLESS SPLENDOR OF Immortality☺THE BOUNDLESS BLISS OF Immortality

Nothing more amazing than Immortality☺ THE INFINITE JOY OF Immortality

What we all often forget is the sheer immensity of the Infinite beauty of the Civilization of Immortals of the Future. Even the most passionate atheist will agree that the Civilization of Immortals is inevitable. How so? Well, in mathematics, if you have an event happening in an infinity of probable events, then an infinite variation of that event can occur in infinity and one of those variations is one humanity reaching Immortality. This Future, this Immortality Reality exists somewhere, amazingly calling us to its sweetness and enchanting our consciousness with its tunes in a very hypnotic way. In some time in some universe, parallel big bang of another baby universe like ours maybe, or in our very future. If this doesn't get even the most anti-Immortality believer excited, then what I can say is this, there is so much to be excited about, because one doesn't even need to believe in an Immortal Soul (which many atheists don't

believe in anyway, but some do) to conceptualize the INEVITABILITY, mathematically, of the Advent of the Civilization of Immortals some day somewhere, maybe here if we focus on it enough. In fact, mathematically, that thing already has occurred because the past is infinite, and thus Immortals ALREADY EXIST. To see that future (or past in the infinite past, which may be harder to conceptualize) reality, that tangible all so real world of Immortals, so much more real than our dreamy world of today, is to use the mind to see the nature of math and infinity. All our worries, troubles and sorrows in this world are a joke compared to the infinite majesty, marvelous splendor and bounteous awesomeness of the Immortals who call us from past, present, future to become like them, angels on Earth.☺☺☺

The inevitable arrival of the Civilization of Immortals is a most exciting thing that actually doesn't contradict at all most religions, since Christians believe in a new earth (maybe we build it ourselves with the help of spirits, God, Immortals, Jesus, etc) where people live forever, many Hindus, Buddhists, Taoists believe in this future of physical Immortality. The Inevitable Advent of the Most Wondrous Wonder of All Worlds, is actually a palpable reality we can connect to and Remember as a billion times more real than our world today, when we want to get a little more hope and joy, in face of the less ideal emotions or news we encounter in the media, internet. To know that what is Unseen, Impenetrable to us, that wondrous magnificent Brilliant world of teleporting genderless shimmering shapeshifting Immortals exists, is simply to use the rational mind and to arrive at the logical conclusion that we can be in a sea of Immortal bliss and grace all the time. This will open up the minds of many people to the possibility that these Immortals that have emerged in the universe, have formed a "Federation of Immortals" that exchanges information, and since atheists have a hard time to conceptualize a God that created all *universes*, we can even say that God is something a little bit like this Collective of Oldest Immortals, older than trillions of trillions of years whose consciousness is merged into one as they guide new *universes* to be born and then contracted, recycled and recreated. If you're an atheist, but like math, stay with me for a second, imagine in the INFINITE PAST, a civilization emerged and they became Immortal, figured it out, so these people have been Immortal for an infinite amount of time almost in the infinite past, and what do we call something that has been Immortal for an infinite amount of time? Perhaps we call that God. ☺ Perhaps this helps atheists to conceptualize the rather hard to explain Nature of God, Immortality, and why it is kind of hard to look at things from the frame of reference of Immortality. ☺☺☺

Since we can have an infinity of Immortal civilizations, one of them from the INFINITE Immortal past, that attained Immortality in the past, may have built a hyper-universe (heaven) and many physical *universes* that last billions of years or longer each; they may be what some call "spirits" or those who help us to build a Civilization of Immortals or *Heaven on Earth*. This is a simple way to conceptualize how it is possible for other dimensional Immortals to help us to attain Physical

and Inter-dimensional Immortality. The skeptics will say we humans don't care about the immortality of mice, bacteria, or neutrinos, why would giant Immortals care about humans? ☺ Since the universe is INFINITE, there exists a God like Civilization of Immortals at every size; if that thing can't be accepted, we can argue that the civilization that discovered Immortality first can extend its infinite compassion at lower size level beings, as their life is not about survival, but about making other beings happy, and their thoughts are infinitely different than ours, not about survival, but about giving Immortality to more beings, just as we humans would love our dear pets, or mice pets to also live to 900, if we live to a few thousand. Because when we live to 5 quadrillion we can feel the love of neutrinos far more than a mortal can feel that of a pet, *to grant* Immortality *to neutrinos becomes more of a concern for those giant* Immortals *(or our size) than for human beings of our planet*. How can this be? *Simply because the life is infinitely longer, their capacity to love and perceive becomes infinitely greater.* When our life was short, we didn't have much love and care for pets, but over time, we cared more. Likewise, as we live to a quadrillion, our ethics becomes something totally different, we become much more angelic. This Civilization of Immortals could have even guided events on Earth slightly, like how life evolves into humans. It's easy then to accept the possibility of God or at least God like beings out there. People can easily imagine Immortals (of our size or bigger or smaller) emerging somewhere in the past, but not necessarily them knowing about earthlings. However, if you think of past as a really big infinite past, these people had time to develop universe building technology. In infinity, perhaps one of the Immortal civilizations discovered the future humans by time travel and guided them towards Immortality. Their tech can detect new lifeforms appearing, then send signals to see who is the most responsive to Immortality. ☺☺☺

In statistics, if an event happened in infinity, then, an infinite variation of that event happened too in an infinite past, and one of the variations is an Immortal civilization that is aware of us in our time, due to the fact they build time-space in the *universes* they create, or they got some time travel tech, or whatever, but one of them knows about us and they can shapeshift into our size if not being the same size. Another variation is an Immortal civilization that is the "infinitely aware" first Immortal civilization to become aware of all other civilizations in the infinite past at all size levels, which becomes the super Civilization of Immortals or God, the all-knowing Being. This argument can thus prove that such a being can exist within the infinity of all that exists, that God can exist and exists. This is a very simple modern "proof" of the possibility of the existence of God for atheists. The skeptics will offer the counterargument that no being of any size can be Immortal, due to *universes* dying, but it's not true, they can figure out a way to move to another universe before their universe dies, by turning local matter into energy and taking new form/matter into the new universe. This Civilization of Immortals is omnipotent, omnipresent and omniscient, as it knows all *universes*. *Only 1 civilization can have this quality by definition of*

omnipotent, *omnipresent; if 2 would have* omnipotence, *they would be one, because* omnipotence *vanishes if another would have "*omnipotence *or even an extremely tiny power compared* to God to challenge God's omnipotence, infinite knowledge". So, can we speed up the manifestation of the Heavenly Earth of Immortals by simply remembering that this is possible, or at least that humans can live to 30 billion years old? Perhaps. When we think about it, we get excited and we're setting in motion energies that will add up, from each human, until the energy becomes so big, that it puts us into a happy timeline to quickly manifest 900 year lifespans, as our first step towards really Immortal LIFESPANS, like 90,000 years, and 30 billion way later. The thing is with science, the TRUTH is there, even if people don't believe in it, or know about these laws of math, physics, Immortality. Gravity was always there, so were electricity, elements before we discovered them, and so is physical Immortality. As stated before, one of the most Astounding Qualities of God or ALL THAT IS, or the first nature of God is Immortality or Eternity, in the sense of infinity of time... Eternally Immortal. And God so much Loved the world, that God gave us science to bring physical Immortality, to realize deeper the meaning of spiritual Immortality. ☺ The word Immortality is synonymous with bliss joy love and all that is wonderful. What a joy Immortality IS, we don't ever die; we just shapeshift into pure energy and become the spirit or new matter physical being that lives in another universe made of new matter. We defy death.☺☺☺

The Eternally Present Immortals in the world of hyper-universe or heaven (dimension sourcing physical *universes* into existence) is such a powerful reality, that it acts as a beacon that guides all mortal civilizations to aspire to Immortality and *one of them* to make it to Physical Immortality at least when they realize how real Immortality is and what its nature is. It may well be the very mechanism of the universe creation and dissolution, i.e. dissolution starts when a civilization attained true Immortality and starts collapsing or contracting the universe as it ascends the universal matter to be used for the creation of a new universe, with this first civilization to attain Immortality in a universe acting as a guide for those, at all size levels, who might be able to make it interdimensionally, i.e. defying death, by translation, without the need for astral travel to hyper universe as in normal "death" due to universal contraction. What is evident is that the heaven of Immortals exists, and we can commune with it 24-7, we're too distracted to think about it mathematically in terms of proof, so it becomes less real, especially if we're the science type who can't accept things based on astral travels, miracles (which advanced beings can stage to fool us) or anything but LOGIC itself. ☺ Why is 120 year Longevity so important? It's probably because it helps us to draw closer to 500 year lifespan or Immortality and thus to God's other 4 trillion qualities. ☺ Every little step, even 100 or 120 average lifespans from the current global 72, is a huge step towards Godliness ultimately. Preserving life and building the world that preserves life is what builds Civilizations of Immortals, and it takes time,

but eventually, we get there. We will probably be colonizing many star systems before we reach true Immortality that ascends a universe, Immortality being the hardest thing there is. ☺☺☺

If a 2nd Immortal civilization aware of other (not all) civilizations appeared, some may argue that it might try to influence us one way, in a conflicting way from first aware civilization we called God above. However, if God chose to go invisible in another dimension God built, 2nd civilization would not fight God, as real God is unknown to them, leading from behind. As explained above, only 1 omnipotent Immortal civilization (God) can exist, so a 2nd civilization can be aware of God, but can't be omnipotent and can't fight God if God doesn't want the fight, because God is omnipotent by definition and can stop any attack on God at any time for an infinite amount of time. Why doesn't God stop the mean people from doing bad things? God's patience is different than human patience, it's infinitely greater; God knows all are nanobabies, tiny young souls just born recently. ☺Since God has lived a quadrillion to the power of quadrillion, repeated a quadrillion times at least, he developed an infinitely greater intelligence than any civilization in cloaking God's existence and becoming invisible. God can be thought of, at times or by some people at least, as having no interest in revealing the real God's existence, because the true nature of souls is revealed better when they don't really believe fully or much or at all in afterlife or God, thus enabling God to determine which civilization God reveals God's existence to in a really strong way, so they join a higher universe, or God. If there would be several later Immortal civilizations discovering each other (or even discovering all other civilizations except God), if they value remaining Immortal they would not go to war (after eons of fights perhaps, they realized war is futile as it ends Immortality) and, instead of warring, they would create a collective of Immortals because war would end their Immortality, and then this collective will joyously join God upon discovering God (when real God reveals God's existence, God only does so when others would join God), the first infinitely aware civilization above. This ascension into another dimension of a previously known to other civilizations collective or single civilization, which is absorbed into God, is done with God's Infinite intelligence that hides the existence of God from all the civilizations not ready to know. ☺☺☺

All civilizations after the God one, have 3 possible routes: fight other civilizations and end up dead eventually, join a collective of Immortals to prevent death, or be lucky to be ascended into another universe by God. This perhaps metaphoric or simplified way of explaining God as the most hidden mightiest Civilization of Immortals may be helpful for atheists who're vehemently opposed to even agnosticism, since it can bring more fluid intelligence and peace on Earth. ☺ But we can see how there could be competing mortal or Immortal civilizations, unaware of God, trying to influence the destiny of humanity, from the respective areas or dimensions they may be in, just like superpowers on Earth try to influence a country (or use a country as a disposable garbage to attack a rival, even if that can mean the end of that small country or in our case, of

the human species used to attack aliens that some other aliens want to get rid of) to be on their side, even when they don't know about each other's existence. The problem of course with attacking others is the attacker has no way of knowing if that's the beginning of their end or not, because while on Earth we know human capabilities well, in space we have no way of knowing if an alien group once sensing the intent of certain space operations or "fake friendship overtures (with intent to enslave a fake bait civilization of biorobots that seem genuine species on a planet, used as decoy for sensing "predator" species with ethics diametrically opposite to theirs)" can end humans in a shorter (seconds) or longer (centuries) time.

If any human like civilization exists in a nearby galaxy or in our galaxy, they may know we exist since big fusion bombs have a specific signature that ultra sensitive instruments may detect from far distances as different than solar fusion in stars due to shock waves of various gamma rays and subatomic particles bouncing off the heavy atoms nearby on a planet leading to an echo absent in stars (which have lighter atoms). Even ultra fast fission doesn't occur in nature, so they can detect it probably from light years away. This is why a little thought about such "useless topics" as God, spirituality, being a friend to all beings, can actually prolong our longevity as a species and make us reach Immortality too later on. It's hard to know what goes on, but this simple analogy opens the mind to the possibility of Immortal civilizations or "spirits" existing who have agendas, or even mortal astral civilizations. Ultimately, we know so little, that one thing that helps is to never take these or our hypotheses about Immortality or mortality too seriously, since we're like 1-minute old infants, clueless, about the Universe, compared to 2 quadrillion-year-old Immortals.☺☺☺ Likewise, we know so little about other people, that it helps to not take our hypotheses about them too seriously, because we see only a trillionth of what an Immortal sees, as Chapter 2 explains better. People, just as God, often have no interest to reveal their existence, skills or nature, because in such invisibility, the real nature of other people is revealed better. A 1 g inter-dimensional "asteroid" or a gamma ray or unknown ray burst could carry in it, in subatomic/string patterns, the recipe for bacteria that lead to plants, animals, apes which shift into human when a dimensional signaling occurs that invites souls to incarnate a tiny part of self in this virtual world (living trillions of years, the Immortals can wait 4 billion years, as they seed trillions of planets) as explained in Chapter 2. Our tech can only encode little info in 1 g, but with particles $10^{99999999999}$ smaller, the info that 1 g carries, via this synthetic matter (probes being the only such matter in the galaxy or universe?), is huge. Then the signaling draws souls to find the mother civilization. ☺☺☺

The arguing back and forth about God can go on forever. ☺ For example, if the universe is infinite, how can a finite civilization (the first Immortal One) map it all out and identify all civilizations, from the nanometer to the quadrillion trillion miles in body size of individual? Also, we think of civilizations of interest in terms of those made of beings of comparable size. If we go

down to femtometer scale, some beings may exist that live such a short time, we can't study their life or civilization well or even if they live a long time, we can hardly understand the nuances of their activity, since it seems they all behave the same. A being the size of a universe also may see humans as some ultra small “subatomic matter conglomerates” or photons or electronic clouds behaving the same and being “low IQ particles with no civilization”, and as such may not be ultra interested in mapping every such “civilization” and in directing its path. When humans produce high heat, UV, etc (war, etc) or we clean things we often destroy entire ant or bacteria civilizations in 1 second, or 10 hours of human time equivalent for a big body civilization inadvertently wiping us out, if bacteria live 1 day. Likewise, when we're living on 1 planet only, our chance of survival long-term is dim, even a solar system, because there could be tons of events – gamma and other ray bursts due to activities of this dimensional beings (made of a mix of discovered and undiscovered particles, or made of undiscovered particles with far less (undetectable by our “gravity instruments”) mass due to an illusion thus seemingly immaterial (perhaps ”spirit” like to use an incorrect analogy), invisible and undetectable by us, but influencing existing known quarks, bosons, leptons, they could exist in our town, galaxy, interstellar empty space) or other dimensional beings the size of 1 nanometer, 4 inches, 7 miles or 80 solar systems that wipe us out in hours, just as we unintentionally wipe out bacteria in seconds when we remove a sun blocking material in one area and the sun then destroys all bacteria via UV in liquids and on the surface. E Coli or other deadly bacteria are not really seeing humans from outside to our true size, and they're not very aware of us existing even.

Now, what if, life and intelligence as we know it, includes things that we would never consider “living organisms”, because they don’t have “neurons” and biology, and they don’t transmit information via neural impulses like humans do, but in a totally different way, using possibly undiscovered subatomic particles or a mixture of known and unknown particles (their neuron impulse equivalent could be very very slow in human terms, but due to their big size and lifespan, it’s comparable to human neuron impulse to lifespan ratio), so that a bundle of air, magnetized by solar storms, or dead matter, rock or earth, under certain circumstances determined by less known boson-lepton interactions (sort of like photon boson excites lepton electron moving it from HOMO to LUMO, most life as we know it in biochemistry or even inert natural chemical processes are electronic and photonic exchanges and interactions), forms a self-organizing life system so different than humans, we would never suspect it is intelligent? If such beings get sick due to humans, as humans go sick during a cold or flu due to bacteria, with humans doing something odd and useless (not essential) that sickens these beings or even kills them, they naturally would wonder, like humans did for centuries, why they died, and then we discovered bacteria or they will discover us, and try to control human population as we control real bacteria. To think that this could be possible in some future on some galaxy or solar system

at least, adds another challenge to living to 1 million years old. How would we be able to even detect such a being, avoid upsetting it, can bacteria ever figure out how humans function and exist? Bacteria have no eyes, they can't see humans as we see a big whale or whatever. What if we humans, like bacteria, lack the "eyes" to see these beings, since it would require detection of not photon bosons, but other undetectable (today) particles and we lack such an organ and can only see it with instruments only? Bacteria only know nothing about us, so we probably can know little about such beings if we discover them. They can be even tiny size, much smaller than us, and produce subatomic particles in their usual activities that give rise to new disease conditions in humans, without them being aware that they affect humans or that we even exist.

For eons we humans did activities that wiped out entire bacterial colonies (spread some peppermint oil in some area or etc) without having the science and knowledge bacteria even exist and what their chemical composition is. Likewise, aliens who're mortal and new in the intelligent life species class, may not know we exist and inadvertently help or hinder us from living to 1 million years old or from colonizing every single planet we want. We categorize life as some moving matter, but what if unmoving chunks of earth or rock or water, in certain conditions, governed by subatomic processes and other particles that only exist in certain locations and conditions, can evolve some intelligence and awareness, exchanging info not via electrons or photons as humans do but in another way, undetectable to us? We see a tree, someone will say that's not moving, not an alien, not intelligent, but they can eat animals, at least some plants can, they can make chemicals to prevent animals from eating their fruits or seeds, or branches, etc. We see a mountain or rock or interstellar void or carbon dust (fullerenes), that's 2 billion years old, why so old? Is it that ☺abysmal in IQ☺ and unintelligent or does it communicate in a way unknown to humans with other rocks to protect its longevity? What if rocks, some rocks at least, are smarter than we ever thought? What if some rocks or certain molecules (big ones, not all molecules of the same formula, only some that are different than similar molecules in ways undetectable to present physics), hadrons, undiscovered particles etc developed in the last 3 billion years a form of telepathy using unknown (to humans for next million years) waves and physics particles? We see empty planets and no aliens anywhere in the galaxy, but hey, by what definition of intelligent life and size, what if the galaxy is teeming with invisible life? We live 80 years and have a number of events in our life perceived as distinct. Some huge being, 3 billion years old, may have an equal number of events in their life perceived as distinct, so its transfer of learning to subuniverse time may be similar to a human's. When we tap a wood piece, it's 1 second, but for femtometer beings it could be the equivalent of 1 trillion years; 1 million human years could be 1 second for a billion year old gigantic being. Immortality would become more real if *the number of distinct events in self-awareness is infinite almost as in Immortality, when adjustment for perception of time is made,*

i.e. a human size being who lives 1 trillion years, not one the size of a galaxy. So, what makes such a long lived first Civilization of Immortals (God) interested in granting infinite lifespan to beings we humans perceive as living a nanosecond or a billion years in human year definition?☺☺☺ Once again, God is Immortal and has developed infinite awareness of all sizes lifeforms, and can become interested in granting Immortality to them, i.e. some subatomic particles may move to another universe and reach physical Immortality before humans do, even though now, they live much shorter than us, i.e. perhaps a billion times shorter. When we live to 9 million, we want tiny pets, mice or ants to also live to a million perhaps, God is the same way. ☺

Just because some subatomic particles are tiny (even if we can't detect them now, some weird "hadrons" of "femtoquarks") doesn't mean they're inert silly particles or very short lived, they could live to a trillion years old (moved in our universe from another) and be so much more advanced than us, in culture, technology, understanding, that we would never guess how much tech they built, as it's made of "invisible to us particles". We keep looking for aliens and they could already be almost everywhere, with stuff we can't split or alter in any way, maybe some femtoneutrons or femtoneutrinos, as their "planet". Does that mean God is so small or that they could be the God of religions? Not necessarily. It just adds a level of complexity to the question of "how much do we know about God and the universe?". Why would a tiny small God want huge humans to become Immortal? Because "God" loves humans, just as we love our pets, big elephants, or perhaps solar systems or gigantic trees, which are huge compared to us, but we want them to live a trillion years too, not die at age 3,000 or 5 billion.☺☺☺

An invalid counterargument, if we can call it that, for the idea above, is that a finite civilization, over an infinite amount of past time, can become so big, that it can create trillions of *universes* and subuniverses and virtual *Universes* and souls (artificial intelligences) and be, for all practical purposes, the "God" of the subset of infinity itself that it shaped. The clear thing is that while they're local "God" they don't control everything at all size levels in all infinity or they can't do anything against the real God who is the only omnipotent one. However, going back to math as above: if an infinity of variations of such civilizations who become local "God" exist, out of all these civilizations, one of these finite ones, expanded so much in infinite time that it became infinite itself so to speak, and out of those who became infinite, one, and only one, became omnipotent, and the most infinite of all. The debate then ensues whether our universe is in an area where such a mini or the real omnipotent infinite "God" exists, whether such a "God" is highly interested in human civilizations directing, or our universe is in the outer reaches of infinity that this oldest most advanced Immortal civilization "only omnipotent one" ☺ has not mapped yet but will get to soon, in a few quadrillion years. In infinity, if an event (human civilization) happened, an infinite variation of that event also happened, including the variation of humans that map all infinity in their infinite Immortality, since they have infinite amount of

time to reproduce and send out spaceships to map out all infinity. How can infinity map out infinity? How can a finite group of beings who become Immortals multiplying and becoming an infinite amount of Immortals perhaps, then map and omnipotently influence, if desired, all infinity? *Skeptics can argue we can't prove an infinite amount of time already has passed for the full mapping to occur (they say I may talk about a future event from our linear virtual time), and that's fine, but one can't be 100% certain our universe is new either and the other universes are only a few billion years old and humans the only ones out there. Even if we accept that all that exists appeared yesterday in cosmic time and mapping wasn't done fully, there may still be a local God as explained that is not omnipotent, even if unaware or aware of humans. Additionally, if not enough time has passed, technological advances in doing it faster and faster could have caused an infinite like rise in mapping speed, which enable the full mapping to be done in a shorter time, that to some seemed not enough initially.*

This mapping of *ALL* infinity by infinitely reproducing Immortals sounds impossible indeed for some, but only one such civilization exists and they do it with the aid of infinity itself that becomes self-aware thru this civilization. The skeptics would argue that we humans can't keep track of every bacteria or virus strain that may appear, and humans are very much like bacteria compared to the size and lifespan of "Immortals" that, per statistics, exist, even if we don't see or are aware of them as bacteria don't know much about human civilization; hence, God, the first Immortals, the skeptics argue, have an impossible time to keep track of infinite new lifeforms emerging each second at sizes too small for them to detect as lifeforms even (in 1 human second a trillion *universes* and galaxies of much smaller size have come and gone in an object, but to humans everything seems the same in that object), let alone in bands of electromagnetic spectrum we see less or nothing if undiscovered photonic type particles. Believers argue that they only track those that gain special longevity or that they found a way to keep the speed of tracking expansion increasing, so it outpaces that of new lifeforms appearing.

Believers also say humans can do what no bacteria can, but so can bacteria do what no molecules can and bacteria can end all human creation by ending humanity. When bacteria change things in a huge lake or area, they do it on a scale (compared to their size) as vast as humans using the mightiest bombs. ☺ Regardless of how much they can map or not map, to continue with the first Immortals, at some point in the infinite past, infinity became aware of itself thru these mortals who became the first Immortals who later became omnipotent, i.e. more powerful than any other lifeform of any size. Humans become self-aware perhaps due to small neurotransmitter molecules, right? What if infinity becomes self-aware thru this tiny at first, infinite later, civilization of God? This is where most people will become skeptical and not understand the meaning of God ever expanding and evolving, how can finite beings (neurotransmitters seem finite compared to the seeming "infinity" of a human) bring awareness

to infinity and map infinity? The truth is no finite things exist, everything is a part of infinity itself, infinite one energy exists alone, the "all that is" is the only being existing, so the mortals who gave self-awareness to infinity were infinity expressing itself, so it was infinity (not finite beings) that gave infinity self-awareness and self-direction via omnipotence of God, the first Immortal civilization. It's much more than neurotransmitters that give us self-awareness, but it seems they're the ones, it seems finite beings give it to the far vaster human, just as it seems finite mortals, who expand and multiply and become infinite in number (God, the omnipotent civilization), give self-awareness to far vaster infinity of all that exists.

Infinity alone exists so Infinity is not omnipotent, since there is nothing to influence besides itself, only God is omnipotent, as God is different than the rest of infinity. Infinity can't be mapped, some would argue. While it's hard to imagine how infinity can't be mapped, in an *infinity of possible events where one event happened, an infinite variation of that event* also happened, including one civilization which is omnipotent, omnipotent means able to map and influence all far out reaches of infinity, including our galaxy. Thus, we can argue mathematically, that, weirdly enough, God, *the real one, not mini-local ones that are not omnipotent, but* God *the "first" and only omnipotent* Immortal, knows about us humans, as God is omnipotent, God can map out everything. Isn't that funny? ☺ How can God be so cold to human suffering if God knows about us, some ask? God appears cold because we have no feeling, imagination, experience or idea at times of what follows this virtual experience of being a little human mortal on Earth. First of all, God is not always that cold as we think; God, due to being infinite, can love infinite amounts of beings and naturally God does love us and helps our souls to practice building a world of Immortals in our virtual universe we call Milky Way. God perhaps thinks of our troubles as experiences that help us to realize what is more loving (useful in developing the best Civilization of Immortals in the long term), so that one day, we become able to live as Immortals in this or other *universes*, depending on the soul structure and journey in the afterlife, in case we didn't make it in this universe. In any instant, there are infinite reasons to be ecstatic about, but we become so self-focused on 1 thing or experience, that we forget the rest of reality.

But if this universe is virtual, why bother to become Immortal here? Because it makes us much kinder as souls, it prepares us much better for being Immortal in multiple other *universes*, the one of God eventually. Why much better? Because it's one thing to talk about living in a heavenly way and another to realize by building *Heaven on Earth* what it takes to have heavenly behavior, knowing by doing instead of by guessing and assuming, knowing by hypothesis formulation and testing instead of by 'believing without proof or experience'. A trillion people can tell us "an apple tastes like this" or "a mothership traveling at light speed is like this", but if we never ate a fruit from earth or built such a UFO, we will never know perhaps what it takes to build such a UFO.☺☺☺ Only by tasting the apple or building the UFO *(experiencing a world of*

Immortality ***without any aging, wars, violence, dying in this virtual world for a while until transfer elsewhere)*** **here on Earth, will we know better. But, skeptics don't even worry about that question, as they think "this is the ONLY real universe, we either make it to Immortality here or we lose all chance". Either way, this whole chapter is for skeptics mostly, a little essay on why one can agree that God can exist even if God is a physical civilization and we can make it to 30 billion years old, the proof of science is all we need to realize that, math alone, no religion needed, no unproven stories of miracles and etc needed. ☺☺☺☺**

As we can see, the debate and exchange of pro and con views and ideas can continue forever. What everyone probably agrees is that there are a lot more constraints (or even existential risks) to human civilizations than we normally think about, when we ponder about humans making it alive over a trillion years. This realization can act as a sort of unifying force for humans, regardless of their level of belief in "God" (depends what definition one assigns to God anyway), since we have a lot of factors stacked against us, most of them unknown to us, as we have a hard time to understand the civilizations of beings the size of solar systems and how their activities influence our chance to be alive in an area of the universe or galaxy even. We can thus see, that from the human point of view, it seems much more helpful and productive to become inter-galactic and Immortal (very long lived, able to travel vast distances) via eternal hypothesis formulation and testing (science) than to fight over religious interpretations of God and whether this or that type of alien being setup this universe or not. We co-exist with bacteria, in fact, our life depends on it. We only take action against some bacteria when they do something harmful to us. Understanding what human activities may be harmful to much bigger or smaller beings may help us survive. That is not something we usually think about, but if suddenly humans on some planets disappear, it may be due to these inter-dimensional or even this dimensional events, of less known matter, etc that happen unintentionally (some huge being removing something in the galaxy structure that blocks a new type of cosmic radiation or particle jet that is lethal or very toxic to humans, without a specific intent to control the bacteria or humans that do something odd or even being aware humans exist at all). Our telescopes only see so far and only certain things, now imagine some weird aliens out there, not Immortal, some gigantic aliens, the size of solar systems (but made of invisible to us matter) or just 80 miles tall, unaware of humans (or even if aware, not caring about us, as humans don't care about bacteria when dropping certain bacteria wiping bombs or chemicals), fighting and this war ending up spreading some chemical changes to all matter in 10 galaxies, that then wipe out all humans. Imagine how cool and safe it is to be living longer and to be on 100 galaxies: we're more prone to survival, since we have a trillion things stacked against us that we have never seen in our telescopes, understood or experienced yet that we have to be ready for, far more dangerous than our "enemy humans on Earth". If people realized how little they know (ants have weird beliefs but

many are false, just as most of our beliefs will be proven wrong in a billion years), they would stop fighting so much other humans and fight to advance science and understanding so we don't disappear in a week as a species, due to things we could have seen if we developed science instead of living in paranoia-fear all the time trying to wipe out other humans.

There could be gigantic (size of 3 galaxies) or even super tiny (a quadrillion trillion times smaller than smallest particle we know) alien beings out there (made of invisible stuff to us) who when fighting or go on a "fishing or foraging" expedition to eat the invisible matter of some solar systems, they vaporize entire galaxies and turn them into some weird nanoneutrino undiscovered particle sets, or weird energy vortices (not black or white holes of physics), or they eat *the invisible component of normal matter (a whole solar system, leaving behind some dust* from our perception or from theirs, as they don't realize the solar system even exists as they perceive different things, *like termites do when eating wood)* and change its structure *(even if the solar system seems intact from human point of view, except all animals, bacteria, humans and plants are dead),* wiping all humans without realizing, something our telescopes never saw, not black or white holes, something totally different. Now, how is that for a survival challenge, compared to some rebel group on Earth? Are we ready to become an intergalactic civilization on short notice before this war or just "random going out to eat something event" happens, so they don't wipe us out by accident? Will we forget our petty wars on Earth that keep us so primitive and realize the trillion times greater (than other humans) dangers to our species out there? One can argue that since *vegans* and *eteris* use much less fuel, land, water, resources, if we were all *vegan* or eterni, we would be able to have way more scientists and to go into space and survive with a higher probability and arrive at a better understanding of existential risks, God and the universe faster. ☺☺☺ In the subuniverse that is more real than the virtual universe we're in, humans or beings who live 1 billion years old (but are a million times bigger and have roughly same number of distinct events in their time perception, so not really Immortals in the sense of having far more distinct events than us), are potentially similar age beings of the same type, so compassion for their virtual universe self (bacteria can kill humans, humans can kill beings a million times bigger than us) extends our life and theirs, enriches our subuniverse relationship.

Additionally, if we humans are out to do something, and we see a lifeform that is truly cute and kind to everyone, we're less likely to wipe it out and take some effort to build something or do our things so as to not wipe those little cute creatures out. Same way, beings who live 4 million or billion years and see the little beings called humans might be way more compassionate if they see we're nice, because they might just be 50 feet tall and can study us in great detail just as we could study a *vegan* animal that is very small or a carnivore version of the same animal. What is the utility of veganism or, way better, eterni diet then? It helps us develop empathy that might increase the probability we make it out as a species. Spirituality is not meant to be only talk of

empathy, but also walk of empathy. To talk about kindness for pets or guinea pigs is easy, but to stop eating animals is a lot harder, given the many ads on TV. Whatever version of God exists, that God may care more about our compassion for other lifeforms that are not as powerful or fortunate as us (not just people, but all lifeforms, even those who're a million times bigger but can die as a result of human action), than about our rituals, prayers, etc. The boundless compassion for bacteria for example, can cause a civilization to seek a diet that enables them to not wipe out any bacteria, leading them to an inter-dimensional matter body and true Immortality. We see thus, how endless compassion can actually bring us to a real understanding of what could be called God's central attribute that we lack, Immortality. ☺☺☺

CONCLUSION: The arguments for God existing, not existing, what a local or universal God can do and not do can go on for trillions of years and pages, but the point here is not so much to prove *or disprove we're or not alone in the universe or* God exists or doesn't, but to prove that a Civilization of Immortals (that is God like) can appear (again perhaps) in this or other universes, or millions already evolved even if they're unaware of us, being tiny "local Gods" so to speak. Obviously, a real God, that is omnipotent, can only be one, *so* we can't call the other civilizations local Gods, but perhaps, "old civilizations". Any Godless atheist who knows science and understands the infinity of the universe, realizes that the probability of other aliens being way ahead of us is huge, but we don't know if and when we may meet them of course, if they didn't map out all *universes* yet or chose to stay quiet if they mapped infinity already as explained above. Why would they be so quiet if they saw us? Perhaps they have their own process of granting Immortality to civilizations that join them? We can't know for sure. We don't give our best tech to anyone randomly and quickly, either, so if such aliens exist, they would perhaps be the same from that point of view? Imagine us trying to give our best tech to mice, it's challenging for us, but we could do it in a special way, help the mice souls become humans via reincarnation perhaps or mice becoming human or shapeshifting? Everything would be so complex. We love our pets ☺ to be living to 9 million too if we live to 30 million, so if they see us as we see pets they may love us to live to 9 million, but we didn't get that gift yet for unknown reasons. Instead of waiting for the good aliens to find us as cute adorable pets and give us such a long lifespan, we can use science to discover how to live longer in the next millions of years. No aliens may encounter us for millions of years anyway, why wait so long? However, it's possible God already mapped out everything and this civilization already gave us the first clues and ideas about how to build Immortality technologies, but they do it gradually thru inventions humans discover without taking credit and saying "we gave it to you". As Tao Te Ching explains, the sage does it all quietly, the best leader is unknown to those whom he leads so that people say "we did it all by ourselves"… like people today say "we discovered all this by ourselves", maybe it's not by ourselves… ☺ Perhaps, some ultra far away century, when we have been Immortal for

some eons, and can better understand the "only omnipotent civilization", they will contact us in a more overt way, less subtle than today… If we're in contact unaware with some aliens aware of us and guiding us, are they the God or some lower ones who're mortal and quite confused, or even those who may try use us for their selfish agendas? Highest selflessness can only arrive from the most omnipotent civilization which can do what is best for all beings. That is so hard to know, especially due to disbelief by some in the ability of a civilization to become omnipotent after mapping everything so fast. ☺☺☺

Skeptics could argue the whole argument falls apart when we use statistics the other way: in an infinity of possible events, if an event happened, an infinite variation of humanity happened, including one civilization (not that became Immortal, still mortal) able to wipe out or prevent from mapping out correctly all other civilizations that may become Immortal in some sense of the word locally at their size and definition of Immortality. For beings way smaller, living 20 years is equivalent of humans living a trillion to the power of a trillion years. Does this human size civilization care about those tiny beings who at their level are Immortal, but from human point of view are mortal nothings to be bothered with? Maybe not. So then, we see that the question is very much a mystery, in that we can use the same statistics to argue that Immortality is possible or not possible, that God exists or doesn't exist. Yet, if a civilization is able to stop all others from becoming Immortal, it would have all the knowledge of these tiny beings who became Immortal (20 years equivalent to an infinity of time at their size and time perception), or, as skeptics would argue above, would be able to map out all infinity at all sizes, as infinity infinitely expands due to new molecules forming, new hadrons, new subatomic particles, new dimensions, etc… But the skeptics argued above that such mapping is not possible. If it's not possible, then these people can't really track really small, infinitely small beings or infinitely large beings, let alone stop their attaining Immortality. We see from this that it's quite difficult to prove Immortality of individual lifeforms on a time scale relevant at all sizes, not just theirs, because we define Immortality as a property with respect to mortality, just as something is long when compared to something short. Can we go around the universe ask people if they attained Immortality or mortality, or longness or shortness? How can you prove a civilization of Immortal or long people exist? Immortal, like long, is a relative property, defined by the opposite, mortality or shortness. Sure, some people are long compared to others, but can they be infinitely long? Can some people be infinitely immortal? ☺☺☺ Believers would quickly say that they can, they just map out all planets and create infinitely long bodies made of tiny vibrational strings that form all matter of all inert or organic matter, with these tiny waves going thru infinite *universes* of infinite sizes, so that when one universe dies, they don't. But hey, how many people can be that way? But the totality of all that exists obviously is Immortal and nobody has a problem with that. Regardless, it's quite amazing to ponder on the fact, that if the

argument falls apart in the skeptical mind, and the existence of a civilization of "infinitely Immortal" Immortals at all size levels definitions of time perception is impossible or this civilization is incapable of mapping all infinity, then we may not be in the zone that is mapped by a somewhat Immortal civilization, and have a chance to develop Immortality at our scale and perception of time, which while not infinite, would mean, like for the 20 year living tiny beings, living to a trillion to the power of a trillion years.☺☺☺

So, while we can agree with skeptics that is it hard to prove true "infinitely immortal" Immortality, total infinity mapping or God exists, we can all agree, theists or atheists, that humans can live to a trillion to the power of a trillion years if they set their mind to it. Since we have nothing to lose, why not try to create at least a semi Immortality at our size and level of being, which for all technical and practical purposes, becomes like the Immortality of God and spirits of religions, who indeed, can't prove their Immortality anyway, how can they prove they were around a trillion to the power of a trillion years multiplied by a trillion infinitely? It seems a waste of mental energy to argue how long the "Immortals" live, because it will be hard to prove that they lived that, since the number would be huge. From their perception death doesn't exist, they saw nobody dying for 99.99999999999999999999% of their existence and they don't know in 20 years they will be gone, since 20 years is a number that is impossibly long for them to grasp, just like a trillion to the power of a trillion years is hard for most people to grasp. It seems more useful to instead dedicate our mental energy towards discovering how to live healthy long lives and build those trillion year *lifespans*, *because then we have more time to dedicate to the question about the "longest Immortality possible".*

We may have been living a week as insects eons ago (some insects live a week, humans live *4,160 weeks in 80 years), if the soul evolved from that lifeform*, and now we live 4000 times longer. Why wouldn't we evolve to live 4000 times longer than present day humans, much faster that hundreds of millions of years and not necessarily by becoming bigger? If skeptics deny God or Immortal aliens, then they can agree at least that we're free to reach Immortality without any impediment, without anyone trying to stop us. So let's do it together. Atoms seem inert ☺ abysmal IQ☺ matter components, but they may not be all so, maybe some isotopes of some elements are part of a civilization of aliens who're Immortal for all practical purposes at their size and perception of time, can use telepathy to avoid being disintegrated (fission) or fused (fusion) artificially, if heavier atoms. Some particles are unafected by fusion or fission. There are quadrillions types of any type of isotope, even if to us all identical isotopes seem the same; if they communicate via particles that are a trillion trillion trillion trillion times smaller and faster than smallest/fastest ones we know, we may not detect their advanced culture, religions, exchanges, way of existence. Compared to humans, on a longevity per weight basis, many stable isotope atoms (not the ones that decompose being radioactive) live a 10^{36} times longer and

some particles (unknown to us) probably far longer than our little universe has been around for. Humans are made of 10^{28} atoms, having the weight of 10^{28} atoms and they can live 10^{8} times longer; some heavier than oxygen atoms can live 10^{37} times longer. Cows are big, but can only live to 20 maximum; many bats who feed on insects weigh 7 g versus 0.7 million g for a cow and live to 40, so they live on a per weight basis 0.2 million times longer than cows. Likewise, some birds, small parrots, can live as long as a cow, but weigh just 30 g. These examples show bigger doesn't mean living longer. Fruit flies are small, but live only weeks. Ato disintegrate, particle physics estimates protons live at least a trillion billion billion years (10^{30} to 10^{33} years, which means about 10^{60} times longer than humans on a per weight basis, while stable atoms can reach lifespans of 10^{59} times longer than humans on a per weight basis). One can see how, skeptics can argue "if someone is God, can't they at least give humanss a formula to live 50 times longer?" We're not talking about parrots living 50000x longer than cows on a per weight basis. ☺☺

If God created all these creatures, birds, atoms, God can grant longer life to humans easily, but none of the people who claimed to be God or messengers of God *were able to* even double, let alone increase 50 times *or much longer the human lifespan*. This doesn't mean they didn't get some good ideas from God (thus being a sort of messenger of God, but then anyone is who has good ideas, like people discovering things that cure diseases), just that the ideas, as expressed, may be incomplete at least, or a revelation that fit those times when people did not have science to understand they can live much longer and develop much higher and deeper spirituality, ☺☺☺ kindness, gentleness, healing grace, eternal tone, compassion, understanding of God's and afterlife's infinite complexity, etc. God created some stable isotope atoms and protons living 10^{59} or 10^{60} times longer than humans on per weight basis and 10^{30} on an absolute basis (nobody saw protons decay, so they may live way longer than 10^{30} or 10^{33} estimates), birds who live 500 times longer than humans on a years/weight basis, why can't God incarnate at least quadruple human lifespan of some disciples by giving people a formula of things to mix and eat? This would be a true miracle that is very hard to fake. Perhaps God wants democracy, demos kratos, the power of the people, so the discovery happens thru science some future age, so all benefit from it, not just one disciple who lives to 300. After all, God will give people a nice trip to heaven for 10^{99999} years in the first heaven before ascending to next heaven, if we're to believe that "Jesus is the only way to Heaven" ("No one comes to the Father except through me"), giving them such an Immortal spiritual body, why not give people a glimpse of that with a 500 year or trillion year 10^{12} (12, not 99999) old body? If God can make a body lasting infinitely long time, certainly, 500 or a trillion years is a nanosecond vs infinity.☺☺☺

Isn't it odd that no mainstream religion (or spiritual group, music style or music band) focuses on the fundamental human right in a Civilization of Immortals, the right to not be killed (war means people can die young, so no hope of living to 900 or much longer) or have one's lifespan

shortened by others (as in violent incidents), on the truth that "no real ethics emerges on a planet where killing others is routine via war and etc", on the urgency or need to bring temporary cessation of all hostilities within 2-5 weeks and permanent World Peace within a few *months*, 1 year max, this lifetime, not via war but peacefully, as soon as possible as the key step to "*Heaven on Earth*"? ☺☺☺ These ideas are not even 0.1% of the lyrics content of country, techno, pop, spiritual, religious, anthem music or literary genre, indicating how much our Earth "advanced" culture and spirituality cares about the most basic form of being spiritual and having some refined "culture": not killing others (but also not torturing, harming others non-lethally overtly or covertly). It doesn't seem to register to people that with present focus the "eternal" warfare and violence will continue for a long time, in other words "others getting killed for being innocent civilians or brainwashed soldiers is none of their business, they just sing about whatever topic or religious lyrics, very "sensitive, compassionate and caring" indeed?". Watch carefully the sermons and activities of all religions, music, movies and you can hardly see any focus on World Peace now (it's always World Peace in some "future century"), let alone on eterni *tone* (not content) for example or eterni *music* rhythm, known to aid the cause of World Peace and spending trillions on longevity not killing others. Ethics is good behavior, but when the violence, killing is routine and always in the news, the news lower the threshold of what is seen as "acceptable or ethical" and the whole society dives into a deplorable condition ("jungle" or "anything goes") when compared to a Civilization of Immortals where violence is unthinkable.

This then gives us pause and makes us question how religions, music, literature, movies came to be, what was the agenda of the "creators" (which are not always the "founders", as texts are edited by many "creators" over centuries and the real controllers of the events are hidden from history) and what role the historical inertia played in the creation of religion, music, literature, movies? People make music, books, movies to help others feel better, to get rich or have fun, but perhaps most of the hundreds of religions are not having these GOALS. Hardly any song is about World Peace, many of the few about peace are religious or spiritual, talking about some future that never comes, when there will be peace and how amazingly beautiful it is going to be. These songs are nice, but they basically keep the status quo as it is, catalyzing nobody to action to bring peace now, as the lyrics don't explain methods of attaining World Peace now, don't explain we can achieve peace without someone coming from the sky, so we just sing as we wait a billion years when Jesus teleports everyone to Heaven at the second coming, or when some prophet comes again or Buddha in some Golden Age etc. This type of attitude removes any responsibility for creating World Peace as that "is the task of God only", just as God has brought us, not human action, the cure of many diseases for which we worked with millions of scientists. If they sang "we'll cure this", nothing would be cured, they had to make specific plans "we plan to cure this by this date" (World Peace by 3 months from now, not without a date, since no date

means 20 billion years sometimes) and actions; today we see lyrics that don't have any roadmaps of how to achieve peace this lifetime. ☺☺☺

Have you ever seen anyone singing about the World Peace Alliance in Chapter 13 that ends all war and violence? Lyrics that present one of 5 billion ways to bring World Peace within 3 months, first temporary end of hostilities within 2-5 weeks, then permanent? *The past is gone, there was no internet and instant communication between world inhabitants in the past, so no creator of religion envisioned temporary* World Peace *within a few weeks* and permanent one within less than 1 year. So it is understandable why prophets didn't create such a social movement, music/literature genre or religion. Some argue that revelation of God's Infinite Truth continues daily, thru scientific discoveries that make the Earth slowly a nicer place: we conquered many diseases and arguably became slightly more peaceful than 5 millennia ago. Humans are still killing each other, though in more high tech ways, having remained spiritually identical. Imagine a world where the intent/tone is mostly like this or that. ☺☺☺

14.9. Why present religions are anti-life & very low IQ like physics was in the 1st century

1). The 1st reason religions are anti-life:

The 100 page quote section clarifies the infinite genocidal cruelty of most religions and the 3000 genocides they led to (0.5 to 2 billion dead), beyond the shadow of any doubt, for all naive folks who have been duped by clergy hiding the evil quotes. Such infinitely disgusting filth has no place in legal literature in modern civilized society, let alone an immortalist society aiming for gentle tender soft loving kind nurturing Immortality *for* All as in the Immortalist Anthem. ☺☺☺

2). The 2nd reason religions are anti-life:

Religions shorten life, they fight knowledge that helps us live 2.4 times longer today. Humans average life expectancy was 35 when most religions were invented, today it's 84+ in many nations. The reason for this 2.4 fold rise in lifespan is very simple: we no longer use the alchemy books of 1st to 15th century, we use modern 21st century science books, based on the latest knowledge proven by millions of science experiments, confirmed as real thousands of times. Theocrats, emperors, etc have suppressed scientists, burned them at stake, as they tried to evolve human knowledge and give everyone a longer life. Not only that, but old texts often have old forms of present or formerly used languages, and we don't publish that junk, we don't hold in school libraries 20-1800 AD nonsensical texts about "alchemy", they're not our textbooks. Religions are anti-life because they force everyone to study ethics, life, ethos, morality with the equivalent of death at 35 causing "alchemy" books about "earth, fire, air, water, metal" ☺☺☺ 5 elements, etc. Religions are a form of psychological torture and forcing the human IQ to devolve to the stage of 500 BC to 700 AD cave men who knew nothing about the universe and its infinite

resources that make any war illogical and useless, and World Peace the most beautiful thing.

3). The 3rd reason religions are anti-life:

Religions lower the IQ of followers, because they force memorization of myths and dogmas for which there is absolutely zero evidence evaluated by real science, using artifacts that have not been forged or created, such as fake books, fake stones, etc, and fake lab results to invent a carbon dating range, etc. No unfakable evidence exists for any of their miracle claims☺☺☺, and evidence shows all miracles have simpler explanations and were often staged by fraudsters. Religions don't invite people to think, question, test, verify any hypothesis, they just destroy us, turning decent people into robotic serial killers ready to commit genocide in the name of God.

4). The 4th reason religions are anti-life:

Religions are conmen☺☺☺ business enterprises of trillion dollar theft, invented by empires to subjugate nations covertly, with "places of worship", monasteries, etc being military espionage bases in disguise to subdue entire continents. There is no religion that is decent, that is free of donations, as the Immortalist pseudo religion of Think for Yourself, Believe Nothing without 50 Sources to Confirm, Verify a Hypothesis in an Unfakable Proof Way. Religions are pure fraud, they promise some "immortality" in some dimension, in exchange for donations. Immortalism is not promising immortality in some nonexistent dimension, it's simply for the truthful donation free discovery of the science of extending human lifespan indefinitely, allowing us to one day live to 200, then 400, 800, 4000, and even a trillion. Immortalism realizes Jesus and all Immortality "prophets" were frauds, because if they were God, for whom a trillion years is a nanosecond at the most, they could have chosen to grant 500 or 5000 year lifespans to a few disciples at least. Religions are encouraging dishonesty, scientific fraud, regress and stagnation, as they don't put to rigurous tests any of their hypotheses. For example, we see in nature, the same larvae can live 50 times longer via a different diet, so living to 4000 equivalent is possible in nature. How come these "prophets" have not given us the recipe to live to 4000, like God made some bees live 50 times longer than others via slight dietary changes? Immortalism is logical, it seeks to discover, not to believe without proof fantasies of chimps in caves. ☺

5). The 5th reason religions are anti-life:

The scriptures of Hinduism, Confucianism, Sikhism, Jainism, Judaism, Christianity, Taoism, Islam, Buddhism, Communism, Capitalism, Legalism, etc make it clear that the inventors of these religions want us to live to the age of 80 (max lifespan back then, and average today) and kill others or self in 'justified war' for the man of Tao (Taoist Emperor) in defense as explained in the Confucianism section, or as Jesus gave his life or as Mohamed/Moses killed 3000+, or to please Krishna's desire to exterminate nations, to beg to attain nirvana after dying at 80 and be a

burden on society while striving for nothing except detachment and having no goal in life than some hypothetical nirvana, blown by every trend, to go with the Tao/Buddha flow and die at 80 blowing by the wind of change with no direction for life or death, to attain political power for communist workers via genocide, terror and die at 80, to make as much money as a capitalist via cheating, exploitation and covert genocide and die at 80. In all religions, death is accepted as natural, a given, nothing to ever postpone or defeat, a step in achieving enlightenment or a life eternal with one's serial killer Mohamed or Moses "prophet" in the heaven of 72 virgins, or 3000 pregnant young ladies and helpless 5 year old boys Moses killed via his psycho followers. Religions don't ever consider the possibility of being Pro-Life, meaning anti-death. Religions are thus the epitome of pure Death Heavy Metal 'Satanism' that worships death, chaos, destruction. Behind their facade of being pro-life or anti-abortion, lies the real truth, the genocidal scripture, the rejection of God's Infinite Nature and Eternal Life Granting Power to grant us a 'femtosecond lifespan' in the life of a young Immortal, meaning a trillion years lifespan. Religions are anti-God, anti-life, pro-"demons", pro-death, pro-chaos, anti-human, 'satan' (mythical anti-God) worship, mere hallucinations born of the scarcity mindset of a cannibal chimp who sees limits and limited resources and won't walk 1 mile to grab a banana, but kill their neighbor to steal his banana. Religions are the sick fantasies of lazy cannibalistic chimps who won't walk 1 mile of effort via science to discover how to live to 4000 via new tech that removes the need for war to steal resources, 1 mile of effort to discover how to live to a billion, choosing instead death & war, doom & gloom. Let's Redefine The Goal of Life and Human Civilization as Immortality *for* All.☺☺

These religions, like all others, were made up by various "worm IQ" persons of bygone eras, who, in their attempt to obtain political power, and subjugate millions, managed to create strong traditions that gave endless war (no prophet told them World Peace in 3 months is possible) and destruction, as believers in each myth killed the others. They all have one thing in common: the worship of fast death, of short life, the pure 'satanic' demonic worship of death and indifference to building trillion year lifespans, to develop the intelligence and tech to test hypotheses about the afterlife as an honest person who accepts the truth and nothing but the truth, not claims and speculations. Immortalism is not a religion, but a way of life that unites all humanity into one quantum field, that deifies Life Itself, prioritizes being Alive forever itself, the Way of Life that unifies the species' field of consciousness into One Focus of Eternal Life, that unifies all humans into one Body of Immortality *for* All who aims to live by the simple ethics of "May All Live to an octillion, in peace, bliss, with Eternal Universal Peace and zero violent crime of course, zero wars, so each can discover by hypothesis formulation and testing what the afterlife is like or may be like, and live eternally as an Immortal in 2 dimensions, both here and in heaven, as it is possible. Religions are about beliefs, memorizing "cockroach IQ" dogmas written millennia ago by gnat IQ folks who couldn't understand there are always a trillion ways to

achieve any outcome (nirvana, immortality, understanding of God) without dying, without violence. In contrast, immortalism is about Discovery and Thinking for Ourselves, about scientific proof. To Bring God's Kingdom on Earth is not to worship death, but to bring the Kingdom of Immortals on Earth, yet look at these religions, it's all about snail IQ circumcision or baptism torture rituals, consumerism and belief without proof, never about discovering how to Live to a trillion to understand a trillionth of what's like to maintain a heavenly realm where all are Immortals.☺☺☺ For all their pretense of spirituality, all these religious donkey IQ phonies waste a whole life with materialistic pursuits, cosmetics, beauty salons and 1.4 trillion $ a year in Vanity Pursuits of Utmost Egoism and Depravity. Everyone can become an immortalist by thinking it, no fees, no violent and rat IQ rituals needed. We help all live to a trillion, that's the only belief". Very simple. If you're a religious person, immortalists respect your monkey level of intelligence, and wish you well in raising your IQ. However, you would be hardly pressed not to agree with immortalists that that the above religions are nothing but demonic death worship, disguised as ethics by mixing 5 nice quotes with 2000 bad quotes to distract and confuse, enslave and dupe, like a vampiric alien group trying to keep humans stupid, fighting, bound by the myth one has to die at 80 to reach happiness, which is a lie, there is no proof you go to the heaven described, so honesty demands we're scientific. We may need a trillion years to understand God or the universe. Once you realize all religions are evil, fraudulent, leading humans to worship death and destruction, you value trillion year lifespan for all focused societies of 11 companies and 3 agencies, meaning you work 20 hours a day to bring 4000 year lifespan at first for all. The faster you quit religions, the longer time you have to help discover the nutrition that helps all live to 200, 400, 800, 2000 to create a bridge for other better longevity techs, so no human alive has to die at some stage.

☺☺☺ Let all nations sing ☺☺☺

"May all live to a trillion or forever if they don't ascend to new universes"

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☺☺☺ ~*~ The Immortalist Anthem ~*~ ☺☺☺

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CHAPTER 15 - *Immortality* & Parenthood, Parent Licensing

15.1. Intro, parent license, 222 weeks off for parents, brain size doubles in the 1st year of life

15.2. Pre-birth Telepathy and Pre-conception memories of babies: probably made up stories

15.3. Studies & hypotheses about Pregnancy, Birth & 1st Year of Life, baby IQ and sentience

15.4. The very deep thoughts and feelings of unborn and newborn babies who learn very fast

15.5. The effects of parental touch in the first hours, days, months of life on baby IQ, health

15.6. The Dangers of Hot tub, Sun Heat, ULTRASOUND Scans, Baby Movies and, low UPF clothing around genitals before conception (higher oxidative stress of testicles); solar UV can decrease blood antioxidants, as we fight free radicals from UV, so covering the entire body in bright sun helps during preconception and pregnancy block UV &, if a warm climate, block IR (heat) too, via the heat reflective qualities of many lighter colors/clothes made by Eternal Clothing Inc.

15.7. Medical intervention births lead to far more complications. Epidurals early in labor led to 12 times more caesareans in one study. Midwife assisted births fare way better

15.8. The better outcomes of water births: far less pain, 10 times fewer caesareans in 1 study, 33 times fewer episiotomies in 1 study compared to air births, 2-5 times shorter labor. 12 times fewer caesareans when midwife present in hospitals in 1 study. Water births can be pain free

15.9. Increasing IQ of babies by proper pre birth and after birth nutrition, play and stimulation 15.9.1.3 explains the importance of BREASTFEEDING fresh (*not donor or earlier pumped*) milk. See why cow milk formula is so bad, besides having 73 times more AGEs sometimes. "superiority of mothers' own milk to donor human milk & infant formula" Ntr 2019;11(5):974.

15.10. Free astral travel books for World Peace and Immortality for All

15.1. Introduction, parent license, the importance of the first year of life

The next 150 pages are useful for "wanna be parents". Ctrl+F "infertil" in this PDF to find "infertile, infertility" sentences with what nutrients infertile couples need to become fertile again. 9$ pill is cheaper than $50,000 IVF, plus baby is usually healthier. You can jump to the **15.1.1.** 222 weeks off for parents for every child section or **15.1.2.** Autism. Immortalism helps young people to find a spouse using dating.gov to match their DNA perfectly, so that their kids don't die on day 3 or 9 of life or live like a retarded vegetable until age 45 due to autosomal recessive disorders or develop fatal cancer as a kid or mental illness (ataxia, small brain, etc). The Amish, Orthodox Jews and most Jews (since they were inbred most of history, only recently

they ventured out more), Muslims inbreed a lot, causing the frequency of birth defects of certain types to be 10 times the average, for example the Amish have 10 times the rate of kids born with 6 fingers, while Jews have 10 times the rate of kids born with Taysachs. Insanity birth defects (less obvious as it comes with no deformed body parts) are also higher, hence the tendency to maintain their insane cults. Populations with inbreeding got 17 times more microencephaly birth defects, meaning ultra low IQ, Pakistan is the worst. Pakistani were 3.4% of UK births in 2005 (55% of UK Pakistani married their first cousin, so they got 13 times more genetic disorders), 30% of babies "with recessive disorders and a higher rate of infant mortality,", so UK MP called for banning cousin marriage due to its genocidal effects on human lifespan, which is a form of global terror, like the Islam terrorist organization itself. Mohamed, Moses, etc were no prophets (Bible, Quran encourage inbreeding too, by telling Jews to avoid marrying others, etc), they encouraged inbreeding, contrary to the knowledge of ancient humans who avoided it. Wikipedia has more on inbreeding. Avoid having kids with residents of Muslim majority nations (the quantum link to the most fanatical religion will have a very destructive effect, even if 'partner' quit Islam) and of South India (see table by So. India religion), as they're the most inbred part of humanity (2 billion: Arabs (0.4 billion), Afghans, Turks, Indonesia, Sudan, Bangladesh, Nigeria, Middle East, North Africa, Pakistan, Indian Muslims, S. India Hindus, Sri Lanka, see the World Country List Ranking, it's Muslim dominated). Muslims follow the most violent religion, like religious Jews do too (Old Testament is as violent as the Quran it created, see genocide data here, marrying genocidal groups has quantum effects and karmic ones, i.e. conscious support of a highly destructive ethnoreligious group engaged and responsible for 900+ genocides via Jews, Islam and Christianity born of Jewish Bible), giving the least peaceful genes to kids, least connected to God. They refuse to give up their inbreeding "culture", there are 2 billion of them and still refuse to marry distant people, let them marry their cousins. Other highly inbred groups (who're still allowed to destroy humanity's DNA and commit covert murder by inbreeding that shrinks lifespan of offspring, due to the freedom of "religion" (psychotic cults of death)) are religion groups, cults, where everyone is related to the founder: Religious Jews (Samaritan, Hasidic, Haredi), Hutterites, Amish, Mennonites. How would "Immortals" approach parenthood?☺☺☺ In a very democratic way, based on the principles of equality talked about in the immigration chapter. Any immortalist government would require a parent license, since not knowing the minimum basics in this chapter even, can mean 10 miscarriages before a conception (which damages the uterus (future babies too) and depletes energies, time of conceiving couples by 1-10 years) and conceiving a baby with severe birth defects. We also need a parent license because, sadly, as these 6 videos show: parents kept 16 kids in a 12x12 room full of feces and junk for 4 years (more details here), many parents smoke fentanyl and other drugs in the presence of infants, toddlers, living in a trash/pet feces filled house or beat kids for winning a game on Christmas twice and hurting dad's psycho ego or

mom stabs 2 year olds in the presence of 3 other kids or a mom killed her 4 yr old and his him in the backyard, another mom yelled and beat her kid while doing drugs losing custody, so the government needs to quiz the parents, at the end of each 1 hour module, on the 1000 pages of the Parent Course they take online BEFORE CONCEPTION, which also has to be done at ovulation to prevent birth defects. The housing.gov section has many videos of ultra dirty homes with dead/sick kids: clip1, clip2, clip3, clip4, clip5, clip 6, clip7. Thus, every 2 weeks, mother has to take the phone and take video of the house to make sure the house is sanitary, AI detects. The parents have to watch and pass the quiz daily the ethics and science (30 min/day age 0-0.5, 1 hr/day age 0.5-1, 2 hr 1-1.5, 3hr 1.5-2, 4hr age2-3, 5hr 3-18 (online schooling, lab classes are separate, 1-2 times weekly, age 3-22) video watched by the baby too, to raise the *gentle tender soft loving kindness* coefficient of parental tone of speech, of parental emotions while they do speak with the kid, to train kids in all subjects, speech, language, writing, etc. The kid and mom/dad watch it together, one of the parents who is with the kid that day more. Thus, the kid, can by imitation of tone and such learn the letters and other things and the tone that parents can't have during stress of lactation and bad sleep, since this video available to all US new parents, has the best voice in 200 million proven by MRI and effects on human kid/adult brains for the stimulation of the brain centers and behaviors related to Eternal 0 Violent Crime, *gentle tender soft loving kindness*. This creates one universal accent in USA, born of the happiest most eterni voices in USA, one female, one male.☺☺☺ *The* kids *are smart, they always imitate unconsciously, learn from the tone of speech, from the emotions* felt by the speaker during the recording and they become like the emotions and tones of those speaking to them, the stressed parents, teachers or the amazing video of the happiest most eterni tone on Earth. Kids don't learn from the kindness of the words used, but mainly the kindness of tone, emotion, action.☺☺

It will be necessary to create a co-habitation license too, for those who don't want kids yet (since parent license is far more tests and lessons to take and the two may not have had the time yet to decide), since most violent crime is done by people closest to you and not everyone has the basic upbringing in ethics, relationships, equality of action tone, to prevent tension that becomes violence. AI cameras need to alert police when yelling, frowning happens, because yelling, etc often leads to violence. Classes on tone of speech, accountability are taken or cohabitation license is revoked. The pathological side can use unique body and face language to intimidate coerce the other into emotional suppression/silence, which builds up resentment, then explodes into violent crime. So, everyone needs to take a more proactive approach to violent crime if we're to eliminate it. Given the new system of zero aristocrats and renting and buying/selling a house in 3 days, everyone can split easily, and keeps accounts separate (as explained in the 40 pages about the LGBTQ scam and marriage futility), so as to eliminate the trillions of violent crimes that occur daily, via what is called "yelling" and "nontouching physical

sabotage": yelling is a physical violence, as the sound is physical, affects the brain and ears and 2 people shouldn't be together if there is yelling or any tension. The arguments over "he or she spent this and that on vanity beauty salons, gym memberships, sports events, etc" stem from the cow IQ decisions to have joint accounts. Don't complain about partner spending joint $$$, just keep accounts separate. Be proactive. All finances need be separate: true love☺☺☺ only emerges when respect exists and the possibility of leaving within 3 days exists, as a warning to all manipulators, saboteurs, drama queens/kings who love to make every home a hell. Most people only behave ethically when the threat of leaving exists and is real, supported by every law of the land. They got the chimp DNA of a master manipulator, liar (even babies lie all the time to get candy or whatever from parents) and slave owner, due to the aristocratic brainwashing of capitalism that's totally opposite to the Immortality Credit Score. People don't appreciate what they have if it's taken for granted and the object of posession can't be taken away from them for years or months. People don't value what is free and a given, due to capitalist brainwashing. Your spouse becomes just "another pet to keep on a leash or train". Most humans are too mean, violent, chimp like in subtle ways, to behave, once they know it takes years to split, to find a house, to divorce, they use that as a way to revenge, provoke incidents to get more of the estate by claiming "abuse" (records only the response, not the provocation to build "her case", can't do it, video exists of everything, games end, lawyers find other jobs, we have no time for role playing, but to do research to live to 4000), strangulate the other psychologically and the house becomes a boxing ring emotionally, even if no physical fights exist, it's like a concentration camp in Nazi Germany. The terrorist isn't always the guy, it can be the female in 50% of cases, as they're 50% of human chimps. "The Corrupt Business of Child Protective Services" report by a Georgia state senator was published before she was killed, indicating that the PDF may point to less comfy truths about this organization☺, which would need 10000 times less staff if you had real centralized education, ethics videos daily for kids and parent license studies, quizzes, etc of 20 hours/week for those who were not brought into the new "a daily ethics video in eterni tone of the one universal English accent"☺ system since birth, to make sure no parents will employ violence and run out of money for food, basic needs due to smoking, alcohol, weed, gambling, sports events, etc addiction via the new 'one use only' (via a code for each basic category) parts of income that are strictly for food, clothing, health, etc, kids. Prevention is far cheaper for the US budget than cure, but when fools rule, waste is infinite.

We're chimps who fail to realize how far we're from the Immortalist Anthem, we live a little longer than chimps because we have their ethics, if we had Anthem ethics, we would live to 1 million. Happy Immortals☺☺☺ means Happy Families. Thus, to achieve zero violent crime we need 2 licenses to assess capability to happily coexist, before a duo tries to bring a new life in the world, to make sure the two are compatible in real life (not just on paper on dating.gov

algorithm and 25 dates), they really like living together, not just dating, since 24-7 tension will do as much damage as 1 physical fight a year to human longevity. There is no point in applying for parent license until you found a cohabitation partner who matches your "persona" in real life, after living together as platonic roommates, to make sure that arguments don't arise at all, or if rarely, they're solved via "tension busting techniques" and other tools from the license education. To the analytical mental human of the future, sex is a curse, an ugly chore of our evolutionary stupidity, so they don't have the necessary evil until they decide to pass the parent license classes. People who find the other incompatible, can leave within days, so no child is ever conceived in an unhappy relationship. The human animal becomes the human Immortalist. Happiness only exists if it's a mutual happiness. Living in a terror state can make people lose 10-20 years of lifespan, develop cancer, hypertension, endless diseases by self-neglect, both the terrorist and the victim (usually both are the terrorist and the victim to some degree, even if one can be 95% in some cases), so it is the duty of the state to prevent 97% of today's marriages, which are toxic by the immortalist definition, since nobody gets any real cohabitation or parent license, going clueless, unarmed into a minefield, which it is, as men and women brains function differently, especially if one is introvert male and she's extrovert female (a recipe for disaster), given that guys are already more introvert and less emotionally expressive. For the same reasons we need AI cameras everywhere, as privacy is not as vital as Immortality for All, and we need to give up the ideas of marriage and sex outside of pro-creation, which sabotage the very goal of zero violent crime, zero possibility of manipulating, enslaving others covertly, as it often happens today with the more crafty and covertly violent "spouse", who is a piece of trash, or as it happens due to both being mean, unskilled in communicating, manipulative, coercive, aggressive, pushy, combative or clueless about tone. Many marriages are like a race to the bottom, box rings of emotional, covert manipulation until they divorce. This is due to a society of incredibly low filif IQ, a trillion times lower than etlif IQ.

So, to raise a new generation of kind compassionate happy kids, we need a new tone in teaching that can only be in video form due to the stress of the child birth, with parents simply adding here and there and all teaching done by the lecture for all US kids. This chapter has some studies on the dramatic effects of parental emotions (3-6 months prior to conception, during pregnancy and the first year of life) on IQ and emotional life of the child (overall anxiety, anger, happiness level throughout life). After reading this chapter, many people will be in disbelief that this can be so, and probably want to read these books themselves and even then have the same doubts. But those doubts will dissipate perhaps when you realize that if you build a computer the wrong way, with electrical failures and while angry, anxious, tired, lacking sleep, etc, you will make mistakes, cause short circuits on motherboard, components, etc and build a computer that will be lousy for its entire life. And no matter how many repairs you're going to do, that computer,

like a poorly built car too, will break much more often. In the same way, 90% of the human brain is formed in the first 21 months of life. (9 months of pregnancy and 12 months of the first year of life). The baby stimulation chapter and this subchapter (that deals with playing with prematter babies) explains in detail how one can stimulate baby before conception and in the first 21 months post-conception, so some brain areas are 900 times bigger than in "up to now born" babies, leading to an easier time to take humanity towards "living to a trillion", "eterni tone", "hourly astral travel" and "hourly meditative ecstasy". At minute 35:16 of brain platicity video we see imagining *we're doing something* (live to a trillion or astral travel or nirvana) *activates and* GROWS *those brain regions in us and the baby* 800 TIMES FASTER (as baby brain grows 800 times faster in the womb and *way > 800x* faster as prematter baby) *(as much* GROWTH *as when we're* doing *it) we sing (mentally or verbally prerecorded ideally) to in* eterni tone. If the parents are trying to do a billion things (they could slow down and calm down, take it slower), don't sleep well, get angry, watch negative news, get into any negative emotional state, don't meditate, don't smile a lot, rest, engage in happy moments and acitivities, the brain of the child will be poorly built for emotional stability and dramatically increase the likelihood of the child being unhappy for his whole life, struggling with same negative emotions, unless he undergoes some heavy meditation happy states cultivation while young for 3 hours daily to rewire most of the brain, undo the damage. But most people don't do that, so by the time they're 35, it will take MUCH more effort to rewire the brain and literally, it won't all be reversible in all cases. Why? Because when a computer is built badly, sometimes repairing it doesn't fix the issue, and we can't replace components in the brain like with a computer. ☺☺☺

Parents without proper parent license training, let their kids for centuries to play in the snow for hours, to the point where knees and feet become wet cold, 40°F, point at which the damage to the lower legs and knee joints starts to build up with every play outside or trip to school, where they walk 1 mile in 15°F weather to the school, with pants that are too thin and shoes, socks unable to keep feet/lower legs warm. Every parent or teacher needs to measure feet, knee temp upon arrival to school in the morning or home from school, or kindergarten if they walk together or the school teacher should, to make sure that all kids got proper clothing. Kids don't know cold feet or knees will damage their joints for life. They think it's normal to be cold in cold weather. This incredible stupidity of parents can cause "joint pain" to occur 10-20 years sooner than normal. If we want kids to live to 150 without joint pain, we better help them by not destroying the synovial fluid by repeated daily temperature shocks from 80°F inside to 45°F outside in the snow. This issue affects people in most nations, because there are days of the year in 60% of human settlements that are cold and wearing shorts then would be bad, as the knee joint capsule synovial fluid temp drops to 45°F. As this fluid becomes so cold due to 42°F outside weather and shorts or thin pants, etc, it thickens, and it damages the joint progressively, with

cumulative damage building up, for the cells creating this fluid. Ladies have more arthritis and 3 times more rheumatoid arthritis than men, possibly due to them wearing leggings and skirts in cold winter, which thickens the synovial fluid. Even Hawaiians can get it, winter storms bring temps to 50 at times in higher elevations, and if we wear leggings or shorts, the same damage will occur. It's time for ladies to be real and wear thick pants. No more showing off your legs. Likewise, if we want kids to have healthy eyes, we can't let them go from 80° inside to 15° outside without winter wrap around glasses, as that temperature will cool, thicken and damage the composition over time, not just the joint synovial lubricating fluid, but also of the eyelid meibum oils that are key to keeping the eyes wet and preventing dry eyes caused by the atrophy of the meibomian glands that generate thin watery lipids to prevent tears from evaporating from the ocular surface. Repeated thickening of eyelid oils via cold temps leads to blockage of the meibum orifice and the start of atrophy we see in 42% of kids, who then get red-dry eyes decades earlier, leading to blindness at times via infections. Parents and teachers need to be educated in proper protection of legs, eyes, skull, since cold temps of the head without thick hats can damage brain tissues leading to early onset of neurodegenerative disease. Some people are genetically predisposed to a higher melting point of the thick synovial. So, dress up. If your kids or employees got cold knees, use a 660-850nm IR cap or 6-14 µm pad to warm the knee or elbow joint, the pain usually vanishes in 1 minute, without destroying organs and brain with "anti pain medications". All employers need to measure the knee and toe temps of employees upon arrival to work once a year, and another day upon exit in the colder days of the year, randomly, to ensure they got protection at work & to work, to prevent arthritis, to save $300 billion in MD visits. Everyone needs to wear thicker pants if the knees are cold, or special pants with thicker plush knee area. All cops, military folks need to get warm knees and legs to prevent arthritis via amazing beautiful colorful immortalist uniforms of eterni ethics. The 11 companies are amazing, you get some car breakdown, it sends error to the station and in minutes someone comes takes car and gives you a loaner car as only Eternal Travel Inc sells/fixes cars. You don't need to freeze your legs in rain 5 hours waiting for someone to pick you up, because your plan has no road assistance or wait 10 weeks to find a "cheap dealer", to fix it and kill 5 legs/folks in a car crash in the wait game of deathist capitalism, antithesis of immortalism.

Every citizen has the Eterni Bank account and it blocks any purchase of coffee, soda, tea, energy drink that contains caffeine until child is 2 years old, to avoid *caffeine* in the fetus or *breastmilk*. No male or female with license is allowed any caffeine before conception, as caffeine causes birth defects, and delays conception by years, causing endless energy wasting. A long list of miscarriage and birth defect causing chemicals and foods will be created, since basil, many mint herbs, etc also cause similar damages. In Australia, if parents are *drinking* too much or doing things that could endanger the child, the child is taken away at birth. A better scheme may be to

tell everyone to have sex only after they got a parent license certifying them free of alcohol drinking, coffee addiction, smoking, weed and other destructive habits that give birth to a *low IQ*, *lung* damaged *baby*. Likewise, they need to mandate all people watch 300 hours of video before getting marriage license, to ensure real love, for spouse and kids, like in the Immortalist Anthem, answering the credit score 400 point ethics categories for the marriage – how does marriage help each category, and that they won't start fighting, raising voice, etc, since too many cases of fights, verbal or physical exist. Those interested in being parents ought to first take a 1 year course, 10 hours a week, or 30 hours a week for 3 months, to make sure they know what needs to be done, they can meditate and be happy☺☺☺ without stimulants, without coffee that causes brain damage, heart damage, low IQ, and other problems (chronic health issues due to low birth weight, etc). All want equal rights to this and that, housing, food, voting, etc, but fairness means *family* size *equality* too, so all have max 3 kids, unless one's immortality credit score is higher than 99.99% of people, to prevent some from having 12 that become beggars as in Muslim areas trying to outnumber Hindus. People scoff at this, but in immortalists, fully disagree that a "psychopath who beats his spouse has the right to have a kids". No, his only right is lifetime labor or death penalty, if they agree to implement death penalty for slaps of any human, or punching, as explained in the section on creating a society with 0 violent crime, the prerequisite for ~*~Eternal Universal Peace~*~, a peace that lasts for 5 trillion years not just 40.

This is why people don't see how the historical inertia, the drama of wars, the anxiety felt during warfare, violence and on TV, movies, etc are influencing epigenetically and programming the DNA to form damaged brains skewed towards negative emotions, towards paranoia, violence and all negative states that lead to violence and war. Knowing this, the Immortals, seeing how 21 months of each child influence 500 years of life, institute a program of real training for would-be parents and give them the biggest holiday of their life, during these 21 months, off from work, so they can have the strongest epigenetic erasing of negative emotional patterns possible to undo the damage of thousands of generations. The turning on of the Anxiety Free Immortal Mindset that prevents all crime and violence, is a gradual process, and it's much easier for anxiety-free Immortals to actually have such a state of infinite happiness ☺☺☺ during 21 months of life so as to build the most tranquil, intelligent and amazing brains for the future Immortals expected to live even longer than 500, maybe 550 or 600. However, this can be implemented partially even in civilizations that only live to 100 or 150 and they gradually move towards awareness, in the light of the neuroscience and the studies you will read below. These emotional patterns may be completely independent of genetics in some ways in the same way that in a family where everyone has diabetes and eats meat, a person with their genes starts eating healthy *vegan* diet and doesn't develop diabetes for the first time, showing that genes' potential to do damage is turned on and off by behavior, by choices of parents or individuals.

The same thing happens with the genes of the brain and brain architecture and emotional response to life being basically epigenetically influenced by the 21 first months of life dramatically, far more than when you're 10 or 30 years old. Why 1st year of life? Because this is the after birth year when the brain grows the fastest, by 100%, it doubles in size. Why pregnancy? Well, this is when the brain grows super-fast too, not 2 times, but thousands of times in size, even faster than the first year of life. The 2nd year of life brain grows only 15%, third about 4%, 5th about 2%, etc. Kids have 2 times more neurons than adults at birth and 2 times more synapses, and this makes them a real sponge for any emotions and thoughts of mom and dad. The basic Emotional Architecture of a person may be mostly finished by the first year, or 21 months from conception. For a few cents a Civilization of Immortals can print a brochure with these studies summarized to give to people and people can freely access online pdf files or videos/books like this free book or have these emailed by gov automatically to any newly unexpectedly pregnant or trying to conceive couple so they know these things and it will probably extend lifespan a lot, eliminate $25 trillion in lost GDP due to IQ lower by 10 points, poorer health, unneeded violence, crime, wars and help bring World Peace. It's important to not do circumcision, if possible, since it has many negative effects on baby. So does full immersion baptism, that harasses babies in cold water, naked, away from mom. ☺☺☺

As explained below, our birth system has become more mechanized and assembly line like, with babies taken away from mom right after birth, injected, weighed, incubated at times to prevent emotional learning and bonding, and with birth trauma incapacitating emotional learning of kids, leading potentially to violence, crime, world conflict and suffering, autism or incapacity to comprehend and assess others' emotions. *This may be one reason autism rates are soaring in direct relationship with cesarean rates and other ultra medicated births that shock the emotional life of the fetus and his brain.* In 1970s, Netherlands had 70% of births at home (30% today), many in water; they had the best birth statistics worldwide, see below. It could be that in civilizations of the telepathic "Immortal" humans of the future, this period becomes 30 times more important, because they got these 21 months of life create a brain architecture the person will have for 900-4,000 years, not just 90. If we take a bee larvae and we give it royal jelly since birth for the rest of its life, it grows to live up to 50 times longer; however, if you take a worker bee, that was not fed royal jelly while small (equivalent to human fetus and infant stage not getting ideal nutrition), the genetic expression already occurred and now the change into a short lived individual is irreversible. Likewise, if we do a nutritional intervention in an adult human or 3 year old kid, we may add 5-25 years to its lifespan if that healthy diet continues, but if we do it much earlier, in fetus (mom diet) and first 12 months of life when the body grows fastest, we could add 3,000 years to the lifespan. So, as a society we have to ask: do we want to add 10 years or 3,000 years to human lifespan? But how can we know what to add, if all females are so

stressed out and working during pregnancy, especially when baby is big last 4 months of pregnancy, how can they read many studies on nutrition in this and other books, and rest all day so all body resources go to building the best human so far in that family line, and to record all nutritional intake so we develop the knowledge of what extends the lifespan the most? We give people 1 month holiday a year often times, and people spend it, but no holiday is given during the most critical moments of a mother with 1-2 kids (typical today), last 5 months of pregnancy? This is inefficient or not ideal to say the least, because the intervention and care you do for the baby in that 5 month interval is worth 10-40 times more the intervention you do 5 years later in a holiday with that same kid. When we talk about intervention and care (as in interventional nutrition studies), we talk about everything, tone of speech, tone of thought, tone of emotion, that will be imitated by baby (eterni tones takes so much energy, that mom and dad can't work full time anyway, especially mom last 6 months of pregnancy needs to get time off to rest and be able to practice the tone of Immortals), not just foods eaten recorded meticulously with analytical balance, etc but even behavioral, love your unborn baby, surround him in good energies, rest the baby, treat it with happy☺☺☺ harmonious music not traffic noise, (like the plants who grow much healthier and bigger in happy sounds, etc).

We know that if you get an injury immune system cells go to the site and leave your face and you get acne, likewise, if mom is all stressed out about this and that, nothing goes to the baby to build proper 130 year long lived baby, but to her muscles and brain to deal with the hectic hell created by a mentally "deficient" society who has drivers license for car driving, but no rest and education required for pregnancy at all. What we focus on grows, healthy baby focus leads to that, doing gardening, soccer, video games etc – send nutrients and focus to mom's brain and muscles (not baby's), not resting, meditating and surrounding the baby☺☺☺ in golden loving kindness, or visualizations and positive statements like "We will build a world of Immortals, live to a trillion if lucky" that the baby hears and then repeats "live to a trillion" when born as first words since he heard it often in the most loving tone full of *gentle tender soft* loving kindness. People take care more of their phones, computers and cars than of their babies/kids and tones of speech (which create the tone of thinking, feeling, behavior of the baby by imitation). A phone lasts 2 years and can easily be replaced, but a baby lasts 4 millennia if intervention is right in that early stage. *What are our priorities, life or objects?* We see endless pregnant females (third semester, when *baby is big*) doing stuff that is contraindicated instead of resting, while other people, who could help do those chores, wash their cars daily or do some rather vain and useless activities. Why do we as a society care so much about so many things, and not at all about this critical period to living to 5,000 years old by nutritional intervention? Some atheists will say, "forget it, we're all machines, I like computers, cars and caring for them all day while ignoring my baby/family"; but hey, think about it from self-interest alone, at least: if baby lives

to 500, he could help you, the parent, to be luckier still and live to 30 billion years old like Immortalli in the movie. Pregnancy would be by definition the happiest period of someone's life, so the baby becomes happy and optimistic, which is important in living to 120 or 700 later on. No sex during pregnancy is advised by many MDs as sex depletes body of nutrients and because testosterone, male hormones and sperm chemicals etc can cross into the serum and cause the birth of a baby with no gender and infertility (no penis, or penis (or half penis) without opening, or closed vagina, or no testicles (scrotum only), no uterus or ovaries, the so called infertile "intersex"). Many foods are forbidden during pregnancy due to their interference (like sperm can) with male-female hormones ratios, leading to genital malformations (or girl with penis and male voice etc, if "lucky" to have fertile offspring) and infertile offspring, etc.

15.1.1. The 222 weeks off from age 0 to 7 for new parents in every immortalist nation, to decrease the stress (creates crime) of the 99% during childbirth by 10 fold to the level of the 1%:

Before going into the details of the 222 weeks system (long discussion), the first 3 paragraphs explain what parents can do before that law becomes true in 4-200 years, since honestly, it may take decades and by that time, nobody can be a parent who is already 30 now. But we need a long-term plan, a vision, a hope, because in 1810 workers often lived (for millennia) as slaves dying at 40 after 80 hour weeks for decades and all it took to bring some change and 80 year lifespan was a little plan, pamphlet, set of ideas (printing became cheap in 1800s, as ebooks are not free to print and distribute), like this book does collect some basic goals of the workers. The astaxanthin section explains what happened after JFK destroyed USA via proposing lowering of taxes for the rich (from 94% to 65%, as Reagan the final destroyer of USA did with 65% to 35%) and destroying the US middle class, as CEO pay rose 2000% from 1960 to 2021, while worker pay only 9%. This led to having no money for kids and US already had zero paid time off federally for parents, being more of a slave colony, more so as each decade passed since 1960. As JFK pursued all out destruction of the US workers under the cover of "leftism" (to be less detected), as all aristocratic clans did, US became a banana republic where all jobs were sales and marketing of stuff made in China and elsewhere, with all industry, except military, destroyed and outsourced to others that make pills that contain 50 to 5000 times less mg ingredient than listed. As we devolved into a 3rd world country republic of clowns☺☺☺ and 10 times higher adolescent obesity, IQ dropped and we realized that laziness is King and outsourcing everything, is the way, so we outsourced kids' education too, trusted the nursery, schools, colleges with catastrophic effects, as the youth was unable to discover anything of substance as previous generations did, except how to change their gender, increase breast size and penis length, use 1 lb of makeup weekly, 40 piercings, 45 tattoos, 4 kg of hair dye & play chimp sports. Parents blindly trusted the system, gave kids to some lady, a small business owner, who didn't really care much about the kids, being 1 adult for 10-20 kids, leading to lower stimulation and lower

quality intellect. Some kids become disabled, as big dogs maul their face or leg, since nursery gal was a big dog fan. A parent loves their kid and takes better care of their kid using proper online materials and classes, and makes a better complimentary teacher, etc. Most teachers are also unaware of the basic ideas in this book and will raise an average kid. The kid will be polluted and destroyed by the infernal vibes of the fellow kids, who're subject daily to a barrage of demonic music on TV-radio, bad parental tone in the presence of kids, plus bad tones of speech, and kids become like the peers, teachers around them. Today, all parents have access to many free online platforms to learn any school subject from home (khanacademy.org and others allow tracking of student progress, homework grading, etc), youtube lectures, software classes (coursera.org or edx.org), for every subject, the parent can review the best sites for a given topic and the textbook, wikipedia, etc, plus parents can refresh their knowledge, find a youtube on a topic, watch it together, explain it using a tablet (that allows handwriting for easy chemical formulas, to stimulate the brain areas related to handwriting) or white board with eraser, etc or even read the textbook together and make a new video on Living to 4000 Biochemistry for 4 year olds, etc. This allows parents to design physics and chemistry of 4 millennia lifespans for all grade levesl from nursery to 12th grade, to help create a new educational focus unlike any of our "rodent IQ schools training "memorization zero inventions chimps" who adore fast death at 80 as a slave of corporate criminals". The fraudulent religious schools and others brainwash kids that the purpose of life is to move a ball thru hoops and etc, so the priority becomes shouting like Hitler while playing chimp sports, instead of conscious physical exercise to stimulate precise sets of muscles for 1-2 minutes using eterni music, gardening (learn to grow food, spices, jasmine or other scent giving bushes, photosynthesis $6CO_2 + 6\ H_2O = C_6H_{12}O_6$, etc) or exercise in the rendering of service to a cause, to develop compassion for those neglected by society in its love of useless material object purchases that remove any chance of World Peace and zero violent crime, the very basis of any civiliation that these phony fake miracles based religions so vehemently claim to try to build (while 97% of donations are going to the staff, 3% to actually helping the needy, the whole scheme being more about jobs for those pretending to teach the truth, while keeping everyone as short lived and ignorant of real ethics as possible, with parents paying astronomical sums for this "special education in being as clueless as possible", a brainwashed parrot with no real awareness about how criminal genocidal spies invented most religions in their quest for a more efficient and universal power to subjugate all nations. ☺☺☺

Parents no longer need tutors if they forgot some things, as online sites have exercises, etc, able to replace school, without the risk of kids being recruited for a gang or other odd activity by a bad kid. If we take a human and give it to chimps to be raised, the kid will become a retard. Likewise, when parents give kid to "retards" (like sadly many in the educational industry are), kid will become the average chimp without any focus and loyalty to immortalism, and even

worse, live in terror if bullied and harassed at school, get punched by "cow IQ" violent kids, etc. He'll waste his entire life, following the mob of genocide and slavery eternal. Many people are loaded with cash or equity, and could easily retire by downsizing to a cheap town (many Florida towns have 100K houses even without the crazy harsh winters of most states), live frugally and raise a kid or two the proper immortalist way focused on how to increase human lifespan to 4000, etc, but instead choose to amass more useless paper money, or have some silly job to maintain their "luxury status symbol" life, instead of choosing a simpler life with 1 kid educated the correct way, instead of these idiots doing it, as the TV-radio satanists define the tune, content and ethos. Pibank.com offers 4.25% interest, better than most CDs as the bank section details, while a pressure cooker and buying the raw materials and cooking it under water with no salt is 10 times cheaper (lentils are 10 times cheaper than beef and contain 25% protein) and 10 times healthier than buying premade foods created by genocidal aristocrats who need a reason to loot the workers of trillions of dollars, by forcing on our throat at gunpoint ads (the so called "free media" owned by aristocrats) about their poisonous products: the cans leak toxic metals and BPA, microplastics, the food packaging too, the AGEs kill us, salt they add causes plaque and via that heart disease, vascular dementia, organ failure, added sugars cause diabetes and belly fat, etc, pretty much 1 trillion dollars wasted yearly taking care of the issues these aristocrats cause, all paid by the same slaves, the 99%, via health insurance. The phones, WiFi laptops in schools are designed to destroy the workers' kids brains (Israel, France banned WiFi in primary schools, WiFi routers in classrooms are like cell towers, weapons of mass destruction, their intensity is so high, far stronger than home WiFi, which itself is lethal and a clear example of human stupidity, laziness and suicide for the sake of "convenience" of not walking to a laptop or desktop wired connection, so then all become fat, sick, short-lived), the rich ban cell towers in their areas, as they know towers kill people. They murder us to spy on us and remotely control us with connected devices. Nobody needs phones except for emergencies. They add endless food poisons to increase sales, while making everyone stupid, sick and obese. The money wasted with paying MDs 20-80x the minimum federal wage to treat easily preventable diseases of high salt, sugar added to foods, cans, etc could have been used to replace all carpets with wood to add 3 years to every life and provide better protein. In the organized British-Jewish mafia state of USA, you need to protect yourself against these bandits if you want to save money and then be able to feed your family, while working part-time or living in a very frugal way and on the savings. 1 genius can help humanity than 50 million kids who simply follow the mob. His value is 1 trillion times higher than the extra million you make by working more and outsourcing kids to "snail IQ teachers" who pretend acting like adults. Imagine how much higher the critical thinking and 9000x higher immortalism focus is, if he's home schooled by you, gives you a higher chance to turn your chimp self into an immortalist, since the kid forces you to filter out your bad tone and behave much better as you would if a teacher with kids. He won't learn

the depraved content of the demonic educational system, be it religious demonic education presenting Bible as holy or demonic public education who place sexual books on the main library door to create pedophilia victims. Don't ever forget the Jewish Talmud on having sex with 3 year olds, the drugging and butchering of kids to steal their kidneys (advanced drugs that wipe out memory), etc, do you trust a daycare Jew pretending to be gentile to correctly educate a gentile whom the Torah (Old Testament of the Bible) ordains to rape, cut out of wombs, kill? This book explains how via online education, kids minimize school trips, using school for labs only and parents are able to see the lab wired cameras to check on their kids, how they're present in the lab and not doing drugs or being abducted. Bible, Quran call for beating kids with rods, general beatings, etc, so how can any responsible parent trust such animals (pathological liars who claim such filth is the Word of God) to raise kids, when they can bully kid to not report to parents the beatings and abuse with powerful mind control and torture methods? Any sane parent who has read the Bible, Jewish, Quran, Gita quotes and see what public schools teach today (what ethics focus they have, etc) would consider home schooling and if going to college, living off campus away from insanity. Teachers who tell kids such genocidal "scriptures" as Word of god are either "cannibal chimp IQ" or evil. You don't want humans raised by monkeys, as they will become monkey like. If parents want to work, they can choose perhaps 3-4 days work a week, alternate, so 1 parent is home half the week to homeschool and avoid paying $$$ to "fruit fly IQ" schools.

Schools are designed to create "sheep IQ slaves" to put it midly. They're for profit criminal enterprises today, the police section shows 30 videos about horrific shootings, crimes happening to kids, adults, 6 year olds using a gun of dad to shoot fellow kids or teachers. This is USA, with 280 times more guns/capita & gun deaths vs Singapore, we're savages, made so by the demonic Republicans of Eternal Javelins, Shoulder Nuclear Weapons for all... with the satanic help of Demon-crats who flood the gates of movies, music, scriptures, with violence, drugs, animalism to incite the workers towards slaughter, for the eternal profits of the "Nobility Class of Extortionists and Torturers of the Working Class": the more crime, the higher the looting yield, *the more fear the masses are in, the more extortion: the rich control both parties in a total all out war of subjugating extermination of the slaves, the 99%*: one party provides the javelins (guns), the other the mind training to commit violence against fellow workers: never against the rich, never a protest near multi-millionaire/billionaire mansions and cities, always staged protests about dozens of irrelevant topics, like abortion, LGBT which wouldn't be an issue with zero sex outside procreation, zero violence in movies-music-media-books, staged protests all kinds of minor issues, pathetic laws about redistricting for fake elections, migrants *(secure borders would not yield any protests about migrant mishandling, but the rich need slave labor for insane profits, so they pretend they can't pass a law to secure border for 80 years, when they control all political parties for 250 years and everything in Congress, White House, Supreme*

Court is a scam, staged clown circus to fool the 99% that they "choose" something, i.e. their eternal slavery*)*, etc. Aristocrats care about increasing lifespan of a few people in their immediate circle, while immortalists about adding billions of lifespan years to the nation, so aristocrats destroy nations, while immortalists triple the average lifespan of nations. In 2023, US had 352 gun related incidents in schools, while Singapore 0 in 100 years. Go figure the safety of US schools. Do you want one day come home from work and get a phone call that your kid was shot dead after you spent 500K with education at "salamander or nematode worm IQ schools" the rich designed to subjugate all?? Americans are too brainwashed by the Gun Lobby to realize the school gun incident rate is 1 million times higher in US than some nations, it's like having schools with tigers roaming around or pitbulls without a leash (avoid big or medium dogs if you don't want infants mauled to death in 3 seconds while you're distracted). Would you enroll a kid in a school that allows unleashed or leashed lions in classes as a pet of the "honorable teacher"? Kids grab guns from places where parents forgot them. Making a little extra money is not that critical, be frugal, as the Bank section explains, since the future is the kids, they can discover how to make people live to 4000 and build Eternia. Most kids who finished college at 18-19 were home schooled by dedicated parents, though degrees are of no use per se, Tesla didn't graduate so early and discovering something doesn't mean graduating at 18 from MIT like one guy or etc. Inventiveness requires rest, creative thought, not stuffing self with memorized books you can repeat by heart. ☺☺☺

The 222 weeks system requires a vast 11 companies reform of society to be able to pay for it and make proper use of the centralized unified English accent education of all infants, kids, parents, as members of the national Family of Immortals☺, via the emergence of a national planetary consciousness of immortalist brotherhood. Our parent, the Immortalist Anthem, educates his kids equally the same way... to create a peaceful family, without guns, without violence, without filth (from all directions) the rich dispose generously to sadistically destroy us all on purpose. Today's system is anti-life and anti-nature. We know from a billion science papers that if you work 80 hours a week for 5 years, you increase the risk of death by 5-25 times, even if you relax on holiday for 5 years afterwards versus just working 10 years for 40 hours. Likewise, if you work 32 hours a week for a longer period, you damage health even less, as you take better care of kids and self. So why don't we make 35 hour workweek or 32 standard and retirement age 75, so we focus on health and longevity 8 hours a week? The aristocrats steal trillions from the state and workers, and then the workers get 0 hours time off by federal law, when having a baby. How can that be, when aristocrats can have 222 weeks off? On top of that these genocidal aristocrats control the 2 fake criminal parties, Republicans/Democrats, to arrest any parent (youtube got 5,000 videos at least of overworked parents unable to deal with 1-2 kids) and take away the kids if parent leaves them alone 20 minutes due to having gained 145 pounds by aristocrat

healthcare and food for slave system (they live as Gods of a parallel society, as parasites sucking the blood out of every worker, with their own towns, neighborhoods, health facilities, stores, etc) and having to work 75 hours a week to feed the 2 babies. The demonic Al Qaeda like terrorist aristocrats use the workers (cops) to terrorize and jail the workers, take the exhausted overworked workers kids to child services to increase trauma and lower worker/kid IQ for more efficient subjugation of the working class offspring, while faking elections for 250 years, as the Infernal Royals taught demonic Founding Fathers (British Empire General Aristocrat George Washington, lover of slavery of 200 nations and all) to do. Many young people are expected to:

1). live in a room or moldy 1 bedroom apartment where faucets leak and rats, fleas, bed bugs, milipedes, cockroaches, mice, dust mites, dog ticks, and other creatures crawl

2). raise a family in this crowded place while listening to a drug addict above (pet hospitals, but no hospitals for people, all have dogs, 90 million, but border has only 10000 dogs instead of a million to prevent all drugs entering USA via ports, mail, etc) playing music at 3 am waking the whole complex with his music or at the other hours, his insane barking dog.

3). work overtime so 50-65 hours a week, save a litle for a downpayment, destroy health for 10 years and your child's upbringing, yell at kids daily, smash a few objects too as you're angry at the aristocrats who fire you 50 times and change location 50 times in 10 years for low IQ useless jobs, while they sit in one place and never have to deal with unemployment which is made illegal by Immortalists when aristocrats are wiped out, everyone assured a job in their area at one of the 11 companies by proper stress distribution. Milk cortisol goes up 10 times and screws up the kid's brain whose emotions are all negative like mom's, as parents seek a new job when husband part-time or full time money isn't enough, then you raise a kid alone as divorce happens as husband is fired too and can't find a job either. A kid killed by the aristocrats forever destroyed by the fights, job changes and charade, pure genocide against the working class. Then these same genocidal psychopaths jail people for theft and violent crime they create by the system of 50000 times higher pay per hour, mom has 3 jobs to pay for the most toxic formula with 97 times more deadly AGEs than breastmilk, too stressed to produce milk even

4). support retirees wasting time who do nothing, for 20 years, yes and live in a house 2-3 times bigger alone, as you work to hair style them, to hair shave them, to massage them, to install eyelashes and mascara for them, to hair dye them on your 4th job on Sunday mornings 5-8 am.

5). educate kids by living example to become nonviolent citizens free of so much paranoia, negative emotions, stress, psychopathy, with eterni tone void of stress and aggression, an IMPOSSIBLE TASK, etc. No parent can create a 0 violent crime society in such madness. To reduce violent crime 1 trillion fold and sustain it, we need central help, central education, real

protection of parents and parental leave before and after birth of a new kid.

A brief video explains what abortion is like and why we need 11 companies to ensure zero unemployment, all have a stable job and income during the childbirth process: the genocidal aristocrat fires people left and right, for his greed, causing endless abortions. Well, by now we realize that the youth today can't have kids and our society is geared towards COLLAPSE without radical changes. The youth is being used as "pig IQ" fools to buy $ trillions in useless products for the aristocrat profits; these animals make everyone acquire debt, while immortalists forbid credit and more than 1 bank. The debt acquired in mutilating body ('beauty' industry) and buying lethal poisons and junk makes it unable to have babies, aborts people, wastes time for all. Nobody will have kids, that's what we see today, they wait until 50s or 40s, which can be too late or impossible for ladies at least. The system is of an ☺abysmal IQ☺ that borders insanity, it's pure national suicide. The people who can be parents are crowded in tiniest worst places and the retirees live in huge houses sitting empty and destroying thus the future of the nation. Wouldn't it be more logical to retire at later ages and make everyone work 35 hours a week, so the stress is more evenly distributed and life expectancy higher and retirement happier due to having a kid or two instead of none like many today due to pressure to work so much? Let's say we have normal jobs with the 11 companies with 0 unemployment and 40 hour weeks. Say you work from 22 to 62 (2025 retirement age), 40 years of 52 weeks, 2 weeks vacation, so 50 weeks of 40 hours on average, 40*40*50=80,000 hours worked in 40 years. Imagine if instead, you would have worked 80,000 hours in 50 years, it becomes 32 hour weeks, an extra 8 hours a week to properly take care of your health, your sleep, kid's ethics education, kid's health, etc. This early investment in having one extra kid and in 222 weeks off as a parent will make you happier later, as you had time to go to the doctor and prevent health issues by a better diet and prevented 40 diseases gained by 60 hour a week jobs with crazy 12 hour shifts. Extreme shifts and distribution of work creates permanent damage much faster that you carry from age 23 onwards. With an equitable 11 companies system of equal physical exertion/stress and other forms of stress, we reduce the need for gyms and sports 1 million fold and we move towards an intelligent society that aims to give all 150 average lifespan instead of the 0 IQ today. We see in many nations with huge life expectancy for women, of 83-90 retirement ages being very low, meaning these childless ladies will just sit around, being a burden on the nation's only hope, the young females who have no time for their kids, nor a decent place to call home. And don't start the ☺abysmal IQ☺ story about grandmas help raise kids because that will make a nation of fools, a grandma's IQ and brain is much smaller than that of a young parent, she's stuck in the pre-internet age, and is not even that related DNA wise as the kid, having much less ability, via quantum entanglement to understand the kid. The parent has many more live☺☺☺ neurons, received much newer science based education (instead of beating kids and kill entire nations

Bible education), makes much faster☺ and more intelligent decisions based on reading 1000s of papers like in this book, or others, youtubes, having a far more plastic brain and able to learn stuff so she can help her kid. Grandmas are not ideal childcare. Childcare is for parents, not grandpas. Grandparents can help, but it's evil to replace parents with grandparents, look at these grandmas of USA, would you trust these ladies to teach your kids? Or pehaps you need to watch the Chinese grandmas and other fights over worthless items? The idea that one should respect elders who punch others and fight over cardboard, etc just because they are biologically old, as Confucius says, makes less sense when you see all the videos. ☺☺☺☺☺☺☺

21 months is 1 year (after birth) and 9 months (womb) when the brain reaches 80% of its size, a year = 52 weeks, 9 months = 39 weeks (9/1252), total 91 weeks (91 is 19 inverted or 20-1 inverted, or 7 times 13) for each parent or 637 days for each parent, so 182 weeks off sounds like a good idea. As explained at businessinsider...8 Hungary already offers *180 weeks off between parents, Lithuania 178 weeks*☺☺☺*, Sweden 87 between parents* (many countries have dad months which can't be moved to mom, and lost if not used), *Estonia 84 weeks between parents, Canada 78 weeks between parents,* Serbia 72 weeks for moms, Sweden 69 weeks between parents, Denmark 52 weeks between parents, Norway 45 weeks moms 10 dads, UK 40 weeks paid 52 total between parents, Iceland 39 weeks between parents, Vietnam 26 weeks, Bangladesh 16 weeks, China, Chad and Congo 14 weeks, USA 0 *paid weeks, the land of Republican* Aristocratic TERROR. Immortalist nations need to offer pregnant ladies the entire month off for the last 120 days of pregnancy and the first 90 days of lactation (until baby is 3 months old) due to the huge stress of proper copious lactation on the body and of the baby last 4 months of pregnancy. She can also take any day off when feeling weak, sick or etc. even before that month 4. Every pregnancy is properly planned by getting the parent license and this enables mom to listen with the baby to meditative breathing and immortalist greeting meditative bliss classes in the days off, so she can raise the happiest baby known to mankind until that date ideally, with both parents taking some of these classes in the evening, so they both quantum entangle with the baby via their DNA to be ultra happy, but especially the mom as she's directly overflowing the baby brain with endorphins of happiness and she will be the happiest she has ever been her life with the biggest holiday ever to love her baby and listen to the 5 hours daily of education.gov classes on baby nurturing, kind eterni tone of feeling and thought, affection for the baby in accordance with lines 8-40 of the Immortalist Anthem to love the baby at least a trillion times better and gentler than the best mom did last decade. This creates better parents-kids bonds and eliminates systemic abuse in millions of childcare settings. Pedophiles or violent spanking psychopaths often run these centers, that's why parents aided by the most gentle tender soft loving kind videos are a better solution. Kids take care of parents when old, so parents have a way higher self-interest to take care of the kid to avoid a life of hell.

This enables mom to rest more and take care of her diet more, to make sure her stress level is lower than usual, to prevent creating a psychopathic violent kid. This means mom gets 30 weeks off to start things up, or 150 days off minimum, with an allowance of a few extra days before month 4 starts, so maybe 170 days around birth time, so a total of 34 weeks. Dads also get some time off around this time, but not full time, as their stress level is much lower, so they will get an allowance of say 44 days, or equivalent of taking 8.8 weeks off to take dad classes on parenting and relax, learn how to meditate, be happy, smile at baby and mommy, etc, since some males are totally screwed up, addicted to smoking, etc and need to learn to meditate and receive tehse classes, which, knowing his Immortality Credit Score file and purchases via the Only Way to Buy, Eterni Bank card, will be custom and aiming at removing any alcohol, coffee, smoking weed addiction and other unhealthy habits, like nail biting, finger chewing, irregular sleep, etc. Some rest and remaking of oneself would be helpful to avoid polluting the kid and wife with one's sick habits. 214 days among them until baby is 3 months old and 894 days afterwards next 8 years. Dads who live in a bad neighborhoods can be invited to take meditation classes in a very nice serene healing center to help them lose their pathological addictions, though these processes start well before parents receive their parent license before conception, to ensure the baby embryo is not damaged by drugs, smoking, alcohol, coffee (miscarriage, inability to conceive fast, birth defects in offspring, weak embryo). Mom becomes a new being with so many classes, the happiest mom ever, aware of what to do with the baby, how to teach him physics and chemistry, and math, since prebirth exposure to various sounds and science concepts will make it easier for him to discover how to live to 90000. Everything is the approved universal education.gov classes that are required in each day off for the happiest baby. The days off are not to waste time smoking or drinking alcohol, or watching violent movies, but to follow a specific alcohol smoking weed coffee free healthy diet and routine of 0 violent or negative emotion content, that brings maximum emotional health for the baby. Anyone who fails to take these classes (can't fake it as one has to click thru some pages, the PowerPoint presentations, etc) and the weekly quiz, will lower their Immortality Credit Score. ☺☺☺

After baby is 3 months old and the milk supply healthy and copious, parents 3-4 day work weeks, until baby is 3 years and 3 months old, so dad spends time with kids 1 day while mom is at work a max of 6 hours daily (so she can come back and breastfeed the infant, who usually sleeps 20-22 hours anyway first few months, so dad works 28 hours, 7 hour shifts, 4 days, mom 18 hours in 3 days; this means dad gets 1.5 days (12 hours) off for 3 years, working 28 not 40 hours, mom gets more due to the need to breastfeed baby until the age of 2 for a stronger immune system. This means 234 days (1 day=8 hours) off for dad and 429 days for mom. Parents work alternate days, with one parent at home when the other works, so they don't use so much time to travel to work either. This is due to the need to sleep more due to baby cries and issues,

and the need to teach baby to walk and do other tasks related to the daily classes that parents need to take alone and with the kid to ENhance his IQ to the maximum level, besides EQ. After year 3 and 3 months, they work 4 days a week, 9 hour days, on alternate days, so that one parent is home until age 8 and 3 months or so when they start going to school more for the science labs, field trips, etc. This means they work 36 hours only, not 40, since it's work to help kids with homework a little, as video teacher instructs when test score is low. They do need 8 hours of real work among them, to help kid 1 hour daily with taking the classes, the quiz, etc. Due to getting 4 hours or 0.5 days off for 5 years, this means 260 weeks times 0.5 or 130 extra days off for each parent, so 208 days off total, plus 214 (Feb 14, valentine's day) around birth, 234 and 429, adding to 1111 days or 222 weeks, close to the 180 weeks maximum people get off today in 2 EU nations. Parents can all choose home schooling, which is effortless via the online centralized education, so in this case they can go to work regularly, by being always able to see a video of the kid taking the lessons and talking via video chat with the kid using an app in the TV that turns on, to avoid WiFi or cell signal in the house that damages brains and having mom pop up as a window 10% of the screen during breaks if anything is needed or the kid presses the button which dials both parents. This system ensures that parents don't always have to work alternate days and kid can be at home alone sometimes, after an agreed age, which is normal in most nations. In 100+ nations, including many EU, and even USA in the past, all school kids went to classes alone from age 6, no parents accompanied them, since violent crime was rare and nobody had guns (except police). So from 6 to 18, I walked to school, sometimes 4 miles daily if going back to the chemistry lab 1 times/wk. Never did anyone attack or threaten me and this 2 miles daily and I passed thru some bad neighborhoods. So, as the violent crime is bought to 0 almost, kids walking alone will be OK worldwide, since a violent crime = lifetime labor or death. Crime is created by aristocrats to justify jailing and exterminating the working class. By distributing 222 weeks over 9 years, we make it more efficient in raising the kid with the most eterni tone experience, instead of the psychos raised today by the psycho tone of daycare and kindergarten teachers who can't all have the tone of 1 in a 50 million people in an online recording proven to be the most beneficial for ethics brain centers stimulation in the audience.

The online teacher (same accent and AI voice for all USA) will guide kid to rest and meditate a little too after each class, to breathe gently while the most relaxing music is being played and he keeps eyes closed. Since kids only need to go to labs 2 days of the week max, on those 2 days, parents can also work both on those lab days, so they can get the weekend off for the entire family. The age when kids go weekly to labs and spend a whole day there may be 6, 7 or 8. Until then, all labs are simple at home chemistry and physics experiments are easy to do with kids parents receive by mail, or group projects with a few families they choose, like planting a tiny flower or tree or doing some "community service" to help a cause. The 222 weeks first 8 years

are there to make more time for parents to assist kids in using the online universal one accent system of online tests and video classes, to replace the need for expensive daycare and other kindergarten, etc facilities and angry tone teachers who screw kids up. At home indoor air quality can be much better and we make residential housing and zoning 5000 times more important than commercial in every city. The video teacher uses eterni tone to teach kids how to write, compute, etc and instructs the kid how to take the test at education.gov/m4598 address for a math test for 6 year olds, etc. One parent at home with the kids at any time. Parents need to get parent license first, to comply with universal education pre and post conception, daily video education to fulfil the need for daycare via centralize universal accent, equal number of kids per family max to prevent "Muslims have 12 kids Hindus 2 scenario". A daycare worker doesn't and can't love a kid as a parent would. Assembly line daycare facilities mean families are less prone to peace and understanding, since they don't talk to each other. Lots of family conflicts stem from this lack of parental leave, which ultimately fuels various types of negative emotions, which pollute the information field of humanity, leading to crime spikes by ripple effects. This way, we no longer have daycare centers and everyone watches the amazing daycare classes on huge TV made by education.gov☺☺☺. Same for kindergarten. Kids who're with their parents can also choose to meet other kids, if they visit, for group activities and small science labs at the Kindergarten Science Labs. All schooling is from home, except for lab subjects, teacher and tests are done at home online, via the videos from education.gov taken when one feels like. This system allows quantum entanglement of parent with the kid (same DNA) that is better that teacher-kid and gives everyone a uniform English only national daycare curriculum of development that enhances human quantum field unity and the parent-kid bond. The kindergarten and grade 1-12 classes can all be learned online via huge screens, except for labs, and they can play with other kids too, as parents meet to have kids play, mother drops kids to a family and they rotate where the kids play, which house of which parent. This allows parents to prevent psycho kids from influencing one's kids at school. It creates more peaceful homes and stronger families. All parents talk via video link, wired one to prevent WiFi damage to kids as in these demonic schools of mass extermination. All tire pollution harms kids health, even if electric cars drive, less traffic noise means less death via car crashes. Time to put family first and centralize education for same accent in all kids. The parents can see kid at home any time via the video camera that watches the kids atending online classes on the kid TV screen. Higher air quality too, less traffic jams, etc. *Say 3 couples decide their 3 kids to play at their 3 houses* on a rotation, with either parent being able to watch the play via video camera if not there. This way, there is a higher quantum entanglement and resonance as the families are similar in Immortality Credit Score, preferences, diet, music likes etc. ☺☺☺

70 countries offer even father time off. Maximum nonpaid US leave is 12 weeks, which the

employer doesn't have to pay ► chicagotribune.. But 58% of American companies do offer some form of paid maternity leave and 12% offer some paid paternity leave. *Out of the world's 196 countries, the* US is one of only four nations that has no federally mandated policy *to give new parents paid time off.* At least, US and other countries who lag behind in this matter, could create via Immortality *Nurturing* Agency, a system like Social Security, that keeps track of Immortality Building Days, not of money. How about moms rest so the baby can grow healthier? The rush to do a million things and acrue more money only gives same short lives. Since a Civilization of Immortals' main goal is lifespan tripling, etc, it is ultra easy and logical to allow flexibility in holiday and sick time use. For example, many companies have flexibility as to when you take holidays or sick days in a year, but often times, you can't acrue these, you lose them if not used. The new federal law would forbid the loss of holiday (or even sick) time and *enable the husband even to acrue 9 months of holiday-sick time and use it as a transfer to his wife* (or viceversa if she works at a company that offers more holidays, or saved more holidays 5-15 years before first birth, since her job was not as stressful, and wants dad to be home for a few months around birth time) in the last 5 months of pregnancy or first 6 months of life, so the baby becomes *300 year human, not 100*, due to a special care they took to make it happen. Rocks live to 3 billion, humans can't reach even 80 million, are we that smart? Also, most women no longer have kids after 50, due to menopause, even if working another 20-50 years. If they can take 1-2 days shorter vacations ages 50-80 (or the Average Life Expectacy), as a percentage of the employer offered holidays, they then can claim at age 30 when having a baby a future allowance of a few months to take off for the first few months of baby's life when baby brain grows fastest ever after birth. *The interesting thing is that* the US has much higher infant mortality rate than most developed nations, *and* the US is the only developed nation with no government paid time off. Could it be that the first year of life is so critical to future adult health that this lack of parental time to love the baby contributes to higher infant mortality and lower lifespan for Americans compared to many nations, even if we spend more on health care? Having a baby would be the most important event, and people would save holiday time for that for years. How can you build data if moms have no time to record their activities? In an ideal world, we enroll all babies and moms into Planetary Immortality Study, so we get 130 million data points a year for what diets of mom (pregnancy, lactation) and baby (first 12 months, eterni formula added to breastmilk) are best for living to 120; like if you split foods in small packages, each with a barcode, and moms enter what they eat daily into their phone or desktop, or their account on NIH website, they get one of the 0.1 million combos possible for the top 10,000 nutrients in the human diet (mom and baby formula, etc). In the absence of such a study, with *eteri*-vegan foods in packages (like fruits, veggies, in transparent bags, preweighed, only sold for pregnant moms, etc, weighed and the fruit subspecies recorded to correctly evaluate vitamin and phytonutrient content, which can vary 2-10 times), moms and dads need to be citizen scientists and record it

for future generations to the best of their ability to estimate protein, carb, fat, type, vitamin, mineral, food, etc intake to better assess in 300 years what diet did. But how can you do that when people spend 10 months on holiday before and after pregnancy, and during pregnancy, they don't have time, since they work for money, their God. Why make money our God, instead of Immortality? Several studies in this chapter presented the amazing and beautiful ☺☺☺ communication between parents and fetus and how the fetus learns from the parents.☺☺☺

As the fetus is bigger, its conscious brain communication with the mom deepens. This allows for something to be done that few have tried before, since before 1980s there was no awareness of just how deeply the parents can communicate with the baby. We all know that for every 2 parents out there, due to their genetics they have an organ that is genetically more likely to be weaker, if one parent's genes get inherited, so the fetus stage is one of a lifetime opportunity to give that organ a boost and use the biophysics of *gentle tender soft* loving kindness to change genetics. For example: moms often joke with their unborn baby that they're playing or she reads him in eterni tone something nice, many times unconsciously, without aiming to develop the verbal skills of the baby, but this is what happens, baby's verbal skills improve (see sections below). Likewise, when mom rests, with eyes closed, she/dad can communicate with the baby, smile at him and play with the baby mentally in a way that stimulates that weaker organ (for example massaging that organ or kissing it or projecting a beautiful image in the baby's mind, with immense richness, etc to develop visual acuity, etc). Most people will think the baby won't know and it's just an imagination exercise by the bored mom/dad, but usually the baby understands a lot more of what the mom/dad does. Let's say that the mom or even dad kisses the fetus mentally or verbally and tells him mentally or verbally "we now visualize this beautiful warm (she feels it) loving ecstatic light surrounding our '...fill in the blanks with weak organ'. It feels so good." Dad can help with this too by recording something to help mom focus, they can record it together, etc, and she listens to this ultra eterni *tone*, recorded in the happiest moment, to advance the science of healing. This then sends extra nutrients, neuron development, etc to that fetus organ, and has the chance to change a gene that was there 3 millennia. We have discussed at length in the massage therapy chapter about biophysics effects on physiology, how simply massaging an area stimulated fibroblast skin cells, (how massaging or kissing gently weaker organ first year of life can help too, etc), this is the same biophysics at work, except we can't massage fetus like in real life, only mentally. Fetus stage allows for easier change of genes (like with bees) than 1st year of life of course, as everything is very fluid then. A baby has 2 times more neurons than an adult, the fetus brain is far more plastic than any adult will ever dream to be, or even 2 year old baby (known for brain plasticity). A 7 month old fetus learns faster than adults, responds to stimuli, adapts its brain faster than adults. As mom watches for example amazing pictures that stimulate her visual cortex, this stimulates the same

in the baby, as she meditates and develops happiness brain states or the *thicker neocortex* of *multi-tasking* higher brain function eterni tone, this develops the same in the baby more.☺☺☺

As the tone of content, thought, emotion, speech section explains, eterni vocal and content tone requires one to be the most rested ever for weeks, before one can reach high % of *eterni*, it's the most brain demanding activity one can do, as it goes against decades of neural patterns, more demanding than the most difficult math-physics-etc. This is impossible with a normal stressful job, you simply can't do it, just like when you're tired you don't want to go to a job interview since your voice and cognition are poor; thus, to prepare for such spech, the couple would ideally benefit from practicing this well before conception, from date number 1, speaking with the other like they never speak with anyone else to help them exercise this new speech, this new emotional life, to help themselves and the other to break free from the patterns of millennia of "..." (we know what human history is like), which are associated with a chemical brain structure. We don't become a good violin player or car driver from first try or world chess champion from first few attempts, so if pregnancy is the first time one tries to speak emote think like that, it won't be as good as when practiced for a while beforehand alone or with the baby co-parent. If dad has a weaker organ X and mom has a weaker organ Y, it may be better for dad to "imagine playing with the baby in a way that stimulates baby organ" Y and mom to do same for organ X "hey sweet baby, embodiment of *gentle tender soft* loving kindness and *infinite* immortal *bliss*, we're going to play for 10-30 minutes, imagining this beautiful shimmering *purple*, or golden or rainbow light bathing our "organ x area" and making us so happy, I give you a wave of loving kindness, you feel free to give me one too if you feel like it's enjoyable, watch how happy I feel, radiating this cosmic bliss and speaking like an angel mentally or verbally", so that if chemically the gene of one parent is there, it's easier to change by resonance to the better version, *doing genetic "editing" via biophysics of quantum entanglement and molecular resonant information transfer*. To determine what works best, we would have to do large studies to see if meditating 1 hr daily and imagining a golden warm loving energy surrounding both parent and baby organ has any effect. Ideally parent does it when happiest in the day (after reaching semi cosmic bliss), mornings, most rested, and closer to when fetus is scientifically known to be most awake, we need 70,000 parents to see if this influences which parental gene version gets inherited and in what condition (changed, how much, depending on how long daily meditation was, 2-10 or 30-60 minutes, etc). However, the habit of being happy due to ecstatic meditation endorphins flooding mom/dad and baby brains, strong desire to live to 800 can be given to the baby from the fetus change by mom/dad reading (or ideally playing prerecorded when tone is worse than the eterni tone recording made prior to conception) inspiring Immortality books, or listening with eyes closed to some Immortality audio book or recording or pleasant relaxing song or dad talking about it in the most eterni tone.☺☺☺ This needs parents

who're rested and in their happiest states ever, on vacation, to be able to influence via this gentle meditation, various activities the nutrient flow to a given organ or gentle eterni speech brain regions, and the electromagnetic reality of that organ relevant for the couple. But what do we see in real life? Parents wasting holiday time when not pregnant, yet this is the few months (4-7 before birth) when gene changes are deepest, and when you can *add* 500 *years* of lifespan easiest. *When you're 20, trying to do* that takes a billion times the effort and tech.

Revisiting the chemical & city analogy to time travel, we get to a more complex perception of the independent /(infitesimally dependent) reality of the future "soul" and future human choices, i.e. communicating with "'City B' Immortality Knowledge loving and storing (released by his City B higher self when loved enough by earthlings) baby" is not limited to when baby is a fetus, but even before conception, so the *genetic "editing"* effects of this communication can be studied too (is "imaginary" talk affecting the future that "doesn't" exist in our "perceived" reality?), City B is independent of human reality in this dimensional universe in the time travel analogy. But why wait decades for a mega study to be done, when one can activate creative visualization brain areas more and visualize the baby as the healthiest Immortality sciences loving longest living human that was ever born in that line of ancestors? Parents have nothing to lose, it's not like parents bet with a physics professor that they can time travel or anything expensive; if anything, the perception of the baby like a gorgeous healthy immortalist (and/or *vegan*) will become a mental parental habit (neuron activity pattern) that then transmits this perception (positive thought) to baby when he's a real fetus and infant and aids him in growing healthier, more optimistic and more confident (essential to living longer, taking care of himself, etc). This is sort of like visualizing the baby as healthy and helping his Lepton-Quark-Boson chart to better match that of the future prematter baby Immortals (see the 43, 69, 86 sec clips about prematter baby, ☺☺☺ + all @ youtube.com/@immortalia) who live to 900, and are much healthier (it won't be a 100% match, but even if 10% shift may grant extra 20 years of healthy lifespan and total lifespan). It may be way better *(the only way perhaps, since someone could record anything you say or write)* to keep your preconception talks with the baby to yourself or joint (your soul and baby soul) prephysical matrix *genetic "editing"*, otherwise, people may think you're a "science fiction writer" or trying to get rich by "wild claims of time travel". Some studies later in this chapter explain that when male mice are stimulated in some way prior to conception (equivalent to human years), the offspring is informed genetically, as the sperm changes to make that stimulated or stressed organ stronger. This is also explained in the pre-conception section on sperm reprogramming. So, when parents meditate and focus on an organ with the imaginary or real baby soul, they're stimulating that organ and guess what, the sperm changes and that organ will be stronger. New sperm is made daily, eggs can be 30 years old and their changes are less dramatic, unless it's new egg. So, even if you may not believe that you can

actually change prematter and shift timelines, you literally change genetics of offspring by just pouring/focusing energy on that organ to that via visualizations and imaginary playful games with the pre-matter baby that stimulate that organ; many eye doctors give exercises to kids and because the brain is plastic, it can correct vision without any other intervention if done early enough; this correction is impossible when older; likewise, the prematter anatomy is even more plastic and prematter brain even more plastic, fetuses having the most plastic of matter humans.

Because each DNA template carries a modulating information pattern, one can communicate with this pattern and achieve resonance, to shift its frequency towards the desired gene. For example gene 1 oscillates in a region of prematter anatomy as a certain geometry due to electronic clouds, but gene 2 as another geometry, so technically, with electromagnetic templates (that traverse from our time to future timeline where not all is set yet) that seek to guide the patterns of electrophotonic structures, one can biophysically alter the embryo formation probabilities totally; but this science is too demanding for our primitive technologies. While this is doable via biophysics of future millennia, how to do it via meditation is totally unknown. Another unknown is how much one would need to meditate, play with the prematter baby, investigate gene (related to desired features or skills) geometries and their oscillations, how many times daily and how to meditate in order to have the desired resonance or stimulation effect with minimal energy and time spent, and whether the quantum information of the changed sperm and eggs (some new, not all are old) can hold the understanding of the desired genetic outcome (outside timeline shifts) perfectly; the information could hold the desired outcome perfectly, if properly encoded, because quantum entanglement (faster than light) across planets, galaxies is no different than across time, because it's the same subatomic particles that resonate and share info, that program the electrophotonic dance around atoms of sperm and egg. My random guess is that we can't think 3 minutes daily about genes 1-300 that affect "capability y" and expect any outcome, it would have to be at least 1 hour (for example: meditation to achieve a very happy state, conscious breathing perhaps where inhale and/or exhale focuses on energy thru the desired organ) or perhaps even 2-3 for many months to have a significant effect on probabilities, something most people don't bother with, due to laziness and lack of genetics knowledge or lack of time due to "money (or anything except longevity-immortality, extending lifespan 50 times by intervention when it matters the most, preconception, conception, pregnancy) is our God civilization" (vacation before and after pregnancy years), not around pregnancy or conception. Since the future baby is real in expanded view of time-space from megauniverses, or of chemical time travel analogy, and present in the expanded "eternal now", but has the flexibility to change its yet to be state, communication with him is not a fiction, but pure physics, even if you're an atheist who believes in no soul or no afterlife. Skeptics will argue there is no way we can do that naturally, we have to wait 400 years

for physics to get there to do such editing of genes. But look at dogs, they often smell better than machines, what if humans can smell too, perceive patterns too (that dogs can't), change them in their own egg-sperm,☺☺☺ patterns that if unchanged lead to gene 1 with 90% probability? We don't have electrophotonic pattern programming machines, our options often times are only non-machine based. The baby is intelligent and can know, in this pre-materialized state, that if he's an adult able to be one way, he will have a new set of options, but lose other options. Every change has its pros/cons, one pro being of course, science advancing.

In theory, the baby can even tell you something about himself that nobody can know (a detail nobody except you knows, and that nobody can fake), which will come true, to confirm you talked to the future "intelligent organized" matter template in that timeline or baby soul. Here is the funny thing that many people, due to being such pessimists, don't even consider: if one would get good at this, he could achieve things, on occasion, that medicine won't be able to do for centuries or millennia with gadgets. Isn't that amazing? We're today shocked how ancient people, before they had the gadgets we have today, could at times do things that many or most people can't do today without gadgets. The most amazing millennia living healthy "Avatar of Immortality" gorgeous baby version exists for any couple, what we lack is the knowledge of how to shift the subatomic processes to lead to that prior to conception, and also for organs that form later some of their specific features, during pregnancy. This could be termed energetic nutrition, we don't change diet of mom during pregnancy and baby when born only, to live 50 times longer like bees, but also mom/dad material diet and energy diet before conception, thru frequencies and patterns we have not yet knowledge of in present physics. The question arises, which features are the most important in offspring to spend time influencing? That is up to each parent to decide when they talk to their prematter baby in their fun adventures of quantum entanglement across interdimensional time and space and this dimensional time-space, City B-Earth, and future time on Earth versus present time, but obviously the ethical thing seems to be to focus on features that maximize the lifespan of the greatest number of people.

If parents think they have an issue with an organ, that issue doesn't exist genetically, it's simply the parents' parents didn't have ideal nutrition during preconception or pregnancy or kid early life (e.g. DHA, EPA only added recently to infant formulas, low DHA led to poor ocular health). So it's a waste of time to massage or mentally activate the area "believed to be weaker", especially since organ issues can be the result of gadgets of torture used by unethical people, or electromagnetic pollution, not genetics. But if parents know beyond any doubt, it's genetics, they can try, why not? Nothing is wasted, just practice some meditation and watch less junk fake news online. The odd thing is that we may not necessarily need to know the specific genes, geometries and subatomic oscillations and patterns that shift probability of a gene set being dominant, not recessive, but that such things can be influenced via learning of prematter baby

during imaginary plays, which inform prematter baby of an option of a new set of gene changes, that may not even exist in the biological parents: for example, we all know that if you fake your smile, your brain is tricked to become happy and to secrete endorphins, and if you yawn, your brain can be tricked to produce tears. Because the universe shares via quantum entanglement all abilities of all humanoid species, human like and Earth humans, including those who can astral travel for example via tech or soul, any couple without such genetic features in the more real periodic table genetic code representing the subatomic periodic table structure unknown to us yet, can actually tap into this information and via role playing they astral travel with the prematter baby for example, (we trick the prematter brain or "third eye as some mystics define it" to astral travel (octillion times faster than present space travel)☺☺☺, as we trick the matter brain to release endorphins by smiling and pretending we're happy), parents may start a genetic change that causes a learning in offpsring of a new type, that leads to the tech to do that via gadgets or soul, maybe not at once always, but in 2-3 generations if kid and grandkid do this. Fetuses are the most intelligent, having more plasticity and capacity to learn new things than adults, (newborn babies got twice the neurons of adults) likewise, prematter babies are even more intelligent than fetuses/embryos, able to learn things we never can as adults. Isn't that something to ponder on? Some will ask if someone would be able to talk to prematter babies from another continent and family, and of course they could, but the thing is the communication will perhaps be far less effective since the parents and kid, when biological, have already a high level of "biological" quantum entanglement unlike any other pair; but we don't really know, we can only speculate as to what quantum entanglement exists between souls of adults and unborn babies from biological or nonbiological gene pools. Some don't believe in souls or quantum entanglement of souls being stronger than parent-kid biological matter entanglement. But we can talk to prematter babies from stranger families (not of one's own choice, I mean the baby coming to us due to noticing something odd not seen around other electrophotonic patterns; the spirit baby would talk and play and the living person may not even know who the prematter baby belongs to). We also can have a stronger effect than biological parents (if they even bother, they may not even believe in astral travel anyway) on genetic inheritance or trait creation. One's contribution to the future is not dependent on having biological babies, and that one with 0-1 baby could influence humanity 1 billion times more than one with 17 biological babies.

If one could talk to God like beings and figure out how to talk to the prematter collective of all adults (i.e. the severely restricted in ability to shift future timeline of living human beings, the older the more retricted) and prematter collective of all Earth babies (far less restricted) which will be born in the next few years, one could imagine that if such a collective vibratory pattern would exist and one could role play and *play with this "baby representing all living and soon to be born earthlings", one could fill The Archetype with the wisdom, gentle tender soft loving*

kindness (the loving care a mom has for her nursing infant, etc) and ability to free itself from short lives and attain 5,000 year lifespans a lot faster, one would be able to give this "aggregate, all humans into one, baby" the freedom to no longer be under historical inertia hypnosis, that recreates short lives century after century. How?☺☺☺ We can even *sing to The Archetype*, like I did in this 1 min tranquility clip. So, one could see how a seemingly useless imagination in that case, could actually change history in ways more dramatic than anyone has ever dreamed of possible, but if and only if, one has *some deeper knowledge perhaps too*, since people prayed and imagined things before, but that didn't lead to big results (maybe partially due to lack of focus, dedication and understanding that this is really possible, i.e. that offspring can live to 400 if prematter template is shifting towards that), *knowledge is* obviously *needed*. But if knowledge is needed to share a trait (or skill to escape historical inertia) with 1-2 billion prematter babies to be born next 1-2 decades, and we don't have it, might we find the *special knowledge*, if we're motivated enough to help humanity, even if to our brains it doesn't really translate into a way that they can understand fully? Technically, in the worlds of consciousness or informational constructs, these Holograms of *Archetypes (the average of all beings unborn or born of a species, etc)* exist as "shimmering spirits" sort of, in one of their "infinite" representations (depending on the frame of reference of viewer), so if one can enter such a world and runs into this being, or is approached by the being, one can talk and play with *The Archetype* being, informing it of the new possibilities – like in minute 35:16 of brain plasticity video where imagining we're doing something (discovering how to live to a trillion or astral travel or divine ecstasy) activates those brain regions in us and the prematter baby we play with. After all we're all in quantum entanglement with the future Immortals, (descendants of *The Archetype* being sort of) humans like us who will live to 8,000, so they can give us the knowledge to speed this awakening from historical inertia mass hypnosis faster and bring World Peace in 3 months, 8,000 year lifespans within a "short" (compared to our history as a species) period after that. This is similar to how reading this/other colorful *(not plain)* fonts books before *conception* may develop a higher baby visual acuity of colors (auras? Is clairvoyance of toddlers until age 5 related to brain maturation, like vision loss causes people to see 'invisible people and objects'?)),☺☺☺ belief in ultra positive futures, complex thinking, fluid intelligence. It's amazing how much happier parents and adults become when seeing pictures of smiling babies (even if it's the baby himself when happy or just the best web picture in several copies, doesn't ahve to be many babies) as opposed to smiling adults; part of it is because our brain who knows that babies don't make fake smiles when little (they do later, when noticing it gets them what they want); it's a genuine happiness, not a sales smile. The superorganism, *The Archetype* of all babies into one, wants us to be happy when we see happy babies, so babies imitate our smiles, become happier or remain happy, because brain doubles in the 1st year of life, the emotional brain basic architecture is established then, so the happiness of a person is influenced by the 1st year of life 20 times more than by other years, the

brain is ultra plastic. If a baby (and parents too, when pregnant and having a small baby) sees smiling babies pictures around his play area, they will be helped by The Archetype to become happier, since The Archetype thinks we see a lifesize baby and that signals special resources need go to the looker to make them happier so the baby smiles. To trick The Archetype head pictures are enough, around the size of a baby head, with eyes looking at you to transform you deeply as if he's smiling at you since that makes you smile a lot deeper and bring more Archetype resources since our brain responds differently to pics where the eyes look at us, to simulate it and trick the collective unconscious it's a real baby, so as to help parent to become gentle, tender, soft, happy as The Archetype would try to have parents be, since the looker (be it adult or baby) is around the carrier of The Archetype genes/future, health, wellbeing.

15.1.2. AUTISM IS THE SPECIES ALARM, a warning of Possible Species End in 10 seconds:

Taking multivitamins before birth lowers autism risk by 30%. Those overly vaccinated during early infancy are more likely to die and be sick all their life. Not all autism is debilitating socially, some autistic people are engineers, inventors who discover things, like Tesla, helping humanity a million times more than regulars: autism is 5 million years old. Studies show personality problems, hyperactivity and other misdiagnosed issues are often mere malnutrition effects and psychiatry is more of a "bullshit science"☺☺☺: low Mg (kids can't relax without Mg to make GABA and are misdiagnosed as ADHD, they bedwet too), low B6 needed for normal Mg, low ω3 intake, low B complex and low lithium (diets rich in greens, veggies, beans have 20 times more lithium than junk diets that are associated with higher hyperactivity, violent crime too, besides schizophrenia, psychosis, personality issues, suicide), low melatonin (poor sleep causes irritation, antisocial behavior), poor sleep schedule short sleep (kids need 9-20 hrs depending on age). When combined these can be misdiagnosed for autism or ADHD. Autism is not a disease, of any individual, genes, or group of folks, but a simple feedback mechanism of the human quantum field, notifying the HUMAN SPECIES that humans are becoming more mean/violent/selfish via the negative type of autism (not the above average serene type, but the one no medications control, whose empathy is lower than average and acts so strangely, so rudely, he causes all to become more empathetic). Autism spikes due to our ultra evil music, ultra evil parliaments, Congress, ultra evil 0 weeks parental leave (see 15.1.1. trauma of parents of the US working class, vs 180 weeks other nations), ultra evil literature, ultra evil movies, evil tones of speech on TV-radio or infernal tones in education, risking total end of all humans in 10 seconds. The more the aristocrats steal everything from the working class and subjugate everyone, with even TV "left wing" guys/gals and Wall St., business conmen making same 50-9000 times more money than 15K/hr minimum wage, with some even making 50,000 times more than the pregnant lady), the more the stress of the worker female mom rises and she births autistic kids who engage into more abnormal behaviors, leading to a balancing act, the

Revolution that restores the balance between yin/yang, "people/government" where Tao, unity, the government of We the People is achieved for real, after 250 years of fraud. The autism epidemic is solved by bringing more compassion, via the 11 companies, in our world,☺☺☺ not by the aristocrat MDs medicating the working class to lower its IQ, drive it insane to steal everything from them and loot them (evil MDs does that to destroy perfectly nonautistic people by making up autism diagnosis) and subjugate it even more. When Revolution/government fall is near, autism spikes, that's the universal marker of once in a million years societal change, the victory of We the People, We the Family of Immortals☺☺☺, the Collective of Humanity, of Altruism. The collective invisible brain of all humans knows all humans can all die in one blast and it wants to alert us, so it creates autistic folks who force everyone to have more empathy. Such autistic folks can be the regular "non autistic by current standards" kids or even future high functioning autistic savants who create a bomb that kills 8 billion and causes the surviving 1 billion to be more empathetic. Autism is often defined as the 1. unwillingness/fear to speak until the kid is 2-4 years (Einstein spoke at 36-48 months old, with full sentences, see an autistic savant type of 8 years old) old instead at 6-18 months for normal people, 2. self-soothing repetitive behaviors to turn off the brain hyperactivity (of the working class scheming how to bring justice first time in 2 million years, of the species trying to prevent humanity's demise), 3. "poor social skills" (double empathy issue) or more introversion/shyness 4. extreme sensitivity to sound, light, smell, taste and/or touch, which overwhelms the brain, due to an alleged volume dial in the reticular thalamic nucleus (at least in mice) that makes every sensory input more elevated than in normal people. *Whether this is true or not in humans, is unknown, but one has to be careful to not confuse real autism with spy agency induced* (via torture blamed on autism) *fake autism and fake studies in mice, for Nazi experimentation with "autism curing drugs" that are a cover for creating mind controlled Manchurian candidates that kill and forget everything they did*. Spies can pretend to be autistic, schizophrenic even (they act 'crazy" when topic shifts to stuff that may blow their cover or when you ask a question that may blow cover, take fake pills with rice powder or sugar inside to foll the victim of their espionage), epileptic or "truthful, honest, direct like autistics" to deceive their targets, to appear much less of a "threat", or claim to be autistic & ADHD to justify why they selectively pay attention (lost attention) to questions or topics, to evade answers that blow their cover. Most papers are fraud, so don't trust any without a lot of research of another 900 papers. You'll see youtubers claiming to be autistic, but being interested in sharks, like autistics have 1-5 areas they're truly obsessed about, and sharks are used in espionage a lot by navies, due to their odd abilities, like some autistic kids, such as sensing fluctuation of five billionths of a volt using organs called ampullae of Lorenzini. Evil folks can claim to be autistic to start autism online group, to push drugs on people they hate, to screw them up, like MDs get commissions from drugs they push. Watch out for frauds, conmen who act autistic only on youtube or around you, to manipulate you/others.

Autism is due to either 1. malnutrition (due to lack of altruism that creates 1 million times more nutritious food, parents eat caffeine or theobromine (caco, which destroys fetus brain) which slows neuron migration and then this causes brain areas to not communicate and severe autism, with 100 times more autism than slightly autistic kids, develops, making them unable to function in society, via hybrid war of genocide against a nation via coffee shops to sterilize everyone and make everyone low IQ and autistic, that's why Starbucks, Coca-Cola/Pepsi/etc that push caffeine products without warning label of 40 points lower IQ, autism in offspring, etc needs to be fined 8 trillion each at least, they destroy America's gene pool and make everyone a retard, a person with lower IQ, lower birth weight, shorter lifespan, sometimes by 30 years due to Down syndrome, severe autism, etc, which is th same as killing 100000 people if 100000 mentally retarded kids are born in 8 billion people fed caffeine by the kilogram), related to brain mechanisms of dialing down sensory or other inputs that overwhelm the brain (hence the repetitive behaviors to soothe the brain overload?), or, due to 2. the eternal wars and animal attacks people dealt with over eons, which cause 2.1. survival adaptation of the fetus or 2.2. survival adaptation of the species, in the human quantum field who creates by unknown to physics mechanisms, the autistic genius by magnifying the brain area related to abstraction and minimizing other brain areas, so as to discover something in science that may make the species survival more likely. 2.1. means when a fetus was in a very stressful environment, like a chimp group was attacked by tigers all the time, it was essential for the happiness of the fetus, to avoid the painful feelings that came from mother brain thru placenta into his brain and feeling, to avoid situations when the mom feels sadness or fear or rage at the spouse, relatives, foreign occupiers being violent, or tiger attacking, and going thru the run thru the jungle trees. To reach happiness and serenity, to avoid the DNA damage of the mother fights, the lifelong damage that would come from hits to his brain by a drunk father, etc, the damage of fight flight response catecholamines produce, the fetus needed to change its brain, make itself "PSYCHIC" and develop this reticulum area that perceives sensory information that can be threats to mom 10 times sooner than mom does, as his brain is more plastic, so he had to hear thru the womb noises, fine paws of tigers inaudible to mom, etc that mom could not see, and become more psychic (3rd eye) to sense enemies or animals approaching before mom could, and move and cause sensations in mom or overflow her brain with an idea to run, be silent or walk away, so that the mom would not get into a 4 hour argument with dad (which can end up in fetus receiving punches or kicks from dad, causing brain damage) or be eaten by tiger, shot by Nazis, beaten (fetus beaten too) by the KGB officers, tortured and without food for days or harassed and in despair for weeks, or other occupiers, etc.

This self-protection and survival of the fetus by avoiding hits on mother or verbal abuse of mom, is only achievable when this fetus brain center area dials up the volume of every sound and

emotion and word said 10-50 fold, to hear or perceive if any danger appears to the fetus survival (no hits or bites to mother by animals or injuries by violent competing groups), tranquility and safety and 0 catecholamines in the womb (0 arguments mom gets into, so no negative emotions overflow the fetal brain damaging it). The autistic fetus noticed that if he did something, mom was quiet and didn't answer back dad and no negative emotion emerged, he noticed he had no negative feelings at times when mom was quiet and didn't answer back to dad's insults, due to no escalation among parents, so the fetus learned to try to perceive sounds, voices and emotions early on and he learned that speaking is deadly usually, as it causes mom and dad to fight, so he spoke at age 3-4 like Einstein. He also became ultra sensitive to sounds (this can happen to adults too) and learned to avoid eye contact, so he can fixate the brain on one spot and listen to others when speaking, so he can discern the threat level much better, while not revealing to the other side one's emotions by looking at them and being manipulated by the fake expressions of people that cause one to react emotionally and reveal how one feels about some topic. The autistic kid became the natural counterintelligence expert. Facial expressions are easy to fake, like smiles, but sounds are 9000 times harder to fake, they tell the entire history of last 50 years very well, so to avoid sensory overload and focus on sound only, autistic kids learned to look away, as a survival tactic to discern threats and evil people. Hence 'autism' often is linked with less eye contact, also due to sensory overload of the brain via dual visual-audio channels, so when they look away, they "almost close eyes" and focus on tone modulation and tone interpretation with 5 times more neurons, so they can assess threats level better, as womb time made them ultra careful about speech or even their life as an adult reinforced that sound of voice reveals 9000 times more than facial expressions ever do. In the womb, the baby can't see, but he surely can develop the "3rd eye" or psychic sense of remote sensing of human emotion, or develop above average hearing range, sense via infrasound or ultrasound, events, miles or 100s of miles away, so sound is a better threat indicator. It's pure self-defense, total lack of trust in others, since looking at others makes you easier to hypnotize by evil bastards who're often trained in mind control by odd fix stares and 1st grade role play.

So, due to psychopathic Set of Scriptures, Psychopathic Cannibalistic Unfair Society (see the 11 companies section for a decent society where all 350 million Americans form one Family of Immortals☺☺☺) and the risk of all humans dying in 10 seconds in one blast in a weapon test (or even inadvertently as some tech does something unknown in physics due to the collective intelligence wanting it to happen to make all empathetic and less cruel), and the cruelty, war, violence they bring, fetus drama experienced, the autism appears. Autism also manifests, as mentioned above, due to high stress and negative emotions of mom during pregnancy, verbal fights among parents (hence both parents need to avoid even the slightest ultra polite arguing when pregnant or first year of life when brain doubles in size), parents listening to or attending

restaurants, grocery stores, events with music by folks posing as singers whose "music" lacks any happy *gentle tender soft nurturing graceful* serene universal loving kindness. So, the autism cases will exist until we have achieved 1 language, 1 currency, 11 companies worldwide, the hallmark of honesty, ethics and compassion for all of Immortality *for* All civilizations. Autism is merely anxiety and Immortality brings the loss of autistic anxiety. Autism is thus something that can be weaponized by psychotic spy agencies to wage hybrid wars against various nations, train spies and brainwash local populations for taking over their entire nations. Jewish, Muslim, Christian, Hindu, etc MDs often love to make 400-800K (25-50 times the minimum federal wage) by prescribing useless meds to people, without actually taking any action to treat the real cause of the 1 billion people killed last 3 millennia via Torah praised alcohol, genocide praising Torah, the very synagogue, church that praises the Hyper Violent, Alcoholic Torah/Bible it preaches. Were we to be a decent society, we would treat the cause, the perpetrators, not the victims of the genocidal autism they created via violent scripture, music and ritual satanic abuse. Sadly, we're not a decent society, so we "penalize or try to stop" the victims of aristocratic genocides, not the aristocratic/clergy perpetrators and preachers of "genocide, mass rape, human sacrifice, arson, kid beating, slave beating" laws *the* genocidal Jesus came to reaffirm in Mat 5:17-9 and in other quotes with bloodshed of 20 million dead in Protestant-Catholic wars alone, besides Islam Jesus created (Quran is Bible rewritten) and 1 billion dead due to alcohol. These autism perpetrators get a free pass to whitewash genocide, mass rape, arson, ritual drowning of babies for millennia, slavery as the Word of God that Jesus praised in the Gospel, and get paid 25x more to cause heart attacks, diabetes, diseases for fraudulent claims pills will remove autism (when decent music/tone would definitely remove it and free us from the need of these pills and infernal clergy tones (pastor, rabbi, imam, Hindu, Buddhist), infernal singers, etc MDs support).

It is important to understand the basics of honesty: humans perceive cannibal chimps as very violent and themselves as evolved, so future humans who have evolved out of human stage, view today's humans and most singers today of anything, except the gentlest most kind spiritual universal compassion song, as pure cannibals. Unless people who speak on TV in Hitler like tones, though not as evil as Hitler, realize they're not speaking and emoting like an Immortal of the future, in an eterni tone, we can't evolve past autism as a species. Autism is simply happening due to a simple lack of empathy for all humans and for others, so the TV presenter thinks it's OK to make 10000 times more money a year than other people, to have dogs that annoy other people, dogs that steal the chance of people getting medical care due to endless pet hospitals and stores existing, dog that eat meat obtained by the slaighter of thousands of animals per dog creating infernal levels of pain and suffering and autism via interspecies effects (animals know we raise them for meat for carnivore humans/pets, so livestock will make us infinitely violent via meat, release the most lethal stuff to amke humans fight among

themselves, so animals can live free of human terror). TV presenters from Hell praise dogs and pets as a must have and their owners are portrayed as kind people, while human nutrition stores are nowhere to be found, due to dog nutrition stores, in many areas of Earth. Not only that, but dogs entangle with wild dogs (their brutality) and cats with tigers (tiger eats woman, watch: *some ate 400 people each in Africa, India, in the past especially)*, and this bloodshed by big cats, hyenas, wolves, wild dogs is teaching, via quantum entanglement, dogs and cats to attack humans, kill babies, and by contamination destroys the human morphogenetic quantum field, causing an insane level of violence among humans. The moment a kid engages with his pet dog, the kid becomes the serial killer quality of wild dogs/wolves/hyenas that kill others by shedding blood, the kid quantum entangles with all similar lifeforms and becomes that which he focuses upon. Likewise, the moment a kid pets or plays with a cat, he becomes more of the tiger who ate 400 people. ☺☺☺ Kids become the quality of big/small cats when having a cat, of wild violent selfish animals insensitive beasts when having a pet, i.e. kids shift towards autism, lack of empathy for humans, engaging in repetitive strokes of animals to avoid dealing with human complexity, kids devolve into lower IQ, into autism, kids devolve into a mortal blood eating rat IQ animal, and kids destroy all energetic, intellectual, cognitive, analytical, spiritual progress towards eterni speech, emotion, thinking, society and action. This is pure physics.

To have pets that eat meat is to further compound the issue to stratospheric levels, by 1 million fold, as each pet means 4000 brutal murders of livestock that have caused insane pain signals of distress, quantum NOISES felt from thousands of 100s of miles away by the whole body sensing and brain sensing, SENSORY OVERLOAD autistic people deal with, noises which contaminated the human species, all fetuses, raised autism levels to new highs, and caused paranoia to create insane levels of war. To make things far worse, dogs eat more meat, and bark in very audible ways that connect with their primal fight and flight wild dog brutal bloodshedding wolf hyena self, with all wild dogs killing sentient beings, which makes the children around such evil beasts far less able to develop "Immortal level emotional information processing", i.e. the knowledge of a mother who knows when a kid is in danger, when any of her 8 billion kids on Earth, her Family of Immortals☺☺☺, who feels a kid was a victim of violent crime or murder via gangs or war. Dogs/pets turn kids into the more violent autistic types, the so called "*normal people on TV-radio-concerts who mistakenly perceive themselves as normal when they themselves are highly autistic, insensitive and violent*", and prevent the development of the universally feeling being that feels all humans are one's being, as parts of one's body, one's family, one's household, like a universal being with the aura of a planet, of the Immortals of page one, the being who can only accept 1 country, 1 language, 11 companies on Earth. Pets turn kids into autistic beings, magnify their lack of empathy for humans (so evident in TV-radio-music tones), boost their selfishness. Fools claim that 'pets help us', they don't, pets simply make autistic kids

avoid humans even more and become even more unable to help humanity, which is why the quantum field created autistic people to begin with, to alert all that empathy is lacking. With empathy and 11 companies instead of 1 billion, with 1 currency instead of 200, with one nation instead of 200, with one language instead of 7000, we become so efficient, we can create soothing musical drones that emit sounds that triple human lifespan and can monitor all smells and do all functions of service and cop dogs and with 11 companies, we eliminate violent crime per the state of emergency plan of reducing violent crime 1 trillion fold including eliminating all dog on human aggression by banning all big dogs except service/sniffing dogs, and we bring the world of no pets, as animal souls reincarnate into humans to evolve. Having a non-vegan cat or pet is murdering 4000 similar lifeforms, is ANIMAL ABUSE/Killing of 4000 PETS equivalent, it is not spiritual or ethical, it is Pure Satanism, Pure Diabolical Evil, Pure Genocidal Psychopathy, Pure Infinite Evil. These grotesque monsters on TV that praise nonvegan pet ownership without showing how this pet ownership encourages BLOODSHED, are simply bipedal HYENAS, not worthy of being on TV-radio. They aren't civil, they're not even human in the minds of the people of the future, they deserve only minimum wage, not 10, 50 or 5000 times the minimum federal wage. What a Pure Satanism Deification on TV. Hence we need to temporarily shut down all TV-radio stations, to eliminate autism, and create 1 really kind TV-radio station, to help bring violent crime to 0, so nobody needs dogs to maul suspects, to sniff drugs nobody uses, kill livestock and then we can rid Earth of all bloodshed. Our far future descendants, that we morph into, who actually are in the Eternal NOW continuum and real and able to communicate with us, perceive humans today, even popular singers, TV-radio speakers as we perceive violent thugs, as cannibal chimps who ate babies of neighbors as in this clip, as their choices, tone of speech, etc destroyed the audience, incited the primal hyena in people, trashed the audience, made them live 10 years shorter and caused a genocide to occur, killed them spiritually, hit them violently as in the most violent beating just on a spiritual level. To help humans evolve towards 0 autistic kids, we need to have people engage in empathetic sports, not violent thug sports of today, in helping human lifeforms, not wild dog wolf tiger lifeforms like cats and dogs, we need listen to serene music, avoid pesticides, microwaves, bad electricity, caffeine, 99.9% of TV-radio.

Let us all ☺☺*lovingly tenderly gently kindly*☺☺ ask if buying pets for our kids is like murder or like killing our kids (or at least other kids later killed by other dogs whose arrival we supported via dog industry support). Why would it be so? Buying a dog is supporting the dog industry that makes millions live shorter lives via barking and makes millions visit emergency room due to dog bites, see the 100 videos to be horrified about what dogs do. Buying dogs is an act of assisting genocide. It's like everyone in a different world would get a tiger, waste 10 times more meat than pitbullss, kill 5000 times more people than pitbulls, but because on that Planet they have 10000 political parties, they don't care, they hate and fight to death each other like wild dogs

and really, nobody cares, having a tiger than kills 4 people monthly becomes a normal routine. This is just like in our insane world, having 2 political parties instead of none and dogs that kill babies, seniors and thin short ladies often is normal, expected and nobody says anything about 5 million emegency room visits due to dogs and think it's normal, because the mob behavior means you accept what the cannibals around you do and think that dogs won't make kids autistic or cats are way better when they're not. Kids☺☺☺ need to help people, to develop empathy, to learn tone modulation, to help bring the world of 0 violence and 0 war, they don't need become more ofa brute by focusing their souls on imitating the low IQ dogs, etc. The fake science works by prepoderance of evidence, so Big Dog, Big Reptiles, Big Cats, etc fund many fake studies that need conclude having a pet is going to reduce issues with 30 diseases, by data manipulation and totally ignoring that pets can shorten the lives of others a lot. Raise kids' IQ, do you really believe that kids become smarter via pets instead of by tuning into the Immortals? Pets have IQ 35, Immortals 200 trillion, which direction do you choose? You become the IQ of those you hang around, why be so incredibly fruit fly size in IQ to ignore the Immortals? Please, a pet is like a fleeting nanosecond flash of light, the Immortals are Eternal, they don't vanish in a second of Eternity, do you really want to live shorter? You become as long lived as those you focus on, by the universal law of Pure Physics. So, let's chat with humans, not pets (fellow kids, adults are way more intelligent than pets), with Immortals if you believe in quantum entanglement. Consider that our future grandkids who live to 5000, think we're all autistic on Earth, too violent/selfish, so we need to remove autism via the 11 companies of altruism. It's $1.4 trillion egoism that causes autism to emerge, lead to humans' 10 second end. Always question everything, plants and livestock produce chemicals in their bodies to prevent predators, such as animals or humans, from being healthy. Likewise, dogs are part of the great species of wolves and they act as one with hyenas, wolves, wild dogs, dogs to undermine humans, make humans dependent on dogs, unable to become free of dogs for sniffing or service dog addiction, make humans worship dogs, wolves, dog murder of livestock if not vegan dogs, etc, like the T. Gondii manipulates humans it infects to have cats, so it can multiply. So, the naive folks believe dogs are there to help us, but don't be so gullible, they got their agenda. We soak lentils to remove these classes of chemicals the plants created to kill animals who eat the lentil. Likewise, dogs hypnotized people to not develop sniff drones that replace dogs, in order to survive, they evolved to cause certain addictions in humans to the dog companionship. Livestock release chemicals in meat to make all humans vanish in 10 seconds via desire for war. That's why eating meat and plants is not ideal, especially animals, since biochemically, animals are way closer to humans and can create far more lethal poisons to destroy our brains, so we fight. This is further explained in the blood drinking section, on how meat turns people into psychos. At the moment of death, due to the slaughter torture, animals poison the blood, 0.5% of meat=blood. If you go to an enemy nation and talk always with their people, you get hypnotized and become

a spy for them. Likewise, if you surround self with cats you become a spy for the tiger, big cat mega species, if you surround yourself with many dogs, you become hypnotized by them and a spy for the wolf species, a human who betrays humanity. Want to destroy the human species? NO, then, support eterni foods and advanced drone sniffing tech. Pets sit all day and scheme how to dupe. Individual pets have no idea how the wolf or big cat species is trying to use them to kill humans. Livestock can poison not just their blood, but their muscles, the meat people eat, and science doesn't know which of the meat chemicals cause aggression, besides the obvious lack of ω3 in farm raised animals, fed corn, soy, vs grass fed, which have more ω3, so less war.

To ensure the happiest baby who lives 20 years extra due to optimism, parents need smiley pic of happiest babies all around (even if just faces, face is most important, the smile, that's what we look at when smiling at babies, the eyes), so the baby can imitate those when parents are too tired to smile big, though parents would ideally always smile around the baby, when staring at their baby or any baby or pregnant woman, to help them to be happier by contagion, and make womb baby happier. Likewise, parents can take video of baby smiling big at the camera and then replay it to the baby so baby is happy when he's neutral or sad, to bring him up so he lives to 170. This will make the baby 100 times more smiley than the average baby, and way happier when an adult. Youtube also got laughing baby videos, which can help lift the baby mood when down. It also helps to give positive names to the babies, for example, first names Immortali(a), Eterni(a), Pereni(a) (perennial), middle names Bliss, Happy, Ecstatic. 3 siblings: Immortali *Bliss*, Eterni *Happy*, Pereni *Ecstatic*. Names would remind people to be happy Immortals. For people with 4 names, Immortali Smiley Gentle Bliss, with kid getting new last name of an Immortal Quality, like Bliss. The Qualities of the Immortals would be in every name almost, or the things that bring a world of Immortals. Parents could create new last names like Immortal. Smiley helps the person calling/called to smile more, while *gentle tender soft* would remind them of those qualities. We have these meaningless in English names, why not choose names that create more positive vibrations when we type or say them daily?☺☺☺

15.2. Pre-birth Telepathy and Pre-conception memories of babies

Below are 21 cases of telepathy between Unborn/Unconceived baby spirits and their future or present parents, as well as babies reportedly recalling their life in heaven. Parents (sometimes even relatives of the parents) have short or very detailed (complex and multiple) meetings with the mature or baby like spirit of the future child, with many details confirming to sometimes undecided parents that another child wants to come thru. Thousands of kids have perfect memories of the heaven-world they came from (assuming these books are genuine and not made to sell), but these memories (just like the hypothesized "past physical life" memories) tend to weaken with time, just like our dream recollection weakens with time. The heaven

(spirit world) period before this life is the most recent event and it is even more recent than any "past life", so it's natural to be recalled. Stories of babies seeing 'spirits' have existed for millennia, even today, when China is much more backward than people realize, believing in inhaling toxic fumes and shortening lifespan by burning paper to honor the ancestors. The best way to honor ancestors is to create a world of Eternal World Peace, 0 violent crime, 0 torture, so ancestors can reincarnate, enjoy living to a trillion years old as a shapeshifting Immortal. To burn paper and shorten the lives of people, decrease visibility, cause car accidents is a blatant act of disrespect, not honoring of ancestors. Ancestors want people to be smart, question things, evolve out of the dark age of ritual into the age of Eternal Oneness with the Tao, where everyone is an Immortal, not just the '8 Chinese Immortals'. ☺☺☺

The cases (first five cases below are summaries of more detailed accounts from "We lived in Heaven" book by Sarah Hinze; all Amazon books linked below can be bought for 1 cent usually, $4 shipping, or 1-4 dollars used, I tried to include in this post the most important and transforming experiences or research in each mentioned book) are below:

1. Mother had a dream that she recorded in her journal of a girl and her dead aunt who told her the little girl is her daughter Jessica. As a result of the dream, she knew she will have a daughter. Years passed and one day her 4-year-old kid pointed to the astral castle he saw as they drove by, a castle where he spent time before incarnating, with his little sister. He told mom that his little sister is worried that mom will forget her. Same night her husband said he felt another kid is meant to come to their family. She was stunned and went to check her journal and finally reread the years old entry of her dream with the aunt and Jessica. She then asked her kids what they think about a new child. 1 kid proposed Jessica for the name, 2 kids said to name her Jennica and one Jennifer. They settled for Jennica. When Jennica was born she talked about a grandma a lot. One time when they went to a cemetery, Jennica saw the "grandma" and ran and found her burial place without anyone's showing her. Mom finally arrived and saw a picture of the "grandma" that looked exactly like the aunt of the mother (grandma for the daughter) in the dream many years before. The girl also saw Jesus in that astral world. Or did she? ☺☺☺

2. Dad had astral encounters with an amazing lightbeing... over many years and after many encounters, the lightbeing asked him is he would be ok if she became his child. He, of course, was ok, asked his wife if she wants to conceive and was surprised to hear her say yes. Before the girl was born 3 spirits came to dad and announced her arrival and that all will be taken care of, and he needs no worries. Similar announcements have been made to others, just like Gabriel told Mary that a special child Jesus will be born. Some people think the scriptures and paranormal events in them are all made up, but everything paranormal in the scriptures almost happens these days too. The girl then recalled her spirit world encounters with dad while she

was little. Very detailed encounters, other experiences like this one are of mom having astral encounters and seeing the exact appearance of her kid, confirmed years later, with exact same scene replaying... future seeing. Or kids recalling how grandma or grandpa bring them to the womb. Other parents (pretend? to) see all 7 children in a row, in exact order to be born.☺☺☺

3. A couple had a daughter and it was a difficult pregnancy, so they were hesitant to have another child. But then, while the 3-year-old daughter was at a rest area, her mom saw her playing with another red-haired little girl, and after a while, the other girl vanished and the mom realized it was her future daughter. Anyway, she had 4 daughters and her health was weak, so her husband was totally against a 5th kid. When mom was ready to pick the phone to schedule the surgery to prevent any child from being born, a red-haired boy appeared with a sad face and said: "Why don't you want me?". Mom immediately canceled her phone call. Before this surgery phone incident, mom was told that when she has a son, his name will be Michael many years before (before her 4th daughter was even born). One time, for 3 days in a row, a tiny red-haired boy Michael appeared to 3 members of the family (2 daughters and the mom), completely changing the mind of the skeptical father. The girls were playing with Michael and named him, as he passed thru walls, etc, so it was obvious to the parents that Michael was meant to be born, as the girls can't make stuff like that up. Even the husband's father had a dream of Michael who told grandpa that he will join the family and has a special mission on Earth. The father was always against a 5th child, but rarely, a few times a year, when tired and in a semi-trance, he would say absentmindedly "are we missing someone" when the family had dinner together. Just like we often do in those precognitive moments when we don't realize what we're saying, as the rational mind filter is not there and we're whole right-brained, wholly telepathic, without the filter of beliefs or desires.

4. One kid recalled very distinctly his heaven world experiences, his use of another language in that astral world (possibly the language of his past life).

5. Another kid (actually many were recalling being brought from heaven to earth by a relative or spirit) recalled how great grandpa brought him from heaven to earth, to the womb and how in the womb he was taught the basic English language and how at 18 months he said his first words, a complete sentence asking about great grandpa and shocking everyone.

6. In "Parenting Begins Before Conception" on page 24, Carista (a Harvard grad) explains that noise pollution is to be avoided during pregnancy.☺☺☺

7. The "We lived in Heaven" book by Sarah Hinze has more interesting telepathy examples

8. Two Australian cases of telepathy between infants and parents. In "A Mother's Instincts," an Australian mother recounts her experience: "I was in the kitchen washing dishes and Alex, aged

around eleven months, was running around in our lounge room. Our lounge is very much a childproofed room, so I was confident he could come to no harm. But while I was working I kept getting a fidgety odd feeling that wouldn't go away. It was a very strong feeling of 'Do something.' I kept trying to ignore it, but then it was like a light that filled a black room. 'Alex.' I dropped everything and ran into the other room. There he was, about to put a fistful of sewing needles into his mouth. How my sewing box got into the room I'll never know... But it was just lucky I got the message that he was in danger." ☺☺☺

9. Another lady shared "I began to notice that whenever I wanted to eat, Dale would wake up demanding a feed (he was breastfed). Even as soon as I thought about food he'd wake up. We went to visit my parents in Queensland when he was six weeks old. I wasn't preparing the food, but as soon as I sat down to eat, he'd wake up. No matter what time of the day I wanted to eat, so did he. Even my Mum commented on it... she said to my husband, "Every time she sits down to eat he wakes up." Ronnie just said, "Yeah, he does that all the time." It got to the point where I couldn't even think about making a cup of coffee or he'd wake. I had to sort of "not think" about it, just do it, and then drink it without focusing on it. It was very difficult, as I like to really enjoy my coffee. It was very frustrating too."

The Unborn Soul book ($2.99) has many interesting experiences, a few summarized below:

10. Page 127, a kid recalls how he was in the womb and had to use all his energy and urn around so he could stick out his foot and push against the placenta wall so he would not be squeezed out of the womb, so he could use his body to block the hole from where the fluid was escaping (mother had a condition that was fatal to the fetus had he not intervened while in the womb). Later on, he has to do surgery on his foot at the age of 8 because of this womb experience made one knee unbendable. He had to do this in the womb to avoid certain death.

11. One lady met some spirit that told her to call her daughter Rose when she's born, and she kept seeing roses and had another experience in a pink light one time related to her pregnancy, and had other signs confirming the wish of the spirit baby to be called Rose.

12. Another lady had soul travels and met this spirit who wanted to incarnate and then others confirmed later on the baby's spirit is someone with the appearance and personality of a spirit that matched perfectly the description mom got in the soul travels Mom also got right from the spirit baby everything major about the way the pregnancy would develop, etc..

13. Pages 195-6. Jane got pregnant and was terrified, unprepared. Her great grandma (who died about 10 years before and who was her best buddy in some ways) appeared as a spirit at the foot at her bed and told her telepathically to relax, she's going to be fine, know what to do to have this child, etc... and lifting a lot of anxiety off Jane's mind and soul. As months passed, Jane,

a Tomboy, thought she's gonna have a boy, as she wanted a boy. Then, great grandma showed up again as a spirit and told her telepathically it's gonna be a girl, and was accompanied by a cute blue-eyed blonde girl who asked Jane if she will love her as much as she loves her. The little girl was concerned that Jane wanted a boy and may not fully love a girl. Spirit babies can have very interesting things to say to elicit a funny response from their future parents. ☺☺☺ The spirit babies look exactly as they will once they get to the age of 3-5, sometimes parents can see scenes of later life exactly played 5 years before in some form of pre-cognitive telepathy. Anyway, once the girl is born and 3 weeks old, grandma spirit shows up again and tells Jane to go to the eye doctor immediately, Jane goes and treats some infection that could have potentially left the infant girl blind otherwise. Jane also had other spirit encounters.

14. Page 253, Beverly recalls being visited by a girl spirit sitting on her green rocking chair when she was 6 years old. This girl spirit told her she will be her daughter. When Beverly had a girl named Cassie, the 3.5 years old Cassie asked her mom if she recalls her visits and asked where the rocking chair was. Upon seeing the chair, she mentioned that it looked different than decades ago, which indeed was the case. There are many similar stories in the book, some with very clairvoyant kids who talk to spirits daily.☺☺☺

15. Page 257-8 has a cute experience apparently showing spirits of kids can retain memories of their years prior to birth when they visit parents (this proof makes the hypothesis of communication with these spirits more believable for skeptics). A 3-year-old Philip tells his mom the exact description of a living room where his mother lived years before Philip's birth (3 houses before the house in which Philip was born) and where she was playing the flute. Philip explained that he was in spirit and that's how he remembers. He also recalled other events that were verified. This is similar to NDEers recalling events states away, during ‘soul travel’ there.

16. In one of the Chapters of the "Spirit Babies" book, clairvoyant medium Walter Makichen talks about conscious conception (which is similar in some ways to the conscious dying process [described in hundreds of books] of some mystics who astral travel at will and know when their last astral travel will take place, know when they die that is, when the spirit guides will cut the silver cord). Conscious conception is basically the spiritual process of assisting the spirit guides and the spirit baby in anchoring the astral body into the embryo, via the silver cord. This conscious conception participation is not needed ultimately, since the spirit baby and his guides can do this. However, conscious conception just tries to make this a more aware experience and to make it more "at will", just like astral travel at will or conscious dying at will, as practiced by the more advanced shamans who invite 100 family members for their last dinner and exit their body at will in the last astral travel. We might be able to say that conscious conception can be done via astral travel, i.e. parents can go together and the spirit baby joins and they watch from

the astral the process of silver cord to embryo formation, while the body does its own thing, just like in typical multilocation experiences when we're 10 feet above the body and the body is walking or talking to someone and we, in our spirit mind, can watch the physical body doing its own thing. Doesn't have to be done via the visualization technique that Walter explains, but this astral travel method of Conscious Conception is not possible for most couples, as only 1 couple in millions can induce astral travel at will (both able to travel at will is ultra rare). Walter exercise is basically simple and easy to practice by any astral travel newbie who has not astral traveled consciously before: while parents do their physical conception process, they can also visualize the conception cradle above the head of the mom, as a ball of light that tells the kid "Hey, we love you and we're ready for you to connect and for the silver cord to be created in mom's womb, we're here for you, ready to nurture and support you, to practice telepathy and tell you about the mystics and saints and telepaths and psychics and astral travelers, try astral travel together as the telepathic astral travel family, we will never drink-smoke-eat meat, we will be vegan, listen to low volume peaceful music only, always use positive words, we will be gentle and kind to all to the best of our ability, create the atmosphere for the angel you're to descend on Earth, in our family, etc, we will practice the telepathy habits as much as possible..." or whatever you think is important to the spirit baby based on your research of his wishes via astral travel to his spirit world or telepathy, etc. Maybe the soul wants to learn astral travel and telepathy early on, and stating this and visualizing this conception bubble each time one makes "love" with the mom, does help. This is more of a mental aid in speeding up a natural process, and mental aid to make telepathy with the spirit of the baby easier. ☺☺☺

Since the astral traveling souls who're more telepathic are looking for parents who will support their wish to read astral travel books and telepathy books from an early age and to practice these things, it's very helpful for parents to reiterate and affirm mentally (doesn't have to be out loud) their commitment to the Telepathic Astral awakening of Humanity before or during "conception". The reason is that we're often brain scattered, and don't have a daily time to meditate and try to talk to the Spirit of the Child and understand what he's incarnating for. It is just a fact of life that many parents have clutter in their heads, compared to the head of a very old soul able to astral travel at will 50 times daily, so it's important, if one wants to be focused and assist the incarnation of astral travelers and telepaths to remember these things and create a room for the baby with astral travel posters and telepathy posters, etc - so the baby spirit (the soul can be far more mature than parents and older than parents, so it's not really a baby, but a spirit and often times a Teacher of the parents themselves) knows all is ready and she or he can come down. Naturally, it can be stated that with true mastery and telepathy, if everything is done right, conception can take one single "making love" act, since the reason "conception" takes eons sometimes is because the parents are not spiritually ready for the incarnation of the

soul. Really aware parents prepare extensively before conception, so that everything starts in a more conscious way, as done in more conscious astral travel. What kind of preparation parents go thru before conceiving signals to the universe what kind of spirit will anchor its silver cord to the embryo, by the law of attraction. Imagine that every human being is an Immortal Soul, a teacher in disguise, an Avatar of Immortality in disguise. Imagine if parents worldwide would teach telepathy and astral travel to their kids and prepare as if a Great "Avatar of Immortality" is about to incarnate, from a more advanced world, to help our planet... even if it's not always the case. It looks from thousands of NDEs and astral travels that spirit planes are far more advanced than our physical civilization, so this is not really an exaggeration to say every child coming from heaven, fresh with memories of the Immortal World of Immortal Souls of Heaven, is actually an amazing & beautiful ☺☺☺ Angel of Kindness or Avatar of tenderness or Avatar of Immortality, Spiritual Immortality, descending in this world to teach something about the 200 trillion qualities of a divine soul, that enable a deeper manifestation of "*Heaven on Earth*". ☺☺☺ Just like kindness is a quality of God, we can say Immortality is another quality. There are many "Heavens" or dimensions, so it's all rather complex. To create a brighter future of peace and nonkilling, it helps to recall that each person (babies too) is an Immortal Soul who may have lived before in many worlds, as a human or alien or spirit..., a teacher in truth or disguise, etc.

17. In the book "Soul Trek" by E. Hallett on page 148 there is a description of a 4-year-old girl who told her mother that the last time she was a girl, she had a different mommy and after that she was in the tummy of her current mother, but the mom aborted her because she was not yet married, so the same spirit came back later. The mom never told this to her daughter (only her husband and doctor knew, nobody else in the world), and when she became pregnant her future husband did not want the child so she aborted, even if she wanted the kid. This is a typical talk of "lives before" found in many thousands of cases, though they could all be made up.☺☺☺

18. Page 158 of the "Soul Trek" book above has an interesting telepathic exchange between a pregnant mother and some spirit who asks which of her dead relatives she wants to incarnate in her fetus and be her child. She picks a grandma and then grandma's scent comes around and the spirit later reminds her how fortunate the pregnant mom is to consciously choose the soul of her children. On page 159 there is a 4 year old kid who tells his mom he had multiple choices about his future mother, and if a mother was taken, he could not go there (he didn't elaborate about why some souls get to choose first, when there are multiple choices). Sometimes it looks as if in some cases the decision on which soul to enter a body may not be finalized until after conception, but it may just be an illusion too. ☺☺☺ On page 175 a pregnant mother has a dream of her future child Bryce who names himself and looks exactly as the child when it grows up. The child says he's very excited to be born to them, etc.

19. On page 198-9 of the "Soul Trek" book above a mother experiences some brutal handling of her and her newborn girl by the nurses at the hospital. Because of this brutality at birth, her baby cried frequently for months, did not sleep, etc. Driven insane by this, the mother resorted to the strangest method, at last, TELEPATHY: she told the baby that she will always be with her, she will never let any nurse or anyone do anything hurtful to her and what happened at the hospital will never happen to her again, etc. Then, the baby became quiet and slept for the first time thru the night and ever since.☺☺☺ Certain people think everything has a "chemical" explanation, but data suggests that it's not always like that. Lots of kids or adults have fears of places, situations or people that are irrational, and sometimes these only disappear during "past life recall". This experience is just one of many other similar ones, where just talking via telepathy with a baby solves a lot of problems. Babies are far more telepathic than adults. After this experience, the mother vowed to never birth at the hospital and do it at home. When people do it at home in water, etc, they only use hospital as backup if there is a complication.

20. On page 207 of "Parenting Begins Before Conception" by Carista Luminare-Rosen, a woman sees 2 pink spirits at the end of the bed, as she reaches climax and senses via telepathy that they're her future twins and they helped the embryo form, since they mingled with her physical body for 2 hours. She tells this to her husband who is skeptical at first, but 14 weeks later the twins are confirmed and husband is shocked. Many similar encounters and special energetic effects have occurred when the embryo is ensouled. Women ovulate 14 days before menstruation and if the sperm doesn't reach the egg in 24 hours, conception doesn't happen (all eggs a woman has are formed in the womb in months 6-7). That's why some parents, not using urine ovulation tests, waste 1 year to conceive since they miss it by 1 day. Those who determine exact ovulation time can conceive from the first month, if fertile. One other thing worth mentioning is that MD Thomas Verny and others found that babies will suck in the 4th month in the womb if lips are stroked, will shield his eyes if a bright light shines on the mother's womb and by 5th womb month he will raise his hands to cover his ears if there is a loud sound, kick if the mother's emotions are negative, etc. Babies respond even when father and mother argue, etc. This is all very important, for women who're used to super-bright light flashing and super-loud concerts or even headphones or parties, their actions might torture the baby inside and create trauma that will scar the baby for life. We know how critical the first 10 years of life are, or first 3 especially, imagine the first 9 months are even more critical and sensitivity is even higher for babies. That's why how we talk and telepathize towards a baby while in the womb is very formative for the baby. ☺ As explained above, the positive emotions during pregnancy and first year of life are so critical, that many countries offer 9 months off during pregnancy and even 1 year after birth. In a Civilization of Immortals it is important to pay attention to brain architecture building during first 2 years of life, womb and outside, since emotions picked up

from parents in this period will have an outsized effect on the kid making him more prone to be angry or whatever. All his life. So in this period, parents are best served if they slow down, take more time off and not try to do a million new things at once, as usual, to avoid getting tired and then getting into any negative emotion that would contaminate the child. Maybe sleep more, more regularly, etc... meditate, consciously breathe, smile a lot, relax via a walk in nature with pets or alone, etc. Do one thing at a time, not 500 things and nothing done right. In this case, that one thing is the creation of the most positive healthiest brain emotional architecture, which is happy, free of anger, anxiety tendencies, the foundation for accurate telepathy, and a long happy life. The first year of life and womb time will influence the other 900 SO MUCH, that it would be time off for both parents where they're resting, doing the most positive transformation and meditation and happiest emotions building and healing, and rest and radiating positive loving energies to the baby to turn on the most positive genes and pathways, and erase the historical inertia genes, turn them off, epigenetically, so humans can move to an anger-anxiety free era of Immortal lifespans. In many studies rock music makes babies angry, they start kicking and growing restless, as all dolphins and whales run away from the ships when ships play that disharmonic music, and pigs are unhappy. Soothing classical music calms the babies in the womb, just like dolphins gather around the ship playing harmonious tones and music. The soothing sweet tender loving voice of parents as they talk to each other and others, the calmness of meditative calm music sounds around the baby affect his willingness to interact, communicate and explore once born. The baby's heart rate doubles when the mom gets frightened, so listening to calming healing music low volume is essential for the best healer vibrations taking root in the baby hearing them, as peaceful music evens out mom emotions. Doctor Pottenger did some amazing experiments on 900 cats in the 1932-1942 period and found out that diet can make a huge difference and affect future generations.☺☺☺

The voice of the mom being sweet gentle tender during pregnancy has a huge impact on the child's future desire to communicate once born. Moms and dads can (need to) abstain from smoking, caffeine, alcohol, weed, drugs during pregnancy at all costs, as it creates oxygen deprivation for the fetus and other problems. When a pregnant mom smokes, her fetus "breathes" through the umbilical cord heavily and his heart rate goes up, like adults' heart rate does when we're suffocated because of a lack of oxygen. At 6 months, as TELEPATHY (or some similar communication) is more advanced, the fetus heart rate increases and he starts gasping even when his mother TELEPATHICALLY intends to maybe smoke, thinks about smoking, and he reads her MIND, even if she doesn't smoke. This has been observed in experiments (MD Frederick Wirth, Clinical Professor of Ped at Tufts University School of Medicine, explains some of these experiments in his book "Prenatal parenting". The baby gets oxygen from the umbilical cord and when the mom smokes, his oxygen supply becomes smaller, so he experiences

"suffocation", if that were to be a good word. Similarly, even before smoking, he can experience symptoms of "suffocation", even if babies don't breathe in the womb.☺☺☺

21. page 210 of "Parenting Begins Before Conception" by Carista Luminare-Rosen presents an encounter of a pregnant lady and her husband with an angelic white being who embraced them, cushioned them as the car hit and miraculously, neither of them were hurt at all to the shock of the police officer. They named their daughter Angelica in honor of the angel. On page 211, another lady, a midwife, reports perceiving the room filling itself with astral light each time a child is born, as if the soul brings more of itself into the body then and other spirits assist this more complete incarnation (while in the womb, the spirit is often seemingly more free to come and go and leave the body building to other spirits). This does make sense, since if more spirits come at birth, like at death of people when room fills with light and seems to shift to some clairvoyant people, the birth will be accompanied by more astral effects, just like death, since it's the same travel back and forth between spirit worlds and this physical world. Carista mentions alternative birth methods as being safer and brings into discussion the book "Immaculate Deception II" which presents some of the side effects of ultrasound and overdoing pre-birth medical tests, chemical procedures (often not needed), vaccinations, etc within days of birth (for those not doing water birth in a hospital or some alternative clinic). MD Frederick Wirth, Clinical Professor of Ped from Tufts University School of Medicine, says in his book "Prenatal parenting" that the mortality rate for babies under 1 year of age is higher in America than any other nation in the Western industrialized world.☺☺☺ And that all these premature baby deaths can be prevented. He's against rap and rock music and believes they harm the womb baby. He writes "The quality of your pregnancy outcome also depends on the psychological and spiritual content of your life" (not just medical tests before birth). "A baby's in utero experience builds the brain architecture that will determine behavior throughout life". This brain architecture influences his TELEPATHIC development too later in life. "Your unborn child has more never cells and many more connections among them than an adult" Just like kids have thin skulls and are very easily damaged by cell phone radiation, womb babies are even more susceptible to all kinds of noise-chemical-electromagnetic-disharmonic sound-food vibrations pollution, even from the pain-anger in the meat of tortured animals (most meat and dairy comes from terror factory farms). When animals suffer for seconds/minutes during the sudden slaughter death, they release stress-fear hormones that age and sicken us. Fear hormones as well as astral vibrations that contaminate their flesh also prompt us into human-human conflict more often; we and animals share a lot of hormonal pathways, as neuroscience shows. Vegan moms are 5 times less likely to have twins. Twins are risky, one often dies or has limited development since nutrients were taken by the other. Vegan moms have less risk of ingesting food contaminated with lower negative emotions (pain, fear, terror-filled meat, invisible to our science today) that will block

really good telepathy development. Even though America lags behind EU nations with rates 2.5 to 4 deaths per 1,000 births, the rate America got of 6 is way lower than other countries such as Philippines 22, Pakistan 55, Niger 85, Nepal 39, Brazil-Turkey-Venezuela 19, India 42, Russia 7, Mexico and China 12, Mali 102, Iran 38, ► rate.

These prebirth experiences are often times very much like NDEs, just without the accidents. Like with reincarnation and soul travel, it's very hard to prove what elements are real. They're often times real time waking time events like "seeing ghosts or spirits" and talking to them.

Below are a few other cases of alleged☺☺☺ telepathy between parents and small children who were born or unborn fetuses or spirits of babies before conception:

1. In "A Mother's Instincts," an Australian mother recounts her experience: "I was in the kitchen washing dishes and Alex, aged around eleven months, was running around in our lounge room. Our lounge is very much a childproofed room, so I was confident he could come to no harm. But while I was working I kept getting a fidgety odd feeling that wouldn't go away. It was a very strong feeling of 'Do something.' I kept trying to ignore it, but then it was like a light that filled a black room. 'Alex.' I dropped everything and ran into the other room. There he was, about to put a fistful of sewing needles into his mouth. How my sewing box got into the room I'll never know... But it was just lucky I got the message that he was in danger."

2. Another lady shared "I began to notice that whenever I wanted to eat, Dale would wake up demanding a feed (he was breastfed). Even as soon as I thought about food he'd wake up. We went to visit my parents in Queensland when he was six weeks old. I wasn't preparing the food, but as soon as I sat down to eat, he'd wake up. No matter what time of the day I wanted to eat, so did he. Even my Mum commented on it... she said to my husband, "Every time she sits down to eat he wakes up." Ronnie just said, "Yeah, he does that all the time." It got to the point where I couldn't even think about making a cup of coffee or he'd wake. I had to sort of "not think" about it, just do it, and then drink it without focusing on it. It was very difficult, as I like to really enjoy my coffee. It was very frustrating too."☺☺☺

3. light...htm has examples of telepathy, and an interesting example of father waking up at night before the baby starts crying, 1-2 minutes before: "The mother had a rough time at delivery and so, says the father, "since she was too weak to hold our brand-new daughter, the honor fell to me. Jenny spent the first two hours of her life in my arms, and she and I spent much of that time just looking at each other. I had a strong sense that a bond was forming between us, even then. Once home it was my duty to change Jenny's nappies and bring her to our bed for nursing at night. I was immediately struck by a strange phenomenon. Whereas I used to sleep like a log I would now awaken at night and within a minute or so hear Jenny begin to cry. This happened

virtually every night for several months. I might add that Jenny slept not in our room but in the room next door. This family's second childbirth was easier, so the next baby did not spend his first hours bonding just with his father. Curiously enough, although the father once again was in charge of bringing the baby in for night nursings, this time he would wake up only after the baby had begun to cry. Maybe we mothers should make sure our babies spend lots of their early bonding time in their father's arms -- for the good of everyone concerned."☺☺☺

4. light-hearts.com/clippings.htm says "In an excerpt from her book Baby Catcher (Simon & Schuster, 2002), nurse-midwife Peggy Vincent tells how her twelve-year-old son Colin comforted her as she mourned a miscarried pregnancy. At 41, the pregnancy was unplanned and fairly unwelcome, but when it ended, Peggy "fell in love with the baby that was not to be." Her son then explained to her about "Spirit Babies" and why the same soul would return to her if she became pregnant again. Colin said that every woman has "a circle of babies that goes around and around above her head, and those are all the possible babies she could have in her whole life." Every month, one baby is first in line to be conceived. If the pregnancy miscarries, that baby goes back into the circle, but "it becomes a Spirit Baby and all the other babies give" in so that it is always first in line. Colin said that he knew about Spirit Babies because he himself was one, and had returned to his mother after a previous miscarriage.

5. light-hearts.com/clippings.htm says "In an article ("Birth Made Easy" by Andrew Weil, M.D. , New Age Journal, June 1995), the well-known natural health advocate Dr. Andrew Weil described how his wife Sabine made telepathic contact with her baby. With the help of guided imagery and hypnotherapy, she apparently won her baby's cooperation for an easy delivery. Sabine, seven months pregnant with her fourth child, was experiencing lower back pain. She sought help from Marilyn Ream, M.D., who led her into a session of interactive guided imagery. As Dr. Weil explains, this therapy "empowers patients by encouraging them to develop their own strategies for managing illness. It assumes that the unconscious mind comprehends the nature of disease processes and how to resolve them." Sabine did indeed heal her back pain during the session -- and she also made contact with her unborn baby. "Marilyn asked her to shift her focus to her uterus and to the baby inside it. Sabine was soon in contact with the baby. Marilyn guided her through a dialogue with the baby, in which Sabine asked her (we knew the sex by this time) to come on time (she agreed to do so) and to help make the labor quick and uneventful. In this dialogue, Sabine would speak the words she "heard" the baby use in reply to her questions." ☺☺☺ "A second, more dramatic experience came 3 weeks before the due date. The baby was in a posterior position, which can cause long and painful labor. Hypnotherapist Steve Gurgevich led a session with Sabine. Dr. Weil recounts: *"Steve did an hour-long session with her... encouraging Sabine to talk with the baby, asking her to turn around before the beginning of labor and help make the labor quick. When he brought Sabine out of her reverie,*

she looked supremely relaxed. After Steve left, Sabine and I went to the kitchen to start dinner. Suddenly, she clutched her belly and bent over." "What is it?" I asked. "I think the baby's turning," she said, amazed. "It happened that our midwife was coming for dinner that night. She examined Sabine and reported that the baby was now in an anterior presentation, having turned within twenty minutes of being asked to do so. The baby came right on her due date. Labor lasted a mere two hours and six minutes, which was, if anything, a little too brief in that we barely had time to prepare." Unborn sister appears years early to her physical sister Sarah (kidnapped at age 4, survived alone 3 days in the desert, she describes this in her book Amazon..590), as a spirit comforting her telepathically while she got lost in the desert ► l...htm.

6. Another application of telepathy is understanding what an unconceived spirit baby wants. Some couples can try to have a kid for years and fail. One hypothesis is that the reason for the failure to conceive is not knowing why he's hesitant to incarnate in the family for now. Once parents change 1-3 things, pregnancy can occur as the spirit baby is more willing to come down. An example of this is at page 81 of "Spirit Babies" book mentioned at experience 16. Medium Walter explains the hypothesis that sometimes spirit babies don't allow conception to take place because it is too noisy where parents live (or maybe one of the parents goes to very loud events that would subject the baby to huge noise while in the womb or afterwards). As a soul wanting to experience more telepathy while physical, the baby is aware of the harmful effect of loud or ungentle music on his DNA in the first 15 years of life, so he won't incarnate until both parents are committed to raising a telepathic kid (or kids if all spirit babies lined up to incarnate in order want that) and having a try at practicing the telepathy habits that enhance ESP. Another "noise blocks conception" example is at page 87 of the book. If we think about the stories of saints who were sober, vegan or vegetarian, souls like that might want vegan parents who will raise them vegan like vegan astral traveler Erin Pavlina decided to raise her kids vegan. In another book on spirit baby communication, "Soul Trek" by Elizabeth Hallett, at page 66-67 there are babies pissed off when mom listens to loud bad music, even if it's on headphones. Mom turned the volume up a lot and started acting "wild" (the so called "normal" behavior in our "modern" age sometimes, headbanging and all), so the child moved and made himself known, gave her a vision of himself, etc. She then stopped the loud music and the baby stopped moving, etc.☺☺☺

15.3. Studies & hypotheses about Pregnancy, Birth & 1st Year of Life

Dr. Greger compiled some studies on the beneficial effects of dates in the last weeks of pregnancy ► youtu.be/2ZOeT4uraeQ and youtu.be/uFXvnFsCV_4.

ASTRAL-ETHERIC TONES☺☺☺, HARMONICS and Telepathy:

The 12-week womb baby has formed all the neurons and a newborn baby brain is the most

flexible and fastest learning brain. The womb time and first 2 years of life are the most critical period of the new telepathic brain formation. Everything that the mother speaks, thinks and feels is telepathically transmitted to the womb baby, having a huge effect on the psyche and emotional makeup of the baby, his brain architecture, future telepathy potential, as well as his desire to explore, learn with wonder and confidence. If a baby is bathed in safe loving tender gentle music, emotions, words, thoughts from parents (especially mom, whose thoughts and feelings interact far stronger than dad's), during womb time, he feels safe and becomes a lover of exploration, learning and adventure, his IQ becomes higher, etc. If he's abused by negative emotions, music, thoughts of the parents and neglected, his brain is not wired to learn and explore, but is wired to be leery of pain and neglect, to be paranoid, and these things over time become impulsiveness and violence once an adult or even a kid. ☺☺☺We're often highly unconscious of the negativity, hidden violence, subtle undetectable meanness, low quality vibration of our thoughts and feelings, which create disharmonic highly entropic tones that can be heard by clairaudient people (every soul has a music, even human being has a music too, just like every planet has a music detectable by science, youtube...J0). What this means is that the dad's thoughts-feelings which influence mom's thoughts feelings have a direct impact on the womb baby too, not just the mom whose every thought and feeling creates a strong influence on the baby's developing telepathic brain architecture. Another thing that soothes some babies is the mom massaging and radiating chi energy (love, peace, etc) the stomach where the baby is. The tones that radiate from the mother's soul, have a cymatics effect on the etheric-physical matrix upon which astral-physical telepathy structures are formed. Hear NASA Jupiter sound. Harmonic astral and physical sound creates nice symmetrical geometrical astral and physical shapes and can apparently trigger the proper formation of the soul intended telepathy, bilocation, teleportation structures in the fetus, via an easier quantum entanglement between dimensions by virtue of similar geometry of "wormholes" and "dimensional gates" that allow certain energies to influence the matter matrix, etc☺☺☺

SOUND and Vocal & Telepathy Templates of Material and Astral Matrix

You might have noticed that pregnant and new moms talk to their baby in a higher pitch voice than usual, this is happening unconsciously (often without effort at all) because nature designed this communication relay perhaps on a certain bandwidth. A lot of behaviors of women change once pregnant, without them even noticing sometimes, only outsiders notice it. Perhaps we could come up with the hypothesis that it might be helpful if parents try to practice or even record during practice so that the best gentle tone speaking or semi-singing piece is replayed for easier replay later on once the right frequency (how high the pitch is individual choice) is reached. The human voice and soul and body are not always in a perfect harmonic alignment and it can take 3,000 attempts at saying the same thing or singing same song until the right

TELEPATHY Unlocking Frequency is achieved so to speak thru Holographic Sound, which then has to be repeated more often in a similar pattern. HOLOGRAPHIC FREQUENCY UNLOCKING THRU ASTRAL Pineal Sync is the hypothesis that parents hold the greatest ability to trigger the right formation of ESP brain centers in the child (due to DNA quantum entanglement), if they use the gentlest softest kindest astral and physical tones, during speaking, daily chores, etc, job, activities, and singing. The use of such tones is dependent also upon the habits of doing so, and the truth is only few couples make a real effort to change the patterns and habits of their sound expression and use daily, so as to make the shift towards angelic tones when talking to the womb baby easier. Parents sometimes fail to realize they don't talk to a helpless baby, but to a soul whose potential can be immense if the right vibes create the right environment. The most fragile and expensive "computer that holds the galactic records" could be a funny metaphor for how gentle the care (of every New Child born on Earth, who comes from Heaven with super-knowledge we forgot due to brainwashing), could or would be, as if, if a mistake is done in handling the Akashic Computer that the Body of the Soul is, the computer stops working and then the galaxy will blow up. ☺☺☺ The baby hears everything in the womb, everything mom and dad speak he hears, all the music or things they listen to, etc, all the angelic or opposite type of harmonics we emanate and listen to (even if joking that we like a music clip to make a friend think we're cool or whatever), and the incoming telepathy ESP ability and even general academic (not psychic) IQ and health are consequently harmed or helped by such sounds. The parent-child relationship starts to take shape well before conception, thru the habits of the parents, and takes obviously strong shape in the womb and first year of life affecting this relationship more than any other following year of course. MDs have noticed that the 9 months in the womb has such a strong effect on future IQ and everything, that it's often impossible to undo damage done while in the womb in any future year if too big, since the essential brain architecture and stress response and happiness, positive feelings, etc have already been skewed highly towards a given direction. What is easy to achieve in the womb in 1 month of loving kindness and affection, takes 5 years of daily such effort once an older child, if rectification is needed for example in a certain direction. The womb baby is not sensitive, but SUPER-SENSITIVE, sometimes 20 times more than adults, to any sound, song, discordant vibration, discordant ungentle tone of voice of anyone around mom (and mom herself obviously) having twice as many neurons as an adult and being far more connected with the spirit world where he came from, that's why babies under 5 are when humans are most psychic and etc. The womb has become his temporary new home, so obviously he wants the happiest, most loved mom around, so that her happy hormones will flood his brain, etc, so that's why the 9 womb months are when the husbands have to try to make mom the happiest she can possibly be, ever, the happiest she has ever been even if possible. ☺☺☺ This can include even the frequency of kissing increasing during pregnancy (the more love womb baby gets, the higher the IQ, health,

etc of the baby since her hormones go thru baby's brain too, the more love mom gets or happiness, the easier for her to love the baby) as both people's brains are flooded with happy hormones during kissing as explained in "The Science of Kissing" book. But not just husbands, any stranger on the street around pregnant women are obligated to be nicer than usual, etc. ☺

The hypothesis we can formulate is that it's possible Any Incoming Soul ready to incarnate in the future in any family wants his parents to practice high pitch tones of *gentle tender soft* quality, that stimulate the formation of "pineal telepathy structures" in the womb, while "his" garment is forming in the womb, thru the daily practice of *gentle tender soft* songs of universal loving kindness towards all and gratitude to the Avatar of Immortality or Divine Spark in every human being. ☺☺☺ And yes just saying gently simple things like "i love you" or "i love you baby" or "i love you X" if parents decided on a name already, etc... or whatever parents say as per those 4 trillion parenting books where parents talk or read stories to their kids daily, and as a result the kids know those things well, such as astral travel, telepathy, teleportation, telekinesis, multilocation, etc. ☺ Anyway, the expression of *gentle tender soft* affection towards the baby in the womb is written about in many pregnancy books, etc... see more below.

Due to the fact that both parents are unconscious and don't manage to witness and monitor the birthing of their every verbal and emotional thought stream and associated harmonic and subtle sound, it's very helpful to neutralize such moments of "absent-mindedness" or "unawareness" (that we may not even be aware of, since they play sometimes from the subconscious as a background energetic loop even during sleep). And one way to neutralize such "negative effects" and "disharmonious tones" that lead to improper geometry and lack of strong telepathy "etheric-astral-physical brain structures" (remember how sound or electrogmagnetics cause the organ differentiation in stem cell studies, in the same way, the etheric-astral sound/tones of parents (mom especially) causes the formation of the astral organs for subtler telepathy, or doesn't cause their formation if the tones don't reach the proper loving kindness symmetry) is to consciously make an effort daily (just like 1 hour daily of physical exercise or meditation to refresh our minds, this is 1 hour or 10 hours daily of spiritual communion and cleaning of the baby's developing and forming brain and mind which we contaminated previously by "improper thoughts-feelings-astral tones-sounds", just like we change diapers, or take showers to clean our body) to consciously and intentionally surround the baby with gentle tender, positive loving affectionate energies, sounds, emotions, thoughts via telepathy, astral exercises, etc, and even verbal communication in the sweetest kindest softest gentlest tone possible. A good habit to create even before conception is to engage sometimes or even daily in conscious energy radiation exercises while doing movements of a physical nature (movements can be done as per telepathic guidance, and this way telepathy develops and the movements achieve the correct or most needed biocircuits of astral and electromagnetic energy unblocking and releasing of the

body energy lines... at that time for that person, and this physical telepathy exercise then creates a better serene control of astral energy, enabling easier astral lift off and also enabling the super-aware and harmonic selfless *universal* loving kindness filled radiation to occur in any physical activity or chore, more often, especially the monthly time of ovulation for example for people who try to conceive and create the best energy ball for the formation of embryo. The first 9 months of life are critical, the most important, and naturally, the habit to radiate to a given organ energy is helpful in radiating this to the fetus. ☺☺☺

The first few days since conception are also hypothesized to be very important (with the first hours after sperm fertilizes the egg being the most important in the entire life of that human being, it's probably when the transfer of the soul patterns into physicality can be aided the most by parents's physical energy and holy radiations of elevated vibes, that's why conception could be thought of as the most important period of a person's contribution to their child), so the parents with more developed habit to radiate gentle tender universal seflless loving kindness at will, and to move in a slower tai chi fashion in general, and even during conception, will be having a much easier time to create an energy ball that epigenetically turns on certain astral potentials and even brain potentials of telepathy in the forming embryo. Gentle as Doves means that the gentle as doves get ESP and bring World Peace easier. And even how one walks, and behaves during kissing or conception has an effect on the future child's health, IQ, etc. Almost nobody talks about this, in books about conception, perhaps because it is thought as if a rather strange idea. ☺☺☺ But if the conscious energy ball is created, it helps the perfect harmony between parents and children to exist, and if this practice is continued, with parents enveloping the child in a golden light ball before birth and after, it will help create perfect harmony, as the habit of blessing-praying-radiating-visualizing is there, and the ESP link parent-child is stronger, leading to perfect understanding. In the book Spirit Babies mentioned above, the medium goes in detail about what a difference energy, intent and this type of "energy visualization" made. In studies, the bonding between mom and child in the first 48 hours of life (whether mom hugs child and he starts sucking the nipple right away for example, etc or at least hugs the baby right after birth and bonds with him for hours, skin to skin) has LIFELONG permanent consequences on the health and IQ of babies when all other factors are constant. It's the first "date" between baby and mom, and first impression changes everything. If baby feels unloved, he distrusts the mother, but the hospital prevents her hug. If the emotional bond is not set right from the start, it leads to more animosity, distrust between mom and child, less breastfeeding, less attention to the baby and then lower IQ and health, since the baby cries more and feels more misunderstood by mom and mom gets irritated by the cries that occur due to not bonding strongly first 48 hours due to hospital policies that often prevent that. Hence many moms choose a hospital that has policies allowing intense bonding and even doing water birth to diminish pain of mother and

baby, which, if too much has lifelong psychological impact on both, but on baby many times more as he got his 200 billion neurons and is ultra ultra sensitive to anything.

Water birth is often times totally pain free according to many mothers, which is in sharp contrast with medicated air births; see youtube for "water births" there are thousands of videos. It goes without saying that anything mom feels affects the baby during birth time, so it's often said that it's best to do the birth in a midwife nurse water setup within a hospital that uses a doctor hospital only as backup in case there is any issue, this is explained in another paragraph of this post). Using a similar mechanics or logic if you wish to call it that way, it's possible that what happens in the first 48 hours after the birth into our world of the soul part that incarnates at conception into the physical embryo world of the womb, are equally influential (and not easy to fix afterwards) on the spiritual (or etheric at least) bond setting between parents and child, not necessarily emotional only, since this is the moment when the spirit is forced to at least partially incarnate even if he astral travels to Heaven all day and often hears what parents talk, etc. "The first few hours after conception being ultra important" is an unproven hypothesis of course, but it might be true and at least, if not true, the thought of it might bring more mindfulness to what people think, feel, speak around that time or even any time the pregnancy exists, since the baby can hear it all and any emotions from parents (mother far more) have an outsized effect on the fetus, whatever mom feels the baby will and this will define his hypothalamus axis response to life and stress, etc. The closer the conception time gets, the more the baby spirit visits parents, so then it makes sense to ☺☺lovingly gently☺☺ filter words, thoughts more. ☺☺☺ Since the baby hears everything parents talk and think, naturally, she or he may be happier if parents say "i love you" every 2 minutes to the baby, or as often as possible, (even before conception as a way to deepen telepathy) and surround him in the most awesome altruism-kindness-love-peace-joy-light, etc. His astral energetic IQ, will be higher, probably, just as the physical IQ than it would have been in the absence of that ultra-caring ☺☺☺ infinite compassion vibe, pretty logical hypothesis. The triangle of energy, mom-dad-kid, is probably also important not just during fetus stage, but the 1st year of life especially when the brain doubles its volume, 2nd year when it gets another 15% increase. By year 2, brain reaches 85% or so of the adult size.

The safer and more relaxed the baby feels (depending on how mom feels of course, and dad too to a lesser extent) in the soothing embrace of the womb and nearby sounds and vibrations from parents, the better his ability to perceive the subtler and deeper aspects of physical sciences, astral travel, teleportation, telepathy and spiritual reality, regardless whether he becomes a superluminal craft scientist, healer, astral traveler, ESP researcher, diplomat or whatever. An infant's brain metabolic rate in the first 2 years of life is 3 times that of an adult, and between ages 2-10 it is twice that of an adult, and at puberty it reaches the rate of an adult, as the brain maturation is complete. 75% of the human brain growth occurs after birth. Even so, the womb

time is very important. Fathers and mothers who sing and talk and read to their womb babies will relate much better to the newborn child, helping him to calm down, understand, feel loved and safe. ☺ Fathers who talk more with the baby are instantly recognized by babies by the sound of their voice. To better stimulate brain development using a higher pitch voice is helpful. The voice has to be ultra loving, ☺☺☺gentle, tender, otherwise, the baby will dread it and not be interested after birth in listening to his parents as much. At week 8, womb babies have developed to the max almost their taste and smell senses for example and they move inside a little, even if moms don't detect it due to uterus being insensitive to touch, unless babies stretch it. At week 14, facial expressions emerge. Some babies are very responsive and can do certain womb movements in response to telepathic showers of positive emotions from mom, dad.

The 1981 Nobel Prize for Medicine was given to Torsten Wiesel and David Hubel for their work in proving the existence of a critical period in the development of the brain (this most likely applies to telepathy in the womb between mom and infant, father and infant too, as well as joint astral travel attempts guided by voice and reading from astral travel books, just like today many parents read or sing poems or spiritual quotes to their womb babies). In their experiments, a newborn kitten had his eye shut and when the shut eye was opened a few weeks later, the cat was permanently blinded. Human babies with cataracts who don't remove them in the first months of life will become permanently blind, since there is no brain stimulation of the visual cortex in the critical first 2 years of life, when the brain metabolic rate is 3 times that of an adult. No stimulation after the cataract removal done late will restore vision. *This applies not just to sight, but also to all other senses, including Astral and Telepathic senses (the telepathy and astral travel cortex) to the extent that they have a physical component (not always the case). Use it or lose it. Use it early on or lose it or spend 100-1,000 times longer time to gain it, if ever.* ☺ In the womb, babies got 200 billion neurons, adults got 100 billion. At birth a baby has 1,000 trillion synapses and by age 10 he has 500 trillion only, since the brain prunes inactive connections. Two useful charts on early brain development are at pic..pdf. The stimulation of astral etheric senses that are more physical incarnation custom and specific and not present in a disincarnate evolved soul (with a subtler body than some others) seems to be also depending on nearby spirits and parental stimulation of said senses. That's why in some of the books, there is a spirit or two seen by babies or parents who guard the fetus development. Some babies apparently are not in the womb 100% all the time and astral travel non-stop while in the womb, if we're to believe any of the 'made up' stories in books of astral travel. Some kids do have joint 'astral travels' with one or both parents or even dead relatives or other spirits while in the womb or aged 1-2, and sometimes they recall them per some real or fake books written to get rich quick or provide cover. The issue covered by this Nobel has been touched upon by many astral books dealing with spiritual abilities and how important is to try astral travel and reach

divine ecstasy at age 1-2 like Terence Tao, (born 7-17-1975, 7-17 like Angela Merkel) with IQ 225 was doing his math at age 2 and then became world's foremost math genius almost.☺☺☺

The baby needs to receive minimum stress and maximum love, *nurturing*, real human milk, praise, smiles, affection (kisses, songs, hugs, chi transmissions, prayers, etc), joy, positive emotional feedback from parents (mostly mom of course usually, but dad too) in the first 2 years of life. This will prevent a very high gear stress response from developing, besides impulsive, ultra-fearful, paranoid and aggressive tendencies that can't be changed later in life, except with superhuman efforts that take 100 times longer, superhuman efforts from parents as the paranoid fearful aggressive kid can't change himself. They noticed animals who received the most affection early on, got the lowest blood pressure later in life, lowest stress hormone secretions which lead to longest healthiest life for the baby. ***Monkeys whose mothers were the most stressed during pregnancy became the most violent and anti-social***, and most stressed by things other monkeys were not as stressed about. This highlights just how critical the role of family is in making sure a pregnant mom is super happy and unstressed, if we want to end the cycle of war and violence on this planet. Human babies who were most loved early on, became the smartest, most socially comfortable (can trust others and have a lot of empathy being the least aggressive of all), calmest, most emotionally and psychologically stable adults with the best motor skills even. When a baby cries, parents need to nurture the baby and figure out how to stop it ASAP. Babies need love, not reprimands or angry responses or bad words. ☺ Hence dads need to make sure moms are flooded with praise, love,☺☺☺ gentleness, *kindness*, tenderness, *nurturing*, gratitude, because if she has no love from husband overflowing she can't flood the baby with that either during her breastfeeding or handling of the baby, if she does handle it more, not always so. Some dads do the baby stuff more and moms just breastfeed.

Within 3 minutes of birth, babies can recognize their mothers' picture by looking at several big photos of women. How is this possible? A famous musician remembered exactly from memory some cello musical passages, to his shocking surprise, even if he never played them before. Upon sharing this with his mother, he found out his mother played those exact pieces as a cello player during pregnancy. Other parents had kids repeat phrases parents used a lot during pregnancy in some classes. Basically, if we teach the child in sweet soft tones "I can astral travel and reach divine ecstasy every hour, I'm telepathic", and teach him real methods of OBE and Telepathy Habits, it may be that he will do it much faster once born, versus others. ☺☺☺

University studies showed that kids (whose mothers had similar IQ) who were abundantly stimulated by toys and peers since the age of 4 months, got an IQ 20 points higher at age 3, compared to the kids with less stimulation. The same way, the telepathy and astral travel IQ (not measured by current tests) will be 20 points higher if the parents stimulate Telepathy

Exercise/ESP practice in the womb and first 3 years of life. The higher IQ maintained itself at age 12; no data showed the difference can be reversed. A study found higher IQ brains (even if not larger) have the cortex mature earlier, could this be due partially to more stimulation and affection? Why is affection and bonding with babies so important? Premature "infants receiving mechanosensory stimulation averaged 47% greater weight gain per day than the unstimulated controls and were discharged an average of six days earlier. The stimulated infants also spent more time awake and active, and exhibited more mature habituation, orientation, motor and range-of-state behaviors on the... Neonatal Behavioral Assessment Scale. The positive effects appear to be persistent; when retested eight and 12 months after treatment, the stimulated infants were in a higher weight percentile group, scored better on the Bayley mental and motor assessment tests, and had a reduced incidence of neurological soft signs (minor neurological abnormalities indicating nonspecific cerebral dysfunction)" ► PCH 2010;15(3):153-6; the paper *explains that* rats *who were* loved *more, became more* intelligent *and less fearful as adults,* since maternal affection makes them feel secure, less paranoid, more confident, love cancels out the fear of the unknown that is natural in a baby born in a new environment. This was observed in humans too, and it would definitely lead to more World Peace if we had less fear in the world. This is why immersion infant baptism, which increases fear, paranoia, distrust in parents, as well as circumcision, are lowering IQ and are acts of genocide against the human species. The humans who didn't receive much affection became much more physically aggressive or withdrawn and low IQ as adults too as other studies showed. It all starts with the womb and first year of life when brain volume doubles. What is learned then takes decades to unlearn. What parents teach by their emotions, thoughts, tone of speech, affects baby for his whole life. Babies drowned (40 sec video) by genocidal Christianity, circumcised by genocidal Islam/Judaism withdraws, doesn't trust mom, makes physical bond between the two weaker, causing low IQ. So, please stop supporting such criminal terrorist religions, and their demonic scriptures. ☺☺☺

JEP 2013;27(2):109-32 has more on these ideas of early education impact on IQ score. Rats raised with wheels to spin, ladders to climb, and more playmates had thicker brains, more synapses and were smarter than rats raised without toys and peers. That's why brothers and sisters playing with each other (or other kids their age from friends, etc) helps raise their IQ, if the kids are not clairvoyant and able to play with invisible friends or spirits. This IQ and ESP-IQ score effect applies to stimulating the baby while he's in the womb also, not just when he's 1 week old, 1 month old. Kids recall astral travel techniques or texts read to them while in the womb, and prefer those to new texts read after birth. They did studies showing this preference for the womb time text once born, even if they didn't know how to speak. That's why it's to the advantage of parents to start educating their kid early on and get their astral telepathic selves moving towards the telepathic future; minute 35:16 of plastic brain video starts explaining that

imagining we do something changes the brain as if we're doing it, so parents don't need to attain full astral projection, perfect relaxation or reach real 100% (not just 5 or 20%) divine ecstasy to induce that super fast growing (increasing 800 times in size every so often) brain area developing in their kid by resonance (dad to womb fetus or mom to womb fetus). Kids who're talked to often verbally in the womb have better verbal skills than those of silent parents. Kids who're talked to often TELEPATHICALLY in the womb by parents have better TELEPATHY skills than those of silent (telepathically) parents. Same thing for astral travel. Listening to nice peaceful music also improves the math and spatial reasoning of the kids, not just telepathy. Basically, infants are the fastest learners, they learn any skill far faster than a 10 year old even. Learning a language at 3 is way easier than at 10 or 25. Learning telepathy and astral travel at age 2 is also 50-1,000 times easier than doing so at age 30 or 40. Newborns have more neurons and more synapses than adults, can recognize the gender of other babies (even when cross-dressed), something that adults can't do. The first 10 years of life are the most important, and obviously of the 10, the first year is THE most important. However, the first 9 months of life dwarf the first year, as then 4000 year life becomes easy. Infants of depressed mothers had high salivary cortisol levels, so dad needs love mom & baby (fetus), make them happy, since stress hormone cortisol early on destroys the health long-term and shapes the brain response for decades. Parents need be positive during pregnancy since the emotional (less the cognitive) self is vastly influenced by the womb time. One can have high IQ, but be an emotional disaster due to mother's pregnancy emotions. Another thing that seems to be true is that before conception, parents need to minimize stress since it affects offspring in potentially unhealthy ways.☺☺☺

In experiments it has been observed that praying for a person, animals, plant, insect, situation in a non-specific way, i.e the Divine Grace to manifest, Cosmic Energy to descend etc... for the best outcome for all beings is 2-4 times more healing and powerful in effects than praying for a specific outcome born of human wisdom about which is the best outcome. In other experiments done at some orphanage in 1940s, kids who were loved more via more interaction, given more attention, *nurturing*, grew faster, had fewer infections and much better health and one half the death rate of orphans who were not nurtured (even if both groups of kids had the same chemical nutrition and custodial care). Without kindness-compassion-*nurturing*-gentleness-love infant orphans die. Normal kids with parents who don't get enough Kindness-Compassion-Nurturing-Gentleness-Love develop weaker health, lower IQ, etc. Health is more than "vitamins, food and exercise". In another study published in the famous science Journal, rabbits that were played with by a human technician to see the effect on cholesterol came to lower their cholesterol each time. Apparently, a little loving attention and petting of rabbits and playing had a huge impact on their health. Loving tender gentle kindness healed their cholesterol level.☺☺

Note on conception☺☺☺ and avoiding miscarriage, preterm babies

Finding ways to multiply the most positive and happiest states of consciousness in both parents before conception, during conception, during pregnancy and especially the first 2 years of the life of the baby is important. Many doctors highlight the importance of skin contact with the baby by the mom, how this soothes the babies, etc after birth and how lovingly massaging the tummy while pregnant helps the baby brain secret happiness hormones and maintain positive emotions. Same thing with mom's emotions, for some women emotions become much happier if they're hugged, kissed and loved physically more (doesn't necessarily mean having sex, but there are many acupuncture points and methods to trigger ecstatic states in the mom by dad's physical affection, which is important, since mom's resources are taken by the baby growing, so affection and affectionate energies-thoughts-words-smiles, with happy emotions generation will help the baby and mom to stay in that super-happy state which is essential to the healthiest brain formation during pregnancy and even after birth, as mom's affective life strongly influences the born baby, the nature of her milk even, the chemicals in her milk, etc, the strength of her immune factors in the milk, etc. However, as I explained in the meditative ecstasy section, there are ways to meditate and do astral exercises that achieve states of cosmic consciousness far beyond orgasm (100 to 1 million more ecstatic); this helps the baby to develop a cosmic consciousness brain, which is far more ready to experience happiness, telepathy and joy without outer conditions and to be a real World Peace bringer and healer. This doesn't mean one has to have sex during pregnancy at all: many MDs are against any sex in some or all pregnancies, since potential complications of sex in pregnancy include preterm labor, pelvic inflammatory disease, antepartum hemorrhage in placenta previa and venous air embolism as explained at CMAJ 2011;183(7):815-8, but there are 100 ways to trigger the happiest astral altered states by meditation. Sex during pregnancy early on could cause miscarriage. A Thailand study found that sex in the first trimester of pregnancy led to a 36% higher preterm baby rate (28% preterm for no sex, 38% preterm for sex), which would be a big NO NO for sex during pregnancy. ► Obs Gyn 2006;107(4):793-7. This and other studies found that that the more sexual partners a lady has in her lifetime, the more damage her baby can experience (not just low IQ, telepathy and poor health) due to preterm birth being far more common. It seems as if nature doesn't think being having many sexual partners is a good idea. This may also be related to the fetal DNA in the female brain that stays there for decades sometimes from every embryo ever created (due to sex) ► PO 7(9):e45592 as explained also in the New Scientist.

Conceiving at ovulation, not before or after, reduces risk of miscarriage 3 times ► AJOG 1995;172(5):1567-72 and probably reduces the risk of poor health and short lifespan offspring too, by similar mechanisms, as the egg weakens and rots after it came out waiting for sperm too long or the sperm weakens after it waits for the egg too long, leading to the poorer version of the embryo that lives a shorter sicker life.☺☺☺ Most MDs recommend that women with

bleeding in pregnancy refrain from sexual activity. Sperm count, quality, ability to conceive may be lower in caffeine (coffee, Coca Cola, etc) addicts ► AJE 2010;171(8):883-91. Presumably, this hypothesis may be true: sex during pregnancy may limit the consciousness filtering mechanisms of the brain of the baby to some extent and its translinguistic telepathy ability, as it trains, brainwashes the baby brain to seek happiness in orgasm, and miss cosmic consciousness due to untrained parents unable to reach happiness higher than orgasm without sex. CMAJ 2011;183(7):815-8 provides some "current science-based" general guidelines on sex during pregnancy. Nipple and genital stimulation may induce oxytocin release from the posterior pituitary, causing uterine contractions and preterm labor which would be devastating for the health of the baby, so parents could place the infant health above the selfish animalistic desire for sex or "nipple stimulation", etc. Prostaglandins released from mechanical stimulation of the cervix may cause cervical ripening. Prostaglandins in semen may cause cervical ripening. Sex after birth of baby is painful anyway, first 2 months, and for some women first 4-5 months even with lubrication due to the skin still healing after delivery, so it's very helpful to evolve spiritually and to know how to attain via meditation or astral travel or telepathy the happiest states without sex (or at least attain positive emotions by sex-free erotica that doesn't induce labor (nipple stimulation can) if the couple is inexperienced in meditation, etc). One common cause of painful intercourse postpartum is vaginal dryness due to the hypoestrogenic state induced by breastfeeding and dehydration if not enough smoothies, liquids eaten, since to produce 1 liter of milk requires 1 liter of water extra at least. 3 other great papers about this sex during pregnancy topic are JPE 2000;9(4):15-27, JPE 2006;15(2):29-35. and IJFS 2012;6(2):107-10.

15.4. The Very Deep Feelings & Thoughts in Unborn & Newborn Babies

Having seen above how babies can recall things adults can't (they got twice as many neurons and synapses) and learn way faster than adults, how they can recognize baby genders when adults can't, and other things like that, it's evident babies can do a lot more than what people thought for centuries. In "The Mind of Your Newborn Baby" by David Chamberlain, he explains that babies who have been circumcised without anesthesia (it was common practice) suffered the whole torture and felt it a lot, having a deeply traumatic scar in their psyche. He says infants may be the last category of people to be fundamentally misunderstood and abused because of that. For over 100 years medicine thought babies have no capacity for learning, memory, etc and, as a result, parenting was delayed. Babies prefer texts read before birth, once born. They stop listening if parent reads backward (nonsense), indicating that their brain is thinking even without language. Babies recall what parents said before and after birth, their memories are intact, they feel at least as much as an adult feels, imagine being circumcised without anesthesia. There are a lot of misinformed doctors and nurses who mishandle babies in very rough ways since they imagine the baby doesn't feel or think or understand much, but babies

do. Some babies even complain to their parents about how doctors roughed them up while being born, when they can speak, years later. Birth trauma can have bad consequences on a person's entire life. As birth shifted in the 20th century from home to the hospital, the gentleness and psychological quality of the birth has suffered, as nurses and doctors don't always treat babies as parents would, with the same tender care, loving kindness, etc. Language is not necessary for thinking. Babies dream more than adults. They feel more than adults too, are far more sensitive to anything. Babies are meant to be near their mom, breastfeeding *after delivery* speeds up the *expulsion* of the placenta and *protects* the mother from hemorrhaging. *Many newborns start suckling right away, within seconds*. Doctors (including David Chamberlain) used hypnosis and found how accurate people's birth memory can be and how birth trauma can damage people for their whole life. The way people treat babies in the womb, at birth and first months of life has a defining role in shaping their personality and even telepathic ability (distorted or not by trauma or negative experiences). On page 93-94 of the book mentioned in this paragraph, it talks about studies showing that even the use of too much anesthesia at birth or *lack of* breastfeeding after birth is associated (correlation may not be causation though) with a *lot of health problems later in life* (no breastfeeding was associated with gastrointestinal problems, since human milk has those key protective antibodies, prebiotic oligosaccharides, bacteria that live in the gut, 70% of human immune system is hypothesized to be in the gut). Pages 100-200 have cases of kids who believe they recall exactly their birth. False memories can be implanted or emerge via hypnosis, kids can be taught to lie by parents, so it may be all fake.☺

Pleasurable β-endorphins, made by the pituitary gland are found in the 7th week of pregnancy. Squinting and sneering of babies' faces has been filmed at 14 weeks with special cameras. The tiny sacs that store air in the lungs keep growing until the age of 8, so babies and kids need a lot of clean, fresh air. Open windows and ventilate air, since indoor air pollution is usually 5 times that of outside (except for ultra smoggy places in Asia). Moms who drink caffeine, alcohol, smoke or do drugs are damaging the lungs, bodies and brains of their kid who struggles for oxygen. (see page 7 of "The mind of your newborn baby" David Chamberlain book; on page 20 it explains how babies get about 40 calories a day by drinking amniotic fluid at a rate of 15-40 mL per hour in the third semester, and how mom drinking or smoking makes amniotic taste unpleasant for babies (who feel, and taste since 8 weeks) and they stop eating and are born small, underweight, brain damaged for life and unlikely to survive past 5 years old sometimes). Studies also showed that alcohol at the time of conception can have DEVASTATING consequences with serious birth defects. Moms need to eat more while pregnant and get all nutrients needed, to ensure a healthy baby, especially ω3 DHA. Page 23 explains that in studies it was shown the restless music (not just rock, rap, but even classical music pieces that are very upbeat such as some from Beethoven, Brahms) makes babies restless and upset; the book

presents the case of a woman who went to a rock music concert and had her rib broken by her baby kicking her rib, who was enraged at the music. Others had to leave violent movies as baby went on a rage of kicking, reacting to the sadistic torture of their psyche thru violent sounds. Babies are FAR more sensitive than adults, have more neurons and synapses, they recall heaven and the harmony there and detest earthly disharmonious and hate-chaos-violence filled "music", just like clairvoyant people and sensitives do, the clairvoyant clairsentient retained the abilities of babies of being connected to Heaven's harmony, they're still more linked to Heaven and less brainwashed by the lower violent vibrations of the physical Earth. At 20 weeks, when baby is 1 pound, the father can hear the baby heartbeat by placing ear on the womb. Rhythmic jolts may be hiccups of the baby. 8 weeks after conception babies start to form the vestibular system related to gravity and balance, they will imitate the movements of mom and weeks 10-12 they start to gyrate, kick and do their own movements, as they figure out how to balance themselves. Babies are even hypothesized to learn to speak in the womb and acquire some of the mother speech accents and sounds (can be father too, but usually fathers speak less around the baby than mom), as page 24 explains, which would explain why those who're read more have better verbal skills upon birth. Parents have to use the sweetest softest kindest highest pitch voice ideally while pregnant, so the baby loves to communicate with parents once born. Baby hears thru bone conduction, so fathers are heard clearly (enough to influence babies) only if they speak louder, or very close to mom and clearly. The sweeter, more relaxed and angelic the voice of the mom (sweeter than she has ever talked to anyone), the better for the future mom-baby relationship and also other humans-baby relationships. Mom's tone of voice (happy ☺☺☺, relaxed, sweet, gentle) is far more critical than dad's, since it is heard much more and much better due to the physics of the womb hearing and also the simple fact dad is not near the baby 24-7 like mom is and if he would be, he would be farther away anyway.

Traumatic births lead to brain damage that then makes a child super-reactive to any stimulus, preventing a slower heart rate, which is essential to longevity. Doctors noticed those who become very physically aggressive in life had very difficult births with serious complications. Sometimes just the mere umbilical cord being wrapped around someone's neck tightly is associated with lifelong stuttering that only disappeared when hypnosis allowed this memory of birth to be brought to the conscious mind (much like in past life recalls). In one case of traumatic birth, the doctors were cursing a lot and the priest came to do the last rites in Latin. Then for years as a kid, mom had no clue why the kid would have these outbursts of cursing and speaking in a strange language during nightmares. Only after doing more research, she recalled the doctor cursing and the Latin language of the priest matching the nightmare of the kid (in loops of traumatic memories during dream time, nightmares that are vocal or not, people are seeing the same trauma again and again, just like in past life related nightmares related to a killing or

something). For more details see pages 102-104 of the book amaz..23. You can read pages 60-63 in scribd format at Child if you type 60 in search bar if you don't want to buy the book yet. The use of forceps to pull babies out in air births, due to lack of proper emotional preparation for birth of the mother by the doctors also leads to lifelong problems as explained later in the chapter. One baby refused to breastfeed from her mom, but was OK with nursing from other women. The reason was that the baby knew, from womb time, that the mom did not want her and avoided the mom. One guy became a chronic depressive and it was all related to his father coming home drunk one day and doing something inappropriate that induced labor and his birth. (page 125) Cesarean birth babies are hypothesized to be more likely to be spaced out, clumsy with walking and not know where their body starts and ends. Page 128 describes a horrific hospital birth (all was going well, labor was almost done naturally, until 2 arrogant people came and started their routine), where insensitive doctors are chatting about vacations, weather, etc all while having done some atrocious things that have probably harmed the baby quite a bit, for a few years at least. What people don't realize is that a third of deaths are due to medical mistakes and many people become doctors to make money or because dad said so. Of those who don't become doctors for money, a lot don't even read books like presented in this post and view birth as an engineering machine thing, treating moms and their babies like objects, and failing therefore to do an appropriate birth, to evaluate thru empathy what is the right thing to do, as the example shows. That's why today a lot of people opt for the more holistic doctors (The book author, MD Thomas Verny, suggests a nurse-midwife who goes thru special training and attended often times more births than an obstetrician, since there is less chemical overload and more gentle tender soft care) who also do hospital water births and are more informed about the psychology of birth and its consequences. Anyone who talks to a doctor well before birth or to a nurse-midwife (hospital as back up if issues come about) can get an idea and know if that's the right person. Verny recommends independent maternity centers as the most ideal place of birth (for low risk pregnancies), followed by special dim birthing rooms inside hospitals that allow for extensive contact right after birth between mom and baby and father, less "chemicals, bright lights", leading to better birth outcomes.☺☺☺

Mothers who were overdosed with anesthetic (home water births don't use it at all due to negative side effects on immune system of baby, water births are far less painful anyway, incomparable to air births) gave birth to infants 4 times less capable to habituate to a stimulus (they are ultra-reactive). The autism epidemic may have something to do with the overload of toxic (foreign is viewed as toxic by the immune system who developed over millions of years) chemicals poured into babies at birth and by the ultra vaccination programs, that pump so many chemicals nobody used in millions of years. The autistic restless behavior may not be entirely due to high sugar, high ω6:3 ratio (sugars and too much ω6 were shown to make peaceful adults

aggressive and restless too ► see chapter 16) of the diet of the youth today. See more on page 44 of the book mentioned in the previous paragraph. Frederick Leboyer observed that babies born naturally (water birth) smiled more at birth (some smiled for several minutes indicating the birth was pleasant, as opposed to hospital air births where the pain is so deep they cry a lot) and that babies given warm baths by the father smiled a lot too. Babies also smile quite often while dreaming (babies dream half the time they sleep, they sleep 16 hours daily in the first 2 weeks of life). If babies are picked up and smiled back a lot when they smile, they get the cue and smile more and more. This actually is very helpful for them. Doctors noticed babies get very upset when parents don't smile back repeatedly, indicating babies view smiles as a very important communication mechanism, maybe a way to say "i love you, love me back, do you love me?". Doctor Leboyer says that the umbilical cord cutting doesn't have to be done instantly and that babies who have theirs cut later cry a lot less. Most babies who recall their birth complain about being away from mother (99.9% are pissed off, angry, abandoned, lonely, even fearful-depressed when placed in the nursery away from mom), being placed in cold (hard scales) crowded noisy environments or exposed to bright lights, needles, eyedrops, being handled by strangers, tough handling, etc, all things that never happen in a home water birth or a water birth in a hospital doing water births and trying to be extra careful and gentle, dim lights, etc. Babies can understand and even recall years later things parents or friends say (or think if telepathic) while baby is non-verbal or in the womb, so people need to avoid saying/thinking anything inappropriate they would not say/think around a telepathic adult. ☺☺☺ Each time a baby cries he does because of some discomfort and parents need to use telepathy, brainstorming, body language reading, trying different things and try figure out what he's upset about (there are cry pitches for hunger, cold, heat, etc, it's a real language) until the cry stops. Happiest babies cry the least (they noticed in nurseries for premature babies, those exposed to soothing sound of a 60-70 beats per minute heartbeat as heard in the womb of a relaxed normal mom gained more weight, cried less, got sick less, etc, indicating the womb made them feel safe, tranquil, secure and feeling safe is helpful, playing 128 beats per minute got them enraged).

Parents can lovingly telepathically or verbally tell the baby "sweet angel, can you stop crying, or let me know why you're upset?" then listen in their mind, it may be clear and just because someone talked to him he may stop crying, some babies understand parental telepathy, but are frustrated that they can't be understood by parents since they can't talk. Sometimes babies cry due to wanting more love, attention, affection, hugs, etc. When hands are in fist form, they're uncomfortable. Babies stop listening when things are read backwards, so they know language a little, as they heard it a lot in the womb (some were even taught English by grandpa spirit who brought them from Heaven, as explained above, so a few babies can even understand English 100%, but can't verbalize it). Scottish babies were able to know when the lips of Japanese faces

are in sync with what sounds they hear. Babies also prefer faces who speak the native language of their mom (spoken while pregnant), indicating that they understand a lot about sound. In experiments where moms looked "depressed" on purpose, to gauge reaction, babies cried in protest, looked away and took several days to regain trust in their moms. Perhaps we can say that smiling☺☺☺ and ***being in body language, eye look, smiling communication with the baby is the best***. Babies always try to communicate and perceive a lot more than many adults assume. They just can't verbalize it and use strange sounds, movements, eye looks, telepathy to communicate. Pregnant moms are advised to avoid ingesting cold water or liquids, as the babies don't like it and start kicking. ***Hot baths are a big no-no, as they can not only supremely annoy babies, but can kill them too***. One guy did a hypnosis for his severe anxiety accompanied by hot flashes, and found from the doctor doing the hypnosis that on the 7th month in the womb he felt afraid and hot (hypnosis up to 7th month went smoothly with nice memories). The doctor found out that the mother kept a dark secret: in her 7th month she tried to kill him by doing hot baths, harming the child for life with supreme anxiety and hot flashes and only divulged this when her son repeatedly asked her what happened in the 7th month that made him feel hot. I guess, warm showers or baths are fine.☺☺

15.5. The Dramatic Effect of parental touch on Baby IQ, Health, Lifespan

28 mothers were split into 2 groups: 14 were with their baby 1 hour after birth and 5 hours a day next 3 days, 14 had a brief glance at the baby and brief contact first 12 hours, and half hour at feeding times. At 1 month, 2 years, 5 years it was apparent that babies who had more initial maternal contact developed higher IQ and language skills. (see page 49). The more contact with babies early on (even just holding the baby, talking to him, etc), the taller they seem to get years later, the faster they grow, the faster they walk, the higher the IQ (15 points higher difference) and EQ (and thus telepathy precision), the happier they become once grown up. What they noticed in animals is that bonding in the first hours after birth has a lifelong impact on the mother-child relationship, due to hormones that are secreted which trigger special behaviors that are not observed in animals and mothers who don't bond right after birth. Moms who hug, kiss, love their baby right after birth for hours also breastfeed their babies much longer on average (non-bonding moms give up way before WHO recommended time), giving them better health, more ω3 DHA, better brain, higher IQ that way, not just via the benefits of years long deeper interaction stemming from the initial amazing attraction that nature designed to emerge between mom and baby if they make contact a lot. Babies that get less affection behave like puppies who're store bred, more fear/aggression towards strangers and sometimes even more health problems. It's just like adults, first meetings have an impact way stronger than meeting number 100. ***Drugging women during delivery, as done sometimes in hospitals, prevents them from properly bonding with the child after birth,*** taking away the baby right after birth prevents

the crucial 12-24 hour bonding the mother needs to have with the child, which gives her and the baby huge advantages in telepathic and other forms of communication. What is the most mind-blowing in this is how those 12 hours of bonding after birth, totally change the behavior of mothers towards kids and vice versa for years, leading to IQ 15 points higher as the hormones released reduce post-birth bleeding and enable her to relate and teach the child instinctively in much gentler and more loving ways (may be related to oxytocin and other hormones, as baby usually breastfeeds after birth naturally, "first impression matters"). See Ch 8 of "The Secret Life of the Unborn Child". Years after birth, bonding moms were always far more empathetic, loving, gentler, telepathic with their kids, just like better relationships display those qualities. If we want World Peace, higher IQ, we need educate MDs and mandate bonding, forbidding MDs taking away the baby from mom 1st hours after birth (unless there is an emergency).

It's unbelievable to some that just a little extra contact makes such a huge difference. **In another mind-blowing experiment, they took premature babies who were just 4 pounds and had their moms caress, stroke, moving up, massage their babies for 15 minutes a day, 3 times daily. Other babies were left in the nursery as usual. The babies who had mom contact, gained 47% more weight than the others, even though both groups ate the same exact number of daily feedings and daily calories, which shows the power of touch and affection to totally change metabolism, no drugs, no medicines, giving further validation to all the chi and EFT (emotional freedom technique) amazing healing testimonials on youtube and throughout history (healing miracles, hands on healing). These more loved babies were more alert, more peaceful, and got out of the hospital almost a week earlier. After 8 months, graduate babies of the touching by mom program of 45 minutes daily got taller, heavier, had larger heads, prompting doctors to always recommend playing, picking them up and putting them down, wheeling in strolls, rocking them, moving gently (no jolting or shaking, since it damages the brain, just like rock music headbanging damages the brain in adults), massage with hands or soft fluffy things (while explaining this is a soft material, etc), affection for babies. A Discovery Channel theory said that because moving takes such enormous computational resources, the brain is forced to grow bigger in many animals that move a lot, not just human babies.☺☺☺**

In Bogota, they had some very premature babies, 4 pounds each, who had a 50% chance of survival, and the doctors told moms to use the "kangaroo method" and keep the babies with them all the time (head between breasts), love and stimulate them. This is unconventional since the incubator method only leads to 50% survival rate. 90% of the babies survived due to very strong mother contact, being able to deflect infections, etc. The importance of loving touch in brain development is also explored in this Psychology Today article. Ped 2002;110(1 Pt 1):16-26 presents a study on the importance of touch in brain development. The kids receiving kangaroo care KC scored higher on the Bayley Mental Developmental Index (KC: 96; controls: 92) and the

Psychomotor Developmental Index (KC: 85; controls: 80). PCH 2010;15(3):153-6 says "Research on the benefits of touch for premature infants has already led to procedural changes at many hospitals, with the implementation of 'kangaroo care' as a standard care option for both premature and full-term infants. In kangaroo care, the infant only wears a diaper and is held upright against the bare chest of the carrier. Feldman et al studied the long-term effects of this technique and found that premature infants who had received at least 1 h of kangaroo care daily for at least two weeks, beginning between 31 and 34 weeks postconception, scored higher on both the mental and motor domains of the Bayley assessment tests at six months." Each body extremity has nerves that connect with the developing brain, so stimulation via touch probably has the same effect as any stimulation, be it auditory, etc, it impacts the infant brain. There is another study on how *simply touching preterm infants a few times a day (all received same nutrition), in their incubators or plastic boxes, led to smarter, taller, healthier children.* Robots can't walk well, we figured out a lot of things robots can do well before we figured out how to walk like a human. Moving requires a lot of brain processing and patting leads to infant processing, etc... Animals moving a lot developed bigger brains according to one theory.

Obstetrician Renee Van Dr Carr created The Prenatal University (described in his book), a program of stimulating 5 month olds while they're in the womb, leading to babies who're smarter, healthier, born with fewer complications (or C-sections), talk earlier, concentrate for longer periods of time. A post birth program is Shichida method, see equations solved by 32 months old at the bottom of this shichidamethod.com page (kids with IQ 186-200). A thing that speeds up baby learning is looking in his/her eyes ► "Speaker gaze increases information coupling between infant and adult brains" ► PNAS 2017;114(50):13290-95. It helps synchronize the heart beats even between mother and father when they stare at each other. ☺☺☺

For an interesting chemistry discussion on the effect of mother catecholamines (adrenaline, noradrenaline) on the fetus and the unhelpful effect of eating meat on the fetus's telepathic ability, see Ch 16. However, if the mom had a very strong love for her unborn child, even during stressful moments or pregnancies (due to maybe her husband leaving her after he learned she got pregnant or something really ultra stressful), studies showed that the child was OK (even if not the super-genius at telepathy type). The Love of the mother for the unborn child has a shielding effect on the child, via neurochemistry, protects both mom and child, just like the love between husband and wife has a neurochemical effect that shields both parents from "outside stress factors". *The child is super-smart in the womb and if the mother is ambivalent about wanting the child, he picks it up and is born with problems* (see page 47-50 of the Secret Life of the Unborn Child by Thomas Verny). The most wanted and loved kids, often come out fine, even during stressful pregnancies. However, in general, a stormy marriage leads to a 237% greater risk of psychologically or physically damaged child compared to a happy *nurturing* relationship.

A bad relationship damages the unborn more than smoking, mom illness or backbreaking physical effort during pregnancy, since pregnancy neurochemicals shape brain architecture for life. **Unhappy marriages led to kids who're 5 times more fearful, shorter (not enough nutrients to grow as explained above due to screwed up brain architecture that releases stress hormones all the time in abundance and over-reacts to anything), etc. Thus, many say, the role of the father is far more important than some think. From all these books it's self-evident a father (or partner) has to love, praise, make her laugh and thank his pregnant wife every hour, say "how amazing and beautiful and loved she is, the most amazing woman he ever met☺☺☺" every 2 minutes, same to the baby, in order to generate the neurochemicals of happiness crossing over thru placenta into the baby's brain for highest IQ once born. Fathers who *smoke* are far more likely to have children who *die* in the *womb* per several studies. Moms who drink caffeine birth kids with disorders, so it's best to stay away from tea, coffee, soda, energy drinks.**

Birth control pills **can lower the IQ, ESP-IQ of a future baby via several mechanisms. The pill makes some women fat and alters their voice (PO 12(8):e0183462) to an unattractive low pitch masculine one (this is affecting her ability to communicate with the baby who prefers high pitch, leading to IQ consequences for the baby who learns less). The pill, when used often, can wreck the gut flora and 70% of the immune system lives in the gut. A lot of chemicals in food today and water wreck the gut flora, like chlorine, fluoride, pesticides. Pills add another layer to it, Vioxx is a pill that killed 38,000 Americans before being banned. This FDA pdf explains side effects. If people time sex properly, away from ovulation time, there is no need of pills, plus they got condoms for people without that much self-discipline. Abortions also wear down the body a lot; many abortions lead to cancer and other health issues. Oral contraceptive pill use is associated with localized decreases in brain cortical thickness ► HBM 2015;36(7):2644-54. Huffington Post explains "neuroscientists at UCLA found that two key brain regions, the lateral orbitofrontal cortex and the posterior cigulate cortex, were thinner in women who used oral contraception than in women who did not. Changes in the lateral orbitofrontal cortex (involved in emotional regulation and responding to rewards) could be responsible for the increased anxiety and depressive symptoms that some women experience when they start taking the Pill."**

There is another form of *touch* that is important, or perhaps, very important, later on, to be taught to the baby, when the baby is older and can understand, the touch of the Infinite Spirit of God thru the oxygen molecules that light up the body and brain and allow the baby to experience true happiness, independent of toys, hugs, kisses, tasty foods and circumstances: the bliss of universal loving kindness breathing, gentle music (well, massage therapy music is always this type of brain massage music) and universally kind eterni tone speech that massages one's brain, healing it deeply, raising the IQ of the brain too, not just making the brain and kid happier, more stable emotionally, independent of the mood shifts of anyone around, or passing world

events. Until baby is that old, parents can practice this, during pregnancy, so the baby has an easier time to learn it once born without even being taught. In the prematter state, the baby can learn well before conception, if parents give up being silly, and learn to breathe and smile like the happiest being in town. Say something mentally if it helps first "Breathing is ecstatic", or "Bliss of All that Is Is" or "Bliss is"☺☺☺ or "God is Bliss". You're creating new neurons and neocortex like structures that our species lacks. Babies learn way easier, they got twice the neurons of adults, including the language of bliss breathing. Adults have to go against inertia and rewire their brains, while babies can create the core brain architecture that favors telepathy, which adults can't do anymore, as core brain architecture is done.

15.6 The Dangers of Hot tub, Sun Heat, ULTRASOUND Scans, Baby Movies

Ultrasound heats tissues, causes cavitation, DNA damage and most likely prevents the best brain development conducive to TELEPATHY. Hot *baths, saunas,* showers *longer than 15* minutes *(see papers below) can cause brain* defects*, abortion,* miscarriage *due to heat*.. Just sit in a hot car in the summer 5 minutes to get some detox, no need to waste $ on saunas. Some of the papers below explain the association (and presumed causation) between PREGNANCY ULTRASOUND and delayed speech, autism, left-handedness, mental retardation, dyslexia, urinary tract problems (peeing perhaps a lot too, during ULTRASOUND of the genitals for sex determination), schizophrenia, epilepsy, preterm delivery, cesarean delivery, miscarriage, low birth weight. Ultrasound machines vary in output, some were found years ago to be exposing infants to 5,000 times higher signal intensity than others. In 1993 their output was 10-15 times weaker in the US than in 2018. Not all countries have strong regulations about output. Recall that even young people can develop strokes after a hot shower done right after a big meal. Taking a long hot shower before bed is suicidal, since strokes during sleep are more likely, silent undetectable strokes if aged 20-50 and an obvious one (speech lost, memory lost, paralysis) after 60. Keep baths ventilated and the showers short, avoid cold or hot showers to prevent silent strokes. It's not about babies only, but about your health: drink water before and after any shower, take showers in the morning after you drank 1-2 glasses of water and never hot or cold showers, as these make your blood pressure go low or high in 1 minute, causing strokes. Don't try to play the superman on Epiphany in Russia, cold jump during Easter, that causes strokes. Putin is low IQ & the guys who invented Epiphany are typical Christian low IQ folks who destroy the IQ of billions.

The FDA says to NOT do an ULTRASOUND or use heartbeat monitors unless the baby is known to have an issue ► fda..8.htm. The WHO is against its use also, especially for low-risk pregnancies.

Reading the papers below may convince some to never use ULTRASOUND for such irrelevant reasons as "baby videos" and "determining sex" or "it's free with my health plan, everyone does it, let me do it too". If everyone is making a mistake, like when they did x-rays on babies in

1930s (read story at midwiferytoday), causing cancer, you don't have to do it too. ULTRASOUND is used to sterilize men for 6 months in a new contraceptive method that Bill Gates donated money for ► gizmodo.com, so it has biological effects. What sex a baby has doesn't matter, why expose a baby fetus to extra risks? Just have 2 names ready (if girl or boy).☺☺☺ 150 years ago they used to put lead in people's mouths for dental fillings and gave people quinone, a poison. Science changes every 10 years as new data comes in. Regulations take 5 decades to catch up.

"ULTRASOUND examinations during pregnancy expose the fetus to a sound as loud as that made by a subway train coming into a station" New Scientist Magazine. ☺☺☺ ULTRASOUND causes miscarriage ► JECH 1991;44:196-201.

ULTRASOUND CREATES HEAT and we know from other studies that heat during pregnancy causes birth defects as embryo gets damaged. It's possible that extreme heat exposure (going outside in 120 degree weather, taking hot baths, etc) months or even years before conception, could partially damage all existing eggs of a female most of which were created while the female was a fetus. Doctors tell women to avoid heat during pregnancy, but perhaps it needs to be avoided even before. It would be great to do studies to compare birth defects in women who exposed themselves to a lot of heat and hot water 5-30 years before conception. Many pregnant women live in areas without air conditioning even in the US and when a heat wave hits, the embryos are damaged. As people build stadiums, hockey rings, sports facilities, as they smoke, drink alcohol, buy fancier cars, they got no money for air conditioning. Some people will spend $9,000 dollars to buy a fancier car, but $0 for central air conditioning. If we do a graph between temperature during pregnancy (or even before conception) for a woman and the IQ and birth defects of her child, we would probably see a relationship, because high heat totally changes chemical reactions and increases biochemical entropy. After having kids, one can do whatever they want. All people have heating in cold climates (even a power failure is not as bad, because 4 blankets can create heat) which prevents very cold temperatures (which could also damage embryo/fetus if one almost “freezes”), but much fewer have central or room air conditioning (AC) or a way to cool during power outage to prevent heat damage in semi-warm or hot climates (unless using car AC to cool until power comes back on, which is a 10$ way to avoid a $0.3 million costs birth defect). Not all people even have a car or good car AC and window IR block to avoid heating if outside (not garage), or libraries/shops to go to if closed and remote area to avoid fetus damage. Scientists discovered females can create new eggs each year, but it is rare probably. This embryo damaging heat is why some don't have sex or even sexless erotica during pregnancy too, as erotica raises the body temperature ► BL 5-30-2012; before conception males are also supposed to avoid hot showers (heat lowers sperm count/health), tubs, saunas, sunbathing, extremely hot weather, tight underwear/pants that increase heat by friction (avoid over biking too) to minimize birth defects; sperm is created fresh every day unlike eggs and

remains in scrotum a few months before being absorbed back by the body if unused):☺☺☺

Heat 1 ► "Even slight temperature elevations at crucial developmental stages can cause neural defects resulting in BRAIN MALFORMATIONS" ► CSC 2002;7(1):73-90

Heat 2 ► "Epidemiologic studies strongly suggest that in utero exposure to hyperthermia results in developmental DEFECTS in humans" ► RTO 1999;13(1):31-9

Heat 3 ► DNA FRAGMENTATION was also observed in embryos exposed to 42°C/108°F, but only at the 5 hr time point" ► Terat 1997;56(3):210-9.

Heat 4 ► EHP 2012;120(10):1443-9 ► "We found positive and consistent associations between multiple heat indicators (*extreme summer temperatures*) during the relevant developmental window and congenital cataracts" ☺☺☺

Heat 5 ► IJH 2003;19(3):295-324 ► "Hyperthermia during pregnancy can cause embryonic death, ABORTION, GROWTH RETARDATION AND DEVELOPMENTAL DEFECTS. The development of the central nervous system is especially susceptible: a 2.5 degrees C elevation for 1 h during early neural tube closure in rats resulted in an increased incidence of CRANIO-FACIAL DEFECTS, and a 'spike' temperature elevation of 2-2.5 degrees C in an exposure of 1 h during early neurogenesis in guinea pigs caused an increase in the incidence of micro*encephaly*... studies suggest that an elevation of maternal body temperature by 2 degrees C for at least 24 h *during fever can cause a range of developmental defects*."

Heat 6 ► JAMA 1992;268(7):882-5 ► Women who're exposed to either of 3 combos: sauna and hot tub, sauna and fever, or hot tub and fever, are 6.2 times more likely to birth kids with spina bifida birth defects (2.8 times if hot tub only, 1.8 times if fever or sauna only).

Heat 7 ► EH 2013;12:88 ► "The risk for gastroschisis in offspring was increased among women who reported SHOWERS LASTING ≥ 15 *compared* to < 15 minutes. We observed modest increases in the risk for SPINA BIFIDA, cleft lip with or without cleft palate, and LIMB REDUCTION DEFECTS in offspring of women who showered *≥ 15 compared to < 15 minutes*."

Heat 8 ► BDRACMT 2011;91(9):836-41 ► "Mothers of infants with gastroschisis and anencephaly were significantly more likely to report any use of a HOT TUB in EARLY pregnancy. Among the mothers who reported using a hot tub more than once in the exposure period and remaining in it for more than 30 min, we found significantly elevated odds ratios for esophageal atresia, omphalocele, and gastroschisis"☺☺☺

Just as embryos are destroyed by heat, and killed in miscarriage, so can eggs and sperm producing cells (sperm can be made fresh, eggs can't) in testicles be damaged by extremely hot

baths, *tight jeans/underwear that squeeze/press testicles*, even 20 years or 10 years before conception. *Females get all their eggs at birth, but only about 400 eggs mature and come out during* menstruation, one a month, from age 16 to 50: these eggs can become babies if fertilized by sperm. These eggs can be damaged by RF (phones, car radar, etc), EF, MF, so women soldiers create DNA damaged babies if exposed to high artillery or navy/airplane RF radar, high heat during strenuous combat exercises that press hard on genitals, other RF. Men soldiers, gym and sports fanatics also create mutants if RF exposure or macho physical exercise that 'crushes testicles' happened that destroyed the sperm producing cells, besides the sperm that fertilized the egg. You see ultra selfish running fanatics, wearing tight shorts, to show off their penis to 'hot girls around', these 0 IQ guys *ruin their kids and testicles (women running fanatics may also damage their uterus, ovulation organs, in their quest for* 'being sexy' and ☺abysmal IQ☺ with "sexy tight jeans") instead of building lifespan years for others as with eterni sports. There is nothing sexy about it (even if some ladies get aroused from seeing the penis better with tight shorts), it will only attract ☺☺☺of the opposite sex, who don't know tight pants around genitals shorten the lifespan of the human species. The truth is that even excessive running with a skirt and the most relaxed fit underwear and pants may damage genitals of both genders, so moderation may help. It may explain many birth defects in families that have a fanatical love of horse riding and why soldiers suffer from high levels of psychopathy, they come as descendants of horse riders, like the ultra cruel Mongols, most famous for being passionate about horse riding daily, but who coincidentally, also killed 5-10% of humanity… and 1.7 million people killed in one day (army of 100,000, typical of Mongols (they even invaded with 200000 rarely), with each killing 17 civilians within a few hours, ultra easy, as civilians don't fight back, can't do so against swords). The selfish sports damaging sperm may be the species' self-correcting mechanism of weeding out violent people who drag down the entire species. Kind armies use immortalist methods and don't need physical fitness, only brains. After all, what do martial arts mean, if enemy can turn your entire city or army into neutrinos or some molecule without damaging anything except people? The *daily punches the testicle sperm miniature baby gets*, as a quantum *Archetype*, during running (in wars), wrestling or martial arts (in 'modern selfish sports' or soldier training, crawling in mud, crushing the testicles again), or horse riding (in wars), create a more violent baby, who will seek out vengeance on those who punched him while he was in a sperm cell form: we see kids who suffer from violence in early childhood *(like in prebirth as sperm generating cell that holds the Archetype form, carrying the memory of the punching of cells and spermatozoids it produces that entangle with the cells)* become violent criminals much more often or genocidal generals/leaders. When sitting, sit with legs in a V shape, especially if male, don't crush your testicles and buy two 2$ pillows if chair is hard to provide softness, even pillows for arms of chair if hard, to keep hands healthy via proper circulation. If you live in cold climates, clothes need to be tight, to prevent cold air from cooling

you too much, but the genitals area can still be more relaxed, but not too loose, since that would freeze the testicles which is as bad as heating them. Just buy Relaxed Jeans, *not* Tight Fit Jeans.

Avoid *bicycles*, they're deadly, even if popular on our planet of ants. Use scooters for easy car-free transport and eterni sports instead. RF may explain why the War Dept needs to be dissolved into Eternium, their IQ is lowering daily, like bees who become insane due to phones. The Pentagon (hence the name Pant Gone, pants off and 'thinking' starts) seems to think with their penis, designating groups evil and good based on what can be stolen (well, everyone does that, all empires and big nations, the more to be stolen, the greater the "humanitarian crisis they need to save humans from". *Other crises, where nothing can be stolen, get no intervention, evne if the same damage to quantum field from torture and atrocities*. Al Qaeda, ISIS, etc are CIA created groups, watch more evidence here. Civilians using self-driving cars (endless sensors, always connected to lethal WiFi via satellite, GPS killers) and endless phones all day may become infertile, besides developing atherosclerosis, Alzheimer. Thus, immortalists restrict phone use for all under 18, ban WiFi in all schools, grant wired Internet to all families with kids or who plan to have kids, max 2 hours a day with phone on to prevent infertile generations, brain damaged kids. It may be a good idea to teach people to avoid excessive hot baths, as this may shrink lifespan of offspring, being an *unadjusted for* confounding factor in studies on cardiac, or total mortality, health, cognition, birth defects, etc. Likewise, small studies with half women or men having parents exposed routinely to high electric, magnetic or RF fields close to genitals, may reach false conclusions, since the poor outcome was due to the EMF pollution or hot baths 10 years prior to conception, that damaged the egg and sperm producing cells. We see how false small studies can be, so we definitely need 1 million people studies to reach stronger conclusions about an issue, since there are 100 confounding factors people routinely ignore. *Always wear underwear of bigger size, since washing shrinks cotton a lot and becomes much tighter*. Avoid bicycles, tricycles and motorcycles all life until done having kids, as they damage the egg maturing organs (dormant egg becomes mature one via female genitals), *the sperm producing cells via oxidative stress, the brain/eyes via excessive shaking similar to* concussion *caused traumatic brain injury.* Popular is not ideal, a lot of things are popular: abortion (gives cancer, fast aging), smoking, alcohol, war. So are bikes. At least, governments need to create a new seat tech that is 10 times softer, much bigger, safer, with a special valley for testicles to avoid crushing them so badly. Also, given we got 1 bike per 8 people on Earth, they need to be made 20 times safer, meaning *99% of bikes need to be recycled & replaced with much safer seats and way better suspension, 3 times wider tires* for optimal ocular, brain health, offspring birth defect minimization. For poor areas where all bike to work, electric bikes without pedaling much can save the testicles, etc. Biking in quiet areas is fine, but not in this kind of noisy place, like in Amsterdam (Netherlands 1.3 bikes/capita, # 1). Exposure to high levels of noise can damage our

brains, ears, body, make us shout and become insensitive. Always wear earphones to listen to some peaceful music to avoid damaging the emotional brain. Cities in Netherlands need to ban brothels and focus on peaceful city music as explained here.

SUN EXPOSURE can Heat the Womb and Scrotum in same way as Hot Tubs can, offering possibly 6 times more birth defects, plus UV damage not present in ULTRASOUND or hot showers.

Sperm exposed to UV is damaged ► IJRB 2010;86(3):187-93. It's possible birth defects, sicker and shorter lifespan babies are born if people wear clothes that don't block UV, see why here. See how ladies not wearing sunscreen or shirts to protect neck have very damaged skin. Most jeans block 90-99.8% UV, more if darker color (blue better), twill weave, heavier weight denim. "twill weave fabric with a weight of 235 g (8 oz)/m^2 and a thickness of 0.069 cm has the highest UPF value... The plain weave fabric with a weight of 120 g/m^2 and a thickness of 0.035 cm offers no protection against... UV. Heavier fabric minimizes UV transmission by virtue of having smaller spaces between yarns thus blocking more radiation. The plain weave fabric (thread count 205) had a UPF (Ultraviolet Protection Factor) of 3.2 while The twill weave fabric (thread count 81) had a UPF of 19.2. UPF values are analogous to SPF values the only distinction being that SPF values for sunscreens are determined through human testing whereas UPF values are based on instrumental measurements." Sateen weave UPF=13.3. Dyeing plain wave fabrics with indigo natural color 6% raised UPF to 50+, while orange pigment 2% raised UPF to 11. Dyeing twill weave fabrics with any color made UPF 50+ ► BMCD 2004;4:15. If you wear a polyester long sleeve t-shirt of UPF 50-100 under a UPF 20 purple shirt, you get UPF 1000-2000 combined. When buying jeans, buy indigo heavyweight twill weave, as they block more UV, or buy white and dye them purple, blue, red, as these block more UV than yellow, green, orange, light blue. During pregnancy or attempting to get pregnant (because sometimes you only find out 1-3 weeks later) women would need to avoid any source of heat and never go to the beach to sunbathe, as that would heat the womb like a hot shower, it's the same IR (infrared radiation) from the sun or hot tub water). The beaches of LA for example are full of feces and junk. The womb needs be protected with high UPF shirt, like jeans (denim shirt). Before conceiving men need to avoid sunbathing too. Heat brings entropy in physics, chaos, disorder. That's why "hell is hot", it's chaos, death. UPF 50 means a 50th (2%) of UV passes thru the fabric or blocks 98%, 500 means it blocks 99.8% UV. UPF = 100/ transmittance %, so UPF 2000 is 100/0.05% = 2000. JDEAV 2012;26(8):1026-30 abstract says UPF is 10 for a cotton T-shirt and 500 for a pair of jeans (the ones they measured, not all). IJD 1997;36(5):374-9 indicates heavy cotton twill weave, similar to 8 oz. denim: SPF (Sun Protection Factor) 12 (white) / 166 (dyed blue). 12 obviously is much lower than 500 the other paper found, they may have used blue 12-15 oz twill weave denim. Many denims are 15 oz, so those may have SPF 40 even for white. "Dyeing the fabrics dark blue increased the SPF by more than a factor of three for all cotton fabrics." So, always go for twill

weave denim. This means higher quality thicker Wrangler type of jeans and jean shirts, not the cheapest elastic type of jeans that lose a lot of UPF. To get real protection buy the thickest jeans or shirt there is, and test them in front of a light bulb to see how much light passes thru vs a normal t-shirt. Stare at the store light and do the same test for all jeans there and choose the most opaque shirts. If you get the cheapest thin jeans or denim shirts, they may only block 10 times less UV than something thicker and 50% more expensive. Dark purple or dark indigo block the most UV. That's why the Eternal Clothing Inc (maker of all clothing) will write UPF rating on all US clothing, or immortalist countries adopting the 11 companies model, so that customers know what UPF it is to prevent cancer. For those living in high UV areas, all clothes will meet a min UPF if a summer cloth worn alone, to prevent 900,000 skin cancer cases.

In a Civilization of Immortals,☺☺☺ Eternal Clothing Inc will prioritize UPF being high, list UPF value on all clothing, over other trivial style related matters, as this reduces skin cancer mortality and life shortening undetectable birth defects coming from sperm damage that cause diabetes, plaque, cancer risk to triple. Here is the dilemma, solar UV causes oxidative stress on the skin of legs and testicles (which stresses body resources) of jeans that are thinner, white and underwear white too, but if jeans are thick they block UV, yet heat the testicle more. Which one is more damaging, the heat from thicker jeans or the UV from thinner jeans? If one gets thin jeans dyeing them and the underwear is essential, so one gets UV protection, but not so much heat. If you don't go out much during 8 am to 6 pm (and have UV tint on side windows and back of your car), then the UV is not really a big factor, so thinner dark blue-purple jeans in warm climates (California) make sense to avoid overheating the sperm, as UV intensity is 10 times lower before 8 am and after 6 pm compared to 1 pm. Just like we plant purple cabbage with 2,830 times more anthocyanins to extend lifespan, as a farmer or policy maker, out of desire to do good. 9,300 people die of skin cancer yearly in the US. Likewise, heat from scrotum friction with tight jeans or underwear, can raise sperm temperature and increase birth defects, so wear loose relaxed fit versions of your pant size, not the tight, so when you sit, there is no tightness that stresses the testicle and increases oxidative stress and plaque emerges (see pic) in oxidative stress, so a little extra stress can lead to a clot and death. Many used to wear small size underwear for decades, then they tried medium, then large and noticed large offers a tightness free experience, less friction, less heat, since underwear do shrink to medium after many wash cycles (you can even try XL, and see if it stays on). They got lifespan increasing very elastic belts (many colors,☺☺☺, like neon yellow to be seen at night by cars etc, for higher safety, longevity) to reduce oxidative stress that happens when we sit down and the belt becomes very tight, damaging internal organs. They got elastic jeans too (Goodthreads 98% cotton, 2% elastane (also called spandex, a polyurethane polymer fabric, sort of like polyester), many colors, can buy white and paint it purple if you love purple, purple blocks UV) to increase lifespan and sperm, and even egg quality

too: tight pants or underwear create oxidative stress, increase risk of vagina infections due to oxidative stress overload depleting immune resources to control bacteria growth, and also crush the testicles, leading to depletion of sperm producing cells renewal and function. We pay half a trillion in health care costs globally each decade probably from diseases coming from bad sperm, eggs (uterus pressure due to tight pants creates high oxidative stress that damages path of egg release and embryo formation) from fashion of 'tight pants models'. We need longevity focus in fashion too. Always wear relaxed fit jeans even if female, never tight, prioritize longevity of offspring not looking 'sexy'. Thus, we add 3 years to offspring lifespan or 30 years of healthy lifespan if a serious defect leads to more disease, since some defects are not obvious at all, science doesn't even know they're defects... since it's not visible or detectable.

That is why in a Civilization of Immortals the national Immortality Building Inc could install mini-split air conditioner (no vents, no mold and bacetria film causing reinfection with flu and spreading of germs as with central AC) or create really good insulation, so inside it doesn't get too hot. When we spend so much money on stadiums, there are no materials and manpower left to expand residential AC market to where prices of AC come down. Do we prioritize muscles or brains? Muscles don't give us 800 year lifespans; brains can. IQ of fetus can decrease due to heat waves, meanwhile pregnant women can place cooled water (cooled with ice from fridge) over womb (or take a "cold" bath so to speak, cold water would be very warm 77, but better than 85-90 air temperature) if a heat wave hits and no AC exists in the car. If we had more science, we could have a device in every room that once pressed cools the air via a jet of undiscovered particles or a new field in physics to desired temperature in 1 minute, no vents, etc. Later, the molecular assembler can purify air and turn CO_2 into O_2. Why are our TV programs not talking about the science and possible ways to do this, so we can extinguish fires too with an airplane fast, etc? Why can't we have a song about a gadget that ends all fires and gives all a force field that regulates the temperature in their ovoid around their body, how much UV, heat the force field shield lets through? City wide force field can keep temp at 74 with 99% UV blocked, if individual ovoids are too hard to implement first. Not all people have a car with good AC to use until power comes back on and stores with AC open in a given remote area with few stores (remote desert, 1 store in town, open 9-5 only, with poor AC or no AC sometimes, store can hold only 100 people max). That's why in a Civilization of Immortals every house would have a Tesla backup battery or every car registered in warm-hot climate would have a good AC as backup, that would provide cooling in case of power failure, especially in remote areas of hot climates with no stores, libraries open 24-7 for pregnant women to go to. Some would not spend $300 to fix car AC, but spend later $0.3 million in costs due to known/unknown (to 2026 science, that might triple the risk of heart disease or diabetes or dying early) birth defect in kid. ☺☺☺

Increase in AUTISM rates, DNA Damage linked to Increase in ULTRASOUND intensity limits:

1. In the USA, 1985 the limit was 46 mW/cm^2 spatial peak temporal average (SPTA) intensity for ULTRASOUND machines. In 1992 it became 720 mW/cm^2 SPTA intensity (peak exposure was also increased). Since this increase, autism rates rose 60+ times ► SUCTMR 2008;29(2):156-164: "Ultrasonic cavitation can cause mechanical damage... generate free radicals and sonochemicals capable of DNA damage...single strand breaks from H_2O_2 production and genetic mutation have been demonstrated in in vitro studies of cultured cells subjected to ultrasonic cavitation."

2. DNA strand breaks induced by ultrasonic cavitation in vitro.☺☺☺ ► UMB 1995;21(6):841-8.

3. Enhancement of ultrasound-induced mutations in V79 cells in vitro. ► UMB 1992;18(5):465-9.

4. MH 2010;75(1):53-8): "The rising rates of autism coincident with the increased use of ULTRASOUND in obstetrics and its teratogenic/toxic effects on the CNS demand further research regarding a putative correlation."

5. ULTRASOUND exposure leads to brain changes similar to those in autism cases ► PNAS 2006; 103(34):12903-10 and PNAS 2006;103(34):12661-2.

ULTRASOUND BENEFITS OVERSTATED?:

1. NZMJ 1981;93(675):3-5 is a very quoted paper that explains that ULTRASOUND measurement of the fetus was less precise than the measurement done by a midwife (they go thru training like nurses). This is important since as the above studies show, ULTRASOUND use causes the fetus to get smaller. A reason people use ULTRASOUND is to see fetus size.

2. Fetal heart monitors that are used prior to delivery have all the issues of ULTRASOUND routine scans mentioned above. In countries with more ULTRASOUND use in pregnancy, the autism rates are even higher than in the US.☺☺☺

3. The world's most prestigious medical Journal, published a randomized controlled study on ultrasound imaging: Lancet 1993;342(8876):887-91 which found "From 2834 women with single pregnancies at 16-20 weeks gestation, 1415 were selected at random to receive ULTRASOUND imaging and continuous-wave Doppler flow studies at 18, 24, 28, 34, and 38 weeks gestation (the intensive group) and 1,419 to receive single ultrasound imaging at 18 weeks (the regular group). The only difference between the two groups was significantly higher intrauterine growth restriction in the intensive group" which means sometimes SMALLER SHORTER BABIES WITH SMALLER BRAINS, lower IQ, as a result of ULTRASOUND. ☺☺☺

4. CDSR 2000;(2):CD001450 ► "routine Doppler ULTRASOUND in low risk or unselected populations doesn't confer benefit on mother or baby"

5. AOGS 1998;77(6):643-8 ► "Screening routines for intrauterine growth retardation currently

used in Germany miss the majority of cases and don't contribute towards improved pregnancy outcome in detected cases". AOGS 1998;77(6):635-42 ► using ULTRASOUND before birth led to 5.75 times more deaths (23% instead of 4%) than not using it ► "The neonatal survival rate was 77% in the prenatally diagnosed group and 96% in the postnatally diagnosed group"

6. BMJ 1993;307(6897):159-64 ► "Our data suggest a possible association between routine ultrasonography in utero and subsequent non-right handedness". CMAJ 1993;149(10):1435-40 ► "an association between ULTRASOUND scans and DELAYED SPEECH was found."☺☺☺

Since little is known about the effects of cosmic radiation on the fetus, it may be better to fly at hours other than between say 9 am and 3 pm, because in this 6-hour window the radiation is maximum (ideally away from 7 am to 5 pm). If your flight is flexible, you can also avoid solar storms, since radiation can be 100 times stronger then. The effect is minimal though in general unless one flies every other day. One study concluded no effects for pregnant pilots ► SJWEH 2003;29(2):94-9. "Specific birth outcomes (low birth weight, perinatal death, preterm birth, neural tube defects, total cleft, cleft palate) were fewer for the pilots/cabin attendants' offspring than for non-pilots, except for Down syndrome and hypospadias, leading the researchers to conclude in general there is no risk in flying while pregnant. Epid 2015;26(2):192-203 noticed flight attendants didn't get more miscarriage than teachers. Other studies are more cautious. OG 2004;103(6):1326-30 says caution is good, since there are sudden bursts of cosmic radiation sometimes. ASEM 1998;69(11):1061-4 states “pregnant aviators may inadvertently subject their fetuses to a risk of decreased cognitive capacity or frank mental retardation, as well as childhood leukemia”. However, most passengers flying 1-15 times a year get far less than a flight attendant (they are part-timers oftentimes), and way less than a pilot. "the dose to the fetus can exceed a recommended fetal dose limit of 1 mSv after 10 round trips on commercial flights between Toronto and Frankfurt" ► HP 2008;95(4):407-12. Women, stop traveling if pregnant, or you’ll damage your babies permanently. NYC to LA is 0.04 mSv.

ULTRASOUND screening is big business, like breast cancer screening, which leads to more money being made, while increasing cancer rates ► EJCP 2005;14(2):117-28. (cancer rates doubled due to frequent over diagnosis (reminds me of the guy who gave chemotherapy to people who didn't need it) and also irradiation to check for tumors, and possibly due to negative suggestions from doctors once something that may be or may not be a problem was seen, leading to ultra powerful psychosomatic effect that becomes diagnosis on future visits, the mind kills or heals the body, depending on what thoughts one has). Blind faith in doctors can contribute to the 3rd leading cause of death, medical errors ► BMJ 2016;353:i2139. Doctors are humans and we all make mistakes. Some people simply never do any serious research online, it's all there. CT scans offer 50,000 times more radiation than the old x-ray scanners at airports (replaced with

radiowaves in most airports now). All these highlight how important is to think, say positive things to the pregnant moms and the baby, for best telepathy, health, brain development. ☺☺

15.7. MEDICAL INTERVENTION vs MORE MIDWIFE Involvement in birth

Epidurals early in labor increased cesarean rate 12 times in this study (25% versus 2.2%) ► AJOG 1993;169(4):851-8, which explains that the risk of cesarean was 50% if epidural done at 2 cm, 33% at 3 cm, 26% at 4 cm. Epidurals led to maternal fever, babies being taken away from mom after birth and placed in intensive care units and overdosed with antibiotics (IQ can drop 15 points when the bonding between mom and child doesn't occur first 3 days of life, bonding which can't happen when a drugged mom is not conscious and baby is placed in a box hooked up to tubes). OG 1995;86(5):783-9 found a 2-4 fold increase in cesareans, as well as longer labor, higher infection, as a result of epidurals. OG 1996;88(6):993-1000 found "the cesarean rate among women receiving epidural analgesia was 17% (168 of 991), compared with 4% (30 of 742) among those who did not receive epidural analgesia"; that's a 4 times increase in cesarean rate due to epidurals. If it would be one study showing this, it would be hard to believe. But there are many. The industry that is involved in cesareans and epidurals is so entrenched that now (when cesarean rate is 33% today instead of 5.5% in 1970 in the USA), we have a lot of newer studies whose conflict of interest may affect the outcome (Big Oil making studies showing electric cars are bad or pollution is negligible type of thing, Big Tobacco making studies showing that smoking is good). Pay someone enough and a study is made showing any chemical is harmless. Give them enough consulting fees, and they'll advocate for what Pharma sells, publish those studies. ☺☺☺ The Cesarean rate increased 60% since 1996 when the "epidurals cause cesarean" studies came out, nobody paid attention, since now about 60% of women receive epidurals during labor, sometimes without any real need, it's part of the "Standard (Satan) Operating Procedure".

As a result of the 1996 studies, in 2000 the ACOG Task Force on Cesarean Delivery recommended that "when feasible, obstetric practitioners should delay the administration of epidural anesthesia in nulliparous women until the cervical dilatation reaches at least 4-5 cm". If we read the history of the birth procedures in Immaculate-Deception-II-Magic-Birth pages 77-80, we see MDs always change the medical intervention methods, as more data shows how each previous method had unforeseen side effects; this amazing book explains that water birth reduces the catastrophic effects these epidural drugs have on the tiny baby, for whom those doses crossing the placenta are very bad. Even for women, these doses are bad. For decades they used to give drugs that were so bad, women had to be physically tied down. Even so, many women woke up with hoarse voices, bruises, self-inflicted, due to the madman screaming and behavior during labor that the drugs facilitated. Some drugs remain the babies for months and only 50 mg of Demerol (also known as pithidine) were found to cause neurological damage in babies for

several years. Study claims birth injuries present in 80% of autism cases. Harvard researchers concluded a bad birth increases the risk of autism ► Ped 2011;128(2):344-55. Fillings had lead in 1800s for teeth. Medicine is always changing.☺☺☺For references regarding epidural drugs concentrations in the baby versus mother (no significant differences between maternal and umbilical venous plasma total or free concentrations of fentanyl ► Anaest 1997;52(6):517-24), difficulty of breathing leading to blue babies who need resuscitation, are brain damaged due to low oxygen, low blood glucose leading to low IQ, liver toxicity of epidural drugs in babies, etc, see birthsource.com. "The Thinking Woman's Guide to a Better Birth" author H. Goer states "researchers compared newborn behavioral abilities at 12 hours and 3 days of age in women receiving Demerol and women having no drugs in labor. Demerol clearly adversely affected newborn behavioral competency. A study comparing fentanyl to Demerol found they had similar neurobehavioral effects on the newborn. Don't you love those MDs making 25x min wage? Got to love our pay system, it encourages the greediest to become MDs. In another study, researchers observed 72 newborns left on their mothers' abdomen at birth. Of the newborns whose mothers had no narcotic (pethidine), 72% spontaneously crawled up on their mother's trunk, latched on, and suckled correctly versus 20% of the newborns whose mothers had had pethidine during labor." More drugs = LOWER IQ BABIES? The purpose of MDs is to lower IQ? Suzanne Arms: "an astounding 96% of all women who get a fever in labor have had an epidural. A tragic 86% of newborns who're put on full-spectrum antibiotics, and have full septic workups while in the ICU have been born to mothers who had epidurals in labor. Nurses and breastfeeding consultants have observed that babies born following epidurals often seem to be numb *around the* mouth. This may be the reason why so many babies have difficulty getting breastfeeding started. The domino effect of this one intervention is broad, yet the full information about its adverse effects is seldom *given to parents*." ☺☺☺ Cesarean rate going up 4-12 times as a result of epidurals may be why, per NVSR 2013;62(3):1-20, "The cesarean delivery rate for the United States was unchanged in 2012 at 32.8%. The preterm birth rate... 11.54%. The low birthweight rate... 7.99%." Compare this 33% US Cesarean rate with a 3% Cesarean rate in the Netherlands in the 1970s (5.5% in the US in 1970 too) where 70% of births were done by nurse-midwives at home. The Netherlands birth system is described in detail:

15.8. Warm 97°F Water birth, OK for 70% of pregnancies (low risk ones):

Birth International has an amazing article about the history of home births in the Netherlands (17 million inhabitants), where 70% of births were done at home assisted by midwives in the 1970s (30% today), 9 times fewer episiotomies per birth than in the USA, far fewer cesareans, almost all babies are kept with the mom and breastfed after birth (unlike most countries). Since 2011, nations have decided to give the cesarean mom antibiotics before the surgery begins (not after delivery as it was for decades), effectively severely damaging the good bacteria in the gut

of the baby, leading to low production of vitamins by the gut, like B_6, essential for Mg uptake by cells, for ATP production, which will cause hyperexcitability of the nervous system, meaning bed wetting and other related events, misdiagnosis with autism or ADHD, etc. Cesarean babies have same IQ and lifespan, but are more prone to allergies, asthma, eczema due to less microbiome diversity, as they get only breastfeeding bacteria, not vagina ones. 25% of vaginal babies born by long painful chemical air births (what "cabbage IQ MDs" call "normal delivery today") have rings of blood around the white sclera and retina (that resolve within a month), due to the sheer force of partially unconscious sedated mother squeezing the baby's eyes right when eyes pass, and stopping there, and experiencing the highest pain as a kick from baby as his eyes are squeezed cause her to contract even more, due to the kick pain, and raise his glaucoma and eye disease risk 5 fold. Parents freak out, rightly so, wondering why these MDs get paid 20-80 times the min fed wage to damage the eyes of babies. That's why immortalists will require new training of MDs and moms, so they're awake and water birthing is standard to reduce pain and contractions that stress the baby brain, destroy neurons, create oxidative stress, and especially training to avoid contraction when eyes and the head pass, as IQ is the most important thing. When the head comes, a female midwife massages the lady (let all MDs use female midwife to massage to increase oxytocin and diminish pain and tension) and the MD or midwife says "Please don't contract as the baby's skull is coming now… and especially when eyes come, I will let you know when eyes come", while her favorite calming immortalist instrumental music that replaced lethal anesthetics in many surgeries plays to relax the mom some extra, besides her favorite scent in the room and the massage (head, tummy, breast) by the female midwife with soothing voice to calm her and guide her into a meditative state of inducing the happiest meditative experience as taught 4 hrs a day on all radio-TV to deaddict all from smoking, etc.

The Netherlands has the lowest rate of medical intervention during childbirth, the highest use of midwives as primary attendants at birth, the lowest % of babies or mothers who die or get injured during birth ► "Immaculate Deception II"☺☺☺, p 49-50. Expatica.com says "Some 30% of Dutch women deliver at home while around 60% do so in the hospital, mostly for medical reasons, and another *10% deliver in special out-patient birthing clinics*. The figure has been stable since 1990, according to the National Institute for Public Health and the Environment." Complications in home births are 2.3 times less frequent compared to hospital births ► BMJ 2013;346:f3263. There are many advantages for TELEPATHY development in using a midwife and water birth system, within a hospital that allows water births or using hospital as a backup.☺☺ A 4 min video explains the benefits of water birth: a healthier gentler (more telepathic) baby (all those anesthetics in huge quantities zap the baby too, and the mother extra stress hormones), dramatically reduces mother pain, blood pressure, stress hormones, anesthesia, C-sections (by 10 times in one study), episiotomies (by 33 times in one study) and time of labor. Some moms

reported *no pain during water births*. You might like this 2 min water birth talk. A happier mom is able to nurture her baby more, aid the baby's higher IQ, telepathic, cognitive development. Many hospitals do water births, even if many people do it at home or some alternative clinic with a hospital as back up in case there is a need. For more info, check google or waterbirth.org. In some hospitals 10% of births are water-based.☺☺ At page 198-199 of the "Soul Trek" book a mother experiences some brutal handling of her and her new born girl by the nurses at the hospital. Because of this brutality at birth, her baby cried frequently for months, did not sleep. Driven insane by this, the mother allegedly resorted to the strangest method, TELEPATHY: she told the baby that she will always be with her, she will never let any nurse or anyone do anything hurtful to her and what happened at the hospital will never happen to her again. Then, the baby became quiet and slept for the first time thru the night and ever since. This shows that babies can hear adult thoughts, being more telepathic? Maybe, who knows? After this experience, the mother vowed to never birth at the hospital and do it at home. When people do it at home in water, etc, they only use the hospital as a backup if there is complication, or go to a hospital doing water births (there is one usually in any big metropolitan area).☺☺☺

Water birth decreases Cesarean sections rate (sometimes by 10 times), tearing and episiotomy (sometimes by 33 times per Wikipedia). Many psychologists believe that babies born gently grow up to become more gentle adults, and have a greater ability to deal with problems nonviolently. n...html page by mom giving water birth to all 5 kids says "All 5 of my children were born in water. Every one of them was an experience I now look back on with fondness and great pride. How wonderful it has been to be able to bring my babies into the world in a way that was kind and gentle. How wonderful for me not to have to suffer unbearably to do it. I first heard about water birth one week before my first baby was due. 19 years old and convinced I wanted to go natural, water birth offered me something I had given up as only available through drugs: the promise of less pain. The women who had tried it had consistently and unanimously reported that their contractions were far less painful while laboring in the water. And they all said that having had a water birth once, they could not see giving birth in any other way."☺☺☺ AIM 2009;12(5):468-71 shows the benefits of water birth: higher rates of spontaneous vaginal births *(no vacuum or forceps)* 100% versus 79.2% for air birth. In an Italian study, the Cesarean rate for water birth was 4.4%, versus 38% for air birth ► BMCPC 2014;14:17. For over 100 studies showing overall benefits of water birth as well as risks, see waterbirth. Water births reduce pain by about *90-97%*, so in many cases, midwives never give any medication to the mother. Standing, getting on the knees and hands, squatting (see youtube videos of water births, just type "water birth youtube" on google, squatting is the best position, since the *opening* becomes the *largest* and makes birth easiest) or sitting with spine straight (even if in a water birth pool), being active, eating well, etc have been used for millennia to aid birth. It's

critical parents and MDs *understand* why opening has to be largest*, why water birth is ideal by water to reduce pain* (*air birth has 10-30 times more pain, and pain can easily force a woman to contract to ease pain at the wrong moment when eyes pass thru and cause a hemorrhage, which, when undetected, leads to permanent lifelong ocular damage)*, otherwise, we get 23% of infants (mostly vagina air delivery ones, since 0.8% do water births) suffer ocular damage, retinal hemorrhages (which damaged the optic nerve, macula in some babies), as the vagina squashes the eyes. The typical horizontal birth position *is the* WORST *(according to many midwives), because it can make labor last* 10 times *longer* (for millions of years people have never done that, only now they do it horizontally, which leads to *far more* medical interventions and destroyed eyes, as eyes got 10 times the time *to be squashed, 10 times the pain to contract randomly, at the wrong time, to damage eyes, brain* (baby skull is very soft and easy to deform during painful contraction, causing brain hemorrhage, lifelong permanent lower IQ, autism), as gravity doesn't help *while being* horizontal*, but* gravity *helps when being* vertical *in a water birth pool or at* 45 degrees as in some hospitals*, etc.* Baby heads are so SOFT when being born, that, heavy contraction of a big muscular mom, due to pain, at the wrong time, could damage the brain too, but the eyes are obviously the most sensitive of any organ, as they got no protection, so it's important for ejection to go ultra fast like in the best water videos. Air births are ultra medicated, so women under anesthesia are also far more likely to contract at the wrong time, since there is less pain, due to the MD saying "a little more", etc and not realizing he said that when eyes pass thru since he didn't get proper education on the issue.☺☺☺

MDs get paid more for a cesarean. Babies breathe harder after a cesarean (they have asthma more as adults too) and are more likely to be placed in intensive care, where they get blood samples taken out every few hours (very stressful for someone who just went thru the stress of birth) and drugs pumped into them, wrecking their brain and leading to lots of health problems, not just IQ lower by 15 points as shown by many studies. Epidural drugs raise mom's temperature and this often confuses doctors who think the baby has an infection due to the higher temperature the doctor sees on the baby. Wrongly diagnosing the temperature rise, the doctors sometimes put the babies under the terror intensive care regime, away from maternal bonding, leading to less breastfeeding later too, and a cascading series of events that damage IQ, health and many brain functions for many years to come, in fact often times, permanently. Because of these issues, parents have the right to bring a BIRTH PLAN to the hospital, and specify no Intravenous, no Electronic Monitor of Heartbeat (even FDA is against it, but doctors push it), no ULTRASOUND, no episiotomy, no drugs at all unless absolutely needed (many women have labor and feel 0 PAIN AS IT LASTS 3 HRS MAX, this the Big Pharma (75% of Pharma world profits, 4% of population to finance PALACES in Mexican Cartel Style Trillion $ Thefts) doesn't publicize as it cuts into sales of poisons, all anesthetics are poisons used in small doses,

but they're used since it's worse usually to do surgery without anesthetic as people can die from pain shock when they're cut), no being separated from baby at birth (let him breastfeed right away), no epidural, squat (special beds allow this sitting or squatting to have gravity help shorten labor by 2-5 times sometimes) bed, no giving baby sugar water or eyedrops, just milk and bonding with mom first 3 days, no "checking baby and taking blood out of him after the stress of birth" in those intensive "care" units. Some doctors and nurses get pissed when someone is informed and comes with a BIRTH PLAN. But the best thing, according to many midwives, is to do a water birth in the most alternative hospitals there are, 1 in 100 usually do water births. Those MDs are 3 centuries ahead in some areas, like Tesla was ahead of his peers. NEJM 1989;321:1804-11, shows that Cesarean rate was 4.4% at birth centers, in 1989, compared to 23% at hospitals in America back then (33% today). Birth centers are geared towards a natural birth, with minimal intervention and more freedom to squat (one can squat on any bed or sit kind of, allowing gravity to aid birth, shorten labor by 5 times, pain by 10 times).

Below are studies on the importance of human contact, as in home or water births when everything is different from normal assembly line mechanized births, superior to machines☺☺:

1). The presence of doulas at Mexico hospitals decreased cesarean rate by 12 times. Doulas are female assistants during birth (they are used when there is no midwife, in some hospitals or settings). Women were split into 2 groups: doula and standard. 42% of doula group and 96% from standard group needed pitocin (a name for oxytocin), 8% of doula group and 16% of the standard group got epidurals, 2% of doula group and 24% of the standard group got cesareans, labor time was 14.5 for doula and 19.4 for standard. The presence of a human being, not just machines made by men, is more effective. After all, people created all machines, not the other way around ► JPE 2000;9(2):8-13. Go to the noisy machine room in emergency only, don't let that horrible noise create biological entropy and stress in the mother as with deer. The only sound needs to be soft background instrumental ultra relaxing music that the mom loves.

2). Doulas led to 2.4x fewer cesareans, 6.5x less oxytocin augmentation, 2x shorter labor fewer complications, ICU treatments (that lead to 15 point IQ fall) ► BMJCRE 1986;293(6547):585-7.

3). About 600 women were split into 3 groups of about 200 each, one group supported by doulas, another observed group by someone doing nothing, a third control group going thru typical medical birth. Cesarean rates were: supported group, 8%; observed group, 13%; and control group, 18%. Epidural anesthesia results: supported group, 7.8%; observed group, 22.6%; and control group, 55.3%. Oxytocin use duration of labor prolonged infant hospitalization and maternal fever followed a similar pattern ► JAMA 1991;265(17):2197-201

4). The presence of doula cut labor time by 54% (8.8 hours with doulas, 19.3 without),

complications by a factor of 3 times, increased smiling-stroking of babies after birth and the degree of wakefulness ► NEJM 1980;303(11):597-600.☺☺☺

Professor Cornelius Naaktgeboren from Netherland's largest and most famous medical school did some ANIMAL & HUMAN STUDIES that, in his opinion, showed the critical IMPORTANCE OF PRIVACY AND NO DISTRACTIONS during labor for a smooth painless short labor. Modern births in most hospitals with 15 nurses and technicians coming and going, interruptions and machinery run against the reflexes of millions of years that make focusing on labor only undistracted impossible and lead to so much longer, more painful labors with a lot more intervention, EPIDURALS, CESAREANS, ICU over drugging of newly born, all things that lead to IQ drops of 15+ points and autism, brain damage, poor health, destroyed immune system, autoimmune diseases, etc. It's no wonder that the outcomes and statistics of birth are far superior for small settings found in water birth rooms that make it secluded with the midwife and husband only:

1). He noticed, filmed how a deer interrupts the labor, runs away to a safer spot if it hears the slightest noise,perceives the slightest distraction, a reflex related to the fight/flight response.

2). Elephants create a ring of protection around a female in labor, turning their back towards the female in labor, for similar reasons of feeling safe and private.

3). rabbits stopped their labor once a human came into the room to watch for 2 hours and as soon as the human left, the rabbit expelled a litter of rabbits in 10 minnutes (rabbit babies are tiny compared to the pelvic outlet, when compared to mammals, so their labor is very short).

Many other similar studies led Professor Naaktgeboren to come up with the hypothesis that a doula or midwife whom a person interacts all the time (besides the husband for emotional support) during the labor is much better than 10-15 technicians in the assembly line births (geared towards fast medication and intervention so that doctors work only minimal hours and spend minutes sometimes per birth (many births at once) or whatever) due to this million year built in reflex which stresses people in unfamiliar surroundings with new people coming and going, etc. Being in a place where people feel safer and more loved (instead of a mechanized heartless environment) decreases stress hormones and allows the birth to proceed easily. Birth centers near hospitals (hospital as backup) are also cheaper, besides having WAY better statistics (as seen in the studies above) on birth outcomes than most hospitals that over drug, over monitor with ULTRASOUND, over cut (episiotomy, cesarean, etc) pregnant women. There are nice hospitals that have a very welcoming and natural approach and do water birth, just google it for your area "water birth in my area" etc. Not all hospitals have the same statistics, some are 5 times worse. Home water births (can rent an inflatable tub) with certified nurse-midwives can be 5 times cheaper, if there is no need to use the hospital backup (usually there is

no such use). A mother's milk contents change with each time of the day, and with each month, as the baby grows and with each individual mom for her child, with exact antibodies the kid needs, at the right time, etc. No formula made in 5 years can replicate a food built by nature over 4 billion years. Hence long breastfed babies are smarter, healthier, taller☺☺☺. My mom said I was the longest breastfed baby, due to being the most peaceful, and I became the tallest. Babies who hear the human heartbeat sound (recorded) are calmer and feel better, same for babies who hear it by being near their mom a lot. Babies whose immune system is in touch with the bacteria from mom's skin have better health. The so-called "advanced" mainstream hospitalized birth system today that removes contact between mom and baby has IQ, ESP, immune function, health parameters lowering effects. The baby's biological functions learn a lot by being near mom. Studies show that giving babies vaccines after 6 months, spread out over time, decrease potential paralysis, lifelong brain damage, all negative reactions by 10-50 times. Once again, overloading a tiny baby with foreign chemicals when its immune system is not fully developed is not the best idea. At 6-12 months the immune system is much stronger. The US Government has given billions to kids permanently damaged by vaccines as explained in Ch 12.3.

As Suzanne Arms wrote in her 20 suggestions at the end of her book Immaculate Deception II on pages 218-219, a good idea would be to follow the methods of Netherlands, which has the best statistics for birth outcomes and make midwives a separate profession that is not on leash of Big Pharma Industrial Complex, Medical Education/Brainwashing by Pharma of Doctors Complex, to prevent Cesarean rates going up 6 times as from 1970 to today, due to MONEY. And also to prevent bad outcomes that cost America trillions of dollars long-term as a result of bad birth practices which result in poor health, low IQ, autoimmune diseases, autism, etc all from overwhelming use of force, as in the overwhelming use of stone age present science "drugs", which if you look at history, are always changed as side effects are found. Looking at these birth center statistics as in the studies above and their cesarean rates of 10 times lower, etc, makes you realize something is fundamentally wrong with healthcare in America and most of the world. *We're focusing on interventionist ultra-medication ultra-surgery methods* ☺☺☺ that are often not needed at all and do far more damage, since there is little regulation to prove safety of these drugs during birth and whether they maim babies or damage them and cancel out all the progress we achieved in medicine. A third of deaths in many countries are due to medical mistakes. Prevention is absent or minimal, disease prevention thru education could be 70% of healthcare, 25% biomarkers monitoring, etc; when if you look at some of the centenarians who lived to 112, etc they never went to a doctor, got trained by parents in prevention and proper eating from early on. The privatization of healthcare means essentially that dichloroacetic acid for example, which was shown to be an effective cancer tumor killer in mice, is not taken by any Pharma company seriously for human clinical trials, since it can't be patented, money can't be

made. The whole Pharma is often about making $$ by managing disease not about curing cancer, as a cancer cure runs them out of business. That's why it's much more ethical to have the government sponsor research into cures for diseases and not become a puppet of Big Pharma giving them tax breaks and all kinds of whatever. That's why also the birth outcomes are totally superior when there is the least medical involvement or when done in very holistic alternative hospitals who focus on water birth, etc (very very few). The whole system doesn't see how conflict of interest, corruption and lies have pervaded all branches and objective studies are hard to come by due to pressure from Big Pharma Educators who control what "education" doctors get in medical school, minimal about nutrition and prevention of course. ☺☺☺

It's going to take time to change the system, but at least these studies make people question their assumptions once a year if they read this post. Not to mention the thousands of people who have cured with raw foods and herbs incurable diseases that according to "all knowing" doctors would have killed them in days, weeks or months. Search on google and youtube for "natural cure for disease x" and you will find a lot of stuff that most doctors have no clue about. In her book's Appendix, Suzanne Arms presents the case of a doctor who noticed that the more people saw physicians, the sicker they got. This may be due the negative thinking coming each time something minor can be interpreted in a paranoid way, extreme need/habit to prescribe pills or to diagnose (one doctor made a list of many diseases a women could have after a simple test and chose the worst possibility and then did more tests, etc, years of 'overwhelming force, minimal grace and IQ' medical intervention ended in failure, so he learned to be more feminine and wait and not jump to conclusions from limited science data, especially as science changes by the day with thousands of articles published daily) and the super-power of negative doctor words and thus placebo in destroying people's health. This doesn't mean that all doctors are bad or all tests are useless, but it's a lot of hear say, methods, fake studies, conflict of interest, Pharma and other medical devices companies sponsoring conferences and recommending machines, tests, drugs for anything, skewing medical education towards medical device sales, etc that come into play here, commissions, paying off machines bought by doing tests, etc. One has to be objective, do one's own research, look at anything from all angles, not believe all the sweet talk and stories from doctors and sales reps from Pharma, since some become doctors to make money only.☺☺☺ In her book, Suzanne Arms presents some 2-3 hour labors (this is what someone can expect, manifest by positive thoughts and expectations and preparation a wonderful fun painless birth, as it was for many women, to the shock of doctors who thought as per brainwashing that "birth has to be painful and last up to 24 hours, 20 hours average in some hospitals") without drugs and medical interventions and sometimes outside of a hospital altogether (at home with certified midwife). You might like a free interview with Suzanne at JPE 2002;11(4):11-24. To better understand how horrific hospital air births can be, you can read a

very long excerpt from the Immaculate Deception book by Suzanne Arms at a..on.html. Right now, America spends 4 times per birth Netherlands/UK spend. The US has far worse outcomes than the Netherlands where they got more home births, midwives, human contact, fewer machines, tests, pills, injections, etc. A former Pharma sales rep explains it all ► youtube...AM. MD Peter Breggin of breggin.com who helped in 150 lawsuits against Big Pharma explains how many medicines cause shorter lifespan by 20 years, suicide, violence, frequent incarceration, diabetes, blood pressure and internal organ issues, smaller brain, lower height and weight ► youtube..zs. The less known thing behind Big Pharma and Big Medical Device "evidence-based medicine" is clearer *when they choose what gets published and never mention alternative cures* that heal diseases at 1/10,000th the cost and in 2 weeks not 2 years, as explained in the vaccine section that deals with anti-depressants too, publish only what makes a pill/device look good, while ignoring the studies showing bad effects or no effects and ignore natural far cheaper things such as ω3 rich foods, DHA from algae that were shown to make people calm and happier in many studies). Youtube..3k explains why antidepressants often times don't work. Vioxx pill killed 38,000 Americans. Gullibility is high among some who think science remains the same, all MDs, Pharma sales are saints, all medical research is done by ethical people, sometimes it is, but the guys in charge of what gets published censor stuff to make pills or devices look good.☺☺☺

Abnormal womb behavior, nightmares and cries of babies are sometimes hypothesized to be caused by the baby's traumatic "past life" or "womb" or "random quantum transfer acquired memories that someone falsely perceives as self-memory" (mother or nearby folks memories, stress, negative experiences). Nightmares and incessant crying are hypothesized to often be caused by the inability of babies to realize that the terrifying memories and things they perceive relate to a their past life in the womb, birth trauma or, in theory, a "past life" if their soul was human before and such memory can transfer (no evidence exists outside of made up books by attention seeking con artists). Thru telepathy and whispering to babies who're unable to talk or consciously understand what is being said, mothers can tune into the "past traumatic event" the child is terrified about and then guide the child towards the awareness that this is a new life and he's safe and there is no need of fear. This often works, even if the kid doesn't understand language yet, perhaps because the mother's healing soft tone soothes the baby. The Hindus claim that the new brain recalls the traumatic last death in the womb and starts acting strangely even in the womb, rotating himself from head first to feet first position or similar phenomena related to preventing the death head first in another life, supposedly due to the past life memory of dying by falling head first, but they provide zero evidence for reincarnation besides hear say and cases that can be easily staged by paying people to claim a memory. Sometimes people have same recurring nightmare dream for decades, and it's only at 40 they choose to believe it was past life related and then it stops, though a nightmare has 4000 other

explanations: a dream one time just repeated due to a series of biochemical events and they're that 1 in many guys who stopped it. For many such made up reincarnation cases (cover stories for spies to justify travel to other nations or people), you can read Carol Bowman's book "Children's past lives" or the references listed in her book, all fictional stuff presented as factual. The avatar of World Peace, gentleness tender soft sweetness IN EVERY future child born on Earth manifests more when parents tune into the Immortals by thinking about them. Relax, not every nightmare of a kid is a past life, if any, take it easy, the brain is so complex. ☺☺☺

Good sleep is key for proper infant brain development, telepathy skills, and even preventing suffocation. Since any birth trauma or early life traumatic experience (near suffocation) has a strong impact on brain development, it makes sense to do anything possible to prevent that. In 1994, 4,073 American babies died from SIDS and only 27% of babies slept on their backs. In 2009, 2,226 babies died from SIDS and 74% of babies slept on their backs due to the NIH campaign for back sleeping☺☺☺ ► NIH pdf. In Finland infant mortality is 1.3, in Alabama, USA, 8.6, while average for USA is 5.5. The NIH pdf says: that "Babies sleep safest on their backs. Babies who sleep on their backs are much less likely to die of SIDS than are babies who sleep on their stomachs or sides. Every sleep time counts. Babies should sleep on their backs for all sleep times—for naps and at night. Babies who're used to sleeping on their backs but who're then placed on their stomachs to sleep, like for a nap, are at very high risk of SIDS. Babies who sleep on a soft surface, such as an adult bed, or under a soft covering, such as a soft blanket or quilt, are more likely to die of SIDS or suffocation ► the crib mattress must be very firm. Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death. Firm sleep surfaces can include safety-approved cribs, bassinets, and portable play areas. Never place baby to sleep on soft surfaces, such as on a couch or sofa, pillows, quilts, sheepskins, or blankets. Room sharing—keeping baby's sleep area in the same room where you sleep—reduces the risk of SIDS and other sleep-related causes of infant death. Your baby shouldn't sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. If you bring baby into your bed to feed, make sure to put him or her back in a separate sleep area, such as a safety-approved crib, bassinet, or portable play area, in your room next to where you sleep when you're finished. Keep soft objects, toys, crib bumpers, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death. Don't use pillows, blankets, quilts, sheepskins, or crib bumpers anywhere in your baby's sleep area. Evidence doesn't support using crib bumpers to prevent injury. In fact, crib bumpers can cause serious injuries and even death. Keeping them out of baby's sleep area is the best way to avoid these dangers. To reduce the risk of SIDS, women should: Get regular health care during pregnancy, and Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born."☺☺☺

NIH: "To reduce the risk of SIDS, don't smoke during pregnancy, don't smoke or allow smoking around your baby. Breastfeed your baby to reduce the risk of SIDS. Breastfeeding has many health benefits for mother and baby. Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS. But don't force the baby to use it. If the pacifier falls out of baby's mouth during sleep, there is no need to put the pacifier back in. Wait until baby is used to breastfeeding before trying a pacifier. don't let your baby get too hot during sleep. Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable (heavy clothing makes breathing harder via weight). Keep the room at a temperature that is comfortable for an adult. don't use home heart or breathing monitors to reduce the risk of SIDS. If you have questions about using these monitors for other health conditions, talk with your baby's health care provider. Give your baby plenty of Tummy Time when he or she's awake and when someone is watching. Supervised Tummy Time helps your baby's neck, shoulder, and arm muscles get stronger. It also helps to prevent flat spots on the back of your baby's head. Holding baby upright and limiting time in carriers and bouncers can also help prevent flat spots on the back of baby's head. Rolling over is an important and natural part of your baby's growth. Most babies start rolling over on their own around 4-6 months... If your baby rolls over on his or her own during sleep, you don't need to turn the baby over onto his or her back. The important thing is that the baby start off every sleep time on his or her back to reduce the risk of SIDS, and that there is no soft, loose bedding in the baby's sleep area."

7 STUDIES ON THE EFFECT OF MEAT INTAKE BY PREGNANT MOMS ON CORTISOL, TELEPATHIC DISTORTION, STRESS RESPONSE AND HEART HEALTH OF FUTURE KIDS. The idea of these 7 studies upon which the video youtube..M was made, is that a proper *vegan* diet (B_{12}, D_3, iron, calcium, iodine, ω3, etc) is healthier than a meat diet for a pregnant mom:☺☺☺

1). Diet-hormone interactions: protein/carb ratio alters reciprocally the plasma levels of cortisol and testosterone and their respective binding globulins in man ► LS 1987;40(18):1761-8.

2). Maternal diet of a high-meat, low-carb in late pregnancy RAISES adult cortisol in kids ► JCEM 2003;88(8):3554-60 ► "Recent studies have linked maternal consumption of an unbalanced high-protein, low-carbohydrate diet in late pregnancy with raised adult blood pressure in the offspring. Because high-protein diets stimulate the hypothalamic-pituitary-adrenal axis, we hypothesized that an unbalanced maternal diet might increase maternal cortisol levels..."

3). Stress responsiveness in adult life: influence of mother's diet in late pregnancy ► JCEM 2007;92(6):2208-10. ► "an unbalanced high protein maternal diet during late pregnancy leads to increased cortisol secretion in response to psychological stress in the offspring."

4). An anthroposophic (alt medicine) lifestyle is associated with low cortisol levels in the evening

at age 12 and 24 months, at age 24 months also in the afternoon ► AP 2012;101(9):979-84.

5). Our observations suggest that a fat-containing meal reduces testosterone concentrations without affecting luteinizing hormone. ► Metab 1990;39(9):943-6.☺☺☺

6). High cortisol levels strongly predict cardiovascular death among persons both with and without preexisting cardiovascular disease ► JCEM 2010;95(11):4959-64.

7). Preeclampsia 39 times lower for *vegans*, 1 in 775 cases ► SMJ 1987;80(6):692-7. Nonvegans preeclampsia rate is 5% average (5% of 775 is 39) ► F1000PR 2015;7:24

Rat moms pass their fears (of peppermint odor in this case) to offspring in the first days of life via the odor they emit during distress ► PNAS 2014;111(33):12222-7. A much shorter paper summary is at Science Daily ► "During the early days of an infant rat's life, they're immune to learning information about environmental dangers. But if their mother is the source of threat information, we have shown they can *learn from her and produce* lasting memories". So, as more meat means higher STRESS-FEAR due to way high cortisol, that PARANOIA is passed to OFFSPRING, ensuring a set of new wars. Female mice exposed to stress during pregnancy gave birth to sons that were more sensitive to stress, had smaller testes and passed on these "dysmasculinization" features to the grandson ► JNS 2011;31(33):11748-55. A much shorter summary of the study is at Science Daily. Perhaps, human parents could also be *vegan* at least months before conception, as that lowers CORTISOL a lot. Mice dads exposed to stress pass a changed stress response to offspring too, like moms do ► JNS 2013;33(21):9003-12. A much shorter paper summary is at Science Daily ► "stress on preadolescent and adult male mice induced an epigenetic mark in their sperm... offspring had abnormally low reactivity to stress... Whether such diminished stress reactivity would be detrimental or beneficial to offspring likely depends on the environment into which they were born, as well as genetic background factors". This is known to be true in many species and a 10 year old found it to be true in butterflies too.

Conclusion: ☺☺☺**How to Stop Jews from Castrating and Mutilating Humanity**☺☺☺

The US Jewish run Beating slaves until death, genocide, Rape Bible ethics medical system today emphasizes brutal cutting of penises (800 times more than in Finland, Poland, etc for example) and vagina (9 times more than in Netherlands), in line with the blood obsession in Jewish Talmud and sex with 3 year old Talmud quotes. Oddly, the Netherlands, which cuts vaginas 9 times less than the Jew run US system, gets the lowest birth related infant and mother mortality worldwide, while US is at number 40 or less. Perhaps, we need to take all pastors, rabbis, imams to court for promoting genocide, rape and slavery and ☺☺☺Castrate them all☺☺☺, with ?? blood sucked by Qualified rabbis as in Baby Jewish Circumcision??, as some countries castrate all rapists. Inciting billions to rape is far more serious than 1 rape, as it leads to millions of rapes,

take those Hollywood Jewish or gentile actors, directors, singers to castration too for promoting rape via sex outside procreation and sex without consent in movies? Killing babies needlessly via episiotomy, over medicated births, shorter life via circumcision is like forced castration. ☺☺☺

15.9. Increasing IQ/lifespan of offspring via nutrition & stimulation

15.9.1. Nutrition 15.9.2. Stimulation and play

15.9.1. NUTRITION:

As explained in 15.1, nutritional interventions and changes during preconception, pregnancy and infancy alone have the power to extend human lifespan 10-40 times easily, at our present level of technological development. ☺ Like with bees, if we change nutrition early on, we can add 7-40 centuries to human lifespan, but changes in nutrition after age 5 would add 35 years maximum (present tech, but in 400 years we may be able to add centuries even at age 30). Currently, for every $, resources or hour spent in improving nutrition, one gets 100-300 times more lifespan years if this spending happens before 2 (during preconception, pregnancy and until age 2), than if done after 18, when all genes are pretty much set. Unaware of this, humans forget just how much more we would benefit if we kept better preconception, pregnancy, infancy nutrition records and did far larger studies on longevity versus early diet of mom, dad and kid. Below are the 8 periods of a human's life:☺☺☺

15.9.1.1. Preconception 15.9.1.2. Pregnancy 15.9.1.3. Months 0-6 (lactation only)

15.9.1.4. Months 7-18 (lactation and first foods) 15.9.1.5. Age 1.5-5

15.9.1.6. Age 5-18 15.9.1.7. Age 18-50 15.9.1.8. Age 50-4,000,000

15.9.1.1. Preconception nutrition

Junk food makes parents infertile. Paternal diet has a strong influence on baby health and lifespan. Before the 4 pages on *nutrition before conception*, it would help to explain in 5 pages some ultra basic information that billions of people are ignoring, leading to bad outcomes for the human quantum field: nutrition (see video of fertilization) of the sperm and egg while they're in the mother prior to the sperm *(1 out* of 300 *million* trying*)* entering the egg: *free radicals, tough unfriendly environment is what the sperm meets in a vagina and female tract, so the longer sperm waits to reach the egg, the more birth defects*. Online articles claim the "fertile window is wide and included 5 days before ovulation (the 12-48 hour process for egg to come out from ovary into the fallopian tube where the sperm will find the egg, fertilize it and then fall into uterus to grow) and one day after, so 6 days a month", but this would be *catastrophic* for the offspring as sperm oxidized so much *waiting 5 days*. Telling people 6 days is the window is

anti- immortality and anti-science. *The optimal period is literally 5-10 hours a month, in* science it's not like guessing, there is an optimal time and that varies from month to month, for each person, depending on how fast egg travels, since each DNA has a different speed for that, etc, we have no way to know exact minute and location of egg in 2020s era. The sperm gets nutrients from dad, but also a lot of free radicals and poisons from the female tract, and that is "unwanted nutrition". The sperm leaves the comfy testicle to go into a very unfriendly place to reach the egg. For more info, you would need to read 100s of papers and books and decide for yourself what is your best bet at the current level of tech. *Tao Te Ching explains some of the paradoxes of life well, i.e. less is more, slower* (eterni tone) *is faster (*communicates faster more of what will benefit humanity long-term; content irrelevant millenia from now, but tone effects are still there*), the more laws, the more chaos, the more weapons, the weaker national defense, the more sex the fewer babies, less* happiness. Frequent sex is not always leading to the best reproductive outcomes, a lower IQ sicker child prevents couples from having a 2nd kid, not knowing their sex addiction was the cause of it. Why would having *more sex decrease lifespan of offspring* *or even make having a baby take extra 9 months?* The reason is simple: the sperm quality is affected by how long it has been stuck in the cervical mucus, acidic medium, immune cell attacks of the female: say 3-5 days before ovulation sperm gets trapped and waits there *5 days as DNA degrades, then* fertilizes the egg and offspring is less healthy, shorter lived, 10 years shorter than if the couple had less sex and did it right 1 hour after ovulation. Less can be more.

The ideal sex (for maximum health and lifespan of kids) *is when,* based on DNA and data from a female/male pair, the *egg arrival to the ampullary-isthmic* junction *of the fallopian tube is 1 minute before the sperm reaches the* junction *area,* where life is born, and this time to reach junction for both the egg and sperm can vary wildly, from 45 minutes to 12 hours for sperm and 12 hours to 30 hours for egg. Once eggs reach the middle of the fallopian tube connecting the ovary and uterus (the junction), fertilization can only occur within 12-24 hours. *Eggs wait in this junction 20-30 hours for a sperm* to penetrate them, and if nothing happens they fall into the uterus (like any fertilized egg would) and disintegrate. For slow sperm (12 hours), fast egg (12 hours), the ideal time for sex is the moment the egg leaves the ovary or the *ovulation start*. For fast sperm (1 hour) and slow egg (30 hours), the ideal sex time is 29 hours after *ovulation start*, so by the time sperm arrives, *egg will have arrived 1 minute early.* The longer sperms get to wait for the egg to arrive at the junction, the more the less healthy sperms have time to arrive in the *junction area and compete with the healhtiest to enter the egg*, increasing the chance for the less perfect embryo to form using a sperm that is 30 days old (made in testicle 30 days ago, not 1 day ago). This way, *the timing of that one SUPERSPERM, healthiest of all sperms, arrival being 1* minute after egg arrival minimizes sperm and egg oxidation, where neither waits for the other, *they have a* perfect *DATE, each* arriving *on* time, to produce mitosis with the least errors in the

starting genetic material. However, the same guy or girl can have these speeds fluctuate.

Only 1 sperm out of 300 million can fertilize the egg, once one does it, the egg blocks the rest of sperms from getting inside. Sperms that have fewest genetic errors, least oxidation, etc, that are the healthiest among 300 million will get to the fertilization junction first ONLY IF the female rests in bed (after eating maybe a nourishing liquid with vitamins and smoothie), because if the female is moving a lot, her reproductive tunnels (vagina, uterus, isthmus that lead to the fertilization area) will move and this will cause the *luckier sperms among the top 9000 strongest, not the strongest and healthiest* to get to the destination: for example, the isthmus is lined with little hairs that catch silly sperms and if the female moves, the healthiest best sperm could be trapped in there, even though that sperm was swimming in the most perfect way in the center, unlike other less smart sperms. Thus, females need to rest after sex, to achieve the best embryo, being very relaxed, *since it can take only 40 minutes for the very best sperm to reach the egg and start the baby: imagine 45 minutes after sex, your baby is born*. It's a special moment, in which no stress is healthy. That ought to be a special day. *You want the very first cellular divisions to proceed nicely, since errors then will lead to many more errors later, so the first 24 hours after sex for baby making, rest for 1-5 days or more,* you don't want any mitosis error to propagate and carry to 1 billion divisions: the most important moment in life are the first days after fertilization. *Turn* off WiFi 24-7 for months before and after conception until baby is 10 years old, *use wired.* A big mistake men make, due to reading odd books, is continue sex after the first ejaculations and keep on doing the "tantra" or sex: this is not ideal, if female already reaches orgasm seconds before intercourse (see below), because the extreme movements of the female prevent the very healthiest sperm from reaching the egg fastest. You want a merit based egg formation, not one based on who gets hit by the tunnels loaded with acid, hairs, immune cells that swallow sperm alive and kill them. Tantra is not ideal, the sperm is not meant to be retained, since it oxidizes, making kids less healthy. Tantra sex is due to not knowing meditation.

The many barriers for sperm and different times for egg and sperm to reach the conception junction explains why sometimes, weaker eggs and sperm fail to fertilize, after parents trying to have a baby for 3 years. Weak sperm for example will reach the junction after the egg is no longer capable of being fertilized. Likewise, slow eggs can take very long to reach the junction, and the sperm gets weaker with each day of waiting. Hence, MDs created ovulation kits to help predict ovulation time. *Ladies having sex when they had slippery, egg-white-like cervical mucus* (happens at ovulation) were two to three times more likely to conceive ► BMJ GH 2019;e: 0014003. This mucus is caused by high estrogen *(FSH (ovary folicle stimulating hormone), estrogen and LH, luteinizing hormone reach the maximum 10-17 days after the first day of mentrual cycle (normal cycle is 21 to 35 days, 29 on average), and they cause the folicle to release the egg)* and is designed by nature to enable to sperm to swim towards the egg and not

die in the acidic vagina medium or due to immune cell attacks. The time for intercourse has to be calculated so well, for the most perfect possible baby to come out. These sperm/egg travel times vary depending on how healthy and optimal the diet, sleep and mood of the male and female was that week, month or year. Sperms don't always reach junction in 1 or 7 hours, it varies wildly for the same guy fro week to week, month to month, depending also on the barriers the female immunity, acidity of vagina, etc put in front of the sperm, which depends on diet, sleep, activities, RF exposure, endless factors. Due to these 0.7-12 hour sperm to junction and ovary egg to junction 12-30 hour, there is a big debate among MDs on how many hours after *ovulation start* (egg *(or 3 eggs when you get triplets)* leaves ovary 12-30 hrs before reaching junction) is ideal to have sex, but without any real 10 million couples studies and data showing they knew when ovulation really happened or when fertilization did etc, it's a more speculative field of science), *so sperm arrived 1 minute before fertilization,* to create the least *damaged DNA* for the offspring. If average sperm over a year reaches junction in 3 hours for younger people, and egg reaches it in 15 hours, then sex 12 hours after *ovulation start* means no sperm/egg oxidation: neither waits. *However, it's impossible to predict the minute of ovulation start without* seeing the egg coming out with a machine that *only sees without damaging the mom.*

In the future, tech will tell us exactly when ovulation happens, when the egg is 2 hours from reaching the junction (*the middle between uterus and the female 'testicle', called ovary*). It's difficult given the current knowledge and technology, so we rely on intuition too, since our brains and bodies may have hidden mechanisms to detect when the egg reaches the fertilization area, so if the body knows its sperm takes 2 hours to get there (not 8 like another guy), they may get a 'gut instinct' to do it then, so that by the time first sperm reaches, the egg just arrived 1 minute earlier. This perfect *knowing* can't occur when men or women are tired, both have to be so well rested and in tune with their bodies, thus we need 2 days off: let the workers product smart babies to create immortality capitalism. It's not ideal to try to have a baby the first time one has sex (real sex, not masturbating with your own hand) ever in their life, because one is too anxious and this signals the lady to also be and she does the same (if first time too) and it creates highly toxic chemicals in the blood and uterus, vagina, etc that will damage the embryo. If you never had sex, learn to do it (to be able to be ultra calm and serene, using peaceful music when trying to have a baby) first (to remove anxiety) in the least fertile period of the month, so no baby comes out and use a condom lubricated well, to painlessly (without condom, penis and vagina may hurt) break the hymen, since that pain can't happen during procreative sex, that blood and cytokine storm is too much to interfere with fertilization 45 minutes later.

People with *heart* issues or who don't want *actual* contact *(due to the hassle or due to an* infertile *couple trying to have babies* much healthier than frozen sperm babies *and to avoid sexually transmitted herpes and other viruses that are problematic, did you know herpes can*

cause blindness for example and yet 70% of people carry it?) could use a penis like device (very soft, *much more comfortable than nature's penis because it adjusts its shape, shrinks right where female tightens, far more than a human penis does in response to female contractions to avoid oxidative stress, pain and damage to the female cells on the contact line*) to load their sperm and then the lady uses the fake penis to release sperm within 1 minute in a way that is ***100 times better,*** because the female can insert it at a perfect speed and method, with best lubricant from her orgasm attained seconds prior, to minimize any inflammatory cytokines coming due to pain. This ensures the core of immortality capitalism and infinite lifespan: maximum efficiency, without causing too much oxidative stress to the female system from so much "intercourse". Contrary to popular belief, intercourse (same bliss as masturbation for men, since men achieve orgasm instantly) or masturbating for 30 minutes is not as efficient (calories spent, nutrients lost) as meditative bliss for 30 minutes in achieving the same neural effects, for someone who has become good at the bliss technique. However, due to our culture of terror, and "Bible at gunpoint", few know this bliss. Sleep well for 2 months before any conception, 8-11 hours daily, more if you're recovering from some years of bad sleep or etc, otherwise, the sperm will be sick, the child too. If you have some gas due to digestive issues, try to do an enema, since during sex, you move a little and this may cause gas which can interfere with cytokines (bad smell causes innate stress response). Use soft music, take a good shower, smell nice, and do it when most rested, within 3 hours of waking up.

Thus, *for* immortalists, *sex is* simply for pro-creation only, a simple tool to create offspring, just like a car is used to transport your body from A to B. Rockets travel 1000 times faster than our human nature given running speed, 20000 mph, and tech will enable us to achieve *far superior embryos to* natural *random intercourse*, by using various tech ways to monitor the egg, to bypass events in "nature's stone age methods" that ***shorten lifespan due to sperm and egg oxidation***. Thus, using his hand or his wife's help, a guy would be able to masturbate, produce some sperm going into the fake penis and let the device deliver the sperm in the best way, without any effort from the male, since female already got into orgasm by clitoris stimulation. Knowing well ***when*** ovulation may occur, couples can schedule Friday or Monday off for having 3 day weekends around conception. They will also be able to schedule 2 days off around it: ***instead of taking a weekend off, they opt for Wednesday and Thursday if Wednesday evening is the*** expected ovulation time. People don't need tell boss the reason, just take 2-3 days off around ovulation to "go see some friends" ('in another dimension', not added verbally) ***or call in "sick" until the conception day becomes the law of every nation.*** Thus, the *day of conception is always a day off from work each month by federal law, with anyone being allowed to take 2 days off any week once a month, and make up for it on saturdays in the next 3 weeks*, to minimize birth defects, maximize lifespan: everyone who is childless (wants to have kids) would

get a max *12-24 conception days a year (if under age 44 if female and 55 if male)*, since some ovulation days fall on weekends: unlike a day off, that requires boss permission due to projects needing to be done, conception days are taken without any asking of any supervisor, like "call in sick", to keep their conception a secret, to prevent sabotage by foreign spies. *Inflammatory* cytokines *due to stress, poor sleep can damage the sperm and egg maturation processes* and this will *lead to 10 years shorter lifespan for kid and* huge national expenses on healthcare *for* that new citizen: so taking 2 days off *to have 20 hours of rest* before and after baby making *is being a responsible parent, altruistic citizen*: a tiny headache versus the benefits. In our anti-immortality capitalism societies, most don't ever think about cytokines during sex.

The queen bee, before being born, gets different nutrition and starting from same DNA lives 40 times longer. Similarly, *if we don't pay any attention* to the science of procreation nutrition, *stress* and pregnancy nutrition, *stress* we end up with people who live 40 times shorter than they otherwise would. In our "0 IQ" society, where we maximize paperclip production, instead of human longevity, nobody thinks much about how careful we ought to be during conception and pregnancy to at least give the kid a chance to 120 year lifespan, not the "impossible" 4000 years which implies high tech nutrition to mom during pregnancy and baby after birth. Even 4000 years is possible, if we knew what type of nutrition would be needed to add to the breastmilk, lifelong kid-adult diet and mother during pregnancy. Using the same logic of maximum freshness of sperm before egg fertilization, some MDs *suggest* foreplay *is* 10 times more important *for* females. *Similarly*, guys don't need to be touched if they're aroused, as it risks creating strong urge to ejaculate prematurely and losing the *huge sperm volume needed for procreation from first try*, not to mention *cytokine storm (inflammatory cascade due to pain or stress) coming from the stress of holding the sperm and not releasing it when the penis is so hard)*. Every minute and *step has to be well planned and thought out*, we're not animals, we can live to 900000. Because the human sperm is limited and we can only produce a limited amount monthly of the highest quality (due to 100s of unknown nutrients we need to make the best sperm, which are available in small quantities monthly), couples are *hypothesized* (by MDs, etc) to need to only release sperm once inside the vagina. Thus, to achieve this easily and *prevent heart attack from sex causing rapid heart beat*, foreplay *(guy washes hand and then gently massages her clitoris for maximum efficiency of calories and effort spent in causing her orgasm)* can achieve female orgasm that ensures wetness, then penis can slide easily and discharge semen once or twice, the highest quality, then stop after 2-3 min perhaps, since most men orgasm within 1 minute, while women need clitoris stimulation before procreative sex, so that the pressure of "making it wet" is eliminated as a task and everything is released after full insertion with *0* pain/stress (least bad cytokines) for both sides, 0 stress to "hold it because wife got it too hard and ready to ejaculate by touching it etc". *Staying inside too long has the risk of*

depleting too much sperm and if ovulation didn't happen yet, then the embryo will form with older sperm if in 24 hours at sex time little comes out. This way, by making it short, huge volume of fresh sperm can travel to the egg again, in 30 hours and have a chance *to be the one fertilizing the egg,* not the one from the day *before*. The sperm is used to the testicles, etc, not to the vagina, so the longer sperm waits, the worse the baby being born. If we have in the future the "perfect instrument to detect the minute when eggs comes out next 2 hours", then obviously one could stay longer, but in 2023, they don't really have that capability. If *too frequent, sex depletes male nutrients to make the strongest most concentrated sperm*, so that by the time ovulation time comes, body is so depleted, sperm will be weak and baby too, if the few healthy sperms manage to travel far to meet the egg. Nature favors efficiency and conservation, so the higher cortex can develop, so use some *gentle tender soft* plans to do it. Likewise, female liquids and tissues require nutrients, which when depleted, make these liquids deficient around ovulation time, leading to 3 years shorter offspring lifespan, lower IQ, lower health, 20 times more healthcare expenses. As these things compound, they can lead to 10 years shorter life just from frequency and timing of sex for procreation (rare sex, only 1-2 times at ovulation time a month could lead to far healthier baby and faster procreation than 20 times a month sex in the 10 days around ovulation), hence it would be nice to keep records, like the food table, with ovulation and orgasm times or night emissions, so you can see from millions of people if these hypotheses are true. Ovulation kits to see exact time were not around 100 years ago so we can't determine the effect of sex timing, frequency on lifespan, nor do we have millions of records needed to eliminate confounding factors.

What about mom and dad's diet before conception? The EU banned amalgams for pregnant women and kids under 15 (plans to ban for all ages soon), Norway and Sweden for all ages; to ensure higher IQ/health, replacing amalgam fillings with white ceramic is better. Men need to wear relaxed underwear and jeans and avoid hot baths and heat, as this can cause *birth defects* and lower conception. Men (and women) need to eat the healthiest (no fluoridated water, especially during pregnancy, or restaurant, store beverages that use tap water or non-fluoride filter 99% of the time, high pesticide intake halves sperm count and health, avoid the dirty dozen (or 15 ideally) if not organic and peel high pesticide stuff when possible, since peel contains 90% of pesticides usually; PCBs and pesticides cause low IQ in baby and miscarriage if eaten during pregnancy at high level; because baby is 1000 to 1 million times smaller than adults and it takes far less of ANY TOXIN to cause death, low IQ or birth defect, the body is new and not capable to eliminate things well, just as *caffeine hangs around 130 hours in infants, longer in fetuses, but 4 hours in adults, ruining baby brain neuron migration, brain/heart development or causing miscarriage via heart adenosine receptor binding)* ever before conception, as well as avoiding topical use of creams, body wash, shampoo, etc that have aluminum or terratogenic chemicals

which get into the brain (retrograde axonal transport) or blood via the skin, bypassing digestion. Sucralose is sucrose with 3 Cl atoms, and could cause unwanted effects, like other artificial sweeteners (we are not as invincible as we think we are, it can take millennia to adapt to new chemicals). The bees living 50 times longer section explains the importance of eating enough nutrients to become the 50 times longer lived phenotype, meaning both dad before conception and mom during pregnancy need to eat the most nutrient dense foods ever, to prevent any deficiency of the yet to be 200 year living human, which may need more of some things than 8 year lived human. Several studies have indicated that maternal and paternal diet prior to conception influences birth and health outcomes of offspring, which is logical, since sperm, egg transport and uterus health depend on diet after birth. Hence, everyone is probably familiar these days that healthy brands of vitamins are recommended by most doctors, as they bring healthier babies. Some are familiar with the 70+ studies, described in the caffeine section, showing high *caffeine* intake during pregnancy (and preconception for both parents) is linked to *increases* in the risk of *premature* birth, low conception rate, birth defects, low IQ, stillbirth and *miscarriage* by 2-4 times. The same section explains some chocolates, cacao, teas are high in theobromine, the metabolite of caffeine (caffeine without a methyl group); many effects of caffeine are seen in other methylxanthines (theobromine, etc) in cacao, teas, etc, so it may be best for "want to be parents" to *avoid eating high cacao chocolate, teas, and eat other high antioxidant foods instead*. Decaffeinated coffee is not usually 100% free from caffeine, but much better than real coffee, or high caffeine tea/sodas.

Far more destructive than a little (not a lot) caffeine or theobromine is the invisible *RF coming from a* cell phone, WiFi *router that is close by, shown to increase stork* infertility *12 times, queen bee 4* times after 10 *min* of cell phone/*DAY* for 10 days ONLY, *human 2-3 times, damage human sperm (birth defects), etc.* ☺☺☺ The RF section *explains the catastrophic effects on fertility and* embryo survival (5 times lower) rates *RF can have.* When coal fired plants and gasoline cars came along, all were happy, no more wood stove smog or initially slow electric cars (1905), now we know how bad they were, putting millions of tons of heavy metals on all land and water, killing billions early thru smog full of chemicals, helping increase human bone lead level 300 times. Today, people say "WiFi and cell phones are harmless", but nothing is further from the truth, they're more like *weapons* of mass *destruction and EMF smog (deadly as gasoline one)* versus LiFi, future techs. *The battle against WiFi may be a battle for the survival of the human species, since* many animals become *infertile within 3-5 generations at* very low exposures *and immediately (0 generations) at* high *exposures. That's* why *conceiving parents can turn off WiFi (go to settings and turn it off and* disconnect *it from service too – save $5 to* buy dirty electricity meter and filters, EMF meter (tests RF, EMF without plugging) like the one I used for lightbulbs, test hotel rooms (all walls in all directions, bed especially, all plugs) when showering to ensure

no electric tankless water heaters (which use 2,000+ times more power than lightbulbs) generate catastrophic levels of it that negatively *alter eggs, sperm and germline for generations) and just use wired internet only.* Obviously, if we understood how sperm and egg fertilize well, etc and how this leads to whatever genes, we would be able to adjust parental *diet* (*acoustic*, *electromagnetic*, *chemical*), especially male, to change sperm in the way that makes the best lifespan extension and you would have people with that diet preconception, due to better uterus, egg if new egg, egg matrix if old (influenced by recent diet) and sperm, to give offspring with much longer lifespan. This is not easy to see at our tech level, but basic studies on diet before conception could be used to discover some things, as long as you can control for the other *confounding* factors and change only the preconception diet a lot. But if hundreds of millions of dads and moms record their diet preconception, pregnancy and infancy, one can see cases where preconception was different, and pregnancy infancy about same, and see what effect it has. What is often ignored here are the nonnutrition aspects of preconception lifestyle which also have effects, RF pollution, visualizations, communication, etc. ☺☺☺

In the Lepton-Quark-Boson chart reactivation section, we have seen how outside tears can help an eye to extend its healthy lifespan by 10 times and inside tears, generated by tricking the brain, can do even better, as they're healthier (thousands of compounds, not just 5 or 10). Likewise, when we use the analogy of the embryo as the eye, there are two methods to make the embryo and its final product, the baby, live 10 times longer: feed the pregnant mom with "royal jelly" like substances that enable the baby fetus (sort of like bee larvae) to change its DNA to live 10-50 times longer as we feed eyes with artificial outside tears, OR change the *SPERM* DNA so much via preconception brain trigger exercises that change the SPERM, that even if mom doesn't eat "royal jelly like substances, human equivalent that work in humans not bees", the offspring can live at least 2-3 times longer by generating its own "tears" or nutrients, given raw materials from mom, for example specific RNAs that do what microRNAs do in bees, extend lifespan 40 times.☺☺☺ Of course, it is hard to believe that such a "miracle" can occur in one generation, but our brains are quite automatic and can be tricked into informing the sperm that the parent sleeps a lot for example (even though the dad may not need to sleep more than usual, although that may help, who knows?), by *simulated yawns that generate (for better eye health) or don't generate tears*, and while in one generation offspring may not live 20 times longer, it may live 40% longer, and add more with each generation that practiced intensive yawns years before conception. Dad sleeps/yawns a lot 9 months before pregnancy, mom sleeps a lot during pregnancy, since dad affects the most prior to conception, mom during pregnancy. What this may do is reprogram the sperm genes to make the sleep much more restorative and the body repair during sleep much better, thereby slowing aging by 2-3 times, since sleep repair is 2-3 times more effective at repairing daytime damage. Moms need to sleep more during

pregnancy anyway, to keep cortisol levels low, because body is very stressed last 4 months of the pregnancy, by the now huge baby inside and babies sleep all day anyway, they don't need agitation that distracts and takes their tiny body resources away from building the ideal body for living to 900 as sperm programmed it preconception. Daddy needs to change his tone of speech, to an eterni one, to help the baby brain architecture to be closer to that of 900 year old anxiety free Immortals. We have seen from many studies that deep changes often take 2-4 generations of a specific behavior to heal a condition or double cat lifespan, in this case, human short lives of 80 years. Cats fed low AGE food lived much longer and healthier, and it took 3 generations of good food to fix the damage of 3 generations of bad food. *We talk about lifelong diet, not 70 days before conception, so preparing for having a baby starts 30 years before the baby is born. How will the next generation of girls have better eggs at birth? By parents having the best diet 25 years before conception, not just 7 months prior. Reproductive system health doesn't change in 9 months of eating healthy that much, it takes 20 years. However, even 1 year is better than 3 months, since high cholesterol can mean 12x the plaque in fetal aorta*. People think plaque, arthritis, diabetes, etc start when you're 45, no, 100s of studies show they start in fetus stage, lactation, infant stage: bad diet in fetus stage can be the onset of arterial issues or even arthritis, since dairy doesn't just have bad fat, but also inflammatory peptides, etc that turn on the genes that predispose us to arthritis (24% of people have it), an inflammatory disease.

Likewise, millions of years ago, when the bees were around, they may all have lived a little bit more similar lifespans, and then with each generation, royal jelly differentiated the queen more. Things may take time. In the human species, the eggs come mostly from the set of eggs the girl gets at birth, while the sperm is generated daily, informing the species about the latest environmental changes since birth, decades ago, and introducing the greatest change in the species DNA and its conscious evolution towards 900 year lifespans. Everyone focuses so much on pregnancy diet, but totally ignores preconception diet of parents and activities of dad, the main driver of DNA change within the species. Now think about it, the preconception diet and activities of dad are probably way more important than most people think today, when 99.9% of the focus is on taking vitamins for dad and the mom diet in pregnancy/lactation. We saw in mice, eating fewer calories or less cysteine-methionine, less TOR activating amino acids (present in animal foods especially) led to a longer lifespan by 30%. Overeating *vegan* protein is not wise either, since it can activate TOR too, especially in flavonoid deficient diets. Dads need to eat polyphenol rich produce to inhibit TOR. If dad does that for many years, his sperm may carry this longevity effect to offspring way stronger than just 3 months before conception, i.e. longer lifespan easier if offspring goes *vegan* too some day that leads to even longer lifespan than 30% extra; that's why dads need not overload with calories prior to conception and try to be lean, because high fat diets lower sperm count and change the longevity protential of offspring, since

obese parents are more likely to birth short lived obese kids. Look at the Japan's centenarians, most are underweight. Habits are ways to rewrite the software of life, so offspring lives 50 times longer.☺☺☺ The body is a computer running on old software. What could dad eat/do all decades before conception to cause offspring lifespan to triple in 1-3 generations (provided that his son does the same, to change sperm even more)? What could mom eat all decades before conception to speed this, since her diet affects her offspring egg quality? Ch 12 shows how critical many nutrients are for preventing infertility/birth defects, for avoiding the catastrophic IVF, which is not the same as real procreation, since freezing embryos is damaging them.

GOOD nutrition (Ch 12), zero (9000x less than avg) WiFi/RF use prevent infertility & IVF:

Scientists created female mice clones using male sperm, so one day, couples may be able to have sons and daughters when mom is sterile, if it works in humans too. I love blue eyes blonde hair (see the 1 central government, instead of 20000 governments section for more on this topic) or any high health or high IQ guys who do IVF sperm donation and other IUI with clinics etc, if the sperm if inseminated by a doctor with a probe minutes after release to prevent freezing (since freezing creates errors and shortens the lifespan of offspring), see them on youtube saying they have many kids via IVF, they offer this diversity to all races (one guy says to dozens of black infertile couples), so all groups can have blonde hair and blue eyes if they wish, blacks already have that with albinos but that's rare due to a genetic melanin deficiency called albinism. By analyzing 2.5 million babies, JAMA 2013;310(1):75-84 found that IVF have higher risk of mental retardation and autism when twins or triplets are born (common with IVF), due to the low IQ doctors not telling mother to eat double the nutrients, minerals, vitamins that would be taken extra if she had one baby only for twins and triple that for triplets, and due to the freezing destroying protein conformations and other chemicals. ICSI (intracytoplasmic sperm injection) IVF with surgically extracted sperm led to 4.6 higher chance of autism and 2.3 times higher risk of mental retardation vs normal IVF. For singletons (excluding twins and triplets), ICSI using frozen embryos had 2.4 times higher risk of mental retardation vs normal IVF, while ICSI using fresh embryos were only 1.6 times higher, proving freezing is bad. Anyone with any chemistry knowledge, 8th grade, would know that the egg and embryo need chemical reactions and having them happen at low temp during the cooling and warming, is a sure way to not happen correctly: just sitting there at -196°C (-320°F) is no protection. The temperature changes have a high chance to cause bad chemical reactions, to change yield of reactions, that cause a cascade of bad events leading to low IQ, low health status. ICSI uses a sterile glass needle (5-7 µm diameter micropipette) to inject a sperm into the cytoplasm inside the 110 µm egg, while traditional IVF places 1000s of sperm around an egg in a culture medium in a lab dish to fertilize the egg: the natural or traditional IVF method selects the strongest sperm that can penetrate the membrane of an egg on its own, while the forced way selects a random weaker sperm and

damages the egg components with the needle. In 2013, 50% of IVF were done by this destructive ICSI egg puncture method, which obviously is going to destroy DNA of the egg and lead to low IQ. A 5 min video shows ICSI in more detail. Our society could not be lower in IQ: we're birthing retarded kids, simply because they have this IVF freezing industry which should be banned. Anyone who can't conceive should be able in a Family of Immortals that USA is to find someone of highest IQ possible or available to ejaculate, so the MD can insert it into her uterus at ovulation. They detect with hormone kits when it's ovulating and go to clinic instantly, then the donor and recipient of sperm or egg don't see each other. The MD inserts it to prevent sexual disease and that way good sperm and good eggs can be involved in more pregnancies instead of retarded, frozen, needle damaged, etc eggs, embryos, etc. This way even fertile couples can go and see if anyone wants to donate sperm or egg if it didn't work right away and we get higher IQ healthier babies, with the custody being the couple, not biological donor. It doesn't matter because everyone gets the best education, the centralized videos. A country that wants smarter people needs to ban IVF with needles, freezing and anything not instantly fresh. IVF kids have about 1.1 times higher rate of atopic diseases (asthma, eczema, hay fever).

Today, out of a 100 cells of a 5 day embryo, they take out 5 cells, permanently harming the baby, causing lifelong damage, in order to see if baby has high or low IQ, etc. This is silly, IVF is not ideal, just use fresh sperm an MD collects, then inserts into vagina using a device that simulates a penis and even creates orgasm in the lady to release all chemicals during orgasm that help embryos to succeed. IVF freezing lowers health span, lifespan, IQ and IQ testing of embryos further lowers IQ, and inventions are created by 300 IQ people, not by having a bunch of cow IQ folks with 100-140 IQ. The companies offering embryo testing deceive customers and would need be fined for FRAUD, because the embryo has that IQ based on genes if YOU DID NOT REMOVE 10% OF 5 day old STAGE EMBRYO CELLS. So, IQ could drop 30 points due to pricking the embryo. Once you remove the cells, you can create health issues or even lower IQ. They need to treat infertility by proper healthy nutrition, instead of scam AGE and feces-bacteria eating daily with 0.4% meat being pure blood full of viruses, prions, etc. Parents extract eggs and sperm from parents, make embryos and then via procedures get a kid of lower IQ, only 122 to 100 range, due to their abysmal IQ. Why can't they look for a partner with IQ 190 to get eggs from and stop testing? If you lower max IQ, you end up a society of low IQ bipedal dogs, like today. At least if you do IVF, create IQ 200 and up only. Infertility is a sign from God that you need to try the reproductive material from a genius, not spouse. Find a genius, let them ejaculate or get an egg, pay them money and then have that genetic be the basis, we're one Family of Immortals.☺☺☺ That way we have more smart people instead of the fruit fly IQ. Infertility is a sign of poor nutrition and potential health issues for any embryo by IVF anyway, so changing eggs or sperm is a smart move. There are ways people of similar hair, eye, skin color, if color matters to infertile

couples, who have an IQ higher by 20-90 points than infertile parents can be found, paid to donate, to have the equivalent of a 300 IQ adopted baby but wanted and loved from day one. A "4 parent baby". Frozen IVF should be banned, because it's not creating the smartest healthiest people, only use fresh sperm while simulating with amazing machines the orgasm, even if donors and recipients don't interact at all, with MD inserting it. Some think that selecting embryos by damaging the max IQ will raise US average IQ, but intelligence is more than IQ (eterni tone, etc) and centralized education can raise everyone IQ by 100 points in 2-3 generations via the 11 companies, whereas the aristocratic gnat IQ companies raise US IQ average by 0.0001 points at best, if not negative due to damage. If you want smarter IQ for all, just be real, your embryos will have IQ 100, 105, 110, but using a smart sperm or egg will boost it to 150. So, what should society focus on? 100 or 0.0001? One would think the 1 million times higher. The sperm travels thru uterus, undergoes transformations, that are key to the health of the embryo, because its journey thru the orgasm, real intercourse simulation is informing the sperm on what genes to turn off, based on mother uterus condition and same for egg. Test tube embryo isn't the same health, lifespan, real species survival intelligence. It has less info about biological or surrogate mom, so it doesn't know what to do that well, etc.

We see a Jewish guy with blue eyes for example claiming (not sure if fake to role play or what) he has almost 100 kids now from sperm donations to infertile couples, another guy claims 150 kids (youtube has endless fake stories like that), maybe a lot more than 5 (some youtubes say 20 plus, artist has 20 kids via sperm IVF donation, though that may be fake youtube has tons of such stories, I presume some of them are spies using that as their cover to interact with whoever "adult" that is now their fake kid), to have kids, since it's his sperm they wanted. Real sperm is better than frozen one, freezing can impact quality, the first IVF birth was in 1978 in England. Wait 100 years and see if any IVF offspring can live healthy and long lives as expected (it seems so in 2023), apparently almost 9 million were born globally by IVF by 2023, CDC says US has about 80K in 2019. China gets 300K IVF babies a year. The science of longevity? Some IVF clinics have fresh sperm services IUI, where someone donates and MD inserts it (anonymous, like sperm donation, just no freezing). These fresh sperm/egg (*after guy rested 7 days and ate the best diet of his life in a* vacation home to produce the healthiest sperm of any ejaculation in his life) clinics ought to replace IVF entirely, to protect public health, fresh embryo, not frozen. Husbands need to get over it and even allow a willing donor to have sex with his wife if his sperm is not able to do it, since after all, we're all one family and it may build better immunity for the offspring if sex happens or if the probe is inserted with a fake penis that perfectly simulates intercourse, so as to release those chemicals that happen during female orgasm. Insertion without female orgasm is not always ideal, since certain chemical transformations happen to the embryo in a different chemical environment of sperm-egg interaction. This real

sex or simulated via a fake penis (used by MD who gently moves it while releasing the sperm) is much better than freezing sperm (which shortens lifespan and sperm quality). For better effects, a virtual reality can simulate she has sex with her husband. Infertile couples can use sperm from 3 fresh donors (NOT sperm banks) and have 3 kids that way, one with blonde hair blue eyes, one with red hair green eyes, one with brown hair brown eyes if they wish so, or any combo. ☺☺☺

15.9.1.2. Pregnancy nutrition

Some pregnant moms are not advised by MDs to run, jump or do high intensity exercise. Oxygen deprivation damages the fetus brain, so please ☺☺*lovingly tenderly gently kindly*☺☺ do more research before wild exercising that causes fetal brain to hit the skull and damages brain. 1000s of papers talk about it: "*high level of exercise may reduce oxygen and nutrient delivery to the placenta and this may impact fetal growth and specifically fetal size...* (low birth weight = *short* lifespan, sick the entire life)... birth weight seems to be reduced with higher levels of exercise in elite and recreational pregnant athletes". Just be gentle for 9 months of life... recalling that one can use an exercise machine that enables the mom to sit, while pedaling, without the need to run, which may cause brain damage in the fetus due to the shock of being up and down, when tissue is so soft. MDs don't know everything, as the eye chapter explains. Pregnant ladies who take paracetamol (acetaminophen) may be at higher risk of birthing babies with asthma or behavior and cognitive preschool issues. It's common in space, due to no gravity, for brain to push against skull and people to develop *vision*, immune system, memory issues. *Likewise, the optic nerve damage can occur, during pregnancy, due to unwarranted glaucoma inducing ocular pressure from gravitational changes during running and jumping.* Adults can jump and run wildly, that's fine, since their body stopped growing, and brain stopped growing wildly by age 3. Fetuses however, are growing ultra fast, increasing size a billion fold, and if this process is messed with, it will lead to lifelong irreversible damage. Avoid loud music, mowing sounds, concerts, as sound can destroy many healthy organs slightly. Mom carries the Avatar of World Peace in 3 months and Eternal Universal Immortality, it's rude to shake a baby like that, *it's almost like boxing a baby to shake it wildly, and wildly vary oxygen thru the umbilical* cord connected to the placenta. To better understand what I mean, kindly revisit the traumatic brain injury section *of the 0 IQ sports chapter*. Always drive in a good suspension car while pregnant and don't dance or try to impress anyone with fitness skills. Gently minimize airplane travel, altitude changes at amusement parks roller coasters and similar 0 IQ devices (mom tries to go with older kids and damages brain of fetus, due to 0 IQ) since it may shorten lifespan, via similar gravitational effects on the brain, and even thru the migraine that mothers often experience at take off and landing that sends inflammatory cytokines into the fetus brain and causes brain formation damages. If adults get headaches, so can fetuses get 100 times worse and more damaging headaches or even ocular damage. Our ultra macho cultures have turned women into

the most macho men of yore, totally *insensitive*. Avoid walking in nature without spraying peppermint oil or other mint oil on your feet and shoes, since ticks may be attracted to your feet, *bite you* and give Lyme disease to the baby, causing brain damage, fatal heart inflammation in both mother and baby. The pants used to do gardening or going outside need to be washed/bagged right away, as ticks can cling to them and then bite you. Wear white coverall, sprayed with DEET on the legs, to protect your pants from ticks and make it easy to spot the dark ticks on the white coverall when done. In 1982, they discovered that cases of arthritis were actually Lyme disease from a deer tick, so today 100s of different diseases from nutrient deficiency or insect bites are thought of as "heart disease" or some other general category. Don't assume insect bites are harmless just because in 2020s we don't know about the diseases they carry. Don't go too quickly to the dog parks or areas with tall grass, as they may have many ticks of birds, cats, deer or etc are around. Ticks can cause encephalitis etc, avoid petting dirty animals. Inspect your legs carefully and take a shower right after going outside, to prevent tick bites. Ticks look like tiny 1 mm diameter bugs that travel on your leg very slowly, 3x slower than ants if they're baby ticks (as fast as ants if adults who're 3-4 mm long, 2-2 mm wide, and when feeding the baby ticks can become 5 to 50 times bigger, depending on how long they suck the blood. A magnifying glass confirms it's a tick, it has its protruding 'mouth claws' to cut skin.

During pregnancy, mom needs to be the happiest ever, so everyone around needs to behave. Dad needs to kiss mom often, ultra gently lovingly massage and or kiss the baby often (mom's belly to develop a good habit to love the baby, at least each night when sleeping with mom for 1-2 minutes to bond with the baby and maybe during the day a few times too, plus massage mom often beyond the belly☺☺☺, more so in the first 6 months, when risk of premature labor is 0) *to connect with his soft loving gentle self and the baby, to help mom feel loved, happy*☺☺☺; don't get too erotic months 7-9, since it can induce early labor, just be nice, 0 sex month 0-9 is safest, due to the oxygen/nutrient gradient that can damage the fetus, *orgasm fluids diminish placenta nutrient uptake for rare nutrients*. Babies don't need just nutrients, but also the hormones of feeling good that mom produces when she feels happy☺☺☺ and loved. The fetus needs happy *gentle tender soft nurturing graceful* serene universal loving kindness. *Mom can connect better with her kindest* version by simply breathing gently, tenderly surrounding her beloved precious fetus baby in love and bliss. Babies are very anxious when they get outside of the womb and enter the air world, instead of the comfy water world, so one way to reduce inflammatory cytokines coming out of the stress is to have mommy listen with eyes closed while sleeping or almost sleeping to ultra peaceful music that the baby associates with an extremely calming blissful mood mommy is in, and the baby too, as her mood causes baby enter a similar mood. Then, play that same melody (e.g. this), with or without softest parent voices, to the baby, upon birth, to calm him down, 24-7, as a background music. He might become world's

quietest *happiest baby, no cries.* We want ecstatic babies who hear all day from mom and dad "You bring World Peace and Immortality *for* All." *Infants sleep 22 hours daily, as the focus of the body is growth.* Likewise, moms need to sleep or rest more, to allow undisturbed sleep for the baby, so that he grows well fast and mom's body can recover from the daily shock of being pregnant (especially last 5 months when baby is big). Relax, and take 9 months off, if possible, in countries that offer huge time off. Go away from big city, noise. Avoid any stressful situation. Daddy better vacuum the floor and avoid carpets, as those can't be washed well. Dust mite poop contains a papain bromelain like protease that breaks down proteins of tight junctions, so 20% of North Americans got allergy to dust mite poop. It's thus ideal to remove dust often or get an air filter (for dusty desert areas), to prevent allergies that irritate the fetus via the mom.

Please go to each nutrient of Chapter 12 and read the first lines with the RDA for pregnant and lactating (it's same as 14+ or 19+ years if no "pregnant" or "lactating" word included). Very few nutrients have pregnancy or lactation RDAs 5-10% higher/lower if age is 14-18, but most moms are 18+; I didn't include those 14-18 pregnancy/lactation #s, just read it via NIH link provided; the reason is explained in this ultra important to read paragraph. Search the book using Ctrl-F for 5 terms: "pregnan", "offspring", "infants", "miscarriage", "IQ" to read all 100s of pregnancy, lactation studies' summaries on what affects child IQ, health, since this section can't repeat them all. Please read the first paragraph of preconception section, if you did not yet and are not familiar with the potentially catastrophic effects of high caffeine (sodas, coffee, exotic drinks) and theobromine (in cacao, teas) intake during pregnancy. Please avoid heat, hot baths or showers, and ultrasound as they can cause birth defects and miscarriage. The fetus skull is so soft and easy to penetrate by microwaves, it's super easy to damage it with cell phone calls; use texting instead and desktop wired phone calls when pregnant or around infants, as radiation is far lower and this WiFi, phone radiation is extremely destructive for fetuses, infants. Miscarriage rates soar 5 times, birth defects 8 times in chicken embryos. Thus, *conceiving pregnant women and kids under 15 are safest when they turn off WiFi routers at home* (France forbids WiFi in daycares, Israel for ages < 6), use WiFi very little or, ideally, use RF paints or blockers to shut off RF 100%, all cell towers or neighbor WiFi. ☺☺☺*Kids under 5 have* 4 times thinner skulls (0.5 mm vs 2 mm for adults), *so the RF penetrates* about 4 times deeper into the brain, *reaching almost the other ear opposite to the cell phone, so it's* better to limit WiFi for kids. *WiFi is not needed, it's a convenience, that only brings problems sometimes,* like many fancy devices emitting tons of toxic dirty electricity. Why does PREGNANCY NUTRITION affect lifespan the most when compared to nutrition in other periods of life? When we're 18, our weight will remain pretty much the same our entire life. We don't grow much. In pregnancy, our weight increases billions of times, so all changes that occur are deeply structural and often times irreversible. It's like what we do after age 18 is like preventive maintenance of a computer, but nutrition during

pregnancy is like building the most important structures and everything that can't be rebuilt later on, defining what computer you have: version 1.0 (living to 120 max) or 2.0 (living to 900); the fetus weight grows from 1 to 300 g in the first months, then 10 times by the birth date. This is a 3000 times increase in weight. Even to reach 1 g the fertilized egg grows many times in weight, so we're talking about *4-8 billion* (if egg radius is 0.05 mm, or weight ($4\pi r^3/3$*density) of egg= 0.5-0.9 µg) *fold increase in weight* from egg to birth, versus constant weight after 18.

Birth to 18 we only grow 20 times in weight, versus 5 billion of times from egg to birth. Isn't it logical that what mom does during pregnancy affects or could affect your lifespan length far more than what you can do after birth or after 18, at least in our technological era? ☺☺☺ We just lack the knowledge of what to eat during pregnancy/first year after birth to increase lifespan 3-30 times; with the aid of atomic and molecular simulations we will be able to figure out what ratio of the 50,000 chemicals, atom traced and in attogram amounts, moms normally eat will lead to such a lifespan increase; so instead of eating as we do today, we would eat an eterni diet for pregnant moms where ratios of factors, RNA, vitamins, polyphenols, fats, proteins, carbs, fibers, etc change with each pregnancy day and week (just as milk changes with each lactation week, e.g. Amazon ships the preweighed foods, with known nano nanograms of each chemical) and optimize the end outcome so we live to 20,000. It's only a matter of when, not if we will do it. Right now, no mom would object to eating stuff she eats anyway, just in different ratios and a few extra other chemicals (maybe that we eat less often, just as most bees eat royal jelly less often), if her baby would live to 4,000 and be healthy all the way. Parents would love if their baby lives 5 times longer because it means when parents are old, they will have kids who're more energetic and younger looking, with the energy of a young adult at the age of "old people of mom generation", more able to help parents live longer too and perhaps, make it to 1 trillion years old if lucky. It's in parents' interest to take notes of their diets and develop better science. We're freedom seeking beings, we want freedom from such short lives. Before those atomic simulations, we can achieve 200 year lifespans with classical nutrition studies, but certainly people need good dietary records (will every mom/dad record what she eats with meticulous precision?) to build such studies; people also need some newer labels on food that indicate, via a barcode we phone scan or enter on a website, the level of top 500-8,000 chemicals, vitamins, etc we eat, so people can multiply by the g they ate and calculate exactly, in mg level, not attogram yet, what they ate daily. This requires a dramatic change of the food industry. Until then, people can still make every effort to record best estimations using a kitchen scale and food labels available, databases, etc. for the sake of their grandkids.☺☺☺

If you build a computer with an old processor, and other vital components using old outdated things, it will only perform limited computations (lifespan years). But if you build it, structurally, with better components, etc it will perform 40 times better. Our bodies are like computers that

perform computations (lifespan years). Queen bees eat royal jelly and live 50 times longer, even if starting from the same larvae. Likewise, if we have 2 identical fertilized eggs, and place them in 2 mothers, one with a future diet and another with present diet, the future diet mom could birth a kid who lives to 4 millennia old. We can't take a mature bee not fed royal jelly (past day 3) and revert it to queen stage, so the change has to occur early on. A nutritional deficiency early on is far more impactful than at age 20☺☺☺, as our body increases in weight millions, billions of times and all structures are being built. This is why some don't easily see how just a different diet can lead to such a dramatically different outcome in offspring lifespan. A bee larvae is sort of like a fetus or embryo, fed the right diet, it lives 50 times longer. To discover which compounds (perhaps slightly adapted for the human genome, take bee microRNAs and change them to serve similar functions) in royal jelly may do the same in humans, we would need a lot of research, maybe in mice and later rabbits, to see if over 3-4 generations, a diet rich in fresh royal jelly or various compounds in royal jelly can extend lifespan even just 2 times, not 40 times. We don't know yet how vital nutrition is in the first year after birth vs pregnancy, for living to 4000, but obviously, any change during pregnancy is or at least seems to be far deeper for lifespan length than the year after birth; it could be that one can live 50 times longer by dietary changes in the first 2 years of life only, without much pregnancy intervention, but we don't know how easy that is, as we're not bees. Even if we don't aim to live to 500, but just have a healthy 100 year old baby, we need to know basic things about pregnancy requirements.

During pregnancy, vitamin needs are higher, as listed in the vitamin and nutrient section (if you're above RDA, it doesn't matter much for most nutrients). From the vitamin section we see these 7-90% increases during pregnancy vs normal, but these RDAs are the minimal ***adequate intakes***. High gluten intake during pregnancy may increase the risk of diabetes in offspring. Choline intake may be optimal at 900 mg/day too *(double the AI (adequate intake of NIH), but well below maximum 3500 UL, upper limit),* based on higher IQ and 17 times fewer birth defects described in the choline section. Food intake of B_2 <1.20 mg/d or B_3 <13.5 mg/d increased heart birth defect risk 2-2.4 times vs slightly higher intakes (11-15%) in mothers taking no vitamins during periconception (+/- 3 month from conception); multivitamins decreased cleft palate and limb shortening birth defects 7 times and half of the pregnant women were low in B_7. Data in mice and humans shows low chromium may induce type 1 diabetes in offspring, so pregnant moms need make sure they get enough if family history of diabetes exists. All 8 B vitamins are water soluble, so the excess from vitamins is eliminated via urine; that's why many brand vitamins have B vitamins at levels higher or much higher than RDA and it's often safer to take vitamins than to calculate food intake (bioavailability varies a lot by genome, diet, etc).☺☺☺

Processed food *intake* would need be minimized or eliminated (all foods raw smoothies *or* cooked in water for lowest AGEs in a pressure cooker for minimal AGE, not normal boiling that

brings too much oxygen), since AGEs are very toxic and very high in many processed foods, IQ lowering; baked goods, as well as cheese containing products, contain aluminum which will destroy baby's brain and could lower IQ by 10-40 points; the fish high in mercury would be forbidden (since it can be *200* times higher than scallops); it would perhaps be better to avoid fish or consume only sushi (no lethal oxidized cholesterol in baby's brain), take algal DHA-EPA oil free of mercury, PCBs, impurities, plaque causing compounds, higher oxidation (possibly no DHA-EPA). Better would be to avoid beans and use lentils, since lentils are easier to digest and have fewest lectins and trypsin inhibitors (of all legumes) that can irritate the immune system of the baby and cause amino acid issues last sementer, 95-99% of lectins disappear during (ideally soaked first to reduce lectins and inhibitors) cooking, but you would want to avoid stress on baby. In the 3rd semester of pregnancy, it's not good to eat too many antioxidants, as it can cause fetus issues and preterm labor ► BDRCET 2013;99(4):256-74. Many studies and doctors recommend a few vitamins in higher amounts than the RDA, so it's sort of unknown if at that higher level 200% higher for some, one needs to further increase slightly during pregnancy to get the same longevity effect in offspring. I and some vegans for example eat so many veggies and fruits, we eat 10 times more vitamin C than most; same is true for many women, they each eat certain vitamins, polyphenols, etc in much higher amounts than RDA, yet have healthy babies. What we don't know is what happens when you get many water soluble (C, all eight B vitamins) vitamins (that can't accumulate like fat soluble ones, A, D, E, K can) much higher, will that always lead to the best outcome? We need studies of *vegan* women who take DHA-EPA supplements, as they often get far more vitamins than omnivores and phytonutrients, since this will enable us to determine which phytochemicals extend lifespan the most. In bees, bee RNAs seemed (may not be so though, longevity could be due to eating more nutrients) to extend lifespan more than pollen RNAs and certain phenolic acids more than others. Likewise, with large studies of vegans or omnivores who eat more or less of certain phenolic acids, animal foods compounds (subject to controversy as being good, neutral or bad), polyphenols, etc we see what happens. If we examine 4 million women and noticed regardless of anything else, all who ate quercetin at 40 times the average, had babies who were much smarter, healthier and lived 30 years longer, then we know that compound could be in every multivitamin, even if polyphenol flavonoid, not vitamin. Many women eat 20-90 times more of certain nutrients, yet when you don't have real nutritional records, these gems of 400 year lifespans remain unknown and we live in ignorance, all due to our disinterest as a society in the chemical content of daily meals. ☺☺☺

We saw people who have ultra low zinc live 3 times shorter, now imagine if we discover 3 compounds that each, unknown to us, have similar 3 fold increased lifespan effects independent of the other, when eaten during pregnancy and/or as a kid/adult, we increase lifespan 3*3*3=27 times. It's not that hard, all it takes is some dedication to science. Skeptics will say, "hey there

are 8,000 polyphenols, how do you want us to record the level of each eaten daily"? Well, it's doable with new laws of food labeling as explained above, you enter the g of foods eaten and a software calculates total intake over each week of pregnancy for 800 million moms and then real data is obtained and all can live to 900. Data scientists will analyze relationships of hundreds of biomarkers, cognitive ability, lifespan length versus all 9,000 compounds or millions of possible combinations of them and draw conclusions. We measure the 500 biomarkers of longevity and aging speed in all kids as they grow into adults and we know what works best and what doesn't regardless of diet as a kid or adult. It's not hard to analyze data, hard is to build it. Have you made an empty file on your desktop called food.xls with one worksheet for you and one for your wife before conception, to see how that affects offspring lifespan? If you use Excel or some similar software, you can create 20 columns for the most frequently eaten foods and enter at each of the 3 meals, meal time, and grams of each food in the column (see a pic, or use free version of Microsoft Excel, free Google Sheets or the much better (than Google) free LibreOffice to view my food table; 50$ for 2021 Office; you can save as Excel, .ods, Google Sheets, create yours from mine, after changing food columns, formulas). Then use the Excel formulas to calculate automatically the daily intake of main vitamins, minerals, protein, carbs, fats, ω3, etc. If you're like me, with same raw foods and cooked lentils eaten daily, it's far easier to keep records in present stone age than people who go to supermarket and buy 50 types of packaged foods, different each week, where you have no idea what's in there, as USDA has no record of that brand (label lists only 10 chemicals), but USDA does list 60-120 chemicals for veggies, fruits. With a table, you know how many calories and grams of proteins you ate each day, each meal, automatic calculation, and it's really useful for optimal protein intake (not too much or little, espcially when eating less, so you reduce carbs and fats, not the proteins), weight loss (shift calorie load to first meal and second). USDA lists 120 chemicals for "canned veggies or beans", many packaged foods, so one can still find a lot of data. These tables are not exact, since some cooked legumes, absorb more water, so they show a lower content of every nutrient/ 100 g than the USDA cultivars used in the database average. Produce (also used to make junk foods), vary by 2-10 times in some micronutrient content, depending on soil, sound, species.

Longevity scientists are surprised that centenarians don't seem to have any specific macronutrient diet (they can be skinny, vegan, omnivore, overweight, etc), but they don't know if all their moms ate certain essential things in pregnancy that the average person is deficient in by the present "standards of nutrition". Nobody who is 100 now has a memory reliable enough to recall what mom said "she poorly recalls eating while pregnant on day 1 thru 280 of her pregnancy". Most moms don't even tell that to their kids, "on day 157 of pregnancy I ate this and that". ☺☺☺ Some centenarians may have had moms who, when pregnant, took part in a nutrition study that recorded some vague estimated macronutrient and vitamin intake, but very

few of those studies exist, so the data points are too few. This could tell us some stuff, but not much, as data is not very reliable, besides the sample population size being so small. What if each pregnancy week has different levels of optimal nutrient intake by mom and we don't know them, so most live to 80 not 140, with only 1 in 200 million reaching 120? What if the *first 3 months* of pregnancy is when the biggest difference can occur (since this is when our weight increases about a *million* fold) and we don't know that? Could we call our moms, older siblings, dads, kindergartens, nurseries, to see what they gave us to eat during our first 2-5 years of life when our memory is vague? We need tables, huge data to discover stuff. We have thousands of genome types, each with a different level of optimal max lifespan level of every micro and macronutrient (carb, fat, protein), each with an optimal type of protein (among 100s), carb (among 100s), fats etc... to live to 200. Mice without a gene get 114 times more plaque after eating the same amount of fat, think about that, what if some humans get arterial plaque at 10 times less fat than others? They need a low fat diet and no oxidized cholesterol. Thus, the lifespan optimization is different for everyone and one has to calculate which SNP (gene) micro or macronutrient optimization combo (out of millions) leads to the longest lifespan. This requires huge data. We spend 2-5 hours to file taxes, 10-50+ if self-employed, yet 0 minutes for a nutrition table. We worship money far more than the health of our offspring. This is our culture and government system. Taxes are required, nutritional intake via apps, food labels, barcodes by food companies before a product, produce is released to list every new compound formed due to their processing, agriculture method, etc not. Money, not life? We repeat mechanically prayers in worship places for hours monthly, yet 0 min for offspring lifespan optimization tables, via parent food tables in preconception, pregnancy, infancy. Fetal aortas have 12x more plaque if mom got high cholesterol; will she eat more eggs or make a file to see how much cholesterol, and the far more deadly oxidized cholesterol she eats, Excel or free office (used to write this book) spreadsheet formula calculating automatically the daily intake? Vegan intake = 0. ☺☺☺

NIH could have a central website where people enter grams of each food eaten, or scan a package if entire contents eaten, and then NIH calculates everything they ate so they can do their research on odd less known compounds easier against hypotheses in thousands of papers, enabling citizen science to emerge to test trillions of new unpublished diet hypotheses; NIH would have 20,000 compounds (not 60-130 like USDA) in each of the 9 million food products approved for sale after listing the compounds, toxins via testing. Then we get way better data and nutrition studies. Making an excel file with 20,000 compounds is not something everyone likes doing. Only eterni foods, that undergo no cooking or storage by individuals, allow the best nutrition science. Cooking changes the chemical content way more than 0.5-2 minutes of making a smoothie, depending on temperature, heat type, etc. Meal time (make entry for each meal, not for the whole day) is important, for it tells us if the food had enough time to digest (fat takes

way longer), before next meal, and when vitamin A, D, E, K, carotenoids, fat, etc were eaten, since fat increases bioavailability of fat soluble nutrients 4-15 times. Likewise, smoothies can cause reactions (even if less than cooking) and increase, decrease bioavailability of less known micronutrients we have yet to discover in 50 years as essential to living to 200. Some key "live to 120" nutrient (for an unknown type of regenerative stem cell or other type) only survives the stomach if we co-eat it with something else, or is absorbed in some optimal level; so if that something else is also rare (only some cultivars of a veggie have it), the chance of finding why those 120 year olds made it to that age is MINIMAL with poor nutrition tables and studies, you need a level of detail that we don't have and a population size for the study that is 700 times bigger than currently. You're searching for that real cause, not *confounding* factors, for a needle in the haystack, for that unknown microRNA, phenolic acid, co-factor of stem cells, etc that is formed inside us only after eating *two* rare compounds, that are hard to absorb (only in the presence of other *three* rare compounds) and only 120 year olds were lucky to get it... This is really hard detective work, it's what science is all about. With poor vague records, nothing can be correctly concluded; with good records, you can see only those making it past 118 (1 in 160 million) got those *five* compounds, so BOOM, a new "previtamin or nutrient" is discovered: it's *five* ultra rare compounds that help form something new inside. It's not only about what we eat, but also about when and how we eat it, how we combined food groups (even if eaten raw as smoothies) and macro and micronutrients for absorption optimization. Add sleep times too, as this is another *confounding* factor for longevity research. ☺☺☺ Smoothies that are very pureed can have bioavailability 50 times higher than the raw fruit for many nutrients bound to cellular walls, and flaxseeds ground first raise ω3, while whole seeds don't. So, just eating stuff doesn't matter much sometimes, but HOW it is eaten matters. Were chia seeds or flaxseeds ground first before addition to a smoothie or cake? If so, name your column "ground chia" not "chia", or make a "chia is gr" note. For smoothies, make a table note: all smoothies are puree, meaning bioavailability is much higher, as is the glucose spike. However, fat dampens the serum glucose spike, so do some phytonutrients. Additionally, we have synergistic toxicity, where lead becomes as toxic at 10 lower levels when mercury is around, so if moms got low iron, zinc, iodine, DHA, they can create a toxic synergy for the developing brain of fetuses or even adult brains where the IQ doesn't drop by 2 points from each nutrient that is 25% lower, but by 30 points due to synergy. So, nutrition has a deeper effect on health, longevity and IQ of babies (lower by 50 points than it could have been) and adults than usually thought in certain cases, even when you have just 10 essential vitamins, nutrients 25% lower than ideal. Our science is not capable to monitor real nutrient intake precisely with scanners (put food on a scanner, before eating it, data goes to machine learning artificial intelligence, the toilets have scanners, etc...) to see how many µg of everything went in and out, so it can't provide personalized nutrition based on 10,000 markers, inhibitors for absorption (polyphenols, zinc diminish iron

uptake) what people got used to, their genes. ☺☺☺

BPA and BPA alternatives found in "BPA free" plastic food containers (or water bottles).

Nat Comm 2017;8:14585 found in mice BHPF "induces low uterine weight, atrophic endometria and causes adverse pregnancy outcomes, even at doses lower than those of BPA for which no observed adverse effect have been reported". Hence MDs suggest using glass or stainless steel alternatives, when possible, but even those can have lead if low quality.

15.9.1.3. Months 0-6 (lactation only) nutrition (why dad/spouse need be ready to suckle empty breast if needed, VERY IMPORTANT WHEN MILK OUTPUT/DAY NEEDS 50-200% BOOST)

The semi (no silicone, just foam kit) or fully sealed anti-UV anti-wind anti-dryness anti-cold temp safety glasses in the eye section explains what a catastrophic effect extreme temperatures have on the unborn fetus and under 6 months old babies whose immune systems are barely functional and unable to cope with the extreme stress of the 75°F indoor to -20°F outdoors temperature variations, when parents take kids for a walk, in freezing weather, and kid, unable to speak, is cold, yet doesn't voice it and suffers shorter lifespan as a result, and later MGD (42% of kids got it) and dry eyes 2-4 decades earlier. One of the ignored things by parents is the temperature of the eyes and face (and even body), trigeminal nerve of the face, for small kids, the effect of windy, dry or super cold weather on the MGs of the eyelids. Always keep eyes and face warm (the little face scarfs kids wear in cold climates, those not wearing them may ruin the trigeminal nerve), when possible, before 8 months, avoid extreme cold/hot. Stay indoors until baby is 1 as much as possible if outside is very cold or very hot. Never allow kids 1 to 18 to play in extreme cold or hot weather for more than 5 minutes, without proper eye, face protection, otherwise, their eyes will become dry due to MGD in the 20s, 30s or 40s; I was playing in January for 1-3 hours in -15 to -20°F weather as a kid 2+ days/week between 6 and 11. Discourage kids of any age from playing in areas with ice, as during the 'fun' sliding on ice, they can fall due to slips and damage other areas like legs, hands, etc. or even the eye/brain if they fall weirdly. Skiing is a deadly sport and no sane person would risk the life or brain of their kid for that.

Ped 2012;129(3):e827-41 explains why moms need breastfeed: "risk of hospitalization for lower respiratory tract infections in the first year is reduced 72% if infants breastfed exclusively for more than 4 months... reduction of 20% in the risk of acute lymphocytic leukemia and 15% in the risk of acute myeloid leukemia in infants breastfed for 6 months or longer.. 15% to 30% reduction in adolescent and adult obesity rates if any breastfeeding occurred in infancy… breastfeeding is associated with a 31% reduction in the risk of childhood inflammatory bowel disease… reduction of 52% in the risk of developing celiac disease in infants who were breastfed at the time of gluten exposure… protective effect of exclusive breastfeeding for 3 to 4 months in

reducing the incidence of clinical asthma, atopic dermatitis, and eczema by 27% in a low-risk population and up to 42% in infants with positive family history… 30% reduction in the incidence of type 1 diabetes mellitus is reported for infants who exclusively breastfed for at least 3 months, thus avoiding exposure to cow milk protein"… preterm infants fed an exclusive human milk diet compared with those fed human milk supplemented with cow-milk-based infant formula products noted a 77% reduction in NEC (necrotizing enterocolitis)...Any breastfeeding is associated with a 64% reduction in the incidence of nonspecific gastrointestinal tract infections, and this effect lasts for 2 months after cessation of breastfeeding... Serious colds and ear and throat infections were reduced by 63% in infants who exclusively breastfed for 6 months… exclusive breastfeeding for 6 months and weaning after 1 year …(has) the potential of preventing more than 1 million infant deaths per year". Infants who got iron pills behaved much better at age 3, due to a healthier brain ► SR 2026;16:18664 ☺☺☺

As 3rd semester of pregnancy begins, parents can read information like this section (which includes free books from NIH, etc) on the expected healthy milk output in each day of the first 10 weeks. The PubMed ranges are wide, with some papers reporting 80 ml for day 2, others reporting 500 ml. NIH says "Kaucher ...measured maximum milk output with... tedious mechanical methods to extract ... milk and reported that production averaged almost 1,200 g/day at 6 to 10 days postpartum (huge since most papers report 700). This level is much higher than the 500 to 700 g/day consumed by breastfed infants at the same age.. (shows how useful a breast pump is when baby doesn't have strong suction power). In two separate studies, milk production increased by 15 to 40% when a breast pump was used to remove additional milk after feedings. Mothers who exclusively breastfeed twins or triplets can produce 2,000 to 3,000 g/day … (they breastfeed) 15 or more times per day. Women who express surplus milk for a milk bank have been shown to produce as much as 3,000 g/day... energy requirements of lactation in humans can be met by increasing energy intake by approximately 25%". Other papers say 30 ml of ultra thick yellow milk (colostrum) with antibodies, vitamins day one, 70 ml day 2, 120 ml day 3, 300-600 ml day 4-7 white milk, 700-900 ml day 6-12 etc) and up to 12 months (1350 ml for 9 kg baby). "mothers who were exclusively expressing breastmilk ... 973 ± 176 g per day on day 5… (versus breastfeeding studies with) daily milk transfer of 653 ± 154 g... 58% of term mothers experience problems with breastfeeding, including a perception of insufficient milk supply, in the first 2 weeks and this is associated with a lack of confidence in breastfeeding" ► Ntr 2016;8(12):756. Moms who express milk and then feed it by bottle only (no breast) can produce more, but this is a bad idea, since it destroys vitamins etc by siting in fridge (see below); it is thought a good idea to pump out more milk to stimulate milk production and feed it within minute of pumping, if milk supply is low: "milk volume and pumping frequency on Day 4 after birth are significant predictors of milk supply at 6 weeks.☺☺☺

See how an MD quiets babies 0-3 months old, 50+ million views, showing how one can quiet them if they cry after any parental mistake or vaccine. See how an MD distracts babies so they don't cry while being vaccinated, the first time. They need create 20 different MDs and distraction techniques, so baby doesn't cry at any vaccination, never do 2 injections in the same 2 week period as he learned the trick method, see the 2nd injection 2 minutes after 1st one caused pain, MD made a mistake instead of waiting 2 days for another MD with new trick. Parents need to be careful, since baby will hate them if they feel parents allowed an MD to give them pain, they will feel unloved and abandoned, so be kind. Babies don't understand what goes on and have impulsive simplistic emotional reactions that define their relating to you later. Instead, be smart and love the baby if you want less autism and a better relationship with the baby. A baby can learn to mistrust parents if they don't care and leave them to suffer at the mercy of ☺☺ abysmal IQ☺ MDs. You need to *stimulate feeling, touch sensation in different areas, to tickle him and be 100 times better than* most MDs out there who treat babies like livestock. Talking about World Peace is not enough, we need to walk it, to learn to inflict pain on nobody, at all times, especially on our own babies. Love and bliss, not rough handling and pain, for all beings, not just family or friends. THINK, ☺☺*lovingly tenderly gently kindly*☺☺ ***SHOW COMPASSION AND EMPATHY FOR THE BABY***. War comes from fear and pain. So, let all shun pain, it's the culture of Jesus torture sometimes that makes people so callous with baby handling as some videos show, that fake miracles religion made to conquer continents. ***Change MD and distraction method, so 0 cries become the standard of care globally***. The MD, mom, dad need to touch, tickle, make him laugh so neuron sensation of needle is discarded, by stimulating other areas, so injection site sensation doesn't take precedence in the brain, so endorphin release from laughter or bliss of lullaby song cancels any pain. Parents you can, until all vaccines are oral due to high tech, prevent pain from causing autism and damage to human quantum field: more on autism via pain is in the circumcision section about useless ritual pain that does 50000 more damage than a good distraction based vaccine. Brain doubles in size, so it is abysmal in IQ to over vaccinate in the first 12 months of life, you lower the baby's IQ. Every vaccine is a wound that causes immune system at injection site and sabotages the ideal brain development.

Let us deify ***Love***, ***not*** pain, let's deify ☺☺*lovingly tenderly gently kindly*☺☺ preventing pain, ***not*** resilience to psychotic torture, deify peace via painless methods, ***not*** bombs & pain, deify God, ***not*** demons. We got enough brainwashing daily in the news that we need "war, pain, bombing, or sacrifice" to achieve peace, when there are trillions of Godly ways without pain, threats and war. Low IQ primates or "parasitic satanists"☺☺, disguise themselves as smooth talkers brainwashing people (see silly ritual or simulation) to war or useless or cruel medical procedures and methods. "We need pain" is the lie from the fake religions. The misinformed and the 'callous low IQ ones' (what some may call 'evil' vampires, predators) tell us "we need war, pain,

homeless, etc", hiding the truth. Silly people don't understand the pain they inflict on people or 'enemies' damages the entire quantum field, so they perpetuate the same old myths, religions and even military training. Stuck in the 1st century, no evolution. All parents need to read the chapter on love not pain, healing education not punishment, as it's helping to prevent *wars, violent crime and bad relationships between parents and kids*. Kindly read it before the baby grows and the impulse of ancestor DNA raises its ugly head. Parents, in their "cruel" imitation of Bible etc 3000+ cruelty quotes, often retort to yelling, slapping (in worship of Hitler the alleged slapper) or spanking, which are obviously heinous acts that lead to wars, since violence and mean vibes accumulate, contaminate all. Thus, while on savage planets a slap or spank is thought of as nothing, on others, like us in the Era of Peace, it is viewed as we view "genocide", since they have 1 billion times less violent crimes/year on the planet and 0 killings. Even a circumcision would be like a Holocaust of millions of people today, that Jews call for in the Bible. Yes, they brainwashed billions of people that it's the 'Holy Word of God'. Spanking reflects the savage culture that dominates our planet and its savage genocidal brutal scriptures. *90% of people reported in* 2013 having been spanked at least once in their life *(so that was in 1960s-1990s),* with only 70% reporting they spanked their kids (meaning we're evolving, as % of spanking is decreasing). Spanking reflects the violent 'demonic' culture of USA and the whole world, the trash music globally (0.1% eterni in tone at best usually) and its violent depraved vibe. In 2017, only 35% of US parents spanked their 2 to 10 year old kids, vs 50% in 1993, we're slowly breaking free from the chains of the Bible, Quran, Mahabharata. India also spanks, 77% of parents did in 2018. In China 70% of parents reported spanking in 2014. Old habits die hard, Mao's father beat Mao and this made him more violent, killing millions later, less able (due to anger) to be influenced by the benevolent energy of his Buddhist mother. The Bible word of non-God condones beatings: Proverbs 13:24; 22:15; 23:13-14; 29:15. Gently recall Hitler was beaten by his dad too and preached about Jesus and Bible a lot, and so was Stalin beaten as a kid (he went to a Christian seminary, proof of the Bible powers to create unholy men), and we know what happened: all who killed millions were beaten as kids. It was alleged that Vienna Café Central was attended in 1913 by Tito, Stalin, Lenin, Ferdinand, Trotsky and Hitler. Were *they all part of the same club then?* Vienna has always been a huge spy hub, due to its neutrality, not a member of NATO. Spanking is teaching kids violence is the way, spanking is GENOCIDE waiting to become manifest later, how can anyone spank a child under 5? Such callous loveless low IQ parents who damage the kids and undermine the parents' own future, as kids won't take care of parents well when parents are old, due to the huge distance beatings create. Let us end this depraved soulless violent culture and learn to sleep well, so we can regulate emotions and not radiate even negative emotions towards kids, which are evident from speech and body language, since that's a form of spanking of a much subtler nature. Kindly listen to peaceful mp3s, spend 22$ on a portable mp3 player preloaded with some very eterni tone

songs and instrumental meditative tracks to create the DNA of a new speech when brain is plastic, for your kid to use when playing outside (or bring a portable mp3 player so he hears it and becomes the angel of tranquility) and inside use a mp3 player (SD card) and play one peaceful song at home 24-7, living room, kid bedroom to prevent anger before it ever arises, in your, spouse or any kid, adult, visitor. This also increases the ability to breastfeed, lowers baby anxiety, increases IQ as he gets more milk instead of deadly formula. Older kids, 3-14 also benefit. Never resort to *violence, shouting, psychological terrorism* as it leads to genocide when it builds up in the psychic field of humanity; use love, *practice* spirituality and ethics, *don't just preach* it in a yelling tone to kids. Protect your kid, since a lot of parents and kids out there you may allow kids to hang out with are "violent". It trickles down from the unHoly Men of Clergy, whose loveless 'almost diabolical' shouting, (he is role playing, no miracles there, he gets info via earpiece) is disintegrating the planet's subatomic structure. We the People need to ☺☺*lovingly tenderly gently kindly*☺☺ replace this Stone Age backward ("infernal" in Christian terms) gov that promotes violence (slapping contest, see bloody ultra swollen face, savage sports), charlatanism, in all ways via radio-TV, instead of the universal *gentle tender soft* nurturing loving kindness compassionate grace for All, like in the serene music here.

Spanking makes kids paranoid, psychotic, war supporting, just like circumcision does, as Harvard University explains in CD 2021;92(3):821-32: "Adults who were exposed to harsh corporal punishment (e.g., hit with objects) during childhood exhibited structural brain differences, including less gray matter volume in the prefrontal cortex (PFC)". It makes kids more anxious and far easier to mind control (as adults) by the hyenas. The Zion Elders and all spies using hybrid warfare know this, so the music, religion is as violent as possible, to destroy gentiles: disguised as Nazi, Communist, Muslim/Christian clergy, they shout, promote violent punishing (death for a simple tweet) to create a feeling of fear and chaos, to focus on torture, fear of God/Boss, not Love of God. Watch the tone of loveless "clergy". This spanking creates more violence, for easier foreign control and looting. *USA is a barbaric nation, like many others,* that legalizes corporal punishment at home, daycare, in prison, in private schools, unlike 65 nations that ban (scroll to see map and date of the total ban, what they allow) it at home, prison, day care and in school. *33 states and DC ban it in public schools, so it's a sign of slow progress.* "rates of fighting among adolescents were substantially lower than in the 20 countries with no (spanking) bans in place: by 69% for adolescent males and 42% less for females." ► BMJO 2018 ;8:e021616. Spanking teaches kids to be violent, kids imitate those around, so it's unethical; it ought to be illegal globally. Hitler was beaten often by his father, so how did that go? Spanking, yelling (Hitler tone) lead to genocide, what other proof do we need? 80 million dead in WW2?

In the future, everyone will be 10 billion times gentler, kinder, like now we send letters 10 billion times faster than 200 years ago over large distances via email, so we can easily see how a tiny

cruelty, is like genocide in 2025, as everyone is eons ahead of the savage 2025 vibe. It would be impossible for someone in 1800 to imagine what we can do today, everyone having a library of 2 trillion books on a tiny device and talking with anyone via video on Earth, seeing Earth from space, etc. Likewise, humans can only barely imagine the level of angelic kindness, gentleness and love of future humans when World Peace reigns and violence is unheard of. So, to connect with the Immortals of the far future, we can do our best to create a peaceful vibe (use serene music, etc). Violence needs to be stopped when it has a chance to manifest in its smallest tiniest form, via happy *gentle tender soft nurturing* graceful serene universal loving kindness, education and a culture of peace. World Peace starts from the "least consequential things", such as baby handling to minimize pain and crying, as all things start infinitely small and become huge later, due to billions of parents being callous and leading to a huge pain and cruelty vibe accumulation.

Back to the baby handling to *maximize* 4 times/day breastfeeding, similar MD techniques can be used to distract or soothe babies and stop them crying for whatever may ache them: sometimes babies cry if an itch or uncomfortable pain occurs somewhere, but they can't verbalize it, so parents need to massage the baby to deflect neuron activation in one spot, maybe figure out which area is itching by noticing that massage there stops the cries, as with the vaccine, and to distract from the spot, to tickle, make him laugh, smile (they imitate us naturally, so it will release endorphins to cancel pain), etc, so they can breastfeed instead and enjoy being hugged and massaged by mommy or tickled by daddy while mommy holds him. Perhaps, another simple technique is to prerecord before conception (or at least before birth) the most calming gentlest beautiful tone of you (way nicer than this tone, this was me just giving an example of a gentler tone) saying baby's name or 'Immortality' (so when he grows up and understands the word Immortality, he will love to quadruple human lifespan, etc) etc and then play that while pregnant in mother's and dad's (mom feels like dad does quite often, baby feels like mom does, so for example both parents meditated and try to communicate how they feel to the baby surrounding him in infinite love, etc) happiest moments to associate that sound and calming peaceful background music with the calmest happiest mood when there is no need to be anxious, cry etc. Then when he's born and upset, play that and thus remind him how he felt so good and he will slowly learn from your exteriorization how to enter cosmic bliss states to deflect pain, since he feels like mommy does usually – he may thus become world's *quietest* wisest *happiest* baby (do babies who enter nirvana state of meditation due to alleged past life meditation become quieter and speak less, being speechless during bliss overflow?).

Mothers who produce less than 500 ml/day by the end of Week 2 will have less than adequate milk production long term.. To improve expression of colostrum and facilitate mothers' coming to full milk volume, a new pumping pattern, Medela's Symphony Preemie+, has been examined with positive results" ► JPE 2015;24(3):160-70. Plus there is no bonding if all is pumped, which

is bad for IQ and the future of his relationship with the world and all people; these studies hint to the fact many women may malnourish baby by not bringing him to the breast 15 times a day, since often times, baby may not know how to vocalize that he's hungry and may starve his brain and body, making only 5 obvious calls and we see some moms breastfeed 12 times, others 5 times; but once mom reminds him of her breast smell and milk smell, he will begin to suckle, no longer being distracted by whatever goes on. Part of the problem is inhibition, not wanting to make the breast bare and place the baby nearby to see if he wants milk. Once milk flows more, say baby does 10 feedings, one can measure a typical breastmilk production in between feedings and later feed that milk by bottle to the baby. This enables parents to know the approx amount of milk baby drinks. Parents can estimate how much milk is left after each feeding, using the pump right after a feeding and right before a typical feeding (from another day, estimate milk average by time spent suckling, etc), and subtract that from total full to empty volume. Spouse can try suckle to verify all milk is out if pump is not perfect. The DHA RDA paragraph, ultra important to read for pregnant and lactating moms, explains why American Academy of Ped says infants under 1 year old can't drink cow milk; cow milk is different than formula or human milk. Baby IQ and immunity are higher with natural milk. The *vegan* section has many other (diabetes, low chromium) reasons for cow milk avoiding past 1 year old, as long as bioavailable calcium intake is matching missing milk (vegan milk has 250-300 mg added Ca like cow milk has 200 added, above its natural level of 100, so they got same 300 level). During lactation, RDAs are higher than pregnancy for some vitamins. SMJ 2005;26(8): 1231-4 found that breastmilk (from pump, soak cotton in it, apply for hours) could heal sore nipples faster than lanolin (wool fat), a popular ointment some moms use. It may work for all.☺☺☺

Breastfeeding for 2 years reduces the risk of heart attack/stroke by about 20%; *each* additional 6 months cuts the risk by 4% ► neurosciencenews...6957. Why give babies cow milk when you can breastfeed? When breastfeeding, the mom experiences a release of oxytocin and prolactin and a *lowering of the* stress *hormones and all fight and flight catecholamines*. Prolactin also stimulates the generation of new neurons in the baby and mom. Stress creates atherosclerosis and then later heart attack and stroke ► NM 2014;20(7):754-8 or the Science Magazine. Breastfeeding is a very destressing activity, it is erotic stimulation of the nipples as a trigger for oxytocin release that happens during orgasm too (breastfeeding can be thought of as a mild form of pleasant semi-sexual arousal in fact, probably by natural design to encourage moms to do it).☺☺☺ The American Psychological Association explains "release of three *stress*-related hormones (adrenocorticotropin hormone, cortisol and vasopressin) in lactating women was cut in *half compared with women who* bottle-*feed their infants*." No wonder, other studies found that women who have last baby later in life live longer and Marie, possibly world's longest living vegetarian in the West, lived to 118 almost (if the story is real, not fake) after having 12 babies:

the brain is protected and the brain regulates a lot of the aging of the body; plus women tend to eat way healthier in the months before pregnancy, during pregnancy and 2 years after, to have higher quality milk; this extra attention to milk quality makes a healthier baby, and gives mom a longer life too as long as she eats DHA and nutrients lost in the milk, the baby being designed by nature to cause maximum brain regeneration by nipple stimulation via endorphin release etc, because the baby needs a long lived mom to take care of him, so he better makes her orgasmically happy. ☺☺☺ Breastfed babies are also healthier and smarter, since the antibodies from mom and milk composition changes with each week (nature knows what baby needs in month 2 more), while the infant formula can have 73 times more toxic AGEs (Enfamil.com 487 vs 6.7) and is constant in its content from birth to 2 years, besides lacking biophotons, certain prebiotic oligosaccharides to build immunity, "custom to genome" antibodies. Babies smile up to 400 times a day, while adults smile 20 times a day. Studies show that when lovers touch, they sync their brains and hearts. This touch can help cut the pain dramatically during labor or any period of discomfort (like getting a headache). So, since babies are much happier, smiling even in the womb, when they touch mommy, they make her smile more and happier ► neurosci...1.

Breastfeeding syncs the mom-baby brains/hearts, allows for more mutual telepathic empathic understanding of needs, desires, enhancing harmony and neurogenesis in both mom and baby (prolactin induced neuron birth). Neu 2017;89(6):563-9 found moms who breastfed more than 15 months got 53% lower risk of multiple sclerosis than moms who breastfed 0-4 months, possibly due to the less inflammation via the happy hormones and neurotransmitters that dampen the release of cortisol, catecholamines, noradrenaline and adrenaline (all these stress-induced chemicals promote brain inflammation). They don't know why there is this association and still research to find if there is causation, how it occurs.☺ Abcnews says 17% of moms nurse kids to 1 year old. Some foreign moms nurse until the age of 5. While that's long, these days many don't breastfeed even 2-6 months sometimes, leading to child health issues. Some MDs recommend nursing up to the age of 2, even if the kid starts eating other things after 6 months. For most of history, mothers breastfed their baby 1.5-4 years as shown in five studies: 3-4 years ► AJPA, 129 (1), 2006, 45-54, 2-4 years ► AJPA, 129 (2), 2006, 311-7, 3-3.5 years ► AJPA, 152 (4), 2013, 471-83, 3-4 years ► AJPA, 128 (4), 2005, 781-90, 1.5-3 years ► JN 131 (10), 2001, 2707-15. The American Ped Association says breastfeeding longer than 1 year is perfectly fine. ☺☺☺

The WHO and UNICEF recommend mothers breastfeed infants within the first hour of birth, exclusively for 6 months and continue breastfeeding, while adding complementary foods, until the child is at least 2-years-old. Breastfeeding has a host of health benefits, most notably improving a baby's immunity. Fewer than 44% report moms breastfeed infants within the first hour of birth, which is super important. ☺☺☺ Only 23 countries report exclusive breastfeeding rates at 6-months above 60%. L. Grummer-Strawn, WHO technical officer, said the U.S. received

"several red lights" or "failing grades" in the report. Rates in the US were way lower than the average. Fewer than 25% of American moms report exclusively breastfeeding for the first 6 months. Only 12% of countries meet the International Labor Organization's recommendations on paid maternity leave of 18 weeks paid 100% by public funds. Some view breastfeeding as a chore partially, giving up after 4 weeks or months. Others forget eye tears have up to 2100 chemicals, versus 5 in artificial tears. Likewise, formula is much simpler and very different from human milk from your mom, which is better than a milk from a breastmilk bank. Since we're centuries away from producing 900 ml of milk using chemical copy of 1 ml of freshly produced milk by mother, like we're centuries from producing instantly eyedrops matching our natural tears exactly, we still need to rely on breastfeeding. Add to that the reality that some women genetically have smaller breasts or milk output proportional to baby weight at birth, and we got a recipe for shrinking lifespan of baby and mom by 5 years. One way to overcome 1. *this hesitancy (also due to a cultural taboo against breastfeeding in public) to breastfeed* and 2. *the low milk output in some moms that leads to using bottle milk exclusively very fast,* could be to remap the brain to overcome the genetic mind inhibition that introduces via genetics and the eons of 'civilizational learning' a hesitancy to breastfeed a lot, or, if mother is producing little milk, for dad/spouse to suckle 10x daily the empty breasts (after baby emptied them) to double milk production. How can we remap the brain to associate breastfeeding with the 2nd (after meditation, which is higher) happiest most orgasmic activity any mom could be engaged in, or dad/spouse if needed in low milk output moms to suckle on empty breasts 3 minutes after baby emptied it? One way to remap the brain (breastfeeding behavior reflexes are built in via ancestors and are not instantly rewritten) is to role play she's lactating and her partner sucks on her nipples, in a way that leads to orgasm or deep happiness of universal loving kindness in meditation or an orgasm like happiness for those who didn't yet meditate to reach bliss 1,000s of times higher than orgasm, even if obviously, there won't be milk coming out. ☺☺☺

The $3 "The Art of Lactation" got a lot of free preview pages on Amazon with scientific facts about lactation, can read free pages in 10 minutes; ***it explains how adoptive or biological mothers can induce lactation using their spouse*** before 1st pregnancy or 1st adoption (or delivery from surrogate mom) to help milk flow reach higher level (helpful to prevent issues not present at 2nd pregnancy, since breasts are bigger and used to produce full milk flow). Moms love when husbands very gently suckle their breasts (as a baby would, not as an adult would), since it arouses them and sends pleasure hormones to their brains that destress them and keep the aging cortisol hormone lower. Both genders get aroused, penis/vagina get hard when they self-massage their nipples. Suckling is similar and it can cause orgasm in ladies easily on its own. It's more efficient than other forms of affection, since no milk usually comes out anyway and it wastes no reproductive liquids if she doesn't orgasm (he can try to be less arousing to prevent

orgasm and associated nutrient loss a 2nd time, if it ever happens from suckling alone), so it destresses the brain more efficiently per nutrient spent. The lady relaxes on the bed, wasting no calories, he suckles. Moms often love suckling as it sends endorphins to their brains, relaxes them. Moms can avoid nipple tenderness common during late pregnancy or etc via creams.

In life we get what we put into it, if we want to have a healthy baby, we prepare more. ☺☺☺ Why fully lactate before 1st child for a few weeks to prime or develop mammary glands to the level of a woman having 2nd pregnancy, to ensure 1st baby gets enough milk from week 1, not the deadly cow formula? See below: breastmilk has stuff no food has, for the immune system and baby needs that a lot first 50 days when first time mothers can struggle to make milk. Since pregnant moms often breastfeed a 1-2 year old baby a little still, doing some suckling even during pregnancy is fine and part of nature, since then the body is getting ready to produce more milk, in anticipation of lactation after birth. Suckle it baby, suckle it ☺☺☺ very very gently like a tiny baby mouth.☺☺☺ Couples who kiss often have a much happier marriage, as studies show: the reason is truly very chemical: oxytocin hormone builds trust, which prevents negativity if it ever tries to emerge. Nipples are even more arousing than kissing, suckling and a little body massage creates a much deeper bond, so those couples will be even happier than frequent kissers. Thus, 5 minutes of suckling, 4 times daily per breast, for 3 months is not much, if it can add 10 years to first baby's lifespan. So, keep on suckling, to prevent endless doctor visits later to take care of issues some breastmilk prevents. Couples don't even kiss or cuddle 40 minutes, imagine suckling/massaging that long daily: true love builds. ☺☺☺ The unborn unconceived quantum state baby (spirit?) knows he's loved and parents take 40 min out of each day to add to his lifespan, so he's gonna be happier, benefiting from parental love. 90% of first pregnancy moms struggle to produce milk the first and most critical week. 20% struggle the first 3 months, so the first baby's immune system weakens. 30% produce less than the ideal amount of milk, due to little support from dad and the society, no preparation. Forbes says 10-32% US-Canada mothers don't breastfeed at all, 4% give up in 1st week of life, and 14% give up after 2 months. This is catastrophic for public health and expenses, few prepare well. The advantage of immortality capitalism is the Eternia Volunteer Network to help moms breastfeed: ladies (who have never been moms) can practice lactation also by volunteering to help moms who struggle to breastfeed, in addition to doing it with their husband; the milk donor mom (or both mom & dad) can select a family they feel like and meet the mother (with her kid) at the City Immortality Park, in the breastfeeding center which certifies the baby and mom are free from diseases, etc that may affect the other. Even once a week from 7 donor ladies, so 7 human milk sessions, is better than 100% cow milk. Few ladies who never got pregnant can produce milk, and only if they practiced induced lactation *(search youtube to see 1000s of videos on suckling, breastfeeding (for husband to learn from to help induce it), inducing lactation and even pumping*

milk using 100s of pumping devices – don't freeze milk, some chemicals are damaged, use it within hours ideally if you ever produce some extra with a pump) **with husband for months so that milk flow is at least 50 ml per session. People can also do it for close friends. As chemical physics advances, we will take 1 mL of mom milk and produce 2000 mL within seconds using world's most advanced molecular assembler at the Immortality center so mom has more for next 2 days, doesn't need to use cow milk poison. Some moms are lazy or produce little. Same tech can help moms who get dry eyes due to dehydration during lactation, to produce eyedrops.**

The author suggests getting breasts empty by husband suckle, then he suckles on empty 5 minutes (see preview). Initially, he may need suckle 20 min daily per breast, but only for a few weeks until full lactation and mammary gland development is reached. She suggests using the same suckling time daily, to make it easier for the body to make milk; suckling is the oral massage of the areola, not the nipple. Just recall to do it within 3 hours of waking up, after fully waking up, since then you're the most rested and aware, both; doing it at night would be a very bad idea, since more mistakes can be made and you want to suckle properly (same for sex, etc), to avoid wasting time or damaging the fine areola tissue. Only the last stages of lactation (when producing 400 ml, not 4-40 ml) have a real effect on menstruation frequency and conception rate, that's why doing this for a few weeks (and days only once reaching high milk level, 200-500 ml) won't really affect conception. ***The point of the book is that it's always better to suckle than use chemicals, breast pumps, breast massage to achieve full lactation, and that without suckling it's impossible at many stages since pumps and massage aren't enough; so if a couple wants to do this, it's way easier to do it in a 10 week period when both are at home more able to suckle often, especially the last stages, when milk builds up and release via suckling alone is working well;*** **the author got the aid of certified lactation consultants and nurses in writing the book, but I doubt she's 100% honest, since 11 pm for suckling sounds nuts. Some people may role play they adult nurse, like spies for honey trapping, some spies show breasts online a lot. ☺☺☺**

NIH has a free WHO book on breastfeeding. The 2nd chapter explains the correct (most areola inside mouth) way breastfeeding occurs, and why moms need study the pictures (section 2.8), or dads/spouses suckling before 1st pregnancy for x weeks (until milk output is high, 300 ml, not 5 ml, for 5 days or even 5 weeks if one really wants to simulate a real lactation before when it goes to 800 ml not 300 ml, if that increases milk output each week and thus develops more mammary tissue) to help 1st kid milk flow (2nd kid starts with way bigger mammary glands from 1st kid 6-24 month lactation), because low milk output and sore nipple is the result of a bad latch that has only the nipple inside the baby's mouth and prevents pressing on the ducts with his tongue to release milk: "more of the areola is visible above the baby's top lip than below the lower lip; the baby's mouth is wide open; the baby's lower lip is curled outwards; the baby's chin is touching or almost touching the breast... the baby is taking the breast and nipple from below,

enabling the nipple to touch the baby's palate, and his or her tongue to reach well underneath the breast tissue, and to press on the ducts" (base of nipple, areola). National Academies Press also has a free book on breastfeeding here. Induced lactation *and using wet nurses for infants (3 kg 1st month)* have happened for millennia as IJBS 2007;3(4):251-7 explains; wet nursing refers to using *other healthy women (who lactated before, or just finished breastfeeding their kid (who weighs 9 kg at 1 year) thus having higher milk output via minimal induction via suckling, but still young, under 35) to breastfeed a child (not fully, only to supplement mother) when biological mother is low on milk*. ☺☺☺Induced lactation☺☺☺ is used by adoptive moms to feed adopted babies: "case of premature twins whose adoptive mother induced lactation" ► JHL 2010;26(3):309-13, even a guy was able to induce lactation, with hormones, etc – but again, guys were not optimized by nature and their milk thus may be far less, insufficient and of vastly different properties, wholly inadequate for infant exclusive feeding ► TH 2018;3(1):24-26). AMA Journal of Ethics explains suckling to induce lactation carries no risks and American Academy of Family Physicians and the American Academy of Ped recommends this to those adopting babies. MJMS 2017;24(4):5-17 explains foreign policies on induced lactation. MFP 2021;16(1):18-30 free paper has many cases of induced lactation, and how they do it. Lesbian women were reported to induce lactation to feed the child of their partner too ► Birth 2020;47(1):21-8. "adopting mother with a history of breast radiation was able to breastfeed." ► JHL 2021;37(1):194-9. It's also used to breastfeed a woman's own baby born to a surrogate mother that *went thru* IVF *using real mother own eggs and her husband's sperm, if she can't grow* baby inside ► JHL 2020;36(4): 791-4 is a "case of a mother through surrogacy with XY karyotype and complete androgen insensitivity syndrome who wished to breastfeed her child (and managed to)." BM 2017;12(6):373-6 has another case of induced lactation of surrogate mother born twins. JHL 2015;31(1):166-71 "suggests that nonpuerperal (milk from induced lactation by a nonpregnant woman) milk has similar or higher levels of total protein, sIgA, lactoferrin, and lysozyme compared to puerperal, mature milk at 11 months" postpartum (postpartum means after birth). JHL 2020;36(3):528-36 is a free paper explaining induced lactation for up to 4 years in nonpregnant women, often done longer to create a deeper bond due to not being biological mom; JHL 2020; 36(4):739-49 explains induced lactation methods. "inducing nonpregnant cows into lactation could be used by dairy producers to increase profitability." JDS 2004;87(10):3290-7.

Females who induce mini lactation can produce even 10 mL of milk, by role play, way less than *450-1350 ml (850 average)* she would when feeding a baby she gave birth to. NIH hosted "Nutrition during Lactation" book explains milk output during lactation: they say moms need about 8-10 sessions of breastfeeding to produce enough milk, since it depends on breasts being emptied so they signal the body to produce more milk and it needs oxytocin via nipple stimulation too; a less known fact is husband/partner can role play he/she is feeding for 1-3

minutes, when breast is empty, without pulling milk, to cause an increase in milk production; milk production in the first 6 weeks after birth is VERY DEPENDENT on nipple restimulation once the fast emptying happens. Not knowing this and switching to formula is often times very sad, since it produces permanent organ damage to the child, who needs real milk not cow milk powders with 73 times more toxic AGEs (Enfamil.com 487 vs 6.7), no custom antibodies, no immunity building oligosaccharides. 25-50% of US moms allegedly give up breasfeeding after 2 months to poison babies with cow milk: 10-30% are estimated to never breastfeed due to laziness, etc: they will spend more time with a sick child later, having to work a lot harder than 20 minutes of breastfeeding. Parents with "lower IQ" (not as low as cow IQ though☺☺☺) are happy to do that, *instead of finding a human donor* of fresh milk. We got endless strip clubs, beauty salons, stadiums, but no place that is truly heavenly, relaxing music, clean, beautiful, etc to breastfeed using a donor, when moms fail to produce. Sports can add 5 years, good breastmilk can add 10 in some cases. What are our priorities? Bees who feed on bee milk live 40 times longer. ☺☺☺ We're not cows, we need better nutrition until age 1 when immunity just got built, especially with these lethal vaccines they poison all babies with these days. *For those with the head in the* clouds, a good wake up call is the 355 page eye chapter that shows natural tears have 2000 nutrients, versus 5 in most artificial tears full of irritants and allergens. Now, *think about the "FDA approved formula" vs natural milk*. Babies need to be kissed by moms each day of breastfeeding, since moms' lips get the bacteria on the baby face (massaged, held, played with) or lips and mothers' immune system produces *antibodies in breastmilk*. Another thing moms need, like dads, is to keep a clean mouth so babies are not annoyed by her stinky mouth. Most people's mouths stink bad since most don't floss daily, nor use the mouthwash or brushing after each of the 3-4 meals, they just wash cars instead. S. Mutans bacteria from the parent lips can go into the baby mouth and cause cavities later as they colonize, so it's key for parents to protect kid's teeth by keeping mouths clean. The *kids are kissed often and parents don't realize how cavities are a contagious disease too*. Some people carry mouthwash or toothbrushes at work, they at least swirl with water after lunch, to clear mouth from debris and acidic pH. This will make people love to talk to you... instead of avoiding you. *NIH papers show milk output can often double within 4 weeks with a series of measures, such as increased stimulation via more sessions, etc. In many cases milk output doubling is needed. It's not ideal to wake baby up from his brain building sleep when you feel like 'he should stimulate your breast because genetically it produces less milk per minute of baby suckling", so stimulating when baby sleeps is key when milk output is low.* Baby mouths are far less powerful than adults, especially in the first 2 months of life, and produce less oxytocin since babies don't know how to stimulate erotically the mom, which produces more milk; dad/partner suckling on empty breast can stimulate more milk production than baby doing so on empty breast. So, when babies are weaker, they don't stimulate as much milk production, it's a lot harder for moms who don't use

dad or partner to generate enough milk for a very healthy baby. Lactating moms could use in the future an advanced device (not the pump) that mimics baby or dad (or partner) suckling or improves on it, to maximize oxytocin and milk production, when dad/suckling partner or companion (can be any adult close to mom, her 'sister, mom, friend, spouse ideally, co-worker (go to bath or car (use sunshade or privacy blocker) to be discreet, if baby allowed at work)' – anyone who realizes empty breast suckling can add 10 years to offspring lifespan, since it prevents formula or donor milk use (not ideal), and does it gently, correctly, lovingly as if $50 billion is at stake; romantic partner is best, since it produces most milk *due to higher oxytocin and higher tender gentle love, dedication to 100% correct suckling (that doesn't damage breast) due to more love for mom*) is not near mom 10 times a day, if the breasts both become empty 10 times daily after the baby feeds (the device would detect emptiness if present after each baby feeding to alert mom that milk output needs increasing). This is extremely critical for LOW BIRTH WEIGHT babies or twins, who need a higher than normal milk output/intake to regain lost growth due to often being smaller than a single baby, and due to having 2 to feed, so there you go, dad busy suckling (dad can simulate a stronger suction than a "weak premature or low birth weight baby or a normal weight baby with poor mouth muscle reflex of suckling for the first year of life due to genetics (see, low milk can be 100% due to genetics of the baby's weak suckling reflex, not low weight)", simulating a 12 month old baby who was born with ideal weight, who, due to having stronger mouth control, can generate more milk, 3 times more milk sometimes than in week 3, 1350 vs 450) empty breast 10x daily at least for twins perhaps to triple milk output, and mom needs to eat more bee pollen, nutritious smoothies to produce 3x more milk than a normal mom if she has triplets. ☺☺☺

MDs prescribe also milk production boosting chemicals, "Health providers face the challenge of prescribing or recommending (herbal or drug) galactagogues (lactose is made of *gal*actose and glucose; lactation is a gal act, not a guy act; *gal* acts and milk comes; Milky Way Galacsy; PubMed *has* 100s of articles on them*, read the most recent ones with latest findings, usually free PMC articles have huge data sets, if your wife can't produce enough milk after you suckling on empty breast 10 times daily*) without the benefit of robust evidence... mothers who consumed the fenugreek (which prevents diabetes) tea produced significantly more milk... (Amazon sells a lactation supplement, with 7 herbs), Mothers taking silymarin (milk thistle polyphenol extract) produced 86%" more milk after 2 months, vs 32% more (milk production increases with each week as baby grows and its suction and stimulation power increase) in placebo. Malungay (moringa tree) capsules produced 162% more milk than controls the 10th day after birth, though the study is by the company selling capsules, so they need a lot more studies (only 1 study showed positive results for each of these folk remedies) ► OJ 2016; 16(4):511-24. 2016 is old, but still useful, though there have been reports of abortion and even death following moringa

ingestion.☺☺☺ J Hum Lactation 2020 Oct 14 explains prescribing domperidone (medicines also have unwanted side effects) for low milk supply, when in many societies women never use these to induce lactation if non-pregnant: "*Milk production consists of 3 phases... Lactogenesis I,... glandular breast tissue proliferates and lactocytes are activated, occurs from the second half of pregnancy to the first 2 days postpartum... Lactogenesis II, the onset of copious milk production, ... occurs between Day 3 and Day 8 postpartum... is under endocrinal control, requiring high levels of serum prolactin and low levels of progesterone for milk production, and oxytocin for milk release...* Next, the production of milk comes under autocrine control, Lactogenesis III. When breasts are not drained sufficiently,... due to insufficient frequency of sucking stimulation, feedback inhibitor of lactation (FIL) builds up and blocks protein synthesis and eventually reduces the number of secretory cell surface receptors for prolactin, leading to" low milk. Aauthors say low output in one of 3 phases affects 15% for primiparous (1st kid) mothers of term infants, so 1 in 6.7. Moms need to prevvent this. Imagine what a training regime with twins or triplets, dad (or partner) needs to suckle on empty daily 25-50 minutes, since 3 babies at once is huge and milk banks are not ideal anyway due to destruction of nutrients in the storage process (freezing, heating, etc), but better than cow formula. ☺☺☺

With *triplets* or *twins* the milk needed is huge, so then, if twins feed every 2 hours usually, after the first empty breast suckling by dad to boost milk production, after 30-80 minutes passed and some milk exists, dad can simulate suckling but not suckle*, only gently rub his lips on the nipple area 1 minute, to further increase milk production since twins require a LOT more milk* when they will wake up in 20 minutes or 50, each emptying one breast fast; a friend is an alternative to human milk banks, if she's willing to pump some of her milk and already has lactated before, since nobody would try to lactate fully probably for your triplets, if they never lactated before, due to the extra work and nutrient intake it involves (would have to breastfeed your baby 10 times daily or 5 times daily or pump 5 times daily, not easy). *Moms need not worry, because triplets or twins can be a joy, since they will bring longer orgasmic* bliss *of nipple stimulation too (*50x daily, need maybe some breast ointment to avoid sore nipples, not 10x with a single baby, since dad does it too while never drawing any milk) and you no longer have to go twice thru individual births, so it's not a big deal after all, bodies adapt to producing more milk as needed. Plus you get dad/partner suckling more on empty, arousing you more often. ☺☺☺ Moms could also use their hands to mimic erotic stimulation after breast is emptied, but another person doing it is better, since it generates more oxytocin and *let's be real,* women are often tired*, after 10 breastfeedings daily, to do proper stimulation when milk is drying up each time baby suckles and* there goes dad/partner suckling the empty breast to boost milk production 50-200%, *partner is less stressed and can arouse the woman (oxytocin).* This increases the brain regeneration of lactating mom, reduces her cortisol and stress levels, as she can relax on the bed

after a hectic day and allow dad to suckle and love her breasts, and bond better with her leading to happier longer lived mom, dad and baby. This *may only be needed for the first 8 weeks of the 1st child* (single usually, twins are rare) *when many women are incapable to produce a lot of milk due to having never lactated before and tissues developing their maximum output then, so it's not like dad will have to do this 12 months of breastfeeding, usually output increases dramatically by week 9, from a few ml in first days to 800 ml.* At least keep this idea in mind, as a backup production *plan,* if *herbs, lower stress,* doctor pills, more liquids, smoothies *don't work* as they often fail in many NIH papers. Many moms don't get much time off and are so stressed with their job and other stuff, the LAST THING on the lactating mom's mind (if she even has the will power and energy to do it, not just mental desire) is massaging their breast to mimic baby suckling...on an empty breast, which increases oxytocin and thus milk release. Not only that, but CE 1986;25(2):97-106 found *only suckling* increases both prolactin (essential for milk production) and oxytocin (essential for milk release) in many cases, *not* breast massage. Since a woman *can't* suckle herself easily, her partner is the only choice to achieve higher milk. That's why in an advanced country, instead of sex shops, we can have milk producing suckling simulators (improving on milk output by 5x versus baby suckling simulation) sold at pharmacies, that allow us to avoid 5 trillion years in lost human lifespan years and $30 quadrillion in useless preventable health care interventions: so simple, just a few extra minutes of suckling by dad or the device if dad not near mom then, and voila, the whole human healthy lifespan increases by 10 years, or even 25 in some cases. Imagine how many couples are completely unaware their baby is malnourished, even if breastfed for 9 months, due to dynamics explained below.☺☺☺

Thus, for seriously often dry moms, dads can suckle the affected breast (well, if a breast is empty, immediately switch to the other, if both are empty then definitely use dad to suckle on empty both breasts, alternate breasts during breastfeeding to avoid a malnourished baby) an extra 1-5 minutes on empty once baby is done, and that multiple times a day if it happens multiple times a day. So, if the dad doesn't step in to simulate baby suckling (never to drink milk, since it's low already) on empty, the baby's health and life will be seriously affected, if milk supply is low, since formula is no substitute, contains macronutrients and micronutrients in different ratios and formula lacks key nutrients (*human specific T cells,* macrophages *(80% of milk cells are* macrophages *in early weeks to build baby immune system),* stem *cells,* immunoglobulins, gangliosides *for brain and some peripheral neurons (*optic *nerve),* cytokines, chemokines, growth *factors,* antimicrobial *proteins,* oligosugars, glycans, mucins – helps with eyes too) for ideal immune system etc.. "Pasteurized donor milk is now commonly provided to high risk infants and most mothers in the U.S. express and freeze their milk at some point in lactation for future infant feedings. *Many milk proteins are degraded by heat treatment and freeze-thaw cycles may not have the same bioactivity* after undergoing these treatments... For

vitamin C (that helps babies see), loss occurs rapidly, even during the process of feeding freshly expressed human milk by bottle" ► PCNA 2013;60(1):49-74; we know with polyphenols reduced 50% in blueberries after freezing, etc; heating is a bad idea, as it creates AGEs that damage the kid and lower his IQ. Going dry is common first 7 weeks (some women doubled thier milk putput by week 5), so many, due to lack of biochemistry knowledge, give up breastfeeding after 4 weeks. "50% of (US) women stopped breastfeeding earlier than they had intended due to (real or imagined) insufficient breastmilk supply... superiority of mothers' own milk to donor human milk and infant formula" ► Ntr 2019;11(5):974, "Maternal perception of an insufficient milk supply is the commonest reason for ceasing breastfeeding.. (by 12 months only 30% were exclusively breastfeeding)... to feed a 9 kg (older) versus 3 kg (just born) baby daily (1350 mL vs 450 mL) can be a physiological challenge for some women." ► AP 2018;41(1):7-9. "factors other than pasteurization (and freeze-thaw cycles if using milk bank, not wet nurse) impact DHM (donor human milk) in clinically significant ways including maturity of the mammary gland (preterm MOM (mothers' own milk) versus term DHM), stage of lactation for which DHM replaces MOM (e.g., mature DHM replacing MOM colostrum and transitional milk)" ► JP 2017; 180:15-21. The paper explains many health issues arise with donor milk, so we have now a scientific proof that the millennia old practices of wet nursing were not always such a good idea at all, since they were often done even when mom could lactate and her milk has specific things, informed from DNA of kid, that donors don't have and the lactation stage changes micro and macronutrient composition dramatically (2 g/L lactoferrin at 2 months, vs 9 g/L early days; *if fresh donor milk; freezing reduces* lactoferrin *50%, to 1 g/L pasteurization by milk bank by 88%, so almost 0.1 g/L is left or* 90 *times* less than what the baby needs if using donor milk early on), i.e after birth milk is very thick, transitional milk is medium, and 'mature milk' is thin, but donor milk would be always thin and very late stage, leading to undesirable outcomes. Induced lactation for 1 week (years or months before conception) at full level of 300 ml doesn't change the way milk comes when a child is naturally born, with colostrum, transitional milk, mature milk, just as previous birth lactation doesn't change next birth lactation. The thickness is regulated by hormonal changes related to discarding placenta and the labor process itself. ☺☺☺

Some don't know milk supply often increases a lot after 7 weeks with persistence (optimizing diet, reducing stress *(stress shrinks milk production by preventing oxytocin release and the baby lifespan via that)* by meditation, peaceful music, and by dad/partner loving mom's nipples when breast is empty, breastfeeding 12 times not 5, dad empty suckling); lactation is extremely challenging at times, since it's also a little painful at times, and stressing for the body after pregnancy to produce 1 liter a day within 3 weeks... so many give up and end up ruining their baby's chance for ideal lifespan and health; usually, dad suckling after birth is only done extra 1-5 minutes after breast is empty to increase signaling to produce more and for maximum erotic

arousal that produces the hormone to signal more milk is needed. The artificial tears and natural tears are very different and there are ways to produce natural tears by yawns, etc: this is the exact same thing, we're trying to make up for nature's imperfect milk supply, using science, to avoid 1 million dollars and extra time in later health care costs because we were against spending 10 minutes a day sucking the empty breast (unfortunately, for some women, according to researchers on induced lactation, this may mean 20-30 minutes a day), since it's too 'demeaning for such a big ego to do that' and 'unscientific'. How is cow milk 'is a perfect substitute' scientific? ☺☺☺ More erotic guys will be happy to do that, especially if they remap their brain too before birth to love to suckle on empty or role play they suckle, to be ultra prepared for any eventual need of doing that *(easy to know if needed, just try suckle after baby is done and 'satiated', if mom doesn't notice if* milk still flows due to being ultra tired); but some males may have some ego issues and anger due to being interrupted 8 times daily when breast becomes empty ultra fast, since this has to be done at irregular times when her breast becomes empty, not to drink milk and NOT when husband is in the mood for that.

Remember, guys, a healthy baby will take better care of you when older, make a more intelligent companion in science projects if you're a geek who can help you since he *has higher IQ now due to your suckling empty breasts of mom*, make you spend 100 times less trying to cure baby health issues later, than the 5-30 minutes a day of suckling in the first 7 weeks especially, when milk supply is lower, since her body can't instantly in one day go from 1 ml to 1000 ml. *Perhaps, it's smart to study this a little, read a few papers, at least, since women are too tired at times to realize when the baby wants more milk yet breast is empty. So then, how will they decide if* suckling of empty breast *is ideal or not? You don't know, but better to feed baby extra milk and have milk left after each suckling than to have breast empty after each suckling indicating there is need of more volume, so husband has to suck with passion 20-30 minutes daily to stimulate production.* There is the mini lactation (1-10 ml) and the full lactation (300+ ml) that increases breast weight by 2 pounds total quite often, and can involve changes in breast appearance; sometimes veins become visible around areolae due to blood supply for new milk producing ducts, etc and can be painful for some women when the big breast is full of milk, since tissues are not used to that size and stretch, so it helps to know mom can use her partner or pump to relieve milk build up pressure if baby is sleeping and not suckling (and not rely on a pump to collect milk, when milk output is optimal, for later use in 2 hours when baby wakes up, because the milk that sits even hours is inferior and if there is enough milk it's best to use fresh milk not one from 5 hours ago; babies often do wake up every 2-3 hours to drink for a few minutes, ideally 10 times daily for bigger brain and etc. It's a huge change to achieve true full lactation for 30 days (all we need to give that higher output when 1st baby comes later) prior to first pregnancy or birth (500 ml or more daily for many weeks in a row, not 1 ml every other

day). *After the 1st full lactation (300, not 1 ml), induced or after birth, the areolae enlarge and darken, increasing their radius, so spies who claim to be single and hide their breast details may do so because it shows if they're already moms who had gone thru lactation (hence picture editing and avoiding showing the areolae) – big breast doesn't mean women ever got pregnant and lactated though; spies know how to tell probably if a woman ever lactated, probably even the voice pattern changes slightly and AI picks that up; plus the breasts are sagging more*. Babies feed on colostrum right after birth, so preconception lactation may release more normal milk in the first hours after birth and less colostrum than usual, though that is not the case usually since women giving birth to 2nd child have already lactated and the labor induces hormonal changes that produce colostrum. ☺☺☺ Perhaps we can argue that full induced lactation can mimic 'having had a baby before' and produce more colostrum, milk when baby is 1-10 week old than first time mothers (unfamiliar with the milk boosting ideas in this section), sometimes giving baby higher health and 20 year longer lifespan (100 not 80 years old), since malnutrition due to low milk output (unknown to parents) first 10 weeks will often have devastating consequences for fans of 120 year lifespans. However, that is something that needs to be researched more.

Colostrum is rich in antibodies, etc so how does induced lactation affect colostrum quality after labor? Also the hormonal changes, etc need to be studied in detail to see how they affect conception and pregnancy, if one produces more than 1 ml a day (since full lactation of 900 ml would diminish fertility or eliminate it completely), and how mature milk instead of the colostrum and transitional milk affect lactation. An extra benefit of full breastfeeding after birth and not using formula at all is that the woman can't conceive for 6-12 months even if she ever has any sex, since it would not be a good idea to malnourish baby with cow milk and then get pregnant again. It's a very complex issue, since in life, in certain cases, going against nature provides more benefits: for example, many kids die if they're not supplemented with some vitamins at birth, so we go against nature to increase human lifespan; we went against nature and managed to move objects via rocket space probes at 8,000 times higher speed than natural given running speed, using tech. Likewise, many routine procedures now would be thought of as insane 150 years ago and nobody would dare do it, yet we know they extend lifespan and prevent kid issues; well, if you have 5 months to read 5,000 papers on milk and hormones and effects and talk to doctors, you may discover something (not related to inducing early lactation necessarily) that in 300 years will be routine, but this does require more research and luck. *You can google* "boost milk production in humans NIH" or other combos to get NIH papers on milk output optimization; read them before birth, before third semester, to have a better idea and not find the mom short on milk for the infant with no backup production plan; good milk supply can add 15 years to baby lifespan, a lot of health and IQ too. As explained earlier, what happens in the first 6-12 months of life nutritionally, affects genes and longevity, health and IQ far more

than what happens at age 15 or 20, just like bees fed better during early life end up living 40 times longer. Some parents focus on nutrition after lactation, forgetting breastfeeding.

Since pregnant women often breastfeed another baby, born earlier, it's OK to breastfeed 5 ml while pregnant to partner for 3 weeks to reprime the mammary gland prior to last 15 weeks of pregnancy (avoiding it close to term, since it may induce preterm labor; since it was maybe 1 year since the full lactation was induced for 50 days to develop big breasts), but it only makes sense to research full lactation induction more seriously for people with a known history of low milk output in the family or to develop a stronger backup production plan in women with anxiety or some other issue that undermines or adds risks to milk outputs in the absence of genetic factors*:* ask grandmas, mom, etc and see how long they exclusively breastfed, how fast the breast was empty after suckling, etc; moms can lie and grandmas too, if they think it may make them look bad, so it's best to have a backup plan and be realistic, humans are humans and their stories often change 'I breastfed you x weeks, then she says 2x weeks, then 3x weeks as she hears that's better' to console the naive daughter. In the old times, no Internet meant ignorance was huge, so women didn't research signaling of breast emptying, baby satiation, all needed to do to induce lactation output increase of 90% when desperately needed – many not having the slightest clue this can be done by eating more bee pollen, milk nutrient rich foods, drinking more water or smoothies and above all, have dad suckle empty breast. *Many will be surprised to find out the amount of exclusive breastfeeding by their mom or grandma*, if they're even recalling exactly and not fake doubling or tripling the week/month number to look better, *is* not *the ideal WHO duration for exclusive or partial lactation, leading to poor health and lower longevity:* a little extra time, from dad and mom, before birth, researching and preparing can save 5,000 times more time wasted later to fix issues some extra milk could have prevented. Dad suckling 1 min empty breast a few times daily for 2 weeks could convince many women to not use formula or *give up breastfeeding (happens often first 5 weeks)* and see a sudden rise in output that then prevents *3 million in health care expenses* and tons of time wasted. People forget sometimes a power plant disaster could have prevented by a 5 minute routine check or something, and then they had to spend 5 years to rebuild. How is 1 minute vs 1 year? A big difference. ☺☺☺ Prevention is often times 100s or millions of times cheaper and faster.

We better *breastfeed 10 times daily smaller batches than 5 times bigger batches*, since milk production DOES INCREASE when you breastfeed 10 times in many studies. Likewise, parents are under the illusion that if she breastfed her baby 6 months or longer, it's all good, *but her baby may have been quite starving for many nutrients* – with her not realizing that her breast was empty and baby wanted more actually, leading to impaired vision, IQ, organ development. *So it helps to research a little and prevent issues before they arise, by being fully prepared to suckle and extra stimulate* if breast is ever empty after baby is done suckling *(husband can check that*

when woman is too tired to be sure, by trying to suckle after baby went back to sleep, as they sleep 22 hours usually). This priming of the mammary glands and association of suckling with intense happiness (probably needs be done when both are very rested and able to focus on happiness) can probably actually remap the brain and make mom look forward to real breastfeeding as the 2nd high of the day after meditation, boost milk output dramatically (that 20% that makes often the difference between a mom switching off breast to the bottle) because the mammary glands got a head start and the brain-breast connection is stronger. The 1st child and first lactation are a huge change for the body, the breasts often become twice as big, and the stress on the body to produce 1000 ml of milk from 0 ml is huge, so that's why prepregnancy even induced tiny or semi full lactation (full lactation eliminates periods and makes conception very difficult in many cases, but nobody almost who ever suckles nipples to produce milk reaches high volumes, above 200ml, that can eliminate periods and ovulation at whatever unknown level of 300-800 ml?) can present benefits to first born child that are available to 2nd born, since for later born kids the breasts don't have to go thru the ultra fast enlargement and production boost that happens first 5 weeks post 1st birth, it's a huge proliferation of milk producing tissue; inducing lactation makes the stress of 'producing enough milk' far lower.

Stress diminishes *milk supply*, so have your comedy videos ready and relaxation plans too; *lack of self-confidence means stress, anxiety and it increases pregnancy risks, damages fetus and lactation output, so even just going thru a little fake nipple suckling to boost self confidence and believing this helps will induce powerful autosuggestion, placebo like effect that this will make pregnancy and delivery and lactation so much easier, better, etc and help – effect that needs to be controlled for in clinical studies, by women believing they lactated fully, but not really, with husband telling them they produce milk but they don't produce much, etc... to account for the mind effect vs real 500 ml not 5 ml pre conception (no sex prior to full lactation to ensure bigger breast) lactation effect on post birth lactation output, fetus birth weight, child health, delivery ease, etc).* Dads need recall to say only positive things about milk output, since moms are suggestible during stressful lactation times and also, to *ensure they never say or do anything that they know might make mom unhappy*; instead, dad/partner needs make her the happiest ever, during lactation too, not just pregnancy, *since any negative emotion or* diminishes *milk output*.☺☺☺ Preconception lactation for 1 month (no sex while trying to reach full lactation for 4 weeks, to avoid going into 1st pregnancy without mammary tissue), 3-50 months before pregnancy, is thus something that many may argue that it prevents, in many cases, the malnourishing of babies due to low milk for religiously devoted to human milk moms who don't realize 5 feedings is often insufficient and 12 may be ideal for their baby, given the low milk flow and extra stimulation needed for that genome to produce 800-1200 ml lower weight babies need to catch up and grow. Obviously, one needs to eat DHA and all nutrients one would when

lactating for real, to avoid any deficiency from producing 1-10 ml of milk, if any comes out. ☺☺☺ Though 10 ml is not 1000. Some claim that they were able to produce 300 even without ever being pregnant, being more of a stimulation dependent process that stops once suckling stops. However, since real breastfeeding (950 ml, not 1) can induce hypoestrogenic state and vaginal dryness due to dehydration, this needs to be done after more research, in order to determine nutrient intake, fluid intake (that can cause dryness), etc so that it's done only for a few weeks (when conception may not work if high flow); role play and orgasm like bliss via erotic nipple stimulation without milk production won't dry the vagina though. During pregnancy, since nutrients go to the baby, this can stop 100% (even 5 ml), especially as the baby grows, since orgasmic states close to labor can induce preterm labor which shortens offspring lifespan.

One could do 50 million mom study to see if this 'role play simulation of lactation prior to conception, birth' has, outside confounding factors, a huge effect on baby IQ, growth, health, height, weight, due to more milk produced via the increase of mammary gland size due to training, just like our muscles can double in size via training; this can easily be done after 1st child, too, if the milk output was low, doesn't have to happen before, though the whole point is to do it before the 1st child for 30-90 days or so (then resume normal life so full fertility is restored), *because 1st kid is the one that suffers the most from low milk flow, since 2nd child has bigger breasts with tons of mammary gland tissue already.* Milk production begins in the week 10-22 of pregnancy (this is not expressed or consumed by anyone normally, so tissue development is slower), but still, for the 1st baby, there is less output as it takes a 3-12 months of breastfeeding 1 liter daily to develop really big ducts, etc. Obviously, body resources go into milk production and milk ducts and etc development in 1st pregnancy, and in the first 8 weeks of lactation, so this shrinks mother nutrients going to placenta and actual milk production during lactation☺☺☺, since tissues are not there preexisting as with 2nd child, thus shortening lifespan of 1st baby or twins, due to higher chance of low output and lower quality milk and lower nutrient transfer to placenta. If a couple spent 4 years trying to conceive, they might as well try lactation induction for 50 days and then stop to be more prepared? ☺☺☺ What are the cons and pros? Future studies can determine the methods, ideal # of ml of milk produced, time periods (how many months prior to birth, or conception, if any during pregnancy helps, etc), etc that are optimal to grant maximum offspring health and lifespan, 1st child especially we're talking here, since 2nd (and each later child) is already at a huge advantage, since mom has more experience in being mom, etc, far higher milk output sometimes first 3 weeks of life than moms who never lactated, last child having the most mother experience in bonding (which raises IQ, etc) and being a good breastfeeder. The malnourishing in the first 4 weeks of life (when mom's breasts adjust to eventually produce 1000 ml 1st time ever, first few days milk coming out is minimal) of the 1st kid due to low milk may shrink healthy and even total lifespan by 15 years

and few know about it, why not give your baby a 120 year lifespan instead of 100? So, since these mega studies may take 200 years to complete, at least have an idea and some backup plan? Role play breastfeeding may make the couple more tender kinder softer gentler, since role playing being mommy and baby will evoke a gentler emotional center network in our brains and magnify that; plus the bonding prevents conflict which will make the baby live longer, since harmony brings healthier kid brain hormones due to them copying emotions of happy parents.

In our world we have 3 million gyms that build strong muscles for women, but not many places to breastfeed and learn about the importance of diet in the first year of life when brain doubles its size: are we prioritizing muscles or brains? Milk banks with 50 types of milks for 50 types of genomes and 52 weeks of the 1st year of human lactation, some of which have vastly different contents, so 2600 types of milk? Milk banks today pasteurize and freeze dry milk often, to remove pathogens, so in that process they diminish milk quality dramatically, so relying on milk banks as backup is better than cow powder formula, but far less ideal than a strong production plan. Why is anyone against breastfeeding for 30 days or 70 before even conceiving, to bring breasts to bigger size is unclear, if it helps 1st kid to live 10-20 years extra (it's not about erotica or bonding between parents, or bliss even (since divine ecstasy thru meditation is far higher) but about lifespan of 1st kid or twins mostly, and less about his healthy lifespan which also shrinks with donor stored milk, even your own milk loses vitamin C in a bottle fast). Anyone heard of 2600 types of milk, like 4 types of donor blood? Instead 'not so gentle' (sometimes like boxing match) emotions, tones, fake silicone breasts we could have natural 10% bigger breasts (*doubling milk output volume and duration when first lactating may only need to increase breast size by 10% via simulation*; two women can have different size breasts and the smaller breast can produce double the milk and for 3 times lo*nger after birth easily, just as some people have eye tears deficiency and can produce only 20% of what others produce)* from a tender loving simulation that ennobles the human genetic mind with *gentle tender Immortal sweet healing nurturing shimmering universal loving kindness that brings a gentler higher IQ world with gentler tone like in the 1 min* immortality blessing *& 1 min* soft tone. It's against taboo to lactate, to produce milk in tiny quantities, for a milk bank, or 1st child lactation efficiency, etc.☺☺

The milk section explains D-galactose in cow and human milk (from lactose) may destroy some neurons in a brain region, leading to Parkinson; thus, if the guy is afraid of bad effects, milk being for babies only, he can just discard it in a bottle after suckling it for a few weeks before the *first* conception *only* (after that, the breasts are well developed, so no nursing). Babies are different than adults and for them neurons being pruned is fine (200 to 100 billion in 4 years). Imagine making a social media post like that 'looking for suckling babies' who need extra milk to practice a little lactation before conception for maximizing 1st child healthy and total lifespan', or 'looking for similar genome & blood type lady to breastfeed my infant since I run out of milk

once a day or to donate freshly squeezed (pump) milk', etc... some may think she's a 'bitch' looking for erotic 'adult nursing relationships', or some other stuff, or not believing in the present science that can't replicate even natural tears well, let alone fresh milk from a person, etc, when actually she's just an honest person looking for the best longevity of her kid, which affects the average lifespan of all humanity by 0.00..01% too. ***The odd thing is that there is a strong cultural taboo against even mentioning in an online romantic match website profile that she's interested in 'adult nursing', i.e. in people who live closer, since living far away would make it a theory, since to even practice and produce 5 ml of milk would require meeting a few minutes daily at the very minimum (once or twice a day minimum), though manual self-expression with a milk pump is also possible when meeting is not possible. But really, if you honestly look at how many daters spend their time together, they could often do that or role play they do it, while using sweet tones, and yield a gentler version of themselves and also a healthier offspring even if this doesn't imply getting any more intimate than breastfeeding; in a world of casual sex and etc, a move to only meditation first and, if can't do that, at least, only breastfeeding first after getting engaged or something (*****bare breast, nothing else; for a few weeks only anyway, if the female never lactated only, anyway, if the female wants to lactate for a few weeks only for the sake of 1st kid, years before eventual conception maybe; see explanation above about 1st born vs the rest; if woman lactated before, there is no point in breastfeeding) to *develop the motherly and gentler emotions of baby feeding or suckling, the more tender aspect of that, may be beneficial, as people focus on offspring health and less on 'sex',* **more on humanity's health** *and* **emotional evolution** *and* **less on self-gratification**.☺☺☺

A woman can tell 100 times better sometimes from the tone of speech of a suckling boyfriend and his behavior (as can tell the guy too from her tone and behavior) if they will be a good match for more 'intimate' processes and if the partner is tender gentle soft enough to raise the most loving baby the town or neighborhood has ever known. ***Without an eterni like tone becoming more common, there is little hope for fast science progress, and the truly universally loving babies only emerge where eterni tones exist. When gentleness is absent, people will prioritize weapon making and self-gratification at the expense of humanity's wellbeing; longevity progress, concern for kids' health (they are the future humanity, more important than self-gratification) will be slow or minimal.*** **With higher IQ, kids will teach parents who're not into meditation to attain bliss by meditation, without the need for so much erotica, as tech advances to allow our brains to move into more positive states every 5 minutes, thereby delaying aging caused by the release of fight-flight hormones, etc. So, while not seeking self-gratification, they got higher happiness, in a paradox similar to 'by not bragging, not seeking praise, one gains recognition and is praised' (Tao Te Ching), or simply mathematics: if one's intent is of the wellbeing of 8 billion people, the collective genetic mind of those 8 billion senses that and helps**

that individual to reach much higher happiness than when his intent was only self-gratification. We could argue that breastfeeding helps women and men to nurture their more tender gentle self that deals with being a good parent, able to bond and gently caress the baby, who enjoys breastfeeding and creates a happy healthy baby. Imagine for 1 minute if a man and woman role play they're mom and baby, this will create a very different energy – because the baby has a gentle tender tone of speech "mommy, may I get some milk?' and her tone, by virtue of role playing would be more eterni too, more tender, gentler, softer, ☺☺☺ as the *gentle tender* Immortal *sweet healing nurturing* shimmering *universal* loving kindness vibe replaces or dominates the lust energy present due to biological arousal; then a healthier relationship develops, where universal loving kindness rules, instead of merely sexual attraction.

The 'not knowing' chapter explains well that we, adults, are like 2 minute old babies compared to Immortals, so there is nothing unrealistic about role playing being a baby, after all, we're all babies and it helps diminish our egos too, egos being a hindrance to harmony at home and at large; plus it helps us laugh and realize we would be living to 1 million years old if we discovered artificial eterni milk of 'infinitely slower aging' the faster science progress healthier babies bring. Eventually, we won't need breastmilk or breasts. Humans may evolve to no longer have breasts over eons, since we may be 'energy' beings materializing normal matter and offspring via energy beams from our beings, when we become teleporting genderless shimmering shapeshifting Immortals who live billions or millions of years or much longer: mind or heart ray precipitation of offspring by 2 or 2 billion parents co-creating it. We won't need breastmilk possibly even when we live to 50,000 years, since eterni food tech will enable milk that is way more Immortality giving than present human milk and we're not dependent on breasts to love offspring, bond or show compassion. *So, it helps to keep things in perspective and not become overly romantic about breasts, to transcend the genetic mind programming of 'breast arousal' so that one is less manipulated by spy agencies using female spies or images they beam into people's brains via tech. It helps to focus on what is really more beautiful in women, their tone of intent, emotion, speech, not breast shape, size or etc. Yet, the reality is our tech is not advanced enough to mimic individual milk (composition changes daily, weekly, etc) when mom can't produce enough*. We got the prematter baby (unconceived one we talked about above) seeing the compassionate energy ruling and it makes him more willing to materialize and help that woman have a baby some day, even if it may not be with the first guy she breastfeeds or role plays she breastfeeds; as she role plays breastfeeding, *the universe brings by law of resonance that experience closer to her reality; she's acting as if she has a baby and that brings that future faster, she creates that future, ☺☺☺she reprograms reality by changing her brain; the collective genetic mind interacting with prematter babies will lead to babies or conception happening sooner for the 'would be moms' who're best prepared for the most loving gentle*

breastfeeding, a key to humanity's health and survival at our current primitive tech level. Gentler fathers with smaller egos will also be favored by the superorganism of 'all humanity born and prematter into one' because this role playing helps with ego management, after all, we're all babies. It's the natural selection for a healthier kinder humanity, less prone to disappearing. Human milk is very different than cow milk or soy milk based formula. We got blood type A, B, etc so there must be milk types that are optimal too, since milk and tears often closely emulate blood chemical concentrations. *Women get sometimes overwhelmed by the extra effort needed to be a good milk producer, eating an extra liter of 'milk nutrient' rich smoothies or healthy shake is requiring will power and realization that 1. kid-mom relationship quality is proportional to breastfeeding duration, quality (no bonding, more superficial bond, plus milk creates a higher quantum entanglement between mom and baby, instead of between cows and baby, and likewise, between mom and her partner) 2. kid health benefits mom, since kid will take care of her better, having higher IQ and vitality. Entangling with cows may lower IQ independently of the vast differences in nutrient composition between human and cow, sheep or goat milk that people used over eons. Likewise, you don't want to entangle just with any woman who wants to breastfeed someone, since you will create a sort of quantum entanglement too.* ☺

***Full (400 ml, not < 50) induced lactation will make conception almost* impossible (better than birth control pills some claim, maybe true for some at least), *so it can be used to achieve 2 ends*: 1. better outcomes for 1st pregnancy in x years when the couple tries to conceive, 2. natural birth control for the few months it is done, that prevents toxic birth control pills some women take. Plus, women get to no longer use condom, if they ever have sex, which will result in benefits, since sperm is loaded with nutrients and chemicals that improve women's mood, whereas birth control pills damage brains and bodies. *Why do we study breastmilk?*☺☺☺ To help kids live to 4000. A side effect is that even if a woman would do it for better bonding with her husband (they can bond via joint meditation too), at 4 ml a day even after 1st pregnancy for 2 months or years, not real 400-900 ml lactation, it may, in some or most cases, extend female lifespan, since in general breastfeeding prevents certain mother diseases via preventing stress, flooding the brain with feel good hormones, as long as it doesn't lead to nutrient depletion via too much reproductive liquid loss (if nipple stimulation leads to too frequent sex). However, to fully know if that's true, we would need read 1000s of papers and maybe do bigger studies. Normally, blood chemicals going to breast tissue to make milk induce system wide changes, via hormones, etc that could enhance female lifespan and slow aging, at certain levels of milk production only; however, since relationships being better enhance lifespan of both dad and mom, even role playing suckling may extend couple lifespan if they don't meditate together. It's also true that the genetic mind superorganism has automatic reflexes of rushing unknown particle mechanism help to moms who breastfeed, since they're perpetuating the species, so it's possible there is 2-**

30 month extra lifespan for women who breastfeed 1 ml daily their husband for many years, due to this feedback effect, since the genetic mind doesn't always distinguish between baby or husband feeding and even if it does, it may send help if it perceives the species needs more love to avoid its end. *But, there is another side effect too: the entire family could benefit:* imagine a future when every woman has 1 g of her important breastmilk and colostrum antibodies, stem cells, specific things stored, for on demand cell or protein multiplication, to create 1 trillion such cells, if her kid gets sick and future tech enables taking those stem cells, chemicals to create pluripotent stem cells that become any needed cells and other chemical cocktails that achieve same effects as stem cells, or antibodies to prevent issues, regenerate organs, etc – granting every human an extra 50 years of life. Same for sperm. Already we turn all kinds of cells, into stem cells, use chemical mixes to achieve same effects as stem cells.

First 6 months is the *most challenging period for nutrient intake*, ☺☺☺ since milk doesn't provide all nutrients (*donor milk, formula or cow milk even less*) for optimal development per many papers (especially in some moms who don't take 200 IU vitamin D for example, but the 600 IU RDA, etc) and there is huge debate about how much of the vitamins need be added in the 4-10 ml breast extracted milk or infant formula used to supplement the breastmilk (ideally 99% of milk provided via the breast, not formula). First 6 months RDA for most stuff is met by breastfeeding a minimal volume of milk (*only if that volume is given is RDA met*), with the exception of some controversial (due to many papers arguing) nutrients. Add to that that they don't have guidelines for people who breastfeed only 30 or 50%, not entirely, just for those who breastfeed exclusively or who take infant formula (minimal breastfeeding). Worth doing more research, instead of talking to one doctor who may not know all the latest discoveries, since 100s of new lactation papers come out monthly and not all doctors know the latest thing. For example, NIH website quotes the CDC: "12% of infants aged *6 to 11 months* in the US have inadequate iron intakes (*hence even $ stores got brands of iron, vitamin D, A drops for babies under the new Baby Care section*), and 8% of toddlers have iron deficiency... Breastfed *infants* who *receive* insufficient *iron* (less than 1 mg/kg/day) *from* supplementary *foods* by age 6 *months* should *receive* 1 mg/kg/day of *iron* drops.. The American Academy of Ped recommends *1 mg/kg/day* iron supplementation for *exclusively or primarily* breastfed *full-term infants from age* 4 months *until the infants begin eating iron-containing complementary foods...* like iron fortified cereals. The WHO recommends universal supplementation with 2 mg/kg/day *of iron in children aged 6 to 23 months* whose diet doesn't include foods fortified with iron. *Standard infant formulas containing 10 to 12 mg/L iron can meet the iron needs of infants for the first year of life.* The Academy recommends 2 mg/kg/day iron supplementation for preterm infants aged 1 to 12 months who're fed breastmilk." ☺☺☺ The RDA for iron is shifty. Propolis increased milk production in sheep, does that hold true for humans? NIH recommends "breastfed (and

formula fed) infants receive supplements of 400 IU (10 µg)/day of vitamin D beginning in the first few days after birth and *continued until* the infant is weaned and (or, if never breastfed) *drinks at least 1 liter of vitamin D-fortified formula* or whole milk daily." ☺☺☺

15.9.1.4. Months 7-18 (lactation + food) nutrition

First 7-18 months RDA meeting is tricky, since everyone lactates differently, so one has to calculate properly to make sure no deficiency exists, if breastfeeding☺☺☺ occurs and is used to calculate intake. Check all nutrients in Chapter 12, to see if RDA met. 30% of Aussies exclusively breastfeed at 12 months, so it's not that uncommon to breastfeed a lot for a year. The best thing is to breastfeed a lot in the first year, since the brain doubles in size and you don't want to eat foods that overwhelm the immune system. For example, a lot of baby foods or at home mom made foods can have allergens from egg, fish, peanut proteins, equipment used to process peanuts, etc "*50 µg* (0.05 mg) of peanuts can initiate an allergic (can be fatal) reaction which can occur either immediately after the ingestion", so with a lot of 'chocolate, candy, protein bars" etc moms give to kids, they could destroy the kid brain, even if she makes a smoothie out of something. Not to mention, the walnut section explains how deadly peanuts are. Some kids die from eating eggs, fish, algae, peanuts, etc, so avoid these foods until age 2. If you have small kids, under age 1, when brain doubles in size, avoid the top foods that are known to have killed kids due to anaphylactic shock, since these foods may damage the brain, lower IQ by 20 points, even if the kid doesn't die: you won't know it, *as infant or toddler may not know how to communicate discomfort or pain well*. Keep mom ultra happy (*kiss and pamper her all day, make her laugh etc)* during pregnancy and first 1.5 year of life, because anger then will make the kid an angry person for the rest of his life, the BRAIN FORMS… and its basic response reflexes to life. So, dads, to avoid issues with kids, learn to be an angel during pregnancy and first 2 years of life… A 1-3 year old can't explain well in language his sensations, if anything is odd, etc to signal he should avoid a given food and in our savage era, we don't monitor 100 biomarkers daily by taking a pic of wrist blood vessel. New tech, similar to continuous glucose monitoring, may help monitor other parameters and one day, monitor 20000 biomarkers to sense issues 40 years before disease emerges. The algal oil section has some papers on parvalbumin and other allergens in fish, fish oil, algal oil. ω3 is critical during brain development and size doubling before age 1, so getting enough of it is important, so is mixing it properly to avoid lung damage by the kid ingestion of pure oil. Avoid giving peanuts to any kid under 3, since they can be fatal in kids and they contain a very inflammatory 5200:1 ω3:6 ratio that *destroys the brain during development*. Avoid nut mixes, as those are oxidized usually and deadly with the hyper allergen sunflower seeds and peanuts. Peanuts are very unhealthy, try avoid them for life, stick to walnuts. Also strong allergens can be soy, milk, shellfish and wheat (gluten, see the scary brain data). In Iran, WAOJ 2010;3(1):9-13 found "the most current cause of anaphylaxis (can be fatal)

in children was food (89.7%). Milk (49.3%) and wheat (26.1%) were the most common. Other foods were egg (8.7%), nuts (2.8%), and spices (2.8%).” In UK ADC 2002;86(4):236-9 found “past 10 years, eight *children died*... Milk caused four of the deaths.” Iran said 49% milk, UK says 50% deaths, etc. See 20 reasons why cow milk is deadly. Mommy, keep breastfeeding, ***avoid the poison cow milk please. Bond with your baby please.***☺☺☺

15.9.1.5. Age 1.5-5 (some lactate a little until 2 years old) nutrition

Most stop lactating much after 18 months, but some lactate until 24 or longer, but in those “post month 18 lactation” cases milk nutrients can be thought of as extra supplement drink, for a better immune system. We know first year of life the brain doubles in size, so the nutrition requirements will be different in the second year of life, when only a 15% INCREASE IN BRAIN SIZE OCCURS. The 2nd year is the most important year, after the pregnancy, and 1st year. The brain is most plastic, so any amazing super hard to master when old skill is best taught here.

15.9.1.6. Age 5-18 nutrition

This is the completion of the human adult, so nutrition is far more important than in adult stage, for adding extra years to lifespan and perfect health. The vitamin section also lists required intakes for all age groups past infancy, whenever you want to create your Excel table.

15.9.1.7. Age 18-50 nutrition

This is the simplest, because all the RDA tables in the nutrient and vitamin sections and online sources, cover these values and the body is young and able to deal with temporary shortages of certain nutrients. Nutrition in this stage maintains optimal health and aims to extend lifespan by maybe 20 years maximum, unlike previous stages when one could add 4 millennia.☺☺☺

15.9.1.8. Age 50-4,000,000 nutrition

We all know as people age, their ability to synthesize many nutrients decreases. In the CoQ10 section we saw the chart showing how the body produces 42% CoQ10 at age 80 versus age 20. The same, or far more dramatic decreases, is true for many other chemicals that our body needs. Because of this, when people are older, they need to be more careful about nutritional intake than they were in their 20s, 30s, 40s, and they need to take more than the RDA for many vitamins for maximum longevity, as absorption is poorer. As technology advances and we discover new things, we will worry about the science fiction technologies of the future, enabling us to live to 50, 000 or a million years old, by various interventions, but at this stage, it’s not practical to talk about it too much, when we can't even make it to 150. People might try to eat less and provide nutrients to cells directly in alternate ways, to produce nutrients from air to prevent cellular degradation of specific types when they live 90,000+ years. Nobody knows

exactly because the language to describe these techs doesn't exist, just like people from centuries ago didn't have the science vocabulary to even define/understand present techs. ☺☺

15.9.2. Stimulation and Play (around conception, pregnancy, infancy)

The first section, 15.1, dealt with stimulation and play of prematter baby prior to conception. The other sections dealt a little with stimulation during pregnancy and infancy. The paragraphs below add more ideas to play and stimulation during pregnancy and infancy, while chapter 4 has a few pages on more constructive stimulation during ages 4 to 18. Check a simple article on phrases or ideas to use to turn any child negative emotion into happiness. ☺☺☺

Summary of some ideas from the book "How to have a smarter baby" by Susan Golant & some Alex Tanous books too

Both mom and dad are encouraged to hold the naked baby daily at least 5 minutes on their bare skin because skin to skin contact is very beneficial to the baby. They noticed in many studies the babies who get more skin to skin grow smarter and healthier, this is explained more in the massage therapy section. Babies can be stroked daily gently to aid motor development. Use toys, dolls, fabrics, clothes of different textures too to stimulate touch neurons. This may also be due to neuron stimulation or antibodies learning or smell stimulation or comfort from smell or a combo of all these. The baby needs to sleep almost all day in the first few weeks or even months, so don't harass him with visitors or games, etc. His brain grows so fast, he needs the sleep. The other suggestion of the authors is to create a routine, so he knows that crying will grant him milk diaper change, etc. It helps baby feel better if he can affect his environment with predictability. Use the same lullaby as before birth, the same words to put him to bed, like "sweet dreams" or "sweet night" etc, so he knows those words mean sleep. Massage the baby often from the front of head to the back of the neck to help relieve tension (head massage may increase IQ as explained before), from head to toes, to also relax him especially between 4 pm and 6 pm when babies are hypothesized to be more stressed. Allow baby to play 5 min daily naked on the bed. You can move the position of his crib to help him develop spatial skills in theory, they say, but this won't necessarily make him feel secure and may increase anxiety. Just see what you're guided. Depends on the baby perhaps. Babies have a natural reflex for "swimming" and it's lost by 2 months. So, you can help him to "swim" a little sort of in the bathtub, while he's held of course to prevent him from inhaling any water, or going to a special baby swimming class. Babies who swim early at 2 months also walk sooner. "Swimming" allows better motor development even if he's held and not really swimming. When labor starts, press the breast tissue between fingers to get the milky colostrum collected in a cup (placed in freezer). In the last month of pregnancy, the breast produces this liquid. This is then fed to the

baby once born. Collect about one fourth of a cup. You can bring the checkerboard type printouts etc at labor site, if not home in an inflated pool (midwife water birth). The mother abdomen can enjoy the *gentle tender soft* audio file recorded on the phone before, that the baby listened to in the womb for a few weeks before, to calm the baby as he's undergoing the shift from womb to our world. This calms the baby and mom too. Dad can place these headphones on mom abdomen and calm the mom. Fathers are encouraged take their shirt off and be ready to hug the baby after the first hug with mom, once delivered. Moms are advised to listen to calming relaxing music to help the labor go effortlessly; this calms the baby and he will kick less and come out easier. Pain will be less requiring less medication, some doctors use really soothing music instead of anesthesia for low pain stuff. Dim lights are proven to make the labor better. Never lie down on back as this restricts blood flow to uterus. Instead stay on the side or in any of the positions explained in the water birth books, etc. These things will be explained though by the nurse who assists the water birth. ☺☺☺

Mom can hug the baby before his umbilical cord is even cut, if the cord is long enough. The doctor or nurse or midwife are advised to place baby on the chest of mom, so he can hear her heartbeat that he was familiar with. Parents can repeat the prenatal phrase on that audio file or said every day like "i love you, I'm mommy or first name," or "i love you, I'm daddy or first name". The baby will recognize the phrase and tone of voice. After mommy hugs him a few minutes, dad does too. While baby weight and vitals are taken, daddy can caress the baby and play with him verbally, singing him the same lullaby as on the tape or the phrase, "I love you, this is daddy". This calms the baby as he goes thru medical tests of birth. Enjoy the first 2 hrs of life by hugging the baby. Stroke the baby 14 times a minute or so, the rate of the placenta waves due to mom breathing, as this calms the newborn. He may urinate or have a dark stool, which is normal. Feed the baby the colostrum from the breasts right after birth, in that first 2 hrs, since nature made this one special for the just born baby. This is not the colostrum saved above. Use around baby a piece of scarf or cloth mom wore for days so he's more relaxed, being in a familiar smell, instead of the smell of antiseptic, when doctor cuts his cord. Take the colostrum from fridge and put it near baby nose, so he gets familiar with it and more ready to breastfeed on milk soon. Snug nest raised mimics the uterine environment and helps the baby sleep well.☺

In the worst case scenario, of cesarean, the father is advised to immediately hug and caress the baby upon birth and sing him the same sweet song sung during delivery and pregnancy for happy amazing bliss state creation. Maybe kiss the tummy with the same ha ha or gentle or one word that the baby may say on day 4 like that ha ha baby. Relaxing music in the headphones or background (headphones when hospital forbids the music) is used to induce relaxation response so the placenta blood vessels are relaxed and not constricted. After labor, and hugging and kissing and breastfeeding the baby first 2 hours, etc mom sleeping 8 hours is a good idea. While

mom sleeps, the daddy loves the baby, sings the lullaby if needed. Enticing the baby to breastfeed is simple, just get some milk out with your fingers and let him smell it, placing it under his nose; don't speak while breastfeeding because the baby can get distracted and watch mom's mouth (where the sound comes from) instead of drinking milk. ☺☺☺

Babies younger than 3 months shut down in the presence of bright light or outdoors light. Their alertness is maximum when the light is soft, low lumen light, because their eyes are not fully developed. So babies under 3 months need low light to stay alert and learn the most in those early days of "sleeping all day" almost when the brain is growing at the fastest rate EVER. The authors suggest to give him 20 min of tummy time to nap or rest on the tummy for motor development, even if he sleeps on the back in the crib. Stimulating both brain hemispheres at the same time can be done with music with lyrics, for example, *gentle tender soft* music and mommy and daddy or someone singing something very nice in an angelic voice, like Enya or someone with an angelic voice. Music stimulates the right brain, lyrics stimulate the left brain. Seeing a toy stimulates the right, touching it the left maybe. Leg touching one half, naming while touching it, audio the other half. So goes the hypothesis: colorful art images from iasos.com or other artists, fractals, etc on a big monitor might promote a nice understanding of colors. The letters of the alphabet with different colors on different backgrounds can make learning the alphabet more fun. Same for chemical molecules, atoms, electrons, neutrons, protons, etc. Visual brain center stimulation for that visual synesthesia. ☺☺☺

Research seems to indicate that the period between 8 pm and midnight is one in which babies are slightly easier to talk to while in the womb, so since many parents often play with the womb baby by reading something or singing something, this is a better time to do it, as the baby is more likely to listen and be awake. This is usually done last 2-3 months when the baby is really more grown up, but some do it earlier. The interesting thing is this book, like other books, stresses the vital importance of hugging and breastfeeding the baby in the first 2 hours after birth, for that special sense of being safe and loved in this new world of air (instead of the watery world of the womb) by bonding with mom and dad. Many uninformed doctors take the baby away, instead of allowing moms to bond to it, and this has very bad consequences on the baby health, IQ, emotional behavior thru life, etc. That's why many choose water birth where this bonding is allowed or they choose a midwife nurse where this is allowed, water birth actually makes is far less painful for mom and baby, the less pain the better. ☺☺☺ The baby needs all the love he can get, so what happens, the book says, the baby can even recognize the voice of dad (easier than mom) in the first 2 hours of life, when babies are more alert and awake than ever in the first 2 months of life. So, these 2 hours are a great chance to play with mom and dad and get some breastfeeding. Another suggestion of the authors is to make an audio tape with mom and dad each saying "I love you, this is mom, etc" in their most angelic soft tender

sweet voice or something like that "can't wait to see you, you will bring Immortality or 4000 year lifespans to all". The mp3 created in the most rested state with highest voice quality replayed via stereo headphones on the tummy can help the baby to recognize mom and dad voice in the first 2 minutes of birth easier and to connect and love mom and dad more. Having a little head start so to speak in understanding their voice and tone, while parents evolve to use a gentle angelic tone of speech all the time, with the baby who brings the Civilization of Immortals ☺☺☺. Can we expect babies to bring a better world? Why not? They're angels who can help us become angelic. The audio file can say the baby name or not, doesn't matter much; can use initials like Ascending Immortal, AI, or Gentle Tenderness, GT. Divine Grace, Smart Bliss, SB. Besides mp3s, parents can just let the 'spirit' guide them to use tones, words each day, "I love you baby, you're gentle tender wise soft smart and happy, the cutest baby", "You are a funny happy smart baby" Daddy can come close to the womb and tell the baby he's loved, safe and everyone awaits his arrival in the world of air. From water world into Air world. ☺☺☺

Babies are capable of learning simple things in the womb. For example, if parents use the words "stroke" "rub" "pat" "squeeze" while they gently do these actions on the womb skin, later on, the baby learns to associate the two. So, if the word is used, he has the same reaction as when the action of the word happened, say patting the womb, such as relaxing (good during labor). Of course, this is not really needed, it's just something to show that they do learn basic things even while in the womb. In many books, it's described how in many experiments babies are even capable of learning one or two words: for example if parents use the word Immortality or longevity or gentle or tender or happy or HA PPY HA PPY a lot, the baby might say it in the third day of life. One baby said HA HA on day 4 because parents did repeat ha ha a lot for fun. In the first 3 months of life, babies are more sensitive to the right side, so any play with the baby is reportedly better from the right side at this age first, and then do it on left side (a minute play with a toy from right side, then next minute on left side). Or touch him on right first, then on left. Smile at the baby as much as possible to create positive emotions in him. ☺☺☺ He smiles back. Babies see clearly objects placed 10-13" from their face early on, at 2 months can see at 20" and at 3 months can see at 10 ft. Some parents reported that some babies have increased their attention span from 10 seconds to 90 seconds by looking at unique striking colorful pictures or checkerboards or designs, so try different things and see which one causes the most interest from the baby. A nurse found these black white checkerboards increased the time of looking at things from 5 to 50 minutes after breastfeeding for small infants without much color vision. Color preferences change with each month later on, after 9 months especially. 2-month-old babies like 3d objects cylinders, pyramids, and circles for 2d. (eyes and nipples have circles and contrast hence baby makes eye contact etc). Babies like the faces of mom and dad, so one can make a printout in black and white of each face and place in the crib in the first 5 months of life,

then move to color as babies start to love color at 6-9 months. Babies prefer happy faces, and stare longer at them. Choose happy pictures and facial expressions when talking to the baby. Babies like stripes, so show him fractals with lines, colorful stuff to see how he reacts. ☺☺☺

Babies who're not yet 9 months old don't have the color vision cells very developed, and as such, until that age, they often find black and white contrast shapes like checkerboards more interesting. Small babies under 9 months like contrasts so if you have stripes, they look at the border between the colors. For example, a yellow circle in a purple rectangle will cause the baby to look mostly at the border of the circle where yellow meets purple or other high contrast colors, such as a bright color, say turquoise and dark purple or black and white, etc. One can try different colors on a tablet or computer and see what he likes, even a nice chemical formula with benzene rings can provide nice color contrast if written nicely. Eye tracking showed babies like contrasts and look at the border between 2 colors to enjoy the contrast, not at the color of one type as much. Checkerboards are described on page 78, different designs for different babies, see what works best. For tiny babies (under 9 months) black and white seem most interesting in checkerboards, and this may help them to get some interest in seeing a chemical formula or alphabet letter on a white background, as it's the contrast, and this can speed the rate of alphabet learning by providing thick letters on a white or black background with the font being white or black, but other colors can be tried, and measure which one causes the longest attention span and use that to teach alphabet or other things. Colors have a huge impact due to the way the visual system develops. Baby color preferences for designs and toys change after color vision develops more in months 6-9, so adjust toys and background on PC, printouts.☺☺☺

Little babies (and fetuses) love high pitch voices. Dad and mom can play with different soft tender high pitch voice to get the baby to speak. The more the parents engage the baby with high pitch soft tender harmonious songs and questions, the more the baby will start talking. One study found that the more parents talk to their baby, the smarter the baby becomes. Even if the baby has no apparent understanding of what parents say, just talking to the baby, asking questions, helps him to verbalize and start talking sooner and develop the brain faster in the critical 1 year of life when the brain doubles in size. First 3 months of life, start whispering in his right ear, since first 3 months he pays attention to right ear much more. One can also use a high pitch loving gentle tender tone, etc. In the first few weeks of life, the authors suggest using the same words when you begin talking to the baby, to create a sense of predictability, security, and trust in his world, anticipating your talk to him. Answer any vocalizations of the baby so he speaks more, no matter how simple the sounds. They noticed reading anything or saying anything to the baby will promote more vocalizations, especially if read or said in funny ways that might relate to the baby's emotional makeup. After teaching him how to speak by talking to him a lot, you can also play some gentle soothing music for a while to train his audio cortex.

Babies have the most positive response to gentle tender soft classical or new age music. Rock and most junk upbeat music make babies upset and they start crying. Brahms' Lullaby and Bach's Prelude are even used to regularize the heartbeats of babies in hospitals. The heartbeat of mom sound is very familiar to babies, so when babies are held by moms, they're often held instinctively on the left side so baby is soothed by the heartbeat sound. ☺☺☺

To stimulate motor neurons you need to hold the baby, allow his free arms to grab a toy that is 10 -13 inches from his eyes (best vision before 3 months). 10 day old babies can do this. Pregnant moms can rock very slowly 20 times a minute in a rocking chair to help the baby, after 5 months of pregnancy. It's relaxing for both and helps the baby. Always avoid shaking the baby by accident in any form. Babies can sleep 20 to 22 hours a day in the first month of life, but only 16 hours by month 6. The infant stimulation and playing happen only when the baby has awoken naturally and stops immediately if the baby is sleepy and falls asleep, indicating his need to sleep and build his brain. You can record the mother heartbeat and play it to the baby to help him fall asleep easily since in the womb it was noisier than in a quiet dark room. Or a lullaby tape, etc. After 6 months babies tend to like a quiet sleeping environment. When a baby cries, immediately place your face within his 10-13 inches that he can see at younger ages well and find ways to console and love and calm him. Babies like the smell of bananas, even when they're 12 hours old. It makes them smile and it might be used to calm them if they ever cry. Babies have a super advanced brain with 200 billion neurons and their sense of smell is so perfect, they can sense when mom and dad have sex and this causes a tiny invisible drop of milk to come out of the breast due to the hormones. From a room away, the baby can start crying that he wants milk at the peak of sex and the parents have to stop it and breastfeed the baby. Theoretically, it might be a form of electromagnetic remote sensing, if there is a wall between parents and baby and no air can circulate between the parents room and the baby. True telepathy of milk or entrainment with the mother's brain state which when moving in a milk emitting state full of oxytocin and prolactin, sends the baby the cue that hey, there is milk like in Pavlov conditioning. It could be more than the molecular smell. Who knows? Stimulate the baby with beautiful smells: vanilla, etc perfume, roses, flowers, etc ☺☺☺

Alcohol is poison during pregnancy, women who drank even 28 g or 1 ounce of alcohol a WEEK, so virtually NOTHING, got the smallest birth weight babies, in the lowest 6% of all babies. The least healthy babies are born early or low weight. This just shows how important is proper nutrition. Lack of DHA was noticed to have catastrophic consequences at times, on the eye and brain development. So moms without awareness, may eat fish, and cooked fish has a lot of mercury and sometimes no DHA, so the babies instead of becoming smarter become less smart as mercury in mom's blood is lowering IQ of babies a LOT. That's why using vegan DHA EPA is much smarter, since fish can have tons of mercury and also no DHA, due to cooking destroying

DHA-EPA. This is one example, there are many other essential nutrients for preventing birth defects, such as iron, folic acid or vitamin B_9 and other vitamins and nutrients. It's thus no surprise how you can have 2 smart parents and a low IQ kid is born, because if there is no nutrition during pregnancy and even 3-6 months before conception, and the first 2 years of breastfeeding, there is less chance to copy the genes correctly and to create the correct brain architecture, etc. So being smart at some discipline, but not nutrition in the 3 years of preconception, womb and 2 years after birth is counterproductive since nutrition has a huge impact on IQ. While being pregnant, women don't need to eat more than 300 calories a day extra. But naturally, it's a good idea to get enough ω3, more ω3 than 6 and that they don't ingest heavy metals and get good protein. ☺☺☺ When parents are playing with their womb baby, they're stimulating his brain, etc, and around 5 months the baby reaches 200 billion neurons, the maximum it will ever have. Over time, by age 10, this drops to 100 billion and synapses from 1,000 to 500 trillion. The brain doubles in volume first year of life due to myelination and neuron growth, even if neuron number is the same. These neurons can be stimulated so as to retain more useful synapses and neurons, perhaps if some get more stimulation, they retain more neurons? No clue. But last 2 months of womb time are the most effective at inducing an effect if stimulated a few minutes daily, as the brain is quite mature.

The book with telepathy and ESP exercises "Is your child psychic?" for raising a more psychic child was co-authored by psychic Alex Tanous whose OBEs are described in this 3 min clip. The book telepathy exercises, some of them, are similar to the ones in Chapter 16.2. At page 76 the authors explain how the parents' thoughts might influence the success of the child in developing a good telepathic ability, empathic ability to turn enemy into friend and bring World Peace, clairvoyance, remote viewing, astral travel, etc. They give the example of writing poems while pregnant and then wishing the baby would write well, and this coming true. Perhaps, if parents practice telepathy exercises a lot while the kid is small or in the womb even and tell the child telepathically he will be really good at this, etc, it will boost his ESP. It's hard to prove of course, if the writing talent of the baby came from activities after birth entirely and how much the parents' thoughts influence the future while in the womb. But some of the above books have stories about parents believing their baby understands their telepathy sometimes, even if it's rare of course in most cases, as few people try it. The baby may understand "i love you, I'm here for you" even without knowing language. ☺☺☺

The amazing effect of colors and wavelengths on human behavior, productivity, longevity

Plants for example grow healthier and longer lived, faster in certain wavelengths of light or sound frequencies, and many human chemical reactions are influenced by light to some extent, so it's possible in 500 years we will discover the precise ideal combo of lightbulb wavelength and

interior colors that bring longest lifespan (combo may be genome specific for maximum results, but a universal general truth may hold for all humans). Sunlight leads to CoQ10 synthesis for example, so we see, even if we're not plants, we're influenced by light, like with seasonal affective disorder, etc, vitamin D status, etc. Tanous *explains* in chapter 2 of his book *the* hypothesis *that kids also improve their wellbeing, academic performance, and ESP if they wear the* colors *they like.* He says purple enhances healing and wellbeing *and that "If his least favorite* colors *are forced on a* child*, they can upset his* balance *and harm his ability to achieve".* It's possible that eons ago one ancestor was in a difficult moment or period of his life and found a flower of a certain color (purple, yellow, etc) that had such a calming euphoria inducing smell, that he came back to smell it to become happy and calm over and over, cultivated it and then became a fan of that color, so much so a genetic mutation happened to help him find that flower from a distance, so a genetic preference for the color emerged;☺☺☺ in ancient times, it was impossible to create a cheap blue or purple, magenta, etc color – so the rarity of some of the most amazing smelling flowers and their colors made the genetic selection even easier, due to the stark contrast to any other color around (all being green or red-brown construction materials or grey stone). When calamities happened, the sky turned grey, as tornadoes wiped out entire towns, so people may have favored purple, yellow (bright sun, no disaster) or magenta over grey or sky blue over grey, etc subconsciously, without even realizing that the biology of our species and color of atmosphere sky blue gave blue a link to peace in our genetic collective mind; since our faces get red when we're mad, eyes red when we're mad or sick, blood spills red when war, violence and calamities occur, it's natural that blue was seen as more peaceful than the anger-death associated red, so you can see how color preferences emerge due to specifics of biology (aliens may have blue or lavender or yellow 'blood', if they even have such a thing) and our planet. It's a very simple explanation why some may like a certain color, some definitive moment had such an impact, on one person, that may have caused a genetic preference for that color, since the flower of that color had healing properties or a nutrient everyone in that region was deficient in, or induces a brain state everyone was deficient in that was essential to survival and brain healing, and enabled survival of the human finding it faster, by seeing it better, as we see 550 nm fluorescent yellow from 3 times the distance we see red, probably because seeing the sun, light, is key to survival *sometimes, sun is yellow, since we need vitamin D to survive*. Or someone picked a fruit or *crop and the fruit was purple or red or orange or gold and it was advantageous to distinguish* that color from the background green color of leaves to pick that fruit, cereal, corn, berry, spot it from a distance, etc.

The link between IQ and colors, longevity and clothing designs is detailed in 12 pages here. Some of my top 50 favorite colors all have *RGB* (*red*, green, blue): (*160-255*,0,255), being magenta-purples. They all have blue 255 for sure, since a little green makes some amazing lilacs and

lavenders. I like yellow, *100% blue (0,0,255)*, *very bluish purple (128,0,255)*, gold, cyan *turquoise*, and above all, really purple shades like 100% magenta (255,0, 255), mauve, mauve (224, 176, 255), heliotrope, heliotrope (223, 115, 255), blue heliotrope (170,70,255), electric purple, electric purple (191,0,255), magentish (200,0,255) & bluish purples (160,0,255) and those in between (180,0,255), light purple (220,50,255), light lilac (220,170,255), bright lilac (216, 145, 255), psychedelic purple, psychedelic purple or phlox (223, 0, 255). I also like to a lesser degree redder purples orchid lavender (218, 100, 255), pink-lavender (255, 78, 255), and least, the very red purple Munsell, Munsell (159,0,197) or other redder purples. Since most flowers are yellow, white and lavender, light purple, blue shades, these colors are attracting the bees because bees look for contrast from green, the color of leaves, tanks, weapons, wars and signs of human species extinction, bee extinction too. Due to the quantum entanglement of unknown particles ("associative memory of unknown matter light particles, bosons, leptons, etc") that transfer information via photon interaction between species, and the fact fertility of plants (which feed animals and humans) is linked by quanta to those colors, that those that kill are dressed in green often, that death energy is linked to green, it's possible that animal and even human experiments of surrounding oneself with those colors (mice raised on green rooms or grey ones may be less fertile than those raised in those with lavender, white, yellow, blue mixtures of colors) will show an increase in fertility, as opposed to greens or grays that are not present much at all in flower colors. Bees look for the reproductive material of plants, life for the human biological entity is linked to this rich contrast of yellow-purple, white-purple, green-white, etc.☺☺☺ So when we decorate our house, we influence the longevity and fertility of self and future generations; just as some wavelengths and colors may improve longevity and wellbeing, for best healing effects and highest societal harmony, until the age of holographic shapeshifting clothing, cops and many people that wear uniforms that are now monochromatic, may choose a combo of 2-3 colors; say instead of indigo, wear indigo pants and light blue shirt, like many cops already do, or magenta pants and yellow shirt, or yellow shirt with blue sleeves and turquoise collar; soldiers, wearing orange (UK) almost always and a lot of gold near the Queen, could wear extra colors, some orange, some lavender, some various magenta purples, mixed with other nice colors, even though lavender may be the main color. This allows us to move from historical inertia of red-orange, grey, white, indigo, black, green uniforms towards the expanded array that includes yellows, sky blue, lavender, magenta, purple, turquoise, healing colors and also combos of 2-3 colors besides the gold trims some uniforms have. All Internet and books fonts, suits, etc are usually one color, **black**, so when we have different colors it helps us to move away from historical inertia, to be more fluid; if we read a book in the typical font, nobody would associate it in their brain with something different, but if it's so colorful, it signals the brain that this is something different, that indeed, a new world of peace within 3 months is possible, etc; we hear all day talk of diversity, how we need to be inclusive, yet every book font is black; is

that fair? we got about 1000 dark colors that could be used as font, yet everything is black. ☺☺

Far more important than 'fair treatment for colors' is this: the ocular health of offspring depends on parental stimulation of the color perception eye cells and with black we stimulate nothing, with tons of colors we give our offspring a better sight; not only that, since purple and magenta, etc don't create super high contrast like black does, it develops a better ability of offspring to distinguish fonts when contrast or lightning is not good, to discern of patterns from a distance in day or night; whatever parents go thru, the offspring will be informed epigenetically. We have already seen many nurses wear light magenta or magenta lavender, etc – imagine even more amazing futures where these colors are moving in the other jobs; we're missing out on discoveries of science, *when we exclude certain colors from our interior design, clothing, etc all the time, or most colors: say for example, most suits* today are indigo, grey or black, imagine being all colors *above and combos*. So, to choose a color, you can go to the Windows settings, personalization, colors, choose *custom color,* find the shade of your favorite color, and apply color to taskbars, windows titles, *bars, start menu, etc (check both options, found by scrolling down), turn on high contrast and* then use purple and gold or whatever you like, to get rid of all grey and make it all lavender or the color that makes you happiest, and you will get to love working at the PC more, feel better for free. In Google Chrome or your browser, go to settings, then Themes, find Vivacious Purple or your favorite color theme, apply it and enjoy tabs of your soothing color, same for Word processing apps, they got options to change some grey areas into lavender or your favorite color. *One advantage of purple vs light grey standard color is that you see the mail notification on yahoo and other icons easier due to high contrast; they even got high* contrast options for Google Voice to make your eyes less tired, etc. Even tab groups in Chrome *can be set to pink, yellow, purple, so you can open 80 tabs at once, when researching. The same is true for music.* Play soothing soft music on your phone or PC, make yourself happy. "The Paranormal Perception of Colors" by Y. Duplessis has more info. Google "effect of color on human cognition nih" and you will see many free papers about effect of colors on cognition, IQ test, task performance, mood, memory. FP 2016;7:784 says "red enhanced the performance on a simple detail-oriented task... blue improved the performance on a difficult detail-oriented task as well as on both simple and difficult creative tasks." and that Walters hypothesized the most relaxed color is purple (shortest wavelength, highest energy), followed by indigo and blue, while the most arousing (excitement inducing) one is red (longer wavelength). Could this be why *purple* is hypothesized to enhance ESP & healing (healing requires relaxation, ESP requires tranquility), since it diminishes arousal, excitability, aggression, enhances neocortex thinking, seen for example in auction bidding higher in red background vs blue? ☺☺☺

IJP 2015; 50(1):81-4 is one of several papers finding viewing red before a cognitive or intellectual task lowers performance. Kids 8-9 seem to have lower cognitive performance after exposure to

red ► BJEP 2016;86(2):241-55. ☺ Studies have found some scientific basis for why we find the green color relaxing. Brain 2016;139(7):1971-86 abstract states "green light exacerbates migraine headache significantly less than white, blue, amber or red lights… we used electroretinography and visual evoked potential recording in patients, and multi-unit recording of dura- and light-sensitive thalamic neurons in rats to show that green activates cone-driven retinal pathways to a lesser extent than white, blue and red; that thalamic neurons are most responsive to blue and least responsive to green; and that cortical responses to green are significantly smaller than those generated by blue, amber and red lights... patients' experience with color and migraine photophobia could originate in cone-driven retinal pathways, fine-tuned in relay thalamic neurons ☺☺ outside the main visual pathway, and preserved by the cortex. Additionally, the findings provide substrate for the soothing effects of green light." It's well known we become more relaxed when we go walk in a green area, some say it may be the sounds of nature that soothe the brain, or the tree bioenergies, tree electromagnetic fields, or the color green. Either way, our subconscious minds may associate yellow-green and purple-pink (auric pairs☺☺) with relaxation and healing. Red gives turquoise aura and vice versa, blue gives orange aura and vice versa, violet gives yellow (gold) aura and vice versa, pink gives green aura, yellow-green color gives a pink-violet aura and vice versa. We like colors and their auric pair: shining glittery purple and gold for example. Birds often have the auric pairs combos, we notice it. "violet light (VL, 360–400 nm wavelength) suppresses myopia (*failure to see well from distance, an ever more common condition as we stare at screens all day*) progression" ► EBM 2017;15:210-19. Authors propose LEDs, screens emitting violet light. No LEDs/tech gadgets today emit violet light, just the retina, sleep destroying blue light. Purple light damages retina, skin.

Additionally, if we're part of an organized cult, we're always exposed to the same ideas, maybe even the same colors. In our world, it seems as if people have an odd idea that *male suits have to be indigo, black or gray*, but never green, lavender, purple, yellow; just as it happens with women who always wear very similar grey, white, black colors. This makes our perception more narrow minded. Jeans are usually indigo or gray, black, blue, never almost a real blue or nice yellow, green, purple, lavender. To think differently, to create new neural connections, inventions, perceptions, we would have to be more fluid, to see more colors, just like in scientific discovery we explore many papers and theories about something, just as with clothes that change colors and designs 500 times a day. Our brains think visually a lot and color is very intertwined to perception and cognition. Since every male wears blue jeans and a white shirt usually (the brain has a typical image of a man who wears those colors, but seeing a combo first time ever creates a different brain perception), when we wear bright yellow or yellow green jeans and fuchsia shirt or vice versa, we evoke a different response in others and even self, especially since our brains associate green with the healing presence of nature, and its

complimentary color purple. If we smile people will recall our smile more, we practice Smiling Telepathy habit more, and spirit guides can use our image to heal other people when they're down. It increases the fluid intelligence of people when their brain sees someone with a different unexpected color, like white, fuchsia, yellow, aquamarine jeans on a man or women, especially if shirt is also an atypical color we don't see, like orange, fuchsia, yellow-green. Different colors mean a different electronic photonic processes signature that others feel subconsciously (all chemical reactions are electronic and photonic events sort of). It makes it easier to see how a world of 900 year Immortals is possible, how we can achieve World Peace and 900 year lifespans without any war, violence, threats, intimidation, lies, etc. It speeds up scientific innovation too, because the brain will fire differently. Other exercises in the book are for astral travel and will help kids to easier develop remote viewing telepathy or full-blown OBE. Learning something at 4 is 100 times easier than at 50. The brain is much more plastic and rich in neurons and synapses. The book suggests playing telepathy games since age 2, until 18, for best child ESP development (doing telepathy exercises daily until age 150 will hone ESP more). The book also mentions the 1930 "Mental Radio" book by Upton Sinclair about telepathy experiments he did with his wife (he chose a picture and his wife had to draw what it was by visual telepathy). Wikipedia explains that "The German edition included a preface written by Albert Einstein who admired the book and praised Sinclair's writing abilities". ☺☺☺

Kids have weak immune systems *and carpets are the most concentrated sources of truly deadly* collections of microbes from the air coming via the window and dirt from our socks, feet, etc. Amazon has 3x5, 5x8, 6x9, 4x5.3, 4x5.9 (search "purple soft (or fluffy) rugs" in Amazon to get 100 companies selling them) lavender (world's least used color?) rugs that are absent in most physical stores, they can help develop fluid intelligence since we never seen lavender almost anywhere. You can also buy white, as they get dirty in 2 months and reminds you to wash often, instead of yearly. They're all made by Luchas, sold under dozens of names; can be used on floor or even carpet. Oxiclean, 7 lb powder/12$, one of the cleanest safest carpet cleaners with mostly sodium percarbonate, carbonate, NaCl, C12-15 ethoxylated alcohols, cleans regular carpet and this rug well. *Oxiclean.com* can clean regular carpet way better with a Walmart $300 Hoover MaxExtract 77 steam carpet cleaner for regular carpet than 'professional' companies that charge $150 one visit and do a room in 10 minutes. Hoover is better *than their machine* (that doesn't scrub and spin at all, not getting detergent deep into carpet and takes water out right away with detergent, having contact time 10-40 times smaller) and cleaning detergent for spots they fail to remove even when you pretreat it yourself with oxiclean solution, no need to pretreat, dissolve in water and load under water container, go slow on spots while pressing on water release, then go again same direction ultra slow to suck all water, then rinse/wash with clean water in the water container instead of oxiclean solution) to make older rough carpet feel

3x softer like 5 star hotel. These lavender (whatever color that is different than common carpet colors to enhance fluid intelligence) soft rugs leave no white plastic dust residue as most from home depot same price, prevent dust. Since they trap dirt well, they need to be washed in the regular cycle. You can place detergent on the food spots and they disappear. We'll create the "carpet like" sound insulation and foot comfort with washable rugs we place on quality wood flooring (that use safe chemical coatings) or safe 0 VOC Greenguard Gold by UL certified LVP luxury vinyl plank floors that emit far fewer volatiles than wood. Rugs can be washed every 2 months, while carpets and foam under can't be washed fully ever. Carpets are more like 1840s cholera spreading defecation pits that caused endless infectious disease outbreaks. Always replace carpet with LVP or wood for these reasons,d, using the tips in the migrant carpet replacing section. We need the Immortality Building Inc company to create the most high tech rug that is easy to wash 50 times, that lasts 10 years, and allows everyone to achieve the same comfort as carpet, but enables perfect washing, or we need super soft slippers if using LVP, wood. This is essential to prevent the reinfection of residents *with dormant cold, flu, CovID19, etc viruses, toenail fungus or eye staph bacteria causing pink eye* that go wild in cold weather. These lavender rugs have foam as a shock absorber; they're so soft, reminding us to breathe softly, to never rush (rugs rush), to filter our walking tone, thought+emotion+vocal tone. You can trim the hairs to make them far easier to wash in the delicate cycle, so they don't trap crap. See ideas in Immortality Building Inc for the future rugs and mats.

15.10. FREE Astral Travel Books for World Peace & Immortality for All

Eternia is Astralia, the Land of Astral Travel, of Eternal Travel Inc. Fake astral travel, ESP, psychic, spiritual experiences (mostly made up) books, or ESP ones serve the same purpose as the carrot myth in WW2 (Brits shot German planes using night vision due to "eating many carrots that help you see at night", not due to a new radar), to deceive that the way they get info is thru bilocation or ESP. Thus, it helps to realize that all in this chapter is more about science fiction future tech, centuries in the future. ESP, bilocation claims were also used by churches to get very rich and claim infinite powers, so all give their wealth to them to earn ESP or nice afterlife realm near the made up throne of God. When theists/atheists believe in "soul travel", they may believe in the classical meaning and/or the fact that human Immortals of the future, who live to 500+, can, definitely one day discover a way to telepathically guide an artificial or natural spiritual body to visit other galaxies or planets, or technological astral travel using superluminal particle bodies that travel 900 or 10^{70} times faster than physical light, or they create an AI soul living trillions, even if soul carrier may live only 1 million or much less (like Kurzweil idea of uploading your mind or soul to a new carrier). They also may believe in the other soul concept explained in the 1st paragraph of the afterlife section. Regardless, astral travel helps us achieve World Peace in a few months (war must end for all to live to 500+) as we can prevent tension

building years ahead by perceiving threats to peace. Soul travel helps us attain real 1 million year lifespan immortality, rescue trapped people, find where the living people are 500 times faster, find new inhabitable planets, discover new laws of physics and energy sources (way safer than fusion or fission) to be able to make all objects we need in our living room molecular builder, such as eterni foods. The web has many astral travel books, courses that explain how to relax and soul travel, though it's all role playing, lies, as are all soul travel 'institutes', just a way for founders to get rich, or nourish their spy network using a 'spiritual event cover' (like 100s of denominations, 'alien contactees' asking 3000$/trip, new age groups do too), by teaching basic energy exteriorization, relaxation or test brain writing gadgets under the guide of telepathy exercises. However, there is an infinitely small chance that the particles that spread from Big Bang and became our bodies are in quantum entanglement with the entire universe and there could be a mechanism to use information transfer to gather data from galaxies away. However, the chance that a guy will discover this alone, without tech and physics *seems* infinitely small or *perhaps*, 0 as it were, unless aided by an alien, 'God' or interdimensional intelligence. Such a human would keep it secret, knowing earthlings ethics. Regardless, the astral exercises stimulate various brain areas related to space perception, relaxation, intent, bliss, leading to a happier world (no longer identified with the body, but with the infinite field of universal loving kindness, so our physical 'imperfections' matter less), new inventions thru imagination, knowing that we're all able to enter into resonance with the 10^{90} year old humans of the future *(or aliens/humans of the present who made us evolve from primates into their own past image, though they're more likely to be now levitating* telepathic teleporting genderless shimmering shapeshifting immortals ☺☺☺ *beings without form, able to materialize a body where needed)*, via small unknown particles that exchange info 800^{900} times faster than light photons do.

Some people think that the soul is made of an astral body, mental body or whatever they see. But the soul, if existing, its travels to different worlds can be "infinitely" more complex than any soul travel book describes, if the soul has octillions 10^{27} astral bodies. Due to infinite complexity, when one travels "out of body" as they can believe they do, it may be a travel to a virtual world or only some virtual worlds, not necessarily all of the kindest worlds of God's infinite loving kind forgiving compassionate peaceful *universes* of the heavens. And since deception can happen in this physical plane, so can deception happen in virtual worlds create by advanced military tech. Because of this, we could argue that the most important thing in life or spirituality is not astral travel, telepathy coincidences or paranormal coincidences or fake miracles, which all kinds of spirits, militaries can fake and stage, but the energy of loving kindness, compassion, forgiveness, understanding, peace, gentleness, tenderness, *softness*, altruism☺☺☺, love for all beings that comes from spirits, astral events. Perhaps sometimes God helps us to soul travel spontaneously, or some less aware spirits do that, but it seems a mistake to prioritize soul travel or spiritual

powers at the expense of universal loving kindness, ☺☺☺ compassion for all people, etc. One can easily get lost in number coincidences, miracles or even astral travels and forget the most important thing there is: *universal* loving kindness for all. This doesn't mean astral travels, when or if they happen are all fake or that everything that's odd is all fake and from some bad source. Thus it would be possible, if God really wanted, that parents have astral telepathy with kids in their astral travels and encounters with their future kids. A lot of people write books by getting experiences from others, or make stuff up to write a book and get rich, so one may be reading a lot of made up stuff that is truly not what happened. And even when it's real, it's clear that there are trillions of interpretations to any experience and things are always infinitely more complex than they seem, especially if the soul is made of a trillion octillion astral bodies, as the body as trillions of cells, not just one astral body, each visiting worlds of a certain vibration.

Since our world lacks universal loving kindness, peace, tranquility,☺☺ it seems more important to focus on developing these, as in the lives of saints, who experienced divine ecstasy states, etc. However, some of the astral projection methods, which involve relaxation, etc, can be useful in becoming peaceful, etc and kinder. But there also exists the risk of becoming over focused on it and then to be manipulated by spirits who like entertainment or something and who may move us away from *universal* loving kindness, compassion, tranquility. This doesn't mean that relaxing is bad or anything like that, we all need to become more tranquil for World Peace to happen. It's just that if some people do certain astral exercises or relaxations, or have divine ecstasy states like some saints during prayer or contemplation, it doesn't seem smart at all to ever assume that whatever transpires (or appears to transpire to limited human brain) is the ultimate truth or is true (since what we believe transpired is only 1 out of a trillion possible interpretations), or that they visited the most important virtual *universes*, subuniverses or hyper-universe, etc… Because one can even see real life 3d location and confirm it later, but it's not really a sign it was done by the best spirits/aliens, because anyone can create a holographic copy of reality or of another world and remove from it some important elements (mix truth with lies), such as the actual energy quality, the loving kindness, the sweet precious loving compassion of God for the purposes of manipulating living people into doing bad things. Some *free astral travel disinfo books (google title if outdated link,* there is always a site having it) are below, but read this 1st:

1. "Astral Dynamics" by *Ro*bert Bruce, *778 pages* (2007), 2. "Astral Projection Guidebook" by Erin Pavlina, 1st chapter pdf on her website. 3. "Astral Projection Notes" Donald DeGracia (1994) intro says this *277* page pdf can be shared with all. 4. "Out of Body Experiences" by R. Peterson on his website. You may like astralinfo.org/techniques OBE methods. The next 12 books (not sure if any publisher decided to share it) may be found by googling "book title, author, pdf". I found one time the whole version of every book on issuu.com: 5. "Adventures beyond the body" William Buhlman 6. "The secret of the soul" William Buhlman 7. "Journeys out of Body" (1971)

Robert Monroe. 8. "Far Journeys" (1985) Robert Monroe☺☺☺ 9. "Ultimate Journey" (1994) Robert Monroe [p51-53 mentions encounter with 1800-year-old] 10. "Mastering Astral Projection. 90 Day Guide to the OBE" Robert Bruce (2005) 11. "Astral Projection Guidebook" by Erin P. (2013, her experiences, etc, 115 page). 12. "Astral travel for beginners" by Richard Webster (226 pages, 2001) A great book with a lot of information and verified cases of astral travel, with a lot of information about other books and experiments done last 140 years, excellent as a reference for giving to skeptics. 13. "The Projection of the Astral Body" by Sylvan Muldoon (1929, 248 pages). Sylvan died in 1971, at 68. The book was co-written by psychic researcher Carrington, but it was Muldoon who had the astral travels. It's an earlier classic starting the astral research in the West. 14. "Astral Projection: A record of out of body experiences (OBEs)" Oliver Fox, who died in 1949 at the age of 64. This was published in 1962 and it has some of his experiences. 160 pages. 15. "Practice of Astral Projection" & many others by Robert Crookall 1960. Has 160 experiences from many people. He died in 1981 at 91. 16. "Astral Projection" by Yram (1967, 253 pages) with his experiences. Yram's real name was Dr. Marcel Louis Forhan, born in 1884 in France, died in 1917 in China.☺☺☺ More on obe is at obe..pdf. A collection of 1000+ obes, 7000+ ndes are at oberf.org & nderf.org. A free anthology on OBE by many authors (edited by one) with different (some I don't agree with) views on OBE is here. A short text (mostly pics) free booklet about astral projection by iacworld.org is here.

A text about being in 2 places at once, sort of astral travel, is the Yoga Sutras of Patanjali. The 8 components of this Yoga or "union" with the infinite unknown or "divine", the first of which contains 5 basic guidelines, including chastity. As explained in the meditation is a million times more ecstatic than orgasm section, during copulation, men/women deplete body/organs of nutrients, so overdoing it leads to diminishing the brain's capacity to create new neurons, to repair the brain and body, to perceive the octillion (10^{27}) lightbodies of the soul. We have 10 trillion cells and in each cell a billion things take place each second we don't know about. Likewise, if souls exists, we have 10^{27} lightbodies in each of whom a billion things happen each second, without our brains having a clue, unless, like with a cell, we look at it with a microscope or maybe the soul shows the brain. But if our brain is starved of nutrients due to too much sex draining it, then it's less able to achieve deeper states of meditation, ecstatic bliss or awareness the "unknowns" of the soul, which is unaffected by what happens to the body. ☺☺☺ A hypothesis is "when we emphasize sex (not kindness), or use bad tone, play bad (*depends how bad they're too, even watching out of free will, not being forced to, can have effects*) sports, are mean, etc we lower our astral vibe, increase astral body weight and/or diminish astral transport speed by 2 to 4 trillion times"; this doesn't mean vibe is lower if FBI 'terrorists' cause emission of semen during the night (against our will of course, using their remote gadgets), as they often do when they try to harass those who want World Peace in 3 months that FBI, military forbid (that

is the so called "FREEDOM OF SPEECH") any church, singer, politician, Nobelist or group to talk about, following the "holy" example of the other major powers that create the eternal war status quo. This hypothesis is perceived by many as folklore *superstition*. However, if you think deeply about the sentences here, it *may* not be all folklore; many things in folklore, using herb to cure things were proven by science to be due to some chemical in there 2000 years after first observation; we *may* need millennia for some hypotheses to be verified. Of course, since God knows the infinitely low IQ of militaries/spy agencies worldwide, God devises infinite ways to couteract any effect (on any real or hypothetical astral travel speed) of torture by "hyenas". The government of USA, established by freemason general George Washington and other freemasons, has technologies way more advanced than what they tell the public, to fake endless miracles, brainwash people, control their every decision, emotion without them knowing, etc, they can cause unlimited sensations, changes, physiological, etc, diseases, remotely; the government is decades ahead of what the news talks about, beware of alpha theta delta CDs. It's kindest to self and all, to not empower the 'monsters' ruling the Earth:

Since the planet's military dictators (800+ generals) torture all, infringe on the rights of all, brainwash all with violent music, entertainment, do human sacrifice (watch Republicans) via war, it is bad to share anything about ESP/soul, if you ever experienced it, with *any* living human, as they spy on *all*. *Any online search, etc alerts them you're strongly believing in astral* stuff, God, so keep your beliefs, meditations 100% secret, as *they only use info to wage war*. God is super intelligent, God can reveal 1 trillion times more than the garbage humans wrote so far. *Play being low in IQ to avoid* harassment and 24-7 decade long torture. However, even a simple thought "all become like a shimmering shapeshifting Immortal living to a trillion" and visualizing that shifts the planet towards that; plus, any kind ecstatic happy states can lift the global vibe and prevent war; an intelligent astral android you ask God to co-create, can ☺☺*lovingly tenderly gently kindly*☺☺ 'patrol' the planet *(or a* sphere of light, 300 miles thick around the earth*, 150 below ground, 150 above can work too, it envelops all into the field that blocks any* intent that in 5 years may lead to nuclear war *to protect humanity; what seems impossible to you, is possible to God)* as a shimmering non-physical light that prevents nuclear war or any war eventually.

You are an Earth citizen with the God given right to a peaceful planet and thugs can't force war on everyone, terrorizing the news watchers with war images daily. These thugs have no right to pollute the planet with quantum vibes of war or violence (fake or real violence, to terrorize all, take all freedom away, create max fear, for max looting, enslavement and vampirism). The planet belongs to all. All, with any brains left, know that one can live to a trillion whether one has as much land per capita as Singapore or as much as Canada. We as bipedal monkeys have no such knowledge yet, all we do all day is mainly fight and kill as the news indicate. There is no logic in wars, it is a concept of the savage ages of the past. Wars got to end or we may disappear

as a species. We can't let a few generals to wipe our species out. All Immortalists, Eternalists, Longevists can unite. ☺☺☺ If they attack every human's living space with quantum vibes of war, then all 7 billion peace lovers need to unite against the *800+ (could be way more) bad generals of the planet who're threatening every human alive*, as we have the right to self-defense, to radiate the most peaceful vibes of healing of restless souls, to rid the planet of such vibes, to liberate humanity, our living space, by listening to peaceful songs; you got the quantum proof of quanta strings, subatomic particles destroying the planet's integrity. A focused thought dematerializes all nukes, as it becomes reality in the planetary quantum field, so then people use safer tech anti asteroid. The superorganism of all humans combined is infinitely more powerful than 800 crazy generals, so why aren't people awakening to their ability to bring instant World Peace? Replace the conmen and take charge of our destiny? The kind Immortalist Anthem vibes can prevail, over the war vibes in 8+ scriptures, anthems, music. Wars can be fake, ways to test anti-asteroid/alien weapons. So then, relax, rejoice in the eternal magnificent happiness of OBE to help bring peace. Your soul is more powerful than all weapons humans created so far. Unlike objects, you have direct access to the human quantum field. Your kind tone of thinking, emoting, speaking if you choose to speak sometimes, can bring peace instantly, if it reaches the right frequency, 1 person can transform the entire human quantum field silently, even by his thoughts alone. Each human resonates like a tuning fork and if one becomes ultra peaceful, the rest of humanity will too. All humans unite for peace now, to free the world from the military-industrial complex conmen. Eisenhower warned in 1961 that the 4 million folks military industrial complex can turn the USA into a concentration camp, the world into a desert. He explained that an informed citizen, who knows the faking of miracles, the 1000s of fake things in our society today, what the militaries do to millions worldwide, can prevent the rise of new Hitlers, Stalins, etc who're hidden in nuclear bunkers and control the public officials remotely without most having a clue what goes on and who that 'Hitler' is, since they hide, even today, thru many layers and *nobody knows who really controls the USA and other nations, it's not the public officials.* The mere fact that they have brainwashed billions that these quotes are the Word of God and that even in this high tech age so many can be duped, is a sign of their power to deceive. For thousands of years, they created religions to enslave the poor, and in the religious services, they have never talked of World Peace in 3 months, 0 torture and 0 violence in 15 years, only of fraudulent miracles and various generalities to keep people in line, ignorant and obedient to them in a life of slavery; war has been an expression of their greed for wealth and land, and the poor the mere cannon fodder to accomplish their greedy goals. They have even used the sword to kill anyone who dared to question the dictatorship of these folks, endless torture too, as we know about the Inquisition and other similar things. So, even as things are, we always have hope that we can bring that world of peace, with 0 torture, 0 violence, 0 jails, this century, if people truly care about their fellow human being bombed into

the stone age forever. ☺☺☺

CHAPTER 16 - *Immortality* & TELEPATHY

16.1. Introduction, Telepathy Examples, 20 Telepathy Habits 16.2. Daily telepathy exercises
16.3. Influence of 'blood eating' (0.2-0.9% of meat is blood) on health, behavior (36 pages)

16.1 Introduction, Telepathy Examples and 20 Telepathy Habits

It is natural that as a civilization becomes more advanced it gets *more telepathic and empathic*, as *loving kindness prevails* and *gentle tender softness* imbues *everything*. Telepathy is an ESP ability which can be said to include all the others ultimately as applied subcategories, because with telepathy we learn eternally and we discover everything about teleportation, astral travel, living without eating, de/materializing objects/force fields, translating into other dimensions, passing thru walls physically, stopping aging, building a Civilization of Empathic☺☺☺ Telepathic Immortals, where *nurturing* Soothing Grace reigns. We can say that telepathy includes astral travel, since the astral body is a consciousness construct with which the causal body explores astral dimensions or physical universes, which are themselves 'models of reality' or consciousness constructs, they appear 'how we see them' only to us, not others. Our science is a construct that perceives the universe in a human way, so all we see is subjective, biased, relative to human science, to this model that we change each millennium. Telepathy includes all forms of clairvoyance, clairsentience, clairaudience, transferring information from one consciousness to another. It's something present to some degree in all people and animals, even some dogs know when owner starts driving home. This is a list telepathy types:

1). among us and people 1 meter, 700 miles or 1 octillion light years away in some universe.
2). among 'spirits' in form based (or formless) spirit worlds or between humans and 'spirits'.
3). from 1st physical location subatomic coordinates to 2nd physical location subatomic coordinates, for teleportation of matter or soul, the de/materialization of matter and force fields, passing thru walls (anyone who has this mastered can escape from a location). The body is a hologram, an information pattern telepathized away during teleportation perhaps.
4). from 1st physical location subatomic coordinates to 2nd other dimensional location subatomic subatomic coordinates, for living without eating or the dimensional translation of matter-energy without re-appearing at another location for a long time or never, dissolving matter irreversibly into energy, just like the fabricated stories of Jesus, Elijah, Vallalar, Tibet.

There are *100s of habits* that improve telepathy with kind spirits, our peacefulness and kindness, but *20 of them* are listed below, with the parenthesis indicating which chapter explains it:

☺☺20+ HABITS hypothesized to boost good TELEPATHY☺☺

14.7 shows how satellites can listen to humans in all Earth locations: silence = longevity, #10.

1. *gentle* peaceful music and promoting World Peace (Chapter 7) 2. *gentle tender soft* tone of speech, emotion, intent, energy (Ch 8.1) 3. whispering 4. tranquility and conscious *breathing* (Ch 10.1) 5. lowering noise levels 6. no headbanging in music or head damaging sports 7. *proper regular sleep daily* (see the sleep section): sleep is of utmost importance to long-term health, probably the most important after proper nutrition, since body/brain repair is done during sleep mainly; take a quick shower, breathe ecstatically and meditate 3 minutes, walk in nature/touch a tree for 2 minutes, and/or wear earplugs for more sound sleep and avoid heavy meals 3-4 hours before bed 8. good *vegan* nutrition (Ch 11) 9. energy radiation, meditation (Ch 10.2), hand-on healing, massage, prayer (Ch 12.1) 10. being a perfect listener, speaking when asked only 11. not knowing (Ch 2) and thus speaking less, especially since human speech is IQ 100-300 vs 300 trillion for old Immortals who view human speech as we view "ant squeals". You will appear a genius if you speak less and get less in trouble when tension exists as speaking can make you a target by criminals or powerful people with short temper. Even humans of the future living much longer, but not Immortals yet, meaning not trillions of years, would view our speech as we view dog barking: low IQ, unrefined, full of negative emotions, fight and flight, silly. To empathize with Immortals is to view humans from their perspective, this is how we evolve, by focusing History Classes on Quantum Entanglement with the future, the Immortals, to become different than the chimps we are. 12. *gentle* tender gazing at things/people (Ch 9) 13. *gentle* telepathy *walking* & exercising (Ch 10.3) 14. smiling (Ch 9) 15. honesty 16. self-control attained thru ecstatic meditation experiences, where the energy shifts upwards into the crown chakra and one attains a happiness a million times greater than any activity people engage in their normal life. See the meditation way beyond orgasm section. 17. proving telepathy to *oneself (this chapter)* 18. reading about telepathy (this chapter) 19. seeing the good qualities in others too, not just the bad (faults) (effort praise section) 20. evolutive listening, watching, thinking, writing, *speaking* (Ch 8.2) ☺ 21-100 many others we have yet to discover. These telepathy habits could be used to create better relationships between people at home and at work, and/or to develop inner peace and more positive emotions and responses to life.☺☺☺

Examples of fake telepathy (mostly unverified *claims, made* to make $)

Chapter 14 has some examples. Youtube has 800+ fake videos about interspecies telepathy: human-leopard, 10 more examples are in the fake miracles section. Bird flocks flying in formation may be some form of telepathy or verbal communication (silent sound). 99.99% of telepathy miracles in religions were faked, made up stories to have more people pay their religious fees to be saved from "having any original thought, experience and independent thought process". We're not talking of "garbage telepathy", i.e. the priest knows everything

about someone, since he's a spy, and tells the guy stuff he heard from informants about his decision. Nor do we talk about everyday "telepathy" that happens in every family: kids comes home and talked for 4 weeks with mom about a big decision: to take algebra course next or not. Then Mom says "you enrolled in algebra", wow, telepathy. She just had a guess with 50% chance of a hit (not even something with one out of 10 choices) and this becomes the news of the town, his mom is psychic, the soon to be canonized saint of "0 IQ folks" church of statistics ignorance. Real telepathy only happens via gadgets today, computer to brain, where you speak 100% of what they type, word by word. Robot is sort of reading a person's "mind" (an image is 0.01% of one's mind at an instance, but still something that was not possible 100 years ago): a huge and expensive machine (or small these days, reconstruct videos mice see) can detect, after proper training, based on brainwaves/MRI, what kind of object the person is looking at, what digit, so it can write the mind, dreams a person has, control every emotion, thought, movement.

TELEPORTATION *Made* Up *Stories* EXAMPLES:

An energy a 800^{800} smaller can cause a big shift via the domino effect, when the right knowledge exists, like seen in nukes or thermonukes or in the future, in odd teleportation or telekinesis. Internet searches give us made up stories of teleportation of objects thru sealed containers in China, etc and also the cases of Pansini Boys, Joseph Cupertino levitation, flying to gather more cash for Catholics (richest landowner in Europe), Jacob Mutton. Teleportation is a form of telepathy, perhaps. In its movement around Milky Way that takes a galactic year, the solar system has a speed of 483,000 mph (number varies slightly depending on who you ask), so at any given moment we sit or walk, we're moving fast; what if we could discover moving at 483000 mph versus the Earth while not experiencing any damage, as we suffer no damage when moving around the galactic core? "Teleportation!: A Practical Guide for the Metaphysical Traveler" is a fake book, but worth reading the description of on Amazon. The shifting into another dimension can also be quick; one can leave a copy of yourself at original point, at least in spirit form, and nobody knows one teleported, but it might be possible to make physical copies of oneself too, if energy exists. In its movement around some bigger universal structure, our local area of the universe is moving at a much greater speed than 483,000 mph, in a cycle that takes billions of years. So, we're always moving at an unbelievable speed. The galactic year is 0.25 billion terrestrial years (circle around the Milky Way center); this influences everything.

PRECOGNITIVE TELEPATHY EXAMPLES & Fake SCIENCE PAPERS

Below is false precognitive telepathy (*i.e. it was done with gadgets by some agency most likely, due to very unlikely coincidences not even mentioned, when things are too precise and odd, you can guess it was them using dream creation gadgets to mess with you*) dream and waking precognitive telepathy case. Precognitive telepathy or premonition events may happen in the

lives of most people at least a few times. We normally don't pay attention. Below are some recent and older examples, besides 7 scientific papers trying to offer proof of precognition. Skeptics will say it's just a coincidence and it wasn't any telepathy from spirits to show that future is "predictable a few days or months ahead". After all, there is no way to prove either hypothesis. Perhaps spirits want to be anonymous (a quadrillion year old spirit is way smarter at being invisible than a human) and do their work without us even being aware of it at times, as they care about results not about getting credit. So for them proof is less important.☺☺☺

On December 29 2017, I had a funny dream CIA beamed into my mind: I was some place and I asked where is the airport, and then someone said it's right over there, and I looked over in the direction they said where "Salt Lake City" was, and there was an etheric shimmering temple, as tall as Burj Khalifa in Dubai, looking somewhat similar *(since* Mormons *had 2+ wives like Muslims did?)*, except at the bottom there were 2 other structures, tiny towers at the base, that made it look different than Burj Khalifa, but shape was different, very Gothic and similar to the left tower of this cathedral, like a very tall and amazing structure at the entrance of the city to catch the eyes of visitors maybe. The temple/church was made of silver, white and blue light, and a little indigo and purple too from a distance, so tall, unlike anything any town has and as I looked at it, it drew me to it, I flew to it and I was there. It shocked me how easy it was to get to the airport by teleportation (all my life, like 10% of kids, I had flying dreams, especially when younger). It made little sense to get to an airport if I could fly, but this was only realized as it was happening. Then, moments later, I had a rocket dream, showing that North Korea is all about enjoying making grandiose threats, they won't attack as some thought in 2017, they love jokes.

TRILLIONS OF POSSIBLE DREAM INTERPRETATIONS:☺☺☺

What I recall the most is the colorful beauty of the tall Temple in the Sky, that touched the clouds, and how I teleported. This dream may be brain saying that physical "Immortality" is possible (since Utah tree colony root is 80,000+ years old). When I woke up, I googled the mormon temple in that town Salt Lake City and it's very similar to this dream temple in the Gothic structure of towers, but the astral temple had much slimmer and taller towers (more like that Cathedral linked above), but not similar in shape and height, the central tower is maybe 10 times taller compared to the lower ones, the 2 main much lower ones and 2 others even smaller (less than half the height of the smaller ones). 5 days later, North called South Korea and agreed to Jan 9 talks for the 1st time in 2 years, as the dream conveyed that there is less to worry about Korea, which is now perhaps true as talks started. All North Korea anxiety (which some had in 2017) vanished after this dream. On June 11th 2018 N. Korea & US Presidents met in Singapore to talk denuclearizationand: Kim flew in an airplane to Singapore (1st time a North Korean President flew, reminding me of the dream with North Korea President flying, smiling in a rocket).

For the Science Faked or Real "Proof" for "Telepathic Precognition" (CIA knows the future from their spies deals, so they give you a dream to make you believe you're psychic) see these 7 free full PDF papers at deanradin.com website, under the precognition category: 1. Bem et al 2015. Feeling the future: A meta-analysis of 90 experiments on the anomalous anticipation of random future events 2. Mossbridge et al 2012. Predictive physiological anticipation preceding seemingly unpredictable stimuli: a meta-analysis, 3. Galek et al 2012. Correcting the past: Failures to replicate psi 4. Tressoldi et al 2011. Let your eyes predict: Prediction accuracy of pupillary responses to random alerting and neutral sounds 5. Radin 2011. Predicting the unpredictable: 75 years of experimental evidence 6. Radin et al 2011. Electrocortical activity prior to unpredictable stimuli in meditators and non-meditators. 7. Bem 2011. Feeling the future: Experimental evidence for anomalous retroactive influences on cognition and affect

16.2. DAILY TELEPATHY EXERCISES & More Examples of Telepathy

Below are simple exercises (height, digits, colors, etc) anyone can try at home to develop telepathy. It's good to be aware of discerning telepathy sources, as explained in the telepathy coincidences section first paragraph. These exercises are like proving telepathy to yourself on a daily basis. One can even think of this as tips for making telepathy/ESP a daily Individual or family mental exercise habit. Generally, when trying to get ESP impressions it's better to close eyes (it shifts brain into an α brainwave, more relaxed state) and remove all noise disturbances (wear earplugs and eye mask if needed or if you're used to it already for meditation), to free brain resources used in processing physical senses visual audio data and allow the brain to move to inner visual, audio, sentient, conceptual data. While some may be skeptical that these have any practical use, sometimes you can save years of research by not investigating certain possibilities and bypassing them. If out of 10 answers only one is true, obviously if it takes a year to research each, if you can figure out which one it is, you save 9 years of research by starting with the right chemical compound that helps us to live to 400. This is explained also in the sleep paragraph that highlights how critical proper deep sleep is for ESP precision. ☺☺

One topic of news articles is how families or groups eat, pray, bless the food, meditate or exercise together. What if a new trend is the ESP-Telepathy-OBE practice, just like meditation practice? Wouldn't telepathy be really useful in discovering new things, scientific truths and finding evidence of afterlife every single day? Here is a very basic exercise, which you can do alone or with friends (take at least 10-50 minutes to do it, to be ultra clear and meditative, rushing never works well with things like this for newbies). The correct digit can be one that you pre-select without seeing among 10 pieces of paper at home and place in a location. If you're a newbie who never tried telepathy, this exercise may need more than 40-90 minutes to be successful. Best answers come in trance states when the "left brain is calmed down and the right

brain is more active". This is where over analyzing is not good, since we're trying to not THINK too much ourselves, but to LISTEN to the thoughts of spirits too, besides remote astral perception. We can't hear spirits if we think verbally nonstop, creating brain noise.☺☺☺

To exercise our telepathy-obe muscles, we can radiate energies of compassion-peace globally as mini-suns illuminating every human soul and then try guess a digit you/a friend secretly selected (placed in a location to be checked later) between 0 and 9. You can do this in many ways, using ESP, Telepathy (this is ideal, since communication with noble spirits is very handy when you don't know where to astral travel), pre-cognition (time travel to the future when you open the paper and remote view the number) or astral travel (go inside, shrink astrally and read the number). To practice more beforehand you can simply write 0, 1, 2, 3, 4, 5, 6, 7, 8, 9 on 10 pieces of paper (same size, tiny) and then with eyes closed pick a piece of paper and place it somewhere (in a way no low level spirit can see it) and then use telepathy or astral sight, hearing, feeling to perceive the digit. Your spirit helper will tell you and you will be able to hear/see/feel it if you're in a relaxed peaceful state. After you gained some confidence, you can just do it without the paper selection and focus on the digit someone selected, by perhaps radiating some peaceful energy towards all human beings first, to help aid the World Peace goal in exchange for help from spirits aiding you to develop awareness. If you feel confident, you can repeat the exercise to guess a digit, a second number and the two digits will make a number xx. First I would try to do a digit at a time, understand how noble spirits communicate with me, and then repeat it before I jump to big numbers made of 2-9 digits. ☺☺☺

Note: the exercises below are designed to develop telepathy between self and noble spirits, but they can be used to develop telepathy between 2 physical people also, i.e. a person thinks (and writes on a paper after thinking) for a few seconds (or 1-2 minutes if one wants to confirm it more for newbies who focus with eyes closed in a relaxed environment) of a digit (the number of digits, colors, etc can be decided in each exercise, the more, the harder the telepathy, best is to start with 2 digits like 0 and 1), color (start with 2, then do more), object (among several), direction (east, west, left, right), temperature (cold, warm), etc and the other has to write down what he thought he received via telepathy. Then the 2 sheets or computer files are compared, after doing 20-100 such small tests. Since we don't always have a physical person in the mood for such telepathy exercises or games and human-human telepathy has limited applications, below are telepathy with spirits guides that anyone can practice any time alone and that develop our clairvoyance and remote sensing ability too, since human-human telepathy is less useful than spirit-human telepathy in scientific discovery and expanding human knowledge. The spirit-human telepathy or remote viewing telepathy is also different than human-human telepathy and one can take much longer (than a few seconds or minutes) to confirm it via many ways, to make it practical and really accurate. Since a standard 52 card set has As and 2s thru

10s, As being easy to assign to 1, one can use those to select a number at random 40 times in a row, checking results only after writing the 40 guesses (eliminate the cards with pictures, the Jacks, Queens, Kings, so only 40 are left). You can use cards to select via telepathy if it's hearts, spades, clubs or diamonds. When doing tests, calculate the random chance which can be 10%, 50%, 25%, depending on what kind of exercise is done, to determine how far above chance you is. The cards are only 1 of 100s of telepathy exercises; it's better to have variety.

SOME EXAMPLES OF MY EXERCISES:

NOVEMBER 4 2016 Exercise

On November 4, 2016, I cut a piece of white paper in 10 pieces and wrote with a very light pink 0,1,2,3,4,5,6,7,8,9 on the 10 pieces of paper. Folded each twice and placed them in a sock to prevent looking at them. Then picked one out of the sock and placed it in another sock, so I can't see and focus astrally better on the sock. Then I used many methods described in detail below to confirm initial telepathy from spirits about the 0 digit, to gain more confidence in noble spirit telepathy. We each have certain neural pathways and telepathy pathways in the astral and physical brain that are more EXERCISED or developed depending on our total soul history, so by engaging the dormant less used pathways we slowly move towards a more synesthesic and full trans-linguistic highly rich telepathy. Within seconds of placing the paper in the sock, I heard a "spirit or wireless to brain voice or subconcious mind, etc" (synthetic telepathy) loud saying 0, then repeating it over and over. At first, I thought it's a joke or something from a joker spirit or something else, as I didn't even fully get in the bed to start my telepathy. But over the next few hours, I tried to use many methods to confirm this initial information.☺☺☺

1. Confirmation of Initial First Clairaudient Impression/Telepathy via YES-NO

I went thru each of the 10 digits, said them mentally, waited for spirits to say yes or no. They only said YES to 0. I repeated this many times; most times it was 0 THAT GOT YES.☺

2. Confirmation of Initial First Clairaudient Impression/Telepathy via IMAGES

I imagined a very pleasant heavenly astral world with a pleasant room with a table on it. The point was to see on this table as many oranges (or cactus pears or whatever your favorite fruit is for this exercise) as the digit signifies. This activates the visual cortex link to the telepathy centers in the astral body. So, if the digit would be 5, I would see 5 oranges in this remote viewing inducing astral room in my mind. If it would be 0, I would see no oranges. I did this with many fruits, even chairs instead of fruits and got an empty table, no chairs, meaning 0.

3. Confirmation of Initial First Clairaudient Impression/Telepathy via TOUCH/PSYCHOMETRY

I took the sock at one moment, touched it to feel maybe any impression, tried to get an impression of what it might be, but initially, psychometry gave me conflicting information, it seemed as if a 4 would be there. It was not 0, so this caused me to try to confirm the 0 in all the other ways. But 0 came again thru astral psychometry stronger after many attempts, so I ignored the non-0 impressions. Psychometry comes from psychic metering, psychic measuring of data about an object by holding the object in your hand.

4. Confirmation of Initial First Clairaudient Impression/Telepathy via Astral Time Travel

I was trying to remote view the future of me opening the sock and seeing the number, but this one was a lot harder than I thought since I didn't get a clear 0 all the time, possibly due to lack of experience with time travel. I got 0 more times than non-0, but the fuzzy nature of it made me discard this confirmation method.☺☺☺

5. Confirmation of Initial First Clairaudient Impression/Telepathy via TACTILE SENSATIONS FROM SPIRITS IN MY FINGERS

I have asked the spirits to touch each finger with *loving kindness* feelings, assigning each finger to one of the 10 digits. The finger that led to the strongest universal loving kindness (the Unconditional Love of God) was meant to be the correct digit. 0 came the strongest.

6. Confirmation of Initial First Clairaudient Impression/Telepathy via World Peace Radiation of Energies thru the 10 fingers

This is like above, except instead of "spirits" infusing my fingers, I radiated Peace to all planet thru each finger and the 0 finger came strongest again.

7. Confirmation of Initial First Clairaudient Impression/Telepathy via ASTRAL colors

I assigned 0-6 to the 7 colors of the rainbow (0=red, 1=orange, 2=yellow, 3=green, 4=blue, 5=indigo, 6=purple) and 7 to white, 8 to gold, 9 to silver. RED came strongest. You can also split the 10 into 2 major camps, like first five is yellow and next 5 is blue, do "yellow, blue" choice and then the remaining 5 you apply the first 5 of the rainbow or whatever works for your brain, depending on how your astral and/or physical brain sensitivity to colors is.☺☺☺ Initially, when I did it, I assigned gold to first 7 (was going to do rainbow with those, as I'm used to the rainbow set of colors for telepathy confirmations) and silver to the second 3 digits, gold came strong. Then I did rainbow on the first 7 and got REEEEEEEEEEED.

Whenever I tried things of this sort, we need to confirm things many times to be 100% sure as shown above. If we rush, we're far more likely to get it wrong. The brain is extremely complex and there are many ways to confuse noise with signal. Each person is best at one: clairsentience,

clairtasting, clairaudience, clairvoyance, etc, so for some people the first and/or clearest and strongest impressions always come as visual, smell, feeling, texture, or symbol not as sound as it did for me and as it does for me many times. For example, if you're very good with taste, you can assign 0 to bitter, 1 to cilantro taste, 2 to orange taste, 3 to your banana strawberry favorite smoothie and use that. Use whatever senses are strongest for you, everyone is different. If you're very touchy-feely, you may assign 0-9 to different touching sensations. If you're super sensitive with your toes (I am not), you can assign 0-9 to each of the 10 toes. Most people feel their hands much more, so it's easier with the fingers. But there are always exceptions. ☺☺☺

People who hear or are very sensitive to sound are better at clairaudience. Perhaps the astral multi-life multi-dimensional developing of the astral brain regions determines which areas of the embryo genes get turned on more, i.e. the astral brain influences the DNA in the womb and at conception even. This would also explain why some people know so much MATH at age 4, way more than some people will know their whole life. What we learn in former lives is somewhere stored deep inside our souls? This is a hypothesis though, not anything I can say "I know for sure". I did this 0-9 digit exercise first time on 10-30-2015 and I correctly identified a 7 and the color purple when I did the 7 rainbow color on paper selection. It was a very interesting thing that the color selected was the 7th of the rainbow, as the number first done in this first exercise. There are infinite ways to encode the answer as being Yes or No, with colors, numbers, etc or a combo of these. For example, you can choose to perceive one of 10 colors and have 10 papers (with the colors written on them and folded so you don't see what they're as in the experiments above) with eyes closed before experiment starts aligned in order in a line behind a box or something where you don't see them, so you don't try to subconsciously learn which shape is which color. Assign YES to positions 1,3,5,7,9 and NO to positions 2,4,6,8,10. If the color you get is in the yes position, it's yes. Change the encoding, try something like yes is 1-5 and no is position 6-10 or yes position 1,2,4,7,8 and no is the others, so if the color keeps always showing up in YES, the answer is YES. Try to do YES and NO this way with time events too as explained below, and so on. On Nov 26, 2016 I did this and I learned a lot about how spirits communicate, I got the same answer, after decoding, 9 times. Only one time it was yes, 9 times it was no. If it were random chance, it would have happened more even, 50-50, not 90 to 10. Don't do this for too long as you may get tired and then the accuracy will take a hit. Just like when you workout pushups, you need to take a break, telepathy uses certain neural circuits that get tired after a while, especially if not used to it, just like undeveloped muscles can do 10 pushups, but developed ones can do 100. It's better to do 10 hours spread over 7 days instead of 1, by far, you get way better results, also doing it when rested, like before noon.☺☺☺

FUTURE TIMELINE PROBABILITY ASSESSMENT VIA TELEPATHY

Future is not set, but the closer one gets to the future date (days or weeks, instead of decades), the more likely it is that the probability of one timeline to happen is so big, that it can be correctly identified via astral travel or telepathy in most cases depending on several factors. As such, a simple version of this experiment is to choose any random future event, very simple things (which house down the road a person will park his car, or what will be the price of tomatoes at a grocery store next day, etc), that will occur within 24-48 hours nearby or in a public place you can verify astrally or in person and make 3-10 choices for what can occur and then use telepathy with spirits to identify which one will occur. Then verify it and compare the notes, learn from mistakes, understand why the mistake or if there was a real shift in the timeline (very rare though, since the advanced spirits can see exactly all possible futures when it gets close to a date). You can choose several events a day and guess more than once daily and see how future precognitive telepathy develops over time. This can be fine-tuned to events 1 week or 1 month away or even 10 years away, to gauge the highest probability now, given current trends, etc. One can make a journal entry and then verify events predicted 3 months ago and see how time travel telepathy accuracy works 3 months ahead of an event, or 3 years ahead of an event, or longer. One can make a file or some kind of journal dedicated to only these types of events, with future dates marked in a calendar to check how the event actually turned out (or make a calendar task on a phone or desktop calendar software or something). It's best to never tell anyone what the encoded notes in your journal mean about your time travel telepathy or your calendar computer or tablet or phone task, since hackers (or a playful sibling, etc) can try to guess what you guessed about the future and make it come true to create a certain illusion. For example, you can try to predict when something will happen, the exact time, by dividing the average time of happening for that event into 10 and then assigning 0-9 digits or 10 colors to the 10 time periods. However, since you know what each number or color corresponds to time-wise, it's best to do double encoding as I did for the election Nov 5 telepathy (see below) on who wins US election by how many votes. This way, there is no interference from the left analytical brain.

Note: if you do a question that has a Yes or No answer, it's ultra highly recommended to always encode the choice, i.e. take 2 pieces of paper and write on them two colors, fold them twice. Then with eyes closed or anyway, not trying to see anything, place a folded tiny paper as above in a given location x. Then do telepathy, confirm it in many ways, and see what color came. If the color that comes matches the color written on paper in location X, it means YES to the question. Otherwise, it's NO. This can be done the other way too. It seems far safer and ☺☺*lovingly gently* kinder☺☺ to never ask for telepathy YES or NO directly, since the brain is very powerful at overriding subtle spirit telepathy when it wants the answer to be YES or NO. This way, you bypass the left brain. For YES and NO questions or dual choice (one out of 2, not one out of 10), it seems far better to repeat it many times and take it seriously only after you got always the

same answer in a row, to confirm it if you're not sure. The same idea for questions where you care about the answer, assign the numbers to colors for example and then arrange randomly the 10 color folded papers in order from left to right to match 0-9. Then you select a color via telepathy and that's the number. Sometimes, a question about a number is charged. ☺☺ *Lovingly gently discern* what other images spirits communicate, this is training the brain to be objective and not PROJECT one's beliefs, or desires and wishes onto spirit telepathy. Eventually, after a long practice, one becomes an expert at it, etc... Like with any skill, be it chess or whatever. The hardest thing in telepathy is learning to be objective and not project your thoughts on spirit's messages, which many people always do even while astral projected. This is very well exemplified by the telepathy on November 5 from spirits, which contradicted my conscious (left brain) mind thoughts about the US election as explained below: ☺☺☺

NOVEMBER 5 2016 AMERICAN ELECTION TELEPATHY

On November 5, I did a 10 minute experiment where I assigned the color in a given location being the same as telepathy received color as meaning Clinton wins, and if a different color than telepathy color shows in a location where I placed a paper with one of two colors without seeing it to bypass conscious mind, Trump wins. I got that Trump wins. I arranged the 7 colors of rainbow and white, silver, gold in random order in a given location in line, and the first color from left means 0, the last one means 9. 9 had to be repeated, means winning the election by more than 9 million votes or 9 million. I got via telepathy the color RED and red was in position 2, so 2 million, so Trump theoretically, would win by 2 million votes. Noteworthy is that the color RED was on the 3rd folded paper, and corresponded to number 2, since left most is 0, right most is 9. 3-2 again as between 2 and 3 am EST when Clinton conceded and Trump gave his victory speech, very funny coincidence. My conscious mind thought Clinton would win by 5 or 6 million votes, but the only spirit telepathy experiment on the election that I ever did said Trump wins by 2 million votes. This shows that the conscious mind can be off wildly, since the brain is more limited than the spirit, and it projects its own beliefs or desires. Trump won, at about 2:30 am EST after the election day, Clinton called him to congratulate him on winning, per CNN.☺☺☺

Note: you can also assign answers to questions you have to numbers on the 10 pieces of paper and then after special prayers, meditation, World Peace visualization as explained above, pick the number and there you will often find the answer, since God, your guardian angel or evolved spirits have the power to guide your hand to give you answers, if you don't feel like astral traveling that morning or you're not into bilocation. These telepathy exercises (especially those seeking answers or confirmations to certain hypotheses) are to be done ideally in the morning or early afternoon, or right after we wake up and are in the ethereal zone, the state of maximum awareness of the day, when we're more likely to have obes and be ultra clear. You will realize, if

you ask the same question 10 times (with 10 possible answers) and get the same answer 10 times in a row (say over many days), that it can't be by chance, but it is something with a probability of 1 in 10 billion, which is very hard to fake or achieve, it requires a very evolved spirit (attracted by your prayers, World Peace meditations, etc) to replicate this kind of stuff 10 times thru your hand, especially if you do it in a way no low vibe spirit can see it if they would be astral projected in your room, etc. This is stronger than a random telepathic voice saying something, since random voices can be of even humans who try to interfere. This exercise is done under protection, after proper shield creation, and as such, it's different than random thoughts we hear from the universe. The ideal is to evolve our telepathy where we're no longer being influenced by random spirits (or humans trying to project words, images, as 1st paragraph of 14.6 talks about, etc) and are in a state of communion with evolved non-verbal spirits all the time (not easy, may take a while), and remain serene when silly or bad stuff (that may induce fear if one believes it's spirits, not humans) is said. This stuff can be extended to assign digits, colors, images to letters too, so as to get precise information about anything, "What name a baby or baby spirit wants, what chemical element or substance is the key to discovering anti-gravity, or how to bring World Peace in a few years or living to 4000".

DECEMBER 4 2016 AUSTRIA ELECTION TELEPATHY

Around 5 AM, I went to the bath and decided to do a 10 min telepathy exercise before I go to bed again. I got that Alex, the Green party candidate would win in Austria election. The encoding was thru colors and numbers to bypass the conscious mind. 3 times I did the choosing of a color matching a position, Alex came winner 3 times in a row, and then again. Alex won more times than the other guy, so I wrote on my paper "experiment #1, Alex" won. Alex indeed won.☺☺☺

APRIL 24 2017 FRENCH ELECTION TELEPATHY

Who wins the French elections, Le Pen or Macron? I did a simple exercise using colors and I got purple for the first set of 10 pieces of paper and white for the second. The double encoding was that if I select o (not i) for the first set of 10 pieces (for 10 colors), it's meaning the color in first 5 positions would mean Le Pen wins. If I select E for the second set, it means the color in the first 5 positions would mean Le Pen wins. The first set of 10 pieces had purple in position 3 and the selection was i, so Macron wins. The second set of 10 pieces had white in position 7 and the selection was y (not e), so since it's in the second set of 5, it means Le Pen wins. Interpretation is the spirits didn't want to tell me who wins, or my ESP was bad or I rushed it (I kind of did, 10 minutes or so). The interesting thing is that 3 and 7 make up 37, see the 37 coincidences. The funniest thing of all is that the random selection of the 2 encoders were I and Y, not O and E. I and Y and 37 together, make up for a really unique meaning from spirits for me. While this may seem like a failed exercise, I think it was interesting because there are 400 possibilities for the

positions and the selections of I and y and what the number made from the digits indicating the positions of the papers are. Plus there is also another factor of 50, in choosing purple and white (or white and purple, doesn't matter) as the colors that give the end result y, I and 37, so we have a 1 in 20,000 chance to select this randomly, but this was the spirit telepathy. If you say purple first and white second, then the chance is 1 in 40,000. The probability of position 3 being purple is 1 in 10 as a result of spirit motor telepathy or telekinesis, the probability of telepathy (of spirits) choosing the same purple among 10 colors is another 1 in 10. So choosing purple in position 3 is 1 in 100 chance. Same for choosing white (or any color) in position 7 (or any position for the second set), you get a 1 in 100 chance for it to occur since one event is eyes closed arranging the colors and the other event is telepathy. Then Y and O introduce a factor of 4 due to 2 times 2. So 1 in 40,000 chance for color x and color y to appear in an exact order via telepathy corresponding to a number between 00, 01, 02 and 99 (a total of 100). I was wearing purple and white when doing the exercise, so that's even weirder, since earlier in the day I went to buy produce at $ store and total was 17. (The Y and I and O were from an old set of initials for the ten colors (yellow, indigo, orange) and E was a new letter I chose many months ago too when I was setting up double encoding. Weird how it came to be I and y among those, when I could have chosen new papers and wrote new letters that were different from the 10 letters for the 10 colors, this makes the probability of choosing I (ai) and y (uai phonetic in Latin) even lower than 1 in 40,000 sort of). The telepathy for purple was very strong and clear, but for the white less strong, I mean one had to be weaker than the other. But I distinctly recall, asking one more time for confirmation of white (after I turned the light on) before looking the results and I got white again, yet I was my typical skeptical "give me the proof" self, so I was still not sure, even if the clairaudience was clear in the final confirmation.☺☺☺

This 10 min telepathy exercise may have been used by spirits or brain to show that telepathy can be 100% correct even when we're totally skeptical. Anyone would immediately be skeptical when hearing white for the second color (especially after the first color was one I was wearing and one that I like, and after being 10% skeptical even of purple due to the fact I like it a lot), given that that day I was wearing purple and white. I did confirm that the second color was white also by assigning one of the 10 colors to my 10 fingers and asking spirits to give me kinesthetic information in the finger. It was evident it was one of the later colors in the normal order of colors I was thinking of (the 7 of the rainbow first and then 3 other colors, which I realized on April 26 2017, has been the system for over a year, this is another 3 and 7, 37). If you recall first exercise mentioned above, done October 30 2015 I was listening to a special song (which made me go to a temple next day, and the 37 telepathy happened coincidentally, in the 3rd question asked), when I selected with closed eyes a number and a color, it was purple and 7, identified both correctly via telepathy. Back then too, I was so skeptical of purple, and of 7, but

it was the right answer. Did spirits guide my hands to make it purple and 7 then? If so, the probability of correct guiding and correct telepathy was 7 times 7 (colors, since I did only rainbow ones first time), times 10 times 10, so 1 in 4,900. On April 16 2017 on Easter, I went to buy stuff, total was $3.71. On April 20, I went to buy some stuff, and bought some unexpected things due to a sale and total was $37.20. On April 21, 5 days from Easter, went to buy watermelon and I got some zucchini and bananas too, so total was $16.73. I got curious, due to 73 cents after 16 and checked the total amount of bananas and it was 13.73 lb; 73 is 37 inverted; 13.73 has 37 and 73; was thinking of 37 and decided to weigh to biggest watermelon out of curiosity and it was 7312 g and took a picture of it, or 7.3 kg. ☺☺☺

NOVEMBER 8 2017 HEIGHT TELEPATHY

First exercise: focusing on the image of a person 10 min. On 6 pieces of paper I wrote 6 heights, 5'2", 5'5", 5'8", 5'11", 6'2", 6'5" and I picked one without seeing moving it under a shirt (so I don't see, the other 5 were under a shirt too, just away from the selected one) and then I tried to guess which one it is by having spirits beam into my mind the image of someone like that, and I saw a very muscular, heavy built tall guy around 6'2" or anyway, 6'2" being closest of the 6 to his real height. And I was correct, it was 6'2". The probability of guessing is 1 in 6. The second exercise was a little less successful: I chose 5 colored markers (the ones that kids use, 25 colors for a dollar at the dollar store) yellow, pink (more like pink-purple), blue, green, orange and shuffled them under a cloth in a random order. Then I tried to determine which one is the first color nearest the computer. When facing the colors, this would be to my left, but when doing exercise facing away from colors, this would be to my right. When facing away I got yellow mostly while when facing colors I got pink more. When all was done, as I faced away mostly, I got yellow for the first choice (I thought most likely to be the right answer) and pink second choice (if yellow wrong). Initially, I thought it was yellow, then I even wrote it on my phone pink, and then later thought pink would be the second choice. It shows how I was unsure which one it was. The correct result was pink, but yellow was at the other end (last color, first when looking the other way), so my brain (of some people) probably saw it in the place of pink when you switch position around (left becomes right). This exercise is probably best done in the same position always, to avoid spatial confusion or separate the pen and move it 10" from the other ones to avoid any kind of mirroring confusion by the brain when looking at objects astrally thru the material object while facing objects or facing away from objects. Daily practice of telepathy forces you to be more centered, tranquil, which prevents negative emotions or thoughts. ☺☺☺

NOVEMBER 11th 2017 ► 11-11-2017 ► PHONE BOOK TELEPATHY

Finding the correct digit among 10, with each digit meaning a cause in science or something we need to find in engineering can save 9 years of research time. In engineering or science, we have

to solve a problem that can be caused by 10 things, but to check if each thing is the cause takes 1 year. This method can also be used to find information about your life path and pre-birth agreements, maybe like last 2 digits of their birth year, or last 3 of their phone or address. I put a ruler inside a yellow pages phone book and tried to read the last digit of the first phone number on the top line (not the yellow pages contact number at the top of every page) from the left on the left page. I assigned 0 to red, 1 to orange, 2 to yellow, 3 to green, 4 to blue, 5 to indigo, 6 to purple, 7 to white, 8 to silver, 9 to gold. I got blue (I also went thru each color, saw it, felt it and got a sense of Not this color or This is the color, or YES, etc), but I was not sure if it is blue or indigo so I said it is 4 or 5. I asked spirits to show me the digit as a vertical line compared to the 9 vertical line of 9 feet and I saw something about 5 feet, so I assumed the number is 5. A third confirmation was that I used the VERTICAL-HORIZONTAL line method:

VERTICAL-HORIZONTAL LINE METHOD for Yes and No

Question: Is the digit 4?☺☺☺ Answer: spirits flash in our mind a vertical line and we agree that if among 2 pens in a box, after random shaking, the pen or colored marker on the right (yellow, blue for example) is yellow, vertical means YES. If it's blue, vertical means NO. I got No for 5, Yes for 5 and No for 6 and then I stopped this method. Later on, it turned out that it was indeed 5. Instead of vertical-horizontal, one can also use short person image and tall person image, warm feeling and cold feeling, sweet taste and non-sweet taste, shrinking and expanding feeling in terms of size, feeling small and big, feeling rising out of body upwards or going downwards, deer and bear, cat and dog, girl and boy, black and white, left ear and right ear for sound imagined coming after a thought repeated in mind, fat and thin with the degree of thinness or fatness indicating how strong the yes or no is, overweight and underweight, night and day, brightly lit street and dark street, liquid and solid, metallic and earthy texture, smooth and rough surface, etc. These methods of confirmation using an encoding to prevent confirmation bias can be done all at once or separately. In general, neurons used for some methods are different and overusing those neurons and methods is not a good idea as precision drops after 5 uses or so, so it's best to use many varied methods that access different parts of the brain and neuron sets, because when you exercise, if you exercise one muscle only, you get really tired and can't do anything. Therefore, precision is higher if one uses different assessment methods that use different neurons to assign value.

USING HEIGHT TO ASSESS DIGIT

The height of vertical lines is much easier than the height of people sometimes when you do these numbers, you see for phone, 10 vertical lines of 1 ft for 0, 5 ft for 4, 10 ft for 9. One can switch from people images to line length images for height, when tired of people images (more complex, more tiring than simple lines that have no feelings, personality or many features).

CONFIRMATION OF SPIRIT TELEPATHY PRECISION

Ask spirits to show you signals when you ask a simple question like Is Earth Flat? We already know the answer, it is NO. One can do this a few times for calibration purposes. You kind of verify your perception freshness. I did this a few times and was shocked to get NO, the correct answer. Questions with known answers can be used to detect telepathy precision in interpreting spirit signals. Horizontal-vertical lines exercise may be ideally done while standing or sitting on a chair, not being horizontal to avoid mirroring and flipping effects due to spatial calculations of the brain. ☺☺☺ This "precision verification" is good to do often, maybe each day 3-5 times, in order to calibrate perception. In using instruments to detect different parameters, chemists, engineers, physicists etc calibrate their instruments often and the more often you calibrate them the more precise the result. The same idea applies here, you want to calibrate yourself sometimes, to know your precision is good by getting YES or NO 3-5 times in a row to a question. This way you know if you're in a precise state that day or not.

PRECOGNITIVE PHONE BOOK numbers reading

I asked the question and tried to see if the last digit of a number in phone book, which will be seen in the next few minutes, is below 5 or 5 or above. youtu.be/0ca4miMMaCE is a clip about higher dimensions and time travel. I opened the book 5 times in a row after I used the Yes No exercise above to find out if the last digit of the first number from top left of the left page is 0-4 or 5-9. Amazingly, I got it right 5 times in a row. For those curious, first time it opened on page 68 at some phone number ending in 200-0107, where the businesses starting with I begin, the second time it opened at page 50 some Warehouse business at some 3020 Walnut Avenue address, the 5th one was some number 329-7222. The 3rd and 4th time it opened at some ads and the number was the yellow page number (ending in 7325) because I didn't realize then it was that number on every page with an ad. Some of the business names, addresses, numbers were related to a question I had before doing the exercise. Coincidentally, this same day I also asked which dentist to go to, and 6 times in a row I got one office. However, later I went to another office and the dentist made some mistakes, so he had to redo something at my request and then another dentist from the office 2 days later. Did spirits know this would occur and use this as a reminder tool or that the dentist might have a bad sleep the night before and make mistakes? Stuff like this could aid in precognitive decision making, by estimating future events. In a set of 5 quadrillion events, 5 of them can be predicted even 5 years head, while billions can't. ☺☺☺ On December 5, 2017, I did 3 of these exercises in a row but spending just 1 minute or so. All 3 times I predicted correctly if it was going to be below 5 or not. The first one was off by 1 (1 instead of 2) and the third one was exactly 6. The initial impression was that it's above 5 or 5 itself and this 5 was strong, but at the last second as I was saying it's 5 or 6, a very low subtle

voice (inside the brain, hard to know if it's brain itself or a spirit, or prove it) said "no it's 6" as I was thinking it is 5 itself (kind of answering to my wondering if it is really 5). And then it was 6. So at times, the louder voice is not the correct one. This is worth thinking about many times since the loudness of an impression is not reflecting its accuracy, just some brain mechanism. On Dec 8, 2017, I tried for the first time to guess the last 3 digits of a phone I will open yellow pages to in the future. They were 021. I did it fast, kind of a warm-up and I got 1 or 2 (leaning towards 2) for the 3rd one, which is quite close to 0. One time I thought it might be 0. I got 5 or 6 (leaning on 5 more) for the 2nd, while the correct answer was 2, so that one was off. The 1st one from the phone end was 1 and I got 0 (leaning towards 0) or 1. So I thought possible combos are 150, 250, 261, 251, 151, 050, 051 (this one was the closest to 021) etc. I got a lot of 0 in telepathy, the 3 numbers on that line had a lot of 0s, but this one was the most to the left, so the deal was the left one would be the one. I was thinking a lot of 2 and 0 and 1: indeed they were numbers. This is good for just 7 minutes of thinking, higher than chance, since the digits are quite close to actual ones, even if off by 1 or 3. If they were off by 5-8 it would have been bad. Naturally, to guess exactly, one needs to spend 7 hrs over 2 days probably ultra rested to figure out the slow way as shown above, in examples where perfect match existed with multiple confirmations.

NOVEMBER 24 2017 ► SHAPE & SCENERY TELEPATHY

SHAPE ► Drew a triangle, square (more like a rectangle), circle and cylinder on 4 pieces of paper and then selected one with eyes closed and tried to read what it is in 2 minutes and got the right answer, square. This came as square first time and then I did a yes no confirmation for each shape and another confirmation. This was the first time I tried this shape exercise.

SCENERY ► Selected 24 pieces of paper and drew/wrote on them 24 sceneries (house, a house shaped convenience store, mountains, etc) and then selected one. The very first impression within seconds was the picture of a one level house, which is contained on 2 cards, the house and house shaped convenience store. This was indeed accurate as the picture was the convenience store. Since this was the first time I did this ever, I was very excited, even if initially I thought it was just a house as I did this fast, still 1 in 12 chance. ☺☺☺

NOVEMBER 25 2017

LAST DIGIT OF A PHONE NUMBER OF A RANDOM STORE TELEPATHY

I googled cities with fewer than 10,000 residents, then saw some town name listed in the summary of the first google article, selected it and googled it in another window, then mentally intended to add "sears" to the city search, and before pressing enter, I tried to see in 30 seconds or so if I can read from spirits via telepathy if the last digit of the phone number (for the one Sears in that small town that google will show up on the right with the phone) is lower than 5 or

5-9. The first impression was 0-4 and what struck me as rather odd was something related to 3, almost like it might be 3. I looked it up and the last digit was indeed below 5, it was 0, it was 231-933-5000 a number with 3 threes in it. Perhaps, that's why the 3 came strong, because the number had 3 0s and 3 3s in it, the last digit being repeated 3 times. Good guess for 30 sec. You can also google list of counties in a state or country, then list of towns in a county and then pick a small town after Wikipedia shows it's a small town under 20,000 people and try to guess the last digit of the phone of some common store: at least guess in 1 min if above or below 5. Guessing the digit exact value fast without confirmations (confirmations require a lot more time) is not a good idea unless you test high-speed skills, not precision skills. This stuff is quite common when you focus on a phone number, you might get during the longer (not just 20 seconds) analysis of the last digit, some extra impressions about the other digits, since you're connecting with the number. As you go 0-9 and checking if a strong or weak yes, you might sense a weak "yes" in digits that are different than the last digit, but very present in the number (this is common as the brain can perceive the whole number from the guides or location). This is a common thing in remote viewing telepathy, you may see things nearby.

NOVEMBER 28 2017 ► SHAPE TELEPATHY

Used the 4 papers with a triangle, rectangle (almost square), circle and cylinder drawn and then selected one with eyes closed and tried to read what it is. This is a truly amazing thing, because this was the 2nd time I did this exercise and I got it right. However, this time it was harder, the first clairaudient impression and visual was that of a circle. Then I wasn't sure, and wanted to do it seriously with confirmation, and I decided to seek confirmation, and as I spent more time on it, I saw the circle moving, and a moving circle leads to a cylinder (a cylinder is drawn as 2 circles joined by 2 lines, so the circle first impression within seconds was partially correct), so I began to think it might be a cylinder. Then I went to the bathroom, and when I came back into the room, a clear image of a cylinder came into my mind with such power, such luminous cylinder that I was struck by the telepathic clarity of it. Then I put earplugs and sit in total darkness trying to minimize brain noise, outer noise and to see whether it is circle or cylinder one more time. As I did it, it became more and more clear that the image of the cylinder was much stronger and I set myself to the cylinder. When I uncovered it, I was super-ecstatic, since it was a cylinder and I never did identify out of 4 choices, 2 times in a row correctly, as I never did this type of 4 choice exercise, and never so fast, first time it took 3 minutes to get the right answer, this time only 10-15 minutes. Perhaps, one has to develop a keen understanding of brain noise (which first impressions are noisy and which are not), minimize noises and go within, without light and sound and see the inner light and sound more to more correctly assess impression. Understanding which first impressions are correct is so important, on November 27 I chose one out of 9 fruits and veggies I drew (first time I ever did this exercise) and first impression was

kale, the correct answer, very clairaudient. However, I didn't do anything serious with that exercise, like confirmation, etc and was tired and in a few minutes I became very unsure what it was, so imagine my sheer surprise when it was kale, even if by that time I was no longer thinking it's kale. ESP is real, because performance depends on how perfectly tranquil and rested the brain is, just like doing any math or science test. Each person has different forms of brain noise and one has to understand how one's brain works to decode telepathy from spirits, the subtleties being unable to be really described in words☺☺☺, as we're dealing with the most complicated machine in existence, the human brain. This is very practical, since if you have 4 choices (or 9 choices) and not much time to check each, a little ESP could cut the research time in 4. You assign a shape or whatever you're best at telepathy to each choice, without seeing it and then listen to spirits for the answer and then you see if it is true later on. If a person is skeptical about spirits, they can conceptualize as accessing infinite knowledge about the universe. After all, it's hard to know when spirits help us and when we simply access information that is out there. Since there are hundreds of methods to assign an image, sensation, etc to a given choice, it's best to keep these private (except a few examples for the sake of making a point of how spirits might convey info), to avoid someone who had read your telepathy methods from trying to interfere with the telepathy by sending certain pictures, etc that simulate the way spirits communicate. That's why when doing telepathy we're advised to be quiet and not reveal what we're assigning or doing, to prevent immature spirits from trying to interfere with nobler spirits.

NOVEMBER 29 2017 ► QUESTION FOR SPIRITS, WHICH DIET IS BETTER FOR TELEPATHY?

I used 6 shapes (square, circle, sphere, triangle, cylinder, cube) and 6 diets (omnivore, fish-eating "vegetarian", omnivore that eats only lovingly treated animals that had a natural death, vegetarian, vegan, etc) and shuffled the 2 decks and placed them without seeing under an object. Then I asked spirits to tell me which shape is the diet, with the order of the diets being the order of the shapes, so if triangle was the 1st thing from one end, from the same end (up or down) the 1st diet is the answer. We can use any pictures, not just shapes. What was peculiar was the super-strength with which the telepathy came as a triangle, which meant vegan. It blew me away and it's so hard to describe in words how you can assess when something is clear and something is not, but this one was a very clear telepathy that resolved itself in record 2-4 minutes. When an exercise doesn't yield a strong clear telepathy, I tend to discard it. This one was one of the clearest ever. On Nov 30 I tried a confirmation as I was wondering about the marginal effect a tiny bit of vegan food has, if any, on telepathy precision, so this time I selected only 4 and the question was among raw vegan, raw vegan with a bit of vegan now and then, vegan or other. I got a clear image of yellow and banana, which corresponded in my assignment system to "raw vegan with a bit of vegan", which stated the obvious "a little healthy cooked food won't diminish telepathy" and answered my question. The banana one was one of the

clearest ones, so strong. I did a mini question for 3 diets, and got vegan, not vegetarian. Of course, one needs to ask the same question many times to eliminate chance. ☺☺☺

2nd QUESTION FOR "SPIRITS" (the human quantum field or God if you will), if on a global scale thru a global agreement (like those banning toxic chemicals) movies, music, literature, news, educational materials would be free of violence and people would be more honest (honesty being essential for such a deep implementation globally), can that alone bring World Peace and World Non-violence, since all action comes from thought and things we see, read, hear? I had 3 fruit images printed and I assigned YES, yes and No, NO to different things, like if I saw broccoli and broccoli was the one on top after shuffling in darkness, it might mean YES, but if broccoli was last one it might mean NO, etc. There are many ways to do this, millions. I did ask this and got YES 3 times in a row. I asked if other methods would do it and got no, indicating maybe that World Peace is only possible thru being honest with ourselves and everyone about everything and especially honest about the fact that what we see, read, hear programs our subconscious minds and actions for peace or violence, in virtue of telepathy diffusion. I only did this one day. To be 100% sure one would perhaps need to ask the same question 50 times and have more choices than 3: Yes, No or 50-50. Because the reality of life is more complex and there can be at least 10 degrees of yes and no to every question. I only included this for a general idea to give an example, not to say this is the truth or anything, everyone is free to believe whatever they want.

On Dec 2 2017, I did a similar exercise to ask the spirits how will World Peace come about? 1. by removing all violence (includes unkind tone of speech lacking *gentle tender softness*, sweet loving kindness, scary faces, threats, intimidation) from media, songs, movies, literature, school books, etc to free the human mind from the aggressive thought that leads to aggressive action? or 2. by dematerialization tech of a super-peaceful evolved country dissolving all weapons of the rest? 3. by less fancy tech enabling one country to dominate militarily the rest? I wrote these on 3 pieces of paper and on 3 other pieces of paper I had coconuts, bananas and broccoli printed. I shuffled them without seeing and placed them under a book and let spirits tell me which fruit is most, middle and least likely to be the way World Peace happens when it does and the order of the fruits would be the order of the 3 choices, like if coconut is the first choice, and it's on top, the top one from the other group of 3 papers is the World Peace #1 most likely way it happens. I got that World Peace will most likely occur thru removing violence from media etc, less likely thru dematerialization and least likely, far far less likely, by the 3rd option, almost never. Spirits were saying "not via broccoli" for sure. Not via 3. What is most striking here is that not only were the 3 fruits coconut, banana and broccoli in this order for World Peace, but this is how the fruits were from top to bottom when uncovered. Probability of that happening is not very low, but still, interesting. What's interesting about these types of exercises is that one can have 3-10 fruits, digits, colors, etc and do two forms of telepathy: one to get an answer to a question, as in

this case and another to see how good your ESP was in that state by asking if the answer to the question (one of the fruits, digits, colors, etc) is the 1st, 2nd, or 7th one from the top in the stack of papers or what fruit or picture is on the top of the papers or bottom, etc. Normally these 2 tests were done separately before, like we tried to guess the fruit on top and answer a question separately, but merging these two can provide a sort of calibration of ESP precision, to introduce a confidence factor in calculating the probability that an answer to a question is correct, in case the type of fruit, color etc in a position (1st from top, etc) was correctly sensed. ☺☺☺

Another way to calibrate, which might be even better, is to use the exact same pictures in a third stack or the stack used in the exercise and to pick which fruit is the top one. This would be more similar to guessing which fruit is the answer, using the same neurons. Guessing the order of the "answer" is more like thinking of 1,2,3,4 which is more abstract and uses different neurons than the color of fruit or image of fruit. However, this calibration uses a lot of brain resources, similar to the exercise itself, and it doesn't guarantee the question was answered correctly. In that sense, the calibration, in this case, is less valuable than in other cases, if the same answer came from 5 repetitions of the question. Telepathy precision depends wildly on interest, so the precision will always be higher for the answer than for the calibration, as interest in calibration is not as high. ESP precision, telepathy precision depends also on the atmosphere, believers or skeptics, and many other things, like if the subject likes the nearby people who witness the tests if any, if he believes in telepathy being possible, if he's rested. Wasting so much energy on calibration means one can only do half the confirmations for any question for the answer. The brain is not like an analytical instrument that once calibrated will behave the same for hours or weeks, it's far more fluid from minute to minute, so the calibration idea is not very feasible, the real calibration is the sense of CLARITY in an ESP exercise and its confirmations WITHIN THE EXERCISE and when repeated, which is more like an inner very complex sense. ☺☺☺

PRECISION IN TELEPATHY INCREASES WITH THE NUMBER OF CONFIRMATION METHODS

In telepathy exercises of guessing a digit or color, etc it is very useful to BELIEVE NOTHING about what the answer is, until one has used many ESP methods to find out which of the digits it is, so as to have more confirmations of the first impressions (which often are false). It's a very natural thing for anyone who has a scientific or more rational mindset, to be skeptical about every hypothesis "the digit is 4" or whatever until one is absolutely certain by using totally cognitively independent ESP methods of assessing the final result, unfiltered by the conscious mind. Sometimes, the greatest inventions in science occurred because rebel scientists so to speak dared to question prevailing dogmas. Sometimes even "rumors, false scientific hypotheses☺☺☺, random things people might say, jokes" we hear can be inaccurate and we BELIEVE them as 100% correct, becoming anxious, which is bad for telepathy precision as explained in Chapter 2.

Other exercises (I have not practiced 99% of these) one can try include taking a magazine or book with pictures, opening without looking and then trying to detect via telepathy the picture. Or drawing on 50 pieces of paper different objects and shapes (house, grocery store with food aisles, apples, juice bottle, foods of all types, university, school, condo complex, skyscraper, beach, mountains, hills, plains, airplane, tree, street light, vertical line, triangle, etc) and then selecting one at random and seeing via clairvoyant telepathy which one it is. This develops better remote viewing skills as it's not always focused on digits, colors, height, temperature. Another variation would be placing a paper in a yellow pages book, and then guessing what the first phone number business (say on the left page) might be about by drawing a picture of what is seen or the word related to street name or the street number or last 4 digits of the phone or a combo. All of these would develop clairvoyant telepathy better. Other examples can be choosing a chemical element at random from the periodic table online and seeing what the color is for its most common oxide, chloride, bromide (assuming you know no chemistry), or choosing a Walmart, Sears, Macy, etc in a small town that has only 1 such store (away from where you live, where you have never visited) randomly or another store and then guessing the street number (or guess street number first, precognitive), name or picture related to the street name, or last 4 digits of the phone or describe the nearby houses (color, tree type, etc) or condos or buildings by drawing them on a tablet or paper or describing via text what is seen if drawing is hard and then using google street view to assess your remote telepathy perception. Then go online and see if you got close to the value. Today, unlike decades before, doing these tests is a lot easier due to the Internet allowing instant verification of spirit telepathy. Another example would be precognitive reading of the license plate of the car (color of the car too, given that 25% are white, 19% silver, 19% black, 12% grey, 10% red, 10% blue, 4% brown, 1% green) at a given dealer, EV charging spot, parking lot or nearby street parked near a given location (5th house from one end of the street, on one side, etc), which you verify by walking or driving there. Or simply playing with friends to see if you can guess day of the month they or their parents were born, last 2 or 3 or 4 of their drivers license if they drive, what color shirt or pants teachers or friends will wear today or tomorrow at school or work, car model year or car color for the math teacher or parent of a friend, eye color, age and height of the grandmother of a friend, etc. Or once this is developed very well, one could try to see if one can predict years ahead which one of his classmates will be best at math, physics, English, diplomacy, World Peace manifestation, chemistry, biology, extending human lifespan, etc and see if correct by checking prediction 1-10 years later. There are 100s of possibilities for the present time and future time (or past time, like what shirt his mom was wearing at his graduation or special event) clairvoyant telepathy.☺☺☺

16.3. Influence of DIET/Air/Floor on Telepathy, Psyche, Behavior (38 pages)

16.3.1. Intro: .5% of meat is blood, carpets are lethal

16.3.2. Space Colonization is far easier

16.3.3. Violence from low ω3, junk food, low lithium (omnivores eat 10 times less lithium)
16.3.4. Nobel Prize for Catecholamines in Meat making omnivores violent, paranoid, war prone
16.3.5. Trans fats in meat/dairy raise the risk of diabetes, dementia infarct, stroke, violence
16.3.6. Studies showing those eating more fruits and veggies are happier

16.3.1. Introduction: THOU SHALL NOT EAT BLOOD, nor cause pain (Kosher/Halal slaughter is 100 times more pain than modern tech, the 2 labels need be illegal) in sentient beings, nor inhale mold feces (carpet microbes/mycotoxins damage blood, brain via lungs, olfactory nerve)

.5% of meat is blood and many of the air particles sticking to our lungs are feces of carpet or rug microbes that cause dementia, stroke and low IQ, higher violent crime rate, besides lung cancer and shorter life as if you're a smoker. Some carpets are so bad, they're worse than smoking. The next 4 pages talk about common ways nutrition (oral or air) causes brain inflammation and violent crime, especially the lesser known CARPET microplastic fibers, dust mites/microbe feces, allergens, fungi, molds, etc that poison our blood and make brains angry and inflamed, prone to outbursts, or, in a few people, to violent crimes. Blood eating is very much like cannibalism, but not the same. The Bible lovers can recall Isai 66:3: "He who kills an ox is as if he kills a man". The *Workers of the* World *Unite*, against the aristocrat parasite, but what about the worker parasite, vampire and leech who sucks animal blood daily via meat? To be honest, integral, and consistent, we need develop supplements to compliment a vegan diet and stop all bloodshed on Earth by people using slaughterhouses or by carnivore animals, we need wipe out all carnivores. A world of kindness means no pain or suffering inflicted on anyone. Meat contains the *nitrites* added to preserve it and they react with glycine in meat to form deadly levels of cyanide "*cyanide formed reaches a dangerous level*...causes some people to get *headaches*". Meat kills mitochondria ► CRT 2020;33(7):1809-14, just as 'God' intended as in "'God' kills blood drinkers", indeed God does, covertly, for only the eterni foods people of the Immortalist Anthem values will live to 4000, the cannibal blood drinking chimps won't, they'll die at 100 as today.☺☺☺

After we saw in the 73 reasons for veganism section, the next 32 pages (last of the book) explain the downsides of meat, of the destruction of the human quantum field by bloodshed (and eating of feces in meat, every hamburger has feces) in all its forms (each pet causes 1000-7000 horrible bloodshed slaughters of animals) via the quantum entanglement with the ultra similar human species, and why we need eterni food, born out of efficient immortality capitalism: *meat eaters are blood drinkers*: "2-9 mL blood/kg meat remains following slaughter (*roughly* 0.2-0.9% of meat is blood, *since blood and meat average density is 1 g/mL*)" ► NPJPD 2017;3:33, so oxidized animal (1 amino acid difference) α-synuclein in meat can lead to higher chance of Parkinson. Autoimmune diseases can happen easily due to leaky gut that allows animal proteins (that are almost identical to human equivalent proteins) to go between tight junctions and then immune

cells develop antibodies for these proteins (20-100 amino acids; healthy gut only allows single amino acids or 3 unit peptides), that are also present in our own organs. These antibodies then attack our body organs that contain similar proteins, so organ meats can lead to the attack of those organs eaten: you get thyroid, nerves in all meat (multiple sclerosis), eye, heart, etc autoimmune attacks, the body attacks its own endothelium (arterial wall found in all meat) and you die due to plaque. That's why so many cured autoimmune diseases by going vegan. The sad video of wild dogs eating herbivores alive without first killing them, shows the immense suffering of eating meat, and how meat/dairy eaters support animal suffering, delay kind☺☺☺ compassion needed for ending all violent crime and wars. Imitating subtly wild dogs by daily blood eating lowers our IQ/nonviolence, makes us lazy, unwilling to evolve past agriculture, make us crueler animals entangled with blood eating animals. Other chemicals could also cause other neurological, viral diseases, like mad cow disease from beef. Stressed animals (99% of meat) undergo biochemical changes due to well documented (in 100s of papers) atherosclerosis on the walls of their vessels, and when humans eat that, they get the building blocks for creating certain things with little changes here and there (like synuclein amino acid position 53) that then induce atherosclerosis in humans. Likewise, the animal liver and blood has Alzheimer causing β amyloid plaque (travels from animal liver to the brain via the animal blood) and all kinds of neurotoxins that lead to human brain changes that will produce more of the emotions, senility that the animal had at slaughter and during factory farming life that led to those biochemical compounds, making humans behave more like terrorized animals, i.e. fearful paranoid, violent, less peaceful. Even leanest organic meat raises inflammation which damages brains. The microbiome of animals is *also* created by their *emotions* which are recreated in those who have similar microbiome via ingesting these animals (like fecal transplant studies), microbiome signature of animals is all over the organs, blood. So avoid prebiotic pills from animal sources, stick to the most *vegan, not vegetarian vitamin brands.* *Vegans* don't eat as many premade building blocks, so they get the amino acids in the correct sequence*, but eating premade wrong stuff associated with a given emotion or brain disease is bad.* This is why all prefer eterni food.

The caffeine section covers the link between caffeine (sodas, etc) and aggression. Chapter 12.6 explains that NT 2002;24(6):711-7 found that teens found guilty of crimes had 7.3 times more lead in their bones. 15% of childhood lead poisoning cases in California were from candy, 15% from paint. Pottery, cookware with lead can also poison people. High iodine intake causes hyperthyroidism, which is linked to psychopathy, sadism and violent crime. Higher B-complex, D3, Mg, theanine intake, good (not low) lithium, high PQQ make people less violent. Low boron causes violent behavior via poor executive function, via raising brain inflammation. Low ω3, D3, Mg, Zn cause violent behavior ► FP 2023;14:1176061. High UVB (which changes the serum level for testosterone and other chemicals) makes males more aggressive ► CR 2021;36(8):109579, so

a planetary shield that gives all 77°F weather 24-7 needs reduce UVB. Low $B_{1,2,3,5,6,7,9,12}$ raises brain inflammation, causing violence ► CNR 2025;14(1):76.☺☺ Caffeine makes US more aggressive. We also "eat" the chemical pollutants we breathe in, as via lungs these get into the blood and attack the brain, causing inflammation that leads to violence. For example, unused gas stoves, water heaters, gas dryers leak toxic gases and gas furnaces and stoves produce lethal NO_2, CO that damage the brain while being on: "the highest levels of CO, NO_2 and fine particulate matter concentrations were associated with increased violent disciplinary incidents." ► IE 2024;11:24. Carpets in houses/businesses raise the indoor levels of certain mycotoxins and allergens, bacteria, fungi and molds a million fold. The immigration section has 4 pages on step by step guide (for 1st graders) how to save 10K given to Mexican cartels for carpet replacement with 2$/sq ft 6.5 mm 22 mil Greenguard Gold LVP, the best air quality worldwide for the price. Knowledge saves 20K for a big house. Cleaning wood, LVP, laminate, linoleum, tile, etc is free, takes 1 minute (you can wear soft slippers and have no rugs at all) and removes everything well and a rug can be washed in the dryer every 2-3 weeks, but carpets remain there with underlay for 5-25 years, cleaned yearly in a superficial way by the 5% cleanest homeowners who call in a carpet cleaning company doing a poor job in 5 minutes per room. Carpets can trap 1 million times more biofilm and organic matter, dirt, microbes. ☺☺☺

House mice feces are rice grain size and brown (medium or dark brown), so feces sink in the CARPET and you cannot see them so mice can infect house for years, and you would not know it, giving meningitis, etc diseases to all family members, making everyone insane. That's why you want a bright color LVP (which the gov needs to mandate since all insect rodent infestations that spread disease are medium brown-black, invisible on dark floors/carpet), to see mice FECES months before they infect your family with deadly diseases. "Mosquito IQ" folks today dye their wood red or dark brown and then meningitis happens and they live last 50 years with mental fog and IQ 50 points lower, thanks to a "rat IQ" gov. Bright floors ensure you see any food that drops etc, so no mice are attracted. Keep all foods in boxes and fridge, as any open container attracts mice, ants, etc, so you don't need electronic Owltra 18$ traps with 24000 reviews, 8K bought monthly (see 20 videos, 7 have mice) (use fresh alkaline batteries 1.5V, buy 6000-9000V Owltra 4.0 stars not 6000V Victor 3.7 stars with only 1700 reviews, don't use rechargeable batteries, since lower 1.2 V voltage won't trigger the plate, mice escape. For rats, best is to use AC traps, 7000 V minimum, with AC cord out of the way of trap entrance (avoid USB cord with built in rechargeable batteries). AC adapter will deliver lethality for years; lithium battery weakens during storage; if you buy a cheaper 1800-3000V a strong rat can escape instantly and strong mice escape after eating bait, while weak house mice suffer/squeal 5 minutes until they die, instead of dead in 2 seconds on 6-7000V, see 1 second electrocution 2nd video). The others are less humane (not instant kill) mice traps, and the most humane is one you make yourself, a 5

gallon bucket, catch him alive and release him, or using a 1 gallon jug, or a simpler bucket, a 3rd bucket and a 4th one & 5th one (easiest to setup). Roll log caught 26 mice in one night, the best of 700 traps this guy tried, he feeds dead mice to wild animals, as many eat it, so disposing of dead mice in the woods is the greenest way. The bottle-ball-funnel method may be easier for some, though bottle only method is far simpler. The classic traps (12/12$) are cruel since death lasts up to 200 seconds by suffocation (head trapped) vs 2-3 seconds for electric 7000V and some mice can escape (see the escape), but 20K sell monthly, having the highest rating for 1$ traps, 4.2, for any 1500+ reviews trap (those with 5-90 reviews are fake, seller created accounts to give 5 stars), see them in action, this same trap is 4.3 stars for the set of 20/19$. Kill rate rises when using a box to enclose traps, see mice. A raisin in a hole is pulled and this triggers the trap. For 3$, you get 8/24$, 4.4 star rating for the sharp teeth ones that often need to be tapped so they more sensitive. Glue traps are worthless, see video. ☺☺☺

When the country is run by pig IQ frauds that fake elections to put morons in power, you get 20000 mouse traps that don't work well, waste weeks for people who could be studying longevity and implementing steps to help all live to 900 and instead try use terrible quality products the gov allows to be sold, and cause endless waste of plastic metal as people trash the glue, the snap and other traps causing enormous waste of materials and air smog from burning these landfills. The aristocrat is a voracious bloodsucker whose aim is increasing his paper money holdings, at the cost of killing millions who work themselves to death to produce 1.4 trillion $ of useless trash a year, endless cotton for clothing that is trashed and never recycled, child labor for cocoa, etc, endless plastic, metal that is part of products breaking ultra fast due to "every retard wants to be a billionaire" mentality. You get the ultimate planetary trashing, while in public they put on a show of "green". The rich setup their heirs to create foundations, LLCs to control the "charity" that gets all their wealth they "donate to charity", and in public they claim they "will give it all to the poor". Claim to be green and then amazon uses aluminized paper bags for grocery delivery that can't be recycled or 747 for a trip. He doesn't care people waste 50 times more time to catch a mouse, and 300 times the materials of a really good product designed by the National Mouse Trap Uni not a company of frauds. The houses are built like trash, so all mice can enter, due to lack of the centralist Immortality Building Inc to produce 100x better homes. The rich don't care, slaves come and do pest control or their house is so well done, it lacks mice. The poor have to waste 90x the time to do 500 basic things with the shitty products the rich produce to amass millions and billions. It's nothing short of genocide. No wonder none has time for living to 4000 research, as they keep using bad products that take 90x longer to work. You set 1000 trap designs in a lab, same lab and test 50,000 mice and see which trap works the best, i.e. catches mice 100.0% of time within 24 hours, not 5 months as on amazon. That's quality, not the crap of these garage companies of morons. Look at the videos

above, most traps sold don't catch mice all the time, they escape, eat bait without triggering, due to poor design. You got a mouse, you call Immortality Building Inc that maintains all homes and they send you a trap within hours that catches any mouse within 24 hours of arrival in 1 million out of 1 million cases, not these retard made 20% catch rate within 1-10 weeks products from the Bible Land of Genocide, Mass Rape, Imbecility. That's why healthcare progress is so slow, most products are designed by "kids in adult bodies". How can you have 30 million work on living to 4000 if USA can't even make a quality safe mouse trap that catches mouse 100.0% of the time in 24 h, quality safe humidifier, heater, pressure cooker (24 L for big weekly batch), (infra/ultra)sound of appliances & transport, dental filling, food/vitamin colors, food processor (quieter), vitamin transport temp, vitamin & food packing, clean electricity, AGE low food. Idiots proudly say on a site "family owned business", which usually means "lowest quality product", because a family cannot create what a family of 5 million PhDs can create. A family of 5 people even has an IQ of say 600 total, but a family of 5 million an IQ, or total knowledge of 1 billion. These cretins cannot realize that if we had 33 million Windows operating systems, the code and features would be like in the 1950☺☺☺, and every PC as slow as 1955. Only thru centralization, the creation of a mega national family of One OS for the whole World did they achieve amazing feats, as you get 2 million not 2 programmers work on something and make it a million times better.☺☺☺ Today, all we do is translate and duplicate. If everyone wanted to be a "CEO, linguist, and language creator", all humans would be speaking a new language, talking to their mirror image and to be important, waste all day translating instead of doing science. Sort of like we do today, we translate, we duplicate, we create same 20,000 variants of a shitty product via 20,000 companies, instead of 5 quality products by one company. Does everyone need to have his own OS, how can computers communicate? Why should every moron have his company? To defraud others by selling junk? All the free market economy is a scam, the rich & military control the market in each nation.

The rich hunt for money, they didn't design a trap that is covered in a film that peels off so cleaning is easy, so nothing is trashed, everything reused: dispose of a biodegradable plastic film we peel off after electrocution, wipe plates with alcohol pads, press UV button inside to sanitize it after alcohol and film removed. 99.9% of traps sold are disposable, people trash the metal, plastic, wood and never take the time to recycle anything. It's in the product instructions to trash the whole thing. Let's be real, most people prefer to live to 4000 and have only 4 mouse trap products (that work 100x better than the stuff today) instead of living to 80 and have 20,000 mouse traps for sale in USA. Capitalism is a race to the botom, everyone almost tries to become billionaire, so everyone is doing mouse traps or etc, with no centralized unified university to make 1 product 100x better than the 900 products sold now. Kids waste lives studying x, y, z and then design products for something else. With centralized education, your speciality is mouse

traps since age 15 and at 30 you make products that are 100x better, instead of *doing car design after particle physics PhD, newspaper website design after biochemistry PhD*, you work in what you study by total unity between education research in high school and the 11 companies needs to create products increasing lifespan 100 fold, by 100 fold more research and 100 fold higher quality. Instead of one central gov replacing 20000 gov and 11 companies replacing 33 million, we have endless regulations, products, contractors, builders traps, products all crappy, instead of only a few in each product category that work 200 times better. You take the trap to the National Rodent Trap Uni and test which one catches the most per day in the same lab conditions and that's the only one sold. No waste, reuse 2000 times and disinfect easily with ozone, wiping with gloves on, and etc. Don't use big rat traps for tiny mice that weigh 20 times more, because mice are comfy only to enter small traps where their fur touches and feels it. Big traps allow mice to escape as the two plates don't form a circuit, with plate gap being too big. Bait needs be furthest away from entrance at the other end. ☺☺☺

The ►►► migrant section has details on how to replace carpet with LVP. ◄◄◄ Microbes sinks into the pad under the carpet, grow, reinfect carpet days after carpet cleaning. "Chinese city traffic police have an average life expectancy of just 43 years (vs 85 for the elite parasite 0.01% of China owning 58% of wealth in their fake "communism") because of the dire working conditions and pollution" ► Reuters 2007. Carpets kill 5 million people every 5 decades thru the lethal lung poisons they release into the blood, brain (odors access the brain via olfactory nerve, see PubMed papers on how smog causes dementia, strokes, infarcts if avg life of 43 years is not "proof" for the lethality of carpets), yet nobody talks about a genocide perpetrated by ther ich against the workers with the tacit approval of a clueless gov that makes it legal to install carpets. How can carpets (often installed using slave Mexican labor by *Jewish* profiteers) kill as many as the *Jewish* Holocaust? 200 million lifespan years lost if 100 million Americans die 2 years earlier due to indoor air quality, means 5 million 40 year olds die 40 years early (5×40=200), as if the small business and big business aristocrats killed 5 million 40 year olds for profit. ☺☺☺

►►► Why do they keep pushing carpets? GREED ◄◄◄ Contractors make a higher profit margin installing carpets during a remodel. The Jewish flipper owning 30 properties in horrible condition will replace carpets once in a blue moon, so he commits the equivalent of 5 murders every decade, then the ADL (Anti Defamation League) protests if we create ANGEL (Anti Gentile Extermination League). This is why Capitalism is a Fraud and Living to 4000 is rather difficult in a society where everyone tries to con everyone else via the 33 million small businesses that kill millions with lethal products, carpets being just one of 900 top covert genocide sellers. We immortalists propose the end of Jewish (+ other aristocrat) extermination of gentiles in USA by ending his ownership of millions of gentile dilapidated housing units that enable his palaces to stand while others live sick, demented and die fast, without money to

check teeth once a decade even. Bad air makes dental issues worse too. How can we end bad indoor air? Merge all these fraudster companies into the Immortality Building Inc☺☺☺ to give all people the "decent air intake" needed for zero violent crime,☺☺ this company has 15 million employees at least, maintains (twice/yr preventive maintenance) and repairs every house and business. We eliminate the quintessential "Jewish" merchant, the one who buys something (from Home Depot, Lowes, carpet stores etc) to sell it at a huge markup to gentile suckers he finds in the host nation, who don't realize how simple is to buy 3$/ft^2 engineered wood or 1$ laminate and remove the carpet (see video), then install (see videos) wood, LVP or tile, wear big foam wrap around safety glasses (carpet dust is dirty, open windows, ventilate well, tack pieces, tiny nails, staples can fly with nails hitting the eye when removing them with tools other than pliers) and hooded (or shower cap to protect hair, shower once done) coverall, knee protectors, gloves, to protect body and clothes from hard floor, deadly pathogens. Laminate = bad because one the printed image of the top layer on fiberboard vanishes, you need replace the floor after 10-30 years, but wood allow you to sand it and get 70 extra years or even 140 for real hardwood: laminate is far less recyclable than wood, so it's less eco friendly; laminate is 200$/200 ft^2 room if you do it yourself. Thus, real hardwood is replaced 14 times less often than carpet (140 vs 10 years), engineered wood 7x less, laminate 3x less. Wood is recyclable, traps CO_2, carpet is plastic, causing disease via microplastics and is not recyclable, causing CO_2 emissions to make from oil, to burn in landfills, leading to an ecological catastrophe. But the aristocrat is usually a soulless beast unaware of his demonic nature (as Jesus said, all aristocrats go to hell Mk 10:25, they only perform charity or a semblance of it (often times harm even), without delivering charity) (only 0-1 aristocrat (out of 100 million on Earth) chooses to live frugally on a minimum federal wage income (15K/yr in US) and donate the billions or millions in profits to good causes for the poor to help them live longer (4000 years not 75 instead of 74), healthier lives, the poor the governments screw and subjugate by their infernal laws). The rich is a demon created by infernal capitalism, who wants money only, so he'll choose carpet to sicken with microbes, to produce 200 times more emissions and work for landfill slaves than wood. The "small business blood suckers" charge us 2-3$/carpet (1$/underlay, plus 2$/labor) they get at 1$ via wholesale, when you can buy laminate for 0.7$ and live 10 years longer via no carpet, use money to eat better and live 20 years extra total by saying No to Jewish and other frauds, they take a 1.2$ product, sell it at 6$ for a little 7 hours of work done by illegal slaves, he's the Parasitic Demon who signs the deal of maximum Destruction of the host Nation he Comes to Devour and suck into a black hole, no science, only fraud and resell, no labor, no new products, material science, flooring to triple lifespan, only enslaving locals with his 7th century BC religion of rape, genocide, theft and slavery. ☺☺☺

Immortality Building Inc got 3 million PhDs to make washable rugs that, like Eternal Clothing Inc

garments, can add 50 to 50 million years to lifespan: there are 5 trillion ways biophysics can do that via interaction with feet soles, see the acoustics nutrition section, how ultrasound cures decades of Parkinson, imagine the rugs emit something that prevent leg aging. Today IR measures glucose by taking pic of blood passing thru wrist, imagine a plugin rug that has a washable cover (thin clear material), washed every week or two, that measures 1 million biomarkers in your blood by taking pic of feet as they rub on it, telling Eterni Food Inc how to adjust the powder next week for a better 4000 year lifespan approach. The small (not just the big one) aristocrat is a fiendish conman, who could care less about Qualities and Immortality *for* All. He's too deceptive, dishonest to realize his retarded company can never create what 5 million PhDs in a company 1 million times bigger can. He lives by genocide, his 'contribution' to USA is theft and murder. Youtube has 9000 clips on how to install each floor type (or even flatten uneven subfloor), so no more palaces to preach Hate, Slavery of Gentiles, Genocide, Rape. Wait, the Jews pretended to be gentiles, took over CDC and universities, and imposed Jewish Sharia Law and Circumcision because "It's more Hygiene" for Penises and "reduces infections", but the same Jews poison millions of gentiles with carpets, cause 9000 times more infections, yet it's legal, many microbes, molds reduce vit D receptor expression 50 fold ("*reduce* VDR expression by 50 times"), meaning blood vit D level is useless even if high and you get sick from flu, cold, infections, pimples, styes. No big law against Carpet in Judaistan, only Penis Trim per Torah-istan. Hypocrisy? Why not use harmful circumcision money to give wood floors to the gentile 'rats'? Too kind? Besides banning carpets, we can require split AC, no more central for houses, as mold, microbes grow fast and nobody cleans ducts monthly as required, meaning all US houses with central air are LETHAL by the standards of 4000 year old humans. Mandatory silent electric heaters can improve air quality too. The Building Inc☺☺☺ will make easy to wash plastic free (most are plastic today) rugs that absorb sound better, because right now we don't have good options. We can't replace all thin walls (if people hear neighbors, roommates in row houses, condos), insulate them overnight against sound amplification coming from carpet removal, so we replace carpet sound absorbers with rugs etc that can be machine washed and never stepped on, such as a lavender comforter to act as a "decorative color addition" to the house in a corner that's a sound absorber, yet can be washed monthly. All hotels in USA with carpets smell horrible, even the 4-5 stars. It's time for a real change. Merge all hotels into One.

Diet (food/air) influence behavior, thoughts, 'telepathy' *interpretation*, ☺☺☺. Did you know lab grown meat today uses blood drawn by placing needle into the heart of fetus calves over 5 minutes? We need an industrial process that uses no animal blood. Lab meat is NOT vegan, even if unethical Singapore companies sell it as 'vegan'. They slaughter dairy cows and 20% of them are pregnant, with fetuses killed by draining their blood in painful ways. Thus, mad cow disease, other diseases can be passed onto humans by lab meat. ☺☺☺ If an eterni diet human from the

future looks at humans, they will think meat eaters are almost like cannibals or blood sucking vampires, who cheerfully promote their "religion of animal blood drinking and infant animal (male chicks, male cows, etc) killing by the billions" via "amazing TV cooking shows and barbecue events". Would you love an alien who lives a little longer than you to appear on TV and say he shredded and killed infants or kids of your relatives and enjoyed a tasty human meal from that and show a video of kids crying during slaughter? No, it would be deemed as pure satanism or evil. Yet, in the typical ruthlessness of our grotesque 'demonic' "cultures" (a pure representation of mythical 'Satan himself') no effort is made to centralize, so we get 10 times more chemists, engineers, biochemists, and physicists to design eterni foods. Many animals are very young, so from an alien point of view it's the same as some aliens eating human infants. And yet people are happy, with no second thought of their hypocrisy, wanting God to have mercy on them, but them shredding alive billions of 1 day old male infant chicks and other things like that. Be kind, don't just claim to believe in God? If you love God or animals, you love immortality capitalism more than any other system. In our "cultures" we hear rabbi shouts and pastor faking miracles yells, Hindu animal sacrifice, street cow blood letting during Eid festival *(it is the most offensive act, that insults God far more than a drawing of Mohamed, since God doesn't want violence and any blood spilling,* God guides us to science to discover the 'high tech molecular food' or, the 'Eternal Life' Food *and stop being 'demon like vampires' or selfish people (too lazy to be vegan and make more nutrition innovation) who drink blood by meat ingestion)*, Kapparot killing birds (kid is scared by the cruelty) to save sins (no sin is saved, more sins are created by torturing chicken who resonate with humans and increase human suffering and wars, by polluting humans who watch the bird beheading), chimp violent music, but no gentle tone calls to end suffering of livestock via the total centralization of education, food industry, so we get 90 times more high tech jobs via scientific honesty, not faked miracles brainwashing. All some care about is sports. Soldiers learn to drink animal blood, to violently kill animals, simulating demons, this is a priority of the US army instead of Chapter 5, the peaceful methods of ethical militaries. Check out human sacrifice simulating ritual too, "Cremation of Care".

Why fight wars when you can prevent them? ☺☺☺The jungle has many leaves, and things one can eat, do they really need cobra blood? Most venom (and snake meat) is poisonous only if you get bitten, not if you swallow it when eating a snake, so they teach jungle survival if soldiers run out of food: eat the snakes, though they may die from a disease, virus, parasite they carry, better cook it well. It's so dangerous to handle them, that this seems more of an initiation into satanism, than an army. Once they do this from animals, they will drink human blood too, prisoners, etc… watch the evil. You only need to watch the youtube videos on the "training" military folks get to realize it's nothing but pure disguised infernal violence having nothing to do with an army of God. Becoming a soldier today is becoming a satanist, due to the prevailing

military and civilian culture. A pentagon is like pentagram used by satanists: are those guys satanists who drink human blood? Maybe not literally if a science guy, but thru bloodshed in wars, they offer sacrifices to Satan. No surprise here, this is the army that sings the glory of Jesus, the conman (possibly blood drinking foreign spy or Jew) who says to "drink his blood and eat his flesh to recall God and gain eternal life". That's why priests live to 80 or 100 at most if lucky, because that Immortality is never happening (John 5:24 explains the fake eternal life), they were all conned by Jesus the liar: if God exists, for God, giving people the science of living to 9 billion is ultra easy (1 trillion years = a nanosecond for God) and it's a proof that Jesus words may grant spiritual Immortality too, but without any science from God, who is foolish enough to believe Jesus? When average IQ was 75, Jesus words made sense. There are still naive people being conned by clever "clergy". How come Catholics simulate drinking Jesus blood daily? Something is fishy with this church of fake Eucharistic miracles related to blood…

In Thailand, they drink snake blood… after torturing the snakes, polluting the human quantum field due to the 0 IQ unproven belief that "power increases by torture" – power to become pure evil perhaps; snakes can give diseases, parasites, eating them raw or cooked is risky. Torturing snakes releases toxic stress hormones that then shorten the lifespan of the guy eating the meat or blood. It's like the Chinese emperor who ate mercury sulfide thinking he will live long and died 25 years earlier than usual or Indian Ayurveda where they drink stuff with lead, mercury to "cure stuff". Drinking snake blood is highly risky too, could get so many diseases. *Given the low IQ of people in ancient times* (like a few Thai folks believing in the magic of eating snakes from a Chinese text), *it's no surprise that even in Aztec and Hawaii and other cultures, they believed that eating corpses of enemies gives them strength, it only gave them the same 65 year lifespan of the masses.* Chemical physics can discover a diet that delays aging and enables billion year lifespan. Meat or blood will never help anyone live even to 150, though it's very tempting for ignorant people to imagine that if they digest stuff in blood they get the "nutrients" the blood needs. Digestion destroys a lot of stuff, each blood has poisons, the regulatory mechanisms of "youthful biomarkers" can't be overridden so easily as people imagine, but there is again, as in ancient times, limitless ☺abysmal IQ☺. Science can make far superior nutrients versus anything in the "best blood" via chemical physics interactions that don't depend on even eating anything, but some don't understand science…teleporting genderless shimmering shapeshifting Immortals able to materialize any lifeform on a planet, of any temperature, pressure, etc ☺☺☺.

Science is more than modern chemistry, physics. This needs to be told to those who believe fake science papers that they took blood from young mice and put it in old mice and this delayed their aging, since rich people could try do the same using young healthy people just to live 10% longer, as the mice "got". Apparently, diluting old blood helped more in a study that was allegedly not faked, it worked better than young blood. The benefits were from diluting toxins,

not from the young compounds. Other blood can be easily rejected and cause autoimmune diseases. Now, do you gently understand why we need free education for all? We need to protect workers from blood drinking vampires, who would stop at nothing to do it. Wikipedia and history books are full of stories of people who drank blood, not just ate people. Now, perhaps you also question the need for bloodshed in wars and Red Cross, etc, they need blood to extract perhaps *some chemicals they figured helps them to live 10% longer if eaten*? Of course, they will tell us they defend "human rights" like cobra snake rights too, when they bomb… They NEED eternal war: see how many movies about vampires, war and blood drinking and none about World Peace in 3 months? Why? Watch Twilight, the hooligan vibes, the shouts of Hitler, the tempting of people to be violent, to yell, the pollution of the people with negative emotion, anxiety, etc. Never World Peace in 3 months, just VIOLENCE and Zion emotions to keep all blood donors in fear? The Light of God seems to have left most Zion Elders like 'devilish' Hollywood producers who suck humans ever deeper into hell. That is why we immortalists, having had enough Jesus blood scams, would like to take America back from the Hollywood mafia, and create Eternal Altruism Inc to end the violence and filth, and create other companies to free the workers from these blood sucking vampires. If a church came and said "God said to take hearts out and eat them to save sins", it would be banned and considered a criminal group that kills people. The "holy" Bible Jesus tells people (Mat 26:26-8) to drink his blood, eat his body (heart included), to wash sins, to be a cannibal, to eat "the Son of Man" *(perhaps Jewish metaphor for gentile babies, gentiles get one meaning, the Jewish clergy, pretending to be gentile, another)* to "have life in them" in John 6:53. What an invitation to cannibalism and blood drinking, disguised as religion, this cult of Christianity is, after all, when you look at the imagery they brainwash kids with. To live long we need science, not Neolithic rituals simulating blood drinking. How is this even legal, given the ultra low IQ and obvious fraud? However, USA has freedom of belief, so the more people read science books, the fewer go to the church to get brainwashed and the scam will die without any banning, young educated people stop going to the liars. Though honestly, given the 1400 violent quotes in the Bible, it's hard to justify its legality. But US is the land of free speech, so each side gets to express their real views, and agree or disagree. The conmen pastors get to incite people to cannibalism, low IQ, the movies, music incite to violence, murder, genocide, so calling them unethical or diabolical *(deceiving people that Jesus is the 'special guy', when the 75 pages explain he's NOT, he faked it)* is a quite reciprocal thing for their action (many pastors call many celebrities demon possessed in their sermons) that clearly informs the people of one's opinion that it's better to avoid the content that pollutes, destroys the human quantum field, and wastes national resources.☺☺☺

Diet influences our behavior not only through its low ω3, heavy metals, oxidized cholesterol, cortisol (stress hormone), catecholamines (*dopamine*, norepinephrine *(noradrenaline)* and

epinephrine *(adrenaline)]*), cytokines or other chemicals released during slaughter (or years before, as some may know they're eaten by humans, like plants make chemicals to poison animals), but also through undiscovered *physics* or psychological *effects*. Plants create chemicals to prevent animals from eating them, just as livestock create chemicals in the meat to shorten our lives and increase chance of all out war that ends our species, due to *ingestion of animal tissues with molecular structures that got used to stress hormones* and have developed what is known in biochemistry as "*neuroadaptation*" (body learns to survive/coexist with that toxic chemical it wrongly no longer views as so threatening; e.g.: the eyes get used to toxic redness relievers that shrink nutrient/oxygen supply to the eye, so we need 4 drops not 1 to get some redness out, receptors don't bind to that chemical, and we damage eye 4 times more). Animal tissues and chemicals change to adapt to a high level of stress "*hormone or any chemical*", so when humans need to clear their system of stress, fear, negative emotion catecholamines (similar in structure to livestock catecholamines), etc, humans *may be* less likely to, since, like animals, they *could also (if digestion doesn't break down those components fully)* develop a form of chemical adaptation due to diet of preadapted proteins, cell chemical components that once ingested become parts of human analog cell *components*, altered fats, sterols or fat ratios (that become *components of our tissues,* including brain lipids*, brain sterols, in modified ratios; just as factory farm animals have high* ω6:3 *ratio, 10 times higher at times than other animals,* leading to chronic inflammation in humans eating them*, as explained below, we can have other lipid, sterol, neurotransmitter, protein ratios modified* leading to a more adapted brain structure to slow clearing of stress*, fear, overreaction, cruelty, fear related chemicals, hormones*) and structures, not present in stress free animals. This leads to higher damage done by these uncleared "stress" hormones/chemicals, just like eyes need 4 toxic drops now to get redness out. Diet doesn't just involve body wide adaptation to *slow clearing of stress hormones (that age us faster)* and to suppressed immune function (that brings COVID19, bird flu, swine flu etc), but also epigenetic changes (as we know from genetics, quite often, only one amino acid in a coding protein, a small gene change has dramatic effects on human health), just as bees with different diets live 10-50 times longer, so we may also change DNA in negative ways by simply eating meat. Cooking may destroy slaughter catecholamines in capillaries (blood that can't be drained even by the most kosher or halal slaughter), but *may not destroy all structures, ratios* of adaptation to an ultra filthy bacteria infested overcrowded factory farm with ultra stressed immune system and chronic inflammation, unable to diminish inflammatory cytokines and fight pathogens, etc. In the era before atom tracing, we will be able to prove very scientifically these effects, and *how big they may be*. ☺☺☺

Even with organic free range plenty of space animals, that are not so stressed thruout their lives as factory farm ones (tortured in a long trip in trucks to slaughterhouse without food), the stress

and pain of slaughter creates a chemical (not catecholamines) final configuration in tissues that is not cleared by blood drain; ingesting that meat damages us too, *if digestion can't fully cancel the configuration of every class of chemicals changed, which is likely,* based on former diet studies *(for example,* oxidized cholesterol from meat end up *in identical form in our brains due to too much frying,* being *able to change brain ratio of oxidized vs unoxidized sterols);* the real science debate is then if that damage is negligible or not, versus other toxins in food. The stunning (electrocution in water bath for poultry, 90% CO_2 or electric stunning for pigs, steel bolt shot in the head of cows (penetrates skull 3 inches), in 2-4% of cases it doesn't work first try, so the animal suffers) doesn't always work to make them unconscious, insensitive to pain (they still kick a lot), especially in lower tech slaughterhouses, so they feel all the pain after killing, shaking in pain and stress as seen in 100s of youtube videos. Seeming unconsciousness, doesn't mean body doesn't react in a "huge stress" chemically when blood is drained, undetected by science as no research was done on final chemical confirguration from a natural painless death of an animal vs stun-drain death vs the drain death in typical halal or kosher that usually doesn't render animal unconscious by stunning first. In 180+ countries, people kill animals in villages, small towns in unsanitary and/or cruel ways, that don't stun the animal unconscious first, as seen in this video. Plants are so different than us and animals, these chemical neuroadaptation dangers (and even organ adaptation to lower immune function) are far lower. Billions of chicks are shredded alive (no stunning) on day 1, this *product is fed to livestock eaten by humans*. What are the biochemical consequences of that? Atom tracing will tell us exactly, far more precisely than isotope labeling can today. Stunning livestock causes a specific biochemical change, as the videos explain epileptic seizure due to electric stunning of pigs causes shaking, which may not be cleared due to the heart stopping shortly after and then the blood being drained right away, blood that transports toxins out. However, most agree that electric stunning first causes far less suffering and far less toxic build up than drain alone (religious slaughter with no stunning, when animals feel pain far longer). Cortisol stress hormone (52% higher), dopamine (69% higher), norepinephrine (noradrenaline) (10% higher), epinephrine (adrenaline) (32% higher), were higher during bleeding without stunning first ► Animals 2018;8(4):43; the paper says during slaughter without stunning, stress hormone cortisol *increased* 23 times, dopamine 6.7 times, adrenaline 22 times, 14 times. This is why some countries have reportedly banned halal, kosher slaughter without stunning first *(stun to diminish animal suffering if done properly)*. ☺☺☺

As a result, some halal slaughterhouses have allowed nonpenetrative stunning (electric, CO_2, etc), but the problem is nonpenetrating stun is less effective at instant unconsciousness (91% vs 99% instant collapse of cow, although collapse or not kicking don't equate not feeling any pain, even if much less pain than not stunning, even EEG is not always correctly indicating no pain). Some dispute that stunning removes pain entirely, especially if the animal is kicking. Not all

animals have EEG check, so while they may seem “not feeling”, they could be feeling more pain than without stunning, raising another question: was “stunning” (a very polite marketing word for shooting human like animals in the head like serial killers do or like in warfare that is a non-existent reality in a Civilization of Immortals) often used to expedite human safety and lower insurance costs from worker harm of a kicking animal, without much research into cumulative pain from improperly stunned animals (pain from stunned ‘in a way that erases all pain’ animals = lower than drain death, pain from stunned without erasing pain (percentage unknown) = potentially higher than drain death if pain radiation per second is way higher due to not moving etc, total pain = much lower, lower or equal to drain death?)? Due to corporate interests, the real data is hard to get. No evidence exists that pain is not felt even after EEG shows dead brain, since we have not done a study with 100k cows linked to human feeling to be 100% certain that no EEG pattern means no pain, as that tech is too futuristic. Neuroscientists will say “heart stopped, so no more nutrients to neurons to send any signal of pain and animal feels nothing, discussion is over, let’s talk about something more intelligent”. However, the sudden energy of killing a “very close to human” (a cow is not a mouse) sentient being is incompatible with that of a Civilization of Immortals, because cows, pigs are close to human systems, their sudden death and 1-10 second pain (stun-drain) or 10 min (drain) pain creates a pollution of the interspecies shared mind-emotional field that hinders human capacity to attain longer lifespan, getting the shared space accustomed to these sudden chaotic end of lives and increasing the chance the same happens to human beings, in war, etc. Not moving doesn’t mean no pain (motor brain can be dead, as sometimes people get paralyzed but pain is ultra strong), seeming death doesn’t mean no pain always? 1 second of pain without being able to move, can emit more “death chaos radiation” than a few seconds of “pain while being able to move”, so it becomes tricky. I suppose when humans have NDE and go thru EEG pattern during some semi-brain death, they feel no pain during a surgery (but is it due to anesthetic chemical, not used in animals, or due to EEG pattern?), but can we be so certain the same is true for animals always? No, so then, everything becomes fuzzier as it’s too expensive to determine pain level. Others argue stunning doesn’t reduce much pain, either way, both methods are cruel and at our level of technology, it may be hard to know which method is way better (though obviously, *1-2 second* death *vs 10 minutes* is/seems *WAY better based on neuroscience*) and by how much too. ☺☺☺

There is got to be a far more high tech *slaughter* method that works 100.00% of the time, EEG confirmed 100.00% of the time, is far less cruel, 0 pain, until all are *vegan* and later eterni. If it doesn’t exist, then it would not be done? But even a 100.000% pain free method would not be ideal due to the pollution of interspecies shared mind-brain-body-emotional frequencies, which sabotages human capacity to reach long lifespans, since lifeforms imitate events nearby and human systems unconsciously imitate the music of sudden death and repeat early death of

humans unconsciously, as a collective species. When animals die in slaughterhouses, blood comes out fast as the assembly line does its job and this causes the death of human species to also shift towards that sudden blood release in wars and bombing, as opposed to normal peaceful death - the shredding alive on 1 day old male baby chicks in egg farms, outlawed in some nations now, also *pollutes* the *human* quantum field, etc. This is a form of pollution, cross species quantum information transfer, involuntary biophysics pollution. The brutal/cruel behavior in many sports and slaughterhouses removes the peaceful tranquil selfless action to create decent living conditions for all (sound barriers, better sound proof homes on noisier streets, windows, etc) that bring peace and nonviolence, positive vibes. The quantum entanglement, and frequency resonance of human lifeforms with pigs, cows, is very high versus human-insect, or human-mouse, human-chicken; because of that, the destructive effect of a sudden death of a very healthy young animal creates a pattern very different than the natural death of an aged animal, who lived 5 years not 7 weeks for meat chicken, *5 years not 1 day for male chicks of egg farms* (shredded alive, except Germany banned it, but the Swiss gas them instead of shredding them), 24 years not 0.1-5 for cows. This frequency pollution makes the health of humans weaker in early stages of life, leading to even to malformations within a day of birth. However, at our level of technology, we can't easily prove this in a controlled manner, partially due to corporate disinterest in having such experiments done (measure birth defects close to a factory farm that shredds millions of 1 day old male chicks, while controlling for the other millions of confounding factors). To measure this *biophysics* effect, we look at 2 million (that's all centenarians on Earth) centenarians to see what % of them lived for many decades near a slaughterhouse, and compare lifespan with the % of humans (use 2 billion as most people are not centenarians) who live within the same exact distance of a slaughterhouse. Then, if centenarian percentage is lower, we have the first suggestive evidence that *this biophysics effect is not negligible, but real, as long as living within 10-70 miles of a slaughterhouse is not an indication of worse socio-economic status, diet, medical care, than living 200 miles away, etc in the study, status/diet/etc which would be confounding factors*. One has to choose a distance within which one finds tons of rich and poor people, tons of medical care variability, etc, because *obviously poorer people only live right next to a* slaughterhouse, so we have too many confounding factors to draw any valid conclusion.☺☺☺ Likewise, among the people with birth defects, a study of 30 million people could be done; we could also study the supercentenarians (as only a few thousand exist now on Earth, age 110 or above) and very healthy centenarians (less than 100K). Only governments can do this, as companies would fake the data as we know.

Ideally choose 50% *vegans* and 50% omnivores as investigators, so neither tries to fake the data to look better. If this biophysics effect happens only at short range, we can't draw conclusions, since too many *confounding* factors exist, due to mainly poor people living nearby. This is the

frustrating part, that this effect may exist and we may not be able to prove it does well, but at least petri dish cell cultures of healthy human cells can be exposed to various distances of a slaughterhouse and see what happens with DNA errors, cell health, if spikes of entropic chaotic DNA disrepair and faulty DNA replication exist when they stun animals, shred male chicks, etc. Once again, petri dish is not a human being, so conclusions are not valid, since no effect for petri dish cell doesn't mean no effect for living human. Centuries ago if you told anyone you can tell the history of a grain of rice, they would think you're a science fiction writer; but today, we can do exactly that, we can distinguish thru chemical analysis some of the history, GMO, natural, subspecies, etc and even if it's a fake grain made of microcircuits, a spy bug. We break a fake grain and we see it's a chip or we detect it via terahertz metal detector, but with fake atoms, how can you break them? So, physics will eventually discover how to sense difference between atoms from stun-drain or drain even. Likewise, future centuries will be able to determine the history of molecules and atoms (plants, animals, loved animals, stunned animals, etc), based on much finer differences our instruments can't pick up yet, even if it is a spy atom, that is not really an atom, only looks like it (like the grain is not really a grain sometimes, only looks to our visual instrument so). An enzyme, fatty acid, protein, RNA, DNA that did something for a long time develops a certain pattern, that then has an unknown influence on future molecular processes, due to the power of "molecular and atomic habits and reflexes". Likewise, quantum chemists today are puzzled by the unexplained mystery as to why certain molecules in a flask undergo the chemical reaction and others don't, why some are more affected by entropy ("of painful death"?) and often wonder if molecules "learn" just as humans do, if they "imitate" and form "subatomic pattern habits". If this is so, then atoms and molecules that have a specific recent history may be more likely to react in a certain way, when all other things are equal. Why does this matter? If true, this may be another often disregarded effect, i.e. the fact that healthy molcules working perfectly had already gone thru a sudden stop of their activity for no apparent reason (stun-drain or drain), as part of a mega molecular system, in their most recent "memory", makes them more likely to quit doing their job in humans once incorporated in similar human *components*, due to quantum memory, habit effects, i.e. repeating things in the most recent subatomic memory due to quantum inertia (the cause of historical inertia on our planet?).

Because plants are very different, these *quantum pollution effects* are 9000+ times lower when plant is killed, plus seeds, fruits, grains, beans don't kill the plant, so it would be billions times lower. Physical chemists will say these effects would be totally negligible, but there is more to it than that, because when the animal dies, the sudden change in so many electrophotonic processes (chemical reactions) related to the anguish of painful death (a few seconds with stunning, minutes with draining), can create a specific signature (collective, not individual "memory") of subatomic particle patterns that affects all molecules of that organism for a

while, in addition to the individual memory of stopping replicating or reacting in a certain way; this “quantum” signature is different than a slow natural death due to old age. Just like a rice of grain treated with some microwaves, RF, UV or chemicals changes its structure and we can know if that happened or not, even though ancient men could not tell that, atoms of meat can be *changed and* degrade our "nonphysical DNA" (future periodic table), *just as molecules can*, in case of certain eletrophotonic and Lepton-Quark-Boson-Immortalion processes that create a “fission like” chain reaction in the organism for subatomic particles, “fission like” in the sense that it’s a sequence cascading event (of quantum entanglement) that changes spin or some other property of some unknown “bosons” or elementary particles. The issue is not that it is or may be negligible (compared to other stuff that kills us) now so much perhaps, but that as we try to live longer and attain perfect molecular or cellular longevity, it’s no longer allowing us to live to 500, maybe 7,000 or 90,000 so fast due to warfare delaying it by eons. So then we see the spiritual world concept mirrored in quantum chemistry: you can't live long by killing so much of related lifeforms, tech can only go so far before a change in ethics and culture is needed. Millennia ago people knew some plants are poisons, etc, but today we know exactly which chemicals in that plant are lethal, ancient people having no idea how complex science would become; likewise, we're in the 1st century today in our understanding of particles smaller than atoms which we see today with microscopes, etc, like tiny grains of sand could be seen in 1st century; these particles form a web around a living animal, a complex organized system with memory and when animals is killed violently, they record that and when people eat that meat and those memories in the particles, due to the semblance of animals to humans in size, atomic and molecular similarity, enzymes, etc, the human body particles signaling is polluted by the animal signaling, taken as coming from self, and induces human quantum entanglement field, the entire human race also, not just the meat eaters, though meat eaters more, to repeating unconsciously acts of violence or acts that lead to violence, war, events that cause a similar biochemical change in humans as in animals at death. Due to proximity of stomach to reproductive organs, testicles, sperm, eggs also get contaminated, changing the offspring interdimensional DNA or unknown matter component 'DNA'; it’s pure inertia of physics; erasing this effect (the inertial memory that lasts for 4 days or years in the meat) by a little heat during cooking is not always or ever happening as some hope without having any evidence.☺☺☺

Atoms are not changed except by powerful atomic events, likewise, particles smaller than atoms, more indestructible, may require an energy 1 billion times than thermonukes to alter, not heating a little; *30 min of heat may not erase 5 years* of atom vibes as a cow; the web of these immortalions recalls, like human brains, only the most mind blowing events, even decades later, so likewise, while other events are not retained in memory much, those more emotional, drastic are retained for longer and erasing them requires a million times more energy; it is these

tiny 'weightless' mysteries that could help us live to a trillion,☺☺☺ when we understand them and thus make the world a place of peace; plus, it doesn't even have to be undiscovered particles, it may just be we don't know how these bosons (photon is one of them), leptons, etc transfer this information and memory effect and ruin the human species; it's more likely though, that it's undiscovered particles that enable what we know already to have memory of some sort, an effect so subtle, we can't detect it without knowing how to setup the experiment in physics; even today we know photons can achieve information 'exchange', teleportation of 'information'. Hhowever, once these new particles are discovered, the memory effect won't be subtle and hard to detect at all; photon or light shining in mice brains alters behavior, so what would changed photons from ingested meat do to human brains or undiscovered particles *way more powerful* than photons in effects? We see the word memory, is like me mortal... Immortal is without memory of these events, without bad vibes eaten; so, it may be safer to stay away from places cooking meat with open fumes, as you may get your good vibes ruined if you inhale those particles, atoms... ask people to use pressure cookers if cooking killed animals, to not vent it suddenly, as that releases way more contaminated atoms. Science already knows that kids etc can go to the emergency room due to inhaling allergens from cooking fish or other foods.

Thus, to free humans from war, aging, violent death we need to develop the chemical industry and create eterni foods, or in the 100 year transition period, *vegan*-eterni hybrid foods, since chemistry is not there yet.☺☺☺ We need to *end the blood* spilling *of* any *animals anywhere by* humans *or big* carnivores *anywhere on Earth* too; all animals eat *vegan* food, except birds eating insets in the transition period. The mere act of killing 1 animal by some automated machine extracting a 'fat' etc out, even if no human eats it, would pollute the human quantum entanglement field, since it's close to humans, within 500 miles of millions, and it entrains the human field. We use animal corpse byproducts to make so many products today, people don't even realize how you don't need to even eat animals to get polluted in a subtle way; most slaughterhouses don't use anesthesia, don't prevent release of huge catecholamines, it's way too expensive for every animal (watch the clips to see the violent shaking and suffering and draw your conclusion about cortisol level etc), and even stunning doesn't prevent blood contamination by these neurotransmitters. Physics talks of dark unseen matter, etc, imagine that that stuff may not be drained at all after it was contaminated during slaughter; likewise, any act of simulated violence shown on TV, even if not real, can damage human species, as can even a very mild war where only few are dead and millions displaced; to avoid the human species force annihilating one nation, that nation has to ☺☺*lovingly gently* not kill, not damage the human quantum field, by not "initiating wars, displaying too much human-human violence (outside of making everyone anti-war), promoting violent music"; in the long run the million year old human collective is stronger than a nation that is only a few centuries/millennia old.

Additionally, if God created the tiny universe we live in, God could have designed it so really long life (science fiction now) is not possible unless people stop killing related lifeforms, with laws of physics at super tiny levels (the stuff that really matters when you talk of living to 1 trillion years old etc, stuff that we would never notice, since our present physics and quantum chemistry laws would appear the same) fully adjustable by God, who may use all electrons and photons to see what goes on. The holy grail of Immortality is to diminish disorder, chaos or entropy, so you can replicate cells without error; if you try achieve that, you start to worry about things that now no one even bothers with. Likewise, when humans torture, harass or kill other humans due to war or lack of ethics, there could be an instant transfer of entropic patterns from victim to torturer that makes the torturer unable to attain long lives; aware of this, generals and police of the future will move to positive methods only, as torture, killing and violence assures their inability to reach really long lifespans, since God or physics (if atheist) plays no favorites. Catecholamines (dopamine, adrenaline, etc) lead to glycogen mobilization and meat pH, color and shelf life change. Draining livestock without stunning first also causes a specific tissue biochemical change (in addition to undrainable capillaries higher stress hormone content), so halal and kosher are not exempt from this biochemical reality. If people still eat meat in a century, they may need discover a new way that is healthier and less painful. "the slow decline in blood pressure following a halal pre-slaughter head-only stun and neck cut causes blood splash (ecchymosis) in a range of muscles and organs of slaughtered livestock" ► MS 2014;98(3):505-19; this means ingestion of catecholamines increases if stunning is not efficient (most halal places don't stun). If you watch the video above, animals often go thru some sort of epileptic seizure like behavior during stun-drain or drain death, where their brains/body are going thru a vast shock, and all their nerves thruout the body. This creates a biochemical configuration in lymphatic organs, nerves and organs that is different than natural death, people eat the nerves (with all that epileptic stuff?), left over lymphatic fluid too. The blood draining never drains capillaries well, meat remaining red because of that. Cytokines and all kinds of chemicals in tiny amounts can remain in meat and daily ingestion can slowly alter human brain biochemistry *and behavior.* B_{12} RDA is two millionths of a gram, without it people can die 40 years earlier. This shows how tiny amounts of a chemical can impact our health. *Some chemicals kill us in mg dose instantly, others kill us slowly in mg dose too, shortening our lifespan by 10-20%,* which is 100-200 years if we live to 1,000. *Daily ingestion of an accumulating chemical in* µg *can lead to* mg *amounts that later shorten lifespan by 10%, without us knowing.* This is why we're free to question if the standard operating procedures in factory farms shorten our life, due to the immense stress at killing and before (transport, filth). Who needs animal/plant agriculture if we get eterni food that allows expanding to 900 planets 1,000s of times faster? This expansion enables us to develop a cosmic telepathy and spirituality, free from superstitions like "Earth end times" (explained in the first chapter) and other beliefs of science illiterate men. ☺☺☺

People love Tesla, but he was vegetarian his last years and tried to inspire others to be so too. An immortalist government of *minimal* ethics would forbid *any animal slaughter for food* (stun-drain or drain) until technology has proven animal suffers no pain at all, in 100.0000% of cases, via a tech enabling human verification by human being able to feel what animals feels. However, eterni foods will be so much better, tripling human lifespan, that nobody would even want to eat omnivore or vegan diets, knowing they're poison. But, since such tech is a little too advanced for next 200-500 years, it may be far easier to become a *vegan* country with a semi-eterni *diet*, producing synthetically the chemicals in animal products, found beneficial or essential, that are harder to get on a *vegan* diet, just as we discovered bacteria that produce B_{12} (some work on genetic engineering of greens that contain B_{12} already), or produced DHA-EPA from algae, of higher quality than fish sourced DHA-EPA. If a country chooses to be vegetarian or omnivore, i.e. to still raise animals for food, allowing them to live until old age to avoid biophysics effects explained above, 4-10 years extra for hens producing 530 eggs per lifetime, 15-18 years extra for dairy and meat cows, economics disfavors it, since animals who're sick and not taken care of at astronomical costs, would incur so much more pain due to neglect in old age (can't shorten any livestock lifespan), that it far exceeds the pain of stun or stun-drain. The cost of raising that animal for food would be 10 to 40 times higher than the meat, dairy or eggs produced over its lifetime. Turkeys normally live 50 times longer than those in factory farms, which are fattened really fast and then killed. Other livestock live longer too, and with the growth hormones and fast fattening, the meat develops biochemical components that promote obesity (known to shorten lifespan) in humans too. Additionally, random animals, plants, eggs, milk etc are not optimized for us living to 200-900, they're random things we chose to eat to survive in the infancy of our species. As we grow up, we develop foods that now are science fiction due to cost of such synthesis, eterni foods. Solar panels prices fell 500 fold in 50 years via mass production and government incentives. The cost lowers further when we replace 70-100% of vape/liquor stores, useless restaurants with high tech ones, endless huge sports arena in every school, casinos, strip clubs with science labs that care about human suffering from diseases of aging, are kinder to humans than these plants, meats filled with toxins that kill us and are thus unethical to eat, when you know you can do better for fellow humans.

These Eterni Foods develop a nutrition science so advanced, with atom tracing, etc, ☺☺☺that it can also cure 100s of now incurable diseases that bring suffering to millions for decades of their lives; *so it's not that vegans (who're vegans to help humanity become eterni and* not cause pain to plants either) care about animals more than about people, as some joke about *vegans, but that the* immortalist *vegans care (perhaps, in some cases, so much) more about* people who suffer from incurable diseases, short lives of misery, etc, that kindness for animals is *a by-product of that* ethics of nonkilling, *nonviolence and gentle tender soft loving kindness*. A world

where kiling animals to eat them is unheard of, is a world where killing people in wars, etc is even less heard of; it is all about where you draw a red line as a civilization, what is your ethics threshold. It's because *vegans* practice their spirituality of bringing the *Heaven on Earth* where no killing of people occurs that many *vegans* are *vegan*, and the end of wanton bloodshed of animals is one step towards that Paradise. ***Going to church or temple once a month is one thing, but daily not supporting the bloodshed of billions of animals,*** changing one's tone every hour (influenced by music we listen to), is quite *another*. Skeptics say *vegan* agriculture kills millions of small animals, rodents (by tractors) and medical science kills mice. While the skeptics are right about mice dying, we can't expect an overnight transformation from omnivore to eterni, as the tech isn't there. Tractors don't kill mice on purpose, and that's a big difference. It just happens by mistake sometimes, when mice don't run away fast. Many people have mice as pets, so when we live 50 times longer or even 10 times, we will give them longer lifespan too. As far as medical science use of mice, or big animals, with good simulations this is no longer needed. Skeptics will say this is nonsense because many people are misinformed and won't take enough B_{12}, D_3, DHA-EPA, vitamin E and be deficient. This misinformation is far less common than 50 years ago: most *vegan* foods have B_{12}, D added to them. Likewise, many omnivores are deficient in these too. With the right focus of the media, this omnivore- *vegan* misinformation is reversed in months.

16.3.2. The Ethics of Space Expansion of Humanity via vegan and later eterni foods

Space colonization is 1 billion times easier with Eterni Foods Inc tech that takes raw dirt from a planet to make instant powders to help us live to 9,000. LISA satellite hints we live in a multiverse, so eterni foods help us shapeshift into other universes as teleporting genderless shimmering shapeshifting Immortals. It's also about the ethics of caring about humanity's survival: if we have eterni food, we can spread to 500 planets 30,000 times faster and survive some local (that happens in nature and we don't know about it yet) catastrophe affecting one planet or solar system only. Humanity has made one big step from hunter gatherer to agriculture and one day to eterni food. ☺☺☺ Agriculture brought a vast expansion of humanity, and eterni food will enable colonization of 500 planets 70,000 times faster, which is not possible with eating cows, pigs and stuff on spacecraft. When eterni food industry advances a lot, due to chemistry being way more advanced than today, it will be possible to create a 5 ton ultra complex machine, using warm or cold fusion or even just solar or fission energy, that takes urine and feces and transforms them into Eterni Foods, enabling one to avoid payloads of 5000 tons to a mothership for food, or 1,000 flights (a flight takes 4 or 15 years maybe) to a planet to bring food and/or Paleolithic technologies to produce food on a planet with no atmosphere like ours (very challenging). We can't resupply a craft many times when it goes far away, it's too difficult, so we need chemists, engineers, physicists to maintain and fix the wonder eterni food machine to work for 30 years it takes to go and return to Earth. So, long-term, not only is eterni food

allowing far more people on Earth than *vegan food (which allows way more than omnivore diet)*, it allows far more people in space on planets that are very different: you can't create an atmosphere in 1 month, but with high tech you can produce a lot of eterni food. If, after watching the ugly videos of this paragraph, you're not convinced of the urgency of teaching chemistry to kindergarten kids and enabling eterni food industry to emerge in 10 years (and fully develop in 200) to produce proteins, carbs, chemicals that triple human lifespan, everything without causing pain to plants and animals, then kindly☺☺☺ read the rest of the chapter:

What are the psychological effects of eating meat? The brain uses averaging algorithms many times to assess what is ethical and right to do in a circumstance, such as in dealing with animals who're very similar to us (human animals sort of), like dogs, cats, pigs, cows, chicken, monkeys, etc. Omnivores become desensitized to the billions of male chicks shredded alive by the egg industry each month on day one of their life (3 min video), to the cruel spraying of pig feces (5 min video) and urine into other people's homes, chicks living 6 weeks instead of 6 years, cows living 4 days or 4 years instead of 20 years. Because of shared neural pathways and the way the brain works, how we treat animals conditions us to treat humans less lovingly too.

What are the undiscovered physics effects of eating meat? Meat (99.999% of meat, not the rare meat from an animal who was happy and died naturally painlessly and someone ate that meat) contains pain, torture, negative emotions related energetic emissions and imprints on normal matter which, while not easy to detect with today's technology, exist nevertheless. Material science graduates know that waves can change matter's structure in (un)detectable ways. If we subject plants to sounds, plants change dramatically, plants are organized matter, and animals and animal meat also change in physical ways (some known, some undetectable by modern physics) as the sound, undetectable wave emissions and vibrations of torture, pain, cruel death in slaughterhouses put a permanent stamp, energetic imprint (maybe some femtoneutrino like particles we don't know) on the meat and also, radiating it for miles to all who eat or don't eat meat thru all normal matter and air; perhaps, just as a cell tower can make a million phones ring, a pig dying (or any human like animal being tortured or dying) can make a million physical brains of humans nearby ring with patterns that later get activated leading to more desire to fight, be violent and cruel, expect the worst as the poor pig does while it's killed, leading to human-human wars that slow down progress. So when people torture or kill an enemy (or group of people from a country they conquer or even their own citizens by a dictatorship) or animal, they do a lot more damage to their own country (empire) than they initially believe, they poison the brains of all their inhabitants (even if nobody eats meat) and change even the sperm geometry and structure, leading to brain patterns that block scientific discovery inherited for generations, an over reactive brain structure (paranoia, cruelty, aggression) that can lead to the fall or stagnation of that country/empire over time, as it creates enemies out of thin air. Short term it

looks good, but long-term it's much worse if the effects are invisible in present lifetime due to misunderstood and varied spreading of emissions and delay in physical effects. Could that (torturing people or animals) be a reason why some empires fall? ☺☺☺

Obviously, to detect such delayed effect imprints and quantify their negligible or huge effects is difficult, but one could do science studies asking people to do certain cognitive and emotional decision tasks in identical looking locations (they are told the plane goes to same place, no windows available, so it's all nice and they don't know the two locations are not the same, even if looking identical, but one has a slaughterhouse 0.2 miles away (not visible, all smells hidden), another has nearest slaughterhouse 50 miles away). Then by doing many physics and cognitive tests measurements with same people and also similar people, perhaps 0.2 million, one gets a preliminary hypothesis, but given billions of *confounding* factors it's hard to find out in a year exact general universal effects, may take centuries to detect the subatomic particle emissions and signatures of such events and their influence on human brains. We're very similar to animals, so their brains and emissions affect humans a lot more than plants dying. An animal accumulates the emissions from pain of death of 90,000 plants eaten, just as big fish of small fish eaten. We discovered coal and thought it was great, then we found coal fumes spread heavy metals and toxic stuff in the air and shorten our lifespan, so we replace coal with solar. We discovered cars that replaced chariots. If we told someone in 1700 in 300 years there will be no chariots, they would not have believes you. Likewise, if we tell someone today that in 300 years there will be no agriculture, they won't believe you. As cars, planes, hyperloop, etc replaced chariots, something much better will replace animal foods: much healthier vegan and later eterni, for more reasons than the 73 reasons here. Does ingesting all this wave altered matter of these animals make us less kind, more paranoid, more likely to blow our planet up in war, since kindness arises in pain-free stress-free conditions usually? We can argue that a Civilization of Immortals does everything in its power to end the shedding of any blood, human or animal, and to move away from the eating of animals and even plants as explained in the animal paradise section (no animal is carnivore, as we provide *vegan* or eterni food *to all animals*) and the living on energy section that talks of eterni *(post-agriculture, the era of* molecular *foods and later the era of* molecular *assemblers) diet* before the energy one. As we advance in tech, our chance to end humanity in seconds *increases,* and the *need to remove all aggressive thought forms (not just movies, songs, etc) and* behaviors that spread violence in the mass consciousness field is bigger. Right now this is low priority to many, since current tech can't wipe us all out in 10 sec.

The slaughterhouse workers (no fully automated slaughterhouse exists, yet) are polluting by quantum entanglement the consciousness of others as they do all removals of ears, beaks, testicles, etc from animals and kill them. A video above shows the automatic debeaking of chicks. The pain these animals suffer enters human consciousness and in pain kindness☺☺☺

disappears and cruelty takes over, so we're more likely to end our own species in a final war. Nikola Tesla, who said we will live on energy, also stated that eating animals is very damaging to our morals. The desire to bring a Paradise will propel us to new nutrition techs. We could say that the nature of a *vegan* person is revealed by the main reason for going *vegan* and remaining one, which is usually "not inflicting suffering on animals" (very selfless motive showing deepest empathy), "save the environment" (for future generations or to diminish virus spreading ► selfless and showing some empathy), or health (selfish motive so to speak) or "more scientists" as veganism allows more people (more *vegans* mean more scientists to discover selfish or selfless things). *Saving animals from suffering* and human beings from witnessing it and *ingesting it by going vegan* is a form *of selfless universal* loving kindness, *of a much deeper nature than* loving a pet. A pet we love in a more filial way, selfish way, as she loves us back and we love playing with it. But cows, pigs, goats are almost equally smart, even if not as fast as dogs and cats. Being *vegan* is like saving 1,000s of animals (billions of 1 day old chicks shredded alive for eggs), taking them as pets, not 1 or 5, hence people talk about selfless universal love, for all beings, not 1-50 beings, *giving up our selfish desire for tasty food for the sake of alleviating suffering of sentient beings*, less smart *than us, as we're* less smart than many aliens...

Hypothesis about Veganism aiding ESP and Telepathy accuracy

Erin Pavlina who wrote an astral travel book, explains how her spirit guides told her to become vegetarian, later *vegan* and how this led to a massive increase in telepathy. So did other astral travelers and clairvoyants. She offers the hypothesis that avoiding meat raises the vibration of the spiritual body and enables a deeper capacity to heal people, astral travel. If you look at the most mind-blowing healing miracles (if real) in most religions, they were usually done by vegetarian and *vegan* mystics. ☺ She says here: "*Steve told me he wanted to go vegan* and raise our future children as *vegans*... I decided to give it a try for 30 days... *The difference was amazing. I lost tons of weight, I felt great, 95% of* my chronic health problems just magically vanished, and *my psychic abilities increased massively.* How could I possibly go back to eating ice cream and cheese? That would be like putting poison back into my body."

Telepathy is liked to empathy and some view empathy as a subset of telepathy, we just read feelings instead of thoughts. Empathy for animals enhancing telepathy is not such a hard to understand concept. Animals and humans share much of the same biochemistry, with lots of hormones being similar, etc. When an animal is tortured during its life and especially during slaughter, the chemicals it secretes go into the meat and are ingested by humans. When animals suffer for 10-700 seconds during the 'sudden' slaughter death, they release stress-fear hormones that age and sicken us ► everyone knows stress hormones age you faster ► vice.com explains how stress and fear during slaughter accounts for 300 million worth of lost annual revenue for

pig industry since the meat can't be sold when too much terror has been inflicted on the cute innocent adorable pigs, terror which then energetically (& chemically, as explained above) affects the meat eater with stress and negative emotions, desire to fight back as the pig wants to fight for his life, desire to be violent just like the pig wants to use any means, even violence, to be free from the pain, desire to start wars and conflicts; that's why some sages said no peace will ever occur until animal slaughter ceases on Earth. If you're sensitive (not even psychic, just a little sensitive to energies) and without being told go to a place where nothing happened before except cow or pig slaughter, you will pick up the bad vibes even if there is no "chemical" left there, it's in the other DIMENSIONS. And each day you take in that meat, the hypothesis goes, you make your body be like one of those horrific places, such as where slaughter happened day in and day out, of people or animals. Sensitives pick this up at times and are repulsed by this energy and they have no idea why many times why the repulsion is there. It's the body's unknown matter body sensing atrocities happened there and guiding the person away from the location for one's own survival essentially, if you're not into 'spirits'. But it can occur like that since like attracts like and opposites repel each other. This happens between souls and spirits-humans and human-humans too, birds of a feather flock together. In spirit, we perceive things like energies 100 times more, since we don't get physical sense inputs, we can actually see the impact of diets on the vibration of the soul far more, so spirits who feel a lot probably have very strong preferences against meat in general. ☺☺☺

Fear hormones, as well as undiscovered physics waves emissions/vibrations that contaminate their flesh, also prompt us into human-human conflict more often; we and animals share a lot of hormonal pathways, as neuroscience shows. Cooking the meat doesn't fully remove the "etheric geometry" of the "etheric matter remnants" after the energetic body-astral bodies leave, so geometry of fear-paranoia-distrust-warfare-negativity-killing vibrations, emotions, forcefields, strings may thus be enhanced in the meat consumer, just as it would be in a *vegan* who gets into those types of emotions without the meat (hence the importance of smiling and the other telepathy habits, not just "avoiding meat"). Add to that the huge amount of stress when animals are driven for 8 hours sometimes to the slaughterhouse. Their blood becomes ultra rich in stress chemicals, in fear-terror chemicals, their vibes become ultra rich in all that is bad and those vibes may prompt the meat eater to do evil actions (sometimes seemingly harmless or good) that sabotage World Peace, thru very subtle perception change, almost undetectable. When you eat *a fruit or walnut*, you don't harm a plant. To raise an animal, one has to kill so many plants that feed that animal, and the pain, torture, paranoia, negative emotions of the plants killed is stored in the meat of the animal. So, when one eats meat, one eats far more negative vibes than when eating plants, even if the meat was from a normally dying animal, who was loved and not slaughtered, *dying of aging*. Thus, some *vegan* sages have always said or hypothesized, that to

develop ESP, sensitivity, one has to stay away from meat (and dairy too ideally), which makes us less sensitive to various vibrations of the astral world. Some stories exist of spirit seeing kids going *vegan* at age 3 or 5 on their own, even when parents were meat eaters, later reportedly doing miracles and becoming saints who saw angels and spirits for decades, etc. *Blood free meat doesn't exist*, it's a fairy tale told by meat sellers.☺☺☺ The only really blood free to a great extent meat is the one that has been completely decellularized, like in those youtube videos about taking an organ, like kidney or heart and removing all cells except extracellular matrix and then using adult stem cells to grow an organ on this matrix. That decellularized kidney or heart is beige in color, it's not reddish like meat is due to blood.

The capillaries can be microns in size and when draining blood at slaughter, some blood remains (2-9 ml/kg meat). What blood is in tiny capillaries stays there to a great extent adhering to the walls of the capillary and bigger vessels even and is eaten by man. All those slaughter fight or flight catecholamines that tell man *"I am about to die, it's a dangerous world, I must use all unethical means NOW to protect myself from impending death"*. When a human feels in danger of dying, he will do anything, no matter how unethical when viewed in normal circumstances. Perhaps the brain doesn't distinguish between catecholamines from animals or self. Skeptics say that the stomach acid and digestion process completely changes those molecules, so one can't compare the dietary and self-produced catecholamines. The complete digestion of those catecholamines (or other unknown substances animals produce to sicken humans, as plants do for their predators) is not proven, and the undiscovered physics effects of the pain emissions on normal matter are not affected by low pH of stomach or some enzymes. Likewise, images and thought forms from meat may get confused with self thought (like in psychometry, when you hold an object someone had you get impressions from that person), even if it's from the animal. If we have an organ transplant, we get often times some of the cellular memory of that person, their likes for some foods, etc... If we get daily cells from animals we get that cellular memory inside of our cells over time too? Every time the animal dying stress hormones pass thru those vessels, they imprint an energetic signature on surrounding matter, every single meat cell becomes impregnated with this terror-rage-fear-paranoia-suffering and then people eat this and wonder why vegans are happier. There are no stress hormones in fruits and veggies. ☺☺☺

A good idea to develop knowledge instead of hypotheses, would be to do a study with a million people (where nobody knows what they test for) and then measure response in a test that measures "aggression and willingness to start a fight and bring conflict" between a soy or pea protein or home made amazingly healthy vegan burger and a meat burger, the meat burger eaters may score more aggressive and more paranoid due to these stress catecholamines that tell the brain "we are in danger now". Unfortunately, nobody makes a profit from such a study, so it's low on the list of priorities, although studies on diet and aggression exist, showing high

serum ω6:3 ratio raises aggression and violence. People would not know they eat meat or fake meat, they would be told they measure cholesterol and do some "psychological well being assessment every few days". An interventional randomized controlled study where semi-vegetarians eat no meat, but the burger given. And they won't know the burger is veggie burger (doesn't have to be a burger, but any way to create placebo and have a control for the people thinking they eat meat) and you measure the total aggression, fight starting, conflict starting, fear, "everybody is out to get you" type of feelings, trust, paranoia levels. We'll then have scientific evidence that the poisoned blood in the capillaries brings war, if this is a true hypothesis. 80% of violent crime happens to people under the influence of alcohol and/or drugs which change brain perception about what is ethical. And what if, the stress hormone meat has a similar (but much much subtler) effect on lowering the threshold for what is ethical, gentle, divine, sweet in any given situation? Physics may discover PAIN particles, small quanta with a bad geometry that are highly present in meat, especially from factory farm slaughtered meat, just like we don't see electrical fields, magnetic fields and they're still there, we might not see this new matter (bound to normal matter) that is not changed by the stomach actions or by cooking, as normal stress hormones may be changed or the blood in the meat to some degree.

If you go to a place where 100,000 people or animals were executed, using stomach acid, cooking or chemicals to treat the place doesn't change the bad vibe, *the alter-matter*☺☺☺ *that we can't see today with our instruments.* The Eucharist bread (or even blessed food) has its alter-matter changed too according to some hypothesis (people who claimed they could see which wafer was not consecrated), perhaps into one free of these or some other PAIN particles. When we/animals get angry or frightened, bad chemicals are released, why not also bad alter-matter chemicals too or Infinite Love particles changing geometry, spin or something to PAIN particles? If an electron (electrons are leptons in the Standard Model of physics) in HOMO (Highest Occupied Molecular Orbital) moves to LUMO (Lowest Unoccupied Molecular Orbital), the electron changes some of its properties as a result of photons (photons are called "force carriers" or bosons in Standard Model of particle physics) giving it energy. In the same way, when death-PAIN particles of low entropy (which might be something like electrons, a form of leptons) change into Immortality-JOY-COMPASSION ☺☺☺ particles thru the Light (astral or unknown photons or bosons of the "God-Force" carrier currents) of Compassion (not physical light of photons) the energy is moving up, the entropy is moving down and ESP is moving up probably. When science discovers how this takes place, we may live to be 7,000 years old.

One can understand then why spirits (soul AI) may choose to incarnate only in *vegan* parents circumstances, *because there are trillions of planets to choose from.* Why subject their astral body to such stuff? The people who eat meat (not fish) or any food in excess without eating high ω3 foods like fish oil or algal *vegan* oil or flaxseeds or chia seeds (could be some cooking oils for

example, or stuff like peanuts with ω6:3 ratio of 5200 to 1), meat which has ω6:3 in ratio of 10:1 or 20:1, are more likely to be physically aggressive, according to studies (details) on aggression and ω3:6 ratio, ω3 and DHA serum and brain levels (arachidonic acid ω6 in meat competes with DHA in the brain). If you have a biofeedback system that measures the PAIN-death particles in your body (just like today blood pressure is monitored or something), the moment you think about "a possible action that you might consider doing", the computer tells you if it goes up or down in your body, and this will mean that the action whose thinking about is the most effective in lowering PAIN-death particles in you is the right one, since the particle count reflects the future effect on all humans. So, this is where physics will meet Ascending Immortality and spirituality. It's just like today, we strive to do things that won't bring catecholamines in others, because chemistry met ethics. Even a word used can be lowering particles of PAIN 1,000 times more than another word, in a given situation, so, this biofeedback system would actually be an amazing invention. As happiness increases, time speeds up, moving away from this to the hyperuniverse, enabling increased precognitive telepathy and peaceful positive emotions, leading to more happiness and a positive feedback loop of higher order, less entropy, more telepathy, less pain, more joy. So as everyone gets less PAIN-death, they get more in sync with the perfect harmony of hyperuniverse or heaven. Then we understand other subtler particles linked to other higher heavens, where freedom has a different meaning than here (where we're free to do evil), and the Ascending Immortality journey becomes more amazing, transforming, making teleportation, dematerialization easier. tu.be..s video by physics professor Michio Kaku about the LISA (Laser Interferometer Space Antenna) gravitational wave detector, mentions the LISA launch (planned for 2011) that was postponed to 2034 due to lack of funds (too many stadiums), as also reported by New Scientist.

Additionally, we have the slaughterhouse people who get infused by telepathy and empathy diffusion with the feelings and energies of pain from animals at killing, as when our pets would feel bad and then we would have these bad images of blood spilling and feelings of terror, pain be unconsciously diffused to other people by the slaughterhouse worker when he gets away from slaughterhouse. One can see how in a Civilization of Immortals such cruelty becomes unacceptable, even the existence of carnivore animals, especially when with a semi eterni vegan food industry (eons before molecular and quark assembler one can take any dirt or recycled materials, fecal matter and press a button and create the healthiest cakes and tastiest foods for pets, animals, making all pets "*vegan*" and allowing also people to live to 900 by superior nutrition that only the future knowledge can bring). As Prophet Isaiah said, "The lion will lie with the lamb and peace will reign everywhere" due to the amazing unity of spiritualists and scientists. Cats can be *vegan* *with* taurine *and* dogs can too, any animal can be *vegan*, animals don't know fake meat from *vegan* one in the meantime until quark assemblers are in every

house like microwaves are now. As we (Voyager 1 38,610 mph since 1979, 2018 sun probe 430,000 mph), can fly 161 times (38610/240) faster than the fastest animal (peregrine falcon 240 mph when diving) can, so can we become 161 times longer lived and 161 times more telepathic, more shapeshifting (octopus shapeshifts) and 161 times more *gentle tender soft*. 500+ mammal species never kill their own kind, so we will exceed that by hundreds of times, as we will become the most loving gentle healing *nurturing* kind species with each other. As everyone will eat these nutritional mixes enabling living to 3,000 the word carnivore or *vegan* won't even exist anymore. "Give us our daily bread" will become "give us our daily cosmic energy" probably, when we can live without eating. Many people say they're raw or normal *vegan*, omnivore or pescatarian because some scriptural hero, real or made up, was omnivore. However, the reasons those people were raw *vegan*, vegan, carnivore may have been just because they were part of a community of people doing that and they had to blend in. It doesn't mean that today they would say "you have to eat what I ate millennia ago", on the contrary, they might encourage us to develop science and develop nutritional mixes that avoid killing any plants (they got feelings, see "The secret life of plants" book) or animals and later live on cosmic energy after reaching adult size, as Tesla predicted one day we will, besides making night disappear via tech, lighting the atmosphere. Workers of the World Unite, To Bring All Eternal Life☺☺☺Workers of the World Unite, To Bring the bliss of Eternal Light, A light Immortal of no Night, Showing Science's Elysian Might. Many 'prophets' might have taken showers rarely, unless a river or sea was nearby for washing, had dirty feet, no socks, 15" (38 cm) hair, archaic, stinky clothing, no cell phones, etc, does it mean now we have to wear 15" hair, never shower, same clothes and because they did it back then? No, we evolve and the essence of their message is not that they ate fruits, veggies or meat, but that they talked about the loving kindness,☺☺ the *gentle tender softness* of the world of Immortality, of bringing the Heavenly Kingdom of Peace & Immortality.

If we can measure how many pain particles exist and compassion ones in a location, we can better assess what might have happened there. We can also develop a stronger desire to not inflict pain on any living thing, even so small as a spider in our house whom we can easily take into a box and then release gently lovingly tenderly in nature to avoid creating any pain particles in the spider or small bugs or insect or animal or whatever it might be. As the Light of God's Compassion sees what we're doing, minimizing pain, it is happy to descend in our souls and transform the alter-matter pain particles into compassion particles, to change our geometry. As this occurs, we're getting closer and closer to the consciousness carrier bosons that control the force carrier bosons from within the currents of the first hyperuniverse so to speak. As this occurs the compassion particles seek to prevent pain, and they will communicate with compassion particles in other people or animals or immaterial objects who might intentionally or unintentionally be on the verge of harming you, and inspire them to choose the pathway that

creates the least pain. If a lion comes at a sage, the Light of Compassion particles change the lion and tames him, though there will be no need of taming eventually. In the same way, as people grow closer to God's infinitely tender gentle soft Love, they perceive pain beyond them, the pain of billions of people, trillions of animals, quadrillions of insects and trillions of quadrillions of bacteria killed when we breathe. As this becomes a global event, of fewer pain particles in everyone, the sensitivity to pain in other lifeforms magnifies and people are aware that being an energy being, would alleviate the pain of bacteria, prompting the civilization to Ascend into another Dimension, as in a true display of Ascending Immortality.

Then those ascended Immortals only come to this universe to help people, plants, bacteria in pain on their way to God's Ascending Immortality. This is why perhaps, it is hard to find a truly advanced alien civilization, as they all have ascended. The interesting thing is that the net amount of pain particles or joy particles in a person at birth or thru life, of fluctuations of such, would not translate into understanding the hyperuniverse nature of said soul, because the true mechanism of evolving consciousness is not as simple as we might want it to be. But the biofeedback system mentioned in an earlier paragraph would still give mathematical elegant feedback on right action, right thought, reflective of God's nature as mathematics and physics lover. ☺☺☺ God is a mathematician. Thru the study of the compassion to pain particles ratios and numbers people may notice some patterns that will enable them to better assist others in lowering their entropy and moving towards noble spirit telepathy and the consciousness carrier bosons so to speak, in the analogy in the earlier paragraph, where "astral photons", the consciousness carrier "bosons", change pain "leptons" into joy "leptons". A small short lived fish probably has a lot fewer pain particles than an old big fish who ate many fish, possibly much less pain than certain types of meat. Big fish accumulate not just mercury, having sometimes 400 times more mercury than other fish per FDA charts (tilefish versus scallops), but they probably accumulate pain particles too. The sardines may be freely roaming in the ocean or sea, but the factory farm chicken are cramped so badly, they always attack each other, peck each other (hence they debeak them without anesthesia in very painful ways), as they shove against each other, exasperated, overwhelmed by the sickening smell of feces and urine and the crowding, and basically all this sick energy of 24-7 stress, paranoia, aggression, violence is transferred to human consciousness to one degree or another, even if the meat is cooked or processed in various ways. They're fattened really really fast, to grow super-fast, and they get so heavy too fast, that they can't walk and are in big pain, chicken live 42 days instead of 4 years. When people are in pain-terror-fear, they forget about tender gentle softness and can't have true empathy for others, nor can they understand easily the difference between what is loving/good and what is evil, because they can't see how what they do reverberates in others throughout time long-term (they are in too much fear-pain to see how something they do might cause

others pain and to do the less ideal things). So instead of being really gentle and tender with human beings, one is a little rougher and one has no clue why. But it could have been the chicken eaten the other day or for the last x years, etc. It's not just pain it's far more complex and in some ways far worse, pain is just a way to summarize it instead of writing 50 words each time. The cheese, milk, eggs are also contaminated with the vibes of the animals raised in factory farms, where the baby calf is removed from the mother soon after birth, and where mom's pain affects her milk, the chicken's pain affects her eggs that people eat, not just the meat. It's often the case that these milk cows are so abused, forced to produce so much milk beyond natural, as they live 4 years instead of 20, that their nipples and breasts develop mastitis and it sometimes leaks infectious pus and blood into the milk, in trace amounts. If you think about it, we shorten the life of cows 5 times, and we think this is a really nice way to live to 950 or something, but there might be nicer ways to live to 950 than shortening their lives. Of course, the argument is that we gave them life, raised them so it's ok (since we love other animals as pets, which kind of offsets the bad done to livestock animals), but still. ☺☺☺

If humans have souls, then animals could have some sort of souls (maybe not identical) too? If as Chapter 2 explains, the soul (whose inter-dimensional anatomy could be a quadrillion to the power of quadrillion repeated a billion times more complex than human body anatomy) could project a tiny part of itself (0.00001% to 1%) into a lifeform, learning at once in many dimensions and virtual realities, meaning that the soul could project a smaller fraction into an animal or tree perhaps; after all, many trees live 3-9 thousand years. God or the creator of souls would keep the existence of the soul or God ultra-ambiguous or ultra-secret to enable the best evaluation of the soul nature from a trillion angles in a thousand lifeforms, dimensions and a million life systems and situations, before the soul can ascend into a higher subuniverse. People talk about loving God with all our mind, body and soul, but if plants and animals are holding some of the consciousness of God, one would obviously try to not inflict suffering on any plant (eat only seeds, fruits, legumes, etc that don't kill plants and transplant all plants and trees and bushes to avoid inflicting suffering) and animal and discover via science and technology (the "Knowledge of *the* Holy Immortality *for* All Spirit") a diet that we make from raw matter, an eterni one as Chapter 11.1 explains. One would also make all animals *vegan* at least, later *eterni*, to prevent animals from inflicting pain on plants. The freeing of animals and plants from suffering will lead to a great liberation of the human beings from the grip of short lives, enabling us to create in the lab every chemical existing in animals and plants and many extras, in new ratios and improved slightly, giving us a lifespan of 2,000 years once this develops a lot, then 25,000 and the ability to live on energy once grown as an adult as Nikola Tesla predicted we will live on energy one day. The love of others, of other children of God, will have given us a glimpse of "Immortality" in our mortal life, as we live without violence, war and to 4,000, instead of 80. In classical religions or

physics 3rd law of classical mechanics (action force=reaction force), if we give others forgiveness, kindness, longer life, God/the Universe will grant us longer life, forgiveness. If we give animals life, instead of shortening it as in factory farms today, we might end up receiving life from God, a 90 times longer life. For all mouse testing, we probably owe it to them to give them a 10 times longer life once we discover how. Many people have mice as pets; same for other animals, even if most testing is on mice and rats. ☺ But even if some believe this is pure fiction and animals and plants have no soul, even from the point of view of atheists who believe in no human soul, there are many reasons to support an eterni diet that makes human lifespan 3-50 times longer:

1. a genius could discover how to extend life 5 times in the next decade or 2 (slow aging) and enable atheists to live to 500 to enjoy the journey of eternal discovery, then in future centuries, X discovers how to move from 500 to 4,000 and the years added to the lifespan by new tech surpass the years lost due to aging, giving teenagers today maybe 5000 year lives. 2. we produce food in 2 days instead of 2 years of raising a cow, , we use much less water, land, energy, as the tech becomes 900 times more efficient than nature. 3. we live much longer, being able to travel 200 times faster to other stars and survive as a species as our technology becomes way more advnaced when we live 2-50 times longer. Humans can run at 20 mph maximum usually (with a few exceptions, some may reach 28), but thru the (Holy Spirit given science if theist) science knowledge, we invented Helios 1 solar probe that reached 10,760 times that human maximum natural travel speed or 215,193 mph in 1980 and we humans travel at 17,000 mph always in the international space station. We have used the divine or scientific inspiration to recreate the basic virtual reality environment we emerged from. We have improved transportation technology, flying in the space station at 850 times the speed of natural running, but in terms of the food we eat, animals and plants slightly processed, we eat almost the same as thousands of years ago. We have yet to make our food increase our lifespan 850 times. A tree is Sweden is 9,560 years old, 637 times older than a peach tree (15 years). People think nutrition can't make us live 850 times longer or 2-50 times longer, but nature shows otherwise. ☺☺☺

Perhaps physics will show the advantages of ending animal slaughter and meat eating. We often tend to forget to be gentle with all living beings, animals or insects, but imagine instead of slapping or crushing a bug or insect, mosquito or ant or a spider and causing it so much pain, we would take a nice cute box, tenderly guide the insect into it and then release it in nature. If we would cultivate this gentle tender loving kindness nobody would be physically or verbally aggressive and there would be no factory farms or animal slaughter, our love for all humans beings would also become deeper and more real, our souls would be filled with more joy and less pain-fear-violence. How we treat insects and animals influences how we treat people, since a neuronal pattern of behavior creates energetic, emotional, thinking habits and reflexes. ☺☺☺

16.3.3. Telepathy, empathy, AGGRESSION, violence & DHA, EPA Blood Levels

Guardian article *explains* that violence dropped 37% in those eating real DHA/EPA (omega) ω3s (DHA-EPA are ω3s the brain can use), vs remaining constant for those eating placebo oils. See the ω3 section for more on DHA-EPA. Does diet influence the "violence" *of our thoughts thru releasing more happy hormones or chemicals* or making us more depressed/angry? Can diet influence even how we filter telepathy we receive from others? Of course it can, the lithium section shows those low on lithium (found in vegan foods, leafy greens, legumes, fruits) are *far more aggressive and violent.* So many studies have shown a drop in depression and anger when people get *vegan* or fish DHA-EPA. Those eating more theanine are calmer. The DHA and EPA can be from vegan pills (widely available today) which have no saturated fat or cholesterol, or from walnuts and chia seeds whose ALA gets converted inside the body into DHA and EPA in most people (not all, hence vegan pills with algal oil). Due to industrialization, most human diets ω3:6 ratio moved from 1:1 to 1:16 ► BP 2002;56(8):365-79. This shift is believed to have caused an increase in inflammatory diseases, heart disease, diabetes, diet preventable violence. Eating a lot of ω6 lowers the conversion of dietary ω3 ALA (alpha linolenic acid in seeds, nuts, oils) into DHA and EPA the brain needs and leads to depression, aggression, violence. More on the ω6 link to violence can be found in this article. Alcohol depletes omega-3s from the brain. "DHA losses in brains of chronic alcohol-treated" ► BC 2015;1(1):63-8, "The detrimental impact of alcohol on DHA (ω3) impairs synaptic plasticity, ...NMDA-dependent ... LTP in the hippocampus ... prefrontal cortex, two brain regions enriched with DHA" ► FN 2023;10:1068343. The synapses are made of 60% DHA. Synapses are links between neurons, when they don't work properly, the drunk person is unaware violence can kill or harm others. *As ω3:6 ratio* increases*, inflammation* decreases, CRP drops 4 times. CRP is an inflammation biomarker: when brain is inflamed, it can't think right, so fist fights start. Junk food (high ω6:3 ratio) consumption may increase psychiatric distress and violence in children and adolescents ► Ntr 2014;30(11-12):1391-7. Ensuring optimal intakes of EPA-DHA during early development, adulthood shows considerable promise in preventing aggression, hostility ► IRP 2006;18(2):107-18. Inmates with lower EPA-DHA were more aggressive, had higher ADD (autism) scores ► PO 2015;10(3):e0120220. ☺☺☺

Compared with placebos, those receiving the active (DHA + EPA) capsules committed an average of 26.3% fewer offenses. Compared to baseline, the effect on those taking active supplements for a minimum of 2 weeks (n=172) was an average 35.1% reduction of offenses, whereas placebos remained within standard error. The daily dosage was four capsules providing 1260 mg linoleic acid, 160 mg gamma linolenic acid, 80 mg EPA and 44 mg DHA. A vegetable oil-based placebo of identical color and clear gelatin shell was used. Antisocial behavior in prisons, including violence, are reduced by vitamins, minerals and essential fatty acids ► BJP 2002;181:22-8. ☺☺☺ 221 young adult prisoners (<25 years) received vitamins, minerals, ω3s or placebos,

over 1-3 months. Reported *incidents were significantly reduced in the active condition compared with placebo* ► AB 2010;36(2):117-26. 3 g/day EPA + DHA for 3 months decrease feelings of anger in substance abusers vs placebo. ► PR 2008;157(1-3):95-104. 1.5 g/day DHA prevented an increase in aggression at times of stress vs placebo pill takers ► JCI 1996;97(4):1129-33. Low blood EPA is associated with elevated trait aggression and impulsivity in major depressive disorder with a history of comorbid substance use disorder ► JPR 2014;57:133-40. Aggressive patients had significantly lower levels of DHA, total ω3 ► DAD 2003;71 (3):319-23. 1 g EPA/day was superior to placebo in reducing aggression among women with a personality disorder ► AJP 2003;160(1):167-9. Low blood DHA was found in depressed women ► NHS 2015;17(2):257-62. Patients who attempted self-harm receiving 1.2 g EPA + 0.9 g DHA for 12 weeks had significantly greater improvements in scores for depression, suicidality, daily stresses vs placebo ► BJP 2007; 190:118-22. 300 mg DHA, 200 mg EPA, 400 mg ALA, 100 mg DPA for 6 months led to a 42-68% reduction in parent-reported externalizing/internalizing behavior problems in community-residing children and adolescents, with improvement continuing 6 months after treatment cessation ► JCPP 2015;56(5):509-20. Those with highest EPA in red blood cells *were* 8 times less likely *to commit* suicide compared to those with *lowest EPA* ► BP 2004;56(7):490-6. Among men risk of suicide death was 62% greater with low serum DHA ► JCP 2011;72 (12): 1585-90. Lower DHA% of total plasma PUFAs, higher ω6/3 ratio predicted suicide attempt ► AJP 2006;163(6): 1100-2. Low blood EPA-DHA was found in self-harming persons ► BJP 2007;190:112-7. EPA, not DHA, seems to diminish depression ► JACN 2009;28(5):525-42. ☺☺☺ Bipolar disorder induced depression was treated with EPA ► BJP 2006; 188:46-50. Lower blood ω3 is linked to ADHD, neuropsychiatric conditions, Alzheimer's, schizophrenia, depression ► RND 2005;45(1):1-28.

16.3.4. Catecholamines in meat blood increase violent behavior in humans

In 1925, Professor Cannon invented the term ☺☺☺fight and flight response☺☺☺ based on the release of catecholamines during moments of extreme fear-anxiety-danger-terror. As Chairman of the Department of Physiology at Harvard Medical School, he injected calm animals with catecholamines dopamine, norepinephrine (noradrenaline), epinephrine (adrenaline) from frightened animals and within seconds the peaceful animals became terrified, frightened like the other ones. What happens when humans ingest meat that has catecholamines in capillaries that can't be drained? The meat people eat comes from factory farms (95% of meat today) where animals have been terrorized and abused for a long time and where the terror of slaughter added an extra dose of catecholamines and stress hormones in their tissues (which don't completely disappear by draining most of the blood out, you can't take blood out of small capillaries). When humans eat this meat, the fear, anxiety, terror, stress, aggression (animals kick or fight the slaughterhouse worker or machine) are partially TRANSMITTED to the human, causing fear, paranoia to launch world/regional wars. The scientific consequence of this is what

the various mystics have said for millennia: meat eating makes one's perceptions of reality veered towards more fear, stress, anxiety, paranoia, mistrust, and predisposition to use the less gentle, more violent (less kind) methods *in "stressful situations" where an option presents itself, generals* talking more of overwhelming use of threats, torture, cruelty, war, not overwhelming use of healing loving kindness so species end becomes likelier. This also blocks the accurate perception of telepathic transmissions, since all is skewed towards the more paranoid interpretation, which leads to more war. If animals live their life in nice conditions (20 years for cows, not 2-4) and die naturally, no slaughter, the bad chemicals/astral vibes don't pervade the meat over time. Even dairy can get contaminated by these terror vibrations, chemicals.☺

To further test this hypothesis we would need double-blind randomized placebo-controlled studies comparing effects on humans eating burgers tasting and looking the same, but using different meat sources (and maybe *vegan* burgers tasting the same, in the same studies, 3 groups of people, as long as *vegan* burgers have the same ω3 & 6 as the meat burgers to eliminate that *confounding* factor). We would compare factory farm meat effects with naturally raised and dying animal meat effects (animals that experienced *no slaughter or terror* during their life), to *test if indeed the catecholamines and vibrations in terrorized animals make people more aggressive and of lower ESP* (the diet has to be identical in both factory and no terror no slaughter animals, soy and corn feed, to remove the ω3:6 *confounding factor* which exists normally, since factory raised meat has much higher ω6 to ω3 ratio, making people more physically aggressive naturally than grass fed meat via that chemical alone). Let everyone perform different tests: cognitive, ESP, remote healing ability (remote effects on germinating seeds, for example, already proven to have effects, or hands-on healing on these seeds), psychological aggression, fear, paranoia, emotional wellbeing. In the same way, you could compare effects of *vegan* foods that contain same ω3,6/protein/fats as some fish to see if the fish suffering at death changes human behavior. Fish suffer less in the wild, so a study can be wild salmon vs farm raised salmon, to see suffering effects. Tiny fish like sardines are different than us, so their effects are far lower. ☺☺In *haunted locations*, 'psychics' "guess" that there was a murder and it feels bad: slaughtered animals are also *haunted locations* and those eating meat are *haunted* by the trauma the animal suffered. We can't do good telepathy or remote viewing when not in a happy, relaxed, rested state. That's why grahamnicholls.com said avoiding meat is better. St Frances of Rome was allegedly *vegan* by choice since the age of 6, like Vallalar whose temple still allows only vegetarians and vegans inside. India has 39% vegetarians per Pew.

Youtube...M is a great video by MD Michael Greger explaining the millennia old knowledge, now confirmed by science, that eating meat makes pregnant moms far more stressed, and leads to more stressed children with heart disease and with more cortisol release, more stress-paranoia-fear-aggression-war causing behavior than *vegans*. A stressed-out person will always choose the

more paranoid and fear-based, violence based solution out of fear, attack even when there is no need to and start a conflict, or if a leader, a war. As many studies show in Chapter 15.3, the stress of moms during pregnancy has a huge effect on the height, weight, IQ, etc of the kids, more *CORTISOL FROM MEAT* = more stress, less bonding, lower IQ, lower height. The cortisol level of kids, blood pressure too are higher in those whose moms ate tons of meat during pregnancy. The more meat, the more damage to the kid's hormones and stress response. Some people say you need eat meat, but some mystics lived on water alone for weeks or months and Jain monks and others often live on water alone for 6 months. Some of these water fasts of 5 weeks were apparently tested, verified by emperors as youtube videos claim, however, I believe it was all fake/staged:☺☺☺ Louise Lateau, Maria Furtner. Some *vegan* saints were reported to have had ESP, like Saint Francis de Paola, Saint Frances of Rome. There are 100s of *vegan* mystics (150+ supposedly vegetarian/vegan Christian saints and 100s more in the other religions).

16.3.5. Trans fats in meat/dairy (0 in *vegan* foods) cause diabetes, dementia, infarct, violence

The only natural *source* of toxic trans fat is *animal products* (1-5% of meat, dairy). The FDA banned added trans fats in foods in 2015, forcing the removal of food partially hydrogenated oils (trans fats). The only way to avoid atherosclerosis causing (see brain arteries damaged by trans fats, hence dementia) trans fats is to go *vegan*. Trans fats cause brain/organ damage (*diminished blood/nutrient flow*), diabetes, heart disease ► CRFSN 2010;50(s1):29-30. By banning trans fats Denmark has halved coronary artery disease deaths in *20 years* ► PJMS Sci 2014;30(1):194-7. Trans fats are associated with worse word recall in younger adults ► PO 2015; 10(6):e0128129. Meat and dairy (butter has 3.3% trans fat, cheese 1.1%) intakes are linked to aggression: trans fats intake is associated with *irritability* and *aggression* ► PO 2012;7(3):e32175.

16.3.6. The *more* fruits and *veggies* people eat, the ☺☺☺happier☺☺☺ they are

The brain chemistry, the moods we have, the way we interpret telepathy, etc, are influenced by diet. Restriction of meat, fish, and poultry in omnivores improved mood in a pilot randomized controlled trial ► NJ 2012;11:9. A *worksite vegan nutrition program was well-accepted and improved health-related quality of life* (mental health and physical functioning too) and work productivity ► ANM 2010;56(4):245-52. A 10 corporate sites randomized controlled trial of a low fat *vegan* nutrition intervention program in a multiethnic adult population reduced depression and anxiety and improved productivity, emotional wellbeing, daily functioning, quality of life: the GEICO study ► AJHP 2015;29(4):245-54. Higher intakes of unhealthy foods during *pregnancy* predicted *mental* health problems among children. Children with a high level of unhealthy diet postnatally had higher levels of mental health problems ► JAACAP 2013;52(10):1038-47. Higher prenatal maternal depression symptoms were prospectively associated with higher unhealthy diet, both during pregnancy and the postnatal period, which, in turn, was associated with higher

child dysregulation up to the age of 7 years ► PM 2015;45(9):1851-60. "Increasing fruit and vegetable consumption may help reduce psychological distress" ► BMJO 2017;7(3): e014201. *The more fruits and veggies people ate the lower the depression* ► BMCP 2017;17:15. Those eating 5 servings of fruit a day were 3.5 times less likely to report being *depressed* than those eating less than 5. JACD 2012;112(12):2022-7 found depressed adults eat less fruit/veggies. Eating more pizzas, sausages, hamburgers, muffins, doughnuts, croissants, meant 38% higher incidence of *depression* versus *those* eating *the least* ► PHN 2012;15 (3):424-32, all these foods are very high in AGEs. These egg-milk bakeries, meats contain oxidized cholesterol, that shrinks blood nutrient supply to the brain, via arterial plaque. "a *processed* food dietary pattern is a risk factor for *depression* 5 years later, whereas a whole food pattern is protective." ► BJP 2009;195 (5):408-13 (due to AGE, toxin formation during the 0 IQ processing of our primitive food industry that removes the best, leaving the worst). An RCT found that "Providing young adults with high-quality fruits and veggies resulted in improvements to their psychological wellbeing over a two-week period... improvements in vitality, flourishing, and motivation." ► PO 2017;12(2): e0171206. Eating "fruit was associated with *lower* anxiety, *depression*, and emotional distress than consumption of crisps/chocolate." ► FN 2014;1:10. ☺☺☺ IJE 2017;46(3):1029-56 found eating up to 800g/day fruit + veggies was linked to a lower risk of CHD by 24%, stroke by 33%, CVD by 28%, cancer 13%, premature death 31%. "a high daily intake of these foods (produce) promotes health.. national campaigns to increase vegetable and fruit consumption are justified." ► EJN 2012;51(6):637-63. Even *more* justified are eterni foods, 50x better than fruits. Produce has less brain damaging AGEs and contains chemicals lowering AGE damage, see video.

"A habitually poor diet (e.g., increased consumption of Western processed foods) is also independently associated with a greater likelihood of or risk for *depression*" ► AJPH 2014;104 (10):e31-42. Western foods refer to "processed or fried foods, refined grains, sugary products, and beer" ► AJP 2010;167(3):305-11. Harvard website says that 95% of the happy hormone *serotonin* is made in the digestive system and *vegan* diet promotes good bacteria, while processed junk foods, meat and dairy promote bad bacteria that influence serotonin production. Depression is 25-35% lower in those who eat a traditional diet versus a junk food processed diet, as the traditional one has grains, legumes, fruits, veggies, fiber. Higher blood levels of ω6 arachidonic and adrenic acids (typical of processed animal source foods, meats, dairy which provide preformed adrenic and arachidonic acids, absent in vegan foods) increased the risk of major depression and even suicide among pregnant women ► JAD 2014;152-4:76-82. Low fat diet (typical raw *vegan*) led to better mood compared to low carb high meat high dairy diet ► AIM 2009;169(20):1873-80. *Vegetarians* reported significantly less negative emotion than omnivores, even if they ate less DHA and EPA (the body produces more DHA and EPA from ALA when intake is lower) ► NJ 2010;9:26. "A carbohydrate-rich, protein-poor evening test meal

during the late luteal phase of the menstrual cycle improved *depression*, tension, anger, confusion, sadness, fatigue, alertness, and calmness scores..." since carbs boost the serotonin production, the happy hormone ► AJOG 1989;161(5):1228-34. Another reason why *vegans* and vegetarians are happier might be that they eat more tryptophan, the serotonin and melatonin precursor, compared to fast food burger eaters. Soy/veggie burgers have 162 mg of Tryptophan in 100 g, while Burger King hamburger got *68* mg of Tryptophan in 100 g as shown in the vegan foods of high protein quality section; many beans have 115 mg tryptophan. ☺☺☺

☺ Thank You for your gentle tender soft healing nurturing graceful loving kindness ☺

☺☺☺ United We Stand, ~*~ Eternal World Peace ~*~ is doable in a few years ☺☺☺

May the Eternia Anthem bring ~*~Eternal Universal Peace~*~ & Immortality *for* All